CARE AND USE INSTRUCTIONS

1.Please rotate the left and right scales to the same weight before lifting the dumbbell.
2.For your safety concern, weights plate can only be changed when the dumbbells are on the base. Safe chin locks protect weight plates from falling off while exercising.
3.Before adjusting the weight, make sure that the dumbbell plates are properly placed in the corresponding slot on the base
4.Press down gently on the handle when you rotate the scales.
5.Make sure that the rotary scale is properly adjusted (when you turn to the correct position, you will hear a clear "click" sound)
6.For the first time, for safety, please adjust the dial weight and lift and shaking dumbbell up, down, left and right to check whether the dumbbell pieces will fall off.
7.If the scale has been adjusted properly, but the dumbbell plate still will fall off. Please contact the dealer to replace the damaged handle.

8.Treatments for unable to rotate the dial during use

◆Remove the dumbbell from the base.
◆Press the reset button while rotating the scale to the minimum on both left and right. Then the dumbbells will detach from the handle.
◆Put the dumbbell pieces back into the base one by one, and you can reuse them.


FIG.1


FIG.2

NOTE:
Please read all instructions carefully before using this product

Safety Notice

Assembly Instruction

Retain This Manual for Reference

OWNER'S MANUAL

MERCO®

Adjustable dumbbells



ID: 72120
PRODUKT: 6990
EAN: 8591792721201

Distributor v ČR:
RADANSPORT s.r.o.
Za Otýlií 10
370 01 České Budějovice
Tel: +420 387 411 543
Email: obchod@e-sportshop. cz

e-sportshop.com

BEFORE YOU BEGIN

Thank you for selecting the Adjustable dumbbells.For your safety and benefit,read this manual carefully before using the machine.

IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise equipment is built for optimum safety.However,certain precautions apply whenever you operate a piece of exercise equipment.Be sure to read the entire manual before you assemble or operate your machine. In particular,note the following safety precautions:

1. Keep children and pets away from the equlpment at all times.DO NOT leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment
3. If the user experiences dizziness,nausea,chestpain, or any other abnormal symptoms,STOP the workout at once.CONSULT A PHYSICIAN IMMEDIATELY.
4. This product is intended for home use only and is not suitable for commercial use.
5. Inspect prior to each use .Do not use a dumbbell with worn or damaged parts.
6. Periodically inspect and test locking mechanism
7. Never drop freely to the ground,this may damage the product or injury may occur to user.
8. Do not attempt to disassemble the dumbbell.
9. Before using the machine to exercise,always do stretching exercises to property warm up.
10. Never operate the machine if the machine is not functioning properly.
11. A spotter is recommended during exercise.

WARNING:BEFORE BEGINNING ANY EXERCISE PROGRAM,CONSULT YOUR PHYSICIAN.THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS.READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

DUMBBELL INFORMATION

1. For products with different specifications, please refer to the following chart.

KG	1.5	3	4	5.5	6	6.5	8	9	10	11	13.5	15
LB	4	7	9	12	14	14.5	17	20	22	24	29.5	32

KG	1.5	3	4	5	6	8	9	10	11.5	12	14.5	16
LB	4	6.5	9	11.5	13.5	17.5	20	22. 5	25	27	32	35

KG	2	3	4.5	5.5	6.5	7. 5	8. 5	9	10	12	14. 5	16	18	20	22
LB	4. 5	7	10	12. 5	14	17	19. 5	20	22. 5	27	32	35	40	45	47. 5

KG	2.5	3.5	4.5	5.5	6.5	8	9	10	11.5	13.5	16	18	20.5	22.5	24
LB	5	7.5	10	12.5	15	17.5	20	22. 5	25	30	35	40	45	50	52.5

KG	5	7	9	11	13	15	18	20	22	25	27	29	32	34	36	38	40
LB	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90

2. To property select a desired weight, both adjustment knobs should be roated so that the desired weight is aligned with the arr ow in the middle. Then simply pull the handle straight up, this will remove the handle and the selected weight plates from the base.
Please note 2.5 KG or 5 KG is just the handle without any weight plates.





3. For smooth adjustment, please rotate both to the same number.

TROUBLE SHOOTING

Problem: Adjustment knob will not tum while handle is in base.
Answer:
a. Ensure the handle is fully depressed into the dumbbell base.If not fully depressed,the locking mechanism will not be released.
b. Check to see if any weight plates have been put into base backwards.All weight plates must have the selection tongue facing away from the grip of the handle.

Problem: Dumbbell handle does not insert into base when no plates are selected
Answer:
a. Make sure both adjustment knobs are set directly to 2.5kg or 5lb.
b. Make sure all weight plates have the selection tongue facing away from dumbbell grip.