

WELCOME TO HAVAK AND THE NEW

# STEALTH TRIAD



POWERED BY

**PÉPIN**

THE MOST VERSATILE  
HAND-WEIGHT EVERY DESIGNED

MULTI-GRIP

MULTI-LOADING POSITION

UNPARALLELED DUMBBELL + KETTLEBELL CAPABILITIES

# ABOUT

if there are two quotes that exemplify every HAVAK design, they would be; "the world does not need another dumbbell, flat bench or weight rack, unless it brings something special to the table" and "HAVAK is not for everyone"

for us, we have no desire to produce anything that is 'the same old same old'. so adding bigger bolts, fabricating with larger tubing or using a 'pretty and sparkly' paint is of no interest to us. at HAVAK, functionality and versatility achieved through unorthodox designs (that yield results which carry over into the real-world) is the ethos we live by

we know that this approach to design and manufacturing makes us different. and we are good with that. so with that in mind, we would like to take this moment to thank you for supporting what we do + how we do it

# TRIAD

HAVAK's first designs were launched well over a decade ago, with our original fixed TRIADs among them. and from day one, we always wanted to offer an adjustable / loadable version. however we were not willing to sacrifice a single feature nor how or where it was produced in order to have one

it was not until 2020 that we unveiled the first adjustable TRIADs. and from the moment they were released, we received both accolades and criticisms alike. the vast majority of critical feedback we received was focused on their need to be cheaper, faster and heavier. and while retaining its core design elements was non-negotiable, we used that feedback to help guide the TRIAD's evolution

with the release of the QUICK TRIADs in early 2022, we achieved our goals of producing a TRIAD that was less expensive (cost per pound), significantly faster to change plates, and that allowed for an even heavier maximum weight capacity. and yes, all without sacrificing design or production quality

the QUICK TRIADs were a design milestone. but we wanted to go further. we wanted to make an even better TRIAD. however, in order to do so, we knew that we needed to expand our manufacturing efficiencies + expertise. and the best way to do that was to look outside ourselves and partner with an industry leader who valued domestic manufacturing and quality production as highly as we did

enter PEPIN dumbbell; the world's leading manufacturer of premium adjustable and selectorized (traditional) hand weights and say hello to the best TRIAD we have ever designed; the new STEALTH TRIAD

# DESIGN

for those unfamiliar with the TRIAD, its core design feature is its handle assembly which is comprised of :

one (1)	welded handle	~10.0 lbs
two (2)	plate loading 'claws'	~2.5 lbs each
six (6)	locking pins	inc above

the handle features three distinct grip diameters / sizes :

1.50"	traditional	pull = easier / push = hardest
2.25"	fat	pull = harder / push = harder
3.00"	strongman	pull = hardest / push = easier

and offers three distinct ways to hold it (aka loading positions) :

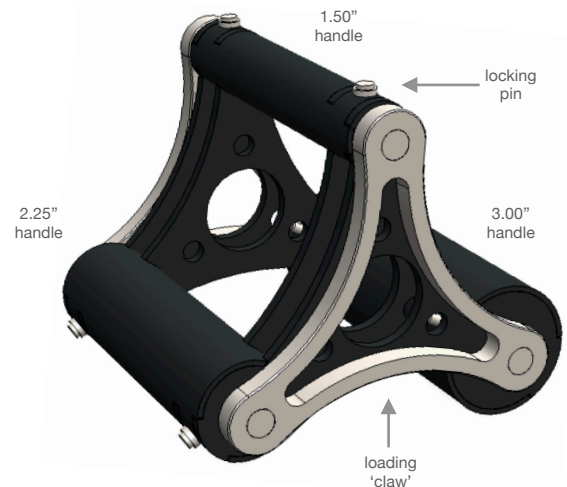
proximal	hand thru	balanced / closest
racked	kettlebell style	resting on arm
distal	long lever	weight furthest away

plus, depending on the unit ordered, your STEALTH TRIAD may also include;

two (2)	2.5 lbs plates	small plates
two (2)	5.0 lbs plates	medium plates
two (2)	10.0 lbs plates	large plates

these various grips and loading positions allow for an unparalleled combination of lifting configurations. they allow the user to customize both the difficulty as well as the placement of work / pressure of any exercise to better suit their personal needs. whether they are looking to improve training efficiency via zero-rest 'drop sets', make a movement easier or harder to help push through to a new level or simply wanting to work around an injury, nothing matches the STEALTH TRIAD's versatility

as for weight capacity, the TRIAD's design allows for 2.5 lbs increments using off-set loading and can fit up to five plates per side. if all of those plates are 10.0 lbs, the TRIAD will weigh a hefty 115 lbs. but please remember; a 10 lbs TRIAD can be made to feel way heavier than any other 10 lbs dumbbell or kettlebell so you may not require as much poundage as you have in the past



