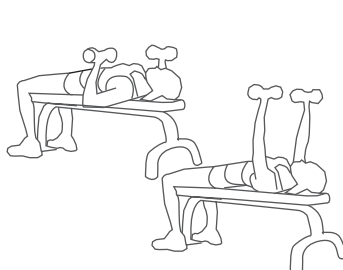


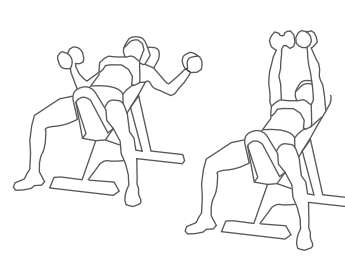
4 After-Sales Maintenance Records

Warranties	No Warranties	Maintenance Records
<p><b>Following services are available for non-human damaged product failures during the warranty period:</b></p> <ul style="list-style-type: none"><li>- Within 30 days from the date of purchase, consumers can choose exchange the product or refund at the purchase price for quality problems.</li><li>- Within 30 days from the date of purchase, consumers can exchange the product for quality problems.</li><li>- The warranty service period of the product is one year.</li><li>- This card shall not be altered or torn up. Please keep it properly, otherwise it will be regarded as invalid.</li><li>- This card is valid only after being sold by FORWARD FITNESS authorized stores.</li></ul>	<p><b>Following circumstances (but not limited to the following) are not covered by the warranty service:</b></p> <ul style="list-style-type: none"><li>- Product damage caused by not following user manuals using or maintain.</li><li>- The model or code of the product on the warranty certificate does not match to the actual commodity.</li><li>- Beyond the warranty period.</li><li>- This card shall not be altered or torn up. Please keep it properly, otherwise it will be regarded as invalid.</li><li>- This card is valid only after being sold by FORWARD FITNESS authorized stores.</li></ul>	<p><b>Following circumstances (but not limited to the following) are not covered by the warranty service:</b></p> <ul style="list-style-type: none"><li>- Product damage caused by not following user manuals using or maintain.</li><li>- The model or code of the product on the warranty certificate does not match to the actual commodity.</li><li>- Beyond the warranty period.</li><li>- This card shall not be altered or torn up. Please keep it properly, otherwise it will be regarded as invalid.</li><li>- This card is valid only after being sold by FORWARD FITNESS authorized stores.</li></ul>

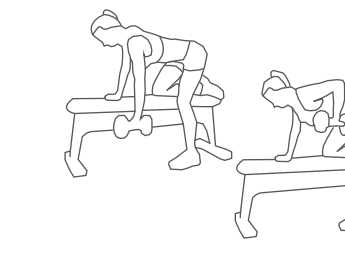
5 Operation Procedures



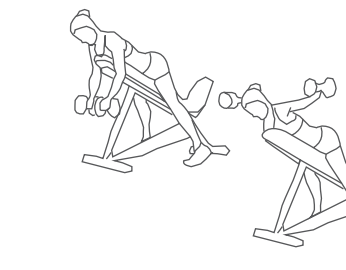
(1). Dumbbell bench press  
2 Groups / 1 Time



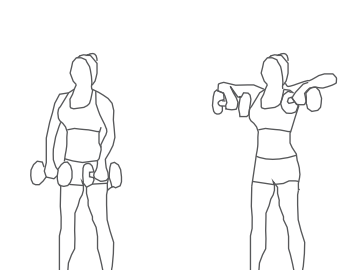
(2). Dumbbell incline fly  
2 Groups / 1 Times



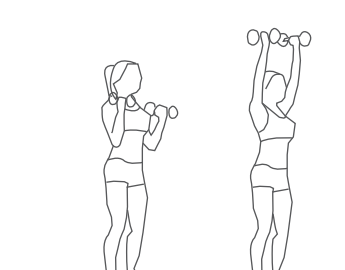
(3). Single arm dumbbell  
2 Groups / 1 Times



