

SelectTech 1090 Dumbbells: How do I get the dumbbell out of the base?

ID: 11905.1

Follow this troubleshooting guide to help remove your SelectTech 1090 Dumbbells from the base.

Some common complaints may include:

- Dumbbell stuck in base
- Can't remove dumbbell handle from base
- Can't lift dumbbell out of base

Follow these steps to troubleshoot the issue

1. Watch this [video](#) and follow along for reference on removing dumbbells from the base.
2. Once all parts are reassembled, perform a lock test here: [SelectTech Dumbbells: How do I perform a lock test? \[11905.A\]](#)

Need to order replacement parts?

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