



Product name: Conquer Power Tower
SKU: 330-18PWRTWR
EMAIL: priority@conquerequipment.com
TEL: 855-349-4327
help.conquerequipment.com



Please call **855-349-4327** (Monday-Friday, 9 AM–5 PM EST) or email us at **priority@conquerequipment.com** anytime. Reaching out via product review, marketplace email, social media or leaving seller feedback may cause a delay in response. If you have questions about this product or need anything, reach out. You are our priority!



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Conquer POWER TOWER Manual



MADE IN CHINA

WARNING

Power tools may strip bolts or screws, use cautiously. Hand-tighten bolts to only about 75% tight. Do NOT completely tighten any bolt during assembly until all bolts are connected.



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Safety guidelines and warnings

- Carefully read and follow these important warnings and guidelines prior to exercising. These warnings, combined with a common sense approach to a fitness program designed with your physician, should reduce the likelihood of injury and increase your chances of success.
- Before using this power tower, please consult your personal physician for a complete physical examination. Frequent, strenuous exercise should be approved by your physician.
- If any discomfort should result from your use of this product, stop exercising and consult your physician.
- Please keep all children away from the equipment during use and when equipment is unattended.
- Always wear appropriate clothing, including proper athletic shoes when exercising.
- Do not wear loose clothing that could become caught during exercise.
- Periodic maintenance is required on all exercise equipment in order to keep it in good condition. Inspect the power tower for cuts, tears or abrasions prior to each use.
- Maintain proper form and perform all exercises in a slow, controlled manner. Injury may result if proper form is not used for each exercise.
- Never leave free weights or barbells in an unstable position.
- Consult a certified personal trainer if unsure of how to perform any exercise. You should gradually increase the difficulty of your fitness routine.
- If you are unable to complete a set of repetitions without feeling overly fatigued or without maintaining proper form, reduce the difficulty of your training session.

Storage, maintenance and assembly tips

- Assembly is simple. We suggest having a helper to make it even easier as you put it together.
- Do not tighten screws all the way until structure is completed. Hand-tighten them at first while each part goes together according to the instructions.
- Assembly tools are enclosed, however it may be quicker (and make the job easier) to use a socket wrench where possible
- Periodically clean with a damp cloth, mild disinfectant or soap, and dry thoroughly.
- Inspect before using; be sure all screws, nuts and bolts are tightened properly.

Assembly

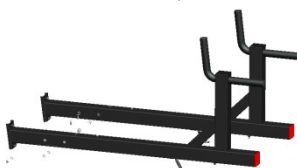
Step 1: Open package to confirm parts

Parts included

A Foot tube (2pcs)



B Main Frame (including tube cover)



C Upper Tube (2pcs)





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D Elbow pad one pair



E Bottom tube cover (4pcs)



F Supporting Tube



G Gym Bar (including hand grips)



H Base Connection tube



I Hand Grips (8pcs)



J Main Frame Connection Tube



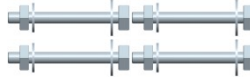
W Back Set Tube



K Screw M8x65mm(16pcs)



L Screw M8x65mm(4pcs)



M Wrench 13-17 (2pcs)



N Screw M8x75 (2pcs)



O screw 8x60 (2pcs)



P Screw Nut M8 (2pcs)



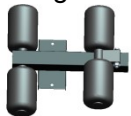
Q Screw M8x55 (4pcs)



S Screw M8x12mm(2pcs)



T Leg Tube



U Sit Up Bench (Back Set)



V Plastic gasket



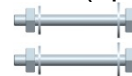
X Screw M10x20mm(2pcs)



Y Big Screw M8x60 (1pc)



Z Screw M8x65mm with big gasket (2pcs)



W Bolt 8x66(2pcs)



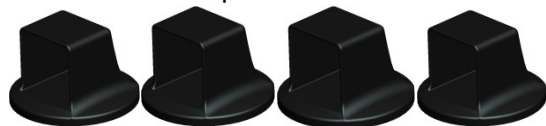


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Step 2: Assemble 4 foot covers

Parts:

E Foot Cover (4pcs)



A Foot Tube 2 pcs



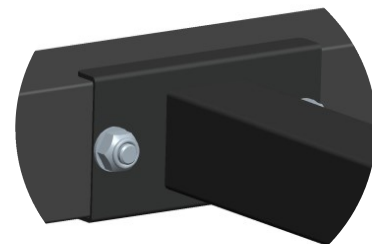
Use 4 foot covers to insert into the foot tube

