

Operating Instructions

Ironmaster Quick-Lock Dumbbell System

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:

This adjustable dumbbell system is designed to change weights quickly and easily. This product is designed for home use as adjustable dumbbell hand weights for many typical exercises. The system is sold in various configurations with common components. There are no tools or assembly required for the dumbbells.

Items included for the standard 75 lb dumbbell system:

1. Dumbbell handle pair with 4 locking screws.
2. Dumbbell Stand – (May be sold separately, assembly required).

Quick-Lock weight plates: 24 ea. 5 lb weight plates and 4 ea. 2.5 lb weight plates total.

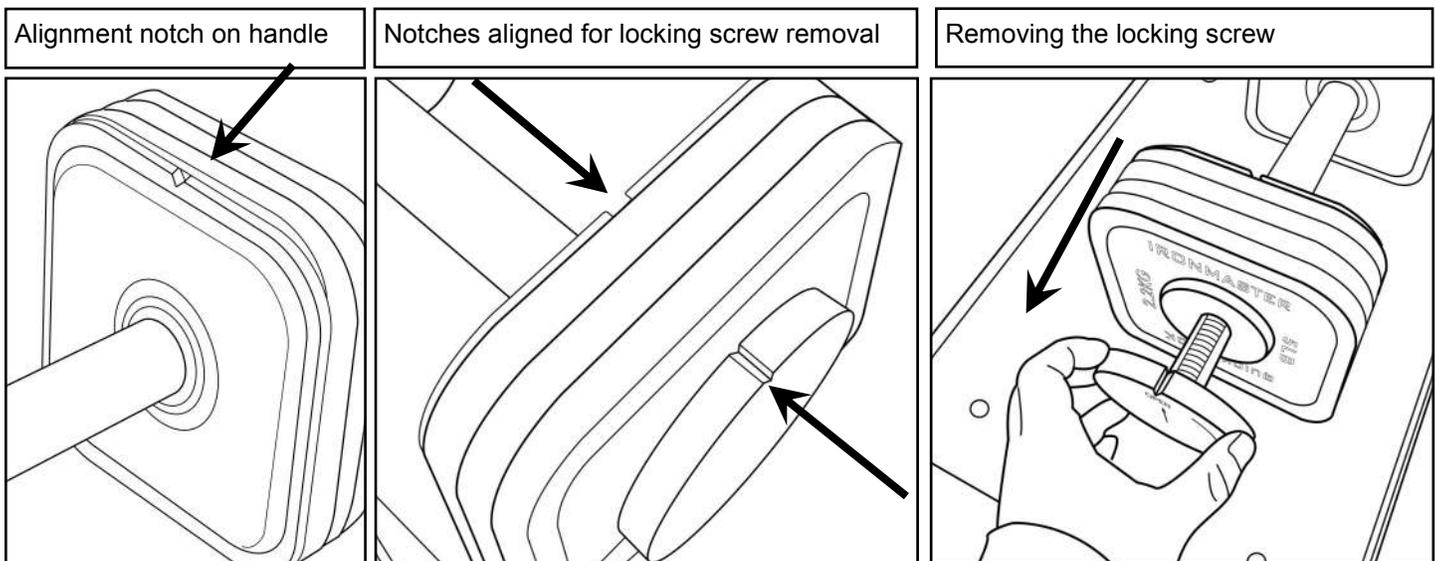
Items for the 45 lb dumbbell system:

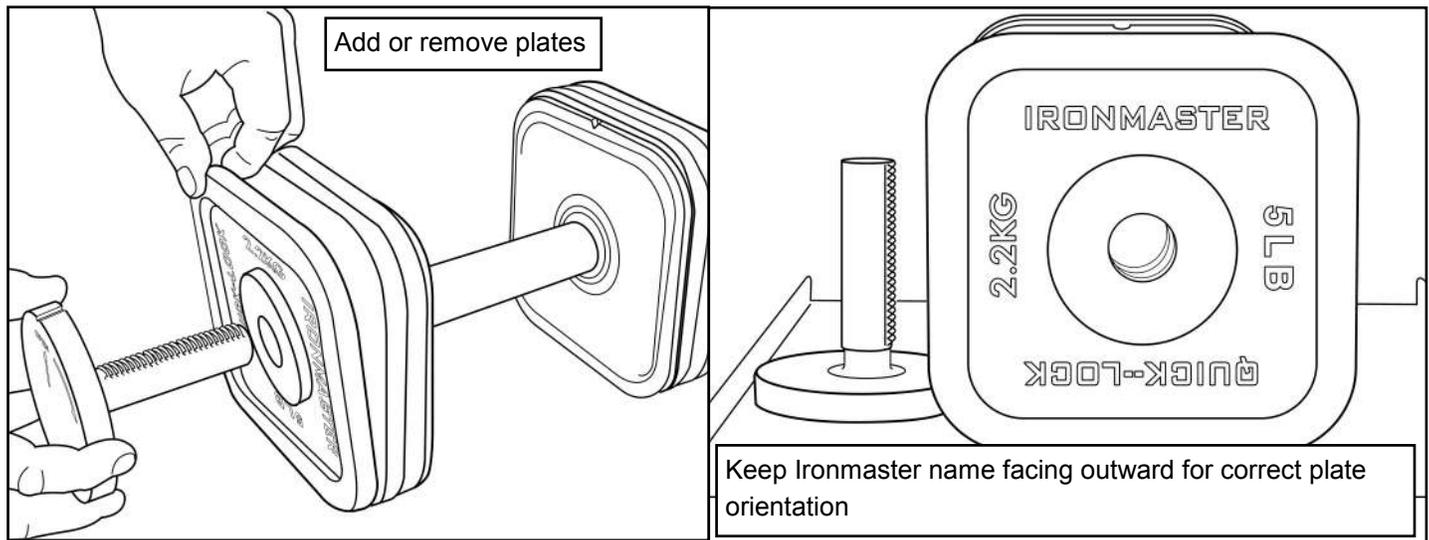
1. Dumbbell handle pair with 4 locking screws.

Quick-Lock weight plates: 12 ea. 5 lb weight plates and 4 ea. 2.5 lb weight plates total.

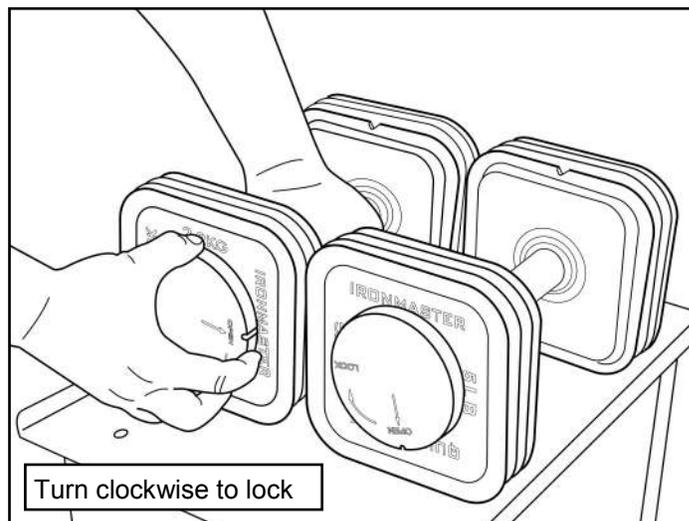
Weight Change:

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 counterclockwise until the "OPEN" arrow and notch points up toward the notch indicator on the handles. The handle 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 before changing. 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.





