

SelectTech 840 Kettlebell: How do I perform a lock test?

ID: 12144.1

Follow this troubleshooting guide to perform a lock test for your SelectTech 840 Kettlebell in the base.

Follow these steps to perform a lock test

1. With the kettlebell handle set in the kettlebell base, turn the adjustment knob to the lowest setting (8 lb or 3.5 kg). You will know you have fully and correctly selected the number when you feel the adjustment knob 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.
2. You should be able to withdraw the handle from the base leaving all the weight plates behind.
3. With the handle removed from the base, grab the adjustment knob with your other hand and gently attempt to turn the knob. The knob should not rotate. Do not use too much force to try to turn the locked adjustment knob. Too much force can damage the locking mechanism.
4. After confirming the proper function of the locking mechanism as described above, return and fully insert the kettlebell handle back into the base assembly.
5. With the handle back in the base, try to turn the adjustment knob to a position that is between the numbers 8 and 12 (3.5 and 5.5). This represents an incomplete weight selection where the adjustment knob has not fully selected a weight and the knob is in-between the selection detents (clicks).
6. The selection knob should not stop and engage in this improper position. Gently attempt to lift up on the handle to remove it from the base. You should find that the handle is locked to the base and cannot be removed with light pressure, as it can normally.
7. Return the improperly selected adjustment knob to a full and proper weight selection and assure that the kettlebell handle can once again be removed.
8. Repeat this test for all weight selections.
9. Assure the entire kettlebell handle assembly is properly tightened. Do this by setting the adjustment knob to 8 pounds and removing the handle assembly from the base. Grab the adjustment knob and very slightly push and pull the knob toward and away from the handle grip. The knob should not excessively move freely and a click of the selection discs should feel tightly connected.
10. The lock test should be completed monthly to make sure that the locking mechanism operates correctly.

Need additional assistance?

1 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