

Manual | Producthandleiding | Gebrauchsanweisung | Manuel du produit

Distribution by:

- Viking Choice; AP Onderdelen B.V., Nijverheidstraat 8, 6914AD, Herwen, Netherlands
- contact: sales@vikingchoice.nl

Safety warning | Veiligheidswaarschuwing | Sicherheitswarnung | Alerte de sécurité

EN: Use under the direct supervision of an adult.

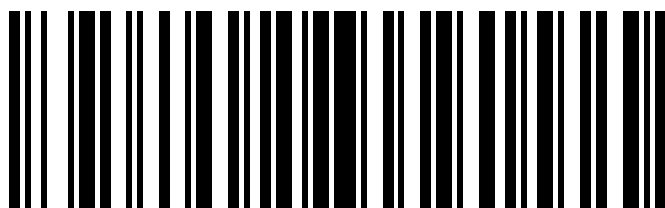
NL: Gebruiken onder direct toezicht van een volwassene.

DE: Benutzung unter unmittelbarer Aufsicht eines Erwachsenen.

FR: Utiliser sous la surveillance directe d'un adulte.

Attached manuals:

- 375128_VKR%20manual.pdf



Functional Cross Training Tower System With Bench Model SJ-750

Version: 61218

CAUTION:

WARNING: CHECK WITH YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM

Do Not Allow Children to Play on or Around this Product.

Proper supervision is required for any exercise routine

Read all instructions carefully before using.

Tighten all bolts before using equipment.

Leave adequate space to properly exercise

Do Not Use or Store Outside

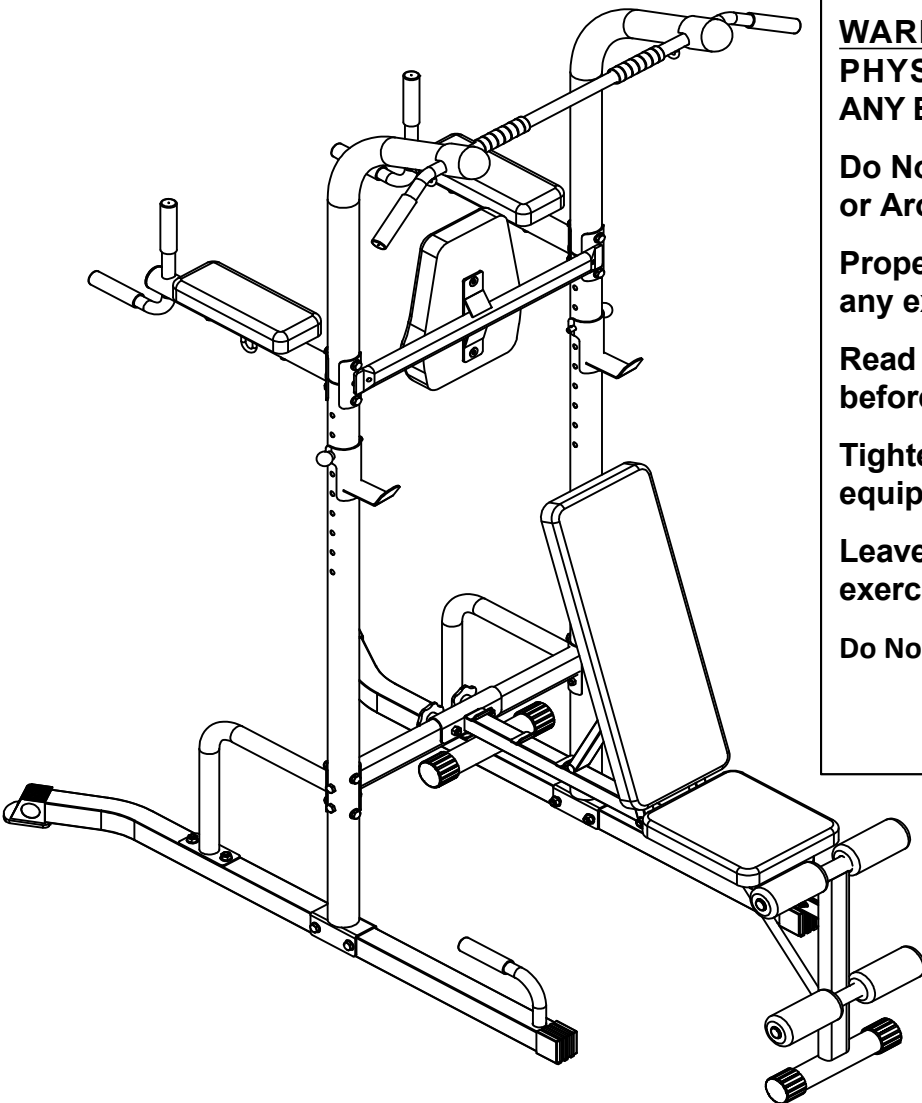


Photo may differ from actual product

BEFORE BEGINNING ASSEMBLY...

Take a few moments to familiarize yourself with the specific parts and hardware included with your product. Make sure all the parts and hardware are included in the carton and examine them for any damage that may have occurred in transport. Some parts may be pre-assembled and pre-installed.

CAUTION

WARNING:

BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN.

