

POWERBLOCK[®]
World's Best Dumbbell

Commercial Series

Owners Manual

Please read before using product

U32 Club Set

U50 Club Set

U90 Club Set

U125 Club Set

U175 Club Set

powerblock.com

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POWERBLOCK®

World's Best Dumbbell

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

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. 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.
- 4. Never allow dumbbells to forcefully strike against each other during use.** Damage to the product and potential personal injury may occur.
- 5. Never attempt to disassemble a PowerBlock® handle for any reason.** PowerBlock® products are not designed to be user serviced. Contact PowerBlock, Inc directly for service.
- 6. Before beginning your workout, make certain that your surroundings are free from potential interference.**

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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 (Correct)



Image 2 (Incorrect)



Image 3 (Correct)



Image 4 (Incorrect)

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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. The Club 50 and Club 90 models have an instructional usage placard included (Image 6). It is advised to keep this placard in place on stand. Replacement placards can be ordered directly from PowerBlock.

9. Image 7 shows the PowerBlock Urethane Club 90 Set with Placard in place.

WARNING

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



Image 5



Image 6



Image 7

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 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

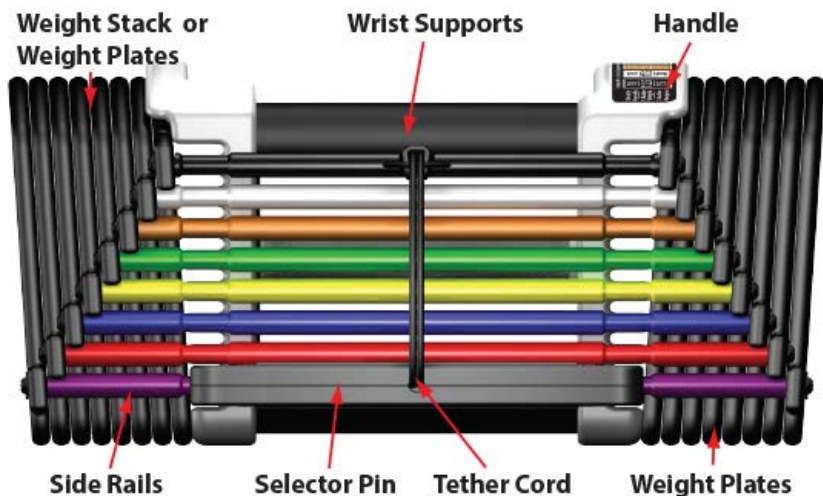


Image 8

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Using The PowerBlock

1. The PowerBlock® selector pin is tethered to the first weight plate/rail (Image 9). 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 9 at right.



Image 9

2. Refer to color coded weight chart on each handle (models vary, U-50 weight chart shown) to select desired weight (Image 10).

CAREFULLY Read instructions before use.

Pounds	15	20	25	30	35	40	45	50
Kilos	6.8	9.1	11.3	13.6	15.9	18.1	20.4	22.7

Image 10

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 11).



Image 11

4. Lift weight straight up from center handle only as shown in image 12. 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.



Image 12

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PowerBlock Commercial Warranty

PowerBlock® LIMITED COMMERCIAL WARRANTY

PowerBlock, Inc. 1071 32nd Ave NW, Owatonna, MN 55060 Ph: 507.451.5152 Fax: 507.451.5278

- LIMITED ONE (1) YEAR WARRANTY** on weights, side rails and handle assembly. If the weight plates, side rails or handle assembly, should crack or break, it will be repaired OR replaced by Manufacturer.
- If the following parts are defective in material or workmanship, manufacturer will supply replacement parts: weight selector pins, other parts not listed.
- 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 will void the warranty.
B.) This Warranty shall apply only in the United States, it's territories or possessions, and Canada. C.) Chipping, peeling and scratching of paint is not warranted.
D.) See CARE AND MAINTENANCE for specific examples of actions that would result in voiding warranty.
- 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.
- 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.
- 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.
- CONSUMERS RIGHTS.** This limited Warranty gives you specific legal rights. You may also have other rights, which vary from state to state.
- 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.
- DISCLAIMER.** No other expressed warranty has been made or will be made on behalf of PowerBlock, (manufacturer) with respect to any other product. PowerBlock 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.

The bottom line: is we want happy customers. Call us at 800-446-5215 with any questions or concerns and we'll do everything we can to make it right.