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› [ZIPRO Adjustable Square Dumbbell 16 kg User Manual](#)

ZIPRO 13258037

ZIPRO Adjustable Square Dumbbell 16 kg User Manual

Model: 13258037

1. INTRODUCTION

Thank you for choosing the ZIPRO Adjustable Square Dumbbell. This manual provides comprehensive instructions for the safe and effective use, assembly, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before initial use and retain it for future reference.



Figure 1: Overview of the ZIPRO Adjustable Square Dumbbell 16 kg.

2. SAFETY INFORMATION

Before using this product, consult with a healthcare professional to ensure it is appropriate for your physical condition. Always follow these safety guidelines:

- **Inspect Before Use:** Always check the dumbbell for any loose parts, damage, or wear before each workout. Do not use if damaged.
- **Secure Weight Plates:** Ensure all weight plates are securely locked in place using the locking screw before lifting.
- **Proper Lifting Technique:** Use correct form and technique to avoid injury. If unsure, seek guidance from a certified fitness instructor.
- **Controlled Movements:** Perform exercises with controlled movements. Avoid dropping the dumbbell.
- **Clear Surroundings:** Ensure adequate space around you during exercise to prevent accidents.
- **Children and Pets:** Keep children and pets away from the equipment during use and storage.
- **Storage:** Store the dumbbell in a safe, dry place, away from direct sunlight and extreme temperatures.

3. PACKAGE CONTENTS

The ZIPRO Adjustable Square Dumbbell 16 kg package includes the following components:

- 1 x Dumbbell Handle (main bar)
- 2 x Locking Screws (with ZIPRO logo)
- 14 x Square Weight Plates (various sizes to achieve 16 kg total)



Figure 2: All components included in the package: dumbbell handle, two locking screws, and multiple square weight plates.

4. SETUP AND WEIGHT ADJUSTMENT

The ZIPRO Adjustable Square Dumbbell features an innovative system for quick and secure weight adjustment.

4.1 Initial Assembly

1. Place the dumbbell handle on a flat, stable surface.

2. Slide the desired number of square weight plates onto each side of the dumbbell handle. Ensure the plates are aligned correctly.
3. Insert a locking screw into the central hole on each side of the dumbbell.
4. Turn the locking screws clockwise until they are firmly tightened. This secures the plates in place.

