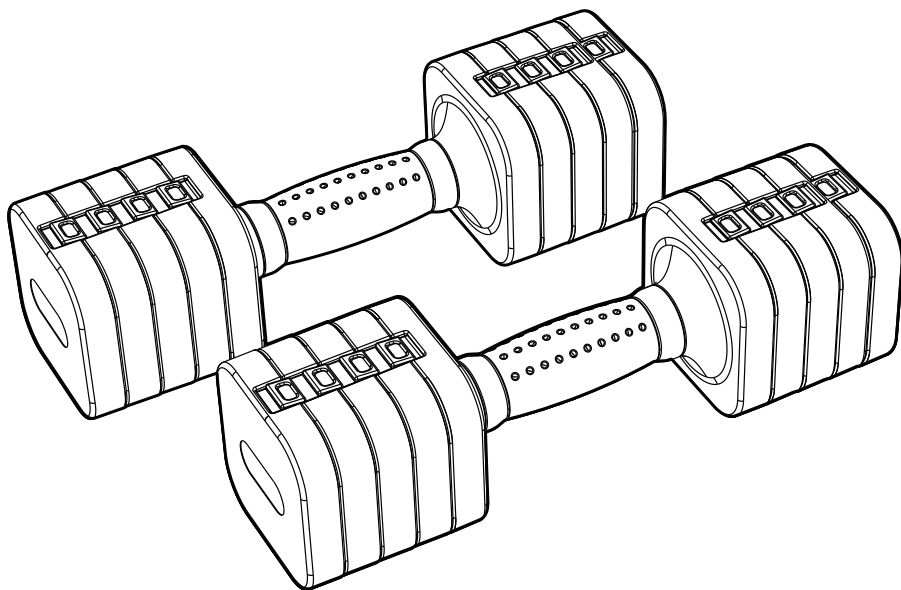


FEIERDUN

Adjustable Dumbbel Set

6/10 lbs *2



FEIERDUN

EN

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PRODUCT INFORMATION

- **5-Level Weight Options**

6 lbs version (per dumbbell): 2 lbs, 3 lbs, 4 lbs, 5 lbs, 6 lbs

10 lbs version (per dumbbell): 2 lbs, 4 lbs, 6 lbs, 8 lbs, 10 lbs

- **Color Options**

Strength Gray, Mint Blue, Cute Pink, Vivid Purple

- **Materials**

Non-slip & sweat-proof silicone handle, Eco-friendly & durable TPE,
Built-in steel

- **Weight Adjustment**

Adjust the dumbbell weight according to your individual fitness level and comfort. Ensure the weight is securely fixed before use.

- **Training Safely**

Incorrect or excessive training may cause injury or adverse health effects. Always exercise within your personal limits and follow proper techniques.

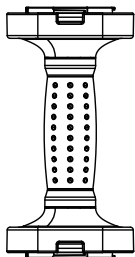
- **Exercise Caution**

If you feel discomfort while exercising, stop using the product right away and seek medical advice before continuing.

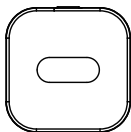
- **Careful Operation**

Handle the adjustable dumbbells carefully to prevent injury. Avoid dropping or improper use.

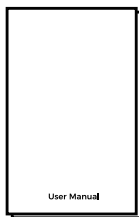
WHAT WILL YOU RECEIVE?



Handle ×2



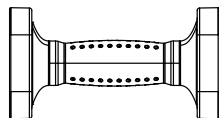
Weight Plates ×16



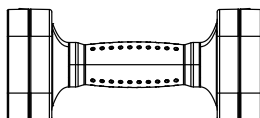
User Manual ×1

WEIGHT LEVELS

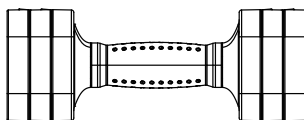
6 lbs/2.74 kg Version (per dumbbell)



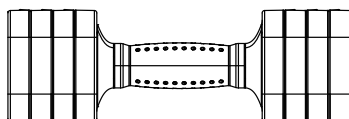
2 lbs (0.9 kg)



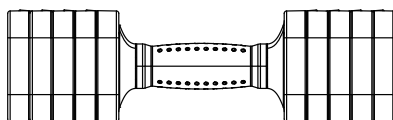
3 lbs (1.36 kg)



4 lbs (1.82 kg)



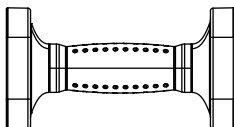
5 lbs (2.28 kg)



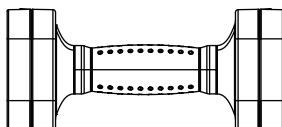
6 lbs (2.74 kg)

