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› BRAINGAIN Adjustable Dumbbells (2 x 23.5kg) User Manual

BRAINGAIN EU23.5kgPairChrome

BRAINGAIN Adjustable Dumbbells (2 x 23.5kg) User Manual

Model: EU23.5kgPairChrome

1. INTRODUCTION

Thank you for choosing BRAINGAIN Adjustable Dumbbells. 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 use and retain it for future reference.

Important Safety Information

- Always consult with a healthcare professional before starting any new exercise program.
- Inspect the dumbbells for any damage or loose parts before each use. Do not use if damaged.
- Ensure the weight selection mechanism is fully engaged and locked before lifting the dumbbell.
- Do not drop the dumbbells. This can damage the mechanism and void the warranty.
- Keep children and pets away from the equipment during use.
- Use the dumbbells on a flat, stable surface.

2. PRODUCT OVERVIEW

The BRAINGAIN Adjustable Dumbbells are designed to provide a versatile and space-saving solution for your strength training needs. Each dumbbell replaces multiple fixed weights, offering a wide range of resistance in a compact design.

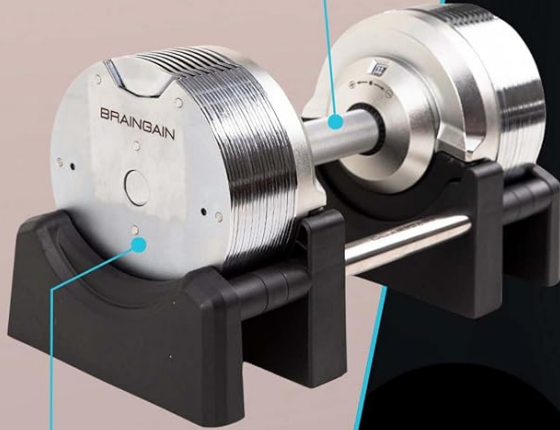
Key Features:

- **Quick Weight Adjustment:** Change weights in less than a second for efficient workouts.
- **Compact Design:** Replaces multiple individual dumbbells, saving space in your home gym. The 23.5 kg version offers 14 settings (4 kg to 23.5 kg) in 1.5 kg increments.
- **Ergonomic Handle:** Features a 34mm Gen 4 handle for a finer, more controlled, and comfortable grip. Made from premium cast iron with a non-slip knurled finish.
- **Secure Locking System:** A dual steel pin locking system ensures the selected weight is securely held in place.
- **Versatile Use:** Suitable for all fitness levels, from beginners to advanced lifters.

CONÇU POUR LA FORCE & LE CONFORT

BRAINGAIN

Changez de poids
rapidement en moins
d'une seconde



Remplace plusieurs poids
libres individuels



Image: BRAINGAIN Adjustable Dumbbell on its storage base, with a user demonstrating its use. This illustrates the compact design and readiness for use.

