



# PRO 100 EXP

## OWNER'S MANUAL

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## Table of Contents

### About PowerBlock

#### Safety Information

- Operating warnings
- Inspection
- Important safety features
- Safety features and proper use

#### How to use your PowerBlocks

- Pro 100 EXP parts & terms
- PowerBlock dumbbells 101
- Using the Pro 100 EXP Dumbbells

#### Maintenance procedures

- Maintenance schedule
- Cleaning
- Dumbbell care
- Warranty & repairs

#### Warranty Policy

- Standard warranty guidelines
- Original purchaser
- Warranty coverage
- Parts replacement & repairs
- Warranty exclusions

#### Expand Your Pro 100 EXP

- Upgrading to Pro 100 EXP Stage 2
- Upgrading to Pro 100 EXP Stage 3
- Upgrading to Pro 100 EXP Stage 4

# Your Strength Journey. Simplified.

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Thank you for choosing PowerBlock to help you achieve your fitness goals! We sincerely appreciate your business and will do our best to exceed your expectations in both product experience and customer service!

Your decision to choose PowerBlock provides you the freedom to take your workout wherever you go. The space limitations of a rack of dumbbells is a thing of the past. PowerBlock offers many other space-saving adjustable dumbbells, kettlebells, weight benches and accessories to assist you in achieving your fitness goals. Visit [www.powerblock.com](http://www.powerblock.com) to view the full range of products.

## Welcome to the PowerBlock family!

If you have any questions regarding your PowerBlock product, email us at [questions@powerblock.com](mailto:questions@powerblock.com) or call us at **1.800.997.3999**.

### To contact us by mail:

PowerBlock, Inc. 14255 Southcross Drive W Burnsville, MN 55306

To fully understand how to use your PowerBlock product, it is required that you read this owner's manual prior to using your product.

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 serious injury or loss of life.

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# Safety Information

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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.

This product is intended for home use only and is not suitable or warranted for commercial application. Visit [www.powerblock.com](http://www.powerblock.com) to see commercial warranted products or call: **800.997.3999.**

## Operating Warnings

 **California Residents: WARNING:** Cancer and Reproductive Harm - <https://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 are not intended for use by children. Keep children under the age of 18 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.
- Contact PowerBlock if your equipment becomes worn or damaged.

- 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. [Please review maintenance schedule here.](#)
- 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.
- **DO NOT** drop your POWERBLOCKS. **Never allow** the dumbbells to drop freely to the ground. Damage to the products, floor surfaces 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.
- **Never allow dumbbells** to forcefully strike against each other during use. Damage to the product and potential personal injury may occur.
- Before beginning your workout, make certain that your surroundings are free from potential interference.
- Dumbbells 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.

## 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).

Image 1



Image 2



**⚠ DANGER:** Do not use if weights are jammed. Using while jammed may result in failing weights and/or injury to you or others around the weights.

Image 3



**⚠ 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).

- 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 and Image 5).

**Image 4**



**Image 5**



- If the selector pin disengages from the side rails, stop use immediately. Place the dumbbell on the 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 the dumbbell if used without the tether cord and may result in falling weights and/or injury.
- Abuse and misuse of the dumbbell may cause damage to the selector pin in forms of pin breaks, splits, fractures, or deformation. You should inspect your selector pin with each use. If you experience any selector pin damage, [please contact us for replacement parts.](#)
- 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 6).



**Image 6**

**⚠ 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.

- 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 and/or damage to the product.
- Lift the handle and weights above the nest and visually inspect for correct placement of the weight selector pin (Image 6).
- The open/close arrows on the top decal of each handle indicates the position of the Auto Lock (Images 7 & 8). The Auto Lock is only activated when the handle is inserted into the first weight plate which triggers the dial lock to close.
- When using the handle without the weight plates selected, the auto-lock mechanism must be operated manually to remove and lock in the micro-weights.
- Auto Lock **MUST** be in the locked position (Image 7) when using micro weights in the handles.



**Image 7**



**Image 8**



- Because the Micro Weights slide in/out easily, be sure to place your hand in front of the handle when unloading them.

Optional stands for the dumbbells contain storage ports for the Micro Weights when not inserted in the handle. The optional stands also offer dumbbell storage convenience and ease of weight selection. Visit [www.PowerBlock.com](http://www.PowerBlock.com) to purchase the best stand for your PowerBlocks.



