

## ONETWOFIT OT061101

# ONETWOFIT Power Tower Pull Up Bar Station Assistive Trainer

MODEL: OT061101

Instruction Manual for Home Gym Workout and Strength Training

## 1. Important Safety Information

Before using the ONETWOFIT Power Tower, please read and understand all instructions and warnings. Failure to do so may result in serious injury. Consult with a physician before beginning any exercise program.

- **Weight Capacity:** Do not exceed the maximum user weight of 360 pounds (163 kg).
- **Proper Assembly:** Ensure all bolts, nuts, and components are securely tightened before each use. Refer to the assembly section for detailed instructions.
- **Stable Surface:** Place the power tower on a flat, stable, and non-slip surface. Ensure adequate clearance around the equipment.
- **Children and Pets:** Keep children and pets away from the equipment during use.
- **Assisted Pad Caution:** When using the assisted pad, rebound force will occur upon dismounting. Press down firmly on the auxiliary pad to prevent injury caused by the bouncing force.
- **Inspection:** Regularly inspect the equipment for wear and tear, especially cables, pulleys, and padding. Replace worn or damaged parts immediately.

## 2. Product Overview

The ONETWOFIT Power Tower is a multi-functional strength training equipment designed for home gym use. It features an assistive system to help users of all fitness levels perform various bodyweight exercises

effectively.



Figure 2.1: ONETWOFIT Power Tower Pull Up Bar Station Assistive Trainer.

### Key Features:

- **Enhanced Durability:** Features upgraded nylon composite pulleys for superior toughness and wear resistance, along with integrated rubber bumpers to absorb shock and minimize impact damage.
- **Adjustable Power Assist:** Equipped with 4 pairs of latex resistance ropes and 6 adjustable pulley heights, offering 23-92 LBS of resistance support for pull-ups.
- **Height Customization:** 9-level adjustable pull-up bar height, ranging from 56.7 inches to 82.4 inches, suitable for various user heights.
- **Robust Stability:** Constructed from heavy-duty steel with an H-shaped base and anti-shock pads, ensuring stability for users up to 360 LBS.
- **Versatile Workouts:** Supports multiple exercises including pull-ups, push-ups, leg raises, dips, and vertical knee raises.
- **Beginner-Friendly:** The assisted system makes it ideal for individuals with lower muscle strength or those new to bodyweight training.



Figure 2.2: Detailed view of key features including nylon pulleys, rubber bumpers, and the comfortable auxiliary pad.



Figure 2.3: The power tower is designed for a wide range of users, from beginners to advanced, and various age groups.

### 3. Components List

The ONETWOFIT Power Tower comes with all necessary components for assembly. Please refer to the detailed parts list and diagrams provided in the separate assembly manual included with your product to ensure all parts are present before beginning assembly.

### 4. Setup and Assembly

Assembly of the ONETWOFIT Power Tower is designed to be straightforward. Follow the step-by-step instructions and diagrams in the dedicated assembly manual. Ensure you have sufficient space and any required tools before starting.

## Assembly Tips:

- Lay out all components and hardware to verify against the parts list.
- Do not fully tighten all bolts until instructed, as some flexibility may be needed for alignment.
- Ensure the H-shaped base is correctly oriented for maximum stability.

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*Video 4.1: An official ONETWOFIT video demonstrating the assembly and features of the Power Tower Assistive Trainer.*

## 5. Operating Instructions

The ONETWOFIT Power Tower offers various adjustments to customize your workout experience.

### Adjusting Height:

The pull-up bar height can be adjusted to 9 different levels, ranging from 56.7 inches to 82.4 inches. To adjust, loosen the knob screws, slide the bar to the desired height, and securely tighten the knobs.



