

Functional Cross Training Tower System With Bench Model CFT2.0

Version: 712017

CAUTION:

WARNING: CHECK WITH YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM

Do Not Allow Children to Play on or Around this Product.

Read all instructions carefully before using.

Tighten all bolts before using equipment.

Leave adequate space to properly exercise

Questions/ Comments

PLEASE DO NOT CONTACT THE STORE FOR PARTS OR SERVICE QUESTIONS

Extreme Products Group is committed to providing the very best of quality and customer satisfaction for all of the products we distribute. If for any reason, you are dissatisfied with the product you have purchased or need assistance in any way, please do not hesitate to contact our knowledgeable support staff as follows:
Phone: **623-888-6379**

Email: service@extremeproductsgroup.com

Web: www.extremeproductsgroup.com

Mon.-Fri 9:00 am – 5:00 pm Phoenix Time

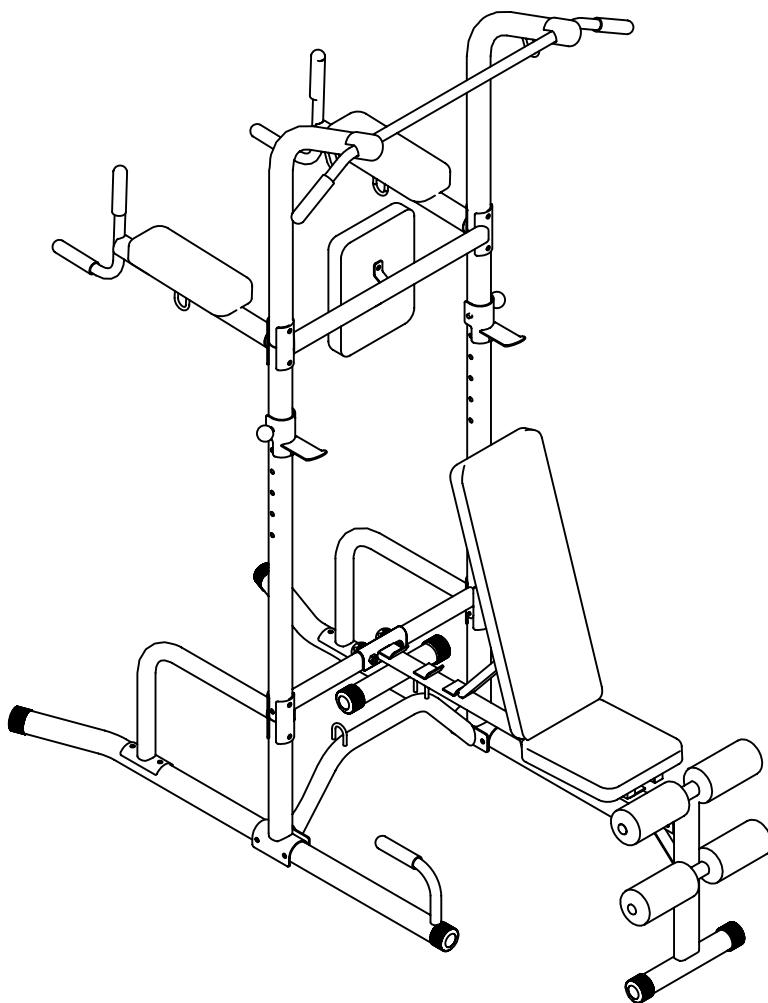


Photo may differ from actual product

BEFORE BEGINNING ASSEMBLY...

Take a few moments to familiarize yourself with the specific parts and hardware included with your product. Make sure all the parts and hardware are included in the carton and examine them for any damage that may have occurred in transport. Some parts may be pre-assembled and pre-installed.

CAUTION

WARNING:

BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN.

READ ALL WARNINGS AND PRECAUTIONS LISTED THROUGHOUT THIS MANUAL

Read all instructions very carefully before using equipment

Tighten all bolts securely before using equipment

Product Warranty Limited Liability

Extreme Products Group warrants that this product will be free from defects in materials and workmanship for a period of 1 year on the frame, and 90 days on all other parts from date of purchase. This warranty applies only to the original purchaser when purchase of the product is from an authorized retailer and is for personal or household use, but not when the sale is for commercial use. This warranty is not transferable.

EXCEPT FOR THE LIMITED EXPRESS WARRANTY STATED HEREIN, EXTREME PRODUCTS GROUP DISCLAIMS ALL OTHER EXPRESS OR IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATIONS MAY NOT APPLY TO YOU.

Extreme Products Group, will not be liable for any loss or damage, including incidental or consequential damages of any kind, whether based upon warranty, contract or negligence and arising in connection with the sale, use or repair of the product.

SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE.

In the event of failure of this product to conform to this warranty during the warranty period, please call Extreme Products Group Customer Service Number at 623-888-6379 for assistance in the repair or replacement of the product or any covered part. Extreme Products Group will repair or replace, at its own option, the product or any covered part, except that this warranty does not cover damage caused by accident (including transit) , or repairs or attempted repairs by any person not authorized by Extreme Products Group, or by vandalism, misuse, abuse, or alteration. The Warranty Period is based on the purchase date of the product validated by the Authorized Retailers Register Receipt, or valid copy of transaction statement. Shipping and Handling is not included. By continuing with the assembly and use of this products acknowledges your understanding of the Warnings and Warranty Guidelines stated above.

If you require technical support under this warranty, please call Customer Service at (623-888-6379).

•For Any Parts Required, **DO NOT CALL TECHNICAL SUPPORT.** Please visit our web site at :

