



# **User's Manual**

## **40lb Adjustable Dumbbell**

SLBCFE4040



**Please keep this instruction manual for future reference**

**Customer Service: (888) 922-2336**

**7:00 am to 12:00 am CST (daily)**

**Live Chat at: [www.academy.com](http://www.academy.com)**

**Email: [customerservice@academy.com](mailto:customerservice@academy.com)**

**(Made in China)**

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Note: Before beginning use of product, make sure all parts are present. Compare parts with package content list and hardware contents. If any part is missing or damaged do not attempt to use the unit. Contact customer service for replacement parts.

# Warnings

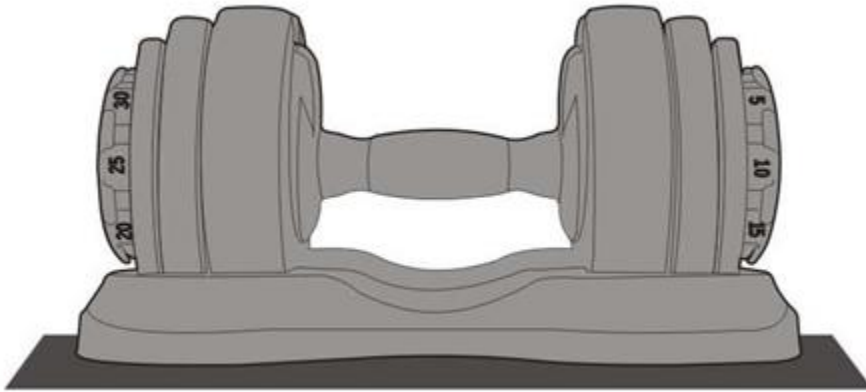
- Please keep this manual in a safe place for easy reference.
- It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users 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.
- Always be aware of your body's signals. Incorrect or excessive exercise can be detrimental to your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness or feeling of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
- Keep children and pets away from the equipment. The equipment is designed for adult use only.
- Do not store your Adjustable Dumbbell outside where exposed to moisture or extreme temperatures.
- Only one person at a time should use this Adjustable Dumbbell.
- The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
- Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. 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. Always wear appropriate footwear.
- The equipment is not suitable for therapeutic use. This product is intended for consumer (non-institutional) use only. It is not for public or semipublic facilities.
- Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.
- DO NOT turn the end cap to adjust the weights while the Adjustable Dumbbell is in use.

Before beginning this or any exercise program, consult your physician first. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Neither the manufacturer nor the vendor of this product assumes any responsibility for personal injury or property damage sustained by or through the use of this product.

# Use Instructions

## Step 1:

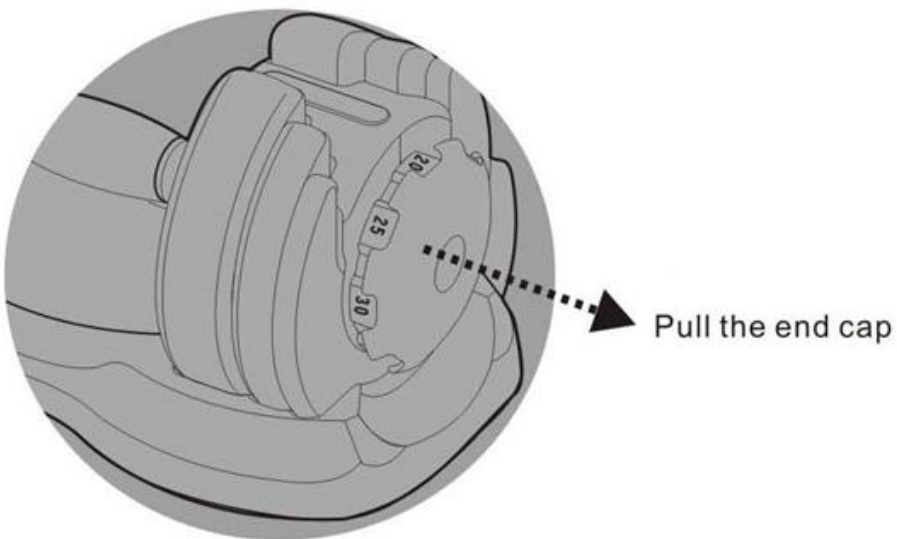
When adjusting the dumbbell weights, place the Adjustable Dumbbell on a flat and stable surface.



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## Step 2:

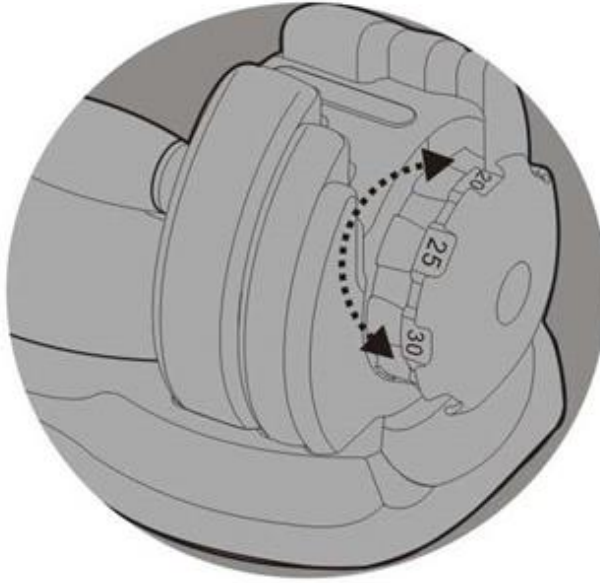
Pull the end cap.



