

VERSA-BELL

Owner's Manual

Safety Instructions
Customer Service
Operation
Warranty

USA Patent No. 6,656,093
GERMANY Patent No. 203 02 871.6
CHINA Patent No. ZL 01 2 28995.7
JAPAN Patent No. 3096363

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 properly in the Weight Tray.
4. Never adjust the Weight Selector when the **VERSA-BELL** is not in the Weight Tray.
5. Inspect the **VERSA-BELL** for damaged or loose components prior to use.
6. Tighten/replace any loose or worn components prior to using the **VERSA-BELL**.
7. Before exercising, make sure both Weight Selectors which secure the Weight Plates are locked in position properly. Falling Weights can result in severe injury.
8. 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.
9. 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.
10. Do not wear loose or dangling clothing while using the **VERSA-BELL**.
11. The **VERSA-BELL** is for consumer use only. It is not for use in public or semipublic facilities.

This Product is Produced Exclusively by



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When calling for parts or
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following number:

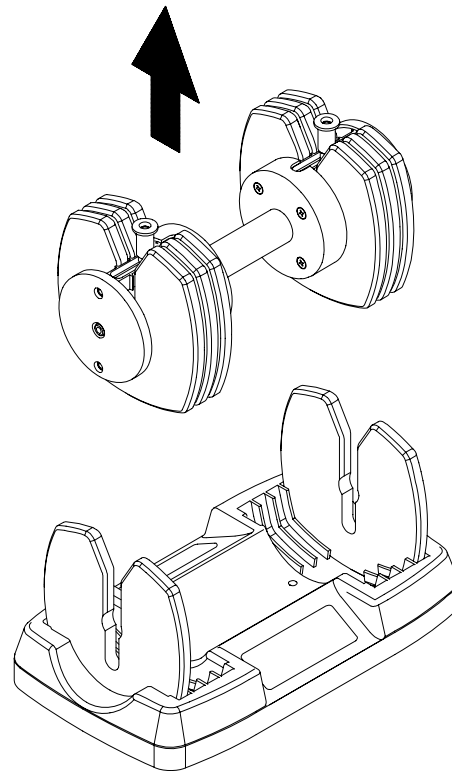
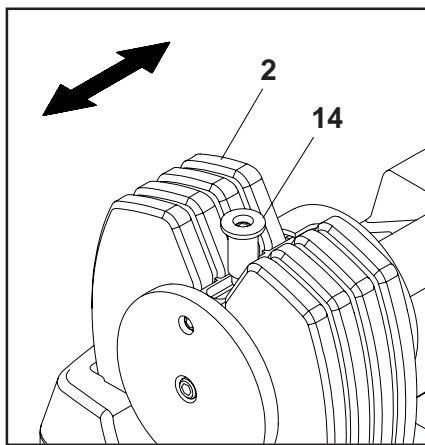
05 - 2250A

MADE IN CHINA
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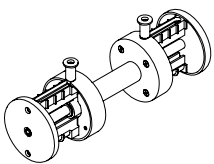
Operational Instructions

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** :

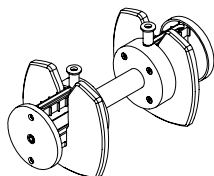
1. While in the Weight Tray, pull out the **WEIGHT SELECTOR(14)** to adjust and release the **WEIGHT SELECTOR(14)** to lock in position after adjusting. Repeat on the other side.
2. Lift the **VERSA-BELL** approximately 7 inches from the Weight Tray and check the **WEIGHT PLATES(2)**.
CAUTION: Never adjust the WEIGHT SELECTOR (14) when the VERSA-BELL is removed from the Weight Tray.
3. Start to workout if the Weight Plates are secure.



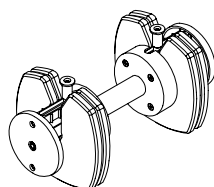
We recommend that you keep the **VERSA-BELL** balanced as closely as possible. For example, if three weights are used, use two on one side and one on the other side. The illustrations below show the proper setup for 10, 20, 30, 40, and 50 pounds.



