

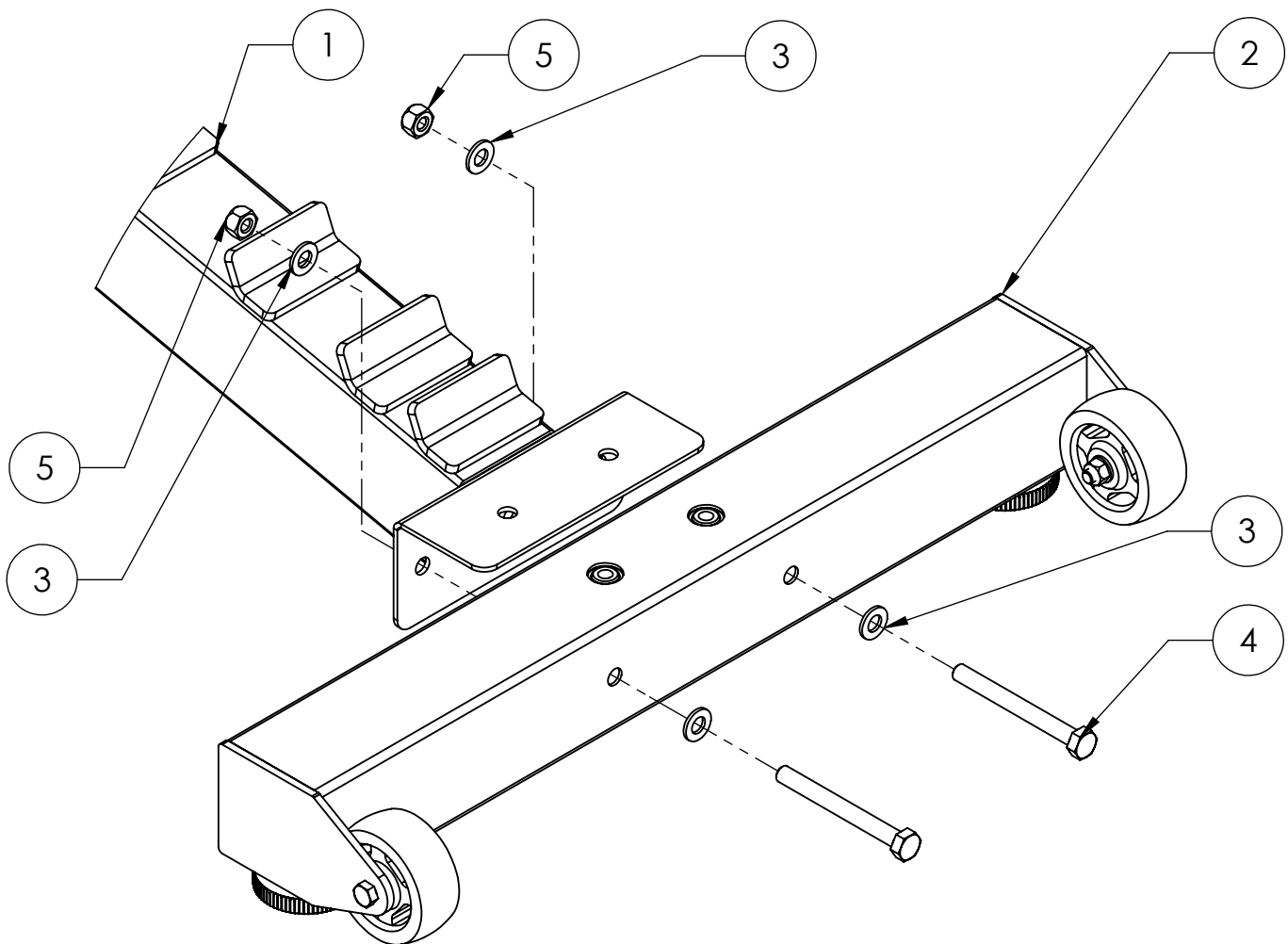
# POWERBLOCK®

## POWERBENCH 2.0 ASSEMBLY INSTRUCTIONS PAGE 1

ITEM NO.	DESCRIPTION	QTY.
1	BENCH FRAME	1
2	WHEEL BASE	1
3	M10 WASHERS	4
4	M10 HEX HEAD BOLTS	2
5	M10 NUTS	2

TOOLS NEEDED: 17 mm WRENCHES

