

HAKENO D55

HAKENO Adjustable Dumbbells 2 x 24 kg User Manual

Model: D55

INTRODUCTION

This manual provides comprehensive instructions for the safe and effective use, setup, operation, and maintenance of your HAKENO Adjustable Dumbbells. These dumbbells are designed to offer a versatile strength training solution for home or office environments, featuring 15 adjustable weight settings from 2 kg to 24 kg per dumbbell.

Please read this manual thoroughly before using the product and retain it for future reference.

SAFETY INFORMATION

WARNING: Failure to follow these safety instructions may result in serious injury.

- Consult a physician before beginning any exercise program.
- Keep children and pets away from the equipment during use.
- Inspect the dumbbells for any damage or loose parts before each use. Do not use if damaged.
- Ensure the weight selection dial is fully engaged and the weight plates are securely locked before lifting the dumbbell from its tray.
- Use proper lifting techniques and maintain good posture to prevent injury.
- Do not drop the dumbbells. Dropping them can damage the mechanism and void the warranty.
- Use the dumbbells on a flat, stable surface.
- Do not attempt to disassemble the dumbbell beyond what is described in this manual.
- Stop exercising immediately if you feel pain, dizziness, or nausea.

PACKAGE CONTENTS

Verify that all items are present and in good condition:

- 2 x HAKENO Adjustable Dumbbells (Model D55)
- 2 x Storage Trays
- 2 x Hand Grippers (Bonus Accessory)



Image: The complete HAKENO Adjustable Dumbbell set, including two dumbbells, their respective storage trays, and two hand grippers.

SETUP

1. **Unpack:** Carefully remove all components from the packaging.
2. **Placement:** Place each storage tray on a flat, stable, and level surface where you intend to exercise. Ensure there is enough space around the trays for safe operation. The freestanding base is designed to protect your floor.
3. **Insert Dumbbells:** Gently place each adjustable dumbbell into its corresponding storage tray. Ensure the dumbbell handle is centered and the weight plates are aligned within the tray.
4. **Initial Inspection:** Before first use, rotate the weight adjustment dial on each dumbbell to ensure it moves

freely and clicks into each weight setting. Verify that the weight plates engage and disengage correctly.

OPERATING INSTRUCTIONS

Weight Adjustment

The HAKENO Adjustable Dumbbells feature a quick and easy weight adjustment system. You can change the weight of each dumbbell with a single hand while it is seated in its tray.

1. **Place Dumbbell in Tray:** Ensure the dumbbell is fully seated in its storage tray. The weight adjustment mechanism can only be operated when the dumbbell is correctly positioned in the tray.
2. **Rotate Dial:** Locate the red weight adjustment dial on each end of the dumbbell handle. Rotate both dials simultaneously to your desired weight setting. You will hear a "click" sound as the dial locks into each increment.
3. **Verify Selection:** Visually confirm that the selected weight number is clearly displayed on both dials. Gently lift the dumbbell to ensure only the selected weight plates are attached. If additional plates are lifted, reseal the dumbbell and re-adjust the dials.



Image: Illustration of the weight adjustment dial, highlighting the 15 available weight options.

SIMPLE DESIGN POWERFUL

Quick Adjust & Strong Features



Image: Detailed view of the dumbbell's components, including the weight dial system, non-slip handle, and robust storage tray.



WEIGHT PLATES

**Premium Silicon Steel Plates
Wear-Resistant and Durable**

**Comfortable,
Firm and Secure Grip**

ERGONOMIC METAL HANDLE



**The Click Sound is
Produced when Adjusted**

WEIGHT DIAL SYSTEM

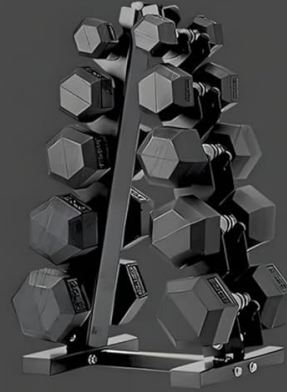
Image: Close-up of the dumbbell's construction, emphasizing the quality of the weight plates, ergonomic handle, and the audible click of the adjustment system.