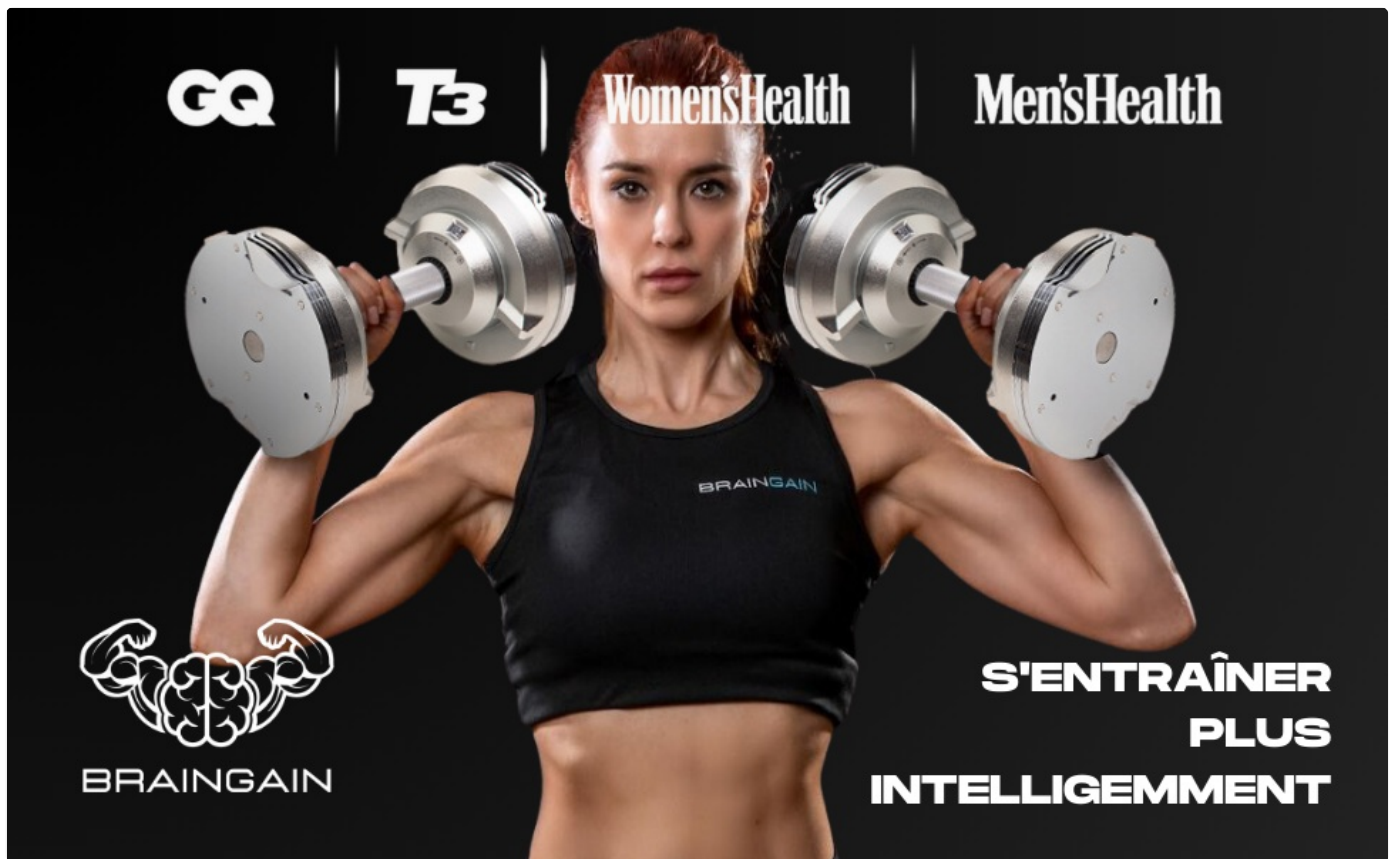


Image: Detailed view of the BRAINGAIN Adjustable Dumbbell highlighting its smart technology, weight precision, knurled handle, and intelligent click mechanism.

3. SETUP

Your BRAINGAIN Adjustable Dumbbells come pre-assembled. Follow these steps for initial setup:

1. **Unpacking:** Carefully remove the dumbbells and their storage bases from the packaging.
2. **Placement:** Place the storage bases on a flat, stable, and non-slip surface where you intend to exercise. Ensure there is enough clear space around the dumbbells for safe movement.
3. **Dumbbell Placement:** Place each dumbbell securely into its corresponding storage base. Ensure all weight plates are properly seated within the base.
4. **Initial Check:** Before first use, gently twist the handle to ensure the weight selection mechanism moves smoothly and engages correctly.

4. OPERATING INSTRUCTIONS

Follow these instructions to safely adjust and use your BRAINGAIN Adjustable Dumbbells:

4.1. Adjusting Weight

1. **Place Dumbbell in Base:** Ensure the dumbbell is fully seated in its storage base.
2. **Select Weight:** Grip the handle firmly. Rotate the handle clockwise or counter-clockwise to align the desired weight setting with the indicator on the dumbbell. You will hear a "click" as the mechanism engages.
3. **Verify Engagement:** Before lifting, gently pull the handle upwards a small amount to ensure the selected weight plates are securely attached and the remaining plates are left in the base.
4. **Lift and Use:** Once the weight is securely selected, lift the dumbbell straight up from the base.

The 23.5 kg model offers weight adjustments from 4 kg to 23.5 kg in 1.5 kg increments.

GAGNEZ DU TEMPS CLIQUEZ, TOURNEZ, SOULEVEZ

Réglez votre poids rapidement d'un simple coup d'œil.



Poids maximal

23,5KG



Chaque incrément

1,5KG

Image: Close-up of the dumbbell's weight selection dial, indicating the maximum weight of 23.5 kg and the 1.5 kg increment steps.

