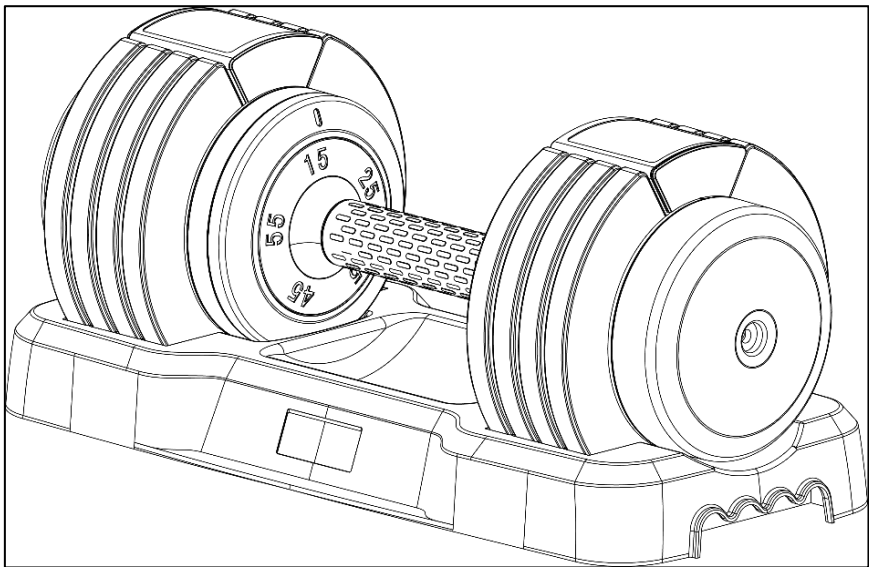




# ELITE ADJUSTABLE DUMBBELL

## SF-DB01-55

### USER MANUAL



**IMPORTANT!** Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1- 877 - 90SUNNY (877-907-8669).



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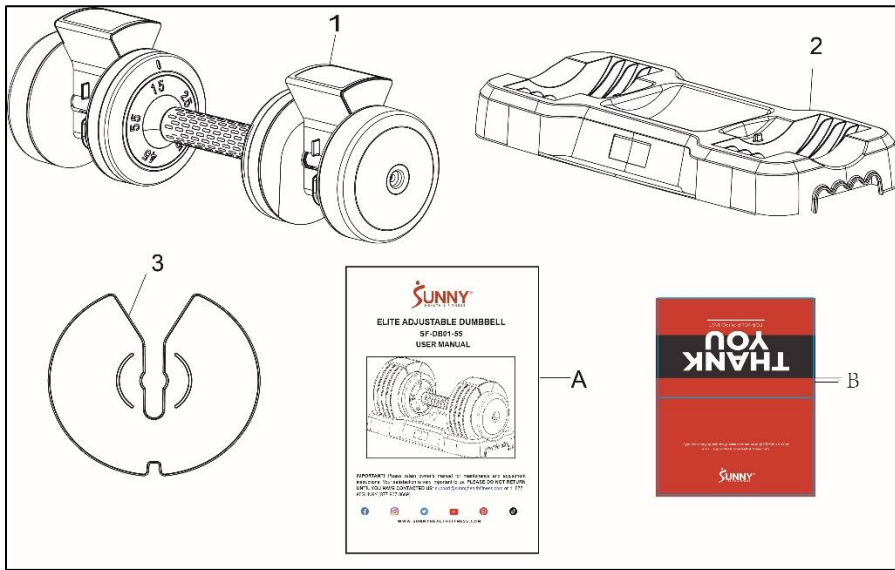
# **IMPORTANT SAFETY INFORMATION**

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the dumbbells properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The dumbbell is designed for adult use only.
4. The safety of the dumbbell can only be maintained if it is regularly examined for damage and/or wear and tear.
5. Periodically inspect and test the locking mechanism for correct function.
6. Always use the dumbbells as indicated. If you find any defective components while assembling or checking the dumbbell, or if you hear any unusual noises coming from the dumbbell during exercise, discontinue use of the dumbbell immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the dumbbell. Avoid wearing loose clothing that may become entangled in the dumbbell.
8. Do not place fingers or objects into the moving parts of the dumbbell.
9. This dumbbell is not suitable for therapeutic use.
10. This dumbbell is designed for indoor and home use only; it is not intended for commercial use.
11. Confirm the weight plates are installed correctly. If the plates are not correctly installed, the plates may unintentionally drop.
12. Do NOT attempt to lift more than a moderate amount of weight when starting an exercise routine.
13. Do NOT attempt to turn the weight selection dial when the dumbbells or handle is removed from the tray.
14. Firmly grasp handle at all times. Do NOT drop dumbbell or weight plates. Damage to the product or personal injury can occur.
15. The dumbbell is VERY heavy. Place dumbbell assembly directly on the floor for best support.

