

PH FITNESS



INSTRUCTION AND SAFETY MANUAL

24KG ADJUSTABLE DUMBBELLS

PLEASE READ AND KEEP THIS SAFETY AND INSTRUCTIONS MANUAL

CONTENTS

Introduction	2
Our Story	3
Important information	4
Instructions for correct use	5
Setup & Install	6
Warranty information	7

MANUAL IN OTHER LANGUAGE

Need this manual in another language?

Scan the QR code on the right to access the full digital manual — available in multiple languages including Dutch, German, French, Spanish, Portuguese, and many more.

If your preferred language is not available, please email us at info@phfitness.nl, and we'll be happy to help.

Scan the QR code to view the manual online

SCAN FOR ONLINE
MANUAL



WARNING

You accept and agree that it remains your responsibility to ensure that you have read the safety manual before you use the adjustable dumbbells and regularly refresh yourself on all safety aspects associated with how to use and make adjustments to the weights before you use them; how to maintain, care for and store them between uses, so they remain in good working order. It is your responsibility to always inspect the adjustable dumbbells before you use them to avoid injuries or harm to yourself and those around you and/or damage to your surroundings. If you notice any damage or anything broken to the adjustable dumbbells (like the clip), we advise you not to use them, to avoid such risk of injury, harm and/or damage to surroundings. Instead please go to our website for further advice and support on what to do next to try to address the problem and ensure it is safe to resume using them. You accept that this remains your responsibility at all times. We accept no responsibility or liability for any injury, harm or damaged caused by your negligence and/or failure to comply your responsible use of the adjustable dumbbells.

IT'S TIME TO WORKOUT SMARTER.

Welcome to the PH Fitness family! You've just acquired a game-changing piece of fitness equipment – our Adjustable Dumbbells of 24KG.

At PH Fitness, we believe in lifting possibilities, not just weights. That's why we've engineered a smarter way to work out by replacing 15 conventional dumbbells into 1 smart adjustable dumbbell, tailored to fit seamlessly into your lifestyle. Our passion lies in helping you unlock your full potential with smart, innovative equipment.

This masterpiece is the result of years of dedication and design expertise, all focused on enhancing your fitness journey.

We're here to support you every step of the way – your success is our success. If you have any questions, don't hesitate to contact us at info@phfitness.nl.



ABOUT

PH FITNESS

PH FITNESS

HEADQUARTERS

Address: Zürichstraat 20

Postal Code: 6135LP

City: Sittard

Country: The Netherlands

We're two cousins who have a mission to promote overall wellbeing by making physical fitness accessible to everyone.

PH Fitness was born during the pandemic, with very few convenient and affordable alternatives to the gym as countries across the world entered lockdowns. A growing body of scientific research is showing the relationship between working out as a counter measure to stress and anxiety in today's chaotic, modern world. We believe there's an ever increasing need for us to stay fit to keep our mental and physical health well looked after.

Whether you've been lifting for decades, starting on your fitness journey, feel insecure about going to the gym or simply lacking time, it is our vision to make high quality, affordable and innovative gym equipment universally accessible.

Having started our dream in The Netherlands, PH Fitness adjustable dumbbells are now in over 20,000 homes, hotels and commercial gyms in 18 countries across Europe.

We want to say thank you for supporting our mission and we really hope you enjoy using our adjustable dumbbells!

P.S. Loving your PH Fitness gear?

Leave us a **positive review** on the platform you purchased from (Bol.com, CDON, Worten, Kaufland etc.) or on Google. It really helps us grow!

Want to share your story? Email us at info@phfitness.nl — we'd love to hear from you!

