

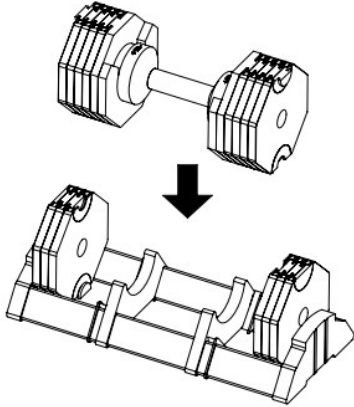
# Quick Fit Dumbbell



**KingsBox<sup>®</sup>**  
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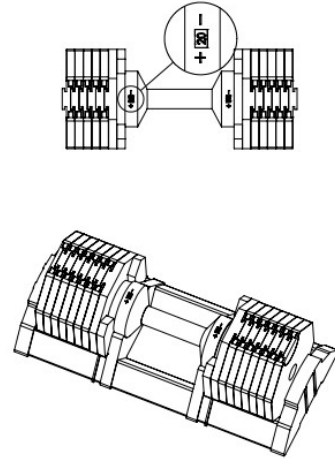
# Before use:

1.



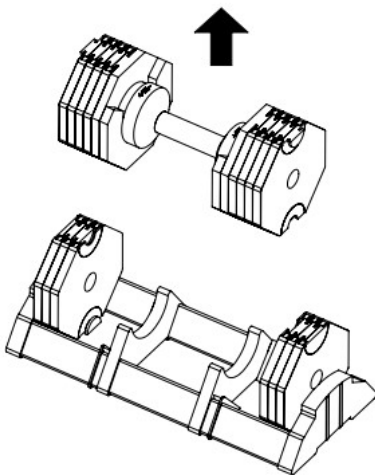
Place the dumbbell in the base unit.  
Female and Male connectors must be aligned.

2.



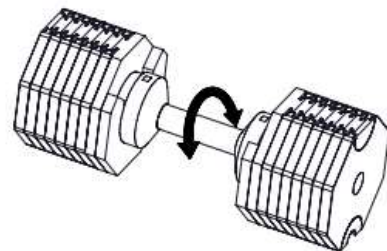
Select weight by turning handles until desired weight is centered in the window.

3.



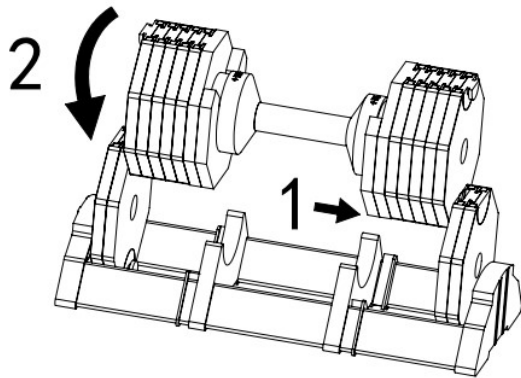
Lift the dumbbell straight up out of the base unit.

4.

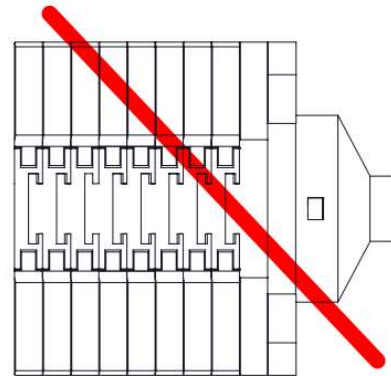


Place dumbbell on flat surface. Try turning the handle with normal force. The handle must remain in lock position. Check that the bar ends are within 5mm of the selected plate.

# After use:



After use return dumbbell to base unit.  
Make sure that the Male/ Female connectors are aligned.



Make sure that the Male/ Female connectors are aligned. Do not use if connectors are damaged.