

POWER TOWER

STE00113

FGPT|300

**FITNESS
GEAR**

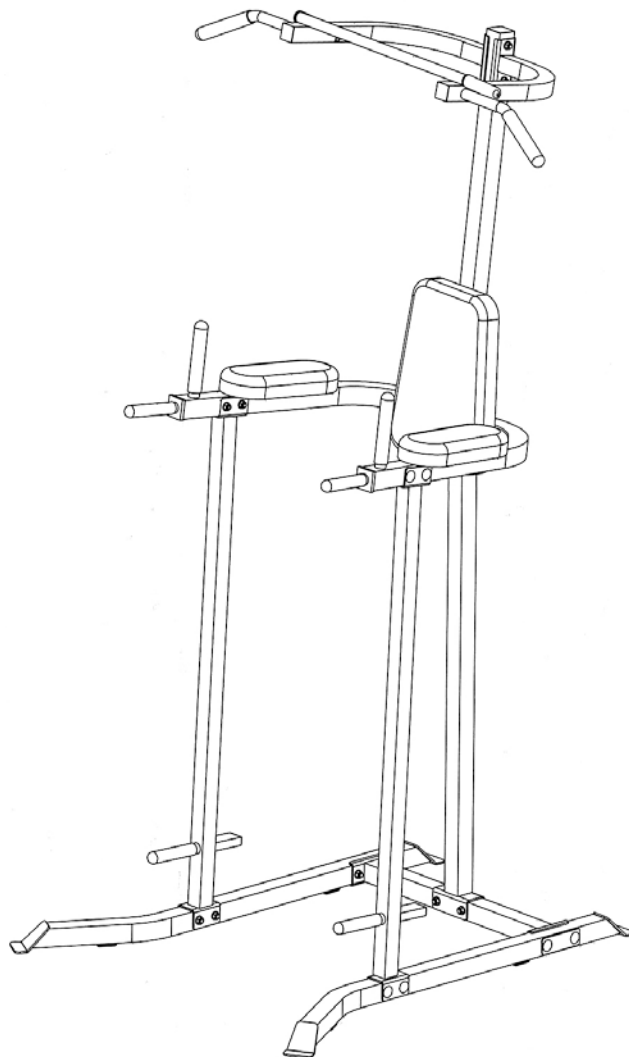
Tools Required:

Adjustable Wrench

Socket Wrench Set

OWNER'S MANUAL

Retain This Manual For Reference



Dick's Sporting Goods 345 Court Street Coraopolis, PA 15108

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BEFORE YOU BEGIN

Thank you for selecting the FGPT-300 Power Tower. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOLL-FREE customer service number*. Our Customer Service Agents will provide immediate assistance to you.

Toll-Free Customer Service Number
1-866-677-4771
Mon. – Fri. 9 a.m. – 5 p.m. EST
customer.service@dcsg.com

IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. A spotter is recommended during exercise.
13. **This machine is designed and intended for home and consumer use only, not for commercial use.**

