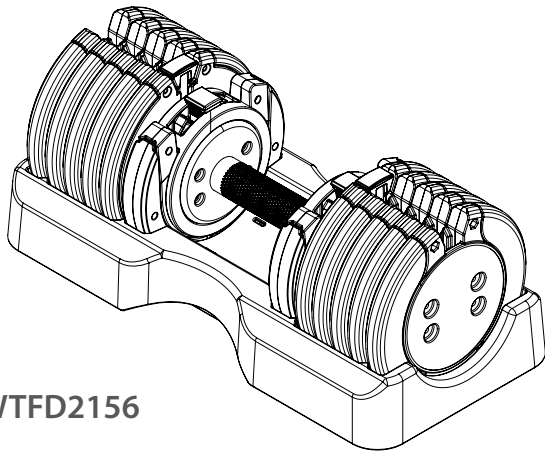




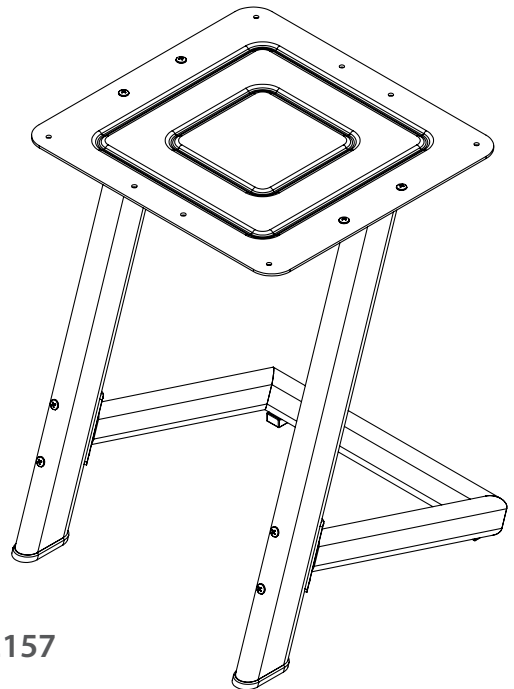
BodyMaxTM

PERFORMANCE WITHOUT COMPROMISE

Assembly and Operating Instructions



WTFD2156



WTFD2157



~ 60 Min.



WTFD2156.01.06
WTFD2157.02.06

SKU: WTFD2156/ WTFD2157

BodyMax Selectabell Dumbbell

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Dear customer,

Thank you for choosing training equipment from BodyMax. BodyMax is your reliable partner for home and commercial gym equipment. We are specialized in cardio and strength training machines for home and commercial use. Our products are not only strong, durable, and affordable but also designed to fit your personal needs.

The BodyMax headquarter is based in Rutherglen, Glasgow. Our brand was created with the intention of providing innovative exercise equipment at affordable prices for users of all training levels.

You can find further information at www.bodymax-fitness.com.

Intended Use

The equipment may only be used for its intended purpose.

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

Disclaimer



©2016 BodyMax® is a registered brand of the company Sport-Tiedje GmbH. All rights reserved. Any use of this trademark without the explicit written permission of Sport-Tiedje is prohibited.

Product and manual are subject to change. Technical data can be changed without advance notice.

ABOUT THIS MANUAL

Please carefully read the entire manual before installation and first use. The manual will help you to quickly set up the system and explains how to safely use it. Make sure that all persons exercising with the equipment (especially children and persons with physical, sensory, mental or motor disabilities) are informed about this manual and its contents in advance. In case of doubt, responsible persons must supervise the use of the equipment.

Due to ongoing changes and software optimisations, the manual may have to be updated. If you notice any discrepancies during assembly or use, please refer to the manual uploaded to the webshop. The latest manual is always available there.

This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to carefully follow the instructions and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.



Please pay close attention to the safety and maintenance instructions given here. The contract partner cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

The following safety instructions may appear in this manual:

► **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.

Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.

1.1 Technical Data

TF-ADB-55

Packaging dimensions (L x W x H): approx.	55 cm x 26.5 cm x 28.5 cm
Set-up dimensions (L x W x H): approx.	45.6 cm x 21.7 cm x 18.2 cm
Article weight (gross, including packaging):	28 kg
Article weight (net, without packaging):	26.14 kg

TF-ADJ-STAND-2

Packaging dimensions (L x W x H): approx.	69.8 cm x 46.5 cm x 11.5 cm
Set-up dimensions (L x W x H): approx.	42.3 cm x 41 cm x 57.2 cm
Article weight (gross, including packaging):	9.8 kg
Article weight (net, without packaging):	7.8 kg

1.2 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. 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.

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.

