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K KiNGKANG T056

K KiNGKANG Power Tower T056 Instruction Manual

Model: T056

Introduction

This manual provides essential information for the safe and effective assembly, operation, and maintenance of your K KiNGKANG Power Tower T056. Please read all instructions carefully before use.

Safety Information

WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual before using the power tower.

- Consult a physician before beginning any exercise program.
- Keep children and pets away from the equipment.
- Place the power tower on a level surface.
- Ensure all nuts and bolts are securely tightened before each use.
- Do not exceed the maximum weight capacity of 330 lbs (150 kg).
- Inspect the equipment for worn or loose parts before each use.
- Wear appropriate exercise attire and footwear.

Setup and Assembly

Assembly is required. Refer to the included instruction manual for detailed step-by-step assembly instructions. A built-in tool kit is provided.

Important Notes for Assembly:

- The two cross bars of the base must be aligned with the nut hole before installation.
- Tighten screws securely after aligning components.
- Allow for a 0.3" - 0.9" size error due to manual measurement.



Image: K KiNGKANG Power Tower showing the 4-level adjustable back cushion. This cushion provides support during exercises like vertical knee raises.

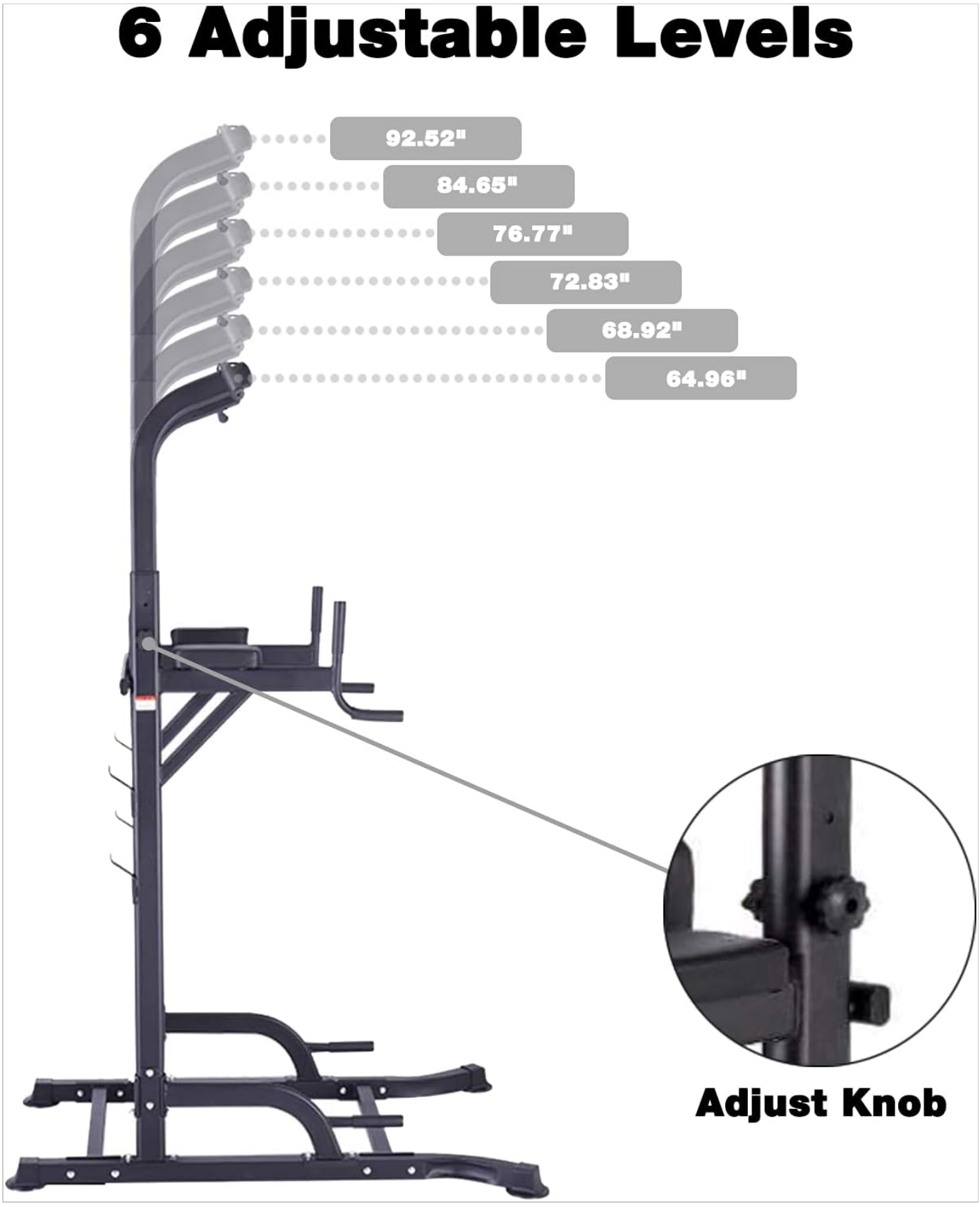


Image: K KiNGKANG Power Tower illustrating the six adjustable height levels for the pull-up bar, ranging from 64.96" to 92.52". An adjust knob is visible for securing the height.

Your browser does not support the video tag.

Video: An overview of the K KiNGKANG Power Tower, demonstrating its multi-functionality for various home strength training exercises.

Operating Instructions and Exercises

The K KiNGKANG Power Tower T056 supports a variety of bodyweight exercises. Adjust the height and back cushion to

suit your body size and exercise needs.

Supported Exercises:

- **Pull-ups:** Use the multi-grip pull-up bar to train arm, back, and shoulder muscles.
- **Dips:** Utilize the dip station for triceps and chest development.
- **Push-ups:** The push-up handles at the base allow for deeper push-ups, targeting chest muscles.
