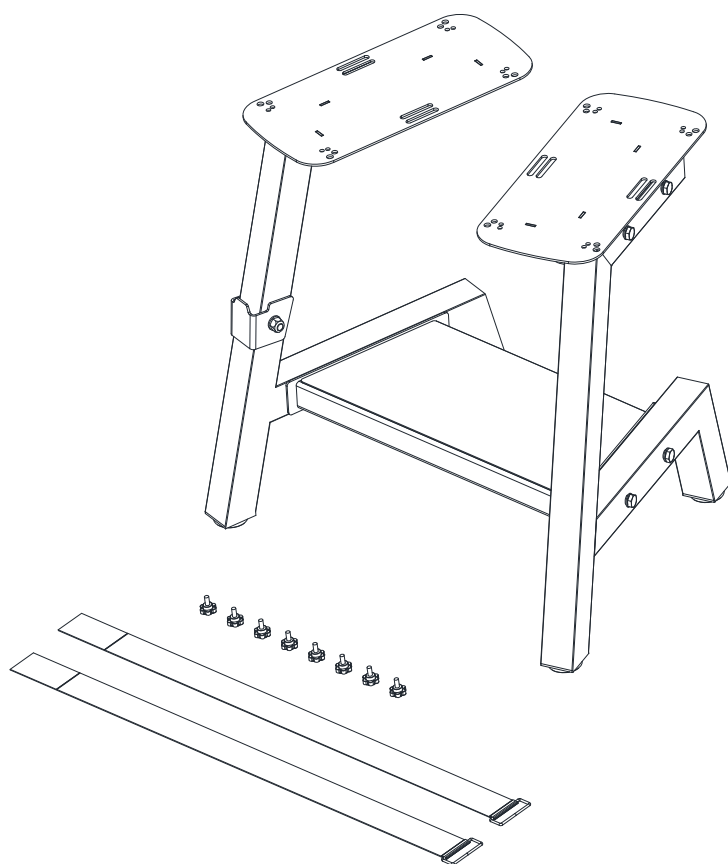


STYLE ETHSDS101

SELECTABLE DUMBBELL STAND OWNER'S MANUAL



**Tools Require:
17mm Box Wrench**

Dick's Sporting Goods 345 Court Street Coraopolis, PA 15108

ETHOS



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BEFORE YOU BEGIN

Thank you for selecting the ETHOS Selectable Dumbbell Stand. For your safety and benefit, read this manual carefully before using the exercise equipment. If you have any questions, or find there are missing or damaged parts, please contact our Customer Service Agents.

Toll-Free Customer Service Number
1-877-846-9997
Mon. – Fri. 9 a.m. – 5 p.m. EST

RETAIN THESE INSTRUCTIONS FOR FUTURE USE



IMPORTANT SAFETY NOTICE

For your safety and benefit, read the following instructions carefully prior to assembly or use. Failure to follow all instructions and safety precautions can result in **serious injury or death or damage to equipment.**

Top Tray Weight Capacity: 90 lbs for Each Tray

Middle Tray: 110lbs

⚠ WARNING

Important Considerations Before Use

1. **CONSULT WITH YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.**
2. If you feel pain or dizziness at any time while exercising, STOP immediately and consult your physician. Excessive use may cause pain or injury.
3. **This exercise equipment is intended for adult use only. Keep children and pets away from equipment at all times. DO NOT leave children unattended in the same room with the exercise equipment.**
4. ADULTS ONLY should assemble, disassemble, adjust, or move the exercise equipment. Assembly and moving of product must be performed with the help of two or more adults.

