DH FitLife NYL1112

DH FitLife 2026 Adjustable Dumbbell Set

Model: NYL1112 - Instruction Manual

1. Introduction

Thank you for choosing the DH FitLife 2026 Adjustable Dumbbell Set. This manual provides important information regarding the safe and effective use, setup, operation, and maintenance of your new adjustable dumbbells. Please read this manual thoroughly before first use and retain it for future reference. The DH FitLife 2026 Adjustable Dumbbell Set offers 18 weight levels, ranging from 2.5 kg to 25 kg, designed for efficient and flexible workouts in a home gym environment.

2. Safety Information

WARNING: Failure to follow these safety instructions may result in serious injury.

- Always consult with a healthcare professional before starting any new exercise program.
- Inspect the dumbbells for any damage or loose parts before each use. Do not use if damaged.
- Ensure all weight plates are securely locked into place before lifting the dumbbell from its base. The self-locking mechanism prevents removal if plates are not properly attached.
- Use the dumbbells on a flat, stable surface.
- Do not drop the dumbbells. Dropping can damage the mechanism and void the warranty.
- Keep children and pets away from the dumbbells during use and storage.
- Do not attempt to disassemble the dumbbell mechanism beyond what is described in this manual.
- Maintain proper form during exercises to prevent injury.
- Store dumbbells in their designated bases when not in use to prevent accidental rolling or tipping.

3. Product Overview

The DH FitLife 2026 Adjustable Dumbbell Set is engineered for versatility and safety, featuring a compact

design and quick weight adjustment.

Key Features:

- **18 Weight Levels:** Easily adjust from 2.5 kg to 25 kg.
- **Quick Adjustment:** One-handed weight selection in seconds.
- **Maximum Safety:** Self-locking technology ensures plates are secure before lifting.
- **Compact Design:** Space-saving and stable with a center of gravity close to the arm.
- **Ergonomic Handle:** Non-slip grip for comfort and hand protection.
- **Durable Materials:** Cast iron discs with waterproof coating, resistant to sweat and moisture.

Components:

- Adjustable Dumbbell (x2)
- Dumbbell Base (x2)
- Weight Plates (integrated)



Image: The DH FitLife Adjustable Dumbbell Set, showing the dumbbell, its base, and a visual representation of the 18 available weight levels.



Image: A user demonstrating the DH FitLife adjustable dumbbells, highlighting the 18 weight levels available in one unit.

4. Setup

The DH FitLife Adjustable Dumbbell Set comes pre-assembled. Follow these steps for initial setup:

1. **Unpacking:** Carefully remove the dumbbells and bases from their packaging.
2. **Placement:** Place the dumbbell bases on a flat, stable, and non-slip surface where you intend to exercise. Ensure there is enough space around the dumbbells for safe operation.
3. **Initial Inspection:** Before first use, visually inspect both dumbbells and bases for any signs of damage from shipping. Ensure all components are intact and the weight adjustment dial moves freely.
4. **Dumbbell Seating:** Ensure each dumbbell is properly seated in its corresponding base. The handle should be centered, and the weight plates should align with the base's grooves.

5. Operating Instructions

Weight Adjustment:

The DH FitLife Adjustable Dumbbell Set allows for quick and easy weight changes using a single-hand adjustment mechanism.

1. **Place Dumbbell in Base:** Always ensure the dumbbell is securely placed in its base before attempting to adjust the weight.
2. **Rotate Dial:** Locate the adjustment dial on each end of the dumbbell handle. Rotate both dials simultaneously to your desired weight setting. The available weight levels are clearly marked on the dial (e.g., 2.5, 4, 5, 6.5, 8, 9, 10.5, 12, 13, 14.5, 16, 17, 18, 19.5, 21, 22, 23, 23.5, 25 kg).
3. **Confirm Lock:** Once the desired weight is selected, ensure the dial clicks into place and the weight plates are firmly attached to the handle. The dumbbell can only be removed from the stand when all selected weight plates are properly attached and locked.
4. **Lift Dumbbell:** Carefully lift the dumbbell straight up from the base. Any unselected weight plates will remain in the base.
5. **Return Dumbbell:** After your exercise, return the dumbbell gently and squarely into its base. Ensure it seats correctly before attempting to change the weight again.



