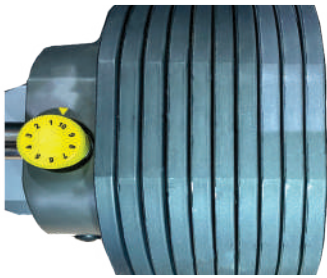


MX55 - ADJUSTMENT GUIDE FOR SMOOTH AND ACCURATE WEIGHT PLATE SELECTION

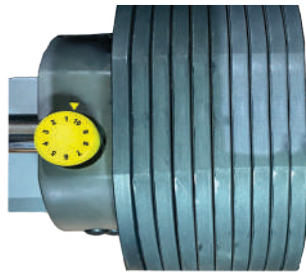
STEPS TO RESOLVE THE FOLLOWING

- + Selector dial will not push down and lock into place
- + Selector dial feels tight or will not turn
- + Extra weight plate sticks when the hand set is removed from cradle
- + Weight plates are too widely spaced or too closely spaced



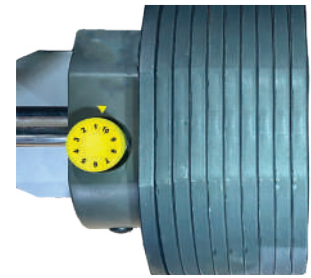
CRADLE SPACING TOO WIDE

Weight plates move freely when in cradle



CORRECT SPACING

Weight plates have a thin gap but don't move freely



CRADLE SPACING TOO CLOSE

Can't remove weights and selector dial won't turn

STEP ONE

With the handset still in cradle, locate adjustments bolts in the slots underneath.



Adjustment bolts in slotted holes

ADJUSTMENT SLOTS



STEP TWO

Using an M4 Allen Key loosen the 4 Adjustment Bolts at one end of the dumbbell cradle just enough to allow you to move the cradle as required.



M4 ALLEN KEY



IF CRADLE SPACING TOO WIDE

Push the floating cradle end inwards, closing the gap between the plates. Tighten bolts and test on several dial setting. If not correct, repeat adjustment steps.

IF CRADLE SPACING TOO TIGHT

Move apart floating cradle end outwards, opening a slight gap between the plates. Tighten bolts and test on several dial setting. If not correct, repeat adjustment steps.