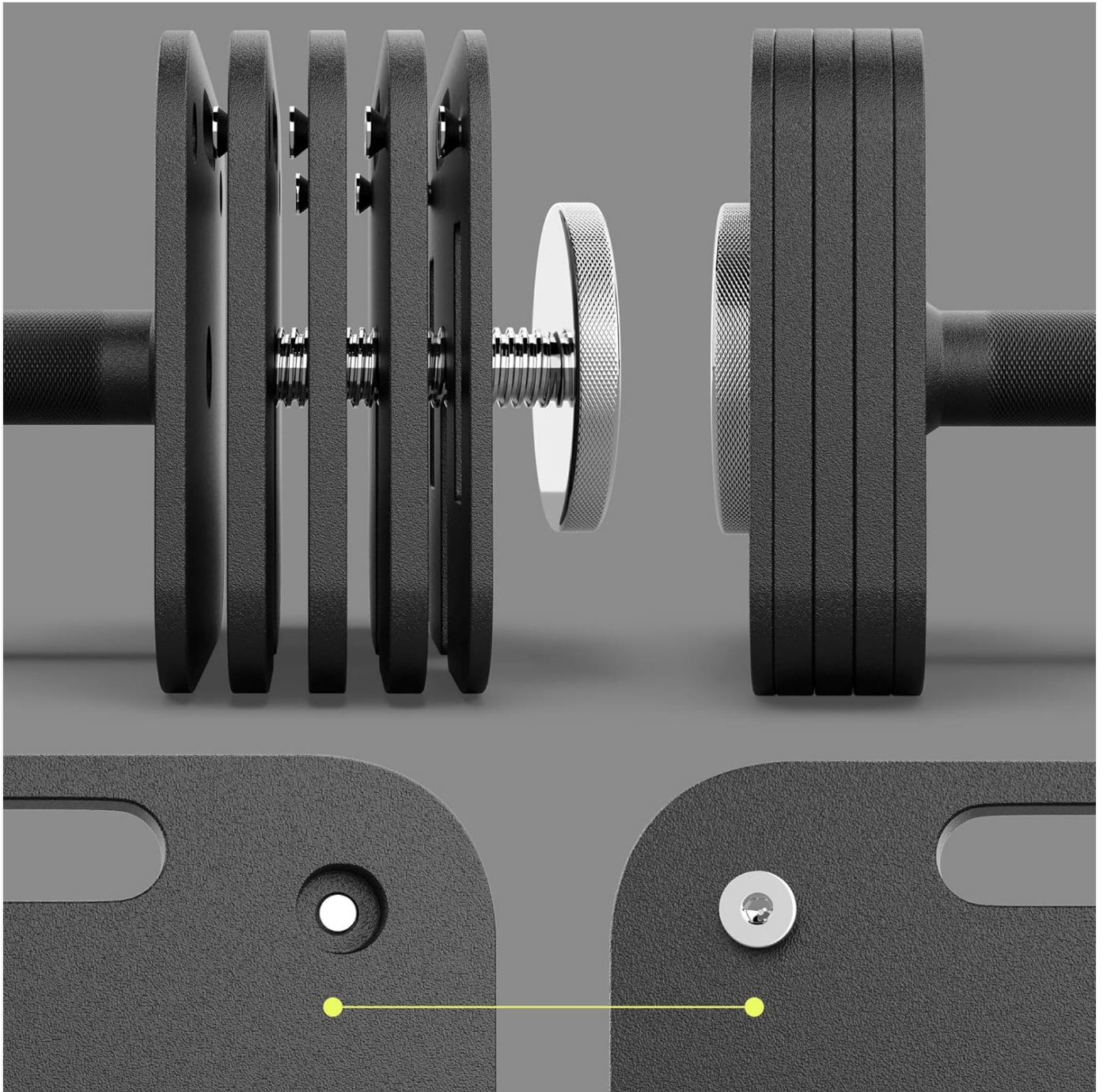


Figure 3: Illustration of how to slide the square weight plates onto the dumbbell handle.



Figure 4: Close-up view of the locking screw securing the weight plates.

4.2 Adjusting Weight

To change the weight of the dumbbell:

1. **Unlock:** Turn the locking screw counter-clockwise to loosen it.
2. **Adjust:** Carefully remove or add the desired square weight plates. The square design prevents rolling and allows for easy stacking.
3. **Lock:** Re-insert the locking screw and turn it clockwise until it is firmly tightened. Ensure the plates are snug and do not wobble.



Figure 5: Visual guide for the three-step weight adjustment process: unlock, adjust plates, and re-lock.

The dumbbell allows for weight adjustments from 2 kg up to 16 kg. Additional plates may be available separately to extend the weight range.



Figure 6: The dumbbell's adjustable weight range, typically from 4 kg to 24 kg, indicating potential for expansion or other model variants.

5. OPERATING INSTRUCTIONS

Once the desired weight is set and securely locked, the ZIPRO Adjustable Square Dumbbell is ready for use.

- **Grip:** Hold the non-slip handle firmly with both hands or one hand, depending on the exercise.
- **Exercise:** Perform your chosen exercises with controlled movements. The square shape of the plates prevents the dumbbell from rolling when placed on the floor, enhancing safety and convenience during workouts.
- **Rest:** When resting between sets, place the dumbbell gently on the floor.
- **Post-Workout:** After your workout, you may choose to adjust the weight for your next session or store the dumbbell as is.

6. MAINTENANCE

Proper maintenance ensures the longevity and safe operation of your ZIPRO Adjustable Square Dumbbell.

- **Cleaning:** Wipe down the dumbbell with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners or solvents.
- **Inspection:** Regularly inspect the locking screws and weight plates for any signs of wear, corrosion, or damage.
- **Lubrication:** The locking screw mechanism may benefit from a light application of silicone-based lubricant if it becomes stiff.
- **Storage:** Store the dumbbell in a dry environment, away from extreme temperatures and humidity, to prevent rust and material degradation.

7. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Weight plates feel loose or wobble.	Locking screw not fully tightened.	Ensure the locking screw is turned clockwise until it is firmly secured.
Difficulty turning the locking screw.	Dirt accumulation or lack of lubrication.	Clean the screw threads. Apply a small amount of silicone-based lubricant if necessary.
Dumbbell appears damaged.	Impact or excessive force.	Discontinue use immediately. Contact customer support for assistance.

8. SPECIFICATIONS

Detailed specifications for the ZIPRO Adjustable Square Dumbbell 16 kg:

- Brand:** ZIPRO
- Model Number:** 13258037
- Item Weight:** 16 Kilogrammes (adjustable)
- Material:** Chromed steel (handle), Alloy steel (plates)
- Color:** Black
- Special Feature:** Adjustable load, Non-slip grip
- Product Dimensions (L x W x H):** 33.9 x 13 x 13 cm
- Number of Pieces:** 17 (including handle, plates, and screws)
- Style:** Modern

