

BRAINGAIN 11kg Adjustable Dumbbell

BRAINGAIN 11kg Adjustable Dumbbell User Manual

Model: 11kg Adjustable Dumbbell

INTRODUCTION

The BRAINGAIN 11kg Adjustable Dumbbell is an innovative fitness tool designed for efficient home workouts. This single dumbbell replaces multiple fixed dumbbells, offering 5 different weight settings from 2kg to 11kg. Its compact design saves space, while the easy-to-use adjustment mechanism allows for quick weight changes, making your training sessions seamless and effective.

This manual provides essential information on the safe and proper use, setup, operation, and maintenance of your BRAINGAIN Adjustable Dumbbell.

SAFETY INFORMATION

Please read and understand all safety warnings and instructions before using the BRAINGAIN Adjustable Dumbbell. Failure to do so may result in injury or damage to the product.

- **Secure Locking Mechanism:** Always ensure the weight plates are securely locked in place before lifting the dumbbell. The advanced safety locking mechanism is designed to keep all plates firmly together during exercise.
- **Proper Weight Selection:** Select a weight appropriate for your strength and exercise. Do not attempt to lift weights beyond your capability.
- **Stable Surface:** Always place the dumbbell on a flat, stable surface when adjusting weights or not in use.
- **Inspect Before Use:** Before each use, inspect the dumbbell for any signs of damage, loose parts, or wear. Do not use if damaged.
- **Keep Clear:** Ensure hands, fingers, and other body parts are clear of the weight adjustment mechanism when changing weights.
- **Children and Pets:** Keep the dumbbell out of reach of children and pets. This is not a toy.
- **Consult a Professional:** If you have any pre-existing medical conditions or are new to strength training, consult a healthcare professional or certified fitness trainer before starting any exercise program.

PRODUCT OVERVIEW

The BRAINGAIN 11kg Adjustable Dumbbell consists of a central handle, multiple weight plates, and a base tray. The innovative design allows for quick and secure weight adjustments.



Figure 1: Top-down view of the BRAINGAIN 11kg Adjustable Dumbbell resting in its base. This image highlights the compact design and the mechanism for weight selection.



Figure 2: Angled view of the BRAINGAIN 11kg Adjustable Dumbbell, showcasing its hexagonal weight plates and ergonomic handle. The weight indicator is visible on the end.

SETUP

Your BRAINGAIN 11kg Adjustable Dumbbell comes pre-assembled and ready for use. No complex setup is required.

1. **Unpack:** Carefully remove the dumbbell and its base from the packaging.
2. **Placement:** Place the dumbbell in its base on a flat, stable, and non-slip surface where you intend to use it. Ensure there is enough clear space around you for safe exercise.
3. **Initial Inspection:** Before first use, visually inspect the dumbbell for any shipping damage or loose components. Ensure all weight plates are properly seated in the base.

OPERATING INSTRUCTIONS

The BRAINGAIN Adjustable Dumbbell features an intuitive twist-and-lock mechanism for quick weight changes.

Adjusting Weight

1. **Place Dumbbell in Base:** Ensure the dumbbell is fully seated in its designated base. The handle should be aligned correctly within the base.
2. **Twist Handle:** While the dumbbell is in the base, grasp the handle firmly. Twist the handle clockwise or counter-clockwise to align the desired weight increment with the indicator mark. The available weight increments are: **2kg, 4kg, 6.5kg, 8.5kg, and 11kg**
3. **Confirm Selection:** You will feel a click as the handle locks into each weight setting. Visually confirm that the selected weight number is clearly displayed and aligned with the indicator.
4. **Lift Dumbbell:** Once the desired weight is selected and locked, carefully lift the dumbbell straight up from the base. Only the selected weight plates will lift with the handle, leaving the unselected plates in the base.
5. **Return Dumbbell:** After your exercise, gently place the dumbbell back into its base, ensuring it is fully seated before attempting to adjust the weight again.



Figure 3: A user's hand demonstrating how to grip the handle of the BRAINGAIN Adjustable Dumbbell while it is seated in its base, ready for weight adjustment or lifting.

Proper Usage

- Always use controlled movements during exercises.
- Do not drop the dumbbell, as this can damage the locking mechanism or the plates.
- Ensure you have adequate space to perform exercises safely without hitting objects or people.

- For optimal results and to prevent injury, maintain proper form and technique for all exercises. Consider consulting a fitness professional for guidance.

