



哑铃
使用说明书
(MD01)
(130401)

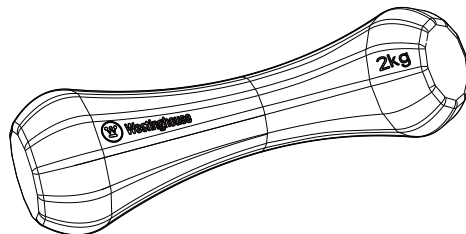


Westinghouse Unlimited Sports Equipment (Shanghai) Co., Ltd
西屋无界运动器材(上海)有限公司

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致用户

安全起见，在使用任何器械设备前，请确保您阅读以下全部信息，保存好这些说明以备查阅。

1. 本设备只适用于家庭使用，不适合于商业用途。
2. 在使用本设备前，请严格按照说明书的要求进行安装，务必检查所有配件等是否完好。否则，立即更换所有磨损部件。
3. 安全起见，儿童需在家长的陪护下才能使用该设备，在运动过程中，请远离其他人，尤其是儿童。
4. 请注意，哑铃十分沉重，在使用过程中请多加爱护。
5. 开始锻炼之前，请取下所有首饰，包括戒指、项链等。

警告：

在做练习之前，请先咨询您的医生适合于您的特定年龄和条件的运动频率，时间和强度。在使用过程中，一旦出现恶心，气短，头晕，头痛胸闷或者任何不适，请立即停止锻炼并咨询您的医生。如消费者违反了上述列出的任何警告，制造商有权使用相同的防御手段防止任何关于受伤、损害、损失的索赔。上述警告严格依照适用的法律法规，在没有限制或者修改消费者权益情况下的违约补救措施，它们被严格地执行以确保消费者安全的使用本设备。



(1). 哑铃仰卧推举
2组/10次



(2). 上斜哑铃飞鸟
2组/10次



(3). 单臂哑铃行
2组/10次



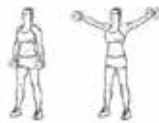
(4). 反向哑铃飞鸟
2组/10次



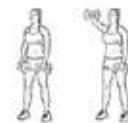
(5). 站姿哑铃划船
2组/10次



(6). 站立哑铃推举
2组/10次



(7). 哑铃侧平举
2组/10次



(8). 立姿哑铃前平举
2组/10次



(9). 立姿哑铃弯举
2组/10次



(10). 哑铃直式弯举
2组/10次



(11). 三头肌哑铃回扣
2组/10次



(12). 托臂哑铃弯举
2组/10次



(13). 三头肌屈接
2组/10次



(14). 坐姿哑铃推举
2组/10次



(15). 双臂哑铃摇摆
2组/10次

保修卡

型号			
保修期	年 月 日至 年 月 日止		
购买人	姓名		电话
	地址		
销售单位	名称		电话
	地址		
售后服务说明	<p>1.保修条款 a 自购买之日起, 保修期为一年, 保修期间免费保修 (不可抗因素、人为造成除外)。 b 购物附带的赠品不在保修范围。</p> <p>2.零配件 保修期外, 配件按市价收取费用。</p> <p>3.售后联系方式 服务电话: 400-839-8877</p>		



To the user

For security reasons, before using any device, make sure you read all of the following information and keep these instructions for reference.1. This device is only suitable for family use and not suitable for commercial use.2. Before using the equipment, please install it in strict accordance with the instructions, and be sure to check whether all the accessories are in good condition. Otherwise, replace all worn parts immediately.3. For safety reasons, children should be accompanied by their parents before using the device. During sports, please stay away from others, especially children.4. please note that the dumbbells are very heavy, please take good care of them during use.5. before starting the exercise, please remove all jewelry, including rings, necklaces, etc.Warning: Before doing exercises, consult your doctor about the frequency, duration, and intensity of exercise appropriate for your particular age and condition. In the event of nausea, shortness of breath, dizziness, headache, chest tightness or any discomfort during use, stop exercising immediately and consult your doctor. If the consumer violates any of the warnings listed above, the manufacturer shall have the right to use the same defense against any claim for injury, damage or loss. The above warnings are strictly in accordance with applicable laws and regulations and are strictly enforced to ensure the safe use of the device by consumers without limiting or modifying the remedies for breach of contract.



Dumbbell Bench Press
2 sets/10 reps



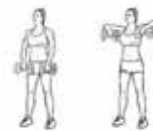
Incline Dumbbell Fly
2 sets/10 reps



On Arm Dumbbell Row
2 sets/10 reps



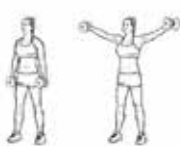
Reverse Flyes
2 sets/10 reps



Upright Dumbbell Row
2 sets/10 reps



Standing Overhead Dumbbell Press
2 sets/10 reps



Dumbbell Lateral Raise
(Power Partial)
2 sets/10 reps



Forward/Frone Dumbbell
Raise
2 sets/10 reps



Standing Dumbbell Curl
2 sets/10 reps



Hammer Curls
2 sets/10 reps



Tricep Dumbbell Kickback
2 sets/10 reps



Concentration Curls
2 sets/10 reps



Seated Tricep Press/
Extension
2 sets/10 reps



Dumbbell Shoulder Press
2 sets/10 reps



Two-Arm Kettlebell Swing
2 sets/10 reps