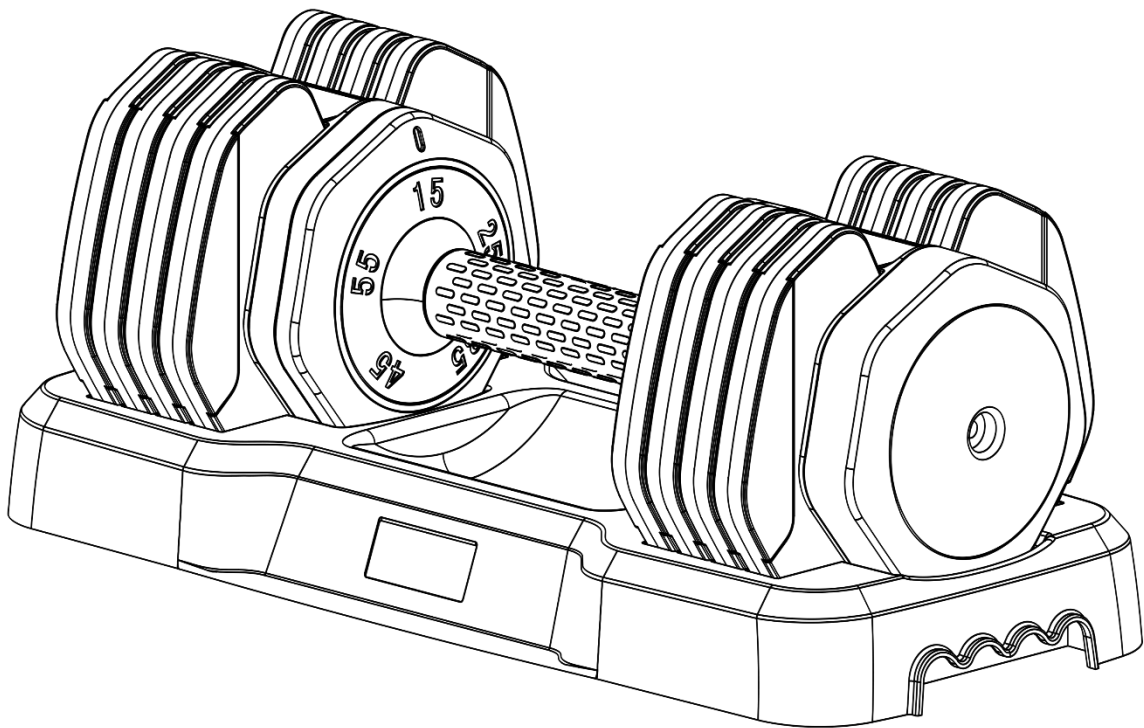


Adjustable Dumbbell

USER'S MANUAL



CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

PLEASE DO NOT RETURN PRODUCT TO THE STORE.

If you have any problem or concerns, please feel free to contact the seller.

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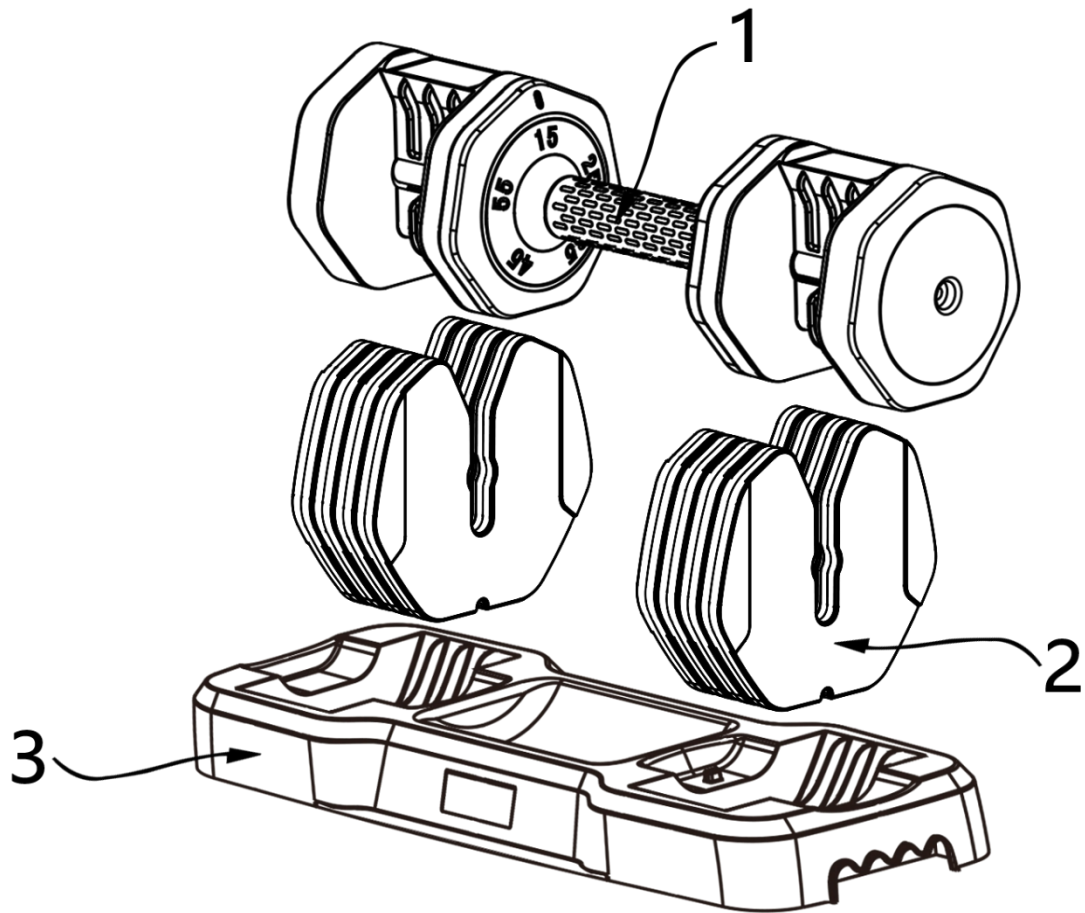
IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your adjustable dumbbell before using.

