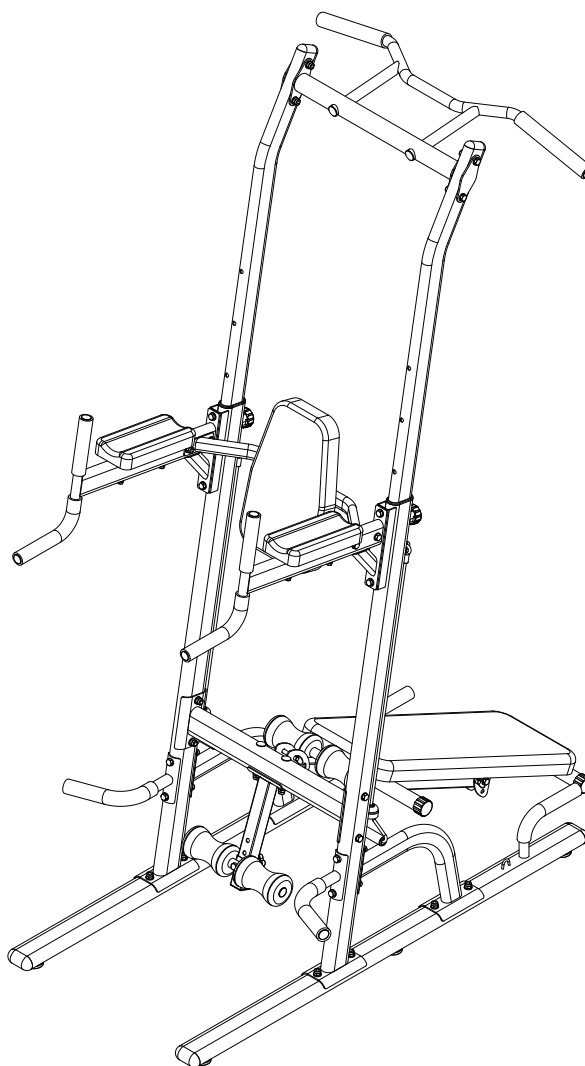


POWER TOWER

ITEM NO: 77004

LifeGear

Get active for life



OWNER'S MANUAL

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo and are subject to change without prior notice.

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ONE YEAR LIMITED WARRANTY

LifeGear Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with LifeGear's Owner's Manual. LifeGear's obligation under this warranty is limited to replacing or repairing free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application.

From the date of purchase, the frame is warranted to be free from defects for 1 (one) year.

This warranty is offered only to the original owner and is not transferable. Proof of purchase is required.

When ordering replacement parts please have the following information ready:

1. **Owner's Manual**
2. **Model Number**
3. **Description of Parts**
4. **Part Number**
5. **Date of Purchase**

IMPORTANT SAFETY INSTRUCTIONS

Basic precautions should always be followed, including the following important safety instructions when using this Power Tower. Read all instructions before using this Power Tower.

1. Read all the instructions in this manual and do warm up exercises before using the Power Tower.
2. We recommend that two people be available for assembly of this Power Tower.
3. Keep children away from the Power Tower. Do not allow children to use or play on the Power Tower. Keep children and pets away from the Power Tower when it is in use.
4. The Power Tower should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
5. Set up and operate the Power Tower on a solid level surface. Do not position the Power Tower on loose rugs or uneven surfaces.
6. This Power Tower is designed for adults only. This product requires a minimum of 2 meters of space for safe operation.
7. Before using the Power Tower, inspect it for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
8. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
9. Please wear proper clothes and shoes when using this Power Tower; do not wear clothes that might catch any part of the equipment.
10. Never exercise in bare feet or socks; always wear proper shoes.
11. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult your local dealer.
12. Be careful to maintain your balance while using, mounting, dismounting, or assembling the Power Tower, loss of balance may result in a fall and serious bodily injury.
13. The Power Tower should be used by only one person at a time.
14. Do not use the Power Tower outdoors.
15. This Power Tower is for household use only. It is not a commercial model.
16. The maximum weight capacity for this product is 120 kg.

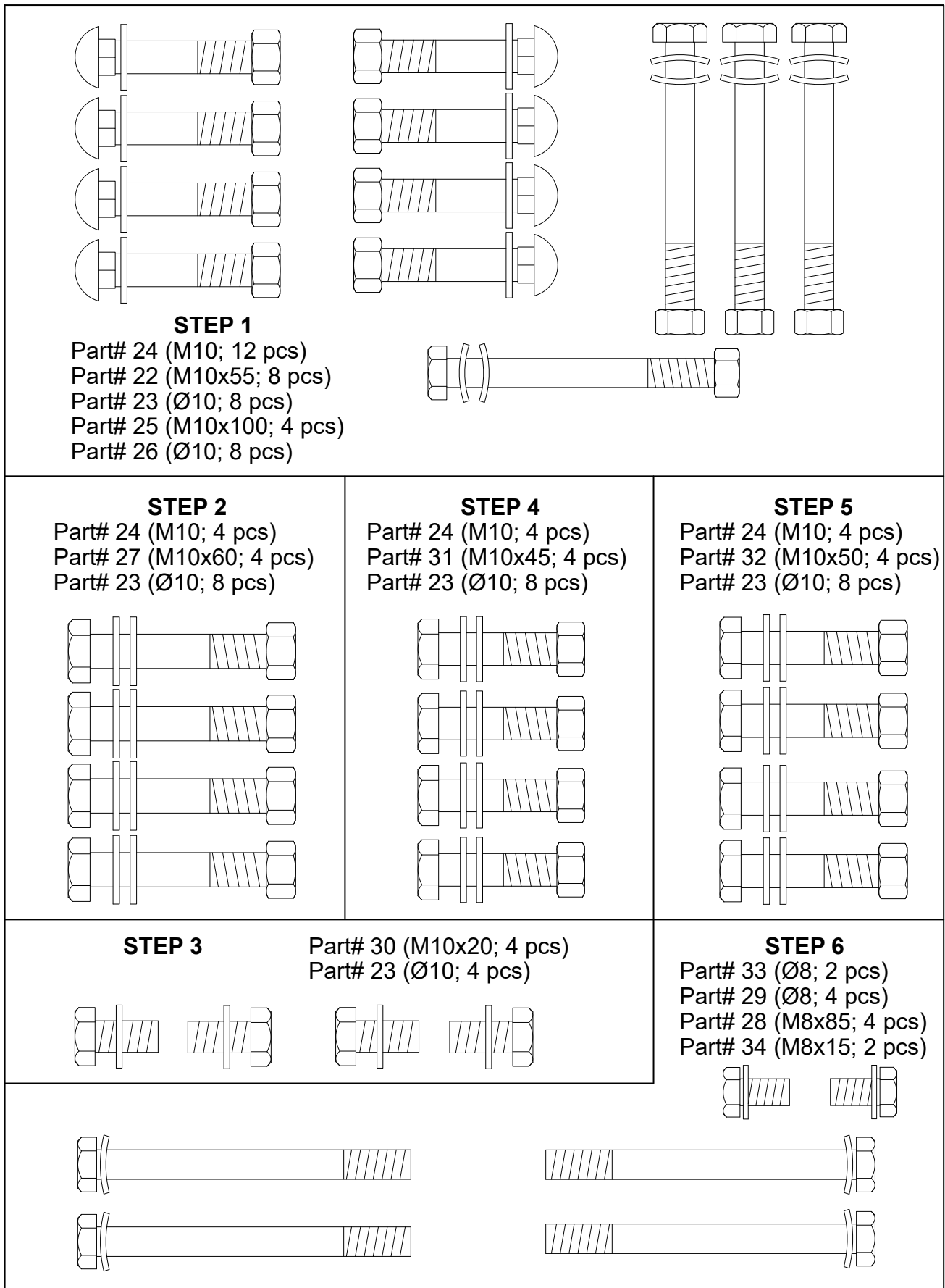
WARNING: Before beginning any exercise program consult your physician. This is especially important for the people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Base Tube	2	025	Hexagon Head Bolt (M10x100)	4
002	Upright Tube	2	026	Curve Washer (Ø10xØ20x2.0T)	10
003	Upright Tube Support	2	027	Hexagon Head Bolt (M10x60)	6
004	Right Handle	1	028	Hexagon Head Bolt (M8x85)	4
005	Left Handle	1	029	Curve Washer Ø8	4
006	Bottom Cross Bar	1	030	Hexagon Head Bolt (M10x20)	4
007	Dip Arm	2	031	Hexagon Head Bolt (M10x45)	4
008	Top Cross Bar	1	032	Hexagon Head Bolt (M10x50)	4
009	Pull-Up Bar	1	033	Washer Ø8	6
010	Support Plate	2	034	Hexagon Head Bolt (M8x15)	6
011	Adjustable Upper Upright Tube	2	035	Bench Frame	1
012	Backrest	1	036	Bench Support Tube	1
013	Arm Pad	2	037	Ankle Support Tube	1
014	Resistance Band	2	038	Foam Roller Pad Rod (Ø25x1.5)	1
015	Lock Knob (M10x90)	2	039	Foam Bench Cushion (800x300x50)	1
016	Adjustable Leveler (M8x20)	6	040	Round End Cap (Ø38)	4
017	Oval End Cap (40x80x1.5)	4	041	Foam Roller Pad	4
018	Upright Tube Bushing	2	042	Pin M10x60	2
019	Oval End Cap (30x70x1.5)	2	043	Square End Cap (38x38x1.5)	2
020	Round End Cap (Ø28x1.5)	6	044	Knob M10 (Ø50)	1
021	Round End Cap (Ø25x1.5)	10	045	Carriage Bolt (M10x95)	2
022	Carriage Bolt (M10x55)	8	046	Foam Grip (Ø35xØ25x150)	4
023	Washer (Ø10xØ20x2.0T)	40	047	Foam Grip (Ø33xØ23x260)	4
024	Nylon Nut M10	28	048	Foam Grip (Ø33xØ23x150)	2

