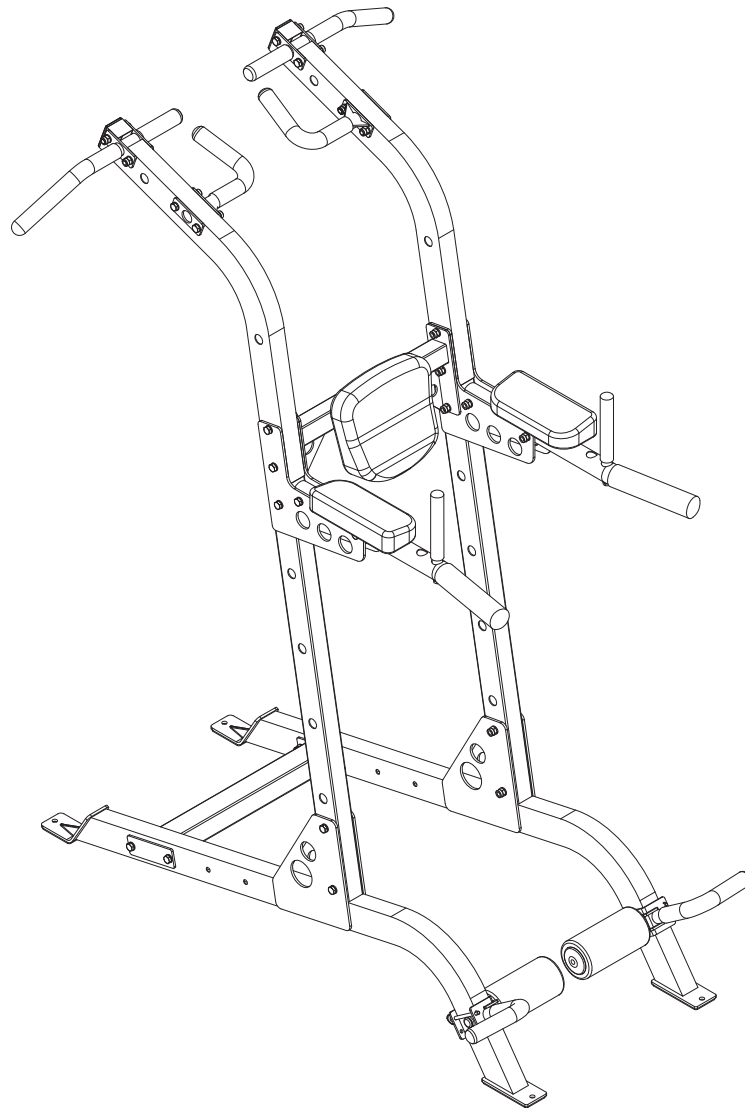


OWNER'S MANUAL



Power Tower

6880.2-061416

The specifications of this product may vary from this photo and are subject to change without notice.
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IMPORTANT: FOR NORTH AMERICA ONLY

For damage 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, Open Daily) by below methods:

For Best Service Email:

Service@paradigmhw.com *

Website:

www.paradigmhw.com

Toll-Free:

1-844-641-7922**

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.

* Emailing us with the information above will be the best method to receive a response during peak business hours.

**Response time may vary.

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

MAINTENANCE SCHEDULE

CAUTION: Make sure to remove any safety keys and unplug the power cord before performing any maintenance procedures on Electrical Equipment.

- Inspect and tighten securely (Nuts, Bolts, Rubber Pads, Steel Brackets, etc.).
- Replace any worn or torn parts immediately.
- Keep liquids away and avoid direct sunlight from console to avoid damages.
- Check to ensure the machine is leveled.
- Check Adjustment Knobs to be Securely Tightened.

WEEKLY

- Inspect and tighten securely (Handlebars, Seat, Seat Post, Brake Pads, Pedals, etc.).
- Use a damp cloth to clean dust and moisture from equipment.
- Check equipment Metal / Wood / Upholstery structure frame.
- Lubrication: See Owner's Manual.

HORARIO DE MANTENIMIENTO

PRECAUCIÓN: Asegúrese de retirar las llaves de seguridad y desconectar el cable eléctrico antes de realizar cualquier procedimiento de mantenimiento del equipo eléctrico.

- Revisar y aprietales bien tuercas, pernos, pastillas de caucho, soportes de acero, etc.).
- Reemplazar inmediatamente cualquier parte desgastada o rota.
- Mantenga alejados los líquidos y retire de la luz solar directa reflejada por la consola, para evitar daños.
- Revise para asegurarse que la máquina está nivelada.
- Revise que las pastillas de ajuste estén apretadas firmemente.

SEMANALMENTE

- Revise y apriete firmemente (los manubrios, el asiento, el soporte del asiento, la pastilla de freno, los pedales, etc.)
- Limpie y pase un trapo para limpiar el polvo y humedad del equipo.
- Limpie y pase un trapo para la tapicería, los rodillos, ruedas de pista, cinta para caminar.
- Lubricación: Ver el Manual del dueño.

HEURES ENTRETIEN

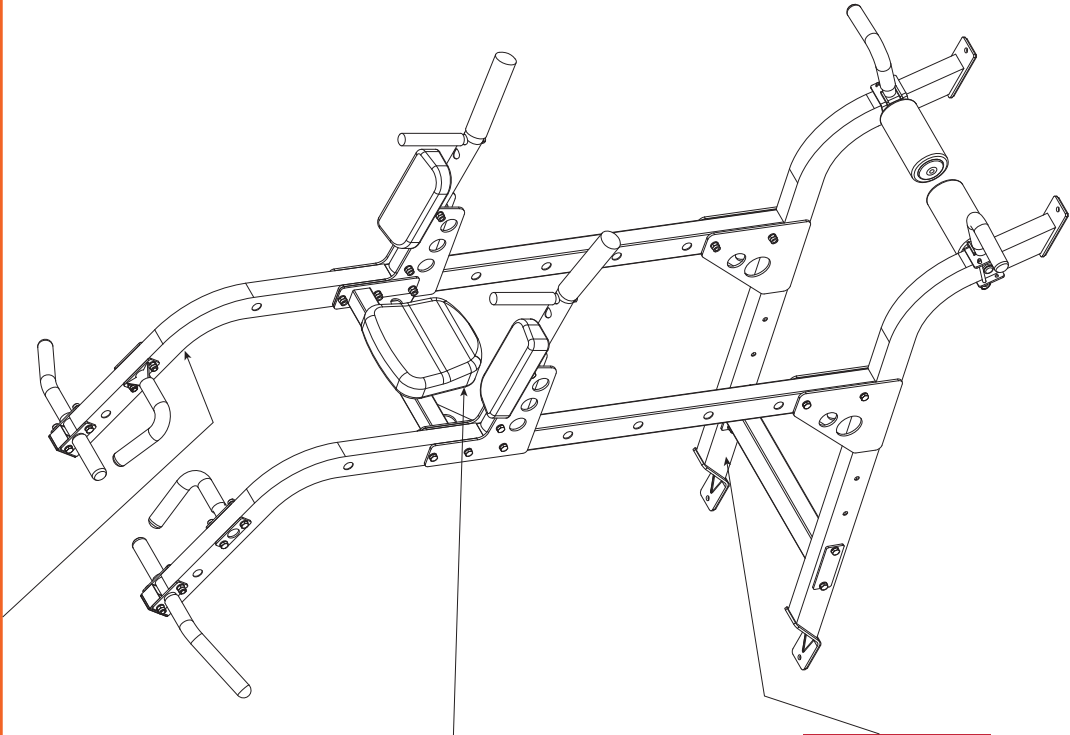
ATTENTION : Veillez à supprimer toutes les clés de sécurité et débranchez le cordon d'alimentation avant d'effectuer les procédures de maintenance sur les équipements électriques.

- Inspectez et serrez solidement (écrous, boulons, Tapis en caoutchouc, supports en acier, etc.).
- Remplacez toutes les pièces usées ou déchirées immédiatement.
- Éloignez les liquides et évitez les rayons directs du soleil depuis la console pour éviter des dommages.
- Vérifiez pour vous assurer que la machine est nivelée.
- Pensez à vérifier la tension et d'assemblage sur Spring Loaded sécurité.

HEBDOMADAIRE

- Inspectez et serrez (guidon, la selle, tige de selle, plaquettes de frein, pédales, etc.)
- Utilisez un chiffon humide pour nettoyer l'équipement.
- Propre et essuyez ameublement. Rollers, Jantes Piste, ceinture de marche.
- Vérifier l'équipement / bois / ameublement cadre de la structure métallique.
- Lubrification : Voir le Manuel du propriétaire.

