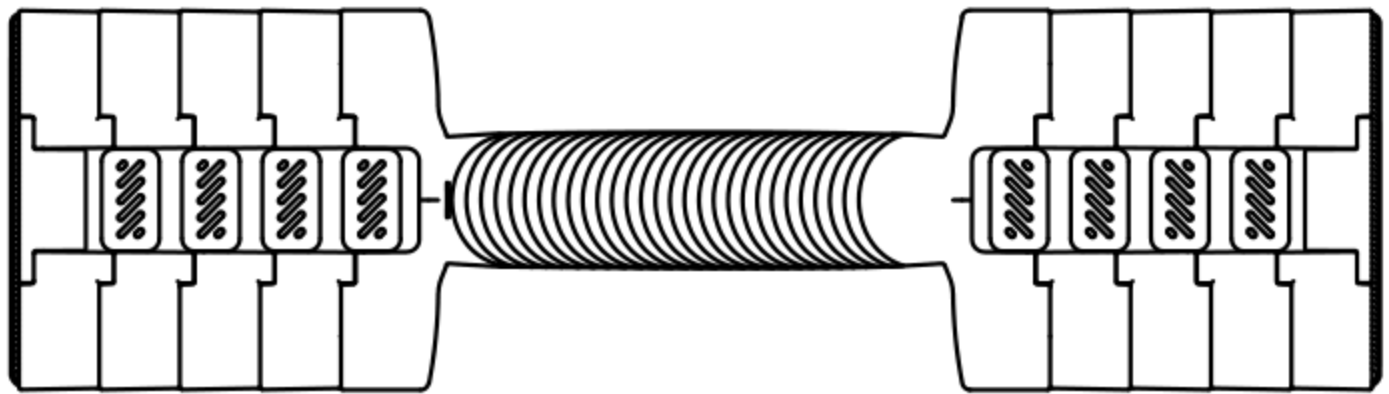


Genau A Dumbbell 5 kg Adjustable Dumbbell

User Manual

This translation was made automatically.

THANK YOU FOR YOUR PURCHASE!



Thank you for purchasing adjustable dumbbells. Please read the instructions carefully and follow the recommendations given in them. If you have any questions, please contact the supplier.

Please read this manual before use and keep it at hand.

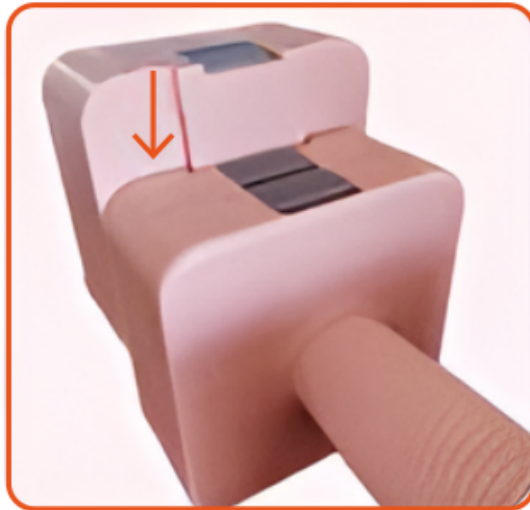
WEIGHT SPECIFICATIONS AND EXERCISE RECOMMENDATIONS

Dumbbell weight	Recommendations
3 lb (1.36 kg)	Basic aerobic workouts. Aerobics for fat burning, HIIT (high-intensity interval training).
5 lb (2.27 kg)	Moderate-intensity aerobic workout. Increased load and intensity.
7 lb (3.18 kg)	Entry-level strength training. A light dumbbell for circulation throughout the body.
9 lb (4.08 kg)	Moderate strength training. A medium-weight dumbbell for circulation throughout the body.
11 lb (5 kg)	Moderate strength training. A heavy dumbbell for circulation throughout the body.

Note: Each adjustment block of the dumbbell weighs 1 lb. One dumbbell weighs 11 lb, and two weigh 22 lb. Slight deviations are possible because the weight is measured manually.

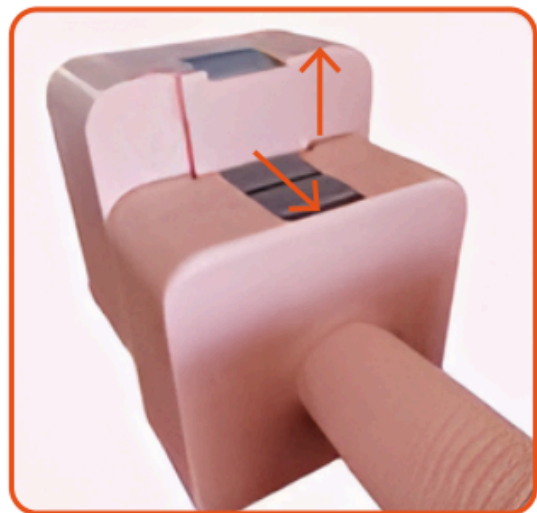
ASSEMBLY AND DISASSEMBLY

STEP 1



Align the concave and convex sides of the dumbbell and slowly insert the plate. A «da» sound will be heard, meaning the adjustment block is inserted.

STEP 2



Slide the gray button with your fingers toward the dumbbell handle and remove the adjustment block, thereby reducing the initial weight. You can adjust the weight of the dumbbell according to your fitness level.

WARRANTY

The translation of this section has not been reviewed yet. The official text is in Russian.

Genau guarantees the high quality and reliability of its products. We strive to offer only the best, which is why all of our equipment comes with a warranty.

Attention! Find the official A4 warranty card in the box and keep it for the entire period of use of the equipment.

Note: If you did not find the warranty card in the box, please contact the service center.

Warranty Terms

1. The warranty period starts from the date of sale.
2. The warranty covers defects caused by manufacturing faults or defective materials.
3. Warranty service is carried out at authorized service centers.
4. If the product breaks down during the warranty period, the customer must bring this warranty card and the complete product to a service center for diagnostics and repair.
5. If the warranty claim is confirmed, the product will be repaired or replaced free of charge.
6. The warranty does not cover the following cases:
 - mechanical damage caused by improper use or transportation;
 - damage caused by liquids, fire, chemicals or other external factors;
 - failures caused by not following the operating instructions;
 - modifications to the design or repairs carried out by unauthorized persons without the approval of the Service;
 - consumables and components with a limited service life (belts, batteries, etc.).

Warranty claims

To receive warranty service, the customer should contact the seller (the place where the equipment was purchased).

Full Genau warranty card

SPECIFICATIONS

Parameter	Value
Manufacturer	Jinhua Gordon Sports Co., Ltd., 4#, Tongtang Block, Fenghuangshan Industrial Function Zone, Tongqin Town, Jinhua, Zhejiang, China

SERVICE

For questions about the operation of the dumbbells and warranty, please contact Genau service in Kyrgyzstan.

Genau GmbH LLC (ОсОО «Генау ГМБХ»), Kyrgyzstan. Phone: +996 778 639 000

Official website genau.kg