



**PowerTower™**

## CONGRATULATIONS

Thank you for purchasing Total Gym® PowerTower™. We welcome you as a valued customer and trust your PowerTower will provide you with unsurpassed convenience and versatility year after year.

Functional exercise equipment from efi Sports Medicine has set the standard for physical rehabilitation, athletic training and sports performance training for more than three decades.

Now, PowerTower adds the dynamic dimension of electrical power.

It allows:

- Unrestricted movement through all three planes of motion
- Proprioceptive training in every movement
- Recruitment of the core automatically
- Unloaded, early closed-chain exercise in a functional environment
- Calibrated, incremental increases and decreases in load

PowerTower enables you to fine-tune clients' exercise regimens. Resistance is adjustable during an exercise in progress with the press of a switch. The client remains on the glideboard as you raise or lower the level of resistance.

As a result, your clients experience fewer transitions and more cohesive exercise sessions. Plus, adjusting the resistance level is effortless.

Your PowerTower arrives with very little required in the way of assembly. Simply follow this Guide and in minutes your PowerTower will be operational.

In this Guide you will find tips about PowerTower and its component parts, operation, maintenance and care. Additionally, you will find safety tips and precautions to help ensure your safety and the safety of your patients and clients. Your Guide also includes warranty information. Please save this Owner's Guide and refer to it in the future.

If you have any questions about PowerTower or if you need service, please contact us. Our goal is to provide you with the premier training tool for functional exercise, and we stand ready to assist you every step of the way.

Sincerely,



Tom Campanaro,  
President/CEO

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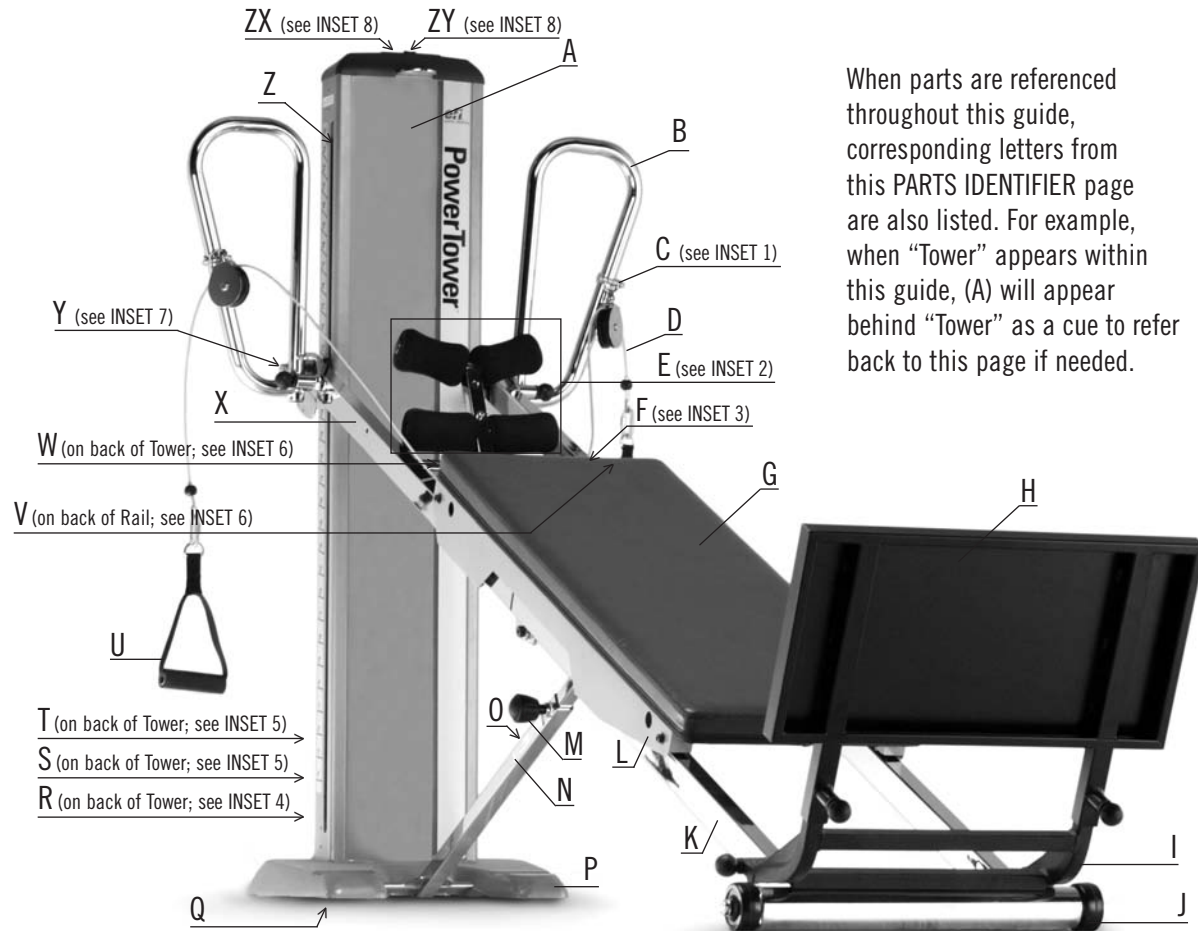
**CAUTION:** As with any exercise program, participants should consult a physician before starting a workout on PowerTower. Changes or modifications to this PowerTower may void the warranty and may violate U.S. Federal Communications Commission (FCC) Rules. Weight Capacity: PowerTower is rated at a maximum user weight capacity of 350 lbs [160 kg]. Additional weights with a weight bar can be applied to the glideboard. Do not exceed 650 lbs [295 kg] of weight-bearing on the PowerTower.

# TOTAL GYM® POWER TOWER™ OWNER'S GUIDE

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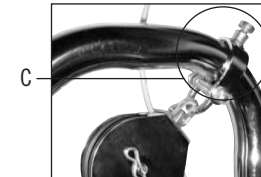
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## PARTS IDENTIFIER - POWER TOWER™



When parts are referenced throughout this guide, corresponding letters from this PARTS IDENTIFIER page are also listed. For example, when “Tower” appears within this guide, (A) will appear behind “Tower” as a cue to refer back to this page if needed.

INSET 1.



INSET 2.



INSET 3.



INSET 4. (SIDE VIEW)



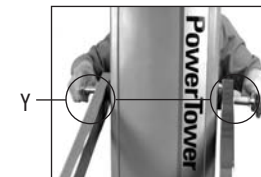
INSET 5. (BACK SIDE VIEW)



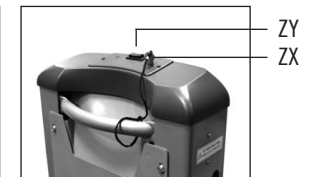
INSET 6.