CONÇU POUR LA FORCE, LE CONFORT ET LA DURABILITÉ

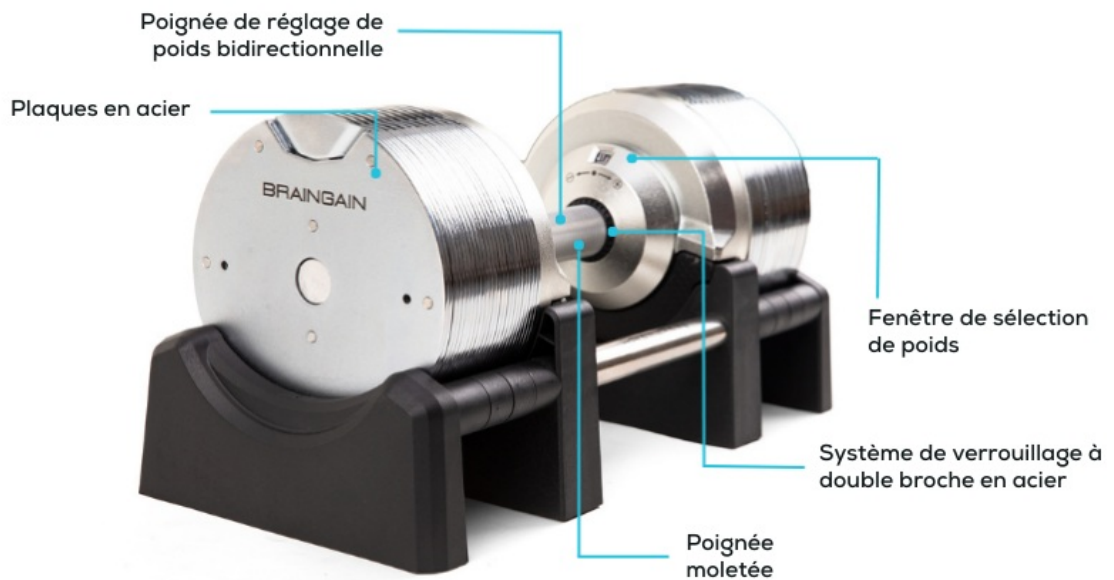


Image: Technical diagram illustrating the internal mechanism for weight adjustment, showing the steel plates, knurled handle, and locking system.

4.2. Proper Usage

- Always use controlled movements when lifting and lowering the dumbbells.
- Do not swing or throw the dumbbells.
- Return the dumbbell gently to its base after each set.
- Perform exercises with proper form to prevent injury. Refer to reputable fitness resources for exercise techniques.

PLUSIEURS ENTRAÎNEMENTS À PORTÉE DE MAIN



Faites-le à votre manière, avec plus de
80 exercices différents avec haltères

Image: A sequence of three images demonstrating various exercise movements that can be performed using the adjustable dumbbells, such as rows, overhead press, and bicep curls.

5. MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your dumbbells.

- **Cleaning:** Wipe down the dumbbells and bases with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.
- **Inspection:** Periodically check all components for signs of wear, damage, or loose parts. Pay close attention to the handle, weight plates, and locking mechanism.
- **Storage:** Store the dumbbells in their bases in a dry, cool place, away from direct sunlight and extreme temperatures.
- **Lubrication:** The internal mechanism is designed to be maintenance-free. Do not attempt to lubricate any internal parts unless specifically instructed by BRAINGAIN support.

6. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Difficulty adjusting weight.	Dumbbell not fully seated in the base; debris obstructing the mechanism; plates misaligned.	Ensure the dumbbell is correctly placed in the base. Check for and remove any debris. Gently wiggle the handle to help plates align.
Selected weight plates do not lift with the handle.	Weight selection mechanism not fully engaged.	Rotate the handle firmly until you hear a distinct "click" indicating full engagement. Do not force it.
Dumbbell feels loose or wobbly.	Weight plates not properly secured; internal component issue.	Ensure the weight is correctly selected and locked. If the issue persists, discontinue use and contact customer support.

If you cannot resolve an issue using the troubleshooting guide, please contact BRAINGAIN customer support.

7. SPECIFICATIONS

Detailed specifications for the BRAINGAIN Adjustable Dumbbells (2 x 23.5kg):

Brand: BRAINGAIN

Model Number: EU23.5kgPairChrome

Weight Range (per dumbbell): 4 kg to 23.5 kg

Weight Increments: 1.5 kg

Number of Weight Settings: 14

Color: Chrome

Material: Metal (Cast Iron)

Handle Diameter: 3.4 cm

Product Dimensions (L x W x H): 47 x 42 x 42 cm (approximate, including base)

