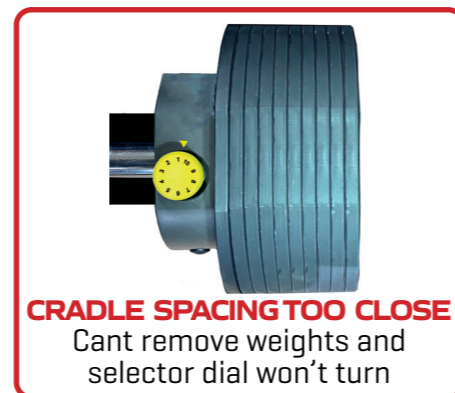
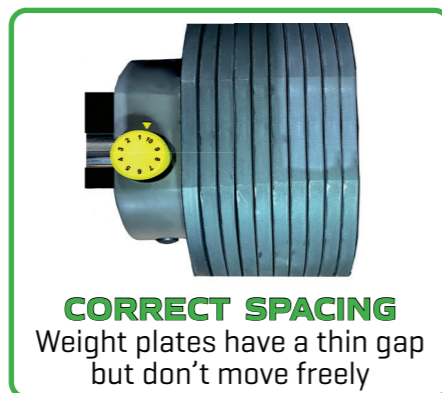
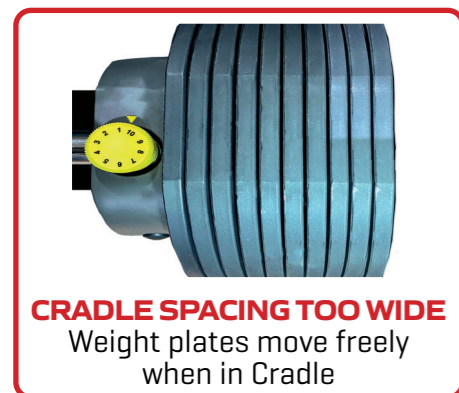


DUMBBELL ADJUSTMENT GUIDE

FOR SMOOTH & ACCURATE WEIGHT PLATE SELECTION

STEPS TO RESOLVE THE FOLLOWING

- + Selector dial will not push down and lock into place.
- + Selector dial feels tight or will not turn easily.
- + Extra weight plate sticks when the Dumbbell Handset is removed from Cradle.
- + Weight plates are too widely spaced or too closely spaced.



STEP ONE Remove Dumbbell Handset and turn the Cradle over. Using an M4 Allen Key remove the Cradle Feet Bolts and Cradle Feet to gain access to the Cradle adjustments Bolts.



STEP TWO Using a M4 Allen Key loosen the Cradle Adjustment Bolts at one end of the Cradle just enough to allow you to move the Cradle inwards or outwards as required.



IF CRADLE SPACING TOO WIDE

Push the floating Cradle end slightly inwards. Tighten Bolts and replace Dumbbell Handset and check that the gap between the plates is the correct spacing and test on all dial settings. If not correct, repeat adjustment steps.

