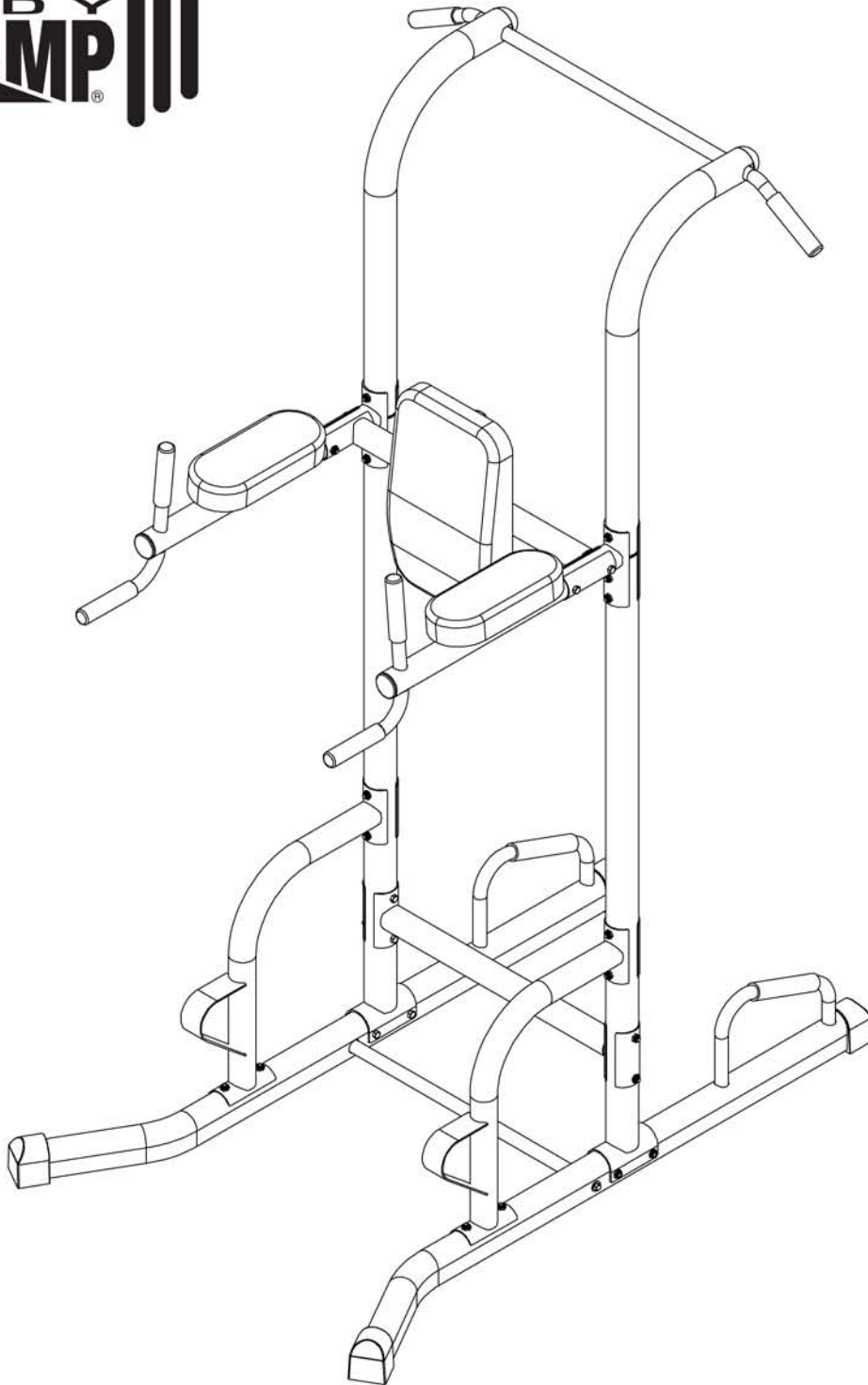


VKR 1700/1010

Body Champ Power Tower



best-powertower.com



*This item is for consumer use only and it is not meant for commercial use.

OWNER'S MANUAL



General Information



Safety

Before you undertake any exercise program, please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing the assembly of your product or starting to exercise.

- Please keep all children away from this item when in use. Do not allow children to climb or play on them when they are not in use.
- Supervise teenagers while they use this unit.
- For your own safety, always ensure that there is at least 3 feet of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
- Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product; contact CUSTOMER SUPPORT.
- Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping.
- Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught in moving parts during exercise.
- Do not use this unit if it is not functioning properly or if it is not fully assembled.
- Do not use this unit for commercial purposes.

Assembling Tools

- Ruler with both metric and English measurement
- 2 x Adjustable Wrench

Weight Limit

The maximum weight capacity of this unit is 250 pounds.



Warranty

Body Flex Sports warrants your product for a period of 1 year for the frame and 90 days on all parts if the item is used for the intended purpose, properly maintained and not used commercially. Any alterations or incorrect assembly of the product will void this warranty.

Proof of purchase must be presented for any warranty validation (no exceptions). This warranty applies to the original purchaser only and is not transferable.

This warranty does not cover abuse or defects caused during use, storage or assembly.

During the warranty period, Body Flex Sports reserves the right to:

- a). provide replacement parts to the purchaser in an effort to repair the item.
- b). repair the product returned to our warehouse (at the purchaser's cost).
- c). replace the product if neither of the two previously mentioned actions effect repair.

This warranty does not cover normal wear and tear on upholstery.

Storage and Use

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems.



Questions

If you have any questions concerning the assembly of your item or if any parts are missing, please **DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER**. Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you replacement parts.



Customer Support

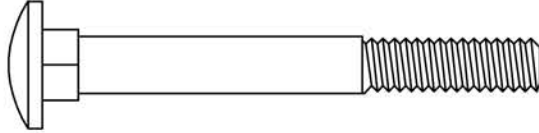
Customer Support is open 9:00 a.m. to 5:00 p.m. (Pacific Time) Monday through Friday. Please contact us by any of the following means.



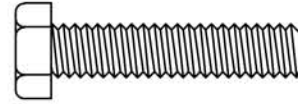
Hardware List

The following hardware and tools are used to assemble your unit.
Please take a moment to familiarize yourself with these items.

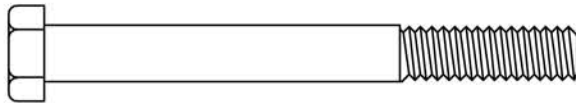
BOLT



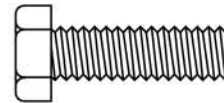
#15 Carriage Bolt (M8x70 mm) [4 pieces]



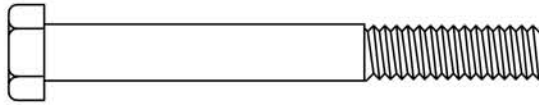
#19 Hex Bolt (M8x35 mm) [2 pieces]



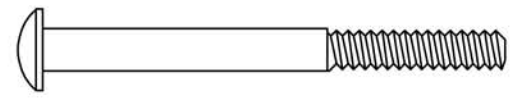
#16 Hex Bolt (M8x75 mm) [14 pieces]



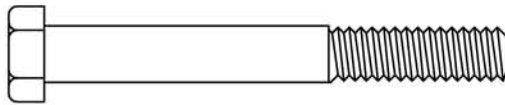
#20 Hex Bolt (M8x25 mm) [6 pieces]



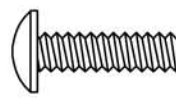
#17 Hex Bolt (M8x70 mm) [4 pieces]



