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› Yaheetech Adjustable Dumbbell Set User Manual

## Yaheetech Adjustable Dumbbell Set

# Yaheetech Adjustable Dumbbell Set

## USER MANUAL

Model: Adjustable Dumbbell Set

### 1. Introduction

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Thank you for choosing the Yaheetech Adjustable Dumbbell Set. 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 initial use and retain it for future reference.

#### 1.1 Safety Information

- Always consult with a healthcare professional before starting any new exercise program.
- Inspect the dumbbells and tray for any damage or loose parts before each use. Do not use if damaged.
- Ensure the weight selection dial is securely locked into position before lifting the dumbbell.
- Do not drop the dumbbells. Dropping can cause damage to the product and potential injury.
- Keep hands and fingers clear of moving parts during weight adjustment.
- Use the dumbbells on a flat, stable surface.
- Keep out of reach of children and pets.
- Do not attempt to disassemble the dumbbell beyond the instructions provided.

#### 1.2 Package Contents

Your Yaheetech Adjustable Dumbbell Set package should contain the following items:

- Adjustable Dumbbell(s) (quantity as purchased, single or pair)
- Dumbbell Tray(s)
- User Manual (this document)



Image: The Yaheetech Adjustable Dumbbell Set, showing two dumbbells resting in their respective trays. Each dumbbell features a black handle and multiple black weight plates, with a red accent on the weight selection mechanism.

## 2. Setup

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Setting up your adjustable dumbbells is quick and straightforward.

1. **Unpack:** Carefully remove all components from the packaging.
2. **Placement:** Place the dumbbell tray on a flat, stable, and level surface where you intend to exercise. Ensure there is sufficient space around the tray for safe operation.
3. **Insert Dumbbell:** Gently place the adjustable dumbbell into its corresponding tray. Ensure it sits securely and flat within the tray's grooves.
4. **Initial Check:** Before first use, rotate the weight selection dial to ensure it moves freely and clicks into each weight increment. Lift the dumbbell slightly to confirm that the selected weight plates are securely attached and the unselected plates remain in the tray.

## 3. Operating Instructions

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### 3.1 Adjusting Weight

The Yaheetech Adjustable Dumbbell Set allows for quick and easy weight changes, offering 16 different weight settings from 4 lb to 90 lb.

1. **Place Dumbbell in Tray:** Always ensure the dumbbell is securely seated in its tray before attempting to adjust the weight.
2. **Grip and Twist:** Firmly grip the anti-slip handle. With one hand, twist the selector dial located at the end of the dumbbell handle. Rotate the dial until the desired weight (e.g., 4, 16, 21, 26, 33, 37, 40, 44, 50, 52.5, 54, 58, 62, 70,

73, 77, 90 lbs) aligns with the indicator mark. You will hear a click as it locks into place.

3. **Lift:** Once the desired weight is selected and locked, carefully lift the dumbbell straight up from the tray. The unselected weight plates will remain in the tray.
4. **Return:** After your exercise, gently place the dumbbell back into the tray, ensuring it aligns correctly with the remaining weight plates. This allows for proper re-engagement of the weight selection mechanism.

