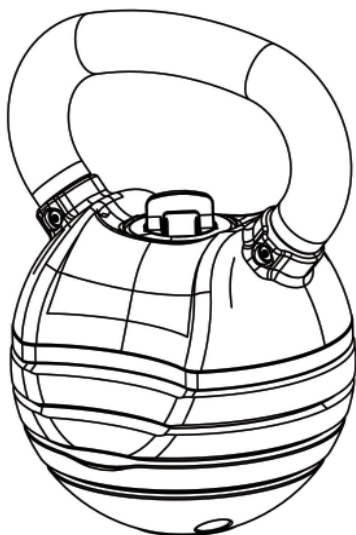


## Operating Instructions



Art. No. BM-AKB-30

BMAKB30.01.01

### General Safety Instructions

#### ▶ ATTENTION

This notice indicates potentially hazardous situations which, if not avoided, may result in property damage.

#### ⚠ CAUTION

This notice indicates potentially hazardous situations which, if not avoided, may result in slight or minor injuries!

#### ⚠ WARNING

This notice indicates potentially hazardous situations which, if not avoided, may result in death or serious injuries!

#### ⚠ DANGER

This notice indicates potentially hazardous situations which, if not avoided, will result in death or serious injuries!

#### ⓘ NOTICE

This notice indicates further useful information.

#### ⚠ 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. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year. If you are under medical treatment that affects your heart rate, medical advice is absolutely essential.
- + Note that excessive training can seriously endanger your health. Please also note that heart rate monitoring systems can be inaccurate. 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 the age of 14.
- + 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.
- + If your equipment provides a safety key, the clip of the safety key must be attached to your clothing before starting your training. In the event of a fall, the EMERGENCY STOP of the equipment can be initiated.
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + During use, wear suitable sports clothing rather than loose or

baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.

- + Do not place the equipment in main corridors or escape routes.

#### ⚠ CAUTION

- + If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard.
- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.

#### ▶ ATTENTION

- + Do not insert any objects of any kind into the openings of the device.
- + 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.
- + A floor protective mat/equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.

### 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



## 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.

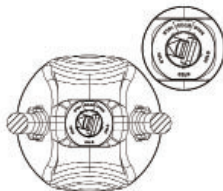
### **ℹ NOTICE**

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

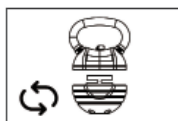


## Troubleshooting

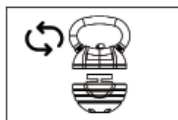
Below are the most common reasons why the Kettlebell adjustment does not work as desired and how the error can be corrected.

### **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.

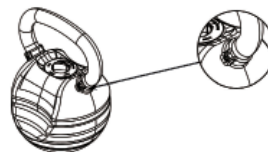


Push the handle down when adjusting the weight.



### **If the covers are loose:**

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



## Technical Data

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

Article weight (gross, incl. packaging): 14.4 kg

Article weight (net, excl. packaging): 13.6 kg

## Care, Maintenance and Storage

### **⚠ WARNING**

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

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

## 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 BodyMax® device for the exact warranty conditions.

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