



## Elite USA Owners Manual

Please read before using product



Elite 50



Elite 70



Elite 90

View our complete line of products and accessories at:

[www.powerblock.com](http://www.powerblock.com)

*View patents at [powerblock.com](http://powerblock.com)*



Congratulations on the purchase of your PowerBlock product.

The PowerBlock" family of products offer many selections of space saving selectorized dumbbells, as well as stands, benches and other accessories that allow you to make the most of your workout time in a compact and practical amount of space. 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 live up to and exceed your expectations.

In both product and customer service. If you have any questions at all on your PowerBlock" products, please do not hesitate to call us at S07-4S1-S1S2, or fax us at S07-4S1-S27B. You may also email us at [questlons@powerblock.com](mailto:questlons@powerblock.com).

To contact us by mail:

PowerBlock, Inc.  
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Owatonna, MN S5060

In order to utilize your PowerBlock" products to the fullest extent, It is critical that you read and fully understand this owner's manual prior to using your PowerBlock" products.

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 loss of life.

**WARNING:** Used to call attention to POTENTIAL hazards that could result In personal Injury or loss of life.

### WARNING

Before beginning any exercise program, consult your physician or health care professional. Only he or she can determine the exercise program that is appropriate for your particular age and physical condition. If you experience any light-headedness, dizziness or shortness of breath while exercising, stop the exercise Immediately and consult your physician.



## 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. This product is Intended for home use only and is not suitable or warranted for commercial application. Visit [powerblock.com](http://powerblock.com) to see commercial warranted products or call 507-4S1-51S2.

### 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.

3. Inspect the dumbbells prior to each use. Do not use a dumbbell with worn, damaged, or loose parts or fastener.
4. Never allow the dumbbells to drop freely to the ground. Damage to the products, floor surfaces and potential personal injury may occur. Please see the warranty section for specific warranty limitations related to dropped dumbbells.
5. Never allow dumbbells to forcefully bump together during use. Damage to the product and potential personal injury may occur.
6. Never attempt to disassemble a PowerBlock® handle for any reason. PowerBlock® products are not designed to be user serviced. Contact your authorized PowerBlock® retailer or PowerBlock, Inc directly for service.
7. Before beginning your workout, make certain that your surroundings are free from potential interference.
8. PowerBlock® dumbbell sets can be very heavy; if you are not using an optional PowerBlock® Stand, we suggest you place the dumbbell set directly on the floor for best support.



## Safety Features And Proper Use

1. Removing or replacing the handle and weights from the nest must be done in a straight motion (image 1).
2. Turning the handle sideways while lifting may jam the assembly (Image 2).



Image 1

Image 2

### **DANGER**

Do not use if weights are jammed. Using while jammed may result in falling weights and/or injury to you or others around the weights.

3. The weight selector pins contain magnetic blocks. Make sure the magnetic blocks contact the round side rails. The selector pin should be horizontal under the desired weight (Image 3). Be careful not to cross pins (image 4).

## WARNING

Always check the selector pin to make sure it is fully inserted right side up and completely engaged before lifting the dumbbell to avoid injury. See image 3. If the selector pin disengages from the side rails, stop use immediately. Place PowerBlock on nearest flat surface and fully engage selector pin magnetic blocks securely to the side rails. Failure to maintain full and correct contact between magnetic blocks in selector pin and side rails may result in weights falling and/or injury. Do not use the PowerBlock without the tether cord being in good working condition and attached to the top side rail and selector pin. Weight selector pin may fall out of PowerBlock if used without tether cord and may result in falling weights and/or injury.

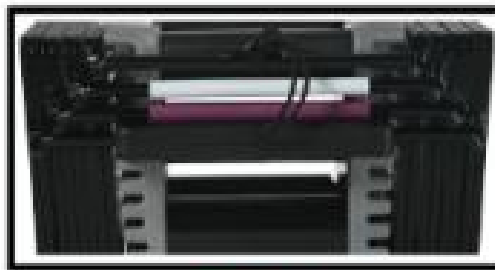


Image 3



Image 4

4. Your PowerBlock features a tether cord which attaches the selector pin to the weight plates on the # 1 or top most weight plate side rail. The tether cord will prevent the selector pin from being misplaced. The tether cord also serves as a safety retainer for the weight selector pin in the event the magnetic blocks ever lose contact with the side rails.



