

ISE SY-5607

ISE SY-5607 Power Tower Instruction Manual

Comprehensive guide for assembly, operation, and maintenance.

1. INTRODUCTION

Thank you for choosing the ISE SY-5607 Power Tower. This multi-functional fitness equipment is designed to provide a comprehensive full-body workout, including exercises such as pull-ups, dips, push-ups, and leg raises. To ensure safe and effective use, please read this manual thoroughly before assembly and operation. Keep this manual for future reference.

2. IMPORTANT SAFETY INFORMATION

- Consult a physician before starting any exercise program.
- Ensure all components are correctly assembled and tightened before each use.
- Place the Power Tower on a flat, stable, and non-slip surface.
- Maintain a clear area of at least 0.6 meters (2 feet) around the equipment during use.
- The maximum user weight recommendation for this equipment is **120 Kilograms**. Do not exceed this limit.
- Inspect the equipment for wear, damage, or loose parts before each workout. Do not use if damaged.
- Children and pets should be kept away from the equipment during use.
- Use proper exercise form to prevent injuries. If you experience pain or dizziness, stop immediately.

3. PACKAGE CONTENTS

Before beginning assembly, carefully unpack all components and verify that you have received all parts listed below. If any parts are missing or damaged, please contact customer support.

- Main Frame Components
- Pull-up Bar
- Dip Station Handles
- Push-up Station Handles
- Padded Armrests and Backrest
- Assembly Hardware (screws, washers, nuts)
- Tools for Assembly (if included)

4. SETUP AND ASSEMBLY

Assembly is required for the ISE SY-5607 Power Tower. Follow the step-by-step instructions provided in the separate assembly guide included with your product. All small parts (screws, washers, nuts) are typically numbered for easy identification.

Key Assembly Tips:

- Lay out all parts and hardware before starting.
- Do not fully tighten all bolts until the entire structure is assembled, then go back and tighten them securely. Avoid over-tightening to prevent damage to metal components.
- Ensure the long base supports are correctly positioned to provide maximum stability.
- The triangular structure is designed for enhanced stability; ensure these connections are secure.



Image: Dimensions and robust construction of the Power Tower, indicating solid steel build.

Long Base Supports **Maximum Stability**



Image: Illustration of the long base design providing solid support and stability.



