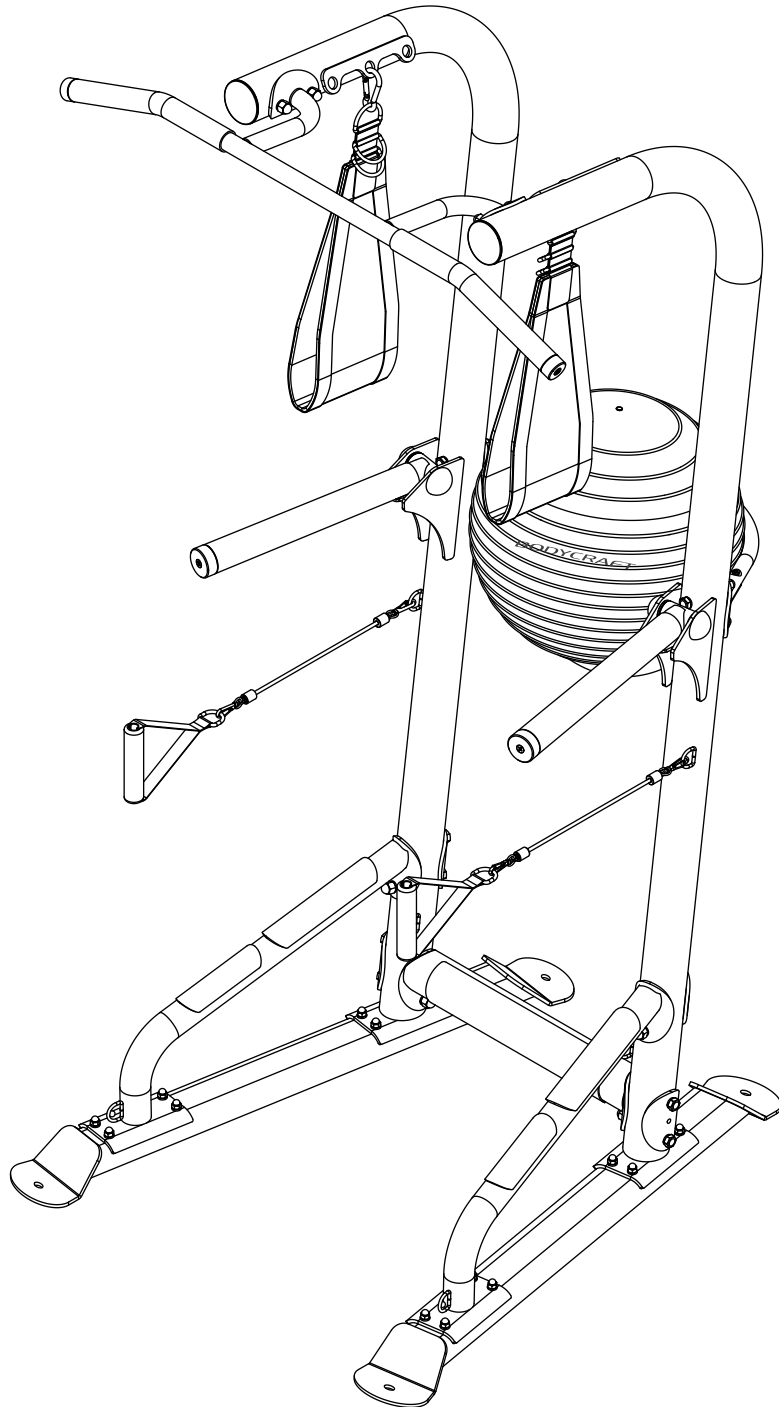


BODYCRAFT

Power Tower OWNER'S MANUAL



Model No. PTG1

BODYCRAFT is a division of Recreation Supply

**Recreation Supply Inc.
P.O. BOX 181
Sunbury, OH 43074**

MB1121

BEFORE YOU BEGIN

Congratulations and thank you for selecting the **POWER TOWER** training system. The **POWER TOWER** offers an impressive array of training exercises to develop every major muscle group of the body. Whether your goal is cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the **POWER TOWER** will help you achieve the specific results you want.

