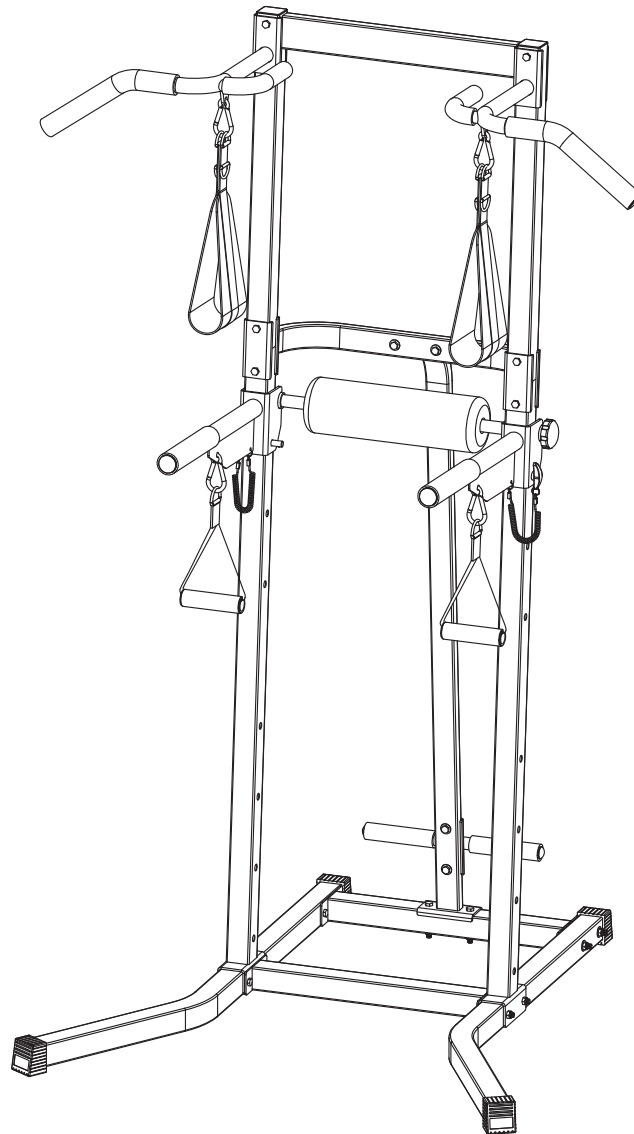


BODY POWER DELUXE POWER TOWER WITH STRAPS

PT817 / PT890



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.

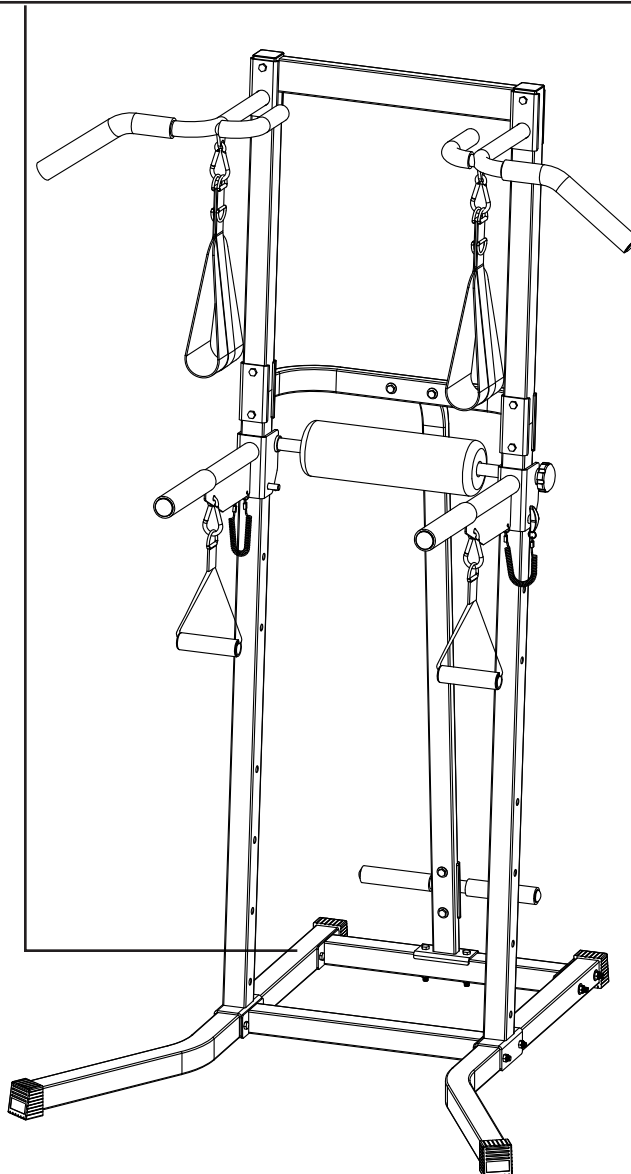
The diagram below highlights and reviews many of the important Safety and Warning labels also found on the unit. Please ensure any user of the unit familiarizes themselves with these Safety and Warning guidelines before use.



