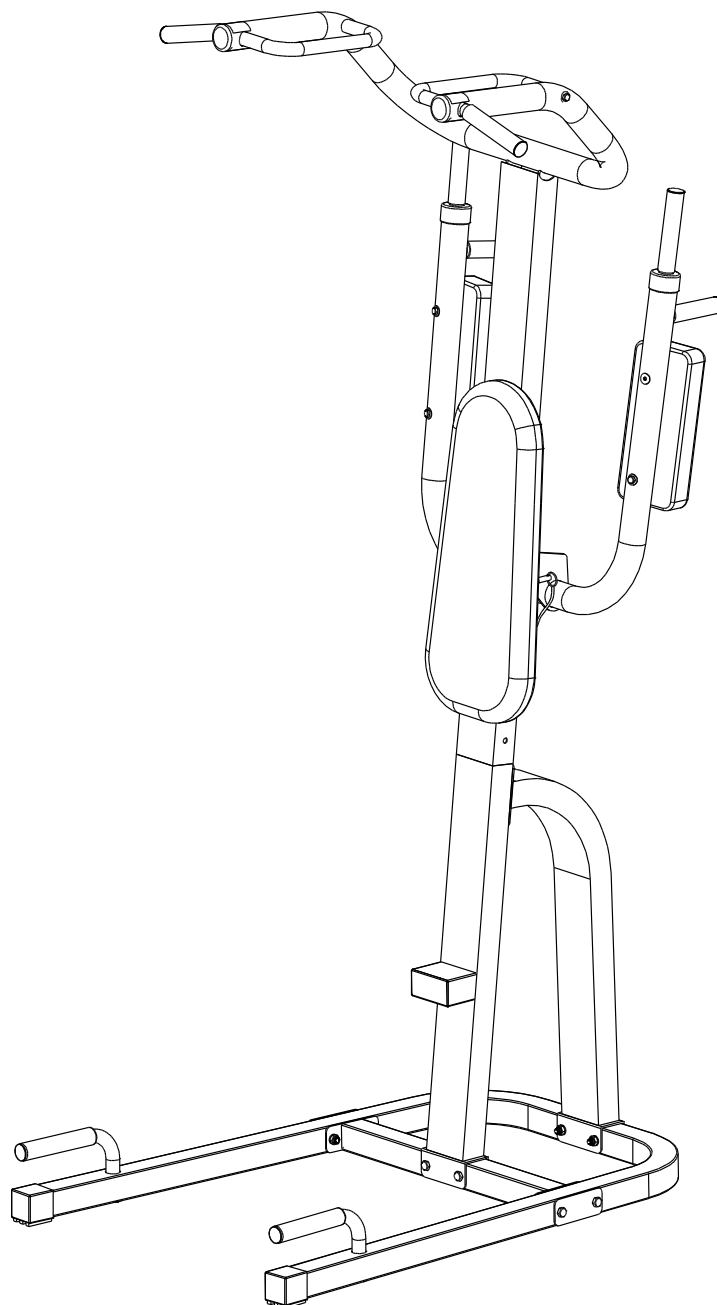


EXERPEUTIC
THERAPEUTIC FITNESS

POWER TOWER



OWNER'S

Item #1720

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SERVICE

IMPORTANT: FOR NORTH AMERICA ONLY

**To request product service and order replacement parts, please call our customer service department at:
1-866-924-1688**

Monday through Friday, 8:00 AM-5:00 PM Pacific Standard Time,
or email us at: service@paradigmhw.com
Please visit our website at www.paradigmhw.com.

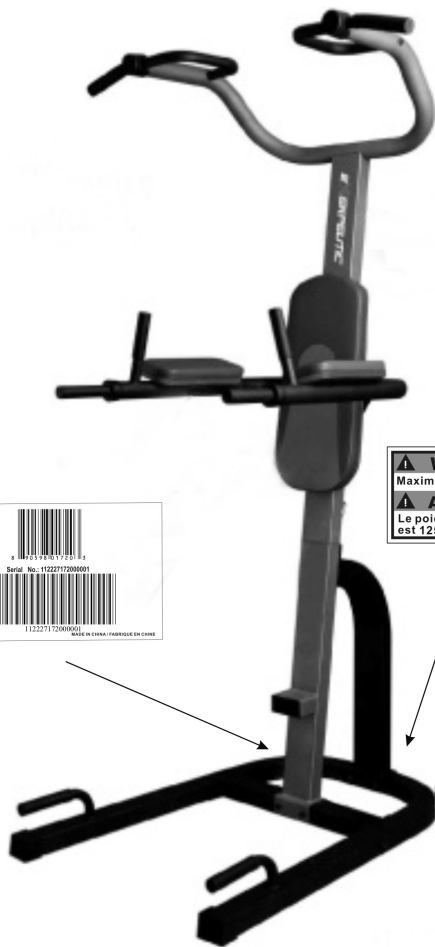
Please have the following information ready when requesting for service:

- Your name
- Phone number
- Model number
- Serial number
- Part number
- Proof of Purchase

***Before returning this product to the store please contact customer service at the contact number.**

Paradigm Health & Wellness, Inc.
1189 Jellick Ave, City of Industry, CA 91748, USA

IMPORTANT LABELS



⚠ WARNING
Maximum weight capacity is 275 lbs
⚠ AVERTISSEMENT
Le poids maximum pour ce produit est 125 kgs

For Customer Assistance Call:
1-866-924-1688
8:00 am - 5:00 pm (PST)
Monday to Friday

