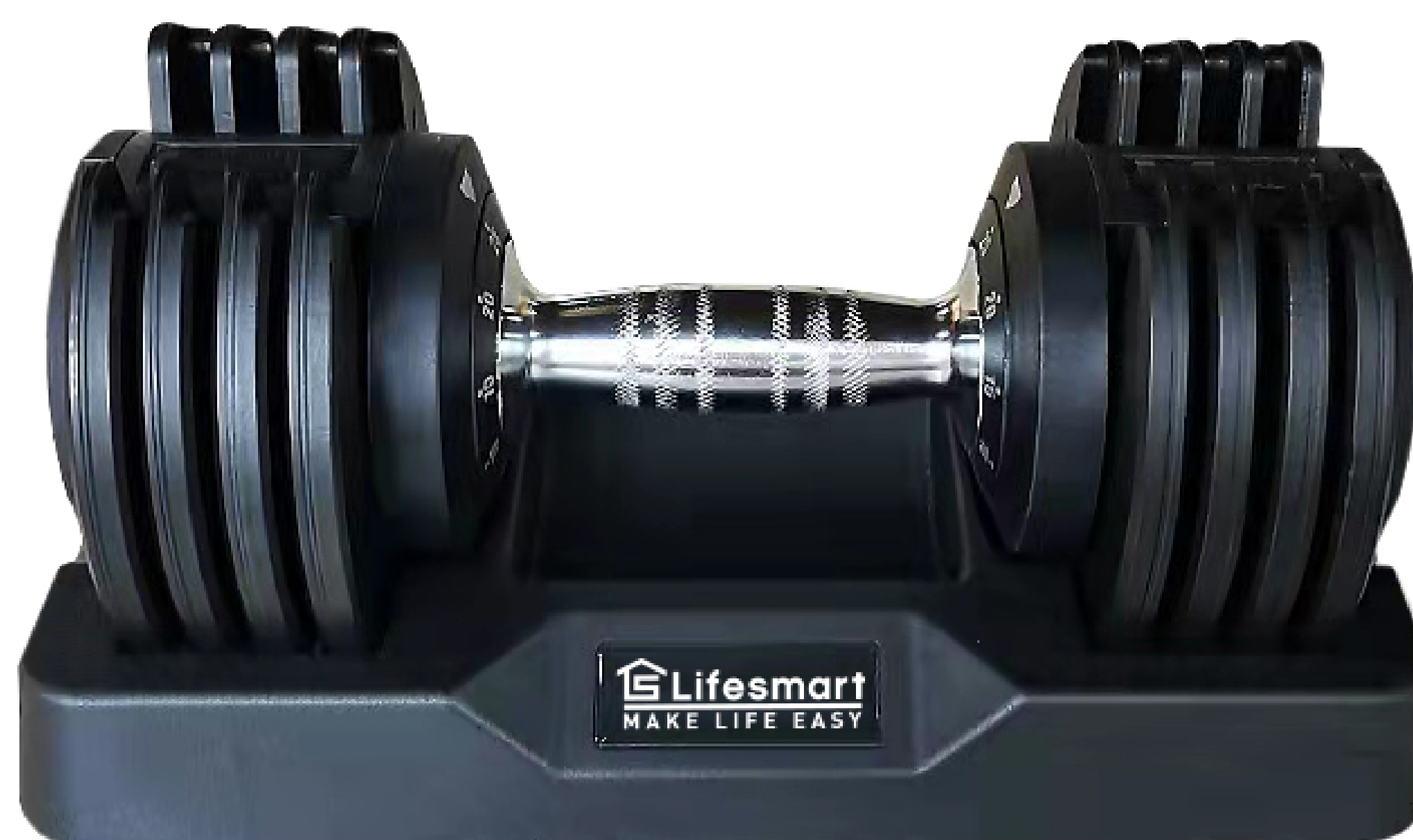


## ⚠️ WARNING:

Thank you for purchasing Adjustable Dumbbells Set. This equipment offers a selection of exercises designed to develop the major muscle groups of the body, making it more effective to exercise at home or garage. Please read all the precautions and instructions in this manual before using the equipment. Please keep this manual for future reference.

MODEL #KFT-DB25LB

# Adjustable Dumbbells Set User's Manual



# TABLE OF CONTENTS

SAFETY WARNING -----

1

PRODUCT SPECIFICATIONS -----

3

HOW TO USE -----

4

WORKOUT GUIDE -----

6



# SAFETY WARNING

## BEFORE YOU START

Thank you for purchasing the Adjustable Dumbbell Set. This innovative dumbbell is designed to provide you with adjustable dumbbell weights that can be adjusted from 5 pounds to 25 pounds through its efficient dial switch. The ergonomic dumbbell handle will be able to fix a selected number of weight members to on the handle device with the plates. The adjustable dumbbell set eliminates the need to use multiple dumbbells of different weights, so you have an organized workout area. In order to utilize this product for the best workout effect, it is essential that you must carefully read and fully understand this user manual before starting to use the adjustable dumbbell set.

## IMPORTANT PRECAUTIONS

**WARNING: To reduce the risk of serious injury, read the following important precautions and instructions before you use this product. assumes no responsibility for personal injury or property damage sustained by or through the use of this product. Please note the following safety procedures:**

1. Keep pets and children under 15 years old away from this product.
2. Be sure to check this product before each use to ensure structural integrity. In case of wear, screw drop, rust and other problems, the equipment should be repaired or replaced in time to ensure that all parts are in good condition.
3. Don't let the product fall freely on the ground which may damage the product and cause personal injury.
4. Lubricate moving parts as needed (depending on usage).
5. Please consult your doctor before starting any exercise program. If you experience dizziness, nausea, chest pain or any other abnormal symptoms while using this product, please stop exercising immediately and consult a doctor.
6. In order to achieve a significant exercise effect and not cause excessive burden on the muscles, the number of exercises should be controlled within a reasonable range
7. Do not insert any objects into any openings.



