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› Sportneer 4-in-1 Adjustable Dumbbell Set User Manual

Sportneer Y22-82004-20-0703wq

Sportneer 4-in-1 Adjustable Dumbbell Set

Model: Y22-82004-20-0703wq

INTRODUCTION

Thank you for choosing the Sportneer 4-in-1 Adjustable Dumbbell Set. This manual provides essential information for the safe and effective use, setup, and maintenance of your new fitness equipment. Please read these instructions thoroughly before first use and retain them for future reference.

Ideal Fitness Dumbbells



2-5lb Adjustable



Stylish & Multi-color



Comfortable & Safe

Image: The Sportneer Adjustable Dumbbell Set, designed for versatile fitness routines.

SAFETY INFORMATION

Always consult with a healthcare professional before starting any new exercise program. Improper use of this equipment can result in injury. Adhere to the following safety guidelines:

- Inspect dumbbells for any damage or loose parts before each use. Do not use if damaged.
- Ensure all weight plates are securely locked in place before lifting.
- Use proper form and controlled movements during exercises. Avoid sudden jerking motions.
- Keep children and pets away from the equipment during use.
- Store dumbbells in a safe, dry place when not in use to prevent tripping hazards.
- Do not drop the dumbbells, as this may cause damage to the product or flooring.

PRODUCT OVERVIEW

The Sportneer 4-in-1 Adjustable Dumbbell Set offers a compact and versatile solution for strength training. Each dumbbell can be adjusted from 2 to 5 pounds, allowing for a pair to range from 4 to 10 pounds total. The design features:

- **4-in-1 Adjustable Weight:** Easily switch between 2, 3, 4, and 5-pound settings per dumbbell.
- **TPU Soft Rubber Handles:** Provides a secure, non-slip, and sweat-resistant grip for enhanced comfort during workouts.
- **Durable Construction:** The shell is made of tough ABS materials, ensuring longevity.
- **Compact Design:** Saves space compared to multiple fixed-weight dumbbells.



Image: The 4-in-1 adjustable weight mechanism, illustrating 2lb, 3lb, 4lb, and 5lb configurations.



Light-Weight to Shape

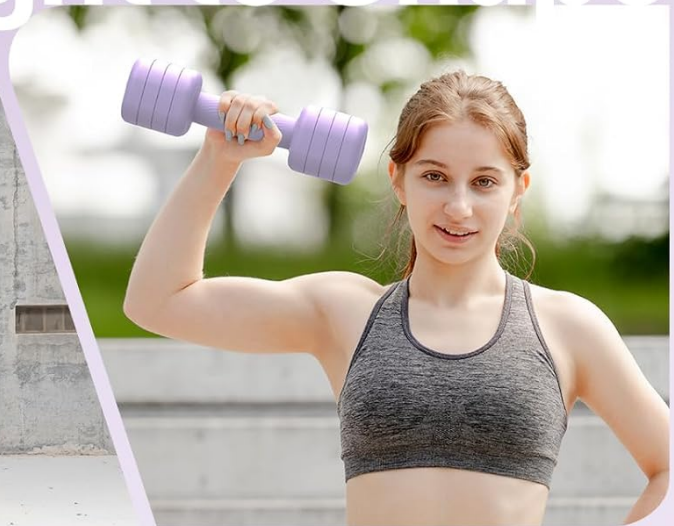


Image: Detailed view of the durable and secure design elements, including the TPU handle and internal components.

SETUP: ADJUSTING WEIGHT

The Sportneer adjustable dumbbells feature an innovative rotating adjustment mechanism for quick weight changes.

1. Place the dumbbell on a flat, stable surface.
2. To adjust the weight, grasp the outer weight plate and rotate it. The plates are designed to be easily added or removed by twisting.
3. Align the desired weight setting (2lb, 3lb, 4lb, or 5lb) on the plate with the indicator on the dumbbell handle.
4. Ensure the weight plate is fully seated and securely locked into position before lifting the dumbbell. A slight twist may be needed to ensure a firm connection.
5. Repeat for the other side of the dumbbell if necessary, or for the second dumbbell in the set.

Fast Adjustable



Image: Visual representation of the fast adjustable mechanism for adding or removing weight plates.

OPERATING INSTRUCTIONS

These adjustable dumbbells are suitable for a variety of exercises targeting different muscle groups. Always maintain proper form and control throughout your workout.

General Usage Tips:

- **Warm-up:** Begin each workout with a 5-10 minute warm-up to prepare your muscles.
- **Controlled Movements:** Lift and lower weights slowly and deliberately. Avoid swinging the dumbbells.
- **Breathing:** Exhale during the exertion phase (lifting) and inhale during the recovery phase (lowering).
- **Progression:** Start with a lighter weight and gradually increase as your strength improves.
- **Cool-down:** Finish your workout with a 5-10 minute cool-down and stretching.

Example Exercises:

The dumbbells can be used for exercises such as bicep curls, tricep extensions, shoulder presses, lunges, squats, and rows. For detailed exercise guides, refer to certified fitness resources.



