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4-IN-1 ADJUSTABLE DUMBBELL SETS

SQDBRND90RD - SQDBRND90NV - SQDBRND90BK
SQDBOC90RD - SQDBOC90NV - SQDBOC90BK
SQDBRND70RD - SQDBRND70NV - SQDBRND70BK
SQDBOC70RD - SQDBOC70NV - SQDBOC70BK
SQDBRND45RD - SQDBRND45NV - SQDBRND45BK
SQDBOC45RD - SQDBOC45NV - SQDBOC45BK

SQUATZ

USER MANUAL

This versatile fitness system allows you to perform multiple strength-training exercises using one compact set. The modular design allows the equipment to be configured as dumbbells, a barbell, a kettlebell, or push-up handles, making it ideal for home workouts, conditioning, and muscle development. **Please read this manual carefully before using the product to ensure safe operation and optimal performance.**



SQDBRND45RD - SQDBRND45NV - SQDBRND45BK
 SQDBOC45RD - SQDBOC45NV - SQDBOC45BK

45 lb



SQDBRND70RD - SQDBRND70NV - SQDBRND70BK
 SQDBOC70RD - SQDBOC70NV - SQDBOC70BK

70 lb



SQDBRND90RD - SQDBRND90NV - SQDBRND90BK
 SQDBOC90RD - SQDBOC90NV - SQDBOC90BK

90 lb



Unique Elements:

- Multi-functional design for dumbbells, barbells, kettlebells, and push-up handles
- Adjustable weight plates for varied resistance levels
- Includes secure collars for safe and easy weight adjustments
- Built with high-strength, durable materials for long-lasting use
- Foam padding for comfort during use
- Anti-slip hand grasp
- Round plate models: include round weight plates for stability during use
- Octagon models: include octagonal weight plates for enhanced stability during use

Features

- 4-in-1 set for dumbbells, barbell, kettlebell, and push-ups
- Quickly switch between dumbbell, barbell, kettlebell, and push-up handle configurations
- Constructed with industry-grade plastic for maximum durability
- Comfortable, secure grip with ergonomic non-slip handles
- Compact, space-saving modular design
- Lightweight and portable with convenient handles
- Includes 6 collars for secure weight placement
- Ideal for home strength training, conditioning, and muscle development

What's in the Box

- Adjustable Weight Plates (varies by model)
- (2) Dumbbell Handles
- Barbell Connector
- (6) Collars
- Kettlebell Handles (also used as Push-up Grips)
- Kettlebell Base Plate

Technical Specifications

- Construction Materials: Industry-grade plastic for rust resistance and long-lasting durability
- Configuration: 4-in-1 adjustable system (dumbbells, barbell, kettlebell, and push-up handles)
- Collars: 6 collars included for secure weight placement
- Kettlebell Handles: 2 included for kettlebell exercises and push-up grips
- Barbell Connector Length: 15.7 inches
- **Weight Plate Sizes (varies by model):**
 - 90 lb Models: (4) 2.75 lbs, (4) 5.5 lbs, (8) 6.6 lbs
 - 70 lb Models: (4) 2.76 lbs, (4) 3.3 lbs, (4) 4.4 lbs, (4) 5.5 lbs
 - 45 lb Models: (4) 2.76 lbs, (4) 3.3 lbs, (4) 4.4 lbs
- **Dumbbell Handle Length (varies by model):**
 - 90 lb Models: 22 inches
 - 70 lb Models: 20 inches
 - 45 lb Models: 18.5 inches
- **Total Weight Capacity (varies by model):**
 - 90 lb Models: 90 lbs
 - 70 lb Models: 70 lbs
 - 45 lb Models: 45 lbs
- **Product Dimensions (L x W x H, varies by model):**
 - 90 lb Models: 49 x 8.66 x 8.66 inches
 - 70 lb Round Models: 46 x 8.46 x 8.46 inches
 - 70 lb Octagon Models: 46 x 7.67 x 7.67 inches
 - 45 lb Round Models: 43 x 7.67 x 7.67 inches
 - 45 lb Octagon Models: 43 x 7.08 x 7.08 inches



Questions or Comments

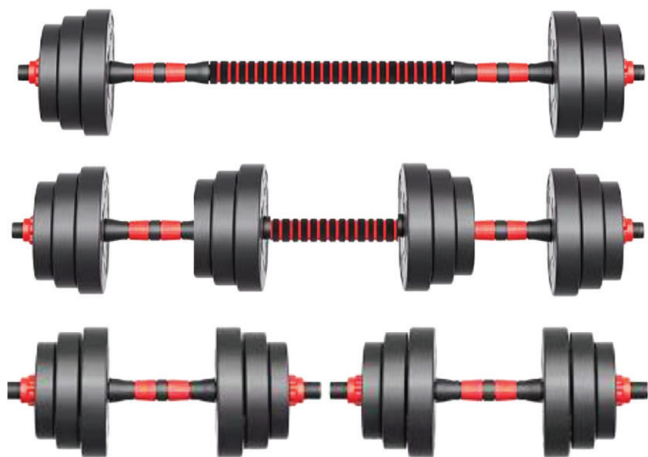
We are here to help!

Phone: 1.718.535.1800

SQUATZ.com/ContactUs

Mode Setup

1. **Barbell Mode:** Connect the left and right handles using the middle foam connector bar. Install the desired weight plates on both ends and secure them with the locking nuts.



2. **Dumbbell Mode:** Attach weight plates to each handle and secure them using the locking nuts to create two separate dumbbells.



3. **Kettlebell Mode:** Attach the kettlebell handle to the base plate and install the desired weight plates. Secure the assembly with the locking nut.



4. **Push-Up Mode:** Use the kettlebell handles as push-up grips. Place them on a flat, stable surface before performing push-ups.



California Prop 65 Warning

⚠ WARNING:

This product may expose you to chemicals, which is known to the state of California to cause cancer, birth defects and other reproductive harm. Do not ingest.

For more info go to: www.P65warnings.ca.gov

How to Assemble



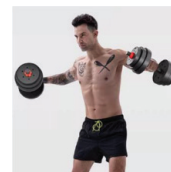
1. Choose the workout mode you want to use.
2. Tighten the left and right bars to the middle foam shoulder bar using the threaded connectors.
3. Secure the bars by locking them with the provided locking nuts.
4. Attach the handle to the base plate and secure it using the locking nut.
5. Tighten all connections and check them periodically to ensure they remain secure.

Exercise Modes

This adjustable fitness set supports multiple workout modes to help you perform a variety of strength training exercises.

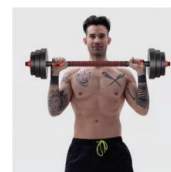
1. Dumbbell Exercise:

Use the dumbbell configuration to form exercises such as curls, presses, and shoulder raises.



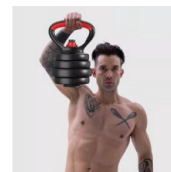
2. Barbell Exercise:

Connect the bars with the middle foam connector to create a barbell for exercises such as squats, presses, and lifts.



3. Kettlebell Exercise:

Attach the kettlebell handle and base plate to perform kettlebell exercises such as swings, lifts, and presses.



4. Push-Up Exercise:

Use the handles as push-up grips to improve stability and increase range of motion during push-up exercises.



Register Product

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