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› SogesHome Power Tower Adjustable Pull-up and Dip Station User Manual

SogesHome PSBB005

SogesHome Power Tower Adjustable Pull-up and Dip Station User Manual

Model: PSBB005 | Brand: SogesHome

1. INTRODUCTION

Thank you for choosing the SogesHome Power Tower. This adjustable pull-up and dip station is designed to support a variety of strength training exercises, including pull-ups, dips, and knee raises. It features a robust steel alloy construction and adjustable height settings to accommodate various users and exercise routines. This manual provides essential information for safe assembly, operation, and maintenance of your fitness equipment.



Image 1: The SogesHome Power Tower, a versatile piece of home fitness equipment.

2. SAFETY INFORMATION

Before using the SogesHome Power Tower, please read and understand all safety instructions. Failure to follow these instructions may result in injury or damage to the equipment.

- **Weight Limit:** The maximum supported weight for this Power Tower is 150 kg (330 lbs). Do not exceed this weight limit.
- **Pre-Use Check:** Always inspect the equipment for loose parts, damaged components, or signs of wear before each use. Ensure all bolts and nuts are securely tightened.

- **Warm-up:** Perform appropriate warm-up exercises before beginning any workout on the Power Tower.
- **Level Surface:** Place the Power Tower on a flat, stable, and non-slip surface to prevent wobbling or tipping.
- **Children and Pets:** Keep children and pets away from the equipment during use.
- **Medical Advice:** Consult a physician before starting any new exercise program. Stop exercising immediately if you experience pain, dizziness, or discomfort.

EXERCISE WITH **ADDED SAFETY**



Extra large anti-slip mat,
stable and non-invasive floor



Non-slip handle,
comfortable grip foam



Triangle elbow stable
support frame

Image 2: Key safety features such as non-slip handles with comfortable grip foam, an extra-large anti-slip mat for floor protection, and a stable triangle elbow support frame.



Image 3: The base of the Power Tower featuring eight-character anti-slip feet designed for strong suction and stable landing without tipping over.

3. SETUP AND ASSEMBLY

Assembly of the SogesHome Power Tower is straightforward. Please follow these instructions carefully. It is recommended to assemble the product from bottom to top.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out. Verify that all components listed in the parts diagram (not provided in this manual, refer to included physical instructions) are present.
2. **Assemble Base:** Begin by attaching the main support frame to the splayed anti-rollover legs. Ensure all connections are secure but do not fully tighten bolts yet.
3. **Install Vertical Posts:** Connect the vertical posts to the assembled base.
4. **Attach Dip Handles:** Secure the extended parallel bar handles (dip station) to the vertical posts at the desired height.

5. **Mount Pull-up Bar:** Attach the pull-up bar to the top of the vertical posts. Ensure the comfort protection foam and non-slip grips are correctly oriented.
6. **Final Tightening:** Once all parts are installed, systematically tighten all screws and bolts securely. Double-check all connections for stability.

Note: The main frame features a 6cm bold design for enhanced stability. Stable triangle supports are integrated into the structure.

