

FEIERDUN

Multifunctional Dumbbell Set



EN

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ES

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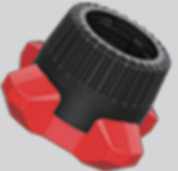

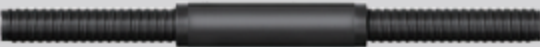
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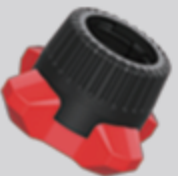

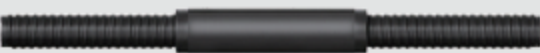
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10KG(20LBS) Accessory List

Part NO.	Accessories Picture	Name	Quantity	Part NO.	Accessories Picture	Name	Quantity
NO. 1		Dumbbell Piece 1KG (2LBS)	4	NO. 5		Barbell Connecting Rod	1
NO. 2		Dumbbell Piece 1.25KG (2.75LBS)	4	NO. 6		Kettlebell Handle	2
NO. 3		Fixed Nut	4	NO. 7		Kettlebell Base Rod	1
NO. 4		Dumbbell Bar	2				


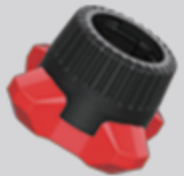
If any parts are lost or damaged, please contact the seller via: support@fedfitness.com

16KG(35LBS) Accessory List

Part NO.	Accessories Picture	Name	Quantity	Part NO.	Accessories Picture	Name	Quantity
NO. 1		Dumbbell Piece 1.5KG (3.5LBS)	4	NO. 5		Barbell Connecting Rod	1
NO. 2		Dumbbell Piece 2.5KG (5.5LBS)	4	NO. 6		Kettlebell Handle	2
NO. 3		Fixed Nut	4	NO. 7		Kettlebell Base Rod	1
NO. 4		Dumbbell Bar	2				







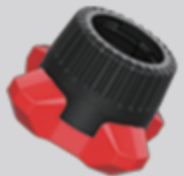

If any parts are lost or damaged, please contact the seller via: support@fedfitness.com

21 KG(45LBS) Accessory List

Part NO.	Accessories Picture	Name	Quantity	Part NO.	Accessories Picture	Name	Quantity
NO. 1		Dumbbell Piece 1.25KG (2.75LBS)	4	NO. 5		Dumbbell Bar	2
NO. 2		Dumbbell Piece 1.5KG (3.5LBS)	4	NO. 6		Barbell Connecting Rod	1
NO. 3		Dumbbell Piece 2KG (4.5LBS)	4	NO. 7		Kettlebell Handle	2
NO. 4		Fixed Nut	4	NO. 8		Kettlebell Base Rod	1








If any parts are lost or damaged, please contact the seller via: support@fedfitness.com

26KG(55LBS) Accessory List

Part NO.	Accessories Picture	Name	Quantity	Part NO.	Accessories Picture	Name	Quantity
NO. 1		Dumbbell Piece 1.5KG (3.5LBS)	4	NO. 5		Dumbbell Bar	2
NO. 2		Dumbbell Piece 2KG (4.5LBS)	4	NO. 6		Barbell Connecting Rod	1
NO. 3		Dumbbell Piece 2.5KG (5.5LBS)	4	NO. 7		Kettlebell Handle	2
NO. 4		Fixed Nut	4	NO. 8		Kettlebell Base Rod	1

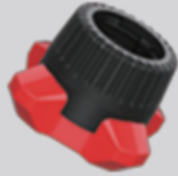





If any parts are lost or damaged, please contact the seller via: support@fedfitness.com

33KG(70LBS) Accessory List

Part NO.	Accessories Picture	Name	Quantity	Part NO.	Accessories Picture	Name	Quantity
NO. 1		Dumbbell Piece 1.25KG (2.75LBS)	4	NO. 5		Fixed Nut	4
NO. 2		Dumbbell Piece 1.5KG (3.5LBS)	4	NO. 6		Dumbbell Bar	2
NO. 3		Dumbbell Piece 2KG (4.5LBS)	4	NO. 7		Barbell Connecting Rod	1
NO. 4		Dumbbell Piece 3KG (6.5LBS)	4	NO. 8		Kettlebell Handle	2
				NO. 9		Kettlebell Base Rod	1

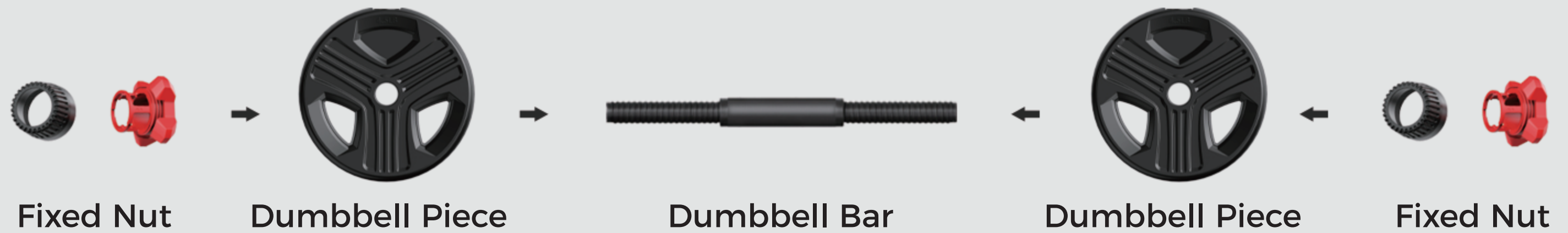
If any parts are lost or damaged, please contact the seller via: support@fedfitness.com

43KG(90LBS) Accessory List

Part NO.	Accessories Picture	Name	Quantity	Part NO.	Accessories Picture	Name	Quantity
NO. 1		Dumbbell Piece 1.5KG (3.5LBS)	4	NO. 5		Fixed Nut	4
NO. 2		Dumbbell Piece 2KG (4.5LBS)	4	NO. 6		Dumbbell Bar	2
NO. 3		Dumbbell Piece 3KG (6.5LBS)	4	NO. 7		Barbell Connecting Rod	1
NO. 4		Dumbbell Piece 3.5KG (7.5LBS)	4	NO. 8		Kettlebell Handle	2
				NO. 9		Kettlebell Base Rod	1

If any parts are lost or damaged, please contact the seller via: support@fedfitness.com

