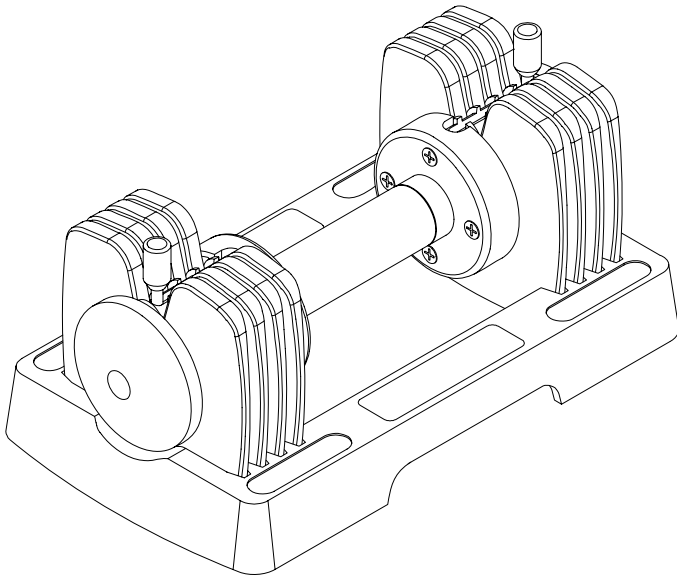


VERSA-BELL



Owner's Manual

Safety Instructions
Customer Service
Operation
Warranty

SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read the following Safety Instructions before using the **VERSA-BELL**.

1. Read this Owner's Manual and follow it carefully before using the **VERSA-BELL**.
2. Keep children away from the **VERSA-BELL**. Do not allow children to use or play around the **VERSA-BELL**. Keep children and pets away from the **VERSA-BELL** when it is in use.
3. Make sure the **VERSA-BELL** is resting in a horizontal position in the Weight Tray.
4. Inspect the **VERSA-BELL** for damaged or loose components prior to use.
5. Tighten/replace any loose or worn components prior to using the **VERSA-BELL**.
6. Before exercising, make sure both Weight Selectors which secure the Weight Plates are locked in position properly. Falling Weights can result in severe injury.
CAUTION: Never adjust the Weight Selector when the VERSA-BELL is removed from the Weight Tray.
7. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.
8. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
9. Do not wear loose or dangling clothing while using the **VERSA-BELL**.
10. The **VERSA-BELL** is for consumer use only. It is not for use in public or semipublic facilities.

