

Barbell Collar Instructions

To open the Barbell Collar, press the red lever while pulling up on the black latch at the same time. Slide the collar onto the barbell and lock into place by closing the black latch back over the red lever. Always make sure the barbell clamps are tight and secure against the bar before use. The Collars should always be stable and never move.



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Warnings

- Always consult a physician before beginning any workout program.
- Ensure that the Barbell Collar is locked tightly on the bar before beginning any lift.
- If the collar is cracked, discolored, defective or not locking into place tightly and securely, do not use and contact B.M.P.
- Barbell Collars are only to be used under the supervision of a personal trainer.
- Not meant for at home use or without supervision of a professional.
- Only use the Barbell Collar for its intended purpose.
- Black Mountain Products assumes no liability for misuse of product.
- Never leave the Barbell collar on the barbell after use.
- Always lock the collar when lifting any amount of weight.

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