



**PowerBlock** Sport Series and Flex Series



[www.powerblockfitness.com](http://www.powerblockfitness.com)

---

## PowerBlock Sports Series

---

Suitable for home use, Personal Trainers and other supervised-use environments

- Sport 2.4
- Sport 5.0
- Sport 9.0
- Sport **Stands**
- Sport **Benches**



---

## Why choose PowerBlock Sports Series

---

**Best** range of models

**Best** weight variations

**Best** comfort & balance

**Best** use of space

**Best** durability & manufacturer's warranty

**Best** for price

**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.



**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.



## Why choose PowerBlock Sports Series

### 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.





## PowerBlock Sport Series How to use

### 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).

## Weight training with PowerBlock dumbbells is so easy.

Follow these simple steps for a safe and effective workout.



## PowerBlock Sport Series 2.4

**A** 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:

1.5 Kg	2.5 Kg
4 Kg	5.5 Kg
7 Kg	8 Kg
9.5 Kg	11 Kg



## PowerBlock Sport Series 5.0

**B** 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:

2.5 Kg	4.5 Kg
7 Kg	9 Kg
11.5 Kg	13.5 Kg
16 Kg	18 Kg
20.5 Kg	22.5 Kg



## PowerBlock Sport Series 9.0

**C** 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:

1 Kg	2.5 Kg	3.5 Kg	4.5 Kg	7 Kg	8 Kg	9 Kg	11.5 Kg
12.5 Kg	13.5 Kg	16 Kg	17 Kg	18 Kg	20.5 Kg	21.5 Kg	22.5 Kg



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

25 Kg	26 Kg	27 Kg	29.5 Kg	30.5 Kg	32 Kg	34 Kg	35 Kg	36 Kg	38.5 Kg	40 Kg	41 Kg
-------	-------	-------	---------	---------	-------	-------	-------	-------	---------	-------	-------

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

45.5 Kg	46.5 Kg	47.5 Kg	51 Kg	52 Kg	53 Kg	57 Kg	58 Kg	59 Kg
---------	---------	---------	-------	-------	-------	-------	-------	-------

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.

### A 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.

### B 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.

### C 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 Benches

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

### A 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).



### B Folding Bench & Stand

This combination stand and bench system is suitable for use with any of the Sport Series PowerBlocks.



### C 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.

---

**PowerBlock** Flex Series

---

Suitable for home use, Personal Trainers and other supervised-use environments

Flex U-90 Dumbbells

Flex Stands



**15**  
YEAR  
domestic  
warranty

**3**  
YEAR  
commercial  
warranty



---

## PowerBlock Flex Series adjustable dumbbells

---

If your goal is to gain strength, develop power, reshape your body or prevent injuries by strengthening the stabilising muscles around your joints - free weight training will be your most effective workout. Compared to a conventional exercise machine free weights provide more stimulus to both your muscular and neurological systems. With free weights your body must continuously contract other supportive muscles to stabilise and coordinate the lift. There are two basic types of dumbbells: fixed-weight and adjustable-weight. Fixed-

weight dumbbells are the type that you find in commercial gyms. To accommodate the needs of different exercises, it's necessary to have fixed-weight dumbbells of many different sizes. Sets of fixed-weight dumbbells are typically arranged in long racks, use up a considerable amount of floor space and can cost several thousand pounds to purchase a complete set.

Adjustable-weight dumbbells allow their weights to be changed through the addition or removal of individual weight plates.

Designed and assembled in the USA, the PowerBlock brand has been the world's leading adjustable dumbbell since 1993. The patented selector pin speeds up weight selection and delivers a more balanced and compact dumbbell than any other brand. Many of our customers prefer the feel of Powerblocks to traditional dumbbells.

If you're setting up a home gym a PowerBlock adjustable dumbbell system is the first training tool you should invest in.








## A PowerBlock Flex U-90 Features

### 1 Adjustable weight plates

Adjustable dumbbells vary in shape, size, balance and ease of use. Powerblock was the world's first adjustable dumbbell and today, supported by its worldwide design patents, it still remains the first choice of premier sports coaches and personal trainers. Many brands of adjustable dumbbells suffer from slow weight selection, which may involve more than one action and the use of tools. In contrast, Powerblock's patented selector pin system means the dumbbells are adjusted in seconds, ensuring a safe and secure workout.

### 2 Patented selector pin system

Most adjustable-weight dumbbells hold their weights in place with some type of locking collar. These collars often do not hold the weight plates tightly together and the result is a loose weight assembly that feels awkward and unbalanced in your hand. Sometimes these collars break loose, creating a safety hazard and other times, the collars can lock so tightly that they are difficult to disassemble. PowerBlock's patented selector pin system holds the plates firmly in place at all times for safe and secure plate changes and a smooth, solid workout.

