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› CAP Barbell Classic 7-Foot Olympic Bar User Manual (Model OB-85)

CAP OB-85

CAP Barbell Classic 7-Foot Olympic Bar Instruction Manual

Model: OB-85

INTRODUCTION

The CAP Barbell Classic 7-Foot Olympic Bar is constructed from cold rolled steel with a chrome finish, designed for strength training. It features medium-depth diamond knurling for a secure grip and sleeves with bushings that rotate to reduce stress on forearms and prevent bar warping. This bar is suitable for Olympic weight plates with 2-inch center holes and is intended for beginner to intermediate athletes engaging in Olympic lifting and powerlifting techniques.

PRODUCT OVERVIEW

This section provides a visual guide to the key features and dimensions of your Olympic bar.

Image 1: Detailed diagram illustrating the shaft length (51.75 inches), loadable sleeve length (15.3 inches), handgrip diameter (30mm), and knurling lengths (10.75 inches side, 4.75 inches center) of the Olympic bar. The total bar length is 2185 mm (approximately 7 feet).

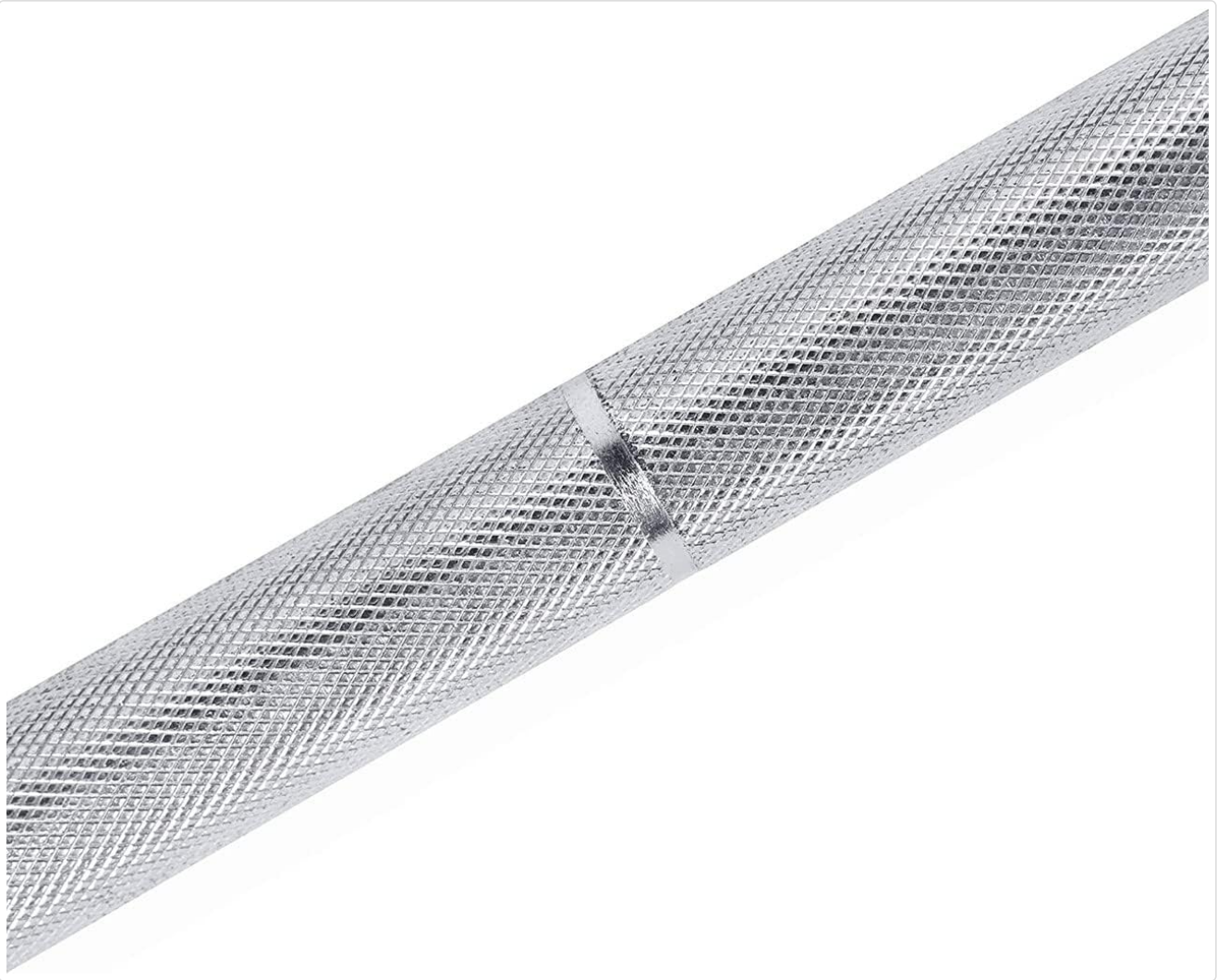


Image 2: Close-up of the bar's surface, highlighting the medium-depth diamond knurling pattern designed for a secure, non-slip grip during lifts.