We assume no responsibility for personal injury or property damage sustained by or through the use of unit.

- Read and understand the User Manual prior to use.
- Please be sure to rotate the handle to the alignment before picking up for use.
- Lift the dumbbell straight up.
- Beware of dumbbells falling/dropping.
- Replace this or other CAUTION, WARNING, or DANGER Labels if they become damaged or illegible or removed.
- This product is for residential use only.
- Do not allow children to use this product.
- Do not use if any parts of dumbbells are in need of repair.
- Do not move the tray when lifting the dumbbell.
- Keep body, clothing, and hair free and clear of all moving parts.

BEFORE YOU BEGIN

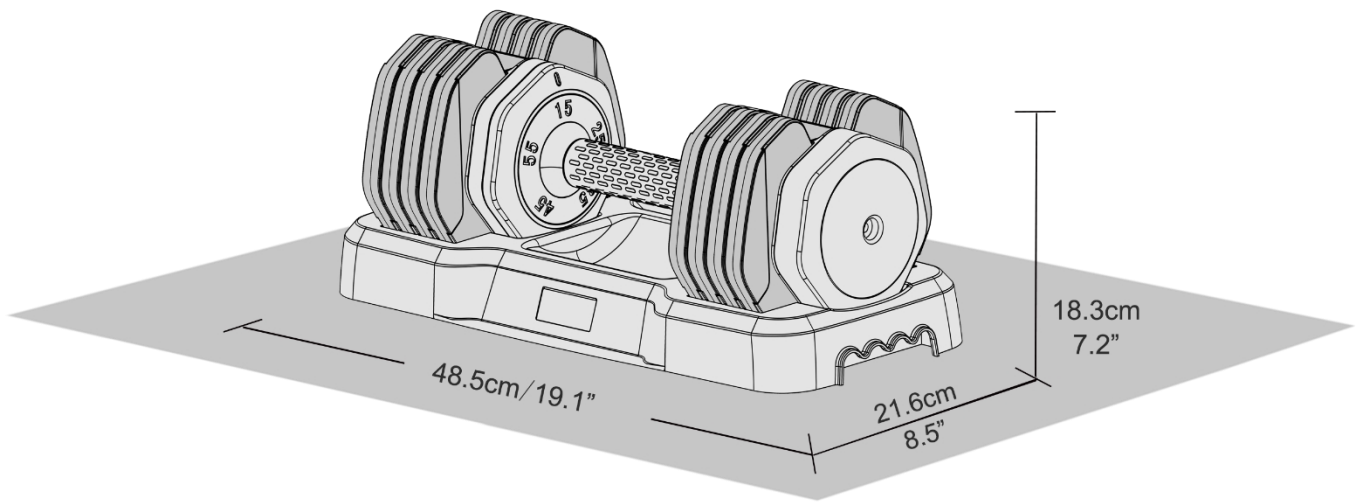


Part 1 – Handle Grip

Part 2 – Weight Plates

Part 3 – Base Tray

SPECIFICATIONS



55 LBS Adjustable Weight Dumbbells

Adjustment – 15 lbs, 25 lbs, 35 lbs, 45 lbs, 55 lbs

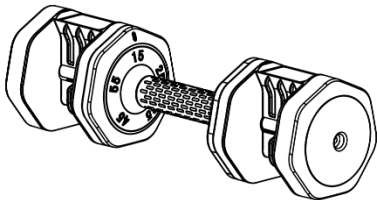
Dimensions – 19.1" L x 8.5" W x 7.2" H

Handle Weight - 15 lbs

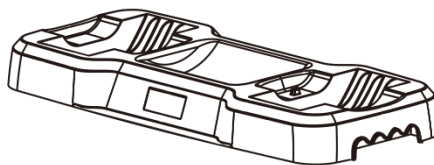
Plate Weight - 5 lbs/pc

Net Weight (without base) – 55.0lbs

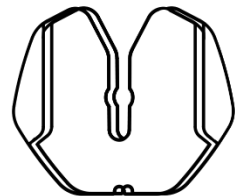
