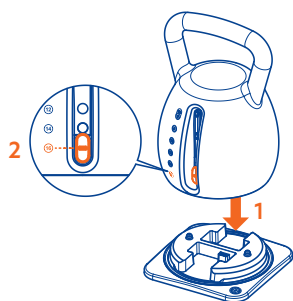




ADJUSTABLE KETTLEBELL

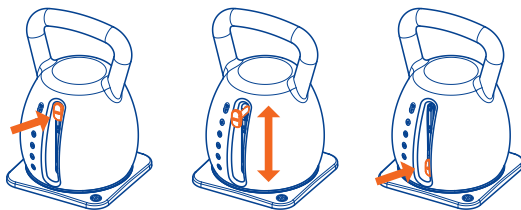


STEP 1



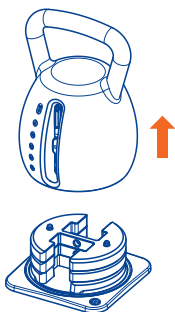
Place the KETTLEBELL in the base unit.
Female and Male connector must be aligned.

STEP 2



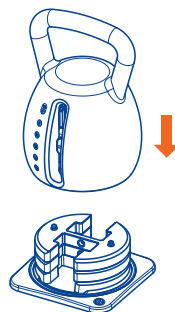
Try pushing the switch knob to unlock (extend),
choose the preferred by shifting adjuster up or down.
Then push in again to lock the weight you want.

STEP 3



Lift the KETTLEBELL straight up out of the base unit.

STEP 4



After use return KETTLEBELL to base unit.
Make sure the Male/Female connectors are aligned.

Regularly inspect the general condition of the kettlebell and check the points listed

- The Kettlebell can only be adjusted when correctly seated in the base unit.
- Female and male connectors must align.
- Never attempt to lift the Kettlebell from the base unit if it is not in fully selected position.
- Carefully inspect male and female connections regularly. Replace before use, if damaged.
- Regularly check if the locking mechanism is working in all different weight selections. Never use Kettlebell if the weight knob can be switched with normal force when not in base unit. In such circumstances - return Kettlebell to distributor for service.