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## Mobiclinic 1

# Mobiclinic MultiFit Power Tower User Manual

Model: 1 | Brand: Mobiclinic

## 1. INTRODUCTION

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The Mobiclinic MultiFit Power Tower is a versatile and robust piece of fitness equipment designed for comprehensive full-body workouts. This multi-functional station allows for a wide range of exercises, including pull-ups, dips, push-ups, and leg raises, targeting various muscle groups such as the back, chest, arms, shoulders, and core. Its adjustable features and sturdy construction make it suitable for a home gym environment, supporting users up to 200 kg.

## 2. SAFETY INFORMATION

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Please read all safety warnings and instructions carefully before assembling and using the MultiFit Power Tower. Failure to follow these instructions may result in injury or damage to the equipment.

- **Consult a Physician:** Before starting any exercise program, consult with a healthcare professional to ensure it is appropriate for your physical condition.
- **Assembly:** Ensure all parts are correctly assembled and all bolts and nuts are securely tightened before use. Regularly check for loose components.
- **Placement:** Place the Power Tower on a flat, stable, and non-slip surface. Ensure adequate clear space around the equipment for safe exercise.
- **Weight Limit:** Do not exceed the maximum user weight of 200 kg (441 lbs).
- **Inspection:** Before each use, inspect the equipment for any signs of wear, damage, or loose parts. Do not use if damaged.
- **Children and Pets:** Keep children and pets away from the equipment during use.
- **Proper Form:** Always use proper exercise form to prevent injury. If you experience pain or discomfort, stop exercising immediately.
- **Anti-Slip Supports:** The unit is equipped with 4 anti-slip supports at the base to enhance stability. Ensure these are in full contact with the floor.

# MAXIMUM SECURITY AND STABILITY



## 4 ANTI-SLIP SUPPORTS

*Image: The base of the Power Tower featuring four anti-slip supports for enhanced stability and safety during workouts.*

### 3. PACKAGE CONTENTS

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Your Mobiclinic MultiFit Power Tower package includes the following main components:

- Main Frame Components (Vertical and Horizontal Bars)
- Pull-up Bar
- Dip Station Handles
- Padded Backrest
- Padded Armrests
- Push-up Grips
- All necessary Nuts, Bolts, Washers, and Tools for assembly



*Image: The complete Mobiclinic MultiFit Power Tower, illustrating its primary components and various exercise functionalities.*

## 4. ASSEMBLY INSTRUCTIONS

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Assembly of the Mobiclinic MultiFit Power Tower typically requires two people. Follow the step-by-step instructions provided in the included assembly guide. Ensure all components are present before beginning.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface. Verify all parts against the parts list in your assembly guide.
2. **Assemble Base Frame:** Connect the horizontal base bars to the vertical support posts using the provided bolts and nuts. Do not fully tighten bolts until the entire frame is assembled.
3. **Attach Vertical Supports:** Secure the main vertical support beams to the base frame.
4. **Install Dip Station and Backrest:** Attach the dip station arms, padded armrests, and adjustable backrest to the main frame. Ensure the backrest height adjustment mechanism is functional.
5. **Mount Pull-up Bar:** Secure the pull-up bar to the top of the vertical supports.
6. **Attach Push-up Grips:** Install the push-up grips at the base of the unit.
7. **Final Tightening:** Once all components are in place, systematically tighten all bolts and nuts securely. Do not overtighten.
8. **Stability Check:** Gently shake the assembled unit to ensure it is stable and all connections are secure.

