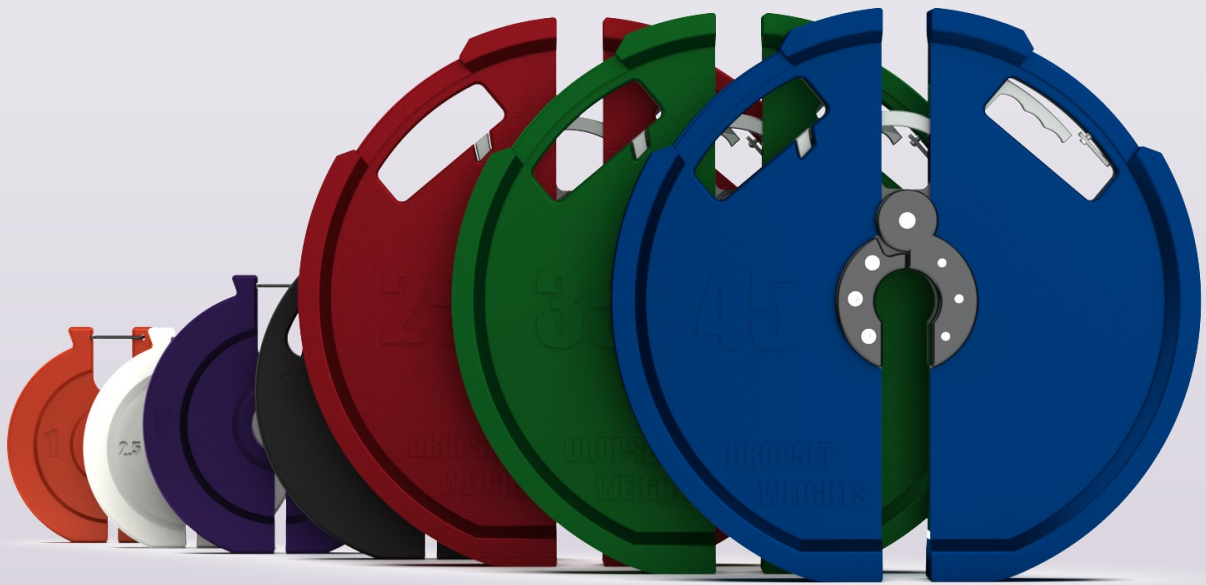


DropSet Weights

DropLock Olympic Plate



User Manual

IMPORTANT SAFETY INSTRUCTIONS

When using strength training equipment, including Olympic plates, precautions should always be taken to reduce the risk of injury.

Read this manual first before using any DropSet Weights equipment.



WARNING:

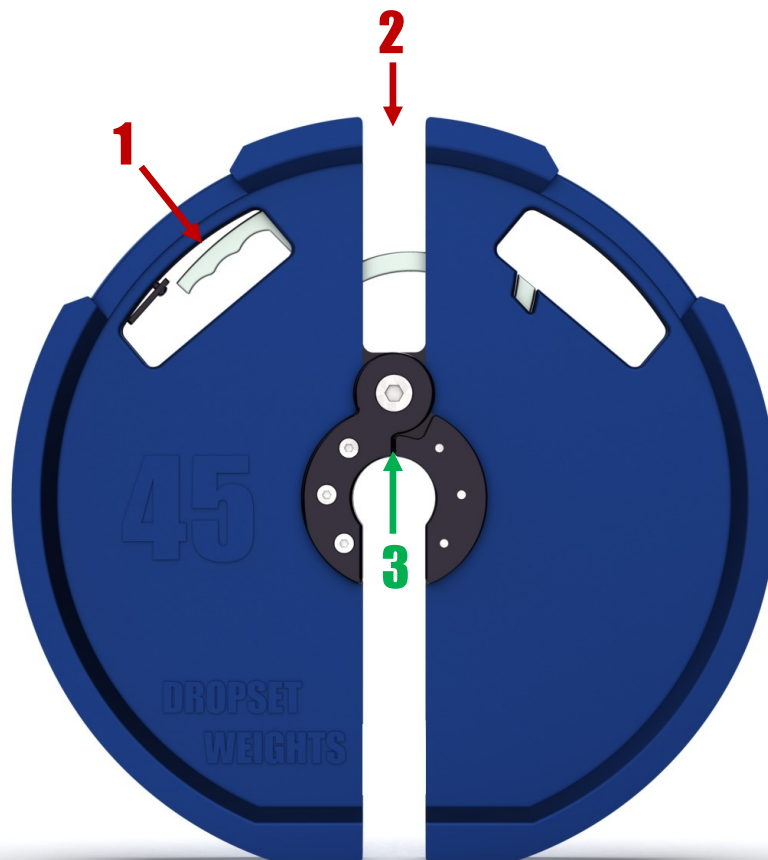
To reduce the risk of injury due to misuse of DropSet Weights equipment:

1. Ensure at all times that the path between DropSet equipment and the ground is clear of any object, including debris, other equipment, person(s) or appendages, or anything that may result in a deflection of equipment or injury upon contact.
2. Observe and keep all limbs, digits, and appendages clear of all pinchpoints outlined in this manual.
3. Use this equipment only for its intended purpose as indicated in this owner's manual.
4. Always engage the Restricting Tab after attaching DropLock plates to a barbell.
5. Always ensure that the Lock Indicator is clearly visible in the correct position on all DropLock plates in use.
6. DropLock plates may ricochet when dropped from above the waist—be sure that the plates are dropped away from oneself and clear of any other person(s) or objects in the immediate area.
7. Do not use DropLock plates on any surface that is uneven or in any instance where plates will come into contact with an uneven surface during use.

DropLock Plate Pinch Points

Areas **1** and **2** as noted are to be avoided when opening up the DropLock Plate. Area **1** designates the space between the Trigger and the outer ring of the plate. Area **2** designates the space between the two upper most points of the DropLock plate.

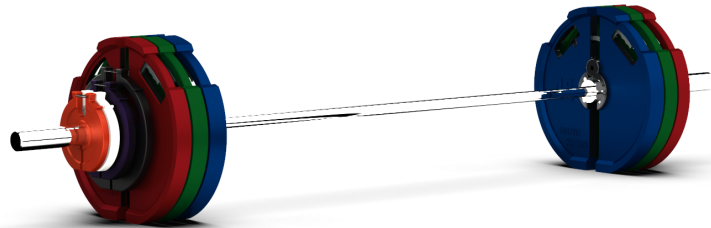
Area **3** as noted is to be avoided when closing the DropLock Plate. Area **3** designates the space between the two planes of the rotating mechanism. This area represents a dangerous pinch point when the DropLock plate is closing.



Welcome to DropSet Weights

Thank you!

Thank you for purchasing this set of DropSet Weights' DropLock Olympic Plates. We are pleased that you have decided to do so and humbly hope that our products serve you as well or better than you hoped when you first made your purchase.



Who We Are

At DropSet Weights, we are committed to fitness and to helping people invest in their happiness and their future by developing cutting edge technology to facilitate exercise programs that are efficient and effective. We believe that the energy you put into your fitness journey should be focused on the weight you lift and not on trying to find the time to do so. It is our sincere hope that all of our products make it much easier to get an effective workout in and help make that workout more enjoyable. We are excited about the future of this company as we grow and develop new products to solve the needs of the fitness community. Our engineers are dedicated to leading the way in our industry and we look forward to presenting new products to our customers in the coming years. Please stay tuned to see what we come up with to help you get the best workout you can get!