### 3 Compact dumbbell design

Traditional dumbbells increase in length as the weight gets heavier. This is important if the dumbbell is to have great balance and be effective in isolating the correct muscles when training. Likewise, the Powerblock system is shortest when you select the lightest weight and longest when you select the heaviest weight, but the design is more compact and better balanced than traditional dumbbells.

Both locking collar and dial-based adjustable dumbbell systems require extended dumbbell bars or shafts to hold their discs or plates. This means that the lightest dumbbell is the same full length as the heaviest weight, causing poor balance and functional issues resulting from the length, compromising good technique in some exercises.

### 4 Small footprint

PowerBlock adjustable dumbbells replace the need for racks of dumbbells, making it the ideal free weight system for training at home. This single pair of PowerBlocks replaces 28 different pairs of dumbbells with a footprint of just 46cm x 56cm when placed on a Column Stand (see page 5).

### 5 Range of weights available

Powerblocks offer, not only the greatest number of weight increments, but also the heaviest dumbbell weight of any selectorised dumbbell on the market today. Powerblock is the only adjustable dumbbell to offer urethane-coated plates for durability, noise reduction and great looks.

### 6 Square design for greater control

The square shape of the base of the PowerBlock plates allows more weight per plate (due to the corners that weren't cut off). This means that more weight is concentrated near the handgrip, resulting in a more compact dumbbell that is better-balanced and easier to control. Floors are supposed to be level, but often they're not. So when you set a round dumbbell on the floor, between sets, it has a tendency to roll away. PowerBlock's efficient shape guarantees that they stay exactly where you put them.

### 7 Unique core handle

The unique core handle has wide access to accommodate all hand sizes whilst the side supports protect the wrists from taking any unnecessary strain. The ergonomic handgrip design offers superior comfort and balance.

### 8 Colour-coded rails and weight chart

Collar-type dumbbells require you to add up each plate weight whilst dial-type adjustable dumbbells require care to select the correct weight on both ends of each dumbbell. PowerBlocks have colour-coded rails and a corresponding kilo weight chart to enable quick and easy plate changes every time.

### 9 Manufacturer's warranty

Powerblock has been in production since 1993 and its durability has been renowned throughout this time. Flex Series models come with a 15-year manufacturer's and a 3-year commercial warranty. This level of confidence in the quality and durability of the PowerBlock adjustable dumbbell system is unrivalled in the dumbbell market and ensures total peace of mind and life-long support for PowerBlock customers.

### 10 Price per kilo

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 traditional dumbbells that set replaces and you will understand the economic benefits too.



1 Kg	2.5 Kg	3.5 Kg	4.5 Kg	7 Kg	8 Kg	9 Kg	11.5 Kg	12.5 Kg	13.5 Kg	16 Kg	17 Kg	18 Kg	20.5 Kg
21.5 Kg	22.5 Kg	25 Kg	26 Kg	27 Kg	29.5 Kg	30.5 Kg	32 Kg	34 Kg	35 Kg	36 Kg	38.5 Kg	40 Kg	41 Kg



## A PowerBlock Flex U-90 Features

PowerBlock's Flex U-90 dumbbell is the premium model within their range and is the ideal solution for the discerning home fitness enthusiast. This premium model carries a full 15-year home warranty as well as a 3-year commercial warranty, meaning it is strong and durable enough to be used within commercial health clubs as well as a premium home-gym setting.

### Urethane coated

Manufactured from solid steel, each weight plate in the PowerBlock dumbbell system is coated in urethane. This covering ensures your dumbbells will stay in excellent condition for many years to come as the urethane protects the plates from chipping and cracking, even if dropped or banged together, during your workout.

### Flex pin and flex plate technology

The new patented\* technology in the Flex U-90 allows the PowerBlock dumbbell to be weld-free and shock absorbing. This flex-pin and flex-plate technology differentiates PowerBlock Flex Series dumbbells from any other weight system. With no welds and the ability to bend and 'flex' under pressure, both the selector pin and weight plates, have this energy-absorbing technology to ensure the longevity of your dumbbell system.

\*Patents-pending

### Unique core handle and weight variations

The Flex U-90 dumbbells are sold in pairs with a weight range of 1kg-41kg per hand replacing the need to have 28 different pairs of traditional fixed-weight dumbbells. It is PowerBlock's unique core handle that offers this exceptional versatility. Each handle comes with two 1kg 'adder' weights that slot securely inside two chambers and lock in position. These extra weights give you the ability to increase your weight in incremental steps, also known as microloading, to fine tune your free weights workout.

