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4 LIMITED WARRANTY

Grit Elite Gear Warranty is valid only to the original purchaser with proof of the original purchase required. Any additions or modifications made to the product will void all and any warranty.

Time period: Manufacturer warranty is covering handle component, weight discs and dumbbell tray and is valid for a period of 1 (one) year.

Not covered by warranty:

- 1. The product is damaged when it's used, maintained, repaired or stored not according to the requirements of the Manual.
- 2. The product model or code on the warranty certificate is inconsistent with the physical commodity.
- 3. The warranty period has expired.
- 4. Product has been damaged by human force.
- 5. Product has been dropped or collided with another object.
- 6. Normal wear and tear.
- 7. Damage caused by use in environment not suitable for the product.
- 8. Damage caused by an accident, neglect or failure to follow warnings.

Limitations

Grit Elite Gear, LLC. is not responsible for any additional or extended warranty offered by any third party. THE WARRANTY STATED ABOVE IS A LIMITED WARRANTY AND THE ONLY WARRANTY MADE BY THE PARTIES. BOTH PARTIES WAIVE ALL OTHER WARRANTIES, EXPRESS OR IMPLIED INCLUDING, BUT NOT LIMITED TO IMPLIED WARRANTIES OR MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE.

Procedures:

1. Warranty services may only be performed by the original seller or an authorized Grit Elite Gear service provider.
2. Proof of purchase must be provided prior to service request.
3. Purchaser is responsible for any and all transportation and/or delivery costs associated with warranty services provided by seller or authorized service provider.
4. Grit Elit Gear, LLC. reserves the right to choose to replace or repair the serviced product under the warranty.
5. Grit Elit Gear, LLC.reserves the right to issue a limited credit towards another Grit Elite Gear product in case a product serviced under warranty is found to be irreparable.
6. Grit Elit Gear, LLC.is not responsible for any costs associated with any services done to the product outside of the warranty period stated in this manual.
7. Grit Elit Gear, LLC.is not liable for any costs, damages, injuries, losses or failures caused by the use of unauthorized parts and/or service provider.

WARRANTY CERTIFICATE
Customer Name: _____
Telephone: _____
Purchasing date: _____
Product number: _____
Means of purchase: _____
Producer: GRIT ELITE GEAR, LLC.

5 TRAINING SAFETY WARNINGS



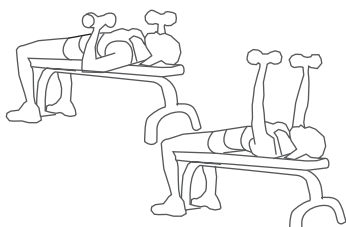
Consult a physician before starting an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint.

Contact your doctor before using the equipment again.

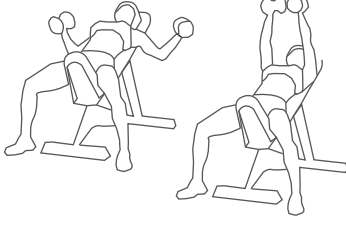
Choose your training intensity according to the training difficulty, training time, etc.

For more training moves, check out professional exercise manuals, books, and videos or consult a personal trainer to learn the correct posture, technique, and methods.

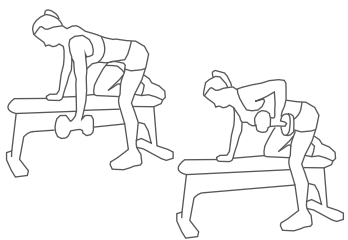
6 EXERCISE GUIDE



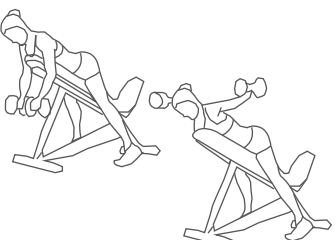
(1) Dumbbell Bench Press
2 sets x 10 reps



