



## PowerBlock Travel Bench Instructions

Thank you for purchasing the PowerBlock Travel Bench. If you have any questions concerning this product, email customer service at [questions@powerblock.com](mailto:questions@powerblock.com) or call 800-997-3999.

This product comes assembled for your convenience, please follow steps listed below before use.

1. Remove Detent Pin(s) from holes shown in folded position (Figure 1).
2. Swing Front and Rear Leg into open position (Figure 2) and insert Detent Pin(s) through holes. Make sure Detent Pin(s) are inserted all the way through and the detent ball is exposed on the opposite side of the bench (both ends of bench).

### Please Read The Following Before Using Your Bench

**CAUTION:** The PowerBlock Travel Bench is rated at 500 lbs. total load. The total load is calculated by adding the body weight of the athlete plus the weight being lifted. Failure to observe this maximum load rating could result in falling weights and or injury.

