

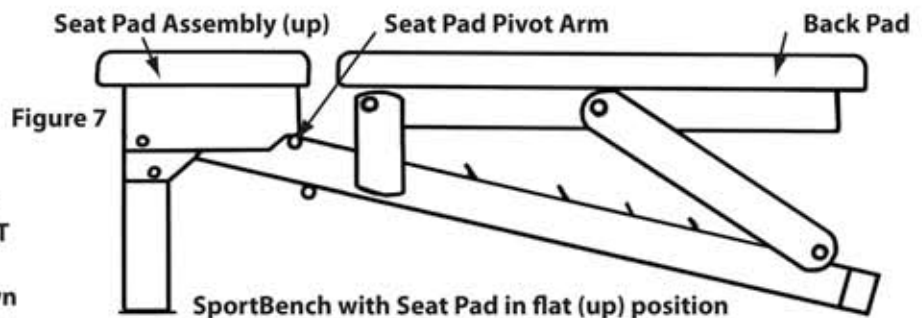
# POWERBLOCK FLAT & INCLINE SPORTBENCH INSTRUCTIONS

Thank You for purchasing the PowerBlock flat & incline SportBench. If you have any questions concerning this product, please call customer service at 507-451-5152

## Please Read The Following Before Using Your Bench

**CAUTION:** The PowerBlock SportBench is rated at 600 Lb total load. The total load is calculated by adding the body weight of the athlete plus the weights being lifted. Failure to observe this maximum load rating could result in falling weights and/or injury.

This bench was designed and manufactured to allow your workouts to flow as smoothly as possible and minimize adjustment/set-up time. The SEAT PAD ASSEMBLY was designed to lower your hips and elevate your knee when doing incline bench work. This allows you to sit more comfortably and keep your feet on the floor. The amount of space between both cushions has also been minimized for user comfort and there are no hinges or metal parts top straddle. The bench also allows you to change from flat to incline position with two simple adjustments.



Whenever changing the bench to incline position always drop the SEAT PAD PIVOT ARM to the position shown in (Figure 8) and set the SEAT PAD ASSEMBLY as shown before adjusting the desired angle of the BACK PAD. When changing from an incline position to flat, remember to lower the BACK PAD first, then raise the SEAT PAD ASSEMBLY to the flat position (Figure 7)

Figure 8 Seat Pad assembly (down)

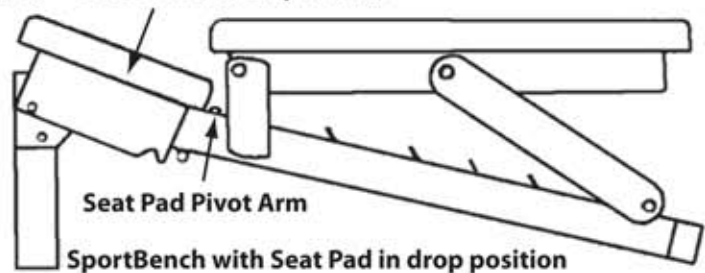
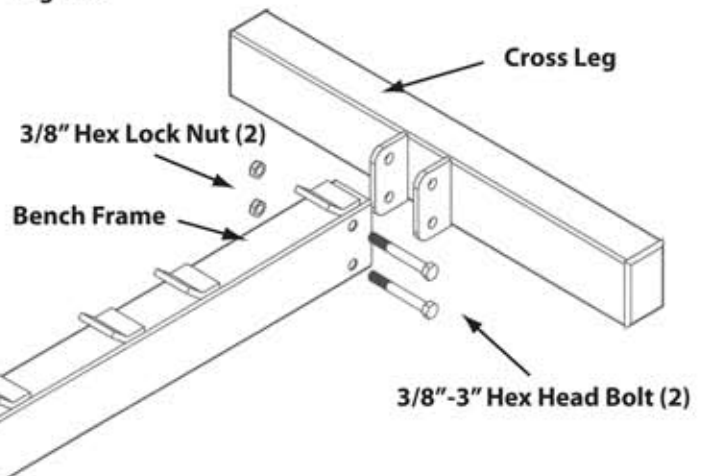


Figure 9



## Cross Leg Assembly

1. Remove bolts and nuts from Cross Leg.
2. Place Cross Leg so it is tight against Bench Fram Warning Decal on Cross Leg must be facing up. Holes in Cross Leg and Bench Frame should align.
3. Replace bolts and nuts. Tighten bolts/nuts with 9/16" wrenches or crescent wrenches.

Serial Number A03-08

**PowerBlock**  
World's Best Dumbbell  
Since 1993