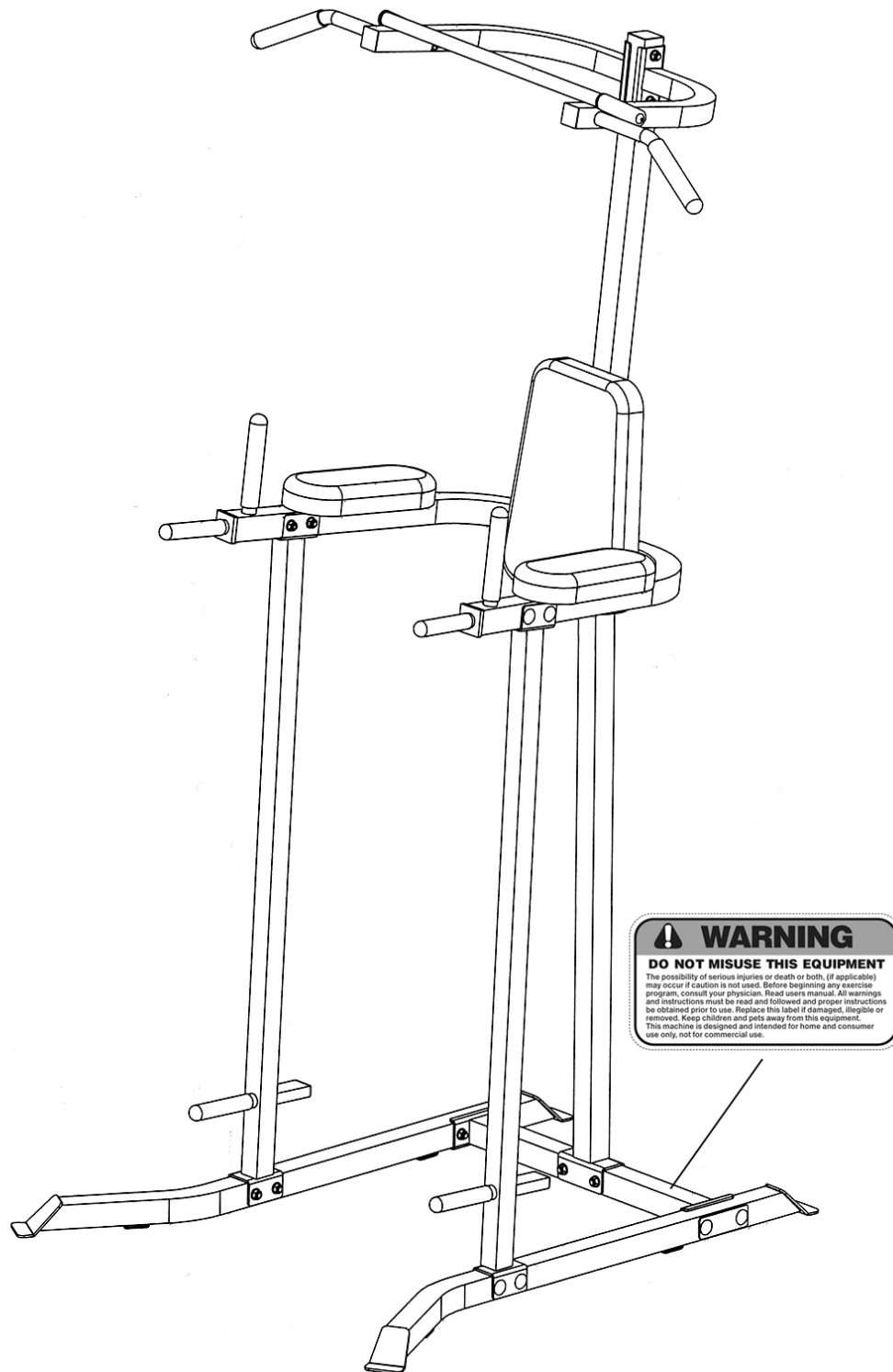
CARE AND MAINTENANCE

1. Lubricate moving parts with WD-40 or light oil periodically.
2. Inspect and tighten all parts before using the machine.
3. **Failure to examine regularly may affect the safety level of the machine.**
4. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
5. **Maximum User Weight: 300 lbs**
6. Assembled Dimension: 47" x 47" x 87"

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. DICK'S SPORTING GOODS ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

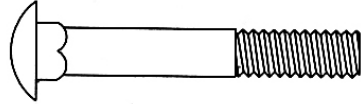
WARNING LABEL PLACEMENT



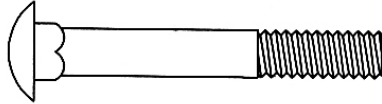
The warning labels shown here have been placed on the Cross Brace. If the labels are missing or illegible, please call customer service at 1-866-677-4771 for replacements. Apply the labels in the location shown.

HARDWARE PACK

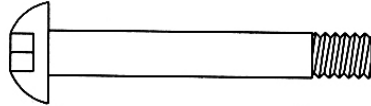
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



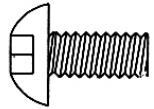
#23 M10 x 2 1/2" Carriage Bolt (Qty 14)



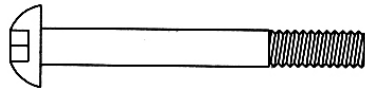
#24 M10 x 2 3/4" Carriage Bolt (Qty 4)



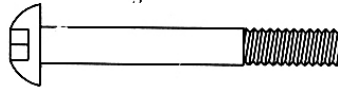
#25 M10 x 2 1/2" Allen Bolt (Qty 2)



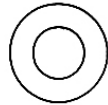
#26 M10 x 3/4" Allen Bolt (Qty 2)



#27 M8 x 2 1/2" Allen Bolt (Qty 2)



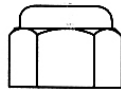
#28 M8 x 2 3/8" Allen Bolt (Qty 4) 5#



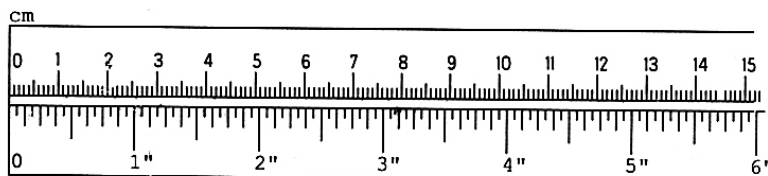
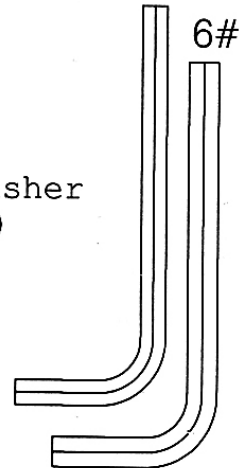
#29 Ø 3/4" Washer (Qty 24)



#30 Ø 5/8" Washer (Qty 6)



#31 M10 Aircraft Nut (Qty. 20)



ASSEMBLY INSTRUCTION

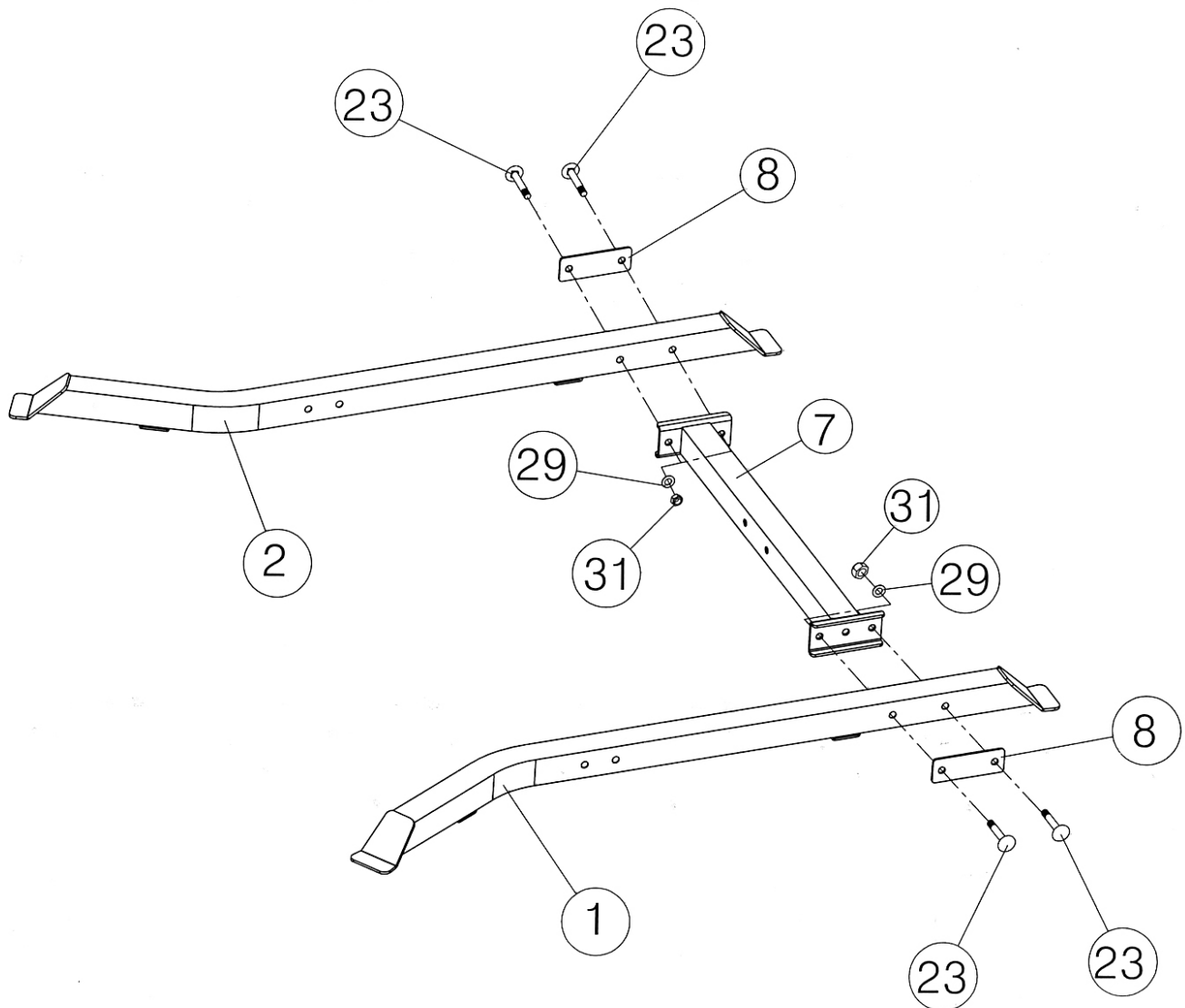
Tools Required for Assembling the Machine: Adjustable Wrench and Allen Wrench.

