

Genau Best Dumbbell 12.5 kg Adjustable Dumbbell

User Manual

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THANK YOU FOR YOUR PURCHASE!



You have just purchased a product designed with quality, safety and functionality in mind. This equipment lets you exercise safely and comfortably without leaving home. Regular exercise is one of the best ways to stay healthy. For your safety and health, please read this manual before use.

Please read the instructions carefully and keep them in a safe place.

SAFETY INSTRUCTIONS

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

- Keep children and pets away from the dumbbell.
- The dumbbell must not be used by more than one person at a time.
- Stop exercising immediately if you feel unwell in any way, such as dizziness, nausea or tightness in the chest. Consult a doctor right away.
- This product is intended for home and commercial use.
- Inspect the product before use. Do not use dumbbells with damaged or worn parts.
- Regularly check and test the locking mechanism.

- Do not drop the dumbbell on the floor, to avoid damage to the product or injury to the user.
- Do not try to disassemble the dumbbell yourself.
- Warm up before starting your workout.
- Do not try to turn the handle if the mechanism is not working.

Warning! Follow your doctor's recommendations if you have heart or lung disease, high blood pressure, infections, anemia, osteoporosis, arthritis, or muscle or soft tissue injuries.

INSTRUCTIONS FOR ADJUSTING THE ADJUSTABLE DUMBBELL

1. Weight scale

The dumbbell has 11 weight levels (in kg and lb), as shown in the table:

KG	1.5	2.5	3.5	4.5	6	7	8	9	10.5	11.5	12.5
LB	3	5.5	8	10.5	13	15.5	18	20.5	23	25.5	28

Note: Because the values are rounded, there may be slight differences between the actual weight and the scale.

2. Use with the original base

- The dumbbell must be used only with the original base.
- When placing the weight plates back on the base, make sure each plate is aligned with the corresponding slot on the base (see Fig. 2).

3. Adjusting the weight

Turn the handle until the required weight appears in the triangular indicator window (see Fig. 1).



Note: Before lifting the dumbbell, make sure the scale on the handle is fully locked (you can tell by a click and a slight vibration of the handle). Incorrect setting may cause a weight plate to fall off.

4. Check before first use

To make sure it is safe, on first use set the dumbbell to each weight level and shake it lightly in all directions to confirm that the plates are locked and do not fall out.

5. If the weight plates jam or fall out

- Press the spring-loaded button on the handle with a screwdriver (see Fig. 3).
- Turn the handle to the minimum weight (both ends must be aligned).
- Insert all plates into the corresponding slots of the base.
- Make sure the metal side of the plate faces the center of the base (see Fig. 4).

- The dumbbell can then be used again.



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	Ningbo Xdumbbell Co., Ltd., Building 2, East District, No.10 Jiangdong Road, Shuxi Street, Wuyi County, 321200 Jinhua, Zhejiang, China

SERVICE

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

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