

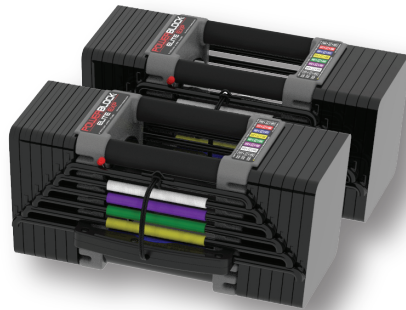


Elite EXP Owners Manual

Please read before using product



5-50



5-70



5-90

View our complete line of products and accessories at:

www.powerblock.com

View patents at powerblock.com



Thank you for choosing PowerBlock to help you achieve your fitness goals! We sincerely appreciate your business and will do our best to exceed your expectations in both product experience and customer service!

Your decision to choose PowerBlock provides you the freedom to take your workout wherever you go. The space limitations of a rack of dumbbells is a thing of the past.

PowerBlock offers many other space saving adjustable dumbbells, kettlebells, weight benches and accessories to assist you in achieving your fitness goals. Visit www.powerblock.com to view the full range of products.

Welcome to the PowerBlock family!

If you have any questions regarding your PowerBlock product, email us at questions@powerblock.com or call us at 800-446-5215 or 507-451-5152.

To contact us by mail:

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

To fully understand how to use your PowerBlock product, it is required that you read this owners manual prior to using your product.

The following definitions apply to the words “Danger and “Warning” found throughout this manual.

⚠ DANGER Indicates a hazardous situation which, if not avoided, will result in serious injury or death.

⚠ WARNING Indicates a hazardous situation which, if not avoided, could result in serious injury or death.

⚠ WARNING

Always consult your primary care physician or physical therapist before starting any exercise program. If you experience any lightheadedness, dizziness or shortness of breath while exercising stop the exercise immediately and consult your physician.



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 if product is not used properly.

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. Doing so will void the warranty. 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 on a hard surface when selecting your desired weight.

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. Tilting the handle when lifting/nesting may jam the assembly (Image 2).

3. Be sure when selecting weight that the selector pin is fully inserted and with the desired weight/side rail (Image 3). Be careful to cross pin (Image 4).

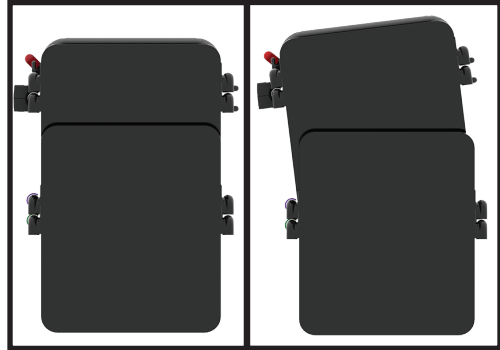


Image 1

Image 2

! 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 securely to the side rails. Failure to maintain full and correct contact between 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.

! WARNING

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

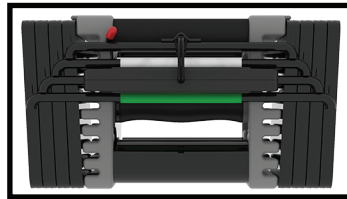


Image 3

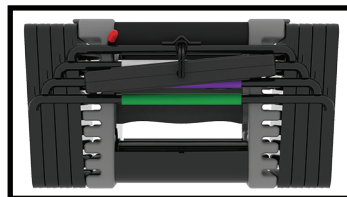


Image 4

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 selector pin loses contact with the side rails.



Safety Features And Proper Use

5. Lift from 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.

! WARNING

Lift from handle only. Lifting from any other part of the PowerBlock may result in falling weights and/or injury. Contact between PowerBlocks and another piece of equipment or body part could dislodge pins and result in falling weights or injury.

7. Lift the handle and weights above the weight stack and visually inspect for correct placement of the weight selector pin.

8. To insert or remove chrome weights, open auto lock by moving it down (Image 7) close by moving it up (Image 6).

! WARNING

Always close the auto lock after loading chrome weights by moving auto lock up (Image 6). Failure to close auto lock result in falling weights and/or injury.

9. Because the chrome weights slide in/out easily, be sure to place your hand in front of the handle when unloading chrome weights (Image 7).

