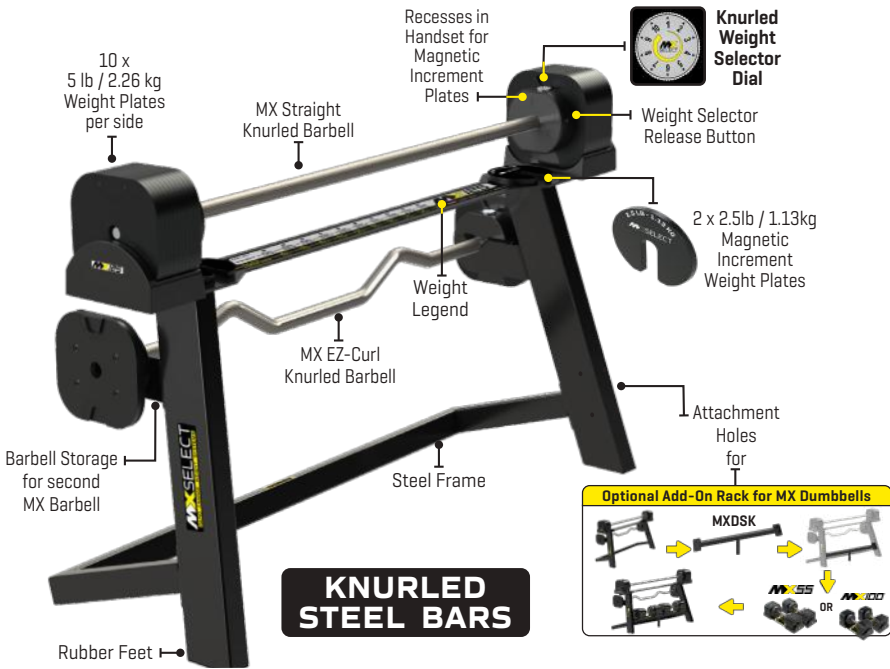




| PRODUCT DESCRIPTION                                                                                                                                             | IMAGES | PRODUCT DESCRIPTION                                                                                                              | IMAGES |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|----------------------------------------------------------------------------------------------------------------------------------|--------|
| <b>MX55 EVO</b><br><b>DUMBBELLS</b><br>Contoured Rubber Handle<br>HANDSETS<br>ON CRADLES<br>10 - 55 LB<br>4.5 - 24.9 KG                                         |        | <b>MX55 EVO</b><br><b>DUMBBELLS</b><br>Knurled Steel Handle<br>HANDSETS<br>ON CRADLES<br>10 - 55 LB<br>4.5 - 24.9 KG             |        |
| <b>MX70-100 EVO</b><br><b>DUMBBELLS</b><br>Contoured Rubber Handle<br>HANDSETS<br>ON CRADLE<br>10 - 70 LB<br>5.9 - 32.2 KG                                      |        | <b>MX70-100 EVO</b><br><b>DUMBBELLS</b><br>Knurled Steel Handle<br>HANDSETS<br>ON CRADLE<br>10 - 70 LB<br>5.9 - 32.2 KG          |        |
| <b>MX100 EVO</b><br><b>DUMBBELLS</b><br>Contoured Rubber Handle<br>HANDSETS<br>ON CRADLE<br>10 - 100 LB<br>5.9 - 45.4 KG                                        |        | <b>MX100 EVO</b><br><b>DUMBBELLS</b><br>Knurled Steel Handle<br>HANDSETS<br>ON CRADLE<br>10 - 100 LB<br>5.9 - 45.4 KG            |        |
| <b>MX125 EVO</b><br><b>TWO BARS</b><br>2 x Knurled Steel Bars<br>SYSTEM & RACK<br>30 - 120 LB<br>13.6 - 54.4 KG<br>Includes 2 x 2.5lb Magnetic Increment Plates |        | <b>ADD-ON</b><br><b>MX125 EVO</b><br><b>DUMBBELL STAND</b><br>Bolts to the<br>MX125 EVO<br>RACK                                  |        |
| <b>MX BENCH</b><br>ADJUSTABLE<br>TRAINING BENCH                                                                                                                 |        | <b>MX EVO STAND</b><br>Dumbbell Stand<br>only fits EVO MX55<br>MX70-100 & MX100<br>Dumbbells                                     |        |
| <b>1.25LB / 0.57KG</b><br>4 x Magnetic<br>Increment<br>Plates and 2 x Holders<br>fits EVO MX55<br>MX70-100<br>& MX100 Dumbbells                                 |        | <b>2.5LB / 1.13KG</b><br>4 x Magnetic<br>Increment<br>Plates and<br>2 x Holders<br>is only for EVO MX70-100<br>& MX100 Dumbbells |        |
| <b>ADD ON KIT FOR</b><br><b>MX70-100 EVO</b><br>UPGRADE FROM<br>70 lb to 100 lb<br>12 x PLATES<br>60 LB / 27.8 KG                                               |        | <b>MX IMPACT MATS</b><br>MX EVO<br>DUMBBELL<br>PADS                                                                              |        |

