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> ONETWOFIT Pull Up Assistance Machine OTF-OT064301 User Manual

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Model: OTF-OT064301 | Brand: ONETWOFIT

1. PRODUCT OVERVIEW

The ONETWOFIT Pull Up Assistance Machine is a multi-functional adjustable power assist device designed to support strength training for various exercises including pull-ups, dips, and more. It features a hydraulic boost system for smooth assistance and adjustable resistance levels to accommodate different fitness levels.

- **Hydraulic Boost System:** Provides controlled and smooth assistance, reducing the risk of sudden snaps associated with traditional resistance bands.
- **6-Level Quick-Adjust Power Assistance:** Offers 6 resistance levels (0-200 LBS) for customized support. The footplate height is adjustable from 5.8" to 16".
- **Heavy-Duty Steel Construction:** Engineered with industrial-grade steel, supporting up to 660 LBS for maximum safety and stability. Features an H-shaped base with 4 non-slip rubber feet.
- **Space-Saving Design:** Compact dimensions (20"x16.9"x15.7") allow for easy storage in home gym environments.
- **Universal Compatibility:** Designed to work with power towers, pull-up bars, dip stands, and gymnastic bars. Suitable for beginners, seniors, and individuals of varying body weights.

OUTSTANDING STABILITY

660 LBS Weight Capacity



Figure 1: Product overview highlighting dimensions and stability features.




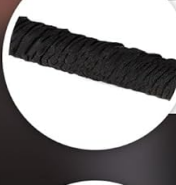


ONETWOFIT	VS OTHER
 <p>Metal hydraulic lever Stable and secure, smooth with Damping sensation</p>	 <p>Resistance band Unsafe, easy to break</p>
 <p>99% factory pre-loaded Easy to install, just stand on the pedals and use it</p>	 <p>Difficult to install Complicated installation, requires suspension</p>
 <p>6-Level Quick-Adjust Power Assistance Adjusts power assist from 0-200 lbs at the touch of a button</p>	 <p>Non-adjustable power assist Single resistance value, small resistance value</p>
 <p>Maximum weight capacity 660 lbs Heavy-duty metal frame</p>	 <p>Maximum load of only 200 lbs Nylon, Rubber</p>
 <p>Enhanced stability H-shaped base & non-slip feet help keep body stable</p>	 <p>Unbalanced support Swaying and unsteady during exercise</p>

Figure 2: Key features and advantages compared to traditional resistance bands.

2. SAFETY INFORMATION

Read all instructions before using this equipment. Improper use can result in injury. Keep this manual for future reference.

- **User Weight Limit:** Do not exceed the maximum user weight of 660 LBS (approximately 300 kg).
- **Pre-Use Check:** Before each use, inspect the machine for any loose parts, damage, or wear. Ensure all bolts and connections are secure.
- **Stable Surface:** Always use the machine on a flat, stable, and non-slip surface.
- **Proper Foot Placement:** Ensure your feet are securely placed on the footpads before initiating any exercise.
- **Lock Mechanism:** Always open the black lock before operation. Operating the machine with the lock closed may damage internal components. When not in use, open the black lock and store the product.
- **Controlled Movement:** Perform exercises with slow and controlled movements. Avoid sudden jerks or rapid releases.
- **Children and Pets:** Keep children and pets away from the equipment during use.
- **Medical Advice:** Consult a physician before starting any new exercise program. Stop exercising

immediately if you feel pain, dizziness, or nausea.

3. WHAT'S IN THE BOX

The ONETWOFIT Pull Up Assistance Machine package includes the following components:

- Pull Up Assist Machine (main unit, largely pre-assembled)
- Leg Tube
- Foot Pads (2)
- Assembly Hardware (bolts, washers, nuts)
- User Manual

4. SETUP AND ASSEMBLY

The ONETWOFIT Pull Up Assistance Machine is 99% pre-assembled. Follow these steps to complete the setup:

1. **Unpack Components:** Carefully remove all parts from the packaging. Verify that all listed components are present.
2. **Install the Leg Tube:** Attach the leg tube to the main frame using the provided hardware. Ensure it is securely fastened.
3. **Install the Foot Pedal:** Secure the foot pedal to its designated position on the machine.
4. **Install the Foot Pads:** Attach the foot pads to the foot pedal using the provided hardware. Ensure they are stable and non-slip.
5. **Final Check:** Once assembled, double-check all bolts and connections to ensure they are tight and secure before first use.

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Video 1: Detailed installation guide for the ONETWOFIT Pull Up Assistance Machine. This video demonstrates unboxing, attaching the leg tube, and securing the footpads.

5. OPERATING INSTRUCTIONS

This machine provides adjustable assistance for various bodyweight exercises. Follow these guidelines for operation:

1. **Adjusting Assistance Level:** To adjust the power assistance, press and hold the red lever, push it down, and move it forward or backward to select one of the 6 resistance levels (0-200 LBS). Release the lever to lock the setting.
2. **Engaging the Machine:** Step onto the non-slip footplate. Ensure you stand steadily before using the machine.
3. **Performing Exercises:** Once on the footplate, grasp your pull-up bar or dip station handles. The hydraulic system will provide controlled upward assistance as you perform your exercise.
4. **Disengaging:** After completing your set, return the gear to its lowest position before stepping off the pedals.



Figure 3: The quick adjustment button for selecting power assistance levels.

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Video 2: Demonstration of the assisted pull-up machine in use, showing how to engage and disengage the assistance.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your ONETWOFIT Pull Up Assistance Machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all moving parts, bolts, and connections for tightness. Tighten any loose hardware.
- **Lubrication:** The hydraulic system is designed for low maintenance. If you notice any stiffness or unusual noise, consult the manufacturer. Do not attempt to lubricate internal hydraulic components unless instructed.
- **Storage:** When not in use, open the black lock and store the machine in a dry, cool place away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

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

- **Issue:** The hydraulic system feels stiff or jams during operation.
Solution: Ensure the black lock is fully open before use. Check for any obstructions around the hydraulic piston. If the issue persists, contact customer support.
- **Issue:** The machine does not provide consistent assistance.
Solution: Verify that the selected assistance level is appropriate for your weight and exercise. Ensure the machine is on a level surface.
- **Issue:** The machine wobbles during use.
Solution: Check that all assembly bolts are securely tightened. Ensure the H-shaped base is fully extended and the non-slip feet are making full contact with the floor.

8. SPECIFICATIONS

Feature	Specification
Brand	ONETWOFIT
Model Name	OTF-OT064301
Material	Alloy Steel
Color	Black
Maximum Weight Recommendation	660 Pounds
Item Weight	20 Pounds
Item Package Dimensions (L x W x H)	20.5 x 18.2 x 9.3 inches
Included Components	Pull up assist machine
Suggested Users	Unisex-Adult

9. WARRANTY

This ONETWOFIT Pull Up Assistance Machine comes with a **3-year warranty** from the date of purchase. This warranty covers manufacturing defects and material flaws under normal use and service conditions. Please retain your proof of purchase for warranty claims.

10. CUSTOMER SUPPORT

For any questions, concerns, or assistance with your ONETWOFIT Pull Up Assistance Machine, please contact our customer support team. Refer to the product packaging or the official ONETWOFIT website for the most current contact information.