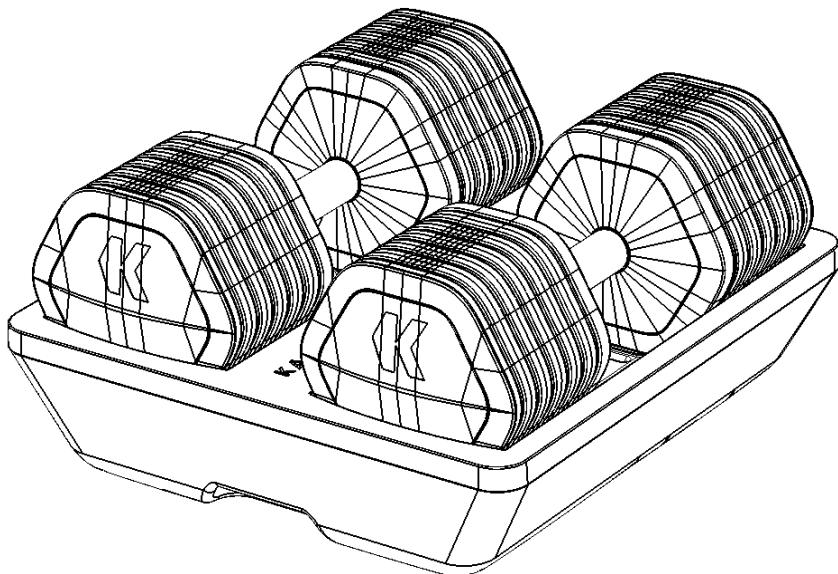


KABATA User Manual

Model: KBT-D60-001



WARNING

Please read and understand all warnings and instructions in this manual before using this equipment. This product is for residential use only. Keep this manual for future reference.

For customer service, please send inquiries to support@kabatafitness.com

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Important Product Considerations

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

WARNING

TO REDUCE THE RISK OF SERIOUS INJURY, READ ALL WARNINGS AND INSTRUCTIONS IN THIS MANUAL BEFORE USING THIS PRODUCT ("ADJUSTABLE DUMBBELLS").

Use the adjustable dumbbells only as described in this manual. KABATA assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the adjustable dumbbells are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for people over the age 35 and/or with pre-existing health problems.
3. Overexercising may result in serious injury or death. If you feel faint, become short of breath, or if you feel pain while exercising, stop immediately. Contact your physician before using the product again.
4. The adjustable dumbbells are intended for indoor, home use only. Prolonged exposure to sunlight and external conditions may cause damage to the unit. **DO NOT** use the adjustable dumbbells in a commercial, rental, or institutional setting.
5.  **DO NOT DROP THE ADJUSTABLE DUMBBELLS. DROPPING THE ADJUSTABLE DUMBBELLS WILL DAMAGE THE PRODUCT, WHICH CAN CAUSE SERIOUS INJURY AND VOID THE WARRANTY. INSPECT ADJUSTABLE DUMBBELLS FOR DAMAGE IF DROPPED.**
6.  **INSPECT THE ADJUSTABLE DUMBBELLS BEFORE EACH USE. DO NOT USE THE ADJUSTABLE DUMBBELLS OR TRY TO REPAIR THEM IF THEY ARE DAMAGED.**
7.  **DO NOT CLASH DUMBBELLS AGAINST EACH OTHER OR AGAINST OTHER OBJECTS.**
8.  **ALWAYS WAIT UNTIL WEIGHT CHANGING IS COMPLETE BEFORE LIFTING HANDLES OFF THE BASE. DISPLAY AND LIGHTS ON THE BASE WILL INDICATE WHEN TO LIFT ADJUSTABLE DUMBBELLS. NOT WAITING CAN RESULT IN WEIGHTS NOT ENGAGING PROPERLY AND DETACHING.**
9.  **ONLY USE CHARGING ADAPTER SUPPLIED WITH THE PRODUCT.**
10.  **DO NOT ATTEMPT TO PICK UP THE BASE WHILE DUMBBELLS ARE ON TOP. MOVE THE DUMBBELLS AND BASE INDEPENDENTLY TO AVOID POSSIBLE INJURY.**
11.  **THE ADJUSTABLE DUMBBELLS ARE NOT INTENDED FOR CHILDREN UNDER THE AGE OF 15. CHILDREN BETWEEN 15 AND 17 YEARS OF AGE MUST BE SUPERVISED WHEN USING THIS PRODUCT. DO NOT ALLOW CHILDREN ON OR UNDER EQUIPMENT.**

12. **DO NOT** move the base when lifting the dumbbells.
13. Make sure to lift adjustable dumbbells straight up and return them straight down.
14. Make sure the base is off when transporting the product.
15. Keep pets away from the adjustable dumbbells.
16. Always wear protective footwear while using the adjustable dumbbells. Never place your fingers between the adjustable dumbbells and the base.
17. Keep body, clothing, and hair clear from all moving parts.

