

# Operating Instructions

## Ironmaster Quick-Lock Kettlebell

Congratulations on your purchase of this fine Ironmaster product. For any technical questions or support please contact us at 1-800-533-3339. Be sure to read and understand the operating instructions to avoid injury.

Here is the list of items included:

1. Kettlebell Handle

### Description:

This adjustable Kettlebell system is designed to use the weight plates from the Ironmaster Quick-Lock Dumbbell System. **The KB handle weighs 22.5 lbs without extra weights or the locking screw.** The locking screws weigh 2.5 lbs so **the starting weight before adding any plates is 25 lbs.** You can add up to 32.5 lbs of plates with the standard locking screw which will make a 57.5 lb total weight. You can add up to 55 lbs of plates with the Add on Kit locking screw which will make an 80 lb total weight.

### Weight Change:

The basic procedure to change dumbbell weights is the same as with our Quick-Lock Dumbbells. To open, simply tilt over the KB 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 on the handle. This is normally 12 o'clock.



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. *It is important to stack the weight plates all the same direction so they interlock with the name "Ironmaster" facing out.*

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.

### **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 1 o'clock position to 11 o'clock. This is normal. They will not release the weights unless the arrows are lined up in the unlocked position.
2. It is normal for the locking screws to protrude out the top of the kettlebell if few plates are used.
3. 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.
4. The weight plated must always stack together into the handle with the "Ironmaster" name facing out.
5. To determine the weight of your Kettlebell, simply count the weight plates and add 25 lbs. For example: A KB with four 5 lb plates and one 2.5 lb =  $20 \text{ lbs} + 2.5 \text{ lbs} = 22.5 \text{ lbs}$ .  $22.5 \text{ lbs} + 25 \text{ lbs} = 47.5 \text{ lbs}$  total kettlebell weight.
6. Weights listed are design estimates. Actual weights may vary slightly depending on casting density and other factors.
7. It is a good idea to clean out the internal threads periodically using compressed air, WD-40 type spray or by pulling a clean rag through. Kettlebell handle and dumbbell weight plates may be maintained regularly 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.

### **Additional Products:**

For those customers who do not already have Ironmaster Quick-Lock Dumbbells, we offer the weight plates and locking screws separately. Go to [www.ironmaster.com](http://www.ironmaster.com) for more information and to see our other "Real Weight Lifting Equipment".

### **Warranty Information:**

Your 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. 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.

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