# SAFETY WARNING

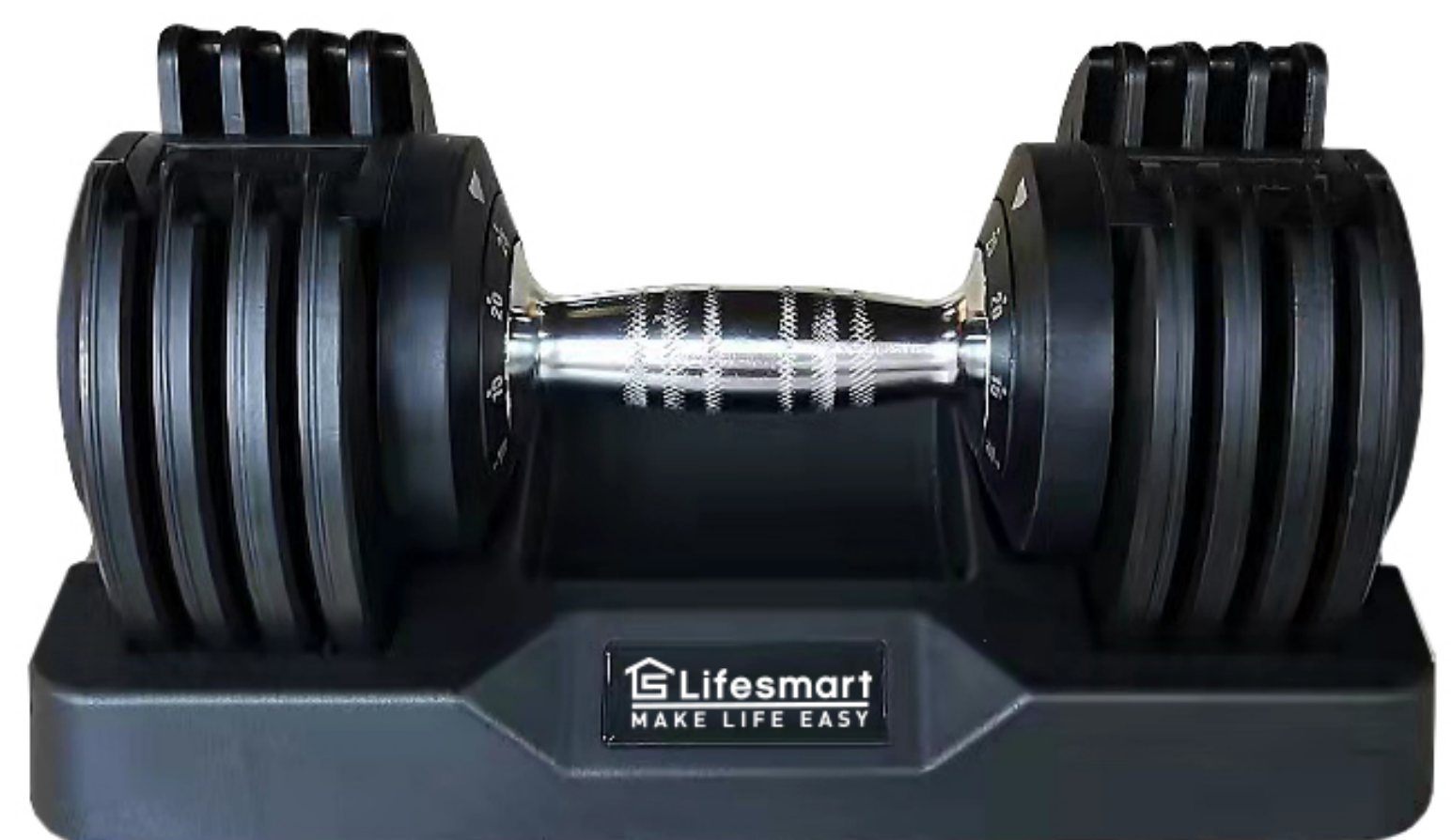
8. Before using this equipment, be sure to perform stretching exercises to warm up.
9. Use this equipment only in accordance with the instructions in the manual.
10. Be sure to wear proper exercise clothes and shoes when exercising. Do not wear robes or other clothing that will wear down the device.
11. This product is only suitable for indoor and home use. Do not use this product in commercial, rental or institutional environments.
12. If you have any questions, please contact seller on Amazon.

## SAFETY WARNING LABELS



### WARNING

Please be sure adjust to the scale mark before using to prevent the dumbbells pieces falling off.