Pour le service à la clientèle composer le:
1-866-924-1688
Du lundi au vendredi
8:00 h - 17 h (HNP)

PRODUCT SAFETY

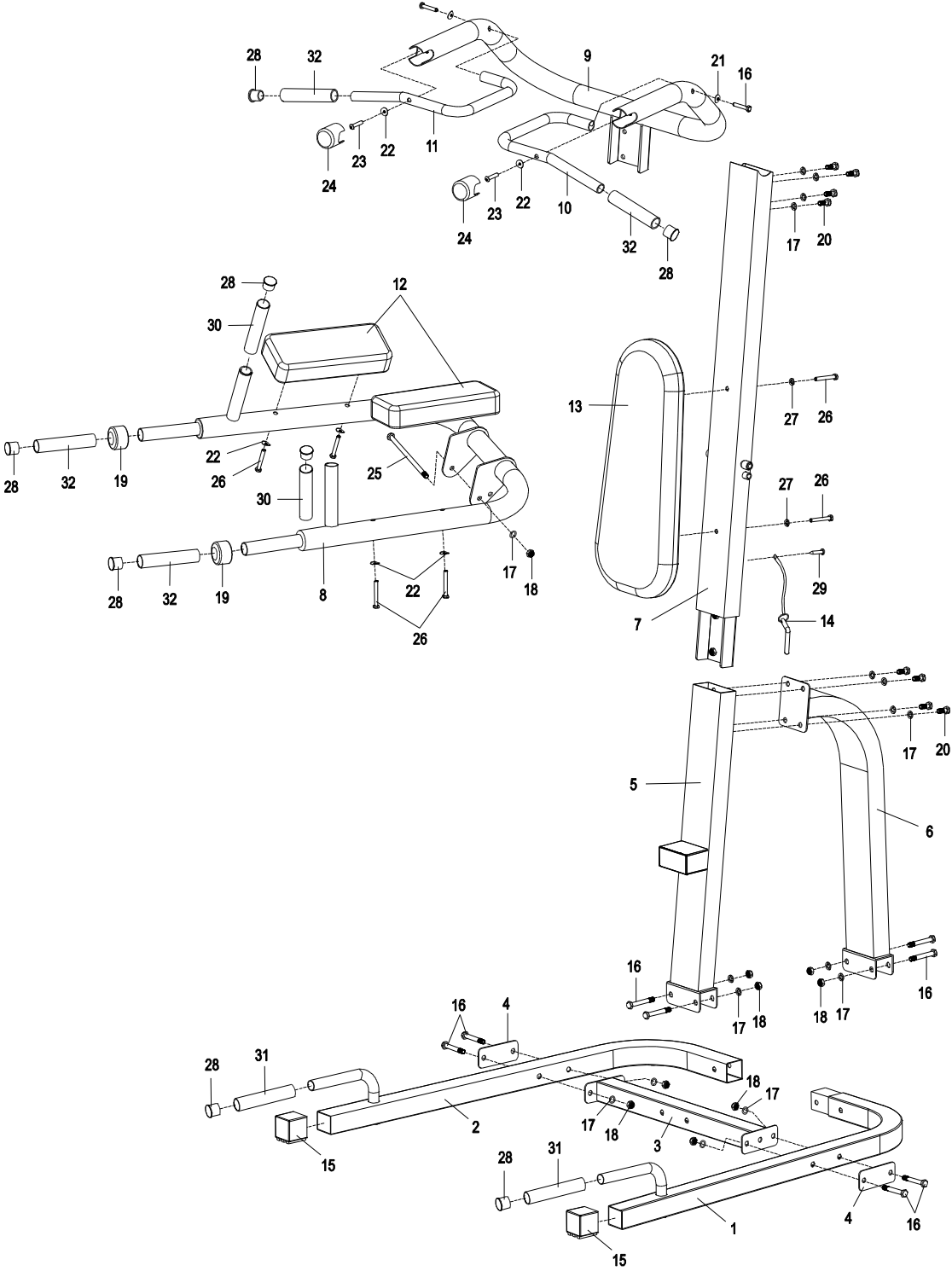
Basic precautions should always be followed, including the following safety instructions when using this Power Tower: Read all instructions before using this Power Tower.

1. Read the warning label posted on the Power Tower.
2. Read all the instructions in this manual and do warm up exercises before using the Power Tower.
3. We recommend that two people be available for assembly of this Power Tower.
4. Keep children away from the Power Tower. Do not allow children to use or play on the Power Tower. Keep children and pets away from the Power Tower when it is in use.
5. The Power Tower should be placed on a flat surface when using. Using a mat or other covering material on the ground is recommended.
6. Set up and operate the Power Tower on a solid level surface. Do not position the Power Tower on loose rugs or uneven surfaces.
7. This Power Tower is designed for adults only. This product requires a minimum of 6 feet of space for safe operation.
8. Before using the Power Tower, inspect it for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
9. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
10. Please wear proper clothes and shoes when using this Power Tower; do not wear clothes that might catch any part of the equipment.
11. Never exercise in bare feet or socks; always wear proper shoes.
12. Be careful to maintain your balance while using, mounting, dismounting, or assembling the Power Tower, loss of balance may result in a fall and serious bodily injury.
13. The Power Tower should be used by only one person at a time.
14. Do not use the Power Tower outdoors.
15. This Power Tower is for household use only.
16. The maximum weight capacity for this product is 275 lbs/125 kgs.

