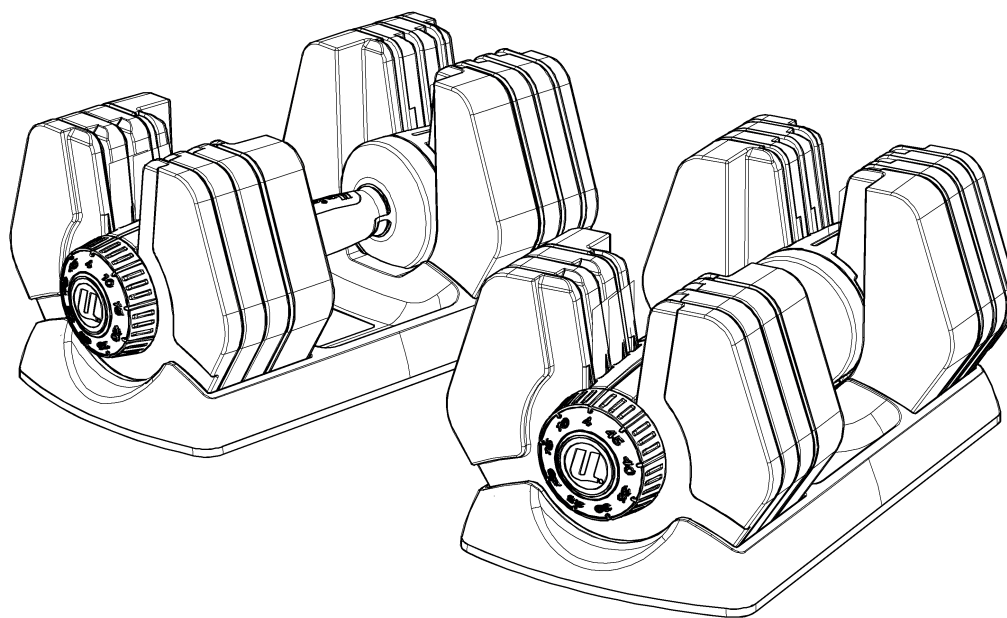


# Universal

## Power-Pak® 445 Adjustable Dumbbell



### Owner's Manual



English

Ver página 2

Español Americano Latino

**To validate warranty support, keep the original proof of purchase and record the following information:**

**Serial Number** \_\_\_\_\_ **Serial Number** \_\_\_\_\_

**Date of Purchase** \_\_\_\_\_

**To register your product warranty, go to: [www.UniversalHomeFitness.com/register](http://www.UniversalHomeFitness.com/register)**

**Or call 1 (800) 605-3369.**

**If you have questions or problems with your product, please call 1 (800) NAUTILUS (628-8458).**

**Español Americano Latino**

Para obtener este manual en Español Latino Americano vaya a: <http://www.UniversalHomeFitness.com>.

## Important Safety Instructions

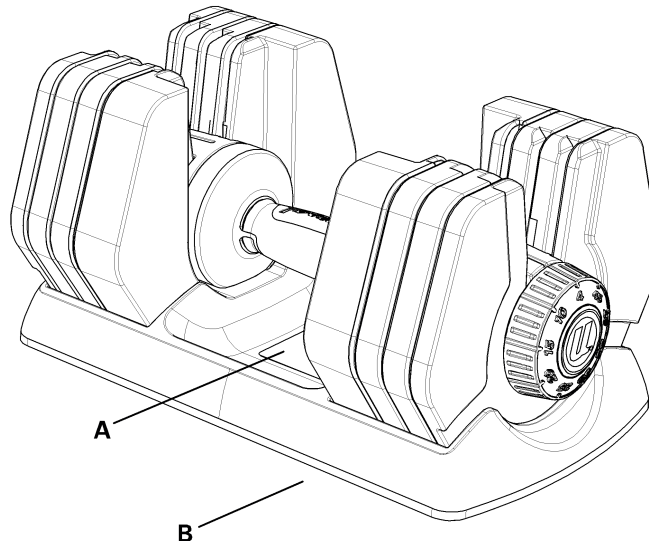


This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury.