www.extremeproductsgroup.com

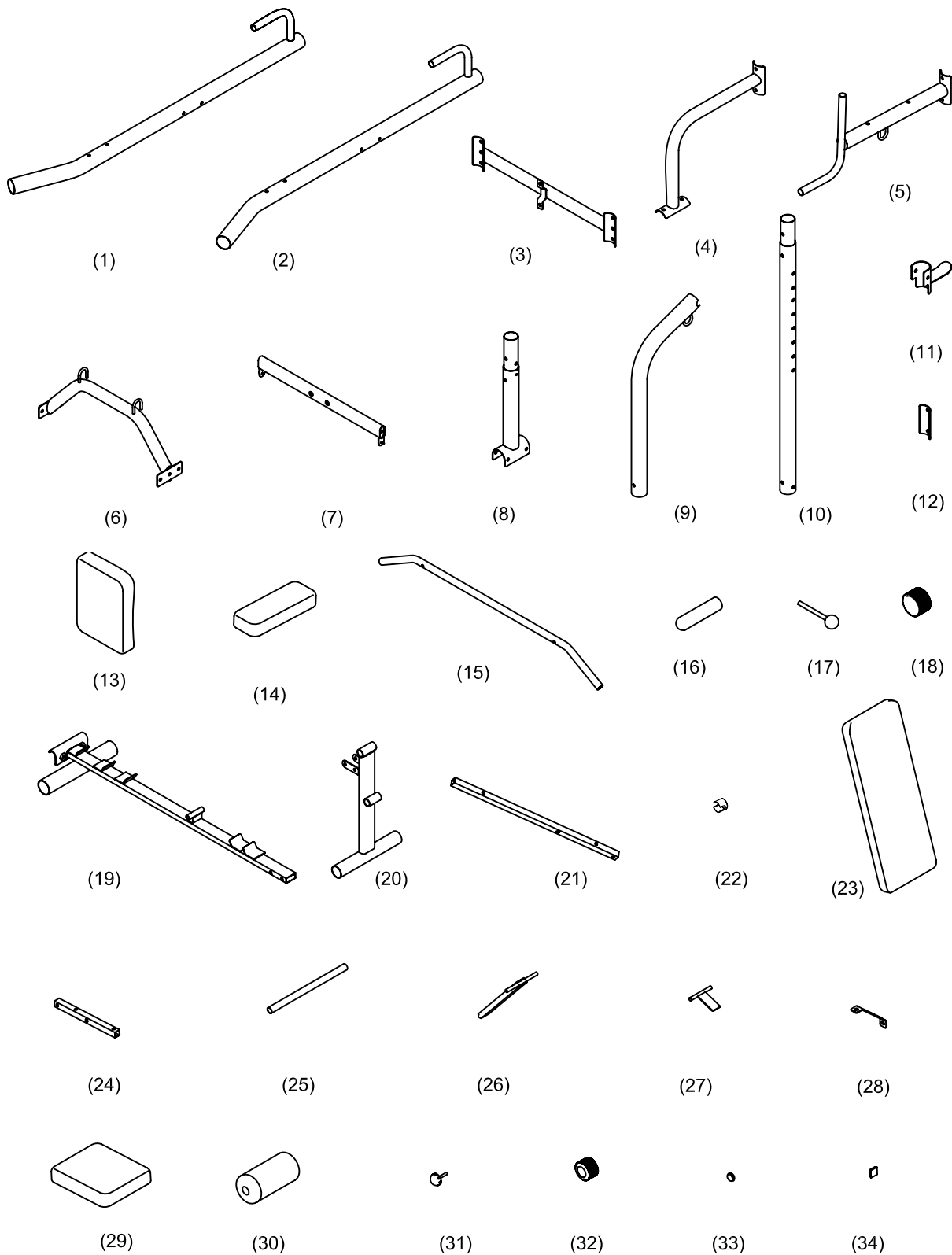
•TO VIEW AN ASSEMBLY VIDEO FOR THIS PRODUCT, PLEASE VISIT OUR WEB SITE

Parts Listing

| ITEM | DESCRIPTION | Q'TY | ITEM | DESCRIPTION | Q'TY |
|------|-----------------------|------|------|-------------------------|------|
| 1 | RIGHT BASE FRAME | 1 | 24 | SEAT FRAME | 2 |
| 2 | LEFT BASE FRAME | 1 | 25 | FOAM ROD | 2 |
| 3 | VKR PAD SUPPORT | 1 | 26 | BACKREST ADJUSTABLE BAR | 1 |
| 4 | VERTICAL STABILIZER | 2 | 27 | SEAT INCLINE BAR | 1 |
| 5 | DIP HANDLE | 2 | 28 | SUPPORT PLATE | 1 |
| 6 | BASE CONNECT FRAME | 1 | 29 | SEAT CUSHION | 1 |
| 7 | BENCH SUPPORT FRAME | 1 | 30 | FOAM ROLL | 4 |
| 8 | LOWER UPRIGHT FRAME | 2 | 31 | BENCH LOCKING KNOB | 2 |
| 9 | TOP UPRIGHT FRAME | 2 | 32 | 50 ROUND END CAP | 4 |
| 10 | UPRIGHT FRAME | 2 | 33 | 25 ROUND END PLUG | 4 |
| 11 | BAR CATCH | 2 | 34 | 25 SQUARE END PLUG | 8 |
| 12 | CONNECTING PLATE | 2 | 35 | M10X45MM HEX BOLT | 2 |
| 13 | BACKREST CUSHION | 1 | 36 | M8X65MM HEX BOLT | 4 |
| 14 | VKR CUSHION | 2 | 37 | M10X75 CARRIAGE BOLT | 8 |
| 15 | CHIN-UP BAR | 1 | 38 | M10X75MM HEX BOLT | 8 |
| 16 | PVC HAND GRIP | 8 | 39 | M10X80MM HEX BOLT | 4 |
| 17 | BAR CATCH PIN | 2 | 40 | M8X16MM HEX BOLT | 2 |
| 18 | BASE FRAME CAP | 4 | 41 | M8X38MM HEX BOLT | 8 |
| 19 | BENCH MAIN FRAME | 1 | 42 | M10X180MM HEX BOLT | 1 |
| 20 | BENCH FRONT LEG | 1 | 43 | M10 WASHER | 36 |
| 21 | BACKREST FRAME | 2 | 44 | M8 WASHER | 14 |
| 22 | ROUND CAP WITH GAP | 2 | 45 | M10 LOCK NUT | 19 |
| 23 | LONG BACKREST CUSHION | 1 | 46 | M10X20 MM HEX BOLT | 2 |

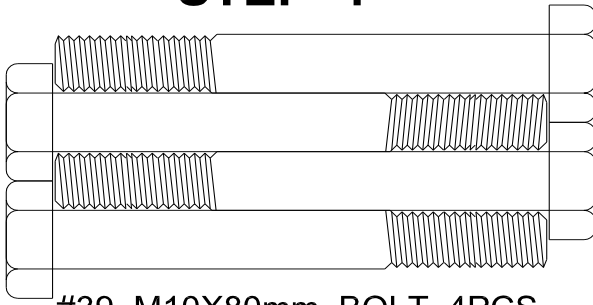
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- **Please visit our web site: www.extremeproductsgroup.com**

