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## Pull-Up Workout Station

SQPTOWER-2

# USER GUIDE

Read this user manual carefully before using the SQPTOWER-1 Pull-Up Workout Station, and keep it for future reference.

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### **CALIFORNIA PROP 65 WARNING**

**⚠ WARNING:**

This product may expose you to chemicals, which is known to the state of California to cause cancer, birth defects and other reproductive harm. Do not ingest.

For more info go to: [www.P65warnings.ca.gov](http://www.P65warnings.ca.gov)



## UNIQUE ELEMENTS:

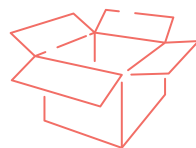
- H-Shape Base for Max Stability and Safety
- Features anti-slip handrail for added safety
- 6 adjustable height levels plus padded armrests and backrest
- Versatile Full-Body Training: Perform pull-ups, double-bar leg lifts, pull-up crunches, double-bar arm extensions and push-ups

## FEATURES:

- Built to support up to 330 lbs.
- Constructed from 1.2mm heavy-duty steel and high-density foam
- Provides unwavering stability during pull-ups, dips, knee raises, and more
- Ergonomically positioned pull-up bar offers versatile grip choices for every workout style
- Provides enhanced comfort and reduces joint strain
- Effective for strengthening your arms, core, shoulders, chest, and back
- Quick & easy assembly
- Resists wear and maintains solid performance over time
- Includes anti-slip locknuts to prevent loosening during use
- Suitable for users of all ages and fitness levels
- Designed for home gyms, apartments, and small workout areas

## WHAT'S IN THE BOX:

- (2) Base brackets
- (2) Main frames
- (3) Auxiliary Pipes
- (1) Foot connecting tube
- (1) Single pole
- (1) Backrest pipe
- (1) Back cushion
- (2) Elbow pads
- (4) Round head square neck screw (M8 x 40)
- (8) Inner hexagonal screw (M8 x 70)
- (2) Inner hexagonal screw (M8 x 80)
- (4) Inner hexagonal screw (M8 x 40)
- (2) Inner hexagonal screw (M8 x 12)



- (4) Plastic handle screw (M8 x 45)
- (4) Plastic handle nut (M8)
- (18) M8 Nut
- (4) Arc backing plate (13 x 3)
- (2) Reinforced backing plate (13 x 3)
- (6) Circular gasket (Ø8)
- (4) Arc gasket (Ø8)
- (1) Hexagonal installation tool
- (1) Wrench

## TECHNICAL SPECS:

- Construction Materials: Steel
- Cushion Material: High Density Foam
- Cushion Thickness: 1.2 inches
- Frame Thickness: 1.2 mm
- Maximum Weight Capacity: 330 lbs.
- Finish / Coating: Spray painting
- Adjustable Height Range: 6-level adjustment (59 - 90 inches)
- Pull Up Bar Type: Multi grip
- Dip Station Handle Length: 36 inches
- Vertical Knee Raise (VKR) Station: Yes
- Push-Up Handles at Base: Yes
- Chin-Up / Reverse Grip Compatibility: Yes
- Total Number of Exercise Stations: 5-in-1
- Ergonomic Design Features: Contoured padding
- Reinforcement Structure: Crossbars and triangular supports
- Locking Hardware: Safety locknuts
- Base Type: H-shaped
- Stability Features: Suction cups, rubber feet, anti-wobble crossbars
- Assembly Required: Yes
- Estimated Assembly Time: 10 minutes
- Item Weight: 64 lbs.
- Base Dimensions (L x W x H): 86 x 29 x 92.5 inches
- Overall Product Dimensions (L x W x H): 55 x 21 x 6 inches

## WARNING

- Low overhead clearance.
- To prevent head injury, position your body properly.
- Misuse of this machine may result in serious injury.
- Maximum user weight: 330 lb (150 kg)

## CAUTION

- Read all precautions and instructions in this manual before using this equipment.
- Keep this manual for future reference.

