

Freebell

Introduction

Introducing the Freebell—a revolutionary training tool designed to meet the evolving needs of strength and conditioning, as well as physical rehabilitation markets. The Freebell is not just another piece of equipment; it's a game changer, combining innovative design elements to enhance athletic performance and safety.

What Sets the Freebell Apart?

- 1. Weighted, Bilateral, and Offset Load**
The Freebell features a unique configuration of weight that challenges athletes' stability across various positions. Its strategic load placement creates an optimal fulcrum, allowing for smooth, dynamic movements that push the limits of traditional training.
- 2. Free-Spinning Handle**
Equipped with a precision-engineered bushing within a knurled handle, the Freebell allows for consistent and smooth rotation. This design ensures that the weight spins around the user's grip, enabling dynamic exercises without the need for constant adjustments. This means less strain on your joints and a more fluid training experience.
- 3. Built to Last: Exceptional Durability and Design**

The Freebell is engineered with longevity in mind, constructed from high-quality ductile cast iron that ensures strength and resilience. This robust material provides the necessary weight for effective training while withstanding the rigors of daily use in both professional and personal settings.

To further enhance its durability, the Freebell features a powder-coated finish, which not only offers a sleek, attractive look but also protects against wear and corrosion. This finish ensures that your Freebell maintains its integrity and appearance over time, even under heavy use.

The use of high-grade fasteners with a double shear design adds another layer of strength, ensuring that all components remain securely attached during intense workouts. Additionally, a snap ring is incorporated for added protection, reinforcing the connection points and enhancing the overall structural integrity of the equipment.

Finally, the precision-engineered knurled handle is equipped with a bushing that allows for smooth, consistent rotation. This thoughtful design not only improves grip and comfort but also minimizes wear on the handle, making the Freebell a reliable companion in your training journey.

With these advanced materials and design features, the Freebell is built to endure the test of time, providing athletes with a durable and dependable tool for all their strength training needs.

4. Versatility in Movement

Unlike conventional weights, the Freebell's design enables fluid transitions between various exercises, from Farmers walks to overhead carries, without the need to rotate the weight itself. This versatility empowers athletes to perform a wide range of movements effectively and safely.

5. Joint-Friendly Design

The combination of a free-spinning handle and offset weight distribution minimizes stress on the wrists and joints. Athletes can maintain contact with the handle while allowing for smooth rotation, eliminating the discomfort typically associated with traditional free weights.

6. Optimized for Dynamic Movements

The Freebell is specifically designed to support movements like snatches, where smooth transitions are essential. Its dimensions allow for unrestricted movement of the upper arm, promoting proper technique and reducing the risk of injury.

7. Safety and Stability

The bilateral weight distribution ensures the load remains centered over the supporting joint, fostering safer movements compared to traditional kettlebells or dumbbells.

This innovative approach encourages athletes to maintain optimal positioning throughout their exercises.

The Freebell stands out in the crowded fitness market due to its thoughtful integration of advanced features designed to enhance performance and safety. Whether you're an athlete looking to elevate your training or a rehabilitation professional seeking effective tools for recovery, the Freebell is here to transform your experience.

Embrace the future of strength training with the Freebell—where innovation meets performance.

Where do I start?

Freebell Academy is a specialized educational resource aimed at helping strength coaches, trainers, physical therapists, and the general public effectively utilize the **Freebell**—a unique piece of fitness equipment designed for strength training and physical rehabilitation.

Freebell Academy offers educational resources to help users of all levels make the most of the Freebell's unique features. The Freebell's innovative design—combining a free-spinning handle with compact, bilateral weights—provides a versatile and effective tool for a variety of strength and conditioning exercises, as well as physical rehabilitation.

By focusing on improved grip strength, joint health, and functional training, the Freebell supports a wide range of fitness goals and offers a distinct advantage over traditional exercise equipment.

