

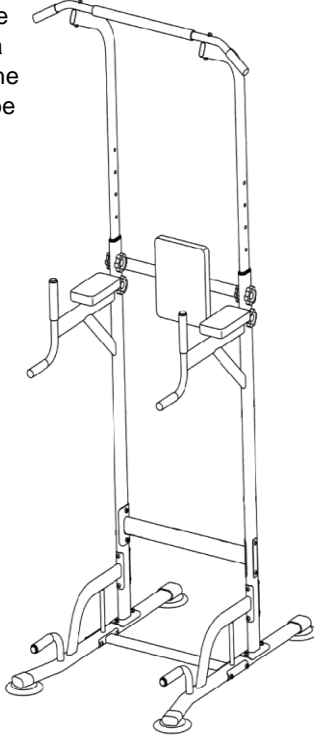
Heavy Duty Adjustable Power Tower

READ AND SAVE THIS INSTRUCTION FOR FUTURE USE

ASSEMBLY INSTRUCTION

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown. Note: The decal(s) may not be shown at actual size



! WARNING

USER WEIGHT: MAX 150KG

Read all precautions and instructions in this manual before using this equipment

Product may not offer all listed exercises

! WARNING

- Low overhead clearance.
- To prevent head injury, position body properly.

! WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.

CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise rack before using your exercise rack. assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the exercise rack are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
3. Use the exercise rack only as described in this manual.
4. The exercise rack is intended for home use only. Do not use the exercise rack in a commercial, rental, or institutional setting.
5. Keep the exercise rack indoors, away from moisture and dust. Do not put the exercise rack in a garage or covered patio, or near water.
6. Use the exercise rack only on a level surface. Cover the floor beneath the exercise rack to protect the floor.
7. Make sure that all parts are properly tightened each time the exercise rack is used. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exercise rack at all times.
9. The exercise rack is designed to support a maximum user weight of 120KG.
10. Always wear athletic shoes for foot protection while exercising.
11. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product is for home use only. Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in bodily injury and property damage. To reduce the risk of serious injury, read the following Safety Instructions before using the rack.

