

leikefitness US-XR107

leikefitness Multifunction Power Tower User Manual

MODEL: US-XR107

Brand: leikefitness

Introduction

This manual provides detailed instructions for the assembly, safe operation, maintenance, and troubleshooting of your leikefitness Multifunction Power Tower (Model US-XR107). This multi-functional dip station supports various exercises including vertical knee raises, push-ups, dips, and pull-ups, designed to strengthen your arms, core, shoulders, chest, and back. Please read this manual thoroughly before assembly and use to ensure proper function and safety.

Product Features

- **All-in-One Multifunctional Design:** Supports vertical knee raises, push-ups, dips, and pull-ups for comprehensive upper body and core training.
- **Robust Construction:** Features a heavy-duty powder-coated steel tube frame and non-slip foot sets for enhanced stability. Includes customized back cushions and elbow pads for comfort during workouts.
- **Ergonomic and Adjustable:** The removable weight bench and backrest offer flexibility for various strength training exercises. The sit-up bench can be declined, set flat, or collapsed for space-saving storage.
- **Space-Saving and Versatile:** Designed for compact spaces, suitable for any room or garage. The pull-up and dip bar station offers 9 adjustable height settings, ranging from 64.96 to 90.55 inches, to adapt to different user needs and exercise types.
- **High Weight Capacity:** Engineered to support over 500 lbs, ensuring safety and durability for intense workouts.



Figure 1: Overview of the leikefitness Multifunction Power Tower, highlighting its all-in-one design.

Specifications

Feature	Detail
Product Dimensions	110L x 97W x 230H Centimetres (43.3L x 38.2W x 90.55H inches)
Item Weight	30.9 kg (68.1 lbs)
Material	Steel + PP (Polypropylene)
Color	Black with Orange accents
Maximum Weight Recommendation	500 Pounds
Height Adjustment	9 adjustable settings (64.96 - 90.55 inches)
Included Components	1 Power Tower
Model Number	US-XR107