# Product Information



## Pro 100 EXP Dumbbells Parts & Terms

| Item | Description                       |
|------|-----------------------------------|
| 1    | Auto Lock Lever for Micro Weights |
| 2    | Side Rail                         |
| 3    | Tether Cord                       |
| 4    | Selector Pin                      |
| 5    | Handle                            |
| 6    | Weight Stack or Weight Plates     |

## PowerBlock Dumbbells 101



Image 10

| Item | Description                   |
|------|-------------------------------|
| 1    | Weight Stack or Weight Plates |
| 2    | Handle                        |
| 3    | Micro Weights                 |
| 4    | Selector Pin                  |

The Pro 100 EXP dumbbell consists of four components: the weight stack, handle, micro weights and selector pin (Image 10).

The selector pin is tethered to the first weight plate/rail (Image 11). 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 (Image 11).

**Image 11**



**Image 12**



The Pro 100 EXP contains two micro weights per handle. Each micro weight is 2.5 lb or 1.1 kg. These micro weights allow the user to adjust the weight of the dumbbell in 2.5 lb to 5 lb (1.1 kg to 2.3 kg) increments, perfect for gradual strength building or improving your form with precise weight changes.

**⚠ DANGER:** When you choose to “open” the handle to remove micro weights, be sure to have the handle pointed up to prevent micro weights from falling out (Image 12). Always keep Auto Lock in “closed” position when out of weight stack (Image 12).

**Image 13**



To remove the micro weights from the handle, push the Auto Lock lever down (Image 13). Remove both micro weights to make the handle weigh 5 lb (2.3 kg). Remove one micro weight to make it weigh 7.5 lb (3.4 kg). Micro weights each weigh approximately 2.5 lb (1.1 kg).

**Image 14**



Image 14 shows handle in the “open” position which enables the two micro weights to come out of the handle. This allows you to “micro-load” your weight adjustments. The micro weights are included in the Pro 100 dumbbell handles.

## Using the Pro 100 EXP Dumbbells

1. Set the handle weight by either having the handle empty (5 lb/ 2.3 kg), 1 micro weight in the handle (7.5 lb/3.4 kg) or 2 micro weights in the handle (10 lb/4.5 kg). Use the Auto Lock Lever to take micro weights out or put them in (Image 15).

**Image 15**



**⚠ WARNING:** Be sure to always put Auto Lock Lever in closed position before using, failure to do so could result in falling weights or injury.

2. Refer to color-coded weight on each handle to select desired weight (Image 16.)

**NOTE: Weight shown is with micro weights in handle.**

**Image 16**

|   |   |   |   |   |   |   |  |   |   |   |
|---|---|---|---|---|---|---|--|---|---|---|
| <b>LB</b>   | <b>10</b>   | <b>20</b>   | <b>30</b>   | <b>40</b>   | <b>50</b>   | <b>60</b>   | <b>70</b>  | <b>80</b>   | <b>90</b>   | <b>100</b>  |
|   |  |  |  |  |  |  |  |  |  |  |
| <b>KG</b>   | <b>4.5</b>  | <b>9.0</b>  | <b>13.6</b>   | <b>18.1</b>   | <b>22.7</b>   | <b>27.2</b>   | <b>31.8</b>  | <b>36.3</b>   | <b>40.8</b>   | <b>45.4</b>   |
| <small>EMPTY HANDLE = 5 LB/2.3 KG    1 MICRO WEIGHT = 7.5 LB/3.4 KG    2 MICRO WEIGHTS = 10 LB/4.5 KG</small>   |   |   |   |   |   |   |  |   |   |   |
| <small>⚠ CAUTION: READ INSTRUCTIONS BEFORE USE    Pat. <a href="http://www.powerblock.com/pages/patents">www.powerblock.com/pages/patents</a></small> |   |   |   |   |   |   |  |   |   |   |

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 17).

**Image 17**





**Image 18**



4. Lift weight straight up from center handle only (Image 18). Always check to ensure 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.

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# Maintenance Procedures

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## 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 the 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 (30.5 cm) 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.

## Warranty & Repairs

PowerBlock products are built to provide you with many years of use if used correctly. However, in the rare occasion, if issues do happen, we have excellent after-sales service that will get your equipment back up and running again.



If you have a material or workmanship defect or damaged product, please contact us via one of the methods below.

|   |   |
|---|---|
|  <b>Website contact form</b> | <a href="https://powerblock.com/parts-request/">https://powerblock.com/parts-request/</a> |
|  <b>Email</b>                | <a href="mailto:questions@powerblock.com">questions@powerblock.com</a>                    |
|  <b>Phone number</b>         | 800.997.3999  |

When filling out the contact form or emailing us, please attach photos to help describe the issue. If you have a void or expired warranty, parts are available online for purchase.

For International customers, please visit the authorized dealer you purchased your set from for warranty fulfillment.



