

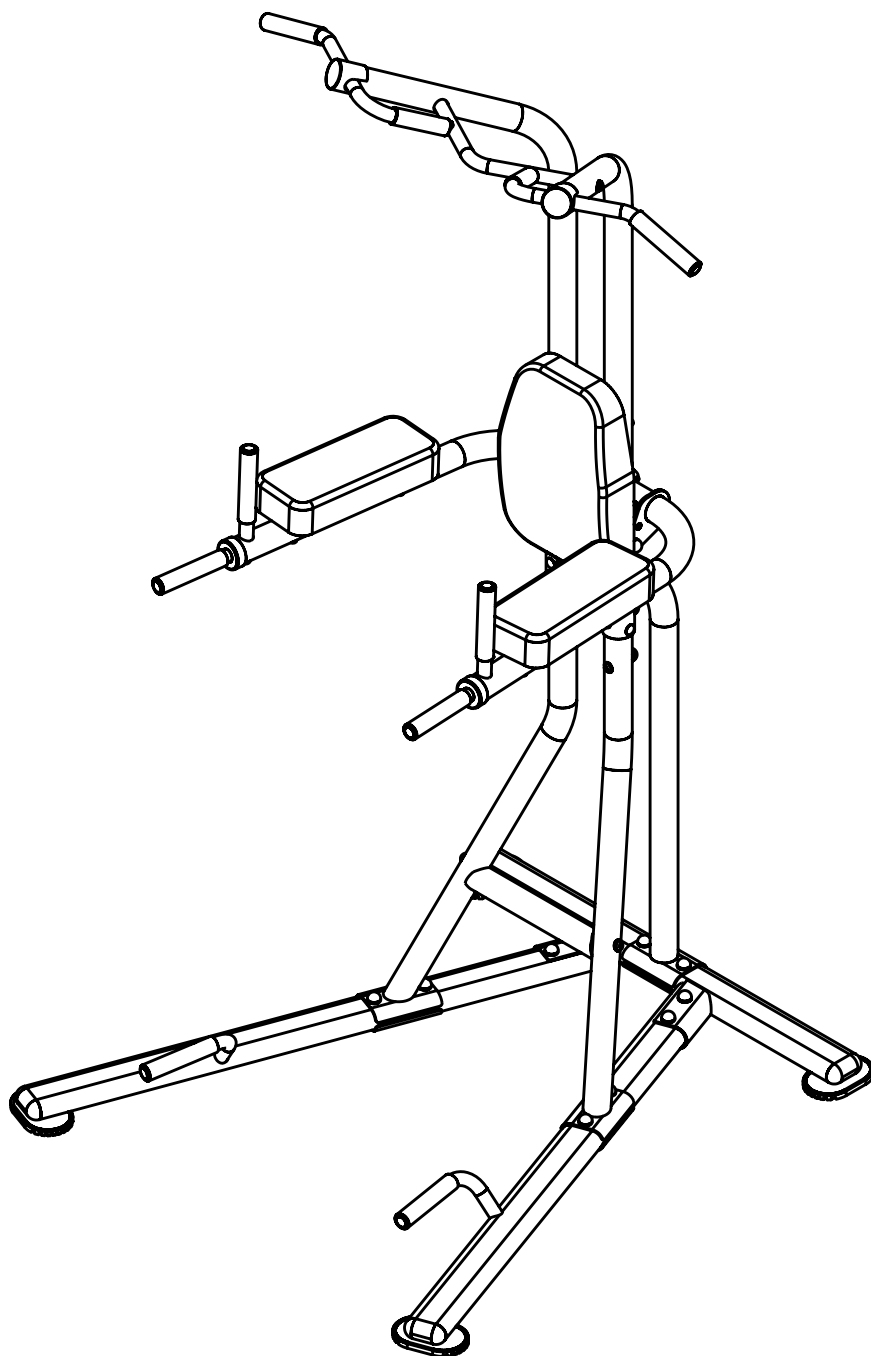
AMiLA®

# POWER TOWER PT550

(code: 91600)

