

REP[®]

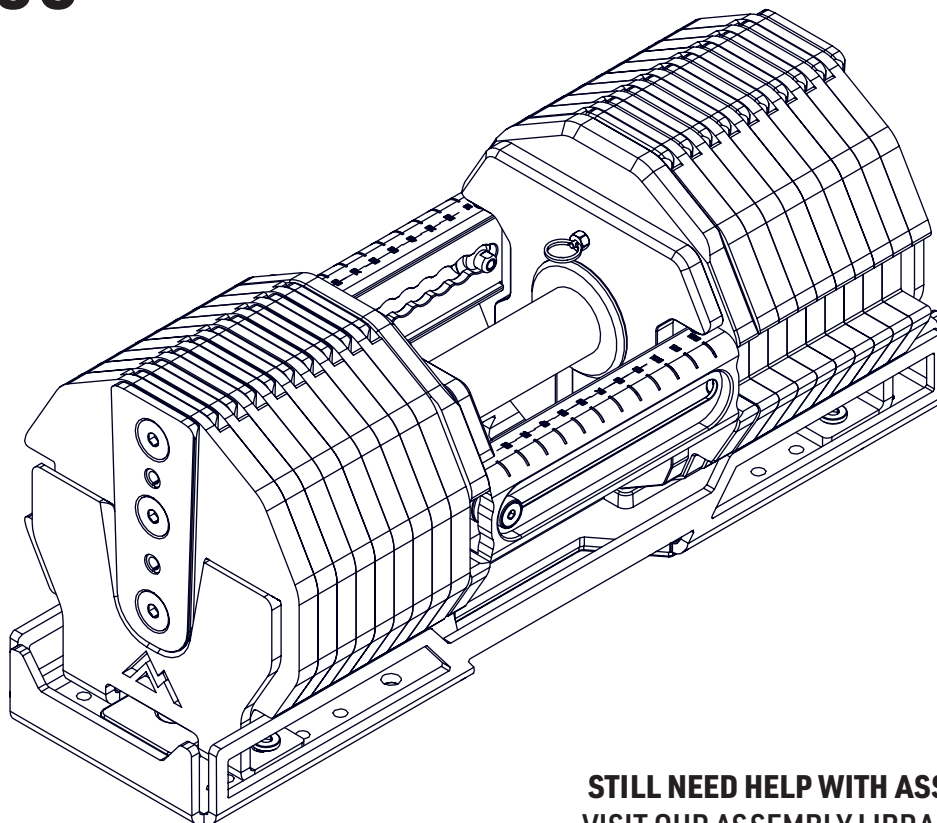


ASSEMBLY INSTRUCTIONS

REP x PÉPIN

ADJUSTABLE DUMBBELL

DB-7000



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



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DB-7000

WWW.REPFITNESS.COM

45-0249-E

SAFETY

REP FITNESS EQUIPMENT IS HEAVY AND ALL ASSEMBLY SHOULD BE DONE BY PARTIES OF TWO (2) OR MORE ADULTS.

THIS EQUIPMENT IS INTENDED FOR USE IN AN INDOOR SETTING OR ENVIRONMENT.

ASSEMBLY AND USE OF THIS EQUIPMENT SHOULD ONLY OCCUR ON A FLAT, EVEN SURFACE. THE USE OF MATS OR OTHER PROTECTIVE FLOORING MEASURES MAY BE NECESSARY TO PROTECT YOUR FLOORING FROM DAMAGE. FLOOR OR WALL ANCHORING MAY BE REQUIRED FOR SOME EQUIPMENT.

ALWAYS KEEP YOUR EQUIPMENT ASSEMBLY AND WORKOUT AREAS FREE FROM DEBRIS, SPILLS, OBSTRUCTIONS, AND HAZARDS. KEEPING YOUR WORKOUT AREA CLEAN AND PROPERLY STORING LOOSE EQUIPMENT IN A SAFE LOCATION CAN REDUCE THE CHANCE OF ACCIDENT OR INJURY.

DESCRIPTIONS OF LEFT AND RIGHT ORIENTATIONS REFER TO THE PERSPECTIVE OF THE USER STANDING IN FRONT OF AND FACING THE EQUIPMENT.

KEEP CLOTHING, JEWELRY, AND HAIR AWAY FROM MOVING PARTS DURING BOTH ASSEMBLY AND USE OF THE EQUIPMENT.

KEEP CHILDREN AND PETS AWAY FROM THE EQUIPMENT. REP FITNESS EQUIPMENT IS INTENDED FOR USE BY INDIVIDUALS 14 YEARS OF AGE OR OLDER. USERS UNDER THE AGE OF 18 SHOULD USE THE EQUIPMENT UNDER ADULT SUPERVISION.

REP FITNESS RECOMMENDS ALL USERS SEEK THE ADVICE OF THEIR PHYSICIAN BEFORE BEGINNING OR MODIFYING THEIR WORKOUT ROUTINE. PROPER INSTRUCTION SHOULD BE OBTAINED PRIOR TO USE OF THIS EQUIPMENT. SERIOUS INJURY LEADING UP TO AND INCLUDING DEATH CAN OCCUR IF EQUIPMENT IS ASSEMBLED OR USED IMPROPERLY.

ONLY USE ATTACHMENTS SOLD BY OR RECOMMENDED BY REP FITNESS WITH THIS EQUIPMENT. MODIFICATIONS TO YOUR EQUIPMENT, INCLUDING THE ADDITION OR SUBSTITUTION OF UNAUTHORIZED ACCESSORIES OR EQUIPMENT, MAY VOID YOUR CLAIMS TO WARRANTY AND CAN INCREASE THE RISK OF INJURY INVOLVED WITH USING THE EQUIPMENT.

LOOK FOR AND BE AWARE OF ANY SAFETY WARNINGS AFFIXED DIRECTLY TO THE EQUIPMENT. FOLLOW ALL GUIDANCE ON SUCH SAFETY WARNINGS. DO NOT REMOVE ANY SAFETY WARNINGS AFFIXED TO THE EQUIPMENT.

REFER TO THE "USAGE" AND "MAINTENANCE" SECTIONS OF THIS GUIDE FOR ADDITIONAL CONSIDERATIONS SPECIFIC TO THE EQUIPMENT INCLUDED IN THIS PACKAGING.

