



SPORT ADJUSTABLE KETTLEBELL

OWNER'S MANUAL

Version 1: 08.2026

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Your Strength Journey. Simplified.

Thank you for choosing PowerBlock to help you achieve your fitness goals! We sincerely appreciate your business and will do our best to exceed your expectations in both product experience and customer service!

Your decision to choose PowerBlock provides you the freedom to take your workout wherever you go. The space limitations of a rack of dumbbells is a thing of the past. PowerBlock offers many other space-saving adjustable dumbbells, kettlebells, weight benches and accessories to assist you in achieving your fitness goals. Visit www.powerblock.com to view the full range of products.

Welcome to the PowerBlock family!

If you have any questions regarding your PowerBlock product, email us at questions@powerblock.com or call us at **1.800.997.3999**.

To contact us by mail:

PowerBlock, Inc. 14255 Southcross Drive W Burnsville, MN 55306

To fully understand how to use your PowerBlock product, it is required that you read this owner's manual prior to using it for the first time.

The following definitions apply to the words, "Danger" and "Warning" found throughout this manual.

DANGER:

Used to call attention to **IMMEDIATE** hazards, that if not avoided, will result in immediate, serious personal injury or loss of life.

WARNING:

Used to call attention to **POTENTIAL** hazards that could result in serious injury or loss of life.

Safety Information

It is the sole responsibility of the purchaser of POWERBLOCK products to read the owner's manual and warning labels and instruct all individuals, whether they are the end user or supervising personnel, on proper usage of the equipment.

UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, CONTACT POWERBLOCK CUSTOMER SERVICE IMMEDIATELY AT 1.800.997.3999.

It is recommended that all users of POWERBLOCK exercise equipment be informed of the following information prior to use.

Operating Warnings

 **California Residents: WARNING: Cancer and Reproductive Harm -**
<https://www.P65Warnings.ca.gov>

 **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.

- It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all equipment.
- This kettlebell is not intended for use by children. Keep children under the age of 18 away from the kettlebell.

Inspection

- **DO NOT** attempt to use or repair any accessory approved for use with the equipment which appears to be damaged or worn.
- **DO NOT** use or permit use of any equipment that is damaged and/or has worn or broken parts. For all POWERBLOCK equipment, use only replacement parts supplied by POWERBLOCK.
- Contact PowerBlock if your equipment becomes worn or damaged.
- Maintain labels and name plates - Do not remove labels for any reason. They contain important information. If unreadable or missing, contact POWERBLOCK customer service for a replacement.
- Equipment maintenance - Preventative maintenance is the key to a smooth operating kettlebell as well as to keep your liability to a minimum. [Please review maintenance schedule here.](#)

- Inspect the kettlebell for proper function and possible damage prior to and after each use. Do not use a kettlebell with worn, damaged or loose parts, or hardware.
- Abuse and misuse of the kettlebell may cause damage to the selector pin. You should inspect your selector pin with each use.
- Look for cracks, chips, or bends on the pin knob, magnet, or pin, and ensure the pin is connected securely to the pin knob.
- If you experience any selector pin damage, [please contact us for replacement parts.](#)

Important Safety Instructions

- **DO NOT** use any equipment in any way other than as designed or intended by the manufacturer. It is imperative that POWERBLOCK equipment is used properly to avoid injury.
- Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, STOP EXERCISING and consult your physician.
- **DO NOT** drop your kettlebell. **Never allow** the kettlebell to drop freely to the ground. Damage to the products, floor surfaces and potential personal injury may occur.
- **Never attempt** to service or repair a POWERBLOCK Sport Kettlebell for any reason. POWERBLOCK products are not designed to be user-serviced. Contact POWERBLOCK customer service directly for service.
- Before beginning your workout, make certain that your surroundings are free from potential interference.
- The kettlebell can be very heavy; we suggest you place the kettlebell directly on the floor for best support.

Safety Features and Proper Usage

- Removing or replacing the handle from the inner weights must be done in a straight motion (Image 1). Turning the handle sideways while lifting may cause inner weights to tip over (Image 2). Always make sure to select the weight while the kettlebell is seated on the ground.

