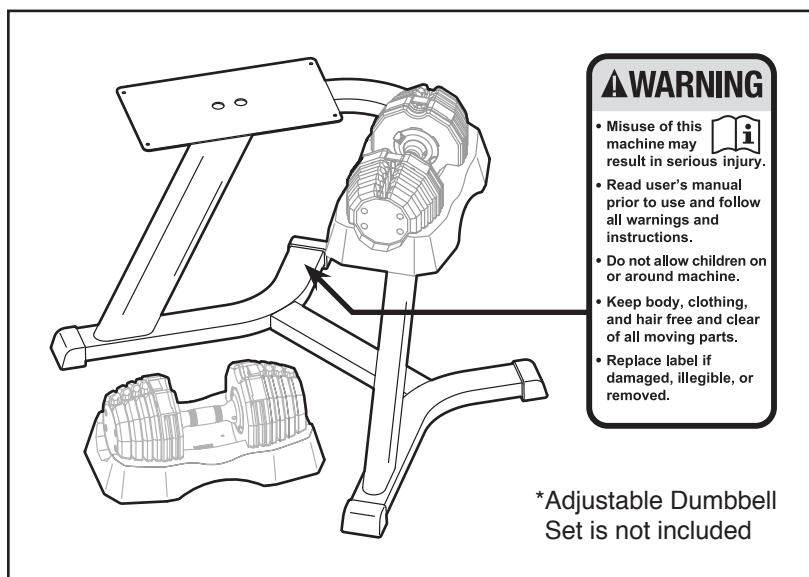


## BEFORE YOU BEGIN

Thank you for purchasing the new Dumbbell Stand. Use the Dumbbell Stand with your Adjustable Dumbbell Set (not included) to keep your workout area organized.

## QUESTIONS?

Read all precautions and instructions in this manual before you use the Dumbbell Stand. If you have questions after reading this manual, see HOW TO CONTACT CUSTOMER CARE on the back cover.



## IMPORTANT PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the following important precautions and instructions before you use this product. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. This product is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the product by someone responsible for their safety.
4. Use this product only as described.
5. This product is intended for indoor, home use only. Do not use this product in a commercial, rental, or institutional setting.
6. Place the stand on a level surface, with a mat beneath it to protect the floor or carpet from damage. Make sure that there is enough room around the stand to use the dumbbells and stand. Attach only the trays for the 15036 model (not included) to the stand and place only the dumbbells for the 15036 model (not included) on the trays.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 13 and pets away from this product.
9. Always wear protective footwear while using this product. Never place your fingers between the dumbbells and the trays.
10. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you feel pain while exercising, stop immediately and cool down.
11. A warning decal has been placed on the stand in the location shown above. If the decal is missing or illegible, call Customer Care and order a free decal. Apply the decal in the location shown above.

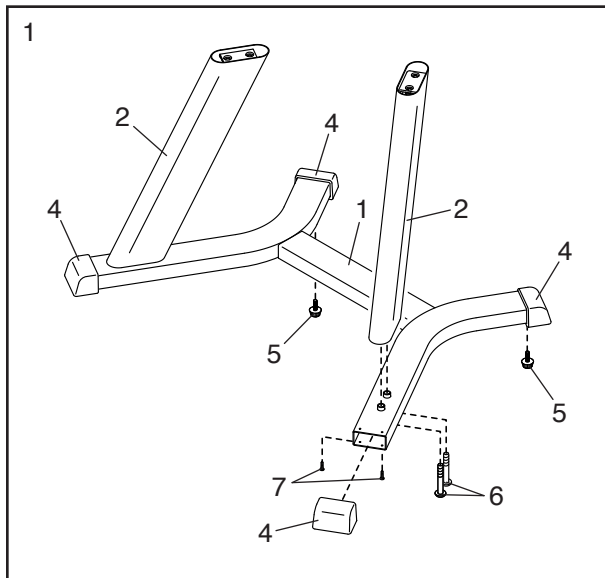
## ASSEMBLY

**Assembly requires two persons.** Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **In addition to the included tool(s), assembly requires a Phillips screwdriver.** **Note: If a part is not in the hardware kit, check to see if it has been preassembled. To avoid damaging parts, do not use power tools for assembly.**