MAINTENANCE

Regular maintenance will ensure the longevity and optimal performance of your BRAINGAIN Adjustable Dumbbell.

- **Cleaning:** Wipe down the dumbbell and base with a damp cloth after each use to remove sweat and dirt. For stubborn marks, a mild soap solution can be used. Avoid abrasive cleaners or solvents.
- **Storage:** Store the dumbbell in its base in a dry, cool place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check all components for wear, cracks, or damage. Pay close attention to the handle, weight plates, and the locking mechanism.
- **Lubrication:** The internal mechanism is designed to be maintenance-free. Do not attempt to lubricate any internal parts unless specifically instructed by BRAINGAIN support.

TROUBLESHOOTING

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

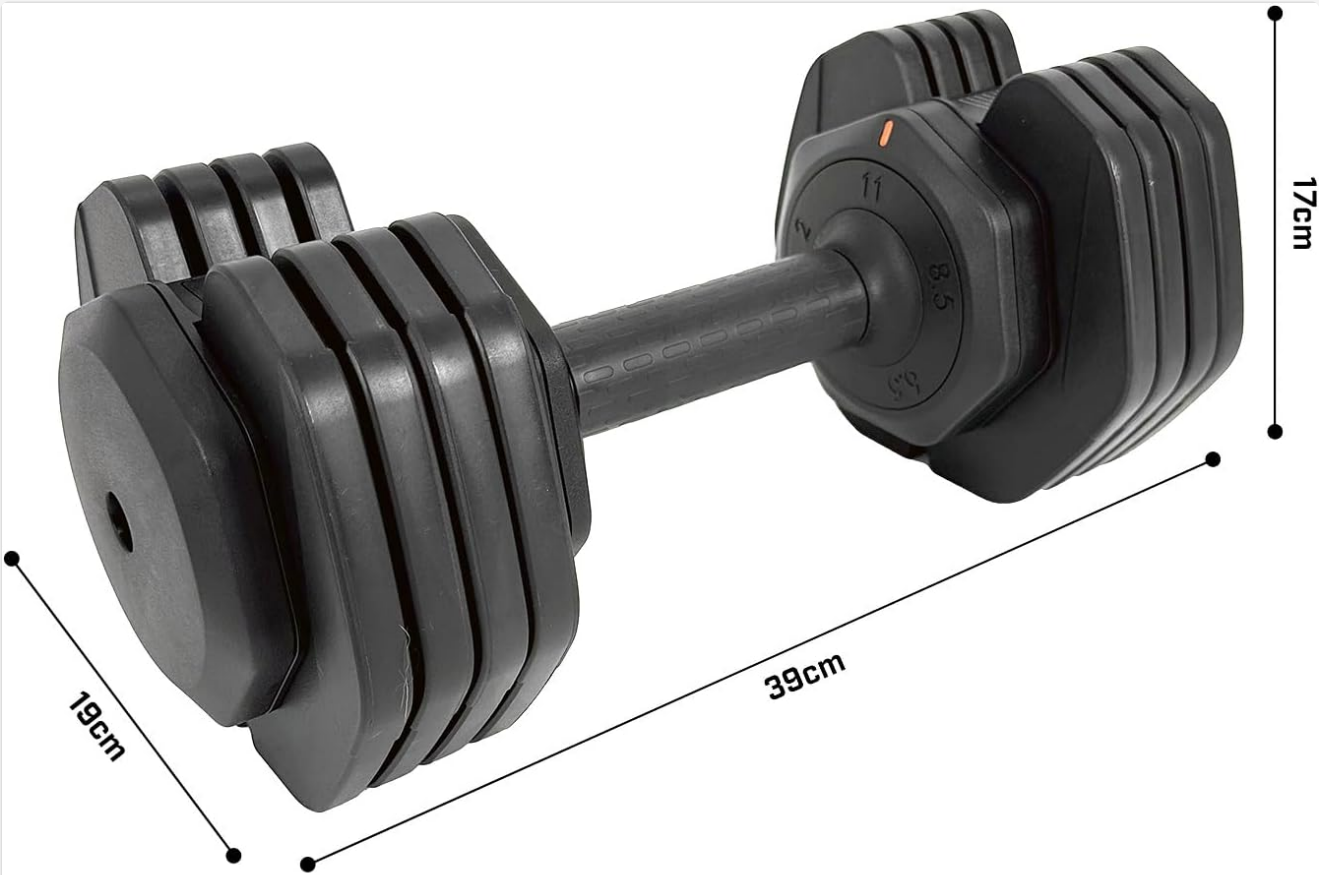
Problem	Possible Cause	Solution
Dumbbell not lifting all selected plates.	Dumbbell not fully seated in base; handle not twisted completely to a weight setting.	Ensure the dumbbell is pushed down firmly into the base. Twist the handle until it clicks securely into the desired weight increment.
Handle is difficult to twist.	Dumbbell not properly seated in base; debris obstructing mechanism.	Ensure the dumbbell is fully seated. Check for any foreign objects or debris in the base or around the adjustment mechanism. Clean if necessary.
Weight plates feel loose.	Improper weight selection; damage to locking mechanism.	Ensure the handle is twisted and locked firmly into a specific weight setting. If the issue persists, discontinue use and contact customer support.

