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› Lifeline Fitness Exer Tower - Instruction Manual

Lifeline LLETW

Lifeline Fitness Exer Tower - Instruction Manual

Model: LLETW

1. INTRODUCTION

The Lifeline Fitness Exer Tower is a versatile, all-in-one workout machine designed for comprehensive bodyweight exercises. It allows users to perform a wide range of movements to target various muscle groups, making it an ideal addition to any home gym setup. This manual provides essential information for the safe and effective assembly, operation, and maintenance of your Exer Tower.



Figure 1: Front view of the Lifeline Fitness Exer Tower.

2. KEY FEATURES

- **All-in-one workout machine:** The Exer Tower is a perfect addition to your home gym setup. With variable positioning, the Exer Tower's bar moves to aid in upper/lower body and core muscle exercises.
- **Unlimited Exercise Potential:** From rows to sit-ups to dips; The Exer Tower is perfect for work from home fitness. Comes with a fully detailed online exercise chart showing a variety of potential workouts.
- **Total Gym Solution:** The Exer Tower can be used with other equipment to extend your workouts. Aerobic steps, resistance bands, barbell sets up to 100lb; All add variety and difficulty to your session!
- **Compact and Space-Saving:** Maximize your home gym space with this all-in-one workout machine. Unlike other workout equipment, The Exer Tower can collapse to be easily stored or moved. Tool-free assembled dimensions: 40.2" deep X 35.6" wide X 48.6" high.
- **Home Gym Equipment:** Solid construction, powder-coated steel and a welded frame support up to 300lb maximum user weight and add to the durability and functionality of this variable sports and fitness equipment.

3. ASSEMBLY AND SETUP

The Lifeline Fitness Exer Tower is designed for fast and easy tool-free assembly. Follow these general guidelines for setup:

1. Unpack all components and verify against the packing list.
2. Assemble the main frame components by aligning the designated connection points.
3. Secure all connections using the provided hand-cranked screws or quick-release mechanisms. Ensure all parts are firmly tightened before use.
4. The assembled dimensions are approximately 40.2 inches deep, 35.6 inches wide, and 48.6 inches high. Ensure you have adequate space for both the unit and your exercises.

FAST AND EASY TOOL-FREE ASSEMBLY



Figure 2: Illustration of the tool-free assembly process.



Figure 3: Key dimensions of the assembled Exer Tower.

4. OPERATION AND EXERCISES

The Exer Tower offers a wide range of exercise possibilities due to its adjustable features. The main bar can be adjusted to 10 different height positions, allowing for varied exercises and accommodating different user heights and fitness levels.

4.1 Adjustable Bar Height

The Exer Tower features 10 adjustable bar height positions. To adjust the bar, locate the adjustment knobs or levers on the side supports. Loosen them, slide the bar to the desired height, and then firmly re-secure the knobs/levers. Ensure the bar is locked in place before beginning any exercise.

10 BAR HEIGHT POSITIONS



Figure 4: The Exer Tower's 10 adjustable bar height positions.

4.2 Exercise Chart

Refer to the exercise chart below for a variety of potential workouts targeting upper body, lower body, and core muscles. This chart provides visual guidance for performing dips, pull-ups, push-ups, rows, squats, leg lifts, crunches, and more.

EXER TOWER EXERCISE CHART

UPPER BODY



DIP



PULL-UP



PUSH-UP



ROW

LOWER BODY



SQUAT TO BAR



LATERAL LEG LIFT



SINGLE LEG SQUAT



BENT KNEE LEG PULSE

CORE



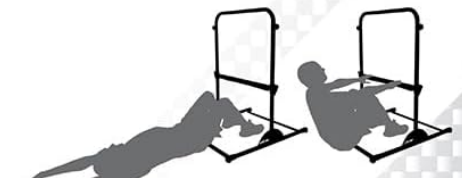
CRUNCH - OVER/UNDER BAR



MOUNTAIN CLIMBER - SOLE IN



PLANK JUMP - NARROW TO WIDE



SIT-UP TO BAR TOUCH

Figure 5: Comprehensive exercise chart for the Exer Tower.

4.3 Versatility and Additional Features

The Exer Tower is designed for use by individuals of varying fitness levels and can be integrated into diverse workout routines. Its compact design allows for use in various home environments.

EXER TOWER ANY BODY.



Figure 6: The Exer Tower's adaptability for 'Any Body, Anywhere'.

The unit also features quick-adjust J-hooks that can hold up to a 100lb aerobic weight set, expanding its functionality for strength training exercises when combined with other equipment like barbells and benches.

