

## **CATALYST Product Care Instructions**

Thank you for purchasing CATALYST equipment. Please review the preventative maintenance tips below. If you have any questions about the proper care of your equipment, please contact us.

### **Urethane Plates, Solid Head Dumbbells, and Fixed & EZ Curl Barbells:**

CATALYST's heavy-duty urethane is engineered to resist chipping, flaking, tearing, peeling, or delaminating from the metal insert. To maintain their pristine look and durability:

- Use only a soft, clean, damp cloth for cleaning.
- Avoid acetone-based cleaners or household cleaners containing ammonia or alcohol (e.g., 409®, Windex®) as these can dull the surface.
- While household cleaners won't impact performance, they can alter the appearance of the urethane finish.

### **Rubber Plates, Dumbbells, and Fixed Barbells:**

CATALYST rubber products are built for durability. For best results:

- Wipe with a soft, clean, damp cloth.
- Avoid acetone-based cleaners or any household products with ammonia or alcohol, as they can damage the rubber surface and affect its integrity.
- Though performance remains unaffected, appearance may change with the use of harsh cleaners.

### **Hard Chrome Olympic Bars, Barbell Bars, and Dumbbell Handles:**

To protect and maintain the quality of your hard chrome bars:

- Periodically apply a thin layer of WD-40® or a high-quality moisture inhibitor/protectant.
- Wipe thoroughly with a soft, dry cloth after application to prevent residue build-up.

### **Competition Kettlebells:**

CATALYST competition kettlebells feature a high-quality enamel finish that wears gradually over time instead of chipping. This natural wear may cause the iron to oxidize to a deep brown patina. If you prefer to restore the original finish:

- Apply any enamel spray paint (e.g., Rust-Oleum®, available at hardware stores) to refresh the appearance.

### **Urethane Kettlebells:**

Our heavy-duty urethane kettlebells are built to last without chipping, flaking, or peeling. For optimal maintenance:

- Clean with a soft, clean, damp cloth.
- Avoid acetone-based cleaners and products containing ammonia or alcohol to preserve the surface finish.

### **Solid Steel Dumbbells and Fixed Barbells:**

CATALYST solid steel products are designed for strength and durability. To maintain their finish:

- Clean with a soft, damp cloth and ensure all moisture is wiped away after cleaning.
- Minor scratches and chipping over time are considered normal wear and do not affect functionality.

### **Olympic Bars:**

CATALYST Olympic Bars are designed with durable bushings that do not require lubrication. Each bar is factory-assembled and should not be tampered with.

- **Do not attempt to tighten CATALYST bars. Our bars use circlips and don't need tightening. If anything is loose, then take the bar out of circulation and consult with us.**
- Tampering with the factory seal will void the warranty.
- Always unload bars after use to maintain their original shape and integrity.

### **Group Strength Equipment:**

To maintain Group Strength bars and accessories:

- Wipe down with a soft, slightly damp cloth after each use.
- Always store bars horizontally on the floor when loading or unloading plates to prevent damage to end caps and flooring.
- **Do not stand bars on their ends during loading or unloading**, as this can cause damage to both the bar and studio flooring. CATALYST is not liable for damage resulting from improper use.

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## **CATALYST Racks and Rigs Care Instructions**

CATALYST Racks and Rigs are engineered with precision and built to endure the toughest training environments. To maintain their quality, longevity, and aesthetic appeal, proper care and cleaning are essential.

## **1. General Maintenance:**

- Inspect racks and rigs weekly for any signs of wear, loose bolts, or damage.
- Tighten any loose bolts and fasteners to maintain stability and safety.
- Check rubber and plastic components for signs of wear and replace if necessary.

## **2. Cleaning Instructions:**

### **Daily Cleaning:**

- Wipe down all metal surfaces with a clean, dry cloth after each use to remove sweat, chalk, and dust.
- Use a soft-bristle brush to remove chalk residue from knurled areas.

### **Weekly Cleaning:**

- Mix a mild detergent with warm water (avoid harsh chemicals or abrasive cleaners).
- Apply the solution with a soft cloth or sponge, wiping down all metal surfaces, including uprights, crossbeams, and attachment points.
- Avoid soaking any part of the rack or rig; excessive moisture can lead to rusting.
- Dry all surfaces thoroughly with a clean, dry cloth to prevent water spots and oxidation.

### **Monthly Deep Clean:**

- Inspect for rust or corrosion spots, especially in areas frequently exposed to moisture.
- If rust is found, gently sand the affected area with fine-grit sandpaper, clean with isopropyl alcohol, and apply a corrosion-resistant coating.
- Lubricate moving parts, such as J-cups and adjustable mechanisms, with a silicone-based lubricant to maintain smooth operation.

## **3. Powder-Coated Finish Care:**

- The powder-coated finish is highly durable but can chip if struck with hard objects.
- Avoid dropping weights or slamming bars directly against the rack to preserve the coating.
- If chipping occurs, clean the area and touch up with matching paint to prevent rust.

#### **4. Environmental Considerations:**

- Avoid exposing racks and rigs to excessive moisture or outdoor elements to prevent corrosion.
- If used outdoors temporarily, ensure proper drying and maintenance after exposure.

#### **5. Safety Reminders:**

- Always ensure racks and rigs are securely bolted to the floor or weighted appropriately for stability.
- Do not exceed the recommended weight capacity.
- Regularly check for structural integrity and replace any damaged components immediately.

By following these care and cleaning instructions, your CATALYST equipment will remain in top condition, providing peak performance and durability for years to come.