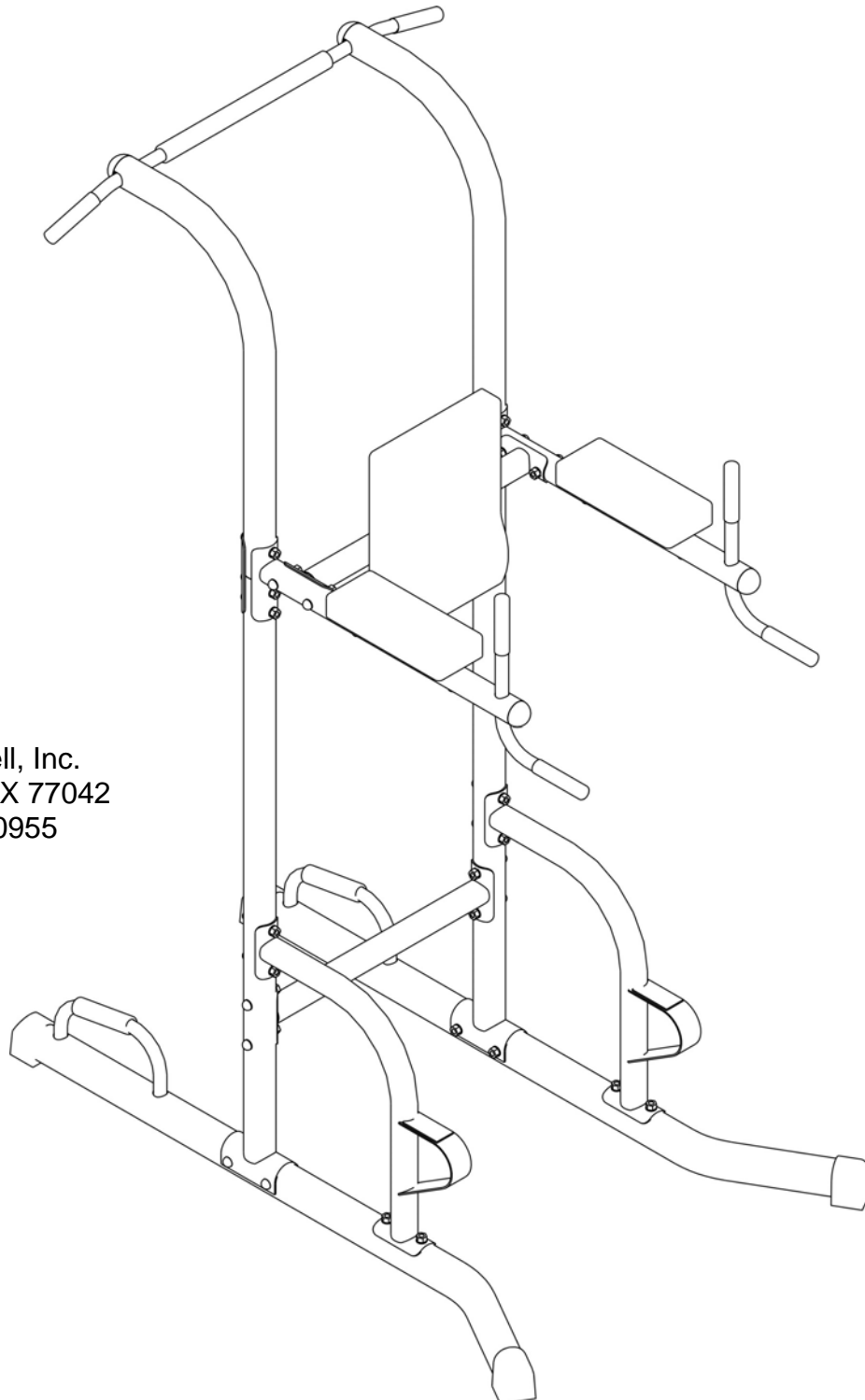




POWER TOWER

FM-CS6006

Assembly Manual



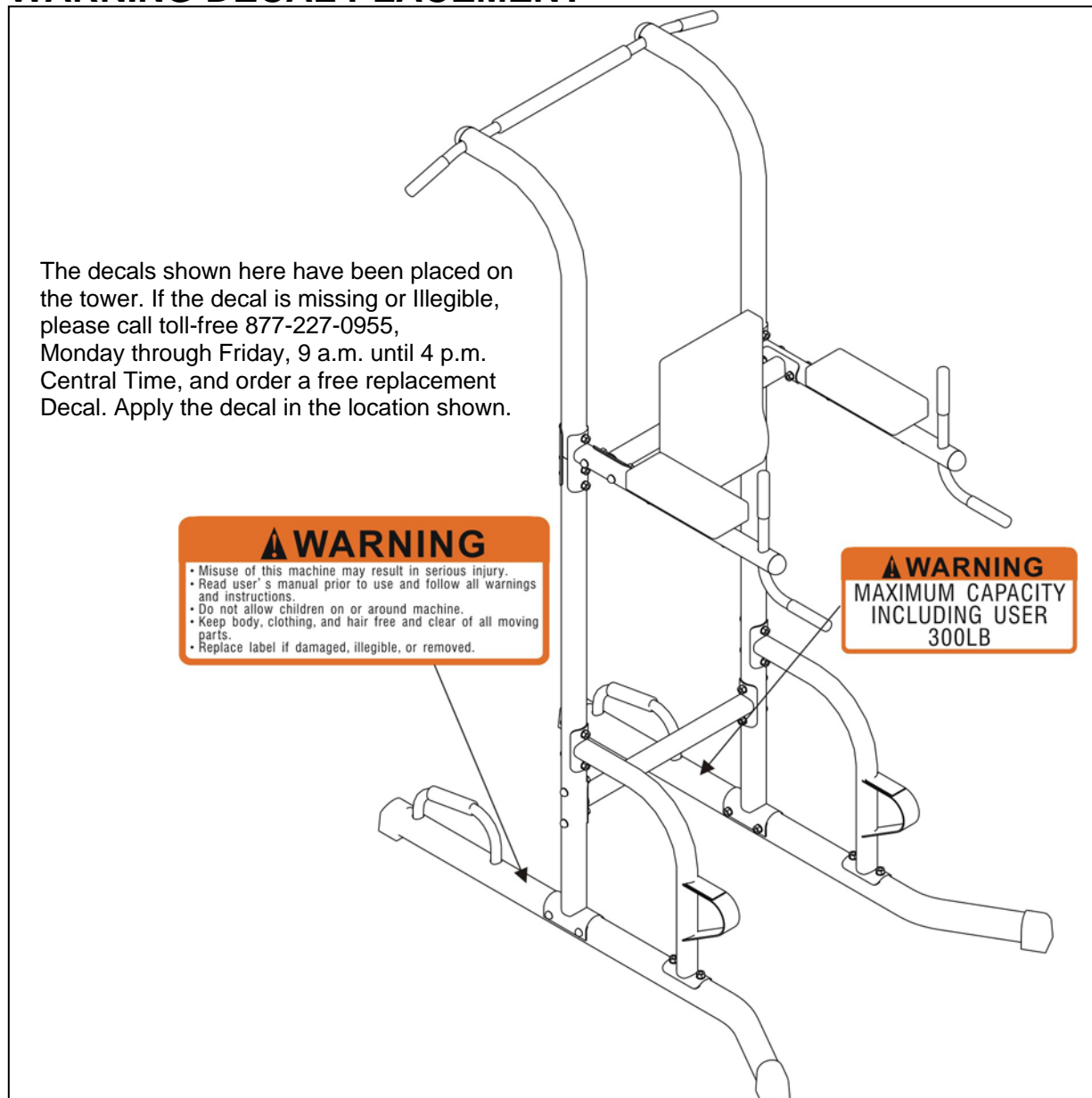
CAP Barbell, Inc.
Houston, TX 77042
(877) 227-0955

