

FLYBIRD POWER TOWER USER MANUAL

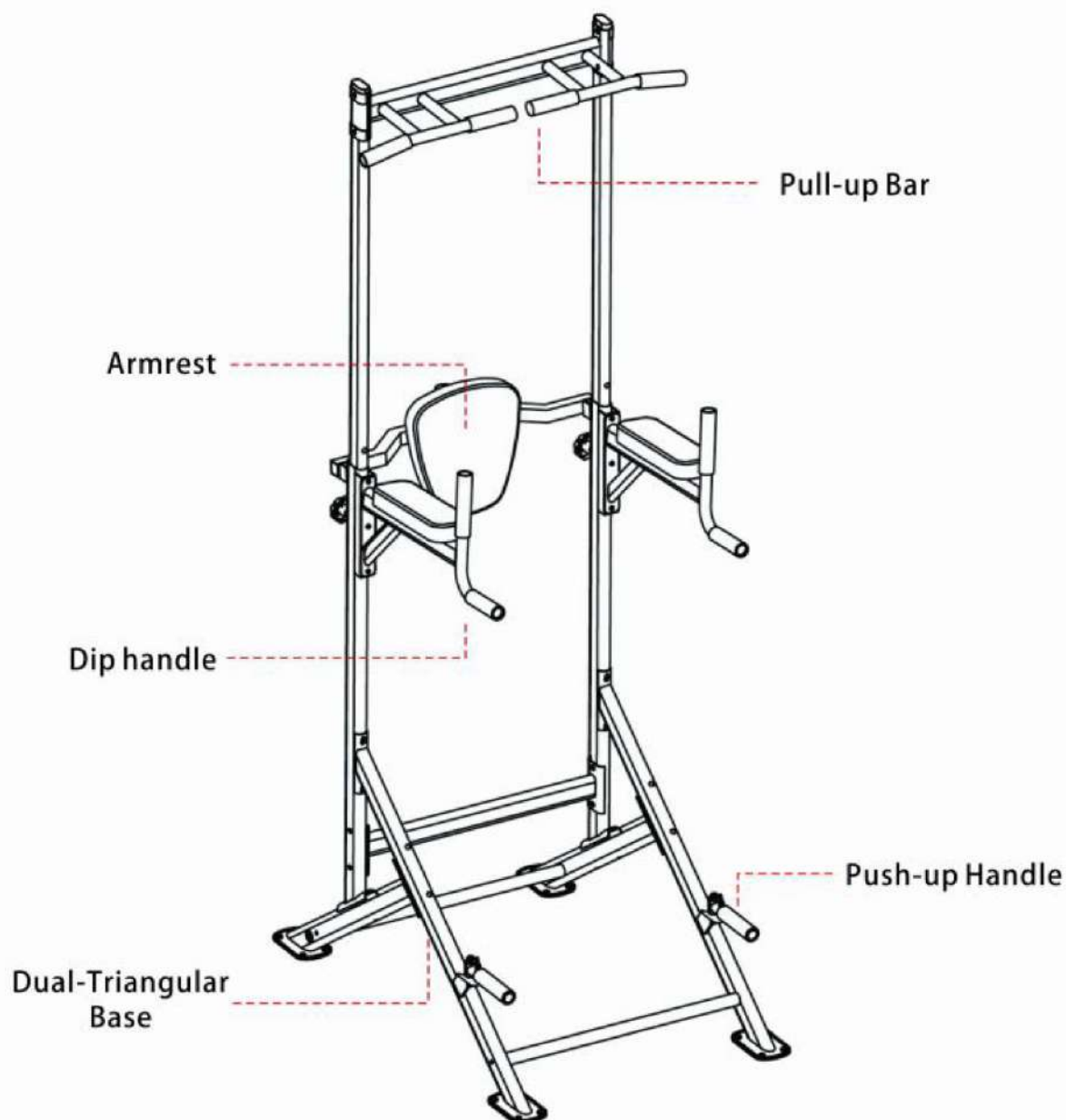
Notice Before Using

1. Before starting any exercise you should consult your physician to determine if you have any medical or physical conditions.
2. Ensure that all nuts and bolts are securely tightened before workout.
3. Keep the children, the elderly and pets away from the equipment.
4. Please do not let your child touch the moving parts to avoid injury. The machine contains small parts that may cause suffocation. Please do not remove the parts.
5. Always use the equipment as indicated, if there something wrong with this product, stop using the equipment immediately.
6. The equipment is not suitable for therapeutic use.
7. The max weight capacity of this unit is 400 pounds. And the product only can be used by one person at a time.
8. Wear comfortable, good quality walking and running shoes and appropriate clothing when use the equipment.
9. You must take care of ourselves when moving and adjusting the equipment so as not to injure your body.
10. Use this product on a solid, flat level surface with a protective cover for your floor or carpet.
11. This equipment is designed for indoor and home use only, it is not intended for commercial use.
12. If you find any problem with our product, please contact us freely.

Before You Begin






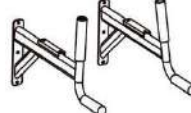



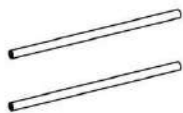

















The POWER TOWER is designed to help you develop the major groups of the upper body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the exercise rack will help you achieve the specific results you want.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



Part Identification Chart

Use the drawing below to identify the parts needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been pre-assembled.**

 1 Foot Covers (4pcs)	 2-a/2-b Base Bracket 1	 6-a/6-b Base Bracket 2	 11 Vertical Tube(2pcs)	 12 Adjustable Knobs(2pcs)
