

Cautions

1. Please follow the instructions and install the dumbbell by order.
2. Please make sure all the plates and handle are on the same horizontal line. If there is any raised area, you may fix it by reinstalling the plates, you can use some strength to force it down into the cradle.
3. If you are unable to adjust the dial from first level to second level, it may be caused by there are gaps at the corners of plates , check and slightly shake the plates with your hands to eliminate the gap between the plates and the handle.
If it does not work, we need to do the troubleshoot as below:

1) Adjust the dial to minimum level and remove all the dumbbell plates. PLEASE do not mix the order of the plates.

2) Put the handle on the cradle and adjust the dial to max weight. If it is smooth to do that, it means there are still gaps between the plates, you may check or mail our support team(support@snodesport.com) a detail video and we will help you with it. If is hard to adjust the dial to max weight, please also mail us and we will send you the video to fix it!

4. If you are stuck at higher levels, please back to the previous, then lift the dumbbell, force it down into the cradle. Or switch the left and right(rotate 180 degrees). If it still does not work, please mail our support team with a detail video, we will help you fix it!

5. If you are unable to adjust the dial during training, please check if you put it back correctly and shake the dumbbell to adjust the dumbbell.

6. During training, if you found the last plate is out of track or titled which makes the dumbbell hard to put back. Please check if it is well installed, the Grooves are right in place.

Maintenance

1. If there are stains on the handle, handle grip or cradle, use alcohol or detergent to clean it.

2. After using the dumbbell for a period of time, please maintain the V-groove with **White Lithium Grease** to prevent the V-groove spray powder from peeling and rusting.

5. The surface of the dumbbell is painted, during training, there may be problems with paint peeling due to impact or others, you can use black matte painting (check on Amazon with ASIN:B00F87S5KM).

6. If it has not been used for a long time, please maintain the handles as below before using.

1) Adjust the dial to minimum level and remove all the dumbbell plates. PLEASE do not mix the order of the plates

2) Put the handle on the cradle and adjust the dial to max weight, the rod inside the handle will go out to max length, so that the telescopic rod is extended to the longest, use **White Lithium Grease** on the rod.

3) Adjust the dial to minimum level and put all the plates back as order.