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› SQUATZ Adjustable Dumbbell Set (4.41 lbs) Instruction Manual

## SQUATZ 4.41 lbs Adjustable

# SQUATZ Adjustable Dumbbell Set (4.41 lbs) Instruction Manual

Model: 4.41 lbs Adjustable

## INTRODUCTION

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This manual provides essential information for the safe and effective use of your SQUATZ 4.41 lbs Adjustable Dumbbell Set. These compact dumbbells are designed for home gym strength and weight training, featuring removable weight bars for adjustable resistance, anti-slip handles, and durable construction. Please read these instructions thoroughly before initial use and retain for future reference.



# YOUR WORKOUT YOUR WAY

PERFECT FOR HOME GYMS



ACHIEVE YOUR FITNESS GOALS WITH  
THESE COMPACT DUMBBELLS

The SQUATZ adjustable dumbbell is suitable for various home workout routines, allowing users to customize their exercise experience.

## SAFETY INFORMATION

- **Consult a Professional:** Before starting any new exercise program, consult with a healthcare professional or certified fitness trainer.
- **Proper Use:** Use the dumbbells only as intended for strength and weight training. Do not use for purposes other than their design.
- **Inspect Before Use:** Always inspect the dumbbells for any signs of damage or loose components before each workout. Do not use if damaged.
- **Secure Weight Bars:** Ensure all removable weight bars are securely in place and the dumbbell ends are properly closed before lifting. Failure to do so can result in injury.
- **Maintain Grip:** The anti-slip neoprene coating provides a secure grip. Always maintain a firm grip during exercises to prevent accidental drops.
- **Clear Area:** Ensure your workout area is clear of obstructions and other people to prevent accidents.
- **Proper Form:** Always use proper lifting techniques to avoid muscle strain or injury.

- **Children and Pets:** Keep the dumbbells out of reach of children and pets.

## PACKAGE CONTENTS

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Your SQUATZ Adjustable Dumbbell Set package includes the following items:

- 2 x SQUATZ 4.41 lbs Compact Weight Dumbbells (each with removable weight bars)



Illustration of the compact dumbbells and their approximate dimensions and weight per piece.

## SETUP

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1. **Unpacking:** Carefully remove all components from the packaging.
2. **Initial Inspection:** Check each dumbbell for any visible damage or missing parts.
3. **Understanding Weight Adjustment:** The dumbbells are designed with removable weight bars. The dumbbell ends can be opened to add or remove these bars, allowing you to customize the weight.
4. **Material Overview:** The dumbbells are constructed from iron and EVA material, providing durability and a comfortable grip.

# BUILT TO LAST

HIGH-QUALITY IRON  
CONSTRUCTION

IRON

EVA FABRIC



LONG-LASTING EVA COATING

Internal structure of the dumbbell, highlighting the iron core and EVA fabric for durability and comfort.

## OPERATING INSTRUCTIONS

### Adjusting Weight

1. Identify the ends of the dumbbell where the weight bars are housed.
2. Carefully open the dumbbell end mechanism.
3. Add or remove the desired weight bars to achieve your target weight. Each dumbbell has two weight blocks in total.
4. Ensure the dumbbell end mechanism is securely closed and locked before use. Verify that the weight bars are stable and do not shift.

### Using the Dumbbells

- **Grip:** The dumbbells feature a curve-shaped handle bar with a slip-resistant neoprene coating. This design provides a gentle yet firm grip, helping to prevent calluses and ensuring security during exercises.
- **Spiral Anti-Drop Design:** The spiral anti-drop design further enhances safety by providing a secure hold.
- **Exercise Versatility:** These dumbbells can be used for a wide range of exercises targeting various muscle

groups, including arms, back, and legs.