#21 Screw (M6x65 mm) [4 pieces]

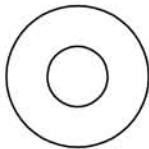


#18 Hex Bolt (M8x65 mm) [4 pieces]

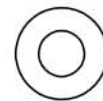


#22 Screw (M6x20 mm) [4 pieces]

Washer



#23 Washer (M8) [8 pieces]



#24 Washer (M6) [8 pieces]

Nut



#25 Nylon Lock Nut (M8) [24 pieces]



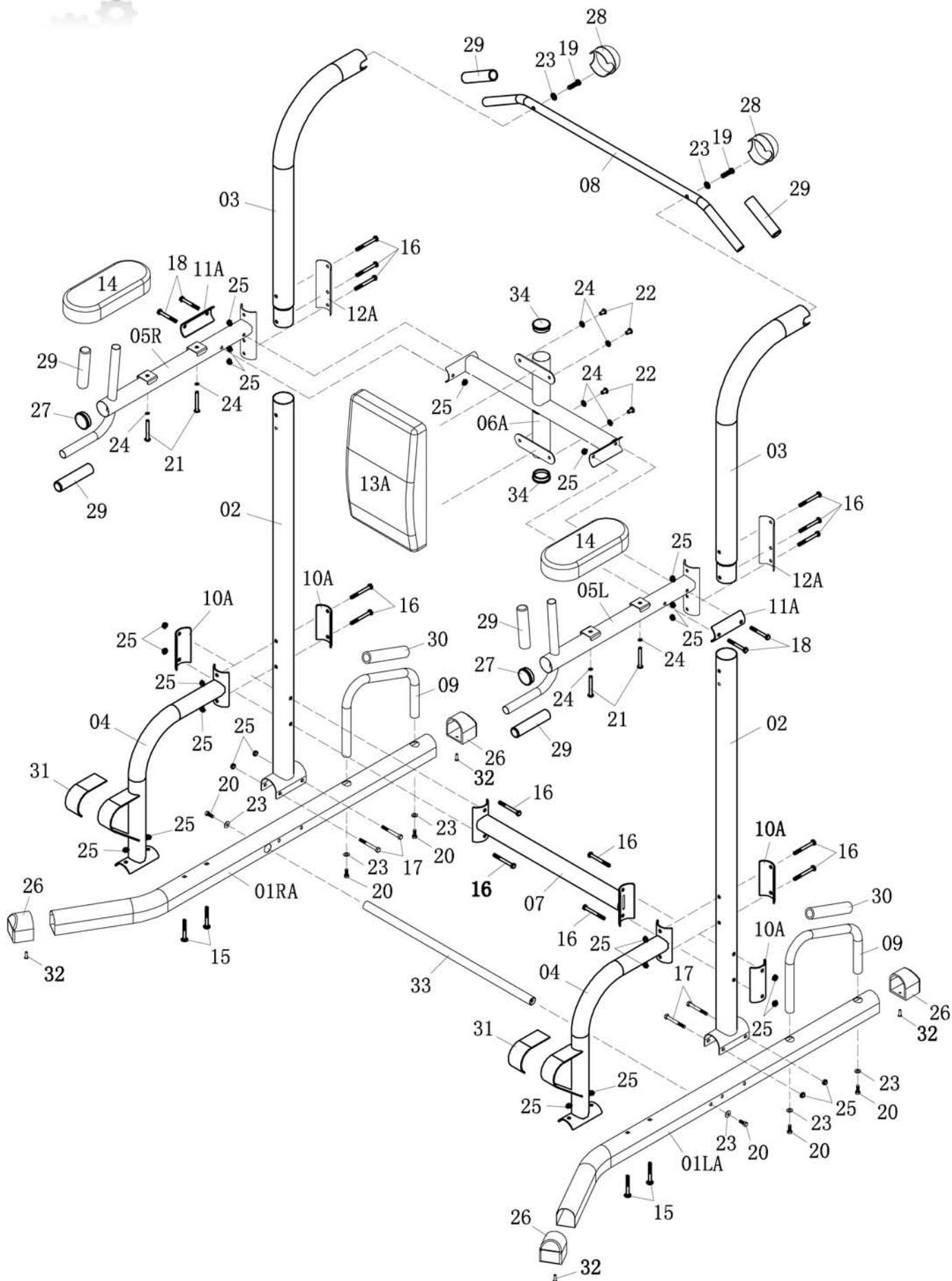
Parts Listing

The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

#	Description
01LA/01RA	Stabilizer
02	Upright Base
03	Upright
04	Support
05L/05R	Dip Arm
06A	Top Crossbar
07	Bottom Crossbar
08	Pull Up Bar
09	Push Up Bar
10A	Support Plate A
11A	Support Plate B
12A	Support Plate C
13A	Backrest
14	Arm Pad
15	Carriage Bolt (M8x70 mm)
16	Hex Bolt (M8x75 mm)
17	Hex Bolt (M8x70 mm)
18	Hex Bolt (M8x65 mm)
19	Hex Bolt (M8x35 mm)
20	Hex Bolt (M8x25 mm)
21	Screw (M6x65 mm)
22	Screw (M6x20 mm)
23	Washer (M8)
24	Washer (M6)
25	Nylon Nut (M8)
26	Outer End Cap
27	End Cap (ϕ 50xt1.5 mm)
28	End Cap (ϕ 60 mm)
29	Handgrip
30	Foam
31	Emery Cloth
32	Screw (M5x20 mm)
33	Support Crossbar
34	End Cap (ϕ 50xt1.2 mm)



Exploded Diagram





Assembly Instructions

Assembly Step 1

A. With the help of an assistant, attach the **Push Up Bar (#09)** to the **Left Stabilizer (#01LA)** as shown and secure it using two **Washers (#23)** and two **Hex Bolts (#20)**.

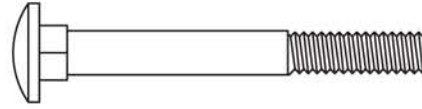
B. Insert two **Carriage Bolts (#15)** through the base of the **Left Stabilizer (#01LA)**.

Note: This step is a preparation for Assembly Step 4, as it will be heavy to lift the unit in a later process.

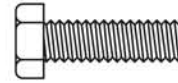
C. Repeat this process on the opposite side.

Hardware Required

Bolt



#15 Carriage Bolt (M8x70 mm)
[4 pieces]