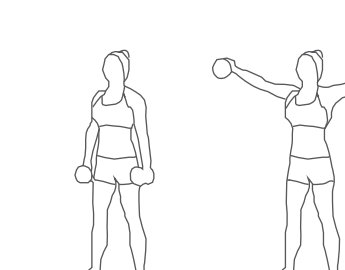
(4). Reverse fly  
2 Groups / 1 Times



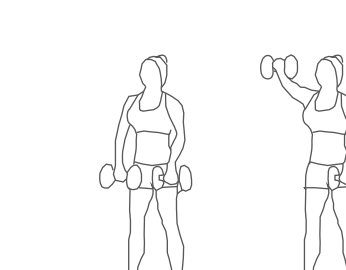
(5). Upright dumbbell row  
2 Groups / 10 Times



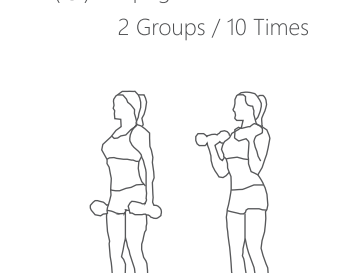
(6). Standing dumbbell push  
2 Groups / 10 Times



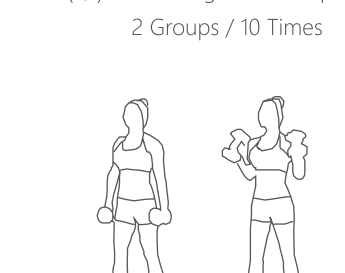
(7). Dumbbell lateral raise  
2 Groups / 10 Times



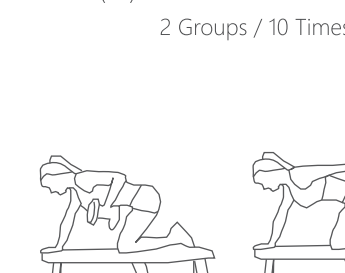
(8). Standing dumbbell front raise  
2 Groups / 10 Times



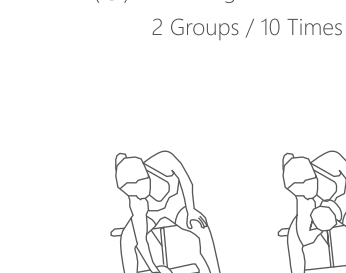
(9). Standing dumbbell curl  
2 Groups / 10 Times



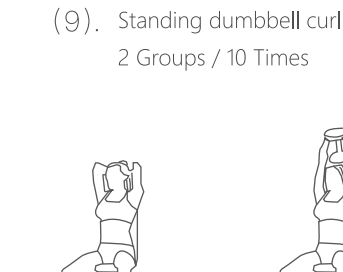
(10). Straight dumbbell curl  
2 Groups / 10 Times



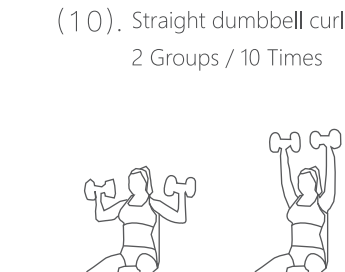
(11). Triceps dumbbell kickbacks  
2 Groups / 10 Times



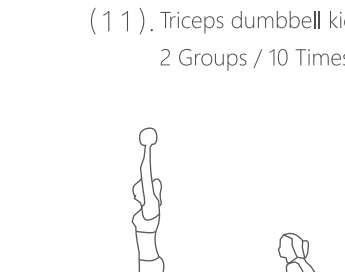
(12). Corbel dumbbell curl  
2 Groups / 10 Times



(13). Tricep flexion  
2 Groups / 10 Times



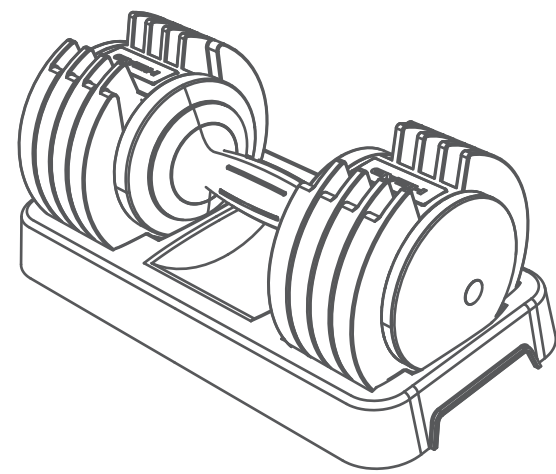
(14). Seated dumbbell press  
2 Groups / 10 Times



(15). Arm dumbbell swing  
2 Groups / 10 Times

6 Training Suggestions

Choose your exercise intensity according to training difficulty, training time, etc. For more training activities, please browse professional exercise instruction manuals, books, videos or consult your private coach to learn the correct posture, skills and exercise methods.