INSET 7. (SIDE VIEW)



INSET 8. (BACK TOP VIEW)



- A. Tower
- B. Lateral Adjustable Training (LAT) bars
- C. Pulley Locator Brackets
- D. Dynamic Arm Pulley System
- E. Folding Foot Holder
- E1. Upper Foot Pad Assembly

- E2. Lower Foot Pad Assembly
- F. Glideboard “D” Ring
- G. Glideboard
- H. Telescoping Squat Stand
- I. Folding Platform
- J. Lower Rail Base
- K. Lower Rails

- L. Glideboard Wheel Housing
- M. Support Strut Knob
- N. Support Strut
- O. Emergency Stop Touchpad
- P. Tower Base
- Q. Transport Wheels
- R. Electric DC Motor

- S. Power Cord
- T. On/Off Switch
- U. Handles
- V. Rail Lock
- W. Center Rail Crossbar
- X. Upper Rails
- Y. Tower Crossbar

- Z. Tower Slot
- ZX. Safety Key
- ZY. Up/Down Switch

## PARTS ASSEMBLY - POWER TOWER™

Your PowerTower™ arrives with some assembly required. Enclosed in your PowerTower™ boxes you will find:

### BOX CONTENTS

AA. Tower, Rail & Glideboard Assembly



BB. LAT Bars & Arm Pulley Cable Assembly



CC. Folding Platform



DD. Telescoping Squat Stand



EE. Empty Spacer Box



FF. One Hardware Packet Box



### HARDWARE PACKET CONTENTS

GG. Wrenches (2)  
*Wrench handle is a hex key.*



HH. Bronze Washers (4)



II. Chrome Washers (2)



JJ. Socket Head Screws (2)



KK. Rail Lock Screw (1)



LL. Quick Links (2)



MM. PowerTower Owner's Guide (1)



NN. Handles (2)



OO. Safety Key (1)



## IMPORTANT INFORMATION ABOUT YOUR POWER TOWER™

Your PowerTower™ is an electrically powered device. When using an electrical appliance, basic precautions should always be followed, including the following:

### READ ALL INSTRUCTIONS BEFORE USING THE POWER TOWER

**DANGER** – to reduce the risk of electric shock, always unplug the PowerTower from the electrical outlet immediately after using and before cleaning.

**WARNING** – To reduce the risk of burns, fire, electric shock, or injury to persons:

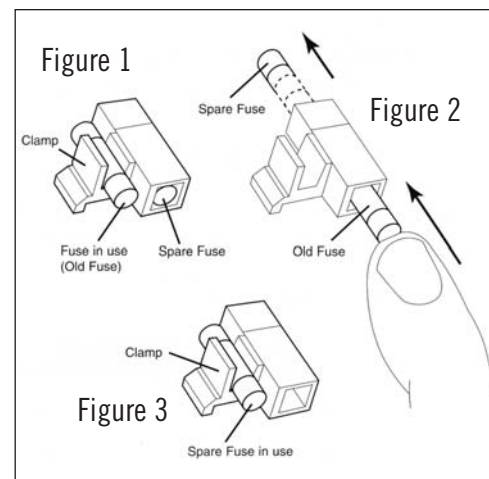
1. Inspect the PowerTower before each use to ensure proper operation. Do not use this equipment unless all moving parts are working properly.
2. The PowerTower should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
3. Keep the area near the base of the Tower (A) clear to allow air flow into the motor. Keep towels, blankets or loose clothing off and clear of PowerTower and its surrounding area. Keep all openings free of lint, hair, and the like.
4. Close supervision is necessary when this equipment is used by, on, or near children, invalids, disabled or injured persons.

5. Care should be taken at all times when getting on and off the PowerTower or any exercise equipment. Falling on or off the product could result in injury, or possibly death.
6. Use the PowerTower only for its intended use. Do not use attachments not recommended by the manufacturer.
7. Never operate the PowerTower if it has a damaged Power Cord (S) or plug, if it is not working properly, emits an odor or unusual noise, if it has been dropped or damaged, or dropped into water. Contact the manufacturer for examination and repair.
8. Do not pull the PowerTower by the Power Cord (S) or use the Power Cord (S) as a handle.
9. Keep the Power Cord (S) away from heated surfaces.
10. Place the PowerTower on a flat level surface. Allow ample clearance for the Rails (K, X) to lower to their fully extended position. Do not store anything under the PowerTower.
11. Never drop or insert any object, including fingers, into any PowerTower opening.
12. Do not use the PowerTower outdoors.
13. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
14. To disconnect, turn all controls to the OFF position, then remove plug from outlet.
15. Keep fingers, loose clothing, and hair away from moving parts.

## FUSE REPLACEMENT

To replace 5A Fuse in Tower (A) back:

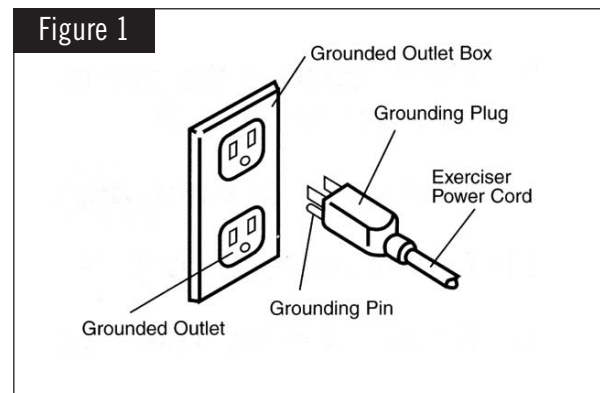
- Unplug the Power Cord (S) from the power outlet.
- Locate the fuse assembly near the power outlet on the Tower (A).
- Use a flathead screwdriver to pull out the fuse assembly.
- There are (2) 5A fuses in the fuse assembly. One is a spare.
- The other is in use (Fig. 1).
- Remove the old fuse from the clamp.
- Push the old fuse far enough into the hole of the fuse assembly to release the spare fuse (Fig. 2).
- Place the spare fuse into clamp (Fig. 3).
- Dispose of the old fuse. Replace the fuse assembly.



## IMPORTANT NOTICE ABOUT PROPER GROUNDING

**WARNING:** Connect the PowerTower™ to a properly grounded outlet only. Improper connection of the equipment grounding connector can result in the risk of electric shock. Do not modify the plug that is provided with the PowerTower. If it will not fit in the outlet, have a proper outlet installed by a qualified electrician.

See grounding instructions.

