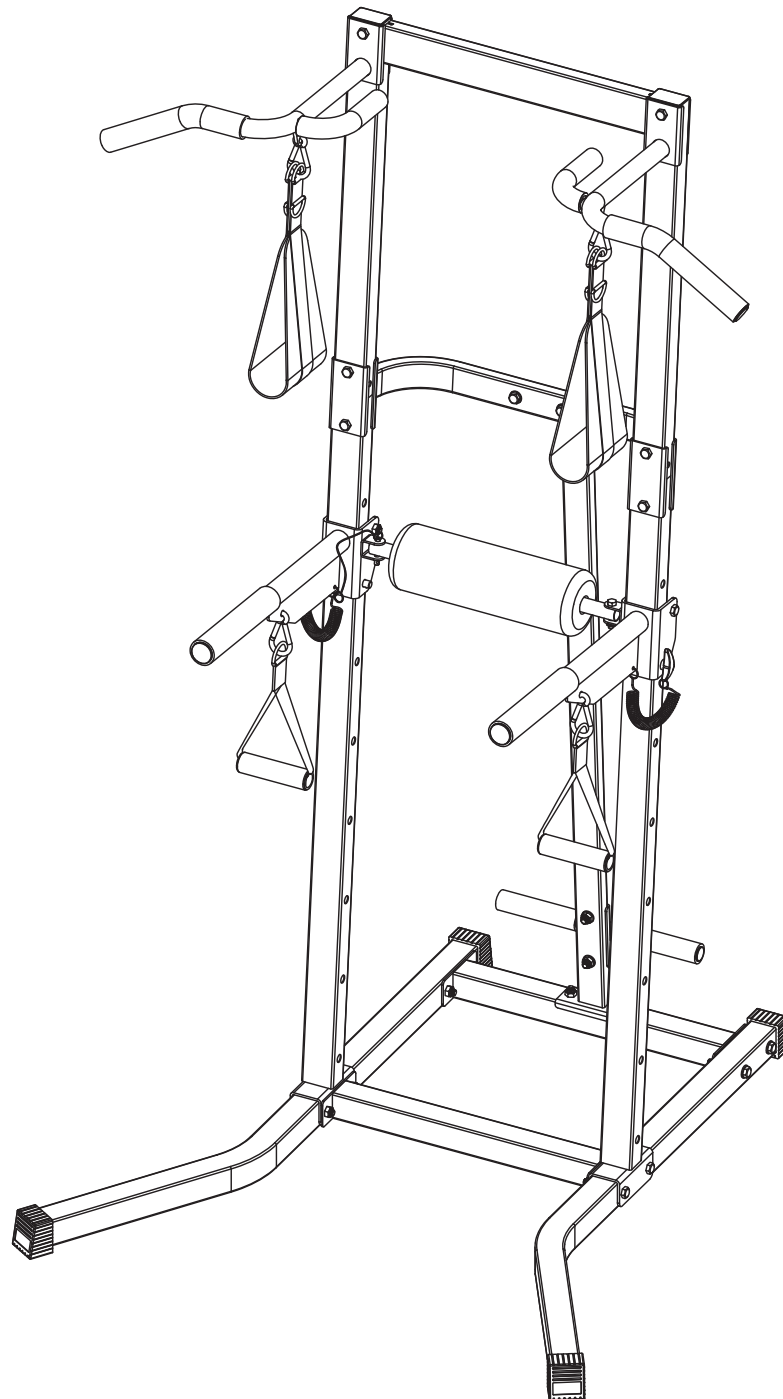


DELUXE MULTI-FUNCTIONAL POWER TOWER

(with Slide-Adjust Parallel Bars)



PT728/PT730



Product may vary slightly from image.

OWNER'S MANUAL

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.

