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› SPORTNOW 4-in-1 Adjustable Dumbbell Set (20 kg) - Instruction Manual

SPORTNOW A91-287V00RD

SPORTNOW 4-in-1 Adjustable Dumbbell Set (20 kg) - Instruction Manual

Model: A91-287V00RD | Brand: SPORTNOW

1. INTRODUCTION

Thank you for choosing the SPORTNOW 4-in-1 Adjustable Dumbbell Set. This versatile fitness equipment is designed to provide a comprehensive workout experience, allowing for configurations as dumbbells, a barbell, kettlebells, and push-up stands. This manual provides essential information for the safe assembly, operation, and maintenance of your product. Please read it thoroughly before use and retain it for future reference.

Important Safety Information

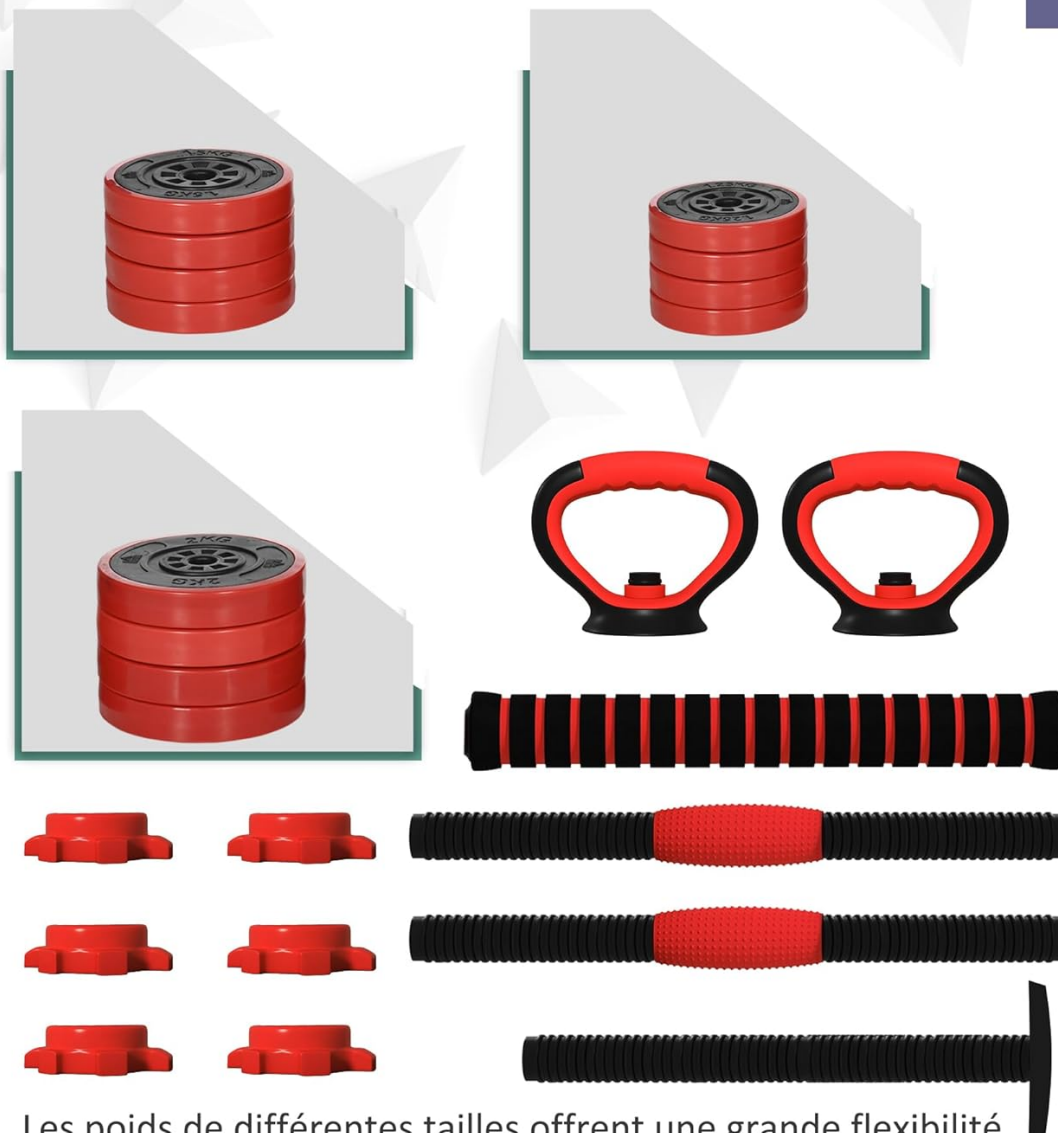
- Consult a physician before starting any new exercise program.
- Always inspect all components for damage or wear before each use. Do not use if any part is damaged.
- Ensure all weight plates are securely fastened with the safety clips/nuts before lifting.
- Use proper lifting techniques to avoid injury. Start with lighter weights and gradually increase as strength improves.
- Keep children and pets away from the equipment during use.
- Use the equipment on a flat, stable surface.