⚠ WARNING

Important Instructions for Safe Use

1. **Pinch Hazard:** Exercise extreme caution while returning weights to the storage rack.
2. **NEVER** use the product as an anchor point or to support body weight during any exercise. This product is for weight storage only.
3. **TIP OVER RISK:** Never climb, stand, or lean on rack. Always place an even amount of weight on both side of rack to avoid tip overs.
4. **ALWAYS** secure dumbbells with a strap when storing on the stand.
5. Only one person at a time must use the exercise equipment.
6. **NEVER** swing from Rolling Bumper Plate Rack components or bars.
7. **NEVER** hang upside down or inverted from frame components or bars.
8. Position the exercise equipment on an obstruction free, level surface. DO NOT use the exercise equipment near water or outdoors.
9. Keep hands away from all moving parts.
10. Always wear appropriate workout clothing when exercising. DO NOT wear jewelry, robes or other clothing that could become caught in the exercise equipment. Running or aerobic shoes are also required when using the exercise equipment.
11. **DO NOT** use attachments not recommended by the manufacturer. Accessories not sold with this product are used at the user's own risk.
12. **DO NOT** place any sharp objects around the exercise equipment.
13. Before using the exercise equipment, always stretch properly to warm up.
14. Always exercise with an experienced spotter and place suitable mats beneath the exercise area.



IMPORTANT! CARE AND MAINTENANCE

1. Inspect and tighten all parts before using the exercise equipment. DO NOT over tighten. **If parts are worn or damaged, DO NOT use. Contact Customer Service for replacement parts.**
2. Inspect product regularly for signs of wear or failure. If parts are worn/damaged or the equipment is not functioning properly, discontinue use immediately. **Failure to examine regularly may affect the safety level of the exercise equipment.**
3. If the equipment is making any abnormal sounds that may indicate structural fatigue e.g., cracking, then stop use immediately and have the equipment inspected by a professional.
4. Periodically lubricate moving parts with WD-40 or light oil.
5. The exercise equipment can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents or bleach.
6. Top Tray Weight Capacity: 90 lbs for Each Tray
7. Middle Tray Weight Capacity: 110lbs



IMPORTANT! OPERATIONAL INSTRUCTIONS

1. This product is designed to be used for weight training, exercise, and physical fitness activities only.
2. Assembled dimensions: 19.6" Lx 26.6" W x22.6"H

This exercise equipment is intended for commercial and residential use.

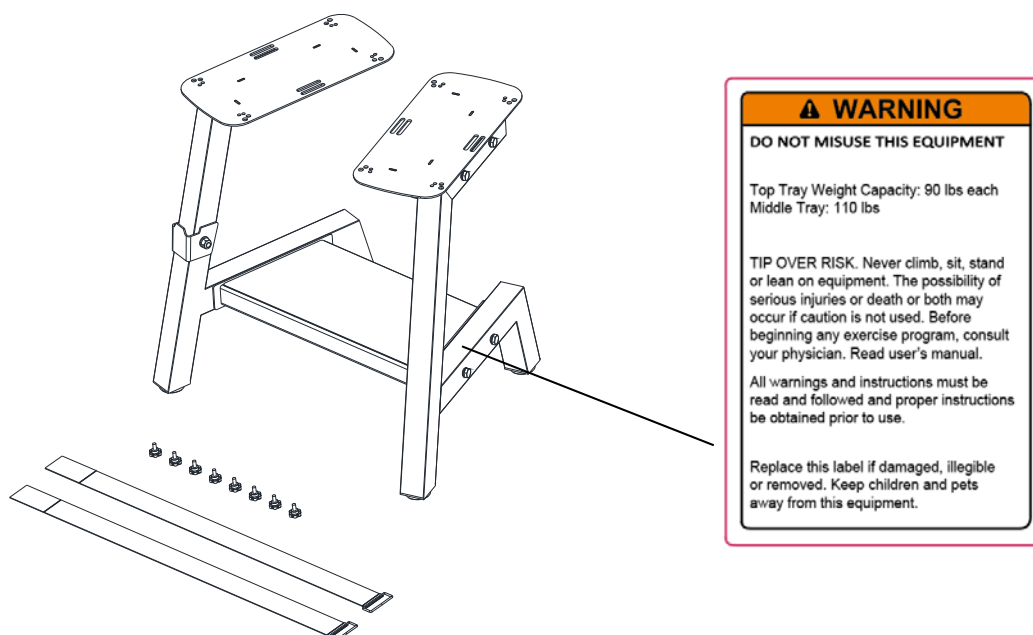
This equipment meets the safety and performance requirements of the ASTM F2276 standard for exercise equipment.

WARNING

Consult with your doctor before beginning any exercise program. Read all instructions before using any fitness equipment. Not for use by children under age 14. Inspect for damage before each use.

Save these instructions.

