

# ADJUSTABLE DUMBBELLS

## AN INTELLIGENT TWIST ON DUMBBELLS

No matter how you train, our adjustable dumbbells make getting a complete workout smoother than you ever imagined. Simply twist the handle and feel the click to select your weight, and count on precision engineering to keep every rep balanced. An ingenious nesting design means our dumbbells can replace up to 16 traditional pairs to fit your space beautifully. Choose from a 20-kg set or a 32-kg set, depending on your needs. Bring them home today to experience an intelligent twist on dumbbell training.



DB32



DB20

strength

### QUICK & EASY ADJUSTMENTS

Simply twist the handle and feel the click to select your weight and start your set. A clearly marked indicator makes it quick and easy to set a weight right for your goals.



### PRECISION ENGINEERING

The length of the dumbbell adjusts based on the weight selected to keep every rep perfectly balanced, while a knurled metal handle that feels like a club-quality dumbbell provides excellent grip.



### ROLL-FREE DESIGN

Flat-bottom weight plates prevent rolling when you set your dumbbell down between sets and provide stability for exercises like renegade rows and push-ups.



### LASTING DURABILITY

Designed and engineered to withstand tough home workouts for years.

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## OPTIONAL STORAGE RACK (DBSR)

The optional storage rack elevates dumbbells for easy access and to reduce clutter. An integrated device holder makes it easy to keep workout programs and entertainment in view, while a lower storage shelf makes room for accessories like bands, mats and more.



DBSR

### DBSR

<b>WEIGHT</b>	19 kg
<b>OVERALL DIMENSIONS</b>	64.1 × 59.25 × 79.5 cm
<b>ACCESSORIES</b>	Device storage

### DB20

### DB32

<b>DUMBBELL WEIGHT</b>	20 kg	32 kg
<b>DUMBBELL DIMENSIONS</b>	35 × 17.8 × 17.3 cm	43.5 × 17.8 × 17.3 cm
<b>DUMBBELL + CRADLE WEIGHT</b>	21 kg	33 kg
<b>DUMBBELL + CRADLE DIMENSIONS</b>	40.5 × 19 × 17.8 cm	49 × 19 × 17.8 cm
<b>SET INCLUDES</b>	2 20-kg dumbbells, 2 cradles	2 32-kg dumbbells, 2 cradles

Specifications subject to change without notice. For more information about Matrix Fitness: [matrixfitness.com](https://matrixfitness.com)

strength

## A GUIDED TRAINING EXPERIENCE

Integrated device storage keeps training apps, videos or music in view.



## MATRIX HOME FITNESS APP

Start your strength program at home with the Matrix Home Fitness app. Use the exercise library and sample workouts with step-by-step videos to guide your movements, log your reps and sets and create your own workouts. Download the free app to begin your fitness journey.