

snode AD85

SNODE AD85 40 kg Adjustable Dumbbells User Manual

Model: AD85

1. INTRODUCTION

Thank you for choosing the SNODE AD85 40 kg Adjustable Dumbbells. This manual provides essential information for the safe and effective use, setup, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before use and retain it for future reference.

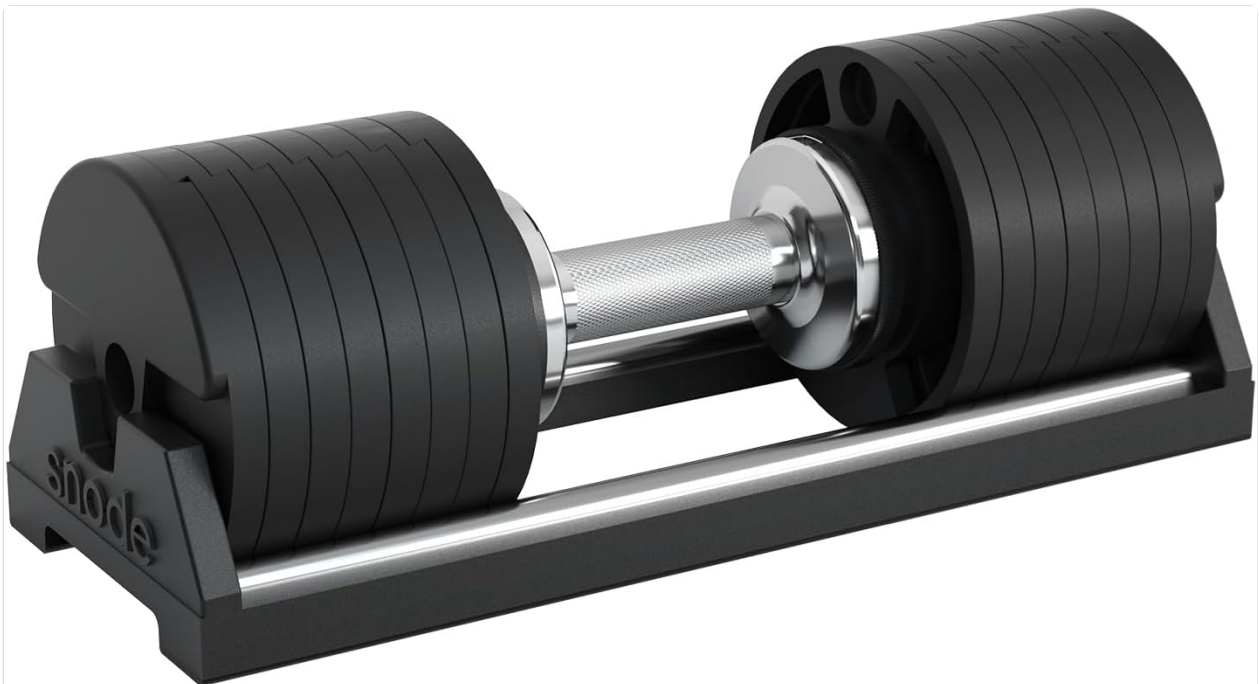


Figure 1: SNODE AD85 Adjustable Dumbbell in its storage cradle.

2. SAFETY INFORMATION

Always consult with a healthcare professional before starting any new exercise program. Failure to follow

these safety instructions may result in injury or damage to the equipment.

- Ensure the dumbbell is securely locked at the desired weight setting before lifting.
- Do not drop the dumbbells from excessive heights. While designed for durability, extreme impact can cause damage.
- Keep hands and fingers clear of the weight adjustment mechanism during operation.
- Inspect the dumbbells for any signs of damage or wear before each use. Do not use if damaged.
- Keep children and pets away from the equipment during use.
- Use the dumbbells on a flat, stable surface.

3. SETUP

The SNODE AD85 Adjustable Dumbbells come largely pre-assembled. Follow these steps for initial setup:

1. **Unpacking:** Carefully remove the dumbbell and its cradle from the packaging. Retain packaging for potential future transport or storage.
2. **Placement:** Place the dumbbell cradle on a flat, stable surface where you intend to exercise. Ensure there is adequate space around the equipment for safe movement.
3. **Initial Inspection:** Before first use, visually inspect the dumbbell and cradle for any loose parts, damage, or manufacturing defects. If any issues are found, do not use the product and contact customer support.