WEIGHT LEVELS

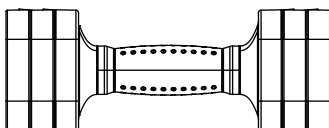
10 lbs/4.5 kg Version (per dumbbell)



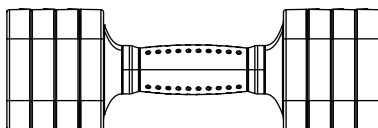
2 lbs (0.9 kg)



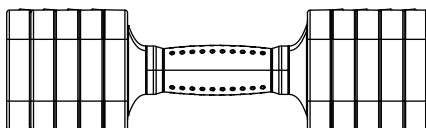
4 lbs (1.8 kg)



6 lbs (2.7 kg)



8 lbs (3.6 kg)



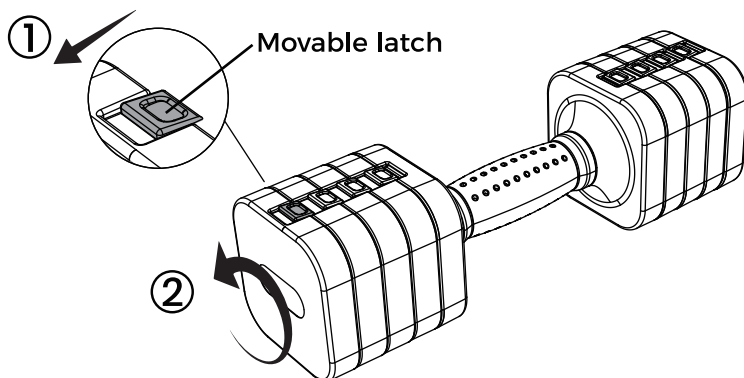
10 lbs (4.5 kg)

WEIGHT ADJUSTMENT GUIDE

• Reducing Weight:

1. Push up the movable latch like step ①.
2. Rotate the weight plate approximately 45° like step ② to remove the plate.

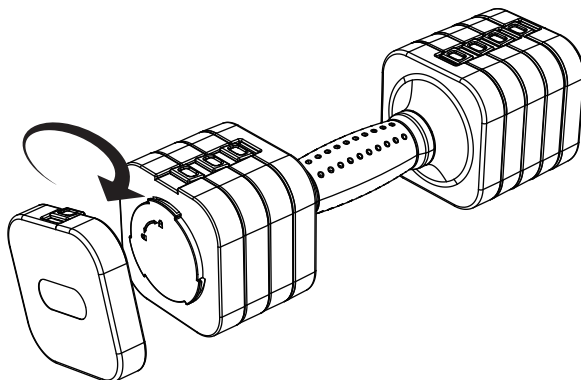
Note: Hold the plate firmly when removing weight plates to prevent accidental release.



• Increasing Weight:

1. Align the weight plate with the dumbbell body at 45° .
2. Rotate the weight until you hear a "click."

Note: Always ensure the movable latch is fully engaged and the dumbbell clicks securely before use.



WARRANTY

We provide one year warranty for this product. In this period, replacements for all accessories are freely provided.

If you have any questions or concerns, please contact our support team. We will reply within 8 hours and support you with care!

This is our email: support@feierdun.fit

PRODUCT PHILOSOPHY

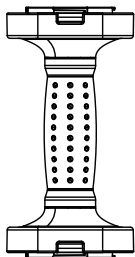
As more and more women embrace strength training and strive for a healthier, stronger body, this adjustable dumbbell has been thoughtfully designed with women in mind – from its approachable weight options, portable design to its stylish color choices.

Whether you are a beginner or advancing in your training, at home or on the go, we hope it makes your workouts more convenient, empowering, and enjoyable – your trusted companion in achieving a healthier, stronger you.