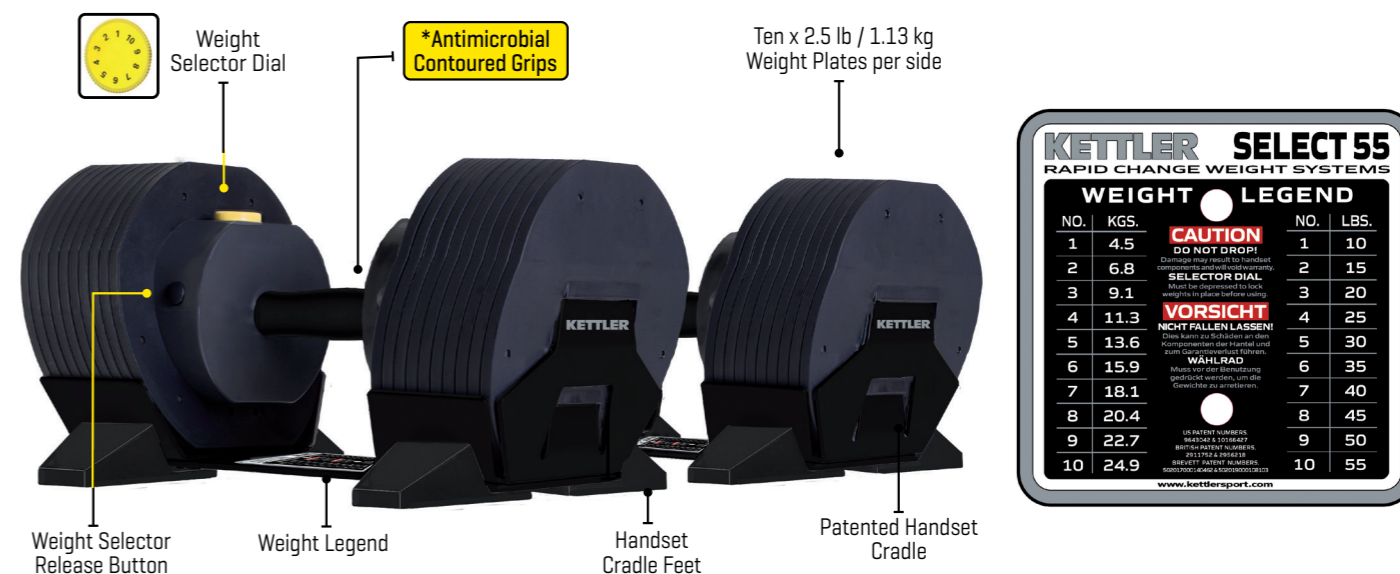
IF CRADLE SPACING TOO CLOSE

Move slightly apart the floating Cradle end outwards, opening a slight gap between the plates. Tighten bolts and replace Dumbbell Handset check that the gap between the plates is the correct spacing and test on all dial settings. If not correct, repeat adjustment steps.



VARIO DUMBBELLS SELECT 55

ASSEMBLY & SYSTEM ADJUSTMENTS



KETTLER SELECT 55 RAPID CHANGE WEIGHT SYSTEMS			
WEIGHT		LEGEND	
NO.	KGS.	NO.	LBS.
1	4.5	1	10
2	6.8	2	15
3	9.1	3	20
4	11.3	4	25
5	13.6	5	30
6	15.9	6	35
7	18.1	7	40
8	20.4	8	45
9	22.7	9	50
10	24.9	10	55

CAUTION DO NOT DROP!
Das Gewicht muss immer sicher abgestellt werden und nicht herunterfallen lassen. SELEKTOR DIAL: Nicht berühren! Nicht berühren! Nicht berühren!
VORSICHT NICHT FALLEN LASSEN!
Das Gewicht muss immer sicher abgestellt werden und nicht herunterfallen lassen. WÄHLRAD: Nicht berühren! Nicht berühren! Nicht berühren!

USER SAFETY PRECAUTIONS

To avoid possible injury, all users should read and understand these instructions before using any Vario Systems.

1. Consult a medical doctor or healthcare professional to be cleared by them for exercise and to determine the exercises appropriate for you, before undertaking exercise with Vario Select Systems.
2. If you experience any pain or dizziness, stop exercise immediately and consult a medical doctor.
3. Perform any exercise with the correct technique – consult a personal trainer or healthcare professional for guidance if unsure of technique or your personal exercise parameters.
4. Vario Select Systems are designed for home use only and are not suitable or warranted for commercial use.
5. Understand how to select the desired weight with the Vario System, see page 2 following.
6. Never touch the weight selector release button or move the selector dial while the Vario System product is out of the cradle, doing so may release weight plates from the handset and cause catastrophic injury.
7. Never use Vario Systems if they are not functioning properly.
8. Never drop, throw or strike together any Vario System, this will void warranty and could cause permanent damage.
9. Take personal responsibility to ensure your safety and the safety of those around you while using and storing Vario Systems.
10. This appliance can be used by children aged from 14 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.