Parts Identifier

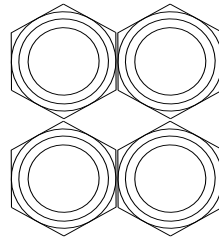


Hardware Identifier

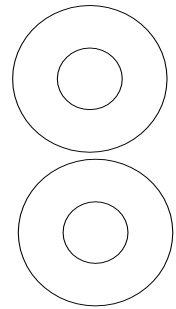
STEP 1



#39 M10X80mm BOLT 4PCS

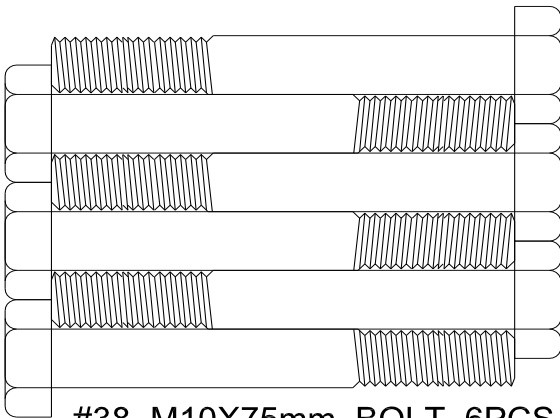


#45 M10 LOCK
NUT 4PCS

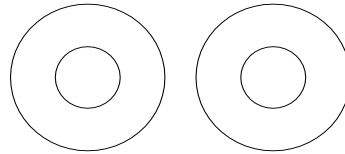


#43 M10
WASHER 8PCS

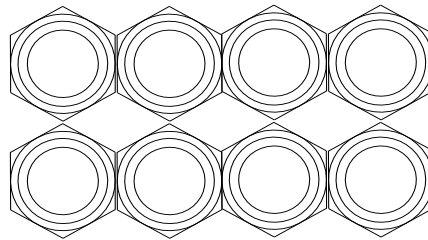
STEP 2



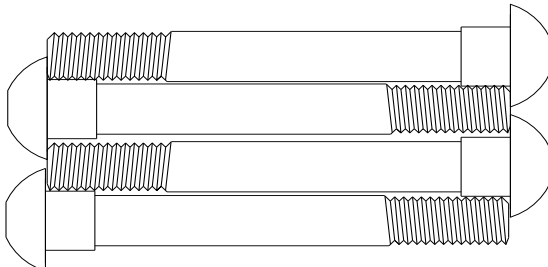
#38 M10X75mm BOLT 6PCS



#43 M10 WASHER 14PCS

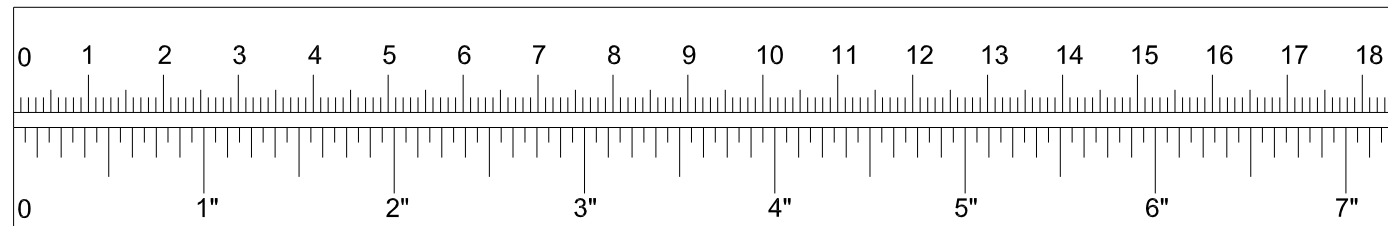


#45 M10 LOCK NUT 8PCS



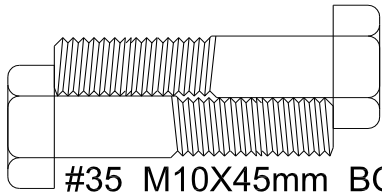
#37 M10X75 CARRIAGE BOLT 4PCS

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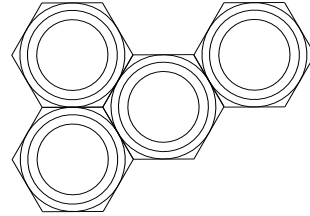


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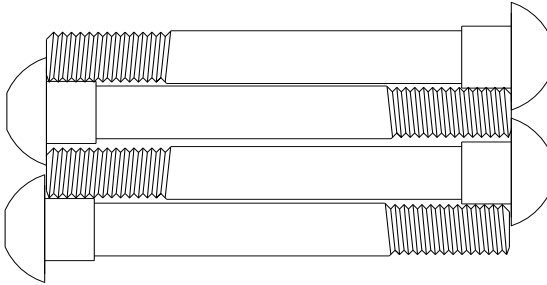
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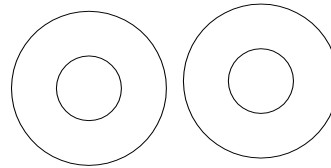
#35 M10X45mm BOLT
2PCS



#45 M10 LOCK
NUT 4PCS

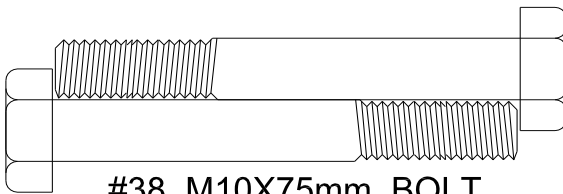


#37 M10X75 CARRIAGE
BOLT 4PCS

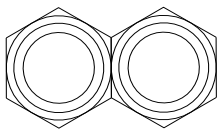


#43 M10
WASHER 6PCS

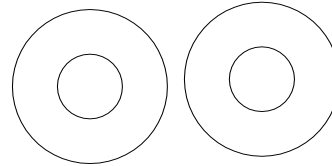
STEP 4



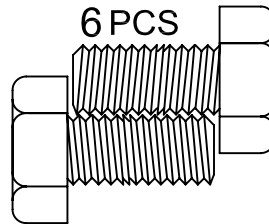
#38 M10X75mm BOLT
2PCS



#45 M10 LOCK
NUT 2PCS

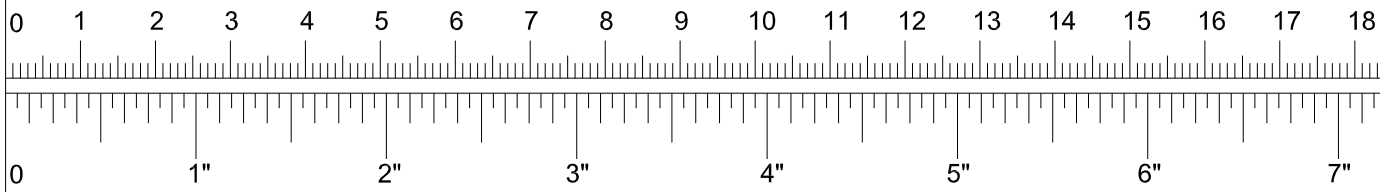


#43 M10 WASHER
6PCS



#46 M10X20mm BOLT 2PCS

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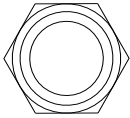


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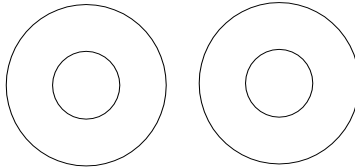
STEP 5