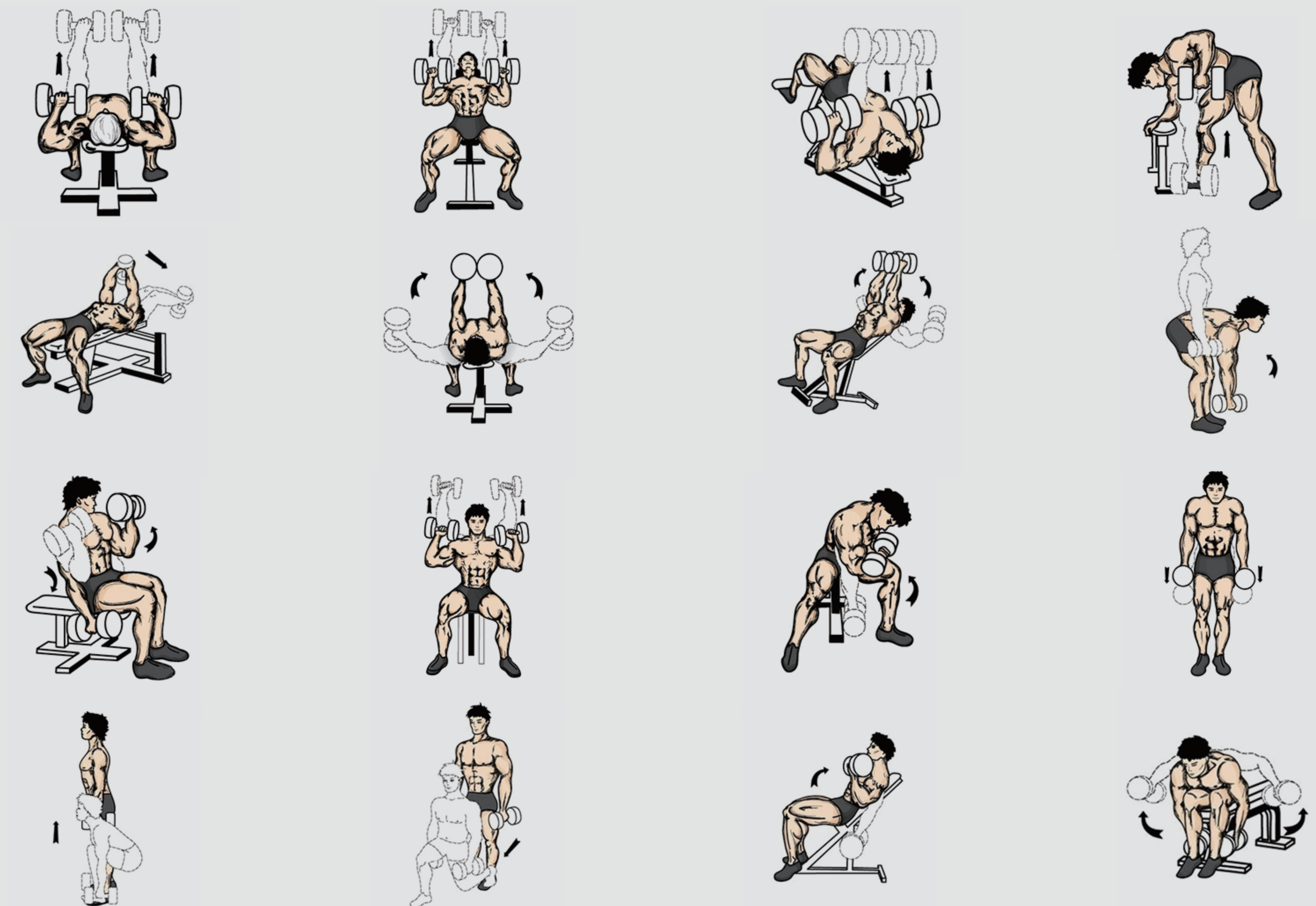
Usage Instruction-Dumbbell Mode



Attach dumbbell piece to the dumbbell bar & Tighten the Fixed nut



Usage Instruction-Dumbbell Mode



Usage Instruction-Barbell Mode

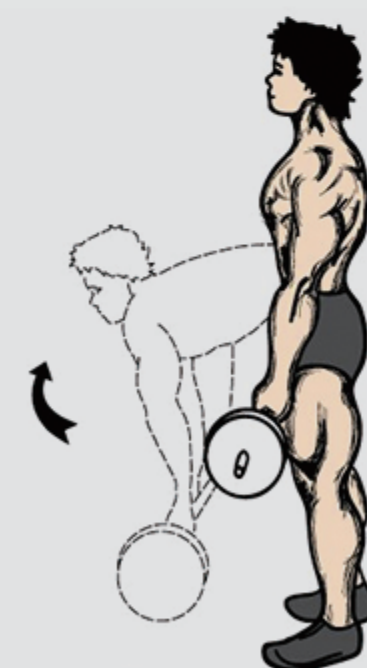
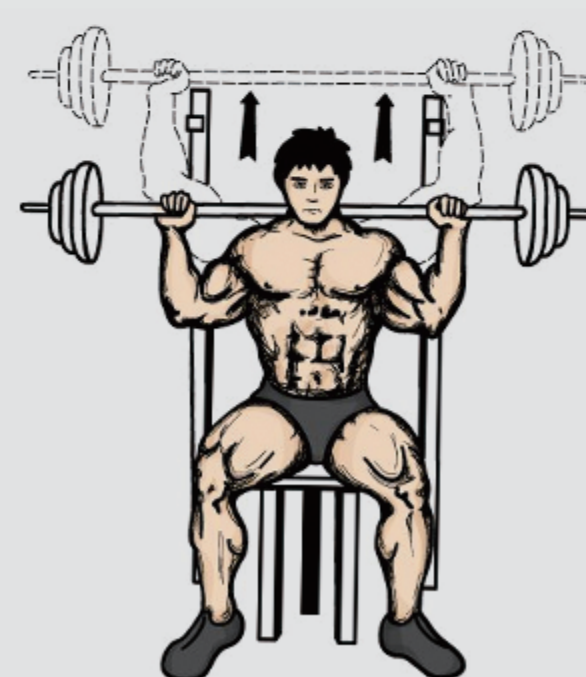
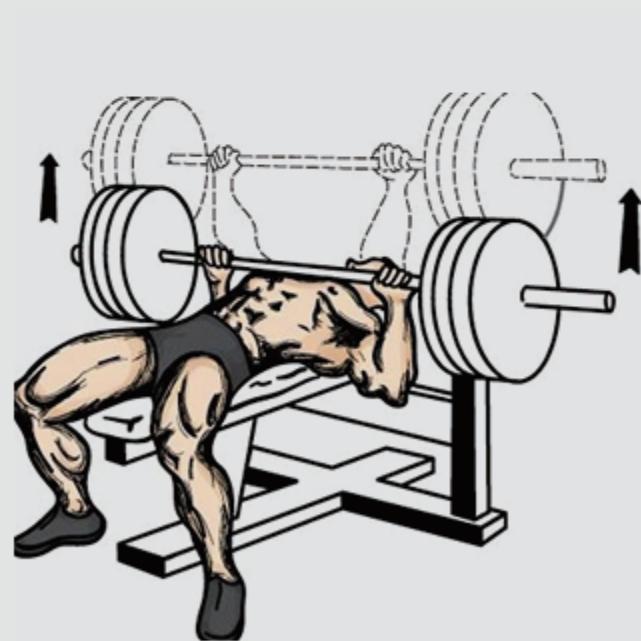


Complete the connection and install the dumbbells

WAY 1



WAY 2



Usage Instruction-Kettlebell Mode



Kettlebell Handle



Dumbbell Piece



Kettlebell Base Rod



Attach dumbbell piece to the Kettlebell Base Rod & Tighten the Fixed nut

WAY 1



WAY 2



Attention: Fixed nut needs to be attached to the kettlebell base when the piece is less than 4.



Kettlebell Handle



Dumbbell



Attach Kettlebell Handle to the Dumbbell

WAY 2



WAY 2




Maintenance

Stock in a cool and dry environment.
Clean with soft tissue.

