

Power Tower



MPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo and, subject to change without notice.

2866.1-102916

Owner's Manual Le Manuel Du Proprietaire



PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.

If you need help with product information, assembly, or replacement parts. Please contact customer service.

Email us at: Service@paradigmhw.com

Or call us at:

1-844-641-7920 Hours: 8:00 am to 5:00 pm (PST) Daily

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SERVICE

IMPORTANT: FOR NORTH AMERICA ONLY

For damage or defective product, questions, replacement parts or any other service support, please contact our customer service department (8:00 AM - 5:00 PM Pacific Standard Time, Open Daily) by below methods:

For Best Service Email:

Service@paradigmhw.com

Website:

www.paradigmhw.com

Toll-Free: 1-844-641-7920

Please have the following information ready when requesting for service:

- Your name
- Phone number
- Model number
- Serial number
- Part number
- Proof of Purchase

For damaged or defective product please contact our customer service before returning to the store.

* Emailing us with the information above will be the best method to receive a response during peak business hours.

**Response time may vary.

Paradigm Health & Wellness, Inc. 1189 Jellick Ave. City of Industry, CA 91748, USA

LABEL PLACEMENT

 ATTENTON : Veillez à supprimer foutes les dés de sécurité et débranchez le cordon d'alimentation avant d'éffectuer les procedures de maintenance sur les équipments électriques. Inspectez et serrez solidement (écrous, boulons, Tapis en caoutchouc, supports en acier, etc.). Inspectez et serrez solidement (écrous, boulons, Tapis en caoutchouc, supports en acier, etc.). Inspectez et serrez solidement (écrous, boulons, Tapis en caoutchouc, supports en acier, etc.). Inspectez et serrez solidement (écrous, boulons, Tapis en caoutchouc, supports en acier, etc.). Inspectez et serrez solidement (écrous, boulons, Tapis en caoutchouc, supports en acier, etc.). Inspectez et serrez solidement (écrous, boulons, Tapis en caoutchouc, supports en acier, etc.). Inspectez et serrez (quidon, la selle, tigq e de les jadaptes, etcl.). Inspectez et serrez (quidon, la selle, tigq e de la, padabtes, etcl.). Inspectez et serrez (quidon, la selle, tigd este, gadaptes de fequipement, Reither and fequilis en treffor humbating. Inspectez et serrez et serrez (quidon, la selle, tapicater de fequipement, poise are ressured an chiffin humbating. Inspectez et serrez et serrez (quidon, la selle, tapicater de fequipement, tapier et acient, etc.). Inspectez et serrez (quidon, la selle, tapicater de fequipement, tabier et acient, etc.). Inspectez et serrez et serrez (quidon, la selle, tapicater de fequipement, tabier, are treffer and tapication: Voir le Manuel du propriétaire. 				
PRECAUCIÓN: Asegúrese de retirar las llaves de seguridad y desconectar el cable eléctrico antes de realizar cualquier procedimiento de mantenimiento del equipo eléctrico. e Reviselos par electros, pernos, pastillas de caucho, soportes de acero, etc.). e Reviselos par electros prentos estentinas de caucho, soportes de acero, etc.). e Reviselos para esegunarse que la mate les electrico antes de acero, secon estan anten de entro en la caractar en la caractar en la caractar de entro en la caractar en la caractar en la caractar de entro en la caractar en la caractar en la caractar de entro en la caractar en la caractar de entro en la caractar en la caractar en la caractar de entro en la caractar en la caractar en la caractar de entro en la caractar en la caractar en la caractar de entro en la caractar en la caractar en la caractar de entro en la caractar en la caractar en la caractar de entro en la caractar entro				1-844-641-7920 8 am - 5 pm PST
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 CUTION: Make sure to remove any safety keys and unplug the power cord before performing any maintenance procedures on lectrical Equipment. Haspect and tighten securely (Nuts, Bolts, Rubber Pads, Steel Brackets, etc.). Replace any worn or on parts minimidately. Replace any transpective the machine is keeled price. Replace and tighten securely (mandlately. Replace and tighten securely (Pandlately. Replace and Vintra Point String Loaded Pins. Replace and Vintra Pointer Store Science to avoid damages. Replace and Vintra Pointer Store Science to avoid damages. Replace and Vintra Pointers to be securely (Fandlebars, Sat, Sat Post, Paske, Pads, Pedals, etc.). Replace and Vintra Pointers. Track Weeks, Walking Belt. Cleck equipment Metal/ Wood/Uphotsery structure frame. Lubrication: See Owner's Manual. 	UNCERFREAMTY OF LAW HIT YAG NOTOBERENIOVED SCEPT PYHE CONSUME CONSUME ALLNEW MITERALCONSTING THEM ALLONG PERCENTRY VOLVA2302 (CN) R R RECENTRY VOLVA2302 (CN) R R R R R R R R R R R R R	Sous Prime Faver Treatment of the faver of t	ESAMCOMAN LEGAMENTE A COLORELOS TOTALE CONTRACTS FTOLER CONTRACTS PRODUCE CONTRACT COMPLEMENTER MEETING CONTRACT COMPLEMENTER MEETING CONTRACT COMPLEMENTER MEETING CONTRACT COMPLEMENTER NO. DE REC VA25302 (CN) 1 1 Enclorementer and Values for CA 91745, UGA	For customer assistance, daily: Pour le service a la clientèle composer le, tous les jours: Para servicios al cliente, llame al, diario:

PRODUCT SAFETY

WARNING: Before using this equipment you should consult with your personal physician to see if the Ironman Power Tower is appropriate for you. Do not use this equipment without your physician's approval. Do not use this equipment if you have any of the following conditions or ailments:

- Extreme obesity
- Glaucoma, retinal detachment or conjunctivitis
- Pregnancy
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Middle ear infection
- High blood pressure, Hypertension, Recent stroke or Transient ischemic attack
- Heart or circulatory disorders for which you are being treated
- Hiatus hernia or Ventral hernia
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modularly pins, or Surgically implanted orthopedic supports
- Use of anti-coagulants including Aspirin in high doses

The Maximum Weight Capacity for this product is 400lbs/181kgs.

