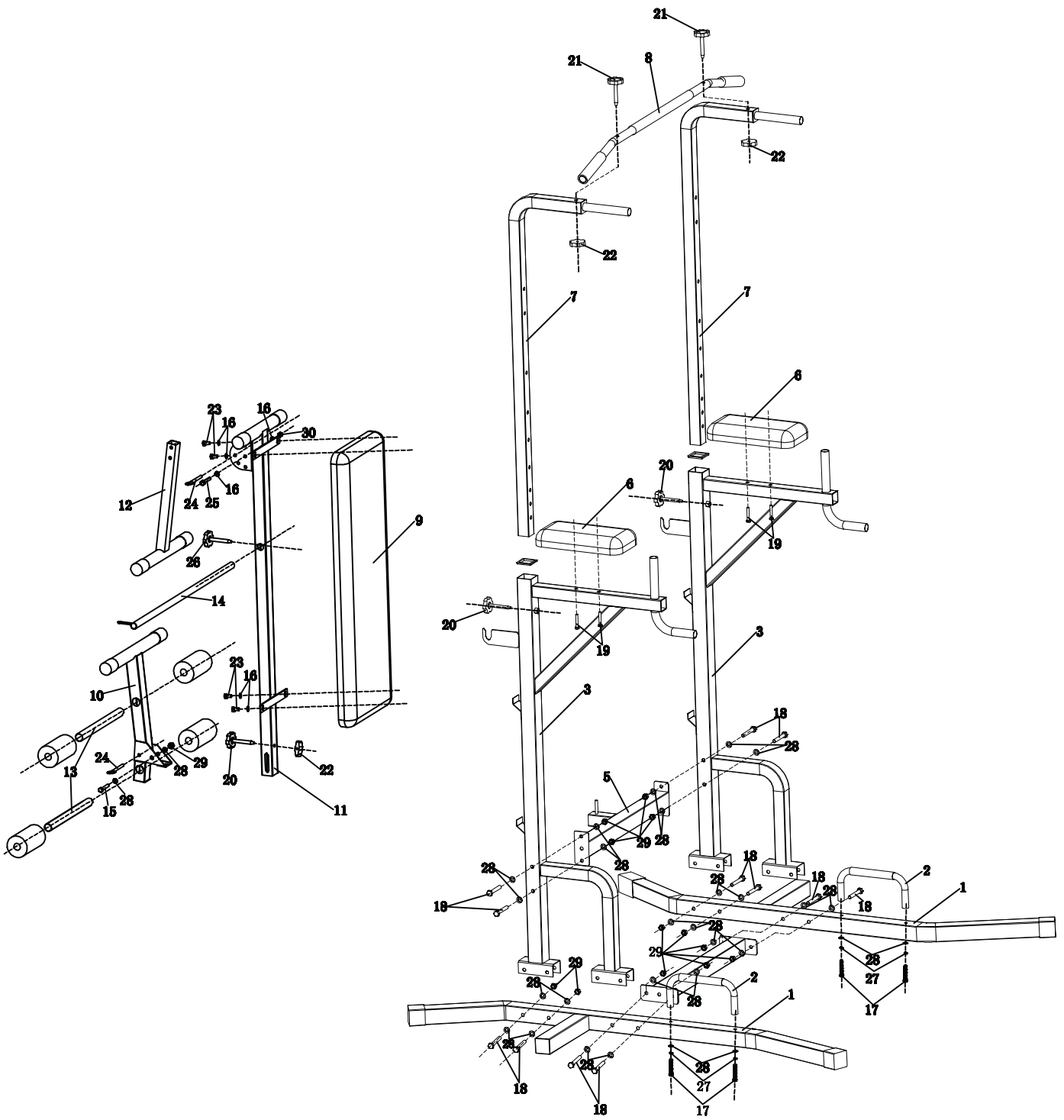






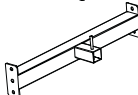

























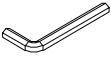

# operation manual

## Power Tower





# Teileübersicht

<p><b>1</b></p>  <p>2 Stück</p>	<p><b>2</b></p>  <p>2 Stück</p>	<p><b>3</b></p>  <p>2 Stück</p>	<p><b>4</b></p>  <p>1 Stück</p>
<p><b>5</b></p>  <p>1 Stück</p>	<p><b>6</b></p>  <p>2 Stück</p>	<p><b>7</b></p>  <p>2 Stück</p>	<p><b>8</b></p>  <p>1 Stück</p>
<p><b>9</b></p>  <p>1 Stück</p>	<p><b>10</b></p>  <p>1 Stück</p>	<p><b>11</b></p>  <p>1 Stück</p>	<p><b>12</b></p>  <p>1 Stück</p>
<p><b>13</b></p>  <p>2 Stück</p>	<p><b>14</b></p>  <p>1 Stück</p>	<p><b>15</b></p>  <p>M10*60 1 Stück</p>	<p><b>16</b></p>  <p>F8 6 Stück</p>
<p><b>17</b></p>  <p>M10*25 4 Stück</p>	<p><b>18</b></p>  <p>M10*70 12 Stück</p>	<p><b>19</b></p>  <p>M8*50 4 Stück</p>	<p><b>20</b></p>  <p>M10*60 3 Stück</p>
<p><b>21</b></p>  <p>M10*75 2 Stück</p>	<p><b>22</b></p>  <p>M10 3 Stück</p>	<p><b>23</b></p>  <p>M8*15 4 Stück</p>	<p><b>24</b></p>  <p>ø8*60 2 Stück</p>
