

Goplus SU-37631-PS

Goplus Power Tower with Foldable Weight Bench

Model: SU-37631-PS

Brand: Goplus

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1. SAFETY INSTRUCTIONS

Before assembling or using the Goplus Power Tower with Foldable Weight Bench, please read and understand all instructions in this manual. Keep this manual for future reference.

- **Consult a Physician:** Before starting any exercise program, consult with a physician to ensure you are in good health.
- **Assembly:** Ensure all parts are correctly assembled and tightened before use. Do not use the equipment if any parts are damaged or missing.
- **Placement:** Place the equipment on a flat, stable surface. Ensure adequate space around the unit for safe operation.
- **Weight Limits:** Adhere strictly to the maximum weight capacities: 500 lbs for the pull-up bar, 385 lbs for single side dip bar, and 605 lbs for the bench. Exceeding these limits can result in injury or damage to the equipment.
- **Children and Pets:** Keep children and pets away from the equipment during use.
- **Proper Use:** Use the equipment only for its intended purpose as described in this manual. Do not modify the equipment.
- **Inspection:** Regularly inspect the equipment for wear and tear, loose bolts, or damaged components. Replace worn parts immediately.
- **Warm-up:** Always perform a warm-up before exercising and a cool-down afterward.

2. PRODUCT OVERVIEW

The Goplus Power Tower with Foldable Weight Bench is a versatile fitness equipment designed for full-body strength training at home. It integrates a pull-up bar, dip station, and a foldable weight bench to support a wide range of exercises.

Key Features:

- **7-Level Adjustable Height:** The pull-up bar height can be adjusted from 60.5 inches to 81.5 inches to accommodate various user heights.
- **Heavy-Duty Construction:** Built with thickened metal pipes, a triangular structure, and an elongated H-shaped base for enhanced stability and durability.
- **Multifunctional Design:** Supports exercises such as pull-ups, vertical knee raises, bench presses, dumbbell rows, push-ups, and sit-ups.
- **Foldable Weight Bench:** The included weight bench is removable and can be folded for convenient storage, saving floor space.
- **Comfortable & Secure:** Features a 2-inch thick weight bench cushion, elbow cushions, anti-slip handles, anti-tear foam rollers, and non-slip foot pads for a secure and comfortable workout experience.



Image: The Goplus Power Tower with its weight bench folded up, demonstrating its space-saving design.



Image: An exploded view highlighting the robust construction and ergonomic features of the power tower, such as thickened metal pipes and anti-slip components.

3. PACKAGE CONTENTS

Verify that all components are present and undamaged before beginning assembly. If any parts are missing or damaged, contact customer support.

- 1 x Power Tower Frame
- 1 x Foldable Weight Bench
- Hardware (bolts, nuts, washers)
- Assembly Tools
- 1 x Instruction Manual

Product Dimension



Ships in 2 Boxes



Box 1 includes
part 2, 3, 4, 5, 12,
screw bag, tools



Box 2 includes
part 1, 6, 7, 8, 9,
10, 11, 13, 14

Image: A visual representation of the product dimensions and packaging, indicating that the unit ships in two separate boxes with specific parts in each.

4. ASSEMBLY INSTRUCTIONS

Assembly typically requires two people. Follow the detailed step-by-step instructions provided in the included instruction manual. Ensure all bolts are securely tightened after assembly.

- 1. Unpack Components:** Carefully remove all parts from the packaging and lay them out. Compare them with the parts list in the separate instruction manual to ensure everything is present.
- 2. Assemble Base Frame:** Connect the main base components using the provided hardware. Ensure the H-shaped base is stable and level.
- 3. Attach Vertical Supports:** Secure the vertical support beams to the base frame.
- 4. Install Dip Station and Pull-up Bar:** Attach the dip handles and the pull-up bar to the main frame. Ensure the pull-up bar is at the desired height or adjustable mechanism is correctly installed.
- 5. Assemble and Attach Bench:** Assemble the foldable weight bench according to its specific instructions. Attach it to the power tower frame, ensuring the fixing bolt mechanism operates correctly for folding and unfolding.
- 6. Final Check:** Double-check all bolts, nuts, and connections to ensure they are tight and secure. Test

the stability of the entire unit before use.

