⚠ SAFETY WARNINGS

RISK OF SERIOUS INJURY OR DEATH

- Read all instructions before use. Failure to comply may result in falls, strains, fractures, or crush injuries.
- **Maximum Weight Capacity**: [Insert Total Weight, e.g., 66 lbs / 30 kg] per unit. Do not exceed the rated load.
- Use only on a flat, stable surface. Keep the workout area clear of obstacles.
- Wear proper athletic footwear and clothing. Avoid loose clothing that may get caught.
- This product is intended for adults only. **Adult supervision required for minors**. Do not use if components are damaged, loose, or rusted. Discontinue use immediately if pain or injury occurs.

1. PRODUCT CONTENTS & PARTS

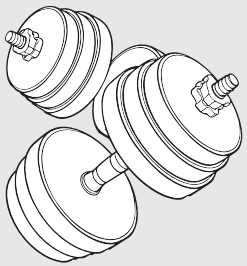
Identify all components before assembly:

- ☑ 5.5lbs x 4
- ☑ 4.5lbs x 4
- ☑ 3.3lbs x 4
- ☑ 2.8lbs x 4
- ☑ Small nut x 4
- ☑ Large nut x 4
- ☑ Anti-slip dumbbell bar x 2
- ☑ Anti-slip barbell bar x 1
- ☑ Dumbbell base x 1
- ☑ Handle of a kettlebell x 1

2. CONVERSION INSTRUCTIONS

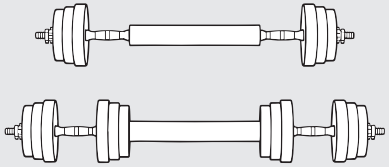
2.1 Basic Dumbbell Configuration

1. Attach weight plates to the dumbbell bar (even number of plates per side for balance).
2. Secure plates tightly with locking collars to prevent shifting.
3. Ensure all connections are firm before lifting.



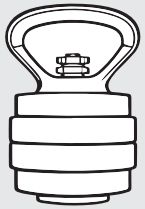
2.2 Convert to Barbell

1. Remove the dumbbell bars from the weight plates.
2. Attach the connector bar to two sets of weight plates (use collars to lock).
3. Ensure the connector bar is centered and secure for balanced lifting.



2.3 Convert to Kettlebell

1. Remove the standard dumbbell handle.
2. Attach the provided Kettlebell handle to the weight plate stack.
3. Tighten collars firmly to hold the handle in place.



3. USAGE METHODS

3.1 Dumbbell Exercises

- **Bicep Curls**: Stand with feet shoulder-width, grip dumbbells palms up. Curl weights toward shoulders, lower slowly.
- **Shoulder Press**: Grip dumbbells at shoulder height, palms forward. Press upward until arms are extended, lower slowly.
- **Lunges**: Hold dumbbells at sides. Step forward, lower until knees form 90° angles, push back to start.

3.2 Barbell Exercises

- **Squats**: Position barbell across upper back (traps). Feet shoulder-width, lower hips until thighs are parallel to floor, stand back up.
- **Deadlifts**: Grip barbell shoulder-width, hinge at hips, lift bar until standing upright. Lower with control.
- **Bench Press**: Lie flat on bench, grip bar slightly wider than shoulders. Lower bar to chest, press upward until arms are extended.

3.3 Kettlebell Exercises

- **Kettlebell Swing**: Hinge at hips, grip kettlebell handle. Swing weight forward by extending hips and knees, squeeze glutes at the top. Lower with control.
- **Goblet Squats**: Hold kettlebell at chest level. Squat down, keep chest up, push through heels to stand.

4. MAINTENANCE & CARE

- Clean components with a dry cloth after each use. Wipe away sweat to prevent corrosion.
- Store in a dry, cool area. Avoid prolonged exposure to moisture.
- Do not drag or drop the weight plates to prevent damage.
- Inspect collars and connections regularly for tightness. Replace worn parts immediately.
- Do not expose to extreme temperatures or open flames.

5. ADDITIONAL NOTES

- Warm up for 5-10 minutes before workouts to reduce injury risk.
- Start with lighter weights and gradually increase load as fitness improves.
- Focus on proper form over heavy weights. Seek guidance from a certified trainer if unsure.
- This product is for indoor fitness use only. Not for commercial/residential heavy-duty commercial use beyond intended capacity.

Multi-functional Dumbbell Set User Manual

