

BEFORE YOU BEGIN

Thank you for selecting the Adjustable dumbbells. For your safety and benefit, read this manual carefully before using the machine.

IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise equipment is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. Keep children and pets away from the equipment at all times. DO NOT leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. This product is intended for home use only and is not suitable for commercial use.
5. Inspect prior to each use. Do not use a dumbbell with worn or damaged parts.
6. Periodically inspect and test locking mechanism
7. Never drop freely to the ground, this may damage the product or injury may occur to user.
8. Do not attempt to disassemble the dumbbell.
9. Before using the machine to exercise, always do stretching exercises to properly warm up.
10. Never operate the machine if the machine is not functioning properly.
11. A spotter is recommended during exercise.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

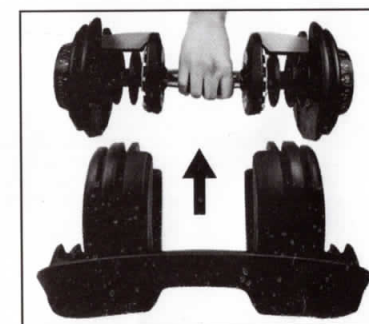
DUMBBELL INFORMATION

1. The adjustable dumbbell has weight increments from 2.5KG to 24 KG or 5KG to 40KG. Please see the following chart which outlines the exact increments.

KG	2.5	3.5	4.5	5.5	6.5	8	9	10	11.5	13.5	16	18	20.5	22.5	24
LB	5	7.5	10	12.5	15	17.5	20	22.5	25	30	35	40	45	50	52.5

KG	5	7	9	11	13	15	18	20	22	25	27	29	32	34	36	38	40
LB	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90

2. To properly select a desired weight, both adjustment knobs should be rotated so that the desired weight is aligned with the arrow in the middle. Then simply pull the handle straight up, this will remove the handle and the selected weight plates from the base. Please note 2.5 KG or 5 KG is just the handle without any weight plates.



3. The dumbbell handle and weight plates are symmetrical, therefore you may insert the handle with either end facing the user as long as the same weight is selected on both ends.

TROUBLE SHOOTING

Problem: Adjustment knob will not turn while handle is in base.

Answer:

- a. Ensure the handle is fully depressed into the dumbbell base. If not fully depressed, the locking mechanism will not be released.
- b. Check to see if any weight plates have been put into base backwards. All weight plates must have the selection tongue facing away from the grip of the handle.

Problem: Dumbbell handle does not insert into base when no plates are selected.

Answer:

- a. Make sure both adjustment knobs are set directly to 2.5kg or 5lb.
- b. Make sure all weight plates have the selection tongue facing away from dumbbell grip.