

**HAMMER STRENGTH<sup>®</sup>**

**HAMMER  
STRENGTH<sup>®</sup>**

# Pro 100 Adjustable Dumbbell

Owner's Manual

HS-DB-12XX-01



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Sales/Marketing Email:  
[hongkong.sales@lifefitness.com](mailto:hongkong.sales@lifefitness.com)

\*Also check [www.lifefitness.com](http://www.lifefitness.com) for local representation or distributor/dealer

## User and Service Documents Link

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<https://lifefitness9512.zendesk.com/hc/en-us>

<https://www.lftechsupport.com/web/document-library/documents>

Additional information is available online using the links above.

تتوفر معلومات إضافية على الإنترنت باستخدام الرابط أعلاه.

点击上面的链接可在线获取更多信息。

Flere oplysninger er tilgængelige online gennem linket ovenfor.

Bijkomende informatie is online beschikbaar via bovenstaande link.

Vous trouverez plus d'informations en ligne à l'aide du lien ci-dessus.

Zusätzliche Informationen finden Sie online über den oben angegebenen Link.

Ulteriori informazioni sono disponibili online utilizzando il link sopra riportato.

追加情報は上記リンクを使用してオンラインで利用可能です。

상기 링크를 통해 온라인에서 추가 정보를 볼 수 있습니다.

Informações adicionais estão disponíveis on-line, através do link acima.

Дополнительная информация доступна в интернете по ссылке, указанной выше.

Mediante el enlace anterior podrá acceder a información adicional en línea.

Ytterligare information finns online genom att använda länken ovan.

İnternet üzerinden daha fazla bilgi edinmek için yukarıdaki bağlantıyı kullanabilirsiniz.

هناك معلومات إضافية متاحة على الإنترنت باستخدام الرابط أعلاه.

Informazio osagarria eskuragarri dago goiko estekaren bidez.

Допълнителна информация можете да намерите онлайн, като използвате връзката по-горе.

Mitjançant l'enllaç anterior podreu accedir a informació addicional en línia.

使用上面的連結線上提供額外資訊。

Dodatne informacije možete pronaći na internetu sljedeći vezu iznad.

ከላይ የተመጠውን አገናኝ(ሊንክ) በመጠቀም መረጃዎች አንላይን ያገኛሉ።

Lisätietoja on saatavissa verkosta käyttämällä yllä olevaa linkkiä.

Wubetumi anya nsem afoforo aka ho wa websait so denam asem a ewa atifi ho a wubemia so so.

Πρόσθετες πληροφορίες είναι διαθέσιμες online χρησιμοποιώντας το σύνδεσμο παραπάνω.

מידע נוסף אפוא רש בקבל באינטרנט באמצעות הקישור לעיל.

További információ elérhető online, a fenti hivatkozás segítségével.

Viðbótarupplýsingar eru fáanlegar á netinu með því að smella á tengilinn hér fyrir ofan.

Plus indicium per superum situm potes invenire.

മുകളിലുള്ള ലിങ്ക് ഉപയോഗിച്ച് ഓൺലൈനിൽ കൂടുതൽ വിവരങ്ങൾ ലഭ്യമാണ്.

Ytterligere informasjon er tilgjengelig på nettet via linken ovenfor.

Dodatkowe informacje są dostępne online pod powyższym odnośnikiem.

Informações adicionais estão disponíveis online a usar o link acima.

Informații suplimentare sunt disponibile online, utilizând link-ul de mai sus.

Dodatne informacije dostupne su na mreži putem gornjeg linka.

Ďalšie informácie sú dostupné online na vyššie uvedenom odkaze.

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# 1. Safety

## Safety Information

It is the sole responsibility of the purchaser of Life Fitness Family of Brands products to read the owner's manual and warning labels and instruct all individuals, whether they are the end user or supervising personnel, on proper usage of the equipment.


UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, CONTACT Life Fitness Family of Brands CUSTOMER SERVICE IMMEDIATELY AT 1-800-351-3737.


This equipment is categorized as class H per EN ISO 20957-1. As such this equipment is only intended for home use. It is not intended for commercial, institutional and/or studio facilities use. Contact Life Fitness Family of Brands with any questions regarding this classification.

It is recommended that all users of Life Fitness Family of Brands exercise equipment be informed of the following information prior to use.

This product is intended for home use only and is not suitable or warranted for commercial application. Visit [powerblock.com](http://powerblock.com) to see commercial warranted products or call: 800-446-5215 or 507-451-5152.

## Operating Warnings

 **WARNING:** This product can expose you to chemicals including Methyl Isobutyl Ketone, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to <http://www.P65Warnings.ca.gov>

 **WARNING:** Never allow children to use or play near this equipment. Anyone under the age of 18 must always have parental supervision and instruction on the use of these products.

- It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all equipment.
- This equipment is not intended for use by children. Keep children under the age of 14 away from the machine.
- Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.

## Inspection

- DO NOT attempt to use or repair any accessory approved for use with the equipment which appears to be damaged or worn.
- DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all Life Fitness Family of Brands equipment, use only replacement parts supplied by Life Fitness Family of Brands.
- Maintain labels and name plates - Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Life Fitness Family of Brands customer service for a replacement.
- Equipment Maintenance - Preventative maintenance is the key to smooth operating equipment as well as to keep your liability to a minimum. Equipment needs to be inspected at regular intervals.
- Before use, examine all accessories approved for use with the Life Fitness Family of Brands equipment for damage or wear.
- Inspect the dumbbells prior to each use. Do not use a dumbbell with worn, damaged, or loose parts, fasteners or hardware.

## Safety Features and Proper Usage

- Do not use any equipment in any way other than as designed or intended by the manufacturer. It is imperative that Life Fitness Family of Brands equipment is used properly to avoid injury.
- Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, STOP EXERCISING and consult your physician.
- Never allow the dumbbells to drop freely to the ground. Damage to the products, floor surfaces and potential personal injury may occur. Please see the warranty section for specific warranty limitations related to dropped dumbbells.
- Never allow dumbbells to forcefully strike against each other during use. Damage to the product and potential personal injury may occur.
- Never attempt to disassemble a Life Fitness Family of Brands handle for any reason. Life Fitness Family of Brands products are not designed to be user serviced. Contact Life Fitness Family of Brands customer service directly for service.

- Before beginning your workout, make certain that your surroundings are free from potential interference.
- Pro 100 dumbbells are very heavy; if you are not using an optional Hammer Strength Stand, we suggest you place the dumbbell set directly on the floor for best support.
- Removing or replacing the handle and weights from the nest must be done in a straight motion (Image 1). Turning the handle sideways while lifting may jam the assembly (Image 2).



**DANGER:** Do not use if weights are jammed. Using while jammed may result in falling weights and/or injury to you or others around the weights.

Image 1



Image 2



- The weight selector pins contain magnetic blocks. Make sure the magnetic blocks contact the round side rails. The selector pin should be horizontal and fully engaged securely to the side rail of desired weight (Image 3). Be careful not to cross pin (Image 4).

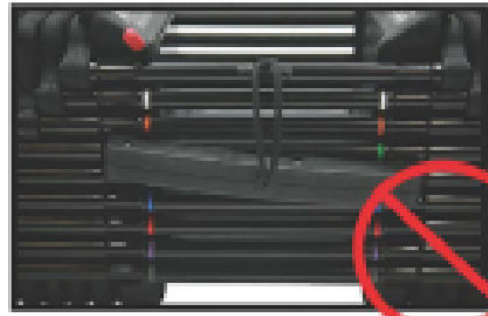


**WARNING:** Always check the selector pin to make sure it is fully inserted and completely engaged before lifting the dumbbell to avoid injury (Image 3). If the selector pin disengages from the side rails, stop use immediately. Place dumbbell on nearest flat surface and fully engage selector pin magnetic blocks securely to the side rails. Failure to maintain full and correct contact between magnetic blocks in selector pin and side rails may result in weights falling and/or injury. Do not use the dumbbell without the tether cord being in good working condition and attached to the top side rail and selector pin. Weight selector pin may fall out of dumbbell if used without tether cord and may result in falling weights and/or injury.

