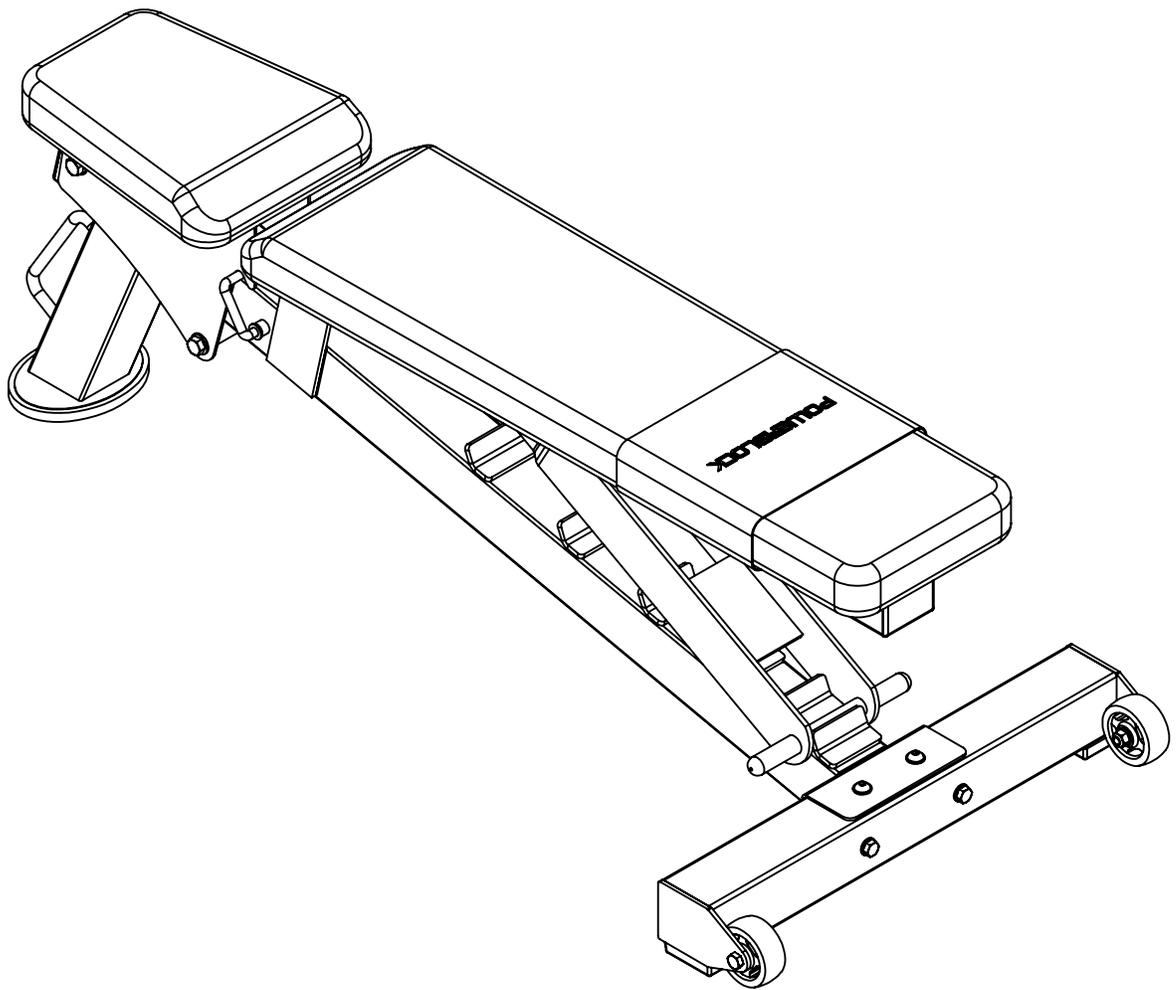


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POWERBENCH 2.0 ASSEMBLY INSTRUCTIONS COVER PAGE



