

POWERBLOCK®

WORLD'S BEST DUMBBELL

POWERBLOCK SERIES Owner's Manual

Please read before using product

PowerBlock 50



PowerBlock EXP

View our complete line of products and accessories at:

powerblock.com

PowerBlock dumbbells are covered by several patents.
You can view them at powerblock.com

10 REASONS TO LIFT WEIGHTS FOR **LIFE**

- 1 More muscle means higher fat burning metabolism.
- 2 More muscle means a stronger immune system.
- 3 Gaining muscle lowers blood pressure & strengthens bones.
- 4 Lifting weights increases energy levels.
- 5 Weightlifting improves athletic performance.
- 6 Maintaining muscle strength benefits simple daily activities.
- 7 Lifting weights improves physical appearance.
- 8 Weightlifting helps relaxation, promoting a good night's sleep.
- 9 Lifting weights improves balance and coordination.
- 10 Muscle mass typically declines 30% or more between ages 35 to 65. Weightlifting prevents much of this loss.

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Congratulations on the purchase of your PowerBlock product.

The PowerBlock family of products offers many selections of space saving selectorized dumbbells, kettlebells, as well as stands, benches and other accessories that allow you to make the most of your workout time in a compact and practical amount of space. We want you to know that we appreciate your business and realize there are many other places you could have spent your fitness dollars and will do our best to live up to and exceed your expectations in both product and customer service. If you have any questions at all on your PowerBlock products, please do not hesitate to call us at 800-446-5215 or 507-451-5152. You may also email us at questions@powerblock.com.

To contact us by mail:

PowerBlock, Inc.
1071 32nd Ave NW
Owatonna, MN 55060

In order to utilize your PowerBlock products to the fullest extent, it is critical that you read and fully understand this owner's manual prior to using your PowerBlock products.

The following definitions apply to the words "Danger" and "Warning" found throughout this manual.

DANGER - Used to call attention to IMMEDIATE hazards that, if not avoided, will result in immediate, serious personal injury or loss of life.

WARNING - Used to call attention to POTENTIAL hazards that could result in personal injury or loss of life.

WARNING

Before beginning any exercise program, consult your physician or health care professional. Only he or she can determine the exercise program that is appropriate for your particular age and physical condition. If you experience any light-headedness, dizziness or shortness of breath while exercising, stop the exercise immediately and consult your physician.

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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 product is intended for home use only and is not suitable or warranted for commercial application. Visit powerblock.com to see commercial warranted products or call 800-446-5215 or 507-451-5152.

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.

3. Inspect the dumbbells prior to each use. Do not use a dumbbell with worn, damaged, or loose parts, fasteners or hardware.
4. Never allow the dumbbells to drop freely to the ground. Damage to the products, floor surfaces and potential personal injury may occur. Please see the warranty section for specific warranty limitations related to dropped dumbbells.
5. Never allow dumbbells to forcefully strike against each other during use. Damage to the product and potential personal injury may occur.
6. Never attempt to disassemble a PowerBlock handle for any reason. PowerBlock products are not designed to be user serviced. Contact your authorized PowerBlock retailer or PowerBlock, Inc. directly for service.
7. Before beginning your workout, make certain that your surroundings are free from potential interference.
8. PowerBlock dumbbell sets can be very heavy; if you are not using an optional PowerBlock Stand, we suggest you place the dumbbell set directly on the floor for best support.

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Safety Features and Proper Use

1. Removing or replacing the handle and weights from the nest must be done in a straight motion (Image 1).

2. Turning the handle sideways while lifting may jam the assembly (Image 2).

DANGER

Do not use if weights are jammed. Using while jammed may result in falling weights and/or injury to you or others around the weights.

3. The weight selector pins contain magnetic blocks. Make sure the magnetic blocks contact the round side rails. The selector pin should be horizontal and fully engaged securely to the side rail of desired weight (Image 3). Be careful not to cross pin (Image 4).