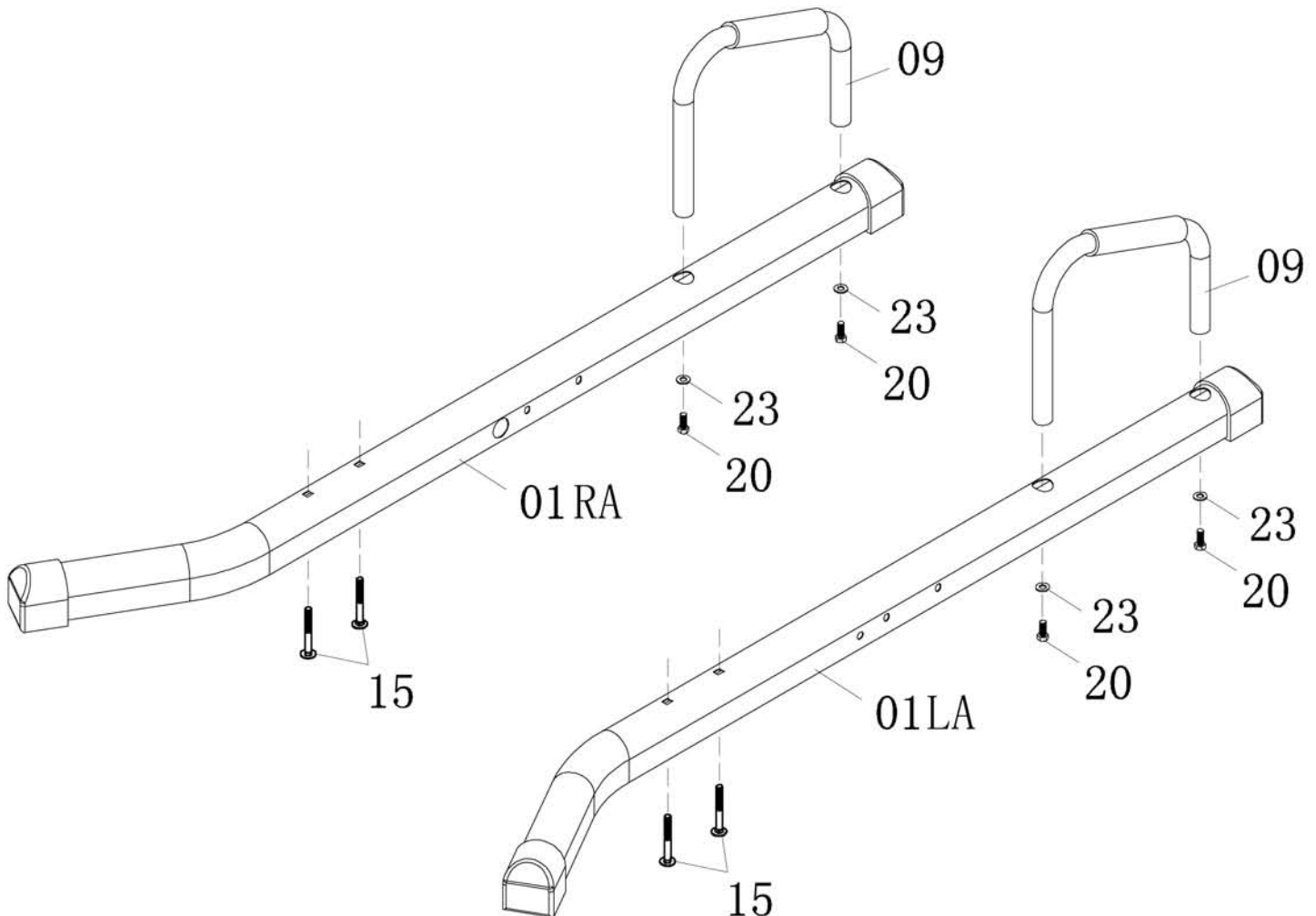


#20 Hex Bolt (M8x25 mm)
[4 pieces]

Washer



#23 Washer (M8) [4 pieces]





Assembly Instructions

Assembly Step 2

With the help of an assistant, attach the **Upright Base (#02)** to the **Left Stabilizer (#01LA)** as shown, secure it with two **Hex Bolts (#17)** and two **Nylon Nuts (#25)**. Repeat this process on the opposite side.

Hardware Required

Bolt

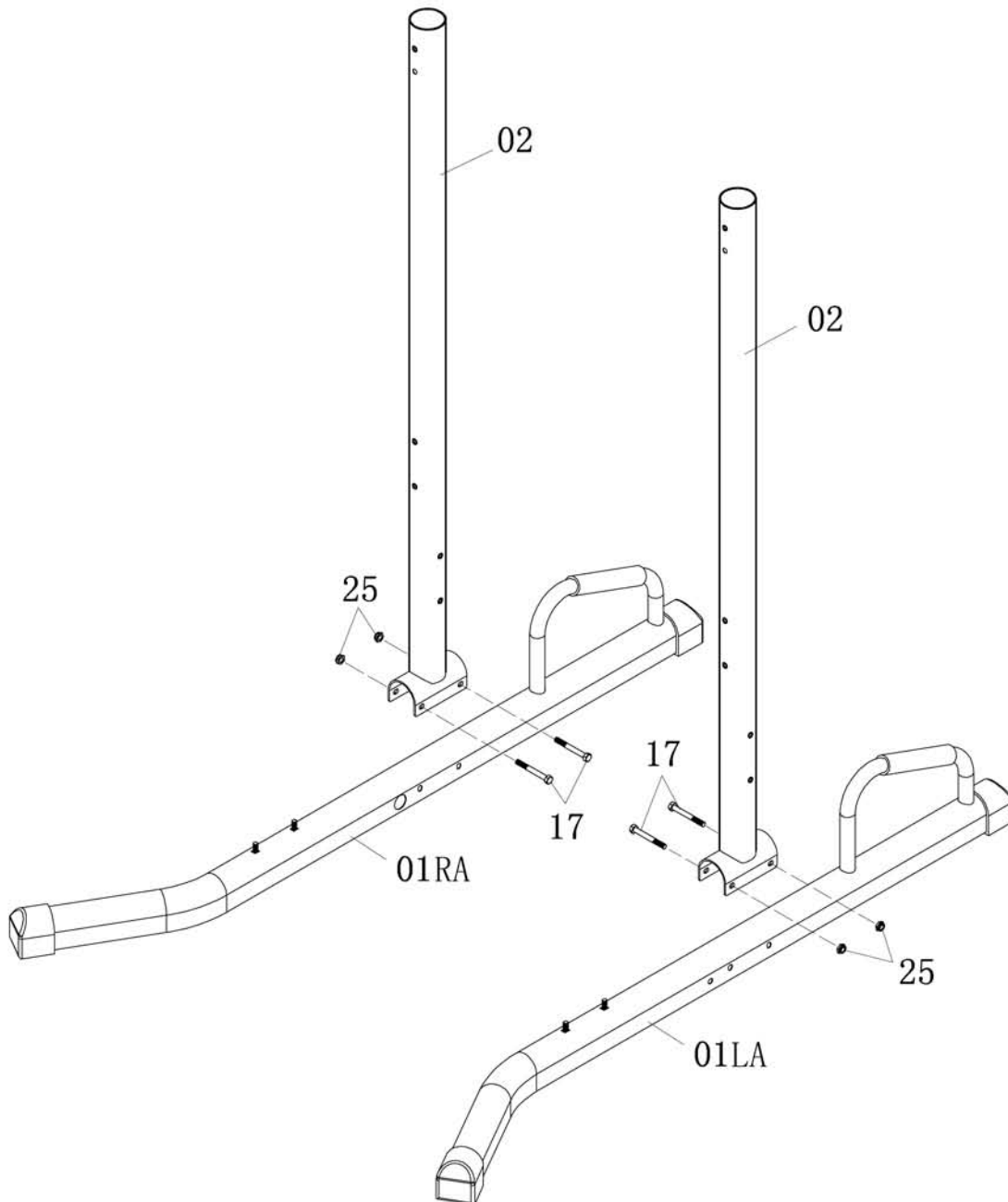


#17 Hex Bolt (M8x70 mm) [4 pieces]

Nut



#25 Nylon Nut (M8) [4 pieces]





Assembly Instructions

Assembly Step 3

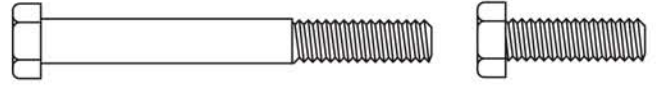
Insert the **Support Crossbar (#33)** in the hole located on the inside of **Right Stabilizer (#01RA)**, secure it with one **Washer (#23)** and one **Hex Bolt (#20)**.