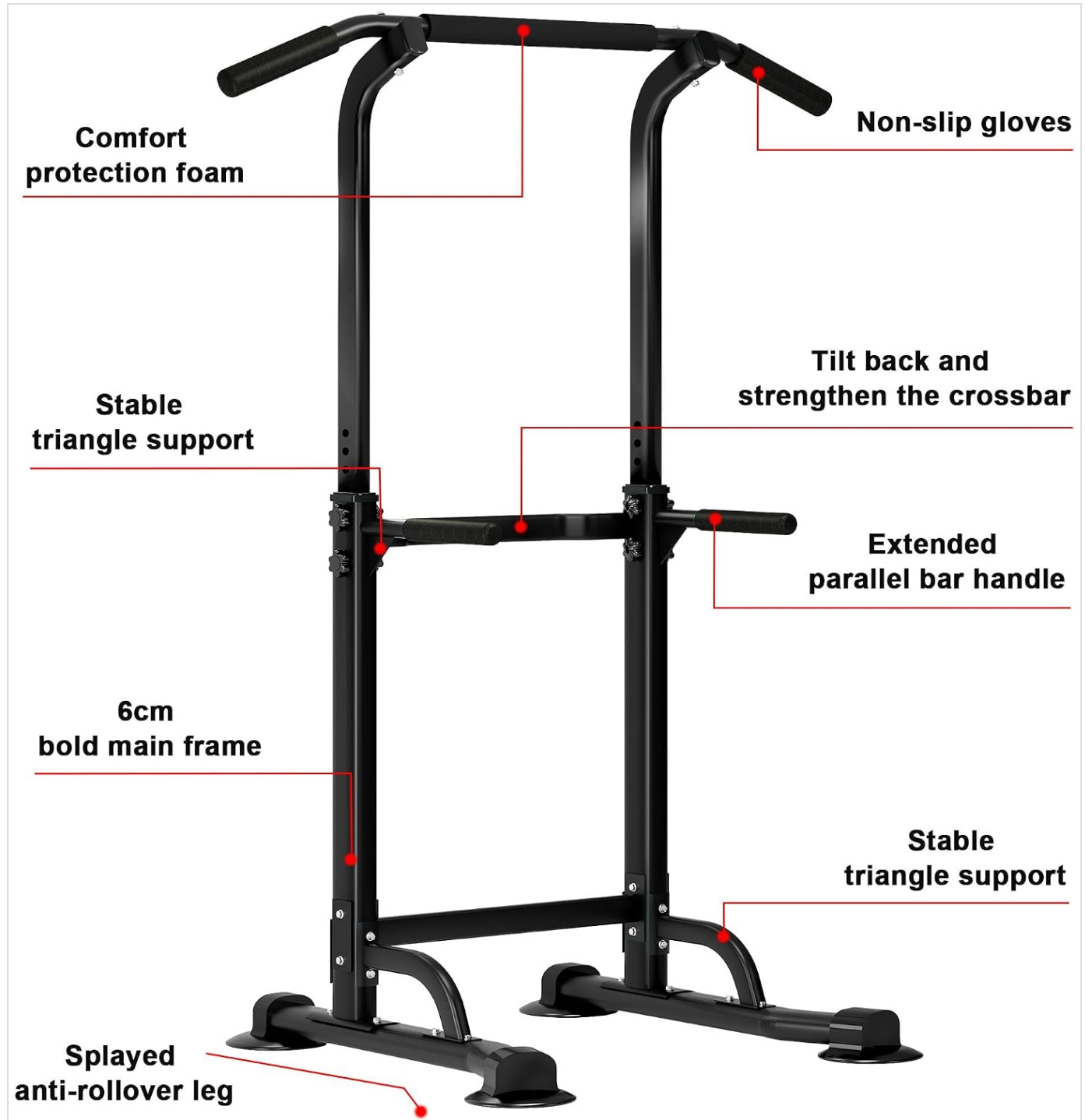


Image 4: Labeled components of the Power Tower, highlighting structural elements and user contact points.

4. OPERATING INSTRUCTIONS

The SogesHome Power Tower allows for a variety of bodyweight exercises. Adjust the height and grip positions to suit your workout needs.

4.1 Height Adjustment

The Power Tower offers 10 levels of height adjustment, ranging from a minimum of 58.5 inches (148.6 cm) to a maximum of 82.7 inches (210.1 cm). The lowest setting is suitable for children.

- To adjust the height, locate the adjustment pins on the vertical posts.
- Pull out the pins, slide the upper section to the desired height, and re-insert the pins, ensuring they are fully engaged in the adjustment holes.
- Always ensure both sides are adjusted to the same height and securely locked before use.