READ ALL WARNINGS AND PRECAUTIONS LISTED THROUGHOUT THIS MANUAL

Read all instructions very carefully before using equipment Tighten all bolts
securely before using equipment

Product Warranty Limited Liability

Extreme Products Group warrants that this product will be free from defects in materials and workmanship for a period of 1 year on the frame, and 90 days on all other parts from date of purchase. This warranty applies only to the original purchaser when purchase of the product is from an authorized retailer and is for personal or household use, but not when the sale is for commercial use. This warranty is not transferable.

EXCEPT FOR THE LIMITED EXPRESS WARRANTY STATED HEREIN, EXTREME PRODUCTS GROUP DISCLAIMS ALL OTHER EXPRESS OR IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATIONS MAY NOT APPLY TO YOU.

Extreme Products Group, will not be liable for any loss or damage, including incidental or consequential damages of any kind, whether based upon warranty, contract or negligence and arising in connection with the sale, use or repair of the product.

SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE.

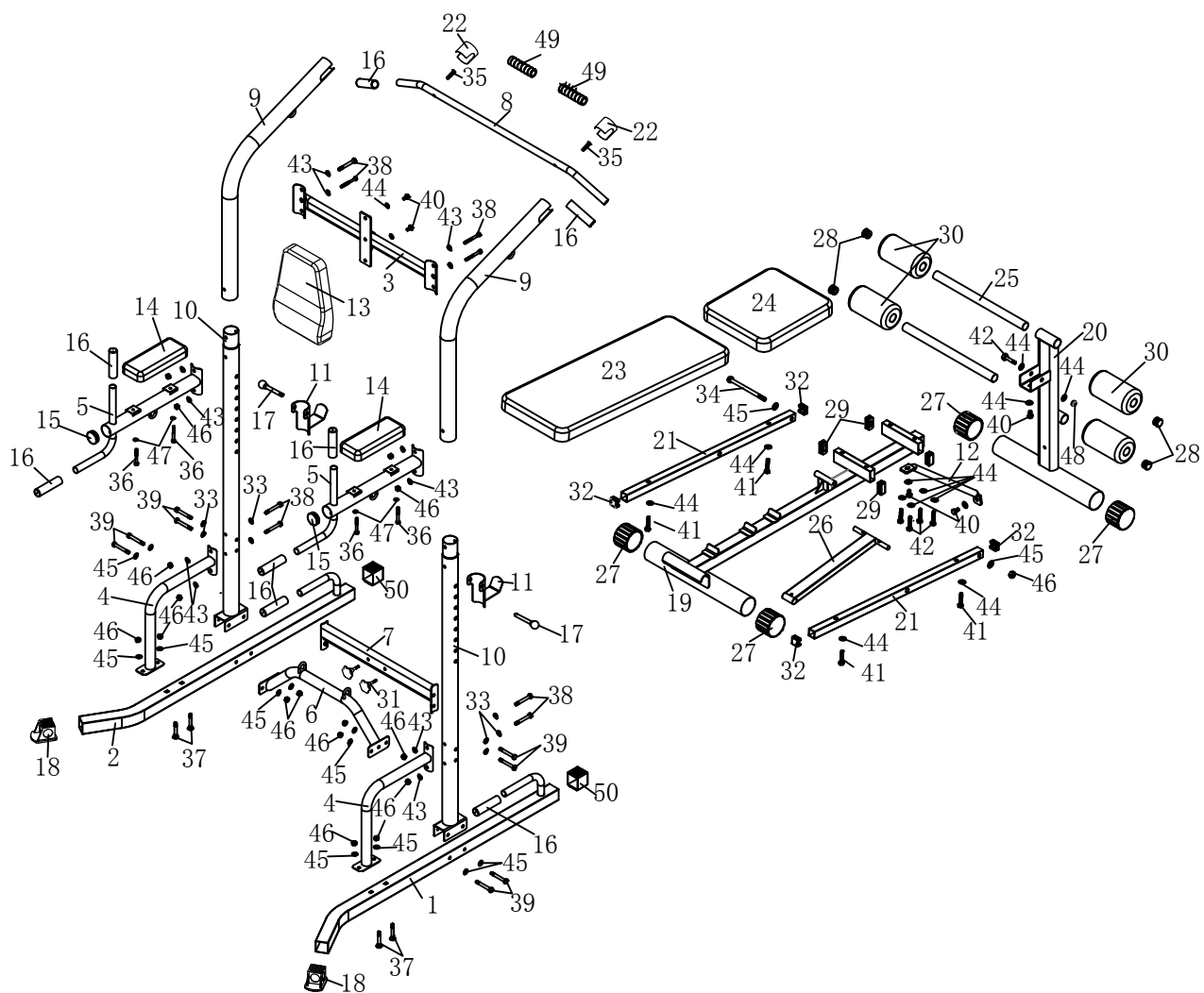
In the event of failure of this product to conform to this warranty during the warranty period, please call Extreme Products Group Customer Service Number at 623-888-6379 for assistance in the repair or replacement of the product or any covered part. Extreme Products Group will repair or replace, at its own option, the product or any covered part, except that this warranty does not cover damage caused by accident (including transit) , or repairs or attempted repairs by any person not authorized by Extreme Products Group, or by vandalism, misuse, abuse, or alteration. The Warranty Period is based on the purchase date of the product validated by the Authorized Retailers Register Receipt, or valid copy of transaction statement. Shipping and Handling is not included. By continuing with the assembly and use of this products acknowledges your understanding of the Warnings and Warranty Guidelines stated above.

