

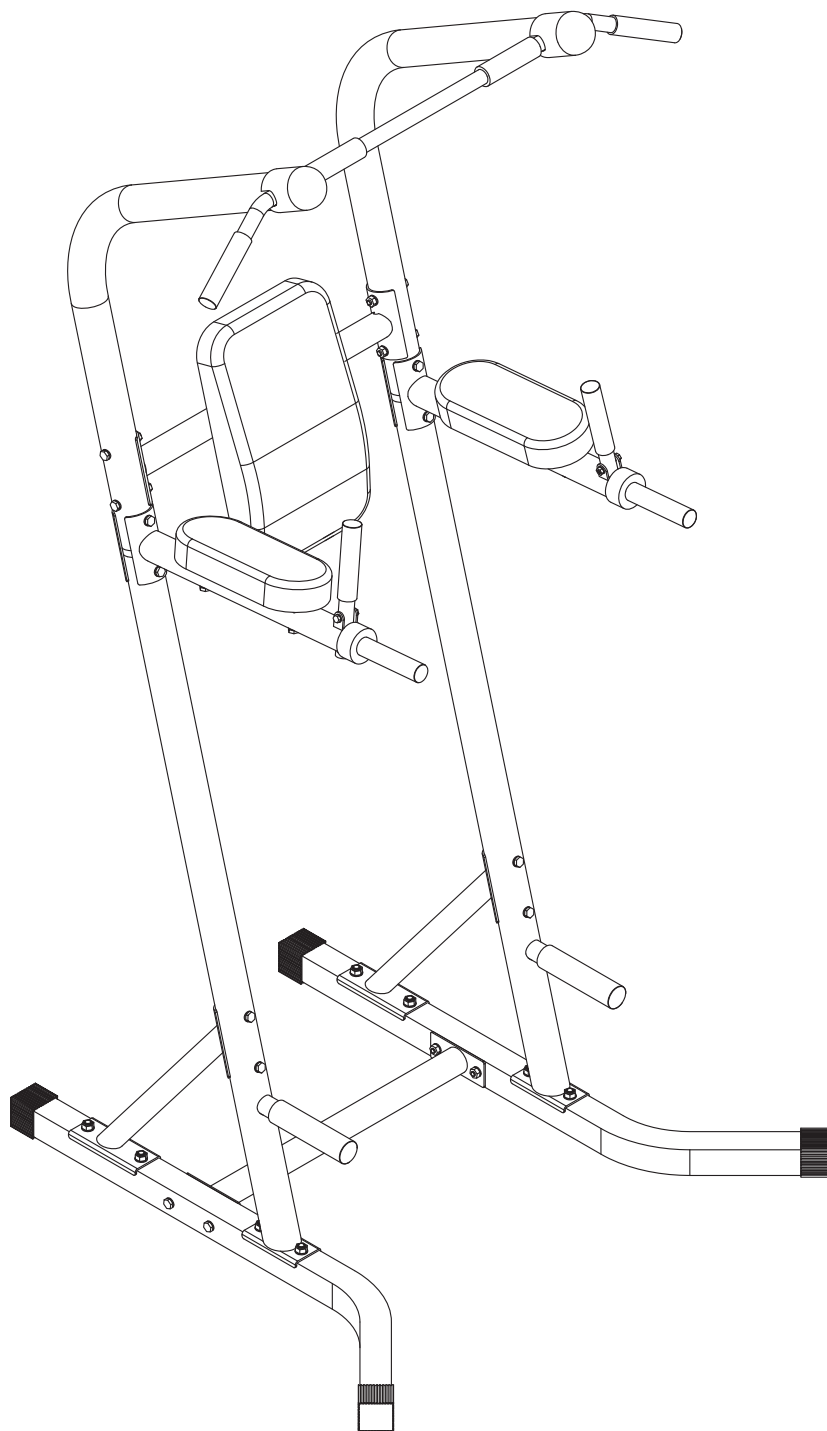
POWER TOWER

Multifunction VKR

PT600

PT628

PT810



Product may vary slightly from image.

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

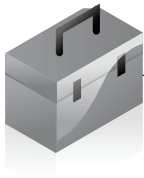
If you have any questions concerning the assembly of your item or if any parts are missing, please **DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER**. Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you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

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

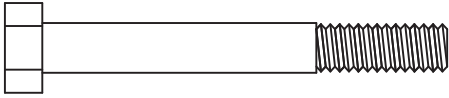




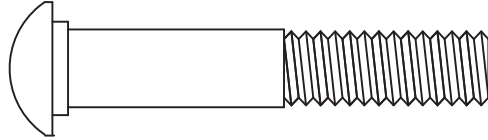
Hardware List

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

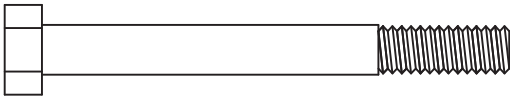
BOLT



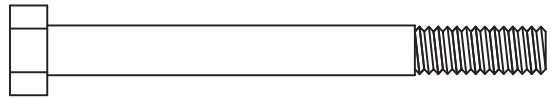
#13. Bolt (M8x65 mm) [8 pieces]



