

Yes4All WDUF

Yes4All Old School Adjustable Dumbbell Set (Model WDUF) Instruction Manual

Model: WDUF | Brand: Yes4All

1. INTRODUCTION

This manual provides comprehensive instructions for the assembly, safe operation, and maintenance of your Yes4All Old School Adjustable Dumbbell Set. Please read this manual thoroughly before using the product to ensure proper and safe usage.



Image 1: Overview of the Yes4All Old School Adjustable Dumbbell Set.

2. PRODUCT COMPONENTS

The Yes4All Old School Adjustable Dumbbell Set (40LB variant) includes the following components:

- Two (2) 14-inch x 1-inch Dumbbell Handles
- Four (4) Spinlock Collars
- Four (4) 5 lb Weight Plates
- Four (4) 3 lb Weight Plates

FLEXIBLE STRUCTURE

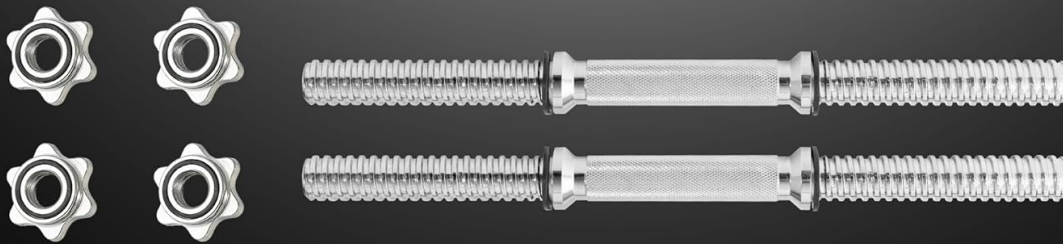


Image 2: Detailed view of the dumbbell components, including handles, collars, and various weight plates.

3. ASSEMBLY AND WEIGHT ADJUSTMENT

Follow these steps to assemble your dumbbells and adjust the weight:

1. **Unpack Components:** Carefully remove all handles, weight plates, and spinlock collars from the packaging.
2. **Attach First Collar:** Slide one spinlock collar onto one end of a dumbbell handle and tighten it securely against the handle's shoulder.
3. **Add Weight Plates:** Slide the desired number of weight plates onto the handle. Ensure the plates are centered and balanced.
4. **Attach Second Collar:** Slide the second spinlock collar onto the other end of the handle and tighten it firmly against the weight plates.
5. **Secure Collars:** Ensure both spinlock collars are tightened completely to prevent plates from shifting during use. Periodically check tightness during workouts.

The set allows for various weight configurations by combining the 3 lb and 5 lb plates. For example, to achieve a 20 lb dumbbell (10 lbs per side), you would use one 5 lb plate and one 3 lb plate on each side of the 4 lb handle ($5+3+4+3+5 = 20$ lbs total per dumbbell).



Image 3: Illustration of dumbbell assembly and key dimensions, including handle length and plate diameter.



Image 4: Close-up view of a spinlock collar, demonstrating how it secures the weight plates.

4. OPERATING INSTRUCTIONS (USAGE)

These adjustable dumbbells are designed for a full-body workout, targeting various muscle groups. Always ensure the collars are tightly secured before beginning any exercise.

- **Grip:** The handles feature a diamond knurled texture for a secure, non-slip grip.
- **Exercise Variety:** Use the dumbbells for exercises such as shoulder presses, bicep curls, tricep extensions, single-arm rows, squats, and lunges.
- **Safety Check:** Before each use, verify that all spinlock collars are firmly tightened to prevent weight plates from sliding off.



Image 5: Examples of exercises that can be performed with the adjustable dumbbells, including shoulder press, dumbbell curl, and single-arm row.

