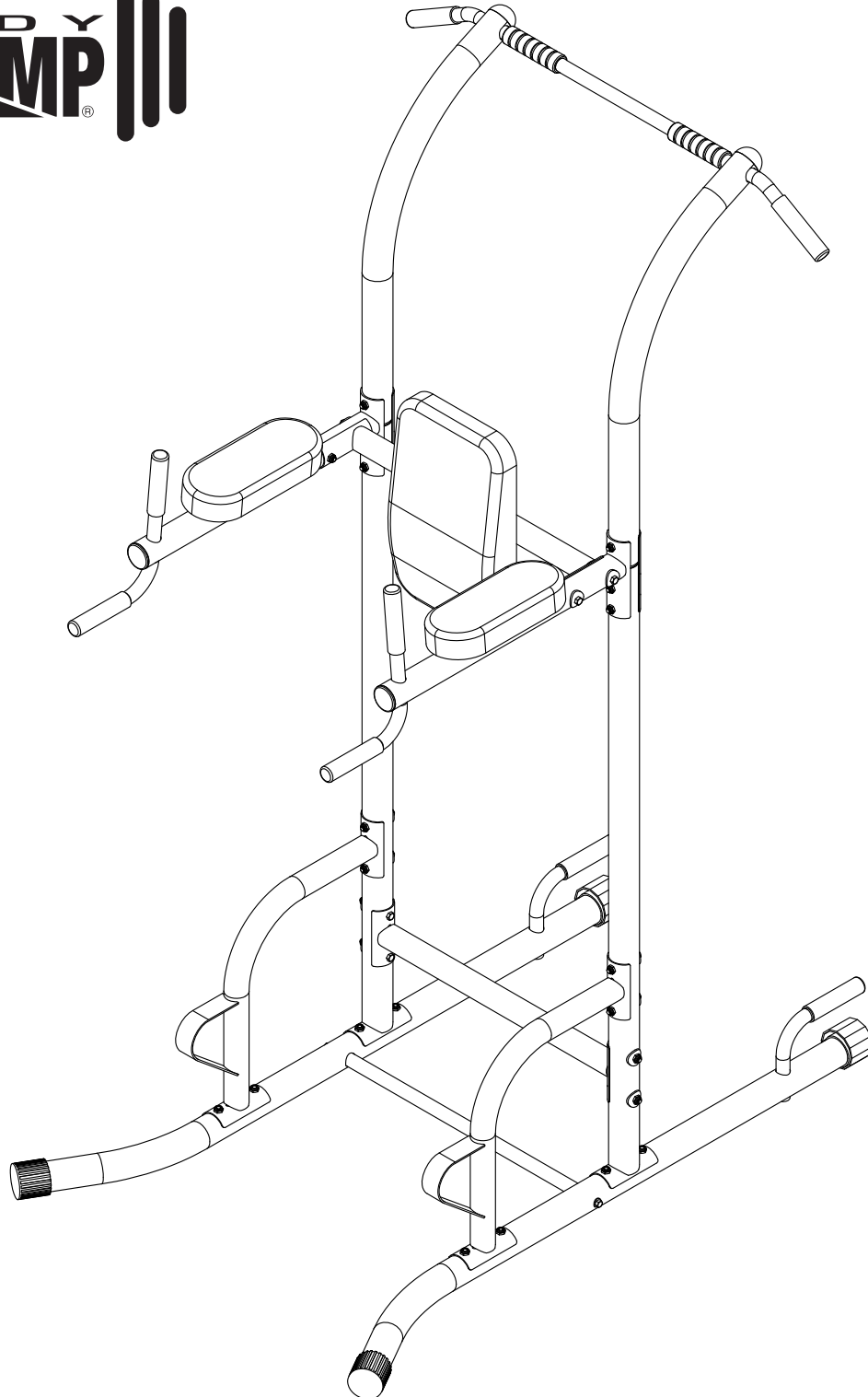


# VKR 1700A

Body Champ Power Tower



\*This item is for consumer use only and it is not meant for commercial use.

## OWNER'S MANUAL



# General Information



## Safety

Before you undertake any exercise program, please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Excessive or incorrect training may result to health injuries. Please read this manual carefully before commencing the assembly of your product or starting to exercise.

- Please keep all children away from this item when in use. Do not allow children to climb or play on them when they are not in use.
- Supervise teenagers while they use this unit.
- For your own safety, always ensure that there is at least 3 feet of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
- Any adjustment devices that could interfere with the user's movement on this unit should not be left projecting.
- Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product; contact CUSTOMER SUPPORT.
- Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping.
- Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught in moving parts during exercise.
- Do not use this unit if it is not functioning properly or if it is not fully assembled.
- Do not use this unit for commercial purposes. This unit is for home use only.
- Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment.
- It is the facility owner's responsibility to properly instruct users on the proper operation of the equipment and to warn them of the potential hazards.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.

## Assembling Tools

- Ruler with both metric and English measurements
- 2 x Adjustable Wrenches
- 1 x Philips ("Crosshead") Screw Driver

## Weight Limit

Your product is suitable for users weighing: 250 pounds or less.

## Storage and Use

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems.

## Warranty

Body Flex Sports warrants your product for a period of 1 year for the frame and 90 days on all parts if the item is used for the intended purpose, properly maintained and not used commercially. Any alterations or incorrect assembly of the product will void this warranty.

Proof of purchase must be presented for any warranty validation (no exceptions). This warranty applies to the original purchaser only and is not transferable.

This warranty does not cover abuse or defects caused during use, storage or assembly.

During the warranty period, Body Flex Sports reserves the right to:

- provide replacement parts to the purchaser in an effort to repair the item.
- repair the product returned to our warehouse (at the purchaser's cost).
- replace the product if neither of the two previously mentioned actions effect repair.

This warranty does not cover normal wear and tear on upholstery.



## Questions

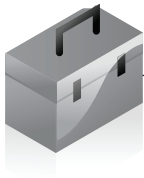
If you have any questions concerning the assembly of your item or if any parts are missing, please **DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER**. Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you replacement parts.



## Customer Support

Customer Support is open 9:00 a.m. to 5:00 p.m. (Pacific Time) Monday through Friday. Please contact us by any of the following means.

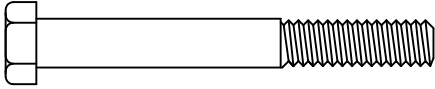
Hupa International Inc.  
21717 Ferrero Parkway, Walnut, CA 91789  
Telephone: (888) 266 - 6789  
Fax: (909) 598 - 6707  
Email: [info@bodyflexsports.com](mailto:info@bodyflexsports.com)



# Hardware List

The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items. Please note some of this hardware is already pre-assembled on the machine. Do not be alarmed if you see parts on this page that are not included in your hardware packet

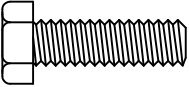
## BOLT



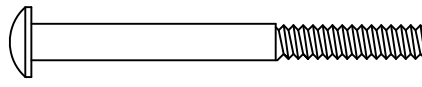
#18. Hex Bolt (M8x65 mm) [4 Pieces]



#19. Hex Bolt (M8x35 mm) [2 Pieces]



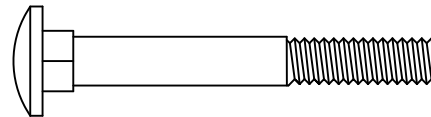
#20. Hex Bolt (M8x25 mm) [2 Pieces]



