

Rubber Hex Dumbbell Measurements

SPEC (KG)	A(mm)	B (mm)	C (mm)	D (mm)
1	228	128	50	59.8
2	244	128	58	67.5
3	258	128	65	81.4
4	272	128	72	89.3
5	284	128	78	94.4
6	296	128	84	100.6
7 / 8	298	128	85	107.4
9	308	128	90	109.3
10	318	128	95	118.8
12.5	328.6	128	100.3	127.3
15	338.8	128	105.4	134.4
17.5	349	128	110.5	143.8
20	362	128	117	145.6
22.5	369	128	120.5	151.7
25	379.2	128	125.6	156.8
27.5 / 30	389.4	128	130.7	166.4
35	406	128	139	177.7
40	426	128	149	187.2
45 / 50	438	128	155	192.4

