EN

Adjustable dumbbell 12.5 kg x 2

- Thank you for purchasing our product.
- Please read this guide carefully before use and keep it for future reference.
- The illustrations in this manual may differ from the actual product. Authoritative is the real product.

1. Intended use

- For your own safety and health, read this instruction manual carefully before using it for the first time.

2. Safety instructions



⚠ **WARNING! DANGER OF STRANGULATION AND ENTANGLEMENT!**

Always keep children and pets away from the dumbbell.
Never leave children unattended with the dumbbell – risk of injury! This product must only be used by one person at a time.
Stop exercising immediately if you feel unwell or experience symptoms such as dizziness, nausea, or chest tightness. Seek medical attention immediately.
Check the product for damage before each use. Do not use the dumbbell if parts are damaged or worn.
Check the adjustment mechanism regularly.
Always increase the weight gradually. Beginners should only train under the supervision of a trainer or therapist.
Do not drop the dumbbell to avoid damage or injury. Do not disassemble the dumbbell or use force, especially when adjusting the weight.
Warm up sufficiently before each workout.

⚠ **IMPORTANT:**

Always consult your doctor before starting an exercise program, especially if you have existing medical conditions such as heart or lung disease, high blood pressure, infections, anemia, osteoporosis, arthritis, or muscle or soft tissue injuries.

3. Weight adjustment

The dumbbell is adjustable in 11 weight levels.
Note: Weight values shown are approximate and may vary slightly due to manufacturing tolerances.

kg	1.5	2.5	3.5	4.5	6	7	8	9	10.5	11.5	12.5
lb	3	5.5	8	10.5	13	15.5	18	20.5	23	25.5	28

Fig. 1



Fig. 2



1. The adjustment can only be done when the dumbbell is on the base. Place the dumbbell correctly on the base (Fig. 1).
2. Now set the desired weight – make sure that the indicator correctly points to the desired weight (Fig. 2) and that the selected weight audibly clicks into place.
3. Carefully remove the dumbbell from the base and shake it lightly to check that the weight is set correctly and that no parts come loose.
4. If parts come loose or the dumbbell cannot be adjusted correctly, proceed as follows:

- Use a screwdriver to press in the spring button (Fig. 3).
- Now set the lowest weight by turning the handle.
- Do the same on the other side.

- Then assemble all parts correctly – the metal clip must be facing the center of the base (see Fig. 4).

Fig. 3



Fig. 4



4. Storage and care

- Store in a dry and cool place
- Protect from moisture and direct sunlight
- Clean the dumbbell only with a damp cloth.
- Do not use aggressive cleaning agents.
- Dry the product thoroughly after cleaning.

5. Technical data

EAN	4252023130684
Model	KM-HE-AD25
Material	Plastic (ABS), Steel
Product dimensions per dumbbell (without base)	39.7 x 17.5 x 16.5 cm
Product dimensions per dumbbell (with base)	39.9 x 20.6 x 17 cm
Weight	I Hantel 12.5 kg
Color	Black
Weight range	1.5–12.5 kg I Hantel
Weight adjustment	11 levels

6. Disposal

- Packing:
- The packaging is made of environmentally friendly, recyclable materials. Dispose of these according to local regulations.
- Product: For information on disposal, contact your local municipality or city council.

7. Contact

Phone: +44 (0) 208 068 5604
Mail: info@km-fit.co.de
The return address can be found in the imprint:
https://www.km-fit.com

EXERCISES

MANUALS

AREBOS GmbH
Industriestr. 24
97297 Waldbüttelbrunn
Germany

EU Declaration of Conformity

We, the	AREBOS GmbH Industriestr. 24 97297 Waldbüttelbrunn, Germany

declare in sole responsibility that the following product:

Brand	
Product	Adjustable Dumbbells 12.5 kg - Set of 2
Product model	KM-HE-AD25
EAN	4252023130684
complies with the relevant harmonisation legislation of the European Union.	(EC) No. 1907/2006 concerning REACH

The subject matter of the declaration described above meets the relevant requirements of the applicable EU directives.

The evaluation was carried out on the basis of the following legal provisions and standards:	Testing for heavy metals and flame retardants Regulation (EC) No. 1907/2006 (REACH) Directive 2011/65/EU (RoHS) on the restriction of the use of certain hazardous substances in electrical and electronic equipment, including its amendments Regulation (EU) 2015/863 amending Annex II to Directive 2011/65/EU (phthalates)
Other applied technical standards and specifications:	N/A
Place and date of the exhibition:	Waldbüttelbrunn, 13.04.2026

Signature:

Dipl.-Inform. (Univ.) Korhan Canbolat, Managing Director