UNDER PENALTY OF LAW THIS TAG NOT TO BE REMOVED EXCEPT BY THE MANUFACTURER. ALL NEW MATERIAL CONSISTING OF POLYURETHANE FOAM PAD: 100% REGISTRY NO. VA25302 (CN) Certification is made by the manufacturer that the materials used in this product are labeled in accordance with law. Paradigm Health and Wellness, Inc. 1189 Jellick Ave, City of Industry, CA 91748, USA	NOTICE This article does not meet the flammability requirements of California Bureau of Home Furnishings technical bulletin 117. Care should be exercised near open flame or with burning cigarettes.
SOUS PÈNE DE SANCTION LÉGALE, CETTE ÉTIQUETTE NE PEUT ÊTRE ENLEVÉE QUE PAR LE CONSTRUCTEUR. ENTièrement fabriqué de matériaux neufs rembourrage polyuréthane 100 % NO D'ENREGISTREMENT VA25302 (CN) Cette étiquette est apposée par le fabricant et certifie que les matériaux utilisés dans cet article sont conformes aux lois Californiennes. Paradigm Health and Wellness, Inc. 1189 Jellick Ave, City of Industry, CA 91748, USA	AVIS Ce produit ne satisfait pas aux critères d'inflammabilité spécifiés à l'article 117 du devis technique du California Bureau of Home Furnishings. Ne pas utiliser près d'une source de chaleur ou d'une flamme nue (Cigarettes, etc.)
SE SANCIONA LEGALMENT A SOLA EL CONSUMIDOR PODRÁ QUITARLA. MATERIAL COMPLETAMENTE NUEVO ESPUMA DE POLIURETANO. NO. DE REG. VA25302 (CN) El fabricante certifica que los materiales de este artículo se describen según las leyes. Paradigm Health and Wellness, Inc. 1189 Jellick Ave, City of Industry, CA 91748, USA	NOTIFICACIÓN Este artículo no se ajusta a la inflamabilidad requisitos de Oficina de Mobiliario boletín técnico 117. Cuidado de California deben ejercerse cerca de cigarets ardientes.



IRONMAN

For customer assistance, daily:
Pour le service à la clientèle
composer le, tous les jours:
Para servicios al cliente,
llame al, diario:

1-844-641-7922
08:00 - 17:00 Los Angeles

PRODUCT SAFETY

WARNING: Before using this equipment you should consult with your personal physician to see if the Ironman Power Tower is appropriate for you. Do not use this equipment without your physician's approval. Do not use this equipment if you have any of the following conditions or ailments:

- Extreme obesity
- Glaucoma, retinal detachment or conjunctivitis
- Pregnancy
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Middle ear infection
- High blood pressure, Hypertension, Recent stroke or Transient ischemic attack
- Heart or circulatory disorders for which you are being treated
- Hiatus hernia or Ventral hernia
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modularly pins, or Surgically implanted orthopedic supports
- Use of anti-coagulants including Aspirin in high doses

The Maximum Weight Capacity for this product is 400lbs/181kgs.

Read all instructions carefully before assembling operating this product. Retain this owner's manual, do not remove any safety labels from the machine and keep the original purchase receipt for future reference.

This Power Tower was designed and built for optimum safety. However, certain precautions apply whenever you operate this exercise equipment. Be sure to read the entire manual before assembling and operating this equipment. Also, please note the following safety instructions:

1. Consult your physician or other health care professionals before using this Power Tower.
2. Always wear proper exercise apparel when using this equipment. Use care when getting on or off the unit.
3. If at any time you feel faint, light-headed, or dizziness while operating this equipment, stop exercising immediately and contact your physician. You should also stop exercising if you are experiencing pain or any kind of discomfort.
4. Keep children and pets away from this equipment at all times.
5. Only one person should use this equipment at a time.
6. Make sure your equipment is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use. Check screws, nuts, and bolts are tight on a weekly basis.
7. Do not operate this or any exercise equipment if it is damaged.
8. Wait 2 hours after eating before using this exercise equipment. If you get nauseous, stop exercising as soon as you feel queasy.
9. This product should be placed on a flat surface when using. A mat or other covering material on the ground is recommended. For indoor use only, do not use outdoors or near water.
10. Keep hands and feet away from any moving parts. Do not insert any object into any openings on the equipment.
11. Keep loose clothes, jewelry, limbs and long hair away from moving parts.
12. Children under the age of 12 should not use this fitness equipment.
13. Children from 12 to 18 should have adult supervision.

Warning: It is highly recommend that you have assistance during the assembly of the IRONMAN strength equipment.

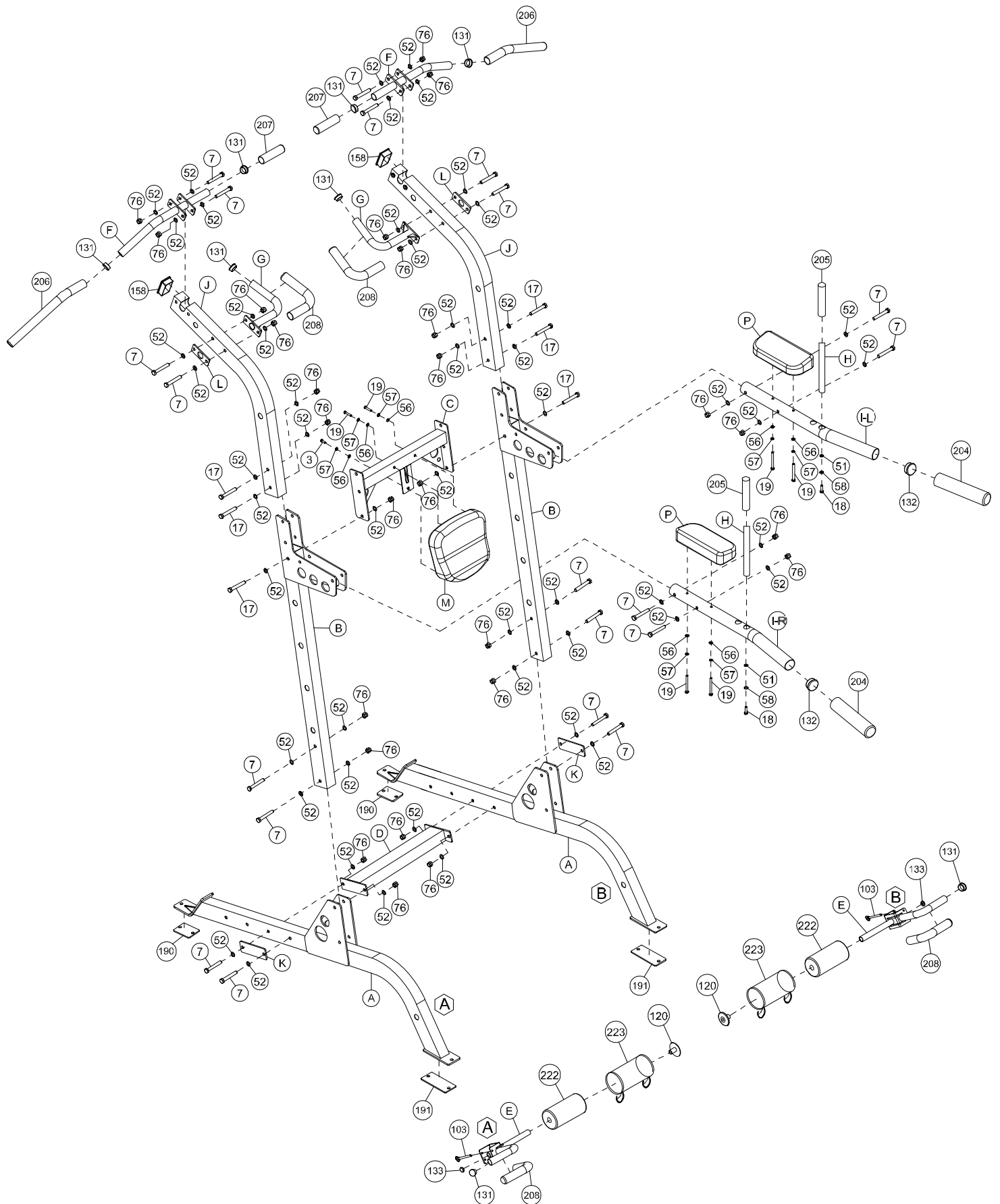
1. Tools for assembly:

General tools you may needed for the assembly of the IRONMAN strength equipment.

- Metric Allen Key Set
- Metric Wrench Set and Adjustable Wrench
- Flat Screwdrivers
- Phillips Screwdrivers
- Rubber Mallet
- Silicone Spray Oil

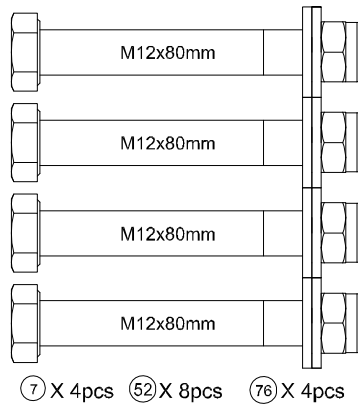
2. Insert bolts into the frame as illustrated in the drawing of each of the steps.
3. Hand-tighten the bolts, nuts, and screw during assembly. Hand-tightening will allow for easily aligning the parts during assembly. Tighten all the hardware once the entire unit has been completely assembled.
4. It is highly recommended that a professional installer assembles the IRONMAN strength equipment. But, with the proper assistance, the right tools, and strictly following the assembly steps, and given enough time; the assembly of the unit can be achieved without professional help.
5. Thoroughly read each step before proceeding to assemble the items of that step.
6. To aid in assembly of the equipment, the hardware pack (bolts, nuts, washer...etc.) have been presorted according to their corresponding steps. **See Hardware Pack page.**
7. When the equipment is fully assembled check all the functions for correct operation. Consult the manual if you experience any issues, or for further help please contact our service department. See page 2.

