



24KG & 40KG ADJUSTABLE DUMBBELL



SET UP & SAFETY GUIDE

Important: Please read instructions before use

Wichtig: Bitte lesen Sie vor der Verwendung die Anweisungen

Important : Veuillez lire les instructions avant utilisation.

Importante: Por favor lea las instrucciones antes de usar el producto.

Importante: leggere le istruzioni prima dell'uso



SAFETY WARNING

Before attempting to use this exercise product, please ensure that you have read, and fully understand, this owner's manual in its entirety. Adhering to all guidelines and advice as laid out in this manual will help ensure that you'll enjoy the best results from your new RPM Power® adjustable dumbbell(s).

This is a powerful exercise device and should always be treated as such. Before commencing any exercise program or individual workout, you should first be aware of your own existing fitness threshold and actively **avoid** exceeding that level. When performing isotonic or isometric resistance training with adjustable dumbbell products, it is important to pace yourself, and gradually increase the weight loading over time as your body builds and grows stronger.

It is recommended that you always warm up prior to engaging in a strength training exercise program. Doing so raises your core body temperature, which in turn enhances blood circulation through the muscles, helping to greatly reduce the risk of injury. Warming up additionally delivers nutrients and oxygen to the muscles, ensuring greater muscle efficiency during your workout and producing a more defined 'pump' overall. Warm up can consist of a basic 4-5 minute set of 'jumping jacks' & heel raises or, more preferably, 5-10 minutes spent at a moderate pace on a piece of cardio equipment (eg; treadmill, rowing machine, spin bike or battleropes etc).

If in any doubt about your current fitness ability, it is recommended that you first consult with your doctor or medical practitioner prior to using this product.

IMPORTANT: Should you feel sick, dizzy, or impaired in any way, or should you incur any sort of pain or discomfort while using this exercise device, then STOP exercising immediately and seek medical advice if necessary.



GENERAL USAGE GUIDELINES & RECOMMENDATIONS:

This product is not suitable for children. Persons under 18 years of age should be supervised at all times when in, or around the vicinity of this Adjustable Dumbbell.

When you first receive your Adjustable Dumbbell, please inspect it carefully prior to use. If you notice that the dumbbell has damaged parts, or parts which have been compromised in any way, please contact info@rpmpower.com immediately for support.

It is important to regularly maintain this product and ensure that all of its internal and external parts are functioning correctly before each use.

To assist with the smooth selection of the different weight settings, it is important to use this device on a LEVEL surface. Attempting to use while at an angle (regardless of how slight) may result in difficulty removing or replacing the dumbbell into the base.

It is important to exercise with this product in a careful, controlled manner and with proper form. NEVER swing the dumbbell or exercise with a weight that you are not able to fully support and control right throughout the entire movement.

Always be EXTREMELY careful when holding this dumbbell above your body, in particular your face, head or chest. In the unlikely event that a weight setting hasn't been correctly selected before lifting or, in the event that the handle or a plate has been damaged through previous incorrect use of the product, there is a risk that an individual weight plate(s) could detach from the dumbbell and fall onto the user, potentially causing injury.

This dumbbell has been carefully constructed using high quality materials to ensure many years of beneficial enjoyment. However, because of its mechanical nature, should you ever experience anything abnormal in regards to its functionality, please stop using it immediately and consult the troubleshooting guide in this manual or contact us on info@rpmpower.com for further support.

Be careful not to drop this dumbbell on the ground and avoid hitting it against objects or people. Doing so may damage the product which, in turn, could result in injury to the user or others.

If performing an exercise which requires both dumbbells, avoid allowing the dumbbells to connect during use. These dumbbells are not designed to be connected and doing so may cause damage to the product.

Do not attempt to disassemble your dumbbell or the dumbbell base as there are no user serviceable parts on this product. If you believe you have discovered a possible issue with your dumbbell, please contact info@rpmpower.com for further support.

Avoid wearing loose clothing or jewellery while using this dumbbell as such objects may get trapped under the dumbbell or ingested by the internal mechanism, resulting in potential injury and/or damage to the product.

This product is not suitable for commercial use and has been designed for indoor use only. Avoid using the dumbbells in damp or wet environments as corrosion of metal parts may occur.



It is the responsibility of the user to ensure that they fully understand all safety instructions and warnings associated with the RPM Power® Adjustable Dumbbell. RPM Sports Ltd. is not responsible for any injury that may occur as a result of using this product.

IMPORTANT DISCLAIMER

Please note that by using the RPM Power® Adjustable Dumbbell you are doing so at your own risk. By using this product, the user accepts full responsibility for any and all risk of injury that may occur.

All RPM Power® Adjustable Dumbbells are thoroughly inspected and examined before shipment. However, and in particular because of the heavy weight of this product, there is the risk that the dumbbell - or the base plate on which the dumbbell sits - may have incurred physical damage during transit. Therefore it is vital that you visually inspect ALL aspects of the dumbbell and base - including the integrity of each plate - before use to ensure that nothing has been damaged or displaced in any way during shipping.

