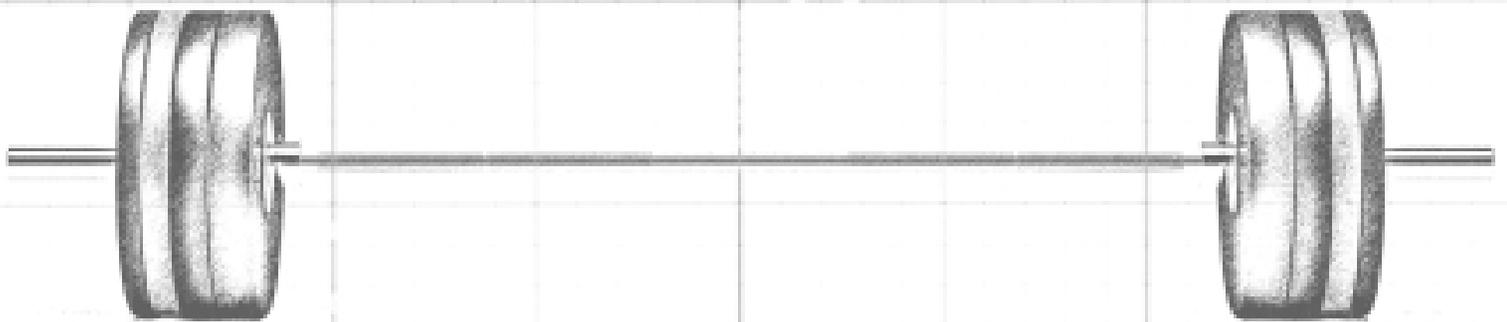


BARBELL BLUEPRINT

HOW TO CHOOSE WHAT'S BEST FOR YOU



BROUGHT TO YOU BY:



[BAR SHIELD]

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WHAT ARE YOU USING IT FOR?

CROSS-TRAINING

What bar finish do you prefer?

Consider the quantity you need (i.e. price)

Multi-purpose bars will be the most versatile here

OLYMPIC WEIGHTLIFTING

What finish do you prefer?

Higher price than average*

Olympic Weightlifting bar preferred, however a
Multi-purpose bar can still be used (price is a factor)

POWERLIFTING

Potentially more expensive

What finish do you prefer?

Squat/Deadlift barbell, however a
Multi-purpose bar can still be used



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WHAT FINISH IS RIGHT FOR YOU?

So many options! Choosing a barbell used to be a lot easier right? Nowadays, the strength & conditioning equipment industry offers several options depending on what you are looking for. Maybe you're a Crossfitter, an Olympic Weightlifter, or a Powerlifter... it all depends.

What do we mean by a barbell's "finish?" The finish on a barbell is the protective coating or plating that covers and protects the bare steel underneath. The purpose? To slow down or to help prevent oxidation, aka rust, from occurring.

Some finishes are better than others when it comes to slowing down rust, however there are numerous other factors to consider before making your decision.

What does this mean to you? It means that you must take the time to consider factors such as price, finish, purpose, knurling pattern, company, etc. before buying.

BARE STEEL

There's a give and take when it comes to choosing bare steel as your finish. On one hand, bare steel is going to give you the most "raw" feel while gripping the bar. This is because there is no plating or finish to the steel.

On the other side of the coin, bare steel will not provide any kind of protection against rust, therefore it will oxidize (rust) the quickest. As a result, you'll begin to see the signs of small brownish, orange dots (patina) on the shaft of the bar much more quickly than other bars.

It comes down to what is most important to you. Just keep in mind that if you want to keep rust off the bar, it will take much more time to maintain.

RAW, TRUE FEEL

NO PROTECTIVE FINISH = CONSTANT MAINTENANCE

BLACK OXIDE

Black Oxide may be the barbell finish for you depending on what you are looking for in a barbell. With there not being many changes during the machining process, the knurling will feel more similar to that of a bare steel barbell.

Black Oxide is not going to be among the top choices when it comes protectants against rust, however it will be one step above bare steel, classifying it as a mild protectant.

To sum it up, the black oxide finish will provide some protection against rust while providing you with a more bare steel feel.

MILD PROTECTANT AGAINST RUST

RAW FEEL, SIMILAR TO BARE STEEL

CHROME

The chrome barbell finish is commonly found in the Olympic Weightlifting world and community. Companies such as Rogue Fitness and Eleiko feature higher-end Olympic bars with polished chrome.

