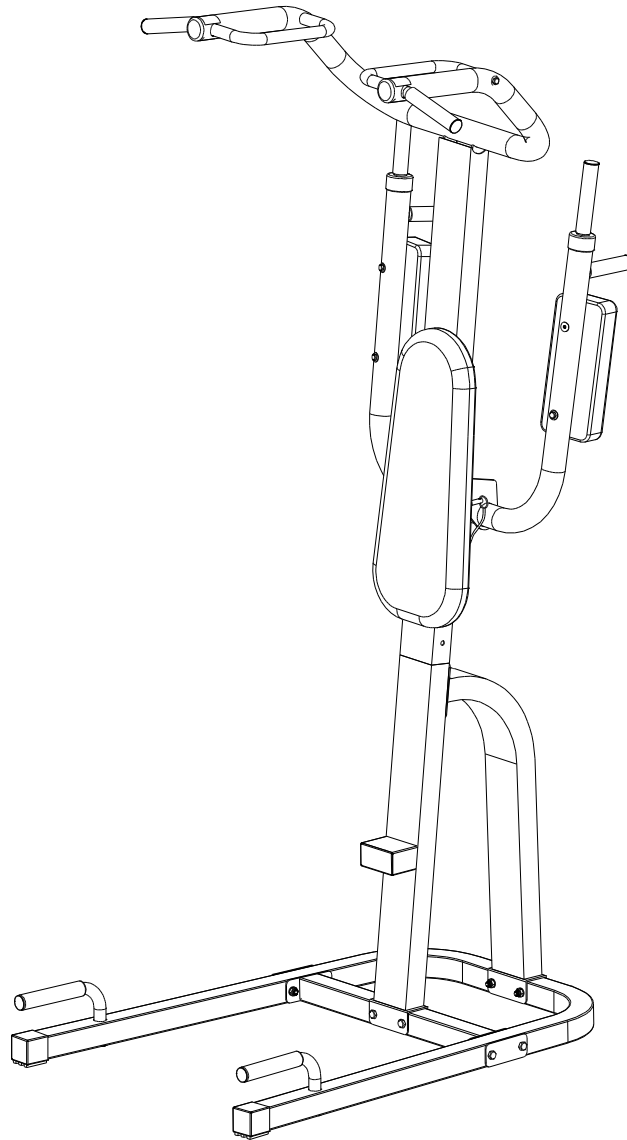


## POWER TOWER



**IMPORTANT:** Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo and, subject to change without notice.

Item#2800

**Owner's Manual**  
**Le Manuel Du Propriétaire**



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## SERVICE

### **IMPORTANT: FOR NORTH AMERICA ONLY**

**For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department (8:00 AM - 5:00 PM Pacific Standard Time, Daily) by the below methods:**

