



IVANKO BARBELL COMPANY

P.O. Box 1470 • San Pedro, California 90733
The United States of America
Phone: (213) 514-1155 • Fax: (213) 514-1363

ASSEMBLY FOR IVANKO FIXED DUMBBELLS

IMPORTANT - It is essential to follow the instructions below in order to be sure the dumbbells hold up under extreme usage....

1. Dis-assemble all handles.
2. Soak the handles and bolts in a degreaser or paint thinner.
3. Remove the bolts and allow to dry.
4. Remove the handles and use an air hose to blow out any remaining chips or foreign matter that may still be on the threads. Let them dry thoroughly.
5. Use #2 Lock-Tight (blue color, runs about \$70 per bottle). Do NOT use substitutes.
6. Apply #2 Lock-Tight into the threads and tighten the bolt, using the air gun is o.k. Final tightening has to be done with a torque wrench set at 125 ft. pounds with a breaker bar on the other end. Reverse wrenches and torque other side. DO NOT let the Lock-Tight sit for over 30 minutes. In other words, if you snug up the bolt you have to torque it immediately - you can't put them all together then come back and torque them because the Lock-Tight will already be set and you will not be accomplishing anything.
7. REMEMBER - when you use the rubber end plate (EPR), do not use the chrome washer. These are discarded.

NUMBERING - this is important, so numbers do not come off...

1. Rough up the recessed area where the numbers go.
2. Clean the area with a little lacquer thinner.
3. Remove the backing from the numbers and place a few drops of super glue on the backs of the numbers.
4. Press the number in into the recessed area.
5. After the number has set (about 24 hours) you can remove the protective shield on the front of the brass plate, which is there to prevent oxidation and scratching.

To do the job correctly it should take 2 men about 6 hours for one set of dumbbells, 5 to 100#. It is also helpful to keep extra allen wrenches handy as assembly often destroys at least one wrench.

It is very important that these instructions are followed "to the letter". If you think you may not be able to assemble these properly, it is probably best to let us do the assembly at \$10 per pair.