**Before using this equipment, obey the following warnings:**

- Read and understand the complete Owner's Manual. Keep Owner's Manual for future reference
- Read and understand all warnings on this machine. If at any time the Warning stickers become loose, unreadable or dislodged, contact Nautilus® Customer Service for replacement stickers.
- Children must not be let on or near to this machine. Moving parts and other features of the machine can be dangerous to children.
- Consult a physician before starting an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the machine again.
- This machine is for home use only.
- Periodically inspect and test the locking mechanism for correct function. Follow the test procedures included in this manual.
- Do not operate this machine outdoors or in moist or wet locations.
- Before you start your workout, make sure that your surroundings are free from possible interference and third parties.
- Do not over exert yourself during exercise. Operate the machine in the manner described in this manual.
- Do not try to force the Adjustment Knob to turn when the Dumbbell has been removed from the Dumbbell base.
- Do not let the Dumbbells fall freely to the ground. Damage to the product and possible personal injury can occur.
- Do not let the Dumbbells forcefully hit together during operation. Damage to the product and possible personal injury can occur.
- Do not try to disassemble your Dumbbell handles, or base assembly. The product is not designed to be serviced by the customer. Contact Nautilus® Customer Service for repair information.
- The Dumbbells are very heavy. If you are not using the optional Dumbbell Stand, put the Dumbbell assembly directly on the floor for best support.

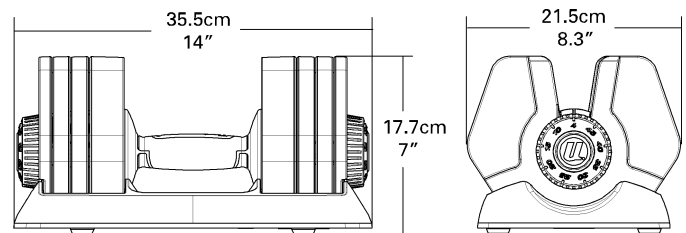
## Safety Warning Labels and Serial Number



Type	Description
<b>A WARNING</b>	<ul style="list-style-type: none"> <li>Do not allow Children to use this product.</li> <li>Inspect product before use.</li> <li>Do not use if any parts are in need of repair.</li> <li>Use Caution when using this equipment.</li> <li>Injury or death is possible if Caution is not used.</li> <li>Read and understand the Owners Manual prior to use.</li> <li>Replace this or other CAUTION, WARNING, or DANGER Labels if they become damaged or illegible or removed.</li> <li>This product is for Residential use only.</li> </ul>
<b>B Serial Number</b>	<p>Record serial number in the Serial Number field at the beginning of this manual.</p> <p><b>Note:</b> Each dumbbell base has a unique serial number.</p>

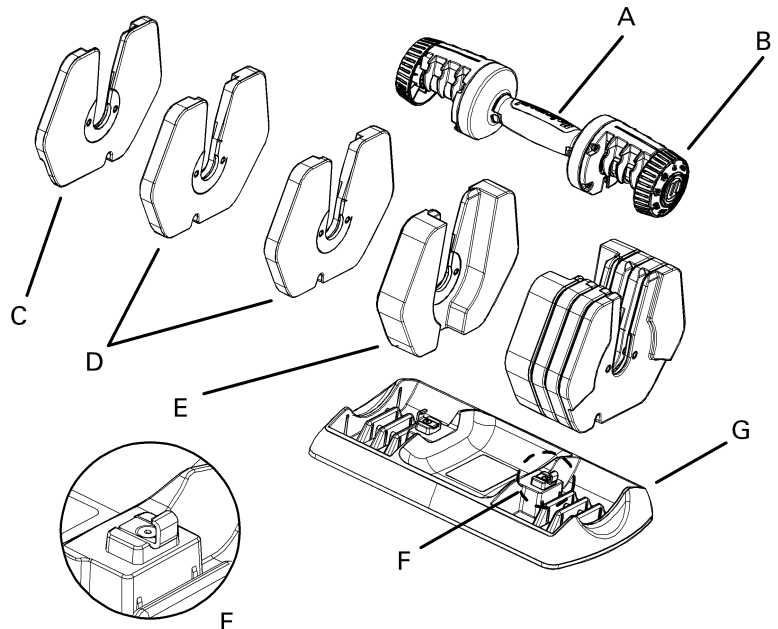
## Specifications

**Assembled Weight**                      Approximately 50 lbs (22.7 kg)



## Features


A	Handle grip
B	Adjustment knob
C, D, E	Weight plates
F	Fail safe hook
G	Base



## Operations

### Before You Start

The dumbbells are shipped fully assembled, one dumbbell to a box. After carefully removing the dumbbell from its box, there are some initial steps that should be taken to familiarize you with the function of the product, and to make sure that all features of the dumbbell operate correctly.