## Safety Features And Proper Use

5. Lift from handle only. (Image 5)
6. Do not bang PowerBlocks together during any exercise, any contact between a PowerBlock and another piece of equipment or a body part could result in a selector pin dislodging



Image 5

### DANGER

Lift from handle only. Lifting from any other part of the PowerBlock may result in falling weights and/or injury. Banging PowerBlocks could dislodge pins and result in falling weights or injury.

7. Lift the handle and weights above the weight stack and visually inspect for correct placement of the weight selection pin.
8. The open/close decal on the top face of each handle indicates the position of the SELECTOR DISK and whether the adder weight tubes are open or closed. (Image 6-7)



Image 6



Image 7

## **DANGER**

Always close the Selector Disc after loading 2.5 lb adder weights by aligning the red cap in the left or right closed position. Failure to close Selector Disk could result in falling weights and/or injury.

9. Because the 2.5 lb adder weights slide in/out easily, be sure to place your hand in front of the handle when unloading adder weights.
10. The optional stand for the Elite Sets contains storage ports for the 2.5 lb adder weights when not inserted in the handle. The optional stand also offers convenience and ease of weight selection.

## **WARNING**

Do not allow children or minors to use or play with the PowerBlock Stand. Falling weights can result in injury or damage.



## Care & Maintenance

1. Do Not bang PowerBlock® dumbbells together and/or against other pieces of equipment.

### WARNING

Banging PowerBlock® dumbbells could dislodge pins and result in falling weights and/or injury.

2. Do not drop the PowerBlock®. Dropping the weight plates from any height will void the warranty. Dropping an un-nested weight plate from any height could result in permanent deflection of the unit and will void the warranty.
3. Should any weld break, stop using the PowerBlock® immediately and refer to the warranty instructions.

### WARNING

Use of PowerBlock® with any cracked or broken weld could result in falling weights and/or injury. Failure to replace worn parts may result in injury. Tighten loose bolts.

4. Inspect equipment before each use for loose or worn parts (including bolts). Replace worn parts at the first sign of wear. Failure to replace worn parts may result in injury. Tighten loose bolts.
5. You may apply "Armor All" to painted weight plate assemblies (do not apply over bands on side rails). This will remove cosmetic scratches and serve as a lubricant for nested assemblies.
6. If Paint chipping does occur as a result of normal use, liquid paint can be used for touch-up. As a result of shipping or extended use, the nesting of the weight plates may cause some scuffing of the powder painted finish. Use of an "Armor All" type product will help restore this condition and provide best performance.





## PowerBlock Dumbbells 101

The PowerBlock Elite dumbbell consists of three major components; the weight stack, handle and selector pin.

The PowerBlock Elite selector pin is tethered to the first weight plate (rail). This is one of many safety features built into the design of the product and must not be compromised.

### **DANGER**

Do not remove selector pin from tether cord. It must remain attached to the first weight plate as shown in image at right.

The PowerBlock Elite uses a variable weight handle that can be 5, 7.5 or 10 lbs. This allows the user to micro load or "fine tune" their weight selections using the 2.5 lb adder weights.



### **DANGER**

When you choose to "open" the handle to remove adder weights, be sure to have the handle pointed up as shown at right.



## Using Your Powerblocks

1. Set the handle weight by either having the handle empty (5 lbs) or 1 adder weight in the handle (7.5 lbs) or 2 adder weights in the handle (10 lbs). Use the Open/Close lever to open the handle to take adder weights out or put them in.



### WARNING

Be sure to always put dial lock into closed position before using.

2. Refer to color coded weight chart to select desired weight.
3. Use the Selector Pin To choose/add weight plates from the weight stack, insert the selector pin at the colored side rail of the weight desired.
4. Lift weight from the center handle as shown in image at right

Handle	15	25	35	45	55	65	75	85	95
Base	12.5	22.5	32.5	42.5	52.5	62.5	72.5	82.5	92.5
1 Adder	25	35	45	55	65	75	85	95	
2 Adders									

CAUTION: Read instructions before use.



