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## ONETWOFIT OT061

# ONETWOFIT OT061 Adjustable Multifunction Power Tower User Manual

Brand: ONETWOFIT | Model: OT061

## 1. INTRODUCTION AND PRODUCT OVERVIEW

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The ONETWOFIT OT061 Power Tower is a versatile, height-adjustable, and foldable strength training station designed for home workouts. This robust fitness equipment supports various exercises, including pull-ups, dips, leg raises, and push-ups, making it an ideal solution for developing strength and muscle mass across multiple body areas.

Key features include a space-saving foldable design, easy screw-free assembly, and multiple adjustment levels for height and armrests to accommodate various users and exercises.



Image 1.1: The ONETWOFIT OT061 Power Tower shown in its fully assembled, upright position and its compact, folded state. This illustrates the product's versatility and space-saving design.

## 2. SAFETY INFORMATION

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Before using the ONETWOFIT OT061 Power Tower, please read and understand all safety instructions. Failure to follow these instructions may result in injury or damage to the equipment.

- **Maximum Weight Capacity:** This equipment is designed to support a maximum user weight of 400 lbs (approximately 181.4 kg). Do not exceed this weight limit.
- **Assembly:** Ensure all components are correctly assembled and secured before use. Refer to the 'Setup and Assembly' section.
- **Stable Surface:** Always place the Power Tower on a flat, stable, and non-slip surface.
- **Clearance:** Maintain adequate clear space around the equipment during use to prevent accidents.
- **Inspection:** Regularly inspect the equipment for any signs of wear, damage, or loose connections. Do not use if damaged.

- **Children and Pets:** Keep children and pets away from the equipment during use and when unattended.
- **Medical Advice:** Consult a physician before starting any new exercise program.



Image 2.1: This diagram highlights the stable triangular base design of the ONETWOFIT Power Tower, emphasizing its enhanced stability and security compared to traditional designs with shorter, less stable bases.

### 3. PACKAGE CONTENTS

Please verify that all components are present and undamaged before beginning assembly. The package includes:

- Main frame components (vertical bars, base supports)
- Pull-up bar
- Dip station arms with elbow pads
- Backrest pad
- Comfortable grips
- Stainless steel connection pins

- Assembly instructions (this manual)