MX125
DUAL BARBELL
USER GUIDE

ASSEMBLY & SYSTEM ADJUSTMENTS



MX SELECT - USER SAFETY PRECAUTIONS

To avoid possible injury, all users should read and understand these instructions before using any MX Select product.

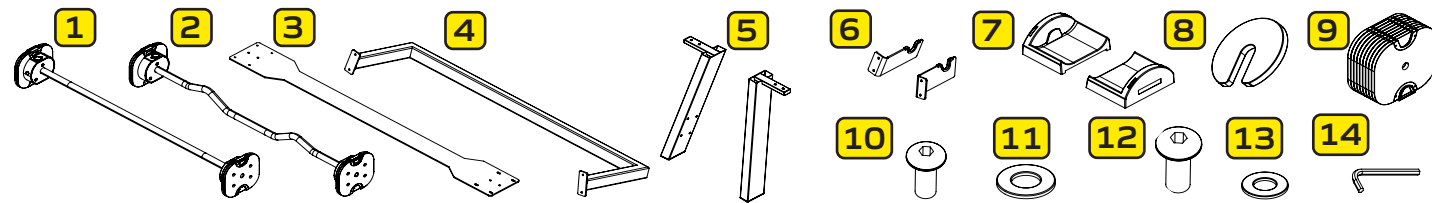
1. Consult a medical doctor or healthcare professional to be cleared by them for exercise and to determine the exercises appropriate for you, before undertaking exercise with MX Select Systems.
2. If you experience any pain or dizziness, stop exercise immediately and consult a medical doctor.
3. Perform any exercise with the correct technique - consult a personal trainer or healthcare professional for guidance if unsure of technique or your personal exercise parameters.
4. MX SELECT Systems are designed for home use only and are not suitable or warranted for commercial use.
5. Understand how to select the desired weight with the MX SELECT System, see page 2 following.
6. Never touch the weight selector release button or move the selector dial while the MX Select product is out of the cradle, doing so may release weight plates from the handset and cause catastrophic injury.
7. Never use MX Select Systems if they are not functioning properly.
8. Never drop, throw or strike together any MX Select System, this will void warranty and could cause permanent damage.
9. Take personal responsibility to ensure your safety and the safety of those around you while using and storing MX SELECT Systems.

US PATENT NUMBERS: 9643042 & 10166427 BRITISH PATENT NUMBERS: 2911752 & 2956218  
BREVETT PATENT NUMBERS: 502017000140462 & 502019000108103

UPDATED - 090725

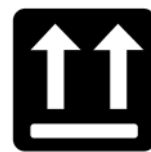
### CONTENTS - EVO MX125 BARBELL SYSTEM

| Item | Qty | Description       | Item | Qty | Description               | Item | Qty | Description   |
|------|-----|-------------------|------|-----|---------------------------|------|-----|---------------|
| 1    | 1   | Barbell Handset   | 6    | 1   | Bracket L/R               | 11   | 8   | M5 Washer     |
| 2    | 1   | EZ Curl Handset   | 7    | 1   | MX125 Cradle Set [1Pair]  | 12   | 12  | M6 x16 Bolt   |
| 3    | 1   | Holder Base Plate | 8    | 2   | Increment Weight Plate    | 13   | 8   | M6 Washer     |
| 4    | 1   | Stand Base        | 9    | 18  | MX125 - 5 lb Weight Plate | 14   | 1   | Allen Key 4mm |
| 5    | 1   | Stand Legs L/R    | 10   | 8   | M5 x18 Bolt               |      |     |               |