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: 300 LBS





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

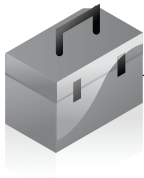
If you have any questions concerning the assembly of your item or if any parts are missing, please DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER. Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you replacement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

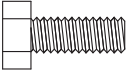




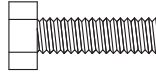
Hardware List

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

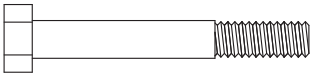
BOLT



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



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

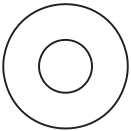


#19. Hex Bolt (M10x70 mm)
[12 pieces]

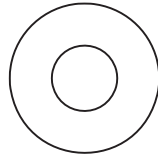


#20. Hex Bolt (M10x75 mm)
[4 pieces]

Washer

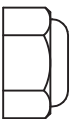


#21. Washer (M10)
[10 pieces]

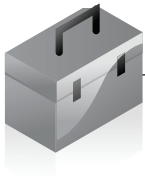


#22. Big Washer (M8)
[1 piece]

Nut



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



Parts Listing

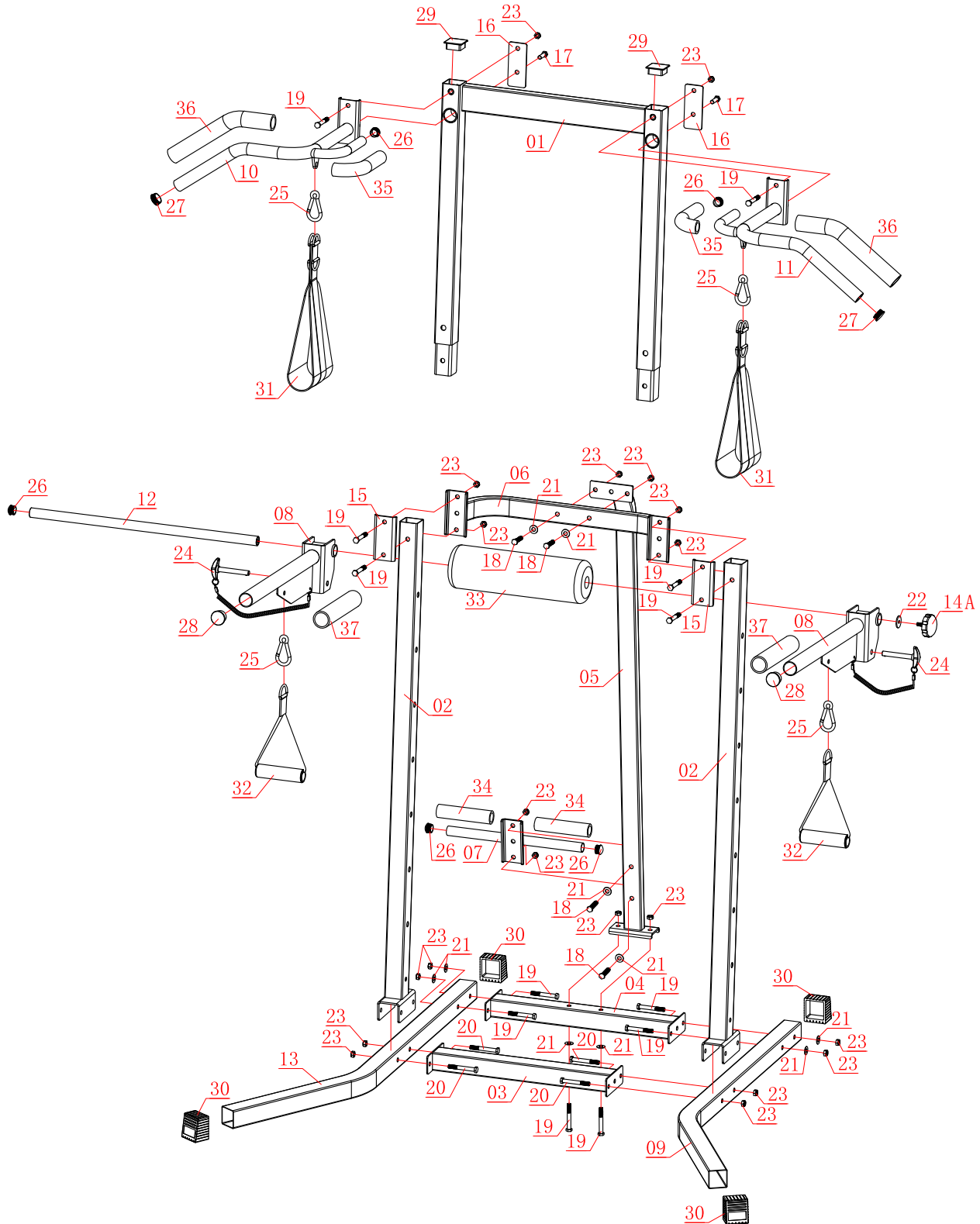
The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

