

SelectTech 840 Kettlebell: How do I keep the plates from dropping during use?

ID: 12149.1

Follow this troubleshooting guide to help resolve issues with your SelectTech 840 Kettlebell dropping plates or not picking them up from the base.

Some common complaints may include:

- Plates aren't picking up
- Plates dropping during use
- Weight plates falling out

Follow these steps to troubleshoot the issue

1. Place the kettlebell into the base and make sure the handle is fully depressed into the base. Grab the selection dial with all five fingers and your palm resting on the BowFlex logo. Try and rotate the dial to the 8 lb setting. If the dial will not rotate, please visit [SelectTech 840 Kettlebell: Why won't the kettlebell fit or the dial turn while set in the base?](#) to continue troubleshooting.
2. Check if there are plates stuck in the base. Remove the kettlebell handle from the base and rotate it upside down. Check if any plates are stuck inside. If plates are stuck, please visit [SelectTech 840 Kettlebell: How do get stuck plates out of the base?](#) to continue troubleshooting.
3. Remove the kettlebell from the base and rotate it upside down. Check the selection shaft (**reference 1**) for damage. If damage is present, [order a Kettlebell Hull \[12149.A\]](#).

(Reference 1)



The selection shaft is pictured in the center of the kettlebell. Check for any damage, such as it being bent.

- 10. Inspect each plate for damage. If there is no damage, carefully place the rest of the plates back in the base. Remember to put each weight plate back in the correct sequence and orientation. Starting with the plates closest to the base, place the weight plate marked #5 down, followed by plates 4, 3, 2, and 1 (**reference 2**) [\[12148.B\]](#). If damage is present, [order a Weight Plate](#) for the affected plate [\[12149.C\]](#).

(Reference 2)



The plates are ordered from bottom to top. Start with weight plate #5, followed by plates 4, 3, 2, and 1.

Need to order replacement parts?

1 Parts Reference Table

<i>Part Description</i>	<i>Part SKU</i>
Kettlebell Hull	8019377
Weight Plate #1	8019365
Weight Plate #2	8019366
Weight Plate #3	8019367
Weight Plate #4	8019368

Weight Plate #5	8019369
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2 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