## IMPORTANT PRECAUTIONS

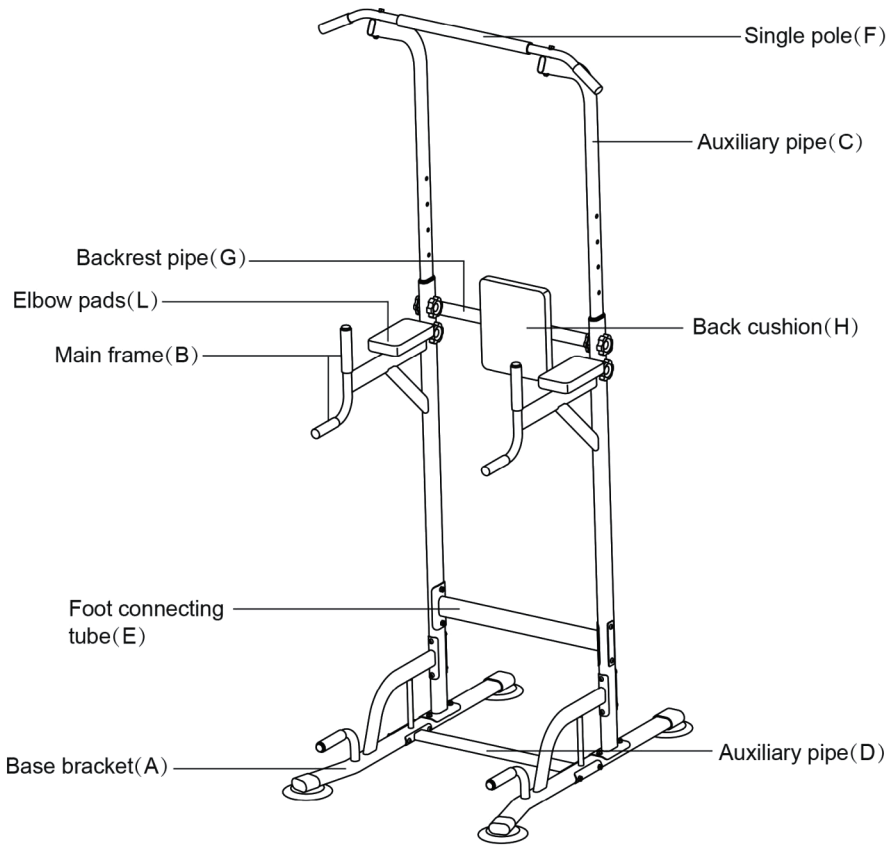
**WARNING:** To reduce the risk of serious injury, read all instructions and warnings in this manual before using the exercise rack. The manufacturer assumes no responsibility for personal injury or property damage caused by improper use of this product.

1. The owner is responsible for ensuring that all users are informed of all safety precautions.
2. Consult your physician before beginning any exercise program. This is especially important for individuals over 35 years old or those with pre-existing health conditions.
3. Use the exercise rack only as described in this manual.
4. This product is intended for home use only. Do not use in commercial, rental, or institutional settings.
5. Keep the exercise rack indoors, away from moisture and dust. Do not place it in a garage, covered patio, or near water.
6. Use the rack only on a level surface. Place a protective mat underneath to protect flooring.
7. Check all bolts and fasteners before each use. Replace worn or damaged parts immediately.
8. Keep children under 12 years old and pets away from the equipment at all times.
9. Maximum user weight: 330 lb (150 kg).
10. Always wear athletic shoes during exercise.
11. Overexertion may cause serious injury or death. If you feel dizzy or experience pain, stop exercising immediately and cool down.
12. Failure to follow these warnings may result in bodily injury or property damage.

## BEFORE YOU BEGIN




This equipment is designed to help strengthen major upper-body muscle groups and improve overall fitness. Before using the product, review the diagram below and familiarize yourself with the labeled parts. Read this manual carefully before use. If you have questions, refer to the front cover of this manual.







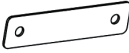




## PART IDENTIFICATION



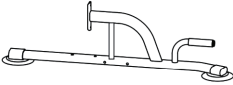




## PART IDENTIFICATION CHART


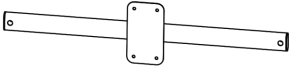


Before assembly, sort all accessories carefully. Place all parts on a clean, flat surface and remove all packaging materials. Do not discard packaging until assembly is complete.