General Considerations

Avoid working out with - or setting down - the base and adjustable dumbbells on uneven areas with clutter.

Avoid liquids near the base and adjustable dumbbells. The product is not waterproof.

Avoid using or storing the product in very hot or cold environments.

DO NOT allow debris to collect in the base or dumbbell mechanisms.

SAVE THESE INSTRUCTIONS

Contact support@kabatafitness.com if the product is damaged or has any issues.

Information

Overall dimensions: 18 1/4 x 18 x 9.5 in

Base dimensions: 18 1/4 x 18 x 4 3/4 in

Dumbbell dimensions: 16 3/4 x 7 1/4 x 6 3/4 in

Adjustable dumbbell weight range: 5 to 60 lbs

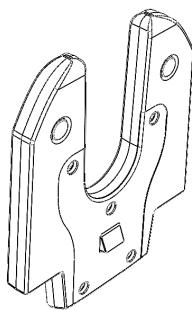
Power adapter: 15.0 V, 2 A (30W)

Dumbbell battery: 3.7 V, 1000 mAh

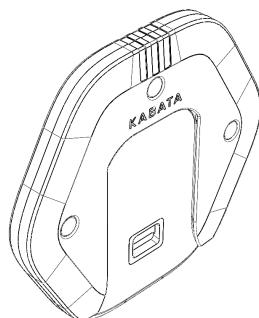
Base battery: 11.1 V, 2600 mAh