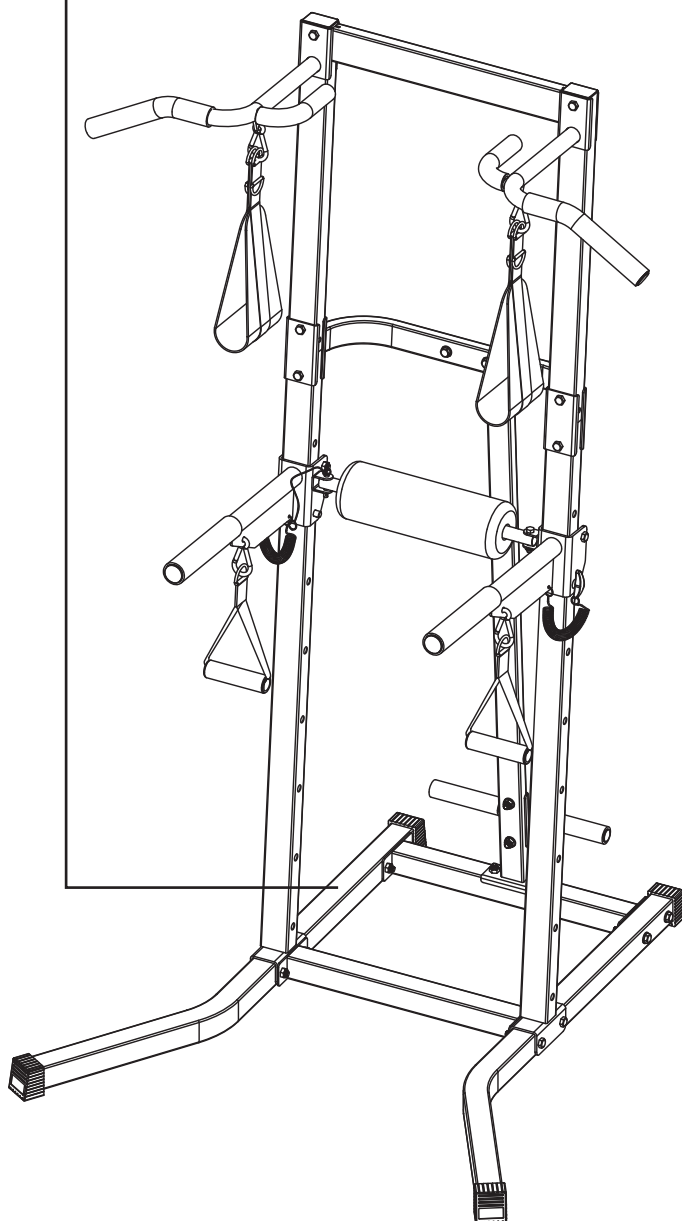
The diagram below highlights and reviews many of the important Safety and Warning labels also found on the unit. Please ensure any user of the unit familiarizes themselves with these Safety and Warning guidelines before use.



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. Weight Limit: 300LBS





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: 300 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

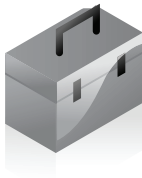
If you have any questions concerning the assembly of your item or if any parts are missing, please DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER. Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you replacement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

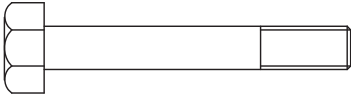
Body Flex Sports, Inc.
21717 Ferrero Parkway, Walnut, CA 91789
Telephone: (888) 266 - 6789
Fax: (909) 598 - 6707
Email: info@bodyflexsports.com



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

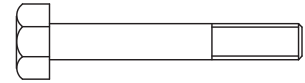
BOLT



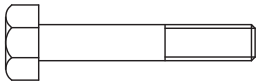
#23. Hex Bolt (M12x85 mm)
[2 pieces]



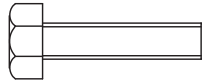
#24. Hex Bolt (M10x75 mm)
[4 pieces]



#25. Hex Bolt (M10x70 mm)
[6 pieces]



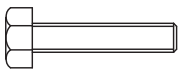
#26. Hex Bolt (M10x60 mm)
[6 pieces]



#27. Hex Bolt (M10x45 mm)
[4 pieces]

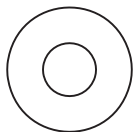


#28. Hex Bolt (M10x25 mm)
[2 pieces]



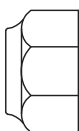
#29. Hex Bolt (M8x40 mm)
[1 piece]

Washer



#33. Washer (M10)
[10 pieces]

Nut



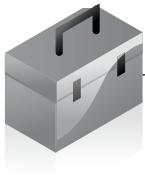
#30. Nylon Nut (M12)
[2 pieces]



#31. Nylon Nut (M10)
[20 pieces]



#32. Nylon Nut (M8)
[1 piece]