# PRE-ASSEMBLY CHECK LIST

Before you start to assemble, please make sure all parts are included.



No.	Description	Spec.	Qty.
1	Dumbbell Handle	15 lbs	1
2	Tray		1
3	Weight Plates	5 lbs	8
A	User Manual		1
B	Thank You Card		1

## Ordering Replacement Parts (U.S. and Canadian Customers only)

Please provide the following information in order for us to accurately identify the part(s) needed:

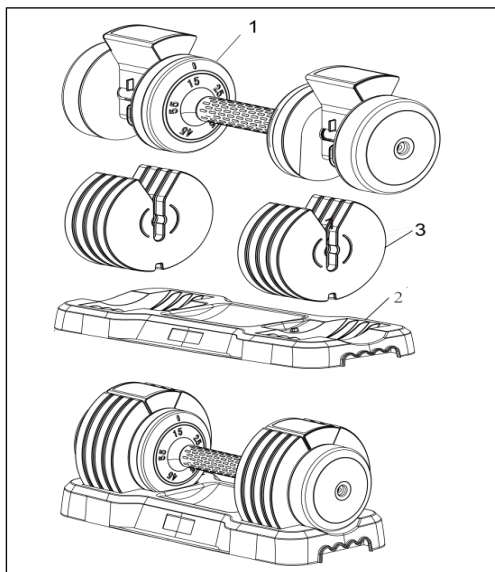
- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the " PRE-ASSEMBLY CHECK LIST".

Please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1- 877 - 90SUNNY (877-907-8669).

# OPERATING INSTRUCTIONS

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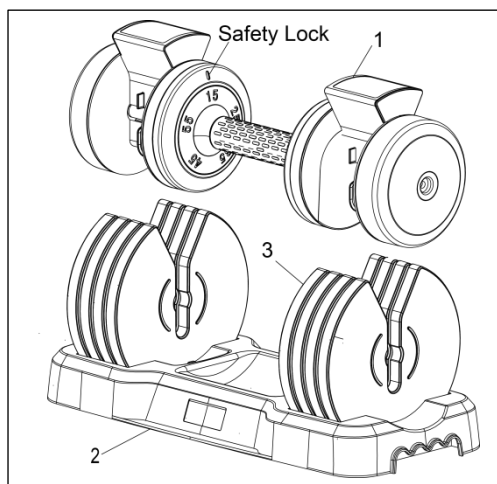
Before you begin, first check to see if the black safety locks on the **Dumbbell Handle (No. 1)** are on number 15. If not, place **Dumbbell Handle (No. 1)** on the **Tray (No. 2)**, without any **Weight Plates (No. 3)**, and turn to the number 15.



Place the **8 Weight Plates (No. 3)** onto the **Tray (No. 2)** with the open end facing up. Place the **Dumbbell Handle (No. 1)** into the **Weight Plates (No. 3)** horizontally. Push down slightly to make sure it is fully seated in the **Tray (No. 2)**.

Rotate the handle to see if it turns freely. Always make sure when the black safety locks land on each weight increment, there is a “click” to confirm **Dumbbell Handle (No. 1)** is locked before lifting, to avoid **Weight Plates (No. 3)** from falling.

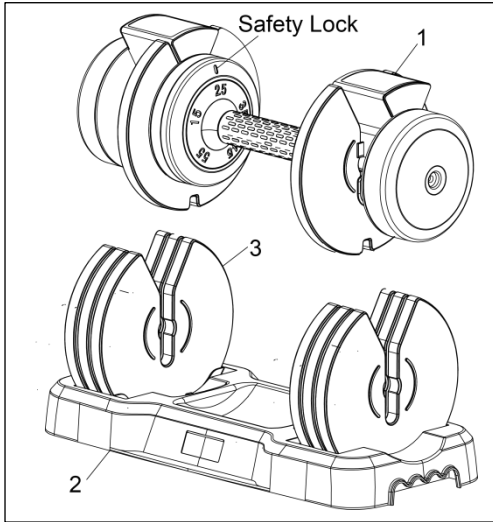
**Note:** For added safety, the dumbbell can only be adjusted when docked on the tray.



