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AVGVLIJ JSYD-01

AVGVLIJ Power Tower Workout Dip Station Pull Up Bar User Manual

Model: JSYD-01

1. Introduction

Thank you for choosing the AVGVLIJ Power Tower Workout Dip Station Pull Up Bar. This versatile fitness equipment is designed to provide a comprehensive full-body workout in the comfort of your home. Please read this manual thoroughly before assembly and use to ensure safe and effective operation.





A full view of the AVGVLIJ Power Tower, showcasing its black steel frame, pull-up bar, and dip handles.

Key Features:

- **Multi-functional Design:** Supports pull-ups, dips, push-ups, and other strength training exercises for a full-body workout.
- **Premium Quality Materials:** Constructed from sturdy steel with a heavy-duty metal frame for stability and durability.
- **Adjustable Height:** Features 10 adjustable height levels from 66.5 inches to 82.7 inches, suitable for various users.
- **Space-Saving:** Compact design ideal for home gyms with limited space.
- **Comfort and Safety:** Equipped with comfort protection foam, non-slip grips, and a stable triangle support base with splayed anti-rollover legs.

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2. Safety Instructions

To prevent injury, please observe the following safety precautions:

- Consult a physician before starting any exercise program.
- Ensure all bolts, nuts, and connections are securely tightened before each use.

- Place the power tower on a flat, stable surface. Do not use on uneven ground.
- The maximum weight capacity for this equipment is 330 lbs (150 kg). Do not exceed this limit.
- Keep children and pets away from the equipment during use.
- Inspect the equipment for wear and tear, loose parts, or damage before each workout. Discontinue use if any damage is found.
- Wear appropriate athletic clothing and footwear during exercise.
- Perform exercises in a controlled manner. Avoid sudden, jerky movements.
- Stop exercising immediately if you feel pain, dizziness, or nausea.

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3. Setup and Assembly

Package Contents:

Verify that all components are present before beginning assembly:

- Main Frame Components
- Pull-Up Bar
- Dip Handles
- Base Supports
- Hardware Kit (bolts, nuts, washers, tools)
- Instruction Manual



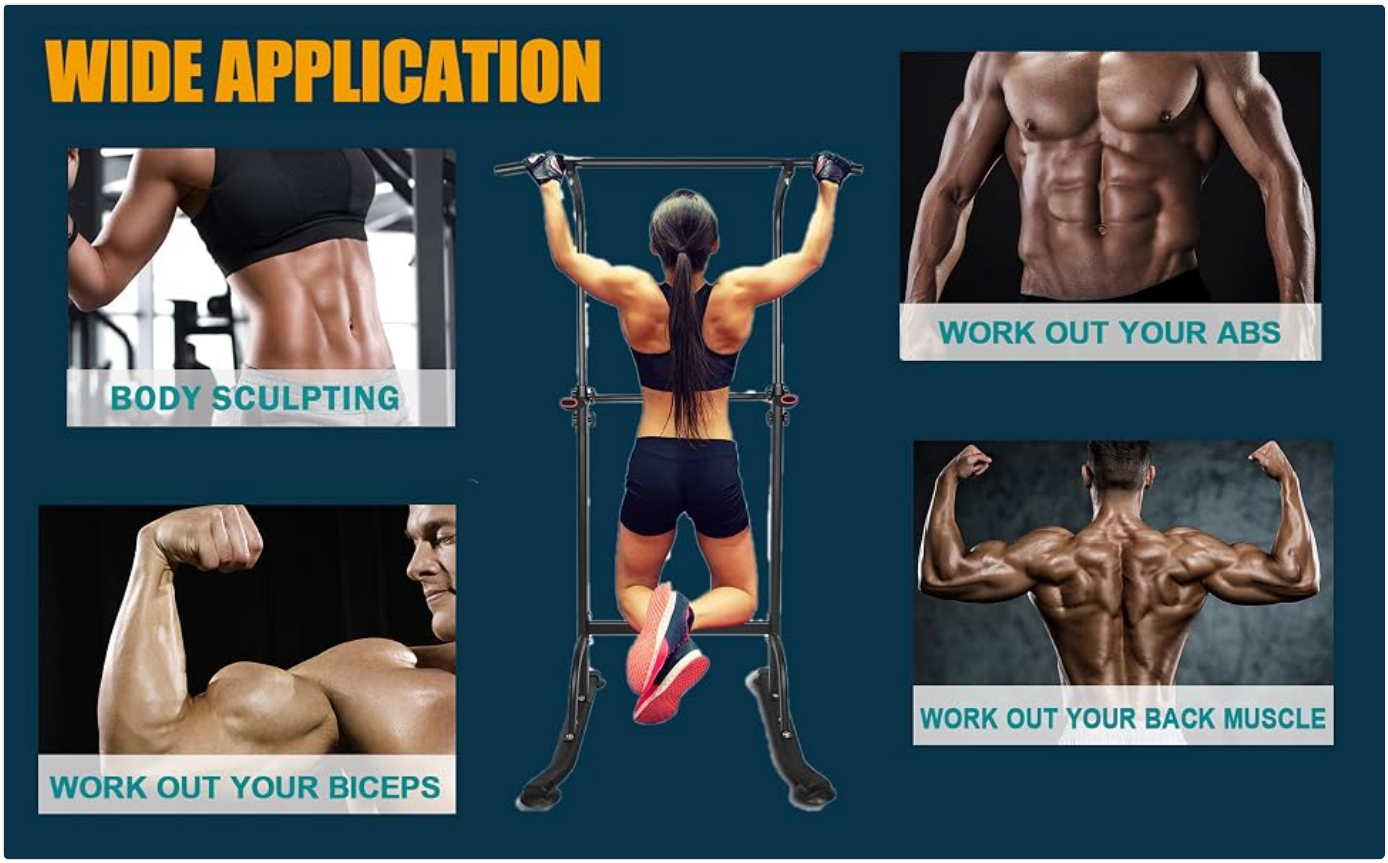
A detailed diagram highlighting key features of the AVGVLIJ Power Tower, including comfort protection foam, non-slip gloves, extended parallel bar handle, stable triangle support, 2.4-inch bold main frame, tilt back and strengthen crossbar, and splayed anti-rollover legs.

