



POWER TOWER
Instruction Manual & Exercise Guide



Disclaimer, Terms and Conditions

IMPORTANT

Please read this entire manual before using the ProsourceFit Power Tower. Failure to follow these instructions can lead to significant injury and/or property damage.

ProsourceFit recommends that you always obtain a complete physical examination before beginning any exercise program. If you experience any discomfort while using ProsourceFit Power Tower discontinue use & consult your physician.

Please use caution & carefully follow all exercise instructions and use proper technique when using our Power Tower. Always modify exercises as needed for your fitness level.

Safety Instructions

- 1. DO** inspect every package purchased for missing, factory defective or damaged parts. In the case of missing, damaged or defective parts; do not use the product and contact ProsourceFit customer service for replacement parts free of charge.
- 2. DO** test thoroughly to make sure your Power Tower is completely and securely assembled properly and positioned on a flat surface.
- 3. DO NOT** use this product if the floor is unstable or on an incline.
- 4. DO NOT** use the product around sharp objects.
- 5. DO NOT** allow children under the age of 18 to use this product without adult or professional supervision.
- 6. DO NOT** use the Power Tower if you weigh 330 pounds or more.
- 7.** Make sure to wear proper sportswear attire and avoid any loose clothing that might get caught on the Power Tower to prevent any injury.
- 8.** Warm-ups should be performed before training.
- 9.** Only one person should operate this Power Tower at a time.
- 10.** Regularly check and tighten all parts of the Power Tower before each use.

Care & Storage Instructions

To clean the Power Tower, wipe down with disinfectant wipes after use. You may also wipe down with a soft cloth using a water and mild detergent solution.

POWER TOWER ASSEMBLY INVENTORY

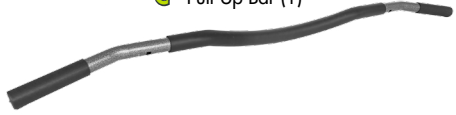
A - Dip Frame (2)



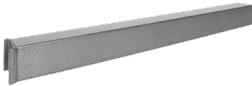
B - Top Frame (2)



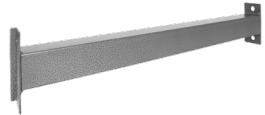
C - Pull-Up Bar (1)



D - Lower Base Connector (1)



E - Upper Base Connector (1)



F - Base Frame (2)



G - Dip Handle (2)



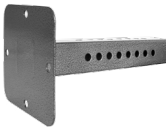
H - Back Bar (1)



I - Cross Bar (1)



J - Back Mount (1)



K - Back Cushion (1)



L - Arm Cushion (2)



M

Rubber Boot



N

Arm Cushion Knob



O

Back Cushion Knob



P

Dip Handle Knob



Q

Back Bar Knob



R

Pull-Up Bar Knob



S

Frame Button Head Screw



T

Pull-Up Bar Screw



U

Arm Cushion Screw Large



V

Arm Cushion Screw Small



W

Back Cushion Screw



X

Lock Nut



Y

Washer



Z

Double Open-End Wrench



ZZ

Allen Key Wrench



POWER TOWER ASSEMBLY INSTRUCTIONS

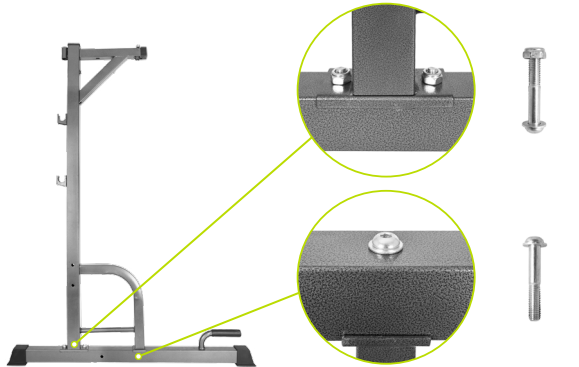
STEP 1

Slide two rubber boots (**M**) onto the ends of both base frames (**F**).



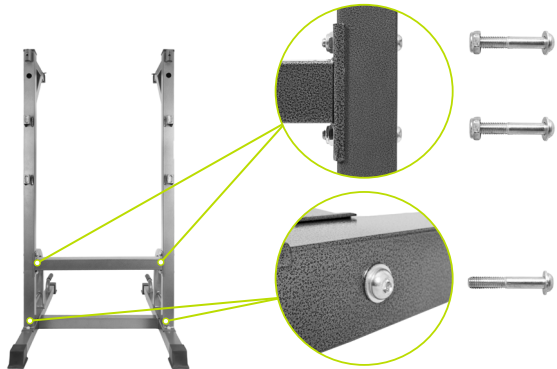
STEP 2

Align the holes at the bottom of the dip frame (**A**) with the holes of the base frame (**F**). Insert 2 frame button head screws (**S**) and 2 washers (**Y**) from the bottom of the base frame (**F**) and secure each screw with a lock nut (**X**) on the opposite end. Insert another frame button head screw (**S**) with a washer (**Y**) from the bottom of the base frame (**F**), it will screw directly into the dip frame (**A**).



