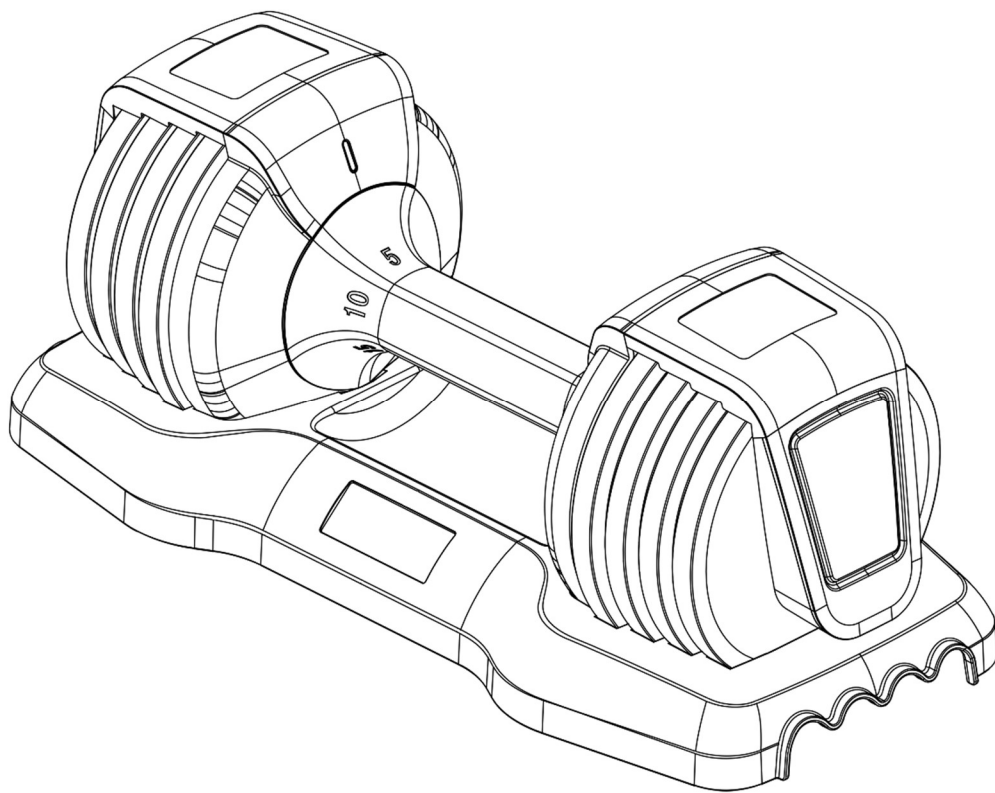



Adjustable Dumbbell

MS282641AAB

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 our customer service department.

Please send your request to the following contact details according to the platform you purchased.



Walmart Platform:

E-Mail: wmcsr@comptree.net

Tel: 626-912-8886 Ext.100

Other(Amazon, Wayfair, Homedepot, Overstock etc.) Platform:

E-Mail: csr@merax.com

Tel: 626-912-8886 Ext.100

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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.

