

Adjustable Dumbbell

User Manual

This translation was made automatically.

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 using the dumbbell.

SAFETY INSTRUCTIONS

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

- Do not let children or pets near the dumbbell.
- The dumbbell must not be used by several people at the same time.
- Stop exercising immediately if any abnormal symptoms appear, such as dizziness, nausea or a feeling of tightness in the chest. Consult a doctor immediately.
- This product is intended for home and commercial use.
- Inspect it before use. Do not use dumbbells with worn or damaged parts.
- Regularly check and test the locking mechanism.
- Do not drop the dumbbell on the ground, to avoid damaging the product or injuring yourself.
- Do not try to disassemble the dumbbell.

- Warm up before exercising.
- Do not force the handle to turn if it is damaged.

WARNING! Follow your doctor's instructions before starting any exercise program if you have heart or lung disease, high blood pressure, infectious diseases, severe anemia, osteoporosis, arthritis, or injuries or inflammation of muscles and soft tissues.

OPERATION

12 weight settings are provided (in both kg and lb), as shown below.

KG	3	6	8	9	11	13	15	17	18	19	21	24
LB	7	13	18	20	24	28	33	37	39	42	46	52.5

Note: Because the weight values are rounded, there may be errors in the actual weight and the scale markings.

RETURNING THE DUMBBELL TO ITS ORIGINAL POSITION

If you accidentally drop a dumbbell plate during use and cannot turn the mechanism with the handle, do not force the handle. Follow the steps below to return the dumbbell to its original position.

STEP 1



Remove the handle and check whether there are any raised points protruding from the card slot on the handle.

STEP 2



If there is a raised point, check whether the position of the dumbbell plate matches the position of the raised point.

STEP 3



Take the dumbbell out of the dumbbell holder that corresponds to the raised point.

STEP 4



Return the handle to the dumbbell socket and set the mechanism to the minimum value. At this moment the lifting point returns to its original position.

STEP 5



In the picture:

1. Bright surface

Note that when the dumbbell is put back in place, the bright surface must face inward.

STEP 6



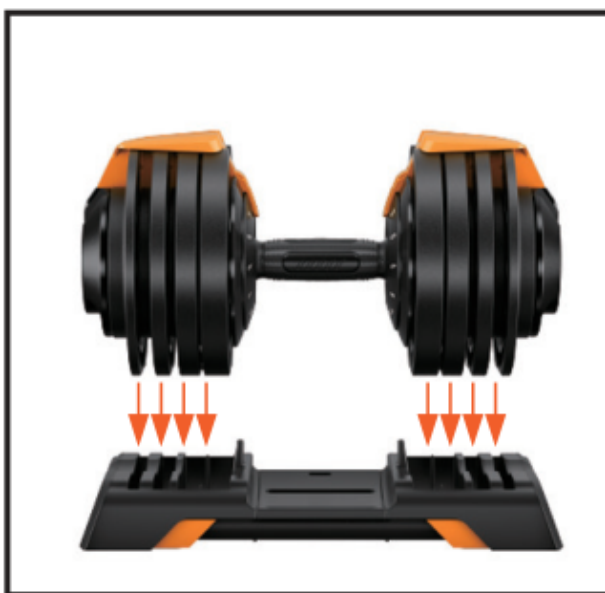
Remove the handle and put the dumbbell back. You can now use the dumbbell in the normal mode.

STEP 7



Before lifting the dumbbell, the number must be set at the mark (you can tell by the click sound and the vibration of the handle).

STEP 8



Make sure each dumbbell bar is aligned with the corresponding slot on the base.

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

SERVICE

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

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