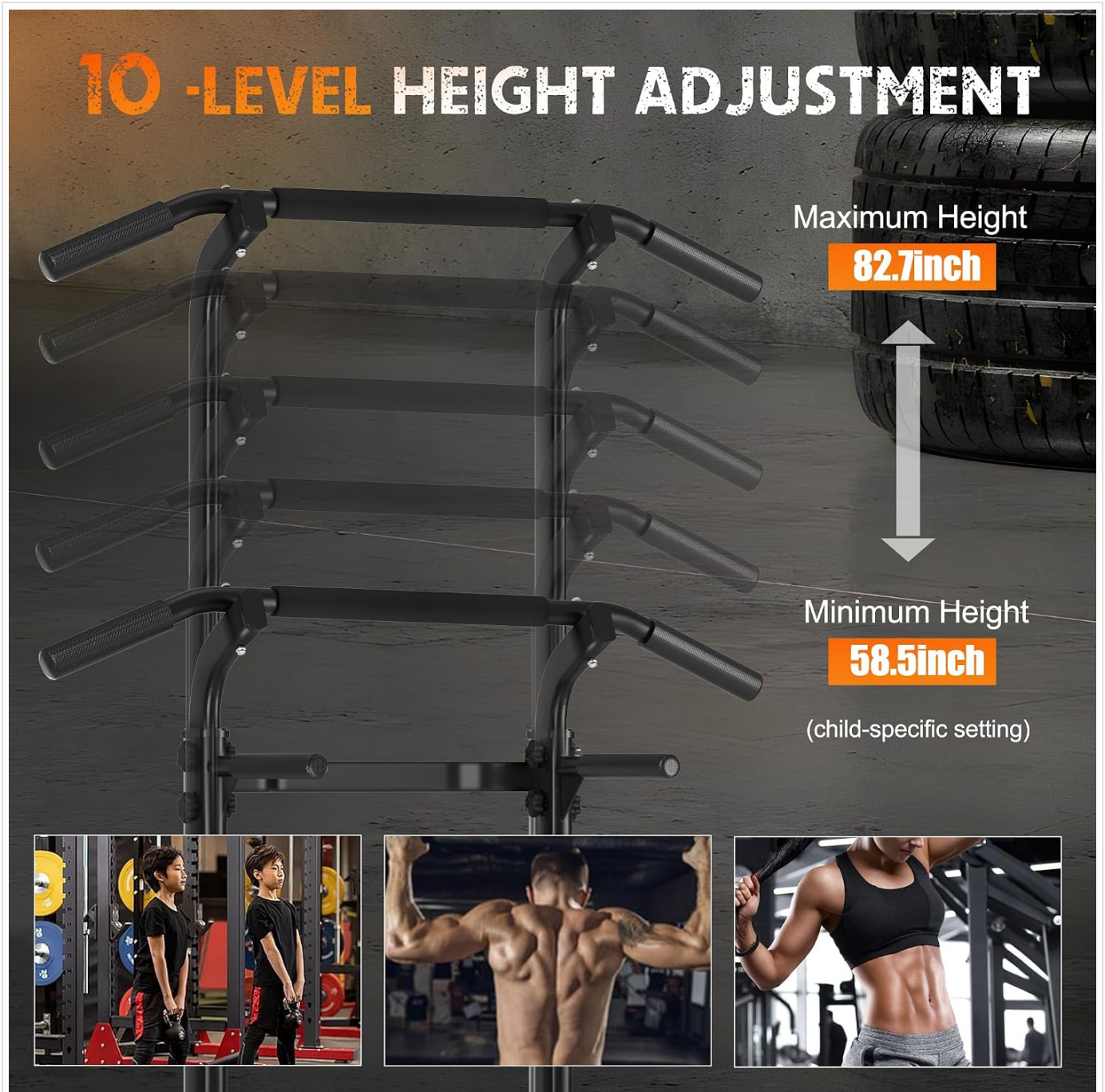


Image 5: The Power Tower's 10-level height adjustment feature, demonstrating its versatility for different users and exercises.

4.2 Exercise Examples

- **Pull-ups:** Use the top bar for various grip pull-ups (wide, narrow, neutral) to target back and arm muscles.
- **Dips:** Utilize the parallel bar handles for triceps dips, focusing on chest and triceps.
- **Knee Raises/Leg Raises:** Position yourself on the dip station and perform knee or leg raises to engage core

muscles.

- **Push-ups:** The base can be used for elevated push-ups, or the dip handles can be used for inverted push-ups.



Image 6: A user demonstrating a dip exercise on the Power Tower, showcasing its functionality for strength training.

5. MAINTENANCE

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

- **Check Fasteners:** Periodically check all bolts, nuts, and screws to ensure they are tight. Re-tighten as necessary.
- **Clean Equipment:** Wipe down the frame and handles with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Inspect for Wear:** Regularly inspect the frame, grips, and feet for any signs of damage, cracks, or excessive wear. Replace worn parts immediately.
- **Storage:** Store the Power Tower in a dry, cool place away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

If you encounter any issues with your SogesHome Power Tower, refer to the following common problems and solutions:

- **Wobbling/Instability:**
 - Ensure the Power Tower is placed on a completely flat and level surface.
 - Check and re-tighten all assembly bolts and nuts.
 - Verify that the height adjustment pins are fully engaged on both sides.
- **Difficulty Adjusting Height:**
 - Ensure the adjustment pins are fully retracted before attempting to slide the upper section.
 - Check for any obstructions or debris in the adjustment holes.
- **Squeaking Noises:**
 - Tighten all bolts and connections.
 - Apply a small amount of silicone lubricant to moving parts or connection points if necessary.

If problems persist after attempting these solutions, please contact customer support.