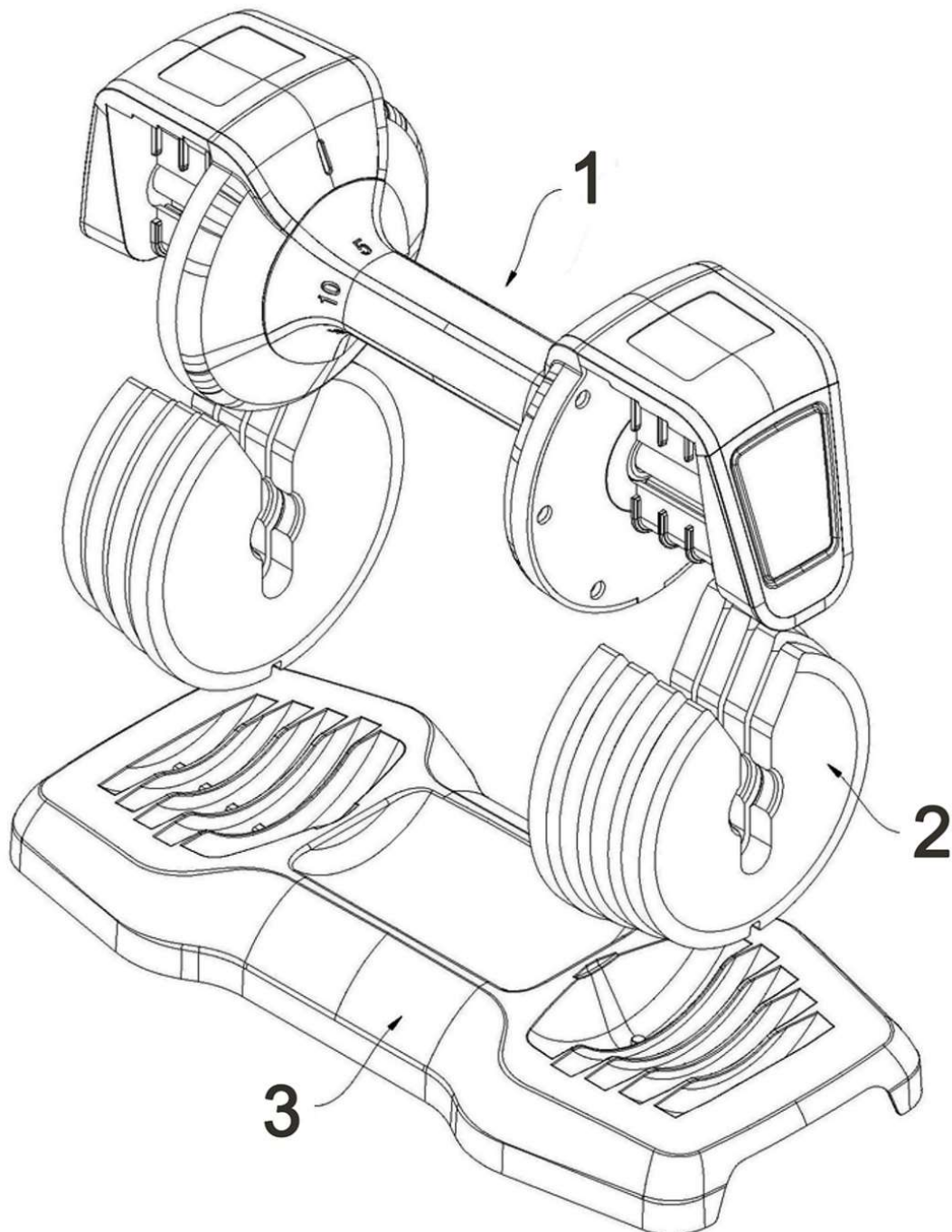
We assume no responsibility for personal injury or property damage sustained by or through the use of unit.

- Read and understand the Users 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 intended for use by anyone under 15 years of age.
- 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.