#	Description	#	Description
01	Top Upright	20	Hex Bolt (M10x75 mm)
02	Left/Right Upright	21	Washer (M10)
03	Front Base	22	Big Washer (M8)
04	Rear Base	23	Nylon Nut (M10)
05	Supporting Tube	24	Pop-Pin
06	Center Cross Tube	25	Hook
07	Foot Tube	26	Round End Cap (25 mm)
08	VKR Handle Bar	27	Round End Cap (32 mm)
09	Left Base Tube	28	Round End Cap (38 mm)
10	Right Upper Handle Bar	29	Square End Cap (50 mm)
11	Left Upper Handle Bar	30	Square End Cap (50 mm)
12	Foam Roller Tube	31	Sling Strap
13	Right Base Tube	32	Hand Strap
14A	Knob Bolt (M8x30 mm)	33	Foam Roller
15	Reinforcement Plate	34	Foam
16	Reinforcement Plate	35	Foam
17	Hex Bolt (M10x25 mm)	36	Foam
18	Hex Bolt (M10x45 mm)	37	Foam
19	Hex Bolt (M10x70 mm)		



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.) Align and attach the **Rear Base (#04)** to the **Left Base Tube (#09)** as illustrated in the diagram. Insert two **Hex Bolts (#19)** through the the **Rear Base (#04)** followed by the **Left Base Tube (#09)**, secure them together using two **Washers (#21)** and two **Nylon Nuts (#23)**.

B.) With the help of an assistant, align and attach the **Left Upright (#02)** to the **Left Base Tube (#09)**. Next, align and attach the **Front Base (#03)** to the **Left Base Tube (#09)** and as illustrated in the diagram. Insert two **Hex Bolts (#20)** through the **Front Base (#03)** followed by the **Left Upright (#02)** and **Left Base Tube (#09)**, secure them together using two **Nylon Nuts (#23)**.

Repeat this process on the other side.

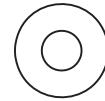
Hardware Required

BOLT



#19. Hex Bolt (M10x70 mm) [4 pieces]
#20. Hex Bolt (M10x75 mm) [4 pieces]

Washer



#21. Washer (M10) [4 pieces]

