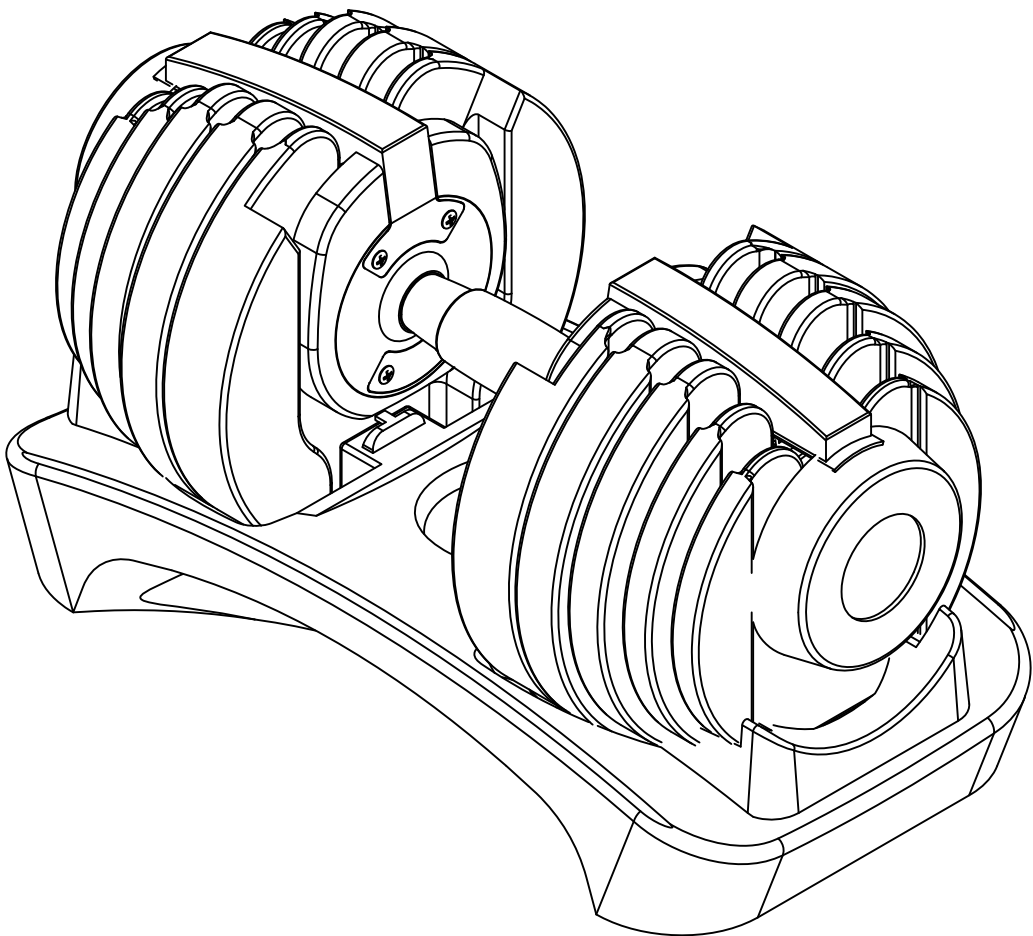


MH

Men'sHealth®

Active+

Dial Dumbbell 24kg



Dial Dumbbell 24kg

Important Information

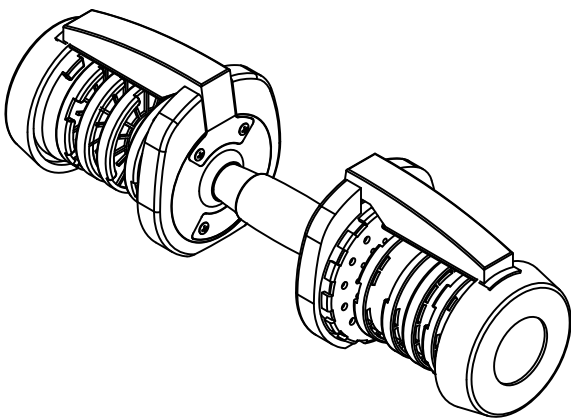
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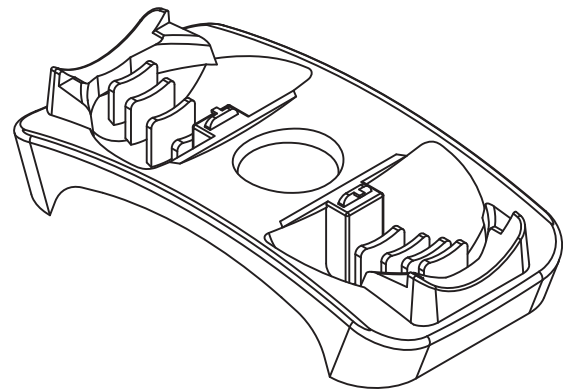
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The safety of this equipment can only be assured if it is examined regularly for damage and wear. Replace defective components immediately and keep the equipment out of use until repair. Injuries may result from incorrect use of this equipment or excessive 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.

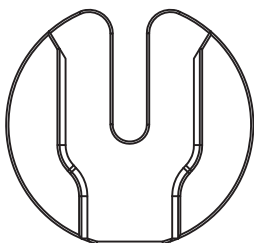
Components- Parts



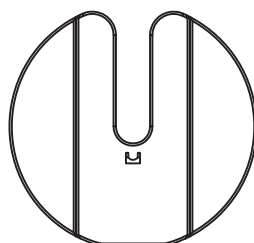
1: Handle (2.16kg)
1pc



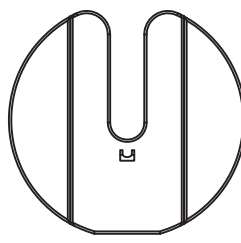
27: Dumbbell tray
1pc



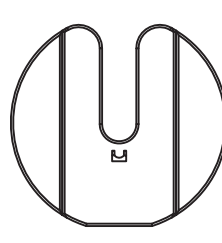
22: 3.33kg
Weight Plates
2pcs



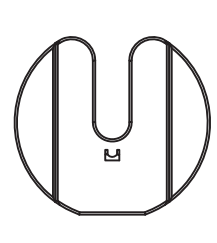
23: 3.33kg
Weight Plates
2pcs



24: 2.27kg
Weight Plates
2pcs



25: 1.17kg
Weight Plates
2pcs



26: 0.6kg
Weight Plates
2pcs

Dial Dumbbell 24kg

Assembly and Use

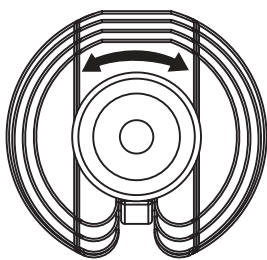
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Keep the dumbbell tray in its upright position when unpacking the dumbbell and when using the dumbbell.
It is essential that you retain the dumbbell tray for the selection and adjustment of weights.

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STEP 1

SELECT THE DESIRED WEIGHT



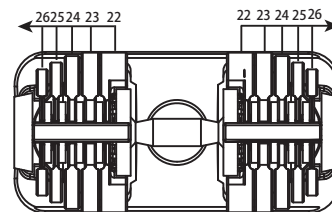
While the dumbbell is resting on the dumbbell tray adjust the weight selector dial by rotating it and select the preferred weight for your personalised workout.
Please make sure the weight you select are the same at both left and right sides of the dumbbell. Otherwise, the weight will not evenly distribute on both sides that may hurt your wrist.

STEP 2

PLACEMENT OF WEIGHT PLATES



There is a holder on one side of the plate.



The side with the holder should face outwards on both sides as shown in the diagram. And place the weight plates in order as above.

The selector dial should be adjusted to the lightest weight setting before weight plates can be inserted.

Suggested Exercises & Workouts

Go to [Menshealth.co.uk/workout](https://www.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.

