

Assembly & Operating Instructions

Ironmaster Quick Lock Kettlebell Handles

Congratulations on your purchase of this fine Ironmaster product. Be sure to read and understand the operating instructions to achieve the best performance and avoid injury.

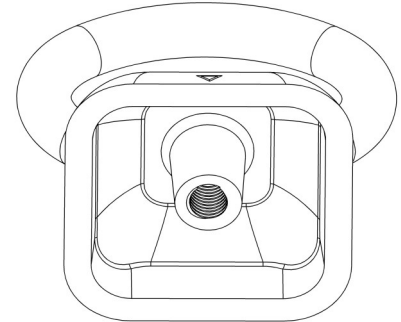
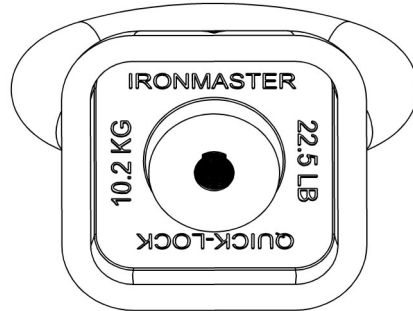
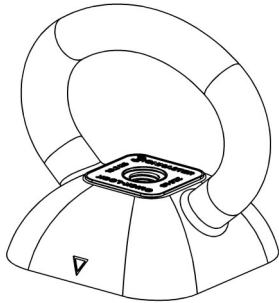
CONTENTS:

1x Kettlebell Handle

22.5 lb Kettlebell Handle

OR

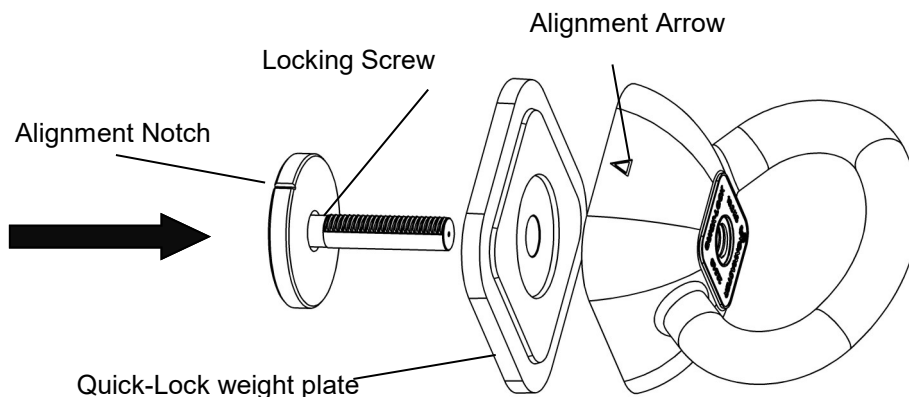
12.5 lb Kettlebell Handle



Description: This adjustable Kettlebell system is designed to use the weight plates and locking screws from the Ironmaster Quick-Lock Dumbbell System. The KB Handles come in 2 weight sizes.

22.5 KB: The locking screws weigh 2.5 lbs so **the starting weight before adding any plates on the 22.5KB is 25 lbs.** You can add up to 32.5 lbs of plates with the standard locking screw which will make 57.5 lb total weight or, you can use the Add on screws to add up to 55lbs and bring total weight to 80lbs.

12.5 KB: The locking screws weigh 2.5 lbs so **the starting weight before adding any plates on the 12.5KB is 15 lbs.** You can add up to 32.5 lbs of plates with the standard locking screw which will make 47.5 lb total weight or, you can use the Add on screws to add up to 55lbs and bring total weight to 70lbs.



To add Weight plates: Align Notch on Locking Screw with Alignment Arrow on Kettlebell then insert through desired weight plates as shown. Rotate Locking Screw clock-wise until snug.

To loosen: Locking Screw turn counter-clockwise until Alignment Notch and Alignment Arrow on KB are aligned then remove.

