

## DH FitLife NYL0708

# DH FitLife 24kg Adjustable Dumbbells User Manual

Model: NYL0708

Brand: DH FitLife

## 1. INTRODUCTION

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Thank you for choosing the DH FitLife 24kg Adjustable Dumbbells. This manual provides essential information for the safe and effective use, setup, and maintenance of your new fitness equipment. Please read all instructions carefully before use and retain this manual for future reference.

### 1.1 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 securely locked before lifting the dumbbell.
- Use the dumbbells on a flat, stable surface.
- Do not drop the dumbbells, as this can damage the mechanism and void the warranty.
- Keep children and pets away from the equipment during use.
- Store the dumbbells in their tray when not in use to prevent rolling and maintain stability.

## 2. PRODUCT FEATURES

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The DH FitLife 24kg Adjustable Dumbbells are designed for versatile home workouts, offering a range of weights in a compact design.

- **Weight Adjustment:** 12 weight levels, ranging from 3 kg to 24 kg.

- **Quick Adjustment:** Single-hand weight adjustment in seconds.
- **Ergonomic Handle:** Non-slip, ergonomic grip for comfort and safety.
- **Durable Plates:** Cast iron weight plates with a waterproof protective coating.
- **Auto-Lock Technology:** Ensures plates are securely attached before lifting.
- **Space-Saving Design:** Compact footprint, replacing multiple individual dumbbells.

## Design ergonomique avec

### Poignée antidérapante

La poignée ergonomique antidérapante ménage les mains et les doigts et offre un maximum de confort.



Image: Key features of the DH FitLife adjustable dumbbell, highlighting the waterproof coated plates, ergonomic handle, and secure storage rack.

## Le rack de stockage avec

### Technologie d'autoblocage

L'haltère ne peut être retiré du support qu'une fois que tous les disques de poids nécessaires ont été fixés dans le porte-disques.

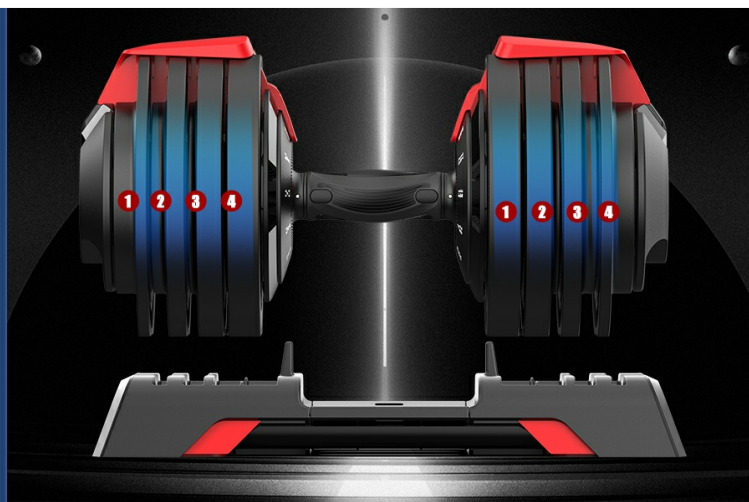


Image: The compact design of the DH FitLife adjustable dumbbells compared to a collection of traditional fixed-weight dumbbells, illustrating space efficiency.

## 3. SETUP

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

1. **Unpack:** Carefully remove the dumbbells and their storage tray from the packaging.
2. **Placement:** Place the storage tray on a flat, stable, and non-slip surface. Ensure there is enough space around the tray for safe operation.
3. **Insert Dumbbells:** Place each dumbbell securely into its designated slot in the storage tray. Ensure the handle is centered and the weight plates align with the tray's mechanism.

## 12 niveaux de poids 3-24kg

Trouvez toujours le poids qui vous convient et commencez votre entraînement musculaire.