EXPLODE DRAWING

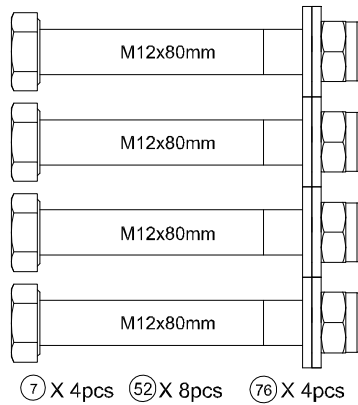


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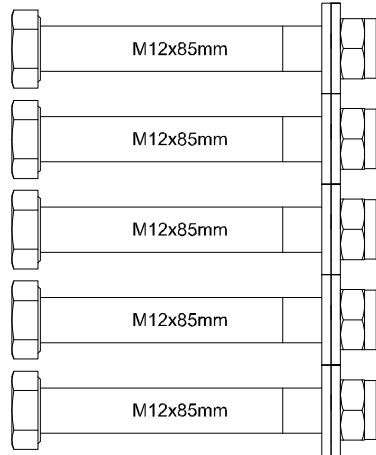
STEP 1



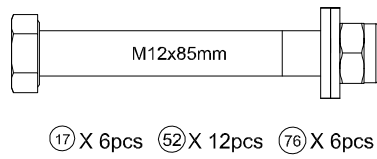
STEP 2



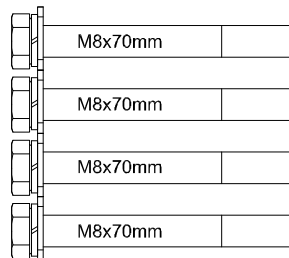
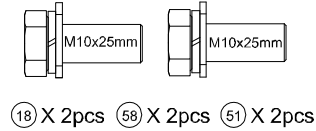
STEP 3



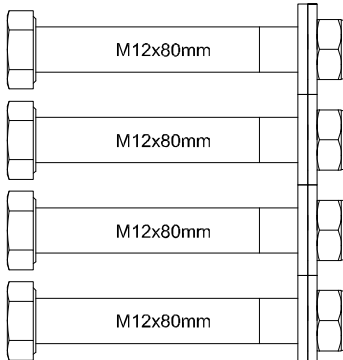
STEP 3



STEP 4

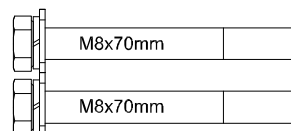
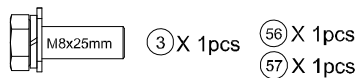


①⑨ X 4pcs ⑤⑥ X 4pcs ⑤⑦ X 4pcs



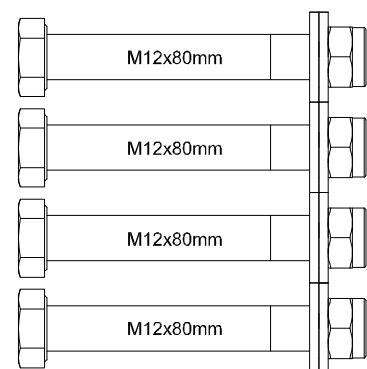
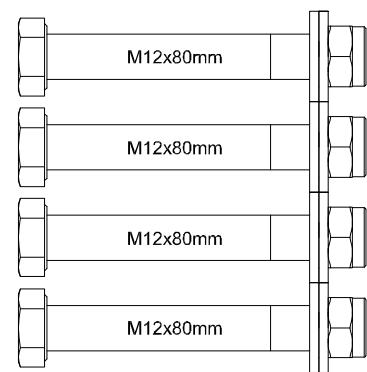
⑦ X 4pcs ⑤② X 8pcs ⑦⑥ X 4pcs

STEP 5

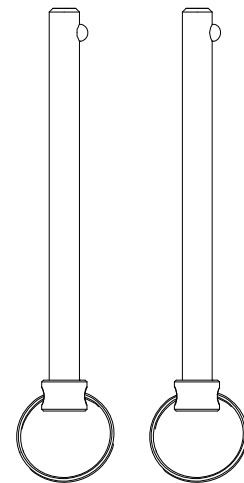


①⑨ X 2pcs ⑤⑥ X 2pcs ⑤⑦ X 2pcs

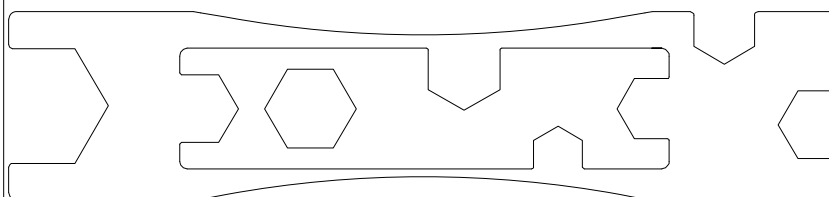
STEP 6



⑦ X 8pcs ⑤② X 16pcs ⑦⑥ X 8pcs



⑩③ X 2pcs



wrench x 2pcs

PART LIST

Part#	Description	Q'ty.
A	Base Beam	2
B	Lower Post	2
C	Upper Crossbeam	1
D	Lower Crossbeam	1
E	Adjustable Handlebar	2
F	Wide Grip Pull Up Bar	2
G	Close Grip Pull Up Bar	2
H	Grip Post	2
I-R	Right Dip Bar	1
I-L	Left Dip Bar	1
J	Upper Post	2
K	Mounting Plate 150*50*T5.0	2
L	Mounting Plate 100*40*T6.0	2
M	Backrest	1
P	Forearm Pad	2
3	Hex Bolt M8x1.25x25L	1
7	Hex Bolt M12x1.75x80L	20
17	Hex Bolt M12x1.75x85L	6
18	Hex Bolt M10x1.5x25L	2
19	Hex Bolt M8x1.25x70L	6
51	Washer D20xD10.5x2.0	2

Part#	Description	Q'ty.
52	Washer D13.5xD24x2.5	52
56	Washer D16xD8.4x1.6	7
57	Spring Washer D12.3xD8.1x2.1	7
58	Spring Washer D15.4xD10.2x2.6	2
76	Nylon Nut M12	26
103	Locking Pin Φ 8x107	2
120	Big End Cap Φ 70* Φ 21*38	2
131	Domed End Cap Φ 32xt2.0	8
132	Domed End Cap Φ 50xt2.0	2
133	Round Cap Φ 25xt2.0	2
158	Rectangular End Cap 75x50x2	2
190	Footpad 90x65x5	2
191	Footpad 145x65x5	2
204	Handgrip Φ 49x Φ 55x250	2
205	Handgrip Φ 24x Φ 32x200	2
206	Handgrip Φ 31x Φ 38x310	2
207	Handgrip Φ 31x Φ 38x115	2
208	Handgrip Φ 31x Φ 38x300	4
222	Foam Roller Φ 100* Φ 25*200	2
223	Foam Roller Sleeve Φ 100** Φ 200*t1.0	2

STEP 1

1A. Attach the Lower Crossbeam (D) between the two Base Beams (A) and two Mounting Plates (K) by using:

8 - (52) Washer D13.5xD24x2.5

4 - (7) Hex Bolt M12x1.75x80L

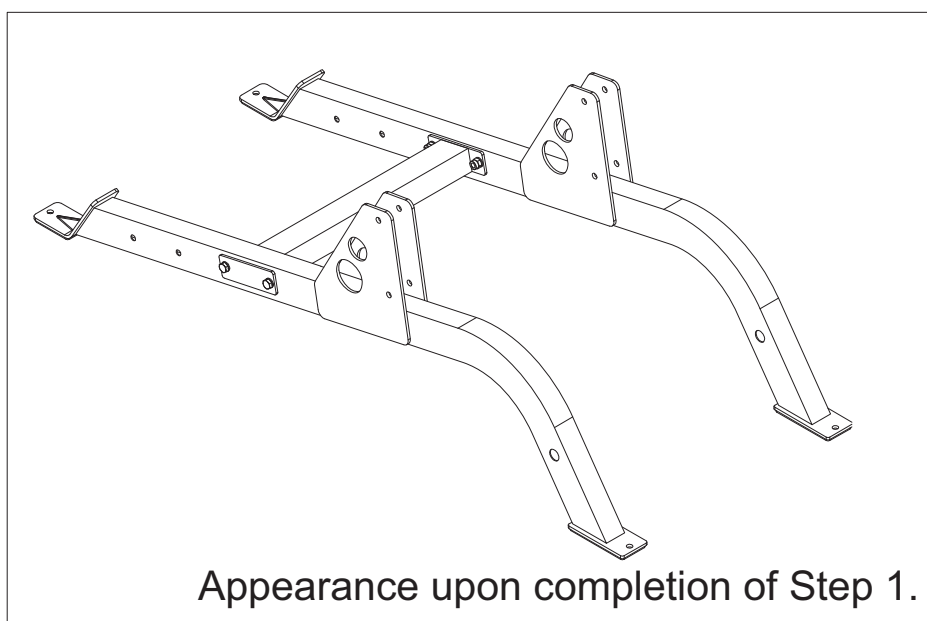
4 - (76) Nylon Nut M12

Thoroughly tighten the hardware once complete.

