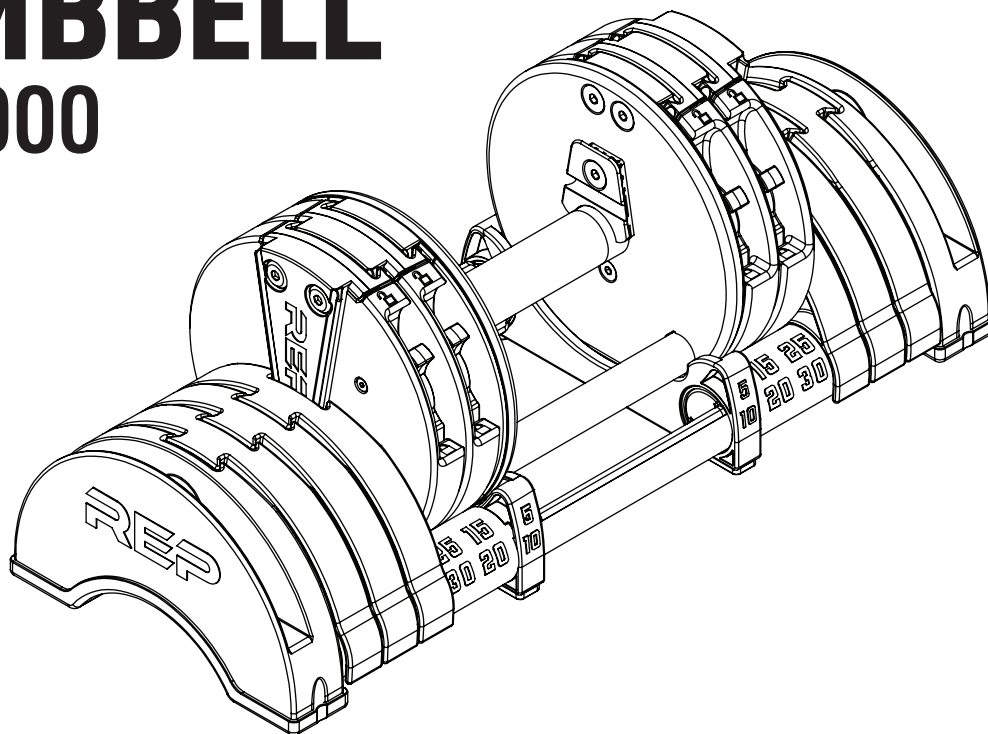


REP



ASSEMBLY INSTRUCTIONS

QUICKDRAW ADJUSTABLE DUMBBELL DB-6000



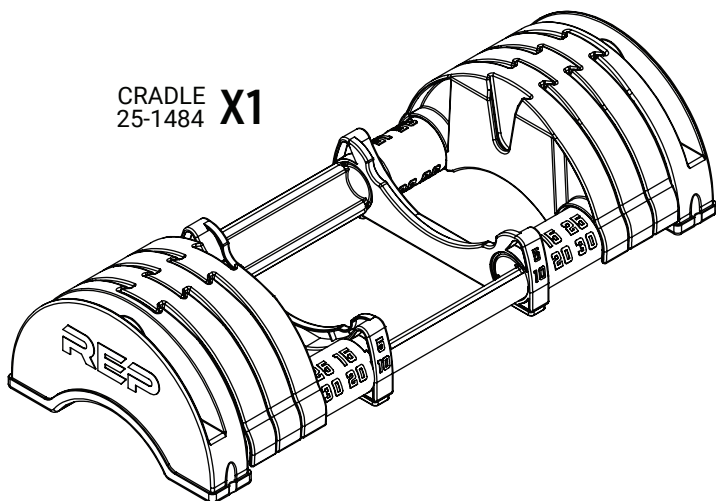
INCORPORATES LOCKNLOAD™
TECHNOLOGY BY FLEX™

