



Out of this world savings.

User Manual

Model: **3799**



12kg Dumbbell Set

Safety Information

Please 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

Please refer to the below information to help assemble your Oypla product

If you require assistance with the assembly of your Oypla product, please contact our dedicated team at cservice@oypla.com.

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 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!

By recycling the cardboard box in which this product was packed, you contribute towards helping the environment. If you see a recycling logo such as the below on the packaging, it can be recycled. If a recycling logo is not present, please check with your local authority before recycling.



PLEASE RETAIN A COPY OF THESE INSTRUCTIONS FOR FUTURE CONSULTATION

An Official Oypla Branded Product

Imported by Oypla.com LLP, Uxbridge, UB8 2FX

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