Training at home with the PowerBlock Flex U-90 is possible without the need for a stand as the square design easily enables you to change the weight when the dumbbells are positioned on the floor or a tabletop. However, to get the most from your workout and to lift the weights safely at the correct height, the optional column stand or rack stand is recommended.

### **B** Flex column stand

The Flex U-90 Column Stand has the smaller footprint of the two options at 46cm x 56cm and weighs only 13.5kg. The tray top has a purpose designed compartment to store your 'adder' weights when not inside the core handles.

### **C** Flex rack stand

Similarly, the Flex U-90 Rack Stand's tray top also has the central compartment for safe storage of the 'adder' weights when not in use. This 4-leg design has a footprint of 48cm x 54cm and is heavier in weight than the column stand at 25kg.

### Correct height and angle for safe lifting

Both storage solutions are approximately 72cm high and the tray tops are positioned at the correct angle for safe and secure lifting during your workout.



## Weight training with PowerBlock dumbbells is so easy.

Follow these simple steps for a safe and effective workout.



### PowerBlock Flex U-90 How to use

#### Step 1

On top of the PowerBlock is a colour-coded weight chart in kilograms to help you select the weight you want to lift. Inside the core handle are the two 1kg 'adder' weights and whether you are choosing to have one, both or none of these weights inside the handle, will also determine the weight you are going to lift.

#### Step 2

After checking that the core handle has the correct number of 'adder' weights for your chosen lift, pull out the flex pin from its starting position and reinsert it so that it is either side of the coloured rail that matches the colour chosen on the weight chart in Step 1.

#### Step 3

Place your hand inside the PowerBlock, gripping the core handle firmly and lift it upwards, leaving the unwanted plates behind on the stand (or on the floor, if you are not training near the stand).



#### Step 4

With your selected weight you can now perform the exercise with a single PowerBlock or pair of PowerBlocks together (this will depend on the exercise). You can perform the same range of exercises with PowerBlocks as any fixed-weight dumbbells and the square design of the PowerBlock, can offer increased comfort and balance over the traditional round dumbbell. The exercise shown here is a single handed bicep curl. Visit [www.powerblockfitness.com](http://www.powerblockfitness.com) for more exercises.



---

## PowerBlock Flex U-90 Dumbbells

---

PowerBlock's Flex U-90 adjustable dumbbell is the perfect solution for your free weights training at home. One pair of PowerBlocks replaces up to 28 pairs of traditional fixed-weight dumbbells (that's 10 more pairs than pictured on the rack shown here), in a footprint of just 46cm x 56cm.

Train safer and more effectively while saving time, space and money with the World's Best Dumbbell.



**PowerBlock** Flex Series

Full commercial set with Flex U-90 dumbbells, stand and instruction sheet. Also suitable for home use, Personal Trainers and supervised-use environments.

Flex U-90 Club Set



**15** domestic  
YEAR warranty

**3** commercial  
YEAR warranty



---

## PowerBlock Flex Series Club Set adjustable dumbbells

---

The commercial gym environment is changing rapidly as technology moves apace, gyms are increasingly being staffed by self-employed personal trainers and customer expectations increase year on year. The free weights area in the gym is also changing. At one time, it was a segregated area large enough to accommodate long racks of fixed-weight dumbbells. These traditional free weights areas tended to attract bodybuilders as opposed to body ‘toners’ and many gym managers reduced the range of weights on offer fearing that the bodybuilders were intimidating their target audience – the unfit!

Today, the call from clients and personal trainers to integrate free weights once more into the client’s workouts has led to a rethink in the value of the segregated free weights room. With the cost of steel rising, equipping these areas with fixed-weight dumbbells is increasingly becoming an issue and the advantages of adjustable dumbbells, as part of a functional pod system, are being realised.

In contrast to fixed-weight dumbbells, adjustable dumbbell systems only take a fraction of the footprint compared to the same number of fixed-

weight dumbbell pairs and can offer excellent value for money per kilo. However, adjustable dumbbells have previously been considered a home product, due to only domestic warranties being offered by the manufacturers.

Designed and assembled in the USA, the PowerBlock brand has been the world’s leading adjustable dumbbell since 1993. PowerBlock offers a 15-year domestic warranty across all its home models but, in addition to this, the Flex U-90 Club Set carries a 3-year commercial warranty.



## **A** PowerBlock Flex U-90 Club Set

PowerBlock's Flex U-90 Club Set is the premium model within the Powerblock range and comes together with a pre-built commercial 4-leg stand and a flip up instruction chart sitting alongside to satisfy health and safety requirements in unsupervised areas. Designed for the gym, this premium model is equally attractive in a home gym where it carries a full 15-year home warranty as well as the 3-year commercial warranty.

