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Sportsroyals BLACK 001

Sportsroyals Power Tower Dip Station User Manual

Model: BLACK 001

INTRODUCTION

Thank you for choosing the Sportsroyals Multi-Function Power Tower Dip Station. This equipment is designed to provide a comprehensive full-body strength training experience in the comfort of your home. With its robust construction and versatile features, it supports a wide range of exercises including pull-ups, dips, inverted rowing, leg raises, and push-ups. This manual provides essential information for safe assembly, operation, maintenance, and troubleshooting to ensure optimal performance and longevity of your power tower.

SAFETY INFORMATION

Please read all instructions carefully before assembling and using the Sportsroyals Power Tower. Failure to follow these instructions may result in injury or damage to the product.

- Ensure all bolts and nuts are securely tightened before each use.
- Place the power tower on a flat, stable, and non-slip surface.
- Maintain adequate clear space around the equipment during use.
- Do not exceed the maximum weight recommendation of 330 pounds.
- Children should only use the equipment under adult supervision.
- Consult a physician before starting any new exercise program.
- Inspect the equipment regularly for wear and tear. Replace worn or damaged parts immediately.

COMPONENTS LIST

Before assembly, verify that all parts are present and undamaged. Refer to the included assembly manual for a detailed list of components and hardware.

Key components include:

- Main Frame Components (Vertical bars, base supports)
- Pull-up Bar
- Dip Handles
- Backrest Pad
- Armrest Pads
- Adjustable Foot Covers

- Assembly Hardware (Bolts, nuts, washers)
- Professional Installation Tools

SETUP AND ASSEMBLY

The Sportsroyals Power Tower is designed for quick and straightforward assembly, typically completed in 3 steps. A detailed assembly manual and intuitive installation video are provided to guide you through the process.

1. **Step 1: Install the Base.** Begin by securely assembling the base components to ensure a stable foundation for the power tower.
2. **Step 2: Attach Handrails and Backrest.** Proceed with installing the handrails and the adjustable backrest, ensuring they are firmly attached to the main frame.
3. **Step 3: Install the Pull-up Bar.** Finally, attach the pull-up bar to the top of the frame. Once all components are assembled and tightened, your fitness journey can begin.



Figure 1: Visual guide for the 3-step quick assembly process.

OPERATING INSTRUCTIONS

The Sportsroyals Power Tower offers a versatile platform for various strength training exercises. Adjust the height and backrest to suit your body and exercise needs.

Adjustments:

- **Height Adjustment:** The pull-up machine features 9 levels of height adjustment, ranging from 57.09 inches to 86.61 inches, accommodating users of different heights.
- **Backrest Adjustment:** There are 5 levels of backrest adjustment to provide precise support for your waist and back during exercises, ensuring comfort and proper posture.



Figure 2: Height and backrest adjustment features for family use.

Exercise Guide:

This 10-in-1 station supports a variety of exercises for full-body muscle building:

- **Pull-ups:** Use the top bar for various grip pull-ups to target back and arm muscles.

- **Dips:** Utilize the dip handles for chest and triceps development.
- **Leg Raises:** Use the backrest and armrests for core strengthening exercises.
- **Inverted Rowing:** Position yourself under the pull-up bar for inverted rows, targeting back muscles.
- **Push-ups:** The base provides integrated push-up grips for chest and triceps workouts.



Figure 3: Examples of full-body strength training exercises.

Ideal for Full Body Muscle Building



Figure 4: Ideal for full body muscle building, targeting various muscle groups.

MAINTENANCE

Regular maintenance ensures the safety and longevity of your Sportsroyals Power Tower.

- **Cleaning:** Wipe down the frame and pads with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Inspection:** Periodically check all nuts, bolts, and connections for tightness. Retighten as necessary.
- **Wear and Tear:** Inspect pads, grips, and structural components for any signs of wear, cracks, or damage. Replace any compromised parts immediately to prevent injury.
- **Storage:** Store the power tower in a dry, cool place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Equipment feels wobbly or unstable.	Loose bolts or uneven surface.	Ensure all assembly bolts are tightened. Adjust the foot covers to level the unit on uneven ground. Place on a stable, flat surface.
Difficulty adjusting height or backrest.	Adjustment pins not fully disengaged or engaged.	Ensure adjustment pins are fully pulled out before attempting to move, and fully inserted into the desired hole to lock.
Squeaking noises during use.	Loose connections or friction between metal parts.	Check and tighten all bolts. Apply a small amount of silicone lubricant to contact points if necessary.

If the problem persists, please contact Sportsroyals customer support.

SPECIFICATIONS

Feature	Detail
Brand	Sportsroyals
Model Number	BLACK 001
Material	Alloy Steel
Color	Black
Product Dimensions (L x W x H)	41.34" x 34.25" x 86.61"
Minimum Footprint	Approx. 9.8 square feet
Handle Type	Bars
Maximum Weight Recommendation	330 Pounds
Item Weight	44 Pounds
Height Adjustment Levels	9 levels (57.09" to 86.61")
Backrest Adjustment Levels	5 levels
Date First Available	October 10, 2024



Figure 5: Sportsroyals Power Tower Dip Station.

Super Strong. Super Durable.



Thickened
Commercial Steel



"Π" Shape
Base



Adjustable
Foot Cover

Figure 6: Durability features of the Sportsroyals Power Tower.

Min Footprint, Max Versatility

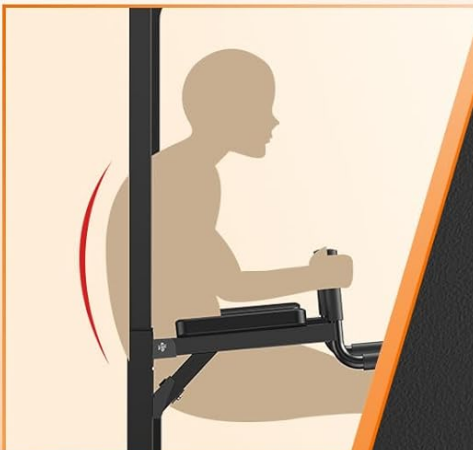


Figure 7: Compact design for home gym use.

Thickened & Widened Backrest Pads



Correct Your Posture



Damage the Spine



Figure 8: Ergonomic design for ultimate comfort.

Designed for Your Ultimate Comfort



Figure 9: Backrest pads for comfort and posture support.

WARRANTY AND SUPPORT

The product specifications indicate "No Warranty" for this item. However, Sportsroyals is committed to customer satisfaction. For any inquiries, assistance with assembly, or issues with parts, please contact Sportsroyals customer support. They offer 7/24 customer support and a 365-day replacement parts solution.

You can visit the official Sportsroyals store for more information and support: [Sportsroyals Store](#)