

CORTEX[®]

ADJUSTABLE DUMBBELLS



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.

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1. IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this machine.

Prior to assembly, remove all components from the box and verify that all listed parts have been supplied.

Do not drop the dumbbells in any circumstance as it may damage the dumbbell or cause serious injury to the user.

1. Handicapped or disabled persons should not use the machine without the presence of a qualified health professional or physician.
2. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
3. Assemble the machine exactly as the descriptions in the instruction manual.
4. Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so. Please don't use the machine until it is repaired well.
5. NEVER operate the machine if it is not functioning properly.
6. This machine can be used for only one person's training at a time.
7. Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
8. Always wear appropriate workout clothing when exercising.
9. Always stretch prior to exercise.
10. Do not leave children unsupervised near this equipment.
11. This product is intended for home use only and is not suitable for commercial use.
12. Inspect prior to each use. Do not use a dumbbell with worn or damaged parts.

13. Periodically inspect and test locking mechanism.

14. Do not attempt to disassemble the dumbbell.

15. A spotter is recommended during exercise.

2. DUMBBELL INFORMATION

The adjustable dumbbell has weight increments from 2KG to 20KG. Please see the following chart which outlines the exact increments.

KG	5	7	9	11	13	15	18	20	22	25	27	29	32	34	36	38	40
LB	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90

2. To properly select a desired weight, both adjustment knobs should be rotated so that the desired weight is aligned with the arrow in the middle. Then simply pull the handle straight up, this will remove the handle and selected weight plates from the base. The handle without any weights attached weighs 2kg.



3. The dumbbell handle and weight plates are symmetrical, therefore you may insert the handle with either end facing the user as long as the same weight is selected on both ends.

3. TROUBLESHOOTING

Problem:

Adjustment knob will not turn while handle is in base.

Answer:

- A. Ensure the handle is fully depressed into the dumbbell base. If not fully depressed, the locking mechanism will not be released.
- B. Check to see if any weight plates have been put into base backwards. All weight plates must have the selection tongue facing away from the grip of handle.

Problem:

Dumbbell handle does not insert into base when no plates are selected.

Answer:

- A. Make sure both adjustment knobs are set directly to 2.5KG or 5LB.
- B. Make sure all weight plates have the selection tongue facing away from dumbbell grip.

4. 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

Please visit our website to view our full warranty terms and conditions:

<http://www.lifespanfitness.com.au/warranty-repairs>

Warranty and Support:

Please email us at support@lifespanfitness.com.au for all warranty or support issues.

For all warranty or support related enquiries an email must be sent before contacting us via any other means.