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> [DH FitLife Adjustable Kettlebell 7-in-1 User Manual](#)

## DH FitLife NHL01-A

# DH FitLife Adjustable Kettlebell 7-in-1 User Manual

Model: NHL01-A

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## 1. INTRODUCTION

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Thank you for choosing the DH FitLife Adjustable Kettlebell 7-in-1. This innovative fitness tool is designed to provide a versatile and space-saving solution for your strength training and fitness needs. It replaces seven individual kettlebells with a single compact unit, offering adjustable weights from 1.5 kg to 10 kg. With its flexible weight adjustment and ergonomic design, you can adapt your workout quickly and efficiently, making it ideal for a wide range of exercises and suitable for both men and women.



Image: The DH FitLife Adjustable Kettlebell in use, demonstrating the weight selection dial and the safety lock feature. The image highlights the 7-in-1 adjustable nature of the kettlebell.

## 2. SAFETY INFORMATION

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Before using your DH FitLife Adjustable Kettlebell, please read and understand all safety instructions. Improper use can lead to injury.

- **Consult a Physician:** Always consult with a healthcare professional before starting any new exercise program.
- **Inspect Before Use:** Before each use, inspect the kettlebell for any signs of damage or wear. Do not use if damaged.
- **Secure Weight Selection:** Ensure the weight selection mechanism is fully engaged and locked before lifting the kettlebell. The safety lock secures all weights, preventing movement or accidental detachment during exercise.
- **Proper Form:** Use proper exercise form to avoid injury. If you are unsure about correct technique, seek guidance from a qualified fitness instructor.
- **Clear Surroundings:** Ensure your workout area is clear of obstacles and other people to prevent accidents.
- **Non-Slip Handle:** The ergonomic aluminum handle is designed to be non-slip. However, ensure your

hands are dry for a secure grip.

- **Children and Pets:** Keep the kettlebell out of reach of children and pets.



Image: A detailed view of the kettlebell's weight adjustment dial, highlighting the safety lock mechanism to ensure weights are securely fastened.

### 3. SETUP & WEIGHT ADJUSTMENT

The DH FitLife Adjustable Kettlebell allows for quick and easy weight changes. Follow these steps to adjust the weight:

1. **Place on a Stable Surface:** Place the kettlebell on a flat, stable surface.
2. **Unlock (if necessary):** If the kettlebell is currently locked, gently press down on the top handle and rotate the dial to the unlock position (if applicable, refer to the indicator on the dial).
3. **Select Desired Weight:** Press down on the top handle of the kettlebell and rotate the weight selection dial at the base to align with your desired weight (1.5 kg, 3 kg, 4.5 kg, 6 kg, 7.5 kg, 9 kg, or 10 kg).
4. **Engage Lock:** Once the desired weight is selected, release the handle. The internal mechanism will automatically engage, securing the selected weight plates. Ensure the safety lock indicator shows it is locked before lifting.
5. **Verify Security:** Gently lift the kettlebell a short distance to confirm that all unselected weight plates

remain on the base and the selected weight is securely attached.



Image: A technical diagram illustrating the internal mechanism for adjusting weights, showing how plates are added or removed by rotating the dial.



Image: A visual guide demonstrating the three steps to adjust the kettlebell's weight: placing on a stable surface, fixing weight discs, and adjusting the weight quickly.

## 4. OPERATING INSTRUCTIONS & EXERCISES

The DH FitLife Adjustable Kettlebell is designed for a wide range of full-body exercises. Always maintain proper form and control during your workout.

### Common Exercises:

- **Kettlebell Swings:** A dynamic exercise for the posterior chain (glutes, hamstrings, lower back). Focus on hip hinge movement, not squatting.
- **Kettlebell Squats:** Targets legs and glutes. Hold the kettlebell by the handle in front of your chest (goblet squat) or between your legs.
- **Kettlebell Deadlifts:** Strengthens the back, glutes, and hamstrings. Maintain a straight back and hinge at the hips.
- **Kettlebell Presses:** Overhead presses or floor presses to build shoulder and chest strength.
- **Kettlebell Snatches:** An advanced, explosive exercise that works the entire body. Requires good technique and control.
- **Turkish Get-Ups:** A full-body exercise that improves stability, mobility, and strength.

For detailed instructions on specific exercises, consider consulting a certified fitness professional or reputable online resources.



Image: A three-panel exercise demonstration showing the correct form for kettlebell squats, emphasizing full-body engagement.

