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**Amonax 163900237**

# Amonax Adjustable 4-in-1 Dumbbells User Manual

Model: 163900237

## 1. INTRODUCTION

Thank you for choosing the Amonax Adjustable 4-in-1 Dumbbells. This manual provides essential information for the safe and effective use of your new fitness equipment. These dumbbells are designed for versatile strength training, offering multiple weight settings in a compact design. Please read this manual thoroughly before use and retain it for future reference.



**Image 1.1:** Amonax Adjustable Dumbbells. This image displays two fully assembled dumbbells, highlighting their compact design. Below, one dumbbell is shown disassembled into its handle and individual weight plates, demonstrating the modular nature of the product.

## 2. SAFETY INFORMATION

Before starting any exercise program, consult with a healthcare professional. Improper use of this equipment can result in serious injury. Always follow these safety guidelines:

- **Inspect Before Use:** Always check the dumbbells for any signs of damage or loose parts before each workout. Do not use if damaged.
- **Secure Weight Plates:** Ensure all weight plates are securely locked in place before lifting.
- **Proper Form:** Use correct lifting techniques to avoid strain or injury. If you are unsure, seek guidance from a qualified fitness instructor.
- **Clear Area:** Ensure your workout area is clear of obstructions to prevent accidents.
- **Children and Pets:** Keep children and pets away from the equipment during use and storage.

- **Weight Limits:** Do not exceed the maximum weight capacity of the dumbbells.

### 3. SETUP

Your Amonax Adjustable Dumbbells come partially assembled. Follow these steps to prepare them for use:

1. **Unboxing:** Carefully remove all components from the packaging. You should have two dumbbell handles and several weight plates.
2. **Initial Assembly:** The core handle is ready. To add weight, align the desired number of weight plates with the handle.
3. **Secure Plates:** Twist the outer plate to engage the quick-lock mechanism. Ensure it clicks into place and the plates are firmly attached before lifting.



**Image 3.1:** Dumbbell Components. This image provides a detailed view of the Amonax Adjustable Dumbbell's components, showing the central handle and the separate weight plates that can be added or removed to adjust the total weight.

## 4. OPERATING INSTRUCTIONS

The Amonax Adjustable Dumbbells feature a quick and secure weight adjustment system.

### 4.1 Adjusting Weight

1. **Select Weight:** Determine the desired weight for your exercise. Each dumbbell can be adjusted from 1kg to 2.5kg.
2. **Unlock:** Hold the dumbbell handle firmly. With your other hand, twist the outermost weight plate counter-clockwise to unlock the mechanism.
3. **Add/Remove Plates:** Slide the desired number of weight plates onto or off the handle.
4. **Lock:** Once the desired plates are in place, twist the outermost plate clockwise until it clicks securely into position. Ensure all plates are tight and do not wobble.

# 4 WEIGHT SETTINGS

2-5 lbs for full-body use



2 lbs ——— 0.9 kg



3 lbs ——— 1.36 kg



4 lbs ——— 1.81 kg



5 lbs ——— 2.27 kg

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**Image 4.1:** Quick Weight Adjustment. This image illustrates the quick adjustment mechanism of the Amonax Adjustable Dumbbell. A hand is shown twisting the end of the dumbbell, indicating how users can easily change the weight by rotating the plates.

### 4.2 Available Weight Settings (Per Dumbbell)

- 1kg (approx. 2.2 lbs)

- 1.5kg (approx. 3.3 lbs)
- 2kg (approx. 4.4 lbs)
- 2.5kg (approx. 5.5 lbs)

## BUILT TO LAST



**Image 4.2:** Weight Settings Diagram. This diagram visually presents the four different weight settings available for the Amonax Adjustable Dumbbells. It shows the dumbbell at 2 lbs (0.9 kg), 3 lbs (1.36 kg), 4 lbs (1.81 kg), and 5 lbs (2.27 kg), demonstrating the progressive resistance options.

## 5. MAINTENANCE

Proper maintenance ensures the longevity and safe operation of your dumbbells.

- **Cleaning:** Wipe the dumbbells with a damp cloth after each use to remove sweat and dirt. Avoid harsh chemicals or abrasive cleaners.
- **Storage:** Store the dumbbells in a dry, cool place away from direct sunlight and extreme temperatures.
- **Regular Inspection:** Periodically check all parts for wear, cracks, or damage. Pay close attention to the locking mechanism and the integrity of the weight plates.

## 6. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Difficulty adjusting weight plates.	Plates are not aligned correctly or mechanism is stiff.	Ensure plates are perfectly aligned before twisting. Apply gentle pressure and twist firmly.
Weight plates feel loose after locking.	Locking mechanism not fully engaged.	Twist the outermost plate clockwise until you hear a distinct click and feel it secure. Do not use if plates remain loose.
Dumbbell rolls during rest.	Not placed on a flat surface or anti-roll base not utilized.	Ensure the dumbbell is placed on a flat, stable surface. The square base design helps prevent rolling; position it correctly.

## 7. SPECIFICATIONS

- **Model Number:** 163900237
- **Brand:** Amonax
- **Material:** Iron core, ABS outer layer, TPU-coated grip
- **Adjustable Weight Range (per dumbbell):** 1kg to 2.5kg (approx. 2.2 lbs to 5.5 lbs)
- **Total Weight (pair):** 5 Kilograms (approx. 11 lbs)
- **Dimensions (L x W x H):** 29.5 x 21.5 x 21.5 cm (approx. 11.6 x 8.5 x 8.5 inches)
- **Handle Diameter:** 3.8 cm (approx. 1.5 inches)
- **Special Features:** Quick-lock mechanism, soft TPU-coated handle, anti-roll square base



**TRAIN ANYWHERE**  
Home/ gym/ or on-the-go



**Image 7.1: Durable Construction.** This image provides an exploded view of the Amonax Dumbbell's construction, pointing out the robust iron core for stability, the durable ABS outer surface, and the comfortable, anti-slip TPU-coated grip, emphasizing the quality materials used.

## 8. WARRANTY AND SUPPORT

Amonax provides a **1-year warranty** for spare parts availability from the date of purchase. This warranty covers manufacturing defects and material flaws under normal use conditions.

For warranty claims, technical support, or any questions regarding your Amonax Adjustable Dumbbells, please contact our customer service. Refer to your purchase documentation for specific contact details or visit the official Amonax website.

Please have your model number (163900237) and proof of purchase ready when contacting support.



### [Amonax 20kg Adjustable Dumbbell and Barbell Set User Manual & Assembly Guide](#)

Comprehensive user manual and assembly guide for the Amonax 20kg adjustable dumbbell and barbell set. Learn how to assemble, configure weights, and safely use your home gym equipment.