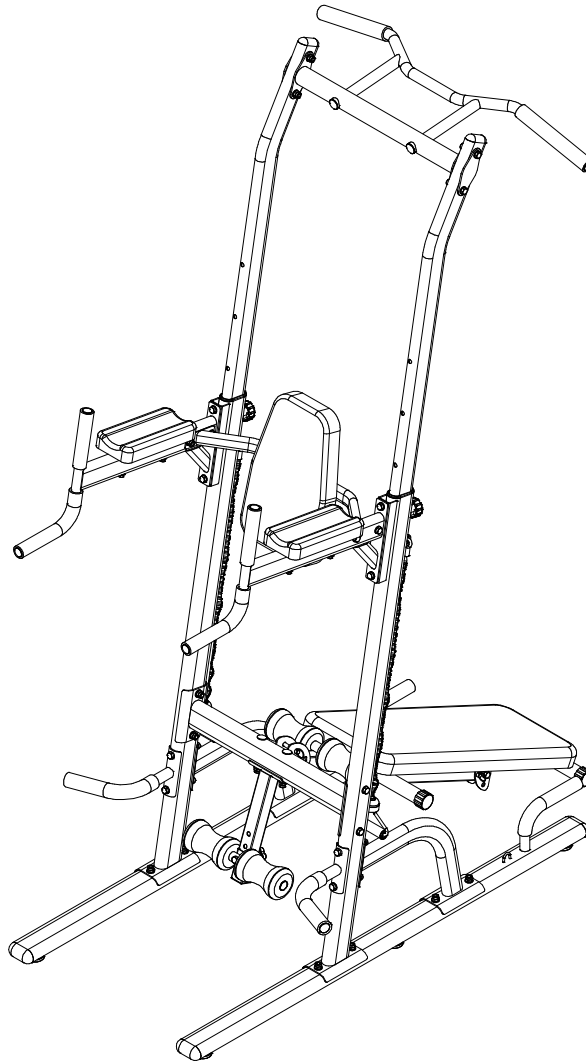


POWER TOWER

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.

2025, July

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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 the Power Tower.

1. Read all instructions carefully and follow them before using this Power Tower. Ensure that the Power Tower is properly assembled and securely fastened before use.
2. Before exercising, it is recommended to perform warm-up exercises to avoid muscle injuries.
3. Before each use, ensure that all parts are undamaged and securely fastened. Place the Power Tower on a flat, level surface during operation. It is recommended to use a mat or other protective covering on the floor.
4. Never drop or insert any object into any opening.
5. Wear appropriate clothing and shoes when using the Power Tower. Avoid wearing loose clothing that could become caught in any part of the equipment.
6. Do not attempt any maintenance or adjustments other than those described in this manual. If any problems arise, discontinue use and consult your local dealer.
7. Do not jump on the Power Tower.
8. Do not use the Power Tower outdoors.
9. Inspect and tighten all parts before each use.
10. This Power Tower is intended for household use only. It is not designed for commercial use.
11. Only one person should use the Power Tower at a time.
12. If you experience chest pain, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before resuming.
13. Exercise caution when mounting or dismounting the Power Tower.
14. Do not allow children to use or play on the Power Tower. Keep children and pets away from the equipment while it is in use. This Power Tower is designed for adult use only. A minimum clearance of two meters around the Power Tower is required for safe operation.
15. The maximum weight capacity for this product is 120 kg.

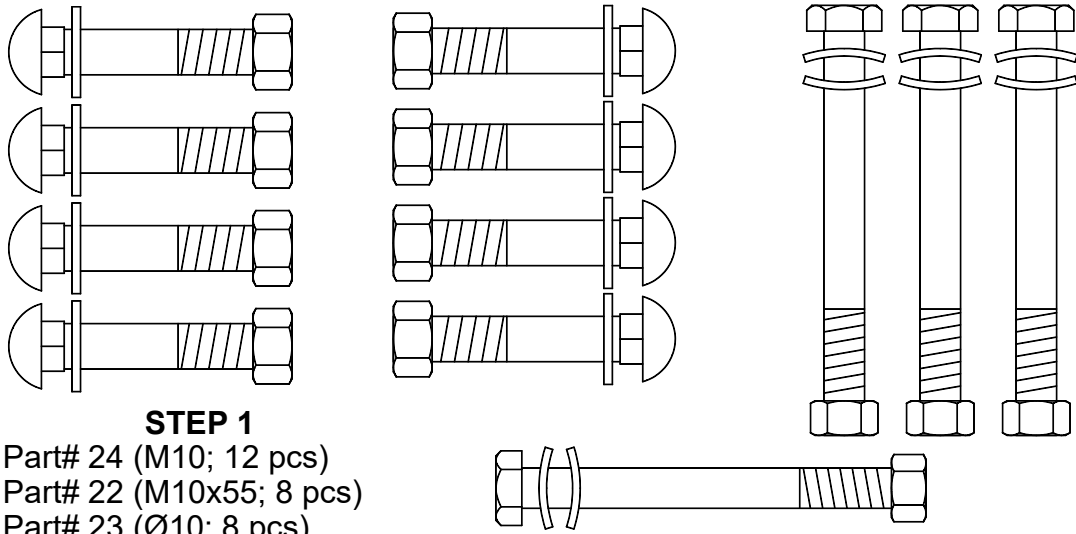
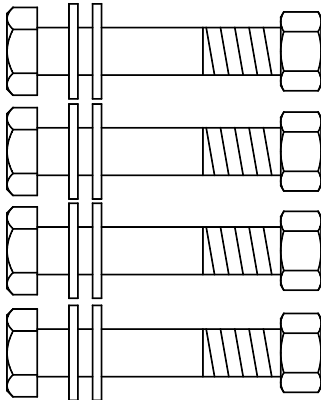
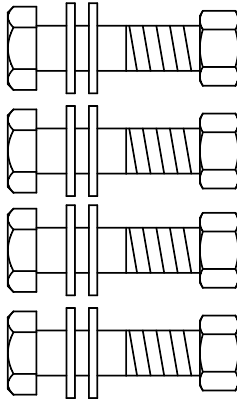
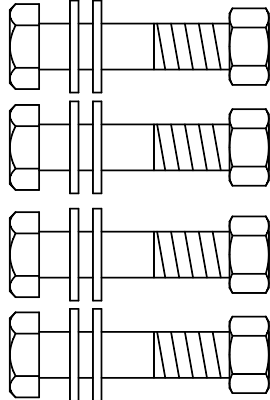



WARNING: Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

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

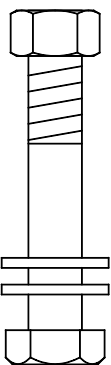
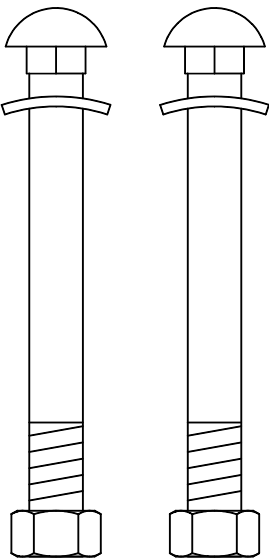
HARDWARE KIT 1

 <p>STEP 1 Part# 24 (M10; 12 pcs) Part# 22 (M10x55; 8 pcs) Part# 23 (Ø10; 8 pcs) Part# 25 (M10x100; 4 pcs) Part# 26 (Ø10; 8 pcs)</p>		
<p>STEP 2 Part# 24 (M10; 4 pcs) Part# 27 (M10x60; 4 pcs) Part# 23 (Ø10; 8 pcs)</p> 	<p>STEP 4 Part# 24 (M10; 4 pcs) Part# 31 (M10x45; 4 pcs) Part# 23 (Ø10; 8 pcs)</p> 	<p>STEP 5 Part# 24 (M10; 4 pcs) Part# 32 (M10x50; 4 pcs) Part# 23 (Ø10; 8 pcs)</p> 
<p>STEP 3 Part# 30 (M10x20; 4 pcs) Part# 23 (Ø10; 4 pcs)</p> 		<p>STEP 6 Part# 33 (Ø8; 2 pcs) Part# 29 (Ø8; 4 pcs) Part# 28 (M8x85; 4 pcs) Part# 34 (M8x15; 2 pcs)</p> 
		