Luc & Stijn,

Founders of PH Fitness

IMPORTANT

INFORMATION

Before Use

- Check and test the locking mechanism at the start of each exercise session to ensure it functions properly. For your safety and others, please follow the proper procedures for use outlined in this manual.
- Do not drop the dumbbells, as this can cause injury to yourself and damage to the dumbbell. If any parts are damaged, please contact us on our website.
- Keep children away from this dumbbell. The moving parts and other features can pose a danger to them.
- Not suitable for individuals under 14 years of age.
- Consult a physician before beginning any exercise program. If you experience chest pain, shortness of breath, or dizziness, stop immediately and consult your doctor before using the machine again.
- The dumbbells are designed for home use only.
- Follow the procedures outlined in this manual.
- Do not use the dumbbells outdoors or in damp or wet environments.
- Ensure your workout area is clear of obstructions and other people before starting.
- Avoid overexertion and follow the instructions provided in this manual.
- Do not force the Adjustable Dials to turn when the dumbbell is out of its base.
- Avoid letting the dumbbells collide during use, as this can result in damage and injury.
- Do not lean on the dumbbell handles or use them for bodyweight support, as this can cause damage and injury.
- Due to their weight, place the dumbbells directly on the floor for stability if not using the optional stand.

- Please keep packaging during your return window. There is a €40 charge if a return is requested and new packaging is requested. We unfortunately do not accept returns without original packaging due to the mechanical nature of the product, the packaging needs to be precise.

Before Lifting

Before beginning your workout, always check that the weight plates are properly placed on the base. Check if the numbers on the weight display of your dumbbells are aligned correctly. Please gently shake the dumbbells after lifting when you begin a new workout to ensure no extra plates have been collected.

Handle with Care

Don't use the dumbbells as bodyweight support, and avoid letting them free-fall or collide, as this could cause damage. Handle your equipment with care to protect both yourself and your gear.

Service and Testing

If your dumbbells aren't functioning correctly, immediately stop using them. For assistance, contact our customer service team. Periodically inspect and test the locking mechanism to ensure everything is working smoothly.

INSTRUCTIONS FOR

CORRECT USE

1. Before adjusting the weight, make sure the weight plates are properly placed in the corresponding slot on the base.
2. Simply rotate the dial left and right to adjust the weight before lifting the dumbbell.
3. Weight plates should only be able to change when the dumbbells are sitting on the base, safety pins protect the weight plates from falling off while exercising.
4. Hearing a "Click" sound means that the dumbbell is being properly adjusted.
5. For first time use or if the dumbbells have not been used in a long time, please gently shake the dumbbells after lifting when you begin a new workout to ensure no extra plates have been collected.

Increments:

2.5kg, 3.5kg, 4.5kg, 5.5kg, 6.5kg, 8kg, 9kg, 10kg, 11.5kg, 13.5kg, 16kg, 18kg, 20.5kg, 22.5kg and 24kg



HAVING TROUBLE

ADJUSTING THE DIALS?

1. Please push down firmly on the handle, downwards into the base, whilst at the same time try turning the dial.
If this does not work, please try step 2.
2. Remove the dumbbell from the base.
3. Hold down the reset button (circled in red in the image below) while rotating the dials to 5kg on both left and right.
Please do this at ground level and away from your feet as the weight plates will detach from the handle.
4. Put the weight plates back into the base and the handle over it and you should be able to re-use them
(Metal clips facing outwards). Please ensure the plates are facing the right way, with the metal clips facing outwards.
If you are still having issues after respecting the proper use of the dumbbells, please contact support on our website: www.braingain.fit.

If your reset mechanism hasn't worked, please also try the following:

- If one handle is not working smoothly, switch the handles around from your working dumbbell and see if the issue persists.
- If plates aren't picked up, check the hooks on each of the plates to see if any of them are damaged.
- If dumbbell isn't working, check the metal hook on the base to see if damaged.



SCAN TO WATCH
VIDEO EXAMPLE



WARRANTY

Your dumbbells are under a 12 month warranty starting from the date of purchase.

We will remedy all defects in workmanship or materials within the warranty period. In order for the warranty to be granted, all warranty claims must be accompanied by proof of purchase from PH Fitness.

Damage due to improper use (including dropping the dumbbells) as well as failure to follow proper use is not covered by the warranty.

Replacement parts can be ordered by any time contacting PH Fitness support.

PH FITNESS

Web: www.phfitness.nl

Email Us: info@phfitness.nl

We're happy to help you!

Find us on:



PH Fitness B.V.

Registered Office: Zürichstraat 20, Sittard, 6135LP, The Netherlands

The Netherlands Company Number: 80103286

EC REP, Apex CE Specialists CmbH, Grafenberger Allee 277, 40237 Dusseldorf, DE

Email: info@apex-ce.com