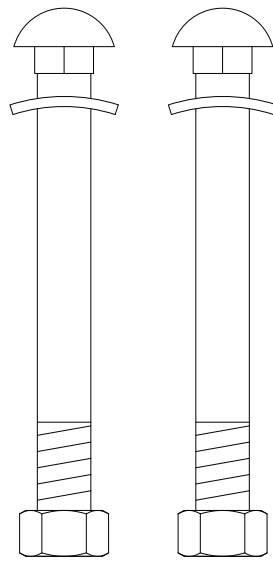
HARDWARE KIT 1



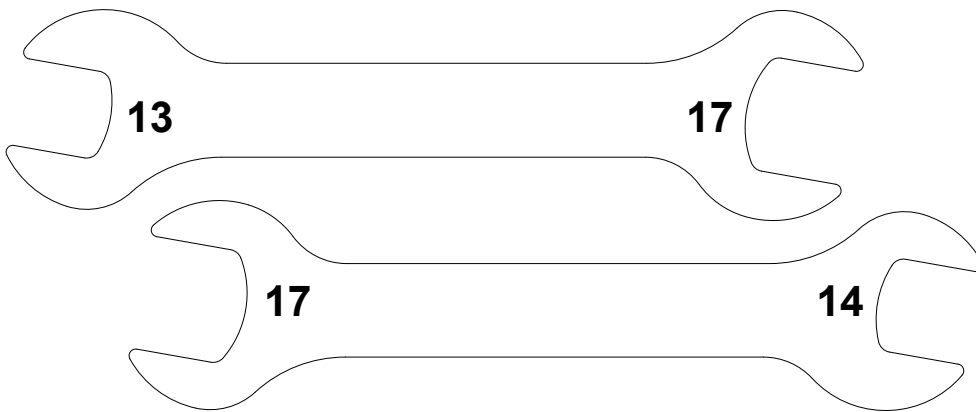
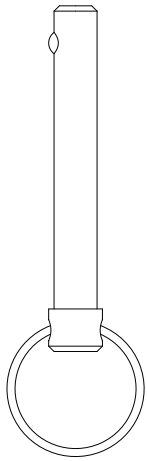
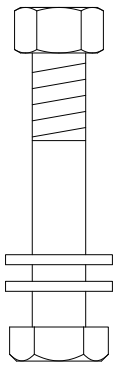
HARDWARE KIT 2

STEP 7

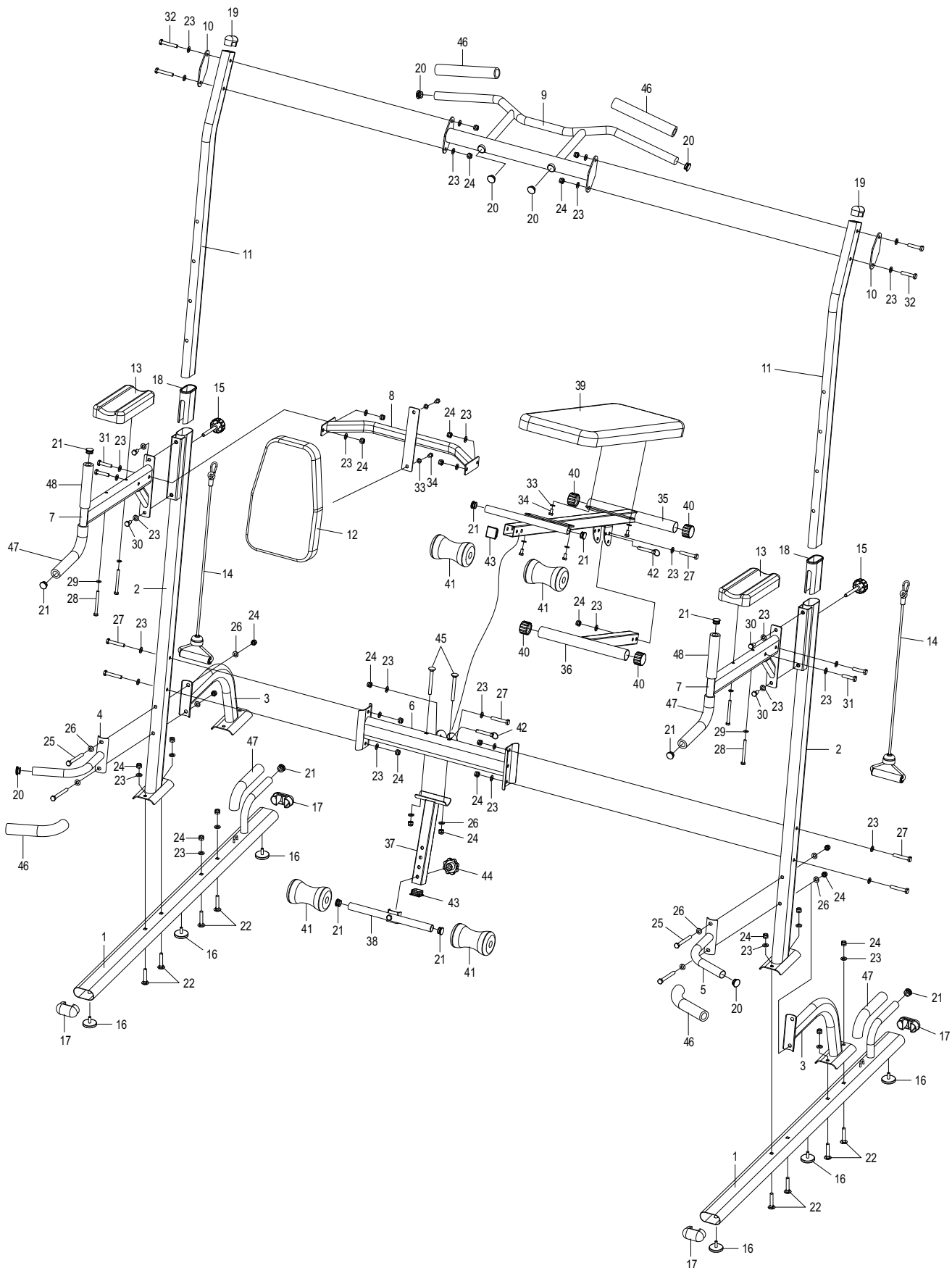
- Part# 24 (M10; 3 pcs)
- Part# 45 (M10X95; 2 pcs)
- Part# 26 (Ø10; 2 pcs)



- Part# 27 (M10X60; 1 pc)
- Part# 42 (1 pc)
- Part# 23 (Ø10; 2 pcs)

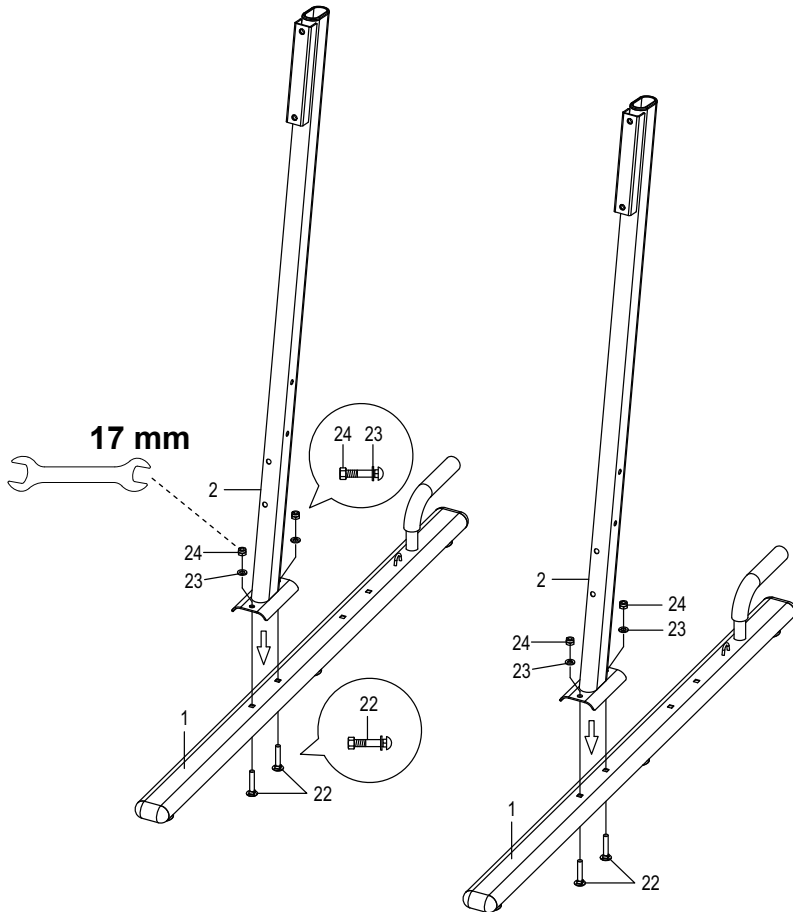


EXPLODED VIEW

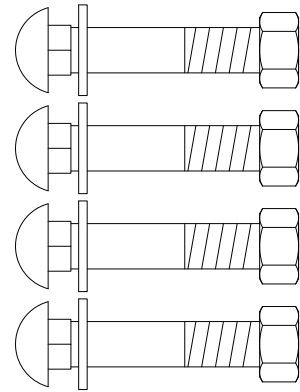


ASSEMBLY INSTRUCTIONS

NOTE: We recommend that two people be available for assembly of this Power Tower.



