

# SelectTech 560 Dumbbells: How do I perform a lock test?

ID: 11890.1

## **Applicable for SelectTech 560 Dumbbells**

Follow this troubleshooting guide to perform a lock test for your SelectTech 560 Dumbbells in the base. For all other SelectTech Dumbbell model lock test instructions, please see: [SelectTech Dumbbells: How do I perform a lock test?](#)

### **Follow these steps to perform a lock test**

- 1. Before starting Lock Test, inspect the handle assembly for damage by using your thumbs to push down on each of the selection discs, ensuring there is no damage to the discs.**
2. With your dumbbell set in the dumbbell base, turn the handgrip to the lowest number. You will know you have fully and correctly selected the number when you feel the handgrip settle into a notch (known as a detent). You will also hear a slight, but audible, clicking noise that corresponds with the detent locations for each number.
3. You should be able to withdraw the handle from the base leaving all the weight plates behind.
4. With the handle removed from the base, firmly attempt to turn the handgrip; the handgrip should not rotate.
5. Place the dumbbell back into the base, and turn the handgrip to the next weight setting. Lift the dumbbell from the base approximately 1 inch (2.5 cm).
6. With the handle still above the base, firmly attempt to turn the handgrip; the handgrip should not rotate. A locking pin in the mechanism will have engaged the rotational assembly when the unit was withdrawn from the base. Perform this test with both dumbbells.
7. Repeat this test for all weight settings on your dumbbells [\[11890.A\]](#).

### **Need additional assistance?**

## 1 Customer Care Contact Information

**Please contact Customer Care at 1-800-605-3369 for additional help or to order replacement parts. Some replacement parts may also be available for purchase [online here](#). A list of part numbers referenced within this guide can be located at the bottom of this page.**

**Customer Care - Hours of Operation:**  
Monday - Friday 6:00am - 5:00pm PST

*The replacement part will be provided to you at no cost assuming your machine meets the warranty eligibility requirements. A Customer Care Agent will be able to assess your current warranty eligibility and provide you with your options.  
Please note that if you did not purchase your machine directly from BowFlex, Schwinn, or Nautilus, we will need a copy of your purchase receipt in order to register your machine for warranty.*

## 2 SelectTech 560 DB Exploded Diagram Link

**[Click here to open the exploded diagram](#)**

3 Contact Tech Team / Advanced Troubleshooting

***If the issue was not resolved in the steps listed, contact the Tech Team or send an Advanced Troubleshooting case.***

**Submit a Case with case type Advanced Troubleshooting**