



# HIT FITNESS

HIT00704

## HIT FITNESS ADJUSTABLE DUMBBELL 24KG

### USER MANUAL



For your safety and health, please read this instruction carefully before using this dumbbell.

### Important Safety Notice

- Keep children and pets away from the dumbbell.
- The dumbbell can't be used by more than one person at same time.
- Stop exercising immediately if any abnormal symptoms such as dizziness, nausea or chest tightness occur. Consult your doctor immediately.
- This product is intended for home and commercial use.
- Check before use. Do not use dumbbells whose parts are worn or damaged.
- Check and test the locking mechanism regularly.
- Do not drop the dumbbell to the ground to avoid damage the product or injure the user.
- Do not try to take apart the dumbbell.
- Warm up before use.
- Do not forcibly rotate the handle when it not work.

**Warning:** Follow your physician's instructions before starting any exercise program if you have heart disease, lung disease, high blood pressure, infectious disease, severe anemia, osteoporosis, arthritis, muscle and soft tissue damage or inflammation.

### Adjustable dumbbell instructions

1、 There are 12 weight increments (both in kg and lb) as below chart.

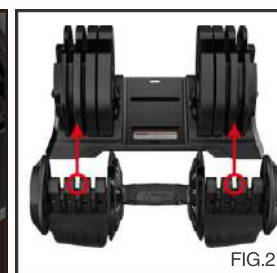
KG	3	6	8	9	11	13	15	17	18	19	21	24
LB	7	13	18	20	24	28	33	37	39	42	46	52.5

\*Remark: Because the scale is marked by rounding, there may be errors in the actual weight and scale marking.

If you accidentally drop the dumbbell plate during use and cannot turn the gear with the handle, do not forcibly turn the handle. Follow these steps to reset the dumbbell.



1. Take out the handle and check whether there are convex points protruding from the card slot of the handlebar.



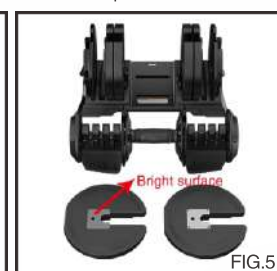
2. If there is a convex point protruding, please check the position of the dumbbell plate corresponding to the position of the convex point.



3. Take out the dumbbell piece in the dumbbell seat corresponding to the convex point.



4. Put the handle back into the dumbbell seat, and adjust the gear to the minimum value. At this point, the raised point retracts to its original position.



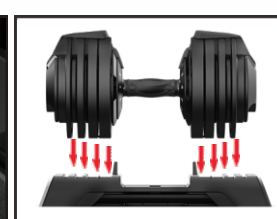
5. Please note that the bright surface faces inward when putting back the dumbbell piece.



6. Take the handle out and put the dumbbell back on. Now you can use your dumbbell normally.



Must adjust the number to the marker point before lifting the dumbbell (it can be sensed by the clicking sound and the vibration of the handle).



Make sure that each dumbbell plate is aligned with the corresponding groove on the