

# FRENCH FITNESS

FF-5-80-ADS

FRENCH FITNESS 5-80 LB ADJUSTABLE  
DUMBBELL, SET OF 2

OWNERS MANUAL



## FEATURES

- TwistLock technology for adjusting weights
- Number of Dumbbells Included: 2 (1 Set)
- Total Weight: 80 lbs Each, 160 lbs for Set
- Replaces the Following Dumbbell Sizes: 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70, 75, 80.
- Adjustable from 5 to 80 lbs
- Light Weight Aluminum Dumbbell Holder included
- Compact design replacing multiple dumbbells of different weights
- Take up much less room in your home gym than a full set of fixed dumbbells.
- 5-80 lb Dumbbells Set All in One

## TECH SPECS

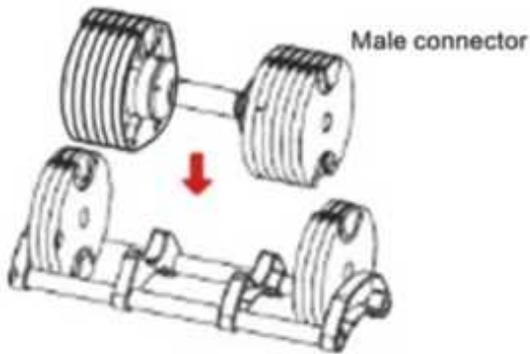
- Weight increment: 5 lb
- Aluminum Dumbbell Length: 13.8"
- Aluminum Dumbbell Holder Length: 4"
- Aluminum Dumbbell Holder Diameter: 1.4"
- Aluminum Dumbbell Holder Dimension: 7"W x 15.8"H

## WARRANTY

**1 Year on Parts**

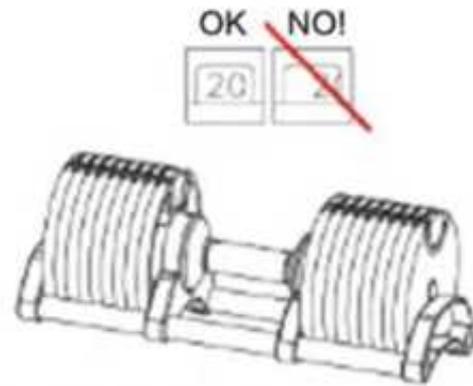
## BEFORE USE

STEP 1-FIG.A



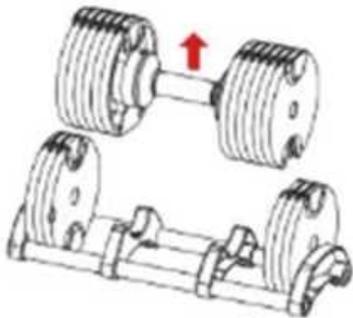
Place the FLEXBELL in the base unit. Female and Male connectors must be aligned.

STEP 2-FIG.B



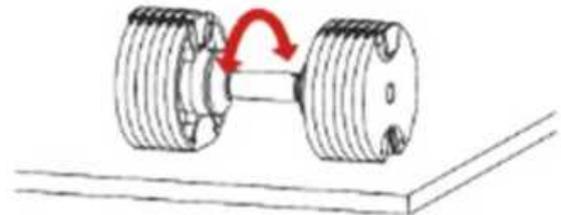
Select weight by turning handle until desired weight is centered in the window.

STEP 3-FIG.C



Lift the FLEXBELL straight up out of the base unit.

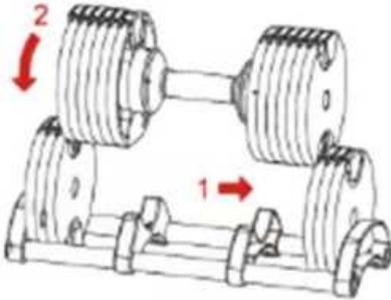
STEP 4-FIG.D



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

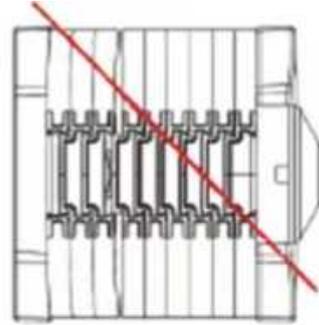
## AFTER USE

STEP 5-FIG.E



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

FIG.F



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

**Regularly inspect the general condition of the dumbbell and check the points listed**

- **The dumbbell can only be adjusted when in the base unit**
- **Female and male connectors must align, see Fig F.**
- **Never attempt to lift the dumbbell from the base unit if not in fully selected position. see Fig B.**
- **Carefully inspect male and female connections (see Fig. A) regularly. Replace before use, if damaged.**
- **Regularly check if the locking mechanism is working in all different weight selections, see Fig D. Never use dumbbell if the handle can be turned with normal force when not in base unit Return dumbbell to distributor for service**
- **Never attempt to use the dumbbell without having the complete set of weight plates in the base.**