

POWERBLOCK®
WORLD'S BEST DUMBBELL

Owners Manual

Sport 24

Please read before using product



View our complete line of products and accessories at:

powerblock.com

PowerBlocks are covered by many patents, you can view at:
www.powerblock.com.

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, 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:

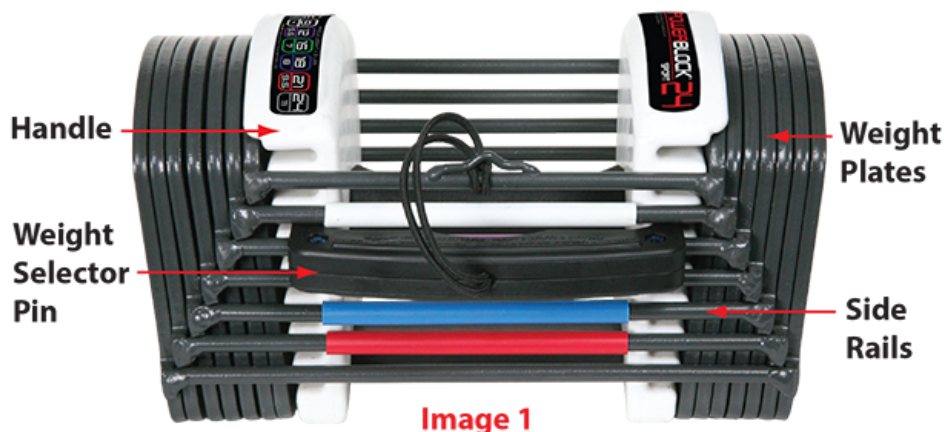
PowerBlock, Inc.
1071 32nd Ave NW
Owatonna, MN 55060

WARNING: Before using this product, read the Owner's Manual and all labels. Failure to follow all safety precautions and instructions can result in serious injury. Improper use of any exercise equipment could cause serious bodily injury to you or others around the equipment.

WARNING: There is a risk assumed by individuals who use this type of equipment. To minimize the risk, please follow these rules:

1. Consult with your physician before starting any exercise program.
2. Do not use any equipment with loose, worn, damaged or missing parts (including nuts, bolts and all cables).
3. Be alerted to the possibility of injury. Do not be careless.
4. Minors and children should not be allowed to use, play on or around this equipment. Falling weights can result in serious or fatal injury.
5. Contact your dealer or call 507.451.5152 for regular safety updates and new product information or if you have any questions regarding the safe and proper use of this product.

Safety Features And Proper Use



The Sport 24 is comprised of a handle weighing 3 lbs, seven weight plates each weighing 3 lbs and a weight selector pin (see Image 1). The Sport 24 Weight Selector pin is used to select the desired amount of weight plates.

1. Removing or replacing the handle and weights from the nest must be done in a straight motion. (see Image 2)

2. Turning the handle sideways while lifting may jam the assembly. (see Image 3)



Image 2



Image 3

Safety Features And Proper Use

3. Use the selector Pin to choose the desired weight (3-24 lbs per hand) by placing it around the side rail of the desired weight amount. (see Image 4)



Image 4

4. When removing any amount of weight from the nested assembly, always check to insure that the weight selection pin is fully inserted and completely engaged around the side rail of the selected weight. (see Image 5)



Image 5

WARNING: Always check the selector pin to make sure it is fully inserted and completely engaged before lifting the dumbbell to avoid injury.

5. Lift the handle and weights above the nest and visually inspect for correct placement of the weight selection pin. (see Image 6)

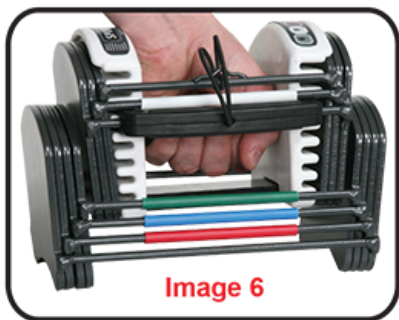


Image 6

Dumbbells are the most versatile strength tool ever developed, and dumbbell training is one of the most effective training methods available. Not only can you train the entire body with dumbbells, you develop the balancing and stabilizing muscles for the most thorough workout possible.

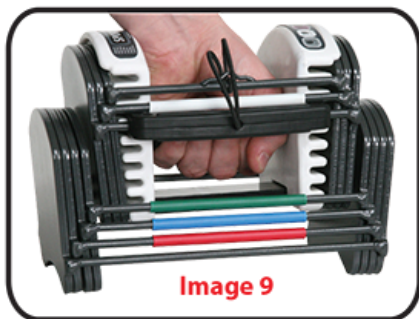
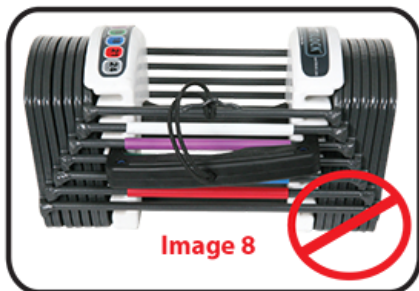
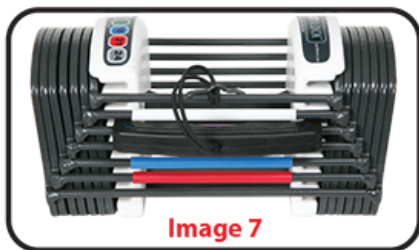
Safety Features And Proper Use

6. Be sure when selecting weight plates that the selector pin fully inserted and completely engaged horizontally around desired weight (see Image 7)
7. If the weight selection pin is incorrectly pinned, or cross pinned (see Image 8) return weighted handle to the nest and correctly insert the weight selection pin.

CAUTION: Do not use if weights are jammed. Using while jammed may result in falling weights and/or injury.

8. Lift from center handle (contoured rubber grip) of handle only. (see Image 9)

CAUTION: Lifting from any other part of the Sport 24 may result in falling weights and/or injury.



Care And Maintenance

1. Do Not bang Sport 24 together and/or against other pieces of equipment.
CAUTION: Banging Sport 24 could dislodge pin and result in falling weights and/or injury.
2. Do not drop the Sport 24. Dropping the weight plates from a height of more than 6 inches 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 Sport 24 immediately and refer to the warranty instructions. **CAUTION:** Use of Sport 24 with any cracked or broken weld could result in falling weights and/or injury.
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 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.

See the full line of PowerBlock quick change dumbbells, KettleBlock quick change kettlebells, and the complete line of Stands and accessories at powerblock.com



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