

CAP OBIS-86B

CAP Pro Series 7FT Olympic Barbell User Manual

Model: OBIS-86B

INTRODUCTION

The CAP Pro Series 7FT Olympic Barbell is engineered for serious strength athletes and dedicated home gym enthusiasts. This manual provides comprehensive instructions for the safe and effective use, proper maintenance, and care of your barbell, ensuring its longevity and your training safety.

SAFETY INFORMATION

Please read and understand all safety warnings and instructions before using this product. Failure to do so may result in serious injury.

- **Inspect Before Each Use:** Always check the barbell for any signs of damage, wear, or loose parts before each workout. Do not use if damaged.
- **Use Appropriate Weight:** Do not exceed the maximum weight capacity of 1200 lbs (544 kg). Always use weights that you can control safely.
- **Use Collars:** Always secure weight plates with appropriate Olympic collars to prevent them from sliding off during exercise.
- **Proper Form:** Use correct lifting techniques to prevent injury. If unsure, consult a qualified fitness professional.
- **Clear Area:** Ensure your workout area is clear of obstructions and other people.
- **Supervision:** Children and pets should be kept away from the equipment during use.
- **Medical Advice:** Consult your physician before starting any new exercise program.

PACKAGE CONTENTS

Your package should contain the following item:

- 1 x CAP Pro Series 7FT Olympic Barbell (Model OBIS-86B)

SETUP

The CAP Pro Series 7FT Olympic Barbell requires minimal setup.

1. Carefully remove the barbell from its packaging.
2. Inspect the entire barbell for any signs of damage that may have occurred during shipping.
3. Wipe down the barbell with a clean, dry cloth to remove any manufacturing oils or residue.
4. Ensure that the sleeves rotate smoothly.

Video: Setting Up the Barbell. This video demonstrates the initial unboxing and inspection of the barbell, ensuring it is ready for use.

OPERATING INSTRUCTIONS

The CAP Pro Series 7FT Olympic Barbell is designed for a wide range of strength training exercises.

- **Weight Capacity:** This barbell has a robust 1,200 LB (544 kg) maximum load capacity, suitable for demanding training sessions.
- **Grip:** The volcano-style knurling provides a comfortable yet secure grip, enhancing control during heavy lifts and high-repetition training.
- **Sleeve Rotation:** Equipped with bronze bushing sleeves, the bar promotes smooth sleeve rotation, which helps reduce wrist and forearm stress during presses, cleans, and dynamic lifting movements.
- **Compatibility:** The 2-inch Olympic sleeves are designed to fit standard Olympic weight plates. The bar is also compatible with most power racks, squat racks, and weight benches.
- **Construction:** Built from durable steel with a 120,000 PSI tensile strength rating and a black phosphate finish for enhanced rust resistance and a secure grip.

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BUILDING BETTER BODIES SINCE 1985.



Image: Barbell in Use - Rows. A user demonstrates performing barbell rows, highlighting the bar's versatility for various exercises.



Image: Barbell in Use - Curls. A user demonstrates performing barbell curls, showcasing the comfortable grip and balanced feel of the bar.

MAINTENANCE AND CARE

Proper maintenance will extend the life of your barbell and ensure safe operation.

- **Cleaning:** After each use, wipe down the barbell with a clean, dry cloth to remove sweat and chalk. For deeper cleaning, a mild soap solution can be used, followed by thorough drying.
- **Storage:** Store the barbell horizontally on a rack or stand, off the floor, in a dry environment to prevent moisture accumulation and rust.
- **Rust Prevention:** The phosphate finish provides rust resistance, but in humid environments, occasional application of a light oil (e.g., 3-in-1 oil) to the shaft and sleeves can further protect against rust. Wipe off any excess oil.
- **Sleeve Maintenance:** Periodically check the sleeves for smooth rotation. If they feel stiff, clean any debris from around the bushings.
- **Inspection:** Regularly inspect the bar for any signs of bending, cracking, or unusual wear on the knurling or sleeves.

