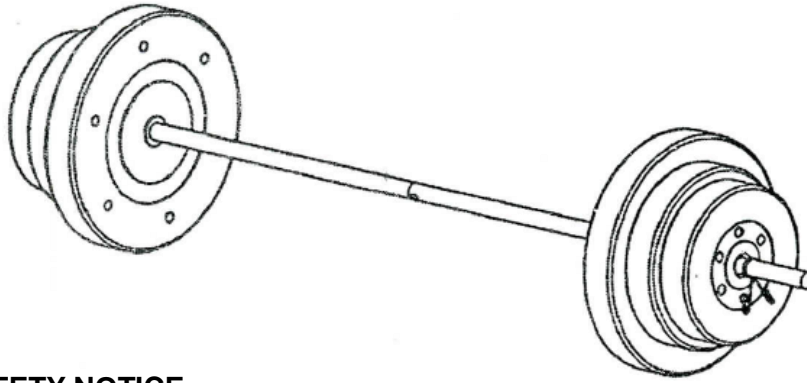


# Tornado® 100 LB Standard Weight Set

Tornado® # WSDD-002



## **IMPORTANT SAFETY NOTICE**

1. Maximum weight on weight bar is 100 lbs.
2. A Spotter is recommended during exercise with this weight set for your safety
3. This weight set is intended to use indoor.
4. Keep children and pets away from the equipment at all times. DO NOT leave children unattended in the same room with the equipment.
5. Before exercising, always do stretching exercises to properly warm up
6. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
7. Position the equipment on a clear, leveled surface
8. Always wear appropriate workout clothing when exercising.
9. Disabled person should not use the equipment without a qualified person or physician in attendance.
10. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. TORNADO® FITNESS ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

**Tornado Fitness®**

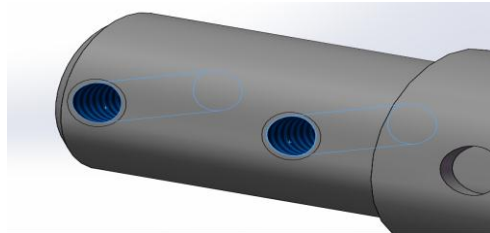
Email: [Info@CSPartsHub.com](mailto:Info@CSPartsHub.com)

Customer Service: 1-800-681-0084

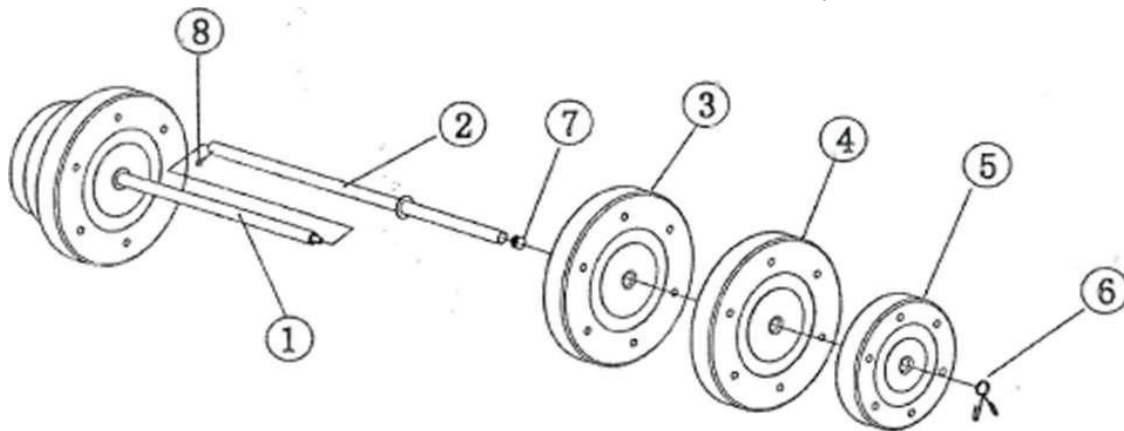
Hours: 9 am – 3 pm CST Monday - Friday

## Assembly Instruction (See Exploded Diagram)

- A) Insert Weight Bar A (#1) into Weight Bar B (#2). Align the holes and secure it with four Allen Bolts (#8). Note Step #1 Image Below.
- B) Slide two 25 Lb. plates onto bar, then add weights as needed.
- C) Attach two Spring Clips (#6) onto the Weight Bar to secure the Plates in position.



Step 1



### **PARTS LIST**

Key	No Description	Qty
1	Weight Bar A	1
2	Weight Bar B	1
3	25lb Plate	2
4	15lb Plate	2
5	10lb Plate	2
6	Spring Clip	2
7	Plastic End Cap	2
8	M6 Allen Bolts	4
9	Allen Wrench	1

### **LIMITED WARRANTY**

TORNADO FITNESS ("TORNADO") warrants this product to be free from defects in workmanship and material, under normal use and service conditions for 90 days from the date of purchase. This warranty extends only to the original purchaser of the product. All returns must be Pre-authorization by TORNADO. Authorization may be obtained by calling TORNADO Customer Service Department at 1-800-681-0084. Freight must be prepaid to TORNADO.

### **ORDERING REPLACEMENT PARTS**

Replacement parts can be ordered by calling our Customer Service Department toll-free at 1-800-681-0084 during our regular business hours Monday through Friday, 9 am until 3 pm CST.