### **1** Urethane coated

Manufactured from solid steel, each weight plate in the PowerBlock dumbbell system is coated in urethane. This covering ensures the dumbbells will stay in excellent condition for many years to come as the urethane protects the plates from chipping and cracking, even if dropped or banged together, during workouts.

### **2** Flex pin and flex plate technology

In addition to the urethane coating and what makes the Flex U-90 Club Set suitable for commercial environments is its patent protected\* flex-pin and flex-plate technology. With no welds and the ability to bend and 'flex' under pressure, both the selector pin and weight plates, have this energy absorbing technology to ensure the longevity of the dumbbell system.



\*Patents-pending

It is this flex pin and flex plate technology that differentiates Powerblock Flex Series dumbbells from any other weight system.

### 3 Unique core handle and weight variations

The Flex U-90 Club Set is sold in pairs with two pairs of core handles. The complete set has a weight range of 2.5kg-41kg per hand replacing the need to have 18 different pairs of traditional fixed-weight dumbbells in the gym. It is PowerBlock's unique core handles that offer this exceptional adaptability. The first handle weighs 2.5kg and the second handle weighs 4.5kg. The versatility of the two core handles,

enables the user to swap out one core handle for the other, giving them the ability to increase the weight lifted in incremental steps, also known as microloading, to fine tune their free weights workout.

### 4 Flex rack stand

PowerBlock's Flex U-90 Club Set includes a 4-leg rack stand. With a footprint of just 48cm x 54cm, the rack stand is ideal for commercial gyms, where space is limited. The tray top has a central compartment for safe storage of the second pair of handles when not in use. The stand comes fully assembled and weighs 25kg.

### 5 Correct height and angle for safe lifting

The rack stand is 72cm high and the tray top is positioned at the correct angle for safe and secure lifting.



3

2.5 Kg	7 Kg	11.5 Kg	16 Kg	25 Kg	29.5 Kg	20.5 Kg	34 Kg	38.5 Kg
4.5 Kg	9 Kg	13.5 Kg	18 Kg	22.5 Kg	27 Kg	32 Kg	36 Kg	41 Kg



Weight training with PowerBlock dumbbells is so easy.

Follow these simple steps for a safe and effective workout.

## PowerBlock Flex U-90 How to use

### Step 1

On top of the PowerBlock's core handles are colour-coded weight charts, in kilograms, to help the user select the weight to lift. Whether they choose the 2.5kg or 4.5kg handles will determine the final weight selection.

### Step 2

After checking that the correct core handle is in place for their chosen weight, the user pulls out the flex pin from its starting position and reinserts it so that it is either side of the coloured rail that matches the colour chosen on the weight chart in Step 1.

### Step 3

The user then places their hand inside the PowerBlock, gripping the core handle firmly and lifts it upwards, leaving the unwanted plates behind on the rack stand.



#### Step 4

With the selected weight lifted, the user can now perform the exercise with a single PowerBlock or pair of PowerBlocks together (this will depend on the exercise). The same range of exercises can be performed with PowerBlocks as any fixed-weight dumbbells and the square design of the PowerBlock can offer increased comfort and balance over the traditional design.

Depending on the size of the free weights requirements of your gym Powerblock is equally at home in isolation or in groups. In each of the world famous 'Athletes Performance' gyms, sets of Powerblock sit within each functional area, allowing a whole sports team to work to their coach's individualized programme, at the same time. The PowerBlock Flex U-90 dumbbell has been used in its most rugged training environment, after being chosen by the Royal Marines at five of their bases in the UK, in preference to traditional dumbbells.



---

## PowerBlock Flex U-90 World's Best Dumbbell

---

PowerBlock's Flex U-90 Club Set is the perfect solution for free weights training in a commercial setting where space is paramount. One pair of PowerBlocks replaces up to 18 pairs of traditional fixed-weight dumbbells, in a footprint of just 48cm x 54cm. This space-saving design and the durability of the urethane-coated plates makes them ideal in the following environments:

- Commercial health and sports clubs
- Military bases (inc. overseas deployments)
- Off-shore oil rigs
- Fire/Police station gyms
- Corporate office gyms
- Shared-building gyms (apartment blocks etc.)





[www.powerblockfitness.com](http://www.powerblockfitness.com)

**UK Enquiries:** Isabel Hillsdon

**Tel** +44 (0)1993 894 994

**Email** [izzy@powerblockfitness.com](mailto:izzy@powerblockfitness.com)

**European Enquiries:** Jan Smulders

**Tel** +31 642 001 718

**Email** [jan@powerblockfitness.com](mailto:jan@powerblockfitness.com)

**PowerBlock Fitness Ltd.**

PO Box 433 Witney Oxfordshire OX28 9FA, UK

