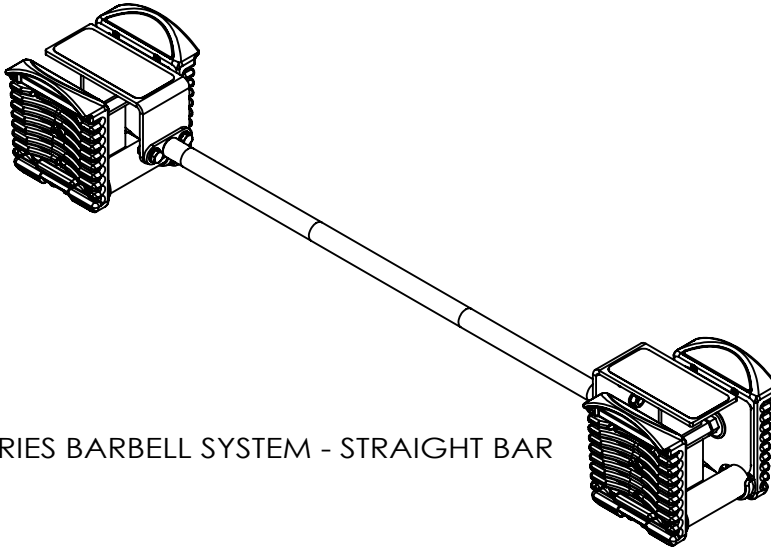
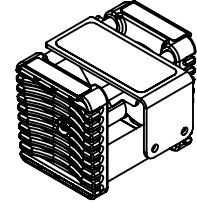


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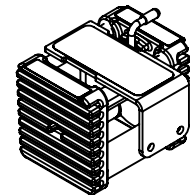
BARBELL HANDLE ASSEMBLY INSTRUCTIONS COVER PAGE



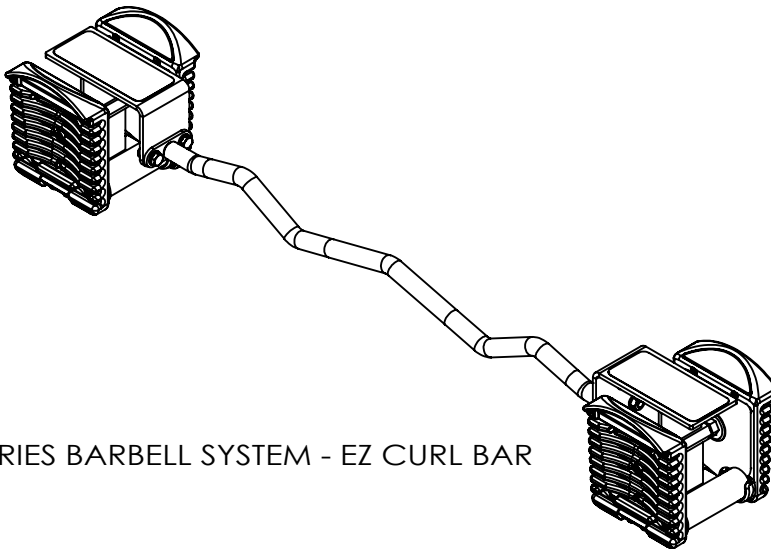
PRO SERIES BARBELL SYSTEM - STRAIGHT BAR



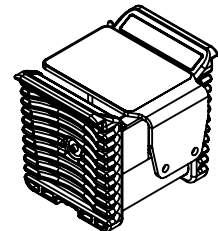
ELITE EXP 90 BARBELL HANDLE



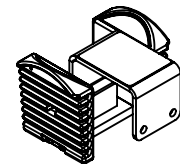
ELITE USA 90 BARBELL HANDLE



PRO SERIES BARBELL SYSTEM - EZ CURL BAR



PRO 100 BARBELL HANDLE



SPORT 24 BARBELL HANDLE*

*ALL BARBELL HANDLE MODELS WORK WITH BOTH THE STRAIGHT BAR AND THE EZ CURL BAR. THE ONLY EXCEPTION IS THE SPORT 24 BARBELL HANDLES, WHICH ARE COMPATIBLE EXCLUSIVELY WITH THE HOLLOW STRAIGHT BAR

