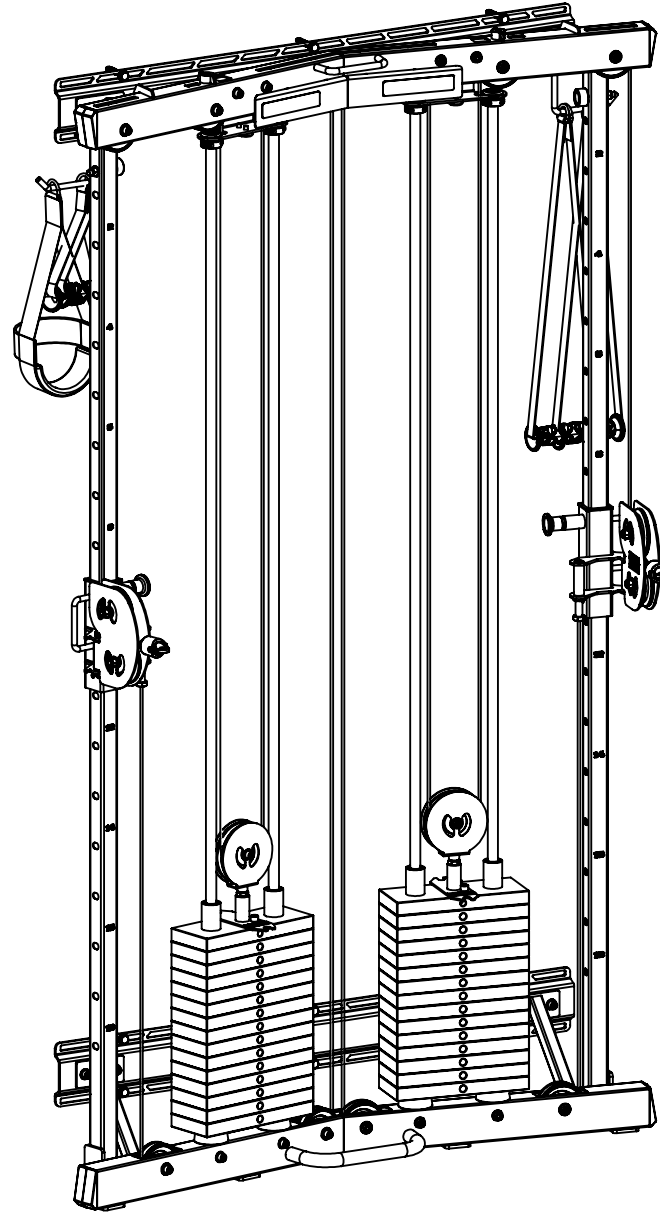


# ANKER-7 ASSEMBLY GUIDE

VERSION: ANKER-7-001-150LB/200LB/225LB

PART #: 5843701-F



**TORQUE** USA

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# WARNING !

## Important safety instructions for using Equipment

There is a risk assumed by the individuals who use this type of equipment. To minimize risk, you must follow these precautions:

1. **READ ALL INSTRUCTIONS AND WARNING LABELS COMPLETELY PRIOR TO ANY USE OR ASSEMBLY.** Failure to read and follow the safety instructions and warnings within the Assembly and Maintenance Guide may result in possible serious injury or death. Use this product only for the intended uses described in the Assembly and Maintenance Guide and exercise booklet. **DO NOT** modify equipment in anyway. **Any use other than as intended or modification of product will void any and all product warranties.**
2. Consult your physician before starting any exercise program. Warm up properly before engaging in resistance training. Stop exercising and consult a physician immediately if you experience dizziness, nausea, faintness, chest pain, shortness of breath or any other abnormal symptoms during use of this equipment.
3. Certain exercise equipment and/or equipment may not be suitable or appropriate for pregnant women, people with heart conditions, balance impairment or other pre-existing health problems. Persons with disabilities should consult a physician and obtain medical approval prior to using this product and should only use this product under close supervision. **Failure to comply with these instructions will void any and all product warranties.**
4. Carefully inspect equipment before each use. Replace all parts at the first sign of wear or damage. Tighten all loose connections. Pay special attention to cable ends and connections. Do not disassemble, remove any parts or components or otherwise attempt to repair this product. **DO NOT** use product if product appears damaged. **DO NOT** attempt to fix a broken or jammed machine, obtain assistance from your authorized Torque Fitness Dealer. **Failure to comply with these instructions will void any and all product warranties.**
5. Keep body and clothing clear of all moving parts. Do not put any foreign on or near this product when in use. Wear comfortable clothing which does not impair freedom of movement. Do not wear clothing which is too loose and could get caught in moving parts.
6. Make sure all adjustment spring pins are fully engaged after making an adjustment and before using the product.
7. Make sure weight stack selector pin is completely inserted into the weight stack before beginning any exercise.
8. Children and pets must not be allowed near this machine. Supervise teenagers. This product is not a toy. Owner must notify any user of all warnings and proper use of equipment.
9. This product is designed for Class H, home indoor use only. Unless directly specified, the maximum user weight is 300 lb (136 kg). If unsure of proper use of this product, contact Torque Fitness Customer service at: 763-754-7533 (8:30 am - 5:00 pm CST) or email [service@torquefitness.com](mailto:service@torquefitness.com)

## Important Safety Instructions for Assembling Equipment

1. **Assistance is required. Torque Fitness recommends using more than one person to assemble this equipment.**
2. This product must be assembled on a flat, level surface to assure its proper function. Locate the unit a few inches from walls or furniture to allow easy access during assembly and use.
3. Read each numbered step in Assembly and Maintenance Guide and follow the steps in sequence. Skipping ahead may result in damage to the equipment and may require components to be disassembled.
4. Wear proper attire during the assembly process. Do not wear clothing which is too loose or open toed shoes.

## Obtaining Service

Do not attempt to service the product yourself except for maintenance tasks described in this manual.

Refer to the Adjustments and Maintenance section at the back of this manual and the included workout booklet for information on product operation and service.

For further information, visit our website at [www.torquefitness.com](http://www.torquefitness.com) or contact us at [service@torquefitness.com](mailto:service@torquefitness.com)

If you call or email customer service, have the model number and serial number(s) available. The location of the model and serial numbers are indicated in the back of this manual. For future reference, write the model and serial number(s) in the space below.

Model Number: \_\_\_\_\_

Serial Number(s): \_\_\_\_\_

**Torque Fitness**  
11201 Xeon Street NW Suite 101  
Coon Rapids, MN USA 55448

# GENERAL NOTES

**CAUTION:** More than one person is required to assemble this unit. Do not attempt to assemble by yourself.

## Unpacking the Equipment

This product may be packaged and shipped in multiple boxes. Parts from all of the boxes are required for various steps during the assembly process.

Carefully open each box and arrange all the parts near the area where assembly is to take place.

**CAUTION:** Use extreme care when cutting plastic tie wraps and package banding. A wire cutter works best for protecting yourself and the parts.

**CAUTION:** Some of the internal boxes may contain upholstery. Do not use a utility knife to open any boxes or the pads may be damaged.

The hardware is packed in bags. Carefully open each bag and sort them per parts list on the next page.

Before starting assembly, identify each part and hardware item as listed in the parts list on the next page. If any items are missing, contact Torque Fitness Customer service at: 763-754-7533 (8:30 am - 5:00 pm CST). email: [service@torquefitness.com](mailto:service@torquefitness.com)

**Note:** Some items listed in the parts list may already be pre-installed on the product.

## Tools Required

- Rubber mallet or hammer
- 3/4" Box wrench or adjustable wrench
- 9/16" Box wrench or adjustable wrench
- Ratchet with 9/16" socket
- 5/32", 3/16", 5/16" and 3/8" Allen wrench
- Wire snips (to cut plastic tie wraps)
- Scissors or utility knife (to cut hardware bags)
- Step stool or ladder
- Tape measure
- Level
- Power Drill
- 1/4" drill bit

## Optional Equipment

Optional equipment may be available for this product.

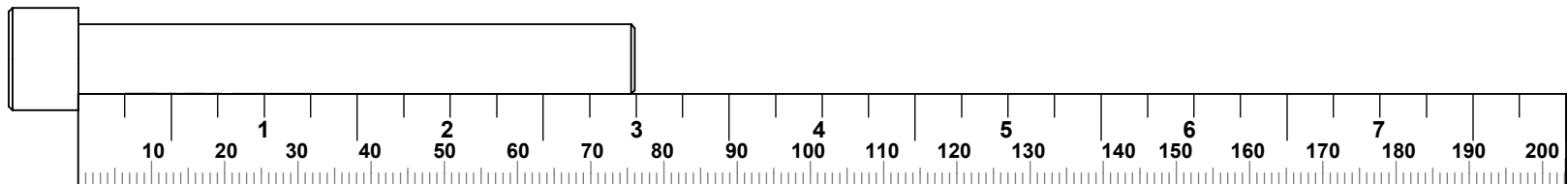
Follow the instructions included with the optional equipment to assemble it to the base product.

## Assembly Tips

- In a continual effort to improve our products, specifications are subject to change.
- A 6" scale is provided at the bottom of every page. To correctly measure the bolts, measure from underneath the bolt head to the end of the bolt as illustrated below.
- Read all notes on each page before beginning that step.
- Some of the items shown in the assembly steps may already be pre-assembled.

## Assembly Tips Continued

- **Note:** Some items have been hidden for assembly clarity.
- **Note:** Some pre-assembled parts may need to be temporarily removed in order to complete the step. Follow the instructions or damage to the product could occur.
- Some parts may have extra holes that will not be used. Use only the holes depicted in the instructions.
- Certain parts make reference to the right and left side of the machine. In order to determine the left and right side, stand with your back to the front of the machine.
- Provide ample space around the product for ease of assembly.
- **DO NOT** fully tighten any connections until instructed to do so. This will help insure that the alignment of all of the parts will be correct.
- Insert all bolts in the direction indicated in the instructions. Failure to do so may result in clearance issues and will degrade the aesthetics of the product.
- Carefully follow instructions for all pivot points. In general, primary rotating parts have connections that should be securely tightened, while secondary connections need to be loosened 1/4 turn.



ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	58418PA	PTD ASSY, BOTTOM FRAME, MAIN	1
2	58419PA	PTD ASSY, TOP FRAME, MAIN	1
3	5842201	WLDMT, CARRIAGE UPRIGHT	2
4	58429PA	PTD ASSY, CARRIAGE RIGHT	1
5	58430PA	PTD ASSY, CARRIAGE LEFT	1
6	54970PA	PTD ASSY, HEAD PLATE PULLEY	2
7	2008408	BOLT, 3/8-16 X 2-1/4" (57mm) ST HT SOCKET HEAD	4
8	2001101	WASHER, FLAT 3/8 SAE ST ZN	26
9	2001201	NUT, 3/8-16 LK ST ZN	6
10	2008405	BOLT, 3/8-16 X 1-1/2" (38mm) ST HT SOCKET HEAD	2
11	5513601	CUSHION, WEIGHT STACK	4
12	5774301	GUIDE ROD, 19 OD X 1953	4
13	5992401	SHAFT COLLAR, TWO-PIECE CLAMPING	4
14	WSP10-6HC-4HP-101	WEIGHT STACK PLATES, 10 LB X 6" HOLE CENTER X 4 W HEAD PLATE	*
15	WSP15-6HC-5-101	WEIGHT STACK PLATE, 15 LB X 6" HOLE CENTER X 5	*
16	WSP10-6HC-5-101	WEIGHT STACK PLATES, 10 LB X 6" HOLE CENTER X 5	*

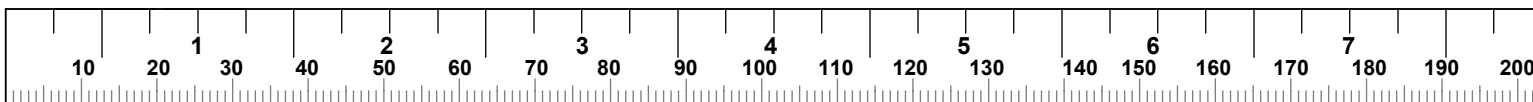
ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
17	2009402	BOLT, 3/8-16 X 3/4" (19mm) ST HT SOCKET HEAD W/NP	4
18	55181PA	PTD ASSY, WEIGHT SELECTOR STORAGE PLATE	2
19	5666401	ASSY, WEIGHT STACK PIN	2
20	2002601	NUT, 1/2 JAM ST ZN	2
21	5843401	WLDMT, HANGING STORAGE	2
22	2008406	BOLT, 3/8-16 X 1-3/4" (45mm) ST HT SOCKET HEAD	2
23	58435PA	CABLE ASSY, ANKER 7	2
24	6065101	HOUSING, CABLE COUPLER	2
25	5509001	CORE, CABLE COUPLER	2
26	2003201	CAP SCREW, M5 X 0.8 X 6MM SOCKET HEAD	4
27	5913001	ASSY, ANKER 7 STRAP HANDLE	2
28	5324701-A	ASSY, SHORT STRAP HANDLE	2
29	5784201	ASSY, LEG BOOT, SHORT	1
30	5790901	STRAP, BATTLE ROPE LOOP	1
31	2031101	SCREW, 3/8" LAG X 2.5"L CLEAR ZINC	12
32	5893501	BUMPER, BOLT COVER <b>**OPTIONAL SEE PAGE 29**</b>	2**
33	5091801	SNAP HOOK, 8MM DIA X 80MM	2
34	5500701	LABEL, WEIGHT STACK 1-20	2

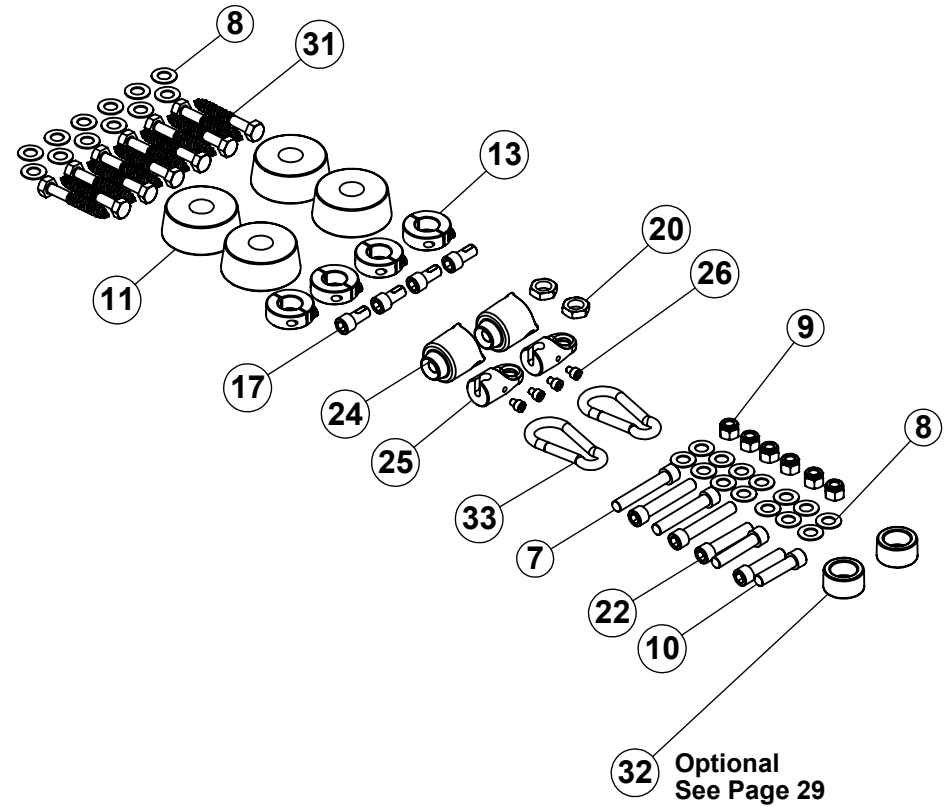
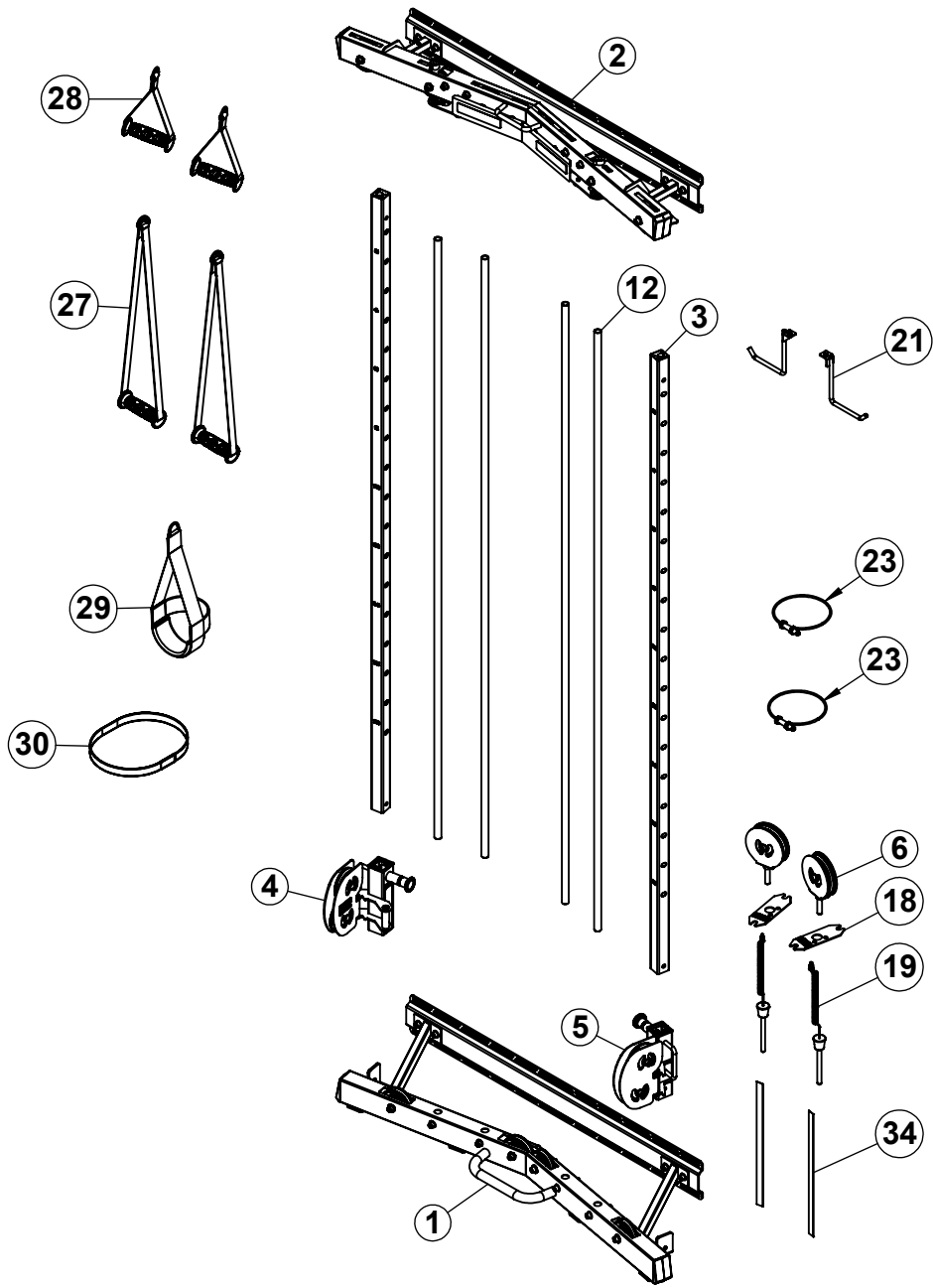
**NOTE:**

\* The ANKER 7 has three weight stack options. 150 LBS, 200 LBS, and 225LBS. Quantities below contain the total of both of the weight stacks on the ANKER 7.

