

UNPACKING INSTRUCTIONS

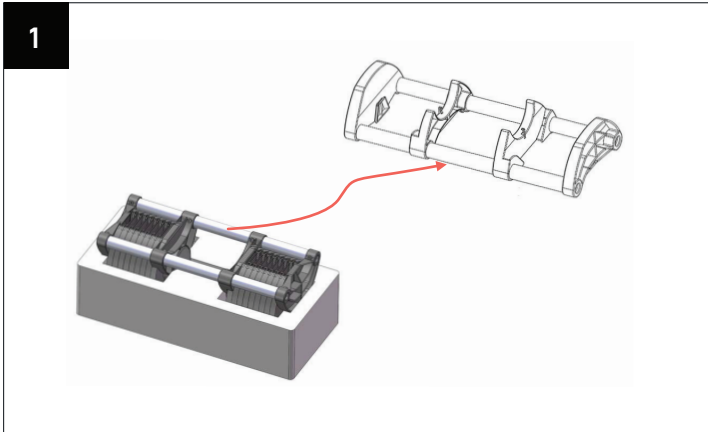
Congratulations on the purchase of your SMRTFT NÜOBELL® Adjustable Dumbbells! Now, you can work smarter and get stronger! You have made a smart first step in your journey to get fit. Get ready to unlock your potential and your power with SMRTFT!

We are here to support your fitness journey. If you have questions or concerns, let's talk! Please contact us at support@smrtft.com.

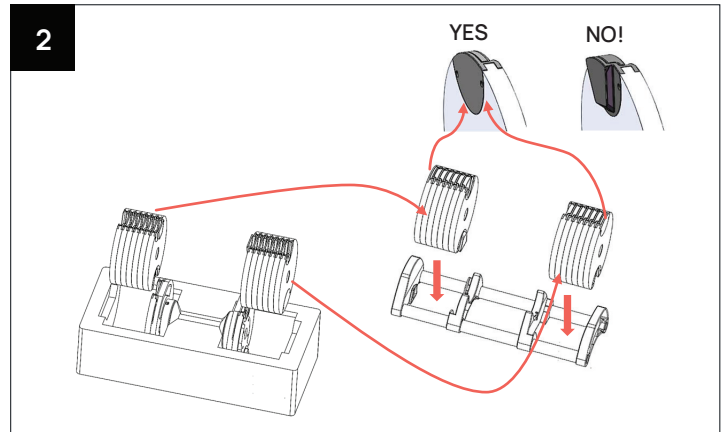
We want you to get strong, not injured! Please take special care to remove the SMRTFT NÜOBELL® dumbbells from their cartons and protective packaging. The dumbbells are heavy. Inspect all parts for any signs of damage that may have occurred during shipping. We pride ourselves on our impeccable quality and innovation, but mistakes happen. If the product is damaged, do not use it and contact customer service immediately at support@smrtft.com.

Let The Training Begin!

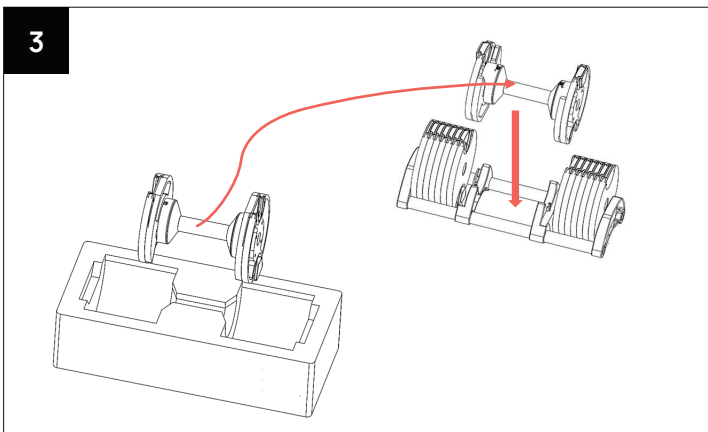
- 1 Open the top flaps of the shipping box and remove the upper section of foam.
- 2 Remove the cradle and place it face up on a flat, stable surface. See 1.
- 3 Remove the bagged plates one by one. Starting with the furthest outside plate, insert the plates into each side of the cradle, working your way inward toward the center. Place the half-moon plates into the cradle last. Plates must be facing in the proper direction, with the flat side facing outwards. See 2 and the yes vs. no diagram.
- 4 Remove the handle last with the remaining two plates attached and place them in the cradle with weight adjustment windows facing up. The handle can be placed in either direction. See 3.



