


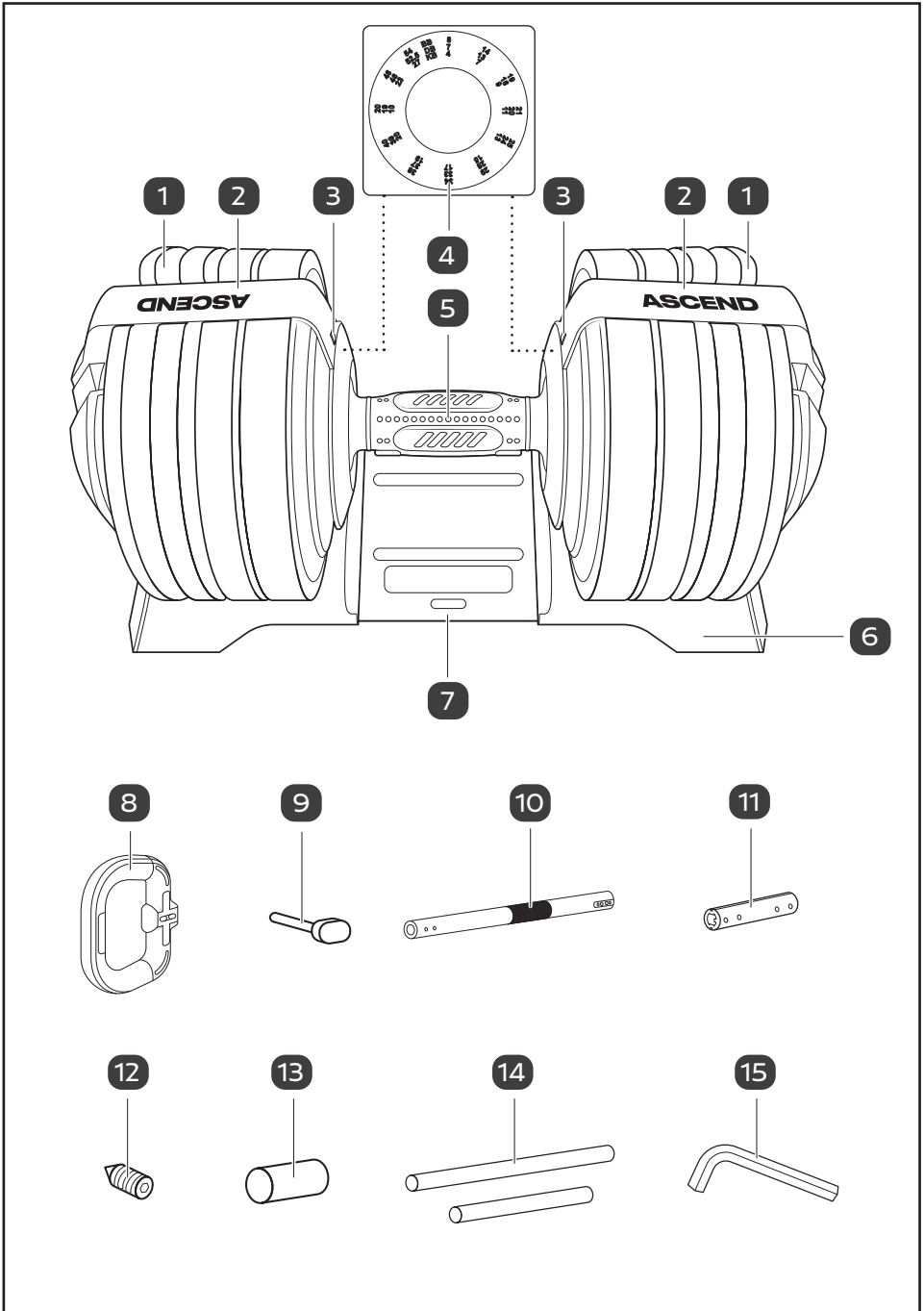
# USER AND ASSEMBLY MANUAL

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**ASCEND**  
**3-in-1 ADJUSTABLE**  
**DUMBBELL**



# ASCEND



# Product contents/parts

1	Weight plates
2	Weight plates selector*, 2x
3	Pointer, 2x
4	Scale chart, 2x
5	Dumbbell handle
6	Base
7	Base plate
8	Kettlebell handle
9	Magnetic locking pin, 6x
10	Barbell handle, 2x
11	Connecting rod (for barbell handle)
12	Socket set screw, 4x
13	Connecting sleeve (for barbell base), 4x
14	Connecting rod, 6x (2 long, 4 short)
15	Hex key

\*The weight plates selectors are marked with **R** (right) and **L** (left) on the inner sides.

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# General information

## Reading and storing the manual



This user and assembly manual accompanies the 3-in-1 Adjustable Dumbbell (hereafter referred to as the “product”), and contains important information on assembly and use.

