

Assembly & Operating Instructions

Ironmaster Heavy Handle Plates

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 Heavy Handle Plates are designed to bolt onto the inside of the Ironmaster QUICK LOCK DUMBBELL handles to increase their overall starting weight. Each plate assembly adds 7.5 lbs, adding 15 lbs to each handle. The dumbbell handle weighs 5 lbs without locking screws so the Heavy Handle Plates will create a 20 lb starting weight. With the 75 lb dumbbell set, the Heavy Handle Plates increase the maximum weight from 75 lbs per handle, to 90 lbs, without the need for additional weights or longer locking screws.



BOX CONTENTS

4x 7.5 lb HEAVY HANDLE plates

6mm Allen Wrench



8x Mounting Bolts

INSTALLATION

Font/Recess toward
backing plate



Shown with 4x 5 lb plates, QUICK LOCK DUMBBELL HANDLE and screws (Not included)

Tighten bolts evenly using supplied 6mm wrench as shown, using care to tighten the bolts evenly.

CAUTION: Mounting HEAVY HANDLE PLATES incorrectly can allow the plates to work themselves loose during workouts.

Check gap between
plates halves while
tightening for evenness



Flat side faces
inward toward
hand

Installation: Separate the plates. Lay handle in normal position and install bottom half underneath handle with font facing backing plate as shown. Next, mount the top half and bolt together, using care to tighten the bolts evenly. Do not tighten one bolt at a time. When tightened correctly, the slight gap between upper and lower sections should be even on both sides. If not, loosen bolts slightly and ret-tighten evenly. Once tightened evenly, check for any signs of movement.

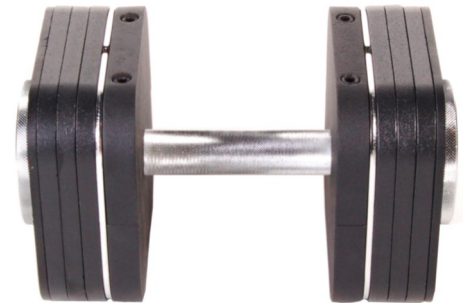
CAUTION: Mounting plates incorrectly can cause them to rotate/loosen during use.

Care and Use: Once your HEAVY HANDLE plates are installed, the starting weight of the Dumbbell handle increases from 10 to 25 lbs prior if you include the locking screws. The HEAVY HANDLE plates will provide years of stable, solid trouble free performance, but check the tightness monthly if a heavy lifting regimen is followed.



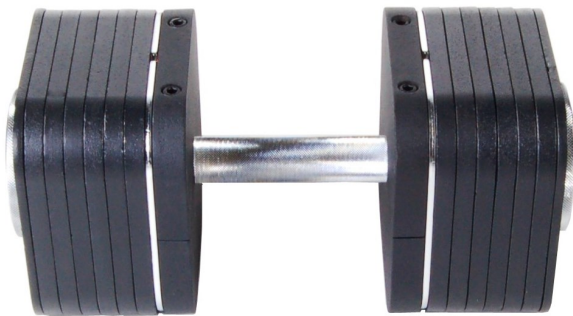
Increased Versatility: The addition of the IRONMASTER HEAVY HANDLE plates allows for additional weight options and weight ranges.

Shown are some examples of how the HEAVY HANDLE plates can add significant range to your current IRONMASTER kit without the need to purchase additional locking screws or other accessories.

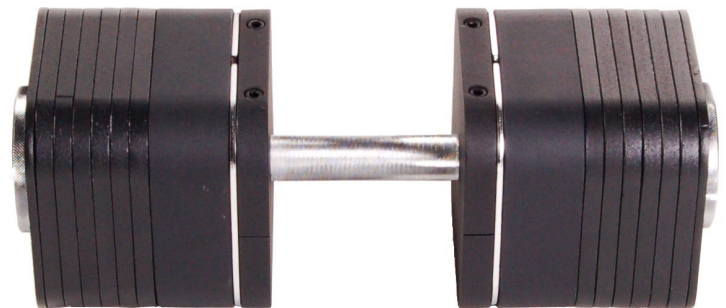


Heavy Handle plates with DUMBBELL HANDLE and no locking screws = 20 lbs

45 lb + HEAVY HANDLE plates =60 lbs
(45-60 lb range)



75 lb + HEAVY HANDLE plates=90 lbs
(20-90 lb range)



120 lb + HEAVY HANDLE plates =135 lbs
(20-135 lb range)

WARNING: Incorrect Installation can lead to injury. Use only with Ironmaster QUICK-LOCK DUMBBELL HANDLE. Do not use product for anything other than intended purpose. Ironmaster assumes no liability/responsibility for accident/injury due to misuse, or incorrect assembly of this product. Keep away from Children.

For customer service, contact your local distributor or:

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

Web site: www.ironmaster.com Email: support@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.

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

10 years for frame and structural components.

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.