SNODE Adjustable Dumbbell



Figure 2: Key features of the SNODE AD85 Adjustable Dumbbell.

4. OPERATING INSTRUCTIONS

The SNODE AD85 features a quick adjustment mechanism for changing weights efficiently.

4.1. Adjusting Weight

1. Ensure the dumbbell is securely seated in its cradle.
2. Locate the weight selection dial on the end of the dumbbell.
3. Rotate the dial to select your desired weight. The available weight settings are 6, 10.5, 15, 19.5, 24, 28.5, 33, and 40 kg.
4. Once the desired weight is selected, ensure the dial clicks into place, indicating the weight plates are securely locked.
5. Carefully lift the dumbbell from the cradle. Only the selected weight plates will be lifted.



Figure 3: Weight adjustment dial for quick selection.

4.2. Lifting and Returning Dumbbells

- Always lift the dumbbell with a straight back and proper lifting technique to avoid injury.
- When returning the dumbbell to the cradle, ensure it is aligned correctly. The dumbbell should slide smoothly back into position.
- Do not force the dumbbell into the cradle. If it does not seat properly, check for any obstructions or misalignment.

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Video 1: Demonstration of the quick weight adjustment and various exercises.

5. USAGE GUIDELINES AND EXERCISE EXAMPLES

The SNODE AD85 Adjustable Dumbbells are versatile for a wide range of strength training exercises. Always maintain proper form and control during your workouts.

- **Warm-up:** Begin each workout with a proper warm-up to prepare your muscles.
- **Proper Form:** Focus on controlled movements and correct technique for each exercise. If you are unsure about proper form, seek guidance from a certified fitness professional.

- **Progressive Overload:** Gradually increase the weight as your strength improves.
- **Cool-down:** Conclude your workout with a cool-down and stretching.



Figure 4: Examples of exercises that can be performed with adjustable dumbbells.

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Video 2: Demonstration of the dumbbell's drop resistance feature.

6. MAINTENANCE

Regular maintenance will ensure the longevity and optimal performance of your SNODE AD85 Adjustable Dumbbells.

- **Cleaning:** Wipe down the dumbbells and cradle with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents.
- **Storage:** Store the dumbbells in their cradle in a dry, cool place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check all components, especially the weight plates and adjustment mechanism, for any signs of wear, damage, or corrosion. Ensure all parts are functioning smoothly.

7. TROUBLESHOOTING

If you encounter any issues with your SNODE AD85 Adjustable Dumbbells, refer to the following common troubleshooting tips:

- **Difficulty Adjusting Weight:** Ensure the dumbbell is fully seated in the cradle. The adjustment mechanism will not engage if the dumbbell is not properly aligned. Check for any debris obstructing the plates.
- **Plates Not Locking:** After selecting a weight, ensure the dial clicks into place. If plates feel loose, re-seat the dumbbell in the cradle and re-adjust the weight.
- **Unusual Noises:** If you hear grinding or unusual noises, stop use immediately and inspect the dumbbell for any loose or damaged parts. Do not attempt to repair complex internal mechanisms yourself.