NOTE: It is strongly recommended that this machine to be assembled by two or more people to avoid possible injury.

STEP 1 (See Diagram 1)

- A.) Attach the Cross Brace (#7) to Left & Right Base (#1 & #2).
- B.) Secure the Cross Brace to each Base with two M10 x 2 ½" Carriage Bolts (#23), one 1 5/8" x 4 ½" Bracket (#8), two Ø ¾" Washers (#29), and two M10 Aircraft Nuts (#30). **Do not tighten the Nuts and Bolts until instructed to do so.**

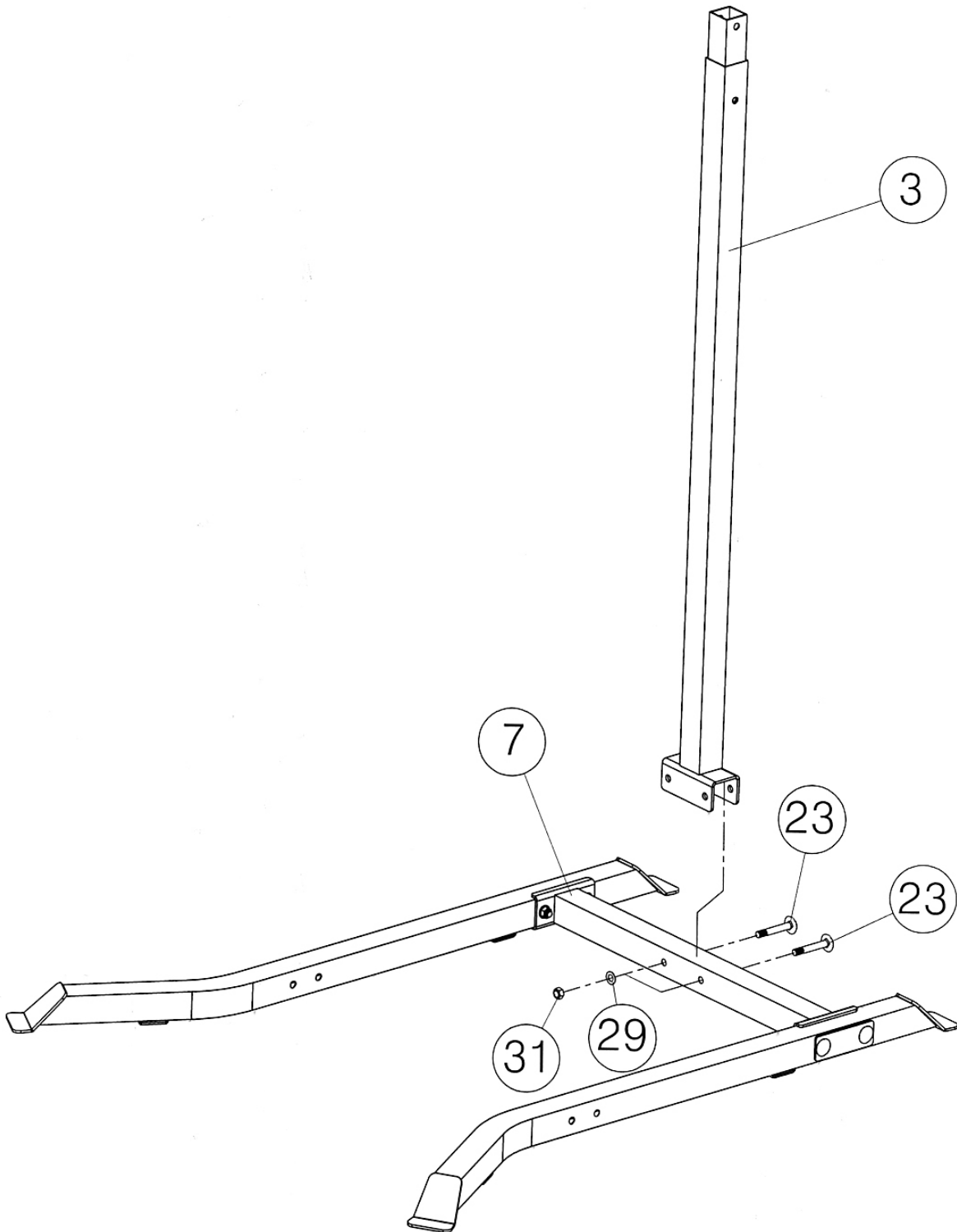
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach the Lower Rear Upright (#3) to Cross Brace (#7).
- B.) Secure it with two M10 x 2 ½" Carriage Bolts (#23), two Ø ¾" Washers (#29), and two M10 Aircraft Nuts (#30).
- C.) **Do not tighten the Nuts and Bolts until instructed to do so.**

