

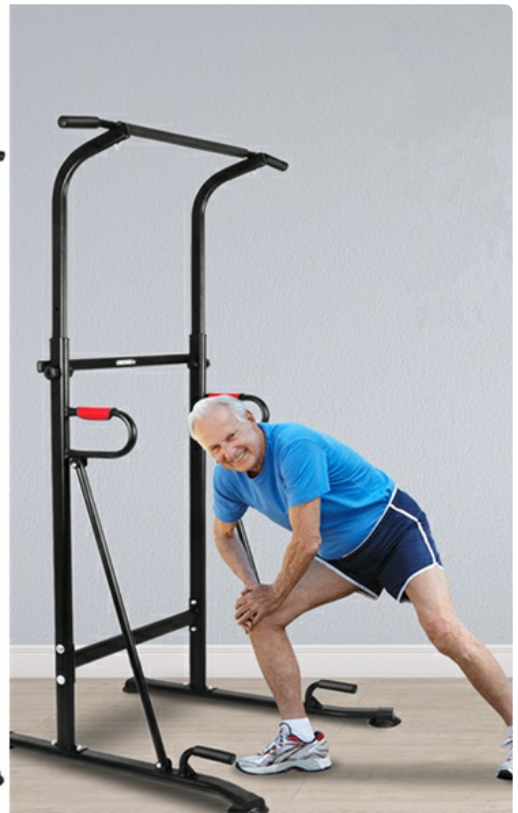
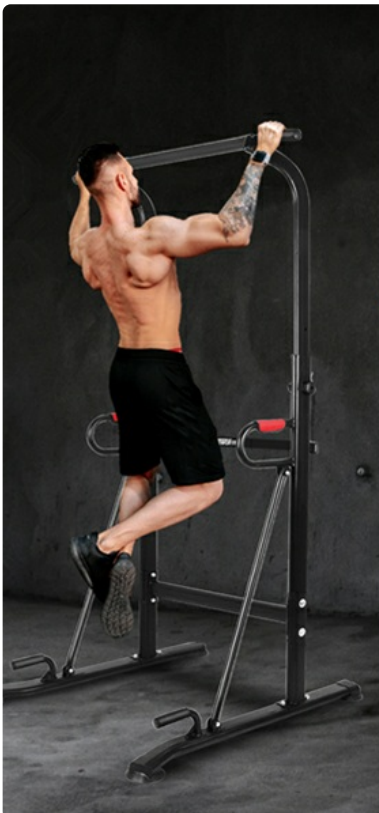
ONETWOFIT OTF-OT130-HY-US

ONETWOFIT Power Tower Pull Up Bar Station Assistive Trainer User Manual

Model: OTF-OT130-HY-US

INTRODUCTION

The ONETWOFIT Power Tower is a multi-functional fitness station designed for comprehensive bodyweight training. It features adjustable height and a power assist system, making it suitable for users of various fitness levels, from beginners to advanced. This equipment allows for a wide range of exercises including pull-ups, dips, vertical knee raises, and push-ups, helping to build upper body and core strength.



The ONETWOFIT Power Tower is a versatile fitness station designed for various bodyweight exercises.

Its robust construction ensures stability during intense workouts, supporting a maximum weight of 360 lbs. The

adjustable features cater to individual needs, promoting progressive strength development.

SETUP

Unpacking and Parts List

Carefully unpack all components from the box. Verify that all parts are present before beginning assembly. The package includes:

- Power Tower Frame
- Pull-up Bar
- Dip Bars
- Push-up Handles
- Hardware and Assembly Tools

Assembly Instructions

Assembly is required and typically takes 30 to 60 minutes. A step-by-step illustrated instruction manual is included with all necessary hardware and tools. Follow these general guidelines:

1. Refer to the included manual for detailed, illustrated instructions specific to your model.
2. Ensure you have adequate space for assembly and consider the final placement of the power tower, as its dimensions (48"L x 48"W x 82"H) may make it tricky to move through standard doorways once fully assembled.
3. When tightening bolts and nuts, ensure they are snug but do not overtighten to avoid damaging components.
4. Double-check all connections to ensure they are secure before using the equipment.



The power tower features a compact design suitable for home gyms.