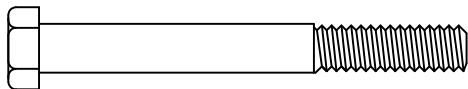
#21. Screw (M6x65 mm) [4 Pieces]



#22. Screw (M6x20 mm) [2 Pieces]



#40. Carriage Bolt (M8x65 mm) [8 Pieces]



#41. Hex Bolt (M8x70 mm) [14 Pieces]

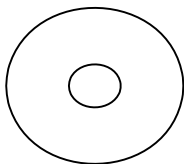
## Washer



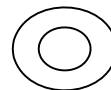
#24. Washer (M6) [2 Pieces]



#36. Curved Washer (M6) [4 Pieces]



#37. Large Curved Washer (M8) [12 Pieces]

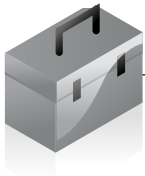


#38. Curved Washer (M8) [4 Pieces]

## Nut



#25. Nylon Nut (M8) [24 Pieces]



# Parts Listing

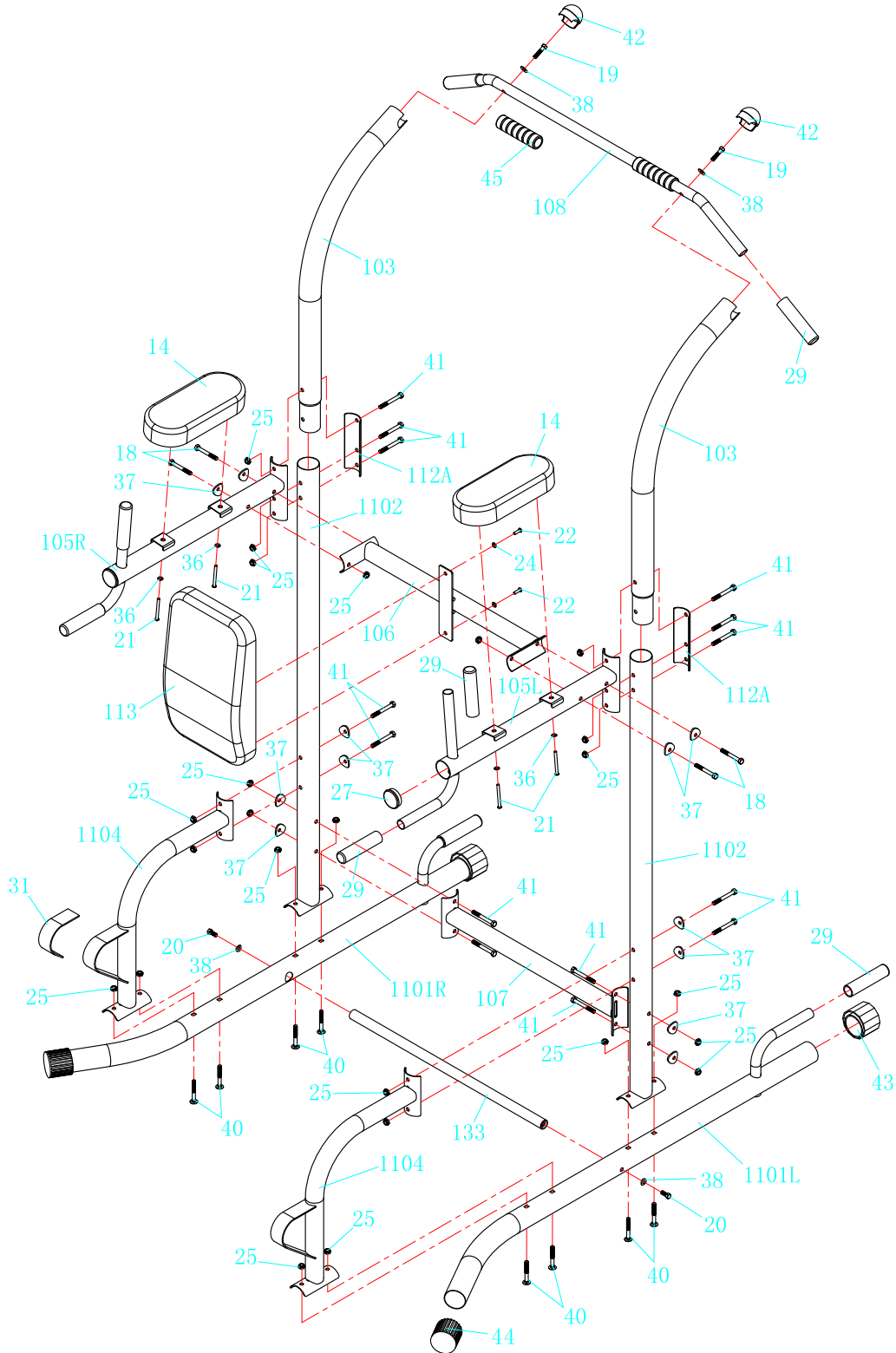
The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

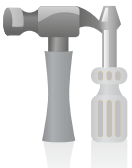
#	Description
1101L	Left Stabilizer
1101R	Right Stabilizer
1102	Upright Base
103	Upright
1104	Support
105L	Left Dip Arm
105R	Right Dip Arm
106	Top Crossbar
107	Bottom Crossbar
108	Pull-Up Bar
112A	Support Plate C
113	Backrest
14	Arm Pad
18	Hex Bolt (M8x65 mm)
19	Hex Bolt (M8x35 mm)
20	Hex Bolt (M8x25 mm)
21	Screw (M6x65 mm)
22	Screw (M6x20 mm)
24	Washer (M6)
25	Nylon Nut (M8)
27	End Cap (φ50 mm)
29	Handgrip
31	Friction Cloth
133	Support Crossbar
36	Curved Washer (M6)
37	Large Curved Washer (M8)
38	Curved Washer (M8)
40	Carriage Bolt (M8x65 mm)
41	Hex Bolt (M8x70 mm)
42	End Cap (φ55 mm)
43	Rear End Cap Stabilizer
44	Front End Cap Stabilizer
45	Foam



# Exploded Diagram

The following diagram is provided to help you familiarize yourself with the parts and hardware that will be used during the assembly process. Please note that not all of the parts and hardware you see here will be used while you are assembling the machine because some of these items are already pre-installed. Please continue to the next page to begin the assembly process and use this page only as a reference guide for parts and hardware.





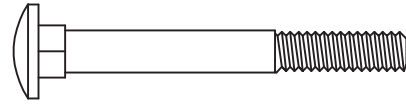
# Assembly Instructions

## Assembly Step 1

With the help of an assistant, attach one **Upright Base (#1102)** to the **Left Stabilizer (#1101L)** as shown and secure with two **Carriage Bolts (#40)** and two **Nylon Nuts (#25)**. Repeat this process on the opposite side with the **Right Stabilizer (#1101R)**.

