

| SelectTech® 552 Dumbbells



Discover your strength with weights that dial up to 52.5 lbs.

Space-saving design

Get more workout in less space by replacing 15 sets of weights with one. SelectTech's all-in-one systems let you up the challenge without needing multiple weights.

5 to 52.5 lbs. per dumbbell

Selection dials easily take you from one exercise to the next, adjusting from 5 to 52.5 pounds per dumbbell.¹

Adaptive weight recommendations

The JRNY® app syncs with SelectTech dumbbells and remembers how much weight you lifted today so it can make informed weight and workout recommendations tomorrow.²

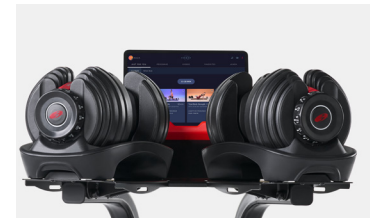
Lift with JRNY

Discover new strength-training exercises and find trainers who will keep you pumped up about your workout. Access JRNY work-outs from your smartphone or tablet, perfect whether you're at home or on the go.²

Additional features

- Use your phone or tablet to workout with JRNY®²
- Storage trays included
- Weight selection dials
- Compatible with SelectTech Dumbbell Stand with Media Rack (sold separately)

SelectTech. 552 Dumbbells



Use a phone or tablet to access JRNy²



Weight selection dial



Adjusts from 5 to 52.5 lbs.¹



Storage trays included

Product details

Assembled Dimensions per dumbbell:
16.9" L x 8.3" W x 9" H
(43 x 21.2 x 22.8 cm)

Assembly weight per dumbbell:
54.6 lbs.
(24.8 kg)

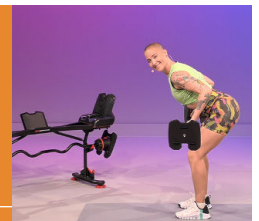
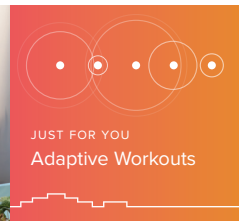
Assembled weight settings:
5, 7.5, 10, 12.5, 15, 17.5, 20, 22.5, 25, 30, 35, 40, 45, 50, & 52.5 lbs.
(2, 3, 4, 5, 7, 8, 9, 10, 12, 14, 16, 18, 20, 23, 24 kg)¹

Warranty: Parts: 2 years



Try a JRNy Mobile-
Only Membership free
for 2 months.³

- Adaptive workouts
- Trainer-led classes
- Performance tracking
- Whole-body workouts
- Adaptive Weight Recommendations



¹ Due to tolerances in the manufacturing process, individual weight plates may vary slightly from their stated weight values. ² Membership required for full JRNy[®] experience. ³ 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. ©2024 Johnson Health Tech Retail, Inc. All rights reserved. Other trademarks are the property of their respective owners. Johnson Health Tech Retail, Inc. 1600 Landmark Drive, Cottage Grove, WI 53527