 Do not drop the dumbbell. Dropping the dumbbell will damage the weight plates and locking mechanism, and void the warranty of this product.

1. After you remove the dumbbell from its protective packaging, inspect the products and packaging material for damage.
2. Push down slightly on the handle assembly to make sure it is fully seated in the base. Rotate the adjustment knob several full rotations to make sure it turns freely in both directions. Make sure there is a click at each weight increment of the adjustment knob. This click will help you align the knob correctly to make a weight selection.

**Note:** The weight increments range from 4 to 45 lbs (1.8 kg to 20.4 kg) on the adjustment knobs.

To make a weight selection, turn the adjustment knobs until that number is aligned with the line (L1) on the top surfaces of the handle (Fig. 1). For example, to set the weight to 20 lbs (9 kg), align the number 20 with the line on the handle.

3. After you make sure that the adjustment knob turns correctly, turn the knob so that the number 4 is aligned with the line on the handle (Fig. 1).
4. With the adjustment knobs set to 4, pull the handle straight up from the dumbbell. This will remove only the handle from the base, and let all of the weight plates stay in the base (Fig. 2). The handle without plates gives the initial weight of 4 lbs (1.8 kg).

**NOTICE:** When you remove the dumbbell from the base or return it to the base, use a vertical motion, perpendicular to the base. Do not tilt the dumbbell or move it laterally (parallel to the base) until it is fully clear of the unselected weight plates.

**Note:** The dumbbell handle and weight plates are symmetrical. When you put the dumbbell back into the base, the ends of the handle can point in either direction.

Fig. 1

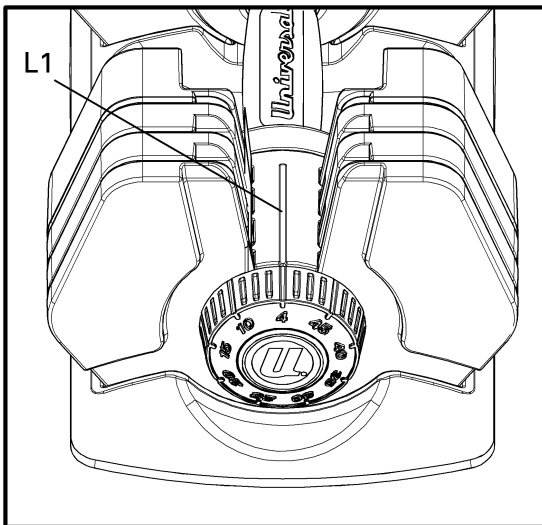
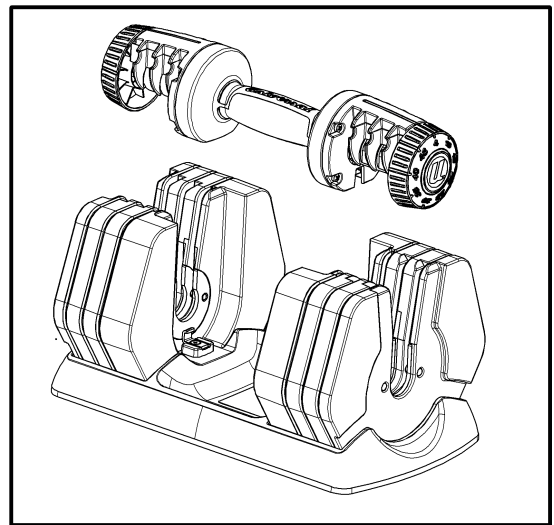


Fig. 2



Inspect the dumbbells prior to each use. Do not use a dumbbell with worn or damaged parts. Contact Nautilus® Customer Service for repair information.