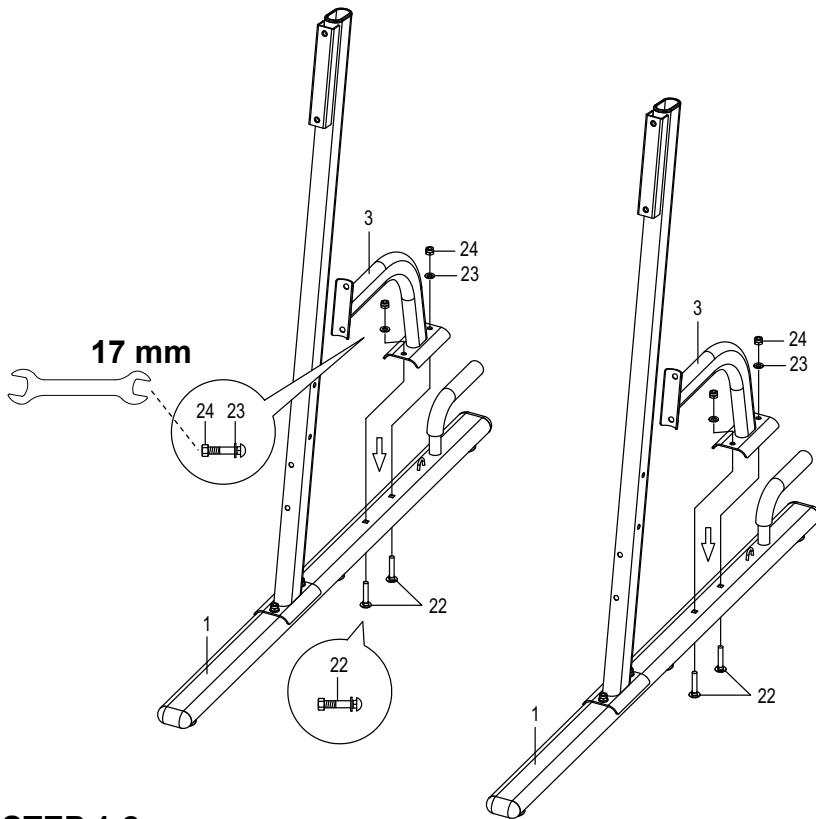
Hardware:



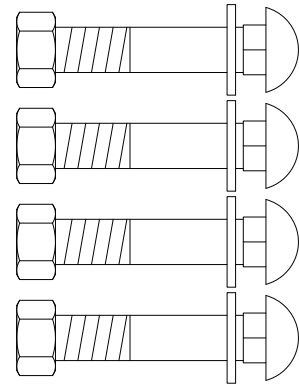
- Part# 22 (M10x55; 4 pcs)
- Part# 23 (Ø10; 4 pcs)
- Part# 24 (M10; 4 pcs)

STEP 1-1

Attach the Upright Tube (2) onto the Base Tube (1) with two Carriage Bolts (22), two Washers (23), and two Nylon Nuts (24). Tighten nylon nuts with the Double Open End Wrench provided. Repeat on other Upright Tube (2) and Base Tube (1).



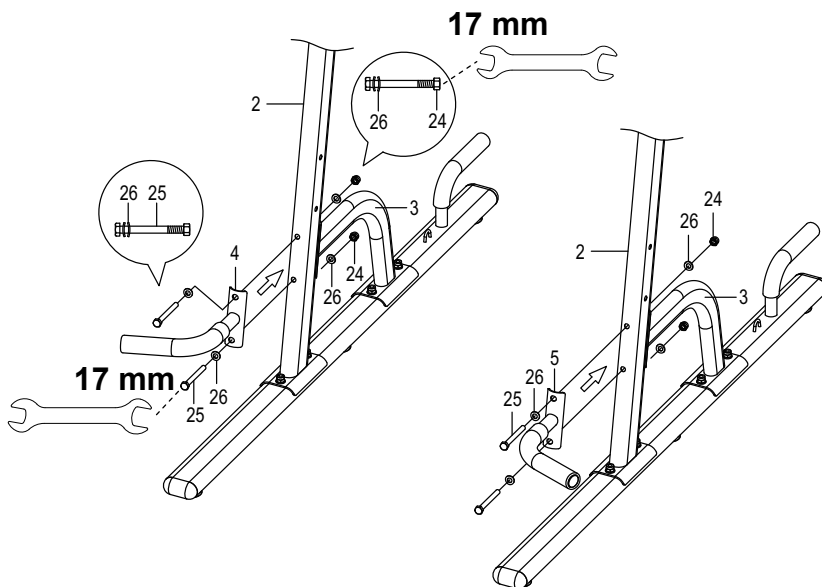
Hardware:



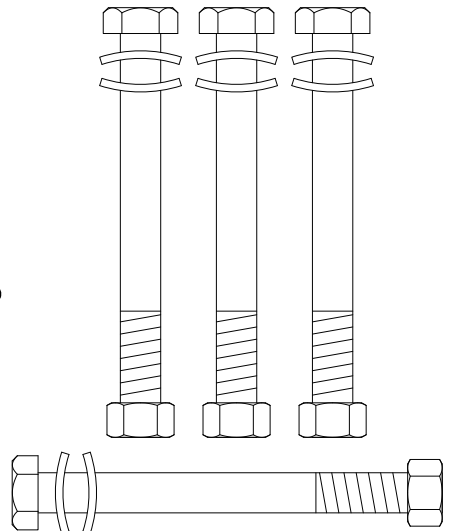
- Part# 22 (M10x55; 4 pcs)
- Part# 23 (Ø10; 4 pcs)
- Part# 24 (M10; 4 pcs)

STEP 1-2

Attach the Upright Tube Support (3) onto the Base Tube (1) with two Carriage Bolts (22), two Washers (23), and two Nylon Nuts (24). Tighten nylon nuts with the Double Open End Wrench provided. Repeat on other Upright Tube Support (3) and Base Tube (1).



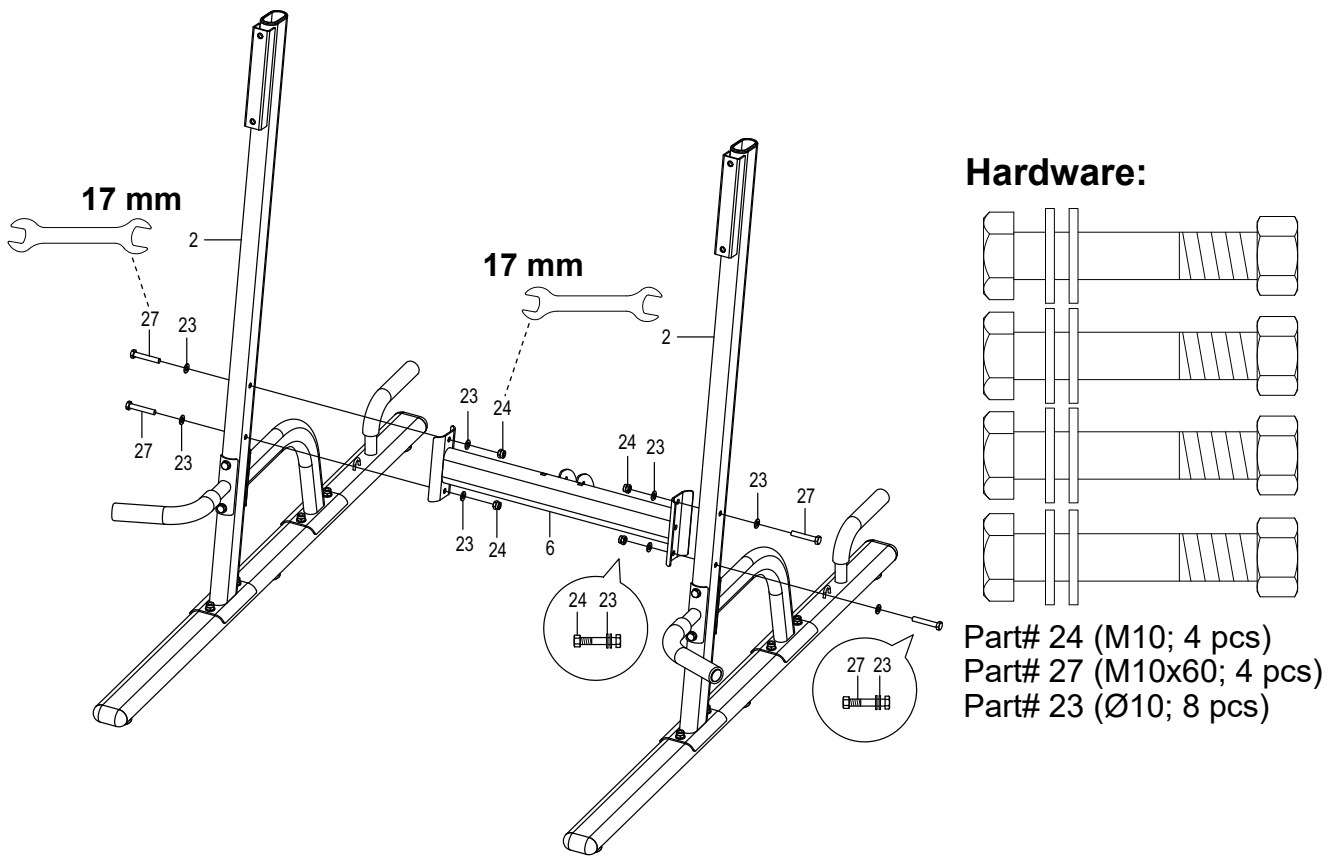
Hardware:



- Part# 24 (M10; 4 pcs)
- Part# 25 (M10x100; 4 pcs)
- Part# 26 (Ø10; 8 pcs)

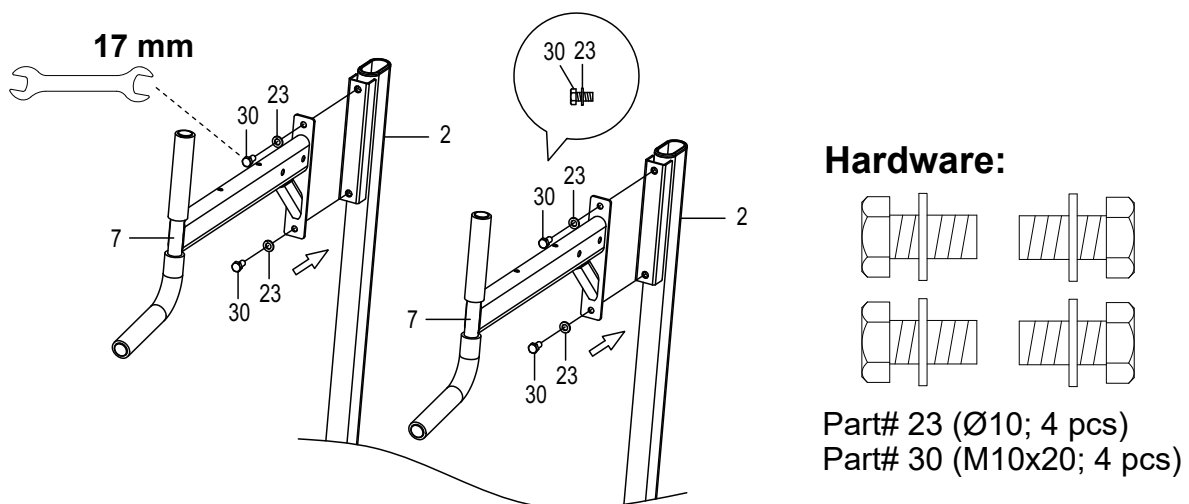
STEP 1-3

Attach the Right Handle (4) onto the Upright Tube (2) with two Nylon Nuts (24), two Hexagon Head Bolts (25), and four Curve Washers (26). Tighten bolts and nylon nuts with two Double Open End Wrenches provided. Repeat on other Left Handle (5) and Upright Tube (2).



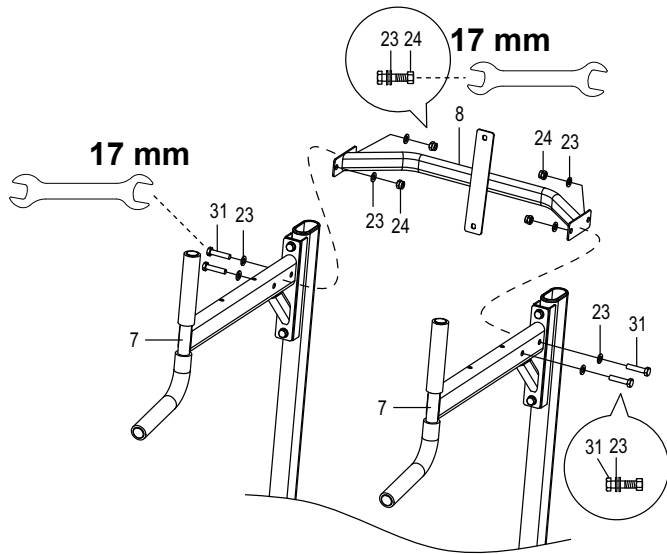
STEP 2

Attach both Upright Tubes (2) to both sides of the Bottom Cross Bar (6) with four Nylon Nuts (24), four Hexagon Head Bolts (27), and eight Washers (23). Tighten bolts and nylon nuts with two Double Open End Wrenches provided.

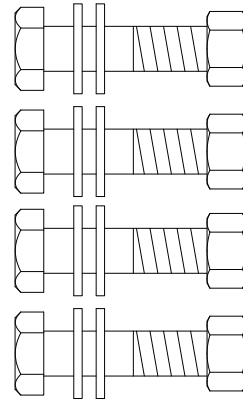


STEP 3

Attach the Dip Arm (7) onto the Upright Tube (2) with two Hexagon Head Bolts (30) and two Washers (23). Tighten bolts with the Double Open End Wrench provided. Repeat on other Dip Arm (7) and Upright Tube (2).



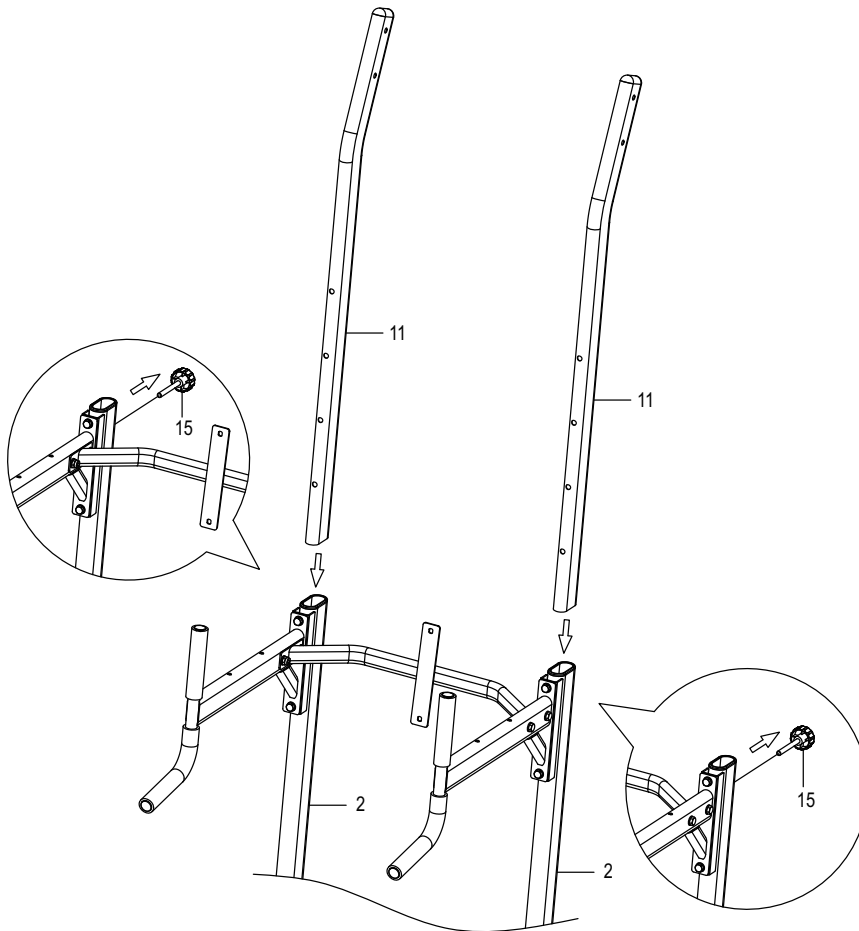
Hardware:



Part# 23 (Ø10; 8 pcs)
 Part# 24 (M10; 4 pcs)
 Part# 31 (M10x45; 4 pcs)

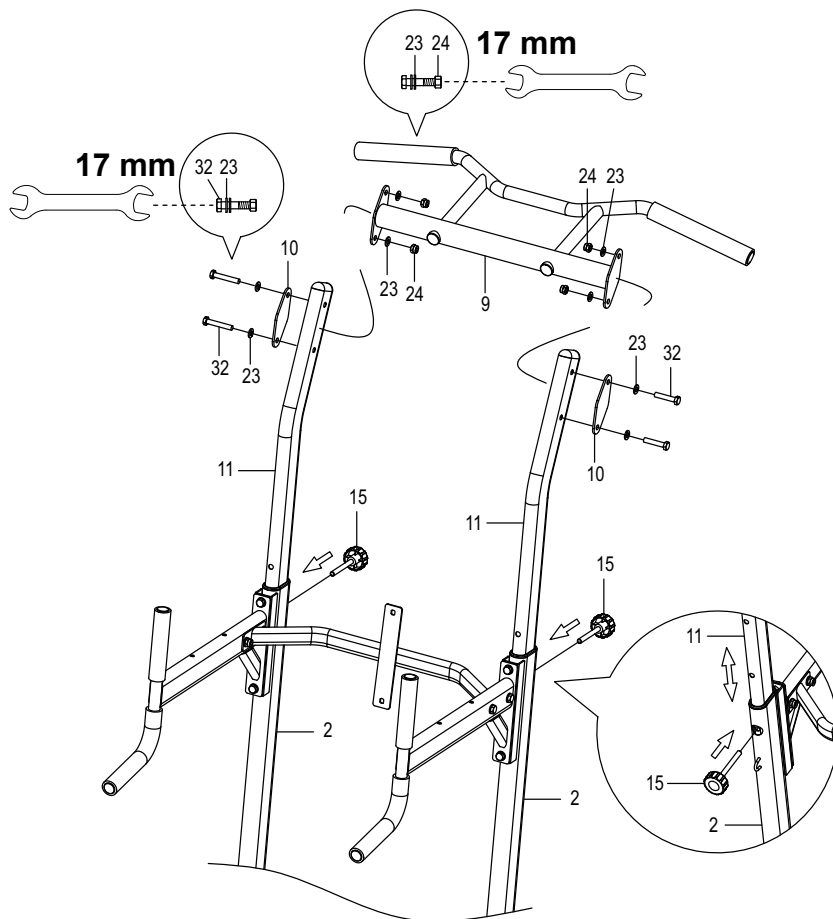
STEP 4

Attach the Top Cross Bar (8) onto both Dip Arms (7) with four Nylon Nuts (24), four Hexagon Head Bolts (31), and eight Washers (23). Tighten bolts and nylon nuts with two Double Open End Wrenches provided.