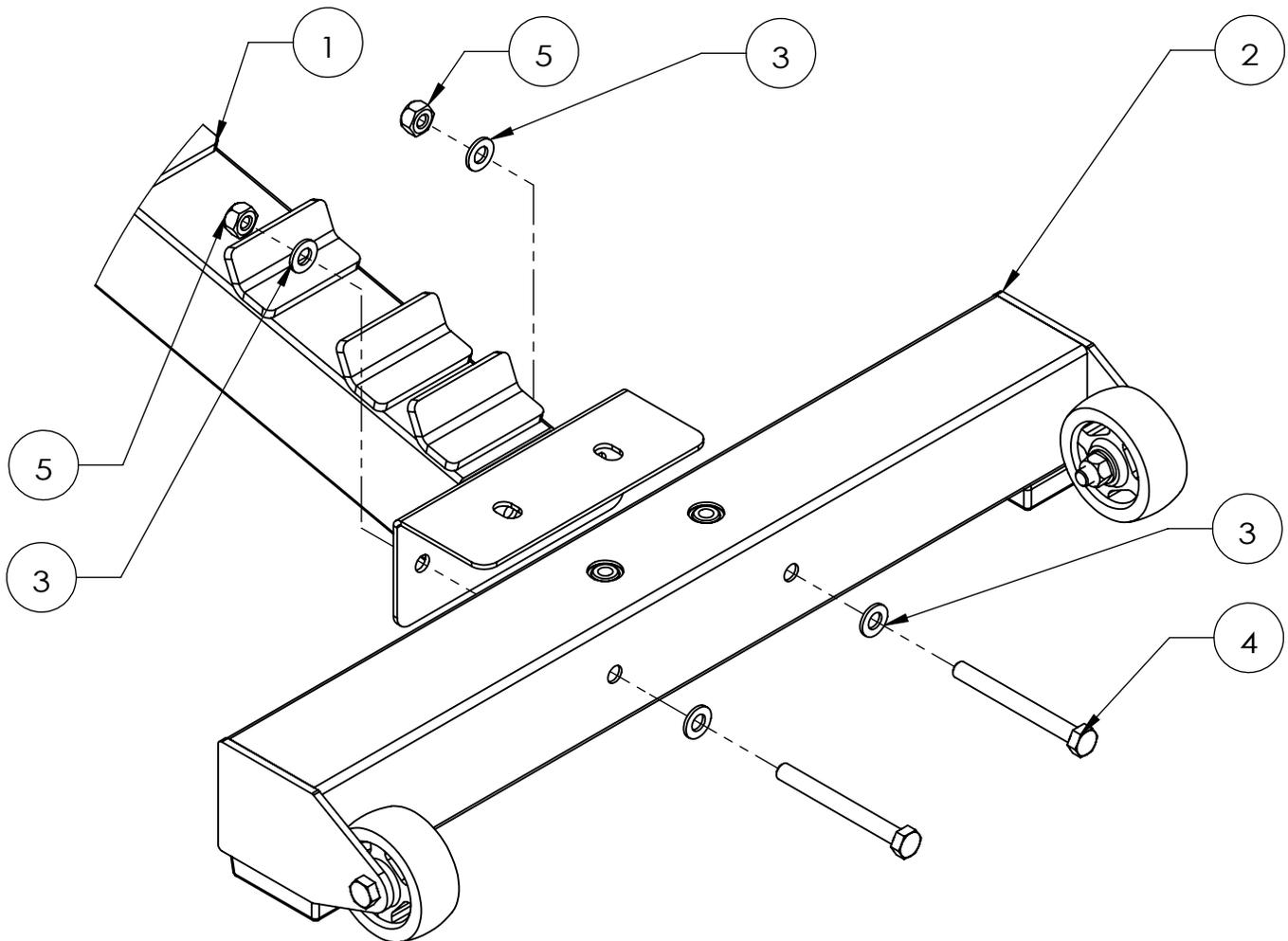
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POWERBENCH 2.0 ASSEMBLY INSTRUCTIONS STEP 1 - 1

