

Dumbbell Sizing 101

If you are unsure what size dumbbell to order, here is a good way to help determine the bit width and end size. You will need an object such as a pencil or pen, a ruler and follow the steps below.

Most people prefer that the dumbbell fits snugly (but not tight) in the dog's mouth just behind the canine teeth with the dog's lips resting comfortably where the tapered sides meet the flat portion of the bar. To find this measurement place the pencil or bar like item in the dog's mouth just behind the canine teeth while the mouth is shut. Slide your fingers in from the sides until they are snug against the lips and mark the location. Using a ruler measure the distance between the marks and record this measurement (we recommend measuring several times to confirm the measurement is accurate).

Turned Dumbbells:

Remembering that the lips tend to lay on the taper of the dumbbell we find most people need to deduct approx. 1/4" to 1/2" from their measurement for sizing a turned/molded dumbbell (i.e. 2 3/4" measurement will most likely use a 2 1/2" wide bit).

3 Piece Dumbbells:

For a 3-piece dumbbell you will most likely need a dumbbell with a bit width the same as your measurement or rounded up to the nearest size (i.e. 2 3/4" measurement should use a 3" wide bit on a 3 piece dumbbell). This is because the sides of a 3 piece dumbbell have less taper for the lips to rest on.

End Sizing:

A good general rule for end sizing is as follows:

0-10 lbs: 1 1/2" end (Size 6)

10-20 lbs: 1 3/4" end (Size 7)

20-30 lbs: 2" end (Size 8)

30-40 lbs: 2 1/4" end (Size 9)

40-55 lbs: 2 1/2" end (Size 10)

55-75 lbs: 2 3/4" end (Size 11)

75-110 lbs: 3" end (Size 12)

110+ lbs: 3 1/2" end (Size 14)

This obedience dumbbell sizing information provides a general starting point but the final choice/fit is truly your personal preference. Whenever possible, if you are unsure on the correct size, we suggest you seek the guidance of your obedience instructor to help make the correct selection.

Utility Article Sizing:

As a general rule most handlers will use articles that are 1/2" to 1" wider than the bit of their dumbbell. Utility articles have straight sides with no taper so if your dumbbell bit width is 3" most handlers will use a 3 1/2" or 4" wide article. The 3 1/2" wide article will be snug, the 4" will provide a little extra room.