

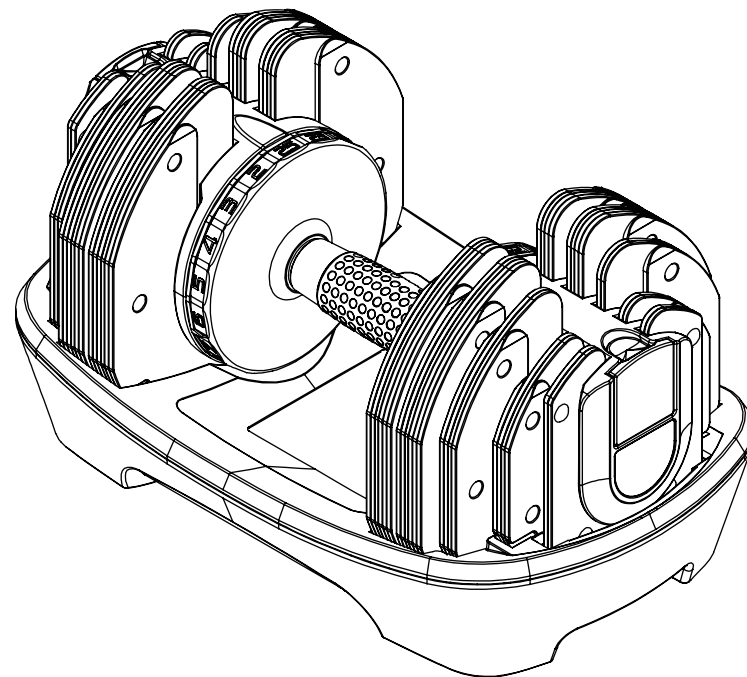


COSTWAY®

Please give us a chance to make it right and do better !

Contact our friendly customer service department for help first.
Replacements for missing or damaged parts will be shipped ASAP !

US office: Fontana **UK** office: Ipswich **AU** office: Truganina
DE office: Hamburg **FR** office: Saint Vigor d'Ymonville **PL** office: Gdańsk



Contact Us!

Do NOT return this item.

Contact our friendly customer service department for help first.



US: cs.us@costway.com
UK: cs.uk@costway.com
AU: cs.au@costway.com

USER'S MANUAL Adjustable Dumbbell (25kg/55lb) FH10050

THIS INSTRUCTION BOOKLET CONTAINS **IMPORTANT** SAFETY INFORMATION. PLEASE READ AND KEEP FOR FUTURE REFERENCE.



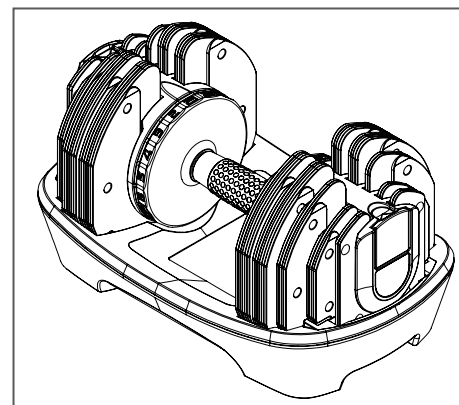
Before You Start

- ⚠ Please read all instructions carefully.
- ⚠ Retain instructions for future reference.
- ⚠ Separate and count all parts and hardware.
- ⚠ Read through each step carefully and follow the proper order.
- ⚠ We recommend that, where possible, all items are assembled near to the area in which they will be placed in use, to avoid moving the product unnecessarily once assembled.
- ⚠ Always place the product on a flat, steady and stable surface.
- ⚠ Keep all small parts and packaging materials for this product away from babies and children as they potentially pose a serious choking hazard.

1 BEFORE YOU BEGIN

Thank you for purchasing our dumbbell. The innovative dumbbell allows you to quickly and easily vary the amount of weight that you use during your workouts, eliminating the need for multiple dumbbells of different weights. Note: Depending on the model that you purchased, either one or two dumbbells are included.