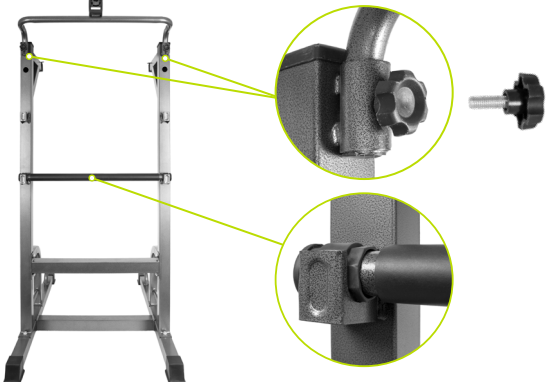
STEP 3

Attach the lower base connector (**D**) to both base frames (**F**) with 2 frame button head screws (**S**) and 2 washers (**Y**). Next, attach the upper base connector (**E**) with 4 frame button head screws (**S**) and 4 washers (**Y**). Secure each screw with a locknut (**X**) on the opposite end.



STEP 4

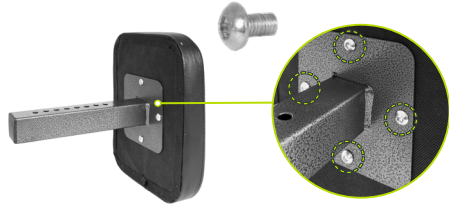
Place the cross bar (**I**) on the hooks on the back of the dip frame (**A**). Next, attach the back bar (**H**) to the dip frame (**A**) with the back bar knobs (**Q**).



POWER TOWER ASSEMBLY INSTRUCTIONS

STEP 5

Attach the back cushion (K) to the back mount (J) with 4 back cushion screws (W).



STEP 6

Insert the back mount (J) into the back bar (H) and secure with the back cushion knob (O). Attach the arm cushions (L) to the top of the dip frame (A) with 4 small cushion screws (V) and 2 large arm cushion screws (U).



STEP 7

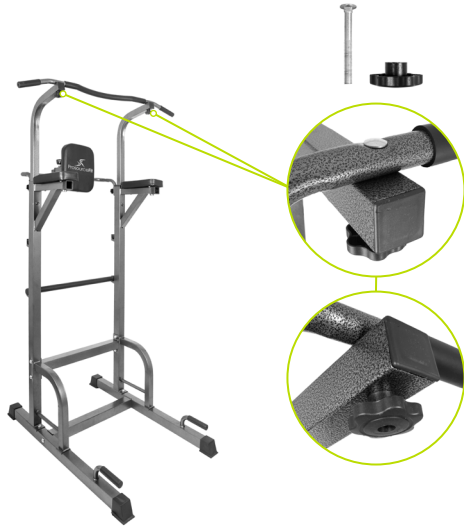
Slide the top frame (B) into the top of the dip frame (A). Adjust the height of the top frame (B) to your liking. Align the holes of the top frame (B) and dip frame (A) and insert the dip handle knob (P) to secure in place.



POWER TOWER ASSEMBLY INSTRUCTIONS

STEP 8

Attach the pull-up bar (**C**) to the top frame (**B**) with 2 pull-up bar screws (**T**) and secure with 2 pull-up bar knobs (**R**).



STEP 9

Slide the dip handles (**G**) into the dip frame (**A**) near the arm cushions (**L**). Secure in place with the arm cushion knobs (**N**) underneath the arm cushion (**L**).



EXERCISE GUIDE

PULL-UP



- 1.** Place palms facing away from your body on the cushioned grips of the pull-up bar.
- 2.** Keep arms straight with shoulders relaxed and hang straight down without swinging.
- 3.** Pull up in a smooth motion until chin is over the bar, then lower smoothly to the starting position.

ASSISTED PULL-UP OR CHIN UP



- 1.** Loop an X-Fit Power Resistance Band around the pull-up bar on the tower.
- 2.** Facing the tower, grip the pull-up bar. For a pull-up, grip the bar with your palms facing away from you. For a chin-up, grip the bar with your palms facing towards you.
- 3.** Place your feet at the bottom of the X-Fit band loop.
- 4.** Pull yourself up in a smooth motion until chin is over the bar, then lower smoothly to the starting position.
- 5.** As you build strength, switch to lower resistance X-Fit bands until you can perform the exercise without assistance.

