

VEVOR Kettlebell K002

VEVOR Adjustable Kettlebell K002 User Manual

Model: K002

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your VEVOR Adjustable Kettlebell K002. This versatile fitness equipment is designed for full-body strength training, offering 7 weight levels to support various workout intensities. Please read this manual thoroughly before initial use and retain it for future reference.

2. SAFETY INFORMATION

- Consult a physician before starting any new exercise program.
- Inspect the kettlebell for any damage or loose parts before each use. Do not use if damaged.
- Ensure the weight selection mechanism is securely locked before lifting the kettlebell.
- Use the kettlebell on a flat, stable surface to prevent tipping.
- Maintain proper form during exercises to avoid injury. If you experience pain, stop immediately.
- Keep children and pets away from the kettlebell during use.
- Do not drop the kettlebell from a height, especially when weights are attached, as this may damage the unit or flooring.

3. PRODUCT FEATURES

The VEVOR Adjustable Kettlebell K002 combines multiple weights into a single compact unit, making it ideal for various exercises and space-saving. Key features include:

- **Adjustable Weight Levels:** Offers 7 distinct weight settings: 5, 11.5, 18, 24.5, 31, 37.5, and 44 pounds.
- **Durable Construction:** Features an aluminum alloy handle with electroplating for corrosion resistance and an ABS body for impact absorption.
- **Ergonomic Handle:** Designed for a comfortable and secure grip during workouts.

- **Stable Base:** Equipped with a flat bottom for enhanced stability and easy storage.



Figure 3.1: Overview of the VEVOR Adjustable Kettlebell K002 components.

4. SETUP

Before using your adjustable kettlebell, ensure all weight plates are correctly assembled onto the base. The plates should be placed in order, with the smallest numbered plate (plate number 1) at the top.

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Video 4.1: Demonstrates the assembly process of the VEVOR Adjustable Kettlebell, showing how to correctly stack the weight plates onto the base.