WARNING LABEL PLACEMENT

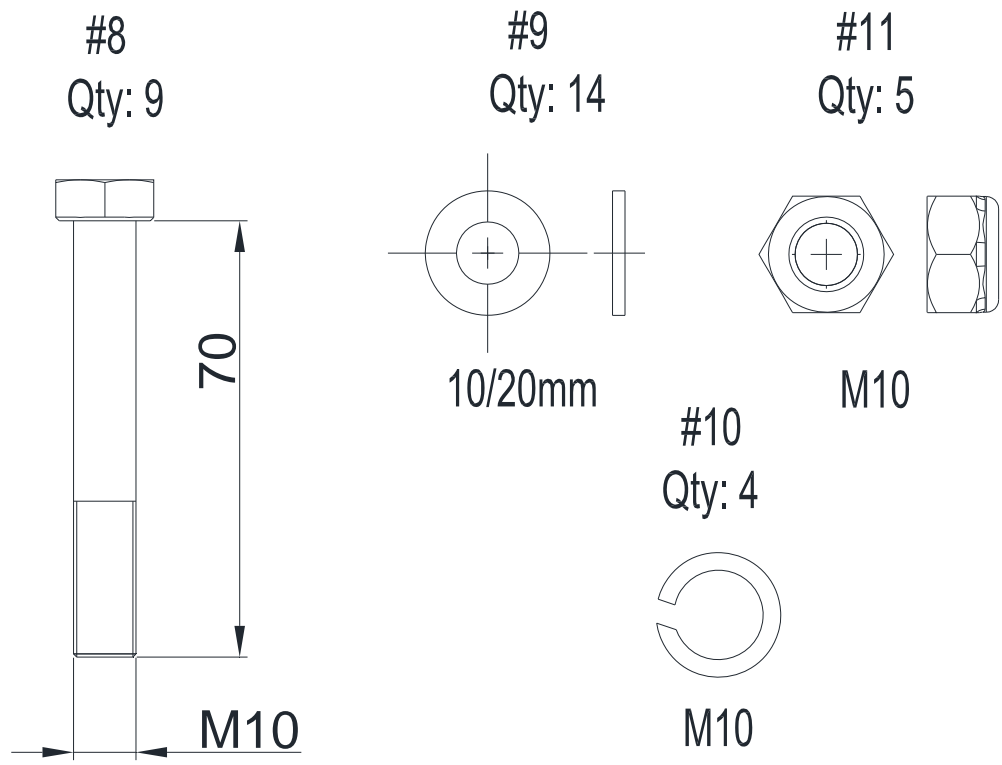


The warning label shown here has been placed on the **ETHOS Selectable Dumbbell Stand**. If the label is missing or illegible, please call customer service at 1-877-846-9997 for replacements. Apply the labels in the location shown.

PARTS LIST

Part #	Description	Qty	Remark
1	Left Support Frame	1	
2	Right Support Frame	1	
3	Middle Tray	1	
4	Top Tray	2	
5	Phone Support Bracket	1	
6	Anti-Skid Pads	4	Pre-Assembled
7	M6*12 Countersunk Screw	4	Pre-Assembled
8	Hex Head Bolt M10X70	9	
9	Flat Washer M10	14	
10	Spring Washer M10	4	
11	Hex Head Nut M10	5	
12	M6*12 Knob	8	
13	Strap	2	

HARDWARE PACK



ASSEMBLY INSTRUCTIONS

- A flat and level area of 6' x 6' will be required to properly assemble the **Selectable Dumbbell Stand**.
- The following tools will be required to complete the assembly of the **Selectable Dumbbell Stand**.
 - **17mm Box Wrench**

WARNING

ADULTS ONLY should assemble, disassemble, adjust, or move the exercise equipment. **Assembly and moving of product must performed with the help of two or more adults.**

Please refer to the illustration to ensure that all parts are oriented correctly. **HAND TIGHTEN ALL BOLTS INITIALLY UNTIL THE UNIT IS COMPLETELY ASSEMBLED.** Check all hardware by placing them against the drawing on the "Hardware Pack". Over tightening will cause metal to crimp, do not over-tighten.

