



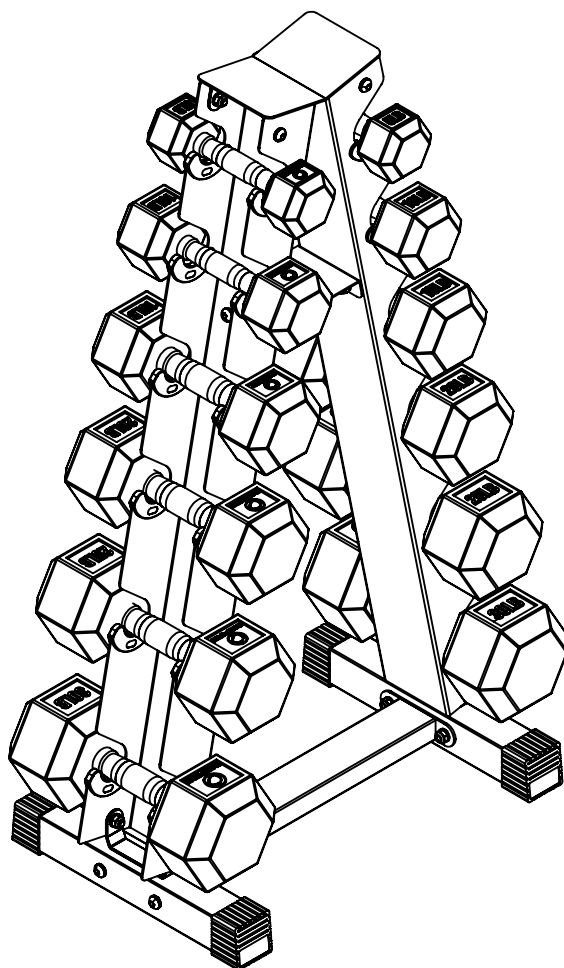
Model # 5-30HEXDBKIT

Itm. / Art. # 2621062

USER MANUAL

95.2 KG / 210 LB RUBBER DUMBBELL SET WITH RACK

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY



Record Serial Number Here

Health in Motion LLC

80090-EN-V2025-03-25

WELCOME

Welcome to the Inspire Fitness family. You've just taken the first step to a healthier and stronger body. Regular strength training has been shown to deliver a host of benefits including increased muscle tone, decreased body fat, improved energy levels, a reduction in stress, and improved cardiac output. You're on your way to improving your overall health and quality of life.

NEED HELP? WE'RE HERE FOR YOU.

US CUSTOMERS

If you have problems with your equipment, please contact our US Customer Service team.



EMAIL

costcosupport@inspirefitness.com



PHONE

+1 714-738-1729 (International)

Mon-Fri 8am-5pm PT - UTC-7h/8h

Support is provided in English and Spanish

INTERNATIONAL (NON-US) CUSTOMERS

If you have any problems with your equipment, please contact the store where your purchase was made.

PRODUCT WARRANTY

To view full warranty details, or to register your product for warranty, visit **inspirefitness.com/support**

AUSTRALIA

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Our goods and services come with guarantees that cannot be excluded under the Australian Consumer Law. For major failures with the service, you are entitled:

- to cancel your service contract with us; and
- to a refund for the unused portion, or to compensation for its reduced value.

You are also entitled to choose a refund or replacement for major failures with goods. If a failure with the goods or a service does not amount to a major failure, you are entitled to have the failure rectified in a reasonable time. If this is not done you are entitled to a refund for the goods and to cancel the contract for the service and obtain a refund of any unused portion. You are also entitled to be compensated for any other reasonably foreseeable loss or damage from a failure in the goods or service.

IMPORTANT

Place the heaviest dumbbells at the bottom of the storage rack, lightest should be on top.

Keep children off of the dumbbell rack at all times.

Stop immediately if you experience shortness of breath, pain, or dizziness during your workout.

Inspire strongly recommends consulting your doctor before starting an exercise program.

HOW TO EXERCISE SAFELY

Consult your physician before beginning an exercise program. Always warm up before your workout with 5 to 10 minutes of cardiovascular exercise. Then stretch slowly, exhaling as you gently stretch each muscle. Without bouncing, hold each stretch for at least 10 to 30 seconds. Follow your strength training regimen, stretch again to complete your workout.

Maintain proper spinal alignment and head positioning throughout your workout.

For maximum results, follow a complete fitness program that includes proper nutrition, aerobic exercise, and strength training.

Your body will respond to weight training and conditioning only when you complete your workout on a regular basis.

To gain the most benefit out of your workout, it is necessary to use muscles that complement each other. When using a particular muscle, you should use the supporting muscles as well.

