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› [FEIERDUN](#) /

› [FEIERDUN Adjustable Dumbbells \(30lbs\) - Model SB-01-010 User Manual](#)

FEIERDUN SB-01-010

FEIERDUN Adjustable Dumbbells (30lbs) - Model SB-01-010 User Manual

Brand: FEIERDUN | Model: SB-01-010

1. INTRODUCTION

This manual provides essential instructions for the safe and effective use of your FEIERDUN Adjustable Dumbbells (30lbs, Model SB-01-010). This versatile 4-in-1 free weight set can be configured as dumbbells, a barbell, kettlebells, and push-up stands. Please read this manual thoroughly before assembly and use to ensure proper operation and safety.

2. PRODUCT COMPONENTS

The 30lbs FEIERDUN Adjustable Dumbbell set includes the following components:

- Weight Plates: 4 x 2.5lbs, 4 x 4.5lbs (Total 28 lbs)
- Dumbbell Bars: 2 x 360mm/14in (Total 2 lbs)
- Barbell Connecting Rod: 1 (with 20mm thickened foam)
- Fixed Nuts: 4 (safety nuts)
- Kettlebell Handles: 2
- Kettlebell Base Rod: 1

30LBS Accessory List



2.5lbs*4



4.5lbs*4



Barbell Connecting*1



Fixed Nut*4



360mm/14in Dmbbell Bar*2



Kettlebell Handle*2



Kettlebell Base Rod*1



Image: Detailed view of all components included in the 30lbs FEIERDUN Adjustable Dumbbell set, showing weight plates, dumbbell bars, barbell connecting rod, fixed nuts, kettlebell handles, and kettlebell base rod.

3. ASSEMBLY INSTRUCTIONS

3.1 Assembling Dumbbells

1. Select a dumbbell bar.
2. Slide the desired weight plates onto the bar.

3. Secure the weight plates by screwing a fixed nut onto each end of the bar until tight. Ensure the nuts are firmly secured to prevent movement during exercise.



Image: A hand screwing a fixed nut onto a dumbbell bar with weight plates, illustrating the assembly process for a single dumbbell.

3.2 Assembling the Barbell

To create a barbell, you will connect the two dumbbell bars using the barbell connecting rod.

1. First, screw a fixed nut onto one end of a dumbbell bar.
2. Then, screw the barbell connecting rod onto the threaded end of the dumbbell bar, ensuring it is securely

tightened against the fixed nut.

3. Repeat the process for the second dumbbell bar, connecting it to the other end of the barbell connecting rod.
4. Once the barbell rod is assembled, add your desired weight plates and secure them with the remaining fixed nuts on the outer ends of the dumbbell bars.

Your browser does not support the video tag.

Video: Step-by-step instructions on how to assemble the barbell by connecting two dumbbell bars with the central foam-padded rod and securing them with nuts. The video also demonstrates an incorrect assembly method without using the nuts, highlighting potential safety risks.

Important Safety Note: Always use the fixed nuts to secure the dumbbell bars to the connecting rod and to hold the weight plates in place. Failure to do so can lead to instability, equipment damage, and serious injury.

3.3 Assembling Kettlebells

1. Take a kettlebell handle and screw the kettlebell base rod into its bottom opening.
2. Slide the desired weight plates onto the kettlebell base rod.
3. Secure the weight plates by screwing a fixed nut onto the end of the base rod.

3.4 Assembling Push-up Stands

The kettlebell handles can be used as push-up stands. Simply place them on a flat, stable surface with the handle facing upwards. Ensure they are stable before applying weight.

4. OPERATING INSTRUCTIONS

4.1 Weight Adjustment

The FEIERDUN Adjustable Dumbbells allow for flexible weight adjustment to suit various fitness levels and exercises. To adjust the weight:

1. Unscrew the fixed nuts from the ends of the dumbbell bar or kettlebell base rod.
2. Add or remove weight plates as needed. The set includes 2.5lbs and 4.5lbs plates.
3. Resecure the fixed nuts tightly onto the bar or rod to prevent any plate movement during your workout.

The weight options for dumbbells range from 6 lbs to 15 lbs per dumbbell, for kettlebells from 4 lbs to 19.5 lbs, and for barbells from 8 lbs to 31 lbs (total weight for the 30lbs set).

Adjust Weight. Advance Your Goals.



Image: Illustration showing various weight configurations for the adjustable dumbbells, highlighting the flexibility to adjust weight from 6lbs to 15lbs per dumbbell.