RETAIN THESE INSTRUCTIONS TO SERVE AS FUTURE REFERENCE IF THE EQUIPMENT REQUIRES ATTENTION.

AFTER ASSEMBLY AND PRIOR TO USE, THE EQUIPMENT SHOULD BE INSPECTED TO ENSURE THE ASSEMBLY IS COMPLETE AND THE EQUIPMENT FUNCTIONS CORRECTLY. IF YOU SUSPECT YOUR ASSEMBLY IS INCORRECT OR THE EQUIPMENT IS MALFUNCTIONING, FIRST REVISIT THIS ASSEMBLY INSTRUCTIONS GUIDE AND COMPLETELY REASSEMBLE THE EQUIPMENT. IF ISSUES PERSIST, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT. DO NOT USE EQUIPMENT IF ANY PARTS ARE NOT FUNCTIONING PROPERLY, ARE MISSING, OR IF ANY PARTS APPEAR BROKEN, LOOSE, OR WORN. REGULARLY INSPECT YOUR EQUIPMENT TO ENSURE CONTINUED SAFE FUNCTIONALITY.

THIS PRODUCT MAY BE COVERED BY ONE OR MORE PATENTS, PATENTS PENDING, TRADEMARKS, OR LICENSING AGREEMENTS. FOR MORE INFORMATION, VISIT: [HTTPS://REPFITNESS.COM/PAGES/PATENT-AND-TRADE-MARK](https://repfitness.com/pages/patent-and-trade-mark)

REP FITNESS CUSTOMER SERVICE CAN BE REACHED AT [INFO@REPFITNESS.COM](mailto:info@repfitness.com) OR 720-420-1731.

DISCLAIMER: THE USE OF ANY EXERCISE EQUIPMENT INVOLVES THE RISK OF PERSONAL INJURY. REP FITNESS INC. AND ITS AFFILIATES ASSUME NO RESPONSIBILITY FOR ANY AND ALL INJURIES, DAMAGES, AND LOSSES WHICH MAY OCCUR AS A RESULT OF USE OF THIS EQUIPMENT, WHETHER OR NOT THE CAUSES OF ACTION MAY BE DIRECTLY ATTRIBUTED TO THE EQUIPMENT IN QUESTION. BY USING THIS EQUIPMENT, YOU ACCEPT AND ASSUME FULL RESPONSIBILITY FOR ANY AND ALL INJURIES, DAMAGES (BOTH ECONOMIC AND NON-ECONOMIC), AND LOSSES OF ANY TYPE, WHICH MAY OCCUR, AND YOU FULLY AND FOREVER RELEASE AND DISCHARGE REP FITNESS INC., ITS INSURERS, AFFILIATES, EMPLOYEES, OFFICERS, DIRECTORS, ASSOCIATES, AND AGENTS FROM ANY AND ALL CLAIMS, DEMANDS, DAMAGES, RIGHTS OF ACTION, OR CAUSES OF ACTION, PRESENT OR FUTURE, WHETHER THE SAME BE KNOWN OR UNKNOWN, ANTICIPATED, OR UNANTICIPATED, RESULTING FROM OR ARISING OUT OF THE USE OF THIS EQUIPMENT.

 **WARNING!** CALIFORNIA PROPOSITION 65: CANCER AND REPRODUCTIVE HARM, PLEASE VISIT WWW.P65WARNINGS.CA.GOV

MIND THE FOLLOWING ICONS DURING ASSEMBLY:



= IMPORTANT INFORMATION



= ASSEMBLY MAY VARY FROM THIS POINT



= ALERT! POTENTIAL DANGER

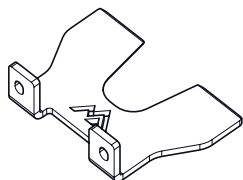


= HELPFUL TIPS & USEFUL INFORMATION

PARTS LIST

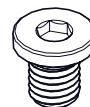


5 MM
1X INCLUDED



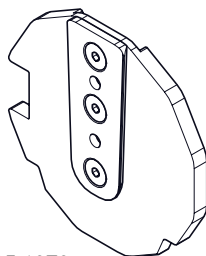
X2

15-1926
DOVETAIL END
STEP 1



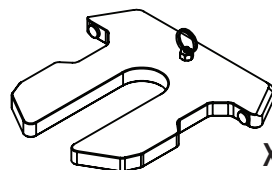
X4

10-0892
M8X1.25, L10, SOCKET HEAD CAP SCREW
BLACK
STEP 1



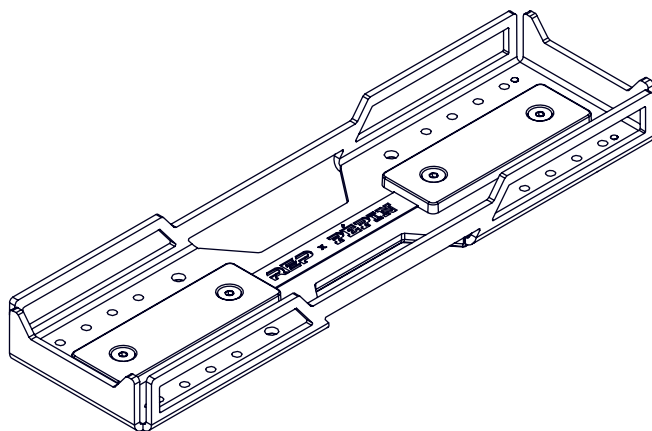
25-1979
PLATE, 5 LBS
STEP 2

X10 - 65LBS CONFIG.
X14 - 85LBS
X18 - 105LBS
X22 - 125LBS



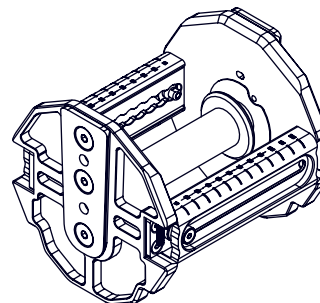
X2

25-2147
ADD-ON WEIGHT, 2.5 LBS
STEP 4

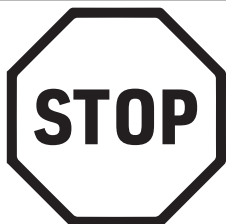


25-1980
CRADLE
STEP 1

X1

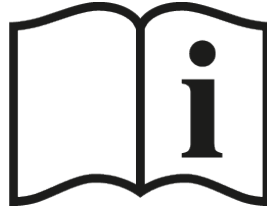


25-1978
HANDLE, 10 LBS X1



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

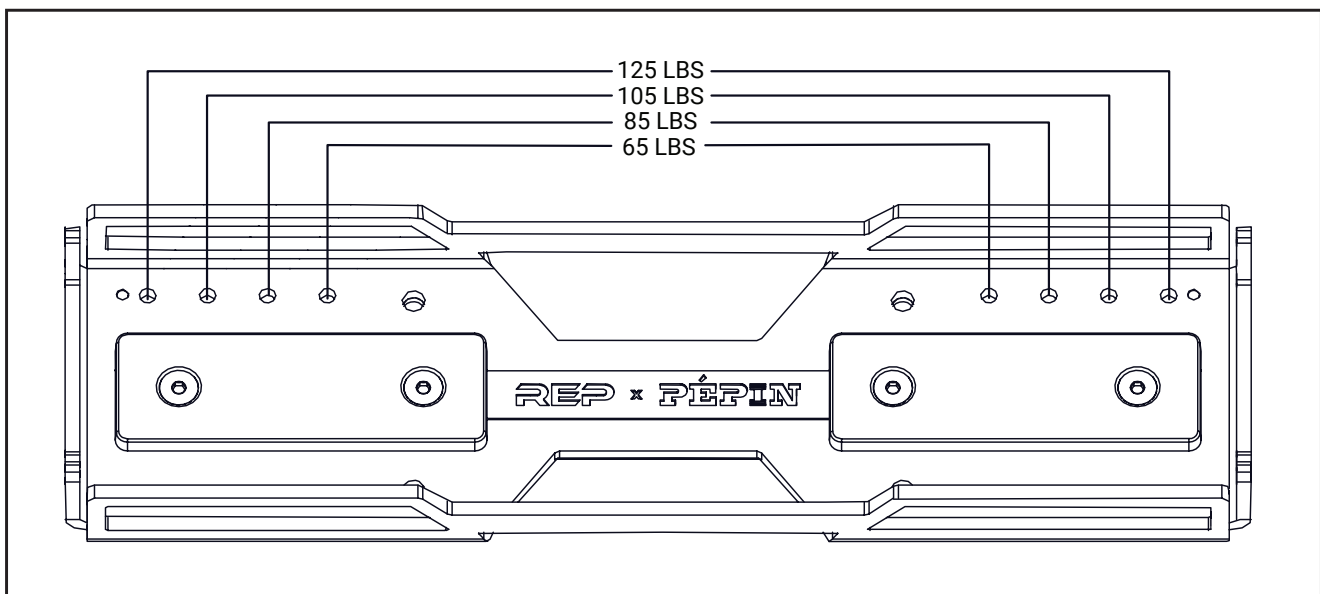




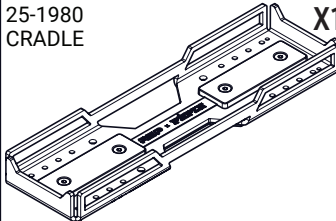
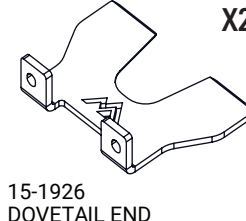
YOUR WEIGHT CONFIGURATION WILL DETERMINE ASSEMBLY OF THE CRADLE.

USE THE DIAGRAM BELOW TO DETERMINE DOVETAIL PLACEMENT BASED ON THE TOTAL INCLUDED WEIGHT OF EACH DUMBBELL.

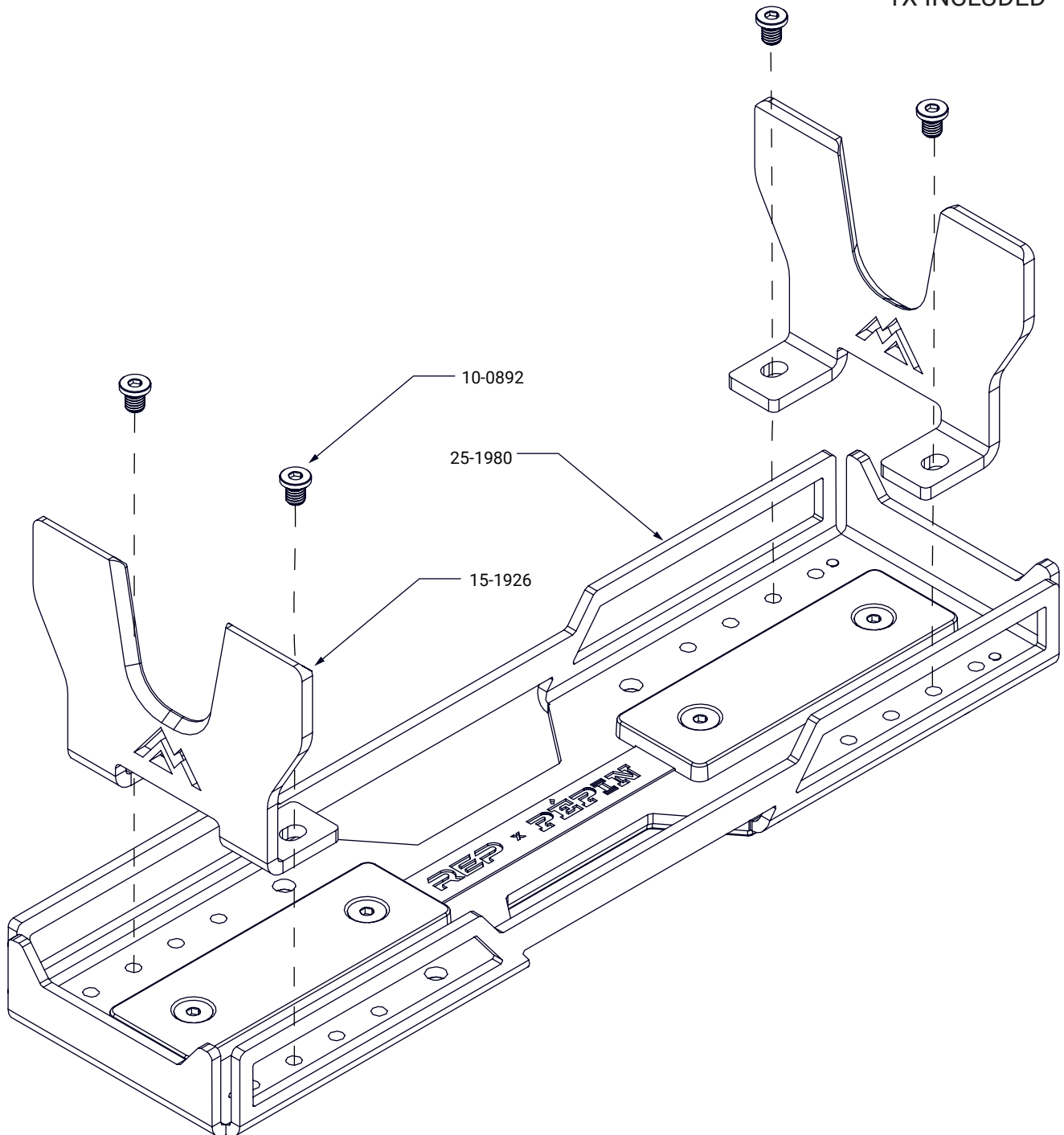
**FOR ILLUSTRATIVE PURPOSES, THE 105LBS CONFIGURATION IS SHOWN THROUGHOUT THE ASSEMBLY INSTRUCTIONS.
YOUR ASSEMBLY MAY DIFFER BASED ON WEIGHT.**