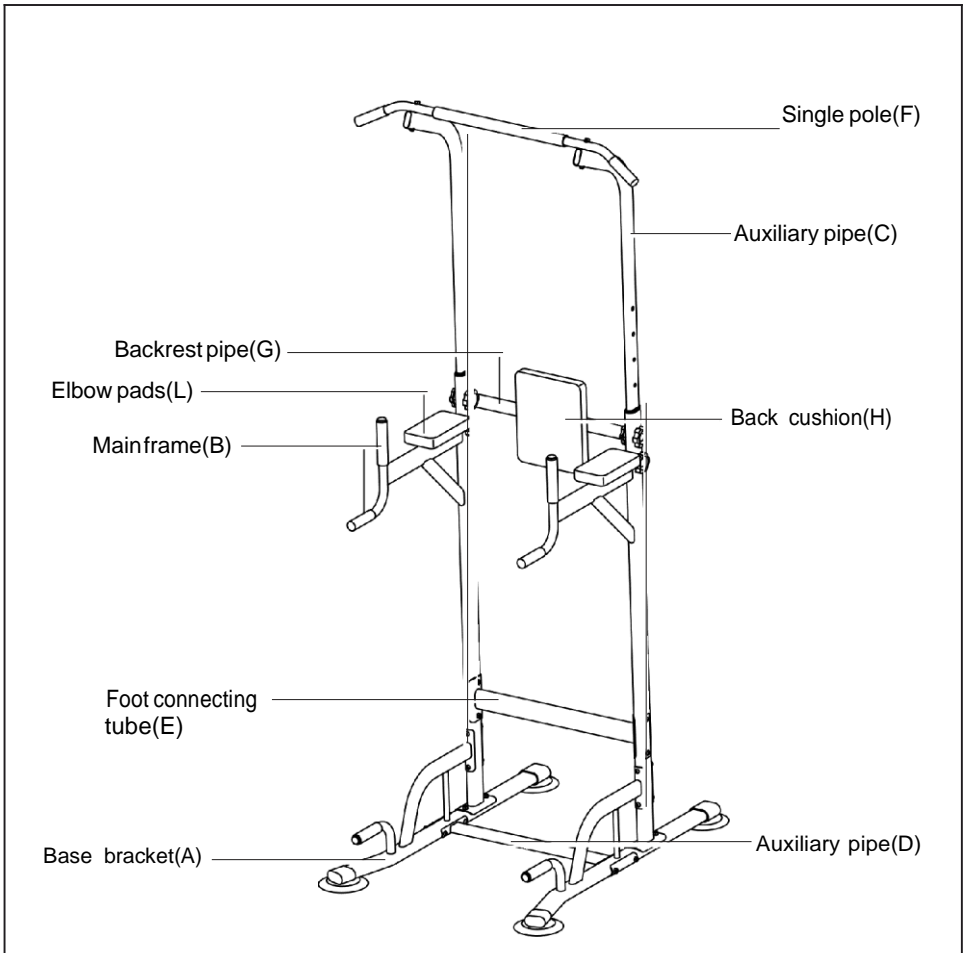
BEFORE YOU BEGIN

Thank you for selecting the versatile POWER TOWER exercise rack. The POWER TOWER exercise rack is designed to help you develop the major muscle groups of the upper body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the exercise rack will help you achieve the specific results you want.

reading this manual, please see the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

For your benefit, read this manual **carefully** before using the exercise rack. If you have questions after

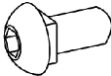










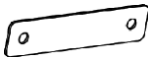



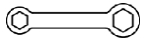
PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part.

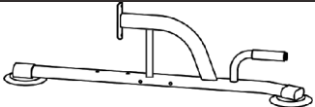



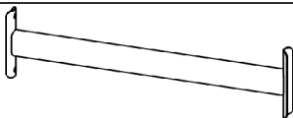
Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.


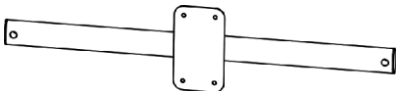


Please make a classification of the accessories first, which is very important! Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part,

Parts list	Name	picture	Specifications	Quantity
1	Round head square neck screw		M8*40	4
2	Inner hexagonal screw		M8*70	8
3	Inner hexagonal screw		M8*80	2
4	Inner hexagonal screw		M8*40	4
5	Inner hexagonal screw		M8*15	2
6	Plastic handle screw		M8*45	4
7	Plastic handle nut		M8	4
8	M8 nut		M8	18

Parts list	Name	picture	Specificati ons	Quantity
g	Arc backing plate		13*3	4
10	Reinforced backing plate		13*3	2
11	Circular gasket		68	6
12	Arc gasket		68	4
13	hexagonal installiontoo		5 #	1
14	wrench		9# -13#	1

ACCESSORIES DETAILS

	Name	picture	Quantity
A	Base bracket		2
B	Main frame		2
C	Auxiliary pipe		2
D	Auxiliary pipe		1
E	Foot connecting tube		1

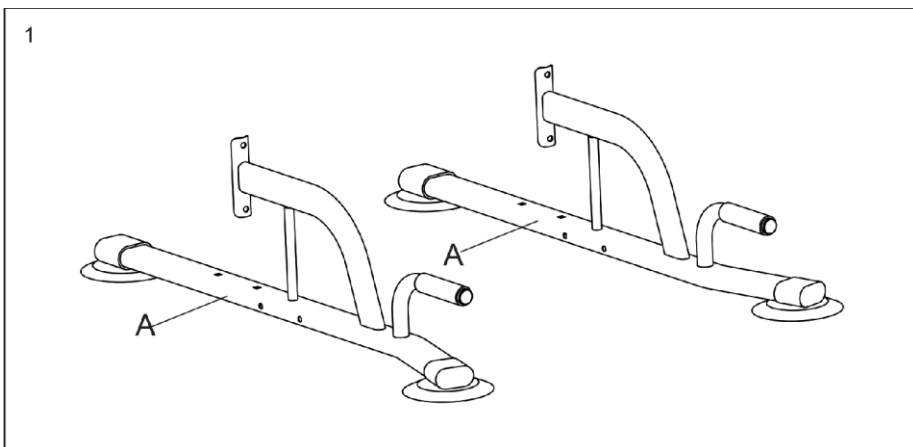
	Name	picture	Quantity
F	Single pole		1
G	Backrest pipe		1
H	Back cushion		1
L	Elbow pads		2