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Assembly instructions



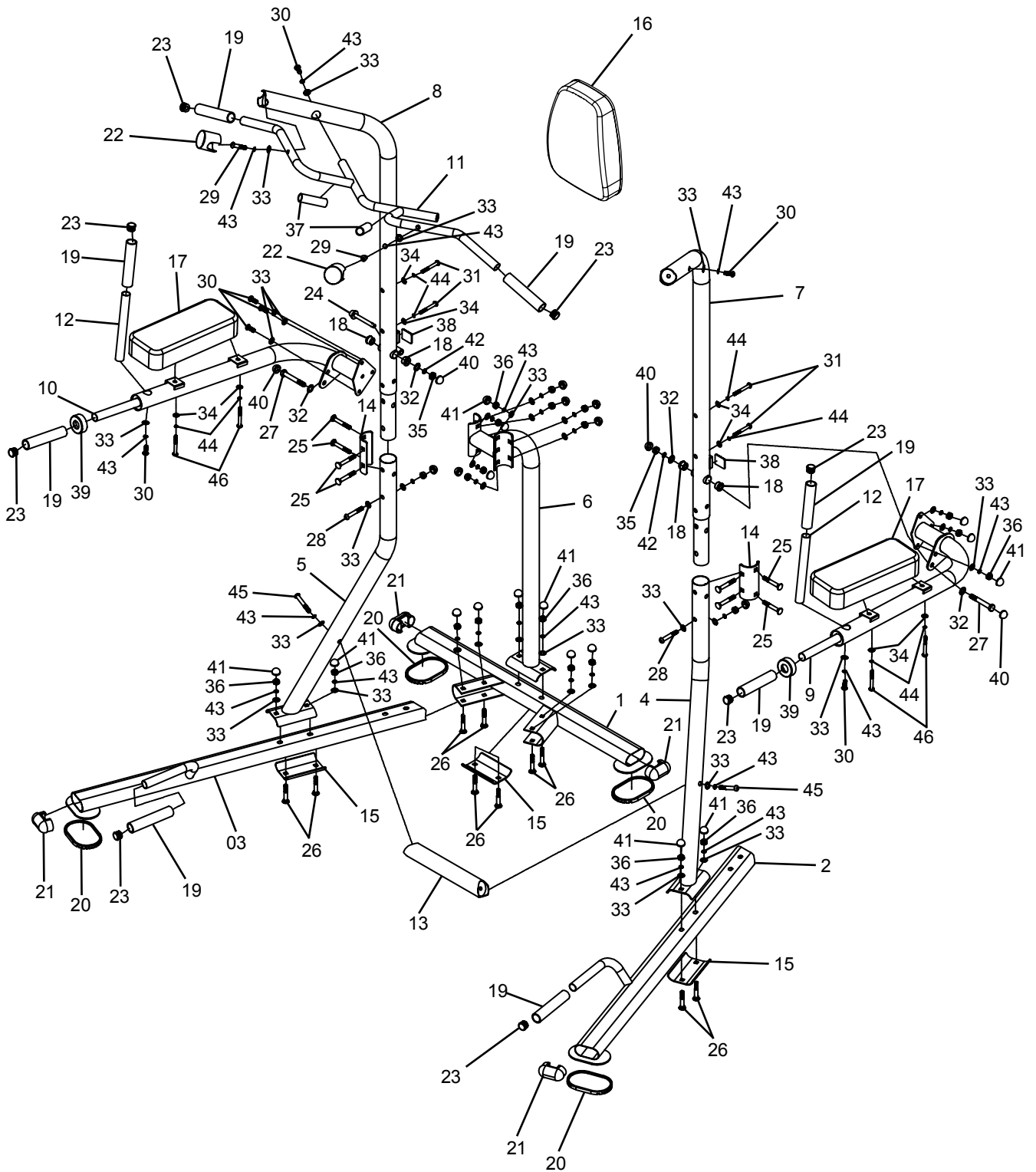
IN ORDER FOR THE WARRANTY TO BE VALID,  
PLEASE, BEFORE YOU BEGIN  
ASSEMBLING AND USING THE MACHINE,  
READ THIS INSTRUCTIONS.

# ASSEMBLY INSTRUCTIONS OF POWER TOWER PT550

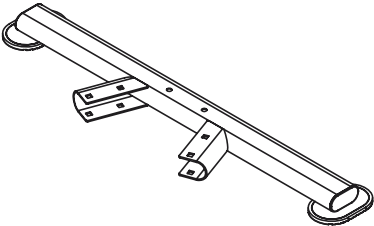
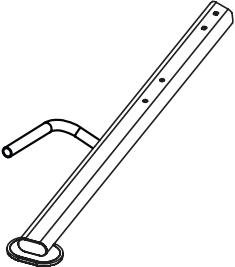
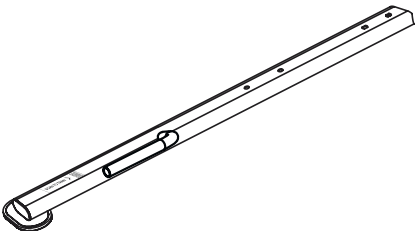

