

SW155

Adjustable Dumbbells

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2 x 55 lb (25 kg)

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SOLE SW155 Adjustable Dumbbells – Big Strength, Small Footprint

The Sole SW155 Adjustable Dumbbells offer serious strength training versatility in a compact, space-saving design built for home and garage gyms. Constructed with CNC-machined, powder-coated steel plates and a knurled metal handle, each dumbbell delivers long-lasting durability and grip while replacing up to 20 pairs of traditional dumbbells. The twist-handle adjustment system allows quick, intuitive weight changes from 10 to 55 lb (4.5 to 25 kg) in 5 lb (2.3 kg) increments, with clearly labeled settings and a built-in safety mechanism that only permits weight changes when docked in the cradle.

Functionality meets efficiency with an open-handle design that removes restrictive cages for unrestricted movement across a wide range of exercises. Hex-shaped plates prevent rolling between sets, and each dumbbell stores neatly in its included tray for clean, compact organization. Whether you're a beginner or upgrading your home setup, the SW155 combines pro-level performance, smart engineering, and exceptional value into one high-performance, low-footprint training solution.

SW155 Adjustable Dumbbells

- Adjusts from 10 to 55 lb (4.5 to 25 kg) in 5 lb (2.3 kg) increments with a simple twist of the handle
- Replaces 20 traditional dumbbells to maximize training space
- Durable all-metal construction with CNC-machined, powder-coated steel plates
- Knurled metal handle provides a secure, no-slip grip during intense workouts
- Open-handle design offers unrestricted movement for versatile exercise options
- Hex-shaped plates prevent rolling, and cradle ensures safe, secure storage

Specifications

Dimensions: 18.5"L x 10.6"W x 11.6"H, 55 lb (47L x 27W x 29.5H cm, 25 kg)

Packaging: 19"L x 11"W x 11"H, 59.5 lb (49L x 28.5W x 28H cm, 27 kg)

Warranty Information

Parts: 1 Year

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Item #
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