#42 M10X180 HEX BOLT 1PC

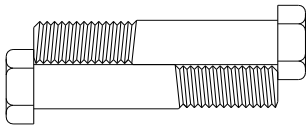


#45 M10 LOCK
NUT 1PC

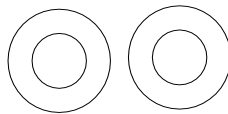


#43 M10 WASHER 2PCS

STEP 6

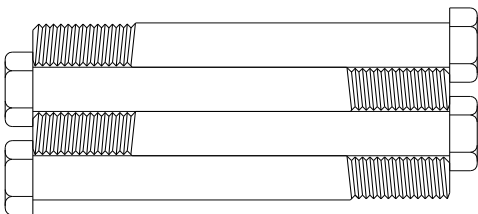


#41 M8x38MM
HEX BOLT
8PCS

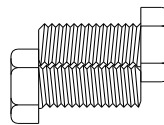


#44 M8 WASHER
8PCS

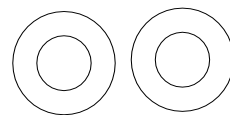
STEP 7



#36 M8x65MM HEX BOLT
4PCS

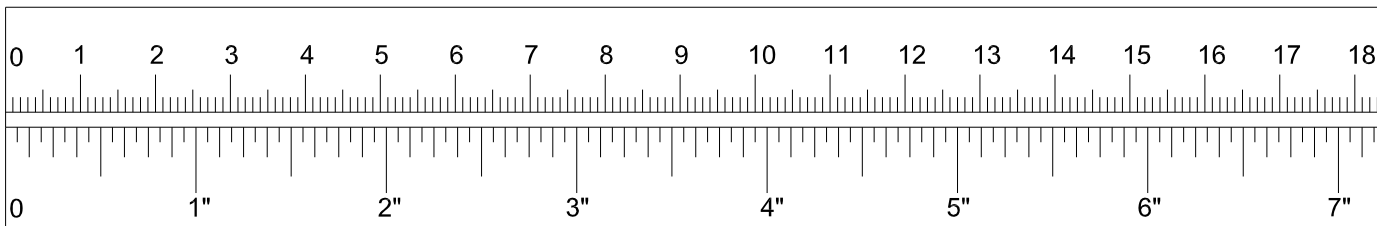


#40 M8x16MM
HEX BOLT
2PCS

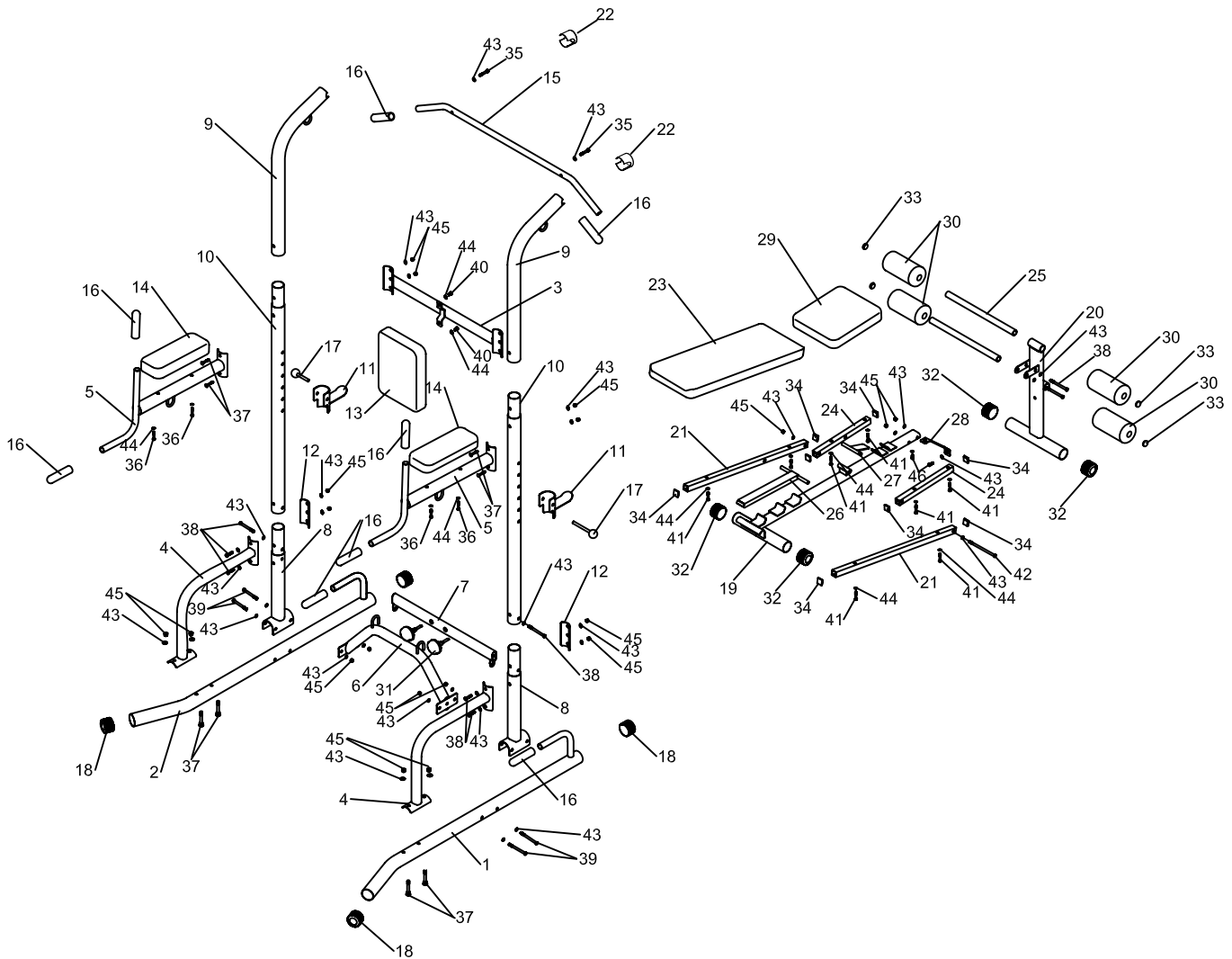


#44 M8 WASHER
6PCS

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Exploded View



TO VIEW AN ASSEMBLY VIDEO OF THIS PRODUCT, PLEASE VISIT OUR WEB SITE AT: WWW.EXTREMEPRODUCTSGROUP.COM

Step 1- Lower Frame Assembly

Connect #1 Right Base Frame, #2 Left Base Frame and 2- #8 Lower Uprights With #6 Base Connect frame using 4-#39 M10X80 Bolts and 8 #43 M10 washers And 4- #45 M10 Locknuts as pictured in Diagram 1.