PART LIST



Handle Grip x 1 pc



Dumbbell Base x 1pc

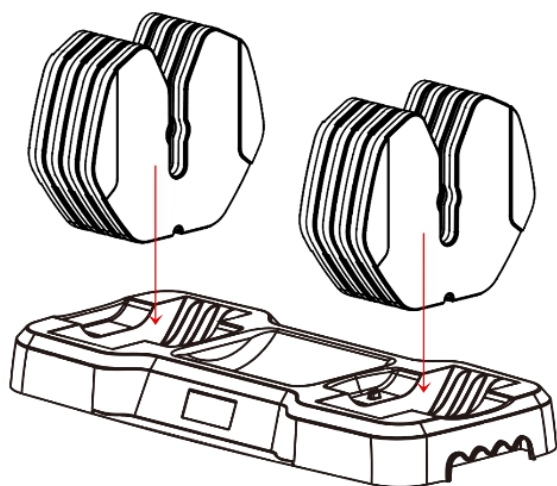


5 lbs Weight Plate x 8 pcs

ASSEMBLY INSTRUCTION

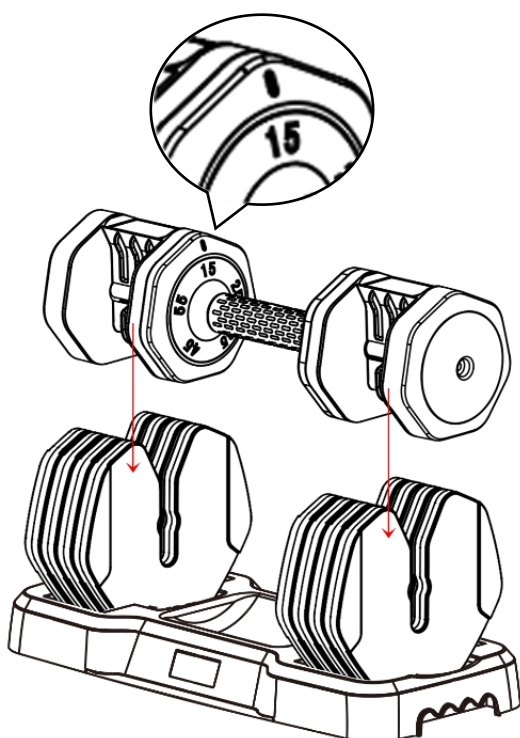
This 55lbs adjustable dumbbell is shipped fully assembled. However, it is possible that the plates be knocked out of place from the base. If this happens, follow the instructions listed below.

After carefully removing the dumbbell from the box, read and understand the User's Manual & all Warnings on this unit.



Step 1 Install Weight Plates

- Place the empty base on a level surface.
- Slide one plate into the base, ensuring it is in full contact with, and aligned with, the stand's groove.
- Place another plate into the base, make sure it is in full contact with, and aligned with, the previous plate.
- Repeat the same for all plates until the base is filled on both ends.



Step 2 Install Handle Assembly

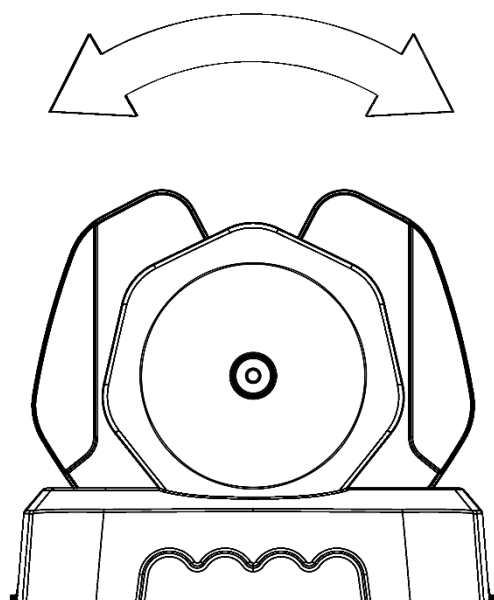
- Place the handle bar into the weight plates and make sure it is fully seated in the base.
- The pointer on the handle must be at 15, or the handle won't fit between the plates.
- Rotate the grip to make sure it turns freely.