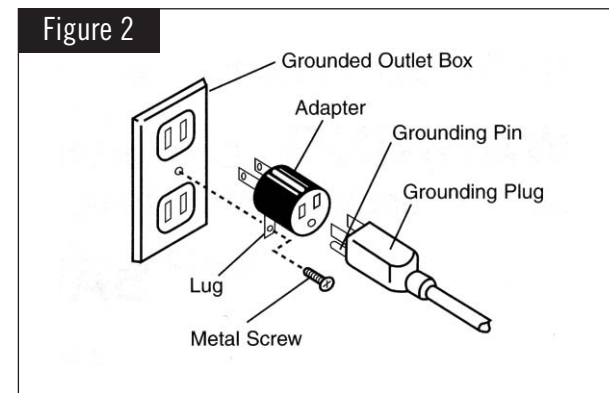


### FOLLOW THESE GROUNDING INSTRUCTIONS

The PowerTower must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

The PowerTower is equipped with a Power Cord (S) having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

**DANGER** - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.



Depending on your country of residence, you can purchase a 120 VAC or 230 VAC PowerTower. Some adapters may be permitted, similar to the type explained below:

A PowerTower that is for use on a nominal 120-volt circuit has a grounding plug that looks like the plug illustrated in Figure 1. A temporary adapter that looks like the adapter illustrated in Figure 2 may be used to connect this plug to a 2-pole receptacle as shown in Figure 2 if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (Figure 1) can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.



## FCC RULES

Warning: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is needed.

Consult the dealer or an experienced radio/TV technician for help.

## SPECIFICATIONS

### Power:

115 Volts and 5 Amps or  
230 Volts and 3 Amps  
50 or 60 cycles depending on the country where it is sold.

### Incline Speed:

Approximately 30 seconds to ascend/  
20 seconds to descend. (Varies under load)

### Dimensions:

Standing: 110" x 36" x 76" [L/W/H]  
(2.5 m x .9 m x 1.9 m)

Folded: 24" x 36" x 63" [L/W/H]  
(.6 m x .9 m 1.5 m)

### Resistance:

- 4° to 34° increments are marked.
- 11 levels of calibration at 3° increments appear on the Resistance Chart (see page 28).
- 3% to 72% of body weight

### User Height Limit:

6'5" (2.0 m)

### Weight Capacity:

PowerTower™ is rated at a maximum user weight capacity of 350 lbs. [160 kg]. Additional weights can be applied to the glideboard on a weight bar, up to 650 lb [295 kg] maximum total.



FCC ID: UHJPOWERTOWER

ETL #3100548



## PARTS ASSEMBLY

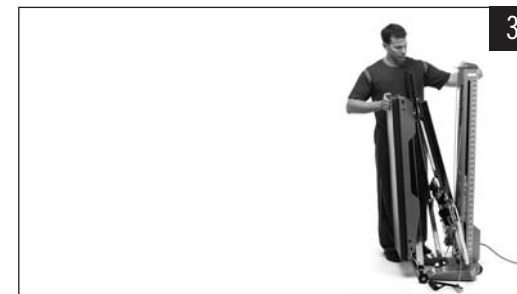
### PUTTING YOUR POWER TOWER™ INTO OPERATION IS EASY.

1. To begin assembly, remove your PowerTower™ from the box. Stand the PowerTower upright. Find Hardware Packet (see page 3 for Hardware Packet Contents).
2. Pull and twist the retractable Support Strut Knob (M) to loosen it.

### POWER TOWER SET-UP

3. While unfolding the PowerTower, as an extra precaution, hold the side of the Tower (A) with one hand to steady the Tower (A).
4. With the other hand, push the Lower Rails (K) off and away from the Tower Base (P) by grasping the padded Center Rail Crossbar (W) and allow the Rails (K, X) to unfold slowly away from the Tower (A) until the Rails (K, X) are fully extended.

**CAUTION:** Do not touch the hinge.





## PARTS ASSEMBLY (CONTINUED)

5. Engage and tighten the Support Strut Knob (M). You need to lean the tower backward slightly to engage the pin.

**IMPORTANT SAFETY NOTICE:** The Support Strut Knob (M) must be engaged and tightened during PowerTower™ use.

6. Remove the packing foam from the four wheels. To reposition the Glideboard (G) for use, kneel beside the Glideboard (G). Lift and pull one side of the metal Glideboard Wheel Housings (L) away from the Rails (K, X).
7. Lift the opposite side of the Glideboard (G) until the wheels lift completely off the Rails (K, X).
8. Move the Glideboard (G) about 6 inches up the Rails (K, X) toward the Tower (A), until the metal stop on the underside of the Glideboard (G) rests above the rubber bumper. Lower the Glideboard (G) and pull the Glideboard Wheel Housings (L) out as you lower the Glideboard (G) back into place.
9. Connect the Power Cord (S) to the back of the PowerTower. Then connect the PowerTower to an appropriate receptacle.
10. Turn on the PowerTower with the On/Off Switch (T) at the bottom back of the Tower (A).
11. Remove the Safety Key (ZX) from the Hardware Packet. Use the loop in the Safety Key (ZX) lanyard to tie it to the Tower's (A) back handle. Insert the Safety Key (ZX) into the hole on top of the Tower (A). Your PowerTower will not operate if the Safety Key (ZX) is not in place.
12. Raise the Rails (K, X) to the desired level by using the Up/Down Switch (ZY) on top of the Tower (A).

## INSTALLING LAT BARS

13. Raise the Rails (K, X) to Tower (A) to 20 degrees for ease of assembly, as shown.
14. Ensure that the Support Strut Knob (M) is engaged and tight.

## REMOVE THE SHIPPING SLEEVES - PHASE 1

15. Your PowerTower™ arrives with shipping sleeves on the ends of the Tower Crossbar (Y). The shipping sleeves serve one purpose: to protect the Tower Crossbar (Y) during shipping.
16. **NOTE:** For easiest assembly, keep the Tower Crossbar (Y) centered throughout the assembly process, with each end extending about equal distance from the Tower (A).

**HARDWARE PACKET TOOLS NEEDED:** To remove the first shipping sleeve, face the Tower (A) back and take one of the supplied Wrenches (GG) in each hand. The Wrenches (GG) are located in the Hardware Packet (contents shown on page 3).



13



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17



## INSTALLING LAT BARS (CONTINUED)

17. Apply one Wrench (GG) to the nyloc nut on one side of the Tower Crossbar (Y). Use the other Wrench (GG) to loosen the nyloc nut on the other side of the Tower Crossbar (Y) by turning counterclockwise. Set the shipping sleeve aside.

18. Remove the nyloc nut, Chrome Washer (II) and the Bronze Washer (HH). Set them aside.

19. Lift the Upper Rail (X) with one hand. Remove the first shipping sleeve from the Tower Crossbar (Y) with the other hand.

20. To remove the remaining shipping sleeve, immobilize the exposed end of the Tower Crossbar (Y) by applying one of the Wrenches (GG) to the notch.

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## INSTALLING LAT BARS (CONTINUED)

21. Use the other Wrench (GG) to loosen the remaining nyloc nut by turning it counterclockwise.
22. Hold the Upper Rail (X) with one hand. Remove the shipping sleeve from the Tower Crossbar (Y) with the other hand. Set the shipping sleeve aside.

Now that the shipping sleeves have been removed, you are ready to attach the first LAT Bar (B). You may discard the shipping sleeves or retain them in the event you need to ship your PowerTower™ in the future.