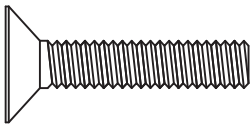
#16. Carriage Bolt (M10x65 mm) [8 pieces]



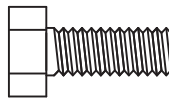
#19. Bolt (M8x75 mm) [8 pieces]



#25A. Bolt (M10x80 mm) [4 pieces]

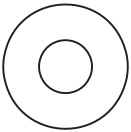


#28. Screw (M8x35 mm) [2 pieces]

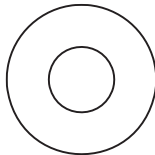


#30. Bolt (M8x20 mm) [2 pieces]

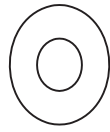
Washer



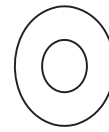
#14. Washer (M8)
[10 pieces]



#17. Washer (M10)
[8 pieces]

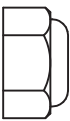


#20. Curved Washer (M8)
[18 pieces]

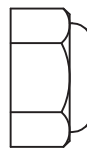


#35. Curved Washer (M10)
[8 pieces]

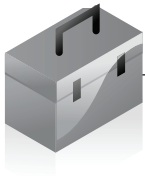
Nut



#15. Lock Nut (M8) [10 pieces]



#18. Lock Nut (M10) [12 pieces]



Parts Listing

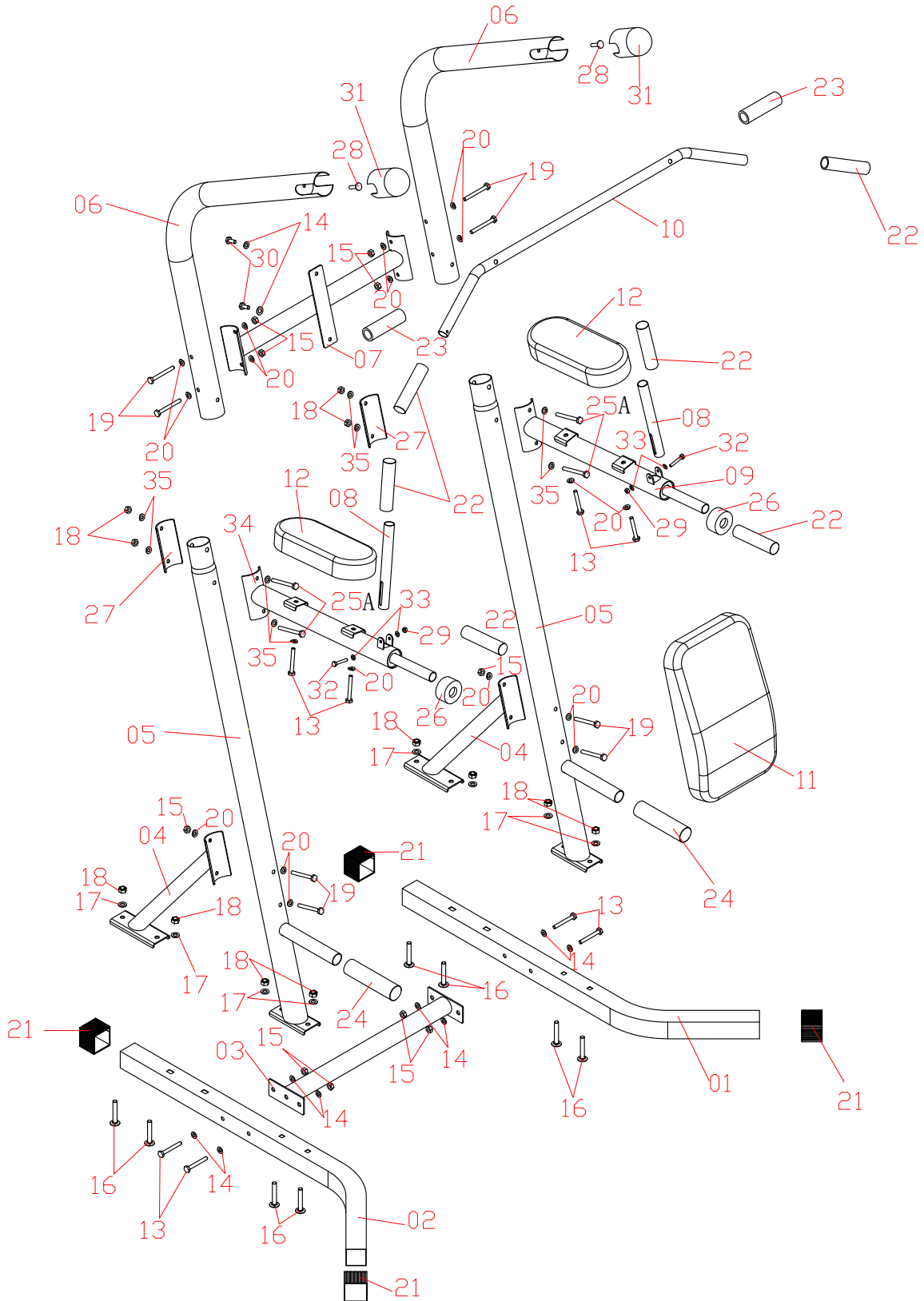
The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

