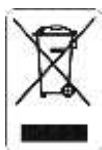
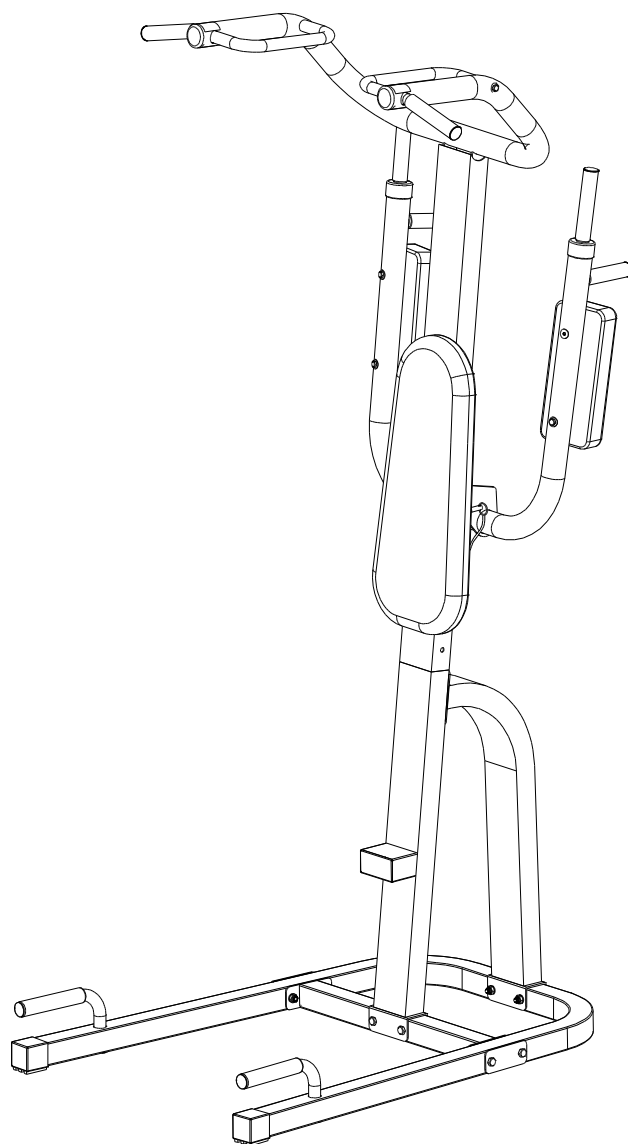


POWER TOWER



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.



PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.

STOP. Contact customer service if you have any questions regarding assembly or proper operation of the machine.

Email us at:
Service@paradigmhw.com

Or call us at:
1-844-641-7921
Hours:
8:00 am to 5:00 pm (PST)
Monday thru Friday

TABLE OF CONTENTS

SERVICE	2
LABEL PLACEMENT	3
PRODUCT SAFETY	4
OVERVIEW DRAWING	5
PART LIST	6
HARDWARE PACKING LIST & TOOLS	7
ASSEMBLY	8
ADJUSTMENT & MAINTENANCE	16
WORKOUT INSTRUCTIONS	17
WARRANTY	18
PARTS REQUEST FORM	19

SERVICE

IMPORTANT: FOR NORTH AMERICA ONLY

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

For Best Service, please Email:

Service@paradigmhw.com

Response Time: 1-2 Business Days

Website:

www.paradigmhw.com

Toll-Free:

1-844-641-7920

Response time may vary.

Please have the following information ready when requesting service:

Your name

Phone number

Model number

Serial number

Part number

Proof of Purchase

For damaged or defective products 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

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

DAILY

- 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 Tension and Fitting on Safety Spring Loaded Pins.
- 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.
- Clean and Wipe Upholstery, Rollers, Track Wheels, Walking Belt.
- Check equipment Metal/ Wood/ Upholstery structure frame.
- Lubrication: See Owner's Manual.

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

DIARIO

- Revisar y apretar bien (tornillos, 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.
- Revisar para asegurarse que la máquina está nivelada.
- Chequear la tensión y ajuste las clavijas de seguridad accionadas por resorte.
- Revisar que las perillas de ajuste estén apretadas firmemente.

SEMANAL

- Revisar y apretar firmemente (los manubrios, el asiento, el soporte del asiento, la pastilla de freno, los pedales, etc.).
- Utilice un paño húmedo para limpiar el polvo y humedad del equipo.
- Limpie y pase un trapo por la tapicería, los rodillos, ruedas de guía, cinta para caminar.
- Revisar el marco de la estructura de metal / madera / tapicería del equipo.
- Lubricación: Ver el Manual del dueño.

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

QUOTIDIEN

- Inspecter et serrer solidement (écrous, boutons, Tapis en caoutchouc, supports en acier, etc.).
- Remplacer toutes les pièces usées ou déchirées immédiatement.
- Éloigner les liquides et d'éviter les rayons directs du soleil depuis la console pour éviter des dommages.

HEBDOMADAIRE

- Vérifier pour assurer la machine est nivelée.
- Pour vérifier la tension et d'ajustement sur Spring Loaded sécurité.
- Vérifier modules de réglage pour être bien serrés.
- Inspecter et serrer (guidon, la selle, tige de selle, plaquettes de frein, pédales, etc.)
- Utiliser un chiffon humide pour nettoyer la poussière et l'humidité de l'équipement.
- Propre et essuyez amablement, Roulers, joints Pâte, ceinture de marche.
- Vérifier l'équipement / bois / ameublement cadre de la structure métallique.
- Lubrification: Voir le Manuel du propriétaire.