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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

WARNING DECAL PLACEMENT

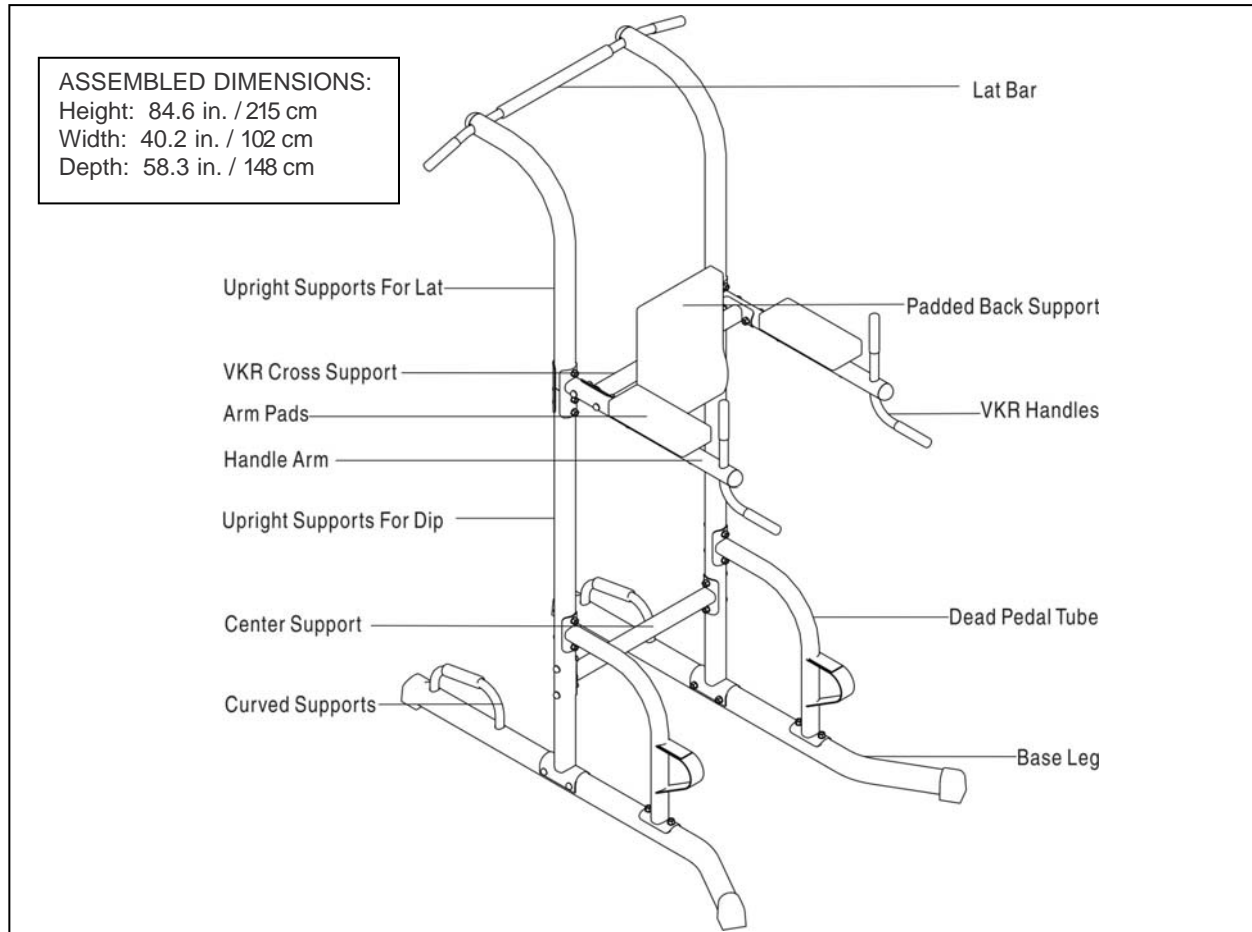


Thank you for selecting your CAP Strength power tower. This tower will help you build and tone major muscle groups in the body. Please read this manual carefully before using your tower. please look at diagram below to get familiar will your new tower.

If you have questions after reading this manual, call 877-227-0955. To help assist you, please note the product model number before calling. The model number is FM-CS6006.

For your benefit, read this manual carefully before using the power tower.

Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.



TOOLS NEEDED

Make Things Easier for Yourself

This manual is designed to ensure that the power tower can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- For help identifying small parts, see the **PART IDENTIFICATION CHART**.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the power tower, make sure all parts are oriented as shown in the drawings.

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.