## Hardware Required

### BOLT

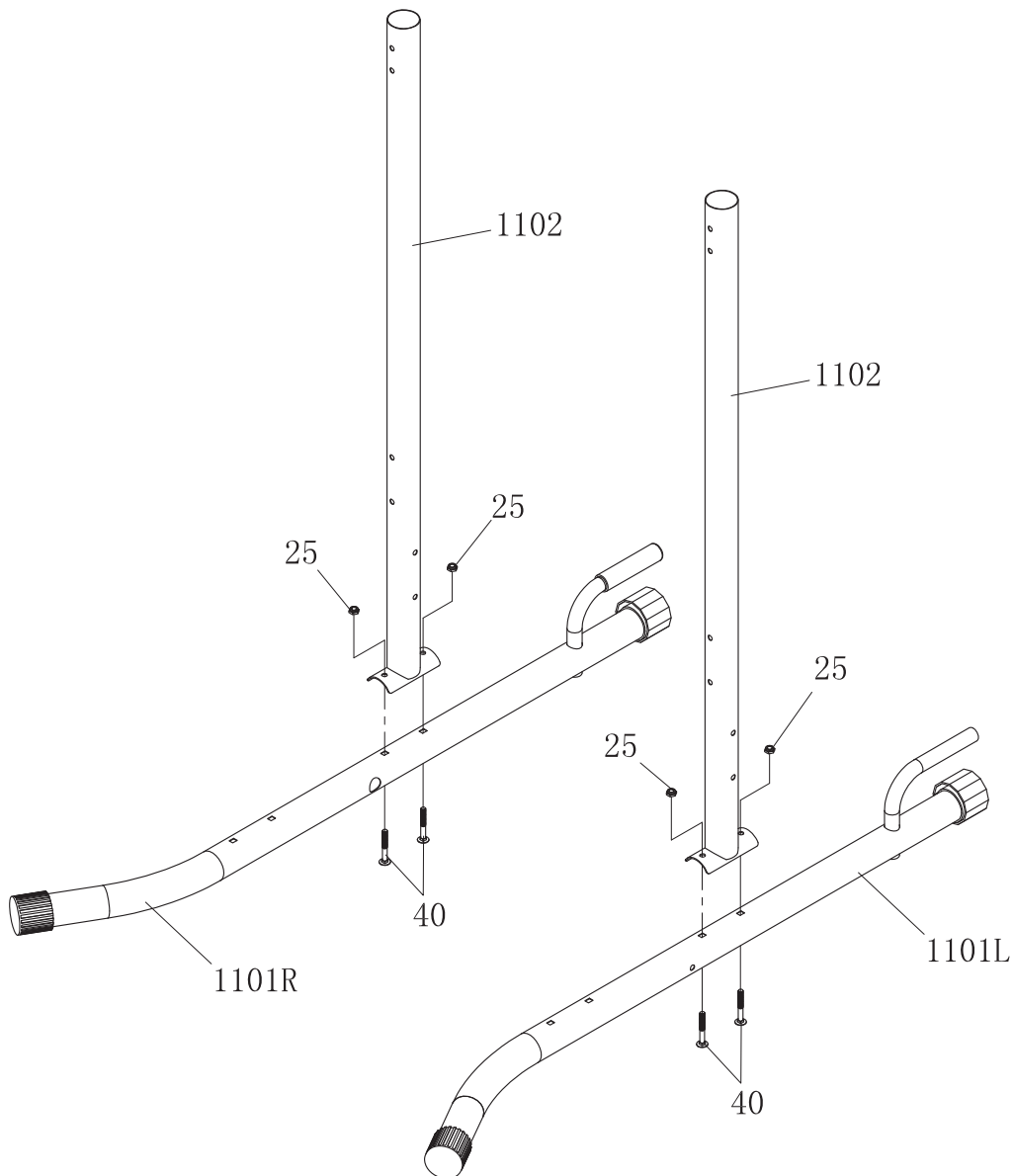


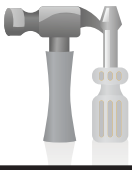
#40 Carriage Bolt (M8x65 mm) [4 pieces]

### Nut



#25 Nylon Nut (M8) [4 pieces]





# Assembly Instructions

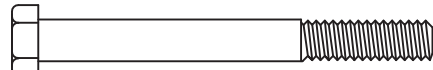
## Assembly Step 2

Insert the **Support Crossbar (#133)** in the hole located on the inside of **Left Stabilizer (#1101L)** and secure with one **Curved Washer (#38)** and one **Hex Bolt (#20)**.

*(Please note: The exploded diagram below shows right side correctly assembled for reference.)*

Attach the **Bottom Crossbar (#107)** to the Left **Upright Base (#1102)** by inserting two **Hex Bolts (#41)** through the **Bottom Crossbar (#107)** and then into the **Upright Base (#1102)**. Then secure it with two **Large Curved Washers (#37)** and two **Nylon Nuts (#25)**.

Repeat this process on the opposite side using the **Right Stabilizer (#1101R)**.

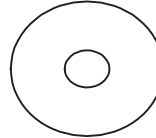


#41 Hex Bolt (M8x70 mm) [4 pieces]

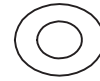


#20 Hex Bolt (M8x25 mm) [2 pieces]

### Washer



#37 Large Curved Washer (M8)  
[4 pieces]