Attach the **Bottom Crossbar (#07)** to the **Right Upright Base (#02)** by inserting two **Hex Bolts (#16)** through the **Bottom Crossbar (#07)** and then into the **Upright Base (#02)** followed by one **Support Plate A (#10A)**. Then secure it with two **Nylon Nuts (#25)**.

Repeat this process on the opposite side.

Hardware Required

Bolt



#16 Hex Bolt (M8x75 mm)
[4 pieces]

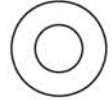
#20 Hex Bolt (M8x25 mm)
[2 pieces]

Nut

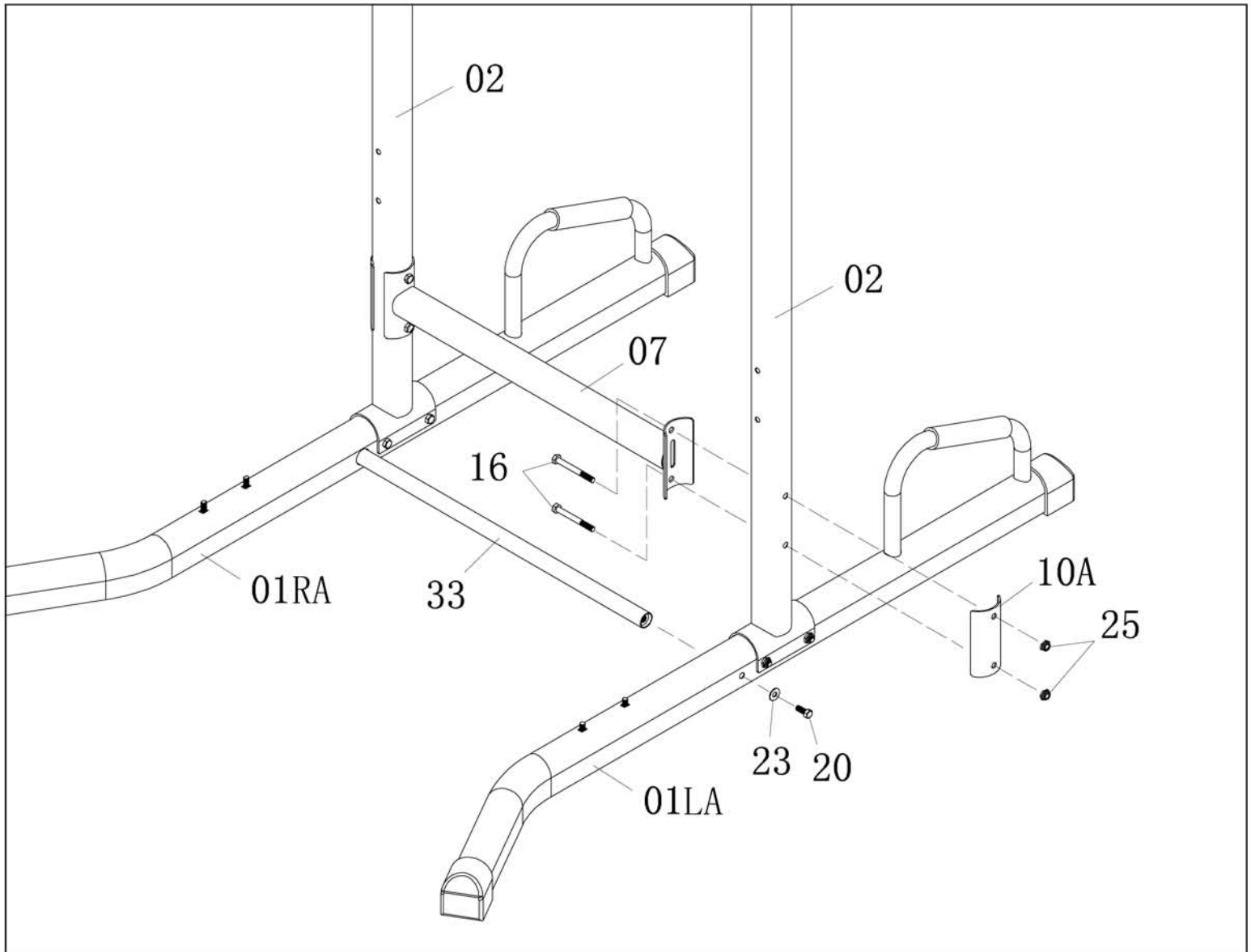


#25 Nylon Nut (M8) [4 pieces]

Washer



#23 Washer (M8) [2 pieces]





Assembly Instructions

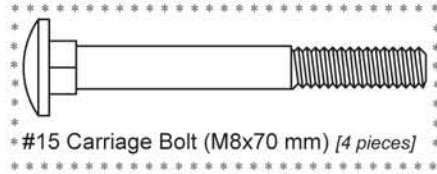
Assembly Step 4

Attach the lower part of the **Support (#04)** to the two **Carriage Bolts (#15)** which you inserted into the two **Stabilizers (#01A)** during the first step. At this point hand tighten the **Nylon Nuts (#25)** on the lower portion as it may be difficult to align the holes for the upper portion.

Connect the upper part of the **Support (#04)** to the **Upright Base (#02)** by inserting two **Hex Bolts (#16)**, through the **Support plate A (#10A)** and then through the **Upright Base (#02)** followed by the **Support (#04)** and secure it with two **Nylon Nuts (#25)**. At this point secure the **Nylon Nuts (#25)** that were hand tighten in the lower portion. Repeat this process on the other side.

Hardware Required

Bolt



#15 Carriage Bolt (M8x70 mm) [4 pieces]

