

DETERMINING THE VALUE OF A CAST-IRON PLATE

Note: although this publication was written specifically for regular plates (i.e. those which fit on 1" & 1-1/16 diameter bars), it applies equally to Olympic Plates.

Care, consistency, and quality of regular plates is also an essential component of ensuring that a fixed dumbbell stays together. For more information on how to insist on the best value in fixed dumbbells, see our article, *What Constitutes a Quality Fixed Dumbbell?*

Since the original publication, a few minor things have changed. But the information below is still relevant to helping you make an informed purchasing decision. For example, IVANKO was the first company to insist, over forty years ago, that our plates meet or exceed a $\pm 2\%$ average on stated weight. Today, you will find that IVANKO standard of $\pm 2\%$ weight tolerance has become an "industry standard."

I. WEIGHT ACCURACY & CONSISTENCY.

A. Other Companies Cast their Plates from Scrap

1. Wide Weight Variations (or $\pm 5\%$ average).
2. No selection is usually done.
3. Low cost to manufacture.

B. IVANKO casts its plates from ASTM-graded Cast-Iron.

1. Standard-setting weight tolerance ($\pm 2\%$ average).
2. Selection: light & heavy plates removed to reach our standard $\pm 2\%$ average.
3. Higher cost to manufacture.

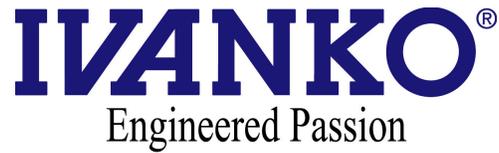
II. PLATE HOLE.

A. Many companies (still) employ a tapered core [i.e. cast] hole in their plate.

1. Low manufacturing cost.
2. Pointed, hard edge of hole destroys bars & chrome plating.
3. Plates do not ride perpendicular on bar. *A problem when used on fixed dumbbells.*
4. If cored to fit 1-1/16" diameter bars, then plate too loose on 1" bars.
5. If cored to fit right on 1" bars, then plate will not fit every 1-1/6" bar.

B. IVANKO machine drills the holes in their plates.

1. More expensive manufacturing cost.
2. Fits well on 1-1/16" and 1" diameter bars.
3. Plates sit perpendicular on bar.
4. Tolerance controlled with go-no go gauges.
5. Friendly to bar and chrome plating.



III. SURFACE TEXTURE.

A. Some companies will offer a rough textured plate.

1. No fill-in of castings.
2. No sand blasting.
3. No selection of plates (i.e. no discarding of sub-standard plates).
4. *IVANKO maintains a smooth, consistent surface texture.*

1. Because of selection, we retain only the best castings.
2. We fill-in and sand blast plates for consistency.
3. Vertical sand blasting (twice) to insure clean surface.
4. Machined, if appropriate.

IV. EDGE FINISHING.

A. Many companies will leave an unsightly (and sometimes unsafe) edge.

1. Parting line, with an almost carbide hardness, destroys floor, concrete, wood.
2. No edge grinding saves costs.
3. An aesthetic blight as well as a safety concern.

B. IVANKO grinds the edges of its plates.

1. By removing hard edge, plate is friendly to floors.
2. Improves appearance.
3. Increases costs.

V. PAINTING.

A. Many companies use cheap paint, and it shows!

1. Usually fast drying, inexpensive paint.
2. Paint always has drips.
3. Cheap paint costs less.

B. IVANKO plates are Electrostatically Spray Painted.

1. Vertical sandblast prior to any machining or fill-in work.
2. Vertical sandblast second time after machining and fill-in work.
3. Tough polyester-base paint.
4. Paint baked for one hour.
5. Ivanko was the first company to use hammertone grey paint. Get the original!



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