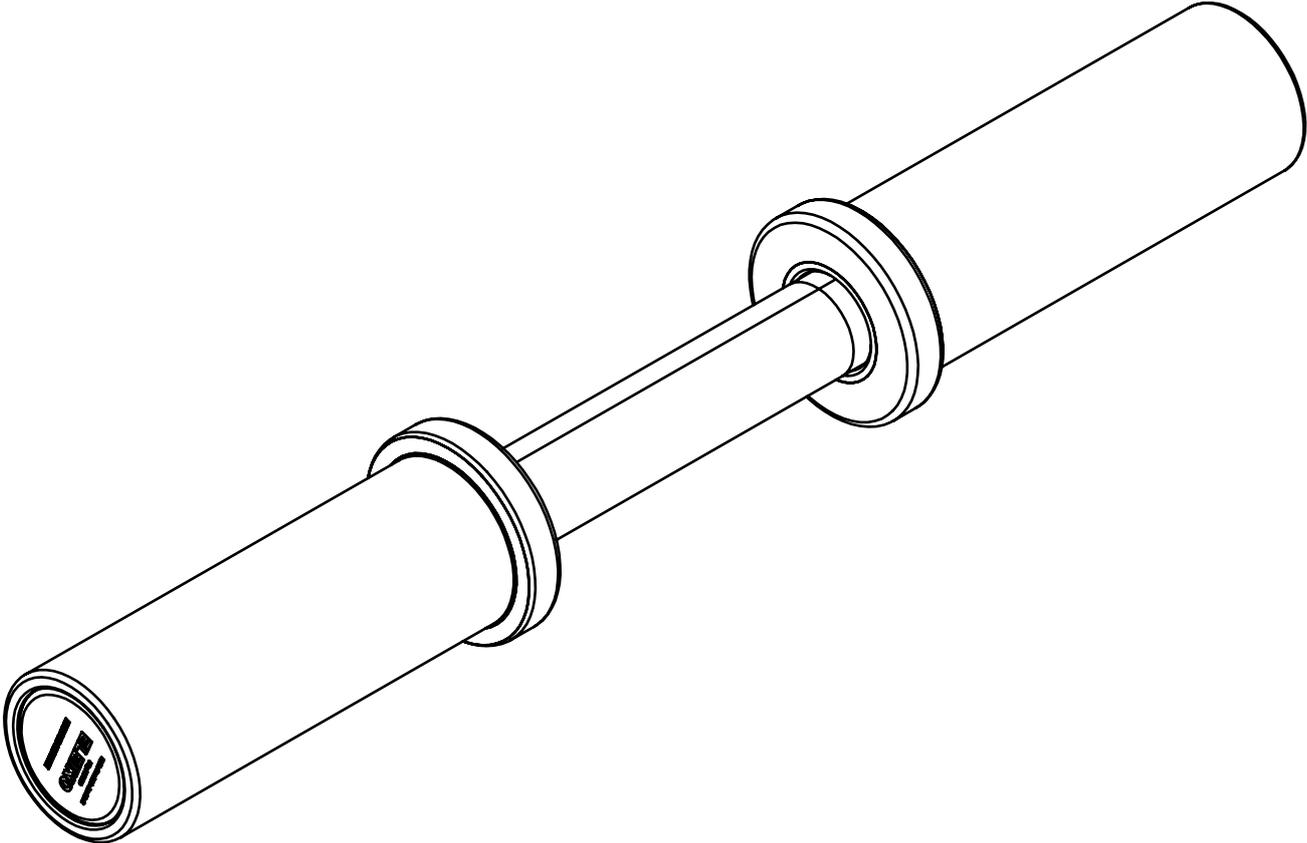


# Eleiko Loadable Dumbbell 5 kg / 11 lbs

3085357



# READ BEFORE INSTALLATION AND USE

## CAUTION

The equipment must be installed and used in a place whose access and supervision are specifically controlled by the user.

## SAFETY INSTRUCTIONS

It is the responsibility of the purchaser of ELEIKO products to instruct all users and supervising personnel on proper usage of the equipment.