For your safety and benefit, read this manual and the accompanying literature before using the **POWER TOWER**. Keep this manual for future reference.

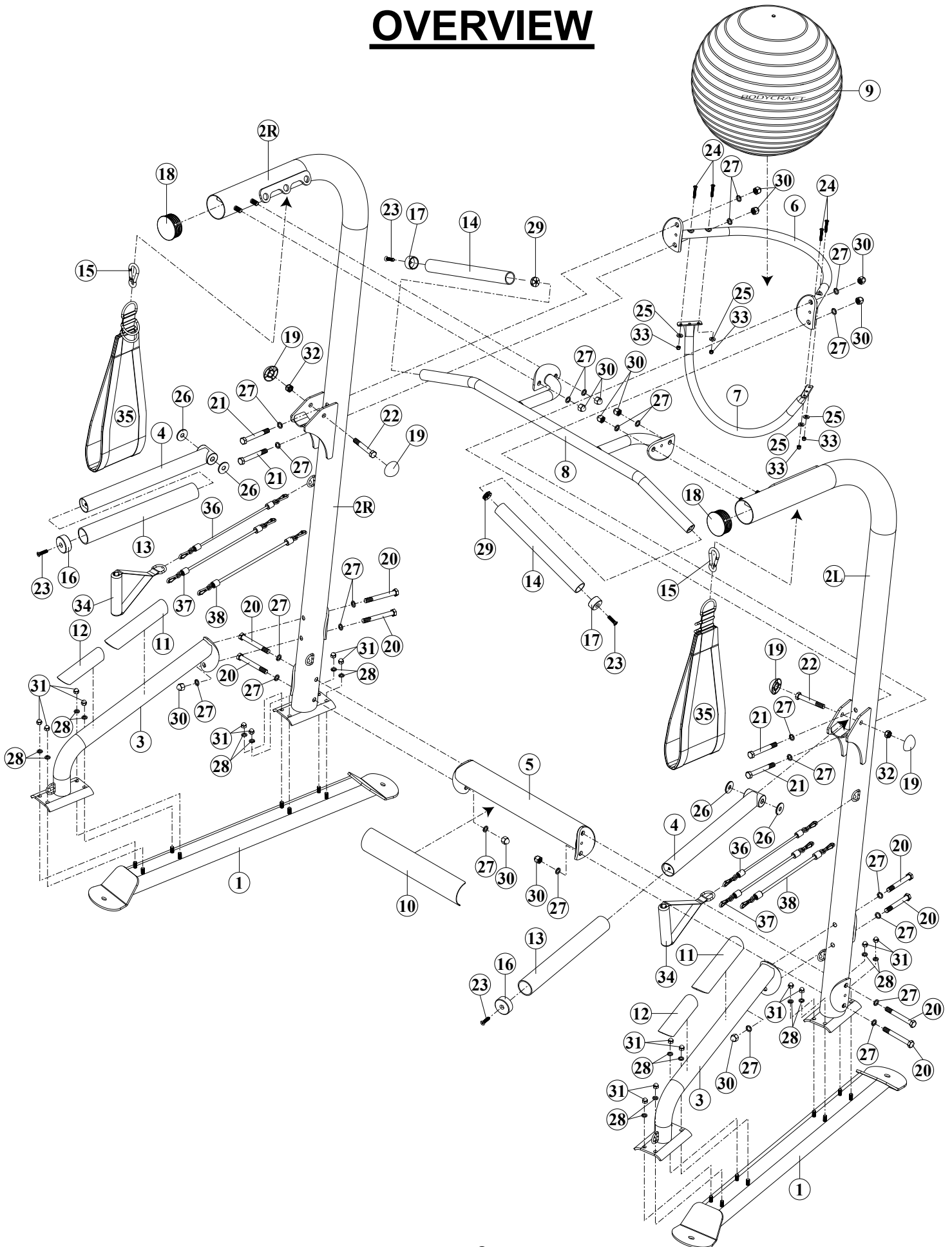
If you have additional questions, please call your local dealer or our customer service department at 800-990-5556 Monday through Friday, 9 a.m. until 5 p.m. Eastern Time.