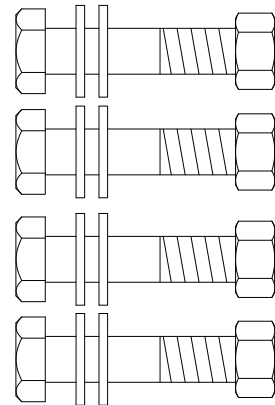


STEP 5-1

Remove both Lock Knobs (15) from both Upright Tubes (2). Insert both of the Adjustable Upper Upright Tubes (11) into the Upright Tubes (2).



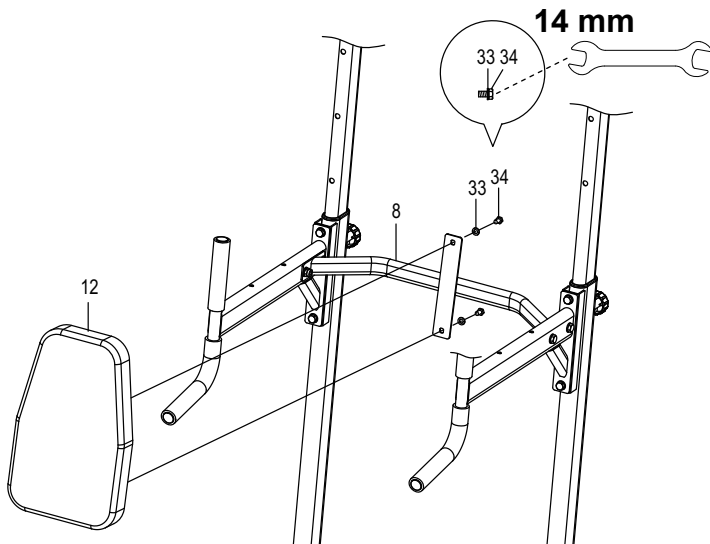
Hardware:



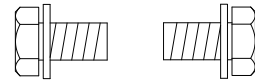
- Part# 23 (Ø10; 8 pcs)
- Part# 24 (M10; 4 pcs)
- Part# 32 (M10x50; 4 pcs)

STEP 5-2

Attach the Pull-Up Bar (9) onto both Adjustable Upper Upright Tubes (11) with two Support Plates (10), four Nylon Nuts (24), four Hexagon Head Bolts (32), and eight Washers (23). Tighten bolts and nylon nuts with two Double Open End Wrenches provided. Slide the Adjustable Upper Upright Tubes (11) up or down and settle on the desired height. Lock the Adjustable Upper Upright Tubes (11) in place by tightening the Lock Knobs (15) in a clockwise direction.



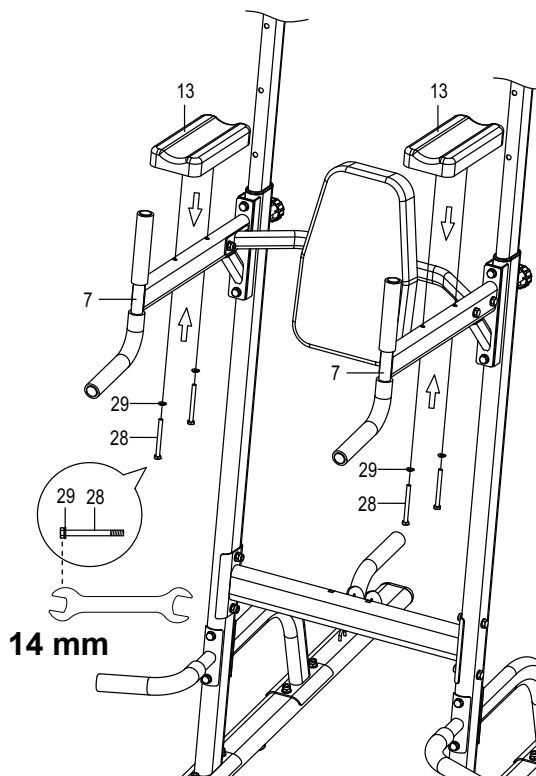
Hardware:



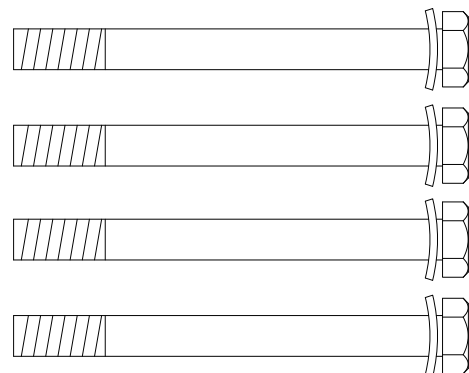
Part# 33 (Ø8; 2 pcs)
Part# 34 (M8x15; 2 pcs)

STEP 6-1

Attach the Backrest (12) onto the Top Cross Bar (8) with two Hexagon Head Bolts (34) and two Washers (33). Tighten bolts with the Double Open End Wrench provided.



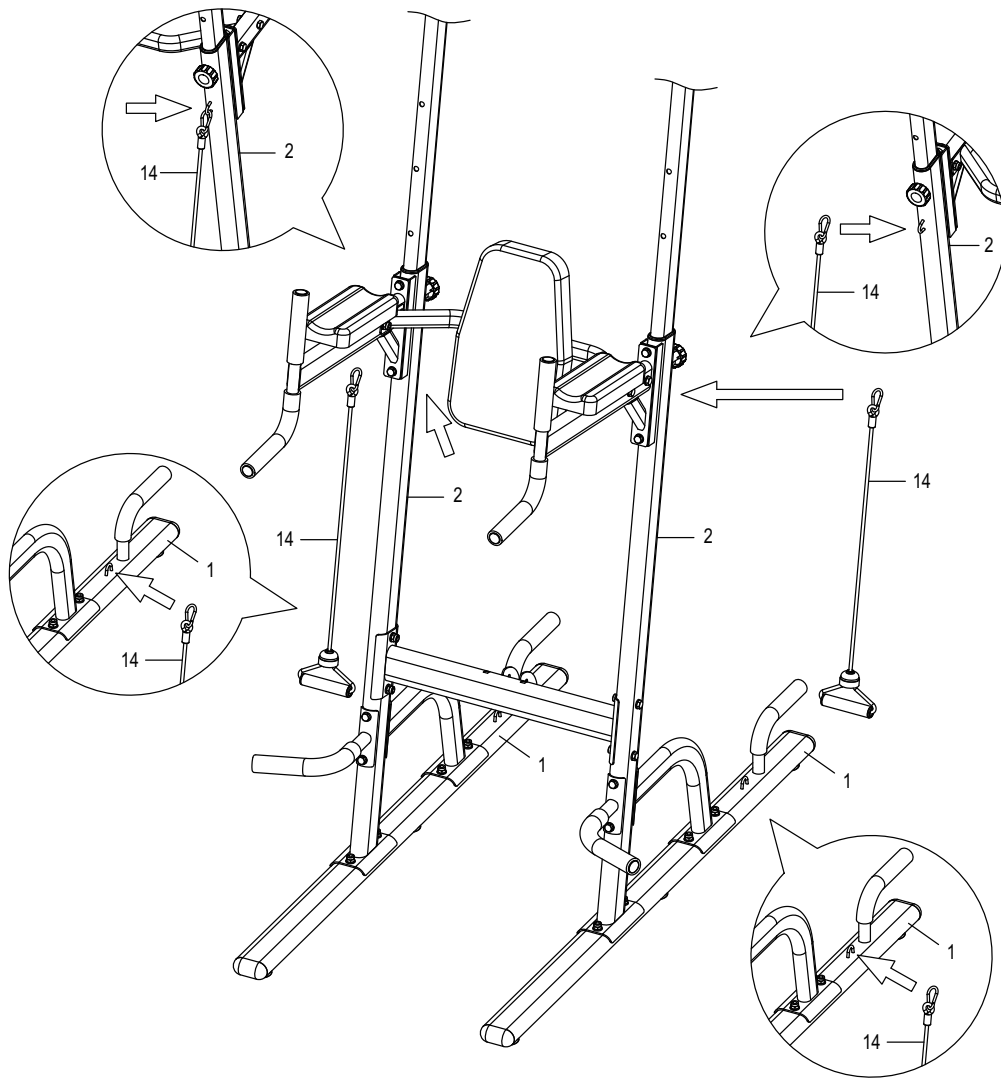
Hardware:



Part# 28 (M8x85; 4 pcs)
Part# 29 (Ø8; 4 pcs)

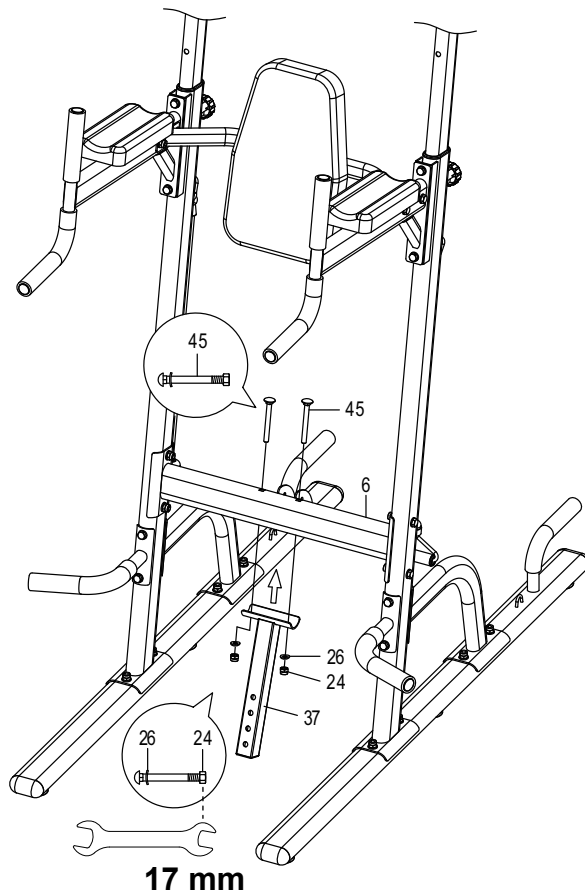
STEP 6-2

Attach both Arm Pads (13) onto both Dip Arms (7) with four Hexagon Head Bolts (28) and four Curve Washers (29). Tighten bolts with the Double Open End Wrench provided.