Warranty





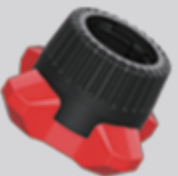


Please contact us via the following email if you need help.
Contact seller: support@fedfitness.com

10KG(20LBS) Zubehörliste

Teil NO.	Zubehör Bild	Name	Menge	Teil NO.	Zubehör Bild	Name	Menge
NO. 1		Hantelstück 1KG (2LBS)	4	NO. 5		Hantel- stange	1
NO. 2		Hantelstück 1.25KG (2.75LBS)	4	NO. 6		Kettlebell -Griff	2
NO. 3		Feste Mutter	4	NO. 7		Kettlebell -Basisstange	1
NO. 4		Hantelstange	2				




Bei Verlust oder Beschädigung von Teilen wenden Sie sich bitte an den Verkäufer unter: support@fedfitness.com

16KG(35LBS) Zubehörliste

Teil NO.	Zubehör Bild	Name	Menge	Teil NO.	Zubehör Bild	Name	Menge
NO. 1		Hantelstück 1.5KG (3.5LBS)	4	NO. 5		Hantel- stange	1
NO. 2		Hantelstück 2.5KG (5.5LBS)	4	NO. 6		Kettlebell -Griff	2
NO. 3		Feste Mutter	4	NO. 7		Kettlebell -Basisstange	1
NO. 4		Hantelstange	2				

If any parts are lost or damaged, please contact the seller via: support@fedfitness.com

21 KG(45LBS) Zubehörliste

Teil NO.	Zubehör Bild	Name	Menge	Teil NO.	Zubehör Bild	Name	Menge
NO. 1		Hantelstück 1.25KG (2.75LBS)	4	NO. 5		Hantel- stange	2
NO. 2		Hantelstück 1.5KG (3.5LBS)	4	NO. 6		Langhan- tel-Verbind- ungsstange	1
NO. 3		Hantelstück 2KG (4.5LBS)	4	NO. 7		Kettlebell- -Griff	2
NO. 4		Feste Mutter	4	NO. 7		Kettlebell- -Basisstange	1

If any parts are lost or damaged, please contact the seller via: support@fedfitness.com

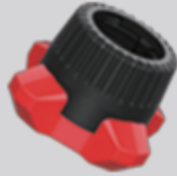




26KG(55LBS) Zubehörliste

Teil NO.	Zubehör Bild	Name	Menge	Teil NO.	Zubehör Bild	Name	Menge
NO. 1		Hantelstück 1.5KG (3.5LBS)	4	NO. 5		Hantel- stange	2
NO. 2		Hantelstück 2KG (4.5LBS)	4	NO. 6		Langhantel- Verbind- ungsstange	1
NO. 3		Hantelstück 2.5KG (5.5LBS)	4	NO. 7		Kettlebell- -Griff	2
NO. 4		Feste Mutter	4	NO. 8		Kettlebell- -Basisstange	1

If any parts are lost or damaged, please contact the seller via: support@fedfitness.com

33KG(70LBS) Zubehörliste

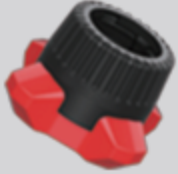




Teil NO.	Zubehör Bild	Name	Menge
NO. 1		Hantelstück 1.25KG (2.75LBS)	4
NO. 2		Hantelstück 1.5KG (3.5LBS)	4
NO. 3		Hantelstück 2KG (4.5LBS)	4
NO. 4		Hantelstück 3KG (6.5LBS)	4

Teil NO.	Zubehör Bild	Name	Menge
NO. 5		Feste Mutter	4
NO. 6		Hantel- stange	2
NO. 7		Langhantel- Verbind- ungsstange	1
NO. 8		Kettlebell- -Griff	2
NO. 9		Kettlebell Basis- stange	1

If any parts are lost or damaged, please contact the seller via: support@fedfitness.com

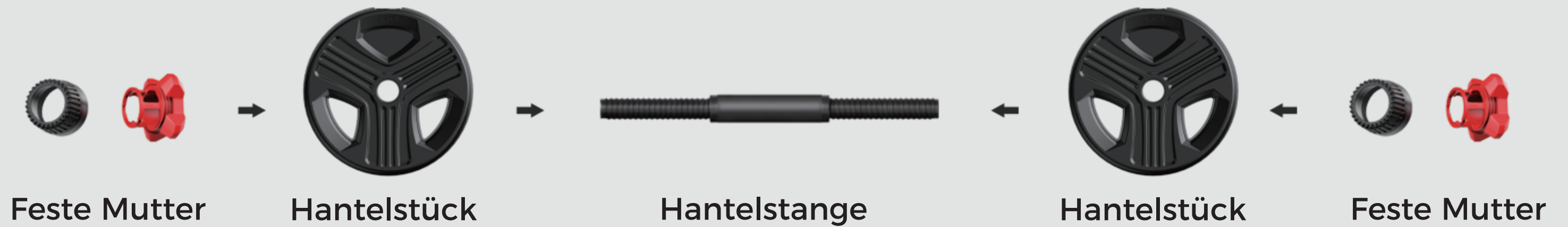
43KG(90LBS) Zubehörliste

Teil NO.	Zubehör Bild	Name	Menge
NO. 1		Hantelstück 1.5KG (3.5LBS)	4
NO. 2		Hantelstück 2KG (4.5LBS)	4
NO. 3		Hantelstück 3KG (6.5LBS)	4
NO. 4		Hantelstück 3.5KG (7.5LBS)	4

Teil NO.	Zubehör Bild	Name	Menge
NO. 5		Feste Mutter	4
NO. 6		Hantel- stange	2
NO. 7		Langhantel- Verbind- ungsstange	1
NO. 8		Kettlebell- -Griff	2
NO. 9		Kettlebell Basis- stange	1

If any parts are lost or damaged, please contact the seller via: support@fedfitness.com

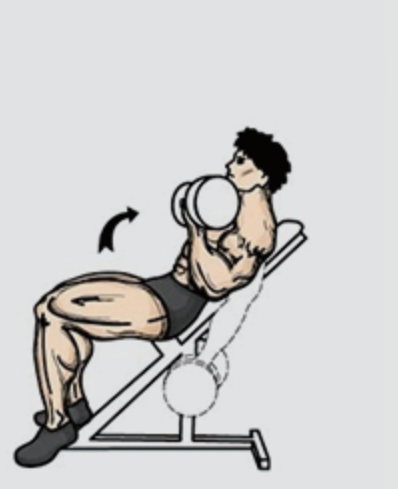
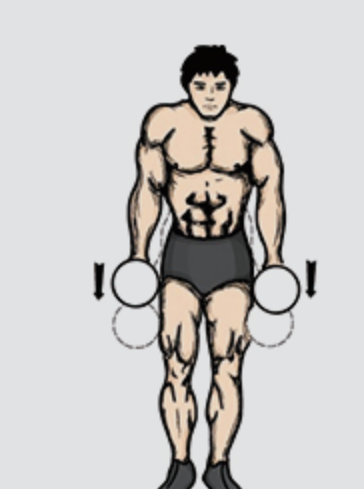
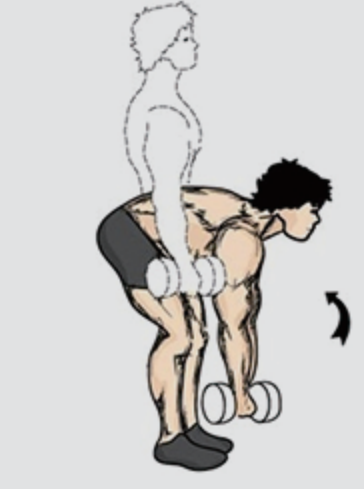
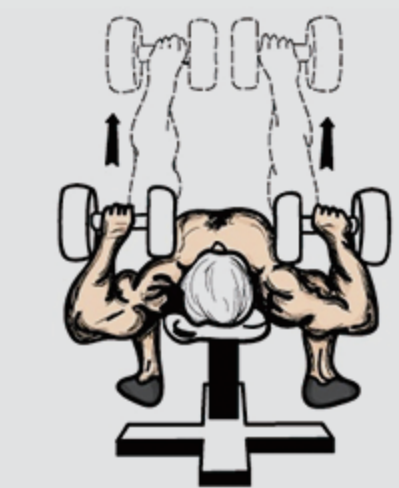
Gebrauchsanweisung - Hantelmodus



Befestigen Sie das Hantelstück an der Hantelstange & Ziehen Sie die feste Mutter fest.



