



## PowerBlock Sport 2.4 dumbbell pair 1.3-11kg (PBSP24)



PowerBlock is the world's first adjustable dumbbell system. The PowerBlock combines a complete dumbbell set in a single pair of dumbbells. The efficient use of space makes the PowerBlock dumbbell pairs suitable for home use, but also for use in physiotherapies, hotels or smaller studios. The **PowerBlock Sport 2.4** replaces and is equivalent to 8 pairs of traditional dumbbells or 98kg of free weights ranging from 1.3 to 11kg.

CHF 239.00

Training with free weights is the most effective and versatile training method ever developed. The PowerBlock combines a complete dumbbell set in a single pair of dumbbells. The different weight classes can be selected quickly and precisely thanks to an uncomplicated and patented plug-in system. A weight scale with color scheme facilitates orientation. Only a fraction of the space normally required is needed. Maximum flexibility and top design for at home, on the move and wherever space is limited.

**Color scheme:** Each weight bar is color-coded for easy orientation during training. Each color represents a weight level.

**Size comparison:** Powerblock dumbbells are the most compact system dumbbells on the market. This is shown by the size comparison. This enables particularly good handling during training.

**Space saving:** Each individual Powerblock dumbbell replaces a large number of conventional dumbbells. Most PowerBlock dumbbell pairs can be extended with extension sets.

**Options:** Thanks to various add-ons such as kettlebell adapters or barbell/curl bar adapters, the dumbbells can be quickly and easily converted into additional training equipment.

### **Advantages of PowerBlock:**

- Precise and easily adjustable weights
- Due to the small size of the PowerBlock, the weight is closer to the hand, making the barbell easier to control and hold.
- 5-year guarantee from the manufacturer



- High level of comfort and balance when exercising
- Efficient use of space
- Very good price-performance ratio

**The dumbbell system:**

PowerBlock is easy to use and the desired weight can be set safely and quickly. The PowerBlock consists of different weight plates that can be identified by a color system (the weights are color-coded and marked with the weight in kg on the handle). Thanks to a simple plug-in system, the weight plates can be attached to the handle, which is placed in the middle of the block.

1. select the color of the desired weight
2. insert the selection pin under the desired color
3. pull the handle up and out. The remaining unstaked plates remain in place.

The PowerBlock handles have additional weights so that the weights can be graded even more finely. To change the additional weights, simply remove the handle, open the locking mechanism on the handle and add or remove the additional weights. The handle is then locked again (not included in the Sport 2.4 and Sport 5.0 models).

**PowerBlock Sport series:**

The Sport Series is perfect for the home fitness professional or for light institutional use in a controlled environment. The Sport series has metal plates and a quick release pin (Flexpin) for fast and reliable weight changes.

The following weight increments can be set on the PowerBlock Sport 2.4:

1.3, 2.5, 4, 5.5, 7, 8, 9.5, 11kg per hand.

Fine adjustment of the weight is possible with the additional weights in the handle (not included in the Sport 2.4 and Sport 5.0 models). The Sport 2.4 cannot be extended.

Scope of delivery: 1 pair of PowerBlock 2.4