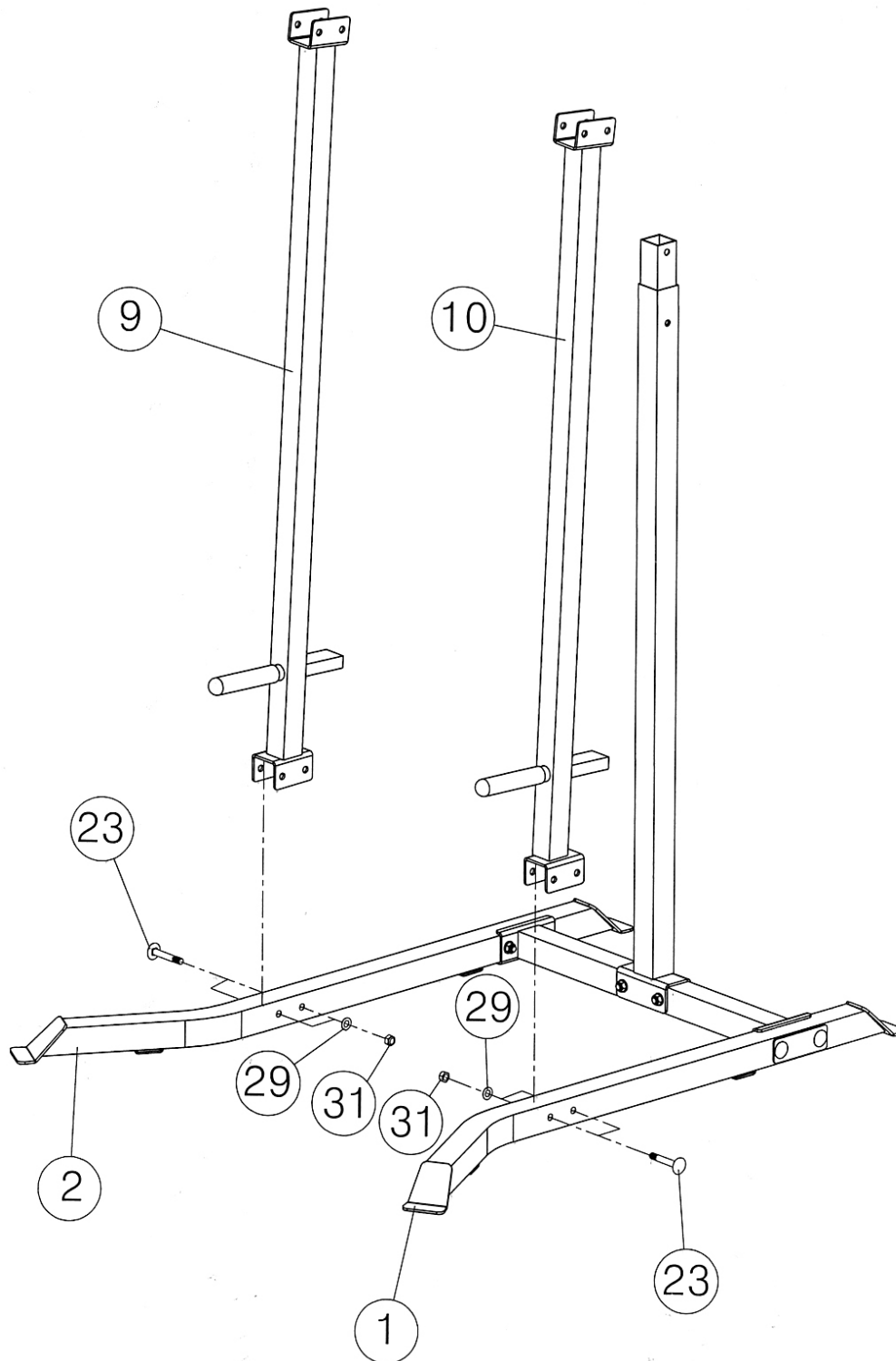
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach the Right Upright (#9) to Right Base (#2). Secure it with two M10 x 2 ½" Carriage Bolts (#23), two Ø ¾" Washers (#29), and two M10 Aircraft Nuts (#31). **Do not tighten the Nuts and Bolts until instructed to do so.**
- B.) Repeat Procedure A to install Left Upright (#10) to Left Base (#1).