ASSEMBLY

After confirming the integrity of all accessories, start installation
NOTE : PLEASE DO NOT SECURELY TIGHTEN ALL BOLTS UNTIL STEP 9.

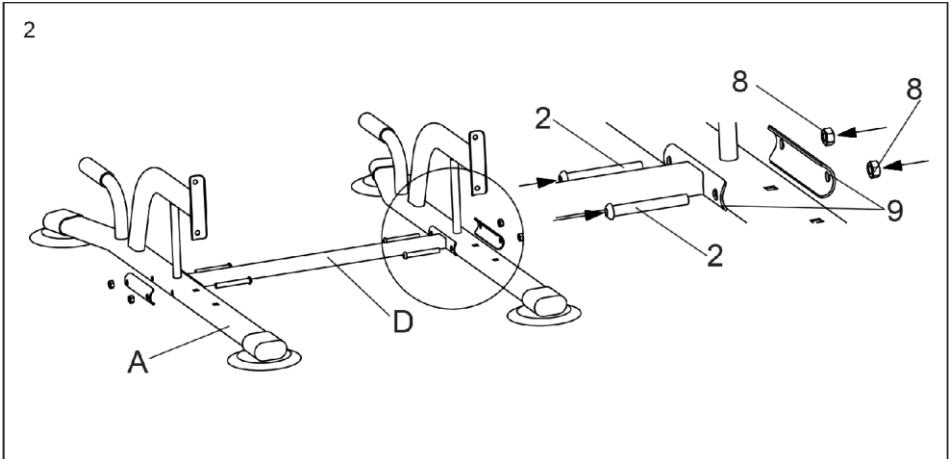
Step 1

- ① Identify the left and right base(A)



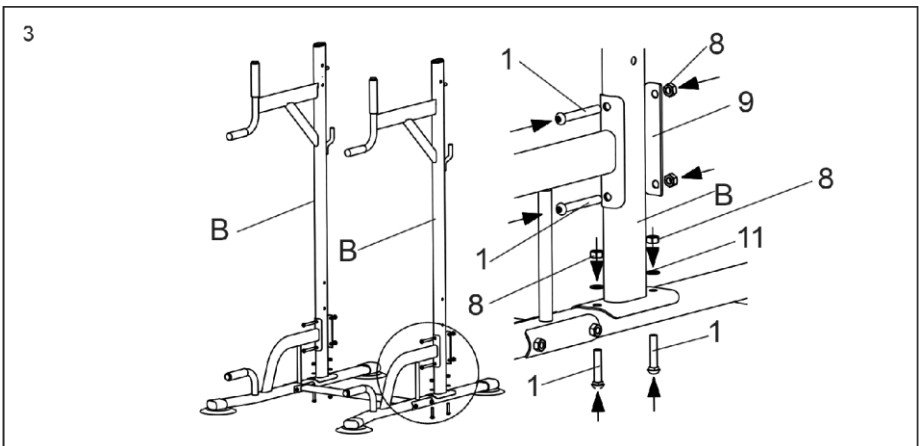
Step 2 Connect Base (A) and Foot Pipe (D)

- ① Connect the two foot tubes (D) and base (A) with the four M8*70 inner hexagonal screws (2) then, tighten arc plate (9) to them with M8 (8) locknuts.