Parts Listing

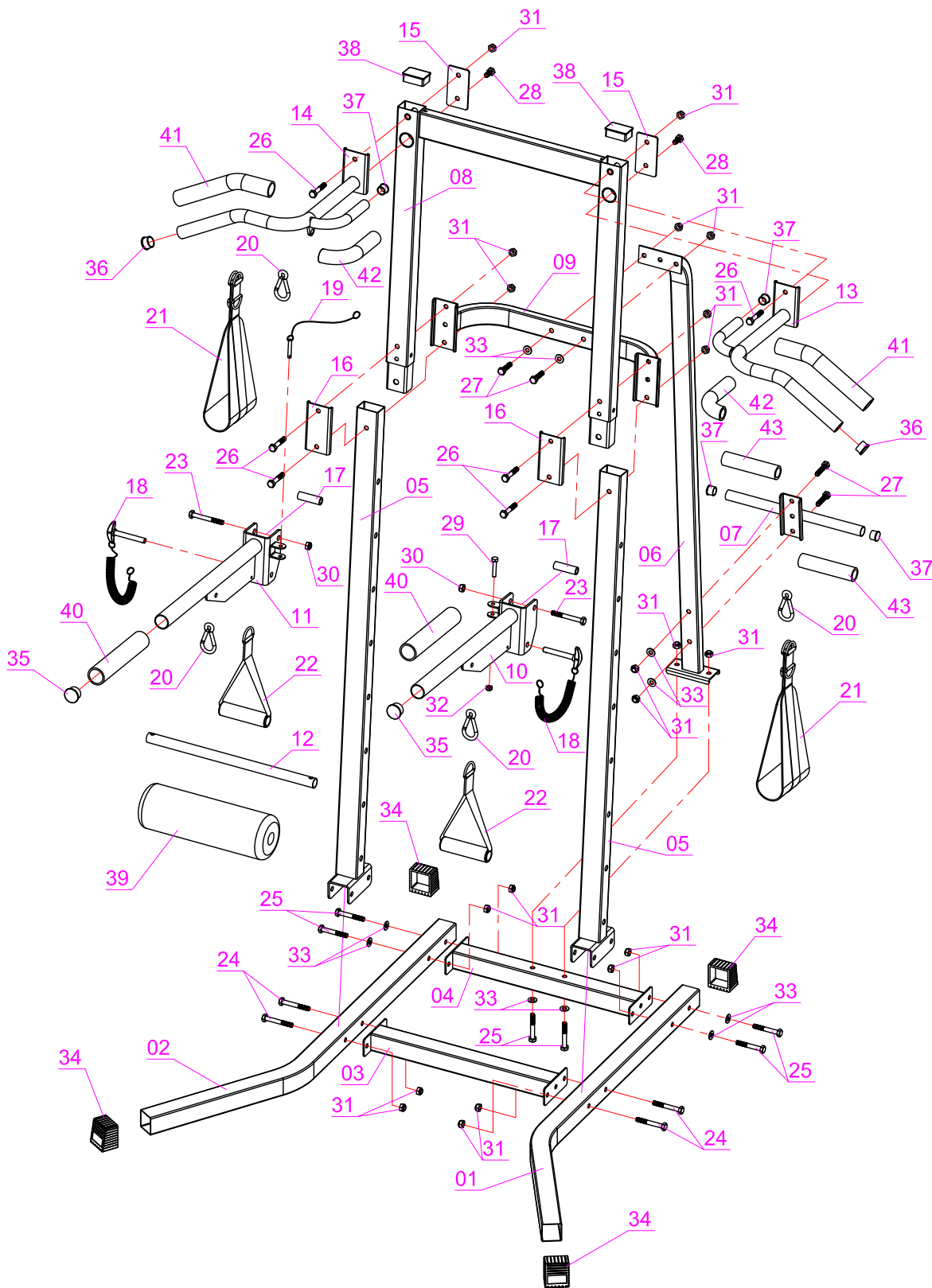
The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

#	Description	#	Description
01	Left Base Tube	23	Hex Bolt (M12x85 mm)
02	Right Base Tube	24	Hex Bolt (M10x75 mm)
03	Front Base	25	Hex Bolt (M10x70 mm)
04	Rear Base	26	Hex Bolt (M10x60 mm)
05	Left/Right Upright	27	Hex Bolt (M10x45 mm)
06	Supporting Tube	28	Hex Bolt (M10x25 mm)
07	Foot Tube	29	Hex Bolt (M8x40 mm)
08	Top Upright	30	Nylon Nut (M12)
09	Center Cross Tube	31	Nylon Nut (M10)
10	Left VKR Parallel Bar	32	Nylon Nut (M8)
11	Right VKR Parallel Bar	33	Washer (M10)
12	Foam Roller Tube	34	Square End Cap (50 mm)
13	Left Upper Handle Bar	35	Round End Cap (38 mm)
14	Right Upper Handle Bar	36	Round End Cap (32 mm)
15	Reinforcement Plate (Rear)	37	Round End Cap (25 mm)
16	Reinforcement Plate (Front)	38	Rectangular End Cap (40x60 mm)
17	Bushing	39	Foam Roller
18	Pop-pin	40	Foam
19	Pop-pin	41	Foam
20	Hook	42	Foam
21	Sling Strap	43	Foam
22	Hand Strap		



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

A.) With the help of an assistant, align and attach the **Rear Base (#04)** to the **Supporting Tube (#06)** as illustrated in the diagram. Insert two **Hex Bolts (#25)** through two **Washers (#33)** followed by the **Rear Base (#04)** and the **Supporting Tube (#06)**; secure them together using two **Nylon Nuts (#31)**.

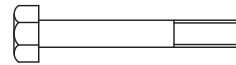
B.) Align and attach the **Rear Base (#04)** to the **Left Base Tube (#01)** as illustrated in the diagram. Insert two **Hex Bolts (#25)** through two **Washers (#33)** followed by the **Left Base Tube (#01)** and **Rear Base (#04)**; secure them together using two **Nylon Nuts (#31)**.

C.) Align and attach the **Left Upright (#05)** to the **Left Base Tube (#01)**. Next, align and attach the **Front Base (#03)** to the **Left Base Tube (#01)** as illustrated in the diagram. Insert two **Hex Bolts (#24)** through the **Left Upright (#05)** followed by the **Left Base Tube (#01)** and **Front Base (#03)** secure them together using two **Nylon Nuts (#31)**.

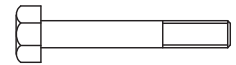
Repeat STEP B and STEP C on the other side.