 15/16 Arm Handle(L/R)	 19 Arm Cushions(2pcs)	 20 Back Cushion	 21 Middle Crossbar	 22 Cylindrical Crossbars (2pcs)
 23 Push-up Handles (2pcs)	 27 Backed Shelf	 31 Backed Support Frame	 34 Telescopic Rods (2pcs)	 38 Pull-up Bar
 4 M8*22 Flat Washers (2pcs)	 14 M6*70 Screws (4pcs)	 7 M10 Nuts (20pcs)	 8 M10*20 Curved Washers (24pcs)	 35 14-17 wrenches
 10 M10*20 Flat Washers (4pcs)	 13 M8*30 Flat Washers (4pcs)	 36 Hexagon Wrenches	 25 M8*50 Latches (2pcs)	 33 M8*40 Screws (2pcs)
 9 M10*45 bolts (8pcs)		 5 M10*75 bolts (12pcs)		

Power Tower Exercises

To get you started, or fine tune your existing routine, here are a few exercises you can perform on our power tower:

Hanging Leg Raises: Great for your abs, these can be done using either the pull-up bar or the dip bar. Start on either by keeping your arms straight and raise your legs straight up to 90° angle so you are in the shape of an “L.” Keep your feet together and hold the move 15, 30 or 60 seconds, doing 3 sets of at least 5-10 reps. If you have a difficulty with your legs straight or are just starting out, bend your legs at the knee and raise your knees instead.

Dips: Perfect for your triceps (back of the arm) and pectorals (upper chest) these are done using the dip bar. Grab the bars with your thumbs on the inside and keep your arms fully extended, with your feet off of the ground. Slowly bend your arms and lower your body, keeping your elbows at your side the entire time. When you reach the bottom, push against the handles and straighten your arms as you return to the top. Complete 3- 5 sets of at least 10 reps each. (If you can't do a full dip, place your feet or knees on a stool or chair.)

Installation Procedure

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.

Attention: For all steps, please do not tighten the screw until the angle is adjusted properly, otherwise the machine will be wobble!!!