ATTENTION

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

1.3 Set-Up Place

WARNING

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

CAUTION

- + Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- + 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.
- + If your device is to be mounted on the wall/ceiling, make sure that you use the appropriate assembly material to avoid possible damages or personal injuries. The contractual partner accepts no liability for this.

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.
- + 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.

2.1 General Instructions



DANGER

- + Do not leave any tools, packaging materials such as foils or small parts lying around, as otherwise there is a danger of suffocation for children. Keep children away from the equipment during assembly.



WARNING

- + Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.



CAUTION

- + Ensure to have sufficient room for movement in each direction during assembly.
- + The assembly of the equipment must be carried out by at least two adults. If in doubt, seek the help of a third technically skilled person.



ATTENTION

- + To prevent damage to the equipment and the floor, assemble the equipment on a mat or packaging board.



NOTICE

- + In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
- + Ideally, assemble the equipment at its later set-up place.

2.2 Scope of Delivery

The scope of delivery consist of the following parts. At the beginning, check whether all parts and tools belonging to the device are included in the scope of delivery and whether damage has occurred. In the event of complaints, the contractual partner must be contacted directly.



CAUTION

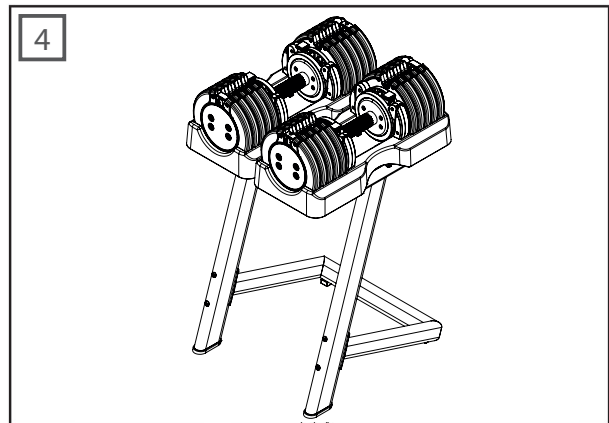
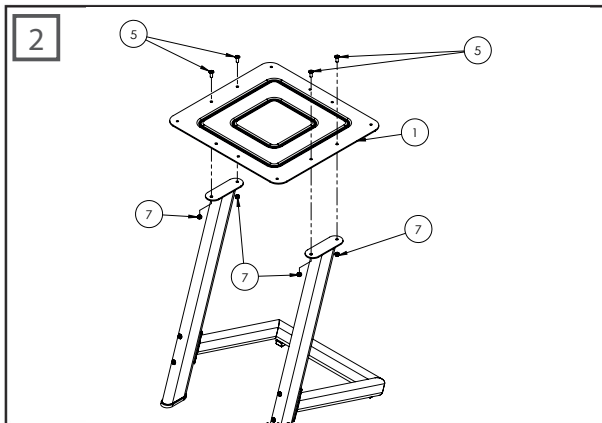
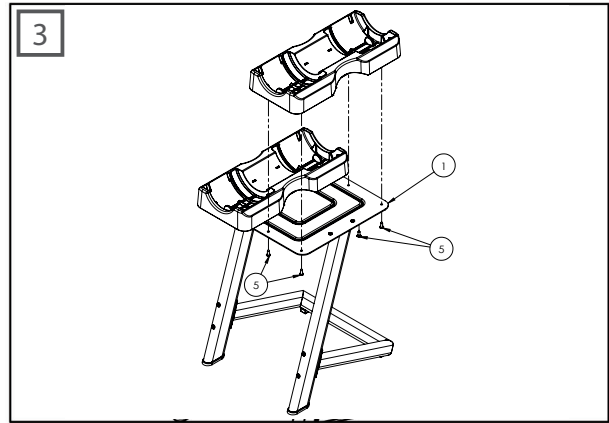
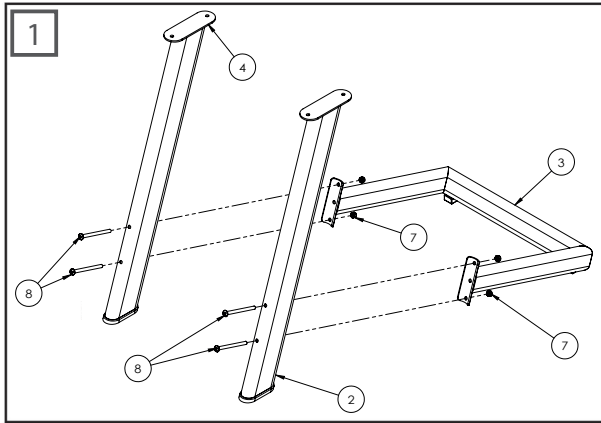
- If parts of the scope of delivery are missing or damaged, the assembly must not be carried out.