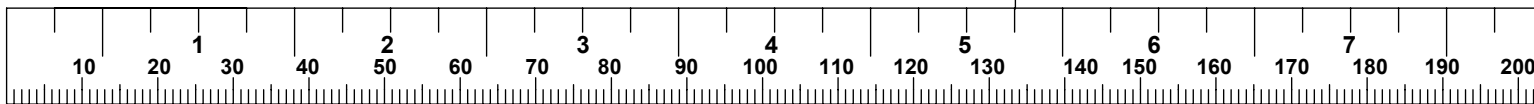
- The 150 LB. stacks have twenty eight 10 LB. plates and two head plates.
- The 200 LB. stacks has twenty 15 LB. plates, eight 10 LB. plates and two head plates.
- The 225 LB. stacks has twenty eight 15 LB. plates and two head plates.

\*\* ITEM 32 (BUMPER, BOLT COVER) is included with the ANKER 7 for use with the Torque XG-FIB bench. If this bench will not be used, this item may be discarded. For more detail please see page 29.

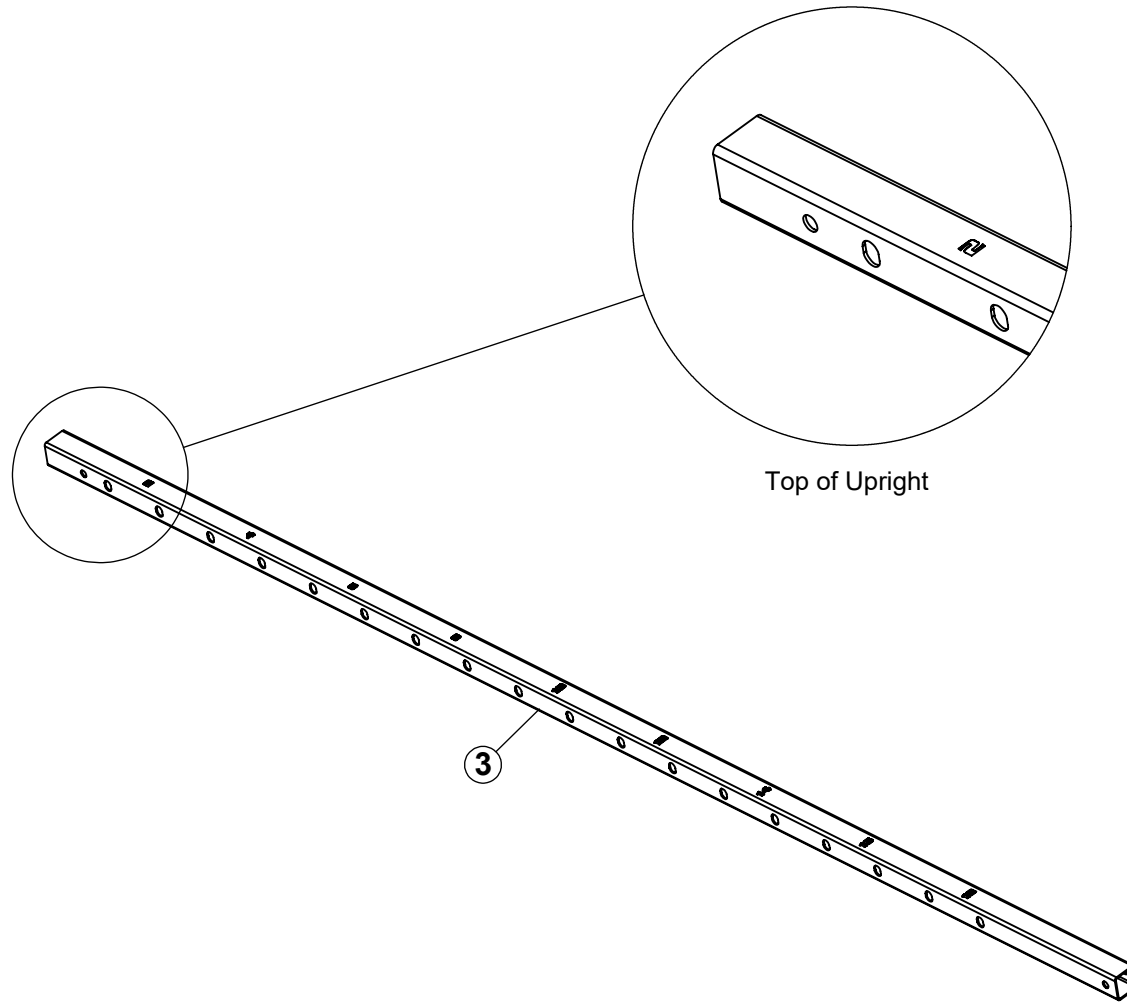




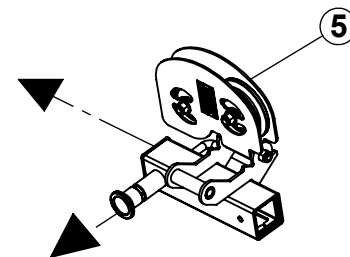
32 Optional  
See Page 29



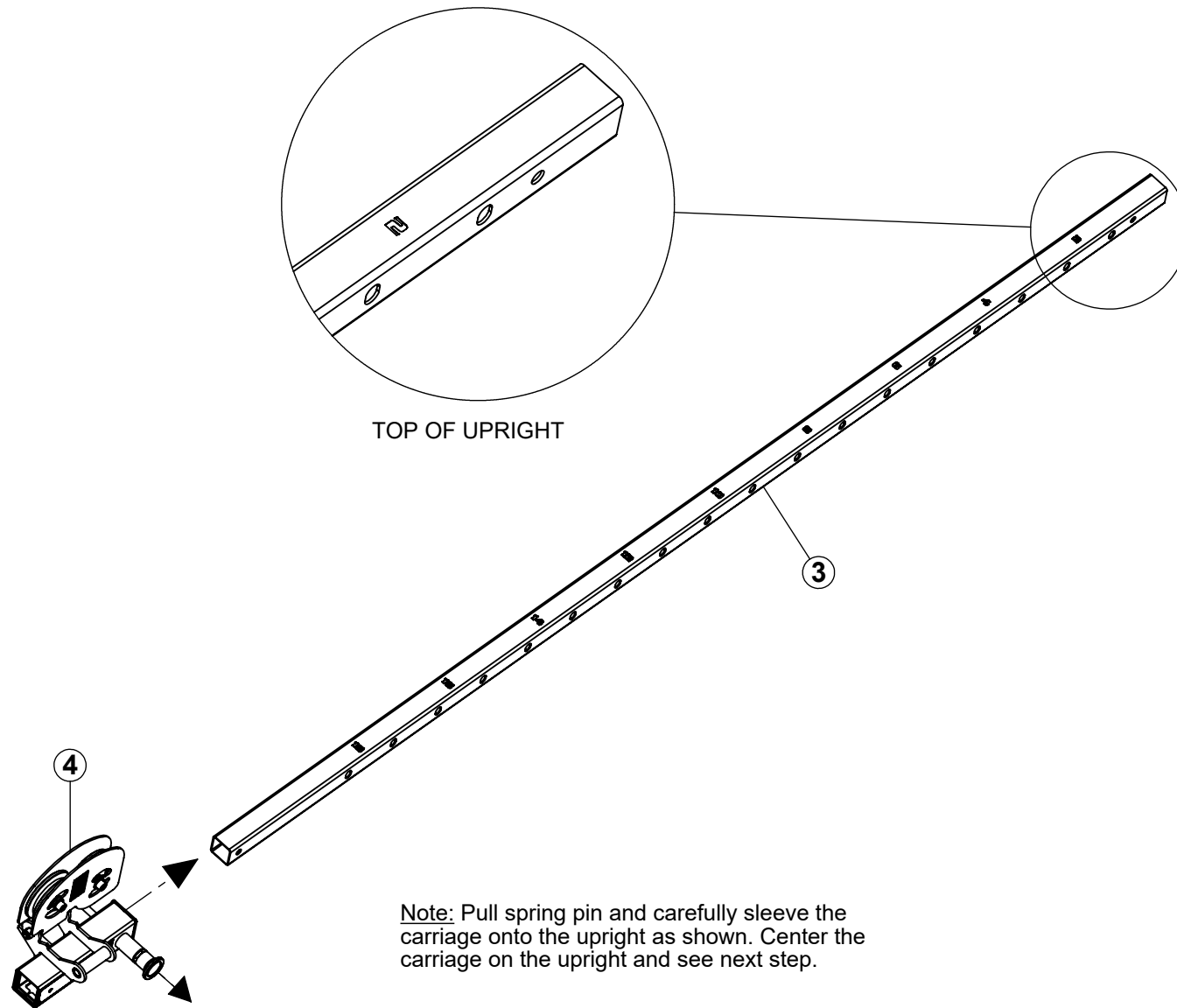
# STEP 1A



Note: Pull spring pin and carefully sleeve the carriage onto the upright as shown. Center the carriage on the upright and see next step.



**STEP 1B**



## STEP 2

7 3/8 X 2-1/4" BOLT (2)

**NOTE:** SECURELY tighten,  
DO NOT OVERTIGHTEN.

9 3/8" LOCK NUT (2)

1 (BOTTOM FRAME)

**NOTE:** Spring pins must face  
the inside of the machine.

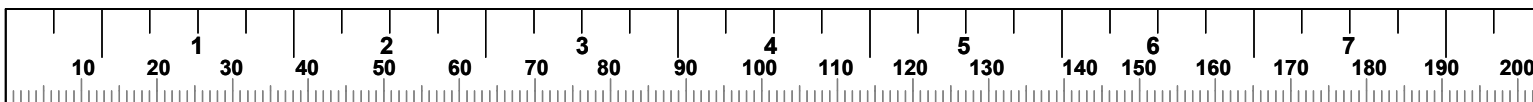
3

2 (TOP FRAME)

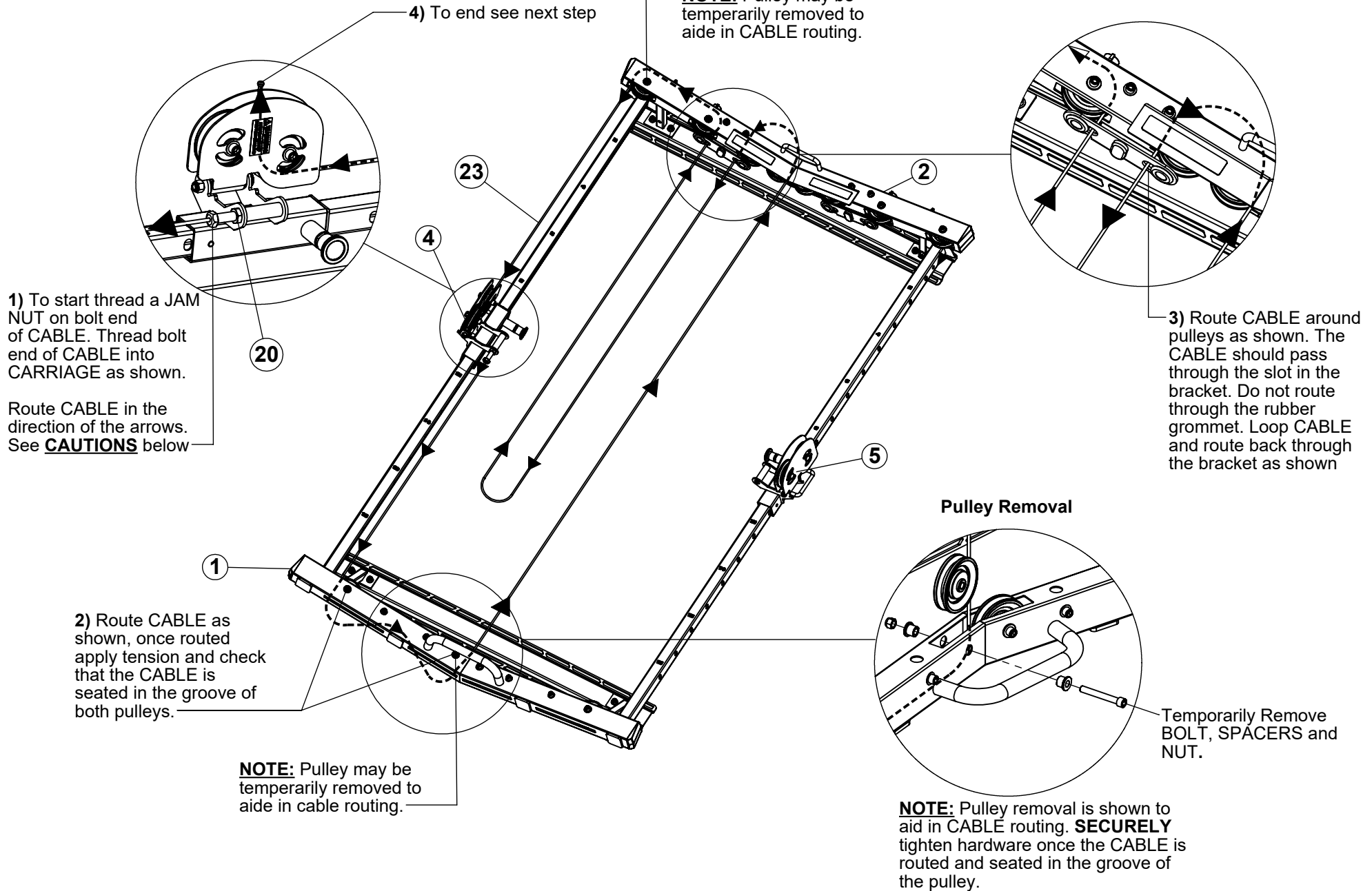
8 3/8" FLAT WASHER (6)

10 3/8 X 1-1/2" BOLT (2)

