

### Barbell Instructions & Guidelines

#### Before using the Iron Edge Barbells

- » Always consult your doctor/physician before commencing any exercise regime.
- » Iron Edge will not be held responsible for any injury or death that occurs while using this product.
- » Check the product for any manufacturing defects prior to use. If defects are evident, do not use the product and contact Iron Edge immediately.

#### Product care

- » Keep the Iron Edge Barbells stored in a dry place.
- » Cleaning: use a non-corrosive detergent diluted in water and wipe with a cloth. A wire brush may be used to clean the knurling.
- » Avoid dropping the barbell onto spotting arms or solid fixtures on squat racks.
- » Do not store the barbell on a squat rack or other barbell rack when loaded with weights. Continual pressure on the bar may cause a permanent bend.
- » To lengthen the lifespan of your barbell, minimise the height that the barbell is dropped from during Olympic lifts. Controlled drops will lead to a significantly increased lifespan.
- » The knurling can be cleaned with a fine brush, even a stiff toothbrush.
- » To remove grime from your barbell, rub them over with some oil (vegetable oil on rag) and then clean off the excess with a dry rag
- » You can also lubricate the bars by standing them up vertically and squirting some machine oil where shaft meets the rotating sleeves. Leave it overnight to run down and repeat on the other end the next day.

#### Twelve-month Product Warranty

- » Iron Edge barbells are covered by a twelve-month warranty for manufacturers' defects and faults.
- » Iron Edge will exchange/replace/refund to the customers' satisfaction all Iron Edge Economy barbells affected by manufacturers defects.
- » This warranty does not include normal wear and tear and aesthetics.
- » This warranty does not include bars with shaft bends of less than 10mm from straight.

#### Iron Edge No BS Policy

We take our products and services seriously. It's for this reason we offer a hassle-free No BS policy with all our products. If there's ever an issue with our service or product that is outside of normal wear and tear (see our Terms & Conditions), simply let us know and we'll take care of it with a No BS attitude.

[ironedge.com.au](http://ironedge.com.au) //