2.3 Assembly

Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order given.

i NOTICE

First loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.



Step 1

To assemble the base, connect the legs (2,4) to the bottom stabilizer (3) with four long screws (8) and nuts (7). Tighten with a screwdriver and wrench.

Step 2

To attach the dumbbell tray plate (1) (compatible for both 50lb and 55lb dumbbells), fasten four short screws (5) and four nuts (7) from the bottom of the stand. Tighten with a screwdriver.

Step 3

Please remove the dumbbell and make sure the tray is empty before assembling. To attach the dumbbell tray plate (1) to the base, insert four long screws (5). Tighten with a screwdriver.

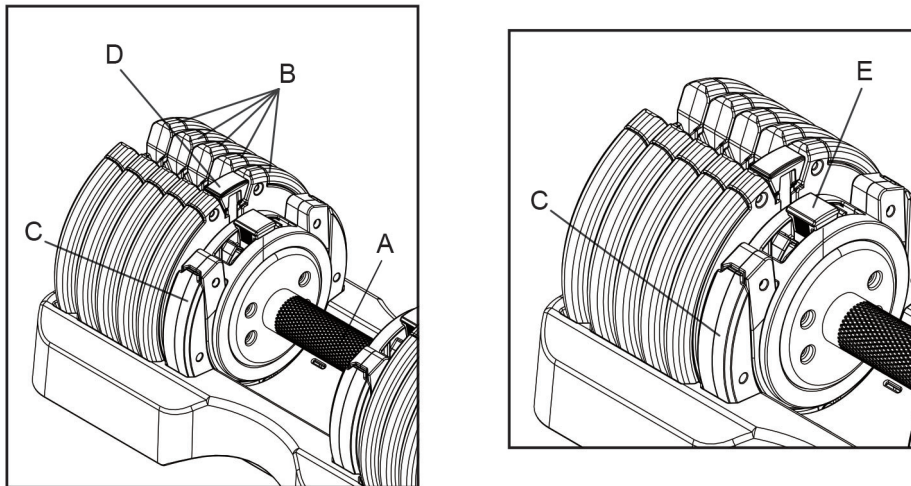
Step 4

Place the dumbbells onto the stand.

3 OPERATING INSTRUCTIONS

① NOTICE

Familiarise yourself with all the functions and settings of the device before you start your training. Have a specialist explain the proper use of this product to you.



Grip (A) weighs 10 lbs. (4.5 kg). Each outer weight plate (B) weighs 5 lbs.(2.3 kg) and each inner weight plate (C) weighs 1.25 lbs. (0.6 kg).

To correctly select the required weight plates (B), please align the dumbbell so that the adjusting pin (D) is on top and that the dumbbell is fitted squarely in its dumbbell tray. To select the required outer weight plate (B), pull the adjusting pin (D) upwards, slide it to the required outer weight and re-insert it in place. Try to slide the adjusting pin (D) while in place to make sure that it is correctly and securely inserted into the required outer weight plate (B). Please repeat this step on the other side.

① NOTICE

To guaranty the longevity of your dumbbell and to minimise damage, regularly lubricate the adjusting mechanism in accordance with the maintenance and inspection chapter (5.3).

To select the required inner weight plate (C), pull the adjusting pin (E) upwards, slide it left or right in one of the three positions and re-insert it into place. Please repeat this step on the other side.

To use the dumbbells, lift them straight up from the holder leaving the weight plates (B & C) not being used in the dumbbell tray.

IAfter use, please re-insert the dumbbell in its dumbbell tray so that the adjusting pin (D) is facing upwards and fits squarely with the weight plates not being used.

4.1 General Instructions



WARNING

- + The storage location should be chosen so that improper use by third parties or children can be prevented.
- + If your equipment does not have transportation wheels, the equipment must be disassembled before transportation.



ATTENTION

- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant ambient temperature between 5°C and 45°C.

5.1 General Instructions



WARNING

- + Do not make any improper changes to the equipment.



CAUTION

- + Damaged or worn components may affect your safety and the life of the equipment. Therefore, immediately replace damaged or worn components. In such a case, contact the contract partner. The equipment must not be used until it has been repaired. If necessary, use only original spare parts.



ATTENTION

- + In addition to the instructions and recommendations for maintenance and care given here, additional service and/or repair work may be necessary; this must only be carried out by authorised service technicians.

