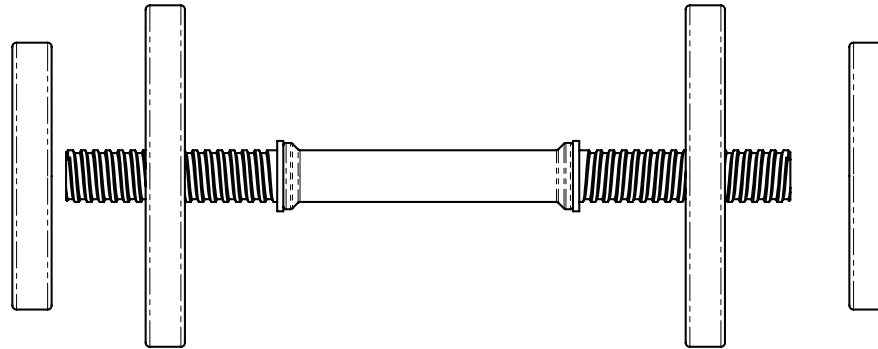


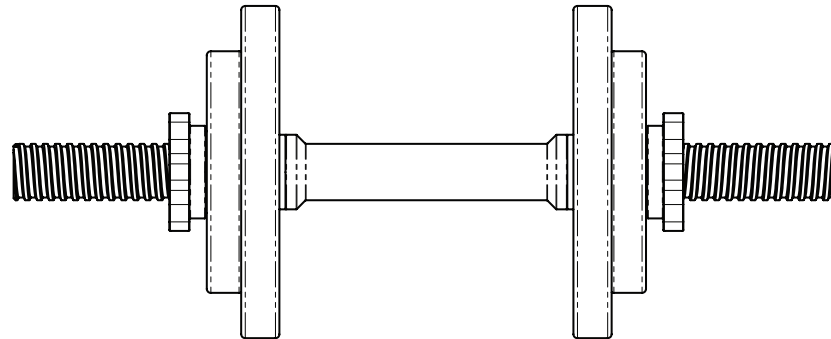
ADJUSTABLE DUMBBELL

SET UP DUMBBELL 1



PUT WEIGHT PLATE INTO DUMBBELL

2



FIX POSITION OF WEIGHT PLATE BY COLLARS

ADJUSTABLE DUMBBELL

LIMITED WARRANTY

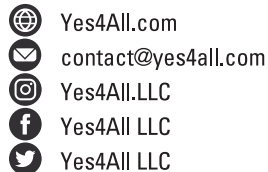
Under no circumstances shall Yes4all, or its affiliates, owners, officers, directors, employees, agents, suppliers, or trainers be liable to you or any third party for injuries or damages to any person or property, or any other damages of any nature arising out of or in connection with of the use or improper use or inability to use the Adjustable Dumbbell or any other legal theory and whether or not advised of the possibility of such damages.

This is a comprehensive limitation of liability that applies to all losses and damages of any kind (whether direct, indirect, general, special, consequential, incidental, exemplary, or otherwise), whether the claim is in contract, tort, or strict liability, even if an authorized representative of Yes4all has been advised of or should have known of possibility of such damages.



In case of any defect or concern, within 30 days contact us for free replacement and support solution by:

- Scanning this QR code to direct contact us
- Stickers included for sticking on easy-to-find places
- Or contact us through our social channels:



BEFORE USING THIS EQUIPMENT, OBEY THE FOLLOWING WARNINGS:

1. This product is NOT A TOY. Never allow children to use or play near this equipment. Teenagers under the age of 18 must always have parental supervision and instruction on the use of this product.
2. Consult a physician before starting any exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint.
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 by an individual responsible for their safety.
4. Before you start your workout, make sure that your surroundings are free from possible interference and third parties.
5. Begin each move slowly and with control, to learn proper form, balance, and coordination.
6. This product is intended to use indoors. DO NOT operate it outdoors or in moist or wet locations.
7. DO NOT use the product with worn or damaged parts. Contact Yes4All Customer Service for repair information.
8. DO NOT over exert yourself during exercise. Only use this product in the manner described in this manual.
9. DO NOT attempt to complete all the repetitions of an exercise in case you lose balance or control or you are not able to perform them with proper form.
10. DO NOT allow the dumbbell to drop freely to the ground from any height. Damage to the product and potential personal injury may occur.
11. DO NOT allow the dumbbell to bump together during use. Damage to the product and potential personal injury may occur.
12. Periodically inspect and test the locking mechanism and the wear-tear condition of the handle for correct and safe function.
13. Tighten the loose collars after every exercise to prevent falling plates and body injuries. Avoid using the product if detecting any sharp and unusual object.
14. The Dumbbell is very heavy. If you are not using the optional dumbbell stand, put the Dumbbell directly on the floor for best support.
15. Frequently check safety warnings on www.yes4all.com for the latest update regarding the proper use of this product.

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