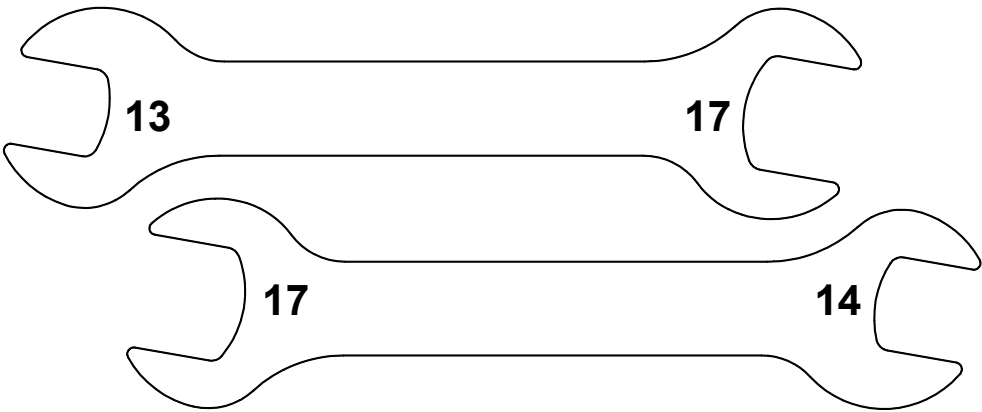
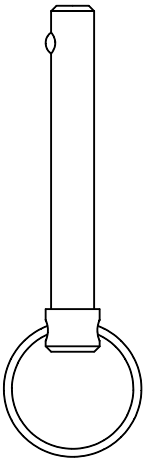
HARDWARE KIT 2

STEP 7

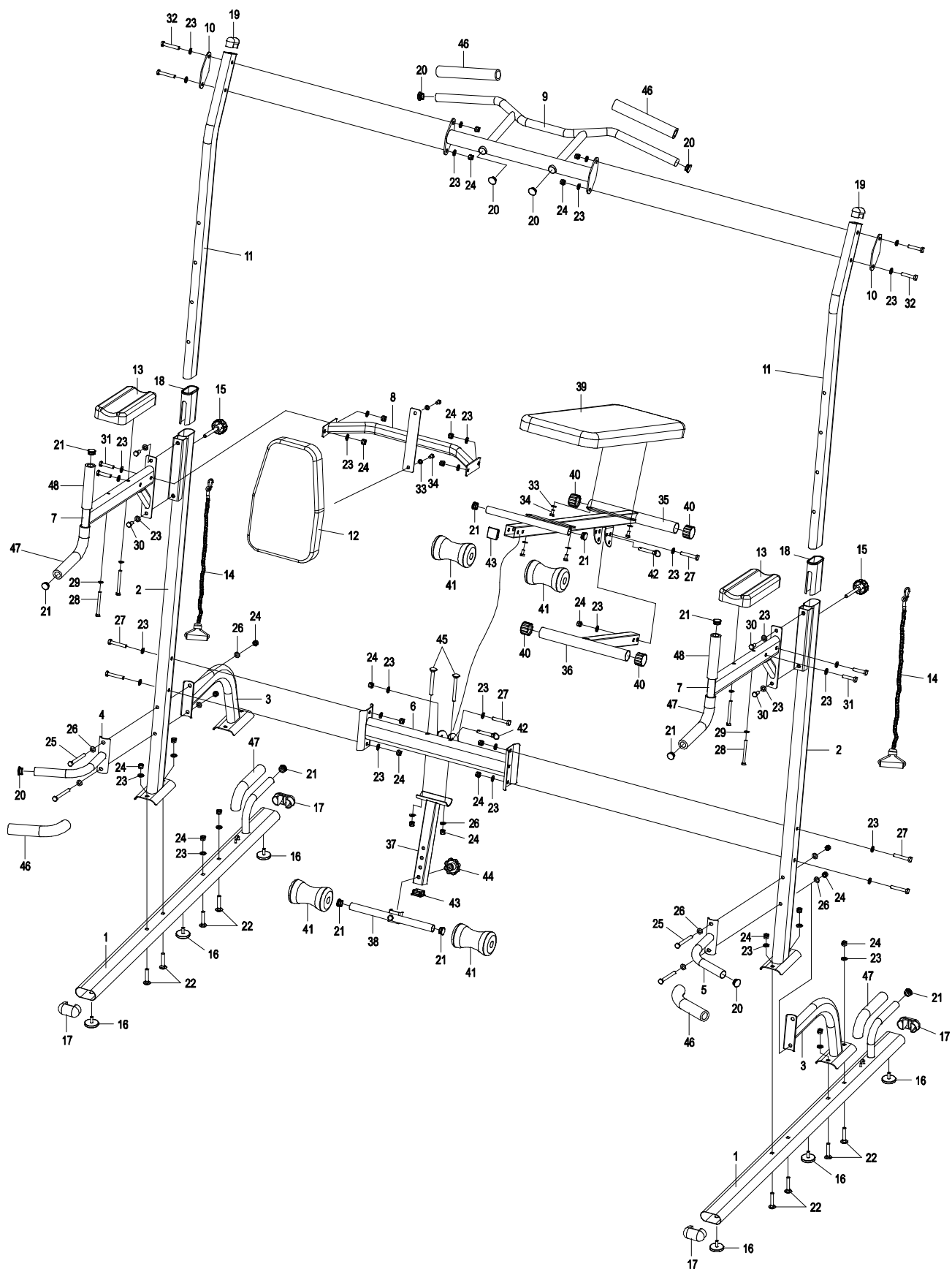
Part# 24 (M10; 3 pcs)
Part# 45 (M10x95; 2 pcs)
Part# 26 (Ø10; 2 pcs)



Part# 27 (M10x60; 1 pc) Part# 42 (1 pc)
Part# 23 (Ø10; 2 pcs)

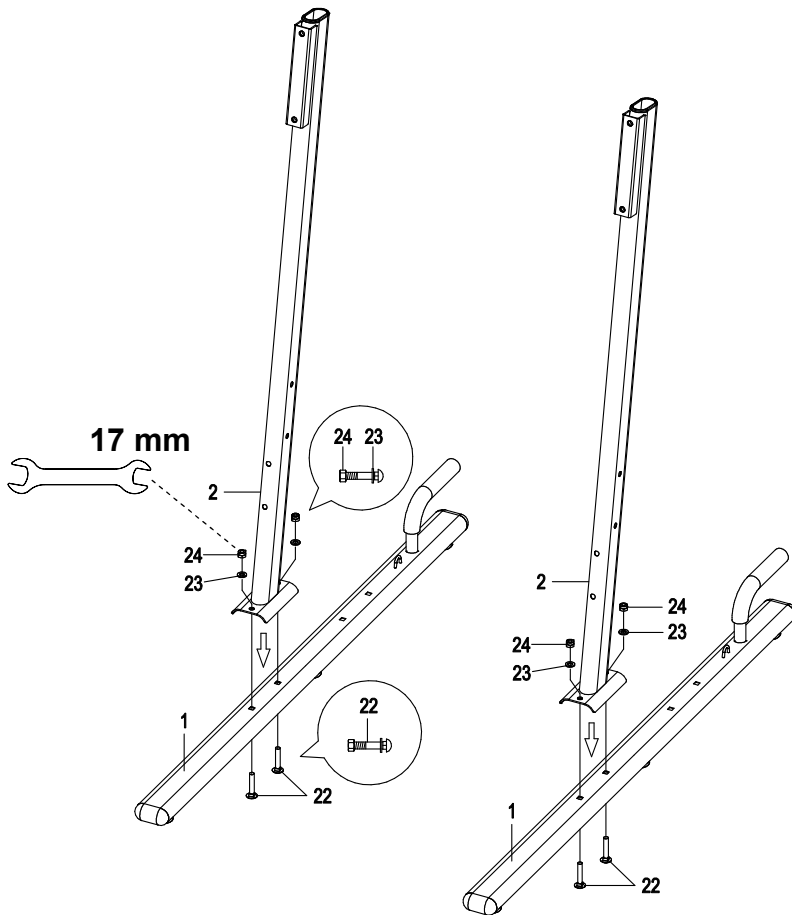


EXPLODED VIEW

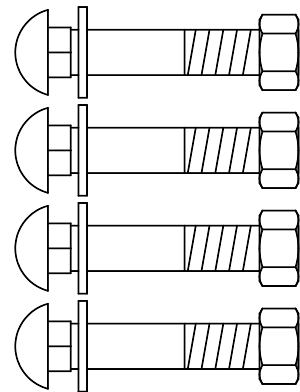


ASSEMBLY INSTRUCTIONS

NOTE: We recommend having two people available for the assembly of this Power Tower.



