展开尺寸：105x140mm

· Safety Guide

1. Handle with care, avoid stacking and collision;
2. Ensure the latch has been fastened before use;
3. Please adjust the weight according to your personal situation;
4. If you feel uncomfortable while exercising, please stop exercising immediately and see a doctor;
5. Improper or excessive training can damage your health, please do the training appropriately;
6. Pay attention to people and equipment around you during use and picking up to avoid personal injury and equipment damage;
7. Place the dumbbells vertically in a dry and cool place after use to prevent the dumbbells from rolling, rapid aging and creating hazards for others;
8. If the connection is very loose, please do not exercise with it, you can contact us for repairing tips or exchange accessories;
9. Do not expose to or place in acidic solutions;
10. Do not place it near open fire.

Adjustable Dumbbells & Kettlebell Set User Manual keycode 43723010

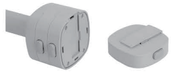
Empower Your Fitness with Versatile, Adjustable Dumbbells

Instructions

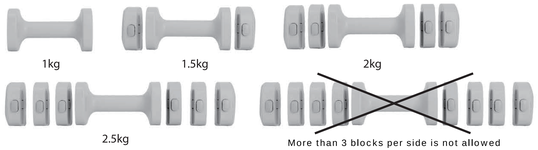
Thank you for choosing adjustable dumbbells & kettlebell set. For your convenience, please read the instructions carefully and follow the steps in the manual, if you encounter any quality or use problems.

· Installation & Removal

1. To increase weight, press the gray buttons on both sides at the same time and align them with the concave and convex sides of the dumbbell. Slide it in slowly and hear a "click". The adjustment block has been inserted.



2. To decrease weight, press the gray buttons on both sides at the same time, remove the dumbbell plate. You can adjust the weight of the dumbbell according to your physical condition.



Each dumbbell adjustment block weighs 0.25kg. A fully assembled single dumbbell is 2.5kg, and two weights are 5kg. This weight value is taken fromthe rounded approximate value.

WARNING: INAPPROPRIATE MISUSE MAY CAUSE INJURY.

· Assembly Sequence of Kettlebell

①

Kettlebell Converter

②

Pull up the fastener on either side

③

Open the Converter

④

Put the dumbbells into the corresponding position and close the converter, the kettlebell is fully assembled