**SECURELY TIGHTEN** bolt connections in this step.



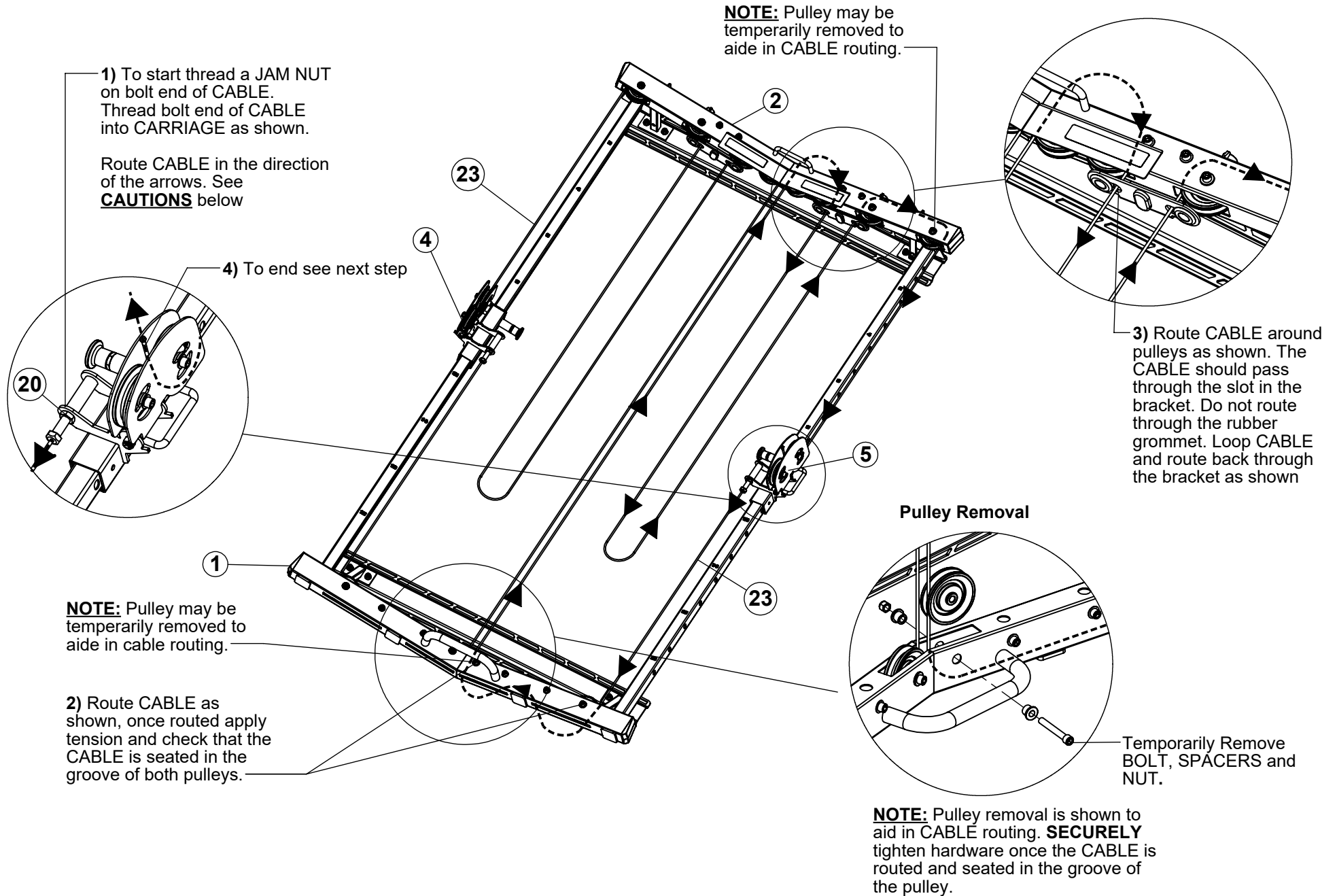
## STEP 3A



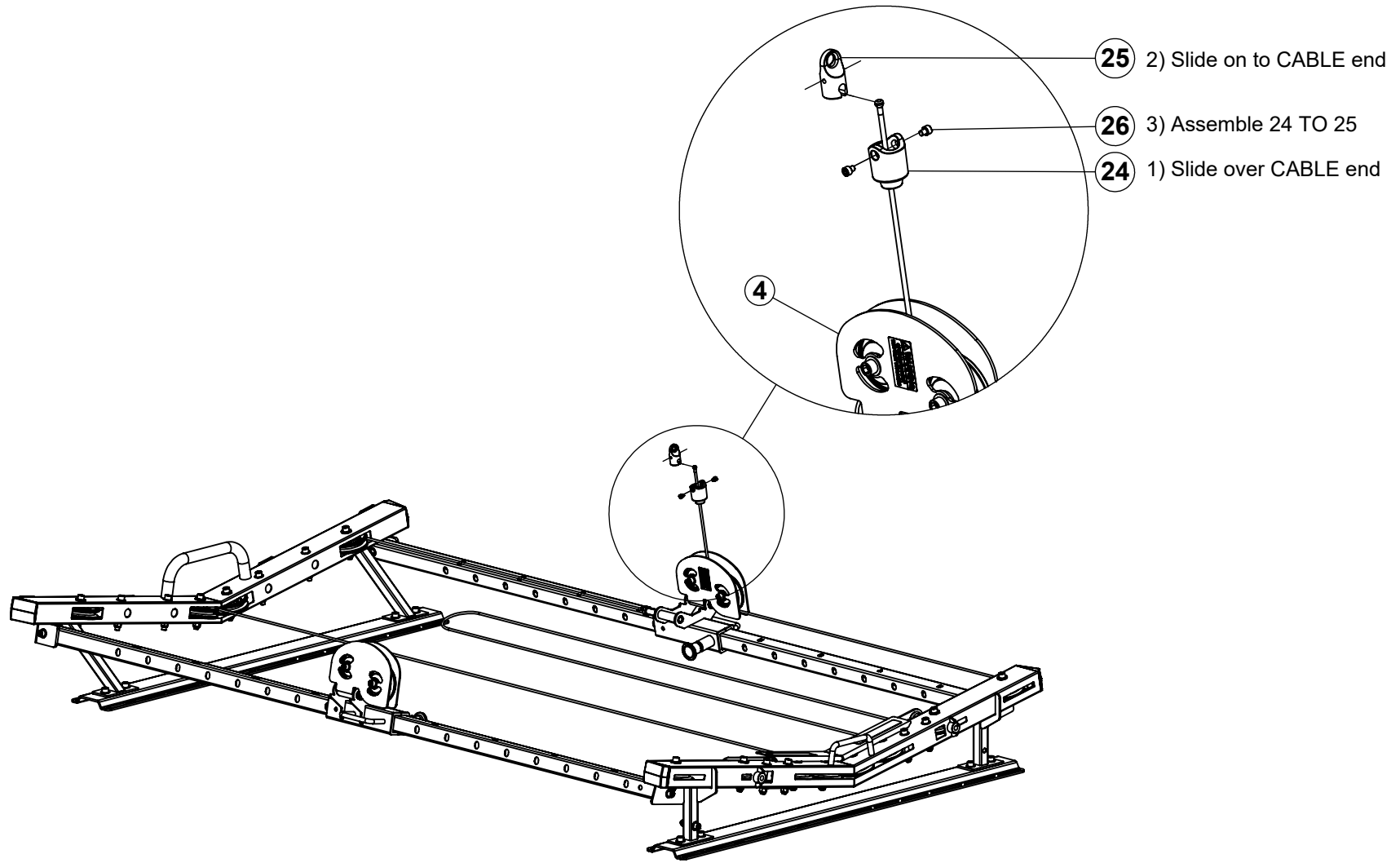
### **CAUTION:**

When routing CABLE, make sure CABLE is seated in groove of PULLEYS and underneath all retaining bolts, pins or brackets. Failure to do so, may result in damage to CABLE.

## STEP 3B

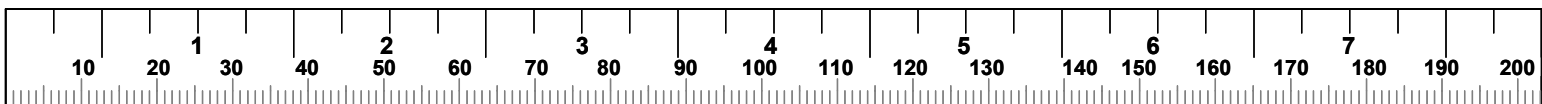


# STEP 4

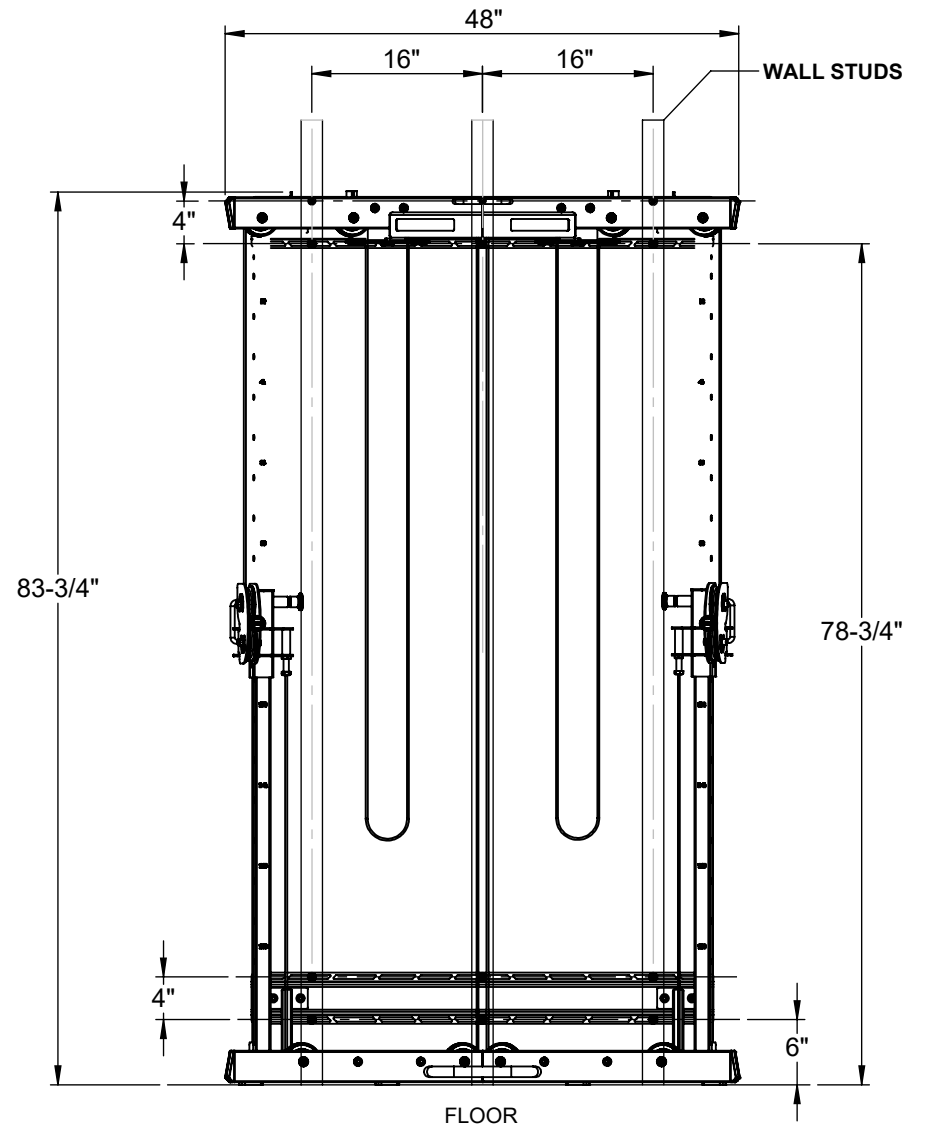
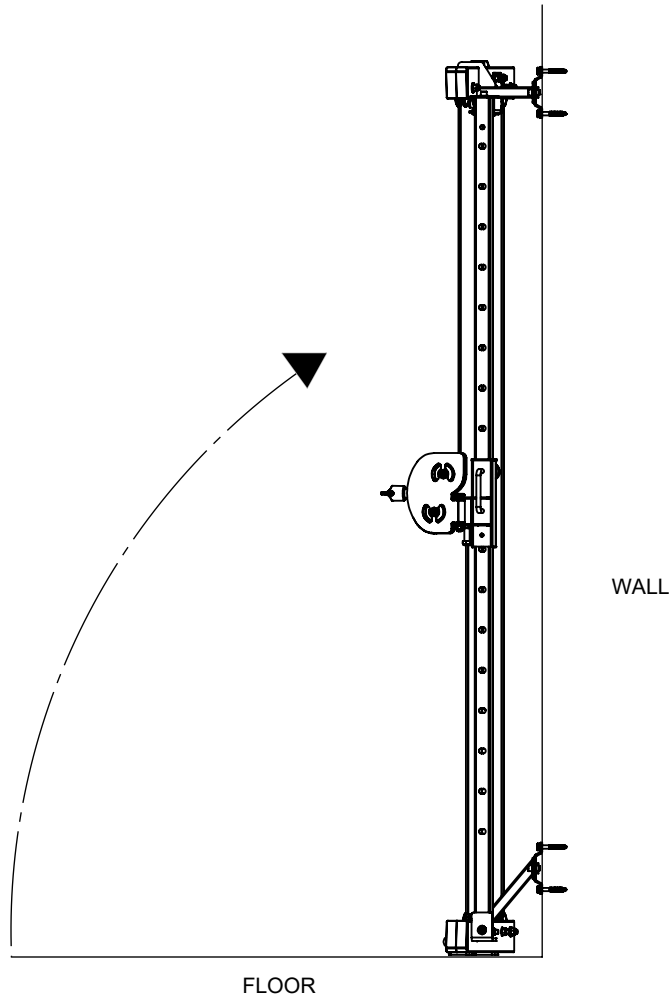


**SECURELY TIGHTEN** bolt connections in this step.

Repeat this step for both cables.



**STEP 5A (16" ON CENTER STUD WALL)**



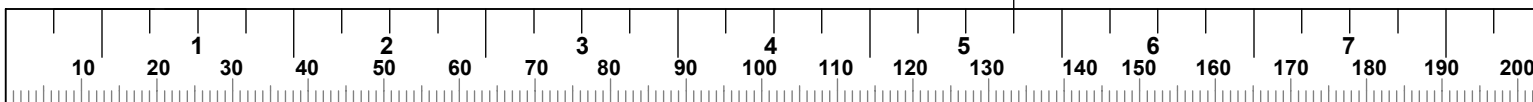
**NOTES:**

Locate studs and desired location for mounting.

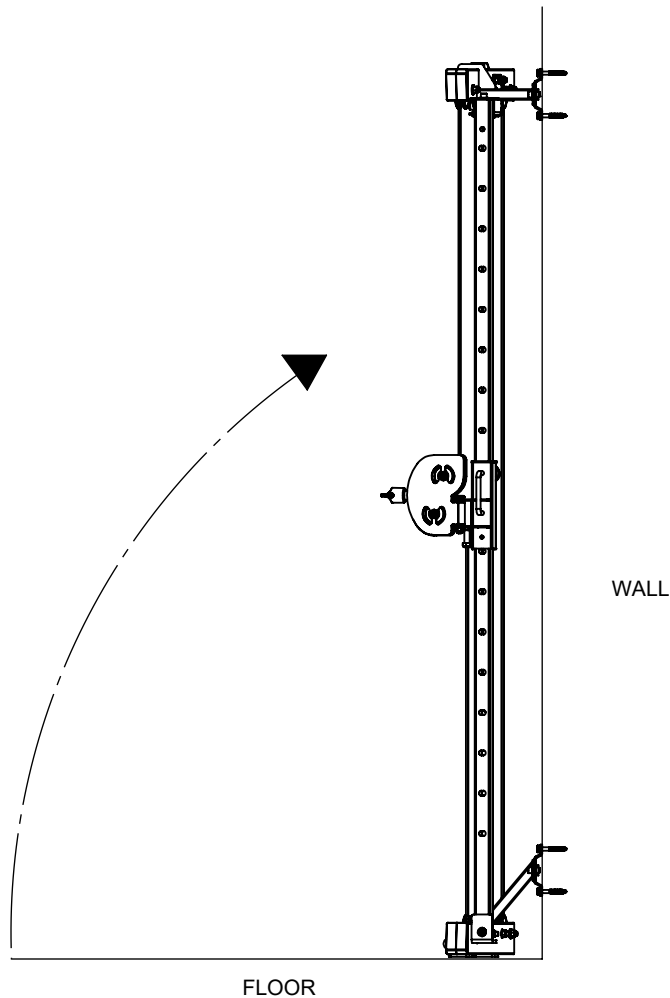
**Carefully** tip the unit up to the wall in desired location. Align slots with the studs and mark drilling locations. Predrill holes to a depth of 2.5" using a 1/4" drill bit if anchoring using the included hardware.

**ANKER-7** is shown being mounted to a typical wall with wood studs 16" on center. For 24" wall studs see next step.

**NOTE:** Dimensions shown are for reference only.



**STEP 5B (24" ON CENTER STUD WALL)**

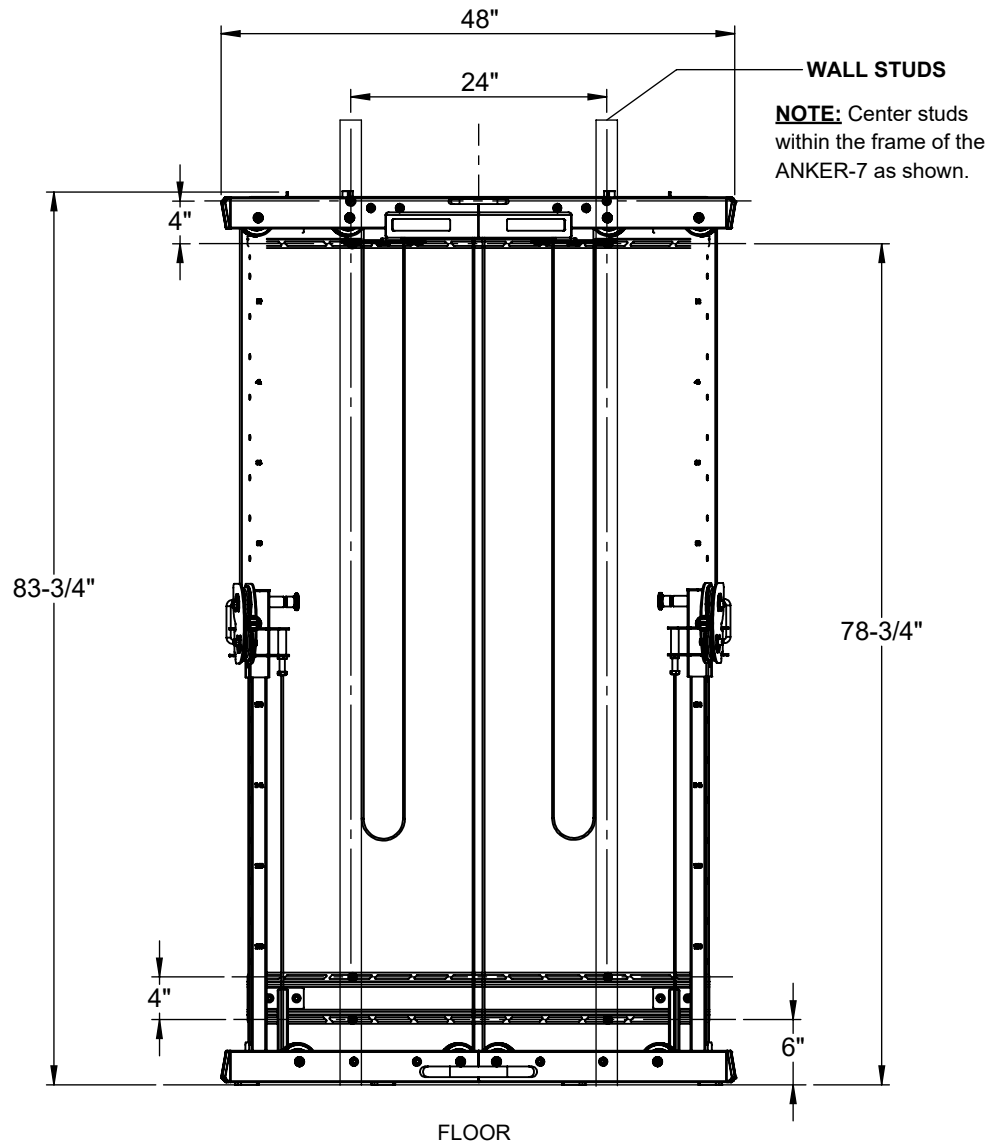


**NOTES:**

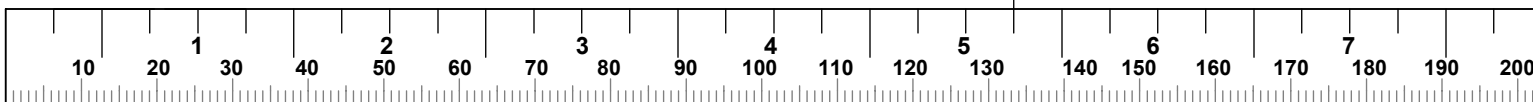
Locate studs and desired location for mounting.