Before using the product, read the user and assembly manual carefully. This particularly applies to the safety instructions. Failure to do so may result in personal injury or damage to the product.

Store the user and assembly manual for further use. Make sure to include this user and assembly manual when passing the product on to third parties.

## Proper use

The product is intended exclusively as an exercise device. It is only intended for private, domestic use and not suitable for commercial purposes.

Only use the product as described in this user and assembly manual. Any other use is considered improper and may result in damage to property or persons.

The manufacturer or vendor cannot be held liable for damages or injury incurred through improper or incorrect use.

## Explanation of symbols

The following symbols are used in this user and assembly manual, on the product or on the packaging.



This symbol provides you with useful additional information on assembly and use.



This signal symbol/word designates a hazard with moderate risk, which may result in death or severe injury if not avoided.

**NOTICE!**

This signal word warns of possible damage to property.

# Safety information

## General safety instructions



### Risk of injury!

Improper handling of the product may result in injury.

- Always read and understand the user and assembly manual before assembling or using the product.
- Consult with a physician before starting any exercise program, especially if you have pre-existing health conditions.
- Always warm up your body before exercising.
- The product is not suitable for therapeutic purposes.
- Wear appropriate attire. Ensure you wear comfortable clothing and non-slip athletic shoes.
- Keep the product clean and dry. Sweat or moisture can make surfaces slippery.
- Pay attention to your body while exercising. If you experience pain, chest tightness, irregular heartbeat, extreme shortness of breath, nausea or dizziness during exercise, stop your exercise immediately and seek medical attention.
- Ensure there is sufficient clear space around you when you exercise.
- Exercise on a flat, non-slip surface only.
- Children and pets should be kept away from the product. The product must not be used by persons under 14 years of age. Those aged 14 to 17 should use

# Safety information

the product under supervision, with instructions in the safe use of the product and understanding of the associated risks.

- Ensure the product is in a location where children and pets cannot access it without supervision. Educate family members about the dangers of unsupervised use.
- The product can only be used by one person at a time.
- Check the product and test its locking mechanism before each use. Do not use the product when parts are worn or damaged.
- Avoid dropping the product to the ground. This may damage the weight plates or locking mechanism, potentially leading to the plates detaching from the handle unexpectedly. This poses a significant risk of injury and damage. This is not covered under warranty.
- Make sure that children do not play with the plastic wrapping. They may get caught in it when playing and suffocate.
- Keep children away during assembly. Small parts are included.

## NOTICE!

### **Risk of damage!**

Improper handling of the product may result in damage to the product.

- Do not forcibly rotate the handle when it does not work or when the product is out of its base. The weight of the product must only be adjusted when the product is on its base.

# Safety information

- Do not put pressure on the handle of the product or use the product for unintended purposes, like push-ups.
- Never expose the product to high temperatures (heaters etc.) or to the effects of the weather (rain etc.).
- Never fill the product with liquid.
- Keep the product indoors, away from moisture and dust.
- Do not modify the product.
- Never attempt to clean the product by immersing it in water and do not use a steam cleaner to clean it. Otherwise, you could damage the product.
- Stop using the product if its parts exhibit cracks or breaks or are deformed. Only replace damaged parts with corresponding original spare parts.



# Before you begin

## Unpacking



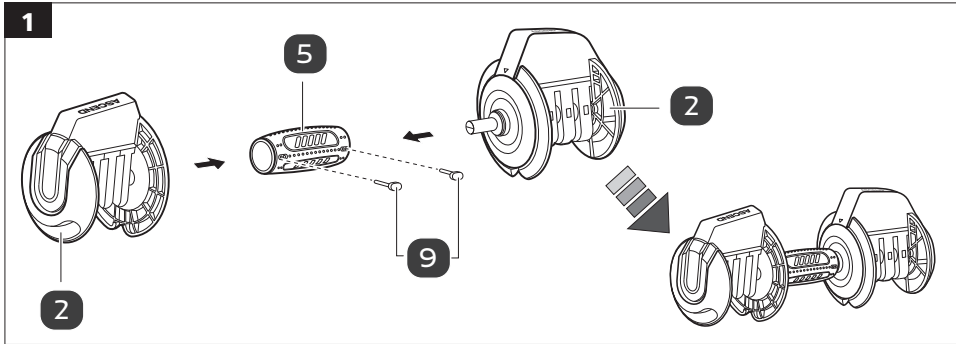
### **Risk of injury or damage!**

Improper handling of the product may result in injury or damage.