WARNING: Before beginning any exercise program consult your physician. This is especially important for the persons who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

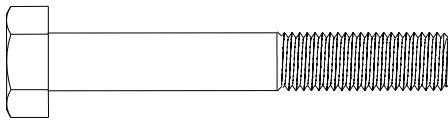
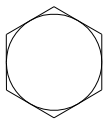
PART DRAWING



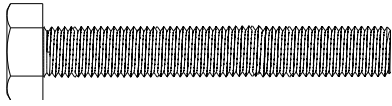
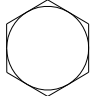
PART LIST

No.	Description	Qty	No.	Description	Qty
001	Left Base Frame	1	017	Washer Ø10.5xØ20x1.5t	17
002	Right Base Frame	1	018	Nylon Lock Nut M10	9
003	Cross Bar	1	019	Round Cap Ø50	2
004	Cross Bar Support Plate	2	020	Hexagon Head Bolt M10x25	8
005	Lower Upright Frame	1	021	Curve Washer Ø10.5xØ20x1.5t	2
006	Upright Support Frame	1	022	Curve Washer Ø8.5xØ16x1.5t	6
007	Upper Upright Frame	1	023	Bolt M8x42	2
008	Extend Arm Frame	1	024	Top Frame Round End Cap	2
009	Top Frame	1	025	Hexagon Head Bolt M10x174	1
010	Left Pull-up Handle	1	026	Hexagon Head Bolt M8x62	6
011	Right Pull-up Handle	1	027	Washer Ø8.5xØ16x1.5t	2
012	Arm Cushion	2	028	Round Plug Ø25	8
013	Back Cushion	1	029	Screw ST4.2x19	1
014	Pin	1	030	Foam Grip Ø23xØ30x120	2
015	Base Frame End Cap	2	031	Foam Grip Ø23xØ30x180	2
016	Hexagon Head Bolt M10x70	10	032	Foam Grip Ø23xØ30x145	4

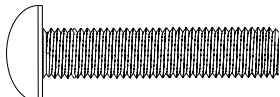
HARDWARE PACKING LIST & TOOLS



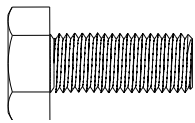
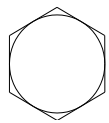
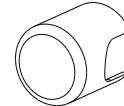
(16) Hexagon Head Bolt
M10x70
10 PCS



(26) Hexagon Head Bolt
M8x62
6 PCS

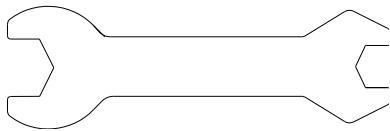


(23) Bolt M8x42
2 PCS



(20) Hexagon Head Bolt
M10x25
8 PCS

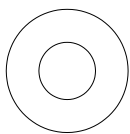
(24) Top Frame
Round End Cap
2 PCS



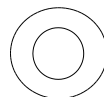
Double Open End Wrench
S13, S17
2 PCS



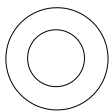
Allen Wrench
1 PC



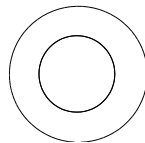
(17) Washer
Ø10.5xØ20x1.5t
17 PCS



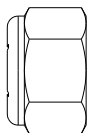
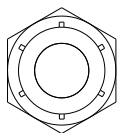
(22) Curve Washer
Ø8.5xØ16x1.5t
6 PCS



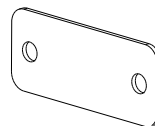
(27) Washer
Ø8.5xØ16x1.5t
2 PCS



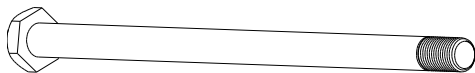
(21) Curve Washer
Ø10.5xØ20x1.5t
2 PCS



(18) Nylon Lock Nut M10
9 PCS

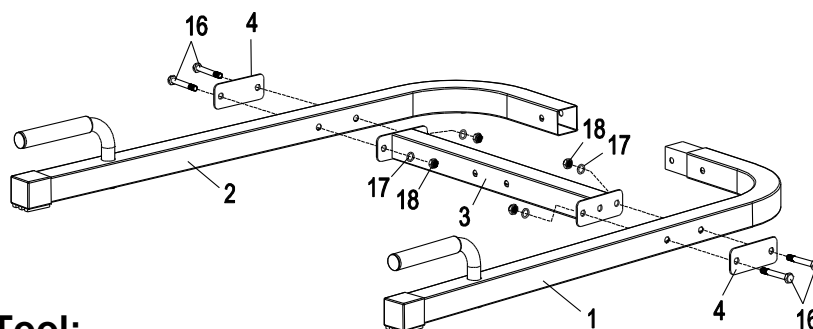


(4) Cross Bar
Support Plate
2 PCS

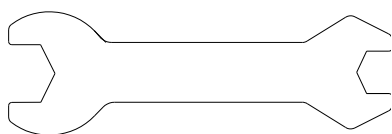


(25) Hexagon Head Bolt
M10x174
1 PC

ASSEMBLY



Tool:

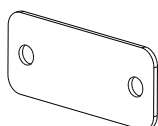


2 Double Open End Wrenches
S13, S17

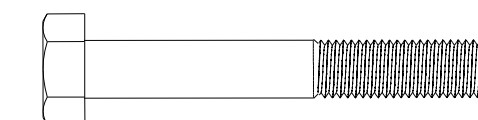
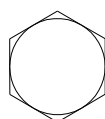
Step1

Position the Cross Bar (3) onto both Left/Right Base Frames (1, 2) and align bolt holes. Attach the Cross Bar (3) onto both Left/Right Base Frames (1, 2) with two Cross Bar Support Plates (4), four M10x70 Hexagon Head Bolts (16), four $\text{Ø}10.5 \times \text{Ø}20 \times 1.5\text{t}$ Washers (17), and four M10 Nylon Lock Nuts (18). Tighten bolts and nylon lock nuts with two Double Open End Wrenches provided.