Weight Change: The procedure to change dumbbell weights on either KB is the same as our Quick-Lock Dumbbells. To open, simply tilt over the KB handle so the **Alignment Arrow** is on the top. Loosen the locking screw by turning the disc counterclockwise until the "OPEN" notch points up to the Alignment Arrow on the handle. This is the open position where you can pull the locking screw out of the handle. Once locking screw is removed, weight plates can then be added / removed to desired weight. Use any combination of 5 lb and 2.5 lb plates or the 22.5 lb plate.

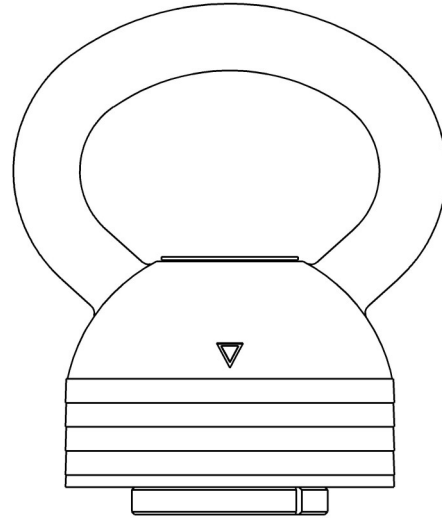
IMPORTANT: The weight plates must be correctly oriented to fit properly with the Ironmaster LOGO facing outward. Reinsert the locking screw back into the handle with the Locking Screw Notch in line with the Alignment Arrow. Push the screw all the way in so the weight plates stack tightly and then turn clockwise 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". **Note:** It is sometimes necessary to pull back slightly on the Locking Screw in order for the threads to engage and allow it to tighten smoothly.

Calculating weights:

To determine the weight of your Kettlebell, simply count the weight plates and add 25 or 15 lbs (depending on your Kettlebell model)

For example: 22.5lb KB handle with four 5 lb plates and one 2.5 lb = 20 lbs + 2.5 lbs = 22.5 lbs.
22.5 lbs + 25 lbs = 47.5 lbs total kettlebell weight.

Example 2: 12.5lb KB handle with four 5lb plates and one 2.5 lb=20 lbs +2.5 lbs= 22.5 lbs.
22.5 lbs + 15 lbs=37.5 lbs



Important Notes:

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 2 o'clock position to 10 o'clock. This is normal. They will not release the weights unless the arrows are lined up in the unlocked position.

It is normal for the locking screws to protrude out the top of the kettlebell base if few plates are used.

Be sure to stop and check the screw tightness if you feel or hear any looseness in the mechanism.

Be sure to re-check the locking screw tightness after setting the KB down between sets.

Do not over-tighten the screws. It is not necessary and only makes it more difficult to open them later.

The weight plated must always stack together into the handle with the "Ironmaster" Logo facing outward.

It is recommended to clean out the internal threads periodically using compressed air, WD-40 type spray or by pulling a clean rag through. Contamination inside the handle threads can prevent safe locking.

Kettlebell handle and dumbbell weight plate finishes may be maintained regularly by touching up any paint chipping that occurs with normal use. Any black liquid or spray paint will work.

For further details regarding the Kettlebell operation, tutorials and video links, please visit our website at www.ironmaster.com

Warranty Information:

Ironmaster Quick-Lock Kettlebells 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.

Shipping costs are not included in the warranty and some items may need to be sent to Ironmaster for repair or replacement. Installation of any parts and labor involved is not included. The warranties described above shall be the sole and exclusive remedy available to the purchaser. Correction of defects, in the manner and for the period of time described above, shall constitute complete fulfillment of all liabilities and responsibilities of Ironmaster to the purchaser with respect to the product, and shall constitute full satisfaction of all claims, whether based on contract, negligence, strict liability or otherwise. In no event shall Ironmaster be liable or in any other way responsible for damages or defects in the product which were caused by repairs or attempted repairs performed by anyone other than Ironmaster or Authorized service Contractor. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear of the product purchased. Nor shall Ironmaster be liable or in any way responsible for any incidental or consequential economic or property damage. Some states do not allow the exclusion of incidental or consequential damage, so the above exclusion may not apply to you.