**For Best Service, please Email:**

**[Service@paradigmhw.com](mailto:Service@paradigmhw.com) \***

**Response Time: 1-2 Business Days**

**Website:**

**[www.paradigmhw.com](http://www.paradigmhw.com)**

**Toll-Free:**

**1-844-641-7920**

**Response time may vary.**

**Please have the following information ready when requesting for service:**

**Your name**

**Phone number**

**Model number**

**Serial number**

**Part number**

**Proof of Purchase**

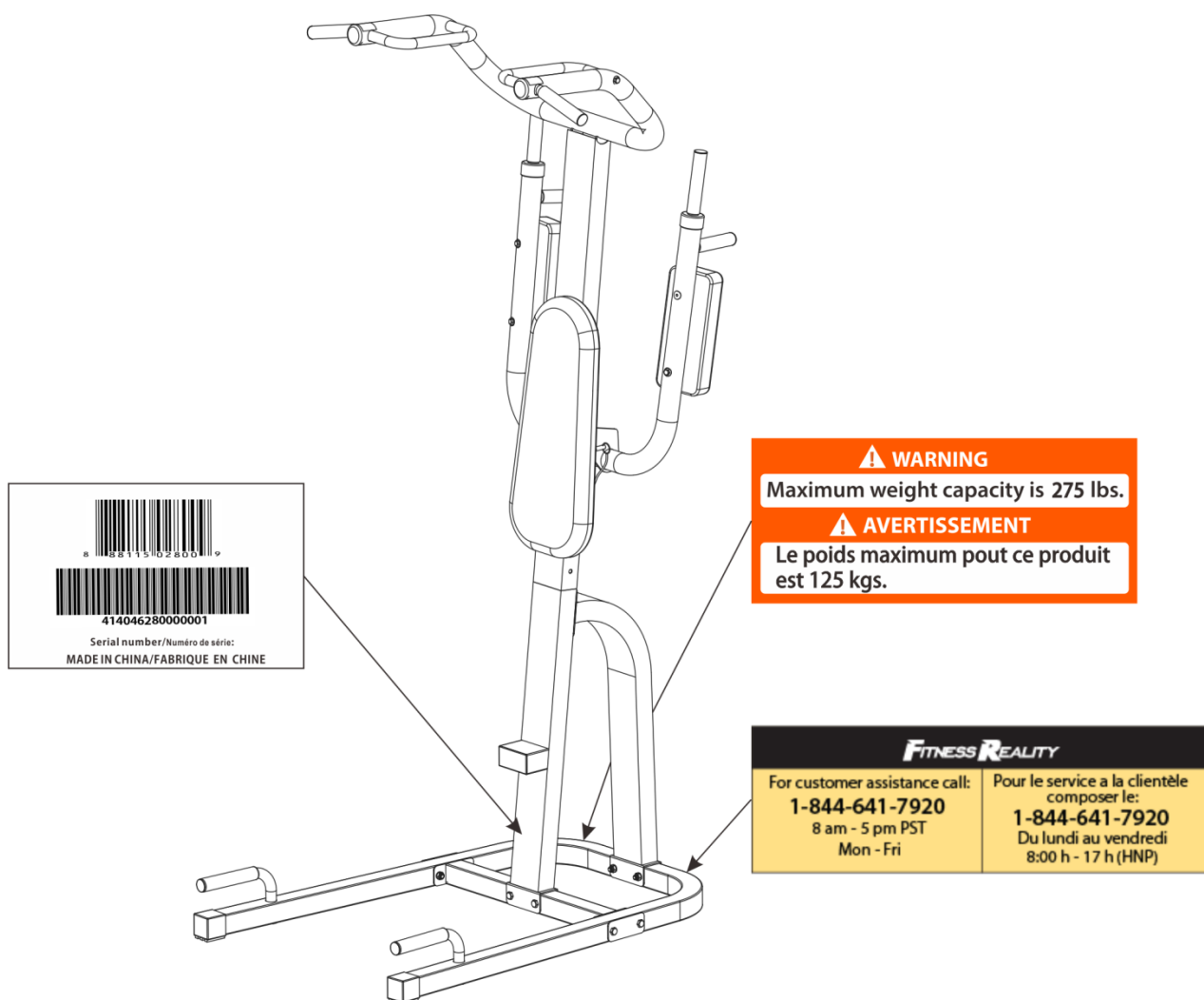
**For damaged or defective product please contact our customer service before returning to the store.**

**Paradigm Health & Wellness, Inc.**

**1189 Jellick Ave.**

**City of Industry, CA 91748, USA**

## LABEL PLACEMENT



## PRODUCT SAFETY

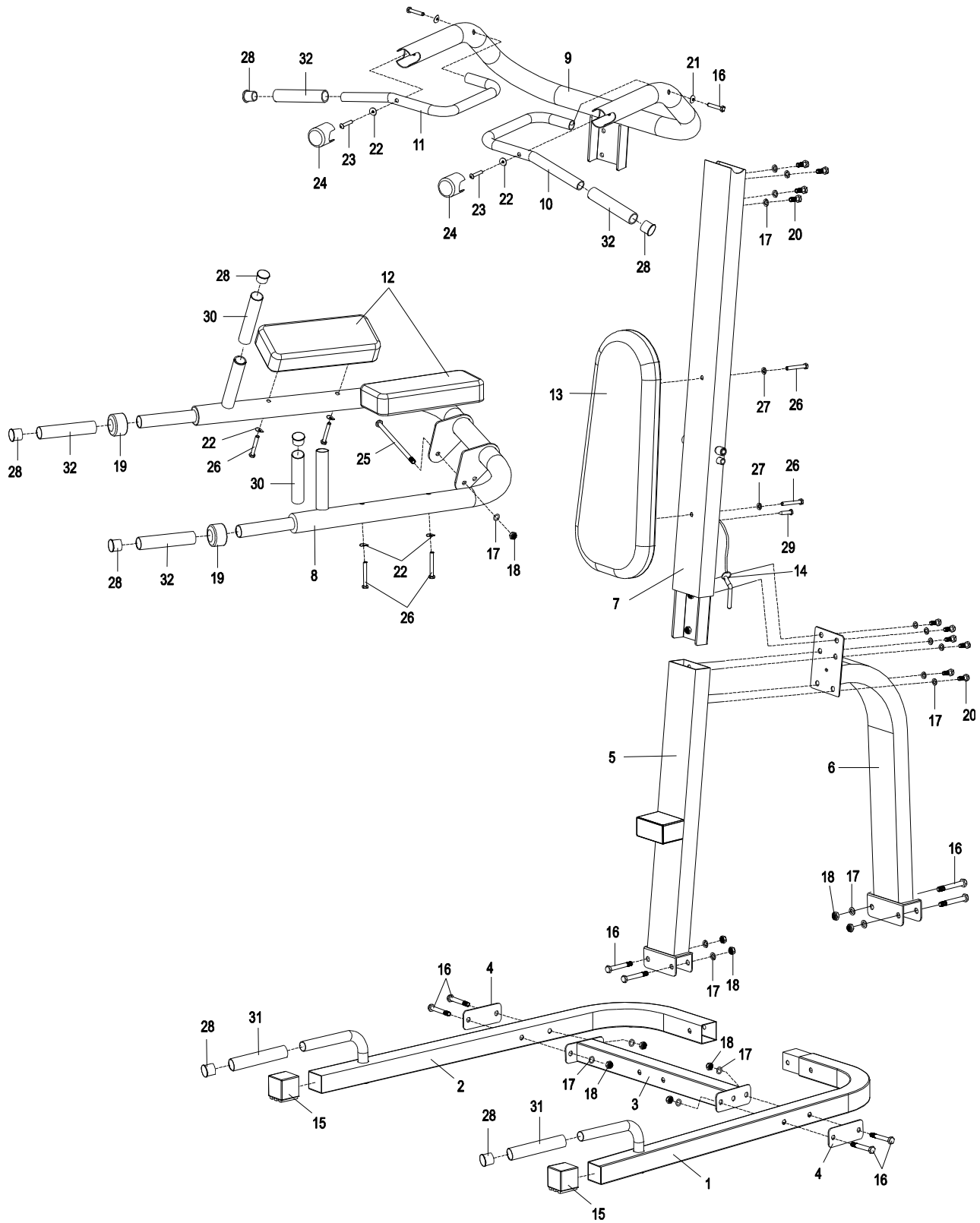
**Basic precautions should always be followed, including the following safety instructions when using this Power Tower. Read all instructions before using this Power Tower.**