CLOSE GRIP PULL-UP



- 1.** Place palms facing away from your body on the inner part of the pull-up bar. Your hands should be shoulder-width apart.
- 2.** Keep arms straight with shoulders relaxed and hang straight down without swinging.
- 3.** Pull up in a smooth motion until chin is over the bar, then lowering smoothly to the starting position.

CHIN UP



- 1.** Place palms facing towards your body on the pull-up bar.
- 2.** Keep arms straight with shoulders relaxed and hang straight down without swinging.
- 3.** Pull up in a smooth motion until chin is over the bar, lower smoothly to the starting position.

DIPS



- 1.** Stand facing the tower and grip the horizontal dip handles.
- 2.** Straighten your arms and bend your knees so your feet are off the ground.
- 3.** Bend your arms and lower your body.
- 4.** Straighten your arms and rise back up.

ASSISTED DIPS



- 1.** Use an X-Fit Power Resistance Band for assisted dips. Start with a heavier resistance band for extra support.
- 2.** Place the band around the horizontal dip handles so the middle of the band falls under the two handles.
- 3.** Grip each handle and slowly place your knees in the middle of the band. When you are securely resting on the band, extend your arms.
- 4.** Bend your arms and dip down with bands under your knees. Extend your arms to bring yourself back up.
- 5.** Transition to a lighter resistance band as you build strength and remove band once you can perform dips on your own.

KNEE RAISES



- 1.** Stand facing away from the tower, place your forearms on the arm cushions and grip the vertical handles.
- 2.** Raise your knees to your chest while engaging your core and keeping your shoulders back.
- 3.** Lower your knees but keep your feet off the ground.
- 4.** Continue to raise your knees and lower back down without touching the ground.

OBLIQUE KNEE RAISES



1. Stand facing away from the tower, place your forearms on the arm cushions and grip the vertical handles.
2. Raise your knees to your chest while engaging your core and keeping your shoulders down.
3. With your knees raised, twist your torso so your knees move to the left.
4. Twist back and lower your knees, but keep them off the ground.
5. Continue to raise your knees and twist, alternating sides.

SCISSOR KICKS



1. Stand facing away from the tower, place your forearms on the arm cushions and grip the vertical handles.
2. Lift yourself off the ground and raise one leg straight in front of you.
3. Lower your leg and raise the opposite leg straight in front of you.
4. Continue to alternate raising each leg.

PUSH-UP



- 1.** Grip the handles on the base of the tower and assume a plank position with your arms extended straight. Your feet should be shoulder width apart.
- 2.** Bend your arms and lower your body down keeping your back straight.
- 3.** Straighten your arms and rise back to plank position.

MOUNTAIN CLIMBERS



- 1.** Grip the handles on the base of the dip stand and assume a push-up position.
- 2.** Bring one knee to your chest keeping your back straight.
- 3.** Straighten your leg back to push-up position.
- 4.** Bring the opposite knee to your chest keeping your back straight.
- 5.** Continue alternating legs quickly.

L-SIT



- 1.** Stand facing away from the tower, place your forearms on the arm cushions and grip the vertical handles.
- 2.** Raise your legs straight in front of you so they are parallel to the ground. Keep your core engaged and your shoulders down.
- 3.** Lower your legs back down, but keep them off the ground.
- 4.** Continue to raise your legs and lower back down without touching the ground.

WARNING:

Do not use this product in ways not intended by its manufacturers. Failure to do so may result in severe injury or death. Consult your physician before engaging in any regular exercise. Do not use ProsourceFit products for anything other than their intended use. ProsourceFit is not responsible for any problems that arise from the misuse of this product.

LIMITED LIFETIME WARRANTY

Covers manufacturing defects including any defects in materials and workmanship. ProsourceFit has sole discretion to determine manufacturing defects. This Lifetime Warranty does not cover: normal wear and tear, misuse, failing to follow use, care, and safety instructions, loss and/or theft. This Lifetime Warranty applies to all types of defects or failure during standard use.

QUESTIONS, CONCERNS OR COMMENTS

Contact Customer Support by email: support@prosourcefit.com or by phone at **1 (855) 552-2637** and we will be happy to help you.



www.prosourcefit.com

All information in the manual is property of ProsourceFit

All trademarks, service marks, word marks, and trade names (collectively "Marks") of ProsourceFit used in this manual (including but not limited to the "ProsourceFit" name and stylized "ProsourceFit" logos) are trademarks or registered trademarks of ProsourceFit. By using these products you accede to all terms and conditions specified herein. All rights reserved.