1. FASTEN THE BENCH FRAME TO THE WHEEL BASE IN POSITION. **TIGHTEN** THE BOLTS/NUTS.



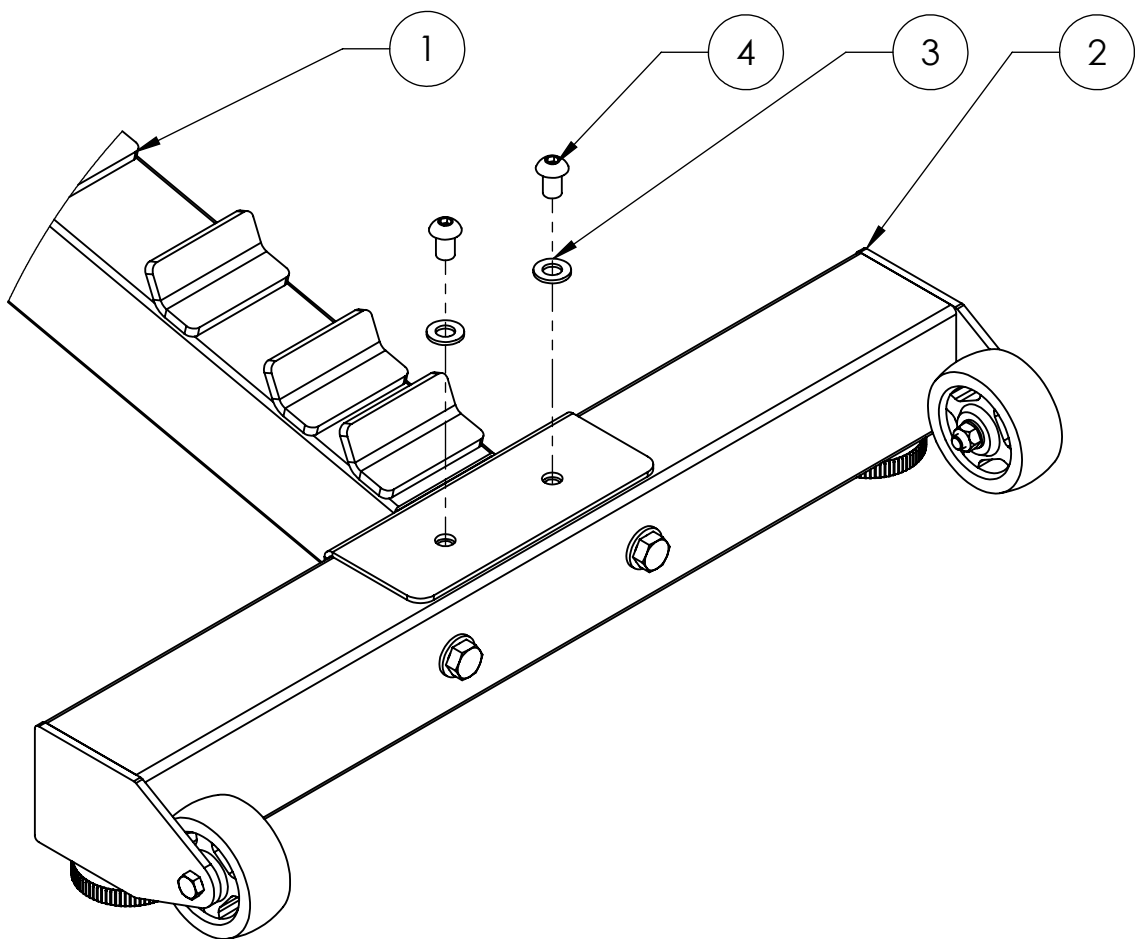
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## POWERBENCH 2.0 ASSEMBLY INSTRUCTIONS PAGE 2