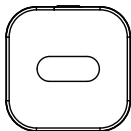
PRODUKTINFORMATIONEN

- 5 Gewichtsstufen
6-Pfund-Version (pro Hantel): 2 lbs, 3 lbs, 4 lbs, 5 lbs, 6 lbs
10-Pfund-Version (pro Hantel): 2 lbs, 4 lbs, 6 lbs, 8 lbs, 10 lbs
- Farboptionen
Robustes Grau, Mintblau, Rosa, Lila
- Materialien
Rutschfester und schweißabweisender Silikongriff, umweltfreundliches und langlebiges TPE, integrierter Stahl
- Gewichtseinstellung
Passen Sie das Hantelgewicht Ihrem individuellen Fitnesslevel und Ihren Bedürfnissen an. Stellen Sie sicher, dass das Gewicht vor Gebrauch sicher fixiert ist.
- Sicher trainieren
Falsches oder übermäßiges Training kann zu Verletzungen oder gesundheitlichen Beeinträchtigungen führen. Trainieren Sie stets innerhalb Ihrer Grenzen und achten Sie auf die korrekte Ausführung der Übungen.
- Vorsicht beim Training
Wenn Sie während des Trainings Beschwerden verspüren, beenden Sie die Übung sofort und suchen Sie ärztlichen Rat, bevor Sie fortfahren.
- Vorsicht im Umgang
Behandeln Sie die verstellbaren Hanteln vorsichtig, um Verletzungen zu vermeiden. Vermeiden Sie Fallenlassen und unsachgemäße Verwendung.

WAS ERHALTEN SIE?



Handhaben ×2



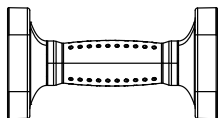
Gewichtsscheiben ×16



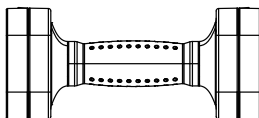
Benutzerhandbuch ×1

GEWICHTSKLASSEN

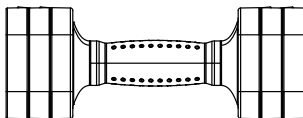
6 lbs/2.74 kg -Version (pro Hantel)



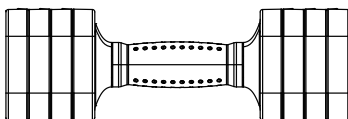
2 lbs (0.9 kg)



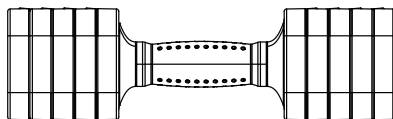
3 lbs (1.36 kg)



4 lbs (1.82 kg)



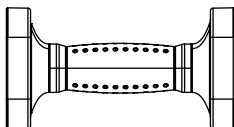
5 lbs (2.28 kg)



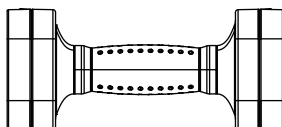
6 lbs (2.74 kg)

GEWICHTSKLASSEN

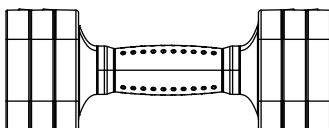
10 lbs/4.5 kg -Version (pro Hantel)



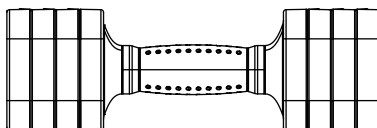
2 lbs (0.9 kg)



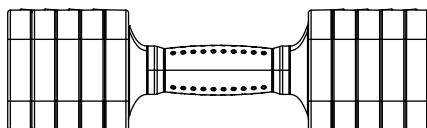
4 lbs (1.8 kg)



6 lbs (2.7 kg)



8 lbs (3.6 kg)



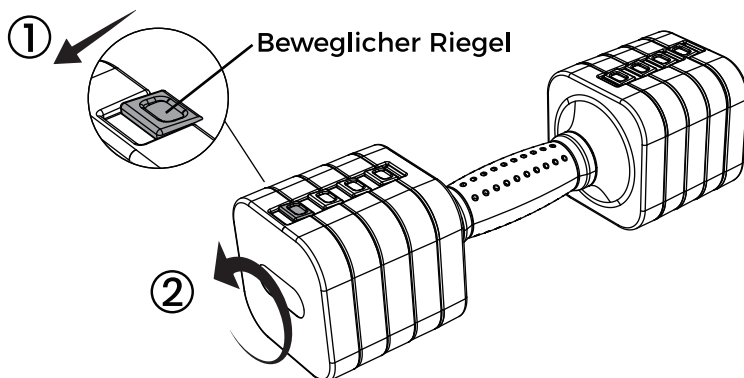
10 lbs (4.5 kg)

LEITFADEN ZUR GEWICHTSANPASSUNG

• Gewichtsreduktion:

1. Drücken Sie den beweglichen Riegel wie in Schritt ① beschrieben nach oben.
2. Drehen Sie die Gewichtsscheibe wie in Schritt ② beschrieben um ca. 45°, um sie zu entnehmen.