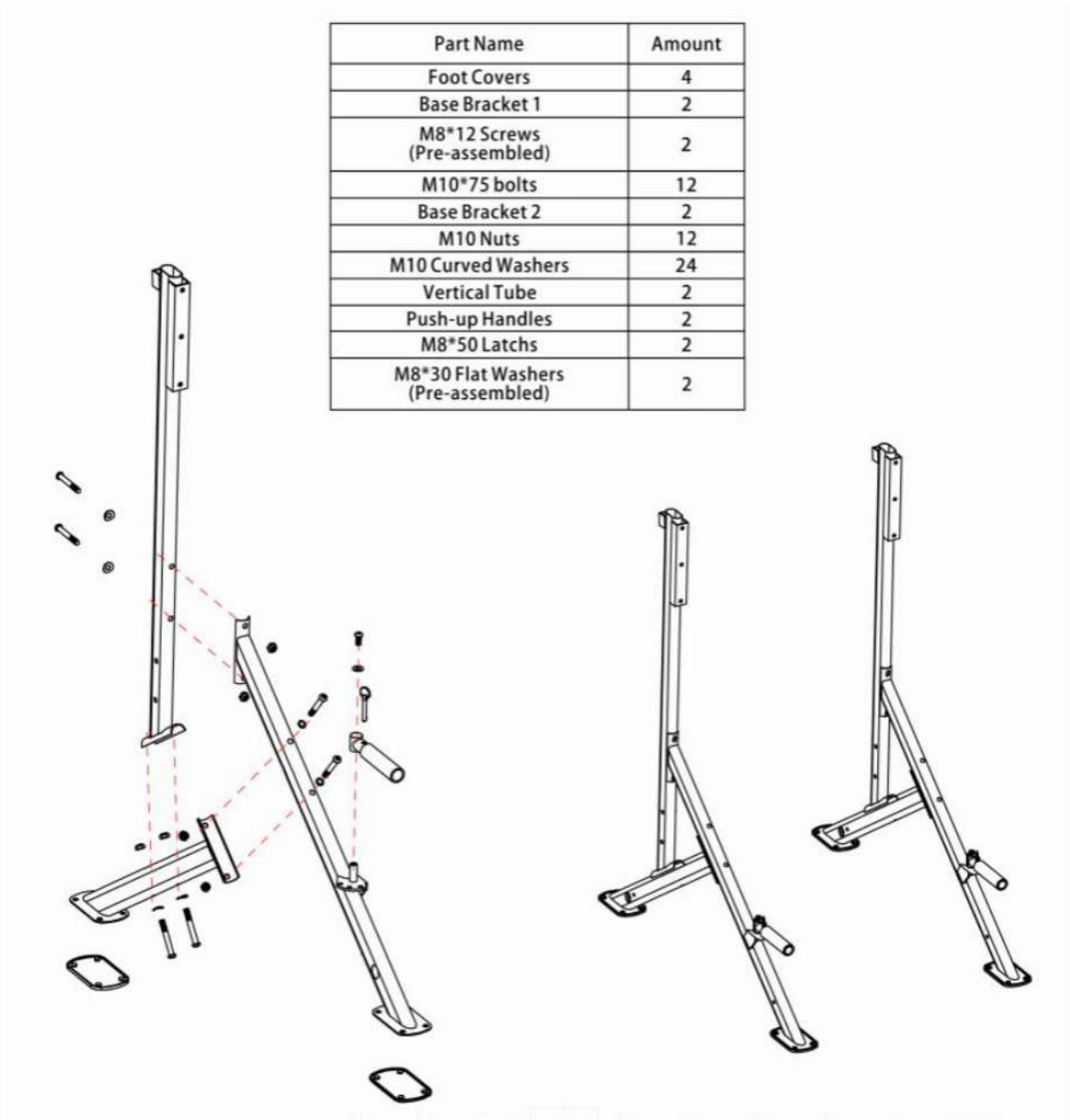
Step 1

1. Connect the base bracket 1 onto the the base bracket 2 by using M10*75 bolts and M10 curved nuts as below shown. Please do not tighten the nuts yet.

2. Next, install the vertical tube with the base bracket by using M10*75 bolts and M10 curved nuts. After three parts all have been connected together, please tighten the nuts separately. Finally, install the foot covers.

Attach the other base bracket to vertical tube in the same way.

3. Install the push up handles with M8*12 screws and M8*30 washers(Pre-assembled). Then adjust to one proper angle and lock it with the latch.



