



# DUMBBELL CONNECT

Dumbbell Combinations Available to Workout  
with Using Dumbbell Connect

## DUMBBELL SIZES YOU OWN

5	10	15	20	25	30	35	40	45	50	55	60
5	5	5	5	5	5	5	5	5	5	5	5
	10	10	10	10	10	10	10	10	10	10	10
	15	15	15	15	15	15	15	15	15	15	15
		20	20	20	20	20	20	20	20	20	20
		25	25	25	25	25	25	25	25	25	25
			30	30	30	30	30	30	30	30	30
			35	35	35	35	35	35	35	35	35
				40	40	40	40	40	40	40	40
				45	45	45	45	45	45	45	45
					50	50	50	50	50	50	50
					55	55	55	55	55	55	55
						60	60	60	60	60	60
						65	65	65	65	65	65
							70	70	70	70	70
							75	75	75	75	75
								80	80	80	80
								85	85	85	85
									90	90	90
									95	95	95
										100	100
										105	105
											110
											115

= **Dumbbell Connect Combined**

<b>Sub-Total Weight*</b>	5	30	75	140	225	330	455	600	765	950	1155	1380
<b>X 2 Pair</b>	2	2	2	2	2	2	2	2	2	2	2	2
<b>Total Weight w/ DC*</b>	10	60	150	280	450	660	910	1200	1530	1900	2310	2760
<b>Total Weight w/o DC*</b>	10	30	60	100	150	210	280	360	450	550	660	780
<b>Savings @ \$1.00 / lb.*</b>	\$ -	\$ 30	\$ 90	\$ 180	\$ 300	\$ 450	\$ 630	\$ 840	\$1,080	\$1,350	\$1,650	\$1,980
* Calculated values assume that you own the heaviest dumbbell pair along with all the lighter dumbbell pairs												

**Lift more. Pay less.**

[www.dumbbellconnect.com](http://www.dumbbellconnect.com)