



## PowerBlock Sport EXP Set 5-50 pair of dumbbells 1.1-22.7kg (optional up to 40.8kg)



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 Sport EXP dumbbell pair** is a collapsible set with expandable weights up to 41kg to suit the user's requirements.

**CHF 449.00**

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.

**Size comparison:** Powerblock dumbbells are the most compact system dumbbells on the market. This is shown by the size comparison. This makes them particularly easy to handle 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.

### **Advantages of PowerBlock:**

- Precise and easily adjustable weights (weight printed on the rails)
- Due to the small size of the PowerBlock dumbbell, the weight is closer to the hand, making the dumbbell 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 (the weights are marked on the rails and provided 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 desired weight
2. Insert the selection pin under the desired weight
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 fitness professional at home or for light institutional use in a controlled environment. The Sport series features metal plates and a quick release pin (Flexpin) for fast and reliable weight changes.

The Sport EXP dumbbell set is a modular set with expandable weights to adapt to the user's requirements.

The following weight increments can be set for the PowerBlock Sport EXP:

**Sport EXP Set 5-50 (1.1-22.7kg):** 1.1, 2.2, 3.4, 4.5, 6.8, 7.9, 9, 11.3, 12.5, 13.6, 15.8, 17, 18.1, 20.4, 21.5, 22.7kg per hand.

**Expandable to:**

**Sport EXP Set 5-70 (22.7-31.7kg):** 24.9, 26, 27.2, 29.5, 30.6, 31.7kg per hand

**Sport EXP Set 5-90 (31.7-40.8kg):** 34, 35.1, 36.3, 38.5, 39.7, 40.8kg per hand

Fine adjustment of the weight possible with the additional weights in the handle (2 x 1kg per handle)

5-year guarantee for private use. 1 year for light institutional use (controlled environment)

Dimensions without extension set: L31.75 x W17.8 x H18.4cm

Scope of delivery: 1 pair