1

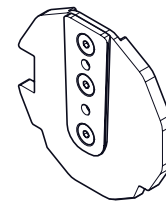
25-1980 CRADLE X1 	X2  15-1926 DOVETAIL END	X4  10-0892 M8X1.25, L10, SOCKET HEAD CAP SCREW BLACK
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5 MM
1X INCLUDED



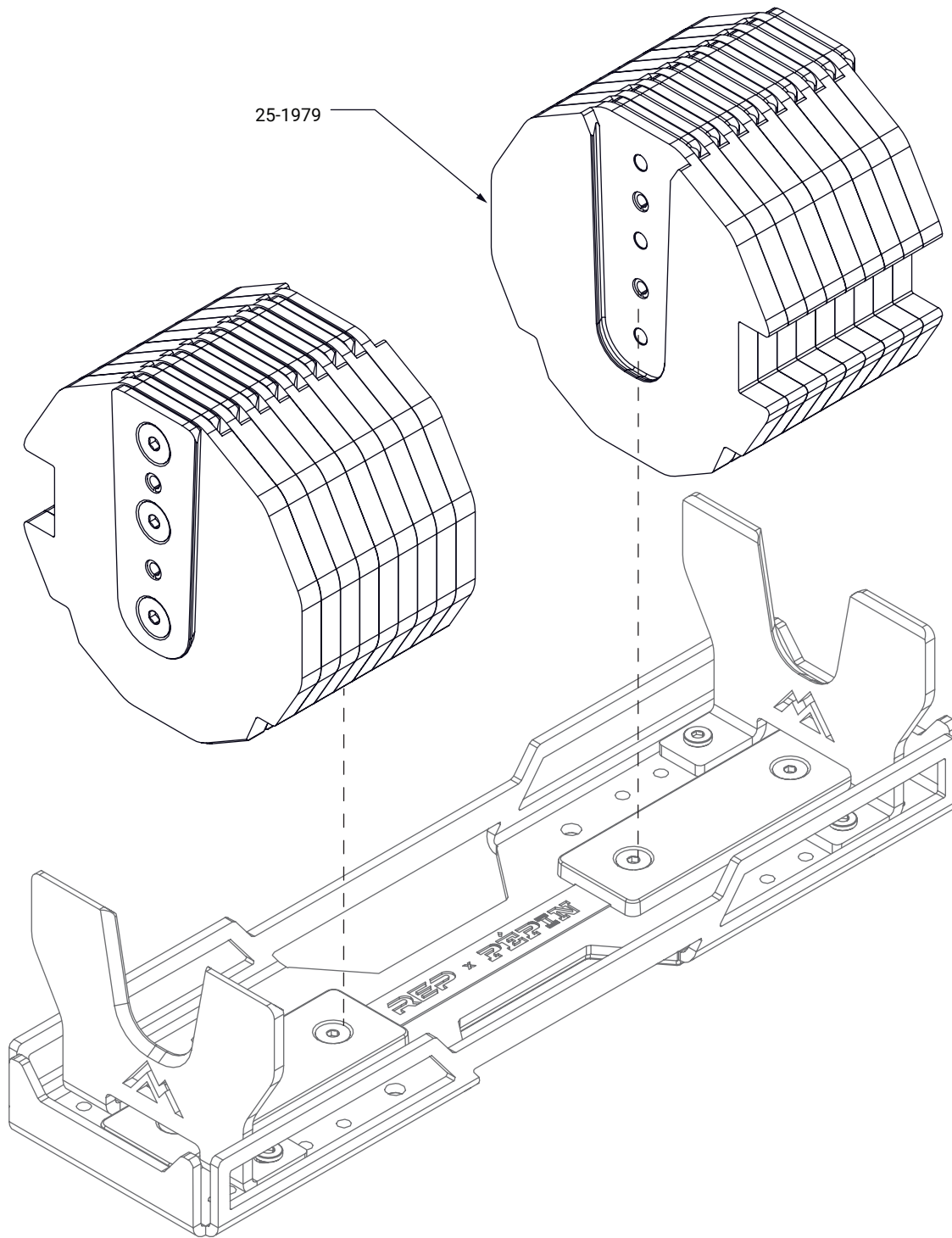
NOTE: DO NOT FULLY TIGHTEN UNTIL END OF ASSEMBLY.