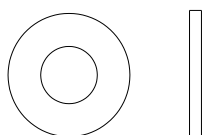
Hardware:



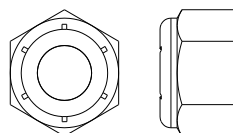
(4) Cross Bar Support Plate
2 PCS



(16) Hexagon Head Bolt
M10x70
4 PCS



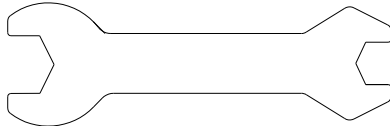
(17) Washer
 $\text{Ø}10.5 \times \text{Ø}20 \times 1.5\text{t}$
4 PCS



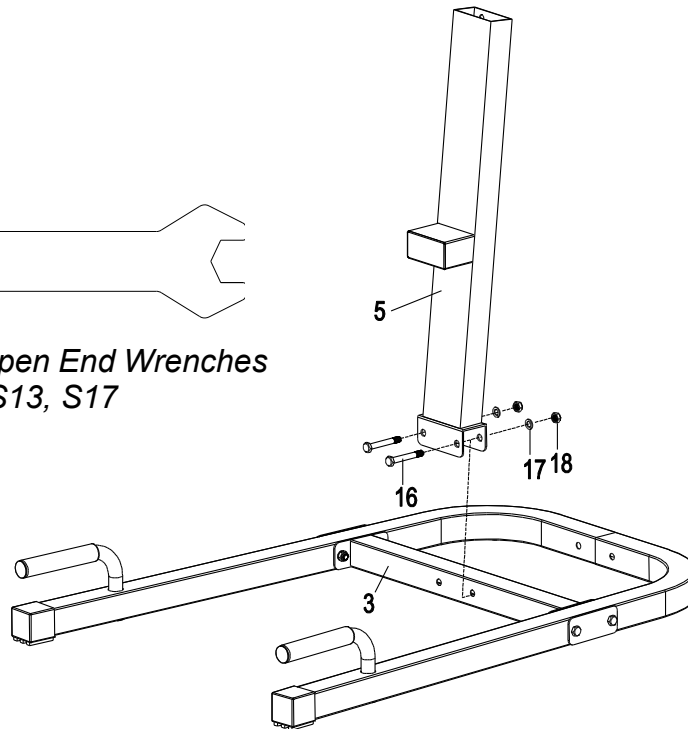
(18) Nylon Lock Nut M10
4 PCS

ASSEMBLY

Tool:



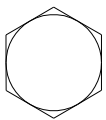
2 Double Open End Wrenches
S13, S17



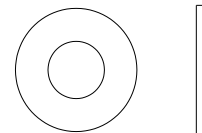
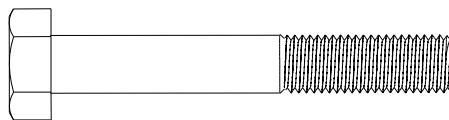
Step 2

Attach the Lower Upright Frame (5) onto the Cross Bar (3) with two M10x70 Hexagon Head Bolts (16), two $\text{\O}10.5 \times \text{\O}20 \times 1.5\text{t}$ Washers (17), and two M10 Nylon Lock Nuts (18). Tighten bolts and nylon lock nuts with two Double Open End Wrenches provided.

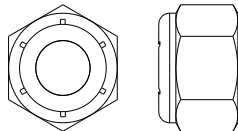
Hardware:



(16) Hexagon Head Bolt
M10x70
2 PCS



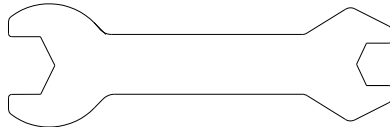
(17) Washer
 $\text{\O}10.5 \times \text{\O}20 \times 1.5\text{t}$
2 PCS



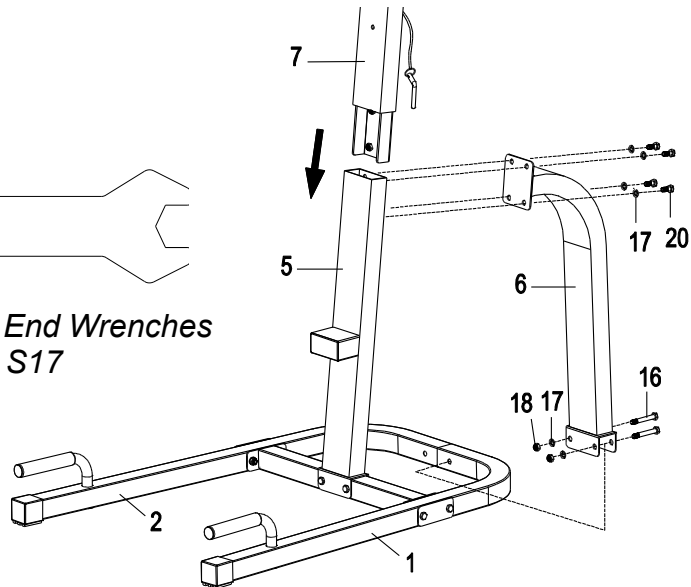
(18) Nylon Lock Nut M10
2 PCS

ASSEMBLY

Tool:



2 Double Open End Wrenches
S13, S17



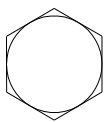
Step 3

Insert the Upper Upright Frame (7) into the Lower Upright Frame (5).