Item Weight (per pair): 47 kg

Number of Dumbbells: 2

Special Feature: Adjustable Weights

ULTRA-COMPACT POUR LA MAISON, LE BUREAU ET LA SALLE DE SPORT

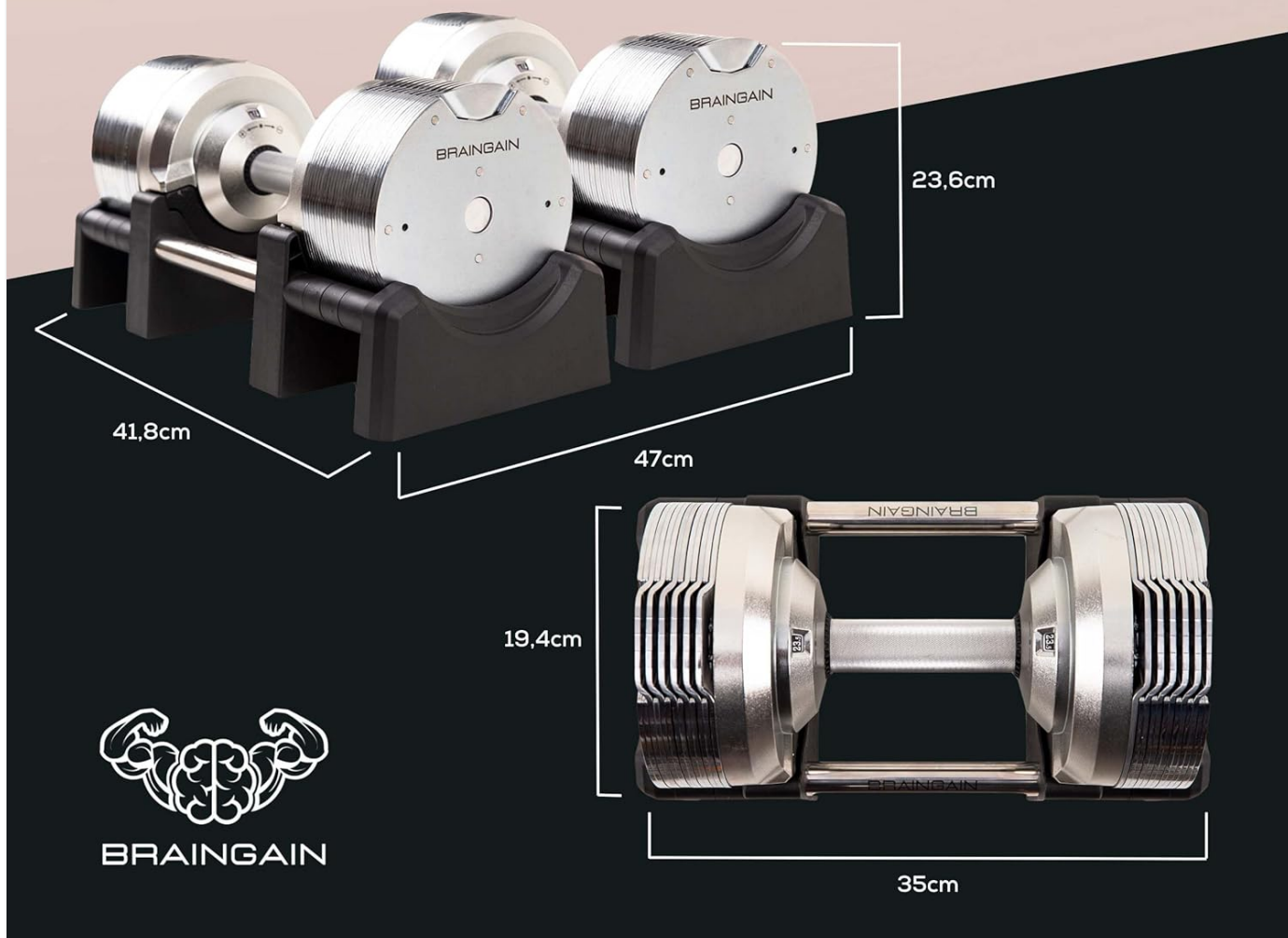


Image: Diagram illustrating the physical dimensions of the adjustable dumbbells and their base, including length, width, and height measurements.

8. WARRANTY AND SUPPORT

BRAINGAIN is committed to providing high-quality products and customer satisfaction.

- **Return Policy:** This product is subject to a 30-day return policy. Please refer to your purchase documentation for specific terms and conditions.
- **Manufacturer:** BRAINGAIN
- **Customer Support:** For any questions, concerns, or technical assistance, please contact BRAINGAIN customer support through the retailer where you purchased the product or visit the official BRAINGAIN website.

Please retain your proof of purchase for warranty claims.