STILL NEED HELP WITH ASSEMBLY?
VISIT OUR ASSEMBLY LIBRARY HERE:
HELP.REPFITNESS.COM

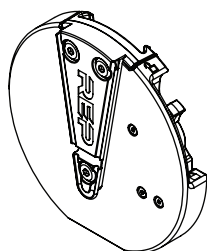
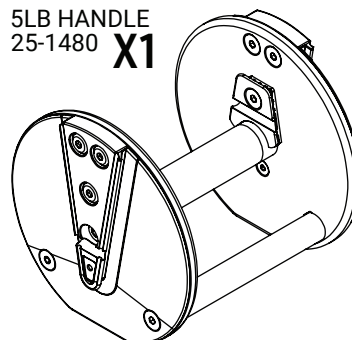


PARTS LIST

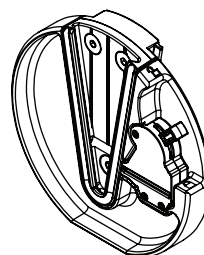
CRADLE
25-1484 **X1**



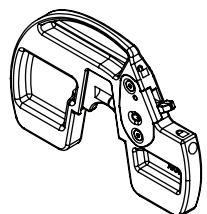
5LB HANDLE
25-1480 **X1**



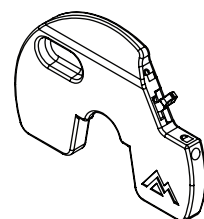
5LB PLATE - LEFT
25-1478 **X2**



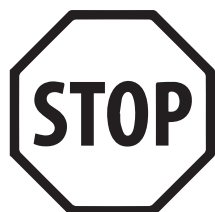
5LB PLATE - RIGHT
25-1479 **X2**



2.5LB PLATE - LEFT
25-1487 **X1**



2.5LB PLATE - RIGHT
25-1488 **X1**



IF YOU ARE MISSING ANY PARTS, OR OTHERWISE
HAVE ANY WARRANTY ISSUES, PLEASE FILE
A WARRANTY CLAIM ON OUR WEBSITE:



SAFETY

ENSURE DESIRED WEIGHTS ARE PROPERLY SECURED BEFORE USE.

ENSURE ADD-ON WEIGHTS ARE PROPERLY SECURED OR STORED BEFORE USE.

TO ENSURE OPTIMAL PRODUCT PERFORMANCE AND LONGEVITY, PLEASE AVOID DROPPING THE DUMBBELL.

INSPECT DUMBBELL PRIOR TO USE TO ENSURE ALL PARTS ARE WORKING PROPERLY. DO NOT USE DUMBBELL IF ANY PARTS ARE NOT FUNCTIONING PROPERLY, BROKEN, LOOSE, OR WORN. IF ANY OF THESE CONDITIONS ARE PRESENT, PLEASE CONTACT NFO@REPFITNESS.COM.

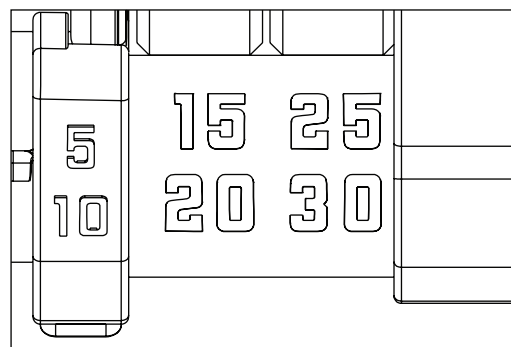
WEIGHT MARKINGS

AN EMPTY HANDLE WEIGHS 5LBS, EACH PLATE WEIGHS 5LBS, AND EACH ADD-ON WEIGHT IS 2.5 LBS.

HOW TO READ THE CRADLE WEIGHT MARKINGS

TOP ROW - NO 2.5LB ADD-ON PLATES

BOTTOM ROW - BOTH 2.5LB ADD-ON PLATES



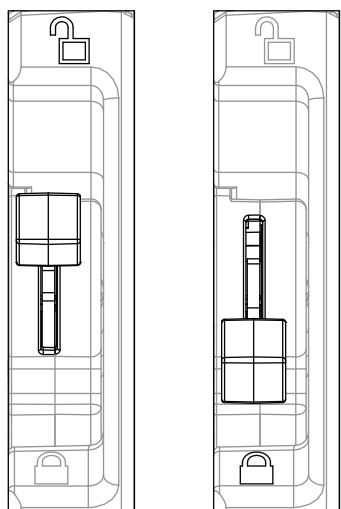
HOW TO USE

MOVE SWITCH INTO THE UPWARD POSITION TO UNLOCK AND DESELECT WEIGHT.