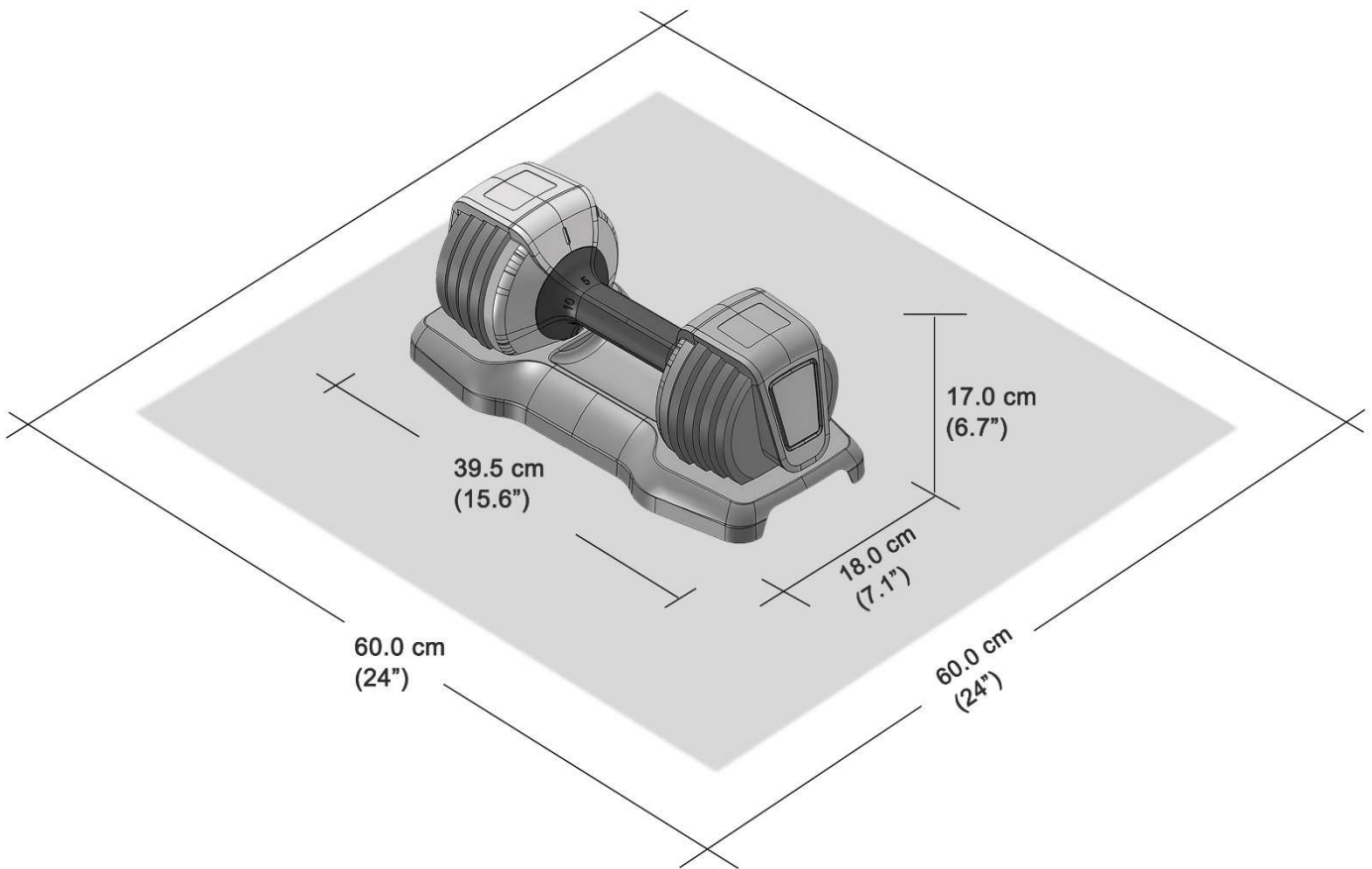
BEFORE YOU BEGIN

Thank you for selecting the new dumbbell from us. For your benefit, read this manual carefully before you use the product. If you have questions after reading this manual, please contact the supplier for more details.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