7. SPECIFICATIONS

Feature	Specification
Brand	SogesHome
Model Number	PSBB005
Material	Steel Alloy
Color	Black
Dimensions (L x W x H)	29.5 x 32.3 x 65-82.7 inches (74.93 x 82.04 x 165.1-210.1 cm)
Product Weight	28.35 lbs (12.86 kg)
Maximum Weight Recommendation	330 lbs (150 kg)
Height Adjustment Levels	10 levels
Handle Type	Fixed
UPC	758355042281

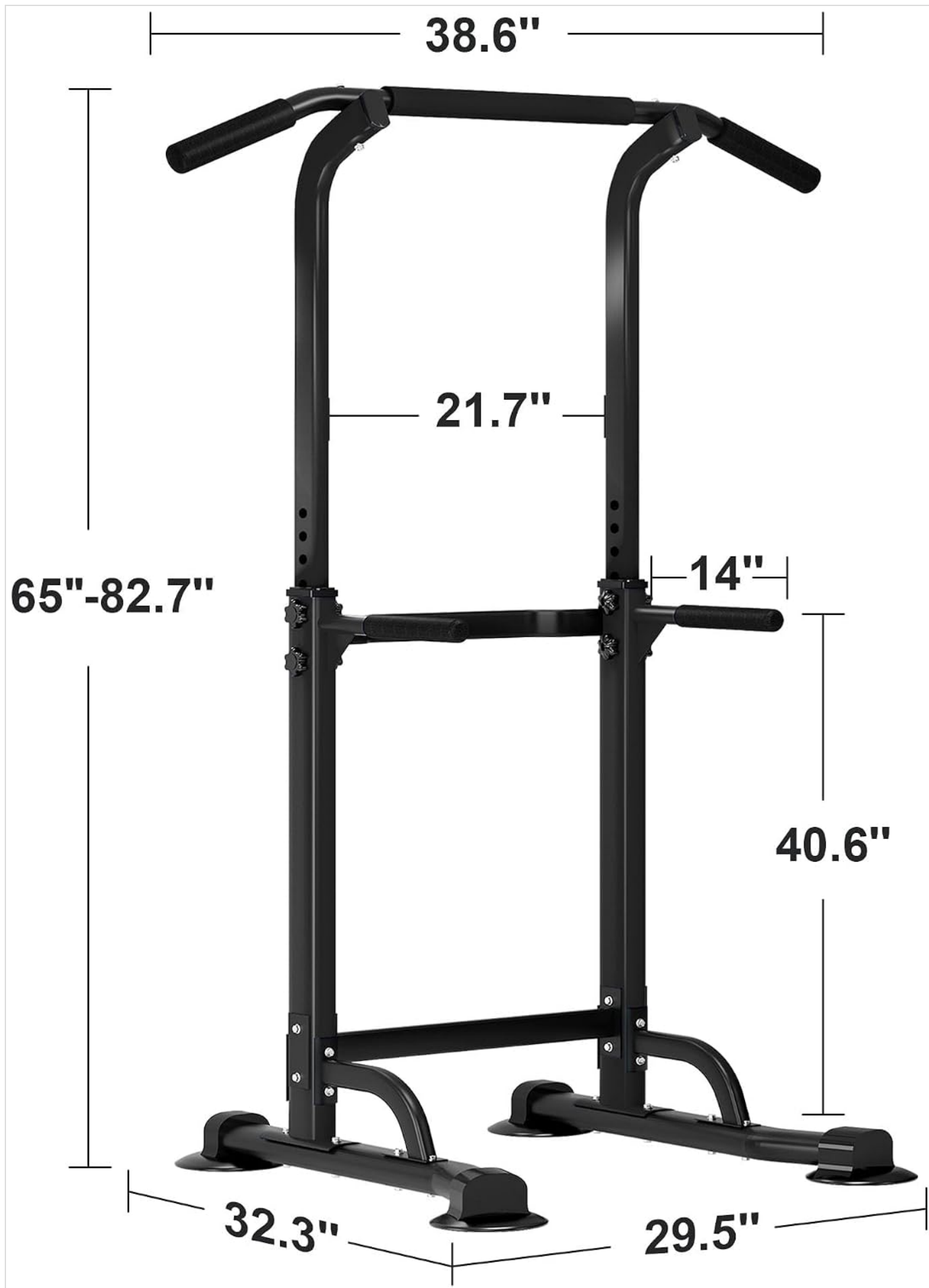


Image 7: Dimensional diagram of the Power Tower, indicating key measurements for setup and space planning.

8. WARRANTY AND SUPPORT

The SogesHome Power Tower comes with a limited warranty. For specific warranty details, please refer to the documentation included with your purchase.

If you have any questions about the product, require assistance with assembly, or need troubleshooting support, please do not hesitate to contact SogesHome customer service. Our goal is to provide high-quality products and ensure customer satisfaction.

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

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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