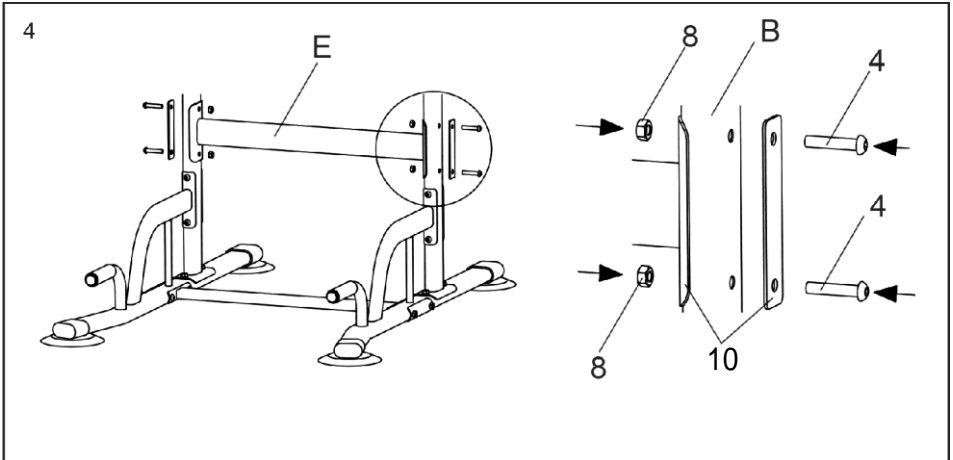
Step 3 Install Main Frame

- ① Find main frame(B) 2 pieces with 4 M8 * 40 round head square neck screws(1) from bottom through base(A) Put round gasket 11, tighten with M8 nut(8)
- ② Use 4 M8 * 70 inner hexagonal screws(2) from the base(A) to connect to the main frame and put on the curved pad(9) and tighten with the M8 nut(8)



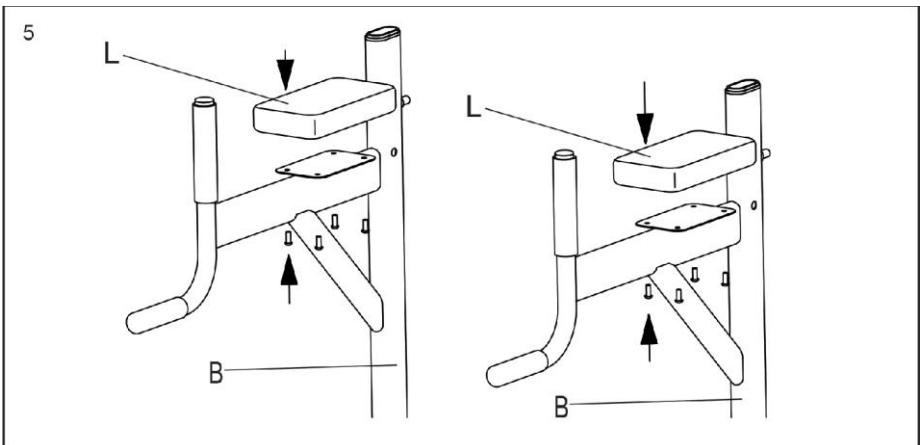
Step 4 Install Main Frame

- ① Find the supervisor joint(E) with 4 M8 * 40 inner hexagonal screws(4), connect with the main frame(B) put the reinforcement pad(10) through from the outside, and tighten with the M8 nut(8).



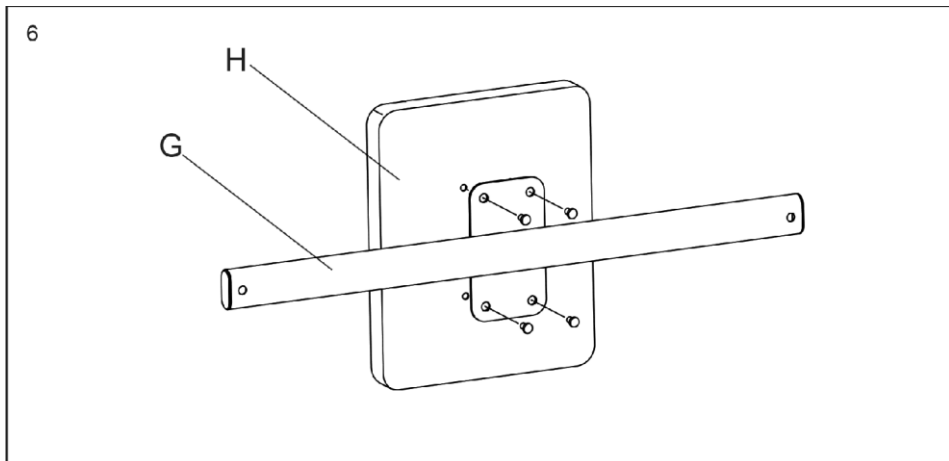
Step 5 Install Elbow Pad(L)