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 people 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.

# OVERVIEW DRAWING

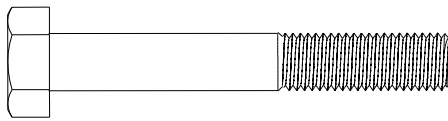
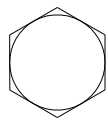


## PART LIST

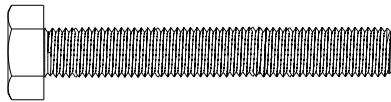
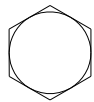
No.	Description	Qty	No.	Description	Qty
001	Left Base Frame	1	017	Washer Ø10.5xØ20x1.5t	19
002	Right Base Frame	1	018	Nylon Lock Nut M10	9
003	Cross Bar	1	019	Round Cap Ø50	2
004	Cross Bar Support Plate	2	020	Hexagon Head Bolt M10x25	10
005	Lower Upright Frame	1	021	Curve Washer Ø10.5xØ20x1.5t	2
006	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



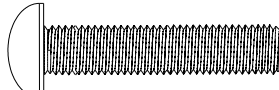
## HARDWARE PACKING LIST & TOOLS



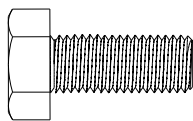
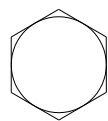
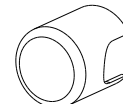
(16) Hexagon Head Bolt  
10 PCS



(26) Hexagon Head Bolt  
6 PCS

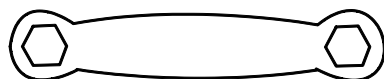


(23) Bolt  
2 PCS



(20) Hexagon Head Bolt  
10 PCS

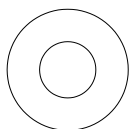
(24) Top Frame Round  
End Cap  
2 PCS



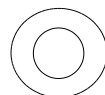
Wrench S-17~S-13  
2 PCS



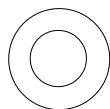
Allen Wrench  
1 PCS



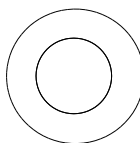
(17) Washer  
19 PCS



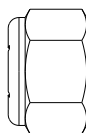
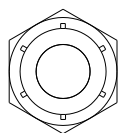
(22) Curve Washer  
6 PCS