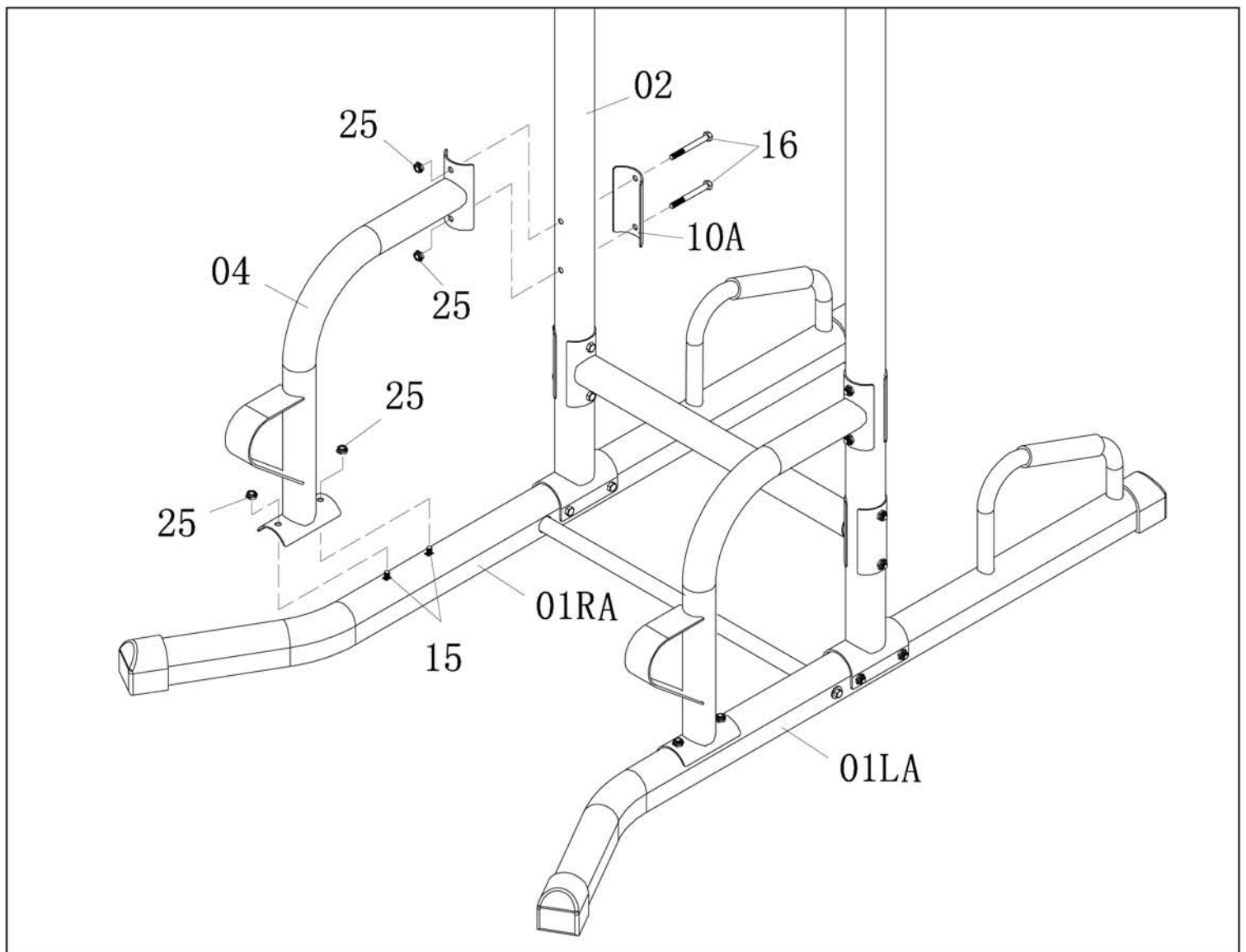


#16 Hex Bolt (M8x75 mm) [4 pieces]

Nut



#25 Nylon Nut (M8) [8 pieces]





Assembly Instructions

Assembly Step 5

- Insert the **Upright (#03)** into the **Upright Base (#02)** ENSURE THAT THE **UPRIGHT (#03)** IS ORIENTED CORRECTLY.* Please refer to NOTE #1 and NOTE #2 on the illustration!
- Insert three **Hex Bolts (#16)** through the **Support Plate C (#12A)** and then through the **Upright (#03)** and **Upright Base (#02)** followed by the **Dip Arm (#05R)**. Hand tighten them with three Nylon **Nuts (#25)**.
- Repeat this process on the opposite side (left side).

Hardware Required

Bolt

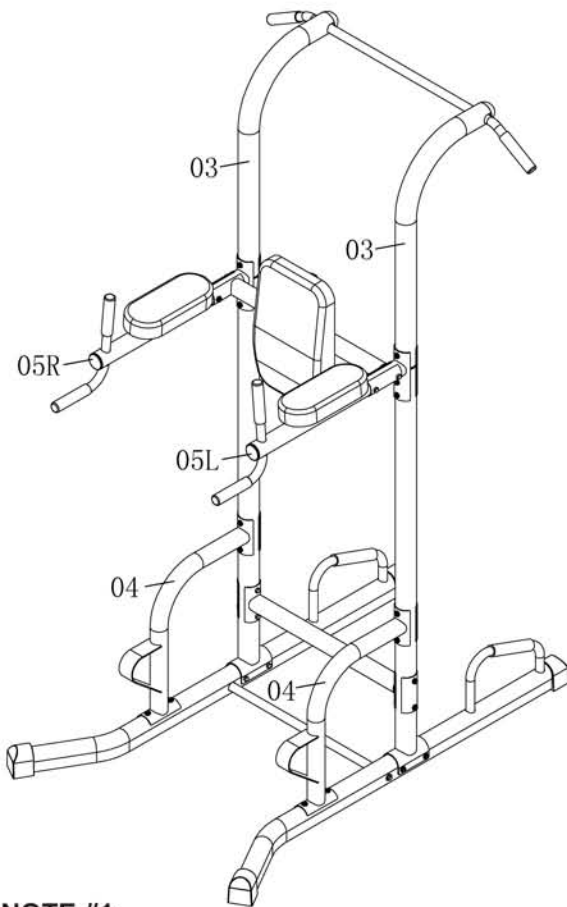


#16 Hex Bolt (M8x75 mm) [6 pieces]

Nut



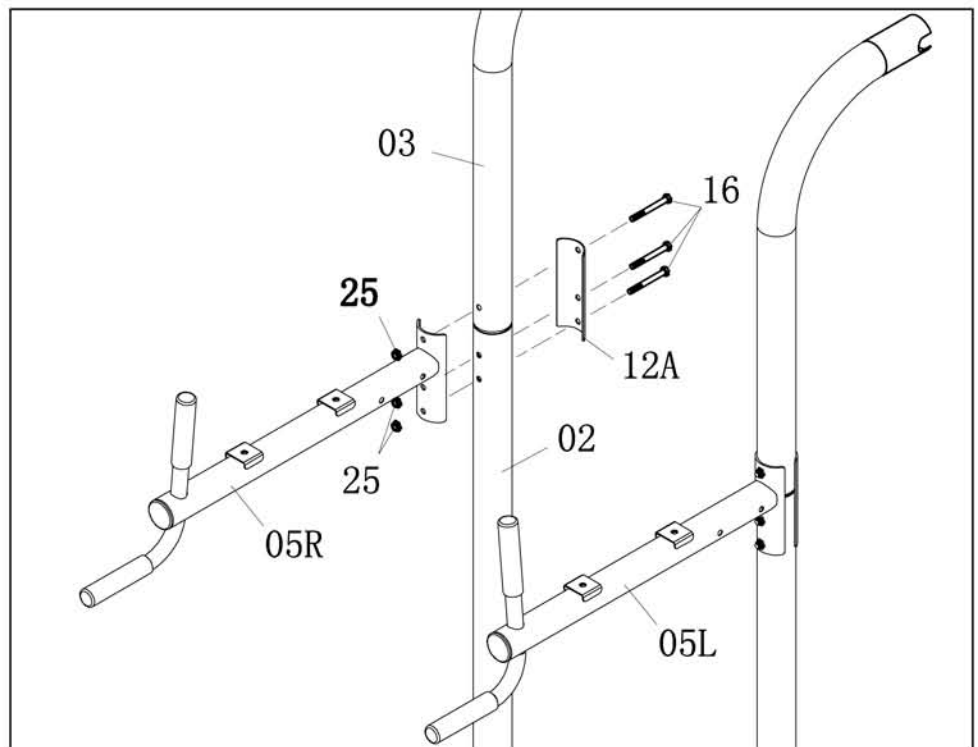
#25 Nylon Nut (M8) [6 pieces]



NOTE #1:
MAKE SURE THE **DIP ARMS (#05)** ARE FACING THE SAME DIRECTION AS THE **SUPPORT (#04)**.

NOTE #2:

MAKE SURE THAT THE CURVED SIDE OF THE **UPRIGHT (#03)** ARCHES AWAY FROM THE TWO **DIP ARMS (#05)**.





