



PowerBlock SportBench Chin Attachment Assembly



Image 1

Thank you for purchasing the PowerBlock SportBench Chin Attachment. If you have any questions on assembly please call customer support at 507-451-5152 during business hours.

Note: The weight capacity for the PowerBlock SportBench Chin Attachment is 250 lbs.

Image 1 shows the PowerBlock SportBench with Chin Attachment fully assembled. The Chin Attachment parts are labeled at left in Image 1.

PowerBlock Chin Attachment Parts List:

- Telescoping Tube
- Lat Bar
- 1/2" x 3" Hex Bolt (2)
- 1/2" Washer (4)
- 1/2" lock nut (2)

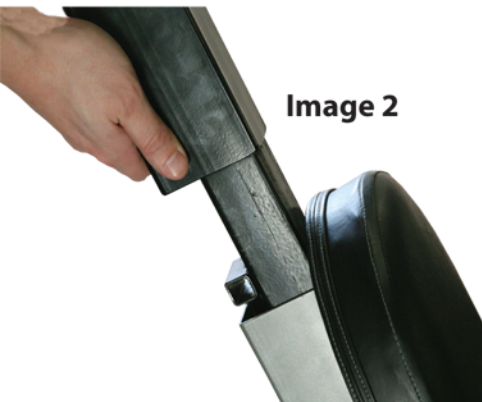
Tools required for assembly:
Two 3/4" Socket, wrenches or crescent wrenches.

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PowerBlock SportBench Chin Attachment Assembly

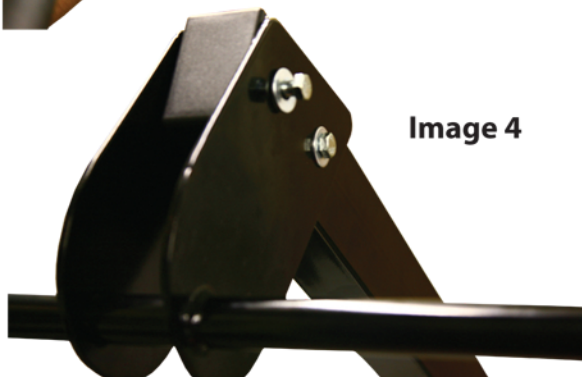


1. Start assembly by inserting the telescoping tube into the SportBench back bone as shown in Image 2.

Note: Use a lower SportBench angle for ease of reach.

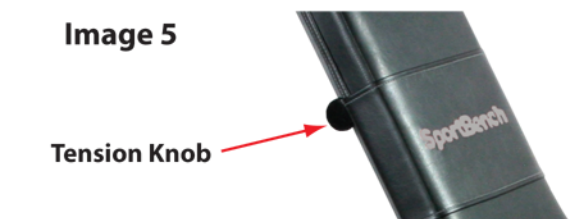


2. Put Lat Bar assembly in place (Image 3) and hold in place by inserting supplied 1/2" x 3" bolts, nuts and washers (Image 4) Be sure to use washer on each end of bolt.



3. Tighten bolts with socket or wrenches.

4. Move into position by pushing bench back pad into military (80°).



5. Tighten Chin Assembly with supplied tension knob as shown in Image 5.

WARNING: Read and understand manual and/or all instruction sheets before using PowerBlock products. Improper use of any exercise equipment could cause severe bodily injury to you or others around equipment. Minors and children should not be allowed to play on or around this equipment.