

# SAFETY FEATURES AND PROPER USE

1. Removing or replacing the handles and weight from the nest must be done from a straight motion (see figure 1). Turning the handle sideways may jam the assembly. When removing any amount of weight from nested assembly (See figure 2), always check to insure that the weight selection pin is fully engaged beneath the lowest suspended weight. Lift handle and weights five (5) inches above the nest and visually inspect for correct placement of weight selection pin. If pin is improperly located, return weighted handle to nest and correctly insert weight selector pin.

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

2. Lift from handle only see (figure 4)

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

3. The weight selection pins are made of 304 stainless steel for added strength and corrosion resistance. The weight selector pins contain magnetic blocks. Make sure the magnetic blocks contact the round side rails. See figure 2 and figure 3 for correct and incorrect magnetic block and weight selection pin orientation.

**CAUTION:** If the magnetic blocks disengage from the side rails (figure 3), stop use immediately. Place PowerBlock on nearest flat surface and fully engage magnetic blocks to side rails. Failure to maintain full and correct contact (see figure 2 & 3) between magnetic blocks and side rail may result in weights falling and/or injury.

4. Your Powerblock features a tether cord (see Figure 2 & 3) that 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.

**CAUTION:** Do not use PowerBlock without tether cord being in good working condition and attached to the top side rail and weight selector pin. Weight selector pin may fall out of PowerBlock if used without tether cord and may result in falling weights and/or injury.

5. Do not bang PowerBlocks together during any exercise, any contact between a PowerBlock and another Powerblock or a piece of equipment or a body part could result in the selector pin(s) (see Figure 5 & 6) dislodging.

**CAUTION:** Banging PowerBlocks could dislodge pins and result in falling weights and/or injury.

6. The open/closed decal on the top face of each handle indicates the position of the SELECTOR DISK and whether the ballast tubes are open or closed (figure 1) (Elite /Pro set models only.)

**CAUTION:** Always close the SELECTOR DISK after loading 2.5 pound ballast weight by aligning the red cap within the gray (closed) decal indication. Failure to close SELECTOR DISK could result in falling weights and /or injury.

7. All 2.5 pound ballast weights are precision machined and plated with a scratch and corrosion resistant nickel/chrome finish. Because the 2.5 pound ballast weights slide in/out easily, be sure to place your hand in front of the handle when unloading ballast weights.

8. The Elite/pro model stand contains storage positions for use with the optional 2.5 pound ballast weights when not inserted in the handle.

9. The tray is equipped with a non skid mat to protect the painted finish and to reduce noise/clanging.

10. Your PowerBlock is available with an optional PowerBlock Stand. For ease of weight selection and convenience the PowerBlock stand is highly recommended. If the stand is used on hardwood floors, place a rubberized mat under the stand base to prevent damage to your floors. Stand mats available online [www.powerblock.com](http://www.powerblock.com)

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