1. All included warnings (labels) and instructions **MUST** be read before the use of any ELEIKO-equipment. Use each equipment as it is intended for.
2. A user **MUST** get a medical examination and proper instructions before the use of any ELEIKO-equipment.
3. **DO NOT** let anyone, under any circumstances, use equipment that appears to be damaged. Do not try to repair any equipment before consulting an ELEIKO technician.
4. **DO NOT** replace the components of ELEIKO-equipment with other none ELEIKO-equipment (magnetic safety pin, frames, bars), do not improvise. If there are any doubts consult an ELEIKO representative prior to any intervention.
5. **DO NOT** overload the equipment and **DO NOT** try to exceed personal strength levels.
6. Children under the age of 14 must be supervised by an adult.
7. **DO NOT** remove any safety labels from the ELEIKO-equipment. ELEIKO is not responsible if a label is removed. Replace damaged labels immediately.

## PREVENTITIVE CLEANING & INSPECTION

### REGULARLY:

Brush knurling and metal handle with a nylon brush to remove any chalk or dirt. Use a mild soap detergent, like Eleiko Clean, with a microfiber cloth to wipe down product surface. While it is safe to use an alcohol based neutral pH7 solution on the handle or steel elements of a dumbbell, alcohol and chlorine based products will have a long term impact on the rubber dumbbell heads and cause deterioration over time. We recommend ammonium free, alcohol-free, bleach-free, and o-phenylphenol-free wipes. Check equipment for sharp edges and replace if necessary.

## WARRANTY

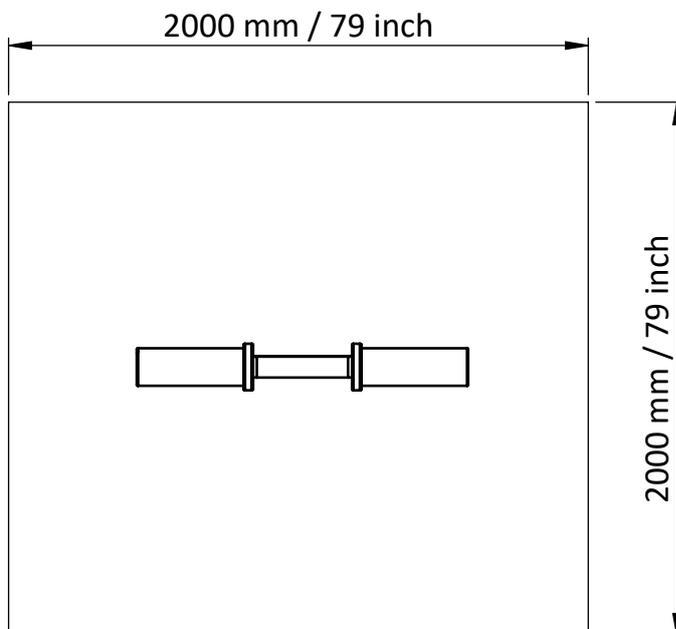
All products manufactured by ELEIKO are warranted to the original purchaser to be free from defects in workmanship and / or materials under normal use or service as follows: 5 year  
Not to be dropped.  
Indoor use only, normal wear and tear does not fall under the warranty.

# PRODUCT SPECIFICATIONS

Eleiko Loadable Dumbbell 5 kg/11 lbs is to be used with discs with centre hole 50 mm. Very important you use appropriate collars that are tighten. Collars needs to be strong enough to hold discs in place for the exercise you are going to do. You need to make sure that collars are tighten before every lift. It is the user's responsibility to make sure an appropriate collar is used for the specific exercise performed.

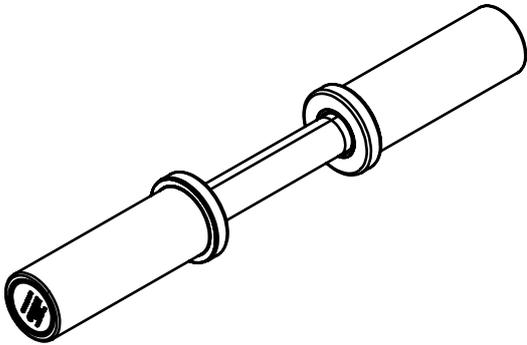
Product weight	5 kg/ 11 lbs
Max user weight	na
Max training weight	40 kg / 90 lbs
Dimensions (L x W x H)	436x65 mm 17,1x2,6 inches

## FOOTPRINT AREA



Make sure you have free space around when you do your exercises.