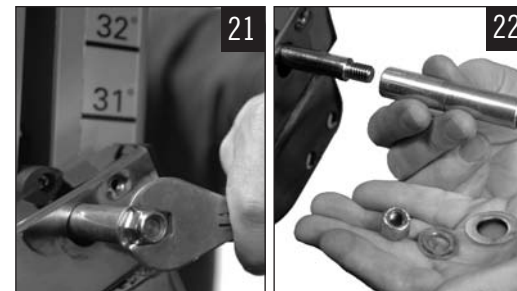
## POSITIONING THE LAT BARS - PHASE 2

23. To position the first LAT Bar (B) for mounting, make sure the long, vertical side of the LAT Bar (B) aligns closest to the Tower (A). (The slotted holes face the back of the PowerTower, the black knob on the LAT Bar (B) faces the Glideboard (G).)
24. Slide a Bronze Washer (HH) onto the LAT Bar (B) cylinder. Stand beside the Tower (A) and align the LAT Bar (B) cylinder with the Tower Crossbar (Y).

**REMINDER:** Keep the Tower Crossbar (Y) centered during assembly.

25. Slide the LAT Bar (B) cylinder onto the Tower Crossbar (Y) until it is securely seated on the Upper Rail (X).

**HINT:** You will need to lift the Upper Rail (X) to slide the LAT Bar (B) cylinder inside the hole in the Upper Rail (X).





## INSTALLING LAT BARS: POSITIONING THE LAT BARS - PHASE 2 (CONTINUED)

26. Rotate the LAT Bar (B) upside-down until the other LAT Bar (B) is installed, and both nyloc nuts on the Tower Crossbar (Y) have been tightened.

27. Return the Chrome Washer (II) to the end of the Tower Crossbar (Y) that extends beyond the LAT Bar (B) cylinder.

Attach and finger tighten the nyloc nut onto the Tower Crossbar (Y) with the other hand.

28. Press against the nyloc nut to push the Tower Crossbar (Y) until it lies flush against the LAT Bar (B) cylinder. This will help seat the LAT Bar (B) against the Upper Rail (X).

Repeat Phase 2 for the other LAT Bar (B). Tighten both LAT Bars (B) with the Wrenches (GG) until the nyloc nuts get hard to turn (no threads should be showing).

## ATTACHING THE LAT BAR BRACKET - PHASE 3

29. Remove the remaining contents (shown on page 3) from your Hardware Packet. Lower the LAT Bar (B) to the Pull-up position.



### INSTALLING LAT BARS: ATTACHING THE LAT BAR BRACKET - PHASE 3 (CONTINUED)

30. Place a Chrome Washer (II) followed by a Bronze Washer (HH) on a Socket Head Screw (JJ).

31. Feed the Socket Head Screw (JJ) partially through the elongated slot.

Place another Bronze Washer (HH) on the Socket Head Screw (JJ) on the other side of the bracket.

Thread the Socket Head Screw (JJ) into the hole in the rail. Align the Socket Head Screw (JJ) with the hole in the Upper Rail (X) inside the LAT Bar (B) bracket. Finger tighten the Socket Head Screw (JJ)

32. Tighten the Socket Head Screw (JJ) with the hex end handle of the Wrench (GG).

Repeat Phase 3 (Attaching the Lat Bar Bracket) on the opposite side.

33. Attach the Handles (U) to the ends of the Dynamic Arm Pulley System (D) using the Quick Links (LL).

With these steps completed, your LAT Bars (B) are assembled.







## ADJUSTING THE LAT BARS

34. To adjust the LAT Bars (B), pull the retractable knob on the LAT Bar to disengage the Lat Bar from the Upper Rail (X) and rotate LAT Bars to the desired position. Ensure that the pin on the retractable knob is properly engaged.

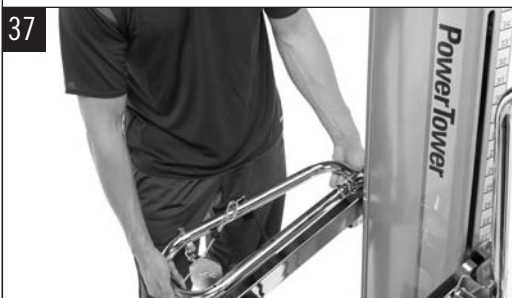
## LAT BAR ADJUSTS TO THREE POSITIONS



35. **NORMAL USE:** parallel (upright) to the Tower (A), perpendicular to Rails (K,X)



36. **PULL-UP POSITION:** angled upwards from the Rails (K,X)



37. **FOLD UP POSITION:** parallel to the Rails (K,X)

## FOLDING PLATFORM

38. Align the bottom of the Folding Platform (H) with the Lower Rails (K) just above the Lower Rail Base (J).
39. Using the two holes just above the Lower Rail Base (J), slide the fixed pin into the hole in the outside left Lower Rail as you face the Tower (A).
40. Pull the retractable pin on the right side and move the pin over the hole. Release the pin.
41. Move the Folding Platform (H) until all the pins engage completely.





## TELESCOPING SQUAT STAND

42. Align the Telescoping Squat Stand (H) over the Folding Platform (I) struts until the Telescoping Squat Stand (H) pins contact the top of the Folding Platform (I) struts.
43. Pull the retractable pins and adjust the Telescoping Squat Stand (H) to the desired height, then release the pins and raise or lower the Telescoping Squat Stand (H) until both pins engage in one of the three adjustment holes in the Folding Platform (I) struts.

## PULLEY LOCATOR BRACKETS

44. The Pulley Locator Brackets (C) are designed to adjust easily. Pull back on the pin, move the Pulley Locator Bracket (C) to the desired position on the LAT Bars (B) and allow the pin to engage the slotted hole. You should rotate the pulley toward the center of the LAT Bar as shown when moving the Pulley Locator Bracket (C) around the bends.

## RAIL LOCK & SCREW (OPTIONAL)

45. If you intend to use your PowerTower™ to do plyometrics at high inclines, and you do not intend to fold the PowerTower for storage often, you may wish to use this rail lock feature. Unfold the PowerTower, sit on the Glideboard (G), and screw in the long Rail Lock Screw (KK) (provided in the Hardware Packet) finger tight in to the Rail Lock (V). To remove it for storage, reverse the process.

## FOLDING FOOT HOLDER

46. Your PowerTower™ arrives with the Folding Foot Holder (E) in the down position.
47. Prior to use, rotate the Folding Foot Holder (E) to the upright position. Simply pull on the retractable knob and raise the Folding Foot Holder (E) until the pin on the knob has engaged the Upper Rail (X). Be sure the Folding Foot Holder (E) is securely mounted in the upright position before proceeding.
48. To begin using the Folding Foot Holder (E), push in the center post snap button and raise the Upper Foot Pad Assembly (E1).
49. Sit at the top of the Glideboard (G) and place your heels past the pads of the Lower Root Pad Assembly (E2). Lower the Upper Foot Pad Assembly (E1) by pushing it down until the center post snap button has re-engaged.

