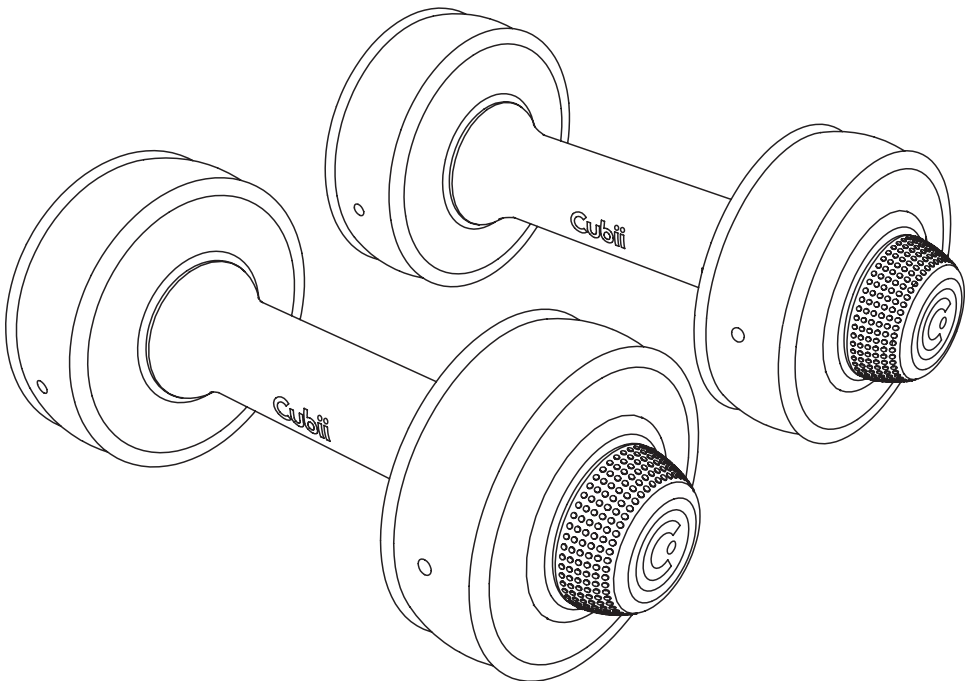


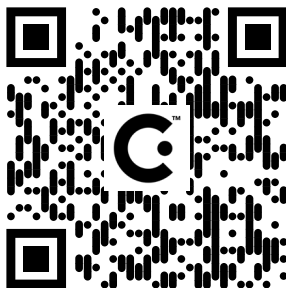
# Cubii® **BUILD™**

ADJUSTABLE DUMBBELLS

Owner's Manual







Product information and manuals in additional languages can be found online or by scanning the QR code.

Les renseignements sur les produits et les guides dans d'autres langues se trouvent en ligne ou en balayant le code-barres 2D.

La información del producto y los manuales en otros idiomas se pueden encontrar en línea o escaneando el código QR.

**[manuals.cubii.com](http://manuals.cubii.com)**

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# Welcome to the Cubii Communitii®!

Whether you are taking the first step on your fitness journey or looking to get more exercise from the comfort of home, bringing the Cubii Build Adjustable Dumbbells into your routine is a big stride toward a healthier, more active life! Before you begin, we want you to be familiar with important information on how to use the Cubii Build Adjustable Dumbbells safely so that you and your loved ones get the most out of your experience. Let's review the safety notes and warnings now.

If you have any questions, please contact:

+1-844-282-4401

[support@mycubii.com](mailto:support@mycubii.com)

[cubii.com/help](https://cubii.com/help)

# BEFORE YOU BEGIN

## Safety Warnings & Instructions

The user manual can be found by scanning the QR code on the previous page or online at [cubii.com/manuals](http://cubii.com/manuals).

Check all product components carefully for any damages before using. DO NOT use the product if defective.

Always choose a workout plan which best fits your fitness and ability level. Know your limits and train within them. Always use common sense when exercising.

Before you start your workout, make sure that your surroundings are free from possible interference and third parties.

## Important Safety Information

1. When using this product, all instructions and precautions should be carefully followed.
2. Make sure all weights are securely tightened before use and exercise.
3. Do not let weights fall freely to the ground. This may cause damage to the product.
4. Place heavier weights closer to the handle and lighter weights further from the handle.
5. Do not overload the weights. Do not add more than 4 weights on each side. Max weight of 32 lbs on each handle.
6. For home use only.
7. Pay special attention to components that are susceptible to

wear and tear.

8. Do not expose to extremely high or low temperatures. Do not leave in direct sunlight for an extended period of time.
9. Do not use in wet or extreme humid conditions.
10. The device is not intended for use by:
  - Children
  - People with impaired physical, sensory, or mental capabilities
  - People lacking in experience and knowledge about the product

The above individuals may only safely use this device if they have been given supervision or instructions concerning proper use of the device by a responsible adult. Closely supervise the use of this device by or near children, the elderly, or disabled persons to prevent misuse of the device.

