

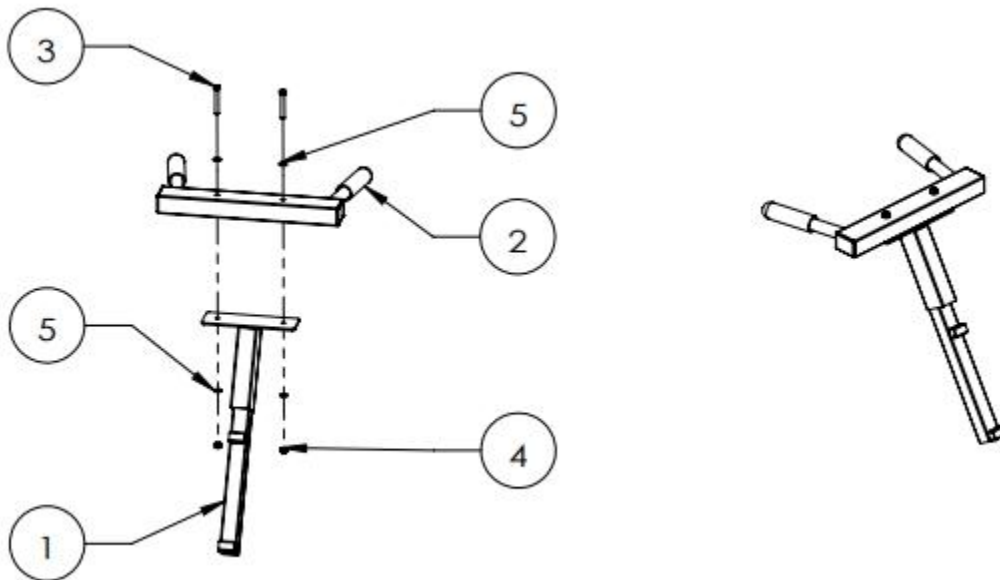
POWERBLOCK®

SPORTBENCH DIP ATTACHMENT ASSEMBLY INSTRUCTION PAGE 1

ITEM NO.	DESCRIPTION	QTY.
1	DIP EXTENSION	1
2	DIP GRIP ASSEMBLY	1
3	STEEL HEX HEAD SCREW, M10 X 1.5 MM THREAD, 70 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 DIP GRIP ASSEMBLY (ITEM 2) TO DIP EXTENSION (ITEM 1) WITH SUPPLIED HARDWARE.

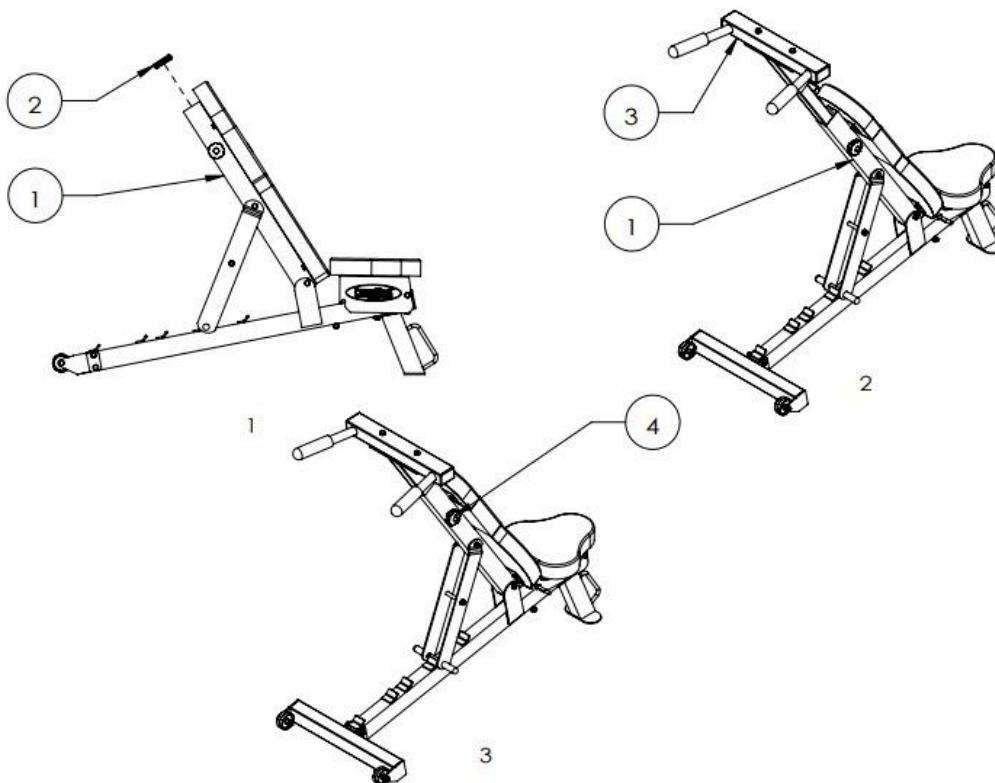


POWERBLOCK®

SPORTBENCH AB ATTACHMENT ASSEMBLY INSTRUCTION PAGE 2

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

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



CAUTION:

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