# PRODUCT SPECIFICATIONS

## Product Parts



Handle X 1

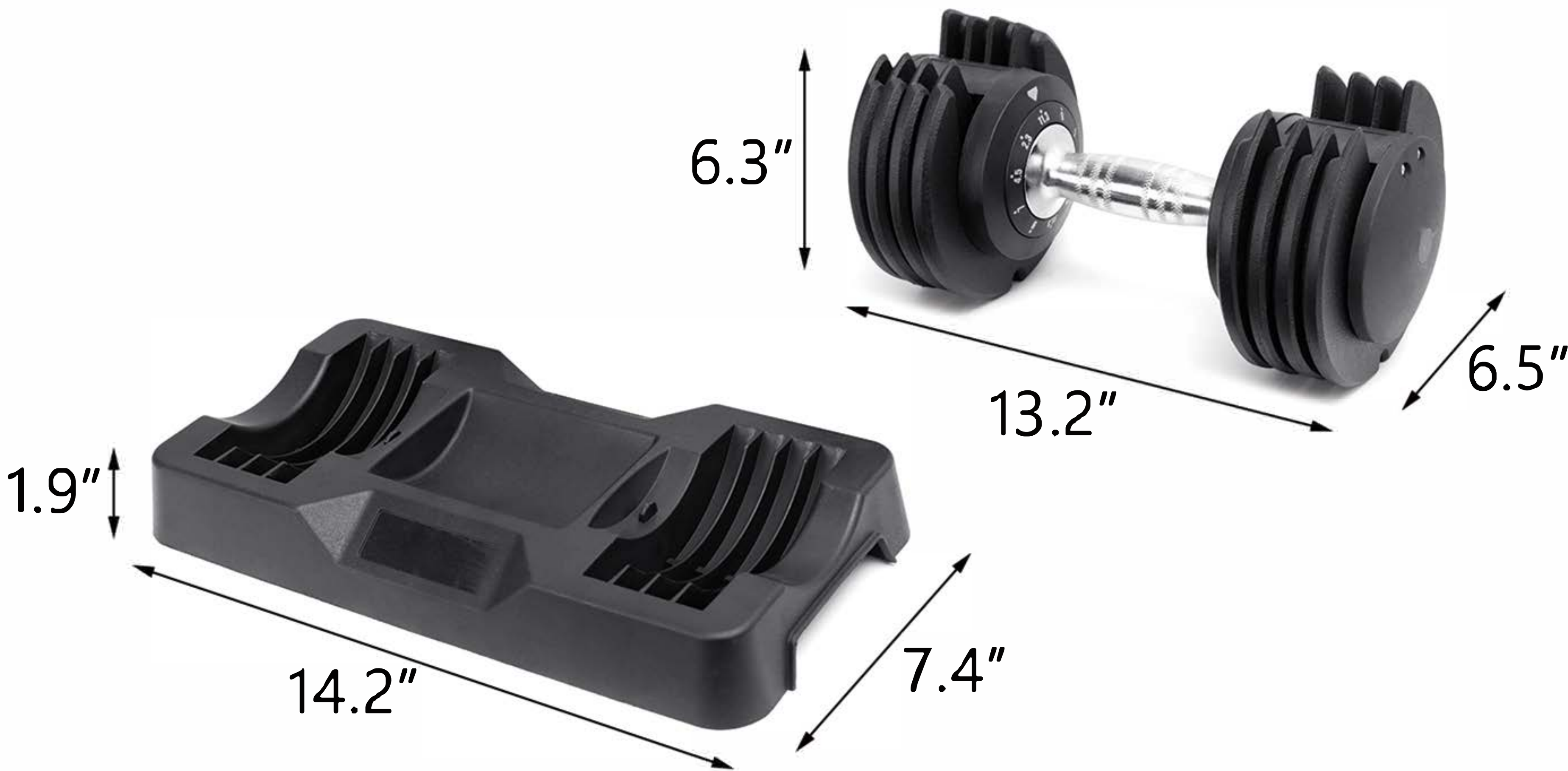


Weight Plate X 8



Weight Plate Base X1

## Dimensions





# HOW TO USE

## 1.Place the Weight Plates.



Weight plates need to be evenly placed on the bottom of the base, and the slotted side of the weight plates should face the center handle of the dumbbell, as shown in the figure above.

## 2.Place the Dumbbells Handle.



To unlock the safety lock of the dumbbell handle, push down slightly on the dumbbell handle assembly to make sure the handle is fully pressed into the weight plates base.

## 3.Turn the Handle Grip to Select Weight.



Turn the dumbbell handle grip to adjust the number of weight plates lifted each time to achieve the dumbbell weight you want to use.



# HOW TO USE

**First Gear:5LB**



**Second Gear:10LB**



**Third Gear:15LB**



**Fourth Gear: 20LB**



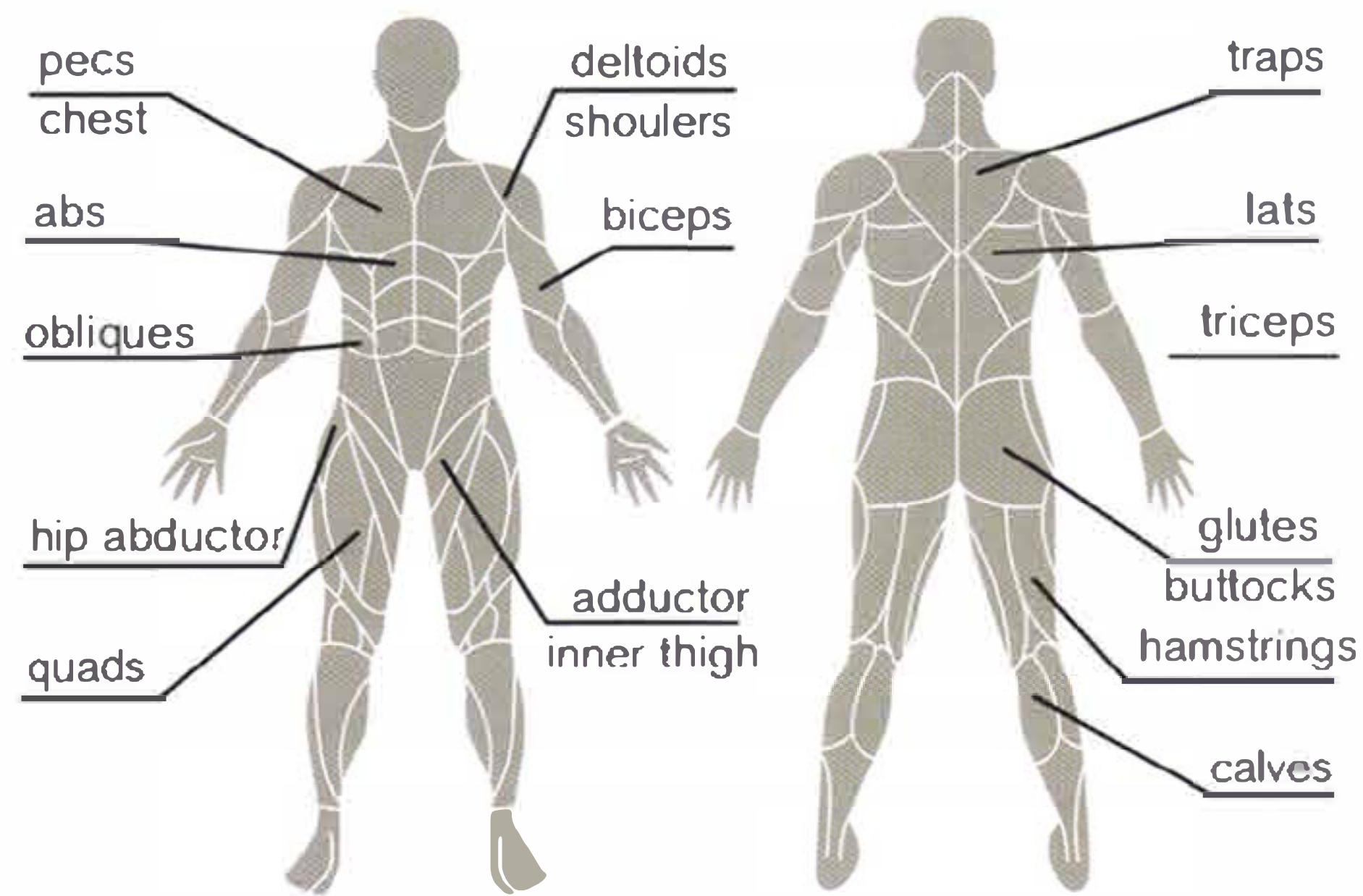
**Fifth Gear: 25LB**



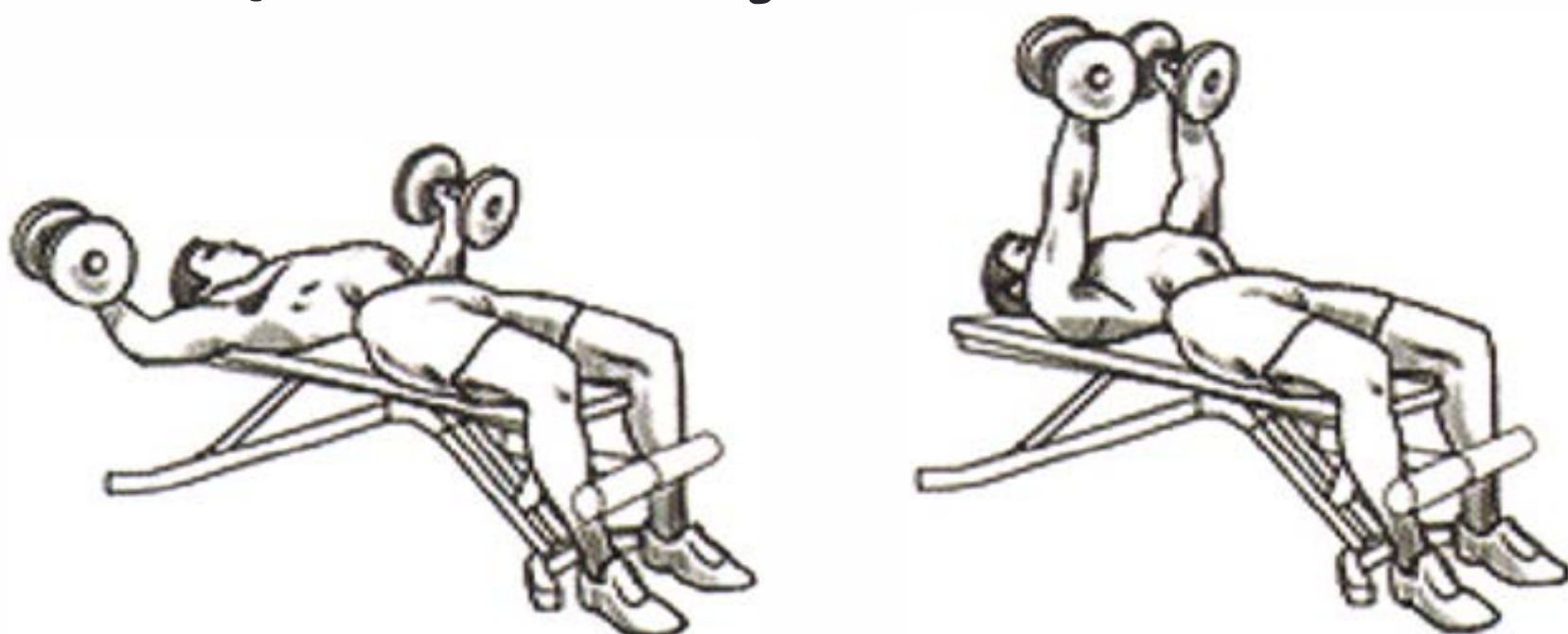


# WORKOUT GUIDE

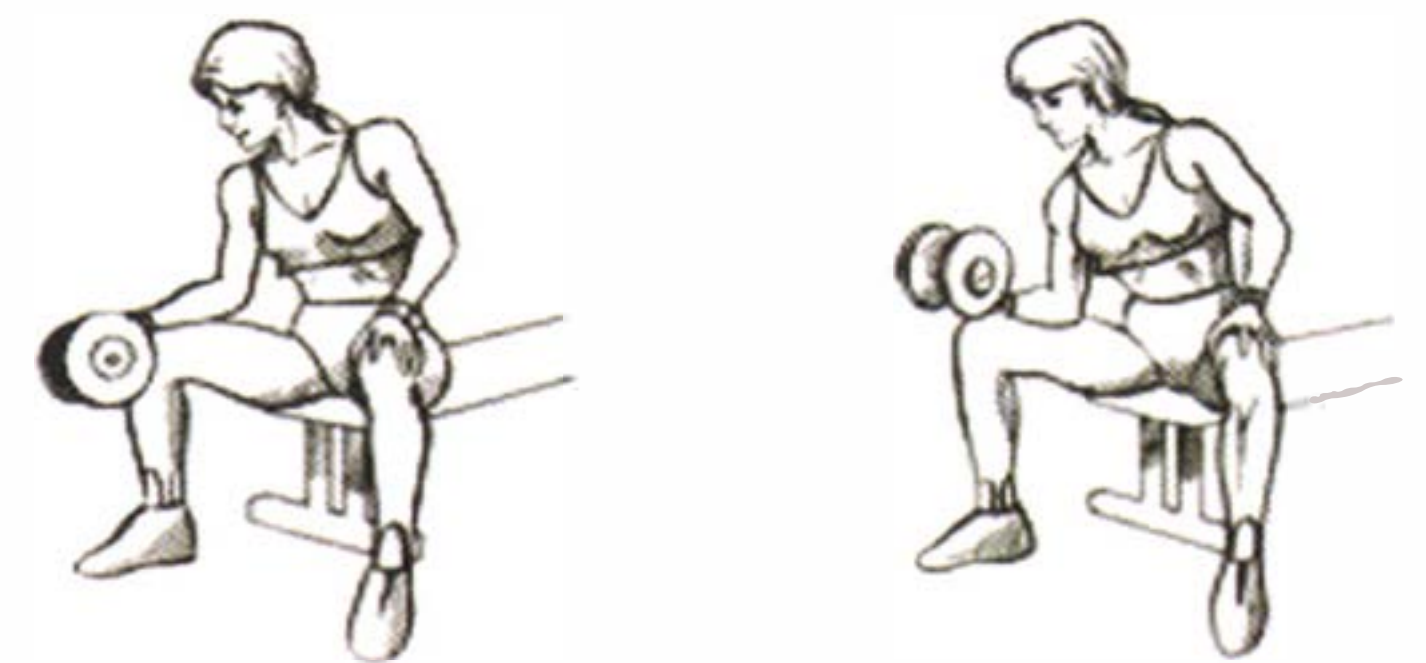
## MUSCLE MAP



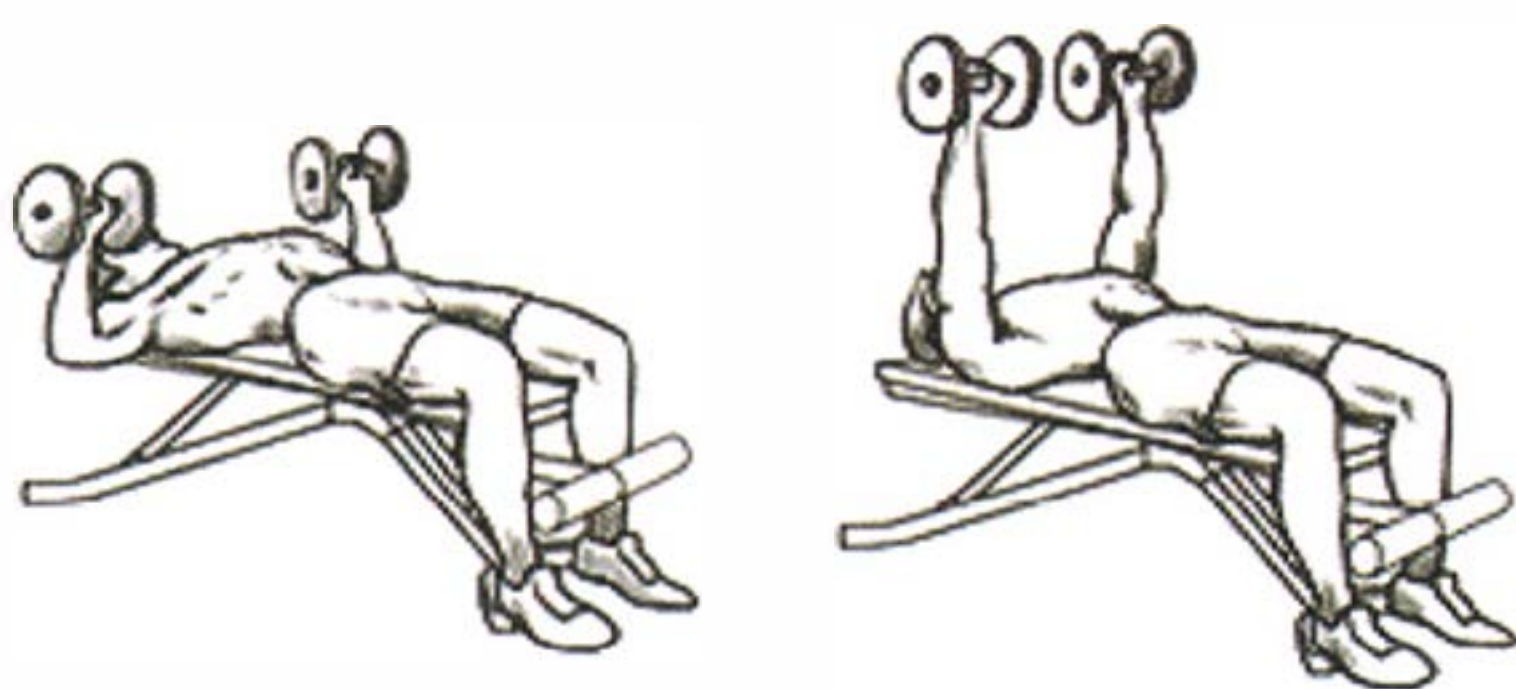
### Chest | Chest Fly



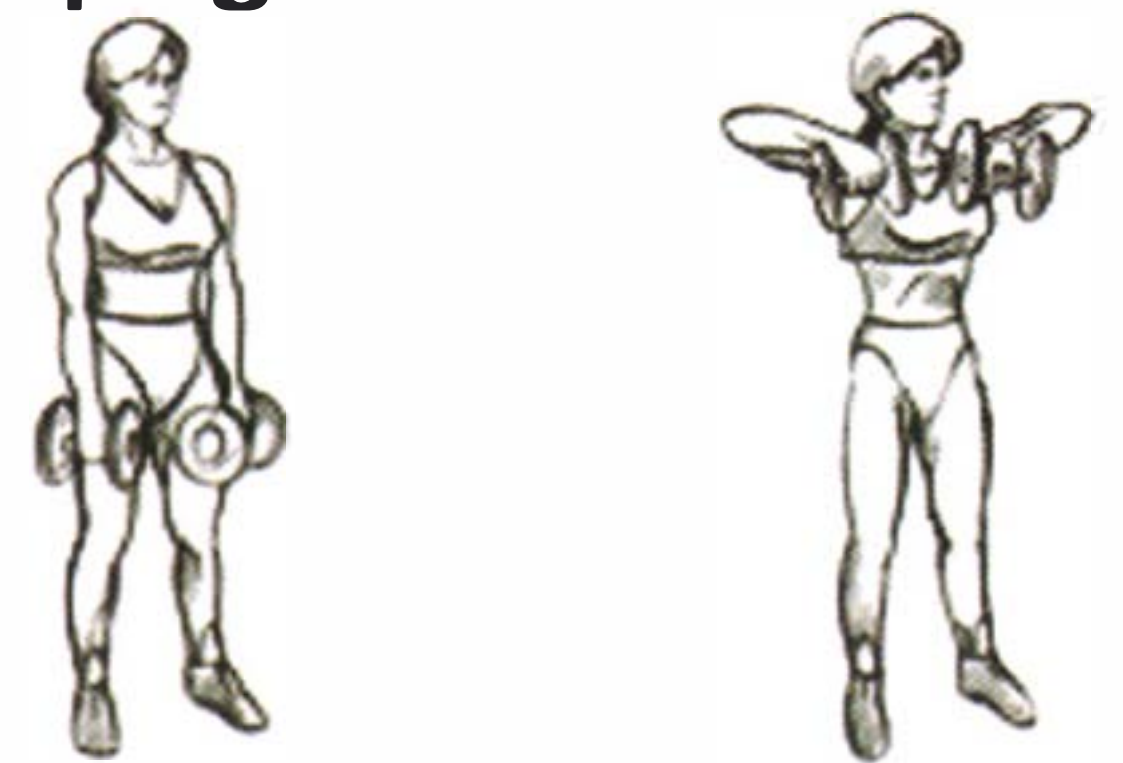
### Forearms | Wrist Curl



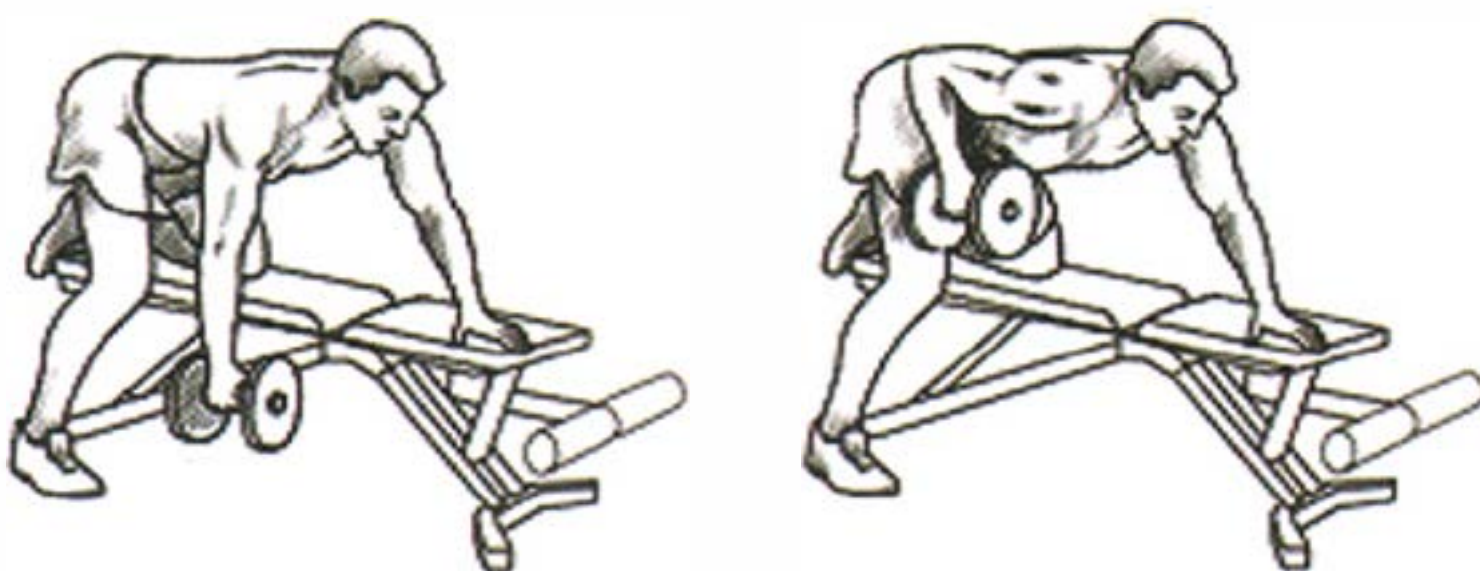
### Chest | Dumbbell Press



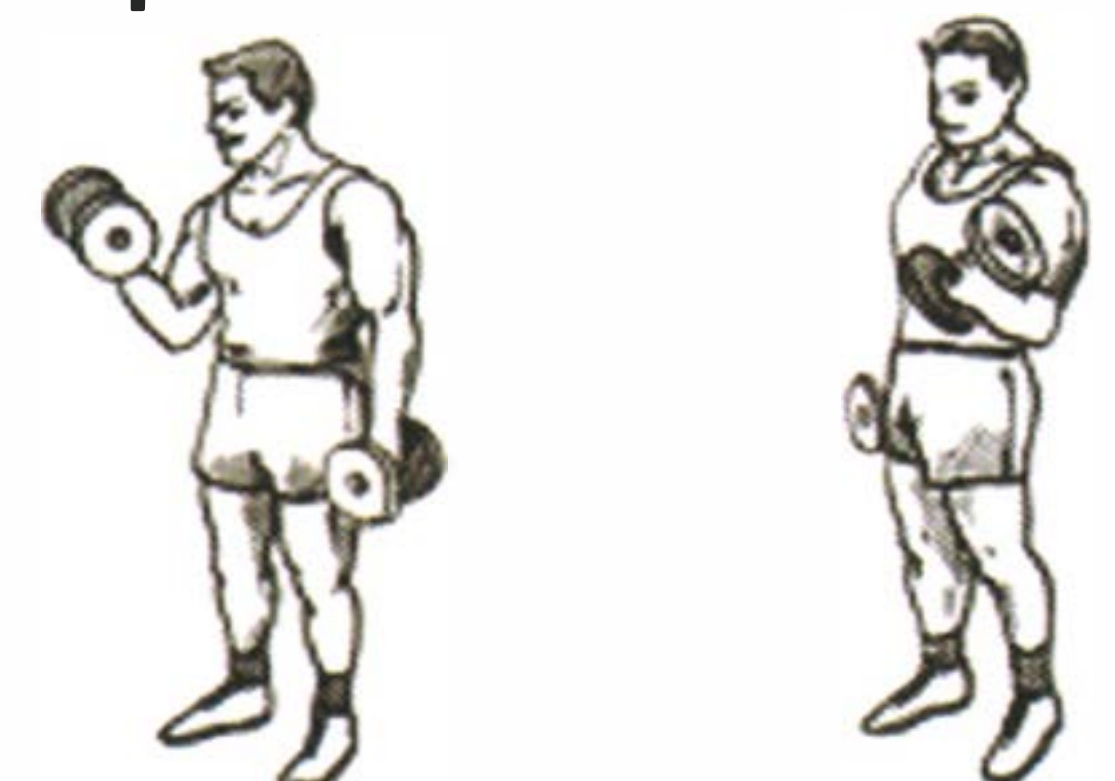
### Shoulders | Upright Row



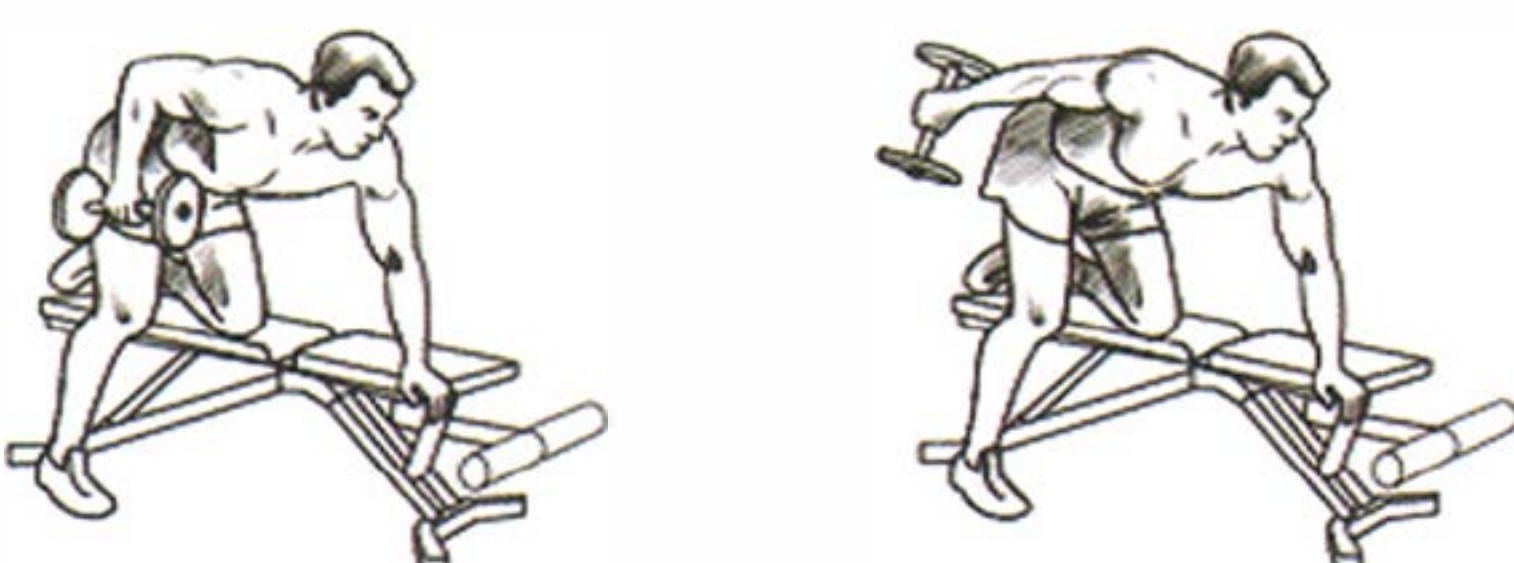
### Back | Row on Knee



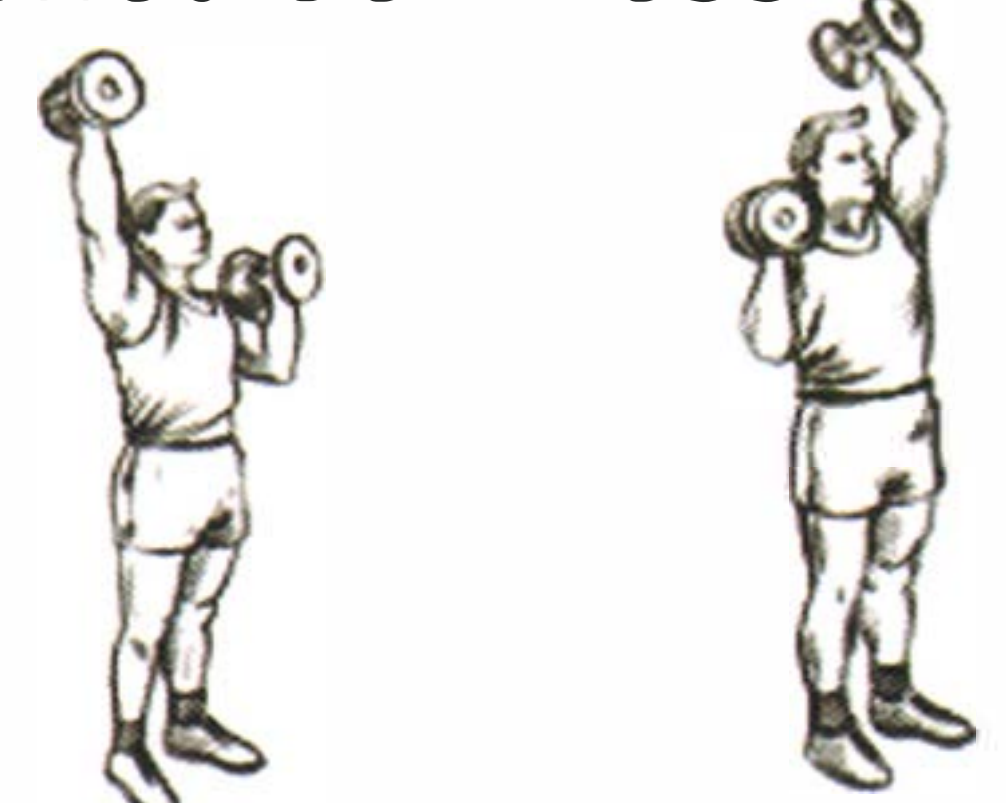
### Biceps | Biceps Curl



### Triceps | Triceps Kickback



### Shoulders | Shoulder Press





---

## 30-DAY LIMITED WARRANTY

The manufacturer warrants this heater against defects in materials and workmanship on functional parts, for a period of 30 days from the original date of purchase. Your