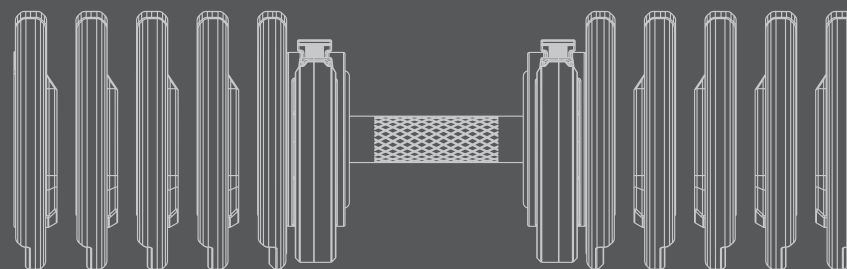
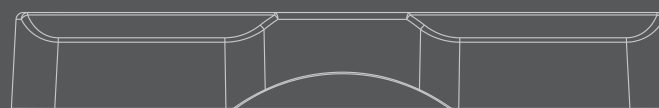




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ADJUSTABLE DUMBBELL
 55LB/25KG



委製廠商：芙瑞實業股份有限公司 地址：台中市清水區吳厝一街110號
 服務信箱：happytohelp@byzoomfitness.com 服務專線：+ 886-4-2620-2828

Manufacturer: Floriey Industries Co. Ltd. Address: Wucuo 1st street, Qingshui District, Taichung City
 Email: happytohelp@byzoomfitness.com Phone: + 886-4-2620-2828

Thank you for purchasing the Byzoom Fitness Adjustable Dumbbell. With this dumbbell you can easily and quickly change between weights. In total there are 15 weight adjustments ranging from 10lb-55lb. Whether you are just starting to exercise or you are already an advanced workout enthusiast, this product allows you to effortlessly adjust the weight depending on your workout needs.

For your safety, please read this manual carefully before using the dumbbell. Please consult a qualified trainer to guide you through the proper techniques. If you have any questions after reading this manual, please contact your local distributor.

Specification

	Adjustable dumbbell	Tray
Weight	55lb (25kg)	1.7lb (0.8kg)
Size(LxWxH)	457 x217 x184mm (including tray)	
Material	Aluminum, Steel, PP, Nylon, ABS	
G.W	58.6lb (26.6kg)	
Warranty	1 year	

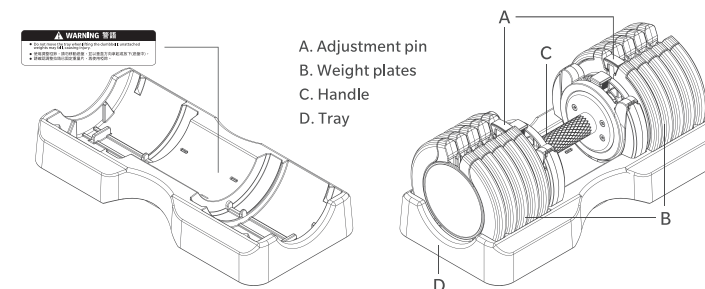
Warning

To reduce the risk of serious injuries, please read the following instructions carefully before using this product. Byzoom Fitness is not responsible for any injuries or property damages caused by incorrect usage of the product.

- It is the user's responsibility to understand the safety instructions before using this product.
- Before training always consult a doctor to ensure your physical condition is suitable for this training.
- Only allow people to use this product if their mental and physical development permits it.
- This product is for indoor use only. Do not use it in commercial or public places.
- Please place this product on a flat surface to avoid accidents.
- Dumbbells can only be adjusted while sitting in the tray. Do not adjust without a tray.
- Please check the product for damages before every use. Do not use it if the product is damaged.
- Keep children under 13 years and pets away from the product.
- Always wear protective shoes when using the product.
- Always choose the same weight on both sides of the dumbbell.
- Please use this product according to the product manual.
- Warm up carefully before exercising. Over-exercising can cause serious injuries. If you feel faint or pain during exercising, contact a doctor immediately.

Adjustable Dumbbell User guide

- Please pull up the adjustment pin (A) to select the required weight. Slide left and right to the desired weight (B) and then lower the adjustment pin.
- Move the adjustment pull pin (A) from side to side to ensure it is completely locked and in the correct position.
- Repeat this step with the other adjustment pin (A), and choose the same weight on both sides.
- Hold the handle (C). Lift the dumbbell straight up from the tray (D) so that the non-chosen weight remains in the tray.
- After using the dumbbell, put it down straight back on the tray.



※ Please refer to the manual for more information in case the warning sticker is missing.

