



## Odin Justerbar Kettlebell 20kg



For your safety and health, please read this instruction carefully before using this kettlebell.

### Important Safety Notice

- Keep children and pets away from the kettlebell.
- The kettlebell can't be used by more than one person at same time.
- Stop exercising immediately if any abnormal symptoms such as dizziness, nausea or chest tightness occur. Consult your doctor immediately.
- This product is intended for home and commercial use.
- Check before use. Do not use kettlebell whose parts are worn or damaged.
- Check and test the locking mechanism regularly.
- Do not drop the kettlebell to the ground to avoid damage the product or injure the user.
- Do not try to take apart the kettlebell.
- Warm up before use.
- Do not forcibly rotate the handle when it not work.

**Warning:** Follow your physician's instructions before starting any exercise program if you have heart disease, lung disease, high blood pressure, infectious disease, severe anemia, osteoporosis, arthritis, muscle and soft tissue damage or inflammation.

### Adjustable kettlebell instructions

1、 There are 7 weight increments(both in kg and lb) as below chart.

KG	2	5	8	11	14	17	20
LB	5	11.5	18	24.5	31	37.5	44

\*Remark: Because the scale is marked by rounding, there may be errors in the actual weight and scale marking.

### Precautions For Use



1.Make sure the side with warning mark aligned with the groove of the base. 2.Must ensure the number aligned with the red marker point before lifting the kettlebell. 3.Place the kettlebell pieces from bottom to top according to NO.6 to NO.1 against the standard line on the side of the kettlebell pieces.

### How To Reset The Kettlebell

If the kettlebell cannot be rotated or put back to the base, do not forcibly turn the handle. Follow these steps to reset the kettlebell.



1.Remove the kettlebell from the base. Press this two reset points at the same time while rotate the kettlebell pieces to remove it. 2.Put the hollow body back on the base, then turn the gear to the minimum.

3.Then place the kettlebell pieces from bottom to top according to NO.6 to NO.1 against the standard line on the side of the kettlebell pieces.(FIG.3)

4.Now you can use the kettlebell normally. Must ensure the number aligned with the red marker point before lifting the kettlebell.(FIG.1)