

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the kettlebell. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the kettlebell are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The kettlebell is intended for home use only. Do not use the kettlebell in a commercial, rental, or institutional setting.
4. Keep the kettlebell indoors, away from moisture and direct sunlight. Use the kettlebell in an open area on a surface that is level, smooth, and soft.
5. Keep children under age 12 and pets away from the kettlebell.
6. Wear protective footwear while using the kettlebell.
7. Inspect the kettlebell before each use. Do not use the kettlebell or try to repair it if it is damaged.
8. Set the kettlebell on a flat, level surface before adding or removing weight plates. Before lifting the kettlebell, make sure that the weight lock is in the locked position.
9. Maintain a clear space on all sides of your body while using the kettlebell. To prevent serious injury or damage, do not drop the kettlebell and do not allow it to hit your body, other people, or other objects.
10. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

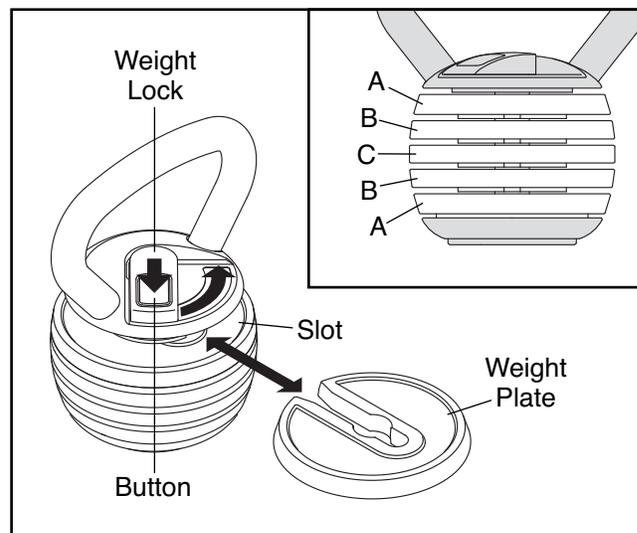
BEFORE YOU BEGIN

Thank you for purchasing the new Adjustable-weight Kettlebell. The Adjustable-weight Kettlebell allows you to quickly and easily vary the amount of weight you use during your workouts. **Please read this guide before using the Adjustable-weight Kettlebell. If you have questions after reading this guide, please see the back of this guide.**

HOW TO USE THE KETTLEBELL

Depending on which model you purchased, the kettlebell has either a 5-lb. housing with five 3-lb. weight plates or a 10-lb. housing with six 5-lb. weight plates.

To add or remove weight plates, first set the kettlebell on a flat, level surface. Next, press the button on the weight lock, rotate the weight lock to the right (counterclockwise), and then release the button.



To add weight to the kettlebell, slide a weight plate into the lowest open slot. Continue to add the desired number of weight plates to the kettlebell, working from the lowest open slot upward. **IMPORTANT: There are three different shapes of weight plates, and they must be inserted into the proper slots.** See the inset drawing above. The top and bottom weight plates (A) are thicker and have slanted edges. The center weight plate (C) is thinner and has vertical edges (if your kettlebell has six weight plates, there are two center weight plates). The other two weight plates (B) have slightly slanted edges.

(continued on back)

To remove weight from the kettlebell, first remove the weight plate from the highest filled slot in the kettlebell. Continue to remove the desired number of weight plates from the kettlebell, working from the highest filled slot downward.

Next, press the button on the weight lock, and rotate the weight lock to the left (clockwise). Then, release

the button to secure the weight lock in the locked position. **IMPORTANT: Make sure that the weight lock is firmly engaged in the locked position before you lift the kettlebell.**

Consult a reputable exercise guide, book, video, or personal trainer to learn correct kettlebell handling stances, techniques, and exercises.

If you have questions after reading this guide, please call the nearest Customer Care Department:

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LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

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