Wireless: Bluetooth 5.4 and 2.4 GHz Wi-Fi

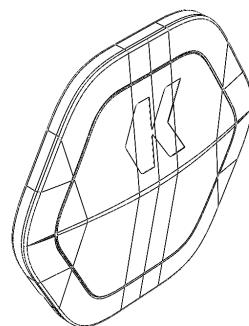
What's Included



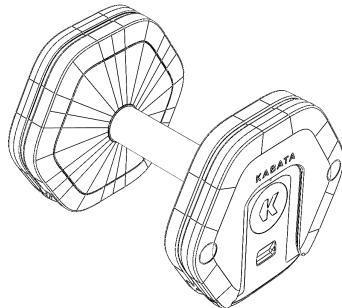
4x Half Weight



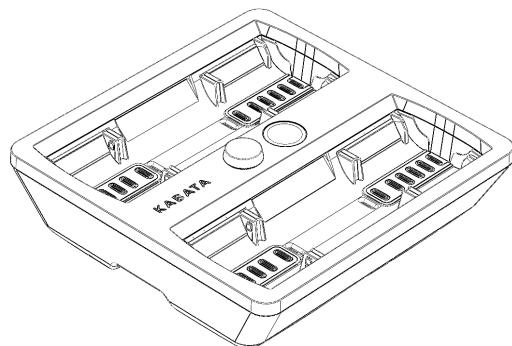
16x Full Weight



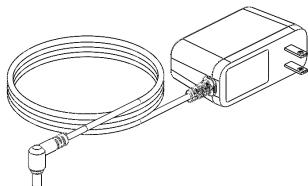
4x End Weight



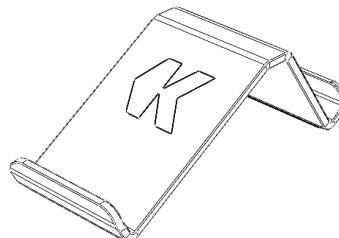
2x Handle



1x Base



1x Power Adapter

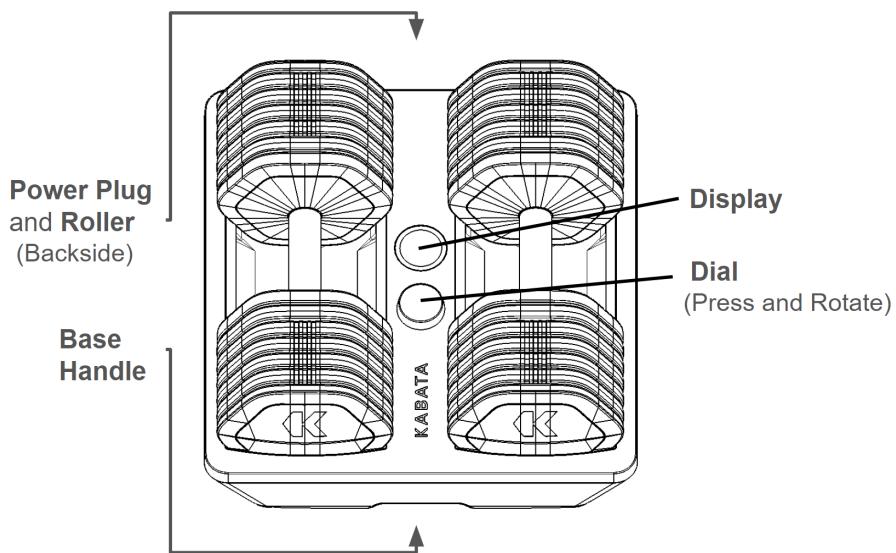


1x Phone Stand

Literature

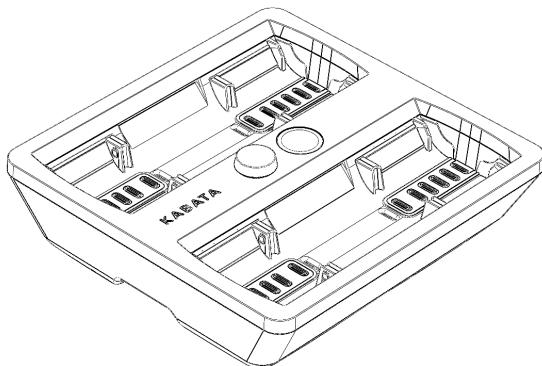
- 1x Quick Start Guide
- 1x User Manual

Product Overview

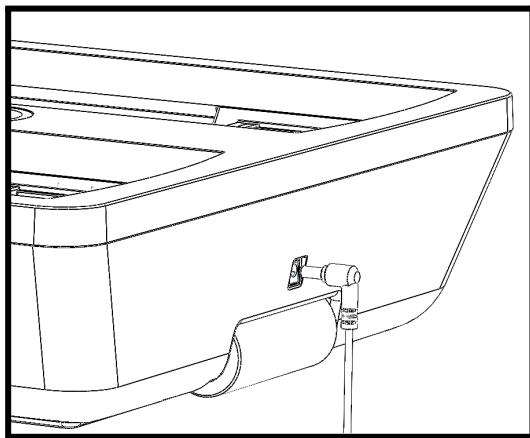


Setup

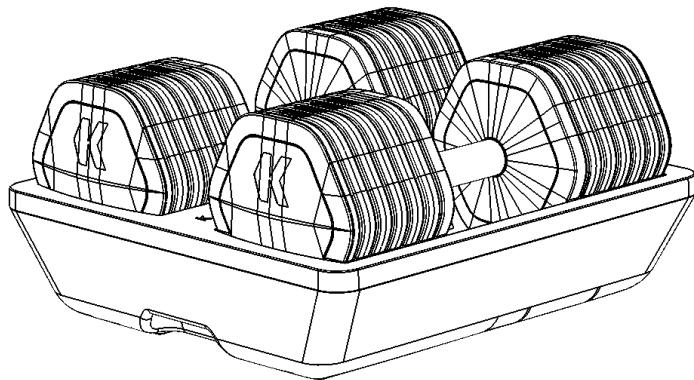
1. Place the base on the floor near an outlet.



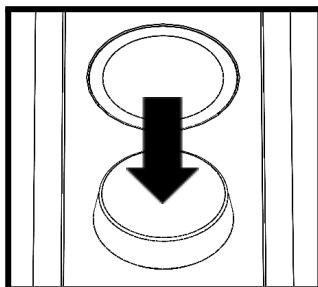
2. Plug the charging adapter into an outlet and then plug into the back of the base. Only use the charging adapter supplied with the product.