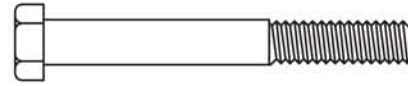
Assembly Instructions

Assembly Step 6

- A. Slide the **Top Crossbar (#06A)** between the two **Dip Arms (#05R & #05L)**. Insert two **Hex Bolts (#18)** through the **Support Plate B (#11A)**. Screw one of the **Hex Bolts (#18)** through the **Dip Arm (#05L)** and secure it directly into the **Top Cross Bar (#06A)**. Screw the other **Hex Bolt (#18)** into the **Dip Arm (#05L)** followed by the **Top Cross Bar (#06A)** and then secure using one **Nylon Nut (#25)**.
- B. Repeat this process on the opposite side.

Hardware Required

Bolt

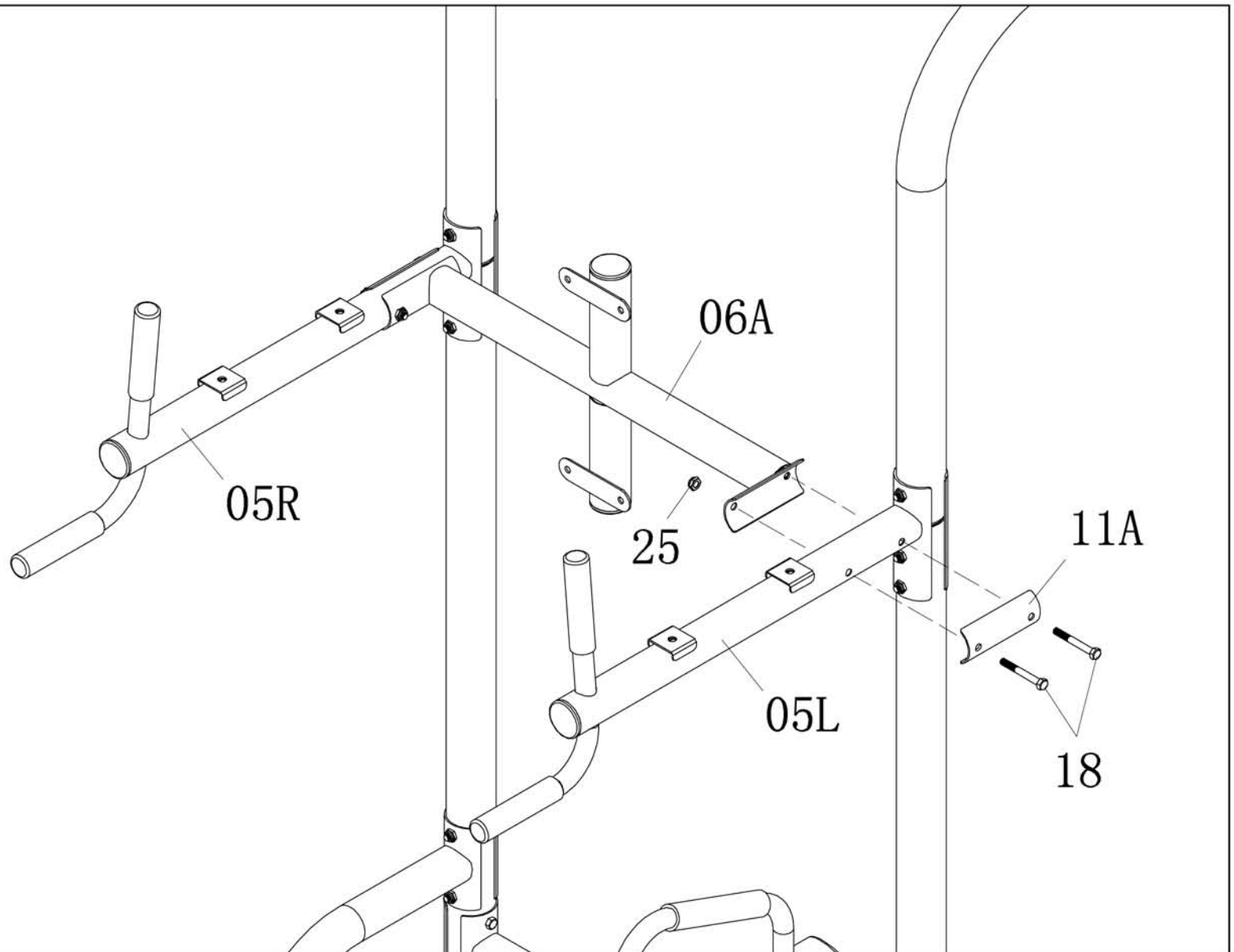


#18 Hex Bolt (M8x65 mm) [4 pieces]

Nut



#25 Nylon Nut (M8) [2 pieces]





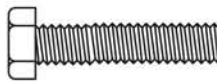
Assembly Instructions

Assembly Step 7

Attach the **Pull up Bar (#08)** to the two **Uprights (#03)** by inserting two **Hex Bolts (#19)** through two **Washers (#23)**, **Pull Up Bar (#08)** and then securing them into the two **Uprights (#03)**. **MAKE SURE THE TWO INDENTATIONS ON THE PULL UP BAR (#08) ARE FACING TOWARD THE UPRIGHTS (#03)**. Slide two **End Caps (#28)** on top of the assembly.

