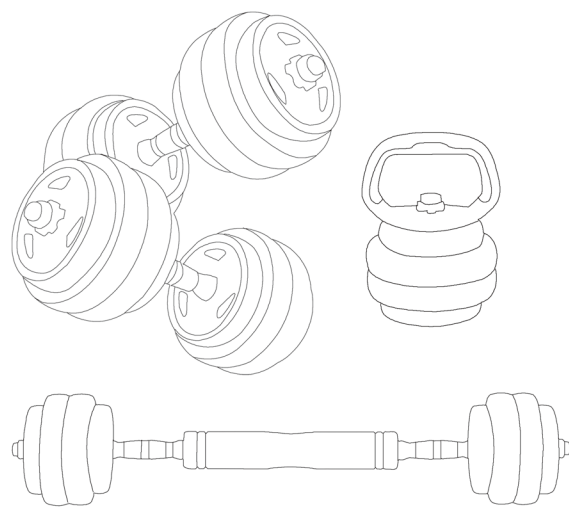


Adjustable Dumbbell Set
User Manual



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Model: DL-WT6002

印刷：单黑双面印刷 材质：105g铜版纸
尺寸：148.5*210mm

INTRODUCTION

Thank you for purchasing the 44lbs Adjustable Dumbbell set. Please read this user manual carefully and keep it in a safe place for future reference. If you need any assistance, please contact our support team with your product model number and order number.

IMPORTANT SAFETY GUIDELINES

Before you undertake any exercise program, please be sure to consult your physician. Excessive or incorrect training may result in serious injuries. Please read this manual carefully before commencing the assembly of your product or starting to use the product.

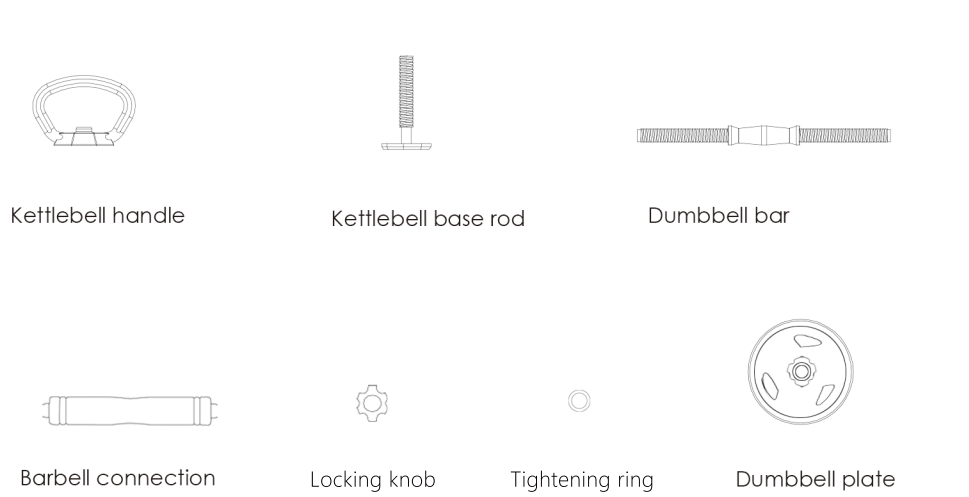
1. Please read and understand all instructions & warnings stated in the User' s Manual before use.
2. Make sure your equipment is correctly assembled before you use it.
3. Please make sure the lock collars are securely tightened to prevent potential Dumbbell plate falling off.
4. Do not drop the product. Do not place it on a smooth surface. Always ensure that your product is positioned on a solid, hard-flat surface before use. If necessary, use a rubber mat underneath to reduce ground damage.
5. Please keep all children away from this item when in use. Place the set on a stable surface or rack and beyond the reach of children after use.
6. Before using this equipment to exercise, always do stretching exercises to properly warm up. Please consult a doctor or sports coach.
7. Before starting training, make sure there is enough space to use sports equipment.
8. When exercising, wear loose sportswear and do not put your phone, player, etc. in your pocket.
9. During exercise, it is prohibited to smoke candy or chew gum.
10. Pay attention to your health during exercise. Lack of sleep, discomfort, dizziness, and elevated body temperature may lead to weight injuries.
11. Please do not lift weights beyond your limits.
12. Stop using the set immediately in case of any discomfort.

PARTS LIST

No.	Name	Qty
1	Kettlebell handle	2
2	Kettlebell base rod	1
3	Dumbbell bar	2
4	Barbell connection	1
5	Locking knob	5
6	Tightening ring	5
7	Dumbbell plate 2.2lbs	4
8	Dumbbell plate 3.3lbs	4
9	Dumbbell plate 4.4lbs	4

You can assemble the above accessories into 3 modes: dumbbell, barbell and kettlebell.

