HAKENO DG35

HAKENO 15-in-1 Adjustable Dumbbell

Model: DG35

Introduction

Thank you for choosing the HAKENO 15-in-1 Adjustable Dumbbell. This innovative fitness equipment is designed to provide a versatile and space-saving solution for your strength training needs. With its quick weight adjustment mechanism, you can seamlessly transition between 15 different weight settings, ranging from 5 lbs to 53 lbs, making it suitable for a wide range of exercises and fitness levels. This manual provides essential information for the safe and effective use, setup, operation, and maintenance of your adjustable dumbbell.



Image: A man performing an exercise with the HAKENO adjustable dumbbell, illustrating its key features such as 1-second weight adjustment, 15 weight levels (5-53 lbs), and 8 safety locks.

Safety Information

WARNING: Before starting any new exercise program, consult with a healthcare professional. Improper use of this equipment can result in serious injury.

- Always ensure the dumbbell is securely locked into the desired weight setting before lifting.
- Do not drop the dumbbell. Dropping can damage the mechanism and void the warranty.
- Keep hands and fingers clear of moving parts during weight adjustment.
- Store the dumbbell on its designated tray when not in use.
- Inspect the dumbbell for any signs of damage or wear before each use. Do not use if damaged.
- Keep out of reach of children and pets.

Product Overview and Components

The HAKENO Adjustable Dumbbell consists of several key components designed for ease of use and durability.

- **Dumbbell Handle:** The central bar with a non-slip grip for holding.
- **Weight Plates:** Individual plates that are added or removed to adjust the total weight.
- **Adjustment Dial/Mechanism:** Located on the handle, used to select the desired weight.
- **Base Tray:** The stand where the dumbbell rests and where unselected weight plates remain.
- **Safety Locking System:** Ensures plates are securely attached to the handle.



Image: A detailed diagram highlighting the main components of the HAKENO adjustable dumbbell, including the weight dial system, non-slip handle, strong tray, and metal weight plates.



Image: An exploded view of the adjustable dumbbell, showing the handle separated from the weight plates and the base tray, illustrating how the components fit together.

Setup

Your HAKENO Adjustable Dumbbell comes largely pre-assembled. Follow these steps for initial setup:

1. **Unpack:** Carefully remove all components from the packaging. Ensure you have the dumbbell handle, all weight plates, and the base tray.
2. **Place the Base Tray:** Position the base tray on a flat, stable surface where you intend to use and store the dumbbell. Ensure there is enough clear space around it for safe operation.
3. **Insert Dumbbell into Tray:** Gently place the dumbbell handle with all its weight plates into the base tray. Ensure it sits flush and securely in the designated slots.
4. **Initial Check:** Before first use, rotate the adjustment dial to ensure it moves smoothly through all weight settings. Lift the dumbbell slightly to confirm the selected plates are securely attached and the unselected plates remain in the tray.

Operating Instructions

The HAKENO Adjustable Dumbbell features a fast and intuitive weight adjustment system.

Adjusting Weight

1. **Place Dumbbell in Tray:** Always ensure the dumbbell is fully seated in its base tray before attempting to adjust the weight.
2. **Rotate the Handle:** With the dumbbell in the tray, grasp the handle and rotate it. You will see the weight indicator on the dial change. Align the indicator with your desired weight setting (e.g., 5, 7.5, 10, ..., 53 lbs).
3. **Lift the Dumbbell:** Once the desired weight is selected, lift the dumbbell straight up from the tray. The mechanism will automatically lock the selected weight plates to the handle, leaving the unselected plates in the tray.
4. **Return to Tray:** To change weight or store, place the dumbbell back into the tray, ensuring it is fully seated. This will disengage the locking mechanism, allowing you to rotate the handle again.



Image: A close-up view of the HAKENO adjustable dumbbell, emphasizing the weight adjustment dial and the range of available weights from 5 to 53 lbs.