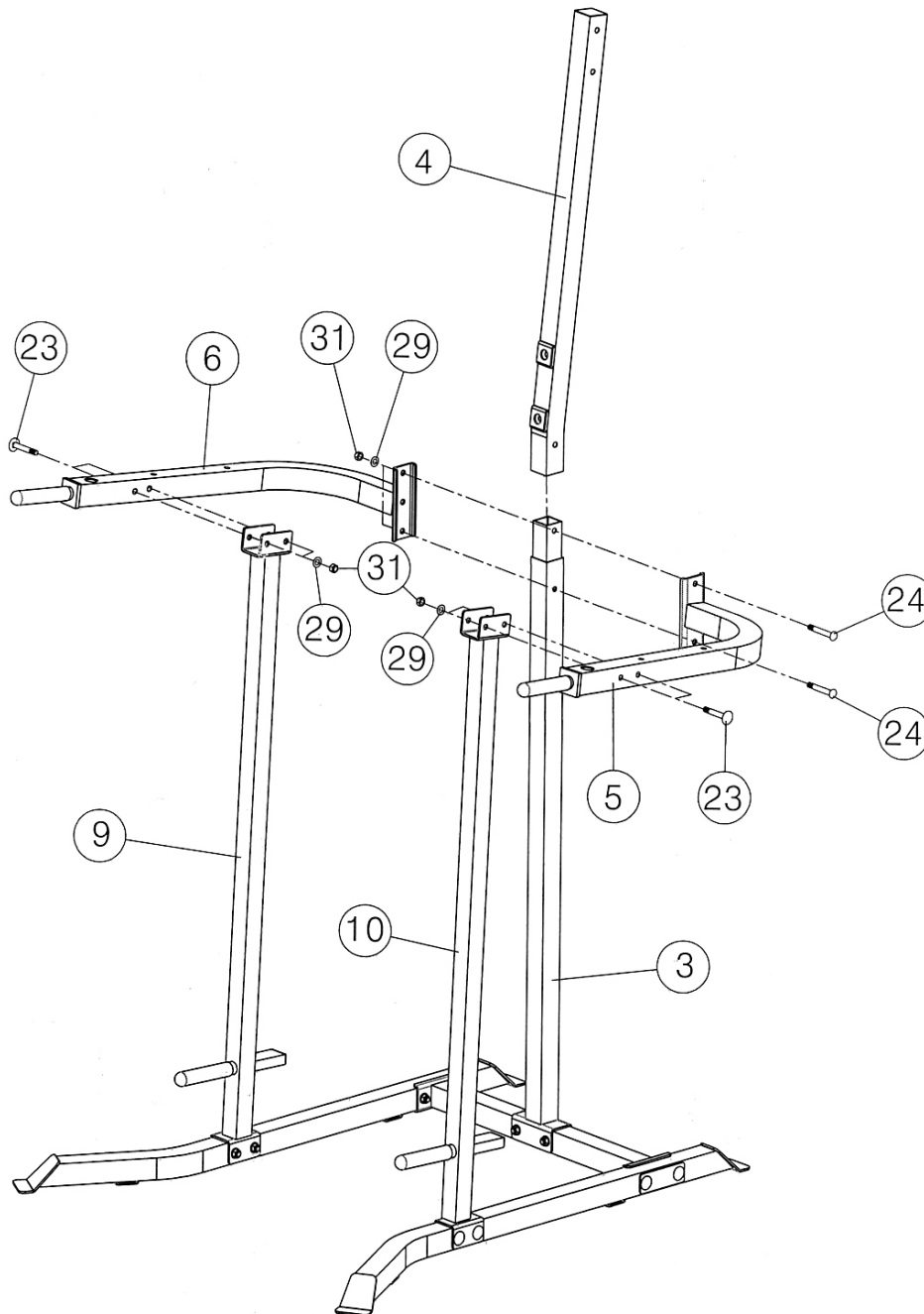
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Attach Upper Rear Upright (#4) onto Lower Rear Upright (#3).
- B.) Place Left Dip Support (#5) onto Left Upright (#10). Place Right Dip Support (#6) onto the Right Upright (#9).
- C.) Attach the end of Left & Right Dip Support to Lower & Upper Rear Upright. Secure them together with two M10 x 2 ¾" Carriage Bolts (#24), two Ø ¾" Washers (#29), and two M10 Aircraft Nuts (#31).
- D.) Secure the Left Dip Support (#5) with two M10 x 2 ½" Carriage Bolts (#23), two Ø ¾" Washers (#29), and two M10 Aircraft Nuts (#31). Repeat the same to secure the Right Dip Support (#6).
- E.) **Securely tighten all Nuts and Bolts installed in Step-1, 2, and 3.**