**Carefully** tip the unit up to the wall in desired location. Align slots with the studs and mark drilling locations. Once marked, tip the unit back down and predrill holes to a depth of 2.5" using a 1/4" drill bit if anchoring using the included hardware.

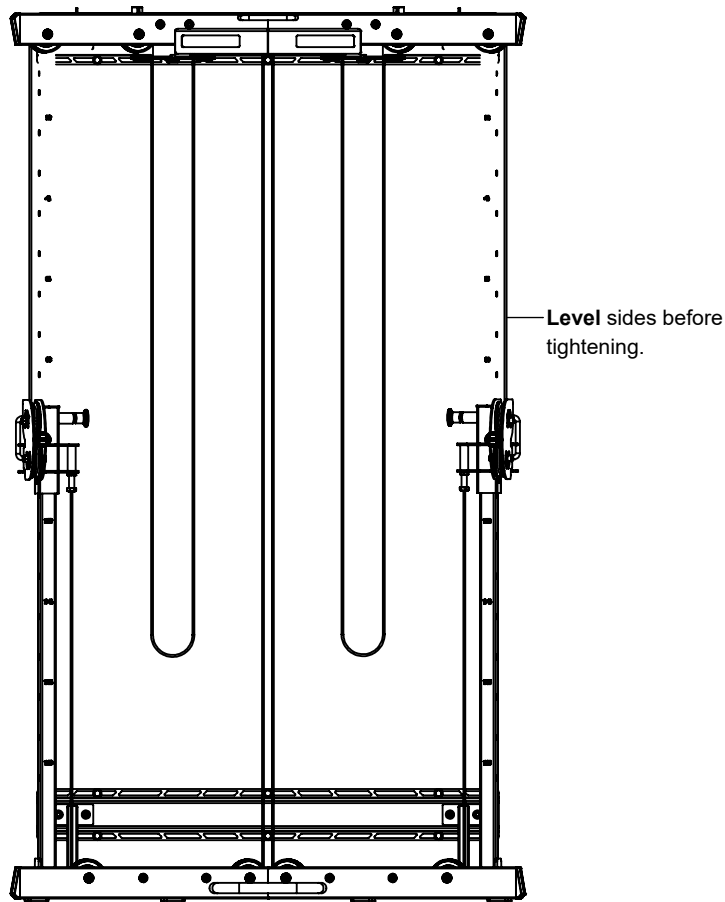
**ANKER-7** is shown being mounted to a typical wall with wood studs 24" on center. For 16" center wall studs see previous step.



**NOTE:** Dimensions shown are for reference only.



## STEP 5C



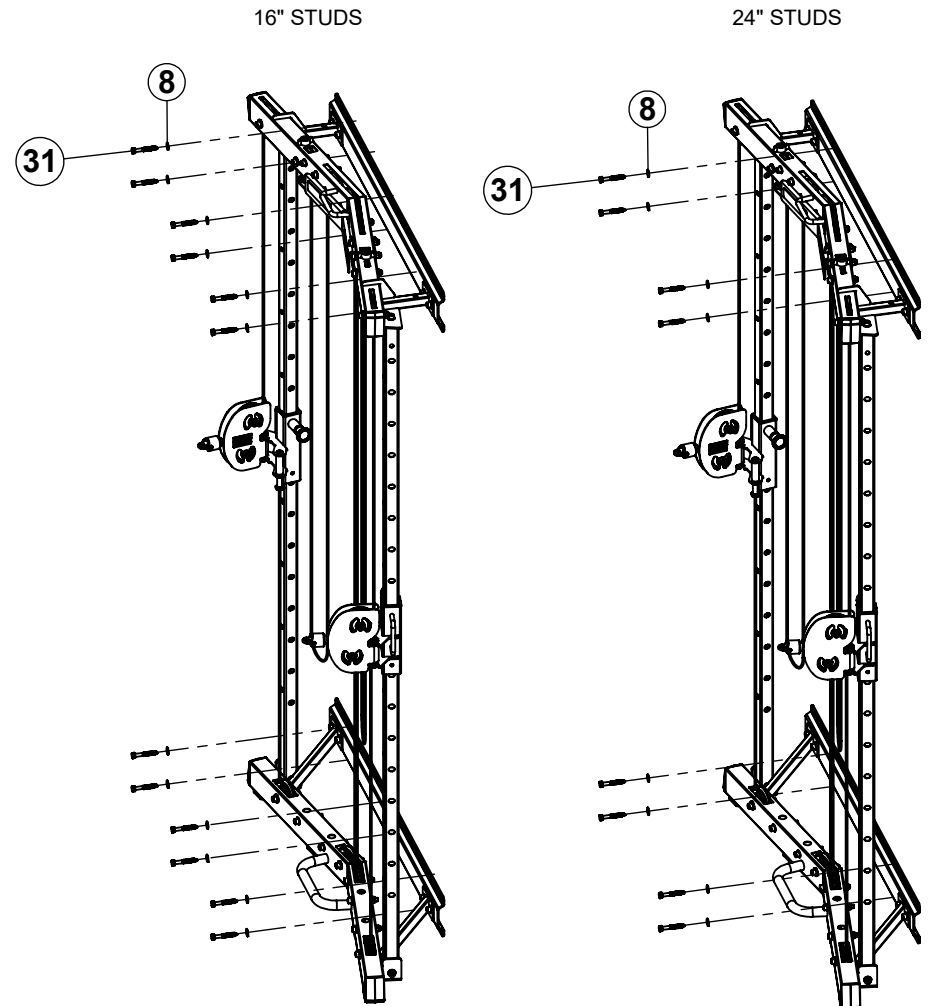
### NOTES:

The image above shows how to attach the gym to the wall using wall anchors to a typical wood stud wall. The wall anchors used will depend on the wall construction. The pull-out strength of the anchoring hardware used must be equal to or greater than 220 lbs. (100 kg) each. **Eight or more anchoring locations must be used.**

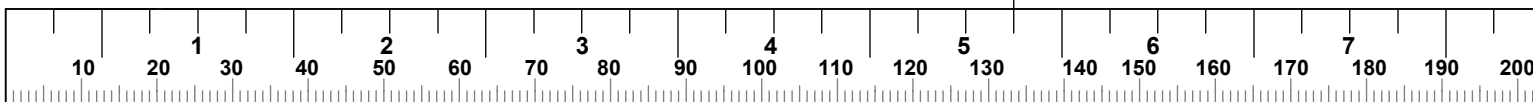
**SECURELY** tighten all bolt connections in this step.

## WARNING:

THE ANKER-7 **MUST** BE ANCHORED TO THE WALL USING 8 OR MORE WALL ANCHORS SUITABLE FOR THAT PARTICULAR WALL CONSTRUCTION.

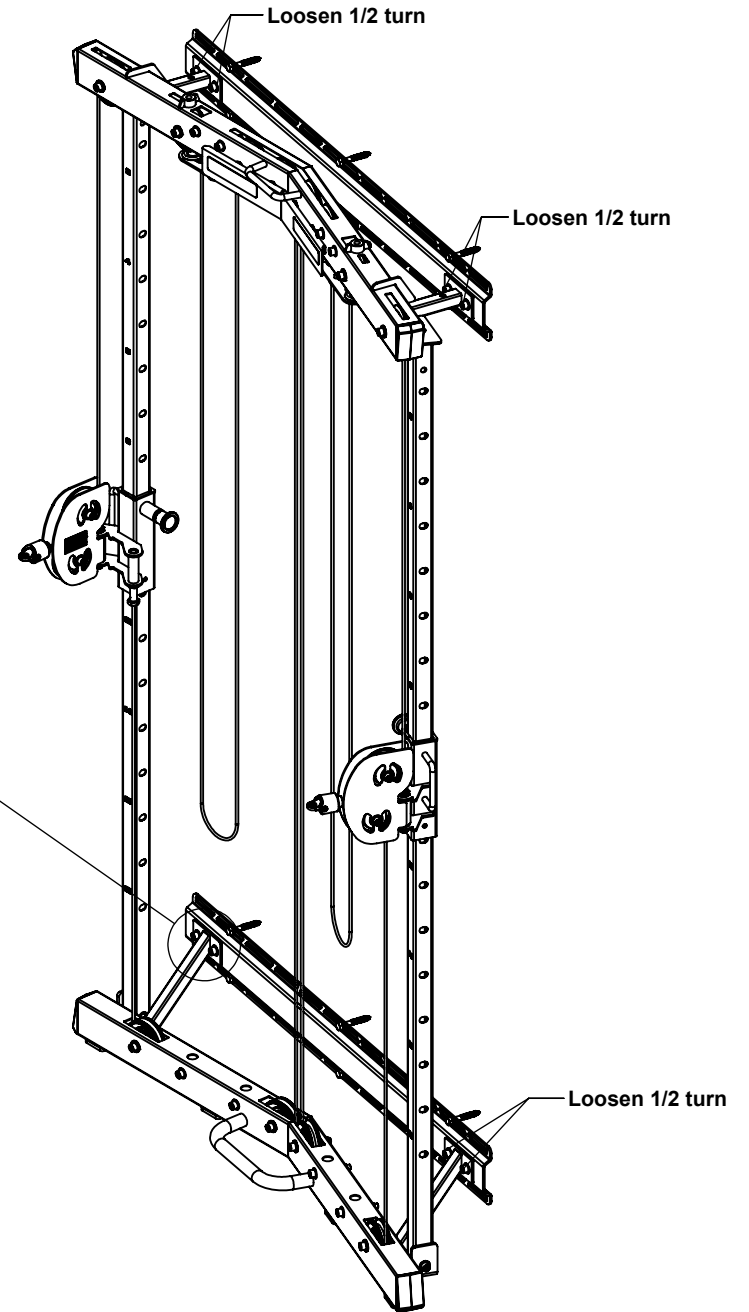
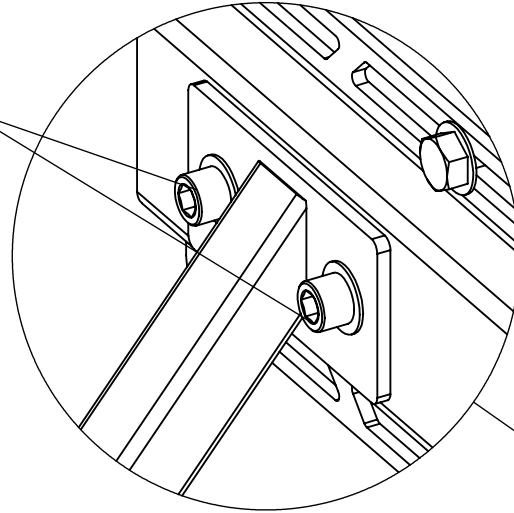


**NOTE:** Power tools may be used for installation of anchoring hardware. However, installing the top frame hardware may require using a ratchet wrench where frame clearance does not allow for drill or impact driver use.



## STEP 6

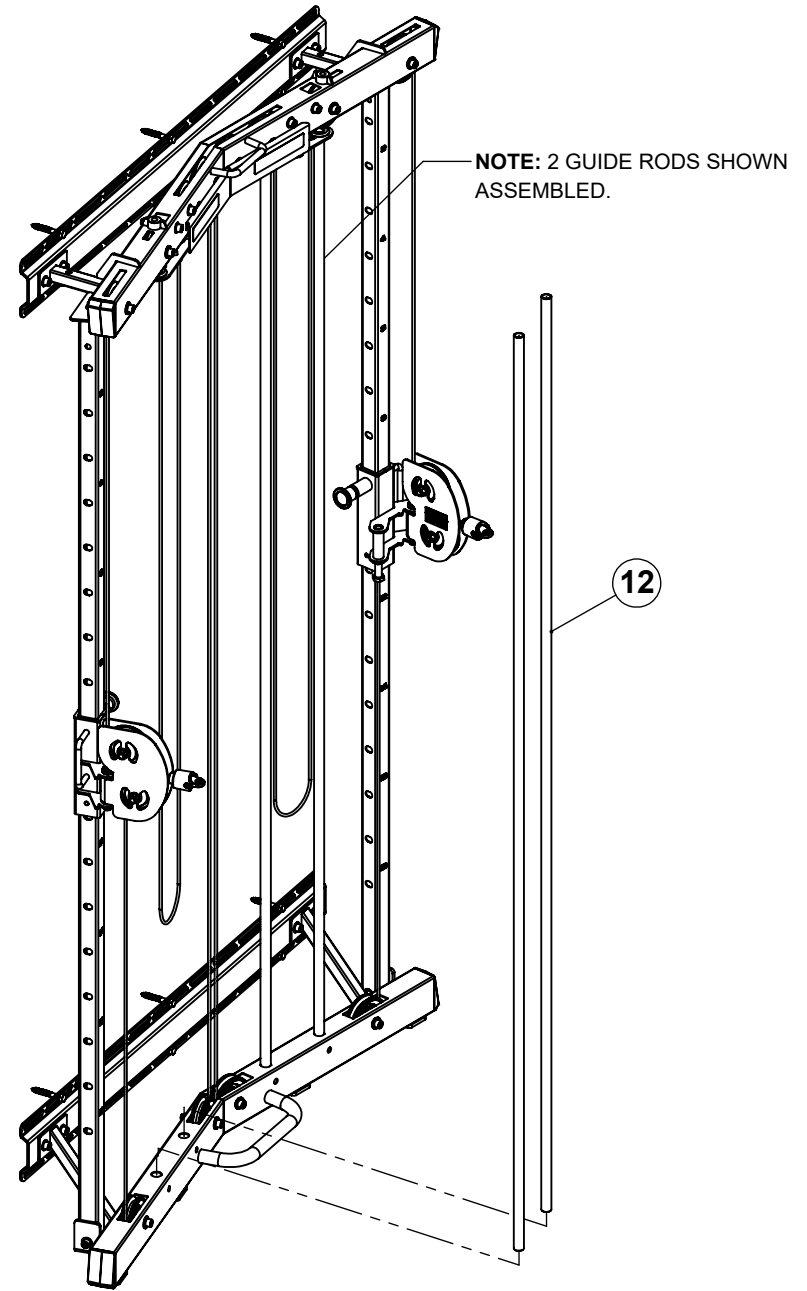
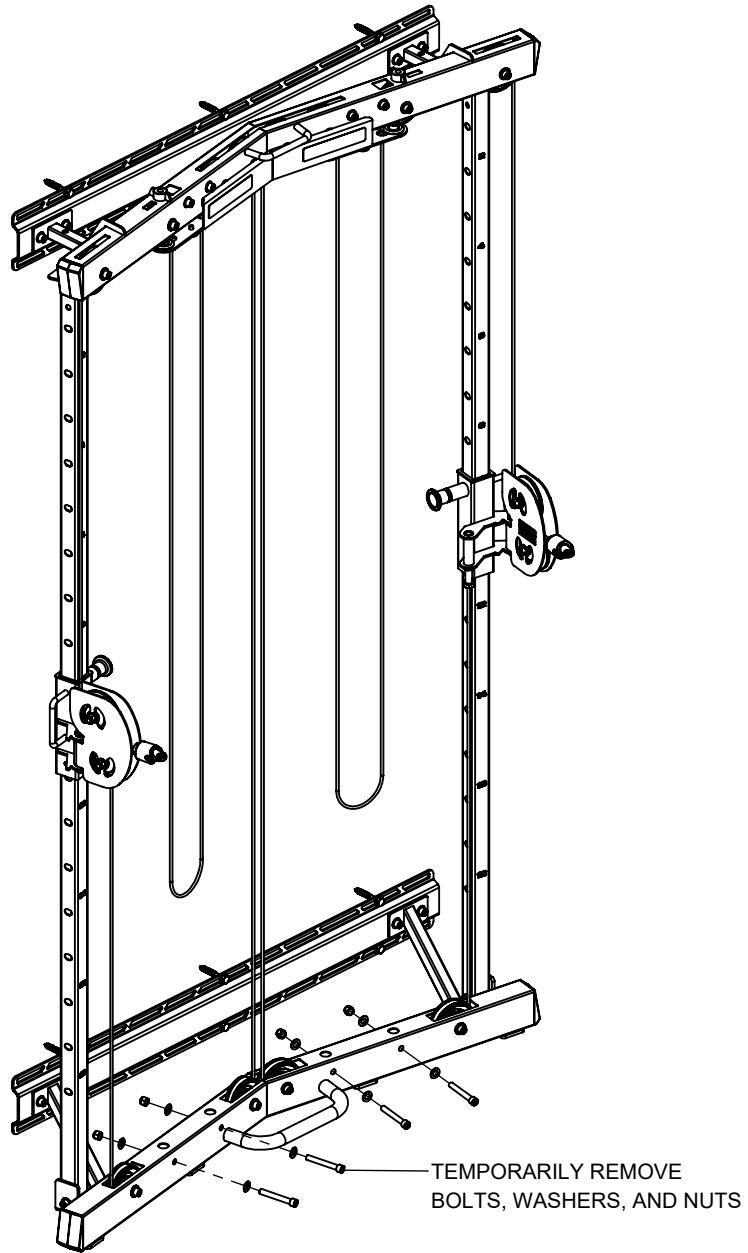
**NOTE:**  
LOOSEN BOLTS 1/2 TURN.  
Do not remove bolts (8).