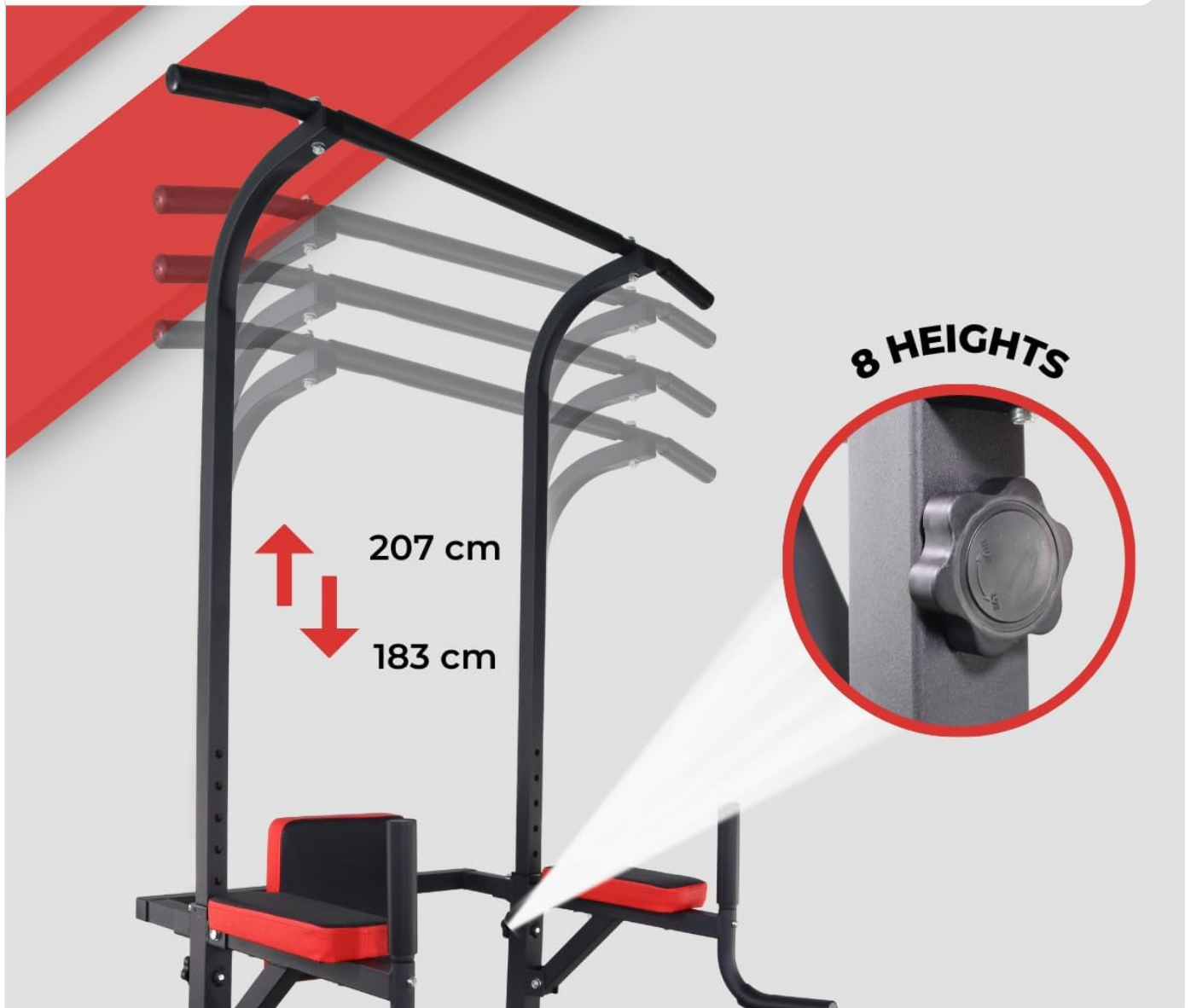
## 5. PRODUCT FEATURES AND ADJUSTMENTS

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The MultiFit Power Tower is designed with user comfort and adaptability in mind, featuring several adjustable and ergonomic elements.