**NOTE:** Remember to return the Folding Foot Holder (E) to its original “lowered” position to avoid interference with the Glideboard (G) during other exercises.



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## ADJUSTING THE RAIL ANGLE

50. To raise or lower the Rail (K, X) angle, stand alongside the Tower (A). Reach on top of the Tower (A) to the Up/Down Switch (ZY). Micro switches at the upper and lower ranges of resistance (4 degrees and 34 degrees respectively) halt movement at upper and lower resistance limits. Any time you release the Up/Down Switch (ZY), movement ceases.
51. Any time you wish to use the glideboard free from the pulley cable assembly, simply unfasten and release the center cable pulley snap hook.
52. Snap the center cable pulley to one of the LAT Bar pulley Locator brackets as shown.

51



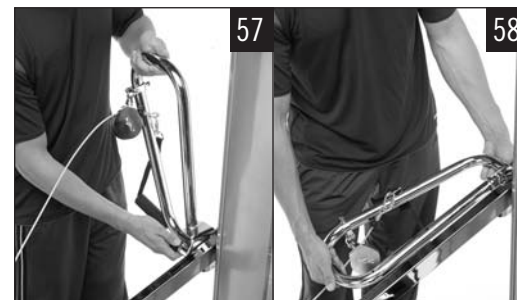
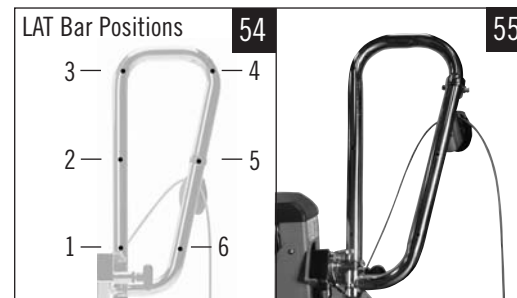
52



## FOLDING AND STORAGE

### FOR STORAGE, POWERTOWER FOLDS EASILY.

53. Press the Up/Down Switch (ZY) to raise or lower the Rails (K, X). Stop about halfway up the Tower (A). Remove the Rail Lock Screw (KK) if it has been installed. **HINT:** Sit on the Glideboard (A) and remove the Rail Lock Screw (KK) from the Rail Lock (V) if it has been installed.
- 54-55. Position the Pulley Locator Brackets (C) at the fourth position on the LAT Bars (B).
56. Pull the retractable knob on the LAT Bars (B).
- 57-58. Lower the LAT Bars (B) into the folding position - parallel to Rails (K, X).





## FOLDING AND STORAGE (CONTINUED)

**59.** Attach the center pulley to the Glideboard “D” Ring (F).

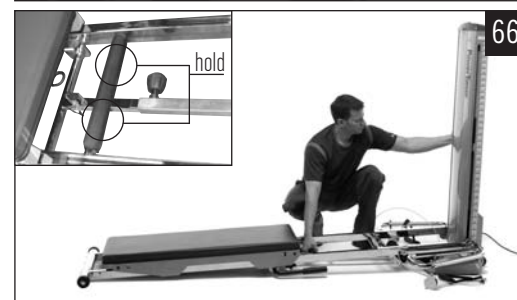
**60.** Lower the Folding Foot Holder (E) to the down position.

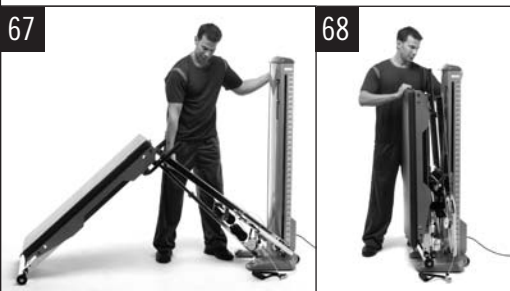
**61-62.** Fold the Folding Platform (I) and Telescoping Squat Stand (H). Pull the left side (as you face the Tower (A)) retractable pin, while pushing the Telescoping Squat Stand (H) forward until the retractable pin locks in place in the folded position.



## FOLDING AND STORAGE (CONTINUED)

63. Press the Up/Down Switch (ZY) until the Rails (K, X) descend to the lowest possible position and automatically stop.
64. The Tower (A) will lean backward slightly.
65. Release the Support Strut Knob (M) by unscrewing the knob and pulling it out.  
**HINT:** Gently rock the Tower (A) backward to help release tension on the Support Strut Knob (M) then pull it forward to the vertical position.  
**IMPORTANT:** Failure to release Support Strut Knob (M) can damage your PowerTower™.
66. Hold the Tower (A) while grasping the padded Center Rail Crossbar (W). Pull the Rails (K, X) up and toward the Tower (A).





## FOLDING AND STORAGE (CONTINUED)

67. Pull the rails into A-frame position, making sure the Support Strut Knob (M) remains disengaged.
68. Push the Rails (K, X) and the Tower (A) together. Stand the Lower Rail Base (J) on the Tower Base (P).

## IMPORTANT NOTES:

69. When storing your PowerTower™, hang the Handles (U) out of the way, making sure that Dynamic Arm Pulley System (D) cables remain free from contact with hinges, the floor, or wheels.

To move the PowerTower, stand behind the Tower (A), grasp the Tower (A) top, pull back in hand truck fashion and roll. To unfold PowerTower and return it to use, see the beginning of these instructions.

**NOTE:** Be sure to secure the Handles (U) away from the Tower Base (P) and Transport Wheels (Q) before moving.

## OPTIONAL ACCESSORY

### 70. WEIGHT BAR

71. The Weight Bar lets you add standard plate weights to the PowerTower to achieve greater resistance.

Observe the instructions provided with each accessory.

## GETTING STARTED

When using PowerTower™, wear athletic shoes and comfortable lightweight clothing. Tie long hair back to avoid contact with the center pulley. Before you begin, check to ensure that all parts are in place and working properly.

Begin your exercise program at a low incline. As your proficiency increases, raise the incline to increase the intensity.

Remember to control the Glideboard (G) at all times, particularly when getting on or off your PowerTower. The following tips will help you stabilize the Glideboard (G) as you approach the unit for mounting in various positions. Use these mounting concepts when teaching patients to get on and off the unit.

### PROPER FORWARD ANCHORING SEQUENCE WITH ARM PULLEY SYSTEM ATTACHED TO THE GLIDEBOARD

72. Grasp both Handles (U) in the hand closest to the Tower (A) as you stand to one side of the PowerTower.
73. Pull the Glideboard (G) up the Rails (K, X) to the height needed to sit in the proper position for the specific exercise you will perform.
74. **EXAMPLE:** If you are performing a sitting exercise, sit at the top of the Glideboard (G).
75. If the exercise requires you to lie back, first sit at the bottom of the Glideboard (G) with one Dynamic Arm Pulley System (D) Handle (U) in each hand.



