

## Why choose PowerBlock – the World’s Best Dumbbell

**Best** range of models

**Best** comfort & balance

**Best** weight variations

**Best** use of space

**Best** durability & manufacturer’s warranty

**Best** for price

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**Best range of models:** 5 different size options to choose from the Sport 2.4 at 1.5kg-11kg per hand up to the Sport 9.0 with a weight range of 1kg-59kg per hand.



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**Best comfort & balance:** PowerBlock’s patented design is the most compact dumbbell available. It is shorter in length than both a traditional dumbbell and the competing adjustable dumbbell brands.



PowerBlock’s unique core handle has wide access to accommodate all hand sizes and the ergonomic design offers superior comfort and balance.

**Best weight variations:** PowerBlock Dumbbells offer a greater range of weight increments than any other adjustable dumbbell system. The Sport 2.4 model replaces 8 pairs, the Sport 5.0 replaces 10 pairs and the Sport 9.0 at its maximum size, replaces an amazing 37 pairs of traditional dumbbells.



**Best use of space:** In the picture shown here, the Sport 9.0 at Stage I highlights the space-saving of this single pair of PowerBlocks. It replaces the need for this entire rack of traditional dumbbells with a single pair of PowerBlocks taking up a footprint of just 46cm x 56cm. Add on the Stage II and III kits to the Sport 9.0 and in the same footprint, you would replace the need to have 37 pairs of traditional dumbbells – that is double the number of standard dumbbells shown here!

**Best durability & manufacturer's warranty:**

PowerBlock has been in production since 1993 and its durability is renowned in the fitness industry. Each model in the Sport Series range comes with an amazing 15-year manufacturer's warranty, which when compared to the 1 year offered by other suppliers, gives you full confidence and assurance to choose PowerBlock.



**Best for price:** In addition to the other reasons for choosing PowerBlock, compare the price of a set of PowerBlocks with the cost of buying each of the individual pairs of dumbbells that set replaces and you will understand the economic benefits too.



## Training with PowerBlock Dumbbells

Weight training with your PowerBlock dumbbells is so easy, just follow these simple steps for a safe and effective workout:

**Step 1:** On the top of the PowerBlock is a coloured weight chart to help you select the weight you want to lift. Here, the user is wanting to lift 11.5kg per hand (green).

**Step 2:** Pull out the selector pin from its starting position and place beneath the rail with the same colour as you have chosen in Step 1 (i.e. coloured-coded green for 11.5kg per hand).

**Step 3:** Place your hand into the PowerBlock, grip the comfort handle and lift directly upwards leaving the unwanted weight behind.

**Step 4:** Perform your chosen exercise with your PowerBlock or pair of PowerBlocks (whether you use a single or pair of PowerBlock will depend on each different exercise you are performing).



## PowerBlock Benches

In addition to PowerBlock Dumbbells, there are three different training benches to choose from:

**Sport Bench:** The Sport Bench is a low-profile bench with superior comfort providing the perfect platform for your dumbbell workout. It features 5 easy-change positions ranging from flat to military and the seat pad can also be adjusted for the correct supported position for each exercise.

Optional extras on the Sport Bench include the Wheel & Handle Kit for easy transportation of the bench and also the economic Dipping Station that slips into the back of the Sport Bench to perform dips safely and effectively (not pictured).

### Sport Bench

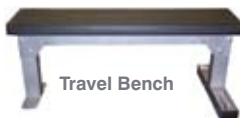


**Folding Bench & Stand:** This combination stand and bench system is suitable for use with any of the Sport Series PowerBlocks.



### Folding Bench & Stand

**Travel Bench:** With an integrated shoulder carry strap for easy transportation and legs that fold down flat in seconds. Primarily designed to be a flat bench, you can also exercise on the incline or decline by folding the front leg.



### Travel Bench

## PowerBlock Sport 2.4

This model is equal to and replaces the need for 8 pairs of traditional dumbbells. Weight range is 1.5kg-11kg with increments per hand of:



## PowerBlock Sport 5.0

This model is equal to and replaces the need for 10 pairs of traditional dumbbells. Weight range is 2.5kg-22.5kg with increments per hand of:



## PowerBlock Sport 9.0

The Sport 9.0 is a component dumbbell system offering you the opportunity to expand the set as your strength training needs change. With a different inner core handle to the 2.4 and 5.0 models, Sport 9.0 Stage I set is equal to and replaces the need for 16 pairs of traditional dumbbells. Weight range is 1.5kg-22.5kg with increments per hand of:



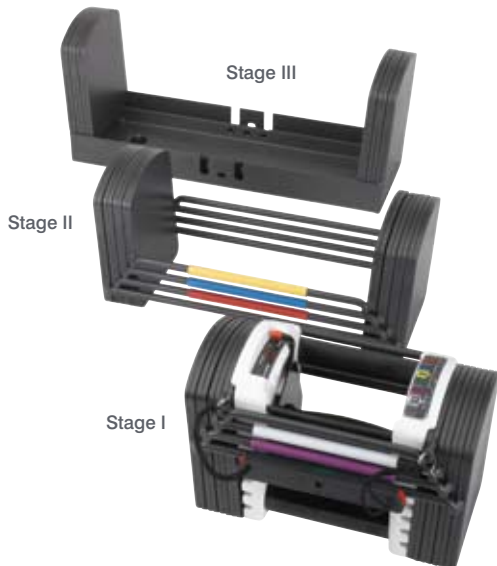
Expand the Sport 9.0 with the Stage II Kit, giving you an extra 12 pairs of dumbbells.



Finally the Stage III Kit will expand the Sport 9.0 to 59kg per hand with a further 9 pairs of dumbbells.



Two 1kg 'adder weights' slot inside the Sport 9.0 core handle for micro-incremental training in steps of 1kg per hand to fine-tune your workout and offering maximum versatility.



## PowerBlock Stands

To train safely and effectively, purchase the optional stand for your chosen PowerBlock model:

### PowerBlock Tube Stand for Sport 2.4 or 5.0

The Tube Stand stores your Sport 2.4 or 5.0 PowerBlocks at the correct height for safe and effective training. Easy to assemble, it bolts together in seconds.



### PowerBlock Column Stand for Sport 2.4 or 5.0

The Column Stand is an alternative to the Tube Stand for the Sport 2.4 and Sport 5.0 PowerBlocks.



### PowerBlock Column Stand for Sport 9.0

Whether you purchase the Sport 9.0 in its Stage I, II or III options, choose the Column Stand shown here to store them at the correct height for a safe and effective workout. This version of the Column Stand has a central storage area for the 1kg adder weights. With a larger tray size than the Sport 2.4 or 5.0 stand it can easily accommodate the largest size of the Sport 9.0 at Stage III.



PowerBlock Sport Series Dumbbells



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