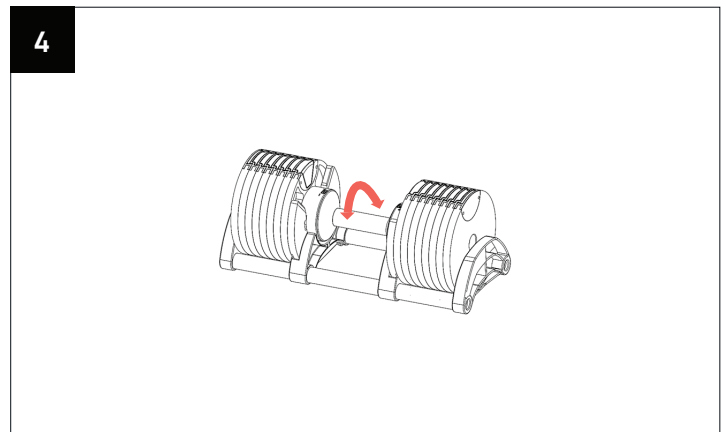
1 - Remove the cradle and place it face up on a flat, stable surface.



2 - Place each weight in the cradle separately. Make sure the two plates with the flat connectors are on the outside of the dumbbell.



3 - Insert the dumbbell handle that has the fixed weight plates.



4 - Try turning the handle with normal force to ensure that you can select the desired weight. If the weights do not adjust seamlessly, please go through steps 1-4 again.

PRE-USE CHECKLIST

CAUTION

Read all precautions and instructions in this manual before using this equipment.

To prevent injury, please ensure:

- The handle is securely fastened to the turning mechanisms
- Weight adjustment numbers are centered and clearly match
- Plates are correctly attached to the dumbbell

In the unlikely event that the dumbbell is not functioning correctly, please cease use and contact our team at support@smrtft.com. We care about your health and the safety of your workout.

Please refer to **Commonly Asked Questions** for more information about your NÜOBELLS.

WARNING:

To reduce the risk of injury, please read the following precautions before using this product.

1. It is the owner's responsibility to ensure that all users of this equipment are adequately informed of stated precautions.
 2. Read all instructions and enclosed literature carefully. Understand the assembly and operation before using the equipment.
 3. Use the equipment on a flat and level surface. It is recommended to place a rubber mat beneath the equipment for added protection of floors or carpets. It is also essential that the surface be dry.
 4. Keep children and pets away from the equipment at all times. Teenagers under the age of 18 must always have parental supervision and instruction on using this product.
 5. This equipment is intended for internal home use only. Do not use it in a non-residential application or in an outdoor environment. Use in non-recommended environments can lead to severe injury and will void all related warranties and liabilities.
 6. Correctly warm-up and stretch before starting any strength training or cardio exercise routine. The dumbbells are VERY heavy when fully engaged. Do NOT attempt to lift more than a moderate weight when beginning an exercise routine. Start light and work your way up from there.
 7. If you feel pain or dizziness at any time while exercising, stop immediately and consult your physician. We assume no responsibility for personal injury or consequential damages sustained by or through the use of this equipment.
 8. Inspect the product before each use. Do not use a dumbbell with worn or damaged parts.
 9. Confirm that the plates are installed correctly (see Page 1). If the plates are not correctly installed, proper engagement may not occur, and the plates may unintentionally drop.
 10. Never attempt to disengage plates when the dumbbell has been removed from the dumbbell cradle.
 11. Hold the dumbbells with a hand firmly grasping the handle at ALL times during operation.
 12. Place the NÜOBELL down gently between use. Never allow the dumbbells to drop freely to the ground from any height. Damage to the product and potential personal injury may occur. This action will constitute abuse and will not be covered under warranty.
 13. Never allow dumbbells to bump together during use. Damage to the product and potential personal injury may occur.
 14. Never attempt to disassemble your dumbbell without instruction from our Support Team.
 15. Before beginning your workout, clear the space around you and ensure that your surroundings are free from potential interferences. You do not want to trip or fall down with heavy weights in hand.
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