

16KG ADJUSTABLE DUMBBELL

Key Code: 43080717

Thank you for selecting the adjustable dumbbell. For your safety and benefit, read this manual carefully before using.

Safety Information

This exercise equipment is built for optimum safety. However, please apply certain precautions whenever operating this piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your equipment. In particular, note the following safety precautions.

- For the first use, please check the dumbbell whether the weight discs will fall off by lifting and shaking the dumbbell up and down, left and right.
- Inspect prior to each use. Do not use a dumbbell with worn or damaged parts.
- Periodically inspect and test locking mechanism.
- Do not attempt to disassemble the dumbbell.
- Never operate the equipment if its not working correctly.
- Keep children and pets away from the equipment while in use.

Part list

- Base x1pc
- Small weight disc x2pc
- Medium weight disc x2pc
- Large weight disc x2pc
- X-large weight disc x2pc
- Handle frame x1pc



User Instruction

1. There is total 12 weight options which marked on both of the adjustment knobs for this equipment. It is 1.5kg/3.0kg/4.0kg/5.0kg/6.0kg/8.0kg/9.0kg/10.0kg/11.5kg/12.0kg/14.5kg/16.0kg.
2. Please be noted that the equipment can only be weight adjusted when the dumbbell is set on the base.
3. To properly select your desired weight, press down gently on the handle with one hand, then rotate both of the two knobs separately with the other hand so that the desired weight is aligned with the arrow in the middle. Pull the handle straight up simply, this will remove the handle and the selected weight discs from the base. Please note that the minimum weight is just the handle frame without any discs.



4. To adjust the weight easily - please rotate the knobs of both side to the same weight.
5. If you unable to rotate the dial during use, reset the dumbbell using this method:
 - ◆ Remove all the weight discs from the base.
 - ◆ Ensure the reset button both on base and handle frame attached each other(FIG.1 & FIG.2), then press the handle frame down gently to reset it while rotating the scale to the minimum on both left and right sides.
 - ◆ Put the weight discs back into the base correctly one by one, then insert the handle frame into weight discs, now dumbbell is ready for use.



FIG.1



FIG.2

CAUTION:

- PLEASE ADJUST THE DUMBBELL POINTER TO THE SAME WEIGHT ON BOTH SIDES BEFORE USE. UNBALANCED WEIGHTS MAY INCUR WRIST INJURY.
- AFTER ADJUSTING THE DUMBBELL, HOLD THE BASE WITH ONE HAND AND LIFT THE DUMBBELL WITH THE OTHER HAND.
- FOR THE FIRST USE, PLEASE CHECK THE DUMBBELL WHETHER THE WEIGHT DISC WILL FALL OFF BY LIFTING AND SHAKING THE DUMBBELL UP AND DOWN.

FOR AU/NZ: IMPORTED FOR KMART STORES IN AUSTRALIA AND NEW ZEALAND.

Made in China