

User Guide



FitRx™



Train Smarter.
Recover Smarter.

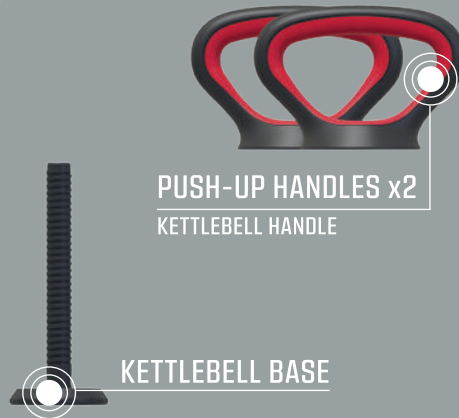
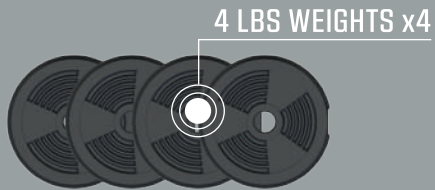
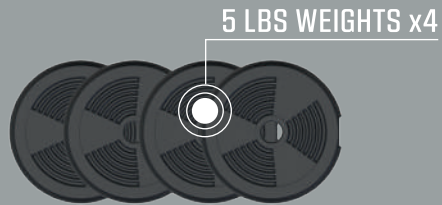
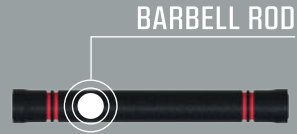
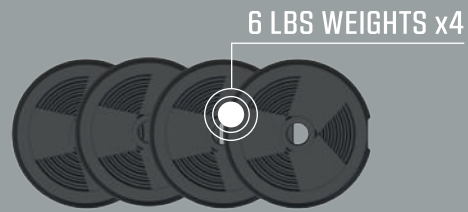


Take Charge Of Your Health and Well-Being

Get started on your strength training or journey to a fitter you with the **FitRx Smartbell Gym**. Four constructible workout models and twelve different weights all in one portable package. With up to 60lbs of weights, you can tailor your workouts to your fitness goals. Its sleek space saving design makes it easy to store in your home gym or wherever you work out. Whether your goal is light toning, beginner strength training or advanced level weightlifting the FitRX Smartbell Gym was created with you in mind!

Welcome to the FitRX fam.

Are you ready?



Better Results For Your Fitness Goals.

Included in your package

2 Dumbbell Bars

Kettlebell Base

Barbell Rod

2 Push-Up Handles

12 Weights

5 Weight Nuts

Carrying Case

User Guide

Configure it to your exercise

Free Weight Dumbbells

Bench Press

Squats

Deadlifts

Overhead Press

Lunges

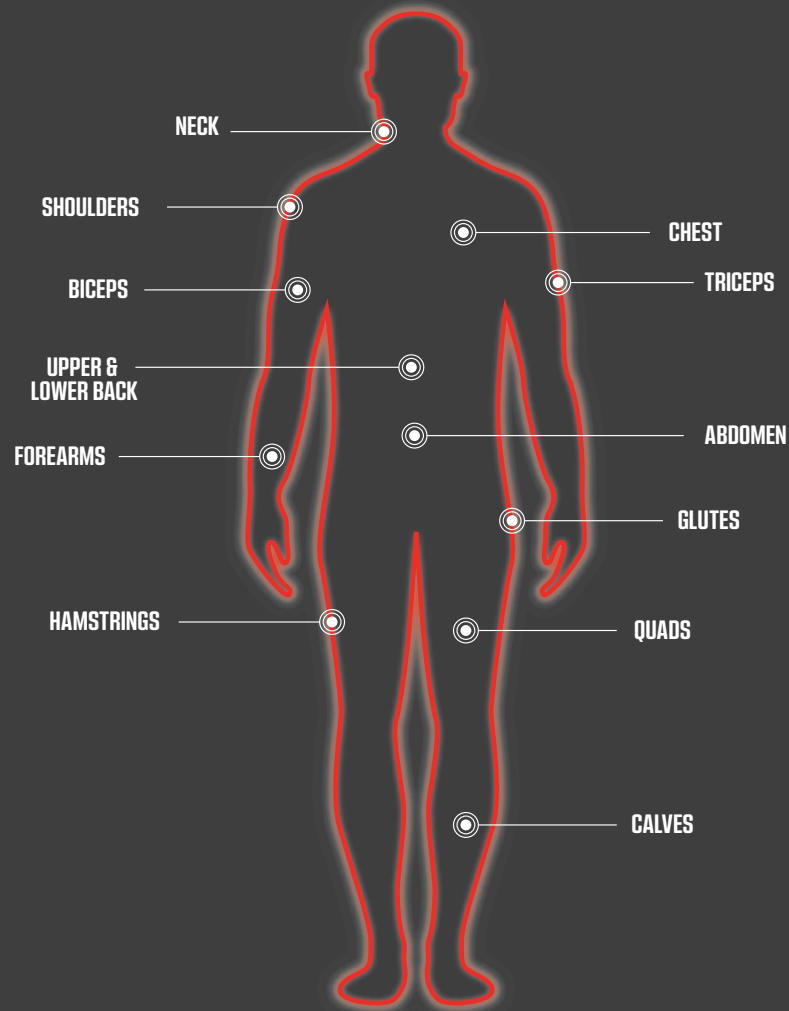
Kettlebell Push-ups

Kettlebell Swings

Single-Arm Rows

CUSTOMER SUPPORT

If you have any questions about setting up this product, we are here to help. Call or email us and an experienced customer support representative will be happy to assist you: **1-855-GO-TZUMI** or **support@tzumi.com**



Recover and Repeat

The FitRX Smartbell Gym is an absolute game changer in strength training and sports performance. Strength training promotes muscle tone, improves posture, stronger bones, and maintains weight loss. The benefits are for everyone—from office & labor workers to professional athletes, and endurance athletes.