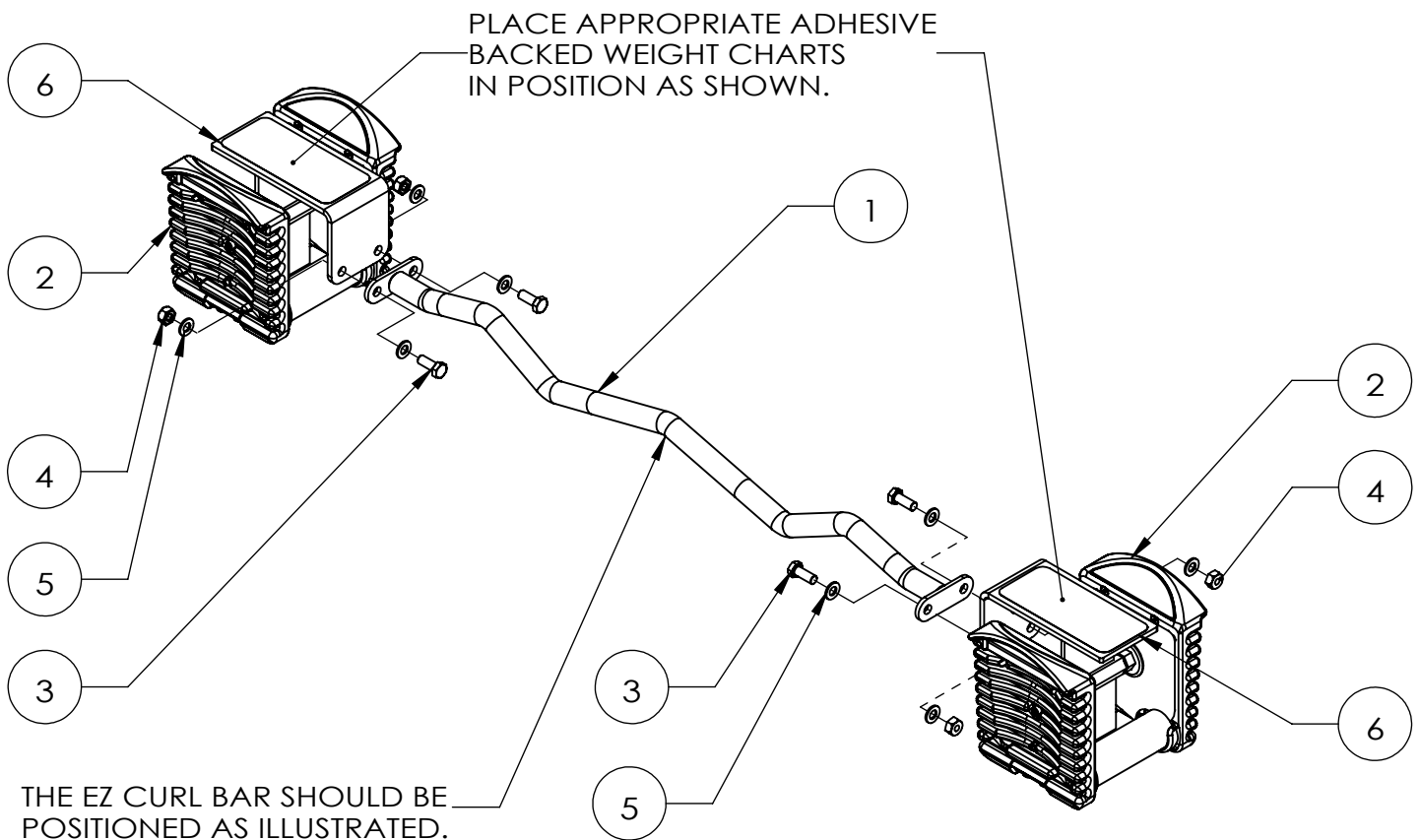
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BARBELL HANDLE ASSEMBLY INSTRUCTIONS PAGE 1

ITEM NO.	DESCRIPTION	QTY.
1	STRAIGHT OR EZ CURL BAR	1
2	BARBELL HANDLES	2
3	STEEL BOLTS M10 - 1.5 X 25 mm	4
4	STEEL NUTS M10 - 1.5	4
5	STEEL WASHERS M10	8
6	DECAL WEIGHT CHARTS	2