Parts list	Name	Picture	Specifications	Qty
1	Square neck screw		M8 × 40	4
2	Inner Hexagonal screw		M8 × 70	8
3	Inner Hexagonal screw		M8 × 80	2

Parts list	Name	Picture	Specifications	Qty
4	Inner Hexagonal screw		M8 × 40	4
5	Inner Hexagonal screw		M8 × 12	2
6	Plastic handle screw		M8 × 45	4
7	Plastic handle nut		M8	4
8	M8 nut		M8	18
9	Curved pad		13*3	4
10	Reinforced pad		13*3	2
11	Round washer		∅8	6
12	Curved washer		∅8	4
13	Hex wrench		5#	1
14	Open-end wrench		9# - 13#	1

## ACCESSORIES DETAIL

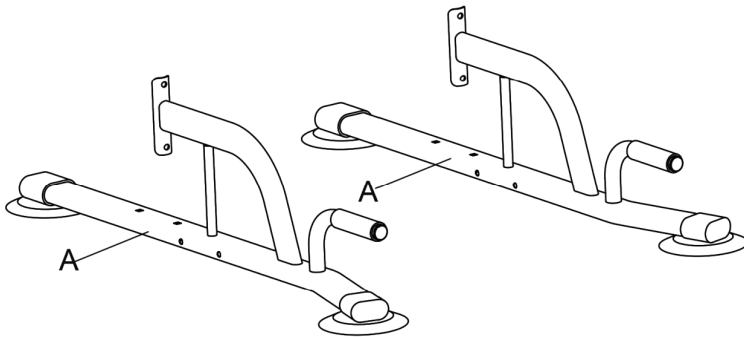
	Name	Picture	Qty
A	Base bracket		2
B	Main frame		2
C	Auxillary pipe		2
D	Auxillary pipe		1
E	Foot connecting tube		1

	Name	Picture	Qty
F	Single pole		1
G	Backrest pipe		1
H	Back cushion		1
L	Elbow pads		2

## ASSEMBLY

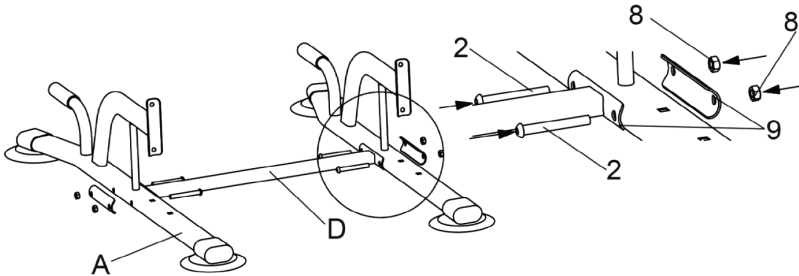
**NOTE: Do not fully tighten all bolts until Step 9 is completed.**

**Step 1:** Identify the left and right base brackets (A).



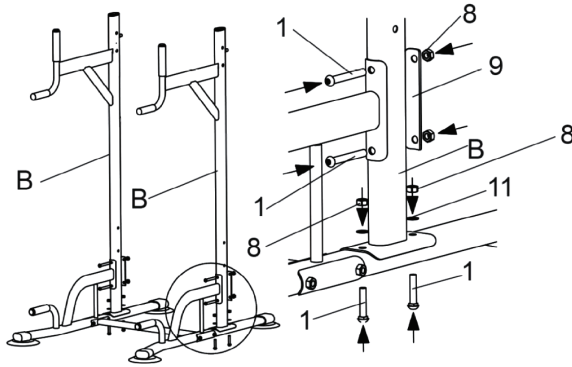
### Step 2: Connect Base and Foot Pipe

Attach the foot pipes (D) to the base brackets (A) using M8 × 70 mm hex socket screws and secure with curved pads and M8 nuts.



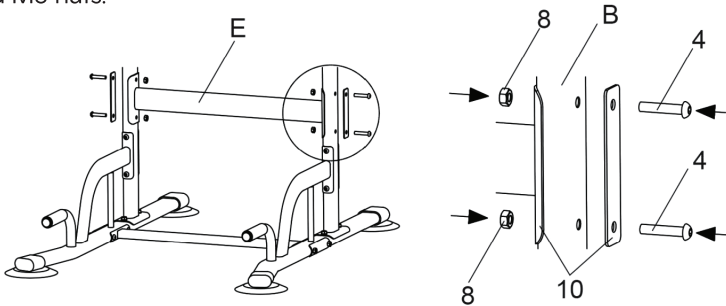
### Step 3: Install Main Frame

- Secure the main frame (B) to the base using M8 × 40 mm square neck screws, round washers, and M8 nuts.
- Install M8 × 70 mm hex socket screws from the inside with curved pads and tighten.