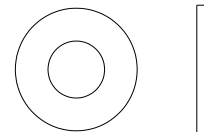
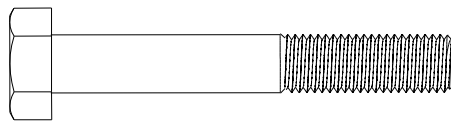
Attach the bottom end of the Upright Support Frame (6) onto the Left/Right Base Frames (1, 2) with two M10x70 Hexagon Head Bolts (16), two $\text{\O}10.5 \times \text{\O}20 \times 1.5\text{t}$ Washers (17), and two M10 Nylon Lock Nuts (18). Hand tighten only.

Attach the top end of the Upright Support Frame (6) onto the Lower Upright Frame (5) with four $\text{\O}10.5 \times \text{\O}20 \times 1.5\text{t}$ Washers (17) and four M10x25 Hexagon Head Bolts (20). Tighten all bolts and nylon lock nuts with the Double Open End Wrenches provided.

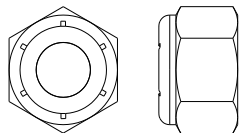
Hardware:



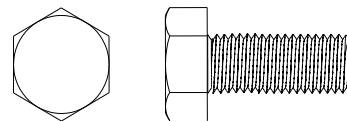
(16) Hexagon Head Bolt
M10x70
2 PCS



(17) Washer
 $\text{\O}10.5 \times \text{\O}20 \times 1.5\text{t}$
6 PCS

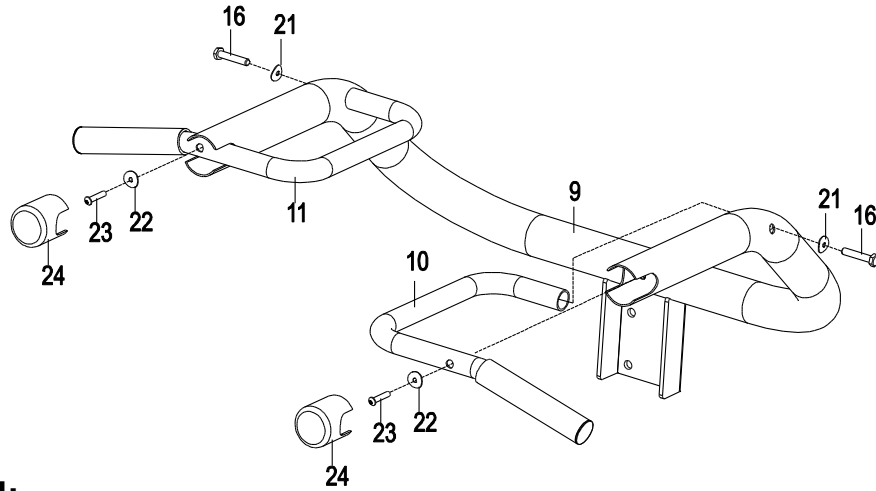


(18) Nylon Lock Nut M10
2 PCS

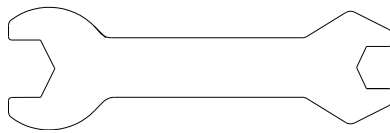


(20) Hexagon Head Bolt
M10x25
4 PCS

ASSEMBLY



Tool:



*Double Open End Wrench
S13, S17*



Allen Wrench

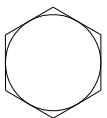
Step 4

Attach both Left/Right Pull-up Handles (10, 11) onto the Top Frame (9) with two M10x70 Hexagon Head Bolts (16), two $\text{\O}10.5 \times \text{\O}20 \times 1.5\text{t}$ Curve Washers (21), two $\text{\O}8.5 \times \text{\O}16 \times 1.5\text{t}$ Curve Washers (22), and two M8x42 Bolts (23).

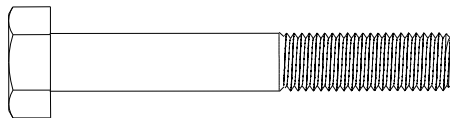
Tighten bolts with the Double Open End Wrench and Allen Wrench provided.

Cover both ends of the Top Frame (9) with two Top Frame Round End Caps (24).