ITEM NO.	DESCRIPTION	QTY.
1	BENCH FRAME	1
2	WHEEL BASE	1
3	M10 WASHERS	2
4	M10 ROUND HEAD SCREWS	2

TOOLS NEEDED: 6 mm ALLEN WRENCH

1. FASTEN THE BENCH FRAME TO THE WHEEL BASE IN POSITION. **TIGHTEN** THE SCREWS.



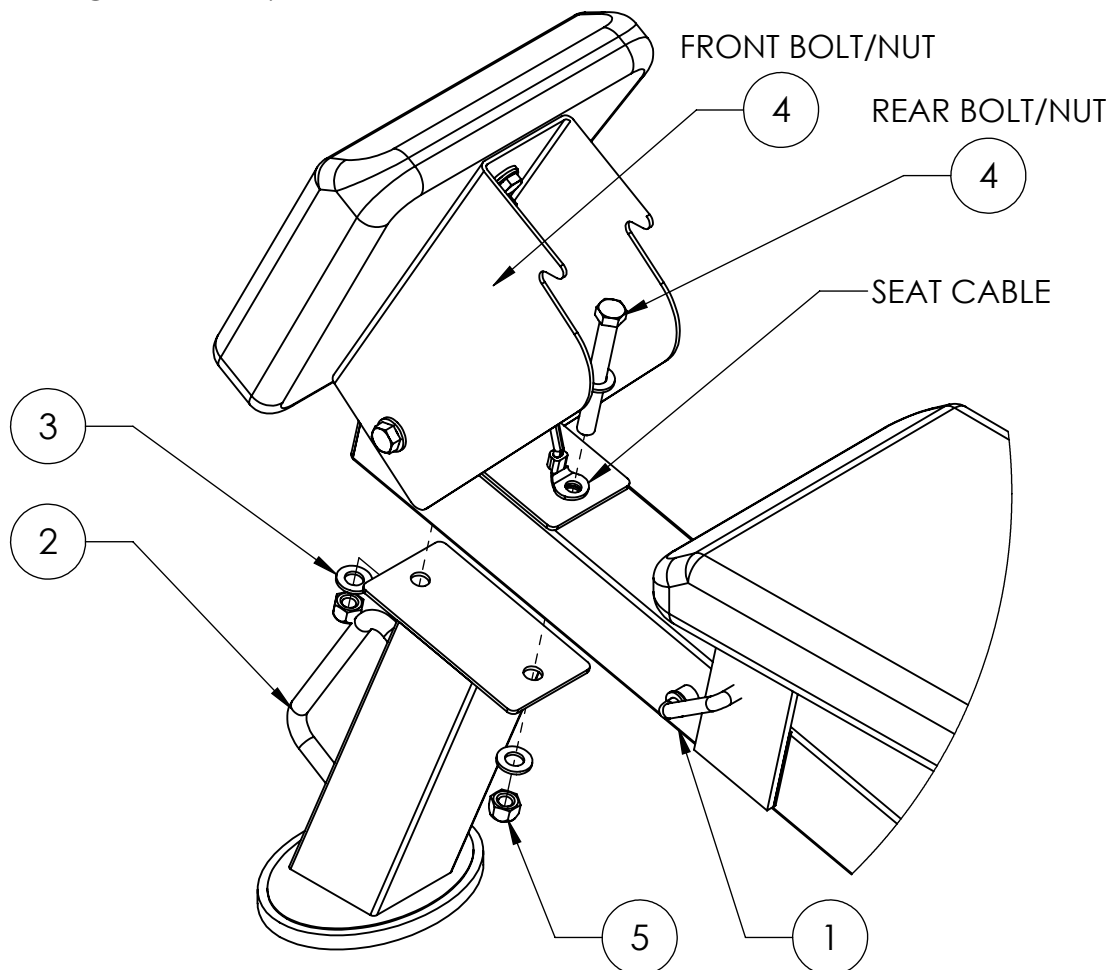
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## POWERBENCH 2.0 ASSEMBLY INSTRUCTIONS PAGE 3

ITEM NO.	DESCRIPTION	QTY.
1	BENCH FRAME	1
2	FRONT FOOT FRAME	1
3	M12 WASHERS	4
4	M12 HEX HEAD BOLTS	2
5	M12 NUTS	2

TOOLS NEEDED: 19 mm WRENCHES

1. PLACE THE FRONT FOOT FRAME AGAINST BENCH FRAME. ALIGN HOLES OF THE FRONT FOOT FRAME AGAINST BENCH FRAME.
2. INSERT AND **TIGHTEN** THE FRONT BOLT/NUT.
3. ALIGN SEAT BACKLE EYELET WITH THE BENCH FRAME HOLE.
4. INSERT AND **TIGHTEN** THE REAR BOLT/NUT. ENSURE THE REAR BOLT IS THROUGH THE SEAT BACKLE EYELET.