## **NOTES:**

Loosen bolts to prevent damage to the frame or wall when loading plates. Carpet and other soft surfaced flooring may cause movement of the frame when loading weight plates.

**STEP 7A & 7B**

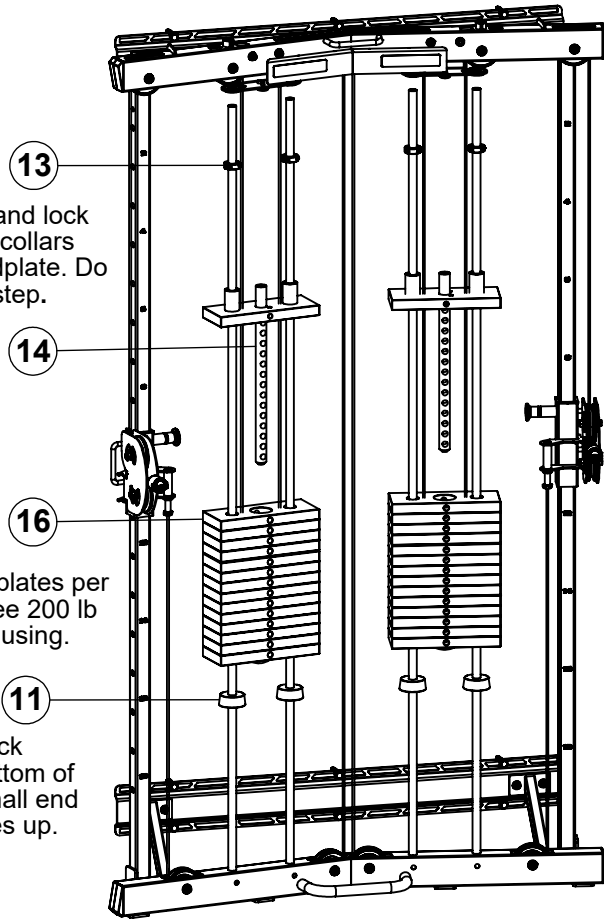


# STEP 8

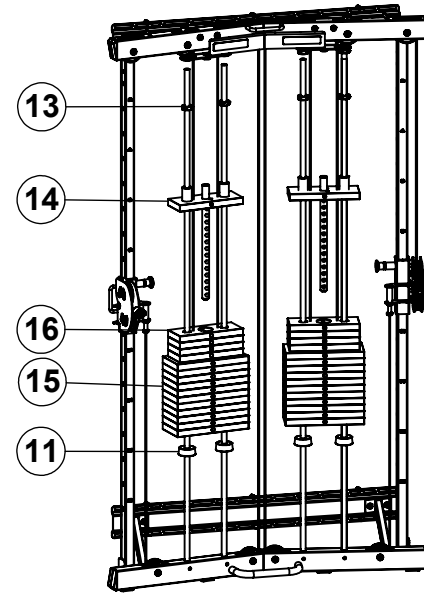
3) Add headplate and lock collars. Allow lock collars rest on top of headplate. Do not tighten in this step.

2) Load 14 weight plates per stack as shown. See 200 lb or 225 lb options if using.

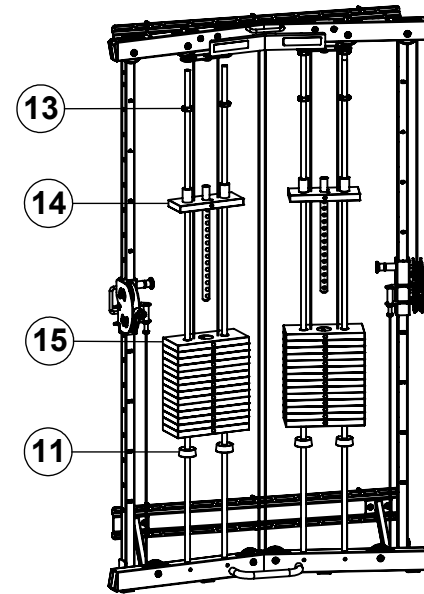
1) Slide weight stack cushions to the bottom of the guide rods. Small end of the cushion faces up.



150 LB OPTION

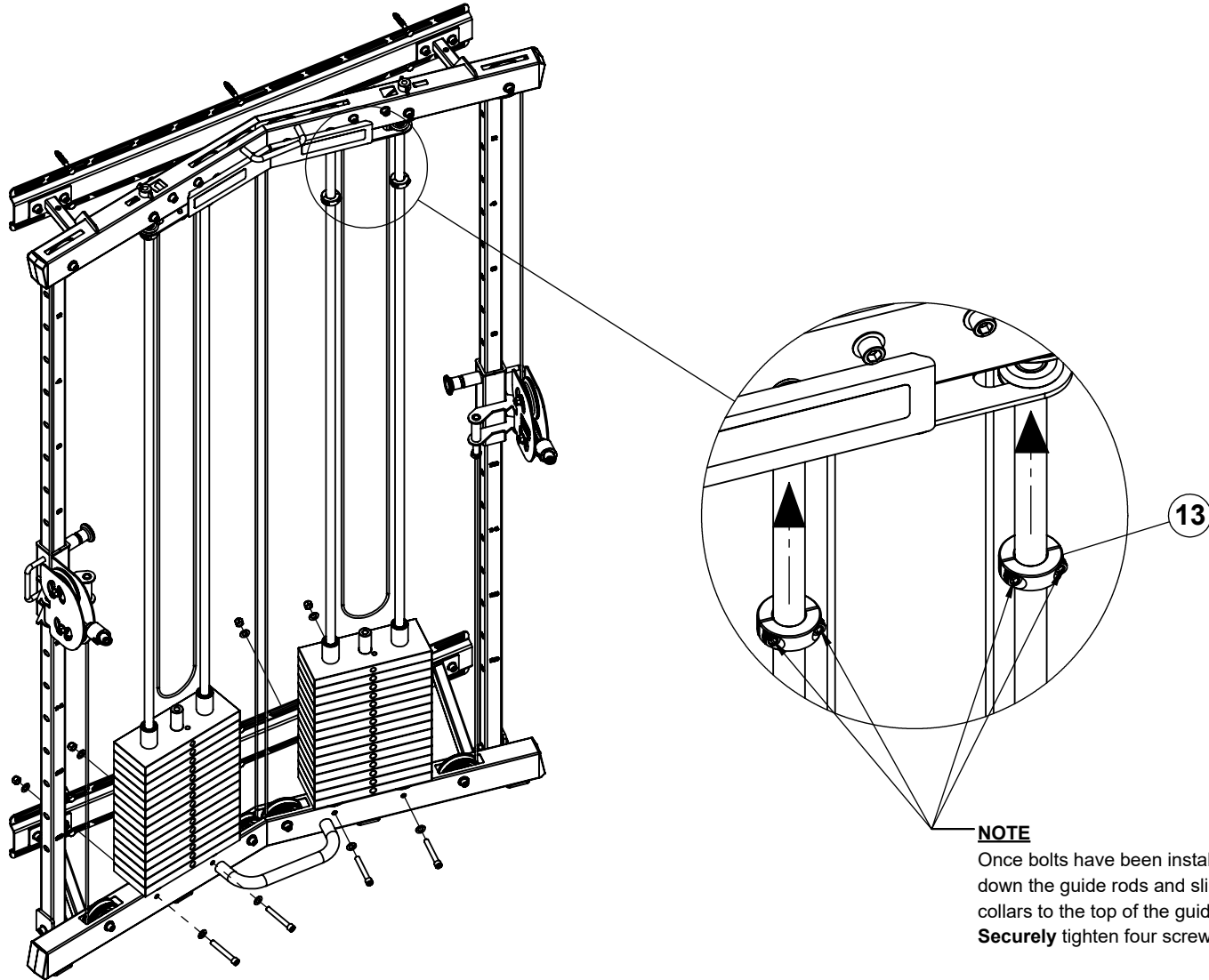


200 LB OPTION



225 LB OPTION

## STEP 9



### **NOTE**

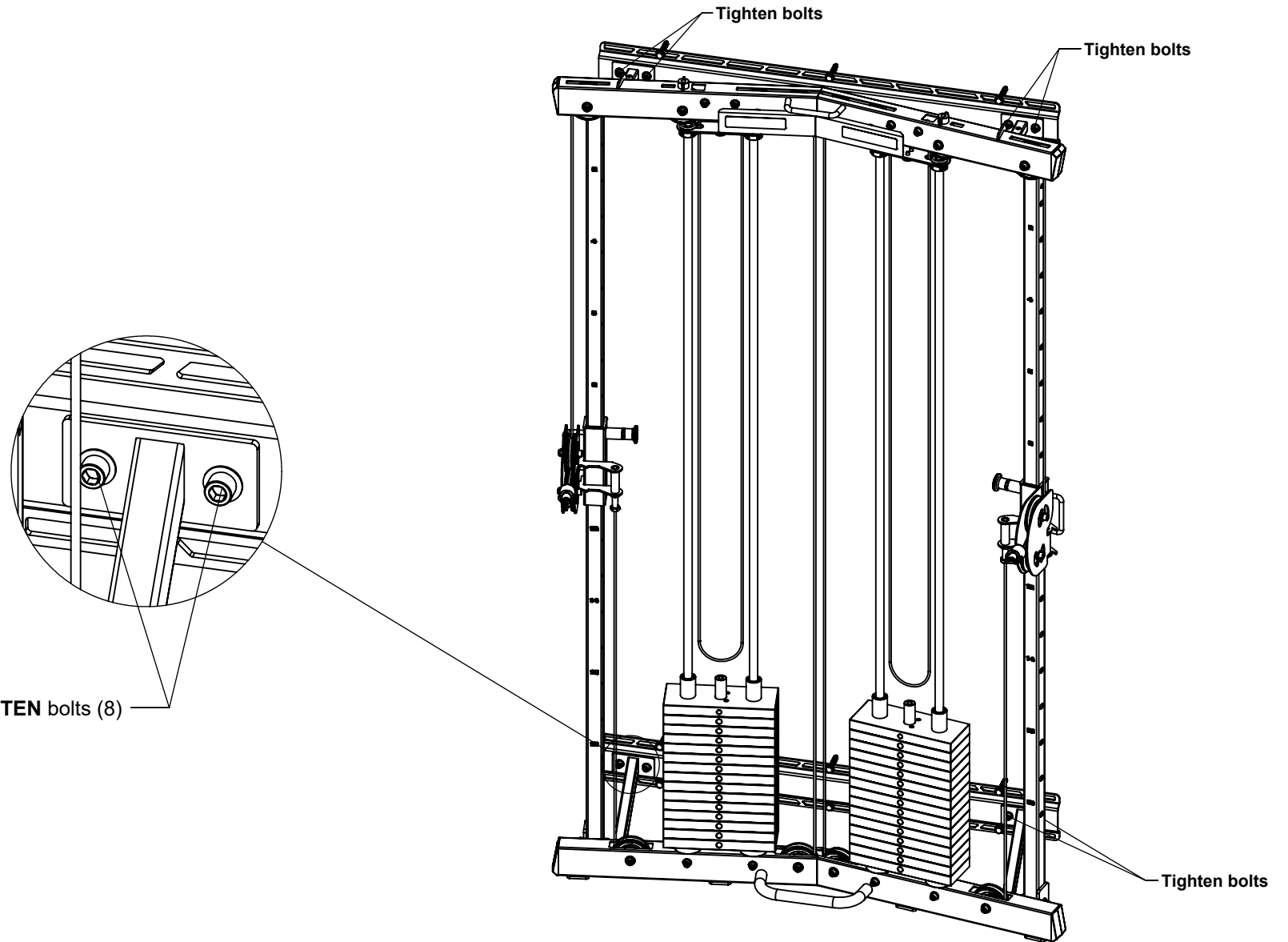
Install hardware removed in Step 7A.  
Lift up on guide rods and insert bolts.  
Tighten until hardware doesn't move.  
**DO NOT OVERTIGHTEN.**

### **NOTE**

Once bolts have been installed push down the guide rods and slide the collars to the top of the guide rod.  
**Securely** tighten four screws.

**SECURELY** tighten all bolt connections in this step.

## STEP 10



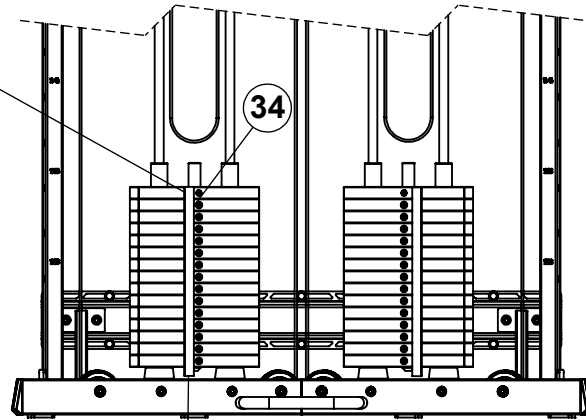
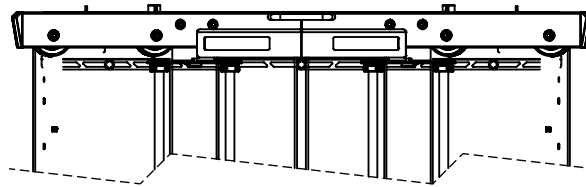
**NOTE:**  
SECURELY TIGHTEN bolts (8)

**SECURELY** tighten all bolt connections in this step and in previous steps.

## STEP 11

**NOTE:**

Apply the weight stack labels to the right of the holes on weight plates by following the installation instructions printed on the label.

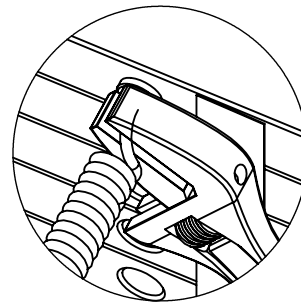
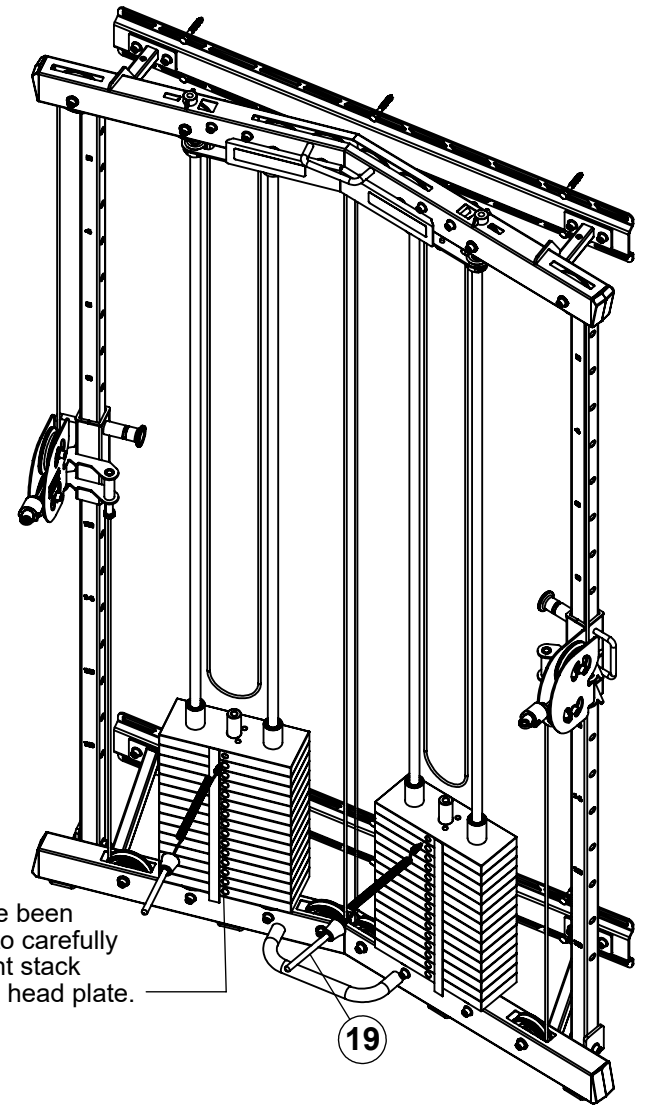


**NOTE:**

Discard labels 16-20

**NOTE:**

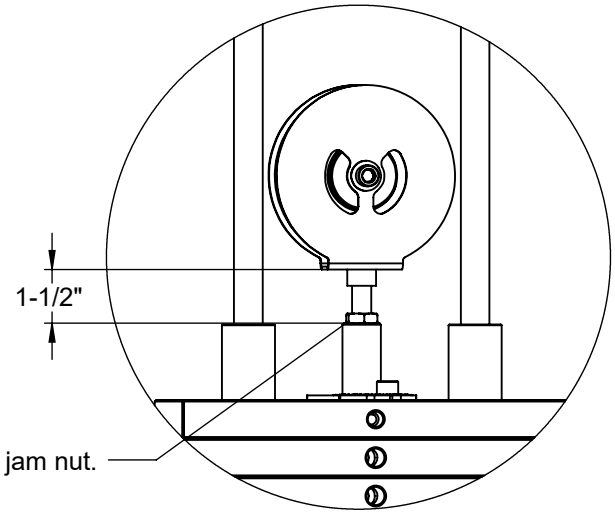
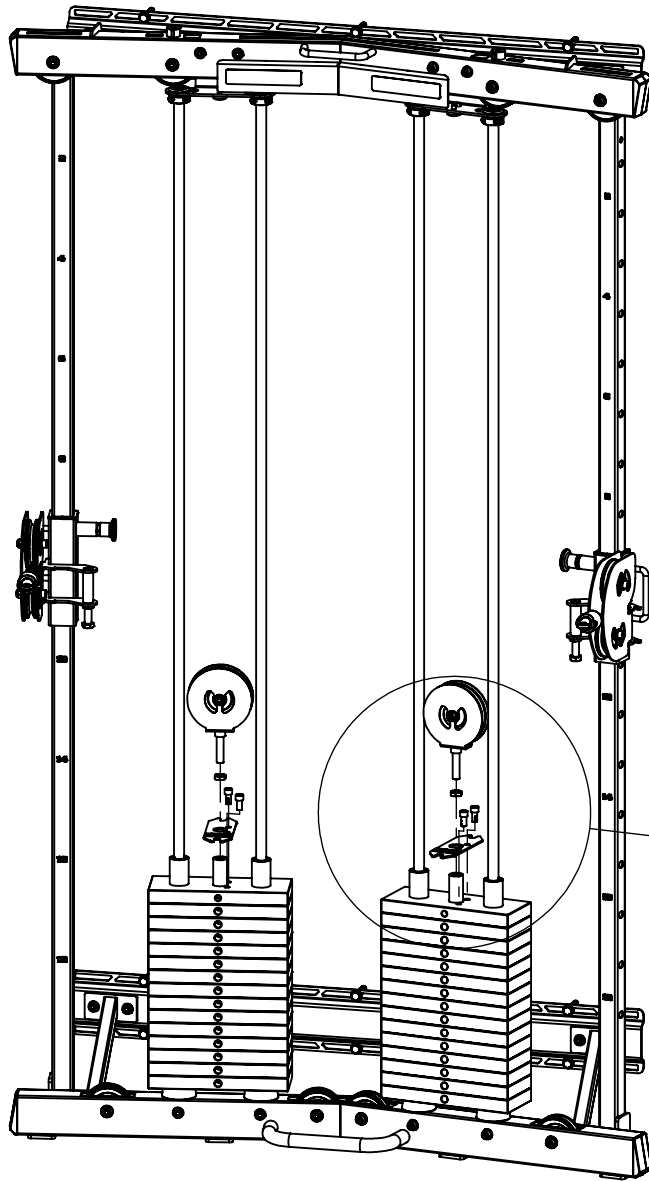
After weight stack labels have been applied, use a rubber mallet to carefully install insert plug of the weight stack pin into the center hole of the head plate.



