POWERBLOCK®
WORLD'S BEST DUMBBELL

Installation Guide for Elite USA Knurled grip

Tools needed

5 mm Allen wrench

What's included

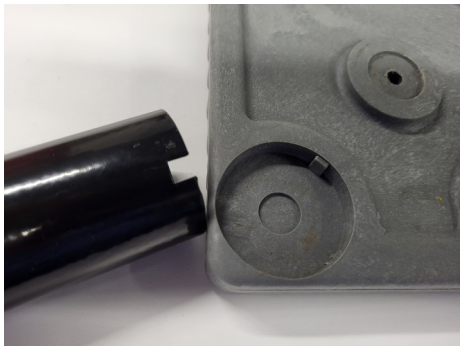
2 New Elite USA knurled grips with washers

Threadlock glue

Installation steps

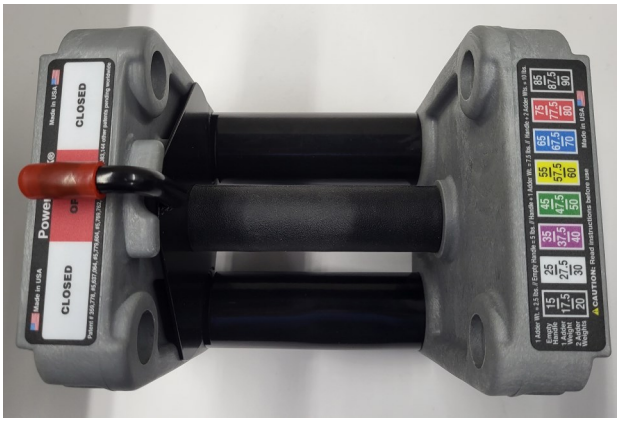
1. Remove your handle from the weight stack.
2. Remove adder weights from the handle.
3. Use Allen wrench to remove the two bolts holding the center grip in place.
4. Insert new knurled grip with washer into center hole on the side through the metal dial lock and add a couple drops of Threadlock glue into the hole and one drop on the bolt. Then tighten the bolt. Check dial lock movement after tightening.

If dial lock is hard to move, unscrew bolt slightly. Dial lock should move but not be loose.

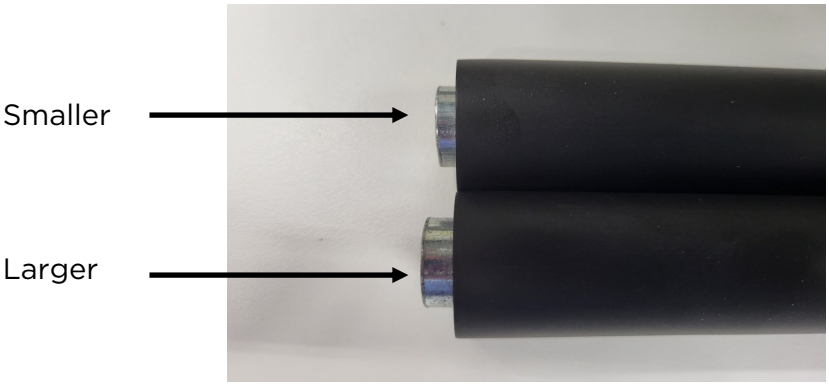


5. Insert weight tubes into lower holes on the side with aligning notch within the hole.

6. Press lower tubes and opposite side together with dial lock and align center.



7. Add a couple drops of Threadlock glue into the hole and one on the bolt. Then tighten the bolt - stop after 2-4 turns so bolt has begun to thread into new grip but is still loose.
8. Insert upper beams into hole on each end with the larger side of beam inserted above the metal dial lock.



9. Press sides together firmly and finish tightening remaining bolt until completely tightened.
10. Your new Elite USA handle with knurled grip is now ready to use.
11. To see a video of this installation, go to https://www.youtube.com/watch?v=Iec9aV7EMhc