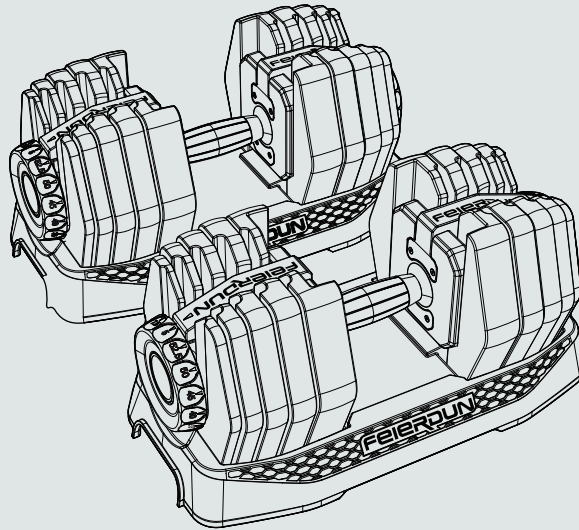


FEIERDUN


FEIERDUN Adjustable Dumbbells




User Manual

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 This icon signifies a potential hazard. Please adhere to the following safety warnings before using this equipment.

 Thoroughly read and understand all warnings indicated on the equipment. If the warning label becomes detached, unreadable, or falls off, please contact FEIERDUN Customer Service for assistance.

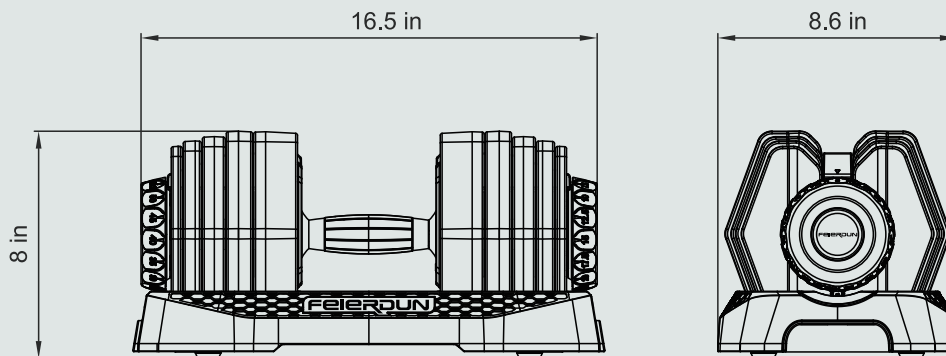
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- Never permit children to use or approach this equipment. The moving parts and other features pose a significant risk to children.
- Use is prohibited for individuals under 14 years of age.
- This equipment should not be used by individuals with certain medical conditions that may impair safe usage or pose a risk of harm.
- If you experience chest pain, tightness, shortness of breath, or fainting. Please stop exercising and consult your physician.
- This equipment is designed for home use only.
- Regularly inspect and test the locking mechanism of the dumbbells to ensure proper operation. Follow the testing procedures outlined in this manual.
- Avoid using this equipment outdoors or in damp conditions.
- Before exercising, ensure there are no distractions or obstructions in your vicinity. Maintain a clearance of at least 0.6 meters (24 inches) in all directions from the maximum reach of your exercise.
- Exercise within your limits. Follow the usage instructions detailed in this manual.
- If the dumbbell is removed from its base, do not forcibly turn the adjustment knob.
- Do not drop the dumbbells onto the ground as this may damage the product or cause injury.
- Avoid striking the dumbbells forcefully during use to prevent damage or personal injury.
- Do not lean on the dumbbell handles or use them to bear your body weight, such as for push-ups. This could lead to product damage or personal injury.
- Do not attempt to remove the dumbbell handles or base installation. For any inquiries, please contact FEIERDUN Customer Service.
- The dumbbells are heavy. If not utilizing the included dumbbell base, ensure appropriate placement to prevent accidents.

Please prioritize safety to ensure a positive and risk-free workout experience.

Size: 16.5 x 8.6 x 8 in

Weight: 52.5 pounds



Each dumbbell has 15 weight options (LBS) :

5	7.5	10	12.5	15	17.5	20	22.5	25	30	35	40	45	50	52.5
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Understanding Your Dumbbells

Dumbbells are shipped fully assembled, one set per box. Carefully remove the dumbbells from the box and follow these initial steps to familiarize yourself with the product's features and ensure all functions operate correctly.

⚠ Do not let the dumbbells drop. Dropping the dumbbells can damage the weight plates or locking mechanisms, and may cause the weight plates to detach from the handle without warning (falling). This can result in serious injury and void your warranty.

- After removing the dumbbells from the protective packaging, inspect the product and packaging materials for any damage.
- Gently push down on the handle to ensure it is fully secured in the base. Rotate each adjustment knob a few turns to ensure they can rotate freely in both directions. Ensure that each increment on the adjustment knobs produces a clicking sound. This clicking sound helps you align the knob correctly to select the weight.
- The weight increment range of the two adjustment knobs is from 5 to 52.5 pounds. To correctly select the desired weight, the number must align with the arrow indicated on the nameplate (Figure 1).
- Once you've confirmed that the adjustment knobs rotate correctly, turn each knob to align the number 5 with the arrow on the nameplate.
- After setting both adjustment knobs to the number 5, pull the handle straight out from the dumbbells. This will only remove the handle from the base, leaving all the weight plates in the base (Figure 2). The handle without weight plates weighs 5 pounds.
- You can increase the selected weight by turning each adjustment knob clockwise.

Note: When removing the dumbbells from the base, place them back in the base in a direction perpendicular to it. Do not tilt the dumbbells or move them sideways (parallel to the base).

