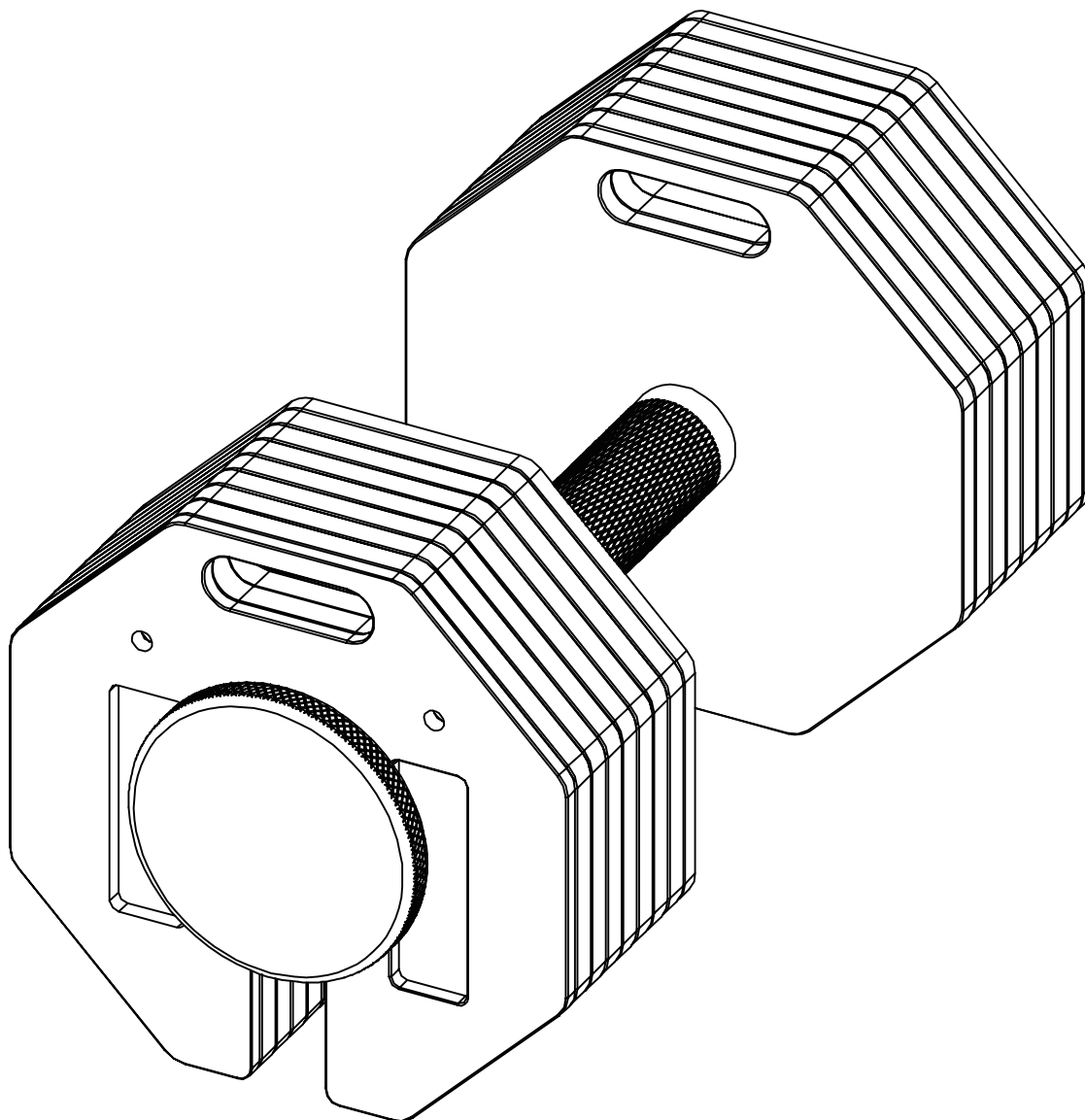


TUNTURI®

USER MANUAL

RAPID ADJUSTABLE DUMBBELLSET, 20KG

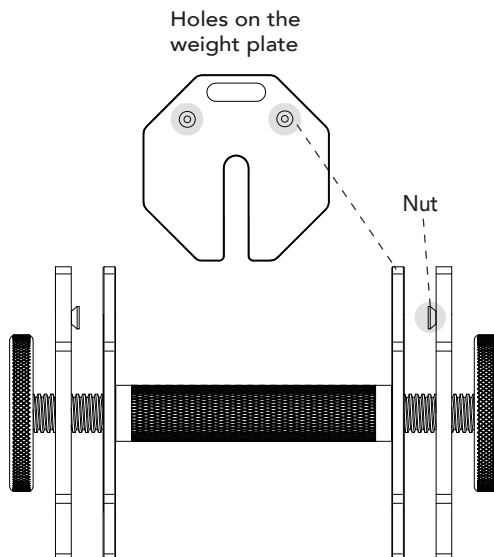
14TUSCL464



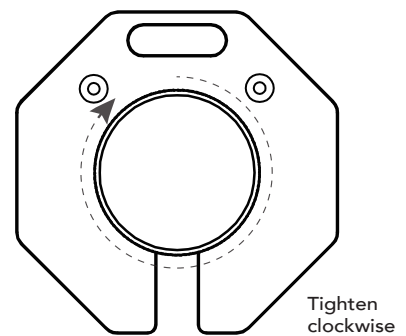
FEEL BETTER EVERY DAY

IMPORTANT PRECAUTIONS

1. Insert the two nuts on each weight plate into the holes of the other weight plate (shown as picture A), rotate the locking screw shaft clockwise (shown as picture B).

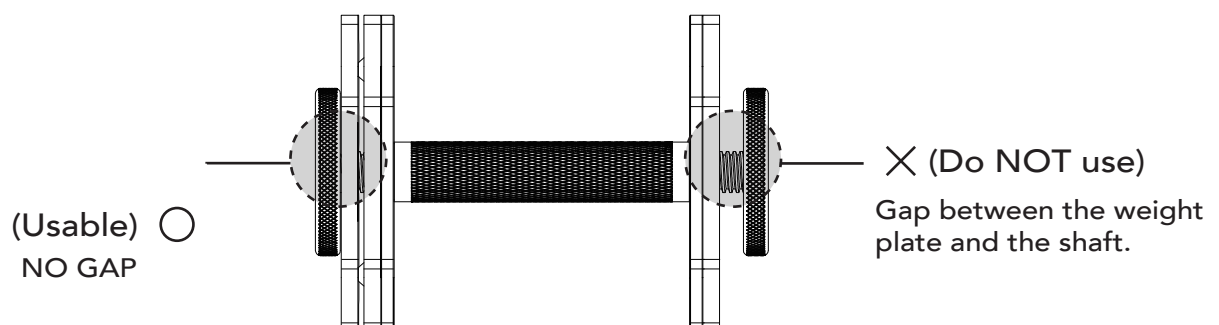


PICTURE A



PICTURE B

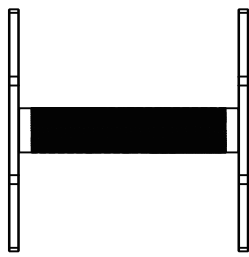
2. After placing the weight plate, assure the entire dumbbell handle assembly is properly tightened. If there is a gap after locking the spiral shaft, please do not use it. Replace it and lock it until there is no gap before use (shown as picture C).



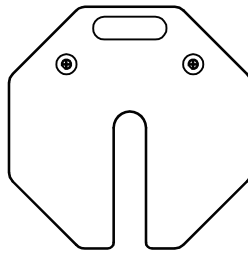
PICTURE C

IMPORTANT PRECAUTIONS

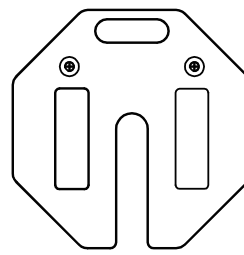
Dumbbell handle (A) x1, 2KG weight plate(B) x12, 1KG weight plate (C) x2 ,Spiral shaft (D) x2



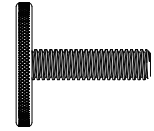
Dumbbell handle
(4KG)



Weight plate
(2KG)



Weight plate
(1KG)



Spiral shaft
(1KG)

WEIGHT INCREMENT

LB[illegible]**KG**[illegible]