25 LB Adjustable Dumbbell Set Operational Instructions

THIS PAMPHLET CONTAINS ASSEMBLY, OPERATION, MAINTENANCE AND SAFETY INFORMATION. IN THE INTEREST OF SAFETY, PLEASE MAKE CERTAIN THAT YOU READ AND UNDERSTAND ALL THE INFORMATION BELOW. PLEASE KEEP THIS PAMPHLET IN A SAFE PLACE FOR FUTURE REFERNCE.

1. This equipment is intended for household use only. It is not designed for commercial use.
2. Inspect the equipment prior to use. Ensure all fittings are fully tightened before each use. Replace all worn parts immediately.
3. Children should not use the equipment unless they are under adult supervision. In the interest of safety, keep others, especially children, at a safe distance away while you are exercising.
4. BE AWARE THAT THE DUMBBELL IS HEAVY ALWAYS PAY DUE CARE AND ATTENTION WHEN USING.
5. Remove all jewelry, including rings, chains and pins before commencing exercise.

WARNING: Before commencing with any exercise program, please consult your family physician. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your family physician. In the event any of above mentioned warnings are breached by the consumer, the manufacturer may use same as a defense to any claim for injuries, damage or loss. The above warnings are in no way intended to limit or modify the consumer remedies for breach of warrantles pursuant to applicable Federal Laws of Regulations. They are being supplied strictly to ensure the safety of the individuals using the product.

BEFORE YOU BEGIN

We designed the Adjustable Dumbbell Set to be easy-to-use. There is a slide system that allows the user to adjust the weights on both sides of the bar. Please read and follow the assembly instructions carefully.

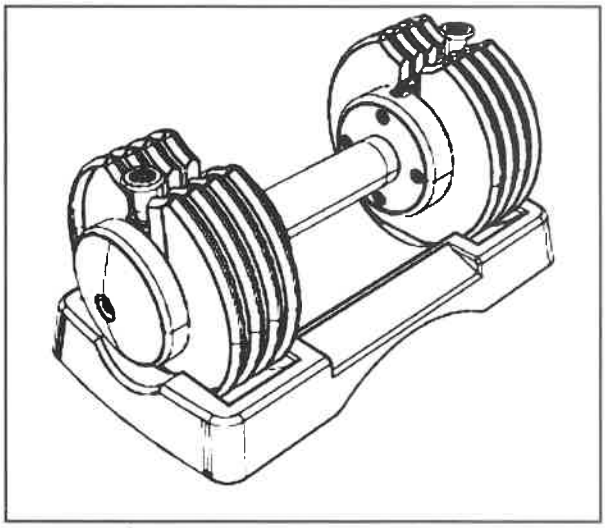
CHANGING THE WEIGHTS

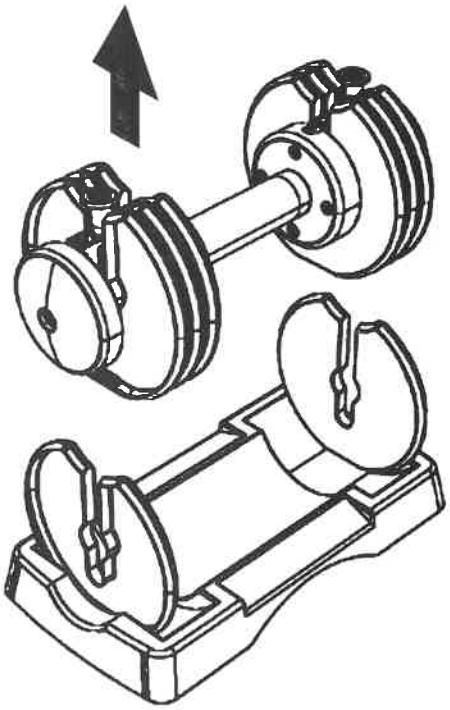
With the flick of a switch, the Adjustable Dumbbell Set adjusts from 5—25 lb.

(1) Ensure the dumbbell is located firmly in the storage tray, with all weight plates correctly stored in there respective slots.
(2) Notice the weight selection pin at each end of the dumbbell.
(3) To adjust the weight, lift the pin approximately 6" up from the Weight Tray and slide across to select the required weight. Allow to lock back into place by letting go of the pin at the required point. Ensure the pin locks firmly into place.

CAUTION: Never adjust the Weight Selector when the Dumbbell is removed from the Weight Tray.

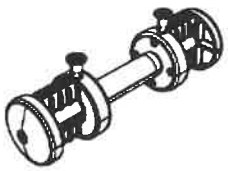
(4) Start to workout if the Weight Plates are secure.



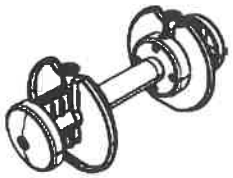


ALWAYS remember to ensure all plates are returned to the storage tray. If the selector pin is "sticking", double check all plates and ensure that they are fully locked into the tray.

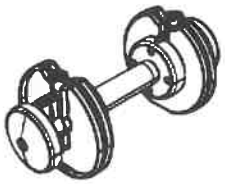
We recommend that you keep the Adjustable Dumbbell balanced as closely as possible. For example, if four weights are used, use two on one side and two on the other side. The illustrations below show the proper setup for 5, 10, 15, 20, and 25 pounds.



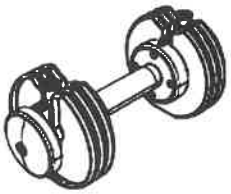
5 LBS
No Plate



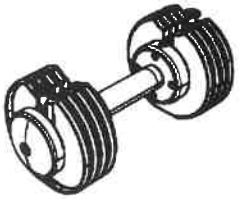
10 LBS
One Plate
on Each Side



15 LBS
Two Plates
on Each Side



20 LBS
Three Plates
on Each Side



25 LBS
Four Plates
on Each Side