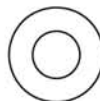
Hardware Required

Bolt

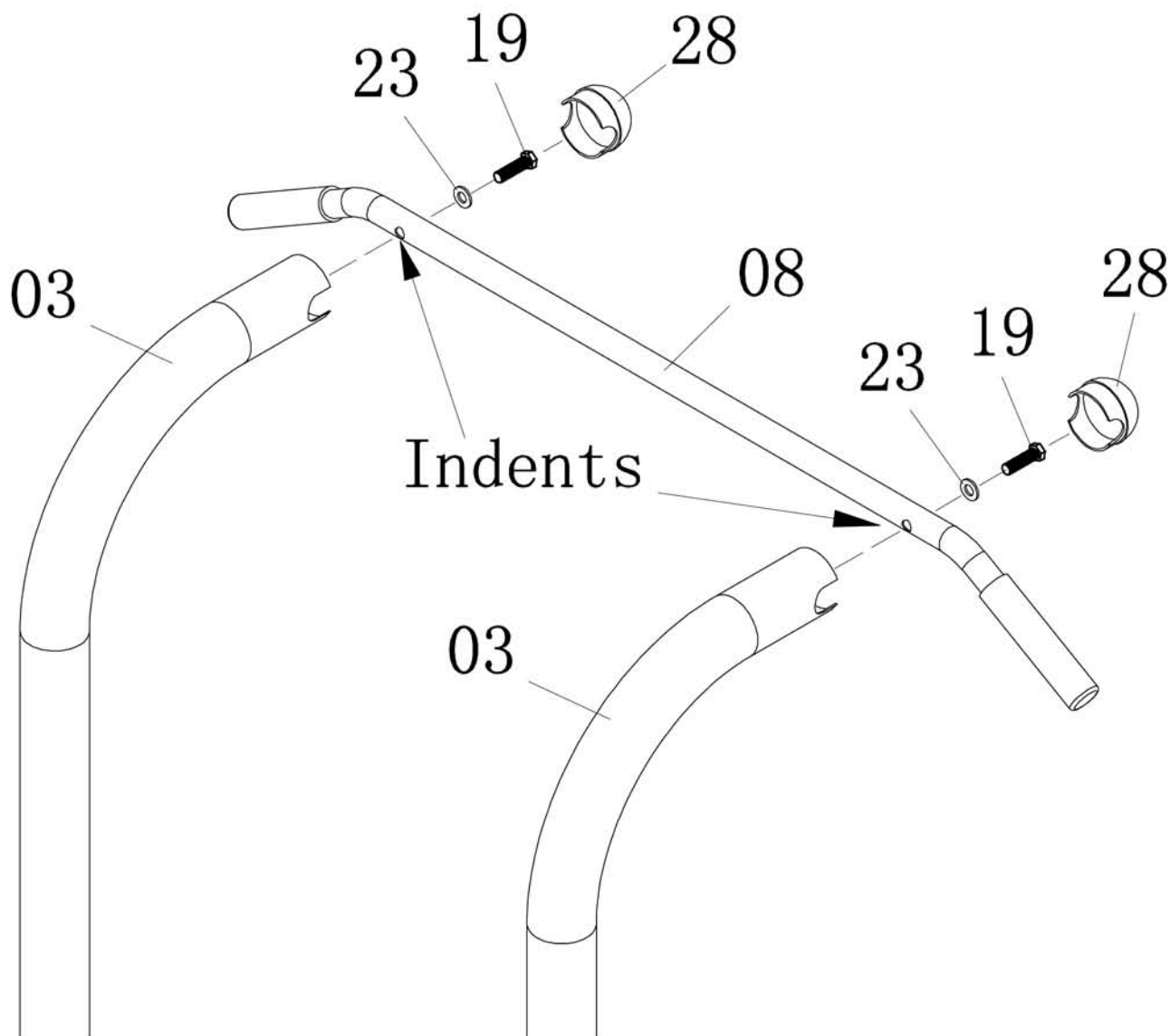


#19 Hex Bolt (M8x35 mm) [2 pieces]

Washer



#23 Washer (M8) [2 pieces]





Assembly Instructions

Assembly Step 8

Attach the **Backrest (#13A)** to the **Top Crossbar (#06A)** using a total of four **Screws (#22)** and four **Washers (#24)**. DO NOT OVER TIGHTEN THE SCREWS AS THIS MAY STRIP THE THREAD OR CRACK THE WOOD IN THE **BACKREST (#13A)**.

Hardware Required

Bolt

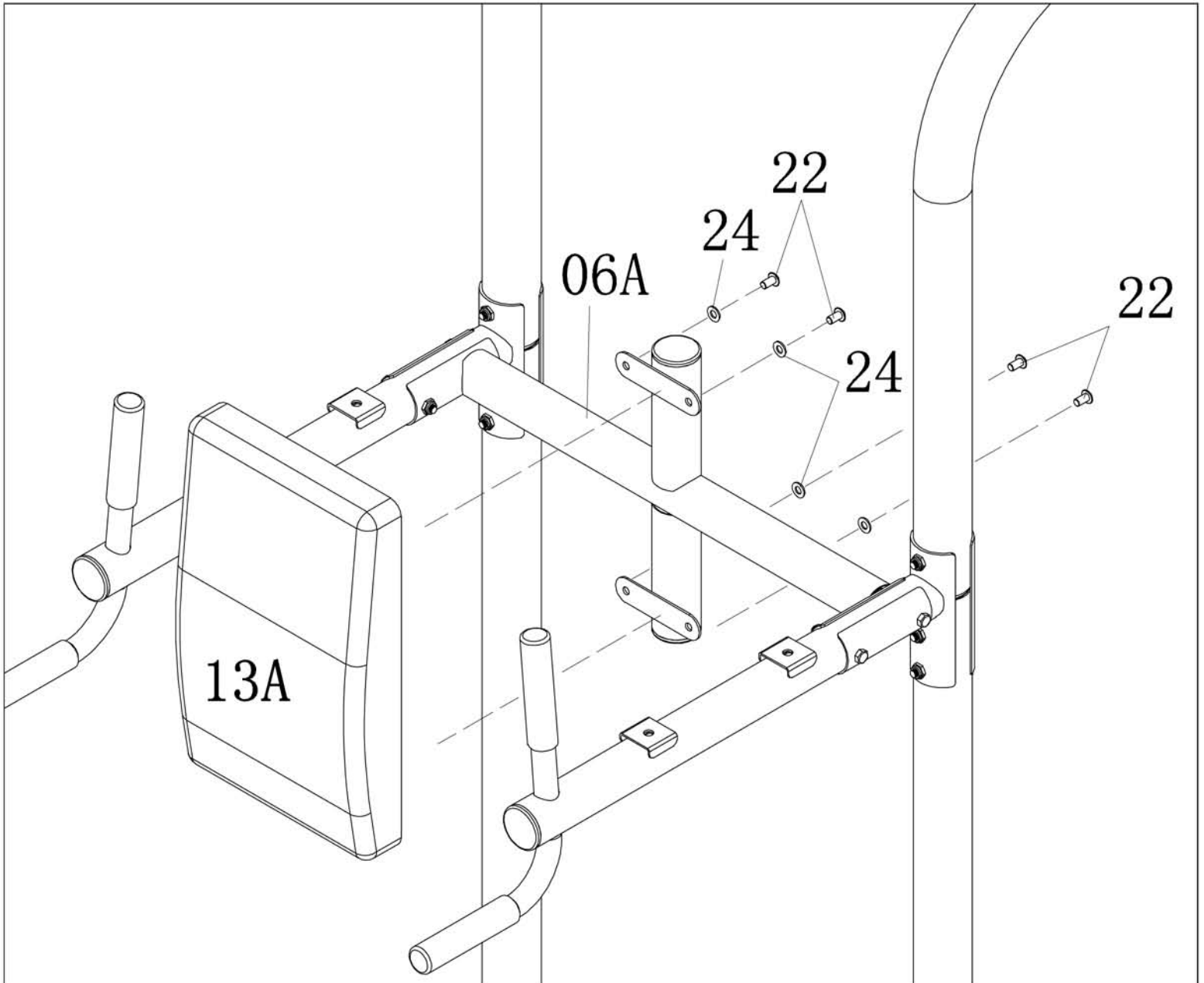


#22 Screw (M6x20 mm) [4 pieces]

Washer



#24 Washer (M6) [4 pieces]





Assembly Instructions

Assembly Step 9

- A. Insert two **Screws (#21)** and two **Washers (#24)** through the bottom of the Right **Dip Arm (#05R)** and secure the **Arm Pad (#14)** to the Right **Dip Arm (#05R)**. **DO NOT OVERTIGHTEN AS THIS MAY STRIP THE THREAD OR CRACK THE WOOD IN THE ARM PAD (#14).**
- B. Repeat this process on the opposite side.
Now tighten all the **Bolts**.
The assembly process is complete.