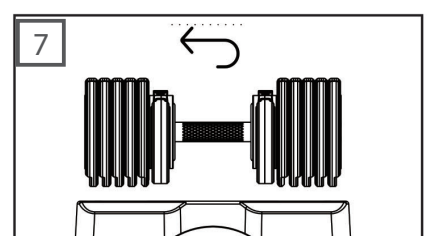
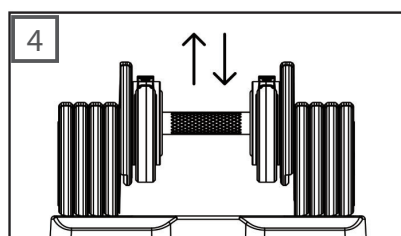
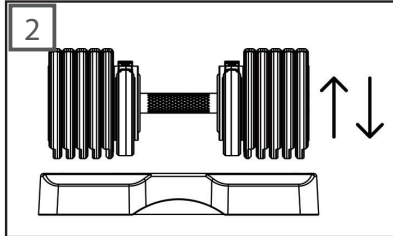
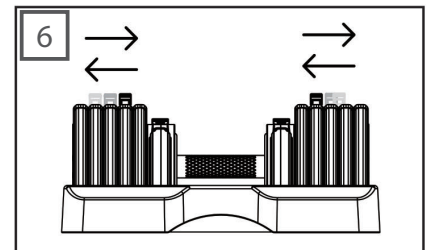
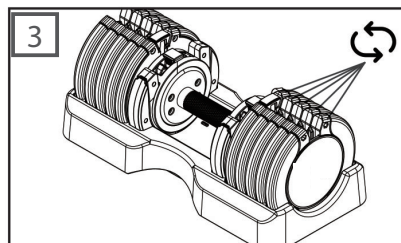
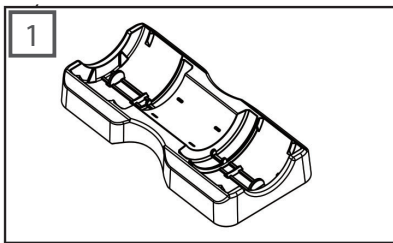
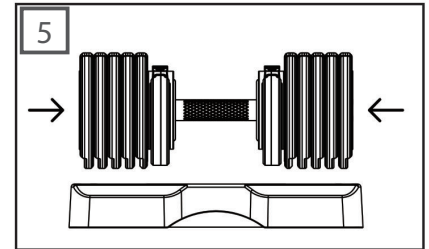
5.2 Faults and Fault Diagnosis

The equipment undergoes regular quality controls during production. Nevertheless, faults or malfunctions may occur. Frequently, individual parts are responsible for these disturbances, an exchange is usually sufficient. Please refer to the following overview for the most common errors and how to correct them. If the equipment still does not function properly, contact your contract partner.

Fault	Cause	Solution
Squeak and creaking noises	Loose or too tight screw connection	Check or lubricate screw connection

The weight plates are not correctly aligned

1. If the plates are not correctly aligned, the dumbbell is hard to adjust.
2. Check if there are any foreign objects (dirt/small objects) are in the dumbbell tray.
3. Choose the maximum weight of 55 lbs and lift up the dumbbell 3 - 5 times.
4. Change the order of the outer weight plates.
5. Lift the grip up and lay it quickly back 3 - 5 times. Please make sure the weight plate is fully re-inserted and touches the bottom of the dumbbell tray.
6. Push both sides of the dumbbell tightly together 3 - 5 times.
7. Pull out the adjusting pin and slide it back and forth 3 - 5 times.
8. Choose 55lbs, turn the dumbbell and place it back in the dumbbell tray so the weight plates are now on the opposite side.



Tilted outwards or stuck weight plates / Difficulties with inserting the dumbbell into the weight plates.

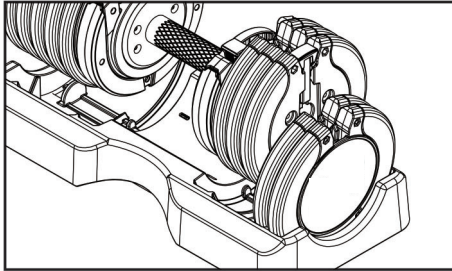
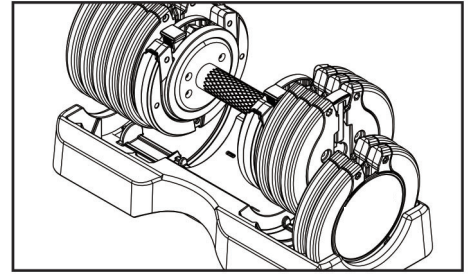
Should the weight plates be tilted outwards, are stuck in the dumbbell tray or you have difficulties inserting the dumbbell into the weight plates, it could be possible that the dumbbell tray must be adjusted.



CAUTION

Please make sure that the weight plates are always secured.