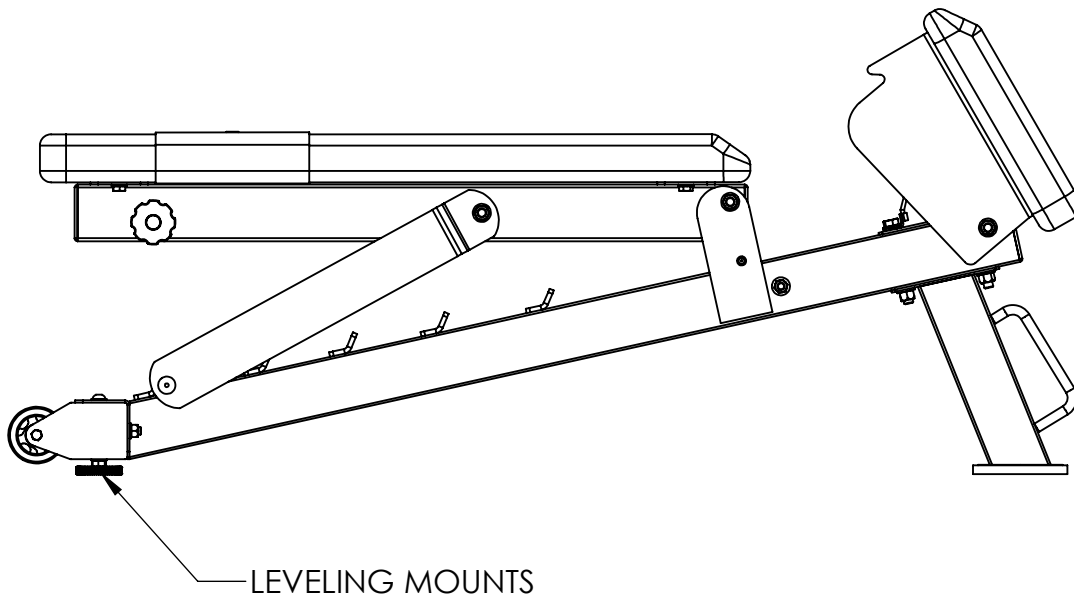
# POWERBENCH 2.0 ASSEMBLY INSTRUCTIONS

## PAGE 4

ITEM NO.	DESCRIPTION	QTY.
1	BENCH	1
2	LEVELING MOUNTS	2

TOOLS NEEDED: NONE

1. FOR MAXIMUM QUALITY, ADJUST THE HEIGHT OF THE LEVELING MOUNTS BY LOOSENING OR TIGHTENING THE THREADS.



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## 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.
2. This bench was designed and manufactured to allow your workouts to flow as smoothly as possible and minimize adjustment/set-up time. The SEAT PAD ASSEMBLY was designed to lower your hips and elevate the knee when doing incline bench work. This allows you to sit more comfortably and keep your feet on the floor. The amount of space between both cushions has also been minimized for user comfort and there are no hinges or metal parts to straddle. The bench also allows you to change from the flat to incline position with two simple adjustments.
3. Whenever changing the bench to the incline position always set the SEAT PAD PIVOT ARM to the position shown in the figure at bottom. Set the SEAT PAD ASSEMBLY as shown before adjusting to the desired angle of the BACK PAD. When changing from an incline position to flat, remember to lower the BACK PAD first, then raise the SEAT PAD ASSEMBLY to the flat position.
4. Inspect the bench prior to each use. Do not use a bench with worn, damaged, or loose parts, fasteners or hardware.
5. MAX LOAD: 1000 lb.
6. Use the bench on a FLAT AND FIRM SURFACE ONLY. Damage to the products and potential injury may occur.
7. Before beginning your workout, make certain that your surroundings are free from potential interference.

**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 use of these products.

**DANGER:** Do not use if bench is not assembled or placed appropriately, which may result in injury to you or others around the bench.