SPECIFICATIONS

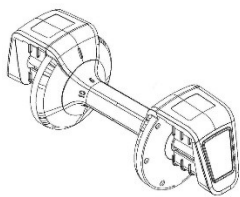


Dimension – 15.6" L x 7.1" W x 6.7" L

Net Weight – 11.4kg/ 25lbs

Package Weight – 12.2kg/ 26.8lbs

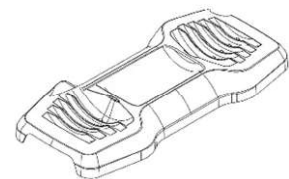
PART LIST



Handle Assembly x 1 pc



Weight Plates x 8 pcs

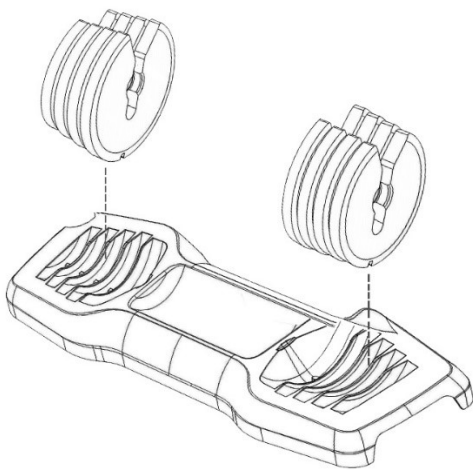


Dumbbell Base x 1pc

Assembly Instruction

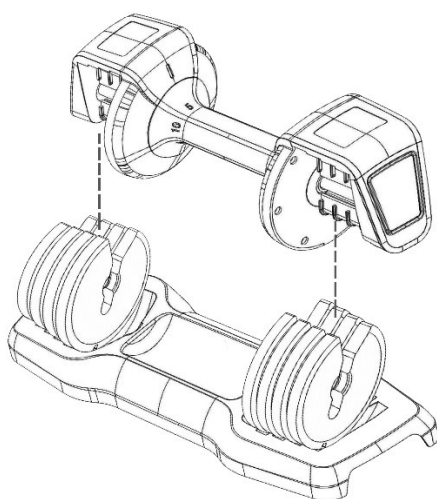
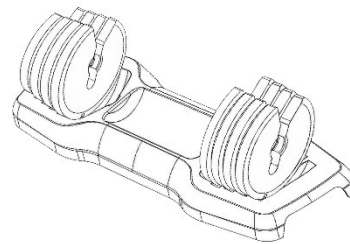
Dumbbells are shipped fully assembled, one dumbbell to a box. However, it is possible for the plates to be knocked out of place from the base. If this has happened, follow the instructions listed below.

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



Step 1 Install Weight Plates

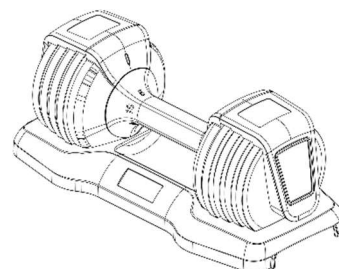
- Set the empty base on a level surface.
- Set a plate into the base, ensuring it is in full contact with, and aligned with, the stand's endplate.
- Set another plate into the base, ensuring it is in full contact with, and aligned with, the previous plate.
- Repeat above for all plates until the base is filled on both ends.



Step 2 Install Handle Assembly

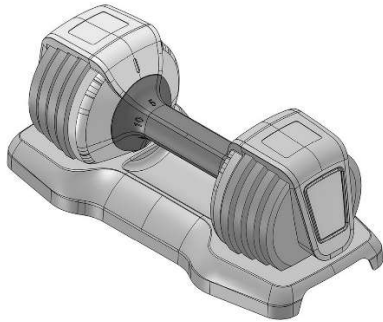
- Set the bar into the Weight Plates set smoothly to make sure it is fully seated in the Base.
- Rotate each Adjustment Grip several full rotations to make sure it turns freely.

Make sure there is a click at each weight increment of the Adjustment Grip. This click will help you locate the proper alignment to select a given weight increment.

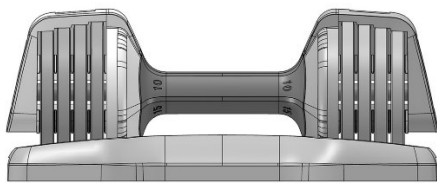


HOW TO USE THE DUMBBELL

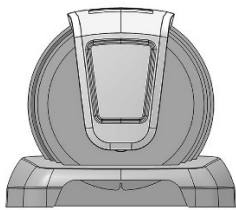
Top View



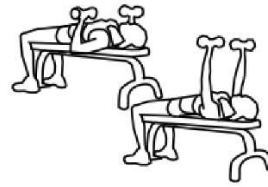
Front View



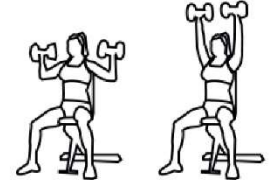
Side View



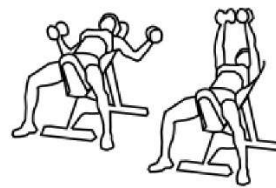
WORKOUTS



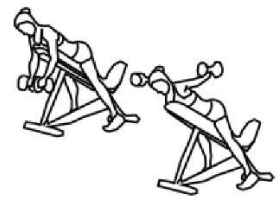
Dumbbell Bench Press



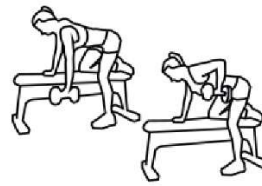
Seated Dumbbell Press



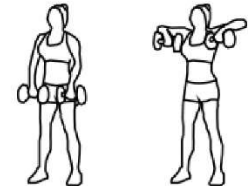
Incline Dumbbell Fly



Reverse Dumbbell Fly



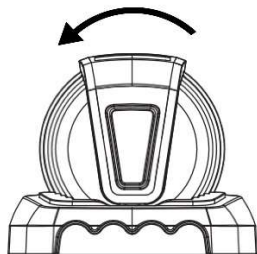
One-arm Dumbbell Row



Standing Dumbbell Row

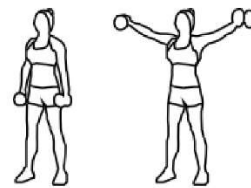
OPERATION

Keep the safety-lock unlocked and adjust the weight by rotating the handle grip to choose the preferred weight for your personalized exercise.