TOOLS NEEDED: TWO 17 mm WRENCHES

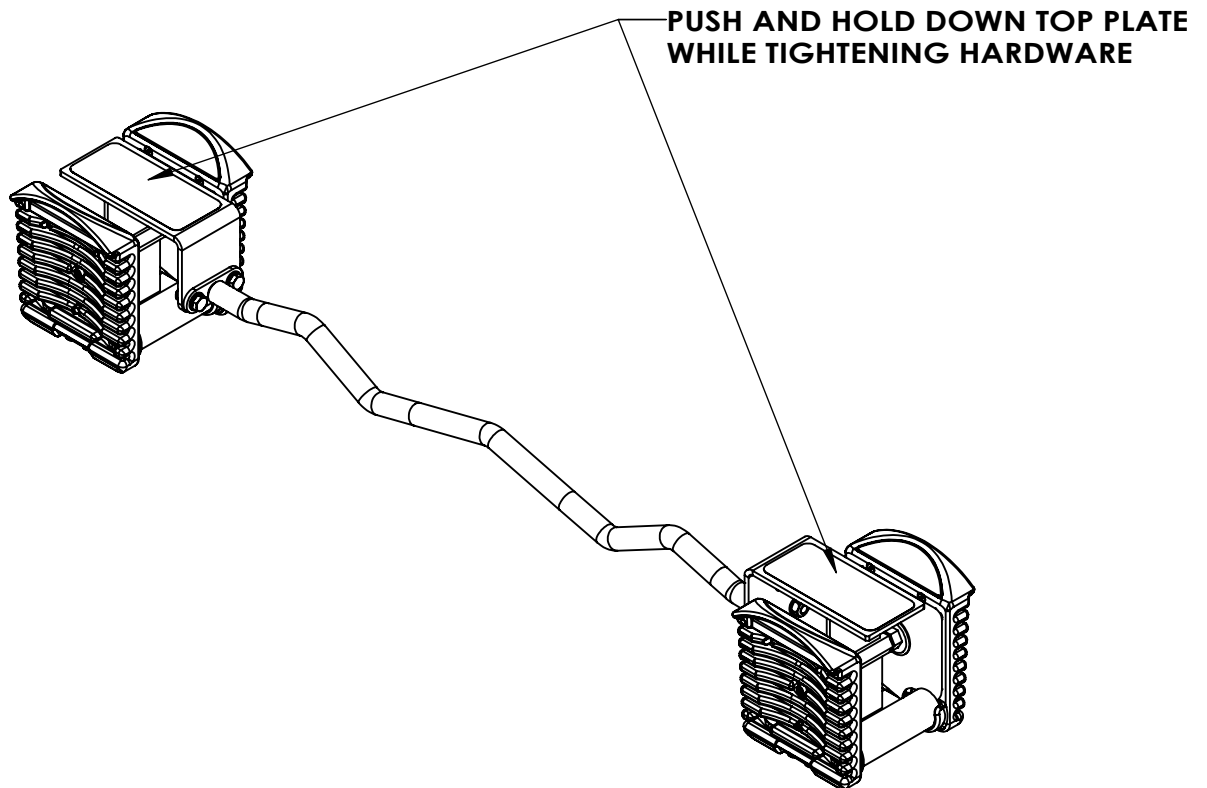
1. ALIGN THE HOLES IN THE END PLATES OF THE BAR WITH THE BARBELL HANDLES AS ILLUSTRATED, THEN SECURE THE BARBELL HANDLES TO THE BAR USING THE PROVIDED HARDWARE.
TIGHTEN THE HARDWARE.
2. OPTIONAL: PLACE APPROPRIATE ADHESIVE BACKED WEIGHT CHARTS IN POSITION AS SHOWN IF NOT PRE-ATTACHED.



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BARBELL HANDLE ASSEMBLY INSTRUCTIONS PAGE 2

3. AFTER ASSEMBLING AND TIGHTENING ALL HARDWARE, VERIFY THAT THE PINS FIT ALL HANDLE SLOTS WELL.
4. IF DIFFICULTY IS FOUND WITH PIN SELECTION IN ONE OR MORE RAIL AREAS, LOOSEN THE ATTACHMENT HARDWARE, AND THEN PUSH DOWN (ONE AT A TIME) ON THE TOP PLATE, WHILE RE-TIGHTENING THE HARDWARE. THIS MAY REQUIRE AN ASSISTANT. SEE ARROWS INDICATING WHERE TO PUSH.



Please note: For finer weight adjustments, the barbell systems (except Sport 24) are compatible with PowerBlock micro weights. If your PowerBlock dumbbell set included micro weights, they can be used with the barbell system. Micro weights are also available for purchase separately. For ordering info, please contact questions@powerblock.com.



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. Inspect the product prior to each use. Do not use a product with worn, damaged, or loose parts, fasteners or hardware.
3. The max loads of barbell system are rated at 1) 220 lb (Pro 100); 2) 195 lb (Elite EXP 90 & Elite USA 90 & Pro Series); 3) 57 lb (Sport 24). Barbell is never to exceed max weight. Failure to observe this maximum load rating could result in falling weights and/or injury.
4. Before beginning your workout, make certain that your surroundings are free from potential interference.



WARNING: Injury may occur if parts are worn, damaged, or loose. Please check to make sure all parts are tightened and secured before use.



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.



WARNING: Injury may occur if product is not assembled per the instruction manual. If you have any questions regarding the assembly, please contact customers service at 1-800-997-3999 or questions@powerblock.com.



WARNING: Never adjust weight set and/or bar unless securely positioned on the floor/ground or flat surface. Failure to do so can result in falling weights and/or serious injury.