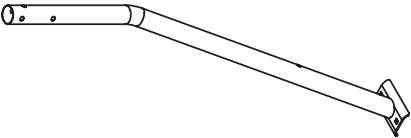
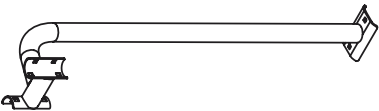
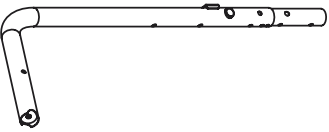
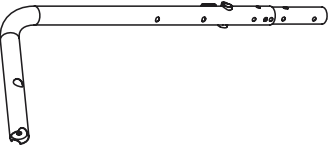
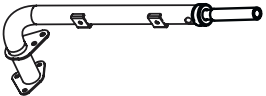
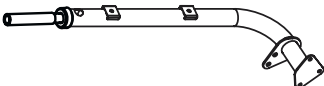
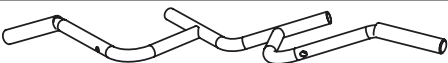

## SAFETY INSTRUCTIONS

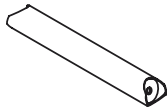
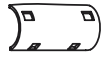

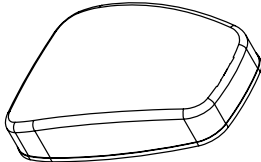
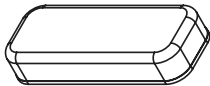




1. Read all instructions and warm-up before using this machine.
2. Check all parts before assembly/use and make sure they all are in perfect condition and ready for use.
3. This machine should be placed on an perfectly flat surface and, since such is not usually the case, the use of a mat or carpet is recommended.
4. Consult your doctor about the level of exerction you should reach. This is an absolute must if you are over 45 years of age or have a medical history.
5. For your exercise to be effective, it must be done on a daily basis and for at least 20 minutes.
6. Before exercising, it is advised to warm-up, in order to not injure any of your muscles. Also, after your exercise, you should also do some stretching ald relaxation exercises.
7. Do not use outdoors.
8. Do not use the machine for any other purpose than the reccomended one.
9. Always wear sneakers.
10. Do not exercise one hour before eating; do not eat one hour before exercising.
11. If you feel unwell, dizzy, nauseous or anything else, stop exercising immediately and consult a doctor.

# EXPLODED DIAGRAM

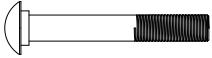

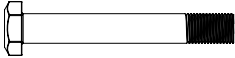
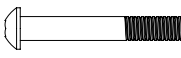


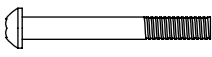

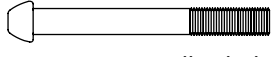







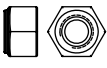
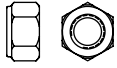




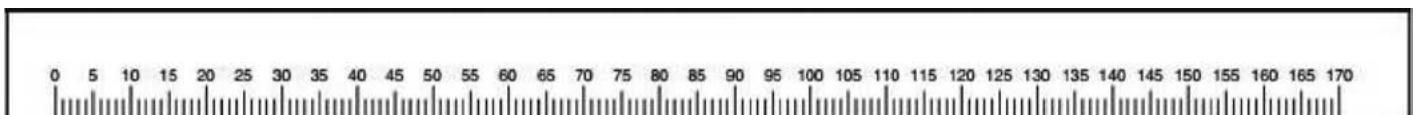
## PARTS LIST

Drawing	#	Pcs	Description
	1	1	Rear base
	2	1	Left base
	3	1	Right base
	4	1	Left upright
	5	1	Right upright
	6	1	Rear support
	7	1	Left upper frame
	8	1	Right upper frame
	9	1	Left arm support
	10	1	Right arm support
	11	1	Pull-up bar
	12	2	Dip grip

Drawing	#	Pcs	Description
	13	1	Connector
	14	2	Curved bracket
	15	3	Bracket
	16	1	Back pad
	17	2	Arm pad
	22	2	End cap
	24	1	Pin
	40	4	M12 nut cover
	41	23	M10 nut cover

