

POWERBLOCK®

WORLD'S BEST DUMBBELL

SPORT SERIES

Owners Manual

Please read before using product

Sport 50



Sport 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 and strengthens bones.
- 4** Strength training increases energy levels.
- 5** Weightlifting improves athletic performance.
- 6** Maintaining muscle strength benefits simple daily activities.
- 7** Strength training improves physical appearance.
- 8** Weightlifting helps relaxation, promoting a good nights sleep.
- 9** Strength training 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 offer many selections of space saving selectorized dumbbells, kettlebells, as well as stands, trays, 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 owners 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

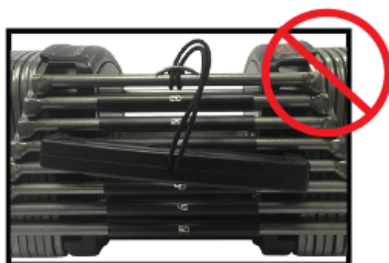


Image 4

POWERBLOCK®

WORLD'S BEST DUMBBELL

Safety Features And Proper Use

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

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.

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 adder weights, open adder weights lock by moving it to the left and down (image 6). Close by moving to the right and up (image 7).

DANGER

Always close the adder weights
Lock after loading Adder Weights by aligning the red cap up and to the right towards handle. Failure to close adder weights Lock could result in falling weights and/or injury.

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

10. Optional stands for the PowerBlock sets contain storage positions for the Adder Weights when not inserted in the handle. The optional stands also offer convenience and ease of weight selection.

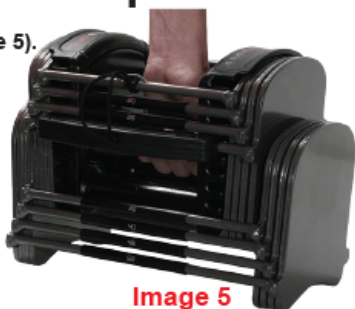


Image 5



Image 6



Image 7



Image 7

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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

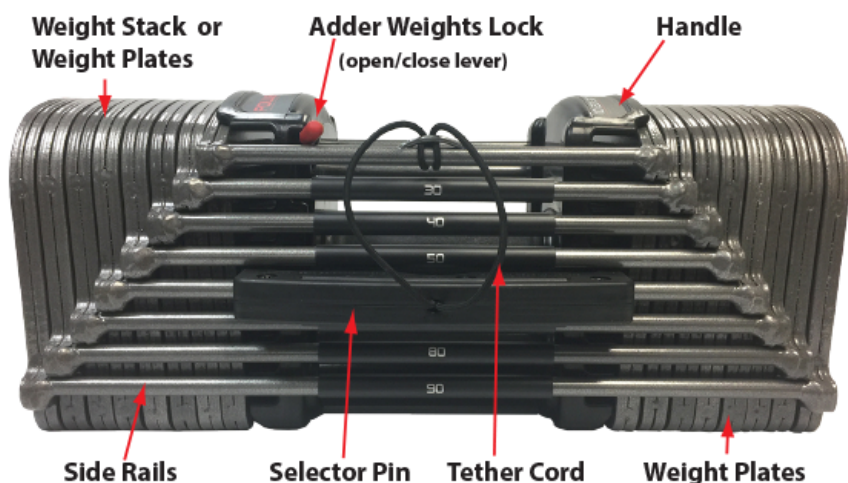


Image 8

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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.



Image 10

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.

The Sport EXP uses a variable weight handle that can be 5, 7.5 or 10 lbs (Image 11). The adder weights allow the user to micro load or “fine tune” their weight selections.



Image 11

DANGER

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

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PowerBlock Dumbbells 101

To remove the Adder Weights from the variable weight handle, turn the Adder Lock to the “open” position (Image 12). Remove both Adder Weights to make handle weigh 5 lbs (empty handle weight on Sport EXP set). Remove one adder weight to make handle weigh 7.5 lbs. Adder Weights each weigh approximately 2.5 lbs.



Image 12

Image 13 on right shows variable weight handle in the “open” position with the two Adder Weights partially out of handle. The Adder Weights are included with the Sport 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 Adder Weight in the handle, or 2 Adder Weights in the handle. Use the Adder Lock to open the handle to take Adder Weights out or put them in (Image 14).

WARNING

Be sure to always put dial 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 (models vary, Sport EXP weight chart shown) to select desired weight (image 15). NOTE: weight shown on EXP chart is with handle set at 10 lbs (both adder 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.