



OWNER'S MANUAL
Model: 16808595500
SW155 Adjustable Dumbbell

Please carefully read this entire manual
before operating your new equipment.

ATTENTION: • Before returning your SOLE product to any retailer, or if you require any assistance with assembly or technical support please call us first for assistance at 1-888-707-1880. Thank you for your SOLE purchase.

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ATTENTION

THIS ADJUSTABLE DUMBBELL IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THE APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

SOLE

FITNESS

CONGRATULATIONS ON YOUR NEW ADJUSTABLE DUMBBELL, AND WELCOME TO THE SOLE FAMILY!

Thank you for your purchase of this quality SOLE dumbbell from Dyaco Canada Inc. Your new dumbbell has been manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. Dyaco Canada Inc. will do all we can to make your ownership experience as pleasant as possible for many years to come.

If you have any questions about your new SOLE product or questions about the warranty, contact Dyaco Canada Inc. at 1-888-707-1880.

Please take a moment at this time to record below the name of the dealer, their telephone number, and the date of purchase for easy contact in the future. We appreciate your confidence in SOLE, and we will always remember that you are the reason that we are in business. Please go to www.dyaco.ca/warranty and complete the online warranty registration.

Yours in Health,
Dyaco Canada Inc.

Name of Dealer _____

Telephone Number of Dealer _____

Purchase Date _____

PRODUCT REGISTRATION

RECORD YOUR SERIAL NUMBER

Please record the Serial Number of this fitness product in the space provided below.

Serial Number _____

Register your purchase

Please visit us at www.dyaco.ca/warranty to register your purchase.

IMPORTANT PRECAUTIONS

Read all instructions before using this equipment.



WARNING - To reduce the risk of injury to persons:

These safety notes are directed to you as the owner of the Strength Equipment manufactured by SOLE Fitness. Please follow these safety instructions.

DO

- Do discuss your health program or fitness regimen with a healthcare professional.
- Do stop operating your Strength Equipment if you feel dizzy or faint.
- Do perform regular preventative maintenance.
- Do exercise slowly until you reach a level of comfort.

DO NOT

- Do not let unsupervised children operate the Strength Equipment.
- Do not use without proper athletic shoes.
- Do not use outdoors, or in an enclosed pool environment.
- Do not drop or insert any object, hands, or feet into any opening or within the area of the product.
- Do not attempt to remove any shrouds or modify the Strength Equipment.

WARNING

- Your Strength Equipment manufactured by SOLE Fitness is designed for exercise in a consumer environment.
- Please check with your physician prior to beginning any exercise program.
- Do not push yourself to excess. Stop if you are feeling faint, dizzy, or exhausted. Use common sense during workout.
- Read the owner's manual in its entirety before operating the Strength Equipment.
- Failure to obey this warning can result in injury or death.
- It is the responsibility of the owner to ensure that all users of this product are adequately informed of all precautions.
- Before you begin any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
- This product is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about the use of the product by someone responsible for their safety.
- This product is intended for indoor, home use only. Do not use this product in a commercial, rental, or institutional setting.
- Place this product on a firm, level surface, with ample clearance around it and above it for the exercises that you will perform.
- Place only the included dumbbell on the tray.
- Inspect this product before each use. Do not use this product or try to repair it if it is damaged.
- Keep children under age 13 and pets away from this product.
- Always wear protective footwear while using this product. Never place your fingers between the dumbbell and the tray.
- Use this product only as described.
- Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you feel pain while exercising, stop immediately and cool down.

SOLE FITNESS® and the SOLE Fitness logo are registered trademarks of Dyaco International.

IMPORTANT SAFETY INSTRUCTIONS

This chapter includes precautions and fitness safeguards for the installation and use of the **manufactured by SOLE**.

Please read this chapter carefully before installing or using your strength equipment.

Live area and Training area

The live area shall be not less than 140 CM (55.12") greater than the training area in the directions from which the equipment is accessed. The live area must also include the area for emergency dismount.