Image 1



Image 2



Image 3



The weight selector pin on the Sport Kettlebell is fitted with a “flex tip” that secures the selected weight stack within the kettlebell handle or shell (Image 3).

The flex tip end of the selector pin compresses together as the pin is inserted and expands to its fully open position once the pin is fully engaged. This ensures that the weight stack is secured within the kettlebell handle (Image 4).



Image 4

Image 5



Before lifting the kettlebell, ensure the selector pin is fully inserted and that the flex tip has returned to the fully open position. (Image 5).

⚠ WARNING: Always check the selector pin to make sure it is fully inserted and completely engaged before lifting the kettlebell to avoid injury (Image 5). Failure to maintain full and correct contact between the pin and the Sport Kettlebell may result in weights falling and/or injury.

Product Information



Image 6

Sport Kettlebell Parts & Terms

Item	Description
1	Kettlebell Handle or Shell
2	Inner Weight Stacks
3	Selector Pin

The Sport Kettlebell consists of three components: the kettlebell handle, inner weight stack and selector pin (Image 6).

Using the Sport Kettlebell

The Sport Kettlebell offers weights in three different increments: 10, 15 and 20 lbs or 4.5, 6.8, and 9.0 kg (Image 5).

Image 5

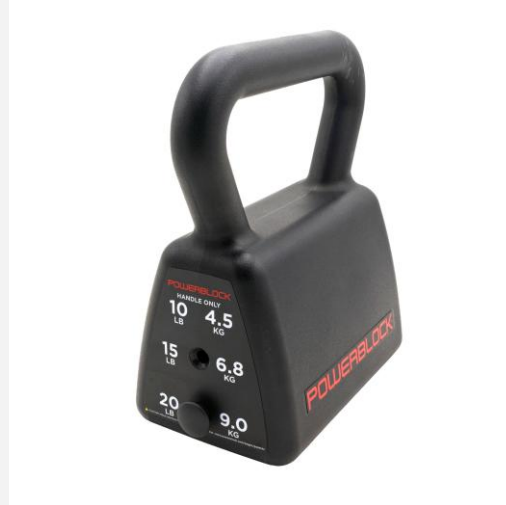


Image 6

To choose weight, first make sure the kettlebell is seated safely on flat level ground. Next, insert the selector pin into the desired weight setting and lift handle straight up (Image 6). Any inner weights not selected will remain behind.

Maintenance Procedures

Maintenance Schedule

Inspect Daily

- Inspect the kettlebell and selector pin prior to each use. Do not use a kettlebell with worn, damaged, or loose parts.

Once a week

- Visually inspect your kettlebell for loosening, tampering or wear.

Cleaning

A soft microfiber cloth may be utilized to keep your kettlebell clean. Warm water may be used in addition to the microfiber cloth **ONLY** if the finish on your kettlebell is free from scratches or chips.

DO NOT use ammonia or acid-based cleaners.

DO NOT use abrasive cleaners or an abrasive cloth.

DO NOT use paper towels.

DO NOT apply cleaners directly to the equipment surfaces.

Kettlebell Care

DO NOT strike kettlebell against other pieces of equipment

DO NOT drop the kettlebell. Dropping the kettlebell from any height will void the warranty.

STORE the kettlebell indoors in a temperature-controlled, humidity-free environment.

 **WARNING:** Striking the kettlebell against any object could dislodge the pin and result in falling weights and/or injury. Failure to replace worn parts may result in injury. Check/tighten all hardware prior to use.

Warranty & Repairs

PowerBlock products are built to provide you with many years of use if used correctly. However, in the rare occasion, if issues do happen, we have excellent after-sales service that will get your equipment back up and running again.

If you have a material or workmanship defect or damaged product, please contact us via one of the methods below.

 Website contact form	https://powerblock.com/parts-request/
 Email	questions@powerblock.com
 Phone number	800.997.3999

When filling out the contact form or emailing us, please attach photos to help describe the issue. If you have a void or expired warranty, parts are available online for purchase.

