

IRON GRIP®
BARBELL COMPANY

IRON GRIP CARE GUIDE

Iron Plates: Iron Grip Iron plates are painted using a high quality, semi-flat enamel, rather than a glossy enamel or powder coating. Rather than chipping, our heavy-duty enamel will simply wear gradually over time. As the paint on your plates becomes worn, the iron will oxidize to a deep brown color, which will blend with the original black color. If however, you would like to restore the original finish of the plates, you can simply spray them with any **semi-flat** (not semi-gloss) enamel from a can (like Red Devil or Rustoleum, which can be ordered at any hardware or home improvement store.) This will restore the original finish to your plates.

Urethane Plates, Dumbbells and Fixed Barbells: Iron Grip Urethane plates and dumbbells are produced using high quality, durable, facility-friendly urethane. It is impervious to chipping, flaking, tearing, peeling or delaminating, and will not separate from the metal insert. No initial cleaning of the plates should be necessary, however if you feel you must clean the plates, we recommend that you use a damp cloth only. *Do not use acetone-based cleaners, or any household cleaners containing ammonia or alcohol (such as 409, Fantastic, Windex etc.), as they will dull the surface of the equipment.* These household cleaners should not affect the performance of the urethane products, however they will change the appearance. Over time, the plates and dumbbells will lose some of their glossy initial appearance. This natural change in the urethane is strictly cosmetic, and will not affect its performance.

Solid Steel Dumbbells and Fixed Barbells: Iron Grip steel products can be cleaned using a clean, damp cloth, taking care to completely dry the product after cleaning. Through regular use, scratches and chipping of the painted finish may occur, however this is considered normal wear.

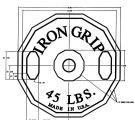
Olympic Bars: Iron Grip Olympic bars feature all welded fittings and durable Nylatron bushings to ensure maximum performance and a long life. Nylatron bushings **DO NOT REQUIRE LUBRICATION**. Iron Grip bar sleeves are assembled and tightened at the factory using a proprietary locking compound that forms a permanent seal, so Iron Grip bars never need tightening. We recommend that you **DO NOT TIGHTEN** Iron Grip bars. Unnecessary tightening will break the factory seal and cause the bar to loosen prematurely. For this reason, new bars that have been tightened may not be covered by our warranty. During normal use, Iron Grip bars are designed to retain their original shape after unloading. We strongly recommend that you do not leave bars loaded when not in use.

Hard Chrome Olympic Bars, Barbell Bars and Dumbbell Handles: In order to keep your dumbbell handles and bars looking great for many years, we recommend periodically wiping them down with WD-40®, or other high-quality moisture inhibitor/protectant. You need only apply a thin layer of protectant, and then wipe them again with a soft dry cloth.

Group Strength®: All components in the *Group Strength* set require no special regular maintenance. All items can be cleaned using a clean, slightly damp, soft cloth. To protect the urethane end caps on the bars, we recommend the bar be kept in a horizontal position on the floor when loading plates. **DO NOT** stand the bar up vertically to load and unload plates.

IRON GRIP WARRANTY: Iron Grip products carry a five-year warranty against breakage for the original owner. Please note that Muscle Clamp™ collars and Quick Collars™ are not manufactured by Iron Grip and carry a one-year warranty. Iron Grip Barbell Company will repair or replace any item that can be shown to have broken, provided it is saved for our inspection. In order to process warranty claim, item must be returned to Iron Grip for inspection. Warranty does not cover costs of removal or transportation. **NOTE: IRON GRIP URETHANE AND SOLID STEEL DUMBBELLS ARE DESIGNED FOR YEARS OF HEAVY USE AND ARE THE MOST DURABLE, MAINTENANCE-FREE DUMBBELLS AVAILABLE. HOWEVER, AS WITH ANY DUMBBELLS, THEY ARE NOT DESIGNED TO BE DROPPED, THROWN OR OTHERWISE ABUSED. REPEATED DROPPING OR OTHER ABUSE OF DUMBBELLS MAY RESULT IN BENT HANDLES AND WEAKENING OF THE HANDLE AND WELD. THIS MAY POSE A SAFETY HAZARD. WE STRONGLY URGE YOU TO PREVENT YOUR MEMBERS FROM DROPPING, THROWING OR OTHERWISE ABUSING YOUR NEW IRON GRIP DUMBBELLS. MAINTAINING A STANDARD OF RESPONSIBLE BEHAVIOR IN YOUR FREE WEIGHT AREA WILL NOT ONLY PROTECT YOUR EQUIPMENT, BUT ALSO WILL IMPROVE MEMBER SAFETY AND REDUCE YOUR RISK OF LIABILITY. BROKEN DUMBBELLS THAT EXHIBIT BENT HANDLES INDICATE ABUSE, AND MAY BE EXCLUDED FROM OUR WARRANTY.**

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IGX CARE GUIDE

Plates: IGX iron plates are finished with an enamel coating. Through regular use, minor flaking or chipping of this finish may occur, but this is considered normal wear. (If chipping does occur, typically the most significant wear can be seen within the first three months of use.) IGX urethane plates can be cleaned using a clean, slightly damp cloth. *Do not use acetone-based cleaners, or any household cleaners containing ammonia or alcohol (such as 409, Fantastic, Windex etc.) on rubber, as those products may affect the durability of the urethane.*

Dumbbells: IGX iron and urethane pro-style dumbbells are assembled in our factory using aircraft-grade hex bolts to provide the most secure assembly. To further prevent premature loosening, we use a proprietary locking compound to secure the bolts. New IGX dumbbells should not require any maintenance, however we recommend that you carry out periodic inspections to monitor the security of the bolts. Please **DO NOT TIGHTEN** the dumbbells unless they become loose. Unnecessary tightening of the bolts will break the locking compound seal and cause the dumbbells to loosen prematurely.

Hard Chrome Barbell Bars and Dumbbell Handles: In order to keep your dumbbell handles and barbell bars looking great for many years, we recommend periodically wiping them down with WD-40®, or other high-quality moisture inhibitor/protectant. You need only apply a thin layer of protectant, and then wipe them again with a soft dry cloth.

Beauty Bells: IGX Beauty Bells feature our unique *Hard Chrome* finish to minimize any possible chipping, flaking, or peeling. To clean the *Hard Chrome*, use a damp cloth and be sure to completely dry the product after cleaning. New IGX Beauty Bells should not require any maintenance, however periodic inspections are recommended.

Neoprene Dumbbells: IGX neoprene dumbbells can be cleaned using a clean, damp cloth. *Do not use acetone-based cleaners, or any harsh household cleaners containing ammonia or alcohol (such as 409, Fantastic, Windex etc.) on neoprene, as those products may erode the surface of the equipment.*

IGX WARRANTY: IGX products carry a one-year limited warranty against breakage for the original owner. (Please note neoprene dumbbells are not covered under warranty.) Iron Grip Barbell Company will repair or replace any item that can be shown to have broken, provided it is saved for our inspection. In order to process warranty claim, item must be returned to Iron Grip for inspection. Warranty does not cover costs of removal or transportation.

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