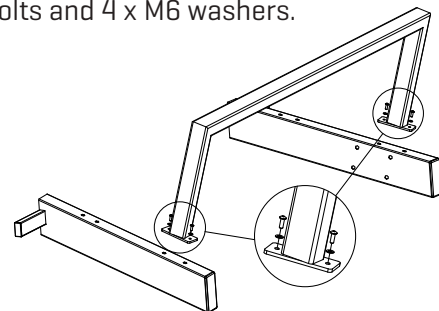


### ASSEMBLY INSTRUCTION - EVO MX125 BARBELL SYSTEM

**STEP ONE** Place the two MX 125 Barbell System boxes on a firm, flat surface with the Up Arrow pointing up. Open the top of the boxes. Remove all contents carefully.

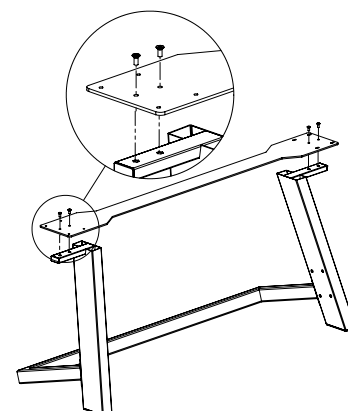


**STEP TWO** Lay left & right Stand Legs flat on the ground with the screw holes facing upwards. Install the Stand Base onto the left and right legs using 4 x M6x16 bolts and 4 x M6 washers.

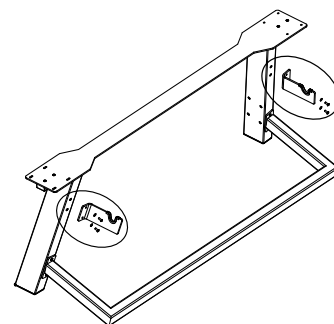
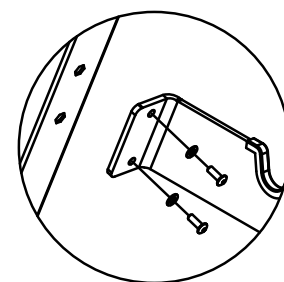


#### STEP THREE

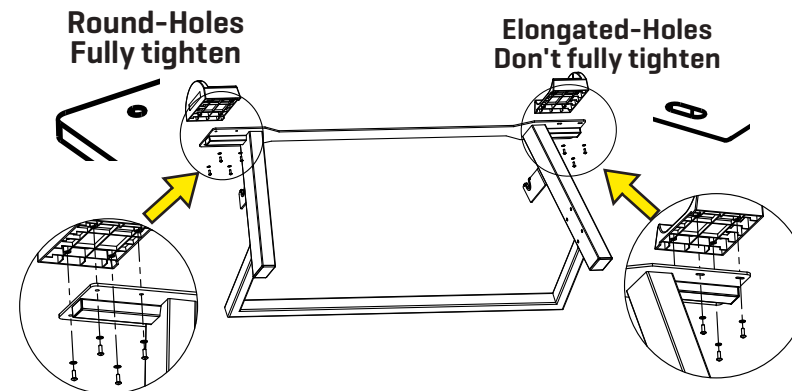
Stand the assembled legs upright, then install the Holder Base Plate using 4x M6x16 bolts.



