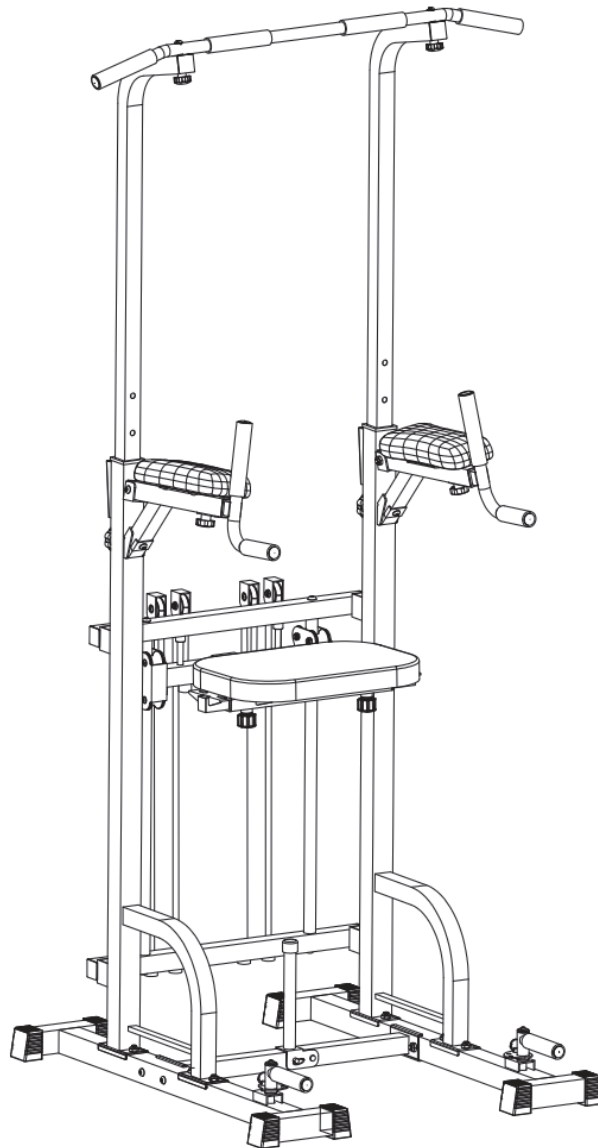


# FLYBIRD POWER TOWER STARTER101



## USER MANUAL

## Preface

Thank you for choosing the versatile FLYBIRD POWER TOWER STARTER101. This equipment is designed to help you target and strengthen the major upper body muscles. Whether your goal is a toned physique, increased muscle size and strength, or improved cardiovascular health, the POWER TOWER can help you achieve your desired results. Before continuing, please take a moment to review the part identification chart and become familiar with the labeled components.

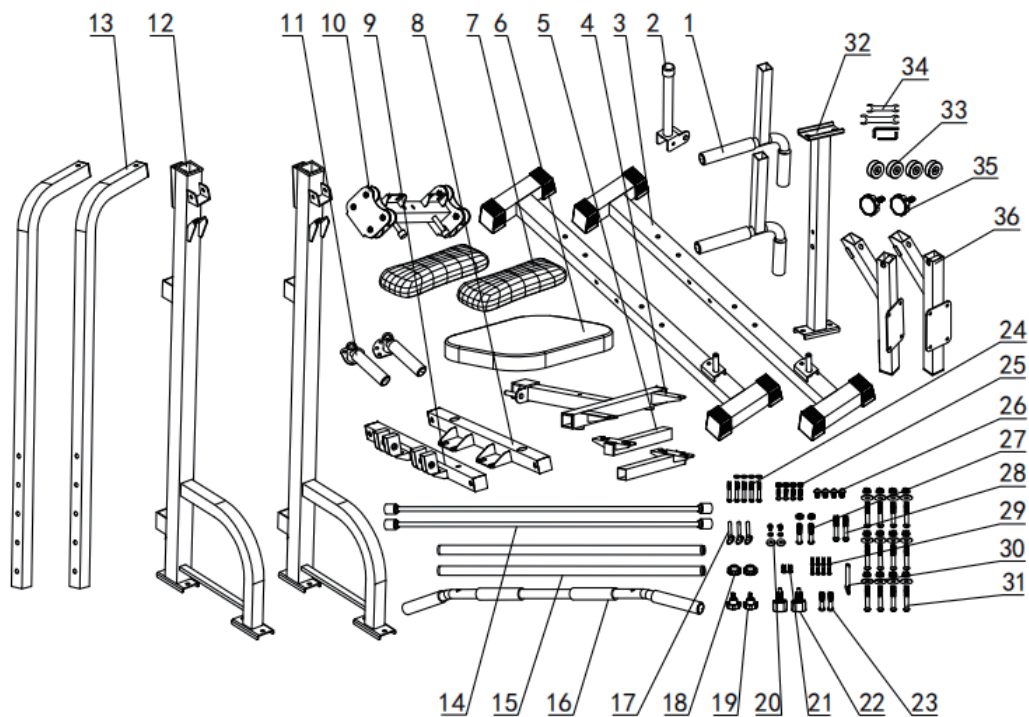
For support with the FLYBIRD product, please email us at [service@flybirdfitness.com](mailto:service@flybirdfitness.com). Our customer service team will be available to assist you within 24 hours.

## Safety Precautions

**WARNING:** To reduce the risk of injury, please read the following precautions before using this product. Consult physician before starting any exercise to check for medical/physical conditions.

