

# Assembly & Operating Instructions

## Quick-Lock Mace Handle

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.

**Description:** The Ironmaster QUICK-LOCK MACE HANDLE is designed to use the weight plates from the Ironmaster Quick-Lock Dumbbell System for a wide variety of end weighted exercises. Be sure to get some instruction for safe and effective mace training. The empty MACE HANDLE weighs 6.5 lbs. With the standard length locking screw you can load up to 32.5 lbs of plates.

Note: For most exercises a much lower weight is more than adequate so start light and work your way up.

**Note:** The Ironmaster QUICK-LOCK MACE HANDLE may only be used with the Ironmaster Quick lock Dumbbell handle locking screw and Quick Lock weight plates (sold separately).



**Training:** Refer to the Ironmaster website for additional product details, use and training tips.

**Weight Change:** The procedure to change weights is the same as with our Quick-Lock Dumbbells. To open, simply tilt over the mace handle so the arrow is on the top and keep it level sideways. Loosen the locking screw (4" diameter disc with knurled grip and 1" diameter partially threaded shaft) by turning the disc counterclockwise until the "OPEN" arrow points up toward the arrow indicator (notch) on the handle at the 12 o'clock position.

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 or the 22.5 lb plate. The weight plates are formed so they stack into each other and into the handle. NOTE: *The IRONMASTER logo on the weight plates must point outward for the locking mechanism to function properly.*

Reinsert the locking screw back into the handle with the arrow pointing up in line with the handle arrow. 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". Note: It is sometimes necessary to pull back slightly on the screw in order for the threads to engage and allow it to turn.

The Quick-Lock Micro plates work very well on this handle and provide smaller increments. Use the same procedures above for loading.

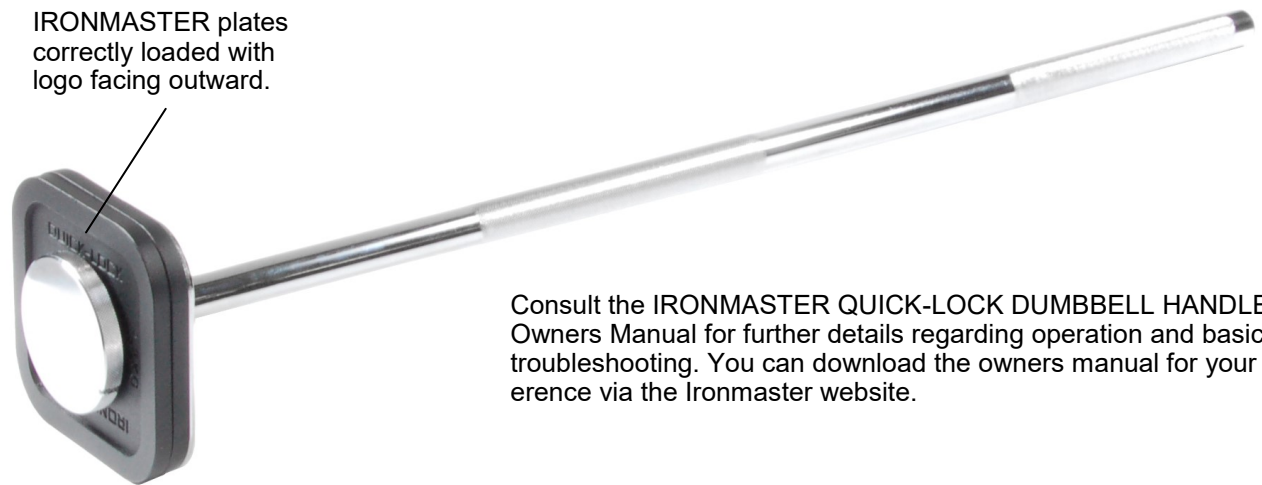
### Important Notes:

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 any where 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.
2. 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 mace down between sets. Do not overtighten the screw. It is not necessary and only makes it more difficult to open them later.
3. The weight plates must always stack together into the handle with the "Ironmaster" name facing out.
4. To determine the weight of your mace, simply count the weight plates and add 9 lbs.

For example: A handle with two 5 lb plates and one 2.5 lb is  $10 \text{ lbs} + 2.5 \text{ lbs} = 12.5 \text{ lbs}$ .  
 $12.5 \text{ lbs} + 9 \text{ lbs} = 21.5 \text{ lbs}$  total weight.

### Maintenance:

1. For smooth and safe operation it is recommended to clean out the internal threads periodically. WD-40 type spray lubricant to flush out the handle threads and/or compressed air works well.
2. The weight plates will get scratched over time with use. They may be maintained by touching up any paint chipping that will occur during normal use. Any liquid or spray paint will work well – Satin Black or Textured Black color is best.
3. Rust or corrosion may appear on the chrome parts over time and use due to sweat residue or high humidity environments. It is recommended to clean off the handle after use with a household cleaner. If rust spots develop chrome polish or use a small brass brush with WD-40. Toothpaste and toothbrush also works well. Keep away from moisture and increase frequency of cleaning regimen if product is used/stored in high humidity environment.
4. If the backing plate gets bent or anything else causes the weight plates to not lock properly...discontinue use and contact Ironmaster Customer Service for support.



Consult the IRONMASTER QUICK-LOCK DUMBBELL HANDLE Owners Manual for further details regarding operation and basic troubleshooting. You can download the owners manual for your reference via the Ironmaster website.

**WARNING:** Incorrect weight plate loading can lead to injury. Do not use if anything feels loose.

Use only with Ironmaster QUICK-LOCK components. Do not use product for anything other than intended purpose. DO NOT use as a hammer to impact under any circumstances.

Take care with this handle and only use in a space with plenty of room and away from others. Keep away from Children.

Ironmaster assumes no liability/responsibility for accident/injury due to misuse, or incorrect assembly of this product.

### For customer service, contact your local distributor or:

Ironmaster LLC, 14562 167th Ave SE Monroe, WA 98272 USA

Web site: [www.ironmaster.com](http://www.ironmaster.com) Email: [contact@ironmaster.com](mailto:contact@ironmaster.com) Tel: 800-533-3339 or 1-360-217-7780

### Warranty Information:

Ironmaster warrants to the original purchaser that this Home Fitness Product will be free from defects in workmanship and materials for a specific period from date of purchase based on the part type listed below. During the warranty period, Ironmaster will either repair or replace, at its option, defective part(s) at no charge. Warranty covers in home use only.

Lifetime for frame and structural components.

1 year for normal wear items such as rubber, upholstered parts and surface finishes.

Warranty applies to original purchaser and may not be transferred. 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.