If you require technical support under this warranty, please call Customer Service at (86-571-64693580).

Parts Listing

ITEM	DESCRIPTION	Q'TY	ITEM	DESCRIPTION	Q'TY
1	LEFT BASE FRAME	1	26	BACKREST ADJUSTABLE BAR	1
2	RIGHT BASE FRAME	1	27	Φ50 ROUND END CAP	4
3	VKR PAD SUPPORT	1	28	Φ25 ROUND END PLUG	4
4	VERTICAL STABILIZER	2	29	20*40 SQUARE END PLUG	4
5	DIP HANDLE	2	30	FOAM ROLL	4
6	BASE CONNECT FRAME	1	31	M10*45 BENCH LOCKING KNOB	2
7	BENCH SUPPORT FRAME	1	32	25 SQUARE END PLUG	4
8	CHIN-UP BAR	1	33	M10 BIG ARC WASHER	8
9	TOP UPRIGHT FRAME	2	34	M10*180 HEX BOLT	1
10	LOWER UPRIGHT FRAME	2	35	M8*35 BOLT	2
11	BAR CATCH	2	36	M8*65 HEX BOLT	4
12	SUPPORT PLATE	1	37	M10*65 CARRIAGE BOLT	4
13	BACKREST CUSHION	1	38	M10*80 HEX BOLT	8
14	VKR CUSHION	2	39	M10*75 HEX BOLT	8
15	Φ50 ROUND END PLUG	2	40	M8*15 HEX BOLT	5
16	Φ25 PVC HAND GRIP	8	41	M8*40 HEX BOLT	4
17	Φ10*75 ROUND BAR CATCH PIN	2	42	M8*55 HEX BOLT	5
18	BASE FRAME CAP	2	43	M10 ARC WASHER	12
19	BENCH MAIN FRAME	1	44	M8 WASHER	15
20	BENCH FRONT LEG	1	45	M10 WASHER	14
21	BACKREST FRAME	2	46	M10 LOCK NUT	17
22	Φ60 ROUND CAP WITH GAP	2	47	M8 WASHER	4
23	LONG BACKREST CUSHION	1	48	M8 LOCK NUT	1
24	SEAT CUSHION	1	49	FOAM GRIP	2
25	FOAM ROD	2	50	50 SQUARE BASE FRAME CAP	2