Step 3: Assemble the bottom connection tube

Parts:

H Bottom Connection Tube

K Screw M8x65mm(4pcs)



Screw M8x65



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Step 4: Assemble Main Frame

Parts:

B Main Frame



K Screw M8x65mm(12pcs)



F Supporting Tube



Hand Grips (6pcs)



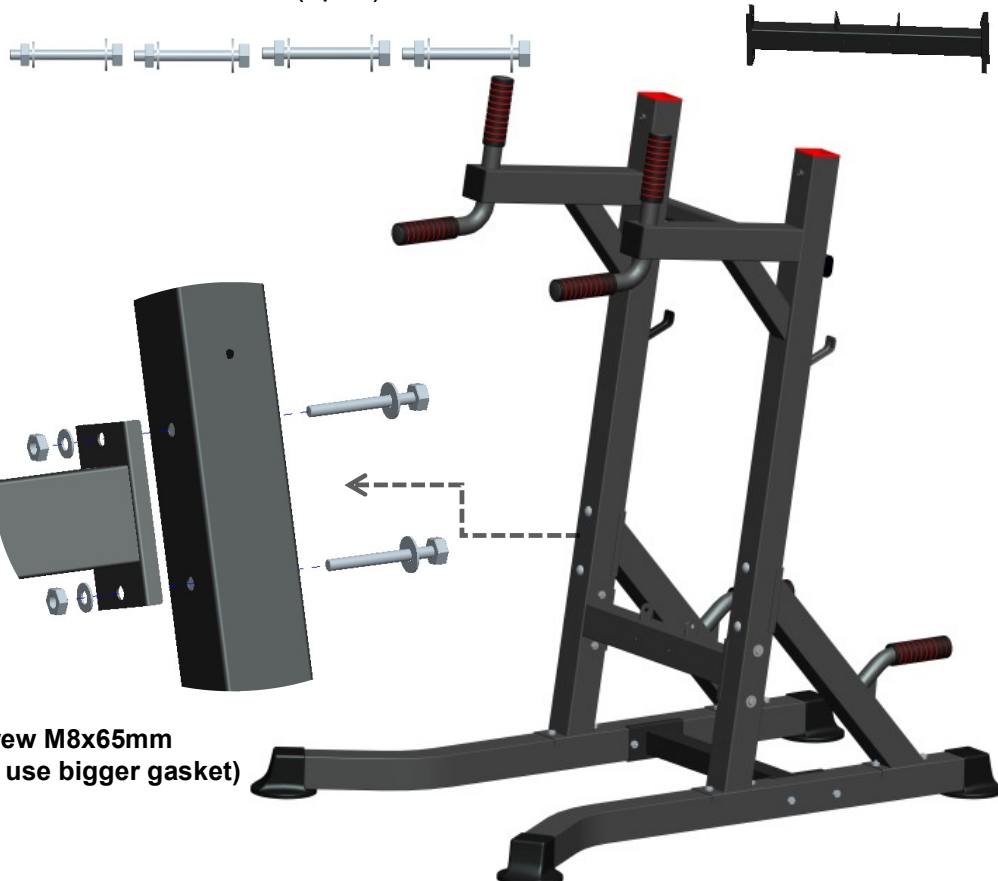


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Step 5: Assemble Main Frame Connection Tube with bench connection tube

L Screw M8x65mm(4pcs)

J Main Frame Connection



Screw M8x65mm
(Outside use bigger gasket)

Parts:

W Sit up bench Tube

S Screw M8x12mm(2pcs)



Screw M8x12mm



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Step 6: Assemble Elbow pad

Parts: **Q** Screw M8x55 (4pcs)