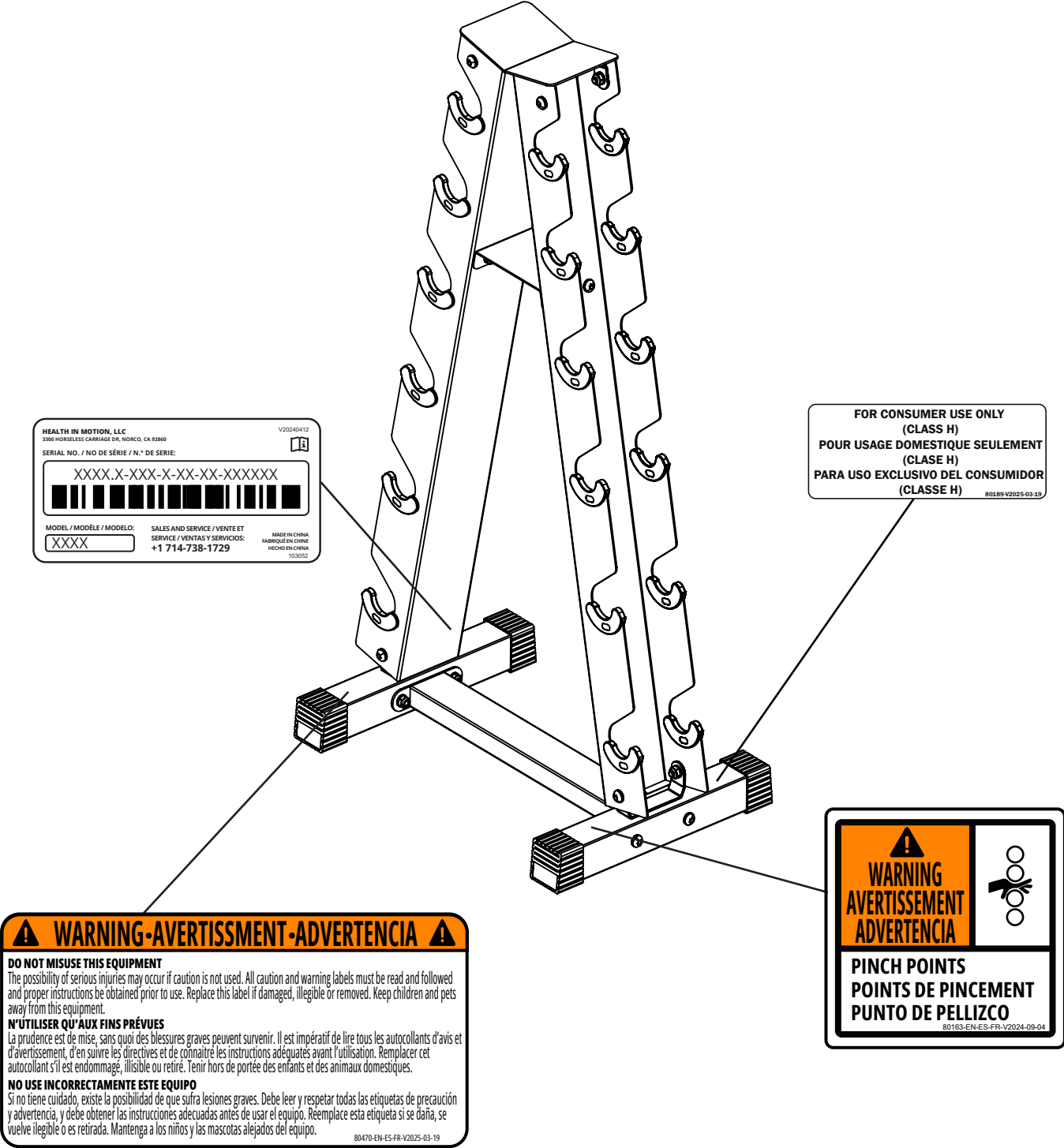
Do not attempt to lift more weight than you can comfortably handle. Avoid the risk of injury by remaining within your limits.

Do not hold your breath. Exhale the pressing action, inhale upon returning to the start position.

HOW TO CARE FOR YOUR EQUIPMENT

- Regularly inspect product for loose hardware.
- Don't use or store equipment outdoors.
- Clean with damp or dry microfiber cloth, do not use harsh chemicals.
- Worn or damaged components shall be replaced immediately or the equipment removed from service until the repair is made.