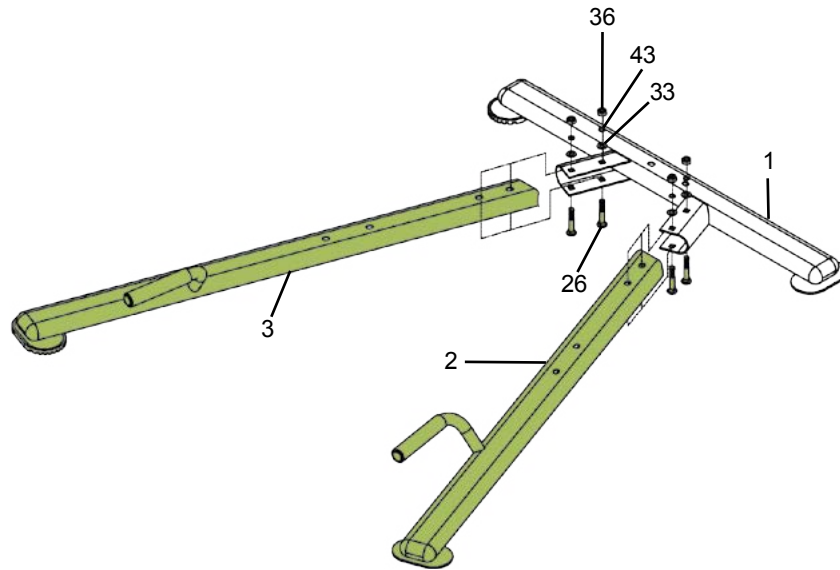
## BOLTS, WASHERS AND NUTS

 #25, M10x75mm bolt, 8pcs	 #26, M10x65mm bolt, 10pcs	 #27, M12x90mm hex bolt, 2pcs	 #28, M10x65mm allen bolt, 2pcs
 #29, M10x50mm allen bolt, 2pcs	 #30, M10x25mm allen bolt, 7pcs	 #31, M8x70mm allen bolt, 4pcs	 #45, M10x70mm allen bolt, 2pcs
 #46, M8x75mm allen bolt, 4pcs	 #32, Ø12mm washer, 4pcs	 #33, Ø10mm washer, 36pcs	 #34, Ø8mm washer, 8pcs
 #42, M12 split washer, 2pcs	 #43, M10 split washer, 31pcs	 #44, M8 split washer, 8pcs	 Adjustable spanner (not included)
 #35, M12 nut, 2pcs	 #36, M10 nut, 23pcs	 #47, No. 5 allen wrench, 1pc	 #48, No. 6 allen wrench, 1pc



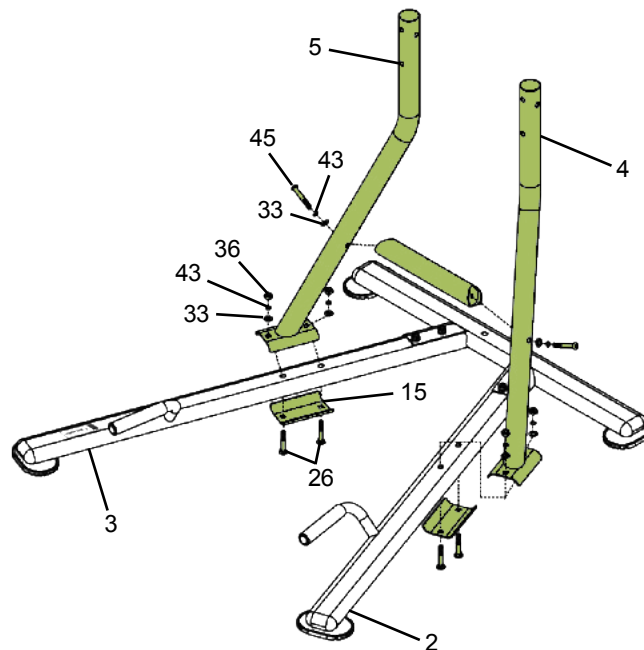
## ASSEMBLY INSTRUCTIONS

### Step 1



- 1) Connect the left and right bases (2 & 3) to the rear base (1) using bolts (26), washers (33), split washers (43) and nuts (36). **DO NOT** tighten the nuts.