| Parts# | Description |
|---------------|----------------------------------|
| 01 | Base Frame (Left) |
| 02 | Base Frame (Right) |
| 03 | Base Cross Frame |
| 04 | Upright Angle Support Frame |
| 05 | Upright |
| 06 | L Shaped Upper Frame |
| 07 | Back Pad Support Frame |
| 08 | VKR Handlebar |
| 09 | VKR Arm Rest Support Frame-Left |
| 10 | Pull Up Handlebar |
| 11 | Back Pad |
| 12 | Arm Pad |
| 13 | Bolt (M8x65 mm) |
| 14 | Washer (M8) |
| 15 | Lock Nut (M8) |
| 16 | Carriage Bolt (M10x65 mm) |
| 17 | Washer (M10) |
| 18 | Lock Nut (M10) |
| 19 | Bolt (M8x75 mm) |
| 20 | Curved Washer (M8) |
| 21 | Base End Cap |
| 22 | PVC Hand Grip (25 mm I.D.) |
| 23 | Foam Grip |
| 24 | PVC Hand Grip (32 mm I.D.) |
| 25A | Bolt (M10x80 mm) |
| 26 | Plastic Bushing |
| 27 | Curved Shaped Metal Plate |
| 28 | Screw (M8x35 mm) |
| 29 | Lock Nut (M6) |
| 30 | Bolt (M8x20 mm) |
| 31 | Upper Frame End Cap (60 mm) |
| 32 | Bolt (M6x40 mm) |
| 33 | Washer (M6) |
| 34 | VKR Arm Rest Support Frame-Right |
| 35 | Curved Washer (M10) |



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.





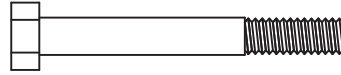
Assembly Instructions

Assembly Step 1

Align and attach the **Base Frame (Right) (#02)** to the **Base Cross Frame (#03)** as illustrated in the diagram. Insert two **Bolts (#13)** through two **Washers (#14)** followed by the **Base Frame (Right) (#02)** and **Base Cross Frame (#03)**. Secure them together using two **Washers (#14)** and two **Lock Nuts (#15)**. Repeat this process on the other side.

Hardware Required

BOLT



#13. Bolt (M8x65 mm) [4 pieces]