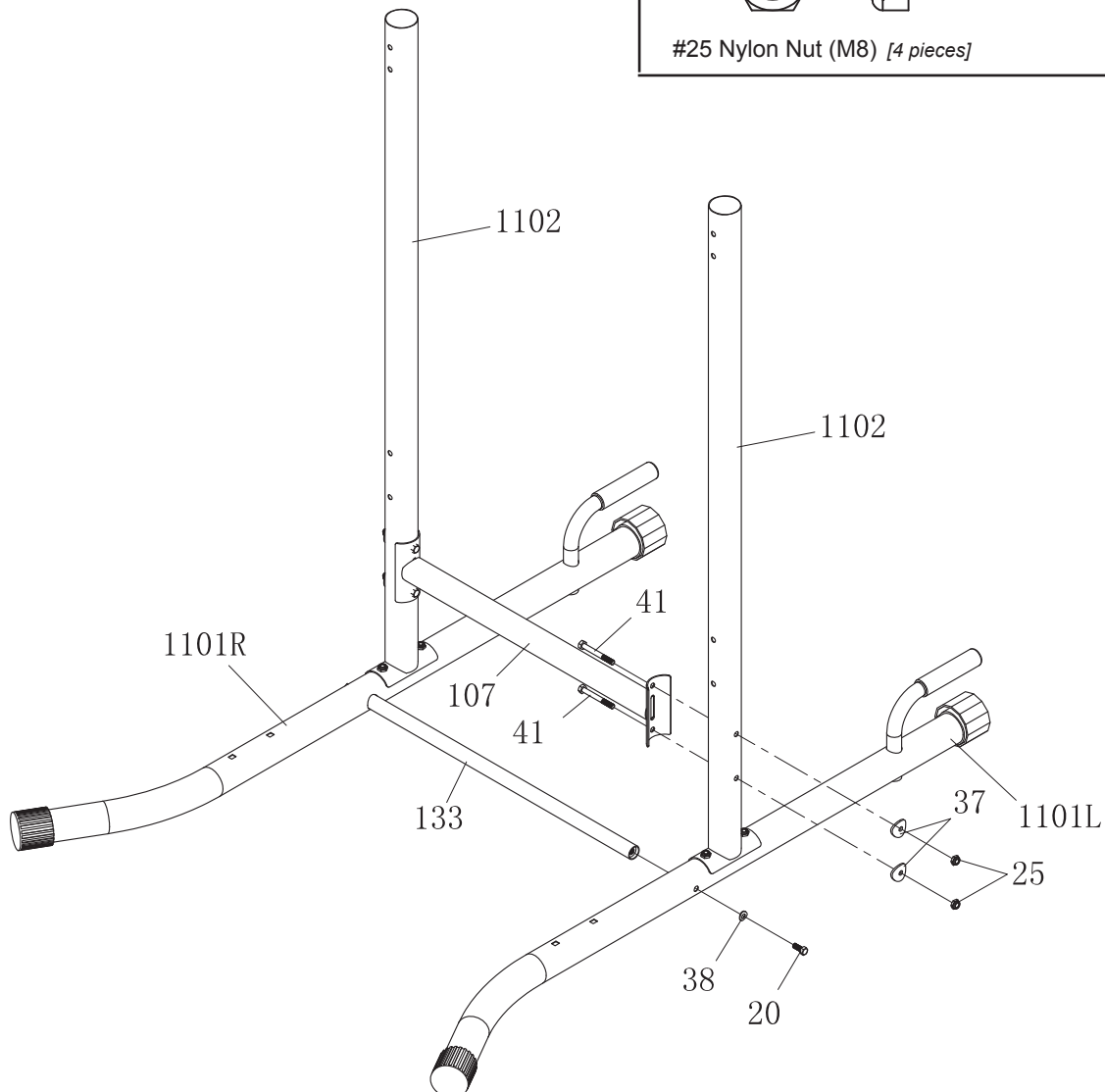


#38 Curved Washer (M8)  
[2 pieces]

### Nut



#25 Nylon Nut (M8) [4 pieces]





# Assembly Instructions

## Assembly Step 3

Attach the lower part of each **Support (#1104)** to the **Left/Right Stabilizers (#1101L/R)** by using four **Carriage Bolts (#40)** and four **Nylon Nuts (#25)**. For now, hand-tighten the **Nylon Nuts (#25)** on the lower portion to avoid over-tightening and misalignment of holes on the upper portion.

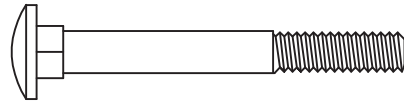
Connect the upper part of each **Support (#1104)** to the **Upright Base (#1102)** by inserting two **Hex Bolts (#41)**, through two **Large Curved Washers (#37)** and then through the **Upright Base (#1102)** followed by the **Support (#1104)** and secure it with two **Nylon Nuts (#25)**.

At this point, you should now tighten the **Nylon Nuts (#25)** that were hand-tightened in the lower portion with a wrench.

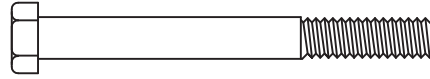
Repeat this process on the other side.

## Hardware Required

### BOLT

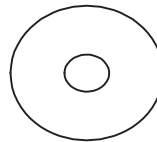


#40 Carriage Bolt (M8x65 mm) [4 pieces]



#41 Hex Bolt (M8x70 mm) [4 pieces]

### Washer

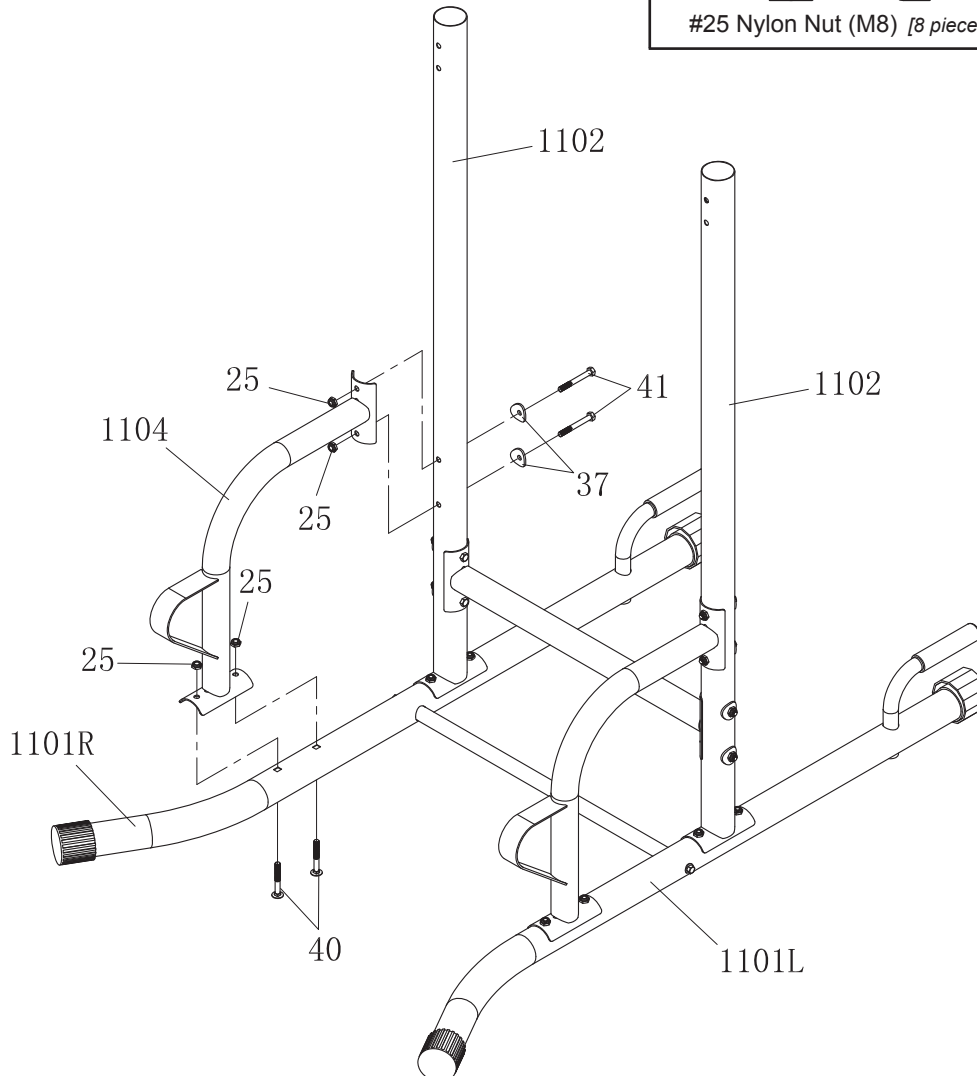


#37 Large Curved Washer (M8) [4 pieces]

### Nut



#25 Nylon Nut (M8) [8 pieces]







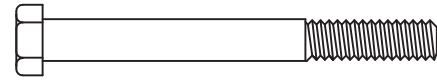
# Assembly Instructions

## Assembly Step 4

- A. Insert the **Upright (#103)** into the **Upright Base (#1102)**. ENSURE THAT THE **UPRIGHT (#103)** IS ORIENTED CORRECTLY.  
\*Please refer to NOTE #1 and NOTE #2 in the illustrations below!
- B. On one side, insert three **Hex Bolts (#41)** through the **Support Plate C (#112A)** and then through the **Upright (#103)** and **Upright Base (#1102)** followed by the **Dip Arm (#105R)**. Hand-tighten them with three **Nylon Nuts (#25)**.
- C. Repeat this process on the opposite side.

