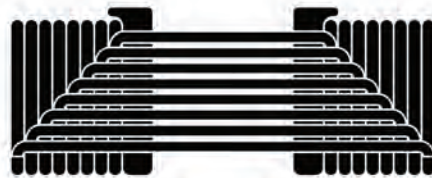


# Pro 100 Commercial Owner's Manual

Please read before using product



**POWERBLOCK**  
WORLD'S BEST DUMBBELL

View our complete line of products and accessories at:

**[powerblock.com](http://powerblock.com)**

PowerBlock dumbbells are covered by several patents.  
You can view them at [powerblock.com](http://powerblock.com)

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# 1. Safety

## Safety Information

It is the sole responsibility of the purchaser of POWERBLOCK products to read the owner's manual and warning labels and instruct all individuals, whether they are the end user or supervising personnel, on proper usage of the equipment.

UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, CONTACT POWERBLOCK CUSTOMER SERVICE IMMEDIATELY AT 1-800-997-3999.

It is recommended that all users of POWERBLOCK exercise equipment be informed of the following information prior to use.

## Operating Warnings



**WARNING:** This product can expose you to chemicals including Methyl Isobutyl Ketone, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to <http://www.P65Warnings.ca.gov>



**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.

- It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all equipment.
- These dumbbells is not intended for use by children. Keep children under the age of 14 away from the dumbbells.
- Do not allow users to wear loose fitting clothing or jewelry while using dumbbells. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.

## Inspection

- DO NOT attempt to use or repair any accessory approved for use with the equipment which appears to be damaged or worn.
- DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all POWERBLOCK equipment, use only replacement parts supplied by POWERBLOCK.
- Maintain labels and name plates - Do not remove labels for any reason. They contain important information. If unreadable or missing, contact POWERBLOCK customer service for a replacement.
- Equipment Maintenance - Preventative maintenance is the key to smooth operating dumbbells as well as to keep your liability to a minimum.
- Inspect the dumbbells prior to each use. Do not use a dumbbell with worn, damaged, or loose parts, fasteners or hardware.

## Important Safety Instructions

- Do not use any equipment in any way other than as designed or intended by the manufacturer. It is imperative that POWERBLOCK equipment is used properly to avoid injury.
- Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, STOP EXERCISING and consult your physician.
- 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.
- Never allow dumbbells to forcefully strike against each other during use. Damage to the product and potential personal injury may occur.
- Never attempt to disassemble a POWERBLOCK handle for any reason. POWERBLOCK products are not designed to be user serviced. Contact POWERBLOCK customer service directly for service.
- Before beginning your workout, make certain that your surroundings are free from potential interference.

## Safety Features and Proper Usage

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

Image 1



Image 2



- 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 dumbbell 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 dumbbell 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 dumbbell if used without tether cord and may result in falling weights and/or injury.

Image 3

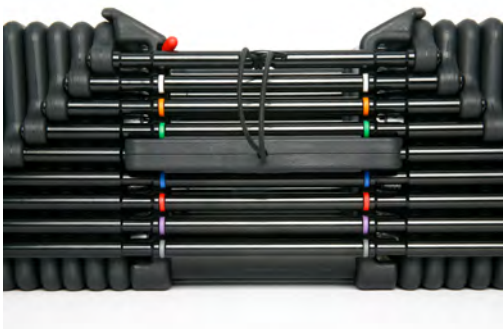


Image 4



- Your dumbbell 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.

- Lift from center grip of handle only (Image 5).

**Image 5**



- Do not strike dumbbells together during any exercise. Any contact between a dumbbell and another piece of equipment, clothing or a body part could result in a selector pin dislodging.



**DANGER:** Lift from center handle only. Lifting from any other part of the dumbbell may result in falling weights and/or injury. Striking dumbbells together could dislodge pins and result in falling weights or injury.