Freebell Academy helps users learn the proper techniques for incorporating the Freebell into their training routines, ensuring safety and effectiveness for optimal fitness outcomes.

FREEBELL MAINTENANCE

What You'll Need:

- Metric allen wrench set
- Snap ring pliers

- 3-in-1 oil
- Dry rag
- Blue Loctite

Overview:

Regular maintenance of the Freebell ensures optimal performance and longevity. This guide outlines the steps to clean and maintain your Freebell, focusing on the rotating sleeve and inner handle.

How to Care for Your Freebell

1. Prepare the Work Area

Ensure you have a clean, flat surface to work on. Gather all your tools and materials.

2. Remove the Snap Ring

Use snap ring pliers to remove the snap ring from one side of the Freebell. Note: Only one side needs to be removed for cleaning.

3. Disconnect the Sleeve

Using a size 6 allen wrench (size 4 for 2kg and 4kg models), remove the double shear connection bolt.

4. Slide Off the Rotating Sleeve

Carefully slide the rotating sleeve off the inner handle rod.

5. Clean the Components

- Wipe down the inside of the sleeve and the inner handle rod with a dry rag.
- For deeper cleaning, use a small amount of alcohol or acetone.

Caution: Avoid contact with the outside plates or nylon bushings.

6. Lubricate the Inner Handle

Apply a thin layer of 3-in-1 oil to the inner handle before reinstalling the sleeve.

7. Reassemble the Freebell

- Slide the sleeve back onto the inner handle with the nylon bushing in place.
- Install the side plate.

8. Secure the Connection

- Apply a small amount of blue Loctite to the bolt.
- Reinstall the plate connection bolt and tighten snugly.

9. Reinstall the Snap Ring

Ensure the snap ring is securely in the groove all the way around.

10. Final Wipe Down

Use a dry rag to wipe down the handle and plates, ensuring no 3-in-1 oil remains on the outer surfaces after reassembly.

Important Notes:

- **Regular Maintenance:** Clean your Freebell periodically to maintain its performance.
- **Avoid Damage:** Dropping the Freebell can damage its internal components. Always handle with care.

By using the Freebell, you agree to the following terms:

1. **Proper Handling:** Always handle the Freebell with care. It is designed for controlled exercises and should not be dropped or thrown, as this may damage the equipment and pose a safety risk.
2. **Surface Requirements:** Use the Freebell on a stable, non-slip surface to prevent accidents. Avoid using it on uneven or unstable ground.
3. **Supervision:** Ensure that inexperienced users or children are supervised during use to prevent misuse and potential injury.
4. **Intended Use:** The Freebell is intended for strength training, conditioning, and rehabilitation exercises only. Any other use is prohibited.
5. **Damage and Liability:** Users are responsible for any damage caused by improper use, including dropping the Freebell. The manufacturer is not liable for injuries or damages resulting from misuse.

By using the Freebell, you acknowledge that you have read, understood, and agree to comply with this acceptable use clause.

The Freebell is a specialized piece of fitness equipment designed for strength training and rehabilitation. Before using the Freebell, please read the following important information:

1. **Consultation:** Always consult a qualified healthcare professional or certified fitness trainer before beginning any new exercise program, especially if you have pre-existing medical conditions, injuries, or concerns about your health.
2. **Use at Your Own Risk:** The use of the Freebell is at your own risk. The manufacturer and distributors are not liable for any injuries, damages, or losses incurred during the use of this product.
3. **Proper Use:** The Freebell is intended for controlled strength and conditioning exercises. Users must adhere to the guidelines for safe handling and operation outlined in the accompanying materials. Dropping or misusing the Freebell can result in injury or equipment damage.
4. **Supervision:** The Freebell should be used under supervision if operated by children or individuals with limited experience in strength training.
5. **Not a Substitute for Professional Guidance:** The Freebell is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

By using the Freebell, you acknowledge that you have read and understood this disclaimer and agree to use the product responsibly and safely.