# F A B R I C A T I O N

based on our design, PEPIN manufactures and ships all STEALTH TRIADs from their manufacturing facility in quebec, canada

and much like their predecessors, the STEALTH TRIADs feature;

- laser cut 0.120" thick steel handle tubes
- laser cut 0.125" thick steel handle plates
- laser cut 0.50" steel weight plates
- machined loading 'claws'
- plus our new magnetic locking pins

as for their finish, henry ford said it best, "any customer can have a car painted any color that he wants, so long as it is black". the handle assembly is covered with a textured powder-coat that allows for just enough grip for regular dumbbell exercises while providing enough freedom to perform traditional kettlebell movements, while the TRIAD plates feature a 'stealthy' powder-coat finish

# U S A G E

*the first step* to training with the TRIADs is becoming familiar with the fastest and safest way to adjust them

using a stable and level surface (that is projected to insure that neither the surface nor the TRIAD are damaged in any way), carefully place the TRIAD on one end

next, remove the three magnetic locking pins that secures the loading 'claw' into the now top facing end of the handle (as shown in the image to the right). this can be accomplished by either pulling on the 3D printed plastic head of the locking pins or by guiding the pins out from in-between the handle's connecting plates. once removed, carefully the pins in a safe area to the side of (so that they do not go missing inadvertently)

now, remove the loading 'claw' by lifting it straight up, and place it plate-side down within reach of the handle.

from there, add or subtract the required number / size of plates desired. once loaded, reinsert the loading 'claw', followed by the reinsertion of the three locking pins. to make the reinsertion of the loading 'claw' and locking pins as smooth as possible, always be sure to keep the holes of each weight plate aligned with the holes in the handle assembly (when viewed from above). even for us, this took a little bit of practice before becoming proficient at it (and realizing that sometimes a softer touch or a little wiggle is all that is needed for the process to go smoothly)

once loaded and properly secured, carefully flip the TRIAD over and repeat the above steps for the opposite side in the same manner. remember; always handle the TRIAD with care. always insure that the loading 'claw' and all three safety pins are securely in place on each side of the TRIAD before lifting, moving and or any use whatsoever

*the second step* is becoming familiar with how different the TRIAD is versus any other hand-weight you may have used in the past

one of the easiest way to do this is by performing a few hammer curls with a weight that you can normally (and safely) lift for 10~15 repetitions

start by holding the TRIAD so that it is located as far away from your hand as possible (ie: in the distally position) using the smallest 1.50" handle

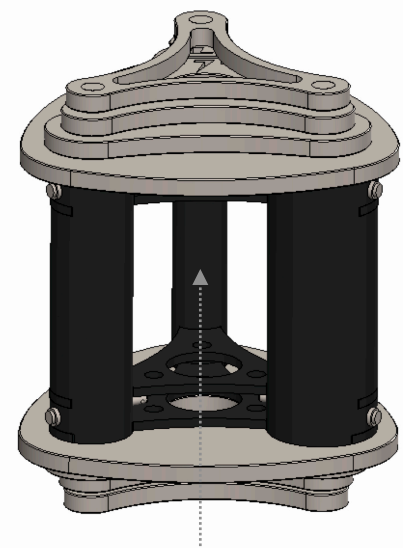
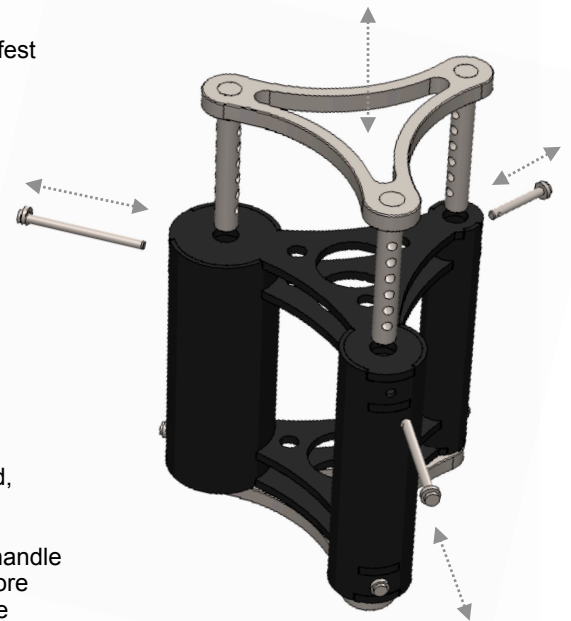
focus on keeping your arm in the hammer (neutral position) and your wrist locked. perform a 3 to 4 repetitions

