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HOME FITNESS ADJUSTABLE DUMBBELL

SQDB70-X2 THE GLADIUS

SQUATZ

USER GUIDE

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

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.
- Dumbbell full Set of Two (2)
- 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

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



Questions or Comments

We are here to help!

Phone: 1.718.535.1800

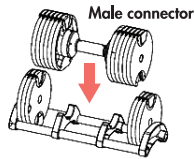
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BEFORE USE

Step 1 - Fig. A

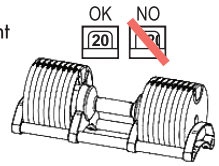
Place the dumbbell in the base unit.

Ensure that the male and female connectors are properly aligned.



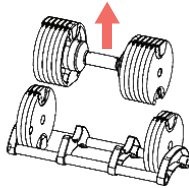
Step 2 - Fig. B

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



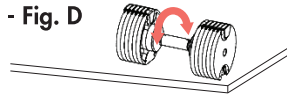
Step 3 - Fig. C

Lift the dumbbell straight up out of the base.



Step 4 - Fig. D

Place the dumbbell on a flat surface. Try turning the handle with normal force. The handle must remain locked in position. Ensure that the bar ends are within 0.2 inches (5 mm) of the selected plate.



AFTER USE

Step 5 - Fig. E

After use, return the dumbbell to the base unit. Make sure that the male and female connectors are properly aligned.

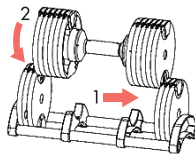
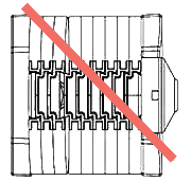


Fig. F

Ensure that the male and female connectors are properly aligned. Do not use the dumbbell if the connectors are damaged.



Regularly inspect the overall condition of the dumbbell and check the following:

- The dumbbell can only be adjusted when it is in the base unit.
- Male and female connectors must be aligned (see Fig. F).
- Never attempt to lift the dumbbell from the base unit if the weight selection is not fully locked (see Fig. B).
- Carefully inspect male and female connections (see Fig. A) regularly. Replace before use if damaged.
- Regularly check if the locking mechanism functions correctly across all weight selections (see Fig. D).
- Never use the dumbbell if the handle can be turned with normal force when it is not in the base unit. If this occurs, return the dumbbell to the distributor for servicing.
- Never attempt to use the dumbbell without a complete set of weight plates in the base.

REGISTER PRODUCT

Thank you for choosing SQUATZ. By registering your product, you ensure that you receive the full benefits of our exclusive warranty and personalized customer support. Complete the form to access expert support and to keep your SQUATZ purchase in perfect condition.

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Model Number:
SQDB70-X2
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