



[Manuals.plus](#) /

> [ONETWOFIT](#) /

> ONETWOFIT Multi-Function Power Tower with Sit Up Bench OT127 User Manual

ONETWOFIT OT127

ONETWOFIT Multi-Function Power Tower with Sit Up Bench

MODEL: OT127

Brand: ONETWOFIT

INTRODUCTION

This manual provides essential instructions for the safe assembly, operation, maintenance, and troubleshooting of your ONETWOFIT Multi-Function Power Tower with Sit Up Bench, Model OT127. Please read this manual thoroughly before initial use and retain it for future reference.

The ONETWOFIT Power Tower is designed for a variety of strength training exercises, including pull-ups, dips, knee raises, push-ups, and exercises utilizing the detachable sit-up bench. Its robust construction and adjustable features cater to diverse fitness needs.

SAFETY INFORMATION

- Consult a physician before starting any exercise program.
- Ensure all bolts, nuts, and connections are securely tightened before each use.
- Place the power tower on a flat, stable surface.
- Do not exceed the maximum weight capacity of 330 lbs (150 kg) for the tower and 440 lbs (200 kg) for the bench.
- Keep children and pets away from the equipment during use.
- Inspect the equipment for any damaged or worn parts before each workout. Do not use if damaged.

SETUP AND ASSEMBLY

The ONETWOFIT Power Tower requires assembly. A tool kit and an instruction manual are included with your purchase. Please follow the detailed step-by-step instructions provided in the included manual carefully.

- Unpack all components and verify against the parts list in your manual.
- Organize all bolts, nuts, and washers before beginning assembly.
- Assemble the base frame first, ensuring it is stable. The U-shaped frame base with skid-resistant feet

provides stability.

- Attach the main vertical supports and then the pull-up bar and dip station components.
- Install the padded backrest and armrests.
- Attach the detachable bench according to the instructions.
- Ensure all connections are tightened securely after full assembly.



Image: Key components of the ONETWOFIT Power Tower, highlighting construction materials and design features.

U Shaped Anti Eversion Frame Base

Extra wide base with skid resistant feet, safe and stable



Image: The U-shaped anti-eversion frame base, designed for enhanced stability and safety.

OPERATING INSTRUCTIONS

Adjustable Height for Pull-Up Bar

The pull-up bar offers 6 levels of height adjustment, ranging from 65 inches (165 cm) to 93 inches (235 cm). To adjust the height, locate the adjustment knob on the main frame. Twist the knob to loosen, slide the bar to the desired height, and then twist the knob to secure it firmly in place. Ensure the bar is locked before use.



Image: Illustration of the adjustable height mechanism for the pull-up bar, showing the range and adjustment knob.

Comfortable Handle

Ergonomically designed handle, non-slip, more comfortable to use, avoiding incorrect posture results in hurting the wrist



Image: The power tower's multi-height adjustment, accommodating various user heights and fitness levels.

Detachable and Adjustable Bench

The power tower includes a detachable bench with 4 adjustable heights. This bench can be used for sit-ups, dumbbell exercises, or folded up for storage when not in use. To adjust the bench height, locate the adjustment pins and reposition the bench to your desired angle. To detach or fold, follow the specific instructions in your product manual.

Detachable & Adjustable bench with 4 height options to accommodate different workout intensities and make it easy to store



Image: The detachable and adjustable bench, illustrating its versatility and storage capability.

Multi-Function Exercise Stations

The ONETWOFIT Power Tower provides multiple stations for a comprehensive workout:

- **Pull-Up Station:** Utilize the multi-grip pull-up bar for various pull-up and chin-up variations.
- **Dip Station:** Perform dips for triceps and chest development using the parallel bars.
- **Knee Raise Station:** Use the padded armrests and backrest for vertical knee raises to target abdominal muscles.
- **Push-Up Station:** The base includes handles for elevated push-ups, allowing for a greater range of motion.
- **Sit-Up Bench:** The detachable bench supports sit-ups, crunches, and other bench-based exercises.



Image: Various exercises performed on the ONETWOFIT Power Tower, showcasing its multi-functional design.

Multi-height Adjustment-Home Gym Suitbale

6 levels Height Adjustment of 74"-83"(188-213cm) is available to the Whole Family



Junior Growth



Woman Shape



Man Muscle



Senior Health

Image: User demonstrating push-ups with the ergonomically designed, non-slip handles.

MAINTENANCE

- **Regular Cleaning:** Wipe down the frame and padded areas with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Check Connections:** Periodically inspect all bolts, nuts, and screws to ensure they remain tight. Retighten as necessary to maintain stability and safety.
- **Inspect for Wear:** Regularly check the foam grips, padded cushions, and steel frame for any signs of wear, tears, cracks, or damage. Replace worn parts immediately.
- **Lubrication:** If any moving parts (e.g., height adjustment mechanism) become stiff, apply a small amount of silicone-based lubricant.