72



73



74



75



76. When lying on your back, be sure your head is supported on the Glideboard (G). If the Glideboard (G) travels all the way to the top or bottom of its rolling distance during the exercise, adjust your body up or down on the Glideboard (G).

### PROPER BACKWARD ANCHORING SEQUENCE WITH DYNAMIC ARM PULLEY SYSTEM (D) ATTACHED TO GLIDEBOARD (G)

77. Grasp Handles (U), then make a fist and place your knuckles at the top of the Glideboard (G) to anchor it in place. Now it is safe to sit, straddle or kneel on the Glideboard (G).
78. When kneeling on the Glideboard (G), place knees one at a time just behind your fists as you face the Glideboard (G).
79. Move to the starting position of the exercise and begin by using slow, controlled movements.

### ⚠ WARNING

*Always control the Glideboard (G) while mounting or dismounting your PowerTower™. PowerTower is rated at a maximum user weight capacity of 350 lbs [160 kg]. Additional weights can be applied with a weight bar to the Glideboard (G). Do not exceed 650 lb [295 kg] of weight-bearing on the PowerTower.*

## SAFETY PRECAUTIONS

Before starting this or any exercise program, consult your physician, who can assist in planning a program that is age and ability specific. Certain exercise programs or types of equipment may not be appropriate for all people.

Do not over exert with this or any exercise program. If any pain or tightness in the chest is experienced, or an irregular heartbeat, shortness of breath, or faintness, nausea or dizziness, stop exercising immediately and consult your physician before resuming any exercise program. (Clinicians should follow these recommendations if these symptoms are observed in patients.)

This product is designed and intended for commercial use. Clinicians should inform patients of and monitor their adherence to all safety precautions. Use only as instructed. Do not permit anyone to stand on the PowerTower™ or use it as furniture. Children should only use the PowerTower when closely attended and supervised by an adult. Do not leave children or patients unattended on the PowerTower.

Keep fingers, loose clothing and hair away from moving parts. Wear appropriate exercise attire and tie long hair back.

Inspect your PowerTower before each use to ensure proper operation. Check all parts for wear before each use. Do not use your PowerTower if it is not completely assembled or has been damaged in any manner. Contact efi Sports Medicine Customer Service for replacement parts or repairs.

Use only accessory items recommended by the manufacturer. Only use accessories in the manner specified by the manufacturer.

Follow instructions in this Owner's Guide when getting on and off the unit. Falling on or off could result in severe or fatal injury. Place your PowerTower on a flat, solid surface with nonskid material underneath. Keep the rail base free from obstructions.

PowerTower is rated at a maximum user weight capacity of 350 lbs [160 kg]. Additional weights can be applied to the glideboard with a weight bar, up to 650 lb [295 kg] maximum total.

Follow the instructions that are outlined in this Owner's Guide for operating your PowerTower.

## WARNING

*Failure to read and follow the safety instructions in this manual may result in serious injury or death. Hazards include falling, overexertion, strained muscles, pinched fingers or pulled hair. Changes or modifications to this PowerTower may void the warranty and may violate U.S. Federal Communications Commission (FCC) Rules.*

## TROUBLESHOOTING

In the event your PowerTower™ does not function properly, there are steps you can take to determine where a problem may have occurred. Please follow these troubleshooting directions:

1. **Power source.** Make sure that the Power Cord (S) is plugged into the PowerTower and the wall. Check and determine that the plug on the wall is switched on. If there is a ground fault interrupter, check to see if it has been tripped.
2. **PowerTower Power Switch.** Make sure that the On/Off Switch (T) on the Tower (A) has been turned on. The light should glow red to indicate that the power is going into the PowerTower.
3. **Fuse.** If the red light indicator on the Tower's (A) On/Off Switch (T) is not glowing, check the fuse located near the power outlet on the back of the Tower (A). Follow 5A fuse replacement instructions in the IMPORTANT INFORMATION ABOUT YOUR POWER TOWER™ section (page 4) of this guide.
4. **Power Cord.** Make sure the Power Cord (S) is not damaged. If Power Cord (S) appears damaged, go to Step 8 below and call Customer Service.
5. **Support Strut.** Make sure the Support Strut (N) is free of any objects that may have been placed on top of it. Handles (U), Dynamic Arm Pulley System (D) cables and pulleys, Folding Foot Holder (E) or any other objects will engage a sensor on the Support Strut (N) and cause the Electric DC Motor (R) to cease to operate.
6. **Support Strut wires.** If the wires that connect the Support Strut (N) to the Tower Base (P) have been damaged or broken, the PowerTower will not operate. Go to Step 8 below and call Customer Service.
7. **AC voltage.** An interruption in the flow of voltage can cause the PowerTower to cease functioning. As an example, should the AC voltage drop 40%, the PowerTower Electric DC Motor (R) will cease to operate. After the supply of voltage has been fully restored, the user can reset the machine by turning the On/Off Switch (T) off and then on again. The PowerTower will then resume functioning.
8. **Safety Key.** Make sure the Safety Key (ZX) is inserted into the connector hole located on top of the Tower (A). Your PowerTower will not operate if the Safety Key (ZX) is not in place.
9. **After troubleshooting.** If there is still a problem after checking all of the above items, please call 800 541 4900 to speak to a Customer Service Representative.

## MAINTENANCE AND CARE

Your PowerTower™ will offer you or your rehabilitation or wellness facility and your clientele years of easy operation if you follow these simple tips for maintenance and care. With periodic cleaning, moving parts and rolling surfaces will maintain their smooth function.

Use chrome or car polish on all chrome parts to keep your PowerTower looking its best and to prevent dust build-up. Clean rail surfaces on a regular basis with a non oil-based window cleaner.

**CAUTION:** DO NOT use any lubricants or silicone based products on the rails or rollers. This will cause the rollers to slide rather than roll, and will damage the rollers. You may use lubricant on the bearings, folding hinges and chains when needed. When lubricating these parts, remove any residue of lubricant from the cables, rails or roller surfaces.

Clean the Glideboard (G) material with a non oil-based window cleaner. DO NOT use Armor All® or like substances. These will make the glideboard slippery. Wipe down your PowerTower with a clean cloth.

Check and/or tighten the shoulder bolts in the rails weekly.

Periodically check the following parts for signs of fraying, cracking or wear:

Power Cord (S) • Handles (U) • Dynamic Arm Pulley System (D) Cables and Nylon Coating • Pulleys • Rollers • Glideboard (G) • Folding Platform (I) • Telescoping Squat Stand (H) Frame • Tower (A) • Tower Base (P) • Up/Down Switch (ZZ) • Foam Rubber Parts

Replace all parts that show signs of wear. Contact Customer Service at 800-541-4900.

