Adjustable Dumbbells & Kettlebell Set

User Manual



Empower Your Fitness with Versatile, Adjustable Dumbbells

Contents

1. Instructions
2. Safety Guide
3. Installation & Removal
4. Weight Configurations
5. Assembly Sequence of Kettlebell

Instructions

Thank you for choosing the 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 usage problems, please contact us.

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 when 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 repair tips or exchange accessories.

9. Do not expose to or place in acidic solutions.

10. Do not place it near open fire.

Installation & Removal

Step 1
Press the grey buttons on both sides at the same time and align them with the concave and convex sides of the dumbbell. Slide it in slowly until you hear a “click”. The adjustment block has been inserted.



Step 2
Press the grey buttons on both sides at the same time to remove the dumbbell plate and reduce the weight. You can adjust the weight of the dumbbell according to your physical condition.



Weight Configurations



1 kg



1.5 kg



2 kg



2.5 kg

Each dumbbell adjustment block weighs 0.25 kg. A single weight is 2.5 kg, and two weights are 5 kg. Weight values are rounded approximate values.

Assembly Sequence of Kettlebell

Step 1



Kettlebell converter

Step 2



Pull up the fastener on this side or press the other side

Step 3



Open the converter

Step 4



Put the dumbbells into the corresponding position and close the converter. The kettlebell is installed.