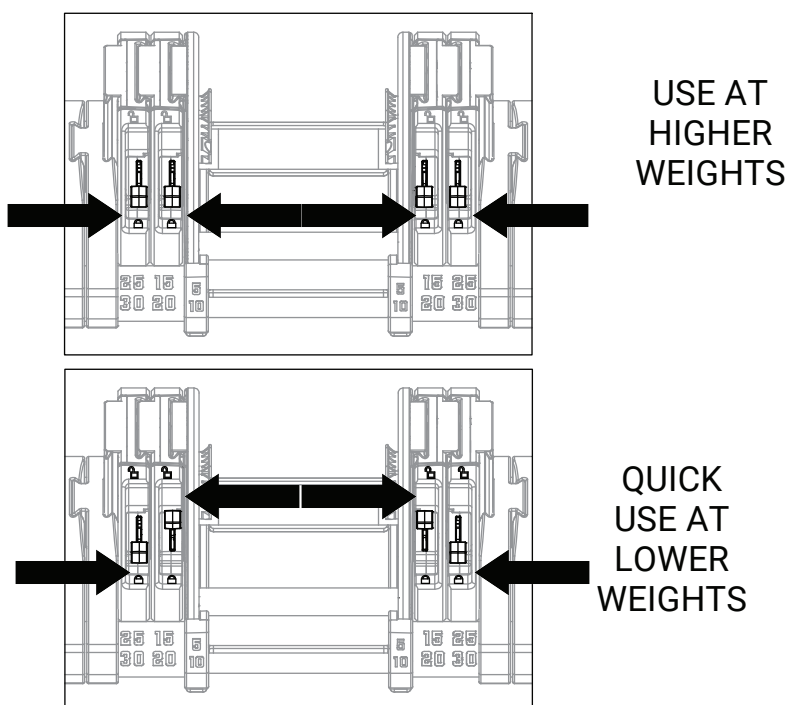
MOVE SWITCH INTO DOWNWARD POSITION TO LOCK AND SELECT WEIGHT.

TO MOVE FROM LOWER TO HIGHER WEIGHTS, ALL PLATES UP TO THE DESIRED WEIGHT MUST BE LOCKED.

TO MOVE FROM HIGHER TO LOWER WEIGHTS QUICKLY, ONLY UNLOCK THE WEIGHT JUST HIGHER THAN THE DESIRED WEIGHT.



UNLOCKED POSITION LOCKED POSITION
RIGHT HAND
SWITCHES SHOWN



UPGRADES

THE REP FITNESS QUICKDRAW ADJUSTABLE DUMBBELL COMES AS A 5-30 LB SET. IF YOU WOULD LIKE MORE WEIGHT, YOU CAN UPGRADE YOUR DUMBBELL TO 40, 50, OR 60 LBS BY ORDERING 10 LB UPGRADE SETS AT [REPFITNESS.COM](https://www.repfitness.com).