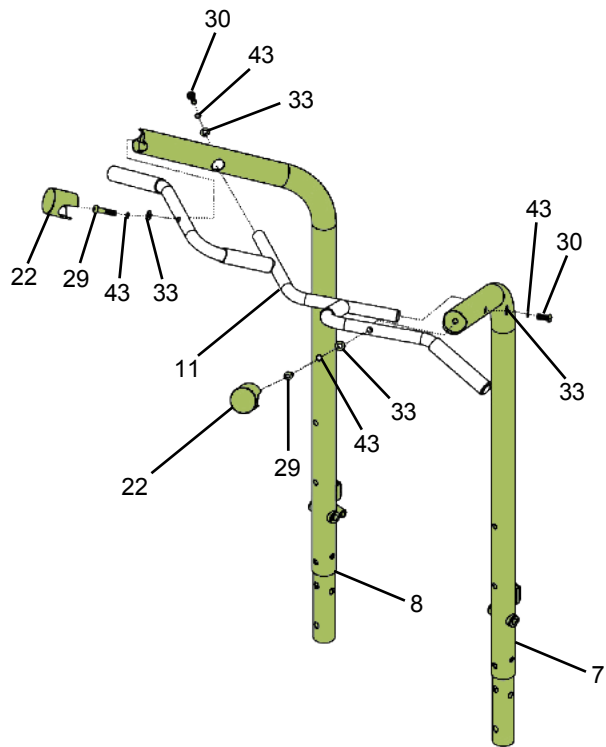
### Step 2



- 1) Place the uprights (4 & 5) on the left and right bases (2 & 3) and secure them using brackets (15), bolts (26), washers (33), split washers (43) and nuts (36). **DO NOT** tighten the nuts.
- 2) Connect the uprights (4 & 5) using the connector (13), bolts (45), washers (33) and split washers (43). **DO NOT** tighten the bolts.

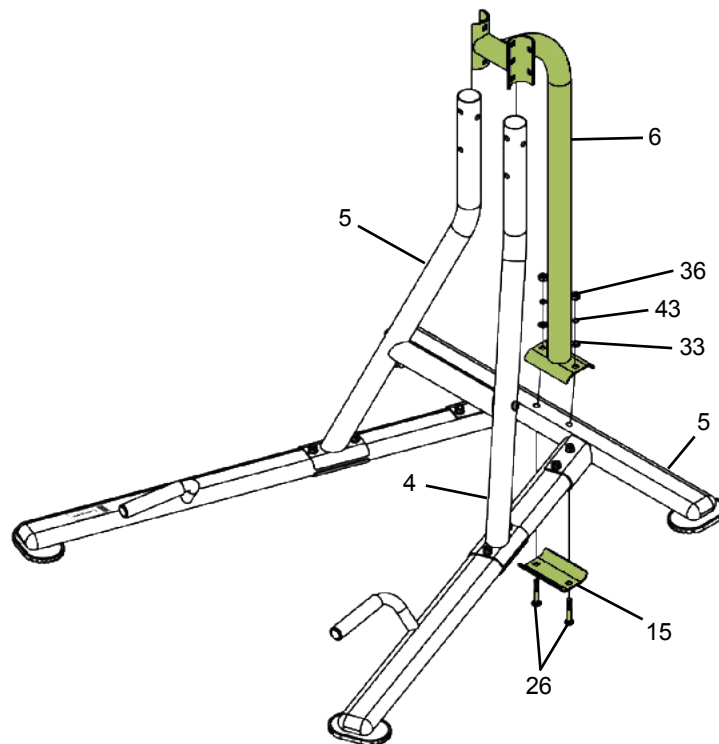
### Step 3

- 1) Connect the pull-up bar (11) to the upper frame (7 & 8) by inserting the ends of the pull-up bar (11) in the holes on the upper part of the upper frame (7 & 8), securing them with bolts (30), washers (33) split-washers (43). DO NOT tighten the bolts.
- 2) Place the grips of the pull-up bar (11) at the ends of the upper frame (7 & 8) and secure them using bolts (29), washers (33) and split washers (43), and then placing end caps (22). DO NOT tighten the bolts.

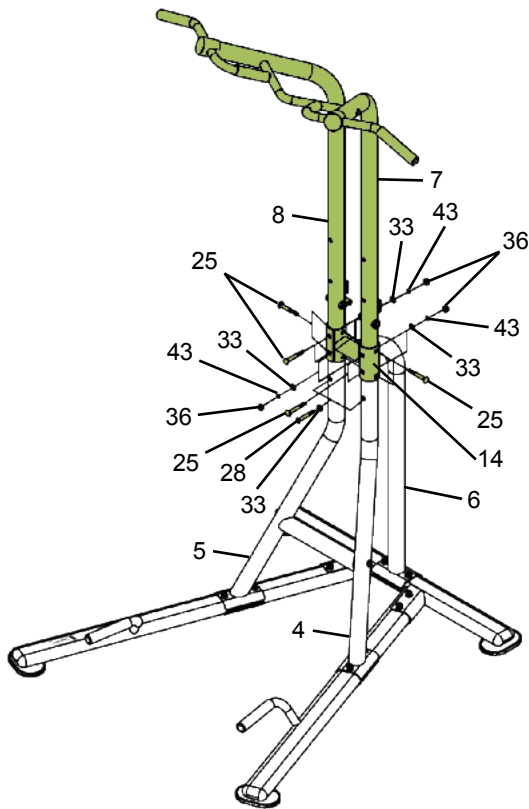


### Step 4

- 1) Place the rear support (6), insert its upper part between the uprights (4 & 5) and secure it to the rear base (1) using a bracket (15), bolts (26), washers (33), split washers (43) and nuts (36). DO NOT tighten the nuts.