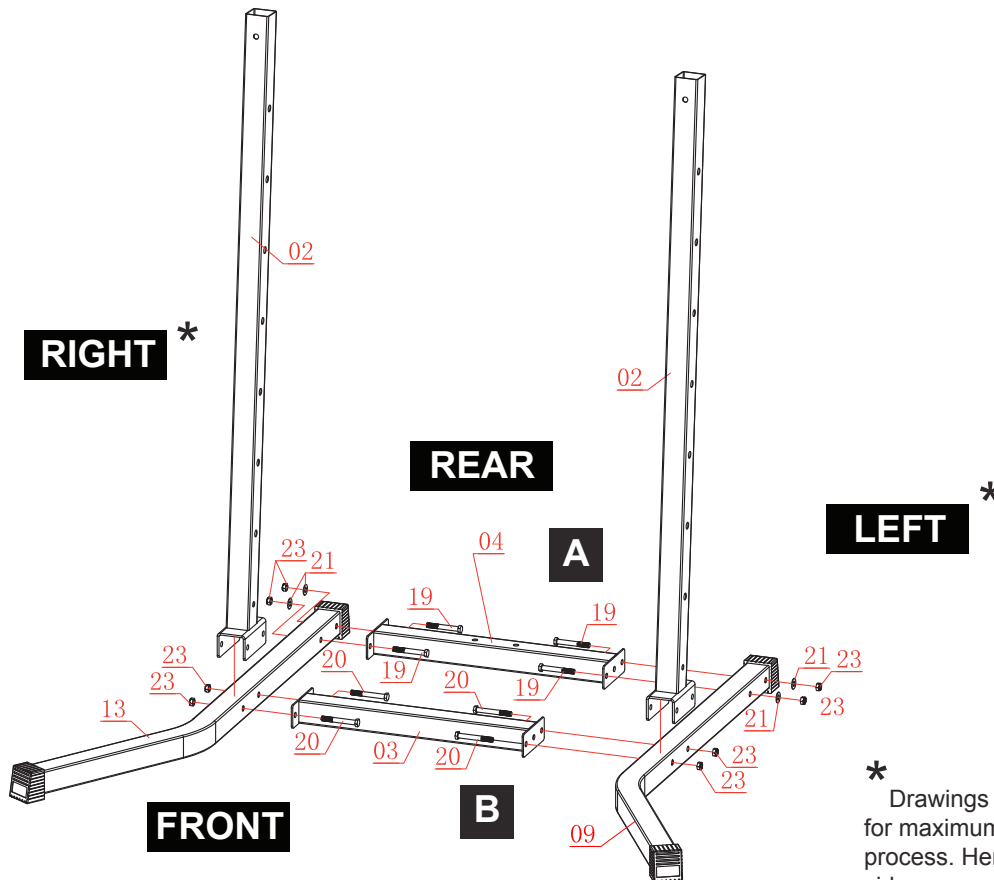
Nut



#23. Nylon Nut (M10) [8 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

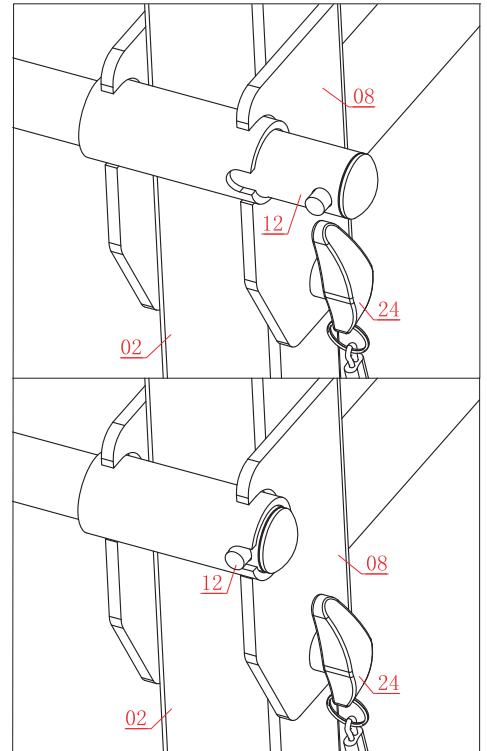
Assembly Step 2

With the help of an assistant, align and attach the **Right VKR Handle Bar (#08)** to the **Right Upright (#02)**. Secure them together by inserting through one **Pop-Pin (#24)** as illustrated.