Image: Demonstrating the one-handed weight adjustment mechanism on the DH FitLife adjustable dumbbell.

Self-Locking Technology for Maximum Safety:

The dumbbell holder incorporates a self-locking feature. This technology ensures that the dumbbells can

only be removed from the stand when all the selected weight plates are properly attached and aligned. If the arrow on the dumbbell is not correctly aligned with the base, the base will automatically lift, preventing the dumbbell from being removed until corrected. This design provides maximum stability and a firm fit without movement during use.



Image: Visual explanation of the self-locking feature, showing how the base prevents removal if the dumbbell is not correctly aligned.

Compact and Stable Design:

The DH FitLife 2026 dumbbell set is designed to be compact, with a center of gravity close to the arm, enhancing stability during exercises like bench presses or squats. Its small footprint helps save space in your home gym. The support base prevents accidental rolling or flipping, ensuring a safe and uninterrupted workout.



Image: The compact design of the DH FitLife adjustable dumbbells, including their dimensions for space-saving.



Image: Detailed view of the dumbbell's features, including sweat-resistant plates, ergonomic grip, and safety lock.

6. Maintenance

Proper maintenance will ensure the longevity and optimal performance of your DH FitLife Adjustable Dumbbell Set.

- **Cleaning:** Wipe down the dumbbells and bases with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents, as these can damage the waterproof coating and plastic components.
- **Storage:** Always store the dumbbells in their bases on a flat, dry surface. Avoid extreme temperatures and direct sunlight.
- **Inspection:** Periodically check the weight adjustment mechanism and all moving parts for smooth operation. Ensure no debris is obstructing the weight plates or the locking mechanism.
- **Lubrication:** No lubrication is required for the adjustment mechanism. Do not apply oils or greases.

7. Troubleshooting

If you encounter any issues with your DH FitLife Adjustable Dumbbell Set, please refer to the following

common problems and solutions:

Problem	Possible Cause	Solution
Dumbbell cannot be lifted from the base.	Weight selection dial not fully engaged or misaligned.	Ensure the dumbbell is fully seated in the base. Rotate the adjustment dials until they click into the desired weight setting. Verify the arrow on the dumbbell aligns with the base.
Weight plates are loose or rattling during use.	Weight selection dial not fully engaged. Debris in the mechanism.	Return the dumbbell to the base and re-select the weight, ensuring the dial clicks firmly into place. Inspect for any foreign objects obstructing the plates or mechanism and remove them carefully.
Adjustment dial is stiff or difficult to turn.	Dumbbell not properly seated in the base. Debris in the dial mechanism.	Ensure the dumbbell is fully seated in the base. Clean around the dial mechanism to remove any dust or debris. Do not force the dial.
Dumbbell feels unbalanced.	Weight plates not evenly selected or engaged.	Return the dumbbell to the base. Re-adjust the weight, ensuring both dials are set to the same weight and fully engaged. Lift slowly to confirm balance.

If the problem persists after attempting these solutions, please contact DH FitLife customer support for assistance.

8. Specifications

Feature	Detail
Brand	DH FitLife
Model Number	NYL1112
Weight Range	2.5 kg to 25 kg (18 levels)
Item Weight (per dumbbell)	26.5 Kilograms
Product Dimensions (LxW)	16.54"L x 7.48"W (approx. 42cm L x 19cm W)
Materials	Carbon Steel, Polypropylene (PP), Acrylonitrile Butadiene Styrene (ABS), Nylon
Special Features	Adjustable Weight, Encased, Non-Slip, Sweat Resistant
Handle Diameter	3.50 cm
Number of Items	2 (one pair)

9. Warranty and Support

Warranty Information:

DH FitLife, a German brand, offers a 30-day return policy for this product. Please refer to your purchase documentation or contact customer service for specific warranty terms and conditions.

Customer Support:

If you have any questions, concerns, or require assistance with your DH FitLife Adjustable Dumbbell Set, please do not hesitate to contact our customer service team. We are committed to customer satisfaction and are ready to help.
Contact information can typically be found on the DH FitLife official website or through your purchase platform.