Hardware:



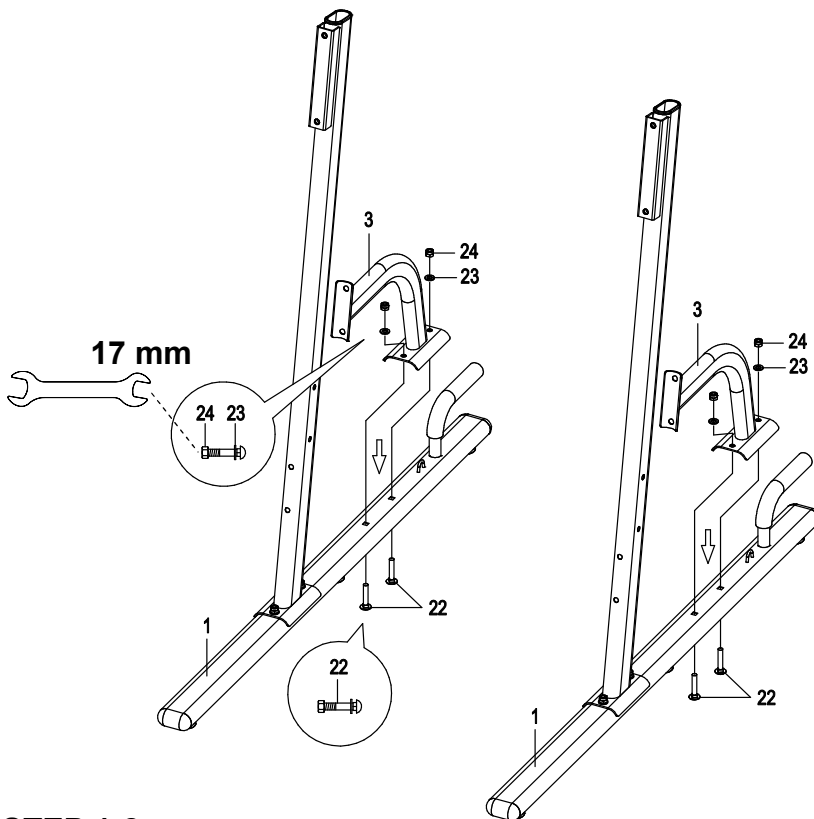
Part# 22 (M10x55; 4 pcs)

Part# 23 (Ø10; 4 pcs)

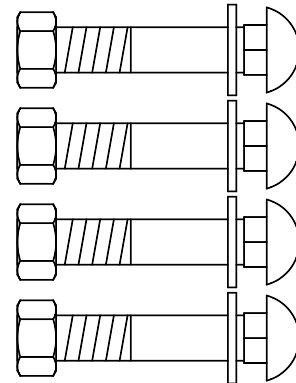
Part# 24 (M10; 4 pcs)

STEP 1-1

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



Hardware:



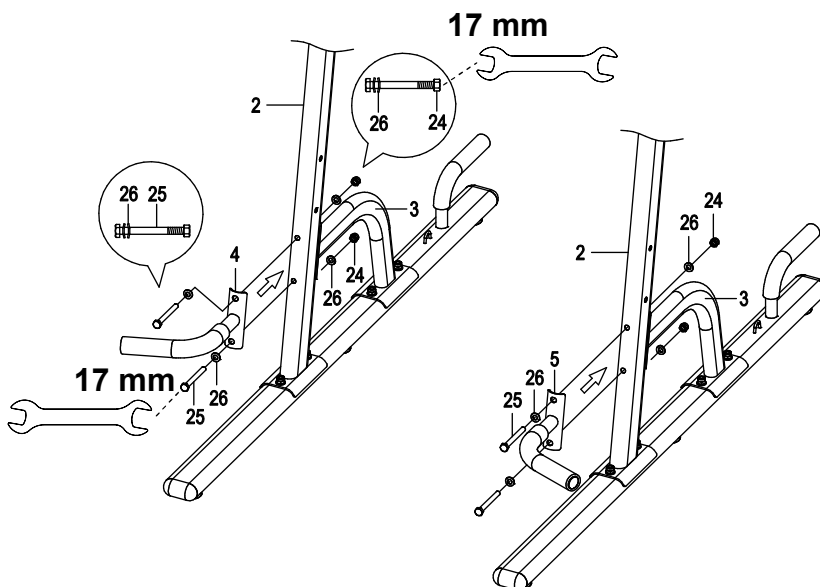
Part# 22 (M10x55; 4 pcs)

Part# 23 (Ø10; 4 pcs)

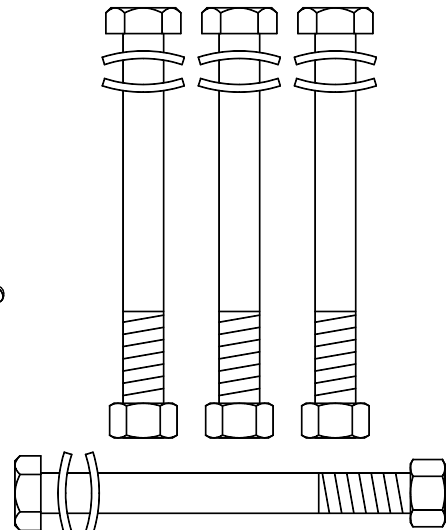
Part# 24 (M10; 4 pcs)

STEP 1-2

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



Hardware:



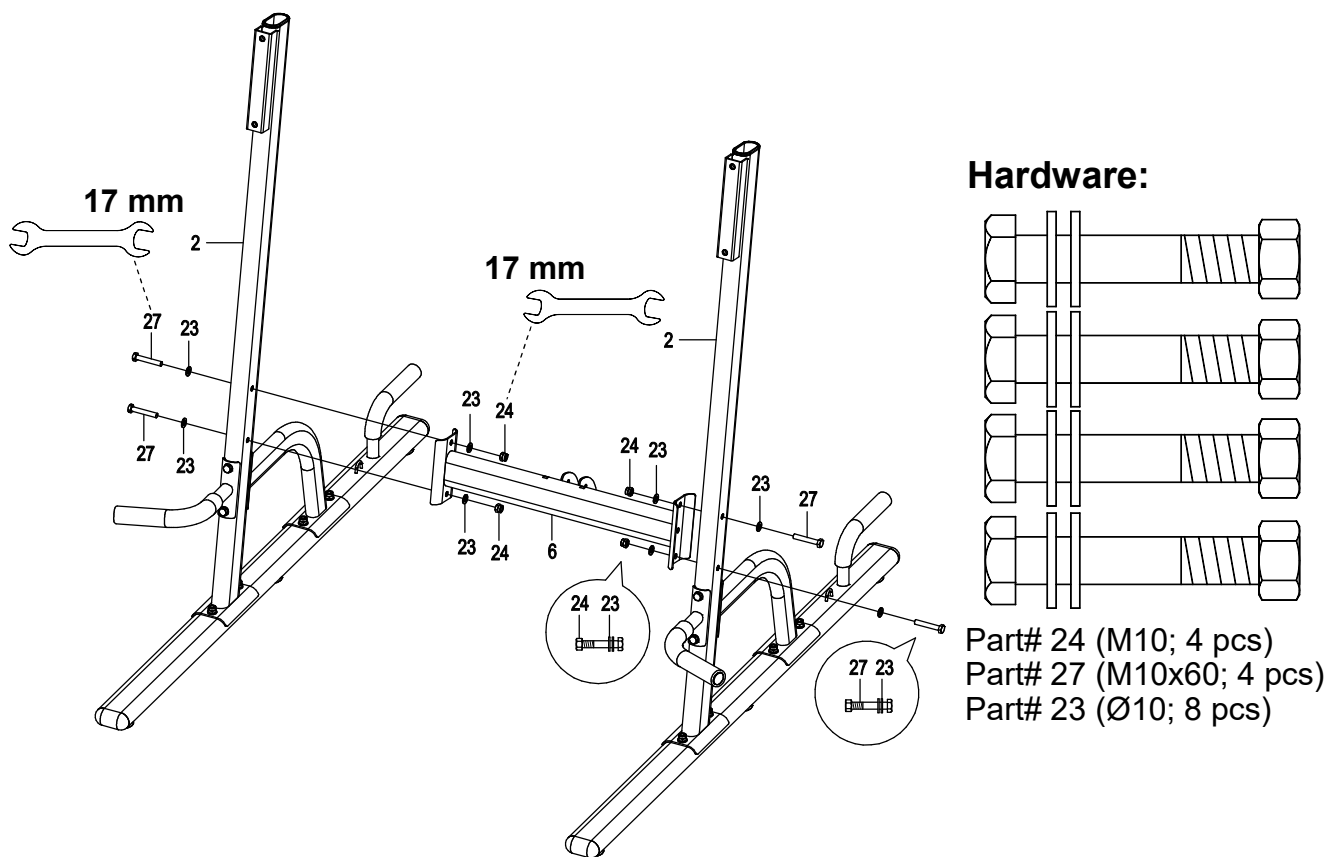
Part# 24 (M10; 4 pcs)

Part# 25 (M10x100; 4 pcs)

Part# 26 (Ø10; 8 pcs)