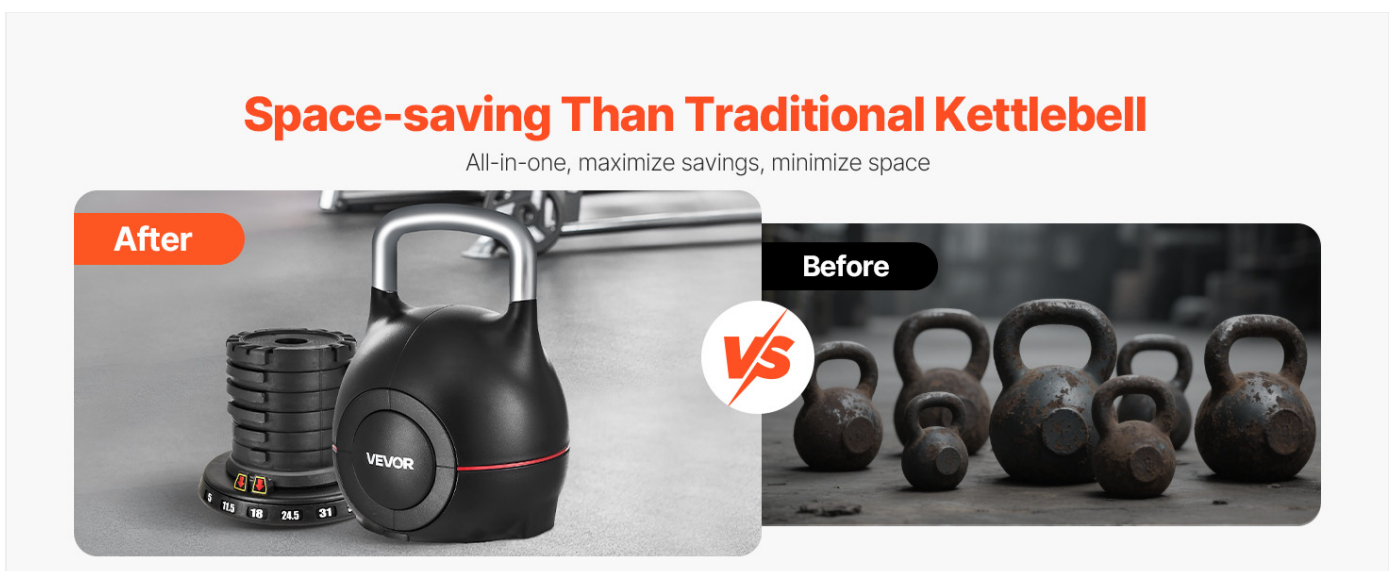


Figure 4.1: Visual representation of the 7 weight levels and corresponding plate configurations.

5. OPERATING INSTRUCTIONS

5.1 Adjusting Weight Levels

1. Place the kettlebell securely on its base on a flat surface.
2. Rotate the kettlebell handle to align the red arrow on the kettlebell with the desired weight setting (e.g., 5, 11.5, 18, 24.5, 31, 37.5, or 44 lbs) on the base.

3. Once aligned, the internal locking mechanism will engage or disengage the corresponding weight plates.
4. Lift the kettlebell handle straight up. The selected weight plates will lift with the handle, leaving unselected plates on the base.
5. Always ensure the kettlebell is securely locked at the desired weight before beginning your exercise.



Figure 5.1: Demonstrating the rotation of the kettlebell to select and lock a specific weight level.

5.2 Resetting the Kettlebell

If the weight plates become misaligned or you need to reset the kettlebell to its full weight capacity, follow these steps:

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Video 5.2: Instructions on how to reset the VEVOR Adjustable Kettlebell, ensuring all plates are correctly seated and aligned.

6. MAINTENANCE

- **Cleaning:** Wipe down the kettlebell with a damp cloth after each use to remove sweat and dirt. Avoid harsh chemicals that may damage the finish.
- **Storage:** Store the kettlebell in a dry, cool place away from direct sunlight and extreme temperatures. Ensure it is placed on a flat surface.
- **Inspection:** Periodically check all components for wear and tear, especially the handle and weight selection mechanism.

7. TROUBLESHOOTING

| Problem | Possible Cause | Solution |
|---|--|---|
| Kettlebell does not pick up selected weight plates. | Weight selection not fully engaged; plates misaligned. | Ensure the red arrow on the kettlebell is precisely aligned with the desired weight setting on the base. Gently push down and rotate to ensure full engagement. Refer to Section 5.2 for resetting. |
| Kettlebell feels unstable or wobbly. | Not placed on a flat surface; internal components loose. | Always use on a flat, stable surface. If the issue persists, discontinue use and contact customer support. |
| Difficulty rotating the handle to change weight. | Mechanism may be stiff or obstructed. | Ensure no debris is obstructing the mechanism. Apply light pressure and rotate. Do not force. If resistance is significant, contact customer support. |

8. SPECIFICATIONS

- **Model Number:** K002
- **Brand:** VEVOR
- **Material:** ABS + Die-Casting Aluminum
- **Color:** Black
- **Adjustable Weight Levels:** 7 levels (5, 11.5, 18, 24.5, 31, 37.5, 44 lbs)
- **Product Dimensions (L x W x H):** Approximately 10" x 10" x 14.1" (256 mm x 256 mm x 360 mm)
- **Handle Diameter:** 1 inch (28.5 mm)



Item Model Number: **K002**

Color: **Black**

Material: **ABS+Die-casting Aluminum**

Handle Diameter: **28.5 mm / 1 in**

Weight Adjustable:
7 Levels (5, 11.5, 18, 24.5, 31, 37.5, 44 lbs)

Product Weight: **46 lbs / 20.79 kg**

Figure 8.1: Detailed dimensions of the VEVOR Adjustable Kettlebell K002.

9. WARRANTY AND SUPPORT

For warranty information, product support, or to purchase replacement parts, please refer to the official VEVOR website or contact VEVOR customer service directly. Keep your purchase receipt as proof of purchase.



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