

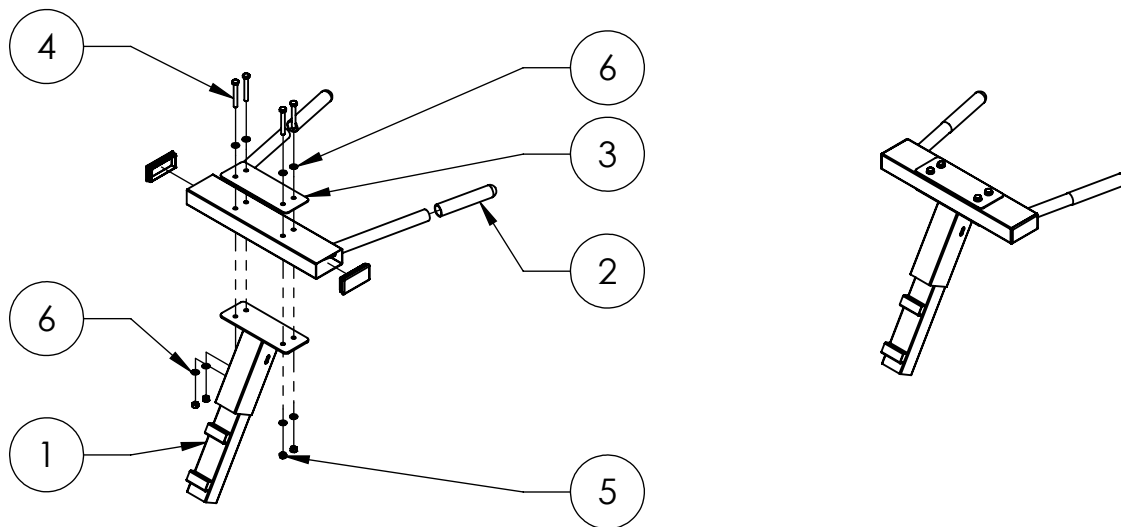
POWERBLOCK®

POWERBENCH 2.0 DIP ATTACHMENT ASSEMBLY INSTRUCTION SHEET 1

ITEM NO.	DESCRIPTION	QTY.
1	DIP EXTENSION	1
2	DIP GRIP ASSEMBLY	1
3	STEEL PLATE	1
4	STEEL HEX HEAD SCREW, M10 X 1.5 MM THREAD, 70 mm LONG	2
5	STEEL HEX NUT, M10 X 1.5 mm THREAD	2
6	STEEL WASHER FOR M10 SCREW SIZE	4

TOOLS NEEDED: TWO 17 mm WRENCHES.

1. ATTACH AND TIGHTEN DIP GRIP ASSEMBLY (ITEM 2), DIP EXTENSION (ITEM 1), AND STEEL PLATE (ITEM 3) WITH SUPPLIED HARDWARE.

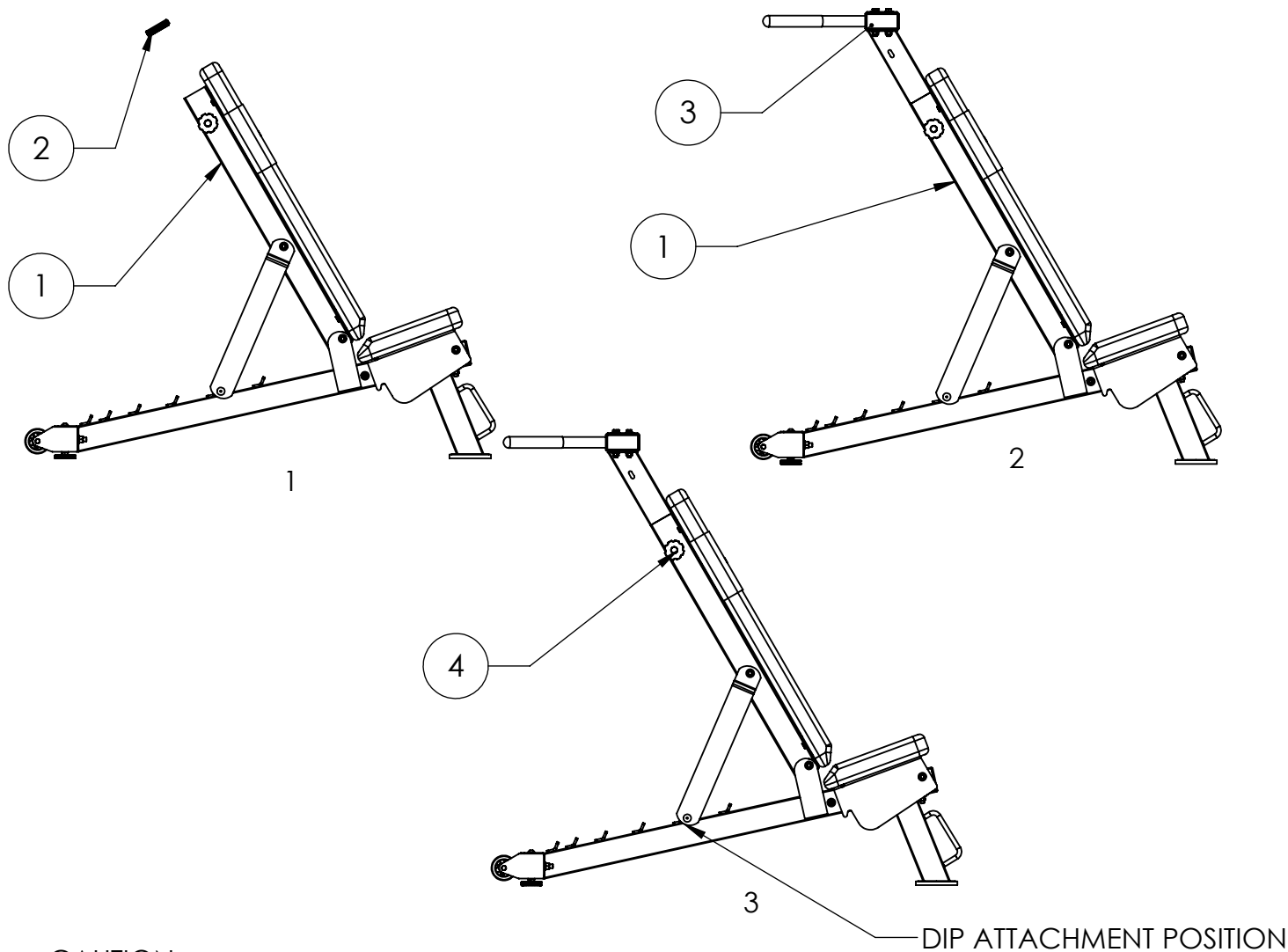


POWERBLOCK®

POWERBENCH 2.0 DIP ATTACHMENT ASSEMBLY INSTRUCTION SHEET 2

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

1. REMOVE THE END CAP FROM THE BACK PAD TUBE.
2. PLACE DIP ATTACHMENT ASSEMBLY IN THE BACK PAD TUBE.
3. TIGHTEN THE DIP TIGHTENER KNOB.
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 DIP TIGHTENER KNOB BEFORE USING.