Additionally, please ensure to check the safety locking mechanism of the dumbbell before each use. The locking mechanism prevents the dials from being rotated while the dumbbell is away from its base, ensuring that each plate is held securely during use. To test, simply remove the dumbbell from the base and attempt to gently twist the dials on both sides - they should not turn, regardless of what setting they're currently at. If either dial does turn, cease using the dumbbells immediately and contact info@rpmpower.com for support.

While performing overhead exercises, it is important to use these dumbbells with the 'rpm power' logo (printed on the red top plates) facing DOWNWARDS toward the floor. This minimises the possibility of a weight plate detaching from the dumbbell in the event that it is damaged or if it hasn't been loaded correctly during the weight selection process.

While every attempt has been made to ensure maximum safety during use, this is a mechanical product and it is not possible to guarantee absolute freedom from injury. Please take care at all times while using this dumbbell(s) and read the instructions carefully to ensure correct use.

GETTING FAMILIAR WITH YOUR DUMBBELL

RPM Power® has been designing and manufacturing quality cardio and strengthening equipment for over 20 years and this new adjustable dumbbell reflects some of the most innovative technology in strength conditioning available in the marketplace today.

Offering a wide range of weights at the simple twist of a dial, the RPM Power® Adjustable Dumbbell is shipped fully assembled with each box containing one Adjustable Dumbbell and one Adjustable Dumbbell Base. Once you have carefully removed the dumbbell from its box, there are some initial steps that you should take to allow you become fully familiar with the functionality of your new purchase. It is important that you follow these instructions carefully to help ensure your dumbbell always performs at maximum efficiency.

Should you have any questions or concerns regarding the functionality of your new Adjustable Dumbbell, please reach out to us on info@rpmpower.com

Note: Never drop this dumbbell or subject it to severe physical shock. Dropping may result in potential damage to both the weight plates, the handle and the handle locking mechanism which, in turn, may void the product warranty.

DUMBBELL INFORMATION

This adjustable dumbbell is available in both a 24kg and a 40kg weight option. The 24kg dumbbell offers a 2.5kg to 24kg weight range, while the 40kg model offers a 5kg to 40kg range. These are subsequently broken down into the following individual weight ranges:

24KG Adjustable Dumbbell

KG	2.5	3.5	4.5	5.5	6.5	8	9	10	11.5	13.5	16	18	20.5	22.5	24
LB	5	7.5	10	12.5	15	17.5	20	22.5	25	30	35	40	45	50	52.5

40KG Adjustable Dumbbell

KG	5	7	9	11	13	15	18	20	22	25	27	29	32	34	36	38	40
LB	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90

To use this dumbbell, **press firmly downward on the handle** to release the locking mechanism, and rotate the dials at each end until you have reached the desired weight setting. As it turns, you will hear and feel the dial 'click' as it passes each individual weight setting. Once you have reached your selected weight, ensure that the little white arrow head on the dial is centered to the red top plate. This further ensures that the weight plates will be fully locked into the handle. Now lift the dumbbell from the base and begin exercising. When finished, do not attempt to force the unit back into the base; it will return to the correct position naturally and without effort. If the handle does not return smoothly into position, please check the position of the plates to ensure that all are facing in the correct direction and are stacked in the correct order. Alternatively, see below for more details.

TROUBLE SHOOTING

Problem: Adjustment dial will not rotate while the handle is sitting in the base

Solution:

- Ensure that the dumbbell is seated correctly in the base and that you are pressing firmly downward on the handle with one hand as you attempt to rotate the weight selection dial with the other hand.
Or;
- Examine the dumbbell and establish that all plates are oriented correctly, with the small selection tab on each plate facing OUTWARD and away from the handle's center grip point.
- If you discover that one or more of the plates have been inserted incorrectly into the dumbbell, please follow the handle reset process outlined in the following pages to remedy the issue.

Problem: The handle does not insert freely into the base, even if no plates are attached.

Solution:

- Firstly, ensure that all weight plates currently sitting in the base are oriented correctly. The selection tab on each weight plate must be facing OUTWARD and away from the handle's center, and the plates stacked such that they taper from largest to smallest moving outward from the handle center.
- If all plates are facing in the correct direction and the handle still doesn't insert freely into the base, then one or both dials are potentially set incorrectly and you will need to follow the handle reset procedure in the following pages. This will allow you to remove all attached plates from the handle, return them to the base individually, and ensure that each plate is now oriented in the right direction.
- Once each plate is seated correctly in the base, the handle should freely drop into place again.
- In the unlikely event that this does not resolve the problem, please email us on info@rpmpower.com and we'll set up a quick video call to troubleshoot the issue with you further.

Problem: The plates aren't fully secure and detach from the handle when I lift the dumbbell from the base.

