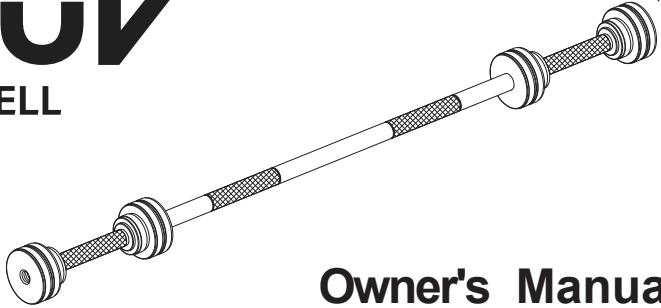


# müüv

## BARBELL



## Owner's Manual

### Safety Instructions

**▲ WARNING** Cancer and Reproductive Harm [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

**▲ WARNING** To reduce the risk of serious injury, read the following Safety Instructions before using the müüv Barbell.

- The müüv Barbell can be used with the müüv Weights and müüv Barbell Storage Rack distributed by Stamina Products, Inc. Do not use the müüv Barbell with products not distributed by Stamina Products, Inc.
- The müüv Barbell should only be used after a thorough review of the Owner's Manual by all exercisers and saved for future reference.
- Keep children and pets away from the müüv Barbell at all times. This product is for adult use only.
- Check the müüv Barbell before use to make sure all the Weight Plates are securely fastened to the müüv Barbell. Falling weights can result in severe injury.
- Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them.
- Always make sure the müüv Barbells are stored in the müüv Barbell Storage Rack properly. Falling weights can result in severe injury.
- Before moving the müüv Barbell Storage Rack, be sure to remove all the Weight Plates, Dumbbells, and Weight Bar stored in the storage to prevent any weights from falling during the move. Falling weights can result in severe injury.
- The müüv Barbell is for consumer use only. It is not for use in public or semipublic facilities.

This Product is Distributed Exclusively by



4435 West Manufacturers Street, Springfield, MO 65803

Customer Care

1 (800) 375-7520

[customer.care@staminaproducts.com](mailto:customer.care@staminaproducts.com)

[www.staminaproducts.com](http://www.staminaproducts.com)

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

**05 - 2140**

MADE IN CHINA

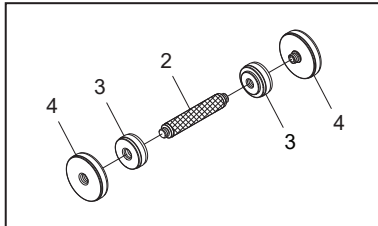
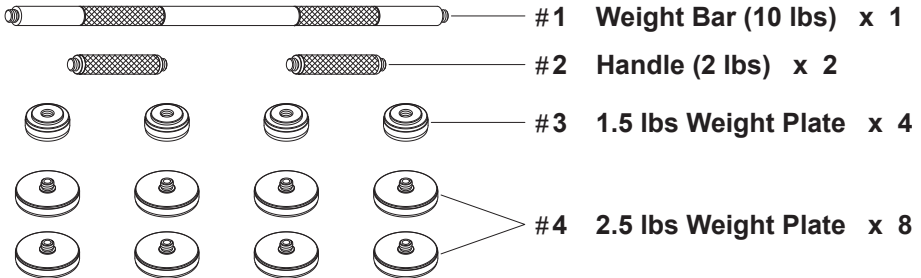
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2024, 12

# Operational Instructions

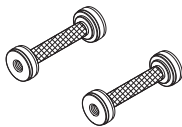
## SETUP THE müv BARBELL

The müv Barbell contains the following components. These components can be used to assemble two dumbbells or a barbell with many weight combinations.

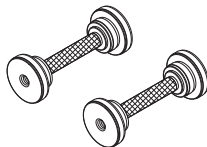


### Dumbbell Mode

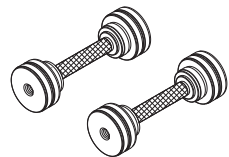
Thread the 1.5 lbs Weight Plates(3) onto both ends of the Handle(2) to obtain a dumbbell. Attach the additional 2.5 lbs Weight Plates(4) to the 1.5 lbs Weight Plates(3) to vary the dumbbell weight. The following are some of the main dumbbell combinations.