⚠ Do not lean on the dumbbell handle or use it to support your body weight, such as using it as a base for push-ups. Doing so can damage the weight plates or locking mechanisms and may cause the weight plates to detach from the handle without warning (falling). This can result in serious injury and void your warranty.

⚠ Inspect the Dumbbells Prior to Use. Do not use the dumbbells if any components are worn or damaged. Please contact your please contact FEIERDUN Customer Service for assistance.

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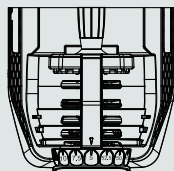


Figure 1

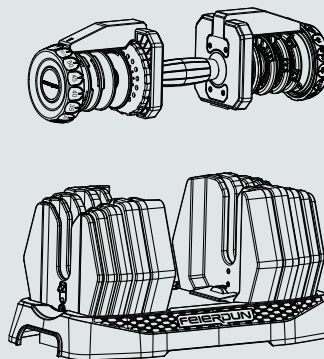


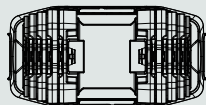
Figure 2

Understanding the Locking Mechanism

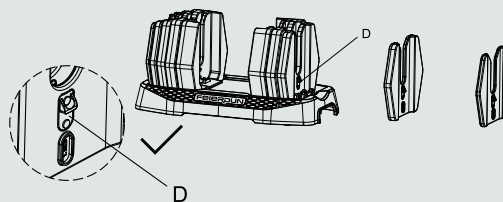
⚠ It is essential to fully comprehend the functionality of this mechanism and to conduct regular tests to ensure proper usage. The locking device has two key functions:

1. The mechanism allows adjustment only when the dumbbell handle is securely engaged with the dumbbell base.
2. If the adjustment knob does not fully align with the selected weight plates, the device will lock the dumbbell handle to the base.

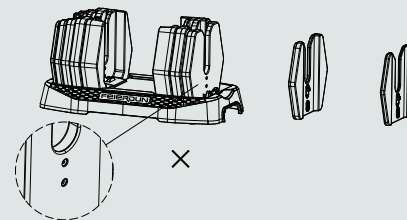
All Locks (D) must point outward.



Correct—Locks (D) point outward



Incorrect—Locks (D) point inward



Testing the Locking Mechanism Functionality

- When the dumbbell handles and plates are positioned on the dumbbell base, turn both adjustment knobs to the number 5. You should hear a slight click.
- You should be able to remove the handles from the base, leaving the dumbbell plates behind.
- After removing the handles from the base, use one hand to hold one of the adjustment knobs and gently try to turn it. At this point, the knob should be locked and unable to rotate. When the unit is removed from the base, the locking pin in the mechanism will engage with the rotary installation. Perform this test on all adjustment knobs.

⚠ Avoid using excessive force when turning the adjustment knobs, as this may damage the locking mechanism.

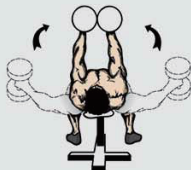
- After confirming proper functionality of the locking mechanism as described above, Insert the dumbbell handle back into the base.
- Once the handles are back on the base, turn one of the adjustment knobs to a position between 5 and 7.5. This indicates that the weight selection is incomplete, the adjustment knob has not fully selected the weight, and the knob is positioned between the selection locking mechanisms.
- When the selection knob is in this position, try gently lifting the handle to remove it from the base. You will find that the handle is locked to the base, and light pressure will not allow it to be removed as usual.
- Rotate the improperly selected adjustment knob back to a fully and properly selected weight position to ensure the dumbbell handle can be removed again.
- Repeat this testing process for all adjustment knobs.
- Ensure the entire dumbbell handle is correctly tightened. To do this, set the adjustment knobs at position 5 and remove the handle assembly from the base. Grasp both adjustment knobs and gently pull them forward and backward to remove them from the handle grip.
- Now that you have tested the functionality of the locking mechanism, we recommend repeating this test monthly to ensure proper operation.

⚠ Do not engage the locking mechanism and attempt to lift both the dumbbell and the base using the handle at the same time.

If the dumbbell locking mechanism does not perform well during the above testing procedure, take the following actions:

1. Immediately cease use of the product until the testing has verified it is usable.
2. Please contact FEIERDUN Customer Service.

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⚠ It is essential to regularly check the equipment for any damage and undertake necessary repairs. Users are responsible for ensuring that routine maintenance is performed. Any worn or damaged parts should be replaced immediately, or the equipment should be taken out of service until repairs are completed. When maintaining and repairing the equipment, only use parts provided by the manufacturer.

Dumbbells require minimal maintenance; however, you should take a few steps to keep the product in optimal condition and appearance.

- 1.If your dumbbell handles, plates, or bases become dusty, you may use a cloth dampened with warm water and mild detergent to wipe them down. Use a separate cloth to dry them.
- 2.The interior of the dumbbells has been lubricated and does not require further internal lubrication. The contact between the dumbbell plates and selection disks is not lubricated but typically experiences minimal friction. Generally, no lubrication is necessary. If you feel it is necessary to lubricate the dumbbell plates and/or selection disks, only use organic silicone lubricants, preferably “food-grade” lubricants.

⚠ Do not use any solvents, strong detergents, chemicals, or bleach on this product—doing so may damage the materials, leading to degradation in performance or strength.

⚠ Do not attempt to disassemble your dumbbell handles or bases. These components are not designed for user maintenance. Such actions will void the manufacturer’s warranty. For service, please contact FEIERDUN Customer Service.

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— Enjoy fitness —