Grease and the following tools (not included) may be required for assembly:

- **Two adjustable wrenches**
- **One hammer**
- **One standard screwdriver**
- **One Phillips screwdriver**




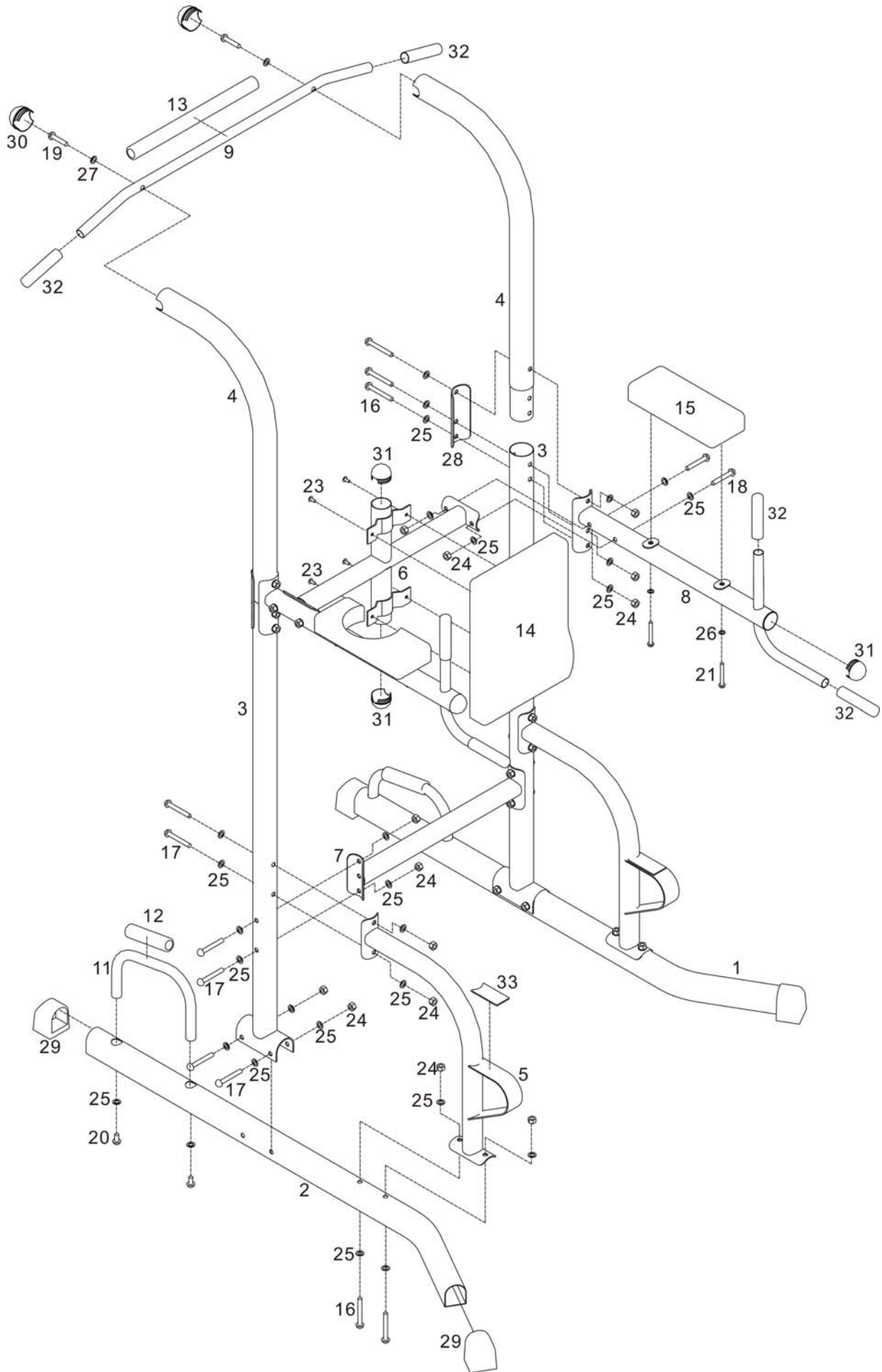
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

IMPORTANT PRECAUTIONS

 **WARNING:** To reduce the risk of serious injury, read the following important precautions before using the power tower.

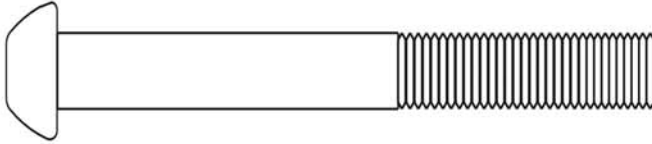
1. Read all instructions in this manual and all warnings on the power tower before using. Use the power tower only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the power tower are adequately informed of all precautions.
3. The power tower is intended for home use only. Do not use the power tower in any commercial, rental, or institutional setting.
4. Keep the power tower indoors, away from moisture and dust. Place the power tower on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the power tower to mount, dismount, and use.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the power tower at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. The power tower is designed to support a maximum user weight of 300 pounds.
10. Always use a safety spotter.

 **WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Cap Barbell assumes no responsibility for personal injury or property damage sustained by or through the use of this product.



No.	Part No.	Description	Qty.	Pre.- assembled
1	PFMCS6006-01	Left Base Leg	1	No
2	PFMCS6006-02	Right Base Leg	1	No
3	PFMCS6006-03	Upright Supports For Dip	2	No
4	PFMCS6006-04	Upright Supports For Lat	2	No
5	PFMCS6006-05	Dead Pedal Tube	2	No
6	PFMCS6006-06	VKR Cross Support	1	No
7	PFMCS6006-07	Center Support	1	No
8	PFMCS6006-08	Handle Arm	2	No
9	PFMCS6006-09	Lat Bar	1	No
11	PFMCS6006-11	Curved Supports	2	No
12	PFMCS6006-12	Short Foam Padding	2	Yes
13	PFM2006-19	Long Foam Padding	1	Yes
14	PFMCS6006-13	Padded Back Support	1	No
15	PFMCS6006-14	Arm Pads	2	No
16	PFM2101-23	M10 x 80mm Bolt	10	No
17	PFM2240-21	M10 x 75mm Bolt	12	No