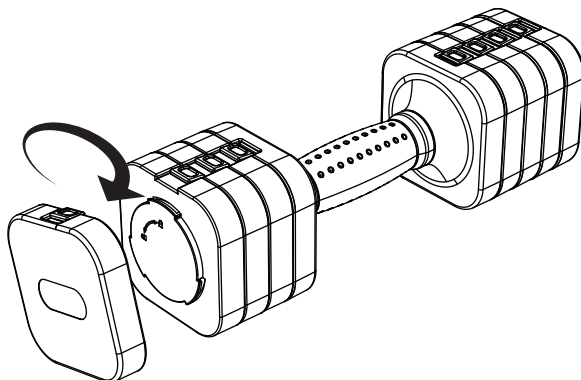
Hinweis: Halten Sie die Gewichtsscheibe beim Entnehmen gut fest, um ein versehentliches Lösen zu verhindern.



• Gewichtszunahme:

1. Richten Sie die Gewichtsscheibe im 45°-Winkel zum Hantelkörper aus.
2. Drehen Sie das Gewicht, bis es einrastet.

Hinweis: Vergewissern Sie sich vor Gebrauch stets, dass die bewegliche Verriegelung vollständig eingerastet ist und die Hantel sicher einrastet.



GARANTIE

Wir gewähren für dieses Produkt eine einjährige Garantie. Innerhalb dieses Zeitraums werden sämtliche Zubehörteile kostenlos ersetzt.

Bei Fragen oder Anliegen wenden Sie sich bitte an unser Support-Team. Wir antworten Ihnen innerhalb von 8 Stunden und helfen Ihnen gerne weiter!

Dies ist unsere E-Mail-Adresse: support@feierdun.fit

PRODUKTPHILOSOPHIE

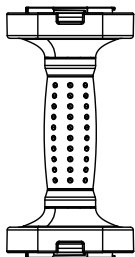
Immer mehr Frauen entdecken Krafttraining für sich und streben nach einem gesünderen, stärkeren Körper. Diese verstellbare Hantel wurde speziell für Frauen entwickelt – von den leicht zugänglichen Gewichtseinstellungen über das handliche Design bis hin zu den stylischen Farben.

Egal ob Anfängerin oder Fortgeschrittene, ob zu Hause oder unterwegs: Wir hoffen, dass sie Ihr Training bequemer, motivierender und angenehmer macht – Ihr zuverlässiger Begleiter auf dem Weg zu mehr Gesundheit und Kraft.

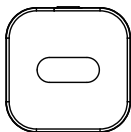
INFORMATIONS SUR LE PRODUIT

- 5 niveaux de poids
Version 6 lbs (par haltère) : 2 lbs, 3 lbs, 4 lbs, 5 lbs, 6 lbs
Version 10 lbs (par haltère) : 2 lbs, 4 lbs, 6 lbs, 8 lbs, 10 lbs
- Couleurs disponibles
Gris, Bleu menthe, Rose, Violet
- Matériaux
Poignée en silicone antidérapante et anti-transpiration, TPE écologique et durable, structure en acier
- Réglage du poids
Ajustez le poids de l'haltère selon votre niveau et votre confort.
Assurez-vous que le poids est bien fixé avant utilisation.
- Entraînement en toute sécurité
Un entraînement incorrect ou excessif peut entraîner des blessures ou des problèmes de santé. Entraînez-vous toujours dans les limites de vos capacités et respectez les bonnes techniques.
- Précautions d'emploi
Si vous ressentez une gêne pendant l'exercice, arrêtez immédiatement d'utiliser le produit et consultez un médecin avant de continuer.
- Manipulation avec précaution
Manipulez les haltères réglables avec précaution pour éviter les blessures. Évitez les chutes et toute utilisation incorrecte.

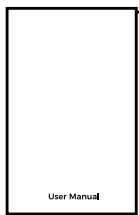
QUE RECEVREZ-VOUS ?



Poignée ×2



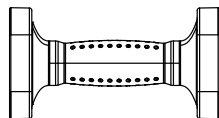
16 disques de poids



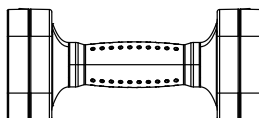
Manuel d'utilisation ×1

NIVEAUX DE POIDS

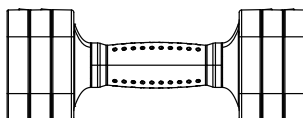
Version de 6 lbs/2.74 kg (par haltère)



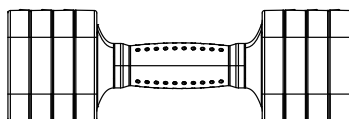
2 lbs (0.9 kg)



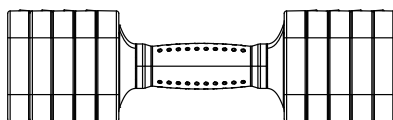
3 lbs (1.36 kg)



4 lbs (1.82 kg)