Regular maintenance is necessary for the optimal performance and long life of your fitness equipment. Please read and follow all instructions below. If the equipment is not maintained as described, components may wear excessively, the equipment may be damaged, and the warranty may be voided. If you have questions about maintenance, please contact customer service.

Se requiere mantenimiento periódico para que funcione de forma óptima y para una larga vida útil de su equipo de ejercicios. Por favor lea y siga las siguientes instrucciones. Si no se mantiene el equipo de la manera descrita, los componentes pueden desgastarse excesivamente, se puede dañar el equipo y podría invalidarse la garantía. Si tiene preguntas sobre el mantenimiento, por favor comuníquese con servicios al cliente.

L'entretien périodique est nécessaire pour fonctionner de façon optimale et longue durée de vie de votre équipement d'exercice. Si vous plaît lire et suivre les instructions. Si l'équipement est pas maintenu comme décrit, les composants peuvent porter trop, peut endommager le matériel et annuler la garantie. Si vous avez des questions sur l'entretien, si vous plaît contacter le service client.



Maximum weight capacity is 275 lbs.
Le poids maximum pour ce produit est 125 kgs.
La capacidad de peso máxima es 125 kg.

PROGEAR FITNESS

For customer assistance, Monday - Friday: Pour le service à la clientèle composer le, lundi à vendredi: Para servicios al cliente, llame al, lunes a viernes:	1-844-641-7920 8 am - 5 pm PST
---	--

WARNING
WARNING: CANCER AND REPRODUCTIVE HARM – WWW.P65WARNINGS.CA.GOV.

PRODUCT SAFETY

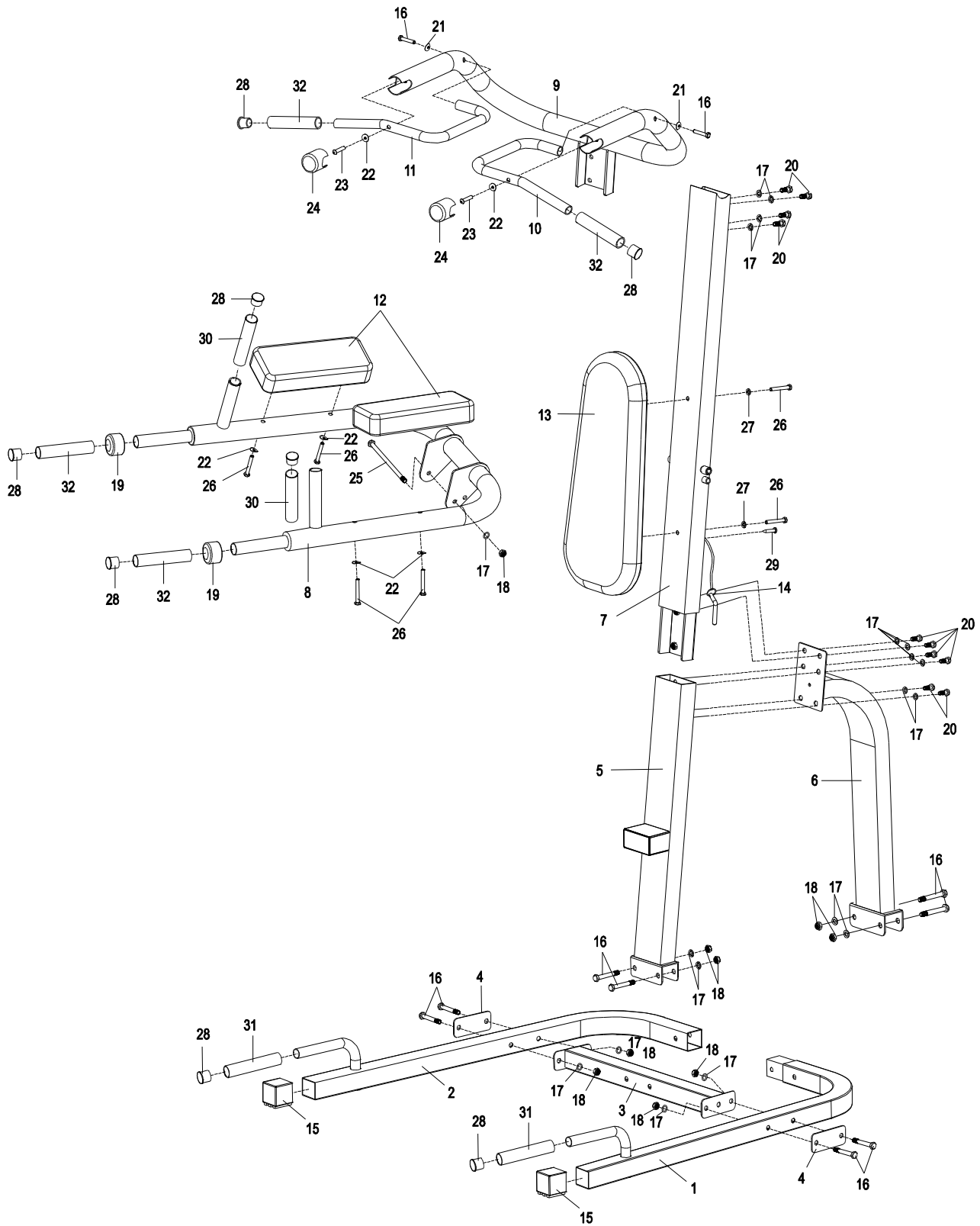
Basic precautions should always be followed, including the following safety instructions when using this Power Tower. Read all instructions before using this Power Tower.