1. Tighten all nuts/bolts before workout.
2. Keep children, elderly, pets away from equipment.
3. Avoid touching moving parts to prevent injury. Machine contains small parts that may pose a choking hazard.
4. Use equipment as indicated, stop immediately if something is wrong.
5. Not suitable for therapeutic use.
6. Max weight capacity: 330 lbs. For one person only.
7. Wear comfortable, appropriate clothing when using equipment.
8. Take precautions when moving/adjusting to avoid injury.
9. Use on solid, flat surface with protective cover for floor/carpet.
10. For indoor, home use only. Not for commercial use.

## Part Identification Chart



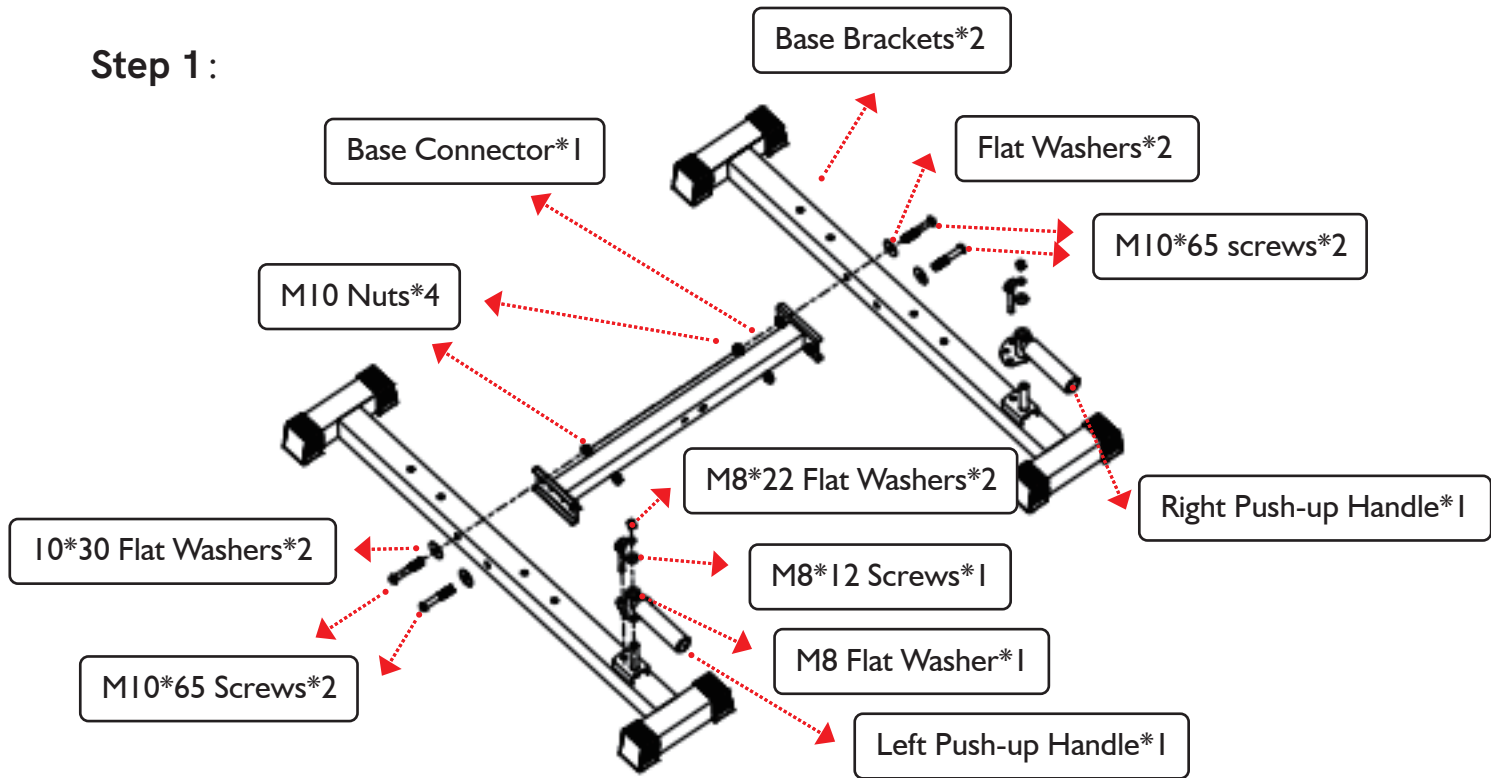
No.	Part Name	Qty
1	Arm Handle	2
2	Anti-crash frame	1
3	Base Bracket	2
4	Middle Cushion Shelf	1
5	Cushion Telescopic Shelf	2 (Left*1 and Right*1)
6	Middle Cushion	1
7	Arm Cushion	2
8	Vertical Tube Crossbar	1
9	Stretch Wheel Frame	1
10	Pulley Wheel Frame	1
11	Push-up Handle	2 (Left*1 and Right*1)
12	Vertical Tube	2 (Left*1 and Right*1)

13	Telescopic Tube	2
14	Cord	4
15	Composite Tube	2
16	Pull-up Bar	1
17	M8*68 latch	3
18	M10 knob	2
19	M8 Knob	2
20	M8*12 Screw+M8*22 Flat Washer+M8 Flat Washer	2
21	M8*16 Screw	2
22	M16 Knob	2
23	M10*45 Screws	2
24	M8*50 Screw+8*16 Flat Washer	5 Screws+4 Flat Washers
25	M8*30 Screw+M8 Nut	4
26	M12*16 Screw	4
27	M10*55 Screw+M10 Nut	2
28	M10*70 Screw	2
29	M6*16 Screw	8
30	M10*80 latch	1
31	M10*65 Screws and 10*30 Flat Washers+M10 Nuts	12
32	Base Connector	1
33	rollers	4
34	Wrenches	4
35	M10*65 Knob	2
36	Arm Handle Shelf	2

## Assembly Steps

Please read this manual carefully before installation. The installation instruction is for reference only. If you have a simpler installation method, please follow your own method.