sales receipt showing the date of purchase of the product is your proof of purchase. Keep it in a safe place for future reference. This warranty is subject to personal use only, commercial or rental applications will not be covered.

This product is made with the highest quality materials and is warranted to be free from defects in materials and workmanship at the time of purchase. This limited warranty applies to products manufactured or distributed by the manufacturer, are delivered in the continental United States or Canada and extends to the original purchaser, or gift recipient. This warranty becomes valid at the time of purchase and terminates either by the specified time frame listed above and/or owner transfer. Any refunds or monetary compensations must be claimed through the place of purchase (retailer), and not through the manufacturer. Any extended warranties (warranties that cover above and beyond this manufacturer warranty) that are sold through a retailer or third party, are not directly correlated with this products' limited warranty, and may be redirected to said retailer or third party for coverage.

This warranty extends through the manufacturer of the product, and covers functional parts only. Cosmetics are not covered, unless unequivocally determined it is a workmanship defect. Shipping damage should be addressed with the shipping company, retailer, or place of purchase, not the manufacturer unless the manufacturer was the direct shipper.

The manufacturer's sole obligation under this warranty shall be limited to furnishing the original purchaser replacement parts for units deemed repairable by the supplier's warranty department. The purchaser is responsible for insuring any parts shipped or returned, if desired. The purchaser is responsible to prepay any shipping charges (both ways) including, but not limited to taxes and duties. All exchanged parts and products replaced under this