



# FIXED GRAY PRO-STYLE DUMBBELLS



## Fixed Gray Pro-Style Dumbbells

All dumbbells feature a twice-baked gray enamel finish, along with three handle options: urethane snug grip and deluxe contoured chrome-plated steel handles. Dura-Lock is an optional upgrade.



## SNUG-GRIP

The next generation in ergonomic urethane handle design, Snug-Grip™ allows you to focus your energy on the target muscle.

Fixed Dumbbell is customizable with the following handle options:

### Urethane Snug-Grip



SGH

### Contoured Chrome



DDH

### Straight Chrome



SDH

### Dura-Lock End Cap

Our unique Dura-Lock end cap system makes Hampton Fixed Dumbbells virtually maintenance-free, almost never loosening up.



## DUMBBELL SETS

GRAY PRO-STYLE DUMBBELLS WITH URETHANE SNUG-GRIP HANDLES					
Pair Item#	Individual Weight	Total Weight of Pair	Pair Item#	Individual Weight	Total Weight of Pair
FDG-5	5 lbs	10 lbs	FDG-80	80 lbs	160 lbs
FDG-10	10 lbs	20 lbs	FDG-85	85 lbs	170 lbs
FDG-15	15 lbs	30 lbs	FDG-90	90 lbs	180 lbs
FDG-20	20 lbs	40 lbs	FDG-95	95 lbs	190 lbs
FDG-25	25 lbs	50 lbs	FDG-100	100 lbs	200 lbs
FDG-30	30 lbs	60 lbs	FDG-105	105 lbs	210 lbs
FDG-35	35 lbs	70 lbs	FDG-110	110 lbs	220 lbs
FDG-40	40 lbs	80 lbs	FDG-115	115 lbs	230 lbs
FDG-45	45 lbs	90 lbs	FDG-120	120 lbs	240 lbs
FDG-50	50 lbs	100 lbs	FDG-125	125 lbs	250 lbs
FDG-55	55 lbs	110 lbs	FDG-130	130 lbs	260 lbs
FDG-60	60 lbs	120 lbs	FDG-135	135 lbs	270 lbs
FDG-65	65 lbs	130 lbs	FDG-140	140 lbs	280 lbs
FDG-70	70 lbs	140 lbs	FDG-145	145 lbs	290 lbs
FDG-75	75 lbs	150 lbs	FDG-150	150 lbs	300 lbs

17.5, 22.5, 27.5, 32.5, 37.5, 42.5, 47.5, 52.5 lb pairs also available

GRAY PRO-STYLE DUMBBELLS (SETS) WITH URETHANE SNUG-GRIP HANDLES			
Item #	Weight	Increments	Total Weight
FDG-5-50	5-50 lbs.	5 lb. increments to 50 lbs.	550 lbs.
FDG-5-100	5-100 lbs.	5 lb. increments to 100 lbs.	2,100 lbs.
FDG-105-150	105-150 lbs.	5 lb. increments from 105 lbs. to 150 lbs.	2,550 lbs.
DLS		Dura-Lock end cap system is standard	1

# DUMBBELLS