2



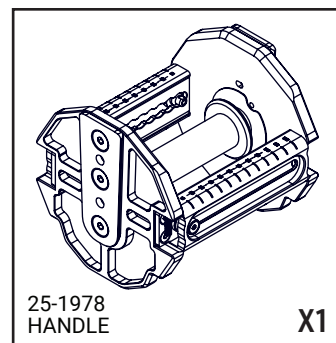
25-1979
PLATE

QTY VARIES:
X10 - 65LBS
X14 - 85LBS
X18 - 105LBS
X22 - 125LBS

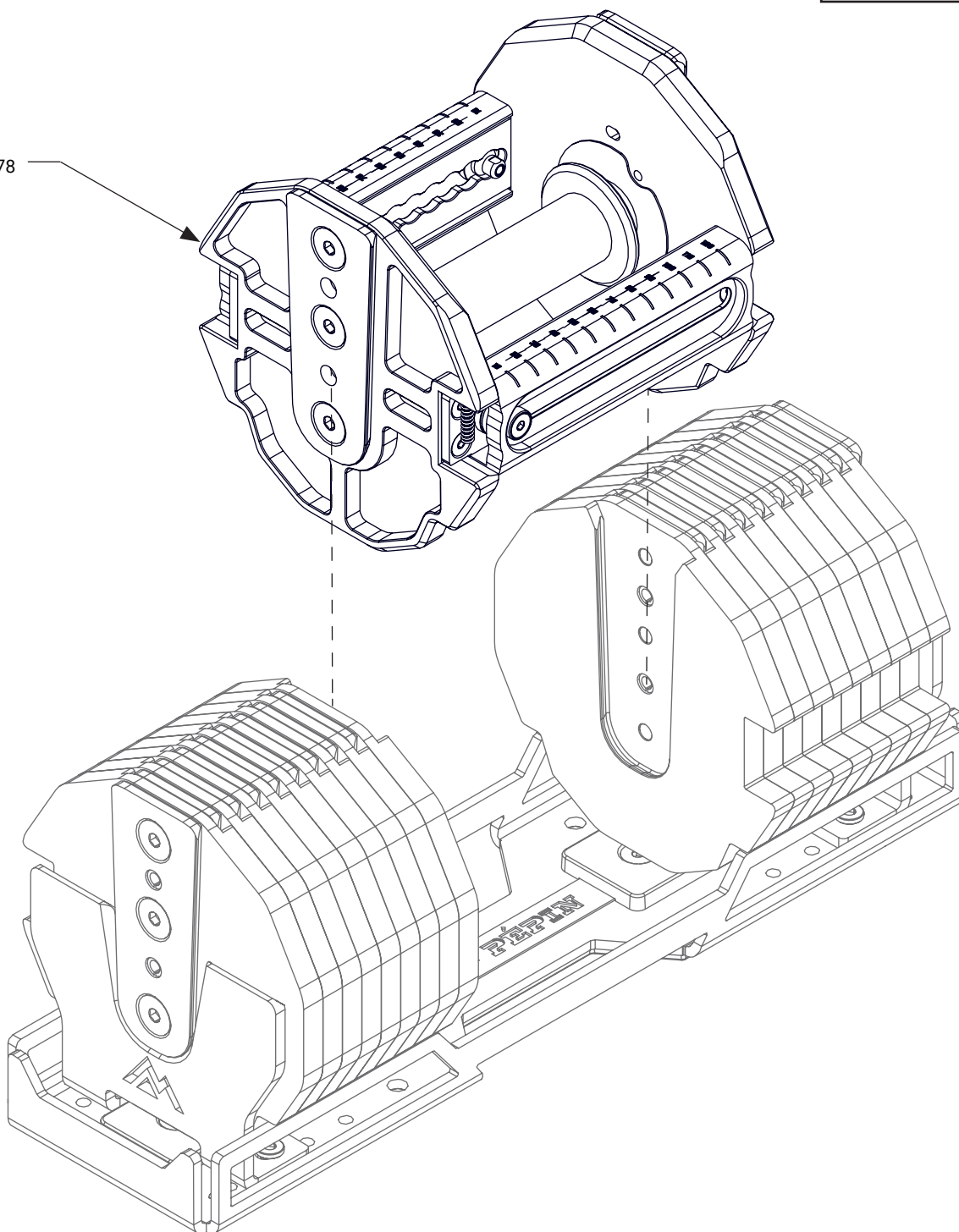


NOTE: PLATE COUNT MAY DIFFER BASED ON CONFIGURATION. 105LBS SHOWN.