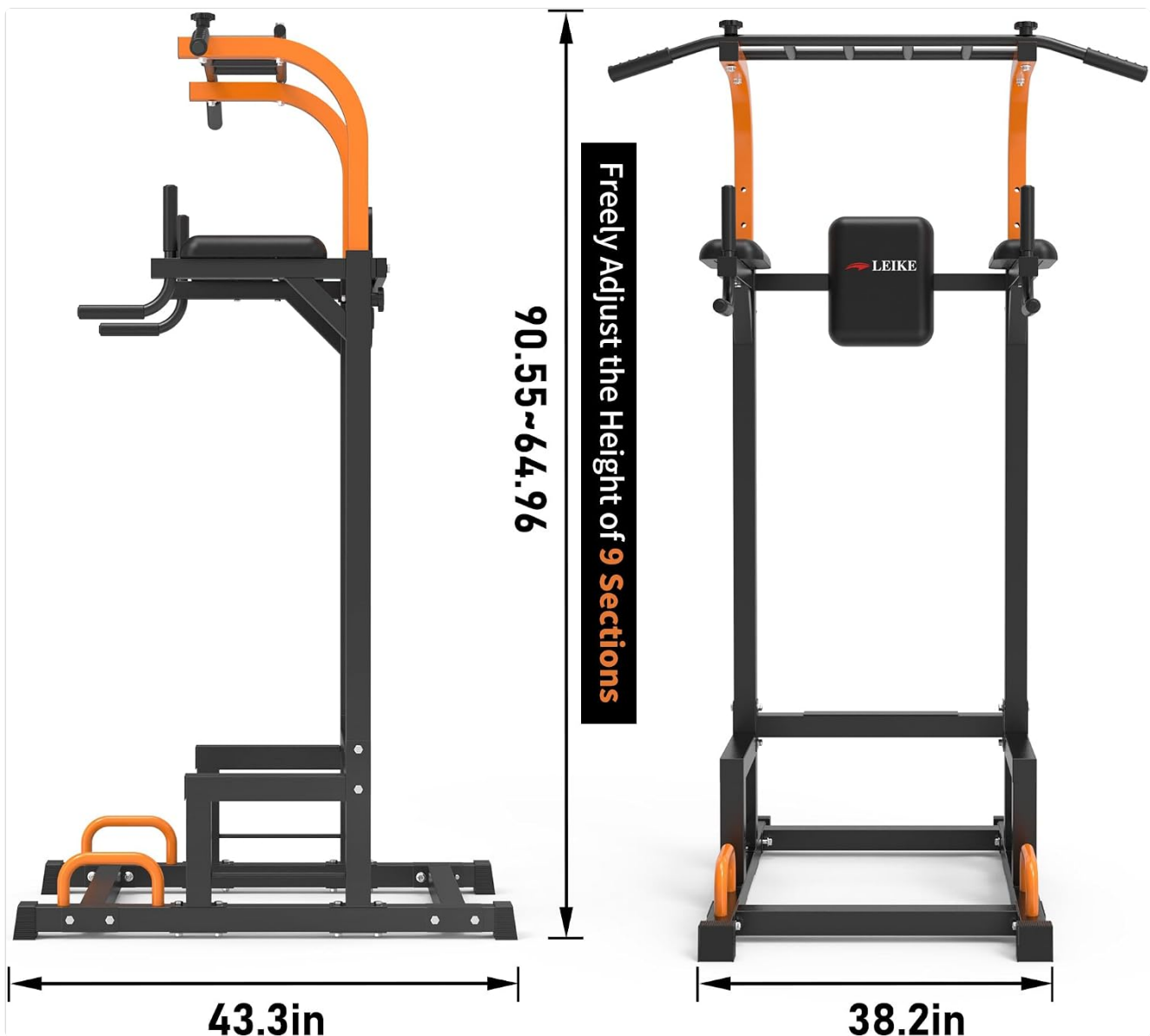


Figure 2: Detailed dimensions of the Power Tower.

Setup and Assembly

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

1. **Unpack Components:** Carefully remove all parts from the packaging. Verify all components and hardware are present against the parts list in your included manual.
2. **Install the Bottom Bracket Assembly:** Attach the base frame components using the provided M10 screws and two M10 gaskets per screw. Temporarily secure parts by hand, then use the wrench to fully tighten.
3. **Install the Bottom Bracket and Strut Assembly:** Connect the main support structures to the base. Ensure all connections are secure with M10 screws and gaskets. Flip the base structure as needed to facilitate installation.
4. **Install the Central Assembly:** Attach the central support bars and the backrest/elbow pad assembly. Use short M8 screws (3cm) and M8 washers for the backrest/elbow pad.
5. **Assemble the Top Crossbar:** Secure the pull-up bar and its supports to the main frame. Use short M10 screws (5.5cm) and M10 washers.
6. **Install Height Adjustment Screws:** Insert the height adjustment screws into the designated holes on the

vertical posts. These allow you to customize the height of the pull-up bar.

Video 1: Step-by-step assembly guide for the leikefitness Multifunction Power Tower. This video demonstrates unpacking, attaching base components, installing support structures, and securing the pull-up bar and height adjustments.

DETAILS



MULTIPLE GRIP POSITIONS



HUMANIZED CUSHIONS



PUSH UP BRACKET



MULTIFUNCTIONAL BASE

Figure 3: Close-up view of key components and their assembly points.

Operating Instructions

The leikefitness Power Tower offers a variety of exercises. Always ensure the equipment is stable and all screws are tightened before beginning your workout.

- **Pull-ups:** Use the top crossbar for various grip positions (wide, narrow, neutral). Adjust the height as needed for full range of motion.
- **Dips:** Utilize the dip handles with the padded armrests for chest and triceps dips. Maintain a controlled movement throughout the exercise.
- **Vertical Knee Raises / Leg Raises:** Position your forearms on the padded armrests and back against the backrest. Lift your knees towards your chest or extend your legs straight for core engagement.

- **Push-ups:** Use the lower push-up brackets for elevated push-ups, which can increase the range of motion and intensity.

Video 2: Demonstration of various exercises possible with the leikefitness Power Tower, including pull-ups, dips, and leg raises.

MORE CHOICES

PARALLEL BARS EXERCISE

The stepped structure design not only increases the exercise method, but also provides more stable safety.

