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Garvee ZYFPOU_0AHIBQDX-CAb4X

Garvee 2-in-1 Adjustable Dumbbell Set (44 LBS) User Manual

Model: ZYFPOU_0AHIBQDX-CAb4X

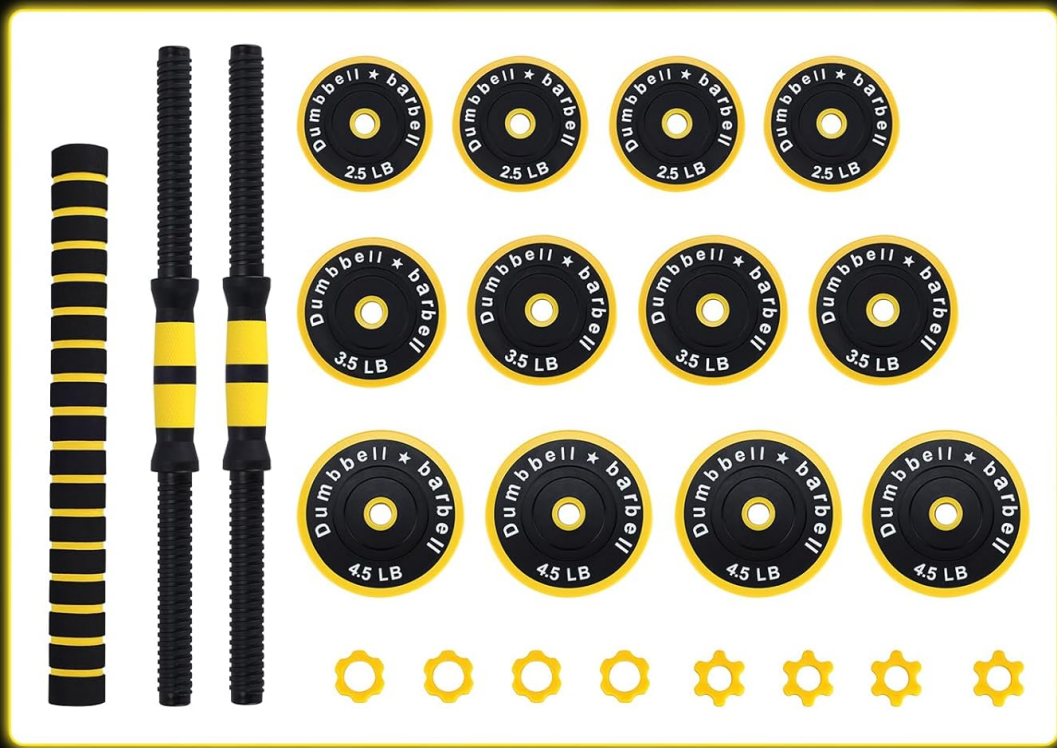
INTRODUCTION

This manual provides essential instructions for the safe and effective use of your Garvee 2-in-1 Adjustable Dumbbell Set. Please read this manual thoroughly before assembly and use, and retain it for future reference. This set allows for versatile strength training, converting between dumbbell and barbell configurations.

PACKAGE CONTENTS

Carefully unpack all components and verify that all items listed below are present and undamaged. If any parts are missing or damaged, do not proceed with assembly or use, and contact customer support.

- 4 x 4.5 LB Weight Plates
- 4 x 3.5 LB Weight Plates
- 4 x 2.5 LB Weight Plates
- 2 x Dumbbell Bars
- 1 x Connecting Bar
- 8 x Fixing Nuts



44LBS DUMBBELL SET PACKAGE LIST

2.5LBS Weight Plates x 4

3.5LBS Weight Plates x 4

4.5LBS Weight Plates x 4

Nuts x 8

Dumbbell Bar x 2

Connecting Bar x 1

Figure 1: Complete package contents of the Garvee 44 LBS Adjustable Dumbbell Set.

SAFETY INFORMATION

Prioritize safety during assembly and use. Failure to follow these instructions may result in injury or damage to the equipment.