**NOTE:**

An adjustable wrench may be used to aid in inserting the plug. Tighten the jaws around the cable and carefully install the plug with a rubber mallet.

# STEP 12



**NOTE:** SECURELY tighten jam nut.

ASSEMBLED VIEW

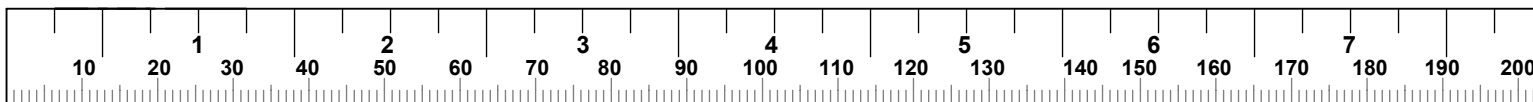
20 1/2" JAM NUT (2)

17 3/8 X 3/4" BOLT (4)

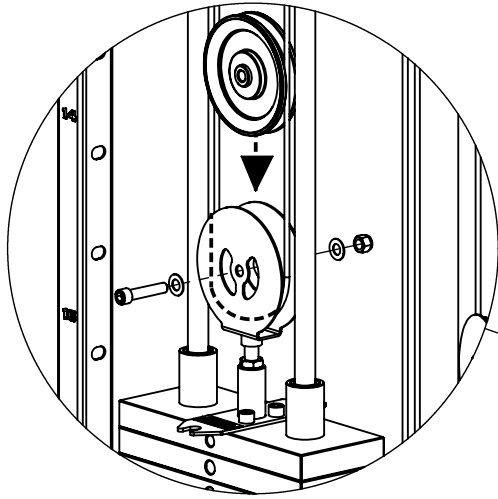
18

14

SECURELY tighten all bolt connections in this step.

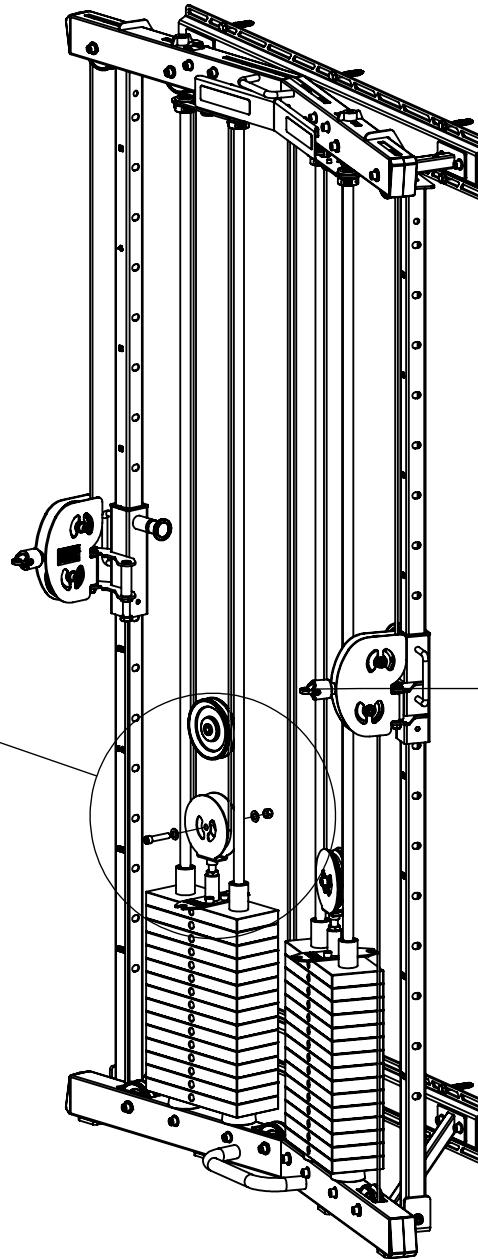


## STEP 13



**NOTE:** Temporarily remove bolts washers and nuts. Remove and replace the pulley seating the cable into the groove. Reinstall bolts, and loosely assemble for the next step.

Repeat this step on both sides

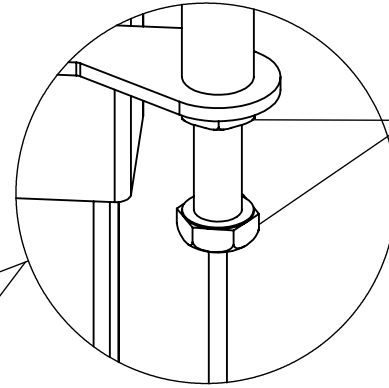
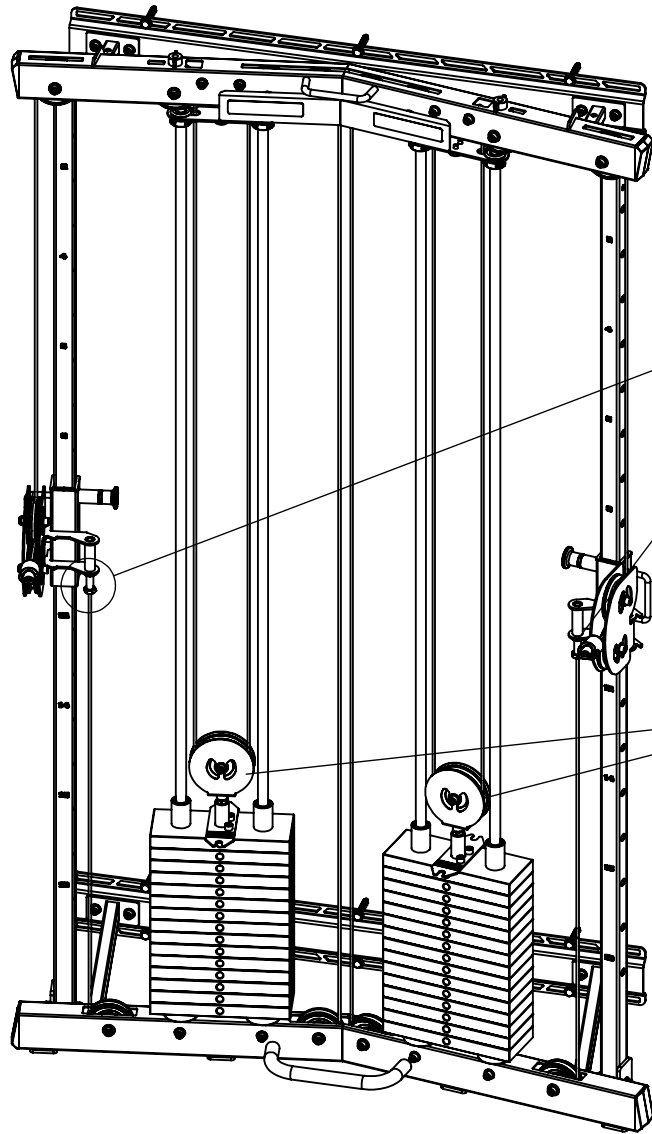


Once assembled pull on the cable to ensure the cables are routed properly. If the cable does not feel smooth or if it is binding. Visually check the cables and pulleys to ensure the cables are properly seated. **See step 3 for cable routing and pulley removal.**

**Loosely** tighten all bolt connections in this step.

**CAUTION:** When routing cables, make sure that the cables are seated in the groove of the pulleys and underneath all retaining bolts, pins or brackets. **Failure to do so, may result in damage to cable.**

## STEP 14



**NOTE:**

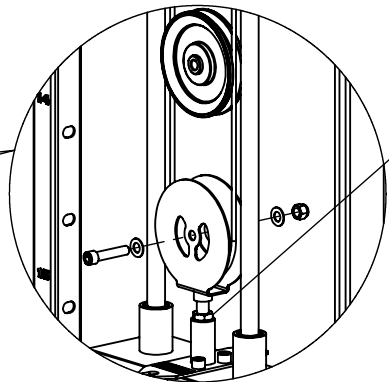
If there is a gap between the head plate and first plate, loosen jam nut and turn threaded end counter clockwise until the head plate touches the first plate.

**SECURELY** tighten jam nut.

To add tension to the cable, turn the threaded end clockwise.

**SECURELY** tighten jam nut.

Repeat steps for both cables if necessary.



**NOTE:**

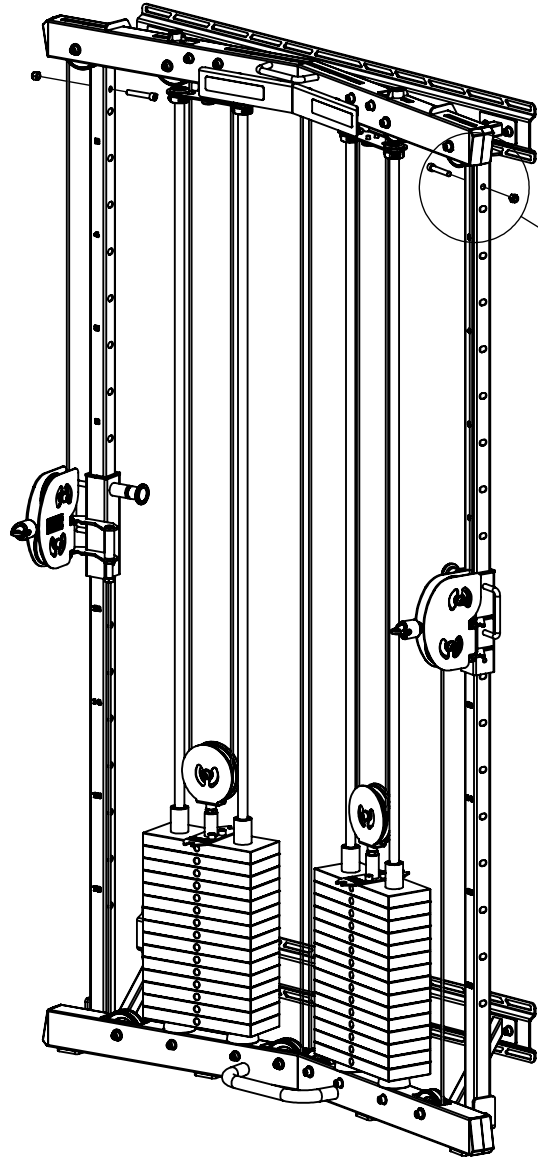
For further cable adjustment, remove the headplate pulley as shown in previous step.

Loosen the jam nut and rotate the head plate pulley assembly counter clockwise to loosen the cable. To add tension to the cable, rotate the head plate pulley assembly clockwise.

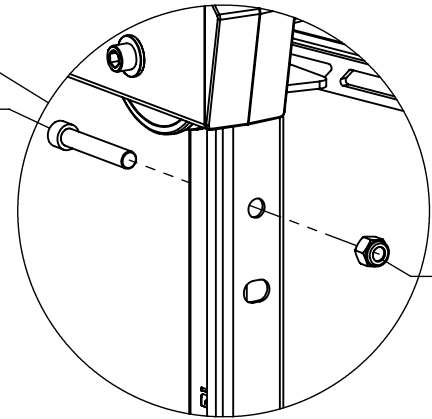
Reinstall Pulley and **SECURELY** tighten bolts. **SECURELY** tighten jam nut.

**SECURELY** tighten all bolt connections in this step and previous steps.

# STEP 15

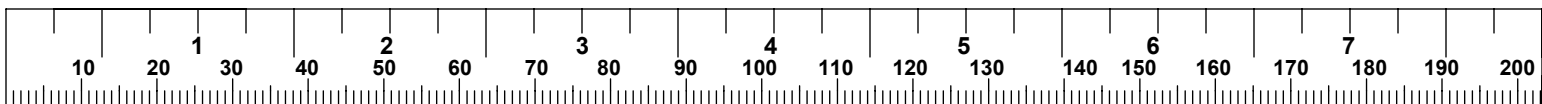


7 3/8 X 2-1/4" BOLT (2)

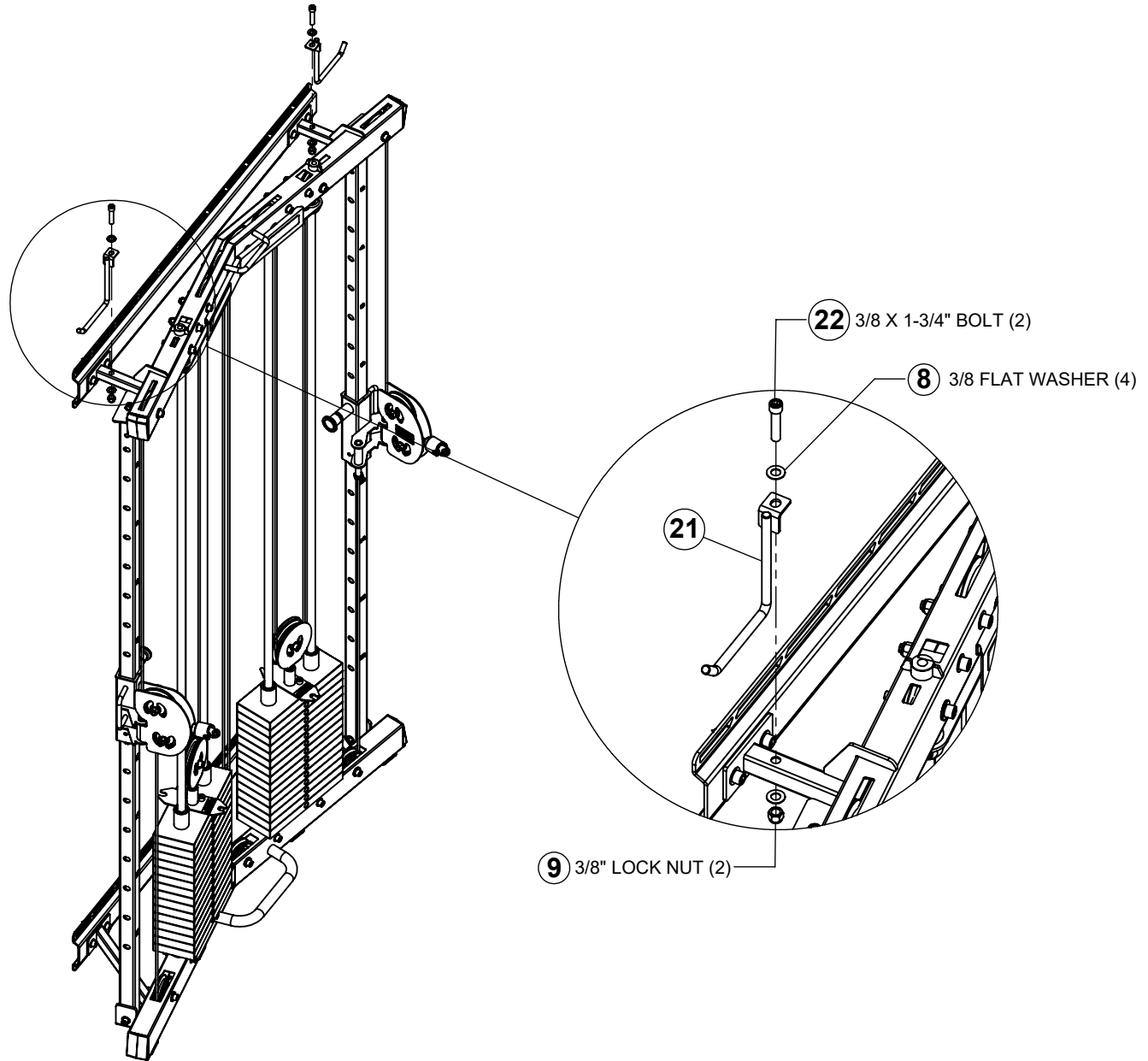


9 3/8" LOCK NUT (2)

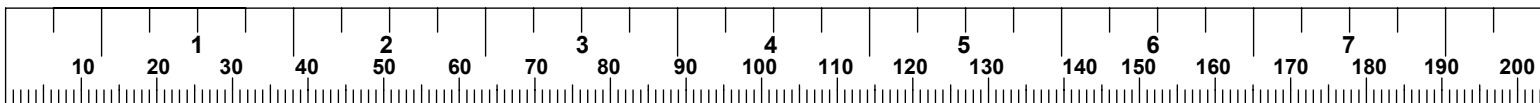
**NOTE:** Tighten bolt until you are unable to spin the bolt by hand. **DO NOT OVERTIGHTEN.** Over tightening the bolt may damage the tube.