# Warranty Policy

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## Standard Warranty Guidelines

The benefits provided to you by this contractual product warranty are in addition to other rights and remedies available to you under law.

### Original Purchaser

Our warranty only applies to the original purchaser and purchase date where the purchase was made from our [www.powerblock.com](http://www.powerblock.com) online store or authorized PowerBlock, Inc. reseller only and is strictly non-transferable. All warranties commence on the date of purchase.

## Warranty Coverage

This product comes with a five year limited warranty. This warranty covers any defects in the materials or workmanship in your PowerBlock product. **THIS LIMITED WARRANTY IS THE ONLY EXPRESS WARRANTY MADE BY POWERBLOCK ON YOUR POWERBLOCK EXERCISE EQUIPMENT. THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER OBLIGATIONS, LIABILITIES, OR WARRANTIES, WHETHER EXPRESSED OR IMPLIED. ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE END AT THE SAME TIME COVERAGE UNDER THIS EXPRESSED 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.

## Parts Replacement & Repairs

Register your exercise equipment within 30 days of purchase by visiting <https://powerblock.com/warranty-registration/>. To view full warranty, visit [www.powerblock.com/warranty](http://www.powerblock.com/warranty).

## Warranty Exclusions

Without limiting any statutory rights which may be available to the consumer in respect of the product, including those under law, this warranty will not apply to:

- Damage caused through incorrect assembly of product;
- Any product used for commercial use that is not authorized for commercial use;

- Any products stored outdoors;
- Any defects caused by accidents, natural disasters, lightening, water, fire, wind, storms;
- Any defects caused by abuse or theft of the product;
- Normal wear and tear of the product
- Damage caused to product due to negligent or faulty use, improper maintenance, storage or handling by the user. Negligent or faulty use includes dropping of the product;
- Any adaptation or changes to the product which are not in accordance with the user manual supplied with the product;
- Damage resulting from:
  - Incorrect adjustments to adjustable benches, adjustable weight systems
  - Transportation (Excludes transit damage when dispatched from an authorized PowerBlock seller)
  - Abuse, misuse, failure to follow instructions, improper or abnormal usage;
  - Alteration, modification, defective installation;
  - Unauthorized repairs, alterations or modifications from an authorized third party;
  - Pets;
  - Entry or foreign matter into the product including liquid, moisture or dirt;
  - Rust corrosion as a result of normal wear and tear and/or improper storage of the set.

**Please see the [Maintenance Procedures](#) section of the Owner's Manual provided with your product for care and maintenance of your product.**

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 limitations or exclusion may not apply to you.

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

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# Expand your Pro 100 EXP

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## EXP means EXPANDABLE

The Pro 100 EXP Stage 1 comes with a maximum weight of 40 lb (18.1 kg) (Image 19).



Image 19

### Upgrade to Pro 100 EXP Stage 2

Your Pro 100 EXPs can be expanded at any time by purchasing the Stage 2 kit. This will expand the maximum weight for the Pro 100 EXP dumbbells from 40 to 60 lb (18.1 to 27.2 kg) per hand (Image 20). Simply set the Stage 2 kit on a stand or the floor with the green rail up as shown in Image 20. Set your Pro 100 EXP Stage 1 set inside of the Stage 2 kit. You now have a maximum weight of 60 lb (27.2 kg)!



Image 20

### Upgrade to Pro 100 EXP Stage 3

The Pro 100 EXP can be further expanded by purchasing the Stage 3 kit. The Stage 3 kit expands the weight on each dumbbell from 60 lb to 80 lb (27.2 to 36.3 kg) per hand (Image 21). To expand your Pro 100 EXP to 80 lb (36.3 kg), place the Stage 3 kit on a stand or the floor with the blue rail up and insert the Pro 100 EXP Stage 2 into the kit.



Image 21

## Upgrade to Pro 100 EXP Stage 4

The Stage 4 kit is the final expansion for the Pro 100 EXP. This will expand the maximum weight for the Pro 100 EXP dumbbells from 80 to 100 lb (36.3 to 45.4 kg) per hand (Image 22). It installs just like the first 3 expansions. Set the Stage 4 kit on a stand or the floor with the purple rail up as shown in Image 22 and set your Pro 100 EXP Stage 3 kit inside of the Stage 4 kit. You now have 100 lb (45.4 kg) maximum weight per hand!



Image 22

**Note: the Pro 100 EXP Stage 2, 3 and 4 Expansion Kits will not work with any other PowerBlock adjustable dumbbells. You must install expansion kits in sequential order.**

See the entire line of PowerBlock products and accessories, including stands and benches at [www.powerblock.com](http://www.powerblock.com)

