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Sportneer Y22-82001-46-wq0916

Sportneer Adjustable Dumbbells User Manual

Model: Y22-82001-46-wq0916

INTRODUCTION

Thank you for choosing the Sportneer Adjustable Dumbbells. This manual provides essential information for the safe and effective use of your new fitness equipment. These dumbbells are designed for versatile strength training, offering multiple weight options in a compact design. Please read this manual thoroughly before initial use and retain it for future reference.

SAFETY INFORMATION

Always prioritize safety when exercising. Failure to follow these guidelines may result in injury.

- Consult a physician before starting any new exercise program.
- Inspect the dumbbells for any damage or loose parts before each use. Do not use if damaged.
- Ensure all weight plates are securely locked in place before lifting.
- Use proper form and technique to avoid muscle strain or injury.
- Do not drop the dumbbells, especially from a height, as this can damage the product or cause injury.
- Keep children and pets away from the exercise area.
- Store dumbbells in a safe, dry place when not in use.
- Do not modify the product in any way.

PACKAGE CONTENTS

Your Sportneer Adjustable Dumbbell set includes:

- 2 x Adjustable Dumbbell Handles (main bar with fixed end plates)
- 12 x 0.5 lb (0.23 kg) Weight Plates (6 per dumbbell)



Image: Components of the Sportneer Adjustable Dumbbells, showing the main handle and detachable 0.5 lb weight plates.

SETUP AND WEIGHT ADJUSTMENT

The Sportneer Adjustable Dumbbells allow for quick and easy weight changes. Each dumbbell can be adjusted from 2 lbs (0.9 kg) to 5 lbs (2.3 kg) in 0.5 lb (0.23 kg) increments.

Adjusting the Weight:

1s FAST ADJUSTABLE

Quickly switch weights in 1 second for efficient exercise



1. Slide the button



2. Remove or add the dumbbells

Image: Visual guide for quickly adjusting dumbbell weight by sliding the button and adding/removing plates.

1. **Slide the Button:** Locate the gray button on the side of the dumbbell's end plate. Slide this button to unlock the weight plates.
2. **Remove or Add Plates:** Once unlocked, you can slide individual 0.5 lb (0.23 kg) weight plates on or off the dumbbell handle. Each plate is clearly marked with "0.5LB".
3. **Secure the Plates:** After adjusting the desired weight, ensure the gray button slides back into its locked position, securing all plates firmly. Gently shake the dumbbell to confirm plates are stable before use.

The base weight of each dumbbell is 2 lbs (0.9 kg) without any additional plates. Each dumbbell can hold up to 6 additional 0.5 lb plates, reaching a maximum of 5 lbs (2.3 kg) per dumbbell.