# CONTENTS

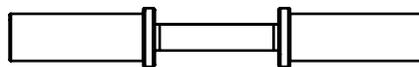


**Eleiko Loadable Dumbbell 5 kg/11 lbs**  
**3085357**

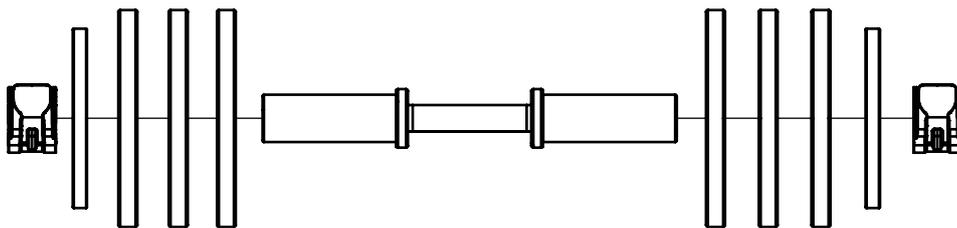
# USAGE

- Before doing your exercise, you need to load the dumbbell.
- You need appropriate collars and weights with 50 mm / 2 inches centre hole.
- For your safety it is important you choose robust collars that can keep the weights on the sleeve.
- Before every lift you must check that the collars are tight and that weights are close to each other - no gap between dumbbell - weights - collars.
- Make sure there is at least 10 mm of free space outside the collar.
- Check your surroundings an area of 2x2 m / 79x79 inches around you should be free.

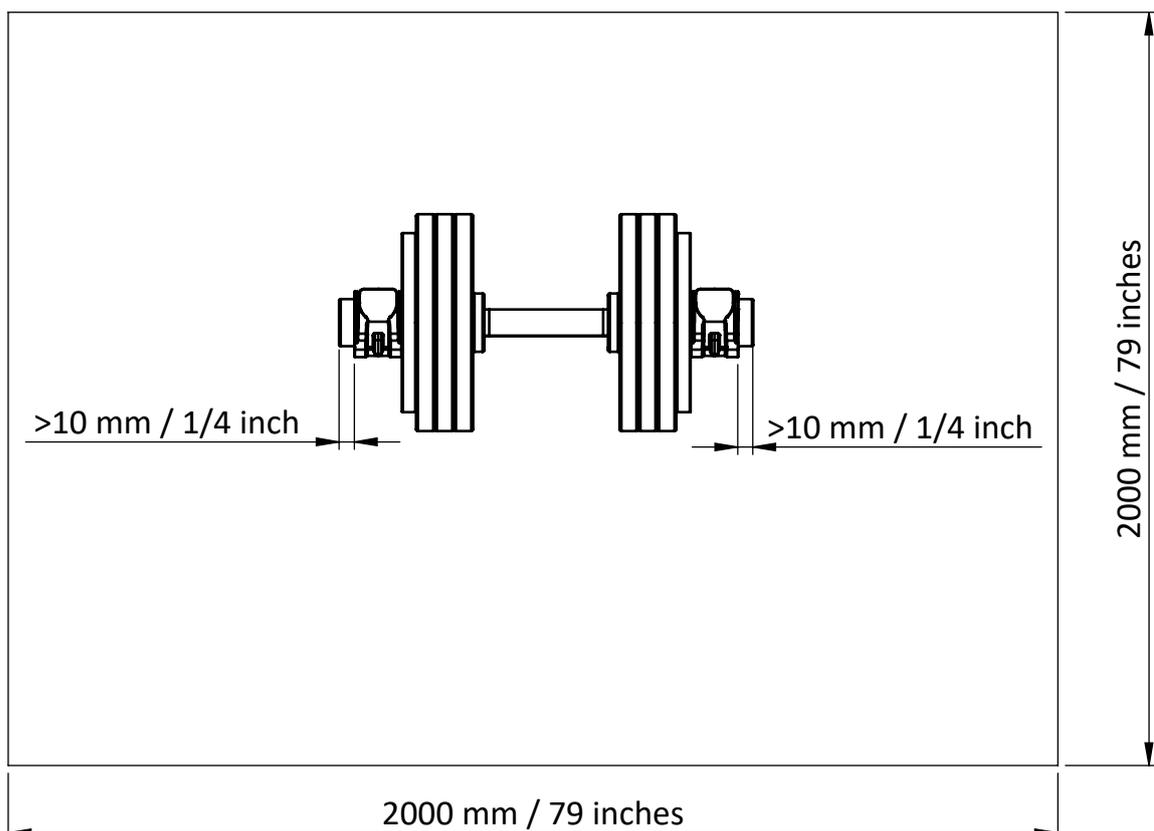
1



2



3



**ELEIKO**

# ELEIKO

RAISE THE BAR

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