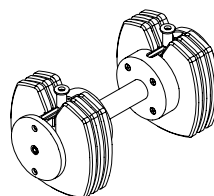
10 LBS
No Plate



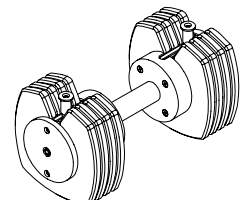
20 LBS
One Plate
on Each Side



30 LBS
Two Plates
on Each Side

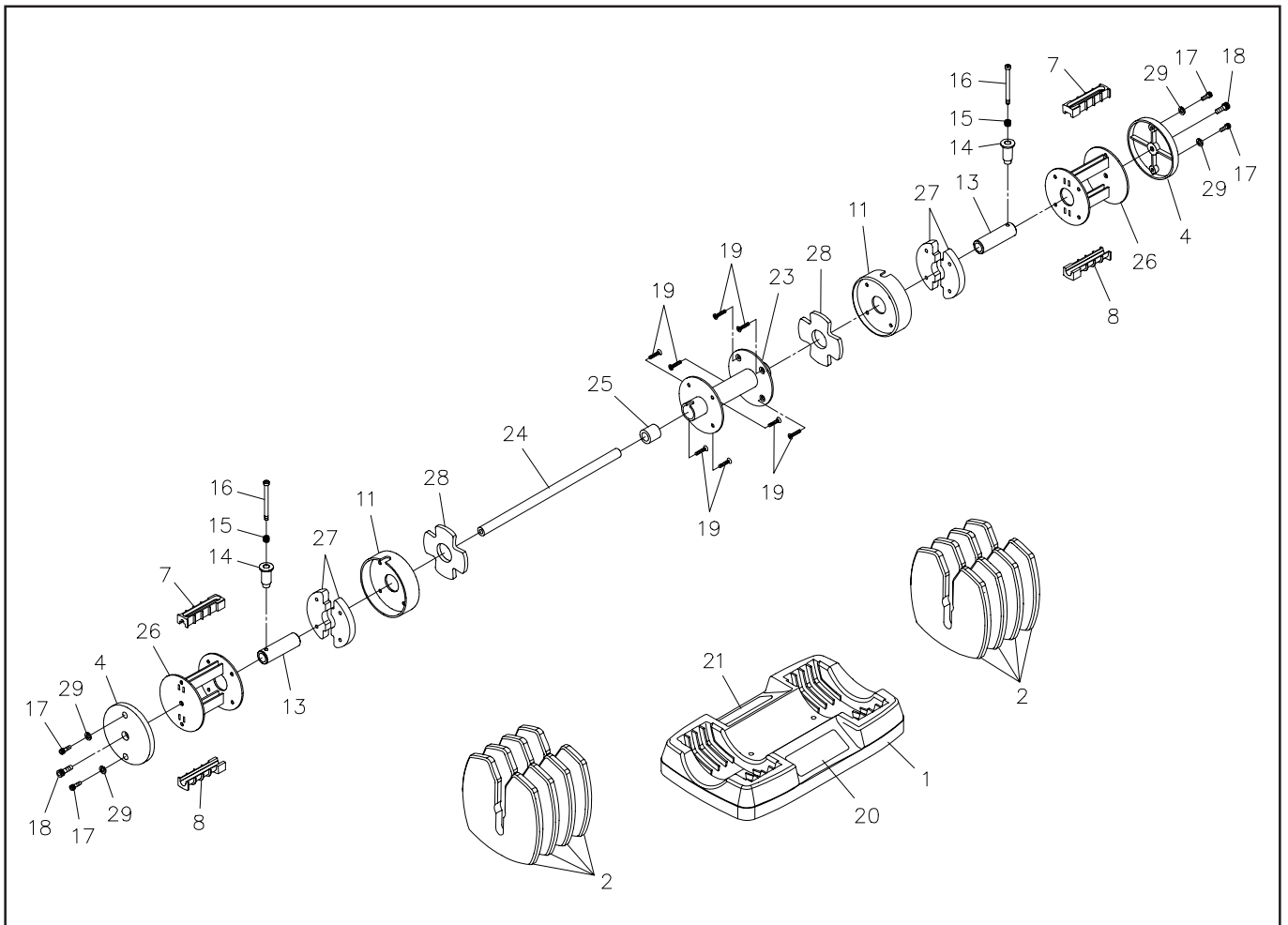


40 LBS
Three Plates
on Each Side



50 LBS
Four Plates
on Each Side

Product Parts Drawing and Parts List



Part No. and Description

Part No.	Description	Qty
1	Weight Tray	1
2	Weight Plate (5 lbs)	8
4	Securing Cap	2
7	Upper Guide	2
8	Lower Guide	2
11	Connecting Cap	2
13	Slider	2
14	Weight Selector	2
15	Spring	2
16	Selector Bolt	2
17	Bolt, Socket Head(M6 x 1 x 10mm)	4
18	Bolt, Socket Head(M8 x 1.25 x 15mm)	2

Qty

Part No. and Description

Part No.	Description	Qty
19	Bolt, Flat Head(M6 x 1 x 28mm)	8
20	Decal A	1
21	Decal B	1
22	Manual	1
23	Handle	1
24	Handle Shaft	1
25	Spacer	1
26	Guide Support	2
27	Weight Adjustment Plate	4
28	Adjustment Plate	2
29	Lock Washer (M6)	4

LIMITED WARRANTY

MODEL 05-2250A

WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service and proper operation for a period of 90 days on the parts and the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal, family, or household purposes.

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