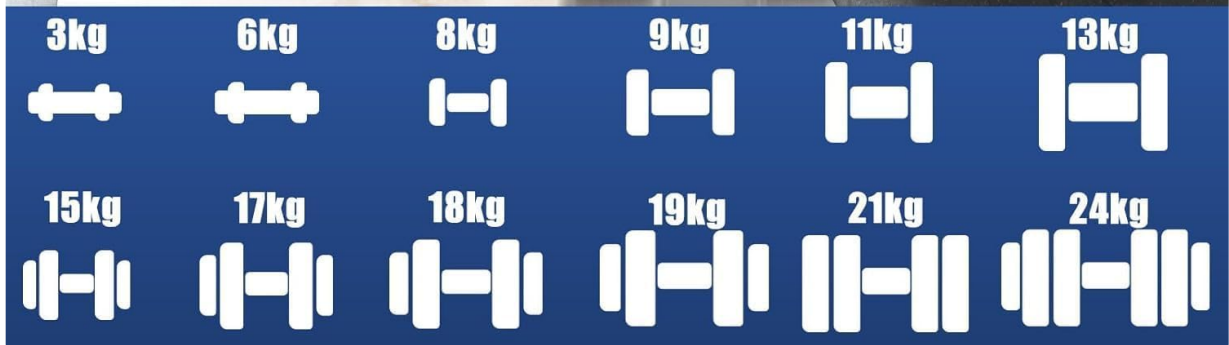


Image: Two DH FitLife adjustable dumbbells correctly placed in their storage trays, ready for use.

### 4. OPERATING INSTRUCTIONS: WEIGHT ADJUSTMENT

The DH FitLife Adjustable Dumbbells feature a simple and quick weight adjustment mechanism.

- 1. Place Dumbbell in Tray:** Ensure the dumbbell is fully seated in its storage tray. The weight selection mechanism can only be operated when the dumbbell is in the tray.
- 2. Rotate Dial:** Grip the handle and rotate the weight selection dial on each end of the dumbbell to your desired weight setting. The numbers on the dial indicate the weight in kilograms.
- 3. Confirm Selection:** Listen for a click or visually confirm that the dial has locked into place at the chosen weight. The unused weight plates will remain in the tray.
- 4. Lift Dumbbell:** Once the weight is selected and locked, carefully lift the dumbbell straight up from the tray. The selected plates will lift with the handle, while the unselected plates remain in the tray.
- 5. Return Dumbbell:** After your exercise, carefully place the dumbbell back into the tray, ensuring it is fully seated before attempting to change the weight again.

## Le produit avec

### EU-Patent

Le produit est certifié EUIPO et vous promet la meilleure expérience de formation.

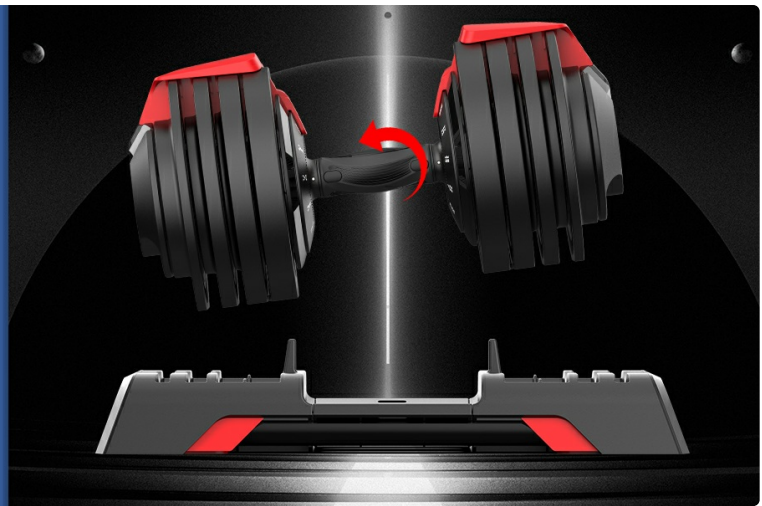


Image: A close-up view of the weight adjustment dial, showing how to select the desired weight with one hand.