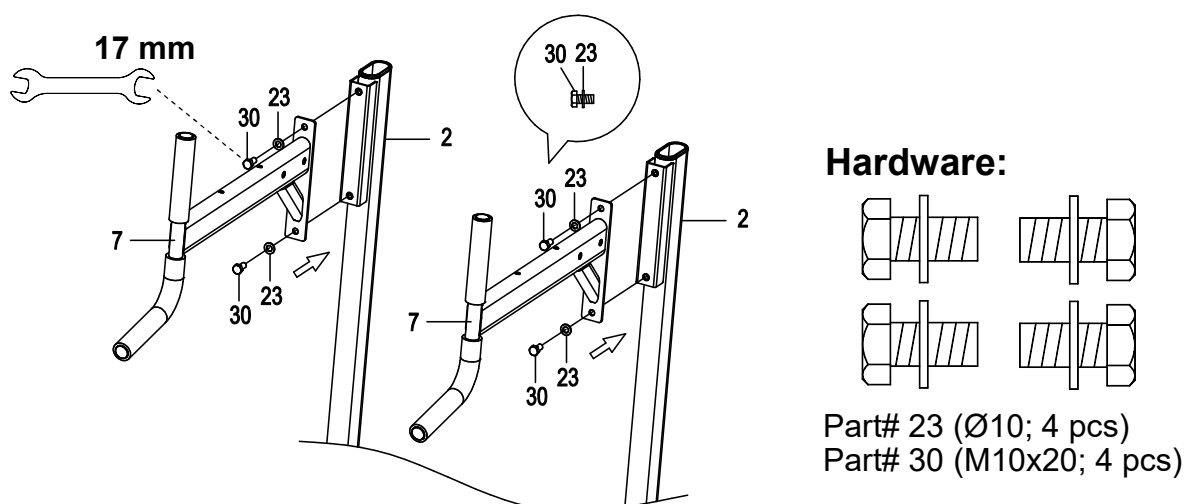
STEP 1-3

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



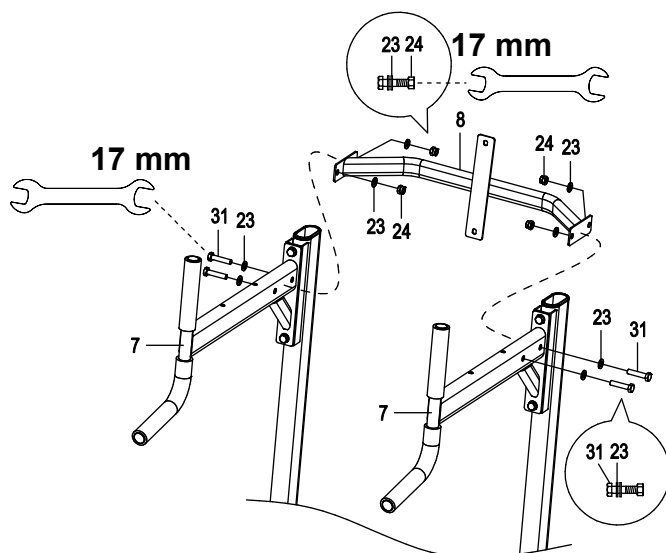
STEP 2

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

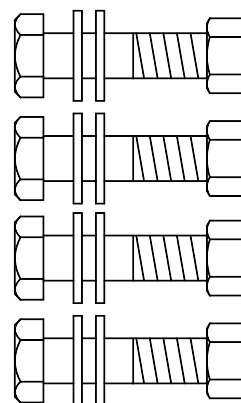


STEP 3

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



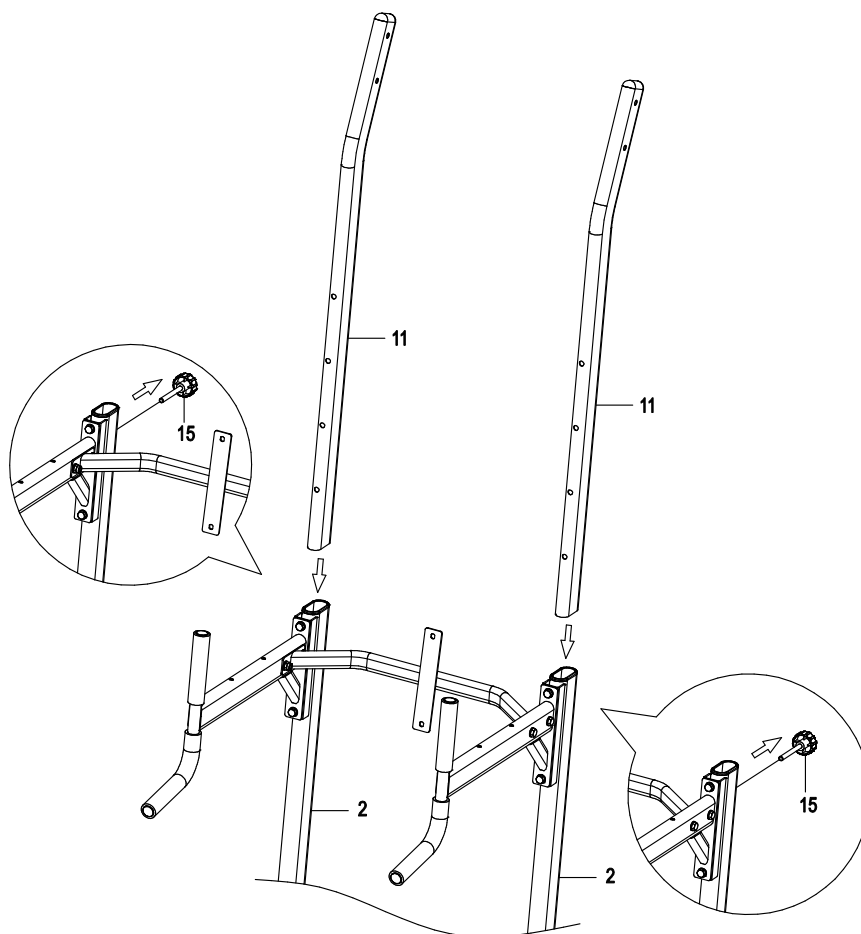
Hardware:



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

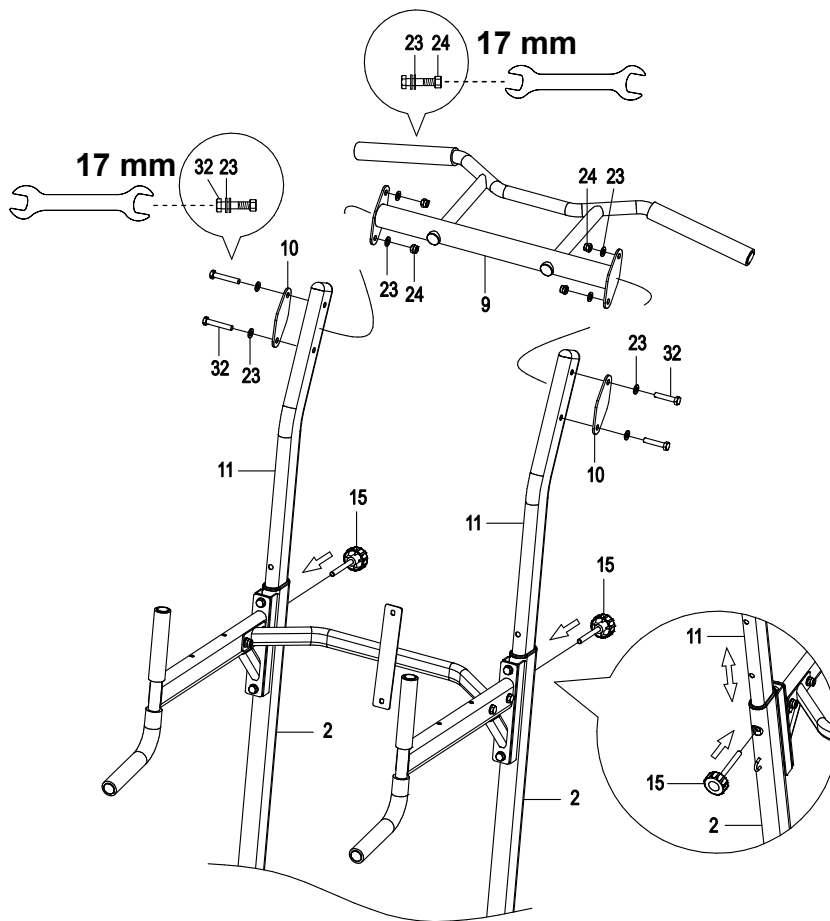
STEP 4

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

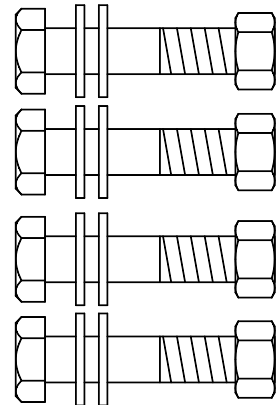


STEP 5-1

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



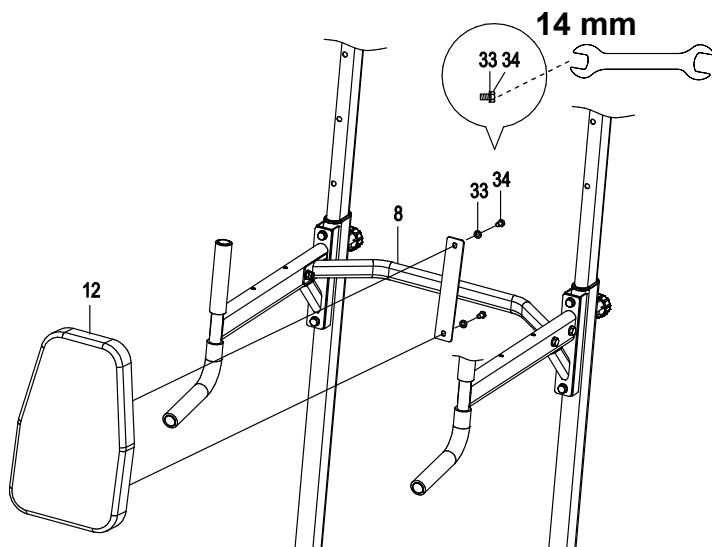
Hardware:



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

STEP 5-2

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



Hardware:

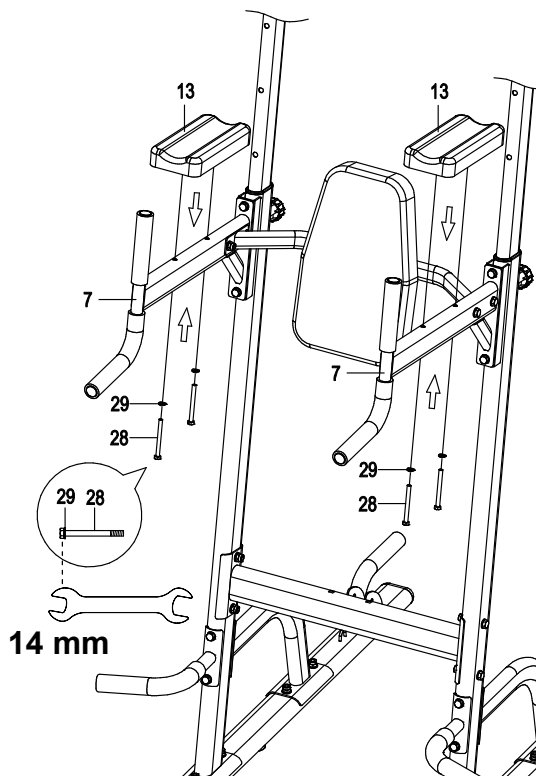


Part# 33 (Ø8; 2 pcs)

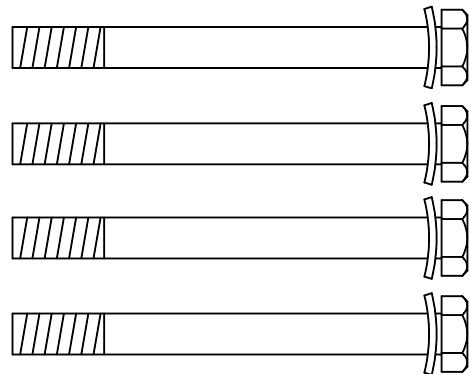
Part# 34 (M8x15; 2 pcs)

STEP 6-1

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



Hardware:

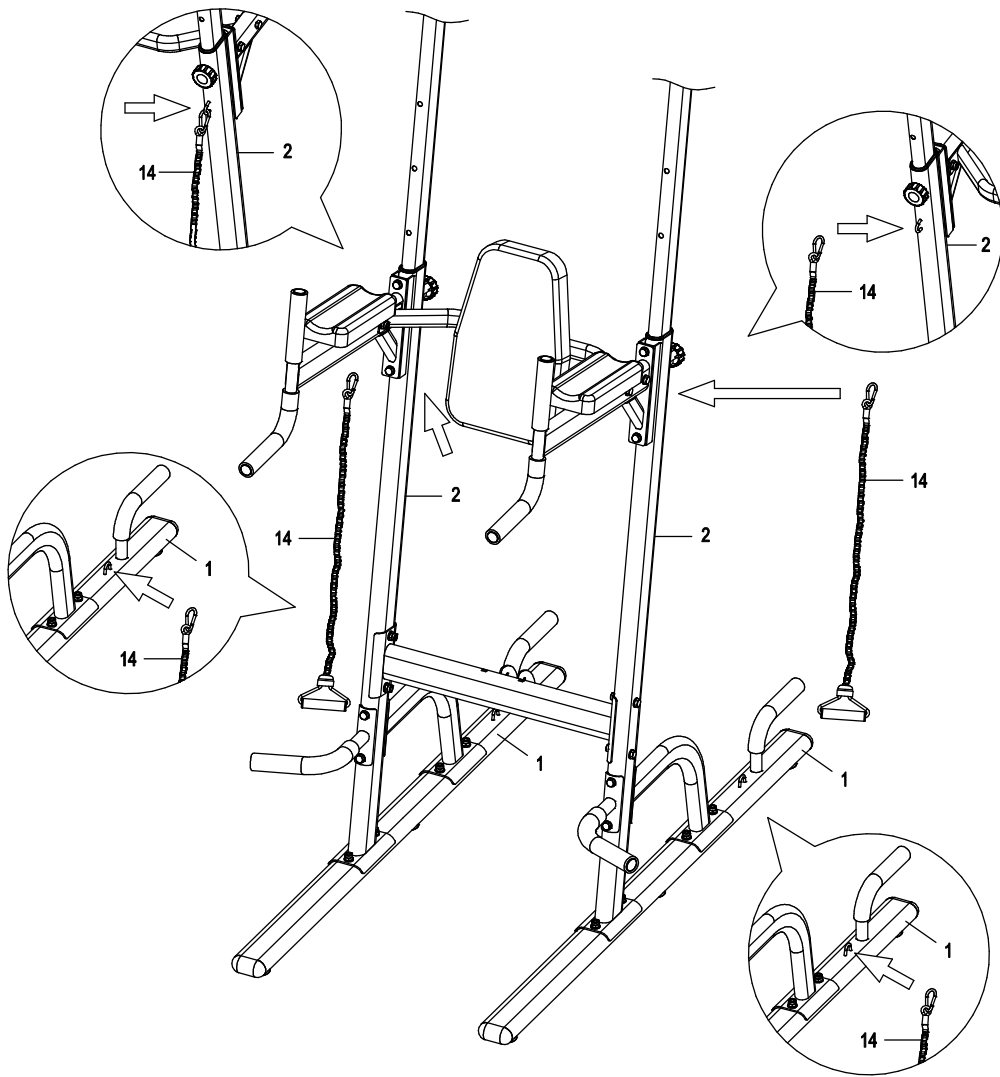


Part# 28 (M8x85; 4 pcs)

Part# 29 (Ø8; 4 pcs)

