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CCLIFE DHSTA0708V

CCLIFE Adjustable Dumbbell Set User Manual

Model: DHSTA0708V

Introduction

Thank you for choosing the CCLIFE Adjustable Dumbbell Set. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read this manual thoroughly before assembly and use, and retain it for future reference. This versatile set allows for various configurations, including dumbbells, barbells, and kettlebells, with adjustable weights ranging from 20kg to 40kg, suitable for home fitness and strength training.

Safety Guidelines

Your safety is paramount. Adhere to the following guidelines to prevent injury and ensure proper use of the equipment:

- **Consult a Physician:** Before starting any new exercise program, consult with a healthcare professional to ensure it is appropriate for your physical condition.
- **Warm-up:** Always perform a proper warm-up before exercising and cool-down afterwards.
- **Proper Form:** Use correct lifting techniques and maintain proper posture to avoid strain or injury. If you are unsure, seek guidance from a qualified fitness instructor.
- **Secure Weights:** Always ensure all spinlock collars are tightly secured before lifting to prevent weight plates from slipping off.
- **Do Not Drop:** Avoid dropping the weights, as this can damage the equipment or cause injury.
- **Children and Pets:** Keep the equipment out of reach of children and pets.
- **Inspect Before Use:** Before each use, inspect all components for any signs of wear, damage, or loose parts. Do not use if any damage is found.
- **Stable Surface:** Use the equipment on a flat, stable, and non-slip surface.
- **Adjustable Weight Caution:** When adjusting weights, ensure the plates are correctly seated and secured before lifting.

Package Contents

Your CCLIFE Adjustable Dumbbell Set includes the following components. Please verify all parts are present upon unpacking.



Image: Overview of the CCLIFE Adjustable Dumbbell Set, showcasing its various components and possible configurations.

- **Weight Plates:** Various sizes (e.g., 2kg, 2.5kg, 5kg) to achieve desired total weight.
- **Dumbbell Bars:** Two short bars with threaded ends for attaching weight plates.
- **Connector Bar:** One padded bar to connect the two dumbbell bars, forming a barbell.
- **Kettlebell Handles:** Two ergonomic handles for kettlebell configuration.
- **Spinlock Collars:** Multiple collars to secure weight plates on bars and handles.



Image: Detailed breakdown of individual components, including weight plates, dumbbell bars, connector bar, kettlebell handles, and spinlock collars, with approximate dimensions.

Setup Instructions

Follow these steps to assemble your CCLIFE Adjustable Dumbbell Set into various configurations.

1. Assembling Dumbbells

1. Select a dumbbell bar.
2. Slide the desired weight plates onto each end of the dumbbell bar. Ensure the plates are evenly distributed for balance.
3. Secure the weight plates by screwing the spinlock collars tightly onto the threaded ends of the bar, flush against the plates.
4. Repeat for the second dumbbell.

2. Assembling a Barbell

1. First, assemble two dumbbells as described above, ensuring the spinlock collars are securely fastened.
2. Unscrew the outer spinlock collars from one end of each assembled dumbbell.
3. Connect the two dumbbell bars using the provided connector bar. Screw the threaded ends of the dumbbell bars into the connector bar until tight.
4. Re-attach and tighten the spinlock collars on the outer ends of the barbell to secure the weight plates.

3. Assembling Kettlebells

1. Take one kettlebell handle.
2. Slide the desired weight plates onto the base of the kettlebell handle.
3. Secure the weight plates by screwing the spinlock collar tightly onto the threaded base, flush against the plates.
4. Repeat for the second kettlebell.



Image: The adjustable weight set shown in its various configurations: two kettlebells, a barbell, and two dumbbells.

Operating Instructions

This section provides guidance on adjusting the weight and general usage of your equipment.

Adjusting Weight

To change the weight, simply unscrew the spinlock collars, add or remove the desired weight plates, and then securely re-tighten the collars. Always ensure the weight is balanced on both sides of the bar or handle.

General Usage

The CCLIFE Adjustable Dumbbell Set is designed for a wide range of exercises targeting various muscle groups. Examples include:

- **Dumbbells:** Bicep curls, tricep extensions, shoulder presses, lunges, squats.
- **Barbell:** Bench presses, rows, deadlifts, overhead presses.
- **Kettlebells:** Swings, goblet squats, Turkish get-ups, carries.
- **Push-up Stands:** The kettlebell handles can also be used as push-up stands for deeper chest engagement.



Image: A visual guide demonstrating different exercises possible with the adjustable dumbbell set, including bicep curls, kettlebell swings, and push-ups.



Image: Illustrations showing how to use the equipment for barbell exercises, kettlebell exercises, dumbbell exercises, and push-ups.

Maintenance

Proper maintenance will extend the lifespan of your equipment.

- **Cleaning:** Wipe down all components with a damp cloth after each use to remove sweat and dirt. Avoid harsh chemicals.
- **Storage:** Store the set in a dry, cool place, away from direct sunlight and extreme temperatures. A dedicated rack (not included) can help organize and protect the weights.
- **Regular Inspection:** Periodically check all threaded connections and spinlock collars for tightness. Inspect weight plates and bars for any cracks, bends, or unusual wear.

