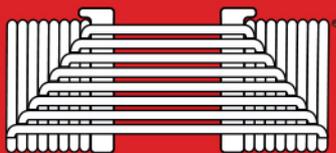


**POWERBLOCK®**



## ADJUSTABLE KETTLEBELLS OWNERS MANUAL



In order to utilize your PowerBlock products to the fullest extent, it is critical that you read and fully understand this owners manual prior to use. It is the responsibility of the owner to ensure that all users of the Adjustable Kettlebell are adequately informed of all precautions.

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.

### 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 proper use of these products.

2. Inspect the Adjustable Kettlebell for proper function and possible damage prior to and after each use. Do not use with worn, damaged, or loose parts, fasteners or hardware.

3. Never allow the PowerBlock Adjustable Kettlebell to drop freely to the ground. Damage to the product, floor surfaces and potential personal injury may occur. Please see the warranty section for specific warranty limitations related to dropped PowerBlock Adjustable Kettlebell's.

4. Never attempt to service or repair the Adjustable Kettlebell for any reason. PowerBlock products are not designed to be user serviced. Contact your authorized PowerBlock retailer or PowerBlock, Inc directly for service.

5. Before beginning your workout, make certain that your surroundings are free from potential interference.

6. The Adjustable Kettlebell's can be very heavy; we suggest you place the PowerBlock Adjustable Kettlebell directly on the floor for best support.

# Safety Features And Proper Use

1. Removing or replacing the handle from the inner weights should be done in a straight motion (Image 1).
2. Turning the handle sideways while lifting may cause inner weights to tip over (Image 2).
3. The weight selector pin on the Adjustable Kettlebell is magnetic. Make sure the magnetic pin makes proper contact with the Adjustable Kettlebell at the desired weight (Image 3).



Image 1



Image 2



Image 3

## WARNING

Always check the selector pin to make sure it is fully inserted and completely engaged before lifting the kettlebell to avoid injury (Image 3). Failure to maintain full and correct contact between the magnetic selector pin and the Adjustable Kettlebell may result in weights falling and/or injury.

# PowerBlock Adjustable Kettlebell 101

The PowerBlock Adjustable Kettlebell consists of three components (Image 4).



Image 4

## Using The Adjustable Kettlebell



Image 5

The Adjustable Kettlebell offers 4 increments; 18, 22, 26 and 35 lbs. The Heavy Adjustable Kettlebell offers 35, 44, 53 & 62 lbs.

To choose weight, simply insert the selector pin into desired weight setting (Image 5) and lift handle straight up.

Any inner weights not selected will remain behind.

# WARRANTY POLICY

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## STANDARD WARRANTY GUIDELINES

The benefits provided to you by this contractual product warranty are in addition to other rights and remedy available to you under law.

## ORIGINAL PURCHASER

Our warranty only applies to the original purchaser and purchase date where the purchase was made whether from our [www.powerblock.com](http://www.powerblock.com) online store or authorized PowerBlock, Inc. reseller only and is strictly non-transferable. All warranties commence on the date of purchase.

## WHAT DOES THE WARRANTY COVER

This product comes with a five year limited warranty. This warranty covers any defects in materials or workmanship in your PowerBlock product. THIS LIMITED WARRANTY IS THE ONLY EXPRESS WARRANTY MADE BY POWERBLOCK ON YOUR POWERBLOCK EXERCISE EQUIPMENT. THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER OBLIGATIONS, LIABILITIES, OR WARRANTIES, WHETHER EXPRESSED OR IMPLIED. ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE END AT THE SAME TIME COVERAGE UNDER THIS EXPRESSED LIMITED WARRANTY ENDS. PowerBlock, its distributors, or authorized retailers do not authorize any person to assume for them any obligations or liabilities greater than or different from those set forth in this warranty. **Some states do not allow limitations on how long an implied warranty lasts, so the above limitations may not apply.**

## PARTS REPLACEMENT & REPAIRS

Register your exercise equipment within 30 days of purchase by visiting <https://powerblock.com/warranty-registration/>. To view full warranty visit [www.powerblock.com/warranty](http://www.powerblock.com/warranty).

For International Customers, please provide images and report to your authorized resellers customer care team.

## WARRANTY EXCLUSIONS

Without limiting any statutory rights which may be available to the consumer in respect of the product, including those under law, this warranty will not apply to:

- Damage caused through incorrect assembly of product;
- Any product used for commercial use that is not authorized for commercial use;
- Any product purchased outside of North America;
- Any product stored outdoors;
- Any defects caused by accidents, natural disasters, lightning, water, fire, wind, storms
- Any defects caused by abuse or theft of the product;
- Normal wear and tear of the product;
- Damage caused to product due to negligent or faulty use, improper maintenance, storage or handling by the user. Negligent or faulty use includes dropping of the product;
- Any adaptation or changes to the product which are not in accordance with the user manual supplied with the product;

- Damage resulting from:
  - Incorrect adjustments to adjustable benches, adjustable weight systems including dumbbells, barbells, and kettlebells;
  - Transportation (excludes transit damage when dispatched from an authorized PowerBlock seller)
  - Abuse, misuse, failure to follow instructions, improper or abnormal usage;
  - Alteration, modification, defective installation;
  - Unauthorized repairs, alterations or modifications from an unauthorized third party.
  - Pets;
  - Entry of foreign matter into the product including liquid, moisture or dirt; and
  - Rust corrosion.

Please see CARE AND MAINTENANCE section of the Owner's Manual provided with your product for care and maintenance of your product.

**POWERBLOCK SHALL NOT BE RESPONSIBLE FOR INJURY, INCONVENIENCE, LOSS, OR DAMAGE TO PERSONAL PROPERTY, WHETHER DIRECT OR INDIRECT. CONSEQUENTIAL AND INCIDENTAL DAMAGES ARE NOT RECOVERABLE UNDER THIS WARRANTY.** Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitations or exclusion may not apply to you.

This warranty gives you specific legal rights, and you may also have other right that vary from state to state.