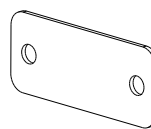
(27) Washer  
2 PCS



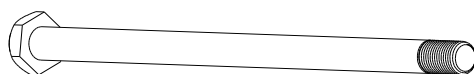
(21) Curve Washer  
2 PCS



(18) Nylon Lock Nut  
9 PCS

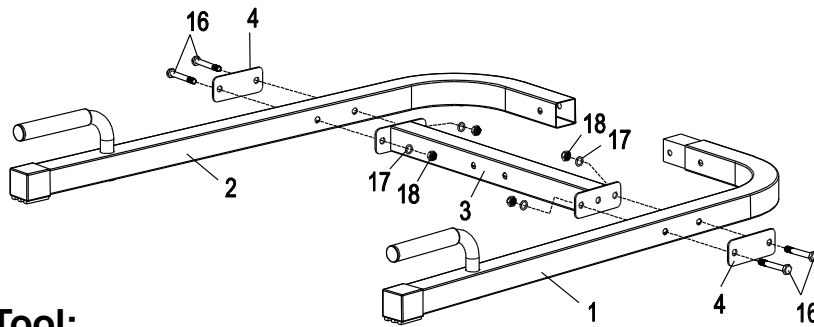


(4) Cross Bar  
Support Plate  
2 PCS



(25) Hexagon Head Bolt  
1 PC

## ASSEMBLY



### Tool:

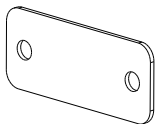


Wrench S-17~S-13  
2 PCS

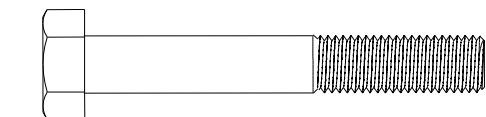
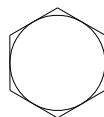
### Step1

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 Hexagon Head Bolts (16), four Washers (17), and four Nylon Lock Nuts (18). Tighten bolts and nylon lock nuts with two Wrenches S-17~S-13 provided.

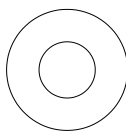
### Hardware:



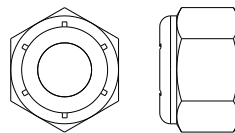
(4) Cross Bar Support Plate  
2 PCS



(16) Hexagon Head Bolt  
4 PCS



(17) Washer  
4 PCS



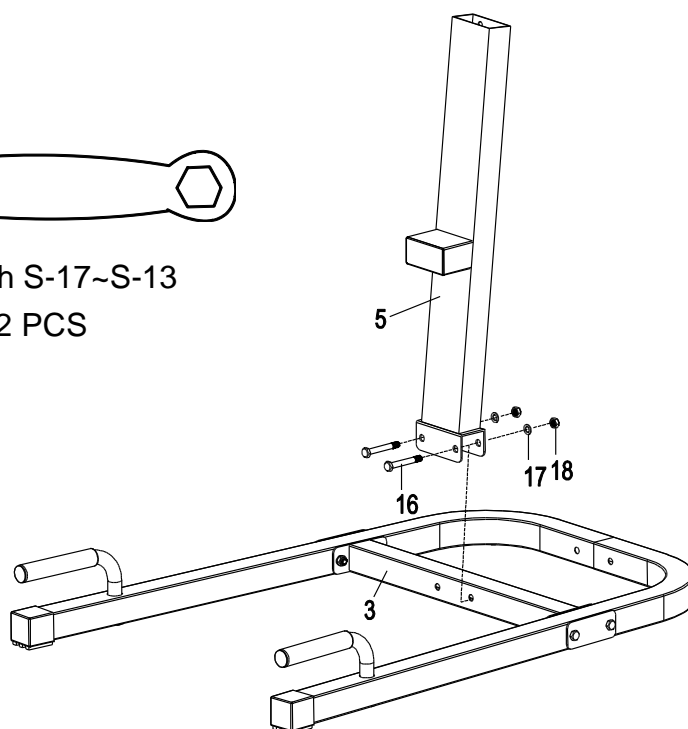
(18) Nylon Lock Nut  
4 PCS

## ASSEMBLY

### Tool:



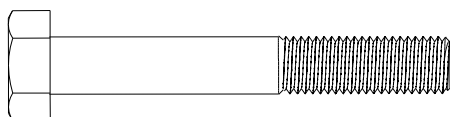
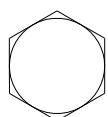
Wrench S-17~S-13  
2 PCS



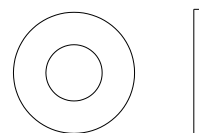
### Step 2

Attach the Lower Upright Frame (5) onto the Cross Bar (3) with two Hexagon Head Bolts (16), two Washers (17), and two Nylon Lock Nuts (18). Tighten bolts and nylon lock nuts with two Wrenches S-17~S-13 provided.