2. PRODUCT COMPONENTS

Your SPORTNOW 4-in-1 Adjustable Dumbbell Set includes the following components:

- 4 x 2 kg Weight Plates
- 4 x 1.5 kg Weight Plates
- 4 x 1.25 kg Weight Plates
- 2 x Dumbbell Handles (0.5 kg each)
- 1 x Connector Bar (for barbell configuration)
- 2 x Kettlebell Handles
- Safety Clips/Nuts (to secure weight plates)

ENSEMBLE DE POIDS RÉGLABLES



Les poids de différentes tailles offrent une grande flexibilité pour s'adapter à votre programme d'entraînement

Image: All components of the SPORTNOW 4-in-1 Adjustable Dumbbell Set laid out, showing weight plates, handles, and connectors.

3. SETUP AND ASSEMBLY

The SPORTNOW 4-in-1 set offers multiple configurations. Follow these steps for assembly:

3.1. Dumbbell Configuration

1. Select a dumbbell handle.
2. Slide your desired weight plates onto both ends of the handle.
3. Secure the weight plates firmly with the safety clips/nuts on both sides. Ensure they are tightened completely to prevent weights from slipping during exercise.



Image: A single dumbbell assembled with weight plates and safety clips, ready for use.

3.2. Barbell Configuration

1. Take the connector bar and attach a dumbbell handle to each end. Twist securely until tight.
2. Slide your desired weight plates onto the outer ends of the assembled barbell.
3. Secure the weight plates firmly with the safety clips/nuts on both sides.



Image: The adjustable dumbbell set assembled into a barbell, resting on a carpet.

3.3. Kettlebell Configuration

1. Place your desired weight plates onto the kettlebell base.
2. Attach the kettlebell handle to the top of the stacked weight plates and twist to secure it firmly.



Image: The adjustable dumbbell set assembled into a kettlebell, resting on a carpet.

3.4. Push-up Stand Configuration

The dumbbell handles can be used as push-up stands. Simply place the handles on a flat, stable surface with the padded grip facing upwards. Ensure they are stable before applying weight.

ENSEMBLE D'HALTÈRES MULTIFONCTIONNEL 4 EN 1



Haltères



Les pompes en position debout

Kettlebells

Haltères

Image: Illustration showing the dumbbell handles being used as push-up stands.

Assembly Video Guide

Your browser does not support the video tag.

Video: This video demonstrates the assembly process for the dumbbell, barbell, and kettlebell configurations of the SPORTNOW 4-in-1 Adjustable Dumbbell Set.

4. OPERATION AND USAGE

This adjustable dumbbell set is designed for a variety of strength training exercises. Always ensure proper form and technique to maximize effectiveness and minimize the risk of injury.

- **Ergonomic Grip:** The handles are equipped with anti-sweat and anti-slip foam padding to minimize hand discomfort during heavy loads, ensuring a comfortable and secure workout.
- **Adjustable Weight:** Easily change the weight by adding or removing plates. Always re-secure with safety clips/nuts after adjusting.
- **Versatile Training:** Utilize the different configurations (dumbbell, barbell, kettlebell, push-up stand) to target various

muscle groups and perform a wide range of exercises, including squats, presses, rows, and swings.



Antidérapant

Absorbe la sueur

Réduire les douleurs aux mains

POIGNÉES RECOUVERTES DE MOUSSE

Image: Detail of the foam-padded handle, designed for comfort and grip during workouts.

5. MAINTENANCE AND CARE

Proper maintenance will extend the life of your SPORTNOW Adjustable Dumbbell Set.

- **Cleaning:** Wipe down all components with a damp cloth after each use to remove sweat and dirt. Avoid harsh chemicals that may damage the plastic coating.
- **Storage:** Store the set in a dry, cool place away from direct sunlight and extreme temperatures.
- **Inspection:** Regularly check all parts, especially the threads and safety clips, for any signs of wear, cracks, or damage. Replace any worn or damaged parts immediately.
- **Floor Protection:** The plastic-coated weight plates are designed to prevent marks and scratches on your floor, making this set ideal for indoor use.