4.2 Usage Modes

This 4-in-1 set supports multiple exercise modes:

- **Dumbbell Mode:** Use individual dumbbell assemblies for exercises like curls, presses, and rows.
- **Barbell Mode:** Connect the two dumbbell bars with the barbell connecting rod for exercises such as squats, deadlifts, and bench presses. The connecting rod features 20mm thickened foam for comfort during use.
- **Kettlebell Mode:** Assemble a kettlebell for swings, goblet squats, and carries.

- **Push-up Stand Mode:** Utilize the kettlebell handles as stable push-up stands for enhanced range of motion and wrist comfort during push-ups.



Image: Visual representation of the FEIERDUN set configured into different modes: dumbbell, kettlebell, barbell, and push-up stand, demonstrating its versatility.

Your browser does not support the video tag.

Video: A short demonstration showcasing the four different modes of the FEIERDUN multi-functional dumbbell set: dumbbell, kettlebell, barbell, and push-up stand, illustrating quick transitions between configurations.

5. SAFETY GUIDELINES

- Always ensure all fixed nuts are securely tightened before beginning any exercise. Loose nuts can cause weight plates to shift or fall, leading to injury.
- Inspect all components for wear or damage before each use. Do not use if any part is cracked, broken, or shows signs of significant wear.
- Use proper form and technique for all exercises. If you are new to weight training, consult a qualified fitness professional.
- Do not drop the weights. The weight plates are made of high-quality PE materials with an iron, mud, and sand mixture inside. Dropping them from a height could cause damage to the equipment or floor.
- The dumbbell bars feature a non-slip texture for enhanced grip. Always maintain a firm grip during exercises.
- Keep children and pets away from the equipment during use.
- Store the equipment in a safe, dry place when not in use.

Hurt? We Got Cushion Pad.



Built-in Barbell Pad

Cloud Comfort

AirFlow Tech

VS
Uncomfortable.
Dangerous.

No Cushion Pad

Hurt & Unsafe

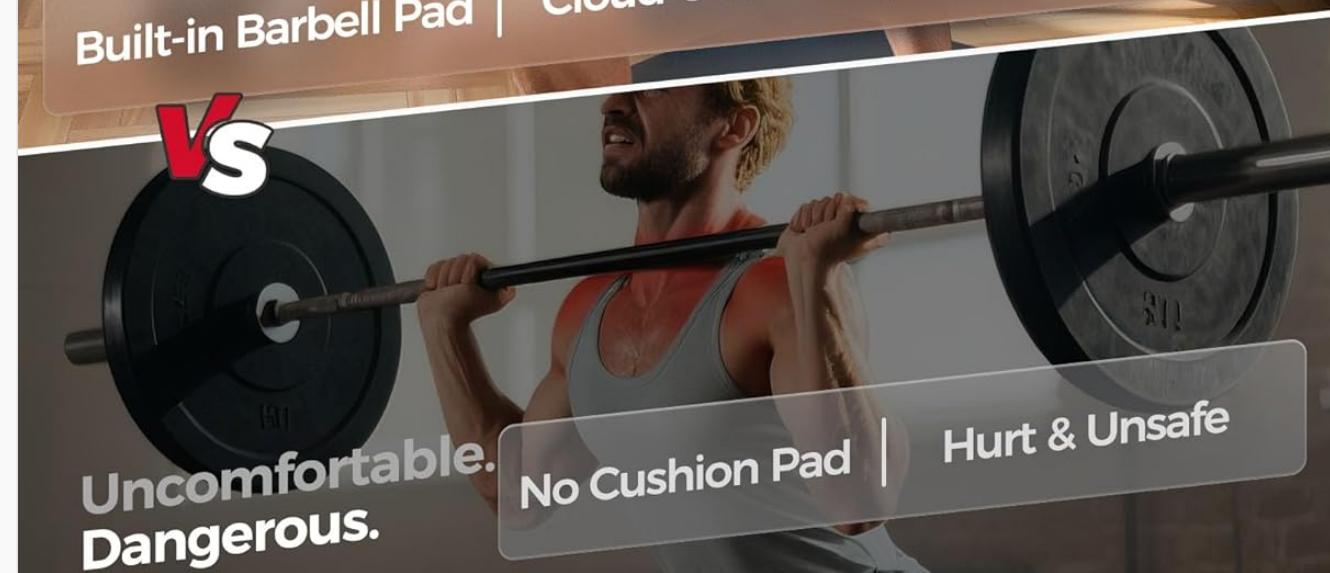


Image: A person performing squats with the barbell, highlighting the foam cushion pad on the barbell connecting rod designed for comfort and safety during exercises that involve resting the bar on the neck or shoulders.

