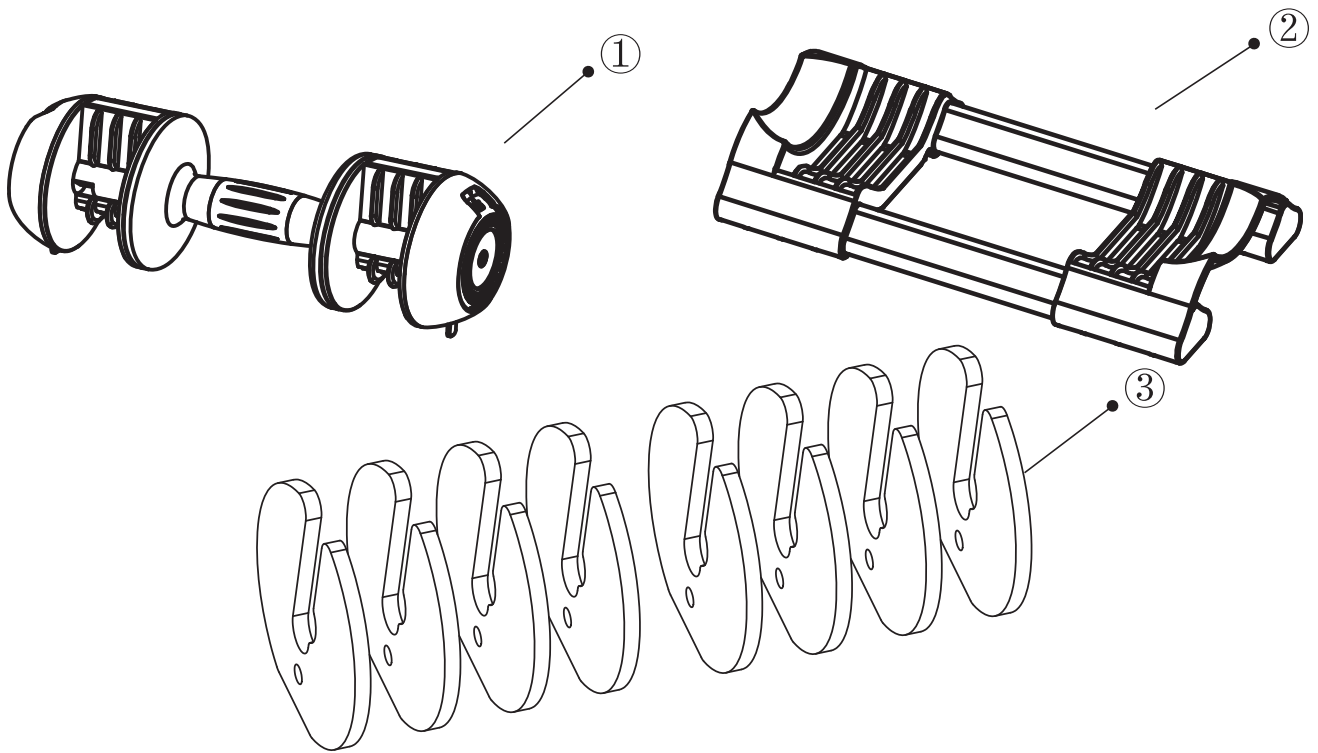


Warning:
When picking up the normal use, forbid to use the hand to press the button switch here, prevent, rotate the handlebar, fall off the collar piece, hurt the person or thing!

