

PowerBlock[®]

World's Best Dumbbell

Since 1993

Owners Manual

Please read before using product

Sport 9.0

Sport 5.5



Sport 2.4

Sport 5.0

View our complete line of products and accessories at:

powerblock.com

Patents #359,778 #5,637,064 #5,779,604
#5,769,762 #5,971,899 #6,083,144 #7,201,711
and other patents pending worldwide.

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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PowerBlock
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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, 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 507-451-5152, or fax us at 507-451-5278. 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 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 or fastener.
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 bump together 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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A Brief Company History

PowerBlock, Inc. was founded in 1991. After working in the institutional fitness industry for over ten years, designing fitness equipment, we wanted to start a company based on a unique technology. We knew we didn't want to be just another "me-too" manufacturer of generic weight lifting equipment. While researching the specialty fitness market we were continually amazed at the mountains of dumbbells we saw in every store. We thought there must be a better way to provide fitness enthusiasts with the performance advantages of hand weights without the space and cost penalty inherent in the old fashioned hex head dumbbells and racks. Thus the idea for PowerBlock® was born, and after two years of extensive development and testing became a reality in 1993. Now, after 16 years we are still the Worldwide leader in selectorized dumbbell technologies and remain dedicated to complete customer satisfaction. We still staff our phones with real people that care about your needs after the sale as well as helping you with choosing the right products for your fitness needs and goals every step of the way.

Call us at 800-446-5215 with any questions on our products.



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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 under the desired weight (Image 3). Be careful not to cross pin (image 4) or place selector pin in the unit upside down (Image 5).

WARNING

Always check the selector pin to make sure it is fully inserted right side up and completely engaged before lifting the dumbbell to avoid injury. See image 3 If the selector pin disengages from the 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



Image 3

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Safety Features And Proper Use

5. Lift from handle only. (Image 6)
6. Do not bang SportBlocks together during any exercise, any contact between a SportBlock and another piece of equipment or a body part could result in a selector pin dislodging.

DANGER

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

8. The open/close decal on the top face of each handle indicates the position of the SELECTOR DISK and whether the ballast tubes are open or closed. (Image 7-8, Sport 9.0 model).

DANGER

Always close the Selector Disc after loading 2.5 lb ballast weights by aligning the red cap in the left or right closed position. Failure to close Selector Disk could result in falling weights and/or injury.

9. Because the 2.5 lb ballast weights slide in/out easily, be sure to place your hand in front of the handle when unloading ballast weights.

10. The optional stand for the Sport 9.0 contains storage positions for the 2.5 lb ballast weights when not inserted in the handle. The optional stand also offers convenience and ease of weight selection.



Image 6



Image 7



Image 8

WARNING

Do not allow children or minors to use or play with the SportBlock Stand. Falling weights can result in injury or damage.



Care And Maintenance

1. Do Not bang SportBlock® dumbbells together and/or against other pieces of equipment.

WARNING

Banging SportBlock® dumbbells could dislodge pins and result in falling weights and/or injury.

2. Do not drop the SportBlock®. Dropping the weight plates from a height of more than 6 inches (Sport 2.4, 5.0, 5.5) or 12 inches (Sport 9.0) will void the warranty.

Dropping an un-nested weight plate from any height could result in permanent deflection of the unit and will void the warranty.

3. Should any weld break, stop using the SportBlock® immediately and refer to the warranty instructions.

WARNING

Use of SportBlock® with any cracked or broken weld could result in falling weights and/or injury. Failure to replace worn parts may result in injury. Tighten loose bolts.

4. 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. Tighten loose bolts.

5. You may apply "Armor All" to painted weight plate assemblies (do not apply over bands on side rails). This will remove cosmetic scratches and serve as a lubricant for nested assemblies.

6. If Paint chipping does occur as a result of normal use, liquid paint can be used for touch-up. As a result of shipping or extended use, the nesting of the weight plates may cause some scuffing of the powder painted finish. Use of an "Armor All" type product will help restore this condition and provide best performance.

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



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SportBlock Dumbbells 101

The SportBlock® dumbbell models consist of three major components; the weight stack, handle and selector pin. There are four models available, so there are different weight stack's (size of weight plates, thickness and number of weight plates) and handles (fixed and variable weight models).



The SportBlock® selector pin is tethered to the first weight plate (rail). 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 at right.

There are fixed weight and variable weight handles available for selected SportBlock® models. The Sport 5.0 for example has a fixed 5 lb handle. The Sport 9.0 uses a variable weight handle that can be 5, 7.5 or 10 lbs. This allows the user to micro load or "fine tune" their weight selections.

DANGER

When you choose to "open" the handle to remove adder weights, be sure to have the handle pointed up as shown at right.





SportBlock Dumbbells 101

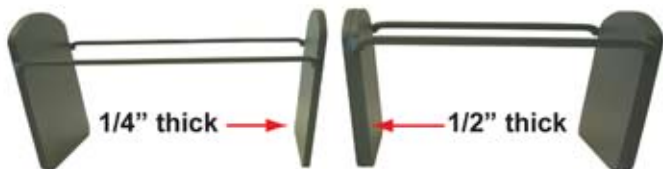
To remove the adder weights from the variable weight handle, turn the dial to the open position as shown in image at right and remove both to make handle weigh 5 lbs (empty handle weight) or one to make handle weigh 7.5 lbs. Adder weights weigh approximately 2.5 lbs each.



