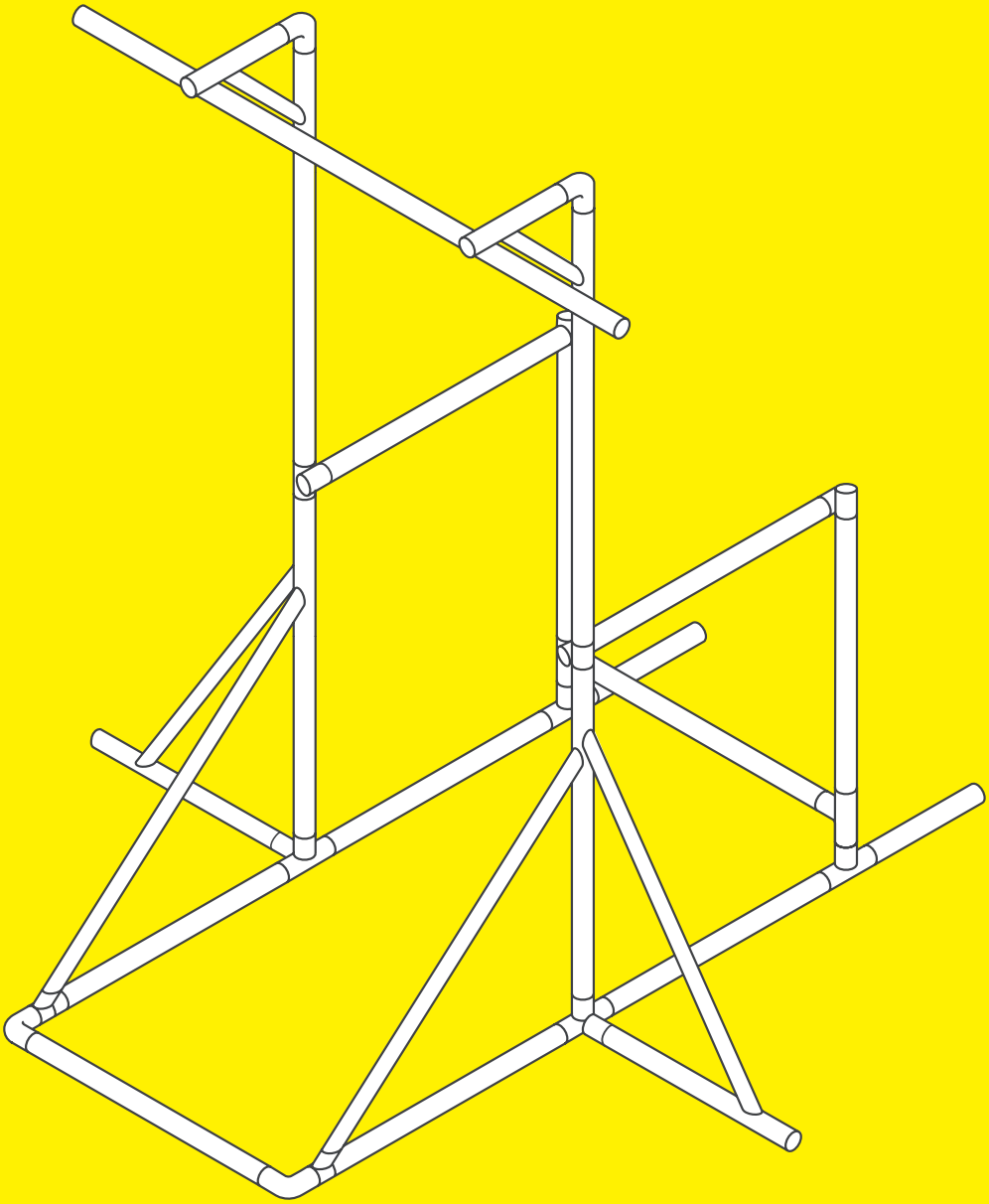
THE METAL STORE®

# Step by Step Assembly Guide



# Build Your Own Freestanding Workout Tower

## Adjustable (2m or 2.5m)

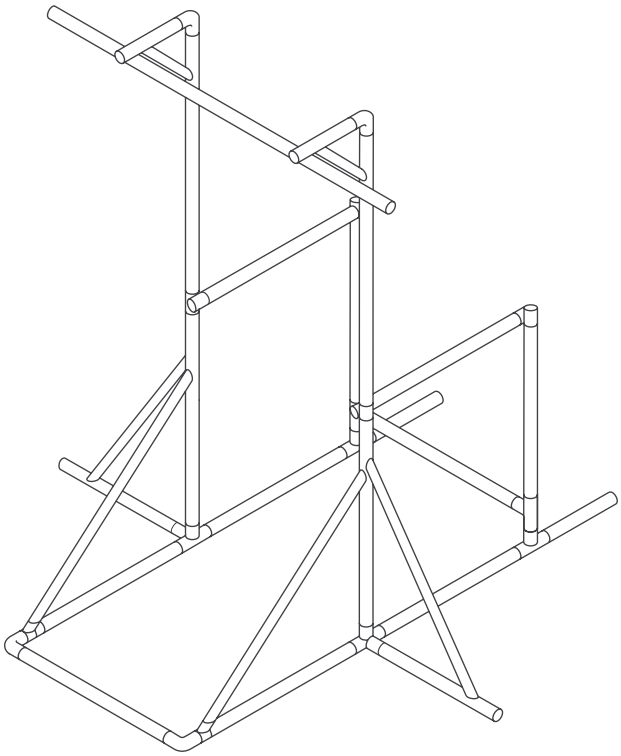
# Build Your Own Freestanding Workout Tower