<p><b>25</b></p>  <p>M8*55 1 Stück</p>	<p><b>26</b></p>  <p>M10*20 1 Stück</p>	<p><b>27</b></p>  <p>F8 4 Stück</p>	<p><b>28</b></p>  <p>F10 30 Stück</p>
<p><b>29</b></p>  <p>M10 13 Stück</p>	<p><b>30</b></p>  <p>M8 1 Stück</p>	<p><b>31</b></p>  <p>M8 1 Stück</p>	<p><b>32</b></p>  <p>14*7 2 Stück</p>

## Assemble the power tower

### Attention!

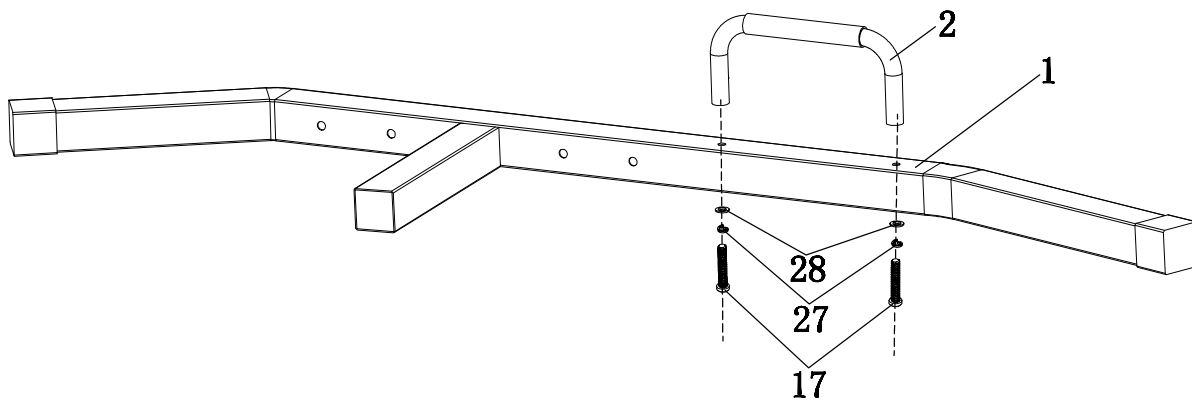
### Risk of injury!

Improper handling of the Power Tower can lead to injuries or property damage.

- Let a second person help you set up.
- Protect the floor on which you are building the article from damage and soiling by placing a mat underneath.
- Be careful and careful when setting up.
- Do not tighten the screws and nuts until you have assembled the entire item. Before doing this, all you have to do is hand-tighten the nuts and bolts.
- To assemble the weight bench, you only need the tools supplied.

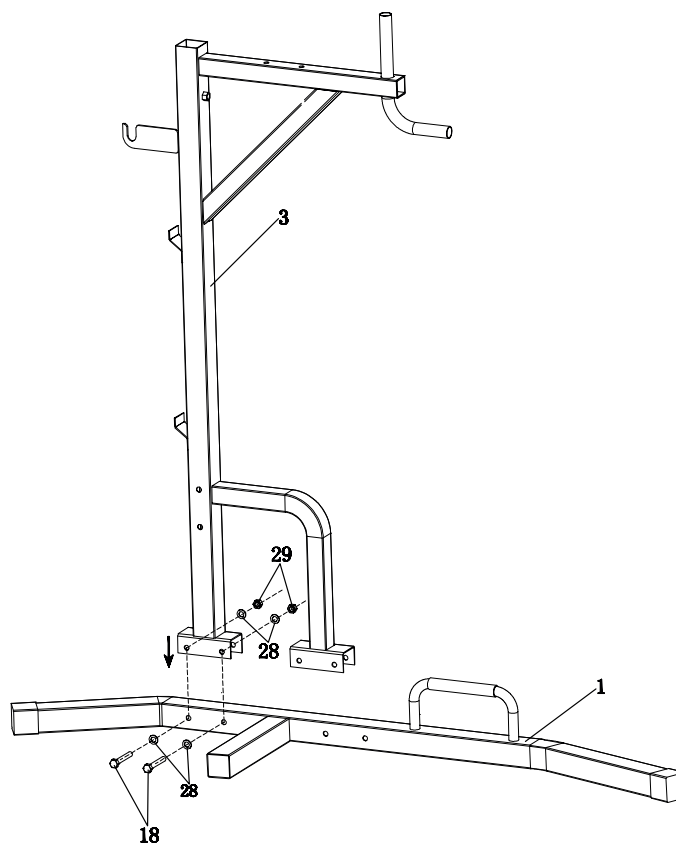
### Step 1

Mount the two push-up handles (2) with two screws (17) and two spring washers (27) on the two pedestals (1).