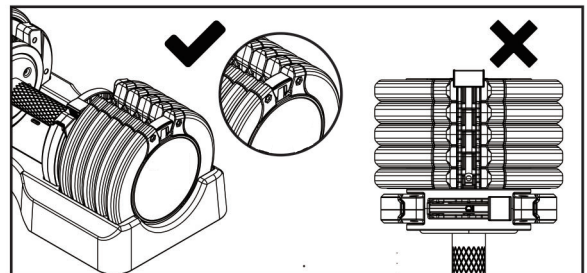
1. Loosen the screws underneath the dumbbell tray and push or pull the tray in the direction so that the weight plates can correctly stay positioned in the dumbbell tray.
2. Re-tighten the screws.



Detached weight plates

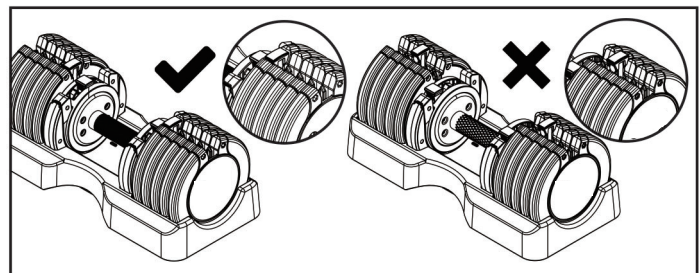
Please make sure that the dumbbells are never dropped. In case the dumbbell is accidentally dropped, the adjusting pin can spring inwards, resulting in some weight plates detaching. Carefully lift the dumbbell up and remove the detached weight plates (use caution as the weight plates may fall). Place the removed weight plates back on to the dumbbell tray.

In case the dumbbell is accidentally dropped, the adjusting pin can spring outwards. Pull the adjusting pin out and re-insert in the maximum weight (all weight plates are attached) and place the dumbbell back on to the dumbbell tray.



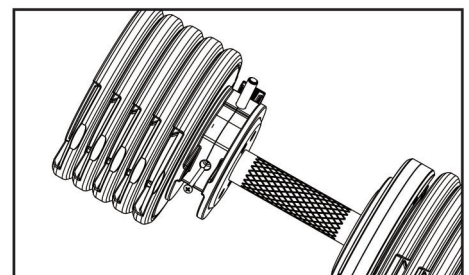
Additional weight plates

If you pull out an extra weight plate (a heavier weight as set), it could be that the adjusting pin isn't correctly inserted in the slot. Re-adjust the adjusting pin correctly. Then lift and re-insert the dumbbell quickly 3 - 5 times.



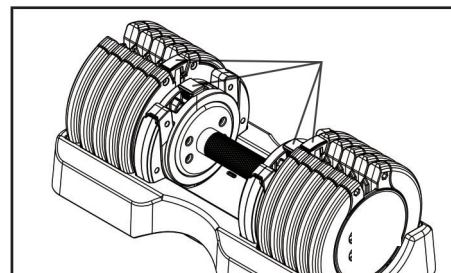
Detached adjusting pin

In case the adjusting pin gets detached from the dumbbell, loosen the screw on the underside of the grip, re-insert the adjusting pin and re-tighten the screw.



Internal weight plate adjustment not smooth running

If the adjustment of the inner weight plates is not smooth, set the adjustment lever to 0lb (no weight selected). Lift the dumbbell and set it down 3-5 times quickly.



5.3 Maintenance and Inspection Calendar

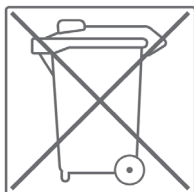
To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no solvents!) after each training session.

The following routine tasks must be performed at the specified intervals:

Part	Weekly	Monthly	Quarterly	Half-yearly	Yearly
Screw connections		I			
Lubricating the adjustment pin			I		
Legend: C = clean; I = inspect					

6 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.



The materials can be recycled as per their symbols. Through the reuse and recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

7 RECOMMENDED ACCESSORIES

To make your training experience even more efficient and pleasant, we recommend that you add suiting accessories to your fitness equipment. For training equipment like smith machines, weight benches or racks this could for example be a **floor mat**, which makes your fitness equipment stand more securely and also protects the floor from sweat but it could be also **additional weights, handles, foot straps** for leg exercises or **triceps ropes**. For some smith machines, there are also optional add-ons such as **leg presses** that make your workout even more intense and comprehensive.

Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please go to the detail page of the product in our webshop (the easiest way is to enter the article number in the search field above) and go to the recommended accessories on this page. Of course, you can also contact our customer service: by telephone, e-mail, in one of our branches or via our social media channels. We will be happy to advise you!



floor mat



chest strap



tricep and curl bar



triceps rope

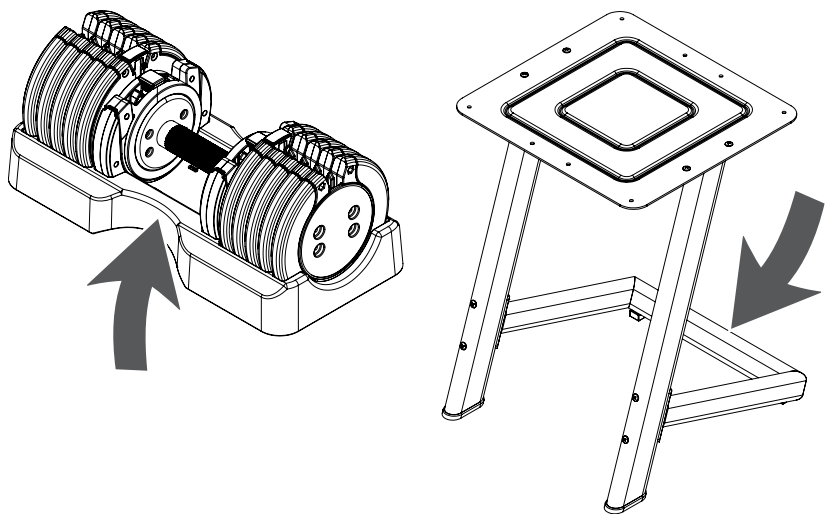
8.1 Serial Number and Model Name

In order to provide you with the best possible service, please have the model name, article number, serial number, exploded drawing and parts list ready. The corresponding contact options can be found in chapter 10 of this operating manual.

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.

Enter the serial number in the appropriate field.



Serial number:

Brand / Category:

Model Name:

SKU:

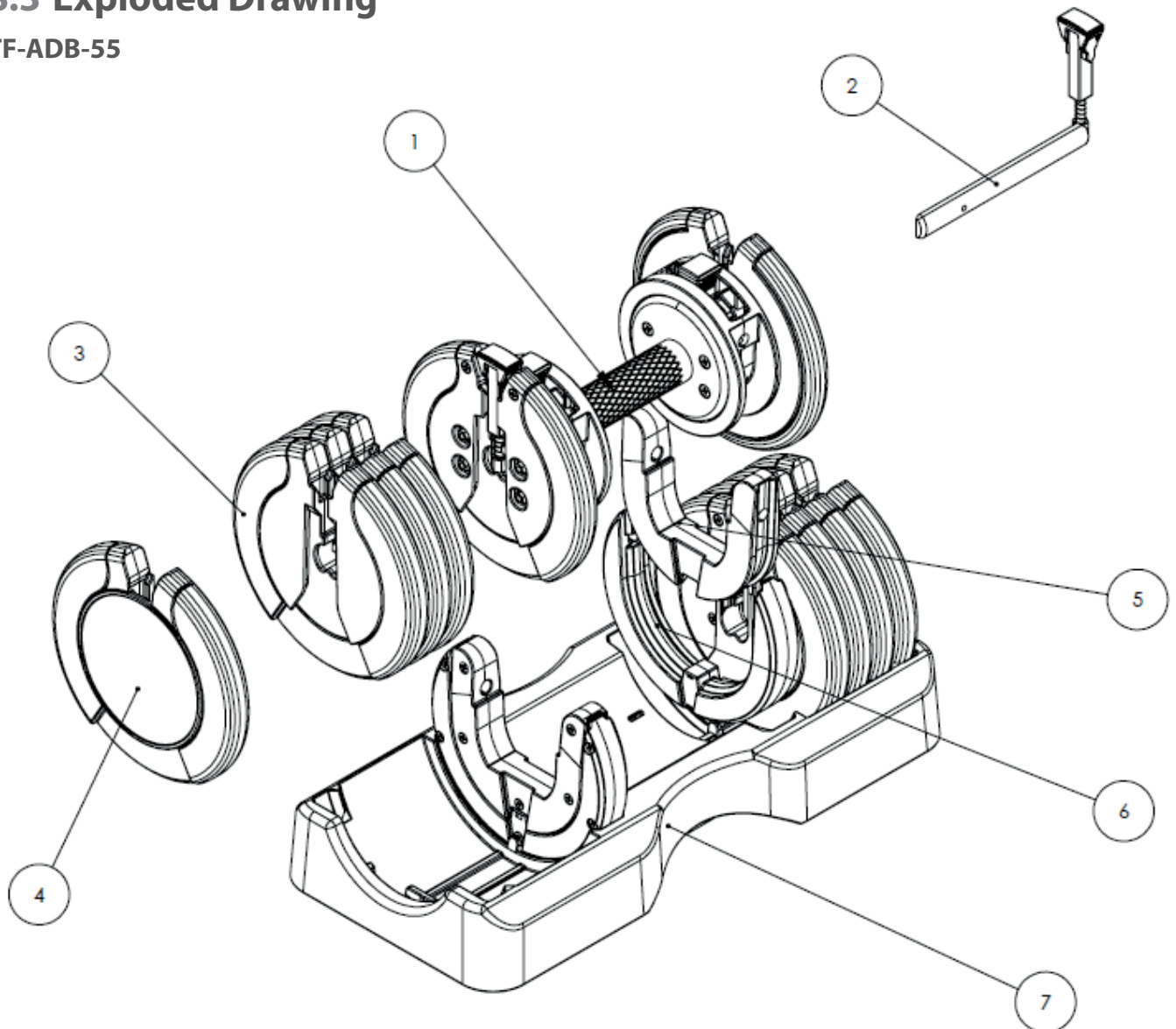
8.2 Parts List

TF-ADB-55

No.	Name	Qty.
1	10LB Handle Bar	1
2	Adjustment Rod	2
3	Weight Plate A	6
4	Weight Plate B (End plate)	2
5	1.25LB Weight Plate A (inner)	2
6	1.25LB Weight Plate B (outer)	2
7	Tray	1