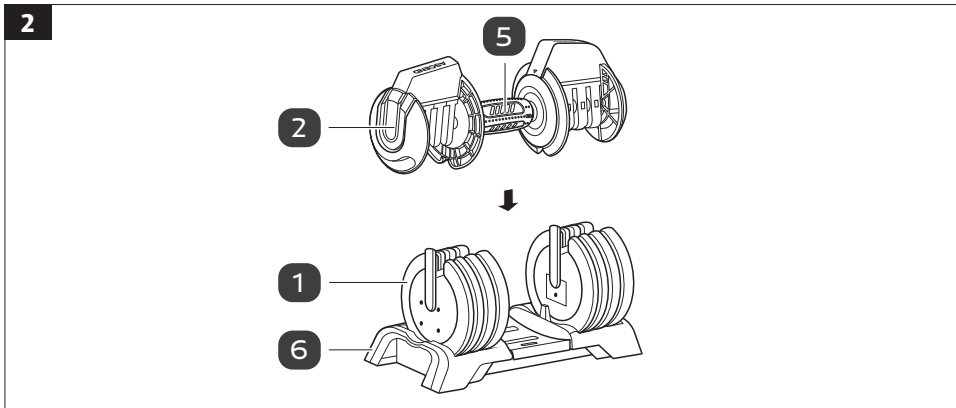
- The product is heavy. Be aware of its weight to avoid injury.
  - Do not open the packaging with a sharp knife or other pointed object to avoid damage.
  - Assemble the product on an adequately large, scratchproof surface. If necessary, cover the intended assembly surface before assembly to prevent scratching the surface.
  - Keep children away during assembly. Small parts are included.
1. Place the packaging box in the location where you intend to use the product. This will make the setup process smoother.
  2. Carefully cut the tape and open the packaging box. Avoid using sharp objects that might damage the product.
  3. Take out all packaging materials and set them aside. It is a good idea to keep the packaging materials for at least 30 days in case you need to return the product.
  4. Take all the parts out of the packaging box and place them on the floor.
  5. Check to make sure that all parts are included (see chapter "Product contents/parts").
  6. Check whether the product or individual parts are damaged. If this is the case, do not use the product. Contact the after sales service.

# Assembly

## Assembling the dumbbell



1. Connect the dumbbell handle **5** to the weight plates selectors **2** with 2 magnetic locking pins **9** (see **Fig. 1**). Make sure that the pins are fully inserted into the installation holes on the dumbbell handle.



2. Make sure all the weight plates **1** are on the base **6**.
3. Hold the dumbbell handle **5** and put both weight plates selectors **2** onto the weight plates (see **Fig. 2**). When doing so, make sure you use an upright motion (perpendicular to the base) and both weight plates selectors should be put onto the weight plates at the same time.



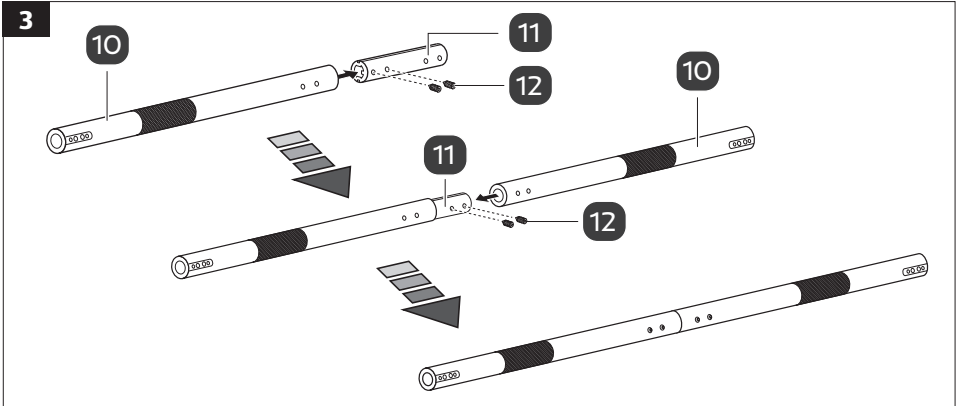
To disassemble the dumbbell, adjust it to the minimum weight (see chapter "Using the product") and then reverse the steps above.

# Assembly

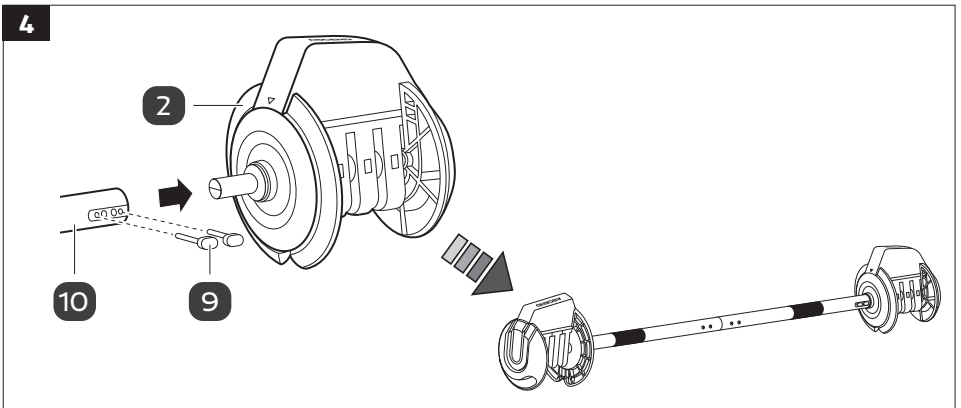
## Assembling the barbells



Use the supplied hex key **15** to tighten the socket set screws **12**. Make sure all screws are tightened before using the product.