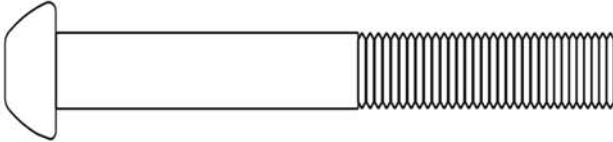
No.	Part No.	Description	Qty.	Pre.- assembled
18	PFM2240-22	M10 x 65mm Bolt	4	No
19	PFM2230-06	M10 x 50mm Bolts	2	No
20	PRK3B-03	M10 x 20mm Bolt	4	No
21	PFM2006-25	M8 x 65mm Bolt	4	No
23	PFM2240-23	M6 x 15mm Bolts	4	No
24	PRK1-05	M10 Nylon Locknuts	26	No
25	PRK1-06	M10 Washers	56	No
26	PFM2006-27	M8 Washers	4	No
27	PFM2006-28	M10 Curved Washers	2	No
28	PFMCS6006-15	Support Plates	2	No
29	PFMCS6006-16	Rubber End Caps	4	No
30	PFM3141-16	60mm Globe Plastic Caps	2	No
31	PFMCS6006-17	50mm Globe Plastic Caps	4	Yes
32	PFM2007-08	Rubber Hand Grips	6	Yes
33	PFMCS6006-18	Cushion Plates	2	Yes



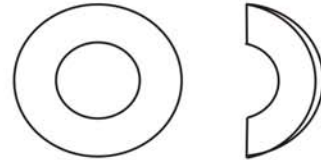
M10X80mm Bolts (16)



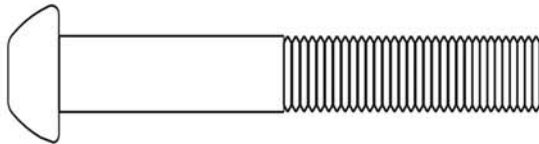
M10 Nylon Locknuts (24)



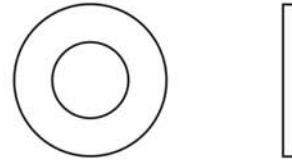
M10X75mm Bolts (17)



M10 Curved Washers (27)



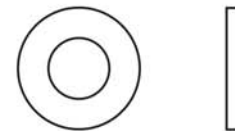
M10X65mm Bolts (18)



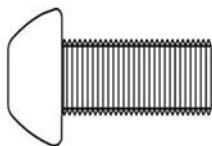
M10 Washers (25)



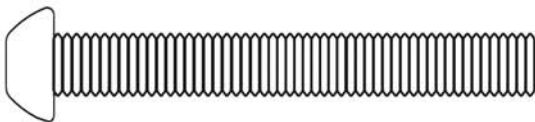
M10X50mm Bolts (19)



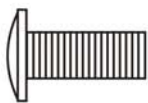
M8 Washers (26)



M10X20mm Bolts (20)

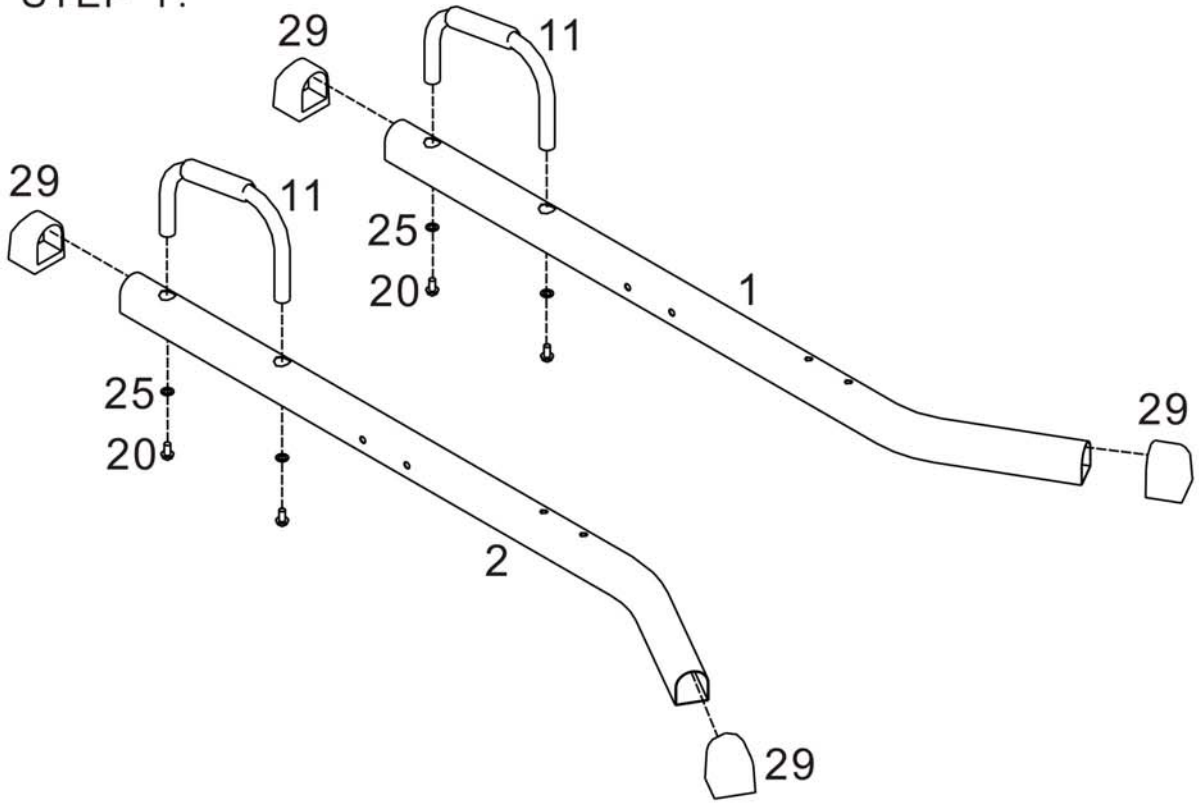


M8X65mm Bolts (21)

