



IVANKO BARBELL COMPANY

P.O. Box 1470 • San Pedro, California 90733
The United States of America
Phone: (310) 514-1155 • Fax: (310) 514-1363

FIXED DUMBBELLS AND BARBELLS

INSTRUCTIONS FOR REMOVAL OF END CAPS & BOLTS

(1) TOOLS NEEDED

1. 3/8" allen socket
2. long breaker bar (1/2" Drive)
3. pipe wrench
4. 1/4" thick piece of leather (to protect bar)
5. small torch or cigarete lighter (to melt locktite)

(2) STEPS TO LOOSEN BOLTS

1. First, try to loosen bolt with breaker bar and 3/8" allen socket. Be sure to have someone else hold the bar while you try to loosen it. It is important to wrap the bar with a piece of leather to protect the knurling. Use a large pipe wrench wrapped around the leather to hold the bar.
2. If the bolt does not loosen, the locktite needs to be heated. This is done by using a small torch or cigarette lighter to heat the bolt. Direct fire on the outside of the bolt will heat it and melt the locktite making it easy to remove the bolt.
3. If this does not work at first, keep heating until you can turn the bolt. Eventually, the bolt will be free of locktite and easily turn.

(3) Once the bolt is out, the plates can be removed or replaced easily.

(4) Be sure to clean the bolt before re-assembly. Use #2, blue locktite on the threads of the bolt and tighten to 125 ft. pounds using a torque wrench and a breaker bar.

It is important to work quickly as the locktite will "set-up" fast.

www.ivankobarbell.com / support@ivankobarbell.com