TROUBLESHOOTING

- **Wobbling or Instability:**
 - Ensure the power tower is placed on a completely flat and level surface.
 - Check all assembly bolts and nuts. Re-tighten any loose connections.
 - Verify that all parts were assembled correctly according to the instruction manual.
- **Difficulty with Assembly:**
 - Refer to the included instruction manual for detailed diagrams and steps.
 - Ensure you are using the correct bolts and hardware for each step. Some bolts may appear similar but have different lengths or threads.
 - If a part appears bent or damaged, contact customer support for a replacement.
- **Bench Adjustment Issues:**
 - Ensure adjustment pins are fully disengaged before attempting to move the bench.
 - Verify that the bench is properly aligned with the adjustment holes.

SPECIFICATIONS

Model	OT127
Material	Alloy Steel, Foam
Color	Black
Weight Capacity (Power Tower)	330 lbs (150 kg)
Weight Capacity (Bench)	440 lbs (200 kg)
Adjustable Height Range	65" - 93" (165 cm - 235 cm)
Overall Dimensions (L x W x H)	Approx. 47" x 36" x (65"-93") (120 cm x 91 cm x (165-235 cm))
Item Weight	77 lbs (35 kg)
Handle Type	Fixed Handle

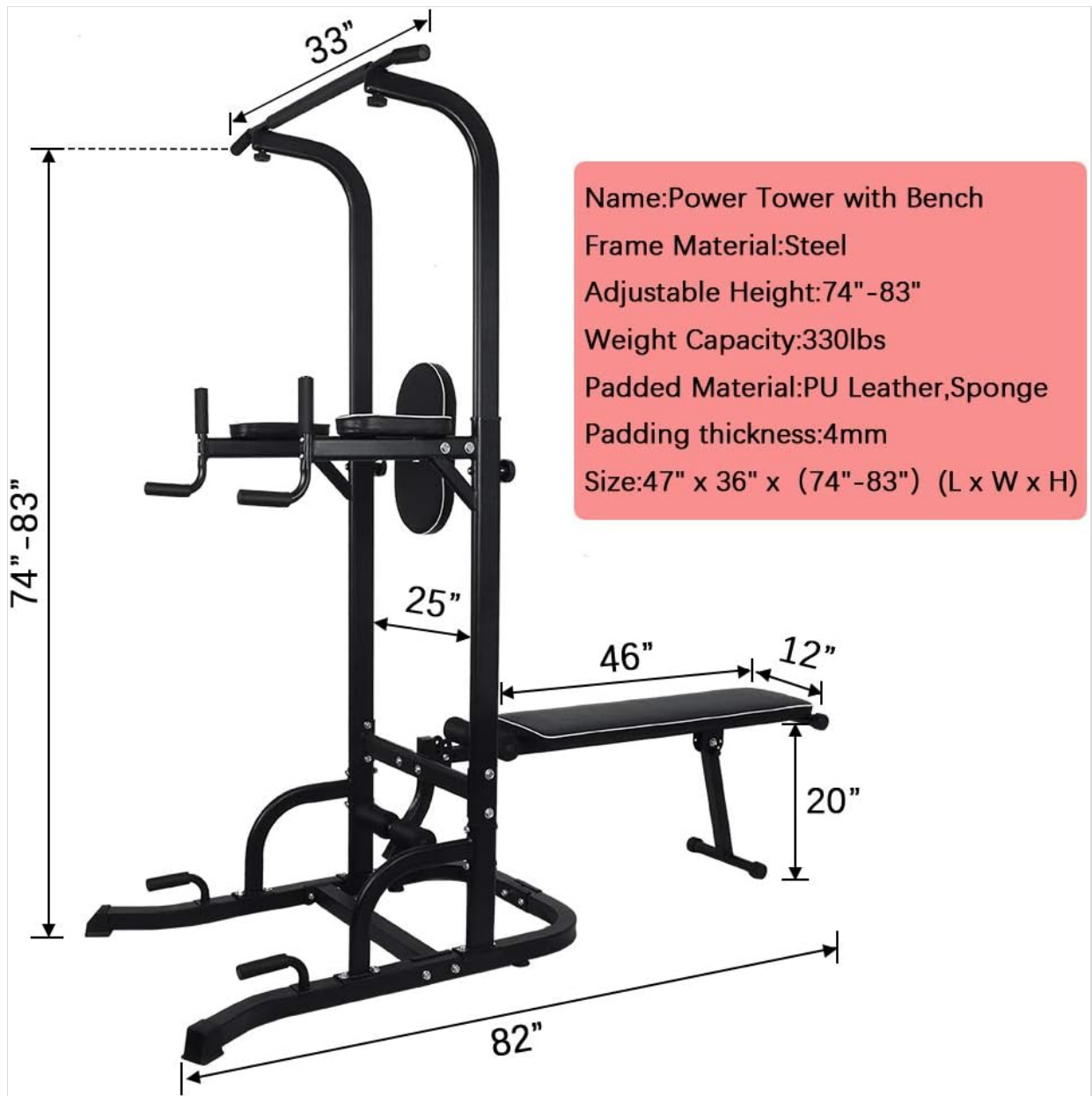


Image: Dimensional overview of the ONETWOFIT Power Tower with its detachable bench.

WARRANTY AND SUPPORT

For warranty information, product support, or to order replacement parts, please refer to the contact details provided with your purchase documentation or visit the official ONETWOFIT website. Please have your model number (OT127) and purchase date available when contacting support.