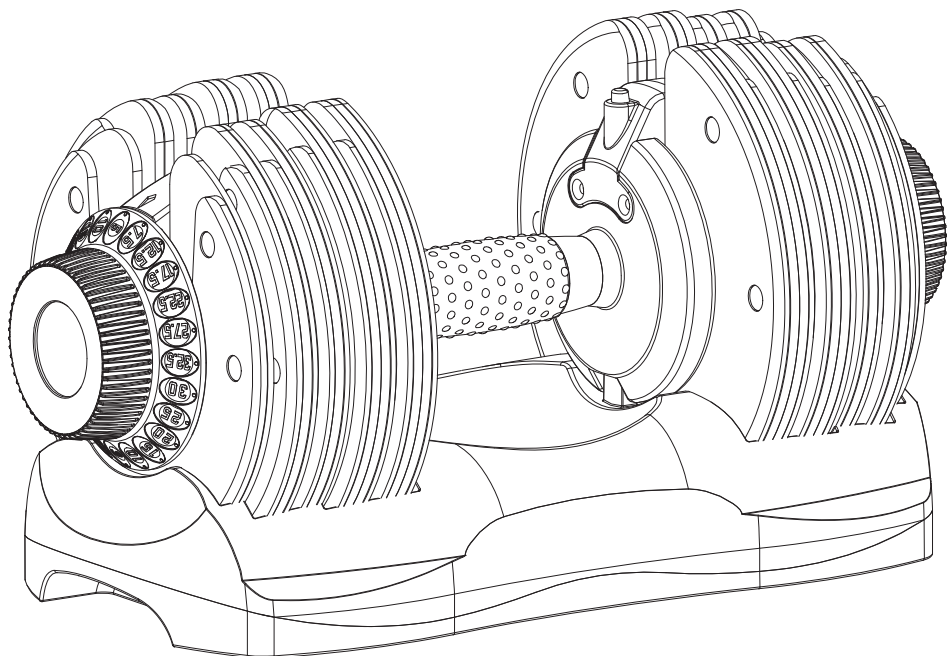


MH

# Men's Health<sup>®</sup>

## *Active+*

Dial Dumbbell 32.5kg



# Dial Dumbbell 32.5kg

## Important Information

619/7467



The safety level of this equipment can only be maintained if it is examined for tear and wear. Replace defective components immediately and keep the equipment out of use until it is repaired. Injuries may result from incorrect use of this equipment or excessive training. Please consult a medical professional or personal trainer prior to commencing exercise to ensure it is safe for you to do so.

If you have any health concerns or medical problems please consult a doctor before using this equipment. Dress appropriately for exercise and wear comfortable clothing that allows a full range of movements. This product is not a toy and is not suitable for children. Please keep out of the reach of children at all times. The minimum recommended age for the use of this equipment is 15.

Any use of this equipment in a commercial environment invalidates the warranty. Please do not press the red safety lock or turn the weight selector dials when the dumbbell or handle has been lifted from the dumbbell tray.

Ensure the safety lock is locked position before exercising.

Hold the handle only when using the dumbbell.

Do not hold the plates during exercise.

Do not let the dumbbells fall freely to the ground.

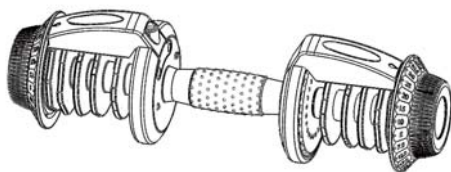
Do not lean on the dumbbell handles or use them to support your body weight, such as using them as a base to perform a push up.

Do not try to disassemble your dumbbell handle, or base assembly.

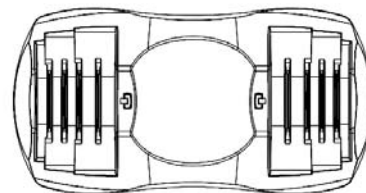
Dimensions (without the tray): 41 x 20 x 20 cm

Dumbbell assembly weight: 32.5kg

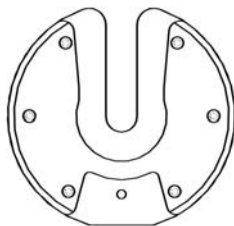
## Components- Parts



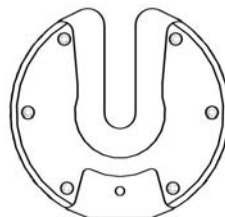
Handle  
1pc



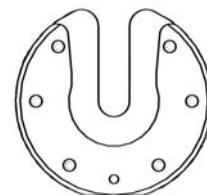
Dumbbell tray  
1pc



3.75kg Weight Plates  
4pcs



2.5kg Weight Plates  
4pcs



1.25kg Weight Plates  
2pcs

# Dial Dumbbell 32.5kg

## Assembly and Use

619/7467

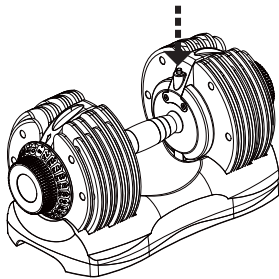
MH  
**Men's Health**  
*Active+*

Keep the dumbbell tray in its upright position when unpacking the dumbbell and when using the dumbbell.

For safety it is essential that you retain the dumbbell tray for the selection and adjustment of weights.

### STEP 1

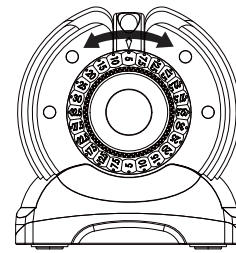
#### PRESS THE SAFETY LOCK



While the dumbbell is resting on the dumbbell tray, press and hold the red safety lock to engage the unlocked position.

### STEP 2

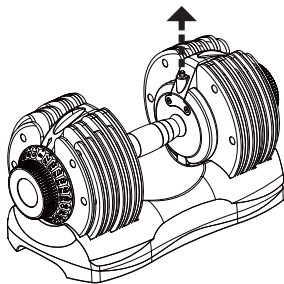
#### SELECT THE DESIRED WEIGHT



With the safety lock held in the unlocked position adjust the weight selector dial by rotating it and select the preferred weight for your personalised workout.

### STEP 3

#### RELEASE THE SAFETY LOCK



With your desired weight selected, release the safety lock, turning it to the locked position. The safety lock must be properly locked at the correct position and completely popped up with a click sound prior to picking up the dumbbell. You can now begin your workout.

### STEP 4

#### PLACEMENT OF WEIGHT PLATES

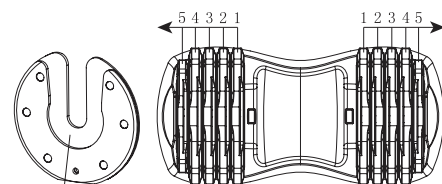


Plate slot on one side only  
(the other side is flat)

The slotted side of the weight plate should face outward away from the centre of the dumbbell tray on both sides. See the above diagram to place the weight plates correctly: Fig. 1 and 2 are the 3.75kg plates, Fig. 3 and 4 are the 2.5kg plates and Fig. 5 is the 1.25kg plate. Note: The weight selector dial should be adjusted to the lightest weight setting at 5kg before inserting the dumbbell handle into the weight plates for use.

## Suggested Exercises & Workouts

Go to [Menshealth.co.uk/workout](http://Menshealth.co.uk/workout) to explore our FREE online workout library including specific dumbbell exercises. The Men's Health workout library allows you to select and tailor programmes according to your very own training goals.

Choose your workout based on difficulty, time available, muscles worked and equipment available.

You'll also find an exercise directory to show you how to perform individual exercises with the correct form to help you optimise your workout.