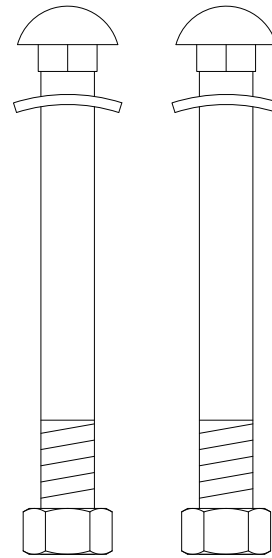


STEP 6-3

Clip the snap hook of the Resistance Band (14) onto loop at the Upright Tube (2) or Base Tube (1). Repeat on other side.



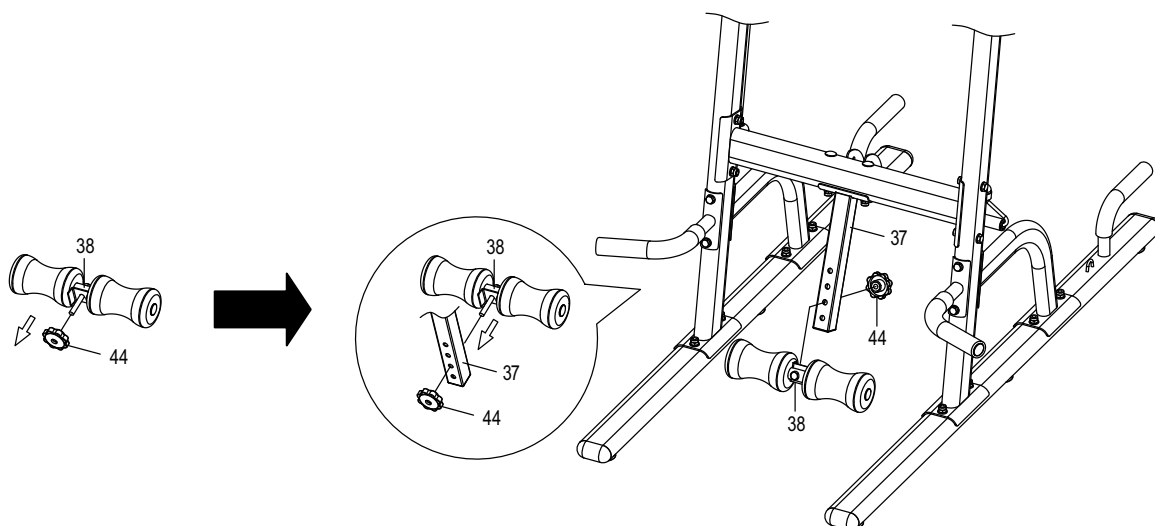
Hardware:



- Part# 24 (M10; 2 pcs)
- Part# 26 (Ø10; 2 pcs)
- Part# 45 (M10x95; 2 pcs)

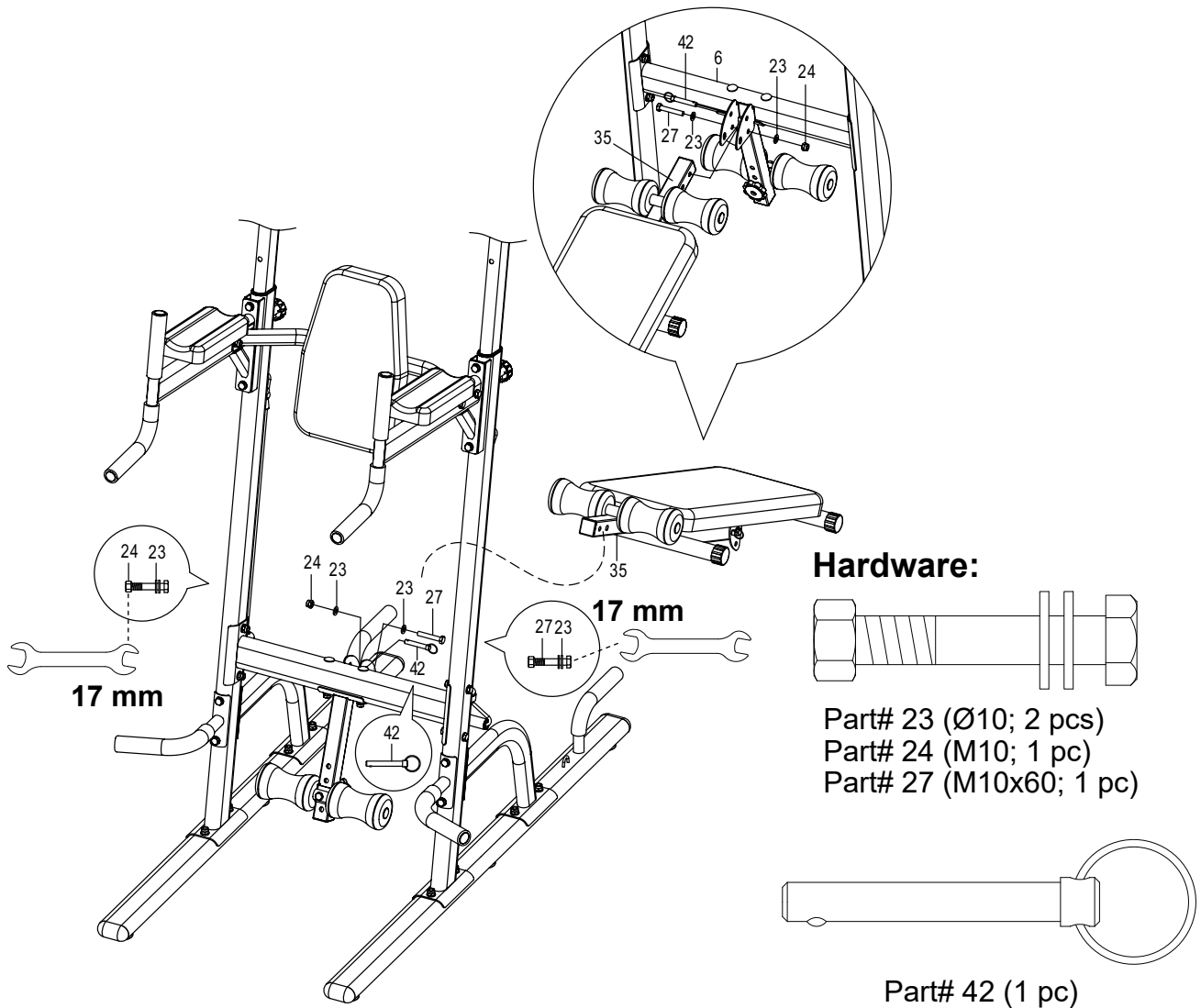
STEP 7-1

Attach the Ankle Support Tube (37) onto the Bottom Cross Bar (6) with two Carriage Bolts (45), two Curve Washers (26), and two Nylon Nuts (24). Tighten nylon nuts with the Double Open End Wrench provided.



STEP 7-2

Remove the Knob (44) from the Foam Roller Pad Rod (38). Then install the Foam Roller Pad Rod (38) to one of the adjustment holes of the Ankle Support Tube (37) and secure with a Knob (44).



STEP 7-3

Slide the Bench Frame (35) into the Bottom Cross Bar (6) and align one hole on the Bench Frame (35) with one hole on the Bottom Cross Bar (6). Secure the Bench Frame (35) in place using one Nylon Nut (24), one Hexagon Head Bolt (27), and two Washers (23). Tighten bolts and nylon nuts with two Double Open End Wrenches provided. Finally, insert the Pin (42) into the holes on the Bottom Cross Bar (6) and Bench Frame (35) to lock into position.