Hardware Required

BOLT



#24. Hex Bolt (M10x75 mm)
[4 pieces]



#25. Hex Bolt (M10x70 mm)
[6 pieces]

Washer



#33. Washer (M10)
[6 pieces]

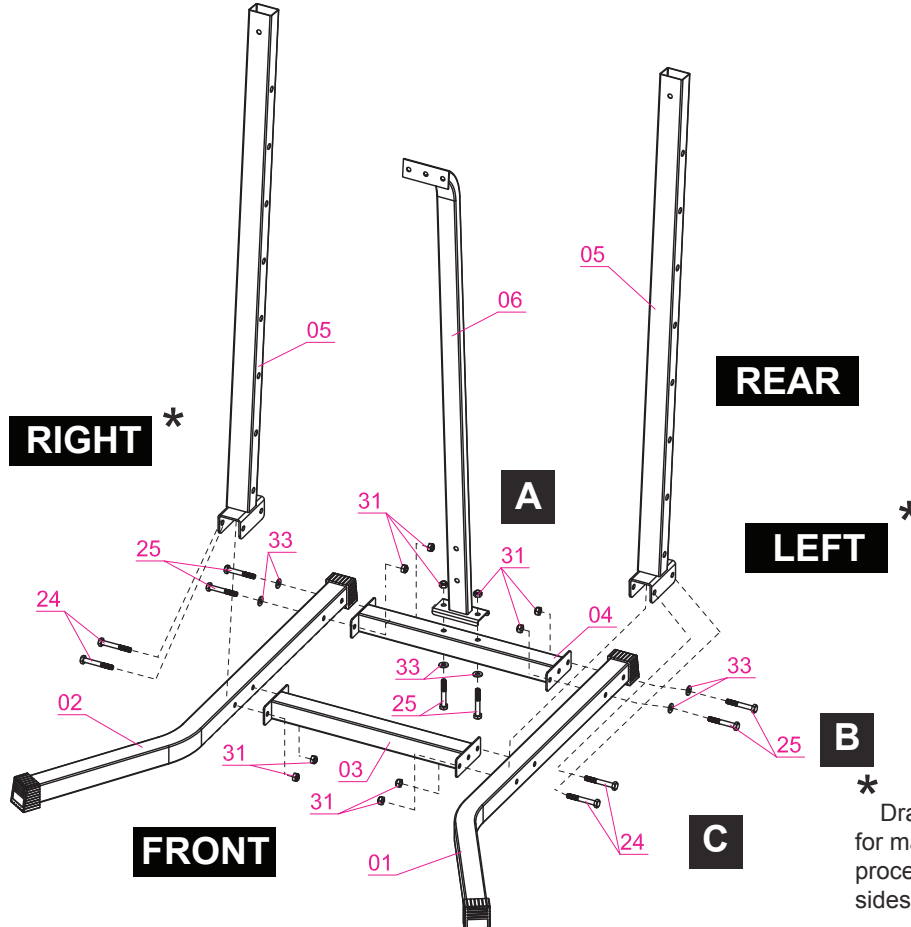
Nut



#31. Nylon Nut (M10)
[10 pieces]

NOTE:

To avoid misalignment due to over-tightening, please do not use a wrench at this time. Hand-tightening for now will help ensure easy assembly. Wrench-tightening should be performed after all parts are assembled to ensure all nuts, bolts, and parts are tightly secured before use.



* Drawings are rotated 180 degrees for maximum clarity in the assembly process. Hence, "left" and "right" sides may appear to be reversed.



Assembly Instructions

Assembly Step 2

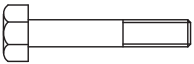
A.) With the help of an assistant, attach the **Foot Tube (#07)** to the **Supporting Tube (#06)**, secure them together using two **Hex Bolts (#27)** two **Washers (#33)** and two **Nylon Nuts (#31)**.

B.) Attach the **Top Upright (#08)** onto the **Left/Right Uprights (#05)**. Attach the **Center Cross Tube (#09)** to the **Top Upright (#08)** and **Left/Right Uprights (#05)**. Secure them together using two **Reinforcement Plates (Front) (#16)**, four **Hex Bolts (#26)** and four **Nylon Nuts (#31)** -- all as shown and oriented in illustration.

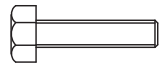
C.) Attach the **Supporting Tube (#06)** to the **Center Cross Tube (#09)**. Secure them together using two **Hex Bolts (#27)**, two **Washers (#33)** and two **Nylon Nuts (#31)**.

