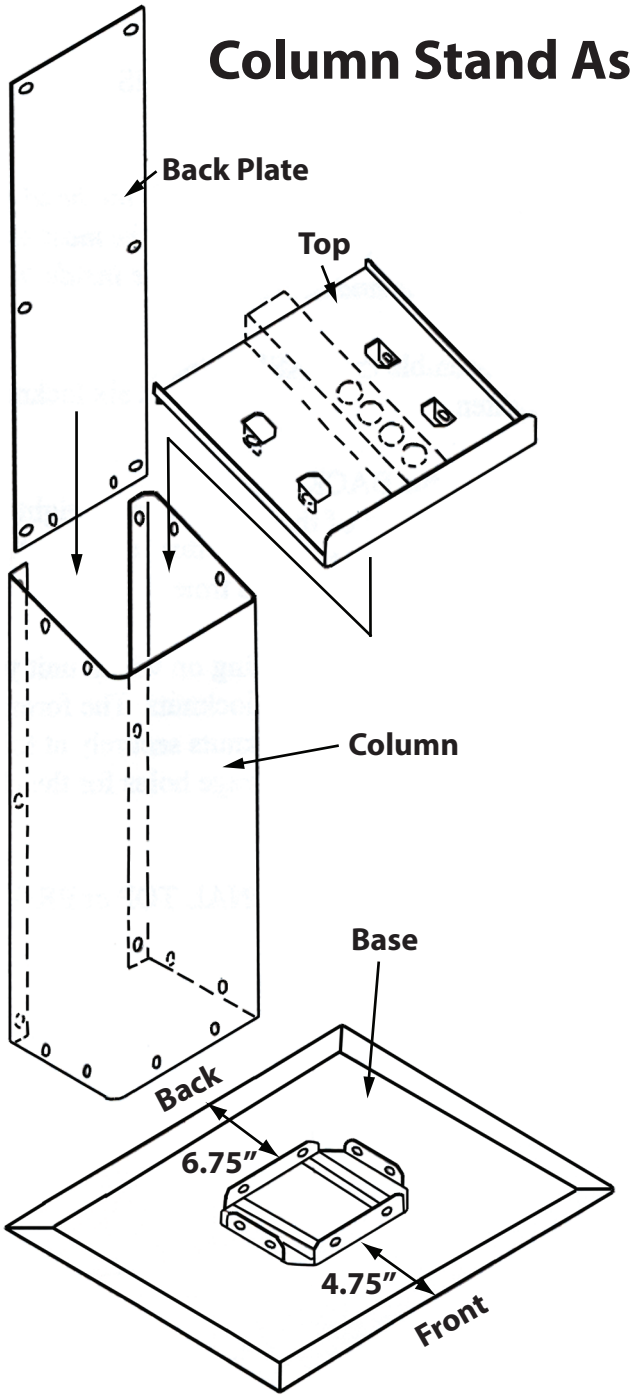
POWERBLOCK®
WORLD'S BEST DUMBBELL

Column Stand Assembly Instructions



NOTE: All screws and locknuts are the same type. Please put the head of the screw to the outside of the unit and the locknut on the inside. This will be the most aesthetically pleasing. It will also insure that any extra screw length will be inside the COLUMN. Apply mats and decal's after bolting TOP to COLUMN.

1. Assemble the BASE to the COLUMN using six screws and six locknuts. Do not tighten.

2. Slide the BACK PLATE inside the COLUMN and attach using eight screws and eight locknuts. Two of these screws and locknuts attach the bottom of the BACK PLATE to the BASE. Tighten all screws/locknuts securely at this time.

3. Attach Stand Top to the top of the Column using four screws and four locknuts. The formed tabs under the Top go inside the Column. Tighten all Screws/locknuts securely at this time.