Image 3

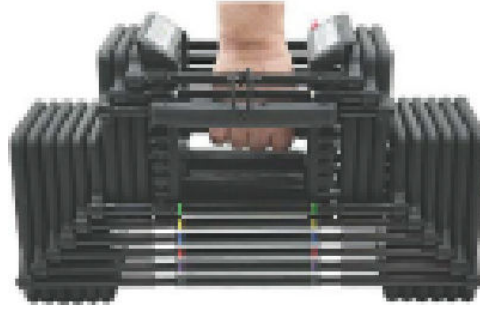


Image 4



- Your dumbbell features a tether cord which attaches the selector pin to the weight plates on the #1 or top most weight plate side rail. The tether cord will prevent the selector pin from being misplaced. The tether cord also serves as a safety retainer for the weight selector pin in the event the magnetic blocks ever lose contact with the side rails.
- Lift from center grip of handle only (Image 5).

Image 5



- Do not strike dumbbells together during any exercise. Any contact between a dumbbell and another piece of equipment or a body part could result in a selector pin dislodging.



**DANGER:** Lift from center handle only. Lifting from any other part of the dumbbell may result in falling weights and/or injury. Striking dumbbells together could dislodge pins and result in falling weights or injury.

- Lift the handle and weights above the nest and visually inspect for correct placement of the weight selection pin (Image 5).
- The open/close arrows on the top decal of each handle indicates the position of the Auto Lock and whether the lock that holds the Chrome Adder Weights is engaged or disengaged. (Image 6 & 7)

Image 6



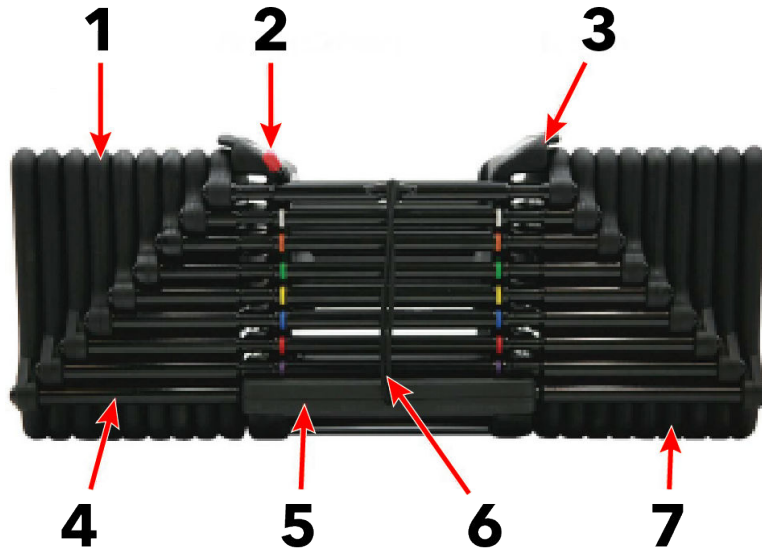
Image 7



- Because the Chrome Weights slide in/out easily, be sure to place your hand in front of the handle when unloading them.
- Optional stands for the dumbbells contain storage ports for the Chrome Weights when not inserted in the handle. The optional stands also offers dumbbell storage convenience and ease of weight selection.