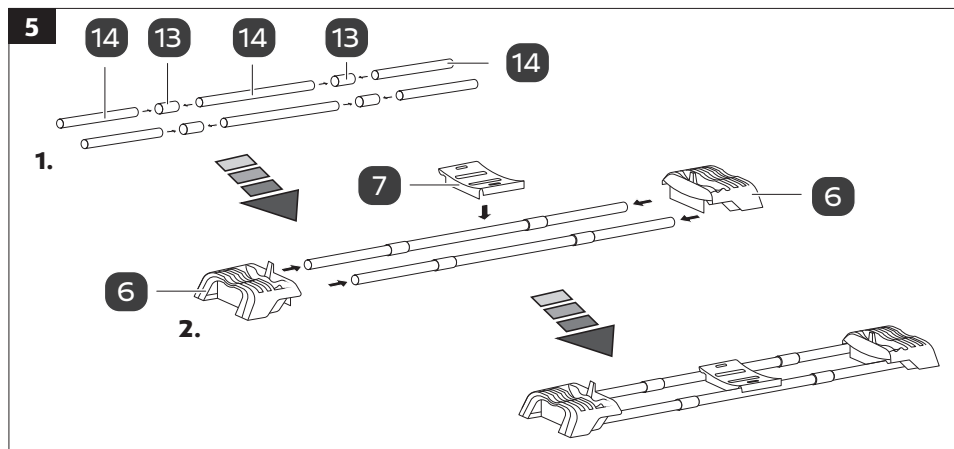


1. Connect the barbell handles **10** together with the connecting rod **11** and in total 4 socket set screws **12** (see **Fig. 3**).

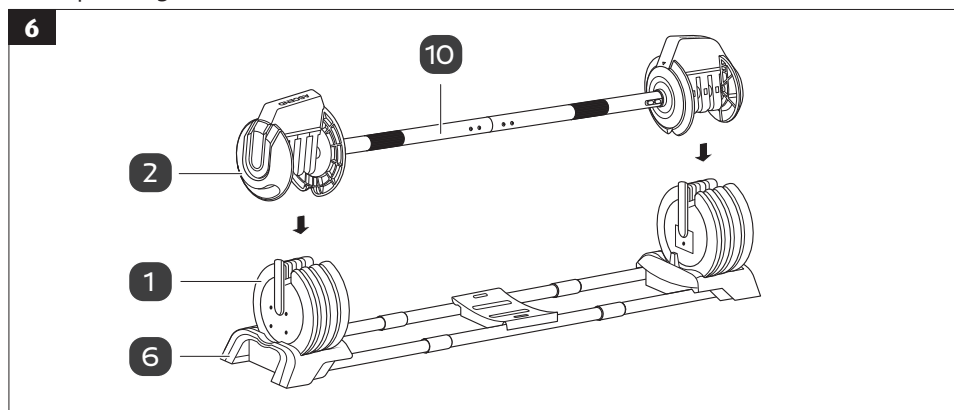


2. Connect both ends of the assembled barbell handles **10** to the weight plates selectors **2** with in total 4 magnetic locking pins **9** (see **Fig. 4**). Make sure that the pins are fully inserted into the installation holes of the barbell handles.

# Assembly



3. Assemble the connecting rods **14** to the connecting sleeves **13** (see step 1 in **Fig. 5**). Make sure that the long connecting rods are in the middle position.
4. Assemble the base **6** and the base plate **7** to the assembled connecting rods (see step 2 in **Fig. 5**).



5. Make sure all the weight plates **1** are on the base **6**.
6. Hold the barbell handles **10** and put both weight plates selectors **2** onto the weight plates (see **Fig. 6**). When doing so, make sure you use an upright motion (perpendicular to the base) and both weight plates selectors should be put onto the weight plates at the same time.

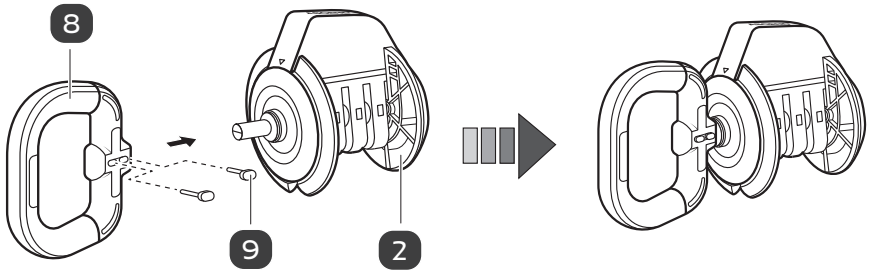


To disassemble the barbell, adjust it to the minimum weight (see chapter “Using the product”) and then reverse the steps above.

