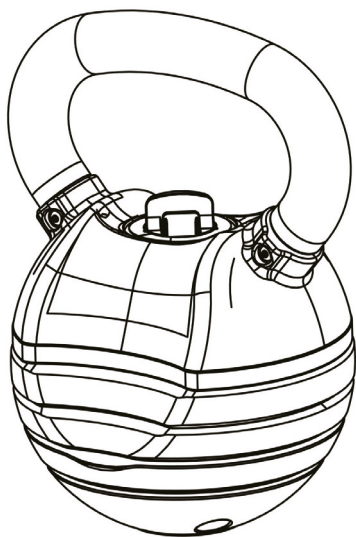


BodyMax

Operating Instructions



Art. No. BM-AKB-30

FSUKBMAKB30.01.01

GENERAL SAFETY INSTRUCTIONS

Personal Safety

⚠ DANGER

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective.
- + Note that excessive training can seriously endanger your health. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.

⚠ WARNING

- + This equipment may not be used by children under 14 years.
- + Children should not be allowed unsupervised access to the equipment
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.

⚠ CAUTION

- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.

▶ ATTENTION

- + Do not insert any objects of any kind into the openings of the device.

Set-Up Place

⚠ WARNING

- + Do not place the equipment in main corridors or escape routes.
- + To prevent fire, do not place the device near or in areas with high heat (e.g. near a heater).

⚠ CAUTION

- + Choose the set-up place so that there is sufficient space around the product.

▶ ATTENTION

The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.

Intended Use

The equipment may only be used for its intended purpose.

The equipment is only suitable for home use. The equipment is not suitable for semi-professional (e.g. hospitals, associations, hotels, schools, etc.) and commercial or professional use (e.g. fitness studios).

Technical Data

Article weight (gross, incl. packaging):	14.4 kg
Article weight (net, excl. packaging):	13.6 kg
Packaging dimensions (LxWxH):	33 cm x 28 cm x 24.5 cm
Set-up dimensions (LxWxH):	22.4 cm x 18.3 cm x 30 cm
Use class:	H

Scope of Delivery

At the beginning, check whether all parts belonging to the device are included in the scope of delivery and whether damage has occurred.

⚠ CAUTION

If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.

Overview

- + A Rotation Knob
- + B Handle
- + C Weight Plates



Selectabell Kettlebell

Operating Instructions

1. Place the kettlebell on the floor.

⚠ WARNING

Make sure that the rotation knob engages correctly in the following step! Otherwise it is possible that additional weight plates are lifted as well, which can come loose in by accident.

2. Select the desired weight by turning the rotation knob (A).
3. Grasp the handle (B) and lift the kettlebell.

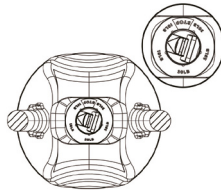
ℹ NOTICE

Depending on the weight setting, weight plates (C) remain on the floor.

4. After training, lower the Kettlebell straight back onto the unfixed weights.

Level

The levels of these Kettlebell are adjusted by setting the rotation knob. The individual levels are marked directly on the device. Align the knob according to your desired setting. The following weight settings are possible: 10LB, 15LB, 20LB, 25LB, 30LB

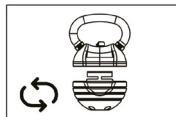


Troubleshooting

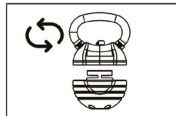
Below are the most common reasons why the Kettlebell adjustment does not work as desired and how the error can be corrected.

If the weight plates are not aligned correctly:

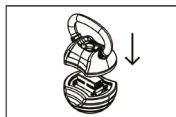
Turn the weight plates around and put the handle back on.



Turn the handle around and put it back in place.

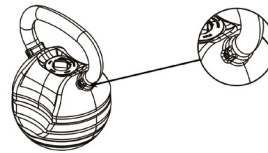


Push the handle down when adjusting the weight.



If the covers are loose:

If the covers are loose, tighten the screws on the handles.



Serial Number

In order to provide you with the best possible service, please have the model name, article number, and serial number ready.

ℹ NOTICE

The serial number of your equipment is unique. It's located on a white sticker. The exact position of this sticker is shown in the following illustration.

The serial number sticker location is on the last plate.



Warranty Information

Training equipment from TAURUS® is subject to strict quality control. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

Warranty period

The warranty periods, shown on our web shop, begin on delivery of the fitness equipment. The respective warranty periods for your equipment can be found on its product website.

Please refer to the website of your TAURUS® device for the exact warranty conditions.

Care, Maintenance and Storage

⚠ WARNING

The storage location should be chosen so that improper use by third parties or children is prevented.

1. Clean the device with a dry soft cloth.
2. Store the device in the supplied carton in a dry environment.

Disposal

At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via a recycling centre. Further information can be obtained from your local authority's recycling service.

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