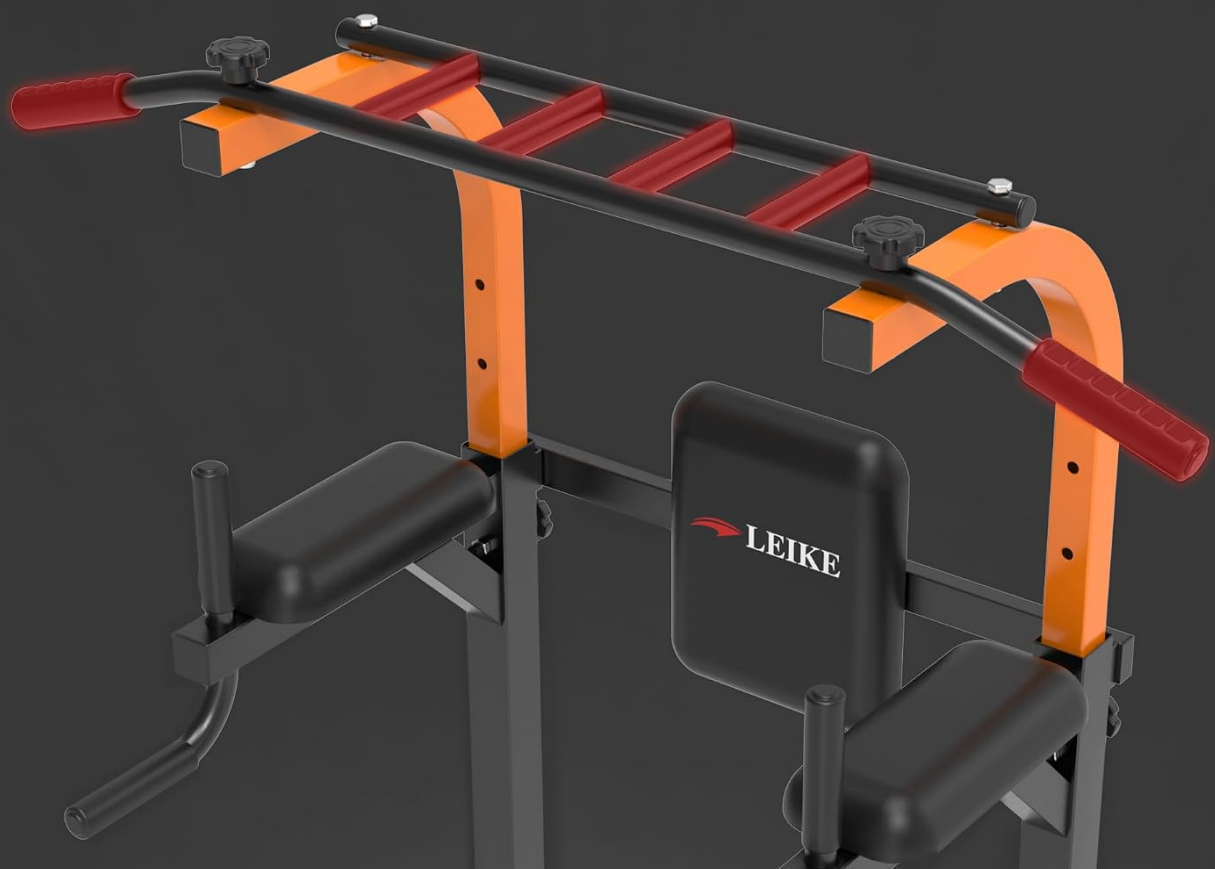


Figure 4: User demonstrating parallel bars exercise, highlighting the stepped structure design for increased exercise methods and stability.