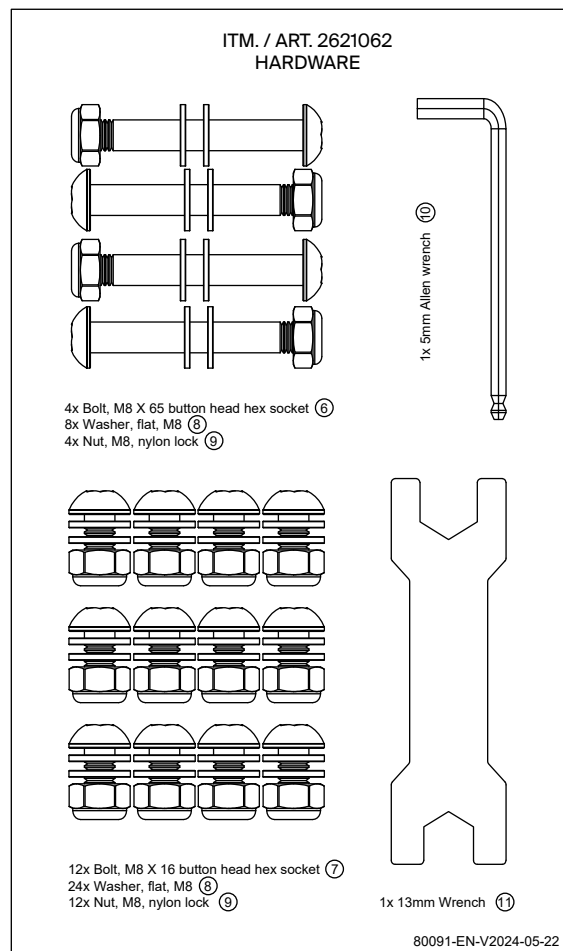
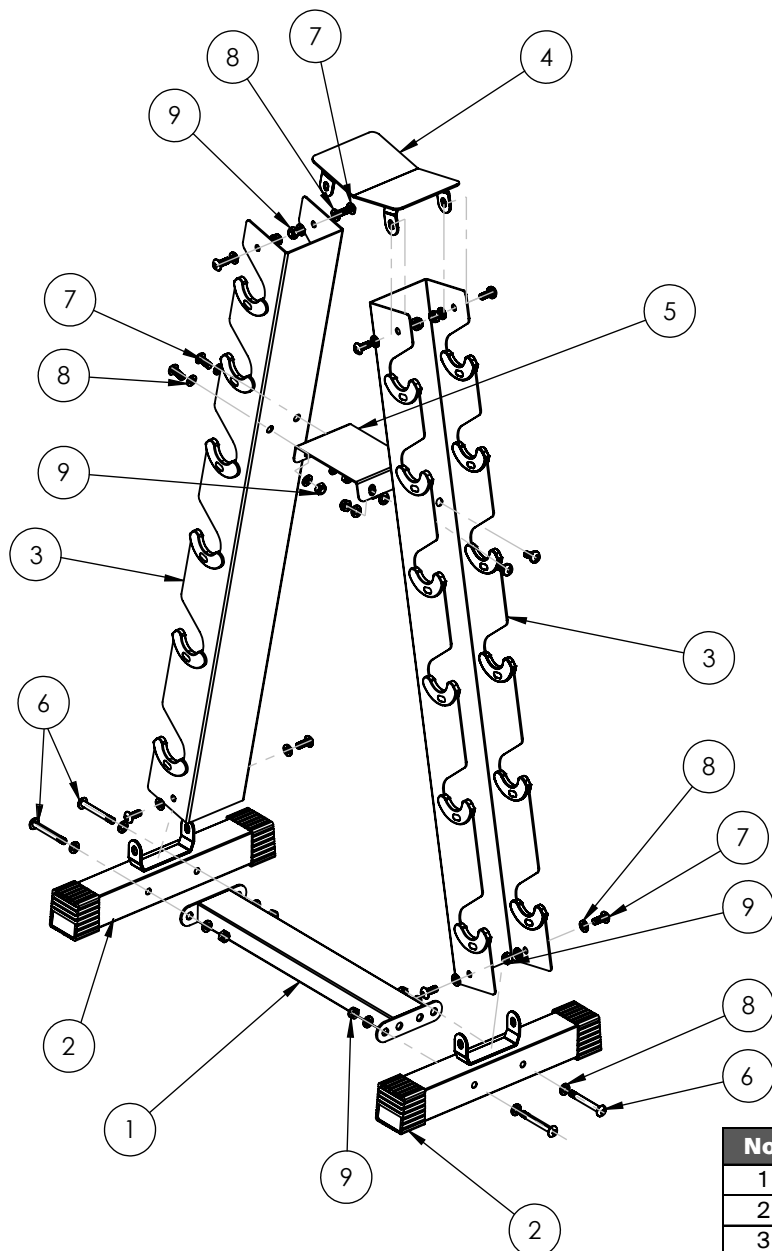
LABEL PLACEMENT



HOW TO ASSEMBLE

NOTE : Please remove nut and washer from bolt, prior to assembling.

Use the parts list in this manual to verify that all parts are accounted for, before assembly. If any parts are missing, contact our Customer Service team for replacement parts. This dumbbell set and rack are intended for indoor use only. Rust can form if used outdoors.



SERVICE PARTS LIST

No.	Description	Qty.
1	TUBE, BOTTOM FRAME	1
2	TUBE, SIDE FRAME	2
3	RACK, SIDE SUPPORT	2
4	RACK, TOP	1
5	REINFORCING PLATE	1
6	BOLT, M8 X 65, BUTTON HEAD HEX SOCKET	4
7	BOLT, M8 X 16, BUTTON HEAD HEX SOCKET	12
8	WASHER, FLAT, M8	32
9	NUT, M8, NYLON LOCK	16
10	5MM ALLEN WRENCH	1
11	13MM WRENCH	1

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