

pooboo B0G1N4YB43

pooboo Pull Up Bar Power Tower Dip Station Cable Machine User Manual

Model: B0G1N4YB43

Brand: pooboo

INTRODUCTION

This manual provides essential information for the safe and effective use of your pooboo Pull Up Bar Power Tower Dip Station with an integrated Cable Machine. Please read this manual thoroughly before assembly and operation to ensure proper usage and to maximize your fitness experience.

SAFETY INFORMATION

- Consult a physician before starting any exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Place the equipment on a flat, stable surface.
- Keep children and pets away from the equipment during use.
- Do not exceed the maximum weight capacity of 450 lbs (204 kg).
- Inspect the equipment for worn or damaged parts before each workout. Do not use if any damage is found.
- Wear appropriate athletic footwear and clothing.
- Perform warm-up exercises before your workout and cool-down exercises afterward.

PACKAGE CONTENTS

Verify that all components are present and undamaged. If any parts are missing or damaged, contact customer service immediately.

- Main Frame Components (Uprights, Base, Crossbars)
- Pull-Up Bar Assembly
- Dip Station Handles and Backrest
- Cable Machine Pulleys and Cables
- Weight Plate Holders (if applicable)
- Assembly Hardware (Bolts, Washers, Nuts, Pins)
- Tools (Wrenches, Allen Keys - typically included)
- User Manual

SETUP AND ASSEMBLY

The pooboo Power Tower is designed for quick assembly, typically within one hour. All parts are plastic-sealed and clearly labeled. Refer to the included instruction guide for detailed step-by-step instructions.

For visual guidance, please watch the official assembly and usage video:

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This video demonstrates the assembly process and various exercises that can be performed with the pooboo Power Tower Dip Station and Cable Machine.

Key Assembly Steps:

1. Unpack all components and verify against the parts list.
2. Assemble the X-shaped base for enhanced stability.
3. Attach the main uprights to the base.
4. Install the pull-up bar and dip station components.
5. Set up the cable machine system, including pulleys and cables.
6. Secure all connections with the provided hardware.
7. Perform a final check to ensure all parts are tight and stable.

One machine, double the function

Combining two machines not only saves space, but also expands training versatility.



Image: This diagram illustrates how the pull-up bar and cable machine functions are integrated into a single unit, saving space and expanding training versatility.

OPERATING INSTRUCTIONS

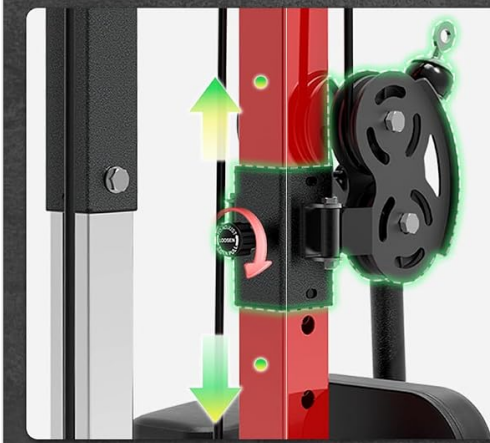
The pooboo Power Tower offers versatile training options for a full-body workout. Adjustments are simple to accommodate various exercises and user heights.

Height Adjustment:

The cable machine section features 16 height positions, and the pull-up bar backrest offers 4 adjustable levels. To adjust, locate the adjustment pins, pull them out, slide the component to the desired height, and re-insert the pin securely.

Height adjustable, customizable training

Customize a tailored training combination



◆ 16 level height adjustment

Targeted training of muscle groups throughout the body by adjusting pulley height

Image: This image highlights the 16-level height adjustment feature for the cable machine's pulley system, allowing for targeted training of various muscle groups.

Exercise Examples:

This equipment supports over 28 specialized functions. Below are some core exercises:

- **Pull-ups/Chin-ups:** Use the multi-grip pull-up bar for back and bicep development.
- **Dips:** Utilize the dip station for triceps and chest.
- **Vertical Knee Raises:** Engage core muscles using the padded backrest and arm supports.
- **Push-ups:** Use the lower handles for elevated push-ups.
- **Cable Flies:** Attach handles to the cable machine for chest isolation.
- **Seated Cable Rows:** Use the lower cable pulley for back development.
- **Biceps Curls (Bar Attachment):** Target biceps using the cable system with a bar attachment.
- **Triceps Pushdowns (Bar Attachment):** Target triceps using the cable system with a bar attachment.
- **Leg Extensions:** Perform leg extensions using the cable system (requires appropriate ankle strap attachment, not always included).
- **Standing Cable Pulls:** Engage various muscle groups depending on attachment and direction.