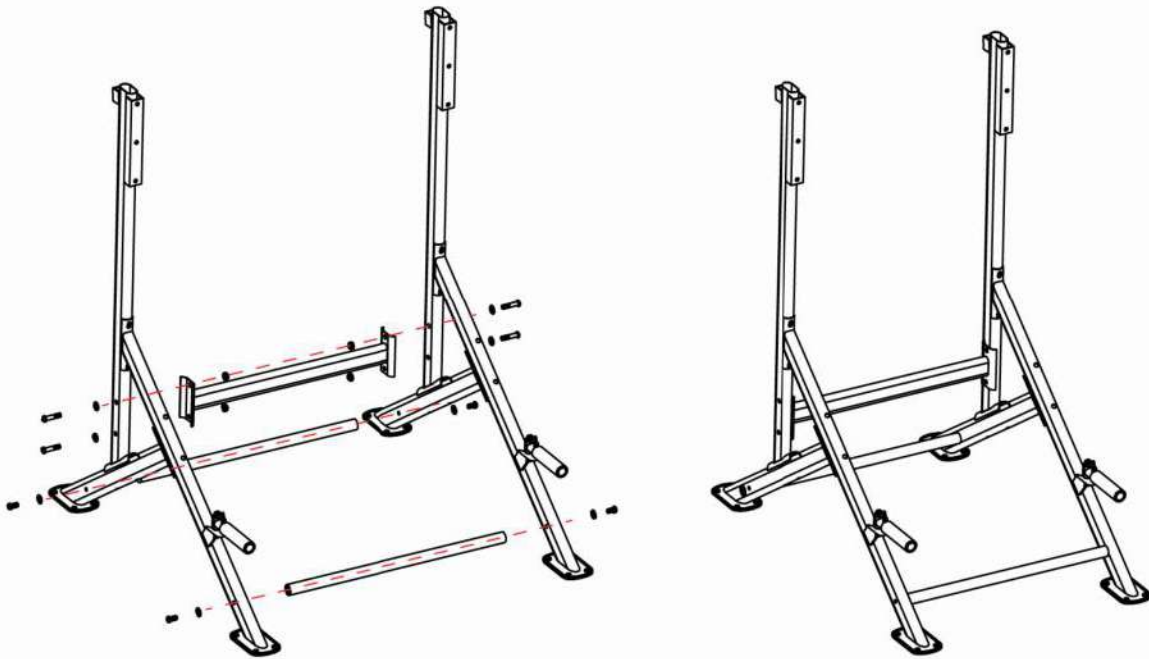
Step 2

1.This step requires 2 people to cooperate in installation. Please connect the two cylindrical crossbars to the vertical tube by using M8*12 screws and M8*30 washers(Pre-assembled) firstly, and do not tighten the screws at this time.

2.Next connect the middle crossbar by using M10*45 bolts, M10 nuts and M8*30 flat washers.

Then adjust the product horizontally and vertically on a flat ground, and finally tighten the nuts.

Part Name	Amount in This Step
M8*12 Screws (Pre-assembled)	4
M8*30 Flat Washers (Pre-assembled)	4
M10 Nuts	4
M10*45 bolts	4
Middle Crossbar	1
Cylindrical Crossbars	2
M8*30 Flat Washers	4

