

Operating Instructions

Ironmaster Quick-Lock Dumbbells-Add on Kit 10/05

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. 4 ea. 22 ½ lb plates
2. 4 ea. long locking screws

Description:

This Kit adds extra weight to your 75 lb Quick-Lock Dumbbells. The special “big” plates add 45 lbs to each dumbbell and the “long” locking screws are designed to hold on plates between the 75 lb and 120 lb size.

Weight Change:

The basic procedure is the same as with the standard set, but you will use the longer screws when you go above 75 lbs. Store the standard locking screws under the rack and use the longer screws. You can stack the weights in any order you like however, you may want to remove all the plates and start with the big plates and then start adding the 5 lb and 2 ½ lb plates on top of them to get up to 120 lbs.

For example to make 100 lb dumbbells you will use 2 of the 22 ½ lb plates with 8 of the 5 lb and 2 of the 2 ½ lb plates total per dumbbell. To make 115 lb dumbbells, use 2 of the 22 ½ lb plates and 12 of the 5 lb plates on each dumbbell. Note: The handles and locking screws weight about 10 lbs so that is your staring weight.

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 with the notches. If dumbbells are dropped during exercise, be sure to re-check the locking screw tightness. Do not over-tighten the screws. It is not necessary and only makes it more difficult to open them later.
2. It is also important that the dumbbell rack be placed on a level 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. The weight plated must always stack together into the handle backing plates with the “Ironmaster” name facing out.
3. 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. For example: A Quick-Lock Dumbbell with four 5 lb plates and one 2 ½ lb plate on each end is $4 \times 5 \text{ lbs} = 20 \text{ lbs} + 2 \frac{1}{2} \text{ lbs} = 22 \frac{1}{2} \text{ lbs}$. $22 \frac{1}{2} \text{ lbs} \times 2 = 45 \text{ lbs} + 10 \text{ lbs} = 55 \text{ lbs}$ total dumbbell weight.
4. Weights listed on the plates are design estimates. Actual weights may vary depending on casting density and other factors.

Warranty Information:

Your Ironmaster Quick-Lock Dumbbells 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 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. 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. No other maintenance is required.

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