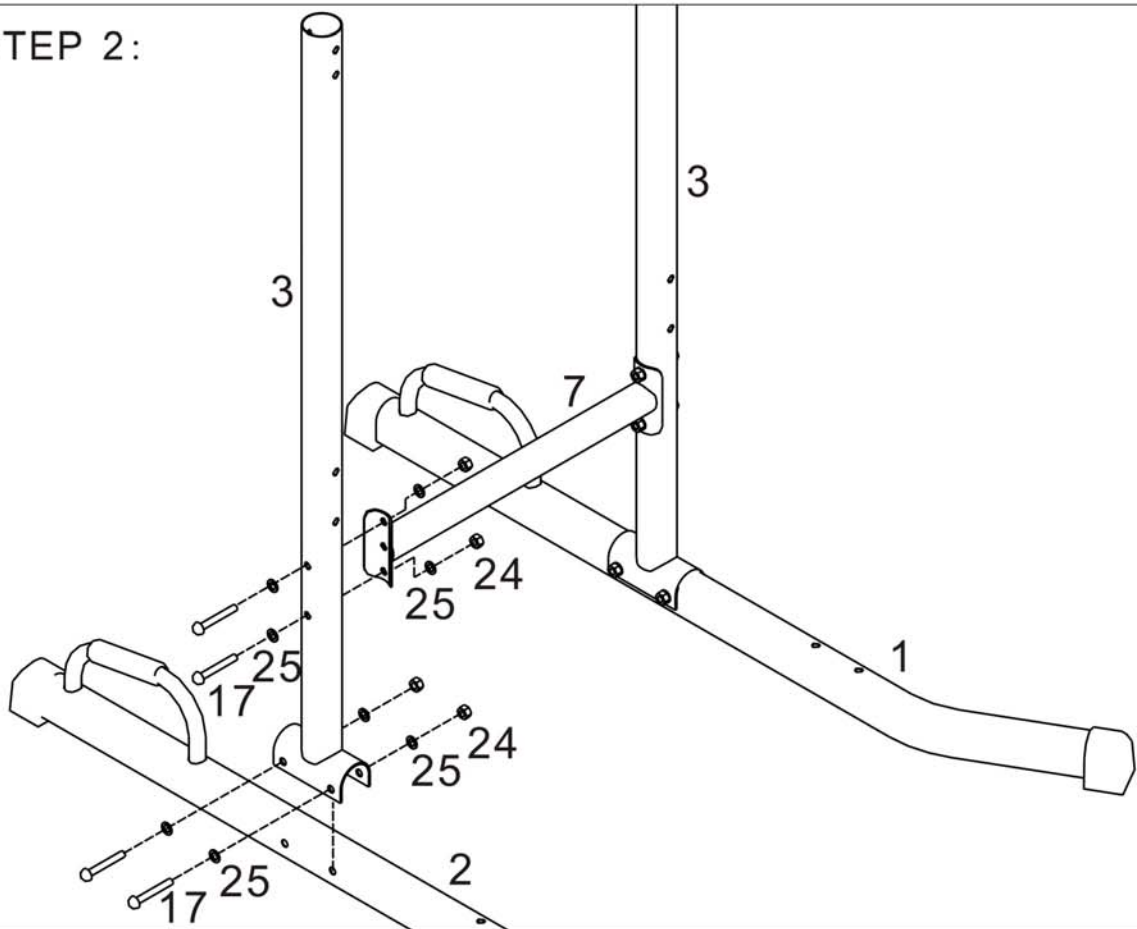


M6X15mm Bolts (23)