OPERATING INSTRUCTIONS

Adjustable Features

- **Height Adjustment:** The pull-up bar offers 9 levels of height adjustment, ranging from 56.7" to 82.4". This allows customization for users of different heights and for various exercises.
- **Power Assist System:** The power tower includes 4 pairs of latex resistance ropes and 6 adjustable pulley heights. This system provides resistance support, making exercises like pull-ups easier for beginners or those

with lower muscle strength. The resistance value changes with different pulley heights and rope combinations.

Exercises

The ONETWOFIT Power Tower supports a variety of bodyweight exercises:

Pull-ups

Grasp the pull-up bar with an overhand grip, hands slightly wider than shoulder-width apart. Pull your body upwards until your chin clears the bar, then slowly lower yourself back down. This exercise targets the back, biceps, and shoulders.



Perform pull-ups to strengthen back, arm, and shoulder muscles.

Dips

Hold the dip handles with a neutral grip, supporting your body with arms extended. Lower your body by bending your elbows until your shoulders are below your elbows, then push back up to the starting position. Dips primarily work the triceps, chest, and front shoulders.



Dips target the triceps, chest, and shoulder muscles.

Vertical Knee Raises

Position yourself on the dip station with your back against the pad and forearms on the armrests. Keep your legs straight and raise your knees towards your chest, engaging your abdominal muscles. Slowly lower your legs. This exercise is excellent for core and abdominal development.



Vertical knee raises are effective for core and abdominal muscle development.

Push-ups

Utilize the lower handles for push-ups. Grasp the handles, extend your legs behind you, and lower your chest towards the floor by bending your elbows. Push back up to the starting position. This variation can provide a deeper stretch and reduce wrist strain compared to floor push-ups.



Push-ups engage the chest, shoulders, and triceps.

Product Demonstration Video

Your browser does not support the video tag.

Official product video demonstrating the features and various exercises possible with the ONETWOFIT Power Tower OT130.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your ONETWOFIT Power Tower:

- **Cleaning:** Wipe down the frame and handles with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Inspection:** Periodically inspect all bolts, nuts, and connections for tightness. Tighten any loose fasteners to maintain stability.
- **Wear and Tear:** Check for any signs of wear on the resistance ropes, padding, or structural components. Replace worn parts immediately.
- **Storage:** Store the power tower in a dry environment to prevent rust and damage.

TROUBLESHOOTING

If you encounter issues with your power tower, refer to the following common problems and solutions:

Issue	Possible Cause	Solution
Wobbling or Instability	Loose bolts or uneven floor surface.	Ensure all assembly bolts are securely tightened. Place the power tower on a flat, level surface. Consider using floor mats for added stability.
Difficulty with Assembly	Misinterpretation of instructions or missing parts.	Review the step-by-step instruction manual carefully. Contact customer service if parts are missing or if you require further assistance.
Resistance Ropes Not Functioning	Incorrect attachment or damage to ropes.	Verify that the latex resistance ropes are correctly attached to the pulleys and the power tower frame. Inspect ropes for any damage and replace if necessary.

SPECIFICATIONS

Feature	Detail
Brand	ONETWOFIT
Model Number	OTF-OT130-HY-US
Material	Heavy-duty Steel (Frame), Plastic (Components)
Product Dimensions (L x W x H)	48" x 48" x 82"
Item Weight	4.6 kg
Maximum Weight Recommendation	360 lbs
Pull-up Bar Height Adjustment	9 levels, from 56.7" to 82.4"
Power Assist Levels	6 adjustable pulley heights with 4 pairs of latex resistance ropes
Included Components	Power Tower Frame, Pull-up Bar, Dip Bars, Push-up Handles, Hardware, Assembly Tools

WARRANTY

The ONETWOFIT Power Tower comes with a **1-Year Limited Warranty**. This warranty covers manufacturing defects and ensures the product meets quality standards. For specific terms and conditions, please refer to the warranty documentation included with your purchase.

Additionally, replacement parts are available for **three years** from the date of purchase.

CUSTOMER SUPPORT

ONETWOFIT is committed to providing quality customer service. If you encounter any problems during purchase or use, please do not hesitate to contact us. We aim to provide a satisfactory solution within 12 hours. We offer free returns and refunds within one month of purchase. For support inquiries, please refer to the contact information provided in your product packaging or visit the official ONETWOFIT 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

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