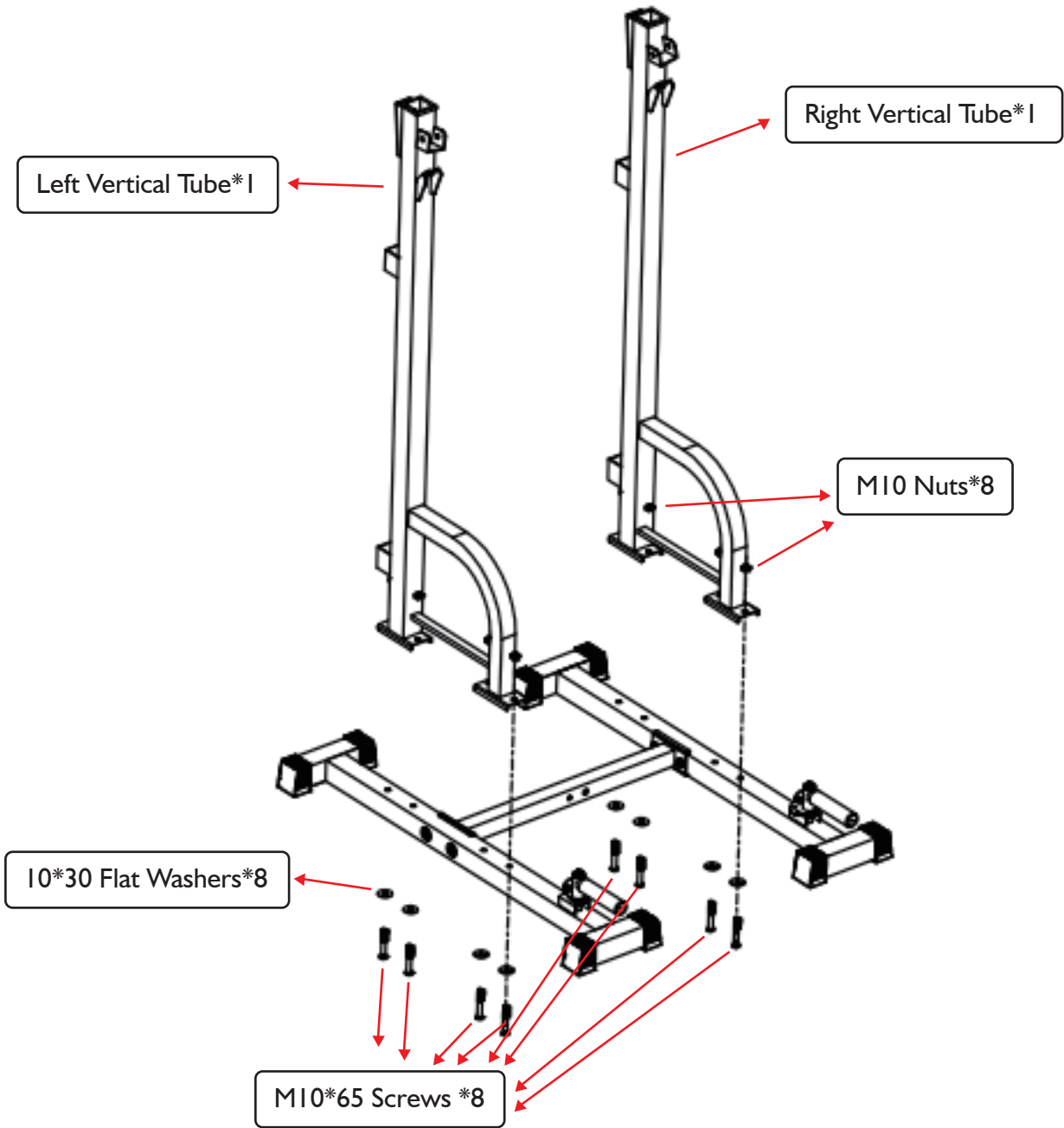
### Step 1:



No.	Part Name	Amount
3	Base Bracket	2
32	Base Connector	1
11	Push-up Handle	2(Left*1 and Right*1)
31	M10*65 Screw and 10*30 Flat Washer+M10 Nut	4
20	M8*12 Screw+M8*22 Flat Washer+M8 Flat Washer	2

1. Lock the 2 base brackets and base connector with M10\*65 screws, 10\*30 flat washers, M10 nuts and make sure the main frame is stable.
2. Take out the push-up handles and lock the handles with M8\*12 screws, M8 flat washers and M8\*22 flat washers.
3. Use M10\*80 latch to adjust the Push-up Handle