QUICK ADJUST J-HOOKS

Hold up to 100lb aerobic weight set

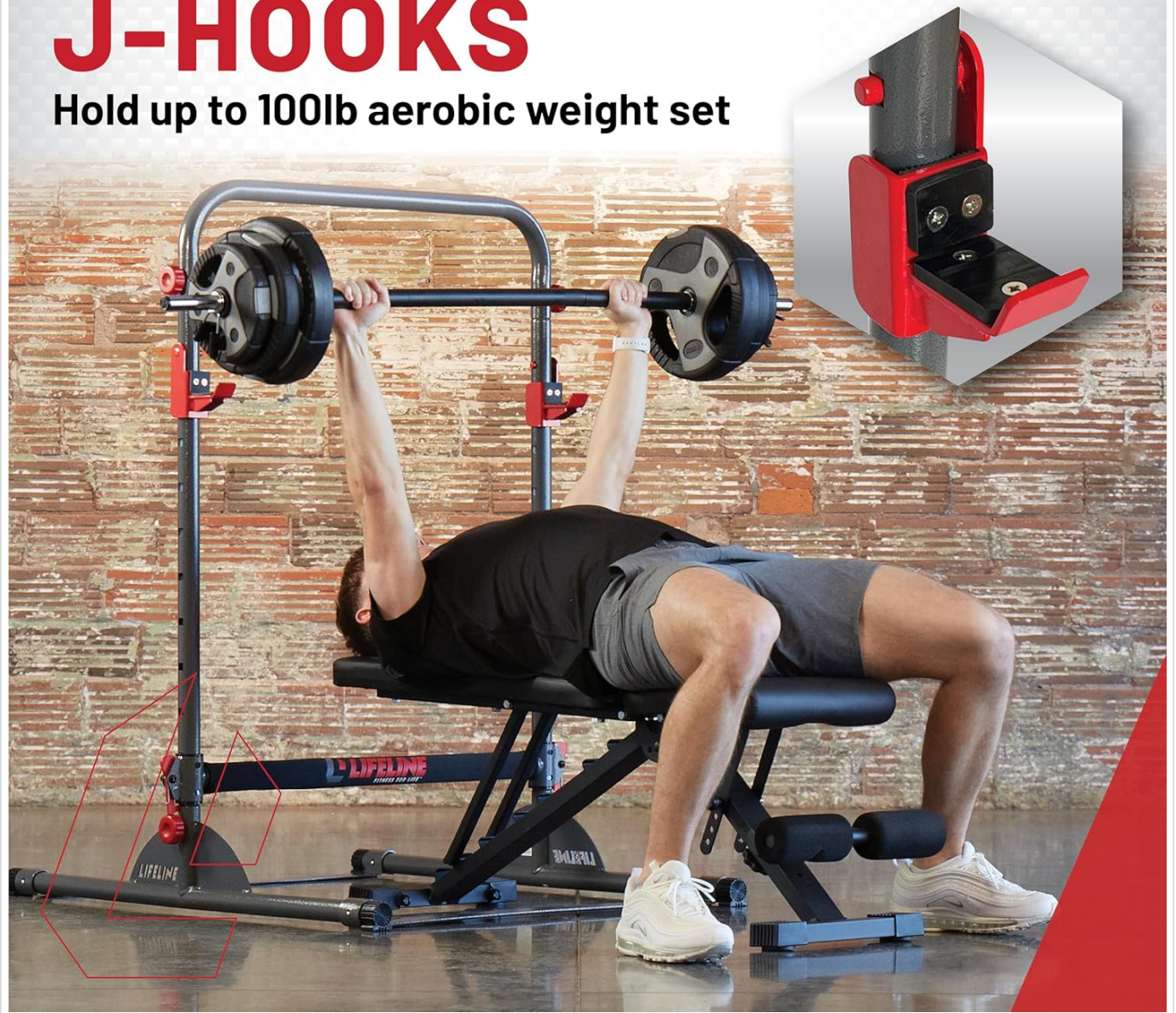


Figure 7: Detail of the quick-adjust J-hooks.

The adjustable bar is padded for comfort and supports up to 300 lbs, ensuring durability and safety during exercises such as push-ups and rows.

PADDED ADJUSTABLE BAR

Supports up to 300lb



Figure 8: The padded adjustable bar for enhanced comfort and support.

5. MAINTENANCE

To ensure the longevity and safe operation of your Lifeline Fitness Exer Tower, regular maintenance is recommended:

- **Cleaning:** Wipe down the frame and padded areas with a damp cloth after each use to remove sweat and dirt. Use mild soap and water if necessary, but avoid harsh chemicals.
- **Inspection:** Periodically check all bolts, screws, and connection points to ensure they are tight and secure. Tighten any loose fasteners immediately.
- **Storage:** If storing the unit, ensure it is clean and dry. The Exer Tower can be collapsed for easier storage.

6. TROUBLESHOOTING

If you encounter any issues with your Exer Tower, consider the following common troubleshooting steps:

- **Instability:** Ensure the unit is placed on a flat, level surface. Check that all assembly bolts and knobs are fully tightened.
- **Difficulty Adjusting Bar:** Verify that the adjustment knobs/levers are fully loosened before attempting to move the bar. Ensure there is no obstruction in the adjustment mechanism.
- **Squeaking Noises:** Inspect all joints and connections. A small amount of silicone-based lubricant can be applied to moving parts if persistent squeaking occurs, but avoid oil-based lubricants.

For issues not resolved by these steps, please contact customer support.

7. SPECIFICATIONS

Attribute	Detail
Brand	Lifeline
Model Number	LLETW
Material	Alloy Steel
Color	Black
Product Dimensions (L x W x H)	40.2" x 35.6" x 48.6"
Handle Type	Fixed
Maximum User Weight Recommendation	300 Pounds
Included Components	Exercise tower
UPC	754806351568

8. WARRANTY INFORMATION

The Lifeline Fitness Exer Tower is sold with **No Warranty** as per manufacturer specifications. Please refer to your retailer's return policy for details on product returns or exchanges.

9. CUSTOMER SUPPORT

For any questions, assistance, or support regarding your Lifeline Fitness Exer Tower, please contact customer service through the platform where you purchased the product. You can typically find customer support options on the product's listing page or within your order history.

Look for options such as:

- Customer Support
- Contact Seller
- Help & FAQs