## RESISTANCE CHART

HOW TO READ THE RESISTANCE CHART FOR POWER TOWER™  
(SEE NEXT PAGE TO VIEW CHART)

PowerTower uses a variable angle incline plane to create exercise resistance by modifying the user's body weight—a steeper angle generates more resistance. The Resistance Chart for PowerTower is calculated to indicate the resistance load at each level relative to a percentage of body weight. Down the left side of the chart, note the PowerTower levels 1-11. Each level's degree of slope is noted. Across the top, the numbers represent body weight in ten-pound increments. Below each weight reference in pounds are two corresponding columns. Each left column represents a percentage of body weight. Each right column shows the actual amount of load in pounds. An additional Resistance Chart has also been supplied with weight references in kilograms.

PowerTower can be adjusted between marked levels. **NOTE:** Chart is accurate within a 4% margin of error.

**Example in lbs:** a 150 lb person using level 5 would be lifting 45 pounds or 30% of total body weight. When figuring exercises that incorporate the bilateral pulley cables, use 50% of the charted numbers.

**Example in kg:** a 70 kg person using level 5 would be lifting 21 kilograms or 30% of total body weight. When figuring exercises that incorporate both Dynamic Arm Pulley System (D) cables, use 50% of the charted numbers.



## RESISTANCE CHARTS FOR TOTAL GYM POWER TOWER™

BODY WT - Lbs.		100		110		120		130		140		150		160		170		180		190		200		210		220		230		240		250		260		270		280		290		300		310		320		330		340		350	
LEVEL	SLOPE	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.	%	WT.				
11	34	69	69	68	75	67	81	66	86	66	92	65	97	64	103	64	108	63	114	63	120	63	125	62	131	62	136	62	142	62	148	61	153	61	159	61	164	61	170	61	176	60	181	60	187	60	192	60	198	60	204	60	209
10	31	64	64	63	69	62	74	61	79	60	84	60	90	59	95	59	100	58	105	58	110	58	115	57	121	57	126	57	131	57	136	56	141	56	146	56	151	56	157	56	162	56	167	55	172	55	177	55	182	55	187	55	193
9	28	58	58	57	63	56	68	56	72	55	77	54	82	54	86	54	91	53	96	53	100	53	105	52	110	52	115	52	119	52	124	51	129	51	133	51	138	51	143	51	147	51	152	51	157	50	161	50	166	50	171	50	176
8	25	52	52	51	57	51	61	50	65	50	69	49	74	49	78	48	82	48	86	48	90	47	95	47	99	47	103	47	107	46	112	46	116	46	120	46	124	46	128	46	133	46	137	46	141	45	145	45	150	45	154	45	158
7	22	46	46	46	50	45	54	44	58	44	61	43	65	43	69	43	73	42	76	42	80	42	84	42	88	42	91	41	95	41	99	41	103	41	106	41	110	41	114	41	118	40	121	40	125	40	129	40	133	40	136	40	140
6	19	40	40	40	44	39	47	39	50	38	53	38	57	37	60	37	63	37	66	37	70	36	73	36	76	36	79	36	83	36	86	36	89	36	92	35	96	35	99	35	102	35	105	35	109	35	112	35	115	35	119	35	122
5	16	34	34	34	37	33	40	33	42	32	45	32	48	32	51	31	53	31	56	31	59	31	62	31	64	31	67	30	70	30	73	30	76	30	78	30	81	30	84	30	87	30	89	30	92	30	95	30	98	30	100	29	103
4	13	28	28	27	30	27	32	27	35	26	37	26	39	26	41	26	44	25	46	25	48	25	50	25	53	25	55	25	57	25	59	25	62	25	64	24	66	24	68	24	71	24	73	24	75	24	77	24	80	24	82	24	84
3	10	22	22	21	23	21	25	21	27	20	28	20	30	20	32	20	34	20	35	20	37	19	39	19	41	19	42	19	44	19	46	19	48	19	49	19	51	19	53	19	55	19	56	19	58	19	60	19	61	19	63	19	65
2	7	15	15	15	16	15	18	14	19	14	20	14	21	14	22	14	24	14	25	14	26	14	27	14	29	14	30	13	31	13	32	13	33	13	35	13	36	13	37	13	38	13	39	13	41	13	42	13	43	13	44	13	46
1	4	9	9	8	9	8	10	8	11	8	11	8	12	8	13	8	14	8	14	8	15	8	16	8	16	8	17	8	18	8	18	8	19	8	20	8	21	8	21	8	22	8	23	8	23	7	24	7	25	7	25	7	26

If you are looking for a more detailed chart, please visit [www.efisportsmedicine.com/support/downloads/charts/](http://www.efisportsmedicine.com/support/downloads/charts/)

BODY WT - Kgs.		45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170																												
LEVEL	SLOPE	% WT.	% WT.	% WT.	% WT.	% WT.	% WT.	% WT.	% WT.	% WT.	% WT.	% WT.	% WT.	% WT.	% WT.	% WT.	% WT.	% WT.	% WT.	% WT.	% WT.	% WT.	% WT.	% WT.	% WT.	% WT.	% WT.																												
11	34	69	31	68	34	67	37	66	40	65	42	65	45	64	48	64	51	63	54	63	56	62	59	62	62	62	65	61	68	61	70	61	73	61	76	61	79	60	82	60	84	60	87	60	90	60	93	60	96	60	98	60	101		
10	31	64	29	63	31	62	34	61	37	60	39	60	42	59	44	59	47	58	49	58	52	57	55	57	57	60	57	62	56	65	56	67	56	70	56	73	56	75	56	78	55	80	55	83	55	85	55	88	55	91	55	93			
9	28	58	26	57	29	56	31	55	33	55	36	54	38	54	40	53	43	53	45	53	47	52	50	52	52	54	52	57	51	59	51	61	51	64	51	66	51	68	51	71	50	73	50	76	50	78	50	80	50	83	50	85			
8	25	52	24	51	26	51	28	50	30	49	32	49	34	48	36	48	38	48	41	47	43	47	45	47	47	49	46	51	46	53	46	55	46	57	46	60	46	62	46	64	45	66	45	68	45	70	45	72	45	74	45	76			
7	22	47	21	46	23	45	25	44	27	44	28	43	30	43	32	43	34	42	36	42	38	42	40	42	42	44	41	43	41	45	41	47	41	49	41	51	41	53	40	55	40	57	40	58	40	60	40	62	40	64	40	66	40	68	
6	19	40	18	40	20	39	21	38	23	38	25	38	26	37	28	37	30	37	31	36	33	36	34	36	36	38	36	39	36	41	36	43	35	44	35	46	35	47	35	49	35	51	35	52	35	54	35	56	35	57	35	59			
5	16	34	15	34	17	33	18	33	20	32	21	32	22	32	24	31	25	31	26	31	28	31	29	31	31	30	32	30	33	30	35	30	36	30	37	30	39	30	40	30	42	30	43	30	44	29	46	29	47	29	48	29	50		
4	13	28	13	27	14	27	15	27	16	26	17	26	18	26	19	26	20	25	22	25	23	25	24	25	25	25	26	25	27	25	28	25	29	24	31	24	32	24	33	24	34	24	35	24	36	24	37	24	38	24	40	24	41		
3	10	22	10	21	11	21	11	21	12	20	13	20	14	20	15	20	16	20	17	19	18	19	18	19	19	19	20	19	21	19	22	19	23	19	24	19	24	19	25	19	26	19	27	19	28	19	29	19	30	19	31	18	31		
2	7	15	7	15	7	15	8	14	9	14	9	14	10	14	10	14	11	14	12	14	12	14	13	14	14	14	13	14	13	15	13	15	13	16	13	17	13	17	13	18	13	18	13	19	13	20	13	20	13	21	13	21	13	22	
1	4	9	4	8	4	8	5	8	5	8	5	8	6	8	6	8	6	8	7	8	7	8	7	8	8	8	8	8	8	8	9	8	9	8	9	8	9	8	10	8	10	8	11	7	11	7	11	7	12	7	12	7	12	7	13

