

MOTIONGREY

Adjustable Dumbbells

Assembly Instruction



CAUTION

Please read the User Manual carefully before using this product. Keep the manual properly.

BEFORE YOU BEGIN

Thank you for choosing the Adjustable dumbbells. For your safety and benefit, please read this manual carefully before using the equipment.

IMPORTANT SAFETY NOTICE

PRECAUTIONS

While this exercise equipment is designed with safety in mind, it's important to follow certain precautions whenever operating it. Please read the entire manual before assembling or using the machine. Pay close attention to the following safety precautions:

- 1. Keep children and pets away from the equipment at all times. DO NOT leave children unattended in the same room with the equipment.**
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any abnormal symptoms, STOP the workout immediately. CONSULT A PHYSICIAN IMMEDIATELY.
4. This product is intended for home use only and is not suitable for commercial use.
5. Inspect prior to each use. Do not use dumbbells with worn or damaged parts.
6. Periodically inspect and test the locking mechanism.
7. Never drop the dumbbells freely to the ground, as this may damage the product or cause injury to the user.
8. Do not attempt to disassemble the dumbbells.
9. Before using the machine for exercise, always perform stretching exercises to properly warm up.
10. Never operate the machine if it is not functioning properly.
11. A spotter is recommended during exercise.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

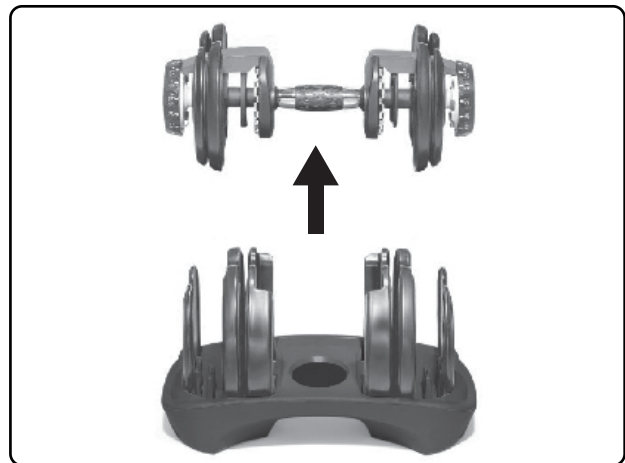
DUMBBELL INFORMATION

1. The adjustable dumbbell offers weight increments ranging from 2.5KG to 24KG or 5KG to 40KG, as outlined in the following chart.

KG	2.5	3.5	4.5	5.5	6.5	8	9	10	11.5	13.5	16	18	20.5	22.5	24
LB	5	7.5	10	12.5	15	17.5	20	22.5	25	30	35	40	45	50	52.5

KG	5	7	9	11	13	15	18	20	22	25	27	29	32	34	36	38	40
LB	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90

2. To properly select a desired weight, rotate both adjustment knobs until the desired weight aligns with the arrow in the middle. Then, pull the handle straight up to remove both the handle and the selected weight plates from the base. Note that the 2.5KG or 5KG options refer to the handle alone, without any additional weight plates.



3. The dumbbell handle and weight plates are symmetrical, allowing you to insert the handle with either end facing the user as long as the same weight is selected on both ends.

TROUBLESHOOTING

Problem: Adjustment knob will not turn while handle is in the base.

Solution:

- a. Ensure that the handle is fully depressed into the dumbbell base. If it's not fully depressed, the locking mechanism won't be released.
- b. Check to see if any weight plates have been inserted into the base backward. All weight plates must have the selection tongue facing away from the grip of the handle.

Problem: Dumbbell handle does not insert into base when no plates are selected.

Solution:

- a. Ensure that both adjustment knobs are set directly to 2.5kg or 5lb.
- b. Verify that all weight plates have the selection tongue facing away from the dumbbell grip.