



PLEASE READ THE FOLLOWING BEFORE USING YOUR DIP ATTACHMENT

THE POWERBLOCK DIP ATTACHMENT SHOULD ONLY BE USED WITH THE POWERBLOCK SPORTBENCH

Thank you for purchasing the PowerBlock Dip Attachment.

If you have any questions concerning this product, please call customer service at 800-997-3999 concerning this product, please call customer service at 507-451-5152.

Please assemble the Dip Attachment as shown in Figure 1 using the bolts, washers and locknuts. Make sure all bolt connections are tightened before use. They should be checked before each workout and tightened if needed.

To use the Dip Attachment simply set the PowerBlock Flat & Incline Bench to the 60 degree position as shown in Figure 1. Remove the 2" x 3" end cap from the tube under the back pad and slide the Dip Attachment into the tube as shown. The Dip Attachment can be removed after use or remain in the bench as desired.