1. Orient the Base (1) as shown. Attach a Base Cap (4) to the Base with two #8 x 3/4" Screws (7). **Attach the other three Base Caps (4) in the same way.**

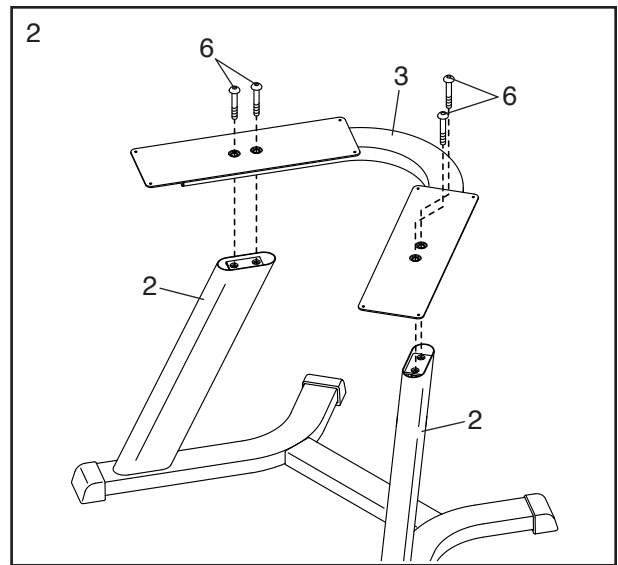
Next, tighten the two Leveling Feet (5) into the underside of the Base (1).

Orient an Upright (2) as shown. Attach the Upright to the Base (1) with two M10 x 65mm Screws (6); **do not tighten the Screws yet.** Attach the other Upright (2) in the same way,



2. **See drawing 2 at the right.** Orient the Tray Frame (3) as shown. Attach the Tray Frame to the Uprights (2) with four M10 x 65mm Screws (6); **start all the Screws, and then tighten them.**

**See step 1.** Tighten the four M10 x 65mm Screws (6).



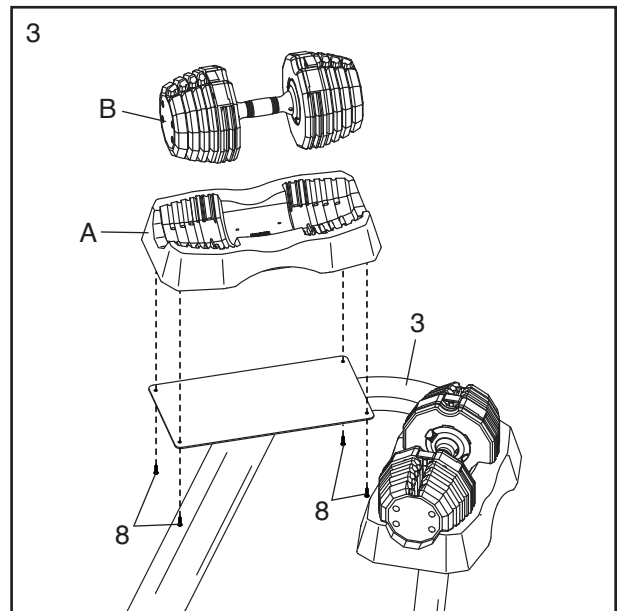
3. **IMPORTANT: Use the Trays (A) and the Dumbbells (B) from the 15036 adjustable dumbbell set. The 15036 adjustable dumbbell set is not included and must be purchased separately.**

Orient a Tray (A) as shown. Attach the Tray to the Tray Frame (3) with four M6 x 20mm Screws (8); **start all four Screws, and then tighten them.**

Next, set a Dumbbell (B) on the Tray (A).

**Repeat this step on the other side of the Tray Frame (3).**

**Make sure that all parts are properly tightened before you use the stand.** Extra hardware may be left over. Place a mat beneath the stand to protect the floor.



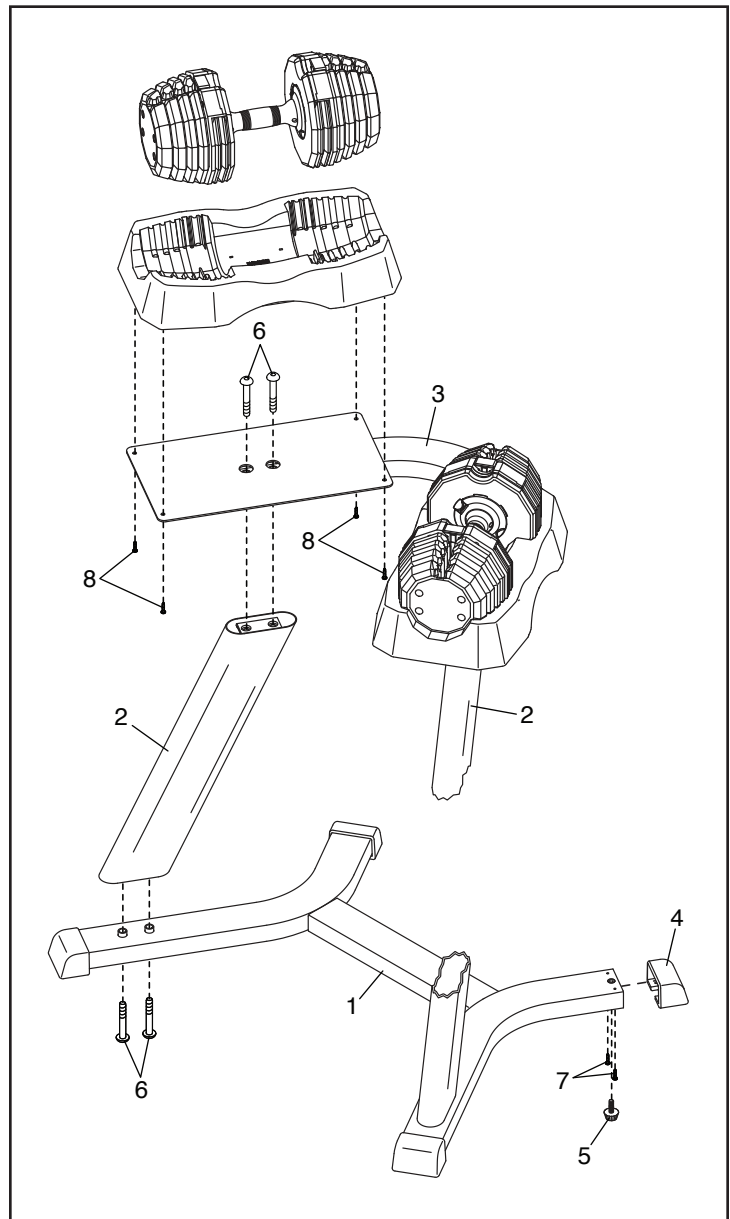
## HOW TO LEVEL THE STAND

If the stand rocks slightly on your floor during use, turn one or both of the leveling feet beneath the base until the rocking motion is eliminated.

## PART LIST/EXPLODED DRAWING

| Key No. | Qty. | Description      |
|---------|------|------------------|
| 1       | 1    | Base             |
| 2       | 2    | Upright          |
| 3       | 1    | Tray Frame       |
| 4       | 4    | Base Cap         |
| 5       | 2    | Leveling Foot    |
| 6       | 8    | M10 x 65mm Screw |
| 7       | 8    | #8 x 3/4" Screw  |
| 8       | 8    | M6 x 20mm Screw  |
| *       | —    | Assembly Tool    |
| *       | —    | User's Manual    |

Note: **The 15036 Adjustable Dumbbell Set is not included.** Specifications are subject to change without notice. For information about ordering replacement parts, see REPLACEMENT PARTS below. \*These parts are not illustrated.



## REPLACEMENT PARTS

Replacement parts may be available. For information about replacement parts, contact Customer Care. See HOW TO CONTACT CUSTOMER CARE on the back cover.

## HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, please call the nearest Customer Care Department:

**US:** 1-800-288-4802

Germany: 01805 231243

**Outside Germany:** +49 2233 613250

**France:** +33(0) 810 121 140

**Italy:** 800 865 114

**Outside Italy:** +39 075 5910111

**UK:** 0845 7089009

**Outside UK:** +44 0113 3877133

**Australia:** 02 9722 3800

### LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer) and is not transferrable. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by ICON. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if the product is purchased or transported outside the USA, (3) if all instructions and warnings in this manual are not followed, (4) if the product is abused or improperly or abnormally used, or (5) if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or (3) other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

**ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813**