

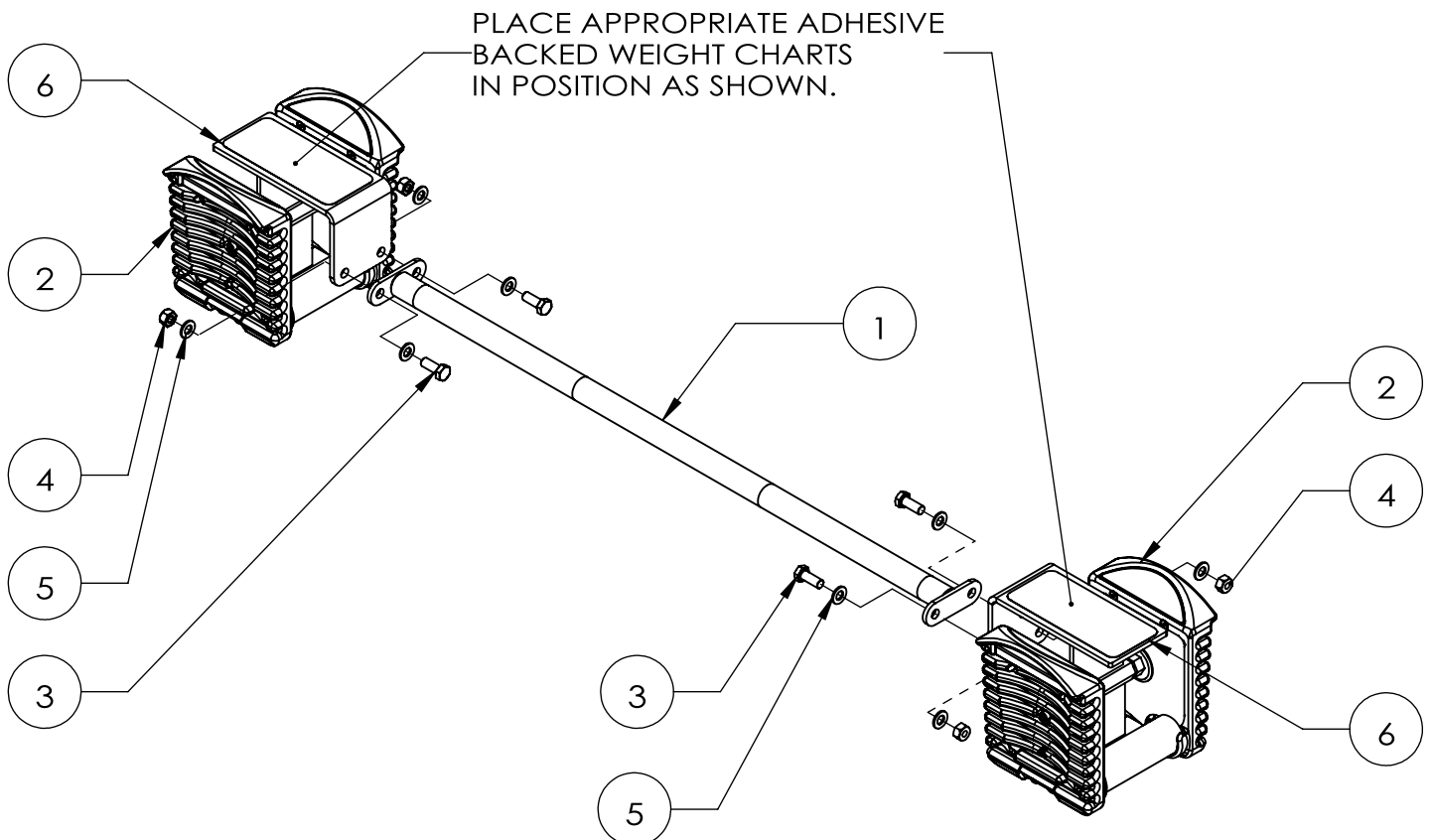
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BARBELL HANDLE ASSEMBLY INSTRUCTIONS PAGE 1