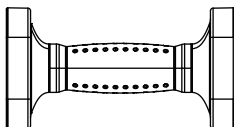
5 lbs (2.28 kg)



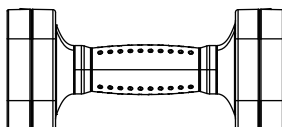
6 lbs (2.74 kg)

NIVEAUX DE POIDS

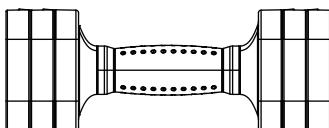
Version de 10 lbs/4.5 kg (par haltère)



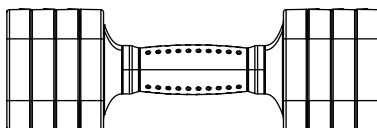
2 lbs (0.9 kg)



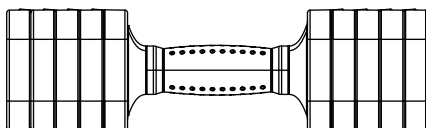
4 lbs (1.8 kg)



6 lbs (2.7 kg)



8 lbs (3.6 kg)

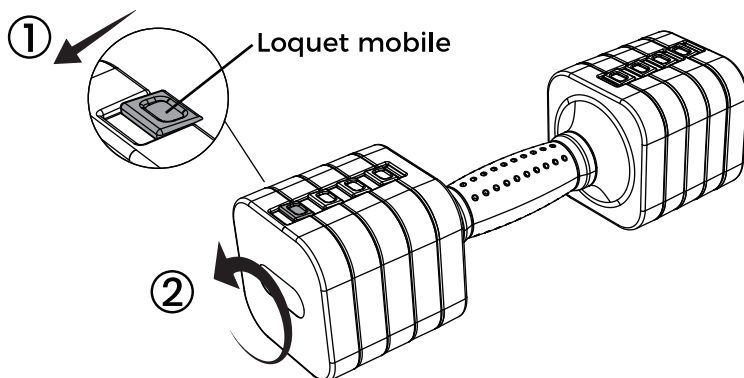


10 lbs (4.5 kg)

GUIDE DE RÉGLAGE DU POIDS

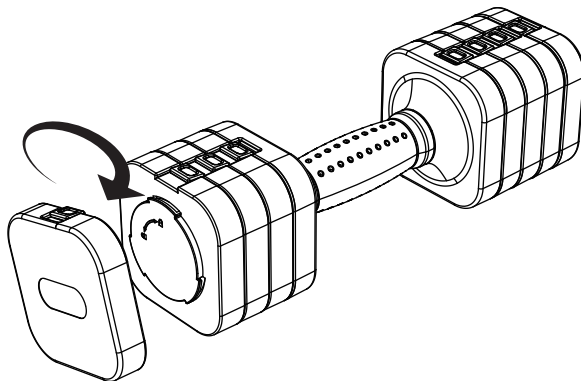
• Réduction du poids :

1. Poussez le loquet mobile vers le haut (étape ①).
 2. Faites pivoter la plaque de poids d'environ 45° (étape ②) pour la retirer.
- Remarque : Maintenez fermement la plaque lors de son retrait afin d'éviter toute libération accidentelle.



• Augmentation du poids :

1. Alignez la plaque de poids avec le corps de l'haltère à un angle de 45°.
 2. Faites pivoter le poids jusqu'à entendre un « clic ».
- Remarque : Avant toute utilisation, assurez-vous que le loquet mobile est bien enclenché et que l'haltère émet un clic net.



GARANTIE

Ce produit est garanti un an. Durant cette période, le remplacement de tous les accessoires est gratuit.

Pour toute question ou préoccupation, veuillez contacter notre équipe d'assistance. Nous vous répondrons dans les 8 heures et vous apporterons toute l'aide nécessaire !

Voici notre adresse e-mail : support@feierdun.fit

PHILOSOPHIE DU PRODUIT

Alors que de plus en plus de femmes se mettent à la musculation et aspirent à un corps plus sain et plus fort, cet haltère ajustable a été conçu spécialement pour elles : avec ses options de poids accessibles, sa conception portable et ses coloris élégants, il répond à tous leurs besoins.

Que vous soyez débutante ou confirmée, à la maison ou en déplacement, nous espérons qu'il rendra vos séances d'entraînement plus pratiques, motivantes et agréables - votre allié idéal pour atteindre vos objectifs de forme et de bien-être.