## 15LBS

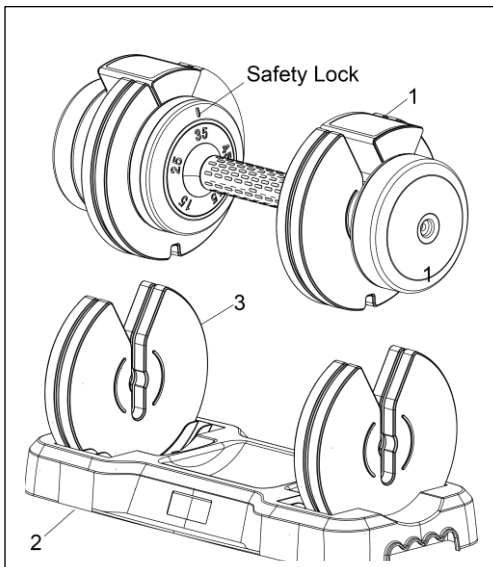
Turn the **Dumbbell Handle (No. 1)** until both black safety locks land on the number 15. Make sure there is a “click” sound to confirm dials are locked. Lift the **Dumbbell Handle (No. 1)** straight up off the **Tray (No. 2)**. This will only remove the handle, all **8 Weight Plates (No. 3)** will remain on the **Tray (No. 2)**.

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## 25LBS

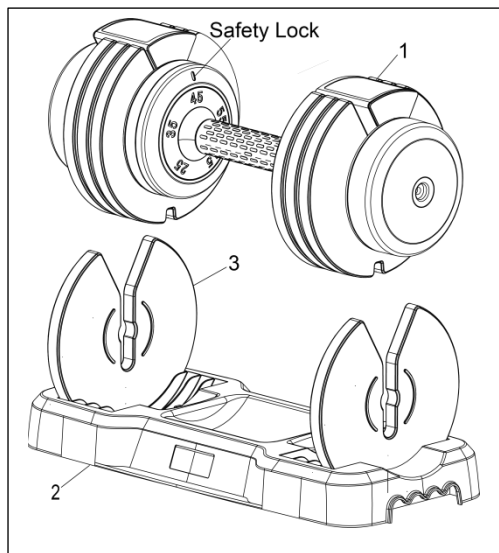
Turn the **Dumbbell Handle (No. 1)** until both black safety locks land on the number 25. Make sure there is a “click” sound to confirm dials are locked. Lift the **Dumbbell Handle (No. 1)** straight up off the **Tray (No. 2)**. The unselected **6 Weight Plates (No. 3)** will remain on the **Tray (No. 2)**.



## 35LBS

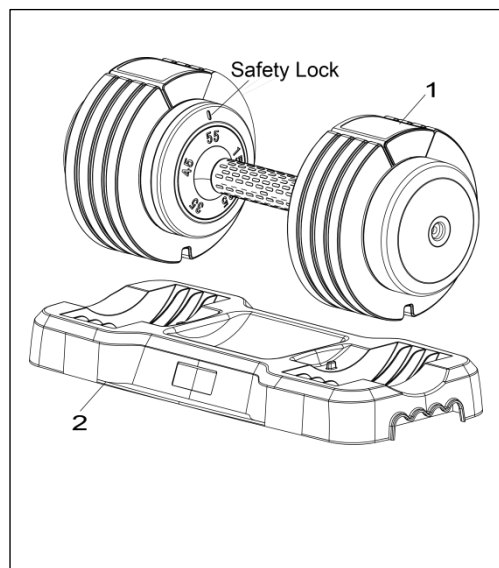
Turn the **Dumbbell Handle (No. 1)** until both black safety locks land on the number 35. Make sure there is a “click” sound to confirm dials are locked. Lift the **Dumbbell Handle (No. 1)** straight up off the **Tray (No. 2)**. The unselected **4 Weight Plates (No. 3)** will remain on the **Tray (No. 2)**.

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### 45LBS

Turn the **Dumbbell Handle (No. 1)** until both black safety locks land on the number 45. Make sure there is a “click” sound to confirm dials are locked. Lift the **Dumbbell Handle (No. 1)** straight up off the **Tray (No. 2)**. The unselected **2 Weight Plates (No. 3)** will remain on the **Tray (No. 2)**.



### 55LBS

Turn the **Dumbbell Handle (No. 1)** until both black safety locks land on the number 55. Make sure there is a “click” sound to confirm dials are locked. Lift the **Dumbbell Handle (No. 1)** straight up off the **Tray (No. 2)**.

# **TROUBLESHOOTING**

<b>Problem</b>	<b>Solution</b>
Handle will not turn to select the desired weight	Check if the handle is fully docked to the tray. The locking mechanism will not be released until the handle is fully docked. Once docked, handle should turn freely to select desired weight.

# **MAINTENANCE**

The Elite Adjustable Dumbbell is a low maintenance product. In order to keep the dumbbell operating and looking its best, please follow the maintenance suggestions below:

- Inspect the dumbbell regularly.
- Use dampened cloth to wipe equipment free of perspiration after each use.
- Avoid getting excessive moisture on the dumbbell.
- Do not use abrasive cleaners to clean equipment.
- Do not store the dumbbell outdoors.
- Do not attempt to disassemble the dumbbell handle. This item is not designed to be user serviced. By doing so will void the manufacturer warranty.

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