

SW180 Adjustable Dumbbells

Item #
16808591600

Power Up!



2 x 80 lb (36 kg)

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SOLE SW180 Adjustable Dumbbells – Heavy Hitting Performance, Compact Design

The Sole SW180 Adjustable Dumbbells deliver full-body strength training in a compact, high-performance design. With a weight range from 5 to 80 lb (2.3 to 36 kg) in precise 5 lb (2.3 kg) increments, they offer the versatility to suit all fitness levels, from beginners to experienced lifters. The pair replaces 32 standard dumbbells, saving valuable space while allowing targeted muscle training without the need for a full rack of weights. The fast, intuitive adjustment system supports seamless transitions, making them ideal for circuit training and dynamic routines.

Engineered for lasting durability, the SW180 features solid metal plates, a knurled steel handle for a secure grip, and minimal plastic components to ensure performance under heavy use. Compact and space-efficient, this set is the smart choice for home gyms where footprint and functionality both matter. Whether you're focused on building strength, toning, or overall fitness, the SW180 is a premium, space-saving solution that delivers results.

SW180 Adjustable Dumbbells

- Adjustable weight range from 5 to 80 lb (2.3 to 36 kg) in 5 lb (2.3 kg) increments accommodates all fitness levels
- Replaces 32 dumbbells to maximize space and reduce equipment clutter
- Durable all-metal construction with knurled steel handles ensures long-lasting performance slip resistant grip during intense workouts
- Fast, smooth weight adjustments ideal for high-intensity or circuit-style workouts
- Hex-shaped plates prevent rolling, and cradle ensures safe, secure storage
- Versatile for full-body strength training and targeted muscle toning routines

Specifications

Dimensions: 18.5"L x 11"W x 13.4"H, 80 lb (47L x 28W x 34H cm, 36.3 kg)

Packaging: 19.3"L x 11.6"W x 12.2"H, 84 lb (49L x 29.5W x 31H cm, 38 kg)

Warranty Information

Parts: 1 Year

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