ITEM NO.	DESCRIPTION	QTY.
1	BENCH FRAME	1
2	WHEEL BASE	1
3	M10 WASHERS	4
4	M10 HEX HEAD BOLTS	2
5	M10 NUTS	2

TOOLS NEEDED: 17 mm WRENCHES

1. FASTEN THE BENCH FRAME TO THE WHEEL BASE IN POSITION WITH SUPPLIED HARDWARE. **DO NOT TIGHTEN** THE HARDWARE.



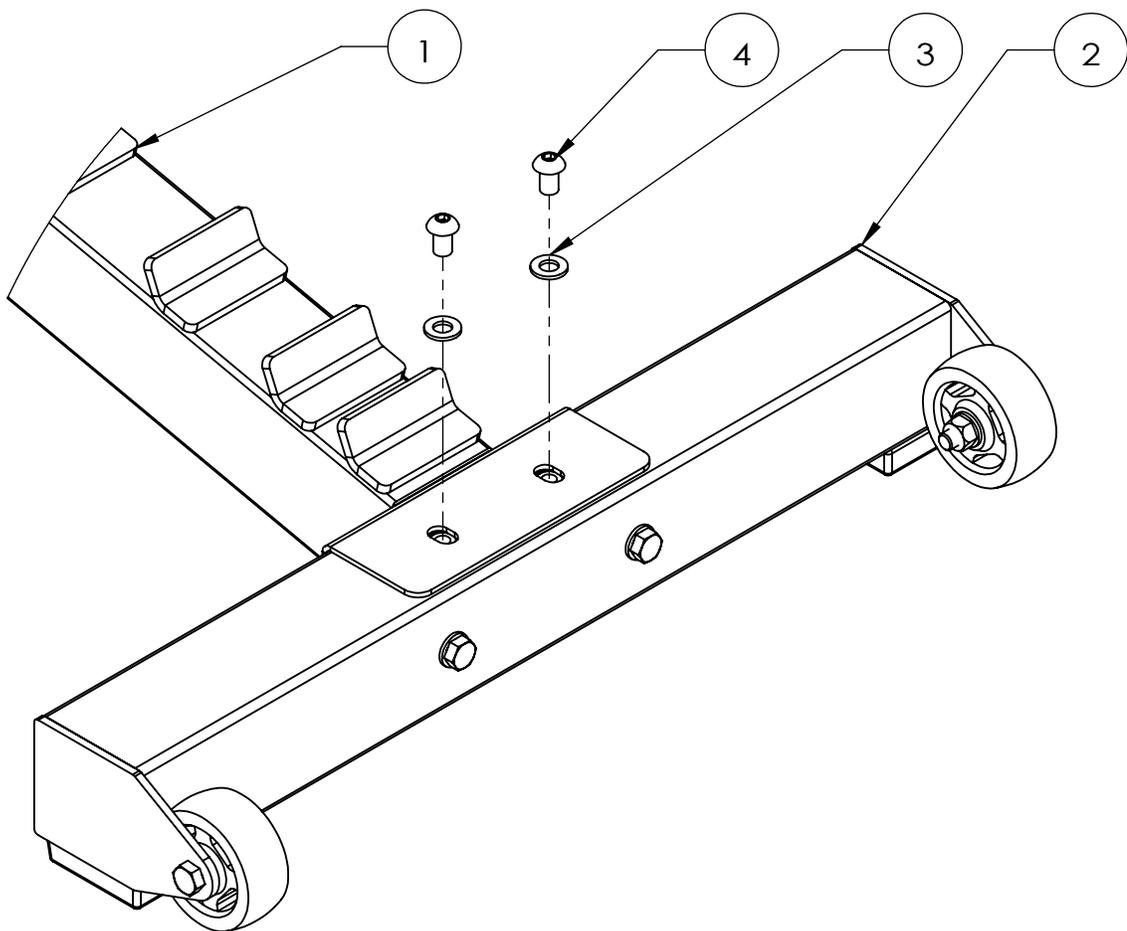
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POWERBENCH 2.0 ASSEMBLY INSTRUCTIONS STEP 1 - 2

ITEM NO.	DESCRIPTION	QTY.
1	BENCH FRAME	1
2	WHEEL BASE	1
3	M10 WASHERS	2
4	M10 ROUND HEAD SCREWS	2

TOOLS NEEDED: 6 mm ALLEN WRENCH

1. FASTEN THE BENCH FRAME TO THE WHEEL BASE IN POSITION WITH SUPPLIED HARDWARE.
2. **TIGHTEN** THE HARDWARE OF STEP 1-1 & 1-2.