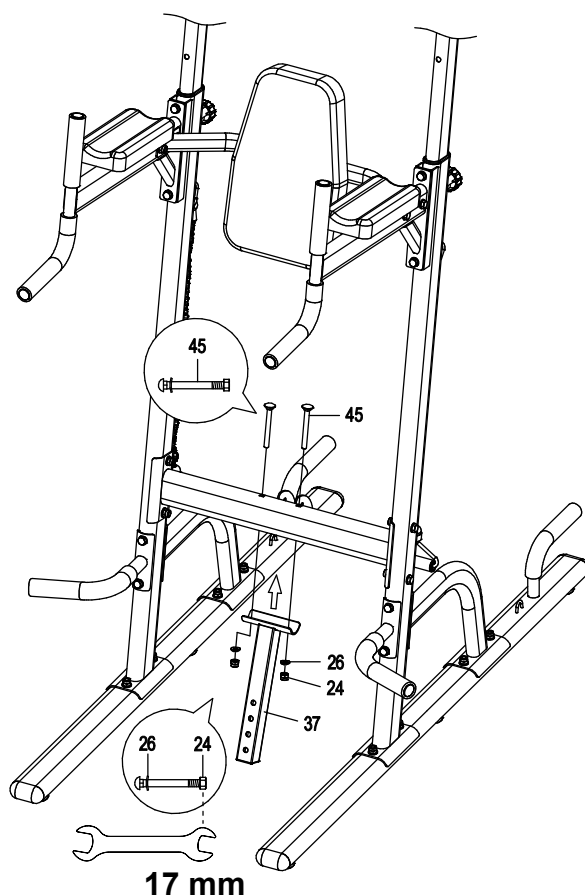
STEP 6-2

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

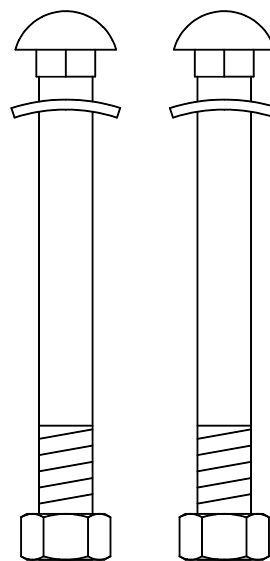


STEP 6-3

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



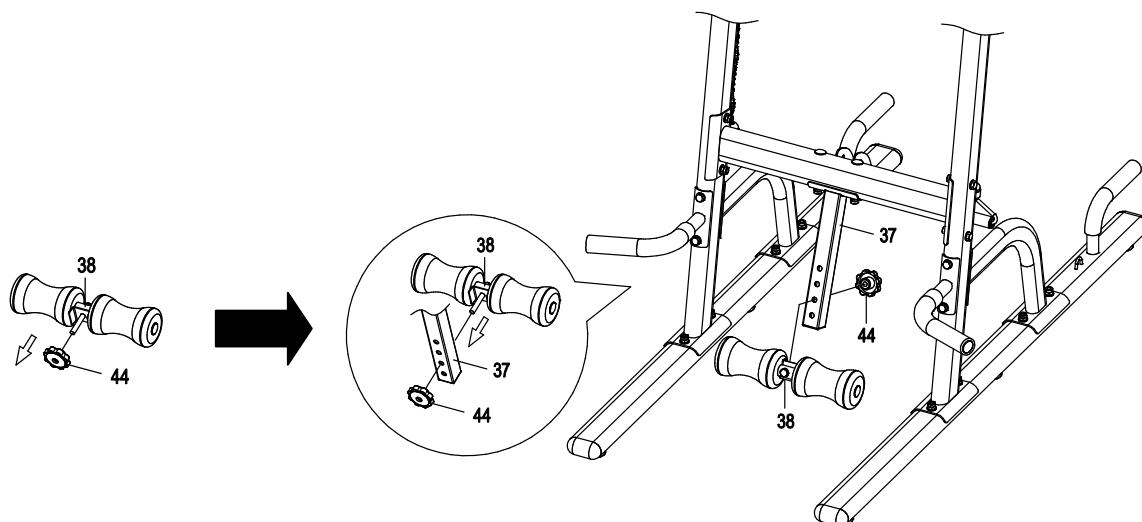
Hardware:



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

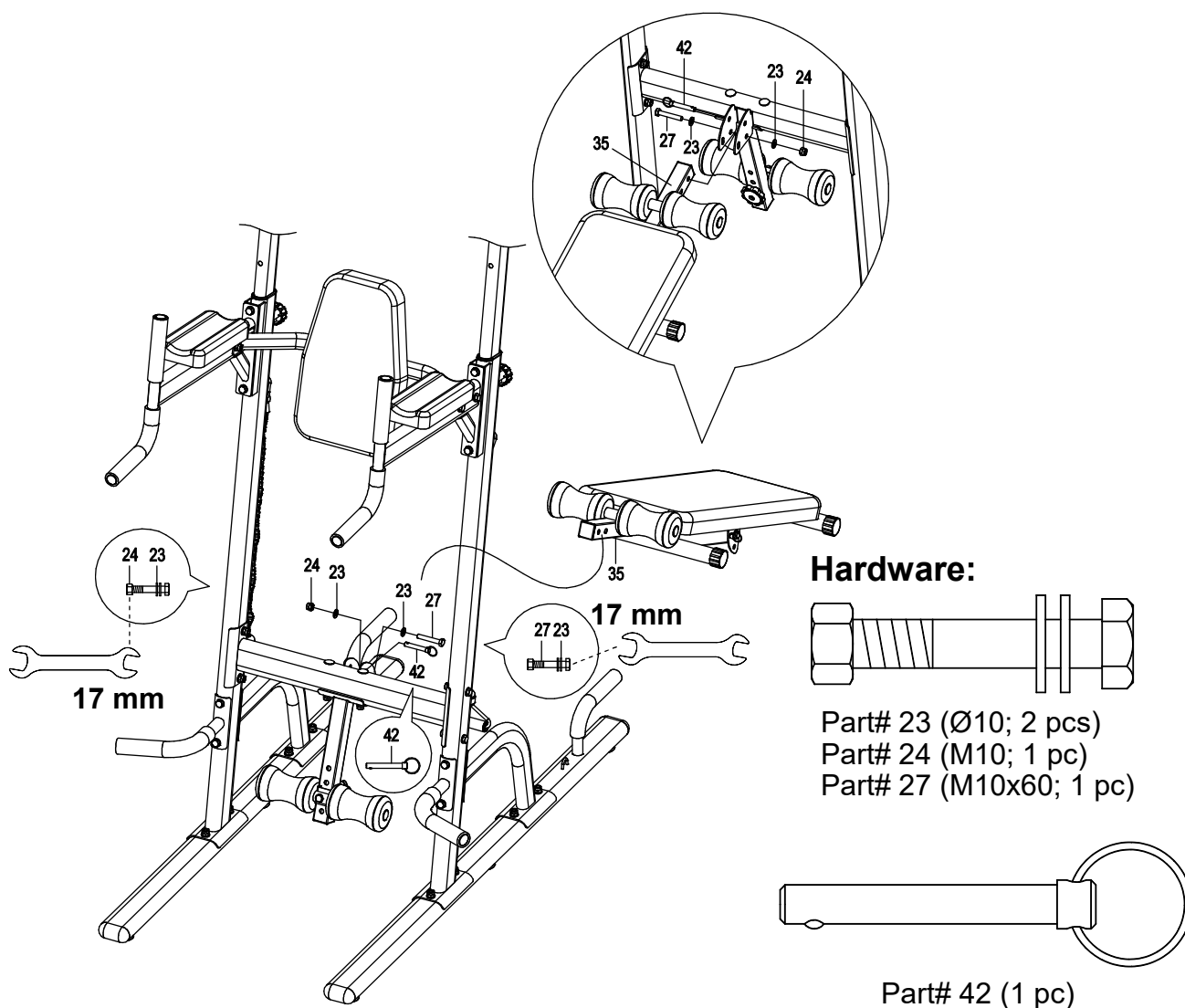
STEP 7-1

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



STEP 7-2

Remove the Knob (44) from the Foam Roller Pad Rod (38). Then install the Foam Roller Pad Rod (38) into one of the adjustment holes on the Ankle Support Tube (37), and secure it with the previously removed 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 a corresponding 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 the bolts and nylon nuts using the two provided Double Open End Wrenches. Finally, insert the Pin (42) into the aligned holes on the Bottom Cross Bar (6) and Bench Frame (35) to lock it into position.

MAINTENANCE

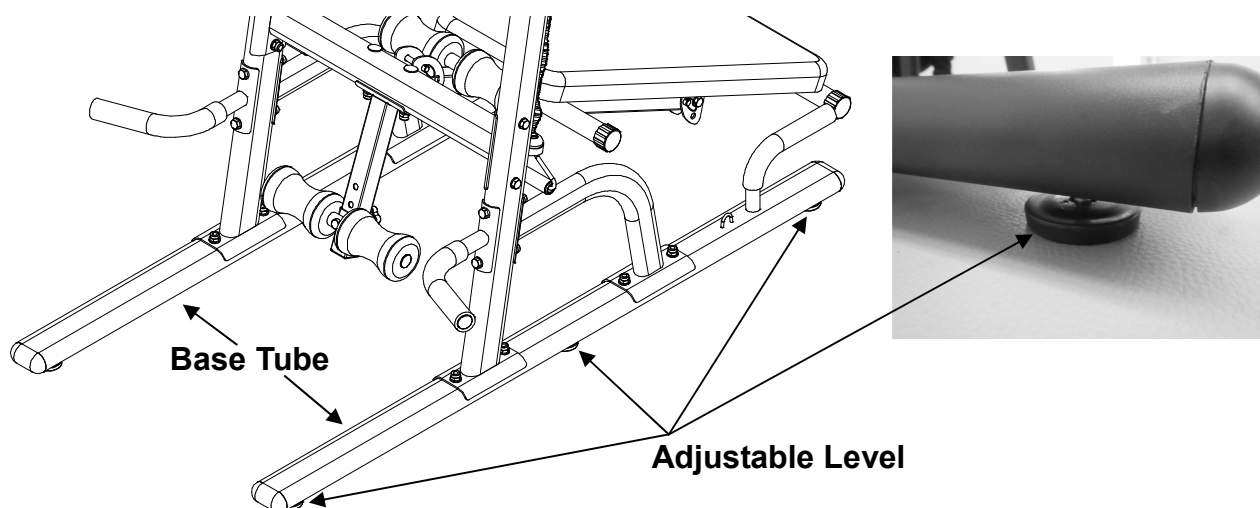
Clean the Power Tower with a soft cloth. Please wipe off any perspiration from the equipment after each use.

Inspect all assembly bolts and nylon nuts weekly to ensure they are securely tightened.

Replace any missing hardware, and tighten any loose components.