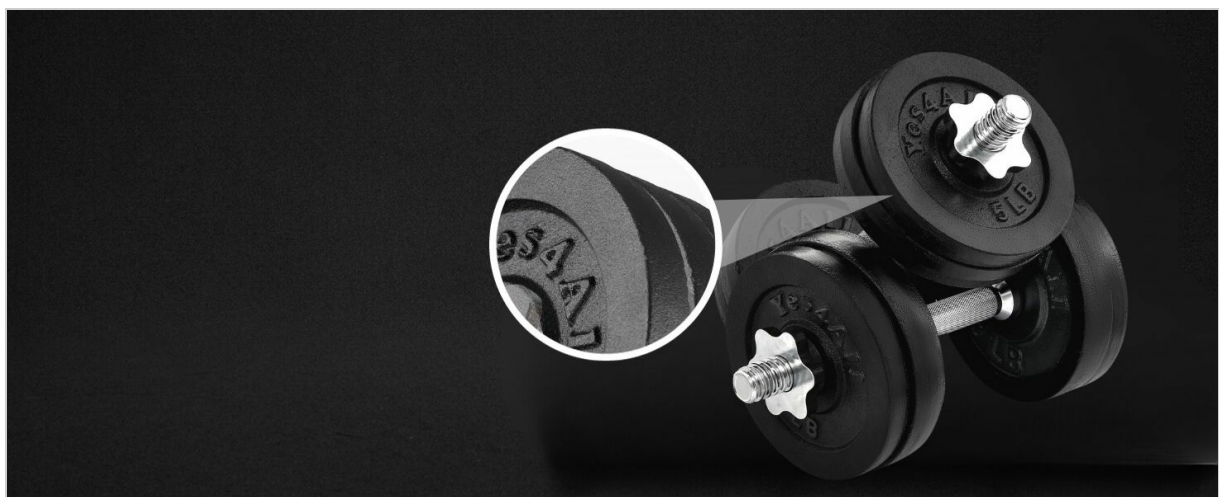


Image 6: Close-up view of the knurled chrome handle, designed for a secure grip.

5. MAINTENANCE

Proper maintenance ensures the longevity and safe operation of your dumbbell set.

- **Cleaning:** Wipe down handles and plates with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Storage:** Store the dumbbells in a dry environment to prevent rust. Disassembling the weights for storage can save space.
- **Inspection:** Regularly inspect the handles, plates, and collars for any signs of wear, damage, or corrosion. Replace any damaged components immediately.
- **Collar Tightness:** As noted in user feedback, spinlock collars may loosen over time. Always re-tighten them before and during workouts.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Weight plates feel loose or rattle during exercise.	Spinlock collars are not sufficiently tightened.	Immediately stop exercising. Re-tighten both spinlock collars firmly against the weight plates. Check periodically during your workout.
Difficulty screwing on/off spinlock collars.	Threads may be dirty or slightly misaligned.	Clean threads on both the handle and collar. Ensure the collar is aligned straight before twisting. Do not force.
Rust or chipping on weight plates.	Exposure to moisture or harsh conditions.	Store in a dry environment. Clean and dry plates thoroughly after use. Lightly oiling the plates can help prevent rust.

7. SPECIFICATIONS

Feature	Detail
Brand	Yes4All
Model Name	Adjustable Dumbbell
Part Number	WDUF
Material	Cast Iron, Stainless Steel
Item Weight (40LB variant)	40 Pounds (per pair)
Product Dimensions	13.8"L x 12.5"W (approximate, assembled)
Handle Diameter	1 inch
Special Features	Adjustable Weight, Non-Slip Handle, Rust Resistant Coating
UPC	810151671826



Image 7: A selection of weight plates, illustrating the different sizes and weights available for adjustment.

8. SAFETY INFORMATION

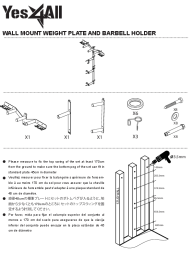
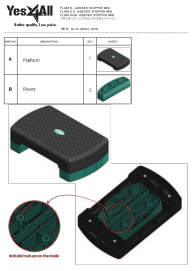



Always prioritize safety when using any exercise equipment. Failure to follow these guidelines may result in injury.