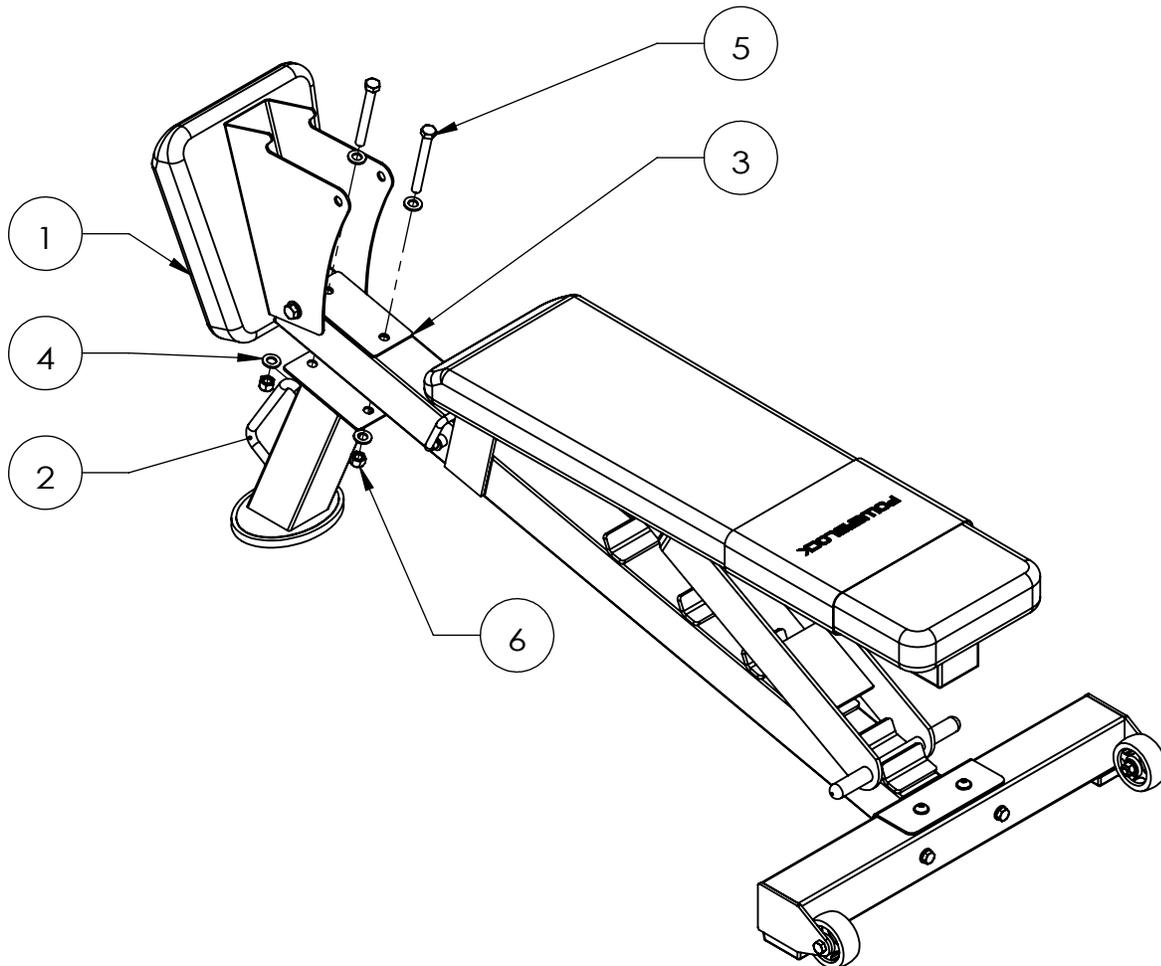
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POWERBENCH 2.0 ASSEMBLY INSTRUCTIONS STEP 2 - 1

ITEM NO.	DESCRIPTION	QTY.
1	SEAT PAD ASSEMBLY	1
2	FRONT FOOT FRAME	1
3	BENCH FRAME	1
4	M12 WASHERS	4
5	M12 HEX HEAD BOLTS	2
6	M12 NUTS	2

TOOLS NEEDED: 19 mm WRENCHES

1. FLIP THE SEAT PAD ASSEMBLY TO THE ILLUSTRATED POSITION.
2. ATTACH THE FRONT FOOT FRAME TO THE BENCH FRAME WITH SUPPLIED HARDWARE. **TIGHTEN** THE HARDWARE.