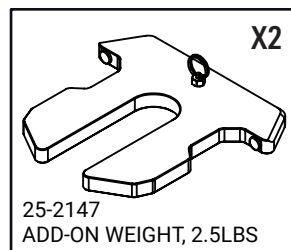
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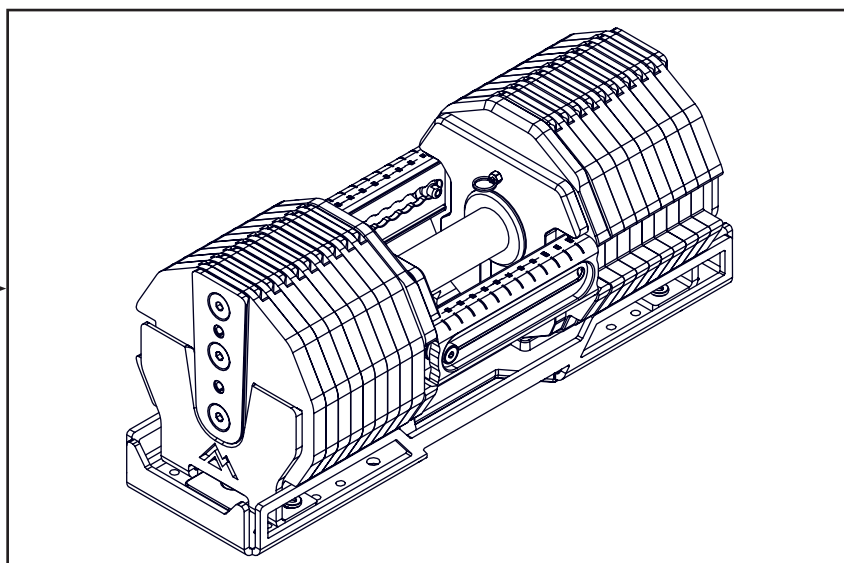
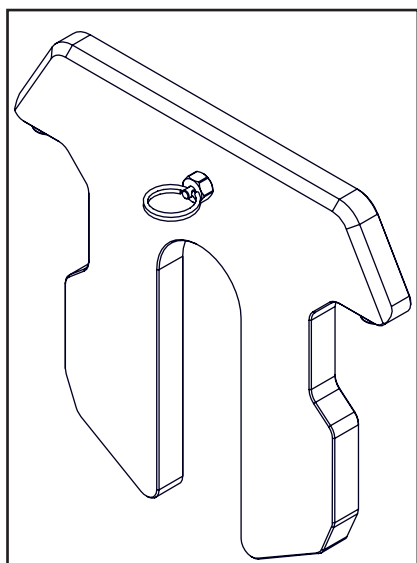
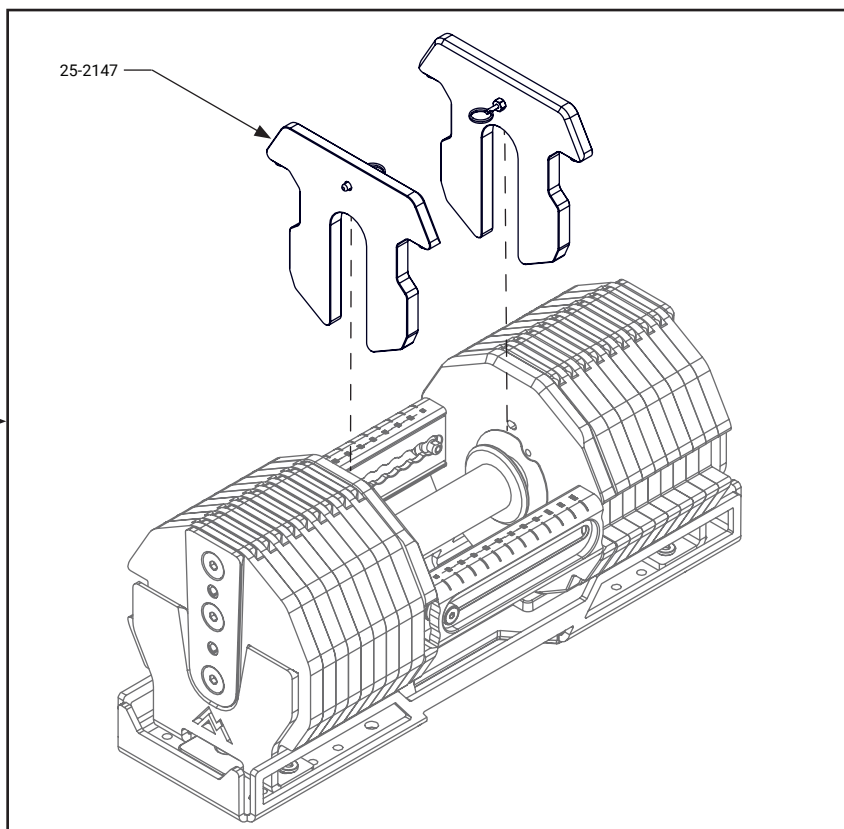
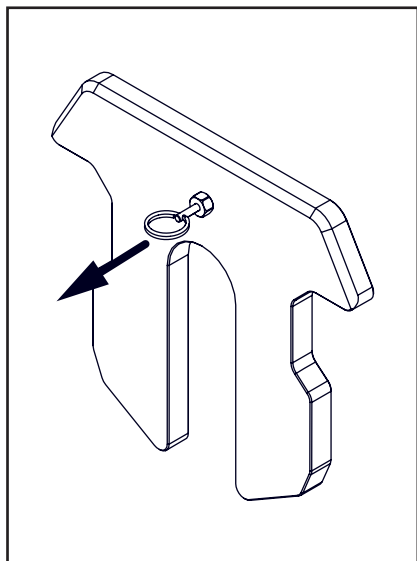
25-1978



4



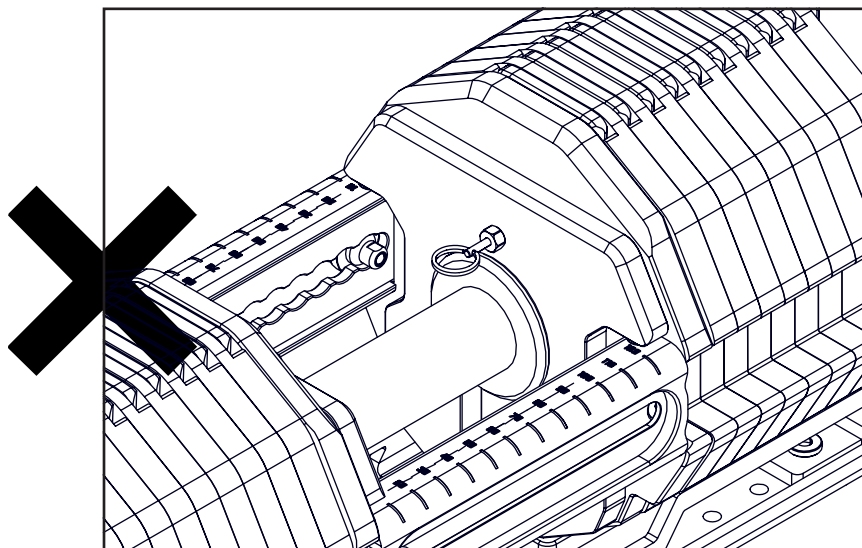
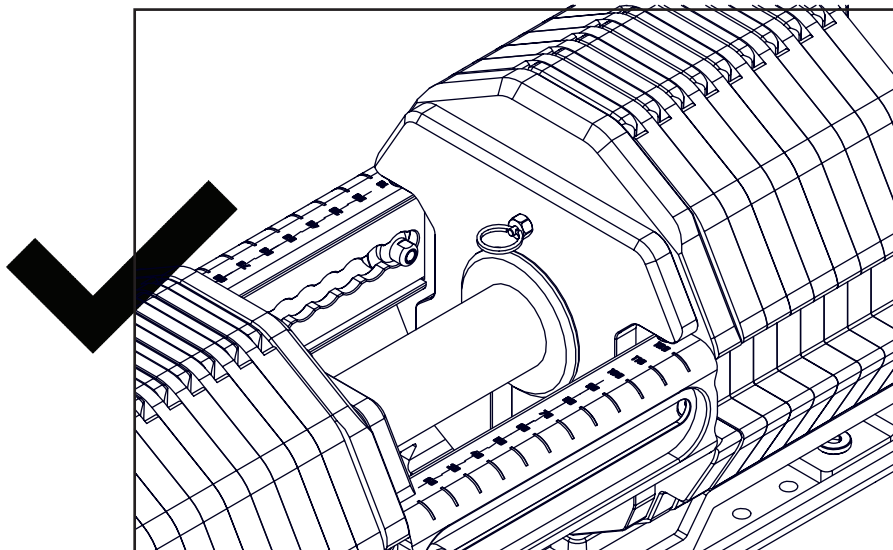
OPTIONAL ADD-ON WEIGHTS INSTALL:





ADD-ON WEIGHT SPRING-LOADED PINS MUST BE FULLY ENGAGED TO FUNCTION. ALWAYS DOUBLE CHECK THAT ADD-ON WEIGHTS ARE FULLY SECURED.

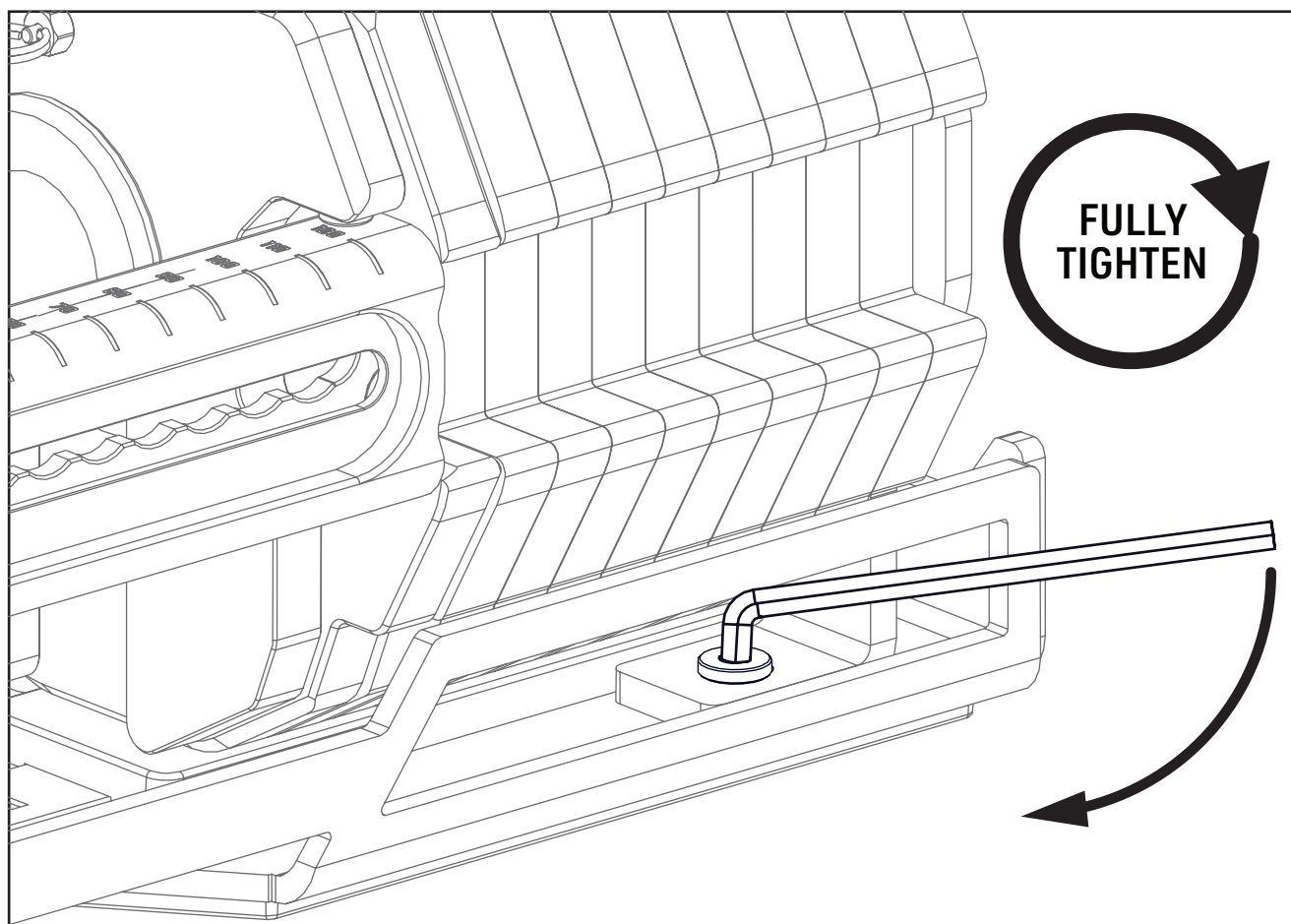
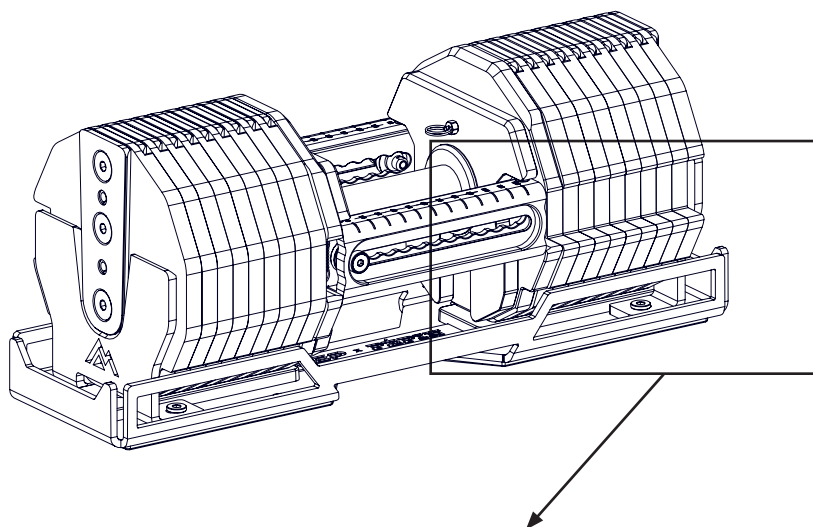
EXERCISE ADDITIONAL CAUTION WHEN PERFORMING OVERHEAD MOVEMENTS.