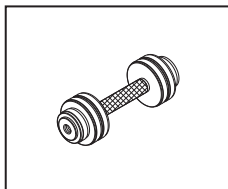
(5 lbs, each)



(10 lbs, each)

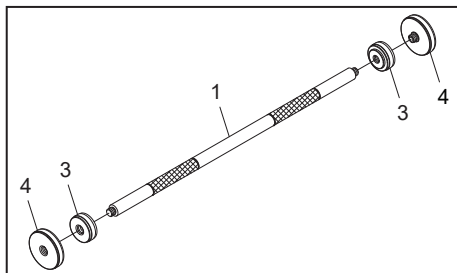


(15 lbs, each)



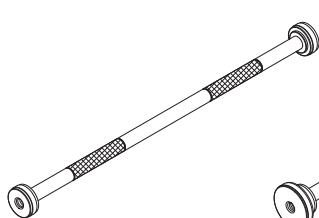
**NOTE:** The 1.5 lbs Weight Plate(3) can be placed on the outside of the 2.5 lbs Weight Plates(4). The dumbbell will appear as shown in the illustration.

# Operational Instructions

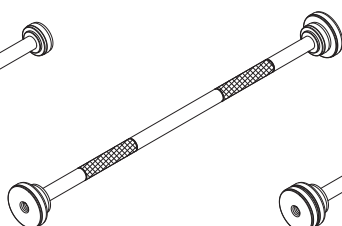


## Barbell Mode A

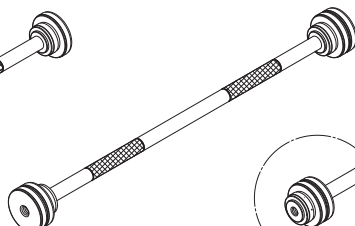
Thread the 1.5 lbs Weight Plates(3) onto both ends of the Weight Bar(1) to obtain a barbell. Attach the additional 2.5 lbs Weight Plates(4) to the 1.5 lbs Weight Plates(3) to vary the barbell weight. The following are some of the main barbell combinations.



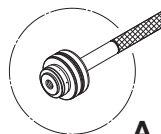
(13 lbs)



(18 lbs)

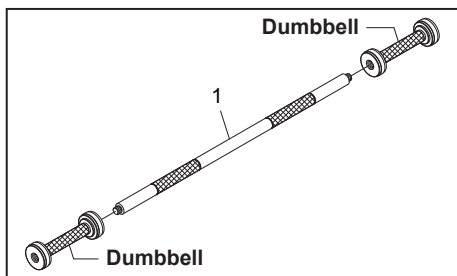


(23 lbs)



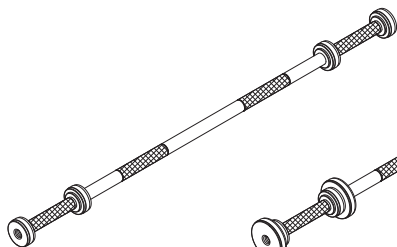
A.

**NOTE:** The 1.5 lbs Weight Plate(3) can be placed on the outside of the 2.5 lbs Weight Plates(4). The barbell will appear as shown in view A.

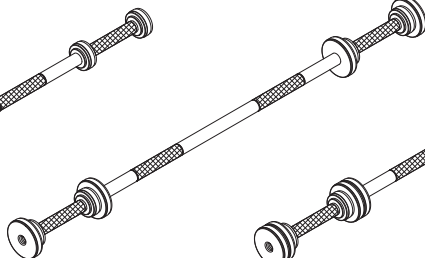


## Barbell Mode B

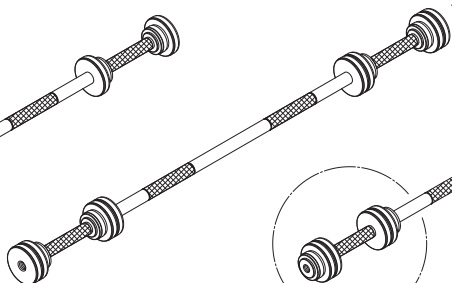
Thread the dumbbell sets onto both ends of the Weight Bar(1) to obtain a barbell. Attach different weights of the dumbbells to the Weight Bar(1) to vary the barbell weight. The following are some of the main barbell combinations.



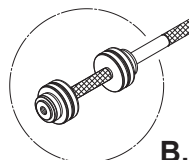
(20 lbs)



(30 lbs)



(40 lbs)



B.

**NOTE:** The 1.5 lbs Weight Plate(3) can be placed on the outside of the 2.5 lbs Weight Plates(4). The barbell will appear as shown in view B.