IMPORTANT SAFETY NOTES

There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Recreation Supply, Inc. assumes no responsibility for personal injury or property damage sustained by or through use of this product.

1. This product must be assembled on a flat, level surface to assure its proper function.
2. Clean frame on a regular basis. We recommend warm, soapy water. Do not use harsh or abrasive chemicals.
3. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.
4. Keep children away from the **POWER TOWER** at all times.
5. **Be certain bar hooks are fully engaged before releasing your grip!** Failure to do so could result in serious injury, or death.
6. **Always use in a controlled manner.** Failure to do so could result in serious injury, or death.
7. Exercise with care to avoid injury.
8. If unsure about the proper use of the **POWER TOWER** training system call your local dealer or our customer service department at 800-990-5556.

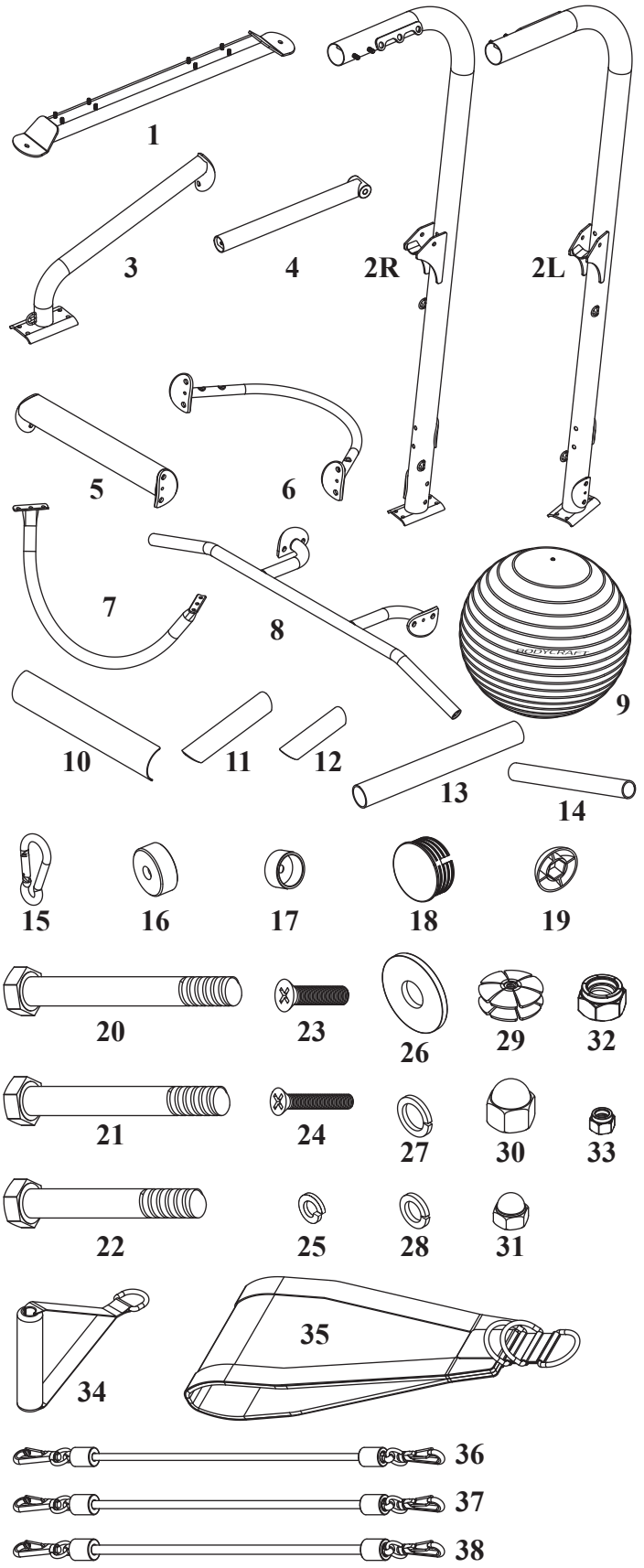
OVERVIEW



PARTS LIST

NO. DESCRIPTION QTY.