Solution:

Each weight plate has a small angled tab on its surface, and on the handle there are a series of black circular ABS discs; a total of four on the left and four on the right. On the surface of each of these ABS discs are a series of spaced indents and raised extrusions. These extrusions are precisely positioned to allow each of the ABS discs collect its corresponding weight plate once the selection dial has been rotated to a specific setting. If a weight plate detaches from the handle during use, then it is usually as a direct result of the ABS handle disc not correctly interacting with the tab of its corresponding weight plate.

This can be as a result of:

- a) **The selection dial not being fully centered to the desired weight:** Ensure that the small white arrow head printed above each individual weight setting on the rotary selection dial is centered to the middle of the red plate on the handle. OR;
- b) **Damage on the plate tab:** Closely examine the tab on the plate which has detached from the handle; is the tab deformed or damaged in any way? If the tab is intact;
- c) **Damaged ABS disc(s) on the handle:** Place the handle back into the base and rotate the dials on both sides to the 2.5kg setting for a 24kg dumbbell, or the 5kg setting for a 40kg dumbbell. This will now allow you to remove the handle from the base without any weight plates attached. Take the handle and invert it so that the two white buttons are facing upward to the ceiling. With one end of the handle resting into your lap, use your two thumbs to apply firm pressure, both inward and outward, against each of the individual ABS discs along the handle spine. The objective is to establish whether there is any lateral movement in one, or more of these ABS discs. The discs are manufactured from a tough, high grade material and, under normal circumstances, there will be virtually zero lateral movement as you push and pull on their outer circumference.
- d) If however, during use, the dumbbell was at one time dropped, or returned hard to the ground **while at an angle**, then the resulting momentum/force of the entire dumbbell will be applied directly to the outer edge of a single weight plate which, in turn, may cause damage to one or more of the black ABS discs on the handle. This can present either as a fine crack along the spine of the ABS disc or, more visibly, as a piece breaking away from the outer edge of the ABS disc itself.

Either of these conditions will compromise the handle's ability to safely retain all plates during use and therefore, should you ever discover that one (or more) of the ABS discs has been damaged in this way, **cease use of the dumbbell immediately**. The ABS discs are individually replaceable and any broken or cracked disc(s) can be swapped out in the event that the handle has been damaged in this manner.

Contact info@rpmpower.com for a service solution.

NOTE: The images in the following page depict the 24kg adjustable dumbbell. Operation of the 40kg dumbbell model is identical to the 24kg model. Both products share similar operating mechanisms, have been manufactured from high quality materials and are designed to provide many years of beneficial use. If your 24kg or 40kg adjustable dumbbell suddenly stops operating - for example, if the dial no longer rotates freely, or if the handle cannot be returned fully into the base, then the issue can usually be quickly resolved by a simple "resetting" of the dumbbell handle as outlined in the following procedure:

HOW TO RESET THE DUMBBELL HANDLE

Please follow these steps:

Step 1. Remove the dumbbell from its base, observing caution in case one or more of the plates have not been correctly selected and are not fully secured. Invert the dumbbell and observe the underside of the handle; you will see two square white buttons, one situated on each side of the handle's center.

Step 2. Your aim here is to remove all plates from the handle. Select a side and press the corresponding white button inward with a pen or screwdriver. Doing so will allow you to now freely rotate the selector dial on that side. With the button depressed, continue rotating the dial until it reaches the 2.5kg position on the 24kg dumbbell, or the 5kg position on the 40kg dumbbell. You will now be able to freely lift ALL the plates and remove them individually from the handle.

Step 3. Now, one by one, reload the plates back onto the base. For reference, ALL the plate tabs should be facing outward and away from the center of the handle. The plates should also descend in size as you move outward from the center. All slots in the base unit are perfectly sized for their corresponding plate. Do not try to force a plate into a slot, it will drop in without any effort and should stand vertically on its own without any significant lean.

Step 4. Check to ensure that all plates are correctly stacked and fully upright. Ensure the dials are set to 2.5kg on the 24kg dumbbell or 5kg on the 40kg dumbbell and return the handle back down into the base. It should slide smoothly into place and the dials should now be able to rotate freely. If this is not the case, please once again ensure that the tabs on each plate are facing outward and that the plates have been stacked correctly and in descending order from the center outward. If the issue persists, please contact us on info@rpmpower.com for assistance.



Step 1



Step 2



Step 3



Step 4



THANK YOU FOR YOUR PURCHASE

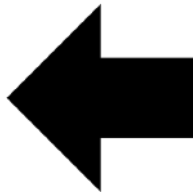
We would like to warmly thank you for your purchase of these RPM Power® Adjustable Dumbbells. Should you have any questions or concerns about this product, please don't hesitate to get in touch with us and we will be happy to help you in any way we can.

We hope you enjoy this product and thank you for your purchase. We are most appreciative of your valued business and consideration of our products.

Rory McLoughney
CEO, RPM Sports Ltd.

For further instructions, videos, exercise guides and more, scan the QR code below or visit:

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Distributed by: RPM Sports Ltd
Nenagh Road, Thurles, Co Tipperary,
Ireland E41 Y512
+353 504 23969 | info@rpmpower.com

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