Dumbbell Instruction



FEIERDUN SPORTS

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20lb Accessory List

Part NO.	Accessories Picture	Name	Quantity
NO.1		Dumbbell Piece (2lb)	4
NO.2		Dumbbell Piece (2.5lb)	4
NO.3		Fixed Nut	4

Part NO.	Accessories Picture	Name	Quantity
NO.4		Dumbbell Bar	2
NO.5		Barbell Connecting Rod	1
NO.6		Kettlebell Handle	2
NO.7		Kettlebell Base Rod	1

If any parts are lost or damaged, please contact the seller via: FEIERDUN888@outlook.com

30lb Accessory List

Part NO.	Accessories Picture	Name	Quantity
NO.1		Dumbbell Piece (2.5lb)	4
NO.2		Dumbbell Piece (4.5lb)	4
NO.3		Fixed Nut	4

Part NO.	Accessories Picture	Name	Quantity
NO.4		Dumbbell Bar	2
NO.5		Barbell Connecting Rod	1
NO.6		Kettlebell Handle	2
NO.7		Kettlebell Base Rod	1

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40lb Accessory List

Part NO.	Accessories Picture	Name	Quantity
NO.1		Dumbbell Piece (2lb)	4
NO.2		Dumbbell Piece (3lb)	4
NO.3		Dumbbell Piece (4.5lb)	4
NO.4		Fixed Nut	4

Part NO.	Accessories Picture	Name	Quantity
NO.5		Dumbbell Bar	2
NO.6		Barbell Connecting Rod	1
NO.7		Kettlebell Handle	2
NO.8		Kettlebell Base Rod	1

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50lb Accessory List

Part NO.	Accessories Picture	Name	Quantity
NO.1		Dumbbell Piece (2.5lb)	4
NO.2		Dumbbell Piece (4.5lb)	4
NO.3		Dumbbell Piece (5lb)	4
NO.4		Fixed Nut	4

Part NO.	Accessories Picture	Name	Quantity
NO.5		Dumbbell Bar	2
NO.6		Barbell Connecting Rod	1
NO.7		Kettlebell Handle	2
NO.8		Kettlebell Base Rod	1

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70lb Accessory List

Part NO.	Accessories Picture	Name	Quantity
NO.1		Dumbbell Piece (2.5lb)	4
NO.2		Dumbbell Piece (3.5lb)	4
NO.3		Dumbbell Piece (4.5lb)	4
NO.4		Dumbbell Piece (6.5lb)	4

Part NO.	Accessories Picture	Name	Quantity
NO.5		Fixed Nut	4
NO.6		Dumbbell Bar	2
NO.7		Barbell Connecting Rod	1
NO.8		Kettlebell Handle	2
NO.9		Kettlebell Base Rod	1

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90lb Accessory List

Part NO.	Accessories Picture	Name	Quantity
NO.1		Dumbbell Piece (3.5lb)	4
NO.2		Dumbbell Piece (5lb)	4
NO.3		Dumbbell Piece (6.5lb)	4
NO.4		Dumbbell Piece (7lb)	4

Part NO.	Accessories Picture	Name	Quantity
NO.5		Fixed Nut	4
NO.6		Dumbbell Bar	2
NO.7		Barbell Connecting Rod	1
NO.8		Kettlebell Handle	2
NO.9		Kettlebell Base Rod	1

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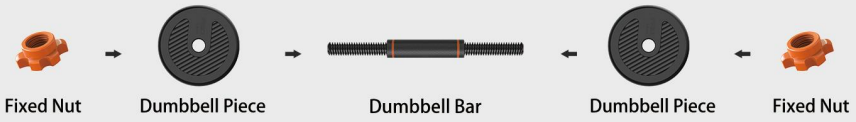
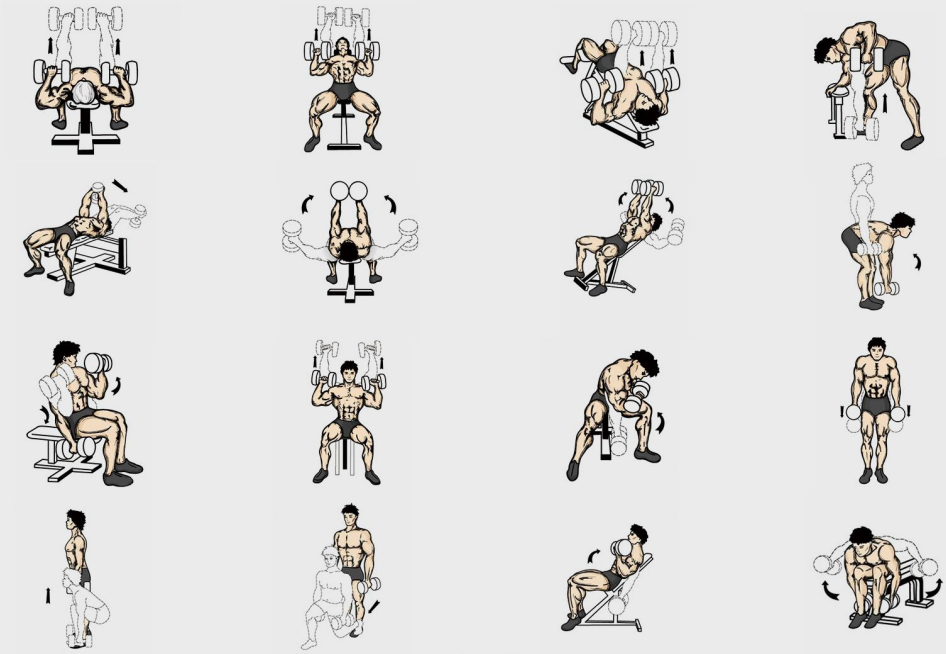
Usage Instruction-Dumbbell Mode



Attach dumbbell piece to the dumbbell bar & Tighten the Fixed nut



Usage Instruction-Dumbbell Mode



Usage Instruction-Barbell Mode



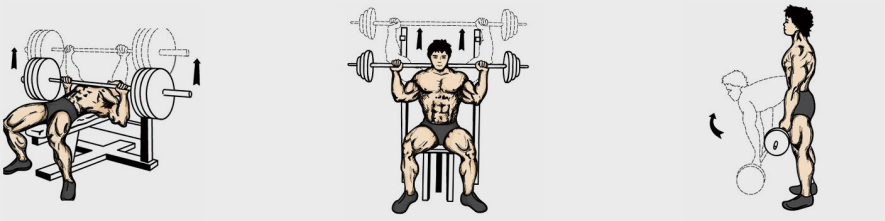
Complete the connection and install the dumbbells

Combination I



Combination II





Usage Instruction-Kettlebell Mode



Attach dumbbell piece to the Kettlebell Base Rod & Tighten the Fixed nut

Combination I



Combination II



Attention: **Fixed nut** needs to be attached to the kettlebell base when the piece is less than **4**.



Attach Kettlebell Handle to the Dumbbell

Combination I



Combination II



Maintenance

- Stock in a cool and dry environment
- Clean with soft tissue

Warranty

FEIERDUN SPORTS provides a 3 years warranty for this dumbbell set.
We will provide free replaced parts for damaged parts in this period.
Please contact us via the following email if you need help.

Contact seller: FEIERDUN888@outlook.com

Enjoy fitness