

SelectTech Dumbbells: How do I perform a lock test?

ID: 11889.1

Applicable for SelectTech Dumbbell models 552 and 1090

Follow this troubleshooting guide to perform a lock test for your SelectTech Dumbbells in the base. For SelectTech 560 Dumbbell lock test instructions, please see: [SelectTech 560 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 both adjustment knobs to the lowest number. 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.
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, grab one adjustment knob with your other hand and firmly attempt to turn the knob; the knob should not rotate.
5. Place the dumbbell back into the base, and turn the adjustment knob to the next lowest weight setting. Lift the dumbbell from the base approximately 1 inch (2.5 cm).
6. With the handle still above the base, grab one adjustment knob with your other hand and firmly attempt to turn the knob; the knob 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 A locking pin in the mechanism will have engaged the rotational assembly when the unit was withdrawn from the base.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 all adjustment knobs.
7. Repeat this test for all weight settings on your dumbbells.

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 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