

Weight Per Side kg	Form Tube Diameter CM	Form Tube Height Per Side CM	Total Dumbbell Weight KG
5	20	8.0	10
6.25	20	10.0	12.5
7.5	20	11.9	15
8.75	20	13.9	17.5
10	20	15.9	20
11.25	20	17.9	22.5
12.5	20	19.9	25
13.75	20	21.9	27.5
15	20	23.9	30
16.25	20	25.9	32.5
17.5	20	27.9	35