Read all instructions carefully before assembling operating this product. Retain this owner's manual, do not remove any safety labels from the machine and keep the original purchase receipt for future reference.

This Power Tower was designed and built for optimum safety. However, certain precautions apply whenever you operate this exercise equipment. Be sure to read the entire manual before assembling and operating this equipment. Also, please note the following safety instructions:

- 1. Consult your physician or other health care professionals before using this Power Tower.
- 2. Always wear proper exercise apparel when using this equipment. Use care when getting on or off the unit.
- 3. If at any time you feel faint, light-headed, or dizziness while operating this equipment, stop exercising immediately and contact your physician. You should also stop exercising if you are experiencing pain or any kind of discomfort.
- 4. Keep children and pets away from this equipment at all times.
- 5. Only one person should use this equipment at a time.
- 6. Make sure your equipment is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use. Check screws, nuts, and bolts are tight on a weekly basis.
- 7. Do not operate this or any exercise equipment if it is damaged.
- 8. Wait 2 hours after eating before using this exercise equipment. If you get nauseous, stop exercising as soon as you feel queasy.
- 9. This product should be placed on a flat surface when using. A mat or other covering material on the ground is recommended. For indoor use only, do not use outdoors or near water.
- 10. Keep hands and feet away from any moving parts. Do not insert any object into any openings on the equipment.
- 11. Keep loose clothes, jewelry, limbs and long hair away from moving parts.
- 12. Children under the age of 12 should not use this fitness equipment.
- 13. Children from 12 to 18 should have adult supervision.

ASSEMBLY PREPARATION

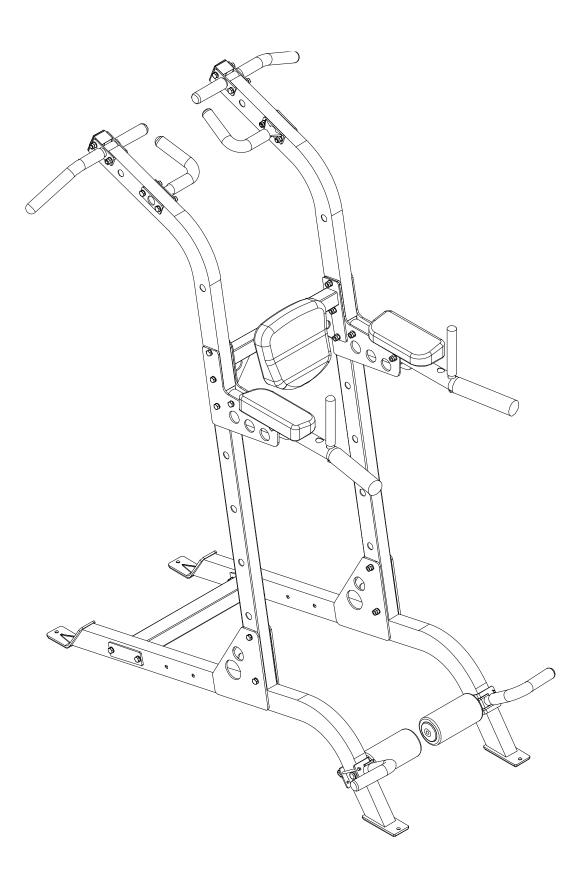
Warning: It is highly recommend that you have assistance during the assembly of the IRONMAN strength equipment.

1. Tools for assembly:

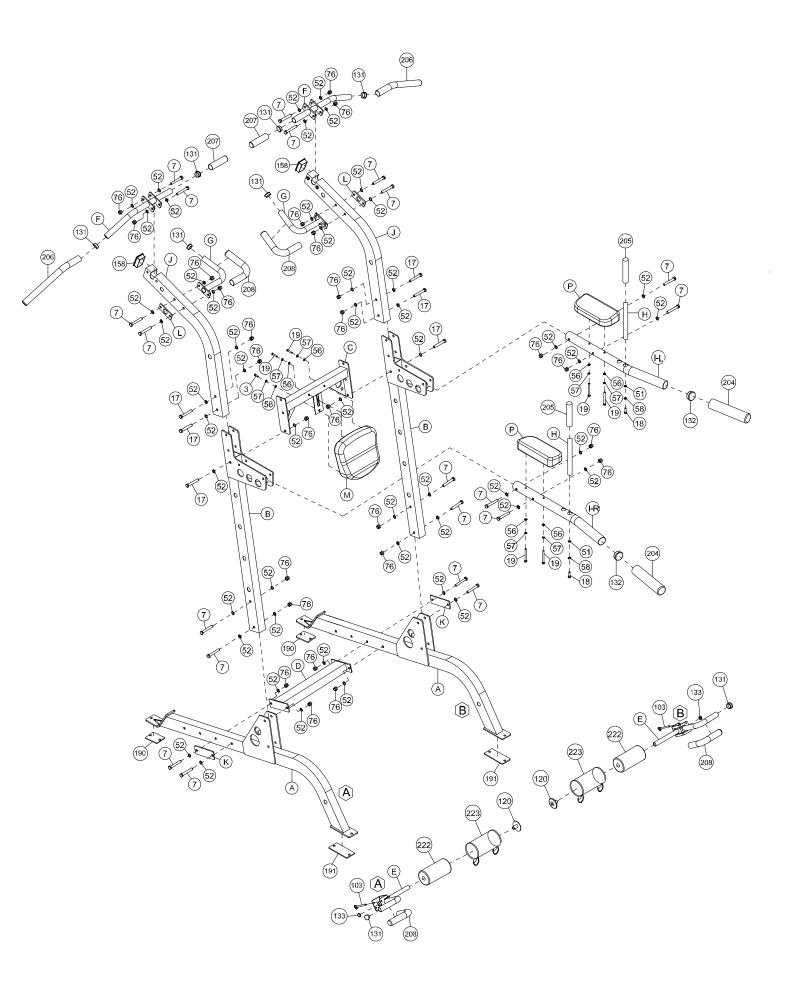
General tools you may needed for the assembly of the IRONMAN strength equipment.

