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DH FitLife 18KG X 1

DH FitLife Adjustable Dumbbell (1.5-18kg) Instruction Manual

1. Introduction

Thank you for choosing the DH FitLife Adjustable Dumbbell. This innovative dumbbell system is designed to enhance your strength training with its versatile weight adjustment, ergonomic design, and space-saving features. Please read this manual carefully before use to ensure proper setup, safe operation, and effective maintenance of your product.



Image showing a man performing a dumbbell row with the DH FitLife adjustable dumbbell. Below are illustrations of 12 weight levels from 1.5kg to 18kg. This dumbbell offers 12 weight levels from 1.5kg to 18kg, allowing users to select their appropriate weight for strength training.

The DH FitLife Adjustable Dumbbell offers 12 weight levels, ranging from 1.5 kg to 18 kg, making it suitable for both beginners and experienced users. Its unique design allows for quick weight changes, ensuring a seamless workout experience.

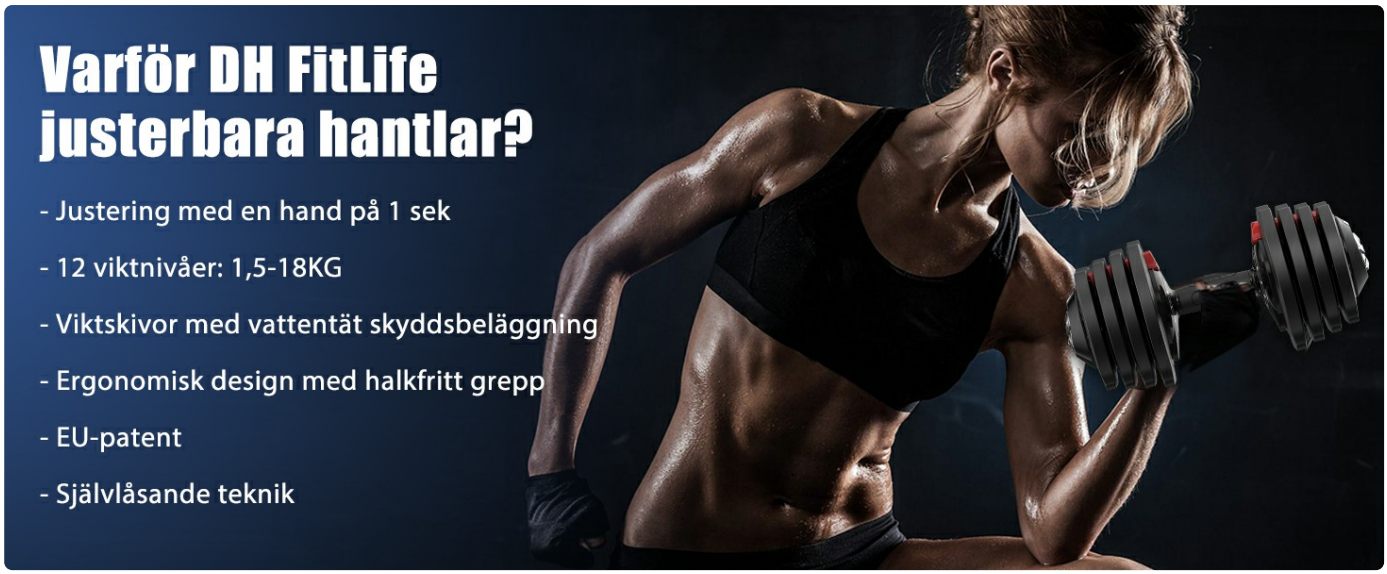


Image showing a woman performing a bicep curl with the DH FitLife adjustable dumbbell, listing its key benefits: 1-second one-hand adjustment, 12 weight levels (1.5-18kg), waterproof coated weight plates, ergonomic non-slip grip, EU patent, and self-locking technology. These features contribute to a superior training experience.

2. Setup

The DH FitLife Adjustable Dumbbell comes pre-assembled. Follow these steps to prepare it for use:

1. **Unpack:** Carefully remove the dumbbell and its storage base from the packaging.
2. **Placement:** Place the storage base on a flat, stable surface where you intend to exercise. Ensure there is enough clear space around the dumbbell for safe movement.
3. **Initial Check:** Ensure the dumbbell is securely seated in its base. The weight plates should be aligned and the adjustment mechanism should turn smoothly.



Image comparing the space-saving design of the DH FitLife adjustable dumbbell (top, compact on its base) with traditional dumbbells (bottom, scattered weight plates). The DH FitLife dumbbell offers a compact, space-saving storage solution compared to multiple individual dumbbells.

3. Operating Instructions

3.1 Weight Adjustment

The DH FitLife Adjustable Dumbbell features a quick, one-hand weight adjustment mechanism. To change the weight:

1. **Place in Base:** Ensure the dumbbell is fully seated in its storage base. The self-locking mechanism prevents weight adjustment when the dumbbell is lifted.
2. **Rotate Handle:** Grip the handle and rotate it to align the desired weight setting with the indicator. You will feel a click as the mechanism locks into place.
3. **Lift Dumbbell:** Once the desired weight is selected and locked, carefully lift the dumbbell from the base. Only the

selected weight plates will be lifted with the handle.



