

**Sport 50**



**Sport EXP**

# **SPORT SERIES**

## **OWNER'S MANUAL**

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Congratulations on the purchase of your PowerBlock® product. The PowerBlock family of products offer many selections of space saving selected dumbbells, kettlebells, as well as stands, trays, benches and other accessories that allow you to make the most out of your workout time in a compact and practical way! amount of space. We want you to know that we appreciate your business and realize there are many other places you could have spent your fitness dollars and will do our best to live up to and exceed your expectations in both product and customer service. If you have any questions at all on your PowerBlock products, please do not hesitate to call us at 800-446-5215 or 507-451-5152. You may also email us at [questions@powerblock.com](mailto:questions@powerblock.com).

To contact us by mail:  
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In order to utilize your PowerBlock products to the fullest extent, it is critical that you read and fully understand the owner's manual prior to using your PowerBlock products. 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 personal injury or loss of life.

**WARNING**

Before beginning any exercise program, consult your physician or health care professional. Only he or she can determine the exercise program that is appropriate for your particular age and physical condition. If you experience any light-headedness, dizziness or shortness of breath while exercising, stop the exercise immediately and consult your physician.

## Important Safety Instructions

1. Read and fully understand all Instructions contained in this manual prior to using the product. Be alerted to the possibility of Injury. Do not be careless.
2. This product is intended for home use only and is not suitable or warranted for commercial application. Visit [powerblock.com](http://powerblock.com) to see commercial warranted products or call 800-446-5215 or 507-451-5152.

### **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.**

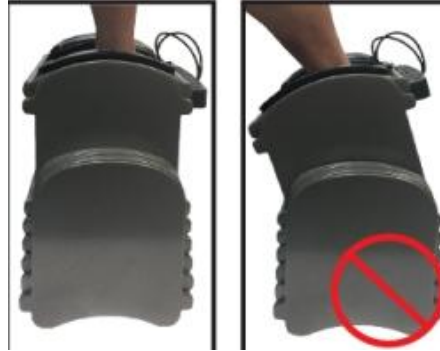
3. Inspect the dumbbells prior to each use. Do not use a dumbbell with worn, damaged, or loose parts, fasteners or hardware.
4. Never allow the dumbbells to drop freely to the ground. Damage to the products, floor surfaces and potential personal injury may occur. Please see the warranty section for specific warranty limitations related to dropped dumbbells.
5. Never allow dumbbells to forcefully strike against each other during use. Damage to the product and potential personal injury may occur.
6. Never attempt to disassemble a PowerBlock® handle for any reason. PowerBlock products are not designed to be user serviced. Contact your authorized PowerBlock retailer or PowerBlock, Inc directly for service.
7. Before beginning your workout, make certain that your surroundings are free from potential interference.
8. PowerBlock dumbbell sets can be very heavy; If you are not using an optional PowerBlock Stand, we suggest you place the dumbbell set directly on the floor for best support.

## Safety Features And Proper Use

1. Removing or replacing the handle and weights from the nest must be done in a straight motion. (Image 1)
2. Turning the handle sideways while lifting may jam the assembly. (Image 2)

### DANGER

Do not use if weights are jammed. Using while jammed may result in falling weights and/or injury to you or others around the weights.



3. The weight selector pins contain magnetic blocks. Make sure the magnetic blocks contact the round side rails. The selector pin should be horizontal and fully engaged securely to the side rail of desired weight. (Image 3). Be careful not to cross pin (image 4).

### WARNING

Always check the selector pin to make sure it is fully inserted and completely engaged before lifting the dumbbell to avoid injury (Image 3). If the selector pin disengages from the side rails, stop use immediately. Place PowerBlock® on the nearest flat surface and fully engage selector pin magnetic blocks securely to the side rails. Failure to maintain full and correct contact between magnetic blocks in selector pin and side rails may result in weights falling and/or injury. Do not use the PowerBlock without the tether cord being in good working condition and attached to the top side rail and selector pin. Weight selector pin may fall out of PowerBlock if used without tether cord and may result in falling weights and/or injury.

4. Your PowerBlock features a tether cord which attaches the selector pin to the weight plates on the # 1 or top most weight plate side rail. The tether cord will prevent the selector pin from being misplaced. The tether cord also serves as a safety retainer for the weight selector pin in the event the magnetic blocks ever lose contact with the side rails.



Image 3



Image 4

## Safety Features And Proper Use

5. Lift from center grip of handle only (Image 5).
6. Do not strike PowerBlocks together during any exercise. Any contact between a PowerBlock® and another piece of equipment or a body part could result in a selector pin dislodging.

### **DANGER**

Lift from center handle only. Lifting from any other part of the PowerBlock may result in falling weights and/or injury. Striking PowerBlocks could dislodge pins and result in falling weights or injury.

7. Lift the handle and weights above the nest and visually inspect for correct placement of the weight selection pin. (Image 5)
8. To insert or remove adder weights, open adder weights lock by moving it to the left and down (image 6). Close by moving to the right and up (image 7).



Image 5



Image 6



Image 7

### **DANGER**

Always close the adder weights Lock after loading Adder Weights by aligning the red cap up and to the right towards handle. Failure to close adder weights Lock could result in falling weights and/or injury.

9. Because the Adder Weights slide in/out easily, be sure to place your hand in front of the handle when unloading Adder Weights.
10. Optional stands for the PowerBlock sets contain storage positions for the Adder Weights when not inserted in the handle. The optional stands also offer convenience and ease of weight selection

## Care & Maintenance

1. Do Not strike PowerBlock® dumbbells together and/or against other pieces of equipment.
2. Do not drop the PowerBlock. Dropping the weight plates from a height of more than 12 inches will void the warranty.
3. Inspect equipment before each use for loose or worn parts (including bolts). Replace worn parts at the first sign of wear. Failure to replace worn parts may result in injury. Check/tighten all bolts prior to each use.

### **WARNING**

Striking PowerBlock dumbbells could dislodge pins and result in falling weights and/or injury. Failure to replace worn parts may result in injury. Check/tighten all hardware prior to use.