

## ADJUSTABLE DUMBBELL



**DIMENSIONS** 430 mm x 74 mm x 74 mm

**WEIGHT** 5 kg

**FEATURES**

- Composition:** High quality steel alloy.
- Color:** Chrome on the sleeve and black on the grip.
- Tightness:** 28 mm in diameter
- Disc sleeve:** 150 mm long and 49.8 mm in diameter
- Knurl:** Diamond relief.
- Bearing:** By copper washers.
- Maximum Capacity:** 130kg

**FUNCTION** Used for lifting free weights that can be both unilateral and even. Weight adjustment from fractional discs.

**MAINTENANCE** The cleaning of magnesium and dirt must be carried out weekly, depending on its use, focusing especially on the application of a lubricating and anti-rust liquid. Bearing lubrication should be carried out every 6 months.

Lifetime.

**WARRANTY** Exclusion of guarantee: It cannot fall without weights. You cannot fall with weights on a rubber floor, or another floor or product for damping falls, less than 15 mm. It must not be used outdoors. It should not be packed with weights. When proper cleaning and maintenance are not carried out as described in the maintenance point.