

## Thank you for your purchase!

Our barbells are made to withstand some of today's most demanding training environments. Required maintenance will vary depending on usage, environment and other factors, but no material, finish or component is entirely resistant to corrosion or elements.



American Barbell  
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Las Vegas, NV 89115

# AMERICAN BARBELL BAR CARE GUIDE



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# BAR CARE

## KNURLING:

- Use a high-quality synthetic brush to regularly clean chalk and other build-up from the knurling and bar shaft. If there is a visible amount or signs of corrosion, apply 3:1 lubricant to those areas.
- Let oil soak for a minimum of 10 minutes.
- Thoroughly brush the knurling and bar shaft.
- Wipe away any visible signs of chalk or oil with a dry cloth.
- Repeat as necessary until your bar is clean and protected.

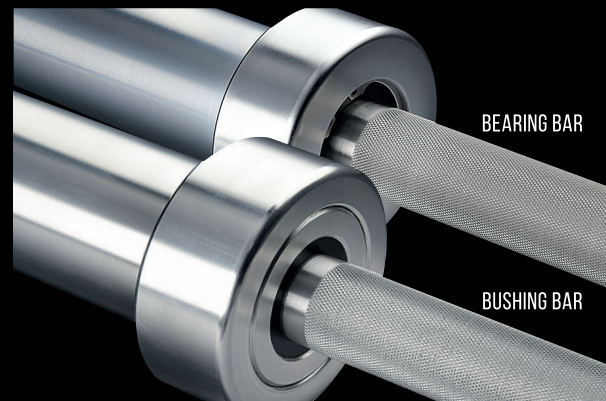
DO NOT use a low-quality steel brush, as fragments can become trapped in the knurling, which can lead to corrosion. Stay away from harsh cleaning solvents, as they may damage the finish.

## BUSHINGS:

Chalk and other particles over time can get into the bushings and have an impact on sleeve spin. Maintaining reliable spin is simple and should require no disassembly:

- Stand the bar vertically and apply 3–4 drops of 3:1 lubricant to the bushings from the inner sleeve side, rotating the sleeve while the lubricant is applied.
- Let the oil soak for approximately 10 minutes.
- Repeat as necessary.
- Wipe away any excess oil using a dry cloth.

DO NOT use anything with silicone added, as it will dry out the existing lubricant and attract dirt/debris.



## BEARINGS:

- Stand the bar vertically and apply 5–7 drops of 3:1 lubricant to the inner sleeve side of the barbell, rotating the sleeve while the lubricant is applied.
- Let the oil soak in for approximately 15 minutes. This should be performed on a regular basis – especially in humid environments.
- Wipe away any excess oil using a dry cloth.

This will help maintain a smooth, reliable spin, as well as help protect against the elements. DO NOT use anything with silicone added as it can dry out the existing lubricant and bearing system.

## STORAGE:

American Barbell recommends that bars are stored unloaded on a horizontal urethane gun rack/similar while not in use. When in use with a squat stand/rack, we strongly recommend using plastic-protected J-hooks. Steel-on-steel contact is NOT recommended during storage or use. This can damage your knurling, finish and may lead to corrosion.

## NOTICE OF MAINTENANCE:

Your barbell may show signs of wear over time. All bars must be visually inspected regularly and prior to each use. Any barbell that shows signs of missing or loosening parts, excessive wear or any other irregularity must be pulled from use/service immediately until repaired or replaced. Contact American Barbell for assistance or technical support.