- Lift the handle and weights above the nest and visually inspect for correct placement of the weight selection pin (Image 5).
- Shown below is the Pro 100 Commercial set on the Pro Rack stand that is included with each set. (Image 6)

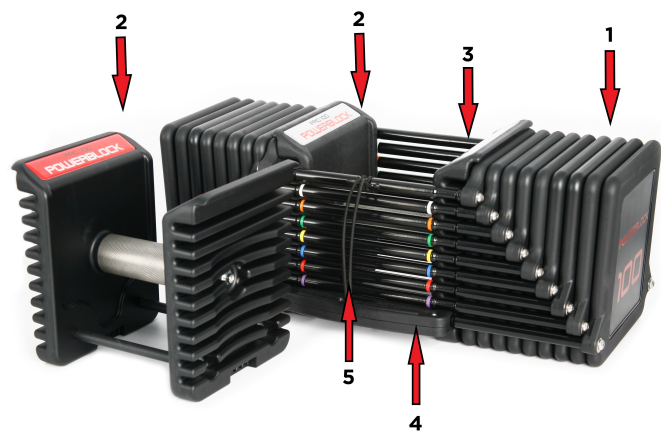
**Image 6**



# 2. Product Information

## Pro 100 Commercial Dumbbell Parts & Terms

Image 7



Item	Description
1	Weight Stack or Weight Plates
2	Handle
3	Side Rails
4	Selector Pin
5	Tether Cord

## Using the Pro 100 Commercial Dumbbells

1. Set the handle weight by choosing either the 5 lb or 10 lb handle. The selector pin is tethered to the first plate/rail and is one of the safety features built into the design and must not be compromised. (Image 8)

Image 8



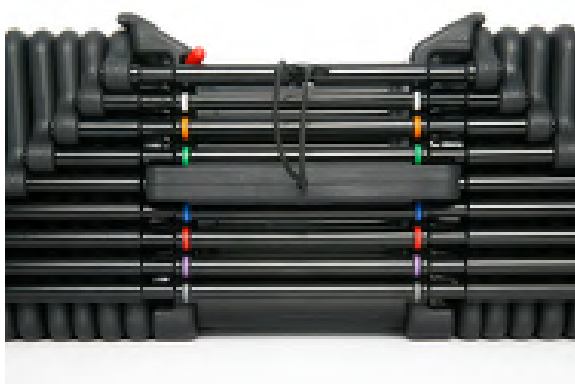
2. Refer to color coded weight chart on each handle to select desired weight (Image 9).

**Image 9**



3. To choose/add weight plates from the nested weight stack, insert the selector pin into the colored side rail of the weight desired (Image 10).

**Image 10**



4. Lift weight straight up from center handle only (Image 11). Always check to insure that the weight selector pin is fully inserted into the weight stack. Lift handle and weights five (5) inches above the nest and visually inspect for correct placement of weight selector pin. If pin is improperly located, return weighted handle to weight stack and correctly insert selector pin.



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

**Image 11**



## 3. Maintenance Procedures

### Maintenance Schedule

#### Inspect Daily

- Inspect the dumbbells prior to each use. Do not use a dumbbell with worn, damaged, or loose parts, fasteners or hardware.

#### Once a Week

- Visually inspect all hardware for loosening, tampering or wear.
- Check condition of hand grips.

#### Once a Month

- Inspect hardware and tighten any bolts that may have loosened over the life of the product.

#### Cleaning

A soft microfiber cloth and warm water can be used to keep your dumbbells clean. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners or an abrasive cloth. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces.

#### Dumbbell Care

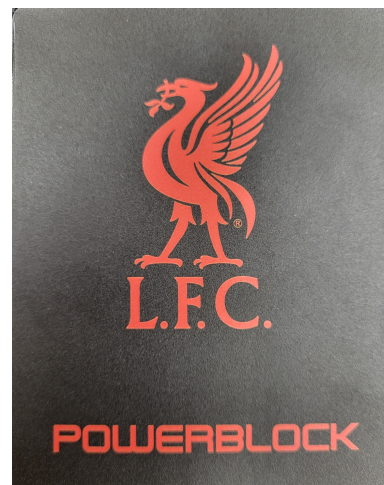
- Do Not strike dumbbells together and/or against other pieces of equipment.
- Do not drop the dumbbells. Dropping the dumbbells from a height of more than 12 inches will void the warranty.



**WARNING:** Striking Pro 100 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.

## 4. Custom Decals

Custom decals are available with school/team logos and colors. Contact your commercial sales representative for details, pricing or quote.



# PRO SERIES COMMERCIAL LIMITED WARRANTY

Congratulations on the purchase of your PowerBlock Pro Series Commercial 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 ways you could have spent your fitness dollars and will do our best to exceed your expectations in both product and customer service. PowerBlock Pro Series Commercial 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](mailto: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 commercial 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 Pro Series Commercial 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 PRO SERIES COMMERCIAL 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 1 year from the date you purchased your PowerBlock Pro Series Commercial 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.

## **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, 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 Pro Series Commercial 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](http://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](mailto: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 occurring 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.