For International customers who have purchased through the PowerBlock website, please contact our U.S Customer Service Team for assistance by emailing questions@powerblock.com or filling out a [form](#) online.

For all other International customers, please visit the authorized dealer you purchased your set from for warranty fulfillment.

PowerBlock Limited Warranty

Foreward

Thank you for purchasing PowerBlock equipment. We want you to know that we appreciate your business and realize there are many other places you could have spent your fitness dollars and will do our best to exceed your expectations in both product and customer service. PowerBlock products are built to provide you many years of use if used correctly. By accepting delivery of, or using, the PowerBlock products accompanying this Statement of Warranty and Limited Liability, you agree to the terms and conditions contained herein.

If you have any questions or concerns, please contact our Customer Service Department at questions@powerblock.com or call us at **800.997.3999**.

For the most up-to-date warranty information, please refer to our website here:
<https://powerblock.com/pages/warranty>

PowerBlock, Inc.
14255 Southcross Drive W
Burnsville, MN 55306

Consumer Limited Warranty

Who makes this Warranty?

This warranty is made by PowerBlock, Inc. ("PowerBlock"), 14255 Southcross Drive W, Burnsville, MN 55306, 800.997.3999, <https://powerblock.com/pages/contact>.

Where to read this Warranty before you buy

The full text of this Limited Warranty is available at powerblock.com/warranty. For any additional questions contact PowerBlock Customer Service at 800.997.3999.

Who is covered?

This Limited Warranty applies only to the original purchaser of the PowerBlock product from the www.powerblock.com online store or an authorized PowerBlock reseller in the United States or Canada. Coverage begins on the purchase date shown on your proof of purchase and is non-transferable- warranty is void if purchasing from a 3rd party.

What does the Warranty cover?

This Limited Warranty covers defects in materials or workmanship in the product components listed in the Warranty Periods tables below, when used and maintained as directed in the Owner's Manual.

THIS LIMITED WARRANTY IS THE ONLY EXPRESS WARRANTY MADE BY POWERBLOCK ON YOUR POWERBLOCK EXERCISE EQUIPMENT. THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER OBLIGATIONS, LIABILITIES, OR EXPRESS WARRANTIES. ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE END AT THE SAME TIME COVERAGE UNDER THIS EXPRESSED LIMITED WARRANTY ENDS.

PowerBlock, its distributors, or authorized retailers do not authorize any person to assume for them any obligations or liabilities greater than or different from those set forth in this warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitations may not apply.

How long does the coverage last?

Coverage periods for each component are shown below and begin on the purchase date. Any implied warranties last no longer than the applicable limited warranty period and only apply to the original purchaser. If a part is repaired or replaced under this Limited Warranty, the replacement part is covered for the longer of (a) the remainder of the original coverage period for that part or (b) 90 days from the date of repair or replacement.

PRODUCT CATEGORY	COMPONENT COVERED	WARRANTY PERIOD
Home Adjustable Dumbbells	Handle Assembly	5 Year Limited Warranty
	Weight Plates	5 Year Limited Warranty
	Selector Pin	1 Year Limited Warranty
	Tether Cord	1 Year Limited Warranty
Models Included: Sport 24, Pro 32, Pro 50, Pro 100 EXP, Elite 90 USA EXP, Elite 90 EXP, PowerBlock EXP	Micro Weights	1 Year Limited Warranty
Stands	Frame	5 Year Limited Warranty
	Protective Items (tray mat)	90 Day Limited Warranty
Benches	Frame	5 Year Limited Warranty
	Pads	90 Day Limited Warranty
Adjustable Kettlebells and Kettlebell Handles	Pro Adjustable Kettlebell Frame/Weight Inserts	5 Year Limited Warranty
	Handle	5 Year Limited Warranty
	Sport Kettlebell Frame	1 Year Limited Warranty
	Pin	1 Year Limited Warranty
Barbells	Handle Cores	3 Year Limited Warranty
	Bar	3 Year Limited Warranty

Attachments	Frame	1 Year Limited Warranty
	Grips	90 Day Limited Warranty
Resistance Bands	Band	90 Day Limited Warranty

Purchased Replacement Parts

When you buy a replacement part on its own, it does not come with its own separate warranty, and it will not restart or extend the warranty on your original equipment. This does not affect coverage of components included with your original equipment, which remain subject to the Warranty Periods table.

