



**OWNER'S MANUAL**  
**5W155 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 866-697-6531. Thank you for your Sole purchase.*

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**WARNING:** This product can expose you to chemicals including Toluene and Acrylamide which are known to the State of California to cause Cancer and birth defects or other reproductive harm. For more information, go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

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# SOLE

## FITNESS

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

Thank you for your purchase of this quality Dumbbell from **SOLE**. 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. **SOLE** 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 product contact **SOLE** Fitness at **866-780-SOLE (7653)**. If you have a technical problem with your new Dumbbell contact **SOLE** technical service at **866-MYSOLE1 (1-866-697-6531)**.

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 complete and mail your registration card today and enjoy your new Dumbbell.

Yours in Health,  
**SOLE** Fitness

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

The self-addressed product registration card must be completed in full and returned to **SOLE**. You can also go to **[www.Soletreadmill.com](http://www.Soletreadmill.com)** under the support tab to register online.



# IMPORTANT PRECAUTIONS

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 the 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).

## **Inspection**

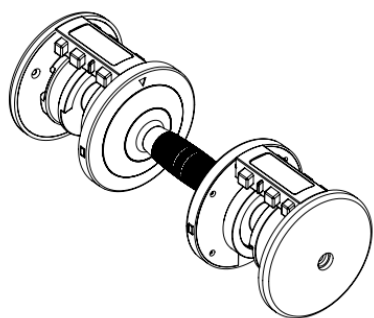
- DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all SOLE FITNESS equipment use only replacement parts supplied by SOLE FITNESS.
- EQUIPMENT MAINTENANCE - Preventative maintenance is the key to smooth operating equipment as well as to keep your liability 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.

### Operating Warnings

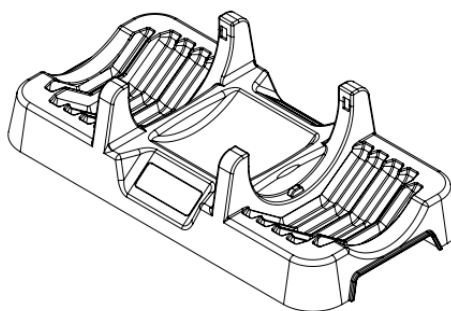
- Keep children away from the equipment. Parents or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
- Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have users' 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.
- Live area and Training area

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

## PACK LIST



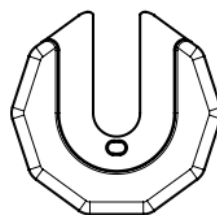
Handle



Dumbbell Tray



5LB Weight Plate x 8



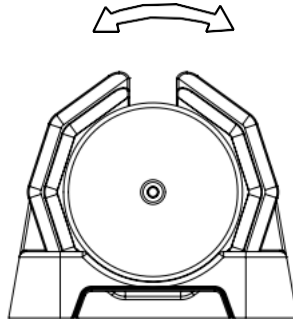
2.5LB Weight Plate x2

# INSTRUCTIONS

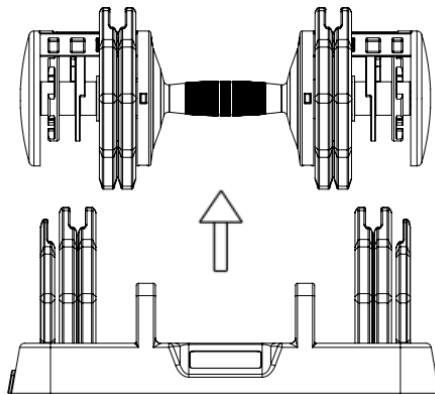
1. The 10 level increments are from 10 LB to 55 LB as in 4.55 KG to 25 KG.

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

### **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. Proper use of the adjustable dumbbell in accordance with the instructions provided in this manual, including maintenance.
2. 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.
3. 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 states 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 SOLE service companies, use of parts other than original SOLE 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 SOLE. SOLE 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.



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FITNESS