INFORMACIÓN DEL PRODUCTO

- Opciones de peso en 5 niveles

Versión de 6 lbs (por mancuerna): 2 lbs, 3 lbs, 4 lbs, 5 lbs, 6 lbs

Versión de 10 lbs (por mancuerna): 2 lbs, 4 lbs, 6 lbs, 8 lbs, 10 lbs

- Opciones de color

Gris fuerte, Azul menta, Rosa suave, Morado vibrante

- Materiales

Mango de silicona antideslizante y resistente al sudor, TPE ecológico y duradero, Acero incorporado

- Ajuste de peso

Ajusta el peso de la mancuerna según tu nivel de condición física y comodidad. Asegúrate de que el peso esté bien fijado antes de usarla.

- Entrenamiento seguro

Un entrenamiento incorrecto o excesivo puede causar lesiones o efectos adversos para la salud. Ejercítate siempre dentro de tus límites personales y sigue las técnicas adecuadas.

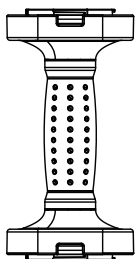
- Precaución durante el ejercicio

Si sientes alguna molestia al ejercitarte, deja de usar el producto inmediatamente y consulta con un médico antes de continuar.

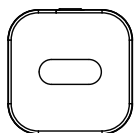
- Uso cuidadoso

Maneja las mancuernas ajustables con cuidado para evitar lesiones. Evite caídas o uso inadecuado.

¿QUÉ RECIBIRÁS?



Mango ×2



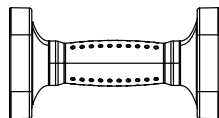
Discos de pesas ×16



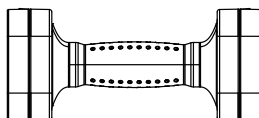
Manual de usuario ×1

NIVELES DE PESO

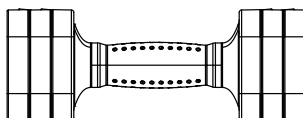
Versión de 6 lbs/2.74 kg (por mancuerna)



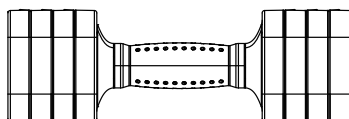
2 lbs (0.9 kg)



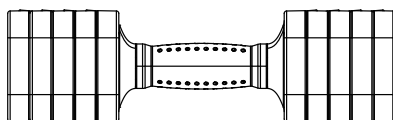
3 lbs (1.36 kg)



4 lbs (1.82 kg)



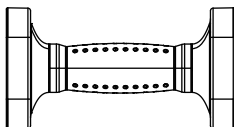
5 lbs (2.28 kg)



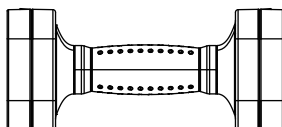
6 lbs (2.74 kg)

NIVELES DE PESO

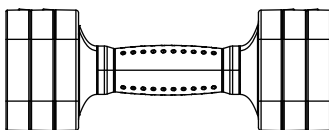
Versión de 10 lbs/4.5 kg (por mancuerna)



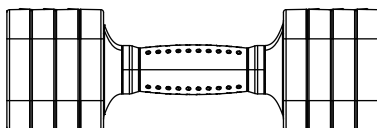
2 lbs (0.9 kg)



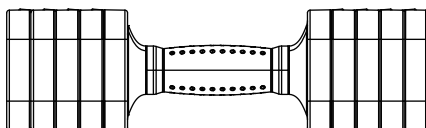
4 lbs (1.8 kg)



6 lbs (2.7 kg)



8 lbs (3.6 kg)



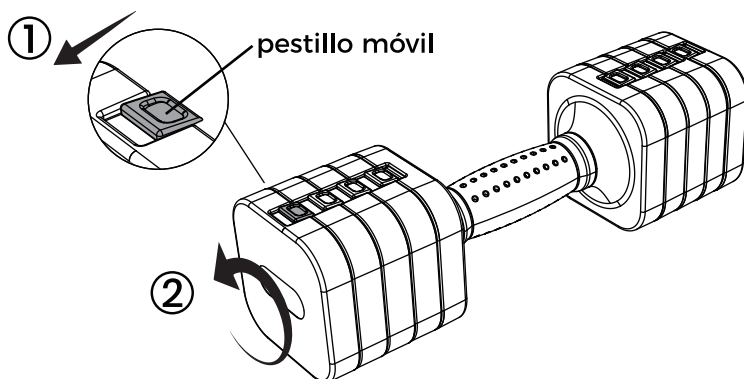
10 lbs (4.5 kg)

GUÍA DE AJUSTE DE PESO

• Reducción de peso:

1. Empuje hacia arriba el pestillo móvil como en el paso ①.
2. Gire el disco de peso aproximadamente 45° como en el paso ② para retirarlo.