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Video: This video demonstrates the quick, single-hand weight adjustment feature of the DH FitLife adjustable dumbbells, showing the dial mechanism in action.

## 5. USAGE EXAMPLES / EXERCISES

The DH FitLife Adjustable Dumbbells are suitable for a wide range of exercises, catering to all fitness levels. Here are a few examples:

- **Dumbbell Rows:** Primarily targets the latissimus dorsi and rear deltoids.
- **Triceps Extensions:** An isolation exercise for the upper arm, specifically targeting the triceps muscle.
- **Dumbbell Bench Press:** Works the large chest muscle. Incline and decline variations target upper and lower chest.
- **Bicep Curls:** Trains the bicep muscle and strengthens the arm flexor, often used in daily movements.

### DH FitLife haltères réglables 12 niveaux de poids 3-24kg

Ajustement du poids d'une seule main  
en seulement 1 seconde  
Idéal pour votre home gym



Image: A user performing a one-arm dumbbell row, demonstrating the versatility of the adjustable dumbbell for back and shoulder exercises.

## Réglage d'une seule main en

1 Sec

Vous pouvez régler le poids individuel en quelques secondes d'une seule main.



Image: Various exercises being performed with the DH FitLife adjustable dumbbells, illustrating their adaptability across 12 weight levels (3-24kg) for different muscle groups.

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Video: This video demonstrates various exercises that can be performed with the DH FitLife adjustable dumbbells, showcasing their utility for a full-body workout.

## 6. MAINTENANCE

Proper maintenance ensures the longevity and optimal performance of your dumbbells.

- **Cleaning:** Wipe down the dumbbells and tray with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.
- **Storage:** Always store the dumbbells in their designated tray on a flat, dry surface. Avoid extreme temperatures and direct sunlight.
- **Inspection:** Periodically check all parts for wear and tear. Ensure the weight plates are securely attached and the adjustment mechanism operates smoothly.
- **Lubrication:** The adjustment mechanism is designed to be maintenance-free. Do not apply lubricants unless specifically instructed by DH FitLife support.

## 7. TROUBLESHOOTING

If you encounter any issues with your DH FitLife Adjustable Dumbbells, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Dumbbell not lifting all selected plates.	Weight selection dial not fully engaged. Plates misaligned in tray.	Ensure dumbbell is fully seated in the tray. Rotate the dial firmly until it clicks into place. Gently wiggle the dumbbell to ensure plates align before lifting.
Difficulty rotating the weight selection dial.	Dumbbell not properly seated in the tray. Debris in the mechanism.	Ensure the dumbbell is fully and correctly seated in the tray. Check for any obstructions or debris around the dial and plates.

Problem	Possible Cause	Solution
Dumbbell feels unstable during use.	Weight plates not securely locked.	Immediately return the dumbbell to the tray. Re-select the desired weight, ensuring the dial clicks into place and all selected plates are firmly attached before lifting again.

If the problem persists, please contact DH FitLife customer support.

## 8. SPECIFICATIONS

Feature	Detail
Model Number	NYL0708
Weight Range	3 kg to 24 kg
Number of Weight Levels	12
Material	Cast Iron (plates), Ergonomic Handle
Color	Black
Product Dimensions (L x W x H)	40 x 20 x 20 cm
Item Weight	24 Kilograms
Special Features	Non-slip, Sweat-resistant
Included Components	Weight plates, Dumbbell handle, Storage tray

## 9. WARRANTY AND SUPPORT

DH FitLife is a German brand committed to customer satisfaction. Your product is covered by a 30-day return policy.

For any questions, issues, or warranty claims, please contact DH FitLife customer service. Our team is based in Hamburg and is ready to assist you.

**Contact Information:** Please refer to your purchase documentation or the DH FitLife official website for the most up-to-date contact details.