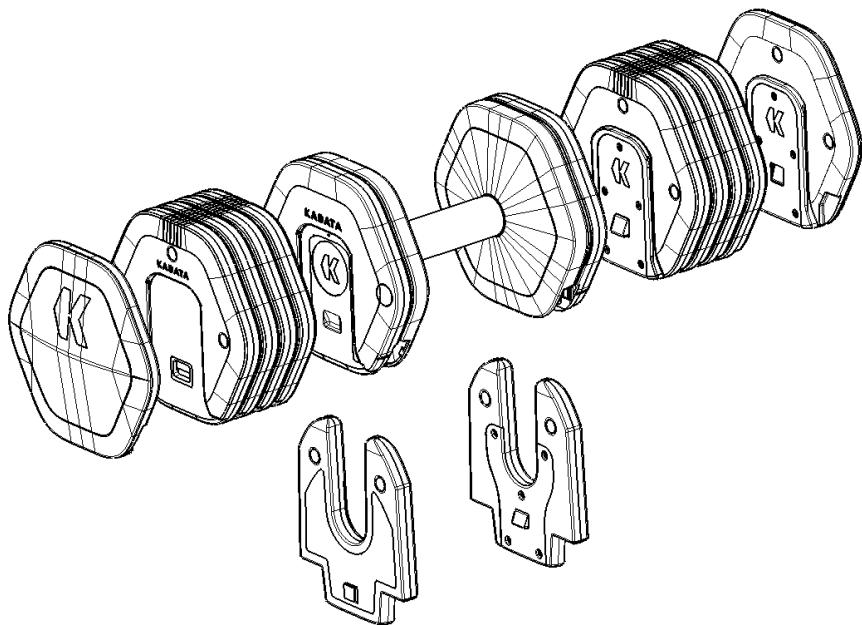
3. Place both adjustable dumbbells into the base as shown.



4. Press the dial to turn on the base.



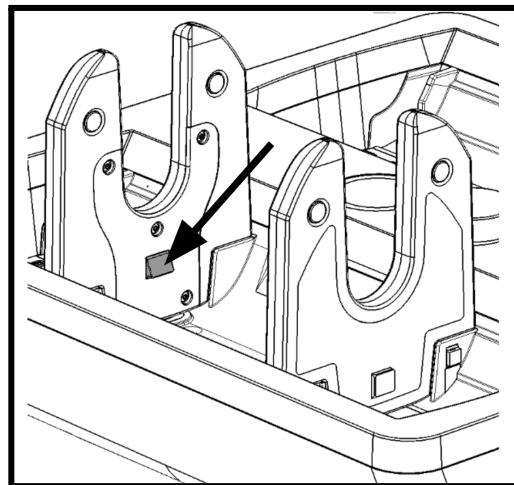
Aligning Weight Plates



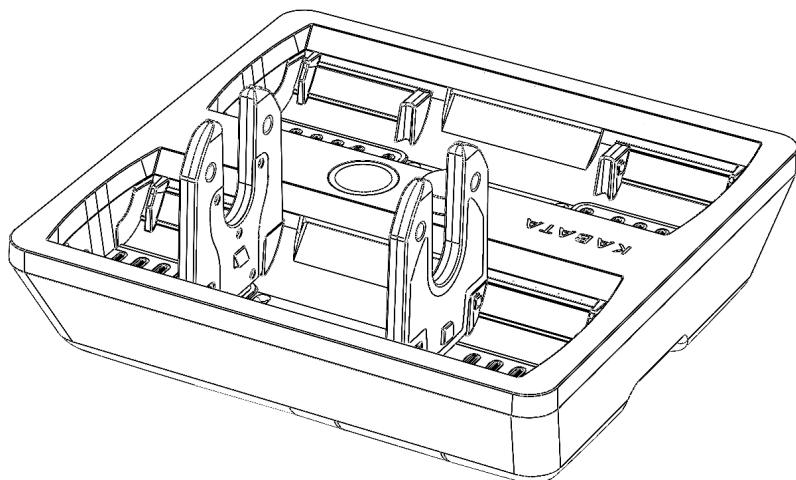
Dumbbells arrive properly assembled. However, if you ever need to reassemble the dumbbells, the weight plates should be placed in the correct order for proper functionality.

Weight plates are designed to be slid onto one another vertically from the outside in. When the weights are placed in the base, the locking mechanism should always be facing inwards towards the center.

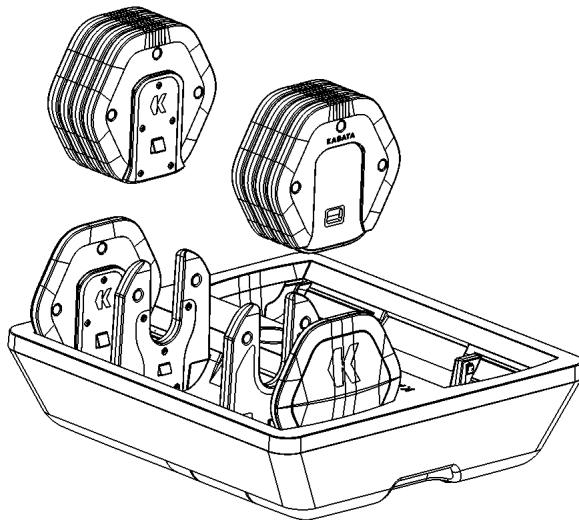
Half weights should be facing inward toward the center. This is noted by the latch, highlighted below, pointing towards the middle of the stand.