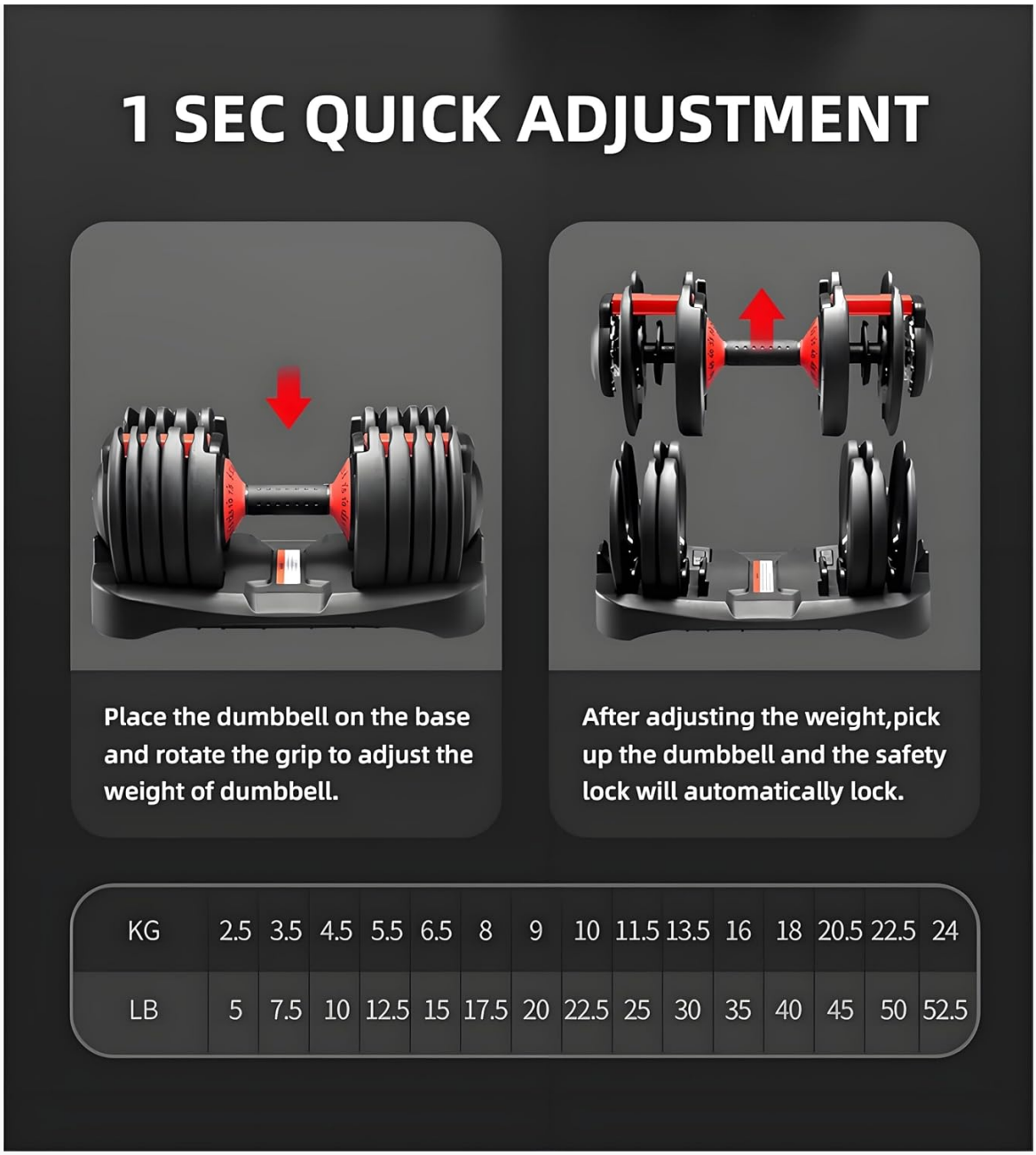


Image: A visual guide demonstrating the 1-second quick adjustment process: placing the dumbbell on the base and rotating the grip, then picking up the dumbbell after adjustment for automatic locking. A table shows corresponding KG and LB weights.

Exercise Examples

The adjustable dumbbell can be used for a variety of strength training exercises targeting different muscle groups. Always maintain proper form and control during exercises.



Image: Illustrations of six different exercises that can be performed with the adjustable dumbbell, including bent-over rows, overhead presses, bicep curls, lateral raises, tricep extensions, and front raises.

Maintenance

Proper maintenance will extend the life of your HAKENO Adjustable Dumbbell.

- **Cleaning:** Wipe down the dumbbell and base tray with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.
- **Storage:** Always store the dumbbell on its base tray in a dry, cool place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check all parts for signs of wear, loose components, or damage. Pay close attention to the adjustment mechanism and weight plates.
- **Lubrication:** The internal mechanism is designed to be maintenance-free. Do not apply lubricants unless specifically instructed by HAKENO customer support.

Troubleshooting

If you encounter issues with your HAKENO Adjustable Dumbbell, refer to the following common problems and solutions:

Problem	Possible Cause	Solution

Problem	Possible Cause	Solution
Dumbbell not picking up selected weight plates.	Dumbbell not fully seated in tray; debris in mechanism; dial not aligned correctly.	Ensure dumbbell is fully pushed down into the tray. Check for any obstructions in the tray or around the plates. Rotate the dial firmly to the desired weight until it clicks into place.
Difficulty rotating the adjustment dial.	Dumbbell not in tray; mechanism jammed by foreign object.	Ensure the dumbbell is completely placed back into the base tray. Check for any small objects or debris that might be obstructing the dial's movement.
Weight plates feel loose during use.	Weight not properly locked; internal mechanism issue.	Return the dumbbell to the tray, re-select the weight, and ensure it locks firmly before lifting. If the issue persists, discontinue use and contact customer support.

If you experience any issues not listed here or if the suggested solutions do not resolve the problem, please contact HAKENO customer support.

SPECIFICATIONS

Feature	Detail
Brand	HAKENO
Model	DG35
Weight Range	5 - 53 lbs (2.5 - 24 kg)
Weight Increments	15 settings (5, 7.5, 10, 12.5, 15, 17.5, 20, 22.5, 25, 30, 35, 40, 45, 50, 53 lbs)
Material	Metal
Product Dimensions (L x W)	Approx. 22" x 12"
Item Weight (per dumbbell)	47.5 Pounds (empty)
Special Feature	Adjustable Weight, Fast Automatic Adjustment, Double-Locking System



Image: A diagram illustrating the dimensions of the HAKENO adjustable dumbbell, showing its length (16.93"), width (8.66"), and height (8.27").

Warranty and Support

For warranty information, product support, or to purchase replacement parts, please refer to the warranty card included with your product or visit the official HAKENO website. Please have your model number (DG35) and purchase date available when contacting support.
For general inquiries, you may also refer to the seller's contact information on the platform where you purchased the product.

© 2025 HAKENO. All rights reserved.