



Thank you for purchasing Iron Grip equipment. Please review the preventative maintenance tips below. If you have any questions about the proper care of your equipment, please contact us.

URETHANE PLATES, DUMBBELLS and FIXED BARBELLS: Iron Grip's heavy-duty, American-made urethane is impervious to chipping, flaking, tearing, peeling, or delaminating from the metal insert. To clean the urethane products, we recommend that you use a soft, clean, damp cloth only. *Do not use acetone-based cleaners, or any household cleaners containing ammonia or alcohol (such as 409®, Windex®, etc.) as they will dull the surface of the equipment.* Household cleaners should not affect the performance of your urethane products, however they will change the appearance.

IRON PLATES: Iron Grip Iron plates are painted with a high quality, semi-flat enamel, as opposed to a glossy enamel or powder coating. Rather than chipping, our heavy-duty enamel will wear slowly over time. As the paint gradually wears away, the iron will oxidize to a deep brown color which will blend with the original black color. If you would like to restore the original finish to the plates, you can simply spray them with any semi-flat (not semi-gloss) enamel from a can (such as Rust-Oleum®, available at most hardware and home improvement stores.)

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 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. *Iron Grip bars should NOT be left loaded when not in use.*

HARD CHROME OLYMPIC BARS, BARBELL BARS and DUMBBELL HANDLES: We recommend periodically wiping your dumbbell handles and bars with WD-40®, or other high-quality moisture inhibitor/protectant. You need only apply a thin layer of protectant, and then wipe them thoroughly with a soft dry cloth.

GROUP STRENGTH®: All items can be cleaned using a soft, clean, slightly damp cloth. To protect the end caps on the bars, we recommend the bar be kept in a horizontal position on the floor when loading plates. *Note: Group Strength bars should never be stood on end while plates are being loaded or off-loaded. Failure to keep the bar horizontal while loading plates may result in damage to the bar end as well as damage to exercise studio flooring. Iron Grip will not be held liable for damage to bars and/or flooring due to improper use of the equipment.*