- **Adjustable Height Backrest:** The backrest can be adjusted to different heights to accommodate various user heights and exercise preferences, ensuring personalized comfort and support during exercises like leg raises.
- **Padded Comfort:** Non-slip foam padding is integrated into the backrest, armrests, and push-up grips, providing comfort and reducing strain during prolonged use.
- **Sturdy Structure:** Constructed from stainless steel, the tower offers a robust and durable framework capable of supporting significant weight and intense workouts.

## OUR MULTI FIT MACHINE ADAPTS TO YOU!



*Image: The Power Tower's height adjustment mechanism, illustrating its range from 183 cm to 207 cm, allowing for 8 different height settings.*

## TOP FEATURES!

**Backrest**



**Armrest**



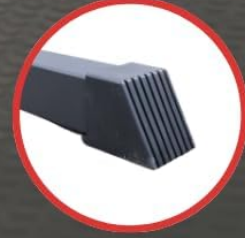
**Sturdy structure**



**Spring**



**Anti slip**



*Image: A detailed breakdown of the Power Tower's top features, including the backrest, armrests, sturdy structure, spring mechanism, and anti-slip components.*



*Image: Close-up views of the padded anti-slip backrest and armrests, designed for maximum comfort during training.*

## 6. OPERATING INSTRUCTIONS (EXERCISES)

The Mobiclinic MultiFit Power Tower is an all-in-one solution for various strength training exercises. Here are some common exercises you can perform:

- **Pull-ups / Chin-ups:** Use the top bar for back and bicep development. Vary grip width and style for different muscle engagement.
- **Dips:** Utilize the parallel bars for chest, triceps, and shoulder workouts.
- **Leg Raises / Knee Raises:** Position yourself against the backrest and armrests to target abdominal muscles.
- **Push-ups:** Use the lower grips for elevated push-ups, allowing for a deeper range of motion and increased chest activation.
- **Inverted Rows:** Use the lower bars for bodyweight rows, targeting the back and biceps.

Always maintain proper form and control throughout each exercise. Start with a manageable number of repetitions and gradually increase as your strength improves.

# All in 1

## Elevations



## Leg raises



## inverted row



## Funds



## Open elevations



## Push ups



Image: An overview of the diverse exercises possible with the MultiFit Power Tower, including elevations (pull-ups), leg raises, inverted rows, funds (dips), open elevations, and push-ups.

## 7. MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your Mobiclinic MultiFit Power Tower.

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and connections to ensure they are tight. Re-tighten if necessary.
- **Lubrication:** If any moving parts (e.g., height adjustment mechanism) become stiff, apply a small amount of silicone-based lubricant.
- **Storage:** Store the Power Tower in a dry, cool place away from direct sunlight and extreme temperatures.

## 8. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Unit feels unstable or wobbly	Loose bolts or uneven surface.	Ensure all assembly bolts are fully tightened. Place the unit on a completely flat and level surface. Check that all four anti-slip supports are making full contact with the floor.
Difficulty adjusting height	Mechanism is stiff or obstructed.	Clean the adjustment mechanism. Apply a small amount of silicone lubricant if necessary. Ensure no debris is obstructing the movement.
Squeaking noises during use	Loose connections or friction between metal parts.	Check and tighten all bolts. Apply lubricant to any points of friction.

## 9. SPECIFICATIONS

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Feature	Detail
Brand	Mobiclinic
Model Number	1
Material	Stainless Steel
Color	Red and Black
Product Dimensions (L x W x H)	44 x 96 x 207 cm (17.3 x 37.8 x 81.5 inches)
Product Weight	20 kg (44.1 lbs)
Maximum User Weight Capacity	200 kg (441 lbs)
Handle Type	Fixed