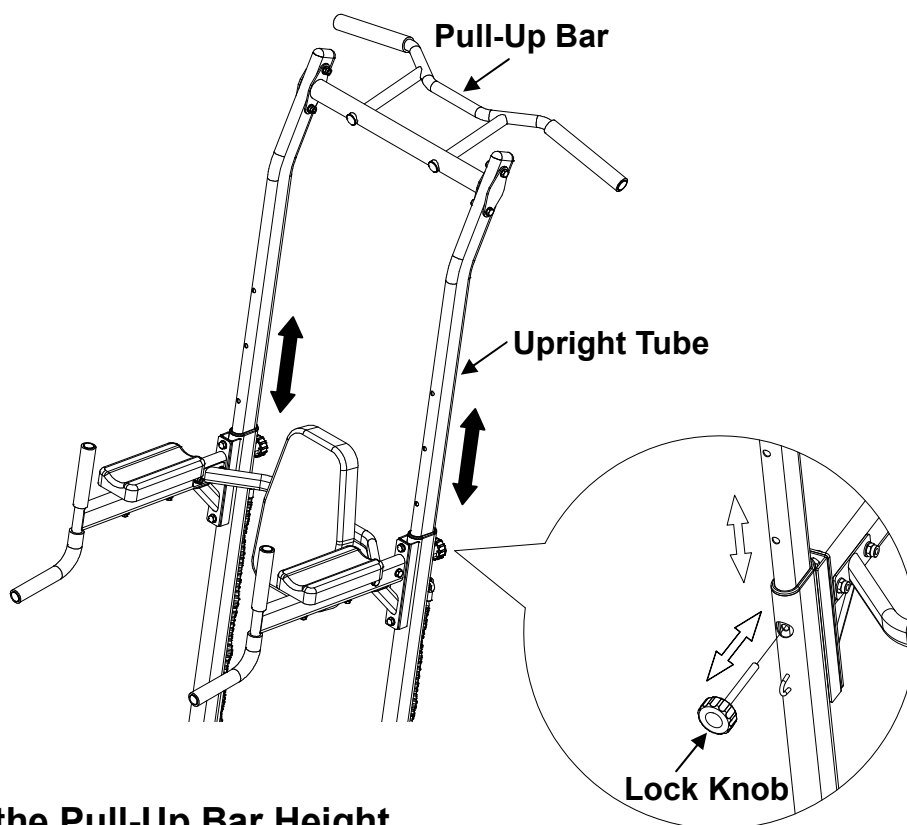
Immediately replace any worn or damaged parts.

ADJUSTMENTS



Adjusting the Adjustable Leveler

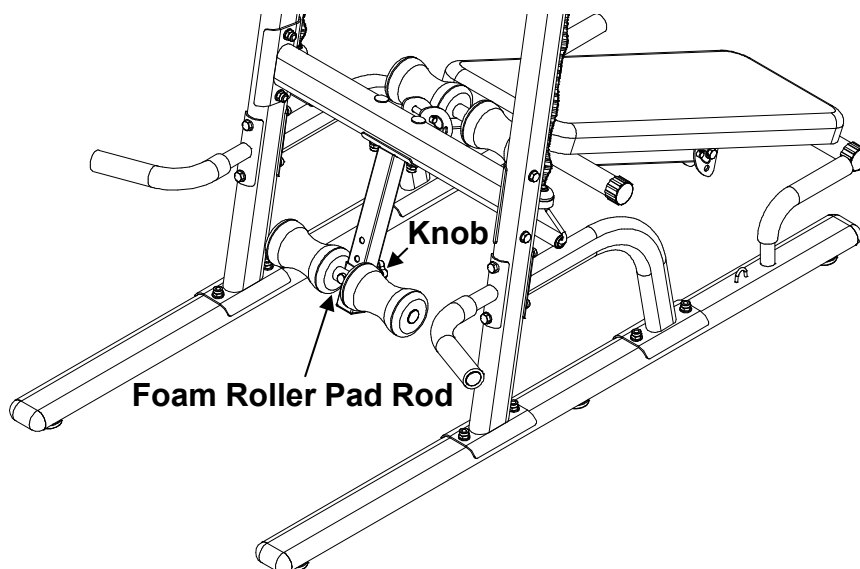
Turn the Adjustable Leveler on the Base Tubes as needed to level the Power Tower.



Adjusting the Pull-Up Bar Height

Remove both Lock Knobs by turning them counterclockwise. Slide the Upright Tubes up or down to the desired position. Reinsert and tighten the Lock Knobs by turning them clockwise.

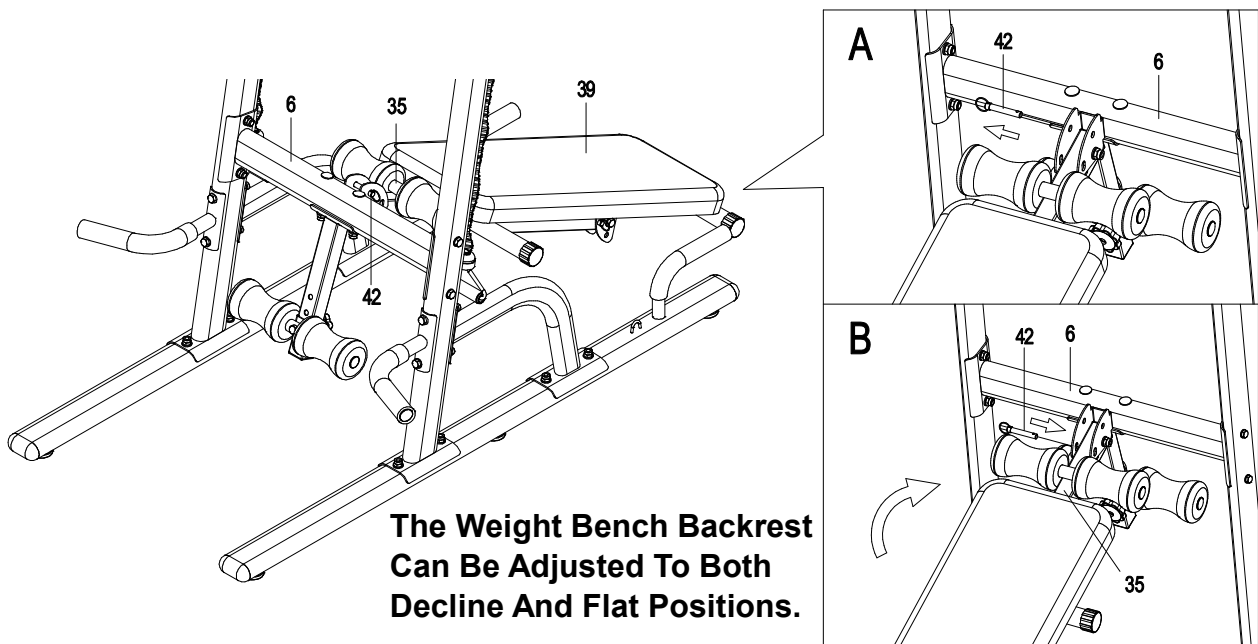
NOTE: Ensure the Lock Knobs are securely tightened before using the pull-up bar.



Adjusting the Foam Roller Pad Rod

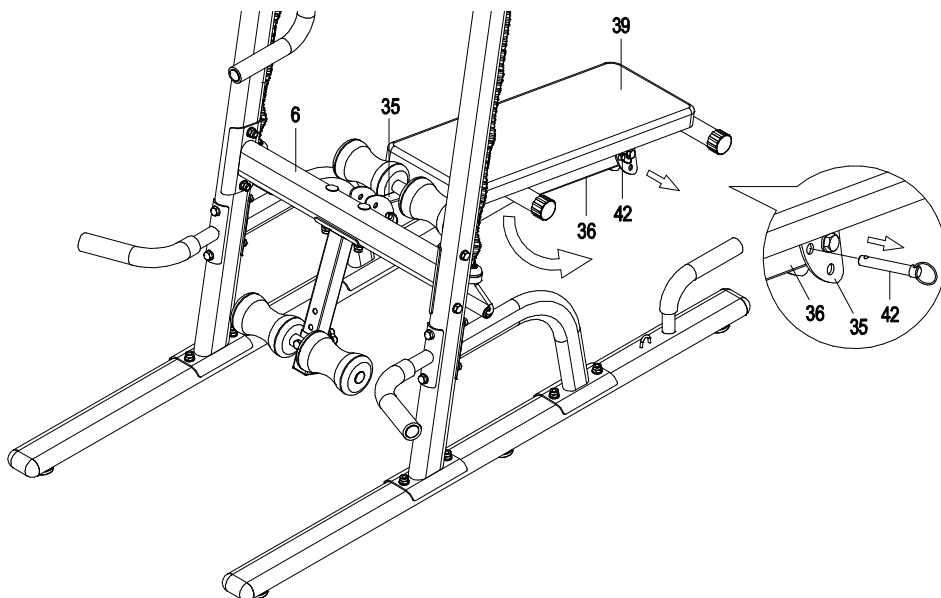
Remove the Knob and the Foam Roller Pad Rod from the Ankle Support Tube. Reinstall the Foam Roller Pad Rod into one of the adjustment holes on the Ankle Support Tube and secure it with the previously removed Knob.