*Figure 5.1: Illustration of the 9-level height adjustment for the pull-up bar and 6-level pulley height adjustment.*

### Adjusting Power Assist:

The power assist system utilizes 4 pairs of latex resistance ropes. These can be combined or used individually to provide 6 levels of assistance, ranging from 23 LBS to 92 LBS. Attach the desired number of ropes to the hooks on the base to match your assistance needs.



Figure 5.2: Visual guide for adjusting the power assist using resistance bands.

## Performing Exercises:

The power tower supports a variety of exercises. Use the assisted pad for pull-ups and dips if you require support, or remove it for unassisted movements.

- **Pull-ups:** Grip the top bar with an overhand grip. For assisted pull-ups, place your knees on the auxiliary pad. Pull your body up until your chin clears the bar.
- **Dips:** Grip the dip handles. For assisted dips, place your knees on the auxiliary pad. Lower your body until your shoulders are below your elbows, then push back up.
- **Push-ups:** Use the lower handles for elevated push-ups, targeting different muscle groups.
- **Leg Raises/Vertical Knee Raises:** Use the back support and armrests to perform leg raises or vertical knee raises for core strengthening.



Figure 5.3: Step-by-step training progression, illustrating how to transition from assisted to unassisted exercises.



Figure 5.4: Examples of exercises that can be performed using the power tower.

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Video 5.1: An official ONETWOFIT video demonstrating various exercises and the assistive function of the Power Tower.

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Video 5.2: An official ONETWOFIT video showcasing the Pull Up Bar Station Assistive Trainer in use.

## 6. Maintenance

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

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Hardware Check:** Periodically check all nuts, bolts, and screws for tightness. Re-tighten as necessary.
- **Cable and Pulley Inspection:** Inspect the latex resistance ropes and nylon composite pulleys for any signs of fraying, cracks, or damage. Ensure pulleys rotate smoothly.
- **Padding:** Check the auxiliary pad and handle grips for wear. The PU leather pad is designed to be breathable and sweatproof.
- **Storage:** Store the power tower in a dry, cool place away from direct sunlight and extreme temperatures.

## 7. Troubleshooting

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

- **Wobbling/Instability:** Ensure the equipment is on a level surface. Check all assembly bolts and nuts for tightness. The H-shaped base is designed for stability, but loose connections can cause movement.
- **Difficulty Adjusting Height:** Ensure the knob screws are fully loosened before attempting to adjust the height of the pull-up bar or pulleys. Do not force adjustments.

- **Resistance Ropes Not Functioning:** Check if the resistance ropes are correctly attached to the hooks and if they are free from tangles or obstructions.

For further assistance or issues not listed here, please contact ONETWOFIT customer service.

## 8. Specifications



Figure 8.1: Product dimensions for the ONETWOFIT Power Tower.

Specification	Detail
Brand	ONETWOFIT
Model Number	OT061101
Material	Alloy Steel
Color	Black-Assistive
Handle Type	Fixed
Maximum Weight Recommendation	360 Pounds (163 kg)
Item Weight	Approximately 1 Kilogram (Note: This seems to be a package weight, actual product weight will be higher)
Pull-up Bar Height Adjustment	9 Levels (56.7" to 82.4")
Power Assist Levels	6 Levels (23-92 LBS)
Included Components	Pull Up Bar Station (assembly required)

## 9. Warranty and Support

ONETWOFIT is committed to providing quality customer service and product support.

## Warranty Information:

- **Returns and Refunds:** Free returns and refunds are available within one month of purchase.
- **Replacement Parts:** A three-year warranty is provided for replacement parts.

## Customer Support:

If you encounter any problems during purchase or use, please contact ONETWOFIT customer service through Amazon. We aim to provide a solution within 12 hours.

- **General Product Questions:** Contact us via Amazon for any inquiries regarding the product.
- **Accessory Questions:** Do not hesitate to contact us via Amazon for any accessory-related questions.
- **Assembly Assistance:** For assembly questions, contact us directly. Professional technicians will guide you through the installation process and can provide targeted installation schematics and videos.