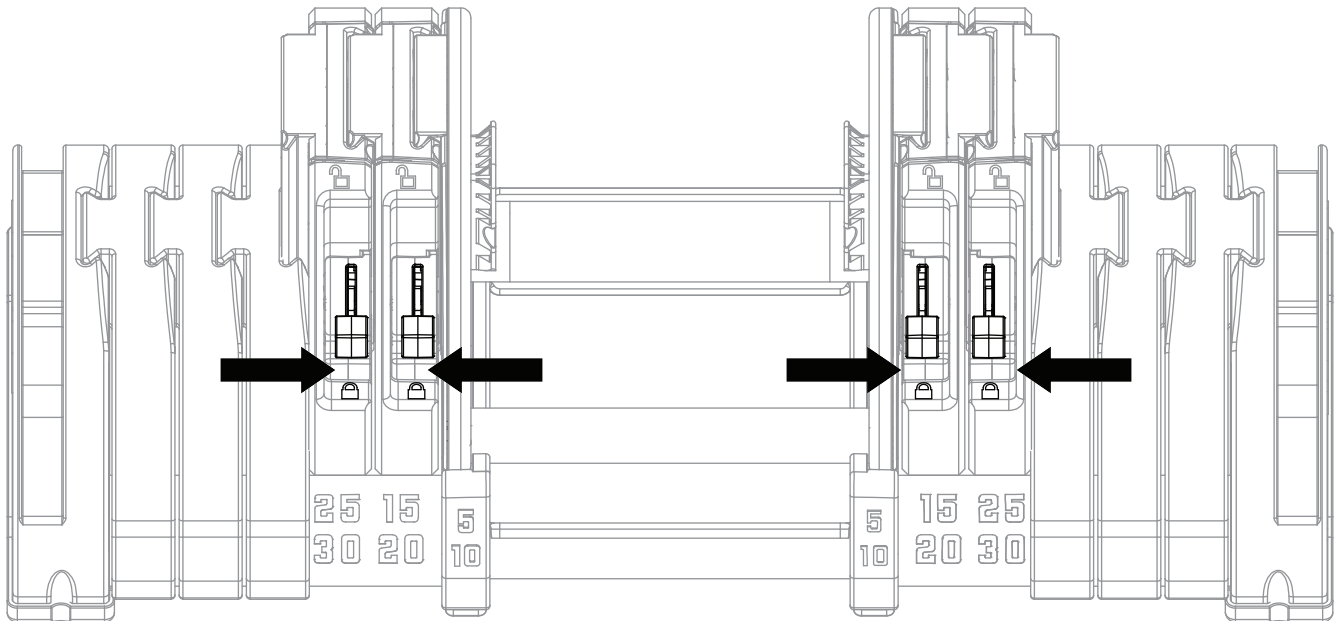
IF YOU HAVE ADDITIONAL WEIGHTS FOLLOW THE STEPS ON THE FOLLOWING PAGES TO UPGRADE THEM. THE STEPS ARE ALSO LISTED BELOW.

1. ENSURE ALL PLATES IN THE CRADLE ARE IN THE LOCKED POSITION AND CONNECTED TO THE DUMBBELL.
2. REMOVE THE DUMBBELL FROM THE CRADLE AND PLACE TO THE SIDE.
3. REMOVE THE INNERMOST PLASTIC INSERT FROM EACH SIDE OF THE CRADLE. REPEAT IF YOU HAVE MORE THAN ONE 10 LB UPGRADE SET.
4. INSERT THE ADDITIONAL PLATES INTO THE OUTERMOST POSITION ON EACH SIDE OF THE CRADLE. IF YOU HAVE MORE THAN ONE 10 LB UPGRADE SET, PLACE THE ADDITIONAL PLATES INTO THE NEXT AVAILABLE POSITIONS. ENSURE THE PLATES ARE IN THE UNLOCKED POSITION.
5. PLACE THE DUMBBELL BACK IN THE CRADLE.

YOU CAN DISCARD ANY PLASTIC INSERTS THAT WERE REMOVED TO UPGRADE. IF POSSIBLE, PLEASE RECYCLE THEM.

