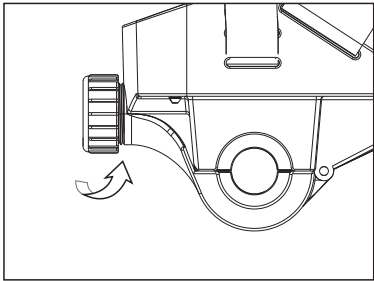
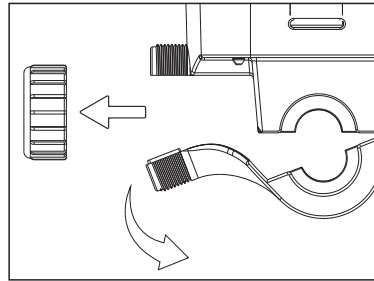


①



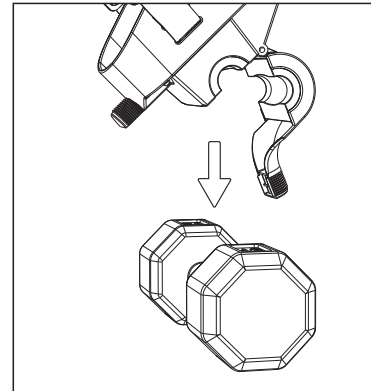
Turn the back knob counterclockwise

②



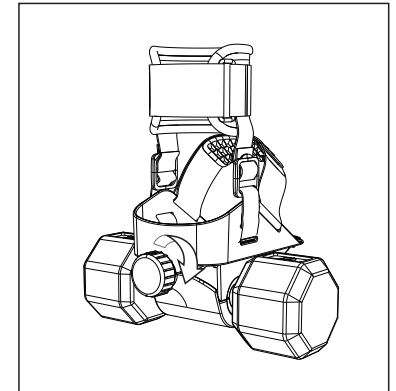
Take out the button and open the clip

③



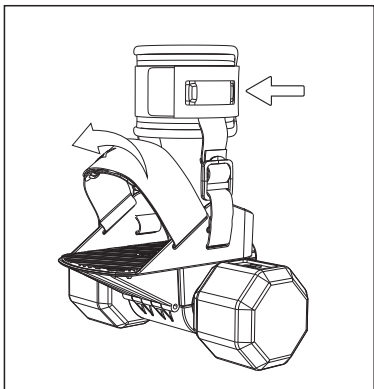
Place the clip on the corresponding dumbbell handle

④



Close the clamp and tighten the knob

⑤



Place your feet on the pallet. Adjust Velcro for comfort.

SATISFACTION-GUARANTEED

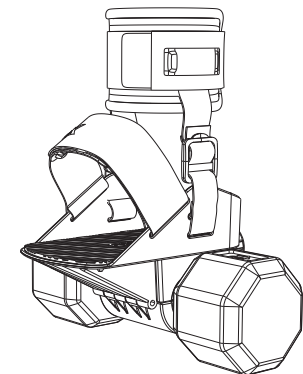
Promises at 1 year warranty and lifetime support. Within your first year, we will send you a replacement for any product malfunction. After that, we still pledge to support our customers on any unsatisfying experiences. We are just a short email away, don't hesitate to reach out.

WARNING

Our products are ONLY intended for the use in which we demonstrate in product photos/videos.. Workouts with our equipment may result in injury due to the nature of physical activity. Our equipment is intended for use of adults aged 18+. Please enjoy with caution!

NOTE: This product does not include dumbbells.

INSTRUCTION



AnkleBells