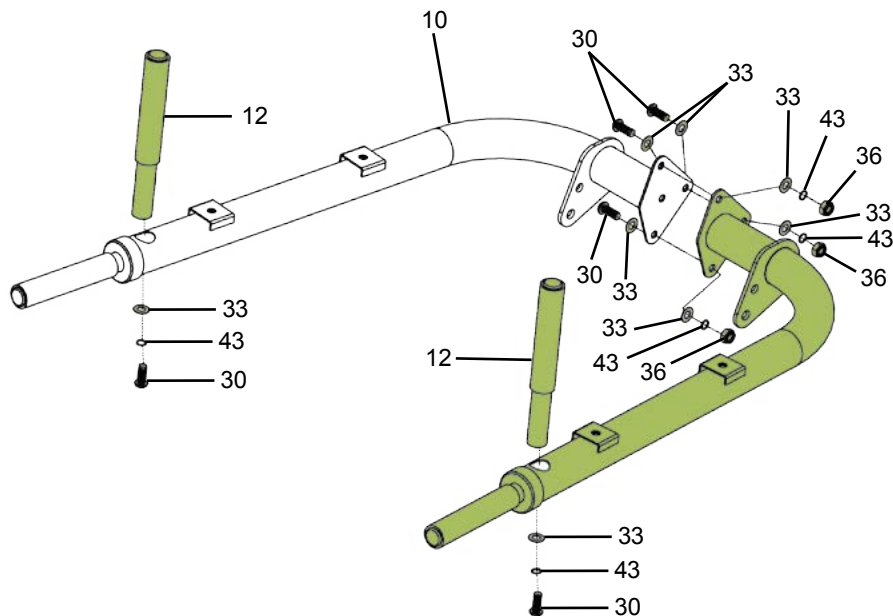


## Step 5



- 1) Place the set of upper frame (7 & 8) and pull-up bar (11) (see Step 3) on the set of upper uprights (4 & 5) and rear support (6) (see Step 4).
- 2) Place curved brackets (14) on the outer side of the join, so that the side of the brackets with the holes closer to each other being towards the front of the machine.
- 3) Secure them as follows:
  - a) On the front side, use bolts (28) and washers (33) in the 2 lowest holes.
  - β) Again on the front side, in the 4 holes above the previous, insert bolts (25), on which, on the back side, place washers (33), split washers (43) and nuts (36).
  - γ) On the outer side of the join, insert bolts (25), on which, on the inner side of the join, place washers (33), split washers (43) and nuts (36).
- 4) **You may now tighten all the nuts and bolts of this and the previous steps.**

