

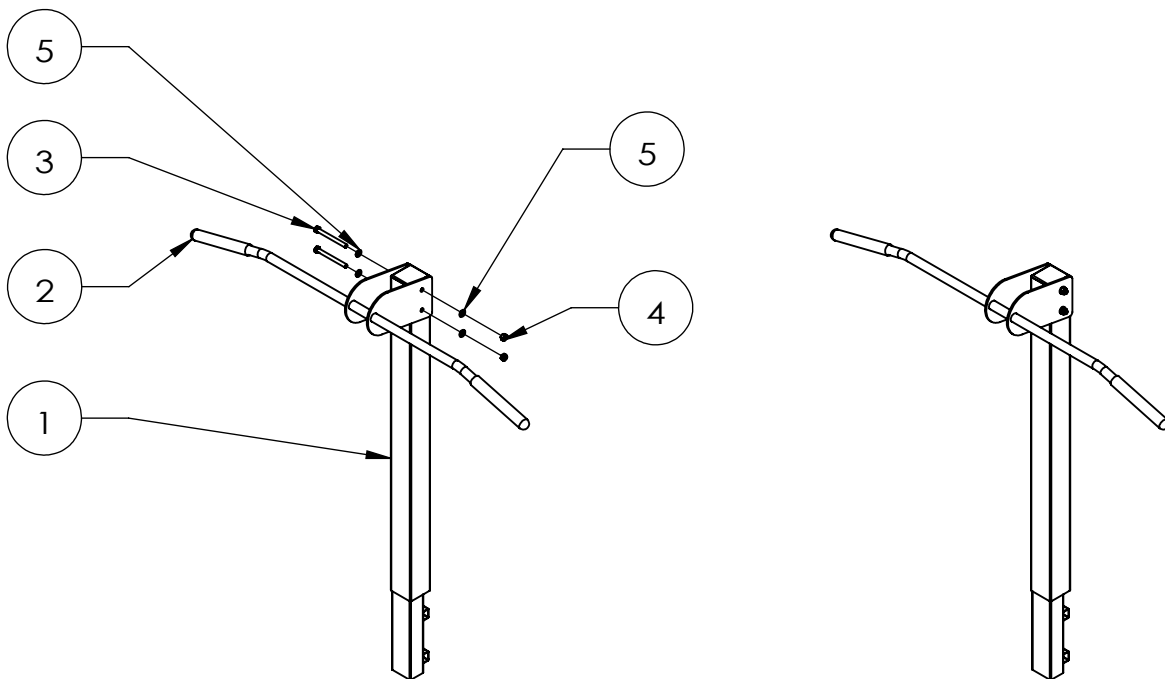
POWERBLOCK®

POWERBENCH 2.0 CHIN-UP ATTACHMENT ASSEMBLY INSTRUCTION SHEET 1

ITEM NO.	DESCRIPTION	QTY.
1	CHIN-UP EXTENSION	1
2	CHIN-UP GRIP ASSEMBLY	1
3	STEEL HEX HEAD SCREW, M10 X 1.5 MM THREAD, 80 mm LONG	2
4	STEEL HEX NUT, M10 X 1.5 mm THREAD	2
5	STEEL WASHER FOR M10 SCREW SIZE	4

TOOLS NEEDED: TWO 17 mm WRENCHES.

