SPORTENZIA

USER GUIDE

# LANDMINE BASE FOR OLYMPIC BARBELLS

A natural rubber base that takes the end of a 50 mm Olympic barbell and lets it pivot freely: presses, rows, rotations and squats, with nothing bolted to the floor. Setup, safety, exercises.

**REF. LANDMBLCK** · OLYMPIC BARS, 50 MM (2 INCH) · NATURAL RUBBER, 360° ROTATION



01 · GETTING STARTED

## COMPATIBILITY, SETUP, SAFETY

### What it is

A base that sits on the floor, no screws, no fixings: the bar goes in at one end, the plates load on the other, and you work with the free end. The textured rubber ball is the footing; the sleeve takes the bar's collar end. In the box: the base alone.

### Compatibility

For Olympic bars with a **50 mm** (2 inch) sleeve: the inner housing is about 5 cm across. Measure your bar's sleeve before first use; a thinner standard bar floats in the base and is not suitable.

### Setup

1. **Place the base** on a flat, solid, clean surface: rubber gym floor, concrete, wooden floor, artificial turf. Clear the space behind it, the bar pivots.
2. **Insert the bar** unloaded: slide the end of the sleeve into the housing and push it home.
3. **Load the other end** if the exercise calls for it, then lock the plates with collars. The inserted bar must not be able to lift out.
4. **Check before every set** that the base does not slide: push the bar sideways, the base must stay put.
5. **Train** letting the bar pivot through the angle of the exercise. Rest it on the floor between sets, never balanced on the base.

### Specifications

| | | | |
|---|---|---|---|
| Material | **Natural rubber** | Bar | **Olympic, 50 mm / 2 inch** |
| Housing | **About 5 cm across** | Rotation | **Up to 360°** |
| Height | **About 17 cm** | Base | **About 10 cm across** |
| Fixing | **None, sits on the floor** | | |

SAFETY

- The base is not fixed: on a dusty, smooth or wet floor it can slide. Clean the floor, prefer a gym mat.
- Collars on the plates, always: a tilted bar lets plates slide off.
- A bar that is not pushed home can come out mid-movement. Push it fully in before loading.
- Match the load to your level; the bar alone already has weight.
- Cracked or deformed rubber: stop using it. Keep out of children's reach.

02 · DAY TO DAY

# EXERCISES, FLOORS, CARE, TROUBLESHOOTING

## Possible exercises

| EXERCISE | WHAT IT WORKS |
|---|---|
| Landmine press, kneeling press | Shoulders, chest, triceps |
| Landmine row, single-arm row | Back, arms; one arm for unilateral work |
| Torso rotations | Core, abdominals, dynamic bracing |
| Landmine squats | Legs, hips, core |
| Lunges | Quads, glutes, stabilisers |

Hold the bar near the free end, both feet planted; the bar turns, the base does not.

## Suitable floors

- Rubber gym floor, concrete, wooden floor, artificial turf, stable outdoor surface.
- Always flat, solid and non-slip. On a delicate wooden floor the rubber limits marks, but a heavy bar that drops still makes them.

## Care

- Wipe the base after use; lukewarm water and soap if needed, no solvents.
- Store away from sunlight and heat, which harden rubber.
- Do not leave a loaded bar sitting in it permanently: the housing would keep the deformation.

## If something goes wrong

| SYMPTOM | LIKELY CAUSE | FIX |
|---|---|---|
| Base slides | Dusty, smooth or wet floor | Clean the floor, put the base on a mat |
| Bar comes out of the base | Not pushed home, or sleeve too thin | Push it fully in; check the 50 mm diameter |
| Bar will not go in | Dirty or greasy sleeve | Clean the sleeve, no lubricant |
| Base tips over | Uneven floor, bar overloaded | Move it, lighten the load |




*5 cm housing for the bar sleeve, 10 cm base, 17 cm tall.*

GOOD TO KNOW

- The 360° rotation allows pushing, pulling, rotating and lunging exercises with a single end on the floor.
- The base fits in a gym bag: it replaces a rack-mounted landmine station, at home or on the road.
- The rubber absorbs some contact and vibration, but does not protect against a dropped bar.

## Need help?

**sportenzia.com/pages/contact**

Our team answers your questions about compatibility and use.