### DANGER

Lift from handle only. Lifting from any other part of the PowerBlock may result in falling weights and/or injury. Banging PowerBlock dumbbells could dislodge pins and result in falling weights or injury.



## Using Your Expansion Kits

The Elite 50 Stage 1 Set, 5-50 lb can be expanded from 50 to 70 lbs with the Stage 2 Kit.



Simply set the Stage 2 kit on stand or floor, yellow rail up as shown on right, put the Elite 50 Stage 1 set inside of Stage 2 Kit. You now have an Elite 70 Set, 5-70 lbs.



The Elite 70 Set can be further expanded to 90 lbs per hand with the Elite 50 Stage 3 Kit, 70-90 lb.



To expand the Elite 70 Set to 90 lbs, simply put the Elite Stage 3 Expansion Kit 70-90 lb on a stand or the floor, red rail Elite 50 Stage 2 Kit 50-70 lb up as shown on right, and insert the Elite 70 Set into Kit.



**NOTE:** The Elite 50 Stage 2 and 3 Expansion Kits will not work with ANY other sets including the Classic 50 Plus or Personal Trainer Set.



## PowerBlock Warranty

1. LIMITED TEN (10) YEAR WARRANTY on weights, side rails and handle assembly. If the weight plates, side rails or handle assembly, should crack or break, it will be repaired OR replaced by the Manufacturer.
2. If the following parts are defective in material or workmanship, the manufacturer will supply replacement parts: weight selector pins, other parts not listed.
3. CONDITIONS AND EXCEPTIONS. A.) Any product misuse, abuse or alteration, any attempt to repair, by a person other than an authorized manufacturer's service center, any improper assembly, accident or any other condition resulting from occurrences beyond the control of the manufacturer will void this Limited Warranty. An example of abuse would be dropping the product; Dropping the weight plates will void the warranty. B.) This Warranty shall apply only in the United States, it's territories or possessions, and Canada. C.) Chipping, peeling and scratching of paint is not warranted.
4. REPLACEMENT AND REPAIR EXPENSES. The manufacturer will provide only replacement parts or repair under this warranty, and will pay for shipping of replacement parts to the consumer. The consumer is responsible for all other costs. Such costs may include, but are not limited to: A.) labor charges for service, removal, repair or re installation of the Manufacturer product or any component part: B.) Shipping, delivery handling and administrative charges for returning part to manufacturer: and C.) All necessary or incidental costs related to installation of replacement part.
5. SHIPPING. If shipping by the consumer is deemed necessary (at sole discretion of manufacturer), parts should be shipped in their original carton or equivalent packaging, fully insured with shipping charges prepaid. The manufacturer will not assume any responsibility for any loss or damage occurred in shipping.
6. CLAIM PROCEDURE. If service on your product is required during the warranty period, please contact our Customer Service Department at 507-451-5152 for instructions regarding returning or replacing parts. Please have the following information available: 1.) the dealer's name: 2.) the date of purchase 3.) a description of the nature of the problem.
7. CONSUMERS RIGHTS. This limited Warranty gives you specific legal rights. You may also have other rights, which vary from state to state.
8. LIMITATION OF IMPLIED WARRANTIES. All implied warranties, except to the extent prohibited by applicable law, shall have no greater duration than the warranty periods set forth above. There are no warranties which extend beyond description in this Limited Warranty. Because some states do not allow limitations on how long an implied warranty lasts, the above limitation may not apply to you.
9. DISCLAIMER. No other expressed warranty has been made or will be made on behalf of PowerBlock, (manufacturer) with respect to any other product. PowerBlock shall not be responsible for injury, inconvenience, loss or damage to personal property, whether direct or indirect, and incidental or consequential damages, so the above limitation or exclusion may not apply to you.

**The bottom line: we want happy customers. Call us at 800-446-5215 with any questions or concerns and we'll do everything we can to make it right.**