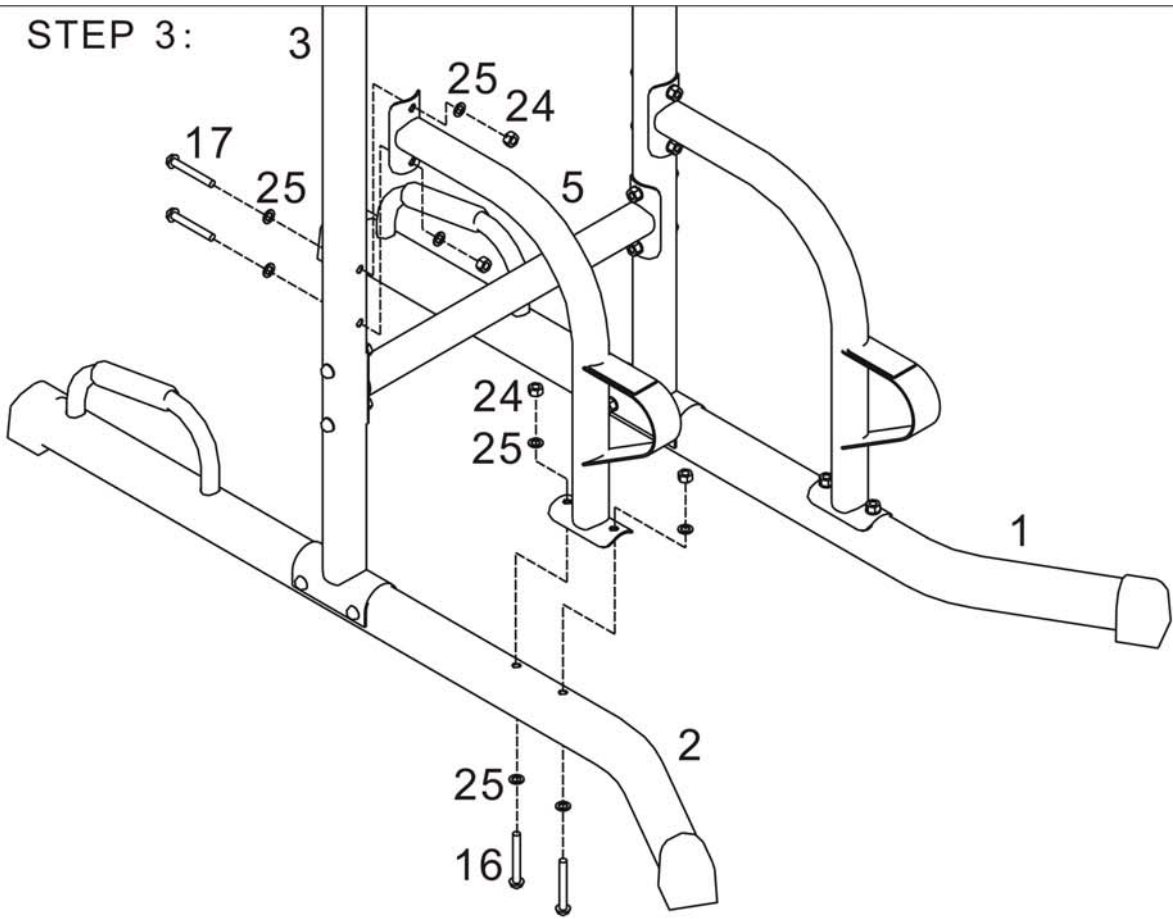
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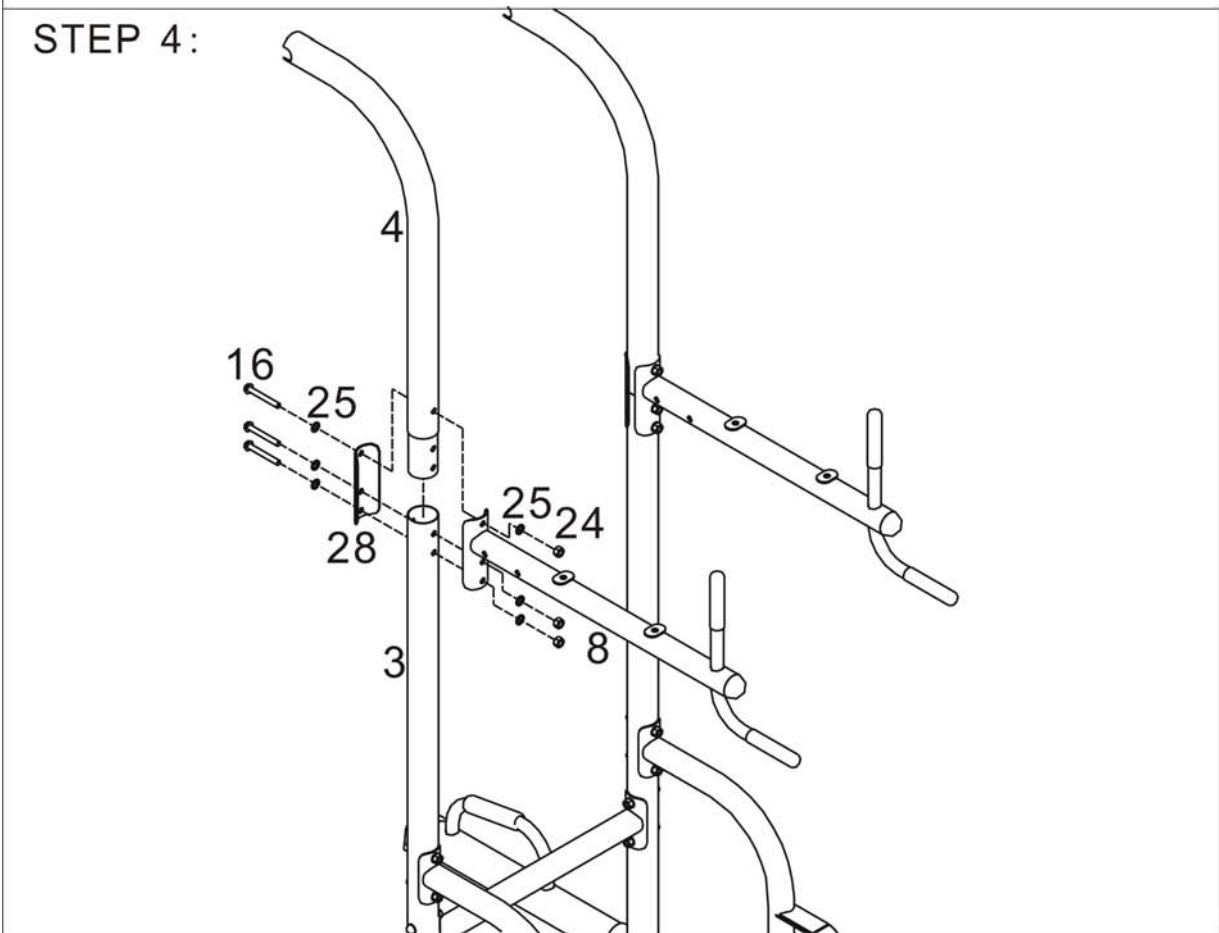
STEP 2:



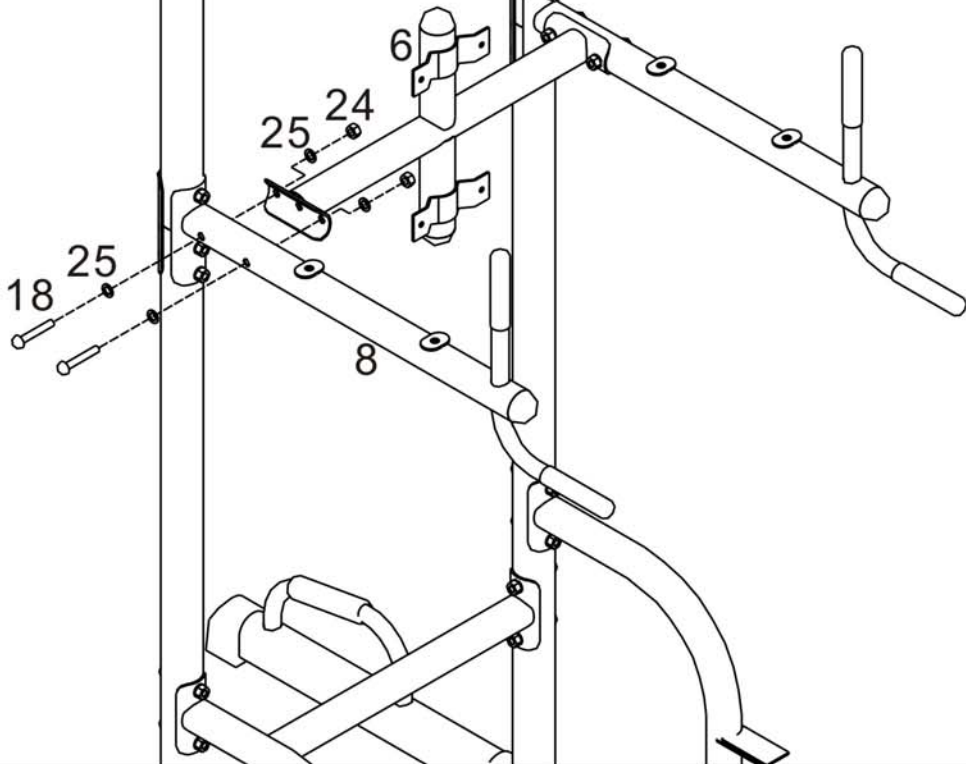
STEP 3:



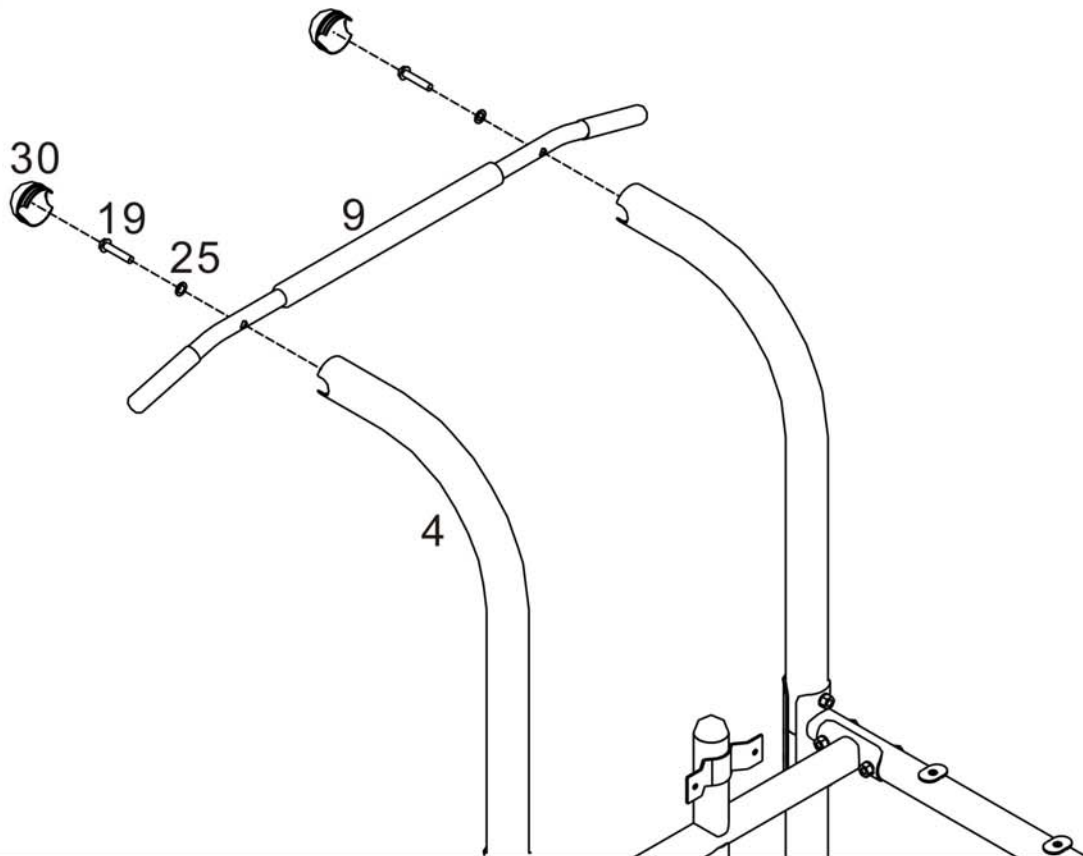
STEP 4:



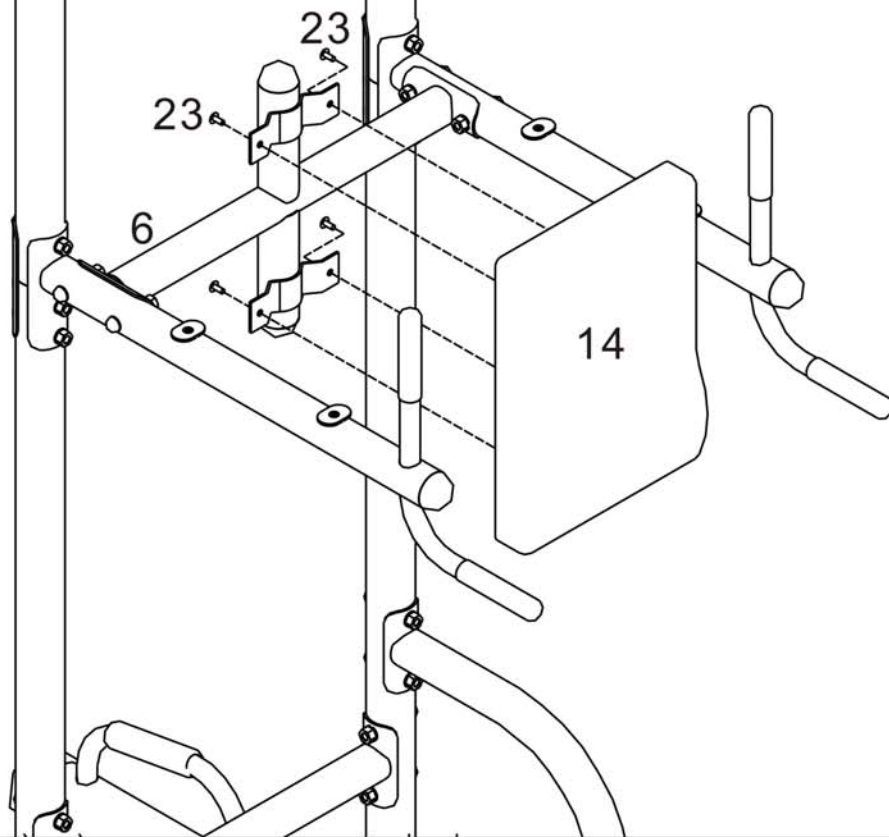
STEP 5:



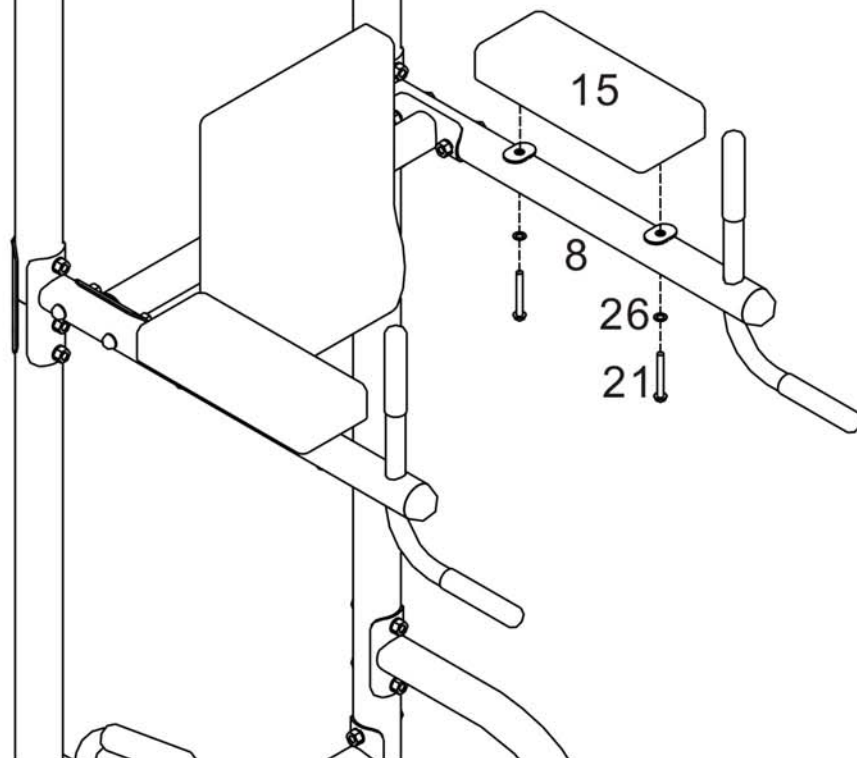
STEP 6:



STEP 7:



STEP 8:



WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session. Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. See the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

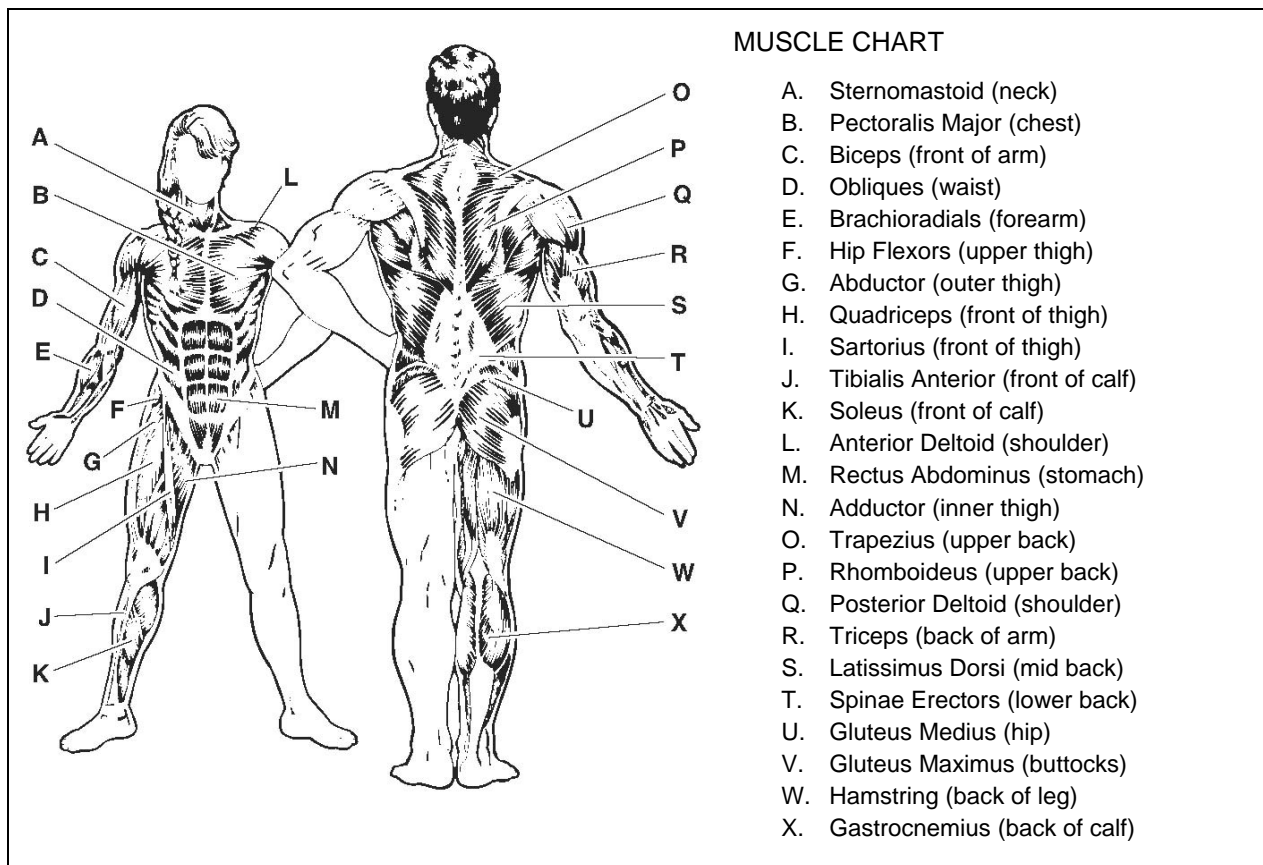
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MANUFACTURER'S WARRANTY

This warranty covers your CAP Strength product against defects in materials and workmanship when used for the intended purpose under normal use and conditions, provided that the product receives normal maintenance and care. This warranty lasts for: 1 year on all steel parts; 90 days on parts and; 30 days on vinyl cushions. All of these are for the original owner only. This warranty is not valid in cases where this product is used commercially.

CAP Strength will provide a replacement part at no charge for any part found defective in materials or workmanship during the specified warranty period. Under no circumstances will the manufacturer be responsible for damages or failures that occur as a result of improper assembly or failure to operate the product correctly. This warranty does not cover misuse, neglect, accident, alterations or repairs made by an unauthorized service representative.

ARBITRATION

Use of this product creates an agreement between CAP Strength, Inc. and User of Product to resolve all disputes, claims, or controversies whatsoever arising from or relating to this product, including the validity of this arbitration clause, by binding arbitration pursuant to Section 2 of the Federal Arbitration Act. Maximum judgment for all causes of action shall be limited to \$ 10,000. The parties agree and understand that by using this product they choose arbitration instead of litigation to resolve disputes. If Buyer(s) choose not to enter into this agreement, they may return unused product for full refund.



Missing a Part or Need Assembly Assistance?
Do Not RETURN to Store.
Call our Service Line:
1-877-227-0955

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