5. OPERATING INSTRUCTIONS

The Goplus Power Tower offers multiple exercise options. Always maintain proper form and control during exercises.

Adjusting Height:

To adjust the height of the pull-up bar, locate the adjustment pins or knobs on the vertical supports. Pull them out, slide the upper section to the desired height (7 levels available), and re-insert the pins securely. Ensure both sides are adjusted to the same height.



Image: A visual guide to adjusting the power tower's height and the multi-position bench.

Using the Foldable Weight Bench:

The weight bench can be used for exercises like bench presses, dumbbell rows, and sit-ups. To deploy the bench, release the fixing bolt, lower the bench into position, and secure it. To fold it for storage, reverse the process, lifting the bench and securing it with the fixing bolt against the main frame.

Comfortable & Secure Design



Weight Bench Cushion

2 Elbow Cushions



2" Thickness

Waterproof & Sweat-proof
PU Leather

Soft & High
Resilience Foam

Image: Detailed view of the comfortable padding on the weight bench and elbow cushions, highlighting the durable and easy-to-clean PU leather.

Exercise Examples:

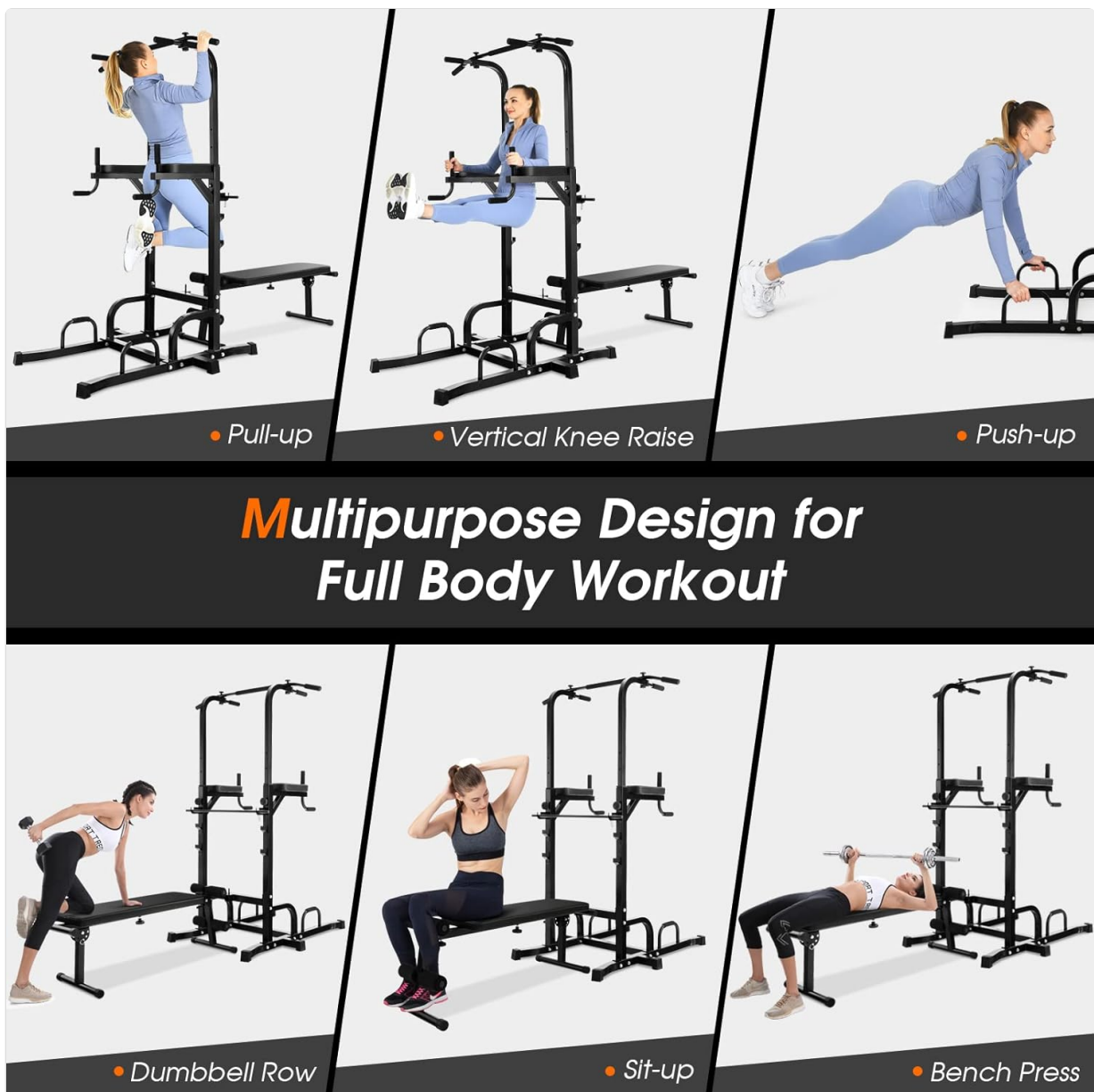


Image: A demonstration of the multi-purpose design, showcasing users performing pull-ups, vertical knee raises, push-ups, dumbbell rows, sit-ups, and bench presses.

- **Pull-ups:** Use the multiple-grip pull-up bar for various pull-up variations to target back and arm muscles.
- **Vertical Knee Raises/Leg Raises:** Utilize the padded armrests and backrest for core exercises.
- **Dips:** Use the dip handles to work chest, shoulders, and triceps.
- **Push-ups:** The lower handles can be used for elevated push-ups, increasing range of motion.
- **Bench Exercises:** With the bench deployed, perform bench presses, dumbbell rows, and sit-ups.

6. MAINTENANCE

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

- **Cleaning:** Wipe down the frame and padded surfaces with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then wipe dry.
