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## which adjustable dumbbells should i get?

Posted by chrisinfinity - 2008/06/21 16:40

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also do they ever go on sale?

boflex 552 5 to 52.5 pounds 399.99 [http://www.amazon.com/Bowflex-SelectTech-552-Dumbbell-Set/dp/B000BGKC4C/ref=pd\\_bbs\\_1?ie=UTF8&s=sporting-goods&qid=1214076644&sr=8-1](http://www.amazon.com/Bowflex-SelectTech-552-Dumbbell-Set/dp/B000BGKC4C/ref=pd_bbs_1?ie=UTF8&s=sporting-goods&qid=1214076644&sr=8-1)

powerblock 5 to 45 pounds 298.00

[http://www.amazon.com/PowerBlock-Personal-Adjustable-per-Set/dp/B000A6QINW/ref=pd\\_bbs\\_3?ie=UTF8&s=sporting-goods&qid=1214076644&sr=8-3](http://www.amazon.com/PowerBlock-Personal-Adjustable-per-Set/dp/B000A6QINW/ref=pd_bbs_3?ie=UTF8&s=sporting-goods&qid=1214076644&sr=8-3)

weider dumbbells 10-50 pounds with stand for 299.99  
<http://www.dickssportinggoods.com/product/index.jsp?productId=2930476>

proform fusion dumbbells 10-50 pounds with stand 299.99

<http://www.sportsauthority.com/pwr/product-reviews/Other/ProForm/p/2488370-ProForm-Fusion-SpaceSaver-Dumbbells-with-Stand.html>

has anyone tried any of these and can u tell me if there good

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## Re:which adjustable dumbbells should i get?

Posted by Les - 2008/06/22 08:03

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i can't recommend any for i haven't used any.

put ironmaster's Quick lock dumbbell on your list, it's a bit on the expensive side but worth the look

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## Re:which adjustable dumbbells should i get?

Posted by he4dhuntr - 2008/06/23 12:03

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I can't give you much help either since I've never used any of those. I have the basic screw-on ones. They can't change

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weights quickly so I bought quite a few. Anyway, those all look pretty good to me, especially if you need them for the P90X workouts. If I were you I would just read up on their revues and see which ones are the best. Search them on google. Hope you find what you're looking for. Try ebay too maybe they have a bit of a cheaper price. The shipping might cost you though.. Cheers!

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### Re:which adjustable dumbbells should i get?

Posted by rookie92 - 2008/07/05 11:01

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i just ordered the p90x and i wanted to be prepared before it came. i did a lot of research on adjustable dumbbells and if you are willing to spend the money i recommend the powerblocks. the bowflex and weider ones supposedly the weights can fall out. and the other one that was recommended with the quick change weights really isnt that quick when you have to do it 4 times. go to powerblocks.com and search for a dealer near you. if you can find one you can try them out and save money on shipping. hope this helps and good luck!

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### Re:which adjustable dumbbells should i get?

Posted by rawkus - 2008/08/08 00:45

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Golds Gym Adjustable dumb bell weights. 5pds to 25pds \$49.99 @ Walmart.

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### Re:which adjustable dumbbells should i get?

Posted by Kevin - 2008/08/08 09:39

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I got the Bowflex 1090 dumbbells about a month ago. I think they work great! No dropped disks and no broken toes.

Are they worth \$900? Well, they're pricey. But they fill the bill very well and I'm certainly not going to let them sit in the corner of the basement and collect dust because of it.

Having said that, I think that there are other less expensive options. The Weider quick change dumbbells seem to be a good bargain and I have a friend who really likes them. The same comments about the Bowflex would apply to the Weider unit as well, except that I personally needed a bit heavier weight and they only go up to 50#. Admittedly, 90# with the Bowflex 1090 is probably overkill!!

I really think "quick change" is in the eye of the beholder. All of the "quick change" dumbbell units I've seen are quicker than the old manual method of removing a weight lock with a wrench, sliding weight disks on or off, and reapplying the lock. Even the quick lock release levers that came out several years ago are still slower than the "quick change" dumbbells. I think that if you get a set from a reputable manufacturer and you take care of them and use them safely you'll be happy with your purchase. My only additional suggestion would be that you see them before you buy and be sure the sporting goods dealer will be willing to give you an exchange or refund if you're not happy after a few days with them.

Rawkus, I like your suggestion. 50 bucks is a pretty safe investment and you won't be out a lot of cash if they don't work out. If they do, you'll have bragging rights to a great deal!

Onward to Sparta!!

Kevin

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### Re:which adjustable dumbbells should i get?

Posted by Irish Pilot - 2008/09/03 09:39

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For weight less than the 60lb mark, I would suggest the powerblocks. Ive spent several days reading reviews and heading out to stores to test all of them...and while I love the look of the bowflex, the powerblocks were much more

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sturdy, smaller etc...everything that you read in reviews online.

Another thing of note...every store I went to I asked the people working what they thought of the two and they all said the same thing: lots of their patrons have had problems with the bowflex (gear issues, rattly weights, etc.) and no complaints about the powerblocks.

Who knows. Check this out as well for a size comparison etc. If you are doing bicep curls, those bowflex are oftly wide to be holding two...

<http://www.powerblock.com/competition.html>

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## Re:which adjustable dumbells should i get?

Posted by workoutsoft - 2008/10/12 10:41

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Well, for men, 25 lb is just not enough. I got the Gold's Gym Switch Plate 100 with stand @ Sports Authority a couple of years ago. They are well made and weight changes are easy. I can't recommend them though. Mostly because of the bulk. They are longer and wider than even the biggest 50 lb solid dumbbell and they really get in the way on a lot of P90X routines. If you have the space, I would recommend getting individual dumbbells, they still are the most practical IMO.

Cheers,  
WorkoutSoft.

Have you tried the one and only P90X workout tracker software on the market?

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## Re:which adjustable dumbells should i get?

Posted by glenn - 2008/12/18 15:21

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WeightLoss-HQ has finally written up a review. While it doesn't cover EVERY dumbbell we wanted to get the ball rolling. PLEASE do leave a blog comment if you have others to add to the list, be nice to keep it growing. Here is the article:

Adjustable Dumbells

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