



TECHNICAL BARBELL GUIDELINES

Wolverson barbells are manufactured to precise technical specifications and batch tested in the UK for quality control.

They are manufactured from a variety of steel alloys and heat treated to achieve the desired properties for the bars function.

As such, bars are subject to the same failure modes as any engineering component. Such failures may be permanent deformation (bending beyond the elastic limit of the bar) and fatigue failure.

To reduce the risk of fatigue failure of your bar and prolong the working life of the product, all bars must be inspected and cleaned at regular intervals, with high volume usage requiring more inspections.

Wolverson's guidelines can be found here **"Olympic Barbell Maintenance and Inspection Schedule"** as well as on all Wolverson's bar listings and in the FAQ section of the website.

Any change in an Olympic bars performance indicates a change in the bars structure and should be investigated before the bar is used again.

Any deterioration in the rotation of the bar sleeves should be investigated – damage to bearings can lead to localized impact zones that can lead to bar failure.

Regular Visual inspection is recommended and any if damage to the shaft of the bar surface or bearings is noted, the bar should be withdrawn from use and assessed for damage professionally before being re-commissioned and used again.

Any bar, however inexpensive or expensive, can last a lifetime if used properly and carefully maintained. Similarly, any bar, however expensive or well made, will not last to the same extent if used incorrectly or poorly treated.

Follow these simple steps to get the most out of your bar for many years to come.

- a) Never use a bar that is damaged / bent or where the sleeves do not spin properly. Failure to do so could cause severe injury.
- b) Wolverson do not recommended that any Olympic bar be used for rack pulls this will cause damage/bending of bars, and should be avoided at all costs and will invalidate any product warranty.

c) Wolversons bars are only guaranteed for use on 20mm or thicker flooring, failure to use correct flooring WILL shorten the lifespan of bars and bumper plates and can lead to bar failure. This will also invalidate your warranty.

d) Follow all procedures in the **"Olympic Barbell Maintenance and Inspection Schedule"**
Failure to do so will invalidate your warranty.

e) Never drop a Wolverson/Bison bar on a hard surface, such as concrete. This will invalidate your warranty.

f) The bar must never be left after use loaded with weights, on a rack or similar device. This could eventually cause the bar to bend and will invalidate your warranty.

g) Never allow the bar to come in contact with water, in particular the sleeves of the bar where water exposure could lead to a bearing failure.

In Summary

ANY change in an Olympic bars performance indicates a change in some element of the bars structure and should be investigated before the bar is used again.

Follow the **Inspection and Maintenance Guidelines** to ensure your warranty is valid.

If in doubt contact advice@wolverson-fitness for further assistance.