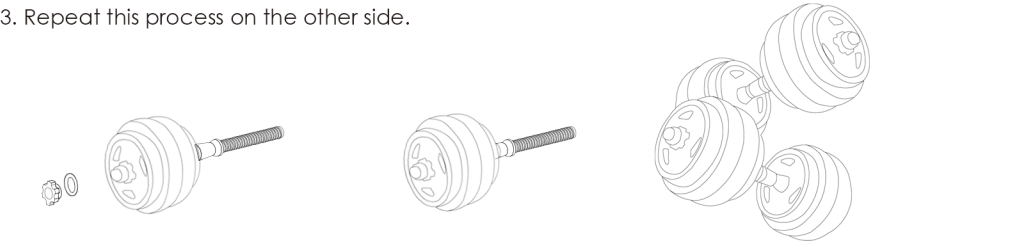
EXPLODED DIAGRAM



ASSEMBLY

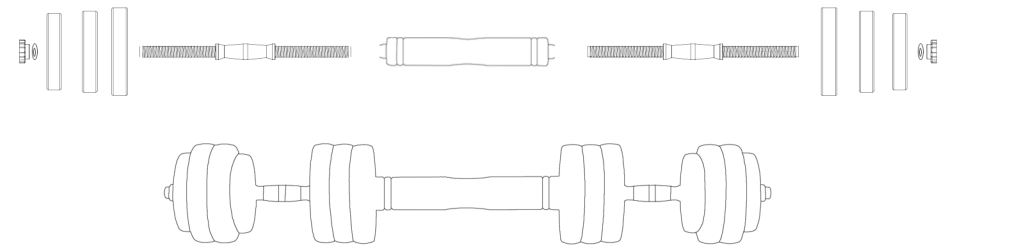
MODE 1:DUMBBELL ASSEMBLY

1. Attach the Dumbbell plates to one side of the Dumbbell bar
2. Install the fastening ring on the assembly sideof the dumbbell rod, and then rotate the locking knob clockwise until it is securely tightened.
3. Repeat this process on the other side.



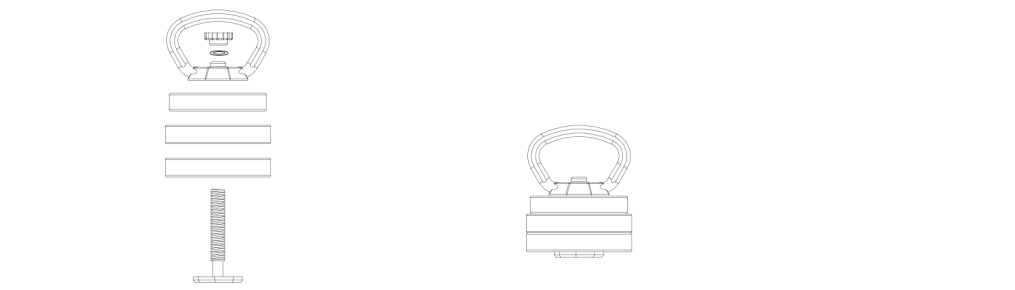
MODE 2: BARBELL ASSEMBLY

1. Screw one Dumbbell bar to one side of Barbell connection, and repeat this process on the other side.
2. Install the dumbbell pieces on both sides of each dumbbell rod, attach the fastening rings, and then use the locking knob to fix them clockwis



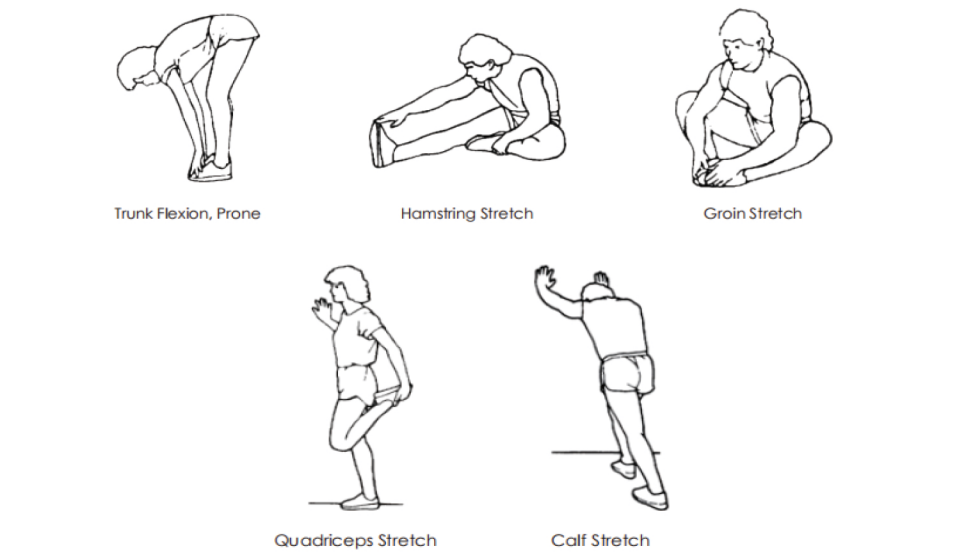
MODE 3: KETTLEBELL ASSEMBLY

1. Put the Kettlebell base rod on horizontal surface, insert the Dumbbell plates and Kettlebell handle into the Kettlebell base, secure them by using Lock collar.



EXERCISE

1. **Warm-up:** Please warm-up for 5-10 minutes every time before you use this machine.
2. **Stretching:** Please stretch before and after training. Examples as below.
3. **Breathing:** Please do not hold your breath when exercising. And please slow down if you feel like you can't catch your breath.
4. **Intensity:** Please exercise according to your own physical capacity and increase the intensity gradually. It is normal if you feel muscular soreness after exercising.
5. **Relax:** Please do relax for 5 minutes after exercising in case of muscular tone, and keep muscle elasticity.
6. **Diet:** Please wait at least one hour after a meal before using this product. Do not drink too much water when exercising.



WARRANTY & CUSTOMER SUPPORT

If you need help regarding product issues, after-sales service, or other relevant problems, please contact us via order number.
*Note: Products purchased directly from us will enjoy our after-sales service.
If the purchases are made from other selling teams, we recommend you contact them for warranty issues.