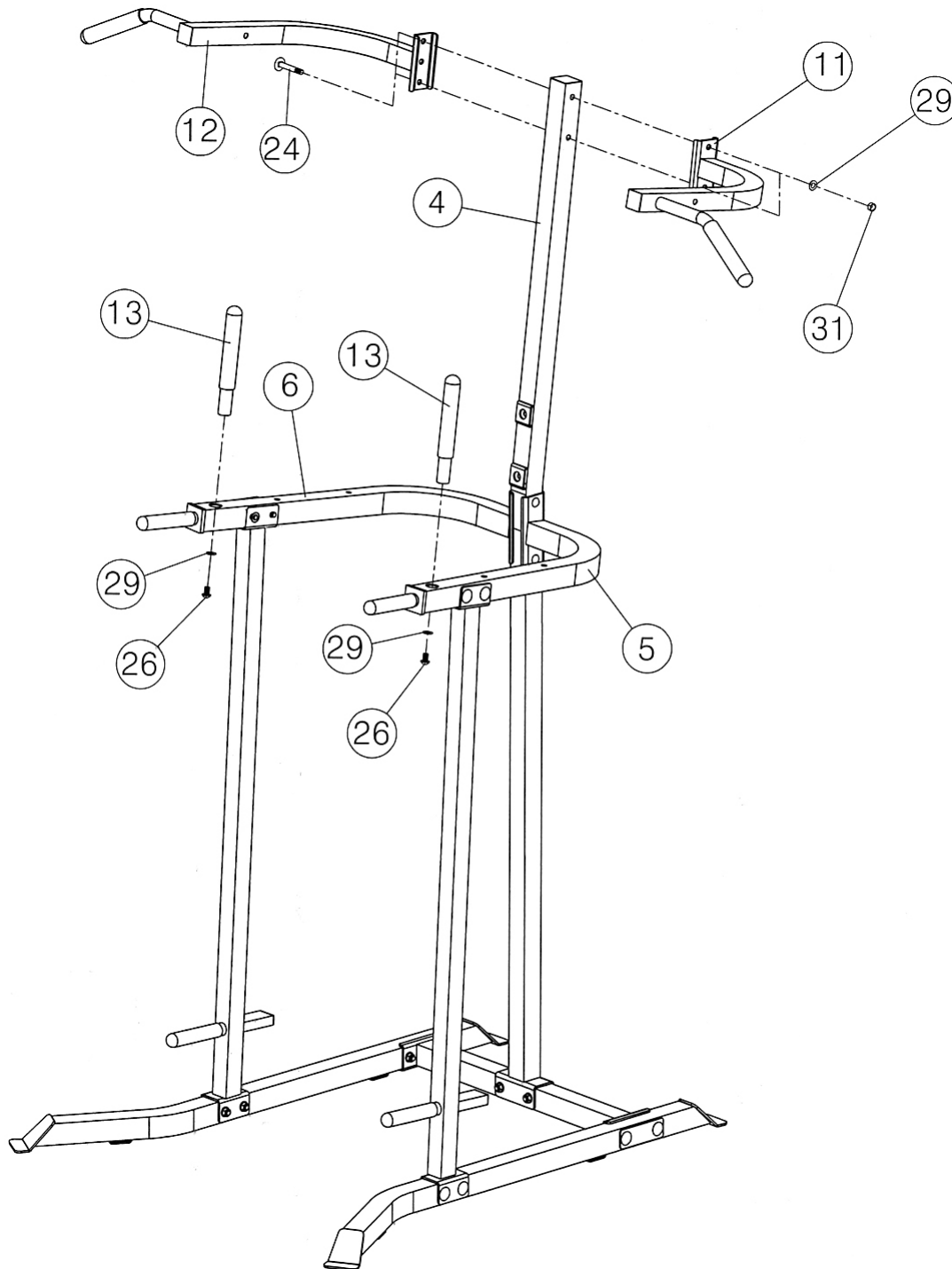
DIAGRAM 4



STEP 5 (See Diagram 5)

- A.) Insert one Vertical Handle (#13) into Left Dip Support (#5). Secure it with one M10 x $\frac{3}{4}$ " Allen Bolt (#26) and one $\varnothing \frac{3}{4}$ " Washer (#29). Repeat same Procedure to install the other Vertical Handle to Right Dip Support.
- B.) Attach Left and Right Chin-up Handle (#11 & #12) to Upper Rear Upright (#4). Secure them together with two M10 x 2 $\frac{3}{4}$ " Carriage Bolts (#24), two $\varnothing \frac{3}{4}$ " Washers (#29), and two M10 Aircraft Nuts (#31). **Do not tighten the Nuts and Bolts yet.**

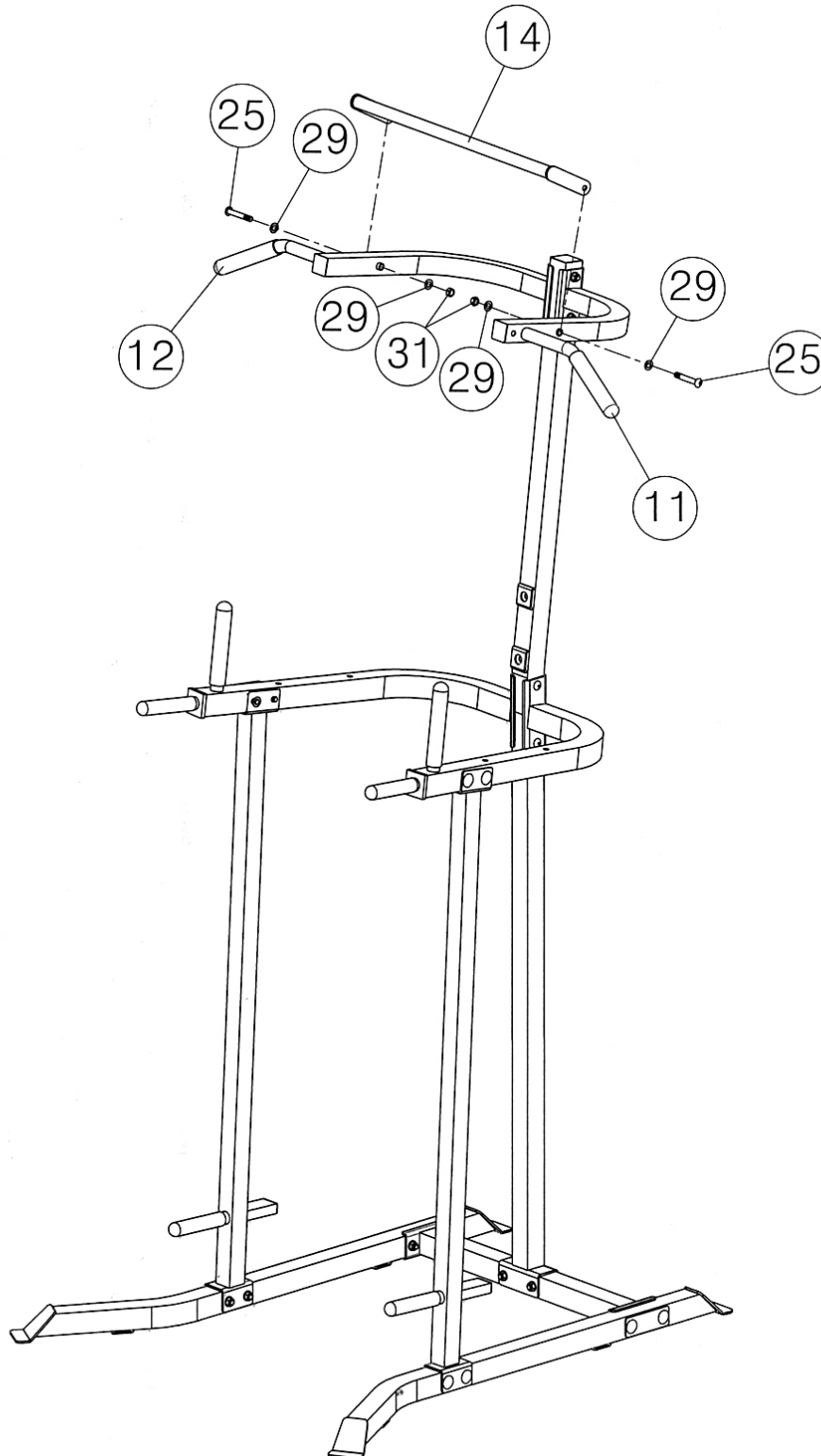
DIAGRAM 5



STEP 6 (See Diagram 6)

