

kenkō

SPORTS EQUIPMENT

Dumbbells 3kg – 16kg / 6lbs – 34lbs Instruction for use

Congratulations!

With your purchase you have decided on a high-quality product. Familiarize yourself with the product before using it for the first time. In addition, please carefully refer to the operating instructions and the safety advice below. Only use the product as instructed and only for the indicated field of application. Keep these instructions in a safe place. If you pass the product on to anyone else, please ensure that you also pass on all the documentation with it.

Failure to observe the safety notes can lead to serious injuries.

Scope of delivery

2 x Dumbbell
1 x Instruction for use

Technical data (Metric)

Weight	Length (discs incl.)	Disc Diameter
3kg	19,5cm	Ø 10,0cm
4kg	20,5cm	Ø 10,0cm
5kg	22,5cm	Ø 10,0cm
6kg	19,5cm	Ø 14,0cm
8kg	21,0cm	Ø 14,0cm
10kg	22,5cm	Ø 14,0cm
12kg	24,0cm	Ø 14,0cm
14kg	25,8cm	Ø 14,0cm
16kg	27,5cm	Ø 14,0cm

Technical data (Anglo-American)

Weight	Length (discs included)	Disc Diameter
6lbs	7,7"	Ø 3,9"
8lbs	8,1"	Ø 3,9"
10lbs	8,9"	Ø 3,9"
14lbs	7,7"	Ø 5,5"
18lbs	8,3"	Ø 5,5"
22lbs	8,9"	Ø 5,5"
26lbs	9,5"	Ø 5,5"
30lbs	10,2"	Ø 5,5"
34lbs	10,6"	Ø 5,5"

Material: Canadian Maple / American Walnut, stainless Steel, brass

Correct use

This product was designed to allow you to train your whole body. This product is meant for private use and not for medical or commercial use.

! Warning !

Do not allow children to use this product unsupervised, the product is not a toy. Instruct them in the correct use of the product and maintain supervision. Only allow the use of the product if the child's mental and physical development allows it.

! Caution ! Danger due to wear and tear

The product may only be used if it is in perfect condition. Check the product for damage or wear before each use. The safety of the



product can only be guaranteed if it is regularly inspected for damage and wear and tear. If damaged, it must not be used anymore. Protect the product from extreme temperatures, sun and dampness. Improper storage and use of the product could lead to premature wear and tear, which could result in injury.

! Caution !

Consult your doctor before you start training. Make sure you are healthy enough to train. Always keep the instructions for use with the exercise instructions readily available. Pregnant women should only train after consulting with their doctor.

Always remember to warm up before training and train according to your current performance ability. High exertion and over-training can lead to serious injuries. Stop exercising immediately and contact a doctor if you experience pain, weakness or fatigue.

The product should only be used by one person at a time.

There must be an area of approx. 0.6m / 2' of space around the training area. Only train on a level, non-slip surface.

Don't use the product near steps or landings. When using the product, be aware of its weight and do not underestimate this!

General training instructions

Training procedure

Wear comfortable sportswear and trainers. Warm up before every training session and cool down gradually afterwards. Take sufficiently long breaks between each exercise and make sure to drink enough liquids. If you are a beginner, do not start exercising with too high of an intensity. Increase your intensity slowly. Perform all of the exercises steadily, not in an uncontrolled, fast manner. Focus on even breathing. Breathe out when you exert yourself, and breathe in when you relax. Focus on the correct posture when performing the exercise.

Warming up

Take enough time before every training session to warm up. In the following section we will describe some easy exercises.

Neck muscles

1. Turn your head slowly to the left and then to the right. Repeat this movement four to five times.
2. Move your head in circles, first in one direction and then in the other.

Arms and shoulders

1. Interlock your hands behind your back and pull them carefully upwards. Do this at the same time as bending your upper body forwards in order to warm your muscles up optimally.
2. Move both of your shoulders simultaneously in circles, first forwards for a minute and then backwards for a minute.
3. Pull your shoulders up towards your ears and then let them fall down again.
4. Rotate your left and right arms alternately in circles, first forwards



for a minute and then backwards.

