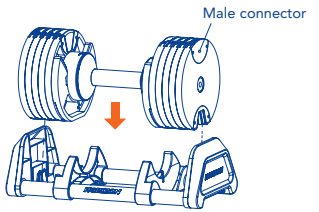
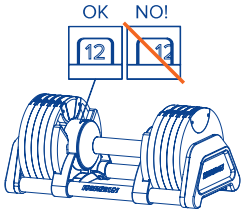
BEFORE USE

STEP 1



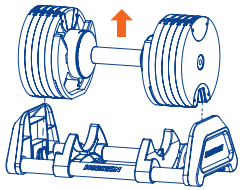
Place the DUMBBELL in the base unit. Female and Male connectors must be aligned.

STEP 2



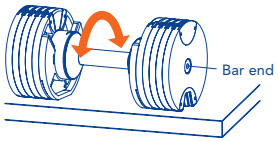
Select weight by turning handle until desired weight is centered in the window.

STEP 3



Lift the DUMBBELL straight up out of the base unit.

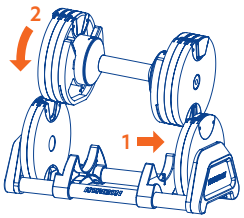
STEP 4



Place DUMBBELL on flat surface. Try turning the handle with normal force. The handle must remain in locked position. Check that the bar ends are within 5mm of the selected plate.

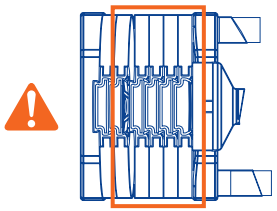
AFTER USE

STEP 5



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

STEP 6



Make sure that the Male/Female connectors are aligned. Do not use if connectors are damaged.

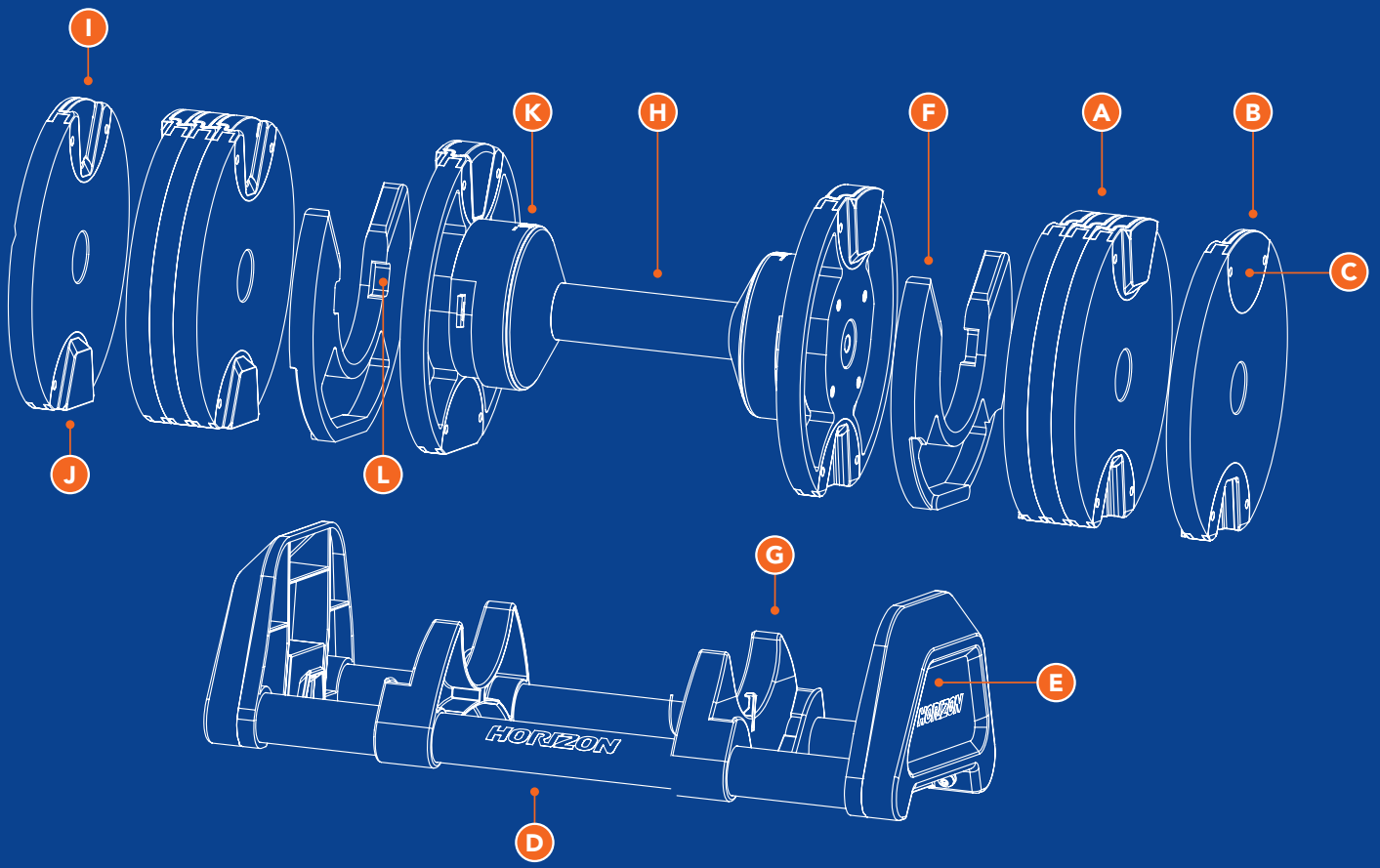
Regularly inspect the general condition of the dumbbell and check the points listed