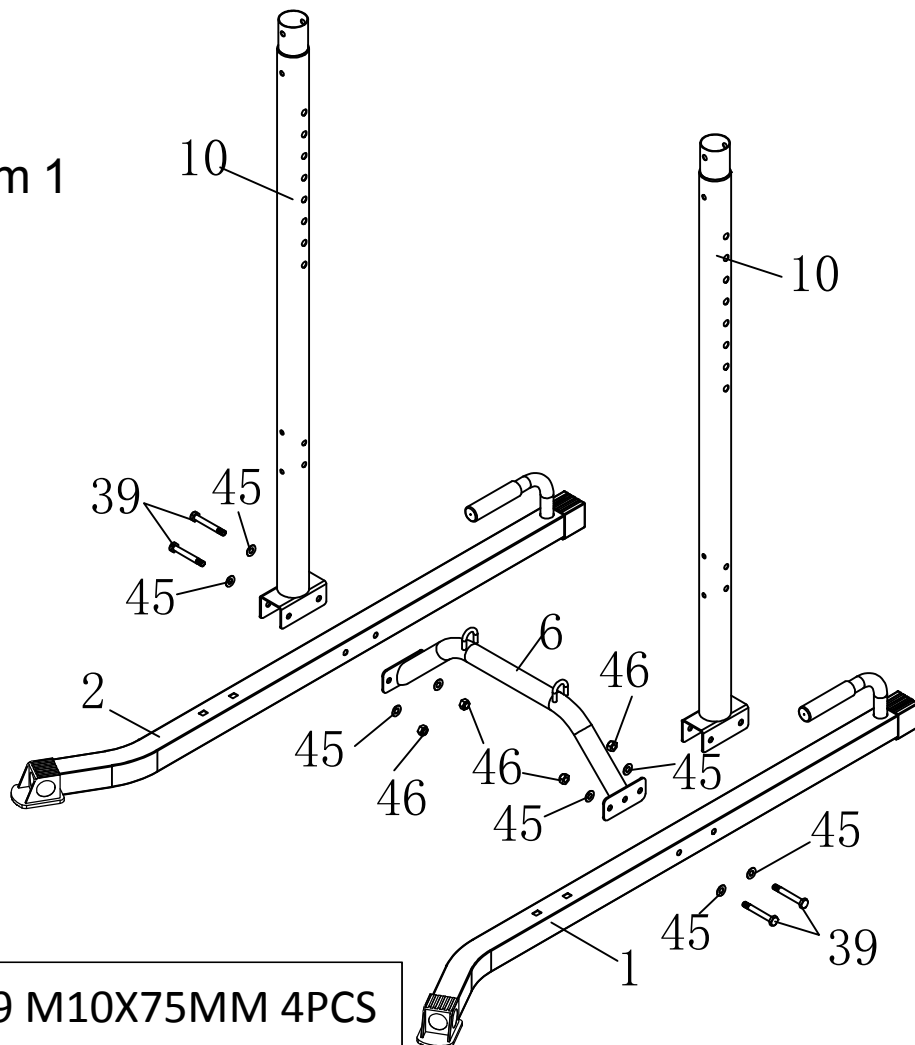
Exploded View



Step 1- Lower Frame Assembly

Connect #1 Left Base Frame, #2 Right Base Frame and 2 #10 Lower Upright Frame with #6 Base Connect frame using 4 #39 M10X75 Hex Bolts and 8 #45 M10 Washers and 4 #46 M10 Locknuts as pictured in Diagram 1.

Diagram 1



#39 M10X75MM 4PCS



#45 M10 8PCS

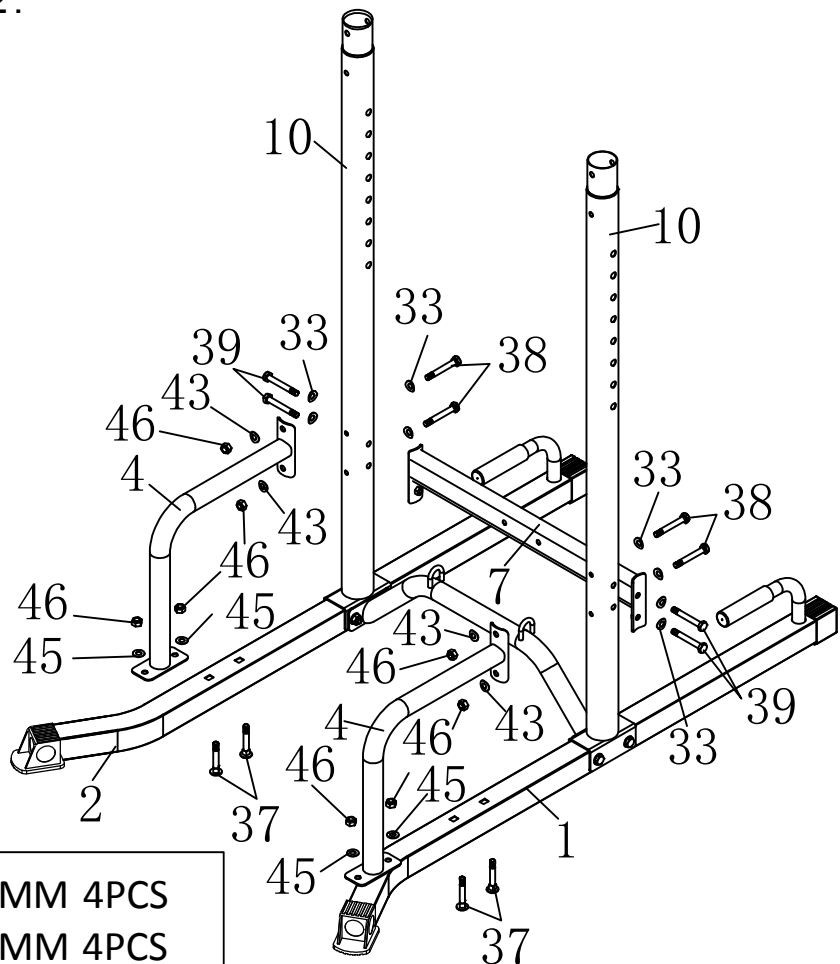



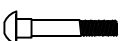





#46 M10 4PCS

Step 2- Support Braces & Middle Frame Assembly

- A. Insert 2 #10 Lower upright Frames over Tapered end of Upright Frame and line up holes.
- B. Using 4 #39 M10X75 Hex Bolts and 4 # 33 M10 washers connect #7 Bench support frame as pictured in Diagram 2.
- C. Attach 2 #4 Vertical Stabilizers to #10 Lower Upright Frames using 4 #38 M10X80 Bolts, 4 # 33 M10 washers, 4 #43 M10 Arc Washers, 4 #46 Locknuts.
- D. Attach #4 Vertical Stabilizers to #1 and #2 Base Frames using 4 #37 M10 X 65 Carriage Bolts, 4 #45 M10 Washers and 4 #46 Locknuts as pictured in Diagram 2.

Diagram 2



	#39 M10X75MM 4PCS
	#37 M10X65MM 4PCS
	#45 M10 4PCS
	#46 M10 8PCS
	#33 M10 8PCS
	#38 M10X80MM 4PCS
	#43 M10 4PCS

Step 3- VKR & Upper Frame Assembly

- A. Insert #9 Top Upright Frame over tapered end of #10 Upright Frame And line up holes so curved portion of #9 Faces towards back of the Tower.
- B. Attach # 5 Dip Handle and #3 VKR Pad Support to #9 Top Upright Frame Using 4 #38 M10X80 Hex Bolts, 8 # 43 M10 Arc Washers and 4 # 46 M10 Locknuts.
- C. Attach #8 Chin-up Bar to the end of #9 Top Upright Frame using 2 #35 M8X35 Bolts and 2 #22 Round caps as pictured in Diagram 3.