6. MAINTENANCE

- Clean the equipment regularly with a damp cloth. Avoid harsh chemicals that may damage the materials.
- Store the dumbbells, barbell, and kettlebells in a dry environment to prevent material degradation.
- Periodically check all threaded connections and nuts for tightness and re-tighten if necessary.
- The weight plates are designed to be durable and odorless, made from high-quality PE materials with an iron,

mud, and sand mixture inside, preventing rust and floor abrasion.

Built to Last Earth First



Odor-Free



Eco-friendly



Image: An exploded view of a FEIERDUN dumbbell weight plate, illustrating its construction from a 5mm thickened PE material exterior and an interior mixture of iron, mud, and sand, emphasizing its durability and odor-free properties.

7. TROUBLESHOOTING

If you encounter any issues with your FEIERDUN Adjustable Dumbbells, please refer to the following common solutions:

- **Weights feel loose:** Ensure all fixed nuts are screwed on tightly. Re-tighten them before each use.
- **Difficulty screwing on nuts:** Check for any debris in the threads of the bar or nut. Clean if necessary. Ensure the nut is aligned correctly before screwing.
- **Unstable barbell:** Verify that both dumbbell bars are fully and securely screwed into the barbell connecting rod, and that all four fixed nuts are tightened.

For issues not covered here, please contact customer support.

8. SPECIFICATIONS

Feature	Detail
Product Dimensions	38.1 x 38.1 x 38.1 cm
Item Model Number	SB-01-010
Total Item Weight	13.6 kg (30 lbs)
Material	Alloy Steel, Iron, Polyethylene (PE)
Special Features	Adjustable Weight, Non-Slip
Number of Pieces	1 (set)
Handle Diameter	1.25 inches

9. WARRANTY AND SUPPORT

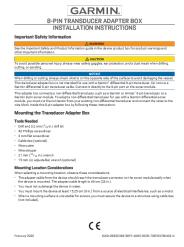
FEIERDUN is committed to providing high-quality products and customer service. If your product does not meet your expectations or if you require assistance, please contact FEIERDUN customer support. We aim to respond to inquiries within 12 hours.

For further information or support, please visit the official FEIERDUN store on Amazon:[FEIERDUN Store](#).

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Related Documents - SB-01-010

<p>INSTRUCTIONS How to connect APP? Please note that the following conditions need to be met before connecting: 1. The mobile phone screen height is not lower than 4.5", and has a resolution of 1080*1920 or higher. 2. The Android system is required to be version 4.4 or above, and needs to install the latest system update. 3. The smartphone or tablet is connected to the same WiFi and same IP address as the equipment. 4. Other equipment does not receive any signal for 2 minutes, and wait for 10 seconds to connect again. 5. If the connection fails, please turn off the equipment and then turn it on again. 6. If the connection fails, please turn off the equipment and then turn it on again. Description of "KINOMAP" application: This app is an APP of fitness connection application, which can be updated in the APP store. 1. Search "KINOMAP" in mobile app store to find the app.  E-mail: feierdun@163.com</p>	<p>FEIERDUN Feier-EM-01 User Manual and Kinomap Connection Guide Comprehensive guide for the FEIERDUN Feier-EM-01 fitness equipment, detailing how to connect to the Kinomap app, operate the control center, understand display modes, and troubleshoot common issues.</p>
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 <p>Instruction Manuals Please contact us promptly for any product issues. Contact email: feierdun@163.com</p>	<p><u>Feierdun Elliptical Machine Assembly and User Manual</u></p> <p>Comprehensive guide for assembling and using the Feierdun Elliptical Machine, including safety instructions, troubleshooting, and maintenance tips.</p>
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 <p>EmpirBus EmpirBus Connect-50 User manual</p>	<p><u>EmpirBus Connect-50 User Manual: Installation, Configuration, and Specifications</u></p> <p>Comprehensive user manual for the EmpirBus Connect-50, detailing installation, circuit configurations, input/output functions, serial interfaces, WiFi settings, and product specifications. Learn how to integrate and manage your marine electrical system.</p>