



CAST IRON DUMBBELL

SKU: IHD

PRODUCT SPECIFICATIONS

Sizes: 1 lb, 2 lb, 3 lb, 5 lb, 8 lb, 10 lb, 12 lb,
15 lb through 100 lb in 5 lb increments

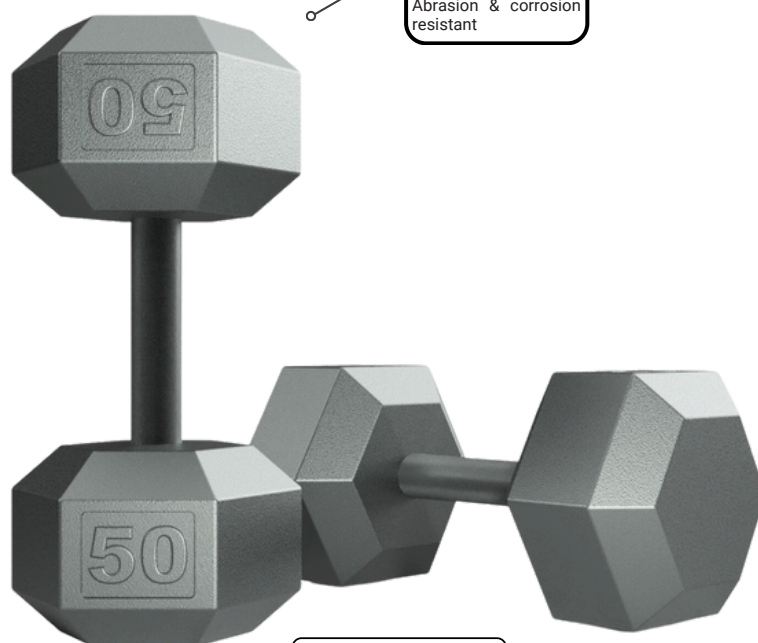
Material : Cast Iron

Handle: 1 lb - 12 lb : Cast Handle
15 lb - 100 lb : Steel Handle

Handle Length: 1 lb & 2 lb : 3.7 in.
3 lb - 70 lb : 5 in.
75 lb - 100 lb : 5.51 in.

Handle Diameter: 1 lb : 20 mm
2 lb : 25 mm
3 lb : 26 mm
5 lb - 30 lb : 27 mm
35 lb - 50 lb : 28.6 mm
55 lb - 100 lb : 30.2 mm

Size (lbs)	Height (mm)	Dumbbell Head Thickness (mm)
1	33.77	21.5
2	41.57	32.5
3	51.4	32.5
5	60.9	45
8	77.6	47.5
10	80	61.5
12	86.9	63
15	92.1	69
20	104.4	73
25	112	80
30	120	85.2
35	125.6	91.9
40	131.4	95.4
45	134.7	101.3
50	141.4	104.9
55	146.8	106.5
60	150.5	111
65	154.5	113.5
70	158.3	116
75	161.3	120
80	164.9	122
85	168	124.5
90	172	125.5
95	174.6	128
100	177.2	130.5



Durability

Abrasion & corrosion
resistant

Anti - Roll Design

6 sided design to prevent
from rolling.

FEATURES & DETAILS

USA's Solid Hex Dumbbells are designed with the user in mind. We use ASTM-grade 20, the highest quality gray iron casting available. Our hex dumbbells are coated with a durable resin-based paint and baked for one hour to assure a finish that is chip, abrasion and corrosion-resistant

WARRANTY INFORMATION

All USA Sports, Inc products come with a 90-day warranty, against breakage through proper use to the original owner and does not cover normal wear and tear. This warranty does not cover products placed in a commercial setting.