D Elbow pads one pair





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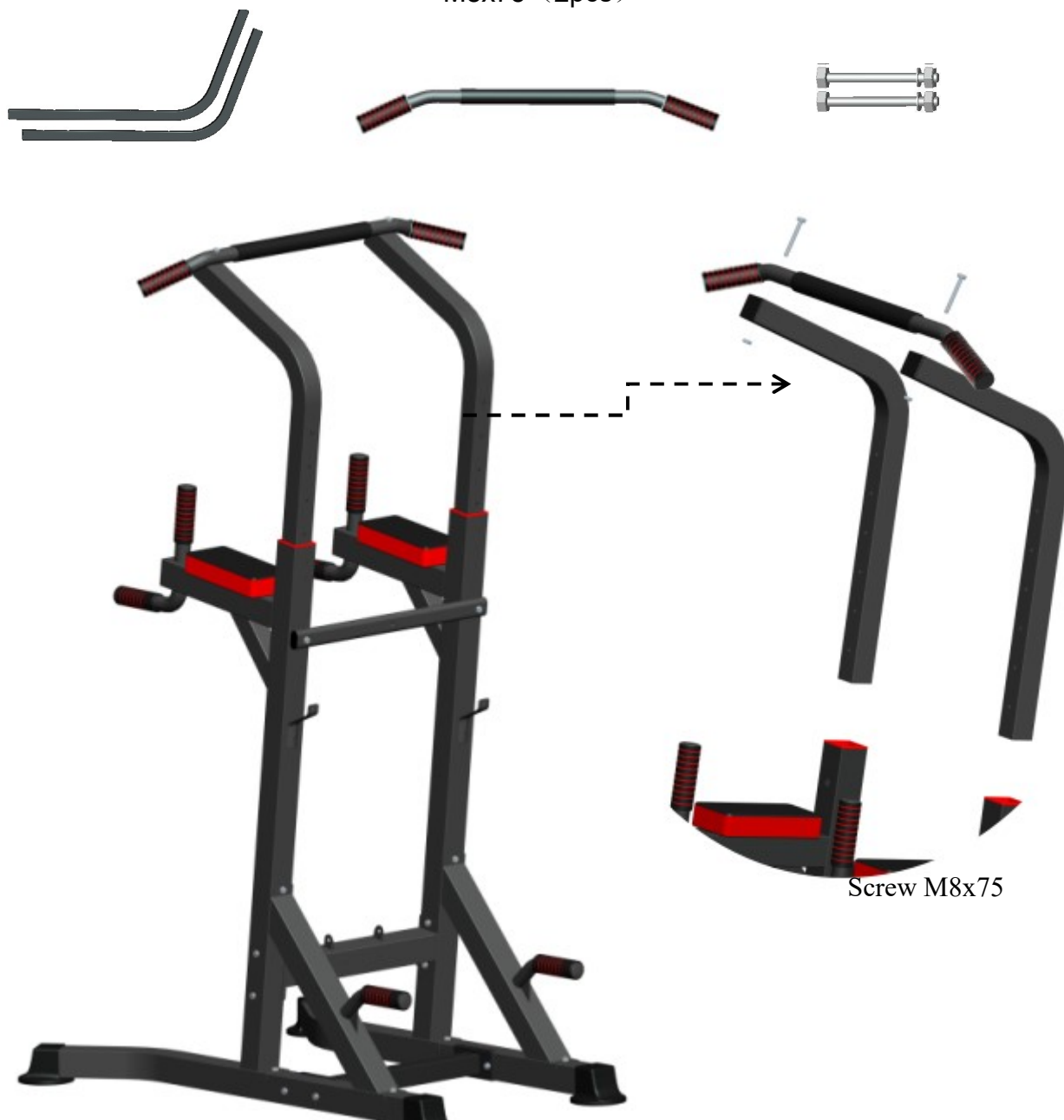
Step 7: Assemble upper tube and gym bar

Parts:

C Upper Tube (2pcs)

G Gym Bar (with hand grips)
M8x75 (2pcs)

N Screw





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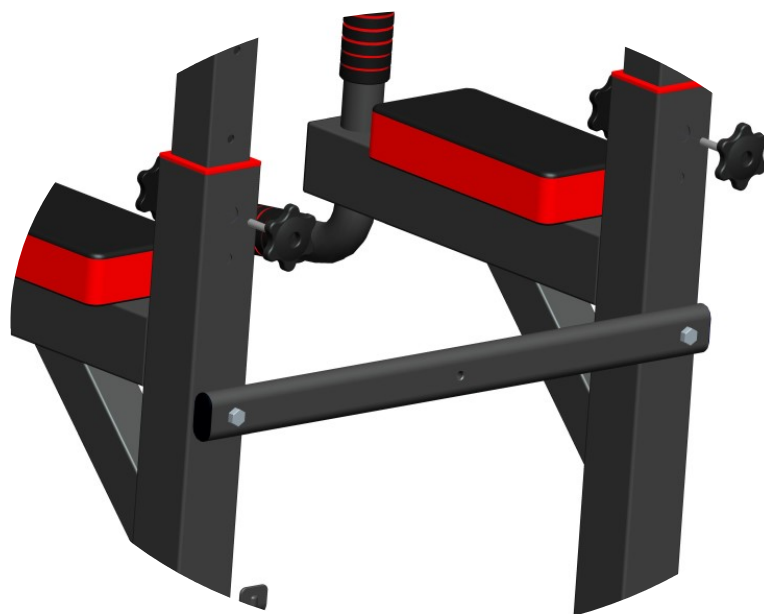
Step 8: Adjust suitable angles and heights