IMPORTANT SAFEGUARDS

The following fitness safeguards and operating precautions are directed to purchasers and users. Failure to follow these safeguards may result in injury or serious health risk.

Proper Usage

- Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that SOLE FITNESS equipment is used properly to avoid injury.
- Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, STOP EXERCISING and consult your physician.
- Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.
- Follow instructions provided in this manual for correct foot position and basic techniques.
- The maximum weight for individuals using the Strength Equipment should not exceed 330 pounds (150 kilograms).
- Do not press the safety lock or turn the weight selector dial when the dumbbell or handle is lifted from the dumbbell tray.
- Do not drop the dumbbells freely to the ground as it will cause damage to the product. In some cases, dropping the dumbbell freely may potentially cause a personal injury or death.
- This product is very heavy. For the highest level of safety place the dumbbell trays and dumbbells on the floor.
- Use caution while participating in other activities while using your adjustable dumbbell such as watching television, reading, etc. These distractions may cause you to lose balance, resulting in serious injury.

Inspection

- DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all SOLE FITNESS equipment use only replacement parts supplied by SOLE FITNESS.
- EQUIPMENT MAINTENANCE - Preventative maintenance is the key to smooth operating equipment as well as to keep your liability to a minimum. Equipment needs to be inspected at regular intervals.
- Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.
- DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE SOLE FITNESS EQUIPMENT WHICH APPEARS TO BE DAMAGED OR WORN.
- Check regularly and follow all instructions for maintenance as specified in this manual.
- Replace immediately any defective parts and do not operate unit until all repairs are complete.

Operation Warnings

- Keep children away from the equipment. Parents or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
- Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have users' secure long hair back and up to avoid contact with moving parts.
- All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.
- Take note of the Live area and Training area

Note: This Strength Equipment is not suitable for therapeutic purposes.

WARNING: Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. Read all instructions before using any fitness equipment. We assume no responsibility from personal injury or property damage sustained by or through the use of this product.

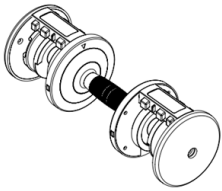
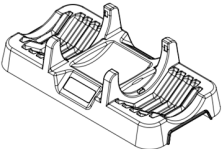
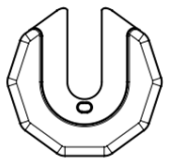


Failure to follow all guidelines may compromise the effectiveness of the exercise experience, expose yourself (and possibly others) to injury, and reduce the longevity of the equipment.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

CAUTION!! Please be careful when unpacking the carton.

PARTS LIST

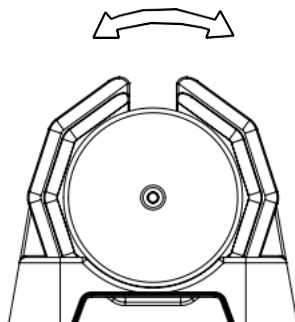
Key	Part Description	Line Drawing	Q'ty
1	55LB Handle		1
2	55LB Dumbbell Tray		1
3	2.5LB Weight Plate		2
4	5LB Weight Plate		8

HOW TO USE YOUR NEW ADJUSTABLE DUMBBELL

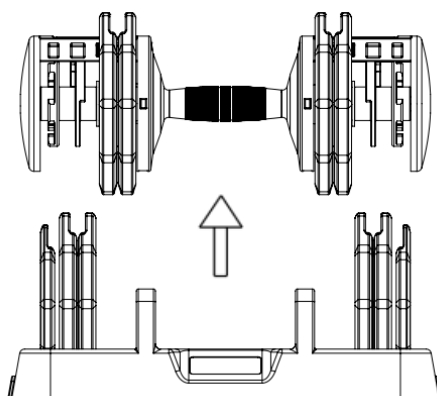
1. The 10 level increments are from 10 LB to 55 LB as in 4.55 KG to 25 KG.