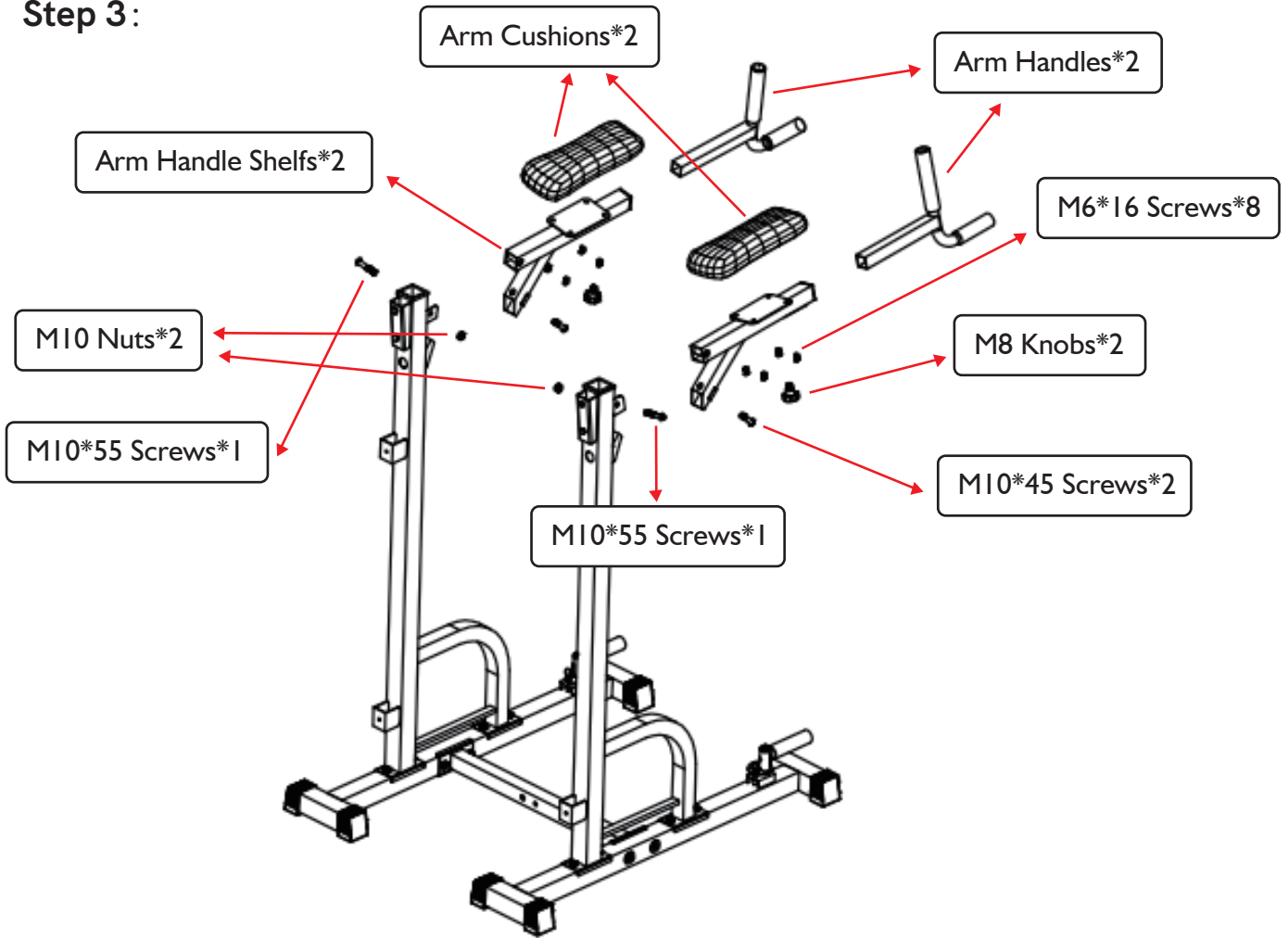
**Step 2:**



No.	Part Name	Amount
12	Vertical Tube	2(Left*1 and Right*1)
31	M10*65 Screw and 10*30 Flat Washer+M10 Nut	8

After installing the base brackets, insert the vertical tubes on the base brackets. Lock the base brackets and vertical tubes with M10\*65 screws, 10\*30 flat washers, M10 nuts and make sure the main frame is stable.