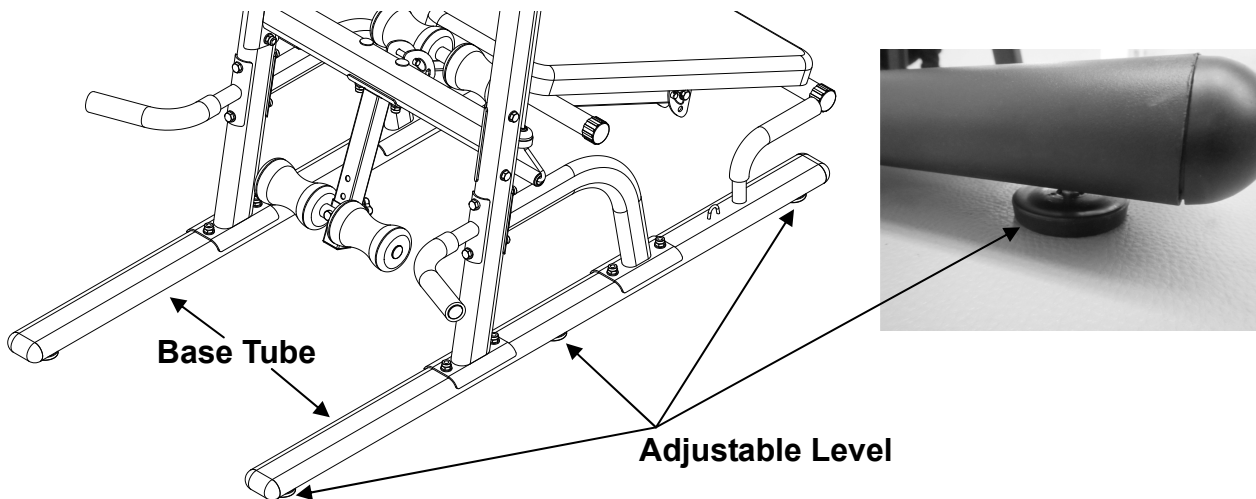
MAINTENANCE

The Power Tower can be cleaned with a soft cloth. Please wipe your perspiration off the Power Tower after each use.

Please inspect all assembly bolts and nylon nuts on the Power Tower for proper tightness every week. Replace missing nylon nuts and bolts. Securely tighten loose nylon nuts and bolts.

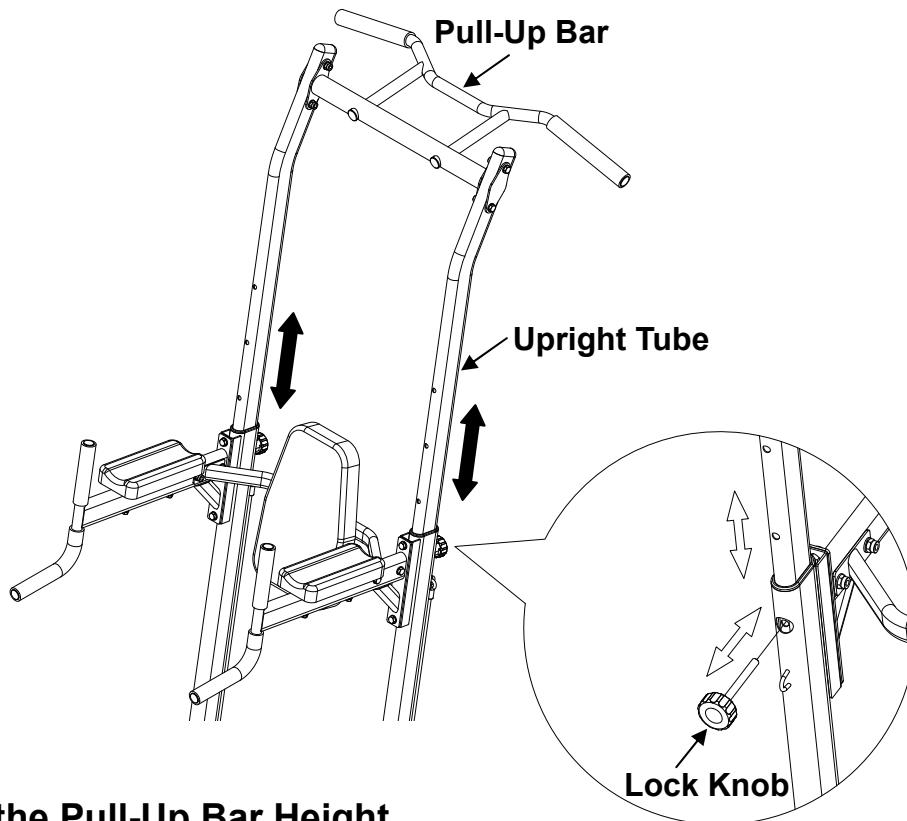
Worn or damaged components shall be replaced immediately.

ADJUSTMENTS



Adjusting the Adjustable Leveler

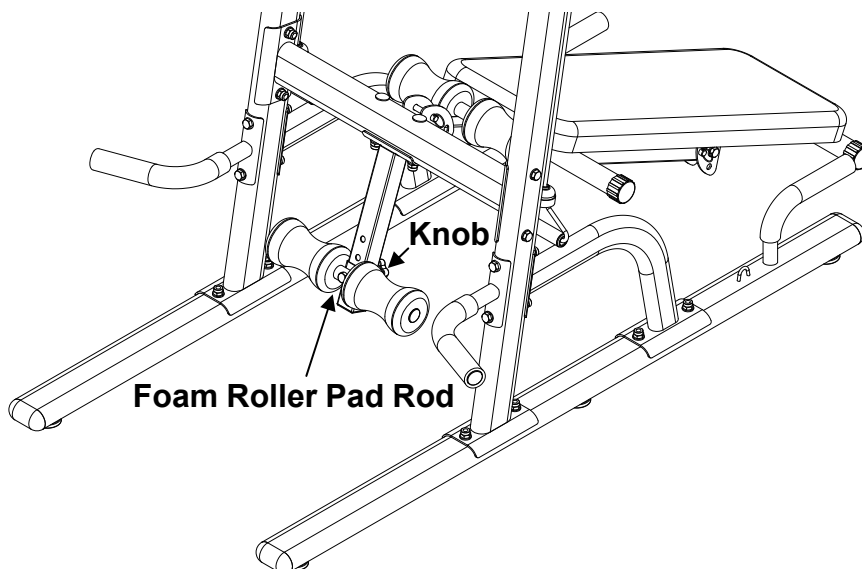
Turn the Adjustable Leveler on the Base Tubes as needed to level the Power Tower.



Adjusting the Pull-Up Bar Height

Remove both Lock Knobs by turning them counterclockwise direction. Slide both Upright Tubes up or down direction to the desired position. Lock both Upright Tubes in place by turning Lock Knobs in a clockwise direction.

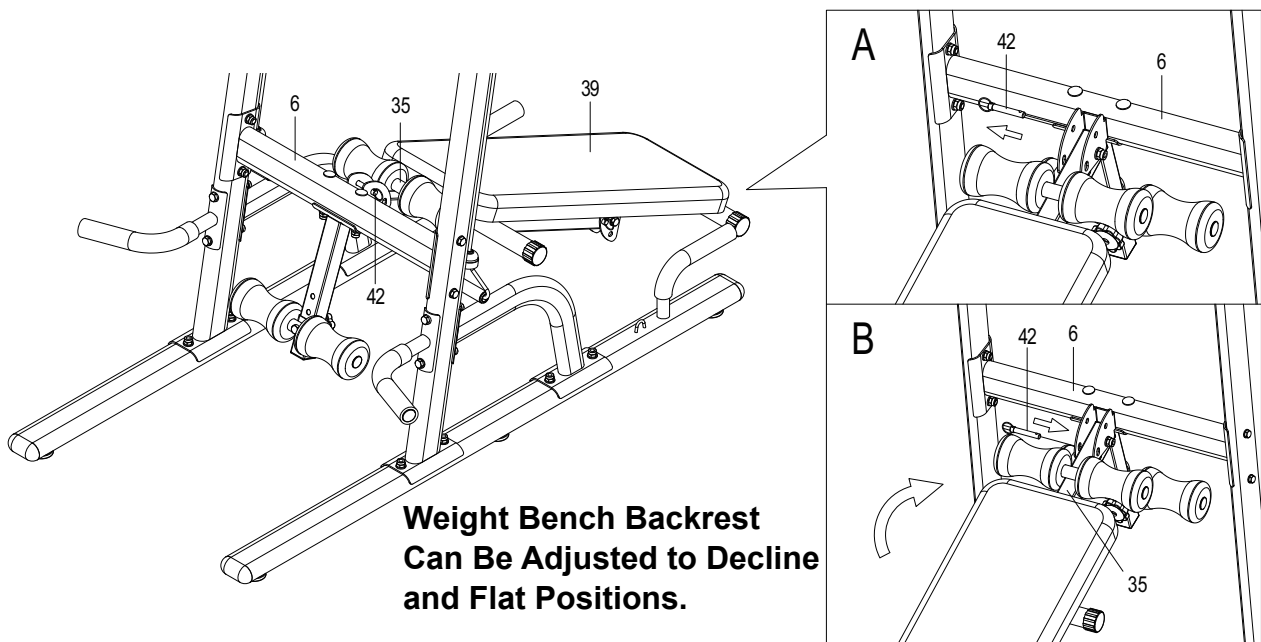
NOTE: Make sure that the Lock Knobs are locked in place before using the pull-up bar.



Adjusting the Foam Roller Pad Rod

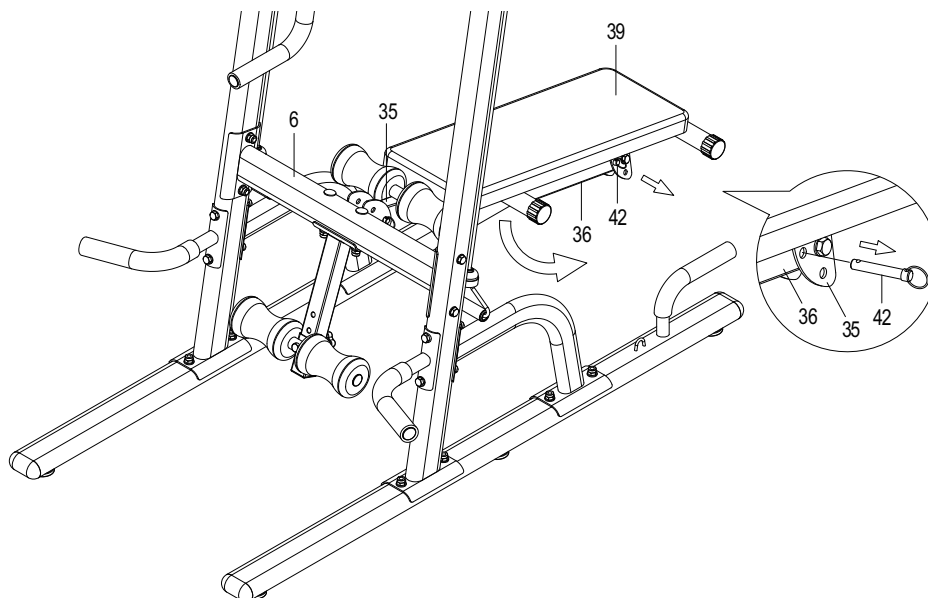
Remove the Knob and Foam Roller Pad Rod from the Ankle Support Tube. Then reinstall the Foam Roller Pad Rod to one of the adjustment holes of the Ankle Support Tube and secure with a Knob that was removed.