DES MATÉRIAUX FIABLES

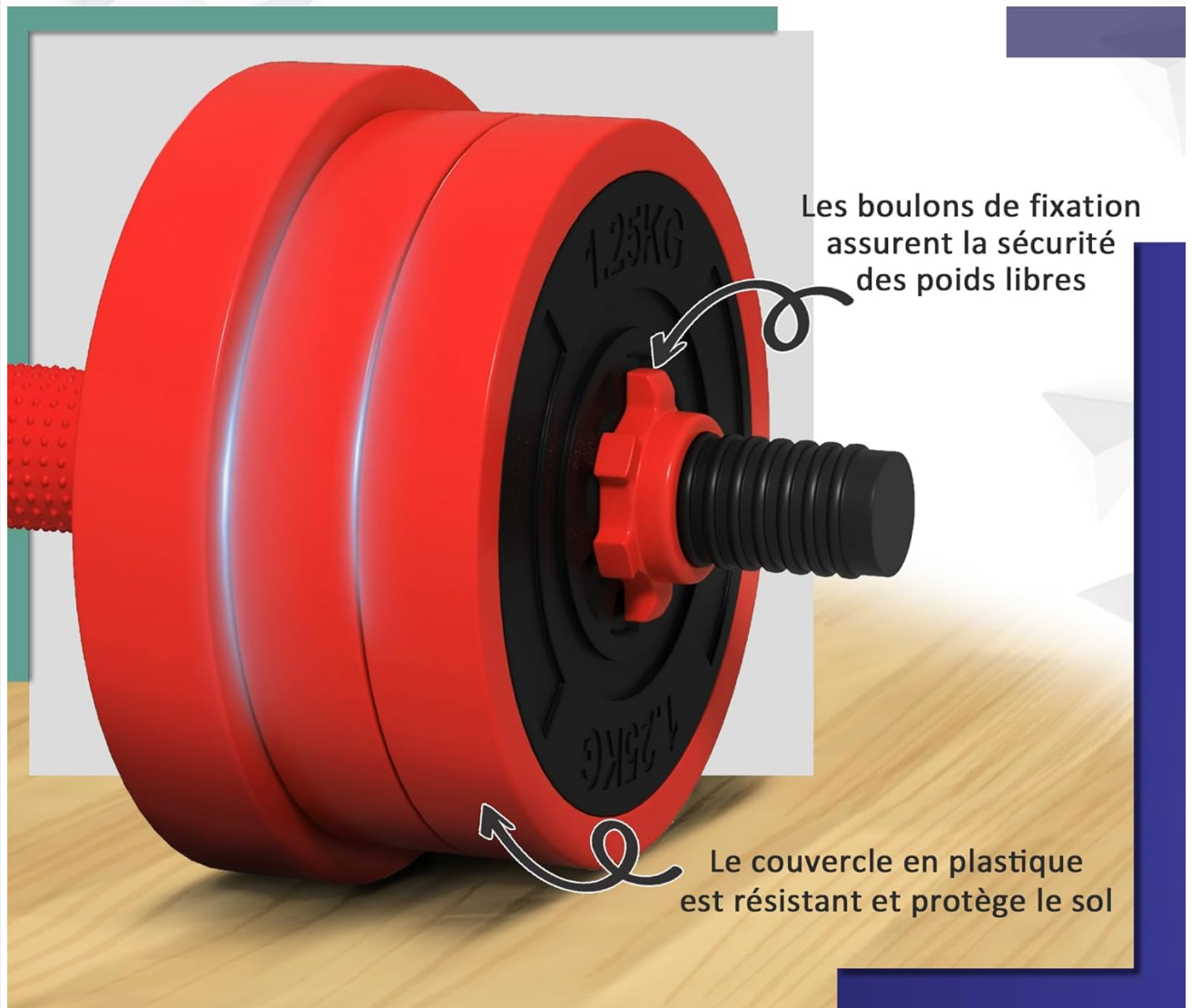


Image: Close-up of a weight plate and securing nut, illustrating the durable plastic coating.

6. TROUBLESHOOTING

If you encounter any issues with your dumbbell set, refer to the following common solutions:

- **Weights feel loose:** Ensure all safety clips/nuts are fully tightened on both ends of the handle or bar. Re-tighten before each set.
- **Handles feel uncomfortable:** Adjust your grip. The foam padding is designed for comfort; ensure it is positioned correctly in your hand.
- **Difficulty assembling/disassembling:** Ensure components are aligned correctly before twisting. Do not force parts together. If a part is stuck, gently wiggle and twist.