1. ATTACH AND TIGHTEN CHIN-UP GRIP ASSEMBLY (ITEM 2) TO CHIN-UP EXTENSION (ITEM 1) WITH SUPPLIED HARDWARE.

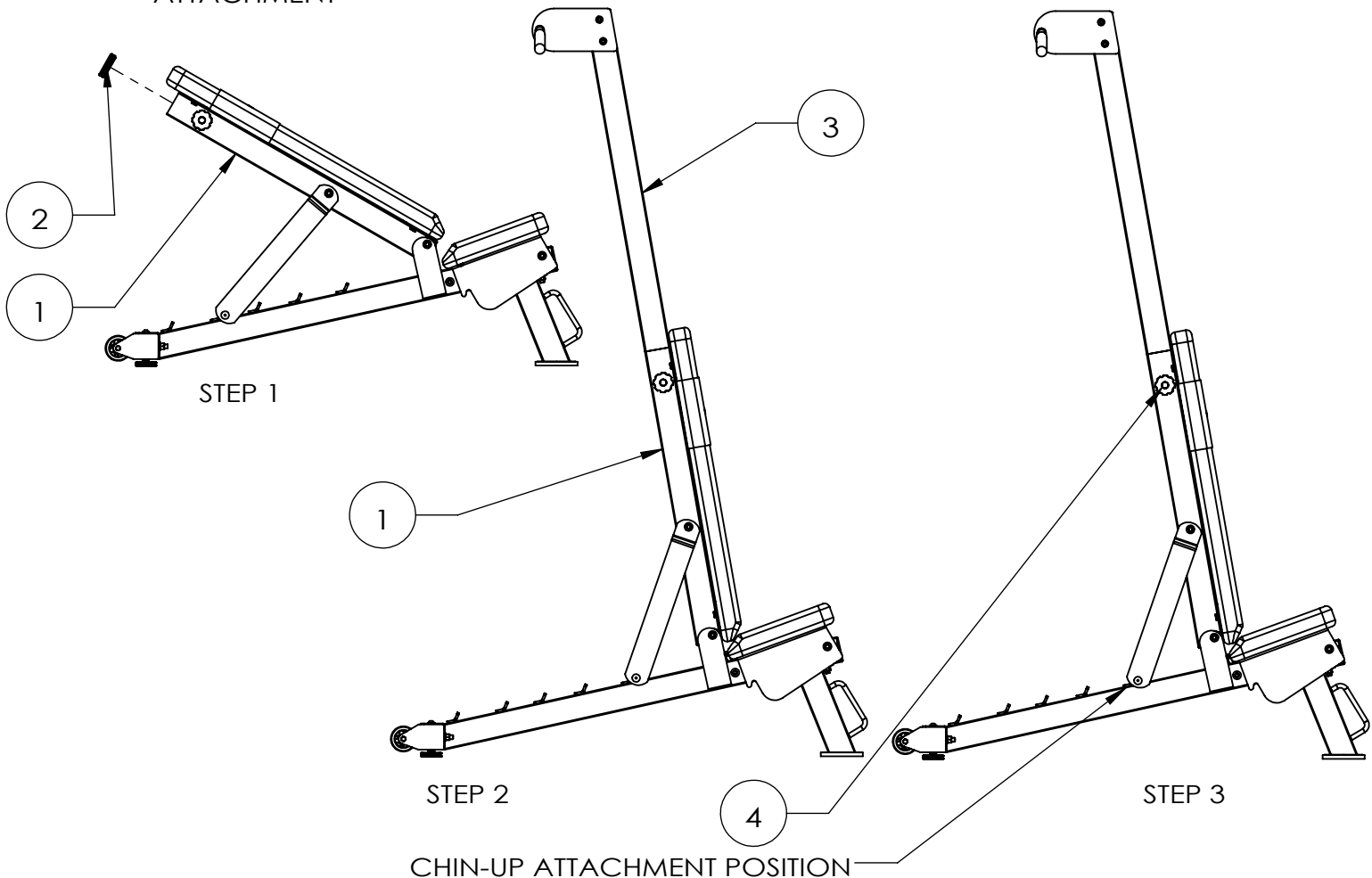


POWERBLOCK®

POWERBENCH 2.0 CHIN-UP ATTACHMENT ASSEMBLY INSTRUCTION SHEET 2

ITEM NO.	DESCRIPTION	QTY.
1	BENCH	1
2	BENCH FRAME TUBE END CAP	1
3	CHIN-UP ATTACHMENT ASSEMBLY	1
4	CHIN-UP TIGHTENER KNOB	1

1. REMOVE THE END CAP (ITEM 2) FROM THE BACK PAD TUBE (ITEM 1).
2. PLACE CHIN-UP ATTACHMENT ASSEMBLY (ITEM 3) IN THE BACK PAD TUBE (ITEM 1).
3. TIGHTEN THE CHIN-UP TIGHTENER KNOB (ITEM 4).
4. MAKE SURE YOUR BENCH IS SET IN THE CORRECT POSITION BEFORE USING THIS ATTACHMENT



CAUTION:

1. USE THE PRODUCT ON A FLAT SURFACE.
2. USER TOTAL LOAD WEIGHT CAPACITY 250 lb.
3. TIGHTEN THE CHIN-UP TIGHTENER KNOB BEFORE USING.