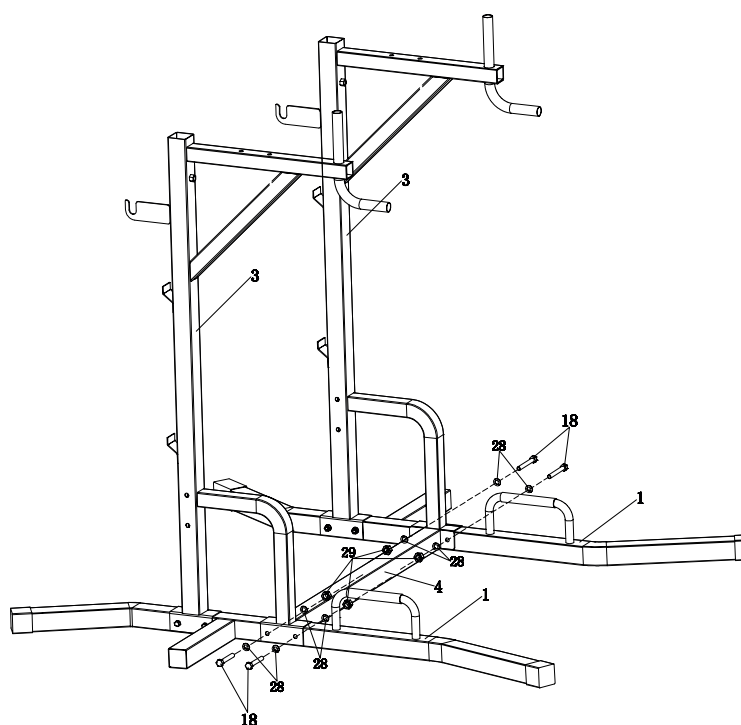
### step 2

Mount the two lower main frames (3) with two screws (18), four washers (28) and two nuts (29) each on the two pedestals (1) as shown in the drawing.



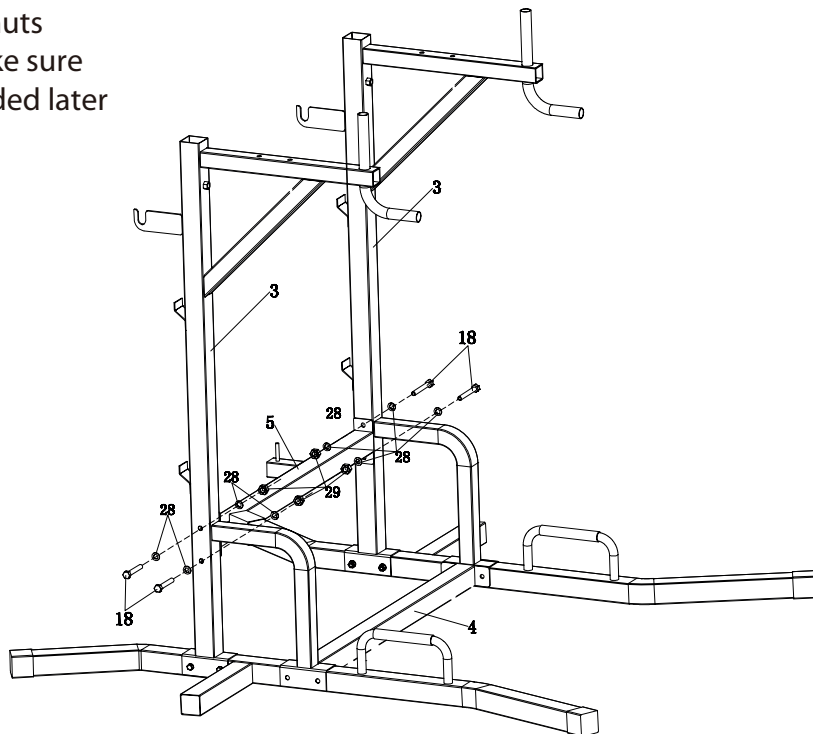
### step 3

Mount the lower cross brace (4) with four screws (18), 8 washers (28) and four nuts (29) on the two feet (1) and the lower main frame (3) as shown in the drawing.