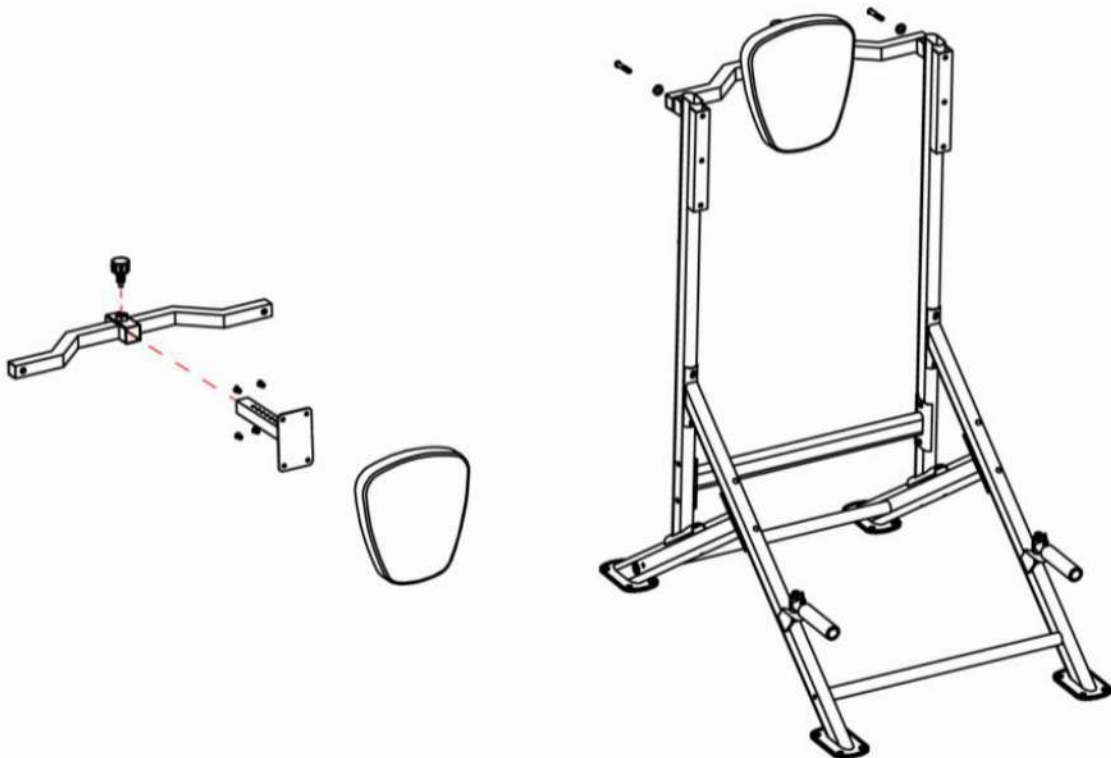


Step 3

1. Attach back cushion onto backed shelf by using M6*16 screws, these four screws are pre-installed on the cushion, please remove four screws before installing the backrest.

2. Connect the backed shelf onto the backed support frame. Changing the position of the cushion can be adjusted with the M16 to lock. Install the backrest support and tighten with M8x40 screws and M8*22 flat washers

Part Name	Amount in This Step
M8*22 Flat Washers	2
Vertical Tube	2
Back Cushion	1
Backed Shelf	1
M6*16 Screws (Pre-assembled)	4
Backed Support Frame	1
M16 Fixed Knob (Pre-assembled)	1
M8*40 Screws	2



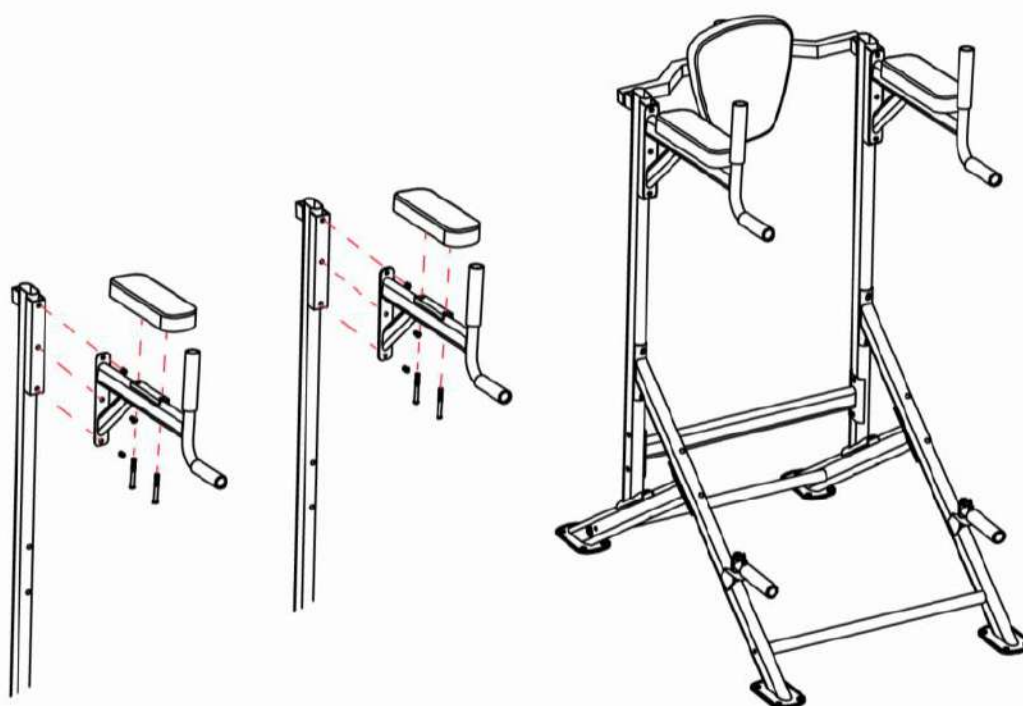
Step 4

1. Connect the arm dip handle onto the vertical tube by using M8*16 screws (Pre-assembled) as below shown. (Please do not mix up the “Left” handles and the “Light” handles.) Connect the other arm dip handle in the same way.

