

POWERBLOCK®

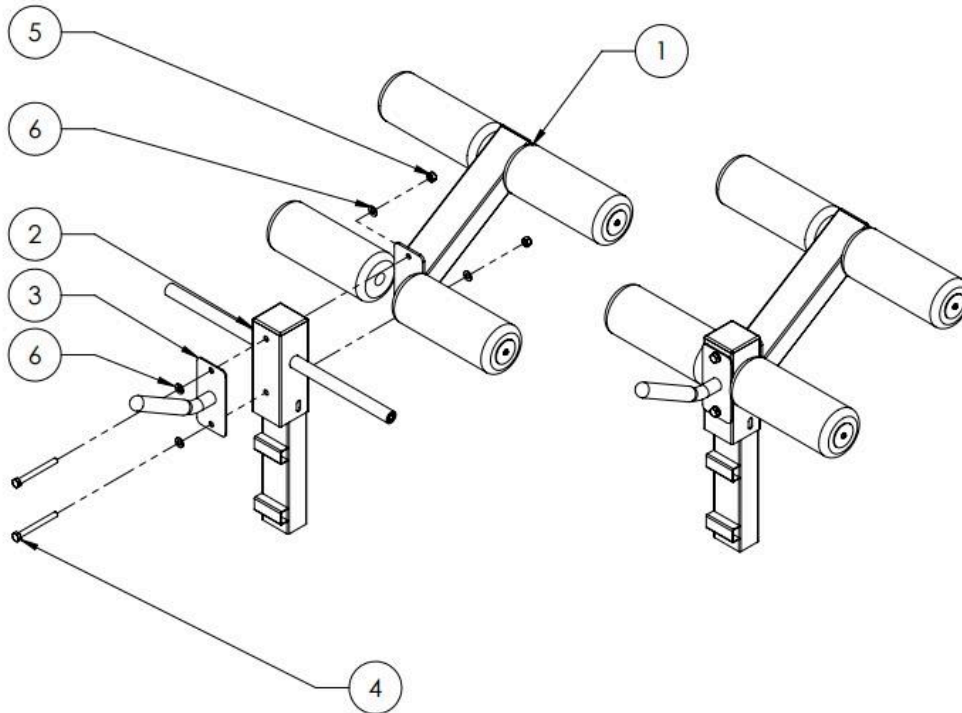
POWERBENCH 2.0 AB ATTACHMENT ASSEMBLY INSTRUCTION

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ITEM NO.	DESCRIPTION	QTY.
1	CURL LEG CATCH #1	1
2	CURL LEG CATCH #2	1
3	AB ATTACHMENT HANDLE WELDMENT	1
4	STEEL HEX HEAD SCREW, M10 X 1.5 mm THREAD, 100 mm LONG	2
5	STEEL HEX NUT, M10 X 1.5 mm THREAD	2
6	STEEL WASHER FOR M10 SCREW SIZE	4

TOOLS NEEDED: TWO 17 mm WRENCHES.

1. ATTACH AND TIGHTEN CURL LEG CATCH #1 (ITEM 1), CURL LEG CATCH #2 (ITEM 2), AND AB ATTACHMENT HANDLE WEIGHT (ITEM 3) WITH SUPPLIED HARDWARE.



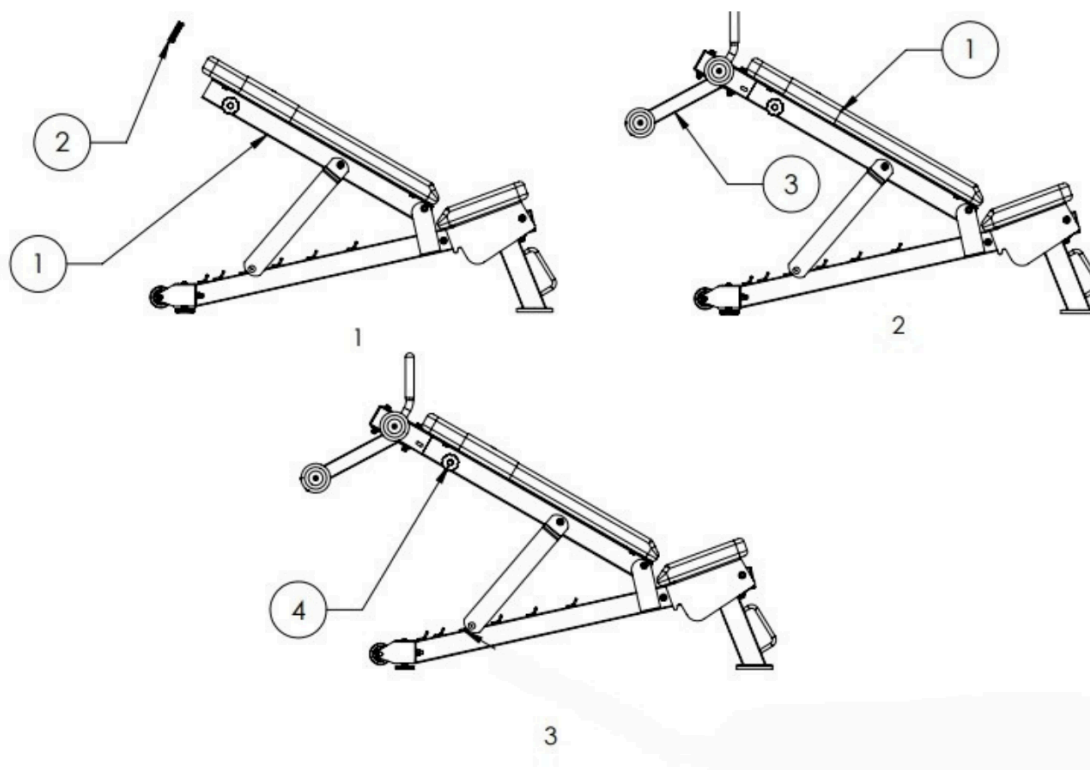
POWERBLOCK[®]

POWERBENCH 2.0 AB ATTACHMENT ASSEMBLY INSTRUCTION

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ITEM NO.	DESCRIPTION	QTY.
1	BENCH	1
2	BENCH FRAME TUBE END CAP	1
3	AB ATTACHMENT ASSEMBLY 1	1
4	AB TIGHTENER KNOB	1

1. REMOVE THE END CAP FROM THE BACK PAD TUBE.
2. PLACE AB ATTACHMENT ASSEMBLY IN THE BACK PAD TUBE.
3. TIGHTEN THE AB TIGHTENER KNOB.
4. MAKE SURE YOUR BENCH IS SET IN THE CORRECT POSITION BEFORE USING THIS ATTACHMENT



CAUTION:

1. USE THE PRODUCT ON A FLAT SURFACE.
2. USER TOTAL LOAD WEIGHT CAPACITY 250 lb.
3. TIGHTEN THE AB TIGHTENER KNOB BEFORE USING.