Step 1 (See Diagram 1)

- a) Make sure there are two adults to assemble this item.
- b) Connect Left Support Frame (1) to Middle Tray (3) with two Hex Head Bolts (8), two Flat Washers (9) and two Spring Washers (10)
- c) Repeat step b) with Right Support Frame (2)

DO NOT tighten the bolts yet until instructed to do so.

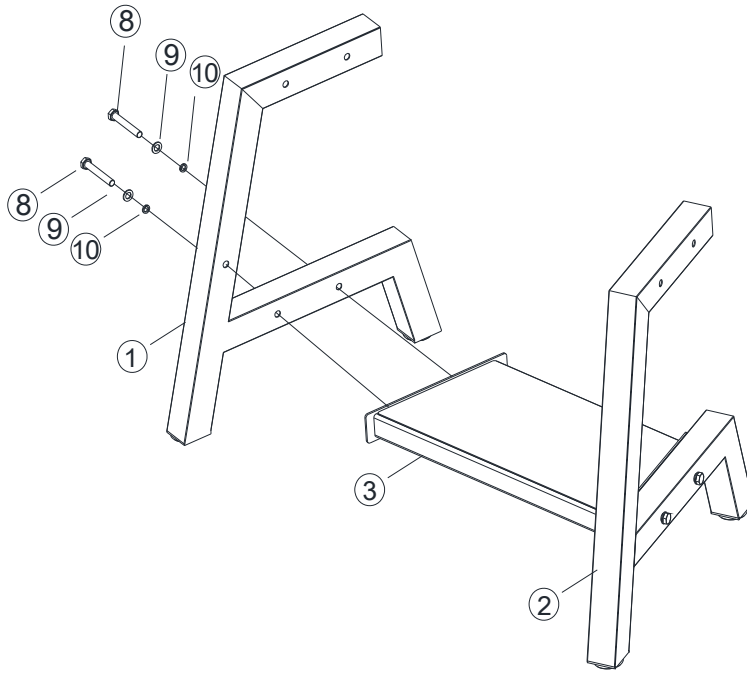


Diagram 1

Step 2 (See Diagram 2)

Connect Phone Support Bracket (5) to Left Support Frame (1) using one Hex Head Bolt (8), two Washers (9) and one Hex Head Nut (11).

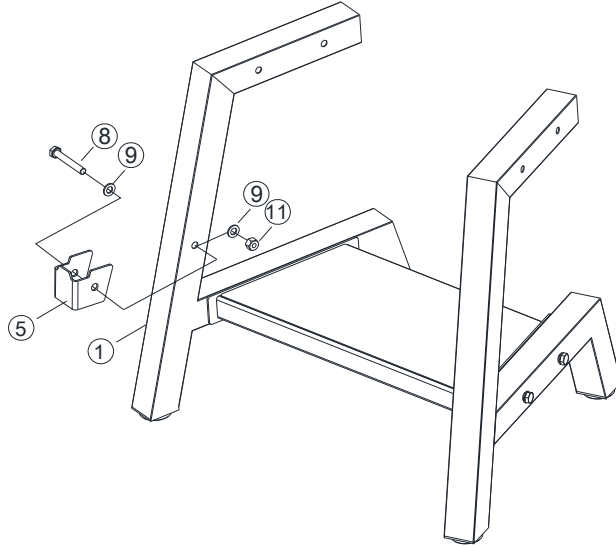


Diagram 2

Step 3 (See Diagram 3)

- a) Connect Top Tray (4) to Left Support Frame (1) with two Hex Head Bolts (8), four Flat Washers (9) and two Hex Head Nuts (11)
- b) Repeat step a) with Top Tray (4) and Right Support Frame (2)

