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› leikefitness Multifunction Power Tower XR108 User Manual

leikefitness XR108

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Model: XR108

SAFETY INFORMATION

Before using the leikefitness Multifunction Power Tower, please read and understand all instructions and warnings. Failure to follow these instructions may result in serious injury.

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Ensure all bolts and nuts are securely tightened before each use.
- Place the equipment on a flat, stable surface.
- Do not exceed the maximum weight recommendation of 226.8 kg (500 lbs).
- Inspect the equipment for wear and tear before each use. Replace any worn or damaged parts immediately.
- Use the equipment only for its intended purpose as described in this manual.

PRODUCT OVERVIEW

The leikefitness Multifunction Power Tower XR108 is a versatile piece of home gym equipment designed for comprehensive strength training. It supports various exercises including vertical knee raises, pull-ups, dips, and push-ups, targeting your arms, core, shoulders, chest, and back. Its height-adjustable design and removable weight bench offer flexibility for different workouts and user heights.



Image: The leikefitness Multifunction Power Tower XR108, showcasing its overall design and a user standing next to it for scale.

Key Features:

- **Multi-functional Design:** Supports vertical knee raises, pull-ups, dips, and push-ups.
- **Height Adjustable:** Four adjustable height sections from 70.47 to 88.19 inches.
- **Removable Weight Bench:** Offers flexibility for various strength training workouts, including sit-ups. The bench can be declined, flat, and folded.
- **Solid Build:** Heavy-duty powder-coated steel tube frame with non-slip foot sets for stability.
- **Ergonomic Design:** Features back cushion and elbow pads for comfort during exercises.

PACKAGE CONTENTS

Carefully unpack all components and ensure all parts are present before beginning assembly. Refer to the assembly video for a visual guide to the parts.

Video: Unboxing and laying out all components of the leikefitness Power Tower (0:00 - 0:13).

The package includes the main frame components, support handlebars, adjustable tubes, hand pads, back cushion, sit-up bench, and all necessary hardware (bolts, nuts, wrenches).

SETUP INSTRUCTIONS

Follow these steps carefully to assemble your leikefitness Multifunction Power Tower. It is recommended to have two people for assembly.

Step 1: Assemble the Underframe

Begin by assembling the two underframe sections. Ensure correct orientation by aligning the arrow markings on the base components.

Video: Detailed assembly of the underframe components (0:16 - 2:25).

Step 2: Connect the Left and Right Frame

Connect the two assembled underframes using the designated crossbar and hardware.

Video: Connecting the left and right frame sections (2:26 - 3:31).

Step 3: Assemble the Support Handlebar Frame

Attach the support handlebar frame to the main vertical posts.

Video: Assembling the support handlebar frame (3:32 - 4:30).

Step 4: Install the Adjustable Tube

Insert and secure the adjustable tube, which allows for height modifications of the pull-up bar.

Video: Installing the adjustable tube for height adjustment (4:31 - 6:29).

Step 5: Install the Hand Pads and Back Cushion

Attach the hand pads and back cushion to the dip station for comfort and support during exercises.

Video: Installing the hand pads and back cushion (6:30 - 8:17).

Step 6: Install the Sit-up Bench

Secure the sit-up bench to the lower section of the power tower. This bench is removable and foldable for convenience.

Video: Installing the sit-up bench (8:18 - 9:44).

Sit-up Bench Foldable Feature

The sit-up bench can be easily folded up when not in use to save space. Simply remove the plug pin to adjust its position.

Video: Demonstrating the foldable feature of the sit-up bench (9:45 - 10:39).

OPERATING INSTRUCTIONS

The leikefitness Power Tower supports a variety of exercises. Always perform a warm-up before exercising and cool down afterwards.



Image: Visual guide to various exercises possible with the power tower, including pull-ups, hip raises, dips, rows, resistance band pulls, seated twists, sit-ups, dragon flags, and push-ups.

Vertical Knee Raise (VKR)

Stand facing the dip station, place your forearms on the pads, and grip the handles. Keep your back against the backrest and slowly raise your knees towards your chest. Lower with control. (Refer to video 0:30 for demonstration).

Pull-ups

Grasp the pull-up bar with an overhand grip, hands slightly wider than shoulder-width apart. Hang with arms fully extended. Pull your body upwards until your chin clears the bar. Lower yourself slowly. (Refer to video 0:14 for demonstration).

Dips

Grasp the dip handles, lift your body off the ground, and keep your arms straight. Slowly lower your body by bending your elbows until your shoulders are below your elbows. Push back up to the starting position. (Refer to video 0:35 for demonstration).