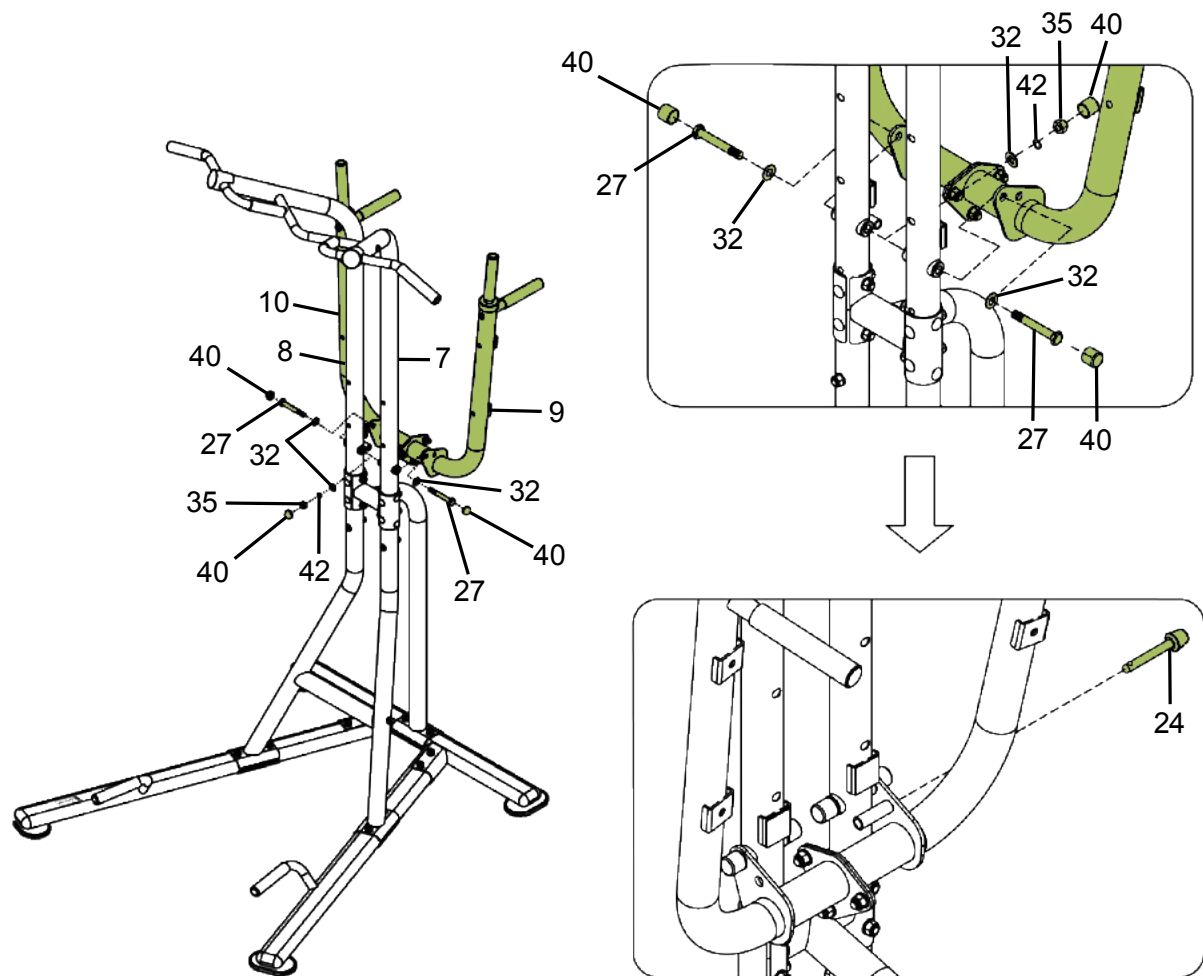
## Step 6



- 1) Grab the arm supports (9 & 10), which you secure with each other using bolts (30) and washers (33) on the one side, while on the other use washers (33), split washers (43) and nuts (36).
- 2) Then secure the dip grips (12) using bolts (30), washers (33) and split washers (43).