U1

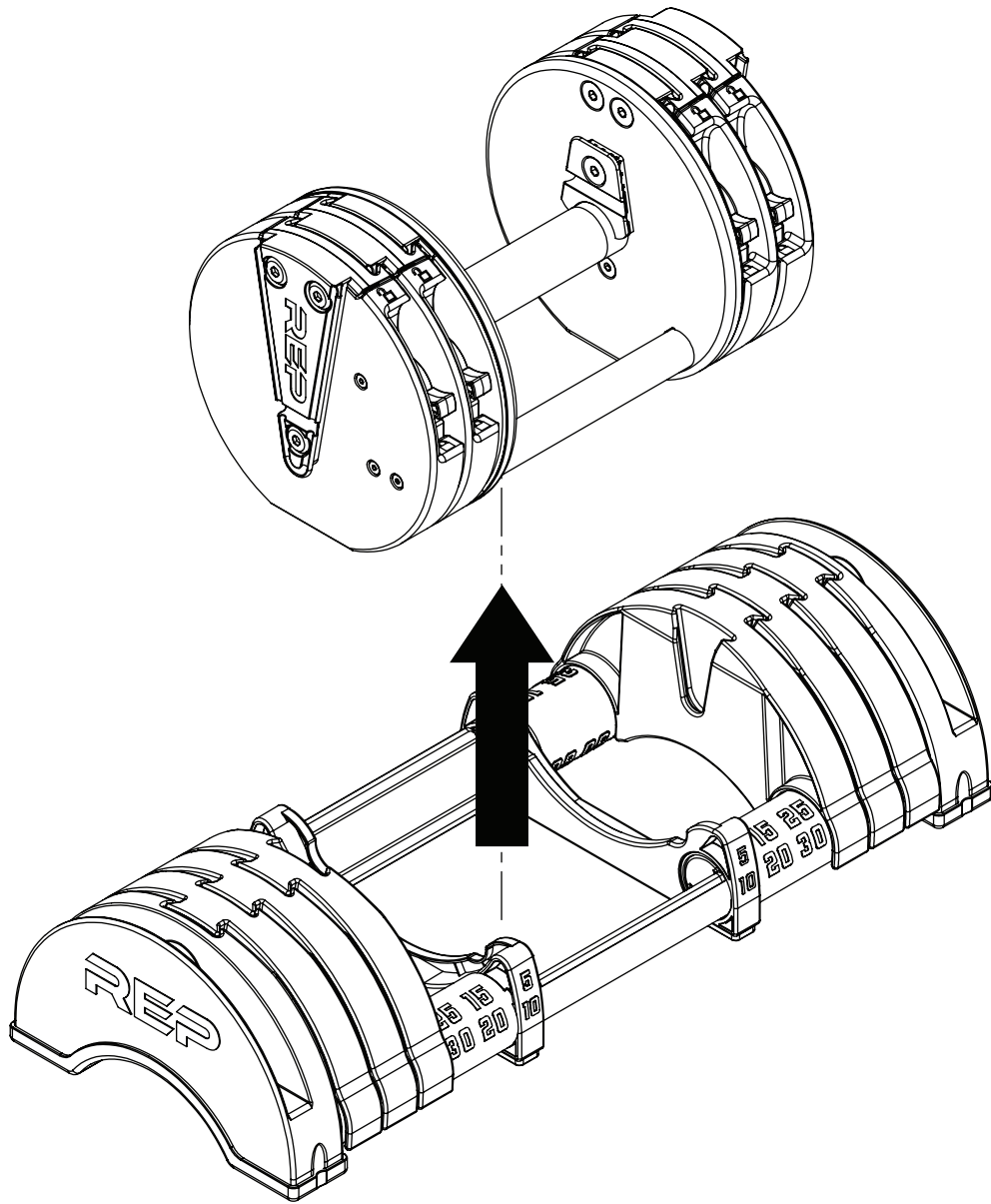
ENSURE ALL PLATES IN THE CRADLE ARE IN THE LOCKED POSITION AND CONNECTED TO THE DUMBBELL



