



Bowflex SelectTech 1090i dumbbell 4.5-40.8kg



This dumbbell system from Bowflex saves the purchase of up to 15 different pairs of dumbbells. Each Bowflex SelectTech 1090i dumbbell offers the possibility to train with weights from 4.5kg to 40.8kg. The adjustment system of the Bowflex dumbbell is very simple - setting the desired weight with a rotary wheel on both sides. Only the weight plates necessary for the set weight are detected. The dumbbell is then lifted out of the bowl with the selected weight and off you go with the workout. The practical adjustment mechanism of the Bowflex SelectTech allows the desired dumbbell weight to be set in no time at all. No more tedious changing of weight plates. The Bowflex SelectTch dumbbell offers functional total body training for legs, back, chest, abdomen, shoulders and arms.

CHF 419.00

- adjustable dumbbell system with 17 weight increments
- safe and easy adjustment by rotating mechanism
- patented adjustment mechanism - only adjustable when the dumbbell is in the base station
- replaces 17 different dumbbells
- 17 weight increments from 4,5 to 40,8kg - adjustable in 4, 7, 9, 11, 13, 16, 18, 21, 23, 25, 27, 30, 32, 34, 36, 39 and 41kg steps*
- handle length approx. 12cm
- weight plates with thermoplastic coating - protects against scratches on the floor and avoids rattling noises
- option: Bowflex SelectTech dumbbell rack with media rack for a comfortable pick up and put down of the dumbbell - the dumbbell rack offers space for 2 Bowflex
- the workout becomes multimedia and individual through **JRNY™ - the digital fitness and entertainment platform. *JRNY™ is available in English only. Tablet or smartphone required
- Material: steel, nylon, ABS, thermoplastic rubber.
- Dimensions L44.4 x W24.2 x H25.3cm



- Weight 41,9kg
- Scope of delivery: 1 dumbbell with bowl
- Indicative price CHF 499.--

* Please note that individual weight plates may vary slightly from the stated weight values due to tolerances in the manufacturing process.

****JRNY™ - Membership:**

Daily Personalized Workout

Experience a customized workout program with real-time coaching that automatically adjusts as you get stronger.

Explore Virtual Destinations

Travel at your own pace through more than 200 stunning virtual courses or experience them alongside your virtual coaching.

Real-time virtual coaching

Achieve each and every workout goal with the guidance of a friendly virtual coach.

On-demand classes

Sweat it out with world-class coaches who inspire you. Experience a variety of time ranges and class types.

2 Month Free Trial JRNY™ included - at the end of the free trial period, JRNY membership automatically renews at current membership rates until cancelled. JRNY is available in English only. Manage or cancel your membership directly from your Apple ID or Google account. However, the app can also be used in the free version.