7. SPECIFICATIONS

Feature	Detail
Model Number	A91-287V00RD
Brand	SPORTNOW
Color	Red
Main Material	Plastic, Sand
Total Weight	20 kg
Weight Plate Distribution	4 x 2 kg, 4 x 1.5 kg, 4 x 1.25 kg
Dumbbell Handle Weight	0.5 kg each
Barbell Length (assembled)	95 cm
Handle Diameter	2.5 cm
Number of Pieces	14
Special Features	Anti-slip, Adjustable weight, Rust-resistant, Sweat-resistant

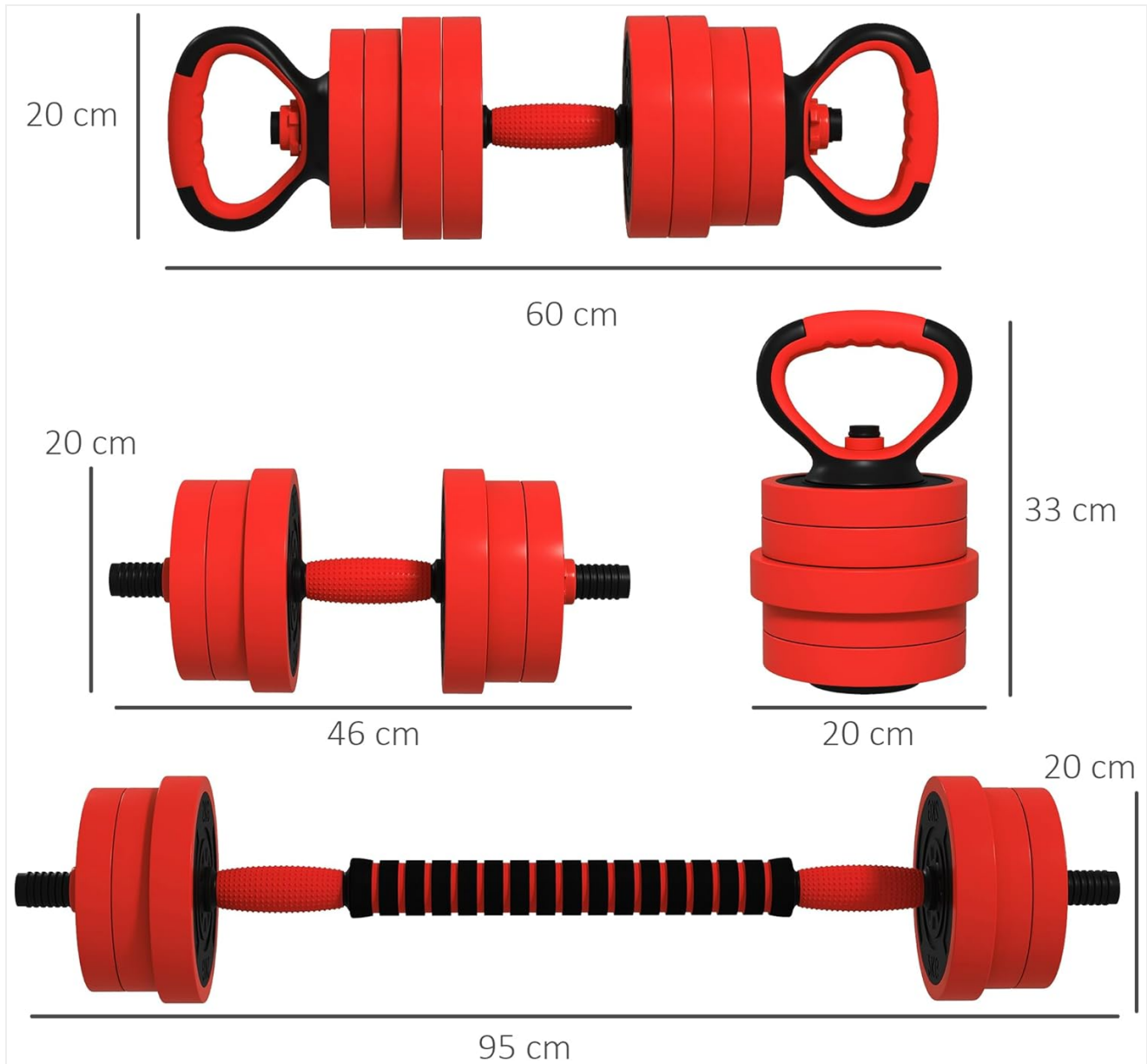


Image: Dimensional overview of the set in various configurations.

8. WARRANTY AND SUPPORT

For warranty information or if you require assistance with your SPORTNOW 4-in-1 Adjustable Dumbbell Set, please contact your retailer or the manufacturer's customer support. Keep your purchase receipt as proof of purchase.