Hardware Required

BOLT

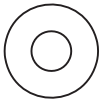


#26. Hex Bolt (M10x60 mm) [4 pieces]



#27. Hex Bolt (M10x45 mm) [4 pieces]

Washer

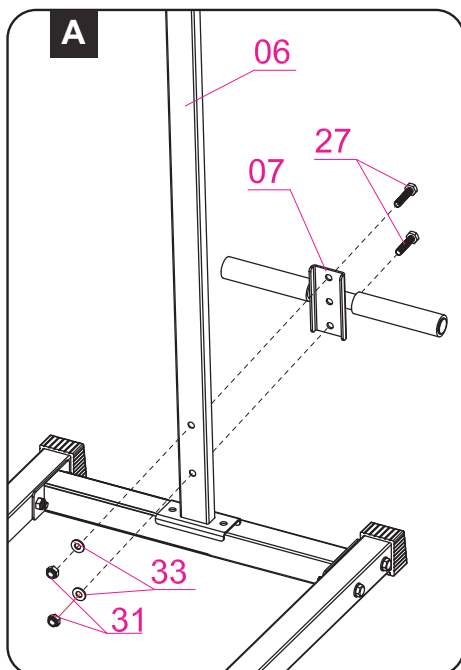
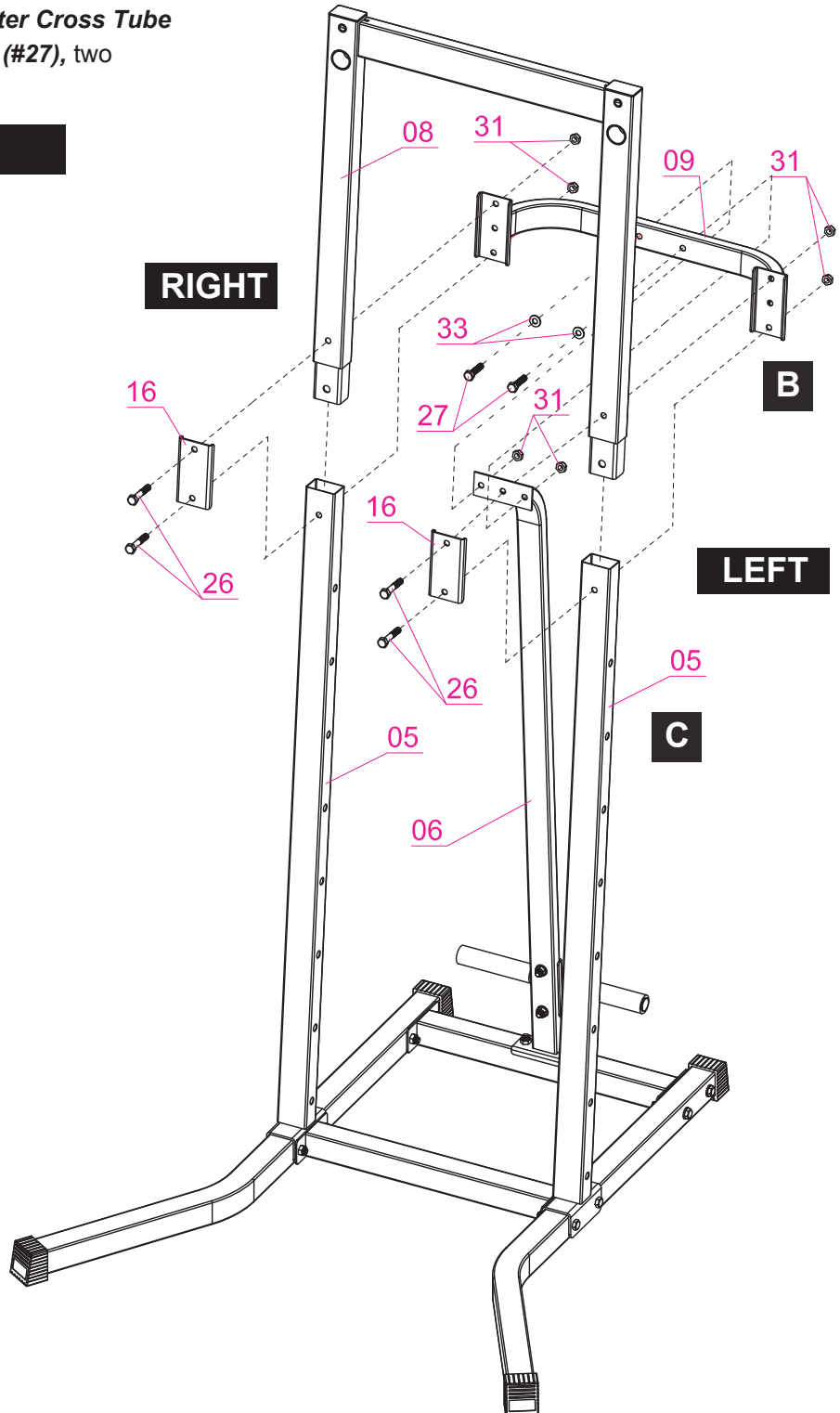


#33. Washer (M10)
[4 pieces]

Nut



#31. Nylon Nut (M10)
[8 pieces]





Assembly Instructions

Assembly Step 3

With the help of an assistant, attach the **Right VKR Parallel Bar (#11)** to the **Right Upright (#05)**; secure them together by using one **Pop-pin (#18)** inserted through lower hole of the bracket on **Right VKR Parallel Bar (#11)** and top hole on **Right Upright (#05)**. Next, continue securing them together by using one **Hex Bolt (#23)** inserted through upper hole of the bracket on **Right VKR Parallel Bar (#11)**, one **Bushing (#17)**, the other side of the bracket on **Right VKR Parallel Bar (#11)** and secure with one **Nylon Nut (#30)**. Repeat this process on the other side.