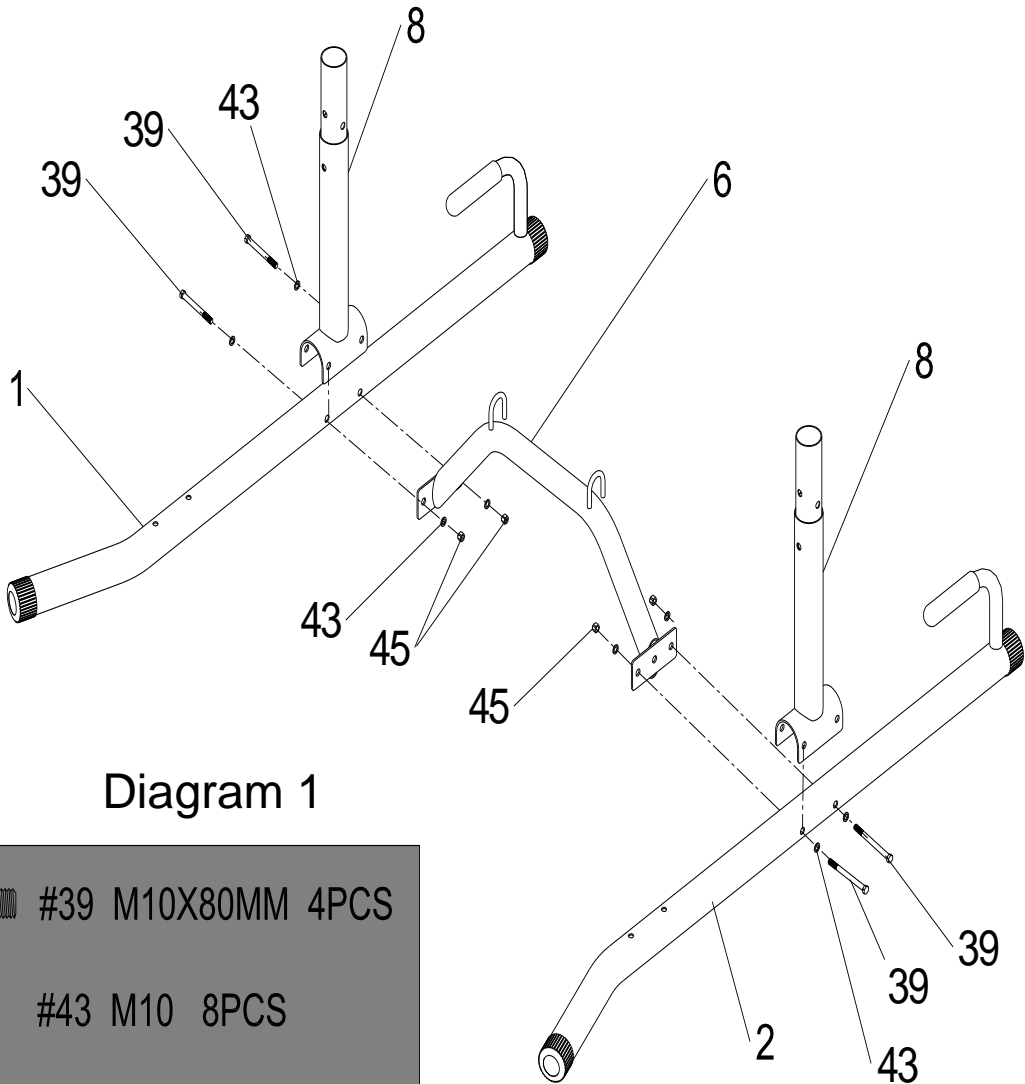
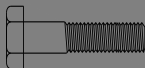




Diagram 1

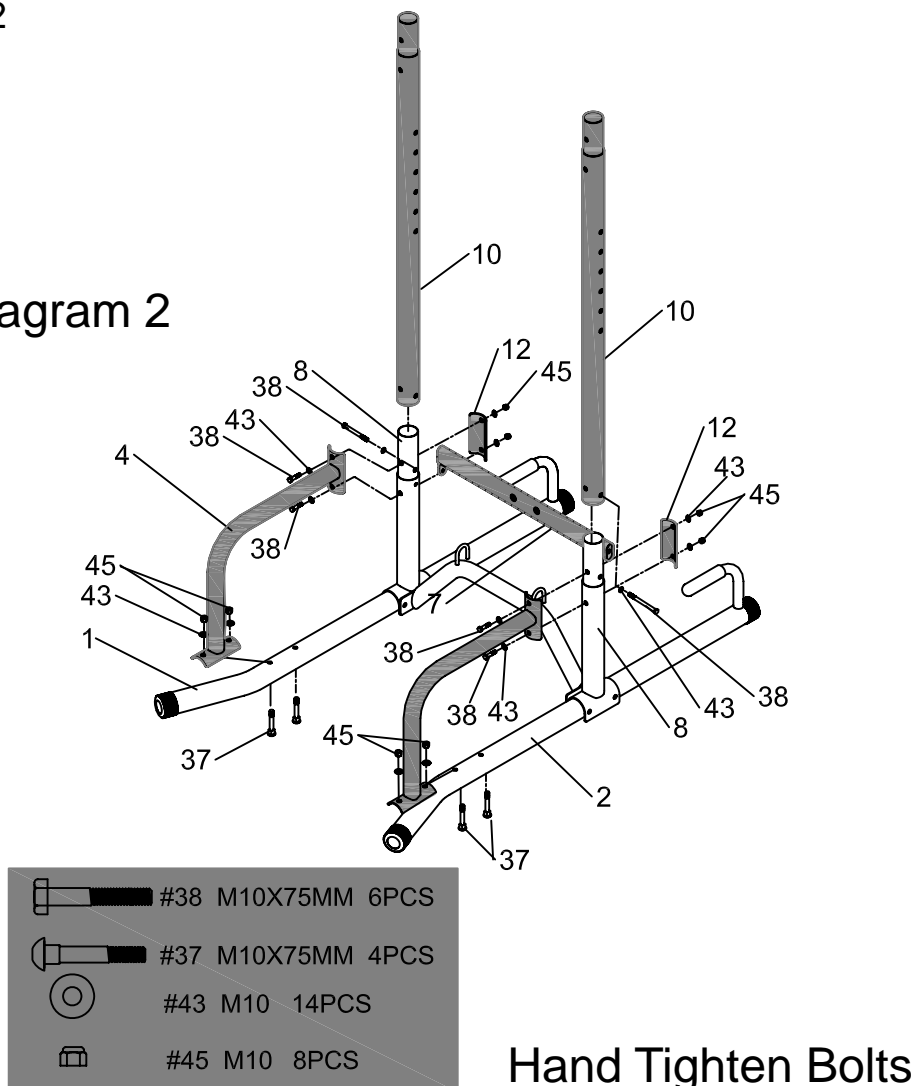
| | |
|---|-------------------|
|  | #39 M10X80MM 4PCS |
|  | #43 M10 8PCS |
|  | #45 M10 4PCS |