- ① Fasten through the iron plate and elbow pad(L) with the self-propelled screw on the main frame(B)



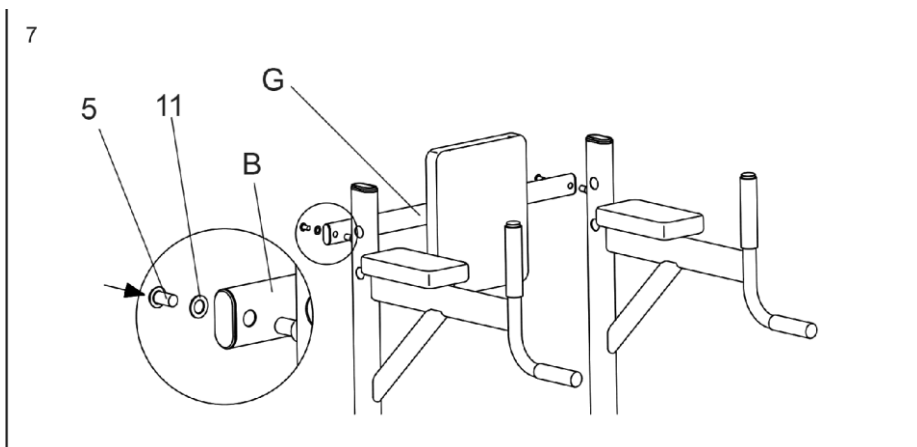
Step 6 Installation of cushions(H)

- ① Attach the backrest pad (H) to the backrest pipe(G) with the screws of the backrest pipe(G).



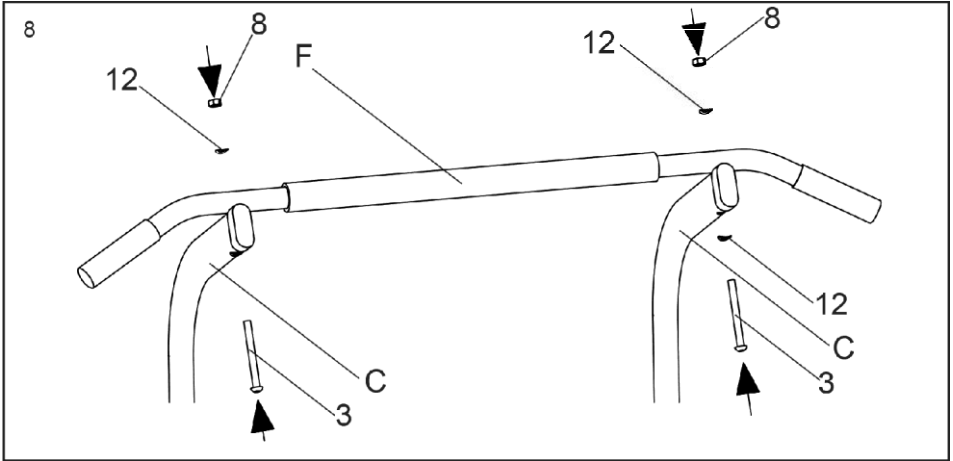
Step 7 Install backend(C)

- ① Attach the backrest tube (G) to the main frame (B) with the M8*15 inner hex-agonal screw (5) then, tighten round plate(11) to them with the inner hexagonal wrench.