If you are looking for a more detailed chart, please visit [www.efisportsmedicine.com/support/downloads/charts/](http://www.efisportsmedicine.com/support/downloads/charts/)

## WARRANTY CLAIMS

efi Sports Medicine treats warranty claims as a priority. To process these quickly, a Return Merchandise Authorization (RMA) number is required to properly link your merchandise with your claim.

**efi Sports Medicine does not accept returned merchandise without an accompanying RMA number.**

Contact efi Sports Medicine Customer Service Department at 800-541-4900 if you are making a warranty claim. A representative will issue you an RMA number and instructions for proper packaging of the equipment for shipping.

**IMPORTANT! - Save your invoice. Please retain packaging instructions.**

Shipping Damage: FOB origin, unless otherwise specified. efi Sports Medicine accepts no responsibility for damage in shipping.

efi Sports Medicine does, however, make every effort to facilitate the satisfactory resolution of claims made against delivery agents for damage during shipping.

If the PowerTower appears to have sustained damage in shipping, or if the PowerTower appears to have shifted in delivery but no damage is evident, retain the shipping boxes until the PowerTower has been fully assembled to assure there is no functional damage that is not initially visible. In the event of damage during shipping, retaining the shipping boxes helps to facilitate your claim against the shipper.

Take photographs of damaged boxes or contents before opening.

## TOTAL GYM POWER TOWER™ PURCHASE RECORD

Date Purchased \_\_\_\_\_

Purchased From \_\_\_\_\_

Model Number \_\_\_\_\_

Serial Number \_\_\_\_\_

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*Retain this form for your records.*

efi Sports Medicine  
7755 Arjons Drive  
San Diego, CA 92126

[efisportsmedicine.com](http://efisportsmedicine.com)



FCC ID: UHJPOWERTOWER



ETL #3100548

**LIMITED WARRANTY TOTAL GYM® POWER TOWER™**

Subject to the exclusions and other terms and conditions set forth below, Engineering Fitness International Corp. (“efi”) warrants the following components to be free from defects in materials and workmanship under normal usage for the period(s) specified below. This limited warranty is your exclusive remedy and applies to new products purchased in the United States, which are accompanied by this written warranty.

efi, at its option, will repair, replace or refund the purchase price of any product that does not conform to this warranty. Repairs or replacement will be made at no charge to the customer for parts or labor, provided that the customer shall be responsible for any transportation and shipping costs. efi may use functionally equivalent reconditioned/refurbished/pre-owned or new products, accessories and parts.

This warranty is valid only for the original purchaser, and proof of purchase will be required. This warranty will be valid only if the Ownership Registration Certificate is completed and received by efi no later than 30 days after the date of purchase. This warranty extends only to the first purchaser, and is not transferable.

Warranties outside the United States may vary. Ask for details.

**Exclusions from Coverage**


*Normal Wear and Tear.* Periodic maintenance, repair and replacement of parts due to normal wear and tear are excluded from coverage.

*Ornamental Decorations.* Ornamental decorations such as emblems, graphics and other decorative elements, are excluded from coverage.

*Abuse and Misuse.* Defects or damage that result from improper operation, storage, misuse or abuse, accident or neglect, subjecting the product to abnormal usage or conditions or other acts which are not the fault of Efi are excluded from coverage. Use of the product in any manner that is inconsistent with the instructions provided by efi is considered misuse and any defects or damage that result from such misuse are excluded from coverage.

**(contined on reverse side...)**

↓ TEAR AT PERFORATION ↓

	
	<p>To register for ownership, complete form on reverse side and return by mail, in envelope, to:</p> <p>efi Sports Medicine 7755 Arjons Drive San Diego, CA 92126</p> <p>If you have any questions about your model or if you need service, please contact Customer Service at 800 541 4900.</p>

↓ TEAR AT PERFORATION ↓

**LIMITED WARRANTY TOTAL GYM® POWER TOWER™ (...contined from reverse side)**  
[Commercial Use. Defects or damage that result from use of the product for commercial purposes are excluded from coverage.]

*Use of Non-efi Accessories.* Defects or damage that result from the use of Non-efi branded or certified accessories are excluded from coverage.

*Unauthorized Service or Modification.* Defects or damages that result from service, maintenance, repairs, adjustment, installation or alteration conducted by anyone other than efi or its authorized representatives are excluded from coverage.

**Limitation of Liability**  
THE WARRANTIES AND REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, WHETHER EXPRESS, IMPLIED OR STATUTORY, INCLUDING ANY LIABILITY ARISING UNDER ANY WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, STATUTORY OR OTHERWISE.

IN NO EVENT SHALL EFI BE LIABLE FOR ANY INCIDENTAL, SPECIAL, INDIRECT OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM THE USE, MISUSE OR INABILITY TO USE THE PRODUCT OR FROM DEFECTS IN THE PRODUCT.

efi retains the exclusive right to repair or replace the product or offer a full refund of the purchase price at its sole discretion. SUCH REMEDY SHALL BE YOUR SOLE AND EXCLUSIVE REMEDY FOR ANY BREACH OF WARRANTY.

**NON-COMMERCIAL WARRANTY:**

Frame: Limited Lifetime (excluding coatings)

Wear items: 2 years  
(includes moving parts and items not listed)

Foam, rubber, upholstery, straps and webbing:  
6 months

Motor: 2 years

**COMMERCIAL WARRANTY:**

Frame: 5 years (excluding coatings)

Wear items: 1 year  
(includes moving parts and items not listed)

Foam, rubber, upholstery, straps and webbing:  
90 days

Motor: 2 years

↓ TEAR AT PERFORATION. ↓

**OWNERSHIP REGISTRATION CERTIFICATE**

Purchase Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Product Name \_\_\_\_\_ PowerTower \_\_\_\_\_

Purchaser's Name (print) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email Address \_\_\_\_\_

**SERIAL NUMBER(S)** \_\_\_\_\_

Signature \_\_\_\_\_

*Complete this form and return by mail, in envelope, to register ownership.*