

Operating Instructions

Ironmaster Quick-Lock Dumbbells

Congratulations on your purchase of this fine Ironmaster product. For any technical questions or support please contact us at 1-800-533-3339. Be sure to read and understand the operating instructions to avoid injury.

Here is the list of items included:

1. Dumbbell handle with locking screws – 2 ea.
2. Dumbbell rack – (assembly required)
3. 2 boxes of weight plates with the following
 - a. 24 ea. 5 lb weight plates
 - b. 4 ea. 2.5 lb weight plates

Description:

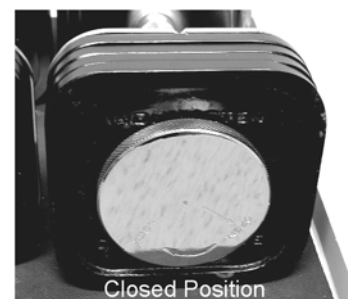
This adjustable dumbbell system is designed to change from 5 lbs to 75 lbs quickly and easily. The handles weight 5 lbs without the locking screws and 10 lbs with the lock screws in place. The larger weight plates are 5 lbs each and the thinner plates are 2 ½ lbs each.

Weight Change:

The basic procedure to change dumbbell weights is to simply open the locking screws (4" diameter disc with knurled grip and 1" diameter partially threaded shaft) by turning the disc until the "OPEN" arrow points up toward the notch indicator on the handles. The notch is found on one side of the square, chrome backing plates that are welded to the handle grips. The notch should always be the top of the handle when set down on the rack.



When the arrow on the locking screw is pointed up at the notch, this is the open position where you can pull the locking screw directly out of the handle. After you remove the locking screw the weight plates can then be added or removed to the desired weight. Use any combination of 5 lb and 2.5 lb plates on each end of the handles. The weight plates are formed so they stack into each other and into the handle backing plate. *It is important to stack the weight plates all the same direction so they interlock with the name "Ironmaster" facing out.*



The plates have tapered edges so they will tilt in toward the handle automatically and stay in position even with the locking screws removed during changing. Reinsert the locking screw back into the handle with the arrow pointing up in line with the handle notches. Push the screw all the way in so the weight plates stack tightly and then clockwise (to the right) to engage the threads. Be sure to make the screws hand tight and check the arrow indicators so they are turned to the right "lock". Repeat procedure for other end of the dumbbell.

Weight plates can be stored on the upper shelves of the dumbbell rack for easy access or on the larger bottom shelf when not fixed to the dumbbell handles.

Important Notes:

1. Although the locking system is simple and safe, it is good practice to check the tightness of the locking screws between sets. The screws may actually lock anywhere from the 1 o'clock position to 11 o'clock. This is normal. They will not release the weights unless the arrows are lined up with the notches. If dumbbells are dropped during exercise, be sure to re-check the locking screw tightness. Do not over-tighten the screws. It is not necessary and only makes it more difficult to open them later.
2. It is also important that the dumbbell rack be placed on a level surface and the table top is level. You may adjust the table level with the rubber feet on the bottom of the rack if necessary. This helps to insure the weight plates will not fall over during weight changes. They are designed with tapered edges so they will always fall into the handles. The weight plates must always stack together into the handle backing plates with the "Ironmaster" name facing out.
3. It is possible to use the dumbbells with an uneven number of plates on either end of a handle. It is not recommended to use more than 5 lbs offset. To make a small 2 ½ lb incremental weight change, simply add one 2 ½ lb plate to one end of the handle and position your hand slightly closer to the heavier end of the dumbbell for good balance.
4. To determine the weight of your dumbbell, simply count the weight plates on one end of the dumbbell and multiply by the plate weights. Double this number and add 10 lbs for the handles and locking screws. For example: A Quick-Lock Dumbbell with four 5 lb plates and one 2 ½ lb plate on each end = 20 lbs + 2 ½ lbs = 22 ½ lbs. 22 ½ lbs x 2 = 45 lbs + 10 lbs = 55 lbs total dumbbell weight.
5. Weights listed are design estimates. Actual weights may vary slightly depending on casting density and other factors.
6. It is a good idea to clean out the internal threads periodically using compressed air, WD-40 type spray or by pulling a clean rag through. Kettlebell handle and dumbbell weight plates may be maintained regularly by touching up any paint chipping that will occur during normal use. Any liquid or spray paint will work well – Satin Black color is best.

Additional Products:

A 120 lb add on kit is available from Ironmaster to make the Quick-Lock Dumbbells go up to 120 lbs each. This kit adds more weight plates and a set of longer locking screws to accommodate the extra plates.

The Ironmaster Super Bench is the perfect multi-function bench to maximize your dumbbell workouts.

Go to www.ironmaster.com for more information and to see our other "Real Weight Lifting Equipment".

Warranty Information:

Your Ironmaster Quick-Lock Dumbbells have a limited lifetime warranty to the original purchaser. Warranty covers repair or replacement for mechanical integrity when used according to the instructions for normal exercise use. Warranty covers in-home use only. Finish and wear items such as rubber and painted surfaces are not covered. If you need warranty service, contact Ironmaster for return instructions and additional terms and conditions.

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