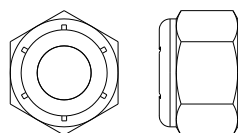
### Hardware:



(16) Hexagon Head Bolt  
2 PCS



(17) Washer  
2 PCS



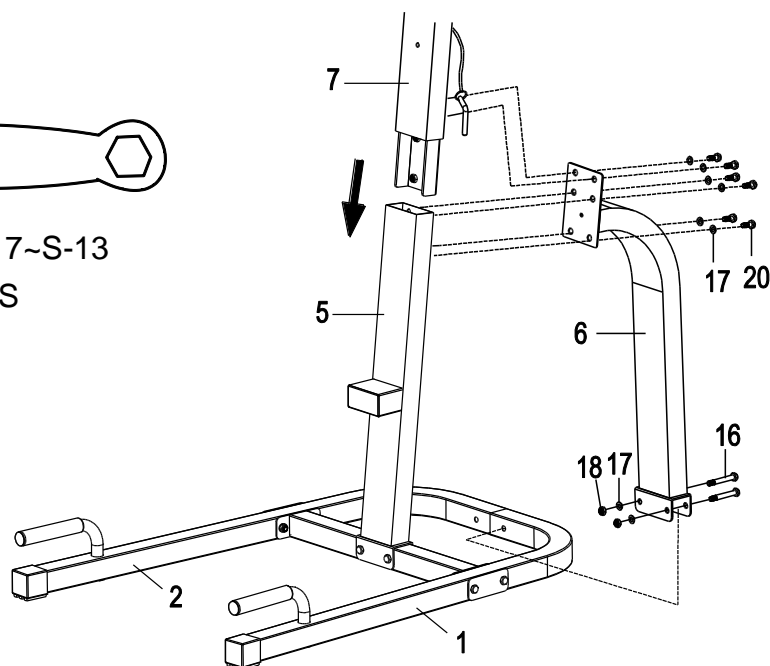
(18) Nylon Lock Nut  
2 PCS

## ASSEMBLY

### Tool:



Wrench S-17~S-13  
2 PCS



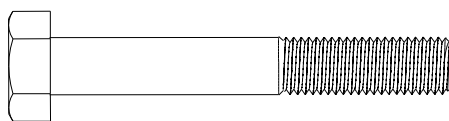
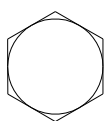
### Step 3

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

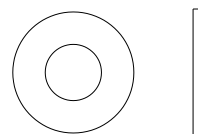
Attach the bottom end of the Upright Support Frame (6) onto the Left/Right Base Frames (1, 2) with two Hexagon Head Bolts (16), two Washers (17), and two Nylon Lock Nuts (18). Hand tighten only.

Attach the top end of the Upright Support Frame (6) onto the Lower Upright Frame (5) with six Washers (17) and six Hexagon Head Bolts (20). Tighten all bolts and nylon lock nuts with two Wrenches S-17~S-13 provided.

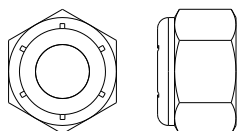
### Hardware:



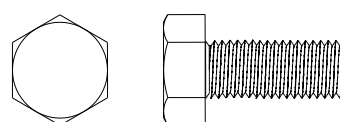
(16) Hexagon Head Bolt  
2 PCS



(17) Washer  
8 PCS

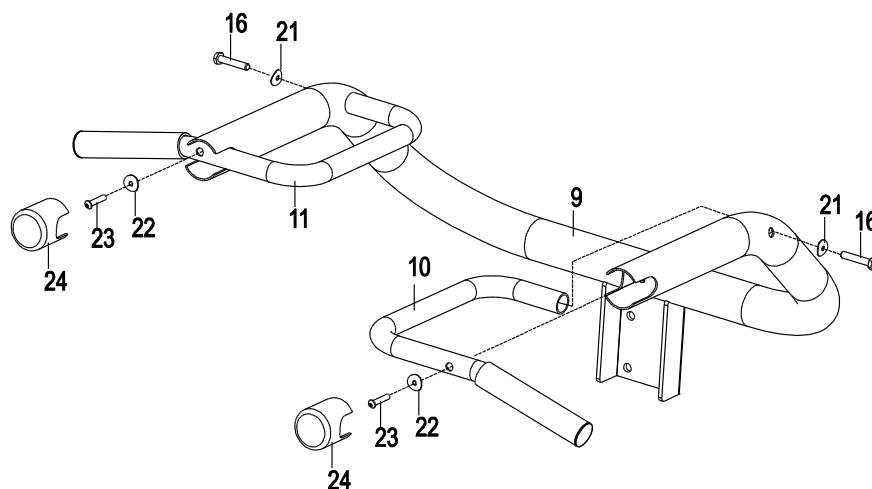


(18) Nylon Lock Nut  
2 PCS



(20) Hexagon Head Bolt  
6 PCS

## ASSEMBLY



### Tool:



Wrench S-17~S-13  
2 PCS

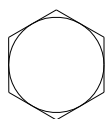


Allen Wrench

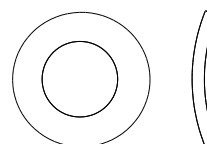
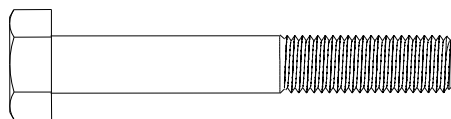
### Step 4

Attach both Left/Right Pull-up Handles (10, 11) onto the Top Frame (9) with two Hexagon Head Bolts (16), two Curve Washers (21), two Curve Washers (22), and two Bolts (23). Tighten bolts with the two Wrenches S-17~S-13 and Allen Wrench provided. Cover both ends of the Top Frame (9) with two Top Frame Round End Caps (24).