Be careful not to place the half weight in the opposite orientation. The handle will not be able to be inserted if the half weights are placed incorrectly.

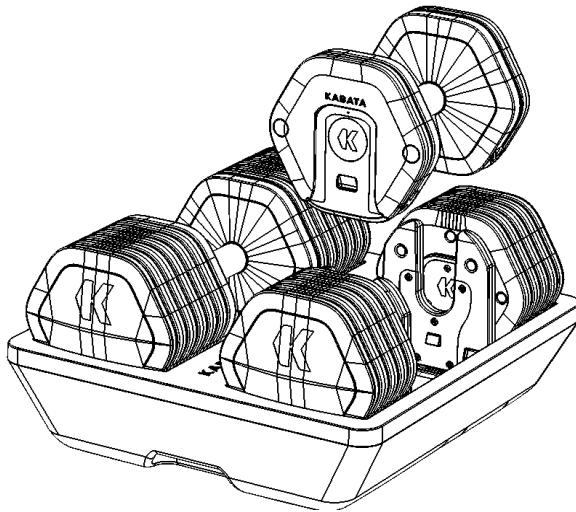


If placing weights individually, then End Weights should be placed first at either end.



Follow up with placing the Full Weights by sliding them downward vertically onto the End Weights. End Weights should now be locked to Full Weight(s).

It is recommended to place Full Weights individually one by one, moving inward and making sure they each attach to the adjacent weight.



Finally, place the handles downward to complete the adjustable dumbbells.

Usage

Navigating the Menu

Press the dial to enter the menu.

Rotate the dial clockwise and counterclockwise to cycle through the options in the menu.

Press the dial to make a selection.

Menu Options

Manual Weight Selection

To adjust weight enter Weight Selection mode:

1. Manually rotate the dial **clockwise** to **increase** the weight.
2. Rotate the dial **counterclockwise** to **decrease** the weight.
3. When weight change is complete, as indicated by the base, lift the handle straight up out of the base.

Lightning Mode

Lightning mode is an automatic adjustment mode that will decrease or increase the weight by a preset interval. This allows for hands-free weight changing for quick sets. Drop sets for burn out are an effective use case in this mode.

For Lightning Mode:

1. Press the dial to enter the menu and rotate into Lightning Mode.
2. Press the dial to enter Lightning Mode and follow the instructions on the screen to select the starting weight and interval.
3. After completing a set, place the weights onto the base. The base will automatically change the weight based on the set interval.

Be sure to wait for the base to finish weight changing before picking up the adjustable dumbbells.

Settings

Light Color

Select a base color for lights.

Light Brightness

Select the brightness of the lights or turn lights off.

Battery

View battery levels for the base and each dumbbell.

Units

Select units in either LB or KG for your weights.

Information

Get basic product software information.

Power

Select to turn off your Kabata base and adjustable dumbbells.

Maintenance

Care

Use a dry cloth to wipe the product down.

Alternatively, you can use mild soap and a damp cloth to wipe down the adjustable dumbbells and base. Wipe dry with a separate cloth.

⚠ DO NOT USE ANY HARSH DETERGENTS, SOLVENTS, CHEMICALS, AND/OR BLEACH ON THIS PRODUCT. DOING SO MAY DAMAGE THE PRODUCT, RESULTING IN DEGRADATION OF THE PRODUCT'S PERFORMANCE OR STRENGTH.

Troubleshooting

⚠ Caution

Make sure you are using official Kabata accessories.

Perform all troubleshooting steps near the floor to prevent potential injury.

Keep your body away from the direct path of the weights.

Base Troubleshooting

Weight Changing Issues

Obstructions

Carefully remove the adjustable dumbbells and weights from the base.

Inspect the base (and underside of the adjustable dumbbells) for any debris or small objects that can be interfering with the system. Remove any foreign objects and clean the surfaces.

Battery

Low or weak battery can cause motors to slow or stall. To charge the base, plug the charging power adapter to a wall outlet and the corresponding connector to the back of the base.

