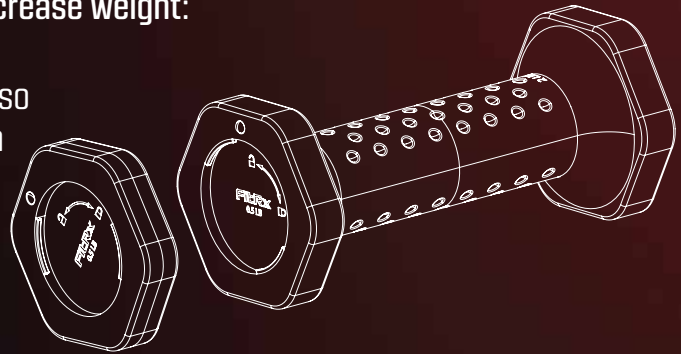


MultiBell adjustable dumbbell

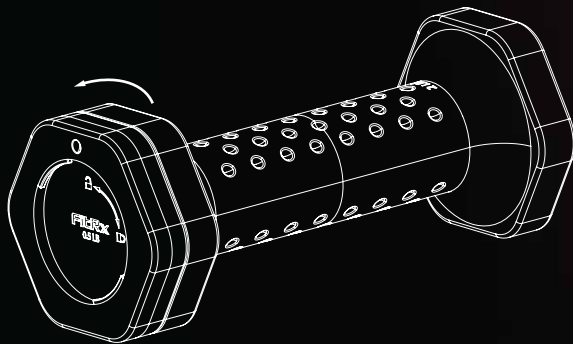
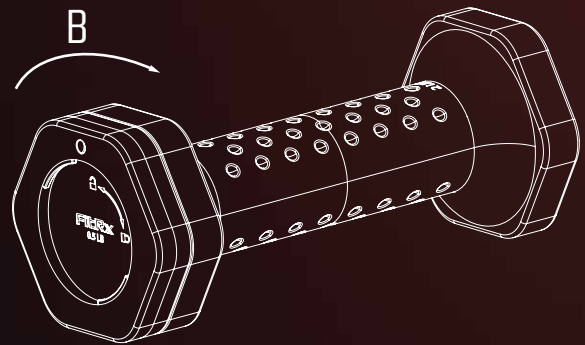
Welcome to team FitRx!

Let's get started with using your new MultiBell.
To increase weight:

1. Align the weight plate you want to add so that it is positioned at a 90° angle from the fixed plate as shown in the image.



2. Rotate the weight plate clockwise, as indicated by arrow B on the diagram, until you hear a click.



To remove weight:

To remove a weight plate, rotate it counterclockwise and pull it off of the fixed plate.

Are you ready?

Cleaning & Care

- Wipe down the MultiBell with a damp cloth to clean.
- Do not store the dumbbells in a damp or humid room

Warnings

1. Keep the MultiBell away from children.
2. Check the MultiBell for any signs of wear and tear before each use.
3. Always warm up your muscles with light exercises before using.
4. Grip weights tightly, but avoid over gripping.
5. If you feel unwell while exercising, stop and consult a physician.
6. Do not attempt to disassemble or modify the product to avoid product malfunction.

Specifications

Product Size: 9.84 x 3.39 x 2.87 in. (per dumbbell)

Product Weight: 2lbs.; 3lbs.; 4lbs.; 5lbs. (per dumbbell)

Material: ABS + Carbon Steel

CUSTOMER SUPPORT

If you have any other questions or issues with using the FitRx 5 lb. MultiBell, please contact Technical Support at: **support@tzumi.com** or **1-855-GO-TZUMI**.

**For more products
and innovations, visit
MyFitRx.com.**

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