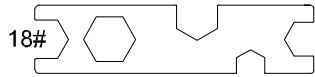
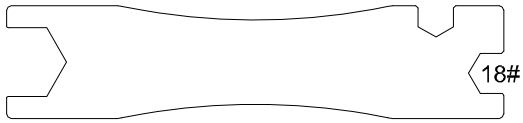
Tip: Install the Base Beams (A) with the Ironman logo facing outward.

Tip: The Lower Crossbeam (D) can be mounted in three different positions. There are additional holes towards the rear of the holes which this step instructs for assembly. If the Lower Crossbeam (D) is interfering with your workout in the position this step recommends, try mounting the Lower Crossbeam (D) to one of the other two positions. **The Lower Crossbeam must be installed in one of the available configurations.**

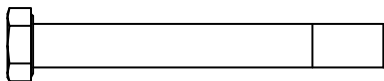
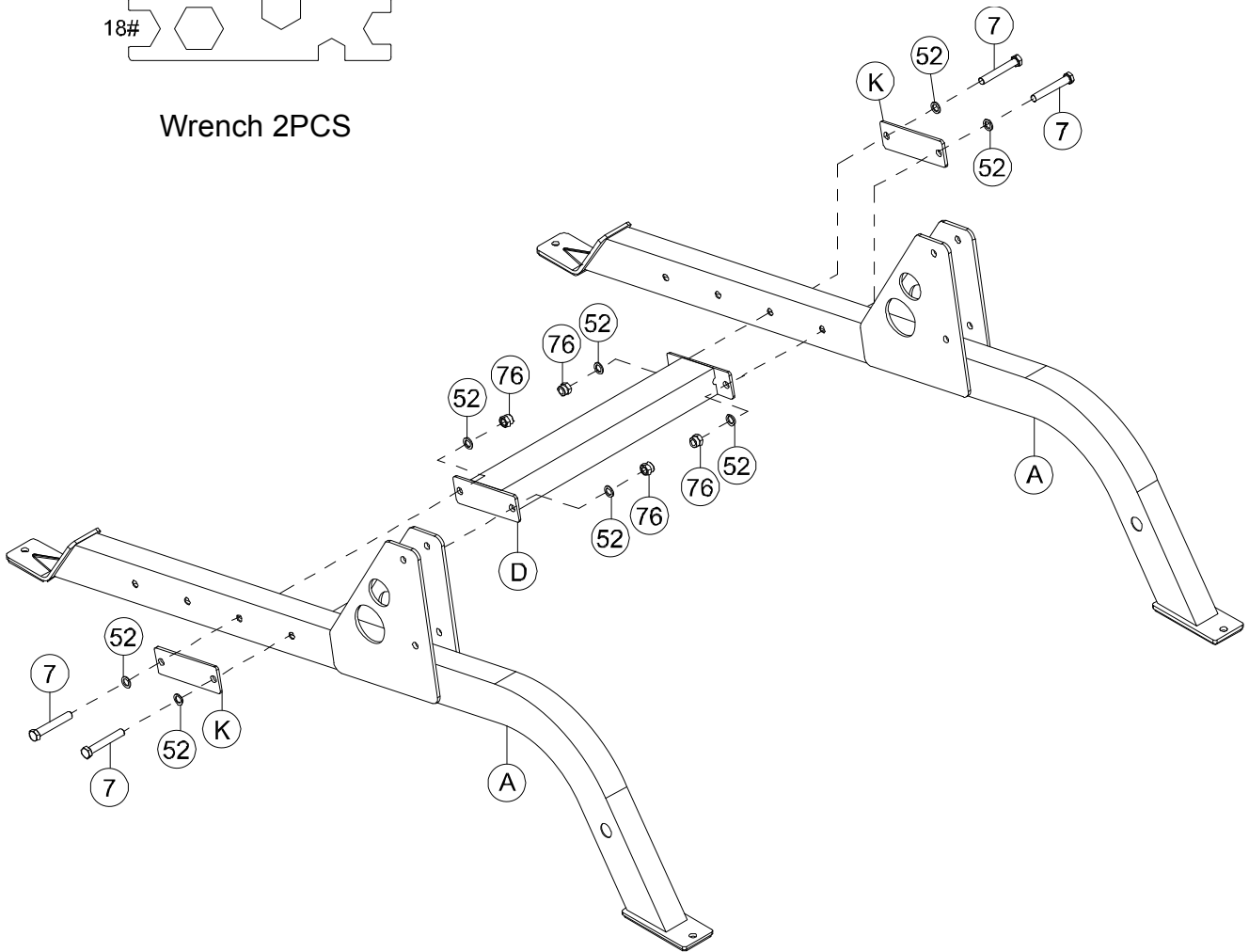
Tip: The Base Beams (A) have holes at the front and rear for bolting the unit to the floor.



STEP 1



Wrench 2PCS



NO. 7 Hex Head Bolt
M12x1.75x80L
4PCS



NO. 76 Nylon Nut
M12 4PCS



NO.52 Washer
D13.5xD24x2.5
8PCS

STEP 2

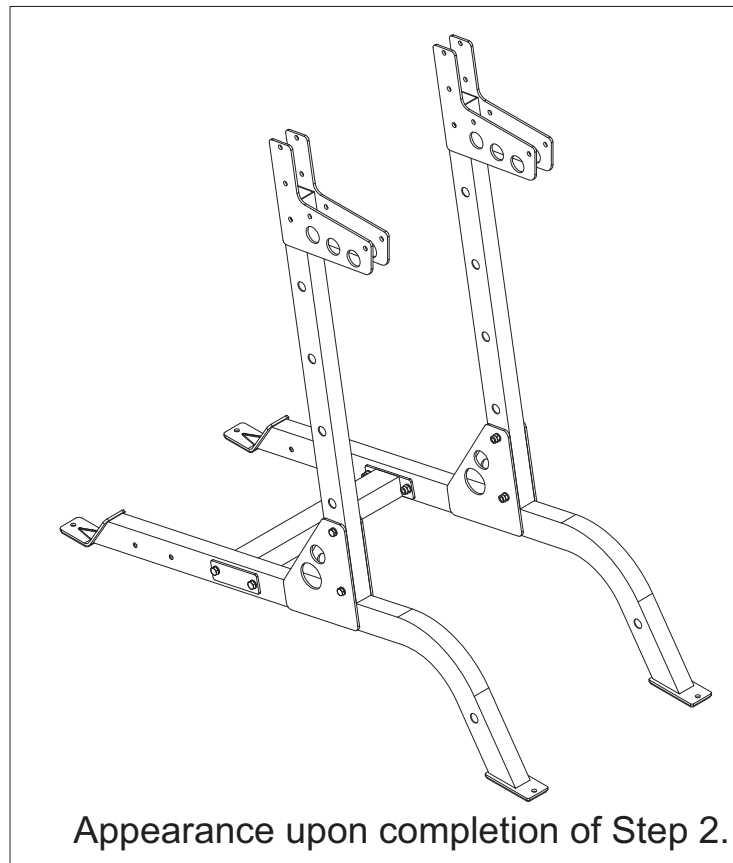
2A. Attach both Lower Posts (B) to the two Base Beams (A) by using:

8 - (52) Washer D13.5xD24x2.5

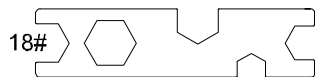
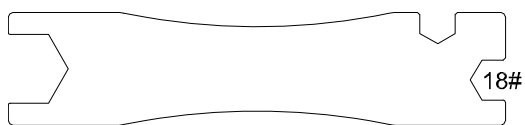
4 - (7) Hex Bolt M12x1.75x80L

