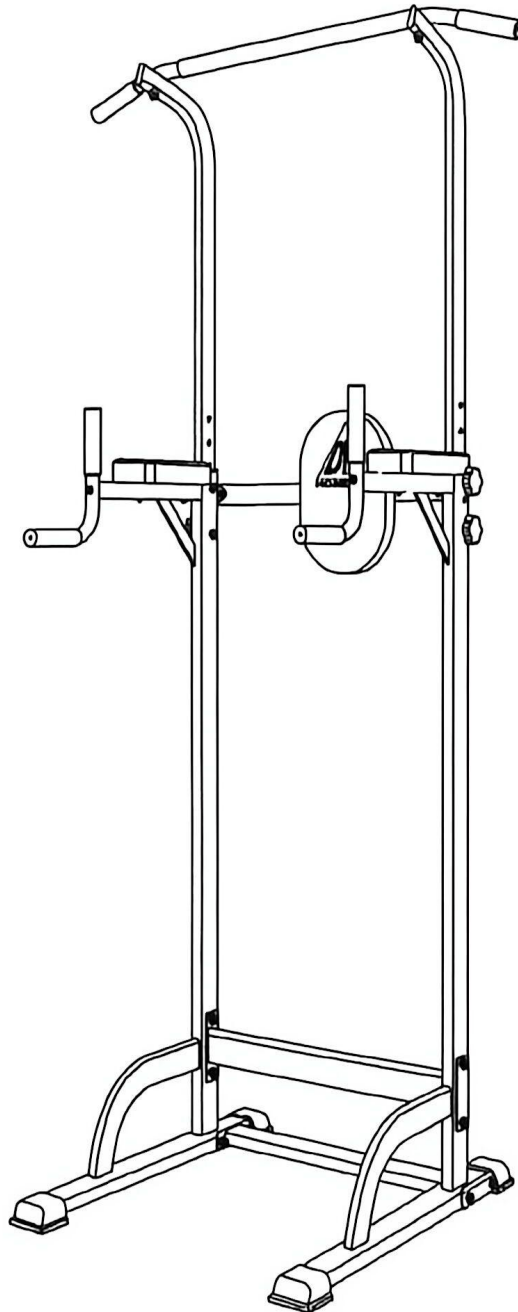


MULTI FUNCTIONAL POWER TOWER

G002

OWNER'S MANUAL



** Product may be slightly changed due to product function upgrade.

** Read all instructions carefully before using this product. Retain this owner's manual for future reference.

1. IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this product.

Please keep this manual with you at all times

- a. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly.

Please note: It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

- b. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- c. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these symptoms, you should consult your doctor before continuing with your exercise program.
- d. Keep children and pets away from the equipment. This equipment is designed for adult use only.
- e. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 meters of free space around it.
- f. Before using the equipment, check that the nuts and bolts are securely tightened. If you hear any unusual noises coming from the equipment during use and assembly, stop immediately. Do not use the equipment until the problem has been rectified.
- g. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
- h. This equipment is designed for indoor and family use only
- i. Care must be taken when lifting or moving the equipment so as not to injure your back.
- j. Always keep this instruction manual and assembly tools at hand for reference.
- k. The equipment is not suitable for therapeutic use.

2. CARE INSTRUCTIONS

- Lubricate moving joints with grease after periods of usage
- Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects
- The machine can be kept clean by wiping it down using dry cloth
- ****This Power Tower is suitable for user from 150-190cm, Max. User weight is 120 kgs.**