- **Consult a Professional:** Before starting any new exercise program, consult with a healthcare professional or certified fitness trainer.
- **Proper Form:** Use correct lifting techniques to avoid strain and injury. If unsure, seek guidance from a qualified instructor.
- **Warm-up:** Always perform a warm-up before lifting weights and cool down afterward.
- **Secure Collars:** Double-check that spinlock collars are tightly secured before and during each set of exercises. Loose collars can cause plates to fall, leading to injury.
- **Controlled Movements:** Lift and lower weights with controlled movements. Avoid dropping dumbbells.
- **Clear Area:** Ensure your workout area is clear of obstructions and other people.
- **Children and Pets:** Keep children and pets away from the equipment during use and storage.
- **Weight Limits:** Do not exceed the maximum weight capacity for the dumbbell handles.

9. WARRANTY AND SUPPORT

For warranty information or product support, please refer to the official Yes4All website or contact their customer service directly. Keep your purchase receipt for warranty claims.

Visit the official Yes4All store: [Yes4All Store on Amazon](#)

 <p>Yes4All WALL MOUNT WEIGHT PLATE AND BARBELL HOLDER</p> <p>Comprehensive guide for installing the Yes4All Wall Mount Weight Plate and Barbell Holder, including safety warnings, warranty information, and usage instructions.</p>	<p>Yes4All Wall Mount Weight Plate and Barbell Holder Installation Guide</p> <p>Comprehensive guide for installing the Yes4All Wall Mount Weight Plate and Barbell Holder, including safety warnings, warranty information, and usage instructions.</p>
 <p>Yes4All Plastic Aerobic Stepper Mini</p> <p>This guide provides assembly instructions and important safety information for the Yes4All Plastic Aerobic Stepper Mini. Learn how to assemble your stepper and important usage guidelines.</p>	<p>Yes4All Plastic Aerobic Stepper Mini Assembly and User Guide</p> <p>This guide provides assembly instructions and important safety information for the Yes4All Plastic Aerobic Stepper Mini. Learn how to assemble your stepper and important usage guidelines.</p>
 <p>Yes4All Aerobic Deck</p> <p>Comprehensive guide for using the Yes4All Aerobic Deck, including assembly, adjustment, safety precautions, and warranty information. Learn how to safely set up and utilize the aerobic step for your workouts.</p>	<p>Yes4All Aerobic Deck User Manual and Safety Guide</p> <p>Comprehensive guide for using the Yes4All Aerobic Deck, including assembly, adjustment, safety precautions, and warranty information. Learn how to safely set up and utilize the aerobic step for your workouts.</p>
 <p>Bme ASSEMBLY INSTRUCTIONS VIVIAN/ETHAN WITH HEADBOARD</p> <p>Comprehensive assembly instructions for the Bme Vivian/Ethan bed frame with headboard. This guide provides a detailed parts layout, hardware specifications, and step-by-step instructions to ensure a smooth and correct assembly process. Estimated assembly time is 45 minutes. For support or concerns, contact Yes4ALL.LLC within 30 days.</p>	<p>Bme Vivian/Ethan with Headboard Assembly Instructions</p> <p>Comprehensive assembly instructions for the Bme Vivian/Ethan bed frame with headboard. This guide provides a detailed parts layout, hardware specifications, and step-by-step instructions to ensure a smooth and correct assembly process. Estimated assembly time is 45 minutes. For support or concerns, contact Yes4ALL.LLC within 30 days.</p>
 <p>Sports and Outdoor Equipment Catalog</p> <p>A comprehensive listing of sports equipment, outdoor gear, and accessories from various manufacturers, including items for cycling, fitness, water sports, team sports, and more.</p>	<p>Sports and Outdoor Equipment Catalog</p> <p>A comprehensive listing of sports equipment, outdoor gear, and accessories from various manufacturers, including items for cycling, fitness, water sports, team sports, and more.</p>