

POWERBLOCK®

WORLD'S BEST DUMBBELL

Installation Guide for Pro Series 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 the 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. Remove existing grip and washer.
5. Insert new Pro Series knurled grip with the new washer against the metal dial lock into center holes on both sides.
6. Add a couple drops of threadlock glue into the hole of one side and one drop on the bolt. Then tighten the bolt.
7. Repeat Step 6 for the other side of the grip.
8. Your new knurled grip Pro Series handle is now ready to use.