# STEP 16



**SECURELY** tighten all bolt connections in this step.



## STEP 17

### MAINTENANCE:

**GUIDE RODS:** Clean and lubricate with a silicone or teflon base lubricant.

**NUTS/BOLTS:** Tighten and/or adjust as needed.

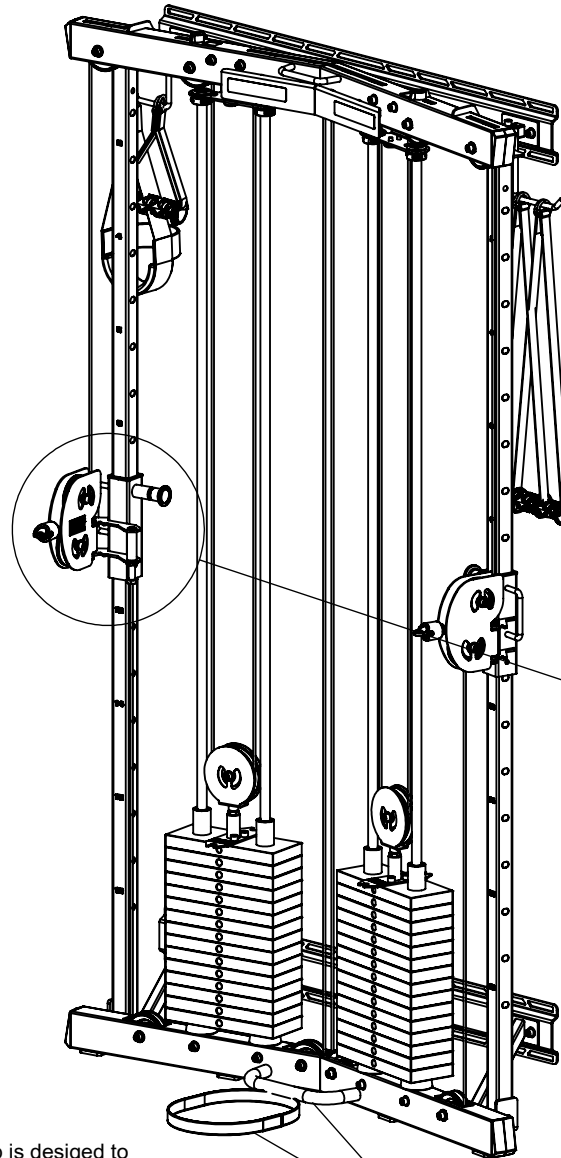
**CABLES:** Check tension, end fittings, and coating. Replace if damaged or worn. Check jam nuts on cable ends. **(NOTICE: NEW CABLES ALWAYS STRETCH DURING USE. REFER TO STEP 14 FOR ADJUSTING CABLE TENSION)**

**SPRING PINS:** Check that spring pins fully engage the hole when released. Tighten spring pin nuts as needed.

**FRAME:** Wipe down and damp cloth.

**GRIPS:** Inspect and replace if they appear worn or damaged.

For customer service contact Torque Fitness Customer service at: 763-754-7533 (8:30 am - 5:00 pm CST). or Email: [service@torquefitness.com](mailto:service@torquefitness.com)

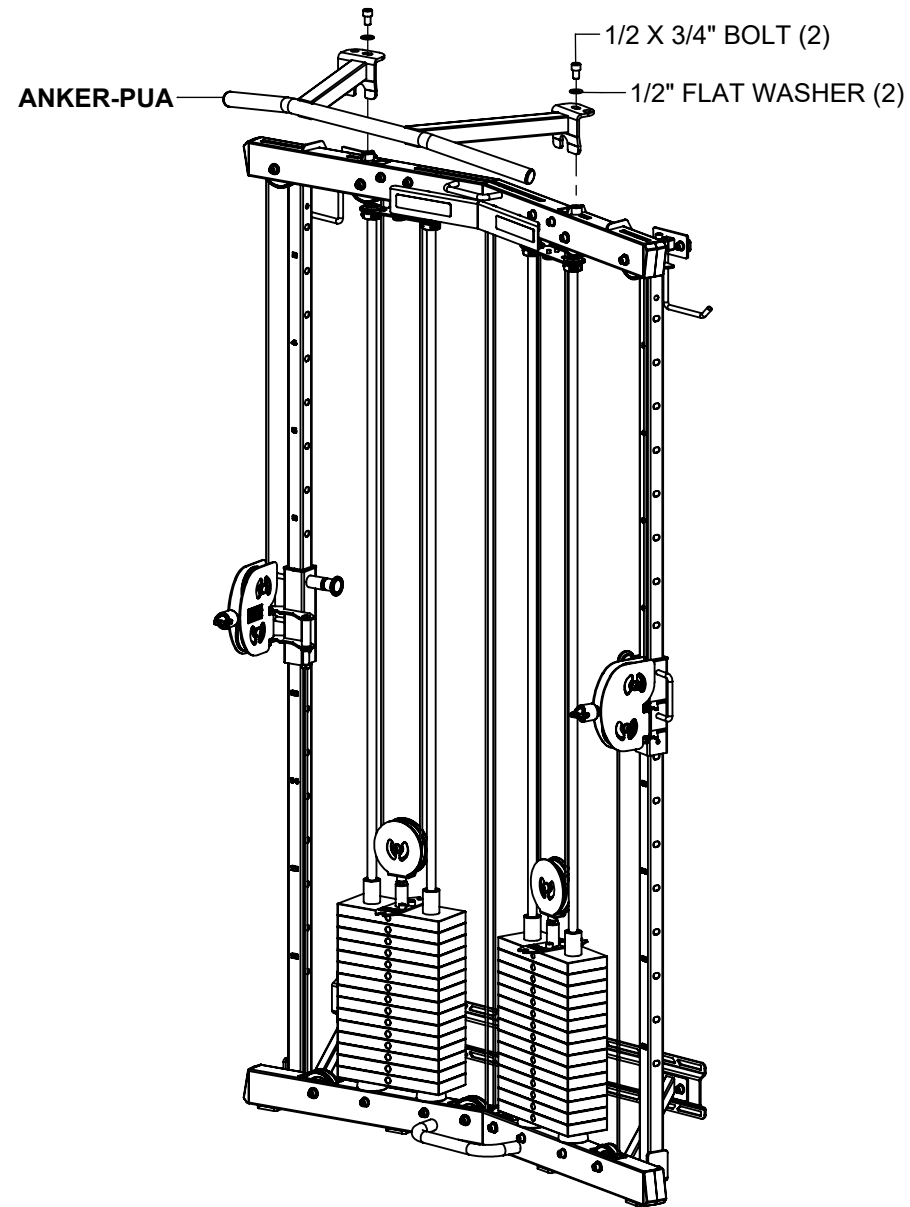


**NOTE:**

To adjust carriage up or down. Pull spring pin out with one hand and with the other hand adjust carriage to desired location. Release spring pin into the nearest hole.

**NOTE:** Battle rope anchor strap is designed to be looped around the base tube. Take one end of the strap around the base tube and pull strap through itself to secure to the frame.

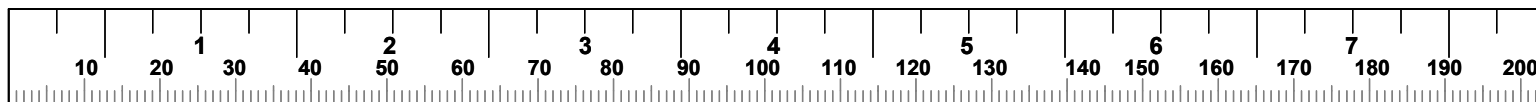
## STEP 18 (OPTIONAL PULL UP ATTACHMENT)



### NOTES:

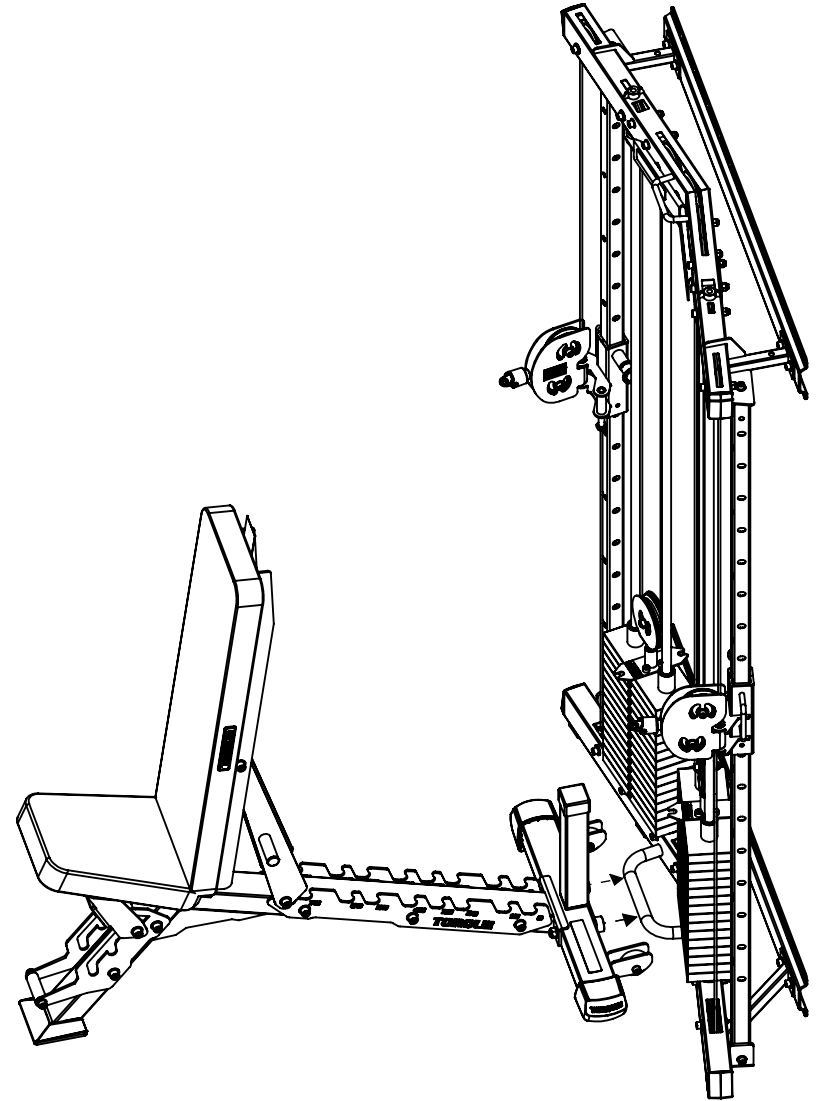
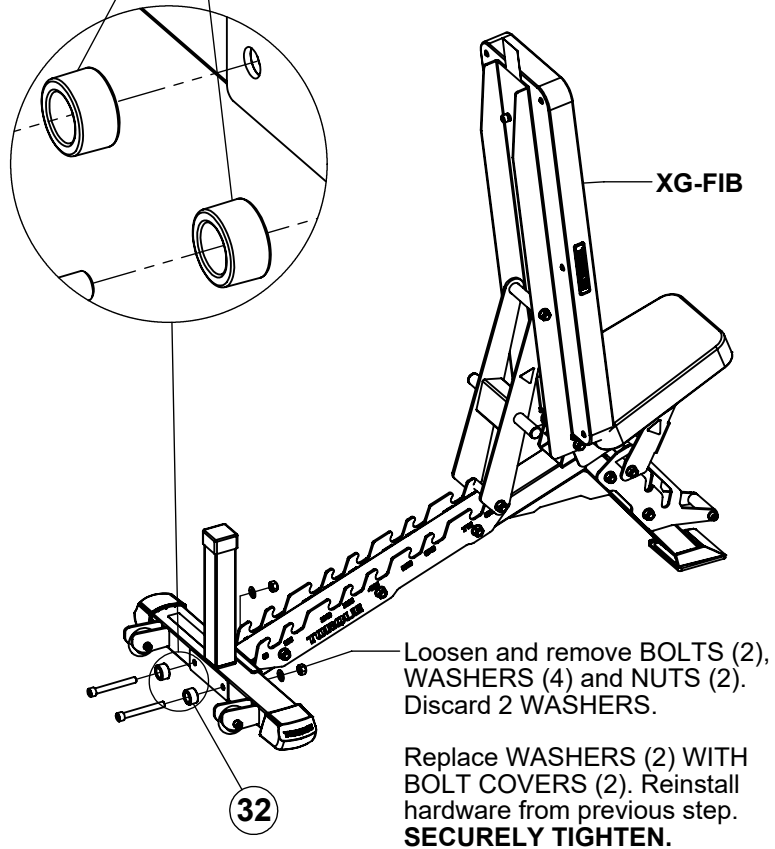
Wall brackets hidden for assembly clarity.

**SECURELY** tighten all bolt connections in this step and previous steps.



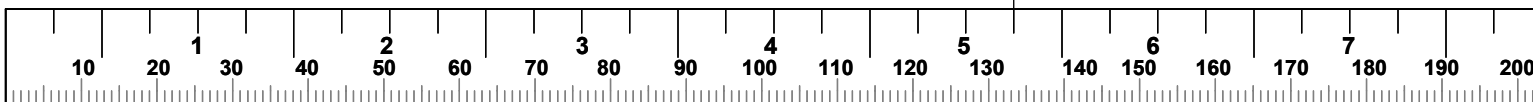
## STEP 18 (OPTIONAL BENCH BUMPER FOR XG-FIB)

**NOTE:** BOLT COVER BUMPERS (ITEM 32) are included with the Anker-7. If the Torque fitness **XG-FIB** will not be used with the Anker-7, they may be discarded.



### **NOTE:**

**SECURELY** tighten all bolt connections in this step.




**! WARNING**

**SPRING PIN MUST BE FULLY ENGAGED**

**TORQUE**<sup>USA</sup>

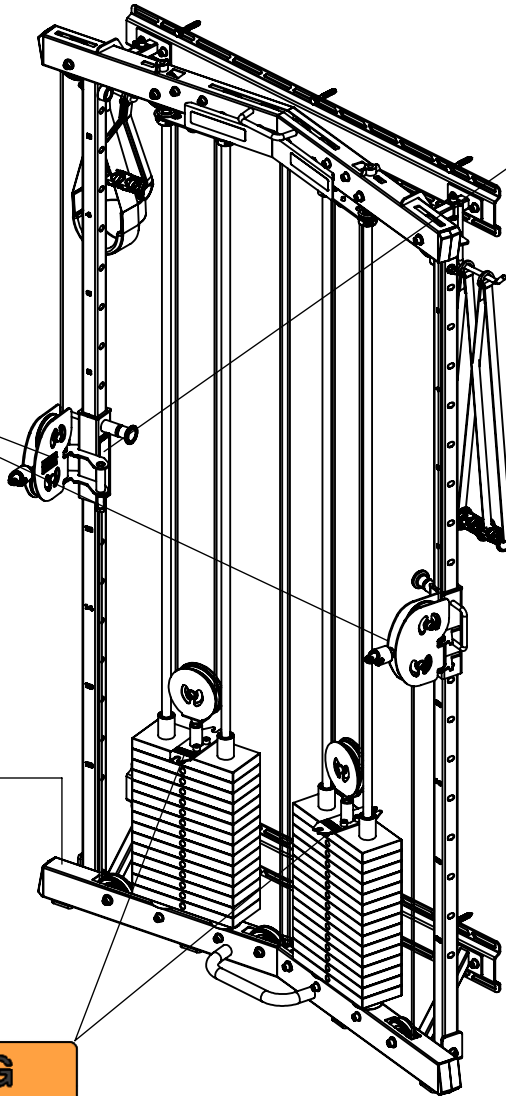
Model:  
S/N:

 **TORQUE FITNESS**  
11201 Xeon St NW Ste 101  
Coon Rapids, MN 55448

MADE IN CHINA

**! WARNING**

**WEIGHT STACK SELECTOR MUST BE FULLY ENGAGED**



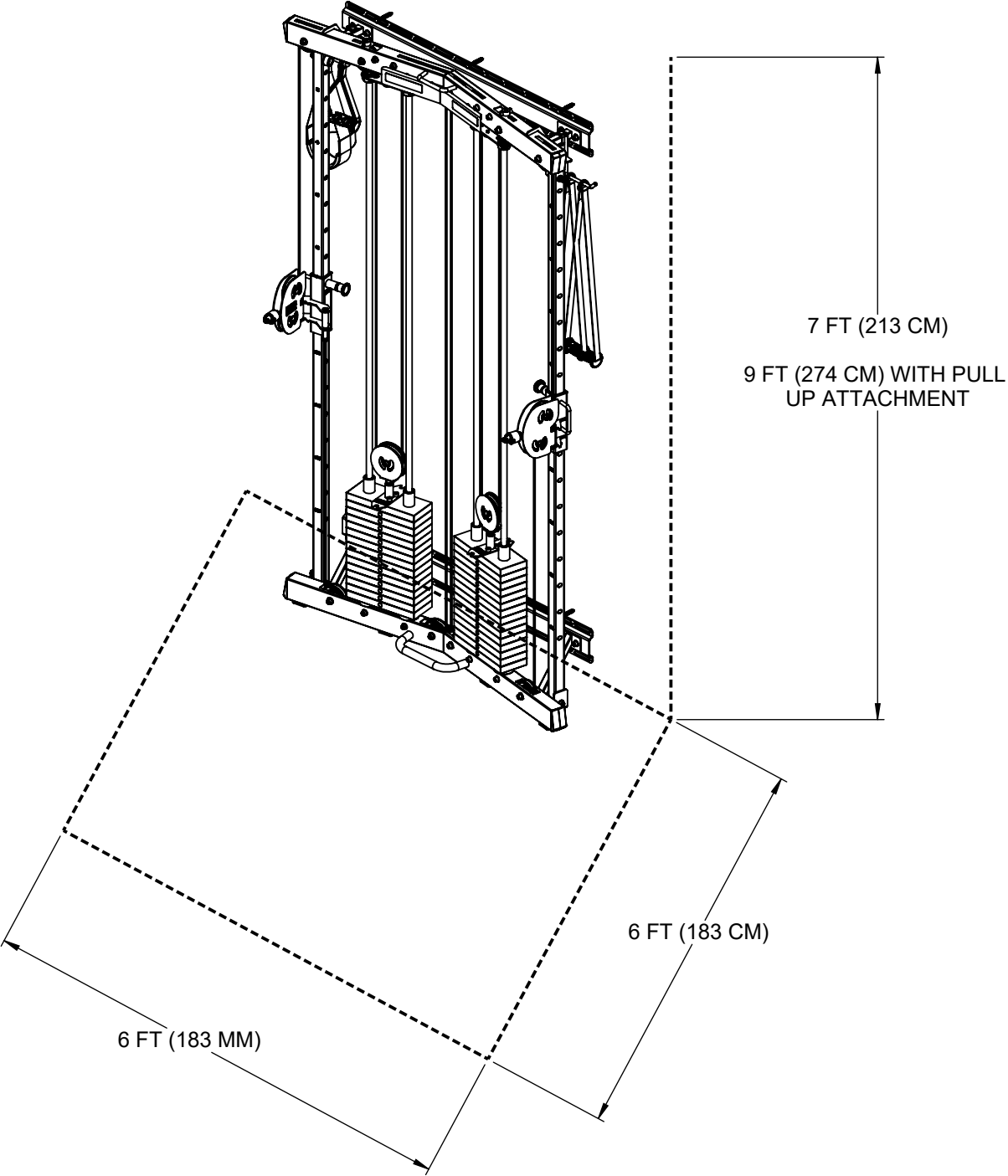
**! WARNING**

**SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. YOU MUST FOLLOW THESE PRECAUTIONS TO AVOID INJURY!**

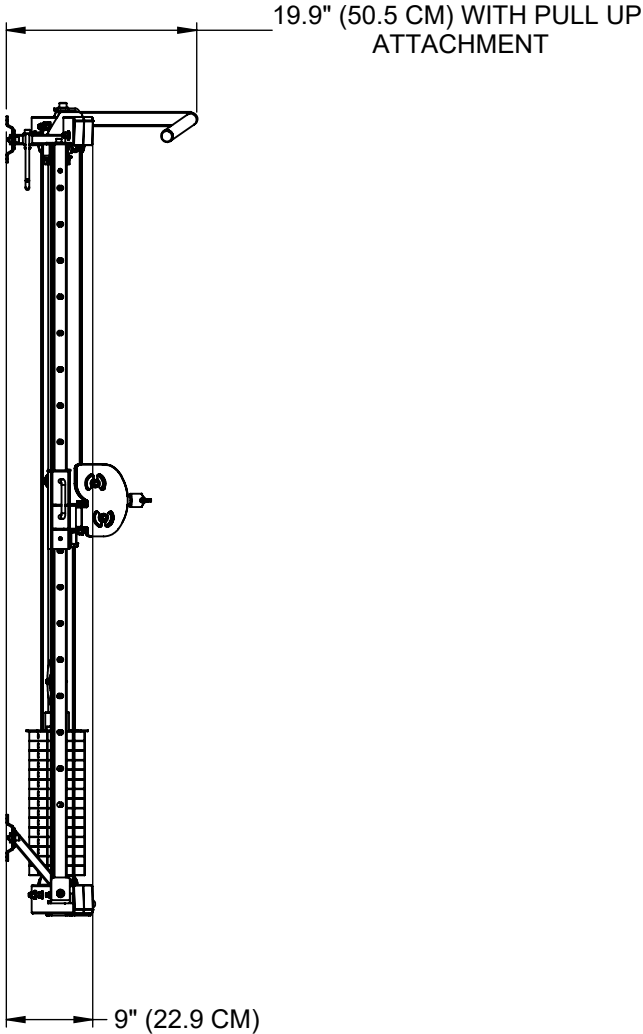
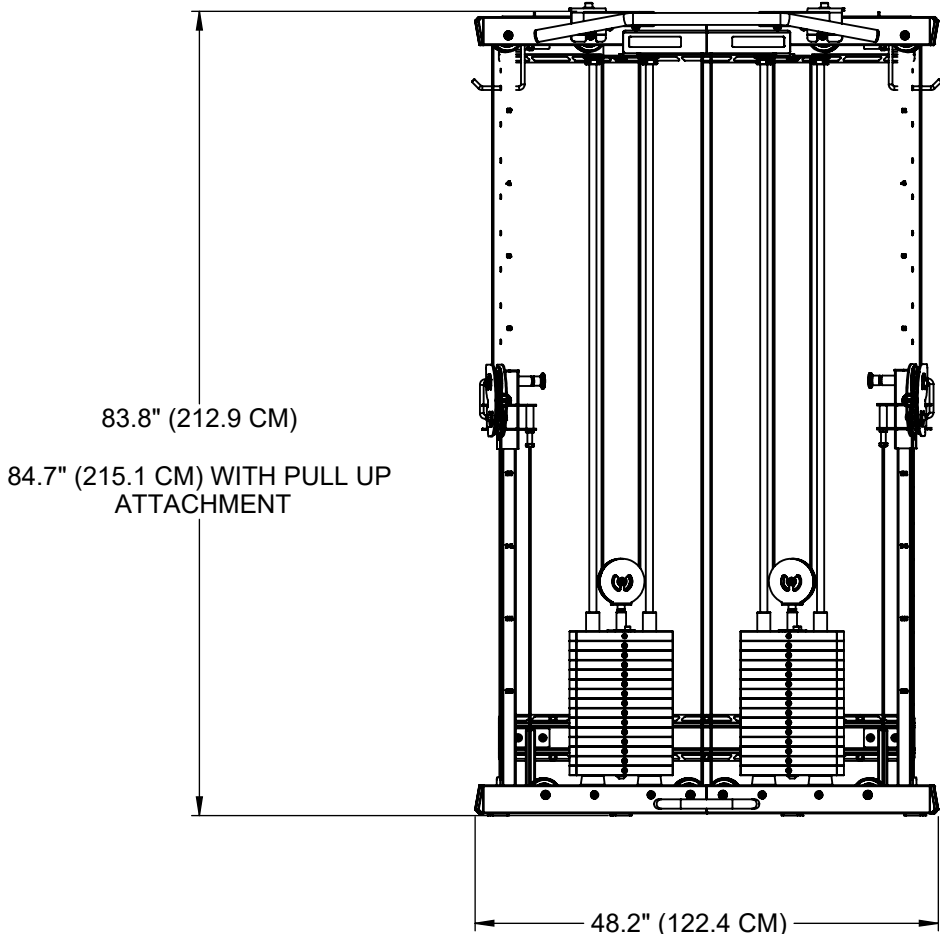
1. Before using, read all warnings and obtain instruction on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body, hair and clothing free of all moving objects.
4. Inspect the machines before use. **DO NOT** use if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify staff immediately.
5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, seek assistance.
6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Seek assistance.
7. Inspect cables and their connections before using machine. **DO NOT** attempt to fix. Seek assistance.
8. Use only the incremental weights supplied by the manufacture. **DO NOT** use dumbbells or other means to add resistance to the machine.
9. Children must not be allowed near this machine. Supervise teenagers.
10. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

P/N 5342301

**LIVE AREA**



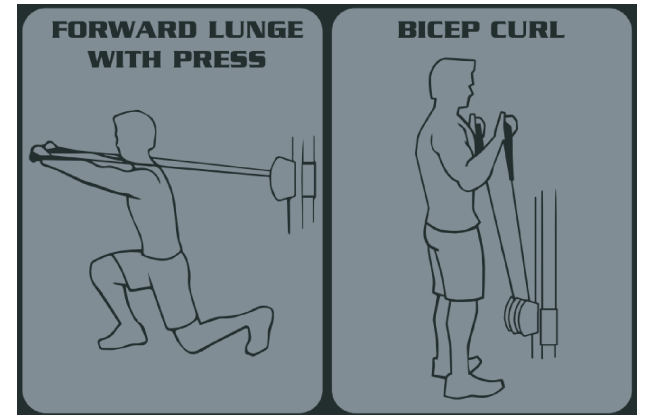
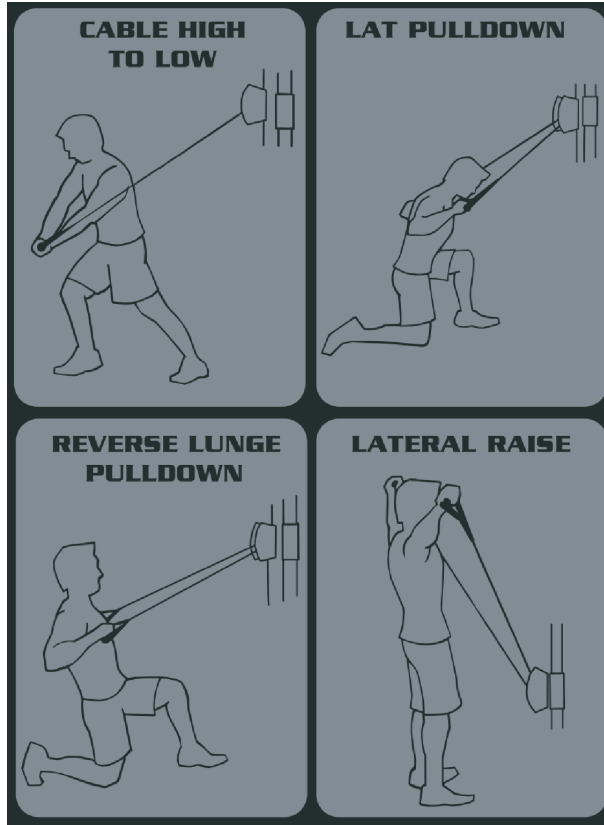
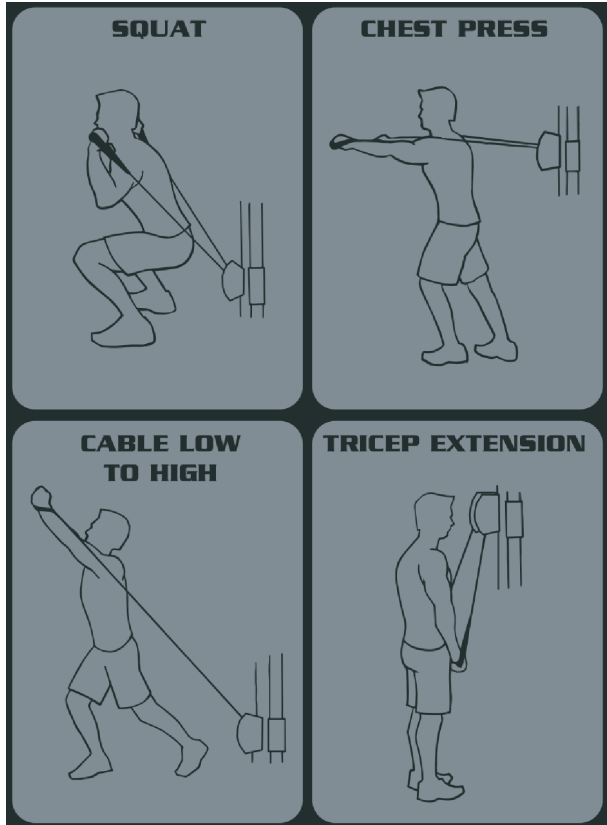
**DIMENSIONS**



**ANKER 7 BASE UNIT WEIGHT : 112 LBS (50.8 KG)**

TO CALCULATE TOTAL WEIGHT ADD DESIRED WEIGHT STACKS (QTY 2) TO BASE UNIT WEIGHT.

# Exercise Instructions



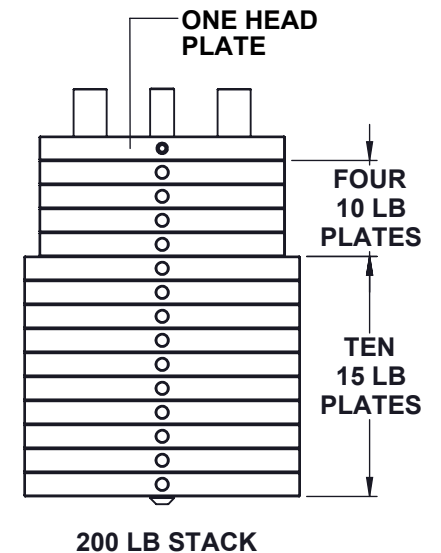
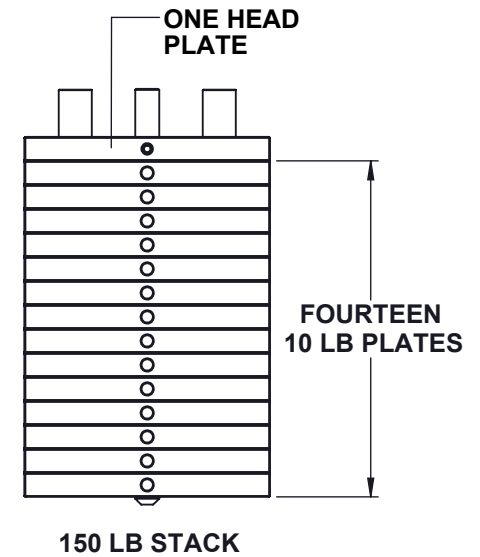
## ANKER 7 STRENGTH TRAINER - RESISTANCE RATIO CHART

### ANKER-7-001-150LB

NUMBER	ACTUAL WEIGHT (LB)	ACTUAL WEIGHT (KG)	SINGLE HANDLE (LB)	BOTH HANDLES (LB)	SINGLE HANDLE (KG)	BOTH HANDLES (KG)
1	15	6.8	7.5	15.0	3.4	6.8
2	25	11.3	12.5	25.0	5.7	11.3
3	35	15.9	17.5	35.0	7.9	15.9
4	45	20.4	22.5	45.0	10.2	20.4
5	55	24.9	27.5	55.0	12.5	24.9
6	65	29.5	32.5	65.0	14.7	29.5
7	75	34.0	37.5	75.0	17.0	34.0
8	85	38.6	42.5	85.0	19.3	38.6
9	95	43.1	47.5	95.0	21.5	43.1
10	105	47.6	52.5	105.0	23.8	47.6
11	115	52.2	57.5	115.0	26.1	52.2
12	125	56.7	62.5	125.0	28.3	56.7
13	135	61.2	67.5	135.0	30.6	61.2
14	145	65.8	72.5	145.0	32.9	65.8
15	155	70.3	77.5	155.0	35.2	70.3

### ANKER-7-001-200LB

NUMBER	ACTUAL WEIGHT (LB)	ACTUAL WEIGHT (KG)	SINGLE HANDLE (LB)	BOTH HANDLES (LB)	SINGLE HANDLE (KG)	BOTH HANDLES (KG)
1	15	6.8	7.5	15.0	3.4	6.8
2	25	11.3	12.5	25.0	5.7	11.3
3	35	15.9	17.5	35.0	7.9	15.9
4	45	20.4	22.5	45.0	10.2	20.4
5	55	24.9	27.5	55.0	12.5	24.9
6	70	31.8	35.0	70.0	15.9	31.8
7	85	38.6	42.5	85.0	19.3	38.6
8	100	45.4	50.0	100.0	22.7	45.4
9	115	52.2	57.5	115.0	26.1	52.2
10	130	59.0	65.0	130.0	29.5	59.0
11	145	65.8	72.5	145.0	32.9	65.8
12	160	72.6	80.0	160.0	36.3	72.6
13	175	79.4	87.5	175.0	39.7	79.4
14	190	86.2	95.0	190.0	43.1	86.2
15	205	93.0	102.5	205.0	46.5	93.0



# ANKER 7 STRENGTH TRAINER - RESISTANCE RATIO CHART

ANKER-7-001-225LB

NUMBER	ACTUAL WEIGHT (LB)	ACTUAL WEIGHT (KG)	SINGLE HANDLE (LB)	BOTH HANDLES (LB)	SINGLE HANDLE (KG)	BOTH HANDLES (KG)
1	15	6.8	7.5	15.0	3.4	6.8
2	30	13.6	15.0	30.0	6.8	13.6
3	45	20.4	22.5	45.0	10.2	20.4
4	60	27.2	30.0	60.0	13.6	27.2
5	75	34.0	37.5	75.0	17.0	34.0
6	90	40.8	45.0	90.0	20.4	40.8
7	105	47.6	52.5	105.0	23.8	47.6
8	120	54.4	60.0	120.0	27.2	54.4
9	135	61.2	67.5	135.0	30.6	61.2
10	150	68.0	75.0	150.0	34.0	68.0
11	165	74.8	82.5	165.0	37.4	74.8
12	180	81.6	90.0	180.0	40.8	81.6
13	195	88.5	97.5	195.0	44.2	88.5
14	210	95.3	105.0	210.0	47.6	95.3
15	225	102.1	112.5	225.0	51.0	102.1