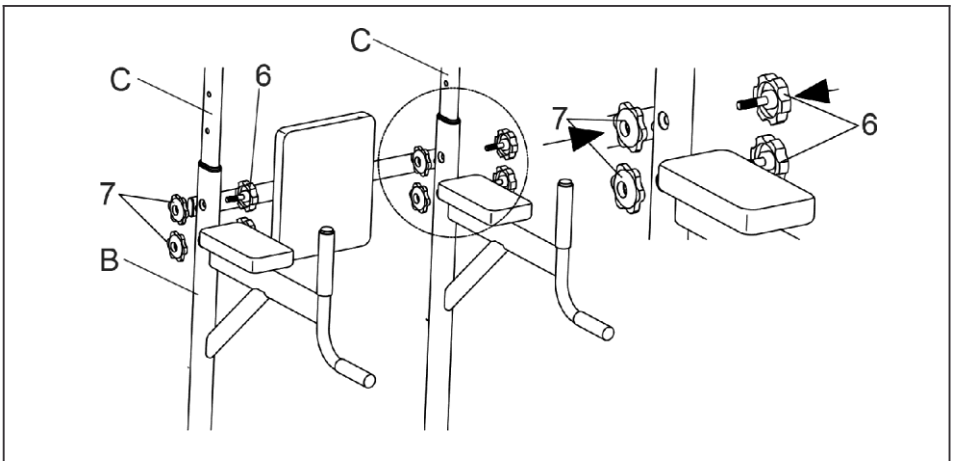
Step 8 Install single bar(F)

- ① Attach the single rod (F) to the auxiliary pipe (C) with M8*80 inner hexagonal screws (3) then, tighten arc plate(12) to them with M8 (8) locknuts. Note: Orient the Screw holes



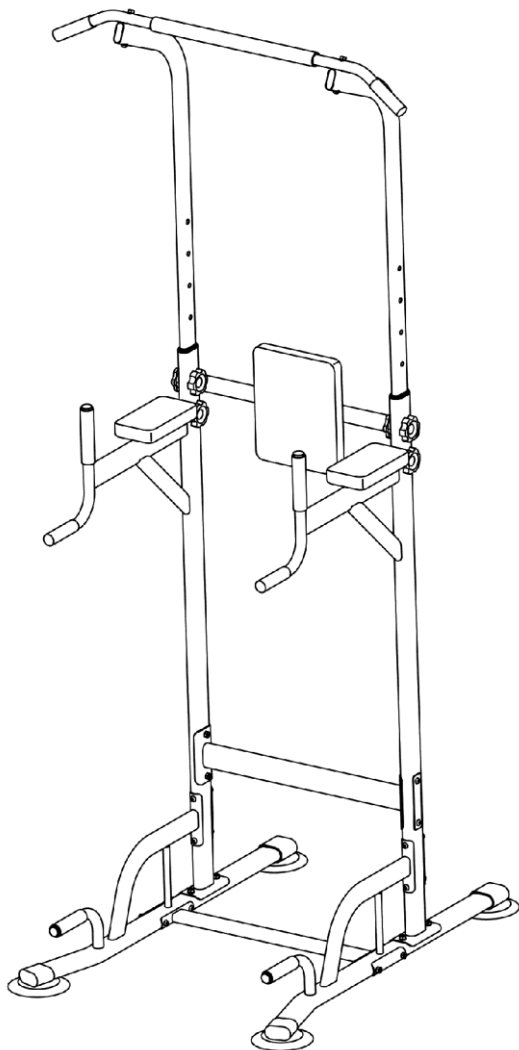
Step 9 Install Deputy(C)

- ① Put the auxiliary pipe(c) through top of the main frame(B) and adjust the proper height to orient the screw holes then, tighten M8*45 plastic handle screw(6) to them with plastic handle nuts (7).