- **Vertical Knee Raises (VKR):** Use the VKR station with the back cushion and elbow pads for leg and knee raises, targeting abdominal muscles.
- **Barbell Benching:** The two barbell stands can be used for benching exercises (bench and barbell not included).



Image: Visual guide showing a user performing dips on the dip station, pull-ups on the pull-up bar, and push-ups using the lower handles of

the K KiNGKANG Power Tower.



Image: Close-up of the K KiNGKANG Power Tower highlighting the barbell stand feature, suitable for benching exercises.

Maintenance

- Regularly inspect all nuts, bolts, and moving parts for tightness and wear. Tighten as necessary.
- Clean the frame and padded surfaces with a damp cloth and mild detergent. Avoid abrasive cleaners.
- Store the power tower in a dry environment to prevent rust.

Troubleshooting

Equipment Wobbles:

- Ensure the power tower is placed on a flat, level surface.

- Check and tighten all assembly bolts and nuts.
- Verify that the U-shaped frame base and reinforced bars are correctly installed.

Pads are Worn/Damaged:

- Contact customer support for replacement parts.

SPECIFICATIONS

Feature	Detail
Brand	K KiNGKANG
Model Name	T056
Material	Alloy Steel
Color	Black
Product Dimensions (L x W x H)	51.2"L x 35.4"W x 64.96"-92.52"H
Maximum Weight Capacity	330 lbs
Back Pad Dimensions	11.8"H x 8.6"W
Arm Cushion Dimensions	7.8"L x 3.5"W
Height Adjustment Levels	6 levels (64.96", 68.92", 72.83", 76.77", 84.65", 92.52")
Item Weight	60 Pounds





Image: Technical drawing of the K KiNGKANG Power Tower showing key dimensions in both centimeters and inches for various parts of the equipment.

Warranty Information

The K KiNGKANG Power Tower T056 comes with a limited one-year warranty. For specific details regarding coverage and claims, please refer to the warranty card included with your product or contact customer support.

Customer Support

For any questions, assistance with assembly, troubleshooting, or warranty claims, please visit the official K KiNGKANG store or contact their customer service department. Contact information can typically be found on the product packaging or the brand's official website.
You can also find more information and support at the K KiNGKANG Store on Amazon.

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