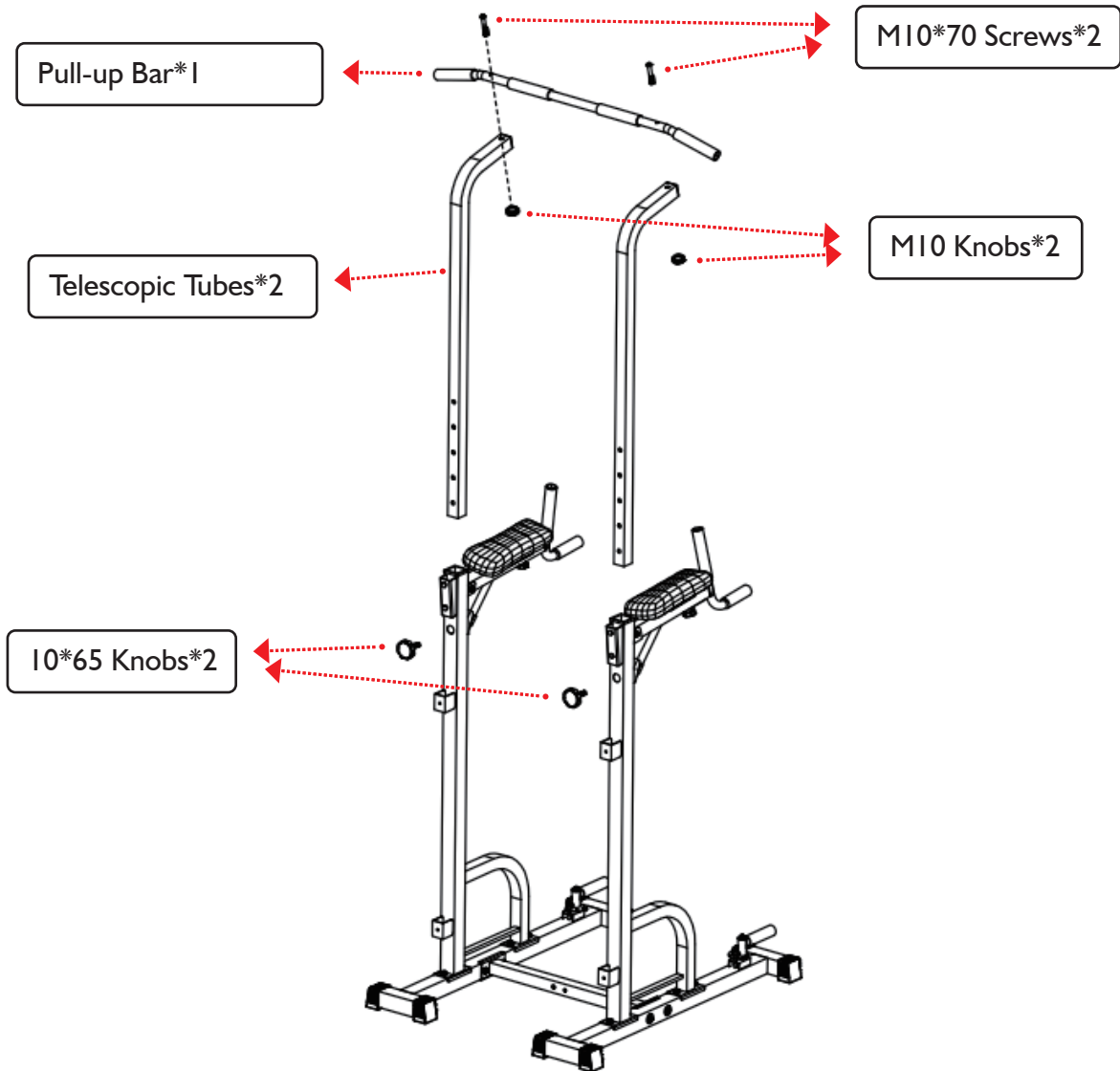
### Step 3:



	Part Name	Amount
27	M10*55 Screw+M10 Nut	2
19	M8 Knob	2
29	M6*16 Screw	8
36	Arm Handle Shelf	2
1	Arm Handle	2
7	Arm Cushion	2
19	M8 Knob	2
23	M10*45 Screw	2

1. Insert the arm handle shelves into the vertical tubes and lock the upper side with M10\*55 screws and M10 nuts, the lower side with M10\*45 screws.
2. Insert the arm handles into the arm handle shelves and tighten with M8 knobs from below.
3. Lock the arm cushions and arm handle shelves with M6\*16 screws.