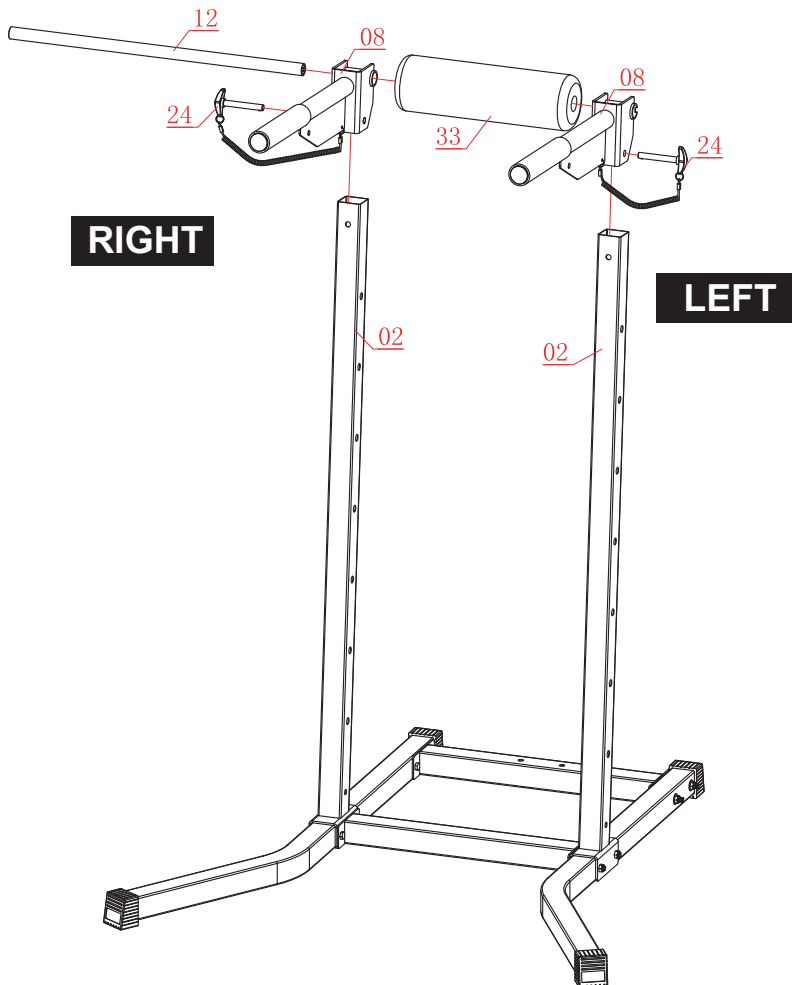
Insert the **Foam Roller Tube (#12)** through the hole on the **Right VKR Handle Bar (#08)**. Slide on the **Foam Roller (#33)** onto the **Foam Roller Tube (#12)** as guided in the diagram.

Next, align and attach the **Left VKR Handle Bar (#08)** to the **Left Upright (#02)**. Secure them together by inserting through one **Pop-Pin (#24)** from the direction as illustrated.

Push the **Foam Roller Tube (#12)** through the hole on the **Left VKR Handle Bar (#08)**.



NOTE: Please ensure that the notch on the edge rim of **Foam Roller Tube (#12)** fits flush with the indentation on **Right VKR Handle Bar (#08)** (illustrated above).





