

FitR^x

Smartbell Gym

**3-in-1 interchangeable
weight system**

**up to
100 lbs.**
total weight



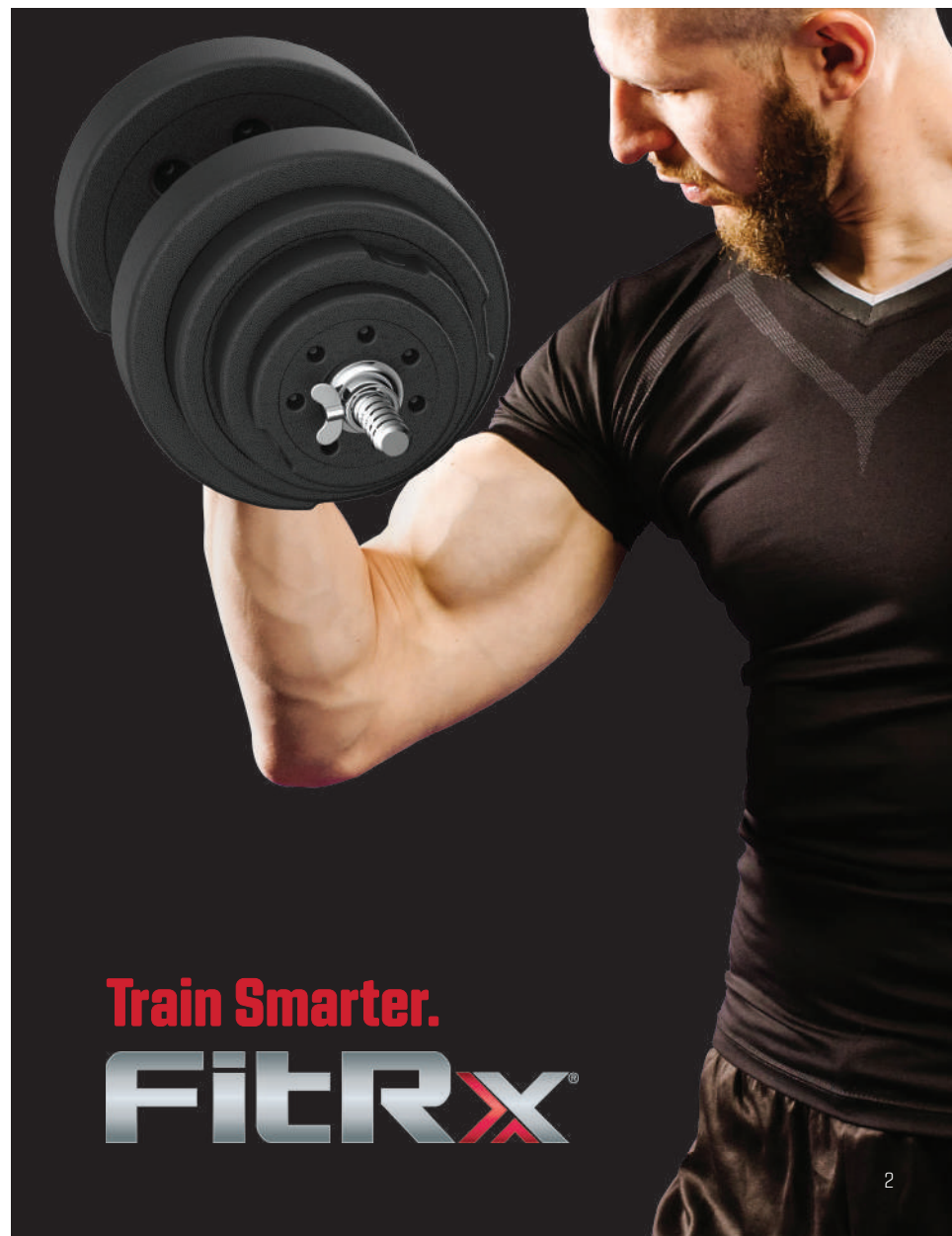
USER GUIDE



Take Charge of Your Health and Fitness

Get started on your strength training journey with the Smartbell Gym. Featuring three modular workout modes and fourteen different weight plates adding up to 100 lbs. total, this set lets you tailor your weightlifting workouts to your current strength level and fitness goals. Assemble the two included dumbbells to do lunges and single-arm exercises, do push-ups or kettlebell swings, or practice your squats at home with the adjustable barbell. You can even do free-weight training, thanks to the Smartbell Gym's wide range of plates. Moreover, its sleek space-saving design makes it easy to store in your home gym. Whether your goal is light muscle toning, beginner strength training, or advanced weightlifting, the FitRx Smartbell Gym was created with your fitness needs in mind. Welcome to the FitRx fam!

Are you ready?



