



amazon basics B071WSFSGC 40-Pound Adjustable Weight Set with Case User Manual

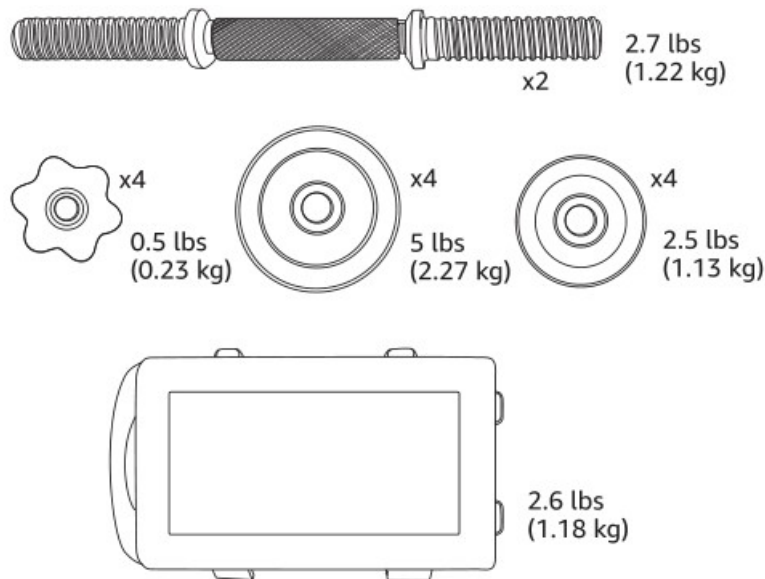
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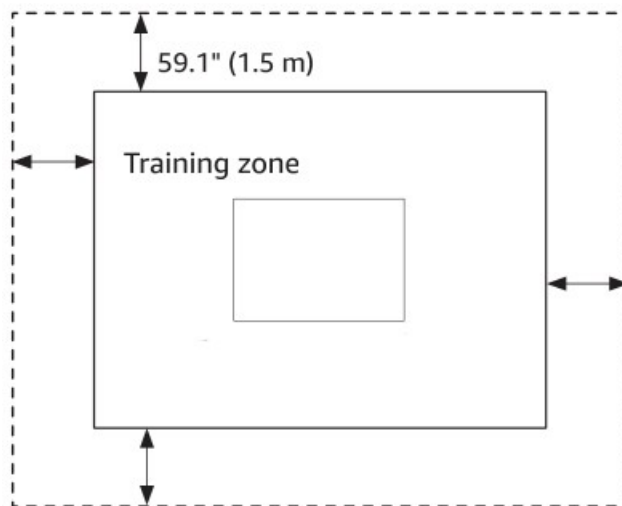


40-Pound Adjustable Weight Set with Case B071WSFSGC

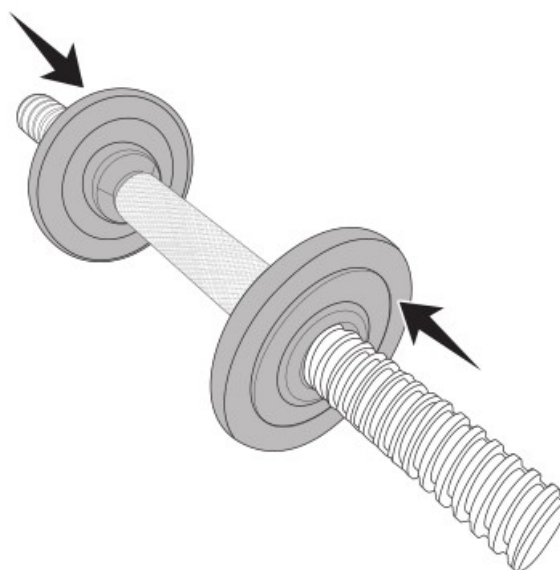
Net weight – 40 lbs (18.1 kg)
Case dimensions – 16.9 x 9.4 x 6.3" (43 x 24 x 16 cm)
Bar material – Steel
Weights material – Iron
Bar coating – Chromed



Safety and Training Zone



1



2



Important Safeguards



Risk of suffocation! Keep any packaging materials away from children and pets – these materials are a potential source of danger, e.g. suffocation.

- Read these instructions carefully and retain them for future use. If this product is passed to a third party, then these instructions must be included.
- Consult a physician before starting any training session. Stop exercising if you feel faint or short of breath.
- Wear comfortable clothing and non-slip sneakers for training.
- Do not overexert during exercise.
- Use the product on a stable, level surface with protective covering.
- Inspect the product prior to each use. Do not use the product with worn or damaged parts.
- Store the product in a location out of reach of children and pets.

Intended use

- The product is designed for private, home use (class H) and is not intended for commercial use.

Feedback and Help

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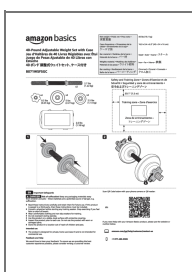


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