GLIDE-TECH DUMBBELL

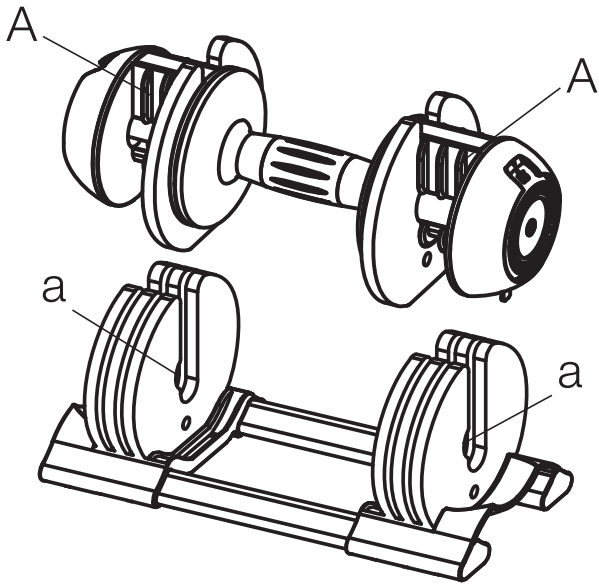
Exploded Parts Diagram



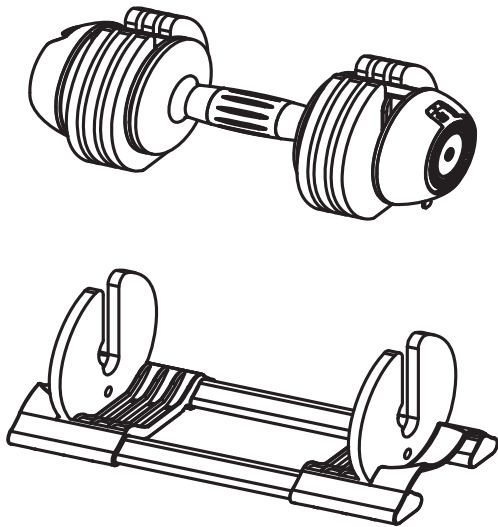
PART NO.	DESCRIPTION	QTY
1	Handle Bar	1
2	Dumbbell tray	1
3	Plate	8

Assembly

Keep the dumbbell tray in its upright position when unpacking and using the dumbbell.
Warning: Please keep the dumbbell tray for the installation and adjustment of weights.

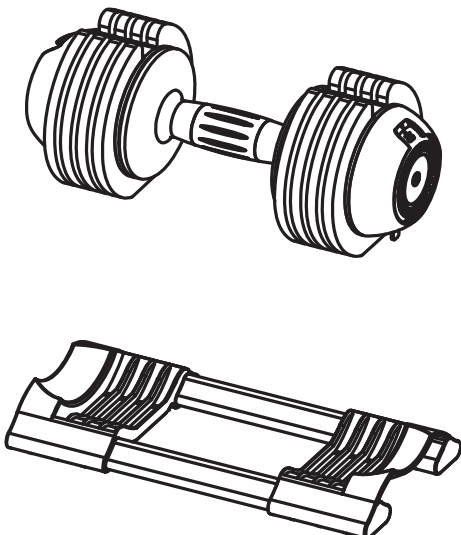


These female openings of a must match the male locking mechanism, marked A , of the handle bar.



To select a weight, push the handlebar down then lift the weight.

To lock the plate into position, and ensure it has clicked into place.



Warning! Do not attempt to adjust the dumbbell weight unless securely housed in the tray provided
Please use the dumbbell with care, ensuring you do not drop it or forcefully place it into the tray
Please press the base tray down before lifting the dumbbell.

Warming Up

A good warm up should loosen your muscles and help prepare your body for exercise, as well as reducing the risk of injury. A typical warm up consists of 3-5 minutes of running on the spot, or skipping. This should increase your heart rate. It is advised to gradually increase the intensity of your workout until fully warmed up. If you experience pain or discomfort then stop or reduce the intensity of your workout.

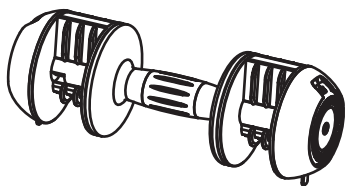
Strengthening

- Perform all exercises in a controlled manner.
- Be sure to synchronize your breathing correctly: breathe out when taking the strain and breathe in when releasing pressure.
- Improving stamina: Consider performing an exercise up to 15 times (repetitions) set and then 3 to 5 sets i.e. 10 repetitions x 3 sets with a rest between each set.
- Improving muscle mass: Consider performing an exercise at least 6 times (repetitions) set and then 3 to 5 sets i.e. 6 repetitions x 3 sets with a rest between each set.
- Take a short break of 1 to 4 minutes between each set of exercises.
- 3-5 training sessions a week, with a duration of 20-40 minutes, is recommended.

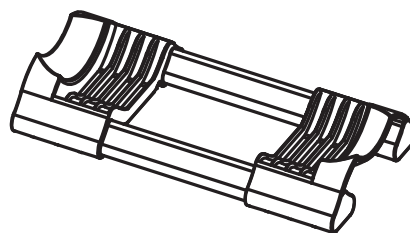
Warning

- The safety and performance of the equipment can only be maintained if regularly checked for damage and wear.
- These dumbbell exercises are not suitable for children below 15 years of age.
- These are not toys. Please keep Dumbbell Set out of the reach of children.
- Any use in a commercial environment invalidates all and any warranty/guarantee.
- This product is not suitable for therapeutic purposes.
- Please ensure there is a minimum of 2.5m of free space, in all directions, for safe operation.
- Keep unsupervised children away from the equipment
- Injuries to health may result from incorrect or excessive training
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms, stop the exercise and seek medical attention.
- Please do not lift the weight adjusting knob when the dumbbell or handle has been lifted from the dumbbell tray.
- Please do not drop the dumbbell to the floor.
- Always return the dumbbell to the base tray gently after exercising.
- Please do not shake the dumbbell forcefully.
- Please do not bump the dumbbells into each other.

Components-Parts



Handle 1pc



Dumbbell tray
1pc



Plate 8pc