Image on right shows variable weight handle in the open position with the two adder weights partially out of handle. The adder weights are included at no additional charge with variable weight handles.



Image on bottom right shows two different types of SportBlock® weight plates. The 1/4" thick weight plates (Sport 5.0 and 5.5) weigh 5 lbs each. The 1/2" thick weight plates (Sport 9.0) weigh 10 lbs each.



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Using The SportBlock

1. Set the handle weight by either having the handle empty (5 lbs) or 1 adder weight in the handle (7.5 lbs) or 2 adder weights in the handle (10 lbs). Use the Open/Close lever to open the handle to take adder weights out or put them in.

WARNING

Be sure to always put dial lock into closed position before using.



2. Refer to color coded weight chart to select desired weight. Image on right shows the SportBlock[®] 9.0 handle weight chart.



3. To choose/add weight plates from the nested weight stack, insert the selector pin beneath the colored side rail of the weight desired.



4. Lift weight from center handle as shown in image at right.

DANGER

Lift from handle only. Lifting from any other part of the SportBlock[®] may result in falling weights and/or injury. Banging SportBlock[®] dumbbells could dislodge pins and result in falling weights or injury.





Using The SportBench

The SportBench was designed to allow your workouts to flow as smoothly as possible and minimize adjustment/set-up time. The seat pad assembly was designed to lower your hips and elevate your knee's when doing incline bench work. This allows you to sit more comfortably and keep your feet on the floor. The amount of space between both cushions has also been minimized for user comfort and there are no metal hinges or parts to straddle. The bench also allows you to change from flat to incline position with two simple adjustments.

Whenever changing the bench to incline position always drop the seat pad to the down position by adjusting the seat pad pivot arm. When changing from incline position to flat, remember to lower the back pad first, then raise the seat pad assembly to the flat position.

SportBench in flat position



Seat Pad Pivot Arm

SportBench in incline position (shown with optional Wheel-Handle Kit and optional Dip Attachment)



Seat Pad Assembly (Shown in down position)

WARNING

The SportBench is rated at 550 lbs total load. The total load is calculated by adding the body weight of the athlete plus the weights being lifted. Failure to observe this maximum load rating could result in falling weights and/or injury to you or others around equipment.

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SportBlock Products Warranty

SPORTBLOCK® LIMITED WARRANTY

SportBlock World Headquarters 1071 32nd Ave NW, Owatonna, MN 55060 Ph: 507.451.5152 Fax: 507.451.5278

Warranty is restricted to the ORIGINAL OWNER of the product and IN HOME USE ONLY

- 1. LIMITED FIFTEEN (15) YEAR WARRANTY** on weights, frame and handle assembly. For the first fifteen years from the original date of purchase, if the weight plates, handle assembly, or frame should crack or break, it will be repaired OR replaced by Manufacturer. **LIMITED ONE (1) YEAR WARRANTY** on bench pads.
- If the following parts are defective in material or workmanship, manufacturer will supply replacement parts: weight selector pins, color bands, other parts not listed.
- 3. CONDITIONS AND EXCEPTIONS.** A.) Any product misuse, abuse or alteration, any attempt to repair, by a person other than an authorized manufacturer's service center, any improper assembly, accident or any other condition resulting from occurrences beyond the control of the manufacturer will void this Limited Warranty. An example of abuse would be dropping the product; Dropping the weight plates from a height of more than 6 inches (Sport 2.4, 5.0, 5.5) or 12 inches (Sport 9.0) will void the warranty. B.) This Warranty shall apply only in the United States, its territories or possessions, and Canada. C.) Chipping, peeling and scratching of paint and/or color bands is not warranted. D.) See **CARE AND MAINTENANCE** for specific examples of actions that would result in voiding warranty.
- 4. REPLACEMENT AND REPAIR EXPENSES.** Manufacturer will provide only replacement parts or repair under this warranty, and will pay for shipping of replacement parts to the consumer. The consumer is responsible for all other costs. Such costs may include, but are not limited to: A.) labor charges for service, removal, repair or re installation of the Manufacturer product or any component part; B.) Shipping, delivery handling and administrative charges for returning part to manufacturer; and C.) All necessary or incidental costs related to installation of replacement part.
- 5. SHIPPING.** If shipping by the consumer is deemed necessary (at sole discretion of manufacturer), parts should be shipped in their original carton or equivalent packaging, fully insured with shipping charges prepaid. Manufacturer will not assume any responsibility for any loss or damage occurred in shipping.
- 6. CLAIM PROCEDURE.** If service on your product is required during warranty period, please contact our Customer Service Department at 507.451.5152 for instructions regarding returning or replacing parts. Please have available the following information: 1.) the dealers name; 2.) the date of purchase 3.) a description of the nature of the problem.
- 7. CONSUMERS RIGHTS.** This limited Warranty gives you specific legal rights. You may also have other rights, which vary from state to state.
- 8. LIMITATION OF IMPLIED WARRANTIES.** All implied warranties, except to the extent prohibited by applicable law, shall have no greater duration than the warranty periods set forth above. There are no warranties which extend beyond description in this Limited Warranty. Because some states do not allow limitations on how long an implied warranty lasts, the above limitation may not apply to you.
- 9. DISCLAIMER.** No other expressed warranty has been made or will be made on behalf of SportBlock, (manufacturer) with respect to any other product. SportBlock shall not be responsible for injury, inconvenience, loss or damage to personal property, whether direct or indirect, and incidental or consequential damages, so the above limitation or exclusion may not apply to you.