

ELITE EXP WEIGHT RANGE GUIDE

Your Elite EXP Adjustable Dumbbells come with two sets of micro weights per handle. These small weights are easily removable and allow you to adjust the weight of your dumbbells in smaller increments, further maximizing the weight range of your dumbbells.

Note: The empty Elite EXP handle is 5 lbs/2.3 kg. Each micro weight weighs 2.5 lbs/1.1 kg.

1. To adjust your micro weights, first remove the Elite EXP handle from the weight stack.
2. Next, with the handle facing up, move the Auto Lock to the "Open" position. This will allow the micro weights to slide in and out of the handle. (Please remember to use caution when the Auto Lock is open.)
3. Once the desired micro weights are in the handle, close the Auto Lock and insert the handle back into the weight stack.
4. Insert the selector pin into the colored side rail of your desired weight and refer to the chart below for the correct load with your micro weight combination.



ELITE EXP HANDLE WITH MICRO WEIGHTS

ELITE EXP MICRO WEIGHT CONVERSION CHART

Empty Handle	$\frac{15}{17.5}$	$\frac{25}{27.5}$	$\frac{35}{37.5}$	$\frac{45}{47.5}$	$\frac{55}{57.5}$	$\frac{65}{67.5}$	$\frac{75}{77.5}$	$\frac{85}{87.5}$
1 Micro Weight								
2 Micro Weights	$\frac{20}{20}$	$\frac{30}{30}$	$\frac{40}{40}$	$\frac{50}{50}$	$\frac{60}{60}$	$\frac{70}{70}$	$\frac{80}{80}$	$\frac{90}{90}$

MICRO WEIGHT CONVERSION - LBS

Empty Handle	$\frac{6.8}{7.9}$	$\frac{11.3}{12.5}$	$\frac{15.9}{17.0}$	$\frac{20.4}{21.5}$	$\frac{24.9}{26.1}$	$\frac{29.5}{30.6}$	$\frac{34.0}{35.2}$	$\frac{38.6}{39.7}$
1 Micro Weight								
2 Micro Weights	$\frac{9.0}{9.0}$	$\frac{13.6}{13.6}$	$\frac{18.1}{18.1}$	$\frac{22.7}{22.7}$	$\frac{27.2}{27.2}$	$\frac{31.8}{31.8}$	$\frac{36.3}{36.3}$	$\frac{40.8}{40.8}$

MICRO WEIGHT CONVERSION - KG