

## SQADW-3 ATHENA III

### 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!

# SQUATZ

## USER GUIDE

**PLEASE READ THIS MANUAL CAREFULLY BEFORE OPERATION**

### Features

- Safe to Use
- Allows Better Grip
- 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
- Curve-Shaped Handlebar
- Customizable Weight
- Slip Resistant Neoprene
- Spiral Anti-Drop Design that Offers Security

### What's in the Box:

- (2) Adjustable Weight Dumbbells (inside with iron stick)

### Technical Specs:

- Construction Material: PP + TPE + Iron
- Weight Capacity: 8.83 lbs.
- Product Dimensions (L x W x H): 3.35" x 3.35" x 12" -in.



### Questions? Comments?

We are here to help!

Phone: (1) 718-535-1800

Email: [support@pyleusa.com](mailto:support@pyleusa.com)

### Full-Body Exercise Fitness

You can use the Adjustable Weight Dumbbells cooperate with different fitness movements to achieve the purpose of exercising various parts of the body, you can use the most suitable way to exercise the muscles of each part of the body, you can get a full workout at home or in the office with simple dumbbell movements.



#### Bent-over Row

##### Targets:

Back, glutes, biceps



#### Dumbbell Swing

##### Targets:

Hamstrings, back, quads, shoulders



#### Overhead Press

##### Targets:

arms, upper back, and shoulders



#### Seesaw Press

##### Targets:

Shoulders

### 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.