WARNING

Always check the selector pin to make sure it is fully inserted and completely engaged before lifting the dumbbell to avoid injury (Image 3). If the selector pin disengages from the side rails, stop use immediately. Place PowerBlock on nearest flat surface and fully engage selector pin magnetic blocks securely to the side rails. Failure to maintain full and correct contact between magnetic blocks in selector pin and side rails may result in weights falling and/or injury. Do not use the PowerBlock without the tether cord being in good working condition and attached to the top side rail and selector pin. Weight selector pin may fall out of PowerBlock if used without tether cord and may result in falling weights and/or injury.

4. Your PowerBlock features a tether cord which attaches the selector pin to the weight plates on the #1 or top most weight plate side rail. The tether cord will prevent the selector pin from being misplaced. The tether cord also serves as a safety retainer for the weight selector pin in the event the magnetic blocks ever lose contact with the side rails.

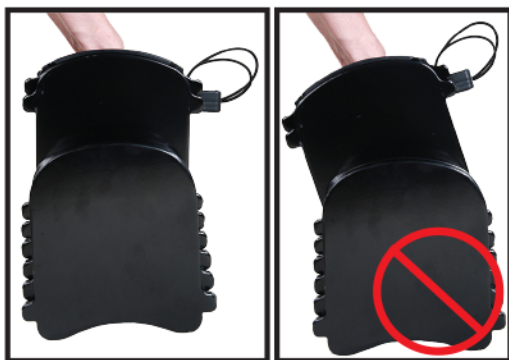


Image 1

Image 2



Image 3



Image 4

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Safety Features and Proper Use

5. Lift from center grip of handle only.

6. Do not strike PowerBlocks together during any exercise. Any contact between a PowerBlock and another piece of equipment or a body part could result in a selector pin dislodging.

DANGER

Lift from center handle only. Lifting from any other part of the PowerBlock may result in falling weights and/or injury. Striking PowerBlocks could dislodge pins and result in falling weights or injury (Image 5).

7. Lift the handle and weights above the nest and visually inspect for correct placement of the weight selection pin (Image 5).

8. To insert or remove chrome weights, open auto lock by moving it down (Image 6).

Close by moving it up (Image 7).

DANGER

Always close the auto lock after loading chrome weights by moving auto lock up (Image 7). Failure to close auto lock could result in falling weights and/or injury.

9. Because the chrome weights slide in/out easily, be sure to place your hand in front of the handle when unloading chrome weights (Image 8).

10. Optional stands for the PowerBlock sets contain storage ports for the chrome weights when not in the handle.

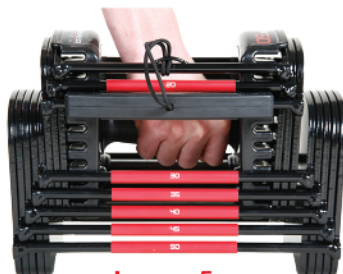


Image 5



Image 6



Image 7



Image 8

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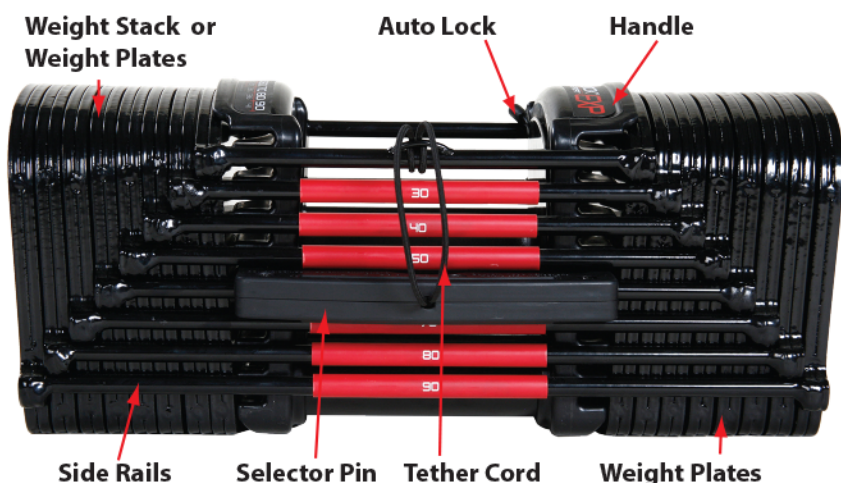
Care and Maintenance

1. Do not strike PowerBlock dumbbells together and/or against other pieces of equipment.
2. Do not drop the PowerBlock. Dropping the weight plates from a height of more than 12 inches will void the warranty.
3. Inspect equipment before each use for loose or worn parts (including bolts). Replace worn parts at first sign of wear. Failure to replace worn parts may result in injury. Check/tighten all bolts prior to each use.