Foam Roller Pad Rod can be adjusted to four positions.



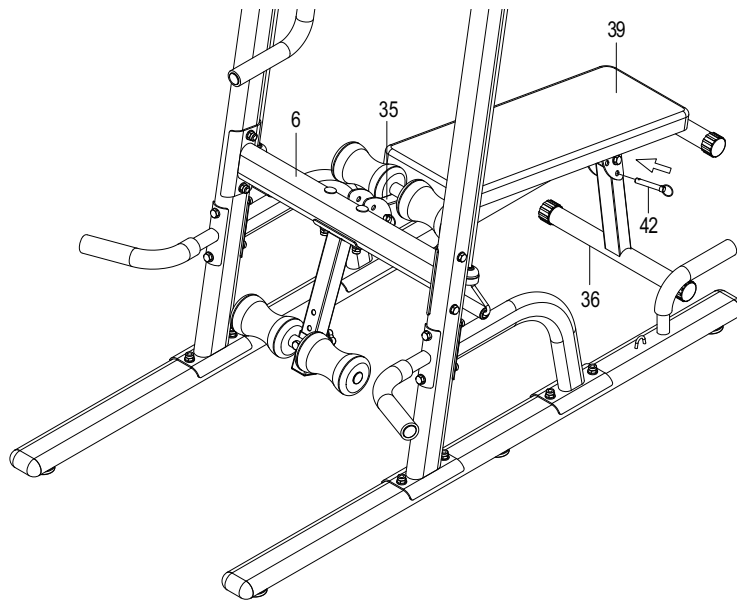
Adjusting the Weight Bench Backrest to Flat Position 1

- A. Pull out the Pin (42) from the top adjustment holes in the Bottom Cross Bar (6).
- B. Lift the Bench Frame (35) and lock it in position by inserting the Pin (42) through the bottom adjustment holes in the Bottom Cross Bar (6) and the holes in the Bench Frame (35).



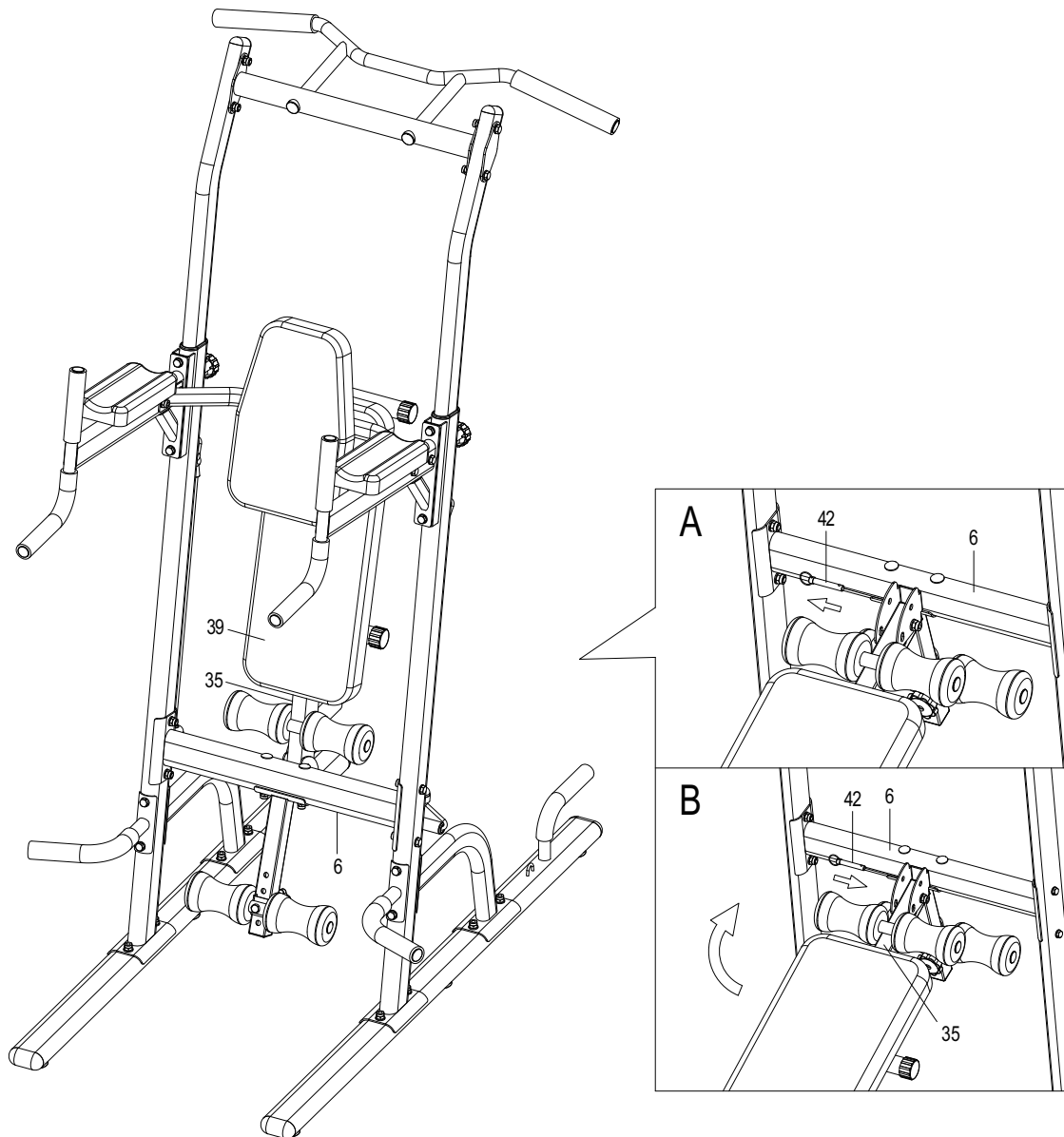
Adjusting the Weight Bench Backrest to Flat Position 2

Pull out the Pin (42) from the top adjustment holes in the Bench Frame (35) and the holes in the Bench Support Tube (36).



Adjusting the Weight Bench Backrest to Flat Position 3

Fold down the Bench Support Tube (36) and then lock the Bench Support Tube (36) in position by inserting the Pin (42) through the bottom adjustment holes in the Bench Frame (35) and the holes in the Bench Support Tube (36).



Folding Up the Weight Bench to Storage Position

- A.** Pull out the Pin (42) from the top adjustment holes in the Bottom Cross Bar (6).
- B.** Fold up the weight bench and lock in position by inserting the Pin (42) through the top adjustment holes in the Bottom Cross Bar (6) and the holes in the Bench Frame (35).

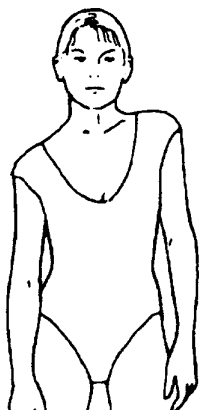
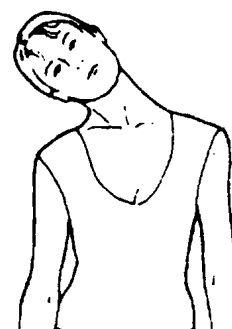
WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its 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.

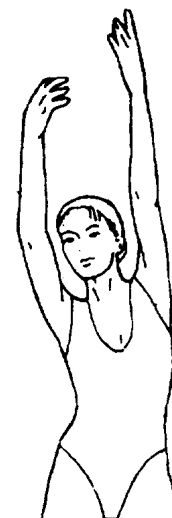
HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

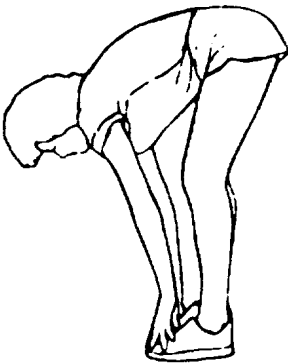


QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

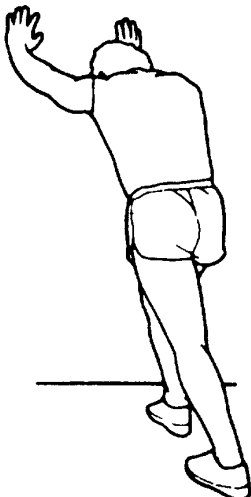
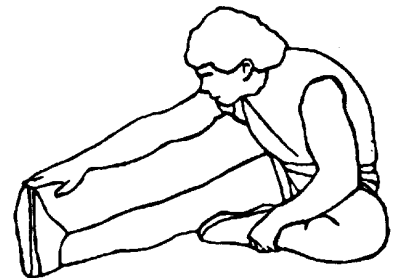


TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.