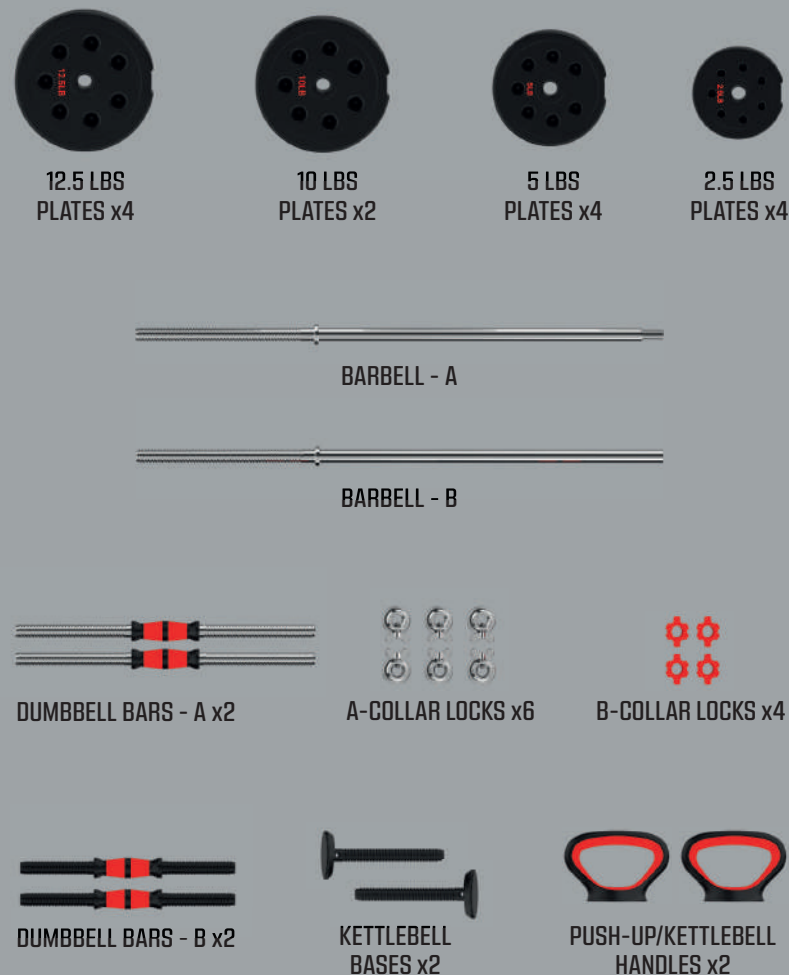
Better Results For Your Fitness Goals

Included in your package

- | | |
|---------------------------|------------------------------|
| 14 Weight Plates | 2 Push-up/Kettlebell Handles |
| 2 Connecting Barbell Rods | 10 Collar Locks |
| 4 Dumbbell Bars | User Guide |
| 2 Kettlebell Bases | |

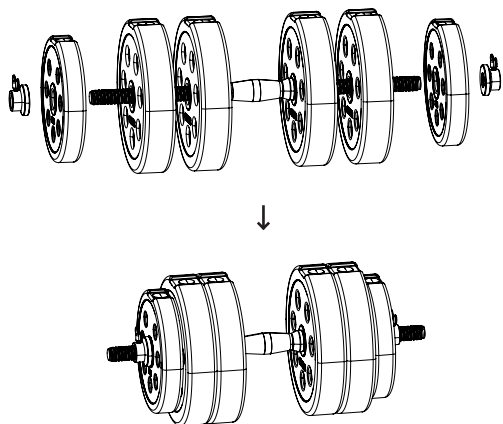
A versatile set for a total body workout

- | | |
|-----------------------|-------------------|
| Free-Weight Dumbbells | Single-Arm Rows |
| Bench Press | Push-Ups |
| Squats | Kettlebell Swings |
| Deadlifts | Kettlebell Lunges |
| Overhead Press | Goblet Squats |
| Lunges | And More! |



Setting Up the Equipment

Assembling the Dumbbells:



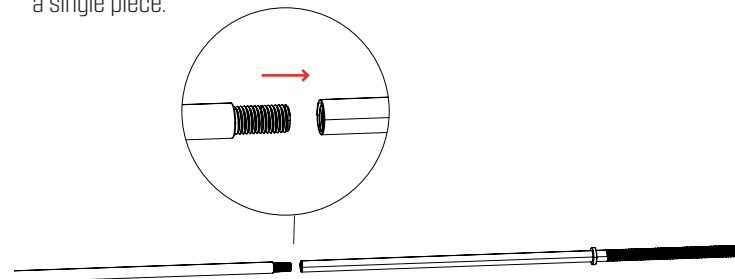
1. Select the dumbbell bar that is right for your workout. The metal bars can hold up to 100lbs. The plastic bars can hold up to 50lbs.
2. Add your desired weight plates to each side of the dumbbell bar.
3. Screw a collar lock onto each side of the dumbbell bar to secure the weight plates and prevent sliding.

NOTE: Be sure to use the metal collar locks for the metal dumbbell bars and plastic collar locks for the plastic dumbbell bars.