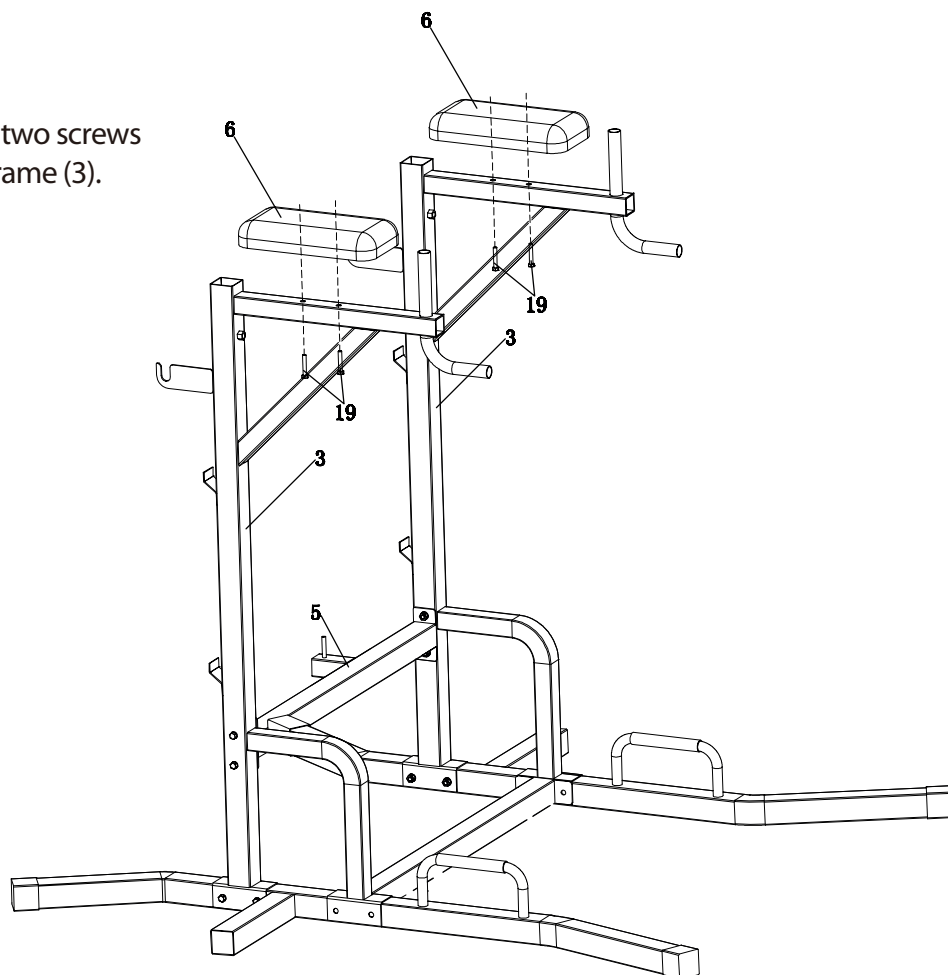
### Step 4

Mount the upper cross brace (5) with four screws (18), 8 washers (28) and four nuts (29) on the lower main frame (3). Make sure the bolt is facing up. This will be needed later to hang up the training bench.



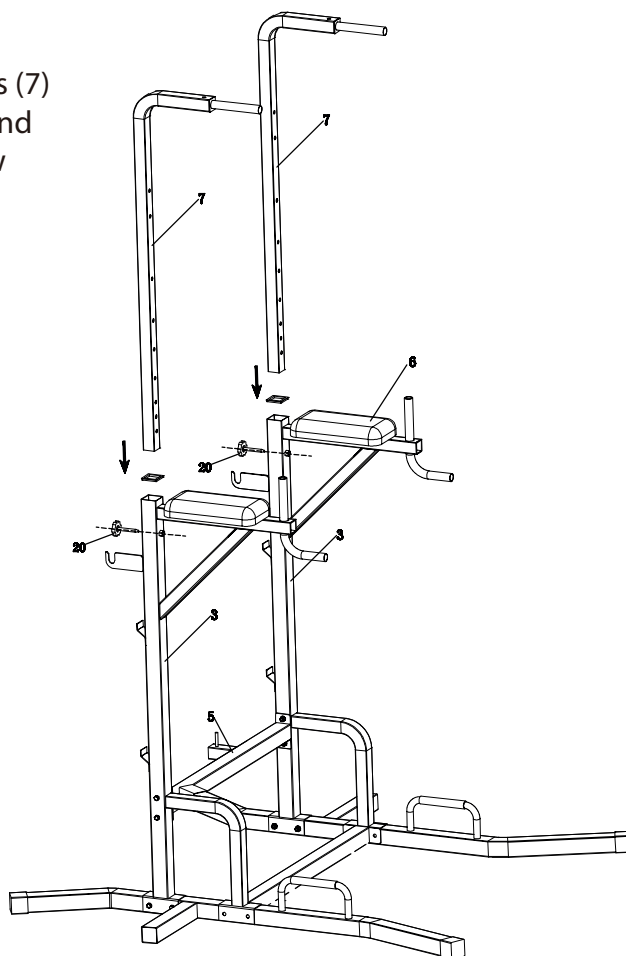
### Step 5

Fix the two arm rests (6) with two screws (19) each to the lower main frame (3).