## Hardware Required

### BOLT



#41 Hex Bolt (M8x70 mm) [6 pieces]

### Nut



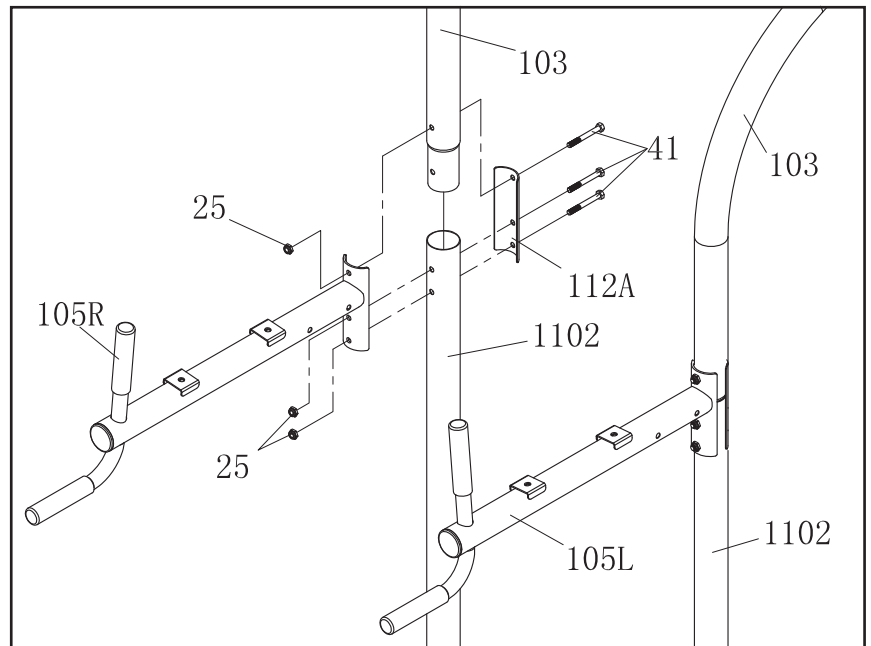
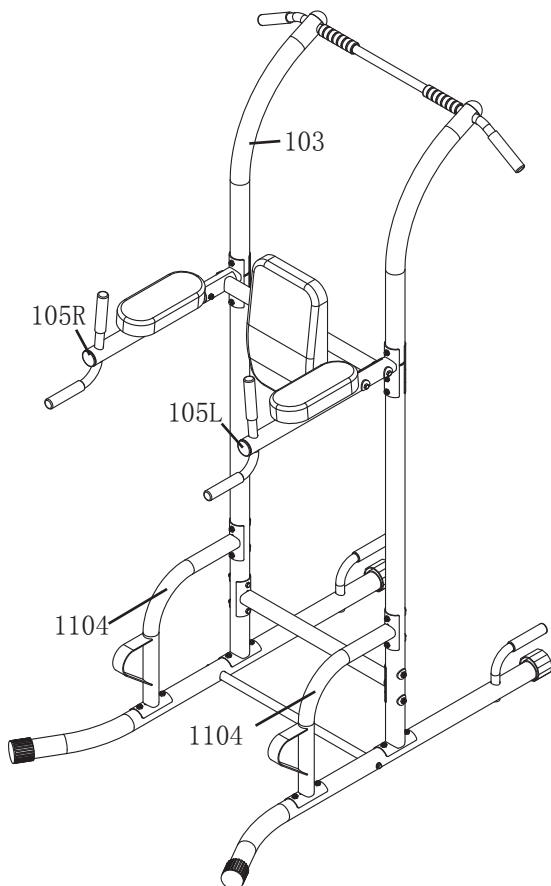
#25 Nylon Nut (M8) [6 pieces]

### NOTE #1:

MAKE SURE THE **DIP ARMS (#105)** ARE FACING THE SAME DIRECTION AS THE **SUPPORT (#1104)**.

### NOTE #2:

MAKE SURE THAT THE CURVED SIDE OF THE **UPRIGHT (#103)** ARCHES AWAY FROM THE TWO **DIP ARMS (#105)**.





# Assembly Instructions

## Assembly Step 5

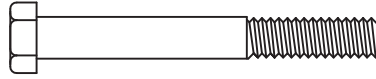
- A. Slide the **Top Crossbar (#106)** between the two **Dip Arms (#105R & #105L)**. Insert two **Hex Bolts (#18)** through two **Large Curved Washers (#37)**. Screw one of the **Hex Bolts (#18)** through the **Dip Arm (#105L)** and secure it directly into the **Top Cross Bar (#106)**. Screw the other **Hex Bolts (#18)** into the **Dip Arm (#105L)** followed by the **Top Cross Bar (#106)** and then secure using one **Nylon Nut (#25)**.

Please refer to the illustration below for proper assembly.

- B. Repeat this process on the opposite side.

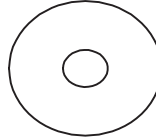
## Hardware Required

### BOLT



#18 Hex Bolt (M8x65 mm) [4 pieces]

### Washer

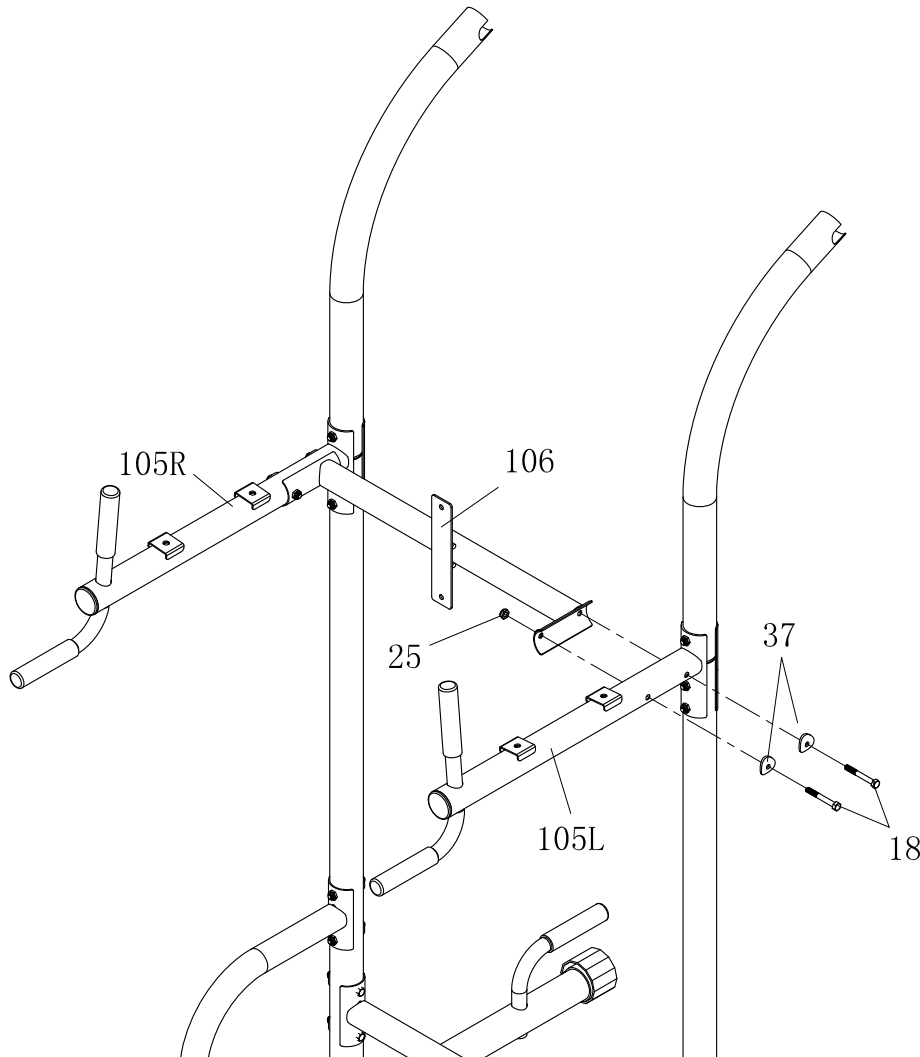


#37 Large Curved Washer (M8) [4 pieces]