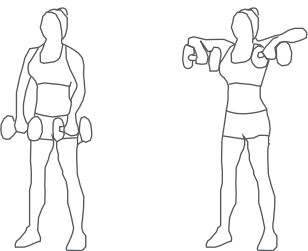
(2) Incline Dumbbell Fly
2 sets x 10 reps



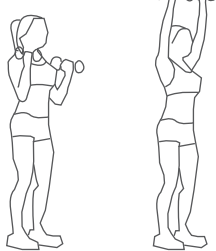
(3) One-arm Dumbbell Row
2 sets x 10 reps



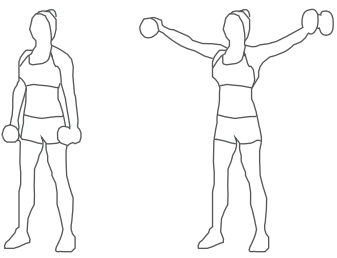
(4) Reverse Fly
2 sets x 10 reps



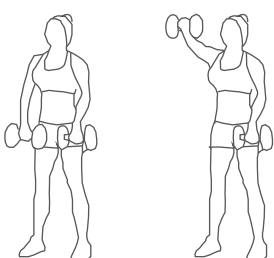
(5) Upright Dumbbell Row
2 sets x 10 reps



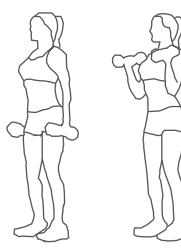
(6) Standing Dumbbell Press
2 sets x 10 reps



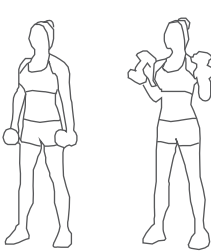
(7) Dumbbell Lateral Raise
2 sets x 10 reps



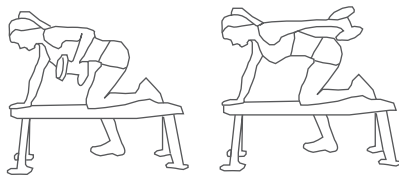
(8) Standing Dumbbell Front Raise
2 sets x 10 reps



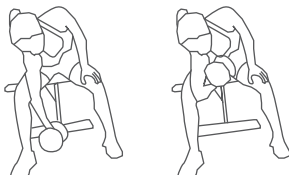
(9) Standing Dumbbell Curl
2 sets x 10 reps



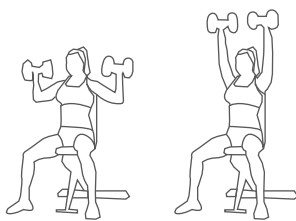
(10) Standing Top-down Dumbbell Curl
2 sets x 10 reps



(11) Triceps Kickback
2 sets x 10 reps



(12) Concentration Curl
2 sets x 10 reps



(13) Seated Dumbbell Press
2 sets x 10 reps

GRIT ELITE GEAR, LLC.

SERVICE LINE: 425-822-7770

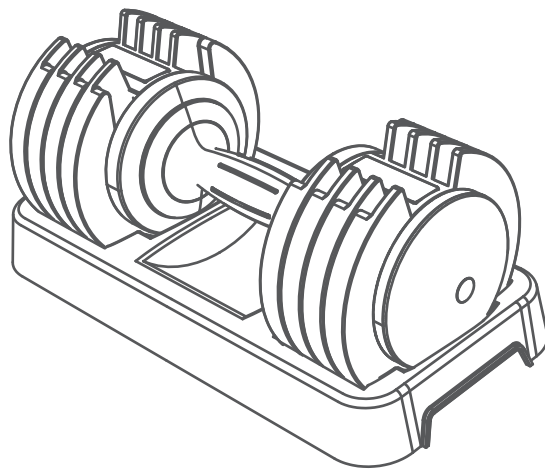
WEB: WWW.GRITELITE.COM

ADDRESS: 512 6TH ST S SUITE 102

KIRKLAND, WA 98033

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GRIT™
ELITE GEAR



Adjustable Dumbbell Owners Manual

1 SAFETY WARNINGS

IMPORTANT!