Gebrauchsanweisung - Hantelmodus



Gebrauchsanweisung - Langhantelmodus /Barbell DE

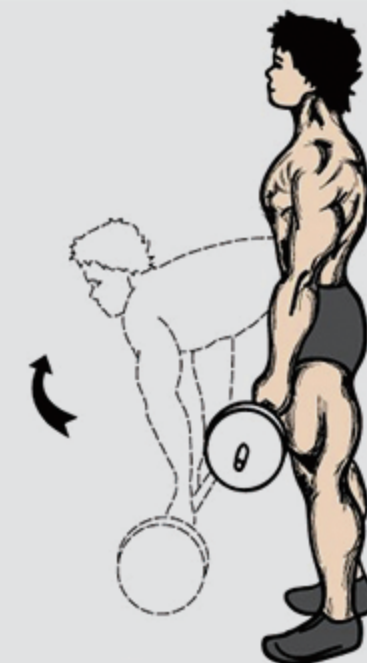
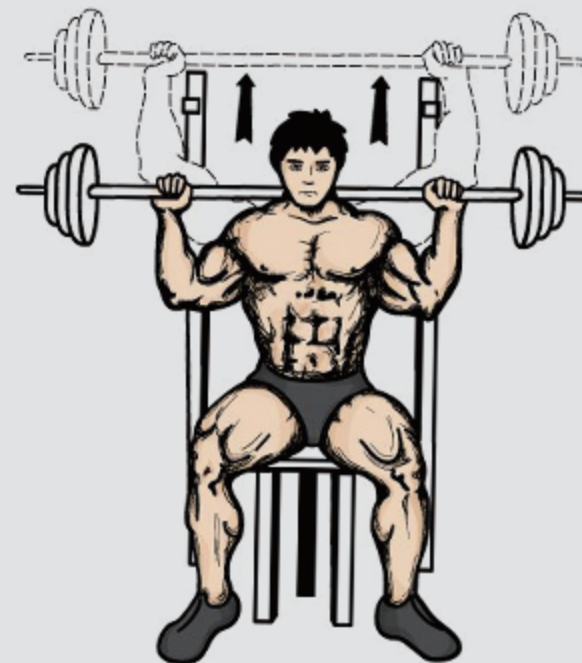


Die Verbindung herstellen und die Hanteln montieren

WEG 1



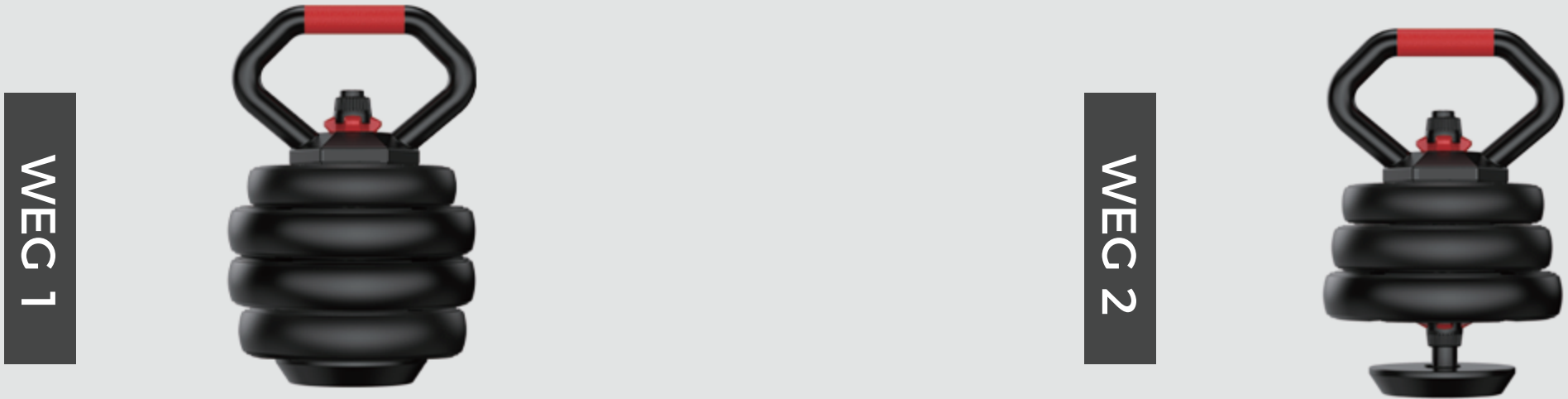
WEG 2



Gebrauchsanweisung – Kettlebell-Modus



Befestigen Sie das Hantelstück an der Kettlebell-Basisstange und ziehen Sie die feste Mutter fest.



Achtung: Die feste Mutter muss an der Kettlebell-Basis befestigt werden, wenn das Teil weniger als 4 beträgt.



Befestigen Sie den Kettlebell-Griff an der Hantel.







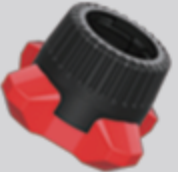


Wartung

In einer kühlen und trockenen Umgebung lagern.
Mit einem weichen Tuch reinigen.

Garantie

Wenn Sie Hilfe benötigen, kontaktieren Sie uns bitte über die folgende E-Mail-Adresse.
Verkäufer kontaktieren: support@fedfitness.com

Liste des accessoires 10KG(20LBS)

Partie NO.	Accessoires Image	Nom	Quantité	Partie NO.	Accessoires Image	Nom	Quantité
NO. 1		Pièce d'haltère 1KG (2LBS)	4	NO. 5		Barre de connexion pour haltères	1
NO. 2		Pièce d'haltère 1.25KG (2.75LBS)	4	NO. 6		Poignée pour kettlebell	2
NO. 3		Écrou fixe	4	NO. 7		Barre de base pour kettlebell	1
NO. 4		Barre d'haltère	2				

Si des pièces sont perdues ou endommagées, veuillez contacter le vendeur via: support@fedfitness.com







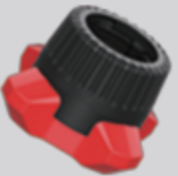

Liste des accessoires 16KG(35LBS)

FR

Partie NO.	Accessoires Image	Nom	Quantité	Partie NO.	Accessoires Image	Nom	Quantité
NO. 1		Pièce d'haltère 1.5KG (3.5LBS)	4	NO. 5		Barre de connexion pour haltères	1
NO. 2		Pièce d'haltère 2.5KG (5.5LBS)	4	NO. 6		Poignée pour kettlebell	2
NO. 3		Écrou fixe	4	NO. 7		Barre de base pour kettlebell	1
NO. 4		Barre d'haltère	2				

Bei Verlust oder Beschädigung von Teilen wenden Sie sich bitte an den Verkäufer unter: support@fedfitness.com

Liste des accessoires 21 KG(45LBS)

Partie NO.	Accessoires Image	Nom	Quantité	Partie NO.	Accessoires Image	Nom	Quantité
NO. 1		Pièce d'haltère 1.25KG (2.75LBS)	4	NO. 5		Barre d'haltères	2
NO. 2		Pièce d'haltère 1.5KG (3.5LBS)	4	NO. 6		Barre de connexion pour haltères	1
NO. 3		Pièce d'haltère 2KG (4.5LBS)	4	NO. 7		Poignée pour kettlebell	2
NO. 4		Écrou fixe	4	NO. 8		Barre de base pour kettlebell	1

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Liste des accessoires 26KG(55LBS)