Assembly Steps:

Follow these steps carefully. It is recommended to have two people for assembly.

1. Unpack all components and lay them out on a clean, flat surface.
2. Attach the base supports to the main vertical frames using the provided bolts and nuts. Ensure they are securely fastened.
3. Connect the two vertical frames with the lower crossbar.

4. Install the dip handles onto the main vertical frames at your desired height, securing them with the adjustment knobs.
5. Attach the pull-up bar to the top of the vertical frames. Ensure all connections are tight.
6. Double-check all bolts and nuts to ensure they are fully tightened before first use.



An overview of the fully assembled AVGVLIJ Power Tower, ready for use.

4. Operating Instructions

Height Adjustment:

The AVGVLIJ Power Tower features 10 adjustable height levels for the pull-up bar, ranging from 66.5 inches to 82.7 inches. To adjust the height:

1. Loosen the adjustment knobs on both sides of the vertical frames.
2. Carefully slide the upper section with the pull-up bar to the desired height.
3. Ensure the locking pins are fully engaged in the adjustment holes on both sides.
4. Tighten the adjustment knobs firmly to secure the pull-up bar in place.



A user performing pull-ups on the AVGVLIJ Power Tower, with an accompanying graphic illustrating the 10 adjustable height levels ranging from 66.5 inches to 82.7 inches.

Exercise Guide:

The power tower allows for a variety of exercises targeting different muscle groups:



An illustration showing the AVGVLIJ Power Tower in use for three core exercises: pull-ups for back and upper limbs, dips for arms and pectorals, and push-ups for chest and arm muscles.

- **Pull-ups:** Grip the pull-up bar with an overhand grip, hands slightly wider than shoulder-width apart. Hang freely, then pull your body up until your chin clears the bar. Slowly lower back down. Targets back, biceps, and shoulders.
- **Dips:** Grip the dip handles with a neutral grip. Lower your body by bending your elbows until your shoulders are below your elbows. Push back up to the starting position. Targets triceps, chest, and shoulders.
- **Push-ups:** Use the lower handles for elevated push-ups or the base for standard push-ups. Maintain a straight body line from head to heels. Targets chest, shoulders, and triceps.
- **Leg Raises:** Stand facing the dip handles, grip them for stability. Raise your legs straight up or bent at the knees towards your chest. Targets abdominal muscles.



A user performing pull-ups on the AVGVLIJ Power Tower, with inset images demonstrating how the exercise targets abs, biceps, and back muscles.

5. Maintenance

Regular maintenance ensures the longevity and safe operation of your power tower:

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Inspection:** Periodically inspect all structural components, bolts, and nuts for any signs of wear, damage, or loosening.
- **Tightening:** Re-tighten all bolts and nuts every few weeks, or if you notice any wobbling or instability.
- **Storage:** Store the power tower in a dry, cool place away from direct sunlight and extreme temperatures.

6. Troubleshooting

If you encounter any issues with your power tower, refer to the following table:

Problem	Possible Cause	Solution
Equipment feels wobbly or unstable.	Loose bolts or nuts; uneven surface.	Ensure all bolts and nuts are securely tightened. Move the equipment to a flat, level surface.
Difficulty adjusting height.	Adjustment knobs not fully loosened; locking pins stuck.	Ensure adjustment knobs are completely loosened. Gently wiggle the bar while adjusting. Check for any obstructions in the adjustment holes.
Squeaking noises during use.	Loose connections; metal-on-metal friction.	Tighten all bolts and nuts. Apply a small amount of silicone lubricant to contact points if necessary (avoiding grips).

7. Specifications

Detailed specifications for the AVGVLIJ Power Tower:

Feature	Detail
Brand	AVGVLIJ
Model Number	JSYD-01
Material	Iron
Color	Black
Product Dimensions (L x W x H)	21.65" x 31.1" x 66.5"-82.7" (Adjustable Height)
Handle Type	Grip
Maximum Weight Recommendation	330 Pounds (150 kg)
Item Weight	29.8 Pounds (13.5 kg)
Included Components	Station Pull Up Bar (full assembly kit)
UPC	797422628577

8. Warranty and Support

Warranty Information:

This AVGVLIJ Power Tower comes with a limited warranty. Please refer to the warranty card included in your package for specific terms and conditions, or contact customer support for details.

Customer Support:

For any questions, assistance with assembly, or troubleshooting, please contact AVGVLIJ customer support. Contact details can typically be found on the product packaging or the official AVGVLIJ website.

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