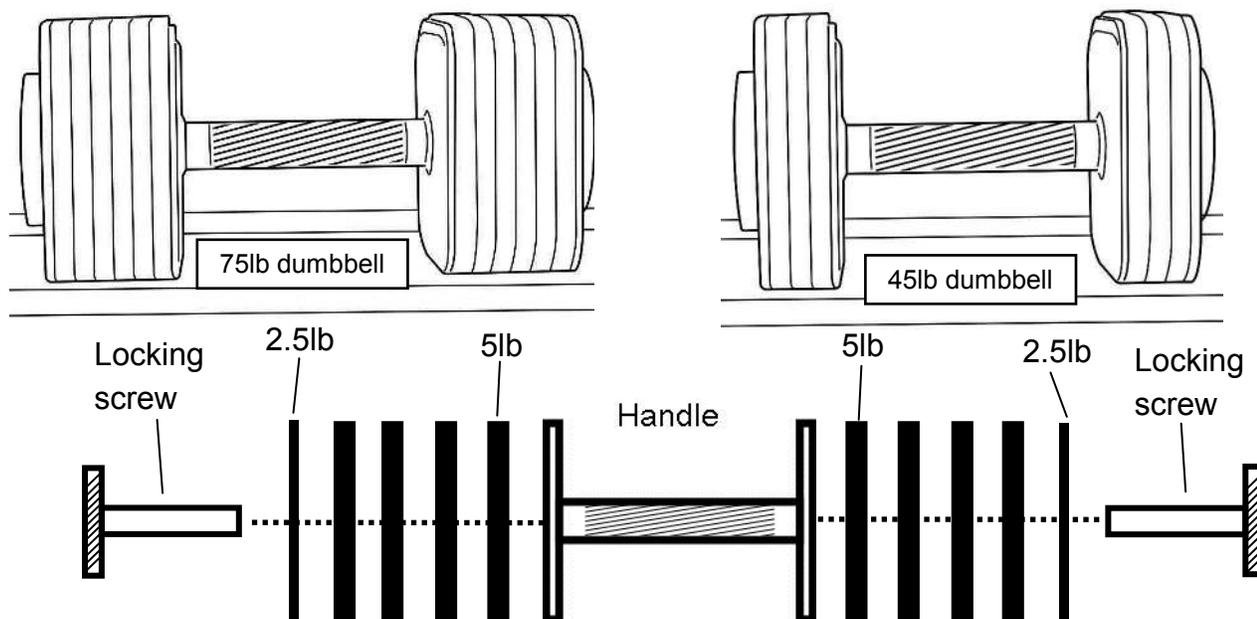
After you remove the locking screw the weight plates can then be added or removed to achieve desired weight. Use any combination of 5 lb and 2.5 lb plates on each end of the handles. The weight plates are formed so they stack into each other and into the handle backing plate. *It is important to stack the weight plates all the same direction so they interlock with the name "Ironmaster" facing out away from the handle.*



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 if not bumped. 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. You may need to pull back slightly to get the threads to mesh. Be sure to turn the screws until tight (note locking position may vary depending on plate configuration) and check the notch and arrow indicators on the disc. Repeat the 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 bot-

CAUTION: *Although the Quick Lock Dumbbell plates are tapered to lean toward the handle, a sudden bump or jar could knock them over. Do not store the dumbbells vertically next to the handle unless the locking screw is secured.*



55lb Example

Calculating weight:

Each handle weighs 5 lbs empty and 10 lbs with the two locking screws. 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.

Example: A Quick-Lock Dumbbell with four 5 lb plates and one 2 ½ lb plate on each end = 22 ½ lbs of plates on one end. $22 \frac{1}{2} \text{ lbs} \times 2 = 45 \text{ lbs} + 10 \text{ lbs} = 55 \text{ lbs}$ total dumbbell weight. See illustration.

Safety:

1. Do not attempt to use more plates than the locking screws are designed to hold. The maximum number of plates with the standard included locking screws is six 5 lb plates plus one 2.5 lb plate on each end (75 lbs total dumbbell weight).
2. 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 with the notches in the 12 o'clock position. It is recommended to re-check the locking screw tightness after each use between sets. Do not over-tighten the screws or use tools. It is not necessary and only makes it more difficult to open them later.
3. The Quick-Lock dumbbells are strong and durable for normal dumbbell exercise use. The dumbbells can be dropped without damage if done carefully. Do not intentionally throw them or drop from excessive heights. Dropping the dumbbells at an angle or on the corners may result in some bending. If dropping is necessary, it is recommended to drop on the side horizontally or on the ends vertically.
4. Keep children away from this equipment. Weight plates or dumbbells can cause injury. Do not let anyone climb on the dumbbell stand.
5. It is important that the optional dumbbell stand be placed on a level firm 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. Use care if the dumbbells are set down on other surfaces.
6. Weight lifting can be dangerous. Use caution and control when lifting and be sure to consult a physician to be sure it is safe to engage in free weight training prior to use.

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 color is best. Rust or corrosion may appear on the chrome parts over time and use due to sweat or high humidity environments. It is recommended to clean off the dumbbells periodically with a household cleaner. If rust spots develop chrome polish or fine steel wool can be used. Keep away from moisture.

Notes:

1. 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 one plate 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.
2. Weights listed are design estimates. The primary tolerances for the plates are the fit and function. Actual weights may vary slightly depending on casting density and other factors.
3. The weight plate must always stack together into the handle backing plates with the “Ironmaster” name facing out.

Additional Products:

Add on weight kits is available from Ironmaster to make the Quick-Lock Dumbbells heavier.

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

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.