## SAY GOODBYE TO SCREWS

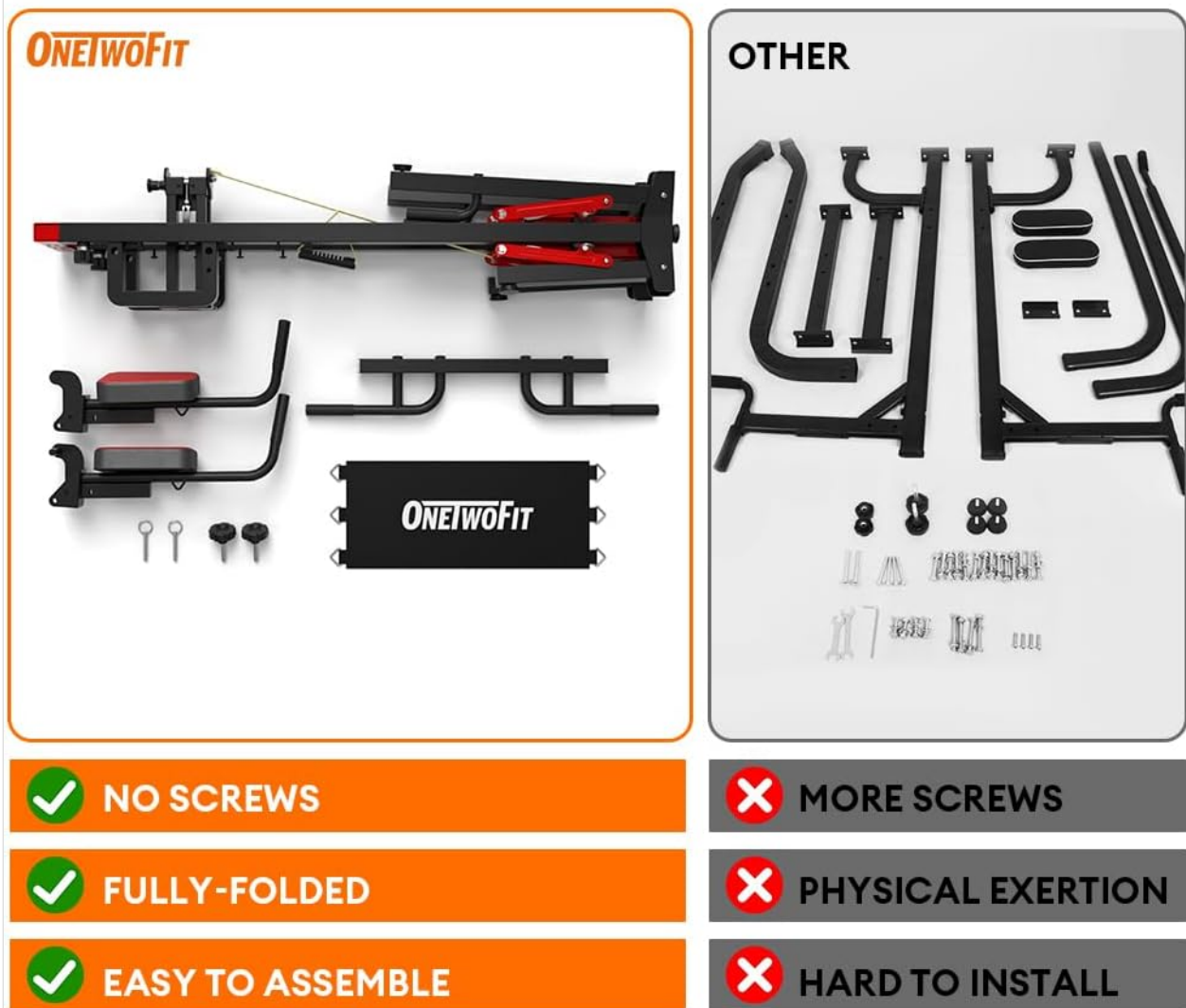


Image 3.1: An illustration of the ONETWOFIT Power Tower's components, highlighting the screw-free assembly design. All connections are made using stainless steel pins, simplifying the setup process.

### 4. SETUP AND ASSEMBLY

The ONETWOFIT OT061 Power Tower features a straightforward, screw-free assembly process. All connections are secured using stainless steel pins, ensuring stability without the need for complex tools.

1. Unpack all components and verify against the package contents list.
2. Assemble the base supports, ensuring they are securely connected.
3. Attach the vertical main frame bars to the base.
4. Install the pull-up bar at the desired initial height using the adjustment mechanism.
5. Mount the dip station arms, backrest, and elbow pads.
6. Ensure all pins are fully inserted and secured, and that the frame is stable before use.

For detailed visual guidance, refer to the assembly diagrams provided in the product packaging.

### 5. OPERATING INSTRUCTIONS

## 5.1 Height Adjustment

The Power Tower offers 9 levels of height adjustment for the pull-up bar, ranging from 50 inches (127 cm) to 88.2 inches (224 cm). To adjust the height:

1. Locate the adjustment button/knob on the vertical bars.
2. Press or turn the button to release the locking mechanism.
3. Carefully raise or lower the pull-up bar to the desired height.
4. Ensure the locking mechanism re-engages fully into one of the 9 height positions before use.

## 5.2 Armrest Height Adjustment

The armrests can be adjusted to 2 levels, from 34 inches (86.4 cm) to 41.5 inches (105.4 cm). Adjust as needed for comfort and proper exercise form.



Image 5.1: This image illustrates the 9 adjustable height levels for the pull-up bar, ranging from 50 to 88.2 inches, and the 2 adjustable levels for the armrests (34 to 41.5 inches). It also highlights the 400 lbs weight capacity.