## 2. Product Information

### Pro 100 Dumbbells Parts & Terms



Item	Description
1	Weight Stack or Weight Plates
2	Auto Lock Lever
3	Handle
4	Side Rails
5	Selector Pin
6	Tether Cord
7	Weight Plates

### Pro 100 Dumbbells 101

- The Pro 100 dumbbell consists of three major components; the weight stack, handle and selector pin (Image 9).

Image 9



- The selector pin is tethered to the first weight plate/rail (Image 10). This is one of many safety features built into the design of the product and must not be compromised.



**DANGER:** Do not remove selector pin from tether cord. It must remain attached to the first weight plate (Image 10).

Image 10



- The dumbbell uses a variable weight handle that can be 5, 7.5 or 10 lbs (Image 11). This allows the user to micro load or "fine tune" their weight selections.



**DANGER:** When you choose to "open" the handle to remove Adder Weights, be sure to have the handle pointed up as shown at right to prevent adder weights from falling out. Always keep Auto Lock in "closed" position when out of weight stack (Image 11).

Image 11



- To remove the Chrome Weights from the handle, push the Auto Lock lever down (Image 12). Remove both Chrome Weights to make handle weigh 5 pounds. Remove one Chrome Weight to make handle weigh 7.5 pounds. Chrome Weights each weigh approximately 2.5 pounds.

Image 12



- Image 13 shows handle in the "open" position which enables the two Chrome Weights to come out of handle. This allows you to "fine tune" or "micro-load" your weight adjustments. The Chrome Weights are included in the Pro 100 dumbbell handles.

Image 13



## Using the Pro 100 Dumbbells

1. Set the handle weight by either having the handle empty (5 lb), 1 Chrome Weight in the handle (7.5 lbs) or 2 Chrome Weights in the handle (10 lbs). Use the Auto Lock lever to take Chrome Weights out or put them in (Image 14).



**WARNING:** Be sure to always put Auto Lock lever in closed position before using, failure to do so could result in falling weights or injury.

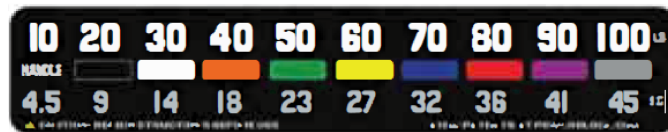
Image 14



2. Refer to color coded weight chart on each handle to select desired weight (Image 15).

**NOTE:** Weight shown is with Chrome Weights in handle.

Image 15



3. To choose/add weight plates from the nested weight stack, insert the selector pin into the colored side rail of the weight desired (Image 16).

Image 16

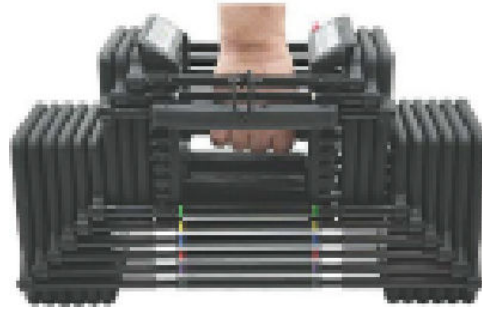


4. Lift weight straight up from center handle only (Image 17). Always check to insure that the weight selector pin is fully inserted into the weight stack. Lift handle and weights five (5) inches above the nest and visually inspect for correct placement of weight selector pin. If pin is improperly located, return weighted handle to weight stack and correctly insert selector pin.



**DANGER:** Lift from handle only. Lifting from any other part of the dumbbell may result in falling weights and/or injury.

**Image 17**



# 3. Maintenance Procedures

## Maintenance Schedule

ACTION	DAILY	WEEKLY	MONTHLY	AS NEEDED
<b>CLEAN</b>				
Hand Grips				X
<b>INSPECT</b>				
Paint			X	
Hardware		X		
Hand Grips		X		

### Clean

- Hand grips with an approved or compatible cleaner.

### Inspect

- Hardware. Check for loosening. Tighten as required.
- Hand grips. Check for wear and damage.
- For paint chips, contact Life Fitness Family of Brands customer service.