### Nut



#25 Nylon Nut (M8) [2 pieces]





# Assembly Instructions

## Assembly Step 6

Attach the **Pull-Up Bar (#108)** to the two **Uprights (#103)** by inserting two **Hex Bolts (#19)** through two **7 i f j YX Washers (#38)** and **Pull-Up Bar (#108)**, then securing them into the two **Uprights (#103)**. PLEASE MAKE SURE THE TWO INDENTATIONS ON THE **PULL-UP BAR (#108)** ARE FACING TOWARD THE **UPRIGHTS (#103)**.

Slide two **End Caps (#42)** on top of the assembly.

Please refer to the illustration below for proper assembly.

## Hardware Required

### BOLT

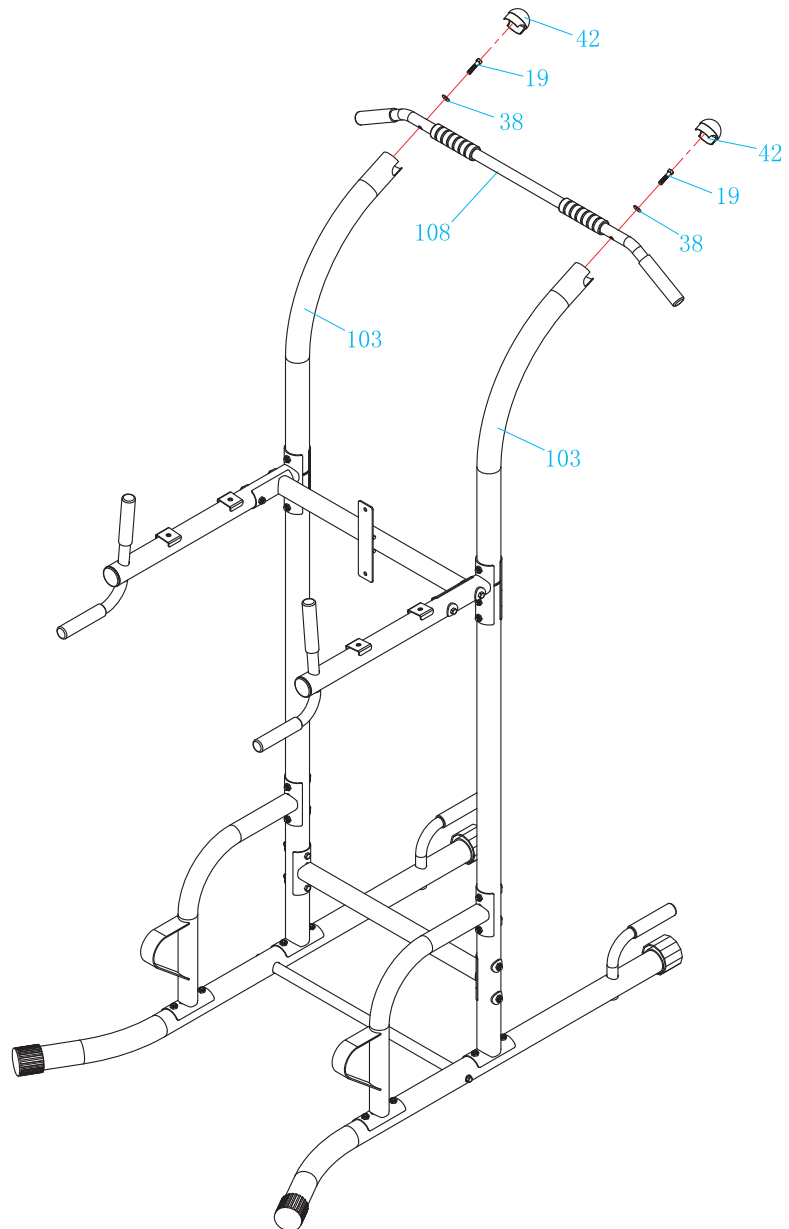
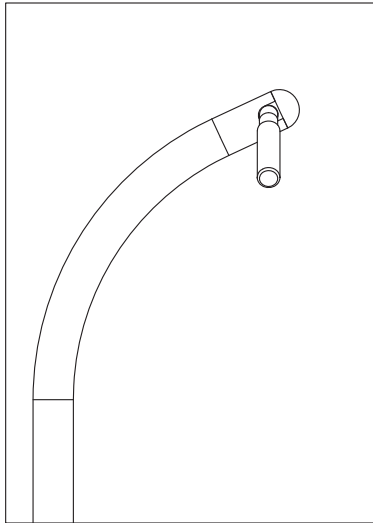


#19 Hex Bolt (M8x35 mm) [2 pieces]

### Washer



#38 Curved Washer (M8) [2 pieces]





# Assembly Instructions

## Assembly Step 7

Attach the **Backrest fl 113** to the **Top Crossbar ( 106)** using a total of two **Screws fl 22** and two **Washer fl 24** as illustrated. DO NOT OVER TIGHTEN THE SCREWS, AS THIS MAY STRIP THE THREAD OR CRACK THE WOOD IN THE **BACKREST ( 113)**.

