

PowerBlock optimizes your space, budget, and workouts by supplying the world's most reliable quick-change, adjustable dumbbells and accessories.

Urethane coated steel plates provide smooth and quiet performance

Color band indicators on the rail correspond to weight chart on handle

Magnetic pin slides in for quick and simple

weight adjustments



Compact just 12.5" in length at 50 lbs

Space Saving replaces up 28 pairs of traditional dumbbells

Quick & Easy Adjustability no tray or cradle needed to change weight

Versatile compatible with Kettlebell Handle, Pro EZ Curl Bar, and Straight Barbell attachments

Trusted by beginners, fitness enthusiasts and elite athletes for 30 years

	Pro EXP Stage 1	Pro EXP Stage 2 Kit	Pro EXP Stage 3 Kit
UPC	181381000473	181381000541	181381000558
PN	504-00114-01	504-00115-01	504-00116-01
Weight Range	5 - 50 lbs 2.2 - 22.7 kg	50 - 70 lbs 22.68 - 31.75 kg	70 - 90 lbs 31.75.kg
Replaces Dumbbells	5, 7.5, 10, 15, 17.5, 20, 25, 27.5, 30, 35, 37.5, 40, 45, 47.5, 50	55, 57.5, 60, 62.5, 65, 67.5, 70	75, 77.5, 80, 82.5, 85, 87.5, 90
Increments	2.5 lbs 1.1 kg	2.5 lbs 1.1 kg	2.5 lbs 1.1 kg
Dimensions	12.5" L x 7" W x 7.25" H	14.5" x 7" x 7.25	17" x 7" x 7.25"
Grip Diameter	1.49" (38 mm)		
Grip Length	4.88" (12.39 cm)		
Grip Material	Thermoplastic rubber		
Weight Plates	Urethane coated steel		
Pin	Magnetic polypropylene pin, rated for 500 lbs.		
Warranty	5 Year		
Shipping	Sold in Pairs. Ships in 2 boxes.	Sold in Pairs. Ships in 1 Box.	Sold in Pairs. Ships in 1 Box.