Image: Examples of exercises that can be performed with the adjustable dumbbells for full-body training.

MAINTENANCE

Proper maintenance ensures the longevity and safe operation of your Sportneer Adjustable Dumbbell Set.

- **Cleaning:** Wipe down the dumbbells with a damp cloth after each use to remove sweat and dirt. Avoid harsh chemicals or abrasive cleaners.
- **Storage:** Store the dumbbells in a cool, dry place away from direct sunlight and extreme temperatures. Ensure they are placed on a stable surface to prevent rolling or falling.
- **Inspection:** Periodically check all components for wear and tear, especially the weight plates and handle. If any part appears damaged, discontinue use and contact customer support.

TROUBLESHOOTING

Difficulty Adjusting Weights:

If you find the weight plates difficult to attach or detach:

- Ensure the dumbbell is placed on a flat, stable surface.
- Verify that the plates are aligned correctly with the grooves on the handle before attempting to twist.
- Apply firm, steady pressure while twisting. Avoid excessive force.
- Check for any debris or obstruction in the locking mechanism. Clean if necessary.

If the issue persists, contact Sportneer customer support for assistance.

SPECIFICATIONS

Feature	Detail
Brand	Sportneer
Model Number	Y22-82004-20-0703wq
Color	Aura Lavender
Adjustable Weight Range (Each Dumbbell)	2, 3, 4, 5 lbs
Total Weight (Set of 2)	Up to 10 lbs (5 lbs per dumbbell)
Handle Material	Thermoplastic Polyurethane (TPU)
Dumbbell Body Material	Acrylonitrile Butadiene Styrene (ABS)
Item Dimensions (L x W)	10"L x 2.5"W (approximate)
Number of Pieces	2 (one pair)

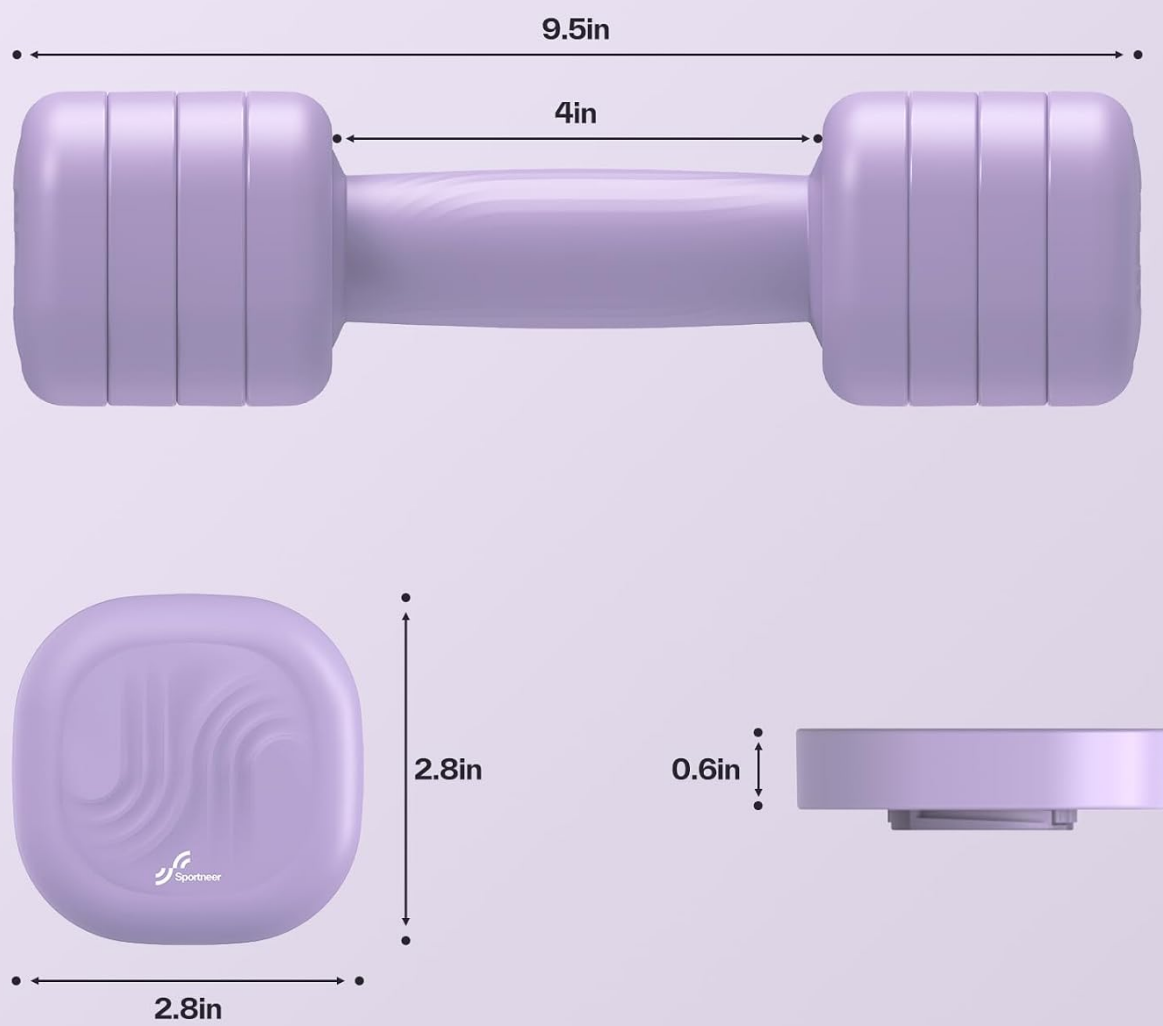


Image: Product dimensions in inches.