## Hardware Required

### BOLT

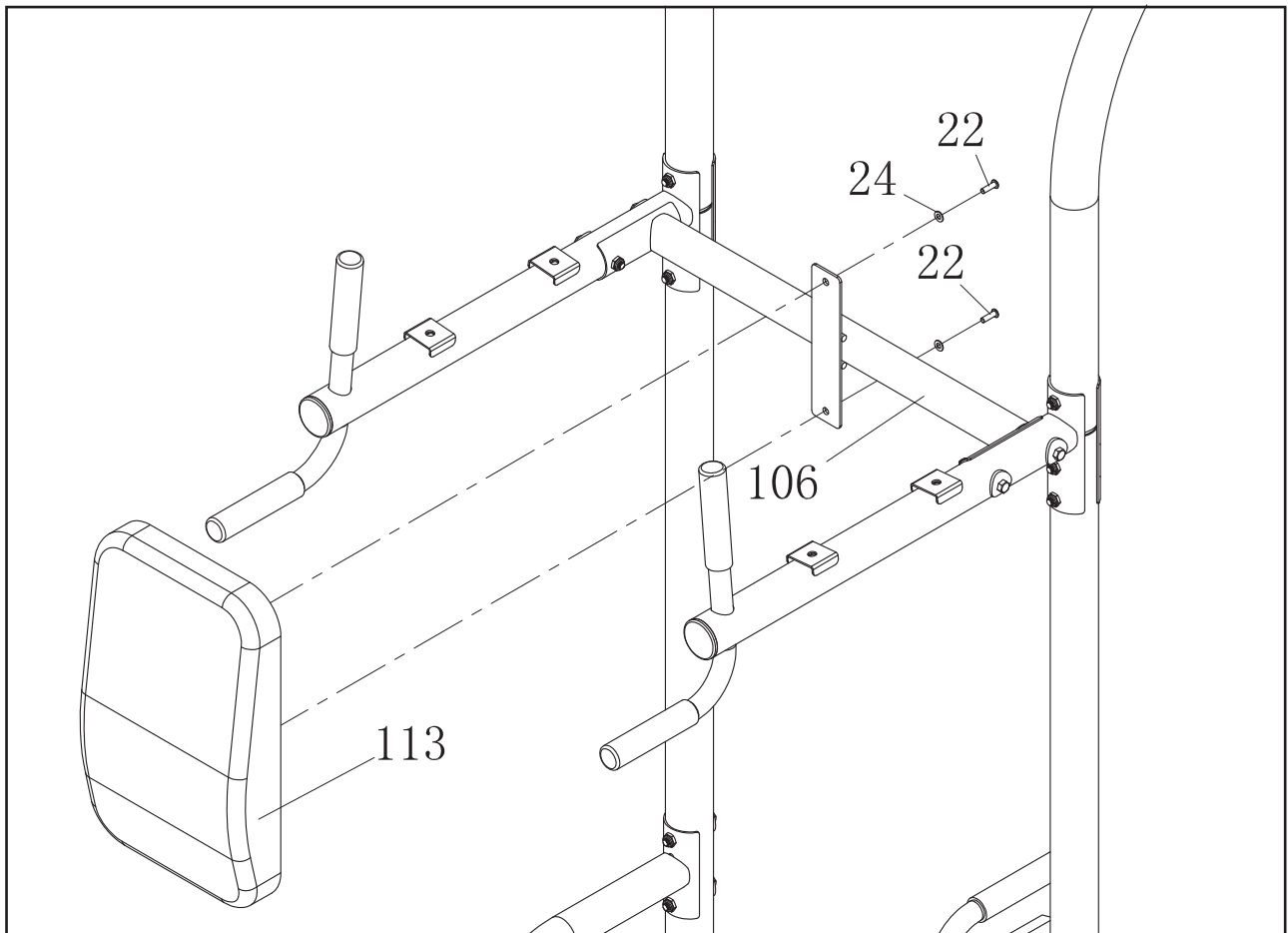


#22 Screw (M6x20 mm) [2 pieces]

### Washer



#24 Washer (M6) [2 pieces]





# Assembly Instructions

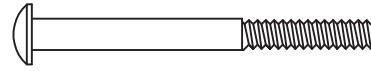
## Assembly Step 8

- A. Insert two **Screws (#21)** and two **Curved Washers (#36)** through the bottom of the **Right Dip Arm (#105R)** as illustrated and secure the **Arm Pad (#14)** to the **Right Dip Arm (#105R)**. DO NOT OVER-TIGHTEN, AS THIS MAY STRIP THE THREAD OR IN THE CRACK THE WOOD **ARM PAD (#14)**.
- B. Repeat this process on the opposite side.  
Now tighten all the **Bolts**.

The assembly process is complete. However, for your own safety, please make sure to read this entire manual which includes safety instructions and warnings as well as any safety/warning labels located on the product before use.

## Hardware Required

### BOLT

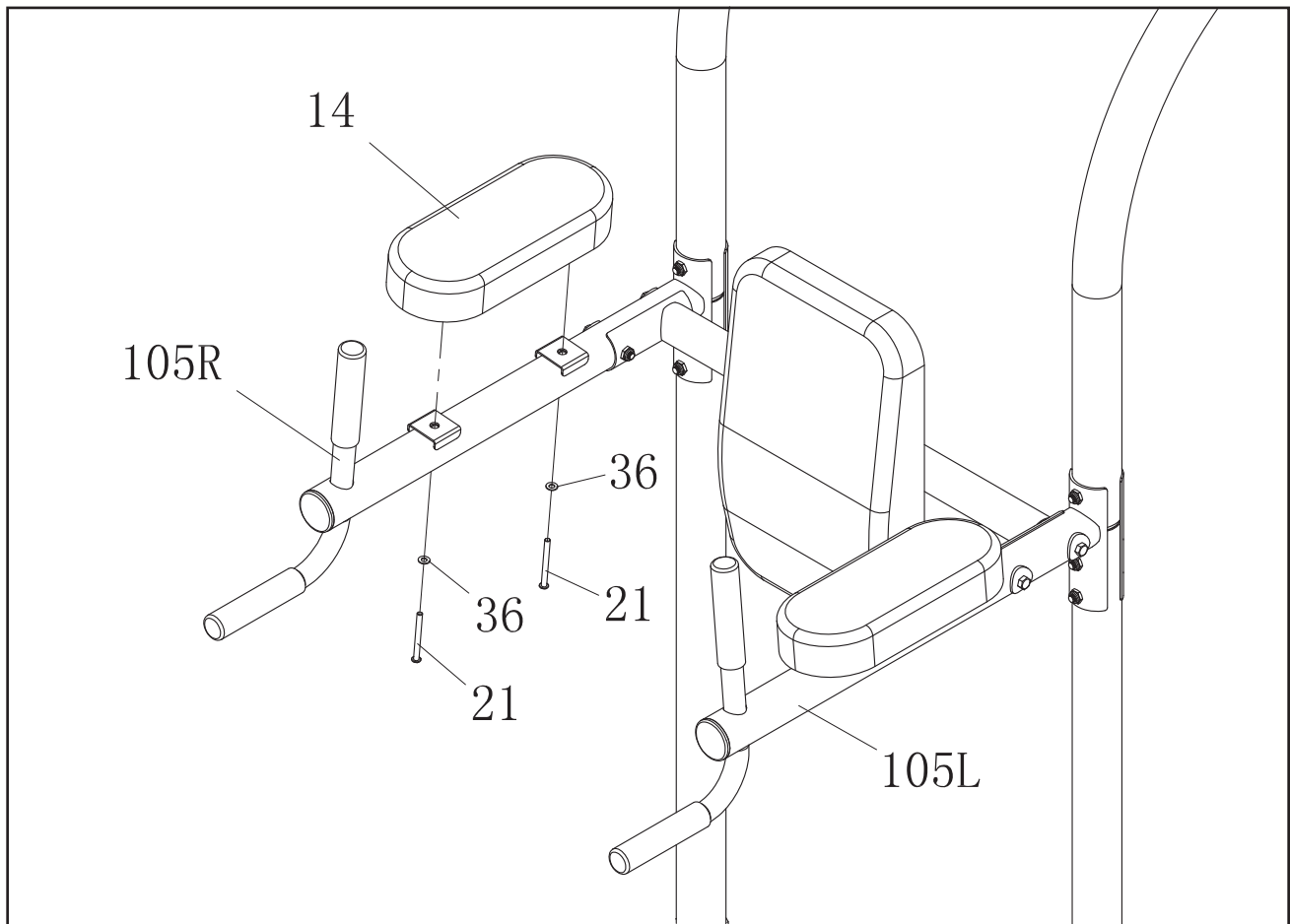


#21 Screw (M6x65 mm) [4 pieces]

### Washer



#36 Curved Washer (M6) [4 pieces]





# Safety & Maintenance

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## SAFETY & WARNINGS

- Make sure all nuts, bolts, and screws are tightened prior to use.
- Be sure that all adjustment locking devices and safety devices (if present) are properly engaged prior to use!
- Never over-tighten the above-mentioned devices and parts to avoid damage to the unit.
- Check for loose parts and components and make proper adjustments prior to use.
- Check to see if there are any tears or bends in the welding or metal prior to use. If tears or bends are found, do NOT use the unit and contact our CUSTOMER SUPPORT.
- Extreme care must be taken to not allow your feet, fingers, hair, clothing, and/or any loose items to be snagged into any portion of the unit when in use. Failure to follow these instructions could result in serious injury.