### Hardware:



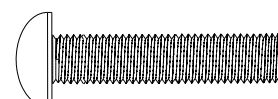
(16) Hexagon Head Bolt  
2 PCS



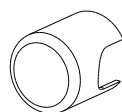
(21) Curve Washer  
2 PCS



(22) Curve Washer  
2 PCS



(23) Bolt  
2 PCS



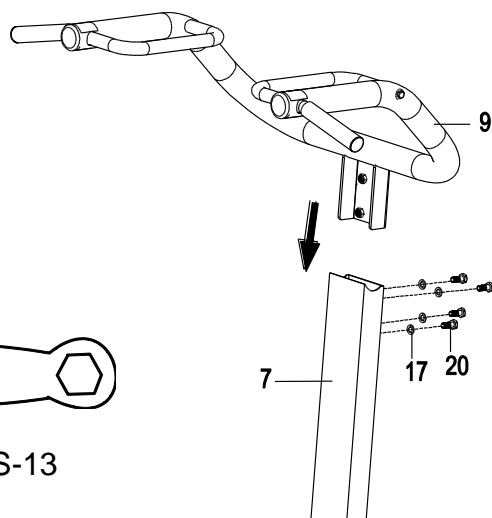
(24) Top Frame Round End Cap  
2 PCS

## ASSEMBLY

### Tool:



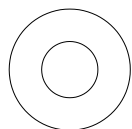
Wrench S-17~S-13  
2 PCS



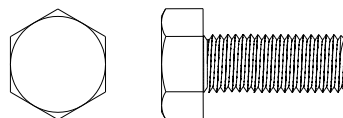
### Step 5

Insert the Top Frame (9) into the Upper Upright Frame (7) and secure with four Washers (17) and four M10x25 Hexagon Head Bolts (20). Tighten bolts with two Wrenches S-17~S-13 provided.

### Hardware:



(17) Washer  
4 PCS



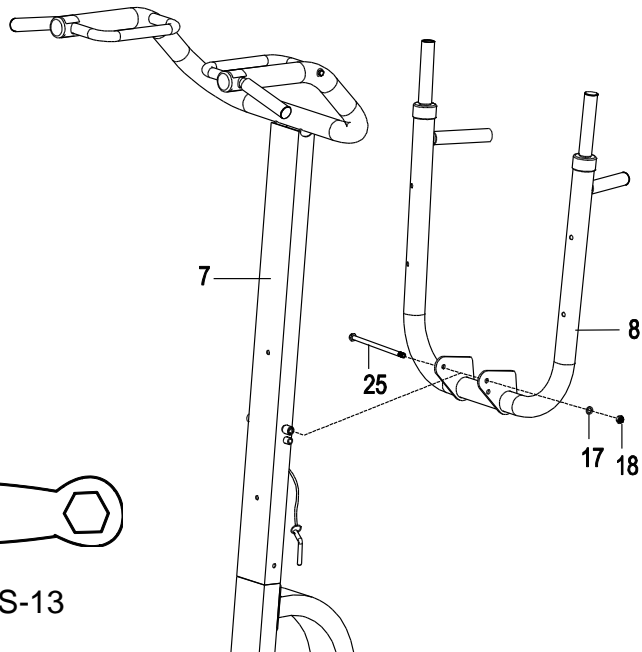
(20) Hexagon Head Bolt  
4 PCS

## ASSEMBLY

### Tool:



Wrench S-17~S-13  
2 PCS

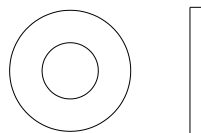


### Step 6

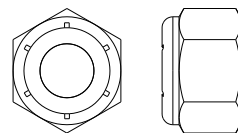
Position the Extend Arm Frame (8) onto the Upper Upright Frame (7) and align bolt holes.

Attach the Extend Arm Frame (8) onto the Upper Upright Frame (7) with one Hexagon Head Bolt (25), one Washer (17), and one Nylon Lock Nut (18). Tighten bolt and nylon lock nut with two Wrenches S-17~S-13 provided.