The Foam Roller Pad Rod can be adjusted to four different positions.



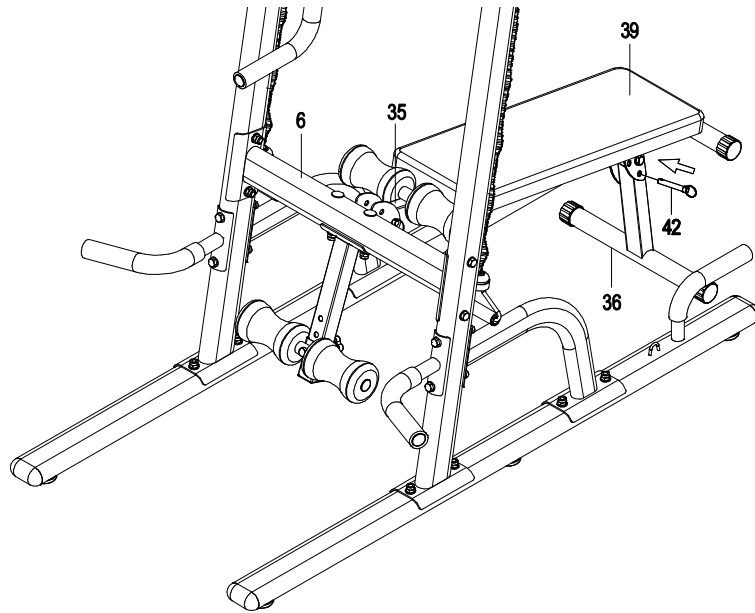
Adjusting the Weight Bench Backrest - Flat Position 1

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



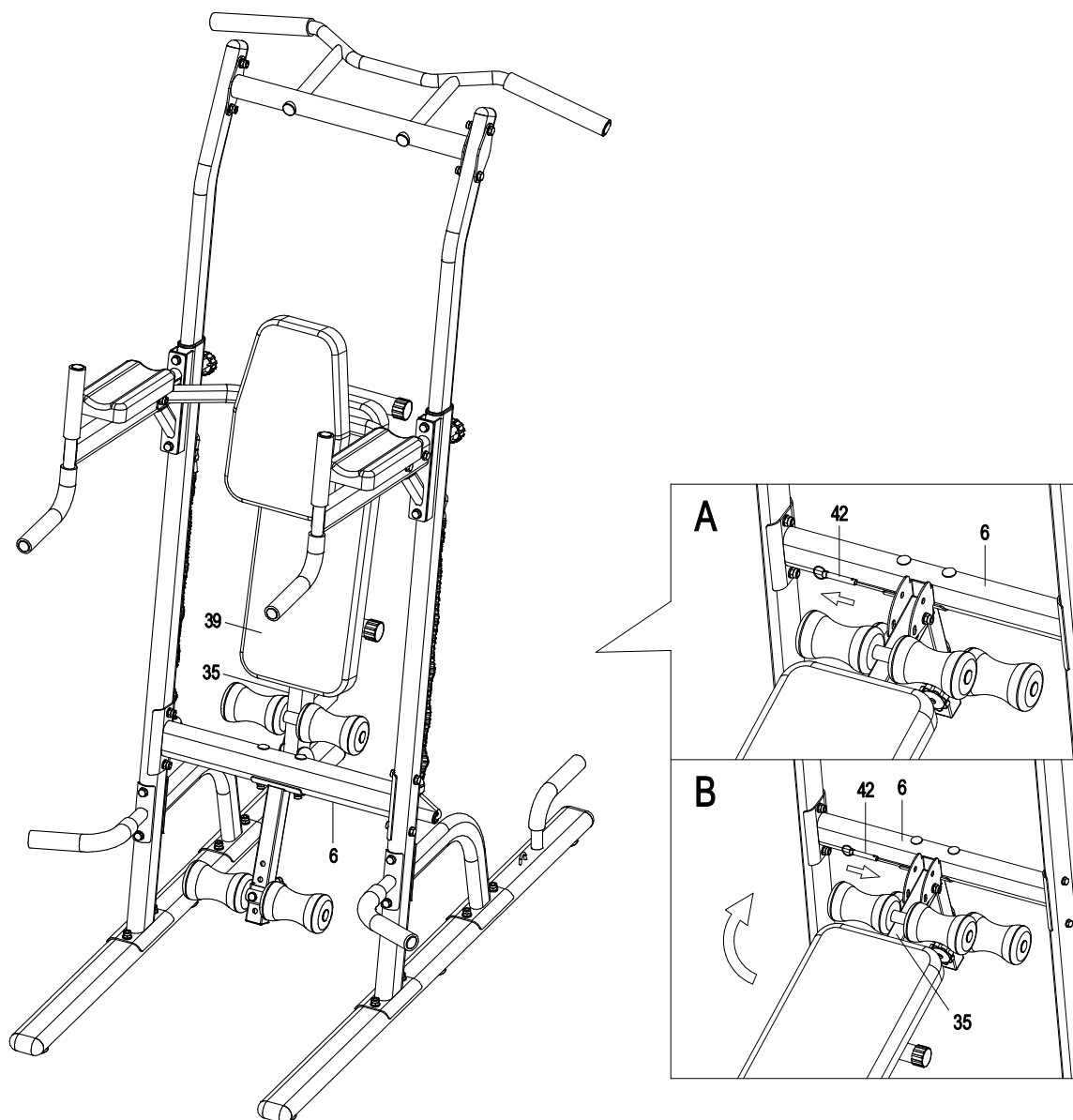
Adjusting the Weight Bench Backrest - Flat Position 2

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 - Flat Position 3

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



Folding Up the Weight Bench for Storage

- 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 it into 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).

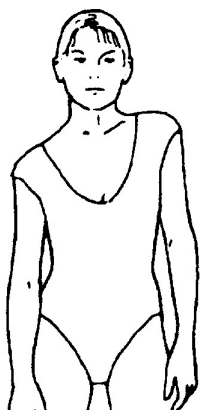
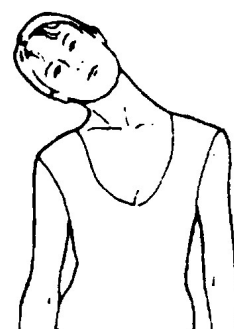
WARM UP AND COOL DOWN ROUTINE

WARMING UP is an important part of any workout. Its purpose is to prepare your body for exercise and minimize injuries. Warm up for two to five minutes before aerobic exercise. Warming up should prepare your body for more strenuous exercise by heating up muscles, stretching them, and increasing circulation and pulse rate, delivering more oxygen to your muscles.

COOLING 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 from the muscles.

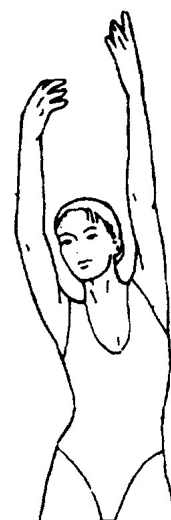
HEAD ROLLS

Rotate your head to the right, feeling a stretching sensation up the left side of your neck. Rotate your head back, stretching your chin to the ceiling and opening your mouth. Rotate your head to the left. Drop your head to your chest.



SHOULDER LIFTS

Lift your right shoulder toward your ear. Lift your left shoulder up 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. Repeat the action with your left arm.

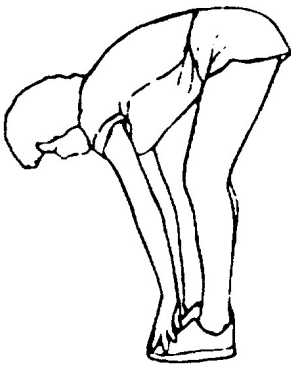


QUADRICEPS STRETCH

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. Repeat with the 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.

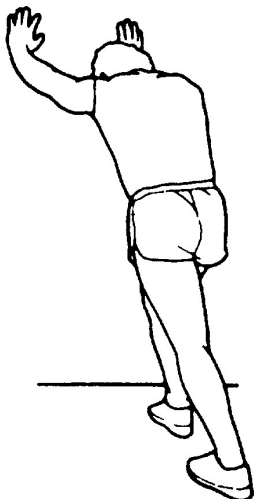
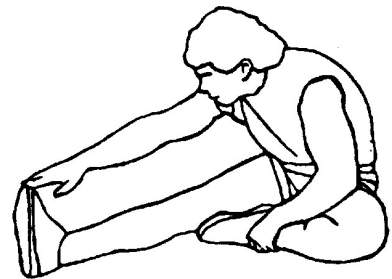


TOE TOUCHES

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.