This Product is Produced Exclusively by

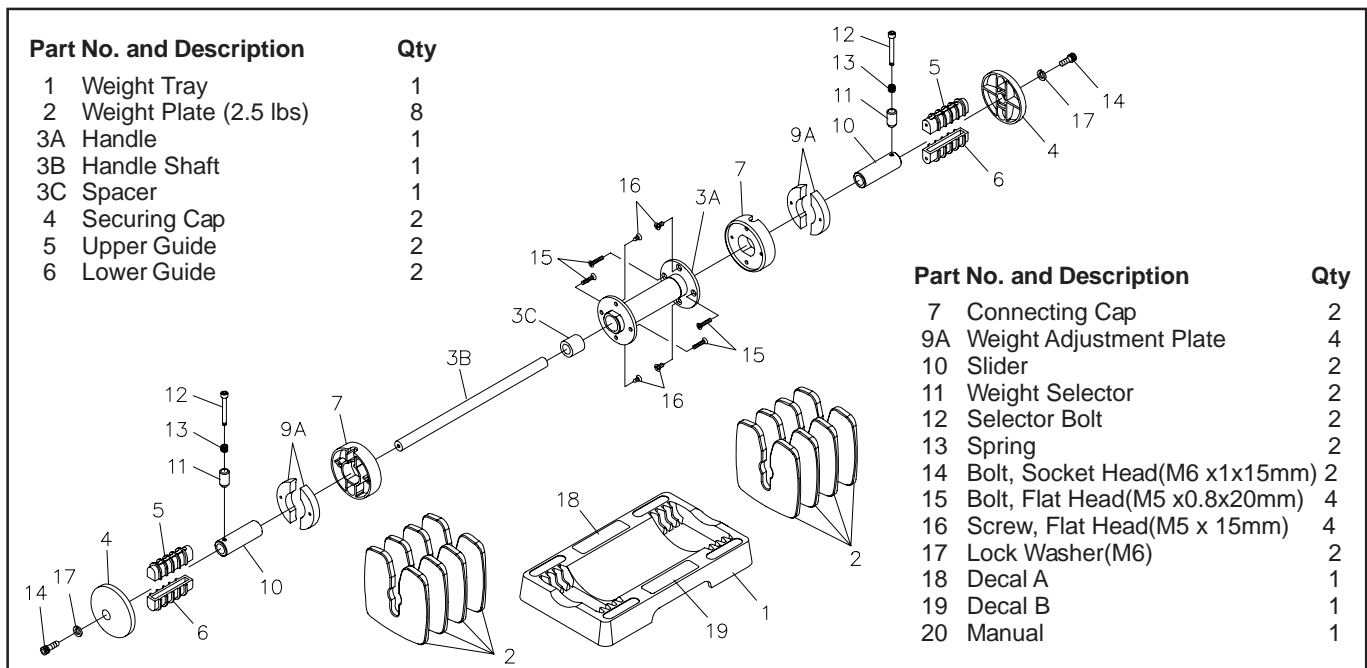


2040 N. Alliance, Springfield, MO 65803
Customer Service Number
1 (800) 375-7520
parts@staminaproducts.com
www.staminaproducts.com

When calling for parts or service, please specify the following number:

05 - 2025A

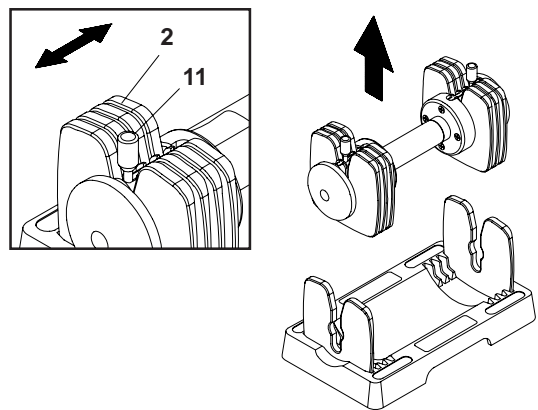
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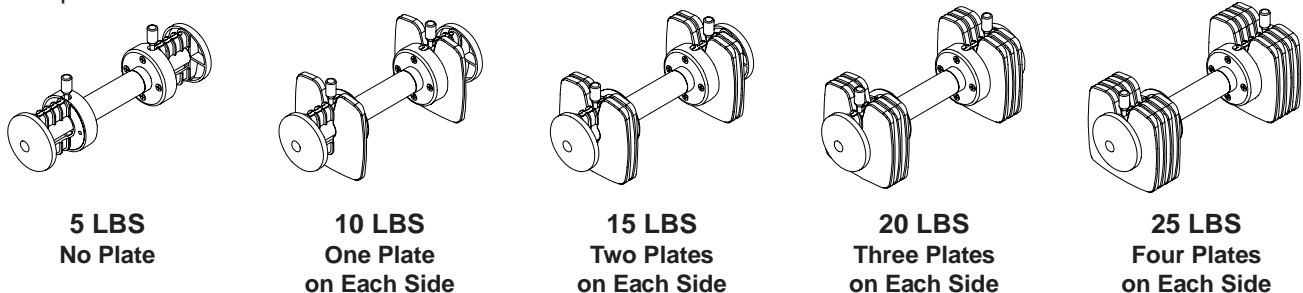
OPERATIONAL INSTRUCTIONS

VERSA-BELL has a internal slider system that allows the user to adjust the weights on both sides of the bar. Follow the following process to adjust and workout with your **VERSA-BELL** :

1. While in the Weight Tray, pull out the **WEIGHT SELECTOR(11)** to adjust and release the **WEIGHT SELECTOR(11)** to lock in position after adjusting. Repeat on the other side.
2. Lift the **VERSA-BELL** approximately 6 inches from the Weight Tray and check the **WEIGHT PLATES(2)**.
CAUTION: Never adjust the WEIGHT SELECTOR(11) when the VERSA-BELL is removed from the Weight Tray.
3. Start to workout if the Weight Plates are secure.



We recommend that you keep the **VERSA-BELL** balanced as closely as possible. For example, if three weights are used, use two on one side and one on the other side. The illustrations below show the proper setup for 5, 10, 15, 20, and 25 pounds.



LIMITED WARRANTY

This product is warranted to be free of defects in material and workmanship and to be in perfect working order at the time of purchase.

If the product should, for any reason, become defective within 90 days of purchase, the manufacturer will replace the product once it is returned to the manufacturer.

This warranty does not apply to any damage caused by accident, return transit, alteration, abuse, or misuse. There are no other warranties other than those expressly set forth herein.

Products shipped to the manufacturer must be in the original shipping carton with freight prepaid.

All expenses for repairing or replacing the product, including the cost of shipping it back to the original purchaser, will be covered by the manufacturer. This warranty gives you specific legal rights, and you may have other rights which vary from state to state.