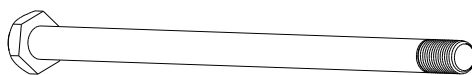
### Hardware:



(17) Washer  
1 PC



(18) Nylon Lock Nut  
1 PC



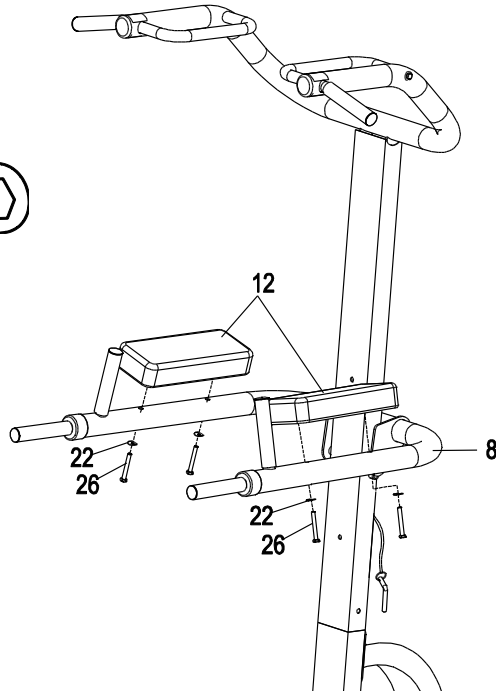
(25) Hexagon Head Bolt  
1 PC

## ASSEMBLY

### Tool:



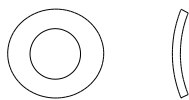
Wrench S-17~S-13  
2 PCS



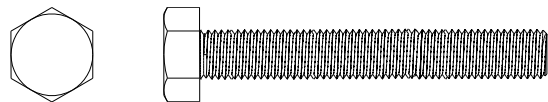
### Step 7

Attach two Arm Cushions (12) onto the Extend Arm Frame (8) with four Hexagon Head Bolts (26) and four Curve Washers (22). Tighten bolts with two Wrenches S-17~S-13 provided.

### Hardware:



(22) Curve Washer  
4 PCS

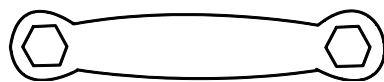


(26) Hexagon Head Bolt  
4 PCS

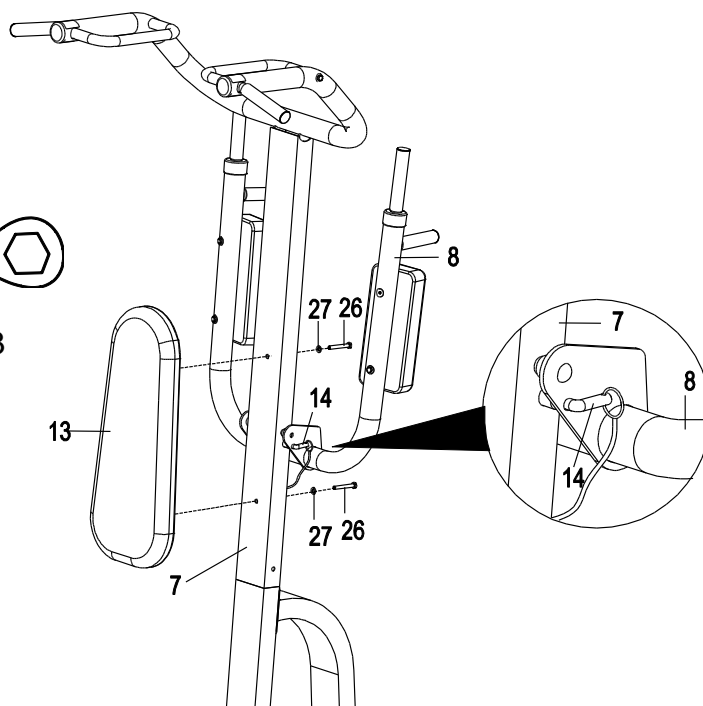


## ASSEMBLY

### Tool:



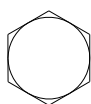
Wrench S-17~S-13  
2 PCS



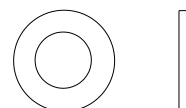
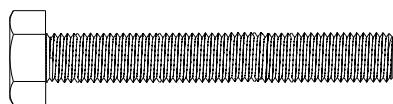
### Step 8

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 Hexagon Head Bolts (26) and two Washers (27). Tighten bolts with two Wrenches S-17~S-13 provided.

