



ACTIVE INTENT
FITNESS

50KG CAST IRON WEIGHTS

Owner's Manual

Model: LDBS-7050



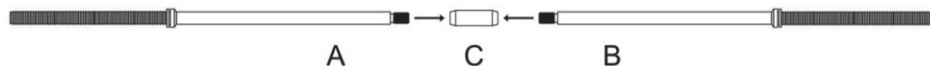
IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

The specification of this product may vary from this photo, subject to change without notice.

Assembly Instruction

- 1.Screw part A into part C;
- 2.Repeat the same procedure with part B;
- 3.Maintenance: to preserve the life of your steel bar, polish with a lubricating spray every six months and remove any residue prior to use.

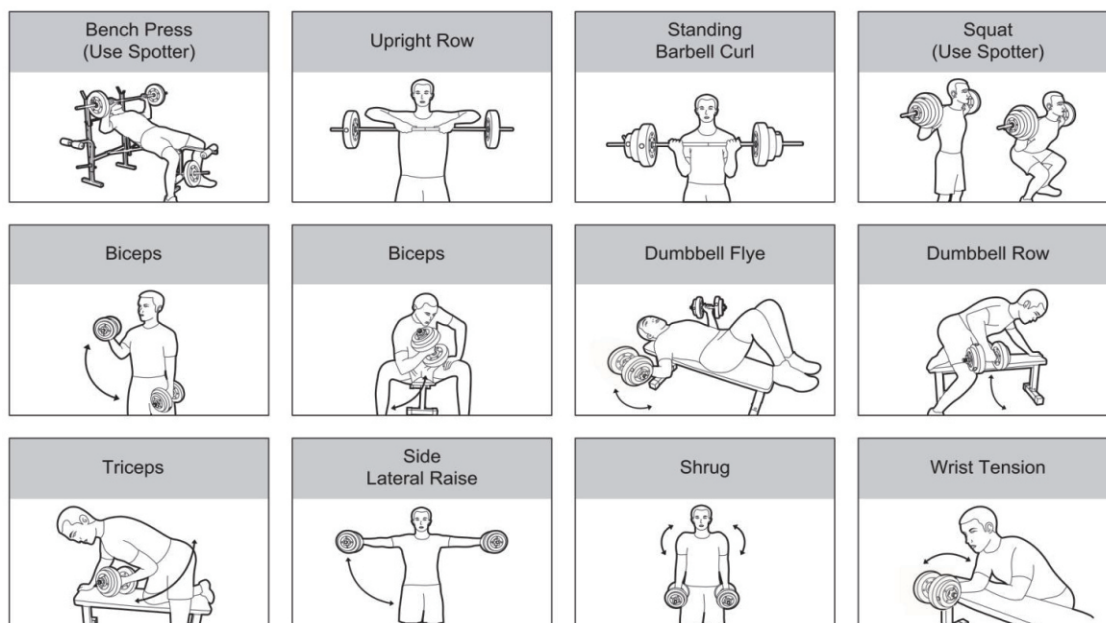
IMPORTANT-Make sure connections are secure before use!



Instructions

Read all information within this manual before commencing exercises.

Don't exercise within 1-1/2 hours of eating meals; begin each workout within 5-10 min of stretching and light exercise to warm up the muscles. Dress properly i.e. comfortable clothing and footwear. Always use a spotter for safety when performing exercise with heavy weights. Never use weight set without securing weights with the weight collars. Before starting a workout program, lift the barbell/dumbbell without plates to familiarize with the exercise routine is recommended. If you have any health problems, consult your physician before commencing exercise, the exercises below are for reference only and should be done in sequence where possible. Alternative programs can easily be found online.



Warning

- * Using the weight set and performing the exercises is not suitable for children below the age of 15.
- *The weight set is not a toy . Please keep out of reach of children.
- *Only use with the supplied weights.
- *Not for commercial use. only use indoors.
- *Examine the product periodically and check for any damage.
- *Recommended maximum plates loading on each side of dumbbell: 10kg and each side of barbell: 20kg.
- *Keep fingers clear of moving parts at all times.
- *Use the weights on a flat level surface.
- *To avoid any potential accidents. keep surrounding people including children and pets away from the product at all times.
- *Dumbbells are not suitable for kettle bell swing exercises.
- *This product is not suitable for therapeutic purposes.

Customer service number: 0800 422 274

MON – FRI: 8AM – 5PM

SAT – SUN: 9AM – 4PM

Marketed By: The Warehouse LTD

26 The Warehouse Way, Northcote, Auckland