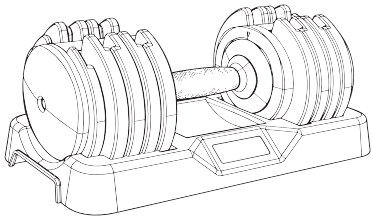
Quick-Adjust Dumbbell User Manual



⚠ WARNING

To prevent accidents, serious injury, or property damage, **read and understand all instructions in this manual before using this product**. Keep this manual for future reference.

1. Safety Instructions

1. Always follow the correct operating sequence when using this adjustable dumbbell to avoid unnecessary injury.

2. To achieve optimal fitness results without overstraining your muscles, keep your workout frequency within a reasonable range.

3. Inspect the equipment regularly. If you notice wear, loose screws, rust, or any other damage, stop use immediately and perform maintenance or replace parts to ensure all components remain in good working condition.

4. Keep this equipment away from children and pets at all times. **The minimum age for safe use of this equipment is 15 years old**.

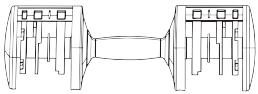
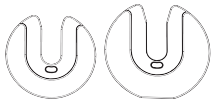
5. If you experience dizziness, shortness of breath, headache, chest pain, or any other discomfort during exercise, stop working out immediately.

6. Before starting any exercise program, consult your physician to confirm the appropriate exercise frequency, duration, and intensity for your age and physical condition.

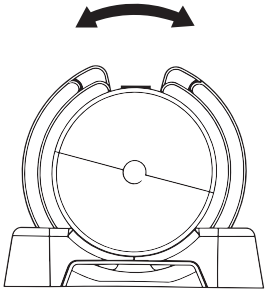
7. When lifting the dumbbell or removing it from the handle tray, **DO NOT press the safety lock or move the weight dial located under the handle**.

8. When adjusting the weight: Wait until you hear a clear "click" from the locking mechanism at each weight segment, and confirm the handle is perfectly aligned with the corresponding scale line on the dial, before lifting the dumbbell.

2. Product Components

Component	Description
Handle 	The main grip structure of the dumbbell
Dumbbell Tray 	The base for storing the dumbbell and making weight adjustments
Dumbbell Weight Plates 	Removable weight plates for customizing the load

3. Usage Instructions



1. Select Your Desired Weight

Place the dumbbell securely on the tray. Rotate the handle to adjust the weight, and customize the load to match your specific workout needs.

2. Position the Weight Plates

Ensure the weight plates are distributed evenly on both ends of the dumbbell.(See diagram below)