NOTE: 5-30 LB CONFIGURATION UPGRADED TO 40 LBS IS SHOWN

U2

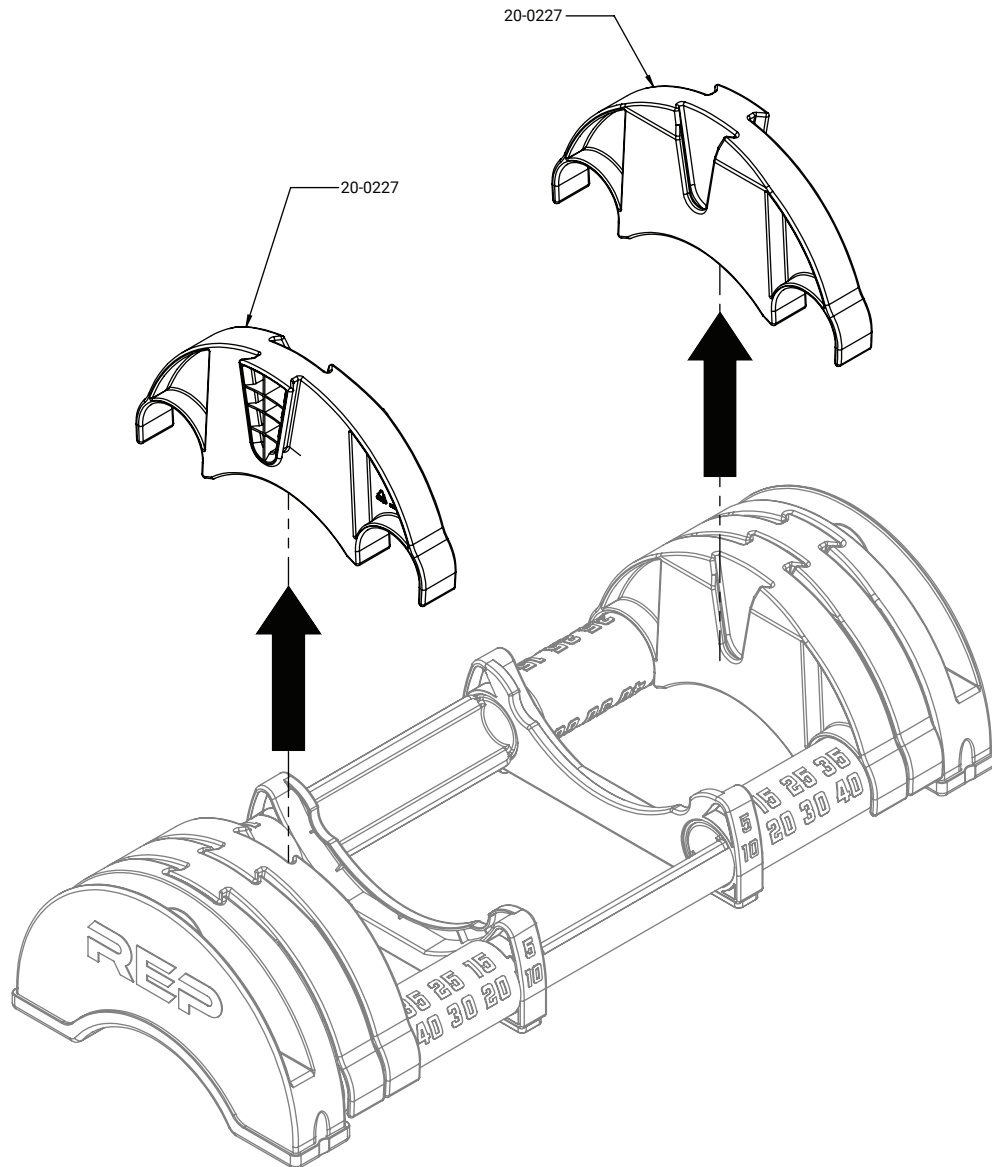
REMOVE DUMBBELL FROM CRADLE.



U3

REMOVE THE INNERMOST PLASTIC INSERTS (20-0227) FROM EACH SIDE OF THE CRADLE.

