



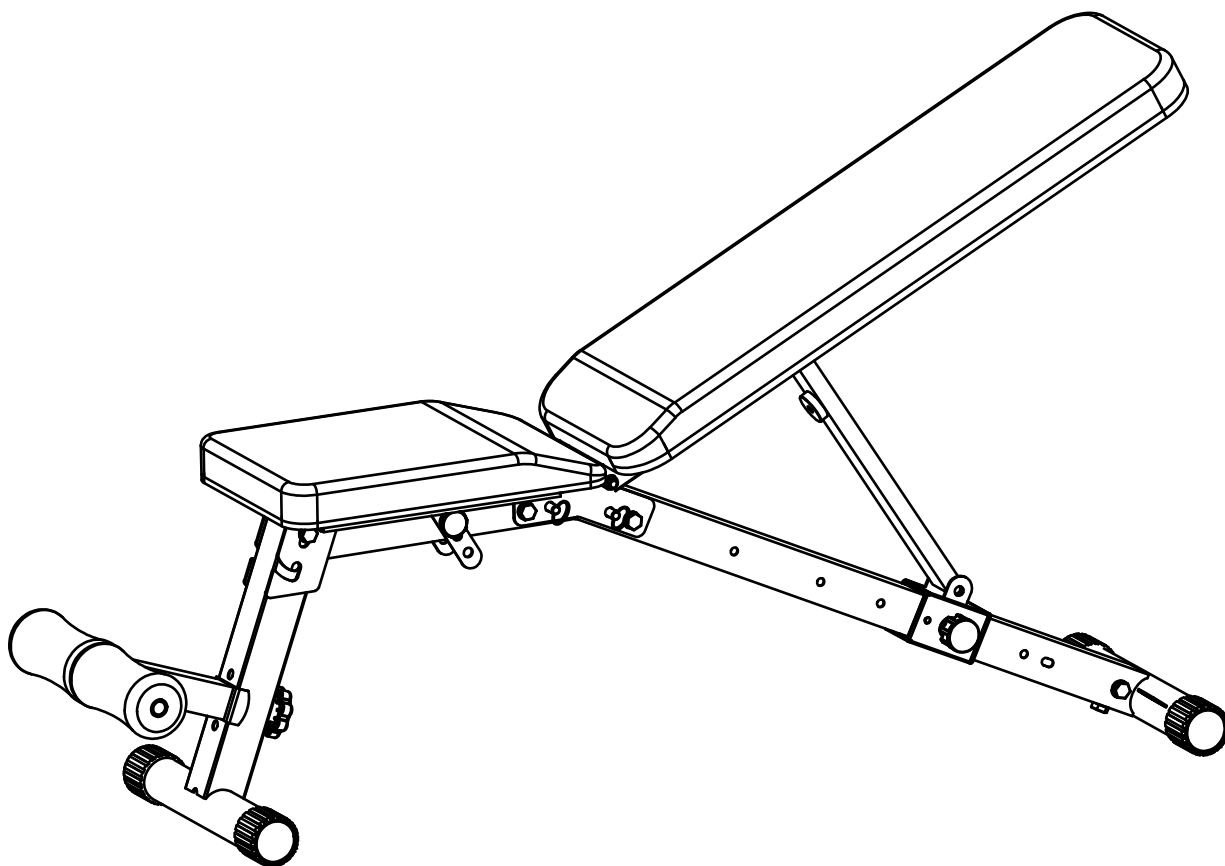
Adjustable Dumbbell Bench

Tools Required:
Adjustable Wrench
Socket Wrench Set
Rubber Mallet

OWNER'S MANUAL

Retain This Manual For Reference

Model : 2110



General Information

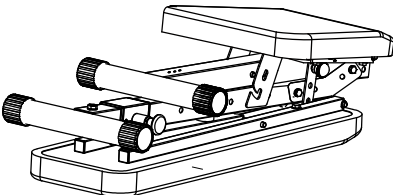
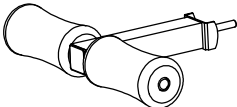
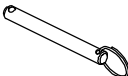

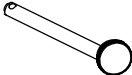
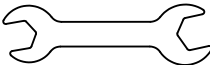
- The adjustable dumbbell bench has been designed and manufactured to comply with the latest British and European Safety Standards (BS EN 957) – parts 1 and 2 class (H) – home use – class (C).
- The adjustable dumbbell bench is not designed for therapeutic use.
- The Maximum user weight for the adjustable dumbbell bench is 100kgs.