Washer

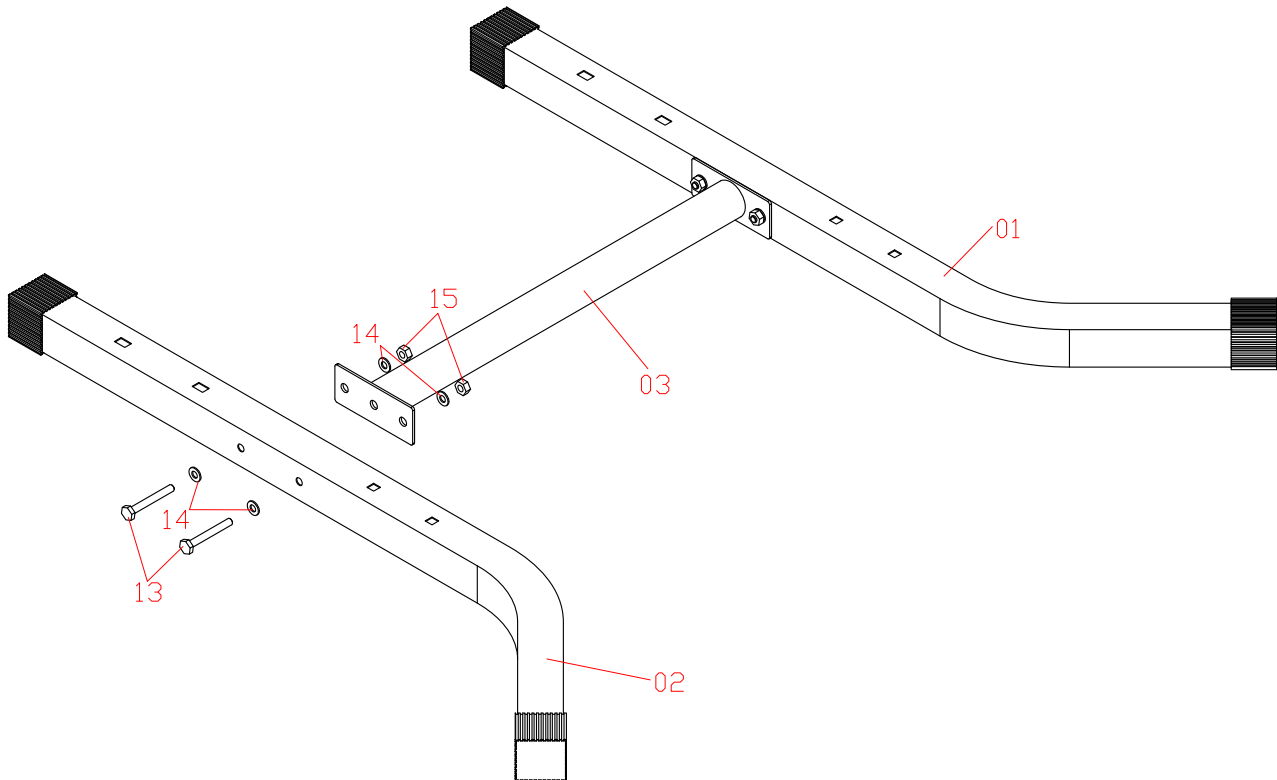


#14. Washer (M8) [8 pieces]

Nut



#15. Lock Nut (M8) [4 pieces]



NOTE:

Hand tighten the Bolts and Nuts in this step;
Do NOT use wrench at this time to avoid misalignment.



Assembly Instructions

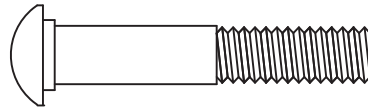
Assembly Step 2

With the help of an assistant, align and attach the **Upright (#05)** to the **Base Frame (Right) (#02)**. Insert two **Carriage Bolts (#16)** through the **Base Frame (Right) (#02)** and **Upright (#05)**. Secure them together using two **Washers (#17)** and two **Lock Nuts (#18)**. Repeat this process on the other side.

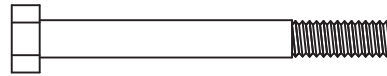
Align and attach the **Upright Angle Support Frame (#04)** to the **Upright (#05)** and **Base Frame (Right) (#02)**. Insert two **Carriage Bolts (#16)** through the bottom of the **Base Frame (Right) (#02)** followed by the **Upright Angle Support Frame (#04)**. At this point hand tighten the two **Washers (#17)** and two **Lock Nuts (#18)** on the lower portion as it may be difficult to align the holes for the upper portion. Insert two **Bolts (#19)** through two **Curved Washers (#20)** followed by the **Upright (#05)**, and **Upright Angle Support Frame (#04)**. Secure them together using one **Curved Washer (#20)** and one **Lock Nut (#15)**. Repeat this process on the other side. At this point, secure the **Lock Nuts (#18)** that were hand tightened in the lower portion. Repeat this process on the other side.

Hardware Required

BOLT

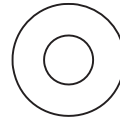


#16. Carriage Bolt (M10x65 mm) [8 pieces]



#19. Bolt (M8x75 mm) [4 pieces]

Washer



#17. Washer (M10)
[8 pieces]



#20. Curved Washer (M8)
[6 pieces]