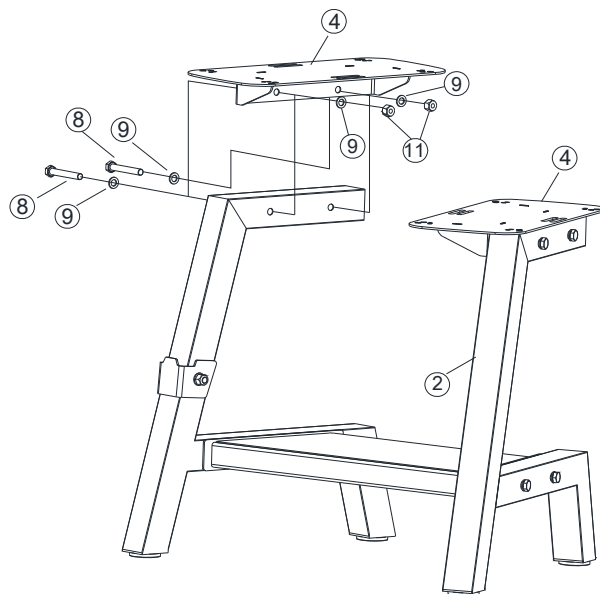


Diagram 3

Step 4 (See Diagram 4)

Check the assembly against illustrations and tighten all nuts and bolts securely.

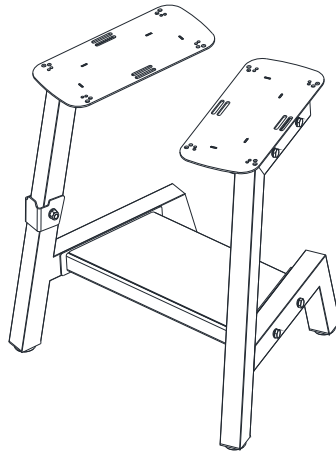


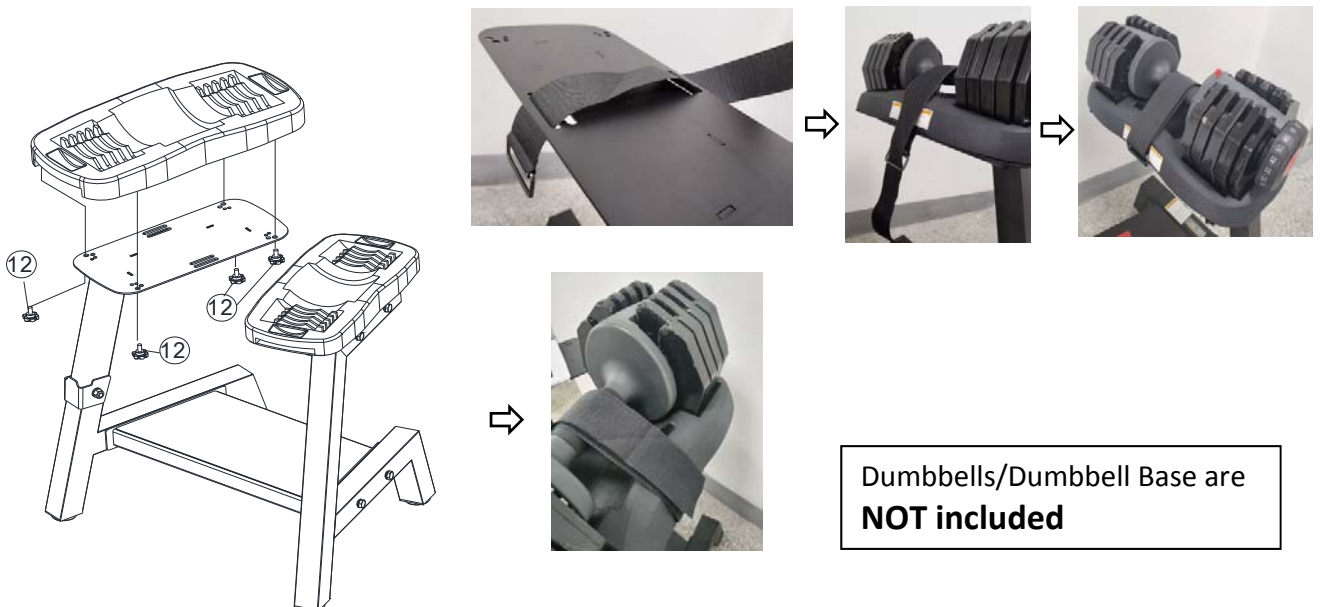
Diagram 4

Step 5 (See Diagram 5)

