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› YOLEO Power Tower Dip Station - User Manual

YOLEO ytxs001

YOLEO Power Tower Dip Station - User Manual

Model: [ytxs001](#) | Brand: [YOLEO](#)

1. INTRODUCTION

Thank you for choosing the YOLEO Power Tower Dip Station. This multifunctional home exercise equipment is designed to provide a comprehensive workout experience, allowing you to perform various exercises such as pull-ups, dips, leg raises, and push-ups. Please read this manual carefully before assembly and use to ensure safe and optimal performance.



Image 1: The YOLEO Power Tower Dip Station, a versatile piece of home gym equipment.

2. SAFETY INFORMATION

Your safety is paramount. Please adhere to the following safety guidelines:

- **Maximum Weight Capacity:** Do not exceed the maximum user weight of **100 kg (220 lbs)**.
- **Stable Surface:** Always place the power tower on a flat, stable, and non-slip surface. The unit features a 125 cm curved base and 4 larger suction cup feet for enhanced stability.
- **Pre-Use Check:** Before each use, ensure all bolts, nuts, and connections are securely tightened. Check for any signs of wear or damage.
- **Proper Form:** Use proper exercise form to prevent injuries. If unsure, consult a fitness professional.
- **Children and Pets:** Keep children and pets away from the equipment during use.
- **Medical Conditions:** Consult a doctor before starting any new exercise program, especially if you have pre-existing medical conditions.
- **Comfort and Durability:** The reinforced steel structure, thicker backrests, foam armrests, and anti-slip elbows are designed for comfort and to reduce pressure during workouts.

3. SETUP AND ASSEMBLY

The YOLEO Power Tower is designed for precise and easy assembly. Follow the included instructions and diagrams carefully.

1. **Unpack Components:** Carefully unpack all parts and verify against the packing list. Ensure all components, including the dip station, are present.
2. **Prepare Workspace:** Choose a clear, spacious area for assembly.
3. **Follow Instructions:** Refer to the detailed assembly instructions provided in the box. The design is simple, and clear instructions simplify the process.
4. **Secure Connections:** Tighten all bolts and nuts firmly, but do not overtighten until all parts are loosely assembled. Once fully assembled, tighten all connections securely.

Diseño de Altura Ajustable

6 Niveles

Disponible para Todos

Fácil Instalación para Todos



Image 2: Illustration of the adjustable height design, indicating ease of installation.

La construcción estable y robusta

Capacidad máxima de 100 KG



30*60MM Acero aligerado



4 poderosas ventosas de protección



Image 3: Depiction of the stable and robust construction, highlighting the 30*60MM lightened steel and powerful suction cups.

4. OPERATING AND EXERCISES

The YOLEO Power Tower is highly adjustable and multifunctional, suitable for various fitness levels and exercises.

4.1. Height Adjustment

The power tower features a 6-level height adjustment system, allowing it to accommodate users of different heights and ages, from 150 cm (59 inches) to 230 cm (90.5 inches). Adjust the height using the adjusting knob to suit your specific exercise needs.

**Ajuste de altura de 6 niveles de 150-230 cm,
esta torre puede mejorar el estado físico de
toda la familia**



Image 4: Visual representation of the 6-level height adjustment feature, showing its suitability for various family members.

4.2. Recommended Exercises

This versatile equipment allows for a wide range of exercises targeting different muscle groups:

- **Pull-ups:** Use the pull-up armrest for back and arm strength.
- **Dips:** Utilize the parallel armrests for chest and triceps development.
- **Leg Raises/Knee Raises:** Engage your core muscles using the back pad and armrests.
- **Push-ups:** Use the push-up handle bars at the base for chest and triceps.
- **Abdominal Movements:** Various core exercises can be performed.

The equipment is designed to reduce pressure and prevent injuries with features like thicker backrests, foam armrests, and anti-slip elbows.

Entrenando de diferentes maneras



Image 5: Examples of exercises that can be performed on the power tower, including Pull-ups, Pull Crunches, Push-ups, and Dips on Parallel Armrests.

El entrenamiento múltiple mejora la salud

Estimulación muscular profunda
Aumento de fuerza y músculos
Entrenamiento muscular completo
Reducción del dolor y modelado corporal



Image 6: Diagram illustrating the health benefits of multiple training, such as deep muscle stimulation, increased strength, muscle gain, and reduction of body pain.

5. MAINTENANCE

Regular maintenance will prolong the life of your YOLEO Power Tower:

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Check Connections:** Periodically check all bolts, nuts, and screws to ensure they remain tight. Retighten if necessary.
- **Inspect for Wear:** Regularly inspect the frame, pads, and grips for any signs of wear, cracks, or damage. Replace worn parts immediately.
- **Storage:** Store the power tower in a dry, cool place away from direct sunlight and extreme temperatures. Its compact design allows it to be placed in any room or garage.

6. TROUBLESHOOTING

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

- **Wobbling/Instability:**
 - Ensure the power tower is on a flat, level surface.
 - Check and tighten all assembly bolts and nuts.
 - Verify that the suction cup feet are properly engaged with the floor.
- **Difficulty Adjusting Height:**
 - Ensure the adjusting knob is fully loosened before attempting to change height.
 - Check for any obstructions in the adjustment holes.
- **Squeaking Noises:**
 - Tighten all bolts and connections.
 - Apply a small amount of lubricant to moving parts if necessary (avoiding grips and pads).

If the problem persists, please contact YOLEO customer service for assistance.

7. SPECIFICATIONS

Feature	Detail
Model Number	ytxs001
Product Dimensions	75 x 125 x 230 cm (29.5 x 49.2 x 90.5 inches)
Product Weight	21 kg (46.3 lbs)
Maximum Load Capacity	100 kg (220 lbs)
Height Adjustment Levels	6 levels (150 cm to 230 cm)
Material	Reinforced Steel (30*60MM lightened steel)
Stability Features	125 cm curved base, 4 larger suction cup feet, resistant and anti-slip crossbars
Comfort Features	Thicker backrests, foam armrests, anti-slip elbows
Included in Box	Dip Station (main unit and components for assembly)

Feature	Detail
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Image 7: Detailed diagram showing product specifications and labeled parts, including dimensions and features like pull-up armrest, anti-skid back pad, and adjusting knob.

8. CUSTOMER SUPPORT

For any questions, concerns, or issues regarding your YOLEO Power Tower, please contact YOLEO after-sales service. We are committed to resolving any problems within 24 hours.

Please refer to your purchase documentation for specific contact details or visit the official YOLEO website.