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Fitvids QD-SF40DKS-2IN1-1

Fitvids Adjustable Dumbbell Set (40LB)

Instruction Manual

1. Introduction

Thank you for choosing the Fitvids Adjustable Dumbbell Set. This versatile fitness equipment is designed to provide a comprehensive strength training experience in the comfort of your home. It can be configured as dumbbells, a barbell, or kettlebells, offering multiple weight options for various exercises. Please read this manual thoroughly before assembly and use to ensure proper operation and safety.

2. Package Contents (40LB Set)

Carefully unpack all components and verify that all items listed below are present and undamaged. If any parts are missing or damaged, please contact customer support.

- 4LB Weight Plates: 4 pieces
- 6LB Weight Plates: 4 pieces
- Dumbbell Handles: 2 pieces
- Barbell Connector: 1 piece
- Collar Locks (Star Nuts): 4 pieces

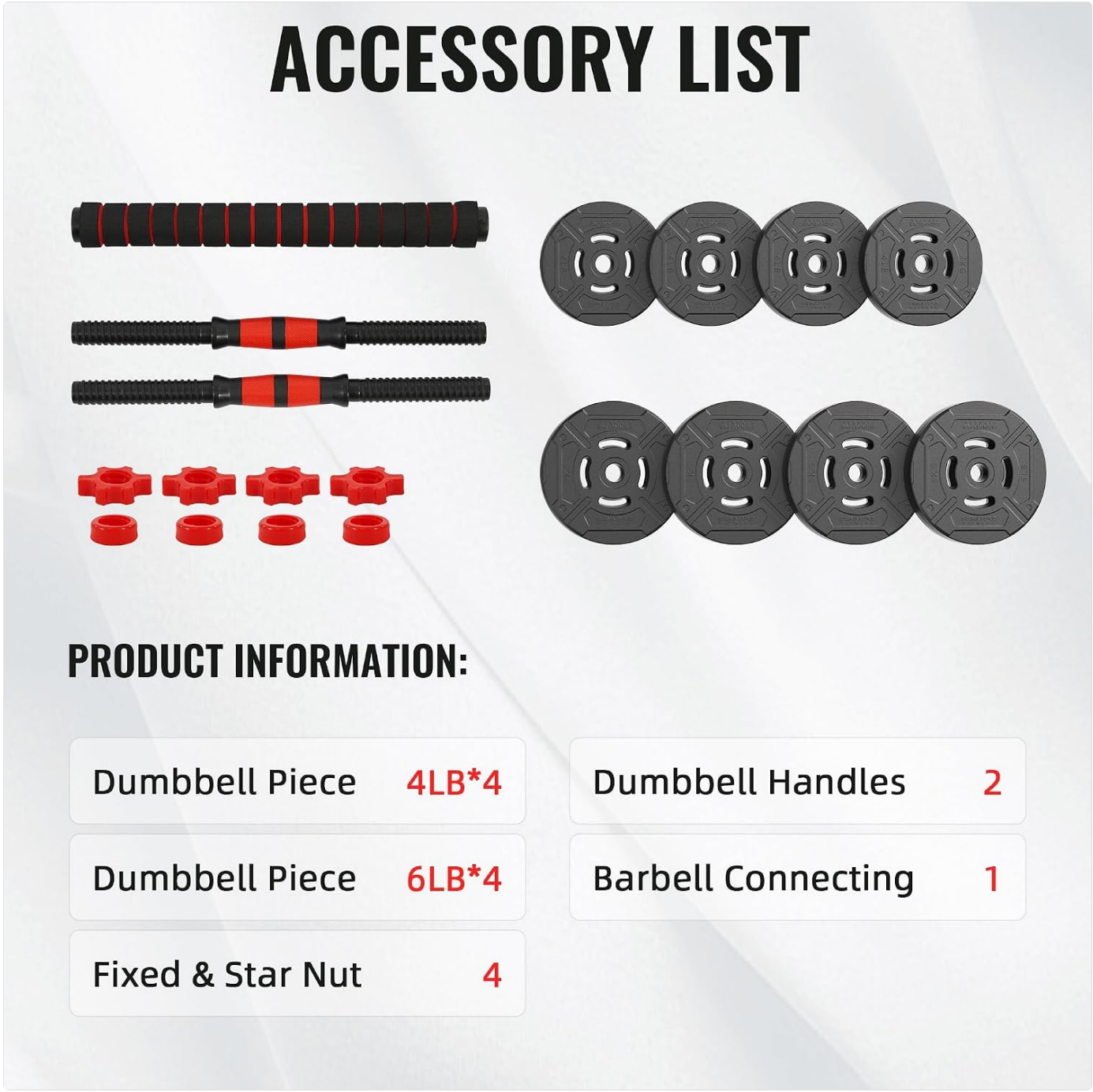


Image: Overview of the Fitvids 40LB Adjustable Dumbbell Set components, including weight plates, dumbbell handles, barbell connector, and collar locks.