### 5.3 Performing Exercises

The ONETWOFIT Power Tower supports a variety of exercises:

- **Pull-ups:** Use the top bar for various grip pull-ups to target back and arm muscles.
- **Dips:** Utilize the parallel bars for dips to work triceps and chest.
- **Leg Raises:** Use the backrest and armrests for vertical knee raises or leg raises to engage core muscles.
- **Push-ups:** The base can be used for elevated push-ups or as a stable platform for other bodyweight exercises.



Image 5.2: A visual representation of the multi-functional capabilities of the Power Tower, showing users engaging in pull-ups, dips, leg raises, and push-ups for comprehensive strength training.

### 5.4 Folding for Storage

To save space, the Power Tower can be easily folded. The folded footprint is approximately 9.8 inches x 9.8 inches (24.9 cm x 24.9 cm).

1. Ensure no one is using the equipment.
2. Follow the folding mechanism instructions (typically involves releasing pins or levers to collapse the

frame).

3. Store the folded unit in a safe, upright position.



Image 5.3: This diagram provides detailed dimensions of the ONETWOFIT Power Tower, including its height, width, and depth when fully assembled, as well as its compact size after folding (55.9 inches height, 9.8 inches width, 9.8 inches depth).

## 6. MAINTENANCE

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

- **Cleaning:** Wipe down the frame and pads with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Check Connections:** Periodically check all connection pins and structural joints to ensure they are secure. Tighten if necessary.
- **Pad Inspection:** Inspect the elbow pads, backrest, and grips for any signs of wear, tears, or damage. Replace if necessary.
- **Storage:** When not in use, store the folded Power Tower in a dry, cool place away from direct sunlight and extreme temperatures.

## 7. TROUBLESHOOTING

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If you encounter any issues with your ONETWOFIT Power Tower, refer to the following common troubleshooting tips:

- **Equipment Feels Unstable:**
  - Ensure the Power Tower is placed on a completely flat and level surface.
  - Verify that all connection pins are fully engaged and secured.
  - Check for any loose parts and tighten if applicable.
- **Difficulty Adjusting Height:**
  - Ensure the adjustment button/knob is fully disengaged before attempting to move the bar.
  - Check for any obstructions in the adjustment holes.
- **Squeaking Noises:**
  - Inspect all joints and connections for friction. A small amount of silicone lubricant may be applied to moving parts if necessary, avoiding contact with grips or pads.

If problems persist, please contact ONETWOFIT customer support.

## 8. SPECIFICATIONS

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<b>Brand</b>	ONETWOFIT
<b>Model Number</b>	OT061
<b>Material</b>	Robust Steel
<b>Color</b>	Black
<b>Maximum Weight Recommendation</b>	400 Pounds (181.4 kg)
<b>Unfolded Dimensions (L x W x H)</b>	38.8 x 31.5 x 88.2 inches (98.55 x 80.01 x 224.03 cm)
<b>Folded Footprint (L x W)</b>	9.8 x 9.8 inches (24.9 x 24.9 cm)
<b>Item Weight</b>	53 lbs (24.04 kg)
<b>Pull-up Bar Height Adjustment</b>	9 levels (50 to 88.2 inches / 127 to 224 cm)
<b>Armrest Height Adjustment</b>	2 levels (34 to 41.5 inches / 86.4 to 105.4 cm)
<b>Included Components</b>	Pull-up bar, Dip station, Backrest, Elbow pads

## 9. WARRANTY AND SUPPORT

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This ONETWOFIT Power Tower is covered by a manufacturer's warranty. For specific details regarding warranty coverage, duration, and terms, please refer to the warranty card included with your product or contact ONETWOFIT customer support directly.

For technical assistance, troubleshooting not covered in this manual, or to inquire about replacement parts, please contact ONETWOFIT customer service through their official website or the contact information provided

with your purchase.