Hand Tighten Bolts

Step 2- Support Braces & Middle Frame Assembly

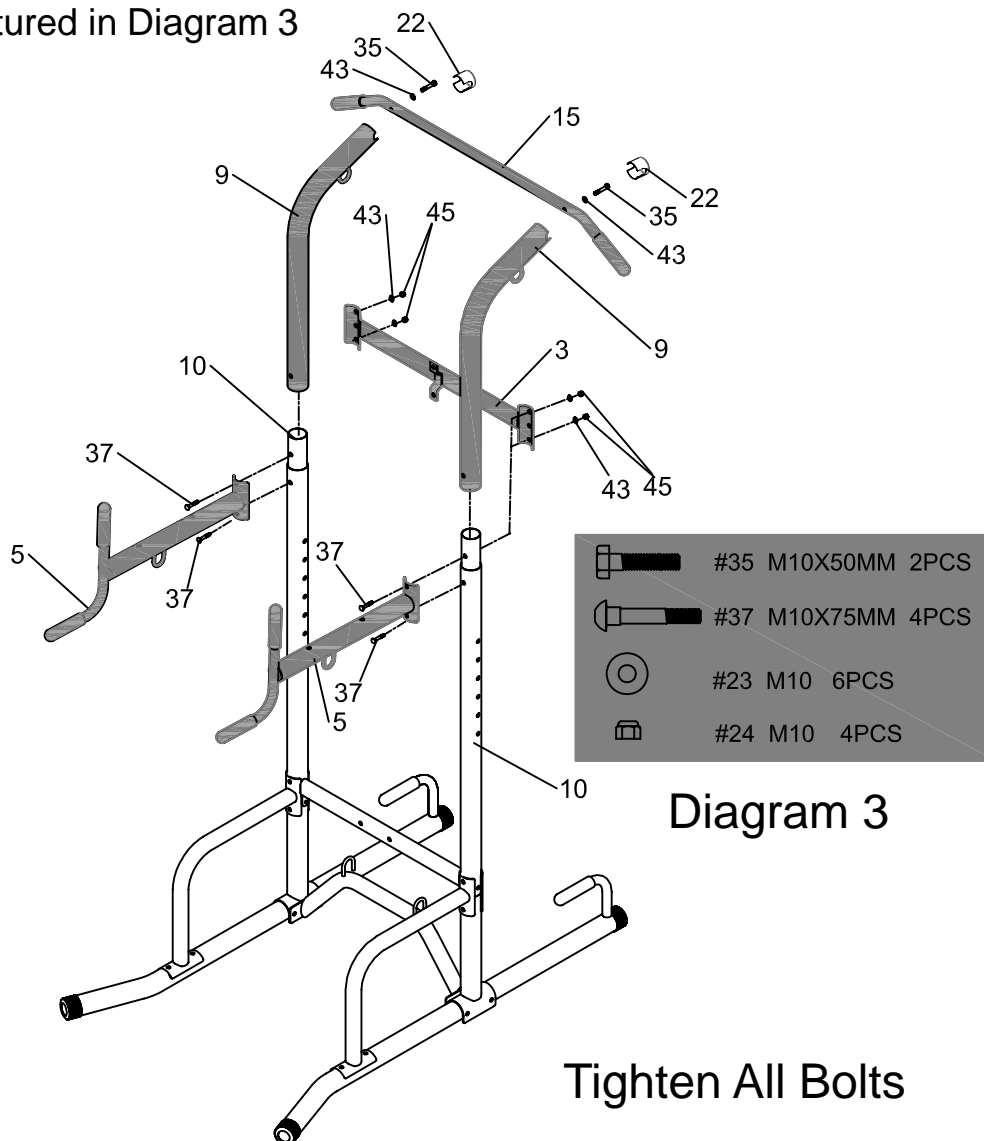
- A. Insert 2-#10 upright Frames over Tapered end of #8 Lower Upright Frame and line up holes.
- B. Using 2-#38 M10X75 Bolts and 2 # 43 M10 washers connect #7 Bench support frame as pictured in Diagram 2
- C. Attach 2- #4 Vertical Stabilizers to #10 Upright Frames using 4 # 38 M10X75 Bolts, 8 #43 M10 Washers, 4 #45 Locknuts and 2 #12 Connecting Plates
- D. Attach #4 Vertical Stabilizers to #1 and #2 Base Frames using 4 #37 M10 X 75 Bolts, 4-#43 M0 Washers and 4-#45 Locknuts as pictured in Diagram 2

Diagram 2



Step 3- VKR & Upper Frame Assembly

- A. Insert #9 Top Upright Frame over tapered end of #10 Upright Frame And line up holes so curved portion of #9 Faces towards back of the Tower.
- B. Attach # 5 Dip Handle and # 3 VKR Pad Support to #9 Top Upright Frame Using 4-#37 M10X75, 4-# 43 M10 Washers and 4-# 44 Locknuts
- C. Attach #15 Chin-up Bar to the end of #9 Top Upright Frame using 2-#35 M10X45 Bolts and 2-# 43 M10 Washers and 2-#22 Round caps as pictured in Diagram 3

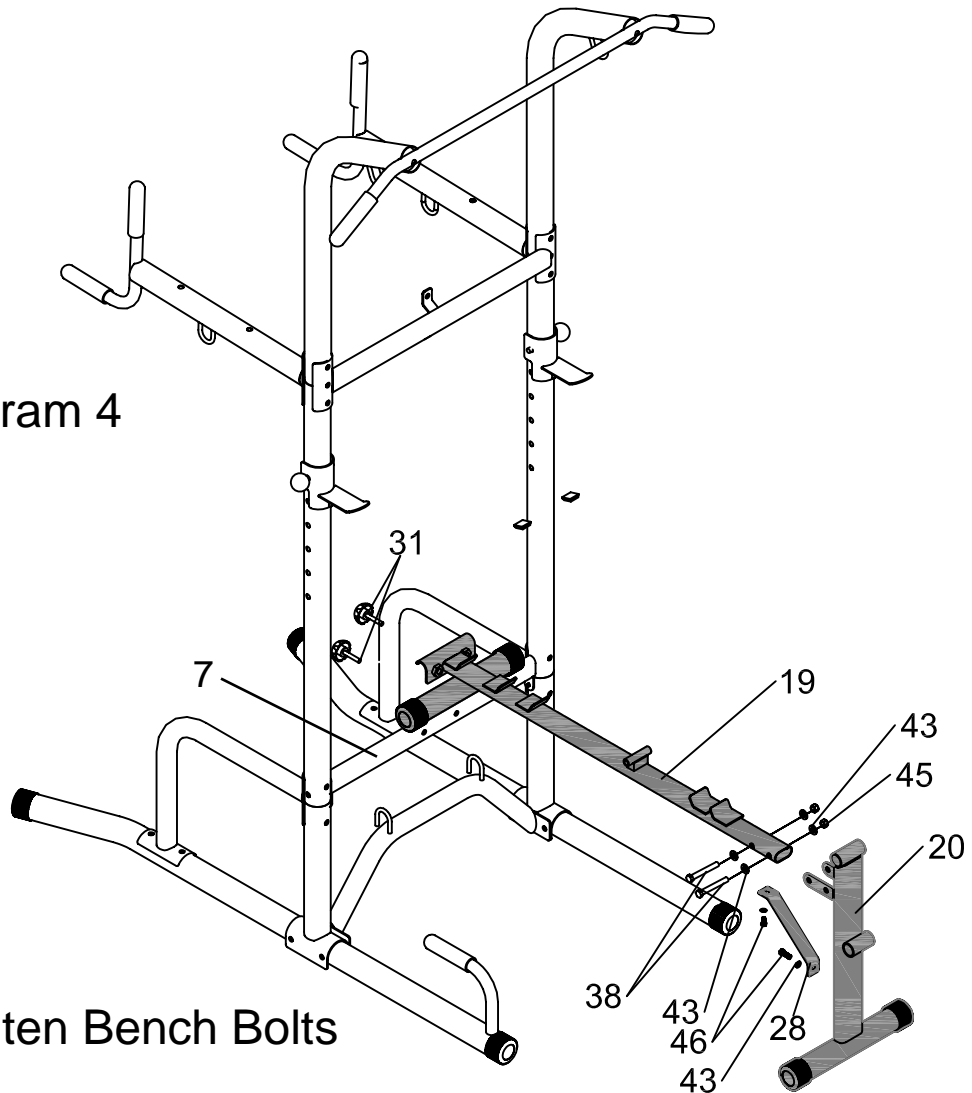


Step 4- Bench Frame Assembly





A. Attach #20 Bench Front Leg to #19 Bench Main Frame and #28 Support Plate Using 2-#38 M10X75 Bolts, 2-#46 M10X20 Bolts, 6-#43 M10 Washers and 2-#45 M10 Locknuts.