## Weight Increments

There are 9 weight increments:

4	10	15	20	25	30	35	40	45
(1.8kg)	(4.5kg)	(6.8kg)	(9kg)	(11.4kg)	(13.6kg)	(15.9kg)	(18.2kg)	(20.5kg)

**Note:** Nominal values only. Exact values can vary due to manufacturing variances.

## Understanding the Locking Mechanism Function

The dumbbell features SelectTech® technology. This has a locking mechanism designed to make sure of correct selection of the weight plates and to hold the weight plates safely during the workout.



Fully understand the function of this mechanism and do tests of the mechanism regularly to make sure it operates correctly.

The locking mechanism supplies two key functions:

1. The mechanism will only let the adjustment knobs turn when the dumbbell handle fully engages the dumbbell base. The mechanism prevents deselecting (dropping) weight plates from the dumbbell when it is NOT in the dumbbell base.
2. The mechanism will lock the dumbbell handle to the base if the adjustment knobs do not fully engage the weight plate selection. The mechanism prevents partial selection of the weight plates in which the locking pin is not fully engaged and does not fully hold the plates.

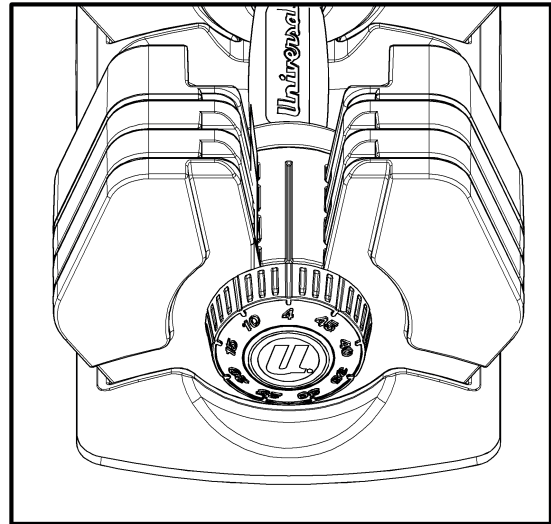
## Testing the Locking Mechanism Function

1. With the dumbbell handle set in the dumbbell base, turn the adjustment knobs to the number 4. When you fully and correctly make the number selection, you can feel the adjustment knob move into a notch (known as a detent). You will also hear a small, but audible, click at the detent location for each number.
2. Pull the handle vertically from the base and all the weight plates will stay in the base.
3. With the handle removed from the base, hold one adjustment knob with your other hand and carefully try to turn the knob. The knob should not turn. A locking pin in the mechanism engages the rotational assembly when the unit is removed from the base. Do this test with all adjustment knobs.



Do not use too much force to try to turn the locked adjustment knob. Too much force can damage the locking mechanism.

4. After you make sure that the locking mechanism operates correctly, put the dumbbell handle back and set it fully into the base assembly.



5. With the handle back in the base, turn the adjustment knob to a position that is between the numbers 4 and 10. This is an incomplete weight selection where the adjustment knob has not fully made a weight selection and the knob is between the selection detents (clicks).
6. With the selection knob in this incorrect position, carefully try to lift the handle to remove it from the base. You should find that the handle is locked to the base and cannot be removed with light pressure, as it usually can.
7. Change the adjustment knob to a full and correct weight selection and make sure that the dumbbell handle can again be removed.
8. Repeat this test for all adjustment knobs.
9. Make sure the dumbbell handle assembly is properly tightened. To do this, set the adjustment knobs to 4 pounds and remove the handle assembly from the base. Hold the adjustment knobs, and push and pull the knobs to and away from the handle grip. The knobs should not move freely and all of the selection discs should feel tightly connected.
10. The test of the locking mechanism function is now complete. We suggest that you repeat this test monthly to make sure that the locking mechanism operates correctly.



Do not engage the locking mechanism and use the handle to try to lift the dumbbell and base together. To lift the dumbbell and base together, engage the locking mechanism and hold the base assembly.