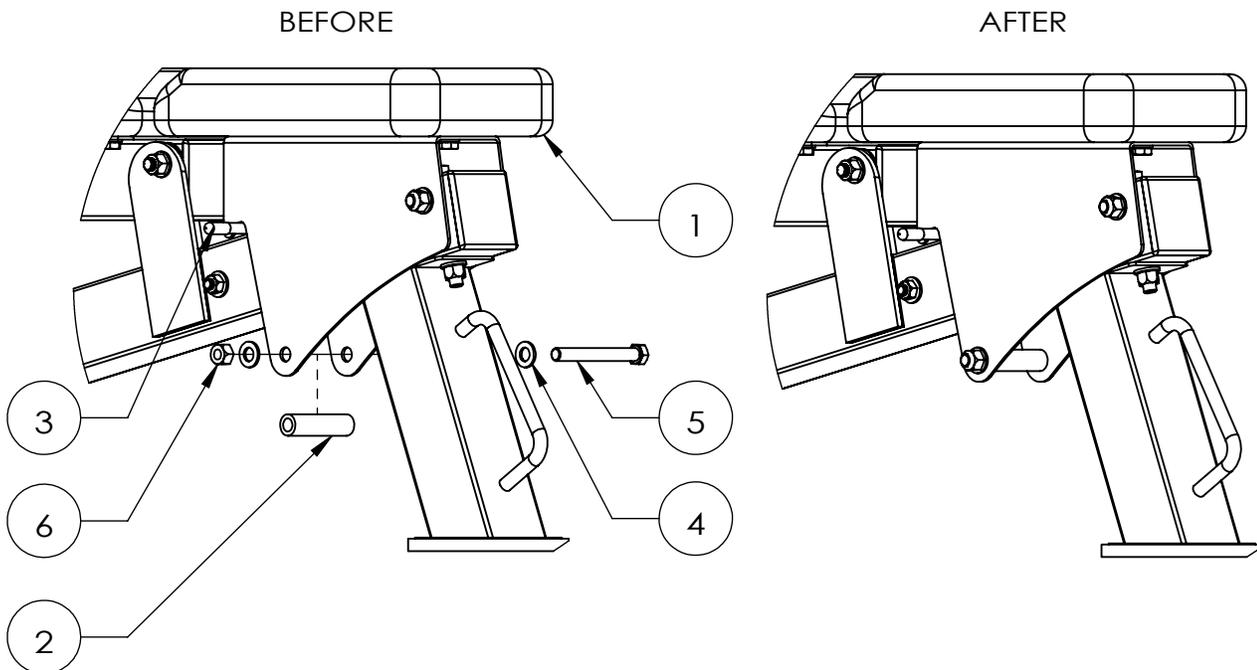
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POWERBENCH 2.0 ASSEMBLY INSTRUCTIONS STEP 2 - 2

ITEM NO.	DESCRIPTION	QTY.
1	SEAT PAD ASSEMBLY	1
2	SPACER	1
3	PIVOT ARM	1
4	M12 WASHERS	2
5	M12 HEX HEAD BOLTS	1
6	M12 NUTS	1

TOOLS NEEDED: 19 mm WRENCHES

1. ROTATE THE PIVOT ARM TO THE ILLUSTRATED POSITION.
2. FLIP THE SEAT PAD ASSEMBLY BACK TO THE ILLUSTRATED POSITION WHERE THE NOTCH OF THE FORMED PLATE SHOULD MEET WITH THE PIVOT ARM.
3. ASSEMBLE THE SPACER TO THE SEAT PAD ASSEMBLY WITH SUPPLIED HARDWARE.
TIGHTEN THE HARDWARE.



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IMPORTANT SAFETY INSTRUCTIONS

1. Read and fully understand all instructions contained in this manual prior to using the product. Be alerted to the possibility of injury. Do not be careless.
2. 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 the 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 to straddle. The bench also allows you to change from the flat to incline position with two simple adjustments.
3. Whenever changing the bench to the incline position always set the SEAT PAD PIVOT ARM to the position shown in the figure at bottom. Set the SEAT PAD ASSEMBLY as shown before adjusting to 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.
4. Inspect the bench prior to each use. Do not use a bench with worn, damaged, or loose parts, fasteners or hardware.
5. MAX LOAD: 1000 lb.
6. Use the bench on a FLAT AND FIRM SURFACE ONLY. Damage to the products and potential injury may occur.
7. Before beginning your workout, make certain that your surroundings are free from potential interference.

WARNING: Never allow children to use or play near this equipment. Anyone under the age of 18 must always have parental supervision and instruction on the use of these products.

DANGER: Do not use if bench is not assembled or placed appropriately, which may result in injury to you or others around the bench.