DropLock Restricting Tab and Lock Indicator

Restricting Tab

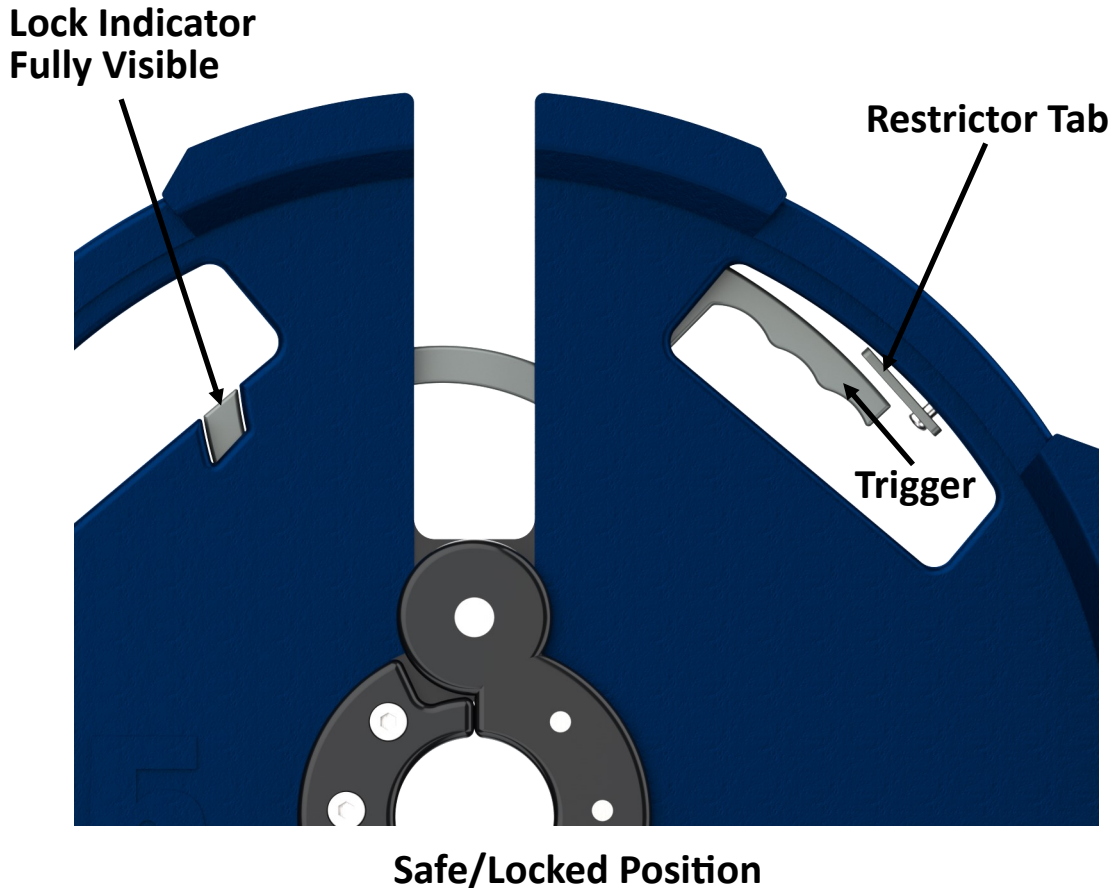
DropLock Plates are equipped with a Restricting Tab located on the Trigger side that prevents the plate from separating from the Olympic bar it is attached to. Please note the position of the Restricting Tab when it is in the Safe/Locked position and when it is in the Unsafe/Unlocked position.