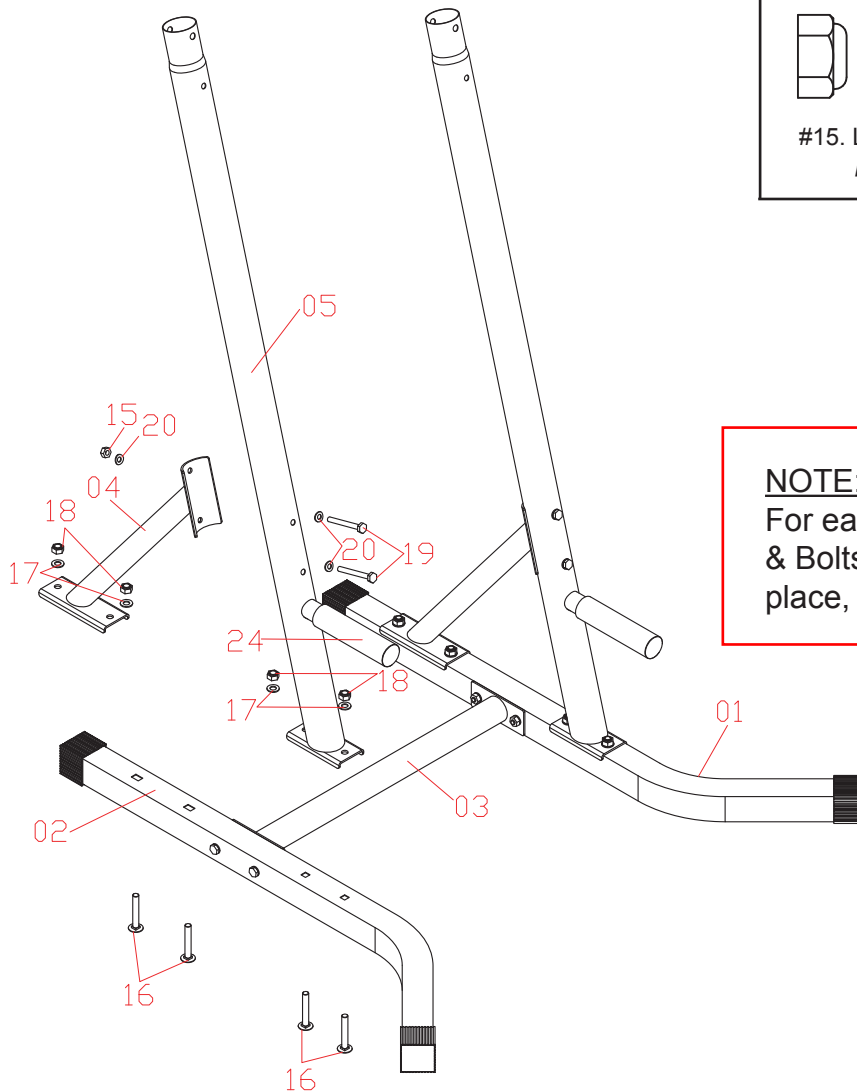
Nut



#15. Lock Nut (M8)
[2 pieces]



#18. Lock Nut (M10)
[8 pieces]



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

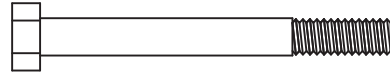
Assembly Step 3

Align and attach the **L Shaped Upper Frame (#06)** to the **Back Pad Support Frame (#07)** as illustrated in the diagram. Insert two **Bolts (#19)** through two **Curved Washers (#20)** followed by the **L Shaped Upper Frame (#06)** and **Back Pad Support Frame (#07)**. Secure them together using two **Curved Washers (#20)** and two **Lock Nuts (#15)**. Repeat this process on the other side.

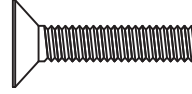
Insert the **Pull Up Handlebar (#10)** into both **L Shaped Upper Frames (#06)** and secure them using two **Screws (#28)** directly into the **L Shaped Upper Frames (#06)** as illustrated. Slide the **Upper Frame End Caps (#31)** over the **Pull Up Handlebar (#10)** and both the **L Shaped Upper Frames (#06)**.

Hardware Required

BOLT



#19. Bolt (M8x75 mm) [4 pieces]



#28. Screw (M8x35 mm) [2 pieces]