One machine covers full-body muscle training

28+ specialized functions for precision training.



Image: This collage demonstrates four key exercises: Cable Crossover, Dip and Leg Raises, Pull-up, and Seated Cable Row, showcasing the machine's versatility for full-body training.

FEATURES OVERVIEW

- **Integrated System:** Combines a pull-up bar, dip station, and cable machine into a single unit, optimizing space for home gyms. It occupies approximately 11.65 sq ft (1.08 m²).
- **Adjustable Height:** The cable machine offers 16 height positions, and the pull-up bar backrest has 4 adjustable levels, accommodating users of different heights and exercise requirements.
- **Multi-Functionality:** Supports a wide range of exercises including pull-ups, chin-ups, dips, vertical knee raises, push-ups, leg extensions, cable flyes, and rowing-style cable rows.
- **Enhanced Stability:** Features a 48.4-inch long X-shaped base, providing a broader footprint and superior support to prevent tilting or instability during intense workouts.
- **Heavy-Duty Construction:** Built with thickened metal steel pipe, strong welding, upgraded double pulleys, and a heavy-duty steel base to support a maximum load of 450 pounds.

**Heavy-duty
construction**

**Allows a max load of
450 pounds**

Safe and secure — your workouts are fully protected



Image: This image provides a detailed look at the heavy-duty construction of the power tower, emphasizing features like thickened metal pipes, strong welding, upgraded double pulleys, and a robust steel base, all contributing to its 450 lbs maximum load capacity.

Support Max Stability

Extended and outward-stretching base support ensures maximum

The image is a comparison between two exercise machine designs. On the left, labeled 'Our' with a green checkmark, is a machine with a wide, outward-flared base. A man is shown using the machine. Red arrows point to a 'Loading Point' at the top and a 'Stress Point' on the pulley system. The base is marked with '48.4in' and has multiple contact points on the floor. On the right, labeled 'Others' with a red X, is a machine with a narrow, short base. Red arrows point to a 'Loading Point' at the top and a 'Stress Point' on the pulley system. A large 'VS' graphic with a lightning bolt is between the two. Below the 'Others' machine, text states: 'A short base has fewer load-bearing points and is prone to tilting during exercise.'

Our ✓

Others ✗

VS

The extended and outward-flared base provides more contact points for improved overall stability.

A short base has fewer load-bearing points and is prone to tilting during exercise

Image: This comparison image illustrates the superior stability of the pooboo power tower's extended and outward-flared X-shaped base (48.4 inches long) compared to a standard, less stable design, ensuring safety during exercise.

MAINTENANCE

- **Regular Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspect Connections:** Periodically check all bolts, nuts, and pins to ensure they are tight. Tighten as necessary.
- **Cable and Pulley Inspection:** Regularly inspect cables for fraying or wear and pulleys for smooth operation. Lubricate pulleys if they become stiff.
- **Pad Condition:** Check padded areas for tears or excessive wear.
- **Storage:** Store the equipment in a dry, clean environment away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Equipment feels unstable/wobbly	Loose bolts or uneven floor.	Ensure all assembly bolts are tightened. Move to a level surface or use shims.
Cables are stiff or noisy	Lack of lubrication or worn pulleys/cables.	Apply silicone-based lubricant to pulleys and cable paths. Inspect for wear and replace if necessary.
Adjustment pins are difficult to remove/insert	Misalignment or debris in holes.	Ensure components are aligned. Clean any debris from the holes. Apply a small amount of lubricant if needed.

SPECIFICATIONS

Brand: pooboo

Model: B0G1N4YB43

Color: Black-01

Material: Metal

Product Dimensions (L x W x H): 48.42"D x 34.64"W x 80.7"H (123cm D x 88cm W x 205cm H)

Maximum Weight Capacity: 450 pounds (204 kg)

Cable Machine Height Positions: 16 levels

Pull-Up Bar Backrest Adjustment: 4 levels



Image: This image provides a visual representation of the product's dimensions, indicating a depth of 48.4 inches, a width of 34.6 inches, and a height of 80.7 inches.

WARRANTY AND SUPPORT

pooboo offers dedicated customer service to ensure your satisfaction. Your power tower is backed by a 12-month limited coverage for defects in materials or workmanship under normal use.

If you encounter any issues or have questions, please contact the pooboo customer service team. They typically respond within 24 hours.

For further assistance, visit the official pooboo store on Amazon: [pooboo Amazon Store](#)