- Always inspect the equipment for loose parts or damage before each use.
- Ensure all fixing nuts are securely tightened before lifting.
- Use proper lifting techniques to avoid injury.
- Do not drop the weights, as this can damage the equipment or flooring.
- Consult a healthcare professional before starting any new exercise program.
- Keep children and pets away from the equipment during use.

SETUP INSTRUCTIONS

1. Assembling Dumbbells

1. Select the desired weight plates (2.5 LB, 3.5 LB, or 4.5 LB).
2. Slide the chosen weight plates onto each end of a dumbbell bar.

3. Secure the weight plates by screwing a fixing nut onto each end of the dumbbell bar until it is hand-tight. Ensure the nuts are firmly secured to prevent plates from shifting during exercise.

2. Converting to Barbell

1. First, assemble two separate dumbbells as described in step 1.
2. Remove the fixing nuts from one end of each assembled dumbbell.
3. Screw one end of each dumbbell bar onto the connecting bar. Ensure the connection is secure and tight.
4. The foam grip on the connecting bar should be centered for comfort and shoulder protection.

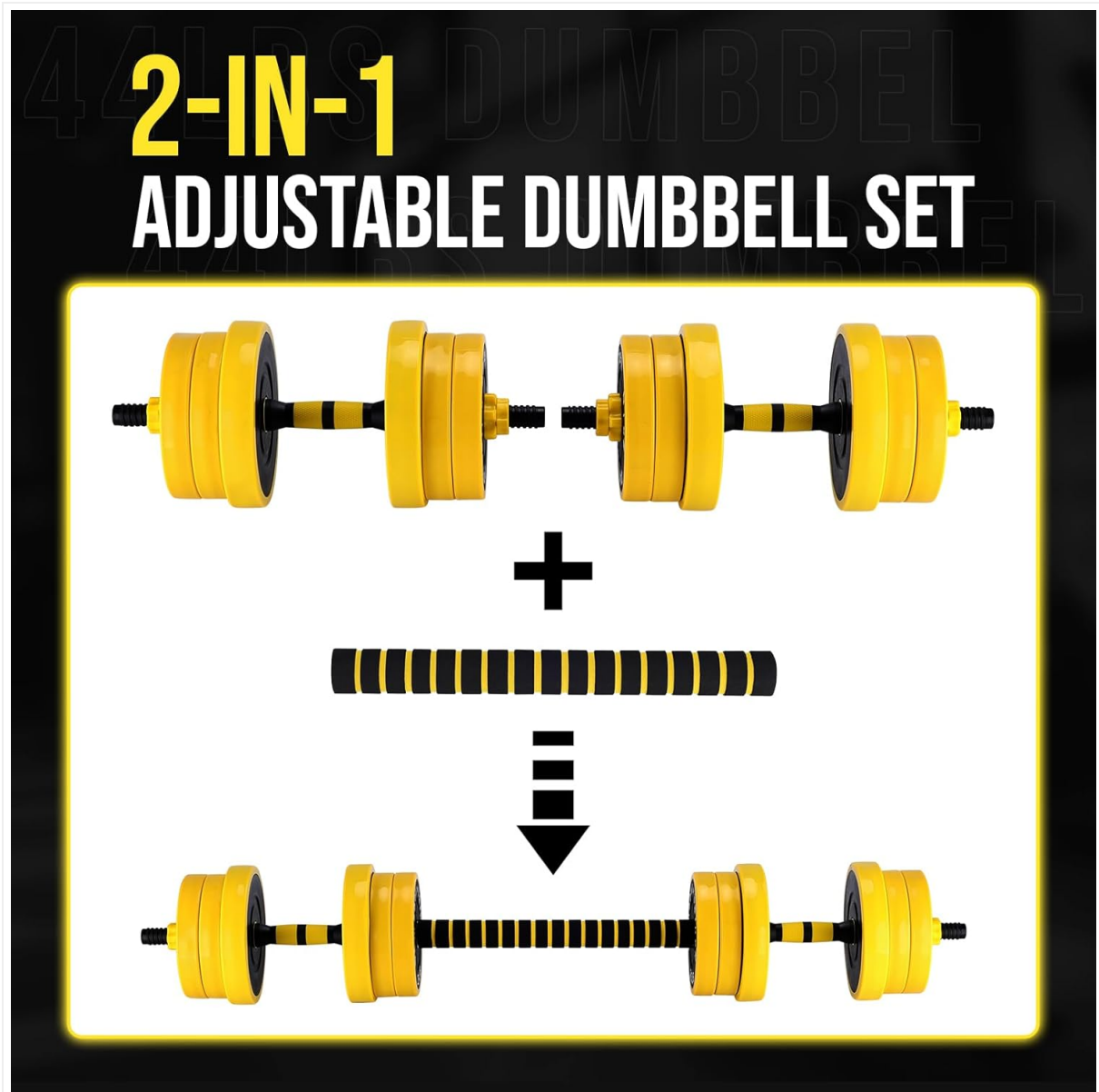


Figure 2: Illustration of the 2-in-1 adjustable design, showing dumbbells converting to a barbell.

FASTEN THE **NUTS** TO ENSURE YOUR SAFETY



Figure 3: Proper method for fastening the fixing nuts to ensure safety and stability.

OPERATING INSTRUCTIONS

Weight Adjustment

The Garvee 2-in-1 set allows for various weight combinations. To change the weight, simply unscrew the fixing nuts, add or remove weight plates, and then re-secure the nuts tightly. Always ensure an even distribution of weight on both sides of the bar for balance and safety.

Using as Dumbbells

Once assembled, use the dumbbells for a wide range of exercises targeting different muscle groups. Ensure a firm grip on the handle and maintain control throughout the exercise movement.



Figure 4: Examples of dumbbell exercises.

Using as a Barbell

After converting the set into a barbell, it can be used for exercises such as squats, presses, and rows. The foam-padded connecting bar provides comfort and protects your shoulders during barbell exercises. Always ensure the barbell is balanced before lifting.

COMFORTABLE FOAM CONNECTING BAR PROTECT YOU FROM INJURY



Figure 5: The comfortable foam connecting bar protects shoulders during barbell use.