next, do 3 to 4 more reps in the same way using the medium 2.25" grip

now, a few more reps using the largest 3.00" sized grip

finally for the last few reps, return to the smallest grip but this time pass your hand in-between and through the two larger handles, grabbing the small handle from inside the TRIAD (as shown to the right)

in this one set, you have felt how altering both the grip size and loading position changes the 'load' on your arm without ever changing the weight of the TRIAD





## ⚠ IMPORTANT WARNINGS ⚠

unlike fixed / gym style hand-weights, virtually all adjustable hand-weights will have some amount of 'play' to them (which may be described as clatter, rattle or wiggle, etc). this is inherent to their ability to change weights

to minimize this, our design and manufacturing focuses on making every effort to reduce any unnecessary 'play' between the TRIAD's various parts by working with tolerances as little as 0.01". however, that level of precision can cause the reverse issue; a 'tight' or 'snug fit' with connecting / interlocking items (such as the adjustment knobs and pins)

as a result, please attempt the following remedies if you ever encounter any difficulty adjusting and or securing the TRIADs:  
when inserting or removing the loading 'claw', you may find that the 'claw' may not move easily. never force the loading 'claw' into the handle. simply remove it, rotating it so that the machined pins can be inserted into the next handle hole and retry. you may find that the claw prefers a certain orientation and or side of the TRIAD handle  
when removing or securing the locking pins, you may find that certain pins do not move in or out easily. never force the locking pins into the handle. by simply applying slight downward pressure or even slightly lifting up on that end / portion of the loading 'claw' it may help align the associated holes thereby allowing the locking pin to slide smoothly in / out of place. and yes, you may find that certain pins prefer certain handle holes

we always aim to ship new products as clean and ready to use as possible. however, inevitably manufacturing residue (tiny chips, flakes, grit, powder, etc), may be hiding inside the handle tubes or on which find their way out during shipment and or use. there may also be a noticeable amount of paint residue during initial use, the result of a 'heavy handed' painter. these will pass in time

dependent upon environment and use, the machined stems on the loading plates are subject to oxidation (like all steel parts are). we have found the best method to minimize this is to insure that they are wiped dry if ever exposed to perspiration / water and to occasional treat them with a thin application of 'fluid film'

lastly, the most common question we are asked about the TRIADs is; can i drop them? and our answer is yes . . . but you probably do not want to. the reasons for that answer are i) dropping, throwing or otherwise mishandling the TRIADs may result in cosmetic and / or mechanical damage to them ii) unlike most other hand-weights, due to their shape they may not land and roll as you might expect. instead they may 'bounce' back and harm you, someone else and / or otherwise damage your surroundings and iii) it is simply poor lifting etiquette

please be sure to have any and all users fully read any and all disclaimers, terms & conditions and warning inserts enclosed (inc the california state prop 65 warning) as well as those agreed to during check out as found on our website

ALL EXERCISE EQUIPMENT IS EXTREMELY DANGEROUS. always CONSULT your healthcare professional BEFORE using this equipment as all exercise involves a risk of serious injury and or death. before any and all use inspect the equipment to insure that it is safe to use. always fully secure all knobs and pins before any and all lifts. never attempt to adjust load when in use. always use proper and safe lifting techniques. TRIADs are not a toy and not be to be used by children. in addition to their heavy nature, this equipment contains small parts that may pose a choking and / or pinching risk. the magnets used on the locking pins are some of the strongest, most powerful magnets on earth and can be dangerous. these surprisingly strong magnets can leap together unexpectedly, with extreme speed and force that may catch you off guard, causing serious personal injury and / or damage to the equipment. if two or more pins (and their magnets) connect, separate them carefully by sliding them apart. always store the handle, locking pins, loading 'claws' and weight plates away from children and in a way that insure that they will not cause any harm if intensional or unintentionally disturbed, moved or otherwise touched by some other(s) or uncontrolled elements / factors

## USE AT YOUR OWN RISK



## HAVAK NOT FOR EVERYONE