- Metric Allen Key Set
- Metric Wrench Set and Adjustable Wrench
- Flat Screwdrivers
- Phillips Screwdrivers
- Rubber Mallet
- Silicone Spray Oil
- 2. Insert bolts into the frame as illustrated in the drawing of each of the steps.
- 3. Hand-tighten the bolts, nuts, and screw during assembly. Hand-tightening will allow for easily aligning the parts during assembly. Tighten all the hardware once the entire unit has been completely assembled.
- 4. It is highly recommended that a professional installer assembles the IRONMAN strength equipment. But, with the proper assistance, the right tools, and strictly following the assembly steps, and given enough time; the assembly of the unit can be achieved without professional help.
- 5. Thoroughly read each step before proceeding to assemble the items of that step.
- 6. To aid in assembly of the equipment, the hardware pack (bolts, nuts, washer...etc.) have been presorted according to their corresponding steps. **See Hardware Pack page.**
- When the equipment is fully assembled check all the functions for correct operation. Consult the manual if you experience any issues, or for further help please contact our service department. See page 2.

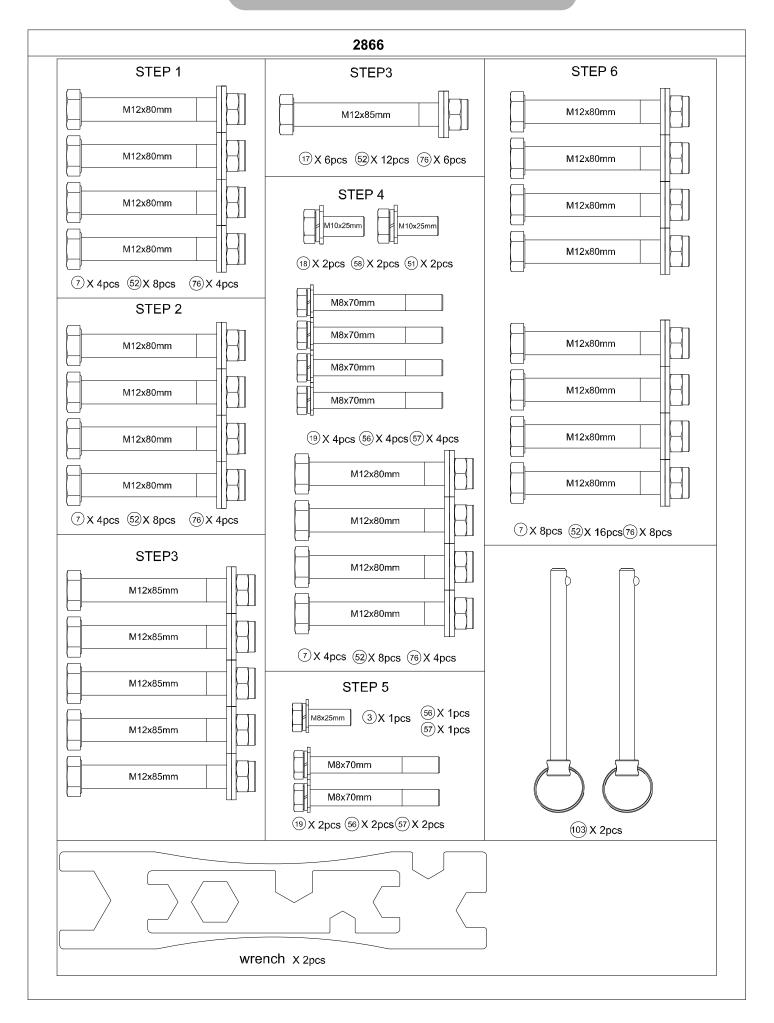
PRODUCT DRAWING



EXPLODE DRAWING



HARDWARE PACK



PART LIST

Part#	Description	Q'ty.
Α	Base Beam	2
В	Lower Post	2
С	Upper Crossbeam	1
D	Lower Crossbeam	1
E	Adjustable Handlebar	2
F	Wide Grip Pull Up Bar	2
G	Close Grip Pull Up Bar	2
Н	Grip Post	2
I-R	Right Dip Bar	1
I-L	Left Dip Bar	1
J	Upper Post	2
к	Mounting Plate 150*50*T5.0	2
L	Mounting Plate 100*40*T6.0	2
М	Backrest	1
Р	Forearm Pad	2
3	Hex Bolt M8x1.25x25L	1
7	Hex Bolt M12x1.75x80L	20
17	Hex Bolt M12x1.75x85L	6
18	Hex Bolt M10x1.5x25L	2
19	Hex Bolt M8x1.25x70L	6
51	Washer D20xD10.5x2.0	2

