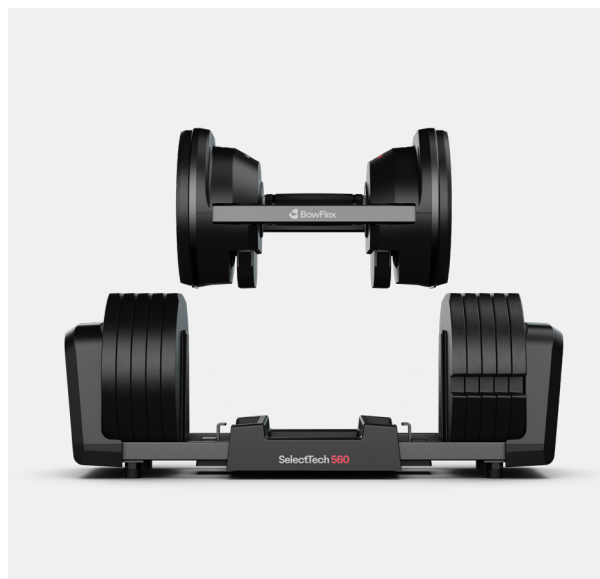


| Performance Series 560 SelectTech® Dumbbells



Ultra-compact design, endless strength-training possibilities.

Space-saving design

Get more workout in less space by replacing 12 separate weights with a single, all-in-one system.

Quick twist-and-lock weight selection

A one-handed dial takes you from 5 to 60 lbs. per dumbbell.¹

Ultra-compact and easy to handle

A classic dumbbell look and feel, designed to be shorter at light-to-medium weights for easier handling during close-to-body exercises.

Comfortable grip

An ergonomic, non-slip handle provides extra control and comfort with each lift.

Additional features

- Easy-to-move storage trays
- Compatible with SelectTech Dumbbell Stand with Media Rack (sold separately)
- Adjusts in 5 lb. increments

Performance Series 560 SelectTech® Dumbbells

① **Space-saving design**
replaces 12 individual dumbbells

② **Quick twist-and-lock handle**
for one-handed adjustments

③ **Shorter length**
feels and performs like a
traditional dumbbell at
light-to-medium weights

④ **Storage tray**
with easy-to-move handles

⑤ **Ultra-compact design**
with low-profile dovetail plates



Product details

Product dimensions:
21.34" L x 7.28" W x 7.82" H
(54.2 x 18.5 x 19.7 cm)

Product weight:
72.8 lbs. (33 kg) per dumbbell,
including storage trays

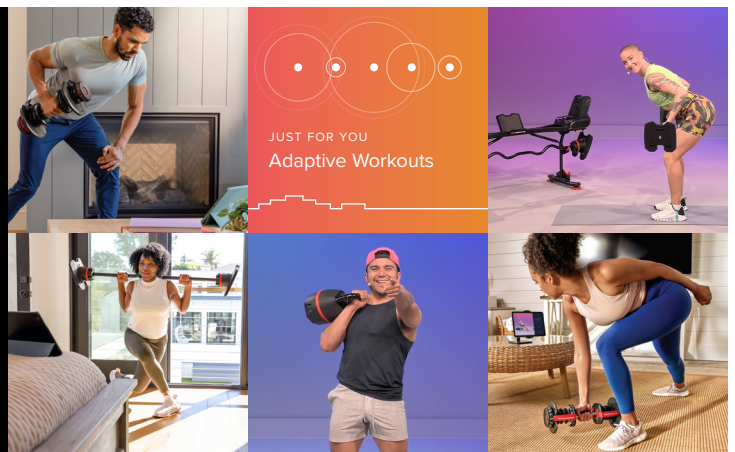
Weight settings:
5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, and 60 lbs.
(2.3, 4.5, 6.8, 9.0, 11.3, 13.6, 15.9, 18.1, 20.4, 22.7, 24.9, 27.2 kg)¹

Warranty: Parts: 2 years



**Try JRNY® free
for 2 months²**

- Adaptive workouts
- Trainer-led classes
- Performance tracking
- Whole-body workouts
- From your phone or tablet



¹ Please be advised that due to tolerances in the manufacturing process, individual weight settings may vary from their stated weight values.

² Offer limited to new JRNY members and subject to change without notice. JRNY® membership auto renews annually at then-current annual rates, plus applicable taxes, unless canceled at least 48 hours before free period ends.

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