Safety

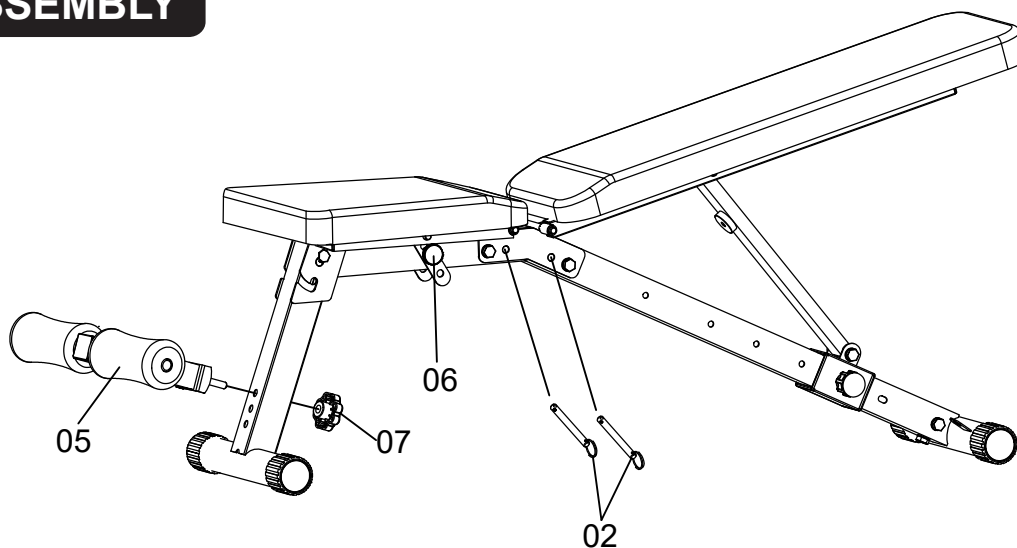
- It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warning and precautions.
- Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that would create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these symptoms you should consult your doctor before continuing with your exercise program.
- Keep children and pets away from the equipment, it is designed for adult use only.
- The equipment is only to be used on a solid flat surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 meters of free space on all sides.
- Before using the equipment check that the nuts and bolts are securely tightened.
- The safety level can only be maintained if it is regularly examined for damage and or wear and tear.
- Always use the equipment as indicated. If you find any defective components whilst assembling or checking, or hear any unusual noises during use stop immediately. Do not use the equipment until rectified.
- Care must be taken when lifting or moving the equipment as as not to injure your back. Always use proper lifting techniques and or use assistance.

Assembly Instructions

PART LIST

NO.	P/N	Image	Quantity
1	—		1 set
2	05		1 set
3	02		2 pcs
4	07		1 pc
5	06		1 pc
6	—		2 pcs

ASSEMBLY

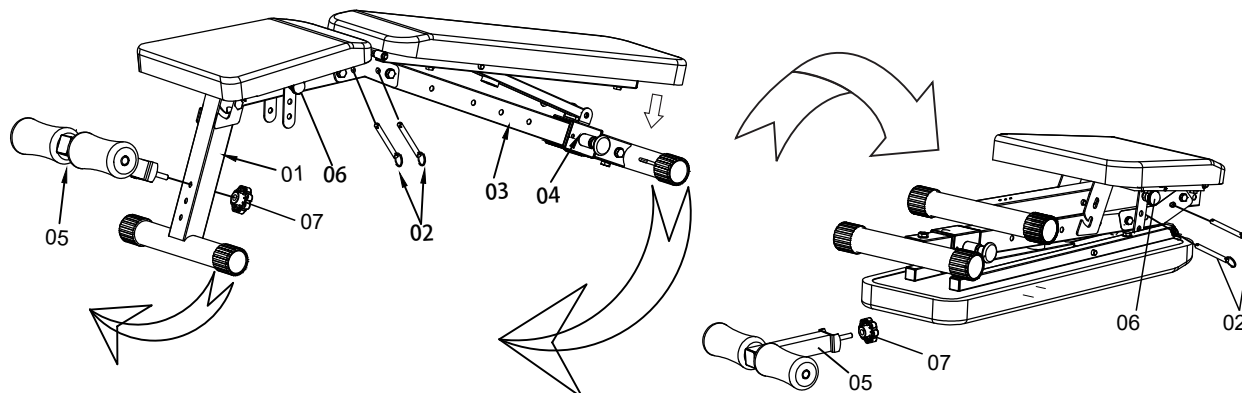


NOTE:

Before using this adjustable dumbbell bench, please make sure all of the screw are tight.

Assembly Instructions

FOLDING



FOLDING STEPS:

1. Take off the leg 05.
2. Unfold the slant support 01 outward.
3. Take off the 02 and 06 , and push the slot 04 into the last hole.
4. Fold the base frame 03.

Customer Service

IF YOU FIND THAT YOUR PACKING HAS BEEN OPENED AND THERE ARE ANY PARTS MISSING FROM YOUR PRODUCT, PLEASE CONTACT US WITH THE DETAILS OF THE MISSING PART NUMBER AND QUANTITY THROUGH THE FOLLOWING INFORMATION:

Abir Sport Ltd.

Fax: 03-5186373

E-mail: abirs@zahav.net.il