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K KiNGKANG kk55x

K KiNGKANG Adjustable Power Tower User Manual

Model: kk55x

Introduction

Thank you for choosing the K KiNGKANG Adjustable Power Tower. This versatile fitness equipment is designed for comprehensive strength training in your home gym, supporting various exercises such as pull-ups, dips, vertical knee raises, and push-ups. This manual provides essential information for safe assembly, operation, and maintenance of your power tower.

Safety Information

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure all bolts and nuts are securely tightened before each use. Regularly check for loose parts.
- The maximum weight capacity for this power tower is **400 pounds (181 kg)**. Do not exceed this limit.
- Place the power tower on a flat, stable, and non-slip surface.
- Keep children and pets away from the equipment during use.
- Wear appropriate athletic footwear and clothing.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.
- Do not modify the equipment in any way. Use only manufacturer-approved replacement parts.

What's in the Box

Your K KiNGKANG Adjustable Power Tower package includes:

- Main Power Tower Frame Components
- Dip Bars and Pull-Up Bar
- Backrest and Armrest Pads
- All necessary assembly tools (wrenches, hex keys)
- Instruction Manual
- Hardware Kit (bolts, nuts, washers)



Image: Overview of the K KiNGKANG Adjustable Power Tower, showing its overall structure and key dimensions. This image illustrates the complete set of components when assembled.

Setup and Assembly

Assembly of the K KiNGKANG Power Tower is designed to be straightforward. Please follow the included detailed instruction manual step-by-step. All necessary tools are provided in the package.

1. Unpack all components and verify against the parts list in the separate assembly manual.
2. Lay out all parts on a clean, flat surface.
3. Follow the numbered steps in the assembly manual carefully, ensuring all bolts are inserted correctly.
4. Do not fully tighten all bolts until the entire frame is assembled, allowing for minor adjustments.
5. Once fully assembled, **retighten all screws and bolts** to ensure maximum stability and safety before first use.

Operating Instructions

Height Adjustment

The power tower features a 6-level height adjustment mechanism, allowing it to accommodate users of various statures. The adjustable height ranges from approximately 72.8 inches (185 cm) to 92.5 inches (235 cm) in 3.94-inch increments.

1. Locate the adjustment knob on the main vertical frame.
2. Unscrew and pull out the knob to release the locking pin.
3. Carefully slide the upper section of the tower to your desired height.
4. Ensure the locking pin fully engages into one of the six adjustment holes.
5. Tighten the adjustment knob securely to prevent movement during exercise.



Image: Illustration of the 6-level height adjustment feature, showing the range from 72.8 inches to 92.5 inches and the adjustment button.

Performing Exercises

The K KiNGKANG Power Tower supports a variety of exercises for a full-body workout:

- **Pull-Ups:** Use the top horizontal bar. Grip with hands slightly wider than shoulder-width, palms facing away or towards you.

Pull your body up until your chin clears the bar.

- **Dips:** Use the parallel dip bars. Grip the bars, lift your feet off the ground, and lower your body by bending your elbows until your shoulders are below your elbows. Push back up to the starting position.
- **Vertical Knee Raises (VKR):** Use the padded backrest and armrests. Support your body on the armrests, keeping your back against the pad. Raise your knees towards your chest, engaging your core.
- **Push-Ups:** The base of the power tower can be used for elevated push-ups, providing a deeper range of motion.



Image: Close-up of the soft leather backrest and well-padded elbow and arm supports, designed for ergonomic comfort during exercises like vertical knee raises.



Image: Demonstrations of various exercises including pull-ups on the high bar, dips on the parallel bars, and push-ups using the base of the power tower.



Image: A collage showing different users performing various exercises such as pull-ups, vertical knee raises, push-ups, and dips, highlighting the multi-functional capabilities of the equipment.

Maintenance

- **Regular Inspection:** Periodically check all bolts, nuts, and connections to ensure they are tight. Tighten any loose fasteners immediately.
- **Cleaning:** Wipe down the frame and padded areas with a damp cloth after each use to remove sweat and dirt. Use a mild soap solution if necessary, then wipe dry.
- **Storage:** Store the power tower in a dry environment, away from direct sunlight and extreme temperatures.
- **Wear and Tear:** Inspect padded areas and grips for signs of wear or damage. Replace worn parts to maintain safety and comfort.

Troubleshooting

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

- **Instability/Wobbling:** Ensure the power tower is placed on a level surface. Check and retighten all assembly bolts and nuts.
- **Difficulty Adjusting Height:** Ensure the adjustment knob is fully unscrewed and the locking pin is disengaged. Check for any obstructions in the adjustment holes.
- For any other concerns or if the issue persists, please contact K KiNGKANG customer support for assistance.

Specifications

Brand	K KiNGKANG
Model Number	kk55x
Material	Stainless Steel
Color	Black
Product Dimensions (L x W x H)	Approx. 43"L x 32"W x 72"H (Adjustable height up to 92.5"H)
Footprint (L x W)	Approx. 43.3"L x 32.7"W
Adjustable Height Range	72.8" (185 cm) to 92.5" (235 cm)
Maximum Weight Recommendation	400 lbs (181 kg)
Handle Type	Bar



Image: Close-up of the heavy-duty steel base, illustrating the robust construction designed for stability and high load bearing capacity.

Warranty and Support

Your K KiNGKANG Power Tower comes with a **Manufacturer Warranty**. For specific details regarding warranty coverage and duration, please refer to the warranty card included with your product or contact K KiNGKANG customer support.

If you have any questions, require assistance with assembly, or need to report a missing/damaged part, please do not hesitate to contact our dedicated customer support team. Contact information can typically be found in the included assembly manual or on the official K KiNGKANG website.

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