## Step by Step Assembly Guide

## What you will need...

- Hex Key Supplied
- 2 at 2050mm or 2500mm
- 4 at 760mm
- 2 at 260mm
- 2 at 1520mm
- 6 at 610mm
- 3 at 1220mm
- 2 at 305mm
- 6 x 101
- 12 x 173
- 2 x 116
- 16 x 133
- 2 x 125
- 6 x 161

# Product Summary



An extremely sturdy training bar which is height adjustable to 250cm or 200cm depending on which tower you purchase. Base dimensions are 152cm long by 61cm wide and the unit is built from 33.7mm Galvanised Tube and Clamps so your workout can be performed inside or outdoors.

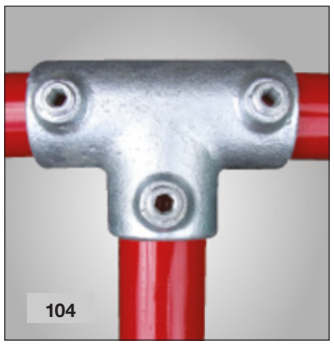
No need for more than one system when you can use our workout tower for multiple exercises. The Freestanding Adjustable Workout Tower was designed with multi-functionality in mind, this kit is suitable for countless exercises such as:

- Pull-ups / Chin-ups
- Dips
- Knee raises
- Abdominal exercises
- Push-ups
- Sit-ups

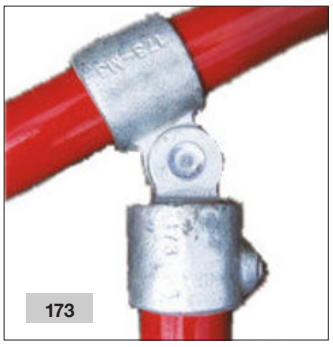
The Workout Tower will help you use the resistance of your own body to build strength and increase flexibility. Include it in your daily calisthenics or gravity fitness routine for a full body workout. The Workout Tower can adjust the height of the pull-up bar and most of the horizontal tube up and down the frame to suit your needs.
This Galvanised Workout Tower is quick and easy to assemble, all that is required is an Allen key (included) and is delivered in component parts for easy access.

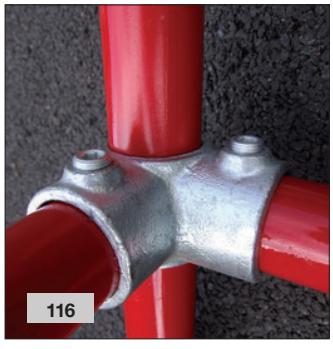
Weight Limitation is 135kg

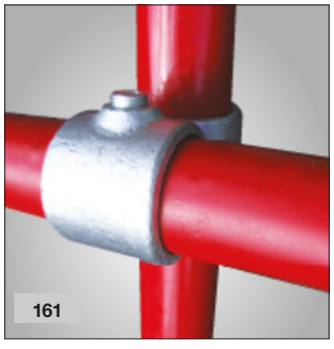
## Parts:



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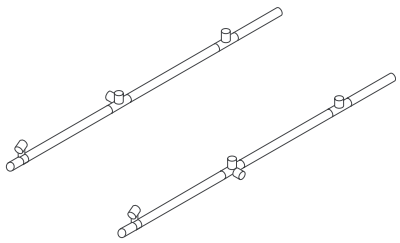


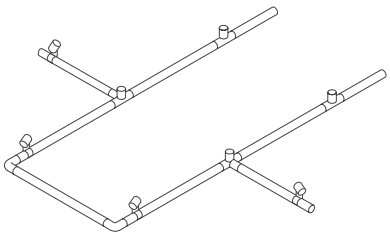
## Step 1

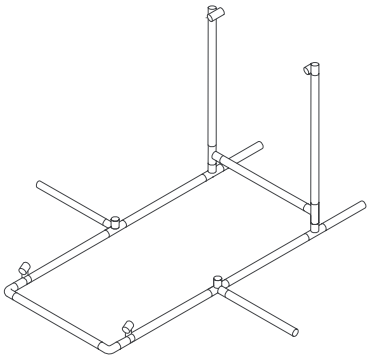
Lay 2 1520mm tubes down parallel (roughly 610mm apart) and place a 3 Way Through (116) on each tube centrally so that one hole points upwards and the other points outwards. Using the Hex Key supplied tighten the clamp to the tubes. Take 2 Short Tee (101) and place them towards the end of the 1520mm tubes but leave slack. Do the same with the Single Swivel (173) but at the other end of the base.