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 6² 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 use.
10. 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. **WARNING: CANCER AND REPRODUCTIVE HARM--WWW.P65WARNINGS.CA.GOV.**
17. 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.

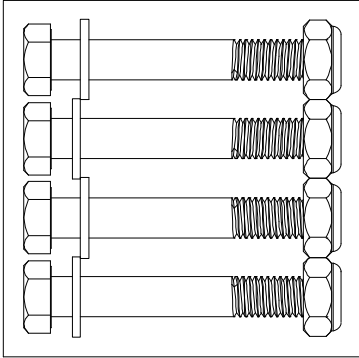
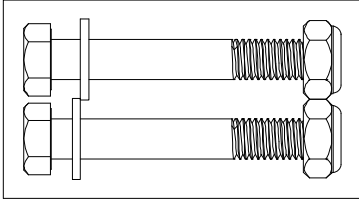
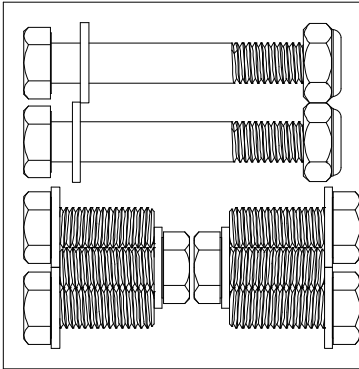
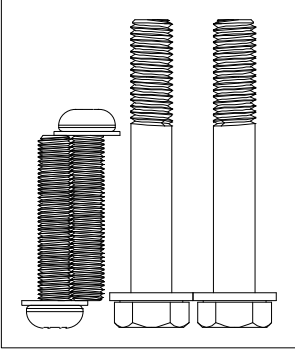
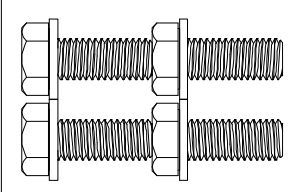
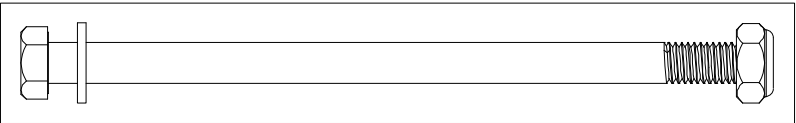
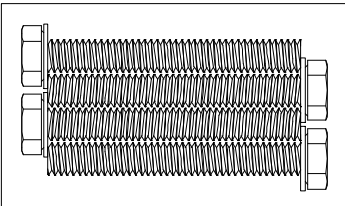
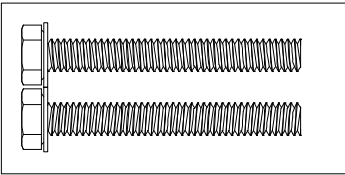
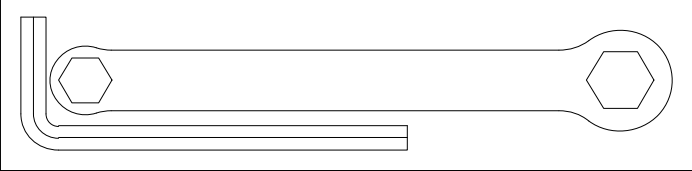
OVERVIEW DRAWING



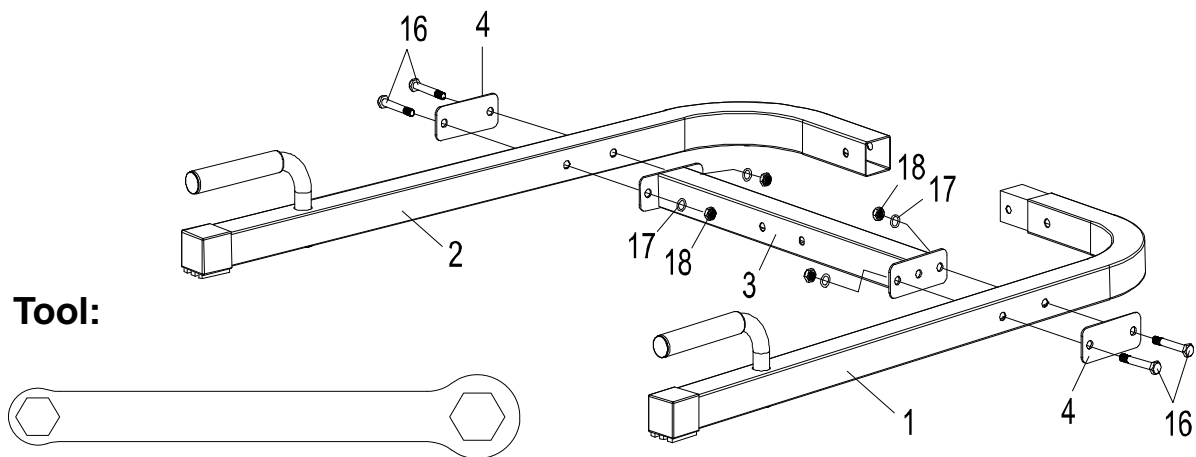
PART LIST

No.	Description	Qty	No.	Description	Qty
01	Left Base Frame	1	17	Washer Ø10.5xØ20x1.5t	19
02	Right Base Frame	1	18	Nylon Lock Nut M10	9
03	Cross Bar	1	19	Round Cap Ø50	2
04	Cross Bar Support Plate	2	20	Bolt M10x25	10
05	Lower Upright Frame	1	21	Curve Washer Ø10.5xØ20x1.5t	2
06	Upright Support Frame	1	22	Curve Washer Ø8.5xØ16x1.5t	6
07	Upper Upright Frame	1	23	Bolt M8x42	2
08	Extend Arm Frame	1	24	Top Frame Round End Cap	2
09	Top Frame	1	25	Bolt M10x174	1
10	Left Pull-up Handle	1	26	Bolt M8x62	6
11	Right Pull-up Handle	1	27	Washer Ø8.5xØ16x1.5t	2
12	Arm Cushion	2	28	Round Plug Ø25	8
13	Back Cushion	1	29	Screw ST4.2x19	1
14	Pin	1	30	Foam Grip Ø23xØ30x120	2
15	Base Frame End Cap	2	31	Foam Grip Ø23xØ30x180	2
16	Bolt M10x70	10	32	Foam Grip Ø23xØ30x145	4

