



SPORTS

THANK YOU FOR YOUR ORDER



*1 Pair Supplied

*Image for illustration purposes only

Dumbbell Set

User Manual: Models 5655, 5656, 5657, 5658

Basic Safety Guidelines

- This product is not a toy, and is only to be used for its intended purpose.
- Never carry out any alterations or modifications to this product.
- This product is intended for indoor use only.
- This product should only be used by adults.
- Test the weight of the dumbbells before lifting. If you are not able to lift it comfortably, refrain from use to avoid injury.
- Ensure you have a strong, tight grip on the dumbbell before lifting.
- Ensure that the dumbbells are clean and free of any substances that may reduce grip before use. Use a towel to dry them if necessary.
- Clean only with a damp cloth. Do not use any strong industrial cleaning substances or abrasive materials as these may damage the coating.
- If the product is damaged or has any defects, please contact cservice@oypla.com.