

THEY ALL WEIGH 35 POUNDS...



# IT'S HIP TO BE SQUARE.

[what kind of shape is your workout in?]

**THE POWERBLOCK®**

- FORM FOLLOWS FUNCTION.** *The only serious lifter's choice.*
- TEN YEAR WARRANTY.** *No fine print.*
- PERFECTLY BALANCED.** *Compact, no matter what the weight.*
- EXPANDABLE WEIGHT RANGE.** *Easily expands for a lifetime of progress.*
- ALL STEEL WEIGHT PLATES.** *Solid, one-piece welded construction.*
- ADJUSTS ON A STAND.** *Or anywhere else you want to put it down.*
- SIMPLE STEEL PIN SELECTION.** *Simple to use, nothing to service.*
- WORLD CLASS CUSTOMER SERVICE.** *Call and chat with a real human being.*
- MADE IN THE USA.** *100%. Build your body and our nation's economy.*

**NAUTILUS SELECT-TECH™**

- IT'S PRETTY, BUT SO'S A POODLE.** *It doesn't mean you want to own one.*
- ONE YEAR WARRANTY.** *Lots of fine print.*
- CUMBERSOME AND UNWIELDY.** *Try a seated curl, and try not to whack your knees.*
- LIMITED FROM DAY ONE.** *What you get is what you get.*
- PLASTIC COATED PLATES.** *If it drops you've got a broken Select-Tech™.*
- ADJUSTS ON A STAND.** *And only on a stand.*
- MECHANICALLY COMPLEX.** *Lots of tiny parts, prone to break.*
- MAYBE IF IT'S THE THIRD WORLD.** *Hope you like hard music.*
- MADE IN CHINA.** *Many companies have chosen this route, we haven't.*

**PERSONAL 45**



- 5 to 45 lbs per hand (expands to 60lbs)
- The perfect starter set
- Optional stand and barbell available
- 10 year warranty

**ELITE 50**



- 5 to 50 lbs per hand (expands to 90lbs)
- Great for the intermediate lifter
- Optional stand and barbell available
- 10 year warranty

**ELITE 90**



- 5 to 90 lbs per hand (expands to 125lbs)
- The serious lifter's choice
- Optional stand and barbell available
- 10 year warranty



**POWERBLOCK™**

[www.powerblock.com](http://www.powerblock.com)  
**THE WORLD'S BEST DUMBBELL.™**