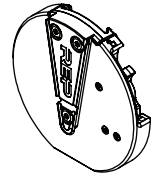
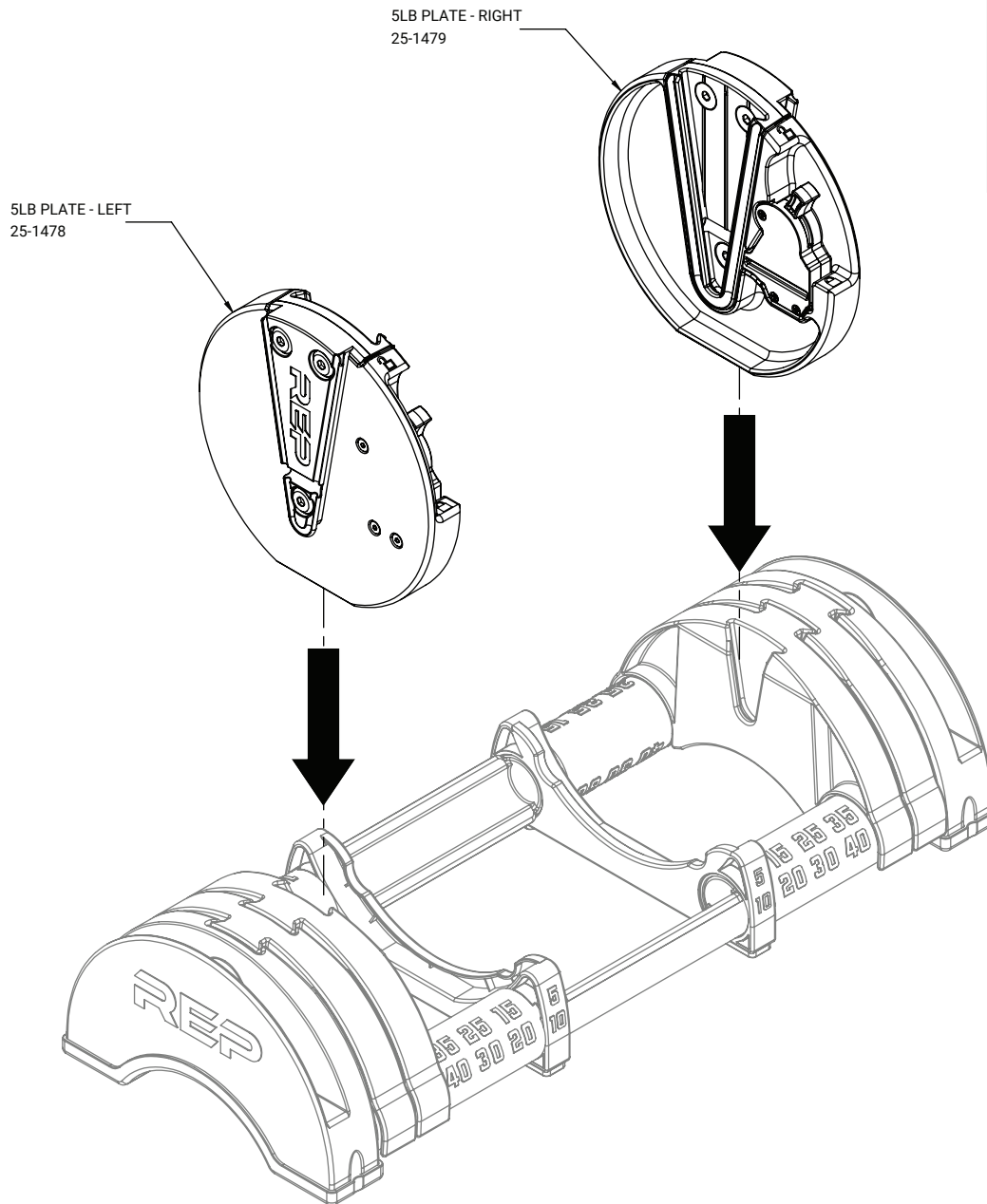
REPEAT IF YOU HAVE MORE THAN ONE 10LB UPGRADE SET.



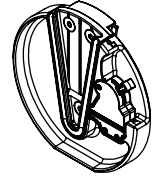
NOTE: REMOVED PLASTIC INSERTS CAN BE DISCARDED. IF POSSIBLE, PLEASE RECYCLE THEM.

U4

INSERT THE ADDITIONAL PLATES INTO THE OUTERMOST POSITIONS ON EACH SIDE OF THE CRADLE. IF YOU HAVE MORE THAN ONE 10LB UPGRADE SET, PLACE THE ADDITIONAL PLATES NEXT TO THE AVAILABLE POSITIONS. ENSURE THE PLATES ARE IN THE UNLOCKED POSITION.