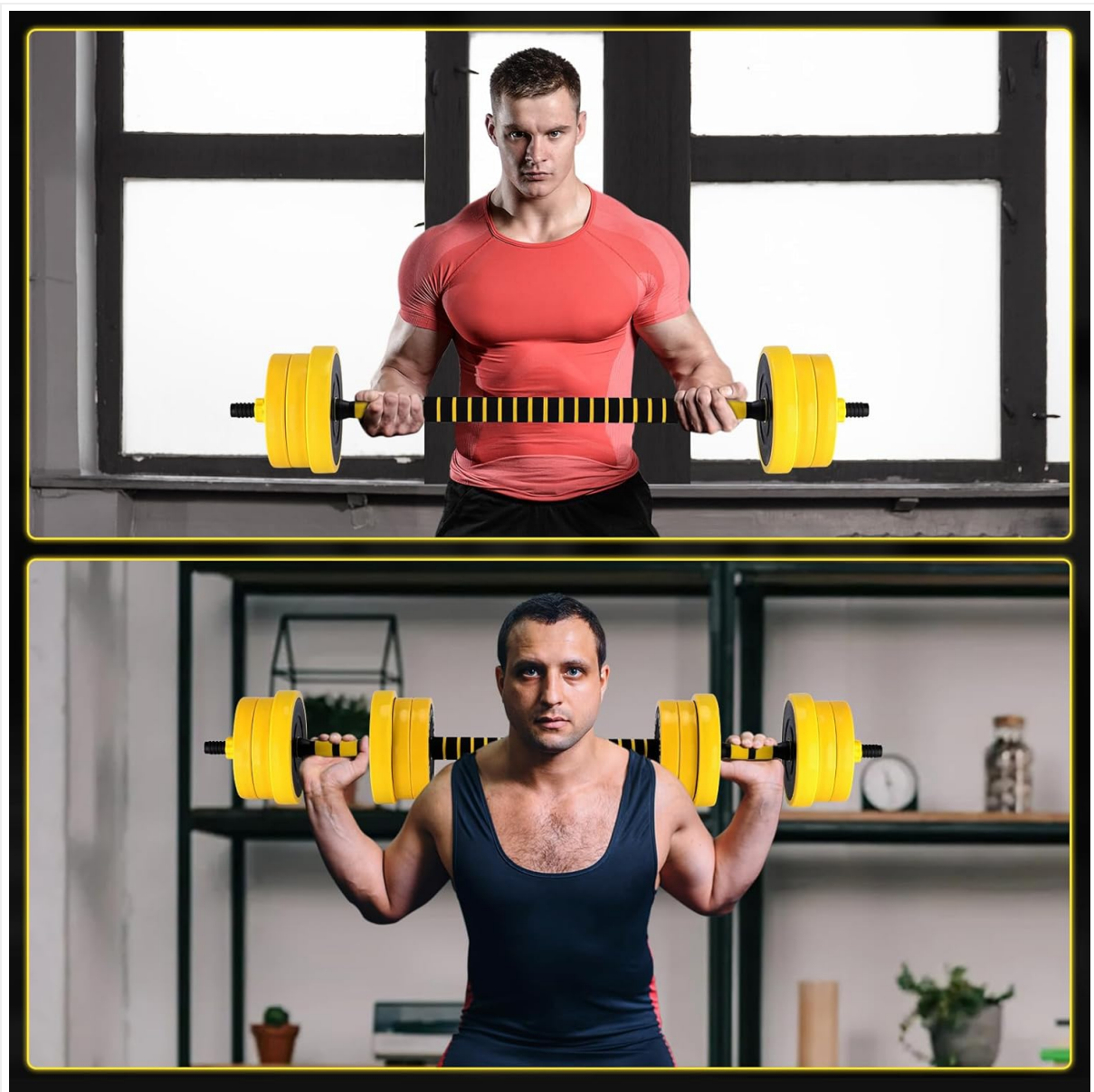


Figure 6: Examples of barbell exercises.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Garvee Adjustable Dumbbell Set.

- **Cleaning:** Wipe down all components with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners or solvents.
- **Inspection:** Periodically check all parts for signs of wear, cracks, or damage. Pay close attention to the dumbbell bars, connecting bar, and fixing nuts.
- **Storage:** Store the dumbbell set in a dry, cool place away from direct sunlight and extreme temperatures. Ensure it is stored securely to prevent accidental falls.

TROUBLESHOOTING

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

- **Weight plates feel loose:** Ensure all fixing nuts are screwed on tightly and securely. Re-tighten them before each use.
- **Difficulty screwing on nuts:** Check for any debris in the threads of the bar or nuts. Clean if necessary. Ensure the nuts are aligned correctly before twisting.

- **Uncomfortable grip on connecting bar:** Ensure the foam grip is properly centered and not damaged.
- **Unusual noises during use:** Stop exercising immediately. Inspect all connections and components for looseness or damage. Do not resume use until the issue is resolved.

SPECIFICATIONS

Feature	Detail
Product Name	Garvee 2-in-1 Adjustable Dumbbell Set
Model Number	ZYFPOU_0AHIBQDX-CAb4X
Total Weight	44 LBS (21.2 kg)
Product Dimensions (L x W)	59.5L x 26W Centimetres
Weight Plate Materials	PE Coated, Iron Sand Filled
Handle Material	Thermoplastic Rubber (TPR) / Polypropylene (PP)
Number of Pieces	23 (including plates, bars, and nuts)
Country of Origin	China
UPC	199809411848

Weight Plate and Bar Dimensions

Component	Diameter	Thickness / Length
2.5 LB Plate	7.09 inches	1.22 inches
3.5 LB Plate	8.46 inches	1.22 inches
4.5 LB Plate	10.24 inches	1.38 inches
Connecting Bar (without grips)	N/A	15.75 inches
Connecting Bar (with grips)	N/A	18.11 inches