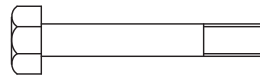
Slide on the **Foam Roller (#39)** onto the **Foam Roller Tube (#12)**. Insert the **Foam Roller Tube (#12)** into the two small brackets on the **Left VKR Parallel Bar (#10)** and **Right VKR Parallel Bar (#11)**. (Please ensure that the CIRCLE-shaped hole is on the left side, and the OVAL-shaped hole is on the right side.)

On the left side (CIRCLE-shaped hole), secure using one **Hex Bolt (#29)** and one **Nylon Nut (#32)**.
NOTE: Please do not over-tighten the **Hex Bolt (#29)** so that it is easier for you to slide-adjust the height.

On the right side (OVAL-shaped hole), secure by inserting one **Pop-pin (#19)**.

Hardware Required

BOLT



#23. Hex Bolt (M12x85 mm)
[2 pieces]



#29. Hex Bolt (M8x40 mm)
[1 piece]

Nut

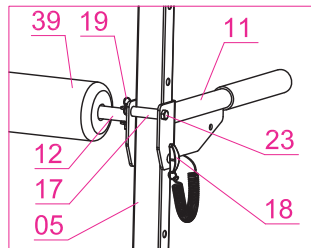


#30. Nylon Nut (M12)
[2 pieces]



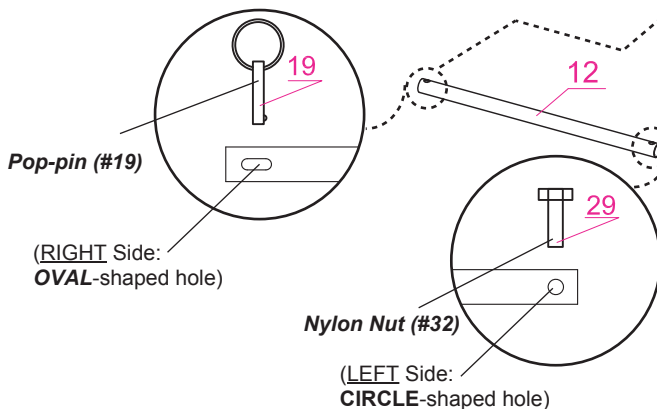
#32. Nylon Nut (M8)
[1 piece]

(VIEW OF CORRECTLY ASSEMBLED
RIGHT SIDE FROM REAR PERSPECTIVE)



RIGHT

LEFT



NOTE:

For easier assembly, only hand-tighten the Nuts & Bolts for now. After all parts have been put in place, then proceed to tighten with a wrench.



Assembly Instructions

Assembly Step 4

With the help of an assistant, attach the **Left Upper Handle Bar (#13)** to the left side of the **Top Upright (#08)**. Secure them together using one **Reinforcement Plate (Rear) (#15)** one **Hex Bolt (#28)**, one **Hex Bolt (#26)** and one **Nylon Nut (#31)**.

Attach the **Sling Strap (#21)** to the **Left Upper Handle Bar (#13)** with a **Hook (#20)**.

Attach the **Hand Strap (#22)** to the Left **VKR Handle Bar (#10)** with a **Hook (#20)**.

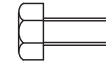
Repeat this process on the opposite side.

Hardware Required

BOLT



#26. Hex Bolt (M10x60 mm) [2 pieces]



#28. Hex Bolt (M10x25 mm) [2 pieces]

