

**POWERBLOCK®**  
WORLD'S BEST DUMBBELL



# PRO ADJUSTABLE KETTLEBELL

## OWNER'S MANUAL

Version 1: Updated 06.2025

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# Your Strength Journey. Simplified.

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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](http://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](mailto: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 your product.

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.

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# Safety Information

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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 prior to each use. Do not use a kettlebell with worn, damaged or loose parts, fasteners 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 adjustable 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 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 kettlebell is seated on the ground.

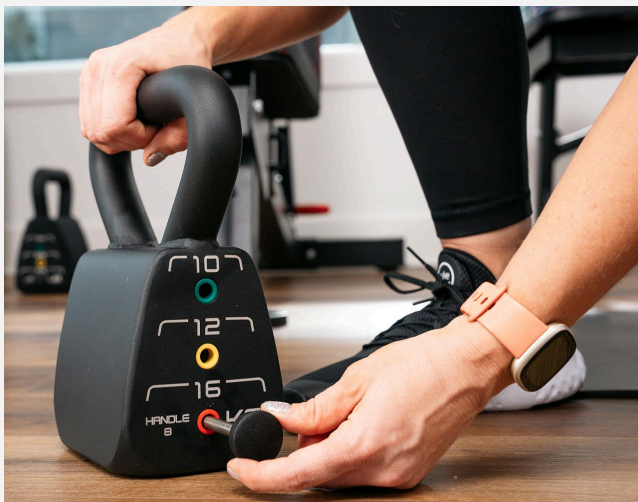
**Image 1**




**Image 2**



**Image 3**



The weight selector pin on the adjustable kettlebell is magnetic. Make sure the magnetic pin makes proper contact with the kettlebell at the desired weight (Image 3).

 **WARNING:** Always check the selector pin to make sure it is fully inserted and completely engaged before lifting the kettlebell to avoid injury (Image 3). Failure to maintain full and correct contact between the magnetic selector pin and the Adjustable Kettlebell may result in weights falling and/or injury.

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# Product Information



Image 4

## Light Adjustable Kettlebell Parts & Terms

Item	Description
1	Kettlebell Handle
2	Inner Weight Stack
3	Selector Pin

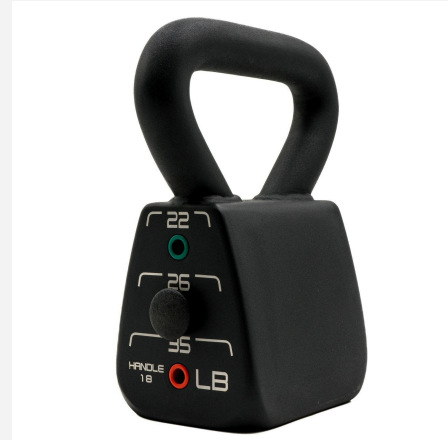
The Light Adjustable Kettlebell consists of three components: the kettlebell handle, inner weight stack and selector pin (Image 4).



## Using the Light Adjustable Kettlebell

The Light Adjustable Kettlebell offers weights in four different increments: 18, 22, 26 and 35 lb or 8, 10, 12 and 16 kg (Image 5).

Image 5



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.

Image 6



# Maintenance Procedures

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## 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 and warm water can be used to keep your kettlebell clean.

**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.

 **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	<a href="https://powerblock.com/parts-request/">https://powerblock.com/parts-request/</a>
 Email	<a href="mailto:questions@powerblock.com">questions@powerblock.com</a>
 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, please visit the authorized dealer you purchased your set from for warranty fulfillment.



# Warranty Policy

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## Standard Warranty Guidelines

The benefits provided to you by this contractual product warranty are in addition to other rights and remedies available to you under law.

### Original Purchaser

Our warranty only applies to the original purchaser and purchase date where the purchase was made from our [www.powerblock.com](http://www.powerblock.com) online store or authorized PowerBlock, Inc. reseller only and is strictly non-transferable. All warranties commence on the date of purchase.

## Warranty Coverage

This product comes with a five year limited warranty. This warranty covers any defects in the materials or workmanship in your PowerBlock product. **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 WARRANTIES, WHETHER EXPRESSED OR IMPLIED. 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.

### Parts Replacement & Repairs

Register your exercise equipment within 30 days of purchase by visiting <https://powerblock.com/warranty-registration/>. To view full warranty, visit [www.powerblock.com/warranty](http://www.powerblock.com/warranty).

## Warranty Exclusions

Without limiting any statutory rights which may be available to the consumer in respect of the product, including those under law, this warranty will not apply to:

- Damage caused through incorrect assembly of product;
- Any product used for commercial use that is not authorized for commercial use;

- Any products stored outdoors;
- Any defects caused by accidents, natural disasters, lightening, water, fire, wind, storms;
- Any defects caused by abuse or theft of the product;
- Normal wear and tear of the product
- Damage caused to product due to negligent or faulty use, improper maintenance, storage or handling by the user. Negligent or faulty use includes dropping of the product;
- Any adaptation or changes to the product which are not in accordance with the user manual supplied with the product;
- Damage resulting from:
  - Incorrect adjustments to adjustable benches, adjustable weight systems
  - 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;
  - Unauthorized repairs, alterations or modifications from an authorized third party;
  - Pets;
  - Entry or foreign matter into the product including liquid, moisture or dirt;
  - 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 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.

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