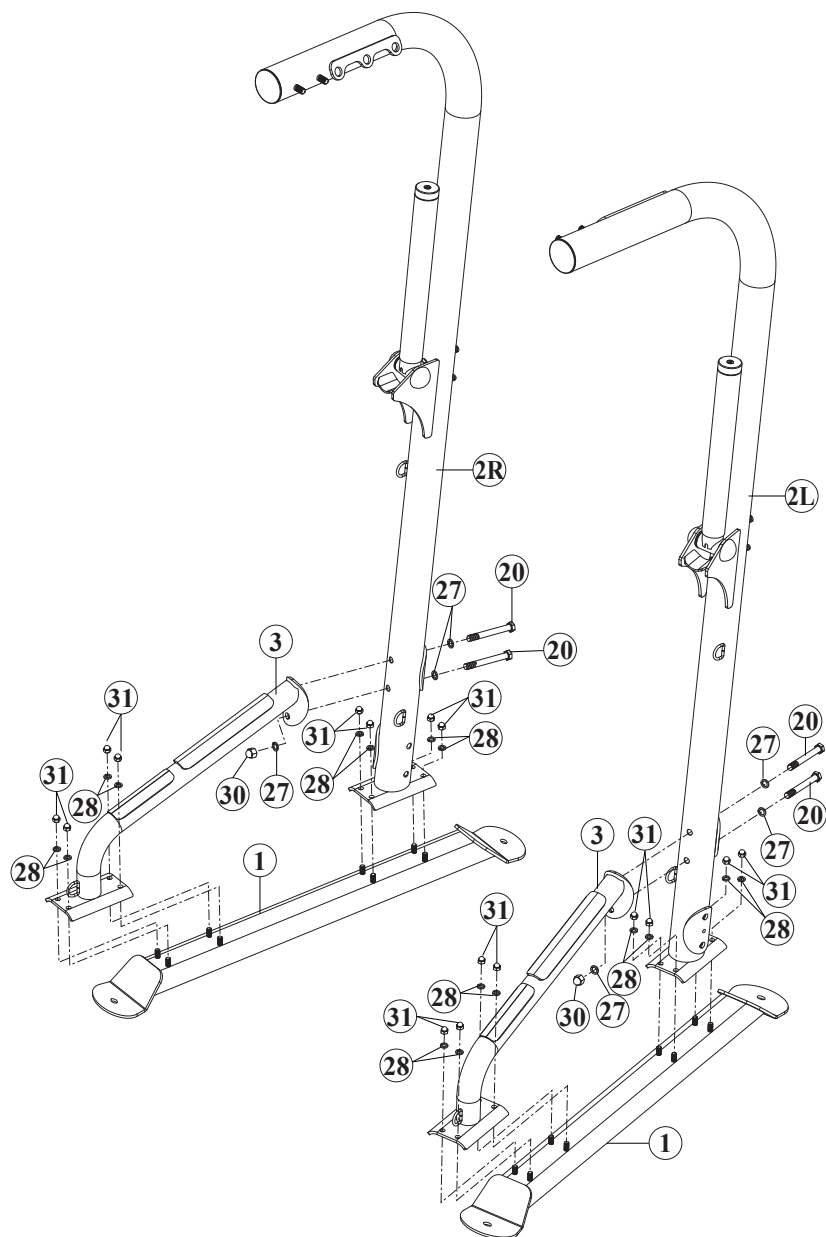
1	BASE FRAME	2
2R	RIGHT UPRIGHT FRAME	1
2L	LEFT UPRIGHT FRAME	1
3	UPRIGHT FRAME SUPPORT	2
4	DIP BAR (PRE-ASSEMBLED)	2
5	CONNECTOR FRAME	1
6	BALL HOLDER	1
7	LOW BALL HOLDER	1
8	LAT PULL BAR	1
9	BALL	1
10	NON SLIP PAD (PRE-ATTACHED)	1
11	FOAM PAD FOR UPRIGHT (PRE-ATTACHED)	2
12	NONSLIP FOR UPRIGHT (PRE-ATTACHED)	2
13	45MM DIP GRIP (PRE-ASSEMBLED)	2
14	1 1/4" HAND GRIP (PRE-ASSEMBLED)	2
15	CLIP	2
16	45MM ALUMINUM CAP (PRE-ASSEMBLED)	2
17	1 1/4" ALUMINUM CAP (PRE-ASSEMBLED)	2
18	3" ROUND CAP (PRE-ASSEMBLED)	2
19	1/2" CAP (PRE-ASSEMBLED)	4
20	1/2" x 4 1/4" HEX BOLT	8
21	1/2" x 4" HEX BOLT (PRE-ASSEMBLED)	4
22	1/2" x 3 1/2" HEX BOLT (PRE-ASSEMBLED)	2
23	5/16" X 1-1/4" SUNKEN HEAD SCREW (PRE-ASSEMBLED)	4
24	1/4" X 1-1/2" SUNKEN HEAD SCREW	4
25	1/4" SPRING WASHER	4
26	1/2" TEFLON WASHER (PRE-ASSEMBLED)	4
27	1/2" SPRING WASHER (8 Pcs PRE-ASSEMBLED)	24
28	3/8" SPRING WASHER	16
29	5/16" NUT (PRE-ASSEMBLED)	2
30	1/2" CAP NUT (4 Pcs PRE-ASSEMBLED)	12
31	3/8" CAP NUT	16
32	1/2" NYLON NUT (PRE-ASSEMBLED)	2
33	1/4" NYLON NUT	4
34	SINGLE HANDLE	2
35	AB STRAPS	2
36	9MM LATEX BAND	2
37	10MM LATEX BAND	2
38	11MM LATEX BAND	2