2. Attention: The arm handle is slightly inclined 10 degree towards the inside to prevent the elbow from slipping off. So the angle of the weld is strange. This is not the craftsmanship problem, but it is our special design.

3. Install arm cushion onto arm dip handle by using M6*70 screws as below shown. Install the other arm cushion in the same way.

Part Name	Amount in This Step
M8*16 Screws (Pre-assembled)	6
Vertical Tube	2
M6*70 Screws	4
Arm Handle(L)	1
Arm Handle(R)	1
Arm Cushions	2

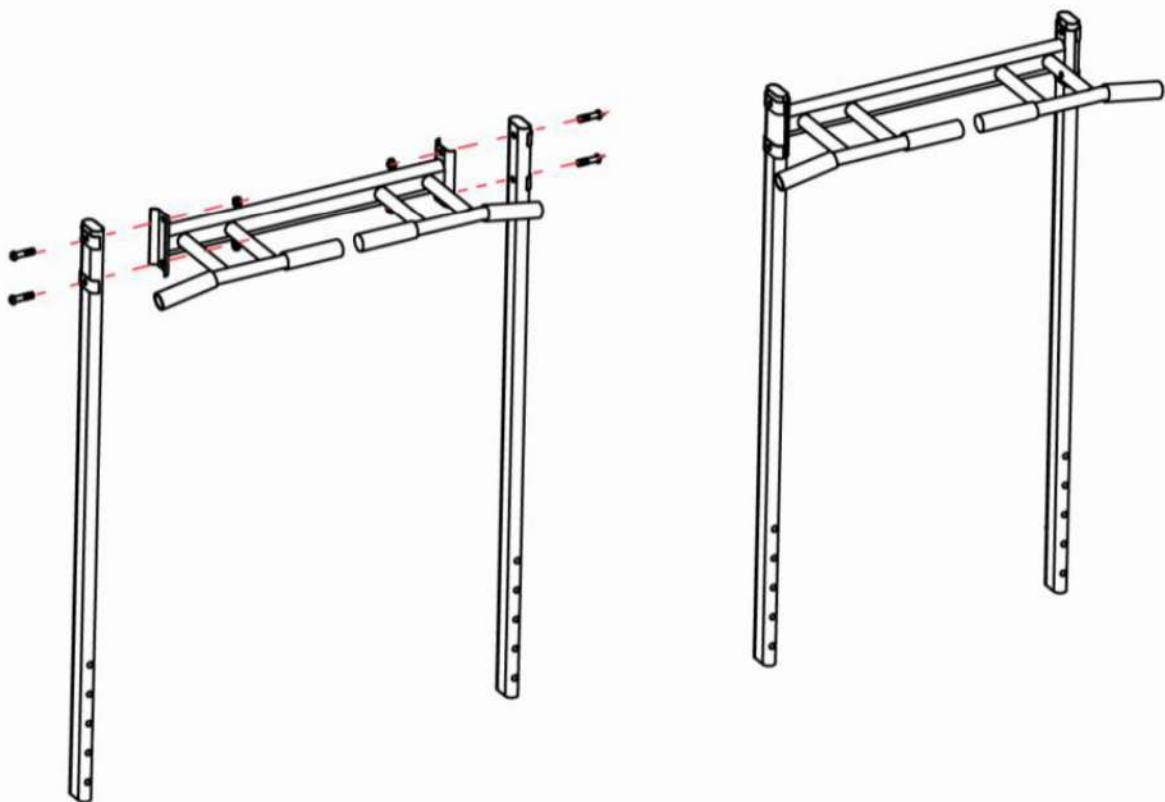


Step 5

Connect the pull up bar onto telescopic rod by using M10*45 bolts, M10 nuts and M10*20 flat washers.

Attention: The side of telescopic rod with block faces outward.

Part Name	Amount in This Step
M10 Nuts	4
Telescopic Rods	2
M10*45 bolts	4
Pull-up Bar	1
M10*20 Flat Washers	1



Step 6

Install the two telescopic rods and fix them with the adjusting knob.

Please notice that the two telescopic rods shall be at a consistent height.

Part Name	Amount in This Step
Vertical Tube	2
Adjustable Knobs	2
Telescopic Rod	2