Ironmaster Quick-Lock Dumbbells

Troubleshooting guide

If you have trouble with locking the plates on the dumbbell handles it could generally be caused by several reasons.

1. The components are not assembled correctly per the operating instructions.
2. One or more of the components has been damaged and/or bent. Major impact from dropping or throwing can cause this.
3. One or more weight plates are not fitting well due to a tolerance problem.
4. There is an issue with the locking screw threads.
5. There is an issue with the dumbbell handle internal threads.

Use the trouble shooting guide below to isolate and use a process of elimination to find out what the issue is. Once you

Problem	Recommended action
Locking screw will not turn and lock in the normal range between 2 and 10 o'clock.	<p>Be sure the plates are all stacked in the correct orientation with the square shaped profile facing in toward the handle and the lettering facing out toward the locking screw.</p> <p>Sometimes the locking screw must be pulled back slightly to allow the threads to mesh and begin turning. Do not push the screw in firmly when attempting to turn the locking screw clockwise to tighten.</p> <p>The threads of the screws or handle may be contaminated. Refer to the cleaning procedure listed below.</p> <p>If the above actions do not help follow these steps:</p> <p>Step 1: Test the locking screw in the dumbbell handle with no plates. It should insert and turn to lock. If it does not operate well it is probably an issue with the locking screw. Test it on a different handle end to confirm and contact customer service for support. If it works well move onto step 2.</p> <p>Step 2: Take a stack of weight plates from a end of a dumbbell that fits and locks well and replace the plates with them on the handle end in question.</p> <p>A. If the operation is good then there must be a weight plate issue from the original stack. Test each plate one at a time from the original stack to see if one locks at a much different point and/or does not fit well. And then do the same test but adding one plate at a time up to the maximum. If you find one or more plates that seems out of tolerance, set it aside and replace with a different plate. If the operation is now good then it is probably an issue with that weight plate. Try that plate on a different dumbbell end to confirm it does not fit well and contact customer service for support. If the result is the same move onto B.</p> <p>B. If the operation is not good then it is probably caused by the locking screw or the end of the dumbbell handle. In this case, try using a different locking screw that works well from a different dumbbell end with various number of weight plates. If the operation is good with a different screw it is probably a locking screw issue and contact customer service for support. If the result is the same then it is probably not caused by the locking screw. Move onto C.</p> <p>C. If the operation is not good then it is probably caused by the dumbbell handle. Check the handle to see that it is not bent or deformed. If it is, try the other dumbbell handle with the same weights and locking screw to confirm and contact customer service for support. It could also be a damaged thread or contamination inside the handle threads. Try moving the weight plates and locking screw to a different handle and check the operation. If it is good then the original handle is probably the cause and contact customer service for support.</p>

<p>Can't unscrew or re-move the locking screw from the dumbbell handle.</p>	<p>Usually banging or impacting the dumbbell carefully will help shift the plates enough to allow the locking screw to begin turning. Drop on the side or end a few times from a few inches height onto a strong protected surface like a rubber floor or block of wood. If this is not successful remove the plates and screw from the opposite end of the handle and spray some lubricant like WD-40 inside the handle threads and let it penetrate for a few minutes. Then repeat the above. Thread Cleaning: Finally clean out the handle threads inside as completely as possible. WD-40 spray until it drips out and/or use compressed air to be sure there is no contamination in the threads. This should be done periodically depending on use or when difficulty in operation is noticed.</p> <p>If there appears to be any damage to the threads on the locking screw or other components discontinue use and contact customer service for support.</p>
<p>Dumbbell plates will not stay tight or locking screw becomes loose during use.</p>	<p>Be sure to turn the locking screws so they are hand tight. The amount of rotation may not always be the same and they should be turned until secure. Note it may be necessary to slightly move the dumbbell while tightening to help align the plates for a better fit to the handle.</p> <p>The threads could be contaminated which may prevent turning the locking screws far enough to stay tight. Refer to the thread cleaning procedure above. If this does not help</p>
<p>Difficult to turn the locking screw to tighten or loosen.</p>	<p>Refer to the thread cleaning procedure above. If operation is not improved there is probably a damaged component. Check the locking screws to see if there are any signs of thread damage or deformation. Or check the threads inside the handle tube for signs of damage. Contact customer service for support if you need any replacement parts.</p>
<p>Dumbbell backing plates appear to be bent/tilted and is making operation difficult.</p>	<p>Discontinue use of the dumbbells and contact customer service for support.</p>

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