5

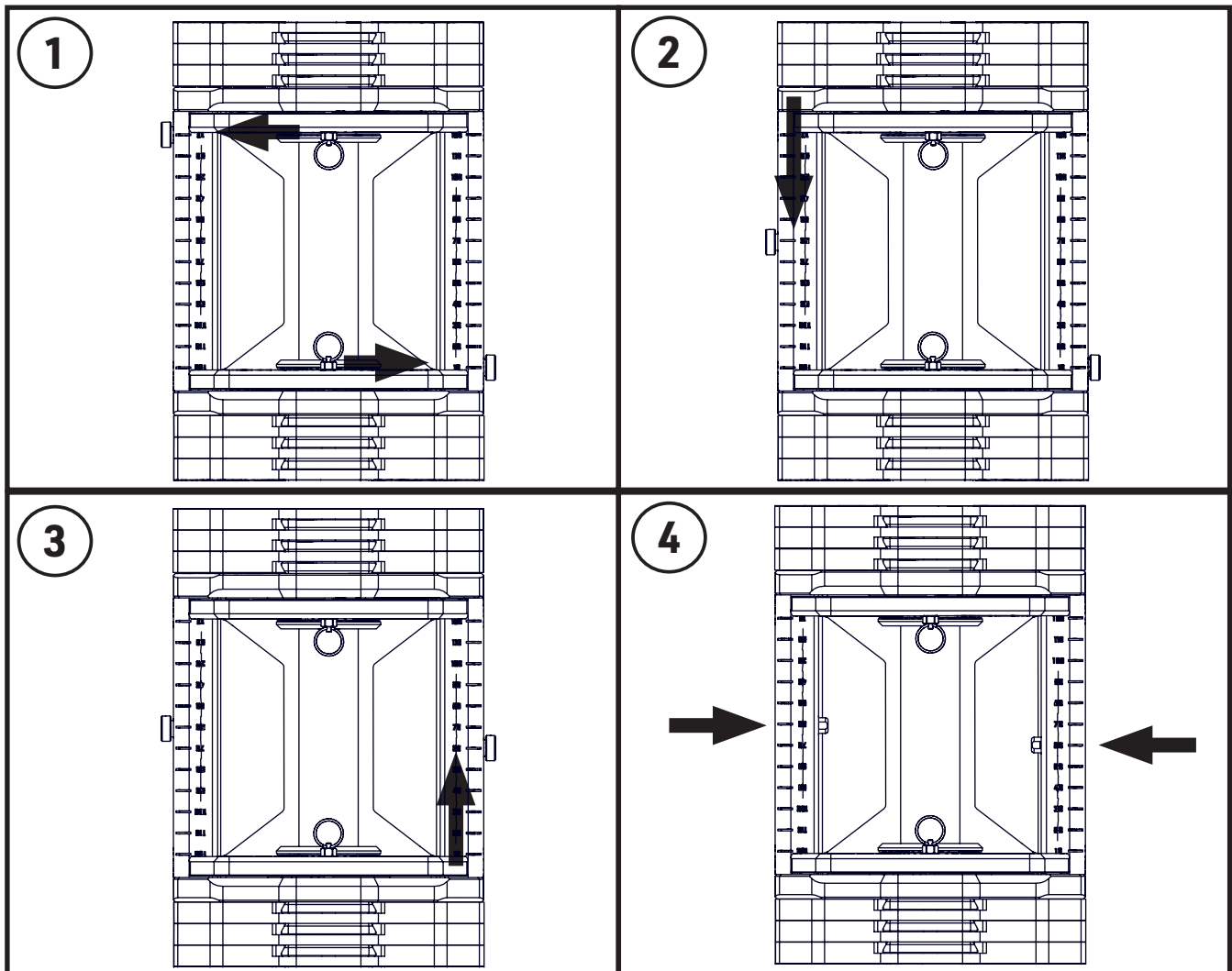
5 MM
1X INCLUDED

ENSURE DUMBBELL CAN MOVE FREELY IN AND OUT OF DOVETAIL ENDS, THEN FULLY TIGHTEN THE DOVETAIL HARDWARE



USAGE

- 1 PUSH BOTH PINS OUTWARD TO DISENGAGE
- 2 ADJUST PIN TO DESIRED WEIGHT
- 3 MATCH OPPOSITE PIN TO SAME WEIGHT
- 4 PUSH BOTH PINS INWARD TO RE-ENGAGE



USAGE

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

KEEP CLOTHING, JEWELRY, AND HAIR AWAY FROM PIN(S) WHEN SELECTING WEIGHT.

MAKE SURE BOTH SIDES HAVE EQUAL WEIGHT SELECTED DURING USE.

ENSURE DESIRED WEIGHTS ARE PROPERLY SECURED BEFORE USE.

ENSURE THE ADD-ON WEIGHT SPRING PIN IS FULLY ENGAGED WHEN UTILIZING THE ADD-ON WEIGHTS.

MAINTENANCE

IF SELECTOR MECHANISM DOES NOT SLIDE FREELY, OR IF THE DUMBBELL SITS UNEVENLY IN CRADLE, FOLLOW THESE STEPS:

- 1. LOOSEN THE SCREWS SHOWN IN STEP 5.**
- 2. MOVE DOVETAILS INWARD TOWARDS OUTER PLATES.**
- 3. ENSURE THE DUMBBELL CAN BE EASILY REMOVED AND REPLACED FROM CRADLE.**
- 4. ENSURE SELECTOR MECHANISM SLIDES EASILY.**
- 5. RE-TIGHTEN SCREWS.**