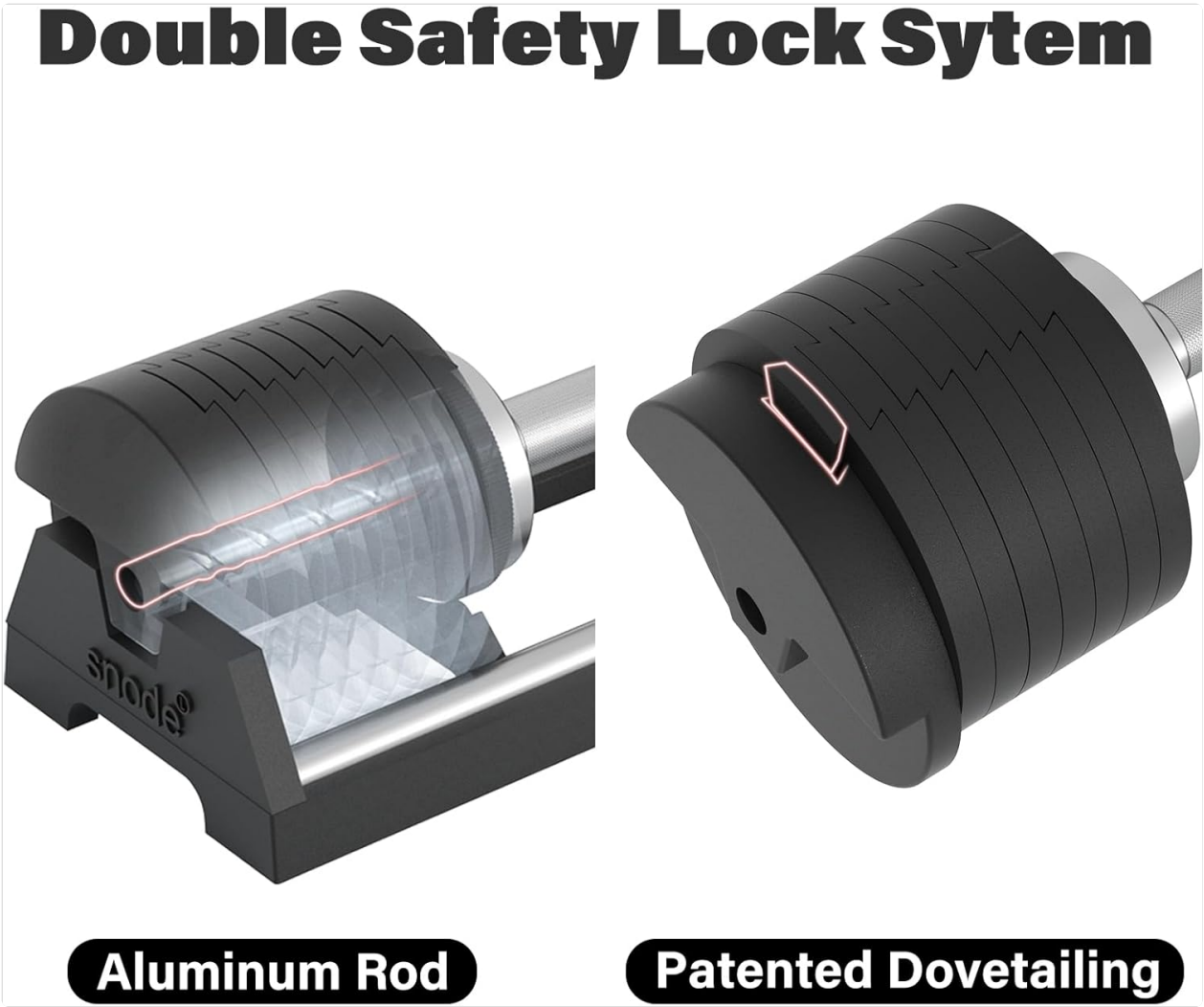


Figure 5: Internal safety lock system for secure weight selection.

8. SPECIFICATIONS

Feature	Detail
Model	AD85
Weight Range	6 kg to 40 kg
Weight Increments	6, 10.5, 15, 19.5, 24, 28.5, 33, 40 kg

Feature	Detail
Material	Cast Iron (plates), Metal (handle)
Handle Type	Knurled
Product Dimensions (Dumbbell with Base)	49L x 17.8W x 18.99H cm (approx.)
Item Weight	40 Kilograms (per dumbbell)


9. WARRANTY INFORMATION

SNODE products are manufactured to high-quality standards. For specific warranty details, including coverage period and terms, please refer to the warranty card included with your purchase or visit the official SNODE website. Please retain your proof of purchase for warranty claims.

10. CUSTOMER SUPPORT

If you have any questions, require assistance, or need to report an issue with your SNODE AD85 Adjustable Dumbbells, please contact SNODE customer support through the retailer where you purchased the product or via the contact information provided on the official SNODE website.

Related Documents - AD85

	<p>EU Declaration of Conformity for Philips IntelliVue Patient Monitors MX750, MX850, AD75, AD85</p> <p>Official EU Declaration of Conformity for Philips IntelliVue Patient Monitor models MX750, MX850, and Active Displays AD75, AD85, detailing compliance with medical device regulations and standards.</p>
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