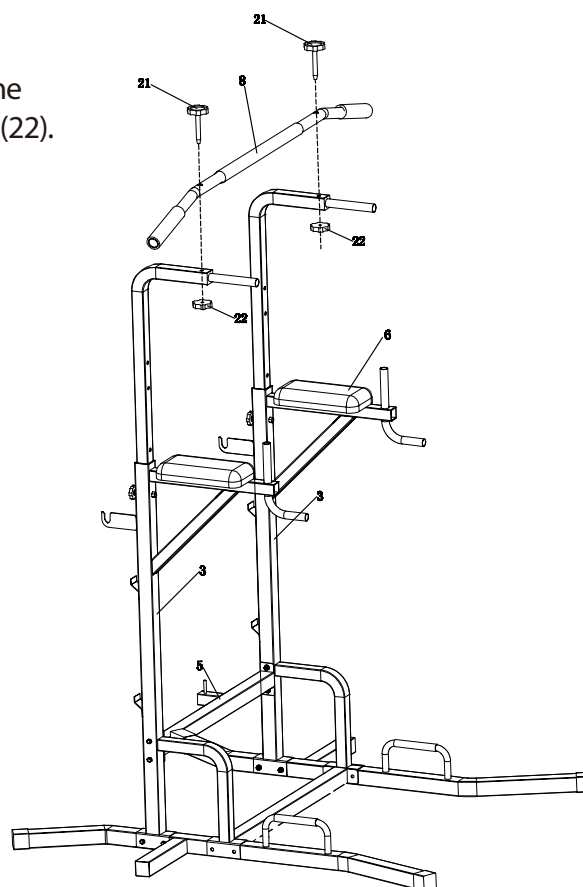
### Step 6

Push the two upper main frames (7) into the lower main frames (3) and fix them with an adjusting screw (20) each.



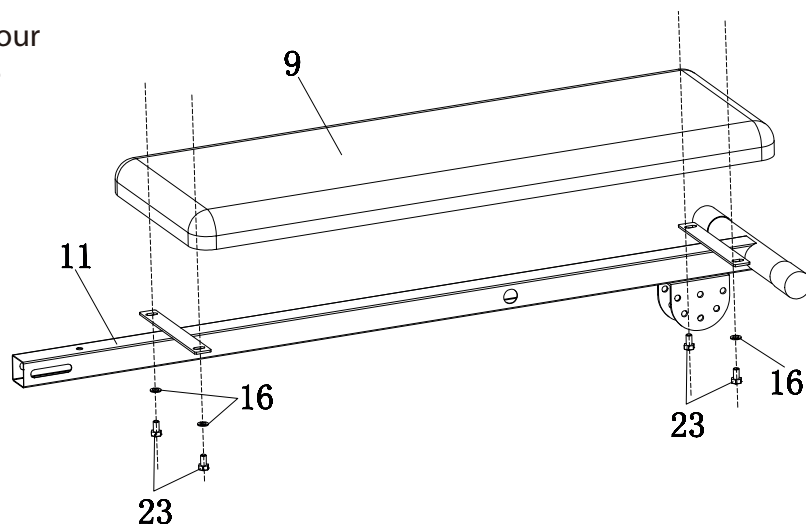
### Step 7

Fix the pull-up bar (8) to the upper main frame with two adjusting screws (21) and two nuts (22).



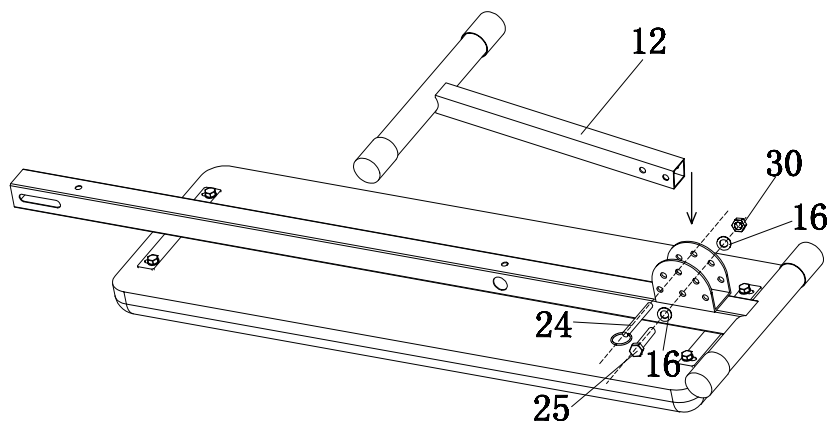
### Step 8

Fix the support training bench (9) with four screws (23) and four washers (16) on the main frame training bench (11).