# Use Instructions

## Step 3:

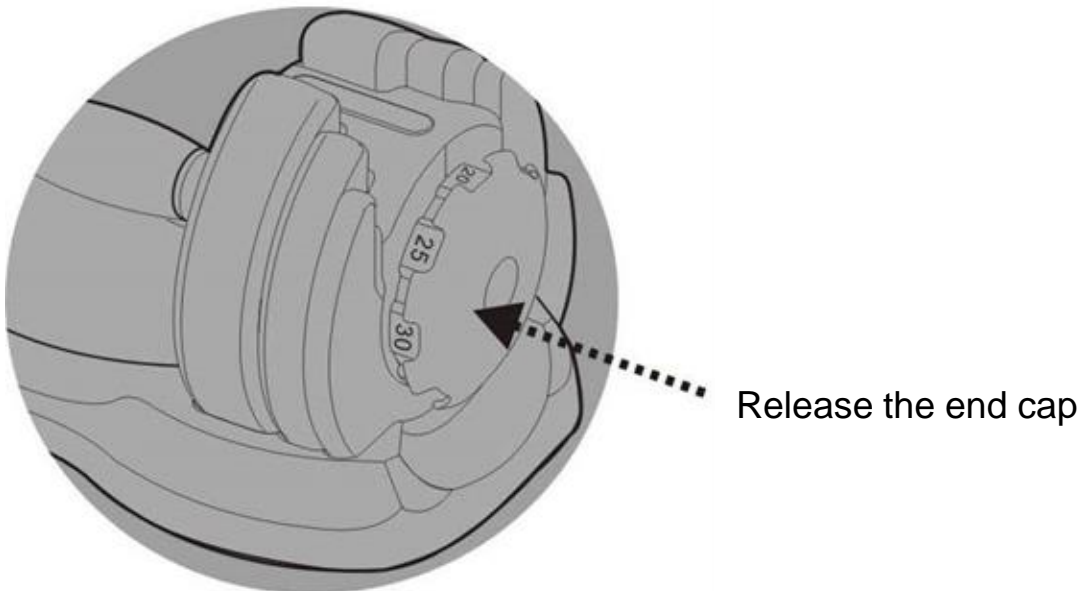
Turn to select to the desired weight.  
(The number should face up).



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## Step 4:

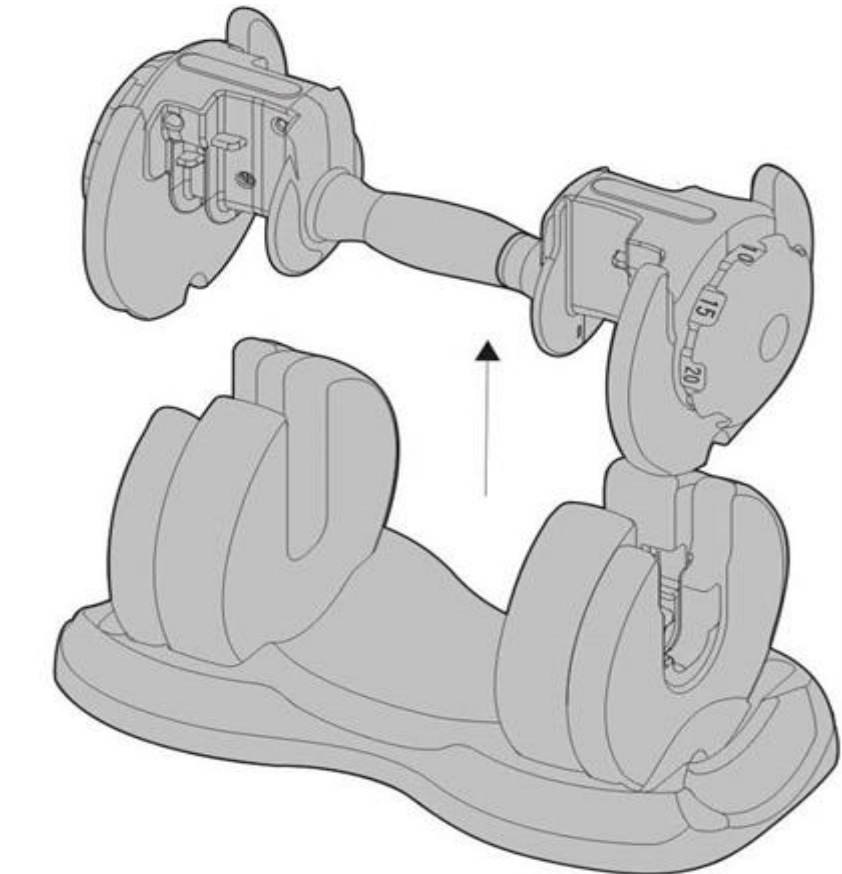
Release the end cap, make sure the end cap  
automatically stays in the lock position.



# Use Instructions

## Step 5:

After adjusting to the desired weight, lift up the dumbbell to begin the exercise.



## Care and Maintenance

- For home use and indoor-use only.
- Wipe dumbbell regularly to prevent accumulation of dust. Use a damp cloth on plastic parts, use only dry cloth on metal frame.
- Check regularly to ensure all parts are tight and in working condition. If a part is damaged, do not use until the part is replaced or repaired.