Push-ups

Utilize the lower push-up bars for a deeper range of motion. Place your hands on the bars, extend your legs behind you, and lower your chest towards the floor. Push back up. (Refer to video 0:25 for demonstration).

Sit-ups

Use the adjustable sit-up bench. Lie on the bench with your feet secured under the foam rollers. Place your hands behind your head or across your chest. Engage your core to lift your upper body towards your knees. Control the descent. (Refer to video 0:51 for demonstration).

Resistance Band Exercises

The power tower includes attachment points for resistance bands, allowing for a wider range of exercises to target various muscle groups. (Refer to video 0:57 for demonstration).

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your power tower.

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Hardware Check:** Periodically check all bolts, nuts, and connection points to ensure they are tight. Tighten as necessary.
- **Inspection:** Regularly inspect the frame, pads, and grips for any signs of wear, cracks, or damage. Replace worn parts promptly.
- **Lubrication:** Apply a small amount of lubricant to moving parts (e.g., adjustable pins) if they become stiff.

TROUBLESHOOTING

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

- **Wobbling:** Ensure the equipment is on a level surface. Check and tighten all assembly bolts.
- **Difficulty Adjusting Height:** Ensure the adjustment pin is fully disengaged before attempting to move the adjustable tube. Lubricate the tube if it is stiff.
- **Loose Parts:** Re-tighten any loose bolts or nuts. If parts are stripped or damaged, contact customer support for replacements.
- **Squeaking Noises:** Identify the source of the squeak and apply a small amount of lubricant to the joint or connection point.

If you are unable to resolve an issue, please contact leikefitness customer support.

SPECIFICATIONS

Feature	Detail
Model Number	XR108
Brand	leikefitness
Material	Alloy Steel
Color	Silver
Product Dimensions (L x W x H)	169L x 99W x 236H Centimetres (66.54L x 38.98W x 92.91H inches)
Adjustable Height Range	70.47 - 88.19 inches
Item Weight	46.5 Kilograms (102.5 lbs)
Maximum Weight Recommendation	226.8 kg (500 lbs)
Included Components	Power Tower, Removable Sit-up Bench, Resistance Bands



Image: Detailed dimensions of the leikefitness Multifunction Power Tower XR108.

Freely Adjust the Height of Four Sections



Image: Illustration of the four-section height adjustment feature of the power tower.