Image 3: Detailed view of one of the bar's sleeves, showing the smooth, rotating mechanism with bushings. This design helps reduce torque and pressure on the lifter's forearms.

SETUP

1. **Unpacking:** Carefully remove the Olympic bar from its packaging. Inspect for any signs of damage during transit.
2. **Placement:** Position the bar on a stable, level surface or a compatible weight rack/bench. Ensure adequate space around the bar for safe loading and exercise.
3. **Loading Weight Plates:** Slide Olympic weight plates (with 2-inch center holes) onto the loadable sleeves. Ensure an even distribution of weight on both sides of the bar.
4. **Securing Plates:** Always use Olympic collars (not included) to secure the weight plates on the sleeves before lifting. This prevents plates from sliding off during exercise, which can cause injury or damage.

OPERATING THE BAR

The CAP Barbell Classic 7-Foot Olympic Bar is designed for a variety of strength training exercises. Always prioritize

proper form and safety.

- **Grip:** Utilize the medium-depth knurling for a firm, secure grip. Experiment with different hand positions (e.g., pronated, supinated, mixed) depending on the exercise.
- **Weight Selection:** Start with a weight that allows you to maintain proper form throughout the entire range of motion. Gradually increase weight as strength improves.
- **Exercise Compatibility:** This bar is suitable for exercises such as squats, deadlifts, bench presses, overhead presses, rows, and Olympic lifts (snatches, clean and jerks).
- **Sleeve Rotation:** The rotating sleeves are designed to reduce rotational inertia, making Olympic lifts smoother and reducing strain on your wrists and elbows.



Image 4: A user demonstrating proper handling of the CAP Barbell Classic 7-Foot Olympic Bar, illustrating its length and balance.

MAINTENANCE

Regular maintenance ensures the longevity and performance of your Olympic bar.

- **Cleaning:** Wipe down the bar with a clean, dry cloth after each use to remove sweat and chalk. For deeper

cleaning, use a mild soap solution and dry thoroughly to prevent rust.

- **Knurling Care:** Use a stiff brush (e.g., nylon or brass) to clean chalk and debris from the knurling.
- **Sleeve Inspection:** Periodically check the sleeves for smooth rotation. If rotation becomes stiff, a small amount of light machine oil can be applied to the bushings, ensuring not to over-lubricate.
- **Storage:** Store the bar horizontally on a rack or vertically in a bar holder to prevent bending or damage. Avoid leaning it against walls.
- **Damage Check:** Regularly inspect the bar for any signs of bending, cracks, or excessive wear, especially on the sleeves and shaft. Discontinue use if damage is found.

TROUBLESHOOTING

- **Sleeves not rotating smoothly:** This can be caused by dirt or debris accumulating in the bushings. Clean the sleeves thoroughly and apply a small amount of light machine oil if necessary.
- **Rust spots appearing:** Rust can occur if the bar is exposed to moisture or not dried properly after cleaning. Light rust can often be removed with a brass brush and a rust-removing agent, followed by a protective oil. Preventative measures include regular cleaning and dry storage.
- **Knurling feels slippery:** Ensure the knurling is clean and free of excessive chalk buildup or oils. A brass brush can help restore the grip.

SPECIFICATIONS

Feature	Specification
Material	Solid Cold Rolled Steel with Chrome Finish
Bar Length	2185 mm (7 feet)
Shaft Length	51.75 inches
Loadable Sleeve Length	15.3 inches
Handgrip Diameter	30 mm
Knurling	Medium-depth diamond knurling (10.75 inches side, 4.75 inches center)
Tensile Strength	63,800 PSI
Weight	20 kilograms (approximately 44 lbs)
Weight Capacity Maximum	500 pounds
Sleeve Type	Rotating sleeves with bushings
Compatible Plates	Olympic weight plates with 2-inch center holes

WARRANTY AND SUPPORT

The CAP Barbell Classic 7-Foot Olympic Bar comes with a 30-day manufacturer warranty. For detailed information regarding warranty coverage and limitations, please refer to the official CAP Barbell warranty policy document.

Warranty Document: [Download Warranty \(PDF\)](#)

For further assistance or support, please contact CAP Barbell customer service.

ADDITIONAL RESOURCES

Product Videos

Your browser does not support the video tag.

Video 1: An overview of the CAP Barbell Classic 7-Foot Olympic Bar, showcasing its features and construction. This video provides a general look at the product.

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Video 2: A demonstration of the CAP Barbell Classic 7-Foot Olympic Bar in use, highlighting its functionality and suitability for various exercises.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question