Replacement parts are limited to the following:

- Weight Plates
- Selector Pin
- Micro Weights
- Handle Assembly

What will PowerBlock do?

After determining whether there are defects in materials or workmanship to the product, PowerBlock will, in its discretion, determine the appropriate remedy. If the product damage is determined to be the result of manufacture or workmanship defects, PowerBlock will, at our option, repair or replace the item within a reasonable time after receiving the information and/or item we request for assessment.

During the applicable warranty period, replacement parts are provided at no charge. Unless noted otherwise, you are responsible for shipping charges, including (a) shipping charges for any replacement part we send to you; and (b) if we ask you to return a product or part for assessment, repair, or replacement, the cost to ship the product or part to and from PowerBlock. If the product is deemed damaged without indication of manufacturer or workmanship defects, PowerBlock will offer replacement or repair services to you at your expense, including parts, labor, and shipping. Any applicable charges must be paid before PowerBlock performs repair or replacement services.

In the unlikely event of a major fault, at PowerBlock's discretion, we may request that the item be returned to us for assessment, repair, or replacement. We recommend that you keep your original product packaging if possible. If you require a warranty repair and no longer have the original packaging, you are responsible for safely packaging the product for transport using functionally equivalent packaging and appropriate internal padding. For items you ship to PowerBlock, PowerBlock is not responsible for loss or damage in transit caused by inadequate packaging or carrier handling. If damage sustained in transit prevents assessment of your warranty claim, additional charges may apply to restore the product to an assessable condition.

How do you obtain a repair or replacement?

Registration required (within 30 days). To be eligible for repair or replacement under this warranty **you MUST register your product** within 30 days of purchase by visiting <https://powerblock.com/pages/warranty-registration>. If you cannot register online, you may register by phone at **800.997.3999**. Registration requires your name, contact details, product serial/lot number, and proof of purchase. If you cannot register within 30 days for a reason beyond your control, contact us and we will assist you with alternative verification.

How to request service. If service, repair, or replacement is required during the warranty period, contact our Customer Service team at questions@powerblock.com or **800.997.3999** for instructions. Please have: (1) the retailer's name, (2) the date of purchase, and (3) a brief description of the issue. You may also submit a claim at <https://powerblock.com/pages/warranty-claim-form> and upload photos or video to help us assess the issue.

Proof of purchase & assessment materials. Proof of purchase (invoice or paid order confirmation) must be provided when requesting warranty repair or replacements. To assess damages or faults, we may request photographic, video evidence or other information before approving service.

Inspection, timing, and charges. There is no charge for inspection. When inspection is required, PowerBlock will inspect the item upon receipt and contact you within a reasonable time with the inspection result and, if the issue is not covered, an estimate of labor charges. If you authorize non-covered repairs, we will return the repaired product to you COD and you must pay any labor charges upon receipt. (Covered repairs/replacements are provided as described in "What Will PowerBlock Do?" above; unless noted otherwise, you are responsible for shipping charges.)

Necessary maintenance or repairs may be performed by any company. Damage caused by improper repairs, alterations, or incompatible parts used by you or any third party **may void coverage**; if you prefer to have repairs performed elsewhere, PowerBlock will return the product and any necessary replacement parts to you within 72 hours of your request.

What does the Warranty not cover?

Storing your product in an environment that is not climate controlled may void the warranty.