### Once a Week

- Visually inspect all hardware for loosening, tampering or wear.
- Check condition of hand grips.

### Once a Month

- Inspect hardware on all machines and tighten any bolts or nuts that may have loosened over the life of the product.

### Approved and Compatible Cleaners

Two preferred cleaners have been approved by reliability experts: PureGreen 24 and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 and the Antibacterial Force formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1.

PureGreen 24 is available in a spray which is convenient to use. Apply the spray to a microfiber cloth and wipe down the equipment. Use PureGreen 24 on the equipment for at least 2 minutes for general disinfection purposes and at least 10 minutes for fungus and viral control.

Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes.

Contact Customer Support Services to order these cleaners (1-800-351-3737 or email: [customersupport@lifefitness.com](mailto:customersupport@lifefitness.com)).

Mild soap and water or a mild non-abrasive household cleaner can also be used to clean the display and all exterior surfaces. Use a soft microfiber cloth only. Apply the cleaner to the microfiber cloth before cleaning. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces.

### Dumbbell Care

- Do Not strike Pro 100 dumbbells together and/or against other pieces of equipment.
- Do not drop the dumbbells. Dropping the weight plates from a height of more than 12 inches will void the warranty.



**WARNING:** Striking Pro 100 dumbbells could dislodge pins and result in falling weights and/or injury. Failure to replace worn parts may result in injury. Check/tighten all hardware prior to use.

## 4. Warranty

### What is Covered

This *LIFE FITNESS* consumer exercise equipment product is warranted to be free of all defects in material and workmanship.

### Who is Covered

The original purchaser or any person receiving the product as a gift from the original purchaser.

### Who Pays Transportation and Insurance For Service

If the Product or any covered part must be returned to a service facility for repairs, We, Life Fitness Family of Brands, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charge after the first year.

### What We Will Do To Correct Covered Defects

We will ship to you any new or rebuilt replacement part or component, or at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

### What is Not Covered

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization, or by failure on your part to use, operate and maintain the Product as set out in your Operation Manual.

*All terms of this warranty are void if this product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Life Fitness Family of Brands representative.*

### Owner's Manual

It is VERY IMPORTANT THAT YOU READ THIS MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

### Exclusive Warranty

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you. Warranty coverages and terms may differ outside the United States. Please contact the Life Fitness office servicing your country (contact information found at the front of this manual) or visit the applicable local Life Fitness website to receive the specific warranty information for your country.

### Changes in Warranty Not Authorized

No one is authorized to change, modify or extend the terms of this limited warranty.

### Effects of State Laws

This warranty gives you specific legal rights, and you may have other rights which vary from state to state and country by country.

### How to Obtain Product Service

For CUSTOMER Service within the United States and Canada: 1-800-351-3737 or [customersupport@lifefitness.com](mailto:customersupport@lifefitness.com)

Please call Monday through Friday from 7:00 a.m. to 6:00 p.m. Central Standard Time, and tell them your name, address, and serial number of your Product. They will tell you how to get a replacement part, or if necessary, arrange

for service where your Product is located or advise you on how and where to ship the Product for service. Before shipping:

1. **Obtain** a Return Authorization Number (**RA#**) from Customer Support Services
2. Securely **pack** your Product (use the original shipping carton, if possible)
3. **Write** the RA# on the outside of the carton
4. **Insure** the Product
5. **Include** a letter explaining the defect or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

**Return address:**

Life Fitness World Headquarters

Attn: CSS Help Desk

10601 W Belmont Ave

Franklin Park, IL 60131

For Product Service Internationally see contact information listed on page two of this manual.

## Warranty Coverage

**NOTE:** There is no warranty coverage for labor on Strength Products.

Item	10 Years	5 Years	1 Year	90 Days
Weight Plates		X		
Side Rails		X		
Handle Assembly		X		
Weight Selector Pins		X		