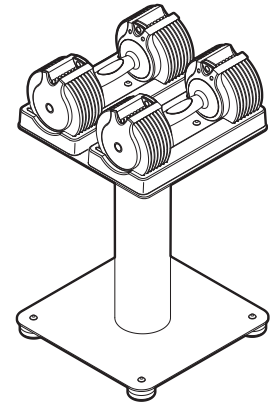


BEFORE YOU BEGIN

Thank you for purchasing the sturdy and stylish Adjustable-weight Dumbbells and Stand. The Adjustable-weight Dumbbells and Stand will speed up your workouts, provide convenient access to your dumbbells, and keep your workout area organized. Each handle weighs 10 pounds and each weight plate weighs 2.5 pounds. Each Adjustable-weight Dumbbell handle can hold from two to sixteen weight plates in pairs.

For your safety and benefit, please read this guide before using the Adjustable-Weight Dumbbells and Stand. If you have questions after reading this guide, or if you need to order replacement parts, please call Customer Care toll-free at 1-800-288-4802, Mon.–Fri. 6 a.m.–6 p.m., Sat. 8 a.m.–4 p.m. Mountain Time (excluding holidays).

**IMPORTANT PRECAUTIONS**

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the dumbbells and stand. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the dumbbells and the stand are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The dumbbells and the stand are intended for home use only. Do not use the dumbbells and the stand in a commercial, rental, or institutional setting.
4. Do not place your fingers between the dumbbells and the stand.
5. Inspect the dumbbells and the stand before each use. Make sure that all parts are properly tightened. Do not use the dumbbells and the stand or try to repair them if they are damaged.
6. Make sure that the selector pin on each dumbbell handle is fully inserted into the dumbbell handle before you use the dumbbells.
7. Keep children under age 12 and pets away from the dumbbells and the stand.
8. Place only the included dumbbells on the stand. Use the dumbbells and the stand only as described in this guide.
9. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

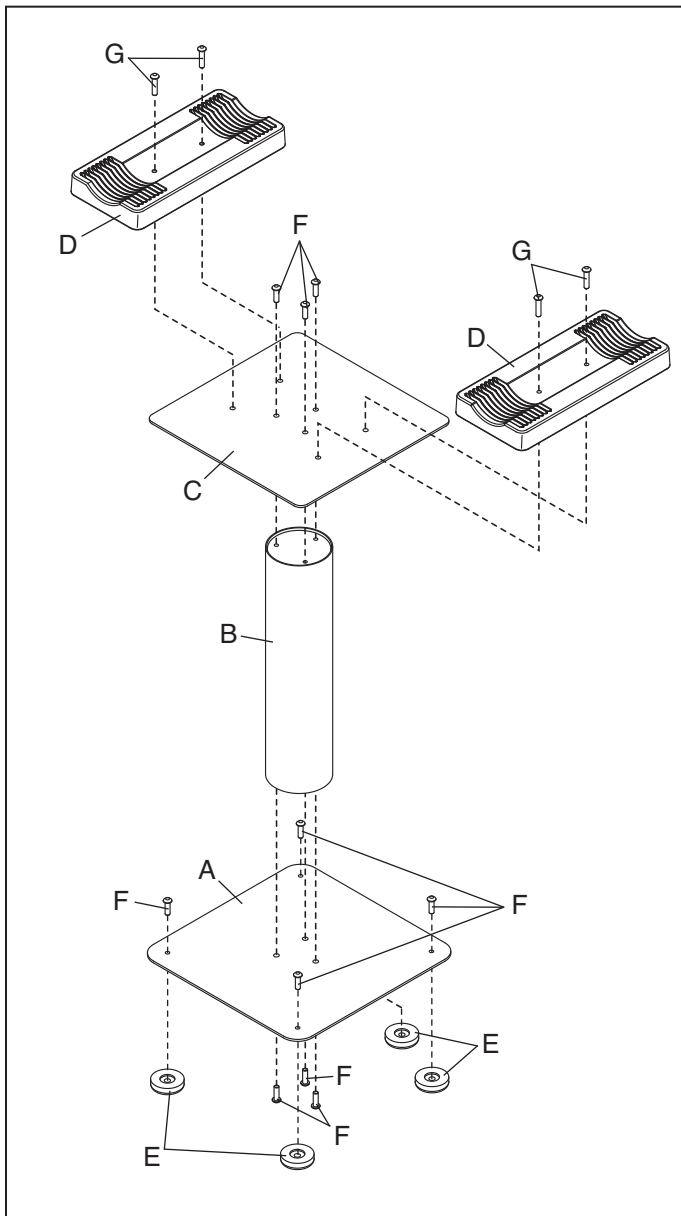
ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

ICON Health & Fitness, Inc.
1500 S. 1000 W., Logan, UT 84321-9813

ASSEMBLY

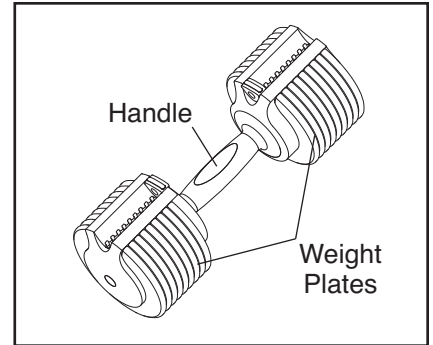


Note: Some parts may be preassembled.

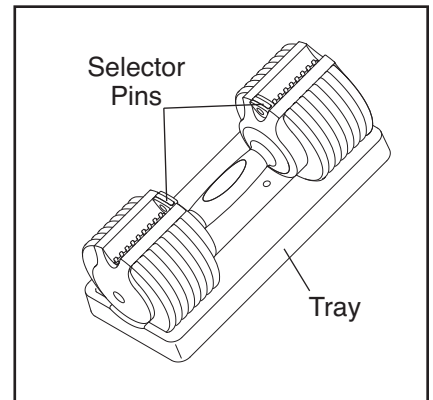
1. Attach the four Feet (E) to the Bottom Plate (A) with four M8 x 15mm Screws (F).
2. Attach the Upright (B) to the Bottom Plate (A) with three M8 x 15mm Screws (F).
3. Attach the Top Plate (C) to the Upright (B) with three M8 x 15mm Screws (F).
4. Attach the two Trays (D) to the Top Plate (C) with four M8 x 40mm Bolts (G).

HOW TO USE THE ADJUSTABLE-WEIGHT DUMBBELLS

Each handle can hold from two to sixteen weight plates, in pairs. **Always attach the same number of weight plates to both ends of a handle.**



To select the desired number of weight plates, first set a dumbbell on a tray as shown. Next, lift one of the selector pins, slide it to one of the adjustment holes between the weight plates, and then release it. **Rock the selector pin from side to side to make sure that it is fully inserted into an adjustment hole.** Adjust the other selector pin on the dumbbell in the same way.



To use the dumbbell, lift it straight upward off the tray, making sure that the unattached weight plates remain in the tray. When you are finished using the dumbbell, carefully set it back on the tray.

IMPORTANT: To prevent damage to the dumbbells, be careful not to drop them while lifting them, using them, or setting them down.