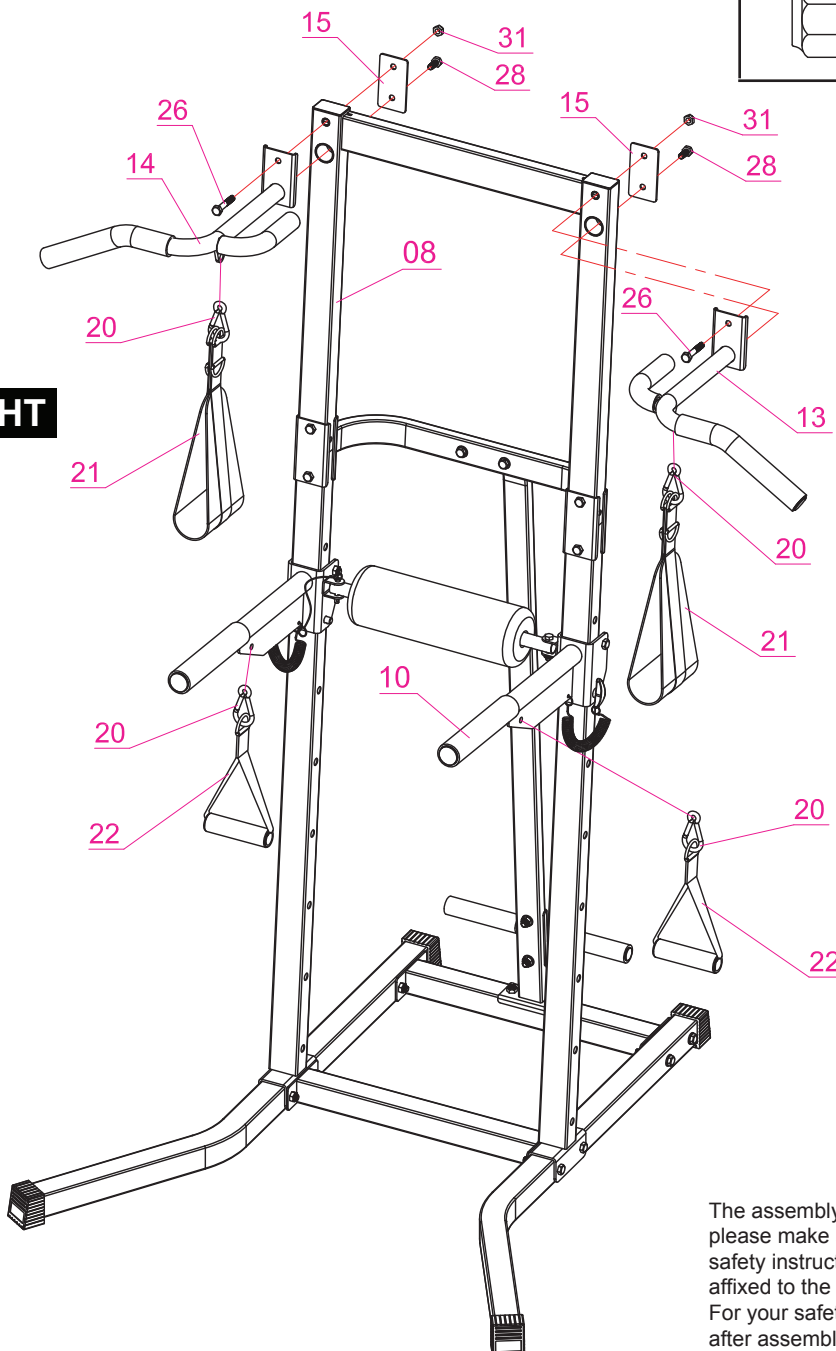
Nut



#31. Nylon Nut (M10)
[2 pieces]

RIGHT

LEFT

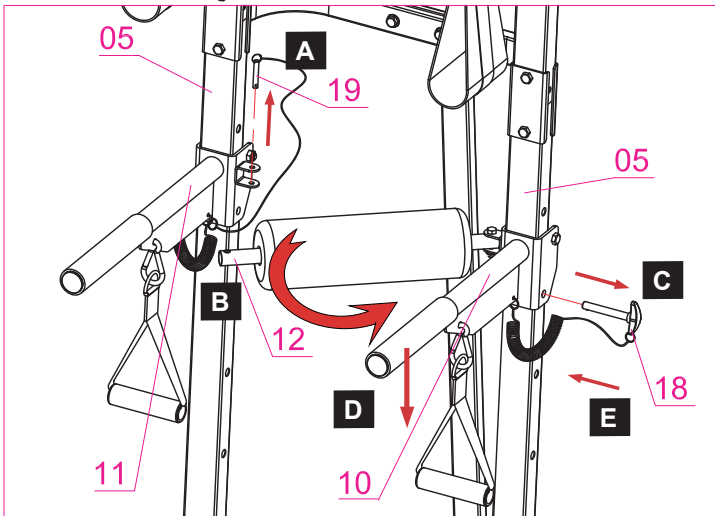


The assembly process is now complete. **However**, for your own safety, please make sure to read this entire Owner's Manual which includes safety instructions and warnings, as well as any safety/warning labels affixed to the product before use. For your safety, please visually and functionally inspect and test the unit after assembly is complete.



Assembly Instructions

How to Adjust the Height of Slide-Adjust Parallel Bars



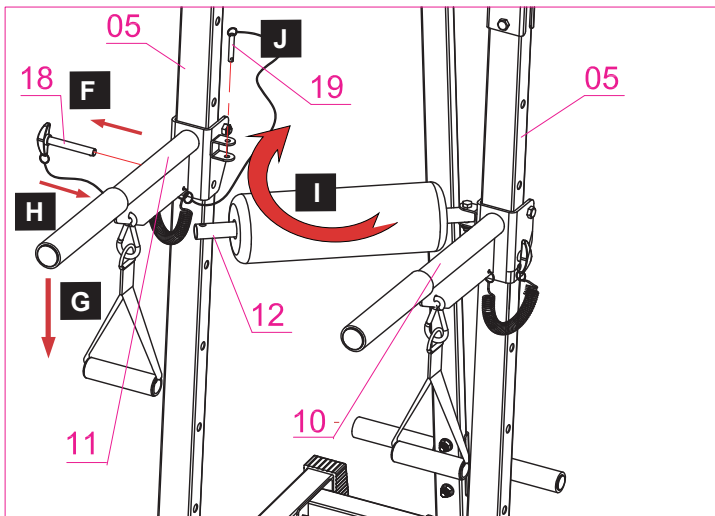
A.) On (#11):
UN-PIN (#19).