Part#	Description	Q'ty.
52	Washer D13.5xD24x2.5	52
56	Washer D16xD8.4x1.6	7
57	Spring Washer D12.3xD8.1x2.1	7
58	Spring Washer D15.4xD10.2x2.6	2
76	Nylon Nut M12	26
103	Locking Pin Ø8x107	2
120	Big End Cap Φ70*Φ21*38	2
131	Domed End Cap Φ32xt2.0	8
132	Domed End Cap Φ50xt2.0	2
133	Round Cap Ф25xt2.0	2
158	Rectangular End Cap 75x50x2	2
190	Footpad 90x65x5	2
191	Footpad 145x65x5	2
204	Handgrip Ф49хФ55х250	2
205	Handgrip Φ24xΦ32x200	2
206	Handgrip Ф31xФ38x310	2
207	Handgrip Ф31хФ38х115	2
208	Handgrip Ф31хФ38х300	4
222	Foam Roller Ф100*Ф25*200	2
223	Foam Roller Sleeve Φ100**Φ200*t1.0	2

1A. Attach the Lower Crossbeam (D) between the two Base Beams (A) and two Mounting Plates (K) by using:

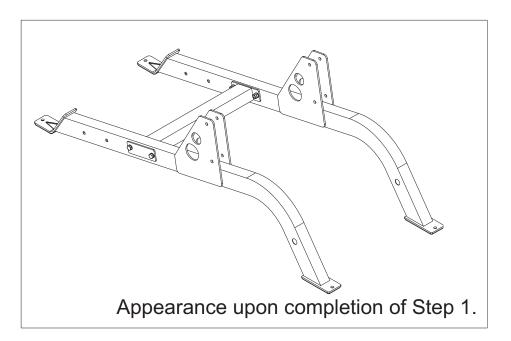
- 8 (52) Washer D13.5xD24x2.5
- 4 (7) Hex Bolt M12x1.75x80L
- 4 (76) Nylon Nut M12

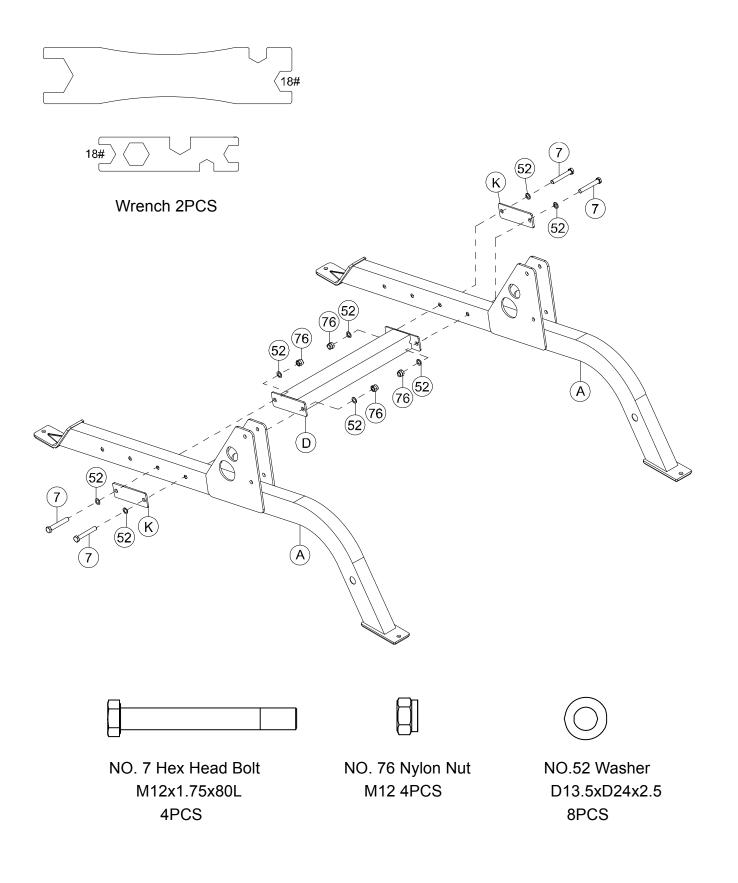
Thoroughly tighten the hardware once complete.

Tip: Install the Base Beams (A) with the Ironman logo facing outward.

Tip: The Lower Crossbeam (D) can be mounted in three different positions. There are additional holes towards the rear of the holes which this step instructs for assembly. If the Lower Crossbeam (D) is interfering with your workout in the position this step recommends, try mounting the Lower Crossbeam (D) to one of the other two positions. **The Lower Crossbeam must be installed in one of the available configurations.**

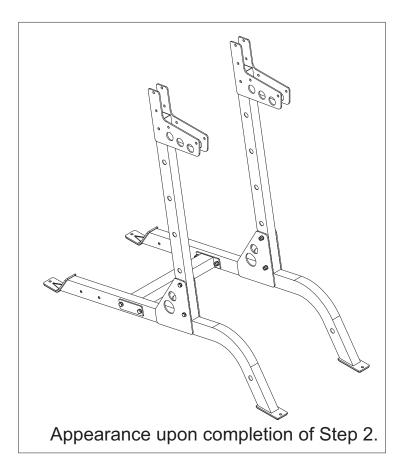
Tip: The Base Beams (A) have holes at the front and rear for bolting the unit to the floor.