# ERGONOMIC DESIGN

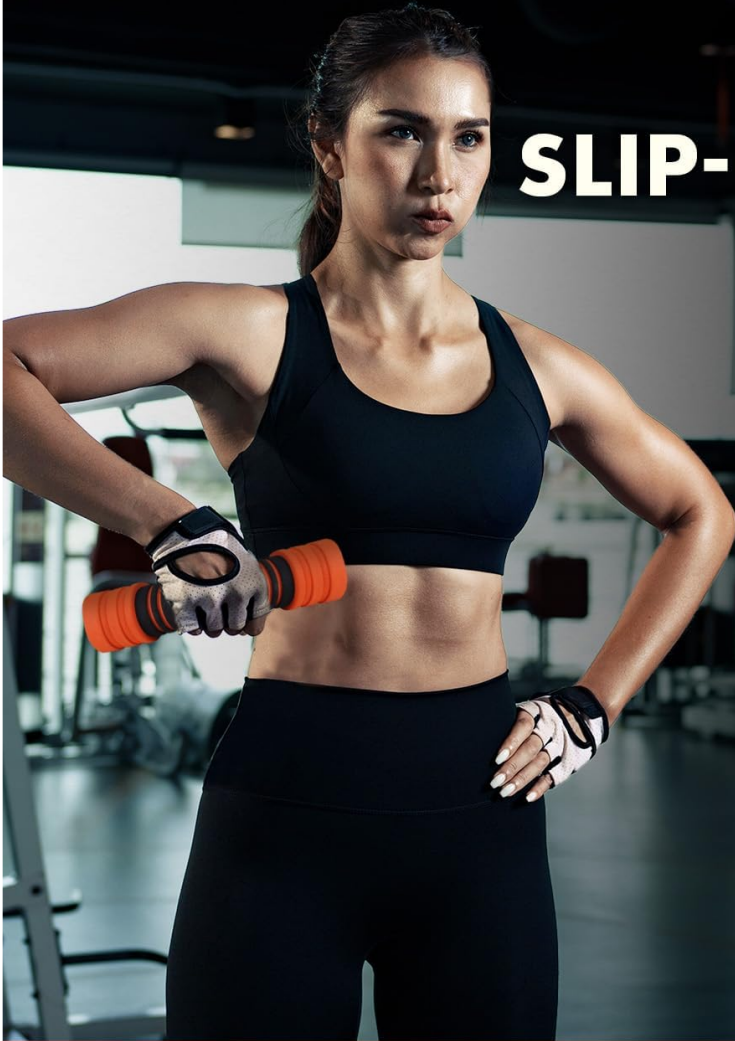
CURVE-SHAPED HANDLE FOR A  
COMFORTABLE, FIRM GRIP



**MAXIMUM COMFORT AND STABILITY**

The ergonomic, curve-shaped handle provides a comfortable and firm grip during workouts.