Washer

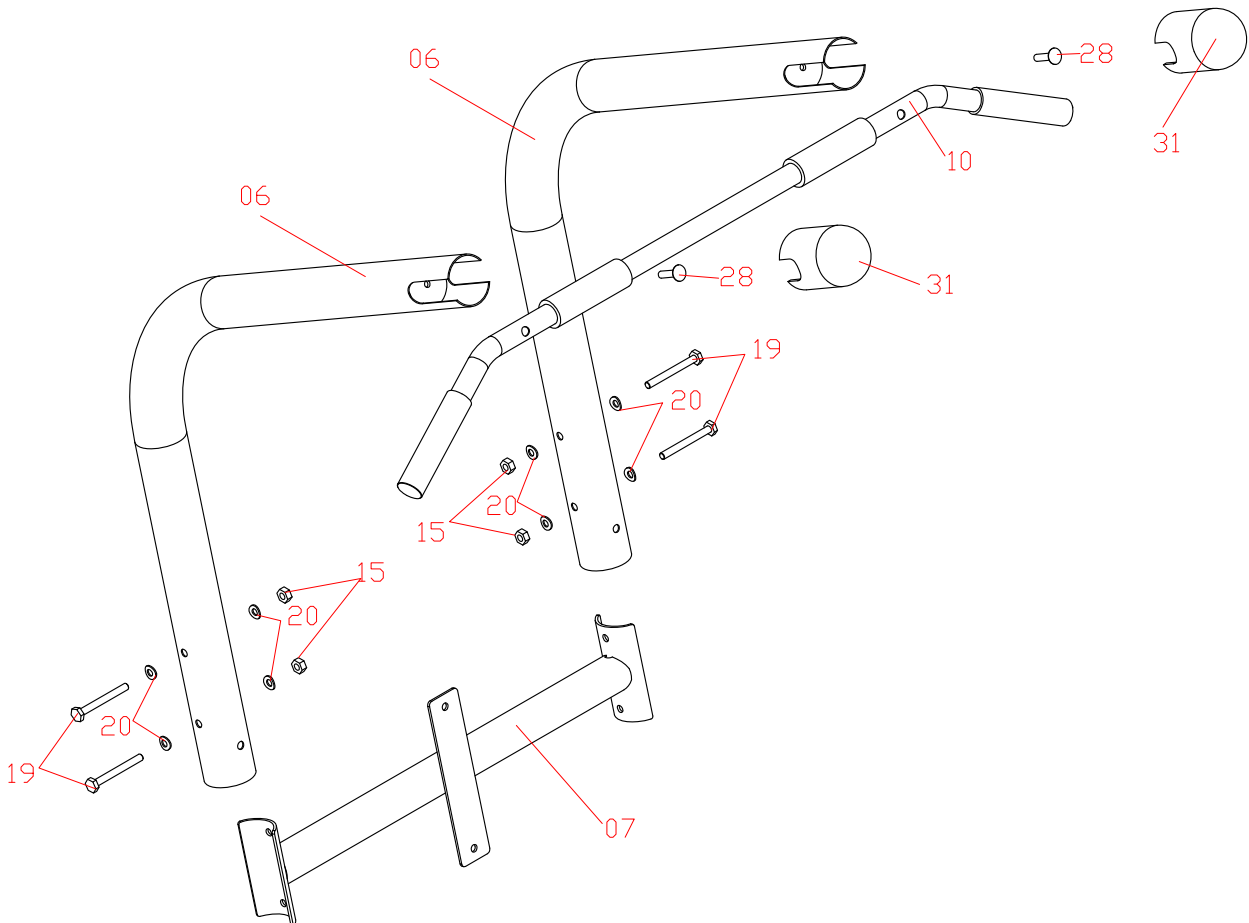


#20. Curved Washer (M8) [8 pieces]

Nut



#15. Lock Nut (M8) [4 pieces]





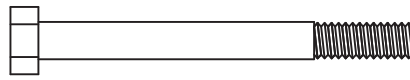
Assembly Instructions

Assembly Step 4

With the help of an assistant, slide the **L Shaped Upper Frames (#06)** into the **Uprights (#05)** as oriented in illustration indicated below. Insert two **Bolts (#25A)** through two **Curved Washers (#35)** followed by the **VKR Arm Rest Support Frame-Right (#34)**, **L Shaped Upper Frame (#06)**, **Upright (#05)** and **Curved Shaped Metal Plate (#27)**. Secure them together using two **Curved Washers (#35)** and two **Lock Nuts (#18)**. Repeat this process on the other side.

Next, to properly assemble the **VKR Handlebar (#08)**, please lift the right **VKR Handlebar (#08)** so that it is vertically perpendicular to the two holes on the **VKR Arm Rest Support Frame-Right (#34)**. Insert the **VKR Handlebar (#08)** down through both holes. Please jiggle the **VKR Handlebar (#08)** a little to ensure it is fully inserted. Repeat on the opposite side.

BOLT



#25A. Bolt (M10x80 mm) [4 pieces]