Read and understand this Owner's Manual and ALL WARNINGS on and for this equipment prior to using it

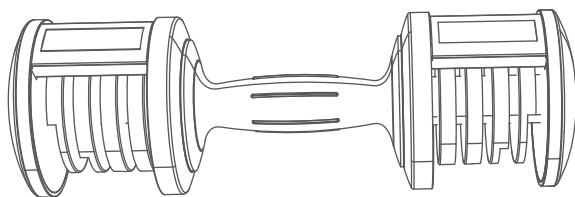


Warning: To prevent accidents, please read the following important notes before using adjustable dumbbells. No responsibility is assumed for personal injury or property damage caused by the use of this product. Please make sure you read all the information below and keep the instructions for reference.

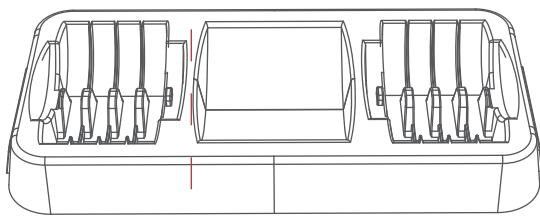
1. Please use the adjustable dumbbells instructions step by step to avoid unnecessary damage.
2. Before exercising, please consult your doctor about the exercise frequency, time and intensity suitable for your specific age and condition.
3. In the event of nausea, shortness of breath, dizziness, headache, chest distress, or any discomfort, stop exercising immediately.
4. In order to achieve significant exercise results and not to overburden the muscles, the exercise frequency should be controlled within a reasonable range. Consult a personal trainer to learn the correct posture, technique, methods and frequency.
5. Inspect the equipment thoroughly before each use. Do not use the product with damaged or worn components or parts.

6. If the equipment is found to be worn, lose or rusted, it should be repaired or replaced in a timely manner to ensure that all components are always in good working condition.
7. Please keep pets and children away from this equipment. Do not allow children to play near this equipment or use it for any purpose. The minimum age of using the equipment is 18 years old. Everyone under the age of 18 must be under parental supervision at all times.
8. Do not press the safety lock or turn the weight selector dial when the dumbbell or handle is lifted from the dumbbell tray.
9. Do not drop the dumbbells freely to the ground as it will damage the product. In some cases, dropping the dumbbell freely may potentially cause a personal injury or death.
10. Do not bump the product against any other object as it will damage the product and may potentially cause a personal injury.
11. Do not take the product apart or disassemble any parts. Tampering with the product may potentially cause a personal injury.
12. This product is very heavy. For highest level of safety place the dumbbells trays and dumbbells on the floor.
13. This product is for consumer in home use only.

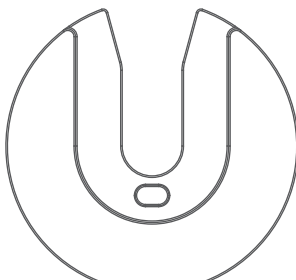
2 PRODUCT COMPONENTS



Handle



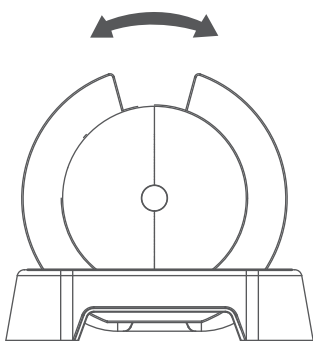
Dumbbell tray



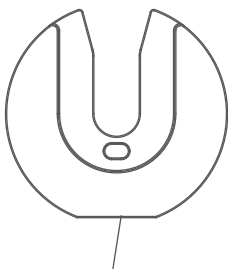
Counterweight

3 INSTRUCTIONS FOR USE

1. Select the desired weight
Keep the safety lock unlocked and adjust the weight by turning the handle; this allows you to choose your preferred weight for your personalized exercise



2. Fastening counterweights
The slotted side of the counterweight should face the dumbbell center (see below). Counterweights should be evenly distributed at both ends of the dumbbell.



A counterweight is grooved on one side and flat on the other.

