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Fitvids QD-SF40DKS-2IN1-1

Fitvids 40LBS 2-in-1 Adjustable Dumbbell and Barbell Set Instruction Manual

Introduction

Thank you for choosing the Fitvids 40LBS 2-in-1 Adjustable Dumbbell and Barbell Set. This versatile fitness equipment is designed to provide a comprehensive strength training experience, allowing for quick transitions between dumbbell and barbell configurations. This manual provides essential information for safe and effective use, including assembly, operation, maintenance, and safety precautions. Please read this manual thoroughly before using the product.

Accessory List

Before assembly, please verify that all components listed below are present in your package. If any parts are missing or damaged, please contact customer support.

- Four (4) 4LB Dumbbell Plates
- Four (4) 6LB Dumbbell Plates
- Two (2) Dumbbell Handles
- One (1) Barbell Connector
- Four (4) Collar Locks (Fixed & Star Nuts)

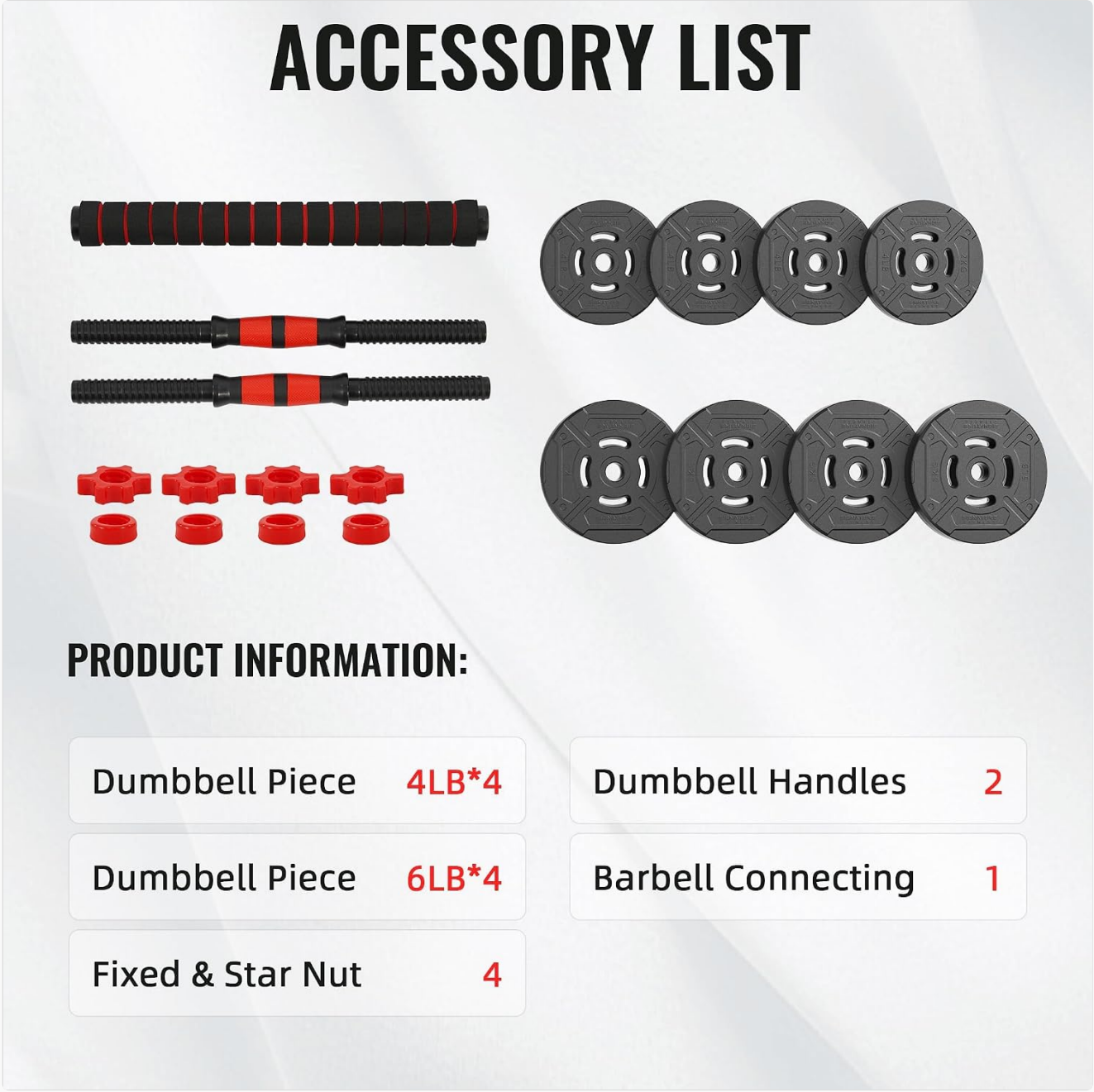


Figure 1: Accessory List. This image displays all the components included in the Fitvids 40LBS 2-in-1 Adjustable Dumbbell and Barbell Set, including weight plates, dumbbell handles, barbell connector, and collar locks.

Setup Instructions

Follow these steps to assemble your Fitvids 2-in-1 Adjustable Weight Set.

