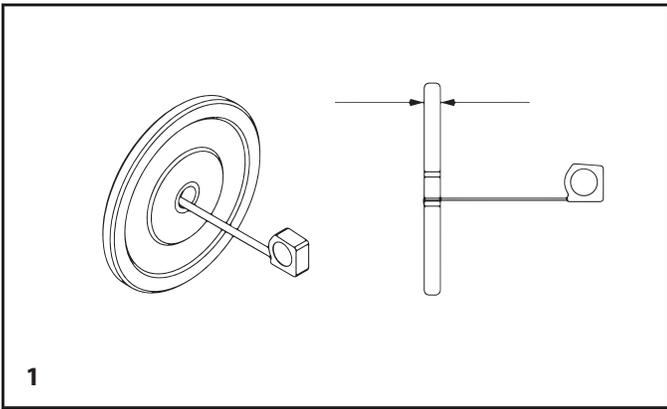


WodHardware Bumper Plate Repair Kit Installation Instructions

(Download a printable PDF version at WodHardware.com/BPRK-instructions)

1. Measure the bumper plate thickness at the center hole.
2. Choose the appropriate hardware set.
3. If the metal bushing in the center of the bumper plate is missing, skip to step 5. Otherwise, rack a barbell and slide the bumper plate all the way to the flange. The flange will help keep the repair perpendicular and centered.
4. Slide one of the triangular repair plates onto the barbell. Secure it to the bumper using the two gold-colored screws. Drive the gold screws snugly into the rubber. The countersinks on the triangular plate should be facing out.
5. If the metal bushing is missing, position the first repair plate by measuring equal distances from the edge of the bumper plate to each of the triangle edges. Secure it with two gold-colored screws as in step 4.
6. Use a 1/4" drill bit to drill a hole all the way through the bumper plate. Use the empty hole in the triangular plate as a guide for drilling.
7. Install the first t-nut and flat head machine screw. Set the t-nut into the rubber with a hammer and hand tighten the machine screw.
8. Remove one of the gold-colored screws and drill a 1/4" through-hole in its place.
9. Install the second t-nut and machine screw as in step 7.
10. Remove the other gold screw, drill a 1/4" through-hole and install the third t-nut and machine screw.
11. Turn the bumper plate around and install the second triangular plate on the other side. To clear the hardware from the first repair plate install the second plate offset by approximately 60 degrees.
12. After the repair plates have been installed, remove each machine screw one at a time, apply a drop of thread locker and re-tighten.
13. The repair is complete and the bumper plate can be returned to service immediately.
14. If the bumper plate suffers more damage, make sure to save the repair kit and reuse it for another repair.
15. Alternatively, multiple bumper plates can be combined with a single repair kit. Measure the thickness of the combined plates to choose the appropriate hardware set.
16. Install the repair kit the same way as above, but be sure to drill through all the bumpers simultaneously for good alignment.

Thickness Range	Hardware Set
$\frac{3}{4}'' - 1''$	1''
1'' - 1 $\frac{1}{4}''$	1 $\frac{1}{4}''$
1 $\frac{1}{4}''$ - 1 $\frac{1}{2}''$	1 $\frac{1}{2}''$
1 $\frac{1}{2}''$ - 1 $\frac{3}{4}''$	1 $\frac{3}{4}''$
1 $\frac{3}{4}''$ - 2''	2''
2'' - 2 $\frac{1}{4}''$	2 $\frac{1}{4}''$
2 $\frac{1}{4}''$ - 2 $\frac{1}{2}''$	2 $\frac{1}{2}''$
2 $\frac{1}{2}''$ - 2 $\frac{3}{4}''$	2 $\frac{3}{4}''$
2 $\frac{3}{4}''$ - 3''	3''
3'' - 3 $\frac{1}{4}''$	3 $\frac{1}{4}''$
3 $\frac{1}{4}''$ - 3 $\frac{1}{2}''$	3 $\frac{1}{2}''$
3 $\frac{1}{2}''$ - 3 $\frac{3}{4}''$	3 $\frac{3}{4}''$
3 $\frac{3}{4}''$ - 4''	4''



Thickness Range	Hardware Set
3/4" - 1"	1"
1" - 1 1/4"	1 1/4"
1 1/4" - 1 1/2"	1 1/2"
1 1/2" - 1 3/4"	1 3/4"
2 1 3/4" - 2"	2"