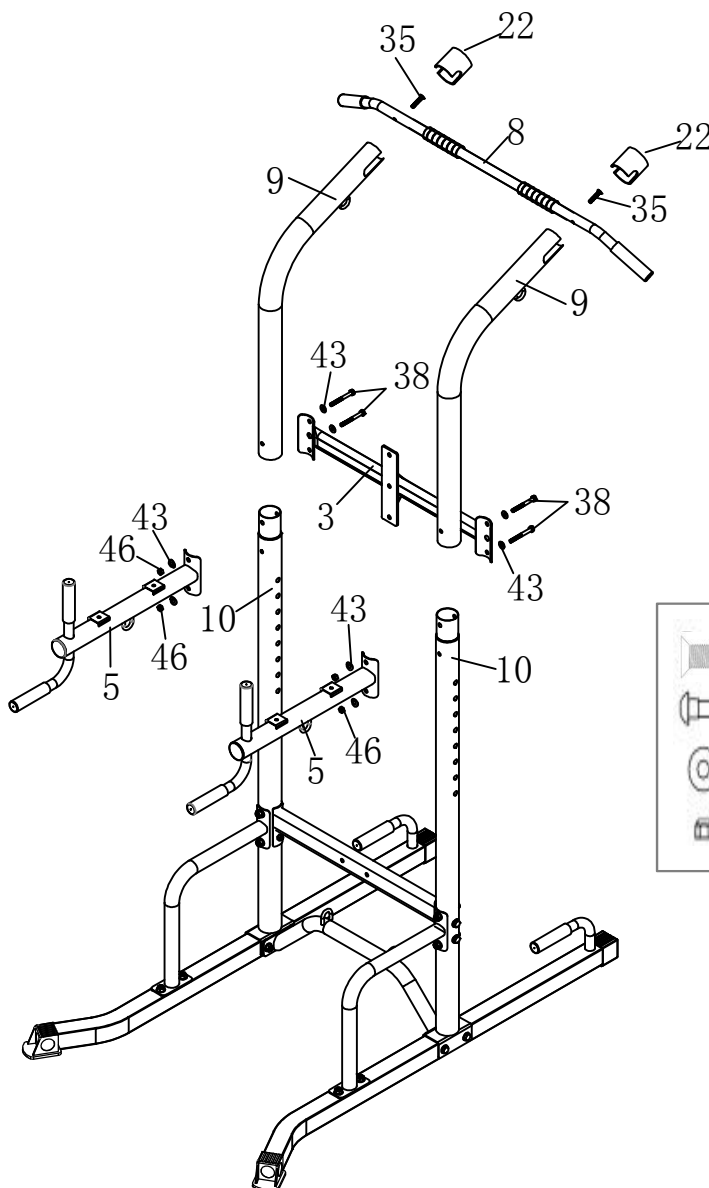






Diagram 3

	#35 M8X35 2PCS
	#38 M10X80 4PCS
	#43 M10 8PCS
	#46 M10 4PCS

STEP 4-Arm Pads & Back Pad

- A. Attach # 13 Backrest Cushion to #3 VKR Pad Support using 2 #40 M8X15 Bolts and 2 # 44 M8 Washers.
- B. Attach #14 VKR Cushions to #5 Dip Handles using 4 #36 M8X65 Bolts and 4 #47 M8 Washers as pictured in Diagram 7.
- C. Attach #11 Bar Catch to #10 Upright Frame using #17 Bar Catch Pin at Desired Height on both Sides.

