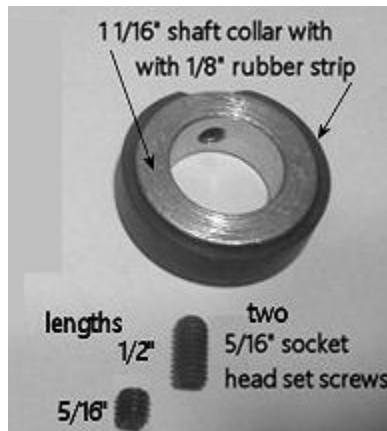


INSTRUCTIONS FOR OLYMPIC TO STANDARD ADAPTER

(see pricing on page three)

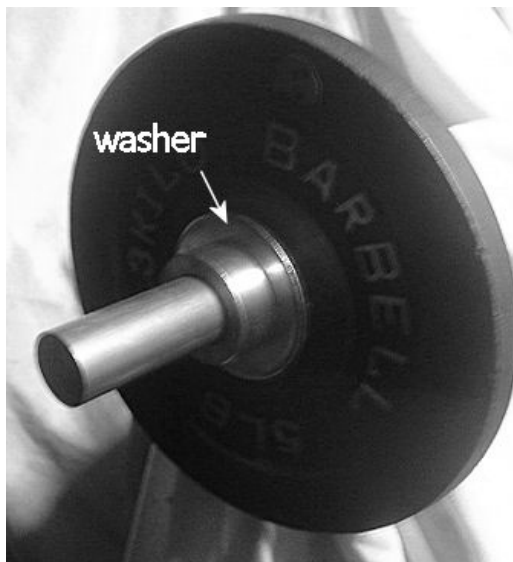
The adapter lets you mount olympic plates (2 inch hole) on standard bars (1 inch in diameter). The adapter can be applied three ways:

- It can be slid on the bar with no tightening, and the plate slid over it.
- It can be fastened to an individual plate and remain on the plate when removed from the bar.
- It can be tightened to the bar so it is in a stationary position on the bar.



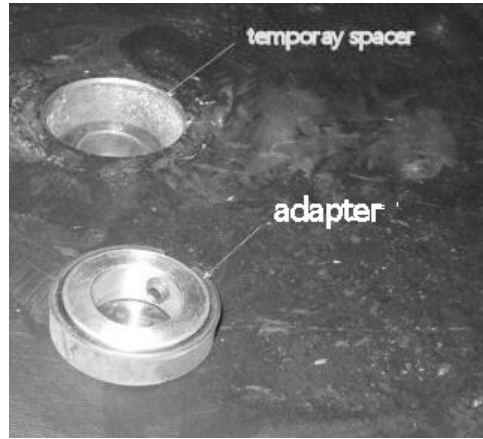
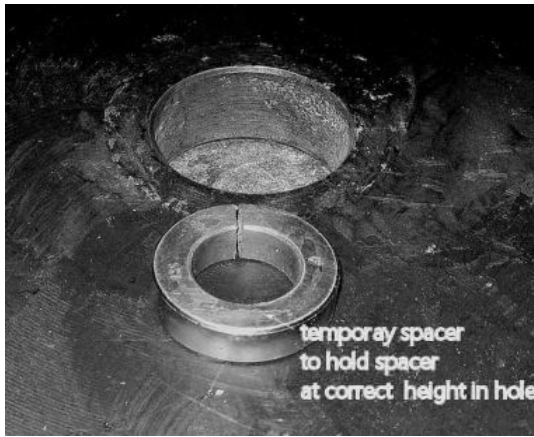
What you get. (The quantities provided vary depending on user needs.)

Adapter, shown on right. The adapter is a 1 1/16" (hole) shaft collar with a rubber strip fixed to the outside edge. Two socket set screws are provided per adapter - 1/2, and 5/16" long.



Retaining plates on bar. Left- If an olympic plate is next to an outer or inner bar collar a washer must be placed in between.

Right - If next to a standard plate, no washer required.



Fastening an adapter to an individual plate. With an adapter fastened to an olympic plate, the plate can be added and removed from the bar as if it was a standard plate.

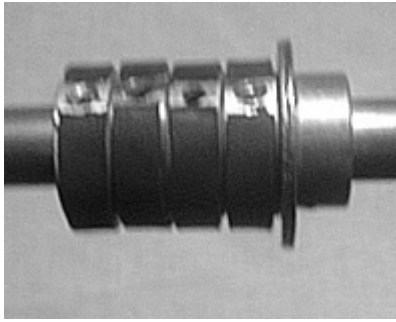
The first step is to remove the short 5/16" set screw from the adapter, and replace it with a 1/2" set screw with the socket on the inside.

(upper left) To ensure that the adapter height is centered in the plate hole (upper right) spacers should be placed in the hole. The plate is placed on a flat surface. The spacers are placed in the plate hole and the adapter is placed on top of it.

NOTE: spacers are not provided with the adapters. Recommend that common USS flat washers be used for this purpose. Washer sizes from 1/2" to 5/8" are satisfactory.



Next, the set screw is firmly tightened to hold the adapter to the plate. The right photo shows the set screw pressed against the olympic plate.



Tightening the adapters to the bar. If you have plate setups with the olympic plates staying in the same position workout to workout, you can set up some adapters in fixed positions by tightening the set screws (use the 5/16" short set screws). Each adapter is 5/8" (.625") thick.

Order at the [Shermworks Online Store](#)

Pricing

adapters - \$5.00 each

shipping US - \$7.00 per order. Single order limited to a maximum of 20 adapters.

Shipping Canada - \$25.00 per order. Single order limited to a maximum of 14 adapters.

Shipping international except Canada - \$34.00 per order. Single order limited to a maximum of 14 adapters.

(Order limits are in place to limit shipping weight to the lowest shipping price bracket. Slightly higher weight results in much much higher shipping cost.)

An optional long-length T handle ball-end hex wrench is available, but must be included in an adapter order. It cannot be ordered by itself. Price \$5.00.