B.) **UN-HINGE (#12).**

C.) On (#10):
UN-PIN (#18).

D.) **SLIDE AND ADJUST (#10)** to your desired hole height setting.

E.) **RE-INSERT (#18)** to secure (#10) to your desired hole height setting



F.) On (#11):
UN-PIN (#18).

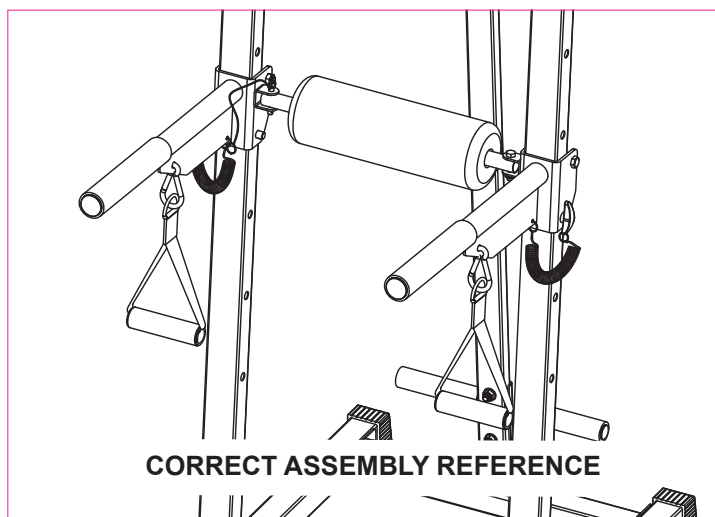
G.) **SLIDE AND ADJUST (#11)** to the same matching and corresponding hole height setting that you set in "D." above.

Note: To avoid serious injury and ensure correct usage, always make sure (#10) and (#11) are set to the same matching and corresponding hole height setting.

H.) **RE-INSERT (#18)** to secure (#11) to the matching hole height setting.

I.) **RE-HINGE/RETURN (#12)** to align with the holes on the bracket (#11).

J.) **RE-INSERT (#19)** through both the bracket on (#11) and (#12).





Safety & Maintenance

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):
Right Upper Handle Bar (#14), Left Upper Handle Bar (#13), Left/Right VKR Handle Bar (#10/11).
- 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.

Warm-Up Instructions

Before use, you must read and understand all instructions & warning stated in this Owner's Manual as well as posted on the equipment.

The following flexibility exercises are provided to you as a means to prevent injury while you are exercising. A proper warm-up routine decreases the chance of injuring your muscles while you are exercising. Please take the time to do these flexibility exercises before and after each time you exercise.



Groin Stretch

1. Sit with your knees flexed and soles of feet together.
2. Hold your ankles and bend at your hips (keep your back straight) as you press your knees toward the floor with your elbows.



Hamstring Stretch

1. Sit with your left leg extended and bend your right leg at the knee as you place the sole of your right foot against the inner thigh of your extended leg.
2. Flex the foot of your extended leg (toes pointed toward ceiling) and gently bend forward from your hips; keep your back straight.
3. Reach your hands on your extended leg as far as possible and then switch legs and repeat.



Trunk Twister

1. Sit with your leg extended and bend your right knee as you cross your right leg over your left leg. Your right foot should be flat on the floor alongside your left knee.
2. Place your left arm on the outside of your right leg and pull against that leg while twisting your trunk as far as possible to the right. Place your right hand on the floor behind your buttocks. Reverse leg positions and repeat.



Hip Stretch

1. Lie on your back and raise your right leg as you clasp both hands under the back of the knee. Keep your left leg straight.
2. Gently pull your right leg toward your trunk without raising your upper body. Switch leg positions and repeat.



Quadriceps Stretch

1. Stand on your left leg and hold onto a support with your left hand.
2. Flex your right leg behind you, grasp your ankle or foot with your right hand and pull your foot toward your buttocks. Keep your back straight and right knee pointed down. Repeat on the other leg.

Warm-Up Instructions



Trunk Flexion, Prone

1. Assume the depicted position on your hands and knees. Stretch your hands out in front of you and then slowly start to pull them back in toward your body as you tuck your chin and arch your back upward.
2. Return to the starting position slowly.

Shoulder Stretch

1. Bring your right hand over your right shoulder to the upper back and bring your left hand under your left shoulder to the upper back.
2. Try to reach your fingertips. If you are not able to reach your fingertips, use a towel as an extension of your hands and gently pull one hand toward the other. Reverse arm positions and repeat.



Calf Stretch

1. Place both hands against a wall to aid your balance. Press the ball of your left foot against the wall and keep the heel of the same foot rested on the floor (make sure your left knee is bent).
2. Slowly start to straighten your left knee and you will feel the muscles in your left calf stretch. Switch leg positions and repeat.



Thanks for choosing



Model Number PT728/PT730

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

Serial Number:

Date of Purchase:

Store Location:

Body Flex Sports Inc.
21717 Ferrero Parkway
Walnut, CA 91789

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