

**CORTEX<sup>®</sup>**

# RevoLock™ Quick Adjust 20kg Kettlebell

USER MANUAL



Product may vary slightly from the item pictured due to model upgrades.



**Read all instructions carefully before using this product.  
Retain this owner's manual for future reference.**

**NOTE:**

This manual should not be used to guide your purchasing decision. Your product, and the contents inside its carton, may vary from what is listed in this manual. This manual may also be subject to updates or changes. Updated manuals are available through our website at [www.lifespanfitness.com.au](http://www.lifespanfitness.com.au)





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# I. IMPORTANT SAFETY INSTRUCTIONS

Please keep this manual with you at all times.

- It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly.
- PLEASE NOTE: It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
- Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, light-headedness, dizziness or feelings of nausea. If you do experience any of these symptoms, you should consult your doctor before continuing with your exercise program.
- Never drop the kettlebell on the ground as this will damage the product.
- Do not attempt to disassemble the kettlebell.
- Keep children and pets away from the equipment. This equipment is designed for adult use only.
- Ensure you have adequate space when using the kettlebell for your exercise training.
- Before using the equipment, check that the locking mechanism is functioning properly. Do not use the equipment until the problem has been rectified.
- Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
- This equipment is designed for indoor and family use only.
- Care must be taken when lifting or moving the equipment so as not to injure your back.
- Always keep this instruction manual and assembly tools at hand for reference.
- The equipment is not suitable for commercial use.
- Do not forcibly rotate the handle when it is stuck.
- For safety precautions, we recommend not to use this for overhead exercises.

## II. CARE INSTRUCTIONS

- Be careful not to damage plastic or metal parts of the product with heavy or sharp objects.
- The kettlebell can be kept clean by wiping it down using a dry cloth.
- Store indoors only.
- Regularly check all moving parts and grasp whether there are signs of wear and damage, and if any, stop using the device immediately and contact the rear of my department.
- Failure to perform daily maintenance may result in personal injury or equipment damage

# III. INSTRUCTIONS

There are 7 weight increments (both in kg and lb) as below chart.

KG	2	5	8	11	14	17	20
LB	5	11.5	18	24.5	31	37.5	44

Note: Due to rounding, there may be slight discrepancies between the actual weight and the displayed scale markings.

## PRECAUTIONS FOR USE



1. Ensure the side with the marking mark is aligned with the groove of the base.



2. When adjusting to the weight, ensure the red marker arrow is directly on top of the weight (KG) before lifting the kettlebell from the base.



3. Place the kettlebell pieces from the bottom to top in order from No.6 to No.1 on the side of the kettlebell pieces.

# HOW TO RESET THE KETTLEBELL

If the kettlebell cannot be rotated or put back to the base, do not forcibly turn the handle. Follow these steps to reset the kettlebell.



1. Remove the kettlebell from the base. Then press these two circled reset points at the same time while rotating the kettlebell pieces to remove it.
2. Place the hollow body back on the base, then turn the gear to the minimum setting.
3. Place the kettlebell pieces from bottom to top in order from No.6 to No.1 against the standard line on the side of the kettlebell pieces (Fig. 3).
4. You can now use the kettlebell. Make sure that the numbers align with the red marker point before lifting the kettlebell.

# V. WARRANTY

## AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at [www.consumerlaw.gov.au](http://www.consumerlaw.gov.au).

Please visit our website to view our full warranty terms and conditions:  
<http://www.lifespanfitness.com.au/warranty-repairs>

## WARRANTY AND SUPPORT

Any claim against this warranty must be made through your original place of purchase. Proof of purchase is required before a warranty claim may be processed.

If you have purchased this product from the Official Lifespan Fitness website, please visit <https://lifespanfitness.com.au/warranty-form>

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit <https://lifespanfitness.com.au/warranty-form> and fill in our Repair/Service Request Form or Parts Purchase Form.

Scan this QR code with your device to go to [lifespanfitness.com.au/warranty-form](https://lifespanfitness.com.au/warranty-form)



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