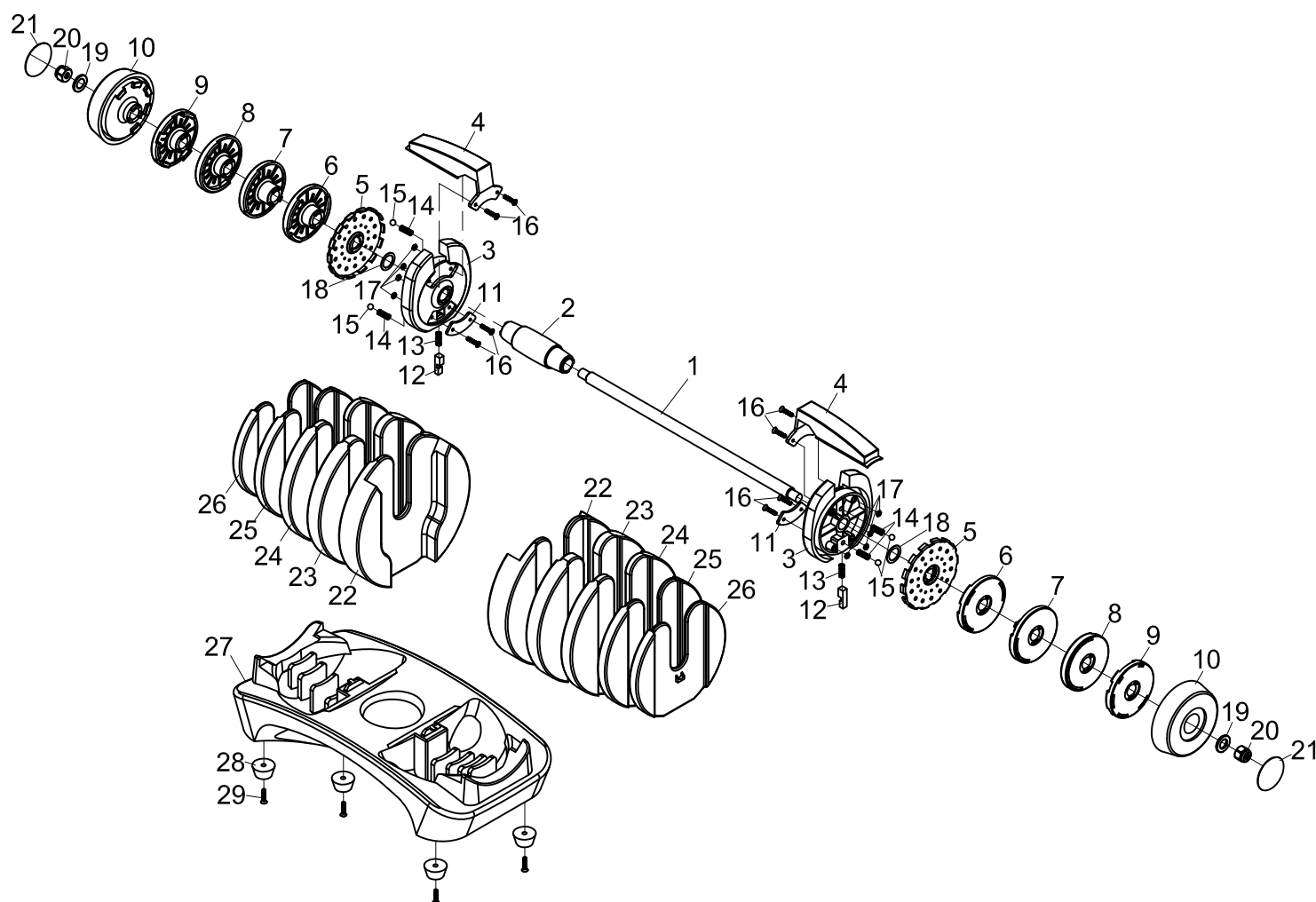
You'll also find an exercise directory to show you how to perform individual exercises with the correct form to help you optimise your workout.

Men's Health - the UK's No.1 Men's Magazine
www.menshealth.co.uk

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Exploded Parts Diagram

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