FREELY ADJUST THE HEIGHT OF 9 SECTIONS

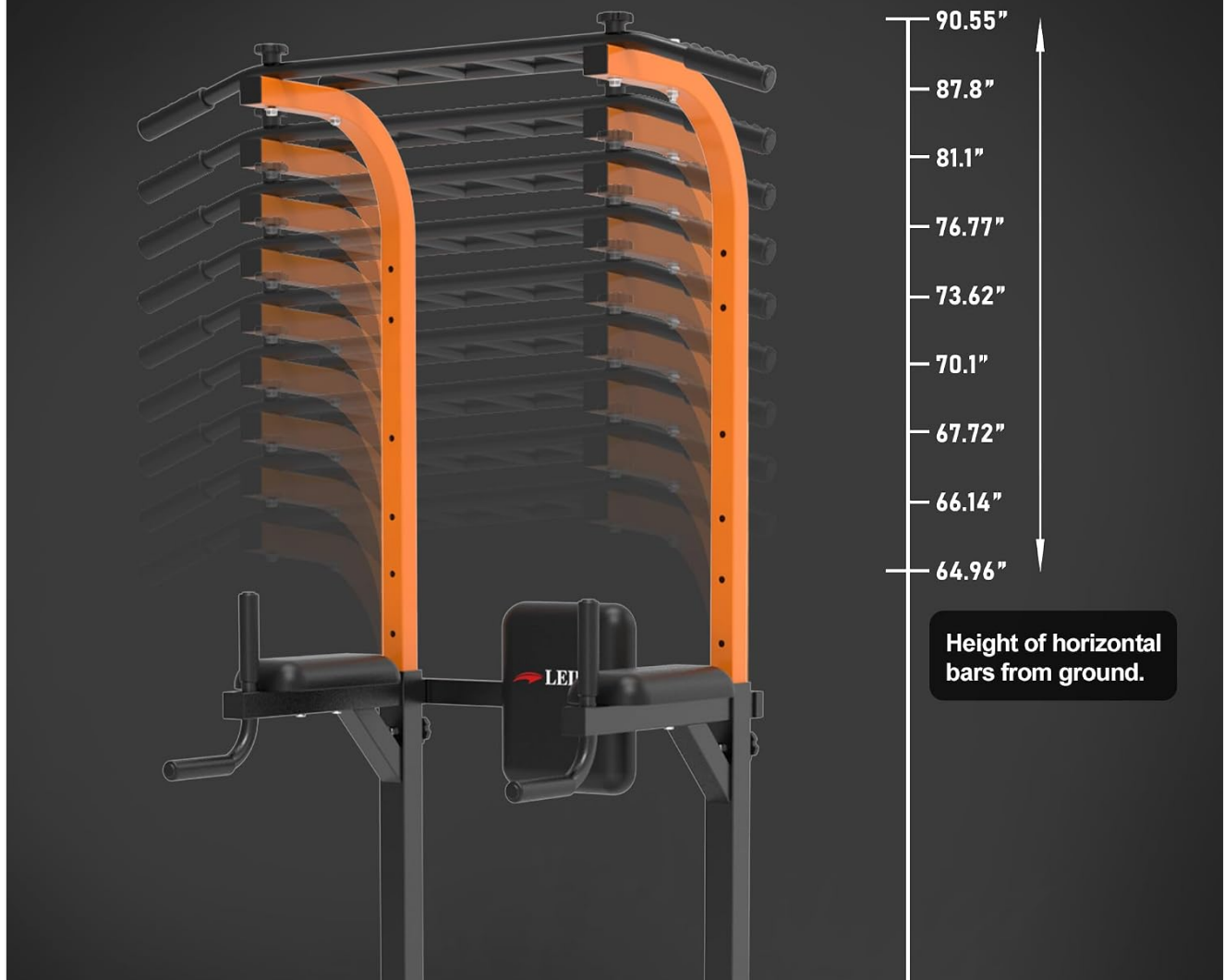


Figure 5: Illustration of the 9-section height adjustment feature, allowing adaptation to different exercise needs and user heights.

Maintenance

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

- **Check Fasteners:** Periodically inspect all nuts, bolts, and screws. Tighten any loose fasteners to prevent wobbling and ensure stability.
- **Clean Equipment:** Wipe down the frame and padded areas with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Inspect for Wear:** Regularly check for any signs of wear or damage on the frame, grips, or padding. Replace worn parts immediately.
- **Lubrication:** If any moving parts (e.g., height adjustment mechanisms) become stiff, apply a small amount of silicone-based lubricant.

Troubleshooting

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

- **Wobbling or Instability:**

- Ensure the Power Tower is placed on a flat, level surface.
- Check and tighten all assembly bolts and nuts.
- Verify that the non-slip foot sets are properly installed and making full contact with the floor.

- **Difficulty Adjusting Height:**

- Loosen the adjustment knob completely before attempting to change height.
- Ensure the adjustment pin is fully disengaged from the previous hole.
- Clean any debris from the adjustment holes and apply a light lubricant if necessary.

- **Squeaking Noises:**

- Identify the source of the squeak.
- Tighten any loose bolts in the affected area.
- Apply a small amount of lubricant to contact points if tightening does not resolve the issue.

Warranty and Support

Your leikefitness Multifunction Power Tower comes with a manufacturer's warranty.

- **Warranty Type:** Manufacturer
- **Warranty Period:** One year

For any questions, concerns, or warranty claims, please contact leikefitness customer support. Refer to the contact information provided with your purchase or visit the official leikefitness store online.

Manufacturer Contact Information: One year warranty.

For additional support and product information, visit the [leikefitness Store](#).