B. Hook Bench Main Frame U Clamp over #7 Bench Support Frame and Secure with two # 31 Bench Locking Knob as Pictured in Diagram 4

Diagram 4



Hand Tighten Bench Bolts

| | |
|---|-------------------|
|  | #38 M10X75MM 2PCS |
|  | #46 M10X20MM 2PCS |
|  | #43 M10 6PCS |
|  | #45 M10 2PCS |

Step 5- Seat & Backrest Frame Assembly

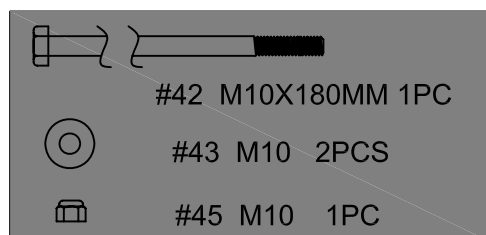
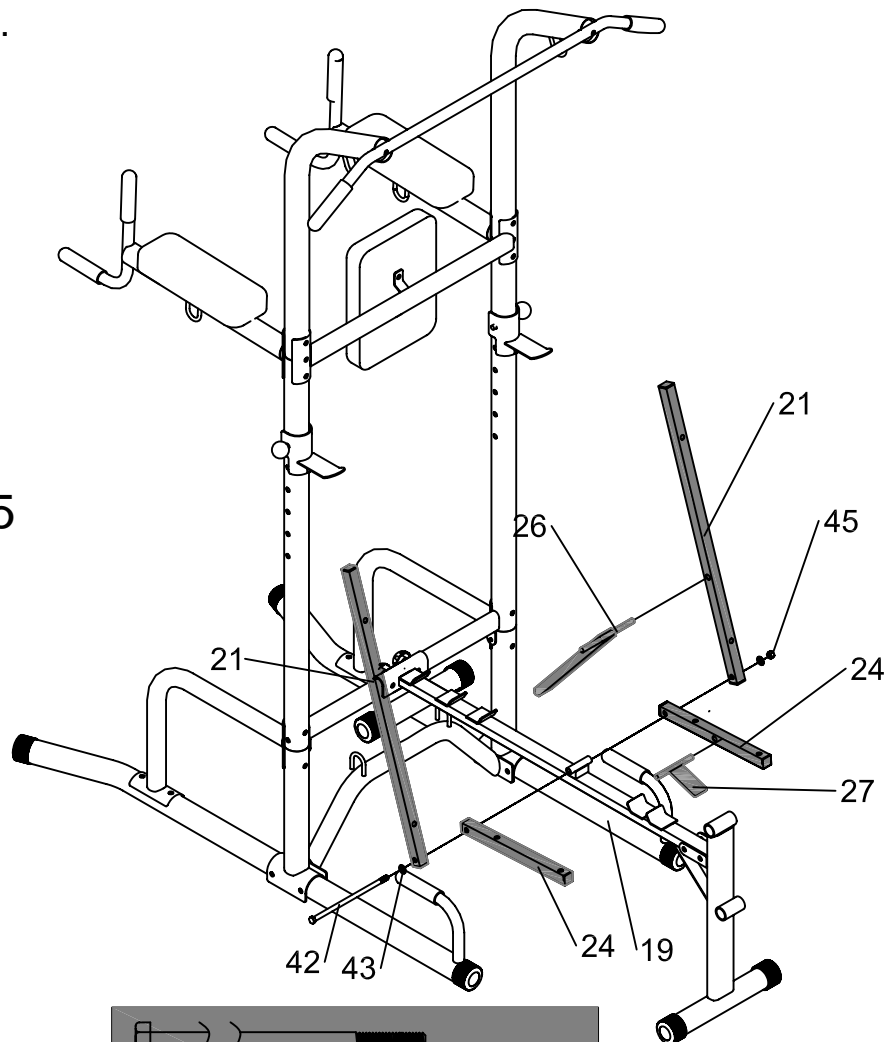
A. Attach two #24 Seat Frames and two #21 Backrest Frames to #19 Bench Main Frame using 1-# 42 M10X180 Bolt, 2-#43 M10 Washers and 1-# M10 Locknut as Pictured In Diagram 5. (Note Middle Holes on two # 24 should face inwards; Middle Holes on two # 21 should face inwards.)

B. Insert #27 Seat Incline Bar Into Predrilled center holes on two #24 Seat frames .

C. Insert #26 Backrest Adjustable Bar Into Predrilled center holes on two # 21 Backrest Frames as Pictured in Diagram 5

Note: Do not overtighten Bolt # 42 since backrest and seat will need to rotate to different positions.