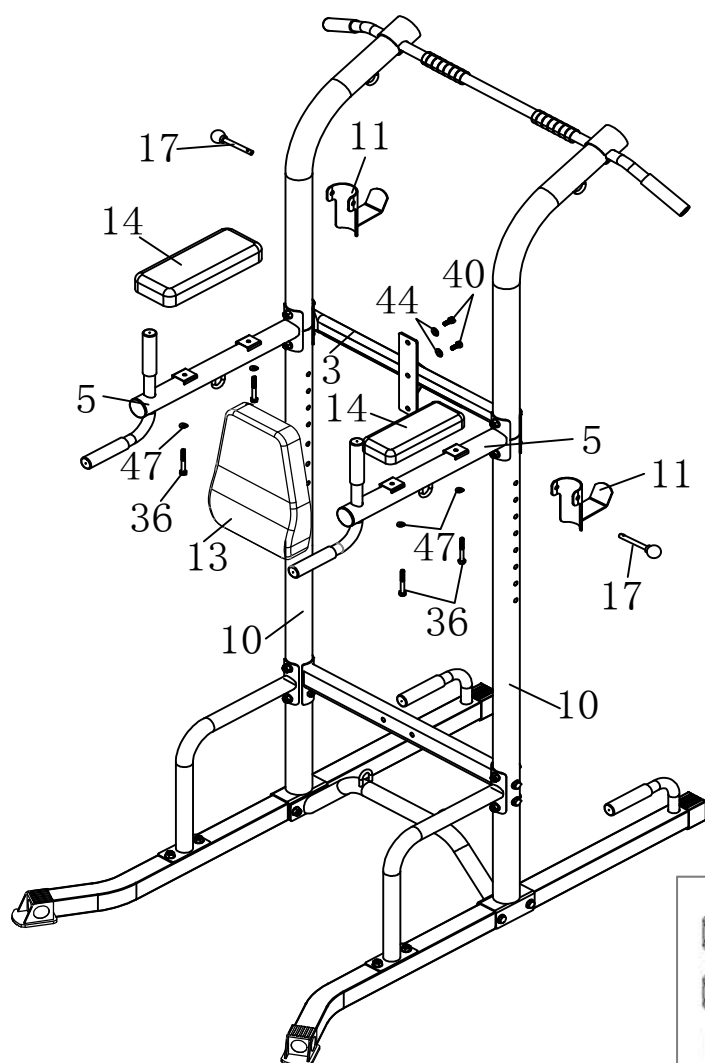






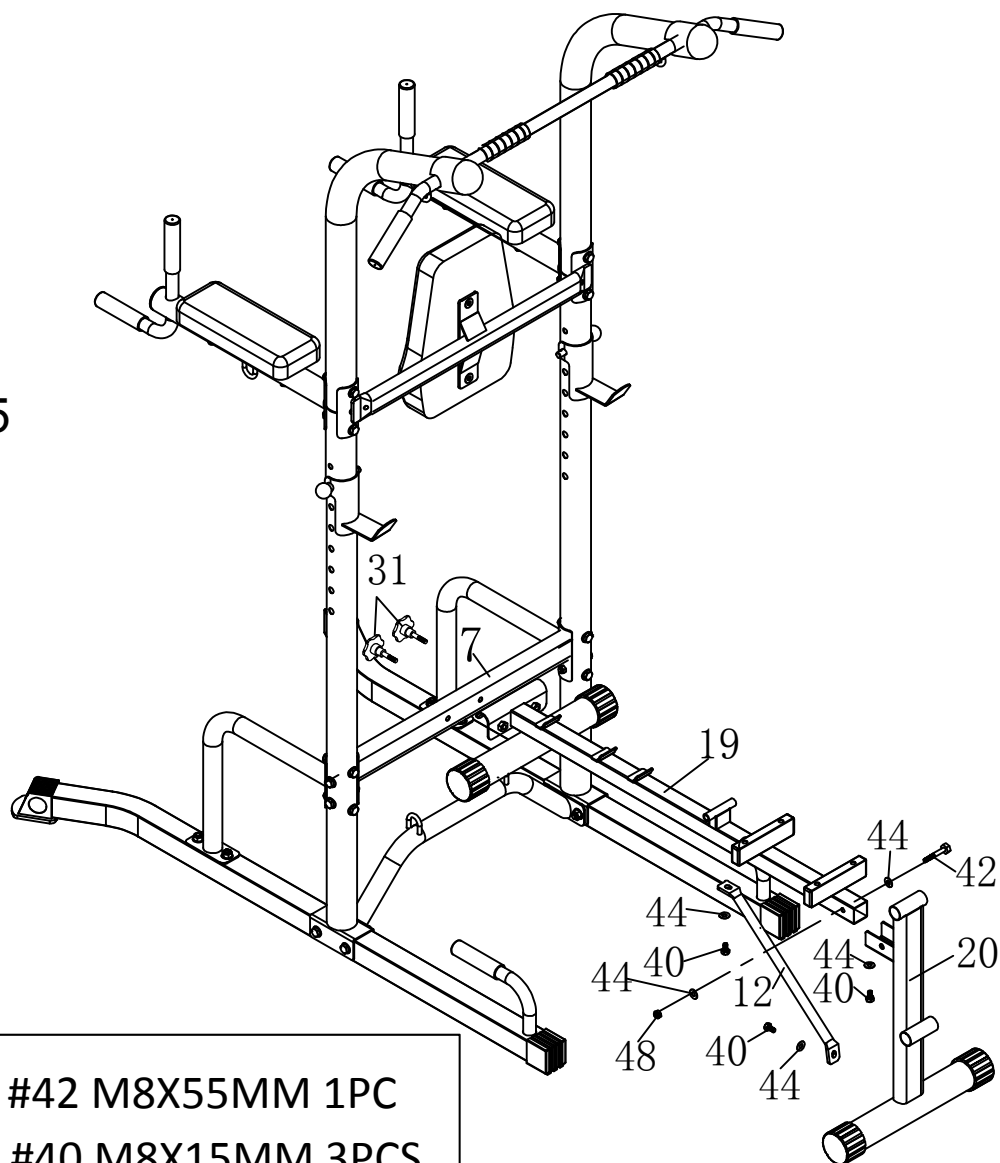
Diagram 4





- | | |
|---|------------------|
|  | #36 M8X65MM 4PCS |
|  | #40 M8X15MM 2PCS |
|  | #44 M8 2PCS |
|  | #47 M8 4PCS |

Step 5 - Bench Frame Assembly

- A. Attach #20 Bench Front Leg to #19 Bench Main Frame and #12 Support Plate Using 1 #42 M8X55 Bolts, 3 #40 M8X15 Bolts, 5 #44 M8 Washers and 1 #48 M8 Locknut.
- B. Hook Bench Main Frame U Clamp over #7 Bench Support Frame and Secure with 2 #31 Bench Locking Knob as Pictured in Diagram 4.