TROUBLESHOOTING

Here are solutions to common issues you might encounter:

- Sleeves Not Rotating Smoothly:**
 - Cause:** Dirt, dust, or dried sweat accumulation around the bushings.
 - Solution:** Clean the area where the sleeve meets the shaft thoroughly with a stiff brush and a dry cloth. A small amount of light lubricant can be applied if necessary, but ensure it does not attract more dirt.
- Rust Spots Appearing:**
 - Cause:** Exposure to moisture, high humidity, or lack of regular cleaning.
 - Solution:** For minor spots, use a nylon brush or a very fine steel wool (use sparingly and gently) to remove the rust. Apply a thin layer of light machine oil to the affected area and wipe off excess. Ensure proper storage in a dry environment.

SPECIFICATIONS



DIMENSIONS
/SPECS

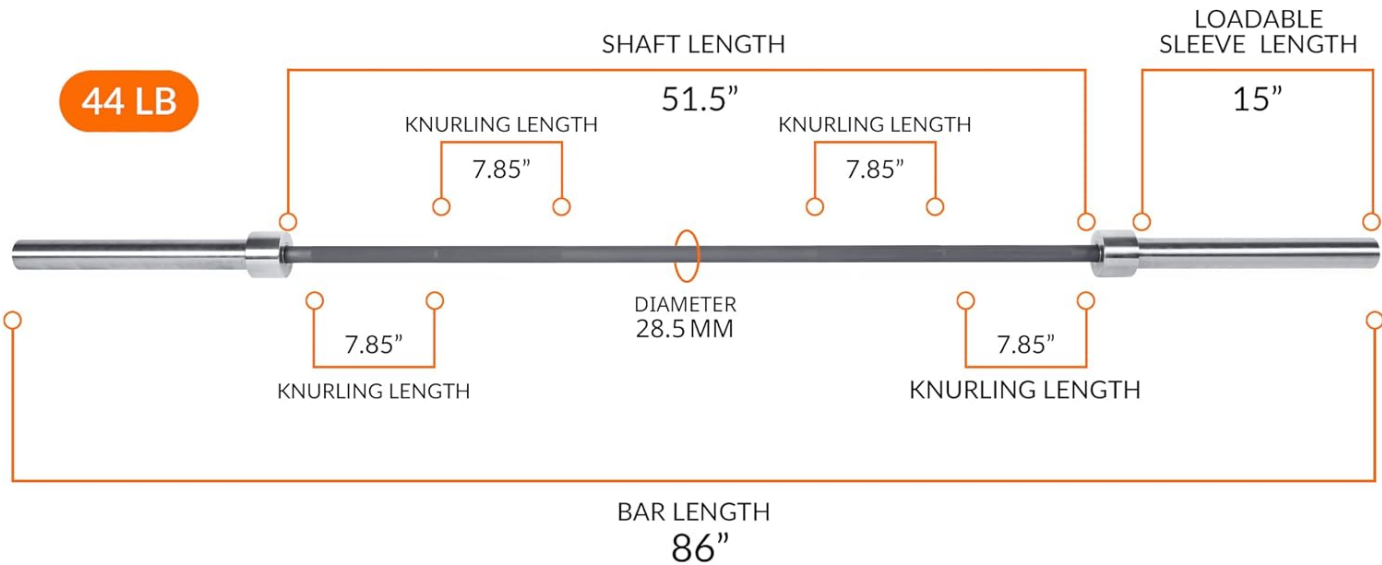


Image: Barbell Dimensions and Specifications. A visual representation of the barbell's key measurements and features.

Feature	Specification
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Model Number	OBIS-86B
Material	Alloy Steel
Item Weight	44 pounds (20 kg)
Grip Type	Volcano Knurled
Product Dimensions (Overall Length)	86 inches (7 feet)
Shaft Diameter	30 millimeters
Sleeve Diameter	2 inches (Olympic Standard)
Loadable Sleeve Length	15 inches
Weight Limit	1200 pounds (544 kg)
Finish Type	Black Phosphate
Tensile Strength	120,000 PSI
UPC	702556304358

WARRANTY AND SUPPORT

For information regarding product warranty, returns, or technical support, please refer to the official CAP Barbell website or contact their customer service directly. Keep your purchase receipt as proof of purchase.

CAP Barbell Official Website: www.capbarbell.com

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

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