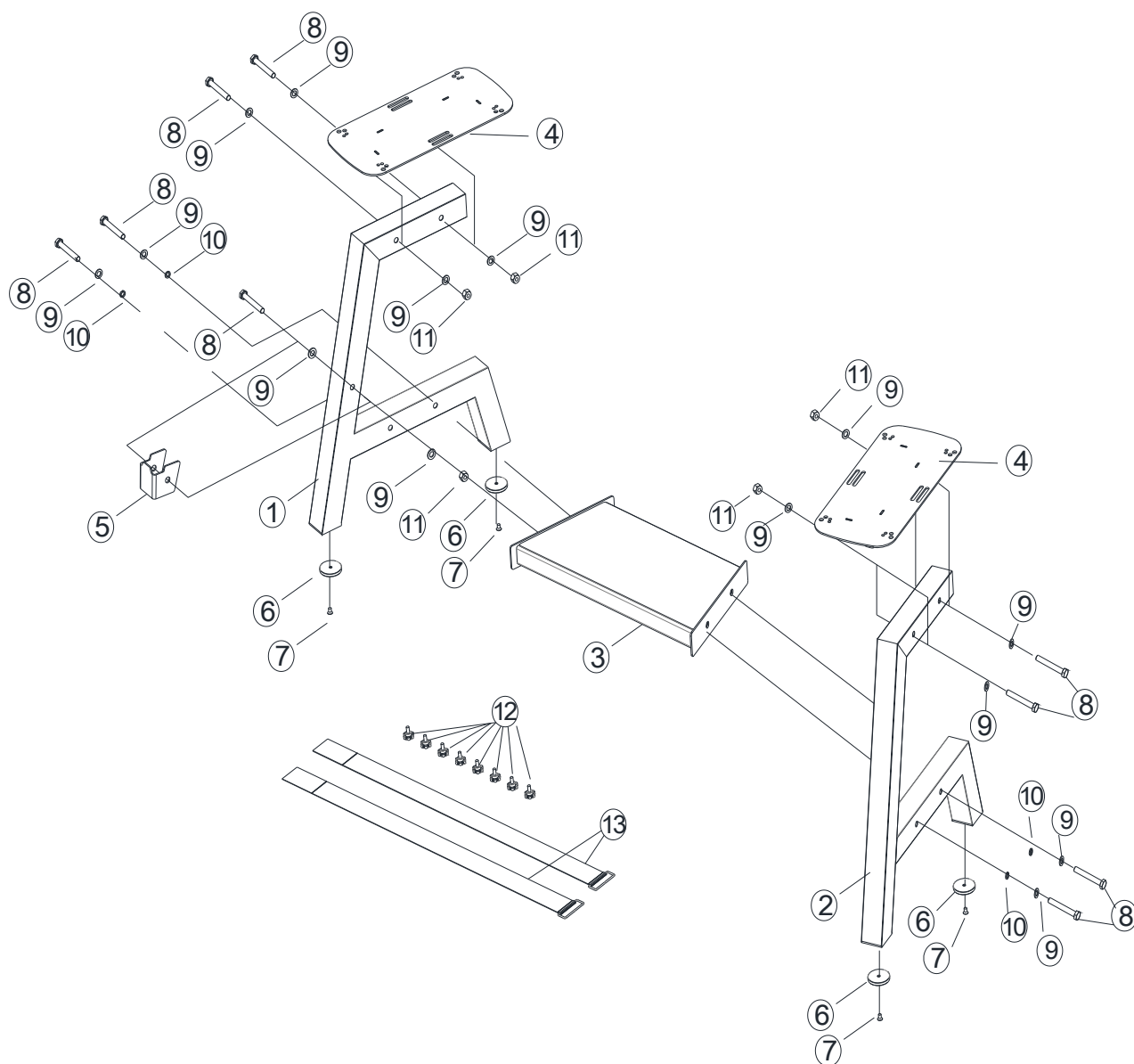
⚠ WARNING Remove the dumbbell from its base before attaching the dumbbell base to the stand. Fully tighten all hardware before placing dumbbells into the installed bases on the stand.

Attach the Dumbbell Base to the assembled Dumbbell Stand using four Lock Knobs (12) and one Strap (13) on each side as shown in below diagram. Check the assembly against illustrations and tighten all nuts, bolts and straps securely.

Note: Dumbbell/Dumbbell Base are **NOT** included.