Lock Indicator

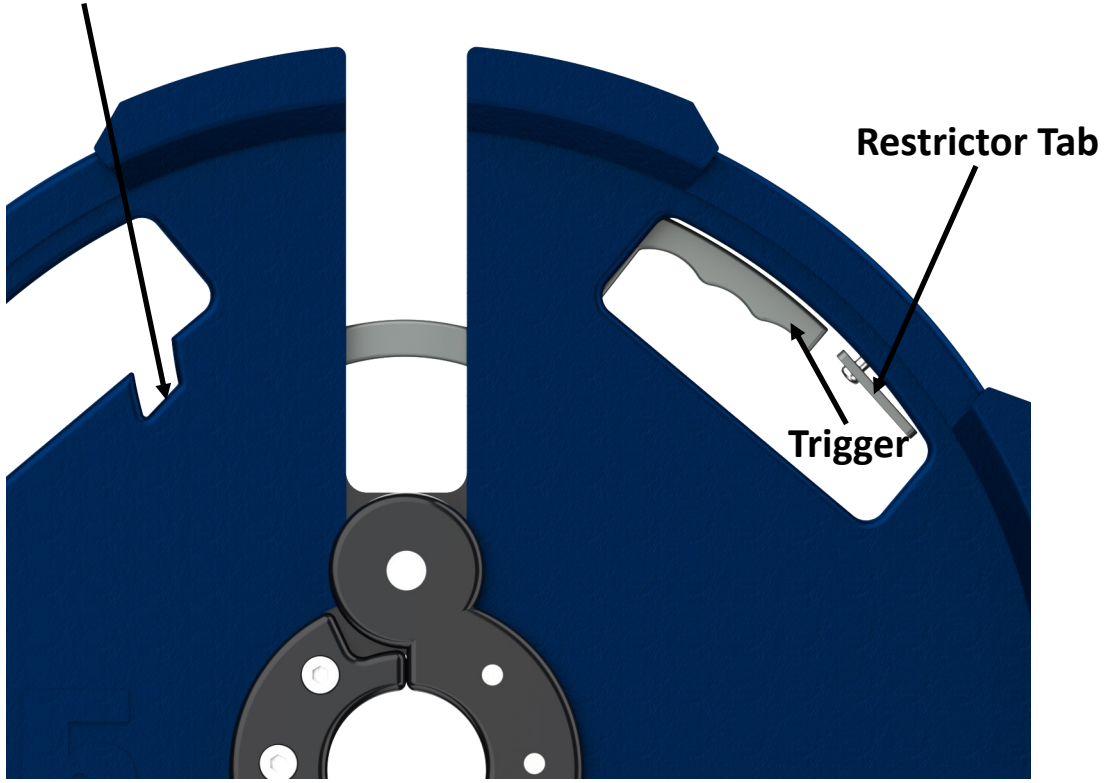
DropLock Plates also feature a Lock Indicator that is fully visible only when the plate is in the Safe/Locked position. Please note that the Lock Indicator will be flush with the bottom side of the grip area when the plate is safe to use.

Safety Note

Please review the following illustrations for proper safety precautions.



Lock Indicator
Not Visible



Unsafe/Unlocked Position

How to Use Your DropLock Plates

Your new set of DropLock Olympic Plates is designed to drop into any position on a standard Olympic bar and close so that any plates can be added, removed, or replaced with speed and ease. Please note, it is best to leave the plates at least 1" from the end of the bar collar. These DropLock plates can be loaded and unloaded from a floor or stand position and have handle grips provided that are unique to each position.

Loading/Unloading

1. Disengage the Restrictor Tab and hold the DropLock Plate with both hands through the handle grips.
2. Pull the Trigger to disengage the Lock Indicator. Once the Lock Indicator has recessed below the visible surface (Unsafe/Unlocked position illustrated previously), rotate both hands together as close as they will go. The DropLock Plate will lock in an open position once the Trigger is released.
3. Drop the DropLock plate onto a standard Olympic barbell.
4. Squeeze the Trigger again and rotate hands away as far as they will go and release the Trigger. The Lock Indicator should now be fully exposed indicating that the plate is in the Safe/Locked position.
5. To remove, squeeze the Trigger to unlock and pull the plate up. The last two plates will let the bar drop if opened with the Trigger side up. If this is not desirable, simply rotate the bar until the Trigger is down, open the plates and remove the bar.

Product Care and Storage

Your new set of DropLock Olympic Plates is meant to be stored indoors in a climate controlled facility in order to maximize the life and effectiveness of the rotating mechanism.

Warranty Information

DropSet Weights DropLock Olympic Plates come with a 1 year unlimited warranty. For any questions regarding this warranty or to make repairs, please contact: warranty@dropsetweights.com

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