

BEFORE YOU BEGIN

Thank you for purchasing the innovative Adjustable Dumbbell Set. The Adjustable Dumbbell Set is designed to speed up your workouts and to keep your workout area organized.

Read all precautions and instructions in this manual before you use the Adjustable Dumbbell Set.

If you have questions after reading this manual, please contact Member Care.

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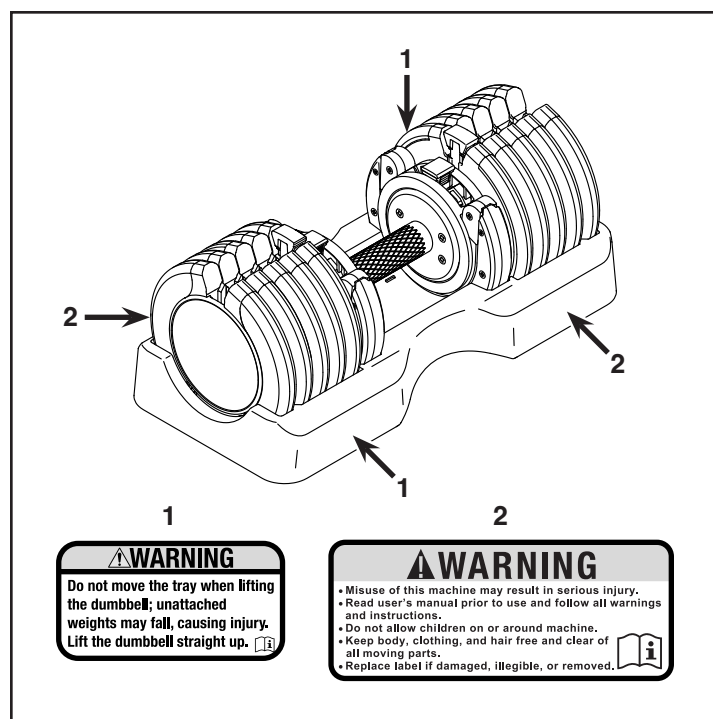
WINSTON HILLS NSW

2153

AUSTRALIA

WARNING DECAL PLACEMENT

The warning decals shown below are found on the tray. If a warning decal is missing or illegible, please contact Member Care and order a free replacement decal. Place the decal in the location shown. Note: The decals may not be shown at actual size.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions and instructions before you use this product. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

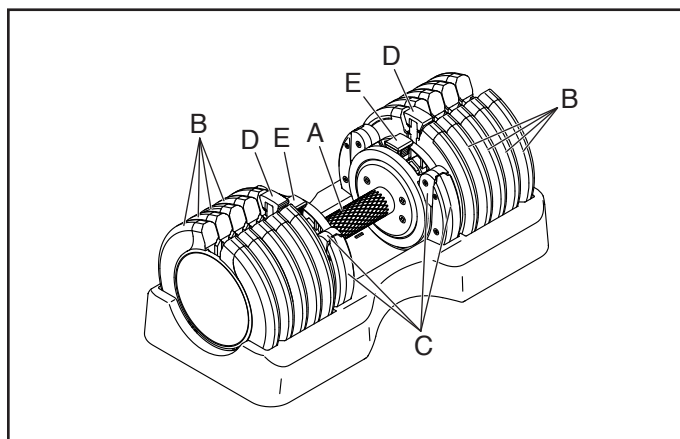
1. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. This product is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the product by someone responsible for their safety.
4. Use this product only as described in this manual.
5. This product is intended for indoor, home use only. Do not use this product in a commercial, rental, or institutional setting.
6. Use this product on a level surface with adequate clearance around it and above it for the exercises that you will perform. Place only the included dumbbells on the trays.
7. Inspect this product before each use. Do not use this product or try to repair it if it is damaged.
8. Keep children under age 16 and pets away from this product.
9. Always wear protective footwear while using this product. Never place your fingers between the dumbbells and the trays.
10. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you feel pain while exercising, stop immediately and cool down.

HOW TO USE THE DUMBBELLS

Each handle (A) has two permanently attached weight plates and weighs 5 kg without any small weight plates (C) or large weight plates (B) attached.

Each small weight plate (C) weighs 0.5 kg. Each handle (A) can hold zero, two, or four small weight plates. Note: There is an inner small weight plate and an outer small weight plate on each side.

Each large weight plate (B) weighs 2 kg. Each handle (A) can hold zero, two, four, six, or eight large weight plates.



To attach the desired number of weight plates (B, C), first orient the handle (A) so that the selectors (D, E) are on top, and **lower the handle straight downward** into the tray.

The weight decals on the tray show the weight of each handle (A) with the four small weight plates (C) attached. The weight with all of the small weight plates and large weight plates (B) attached is 25 kg.

To attach the desired number of large weight plates (B), lift a large selector (D), slide it until it is aligned with one of the large weight plates, and then lower it. **Rock the large selector from side to side to make sure that it is aligned with one of the large weight plates and that it is fully lowered.** Repeat this step on the other side of the handle (A). **Always attach the same number of large weight plates on both sides of the handle.**

To attach the desired number of small weight plates (C), lift a small selector (E), slide it to one side to select the -1 kg setting (with only two small weight plates attached) or slide it to the center position to select the -2 kg setting (with no small weight plates attached), and then lower it. **Rock the small selector from side to side to make sure that it is fully lowered.** Repeat this step on the other side of the handle (A). **Always attach the same number of small weight plates on both sides of the handle.**

To use a dumbbell, **lift it straight upward** so that any unattached weight plates (B, C) remain in the tray. When you finish using the dumbbell, orient it so that the selectors (D, E) are on top, and **lower it straight downward** into the tray. **IMPORTANT: Do not drop the dumbbell.**

Try selecting several different combinations of weight plates (B, C) until you are familiar with the dumbbells.