Assembly Instructions

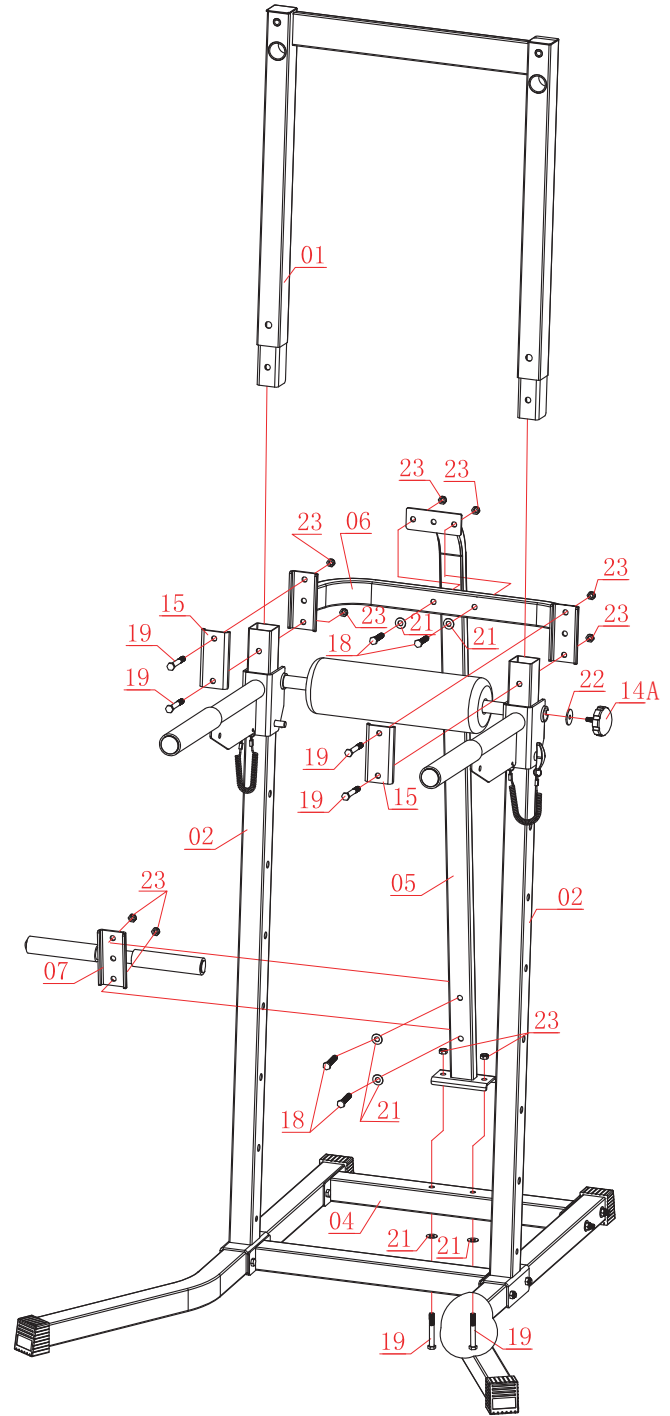
Assembly Step 3

With the help of an assistant, attach the **Top Upright (#01)** onto the **Left/Right Uprights (#02)**. Attach the **Center Cross Tube (#06)** to the **Top Upright (#01)** and **Left/Right Uprights (#02)**. Secure them together using two **Reinforcement Plates (#15)**, four **Hex Bolts (#19)** and four **Nylon Nuts (#23)** -- all as shown and oriented in illustration.

Attach the **Supporting Tube (#05)** to the **Center Cross Tube (#06)** and **Rear Base (#04)**. Secure **Supporting Tube (#05)** to the **Center Cross Tube (#06)** using two **Hex Bolts (#18)**, two **Washers (#21)** and two **Nylon Nuts (#23)**. Secure **Supporting Tube (#05)** to the **Rear Base (#04)** using two **Hex Bolts (#19)**, two **Washers (#21)** and two **Nylon Nuts (#23)**.

Attach the **Foot Tube (#07)** to the **Supporting Tube (#05)**, secure them together using two **Hex Bolts (#18)** two **Washers (#21)** and two **Nylon Nuts (#23)**.

Secure the product using one **Knob Bolt (#14A)** through one **Washer (#22)**.

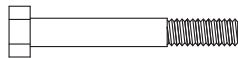


Hardware Required

BOLT



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

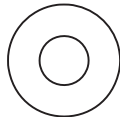


#19. Hex Bolt (M10x70 mm)
[6 pieces]

Washer



#21. Washer (M10)
[6 pieces]



#22. Big Washer (M8)
[1 piece]

Nut



#23. Nylon Nut (M10)
[10 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 4

With the help of an assistant, attach the **Left Upper Handle Bar (#11)** to the left side of the **Top Upright (#01)**. Secure them together using one **Reinforcement Plate (#16)**, one **Hex Bolt (#19)**, one **Hex Bolt (#17)** and one **Nylon Nut (#23)**.

Attach the **Sling Strap (#31)** to the **Left Upper Handle Bar (#11)** with a **Hook (#25)**.

Repeat this process on the opposite side.

Attach the **Hand Grip (#32)** to the **Left VKR Handle Bar (#08)** with a **Hook (#25)**.

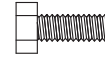
Repeat this process on the opposite side.

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.

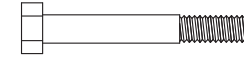
For your safety, please visually and functionally inspect and test the unit after assembly is complete.

