

# POWERBLOCK CARE AND MAINTENANCE

1. Do Not bang PowerBlock together and/or against other pieces of equipment. Banging the PowerBlock could result in dislodging the selector pin (see figure 5) and/or the Big Block pin (see figure 6). Dislodging the pin(s) could result in falling weights and/or injury.

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

2. Do not drop the PowerBlock. Dropping the Pro/ Elite/Sport 9.0 model from a height of more than 1 foot will void the warranty. Dropping the Personal/Sport 2.4, 5.0 or 5.5 model from a height of more than 6 inches will void the warranty. Dropping an un-nested weight selection from any height could result in permanent deflection of the unit and will void the warranty.

3. If the optional aluminum handle becomes tarnished, use of a "scotchbrite" type pad will restore the original finish.

4. Should any weld break, stop using the PowerBlock immediately and see warranty instructions.

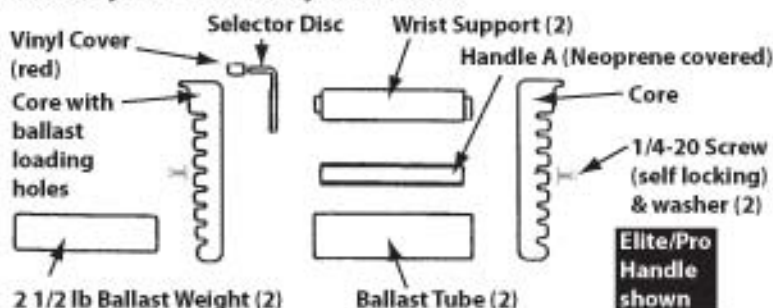
**CAUTION:** Use of PowerBlocks with any cracked or broken weld could result in falling weights and/or injury.

5. Inspect equipment daily 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.

6. Apply "Armor All" to painted weight plate assemblies (do not apply over band on side rails) This will remove cosmetic scratches and serve as a lubricant for nested assemblies.

7. The PowerBlock is manufactured to precision tolerances. As such, you will achieve the best performance by applying a light film of synthetic lubricant to the selector pin (we recommend "Tri-Flow")

8. If Paint chipping does occur as a result of normal use, black liquid paint can be used for touch-up. As a result of shipping or 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 the best performance.



## BIG BLOCK KIT

The Big Block kit consists of a special spring loaded pin and four weight selections with welded channels at the base. The Big Blocks are available for Pro or Elite style PowerBlocks.

**IMPORTANT:** PLEASE READ AND UNDERSTAND THIS MANUAL BEFORE USING YOUR POWERBLOCK! CALL YOUR DEALER IF YOU HAVE ANY QUESTIONS.

CONSULT WITH YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM.

1. If you currently own and use a Pro/Elite and add on kit, remove the #8 rail and set aside. The Big Block Kit comes with a new (SPECIAL) #8 Rail featuring a formed channel welded on the bottom.

**CAUTION:** Failure to use the Special #8 rail in conjunction with the Big Block could result in falling weights and/or injury.

2. When using the additional weights from the Big Block kit, the selector pin (Twin Pronged black molded part with four magnets) must be pinned under the #8 Big Block Rail as shown in (Figure 6).

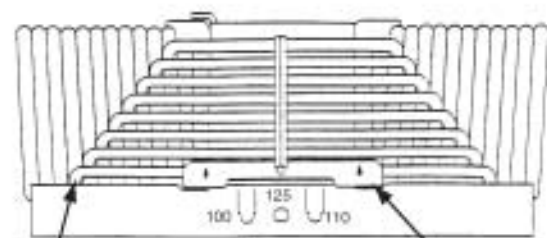
**CAUTION:** Failure to properly locate selector pin could result in falling weights and/or injury.

3. Place the Big Block selector pin (L Shaped) through the desired slot/hole on the side of the PowerBlock (See Figure 6).

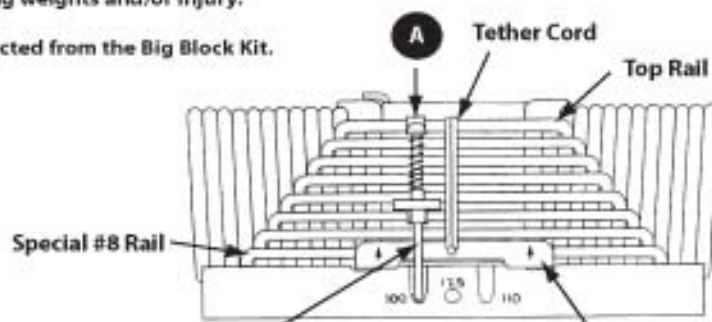
4. Once the Big Block Selector Pin has been inserted completely through the PowerBlock (Position A) compress the spring assembly and latch (engage) the formed hook around the top rail. Release the selector pin and check that the formed hook is firmly secured around top rail.

**CAUTION:** Failure to maintain contact between formed hook and top rail could result in falling weights and/or injury. Failure to push pin(s) completely through PowerBlock or Big Block could result in falling weights and/or injury.

5. You can now workout with the additional weight you have selected from the Big Block Kit.



Special #8 Rail      **Figure 5**      Selector Pin



Big Block Selector Pin      **Figure 6**      Selector Pin