



SPORTS

THANK YOU FOR YOUR ORDER



12kg Dumbbell Set

USER MANUAL Model No: 3799

Safety Instructions

Notice: Ensure you read and fully understand instructions before use

While every attempt is made to ensure the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risk of injury due to use. All merchandise is sold on this condition, which no representative of the company can waive or change.

- This product is not a toy, and is only to be used for its designated purpose.
- Never carry out any alterations or modifications to this product.
- This product is intended for indoor use only.
- The product should only be used by adults.
- Test the weight of the dumbbells before lifting. If you are not able to lift it comfortably, then refrain from use to avoid injury.
- Ensure you have a strong, tight grip on the dumbbell before lifting.
- This product is not intended for use by persons with reduced physical, sensory and mental capacities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the product by persons responsible for their safety.
- Ensure that the dumbbells are clean and free of any substances that may reduce your grip before use, use a towel to dry if necessary.
- Clean only with a damp cloth. Do not use strong industrial cleaning substances or abrasive materials as these will damage the product.
- If the product is damaged or has any defects, please contact cservice@oypla.com

Assembly Instructions

Parts List:

If you are missing any of the below parts please contact cservice@oypla.com

Please be aware that you will be referring to this parts list throughout the assembly process.

2 x 1kg dumbbell 2 x 2kg dumbbell 2 x 3kg dumbbell 10 x Screw

2 x Stand side 5 x Stand connector

Assembly Instructions:

1. Push the three stand connectors into the holes in one of the stand sides, securing each of them in place with a screw.
2. Push the other stand side onto the end of the three stand connectors, securing the stand against the stand connectors using the remaining screws.
3. Once the stand is complete, place the dumbbells onto the stand in this order; 3kg dumbbells at the bottom, 2kg dumbbells in the middle and 1kg dumbbells at the top.

HAVE A QUESTION ABOUT YOUR PURCHASE?

Our dedicated customer services team are happy to help. Contact them via:

Telephone: 020 3600 22 55
Email: cservice@oypla.com
Live Chat: WWW.OYPLA.COM

CONSIDER THE ENVIRONMENT!

In the United Kingdom, approximately 5 billion corrugated boxes are used per year amounting to around 83 per person! By recycling the cardboard box in which this product was packed, you contribute to the preservation and sustainability of the environment.

If you see a recycling logo on the packaging of your product, such as the below examples, that piece of packaging is recyclable. If there is not a recycling logo, please check with your local authorities before recycling.



PLEASE RETAIN A COPY OF THESE INSTRUCTIONS FOR FUTURE CONSULTATION

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