

POWERBLOCK®

PRO 100 BARBELL HANDLE ASSEMBLY INSTRUCTIONS PAGE 1

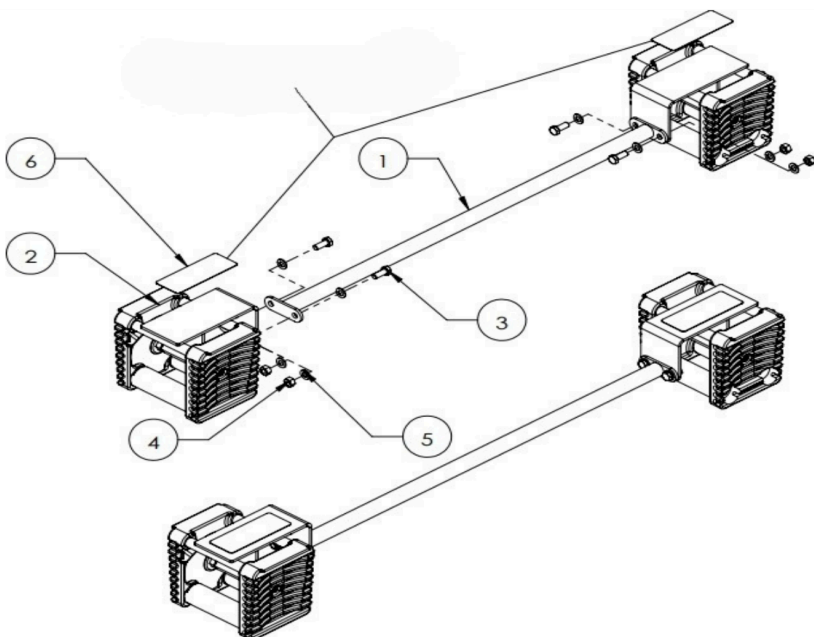
ITEM NO.	DESCRIPTION	QTY.
1	STRAIGHT OR EZ CURL BAR	1
2	BARBELL HANDLE	2
3	STEEL BOLTS M10 - 1.5 X 25 mm	4
4	STEEL NUTS M10 - 1.5	4
5	STEEL WASHERS M10	8
6	DECAL WEIGHT CHART	2

TOOLS NEEDED:

- 17 mm Wrench
- 16 mm Wrench

1. USING THE HARDWARE PROVIDED AND USING THE HOLES ON THE METAL PLATES, ATTACH THE BARBELL HANDLES TO THE BAR.

PLACE APPROPRIATE ADHESIVE BACKED WEIGHT CHARTS IN POSITION AS SHOWN:



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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 the owners manual supplied with PowerBlock weight set and all labels. Failure to follow all safety precautions and instructions can result in serious injury. If the manual is missing, find a replacement from www.powerblock.com.

Warning: Barbell system is rated at 195 lbs. total load. Barbell is never to exceed max weight of 215 lbs. 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 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

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.