Hardware:



(16) Hexagon Head Bolt M10x70
2 PCS



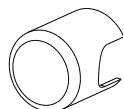
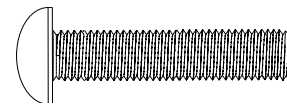
(21) Curve Washer $\text{\O}10.5 \times \text{\O}20 \times 1.5\text{t}$
2 PCS



(22) Curve Washer $\text{\O}8.5 \times \text{\O}16 \times 1.5\text{t}$
2 PCS

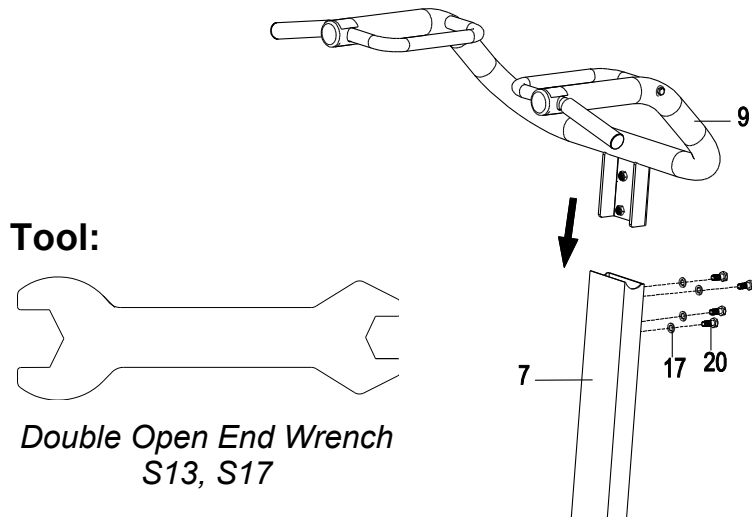


(23) Bolt M8x42
2 PCS



(24) Top Frame Round End Cap
2 PCS

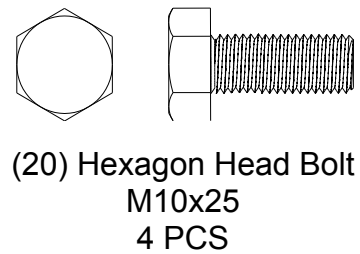
ASSEMBLY



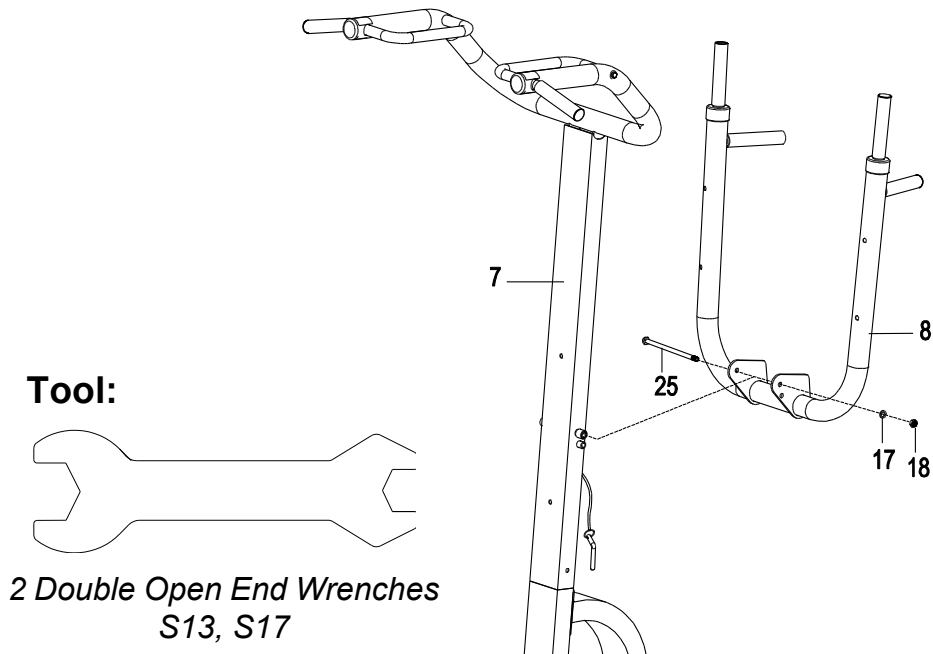
Step 5

Insert the Top Frame (9) into the Upper Upright Frame (7) and secure with four $\text{\O}10.5 \times \text{\O}20 \times 1.5\text{t}$ Washers (17) and four M10x25 Hexagon Head Bolts (20). Tighten bolts with the Double Open End Wrench provided.

Hardware:



ASSEMBLY

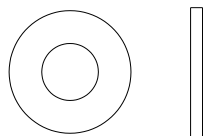


Step 6

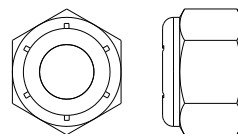
Position the Extend Arm Frame (8) onto the Upper Upright Frame (7) and align bolt holes.

Attach the Extend Arm Frame (8) onto the Upper Upright Frame (7) with one M10x174 Hexagon Head Bolt (25), one $\text{Ø}10.5 \times \text{Ø}20 \times 1.5\text{t}$ Washer (17), and one M10 Nylon Lock Nut (18). Tighten bolt and nylon lock nut with two Double Open End Wrenches provided.

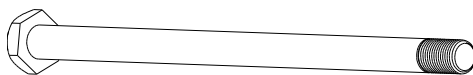
Hardware:



(17) Washer
 $\text{Ø}10.5 \times \text{Ø}20 \times 1.5\text{t}$
1 PC



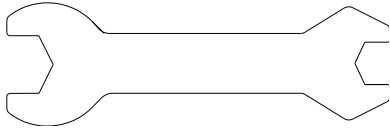
(18) Nylon Lock Nut M10
1 PC



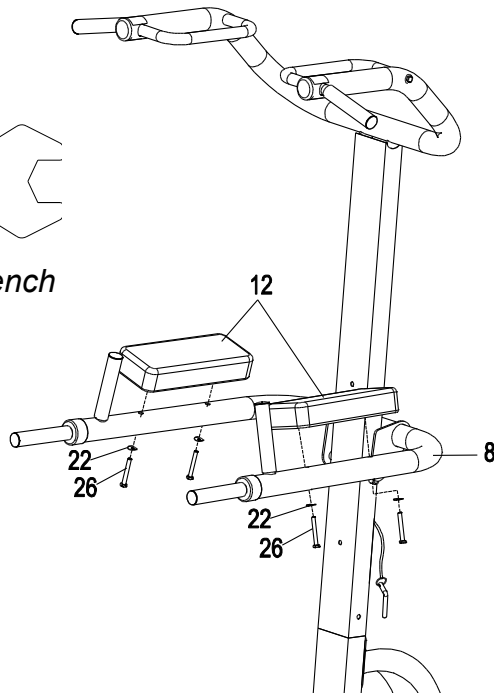
(25) Hexagon Head Bolt
M10x174
1 PC

ASSEMBLY

Tool:



Double Open End Wrench
S13, S17



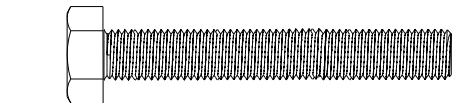
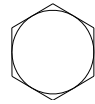
Step 7

Attach two Arm Cushions (12) onto the Extend Arm Frame (8) with four M8x62 Hexagon Head Bolts (26) and four $\text{\O}8.5 \times \text{\O}16 \times 1.5\text{t}$ Curve Washers (22). Tighten bolts with the Double Open End Wrench provided.

Hardware:



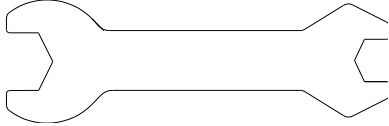
(22) Curve Washer $\text{\O}8.5 \times \text{\O}16 \times 1.5\text{t}$
4 PCS



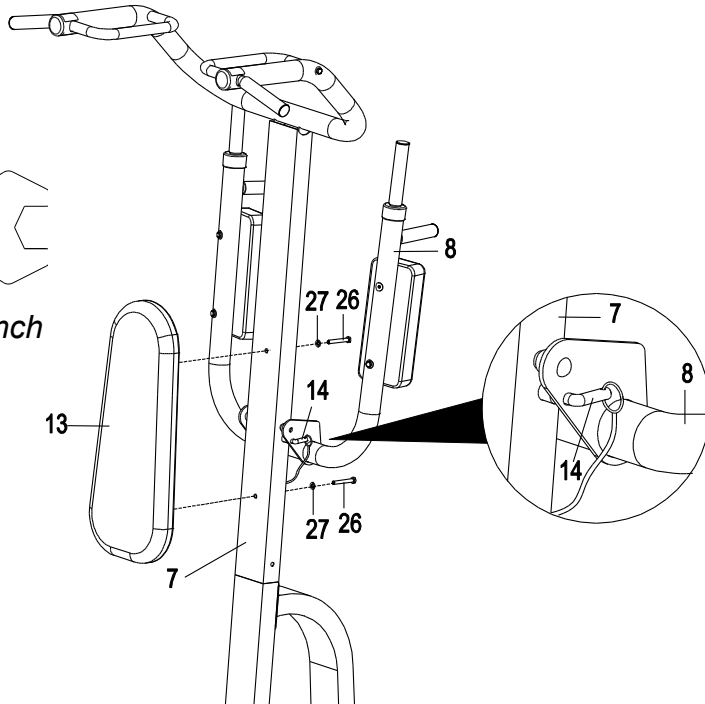
(26) Hexagon Head Bolt
M8x62
4 PCS

ASSEMBLY

Tool:



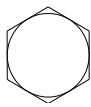
Double Open End Wrench
S13, S17



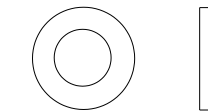
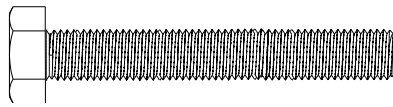
Step 8

Pull the Extend Arm Frame (8) up, then insert the Pin (14) into the holes on the Extend Arm Frame (8) and Upper Upright Frame (7) to lock the Extend Arm Frame (8) in place. Attach the Back Cushion (13) onto the Upright Frame (7) with two M8x62 Hexagon Head Bolts (26) and two Ø8.5xØ16x1.5t Washers (27). Tighten bolts with the Double Open End Wrench provided.

Hardware:

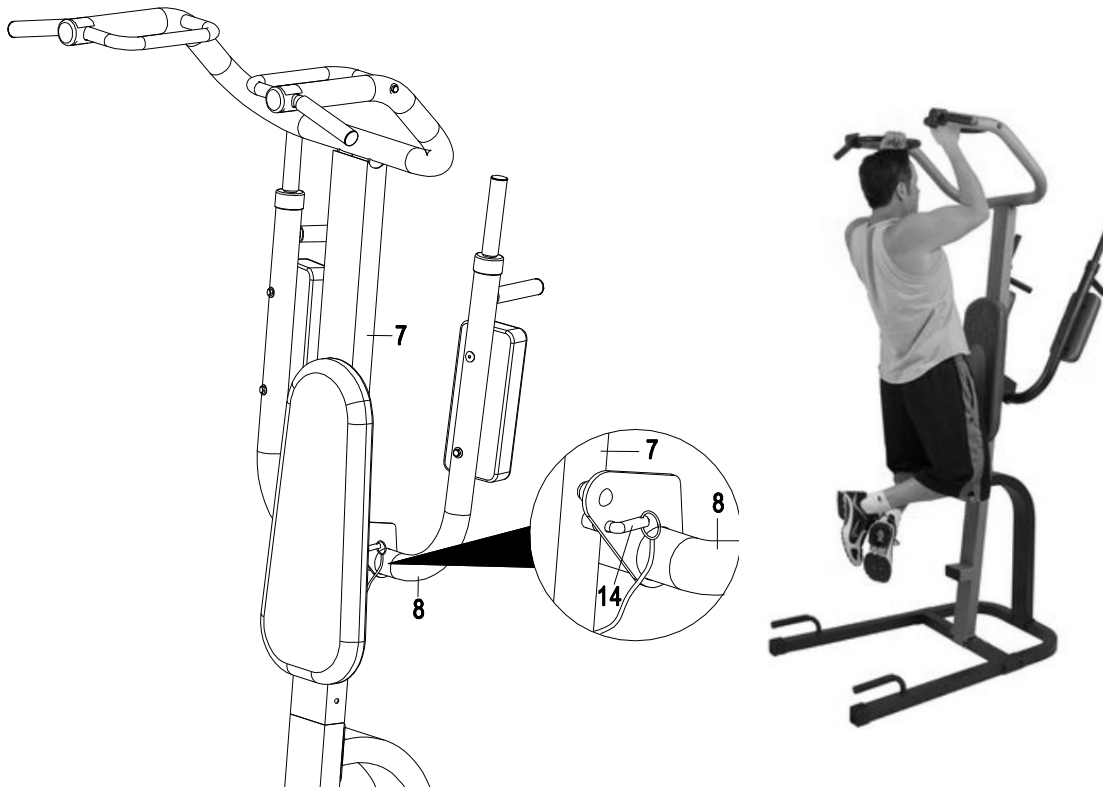


(26) Hexagon Head Bolt
M8x62
2 PCS



(27) Washer
Ø8.5xØ16x1.5t
2 PCS

ADJUSTMENT & MAINTENANCE



ADJUSTING THE EXTEND ARM FRAME

The Extend Arm Frame (8) can be lifted up. Pull the Extend Arm Frame (8) up, then insert the Pin (14) into the holes on the Extend Arm Frame (8) and Upper Upright Frame (7) to lock the Extend Arm Frame (8) in place. You can do the pull-up exercise as shown in the figure.

MAINTENANCE

The Power Tower can be cleaned with a soft cloth. Please wipe your perspiration off the Power Tower after each use.

Please inspect all assembly bolts on the Power Tower for proper tightness every week. Replace missing nuts and bolts. Securely tighten loose nuts and bolts.

Worn or damaged components shall be replaced immediately.

WORKOUT INSTRUCTIONS

Dip Exercise:

To do the dip exercise, the exerciser hangs from the Extend Arm Frame with his/her arms straight and shoulders over his hands, then lowers his body until his arms are bent to a 90 degree angle, and then lifts his/her body up, returning to the starting position.

Exerciser must keep the body as straight as possible, without leaning forward.



Push-up Exercise:

Grasping the handles on both Left/Right Base Frames and keeping the body straight throughout the exercise, lower the body until the upper arms are at least parallel to the ground. Then, push yourself up to the initial position by completely straightening the arms.



Pull-up Exercise:

Grasping both Left/Right Pull-up Handles by two hands. Then the body is pulled up and finished by lowering the body until arms and shoulders are fully extended.



Vertical Knee Raise Exercise:

To do the vertical knee raise exercise, stand in between the Extend Arm Frame and lean against the Back Cushion. Place two arms onto both Arm Cushions and grasp both handles on the Extend Arm Frame. Raise yourself up so that all your body weight is supported by your arms and your legs can hang straight, or slightly bent. Raise your knees all the way up as far as you can comfortably manage, without allowing your body to swing. Slowly lower your knees back.



WARM UP

Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible.

Gently push your knees towards the floor. Hold for 10 counts.



Toe Touches

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



Hamstring Stretches

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



WARRANTY

Paradigm Health & Wellness, Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in according to Paradigm Health & Wellness, Inc.'s Owner's Manual. Paradigm Health & Wellness, Inc.'s obligation under this warranty is limited to replacing free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application. From the date of purchase, the product is warranted to be free from defects for 1 (one) year. All parts and workmanship, including upholstery, foam, ball bearings, pulleys, cables, shocks, all tension mechanisms, wheels, pedals and hardware are to be free from defects for 90 days. This warranty is offered only to the original owner and is not transferable. Proof of purchase is required. This warranty is offered only to the original owner and is not transferable.

Ordering Replacement Parts

Replacement parts can be ordered by calling or emailing our customer service department

service@paradigmhw.com

1-866-924-1688

Monday through Friday, 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

- 1. Owner's Manual**
- 2. Model Number**
- 3. Description of Parts**
- 4. Part Number**
- 5. Date of Purchase**

FAX FORM

Paradigm Health & Wellness, Inc.

PARTS REQUEST FAX FORM

Please fax this form to (1-626-810-2166)

OR YOU CAN EMAIL CUSTOMER SERVICE REQUESTS TO
service@paradigmhw.com

NAME: _____

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

TELEPHONE: (Day) _____

(Night) _____

(Email Address) _____

SERIAL#: _____

MODEL#: _____

PURCHASE DATE: _____

PURCHASE FROM: _____

PART #	DESCRIPTION	QTY

“YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS”

OFFICIAL USE ONLY

SHIP DATE: _____

TRK #: _____

BACK ORDER: _____