

# POWERBLOCK<sup>®</sup>

## WORLD'S BEST DUMBBELL

### Installation Guide for Pro Series Knurled grip

#### **Tools needed**

5 mm Allen wrench

#### **What's included**

2 New Knurled grips with washer

Threadlock glue

#### **Installation steps**

1. Remove handle from 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. Remove existing grip and washer.
5. Insert new Pro Series knurled grip with the new washer against the metal dial lock into center holes on both sides.
6. Add a couple drops of threadlock glue into the hole of one side and one drop on the bolt. Then tighten the bolt.
7. Repeat Step 6 for the other side of the grip.
8. Your new knurled grip Pro Series handle is now ready to use.