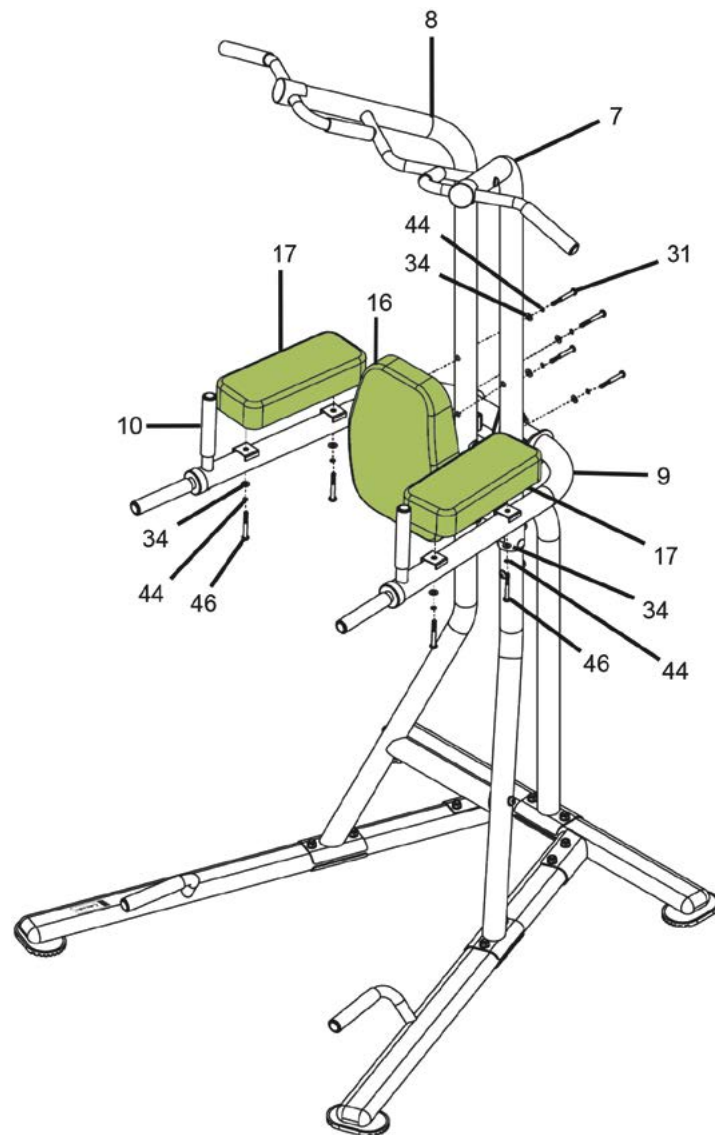


## Step 7



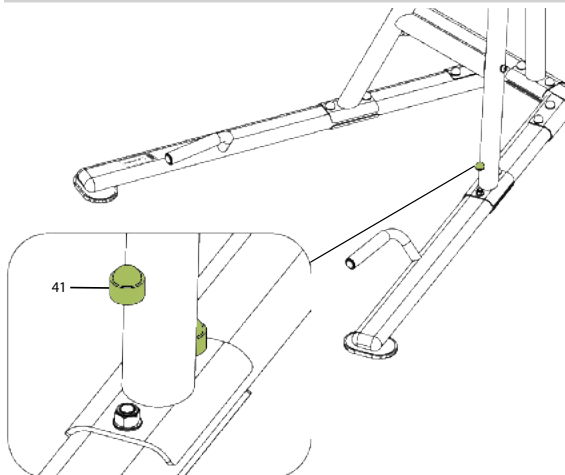
- 1) ATTENTION: Make sure you will use the holes as indicated in the diagram above. Place the arm supports' set (9 & 10) from the previous step and secure them on the back side of the machine inserting on both outer sides bolts (27) and washers (32), and on the inner sides washers (32), split washers (42) and nuts (35). Tighten and place covers (40) on the bolts and nuts.
- 2) Insert the safety pin (24) in the other hole.

## Step 8



1) You may now secure the pack pad (16) using bolts (31), washers (34) and split washers (44). Also secure the arm pads (17) using bolts (46), washers (34) and split washers (44).

## Step 9



1) Finally, place covers (41) to all the nuts of the machine.

## WARM-UP EXERCISES

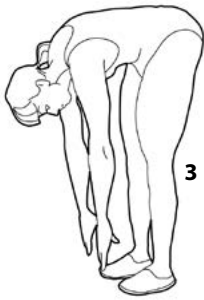
A proper workout consists of warm-up, aerobic exercise and relaxation. Repeat the program 2 or, preferably, 3 times a week, relaxing one day in between. After a few months you will be able to increase the frequency of your workouts to 4 or 5 times per week. Warming up should be a key part of your exercise, something not to be missed. It prepares your body for more strenuous exercises by warming and stretching your muscles, increasing blood circulation and heart rate and sending more oxygen to your muscles. Repeat these exercises after your workout to minimize muscle soreness. We suggest the following exercises:



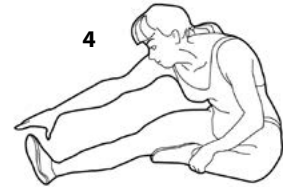
**1. Quadriceps stretch:** Lean against the wall using your right hand while bending your left leg backwards and holding it with the other hand. Try to bend the leg as much as you can. Hold this position for 15 seconds. Repeat for the right leg.



**2. Adductor exercise:** Sit down pulling your feet towards you, knees bent and the soles pressed together. Then use your elbows to press your knees towards the floor. Perform 15 repetitions.



**3. Touch the toes:** Bend your waist slowly forward with your knees slightly bent and your hands trying to grip the toes. Hold this position for 15 seconds.



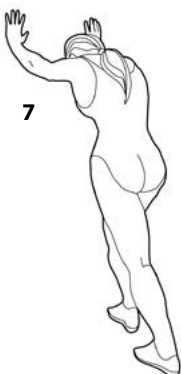
**4. Biceps exercise:** Sit with your right leg outstretched towards the front and the left one tucked in with the sole touching the right leg. Lean forward trying to grab the toes of the outstretched foot. Perform 15 repetitions. Rest for a while and repeat with the other leg outstretched.



**5. Neck stretching (Head rolling):** Tilt your head to the right, feeling the stretching of the left side of the neck. Then tilt your head towards the other side. Finally, tilt the head once forward and once backwards.



**6. Shoulder lift:** Raise your right shoulder as close as you can to your ear. Repeat with the left shoulder. This exercise should be performed at a slow pace.



**7. Tension of the Achilles tendon:** This exercise is performed by leaning on a wall, which you press with your hands. The right foot should be bent at the knee and the left one stretched backwards, the soles of both feet touching the ground. Repeat the exercise by reversing the feet.



**8. Side stretching:** Stretch your hands upwards and try to lift your left outstretched hand as high as possible, so that you feel your left side being pulled. Repeat for the right hand.

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