HARDWARE PACKING LIST & TOOLS

(MM)	<p>STEP 1</p>  <p>(#16) Bolt M10*70 4pcs (#17) Washer $\phi 10.5^* \phi 20^*1.5t$ 4pcs (#18) Nylon Nut M10 4pcs</p>	<p>STEP 2</p>  <p>(#16) Bolt M10*70 2pcs (#17) Washer $\phi 10.5^* \phi 20^*1.5t$ 2pcs (#18) Nylon Nut M10 2pcs</p>	<p>STEP 3</p>  <p>(#16) Bolt M10*70 2pcs (#17) Washer $\phi 10.5^* \phi 20^*1.5t$ 8pcs (#18) Nylon Nut M10 2pcs</p>	<p>STEP 4</p>  <p>(#23) Bolt M8*42 2pcs (#21) Curve Washer $\phi 10.5^* \phi 20^*1.5t$ 2pcs (#16) Bolt M10*70 2pcs (#22) Curve Washer $\phi 8.5^* \phi 16^*1.5t$ 2pcs</p>	<p>STEP 5</p>  <p>(#20) Bolt M10*25 4pcs (#17) Washer $\phi 10.5^* \phi 20^*1.5t$ 4pcs</p>	<p>STEP 6</p>  <p>(#25) Bolt M10*174 1pc (#17) Washer $\phi 10.5^* \phi 20^*1.5t$ 1pc (#18) Nylon Nut M10 1pc</p>	<p>STEP 7</p>  <p>(#26) Bolt M8*62 4pcs (#22) Curve Washer $\phi 8.5^* \phi 16^*1.5t$ 4pcs</p> <p>STEP 8</p>  <p>(#26) Bolt M8*62 2pcs (#27) Washer $\phi 8.5^* \phi 16^*1.5t$ 2pcs</p>	<p>STEP 9</p>  <p>Wrench S-17/S-13 1pc Allen Wrench #6 1pc</p>
------	--	--	---	--	--	---	--	---

ASSEMBLY

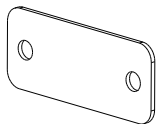


13, 17mm Wrench
2 PCS

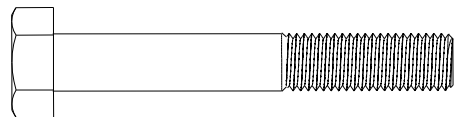
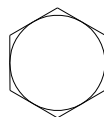
Step1

Position the Cross Bar (3) between the Left and Right Base Frames (1, 2) and align the bolt holes. Attach the Cross Bar (3) onto both Frames (1, 2) with two Cross Bar Support Plates (4), four Bolts (16), four Washers (17), and four Nylon Lock Nuts (18). Tighten bolts and nylon lock nuts with the two 13, 17mm Wrenches provided.

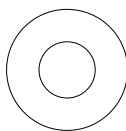
Hardware:



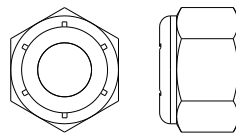
(4) Cross Bar Support Plate
2 PCS



(16) Bolt 4 PCS



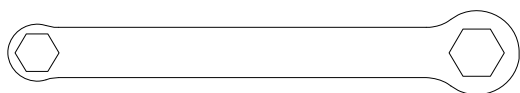
(17) Washer
4 PCS



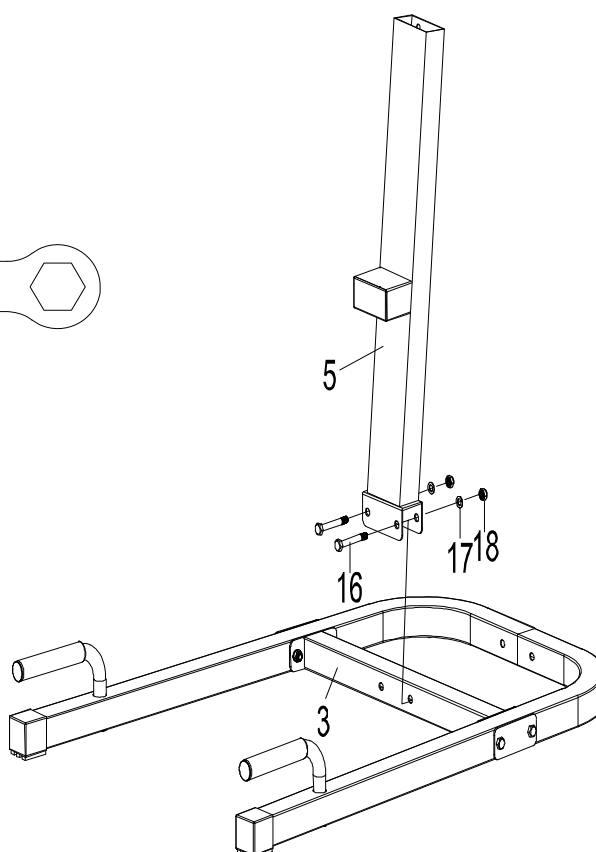
(18) Nylon Lock Nut
4 PCS

ASSEMBLY

Tool:



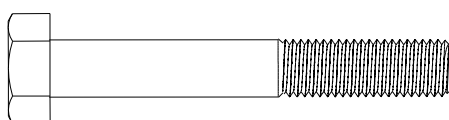
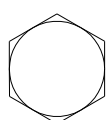
13, 17mm Wrench
2 PCS



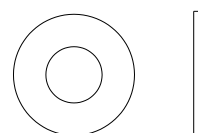
Step 2

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

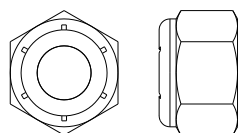
Hardware:



(16) Bolt 2 PCS



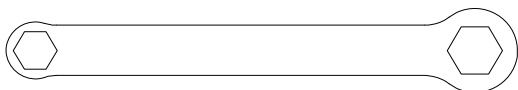
(17) Washer
2 PCS



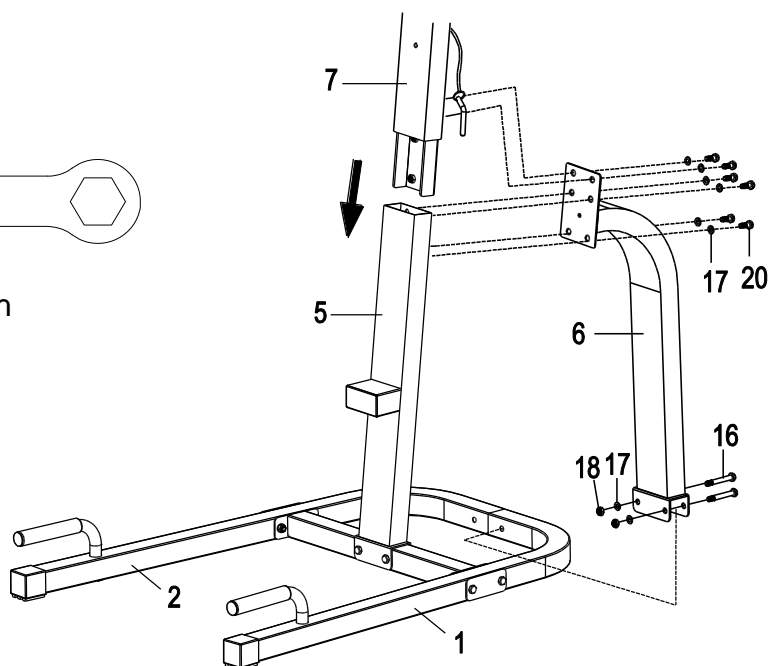
(18) Nylon Lock Nut
2 PCS

ASSEMBLY

Tool:



13, 17mm Wrench
2 PCS

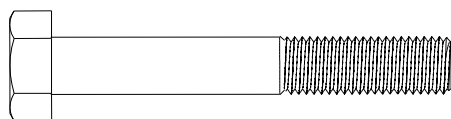
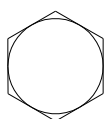


Step 3

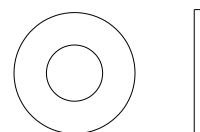
Insert the Upper Upright Frame (7) into the Lower Upright Frame (5). Attach the bottom end of the Upright Support Frame (6) onto the Left/Right Base Frames (1, 2) with two Bolts (16), two Washers (17), and two Nylon Lock Nuts (18). Hand tighten only.

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

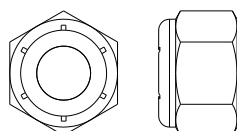
Hardware:



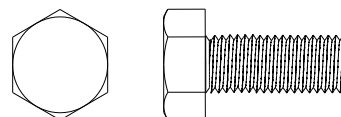
(16) Bolt 2 PCS



(17) Washer
8 PCS



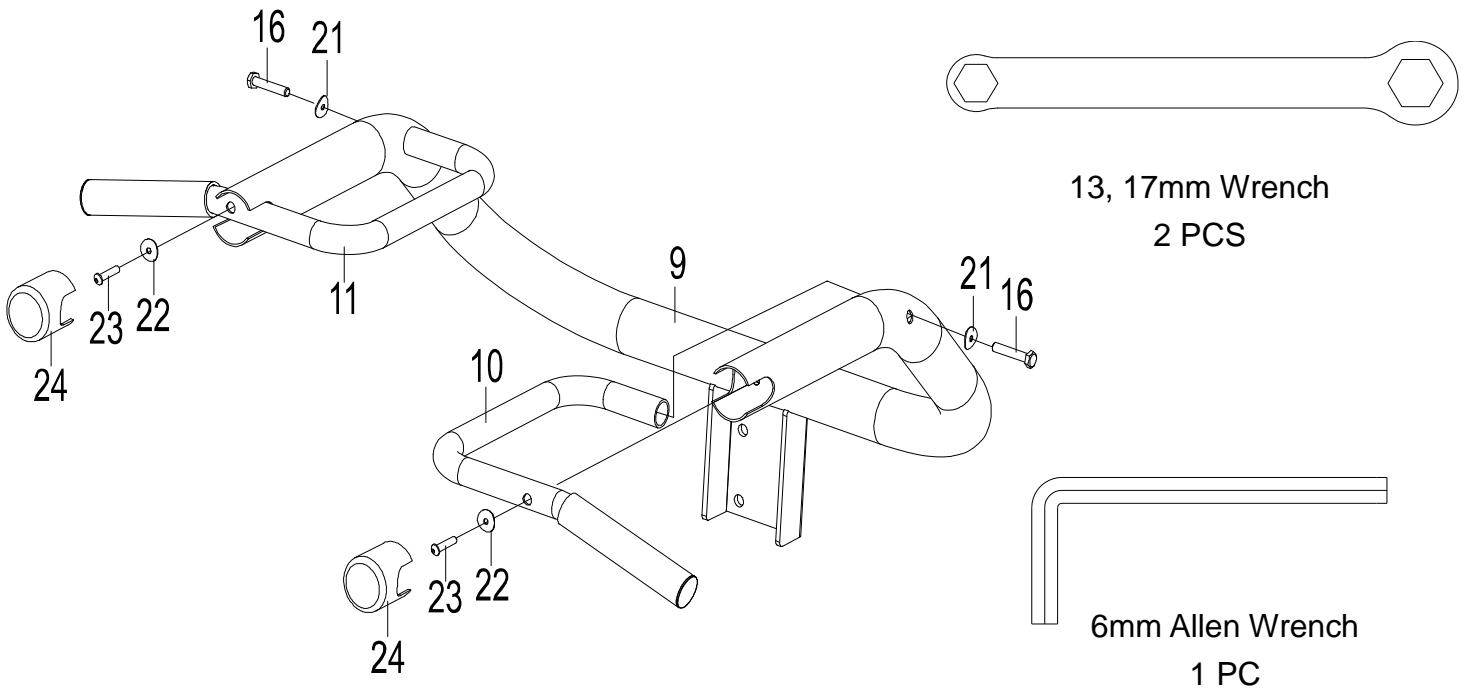
(18) Nylon Lock Nut
2 PCS



(20) Bolt 6 PCS

ASSEMBLY

Tool:

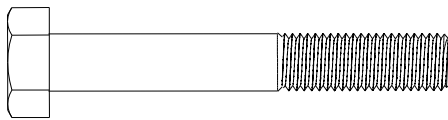
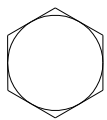


Step 4

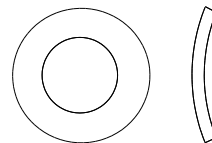
Attach both Left/Right Pull-up Handles (10, 11) onto the Top Frame (9) using two Bolts (16), two Curve Washers (21), two Curve Washers (22), and two Bolts (23). Tighten the bolts with the two 13, 17mm Wrench and 6mm Allen Wrench provided.

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

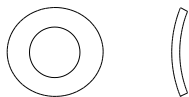
Hardware:



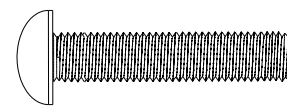
(16) Bolt 2 PCS



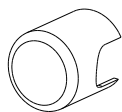
(21) Curve Washer
2 PCS



(22) Curve Washer
2 PCS



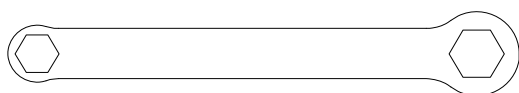
(23) Bolt
2 PCS



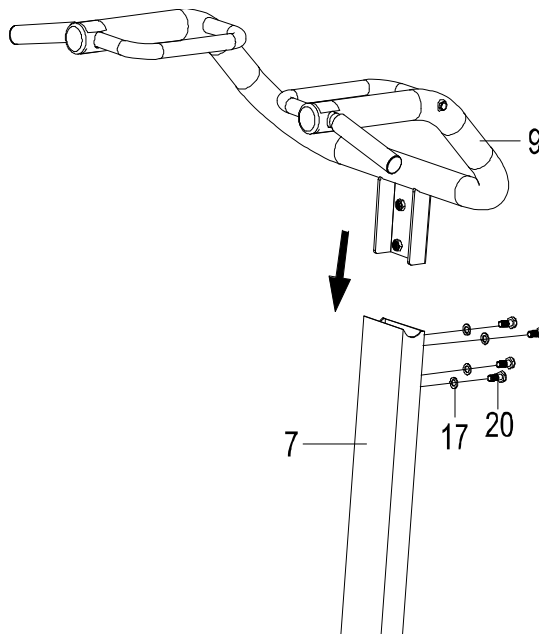
(24) Top Frame Round End Cap
2 PCS

ASSEMBLY

Tool:



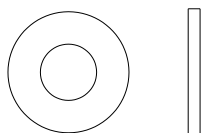
13, 17mm Wrench
2 PCS



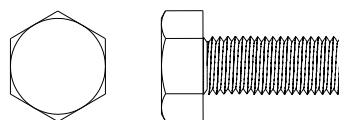
Step 5

Insert the Top Frame (9) into the Upper Upright Frame (7) and secure using four Washers (17) and four Bolts (20). Tighten the bolts using the two 13, 17mm Wrenches provided.

