

1. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all precautions.
2. Keep children under age 16 and pets away from this product.
3. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
4. This product is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the product by someone responsible for their safety.
5. Use this product only as described in this manual.
6. This product is intended for indoor, home use only. Do not use this product in a commercial, rental, or institutional setting.
7. Use this product on a level surface with adequate clearance around it and above it for the exercises that you will perform. Place only the included dumbbells on the trays.
8. Inspect this product before each use. Do not use this product or try to repair it if it is damaged.
9. Always wear protective footwear while using this product. Never place your fingers between the dumbbells and the trays.
10. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you feel pain while exercising, stop immediately and cool down.

HOW TO USE THE DUMBBELLS

Each handle has two permanently attached weight plates and can hold two, four, six, or eight additional weight plates.

To select the desired number of weight plates, lift a selector (A), slide it until it is aligned with one of the weight plates, and then lower it. **Rock the selector from side to side to make sure that it is fully inserted.** Repeat this step on the other side of the handle. **Always select the same number of weight plates on both sides of the handle.**

To use a dumbbell, **lift it straight upward** off the tray so that any unattached weight plates remain in the tray. When you finish using the dumbbell, orient it so that the selectors (A) are on top, and **lower it straight downward** into the tray. **IMPORTANT: Do not move the tray when lifting the dumbbell; unattached weight plates may fall, causing injury. Lift the dumbbell straight up. Do not drop the dumbbell.**