Hardware Required

BOLT



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

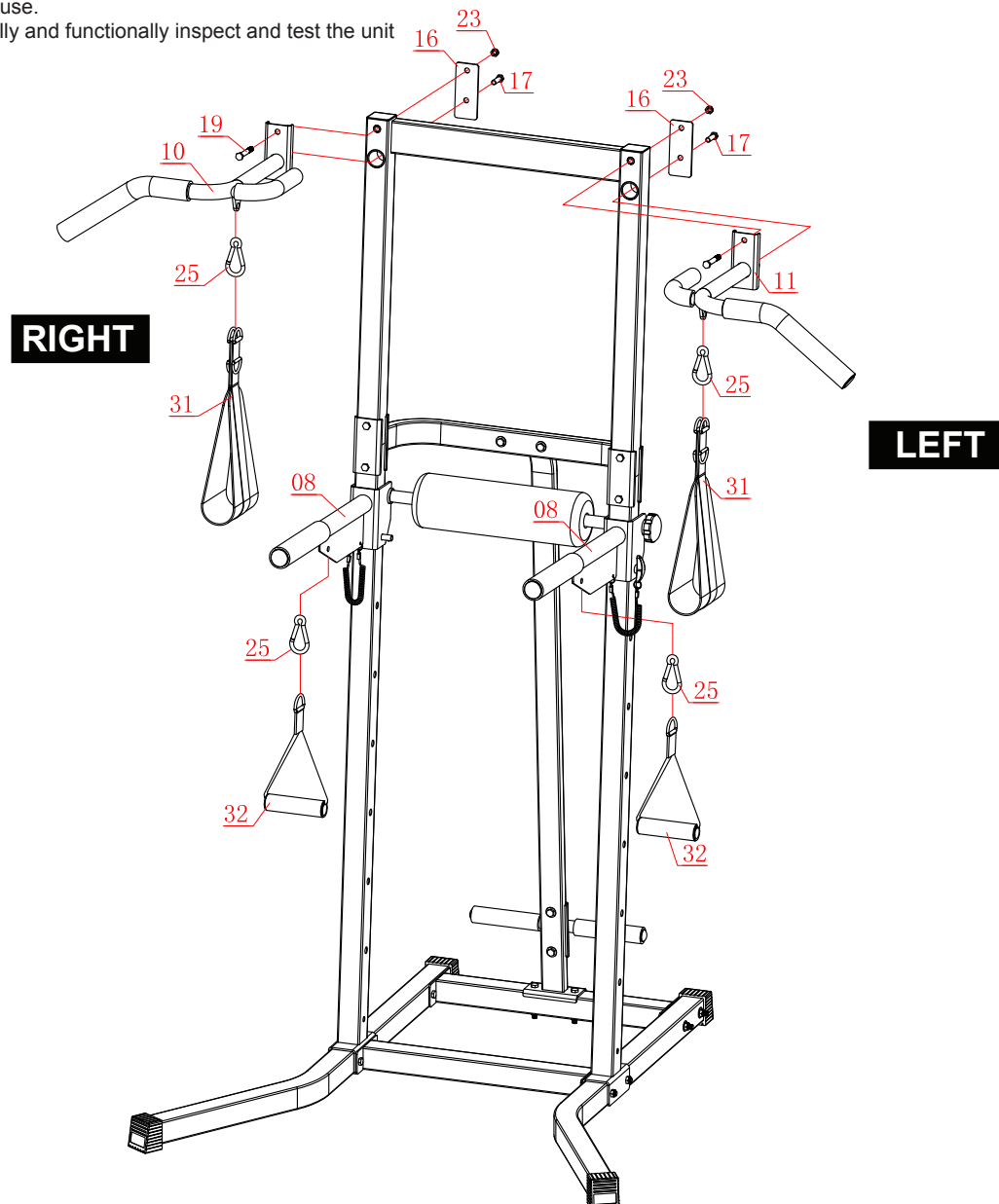


#19. Hex Bolt (M10x70 mm) [2 pieces]