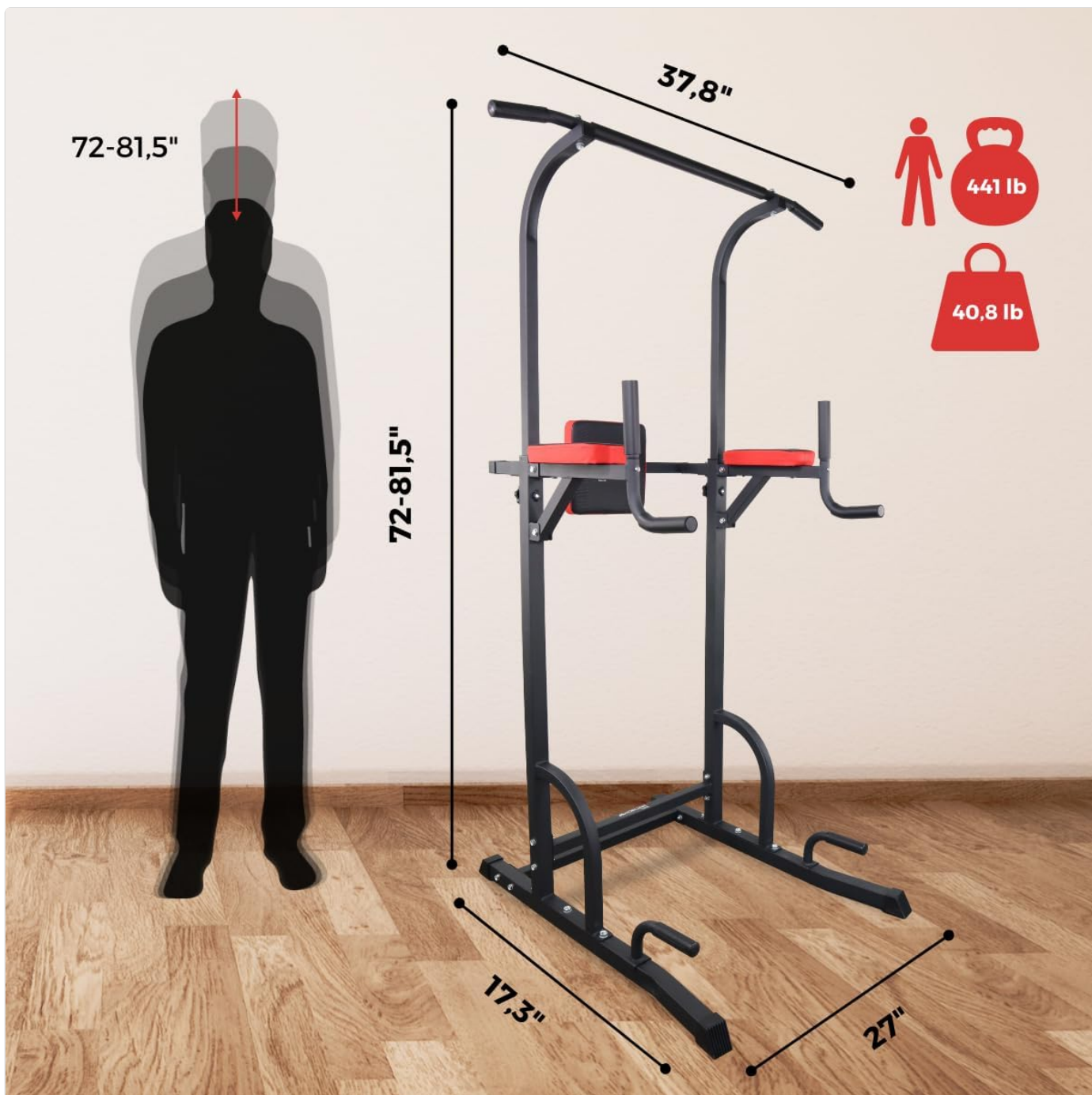


Image: Detailed dimensions of the Power Tower, including height, width, and depth, along with its weight capacity.

## 10. WARRANTY AND SUPPORT

Mobiclinic S.L. has been providing quality products since 1985. For information regarding warranty coverage, product support, or to purchase replacement parts, please refer to the contact information provided with your purchase documentation or visit the official Mobiclinic website. Please retain your proof of purchase for warranty claims.