US PATENT NUMBERS: 9643042 & 10166427 BRITISH PATENT NUMBERS: 2911752 & 2956218
BREVETT PATENT NUMBERS: 502017000140462 & 502019000108103

UPDATED - 22 07 21



HOW TO SELECT DESIRED TRAINING WEIGHT

Only adjust the Weight Selector Dial while the Dumbbell is in the Weight Cradle

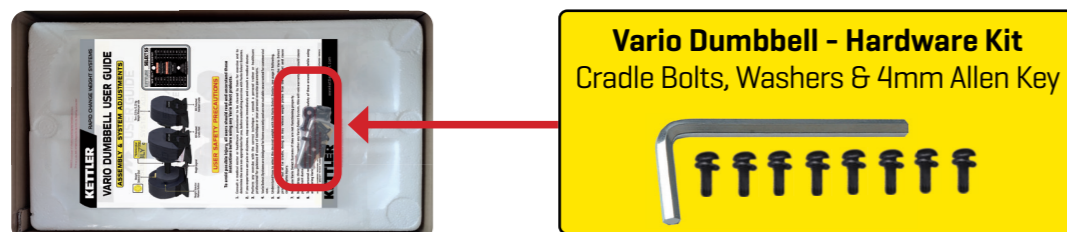


Adjust both ends of the Dumbbell to your desired training weight.

VARIO DUMBBELL ASSEMBLY INSTRUCTIONS



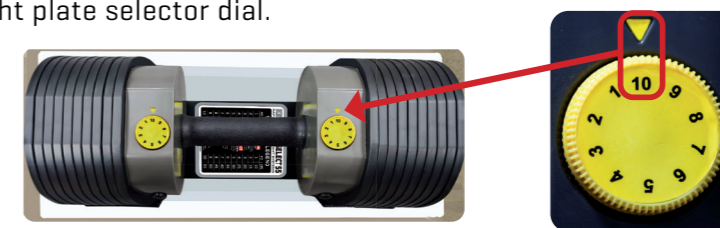
STEP ONE Place the Vario Dumbbell System box on a flat firm surface with the Up Arrow pointing up. Open the top of the box. The owners guide and hardware kit is visible on top of Styrofoam packaging. Remove the hardware kit from the plastic sleeve and put the Bolts aside.



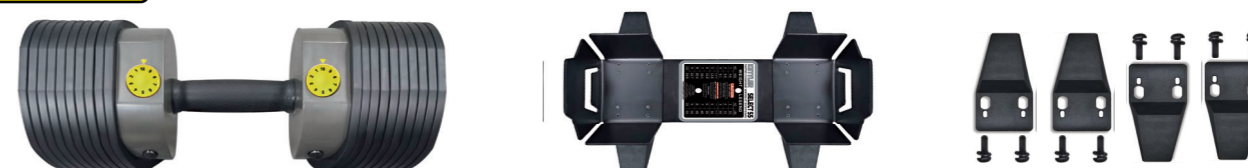
STEP TWO Remove the top Styrofoam protective cover and remove Cradle Feet packed under the Dumbbell Handset. Put the four Cradle Feet aside.



STEP THREE Check that the weight plate selector dial is set to 10, if not follow the “How to Select desired training weight” instructions above, and set the dial to 10. Remove the Dumbbell Handset from the Cradle, which will remain in the box. Place the Dumbbell Handset on a firm flat surface, being careful not to damage the surface or the Dumbbell. CAUTION: The full weight [heavy] of the Dumbbell is activated by Selecting 10 on the weight plate selector dial.



STEP FOUR Remove the Cradle from the box and place on a flat surface.



DO NOT add the Cradle Feet if intending to install the Vario Select Dumbbells on the Optional Dumbbell Stand. Stop at Step 4 and then refer to the assembly instructions supplied with the Vario Select Dumbbell Stand.

STEP FIVE Turn the Cradle over as pictured below, on a soft surface that will not damage Cradle finish. Ensure the Cradle is stable.



STEP SIX Line up the holes in the first of the Cradle Feet with the holes in the Cradle. Put the Cradle Bolts and washers in loosely. Push the Cradle Feet inwards firmly against the Cradle [direction of the arrow] and tighten the Bolts. Repeat for each of the four Cradle Feet for each Cradle.

CHECK THAT ALL SCREWS ARE TIGHT.



STEP SEVEN Turn the Cradle over onto the Cradle Feet. Place Cradles where you intend to use them before placing Dumbbell Handset into the Cradles.