Nut



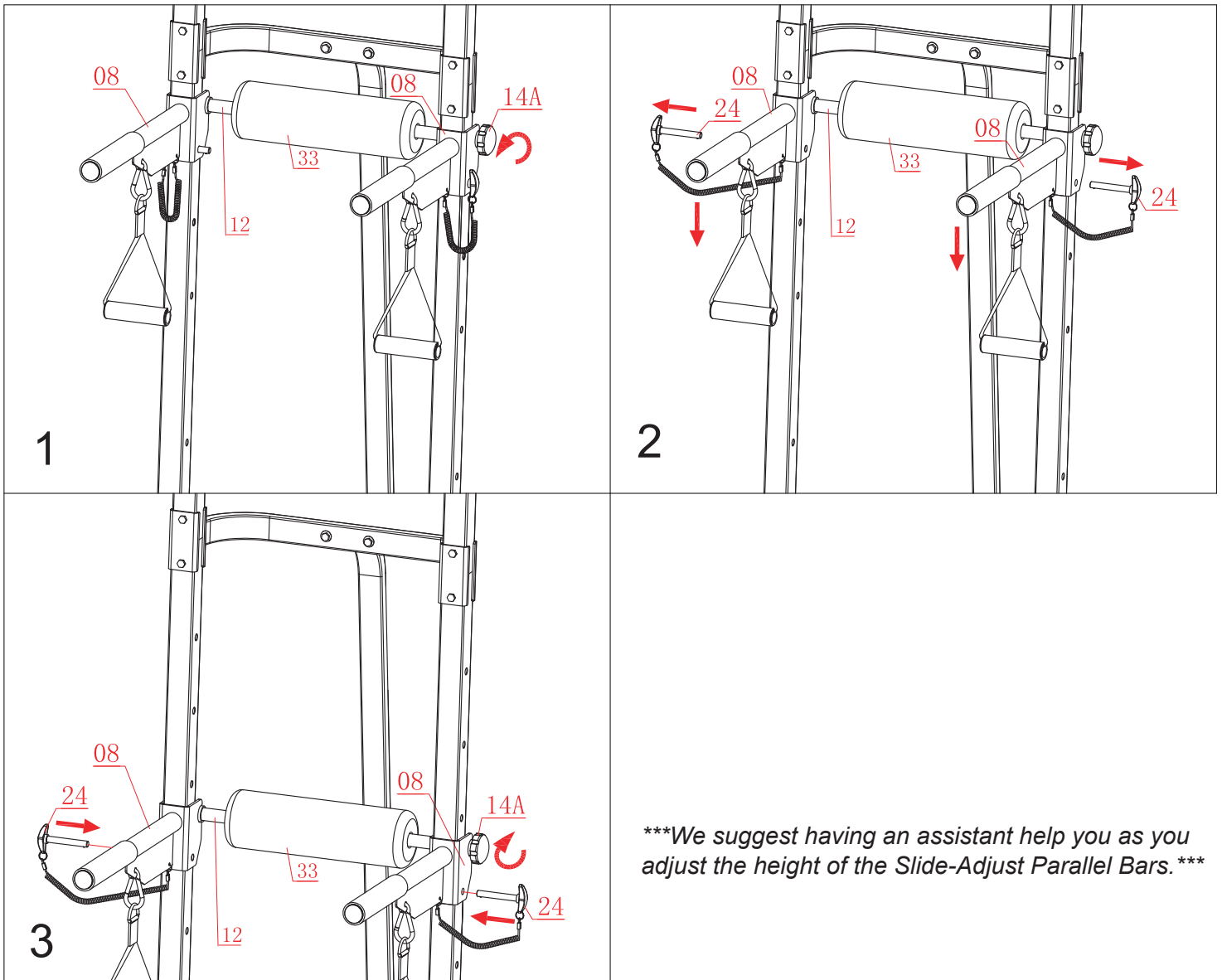
#23. Nylon Nut (M10) [2 pieces]





Assembly Instructions

How to Adjust the Height of Slide-Adjust Parallel Bars



We suggest having an assistant help you as you adjust the height of the Slide-Adjust Parallel Bars.

1. a.) Loosen **Knob Bolt (#14A)** by turning it counter-clockwise (about 6 turns) so that **Foam Roller Tube (#12)** and **Foam Roller (#33)** are loosened slightly (they will be able to move slightly left and right).
2. a.) Use one hand for support on one **VKR Handle Bar (#08)** to prevent sudden sliding and another hand to remove the corresponding **Pop-Pin (#24)**. Repeat this process on the other **VKR Handle Bar (#08)** and corresponding **Pop-Pin (#24)**.
b.) Adjust by sliding up or down the left/right **VKR Handle Bars (#08)**, **Foam Roller Tube (#12)**, and **Foam Roller (#33)** to the set of two corresponding holes at the new height setting you wish to use.
***FOR YOUR SAFETY, always ensure both right **VKR Handle Bar (#08)** and left **VKR Handle Bar (#08)** are set on matching height hole settings to ensure parallel bars.
3. a.) Re-insert the two **Pop Pins (#24)** in through **VKR Handle Bars (#08)** to the new height setting, making sure you engage the same corresponding height set of holes.
b.) Tighten **Knob Bolt (#14A)** by turning it clockwise to secure the configuration. Test that the **VKR Handle Bars (#08)** and **Foam Roller Tube (#12)** with **Foam Roller (#33)** are sturdy and secure before using them.



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 (#10), Left Upper Handle Bar (#11), Left/Right VKR Handle Bar (#08).
- 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 PT817 / PT890

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