WARNING

Striking PowerBlock dumbbells could dislodge pins and result in falling weights and/or injury. Failure to replace worn parts may result in injury. Check/tighten all hardware prior to use.

PowerBlock Dumbbells Parts/Terms



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PowerBlock Dumbbells 101

The PowerBlock dumbbell models consist of three major components; the weight stack, handle and selector pin (Image 9).



Image 9

The PowerBlock selector pin is tethered to the first weight plate/rail (Image 10). This is one of many safety features built into the design of the product and must not be compromised.

DANGER

Do not remove selector pin from tether cord. It must remain attached to the first weight plate as shown in Image 10 at right.



Image 10

The PowerBlock EXP uses a variable weight handle that can be 5, 7.5 or 10 lbs using the chrome weights that come with EXP set. The chrome weights allow the user to micro load or “fine tune” their weight selections.

DANGER

When you choose to “open” the handle to remove chrome weights, be sure to have the handle pointed up as shown at right to prevent chrome weights from falling out. Always keep auto lock in “closed” position (Image 11).



Image 11

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PowerBlock Dumbbells 101

To remove the chrome weights from the handle, push the auto lock down to the “open” position (Images 12 & 13). Remove both chrome weights to make handle weigh 5 lbs (empty handle weight on PowerBlock EXP set). Remove one chrome weight to make handle weigh 7.5 lbs. Chrome weights each weigh approximately 2.5 lbs.



Image 12

Image 13 on right shows variable weight handle in the “open” position with the two chrome weights partially out of handle. The chrome weights are included with the PowerBlock EXP Set at no additional charge.



Image 13

To view free dumbbell exercises visit: www.powerblock.com

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Using the PowerBlock

1. Set the handle weight by either having the handle empty, 1 chrome weight in the handle, or 2 chrome weights in the handle. Use the auto lock to open the handle to take chrome weights out or put them in (Image 14).

WARNING

Be sure to always put auto lock into closed position before using, failure to do so could result in falling weights or injury.



Image 14

2. Refer to weight chart on handle to select desired weight (Image 15).
NOTE: Weight shown on PowerBlock EXP chart is with handle set at 10 lbs (both chrome weights in).



Image 15

3. To choose/add weight plates from the nested weight stack, insert the selector pin into the weight stack at desired weight indicated on side rail (Image 16).



Image 16

4. Lift weight straight up from center handle only as shown in image 17. Always check to insure that the weight selector pin is fully inserted into the weight stack.



Image 17

DANGER

Lift from handle only. Lifting from any other part of the PowerBlock may result in falling weights and/or injury.



POWERBLOCK SERIES LIMITED WARRANTY

Foreword

Congratulations on the purchase of your PowerBlock Series exercise equipment. The PowerBlock space-saving selectorized dumbbells allow you to make the most of your workout time in a compact and practical amount of space. We want you to know that we appreciate your business and realize there are many other places you could have spent your fitness dollars and will do our best to exceed your expectations in both product and customer service. PowerBlock Series exercise equipment, when properly used, can provide our customers with years of use and enjoyment.

By accepting delivery of, or using, the PowerBlock products accompanying this Limited Warranty, you agree to the terms and conditions contained herein.

The bottom line: We want happy customers. If you have any questions or concerns, please contact our Customer Service Department at questions@powerblock.com or call us at (800) 446-5215 and we'll do everything we can to make it right.

Who Makes this Warranty?

This warranty is made by PowerBlock, Inc. ("PowerBlock"), 1071 32nd Ave NW, Owatonna, MN 55060.

When Does the Warranty Apply?

