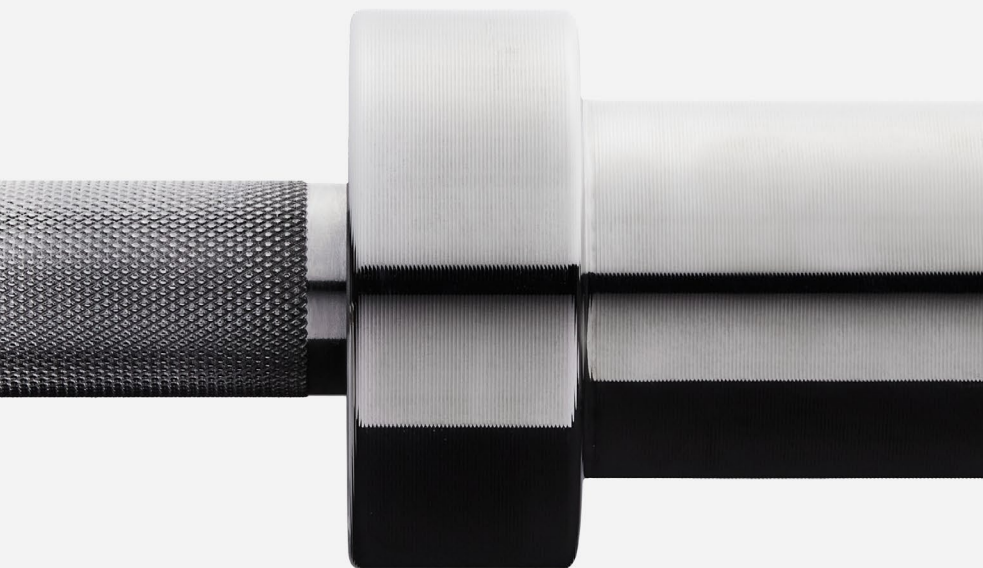


Take care of your bar

PRECISION CRAFTED EQUIPMENT



ELEIKO

For a lifetime of lifting

Eleiko Bar User Guidelines

At Eleiko, we design products to deliver sustainable and durable performance, utilizing the finest materials, high-quality components, and manufacturing practices to optimize product longevity. As with any product, its lifetime performance depends on how it is used, treated, cared for, and maintained.

This guideline outlines recommendations on how to care for your Eleiko Bar to ensure proper function, product longevity, and lifter safety. Eleiko product warranties are contingent on following the Eleiko Product Care Guidelines. Warranties may be voided for any product damaged due to negligence or faulty use, alteration or improper cleaning, maintenance, storage, repair, installation, or handling by the user. Please note that normal wear and tear is not covered by the product warranty. Warranty claims on products will be reviewed on a case-by-case basis and we take our commitment to quality seriously.

Installation and general care

As you build your training space, it is important to take all the necessary actions to ensure lifter safety. Strength training inherently involves some level of risk to the user. To ensure safety: use quality equipment; properly install and maintain equipment; educate yourself, your staff or your members on proper handling and use of equipment; and always use common sense when training.

- Install equipment on a stable and properly leveled base, and properly secure all equipment, especially wall-mounted pieces and benches and racks with bolt down holes.
- Regularly inspect equipment to ensure bolts are properly tightened and equipment is performing as designed. Do not use equipment that appears to be damaged or have missing parts. If in doubt, consult an Eleiko representative before product use.
- Do not repair any equipment before consulting with an Eleiko service technician. Do not replace Eleiko components with other manufacturers' components (e.g. magnetic safety pin, frames, bars etc.). Do not improvise.

Eleiko Bars

Any weightlifting bar can be bent or damaged by severe abuse or improper use. Improper use includes, but is not limited to: bars being dropped while unloaded; barbells being dropped on hard, non-absorbing surfaces or items such as benches, racks, or asphalt; bars left loaded or stored on a rack for an extended period; or moisture entering the sleeve through improper cleaning or harsh environments. Carefully inspect your bar for signs of damage or missing parts that could impact safe performance and ensure sleeves are rotating as designed. If damage is detected, or you are unsure, please contact an Eleiko representative. Sleeve damage is generally linked to improper use or care, but if detected early can often be serviced or repaired.

Use:

- Bars shall only be dropped when loaded with plates, do not drop an unloaded bar.
- Barbells (bars loaded with plates) should only be dropped on platforms or surfaces designed for lifting such as the Eleiko IWF Weightlifting Platform, or a minimum 30 mm rubber flooring.
- Always use collars on each end of the bar to prevent plate movement during lifts.
- Use bars in an indoor climate that is dry, clean, and holds 18-27°C / 63-81°F
- Never use the bar if it shows signs of damage or missing parts especially if the sleeve do not rotate properly as this may cause injury.
- Always use common sense when training and always put safety first.

Cleaning and care:

- Clean bars in a horizontal position. Apply a mild soap detergent to a lint free cloth, then wipe down your bar taking care to avoid the area where the sleeve and bar shaft come together.
- Do not allow bars to get wet or allow cleaning fluid to seep into the area where the sleeve and shaft come together. Moisture in the sleeve can impact bar performance and safety.
- Brush the knurling/bar with the nylon brush included at time of purchase after each use to remove chalk or dirt. A steel brush may be used only on the Eleiko IPF Powerlifting Competition Bars which do not have a chromed surface.
- For disinfection, we recommend alcohol-free, bleach-free, and o-phenylphenol (OPP) ammonia free wipes.

Storage:

- Store bars empty in either the horizontal or upright position.
- Do not store bars with weights loaded as this could cause the bar to bend.
- Store bars in an indoor climate that is dry, clean, and holds 18-27°C / 63-81°F

If any guidelines are unclear, contact your Eleiko representative or our customer service team. Please, note that these are general recommendations and do not cover every aspect of using, storing and maintaining your equipment.

Visit eleiko.com for more information, inspiration,
bar training and precision crafted products.

RAISE THE BAR

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