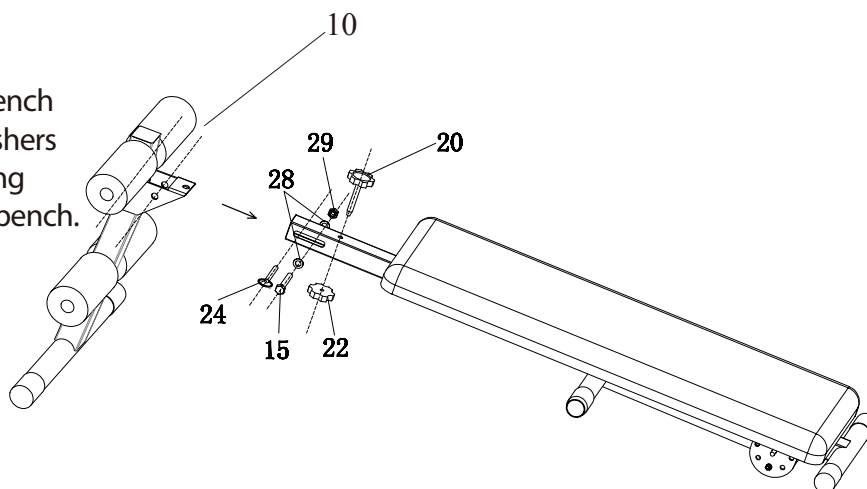
### Step 9

Fix the stand training bench (12) with a safety pin (24), a screw (25), two washers (16) and a nut (30) on the main frame training bench (11).



### Step 10

Secure the pedestals (10) to the training bench with a safety pin (24), a screw (15), two washers (28) and a nut (22). Now attach the adjusting screw (20) and the nut (29) to the training bench.



## Step 11

You can hang the training bench on the back of the Power Tower and this gives you a backrest for training. Fold up the training bench by loosening the two safety pins (24) on the feet. Now you can place the training bench on the bolt of the cross brace from above as shown.

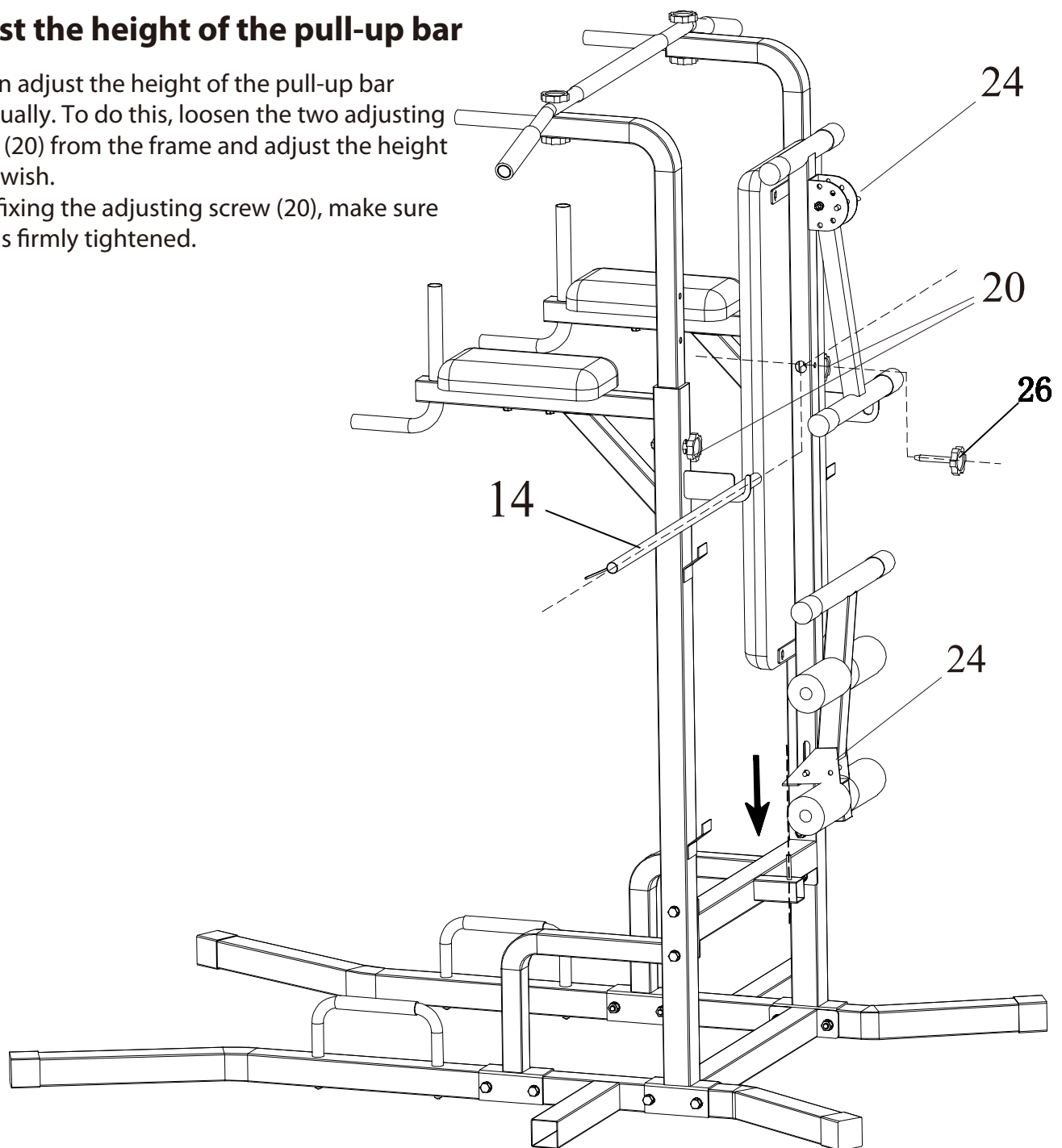
In addition, push the fixation training bench (14) through the hole in the training bench and let the fixation on the power tower click into place.

