



# **FORTIS 24KG SMART ADJUSTABLE DUMBBELL**

FSDUM24BELLA



# SAFETY & WARNINGS

## Attention

For your safety and benefit, read this manual carefully before using the item.

## Precautions

Certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or use your item. Note the following safety precautions:

1. Always keep children and pets away from the equipment. Do not leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain or any other abnormal symptoms, stop the workout at once. Consult a physician immediately.
4. This product is intended for home use only and is not suitable for commercial use.
5. Inspect prior to each use. Do not use equipment with worn or damaged parts.
6. Periodically inspect and test locking mechanism.
7. Never drop freely to the ground, this may damage the product or injury may occur to user.
8. Do not attempt to disassemble the dumbbell.
9. Before using the equipment to exercise, always do stretching exercises to properly warm up.
10. Never use the equipment if the equipment is not functioning properly.
11. A spotter is recommended during exercise.

**Warning:** Before beginning any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all the instructions before using the fitness equipment. Manufacturer assumes no responsibility for personal injury or property damage sustained by or with this product.

# INSTRUCTIONS

The Adjustable Dumbbell has weight increments from 2kg to 20kg.

Please see the following chart which outlines the exact increments.

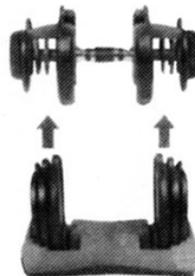
<b>KG</b>	2.5	3.5	4.5	5.5	6.5	8	9	10
<b>LBS</b>	5.5	7.5	10	12.5	15	17.5	20	22

<b>KG</b>	13.5	16	18	20.5	22.5	24
<b>LBS</b>	30	35	39.5	45	49.5	53

To select the desired weight, first, grasp the handle and apply pressure into the base. Once pressure is applied, both adjustment knobs can be rotated.

Rotate the adjustment knobs until the desired weight is aligned with the arrow in the middle. Then, simply pull the handle straight up, this will remove the handle and the selected weight plates from the base.

Please note the handle without any weight plates attached weighs 2kg.

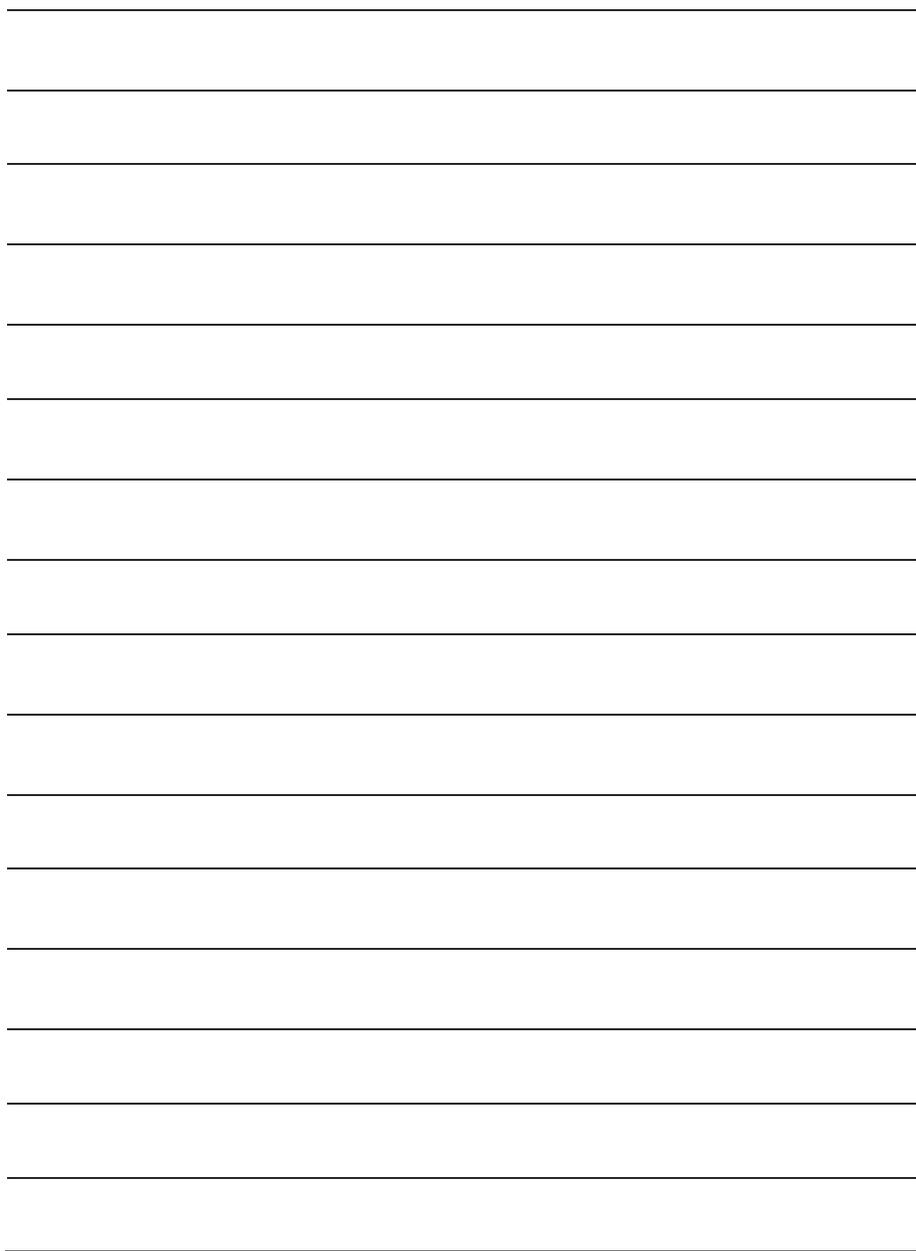


The dumbbell handle and weight plates are symmetrical; you may insert the handle with either end facing the user if the same weight is selected on both ends.

# TROUBLESHOOTING

Problem	Answer
Adjustment knob will not turn while handle is in base.	<ul style="list-style-type: none"><li>• Ensure the handle is fully depressed into the dumbbell base. If not fully depressed, the locking mechanism will not be released.</li><li>• Check to see if any weight plates have been put into base backwards. All weight plates must have the selection tongue facing away from the grip of the handle.</li></ul>
Dumbbell handle does not insert into base when no plates are selected.	<ul style="list-style-type: none"><li>• Make sure both adjustment knobs are set directly to 2.5kg.</li><li>• Make sure all weight plates have the selection tongue facing away from dumbbell grip.</li></ul>





### **Need more information?**

We hope that this user guide has given you the assistance needed for a simple set-up. For the most up-to-date guide for your product, as well as any additional assistance you may require, head online to **[help.kogan.com](http://help.kogan.com)**

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