2-5LB EACH, 4-10LB PAIR DUMBBELLS



Each dumbbell plate weighs 0.5lb, precise weight

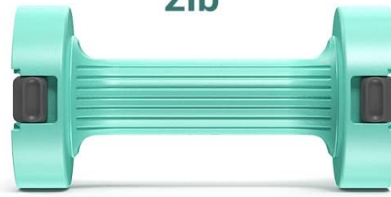


A variety of weight free adjustment

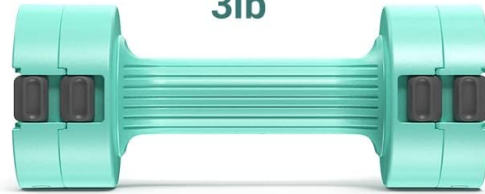


Easy to assemble & disassemble

2lb



3lb



4lb



5lb

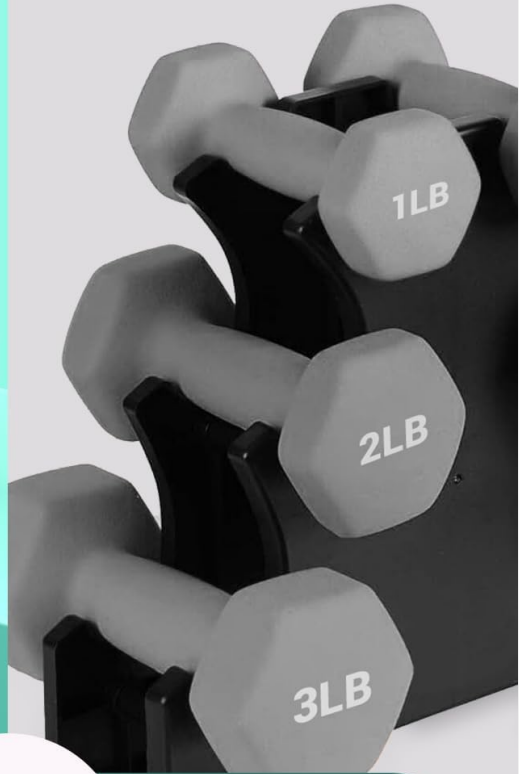


Image: Illustration of various weight configurations (2lb, 3lb, 4lb, 5lb) achievable with the 0.5 lb plates.

OPERATING INSTRUCTIONS

Once the desired weight is set and secured, the dumbbells are ready for use. The ergonomic design with anti-slip grip ensures comfort and safety during your workout.

Beginner To Advanced, A Pair Of All Done



Sportneer New Quick Adjustable Dumbbells

VS

Others

4 in 1 weighs the same as having four sets of dumbbells, saving money and space!

Multiple sets of dumbbells take up space and bulky

Image: A comparison highlighting the space-saving and versatility benefits of Sportneer adjustable dumbbells over multiple fixed-weight dumbbells.

These adjustable dumbbells are suitable for a wide range of exercises, from light cardio to targeted strength training. Their compact size makes them ideal for home use, saving space compared to multiple sets of fixed-weight dumbbells.

USAGE GUIDELINES

The Sportneer Adjustable Dumbbells are versatile and can be incorporated into various fitness routines:

Sportneer Deeply Cultivates Fitness Products

Spends A Lot Of Time On Research To Create More Professional Sports Products For You.



Image: A collage showing individuals using the dumbbells for different exercises, including lunges, bench presses, and general fitness routines.

- **Strength Training:** Perform exercises like bicep curls, tricep extensions, shoulder presses, and rows.
- **Cardio Workouts:** Integrate into walking, running, aerobics, or dance routines for added resistance.
- **Core Training:** Use for Russian twists, weighted crunches, or planks.
- **Yoga & Pilates:** Add light resistance to enhance flexibility and muscle engagement.
- **Home Workouts:** Ideal for full-body workouts in limited spaces.

WORKS WITH ANY WORKOUT

- Walking
- Running
- Yoga
- Dance
- Pilates
- Aerobics
- Home Workout
- Core Training
- Daily Life Use