4 - (76) Nylon Nut M12

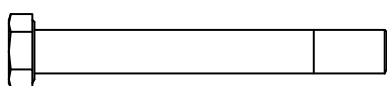
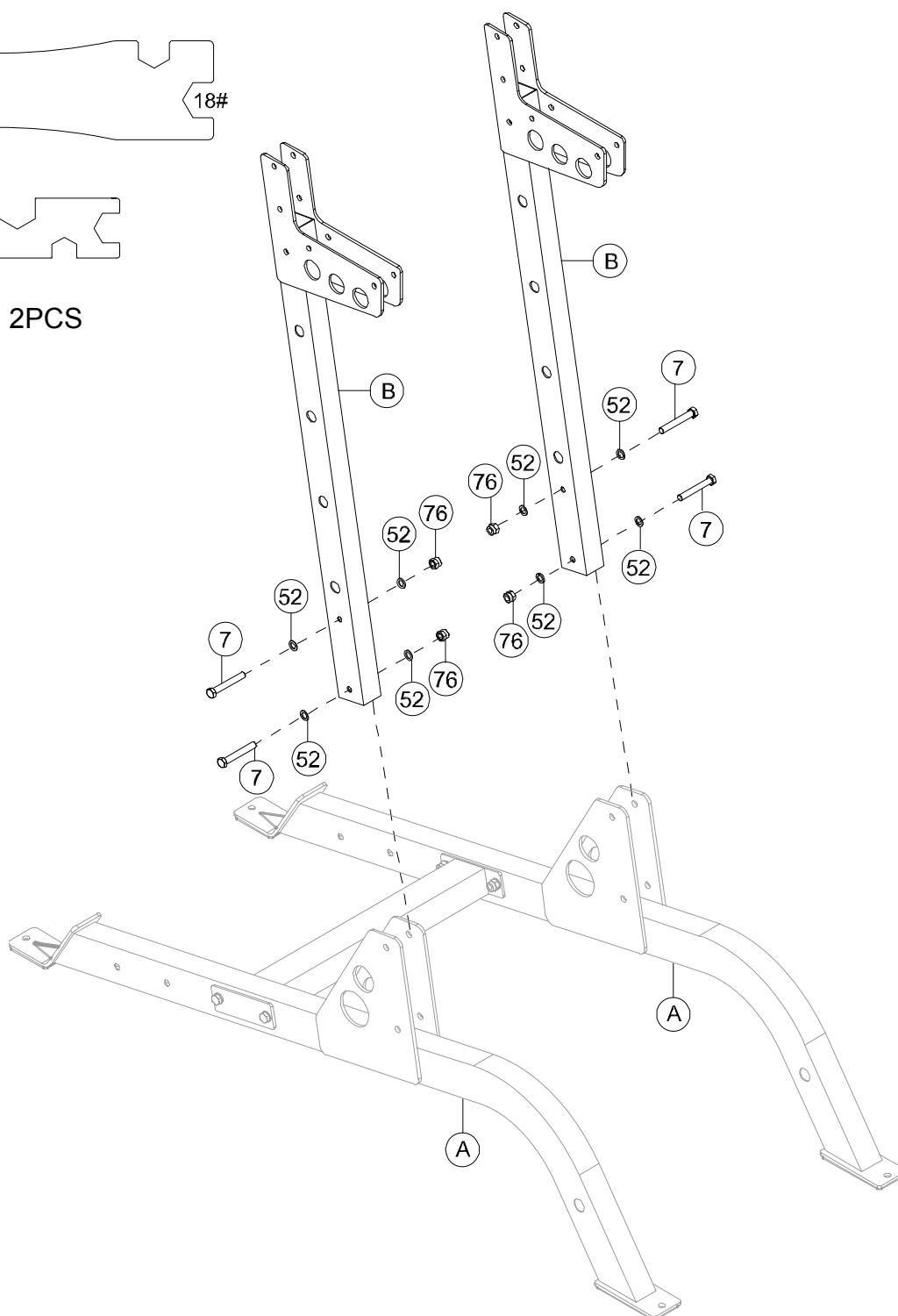
Thoroughly tighten the hardware once complete.



STEP 2



Wrench 2PCS



NO. 7 Hex Head Bolt
M12x1.75x80L
4PCS



NO. 76 Nylon Nut
M12 4PCS



NO.52 Washer
D13.5xD24x2.5
8PCS

STEP 3

3A. Insert one Upper Post (J) into the bracket of the Lower Post (B). Continue holding the Upper Post (J) and align its holes with the holes of the Lower Post (B). Insert three Hex Bolts (17) all the way through the Lower Post (B) and Upper Post (J). Mount Upper Crossbeam (C) by inserting the threaded ends of the two Hex Bolts (17) sticking out of Lower Posts (B) and Upper Post (J). Attach all three parts by using:

6 - (52) Washer D13.5xD24x2.5

3 - (76) Nylon Nut M12

3 - (17) Hex Bolt M12x1.75x85L

Tip: Keep the rectangular tab on the Upper Crossbeam (C) facing forward.

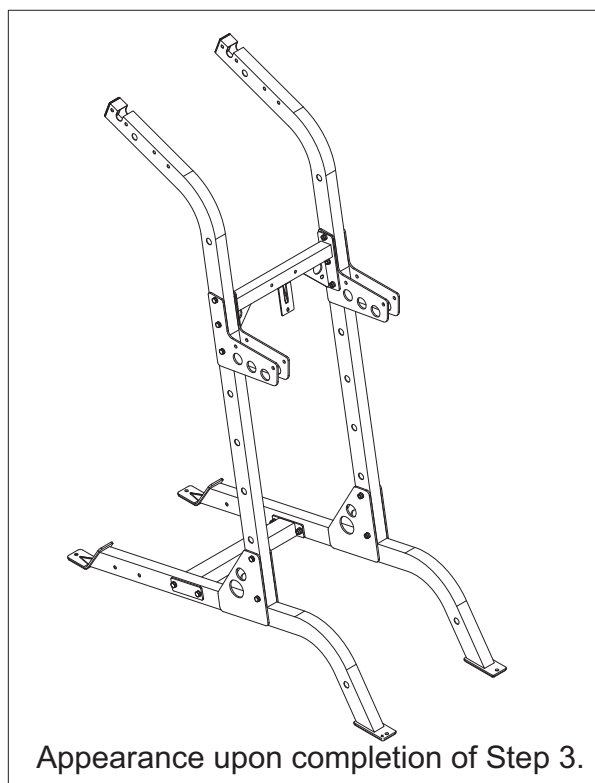
3B. Insert the second Upper Post (J) into the bracket of the other Lower Post (B). Continue holding the Upper Post (J) and align its holes with the holes of the Lower Post (B). Insert three Hex Bolts (17) all the way through the Lower Post (B), the Upper Post (J) and the Upper Crossbeam (C). Attach all three parts by using:

6 - (52) Washer D13.5xD24x2.5

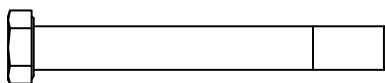
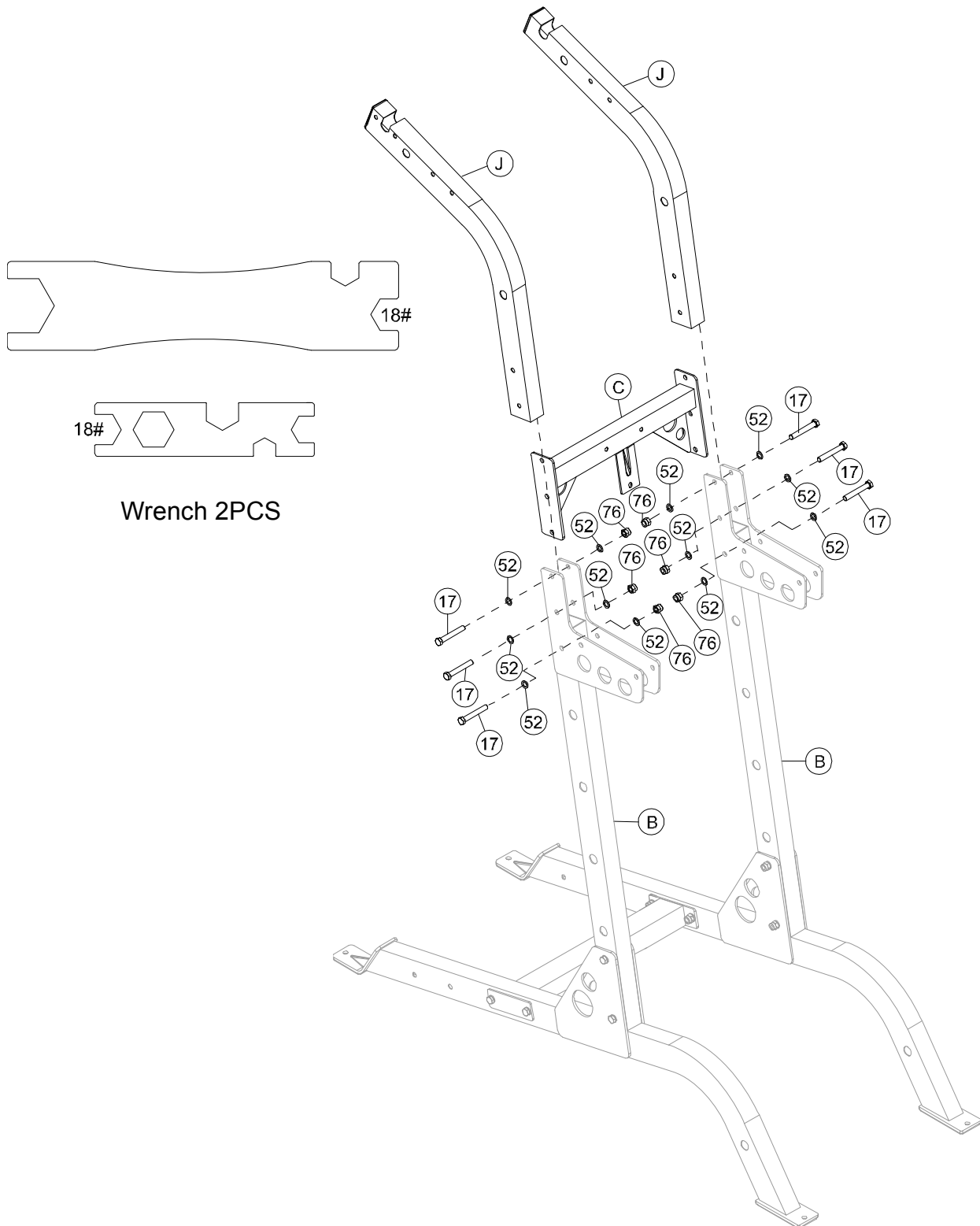
3 - (76) Nylon Nut M12

3 - (17) Hex Bolt M12x1.75x85L

Thoroughly tighten the hardware once complete.