LB	10	15	20	25	30	35	40	45	50	55
KG	4.55	6.8	9.1	11.4	13.6	15.9	18.2	20.5	22.7	25

2. Choose the desired weight by rotating the middle of the handle grip.
The handle must be fully inserted into the dumbbell tray to adjust.



3. Bring up the handle directly from the tray. The unused plates will remain in the tray.



TROUBLESHOOTING

Problem: Adjustment handlebar doesn't turn around while handle is in base.

Answer:

- a. Ensure the handle is fully inserted into the dumbbell tray base. If not fully inserted, the locking mechanism will not be released.
- b. Check to see if any weight plates were put into the wrong grooves or face backwards. All weight plates must have the selection tongue facing away from the handle grip.

MANUFACTURER'S LIMITED WARRANTY

Home Use Limited Warranty: Parts 1 Year

Adjustable dumbbell LIMITED WARRANTY

Dyaco Canada Inc. warrants all its home use adjustable dumbbell parts for a period of time listed below, from the date of retail sale, as determined by a sales receipt or in the absence of a sales receipt, eighteen (18) months from the original factory shipping date. Dyaco Canada Inc.'s responsibilities include providing new or remanufactured parts, at Dyaco Canada Inc.'s option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Dyaco Canada Inc. directly to a consumer. The warranty period applies to the following components:

NORMAL RESPONSIBILITIES OF THE CONSUMER

This warranty applies only to products in ordinary household use. The consumer is responsible for the items listed below:

1. The warranty registration must be completed within 10 days of the original purchase to validate the manufacturer's limited warranty or register online at the SOLE Fitness website solefitness.ca/warranty
2. Proper use of the adjustable dumbbell in accordance with the instructions provided in this manual, including maintenance.
3. Expenses for making the adjustable dumbbell accessible for servicing, including any item that was not part of the adjustable dumbbell at the time it was shipped from the factory.
4. Damages to the adjustable dumbbell finish during shipping, installation or following installation.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY. Note: Some provinces do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for adjustable dumbbells not requiring component replacement, or adjustable dumbbells not in ordinary household use.
3. Damages caused by services performed by persons other than authorized Dyaco Canada Inc. service companies, use of parts other than original Dyaco Canada Inc. parts, or external causes such as alterations, modifications, abuse, misuse, accident, improper maintenance, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been; sold, transferred, bartered, or given to a third party.
6. Products that are used as store display models.
7. Products that do not have a warranty registration on file at Dyaco Canada Inc. Dyaco Canada Inc. reserves the right to request proof of purchase if no warranty record exists for the product.
8. Product use in any environment other than a residential setting.
9. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.

SERVICE

Keep your bill of sale. Twelve (12) months from the date on the bill of sale or eighteen (18) months from the date of factory shipping as determined by the serial number establishes the warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. You may also have other rights that vary from state to state. Service under this warranty must be obtained by following these steps, in order:

1. Contact your selling authorized SOLE Fitness dealer. OR
2. Contact your local authorized Dyaco Canada Inc. service organization.
3. If there is a question as to where to obtain service, contact our service department at 1-888-707-1880.
4. Dyaco Canada Inc.'s obligation under this warranty is limited to repairing or replacing, at Dyaco Canada Inc.'s option, the product through one of our authorized service centers. All repairs must be preauthorized by Dyaco Canada Inc. If the product is shipped to a service center freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for shipping and handling charges.
5. The owner is responsible for adequate packaging upon return to Dyaco Canada Inc. Dyaco Canada Inc. is not responsible for damages in shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
6. For any further information, or to contact our service department by mail, send your correspondence to:

Dyaco Canada Inc., 5955 Don Murie Street, Niagara Falls, ON, L2G 0A9

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Dyaco Canada Inc.



Please visit us online for information about our other brands and products, manufactured and distributed by Dyaco Canada Inc.

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For more information, please contact Dyaco Canada Inc.
T: 1-888-707-1880 | 5955 Don Murie St., Niagara Falls, Ontario L2G 0A9 | sales@dyaco.ca

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