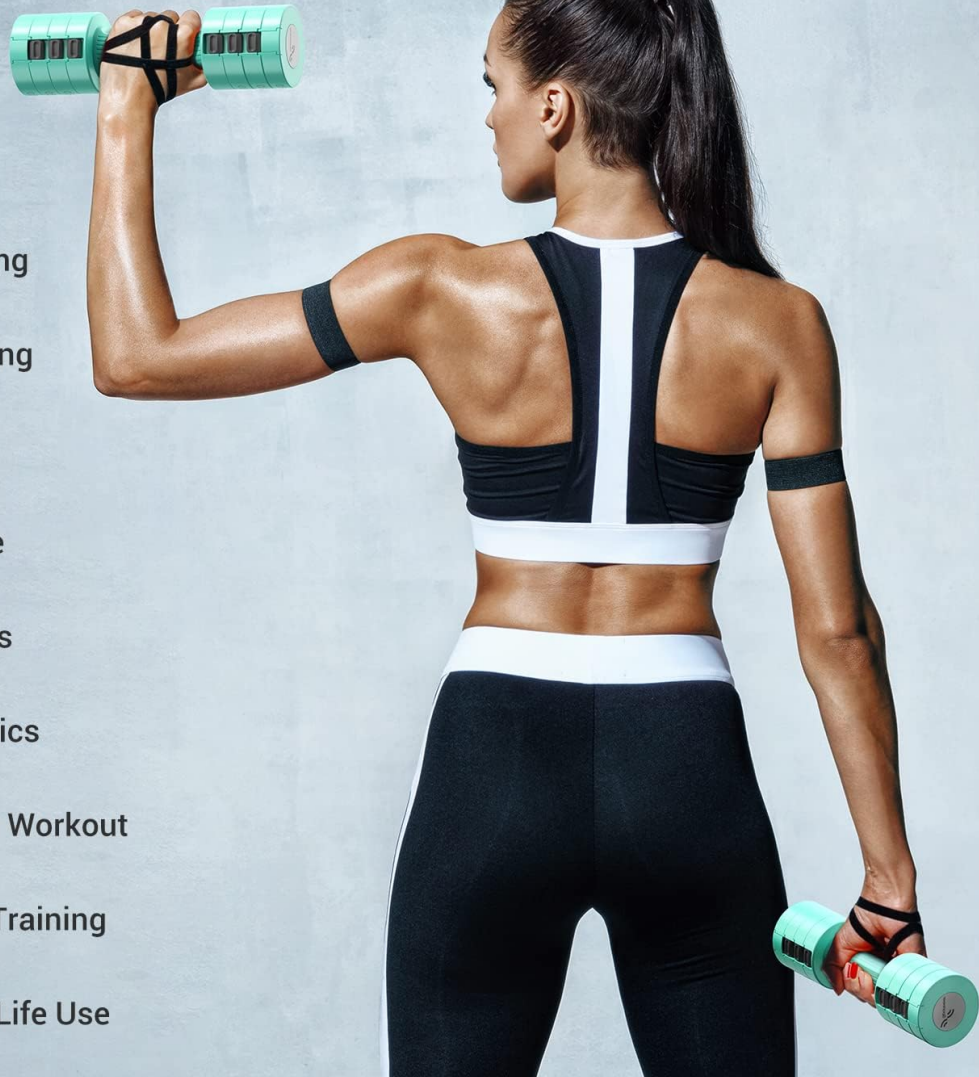


Image: A woman holding the dumbbells, accompanied by a list of suitable activities such as walking, running, yoga, dance, Pilates, aerobics, home workouts, core training, and daily life use.

MAINTENANCE

Proper maintenance ensures the longevity and performance of your dumbbells.

- **Cleaning:** Wipe down the dumbbells with a damp cloth after each use to remove sweat and dirt. Avoid harsh chemicals or abrasive cleaners.
- **Storage:** Store the dumbbells in a cool, dry place away from direct sunlight and extreme temperatures. Ensure they are placed on a flat, stable surface.
- **Inspection:** Periodically check all components for wear and tear, especially the locking mechanism and weight plates.

TROUBLESHOOTING

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

- **Difficulty Adjusting Weights:** Ensure the gray button is fully slid to the unlocked position. Check for any debris or obstruction preventing the plates from sliding smoothly.

- **Weight Plates Feel Loose:** Confirm that the gray button is fully engaged in the locked position after adjustment. If plates still feel loose, re-adjust and ensure proper seating. Do not use if plates are not securely fastened.
- **Unusual Noises:** If you hear rattling or unusual noises, stop use immediately. Inspect all components for damage or improper assembly.

SPECIFICATIONS

Feature	Detail
Brand	Sportneer
Model Number	Y22-82001-46-wq0916
Color	Green
Material	Iron (internal), ABS (shell)
Adjustable Weight Range (per dumbbell)	2 lbs (0.9 kg) to 5 lbs (2.3 kg)
Weight Plate Increment	0.5 lbs (0.23 kg)
Number of Pieces	2 (dumbbells)
Product Dimensions (L x W x H)	27.99 x 10.92 x 10.92 cm (approx. 11 x 4.3 x 4.3 inches)
Special Feature	Adjustable, Anti-slip grip

WARRANTY AND SUPPORT

Sportneer products are manufactured with quality and customer satisfaction in mind. For specific warranty information or technical support, please refer to the warranty card included with your purchase or visit the official Sportneer website. Please have your model number (Y22-82001-46-wq0916) ready when contacting support.