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Fitvids POG-1INIP-2.5X4-3

Fitvids Cast Iron 1-Inch Standard Weight Plate User Manual

Model: POG-1INIP-2.5X4-3

INTRODUCTION

The Fitvids Cast Iron 1-Inch Standard Weight Plates are designed for strength training and weightlifting. These plates are constructed from solid cast iron and feature a durable gray baked enamel finish to resist rust and corrosion. Each plate is designed with a 1-inch center hole, ensuring compatibility with standard 1-inch barbells and dumbbell bars. The plates include three large openings with textured strips for an easy and secure grip, and are clearly labeled with their weight in both pounds (lb) and kilograms (kg) for quick identification. Multiple weight options are available to suit various training needs.



Image: Close-up view of a Fitvids Cast Iron Weight Plate, highlighting its baked enamel finish, clear weight label, and ergonomic grip openings.

SETUP

1. **Unpacking and Inspection:** Carefully remove the weight plates from their packaging. Inspect each plate for any signs of damage or manufacturing defects.
2. **Compatibility Check:** Ensure that your barbell or dumbbell bar has a 1-inch diameter to properly fit these standard weight plates. The 1-inch center hole is designed for a snug fit on compatible bars.
3. **Initial Cleaning:** Before first use, wipe down the plates with a clean, dry cloth to remove any dust or residue from manufacturing and packaging.



Image: A user demonstrating how the Fitvids weight plate fits onto a standard 1-inch barbell bar, emphasizing proper loading.

OPERATING INSTRUCTIONS

Fitvids weight plates are versatile tools for various fitness routines. Always prioritize safety and proper form during exercises.

1. **Loading Plates:** Slide the weight plates onto your 1-inch standard barbell or dumbbell bar. Ensure an even distribution of weight on both sides of the bar. Secure the plates with appropriate collars (not included) to prevent them from sliding off during exercise.
2. **Exercise Application:** These plates can be used for a wide range of exercises including muscle-strengthening, endurance training, and improving flexibility and balance. Examples include squats, deadlifts, bench presses, overhead presses, and bicep curls.
3. **Grip Feature:** Utilize the three large openings on the plates for easy handling when loading, unloading, or performing plate-specific exercises such as plate pinches or front raises.
4. **Safety First:** Always warm up before exercising and cool down afterward. Use a spotter for heavy lifts. Maintain proper lifting form to prevent injuries. Start with lighter weights and gradually increase as strength improves.



Image: Two examples of individuals using Fitvids weight plates for various strength training exercises, illustrating their versatility for different fitness levels and muscle groups.

MAINTENANCE

Proper care and maintenance will extend the life of your Fitvids Cast Iron Weight Plates.

- **Cleaning:** After each use, wipe down the plates with a clean, dry cloth to remove sweat, chalk, and dust. For a deeper clean, a damp cloth with mild soap can be used, followed immediately by thorough drying to prevent moisture retention.
- **Storage:** Store the weight plates in a dry environment, away from direct moisture or extreme temperature fluctuations. Storing them on a weight rack or stacked neatly will prevent damage and maintain their condition.
- **Rust Prevention:** While the plates feature a durable baked enamel finish designed to prevent rust, prolonged exposure to moisture or humidity can still lead to corrosion. Regularly inspect the plates for any signs of rust. If rust appears, it can often be removed with a wire brush and then the area can be treated with a rust-inhibiting paint or oil.

TROUBLESHOOTING

- **Plate Wobbles on Bar:** If a weight plate feels loose or wobbles excessively on your barbell or dumbbell bar, first ensure that the bar's diameter is exactly 1 inch. These plates are designed for standard 1-inch bars. Some users have reported that certain 10lb plates may have a slightly larger center hole (e.g., 1.25 inches), which can cause wobbling. If this occurs, verify the plate's actual hole diameter.
- **Appearance of Rust:** Despite the baked enamel finish, rust can form if plates are exposed to high humidity or moisture for extended periods. Refer to the 'Rust Prevention' section under Maintenance for steps to address and prevent rust.
- **Unpleasant Odor:** The baked enamel finish is designed to be odorless. If an unpleasant odor is detected, ensure the plates are clean and stored in a well-ventilated area. The odor should dissipate over time.

SPECIFICATIONS



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Image: Detailed diagram illustrating the dimensions and key specifications of a Fitvids 2.5LB weight plate.

Feature	Detail
Material	Cast Iron
Center Hole Diameter	1 Inch (Standard)
Finish	Durable Gray Baked Enamel
Grip Design	3 Large Openings with Textured Strips
Weight Labeling	Labeled in both Pounds (lb) and Kilograms (kg)
Available Weights	2.5 lb, 5 lb, 10 lb, 25 lb, 35 lb, 45 lb
Color	Standard (1-Inch Center)
Manufacturer	Fitvids
UPC (for 2.5LB Set of 4)	840517403884
Model Number (for 2.5LB Set of 4)	POG-1INIP-2.5X4-3

WARRANTY INFORMATION

Specific warranty details for Fitvids Cast Iron 1-Inch Standard Weight Plates are not provided in this manual. For information regarding product warranty, please refer to the original purchase documentation or contact Fitvids customer support directly.

CUSTOMER SUPPORT

If you have any questions, concerns, or require assistance with your Fitvids Cast Iron 1-Inch Standard Weight Plates, please contact Fitvids customer support. Contact information can typically be found on the product packaging, the official Fitvids website, or through your retailer.