# Assembly

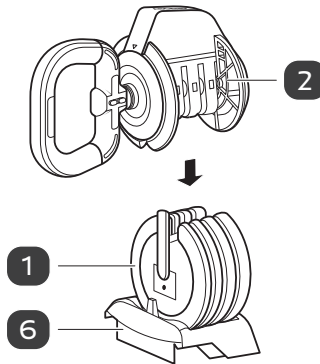
## Assembling the kettlebell

7



1. Connect the kettlebell handle **8** to a weight plates selector **2** with 2 magnetic locking pins **9** (see **Fig. 4**). Make sure that the pins are fully inserted into the installation holes of the kettlebell handle.

8



2. Make sure all the weight plates **1** are on the base **6**.
3. With your hands holding the two ends of the weight plates selector **2**, put it onto the weight plates (see **Fig. 8**). When doing so, make sure you use an upright motion (perpendicular to the base).



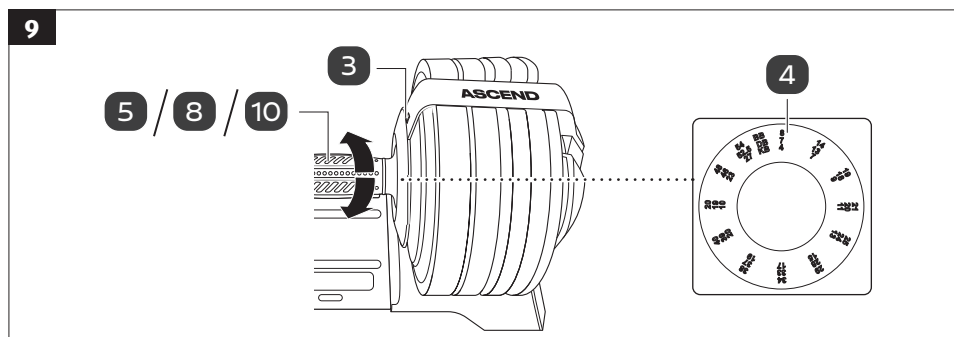
To disassemble the kettlebell, adjust it to the minimum weight (see chapter “Using the product”) and then reverse the steps above.

# Using the product

## Before using the product

- Make sure the product has been properly assembled (see chapter "Assembly").
- Gently press on the weight plates selectors **2** to confirm they are securely placed onto the weight plates **1** and the base **6**.
- Turn the assembled handle **5 / 8 / 10** multiple times to ensure smooth rotation in both directions. At every weight increment, a distinct "click" sound can be heard, guiding you to align correctly for weight selection.

## Selecting the weight



- Rotate the assembled handle **5 / 8 / 10** so that the selected weight on the scale charts **4** perfectly aligns with the pointers **3** (see Fig. 9).

A clear indication of this alignment is a distinct "click" sound and a slight vibration in the handle.

- The scale chart has 3 readings: **BB** = Barbell; **DB** = Dumbbell; **KB** = Kettlebell
- See the tables below for weight options and the equivalent values in kilograms. Note that the values are approximate only.

### Barbell (BB)

LB	8	14	19	21	25	29	34	38	40	43	48	54
KG	4	6	8	10	11.5	14	15	17	18.5	20	22	24

### Dumbbell (DB)

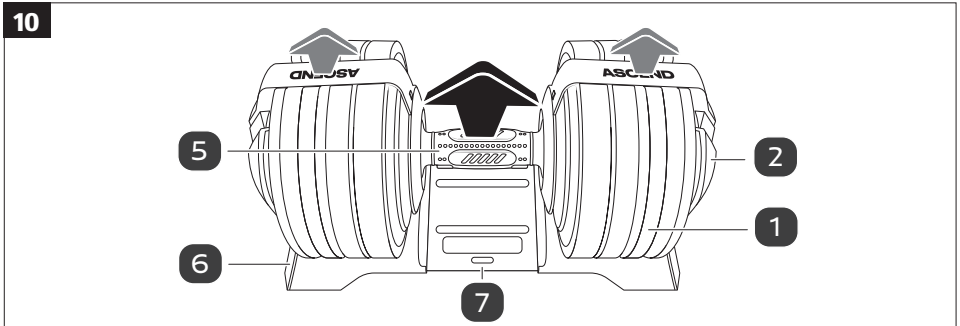
LB	7	13	18	20	24	28	33	37	39	42	46	52.5
KG	3	6	8	9	11	13	15	17	18	19	21	24