EXPLODED DIAGRAM



DICK'S LIMITED WARRANTY

DICK'S warrants the products described above to be free from defects in workmanship and materials as follows:

Who is Covered?

This limited warranty ("Limited Warranty") covers only the person who first purchased the product. This Limited Warranty expires at the time of transfer and is not transferable to anyone else. Proof of purchase is required to make a warranty claim.

What the Warranty Covers

This Limited Warranty covers defects in materials and workmanship.

What the Warranty Does Not Cover

This Limited Warranty does not cover:

- Expendable items, including by way of example only and not by way of limitation: batteries, light bulbs, fuses, zippers, tires, belts, shoe soles, fabric, and other items that experience wear as a result of normal use.
- Damage through improper use, negligence, abuse, misuse, transportation, acts of nature, or accident, including failure to perform routine maintenance or follow the assembly and/or operating instructions supplied with the product.
- Products used in rental applications.
- Products that have been modified using replacement parts that were not provided by Dick's.
- Defects or damage caused by using third-party parts or services.

This Limited Warranty does not cover any consequential or incidental damages of any kind, including transportation to get warranty service, loss of time, and loss of use. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

What the Period of Coverage Is

This Limited Warranty lasts for a period of one year from receipt of the product (unless a different warranty period is noted in Appendix 1). Any implied warranty arising under state law is limited in duration to the one-year period (or other noted time frame) of this Limited Warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

How to Make a Warranty Claim

You can make a warranty claim by bringing the product to any store location of the chain the product was purchased as long as: (1) it meets the warranty criteria, (2) is within the warranty period (one year, unless noted differently in Appendix 1), (3) you have a valid proof of purchase and provide that to the store at the time of making the warranty claim, and (4) you are the original purchaser of the product. If you are unable to find your valid proof of purchase, please contact 1-877-846-9997 and a customer service representative may be able to assist.

Please direct all warranty service inquiries as follows:

If in writing, mail to:

**DICK'S Sporting Goods, Inc.
345 Court St.
Coraopolis, PA 15108
Attn: Customer Service**

If by telephone, call: **1-877-846-9997**

What DICK'S Will Do to Correct the Problem

Once you make a valid warranty claim, DICK'S will either:

- Return or exchange the product; or
- Provide a free replacement part, if applicable; or
- Repair the product for free, if applicable.

How State Law Applies

This Limited Warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Appendix 1

PRODUCT CATEGORY	WARRANTY TERMS	LIMITATIONS
GYM UNITS	Frames/Welds: Limited Lifetime*, Components: Three-Year Limited Warranty	Warranted for indoor use only
WEIGHT BARS	Limited Lifetime*	Warranted for indoor use only
KETTLEBELLS/DUMBBELLS/WEIGHT PLATES	Limited Lifetime*	-
WEIGHT STORAGE	Frames/Welds: Limited Lifetime*, Components: Three-Year Limited Warranty	Warranted for indoor use only
WEIGHT BENCHES	Frames/Welds: Lifetime*, Components: Three-Year Limited Warranty	Warranted for indoor use only
CARDIO (Bike, Rower)	Frame/Welds: 5 Year Limited Warranty, Components: 2 Year Limited Warranty	Warranted for indoor use only
ACCESSORIES (Sandbag, Pull-Up Assist, Rig Accessories, Collars, Foam Rollers & Recovery, Plyo Box, Battle Ropes)	Three-Year Limited Warranty	Warranted for indoor use only
SLAM BALLS	Three-Year Limited Warranty	Warranted for indoor use only
WALL BALLS	Three-Year Limited Warranty	Warranted for indoor use only
RINGS/SUSPENDED STRAPS	Three-Year Limited Warranty	Warranted for indoor use only
GLOVES/GRIPS	One-Year Limited Warranty	-
JUMP ROPES	Three-Year Limited Warranty	-
SUPER BANDS	Three-Year Limited Warranty	-
WEIGHTED VESTS	Three-Year Limited Warranty	-
AB MAT	Three-Year Limited Warranty	-

*DICK'S warrants this product from defects in material, functionality and workmanship for the lifetime of the product. "Lifetime" warranty coverage ends when the product becomes unusable for reasons other than defects in material or workmanship. This warranty applies only to the original purchaser for as long as they own the product and is non-transferable.