Extended Base, More Stable and Safe

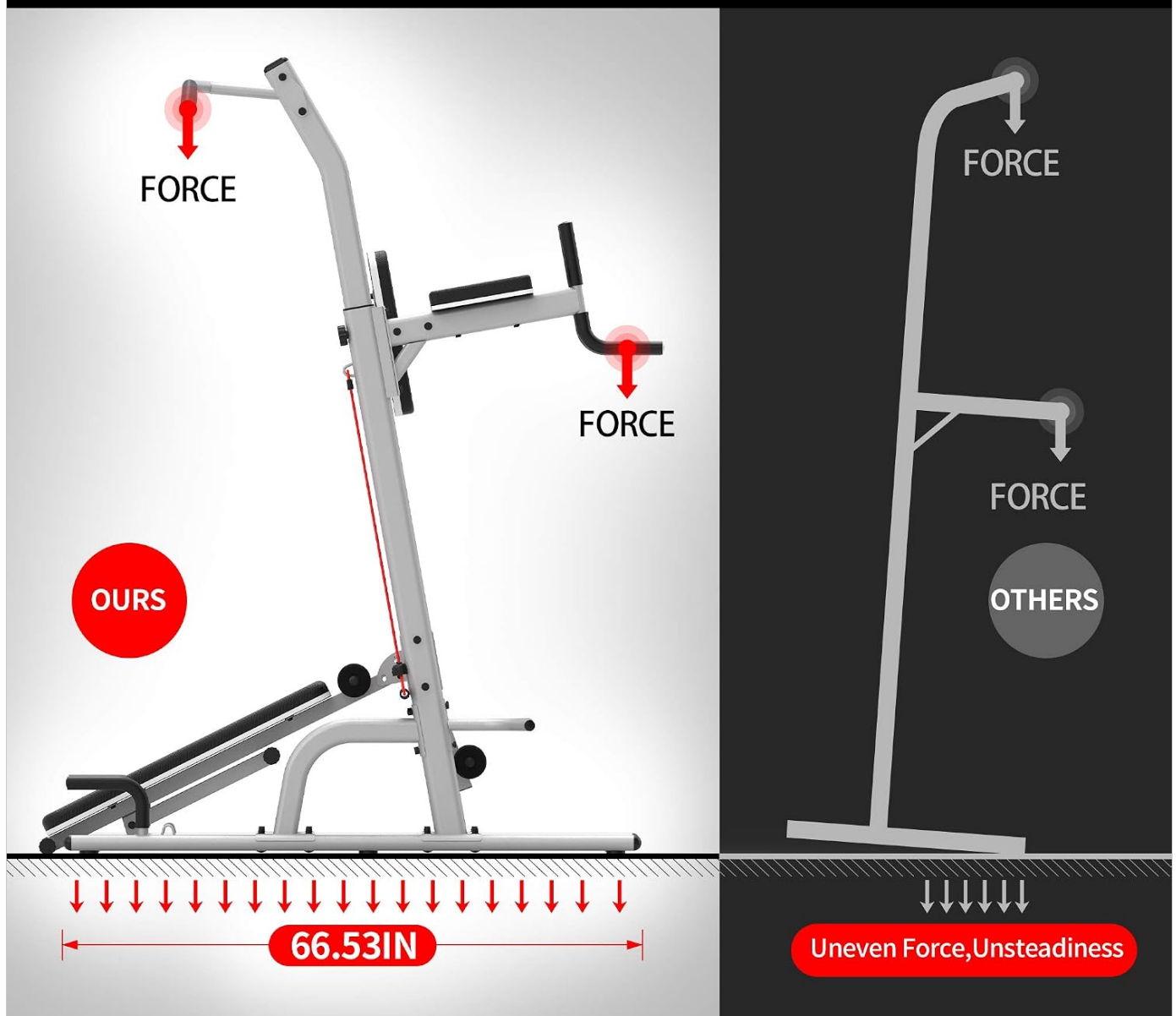


Image: Comparison showing the extended base design of the leikefitness Power Tower for enhanced stability.

DETAILS



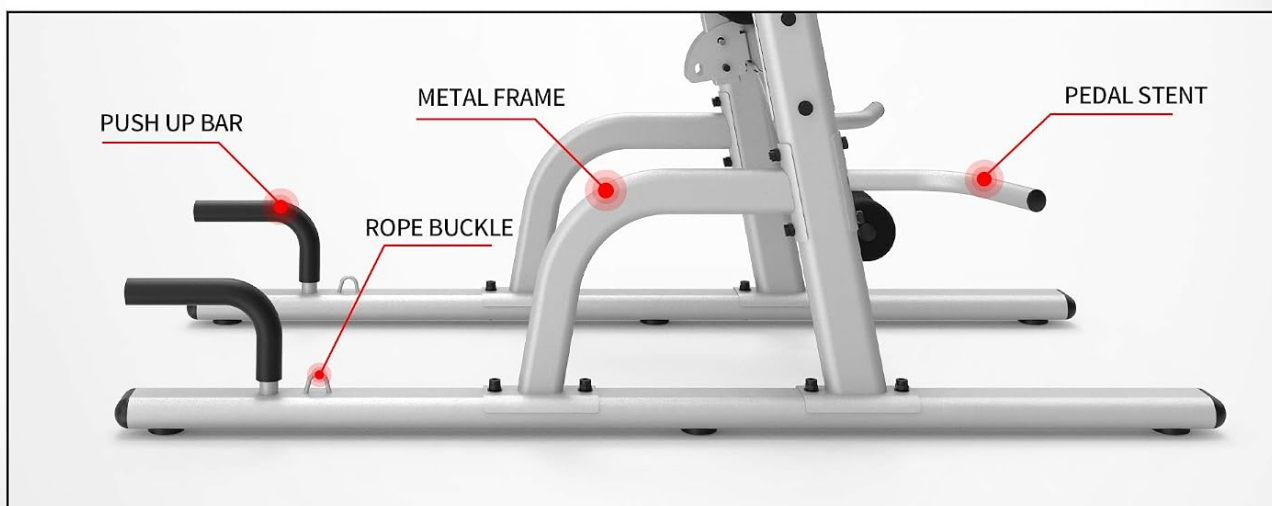
FITNESS ROPE



HUMANIZED CUSHIONS



DUMBBELL BENCH



MULTIFUNCTIONAL BASE

Image: Close-up details of the power tower, highlighting the fitness rope, humanized cushions, dumbbell bench, and multifunctional base with push-up bars and pedal stent.

WARRANTY AND SUPPORT

leikefitness products are designed for durability and performance. For specific warranty details, product support, or to order replacement parts, please refer to the warranty card included with your purchase or visit the official leikefitness website.

You can also visit the leikefitness Store on Amazon for more information: [leikefitness Store](#)

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