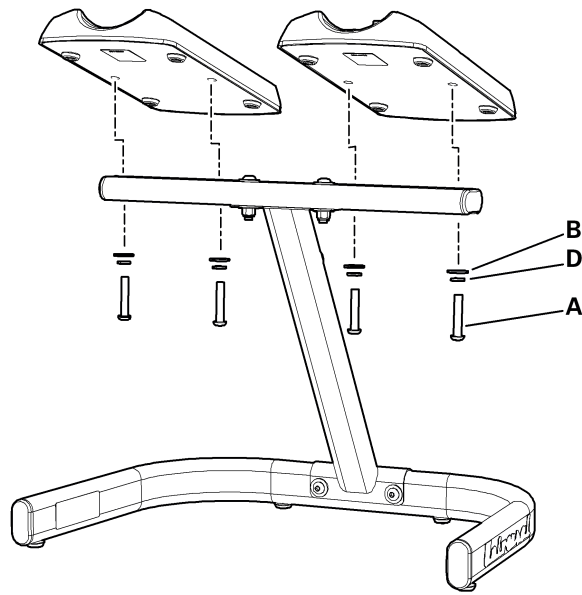
If the dumbbell locking mechanism operates unsatisfactorily in the test procedure above, do the following:

1. Stop use of the product immediately until approved service is available.
2. Contact Nautilus, Inc. directly by phone at 1-800-NAUTILUS (628-8458) for service.

## Installing the Dumbbells on the Stand



Remove the dumbbell from its base before you attach the dumbbell base to the stand to make sure that the dumbbell does not fall during installation.



Item	Qty	Description	Item	Qty	Description
A	4	Button Head Cap Screw M10 X 2	D	4	Lock Washer M10
B	4	Flat Washer M10			

**!** Fully tighten the hardware before you put the dumbbells into the installed dumbbell bases on the stand.

## Maintenance

**!** Equipment must be regularly examined for damage and repairs. The owner is responsible to make sure that regular maintenance is done. Worn or damaged components must be replaced immediately or the equipment removed from service until the repair is made. Only manufacturer supplied components can be used to maintain and repair the equipment.

**!** This product, its packaging, and components contain chemicals known to the State of California to cause cancer, birth defects, or reproductive harm. This Notice is provided in accordance with California's Proposition 65. If you would like additional information, please refer to our Web site at [www.nautilus.com/prop65](http://www.nautilus.com/prop65)

## Adjustable Dumbbell Maintenance:

The adjustable dumbbell with SelectTech® technology is a very low maintenance product. However, you can use these instructions to keep the product in its best condition.

1. If your SelectTech® dumbbell handle assembly, plates or base become dirty, you can clean them with a cloth lightly dampened with warm water and a small amount of mild soap. Wipe dry with a separate cloth.
2. The adjustable dumbbell is internally lubricated and will not require more internal lubrication. The contact between weight plates and selection discs is not lubricated but has naturally low friction. Lubrication is usually not necessary. If you feel it is necessary to lubricate the weight plates and/or selection discs, use only a "food grade" silicon lubricant.

**!** Do not use any solvents, harsh detergents, chemicals or bleach on this product - this can damage the materials, resulting in degradation of the product's performance or strength.

Never attempt to disassemble the dumbbell handle or base assembly – the product is not designed to be user serviced. Doing so will void the manufacturer's warranty. Contact Nautilus, Inc. directly for service.

## Troubleshooting

Problem	Solution
Dumbbell handle does not fully go into base when no plates are attached.	<ol style="list-style-type: none"> <li>1. Make sure that the adjustment knobs are set directly to the number 4.</li> <li>2. Make sure that the weight plates are seated correctly in the base assembly.</li> </ol>
Dumbbell handle does not fully go into base when plates are attached.	<ol style="list-style-type: none"> <li>1. Make sure that the plates that are still in the dumbbell base are in their correct spots and not moved to different support slots. This may be blocking the dumbbell from fitting back into the base.</li> </ol>

Adjustment knob will not turn while handle is in base.	<ol style="list-style-type: none"><li>1. Make sure that the dumbbell handle is fully pushed into the dumbbell base. If not fully set into the base, the locking mechanism will not be released and will prevent the adjustment knobs from turning.</li><li>2. Make sure that the weight plates are seated correctly in the base assembly.</li><li>3. Inspect the dumbbell base for dirt, debris or other unwanted material. If necessary, remove the weight plates from the base to do this check. Remember to put each weight plate back in its correct location.</li></ol>
Plates are not attached safely to the handle and drop out.	<ol style="list-style-type: none"><li>1. Make sure that the plates that are still in the dumbbell base are in their correct spots and not moved to different support slots.</li></ol>

***Universal***

Printed in China

Nautilus®

Bowflex®

Schwinn® Fitness

Universal®