Allow the base to charge 30 minutes prior to use.

How to Restart

If something isn't working right, try restarting your Kabata and its paired mobile device.

To manually restart the base:

1. Navigate to **Power** and turn off your device.
2. Wait 10 seconds and then press the dial to turn on the base.

Force Restart

If you can't turn off your Kabata or if the problem continues, you may need to force your device to restart. Do this only if you're unable to restart your device normally.

To force restart, hold down the dial button for at least ten seconds until the Kabata logo appears. Base will automatically restart afterwards.

Adjustable Dumbbell Troubleshooting

Battery

If you are having trouble with the adjustable dumbbells connecting to the base or mobile application, then the battery could be low or discharged.

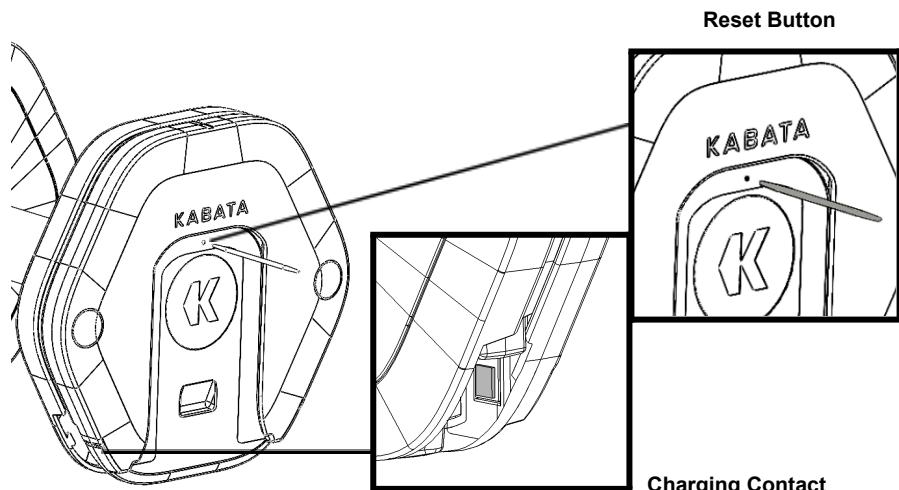
To check battery level of the dumbbells:

1. Place adjustable dumbbells onto the base.
2. Navigate to the **Settings** menu and select **Battery**.

If the battery is low, place the adjustable dumbbells onto the base. Make sure the base is plugged into power and allow the dumbbells to charge for 30 minutes.

How to Restart

1. Place the adjustable dumbbells onto the base and switch to the lowest weight setting (5 lbs).
2. Remove the adjustable dumbbell handle and locate the correct side by identifying the charging contacts on the underside of the dumbbell. You should see two rectangular gold contacts indicating this side contains the reset button.
3. Get a thin tool, like a paperclip or toothpick, and insert it into the small opening on the outside right above the logo.
4. Using the thin tool, press the reset button. You should feel a click when the button is pressed.
5. Place the adjustable dumbbell back onto the base and wait 15 seconds for the dumbbell to restart.

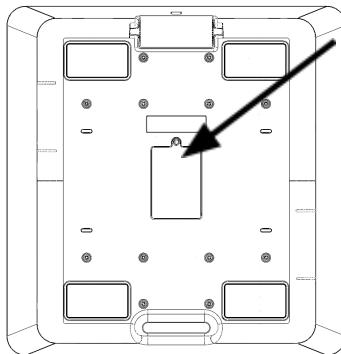


Contact us at support@kabatafitness.com if you are still experiencing issues.

Battery Replacement

Base battery replacement

1. Unplug and turn off the base.
2. Remove the adjustable dumbbells and weights from the base.
3. Turn over and prop the base in order to access the underside without the dial being pressed.
 - 3.1. If the dial is pressed, then the base will power on. Battery replacement should be performed with the base powered off.
4. Use a Phillips screwdriver to remove the battery door screw.
5. Replace the battery by unplugging the connector and swapping the battery with an official Kabata certified battery.
6. Place the battery door while avoiding squeezing the wires and screw the battery door shut.



Notices

FCC Information

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

WARNING: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help. This device meets the FCC requirements for RF exposure in public or uncontrolled environments.

FCC ID: 2BKO9-D60DB, X8WBT40F, 2ADHKATWINC1500

Return Policy

If you are not satisfied with your Kabata Adjustable Dumbbells for any reason, you can contact Kabata by email at support@kabatafitness.com, within 30 days of delivery.