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

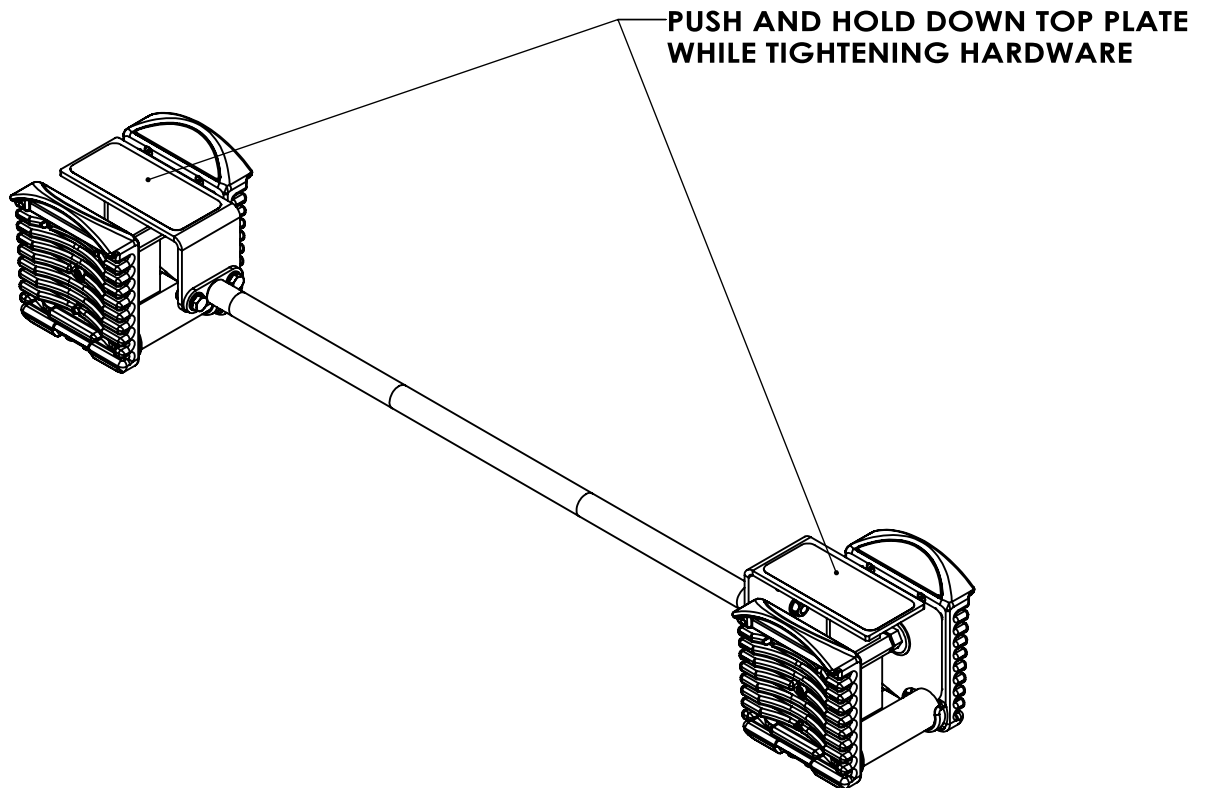
1. USE THE HARDWARE PROVIDED AND THE HOLES ON THE METAL PLATES, TO ATTACH THE BARBELL HANDLES TO THE BAR.
TIGHTEN THE HARDWARE.
2. OPTIONAL: PLACE APPROPRIATE ADHESIVE BACKED WEIGHT CHARTS IN POSITION AS SHOWN IF NOT PRE-ATTACHED.



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3. AFTER ASSEMBLING AND TIGHTENING ALL HARDWARE, VERIFY THAT ALL RAILS PIN 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.



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Thank you for purchasing the PowerBlock Barbell System. If you have any questions concerning this product, please email customer service at questions@powerblock.com.

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: 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.

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.

Please note: to fine tune your increments the core assembly has an adder weight option. Adder weights are sold separately. You may email questions@powerblock.com to order the adder weights.

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