Diagram 5



- | | |
|---|------------------|
|  | #42 M8X55MM 1PC |
|  | #40 M8X15MM 3PCS |
|  | #44 M8 5PCS |
|  | #48 M8 1PC |

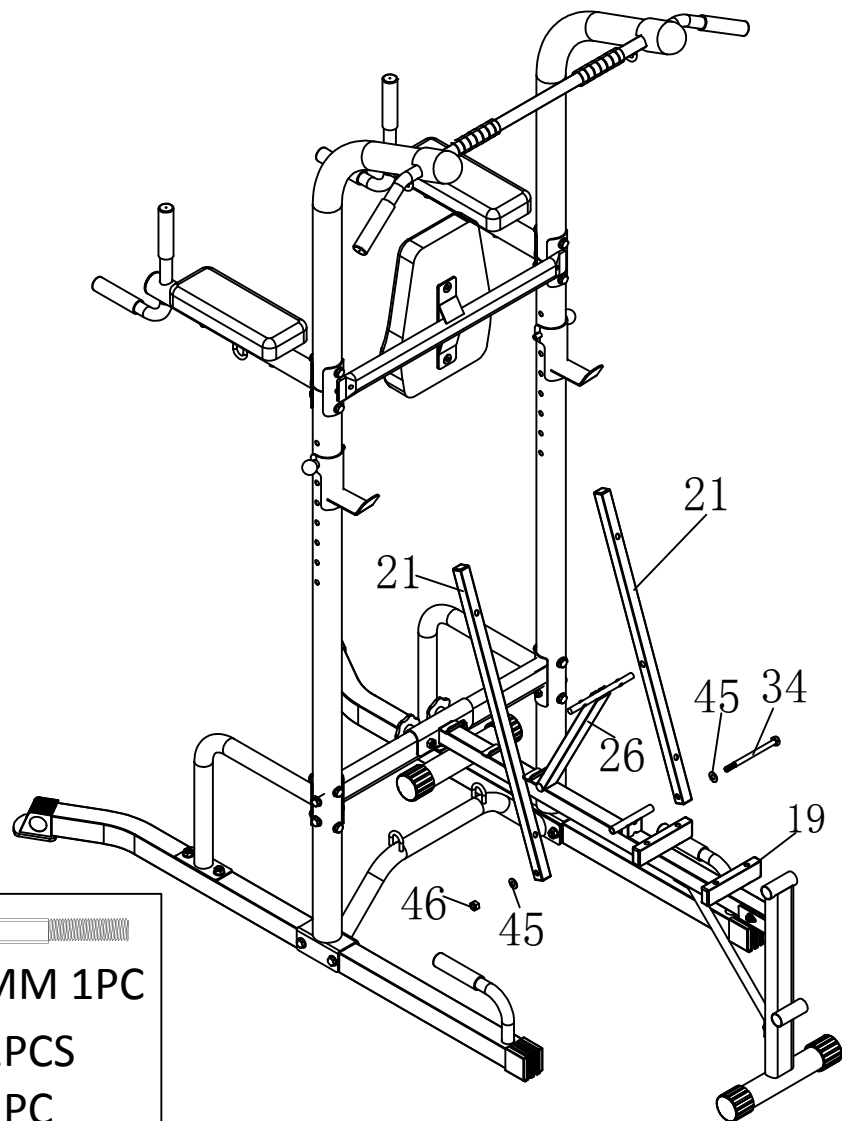
Step 6 - Seat & Backrest Frame Assembly




A. Attach #19 Bench Main Frame and 2 #21 Backrest Frames using # 34 M10X180 Bolt, 2 #45 M10 Washers and 1 #46 M10 Locknut as Pictured In Diagram 5.

B. Insert #26 Backrest Adjustable Bar Into Predrilled center holes on 2 # 21 Backrest Frames as Pictured in Diagram 5.

Note: Do not overtighten Bolt # 34 since backrest and seat will need to rotate to different positions.