Returned product(s) must be in good physical condition (not broken or damaged). All product components originally included with your purchase must be included with your return. Returns found to be broken, damaged, and/or missing any part(s) may be subject to additional fees. Shipping and handling charges, gift wrap fees, and taxes paid (such as state, customs, or VAT) are non-refundable. You are responsible for all shipping charges and you assume the risk of loss or damage of the returned product while in transit.

Kabata Limited Product Warranty (USA)

Kabata, Inc. (“**Company**,” “**we**,” “**us**,” or “**our**”) warrants to the original purchaser only that any product identified below as a “**Covered Product**” that you purchased from Company, or one of our authorized distributors or resellers (each, an “**Authorized Reseller**”), will be free from defects in materials and workmanship under normal use for a period of twelve (12) months from the date of delivery to the original purchaser (“**Warranty Period**”), as documented by valid proof of purchase. This limited product warranty (“**Limited Product Warranty**”) is subject to certain exclusions and limitations, as set forth herein.

Company's sole obligations under this Limited Product Warranty are as specified in the “**What are my remedies under this Limited Product Warranty?**” section below.

1. What is covered by this Limited Product Warranty?

“Covered Products” are any Kabata Adjustable Dumbbells and are sold by us at kabatafitness.com or by one of our Authorized Resellers.

This Limited Warranty applies only against defects in Covered Products that are discovered within the applicable Warranty Period and only so long as the Covered Product remains in the possession of the original purchaser, or, for a gifted Covered Product, the original possessor of that Covered Product.

This Limited Product Warranty is valid only in the jurisdictions where the Covered Product is sold by Company itself or by an Authorized Reseller.

2. How long am I covered by this Limited Product Warranty?

The Warranty Period for each Covered Product is twelve (12) months from the date of delivery to the original purchaser, as documented by a valid proof of purchase—e.g., receipt or invoice.

3. What are my remedies under this Limited Product Warranty?

If a defect in the Covered Product arises and a valid claim is received by Company within the Warranty Period, Company will, at its option and to the extent permitted by law, either (a) repair the defective Covered Product at no charge, using new or refurbished replacement parts, or (b) exchange the defective Covered Product with a new or refurbished Covered Product or a product that is reasonably equivalent to the Covered Product. If Company, in its sole discretion, determines it is not reasonable to replace the defective Covered Product, Company may refund to you the purchase price paid for the Covered Product. In the event of a defect, to the extent permitted by law, these are your sole and exclusive remedies. You may be responsible for payment of shipping and handling charges for the delivery of a repaired or replacement Covered Product, except where prohibited by applicable law. Any replacement of a defective Covered Product or parts under this Limited Product Warranty will be warranted for the remainder of the original Warranty Period of the returned Covered Product or for thirty (30) days, whichever is longer, or for any additional period of time that may be applicable in your jurisdiction.

4. How do I make a claim or obtain warranty service under this Limited Product Warranty?

- A. If you believe you need warranty service under this Limited Product Warranty, please contact support@kabatafitness.com. To obtain warranty service, you need to obtain a Return Merchandise Authorization (RMA). In your request to support@kabatafitness.com, you must include proof of purchase for the Covered Product, a brief explanation for why you are requesting warranty service, and a description of the steps you have taken to troubleshoot the problem.
- B. Once you receive an RMA, you will need to deliver the defective Covered Product, in either its original packaging or packaging providing an equal degree of protection, together with proof of purchase indicating the date purchased, to the address specified by the Company. By sending the Covered Product, you hereby acknowledge that ownership of the Covered Product is transferred to us upon Company's receipt of the defective Covered Product. If Company determines that the claim is justified based on this Limited Product Warranty, Company shall bear the cost of shipping the repaired or replacement Covered Product to you. Any Covered

Product returned to Company without a valid warranty claim or without an RMA may be rejected, returned at your cost (subject to prepayment), or disposed of in Company's sole discretion with no further liability or obligation to you.

C. For specific instructions on how to obtain warranty service on your Covered Product, visit the Warranty Section of the Company website at <https://www.kabatafitness.com/kabata-warranty>.
D. Claims must be made within the Warranty Period.