## Step 4:

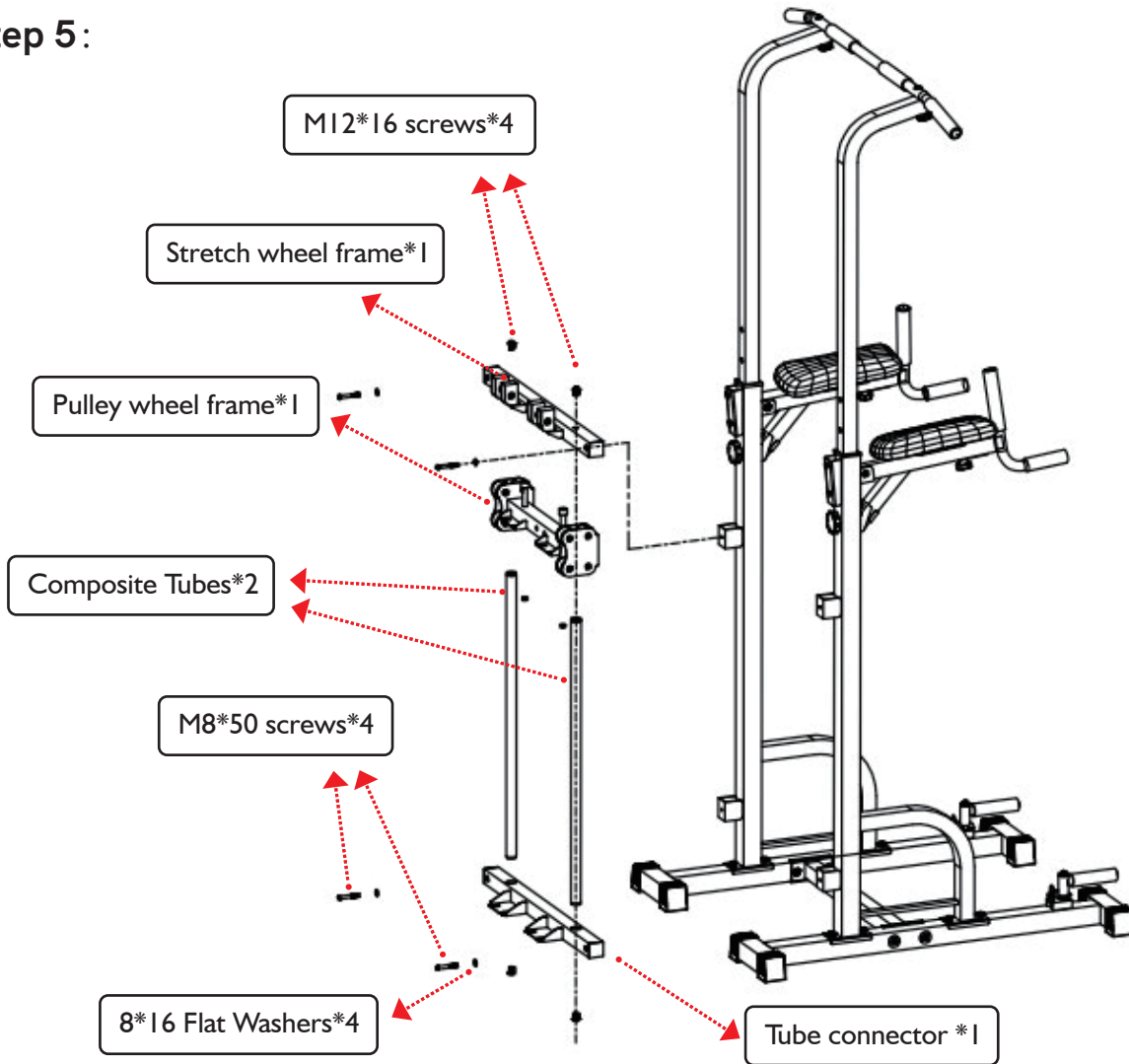


No.	Part Name	Amount
18	M10 Knob	2
28	M10*70 Screw	2
16	Pull-up Bar	1
35	M10*65 Knob	2
13	Telescopic Tube	2

1. Insert the telescopic tubes into the vertical tubes and lock them with M10\*65 knobs.
2. Lock the pull-up bar and telescopic tubes with M10\*70 screws and M10 Knobs.
3. Adjust both sides of the telescopic tubes to the same height and then tighten it with M10\*65 knobs.



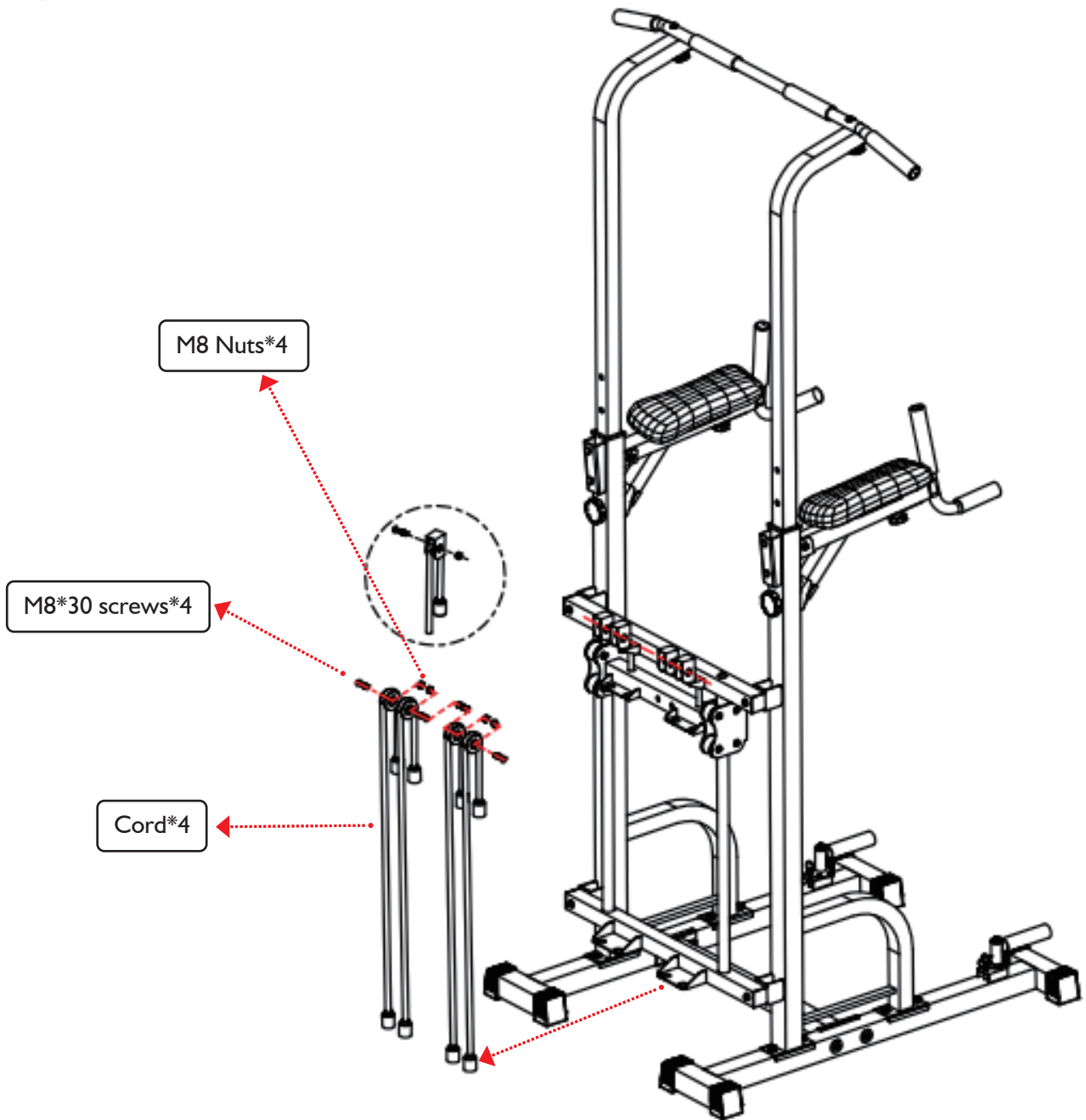
## Step 5:



Num	Part Name	Amount
26	M12*16 Screw	4
9	Stretch Wheel Frame	1
10	Pulley Wheel Frame	1
15	Composite Tube	2
24	M8*50 screw+8*16 Flat Washer	4
8	Tube connector	1

1. Lock the Tube connector and Vertical tubes with M8\*50 screws and 8\*16 flat washers;
2. Insert the composite tubes into the Tube connector;
3. Insert the pulley wheel frame into the composite tubes;
4. Insert the stretch wheel frame into the upper side of the composite tubes;
5. Lock the stretch wheel frame and vertical tube with M8\*50 screws, M8\*16 flat washers;
6. Lock the two ends of the composite tubes with M12\*16 screws.

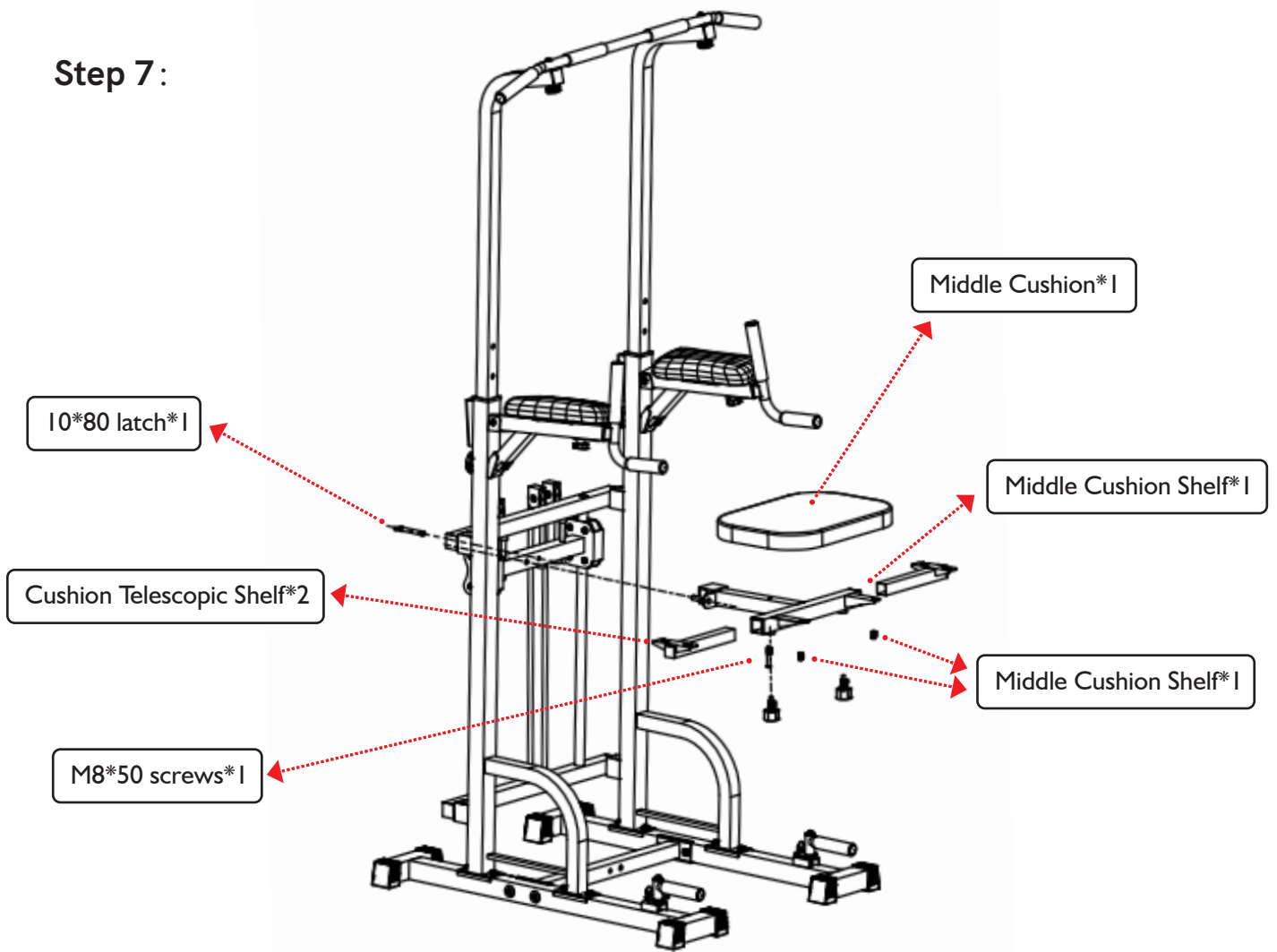
## Step 6:



No.	Part Name	Amount
14	Cord	4
25	M8*30 screw+M8 Nut	4
33	roller	8

1. Align the cord with the stretch wheel frame and install with the rollers. Lock them with M8\*30 screws and M8 nuts. Then lock the bottom of the cord. Make sure the main frame is stable.