This warranty applies only to the original purchaser of the PowerBlock product only and applies only where the PowerBlock product is used exclusively for home use. This warranty shall apply only in the United States, its territories or possessions, and Canada.

What Does this Warranty Cover?

This warranty covers any defects in materials or workmanship in your PowerBlock Series exercise equipment, including: weight plates, side rails, handle assembly, and weight selector pins.

THIS LIMITED WARRANTY IS THE ONLY EXPRESS WARRANTY MADE BY POWERBLOCK ON YOUR POWERBLOCK SERIES EXERCISE EQUIPMENT.

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER OBLIGATIONS, LIABILITIES, OR WARRANTIES, WHETHER EXPRESS OR IMPLIED. ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE END AT THE SAME TIME COVERAGE UNDER THIS EXPRESS LIMITED WARRANTY ENDS. PowerBlock, its distributors, or authorized retailers do not authorize any person to assume for them any obligations or liabilities greater than or different from those set forth in this warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitations may not apply.

How Long Does the Coverage Last?

This warranty runs for 5 years from the date you purchased your PowerBlock Series exercise equipment. Coverage terminates if you sell or otherwise transfer the exercise equipment to another person.

What Will PowerBlock Do?

If the weight plates, side rails, or handle assembly, should crack or break, those parts will be repaired or replaced by PowerBlock at no charge to you. If the weight selector pins or any other part is defective in material or workmanship, PowerBlock will provide you with replacement parts at no charge to you.

PowerBlock will cover the costs of shipping replacement parts to you. You must pay for any other costs, including: labor charges, shipping, delivery, handling, or administrative charges associated with returning the exercise equipment to PowerBlock; and all necessary and incidental costs related to the installation of replacement parts.



POWERBLOCK SERIES LIMITED WARRANTY

What Does the Warranty Not Cover?

Design defects, normal wear and tear (i.e., chipping, peeling, scratching of paint or color bands), and any problem that is caused by abuse, misuse, alteration, improper handling or storage, any improper assembly or attempted repairs by you or a third party, or acts of God (such as a flood) are not covered. An example of abuse would be dropping the weight plates from a height of more than 12 inches. Please see the CARE AND MAINTENANCE section of the Owner's Manual provided with your PowerBlock Series exercise equipment for specific examples of actions that would constitute abuse.

POWERBLOCK SHALL NOT BE RESPONSIBLE FOR INJURY, INCONVENIENCE, LOSS, OR DAMAGE TO PERSONAL PROPERTY, WHETHER DIRECT OR INDIRECT. CONSEQUENTIAL AND INCIDENTAL DAMAGES ARE NOT RECOVERABLE UNDER THIS WARRANTY. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

How Do You Obtain Repair or Replacement?

In order to be eligible for repair or replacement under this warranty you **MUST** register your exercise equipment within 30 days of purchasing the exercise equipment by visiting www.powerblock.com/warranty.php or calling (507) 451-5152.

If service, repair, or replacement is required for your exercise equipment during the warranty period, please contact our Customer Service Department by e-mail at questions@powerblock.com or call 507-451-5152 for instructions regarding returning or replacing parts. Please have available the following information: (1) the dealer's name, (2) the date of purchase, and (3) a description of the nature of the problem.

If PowerBlock (at its sole discretion) determines shipping by you is necessary, parts should be shipped in their original carton or equivalent packaging, fully insured with shipping charges prepaid. PowerBlock will not assume any responsibility for any loss or damage occurred in shipping.

If inspection is required, PowerBlock will inspect the exercise equipment once received and contact you within 72 hours to provide the results of our inspection and an estimate of labor charges. If you authorize the repairs, we will return the repaired exercise equipment to you COD. You must pay any labor charges upon receipt of the repaired exercise equipment.

Any company can perform necessary repairs on your exercise equipment. Damage caused to the exercise equipment by you or any nonauthorized third party, however, may void this warranty. If you inform us that you wish us to provide necessary parts to you but wish to have the repairs performed elsewhere, we will return the exercise equipment and replacement parts to you within 72 hours.

There is no charge for inspection.

How Does State Law Apply?

This warranty gives you specific legal rights, and you may also have other rights that vary from state to state.