Sportsroyals FB-19YTXS02

Sportsroyals Power Tower User Manual

Model: FB-19YTXS02

Brand: Sportsroyals

1. Introduction and Overview

The Sportsroyals Power Tower is a multi-functional home gym strength training fitness equipment designed for a comprehensive full-body workout. It offers a variety of exercises including pull-ups, dips, knee raises, and push-ups, catering to diverse strength training needs. Built with alloy steel, this equipment ensures super sturdiness and stability, supporting a maximum weight of 450 pounds.

Its user-friendly design incorporates padded armrests and a backrest for enhanced comfort during exercises. The power tower features 6 adjustable heights for the pull-up bar and 7 adjustable backrest positions, making it suitable for various users and family members. The compact and space-efficient design makes it an ideal addition to any home gym, garage, or workout area with limited space.



Figure 1: Overall view of the Sportsroyals Power Tower.

2. Setup and Assembly

The Sportsroyals Power Tower is designed for quick and easy assembly. All necessary tools are included in the package. Follow the provided instructions and diagrams carefully to ensure correct and secure setup.

- Unpack all components and verify against the parts list.
- Ensure all bolts are tightened securely but avoid over-tightening to prevent damage to the tubular steel frame.
- It is recommended to have two people for assembly to assist with aligning pieces, though it can be done by one person.



Figure 2: Quick and easy assembly process, typically completed in about 20 minutes.

3. Operating and Usage

This power tower supports a variety of exercises to target different muscle groups. Always ensure the equipment is on a stable, level surface before use.

3.1. Key Exercises

- **Pull-ups and Chin-ups:** Utilize the top bar for various grip positions (narrow, wide) to target back and arm muscles.
- **Dips:** Use the dip handles to work triceps and chest. The 10-degree reclined position and padded armrests enhance comfort.
- **Leg Raises:** Position yourself on the padded armrests and backrest to perform leg raises, targeting abdominal muscles.
- **Push-ups:** Use the lower handles for elevated push-ups, providing a deeper range of motion.
- **Inverted Rows:** The lower bar can be used for inverted rows, engaging back muscles with a different angle.



Figure 3: Visual guide to five basic exercises possible with the power tower.



Figure 4: Demonstrating narrow and wide grip pull-ups to target different back muscles.

3.2. Adjustments

The Sportsroyals Power Tower offers adjustable features to accommodate various user heights and preferences:

- **Height Adjustment:** The pull-up bar can be adjusted to 6 different heights, ranging from 64.5 to 88.1 inches, to suit individual user height.
- **Backrest Adjustment:** The backrest can be adjusted to 7 different positions for optimal comfort and support during leg raises and other exercises.



Figure 5: Adjustable features allow the power tower to be used by the whole family.



Figure 6: Details of the user-friendly design, including padded components for comfort.

4. Maintenance

Regular maintenance ensures the longevity and safe operation of your Sportsroyals Power Tower.

- **Cleaning:** Wipe down the frame and padded areas with a damp cloth after each use to remove sweat and dust. Use mild soap and water if necessary, then dry thoroughly.
- **Inspection:** Periodically check all bolts, nuts, and connections to ensure they are tight. Re-tighten if any looseness is detected.

- **Wear and Tear:** Inspect padded areas and grips for signs of wear, tears, or damage. While the product is built for durability, replace components if they show significant degradation to maintain safety and comfort.
- **Storage:** Store the power tower in a dry environment to prevent rust and corrosion.

5. Troubleshooting

If you encounter any issues with your Sportsroyals Power Tower, refer to the following common troubleshooting tips:

- **Wobbling/Instability:**
    - Ensure the power tower is placed on a flat, level surface.
    - Check all assembly bolts and nuts. Tighten any loose connections.
    - Verify that all feet covers are properly installed and making full contact with the floor.
- **Squeaking Noises:**
    - Squeaking can sometimes occur from metal-on-metal contact. Identify the source of the noise.
    - Apply a small amount of silicone-based lubricant to the joints or contact points causing the noise.
    - Ensure all bolts are adequately tightened, as loose bolts can also cause squeaking.
- **Difficulty with Adjustments:**
    - Ensure adjustment pins are fully disengaged before attempting to move components.
    - Clean any debris or dust from the adjustment holes and pins.
    - Apply a light lubricant if the mechanism feels stiff.

If problems persist, please contact Sportsroyals customer support for further assistance.

6. Specifications

Feature	Detail
Brand	Sportsroyals
Model Number	FB-19YTXS02
Material	Alloy Steel
Color	Black-01
Product Dimensions (L x W x H)	41.2"L x 39.7"W x 88.18"H
Item Weight	62.83 Pounds
Maximum Weight Recommendation	450 Pounds
Handle Type	Fixed
Included Components	Power Tower With H-Shape-Base
UPC	738945659549

First Available Date	August 23, 2019

7. Warranty and Support

Sportsroyals is committed to providing quality products and customer satisfaction. The Sportsroyals Power Tower comes with a limited warranty.

For any questions, concerns, or assistance with your product, please contact Sportsroyals customer support. They aim to provide a satisfactory solution within 12 hours.

- **Protection Plans:** Additional protection plans may be available for purchase, offering extended coverage. Please refer to your purchase details for more information.
- **Returns:** This product typically qualifies for 30-day easy returns.

For direct support, please refer to the contact information provided with your product packaging or visit the official Sportsroyals website.

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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

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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