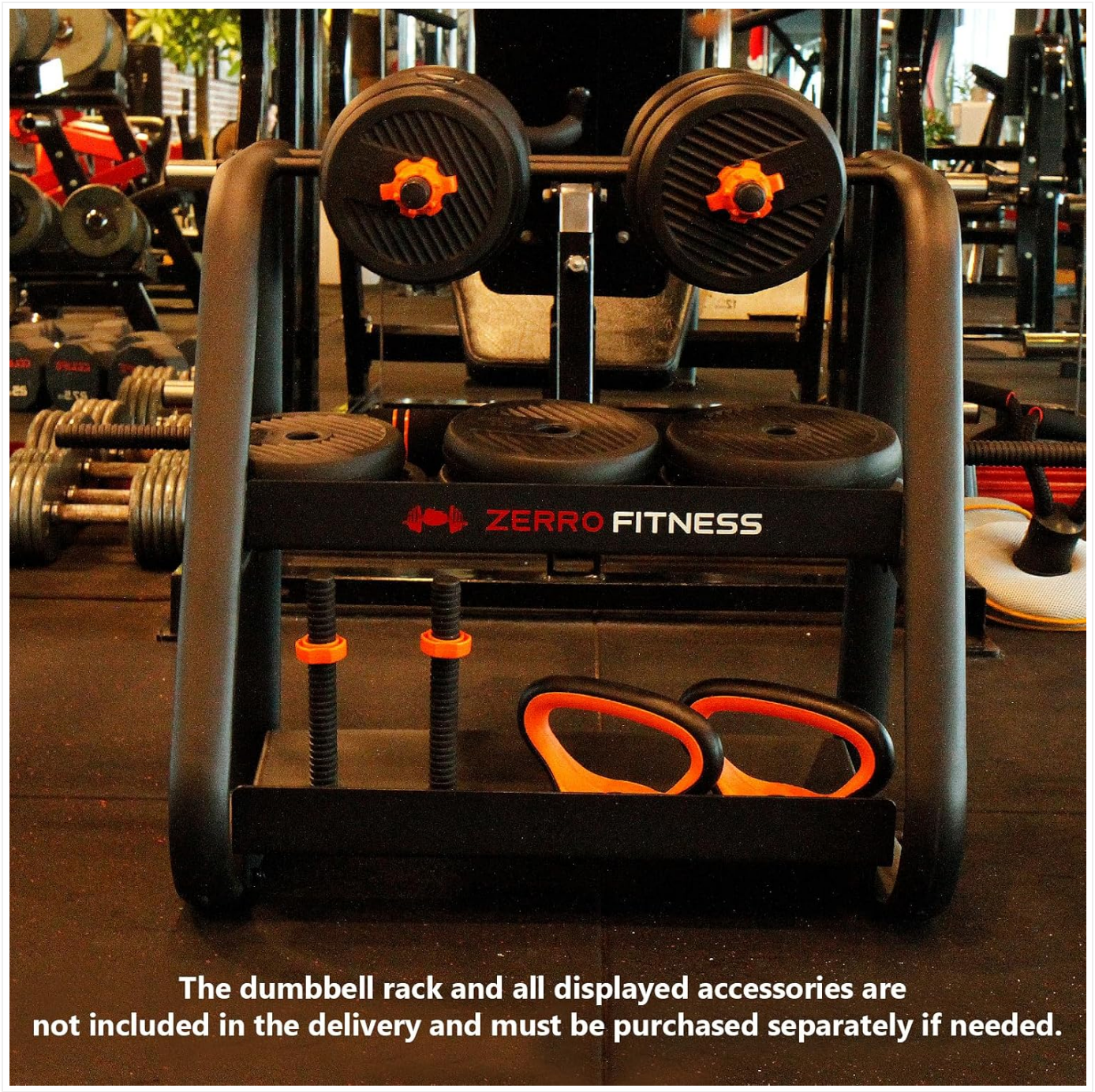


Image: The adjustable dumbbell set neatly stored on a weight rack. Please note that the dumbbell rack and all displayed accessories are not included in the delivery and must be purchased separately.

Troubleshooting

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

- **Loose Weight Plates:** Ensure spinlock collars are fully tightened against the weight plates. Re-tighten before each set.
- **Uncomfortable Grip:** The connecting rod is covered with foam, and the dumbbell handle is covered with rubber to ensure a comfortable grip. If discomfort persists, ensure your grip is correct.
- **Weight Discrepancy:** If the total weight feels incorrect, verify that all specified weight plates are present and correctly accounted for. Individual plate weights are marked.
- **Damaged Components:** If any part is damaged, discontinue use immediately and contact customer support.

Specifications

Feature	Detail
Brand	CCLIFE
Model Number	DHSTA0708V
Material	Iron, Plastic, Metal (Cement and Polyethylene for plates)
Weight Options	20kg, 25kg, 30kg, 40kg (total weight)
Product Dimensions (L x W x H)	Approximately 22 x 24 x 24 cm (for 40kg set)
Handle Diameter	3 cm
Special Features	Adjustable Weight, Ergonomic Foam/Rubber Grips, Multi-functional (Dumbbell, Barbell, Kettlebell)
Components Included	Weight plates, dumbbell bars, connector bar, kettlebell handles, spinlock collars

Warranty and Support

For warranty information, product support, or any inquiries regarding your CCLIFE Adjustable Dumbbell Set, please contact CCLIFE customer service directly. Refer to your purchase documentation for specific warranty terms and contact details.

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