Solid designs ensure safe training Alone

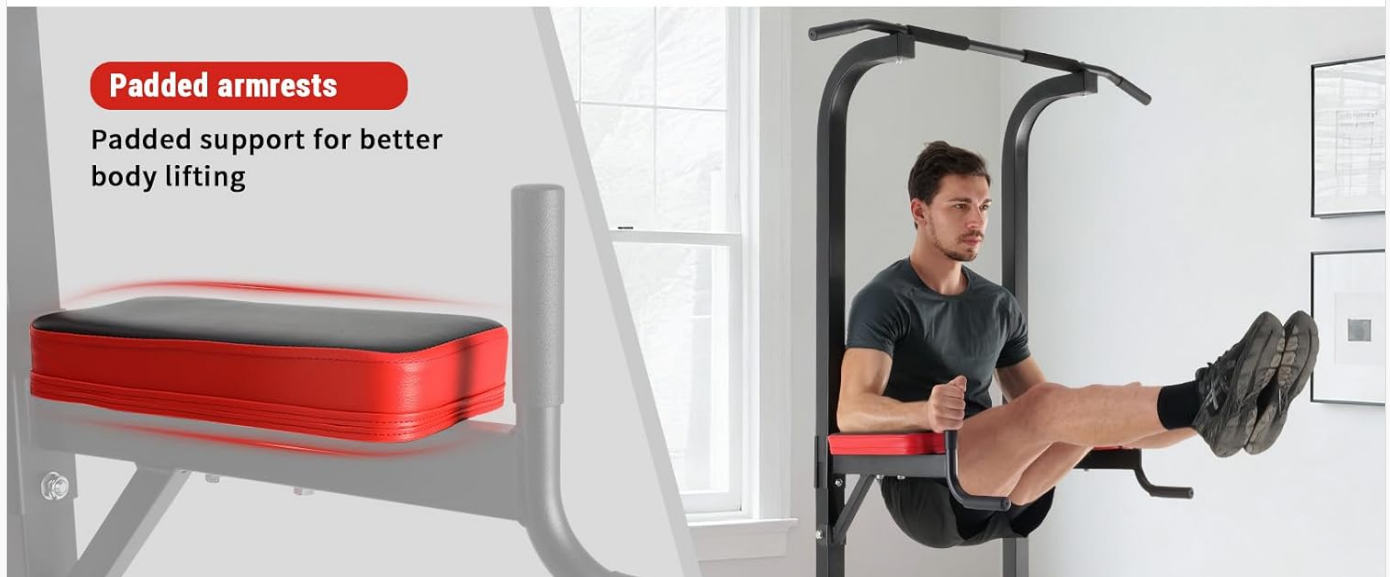


Image: Details of stable grips, triangular support structure, and padded armrests for comfort and safety.

5. OPERATING INSTRUCTIONS

The ISE SY-5607 Power Tower offers multiple exercise options for a full-body workout. Always warm up before exercising and cool down afterwards.

N-in-1 Full-Body Training Device

Look forward to discovering more exercise positions



Image: Various exercises possible with the Power Tower, including back training, pull-ups, leg raises, dips, and push-ups.

5.1. Pull-ups

Grasp the pull-up bar with an overhand or underhand grip, slightly wider than shoulder-width apart. Hang freely, then pull your body upwards until your chin clears the bar. Lower yourself slowly with control. The bar is fully wrapped with foam for comfort and grip.

Fully wrapped with foam

Perform pull-ups in any position



Non-slip rubber feet

-enlarged contact area ensures more safety and stability

130 KG

Maximum load capacity: 130 KG

Image: User performing pull-ups, demonstrating the foam-wrapped bar for comfortable grip and the non-slip rubber feet for stability.

5.2. Dips

Position yourself between the dip handles, grasping them firmly. Push up to extend your arms, then slowly lower your body by bending your elbows until your shoulders are below your elbows. Push back up to the starting position.

5.3. Leg Raises

Stand facing the padded armrests and backrest. Place your forearms on the armrests and grip the handles, pressing your back against the backrest. Keep your legs straight or slightly bent, and raise them towards your chest. Lower them slowly with control.

5.4. Push-ups

Utilize the lower push-up handles for a deeper range of motion compared to standard floor push-ups. Grip the handles, position your body in a plank, and lower your chest towards the handles, then push back up.

6. MAINTENANCE

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Regularly check all bolts, nuts, and connections to ensure they are tight. Tighten any loose fasteners.
- **Wear and Tear:** Periodically inspect the foam grips, padding, and structural components for any signs of wear, cracks, or damage. Replace worn parts immediately.
- **Storage:** Store the Power Tower in a dry environment, away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

- **Equipment Wobbles:** Ensure the Power Tower is on a level surface. Check all assembly bolts and nuts for tightness. The long base design is intended for stability, so proper assembly is crucial.
- **Squeaking Noises:** Identify the source of the squeak. It is often caused by loose bolts. Tighten all connections. Applying a small amount of silicone lubricant to moving parts (if any) or connection points can also help.
- **Discomfort during use:** Ensure proper form for each exercise. The padded armrests and foam-wrapped grips are designed for comfort; if discomfort persists, review your technique or consult a fitness professional.

8. SPECIFICATIONS

Feature	Specification
Brand	ISE
Model	SY-5607
Material	Alloy Steel
Product Dimensions (L x W x H)	176L x 110B x 224H centimeters
Maximum Weight Recommendation	120 Kilograms
Included Components	Dip station, Pull-up bar, Push-up station
Assembly	Required
Item Weight	27.15 Kilograms

9. WARRANTY INFORMATION

The ISE SY-5607 Power Tower comes with a **Limited Warranty**. Please refer to the warranty card included with your purchase for specific terms, conditions, and duration. This warranty typically covers manufacturing defects under normal use and service.

10. CUSTOMER SUPPORT

For any questions, concerns, or assistance with your ISE SY-5607 Power Tower, please contact ISE customer support. Refer to your product packaging or the official ISE website for contact details.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question