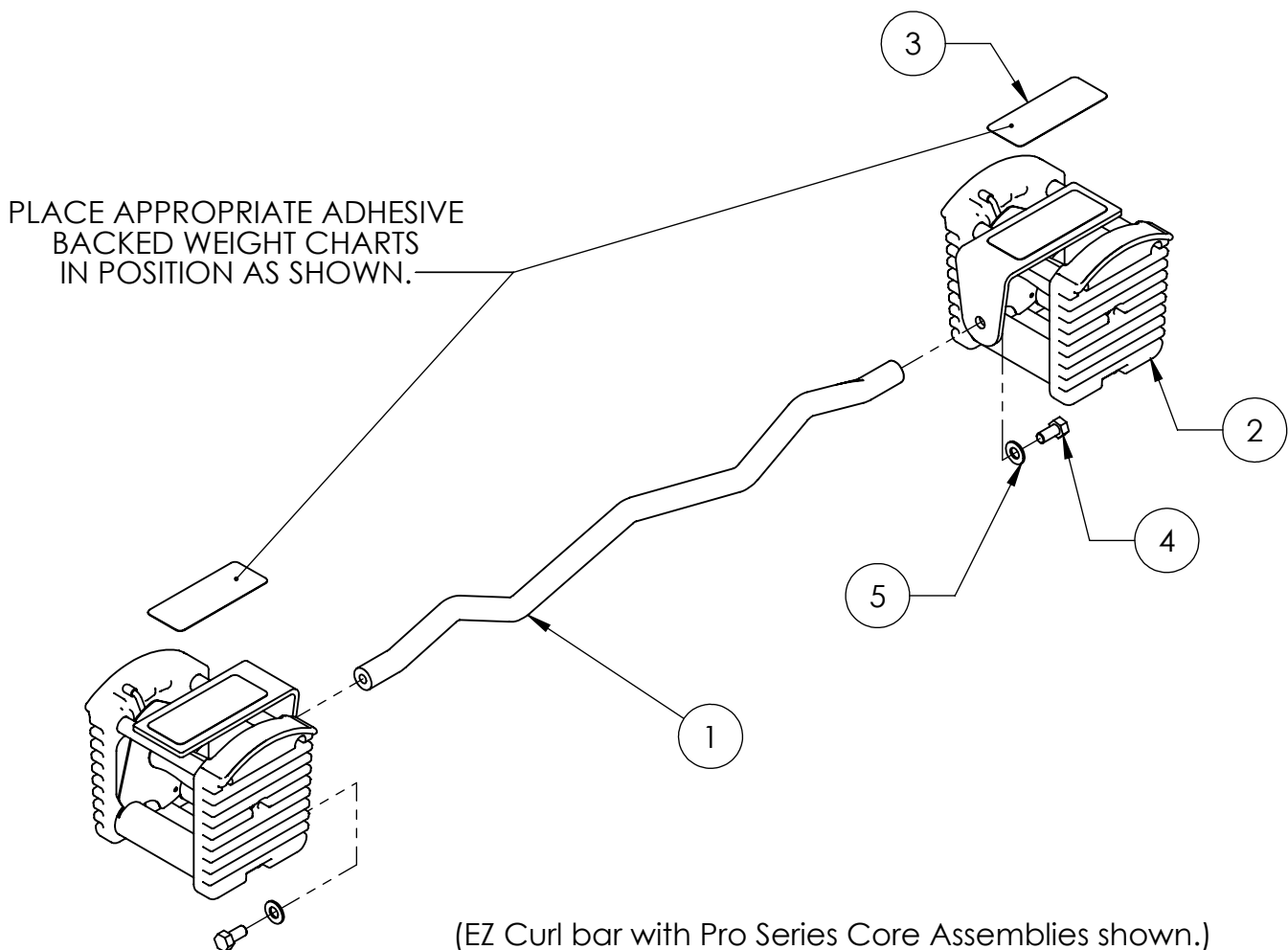# POWERBLOCK®

BARBELL SYSTEM ASSEMBLY INSTRUCTIONS

Thank you for purchasing the PowerBlock Barbell System. If you have any questions concerning this product, please call customer service at 507-451-5152.

ITEM NO.	DESCRIPTION	QTY.
1	STRAIGHT OR EZ CURL BAR	1
2	BARBELL CORE ASSEMBLY	2
3	DECAL WEIGHT CHART	2
4	M12 - 1.75 X 25mm HEX HEAD BOLT	2
5	M12 LOCK WASHER	2

One 19mm wrench needed for assembly.

1. Using the hardaware provided, attach the barbell handles to the bar.

PLACE APPROPRIATE ADHESIVE
BACKED WEIGHT CHARTS
IN POSITION AS SHOWN.

(EZ Curl bar with Pro Series Core Assemblies shown.)

POWERBLOCK®

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Warning: Before using PowerBlock products, read owners manual supplied with PowerBlock weight set and all labels. Failure to follow all safety precautions and instructions can result in serious injury. If manual is missing, obtain a replacement from www.powerblock.com.

Warning: Barbell system is rated at 195 lbs. total load. Barbell is never to exceed max weight of 195 lbs. Failure to observe this maximum load rating could result in falling weights and/or injury.

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 wieghts and/or serious injury.

Please note: to fine tune your increments the core assembly has a ballast weight option. Ballast weights are sold separately. You may call 507-451-5152 to order the ballast weight option.

Please inspect the barbell system prior to each use. Do not use the barbell system if parts are worn, damaged, or loose. Please check to make sure all parts are tightened before use.