



These handles are extremely strong, made from cold formed solid steel. **You can order any length from 14" to 24" in 1" increments.** COLLARS are included. (Handles sold only in pairs)

If you want handles that are shorter than 14" or longer than 24", [e-mail](#) .

The position of the inner plate stops can be adjusted to increase or decrease the GRIP LENGTH. (Shipped with stops adjusted for 4.5" grip length.)

Plate space formula – handle length(") minus grip length (" ) minus 2"



**Here is a handle with a 250 lb load. The copper colored plates are olympic. See note below.**

**NOTE: The [Shermworks Olympic Plate Adapter](#) may be something to consider when ordering the dumbbell handles. With the adapters you can add olympic plates to the handles.**

## [SEE VIDEO](#)

PRICE FOR LENGTHS FROM 14" TO 20" - \$52.00 PER PAIR, SHIPPING: US - **FREE** \*

PRICE FOR LENGTHS FROM 21" TO 24" - \$57.00 PER PAIR, SHIPPING: US - **FREE**\*

For shipping cost to locations outside the US, please [e-mail](#) , providing the length required.

Visit [on line store](#) to purchase

\*(NOTE: prices above reflect \$7.00 price increase as of Dec 19, 2011.)