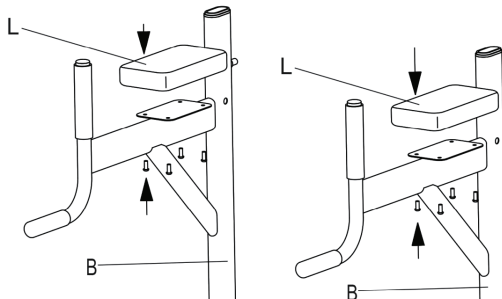
### Step 4: Install Reinforcement Joint

Attach the reinforcement joint (E) using M8 × 40 mm hex socket screws, reinforcing pads, and M8 nuts.



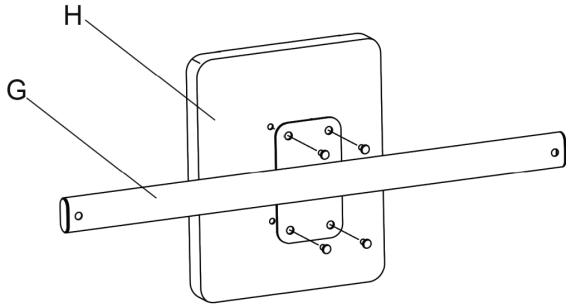
### Step 5: Install Elbow Pads

Secure the elbow pads (L) to the frame using the pre-installed screws through the metal plate.



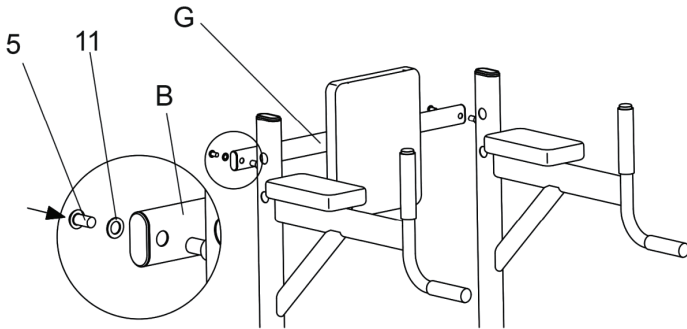
### Step 6: Install Back Cushion

Attach the back cushion (H) to the backrest pipe (G) using the included screws.



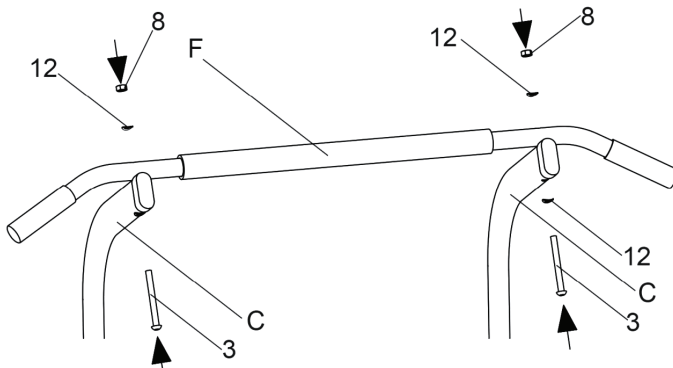
### Step 7: Install Backrest Pipe

Attach the backrest pipe (G) to the main frame using M8 × 12 mm hex socket screws and round washers. Tighten with the hex wrench.