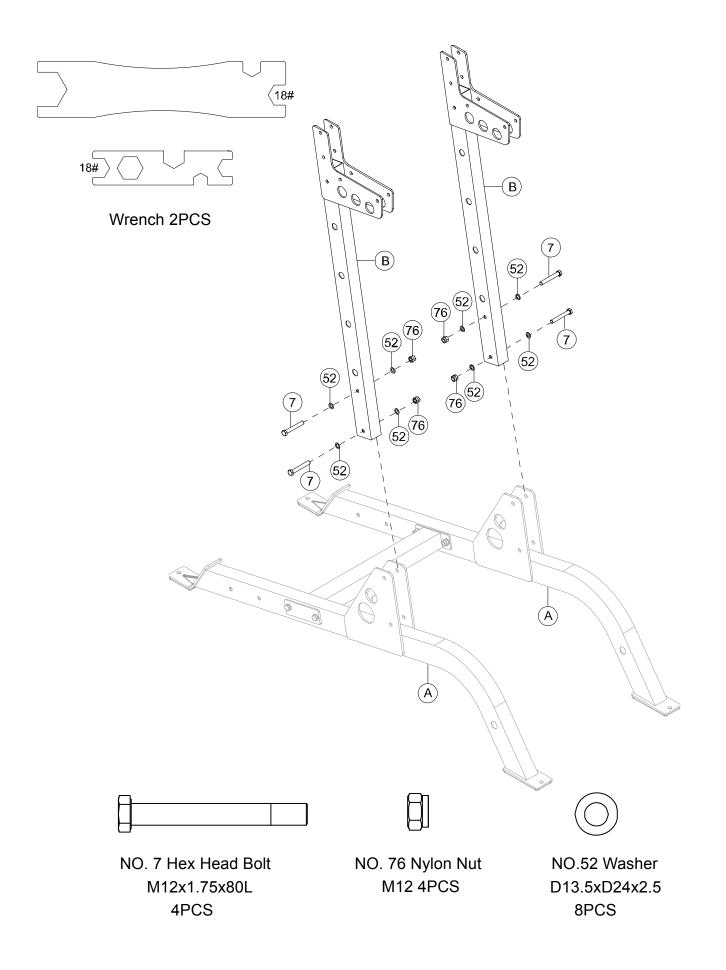




2A. Attach both Lower Posts (B) to the two Base Beams (A) by using:

- 8 (52) Washer D13.5xD24x2.5
- 4 (7) Hex Bolt M12x1.75x80L
- 4 (76) Nylon Nut M12





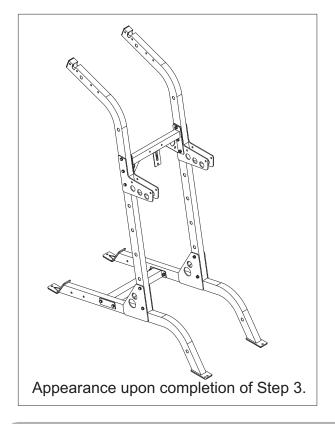
3A. Insert one Upper Post (J) into the bracket of the Lower Post (B). Continue holding the Upper Post (J) and align its holes with the holes of the Lower Post (B). Insert three Hex Bolts (17) all the way through the Lower Post (B) and Upper Post (J). Mount Upper Crossbeam (C) by inserting the threaded ends of the two Hex Bolts (17) sticking out of Lower Posts (B) and Upper Post (J). Attach all three parts by using:

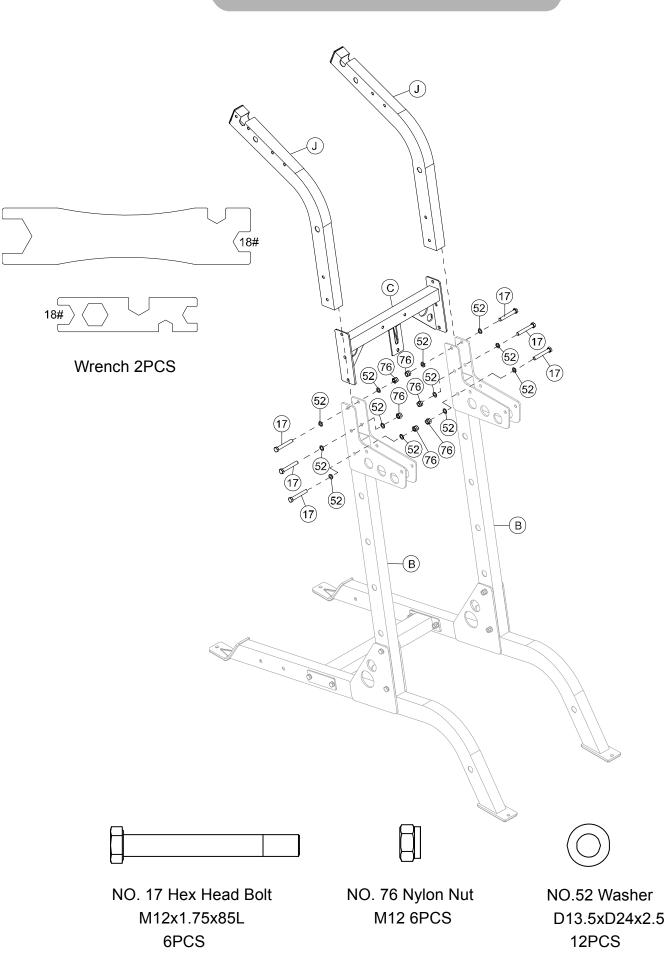
- 6 (52) Washer D13.5xD24x2.5
- 3 (76) Nylon Nut M12
- 3 (17) Hex Bolt M12x1.75x85L

Tip: Keep the rectangular tab on the Upper Crossbeam (C) facing forward.

