

Dumbbells Instruction for use

Congratulations!

With your purchase you have decided on a high-quality product. Get to know the product before you start to use it. Carefully read the following instructions for use. Use the product only as described and only for the given areas of application. Keep these instructions safe. When passing the product on to a third party, always make sure that the documentation is included.

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

Scope of delivery

2 x Dumbbells
1 x Instructions for use

Technical data (Metric)

Diameter: 4,5cm
Length: 17cm (0,5kg) / 22cm (1,0kg) / 27cm (1,5kg) / 32cm (2,0kg)
Weight: 0,5kg / 1,0kg / 1,5kg / 2,0kg

Technical data (Anglo-American)

Diameter: 1.8"
Length: 6.7"(1lbs) / 8.7"(2lbs) / 10.6"(3lbs) / 12.6" (4lbs)
Weight: 1lbs / 2lbs / 3lbs / 4lbs

Material: American walnut or Canadian maple, brass, steel

Correct use

This article was developed as a training instrument with which you can train your entire body. It is designed for private use and is not suitable for medical and commercial purposes.

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! Warning! Risk of injury !

Consult your doctor before beginning training. Please ensure that your health is suitable for training. Remember to warm up always before training and train in accordance with your current performance capability. Serious injury can occur if training is excessive or too strenuous. Stop training immediately and contact your doctor if you experience discomfort, weakness, or fatigue.

The article may only be used under adult supervision and not as a toy. Keep the instructions for use with the exercise descriptions to hand at all times. Safe training requires sufficient space. Carry out the exercises with enough distance from objects and other persons that nobody can be injured. Only train on a flat, non-slip surface. Do not use the article close to stairs or steps.

A free area of approx. 0.6 m / 2' must be kept around the training area.

! Particular caution - Risk of injury for children!

Do not allow children to use the equipment without supervision. Instruct them regarding the correct use of the training instrument and supervise them. Only allow use if the mental and physical development of the children allows it. This article is not suitable for use as a toy.

! Hazards from wear !

The article may only be used in perfect condition. Inspect the article for damage and wear before each use. The safety of the article can only be guaranteed if it is inspected regularly for damage and wear. Discontinue use if damage is found. Only use original replacement parts. Protect the article from extreme temperatures, sun, and moisture. Incorrect storage and use of the article can lead to premature wear, which can lead to injuries.

General training notes

Wear comfortable sports clothing and shoes. Warm up before each training session and end the training gradually. Take sufficiently long breaks between the exercises and drink enough fluids. As a beginner you must never train with too much resistance. Slowly increase the training intensity. Carry out all the exercises steadily without too much speed or jerky movements.

Make sure you breathe at a steady rate. Breathe out with effort and in upon recovery. Make sure you keep a correct posture while carrying out the exercises.

Warming up

Take enough time to warm up before each training session. The following section is a description of some simple exercises for this purpose. You should repeat each exercise 2 or 3 times.

Neck muscles

1. Turn your head slowly to the left and to the right. Repeat this movement 4-5 times.
2. Circle your head slowly, first in one direction and then in the other.

Arms and shoulders

1. Close your hands behind your back and pull them carefully upwards. If you bend your upper body forwards at the same time all the muscles are warmed up optimally.
2. Circle both your shoulders forwards at the same time and then change direction after one minute.
3. Pull your shoulders up to your ears and let your shoulders fall again.
4. Circle your right and left arms alternately forwards and then after one minute backwards.

Important: Don't forget to continue breathing steadily throughout!



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



Shoulders

Start 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 dumbbells from the side. The backs of your hands are facing outward. Both arms are slightly bent.

End position

4. Tense your stomach, leg and buttock muscles and pull both your arms up simultaneously to the side. The backs of your hands are facing sideways. 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 at level. Only lift your arms to shoulder height.



Deltoids

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.



Straight arm lifts

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 dumbbells. The backs of your hands are facing upward. Both arms are slightly bent.

End position

4. Tense your arm muscles and pull your arms up alternately to shoulder height. 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 ensure that your upper body is straight and your arms remain slightly bent.

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Squats

Starting position

1. Stand with your feet hip-width apart, your legs are bent. Take hold of both dumbbells, the backs of your hands are facing outward.
2. Spread your weight evenly across both feet and bend your knees slightly. Your upper body is upright.
3. Tense your arms and pull your lower arms up close to shoulder height in front of you. Your wrists stay straight.

End position

4. Tense your stomach, leg, and buttock muscles and straighten your legs. push your buttocks back. Your arms stay bent. Your head is an extension of your spine.
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 upper body stays in a straight position. During the squat your knees must not move beyond the tips of your toes. Your upper arms are close to your body. Your wrists stay straight.

Biceps

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 and then change leg positions.

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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.

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Arm muscles in laying position

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.



Back muscles in laying position

Starting position

1. Lie down on the floor with your stomach and hold your feet hip-width apart side by side above the floor.
2. Hold the dumbbells in both hands with outstretched arms at 90° to your body above the floor.

End position

3. Tense your stomach, leg and buttock muscles and move both of your arms simultaneously in front of your head. The backs of your hands are facing upwards. Your wrists stay straight. Push your shoulder blades towards your spine. Your head is an extension of your spine and your shoulders stay above floor level. The elbows are slightly bent.
4. Hold this position for a moment and then return slowly to the starting position.
5. Repeat this exercise 5-10 times for three sets.

Stretching

Take sufficient time to stretch after each training session. Some simple exercises are described below. Carry out each exercise 3 times each 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, storage

Always store the article in dry and clean condition at room temperature. Never clean it with aggressive cleaning materials but rather wipe it clean with a dry cleaning cloth. Protect the article from extreme temperatures, sun, and moisture. Incorrect storage and use of the article can lead to early wear, which can cause injury.

Disposal

Dispose of the article and the packaging materials in accordance with current local regulations. Packaging materials such as foil bags are not suitable to be given to children. Keep the packaging materials out of the reach of children.

Have fun!
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