STEP 1 Base Frame Assembly

To ease the assembly process, Do Not tighten bolts until instructed.
Remember to keep all BOLTS loose to ensure the holes will align easily.
You need two people to help you assemble the Power Tower.

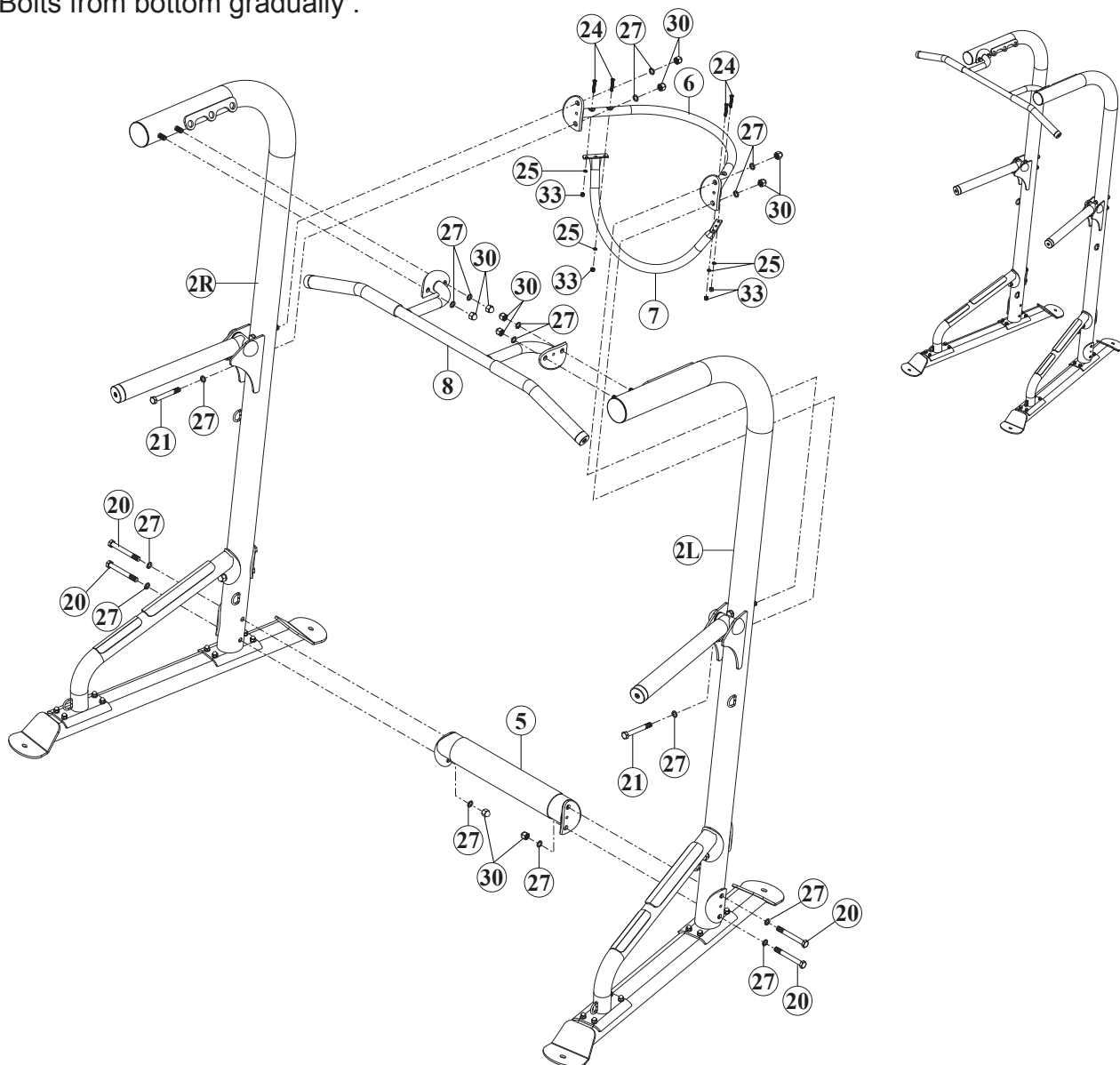
1. Attach Upright Support Frame (3) to Base Frame (1) using four 3/8" spring Washers (28) and four 3/8" Nuts (31). Attach Left Upright (2L) to Base Frame (1) using four 3/8" spring Washers (28) and four 3/8" Cap Nuts (31).
 2. Attach Upright Support Frame (3) to Left Upright (2L) using two 1/2" spring Washers (27) and two 1/2" X 4 1/4" Bolts (20).
- Please proceed the same procedure to the Right Upright (2R) and Base Frame (1).