## Step 7:

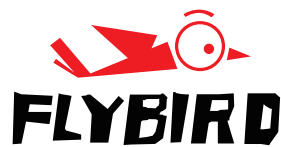
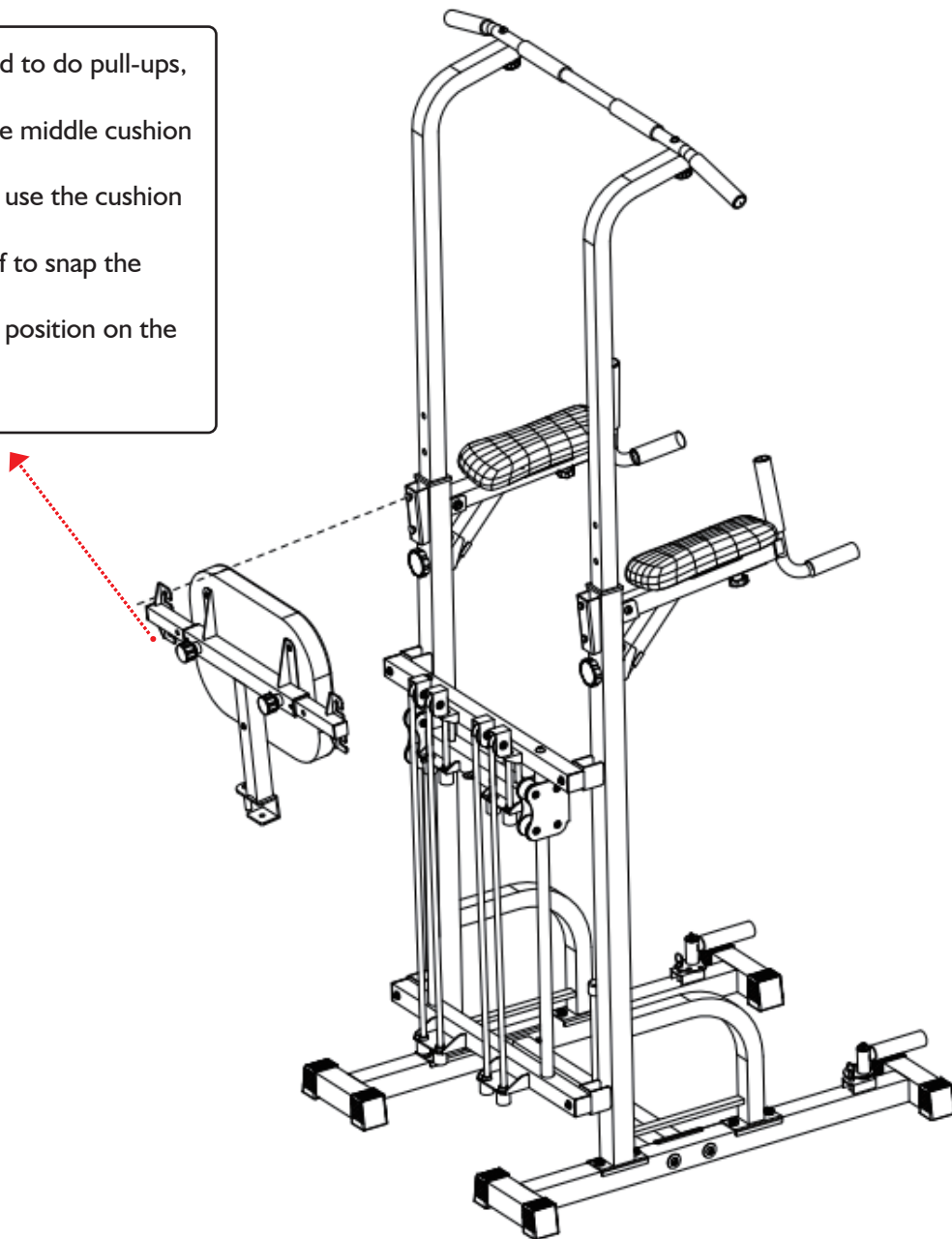


No.	Part Name	Amount
6	Middle Cushion	1
4	Middle Cushion Shelf	1
5	Cushion Telescopic Shelf	2(Left*1 and Right*1)
22	M16 Knobs	2
24	M8*50 screws	1
21	M8*16 screws	2
30	10*80 latch	1

1. Take the middle cushion shelf (Note: this shelf needs to be inserted into the round hole first before flipping it over) to align the pulley wheel frame and snap it, then lock it with M10\*80 latch.
2. Lock the cushion telescopic shelf and middle cushion shelf (Note: the cushion telescopic shelf needs to be divided into left and right) with M16 knobs, and then lock the middle cushion and middle cushion shelf with M8\*16 screws and M8\*50 screws.

## Final Product

When you need to do pull-ups, just remove the middle cushion shelf, and then use the cushion telescopic shelf to snap the corresponding position on the vertical tube.



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