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Partie NO.	Accessoires Image	Nom	Quantité	Partie NO.	Accessoires Image	Nom	Quantité
NO. 1		Pièce d'haltère 1.5KG (3.5LBS)	4	NO. 5		Barre d'haltères	2
NO. 2		Pièce d'haltère 2KG (4.5LBS)	4	NO. 6		Barre de connexion pour haltères	1
NO. 3		Pièce d'haltère 2.5KG (5.5LBS)	4	NO. 7		Poignée pour kettlebell	2
NO. 4		Écrou fixe	4	NO. 8		Barre de base pour kettlebell	1

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Liste des accessoires 33KG(70LBS)

Partie NO.	Accessoires Image	Nom	Quantité	Partie NO.	Accessoires Image	Nom	Quantité
NO. 1		Pièce d'haltère 1.25KG (2.75LBS)	4	NO. 5		Écrou fixe	4
NO. 2		Pièce d'haltère 1.5KG (3.5LBS)	4	NO. 6		Barre d'haltères	2
NO. 3		Pièce d'haltère 2KG (4.5LBS)	4	NO. 7		Barre de connexion pour haltères	1
NO. 4		Pièce d'haltère 3KG (6.5LBS)	4	NO. 8		Poignée pour kettlebell	2
				NO. 9		Barre de base pour kettlebell	1

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Liste des accessoires 43KG(90LBS)

FR

Partie NO.	Accessoires Image	Nom	Quantité	Partie NO.	Accessoires Image	Nom	Quantité
NO. 1		Pièce d'haltère 1.5 KG (3.5LBS)	4	NO. 5		Écrou fixe	4
NO. 2		Pièce d'haltère 2KG (4.5LBS)	4	NO. 6		Barre d'Pièce d'haltères	2
NO. 3		Pièce d'haltère 3KG (6.5LBS)	4	NO. 7		Barre de connexion pour Pièce d'haltères	1
NO. 4		Pièce d'haltère 3.5KG (7.5LBS)	4	NO. 8		Poignée pour kettlebell	2
				NO. 9		Barre de base pour kettlebell	1

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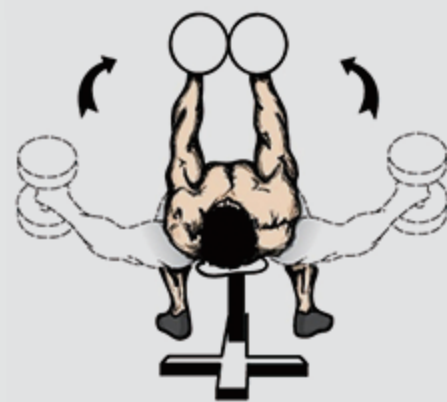
Mode d'emploi - Mode Haltères



Fixez la pièce d'haltère à la barre d'haltère & Serrez l'écrou fixe



Mode d'emploi - Mode Haltères



Mode d'emploi - Mode Barbell

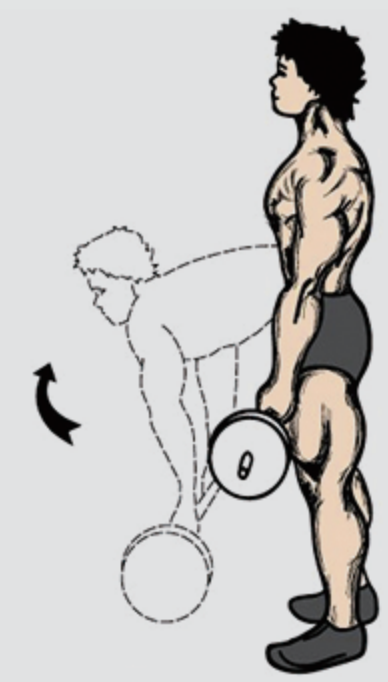
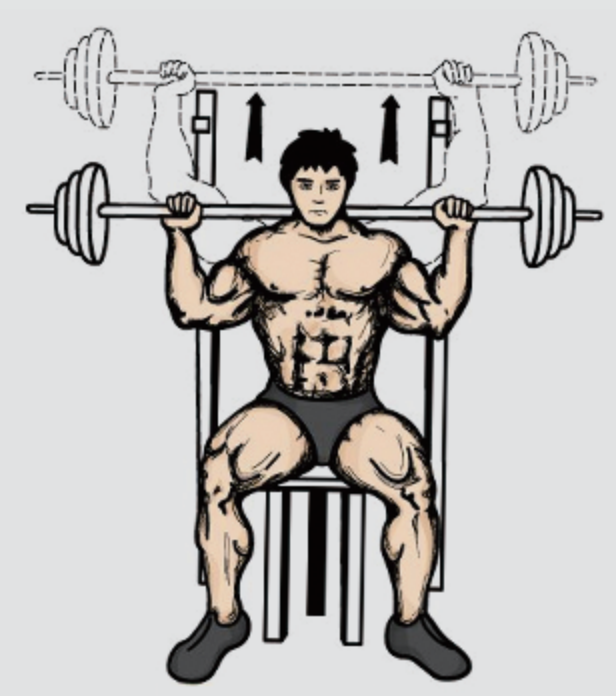
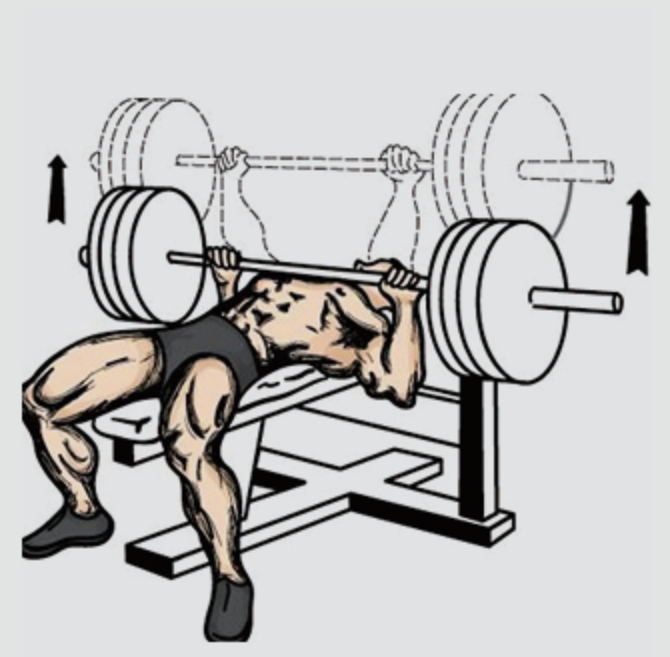


Effectuez le raccordement et installez les haltères.

CHEMIN 1



CHEMIN 2



Mode d'emploi - Mode Kettlebells



Poignée de kettlebell



Pièce d'haltère



Tige de base de kettlebell



Fixez la pièce d'haltère à la tige de base du kettlebell et serrez l'écrou fixe.

CHEMIN 1



CHEMIN 2



Attention : l'écrou fixe doit être fixé à la base du kettlebell lorsque la pièce mesure moins de 4.



Poignée de kettlebell



Haltère



Fixez la poignée de kettlebell à l'haltère.

CHEMIN 1



CHEMIN 2



Entretien

Conserver dans un endroit frais et sec.
Nettoyer avec un mouchoir en papier doux.