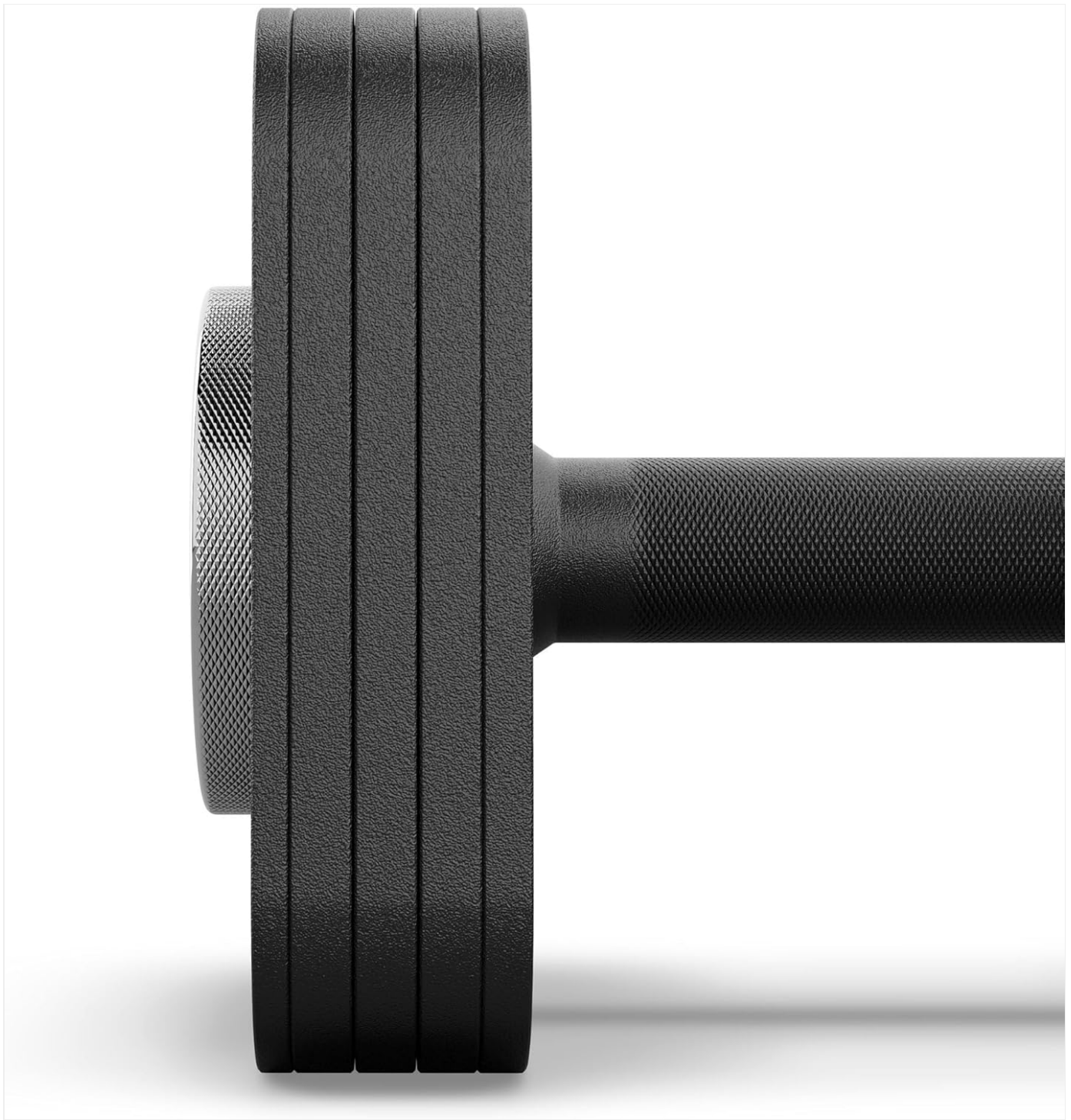







Figure 7: Diagram showing the dimensions and weight distribution of the dumbbell.

9. WARRANTY AND SUPPORT

For warranty information or customer support regarding your ZIPRO Adjustable Square Dumbbell, please refer to the purchase documentation or contact the retailer directly. Keep your proof of purchase for any warranty claims. You can also visit the official ZIPRO website for additional product information and support resources.



Related Documents - 13258037

 <p>ZIPRO Ripped</p> <p>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.</p>	<p>ZIPRO Ripped Workout Bench User Manual</p> <p>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.</p>
 <p>ZIPRO Ramble</p> <p>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.</p>	<p>ZIPRO Ramble Treadmill User Manual</p> <p>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.</p>
 <p>ZIPRO STRIDE</p> <p>Comprehensive user manual for the ZIPRO STRIDE workout bench, covering assembly, operation, maintenance, safety guidelines, and warranty information.</p>	<p>ZIPRO STRIDE Workout Bench User Manual</p> <p>Comprehensive user manual for the ZIPRO STRIDE workout bench, covering assembly, operation, maintenance, safety guidelines, and warranty information.</p>
 <p>ZIPRO Roam</p> <p>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.</p>	<p>ZIPRO Roam Stepper User Manual and Assembly Guide</p> <p>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.</p>
 <p>ZIPRO Glow</p> <p>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.</p>	<p>ZIPRO Glow Electric-Magnetic Recumbent Bike User Manual</p> <p>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.</p>

ZIPRO Sigma



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[ZIPRO Sigma Treadmill User Manual](#)

Comprehensive user manual for the ZIPRO Sigma treadmill, covering assembly, operation, safety guidelines, computer functions, maintenance, and troubleshooting. Includes multilingual support and product specifications.