Made Specifically For You

Adjustable Dumbbell



- ✓ 15 in 1 Adjust the weight
- ✓ Nylon grip is protective
- ✓ Freestanding base protects the floor
- ✓ Reduce storage space



- ✗ Cumbersome weight regulation
- ✗ Handle without protection
- ✗ Easy to damage dumbbells and floors
- ✗ Not easy to store

Image: Visual representation of the adjustable dumbbell's advantages, such as space-saving design and protective features.

Available Weight Settings (per dumbbell)

- 2 kg (4.4 lbs)
- 3.5 kg (7.7 lbs)
- 5 kg (11 lbs)
- 6.5 kg (14.3 lbs)
- 8 kg (17.6 lbs)
- 9 kg (19.8 lbs)
- 10 kg (22 lbs)
- 12.5 kg (27.5 lbs)
- 15 kg (33 lbs)
- 16 kg (35.2 lbs)
- 18 kg (39.6 lbs)
- 20 kg (44 lbs)
- 21.5 kg (47.3 lbs)
- 22.5 kg (49.5 lbs)

- 24 kg (52.9 lbs)

The ergonomic, non-slip handle provides a comfortable and secure grip during your workout.

Exercise Examples

These adjustable dumbbells are suitable for a wide range of exercises targeting various muscle groups, including arms, shoulders, chest, abdomen, back, and legs. Always prioritize proper form and controlled movements.



Image: Examples of exercises using adjustable dumbbells, demonstrating full-body workout potential.

MAINTENANCE

- **Cleaning:** Wipe the dumbbells and trays with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents. The weight plates are coated to protect against sweat and moisture.
- **Storage:** Always store the dumbbells in their designated trays in a dry, cool place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check all parts for signs of wear, damage, or loose components. Ensure the weight adjustment mechanism operates smoothly. If any issues are found, discontinue use and contact customer support.

TROUBLESHOOTING

Problem: Dumbbell does not pick up selected weight plates.

Solution: Ensure the dumbbell is fully and correctly seated in its storage tray. The weight adjustment dial must be rotated completely to the desired weight setting, and you should hear a distinct "click" indicating it is locked. Check for any obstructions between the plates or in the tray.

Problem: Dumbbell feels unbalanced or loose.

Solution: Reseat the dumbbell in the tray and re-adjust the weight dials. Ensure both dials are set to the

exact same weight. Inspect the plates for any damage or deformation. If the issue persists, discontinue use.

SPECIFICATIONS

Brand	HAKENO
Model Number	D55
Type	Adjustable Dumbbell
Weight Range (per dumbbell)	2 kg to 24 kg (15 settings)
Weight Settings (kg)	2, 3.5, 5, 6.5, 8, 9, 10, 12.5, 15, 16, 18, 20, 21.5, 22.5, 24
Number of Dumbbells	2
Main Material	Metal (Premium Silicon Steel Plates)
Handle Material	Rubber
Handle Diameter	3 cm
Product Dimensions (L x W x H, per dumbbell)	Approximately 40 x 21 x 21 cm (15.7 x 8.3 x 8.3 inches)
Net Weight (per dumbbell)	Approximately 11.34 kg (25 lbs) (This is the base dumbbell weight, not the adjustable weight)
Special Features	Compact Design, Quick Weight Adjustment, Non-slip Ergonomic Handle, Freestanding Base

SEAMLESSLY SWITCH IN SECONDS 15 DIFFERENT WEIGHTS



15 IN ONE SPACE SAVING

2.5kg - 3.5kg - 4.5kg - 5.5kg - 6.5kg - 8kg - 9kg - 10kg
11.5kg - 13.5kg - 16kg - 18kg - 20.5kg - 22.5kg - 24kg

Image: Dimensional overview of the adjustable dumbbell, illustrating its compact size and weight range.

WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the purchase documentation or contact your retailer. You may also visit the official HAKENO website for further assistance.

Please have your model number (D55) and purchase date available when contacting support.