Garantie

Veillez nous contacter par courriel si vous avez besoin d'aide.
Contacter le vendeur: support@fedfitness.com




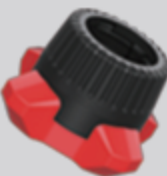


Lista de accesorios de 10KG(20LBS)

ES

Parte NO.	Accesorios Imagen	Nombre	Cantidad	Parte NO.	Accesorios Imagen	Nombre	Cantidad
NO. 1		Pieza de mancuerna 1KG (2LBS)	4	NO. 5		Barra de conexión para barra	1
NO. 2		Pieza de mancuerna 1.25KG (2.75LBS)	4	NO. 6		Asa para pesas rusas	2
NO. 3		Tuerca fija	4	NO. 7		Barra base para pesas rusas	1
NO. 4		Barra de mancuernas	2				

Si alguna pieza se pierde o se daña, póngase en contacto con el vendedor a través de: support@fedfitness.com

Lista de accesorios de 16KG(35LBS)

Parte NO.	Accesorios Imagen	Nombre	Cantidad	Parte NO.	Accesorios Imagen	Nombre	Cantidad
NO. 1		Pieza de mancuerna 1.5KG (3.5LBS)	4	NO. 5		Barra de conexión para barra	1
NO. 2		Pieza de mancuerna 2.5KG (5.5LBS)	4	NO. 6		Asa para pesas rusas	2
NO. 3		Tuerca fija	4	NO. 7		Barra base para pesas rusas	1
NO. 4		Barra de mancuernas	2				

Si alguna pieza se pierde o se daña, póngase en contacto con el vendedor a través de: support@fedfitness.com

Lista de accesorios de 21KG(45LBS)

ES

Parte NO.	Accesorios Imagen	Nombre	Cantidad	Parte NO.	Accesorios Imagen	Nombre	Cantidad
NO. 1		Pieza de mancuerna 1.25KG (2.75LBS)	4	NO. 5		Barra de mancuernas	2
NO. 2		Pieza de mancuerna 1.5KG (3.5LBS)	4	NO. 6		Barra de conexión para barra	1
NO. 3		Pieza de mancuerna 2KG (4.5LBS)	4	NO. 7		Asa para pesas rusas	2
NO. 4		Tuerca fija	4	NO. 8		Barra base para pesas rusas	1

Si alguna pieza se pierde o se daña, póngase en contacto con el vendedor a través de: support@fedfitness.com

Lista de accesorios de 26KG(55LBS)

Parte NO.	Accesorios Imagen	Nombre	Cantidad	Parte NO.	Accesorios Imagen	Nombre	Cantidad
NO. 1		Pieza de mancuerna 1.5KG (3.5LBS)	4	NO. 5		Barra de mancuernas	2
NO. 2		Pieza de mancuerna 2KG (4.5LBS)	4	NO. 6		Barra de conexión para barra	1
NO. 3		Pieza de mancuerna 2.5KG (5.5LBS)	4	NO. 7		Asa para pesas rusas	2
NO. 4		Tuerca fija	4	NO. 8		Barra base para pesas rusas	1

Si alguna pieza se pierde o se daña, póngase en contacto con el vendedor a través de: support@fedfitness.com

Lista de accesorios de 33KG(70LBS)

ES

Parte NO.	Accesorios Imagen	Nombre	Cantidad	Parte NO.	Accesorios Imagen	Nombre	Cantidad
NO. 1		Pieza de mancuerna 1.25KG (2.75LBS)	4	NO. 5		Tuerca fija	4
NO. 2		Pieza de mancuerna 1.5KG (3.5LBS)	4	NO. 6		Barra de mancuernas	2
NO. 3		Pieza de mancuerna 2KG (4.5LBS)	4	NO. 7		Barra de conexión para barra	1
NO. 4		Pieza de mancuerna 3KG (6.5LBS)	4	NO. 8		Asa para pesas rusas	2
				NO. 9		Barra base para pesas rusas	1

Si alguna pieza se pierde o se daña, póngase en contacto con el vendedor a través de: support@fedfitness.com

Lista de accesorios de 43KG(90LBS)

Parte NO.	Accesorios Imagen	Nombre	Cantidad
NO. 1		Pieza de mancuerna 1.5KG (3.5LBS)	4
NO. 2		Pieza de mancuerna 2KG (4.5LBS)	4
NO. 3		Pieza de mancuerna 3KG (6.5LBS)	4
NO. 4		Pieza de mancuerna 3.5KG (7.5LBS)	4

Parte NO.	Accesorios Imagen	Nombre	Cantidad
NO. 5		Tuerca fija	4
NO. 6		Barra de mancuernas	2
NO. 7		Barra de conexión para barra	1
NO. 8		Asa para pesas rusas	2
NO. 9		Barra base para pesas rusas	1

Si alguna pieza se pierde o se daña, póngase en contacto con el vendedor a través de: support@fedfitness.com