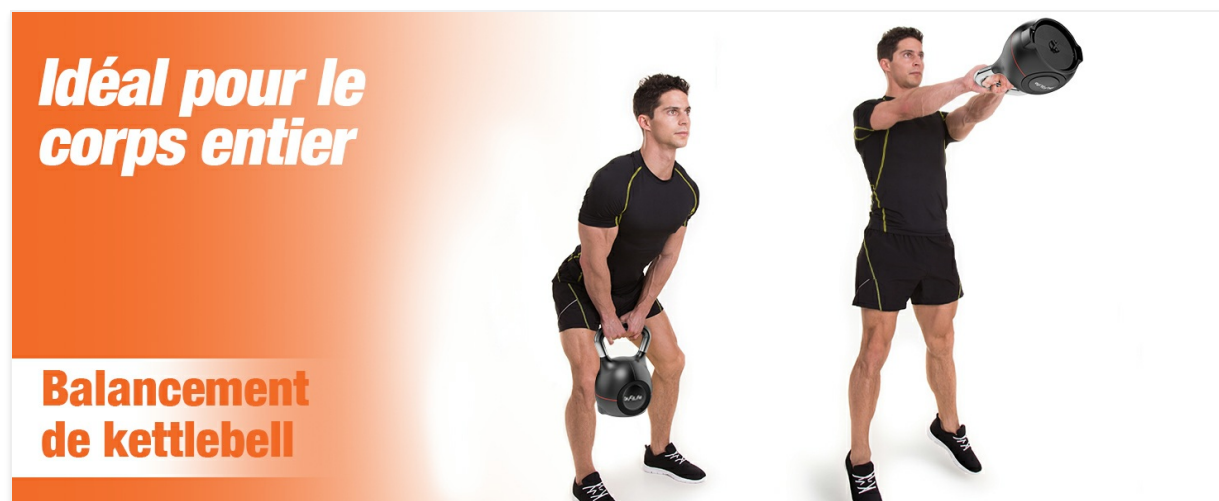


Image: A sequence of images demonstrating the proper execution of a kettlebell swing, focusing on the hip hinge and power generation.

## 5. MAINTENANCE

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Proper maintenance will ensure the longevity and safe operation of your DH FitLife Adjustable Kettlebell.

- **Cleaning:** Wipe down the kettlebell with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners or solvents that could damage the finish or materials.
- **Storage:** Store the kettlebell in a dry, cool place away from direct sunlight and extreme temperatures. Ensure it is placed on a flat, stable surface.
- **Inspection:** Periodically check all components, especially the handle and weight adjustment mechanism, for any signs of loosening, cracks, or damage.
- **Lubrication:** The internal mechanism is designed for smooth operation. Do not attempt to lubricate internal parts unless specifically instructed by the manufacturer.

## 6. TROUBLESHOOTING

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

- **Weight Plates Not Locking:**

- Ensure the kettlebell is placed on a completely flat and stable surface.
  - Verify that the weight selection dial is fully aligned with a designated weight setting.
  - Press down firmly on the handle when rotating the dial to ensure the mechanism engages correctly.
- **Difficulty Rotating Dial:**
    - Ensure no debris is obstructing the dial mechanism.
    - Apply firm, even pressure downwards on the handle while rotating.
- **Unusual Noises During Use:**
    - Immediately stop using the kettlebell.
    - Re-check the weight locking mechanism to ensure all plates are securely fastened.
    - Inspect for any loose or damaged parts. If issues persist, discontinue use and contact customer support.

If these steps do not resolve the issue, please contact DH FitLife Customer Support for further assistance.

## 7. SPECIFICATIONS

<b>Model Number</b>	NHL01-A
<b>Adjustable Weight Range</b>	1.5 kg, 3 kg, 4.5 kg, 6 kg, 7.5 kg, 9 kg, 10 kg
<b>Total Product Weight</b>	Approximately 12 Kilograms
<b>Dimensions (L x W x H)</b>	20 x 20 x 30 cm
<b>Handle Diameter</b>	3 cm
<b>Material</b>	Aluminum, Alloy Steel
<b>Color</b>	Black
<b>Special Features</b>	Ergonomic, Wide Handle, Adjustable, Rust Resistant
<b>Recommended Uses</b>	Endurance Training, Strength Training



Image: A diagram illustrating the dimensions (height 31cm, width 21cm) and highlighting features like resistant discs, ergonomic handle, premium materials, and safety lock.

## 8. WARRANTY INFORMATION

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DH FitLife, as a German distributor, offers a **30-day return policy** for this product. If you are not satisfied with your purchase or if the product has any defects, you may be eligible for a return or replacement within 30 days of purchase.

Please retain your proof of purchase for any warranty or return claims. For specific terms and conditions, refer to the retailer's return policy or contact DH FitLife customer support.

## 9. CUSTOMER SUPPORT

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For any questions, concerns, or assistance with your DH FitLife Adjustable Kettlebell, please do not hesitate to contact our customer support team.

As a German brand with sales and customer service based in Hamburg, we are committed to customer satisfaction. Our team is available to help you with product inquiries, troubleshooting, or return requests.

### **Contact Information:**

- Please refer to the contact details provided with your purchase documentation or visit the official DH FitLife website for the most up-to-date contact information.
- If you wish to return your product, you can request a return label from us.