Without limiting any statutory rights which may be available to you, this Limited Warranty does not cover:

- Damage resulting from the product being stored in an environment that is not climate controlled;
- Damage caused by incorrect assembly or installation contrary to the Owner's Manual;
- Any product used for commercial use that is not authorized for commercial use (such as home adjustable dumbbell models used in commercial environments);

- Any product purchased outside of North America;
- Damage caused by prolonged exposure to extreme temperatures, moisture, or corrosive environments contrary to the storage and care instructions in the Owner's Manual;
- Any damage caused by accidents, natural disasters, lightning, water, fire, wind, storms
- Any damage caused by abuse or theft of the product;
- Normal wear and tear of the product (such as scratches, chips, dents, marks, flaking, discoloration) and/or any cosmetic changes over time occurring from daily use of the product;
- Damage caused to product due to negligent or faulty use, improper maintenance, storage or handling by the user;
- Any adaptation or changes to the product which are not in accordance with the user manual supplied with the product;
- Pin damage resulting from slapping or any form of selector-pin misuse, including aggressively inserting the pin into the weight stack;
- Damage resulting from any of the following:
 - Dropping of the products from any height;
 - Incorrect adjustments to adjustable benches, adjustable weight systems including dumbbells, barbells, and kettlebells;
 - Transportation (excludes transit damage when dispatched from an authorized PowerBlock seller);
 - Abuse, misuse, failure to follow instructions, improper or abnormal usage;
 - Alteration, modification, defective installation;
 - Improper repairs, alterations, or modifications;
 - Incompatible parts, accessories, or products;
 - Using ammonia or acid based cleaners;
 - Using abrasive cleaners, brushes or cloths;
 - Using the product beyond recommended weight limits;
 - Pets;
 - Entry of foreign matter into the product including liquid, moisture or dirt; and

- Rust corrosion as a result of normal wear and tear and/or improper storage of the set.

Please see the **Maintenance Procedures** section of the Owner's Manual provided with your product for care and maintenance of your product.

POWERBLOCK SHALL NOT BE RESPONSIBLE FOR INJURY, INCONVENIENCE, LOSS, OR DAMAGE TO PERSONAL PROPERTY, WHETHER DIRECT OR INDIRECT. CONSEQUENTIAL AND INCIDENTAL DAMAGES ARE NOT RECOVERABLE UNDER THIS LIMITED WARRANTY. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitations or exclusion may not apply to you.

How Does State Law Apply?

This warranty gives you specific legal rights, and you may also have other rights that vary from state to state.

Commercial Limited Warranty

Scope

This Commercial Warranty applies only to the Commercial models and products indicated by PowerBlock in the table below. Coverage begins on the purchase date shown on your proof of purchase, applies only to the original commercial purchaser, and is not transferable. Except as expressly modified in this Commercial Limited Warranty section, the consumer warranty terms above apply to commercial models. In the event of any conflict between those consumer terms and this Commercial Limited Warranty, this Commercial Limited Warranty controls for commercial models.

The same procedures and cost allocations stated above apply to commercial models (including documentation requirements and customer-paid inbound/outbound shipping), unless PowerBlock states otherwise in writing.

Commercial Warranty Periods

PRODUCT CATEGORY	COMPONENT COVERED	WARRANTY PERIOD
Commercial Adjustable Dumbbells	Handle Assembly	1 Year Limited Warranty
	Models Included: Commercial Pro 32, Commercial Pro 50, Commercial Pro 100, Commercial Pro 125/175	Weight Plates
		Selector Pin
		Tether Cord
Commercial Stands	Frame	5 Year Limited Warranty
	Protective Items (tray mat)	90 Day Limited Warranty
Commercial Benches	Frame	1 Year Limited Warranty
	Pads	90 Day Limited Warranty
Adjustable Kettlebells and Kettlebell Handles	Frame/Weight Inserts	1 Year Limited Warranty
	Handle	1 Year Limited Warranty
	Pin	1 Year Limited Warranty

Disclaimer (Commercial Sales)

TO THE MAXIMUM EXTENT PERMITTED BY LAW, POWERBLOCK DISCLAIMS ALL IMPLIED WARRANTIES, INCLUDING MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. The exclusive remedy is repair, replacement, or refund as stated. **PowerBlock's total liability shall not exceed the purchase price, and PowerBlock is not liable for lost profits, downtime, or incidental, special, or consequential damages.**