

**FitRx™**

# SmartStack

quick-select kettlebell



select  
weight  
**25 to  
40 lbs**

**USER GUIDE**

**Train Smarter.**



## **Take Charge of Your Health and Fitness**

Get portability and an all-around great workout with the FitRx SmartStack. This sturdy, adjustable kettlebell lets you choose from different weight increments, ranging from 25-40 lbs, to modify your workouts. The easy-adjust weight dial allows for flexible and fully customizable strength training sessions, making the FitRx SmartStack the perfect addition to your home gym.

***Are you ready?***

## Better Results For Your Fitness Goals

### Included in your package

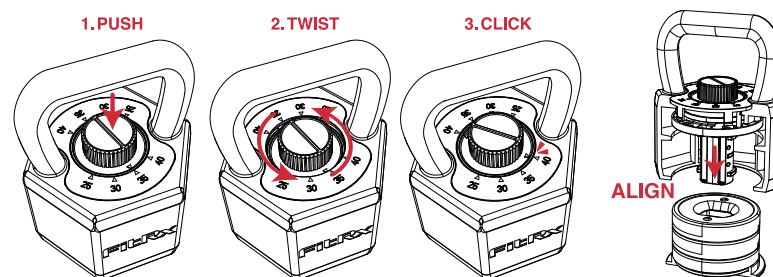
- Kettlebell
- 3 Weight Plates
- User Guide

### Features

- Adjustable weight ranging between 25-40 lbs.
- Easy-adjust dial for flexible & customizable strength training.
- Lightweight, compact design for easy storage.
- Sturdy build that you can rely on during tough workouts.
- Soft rubber bottom.

## How To Use the FitRx SmartStack

1. Place the kettlebell on a sturdy, hard surface, in a large space that's free of obstacles.
2. Press down on the kettlebell's knob and turn it to your desired weight. You will hear a click once the knob is turned to a new weight.
3. You can choose from 4 weight options: 25 lbs (handle), 30 lbs, 35 lbs, and 40 lbs.
4. Make sure to properly align the kettlebell with the base before attempting to add more weight.



### CUSTOMER SUPPORT

If you have any questions about setting up or using the FitRx SmartStack, we are here to help! Call or email us, and an experienced customer support representative will be happy to assist you:

**1-855-60-TZUMI** or [support@tzumi.com](mailto:support@tzumi.com).

### SPECIFICATIONS

**Material:**  
Iron

**Size:**  
8.1 x 7.1 x 10.6 in.

**Weight:**  
40 lbs

## Important Safeguards

**To reduce the risk of serious injury, please read this user guide carefully. Keep these instructions for future reference.**

- Only use the kettlebell for its intended purpose.
- Only use the kettlebell on a sturdy, hard surface, in a large space that's free of obstacles.
- Do not attach resistance bands, ropes, or any other such objects or accessories to the kettlebell, as doing so may result in serious injuries.
- This equipment should be regularly inspected, and its parts tightened. Do not use it if any part is worn out or damaged.
- Always keep children and pets away from this equipment.
- This equipment is intended for indoor use only. Keep it indoors, away from water, humidity, and other liquids.
- This equipment is designed for domestic use only.
- This product is not intended for use by persons with reduced physical, sensory, or mental capabilities.
- Always wear protective footwear while using this product.

## Disclaimer

Read this user guide carefully before using the SmartStack. The use of this equipment is subject to following its instructions closely. tzumi is not liable for any damages or losses caused by the inappropriate use of this equipment. Do not use the SmartStack without the approval of your doctor if you are: pregnant, diabetic, have a pacemaker, are recovering from surgery, suffer from migraines, neuropathy disorders, disc protrusions, or spinal inflammation. If you feel any pain or discomfort while using this product, stop using it immediately and consult with your doctor or physiotherapist.

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