Hardware:



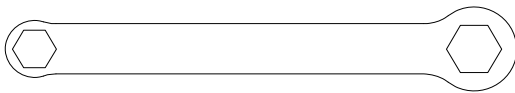
(17) Washer
1 PC



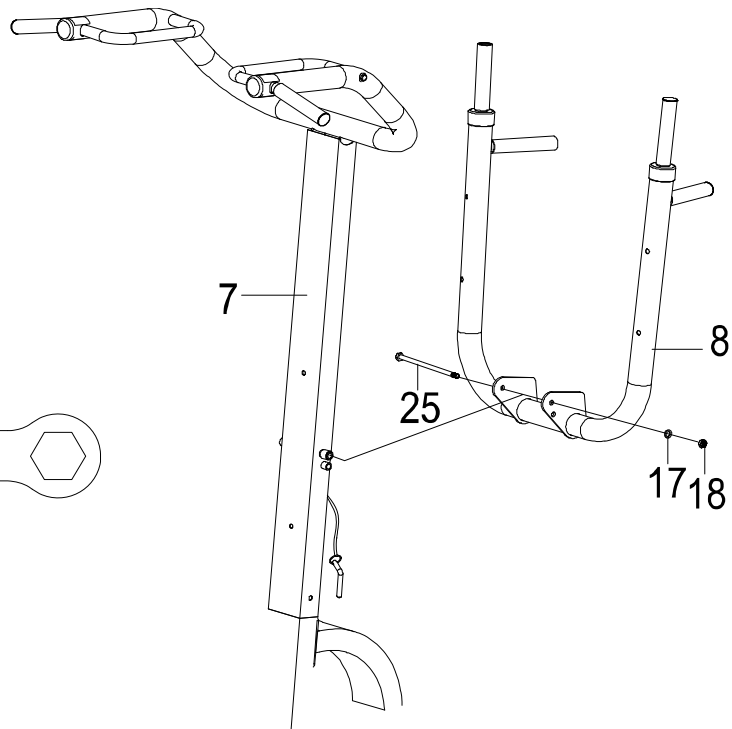
(20) Bolt 4 PCS

ASSEMBLY

Tool:



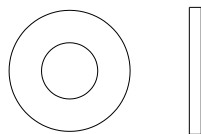
13, 17mm Wrench
2 PCS



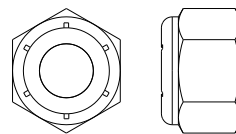
Step 6

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 Bolt (25), one Washer (17), and one Nylon Lock Nut (18). Tighten the bolt and nylon lock nut with the two 13, 17mm Wrenches provided.

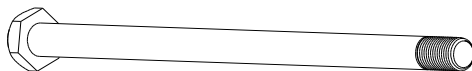
Hardware:



(17) Washer
1 PC



(18) Nylon Lock Nut
1 PC



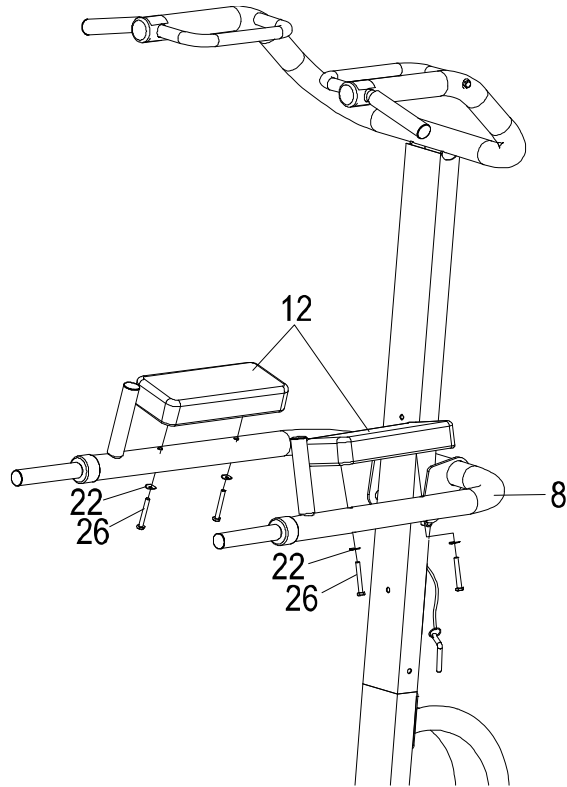
(25) Bolt 1 PC

ASSEMBLY

Tool:



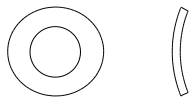
13, 17mm Wrench
2 PCS



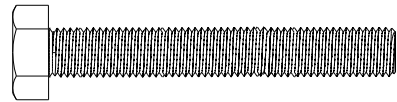
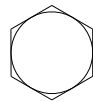
Step 7

Attach two Arm Cushions (12) onto the Extend Arm Frame (8) with four Bolts (26) and four Curve Washers (22). Tighten the bolts with the two 13, 17mm Wrenches provided.

Hardware:



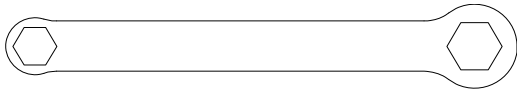
(22) Curve Washer
4 PCS



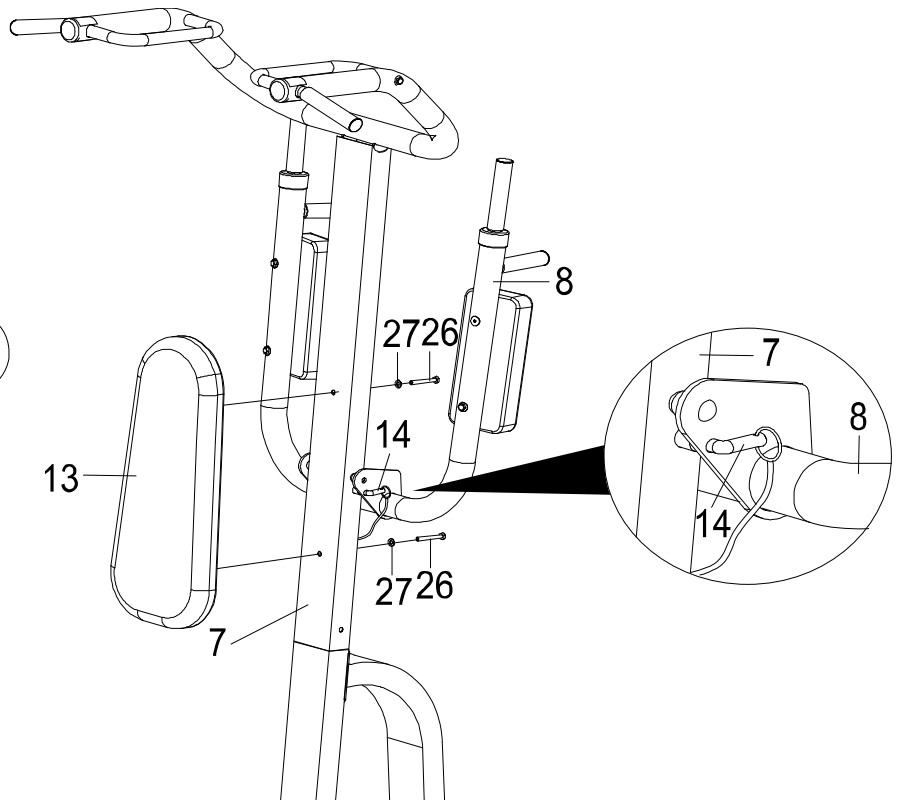
(26) Bolt 4 PCS

ASSEMBLY

Tool:



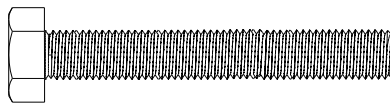
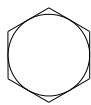
13, 17mm Wrench
2 PCS



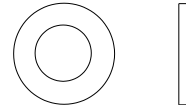
Step 8

Pull the Extend Arm Frame (8) up, and 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 Bolts (26) and two Washers (27). Tighten bolts with two 13, 17mm Wrenches provided.

Hardware:

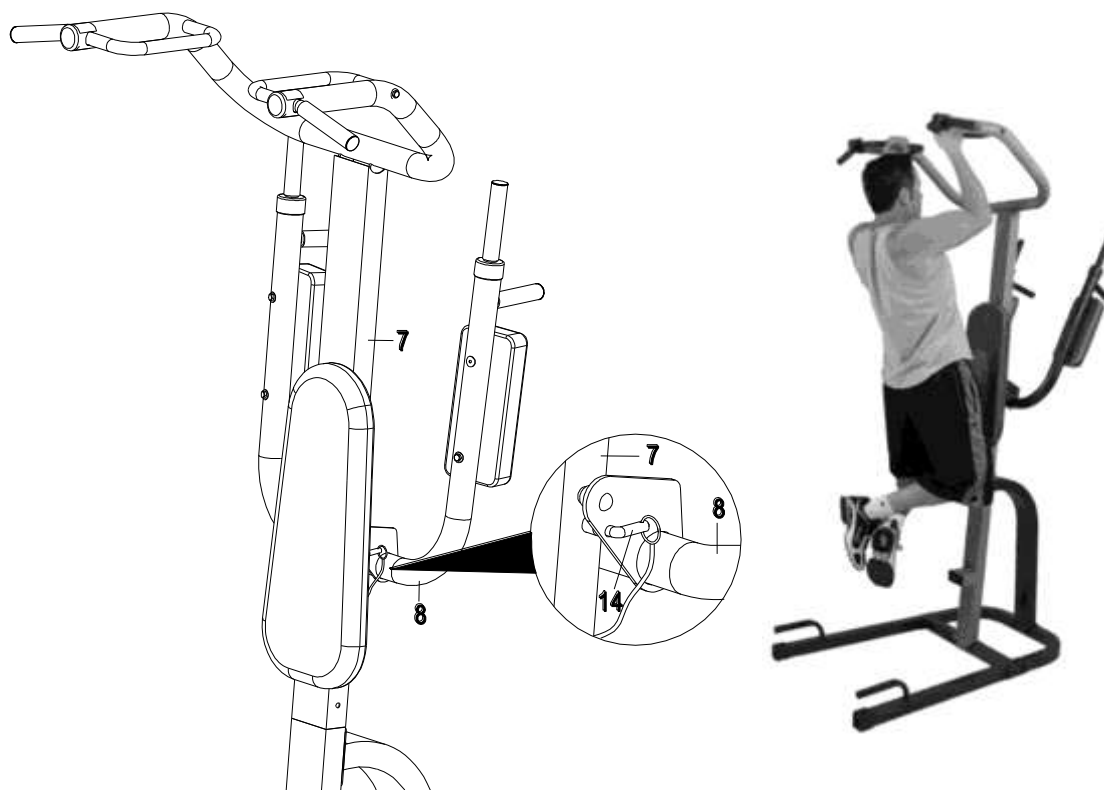


(26) Bolt 2 PCS



(27) Washer
2 PCS

ADJUSTMENT & MAINTENANCE



ADJUSTING THE EXTEND ARM FRAME

The Extend Arm Frame (8) can be folded back to perform pull ups. Pull the Extend Arm Frame (8) up, and 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.

MAINTENANCE

The Power Tower can be cleaned with a soft cloth. Wipe your perspiration off the Power Tower after each use. 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 should be replaced immediately before use.

WORKOUT INSTRUCTIONS

Dip Exercise:

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

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



Push-up Exercise:

While 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:

Grasp both Left/Right Pull-up Handles with both hands. Then pull your body 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 both arms on the 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.



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>
Structural Frame	1 year For Home Use Only
All Other Components	90 days 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. 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 Monday thru 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**

PARTS 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***