How To Use the FitRx Smartbell Gym Set

NOTE: Make sure your surroundings are totally clear of any obstructions to reduce injury before using.

Weights can be mixed and matched for a total weight of 60 pounds all together. Weights range from 4 lbs, 5lbs, and 6lbs.

CONSTRUCTING ADJUSTABLE DUMBBELLS

Use dumbbell bars to convert Smartbell Gym set into one or two dumbbells.

- Slide up to 4 desired weights onto each side of the red-handled bars.

Secure your selected weights with the weight nuts or handles on each end to prevent sliding.

- Make sure weights are securely screwed onto bars before using.



How To Use

Continued...

USING PUSH-UP HANDLES

Use one or both handles to do push-ups.

Place each handle flat on a hard leveled surface.

- Slip resistant bottoms will prevent you from sliding on hard flooring.



CONSTRUCTING ADJUSTABLE KETTLEBELL

Place desired weights on your kettlebell base.

Secure weights with push-up handle for easy lifting.



How To Use

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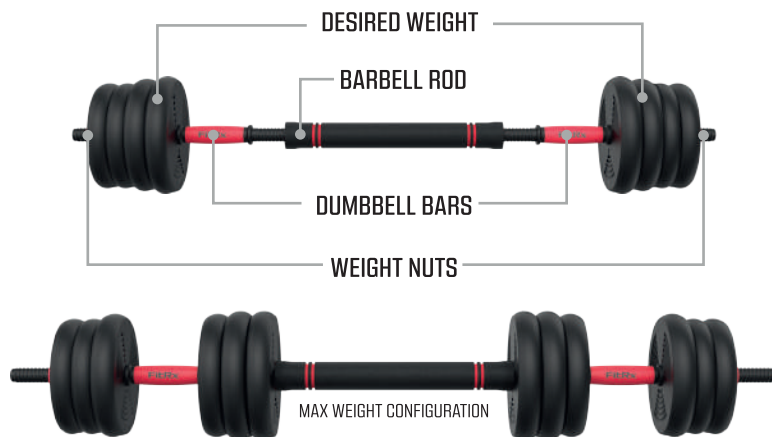
CONSTRUCTING ADJUSTABLE BARBELL

Use the dumbbell bars and main barbell rod to construct the barbell.

Adding weights:

- Screw in the dumbbell bar into the barbell rod. Then add up to 4 weight discs on each end of the dumbbell bar.
- OR
- To add additional weight discs, add weight to the inside of the dumbbell bar before screwing it into the barbell rod. Then, add weights to the outside.

Secure each end of the dumbbell bars with a weight nut.



Note: Be sure to use weight nuts to secure the weight discs before using.

Total Body Precision

Twelve weights and four different equipment configurations target specific areas of the body—for personalized toning and strength training results.



Safety Instructions

This device is recommended to be used by adults only.

Always choose the correct weight.

Frequent use of the Smartbell Gym may cause muscle pain. If you experience pain or discomfort stop using immediately.

Do not modify or make changes to the device's equipment.

Warning: Before beginning any exercise program, consult your physician or health care professional.

Important Safeguards

Please consult your doctor before use. Stop using if you are experiencing light-headedness, dizziness, or shortness of breath while exercising.

Never allow children to use or play near this equipment. Anyone under the age of 18 must always have parental supervision and instruction on the use of these products.

Inspect The Smartbell Gym prior to each use.

Do not use with worn, damaged, or loose parts, fasteners or hardware.

Do not allow The Smartbell Gym to drop freely on the ground. Damage to product or personal injury may occur.

Do not attempt to service or repair The Smartbell Gym.

Before The Smartbell Gym workout make sure surroundings are clear of obstacles.

Store the Smartbell Gym in its carrying case on a flat surface to prevent damage and injury.



SPECIFICATIONS

WEIGHT DISCS:

Material:

PP & Iron Sand Mixture

Size:

7.2 x 1.3 in, 7.7 x 1.4 in, 8.0 x 1.5 in

Weights:

4 lbs, 5 lbs, 6 lbs

PUSH-UP HANDLES:

Material:

PP & PVC

Size:

4.4 x 7.8 x 5.3 in

DUMBBELL BAR:

Material:

PP, PVC, Steel

Size:

18 in

BARBELL ROD:

Material:

PP, Foam, Steel

Size:

1.2 x 15.3 in

KETTLEBELL BASE:

Material:

PP & Steel Tube

Size:

8.3 x 3.6 in

Disclaimer

Read the instructions carefully before using the Smartbell Gym. The use of this equipment is subject to following its instructions closely. Tzumi is not liable for any damage or loss caused by inappropriate use of the device.

Do not use the Smartbell Gym without the approval of your doctor if you are: pregnant, diabetic, have a pacemaker, recovering from surgery, suffer from migraines, neuropathy disorders, disc protrusion or spinal inflammation. If you feel pain or discomfort while using the Smartbell Gym, set stop using it immediately and consult your doctor or physiotherapist.

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