Washer

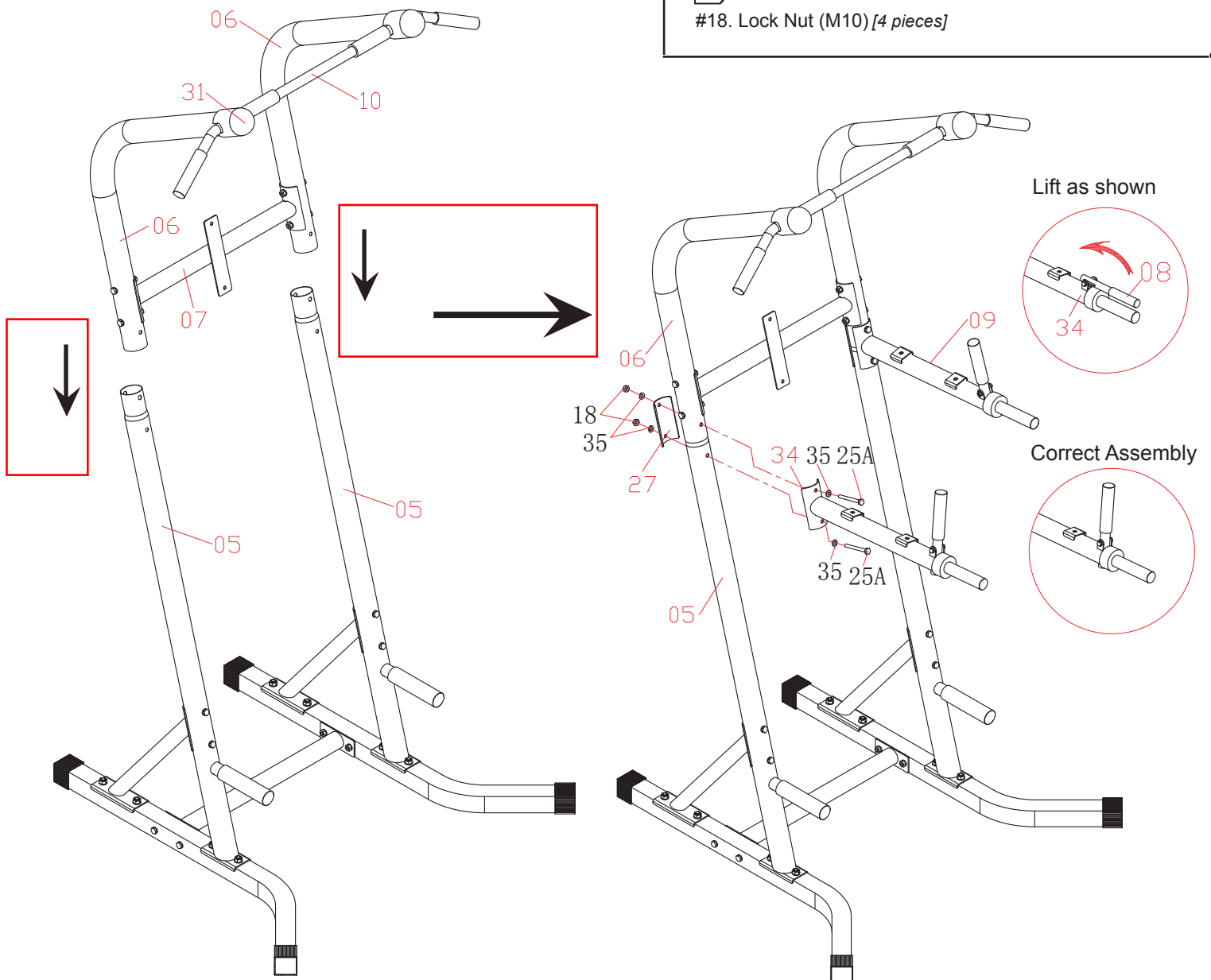


#35. Curved Washer (M10) [8 pieces]

Nut



#18. Lock Nut (M10) [4 pieces]





Assembly Instructions

Assembly Step 5

Secure the **Back Pad (#11)** to the **Back Pad Support Frame (#07)** using two **Bolts (#30)** and two **Washers (#14)**. DO NOT OVER TIGHTEN THE **BOLTS (#30)** AS THIS MAY STRIP THE THREAD OR CRACK THE WOOD IN THE **BACK PAD (#11)**.

Secure the **Arm Pad (#12)** to the **VKR Arm Rest Support Frame-Left (#34)** using two **Bolts (#13)** and two **Curved Washers (#20)**. Repeat this process on the other side.

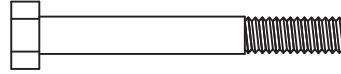
DO NOT OVER TIGHTEN THE **BOLTS (#13)** AS THIS MAY STRIP THE THREAD OR CRACK THE WOOD IN THE **ARM PAD (#12)**

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.

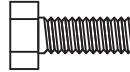
For your safety, please visually and functionally inspect and the unit after assembly is complete.

Hardware Required

BOLT



#13. Bolt (M8x65 mm) [4 pieces]



#30. Bolt (M8x20 mm) [2 pieces]

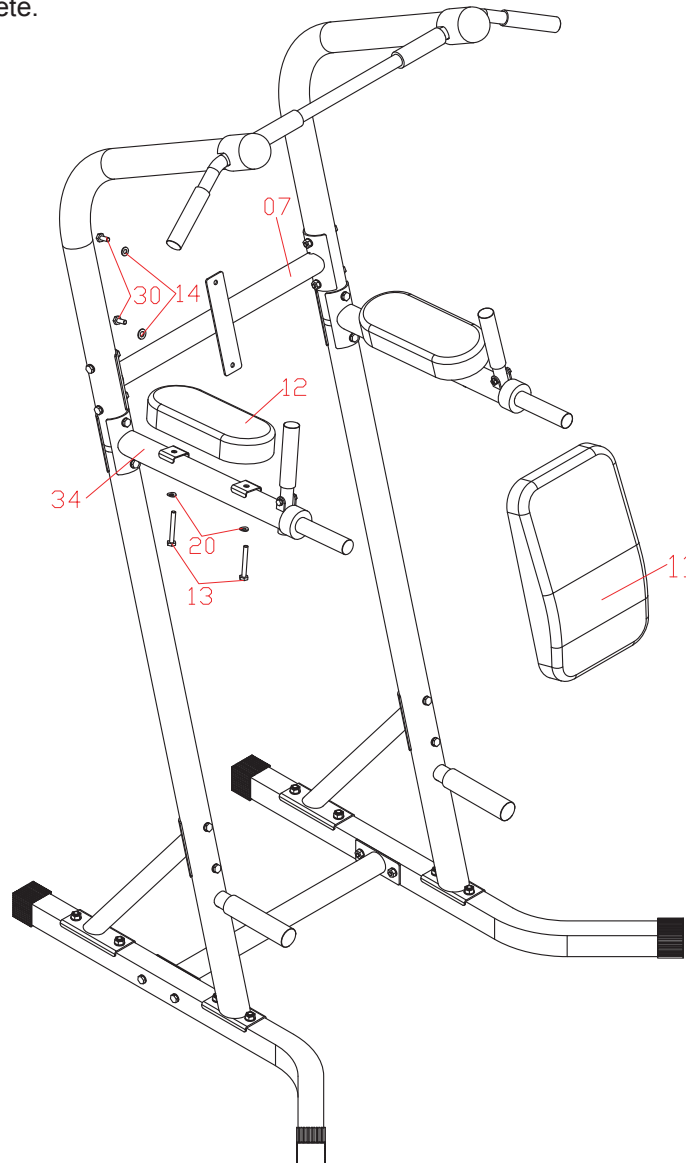
Washer



#14. Washer (M8)
[2 pieces]