Parts:

O Screw 8x60 (2pcs)



P Screw Nut M8 (2pcs)



Use Screw 8x60 Fix
7 adjustment levels

Installation complete without bench (See above)

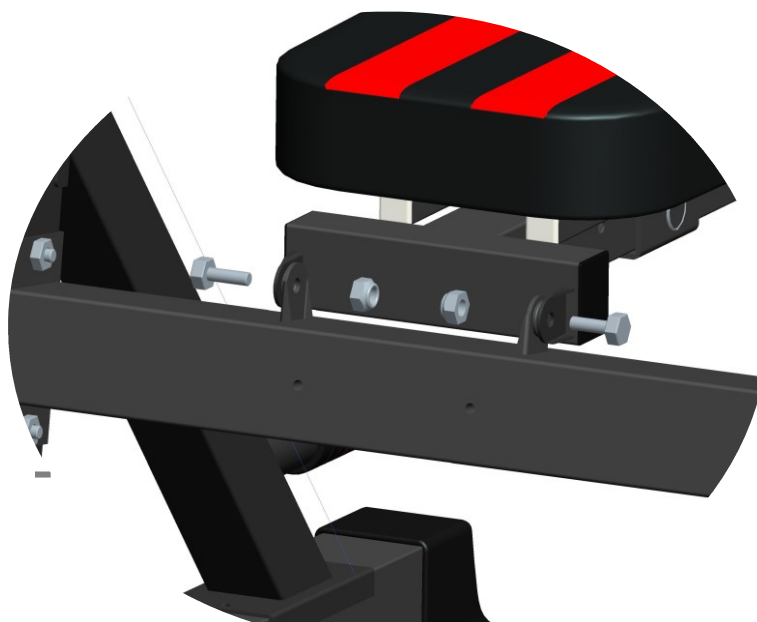


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Step 9: Assemble sit up bench

V Plastic Gasket **X** Screw M10x20mm(2pcs)

U Sit Up/weight bench (Back set)



Use screw M10X20 add gasket in the middle



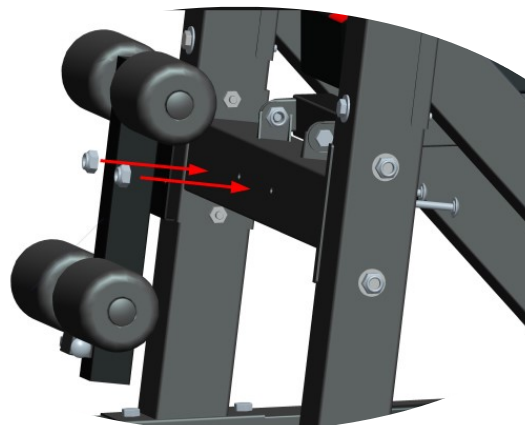
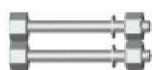
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Step 10: Assemble Foot tube

K Screw M8x65mm+big gasket dia30(2pcs)

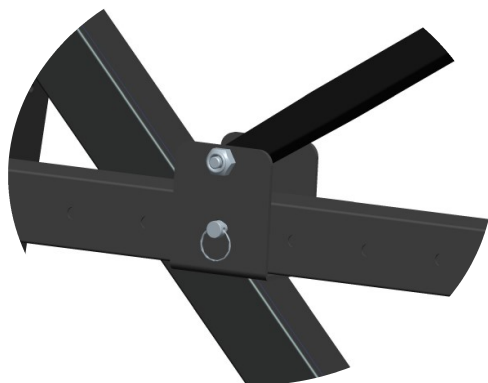
T foot tube

W Bolt 8x66(2pcs)



Use Screw M8x65mm (add 2 big gasket)

Bolt adjust the sit up bench foldable or not





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Step 11: Folding storage:

Parts:

Y Screw 8x60 (1pc)



Take out the Bolt to fold it

Use Screw to attach the sit up bench

Thank you for purchasing our product. Check out help.conquerequipment.com for additional information, videos and assembly help.

We appreciate your feedback! We hope this exceeded your expectations. If you enjoyed our product, feel free to leave us a product review. If you need help or have questions, please email us at customer care@conquerequipment.com and we will do everything in our power to be sure you are happy.