Diagram 5



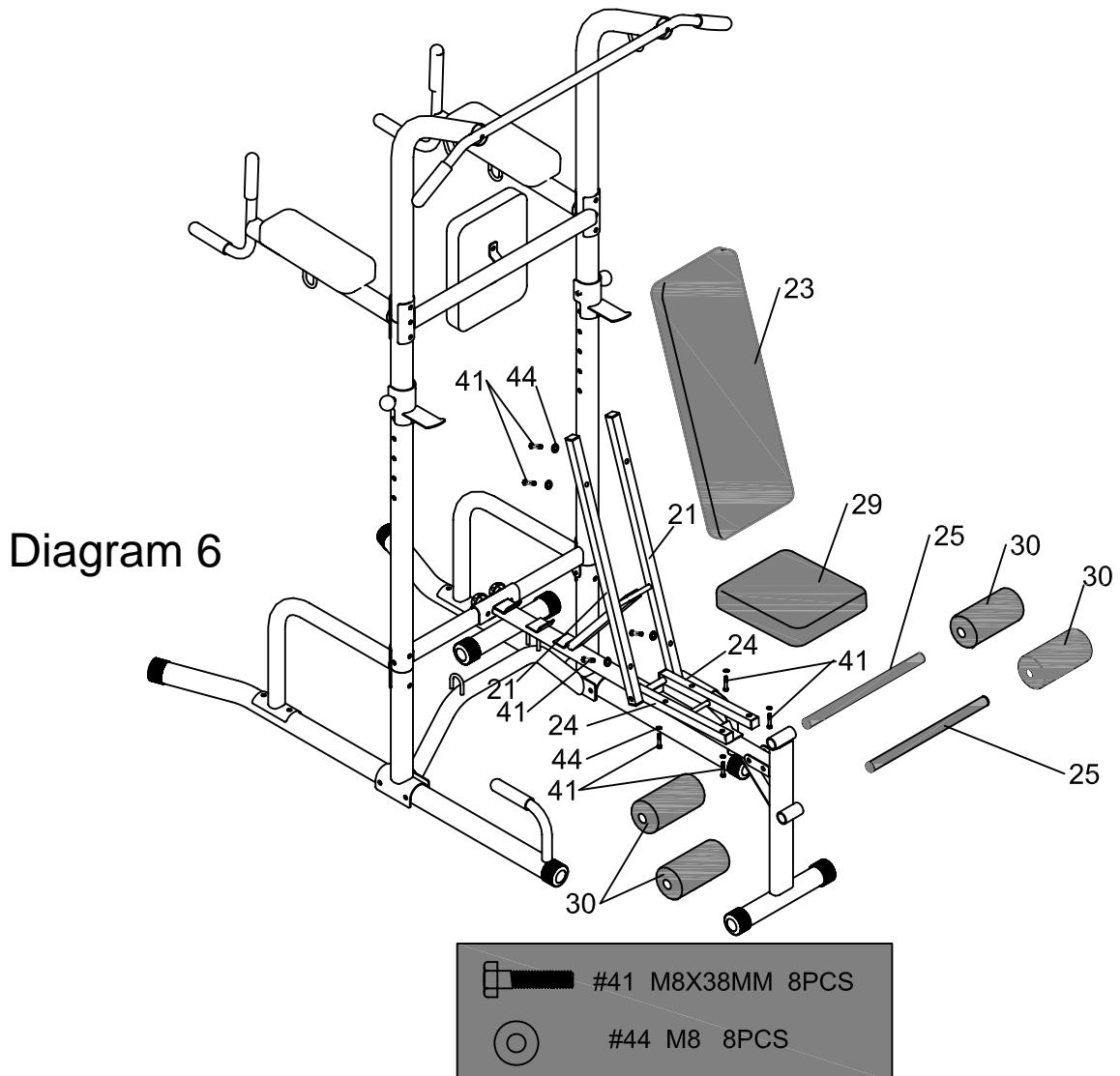
Hand Tighten Bolts

Step 6- Bench Pads and Roller Assembly

A. Attach #29 Seat Cushion to two #24 Seat Frames Using 4-#41 M8X38 Bolts and 4-# 44 M8 Washers. (Note make sure #27 is Still mounted between two #24)

B. Attach #23 Long Backrest Cushion to two #21 Backrest Frames using 4-#41 M8X38 Bolts and 4 M8 Washers . (Note make sure #26 is Still mounted between two #21)

C. Slide and center #25 Foam Rods through Round Mounting Brackets on #20 Bench Front Leg and slide 2 each # 30 Foam Rolls on each side for both rods



STEP 7- Arm Pads & Back Pad

- A. Attach # 13 Backrest Cushion to #3 VKR Pad Support using 2#40 M8X16 Bolts and 2-# 44 M8 Washers
- B. Attach #14 VKR Cushions to #5 Dip Handles using 4 M8X65 Bolts and 4-# M8 Washers as pictured in Diagram 7
- C. Attach #11 Bar Catch to #10 Upright Frame using #17 Bar Catch Pin at Desired Height on both Sides

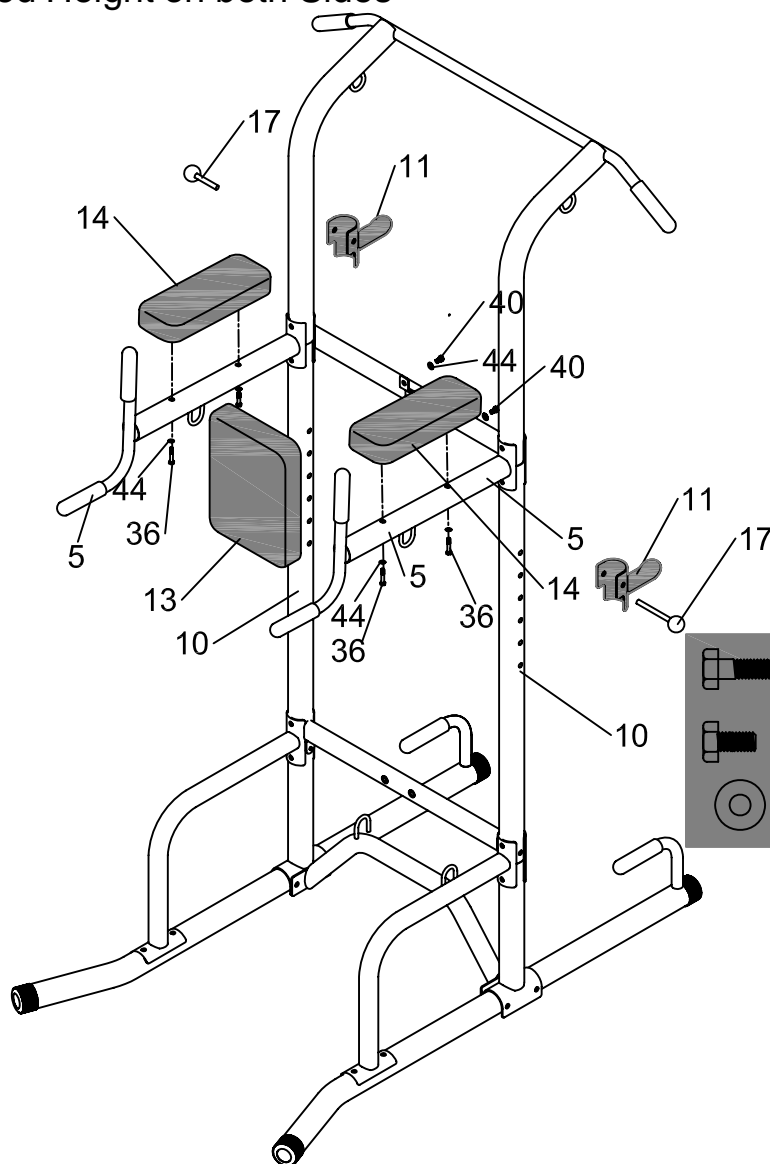


Diagram 7

NOTE: TIGHTEN ALL BOLTS AT THIS TIME

* For Any Parts Required, DO NOT CALL TECHNICAL SUPPORT. Please visit our web site: www.extremeproductsgroup.com

WARNINGS & PRECAUTIONS

WARNING: 300 LB WEIGHT CAPACITY

To reduce the risk of serious injury, read all important precautions instructions and warnings in this manual before using this Power Tower. Extreme Products Group assumes no responsibility for personal injury or property damage sustained by or through the use of this Tower.

YOU SHOULD NOT START ANY EXERCISE WITHOUT CONSULTING A PHYSICIAN TO DETERMINE IF YOU HAVE ANY MEDICAL OR PHYSICAL CONDITIONS THAT COULD PUT YOUR HEALTH AND SAFETY AT RISK, OR PREVENT YOU FROM USING THE EQUIPMENT PROPERLY. YOUR DOCTORS ADVICE IS ESSENTIAL IF YOU ARE TAKING MEDICATION THAT AFFECTS YOUR HEART RATE, BLOOD PRESSURE OR CHOLESTEROL LEVEL.

Be Aware of your body's signals, Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms. Pain, Tightness in your Chest, Irregular heartbeat, Shortness of Breath, Lightheadedness, Dizziness or Feelings of Nausea. If you do experience any of these symptoms, consult your doctor immediately and discontinue use of this product.

KEEP CHILDREN AND PETS AWAY FROM THIS Power Tower. It is designed for Adult Use Only

Use this product on a solid, flat level surface with a protective cover for your floor or carpet.

Leave Adequate Space to Exercise.

Wear Suitable Clothing while exercising. Avoid Wearing Loose Clothing that may be caught in the equipment or that may restrict or prevent movement.

INSURE THAT ALL NUTS, BOLTS, AND SCREWS ARE COMPLETELY TIGHTENED BEFORE USING THIS PRODUCT.

ALWAYS WARM UP PROPERLY BEFORE EXERCISING AND COOL DOWN AFTER EXERCISING.



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