STEP 3



NO. 17 Hex Head Bolt
M12x1.75x85L
6PCS



NO. 76 Nylon Nut
M12 6PCS



NO.52 Washer
D13.5xD24x2.5
12PCS

STEP 4

4A. Attach the Forearm Pad (P) to the RIGHT Dip Bar (I-R) as in image AA-2, using:

- 2 - **(56)** Washer D16xD8.4x1.6
- 2 - **(57)** Spring Washer D12.3xD8.1x2.1
- 2 - **(19)** Hex Bolt M8x1.25x70L

Thoroughly tighten the hardware once complete.

4B. Attach the RIGHT Dip Bar (I-R) to the RIGHT Lower Post (B) by using:

- 4 - **(52)** Washer D13.5xD24x2.5
- 2 - **(76)** Nylon Nut M12
- 2 - **(7)** Hex Bolt M12x1.75x80L

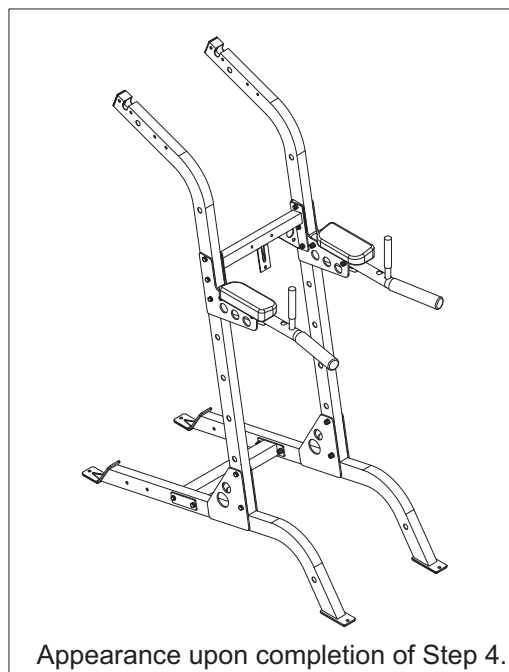
4C. Attach a Grip Post (H) to the RIGHT Dip Bar (I-R) by using:

- 1 - **(51)** Washer D20xD10.5xT2.0
- 1 - **(58)** Spring Washer D15.4xD10.2x2.6
- 1 - **(18)** Hex Bolt M10x1.5x25L

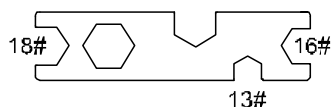
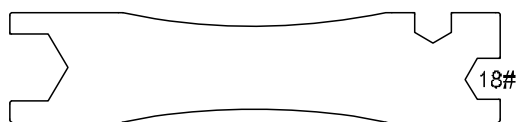
Thoroughly tighten the hardware once complete.

4D. Repeat these steps for assembling the LEFT Dip Post (I-L).

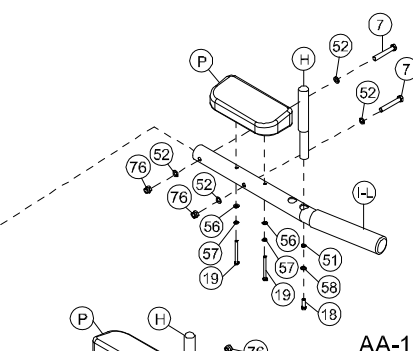
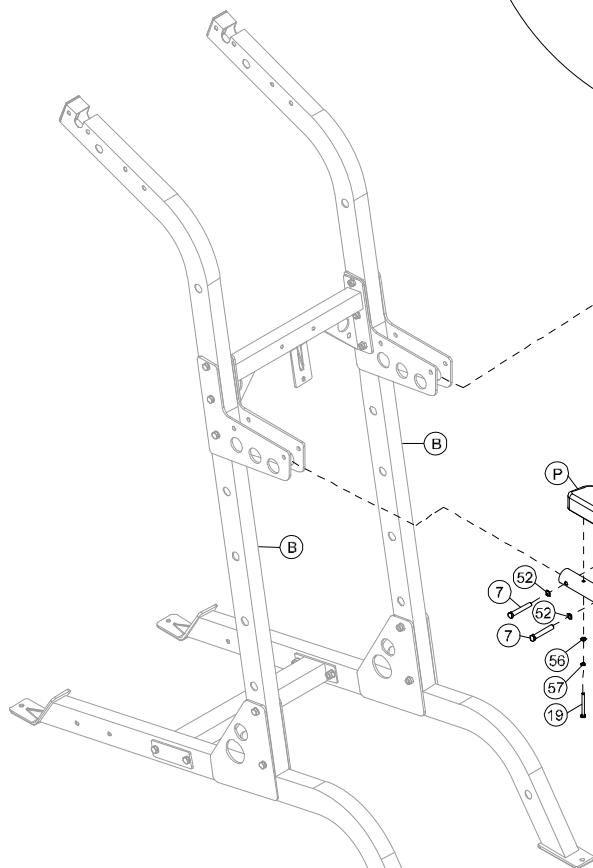
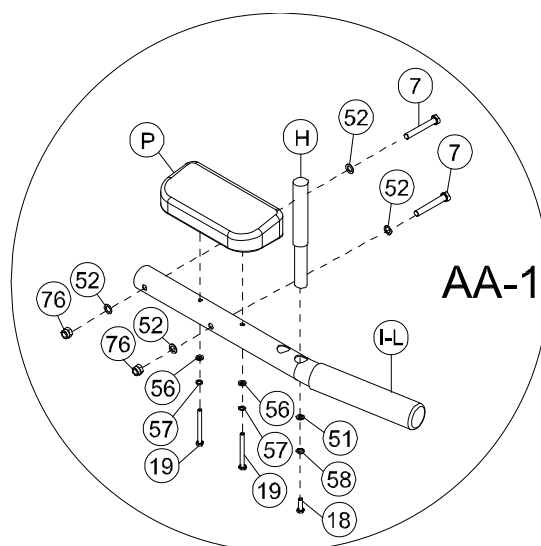
Tip: The right Dip Bar (I-R) is marked with an R sticker. The left Dip Bar (I-L) is marked with and L sticker



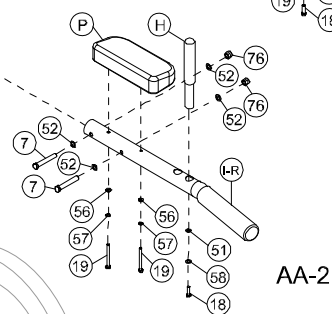
STEP 4



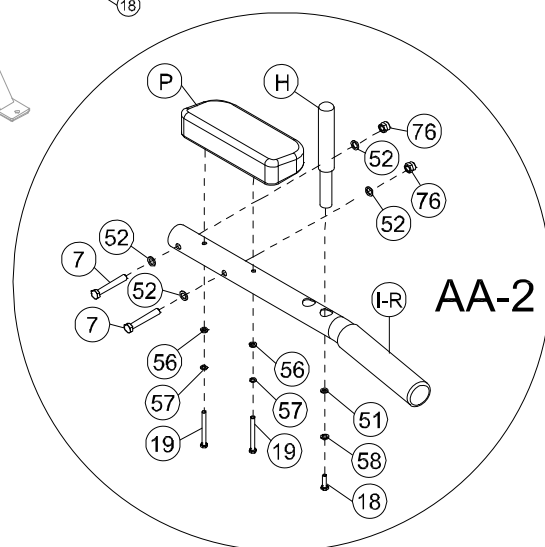
Wrench 2PCS



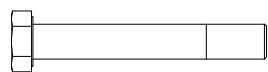
AA-1



AA-2



AA-2



NO. 7 Hex Head Bolt
M12x1.75x80L
4PCS



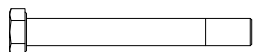
NO. 76 Nylon Nut
M12
4PCS



NO.52 Washer
D13.5xD24x2.5
8PCS



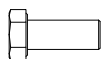
NO. 57 Spring Washer
D12.3xD8.1x2.1
4PCS



NO.19 Hex Bol
M8x1.25x70L
4PCS



NO.56 Washer
D16xD8.4x1.6
4PCS



NO.18 Hex Bolt
M10x1.5x25L
2PCS




NO.58 Spring Washer
D15.4xD10.2x2.6
2PCS



NO.51 Washer
D20xD10.5x2
2PCS

STEP 5

5. Attach the Backrest (M) to the Upper Crossbeam (C) at the  by first aligning the screw holes and hand tightening the hardware listed below into place. Once all hardware has been inserted, fasten the hardware tightly.