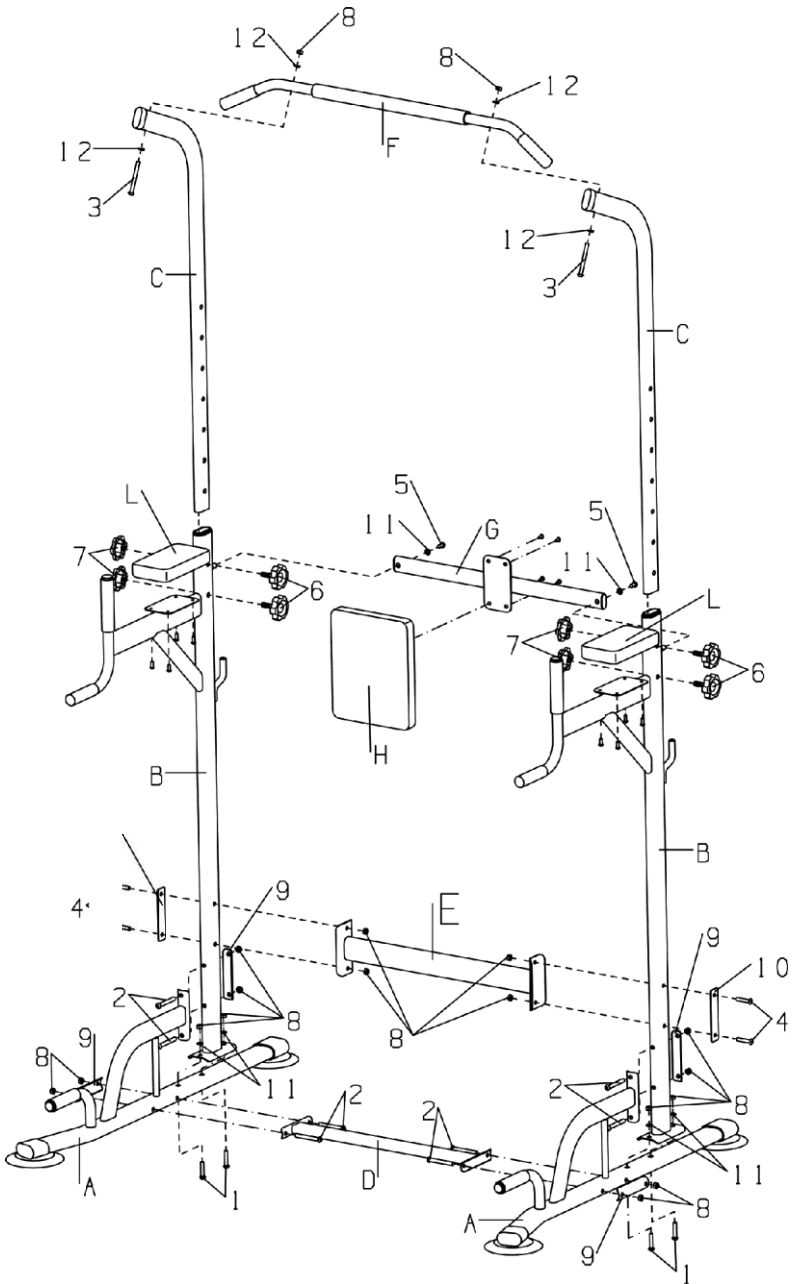


INSTALLATION COMPLETE

10



EXPLODED DRAWING



EXERCISE GUIDELINES

Warm-Up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

Suggested Stretching Exercises



Lower Body Stretch

Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs. **DO NOT BOUNCE!** When the pull on the back of the legs lessens, gradually try a lower position.



Bent Torso Pulls

While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.





Floor Stretch

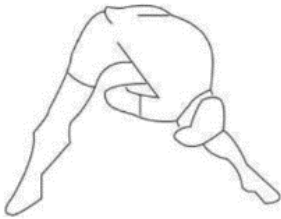
While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.

DONOTBOUNCE!

Do this stretch 10 times. Repeat the stretch with the left leg.

Bent Over Leg Stretch

Stand with feet shoulder- width apart and lean forward as illustrated. Using the arms, gently pull the upper body towards the right leg. Let the head hang down.



DONOTBOUNCE!

Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

Remember to always check with your physician before starting any exercise program.

Cool-Down The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.

Daily maintenance

- 1.Lubricate the parts regularly.
- 3.Check and tighten all parts of the product before using the device.
3. Use a damp towel to clean the bench after use, Avoid using a chemical solvent to clean the product



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