- **Inspection:** Periodically check all bolts, nuts, and connections for tightness. Tighten any loose fasteners.
- **Wear and Tear:** Inspect padded areas, foam rollers, and handles for signs of wear, tears, or damage.

Replace any worn or damaged parts immediately to prevent injury.

- **Storage:** When not in use, especially for extended periods, ensure the bench is folded and secured. Store in a dry environment.

7. TROUBLESHOOTING

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

- **Wobbling/Instability:** Ensure the equipment is placed on a flat, level surface. Check and tighten all assembly bolts and nuts. The H-shaped base and non-slip foot pads are designed for stability, but loose connections can cause movement.
- **Difficulty Adjusting Height:** Ensure the adjustment pins are fully disengaged before attempting to slide the frame. Check for any obstructions or debris in the adjustment holes.
- **Bench Movement:** When the bench is deployed, ensure the fixing bolt is fully engaged and secured. If the bench feels unstable, re-check its attachment points to the main frame.
- **Missing Parts:** If parts were missing upon delivery, refer to the package contents section and contact Goplus customer support with your model number and purchase details.

8. SPECIFICATIONS

Feature	Detail
Brand	Goplus
Model Number	SU-37631-PS
Material	Metal, PU, PVC Foam
Color	Black
Adjustable Height Range	60.5" - 81.5" (154 cm - 207 cm)
Weight Capacity (Pull-up Bar)	500 lbs
Weight Capacity (Single Side Dip Bar)	385 lbs
Weight Capacity (Bench)	605 lbs
Item Weight	60.5 lbs
Package Weight	83 lbs
Item Package Dimensions (L x W x H)	50 x 29 x 4 inches
UPC	798470183315

9. WARRANTY AND SUPPORT

This product is specified to have **No Warranty**. For any questions regarding assembly, operation, or missing parts, please refer to the included instruction manual or contact Goplus customer support directly

through their official channels or the retailer where the product was purchased.