

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	1.5	3	6	7	8	9	11	12	13	14	16	18
LB	3	7	13	14.5	17	20	24	27	29	31	36	40

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

- 2、 This dumbbell needs to be adjusted with the original base. When placing the dumbbells back on the base, make sure that each dumbbell sheet is aligned with the corresponding groove on the base(FIG.2).
- 3、 Rotate the handle to adjust the required weight scale to the triangle indicator position (FIG. 1) before lifting the dumbbell, otherwise there is a risk of dumbbell sheet dropping.

* Before lifting the dumbbell, make sure that the scale of the handle is properly adjusted (it can be sensed by the clicking sound and the vibration of the handle).



- 4、 To ensure safety, when first using, please adjust the dumbbell to each weight and shake the dumbbells in all directions, check whether the dumbbell sheet will fall off.

- 5、 In case of dumbbell sheets stuck or dropped, use a screwdriver to press the spring key of the handle (FIG. 3) and rotate the handle to the minimum scale (both sides need to be adjusted). Then put all dumbbell sheets back into the corresponding slot and make sure that the metal sheet is facing the center of the base (FIG. 4) for reuse.