Image illustrating the one-hand weight adjustment mechanism of the DH FitLife adjustable dumbbell. The dial shows weight settings and an arrow indicates a 1-second adjustment. The dumbbell allows for quick, one-hand weight adjustment in just 1 second.



Close-up image of the dumbbell's adjustment dial, showing weight numbers and an arrow indicating rotation for adjustment. This demonstrates the quick and easy weight selection process.

3.2 Safety Features

- **Self-Locking Technology:** The dumbbell can only be removed from the stand when all necessary weight plates are securely fixed in the plate holder, ensuring stability and preventing accidental plate drops.
- **Ergonomic Handle:** The non-slip handle is designed for maximum comfort and a secure grip, reducing strain on hands and fingers.



Image showing the dumbbell securely seated in its storage tray, with numbers 1-4 highlighted on the weight plates. The text explains the self-locking technology: the dumbbell can only be removed from the tray when all necessary weight plates are securely attached. This emphasizes the safety feature.

3.3 Exercise Examples

The adjustable dumbbell is suitable for a wide range of exercises. Here are a few examples:

- **One-Arm Dumbbell Row:** Primarily targets the latissimus dorsi and posterior deltoid.



Image of a man performing a one-arm dumbbell row in a gym. This exercise primarily targets the latissimus dorsi and the posterior deltoid muscle.

- **Dumbbell Triceps Press:** An isolation exercise for the upper arm, specifically targeting the triceps muscle.



Image of a woman performing a dumbbell triceps press in a gym. This is a helpful isolation exercise for the upper arm, aiming to train the triceps muscle in a targeted way.

- **Dumbbell Bench Press:** Trains the pectoralis major. Incline and decline variations target the upper and lower chest, respectively.



Image of a man performing a dumbbell bench press on an incline bench in a gym. This exercise trains the pectoralis major. Alternatives like incline and decline bench press train the upper and lower parts of the chest, respectively.

- **One-Arm Dumbbell Bicep Curl:** Strengthens the biceps muscle and arm flexors.



Image of a man performing a one-arm dumbbell bicep curl in a gym. Bicep curls train the biceps muscle and strengthen the arm's flexor muscles, which are often used in everyday movements.

4. Maintenance

Proper maintenance ensures the longevity and optimal performance of your adjustable dumbbell.

- **Cleaning:** The dumbbell set is easy to clean. Wipe down the handle and weight plates with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Weight Plate Care:** The cast iron weight plates are coated with a waterproof protective layer, safeguarding them against sweat and moisture. However, avoid prolonged exposure to excessive moisture.
- **Storage:** Always store the dumbbell in its designated storage tray. This prevents unwanted rolling or tilting of the weight plates and keeps your workout area tidy.
- **Inspection:** Periodically inspect the adjustment mechanism and weight plates for any signs of wear or damage. Ensure all parts move smoothly and lock securely.



Image detailing key features: cast iron weight plates with waterproof protective coating, an ergonomic non-slip handle, and a lockable, robust storage tray. These features ensure durability, comfort, and safety during use and storage.



Image showing the cast iron weight plates with a red glow, emphasizing their waterproof protective coating. The text explains that the cast iron plates are waterproof coated to protect against sweat and moisture, ensuring durability.



Close-up image of the dumbbell's ergonomic, non-slip handle with a red glow. The text describes the handle as gentle on hands and fingers, providing maximum comfort during workouts. This highlights the user-friendly design.

5. Troubleshooting

If you encounter any issues with your DH FitLife Adjustable Dumbbell, please refer to the following common problems and solutions:

- **Difficulty Adjusting Weight:**
  - Ensure the dumbbell is fully seated in its base. The adjustment mechanism is designed to only operate when the dumbbell is in the base.
  - Check for any obstructions between the weight plates or within the adjustment dial.
- **Weight Plates Not Locking Securely:**
  - Verify that the handle is rotated completely to the desired weight setting until you hear a click, indicating it's locked.
  - Inspect the locking pins and the weight plate grooves for any debris or damage. Clean if necessary.

- If a specific weight plate consistently fails to lock, avoid using that weight setting and contact customer support.

- **Dumbbell Feels Wobbly:**
  - Ensure the dumbbell is correctly assembled and all plates are properly aligned within the mechanism.
  - If the wobble persists, discontinue use and contact customer support.

If these steps do not resolve the issue, please contact DH FitLife customer support for further assistance.

6. Specifications

Brand	DH FitLife
Model	18KG X 1
Weight Range	1.5 kg to 18 kg
Weight Levels	12
Material	Cast Iron
Color	Black
Dimensions	40 x 19 x 19 cm
Item Weight	18 Kilograms
Features	Non-slip handle, Waterproof coated plates, Self-locking technology

7. Warranty and Support

DH FitLife is a German brand committed to customer satisfaction. We offer a**30-day money-back guarantee** on our products.

If you have any questions, concerns, or require assistance with your DH FitLife Adjustable Dumbbell, please do not hesitate to contact our customer service team. Our sales and customer service are based in Hamburg, Germany, and we are dedicated to providing reliable support.

Contact Information:
Please refer to your purchase documentation or the DH FitLife official website for the most current contact details.

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Question

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