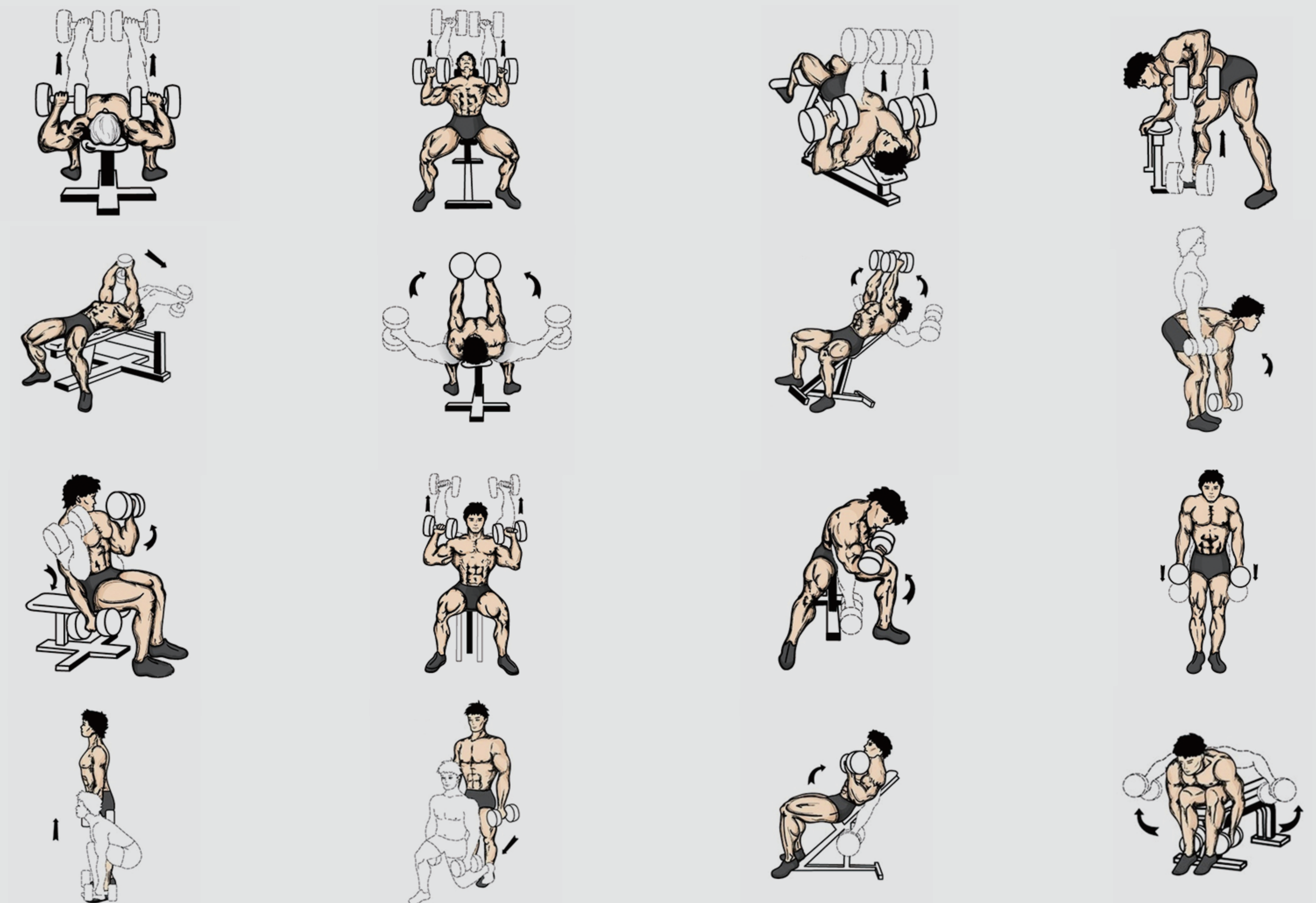
Instrucciones de uso-Modo Mancuernas



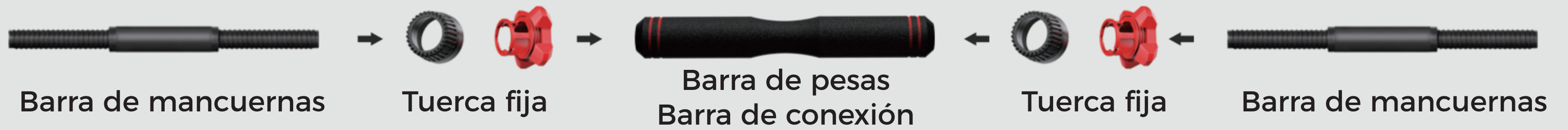
Fije la pieza de mancuerna a la barra de mancuernas. & Apriete la tuerca fija.



Instrucciones de uso-Modo Mancuernas



Instrucciones de uso - Modo Barra /Barbell

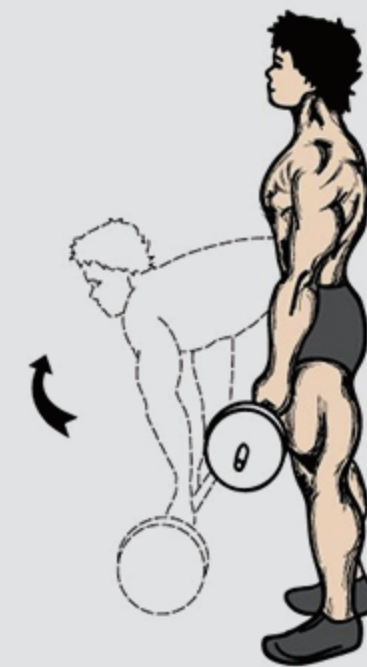
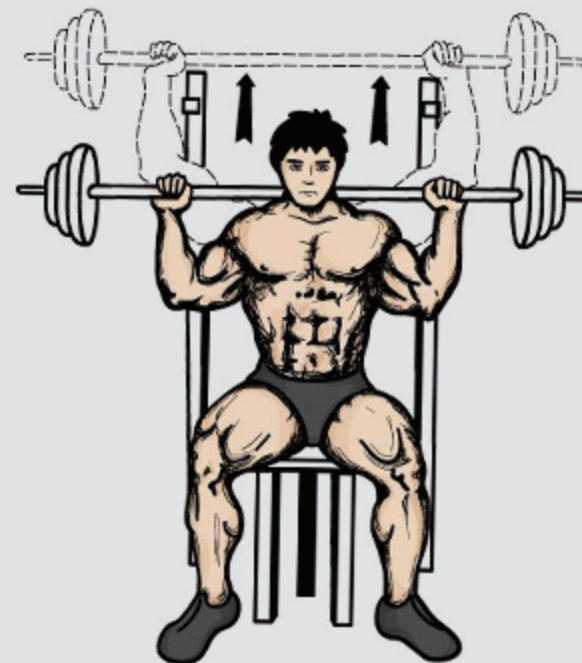
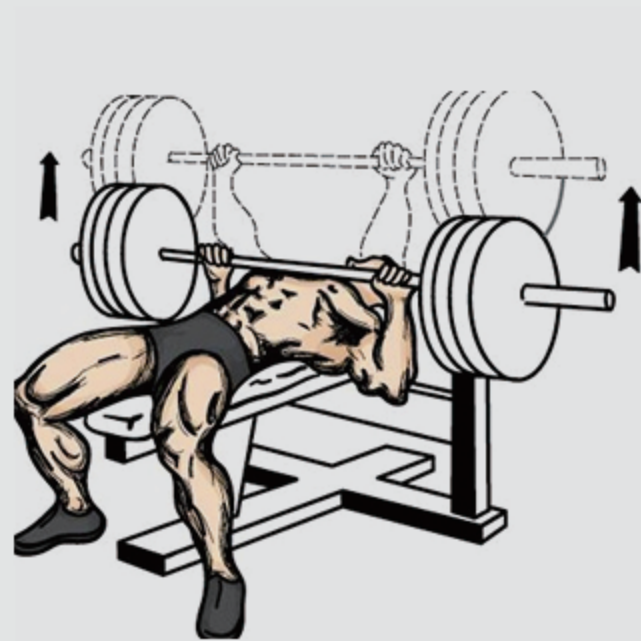


Completa la conexión e instala las mancuernas.

CAMINO 1



CAMINO 2



Instrucciones de uso - Modo Pesas Rusas / Kettlebell



Asa de pesa rusa



Pieza de mancuerna



Varilla base de pesa rusa



Fije la pieza de la mancuerna a la barra base de la pesa rusa y apriete la tuerca fija.

CAMINO 1



CAMINO 2



Atención: la tuerca fija debe fijarse a la base de la pesa rusa cuando la pieza sea inferior a 4.



Mango de pesa rusa



Mancuerna



Fije el mango de la pesa rusa a la mancuerna.

CAMINO 1



CAMINO 2



Mantenimiento

Guárdelo en un lugar fresco y seco.
Límpielo con un paño suave.

Garantía

Póngase en contacto con nosotros a través del siguiente correo electrónico si necesita ayuda.
Contactar con el vendedor: support@fedfitness.com





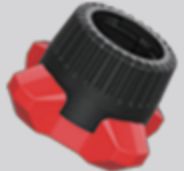


Elenco accessori 10KG(20LBS)

Parte NO.	Accessori Immagine	Nome	Quantità	Parte NO.	Accessori Immagine	Nome	Quantità
NO. 1		Pezzo di manubrio 1KG (2LBS)	4	NO. 5		Asta di collegamento per bilanciere	1
NO. 2		Pezzo di manubrio 1.25KG (2.75LBS)	4	NO. 6		Manico per kettlebell	2
NO. 3		Dado fisso	4	NO. 7		Asta di base per kettlebell	1
NO. 4		Barra per manubri	2				

In caso di smarrimento o danneggiamento di parti, contattare il venditore all'indirizzo: support@fedfitness.com







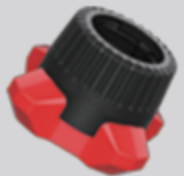

Elenco accessori 16KG(35LBS)

IT

Parte NO.	Accessori Immagine	Nome	Quantità	Parte NO.	Accessori Immagine	Nome	Quantità
NO. 1		Pezzo di manubrio 1.5KG (3.5LBS)	4	NO. 5		Asta di collegamento per bilanciere	1
NO. 2		Pezzo di manubrio 2.5KG (5.5LBS)	4	NO. 6		Manico per kettlebell	2
NO. 3		Dado fisso	4	NO. 7		Asta di base per kettlebell	1
NO. 4		Barra per manubri	2				

In caso di smarrimento o danneggiamento di parti, contattare il venditore all'indirizzo: support@fedfitness.com







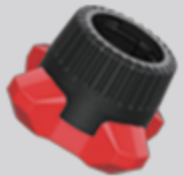

Elenco accessori 21KG(45LBS)