10. Optional stands for the PowerBlock sets contain storage ports for the chrome weights when not in the handle.



Image 5



Image 6



Image 7

! WARNING

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



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

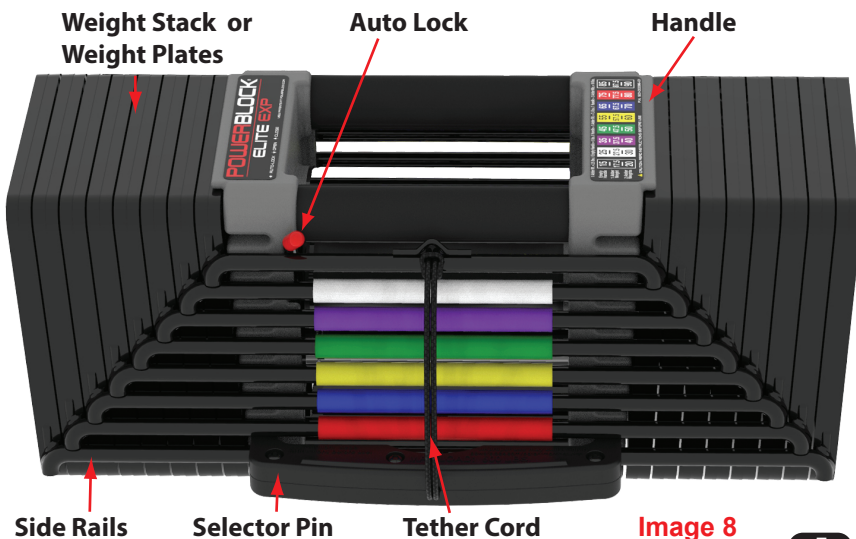


Image 8



PowerBlock Dumbbells 101

The PowerBlock Elite EXP dumbbell consists of three major components; the weight stack, handle and selector pin.

The PowerBlock Elite 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.



Image 9

! DANGER

Do not remove selector pin from tether cord. It must remain attached to the first weight plate as shown in image 9.



Image 10

The PowerBlock EXP uses a variable weight handle that can be 5, 7.5 or 10 lbs using the chrome weights that come with EXP set (Image 10). The chrome weights allow the user to micro load or “fine tune” their weight selections.

! WARNING

When you choose to “open” the handle to remove adder weights, be sure to have the handle pointed up as shown in image 11.



Image 11



Using The PowerBlock

1. Set the handle weight by either having the handle empty, 1 chrome weight in the handle, or 2 chrome weights in the handle. Use the auto lock to open the handle to take chrome weights out or put them in.

! WARNING

Be sure to always put auto lock into closed position before using, failure to do so could result in falling weights or injury.



Image 12

2. Refer to weight chart on handle to select desired weight (Image 13).
NOTE: Top line on Elite EXP chart is with handle empty. Middle line is with one chrome weight in handle. Bottom line is with both chrome weights in handle.

1 Adder Wt. = 2.5 lbs. / Empty Handle = 5 lbs. / Handle + 1 Adder Wt. = 7.5 lbs. / Handle + 2 Adder Wts. = 10 lbs.								
Empty Handle	15	25	35	45	55	65	75	85
1 Adder Weight	17.5	27.5	37.5	47.5	57.5	67.5	77.5	87.5
2 Adder Weights	20	30	40	50	60	70	80	90
⚠ CAUTION: READ INSTRUCTIONS BEFORE USE P.N. 501-00096-01								

Image 13

3. Use the Selector Pin To choose/add weight plates from the weight stack, insert the selector pin at the colored side rail of the weight desired (Image 14).



Image 14

4. Lift weight straight up from center handle only. Always check to insure that the weight selector pin is fully inserted into the weight stack.

! WARNING

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



Image 15



POWERBLOCK ELITE EXP LIMITED WARRANTY

Foreword

Congratulations on the purchase of your PowerBlock Elite EXP exercise equipment. The PowerBlock space-saving selectorized dumbbells 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 exceed your expectations in both product and customer service. PowerBlock Elite EXP exercise equipment, when properly used, can provide our customers with years of use and enjoyment.

By accepting delivery of, or using, the PowerBlock products accompanying this Limited Warranty, you agree to the terms and conditions contained herein.

The bottom line: We want happy customers. If you have any questions or concerns, please contact our Customer Service Department at questions@powerblock.com or call us at (800) 446-5215 and we'll do everything we can to make it right.

Who Makes this Warranty?

This warranty is made by PowerBlock, Inc. ("PowerBlock"), 1071 32nd Ave NW, Owatonna, MN 55060.

When Does the Warranty Apply?

This warranty applies only to the original purchaser of the PowerBlock product only and applies only where the PowerBlock product is used exclusively for home use. This warranty shall apply only in the United States, its territories or possessions, and Canada.

What Does this Warranty Cover?

This warranty covers any defects in materials or workmanship in your PowerBlock Elite EXP exercise equipment, including: weight plates, side rails, handle assembly, and weight selector pins.

THIS LIMITED WARRANTY IS THE ONLY EXPRESS WARRANTY MADE BY POWERBLOCK ON YOUR POWERBLOCK ELITE EXP EXERCISE EQUIPMENT.

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER OBLIGATIONS, LIABILITIES, OR WARRANTIES, WHETHER EXPRESS OR IMPLIED. ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE END AT THE SAME TIME COVERAGE UNDER THIS EXPRESS LIMITED WARRANTY ENDS. PowerBlock, its distributors, or authorized retailers do not authorize any person to assume for them any obligations or liabilities greater than or different from those set forth in this warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitations may not apply.

How Long Does the Coverage Last?

This warranty runs for 5 years from the date you purchased your Elite EXP exercise equipment. Coverage terminates if you sell or otherwise transfer the exercise equipment to another person.

What Will PowerBlock Do?