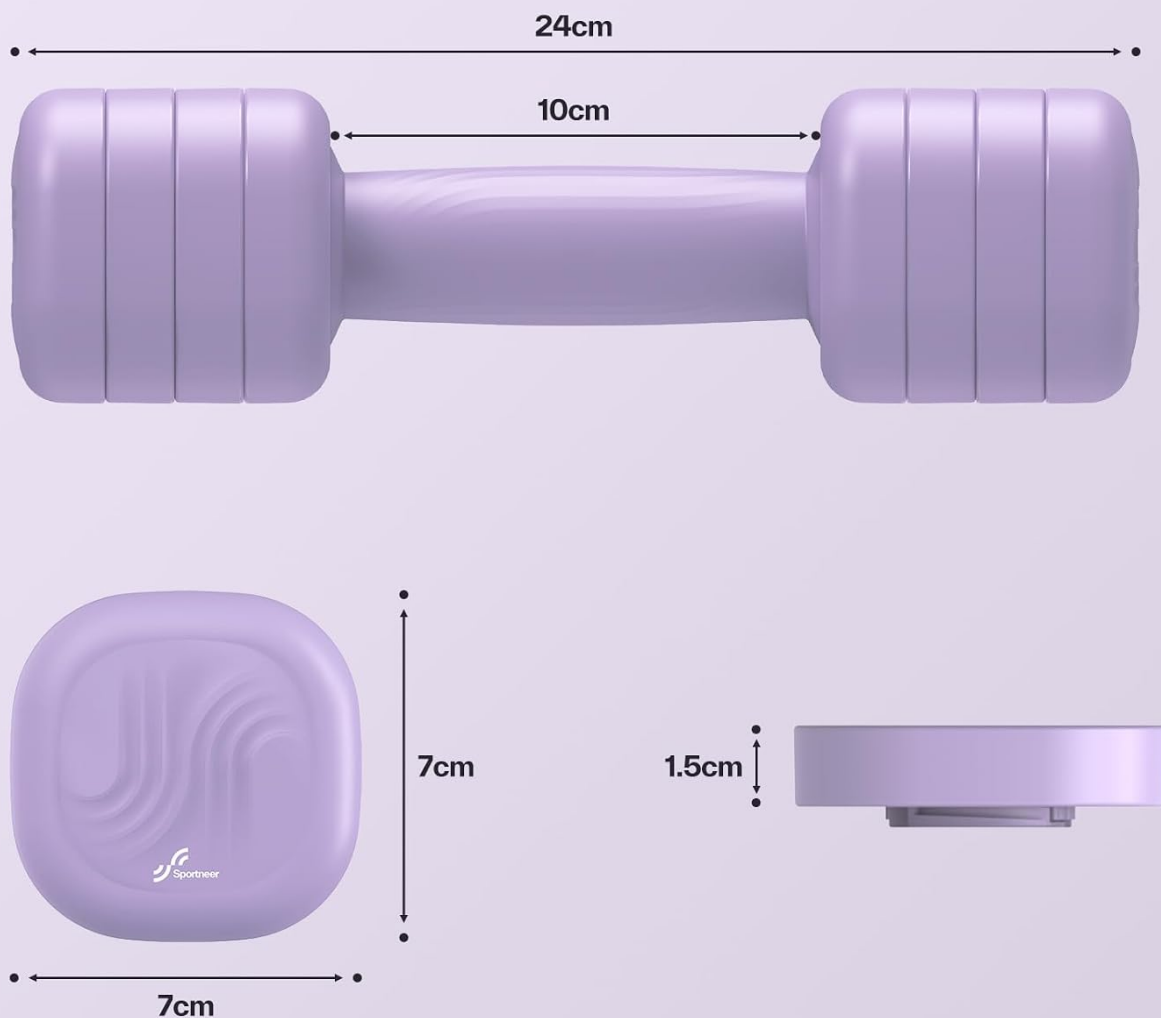


Image: Product dimensions in centimeters.

WARRANTY AND SUPPORT

Sportneer products are manufactured to high-quality standards. For information regarding warranty coverage, product support, or to report any issues, please refer to the official Sportneer website or contact their customer service directly. Keep your purchase receipt as proof of purchase.

For further assistance, please visit the [Sportneer Store on Amazon](#).

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Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question