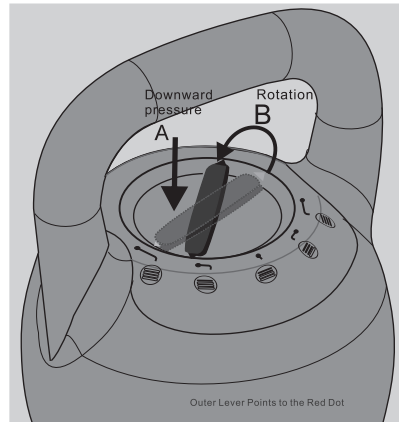
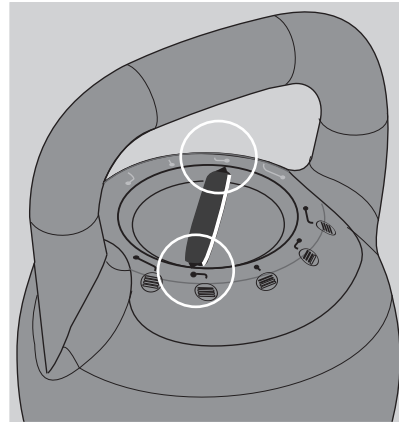


Weight adjustment device description

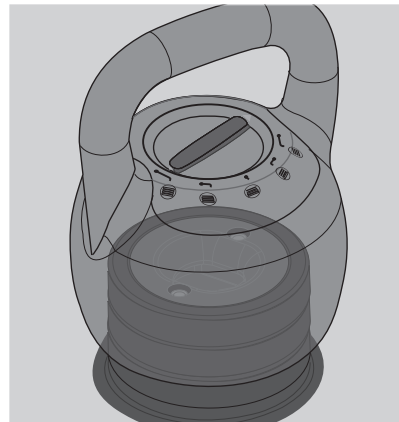
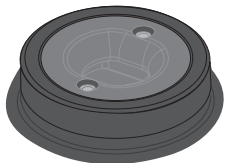
1. When adjusting the weights of the Kettlebell, must place in a flat and stable surface.
2. Push down the Adjustment Saucer to unlock the adjustment system (Fig. A). Turn the Outer Lever to select the weights (Fig. B).



3. While adjusting the weights, must make sure the Adjustment Saucer will bounce and stay in lock position. Must make sure the Outer Lever points to the dots on top of the number.



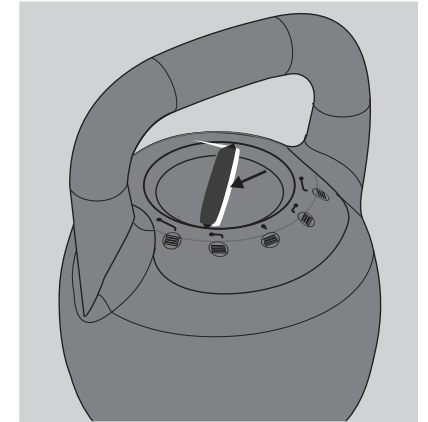
4. Let go of the Adjustment Saucer after completing the weight selection. The Adjustment Saucer will bounce and stay in lock position.



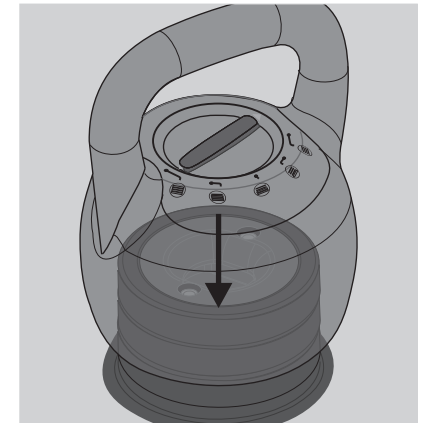
Weight adjustment device description

NOTE:

1. If the Adjustment Saucer is in the lock position, should not be able to see the Inner Lever (Yellow tab). If the Inner Lever is visible, slightly adjust the Outer Lever, and the Adjustment Saucer will bounce and stay in lock position.



2. In order to re-select the weights, the Kettlebell must return to its base. After finish with the exercise, must return the Kettlebell to the base and select the heaviest weight to lock the Kettlebell.



WARNING:

- DO NOT TURN THE OUTER LEVER AND ADJUST THE WEIGHTS WHILE EXERCISING WITH THE KETTLEBELL.
- WHEN ADJUSTING THE WEIGHTS OF THE KETTLEBELL, MUST PLACE IN A FLAT AND STABLE SURFACE.