- A.) Attach the Chin-up Bar (#14) to Left and Right Chin-up Handle (#11 & #12).
- B.) Secure it to Left & Right Chin-up Handle with one M10 2 ½" Allen Bolt (#25), two Ø ¾" Washers (#29), and one M10 Aircraft Nut (#31) on each end.
- C.) **Securely tighten the Nuts and Bolts installed in Step-5.**

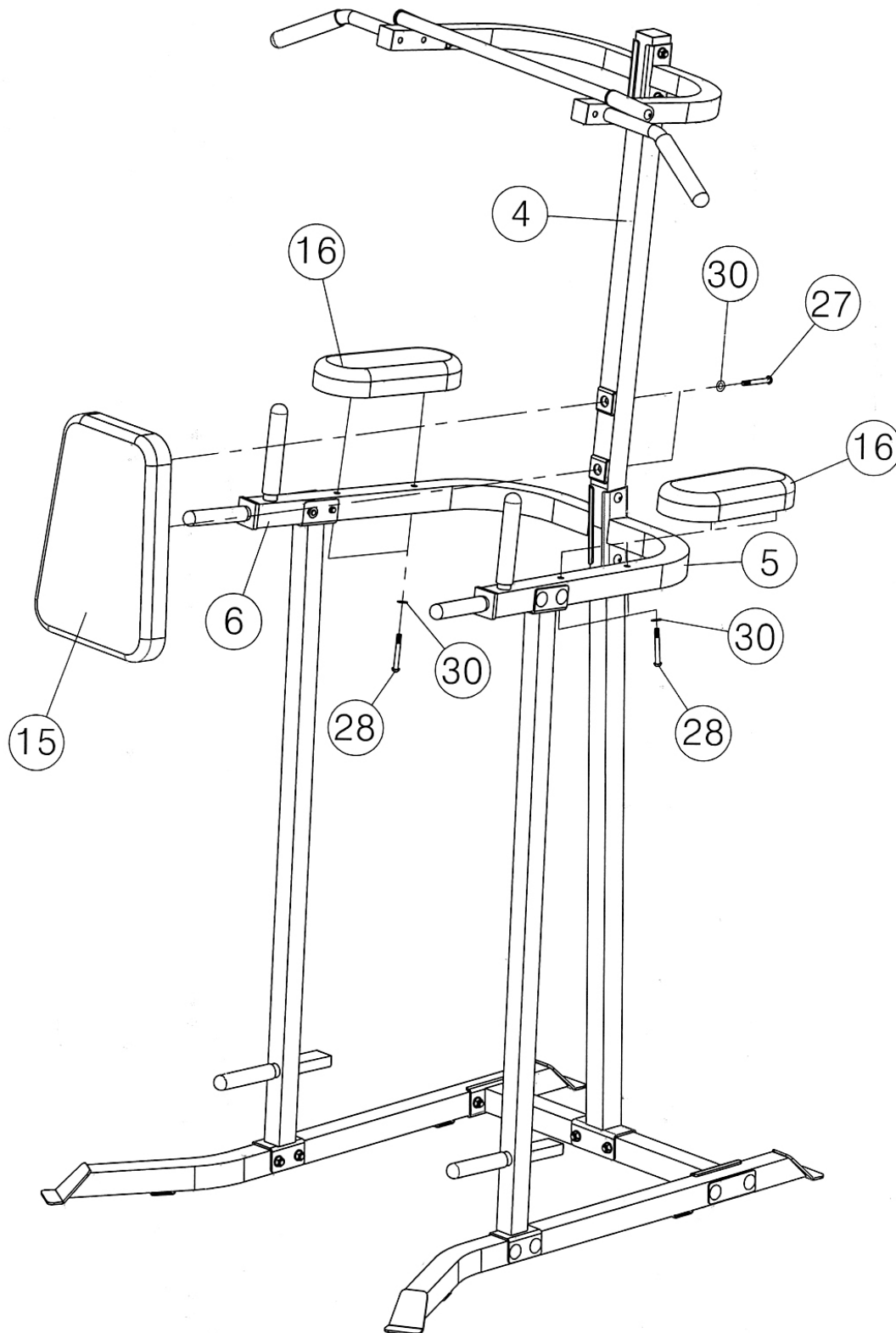
DIAGRAM 6



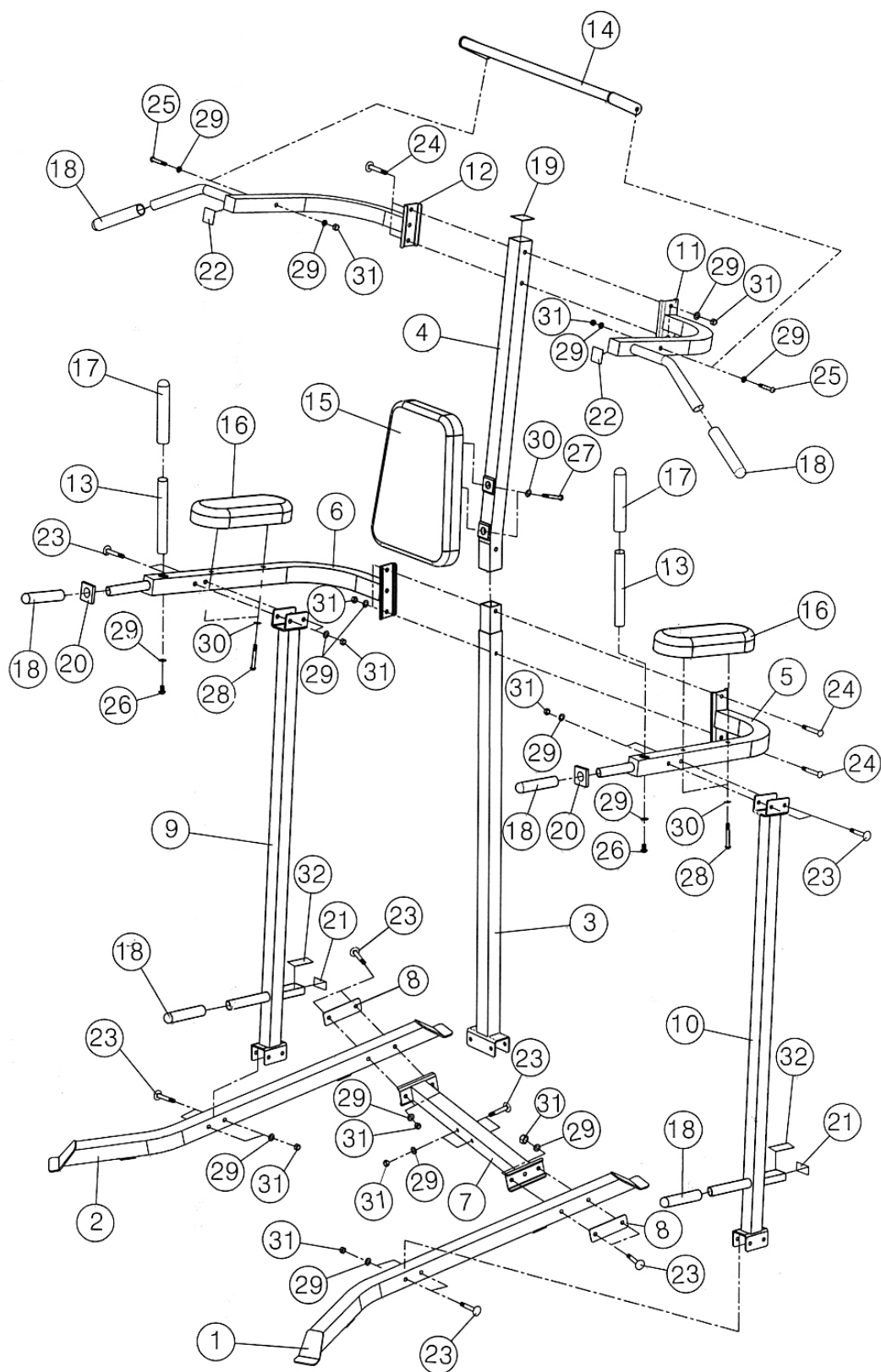
STEP 7 (See Diagram 7)

- A.) Attach the Back Pad (#15) to Upper Rear Upright (#4). Secure it with two M8 x 2 ½" Allen Bolts (#27) and two Ø 5/8" Washers (#30).
- B.) Attach the two Elbow Pads (#16) to Left & Right Dip Support (#5 & #6). Secure each Elbow Pad with two M8 x 2 3/8" Allen Bolts (#28) and two Ø 5/8" Washers (#30).

DIAGRAM 7



EXPLODED DIAGRAM



STE00113 PARTS LIST

PART NO.	DESCRIPTION	SIZE	QUANTITY
1	Left Base		1
2	Right Base		1
3	Lower Rear Upright		1
4	Upper Rear Upright		1
5	Left Dip Support		1
6	Right Dip Support		1
7	Cross Brace		1
8	Bracket	1 5/8" x 4 1/2"	2
9	Right Upright		1
10	Left Upright		1
11	Left Chin-up Handle		1
12	Right Chin-up Handle		1
13	Vertical Handle		2
14	Chin-up Bar		1
15	Back Pad		1
16	Elbow Pad		2
17	Handle Grip	6 3/4"	2
18	Handle Grip	6"	6
19	End Cap	1 3/4" x 1 3/4"	1
20	End Cap	1 3/4" x Ø 1"	2
21	End Cap	3/4" x 1 5/8"	2
22	End Cap	1 1/2" x 1 1/2"	2
23	Carriage Bolt	M10 x 2 1/2"	14
24	Carriage Bolt	M10 x 2 3/4"	4
25	Allen Bolt	M10 x 2 1/2"	2
26	Allen Bolt	M10 x 3/4"	2
27	Allen Bolt	M8 x 2 1/2"	2
28	Allen Bolt	M8 x 2 3/8"	4
29	Washer	Ø 3/4"	24
30	Washer	Ø 5/8"	6
31	Aircraft Nut	M10	20
32	Anti Slippery Panel		2
	Allen Wrench (Tool)	5#	1
	Allen Wrench (Tool)	6#	1

LIMITED WARRANTY

Dick's Sporting Goods, Inc. (the "Company") warrants this product to be free from defects in workmanship and materials as follows:

Who is Covered

This Limited Warranty covers only the person who first bought the product. This Limited Warranty is not transferable to anyone else.

