

Safety Instructions

Please read the following safety precautions carefully prior to using the XBell System:

Check the Straight Bar and Kettlebell Handle for any signs of wear and tear before each use.

Always warm up your muscles with light exercises before using the Straight Bar or Kettlebell Handle.

Make sure the dumbbells are securely fastened.

Don't attempt to lift weights beyond your capability.

Do not attempt to disassemble or modify the Straight Bar or Kettlebell Handle to avoid damaging the unit.

Specifications

Material: carbon steel, EVA cotton

Product Weight: 10.8 lbs

Product Size: 44.4" x 3.5" x 3"

Max load capacity: up to 90 lbs on each side

Hole diameter: <1.6" (MAX)

Min handle width: >3.9"

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FitRx® XBELL system



**36" straight bar
+ kettlebell handle**



Configure it to meet your goals

Do squats, deadlifts, bench presses & barbell curls with your dumbbells

Adds 12+ workouts to your routine

Holds up to 90 lbs on each side

Made for home use

Works with most dumbbells

Saves space — no bulky machines needed

Combine with your favorite
FitRx® weights for the ultimate gains!



Barbell Quick-Connect



Before each use, always inspect the product to ensure that there is no damage to the Straight Bar.

Fully screw the two rods together, then slide the Safety Sleeve down until the ball bearing clicks in place.

Note: The side with holes should be facing up.

Note: If the Sleeve is difficult to push, rotate the rod slightly.



Turn the Knob counterclockwise to remove it. Open the Clamp.



Place your dumbbell's handle inside the Clamp.



Close the Clamp and tighten the Knob. Repeat steps 4-6 on the other side of the Straight Bar.

Kettlebell Quick-Connect



Turn the Knob counterclockwise to remove it. Open the Clamp.



Place your dumbbell's handle inside the Clamp.



Close the Clamp and tighten the Knob by turning it clockwise.

Better Results for Your Fitness Goals.



Welcome to team
FitRx

Keep this user guide for future reference. | Please consult with your doctor before using the XBell System.
This device is recommended to be used by adults only. Keep out of the reach of children. | Dumbbells not included.