Why use chrome? For one, the aesthetics are sharp and appealing to the eye. If you've ever competed or watched Olympic Weightlifting competitions, you know just how pretty a barbell can appear. On top of this, chrome will also offer greater protection against rust than black oxide or bare steel.

Special Note: Rogue Fitness has performed rigorous testing on barbells over the past five years, and they have found that chrome plated barbells are less durable when it comes to lasting in the long term.

*Up to 50% less durable

MEDIUM PROTECTANT
AGAINST RUST

APPEALING AESTHETICS



ZINC

Zinc is one of the most common barbell finishes found in gyms around the world. Gyms to especially point out are the ones that are exposed to the unpredictability of the weather elements regularly.

The Zinc finish is going to fall in the middle of the spectrum when it comes to the oxidation (rust) rate, therefore requiring less maintenance compared to bare steel and black oxide.

The potential drawback here is the knurling. If you like the raw feeling that bare steel can offer, this may not be the finish for you.

**MEDIUM PROTECTANT
AGAINST RUST**

LESS MAINTENANCE REQUIRED

CERAKOTE

Popularized in the gun industry, cerakote is starting to make its mark in the strength equipment world because of its outstanding ability to withstand corrosion and wear.

Cerakote as a barbell finish option is perhaps one of the newest in the industry. Cerakote is approximately 100x more resistant than even black zinc.

**OFFERS GREAT PROTECTION
AGAINST RUST & WEAR**

**REQUIRES MUCH
LESS MAINTENANCE**

STAINLESS STEEL

Stainless steel is going to rank at the top when it comes to protection against rust and corrosion. One of the greatest things about this particular finish is that it will give you the raw feel + the best rust protection.

The feel of a bare steel bar WITH the best protection against rust & wear. Not only does stainless steel give you great rust and wear protection, it's a very sharp and appealing barbell.

**BEST PROTECTION AGAINST
RUST & WEAR**

REQUIRES LESS MAINTENANCE

SIMILAR FEEL TO BARE STEEL

KNURLING CHOICE

WHAT IS A KNURLING?

Familiar with that rough, sharper part of the barbell that helps with your grip? Yep, that's it.

HOW IS IT MADE?

A knurling is machined specifically to achieve a better feel while using the barbell. Different patterns and exact processes can vary from company to company.

PURPOSE

The purpose of the knurling is to aid in the lifter's grip while lifting. Without this, holding onto the bar will prove quite difficult, especially while sweating.

TYPE

Several types of knurlings are available. Some are sharper and more aggressive, some are passive and less aggressive, and some fall somewhere in between. i.e. Powerlifting bars are traditionally more aggressive than multi-purpose barbells.

BUSHINGS VS. BEARINGS

BUSHINGS

Looking at a barbell, you can identify if it has bushings by looking where the shaft meets the sleeve, or by taking the barbell apart. A barbell with bushings oftentimes are made of composite or bronze, with their function being to help serve as a surface between the shaft of the bar and the sleeve, thus reducing friction.

Bushings are most commonly found within multi-purpose barbells because they are durable. They can withstand several drops and abuse while still giving you a reliable spin.

BEARINGS

Bearings on the other hand are going to give you a much more consistent and faster spin on the sleeves than bars with bushings. Barbells that contain bearings can be found in more specialized bars such as Olympic Weightlifting bars.

For example, in the sport of Olympic Weightlifting it is crucial that the sleeves spin freely and reliably. The reason you need these attributes is because the margin of error as you reach maximal weights narrows down considerably. If you are lifting maximal weight, it is mandatory to use a barbell that you can count on so you don't open the door to injury.

MAINTENANCE

WHY

Barbell maintenance is ESSENTIAL to increasing the life of your barbell(s). Why? The short answer: it saves you money! Maintaining & treating on a consistent basis will increase their longevity, in turn saving you thousands of dollars. Slacking off will expedite the rusting process, resulting in product replacement costs.

#1 THE KNURLING - WHAT TO DO

Always start with a nylon brush first!! Only resort to brass or stainless steel if necessary. This ensures that you will NOT strip the bar's finish off. At the minimum, the chalk, skin, blood, etc. needs to be removed from the bar's knurling. Chalk holds moisture and sweat easily, which leads to a faster oxidation (rusting) process.

A step further: conditioning the bar with our Bar Shield formula will help to combat the rusting process, giving you an extra line of defense. Our formula was designed specifically to help slow the rusting process. With anti-rust and corrosion properties among other benefits, our formula will help keep your hard-earned dollars in your pocket.



MAINTENANCE CONT.