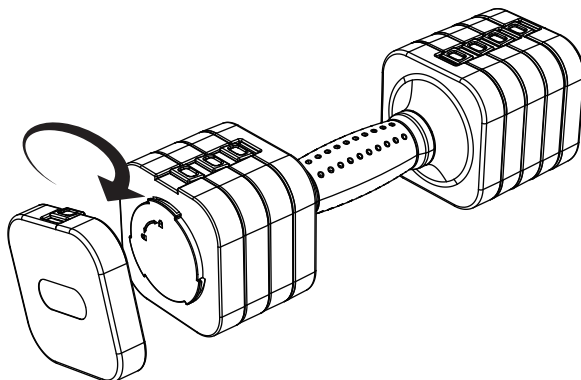
Nota: Sujete firmemente el disco al retirarlo para evitar que se suelte accidentalmente.



• Para aumentar el peso:

1. Alinee el disco de peso con el cuerpo de la mancuerna a 45° .
2. Gire el peso hasta que oiga un clic.

Nota: Asegúrese siempre de que el pestillo móvil esté completamente enganchado y que la mancuerna encaje firmemente antes de usarla.



GARANTÍA

Ofrecemos un año de garantía para este producto. Durante este período, se proporcionan repuestos gratuitos para todos los accesorios.

Si tiene alguna pregunta o inquietud, póngase en contacto con nuestro equipo de soporte. Le responderemos en un plazo de 8 horas y le brindaremos la mejor atención.

Este es nuestro correo electrónico: support@feierdun.fit

FILOSOFÍA DEL PRODUCTO

Cada vez más mujeres se suman al entrenamiento de fuerza y buscan un cuerpo más sano y fuerte, por lo que esta mancuerna ajustable ha sido diseñada pensando en ellas: desde sus opciones de peso accesibles y su diseño portátil hasta sus elegantes colores.

Tanto si eres principiante como si ya tienes experiencia, entrenes en casa o fuera, esperamos que haga que tus entrenamientos sean más cómodos, motivadores y divertidos: tu compañera ideal para lograr una versión más sana y fuerte de ti misma.

INFORMAZIONI SUL PRODOTTO

- 5 livelli di peso

Versione da 6 libbre (per manubrio): 2 libbre, 3 libbre, 4 libbre, 5 libbre, 6 libbre

Versione da 10 libbre (per manubrio): 2 libbre, 4 libbre, 6 libbre, 8 libbre, 10 libbre

- Colori disponibili

Grigio intenso, Blu menta, Rosa acceso, Viola acceso

- Materiali

Impugnatura in silicone antiscivolo e anti-sudore, TPE ecologico e resistente, Acciaio integrato

- Regolazione del peso

Regola il peso del manubrio in base al tuo livello di forma fisica e al tuo comfort. Assicurati che il peso sia fissato saldamente prima dell'uso.

- Allenamento sicuro

Un allenamento scorretto o eccessivo può causare lesioni o effetti negativi sulla salute. Allenati sempre entro i tuoi limiti personali e segui le tecniche appropriate.

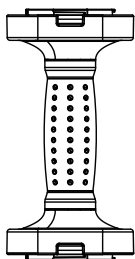
- Precauzioni durante l'esercizio

Se avverti fastidio durante l'allenamento, interrompi immediatamente l'uso del prodotto e consulta un medico prima di continuare.

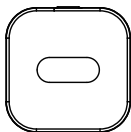
- Utilizzo prudente

Maneggiare i manubri regolabili con cura per evitare lesioni. Evitare cadute o uso improprio.

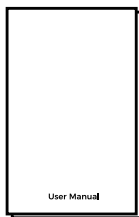
COSA RICEVERAI?



Maniglia ×2



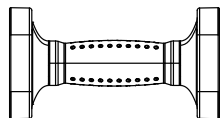
Dischi di peso ×16



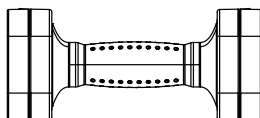
Manuale utente ×1

LIVELLI DI PESO

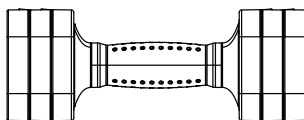
Versione da 6 lbs/2.74 kg (per manubrio)



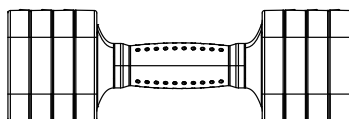
2 lbs (0.9 kg)