1. Assembling Dumbbells

1. Select the desired weight plates (4LB or 6LB) for each dumbbell.
2. Slide the chosen weight plates onto the threaded end of a dumbbell handle.
3. Secure the weight plates by rotating a collar lock (star nut) onto the threaded handle until it is tight. Ensure the plates are firmly held in place to prevent movement during exercise.



Figure 2: Securing Weight Plates. This image illustrates how to rotate the hexagonal female nut to tighten and prevent loosening of the weight plates on the dumbbell handle.

2. Assembling Barbell

1. First, assemble two dumbbells as described in step 1, ensuring the collar locks are securely fastened.
2. Take the barbell connector. This connector has threaded ends designed to screw into the dumbbell handles.
3. Screw one assembled dumbbell onto each end of the barbell connector. Rotate until both dumbbells are tightly secured to the connector, forming a single barbell unit.



Figure 3: 2-in-1 Mode Transformation. This diagram visually explains how to convert the set from two individual dumbbells to a single barbell by using the connecting bar.

Operating Instructions

The Fitvids 2-in-1 set offers flexibility for various exercises. Always ensure proper form and control during workouts.

Dumbbell Mode

Use the individual dumbbells for exercises targeting specific muscle groups. The adjustable weights allow for progression as your strength increases. Examples include bicep curls, tricep extensions, shoulder presses, and lunges.



Figure 4: Comfortable Handle. This image emphasizes the design of the rubber threaded handle, which provides enhanced grip, prevents slippage, and improves safety during dumbbell exercises.

Barbell Mode

Combine the dumbbells with the connector to form a barbell for compound movements. This mode is suitable for exercises like squats, deadlifts, bench presses, and rows, which engage larger muscle groups and allow for heavier lifting.



Figure 5: Compact Storage. This image shows the Fitvids 2-in-1 set configured as a barbell and dumbbells, highlighting its compact design suitable for small spaces.

Weight Adjustment

The set includes 4x 4LB plates and 4x 6LB plates, allowing for weight adjustments from 4LB to 20LB per single dumbbell, or 8LB to 40LB for a pair of dumbbells. To change the weight, simply unscrew the collar locks, add or remove plates, and then re-secure the collar locks tightly.

Maintenance

Proper maintenance ensures the longevity and safety of your Fitvids weight set.

- **Cleaning:** Wipe down the weight plates and handles with a damp cloth after each use to remove sweat and dirt. For deeper cleaning, a mild soap solution can be used. Avoid harsh chemicals that may damage the polyethylene material.
- **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 (less than 2 sq ft).

- **Inspection:** Regularly inspect all components, especially the threaded handles and collar locks, for any signs of wear, damage, or loosening. Ensure collar locks are always tightened before each workout.

Troubleshooting

- **Weight Plates Feel Loose:** If weight plates rattle or feel loose during exercise, immediately stop and re-tighten the collar locks. Ensure they are screwed on completely and firmly.
- **Difficulty Screwing on Collar Locks/Barbell Connector:** Check for any debris in the threads of the handles or connector. Clean if necessary. Ensure components are aligned correctly before twisting. Do not force.
- **Unusual Odor:** New rubber or polyethylene products may have a slight odor initially. This typically dissipates over a few days with good ventilation.

Specifications

Feature	Detail
Brand	Fitvids
Model Number	QD-SF40DKS-2IN1-1
Style	40LBS Set, 2in1
Material	Polyethylene (PE)
Color	Black
Adjustable Weight Range	4LB to 20LB (single dumbbell), 8LB to 40LB (pair)
Item Weight	19.9 Kilograms (Total)
Product Dimensions	42"L x 11.8"W (Barbell configuration)
Number of Pieces	2 (Dumbbell Handles) + Plates + Connector + Locks
UPC	810180859844

Safety Information

Your safety is paramount. Please adhere to the following guidelines:

- **Consult a Professional:** Before starting any new exercise program, consult with a healthcare professional or certified fitness trainer.
- **Proper Form:** Always use proper form during exercises to prevent injury. If you are unsure about correct form, seek guidance from a qualified instructor.
- **Check Equipment:** Before each use, inspect the dumbbells and barbell for any damage, loose parts, or wear. Ensure all collar locks are securely tightened.
- **Controlled Movements:** Perform exercises with controlled movements. Avoid sudden jerks or dropping the weights, which can cause injury or damage to the equipment/floor.
- **Clear Area:** Ensure your workout area is clear of obstacles and sufficient space for movement.
- **Children and Pets:** Keep children and pets away from the equipment during use and storage.
- **Weight Limits:** Do not exceed the maximum recommended weight for the handles or connector.



Figure 6: Safe Exercise. This image shows two individuals exercising with dumbbells, emphasizing the importance of safe and appropriate use for all ages.

Warranty and Support

Fitvids is committed to providing high-quality fitness equipment. While specific warranty details are not provided in this manual, please retain your proof of purchase. For any product inquiries, technical support, or warranty claims, please contact Fitvids customer service through the retailer where the product was purchased or visit the official Fitvids website for contact information.

For additional fitness resources and workout ideas, you may visit theFitvids Store on Amazon.

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