Olympic Barbell Maintenance and Inspection Schedule

These steps should be followed on a regular basis to prolong life and good working condition of your bars**.**

Daily checks for your Barbell.

Sleeve rotation

With the bar unloaded rotate both bar sleeves and check for smooth rotation.

If a loss of rotation is noted the sleeves should be lubricated, If this fails to improve performance then you must follow the procedure at STEP 3 below.

Bar straightness

With the bar unloaded and on a flat surface spin the shaft and visually check for any abnormal rotation.

If the bar is visually bent and not rotating in straight line then it should be decommissioned and taken out of use immediately and the procedure at STEP 3 below carried out.

Cleaning your Barbell

STEP 1: Use a dense soft brush to remove excess chalk powder/skin fragments/general debris in

knurling.

STEP 2 : Wipe a thin layer of anti-rust oil (WD-40) using a cloth on your bar after cleaning, wipe off any remaining excess oil after 10-15 mins prior to use.

STEP 3 : Once a year (or more if the bar is subjected to heavy use) it is recommended to remove the sleeves from the bar shaft (taking note of the order in which the bearings and spacers are removed) and then clean the interior of the sleeve housing to remove any build of chalk, dust etc.

At this point a visual inspection of the bar shaft is recommended, if you note any of the following then the bar should be immediately taken out of use and disposed of.

1) Loss of straightness
2) Scoring or impact marks on the shaft where the bearings/bushes in the sleeves make contact.
3) Any wear and tear at the points where the bar shaft enters the sleeve.
4) If any metal particulates are found when disassembling the sleeves then extra care should be taken when inspecting the shaft and it is possible the bearings could have failed. If this is the case then the bearings must be changed before the bar is reused and the shaft inspected for impact or fatigue damage.

If you have any questions regarding the points above contact advice@wolverson-fitness.com

Once this has been completed re-lubricate the bearings and shaft with a white lithium grease and re-assemble.

This will help to keep the bar lubricated and performing optimally.

Barbell Storage

How you store your barbells is also an important factor to consider in maintaining your barbell.

Ensure that any abrasive contact points of your bar storage do not make contact with the knurled sections of bar shaft, this is an important factor as failure to do this will damage knurling, outer material and even bearings.

Always ensure that when not in use your bars are not loaded with weight. Failure to do so may cause permanent deformation and invalidate your warranty.