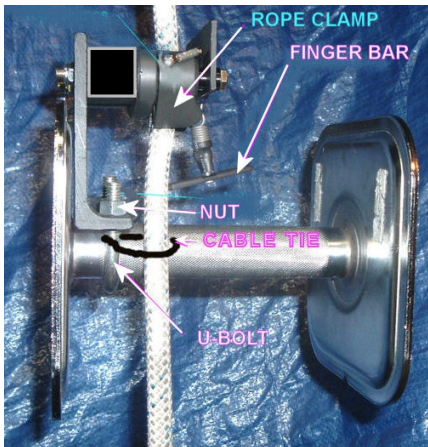


FREE-SPOTTER KIT FOR IRONMASTER QUICK LOCK DUMBBELLS



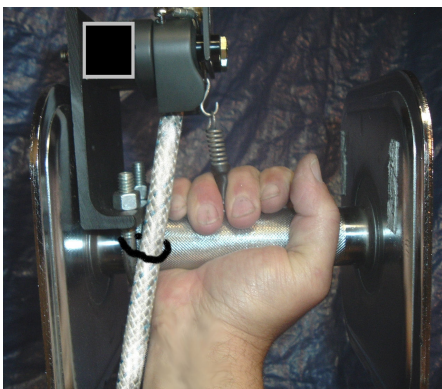
The picture on the left shows the Free-Spotter installed on the dumbbell handle. The *u-bolt* and nuts are used to hold it in place.

The *finger bar* is used to open the rope clamps.

The Free-Spotter user guide provides guidance for connecting the ropes to overhead supports.



The *rope weights* are hooked to the ropes near the bottom. They help stabilize the ropes running through the rope clamps.



The rope clamps are opened (so the ropes can run free) by gripping the finger bar between two fingers and closing the grip. The user should experiment to find the most comfortable finger combination to use.

Opening the fist lets the rope clamps grip the rope, and the dumbbell is locked in place.

Very important: Always lift the dumbbells slightly before squeezing the finger bars. Lift just enough to transfer the weight from the ropes to your hands.