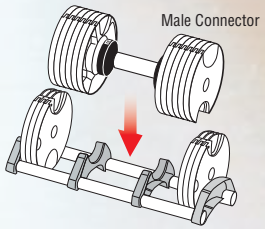
EN

MAMMOTH SWITCH
SYSTÈME DE POIDS AJUSTABLE

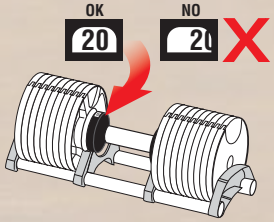
Before use

Step 1 - Fig. A



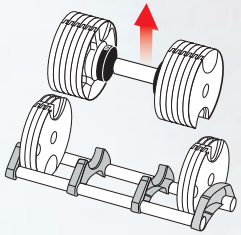
Place the DUMBBELL in the base unit. Female and Male connectors must be aligned.

Step 2 - Fig. B



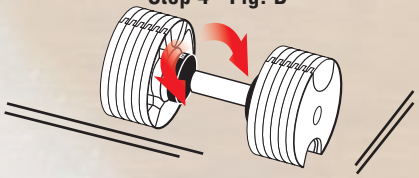
Select weight by turning handle until desired weight is centered in the window.

Step 3 - Fig. C



Lift the DUMBBELL straight up out of the base unit.

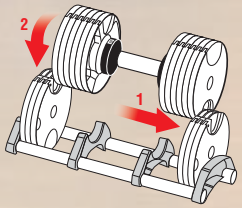
Step 4 - Fig. D



Place DUMBBELL on a 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.

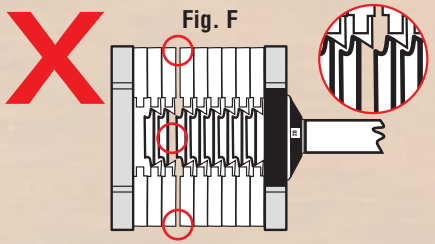
After use

Step 5 - Fig. E



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

Fig. F



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 Fig F.
- Never attempt to lift the dumbbell from the base unit if not in fully selected position, see Fig B.
- Carefully inspect male and female connections (see Fig. A)regularly. Replace before use if damaged.
- Regularly check if the locking mechanism is working in all different weight selections. see Fig D. **Never use dumbbell if the handle can be turned with normal force when not in base unit.** Return dumbbell to distributor for service.

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