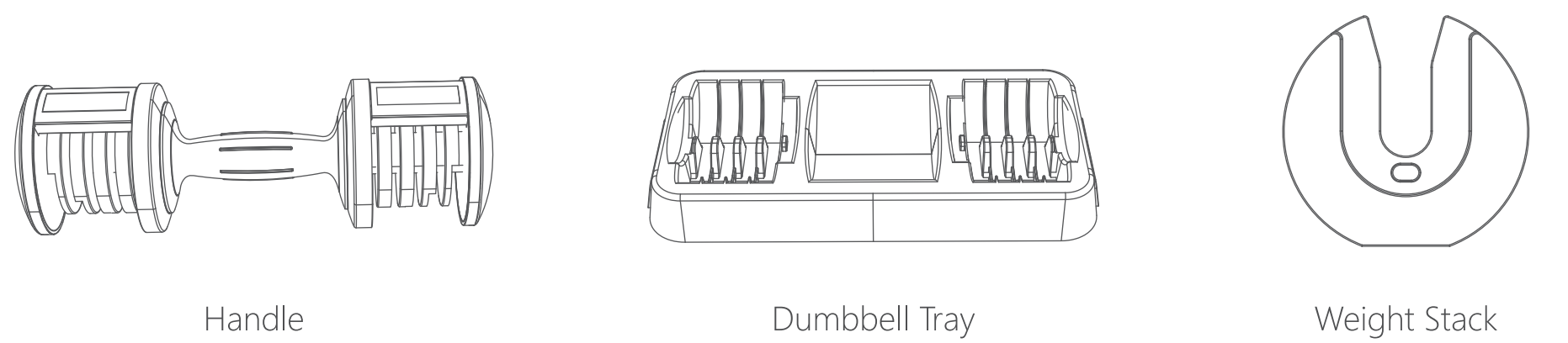
User Manual of Adjustable Dumbbells

1 Safety Use Instruction

- Warning:** Please read the following important precautions before using the adjustable dumbbell to prevent accidents. We assume no liability for personal injury or property damage caused by the use of this product. Please make sure you read all the following information and keep this instruction for reference.

  - 1. Use the adjustable dumbbell progressively to avoid unnecessary hurt.
  - 2. Control the exercise frequency within a reasonable range to achieve obvious exercise effect, while not causing excessive burden on muscles.
  - 3. Repair or replace the equipment in time if the equipment have abrasion, screw dropping, rust, etc. to ensure that all parts are always in good condition.
- 4. Keep pets and children away from the equipment. The minimum age for using the equipment is 20 years old.
  - 5. Stop exercising immediately once there is nausea, shortness of breath, dizziness, headache, chest tightness or any discomfort.
  - 6. Consult your doctor about the frequency, time and intensity of exercise suitable for your specific age and condition before exercising.
  - 7. Do not press the safety lock or turn the weight selector dial when dumbbells or handles pick up from the dumbbell tray.

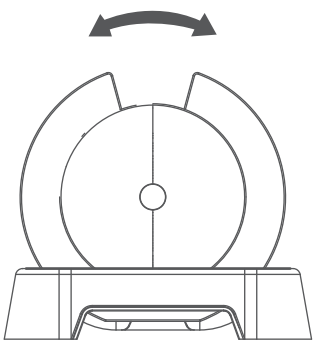
2 Product Components



3 Operation Instruction

- 01/ Select the required weight**

Keep the safety lock unlocked and adjust the weight by rotating the handle to select your preferred weight.


- 02/ Select the required weight**

The slotted side of the weight stack should face the dumbbell center. See the figure below. The weight stacks are evenly distributed at both ends of the dumbbell.