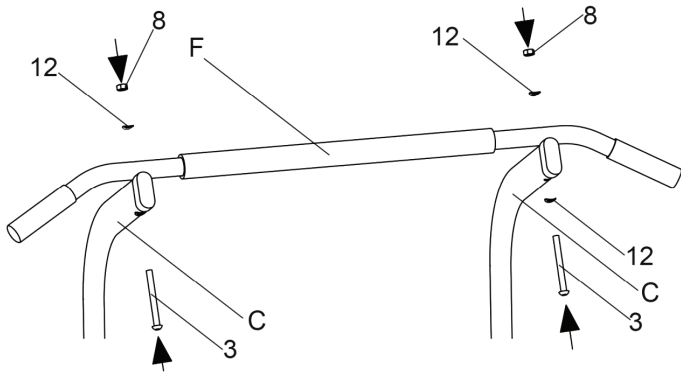
### Step 8: Install Single Bar

Attach the single bar (F) to the auxiliary pipe (C) using M8 × 80 mm hex socket screws, curved washers, and M8 nuts. Ensure screw holes are properly aligned.

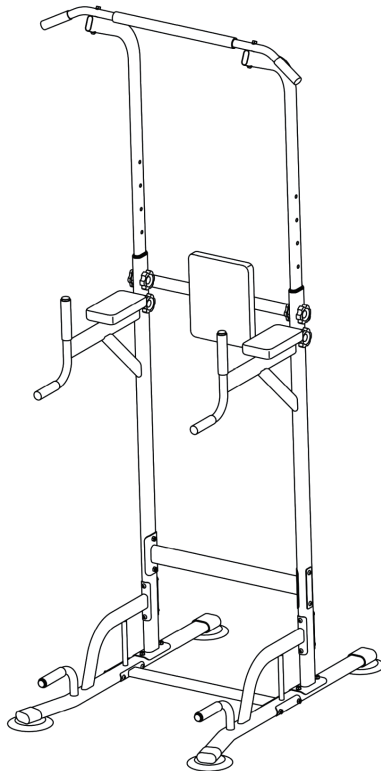


### Step 9: Install Auxiliary Pipe

Insert the auxiliary pipe (C) into the main frame from the top. Adjust to the desired height and secure using M8 × 45 mm plastic handle screws and plastic handle nuts.



### INSTALLATION COMPLETE



## EXERCISE GUIDELINES

### Warm-Up:

The purpose of warming up is to prepare your body for exercise and minimize the risk of injury. Warm up for 2–5 minutes before strength training or aerobic exercise. Perform activities that raise your heart rate and warm the working muscles. These activities may include brisk walking, jogging, jumping jacks, jump rope, or running in place.

### Stretching:

Stretching while your muscles are warm—after a proper warm-up and again after strength or aerobic exercise—is very important. Muscles stretch more easily when warm, which greatly reduces the risk of injury. Hold each stretch for 15–30 seconds. Do not bounce.

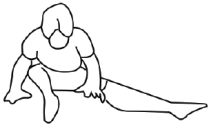
### Suggested Stretching Exercises



#### Lower Body Stretch

Place your feet shoulder-width apart and lean forward. Hold this position for 30 seconds, using your body weight to stretch the backs of your legs. **DO NOT BOUNCE!**

When the tension in the backs of your legs decreases, gradually lean forward a little more.



#### Bent Torso Pulls

Sit on the floor with your legs apart—one leg straight and the other knee bent. Pull your chest down toward the thigh of the bent leg while twisting at the waist. Hold this position for at least 10 seconds. Repeat 10 times on each side.



#### Floor Stretch

Sit on the floor and spread your legs as wide as possible. Stretch your upper body toward the knee of your right leg, using your arms to pull your chest toward your thighs. Hold this stretch for 10–30 seconds. **DO NOT BOUNCE!**



Repeat 10 times, then switch to the left leg.



## Bent-Over Leg Stretch

Stand with your feet shoulder-width apart and lean forward as illustrated. Use your arms to gently pull your upper body toward your right leg, allowing your head to hang down naturally. DO NOT BOUNCE! Hold for at least 10 seconds, then repeat toward the left leg. Perform this stretch slowly several times.

## Cool-Down

The purpose of cooling down is to return your body to its normal or near-normal resting state after exercise. A proper cool-down gradually lowers your heart rate and allows blood to return to the heart. The cool-down should include the stretches listed above and should be performed after each strength training session.

## DAILY MAINTENANCE

1. Lubricate moving parts regularly.
2. Check and tighten all parts before using the equipment.
3. Clean the bench with a damp cloth after use.

Avoid using chemical solvents or abrasive cleaners.



## REGISTER PRODUCT

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**START HERE**



Model Number:  
**SQPTOWER-2**  
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