Hardware Required

Bolt

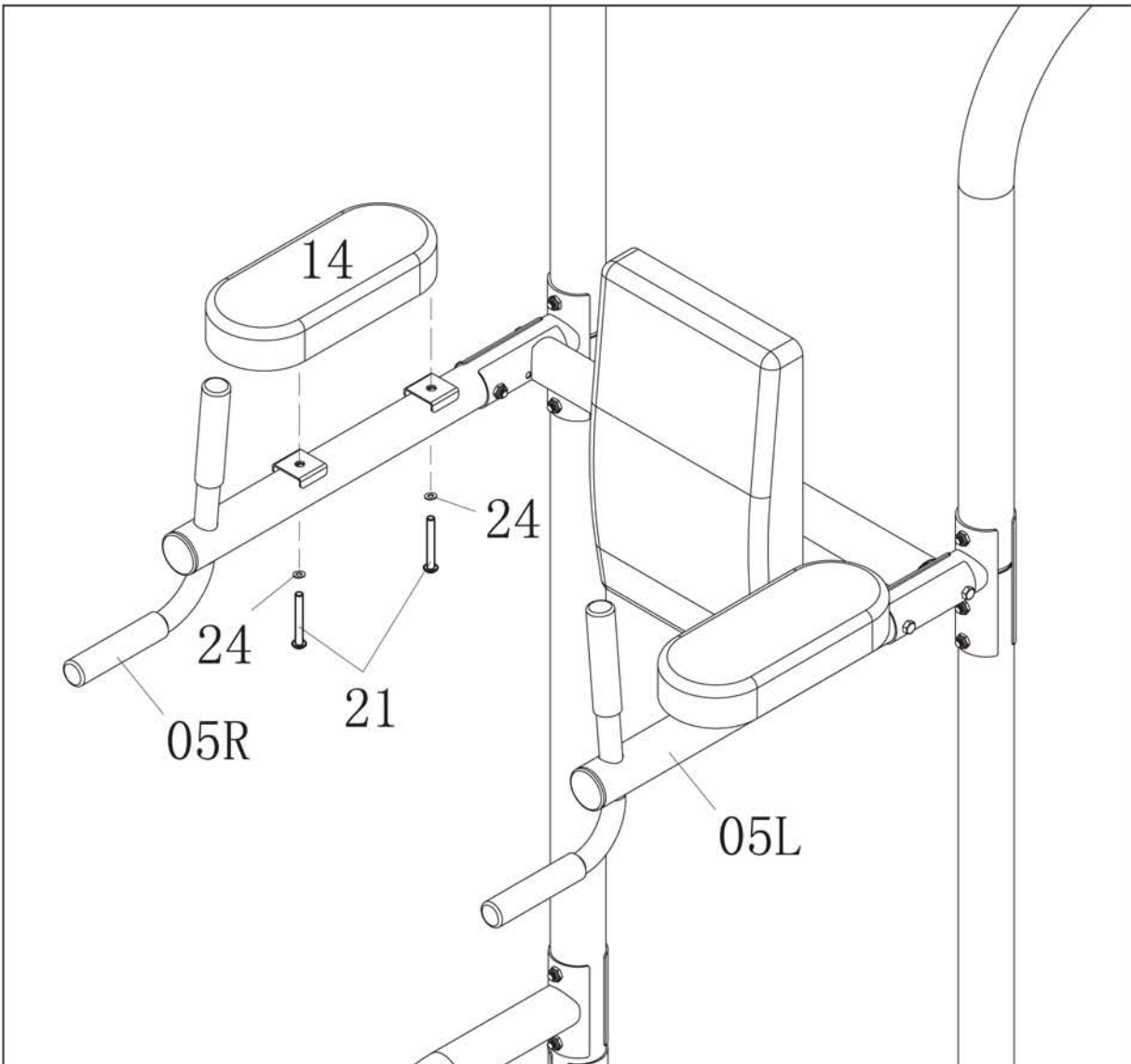


#21 Screw (M6x65 mm) [4 pieces]

Washer



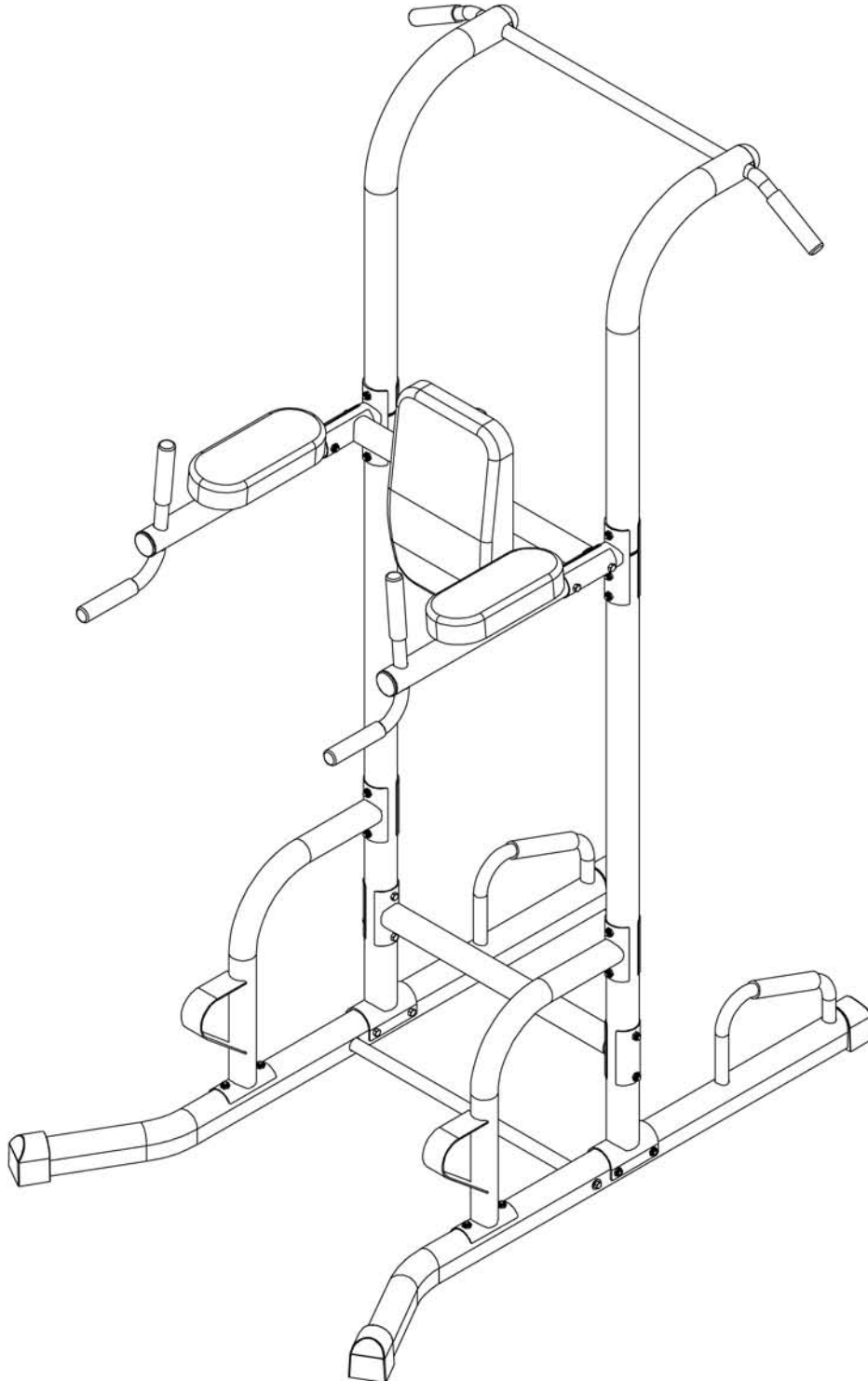
#24 Washer (M6) [4 pieces]





Safety Instructions

- Make sure all bolts are tightened.
- Check for loose parts and components
- Check to see if there are any tears or bends in the welding or metal.
- Be sure that all adjustment locking devices and safety devices are properly engaged prior to use!



Thanks for choosing



Model Number VKR 1700/1010

Please fill in the information below and keep this manual along with your sales receipt as proof of purchase.

Serial Number:

Date of Purchase:

Store Location:
