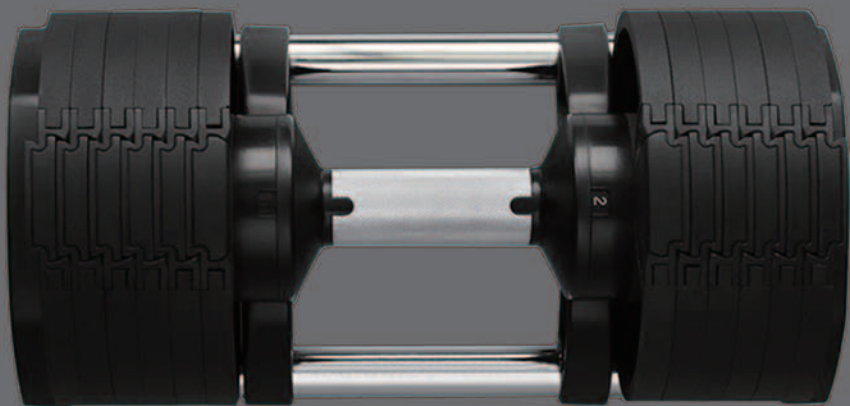


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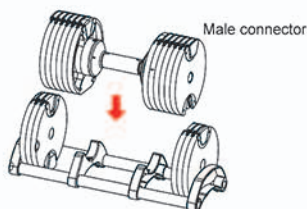
# INSTRUCTION



ADJUSTABLE  
DUMBBELL

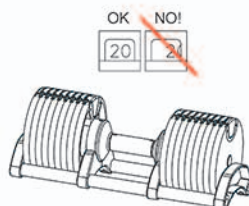
# Before use

STEP 1-FIG.A



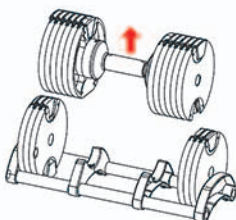
Place the DUMBBELL in the base unit.  
Female and Male connectors must be aligned.

STEP 2 – FIG.B



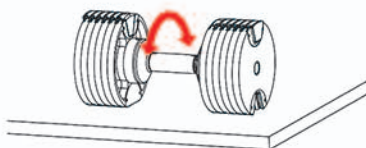
Select weight by turning handle until desired weight is centered in the window.

STEP 3 – FIG.C



Lift the DUMBBELL straight up out of the base unit.

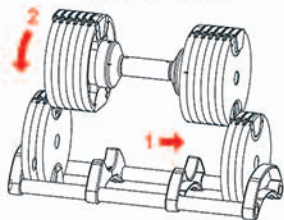
STEP 4 – FIG .D



Place DUMBBELL on flat surface. Try turning the handle with normal force. The handle must remain in locked position. Check that the bar ends are within 5mm of the selected plate.

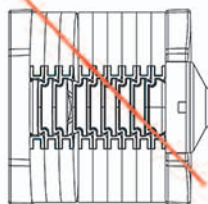
# After use

STEP 5 – FIG. E



After use return DUMBBELL to base unit. Make sure that the Male/Female connectors are aligned.

FIG . F



Make sure that the Male/Female connectors are aligned. Do not use if connectors are damaged.

## Regularly inspect the general condition of the dumbbell and check the points listed.

- The dumbbell can only be adjusted when in the base unit.
- Female and male connectors must align, see Fig F.
- Never attempt to lift the dumbbell from the base unit if not in fully selected position, see Fig B.
- Carefully inspect male and female connections (see Fig. A) regularly. Replace before use, if damaged.
- Regularly check if the locking mechanism is working in all different weight selections, see Fig D. Never use dumbbell if the handle can be turned with normal force when not in base unit. Return dumbbell to distributor for service.
- Never attempt to use the dumbbell without having the complete set of weight plates in the base.