There is a click at each weight increment of the grip, which will help you confirm the proper alignment to selected weight.

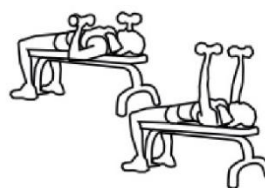
HOW TO USE THE DUMBBELL

OPERATION

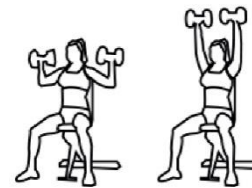
One-way rotating from 15lbs, 25lbs, 35lbs, 45lbs, 55lbs.



WORKOUTS



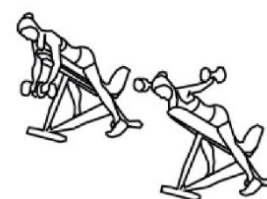
Dumbbell Bench Press



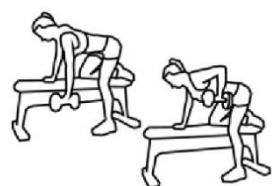
Seated Dumbbell Press



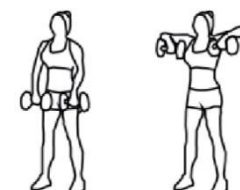
Incline Dumbbell Fly



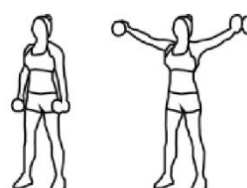
Reverse Dumbbell Fly



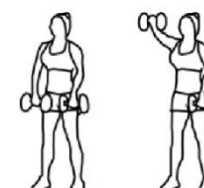
One-arm Dumbbell Row



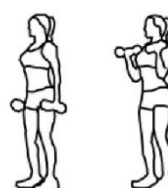
Standing Dumbbell Row



Dumbbell Lateral Raise



Dumbbell Front Raise



Standing Dumbbell Curl

More Workouts

- Arm Curls
- AB Crunch
- Leg Lunges
- Squats
- Triceps Extension

CAUTION: Before beginning any exercise program, consult a physician or health care professional.

TROUBLE SHOOTING

When the dumbbell handle assembly is inserted into the weight plate sets on the dumbbell base, turn the handle grip to the 2nd number. You will know you have fully and correctly selected the number when you will also hear a slight, but audible, clicking noise.

1. Dumbbell handle does not fully insert into base when no plates are selected (handle has no plates attached).

- One or some of the weight plates may not fully seating down into the base. Gently tap them back into place.

2. Dumbbell handle does not fully insert into base when plates are selected (handle has plates attached).

- Check if any weight plates not seating down into the base correctly. Gently tap them back into place.
- Sliders are not fully retracted. This may be due to a damaged grip or sliders. If so, contact the seller for help.

3. Grip does not rotate easily

If the grip does not rotate easily, check the following:

- Ensure that the handle is properly seated in the base.
- Make sure that you're not turning the handle grip in reverse direction.
- Check if any part of the dumbbell i.e. "support tongue" of plate or grip is damaged.
- Check if there is any dirt, debris or other obstruction in the dumbbell base. You may need to remove the weight plates from the base for a thorough check.

MAINTENANCE

Dumbbell is a very low maintenance product. However, there are steps that you should take to keep the product performing and looking its very best.

1. Should your Dumbbell handle assembly, plates or base become soiled, clean them with a cloth lightly dampened with warm water and a small amount of mild soap. Dry with a separate cloth.
2. The Adjustable Dumbbell is internally lubricated and will not require further internal lubrication. The contact between weight plates and selection discs is not lubricated but has naturally low friction. This generally will not require any lubrication.

Should you feel it necessary to lubricate the weight plates and/or selection discs, use only a silicon lubricant, preferably "food grade".

CAUTIONS

Do not use any solvents, harsh detergents, chemicals or bleach on this product – doing so may damage the materials, resulting in degradation of the product's performance or strength.

Do not attempt to disassemble the dumbbell handle or base assembly.