3. PARTS LIST - Pre-assembly view

*** Reminding: Pre-Assembling Tips

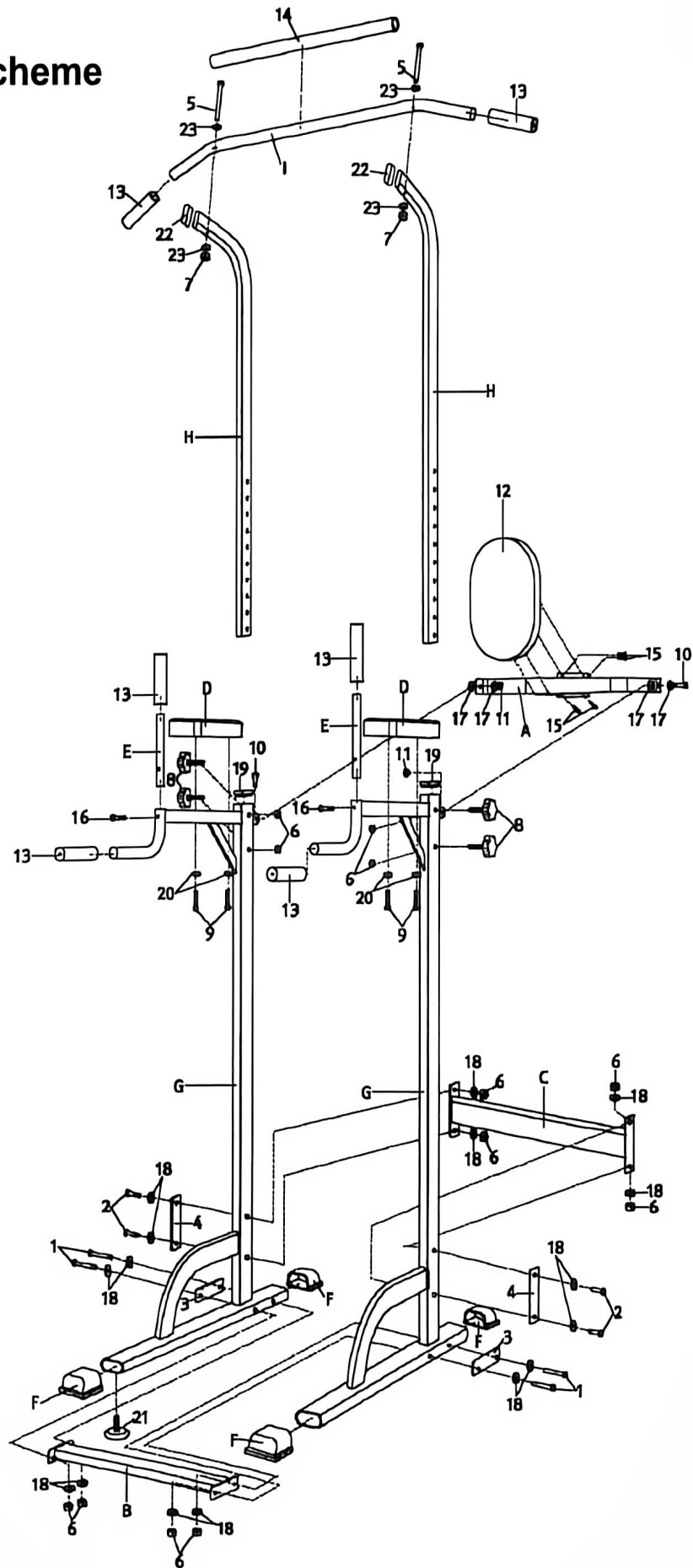
The Bolts on every Joints connection just need to put into the correct position at the beginning. Please do not tighten at the beginning. After the Power tower is complete assembly, then tighten all the bolts. This will help you have perfect assembling and save your time.

PARTS LIST

NO.	DESCRIPTION	QTY
A	Back cushion Bar set	1
B	Lower connection bar	1
C	Back connection bar	1
D	Arm rest Cushion	2
E	Hand grip bar	2
F	End cap	4
G	Main Frame	2
H	Height adjusted Tube	2
I	Chin-Up bar	1
1	Bolt M10*90mm	4
2	Bolt M10*50mm	4
3	Oval Round Metal Plate	2
4	Flat Rectangular Plate	2
5	Bolt M8*90mm	2
6	Nut M10	12
7	Nut	2

NO.	DESCRIPTION	QTY
8	Knob M10	4
9	Bolt M6*45mm	4
10	Bolt M8*25mm	2
11	Nut M8	2
12	Back Cushion	1
13	Handle Cover 1	6
14	Handle Cover 2	1
15	Screw	4
16	Bolt	2
17	Flat Washer 1	4
18	Flat Washer 2	16
19	Pipe Liner	2
20	Flat Washer 3	4
21	Foot Pad	1
22	End Cap	2
23	Washer M8	4