3B. Insert the second Upper Post (J) into the bracket of the other Lower Post (B). Continue holding the Upper Post (J) and align its holes with the holes of the Lower Post (B). Insert three Hex Bolts (17) all the way through the Lower Post (B), the Upper Post (J) and the Upper Crossbeam (C). Attach all three parts by using:

- 6 (52) Washer D13.5xD24x2.5
- 3 (76) Nylon Nut M12
- **3 (17)** Hex Bolt M12x1.75x85L





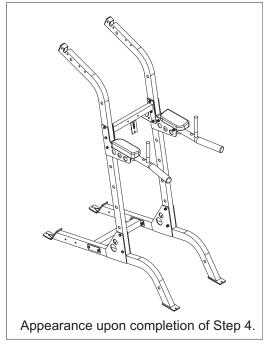
4A. Attach the Forearm Pad (P) to the RIGHT Dip Bar (I-R) as in image AA-2, using:

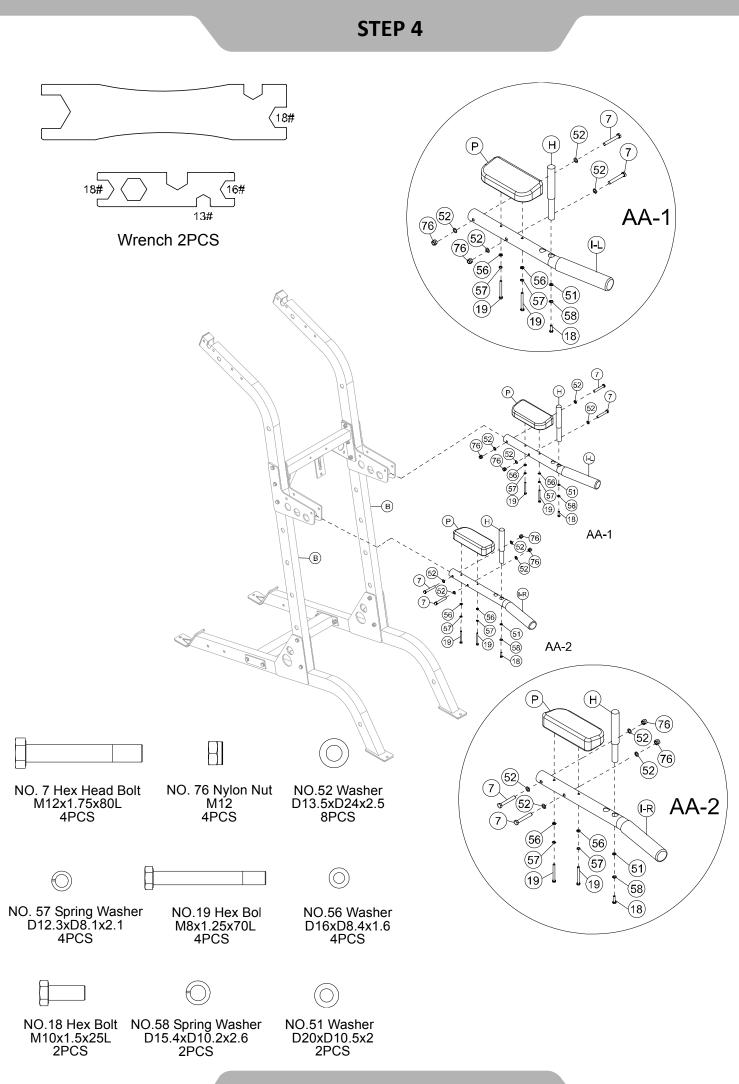
- **2 (56)** Washer D16xD8.4x1.6
- 2 (57) Spring Washer D12.3xD8.1x2.1
- 2 (19) Hex Bolt M8x1.25x70L

Thoroughly tighten the hardware once complete.

- 4B. Attach the RIGHT Dip Bar (I-R) to the RIGHT Lower Post (B) by using:
 - **4 (52)** Washer D13.5xD24x2.5
 - 2 (76) Nylon Nut M12
 - **2 (7)** Hex Bolt M12x1.75x80L
- 4C. Attach a Grip Post (H) to the RIGHT Dip Bar (I-R) by using:
 - 1 (51) Washer D20xD10.5xT2.0
 - 1 (58) Spring Washer D15.4xD10.2x2.6
 - 1 (18) Hex Bolt M10x1.5x25L

- 4D. Repeat these steps for assembling the LEFT Dip Post (I-L).
- Tip: The right Dip Bar (I-R) is marked with an R sticker. The left Dip Bar (I-L) is marked with and L sticker