### Hardware:

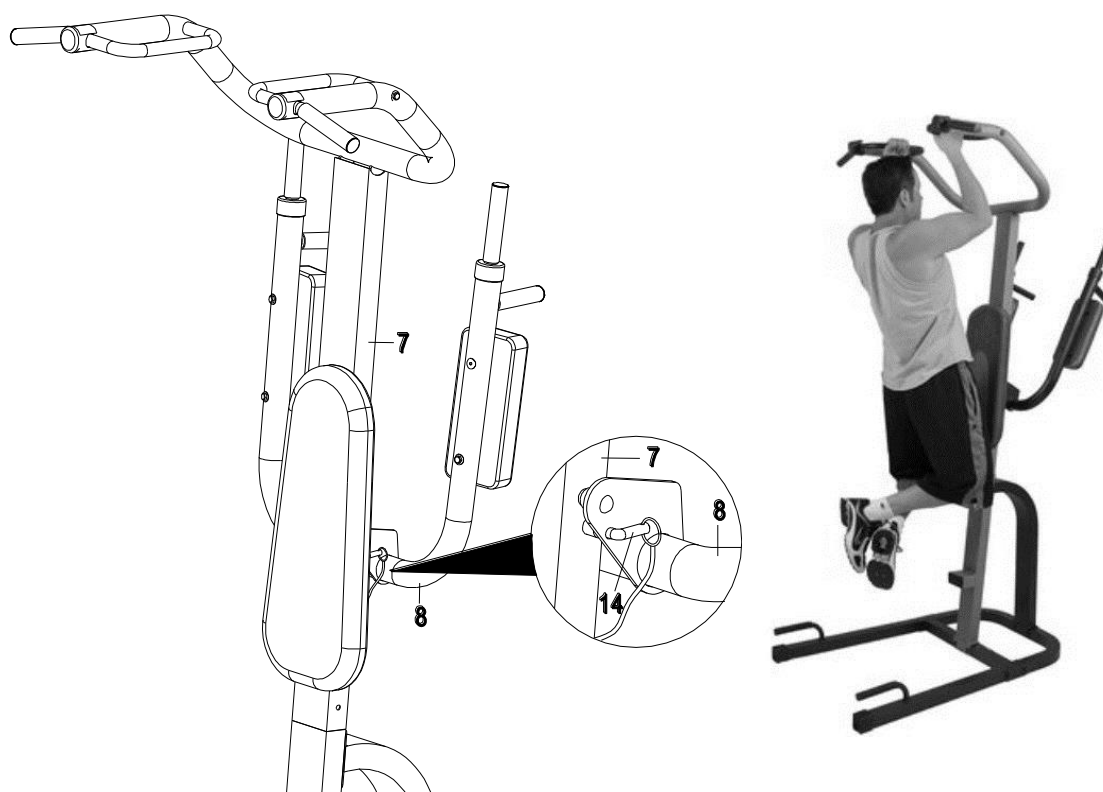


(26) Hexagon Head Bolt  
2 PCS



(27) Washer  
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.



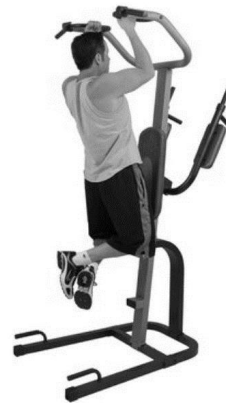
### Push-up Exercise:

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

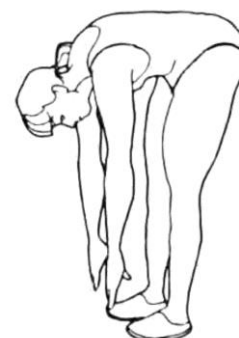
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible.

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

### MANUFACTURER'S LIMITED WARRANTY

Paradigm Health & Wellness 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 accordance with Paradigm's Owner's Manual. Paradigm's obligation under this warranty applies to the following:

<u>COMPONENT</u>	<u>LENGTH OF WARRANTY</u>
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Structural Frame	1 year
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All Other Components	90 days
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(computer display, electronics, upholstery, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware)

#### **Exclusions from Warranty Coverage:**

Paradigm does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed;
3. Cosmetic items such as scratches, dents or discolorations;
4. Damage caused by normal wear and tear, vandalism, accidental or by animals;
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.);
6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to, among other things, flake, chalk, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the products.

**Paradigm, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.**

#### Ordering Replacement Parts

Replacement parts can be ordered by emailing our customer service department:

**Service@paradigmhw.com**

Open Daily 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

## PARTS REQUEST FORM

### Paradigm Health & Wellness, Inc.

EMAIL THIS FORM WITH YOUR RECIEPT OF PURCHASE TO

[Service@paradigmhw.com](mailto:Service@paradigmhw.com) \*

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE: (Day) \_\_\_\_\_

(Night) \_\_\_\_\_

SERIAL#: \_\_\_\_\_

MODEL#: \_\_\_\_\_

PURCHASE DATE: \_\_\_\_\_

PLACE OF PURCHASE: \_\_\_\_\_

PART #	DESCRIPTION	QTY

***"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"***

***\* This form can also be faxed to #: 626-810-2166***