

INSTRUCTIONS FOR REPAIRING DESIGNA BELL ENDS

1. Clean Designa dumbbell end with methylated spirits to remove any excess glue **(a)**

*Note: if re-fitting existing rubber boot, clean under side of boot also **(b)***



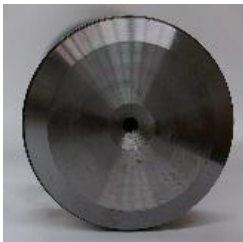
(a) Clean under-side of boot



(b) Clean excess glue

2. For Designa dumbbell with a counter-sunk threaded hole **(c)**, position smaller washer **(d)**.

For older style Designa bells where there is no countersunk hole (see image **(b)**) washer is not required.



(c)



(d)

3. Push grey plastic end plate into the recess of the rubber boot **(e)** & **(f)**



(e)



(f)

4. Squeeze a small amount of adhesive 8480 black glue into threaded hole **(g)**

5. Use a small amount of Instant Adhesive 8401 clear glue around the outer edge of the Designa dumbbell end **(h)**.

Note: it is important to use the 8401 glue for this as the 8480 glue will react chemically with the rubber and cause it to become brittle & break easily



(g)



(h)

6. Place end cap on dumbbell & large washer into the cavity of the grey plastic end plate and then insert the screw;

-16mm screw for countersunk thread,
 -10mm for non-countersunk)

The washer should be fitted under the screw head.

Tighten screw **(i)**

Note: Do not over tighten as this will cause further damage.

7. Fit sticker into recess on grey end plate – no adhesive is required on the sticker. Push firmly and it will click into position **(j)**.



(i)



(j)