3. Assembly and Configuration

The Fitvids Adjustable Dumbbell Set offers multiple configurations. Follow these steps to assemble your desired setup.

3.1. Dumbbell Assembly

1. Select a dumbbell handle.
2. Slide the desired number of weight plates onto each end of the handle. Ensure plates are evenly distributed for balance.
3. Secure the weight plates using the collar locks. Rotate the hexagonal female nut clockwise until it is tight against the plates to prevent loosening during exercise.



Image: Close-up view of the upgraded and reinforced collar nut, demonstrating how to rotate it to tighten and secure weight plates on the handle.

3.2. Barbell Assembly

1. Take the two dumbbell handles and the barbell connector.
2. Screw one dumbbell handle into each end of the barbell connector. Ensure they are securely tightened.
3. Slide the desired weight plates onto the ends of the assembled barbell.
4. Secure the weight plates with the collar locks, tightening them firmly.



Image: Illustration of the 2-in-1 mode, displaying both dumbbell and barbell configurations with weight plates attached, highlighting short bar matching for dumbbells and long bar matching for barbells.

3.3. Kettlebell Assembly (if applicable to your set)

While the primary configurations are dumbbell and barbell, some sets may include additional components for kettlebell conversion. If your set includes kettlebell handles, attach them to a single dumbbell handle with plates, securing with collar locks.

4. Usage Guidelines

This adjustable weight set allows for flexible training. Adjust the weight by adding or removing plates to suit your exercise needs. The 40LB set allows for individual dumbbells up to 20LB each or a barbell up to 40LB.

- **Adjustable Weights:** Combine 4LB and 6LB plates to achieve desired weight increments. For example, one 4LB plate and one 6LB plate on each side of a dumbbell handle results in a 20LB dumbbell (handle weight included).
- **Dumbbells:** Ideal for individual muscle group training and sculpting fine movements.

- **Barbell:** Suitable for compound movements and stimulating larger muscle groups with heavier weights.



Image: A person demonstrating a bicep curl with a Fitvids adjustable dumbbell, highlighting the comfortable and wear-resistant rubber threaded handle for enhanced grip, slippage prevention, and improved safety.

5. Safety Information

Always prioritize safety when using fitness equipment. Failure to follow these guidelines may result in injury.

- Consult a physician before starting any new exercise program.
- Always ensure all collar locks are securely tightened before lifting. Check tightness periodically during your workout.
- Use proper lifting techniques to avoid strain or injury.
- Do not drop the weights, as this can damage the equipment or your flooring.
- Keep children and pets away from the equipment during use.
- Inspect the equipment for any signs of wear or damage before each use. Do not use if damaged.

- Exercise in a clear, open space to prevent accidents.

6. Care and Maintenance

Proper care will extend the life of your Fitvids Adjustable Dumbbell Set.

- **Cleaning:** Wipe down the handles and plates with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then dry thoroughly.
- **Storage:** Store the set in a dry, cool place away from direct sunlight and extreme temperatures. The compact design allows for storage in small spaces, typically less than 2 square feet.
- **Inspection:** Regularly check all components, especially the collar locks and handle threads, for any signs of wear, cracks, or damage.



Image: The Fitvids adjustable dumbbell set configured as dumbbells and a barbell, neatly stored on a dark surface, illustrating its compact storage footprint of less than 2 square feet.

7. Troubleshooting

If you encounter any issues with your Fitvids Adjustable Dumbbell Set, refer to the following common solutions.

- **Weights feel loose during exercise:** Ensure all collar locks are fully tightened before starting your workout. Re-tighten if necessary.
- **Difficulty screwing handles into barbell connector:** Check for any debris in the threads. Ensure handles are aligned straight before twisting. Do not force.
- **Unusual odors:** New products may have a slight odor from manufacturing materials. This typically dissipates with time and airing out. Cleaning with mild soap and water can help.

8. Product Specifications

Feature	Specification
Brand	Fitvids
Model Number	QD-SF40DKS-2IN1-1
Color	Black
Item Weight	19.9 Kilograms (approx. 44 lbs for the set)
Material	Polyethylene (PE)
Special Feature	Adjustable Weight
Product Dimensions	42"L x 11.8"W (Barbell configuration)
Handle Material	Polyethylene (PE)
Number of Pieces	2 (referring to main dumbbell units)
UPC	810180859844

9. Warranty and Support

Fitvids is committed to providing quality products. For warranty information, product support, or to report missing/damaged parts, please refer to the contact information provided at the point of purchase or visit the official Fitvids website. Please retain your proof of purchase for any warranty claims.

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