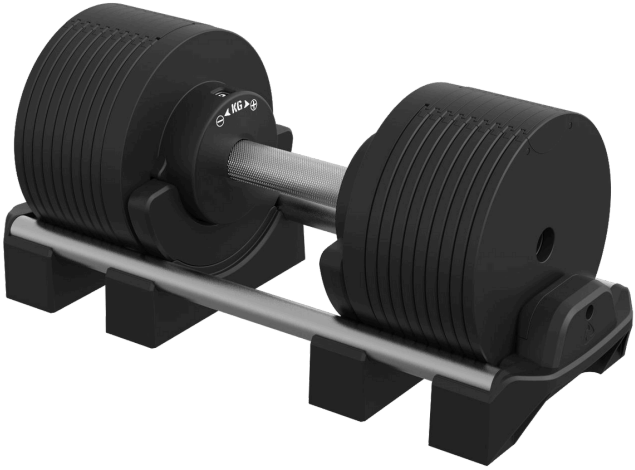
STEALTH
EQUIPMENT



User's manual

Adjust the gear	1	2	3	4	5	6	7	8	9	10
KG	2	4	6	8	10	12	14	16	18	20
Adjust the gear	11	12	13	14	15	16	17	18	19	20
KG	22	24	26	28	30	32	34	36	38	40

Before use

Thank you for your purchase.
For correct and safe use, please read this manual carefully before use.

Precautions for use

- Before each use of dumbbells, warm up properly with exercises such as stretching.
- It is recommended to wear protective gear when exercising.
- Disassembly of this product is prohibited.
- Do not modify this product. Improper modification may cause malfunction and danger.
- Before using the product, be sure to check for damage or cracks, if there is any abnormality, it is dangerous, please do not use it.
- Do not store in direct sunlight, hot and humid places or outdoors,otherwise it may cause damage to the product.
- If the product has not been used for a long time, please check the product carefully for any abnormality.
- If the dumbbell handle or dumbbell plate is artificially damaged, the dumbbell plate may fall off during use.
- Slowly and steadily lower the dumbbells back to the base.
- Since this product is for home use, non-designated users, such as gyms,outdoors, etc., are not covered by the warranty.
- Damage caused by modification, man-made damage, negligence, etc. is not covered by the warranty.
- When using it, make sure you have enough training space.
- Keep children and pets away from this product.
- When using it, please use the weight that suits you for training to avoid physical injury.
- It is the responsibility of the owner of this product to ensure that users are familiar with all warnings and cautions before use.

Accessories list

When you receive the product, be sure to check for missing accessories.

A Handle×1



B Base×1



C Dumbbell plate (outside)×2



D Dumbbell plate (inside), 40kg×18 32kg×14, 24kg×10



E Weight plate×2



F Spring components×1



G screwdriver×1

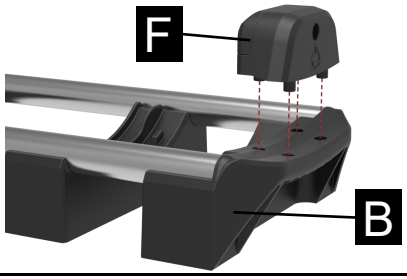


H Screw×8

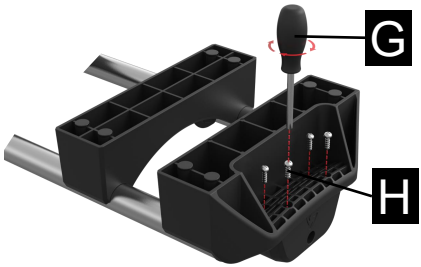


How to assemble

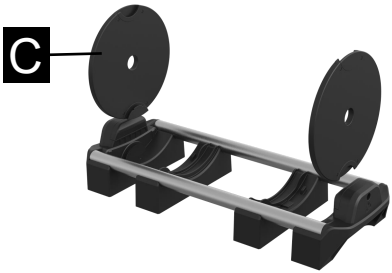
1 Insert the spring block onto the base



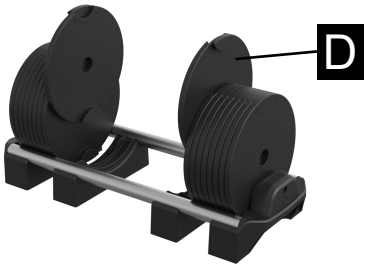
2 Use the tool to screw the screws into the base



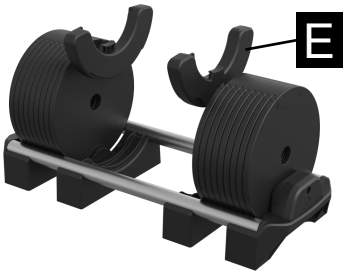
3 Put the dumbbell plate (outside)into the base.



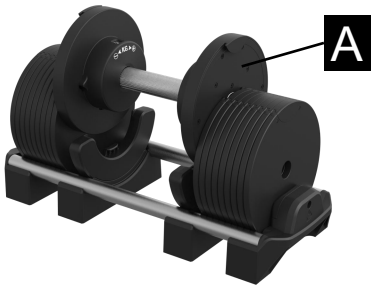
4 Put the dumbbell plate (inside)into the base.



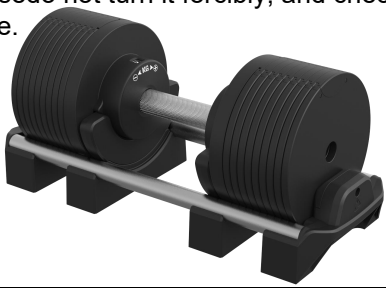
5 Place the weight stack into the base.

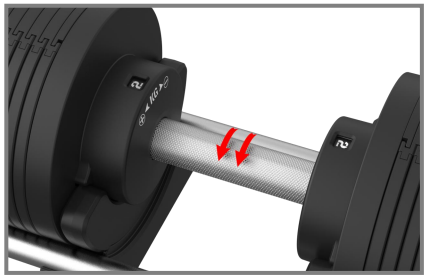


6 Put the handle into the base.



7 Finally turn the handle to see if the weight can be adjusted. If it cannot be turned, pleasedo not turn it forcibly, and check whether the installation is correct and in place.



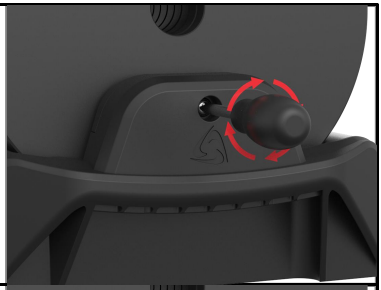


Instruction

Before use, check if the dumbbell plates are tilted. If they are tilted, please adjust them according to the instruction.

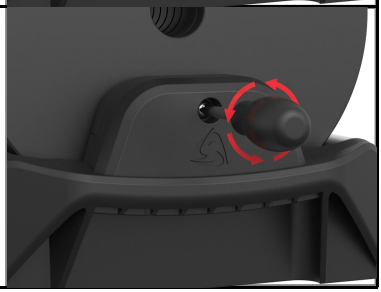
If the dumbbell plate tilts inward, use the tool to rotate the spring-loaded screw clockwise as shown.





If the dumbbell plate tilts outward, use the tool to rotate the spring-loaded screw counterclockwise as shown





Precautions

Before use or when adjusting the gears, ensure that the numbers are displayed correctly

Status when digital display is complete





Status when digital display is incomplete





