



SCAN ME
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SQUATZ

70 LBS. ADJUSTABLE DUMBBELL WEIGHT SET

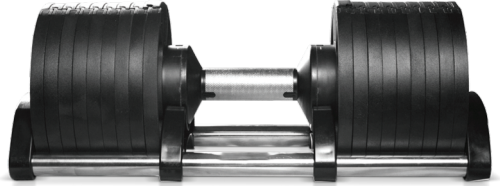
Home Workout/Fitness Equipment, One Single Dumbbell with Anti-Slip Metal Handle

USER GUIDE

SQDB70-1

PRODUCT INTRODUCTION

Read this user manual carefully before you use the SQUATZ Adjustable Dumbbell Weight Set and save it for future reference.



FEATURES

- ... User-friendly Adjustable Dumbbells
- ... Premium Build Quality
- ... Sleeker-than-Average Weight Plate Design
- ... Dead-Simple Handle Adjustments
- ... Grippy Knurl Feels Great in the Hand
- ... Optional Dumbbell Stand is Well Balanced
- ... Easy to Use
- ... With Adjustment Knobs
- ... Quick-change Weight Adjustments with Twist Lock Technology
- ... Allows to Change Weight Setting with One Hand
- ... Contoured, Textured, and Soft Grip Handle Design
- ... Provides Comfortable and Secure Grip Control
- ... Compact Design allows to Store and Use Dumbbells Anywhere
- ... Diamond Rolling Patterned Handle Design Provides Comfortable Grip

WHAT'S IN THE BOX



- ... (1) Base
- ... (18) Dumbbell Plates (9 on Each Side)
- ... 1) Dumbbell Handle
- ... User Manual

CONSTRUCTION MATERIALS:

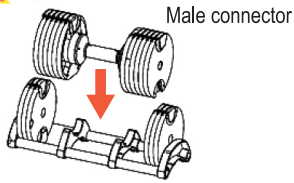
- ... Plates: Cast Iron Spraying
- ... Handle Seamless Steel Pipe Electroplating, Telescopic Rod Zinc Alloy Material,
- ... Handle ABS Contains Gear Ball Spring Stainless Steel, Pin
- ... Base: ABS + Stainless Steel Pipe

TECHNICAL SPECS.

- ... WEIGHT CAPACITY: _____ UP TO 70 LBS.
- ... ONE SINGLE DUMBBELL
- ... ADJUSTABLE GEARS _____ 4.5-9-18-27-35-44-53-62-70 LBS.
- ... PLATES SIZES _____ 19.81" X 17.78" X 3.56" -INCHES
- ... DIAMETER _____ 19.81" INCHES
- ... PLATE THICKNESS _____ 3.56" -INCHES
- ... OVERALL PRODUCT DIMENSIONS (L X W X H) _____ 124" X 45.72" X 43.18" -INCHES

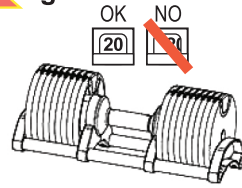
BEFORE USE

1 STEP ... Fig. A



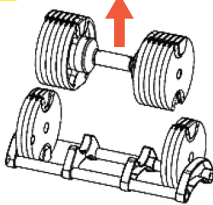
Place the dumbbell in the base unit. Female and Male connectors must be aligned.

2 STEP ... Fig. B



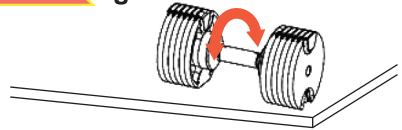
Select weight by turning handle until desired weight is centered in the window

3 STEP ... Fig. C



Lift the dumbbell straight up out of the base.

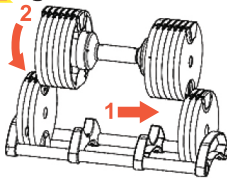
4 STEP ... Fig. D



Place dumbbell on flat surface. Try turning the handle with normal force. The handle must remain in locked position. Check that the bar ends are within 5mm of the selected plate.

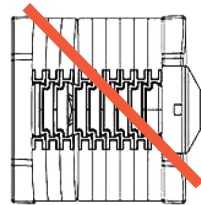
AFTER USE

5 STEP ... Fig. E



After use return dumbbell to base unit. Make sure that the Male/Female connectors are aligned.

Fig. F



Make sure that the Male/Female connectors are aligned. Do not use if connectors are damaged.

REGULARLY INSPECT THE GENERAL CONDITION OF THE DUMBBELL AND CHECK THE POINTS LISTED

- The dumbbell can only be adjusted when in the base unit.
- Female and male connectors must be aligned, see Fig. F.
- Never attempt to lift the dumbbell from the base unit if not in fully selected position, see Fig. B.
- Carefully inspect male and female connections (see Fig. A) regularly. Replace before use if damaged.
- Regularly check if the locking mechanism is working in all different weight selections, see Fig. D.
- Never use dumbbell if the handle can be turned with normal force when not in base unit. Return dumbbell to distributor for service.
- Never attempt to use the dumbbell without having the complete set of weight plates in the base.



**QUESTION OR COMMENTS?
WE ARE HERE TO HELP**
1.718.535.1800
[SQUATZ.COM/CONTACTUS](https://www.squat.com/contactus)