For your safety and benefit, read this manual before you use the dumbbell. In addition, consult a qualified trainer or another reputable source of instruction to learn the proper technique for the exercises that you will perform. If you have a question after reading this manual, please contact us.



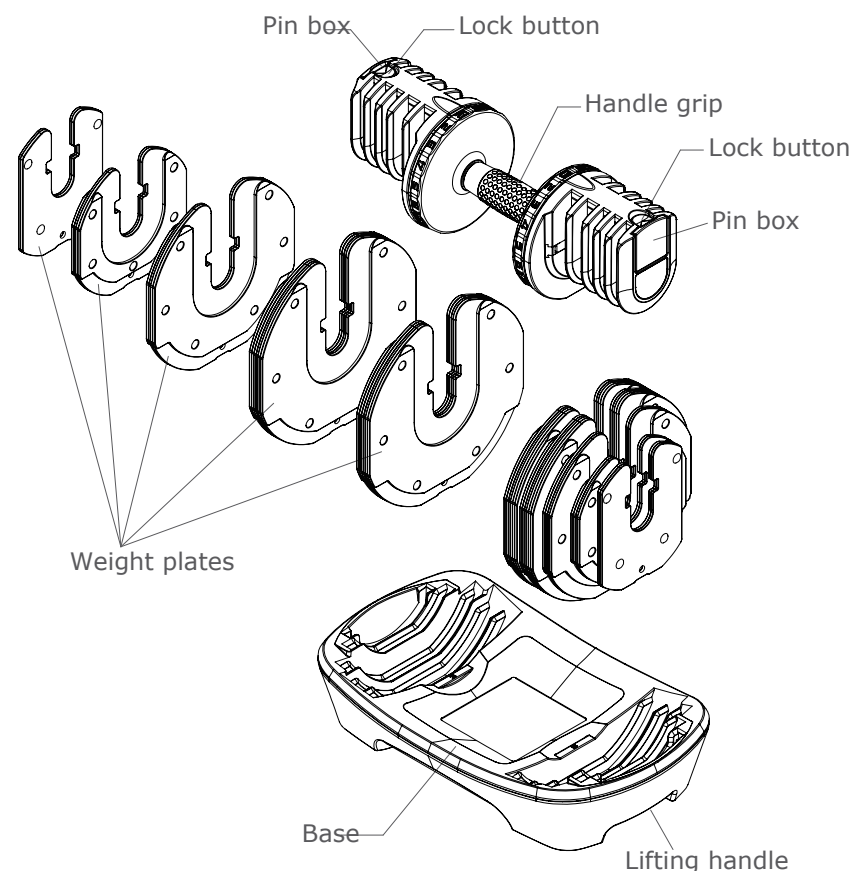
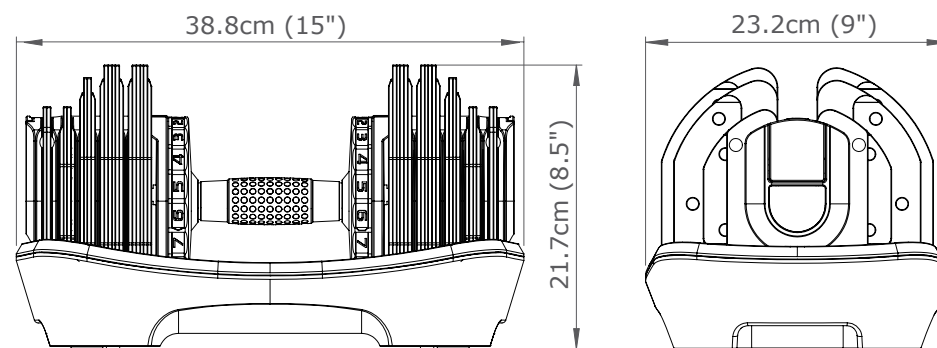
2 IMPORTANT PRECAUTIONS