STEP 2 Frame Connecting Assembly

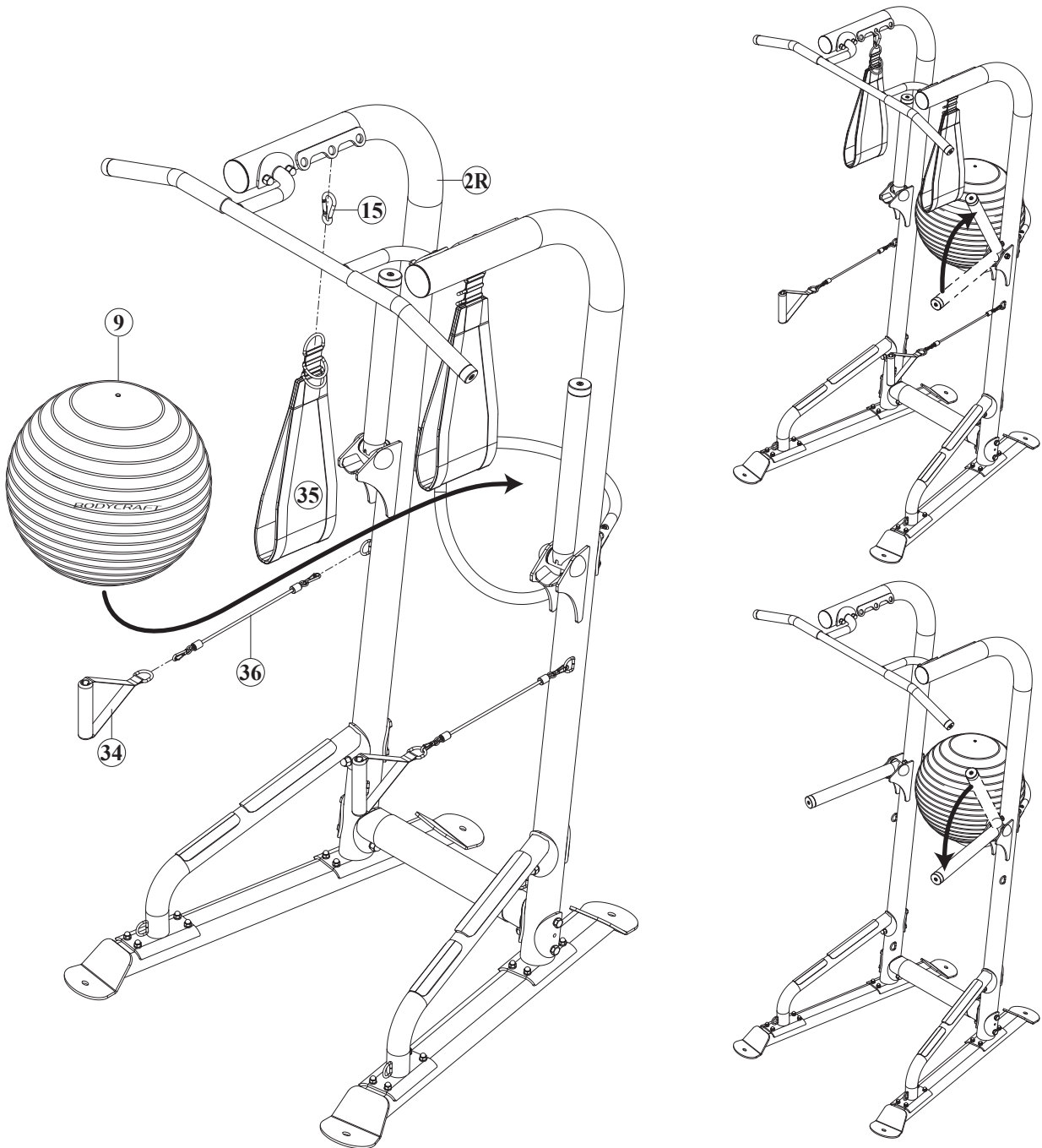
- 1 Please align the two Upright frame to ensure the Lat Pull Bar (8) easier to attach to top end of the Left and Right Upright, using two 1/2" spring Washers (27) and two 1/2" Cap Nuts (30) each side .
2. Attach the Connector Frame (5) to both Right Upright (2R) and Left Upright (2L) using two 1/2" spring Washers (27) and two 1/2" X 4 1/4" Bolts (20) for top holes that screw welded inside the Connector Frame (5).
Also using four Spring Washers (27) and two 1/2" X 4 1/4" Bolts for the lower holes .
3. Attach Ball Holder (6) to the two Uprights (2L, 2R), using two 1/2" spring Washers (27) and two 1/2" Cap Nuts (30).
Attach Low ball holder (7) to the Ball Holder (6), using four 1/4" X 1-1/2" SUNKEN HEAD SCREW(24), four 1/4" spring Washers (25) and four 1/4" nylon Nuts (33).

Now, please check Base frame (1) and Upright (2R, 2L) align up properly and tighten all Bolts from bottom gradually .



STEP 3 Attach Accessories

Please attach all accessories according to the Power Tower as drawing.



Assembly is complete! Please take the following steps before, and while using the POWER TOWER Training System:

1. Be certain all bolts are tightened securely. Check and tighten all bolts before every use.
2. **To best avoid injury**, we always recommend training with a partner.
3. **Always use in a controlled manner.** Failure to do so could result in serious injury, or death.
4. **Exercise with care to avoid injury.**
5. If unsure about the proper use of the **POWER TOWER** training system call your local dealer or our customer service department at 800-990-5556.
6. Keep children away from the **POWER TOWER.**
7. Enjoy many years of a Fit Lifestyle!

Please call us, or email us to let us know your thoughts! We love, and strive to provide the world's best fitness equipment!

www.bodycraft.com

info@bodycraft.com

800-990-5556