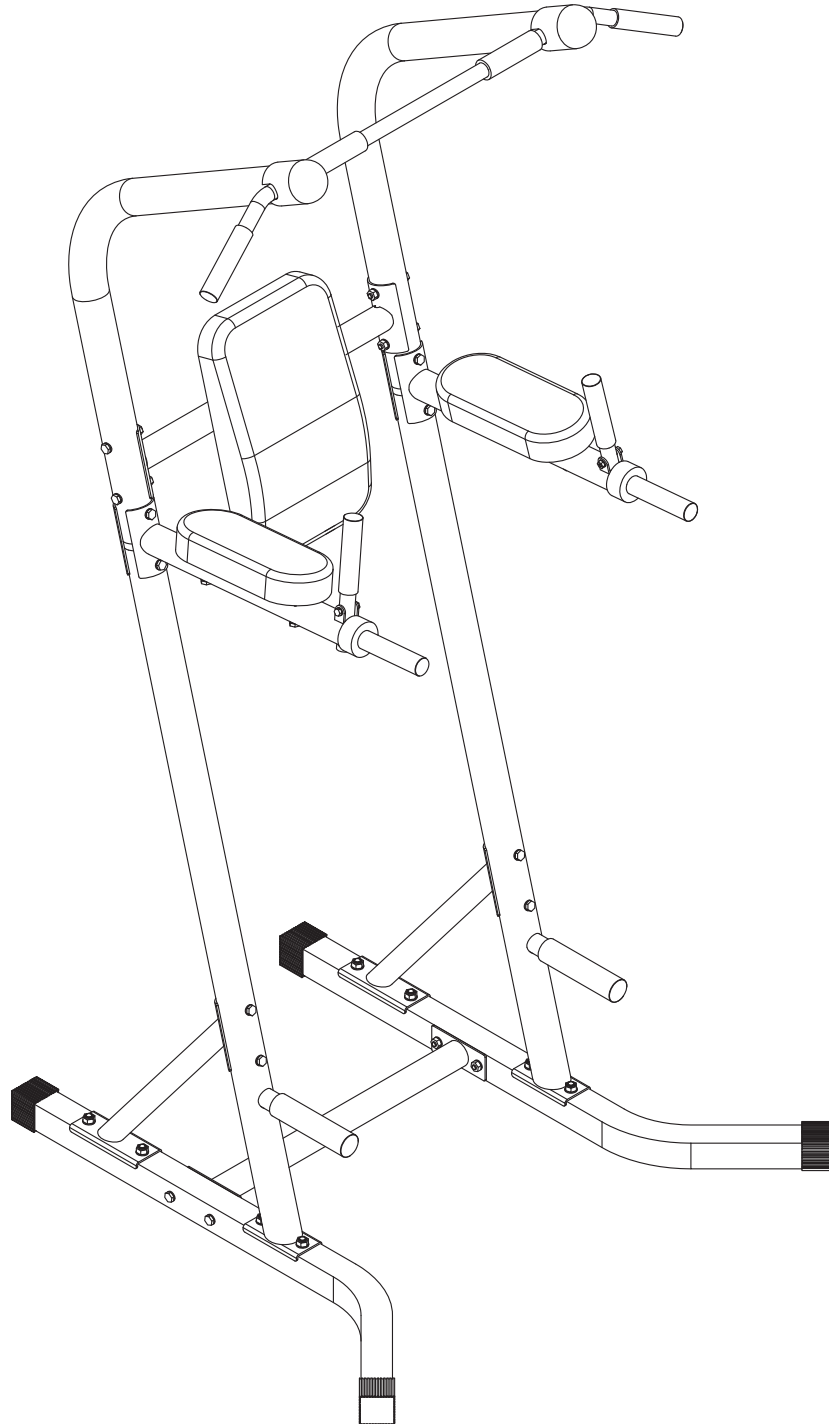
#20. Curved Washer (M8)
[4 pieces]





Safety Instructions

- Make sure all bolts are tightened.
- Check for loose parts and components
- Check to see if there are any tears or bends in the welding or metal.
- Be sure that all adjustment locking devices and safety devices are properly engaged prior to use!



Thanks for choosing



Model Number PT600/628/810

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