

# Full Circle Padding, Inc.

## Pro Style Dumbbells



### DUMBBELLS WITH END CAPS

Dumbbells using bolt and 1 1/4 lb end cap without chrome washer. Dumbbell weight includes the weight of the handle.

DUMBBELL WEIGHT	SDH	ORP10	ORP7.5	ORP5	ORP2.5	END CAPS
15	1			2		2
20	1		2			2
25	1	2				2
30	2	2			2	2
35	2	2		2		2
40	2	2	2			2
45	2	4				2
50	3	4			2	2
55	3	4		2		2
60	3	4	2			2
65	3	6				2
70	4	6			2	2
75	4	6		2		2
80	4	6	2			2
85	4	8				2
90	5	8			2	2
95	5	8		2		2
100	5	8	2			2
105	6	10				2
110	6	10			2	2
115	6	10		2		2
120	6	10	2			2
125	7	12				2
130	7	12			2	2
135	7	12		2		2
140	7	12	2			2
145	7	14				2
150	8	14			2	2
155	8	14		2		2
160	8	14	2			2
165	8	16				2



### DUMBBELLS WITHOUT END CAPS

Assembled using the bolt and large chrome washer. Dumbbell weight does not include weight of the handle.

DUMBBELL WEIGHT	SDH	ORP10	ORP7.5	ORP5	ORP2.5
5	1				2
10	1			2	
15	1		2		
20	1	2			
25	2	2			2
30	2	2		2	
35	2	2	2		
40	2	4			
45	3	4			2
50	3	4		2	
55	3	4	2		
60	3	6			
65	4	6			2
70	4	6		2	
75	4	6	2		
80	4	8			
85	5	8			2
90	5	8		2	
95	5	8	2		
100	5	10			
105	6	10			2
110	6	10		2	
115	6	10	2		
120	6	12			
125	7	12			2
130	7	12		2	
135	7	12	2		
140	7	14			
145	8	14			2
150	8	14		2	
155	8	14	2		
160	8	16			

**Questions? Call us 1-800-875-7780**  
**[www.FullCirclePadding.com](http://www.FullCirclePadding.com)**