## Maintenance & Care

- Please review all safety instructions and warnings in this entire Owner's Manual, as well as any safety/warning labels affixed to the product before use.
- To avoid rust or corrosion to the metal parts caused by moisture and sweat, we advise wiping and drying the unit with a dry absorbent towel after each workout session.
- Do not use solvent cleaners. If you are in any doubt, do not use your cleansing product; contact CUSTOMER SUPPORT.
- The specific Parts on your unit which may see possible signs of wear after prolonged use are listed as follows (please check these parts before each use):  
***Backrest (#113) and Arm Pad (1/4).***
- For any replacement warning labels, please contact our CUSTOMER SUPPORT at (888) 266-6789 or (909) 598-9876, or mail in a written request to: Body Flex Sports, Inc. 21717 Ferrero Parkway, Walnut, CA 91789. More detailed information about how to reach our CUSTOMER SUPPORT may be found on Page 1 of the Owner's Manual under the "CUSTOMER SUPPORT" section.

# PLEASE KEEP THESE INSTRUCTIONS FOR FUTURE USE & REFERENCE. DO NOT DISCARD.

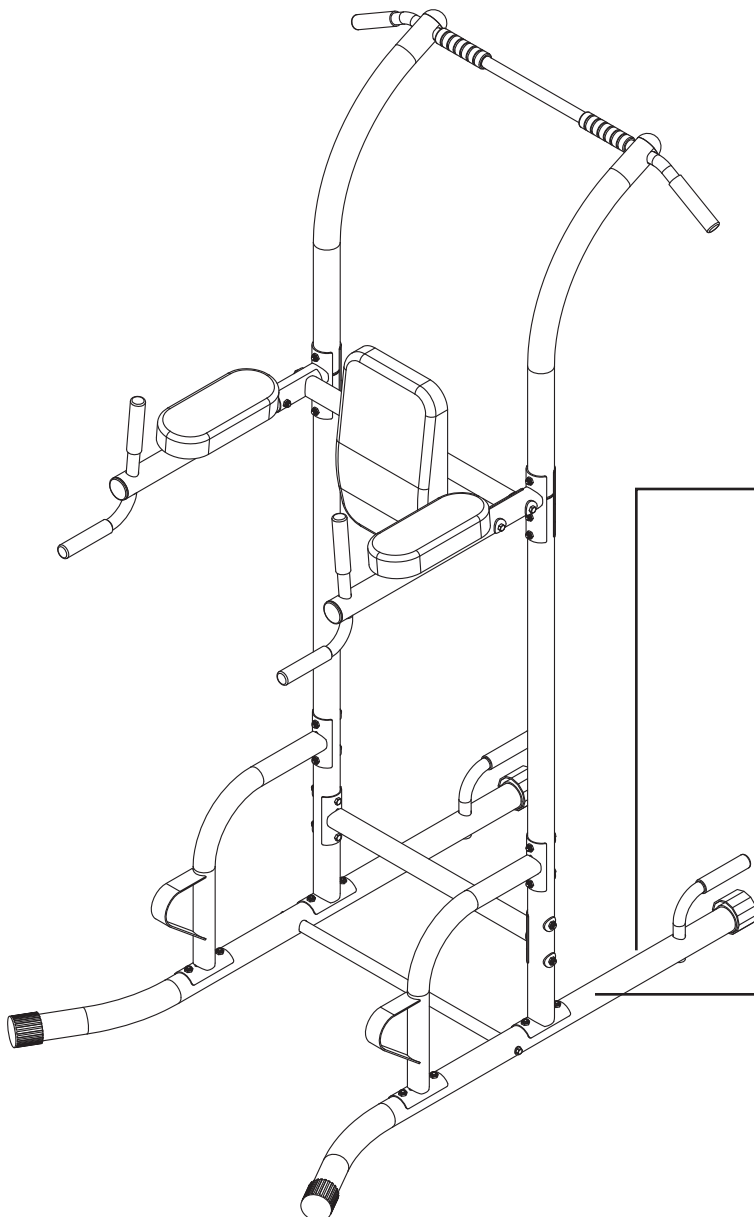
WARNING: SERIOUS INJURIES AND EVEN DEATH CAN OCCUR IF THE PROPER SAFETY PRECAUTIONS ARE NOT FOLLOWED.

The diagram below highlights and reviews many of the important Safety and Warning labels also found on the unit. Please ensure any user of the unit familiarizes themselves with these Safety and Warning guidelines before use.

## **WARNING!**

The use of this exercise equipment involves a **RISK OF PHYSICAL INJURY** as well as property damage, which can be minimized by observing the following guidelines:

1. Thoroughly inspect equipment before each workout. Check all nuts, bolts, screws and pop pins to be in place and fully tightened. Also, if included, check cables for signs of wear. Replace all worn parts before exercising. Never use the machine if any parts are damaged or missing. Failure to follow these rules may result in serious injury.
2. Keep body, hair and clothing free and clear of all moving parts.
3. Exercise carefully and with caution; you use this product at your own risk. Perform your exercises at a moderate pace; never perform jerky or uncoordinated movement that may cause injury. It is recommended that you should work out with a partner.
4. Do not allow children or minors to play on or around this equipment. Teenagers using strength equipment should be supervised by an adult.
5. Read and understand all instructions & warnings stated in the Owner's Manual as well as on the equipment before exercising.
6. **WARNING:** You should consult your physician before starting any exercise regimen. For your own safety, do not begin any exercise program without proper instructions.
7. The equipment is not to be used in a commercial setting.
8. Replace label if damaged, illegible, or removed.
9. This item meets ASTM F2216 standards for fitness equipment.
10. The maximum weight capacity of this unit is 250 pounds.



**Model No.:** VKR1700A

**Distributed by:**  
HUPA International Inc.  
21717 Ferrero Parkway  
Walnut, CA 91789 USA  
(888) 266-6789

**Date of Manufacture:**

This product is intended for  
consumer use (non-institutional)  
ONLY.

*Thanks for choosing*



Model Number VKR 1700A

Please fill in the information below and keep this manual along with your sales receipt as proof of purchase.

Serial Number:

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Date of Purchase:

---

Store Location:

---

Hupa International Inc.  
21717 Ferrero Parkway  
Walnut, CA 91789

Phone: (888) 266-6789  
Fax: (909) 598-6707  
Email: [info@bodyflexsports.com](mailto:info@bodyflexsports.com)