

ZIPRO 6413518

ZIPRO Adjustable Dumbbells Instruction Manual

Model: 6413518

INTRODUCTION

Thank you for choosing ZIPRO Adjustable Dumbbells. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before first use and keep it for future reference. These dumbbells are designed to facilitate effective strength training exercises, targeting various muscle groups for a comprehensive workout.

IMPORTANT SAFETY INFORMATION

- **WARNING:** Consult a physician before beginning any exercise program.
- Always inspect the dumbbells for any damage or loose parts before each use. Do not use if damaged.
- Ensure all weight plates are securely fastened with the threaded clamps before lifting.
- Use the dumbbells on a flat, stable surface.
- Keep children and pets away from the equipment during use.
- Do not drop the dumbbells, as this may cause damage to the equipment or injury.
- Store dumbbells in a dry, safe place away from direct sunlight and extreme temperatures.

PACKAGE CONTENTS

Verify that all components are present and undamaged upon opening the package.

- 2 x Dumbbell Bars (35 cm length, steel, ribbed handles)
- 4 x Threaded Clamps (star-shaped collars)
- Weight Plates (various sizes, cast iron, 25 mm diameter):
 - Specific quantities and weights may vary based on total weight purchased (e.g., 2.5 kg, 1.25 kg, 0.5 kg plates to reach 20 kg per dumbbell).

- 1 x Storage Case (for convenient transport and storage)



Image: All components of the ZIPRO Adjustable Dumbbell set, including bars, clamps, and weight plates.

SETUP AND ASSEMBLY

1. **Unpack Components:** Carefully remove all items from the storage case.
2. **Select Weight Plates:** Determine the desired weight for your exercise. The dumbbells allow for 16 different weight settings by combining various plates.
3. **Load Plates onto Bar:** Slide the selected weight plates onto the smooth ends of the dumbbell bar. Ensure they are centered and balanced.
4. **Secure with Clamps:** Once the desired plates are loaded, screw the threaded clamps onto the ends of the bar until they are hand-tight and the plates are firmly secured. Do not overtighten.
5. **Verify Stability:** Gently shake the assembled dumbbell to ensure no plates are loose before beginning your workout.



Image: Two fully assembled ZIPRO Adjustable Dumbbells, ready for use.



Image: Detail of dumbbell bar, weight plates, and threaded clamp.

OPERATING INSTRUCTIONS

Adjusting Weight

To adjust the weight, unscrew the threaded clamps from both ends of the dumbbell bar. Carefully slide off or add the desired weight plates. Once the new weight configuration is set, re-secure the clamps tightly. Always ensure both sides of the dumbbell have equal weight distribution for balanced lifting.

Proper Use

- Always maintain proper form during exercises to prevent injury.
- Start with a lighter weight to master the exercise technique before increasing the load.
- Perform movements in a controlled manner, avoiding sudden jerks or drops.
- Breathe properly throughout your workout.

CARE AND MAINTENANCE

- **Cleaning:** Wipe down the dumbbell bars and plates with a damp cloth after each use to remove sweat and dirt. Do not use abrasive cleaners.

- **Storage:** Store the dumbbells in their provided case or a dry, cool place when not in use. Avoid prolonged exposure to moisture or direct sunlight.
- **Inspection:** Periodically check the threaded clamps and bars for any signs of wear, rust, or damage. Replace any worn parts immediately.



Image: The durable storage case for the ZIPRO Adjustable Dumbbells.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Weight plates are loose during exercise.	Clamps not tightened sufficiently.	Ensure threaded clamps are securely hand-tightened before each set.
Dumbbell feels unbalanced.	Uneven weight distribution on the bar.	Verify that the same weight is loaded on both sides of the bar.
Difficulty screwing on clamps.	Threads may be dirty or misaligned.	Clean threads on both bar and clamp. Ensure clamp is aligned correctly before twisting.

PRODUCT SPECIFICATIONS

Brand	ZIPRO
Model Number	6413518
Adjustable Weight Range	From 2.5 kg to 20 kg per dumbbell (16 settings)
Total Set Weight (as shipped)	17 kg (17000 Grams)
Dumbbell Bar Length	35 cm
Weight Plate Material	Cast Iron
Weight Plate Diameter	25 mm
Handle Material	Rubber (ribbed)
Case Dimensions	46 x 30 x 10.5 cm
Product Dimensions (assembled)	16.14"L x 11.81"W
Number of Pieces	19

WARRANTY AND SUPPORT

For warranty information or technical support regarding your ZIPRO Adjustable Dumbbells, please refer to the warranty card included with your purchase or visit the official ZIPRO website. Keep your proof of purchase for any warranty claims.

Manufacturer: Morele.net Sp. z o.o

Related Documents - 6413518



[ZIPRO Ripped Workout Bench User Manual](#)

Comprehensive user manual for the ZIPRO Ripped workout bench, covering assembly, operation, safety guidelines, and maintenance. This guide provides detailed instructions for setting up and using the equipment for various training types.



ZIPRO Ramble Treadmill User Manual

Comprehensive user manual for the ZIPRO Ramble treadmill, covering assembly, operation, maintenance, and troubleshooting. Learn how to safely and effectively use your treadmill for home workouts.

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ZIPRO STRIDE Workout Bench User Manual

Comprehensive user manual for the ZIPRO STRIDE workout bench, covering assembly, operation, maintenance, safety guidelines, and warranty information.

[illegible]

[ZIPRO Roam Stepper User Manual and Assembly Guide](#)

Comprehensive user manual for the ZIPRO Roam Stepper, including assembly instructions, safety guidelines, technical specifications, maintenance tips, and warranty information. Learn how to operate and care for your stepper.

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ZIPRO Grind: Instrukcja montażu i użytkowania ławki treningowej

Kompleksowy przewodnik po ławce treningowej ZIPRO Grind. Zawiera instrukcje montażu, bezpiecznego użytkowania, konserwacji oraz porady treningowe dla użytkowników domowych.

ZIPRO

Glow

- 1. Unpack the bike and remove the protective foam.
- 2. Check the bike for any damage or missing parts.
- 3. Assemble the bike according to the instructions.
- 4. Adjust the seat and handlebars to your preferred position.
- 5. Connect the power cord to the bike and plug it into a power outlet.
- 6. Turn on the bike and adjust the resistance level.
- 7. Start pedaling and enjoy your workout.
- 8. After use, turn off the bike and disconnect the power cord.
- 9. Store the bike in a dry, well-ventilated area.
- 10. Refer to the user manual for more information.



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[ZIPRO Glow Electric-Magnetic Recumbent Bike User Manual](#)

This user manual provides comprehensive instructions for the assembly, safe operation, maintenance, and troubleshooting of the ZIPRO Glow electric-magnetic recumbent bike. Designed for home use, it ensures users can maximize their fitness experience while adhering to safety guidelines.