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Decathlon 969850

Decathlon Domyos Cast Iron Weight Plate User Manual

Model: 969850

1. INTRODUCTION

Thank you for choosing the Decathlon Domyos Cast Iron Weight Plate. This manual provides essential information for the safe and effective use, maintenance, and storage of your weight plates. These durable cast iron disc weights are designed for strength training and are compatible with most standard 1-inch (2.54 cm) diameter barbells.



Image 1.1: An assortment of Decathlon Domyos Cast Iron Weight Plates, showcasing various sizes from 0.5 kg to 20 kg. Each plate features the Domyos brand name and its respective weight in kilograms and pounds.

2. SAFETY INFORMATION

Always prioritize safety when using weight plates. Improper use can lead to injury.

- **Inspect Before Use:** Before each use, check plates for any signs of damage, cracks, or rust. Do not use damaged plates.
- **Secure Plates:** Always use appropriate collars or clips to secure weight plates on a barbell or dumbbell handle to prevent them from sliding off during exercise.

- **Proper Lifting Technique:** Use correct form and technique for all exercises. If unsure, consult a qualified fitness professional.
- **Controlled Movements:** Perform exercises with controlled movements. Avoid dropping weights from height, especially on hard surfaces, as this can damage the plates or flooring.
- **Clear Area:** Ensure your workout area is clear of obstructions and other people.
- **Children and Pets:** Keep weight plates out of reach of children and pets.
- **Weight Capacity:** Do not exceed the weight capacity of your barbell or other equipment.

3. SETUP

These weight plates are designed for use with barbells or dumbbell handles that have a 1-inch (2.54 cm) diameter sleeve.

1. **Select Appropriate Weight:** Choose the desired weight plates based on your training needs.
2. **Slide onto Bar:** Carefully slide the weight plates onto the sleeve of your barbell or dumbbell handle. Ensure they are pushed fully against any existing plates or the collar of the bar.
3. **Secure with Collars:** Once all desired plates are loaded, secure them firmly with appropriate barbell collars or clips on both sides of the bar. This prevents the plates from shifting or falling during your workout.

4. OPERATING

Domyos Cast Iron Weight Plates are versatile and can be used for a wide range of strength training exercises.

- **Barbell Exercises:** Use with a barbell for exercises such as squats, deadlifts, bench presses, overhead presses, and rows.
- **Dumbbell Exercises:** Attach to dumbbell handles for exercises like bicep curls, tricep extensions, shoulder raises, and lunges.
- **Plate-Loaded Exercises:** Some exercises can be performed directly with a single plate, such as plate front raises, Russian twists, or holding for added resistance during bodyweight movements. The ergonomic grip design facilitates easier handling.



Image 4.1: A 2 kg Decathlon Domyos Cast Iron Weight Plate, showing its textured surface and clear weight markings.

5. MAINTENANCE

Proper maintenance will extend the life of your cast iron weight plates.

- **Cleaning:** Wipe down plates with a damp cloth after use to remove sweat and dirt. For deeper cleaning, a mild soap solution can be used, followed by thorough drying.
- **Drying:** Ensure plates are completely dry before storing to prevent rust.
- **Storage:** Store plates in a dry environment, away from excessive moisture or humidity. Ideally, store them on a weight plate rack or stacked neatly to prevent tripping hazards and damage.
- **Rust Prevention:** The double-baked enamel coating provides protection against rust. However, if the coating is chipped or scratched, exposing bare cast iron, consider applying a thin layer of rust-inhibiting oil to the exposed area.

6. TROUBLESHOOTING

Common issues and their solutions.

Problem	Possible Cause	Solution
Rust appearing on plate surface.	Exposure to moisture; chipped enamel coating.	Clean off rust with a wire brush or steel wool. Dry thoroughly. Apply a rust-inhibiting primer and paint, or a thin layer of rust-inhibiting oil to the affected area. Store in a dry environment.
Plates sliding on the bar during exercise.	Collars not used or not tightened sufficiently.	Always use appropriate barbell collars or clips. Ensure they are securely tightened before beginning your workout.
Plate does not fit on bar.	Bar diameter is not 1 inch (2.54 cm).	These plates are designed for standard 1-inch (2.54 cm) diameter bars. Verify your bar's diameter.

7. SPECIFICATIONS

Detailed specifications for the Decathlon Domyos Cast Iron Weight Plates.

- **Material:** Cast Iron with double-baked enamel coating
- **Color:** Black
- **Inner Diameter (Bar Hole):** 28mm (1 inch / 2.54 cm)
- **Shape:** Round
- **Ergonomics:** Easy to grip design

Individual Plate Dimensions:

Weight	Thickness	External Diameter	Image
0.5 kg	11 mm	100 mm	<div><p>0.5kg Plate</p></div>
1 kg	13 mm	135 mm	<div><p>1kg Plate</p></div>

Weight	Thickness	External Diameter	Image
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2 kg	18 mm	175 mm	 <div>2kg Plate</div>
5 kg	24 mm	230 mm	 <div>5kg Plate</div>
10 kg	30 mm	295 mm	 <div>10kg Plate</div>
20 kg	37 mm	360 mm	 <div>20kg Plate</div>

8. WARRANTY AND SUPPORT

The Decathlon Domyos Cast Iron Weight Plate comes with a **5-year warranty**, covering defects in materials and workmanship under normal use.

For warranty claims, technical support, or any questions regarding your product, please contact Decathlon customer service through their official website or the point of purchase. Please have your proof of purchase and product model number (969850) ready when contacting support.