

# POWERBLOCK®

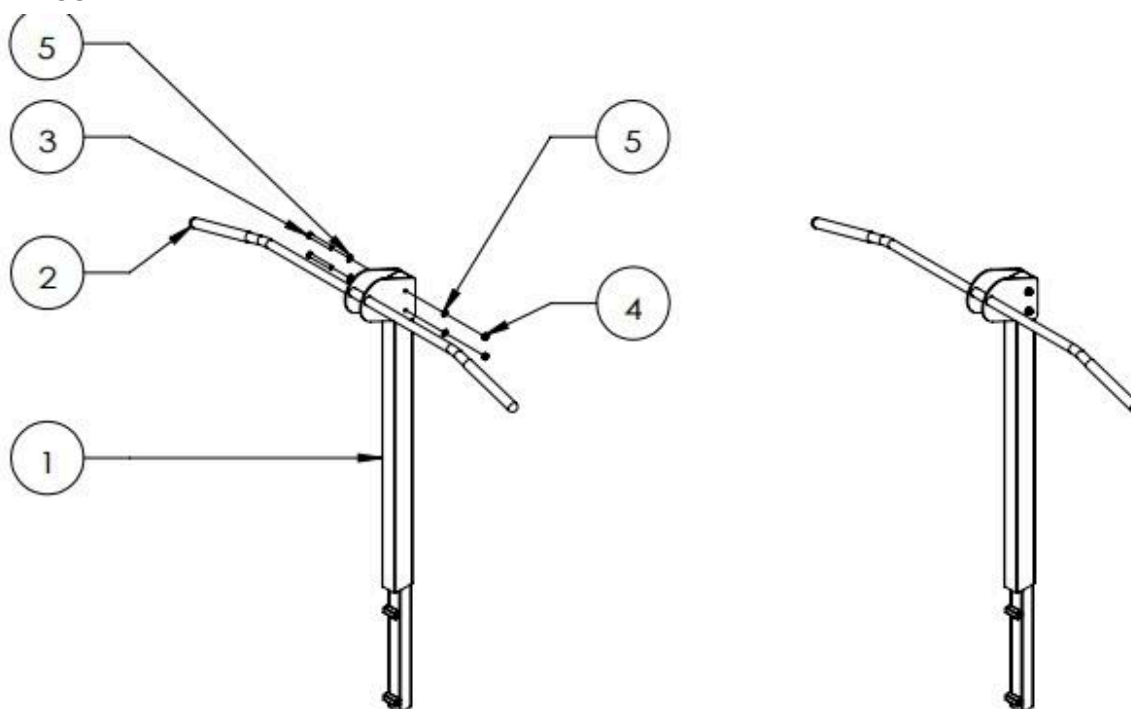
## SPORTBENCH CHIN-UP ATTACHMENT ASSEMBLY INSTRUCTION

### PAGE 1

| ITEM NO. | DESCRIPTION   | QTY. |
|----------|---|------|
| 1        | CHIN-UP EXTENSION                                     | 1    |
| 2        | CHIN-UP GRIP ASSEMBLY                                 | 1    |
| 3        | STEEL HEX HEAD SCREW, M10 X 1.5 MM THREAD, 80 mm LONG | 2    |
| 4        | STEEL HEX NUT, M10 X 1.5 mm THREAD                    | 2    |
| 5        | STEEL WASHER FOR M10 SCREW SIZE                       | 4    |

TOOLS NEEDED: TWO 17 mm WRENCHES.

1. ATTACH AND TIGHTEN CHIN-UP GRIP ASSEMBLY (ITEM 2) TO CHIN-UP EXTENSION (ITEM 1) WITH SUPPLIED HARDWARE.



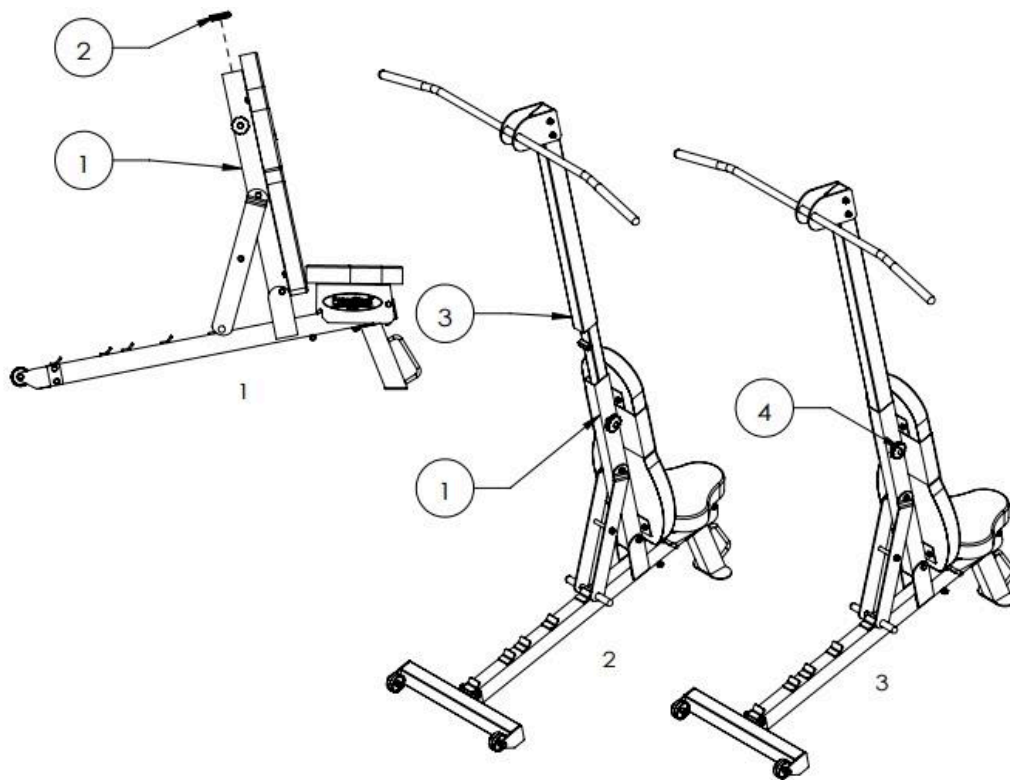
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## SPORTBENCH CHIN-UP ATTACHMENT ASSEMBLY INSTRUCTION

### PAGE 2

| ITEM NO. | DESCRIPTION                   | QTY. |
|----------|-------------------------------|------|
| 1        | SPORTBENCH                    | 1    |
| 2        | SPORTBENCH FRAME TUBE END CAP | 1    |
| 3        | CHIN-UP ATTACHMENT ASSEMBLY   | 1    |
| 4        | CHIN-UP TIGHTENER KNOB        | 1    |

1. REMOVE THE END CAP FROM THE BACK PAD TUBE.
2. PLACE CHIN-UP ATTACHMENT ASSEMBLY IN THE BACK PAD TUBE.
3. TIGHTEN THE CHIN-UP TIGHTENER KNOB.



#### **CAUTION:**

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