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Rebel RBA-2109

Instruction Manual

REBEL ACTIVE RBA-2109 RUBBER COATED CAST IRON WEIGHT PLATES SET

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1. Introduction

This manual provides essential information for the safe and effective use of your Rebel Active RBA-2109 Rubber Coated Cast Iron Weight Plates Set. Please read these instructions carefully before using the product and retain them for future reference. This set includes four 5 kg weight plates designed for use with Olympic barbells.

2. Safety Information

- **Inspect Before Use:** Always check weight plates and barbell for any damage or wear before each use. Do not use if damaged.
- **Proper Loading:** Ensure weight plates are securely loaded onto the barbell and secured with appropriate collars to prevent them from sliding off during exercise.
- **Controlled Movement:** Use controlled movements when lifting and lowering weights. Avoid dropping weights from excessive heights to prevent injury or damage to the plates and flooring.
- **Clear Area:** Ensure your workout area is clear of obstructions and other people to prevent accidents.
- **Supervision:** Children should not use this equipment without adult supervision.
- **Consult a Professional:** If you are new to strength training or have any health concerns, consult a qualified fitness professional or physician before starting any exercise program.

3. Product Overview

The Rebel Active RBA-2109 weight plates are designed for strength and fitness training. Each plate features a durable rubber coating over a cast iron core, providing protection for your floor and reducing noise during use. The plates are equipped with an Olympic standard 51 mm hole diameter, making them compatible with most Olympic barbells.



Image 1: An angled view of a single Rebel Active RBA-2109 5 kg Olympic weight plate. The plate is black with a rubber coating, featuring three grip holes and a central metal sleeve for the barbell. The "Rebel Active" logo and "5 kg" weight marking are visible in blue accents.



Image 2: A top-down view of a single Rebel Active RBA-2109 5 kg Olympic weight plate. The plate is black with a textured rubber coating, showing the three grip holes and the central metal sleeve. The "Rebel Active" logo and "5 kg" weight markings are clearly visible in blue.

4. Setup

1. **Unpack:** Carefully remove the weight plates from their packaging.
2. **Inspect:** Before first use, visually inspect each plate for any manufacturing defects or shipping damage. Ensure the rubber coating is intact and the central hole is smooth.
3. **Clean (Optional):** If desired, wipe down the plates with a damp cloth to remove any dust or residue from manufacturing.
4. **Storage:** Store the plates in a dry, cool place, away from direct sunlight and extreme temperatures, to preserve the integrity of the rubber coating.

5. Operating Instructions

These weight plates are designed for use with Olympic barbells that have a 50mm or 51mm sleeve diameter. Follow these steps for proper use:

1. **Select Barbell:** Ensure you are using an Olympic barbell with a compatible sleeve diameter (50-51

mm).

2. **Load Plates:** Slide the desired number of Rebel Active RBA-2109 weight plates onto each end of the barbell sleeve. Ensure an even distribution of weight on both sides for balance.
3. **Secure with Collars:** Always use barbell collars (not included) to secure the weight plates firmly in place on the barbell. This prevents plates from shifting or falling off during exercise, which can cause serious injury.
4. **Begin Training:** Once plates are securely loaded and collars are in place, you can begin your strength training exercises.
5. **Unload Plates:** After your workout, carefully remove the collars and slide the plates off the barbell. Return them to their designated storage area.

The rubber coating helps to protect your flooring and reduce noise when the plates are set down, but always exercise caution and control.

6. Maintenance

- **Cleaning:** Wipe the weight plates regularly with a damp cloth to remove sweat, dust, and dirt. Avoid using harsh chemicals or abrasive cleaners, as these can damage the rubber coating.
- **Inspection:** Periodically inspect the rubber coating for any signs of cracking, peeling, or significant wear. Check the central metal sleeve for any deformation or sharp edges.
- **Storage:** Store plates flat or on a weight plate rack to prevent deformation of the rubber over time. Keep them in a dry environment to prevent rust on the cast iron core (if exposed) and to maintain the rubber's condition.
- **Avoid Extreme Conditions:** Do not expose the plates to extreme heat or cold, as this can degrade the rubber material.

7. Troubleshooting

- **Plates don't fit on barbell:** Ensure your barbell has an Olympic standard sleeve diameter of 50-51 mm. These plates are not compatible with standard (25-30 mm) barbells.
- **Excessive noise when setting down:** While the rubber coating reduces noise, dropping weights from a height will still produce sound. Always lower weights with control. Ensure the rubber coating is intact.
- **Rubber coating appears worn:** Over time and with heavy use, the rubber coating may show signs of wear. This is normal. Continue to inspect for significant damage that could affect safety.

8. Specifications

Model:	RBA-2109
Brand:	Rebel Active
Number of Discs in Set:	4
Disc Weight (Each):	5 kg
Total Set Weight:	20 kg
Hole Diameter:	51 mm (Olympic Standard)

Disc Diameter:	25 cm
Disc Thickness:	35 mm
Filling Material:	Cast Iron
Coating Material:	Rubber
Color:	Black
Product Dimensions (Single Plate):	25 x 3.5 x 3.5 cm

9. Warranty and Support

For information regarding warranty coverage, product support, or to report any issues, please contact the retailer or the manufacturer, Rebel Active, directly. Please have your product model number (RBA-2109) and purchase details available when contacting support.