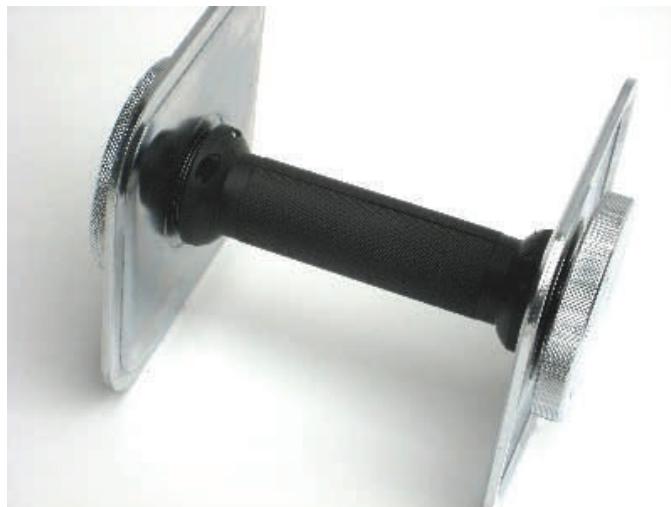


Assembly & Operating Instructions

Ironmaster Fat Grip Adapters for Quick-Lock Dumbbells

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.



This item is an adapter for the Ironmaster Quick-Lock Dumbbell handle grips. The plastic grips connect over the chrome grips using the included 4 screws and hex nuts. A #2 Phillips or small flat head screwdriver is all that is needed for installation. The hex shaped screw holes will secure the hex nuts from spinning and will retain the nuts after the first assembly. It may help to push the hex nuts in the grip holes with the screwdriver first. Do not over tighten the screws.

Be sure to match up the two halves of the grips so that the edges have the tongue and grooves lined up. You may need to flip one half over to make the two halves fit together.

Warranty Information:

Your Ironmaster Super Bench attachment has a limited 10 year warranty to the original purchaser. Warranty covers repair or replacement for mechanical integrity when used according to the instructions for normal exercise use. 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.