### Kettlebell (KB)

LB	4	7	9	11	13	15	17	19	20	21	23	27
KG	2	3	4	5	6	7	8	8.5	9	10	11	12

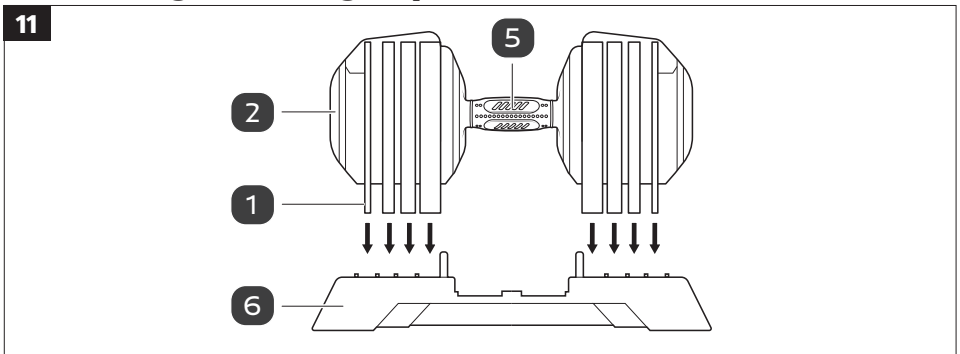
# Using the product

## Lifting up the weight plates



- Once the weight is set, hold and lift up the assembled handle **5** / **8** / **10**. This also lifts up the weight plates selectors **2** and the selected weight plates **1** (see example in **Fig. 10**). When doing so, make sure you always use an upright motion (perpendicular to the base **6**). Avoid tilting or moving the weight plates selectors sideways until they are entirely free from the unselected weight plates.
- When lifting up the dumbbell, it is advisable that you press the base plate **7** with one hand while lifting up the dumbbell handle with the other hand.

## Returning the weight plates to the base



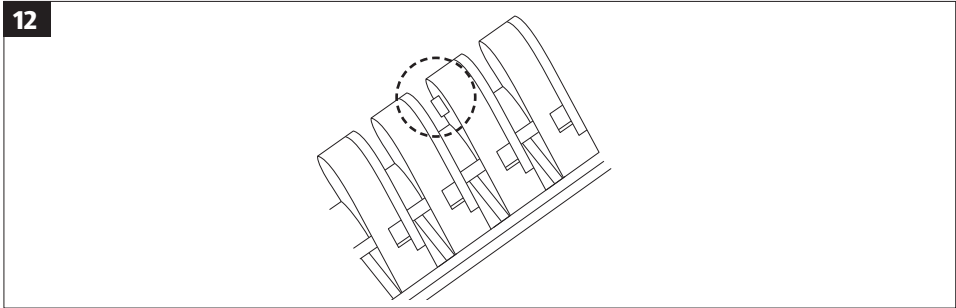
- Hold the assembled handle **5** / **8** / **10** and place the weight plates selectors **2** and the selected weight plates **1** back onto the base **6** (see example in **Fig. 11**). When doing so, make sure you use an upright motion (perpendicular to the base). Both weight plates selectors (except kettlebell) should be put onto the base at the same time. Each weight plate should sit snugly and correctly in its designated slot on the base.

# More information

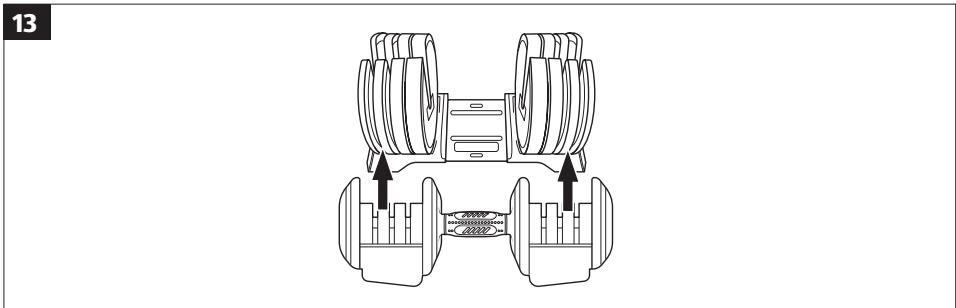
## Troubleshooting

If you accidentally drop the product and find that the gear cannot turn with the assembled handle, avoid using force on the handle. Instead, follow the steps below to reset the product.

1. Gently remove the assembled handle (5) / (8) / (10) and weight plates selectors (2) from the product.



2. Once the handle and weight plates selectors are removed, closely examine the card slot areas on the weight plates selectors. Look for any raised points that should not be there (see Fig. 12).