## Step 2

Place a 610mm length of tube inside each of the 3 Way Through (116) so it is on the ground facing away from each other. Tighten the grubscrew so that the tube remains in place. Attach a Single Swivel (173) towards the end of these 610mm lengths and leave slack.

Place two 2 way elbows (125) at the end of the 1520mm tubes and place a length of tube 610mm long inside tube and tighten the grub screws.



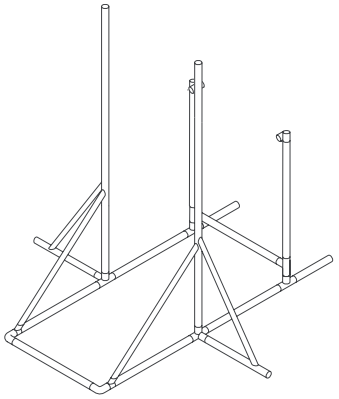


## Step 3

Take 2 tubes 1220mm and place them vertically inside the Short Tee (101) and slide another Short Tee (101) down each tube ensuring they face inwards towards each other. Take a piece of tubing 610mm in length and place it inside the Short Tee's (101) so that it joins the frame together. Tighten the grubscrews so that it remains in place. Now take an Offset 90 Degree Crossover (161) and place on the top of the 1220mm tubes so it sits flush and secure them into place.

## Step 4

Take tubes 2050mm or 2500mm and place inside the 3 Way Through (116) and tighten the grubscrews. Slide down two Single Swivel's (173) and leave them loose. Place the 4 lengths of 762mm inside the Single Swivel (173) to form the bracing at the bottom of the tower. You can now tighten the grubscrews and this will keep the bottom of the structure stable.



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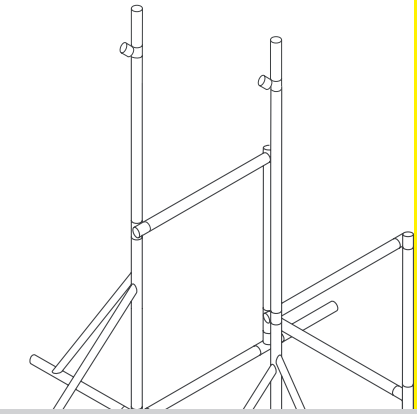
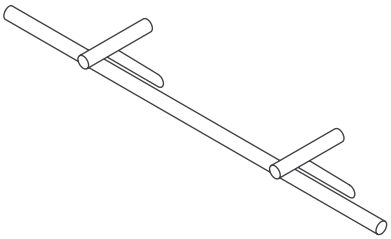


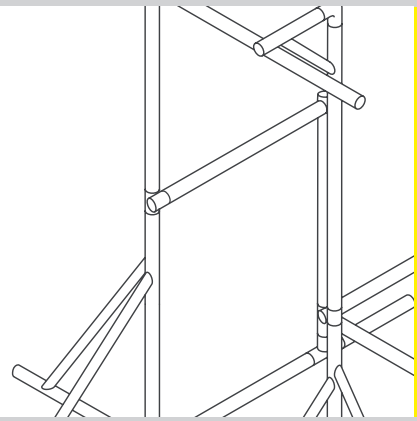
## Step 5

Slide an Offset 90 Degree Crossover (161) down each of the 2050mm or 2500mm tubes so it is in line with the top of the 1220mm legs. Take the 610mm tubes and slide them inside the Offset 90 Degree Crossover (161). Tighten the grubscrews to form the dip bars on your Workout Tower. Slide 2 Single Swivel's (173) down the 2050mm or 2500mm verticals and leave loose until the pull up bar has been attached.

## Step 6

Now to make the pull up bar part of the workout tower. Take the remaining length of 1220mm tube and slide 2 Offset 90 Degree Crossovers (161) over it so they are roughly 610mm apart from each other. Place the 2 lengths of 305mm tube inside the Offset 90 Degree Crossover (161) and tighten the grubscrew once the tube gets to the end of the fitting. Slide the remaining Single Swivel's (173) onto the 305mm tube and leave loose. Finally attach the Short Tee (101) to the 305mm tube and tighten the grubscrews.





## Step 7

You can now attach the pull up bar to the frame. Place the completed pull up bar from Step 6 over the 2050mm or 2500mm tubes and fix to them by tightening the grubscrews. Slide the 2 Single Swivel's (173) from Step 5 up the 2050mm or 2500mm verticals and insert the remaining 260mm tubes inside each of the Single Swivel (173) on the vertical and on the pull up bar. Once the tubes are in place you can fasten the grubscrews.

## Step 8

Finally go around the frame again and ensure all grubscrews are securely fastened to the tubes. You can fill all holes from the tubes with the plastic stop ends (133) provided. You now have a completed Workout Frame.