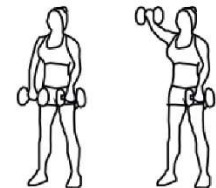


One-way Rotating from 5lbs, 10lbs, 15lbs, 20lbs, 25lbs.

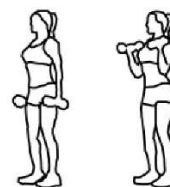
IMPORTANT: Do not engage the locking mechanism and use the handle to try to lift the dumbbell and base together. To lift the dumbbell and base together, engage the locking mechanism and use the lift handles molded into the base assembly.



Dumbbell Lateral Raise



Dumbbell Front Raise



Standing Dumbbell Curl

More Workouts

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

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

TROUBLE SHOOTING

MAINTENANCE

When the dumbbell handle assembly is inserted into the weight plate sets on the dumbbell base, turn the handle grip to the 2nd number (10lbs). You will know you have fully and correctly selected the number when you will also hear a slight, but audible, clicking noise that corresponds with the detent locations for each number.

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 exactly. Gently tap them back into place.
- Sliders are not fully retracted. This may be due to a damaged grip or sliders. If so, contact us for service.

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.
- Confirm that you're not turn the handle grip to the reverse direction.
- Check if any part of dumbbell i.e. "support tongue" of plate or grip is damaged.
- Check to see if there is any dirt, debris or other obstruction in the dumbbell base. You may need to remove the weight plates from the base to accomplish this check.

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.

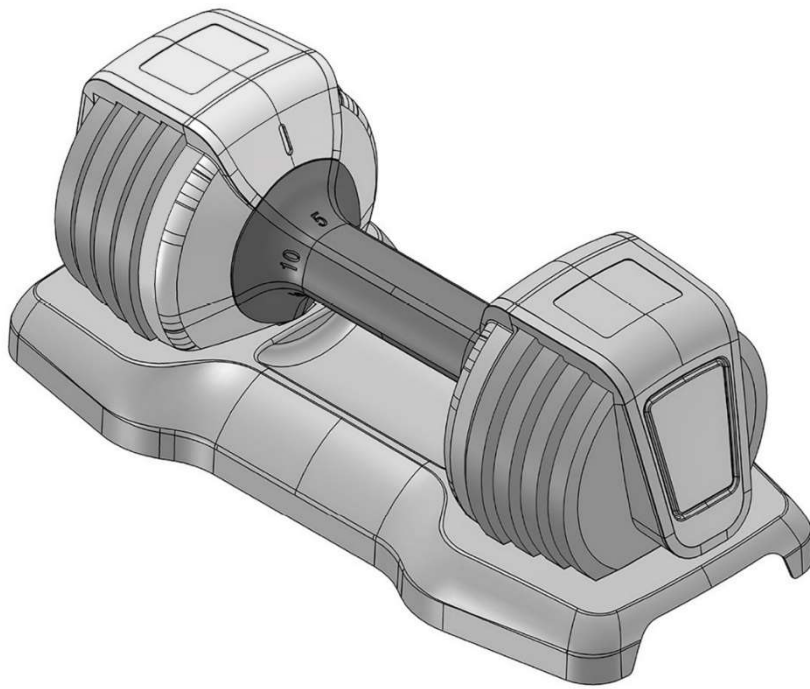
1. Should your Dumbbell handle assembly, plates or base become soiled you may clean them with a cloth lightly dampened with warm water and a small amount of mild soap. Wipe dry with a separate cloth.
2. The Adjustable Dumbbell is internally lubricated and will not require further internal lubrication. 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. These items are not designed to be user serviced.



PLEASE DO NOT RETURN PRODUCT TO THE STORE.

If you have any problem or concerns, please feel free to contact our customer service department.

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