THE KNURLING - THE PROCESS

- #1 Loosen up chalk, skin, blood, etc. that is caught on the knurling with a NYLON bristled brush
- #2 Apply a thin coating of the Bar Shield formula to the knurling
- #3 Work the formula into the bar (circular strokes work great)
- #4 Wipe off the bar with a lint-free towel

#2 THE SLEEVES - WHAT TO DO

Do you want a bar with sleeves that spin well or one that is locked up? If I were to guess, I would say the former. Ensuring that you have sleeves that spin freely is vital to having a safe (and awesome) lifting experience.

Sleeves that spin properly allow you to use the bar as it was intended, and not having to overcompensate or overpull in your lifts. Not only this, you won't risk a preventable injury!

MAINTENANCE CONT.

Below is the process for restoring and maintaining proper sleeve spin with your barbells. It's a simple and time-effective option to stay up to date on your maintenance!

THE SLEEVES - THE PROCESS

- #1 Position the bar(s) vertically in a 45 lb. bumper plate or 9-bar holder
- #2 Drip a few drops of our Bar Shield formula down into the sleeve while turning the shaft of the bar
- #3 Allow it to sit & diffuse down into the sleeve for 10-15 minutes. This allows the bushings/bearings to be properly lubricated
- #4 Repeat on the other side

MAINTENANCE CONT.

HOW OFTEN?

The Knurling

More Humid Environments

*2-4 times per month

Less Humid Environments

*1-3 times per month

The Sleeves

As needed. Every few weeks test out the sleeves by giving them a few turns. The sleeves SHOULD spin freely. Your lifters will thank you!

FACTORS TO CONSIDER

Environment

Are you in Florida or Arizona? The more humid the environment, the more maintenance will be required.

Barbell Finish

Finishes are NOT created equal. For example, bare steel has no finish to help protect, so it will require MORE maintenance than a stainless steel finish.

Barbell Use

Do you go to/own a small or large gym? The number of hands touching your bars on a daily basis must be factored in. More hands = more maintenance.

Climate-Controlled or Exposed?

Is your gym air-conditioned or exposed to the elements? Open-air gyms will definitely need more maintenance than gyms that have the luxury of air-conditioning.

ROGUE FITNESS' F-SCALE

Rogue Fitness has developed a durability test to see just how long barbells should last in both a gym and an individual user setting. They named it the F Scale™. Not only has this been established, they also have developed a patent-pending process called Rogue Work Hardening (RWH) to help make a barbell more durable.

What does this mean for you? This helps to give you a roadmap to buying the ideal barbell(s) for you. Are you a high traffic gym that is going to see countless drops per year, or are you the garage gym warrior that is the only one using your bar? It all depends. Please do yourself a favor and click the link below to check out more on the F-Scale.

From Rogue's website:

"The F Scale™ is a durability scale for barbells based on functional testing at stresses similar to what barbells experience when being dropped from overhead. Bars that have been treated with Rogue Work Hardening (RWH™) are designated by having an R in their F Rating™." Please learn more by reading [here](#)



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IN CONCLUSION...

Now that you are armed knowledge on barbells, you can begin the buying process! In the end, it comes down to your personal preferences with what you want in a bar.

Try different barbells to see what you prefer, evaluate what you are going to use it for, consider your budget and off you go!

Happy Lifting!!!

A QUICK NOTE FROM BAR SHIELD

Thank you for reading through the Barbell Blueprint! We are excited to help guide you through the sometimes complex barbell buying process.

We've spoken over multiple lengthy conversations about the process of buying a barbell and how it can be a bit more complicated today. Our solution: a simple and easy-to-read guide to help point you in the right direction. Plain & simple. The result? Less time AND money wasted doing a bunch of Google Searches and guessing.

Our goal at Bar Shield USA is to help you maintain your gym equipment proplery so you can keep more of your hard-earned dollars in your pocket.

#protectyourinvestment

-Daniel & Blaine

#BARTIPTUESDAY

What is it?

Bar Tip Tuesday serves two purposes:

#1 To provide the community with gym AND barbell maintenance tips

#2 To supply the community with Weightlifting form and technique tips

Submit Your Questions

If you have any questions on gym/barbell maintenance or Weightlifting, make sure to submit them to:

info@barshieldusa.com

PRODUCT RECOMMENDATIONS



Prevent Rust

Restore & Maintain Spin

#ProtectYourInvestment

\$39.95



Clean ANY surface

Dual-sided & durable

#MakeGymsCleanAgain

Single: \$16.95

4-Pack: \$59.95

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