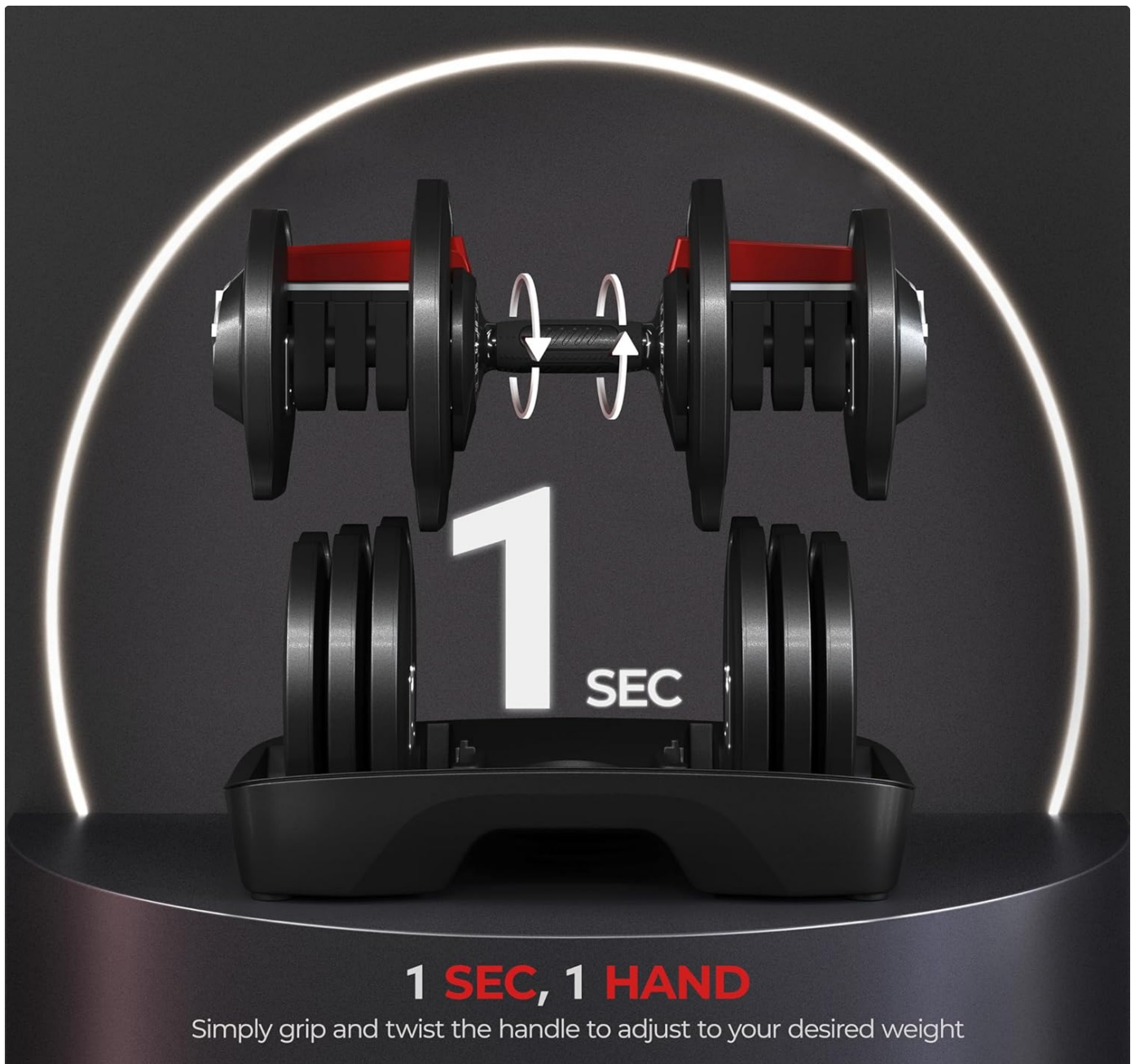


Image: Diagram illustrating the "1 SEC, 1 HAND" adjustment feature. It shows the dumbbell handle being twisted to select weights, with an arrow indicating the quick adjustment motion.



Image: Close-up view of the dumbbell's weight selection dial, highlighting the "16 IN 1" feature and showing various weight increments (e.g., 4 lbs, 16 lbs, 21 lbs, up to 90 lbs) arranged in a circular pattern.



Image: Exploded view of the dumbbell showing its key components: 1-second Quick Adjustment, Easy-to-read Clear Dial, Non-slip Textured Handle, Solid & Durable Metal Weights, Safety Locking Mechanism, and Slotted Base for Stability.

### 3.2 Safety Locking Mechanisms

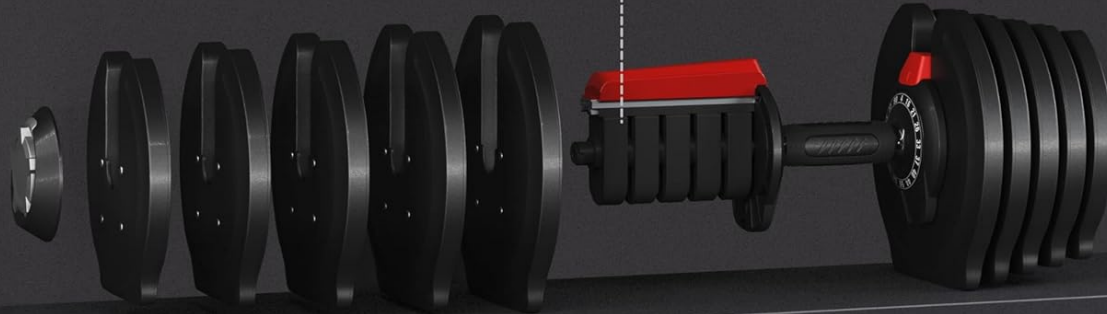
Your adjustable dumbbells are equipped with two safety locking mechanisms to ensure secure operation:

- **Lock A (Secure weights during exercising):** This mechanism ensures that the selected weight plates are firmly attached to the handle during your workout, preventing them from detaching.
- **Lock B (Keep weights in place on the tray):** This mechanism ensures that the unselected weight plates remain securely in the tray when the dumbbell is lifted, preventing them from scattering.

# ENHANCED SAFETY

## Lock A

Secure weights during exercising



## Lock B

Keep weights in place on the tray



Safety locking mechanism

Image: Diagram illustrating the "Enhanced Safety" features, specifically Lock A (securing weights during exercising) and Lock B (keeping weights in place on the tray), along with the safety locking mechanism of the tray.

### 3.3 Exercise Examples

The wide weight range of your adjustable dumbbells makes them suitable for a variety of exercises, from heavy compound movements to lighter isolation work.

- **Heavy Exercises:** Use higher weight settings for exercises like shrugs, lunges, and squats.
- **Lighter Exercises:** Use lower weight settings for exercises such as bicep curls, tricep extensions, and lateral raises.



Image: A man performing lunges with a Yaheetech adjustable dumbbell, demonstrating its use in strength training.



Image: A woman performing a bent-over row exercise with a Yaheetech adjustable dumbbell, showcasing its versatility for various movements.

## 4. Maintenance

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Proper maintenance will extend the life of your adjustable dumbbells.

- **Cleaning:** Wipe down the dumbbells and trays with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.
- **Storage:** Store the dumbbells in their trays in a dry, cool place, away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check all parts for signs of wear, damage, or loose components. Pay close attention to the handle, weight plates, and the selection mechanism.
- **Lubrication:** No lubrication is required for the weight adjustment mechanism. Keep it clean and free of debris.

## 5. Troubleshooting

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If you encounter any issues with your adjustable dumbbells, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Difficulty adjusting weight.	Dumbbell not fully seated in the tray; debris in the mechanism.	Ensure the dumbbell is fully and correctly seated in the tray. Check for and remove any debris around the weight selection dial and plates.
Dumbbell feels loose or wobbly after selection.	Weight selection dial not fully locked into position.	Return the dumbbell to the tray and re-adjust the weight, ensuring the dial clicks firmly into the desired weight setting. Do not lift until securely locked.
Unselected plates lift with the dumbbell.	Dumbbell not properly aligned in the tray upon lifting.	Ensure the dumbbell is lifted straight up from the tray without tilting. Verify that Lock B is functioning correctly.

If the problem persists after attempting these solutions, please contact customer support.

## 6. Specifications

Feature	Detail
Brand	Yaheetech
Model	Adjustable Dumbbell Set
Color	Black
Item Weight (per dumbbell)	Up to 90 Pounds (adjustable)
Material	Acrylonitrile Butadiene Styrene (ABS), Alloy Steel, Polypropylene (PP)
Special Feature	Adjustable Weight, Non-Slip Handle
Dimensions (approx.)	18.5" L x 9.5" W x 9.5" H (Dumbbell in tray)
Weight Increments	16 settings (4, 16, 21, 26, 33, 37, 40, 44, 50, 52.5, 54, 58, 62, 70, 73, 77, 90 lbs)



Image: Diagram showing the approximate dimensions of the adjustable dumbbell set when stored in its tray: 18.5 inches in length, 9.5 inches in width, and 9.5 inches in height.

## 7. Warranty and Support

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For warranty information or technical support, please contact Yaheetech customer service. Refer to your purchase documentation for specific warranty terms and contact details.

**Customer Support:** For assistance, please visit the official Yaheetech website or refer to the contact information provided with your purchase. You may also find support through the retailer where the product was purchased.