# SLIP-RESISTANT & SECURE



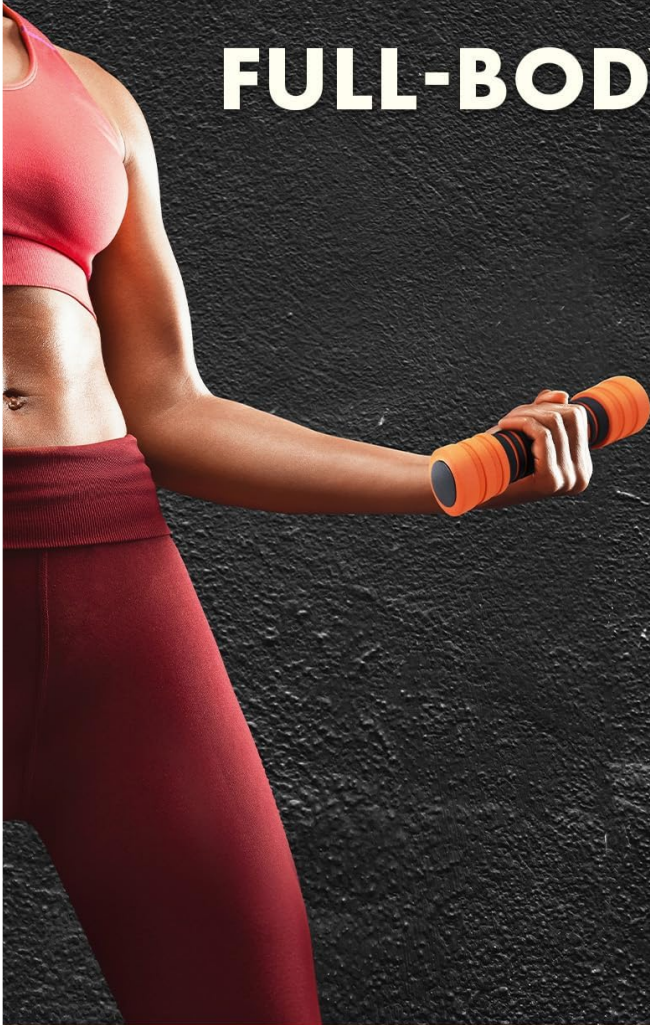
Slip-Resistant  
Neoprene



**NEOPRENE COATING & SPIRAL ANTI-DROP  
DESIGN FOR MAXIMUM SAFETY**

The slip-resistant neoprene coating ensures a secure and comfortable hold.

# VERSATILE FULL-BODY WORKOUT



**SCULPT ARMS, TONE BACK,  
AND MORE – ALL WITH ONE SET**

The dumbbells support a versatile range of exercises for a full-body workout.

## MAINTENANCE

- **Cleaning:** Wipe the dumbbells with a damp cloth after each use to remove sweat and dirt. For deeper cleaning, use a mild soap solution and ensure they are thoroughly dried afterward. Avoid harsh chemicals that may damage the neoprene coating.
- **Storage:** Store the dumbbells in a dry, cool place away from direct sunlight and extreme temperatures. Do not store in areas with high humidity.
- **Regular Inspection:** Periodically check the dumbbell ends and weight bars for any signs of wear, corrosion, or damage. Ensure the locking mechanisms (if applicable) are functioning correctly.
- **Lubrication:** If the weight adjustment mechanism feels stiff, a small amount of silicone-based lubricant can be applied to moving parts, if accessible, to ensure smooth operation. Avoid oil-based lubricants on neoprene.

## TROUBLESHOOTING

- **Weight Plates Appear Misaligned:** If the internal weight plates appear slightly off-flush, gently tap or

adjust them to ensure they are properly seated before securing the dumbbell ends. This is often a minor cosmetic issue that can be easily corrected.

- **Difficulty Adjusting Weight:** If the handle or weight adjustment mechanism feels stiff, ensure there is no debris obstructing the movement. Clean the mechanism thoroughly. If the issue persists, a light application of a silicone-based lubricant may help, if the mechanism allows.
- **Dumbbell Feels Wobbly or Unsecure:** Immediately stop use. Re-check that all weight bars are correctly inserted and that the dumbbell ends are fully closed and locked. Never use the dumbbell if it feels unstable or if weight bars are not securely held.
- **Damaged Components (e.g., Broken Plate):** If any part of the dumbbell, such as a weight plate, is broken or significantly damaged, discontinue use immediately. Contact customer support for assistance. Do not attempt to repair damaged components yourself, as this may compromise safety.

## SPECIFICATIONS

| Feature                    | Detail                                                               |
|----------------------------|----------------------------------------------------------------------|
| Brand                      | SQUATZ                                                               |
| Color                      | Black                                                                |
| Item Weight (per dumbbell) | Approximately 2.2 lbs (1 Kilogram) base weight, adjustable with bars |
| Material                   | Ethylene Vinyl Acetate (EVA), Iron                                   |
| Special Feature            | Non-Slip                                                             |
| Item Dimensions (L x W)    | 10"L x 10"W (approximate overall footprint)                          |
| Handle Diameter            | 1.96 inches                                                          |
| Number of Pieces           | 2 (Pair)                                                             |
| Handle Material            | Iron, EVA                                                            |
| Target Use Body Part       | Arm (versatile for full body)                                        |
| UPC                        | 842893154879                                                         |
| Manufacturer               | Sound Around                                                         |

## WARRANTY AND SUPPORT

### Warranty Information

This SQUATZ Adjustable Dumbbell Set is covered by a **Manufacturer Warranty**. For specific details regarding the duration and terms of your warranty, please refer to the documentation included with your purchase or contact SQUATZ customer support directly.

### Customer Support

For any questions, concerns, or assistance with your SQUATZ Adjustable Dumbbell Set, please contact SQUATZ customer support. You can often find contact information on the product packaging, the official SQUATZ website, or through the retailer where the product was purchased.

You may also visit the official SQUATZ store for more information and product resources [SQUATZ Store](#) on