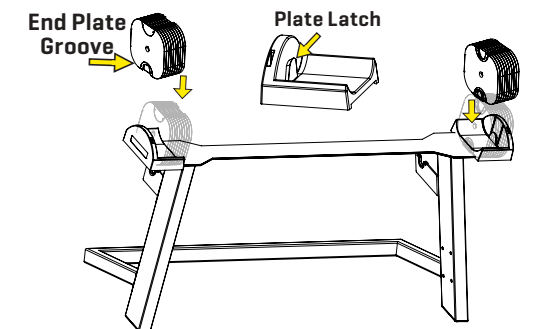
**STEP FOUR** Install Bracket L and Bracket R on the back of the left and right legs, respectively, using 4 x M6x16 bolts and 4 x M6 washers



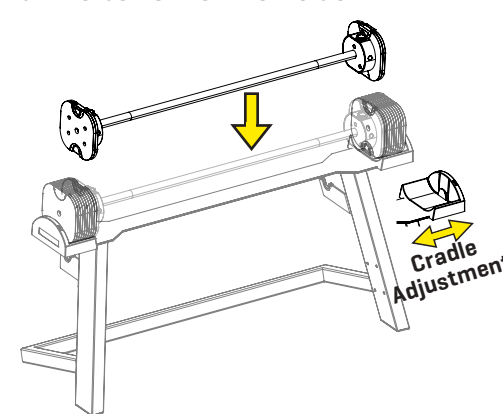
**STEP FIVE** Install the plastic Holders onto each end of the Holder Base Plate. One end of the plate has four round holes, the other end has four elongated holes. Secure the Holder using 8 x M5x18 bolts and 8 x M5 washers. Do not fully tighten the four bolts on the elongated hole end to allow for fine-tuning of the Cradle width in later steps.



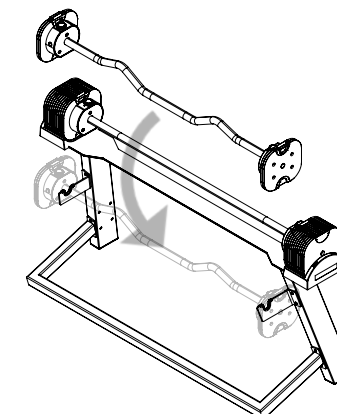
**STEP SIX** Take the Weight Plates out of Box 2 and remove the shrink wrap. Place the Weight Plates into the left & right Holders of the Cradle. Be careful to ensure the Latch at the end of each Holder is securely engaged with the Groove of each End Plate.



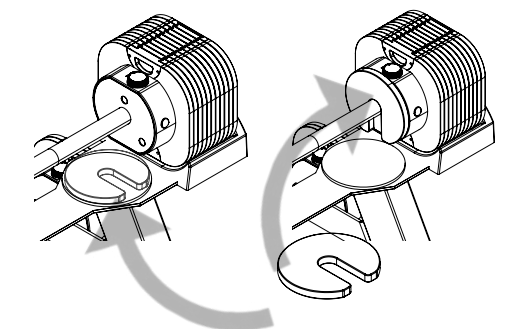
**STEP SEVEN** Place the Barbell Handset into the Cradle. Ensure that all weight plate latches are correctly engaged with the grooves. If the Cradle is too wide or too narrow across both ends, preventing proper engagement, adjust the Holder position to the appropriate width by using the elongated holes. Then fully tighten the 4 x M5x18 bolts at the bottom of the Holder.



**STEP EIGHT** Hang the EZ Curl Handset on the Bracket at the back of the Stand. The Barbell Handset and EZ Curl Handset can be used interchangeably. Before switching, ensure that the Selector Dials are set to "1" [30LB].

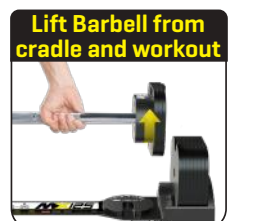


**STEP NINE** Take the 2 x Increment Weight Plates out of the Box and place them on the circular soft pad on the Cradle. Note: The back of the Increment Weight Plate contains four strong magnets. Avoid letting two Weight Plates attract each other or attaching the Weight Plate directly to a metal plate, as the strong magnetic force may cause pinching injuries.



### HOW TO SELECT DESIRED TRAINING WEIGHT

Only adjust the Weight Selector Dial while the Barbell is in the Weight Cradle



Adjust both ends of the Barbell to your desired training weight.