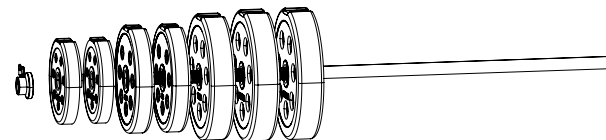
4. Make sure the collar locks are securely screwed onto the bar before using the dumbbell.

Assembling the Barbell:

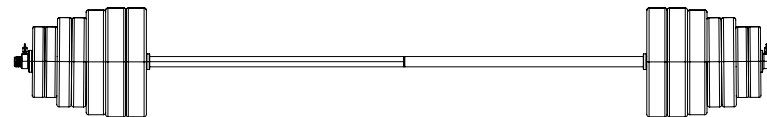
1. Tightly screw the connecting barbell rods together until they form a single piece.



2. Add your desired weight plates to each side of the barbell.



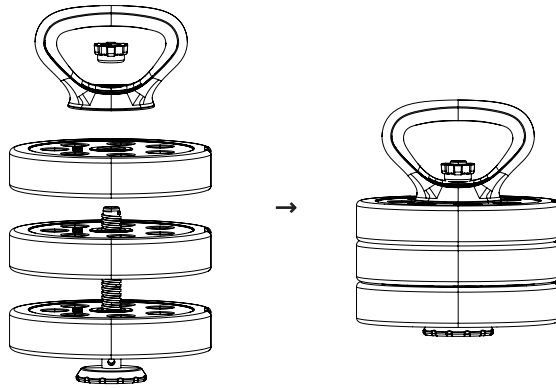
3. Secure the plates with a metal collar lock on each side.
4. When fully and properly assembled, the barbell can hold up to 100 lbs. total.



NOTE: Make sure the weight is distributed evenly on both sides of the dumbbell/barbell. When adding plates to the dumbbell/barbell, add the same amount of weight to both sides. Always make sure that the plates are firmly secured with the appropriate collar locks before using this equipment.

Setting Up the Equipment

Assembling the Kettlebells:



1. Slide up to 4 weight plates onto the kettlebell base.
2. Install the push-up handle onto the base, on top of the weight plates.
3. Secure the handle and the weight plates with a plastic collar lock.
4. Make sure the collar lock is securely fastened before using the kettlebell.

Important Safeguards

- Consult with your doctor before using the Smartbell Gym. Stop using it if you experience lightheadedness, dizziness, or shortness of breath while exercising.
- Never allow children to use or play with or near this equipment. Young persons under the age of 18 must always be supervised by a parent or guardian while using this equipment, and receive proper safety instructions beforehand.
- Inspect your Smartbell Gym prior to each use.
- Do not use the Smartbell Gym with worn, damaged, or loose parts, fasteners, or hardware.
- Do not allow the Smartbell Gym to fall freely on the ground. Doing so may damage the equipment and or injure the user.
- Do not attempt to service or repair your Smartbell Gym by yourself.
- Before using your Smartbell Gym, make sure your immediate surroundings are completely clear of objects or obstacles.
- To prevent damage to the equipment or injury to yourself and others, always store the Smartbell Gym inside its storage case, and place the case on a flat, level, and sturdy surface.

CUSTOMER SUPPORT

If you have any questions about setting up or using the FitRx Smartbell Gym, we are here to help. Call or email us, and an experienced customer support representative will be happy to assist you:

1-855-60-TZUMI or **support@tzumi.com**.

Safety Instructions

- 1. This equipment is intended to be used by adults only.
- 2. Always choose the correct weight for your current strength.
- 3. Frequent use of your Smartbell Gym may cause muscle soreness and/or pain. If you experience any pain or discomfort while exercising, stop using it immediately.
- 4. Do not modify or make changes to the Smartbell Gym's equipment or hardware.

WARNING: Consult your physician or health care provider before beginning any new exercise routine.

Disclaimer

Read this user guide carefully before using the Smartbell Gym. The use of this equipment is subject to following its instructions closely. tzumi is not liable for any damages or losses caused by the inappropriate use of this equipment. Do not use the Smartbell Gym without the approval of your doctor if you are: pregnant, diabetic, have a pacemaker, are recovering from surgery, suffer from migraines, neuropathic disorders, disc protrusions, or spinal inflammation. If you feel any pain or discomfort while using this product, stop using it immediately and consult with your doctor or physiotherapist.

SPECIFICATIONS

DUMBBELL BARS:

Metal Bar:
22.4 x 1.5 in.

Plastic Bar:
15.8 x 1.5 in.

CONNECTING BARBELL RODS:

Length:
0.98 x 39.6 in.

WEIGHT PLATES:

Size:
6.89 x 1.25 in., 8.66 x 1.48 in.,
10.12 x 1.98 in., 10.51 x 2.04 in.

Weights:
2.5 lbs., 5 lbs., 10 lbs., 12.5 lbs.

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