

# POWERBLOCK®

## WORLD'S BEST DUMBBELL

### Installation Guide for USA Elite Knurled grip

#### Tools needed

5 mm Allen wrench

#### What's included

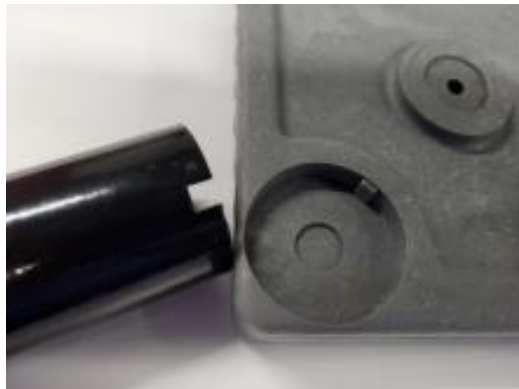
- 2 New USA Elite knurled grips with washers
- Threadlock glue

#### Installation steps

1. Remove your handle from the weight stack.
2. Remove adder weights from the handle.
3. Use an Allen wrench to remove the two bolts holding the center grip in place.
4. Insert new knurled grip with washer into the center hole on the side through the metal dial lock and add a couple drops of Threadlock glue into the hole and one drop on the bolt. Then tighten the bolt. Check dial lock movement after tightening.



If the dial lock is hard to move, unscrew the bolt slightly. Dial lock should move but not be loose.



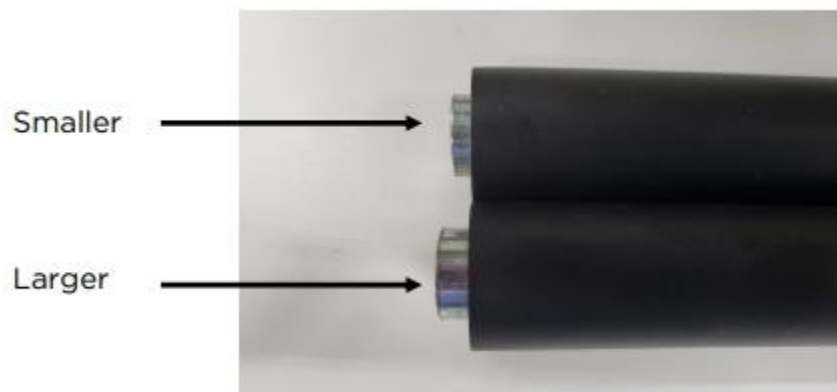
5. Insert weight tubes into lower holes on the side with an aligning notch within the hole.

6. Press lower tubes and opposite side together with dial lock and align center.



7. Add a couple drops of Threadlock glue into the hole and one on the bolt. Then tighten the bolt - stop after 2-4 turns so the bolt has begun to thread into the new grip but is still loose.

8. Insert upper beams into the hole on each end with the larger side of the beam inserted above the metal dial lock.



9. Press sides together firmly and finish tightening the remaining bolt until completely tightened.

10. Your new USA Elite handle with knurled grip is now ready to use.

11. To see a video of this installation, go to <https://www.youtube.com/watch?v=lec9aV7EMhc>