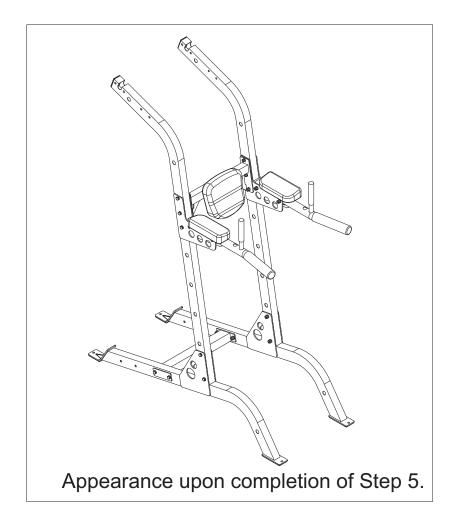


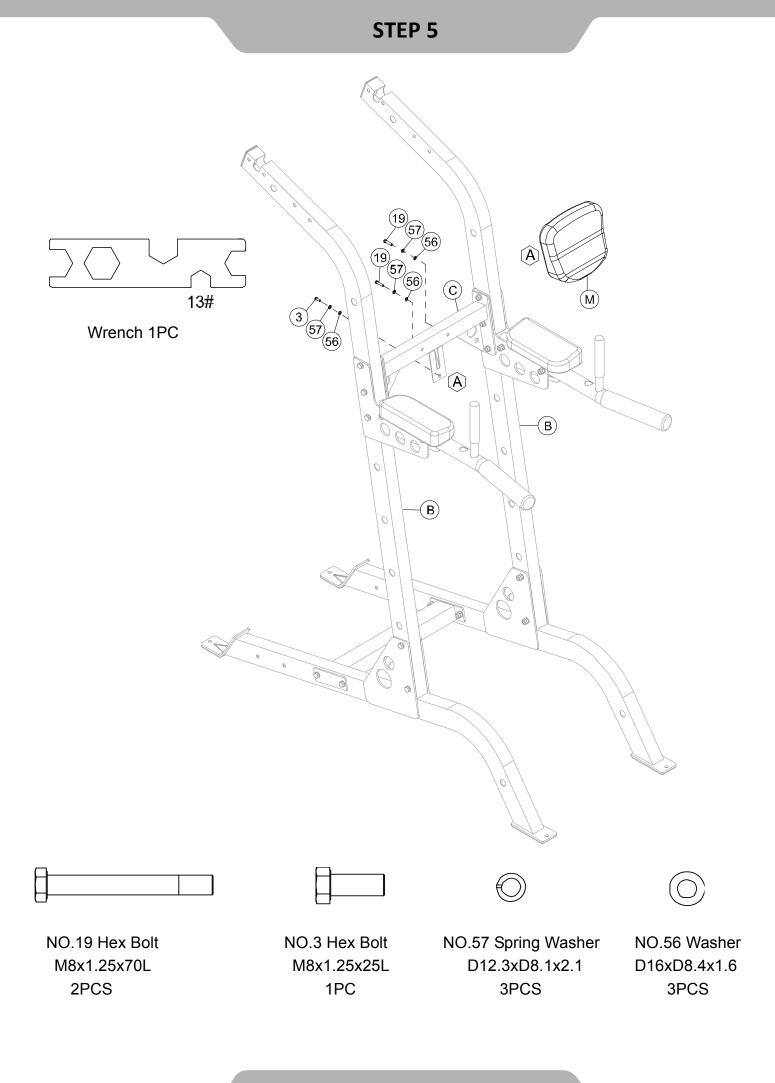


5. Attach the Backrest (M) to the Upper Crossbeam (C) at the \widehat{A} by first aligning the screw holes and hand tightening the hardware listed below into place. Once all hardware has been inserted, fasten the hardware tightly.

2 - (19) Hex Bolt M8x1.25x70L

- 1 (3) Hex Bolt M8x1.25x25L
- 3 (57) Spring Washer D12.3xD8.1x2.1
- 3 (56) Washer D16xD8.4x1.6





6A. Insert both Wide Grip Pull Up Bars (F) into the slots at the top of the Upper Posts (J) and attach by using:

- 4 (7) Hex Bolt M12x1.75x80L
- 8 (52) Washer D13.5xD24x2.5
- 4 (76) Nylon Nut M12

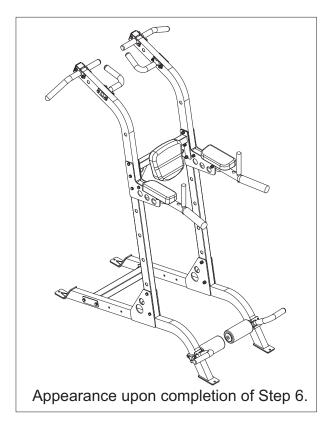
6B. Attach the Close Grip Pull Up Bars (G) and Mounting Plates (L) to Upper Posts (J) by using:

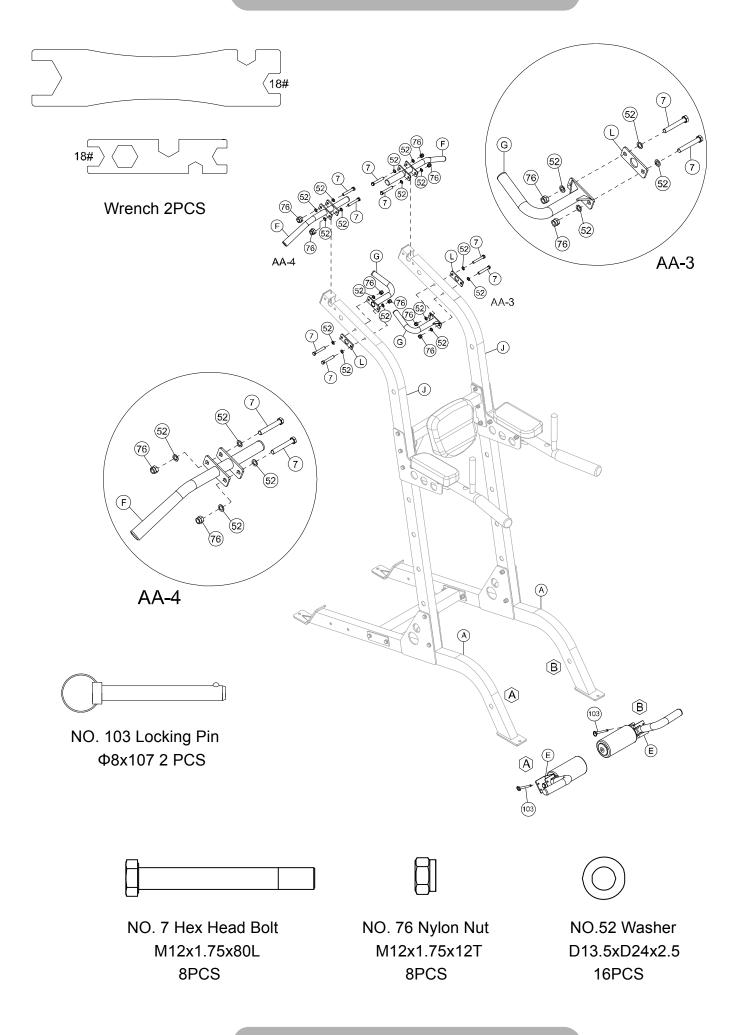
- 4 (7) Hex Bolt M12x1.75x80L
- 8 (52) Washer D13.5xD24 x2.5
- 4 (76) Nylon Nut M12

Thoroughly tighten the hardware once complete.

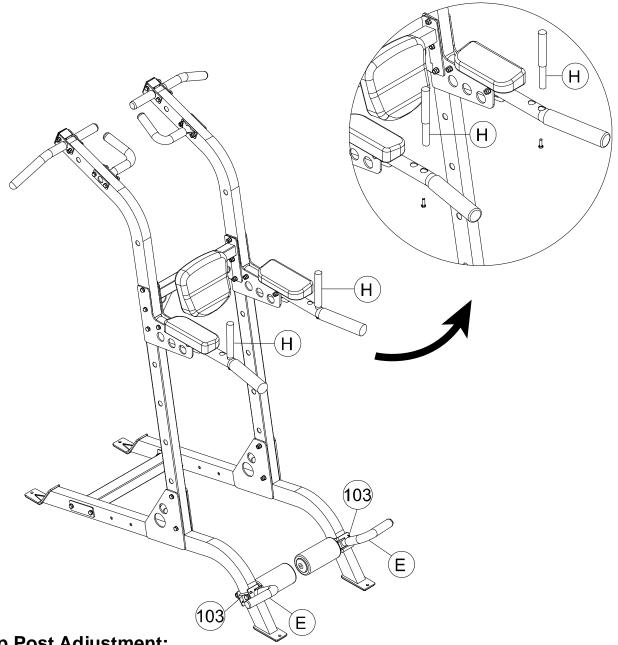
6C. Insert the Adjustable Handlebars (E) into the lowest set of holes marked $\widehat{(A)}$ and $\widehat{(B)}$, secure them into place by using:

2 - (103) Locking Pin Φ8*10





ADJUSTMENT



Grip Post Adjustment:

The Grip Posts (H) have two positions for mounting to the structure. For your comfort choose the position that suits the length of your forearm the best.

Adjustable Handlebar Adjustments:

The Adjustable Handlebars (E) can be used in any of the 1 inch holes available along the frame to allow for a variety of exercises.

Warning: Always make sure that each Adjustable Handlebar (E) is securely held in place with a Locking Pin (103) before performing an excise with them. Also ensure that the pin is positioned such that the end with the ring is NOT pointing downward, as the pin may fall out if oriented differently.

WARRANTY

MANUFACTURER'S LIMITED WARRANTY

Paradigm Health & Wellness guarantees to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with Paradigm's Owner's Manual. Paradigm's obligation under this warranty applies to the following:

COMPONENTLENGTH OF WARRANTYAll ComponentsLimited Lifetime Guarantee for home use only

Exclusions from Warranty Coverage:

Paradigm does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

- 1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
- 2. Use of this product beyond normal home use, or in an application for which it was not designed.
- 3. All exchanged parts and Products replaced under this limited warranty will become the property of Paradigm Health and Wellness.
- 4. Damage caused by vandalism, accidents, inadequate maintenance, or by animals.
- 5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.).
- 6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to, among other things, flake, rust, accumulate dirt or stains.
- 7. Improper operation, alteration, handling, storage, abuse or neglect of the product.

Paradigm, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

Ordering Replacement Parts

Replacement parts can be ordered by emailing our customer service department:

Service@paradigmhw.com

Open Daily 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

- 1. Owner's Manual
- 2. Model Number
- 3. Description of Parts
- 4. Part Number
- 5. Date of Purchase

Paradigm Health & Wellness, Inc.

EMAIL THIS FORM WITH YOUR RECIEPT OF PURCHASE TO Service@paradigmhw.com *

NAME:		
ADDRESS:		
	STATE	ZIP
TELEPHONE:	(Day)	
	(Night)	
SERIAL#:		
MODEL#:		
PURCHASE DATE:		

PLACE OF PURCHASE: _____

PART #	DESCRIPTION	QTY

"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

* This form can also be faxed in Fax #: 626-810-2166