

A shirtless man wearing a dark cap and sneakers is crouching over a barbell on a gym floor. The barbell has several large black weight plates. The man is looking down at the barbell. The background is a plain, light-colored wall. The floor has yellow diagonal stripes.

# BARBELL MAINTENANCE



INDUSTRIAL ATHLETIC

## SOME EASY MAINTENANCE WILL ENSURE YOUR BAR LASTS A LIFE TIME.

Looking after your barbell will save you money in the long-run. No one wants to spend good money on a bar just to have it rust or become unusable a year or two later.

How often you perform maintenance on your barbell is going to be determined by what type of finish it has and what kind of environment it'll be in. The frequency will vary based on your climate, the bar will get surface blemishes overtime.

It's important that it's regularly maintained. Regardless of the bar's finish, weekly maintenance is recommended.

# BARBELL MAINTENANCE CONSISTS OF FOUR THINGS

**1. USING THE CORRECT MAINTENANCE SUPPLIES**

**2. CLEAN THE KNURLING**

**3. WIPE DOWN THE BAR**

**4. LUBRICATING THE BUSHINGS AND BEARINGS.**

Our bars will last a lifetime but you need to maintain it and keep the steel healthy. You can't ignore any of these steps when performing maintenance on it.

# 1. MAINTENANCE SUPPLIES

Before cleaning or performing maintenance on the bar, make sure that you have the correct supplies for doing so. Using the wrong materials can actually damage the bar's finish, causing oxidation to occur.

## THE SUPPLIES YOU'LL NEED

- ⚙ Stiff, nylon brush
- ⚙ 3-In-One oil
- ⚙ A rag that will be used to apply oil to the bar
- ⚙ A rag for cleaning oil off the bar
- ⚙

After gathering the right supplies, you'll be ready to start. The first step is to clean the bar's knurling.

## 2. CLEAN THE KNURLING

Before oiling the bar, you should clean the knurling. Leaving debris in the knurl, such as left over chalk or dirt from your hands, can cause the bar to rust over time.

### HOW TO CLEAN YOUR BARBELL'S KNURLING

- ⚙️ Apply a small amount of oil to the bar's knurling.
- ⚙️ Use the brush to clean chalk and dirt out of the knurl.
- ⚙️ After you've cleaned the knurling, you'll be ready to oil the bar.

# 3. WIPE THE BAR DOWN WITH OIL

Wiping down the bar with oil will help remove rust and protect the bar. If you want your bar to last a long time, this will be necessary. Especially if it's being used in a commercial gym, which is often times an extremely harsh environment for a barbell.

## HOW TO OIL YOUR BARBELL

- ⚙️ Apply a small amount of oil to the rag and wipe down the barbell with it.
- ⚙️ Use the brush to work the oil into the knurling.
- ⚙️ Let the oil on the bar dry for a few minutes.
- ⚙️ Use the clean rag to wipe down the bar, cleaning up any excess oil.

# 4. LUBRICATE THE BUSHINGS OR BEARINGS

If you want the sleeves of your bar to continue spinning smoothly, you'll have to regularly lubricate its bushings or bearings.

## HOW TO LUBRICATE YOUR BAR'S BUSHINGS OR BEARINGS

- ⚙ Stand the bar upright, or vertically.
- ⚙ With the bar standing straight up, apply a conservative amount of oil (a few drops) to the beginning, or inside, of the sleeve closest to the floor, where it meets the shaft.
- ⚙ Slowly spin the sleeve while doing so to allow the lubricant to reach the entire bushing or bearing.
- ⚙ Use the cleaning rag to wipe up any excess oil.
- ⚙ Flip the bar so that the other end is facing up, and repeat steps 2-3 for the other sleeve.

# AVOID DOING RACK PULLS

Another tip to help sustain a long lasting relationship with your barbell is to avoid doing exercises that can be destructive to the bar, such as rack pulls. These types of exercises can cause a bar to permanently bend. If doing them can't be avoided, it's best to use a cheap bar that you don't care too much about.

# STORE YOUR BAR CORRECTLY

When storing the bar, it's best to leave it lying flat, as opposed to vertical. This will help prevent chalk from sliding into the bar's sleeve assembly, which could prevent the bushings or bearings from spinning smoothly. Industrial Athletic have a variety of storage options to suit all size gyms and home set ups.

Click [HERE](#) to learn more



# CONGRATULATIONS!

You now know how to properly perform maintenance on your barbell. We've not only shown you how to perform maintenance on your bar, but also how to avoid bending it and how to store it. If you stay consistent with doing everything we mentioned, there's no reason your bar shouldn't last forever, or at the very least, a really long time.



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