If the weight plates, side rails, or handle assembly, should crack or break, those parts will be repaired or replaced by PowerBlock at no charge to you. If the weight selector pins or any other part is defective in material or workmanship, PowerBlock will provide you with replacement parts at no charge to you. PowerBlock will cover the costs of shipping replacement parts to you. You must pay for any other costs, including: labor charges, shipping, delivery, handling, or administrative charges associated with returning the exercise equipment to PowerBlock; and all necessary and incidental costs related to the installation of replacement parts.



POWERBLOCK ELITE EXP LIMITED WARRANTY

What Does the Warranty Not Cover?

Design defects, normal wear and tear (i.e., chipping, peeling, scratching of paint or color bands), and any problem that is caused by abuse, misuse, alteration, improper handling or storage, any improper assembly or attempted repairs by you or a third party, or acts of God (such as a flood) are not covered. An example of abuse would be dropping the weight plates from a height of more than 12 inches. Please see the CARE AND MAINTENANCE section of the Owner's Manual provided with your PowerBlock Elite EXP exercise equipment for specific examples of actions that would constitute abuse.

POWERBLOCK SHALL NOT BE RESPONSIBLE FOR INJURY, INCONVENIENCE, LOSS, OR DAMAGE TO PERSONAL PROPERTY, WHETHER DIRECT OR INDIRECT. CONSEQUENTIAL AND INCIDENTAL DAMAGES ARE NOT RECOVERABLE UNDER THIS WARRANTY. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

How Do You Obtain Repair or Replacement?

In order to be eligible for repair or replacement under this warranty you **MUST** register your exercise equipment within 30 days of purchasing the exercise equipment by visiting www.powerblock.com or calling (507) 451-5152.

If service, repair, or replacement is required for your exercise equipment during the warranty period, please contact our Customer Service Department by e-mail at questions@powerblock.com or call 507-451-5152 for instructions regarding returning or replacing parts. Please have available the following information: (1) the dealer's name, (2) the date of purchase, and (3) a description of the nature of the problem.

If PowerBlock (at its sole discretion) determines shipping by you is necessary, parts should be shipped in their original carton or equivalent packaging, fully insured with shipping charges prepaid. PowerBlock will not assume any responsibility for any loss or damage occurred in shipping.

If inspection is required, PowerBlock will inspect the exercise equipment once received and contact you within 72 hours to provide the results of our inspection and an estimate of labor charges. If you authorize the repairs, we will return the repaired exercise equipment to you COD. You must pay any labor charges upon receipt of the repaired exercise equipment.

Any company can perform necessary repairs on your exercise equipment. Damage caused to the exercise equipment by you or any nonauthorized third party, however, may void this warranty. If you inform us that you wish us to provide necessary parts to you but wish to have the repairs performed elsewhere, we will return the exercise equipment and replacement parts to you within 72 hours.

There is no charge for inspection.

How Does State Law Apply?

This warranty gives you specific legal rights, and you may also have other rights that vary from state to state.



Elite EXP is Expandable

EXP means expandable.
The Elite EXP 50 Stage 1 Set
(Image 16) can be expanded later
from 50 to 70 lbs per hand with
the Elite EXP Stage 2 Kit
(Image 17).



Image 16

Simply set the Elite EXP Stage 2 Kit
on stand or floor, yellow rail up as
shown in image 17 on right, put the
Elite EXP 50 Stage 1 set
inside of Stage 2 Kit.
You now have an Elite EXP 70 Set.

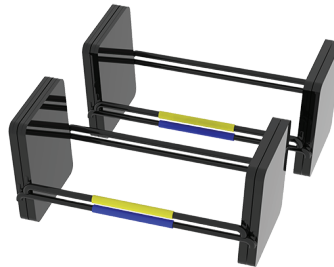


Image 17

The Elite EXP 70 Set can be further
expanded to 90 lbs per hand
with the Elite EXP Stage 3 Kit.

To expand the Elite EXP 70 Set to
90 lbs, simply put the Elite Stage 3
Expansion Kit (Image 18) on stand or
floor, red rail up as shown on right,
and insert the Elite 70 Set into Kit.

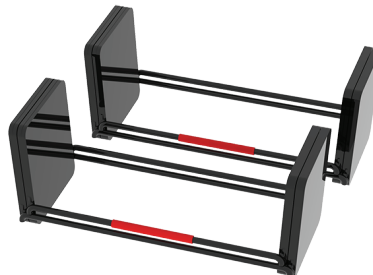


Image 18

NOTE: The Elite EXP Stage 2 and 3
Expansion Kits will not work with
any other sets.

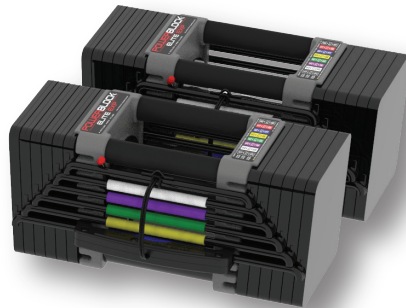
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and benches at:
www.powerblock.com

POWERBLOCK®

WORLD'S BEST DUMBBELL



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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

If you have any questions regarding your PowerBlock products or any instructions found in this manual, please call customer service at 800-997-3999 for assistance.
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