8.3 Exploded Drawing

TF-ADB-55



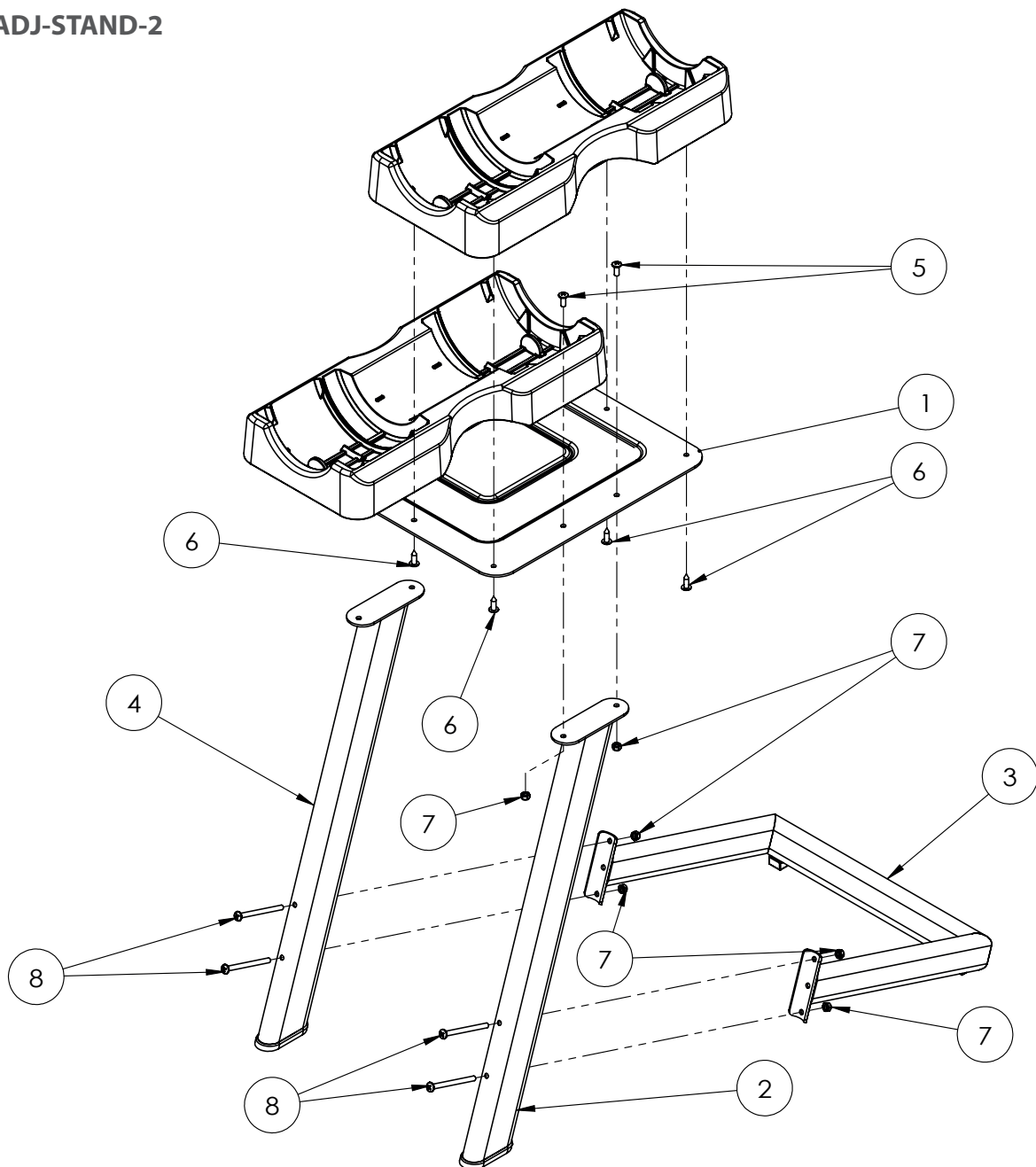
8.4 Parts List

TF-ADJ-STAND-2

No.	Name	Qty.	No.	Name	Qty.
1	Stand Base	1	5	Screw M6x15mm	8
2	Stand Right Leg	1	6	Screw M6x20mm	8
3	Rear Tube	1	7	M6 Nut	8
4	Stand Left Leg	1	8	Screw M6x80mm	4

8.5 Exploded Drawing

TF-ADJ-STAND-2



Training equipment from BodyMax® 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.

Error Descriptions

Your fitness equipment is developed for long-term, high-quality training. However, should a problem arise, please first read the operating instructions. For further assistance, please contact your contract partner or call our service hotline. To ensure your problem is solved as quickly as possible, please describe the defect as exactly as possible.

In addition to the statutory warranty, we provide a warranty for every fitness equipment purchased from us according to the following provisions.

Your statutory rights are not affected.

Warranty

The warranty is the first/original buyer.

Warranty periods

The following warranty periods begin on delivery of the fitness equipment.

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.

Repair Costs

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warranty holder personally and are not a part of repair. After the expiration of the warranty period, the responsibility for parts costs, repair costs, installation costs and delivery costs lies with the warranty holder.

The terms of use are defined as follows:

- + Home use: solely for private use in private households up to 3 hours per day
- + Semi-professional use: up to 6 hours per day (e. g. rehabilitation centres, hotels, clubs, company gyms)
- + Professional use: more than 6 hours per day (e. g. commercial gyms)

Warranty Service

Within the warranty period, equipment which develops faults as a result of material or manufacturing defects, will be repaired or replaced at our discretion. Ownership of equipment or parts of equipment which have been replaced is transferred to us. The warranty period is not extended nor does a new warranty period begin following repair or replacement under the warranty.

Warranty Conditions

For the warranty to be valid, the following steps must be taken:

Please contact our customer service by email or phone. If the product under warranty has to be sent in for repair, the seller bears costs. After expiry of the warranty, the buyer bears the costs of transport and insurance. If the fault is covered by our warranty, you will receive a new or repaired equipment in return.

Warranty claims are invalid in case of damage resulting from:

- + misuse or improper handling
- + environmental influences (moisture, heat, electrical surge, dust, etc.)
- + failure to follow the current safety measures for the equipment
- + failure to follow the operating instructions
- + use of force (e. g. hitting, kicking, falling)
- + interventions which were not carried out by one of our authorized service centres
- + unauthorised repair attempts

Proof of Purchase and Serial Number

Please make sure that you are able to provide the appropriate receipt when claiming on your warranty. So that we can clearly identify the model of your equipment, and for the purposes of our quality control, you will need to give the serial number of your equipment, when contacting the service team. Where possible please have your serial number and your customer number ready when you call our service hotline. It will help us to deal with your request swiftly.

If you cannot find the serial number on your fitness equipment, our service team is at your disposal to offer further information.







































Service outside of the Warranty Period

We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective solution to your problem. In such a case you will be responsible for the delivery costs.

Communication

Many problems can be solved just by speaking to us as your specialist supplier. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty equipment handy.

10 CONTACT

DE	DK	FR
<p>TECHNIK</p> <p> +49 4621 4210-900</p> <p> +49 4621 4210-698</p> <p> technik@sport-tiedje.de</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage.</p> <p>SERVICE</p> <p> 0800 20 20277 (kostenlos)</p> <p> 04621 4210 - 0</p> <p> info@sport-tiedje.de</p> <p> Öffnungszeiten entnehmen Sie unserer Homepage.</p>	<p>TEKNIK OG SERVICE</p> <p> 80 90 16 50</p> <p>+49 4621 4210-945</p> <p> info@fitshop.dk</p> <p> Åbningstider kan findes på hjemmesiden.</p>	<p>TECHNIQUE & SERVICE</p> <p> +33 (0) 189 530984</p> <p>+49 4621 42 10 933</p> <p> info@fitshop.fr</p> <p> Vous trouverez les heures d'ouverture sur notre site Internet.</p>
	PL	BE
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Please find a detailed overview including address and opening hours for all stores of Powerhouse Fitness in the UK on the following website:

www.powerhouse-fitness.co.uk/storelocator

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