4. See other side of instruction sheet for Tray Mat Application.

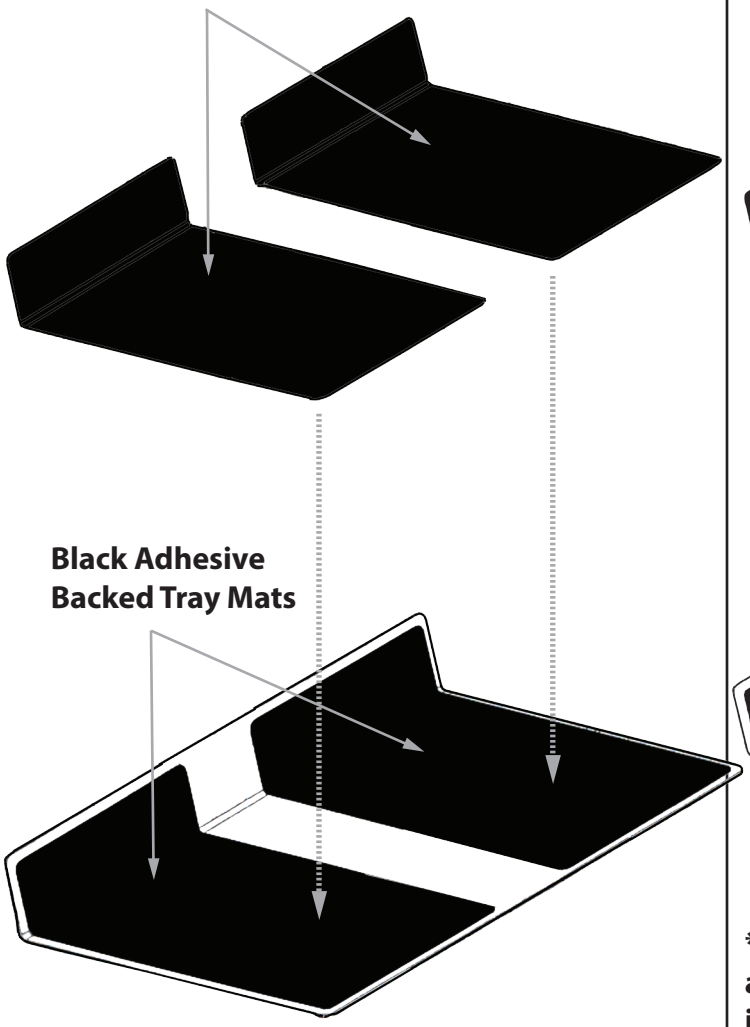
PowerBlock, Inc. | 1071 32nd Ave NW. | Owatonna, MN 55060 | Ph: 507·451·5152 | Fax: 507·451·5278

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Column Stand Tray Mat Application

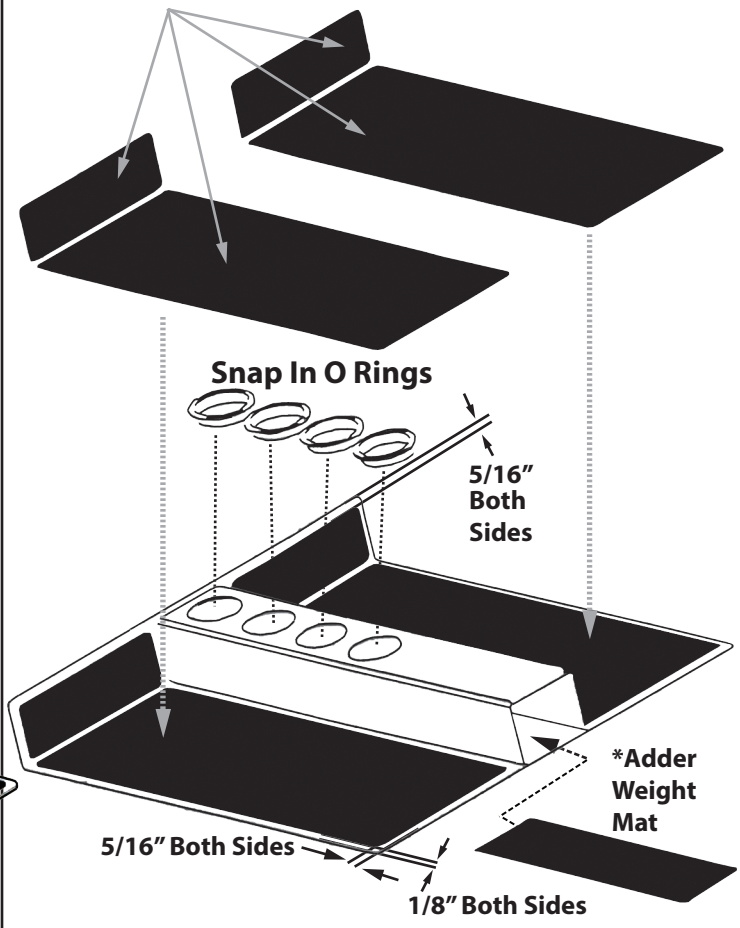
Small Column Stand

Place the two black adhesive Tray Mats on Tray Top as shown below.



Large Column Stand

Place the four black adhesive backed weight mats in position as shown.



***Black adhesive backed insert (peel off approximately 1" of peel off backing) then place into the opening and slide all the way to the back until the insert bottoms out. Lightly press the exposed adhesive down to hold into place, peel back remaining backing (adhesive will set rapidly, peel off immediately if realignment is necessary).**

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PowerBlock, Inc. | 1071 32nd Ave NW. | Owatonna, MN 55060 | 800·446·5412 | www.powerblock.com