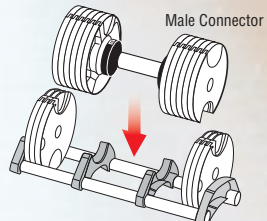


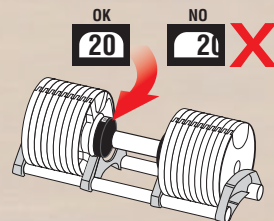
## Before use

### Step 1 - Fig. A



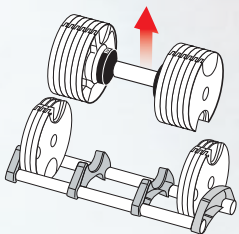
Place the DUMBBELL in the base unit. Female and Male connectors must be aligned.

### Step 2 - Fig. B



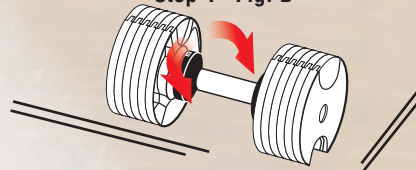
Select weight by turning handle until desired weight is centered in the window.

### Step 3 - Fig. C



Lift the DUMBBELL straight up out of the base unit.

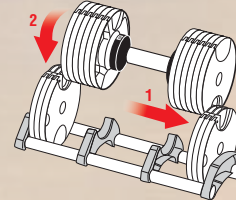
### Step 4 - Fig. D



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.

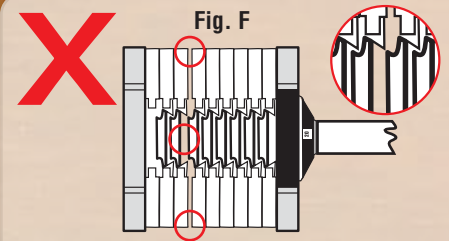
## After use

### 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.