THE PRODUCT SIZE

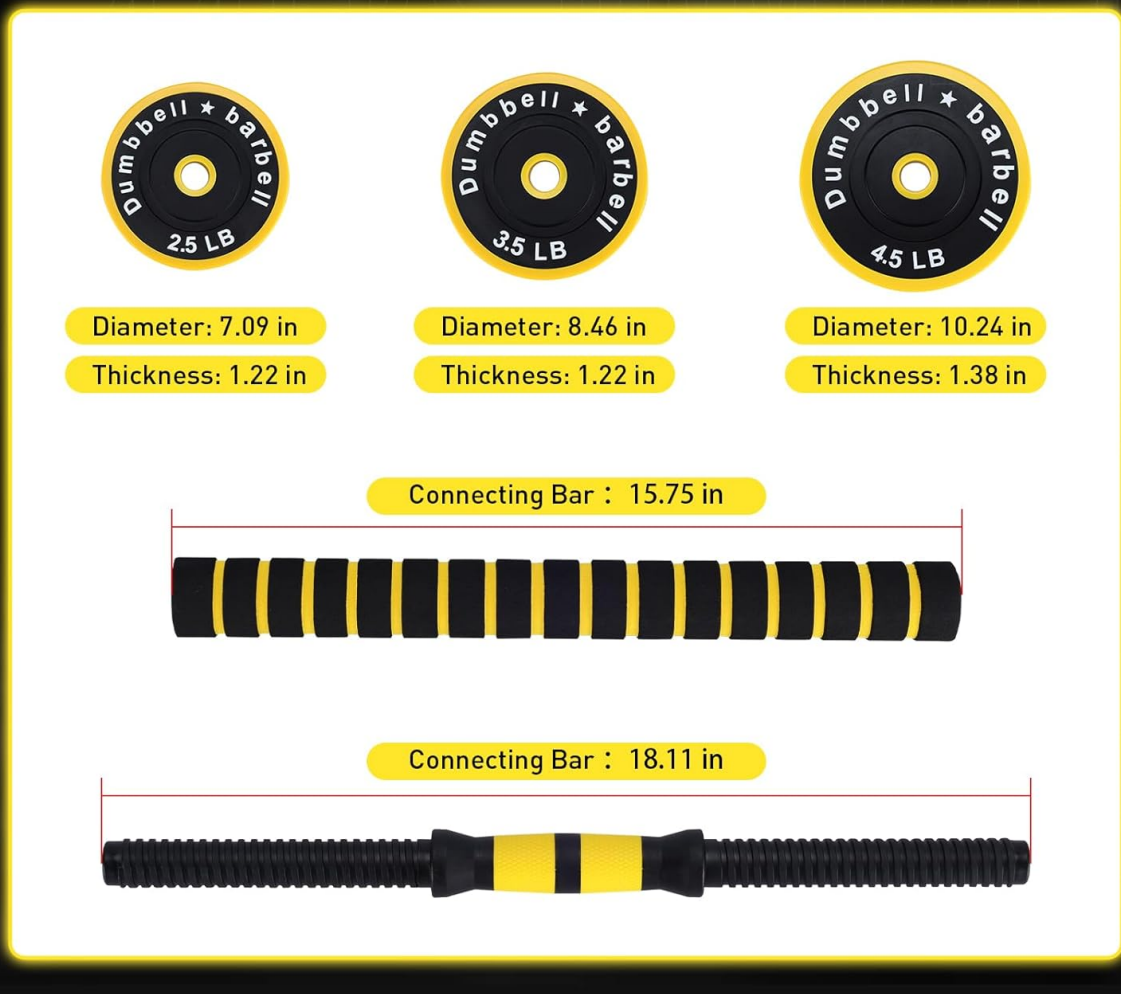


Figure 7: Detailed product dimensions for weight plates and connecting bar.

WARRANTY AND SUPPORT

For warranty information, product support, or to report any issues, please contact Garvee customer service through the retailer where the product was purchased. Please have your model number (ZYFPOU_0AHIBQDX-CAb4X) and proof of purchase available.