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› CCLIFE Adjustable Dumbbell Set (20kg) User Manual

CCLIFE DHSTA010A2PCS100

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Model: DHSTA010A2PCS100

1. INTRODUCTION

This manual provides essential instructions for the safe and effective use of your CCLIFE Adjustable Dumbbell Set. Please read this manual thoroughly before assembly and use to ensure proper operation and to prevent injury. This set is designed for home fitness and strength training, offering versatility with adjustable weights and multiple configurations.



Image 1.1: The CCLIFE Adjustable Dumbbell Set showcasing its various configurations including dumbbells, barbell, and kettlebells.

2. SAFETY INFORMATION

Your safety is paramount. Adhere to the following guidelines to minimize risks:

- **Consult a Physician:** Before starting any new exercise program, especially with new equipment, consult with a healthcare professional.
- **Proper Assembly:** Ensure all components are correctly assembled and securely tightened before each use. Refer to the "Setup" section.
- **Inspect Equipment:** Before each workout, check the dumbbells for any signs of wear, damage, or loose parts. Do not use if damaged.
- **Secure Weight Plates:** Always use the double-layered safety nuts to firmly secure weight plates. Loose plates can cause injury.
- **Maintain Control:** Perform exercises with controlled movements. Avoid dropping weights or using momentum excessively.
- **Clear Area:** Ensure your workout area is clear of obstructions and other people.

- **Proper Form:** Use correct lifting techniques to prevent muscle strain or injury. If unsure, seek guidance from a qualified fitness instructor.
- **Children and Pets:** Keep children and pets away from the equipment during use and storage.
- **Weight Limits:** Do not exceed the maximum recommended weight for any configuration.

3. SETUP AND ASSEMBLY

The CCLIFE Adjustable Dumbbell Set can be configured into dumbbells, a barbell, or kettlebells. Follow these steps for assembly:

3.1. Unpacking and Component Identification

Carefully unpack all components and verify against the parts list. The set includes weight plates, dumbbell bars, a connecting rod (for barbell), kettlebell handles, and safety nuts.



Image 3.1: Detailed view of all components and their dimensions for the 20kg set, including weight plates, bars, connecting rod, and kettlebell handles.

3.2. Assembling Dumbbells

1. Select the desired weight plates.
2. Slide the chosen weight plates onto a dumbbell bar.
3. Secure the plates firmly on both ends using the safety nuts. Ensure they are hand-tightened and stable.

3.3. Assembling a Barbell

1. Assemble two dumbbells as described in Section 3.2.
2. Attach the connecting rod to the inner ends of the two assembled dumbbells. The connecting rod is designed to screw into the dumbbell bars.
3. Ensure the connection is secure and stable before lifting.

3.4. Assembling Kettlebells

1. Select the desired weight plates.
2. Slide the chosen weight plates onto the threaded post of a kettlebell handle.
3. Secure the plates firmly using the safety nut provided with the kettlebell handle.

4. OPERATING AND USAGE

The CCLIFE Adjustable Dumbbell Set offers multiple exercise options. Always ensure proper form and controlled movements.

4.1. Adjusting Weight

To adjust the weight, simply unscrew the safety nuts, add or remove weight plates, and then re-secure the safety nuts tightly. The set includes various plate sizes (1.25kg, 1.5kg, 2kg for the 20kg set) allowing for incremental adjustments.

4.2. Exercise Configurations

This versatile set supports several exercise modes:

- **Dumbbells:** Ideal for bicep curls, tricep extensions, shoulder presses, lunges, and more.
- **Barbell:** Suitable for squats, deadlifts, bench presses (with a bench), and rows.
- **Kettlebells:** Excellent for swings, goblet squats, and Turkish get-ups.
- **Push-up Stands:** The kettlebell handles can be used as push-up stands for enhanced range of motion.



Image 4.1: Visual representation of the six functional configurations possible with the adjustable dumbbell set.



Image 4.2: Examples of exercises performed using the barbell and kettlebell configurations.



Image 4.3: Examples of exercises performed using the dumbbell and push-up stand configurations.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your equipment.

- **Cleaning:** Wipe down all components with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Storage:** Store the dumbbell set in a dry, cool place away from direct sunlight and extreme temperatures. Consider a dedicated rack for organized storage.
- **Inspection:** Periodically inspect all parts for signs of wear, cracks, or damage, especially the rubber grips and plastic components. Ensure all threaded connections are intact.
- **Tighten Fasteners:** Regularly check and tighten all safety nuts and connections to prevent loosening during use.

6. TROUBLESHOOTING

If you encounter any issues, refer to the following common problems and solutions:

- **Loose Weight Plates:** If plates feel loose during exercise, immediately stop and re-tighten the safety nuts firmly. Ensure the double-layered design is properly engaged.
- **Uncomfortable Grip:** The connecting rod is covered with foam for comfort. If the grip feels uncomfortable, ensure your hands are positioned correctly and consider wearing workout gloves.
- **Difficulty Assembling:** Ensure all threaded parts are aligned correctly before twisting. Do not force components together. If a part is damaged, do not use it.
- **Missing Parts:** If any components are missing upon delivery, contact customer support immediately.

7. SPECIFICATIONS

Feature	Detail
Brand	CCLIFE
Model Number	DHSTA010A2PCS100
Total Weight	20 Kilograms (for this variant)
Material	Iron, Plastic, Metal (Cement and Polyethylene blend for plates)
Color	Orange
Special Feature	Adjustable Weight, Multi-functional (Dumbbell, Barbell, Kettlebell, Push-up)
Dumbbell Bar Length	Approximately 46 cm
Connecting Rod Length	Approximately 38.5 cm
Kettlebell Handle Height	Approximately 20 cm
Handle Material	Rubber (dumbbell grip), Foam (connecting rod)
Weight Plate Composition	4 x 1.25 KG, 4 x 1.5 KG, 4 x 2 KG (for 20kg set)

8. WARRANTY AND SUPPORT

For warranty information, product support, or to report missing/damaged parts, please contact the seller, CCLIFE Technic GmbH, directly through your purchase platform. Keep your proof of purchase for any warranty claims.
Manufacturer: CCLIFE

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