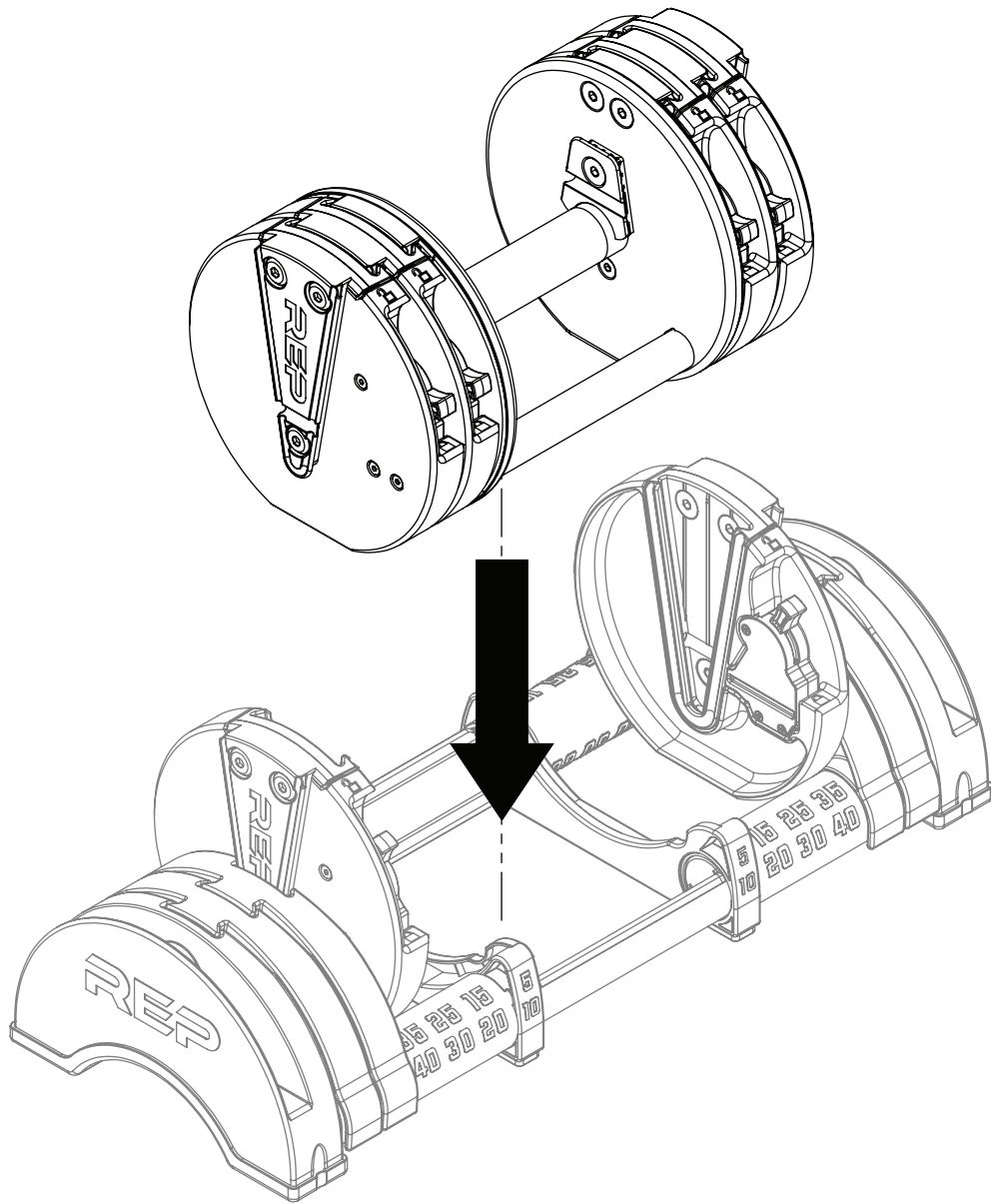
5LB PLATE - LEFT
25-1478



5LB PLATE - RIGHT
25-1479

U5

PLACE DUMBBELL BACK IN CRADLE.



WANT MORE WEIGHT?

IF YOU DID NOT FULLY UPGRADE YOUR DUMBBELL, YOU CAN UPGRADE YOUR DUMBBELL TO A MAXIMUM OF 60 LBS BY ORDERING ADDITIONAL 10 LB UPGRADE SETS AT REPFITNESS.COM.