For additional stabilization, fix the bench with the adjusting screw (26) so that the bench is secured against accidentally falling out.

## Adjust the height of the pull-up bar

You can adjust the height of the pull-up bar individually. To do this, loosen the two adjusting screws (20) from the frame and adjust the height as you wish.

When fixing the adjusting screw (20), make sure that it is firmly tightened.



## Training instruction

### Attention

#### Health hazard!

Incorrect or excessive training that is not adapted to the physical requirements can lead to health risks.

- Before starting your training program, consult a doctor in order to determine or prevent possible health risks. Your doctor's advice is essential for your pulse rate, blood pressure or cholesterol level.
- Pay attention to your body signals during exercise. If you experience pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, dizziness or lightheadedness at any time during your training, stop your training immediately and see your doctor.

#### risk of injury

Improper training and improper use of the weight bench can lead to injuries.

- Do not use the weight bench if you are over 150 kg.
- Before starting training, have your doctor carry out a general fitness check and clarify any cardiovascular or orthopedic problems.
- Be aware that incorrect and excessive training can endanger your health.
- Do not exercise if you feel unwell, tired or exhausted. Stop exercising immediately if you feel weak or dizzy, if you feel nauseous, have chest pain, or if you experience rapid heartbeat or other symptoms. In this case, be sure to contact a doctor.
- If you are pregnant, exercise extra caution.
- Wear suitable shoes and clothing that are breathable and comfortable.
- Always do warm-up exercises before using the Power Tower. Then start training slowly and increase the load until you reach your desired level of performance.
- Keep young children away from the power tower, especially during exercise.

Moderate endurance training (for example, twice a week for 30 minutes each time) can be health-promoting and improve mobility. Strength training strengthens the muscles. The mobility of the joints is increased - the risk of injuries is reduced.

Each workout should consist of the following three parts:

- Warm up ("Warm Up")
- Endurance / cardio training and / or strength training
- Cool down & stretch

We recommend the following training structure:

- Ideally, exercise around 3–4 times a week.
- Make sure that there is a day of rest between the individual training units so that your body and muscles can recover sufficiently.
- End every workout with a cool down and stretch. - Start your workout with around 7–8 repetitions per exercise set. Then slowly increase the number of repetitions according to your individual preferences up to 11–12 repetitions per exercise set.
- Reduce the amount of your training if you notice that your muscles are getting tired.

## Warm up exercises

The goal of warming up is to prepare the body for hard training, stimulate the cardiovascular system, and protect ligaments, tendons, and joints from injury. It also helps reduce the risk of cramps and muscle injuries. Every workout should start with warm-up exercises. The more strenuous the subsequent training session, the more important it is to warm up.

- Start each workout with a warm-up of at least 10 minutes.
- You can slightly pre-stretch your muscles during the warm-up. To do this, select one of the exercises in the "Stretching exercises" chapter for each muscle group.

## Cool down and stretch

A cool down introduces the relaxation phase of the training. The aim of the cool down is to lower the pulse rate as much as possible in order to prevent muscle soreness, among other things. After exercising, you should definitely stretch your muscles. Re-stretching brings the muscle back to its original position and thus prevents muscle shortening. The more strenuous the training, the more important re-stretching is.

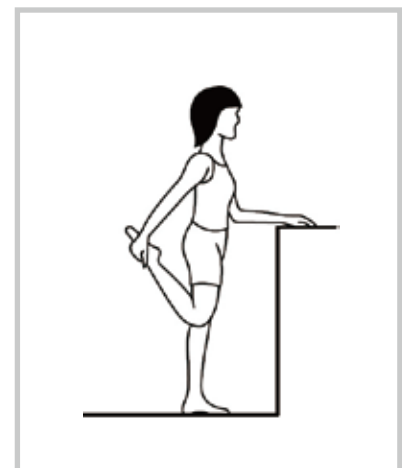
- End every workout with a cool-down phase of at least 10 minutes.
- Lower your pulse rate as much as possible during the cool-down phase.
- In particular, stretch those muscle groups that you used in particular during training.
- Stretch the muscles for approx. 20 seconds each.
- Do the stretching exercises so that the stretch can be felt, but not painful.

## Stretching

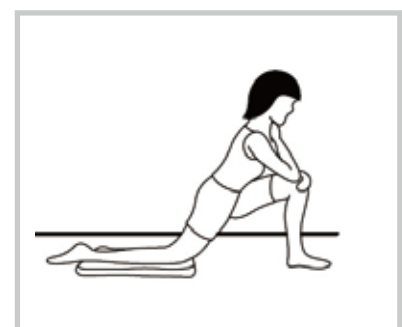
### Stretch the front of the thighs

With these exercises, you'll stretch the hip flexors and knee extensors

1. Stand against a wall.
2. Put both knees next to each other and straighten your pelvis and spine.
3. Support yourself against a wall with your right hand and pull your left foot towards your buttocks with your left hand. Do not bend the knee to the maximum.
4. Hold this position for about 20 seconds.
5. Repeat the exercise with the other leg.