3. If you have spotted a raised point, determine which weight plate corresponds with that specific raised point on the weight plates selector (see Fig. 13).
4. Carefully remove that specific weight plate from the base (6).
5. Place the the assembled handle and weight plates selectors back onto the base. Once returned, adjust the weight setting to the lowest. By doing this, any raised point should return to its normal, flat position.
6. Place the removed weight plate back onto the base. As you put the previously removed weight plate back into its spot, make sure the shiny or bright side of the weight plate is facing inward towards the center of the product.
7. After everything is in place, remove the handle and weight plates selectors one more time and then reassemble the entire product. Your product should be ready for use again.



# More information

## Cleaning

### NOTICE!

### Risk of damage!

Improper handling of the product may result in damage to the product.

- Do not use any aggressive cleaners, brushes with metal or nylon bristles, or sharp or metallic cleaning utensils such as knives, hard scrapers and the like. They could damage the surfaces.
- Never immerse the product in water or other liquids.
- Use a damp cloth to wipe off the product. Then let all parts dry completely.

## Storage

All parts must be completely dry before being stored.

- Always store the product in a dry area.
- Protect the product from direct sunlight.
- Store the product so that it is not accessible to children.

## Technical data

Maximum load (approx.):                      Barbell (54 lb/24 kg), Dumbbell (52.5 lb/24 kg),  
Kettlebell (27 lb/12 kg)

## Disposing of the packaging

- Sort the packaging before you dispose of it. Dispose of paperboard and cardboard with the recycled paper service and wrappings with the appropriate collection service.

## Disposing of the product

- Should the product no longer be capable of being used at some point in time, dispose of it in accordance with the regulations in force in your city or state.

# Warranty and service information

Thank you for choosing Ascend. We take great pride in the quality and craftsmanship of our gym equipment, and we are committed to providing you with products that meet the highest standards. To ensure your satisfaction and peace of mind, we offer the following Limited Warranty Policy ("The Policy") for a period of one year from the date of purchase.

## **Warranty Coverage:**

Ascend warrants that the gym equipment purchased from our company will be free from defects in materials and workmanship under normal use and service.

This warranty covers the following components and aspects of the gym equipment:

- Structural integrity of the frame, including welds and construction.
- Mechanical parts, such as cables, pulleys, bearings, and weight stacks.
- Electronic components, including control panels, sensors, and displays.
- Upholstery and padding, excluding normal wear and tear.
- Functional performance of the equipment, including movement and range of motion.
- This warranty is valid only for the original purchaser of the gym equipment and is non-transferable.

The warranty is limited to repair or replacement of parts, at our discretion, and does not cover any other expenses such as transportation costs, installation, or labor charges.

In the event that a particular component or aspect is no longer available or has been discontinued, Ascend reserves the right to provide an equivalent replacement or alternative solution.

## **Exclusions:**

This warranty does not cover damage or defects resulting from:

- Misuse, abuse, improper handling, or negligent use of the equipment, including but not limited to dropping weights, exceeding weight capacity, or using the equipment for purposes it was not designed for.
- Failure to follow the instructions, warnings, or guidelines provided by Ascend regarding installation, assembly, maintenance, or use of the equipment.
- Unauthorized modifications, alterations, or repairs made to the equipment without prior written authorization from Ascend.
- Failure to properly maintain or service the equipment, including regular cleaning, and inspection.
- Use of the equipment in a commercial or institutional setting, unless explicitly specified for commercial use in the product description or purchase agreement.
- Normal wear and tear, including but not limited to scratches, dents, cosmetic damage, or fading of colors that do not affect the functionality or structural integrity of the equipment.
- Acts of nature, accidents, fire, water damage, electrical surges, power fluctuations, or any other external causes beyond our control.
- Improper storage or environmental conditions, such as exposure to extreme temperatures, humidity, or direct sunlight.
- Inadequate flooring or surface beneath the equipment, leading to damage or instability.
- Damage caused during shipping or transportation, unless reported within 48 hours of delivery and documented with supporting evidence.

# Warranty and service information

- Any damage or injury resulting from the use of the equipment in conjunction with accessories, attachments, or components not supplied or recommended by Ascend.

This warranty specifically excludes any incidental or consequential damages resulting from the use or inability to use the gym equipment, including but not limited to loss of profits, personal injury, or property damage.

Ascend reserves the right to deny warranty claims if the exclusion criteria are deemed to apply or if there is evidence of misuse, abuse, or failure to comply with the terms of this warranty.

## **General Warranty Claims Procedure:**

In the event that you discover a defect covered under this warranty, you must notify Ascend within 30 days of discovering the defect.