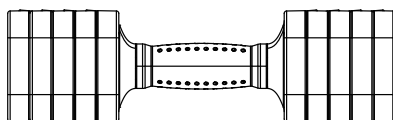
3 lbs (1.36 kg)



4 lbs (1.82 kg)



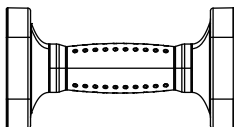
5 lbs (2.28 kg)



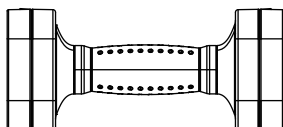
6 lbs (2.74 kg)

LIVELLI DI PESO

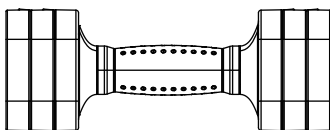
Versione da 10 lbs/4.5 kg (per manubrio)



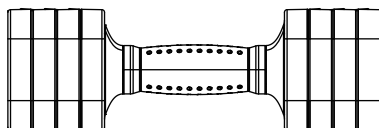
2 lbs (0.9 kg)



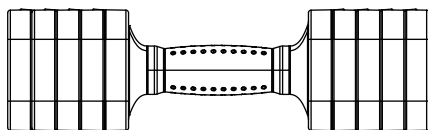
4 lbs (1.8 kg)



6 lbs (2.7 kg)



8 lbs (3.6 kg)



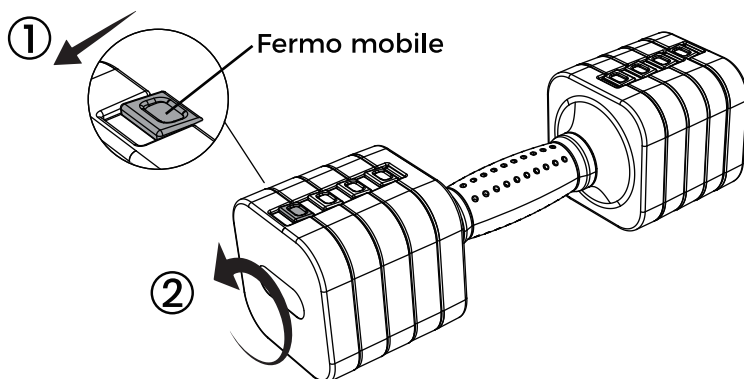
10 lbs (4.5 kg)

GUIDA ALLA REGOLAZIONE DEL PESO

• Riduzione del peso:

1. Spingere verso l'alto il fermo mobile come indicato nel passaggio ①.
2. Ruotare il disco di circa 45° come indicato nel passaggio ② per rimuoverlo.

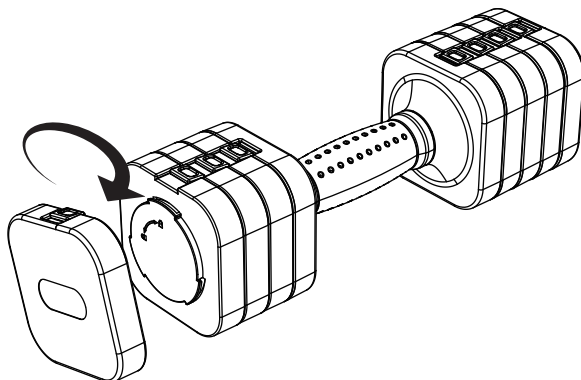
Nota: tenere saldamente il disco quando si rimuovono i dischi per evitare che si stacchino accidentalmente.



• Aumento del peso:

1. Allineare il disco del peso con il corpo del manubrio a 45°.
2. Ruotare il peso fino a sentire un "clic".

Nota: assicurarsi sempre che il fermo mobile sia completamente inserito e che il manubrio scatti saldamente prima dell'uso.



GARANZIA

Offriamo un anno di garanzia per questo prodotto. Durante questo periodo, la sostituzione di tutti gli accessori è gratuita.

Per qualsiasi domanda o dubbio, contatta il nostro team di supporto. Ti risponderemo entro 8 ore e ti supporteremo con la massima attenzione!

Questa è la nostra email: support@feierdun.fit

FILOSOFIA DEL PRODOTTO

Poiché sempre più donne si dedicano all'allenamento della forza e desiderano un corpo più sano e forte, questo manubrio regolabile è stato progettato con cura pensando alle donne, dalle sue opzioni di peso accessibili, al design portatile, fino alle sue eleganti scelte di colore.

Che tu sia una principiante o un atleta esperto, a casa o in viaggio, speriamo che renda i tuoi allenamenti più comodi, stimolanti e piacevoli: il tuo compagno fidato per raggiungere un corpo più sano e forte.



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