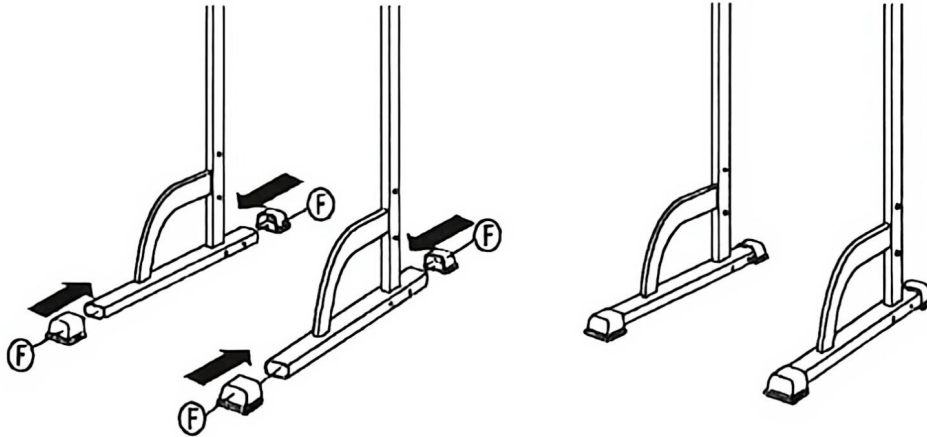
Detail Scheme



4. ASSEMBLY INSTRUCTION

STEP 1 :

Assemble **F. End cap** onto **G. Main Frame**



STEP 2:

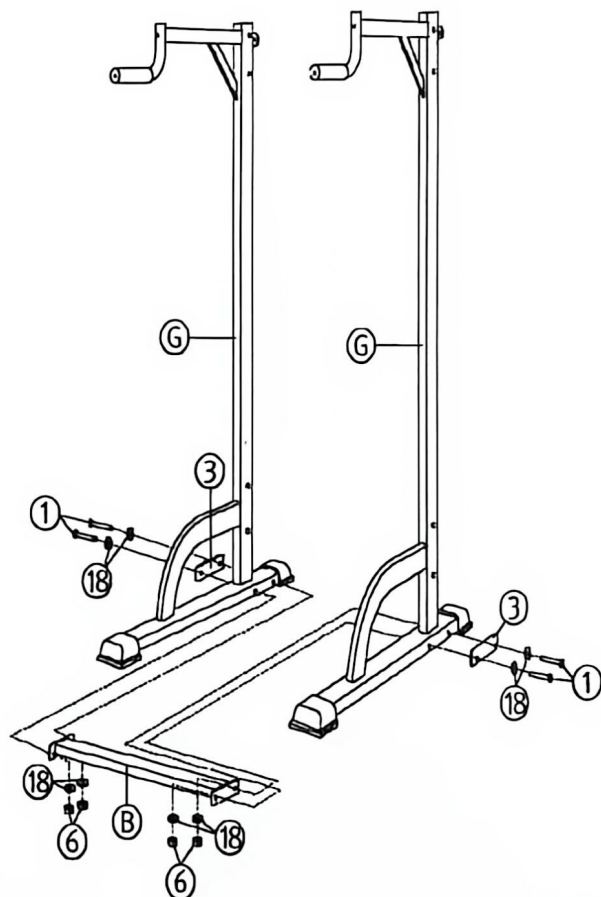
Assemble Main frame with

B. Lower connection bar and

3. Oval Round Metal Plate

by using

- 1. Bolt M10*90mm 4 pcs
- 18. Flat Washer 8 pcs
- 6. Nut M10 4 pcs



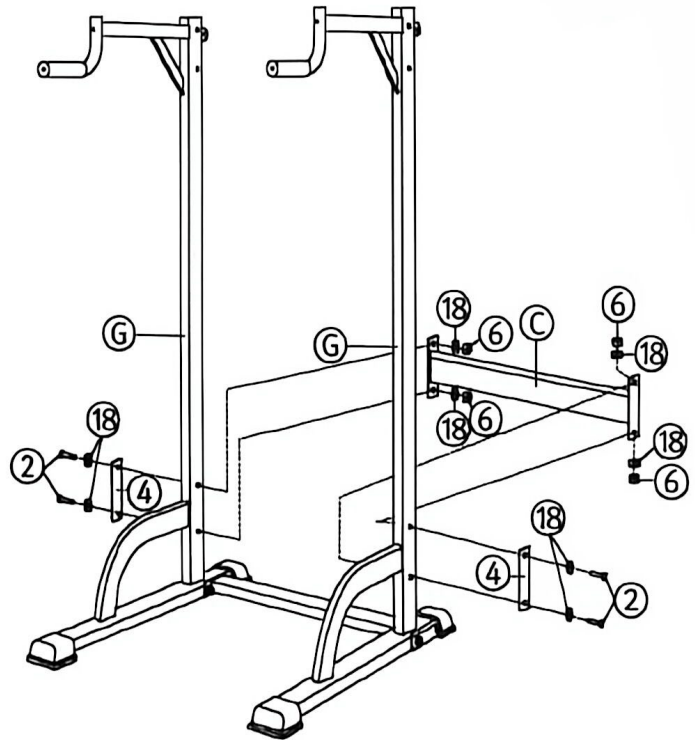
STEP 3:

Assemble **C. Back connection bar** onto main frame with

4. Flat Rectangular metal plate

by using

- 2. Bolt M10*50mm 4 pcs
- 18. Flat Washer 8 pcs
- 6. Nut M10 4 pcs

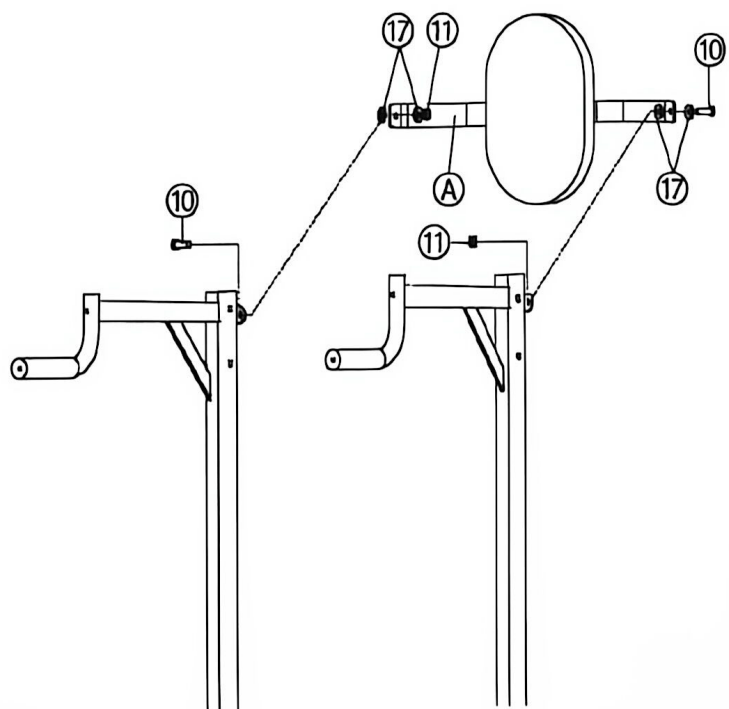


STEP 4:

Assemble **A. Back Cushion bar** set on main frame

By using

- 10. Bolt M8*25mm 4 pcs
- 17. Flat Washer 4 pcs
- 11. Nut M8 2 pcs



STEP 5:

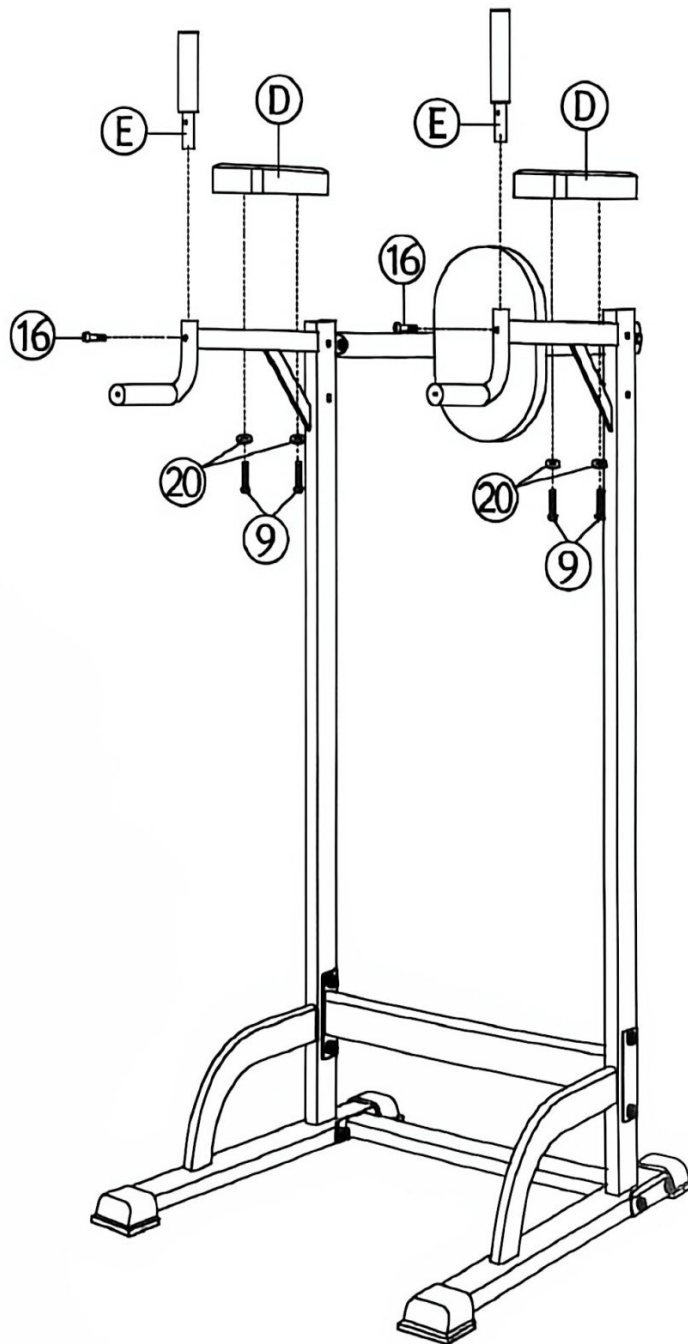
Assemble **D. Armrest Cushion** onto frame