5. What is not covered by this Limited Product Warranty?

A. This Limited Product Warranty applies only to Covered Products. This Limited Product Warranty does not apply to, and the term "**Covered Product**" will not include any software, even if packaged or sold with the Covered Product or embedded in the Covered Product (e.g. firmware and/or system software), including our mobile application ("COMPANY Software"). Please refer to the applicable licensing agreement that covers the COMPANY Software for details of your rights with respect to its use. Furthermore, this Limited Product Warranty does not apply to any defects or parts requiring replacement due to ordinary wear and tear, corrosion, rust or stains, or cosmetic damage, including scratches or dents, on or to the Covered Product or any damage to the Covered Product caused by any of the following:

- Operating the Covered Product outside the permitted or intended uses described by COMPANY or use of the Covered Product not in compliance with COMPANY's instructions, user manual or technical documentation. This includes non-residential usage of the product.
- Use of the Covered Product with non-COMPANY products or services or any components, parts or accessories not originally intended for or compatible with the Covered Product.
- Modification of the Covered Product, including without limitation, the addition of after-market software or hardware components.
- An act of God (lightning, flooding, tornado, etc.), spillage of food or liquid damages incurred through incorrect connection or handling, abnormal conditions, high humidity, deliberate abuse, power surges, water spills, drops, impacts or any other accidents.
- Service performed by anyone who is not a representative of COMPANY.

B. For the avoidance of doubt, recovery and reinstallation of Company Software and user data are not covered under this Limited Product Warranty. It is your responsibility to backup any data, software, or other materials you may have stored or preserved on the Covered Product. It is likely that such data, software, or other materials will be lost or reformatted during the performance of any warranty service, and the Company will not be responsible for any such damage or loss.

6. Are there any other limitations with respect to this Limited Product Warranty?

A. IMPLIED WARRANTIES AND CONDITIONS. COMPANY DOES NOT WARRANT THAT THE OPERATIONS OF THE COVERED PRODUCT WILL BE UNINTERRUPTED OR ERROR-FREE. EXCEPT TO THE EXTENT PROHIBITED BY APPLICABLE LAW, ALL IMPLIED WARRANTIES AND CONDITIONS (INCLUDING WARRANTIES AND CONDITIONS OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE) WILL BE LIMITED IN DURATION TO THE DURATION OF THIS LIMITED PRODUCT WARRANTY. SOME STATES DO NOT ALLOW LIMITATIONS ON THE DURATION OF AN IMPLIED WARRANTY, SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU. THIS LIMITED PRODUCT WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE.

B. LIMITATION OF DAMAGES. EXCEPT TO THE EXTENT PROHIBITED BY APPLICABLE LAW, COMPANY SHALL NOT BE LIABLE FOR ANY INCIDENTAL, INDIRECT, SPECIAL, OR CONSEQUENTIAL DAMAGES, OR ANY LOSS OF PROFITS, REVENUE OR DATA, RESULTING FROM ANY BREACH OF AN EXPRESS OR IMPLIED WARRANTY OR CONDITION, OR UNDER ANY OTHER LEGAL THEORY, EVEN IF COMPANY HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES AND REGARDLESS OF THE FORM OF ACTION WHETHER IN CONTRACT, TORT (INCLUDING NEGLIGENCE) OR ANY OTHER LEGAL OR EQUITABLE THEORY. Some jurisdictions do not allow the exclusion or limitation of special, indirect, incidental or consequential damages, so the above limitation or exclusion may not apply to you.

7. What else do I need to know about this Limited Product Warranty?

- A. No employee of Company or any Authorized Reseller is authorized to make any modification, extension, or addition to this Limited Product Warranty. If any term of this Limited Product Warranty is held to be illegal or unenforceable, the legality or enforceability of the remaining terms will not be affected or impaired.
- B. This Limited Product Warranty is and will be governed by the laws of California, without giving effect to any conflict of laws principles that may require the application of the law of another jurisdiction.
- C. Any disputes between you and Company related to this Limited Product Warranty or a Covered Product will be governed by the then-current dispute resolution procedures in Company's Terms of Service.
- D. If you have any questions about this Limited Product Warranty, please contact support@kabatafitness.com.

Liability Statement

The products are subject to change due to the manufacturer's ongoing research and development plans without prior notice.

Our Company makes no representations or warranties as to this user manual or the product we described.

Our Company shall not be liable for any direct or indirect, accidental or special damages, losses or expenses arising out of or in connection with this user manual or the product we described.

Questions or Concerns

Kabata stands behind the quality of our products. If you need assistance or are experiencing issues with your product, please contact us at support@kabatafitness.com for help and answers.

User Manual Published 2024 - The contents of this manual are subject to change due to the manufacturer's ongoing research and development plans, without prior notice.

For the most updated version, please visit us at www.kabatafitness.com