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

1. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all precautions.
2. Before you begin any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. This product is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about the use of the product by someone responsible for their safety.
4. This product is intended for indoor, home use only. Do not use this product in a commercial, rental, or institutional setting.
5. Place this product on a firm, level surface, with ample clearance around it and above it for the exercises that you will perform.
6. Place only the included dumbbell on the tray.
7. Inspect this product before each use. Do not use this product or try to repair it if it is damaged.
8. Keep children under age 13 and pets away from this product.
9. Always wear protective footwear while using this product. Never place your fingers between the dumbbell and the tray.
10. Use this product only as described.
11. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you feel pain while exercising, stop immediately and cool down.

3 DIMENSION AND COMPONENTS



4 WARNINGS

 Periodically inspect and test the locking mechanism for proper function. Add proper silicone oil for lubricating if necessary.


Periodically check out the base slots and keep clean, and make sure all weight plates can be put in smoothly.

Never attempt to force the adjustment handle grip to rotate the dumbbell that has been removed from the dumbbell base.

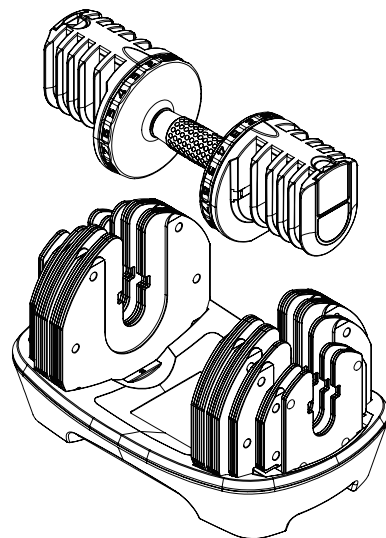
Never allow the dumbbells to drop freely to the ground. Damage to the product and potential personal injury may occur.


Never allow dumbbells to forcefully bump together during use. Damage to the product and potential personal injury may occur.

Never attempt to disassemble your Adjustable Dumbbell handle, or base assembly-the product is not designed to be user serviced.

 Do not put the handle back in to the base without weights unless it is set to the minimum 2kg (4.4lbs). Otherwise this will cause damage to the pin boxes.

Solution : Adjust the handle to the minimum 2kg (4.4lbs) weight and push back the pin boxes. The handle can then be put back in the base.



 Do not rotate the handle grip to adjust weight if you haven't pulled out two pin boxes, or will cause damage to pin boxes.

Do not push back two pin boxes if the weight number hasn't aligned to instructed area when adjusting weight, or will cause damage to pin boxes.

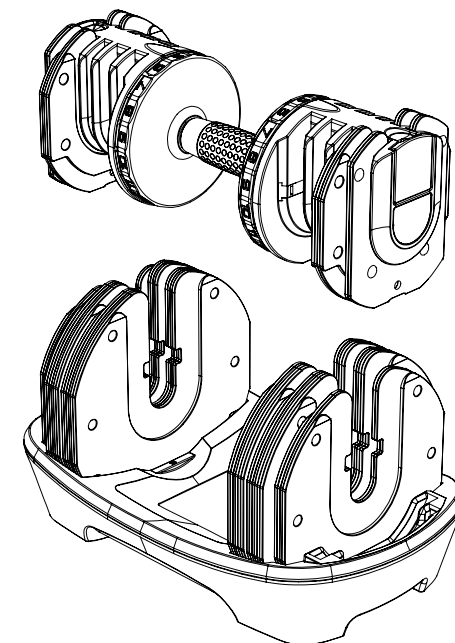
Do not put back the handle if the weight number hasn't aligned to instructed area when adjusting weight, or will cause damage to pin boxes.

Do not lift the handle if you haven't pushed back two pin boxes, or all weight plates will be lifted. The weight plates might fall off if you pushed back after lifting the handle. This may result in injury or even death.

Do not pull out the two pin boxes and rotate handle grip after you lift the handle with weight plates, the weight plates might fall off if you pushed back the two pin boxes. This may result in injury or even death.

