

SQADMS-2 CIRCE II

Adjustable Weight Dumbbells

for Women, Non-Slip Neoprene Ideal for Common Movement and Multi-Functional Exercise

THIS PRODUCT COMES WITH A COMPLETE DIGITAL TRAINING PROGRAM!
DOWNLOAD THE SQUATZ APP TO START TRAINING!



USER GUIDE

PLEASE READ THIS MANUAL CAREFULLY BEFORE OPERATION

Features

- Safe to Use
- Adjustable Dumbbells with Removable Weight Bars
- Weight Bars can be Added or Removed
- Efficiently Use One Set of Dumbbells for Many Exercises
- All-in-one Dumbbell
- Allows Versatile Workout
- Used to Sculpt Arms or Tone the Back
- Allows Better Grip
- Curve-Shaped Handlebar
- Customizable Weight
- Slip Resistant Neoprene
- Spiral Anti-Drop Design that Offers Security



4.53"



What's in the Box:

- (2) Dumbbells

Technical Specs:

- Construction Material: Iron + EVA
- Weight Capacity: 6.61 lbs.
- Product Dimensions (L x W x H): 1.96" x 1.96" x 8.07" -in.

Questions? Comments?

We are here to help!

contact@squat.com

Train 2-3 times a week

1. **Novice group:** 12 sets of 2 for each movement, with an interval of 30-60s
2. **Warm-up group:** 14 sets of 6 for each exercise, with an interval of 30-60s
3. **Advanced group:** 18 groups of 8 times for each movement, with an interval of 30-60s

INSTRUCTIONS FOR USE OF DUMBBELLS



Please keep this instruction manual in a safe place for future reference

1. Please keep your children and pets away from the training equipment.
This training equipment is only for adults.
2. **Preparation for use:** Lay the yoga mat (or floor mat) on the ground, and use the weight of dumbbells to be appropriate. Do not be overweight. Overweight dumbbells will easily strain your muscles, but will not achieve the effect of training; strength cannot be increased in a hurry, step by step.
3. When exercising, non-standard movements can easily cause joint damage. This is because when using dumbbells, the pressure on the joints is great, and the movement is slightly deviated, which will cause joint sprains and small muscle groups, muscle fiber strain, etc.
4. Coordinate the breathing rhythm in strength training to ensure sufficient oxygen supply in the body.
Everyone must find a suitable breathing method according to their own situation.
5. When defective parts are found in the process of assembly and maintenance or noise is heard during use, immediately stop the operation and use. Ensure that all problems are solved before proceeding.
6. When exercising with dumbbells, you should choose a well-ventilated environment. Before starting the exercise, you should do warm-up activities carefully; you must do relaxation exercises after the exercise.
7. When lifting or moving the training equipment, pay attention to safety so as not to hurt you.