What the Warranty Covers

This Limited Warranty covers defects in materials and workmanship.

What the Warranty Does Not Cover

This Limited Warranty does not cover:

- Expendable items, including by way of example only and not by way of limitation: batteries, light bulbs, fuses, zippers, tires, belts, shoe soles, fabric, and other items that experience wear as a result of normal use.
- Damage through improper use, negligence, abuse, misuse, transportation, acts of nature, or accident, including failure to perform routine maintenance or follow the assembly and/or operating instructions supplied with the product.
- Products used in commercial or rental applications.
- Products that have been modified or repaired by anyone not authorized by the Company.

This Limited Warranty does not cover any consequential or incidental damages of any kind, including transportation to get warranty service, loss of time, and loss of use. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

What the Period of Coverage Is

This Limited Warranty lasts for a period of one year from the date of your original purchase. Any implied warranty arising under state law is limited in duration to the one year period of this Limited Warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

What the Company Will Do To Correct Problems

The Company will furnish a replacement part at no charge to you.

How You Can Get Service

Please direct all warranty service inquiries as follows:

If in writing, mail to: **Dick's Sporting Goods, Inc.**
345 Court St.
Coraopolis, PA 15108
Attn: Customer Service
Serial No. STE00113

If by telephone, call: **1-866- 677- 4771**
If by e-mail, to: customer.service@dcsq.com

How State Law Applies

This Limited Warranty gives you specific legal rights, and you may also have other rights which vary from state to state.