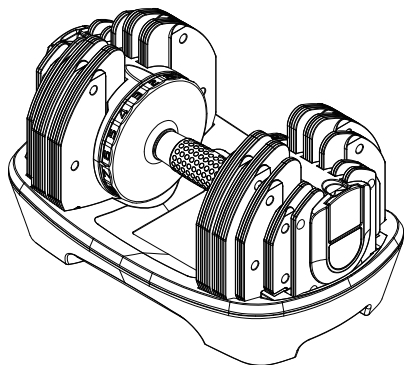
If you pulled out pin boxes and rotated hand grip accidentally, but haven't pushed back pin boxes, stop using immediately.

Solution: Put the handle with plates on the ground, adjust the handle to minimum 2kg (4.4lbs) weight, and push back the two pin boxes, then select weight plates under the handle. And then put the weight plates back to base to continue use.

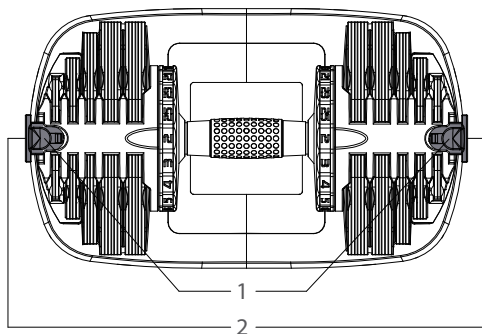


5 OPERATION

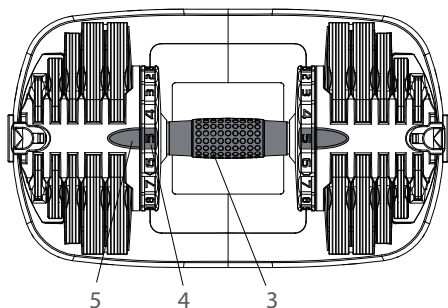
1. Put dumbbell handle and weight plates on the base, and make sure each part in good condition.



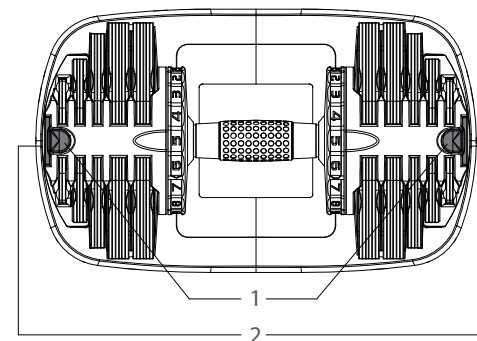
2. Press Lock buttons (1) on both sides and pull out the Pin boxes (2) to adjust weights.



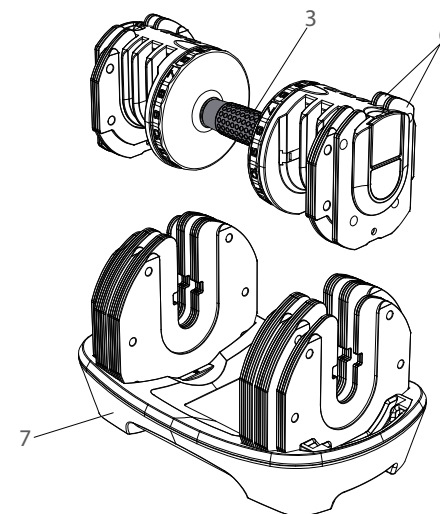
3. Hold Handle grip (3) and rotate desired Weight number (4) aligning to Indicating area (5).



4. Push back Pin boxes (2) on both sides, and make sure Lock buttons (1) in safe lock status.



5. Pull only Handle (3) or handle with Weight plates (6) straight up from the Base (7). Put it back on the Base (7) after training.



NOTE: Because PA material itself has the characteristics of water absorption expansion (including moisture in the air), pin box and other components may absorb water and cause the problem of shrinkage of fit clearance. Please use this dumbbell in dry environment.