Important! Do not forget to continue breathing normally during the exercises!

Prepare surroundings

You will need a sufficient amount of space to conduct these exercises unimpaired, safely and comfortably.

A free area of not less than 0.6 m / 2' shall remain around the training area in the directions from which the equipment is accessed.

The following exercises
are only a selection.
Further exercises can be found in
relevant technical literature.

Lateral raise

Starting position

1. Stand on the floor with your feet hip-width apart and your legs slightly bent. Your upper body is upright.
2. Take hold of both handles. The backs of your hands are facing outward. Both arms are slightly bent.

End position

3. Tense your stomach, leg and buttock muscles and pull both your arms up simultaneously to the side and up to shoulder height. The backs of your hands are facing upward. Your wrists stay straight. Pull your shoulder blades towards your spine. Your head is an extension of your spine and your shoulders stay down.
 5. Hold this position for a moment and then return slowly to the starting position.
 6. Repeat this exercise 10 -15 times for three sets.
- Important:** Please make sure that your hips stay level. Only lift your arms to shoulder height.





Floor Press

Starting position

1. Lay your back on the floor and bend your legs, your feet are hip-width apart and parallel to each other.
2. Hold the dumbbells in both hands at right angle to your corpus above floor level.

End position

3. Tense your stomach, leg and buttock muscles and push both of your arms up simultaneously. The backs of your hands are facing sideways. Your wrists stay straight. Push your shoulder blades away from your spine. Your head is an extension of your spine and your shoulders stay down. The elbows are slightly bent.
4. Hold this position for a moment and then return slowly to the starting position.
5. Repeat this exercise 10 -15 times for three sets.



Biceps curl

Starting position

1. Stand on the floor with your feet hip-width apart and your legs slightly bent.
2. Your upper body is upright.
3. Take hold of both handles, both arms are bent in front of you. The backs of your hands are facing downward.

End position

4. Tense your stomach, leg and buttock muscles and pull your lower arms up to your upper arms. Make sure your elbows stay close to your body.
5. Hold this position for a moment and then return slowly to the starting position.
6. Repeat this exercise 10 -15 times for three sets.



Triceps

Starting position

1. Stand on the floor with your feet hip-width apart and your legs slightly bent. Your upper body is upright.
2. Take hold of both handles behind your head. Both arms are bent. The backs of your hands are facing backward.

End position

3. Tense your stomach, leg and buttock muscles and lift the dumbbells behind your head slowly upwards using your lower arms. Lift your upper body and pull your shoulder blades towards your spine. Tense your arms. Your shoulders stay down throughout the exercise.
 4. Hold this position for a moment and then return slowly to the starting position.
 5. Repeat this exercise 10 -15 times for three sets.
- Important:** Please repeat this exercise slowly and make sure that your elbows are not completely straightened in the end position.



Stretching

Take sufficient time to stretch after each training session. Some simple exercises are described below. Carry out each exercise 3 times per side for 15-30 seconds.

Neck muscles

1. Stand in a relaxed pose. Use your hand to pull your head gently to the left and then to the right. This exercise stretches the sides of your neck.

Arms and shoulders

1. Stand upright with your knees slightly bent.
2. Lay your right arm behind your head until your right hand is between your shoulder blades.
3. Hold your right elbow with your left hand and pull it backwards.
4. Change sides and repeat the exercise.

Care and storage

- Do not use corrosive or abrasive cleaning agents as they may damage the product.
- Use a dry fluff-free cloth when you are cleaning or polishing the product.
- Using a damp cloth, remove any coarse dirt on the metal surface.
- Store in a cool dry place.

Disposal

The packaging is made of recyclable materials, which you may dispose of at local recycling facilities. Contact your local refuse disposal authority for more details of how to dispose of your worn-out product.



Have fun!
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