



Stronger Every Day™

SelectTech® 560 Dumbbells

The World's Smartest Dumbbell



DUMBBELL FEATURES

- » Integrated Bluetooth® Technology
- » 30 Weights in 1
- » Replaces an Entire Rack of Dumbbells
- » Adjusts from 2.3 to 27.2 kg.
- » 16 Weight Settings
- » Free SelectTech™ App
- » Durable Molding
- » Unique Locking Mechanism
- » Compact Design

WHY SELECTTECH® 560 DUMBBELLS?

Digital Connectivity

Integrated Bluetooth® technology lets you record sets, reps, and weight while syncing with your favorite apps.

Free SelectTech™ App

With pre-loaded workouts, over 70 step-by-step coaching videos and advanced tracking, your workouts will never be the same.

30 Weights in One

A turn of a handle automatically changes resistance from 2.3 all the way up to 27.2 kg. of weight.

Space Efficient

The SelectTech® 560 Dumbbells replace an entire rack of weights in a compact design that fits in nearly any corner of your room.



Bluetooth® Connectivity



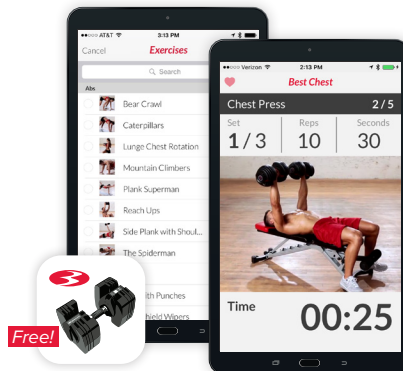
Premium Grips



Adjusts from 2.3 to 27.2 kg.

**APP CONNECTIVITY****Free SelectTech™ App**

- **70 Coaching Videos** – Follow along to our exercise library to help master perfect training form.
- **6 Week Challenge** – This classic 6-week total body program provides day-by-day workouts designed for your success.
- **Pre-loaded Workouts** – Choose from single workouts designed to help you target specific muscle groups.

**DUMBBELL SPECS****Dimensions**

401 mm L x 236 mm W x 218 mm H

Assembled Product Weight

28 kg. each (base included)