- The dumbbell can only be adjusted when in the base unit.
- Female and male connectors must align (see STEP 6).
- Never attempt to lift the dumbbell from the base unit if not in fully selected position (see STEP 2).
- Carefully inspect male and feamale connections (see STEP 1) regularly. Replace before use, if damaged.
- Regularly check if the locking mechanism is working in all different weight selections (see STEP 4). Never use dumbbell if the handlecan be turned with normal force when not in base unit. Return dumbbell to distributor for service.
- Never attempt to use the dumbbell without having the complete set of weights plates in the base.

HORIZON FITNESS

ADJUSTABLE DUMBBELL

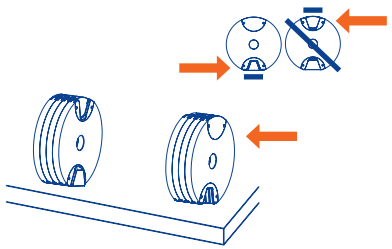
PRODUCT OVERVIEW



A Stack of regular weight plates
B End plate
C Flat connector
D Cradle
E Outer support
F Half plate
G Inner support
H Handle
I Slot
J Wedge
K Indicator window
L Half plate groove

ASSEMBLY

STEP 1

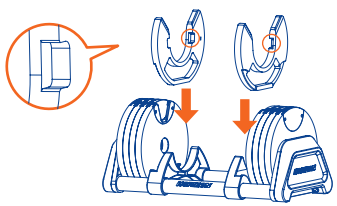


Unpack and prepare two symmetrical **Stacks (A)** of connected weight plates on a flat surface, making sure that each stack has an **End plate (B)** with a **Flat connector (C)** pointing outwards. The flat side of the stack should point downwards.

STEP 2

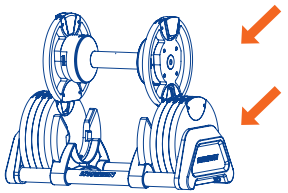
Place the stacks in the **Cradle (D)**, tightly positioned toward the **Outer supports (E)**. Make sure that the **Flat connector (C)** is pointing outwards.

STEP 3



Insert the **Half plates (F)** in the slot of the **Inner supports (G)** on the cradle, making sure that the **Grooves (L)** on the half plates face each other.

STEP 4



Place the **Handle (H)** in the remaining space between weight stack and half plates, making sure that the **Slots (I)** and **Wedges (J)** on the connectors align.