Parte NO.	Accessori Immagine	Nome	Quantità	Parte NO.	Accessori Immagine	Nome	Quantità
NO. 1		Pezzo di manubrio 1.25KG (2.75LBS)	4	NO. 5		Barra per manubri	2
NO. 2		Pezzo di manubrio 1.5KG (3.5LBS)	4	NO. 6		Asta di collegamento per bilanciere	1
NO. 3		Pezzo di manubrio 2KG (4.5LBS)	4	NO. 7		Manico per kettlebell	2
NO. 4		Dado fisso	4	NO. 8		Asta di base per kettlebell	1

In caso di smarrimento o danneggiamento di parti, contattare il venditore all'indirizzo: support@fedfitness.com

Elenco accessori 26KG(55LBS)

IT

Parte NO.	Accessori Immagine	Nome	Quantità	Parte NO.	Accessori Immagine	Nome	Quantità
NO. 1		Pezzo di manubrio 1.5KG (3.5LBS)	4	NO. 5		Barra per manubri	2
NO. 2		Pezzo di manubrio 2KG (4.5LBS)	4	NO. 6		Asta di collegamento per bilanciere	1
NO. 3		Pezzo di manubrio 2.5KG (5.5LBS)	4	NO. 7		Manico per kettlebell	2
NO. 4		Dado fisso	4	NO. 8		Asta di base per kettlebell	1

In caso di smarrimento o danneggiamento di parti, contattare il venditore all'indirizzo: support@fedfitness.com

Elenco accessori 33KG(70LBS)


Parte NO.	Accessori Immagine	Nome	Quantità	Parte NO.	Accessori Immagine	Nome	Quantità
NO. 1		Pezzo di manubrio 1.25KG (2.75LBS)	4	NO. 5		Dado fisso	4
NO. 2		Pezzo di manubrio 1.5KG (3.5LBS)	4	NO. 6		Barra per manubri	2
NO. 3		Pezzo di manubrio 2KG (4.5LBS)	4	NO. 7		Asta di collegamento per bilanciere	1
NO. 4		Pezzo di manubrio 3KG (6.5LBS)	4	NO. 8		Manico per kettlebell	2
				NO. 9		Asta di base per kettlebell	1

In caso di smarrimento o danneggiamento di parti, contattare il venditore all'indirizzo: support@fedfitness.com

Elenco accessori Elenco accessori 43 kg (90 lb)

IT

Parte NO.	Accessori Immagine	Nome	Quantità
NO. 1		Pezzo di manubrio 1.5KG (3.5LBS)	4
NO. 2		Pezzo di manubrio 2KG (4.5LBS)	4
NO. 3		Pezzo di manubrio 3KG (6.5LBS)	4
NO. 4		Pezzo di manubrio 3.5KG (7.5LBS)	4

Parte NO.	Accessori Immagine	Nome	Quantità
NO. 5		Dado fisso	4
NO. 6		Barra per manubri	2
NO. 7		Asta di collegamento per bilanciere	1
NO. 8		Manico per kettlebell	2
NO. 9		Asta di base per kettlebell	1

In caso di smarrimento o danneggiamento di parti, contattare il venditore all'indirizzo: support@fedfitness.com

Istruzioni per l'uso - Modalità Manubrio



Fissare il pezzo del manubrio alla barra del manubrio & Serrare il dado fisso



Istruzioni per l'uso - Modalità Manubrio



Istruzioni per l'uso - Modalità Bilanciere /Barbell

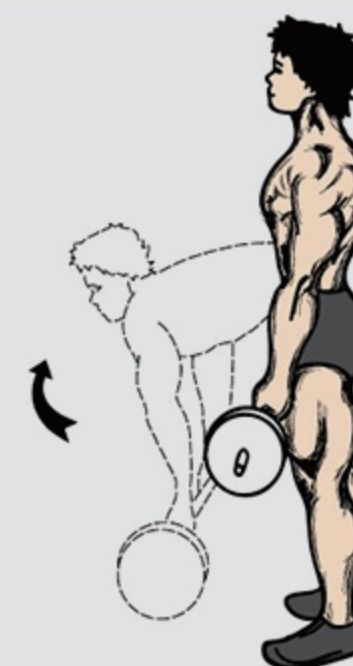
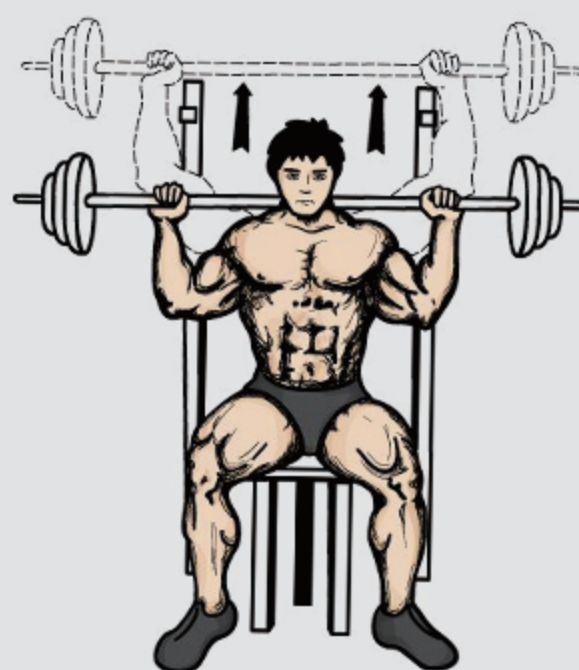
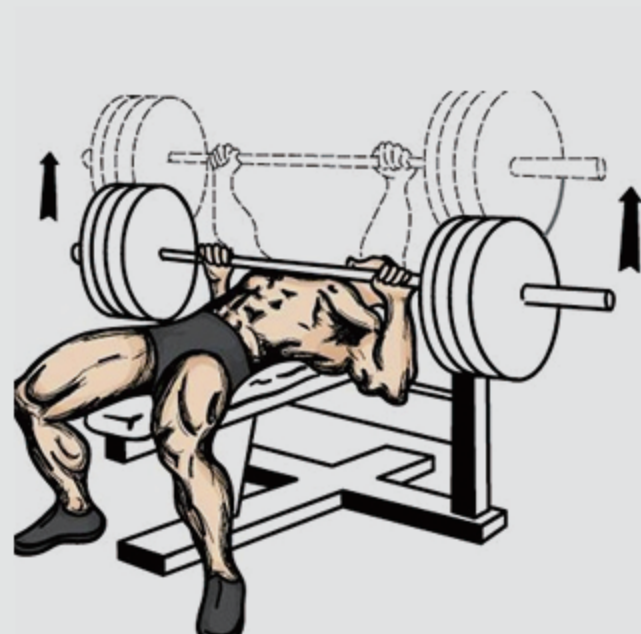


Completa il collegamento e installa i manubri

MODO 1



MODO 2



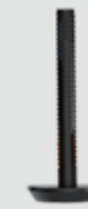
Istruzioni per l'uso - Modalità Kettlebell



Manico kettlebell



Pezzo manubrio



Asta base kettlebell



Fissare il pezzo del manubrio all'asta di base del kettlebell e serrare il dado fisso.

MODO 1



MODO 2



Attenzione: il dado fisso deve essere fissato alla base del kettlebell quando il pezzo è inferiore a 4.



Manico del kettlebell



Manubrio



Fissare il manico del kettlebell al manubrio.

MODO 1



MODO 2



Manutenzione

Conservare in un ambiente fresco e asciutto.
Pulire con un panno morbido.

Garanzia

Se avete bisogno di assistenza, contattateci al seguente indirizzo e-mail.
Contatta il venditore: support@fedfitness.com



Follow Us on Social Media @fedfitness



Email: support@fedfitness.com