by using

9. Bolt M6*45mm 4 pcs

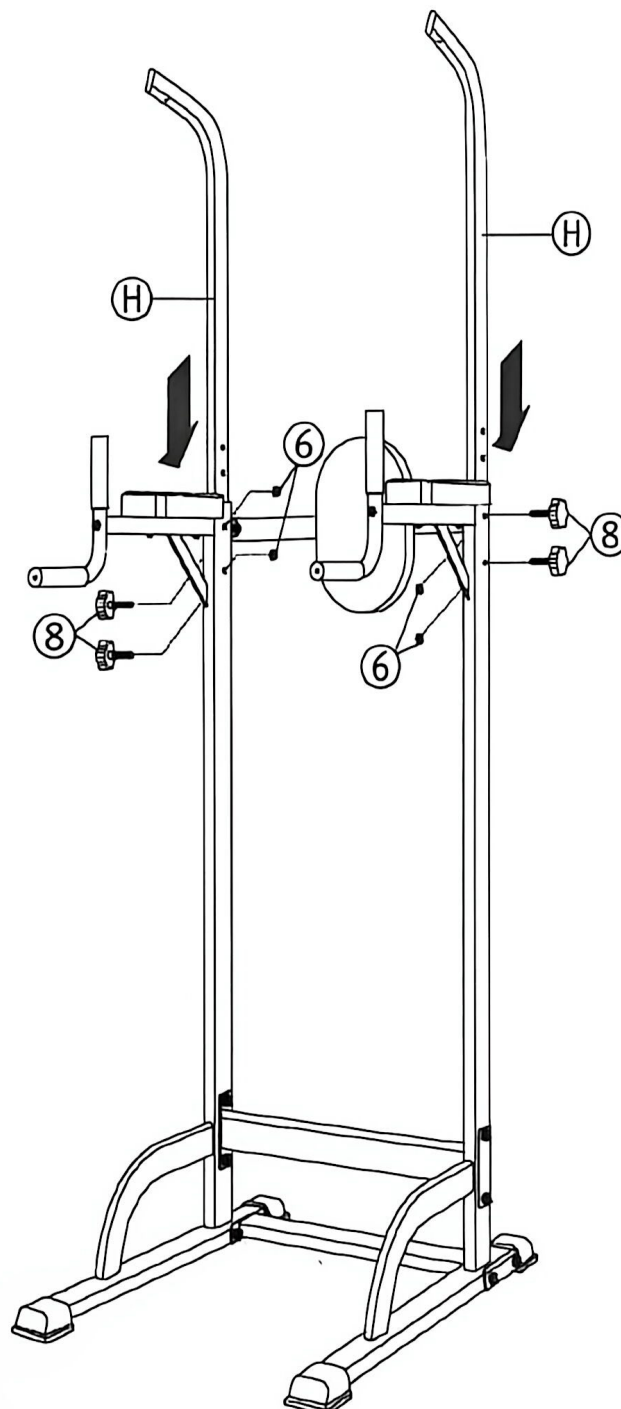
and 20. Flat washer 4 pcs

Assemble **E. Handgrip** by using **16. Bolt 2 pcs**



STEP 6:

Assemble **H. Height adjusted tube** main frame
and **8. Knob M10 4 pcs**

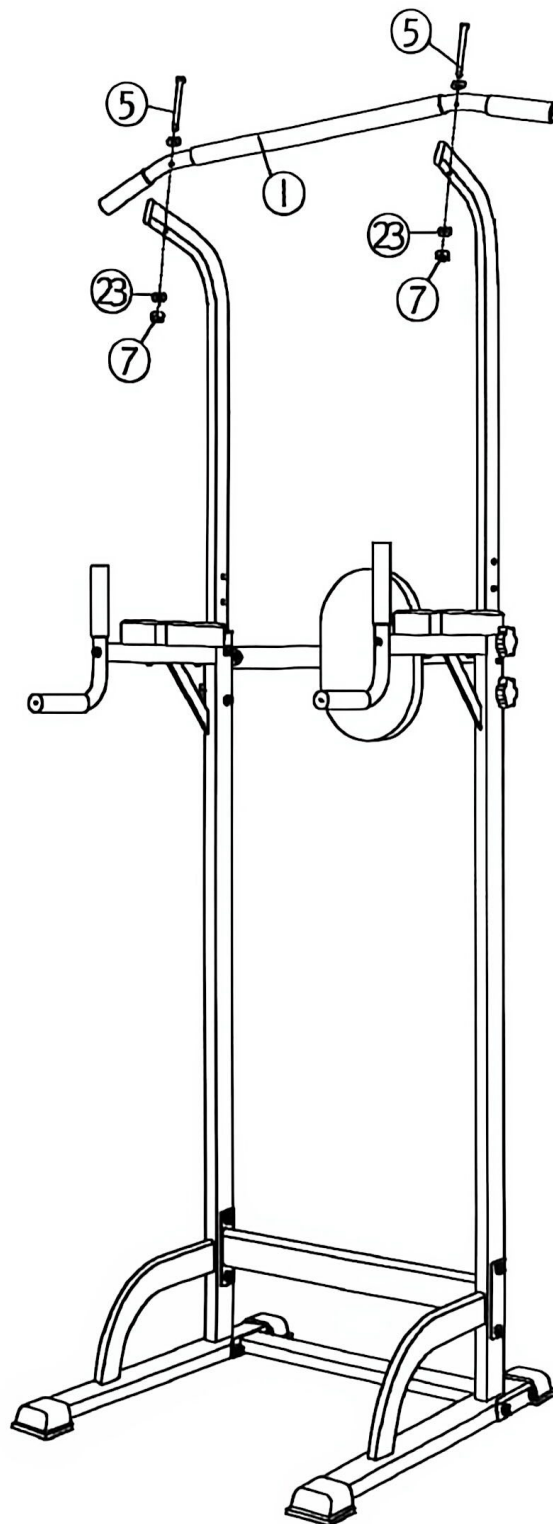


STEP 7:

Assemble **I. Chin-up bar** onto **Height adjustable tube**

by using

- 5. Bolt M8*90mm 2 pcs
- 23. Washer M8 4 pcs
- 7. Nut M8 2 pcs



Product View