If the problem persists after attempting these solutions, please contact BRAINGAIN customer support for further assistance.

SPECIFICATIONS

Attribute	Detail
Brand	BRAINGAIN
Model	11kg Adjustable Dumbbell
Weight Increments	2kg, 4kg, 6.5kg, 8.5kg, 11kg
Color	Black

Material Type	Metal
Number of Pieces	1 (Single Dumbbell)
Features	Adjustable, Sweat Resistant
Product Dimensions (L x W x H)	41 x 21 x 21 cm
Product Weight	12.17 kg
Batteries Included?	No



measurements include the base

Figure 4: Diagram showing the approximate dimensions of the BRAINGAIN 11kg Adjustable Dumbbell, including its length, width, and height when in the base.



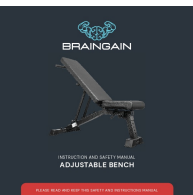
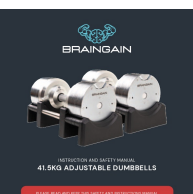
WARRANTY AND SUPPORT

The BRAINGAIN 11kg Adjustable Dumbbell comes with a **10-Year Warranty**, ensuring peace of mind regarding its durability and quality.

For technical support, warranty claims, or any questions not covered in this manual, please contact BRAINGAIN customer service through the retailer's platform or the official BRAINGAIN website. Please have your product model and purchase date ready when contacting support.

Online Resources: For additional tips, exercise guides, and product information, visit the official BRAINGAIN website: www.braingain.com (Note: This is a placeholder URL as no official website was provided in the input).

Related Documents

	<p>BRAINGAIN 40KG Adjustable Dumbbells: Instruction and Safety Manual</p> <p>Comprehensive instruction and safety manual for BRAINGAIN 40KG Adjustable Dumbbells, covering usage, care, troubleshooting, and warranty information.</p>
	<p>BRAINGAIN 32KG Adjustable Dumbbells: User Manual & Safety Guide</p> <p>Discover how to safely and effectively use your BRAINGAIN 32KG Adjustable Dumbbells with this comprehensive instruction and safety manual. Learn about product features, proper handling, maintenance, and warranty information from BRAINGAIN.</p>
	<p>BRAINGAIN Adjustable Bench: Instruction and Safety Manual</p> <p>This manual provides essential instructions, safety precautions, and warranty information for the BRAINGAIN Adjustable Bench, designed for effective and safe home workouts.</p>
	<p>BRAINGAIN 41.5kg Adjustable Dumbbells Instruction and Safety Manual</p> <p>Comprehensive guide for BRAINGAIN 41.5kg adjustable dumbbells, covering setup, usage, safety precautions, and warranty information. Learn how to maximize your workout with smart, innovative fitness equipment.</p>

Documents - BRAINGAIN – 11kg Adjustable Dumbbell



[\[pdf\]](#) User Manual Instructions Warranty

Multilingual 11kg BRAINGAIN PAIR 41 5kg Adjustable Dumbbell Black Home Workout Equipment

Braingain Europe v 1734106955 cdn shopify s files 1 0633 2461 8960 |||

INSTRUCTION AND SAFETY MANUAL 11KG ADJUSTABLE DUMBBELLS

PLEASE READ AND KEEP THIS SAFETY AND INSTRUCTIONS MANUAL

CONTENTS Introduction 2 Our Story 3 Important information 4 Instructions for correct use 5 Warranty information 6 WARNING You accept and agree that it remains your responsib...

lang:en score:28 filesize: 6.97 M page_count: 56 document date: 2024-12-13