warranty will become the property of manufacturer. The manufacturer reserves the right to change manufacturers of replacement parts or products for use, in order to cover any existing warranty.

The purchaser may be asked to provide the supplier with proof of purchase documents (including the date of purchase) if requested. Any evidence of alteration, erasing, or forgery of proof of purchase documents will be just cause to VOID this limited warranty. Products, in which the serial number has been defaced or removed are not eligible for warranty coverage.

This warranty does not apply if the unit has been subject to negligence, fabrication, misuse, abuse, or repairs, alteration by non-manufacturer authorized personnel, inappropriate installations, or any case beyond the control of the manufacturer. Examples of warranty invalidation may also include, but are not limited to:

- Normal wear/tear/weathering
- Pet/consumer accidents
- Purchases from dealers unauthorized by the manufacturer (Authorization in writing)

The manufacturer shall not be liable for any loss due to use (or misuse) of the heater or other incidental or consequential costs, expense or damages without irrefutable foundations. Under no circumstances shall the manufacturer or any of its representatives be held liable for injury to any person or damage to any property, however arising. Any implied warranty shall have duration equal of the applicable warranty stated above. Specifications are subject to change without notice or obligation.

This limited warranty gives the original purchaser specific legal rights. Other rights may vary from state to state.

**Questions, problems, missing parts?** Contact technical support department at 657-341-0362, 9:00 a.m. - 5 p.m., PST, Monday - Friday or visit contact us via email at [cs@scsources.com](mailto:cs@scsources.com)  
Please have your model and serial number ready

Scan QR Code to Visit Registration Page:

