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## Best Adjustable Dumbbells of 2024

By [Alison Barretta](#)



Reviewed by [Marlo Jappen Porto](#)

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Save

Adjustable dumbbells maximize at-home strength training while saving floor space and the cost of buying a full weight set. Instead of contending with multiple dumbbells, add or unload weight with just a few small adjustments.

You don't need to be an experienced lifter, either, as many adjustable dumbbells are beginner-friendly. If you're ready to level up your home gym, we've come up with a list of the best adjustable dumbbells based on our research and recommendations from fitness experts.

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## Best Overall

### BowFlex SelectTech 552 Adjustable Dumbbells...



#### PROS:

- ✓ Suitable for all fitness levels
- ✓ Easy-to-use dial for adjusting weight
- ✓ Durable, space-saving design

#### CONS:

- ✗ Too bulky for some exercises
- ✗ Not meant for powerlifting

[Buy From Amazon](#)

The BowFlex SelectTech 552 earns the spot as our best overall pick because of its versatility and value. These dumbbells replace 15 sets of weights so you can kick-start your DIY gym without taking up too much floor space. Each dumbbell has a max capacity of 52.5 pounds, which you can adjust in increments of 2.5 pounds and 5 pounds. Dials on either side of the dumbbell will let you add or subtract weights, and the included storage base will catch and hold any plates that you choose not to use during your workout. Though they're compact, some reviewers say that these dumbbells are too bulky for certain exercises.

You'll also want to handle them with care as they aren't built to be slammed on the ground. On the other hand, those who have owned their BowFlex SelectTech 552s for years say they hold up well with regular, proper use.

Overall, the BowFlex SelectTech 552 is a durable option that'll satisfy fitness enthusiasts of various skill levels. Limited free access to the JRNY virtual gym and trainer is a nice incentive, but note this is only available via Bowflex.

Specs

Price:	\$429
Weight Range:	5-52.5 pounds
Increments:	2.5 or 5 pounds
Storage Base:	Yes

[Buy From Amazon »](#)

Best Budget

**Amazon Basics Adjustable Dumbbells »**

**PROS:**

- ✓ Retails for less than \$50
- ✓ Includes a storage case
- ✓ All-steel construction

**CONS:**

- ✗ Hard to adjust on the fly
- ✗ Grip may be abrasive for some

[Buy From Amazon](#)

Retailing for less than \$50, the Amazon Basics Adjustable Dumbbells are an enticing option for those on a budget. Each dumbbell weighs up to 19 pounds, with plates ranging from 2.5 to 5 pounds plus 0.5-pound collars. You can purchase additional plates or a second Amazon adjustable dumbbell set if you want to load more weight.

With an alloy steel construction, textured grips, and a threaded collar mechanism, these dumbbells have an old-school look and feel. When you're finished working out, place the dumbbells in their plastic case for easy storage and hauling. Just beware that manually adding and removing weight can eat into your exercise time, and you'll want to ensure the collars are secure to prevent the plates from rattling or falling off mid-workout.

Still, for those seeking a simple and affordable set of adjustable dumbbells, this Amazon Basics set gets the job done.

Specs

Price:	\$48.49
Weight Range:	Up to 38 pounds
Increments:	2.5 or 5 pounds
Storage Base:	No, (but comes with a case)

[Buy From Amazon »](#)

Best for Beginners

All in Motion Adjustable Dumbbell »



- PROS:

  - ✓ Beginner-friendly weight
- CONS:

  - ✗ Only comes with one

range

dumbbell

Buy From Target

- ✓ Twisting handle adjusts weight

- ✗ May be tricky to adjust at first

- ✓ Space-saving design

Certified Personal Trainer Natalya Vasquez recommends the All in Motion Adjustable Dumbbell for beginners. “These dumbbells come in 5-pound adjustable increments, ranging from 5 to 25 pounds,” she says. “This is a great range for those new to resistance training and would allow the user to challenge themselves with a variety of upper and lower body exercises.”

Twisting the handle adjusts the weight, and though some reviews note a bit of a learning curve at first, it’s an otherwise user-friendly design. At 16 inches long, this sleek dumbbell is a good fit for smaller workout areas, and it comes with a storage base for neat storage.

As you progress to intermediate lifting and beyond, the All in Motion Dumbbell can be repurposed as a travel dumbbell, ensuring you keep up with your training when you’re away from home. Note that it only includes a single dumbbell, so you’ll have to purchase a second one if you’d prefer a set.

Specs

Price:	\$99.99
Weight Range:	5-25 pounds
Increments:	5 pounds
Storage Base:	Yes

Buy From Target »

Best Heavy-Weight

## Titan Loadable Olympic Dumbbell Handles »



### PROS:

- ✓ Weight capacity of 400 pounds each
- ✓ Available with either a 15- or 20-inch handle length
- ✓ Affordable if you already have plates

### CONS:

- ✗ More labor intensive to load
- ✗ Not for beginners

[Buy From Amazon](#)

For heavy lifting, powerlifter Melody Schoenfeld recommends the Titan Loadable Olympic Dumbbell Handles, which are available in 15- and 20-inch lengths. Schoenfeld says, “Depending on the weight plates you have available, there is more leeway in the amount of weight you can use on them [and] you can load them to heavier weights than many adjustable dumbbells.”

These handles don't come with weight plates or collars (components that keep the plates in place), but if you already own Olympic-style plates then it's a good way to keep startup costs low for your home gym. Each dumbbell supports up to 400 pounds. This far exceeds the maximum weight of standard adjustable dumbbells, but this higher weight limit offers serious lifters more room for growth and greater customization to meet their specific training goals.

Loadable dumbbells require more time and effort to load and unload plates than adjustable dumbbells with dials or pins. While this will turn off beginners, it's unlikely to deter serious powerlifters who crave a high level of adaptability in their at-home workouts.

Specs

Price:	From \$94.99
Weight Range:	Up to 400 pounds each
Increments:	N/A
Storage Base:	No

[Buy From Amazon »](#)

Best Compact

**PowerBlock Pro 50 Adjustable Dumbbells »**



**PROS:**

- ✓ Compact and portable
- ✓ Durable build with minimal plastic
- ✓ Easy to adjust the weight

**CONS:**

- ✗ Very expensive
- ✗ Too awkward for some movements

[Buy From Amazon](#)

The PowerBlock Pro 50 Adjustable Dumbbells are equivalent to 19 sets of traditional dumbbells, yet each is no larger than a shoebox at 13 inches long by 7 inches. The square design allows for easy storage under the bed or against the wall, and these dumbbells won't roll away from you during your workouts, either.

Each can be adjusted from 5 to 50 pounds using a magnetic polypropylene pin, akin to what you'd find on larger weight machines. (You can refer to the color-coded reference chart on the side of the dumbbell to find the level you need.) Weight increments range from 5 pounds to 2.5 pounds, the latter via additional ballast weights situated under the handle. This makes the set suitable for beginners and advanced lifters alike.

While the square shape helps with storage and stability, some users say it’s too awkward to use for certain exercises, especially at higher weights. Priced at around \$500, the PowerBlock Pro 50 is the most expensive option on our list. However, a durable urethane-coated steel construction (with minimal plastic) plus a five-year limited warranty make it a sound investment for those who are committed to their home fitness regimen.

Specs

Price:	\$499
Weight Range:	5-50 pounds
Increments:	2.5 pounds or 5 pounds
Storage Base:	No

[Buy From Amazon »](#)

The Bottom Line

When choosing an adjustable dumbbell set, consider your current fitness level and potential growth. The BowFlex SelectTech 552 emerges as the best adjustable dumbbells for most people thanks to its durable build and adaptability for all skill levels. The PowerBlock Pro 50 is an excellent alternative for those in tight quarters with its compact, square design.

Things To Consider When Buying Adjustable Dumbbells

“Adjustable dumbbells are an investment so you’ll want to ensure that you do your homework,” says Vasquez. Here are key factors to keep in mind when shopping for the best adjustable dumbbells for your needs:

**Size:** Celebrity fitness trainer Stan Kravchenko says to take heed of an adjustable dumbbell's physical size since larger models could make some movements more difficult to perform. Additionally, consider how much room you have available for home workouts. Adjustable dumbbells are an efficient way to consolidate exercise equipment but some designs are better suited for compact spaces than others.

**Weight Range:** “Selecting dumbbells with the appropriate weight range is crucial for both beginners and experienced athletes,” says Kravchenko. For beginners, he recommends dumbbells ranging from 5 pounds to 50 pounds, while experienced lifters can go for models that reach 70 to 90 pounds.

Ultimately, you should choose dumbbells that suit your current strength level and fitness regimen. Most importantly, experts stress that you want the weights to be manageable enough to execute movements with proper form to avoid injuries.

**Increments:** If you’re new to lifting and want to gradually build strength through movements like bicep curls or shoulder raises, Kravchenko says to select adjustable dumbbells with smaller weight increments of 2.5 or 5 pounds. For advanced lifters who can manage larger increases, Kravchenko recommends adjustable dumbbells with bigger weight jumps for exercises like squats and rows.

**Ease of Adjustment:** Adjustable dumbbells typically have a dial or pin for smooth weight changes. However, some models require manually adding or removing the plates, which can cut into your workout time. Regardless of the mechanism, it's important to make sure that the plates are securely fastened before beginning or resuming your workout.

**Grip Comfort:** A comfortable grip is key since you won’t want your dumbbells to fall out of your hand due to sweat or soreness. Textured (knurled) grips on steel and iron dumbbells can cause calluses. To prevent that from happening, Vasquez advises wearing gloves or choosing adjustable dumbbells with rubber or neoprene grips.

**Warranty:** The more you pay, the longer the warranty you’re likely to get in return. However, don’t gloss over the fine print. For example, some adjustable dumbbell models are only rated for home use so the warranty won’t extend to commercial use

like a gym or personal training service. Plus, as powerlifter Melody Schoenfeld warns, “certain types of impact will void the warranty” so you’ll want to handle your dumbbells with the utmost care.

## How We Chose the Best Adjustable Dumbbells

In curating our list of the best adjustable dumbbells, we evaluated roughly a dozen of the most popular adjustable dumbbells for their ease of use, versatility, storage, and overall value. To supplement our knowledge of adjustable dumbbells, we tapped the following experts for their advice and recommendations:

- Melody L. Schoenfeld, MA, CSCS, powerlifter and owner of [Flawless Fitness](#)
- Natalya Vasquez, NASM Certified Personal Trainer and owner of [Bridal Bootcamps San Diego](#)
- Stan Kravchenko, celebrity fitness trainer and founder of [Onefit.com](#)

### WHY SHOULD YOU TRUST US?

U.S. News 360 Reviews contributors and editors have years of experience researching, testing, and reviewing products. [Alison Barretta](#), the author of this piece, has spent nearly two decades testing home products. Her bylines include Forbes, Business Insider, Mashable, Tom's Guide, TechRadar, and The Manual.

## FAQ

**How do adjustable dumbbells work?**

+

**What kind of adjustable dumbbells are the most durable?**

+

**Are there any safety considerations to keep in mind when using adjustable dumbbells?**

+

## About Our Team



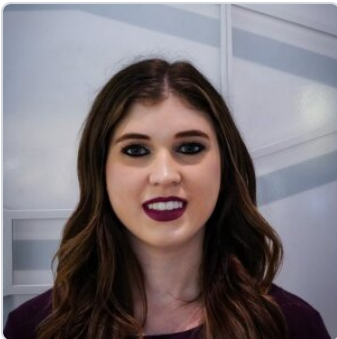
### Alison Barretta

Contributor



Alison Barretta is a Philadelphia-based freelance writer and editor specializing in sleep-related product reviews and buying guides. Her bylines include Forbes, Business Insider, Mashable, Tom's Guide, TechRadar, and The Manual.

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Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

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