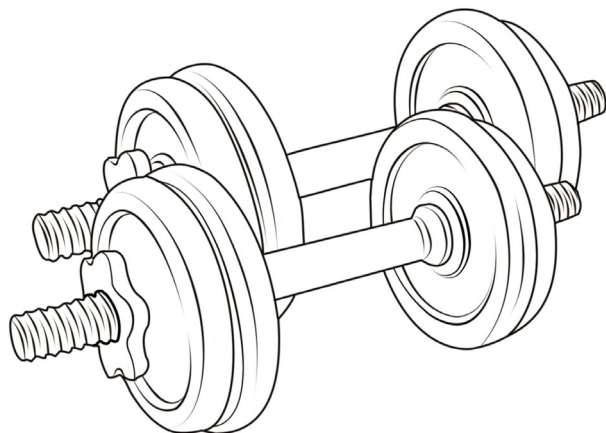


Operating Instructions



Art. No. DU-DBS-10
DU-DBS-15

FSDUDBS10.01.01
FSDUDBS15.01.01

GENERAL SAFETY INSTRUCTIONS

Personal Safety

⚠ DANGER

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective.
- + Note that excessive training can seriously endanger your health. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.

⚠ WARNING

- + This equipment may not be used by children under 14 years.
- + Children should not be allowed unsupervised access to the equipment
- + Persons with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time.

⚠ CAUTION

- + Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons.

▶ ATTENTION

- + Do not insert any objects of any kind into the openings of the device.

Set-Up Place

⚠ WARNING

- + Do not place the equipment in main corridors or escape routes.
- + To prevent fire, do not place the device near or in areas with high heat (e.g. near a heater).

⚠ CAUTION

- + Choose the set-up place so that there is sufficient space around the product.

▶ ATTENTION

- + The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.

Intended Use

The equipment may only be used for its intended purpose.

The equipment is only suitable for home use. The equipment is not suitable for semi-professional (e.g. hospitals, associations, hotels, schools, etc.) and commercial or professional use (e.g. fitness studios).

Technical data

DU-DBS-10:

Article weight (gross, incl. packaging):	11 kg
Article weight (net, without packaging):	10 kg
Packaging dimensions (L x W x H):	46 cm x 22 cm x 13 cm
Set-up dimensions (L x W x H):	45 cm x 22 cm x 22
Use class:	H

DU-DBS-15:

Article weight (gross, incl. packaging):	16 kg
Article weight (net, without packaging):	15 kg
Packaging dimensions (L x W x H):	46 cm x 22 cm x 16 cm
Set-up dimensions (L x W x H):	45 cm x 26 cm x 26
Use class:	H

Scope of Delivery

Part Name	Qty.
2,5 kg Weight	2
1,25 kg Weight	4
Dumbbell bar: Ø 30 mm L 45 cm	1
dumbbell fasteners	2



Assembly

- ⚠ CAUTION**
- + Make sure to always use some sort of weight collar when exercising with external weights.
 - + Never store unused weight plates on the floor.

1. Slide the desired weight plates onto the barbell bar one by one.
2. Attach a weight collar on each side to secure the weight plates from sliding off.
3. To unload the weight horn, take off the weight collar.
4. Slide each weight plate off of the weight horn with both hands one by one.

Training Manual

Please read the training instructions carefully before starting your workout.

- **CAUTION**
- + Only use weights appropriate for your fitness level.
 - + Begin with light weights and increase gradually.
1. Grip the dumbbells in the middle of the handle.
 2. Keep your back straight.
- ① **NOTE**
- Avoid sudden or jerky movements.
3. Do not drop the dumbbells on the floor after completing a set.

Warranty Information

Training equipment from Duke Fitness® is subject to strict quality control. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

Warranty period

The warranty periods, shown on our web shop, begin on delivery of the fitness equipment. The respective warranty periods for your equipment can be found on its product website.

Please refer to the website of your Duke Fitness® device for the exact warranty conditions.

Care, Maintenance and Storage

- ⚠ WARNING**
- The storage location should be chosen so that improper use by third parties or children is prevented.
1. Clean the device with a dry soft cloth.
 2. Store the device in the supplied carton in a dry environment.

Disposal

At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via a recycling centre. Further information can be obtained from your local authority's recycling service.

Contact

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