Diagram 6

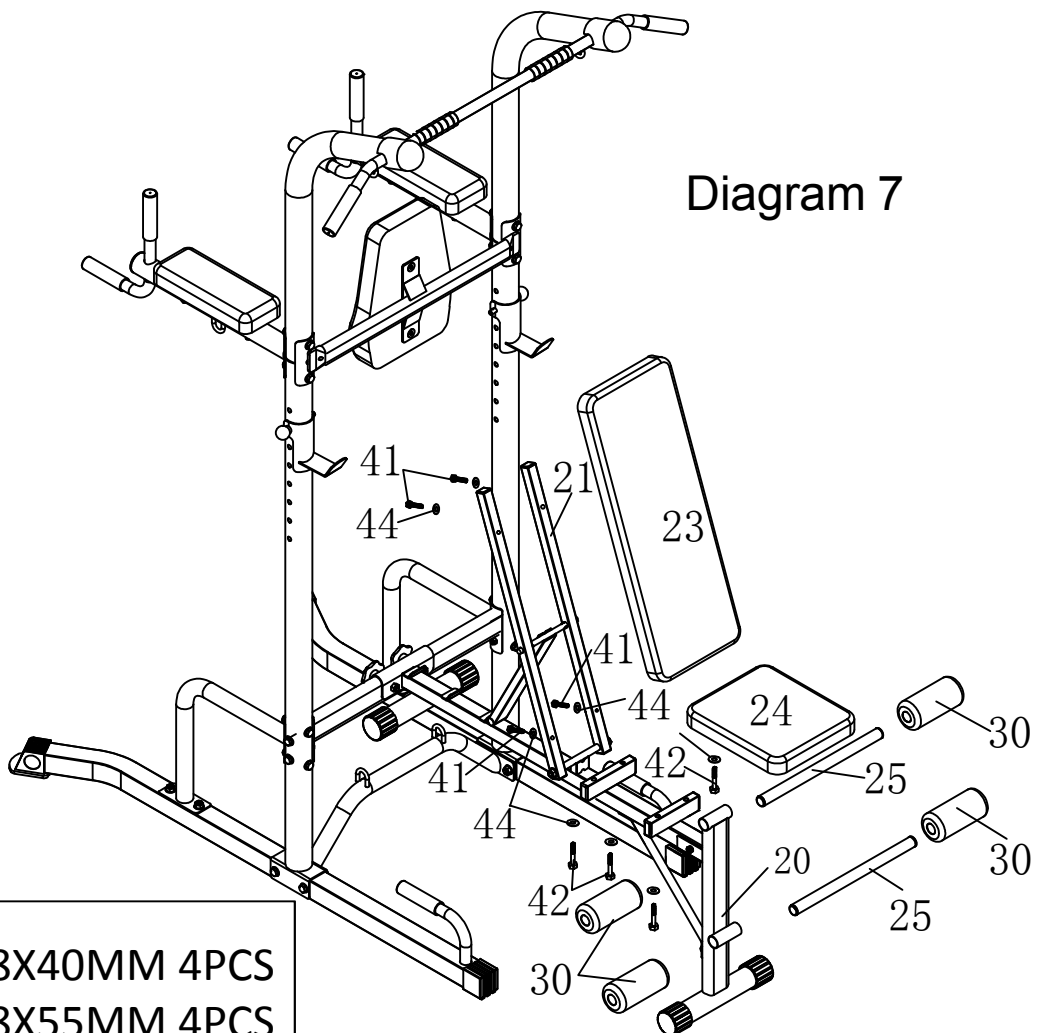





-  #34 M10X180MM 1PC
-  #45 M10 2PCS
-  #46 M10 1PC

Step 7 - Bench Pads and Roller Assembly

- A. Attach #24 Seat Cushion to #19 Bench Main Frame Using 4 #42 M8X55 Bolts and 4 #44 M8 Washers.
- B. Attach #23 Long Backrest Cushion to #21 Backrest Frames using 4 #41 M8X40 Bolts and 4 #44 M8 Washers.
- C. Slide and center #25 Foam Rods through Round Mounting Brackets on #20 Bench Front Leg and slide 2 each #30 Foam Rolls on each side for both rods.

Diagram 7



-  #41 M8X40MM 4PCS
-  #42 M8X55MM 4PCS
-  #44 M8 8PCS

NOTE: TIGHTEN ALL BOLTS AT THIS TIME

WARNINGS & PRECAUTIONS

WARNING: 300 LB WEIGHT CAPACITY-Tower 300 LB WEIGHT CAPACITY- Bench

To reduce the risk of serious injury, read all important precautions instructions and warnings in this manual before using this Power Tower. Extreme Products Group assumes no responsibility for personal injury or property damage sustained by or through the use of this Tower.

YOU SHOULD NOT START ANY EXERCISE WITHOUT CONSULTING A PHYSICIAN TO DETERMINE IF YOU HAVE ANY MEDICAL OR PHYSICAL CONDITIONS THAT COULD PUT YOUR HEALTH AND SAFETY AT RISK, OR PREVENT YOU FROM USING THE EQUIPMENT PROPERLY. YOUR DOCTORS ADVICE IS ESSENTIAL IF YOU ARE TAKING MEDICATION THAT AFFECTS YOUR HEART RATE, BLOOD PRESSURE OR CHOLESTEROL LEVEL.

Be Aware of your body's signals, Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms. Pain, Tightness in your Chest, Irregular heartbeat, Shortness of Breath, Lightheadedness, Dizziness or Feelings of Nausea. If you do experience any of these symptoms, consult your doctor immediately and discontinue use of this product.

KEEP CHILDREN AND PETS AWAY FROM THIS Power Tower. It is designed for Adult Use Only

Use this product on a solid, flat level surface with a protective cover for your floor or carpet.

Leave Adequate Space to Exercise.

Wear Suitable Clothing while exercising. Avoid Wearing Loose Clothing that may be caught in the equipment or that may restrict or prevent movement.

INSURE THAT ALL NUTS, BOLTS, AND SCREWS ARE COMPLETELY TIGHTENED BEFORE USING THIS PRODUCT.

ALWAYS WARM UP PROPERLY BEFORE EXERCISING AND COOL DOWN AFTER EXERCISING.