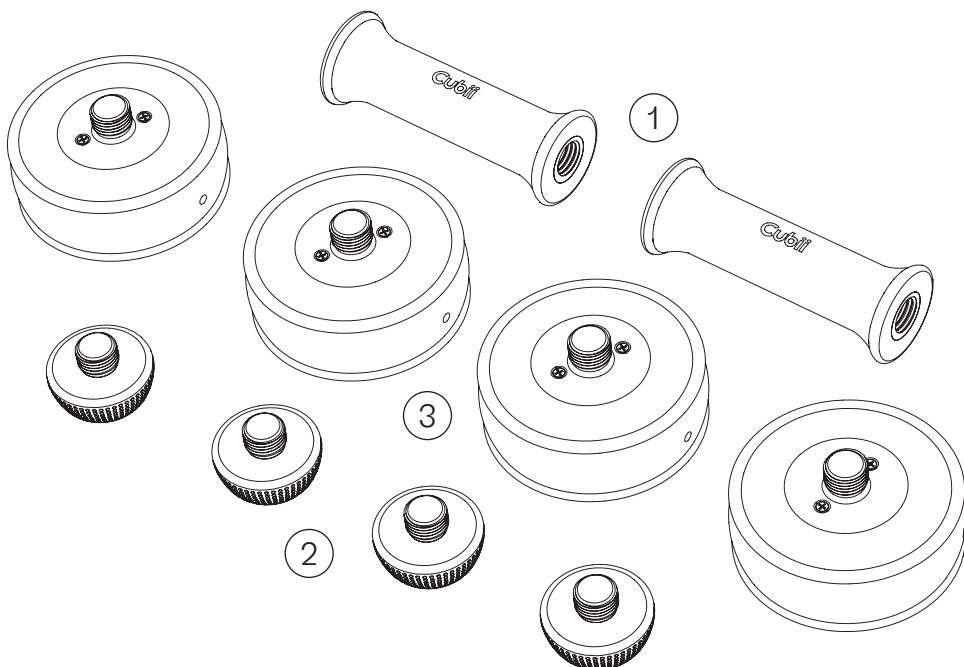
## **Consult Your Physician**

Consult your physician before starting this or any exercise program. This is especially important if you have never exercised before, are pregnant, or suffer from any health problems. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.

# GETTING STARTED

## What's in the Box

- 1. 1lb Dumbbell Handles (2)
- 2. .5lb End Caps (4)
- 3. 1lb Cubii SoftRings™ (4)



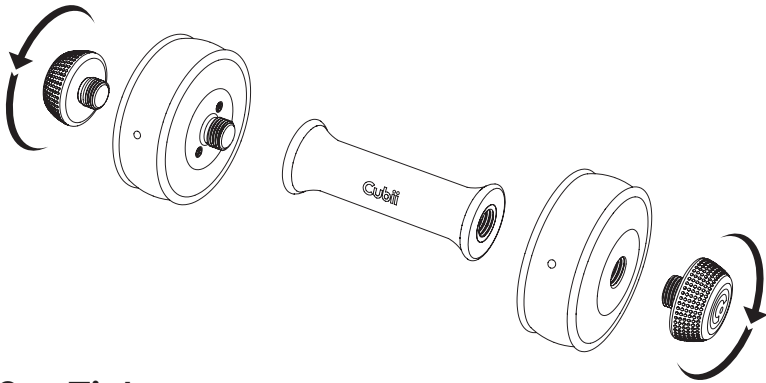


# HOW TO ASSEMBLE

Follow the steps below to assemble your Cubii Build Adjustable Dumbbells.

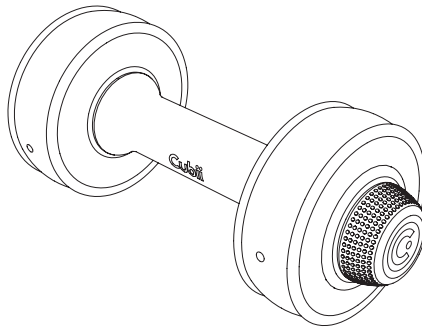
## Step 1 — Line Up

Line up the screw on the SoftRings with the handle and rotate clockwise. Line up the screw on the end caps with the SoftRings and rotate clockwise.



## Step 2 — Tighten

Tighten the SoftRings and end caps until they are securely attached to the handle.



**Note:** To add more weight, remove the end cap by rotating counterclockwise, then line up the screw on your additional SoftRings with the SoftRings already attached to the handle and rotate clockwise. Then reattach the end cap.

## **GENERAL INFORMATION**

### **Cleaning & Maintenance**

Use a damp or dry, clean cloth to wipe down the product as needed.

### **Storage**

Keep product away from high humidity.

Do not place in direct sunlight or high temperatures.

Store in a clean, dry place.

### **Return Policy and Warranty**

For more information about our warranty and return policy, scan the QR code at the beginning of the manual, call our Customer Service number +1-844-282-4401 or visit [Cubii.com](https://Cubii.com).

We strongly recommend keeping the original box in the event of a return or warranty claim.

## Product Specifications

**Product SKU:** BLD-DBSET-BBNA-01

**Product Model No:** BLD-DBSET

Designed in Chicago, IL  
320 W. Ohio St. Suite 700, Chicago, IL 60654

Made in China





Customer Support  
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