

SmartbellXL

**quick-select weight
adjustable dumbbell**

Welcome to FitRx!

Let's get started using your new SmartBellXL:

1. Make sure the dumbbell is properly aligned in the storage tray.
2. Use the handle to turn the quick-select dial to the desired weight.
3. Ensure the plates are securely attached to the dumbbell.
4. Carefully remove the dumbbell from the tray and begin your workout.

Features

Quick-select weight dial

Safety lock for plates

Anti-slip, comfort handle

Durable storage tray

Benefits

A full rack of weights in one dumbbell

Customizable strength training

Convenient space-saving design

Easy-to-wipe maintenance



Are you ready?

Warnings

1. Keep the SmartBellXL away from children.
2. Do not drop the SmartBellXL onto any surface.
3. This product is not intended for use by persons with reduced physical, sensory, or mental capabilities.
4. Use this product on a hard, level surface, with adequate space around and above it for the exercises that you will perform. Only place the included SmartBellXL on the tray.
5. Always wear protective footwear while using this product. Never place your fingers between the SmartBellXL and the tray.

CUSTOMER SUPPORT

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

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