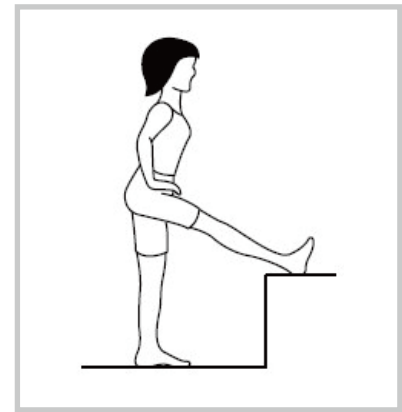


1. Kneel on a soft surface.
2. Place your left knee at a 90 ° angle.
3. Keep your back straight and slide your pelvis forward on the side you want to stretch.
4. Hold this position for about 20 seconds.
5. Repeat the exercise with the other leg.

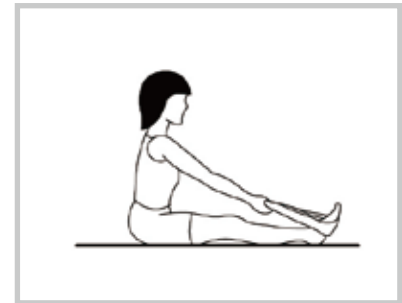


**Stretch the back of the thighs**

1. Stand up straight.
2. Place one foot on a shelf at knee level or below.
3. Tilt your pelvis and bring your straight upper body slightly forward. The standing leg should be slightly bent and the standing foot should be under the buttocks.
4. Pull the tip of the foot of the leg to be stretched towards your body.
5. Hold this position for about 20 seconds.
6. Repeat the exercise with the other leg.



1. Sit long on the floor with your legs straight.
2. Wrap a towel around both feet and take it in both hands.
3. Carefully pull your straight upper body forward and feel the stretch in the back of the leg.
4. Hold this position for about 20 seconds.

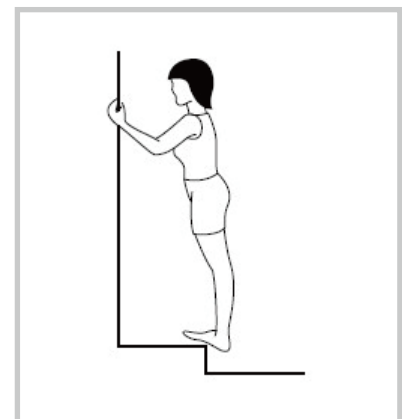


**Stretch the calf**

1. Support yourself with your hands on a wall.
2. First stand parallel.
3. Bend your straight back forward.
4. Take a step back with the leg you want to stretch and touch your toes first, then your heel. If the stretch is comfortable, the step size is correct.
5. If you want to increase the stretch, increase the step size. Start with a small step.
6. Hold this position for about 20 seconds.
7. Repeat the exercise with the other leg.



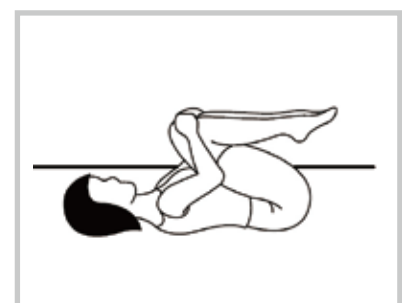
1. Stand with both feet on the edge of a step so that you can hold on to a wall with your hands.
2. Slowly lower your heels until you feel a comfortable stretch.
3. Hold this position for about 20 seconds.



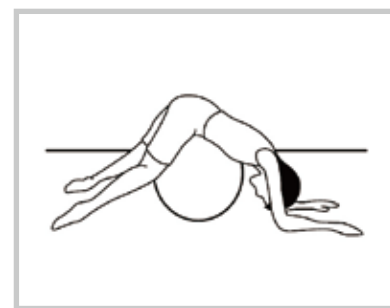
**Stretch your back**

Do not stretch the lumbar region unless it is weakened or appropriately strengthened.

1. Lie on your back.
2. Pull both knees slightly towards your body.
3. Hold this position as long as it is comfortable. This is a gentle exercise that gently stretches the entire back extensor without putting any strain on the spine.



1. Lie with your hips on an exercise ball as shown.
2. Place your feet and forearms on the floor.
3. Move slightly back and forth on the ball.



During this exercise, the intervertebral discs are relieved because the ball carries the body weight.

## Exercises with the power tower

### Training area

The Power Tower has a training area with a diameter of 2.5 m (indicated by the inner circle). An area with a diameter of at least 3.1 m must be kept free around the Power Tower (indicated by the outer circle).