### **To make a warranty claim, please follow these steps:**

- Contact our customer service department at [hello@movewithascend.com](mailto:hello@movewithascend.com) to initiate the claim process. Provide your contact information, proof of purchase, and a detailed description of the defect or problem.
- If requested, provide clear photographs or videos illustrating the issue, showcasing the defect or malfunctioning part.
- Ascend may require additional information or documentation to assess the claim accurately. Please cooperate and provide any requested information promptly.
- If necessary, Ascend may arrange for an authorized representative to inspect the equipment or request the return of the defective part or product for further evaluation.
- Upon review and confirmation of a valid warranty claim, Ascend will, at its option:
- Provide detailed instructions for self-repair, including any necessary replacement parts and guidance.
- Dispatch a technician or authorized service provider to repair the equipment on-site, if feasible.
- Arrange for the shipment of replacement parts to the customer for self-repair, if applicable.
- Arrange for the return of the defective part or product and provide a replacement or repaired item, at our discretion.
- If the defect is confirmed to be covered under this warranty, Ascend will bear the reasonable shipping costs associated with warranty repairs or replacements. However, any costs incurred for shipping the equipment or parts to Ascend shall be the responsibility of the customer.
- It is important to note that warranty claims must be made directly to Ascend. Unauthorized repairs or modifications made by third parties may void the warranty.

### **Limitations of Liability:**

In no event shall Ascend or its officers, directors, employees, agents, suppliers, distributors, or authorized service providers be liable for any indirect, incidental, consequential, special, punitive, or exemplary damages, including but not limited to:

- Loss of profits, revenue, or business opportunities.
- Loss of data or information.
- Loss of use of the equipment or any associated equipment.
- Personal injury or property damage.

# Warranty and service information

- Emotional distress or mental anguish.
- Interruption of business operations.
- Costs of substitute equipment or services.
- Any other economic, non-economic, or intangible losses arising out of the use or inability to use the gym equipment.

Ascend's liability under this warranty is expressly limited to the lesser of the purchase price of the gym equipment or the actual documented damages incurred by the customer, up to the maximum extent permitted by law.

Ascend shall not be liable for any damages, losses, or injuries incurred as a result of the following:

- Any misuse, abuse, negligent use, or improper handling of the equipment.
- Failure to follow the instructions, warnings, or guidelines provided by Ascend regarding installation, assembly, maintenance, or use of the equipment.
- Acts of nature, accidents, fire, water damage, electrical surges, power fluctuations, or any other external causes beyond our control.
- Any unauthorized modifications, alterations, or repairs made to the equipment.
- Any failure to properly maintain or service the equipment.
- Any use of the equipment in a commercial or institutional setting without explicit authorization or suitable commercial warranty coverage.

Some states or jurisdictions do not allow the exclusion or limitation of incidental or consequential damages or the limitation of liability, so the above limitations or exclusions may not apply to you. In such cases, Ascend's liability shall be limited to the maximum extent permitted by law.

This warranty does not affect any statutory rights that you may have under applicable laws or regulations.

## **Governing Law and Jurisdiction:**

This Limited Warranty Policy shall be governed by and construed in accordance with the laws of the province of Quebec, without regard to its conflict of law principles.

Any disputes arising out of or in connection with this warranty or the gym equipment shall be resolved exclusively through arbitration, in accordance with the rules and procedures of a mutually agreed-upon arbitration association or organization. The arbitration proceedings shall be conducted in the province of Quebec and conducted in the French language (langue française).

If arbitration is not agreed upon or if a provision of this warranty is determined to be unenforceable, the parties agree that any legal action or proceeding arising out of or relating to this warranty shall be brought in the courts of the province of Quebec, and each party hereby submits to the exclusive jurisdiction of such courts.

The prevailing party in any dispute or legal action arising out of this warranty shall be entitled to recover its reasonable attorneys' fees and costs incurred in connection with such dispute or legal action.

Please retain your proof of purchase, as it will be required for any warranty claims. For further inquiries or to initiate a warranty claim, please contact our customer service department at [hello@movewithascend.com](mailto:hello@movewithascend.com).

**Note:** This Limited Warranty Policy is provided as a general guideline.

# Contact us

At Ascend, we're committed to ensuring that you have the best experience with our products. Whether you have questions, concerns, or require assistance, our dedicated team is here to help.

## **Operating Hours:**

Our customer service team is available Monday to Saturday, 9:00 AM to 5:00 PM (EST), and Sunday, 10:00 AM to 5:00 PM (EST).

## **Feedback and Suggestions:**

We value your feedback and are always looking to improve. If you have suggestions or comments about your new equipment or any other Ascend product, please reach out to us.

## **Replacement Parts and Accessories:**

For inquiries about replacement parts, or accessories, visit our official website or contact our customer service.

## **Warranty and Repairs:**

If you're experiencing issues with your product or need information about its warranty, our team is ready to assist. Always have your product's barcode or SKU handy when reaching out for faster service.

**Your satisfaction is our top priority. Trust in Ascend to support you every step of the way.**

**Phone:** +1-855-905-3486

**Email:** [hello@movewithascend.com](mailto:hello@movewithascend.com)

**Website:** [www.movewithascend.com](http://www.movewithascend.com)

**ASCEND**