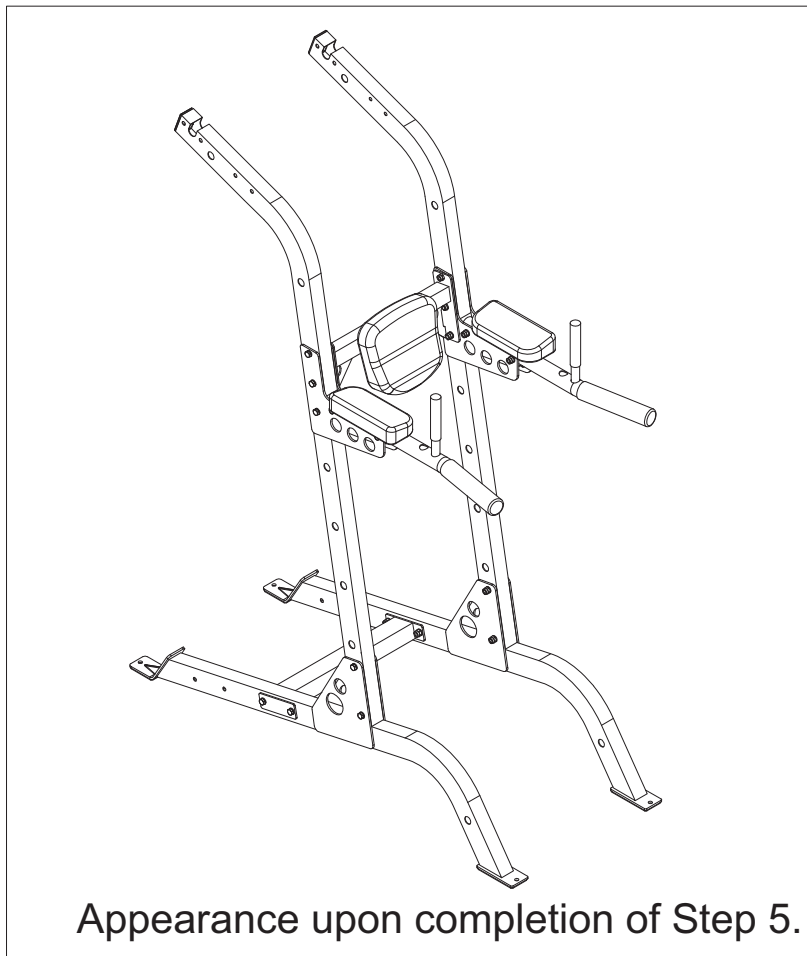
2 - (19) Hex Bolt M8x1.25x70L

1 - (3) Hex Bolt M8x1.25x25L

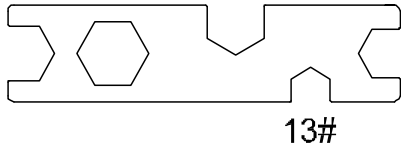
3 - (57) Spring Washer D12.3xD8.1x2.1

3 - (56) Washer D16xD8.4x1.6

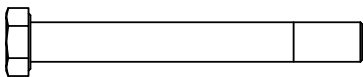
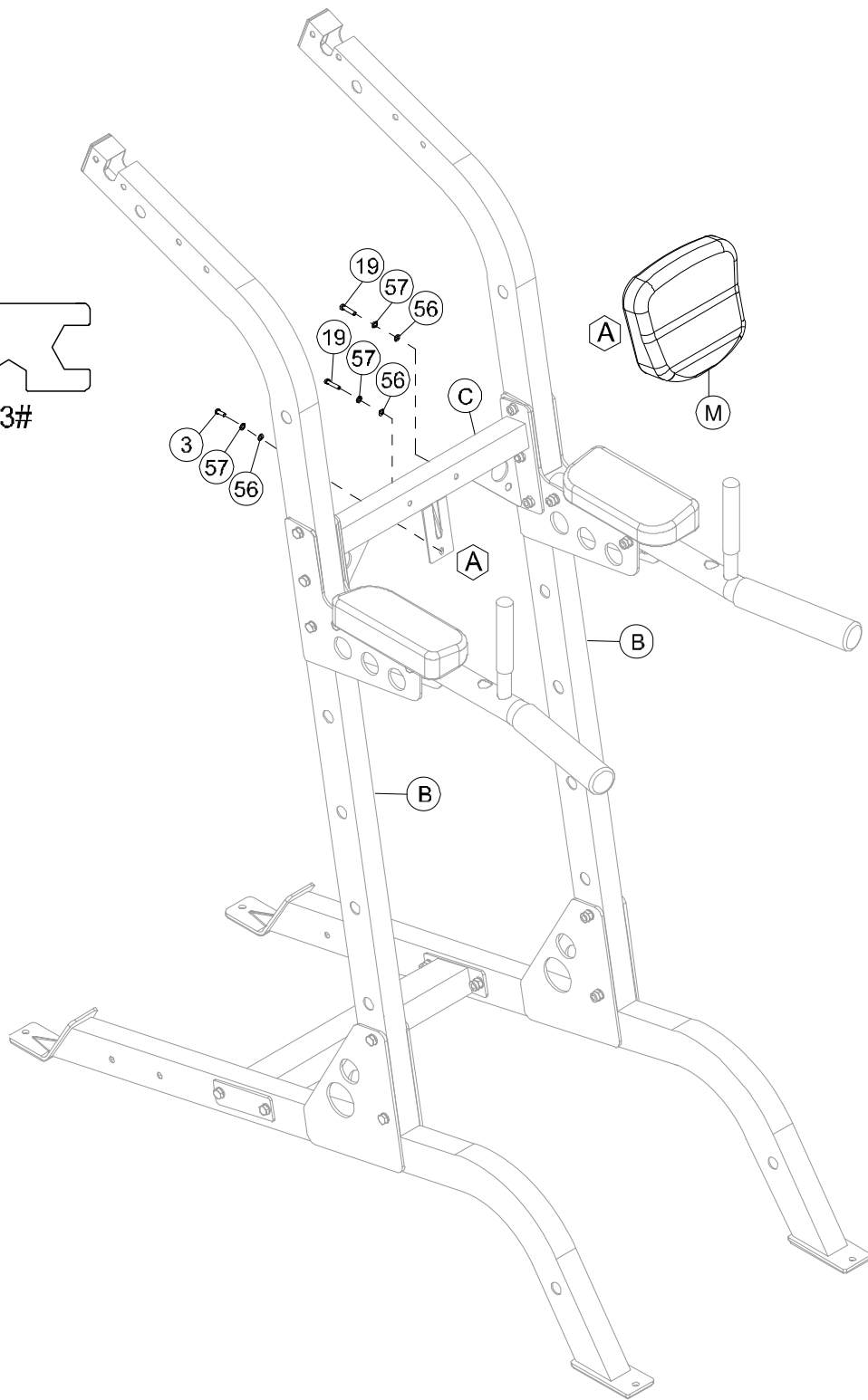
Thoroughly tighten the hardware once complete.



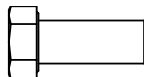
STEP 5



Wrench 1PC



NO.19 Hex Bolt
M8x1.25x70L
2PCS



NO.3 Hex Bolt
M8x1.25x25L
1PC



NO.57 Spring Washer
D12.3xD8.1x2.1
3PCS



NO.56 Washer
D16xD8.4x1.6
3PCS

STEP 6



6A. Insert both Wide Grip Pull Up Bars (F) into the slots at the top of the Upper Posts (J) and attach by using:

- 4 - (7) Hex Bolt M12x1.75x80L
- 8 - (52) Washer D13.5xD24x2.5
- 4 - (76) Nylon Nut M12

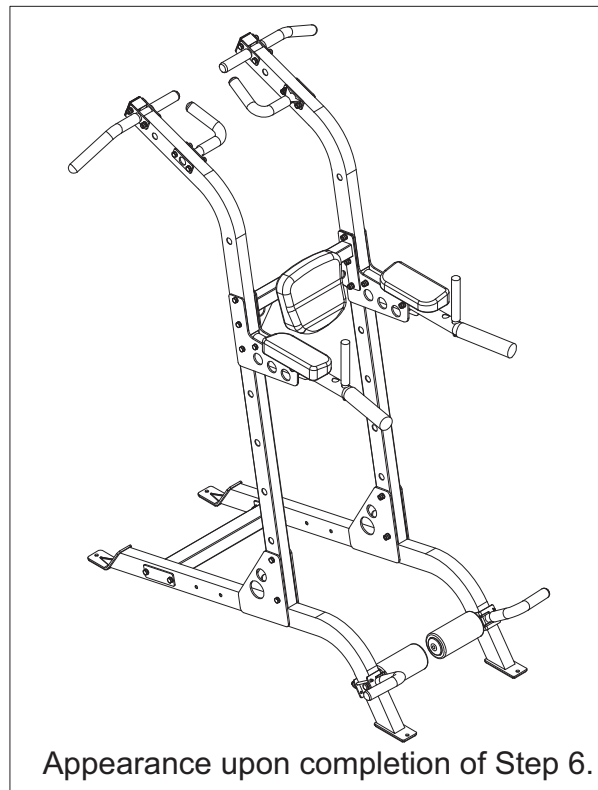
6B. Attach the Close Grip Pull Up Bars (G) and Mounting Plates (L) to Upper Posts (J) by using:

- 4 - (7) Hex Bolt M12x1.75x80L
- 8 - (52) Washer D13.5xD24 x2.5
- 4 - (76) Nylon Nut M12

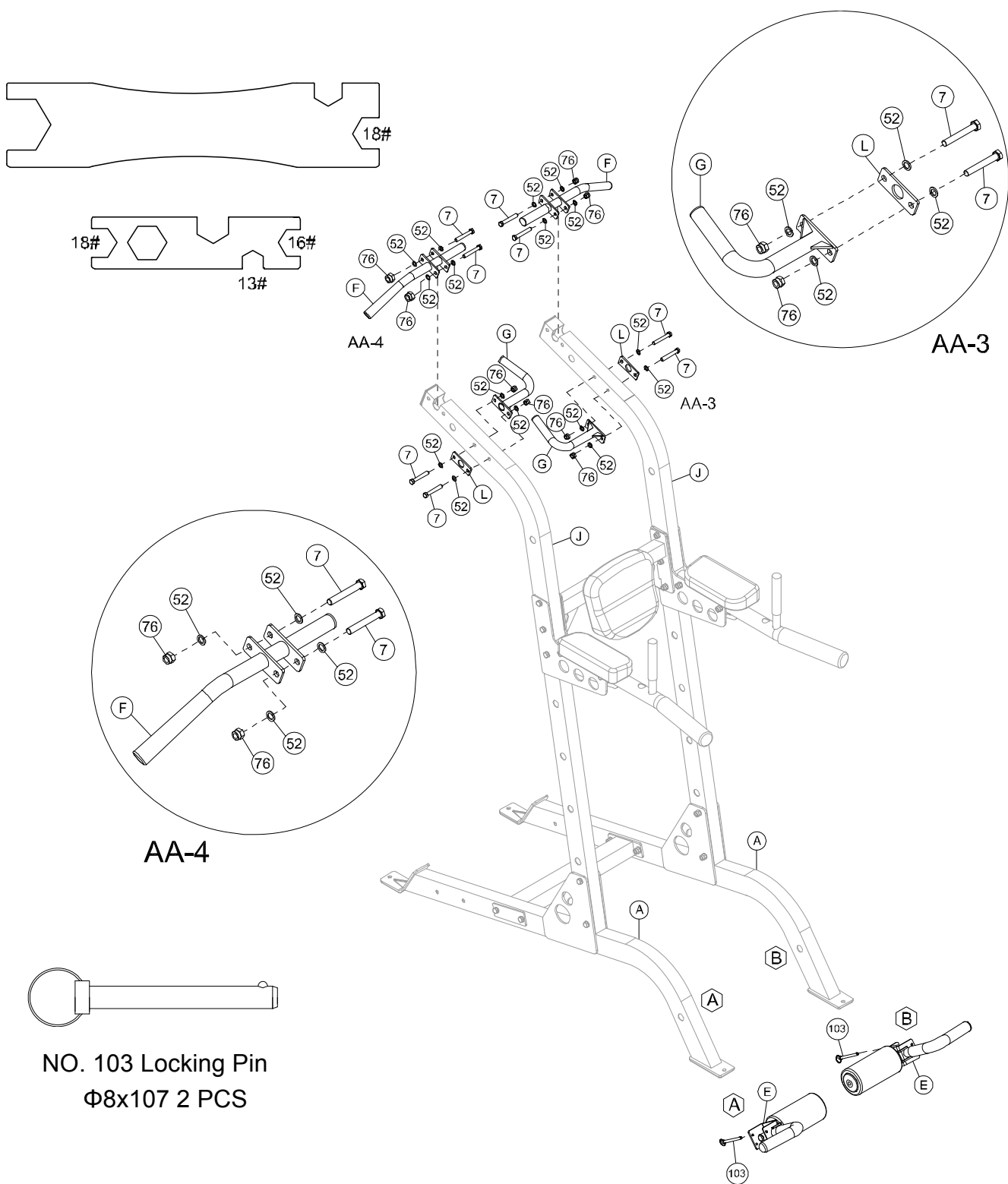
Thoroughly tighten the hardware once complete.

6C. Insert the Adjustable Handlebars (E) into the lowest set of holes marked  and , secure them into place by using:

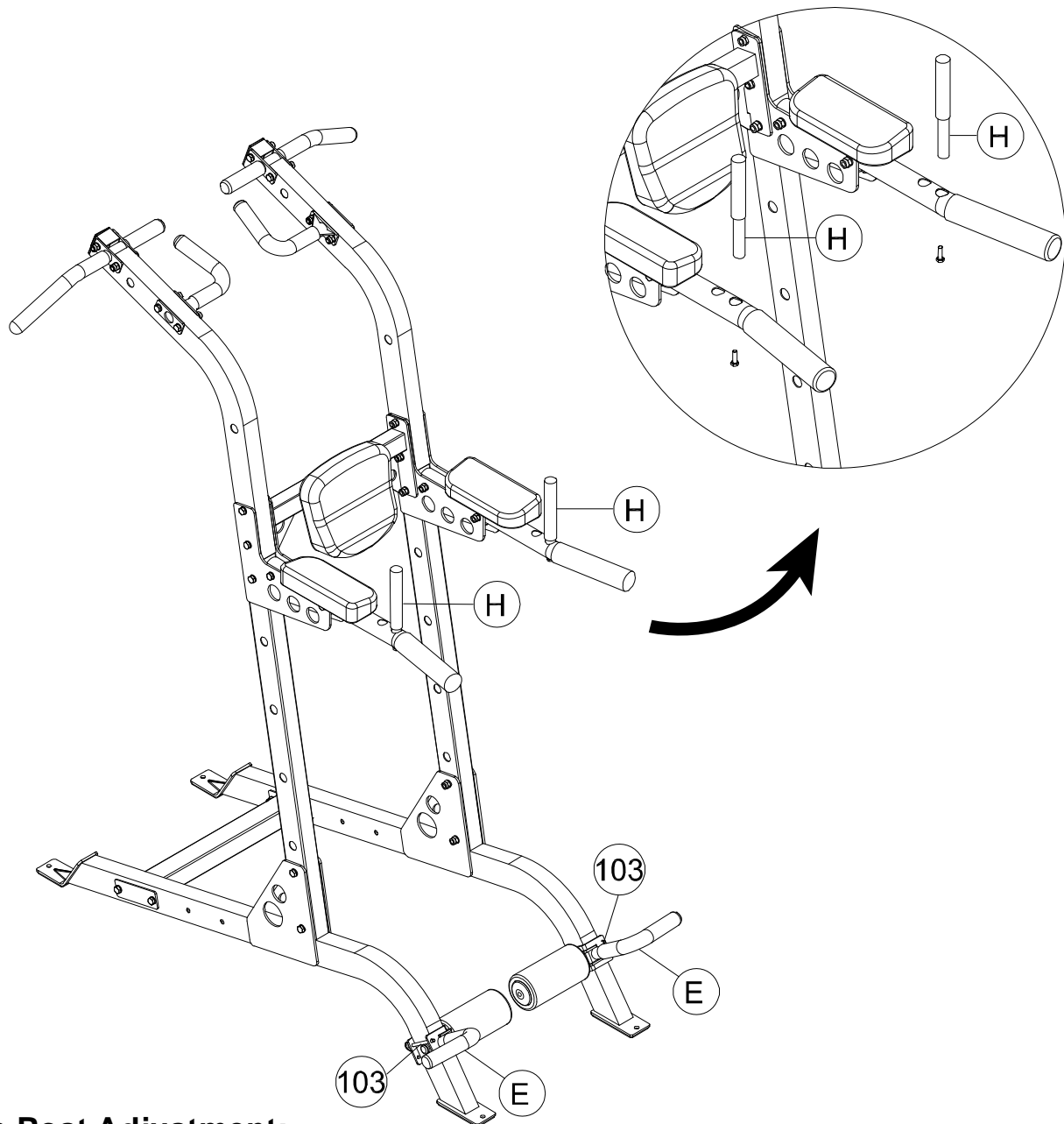
- 2 - (103) Locking Pin $\Phi 8 \times 10$



STEP 6



ADJUSTMENT



Grip Post Adjustment:

The Grip Posts (H) have two positions for mounting to the structure. For your comfort choose the position that suits the length of your forearm the best.

Adjustable Handlebar Adjustments:

The Adjustable Handlebars (E) can be used in any of the 1 inch holes available along the frame to allow for a variety of exercises.

Warning: Always make sure that each Adjustable Handlebar (E) is securely held in place with a Locking Pin (103) before performing an exercise with them. Also ensure that the pin is positioned such that the end with the ring is NOT pointing downward, as the pin may fall out if oriented differently.

WARRANTY

MANUFACTURER'S LIMITED WARRANTY

Paradigm Health & Wellness guarantees 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>
All Components	Limited Lifetime Guarantee for home use only

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. All exchanged parts and Products replaced under this limited warranty will become the property of Paradigm Health and Wellness.
4. Damage caused by vandalism, accidents, inadequate maintenance, 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, rust, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the product.

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**

PART REQUEST FORM

Paradigm Health & Wellness, Inc.

EMAIL THIS FORM WITH YOUR RECIEPT OF PURCHASE TO
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 in Fax #: 626-810-2166***