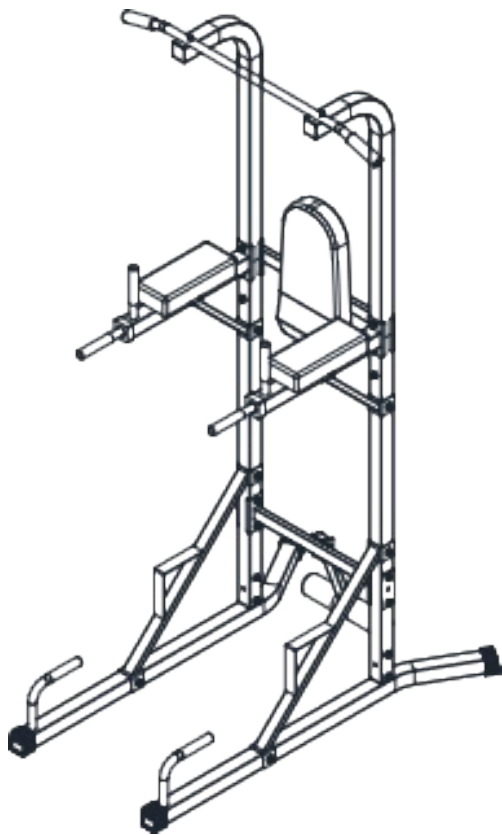


# Orbit OBB026A

## OBB026A Power Tower



- **Warranty**
- **Assembly**
- **Parts**

**TOOLS REQUIRED  
FOR ASSEMBLY:  
2 x Adjustable  
Wrenches**

### ***Owner's Manual OBB026A***

#### **CAUTION:**

1. Weight on this product should not exceed 253lbs / 115kgs.
2. Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.  
Measurements made by the equipment are believed to be accurate, but only the measurements of your physician should be relied upon.

**IMPORTANT:** Read all instructions carefully before using this product. Retain this product owner's manual for future reference.

# TABLE OF CONTENTS

Table of Contents .....	1
Introduction .....	2
Safety Instructions .....	3
Hardware List .....	4
Parts Drawing .....	5
Assembly Instructions .....	6-10
Stretching Exercises .....	11-12
Exploded Parts List .....	13
Warranty .....	14-16

# INTRODUCTION

Thank you for selecting this fitness product.

Orbit Fitness is proud of its tradition of providing fitness equipment that meets the highest standards of quality. We hope you will enjoy many years of health and fitness from this product.

If you are not satisfied with your Orbit Fitness product for any reason, Do not go back to the store from which it was purchased. Instead, please allow our Customer Service Department to help you.

Contact the Orbit Fitness Customer Service Department at:

Email: [service@orbitfitness.com.au](mailto:service@orbitfitness.com.au)

Phone: (08) 6241 3050

Orbit Fitness will gladly answer your questions, guide you through the assembly steps, and quickly dispatch any replacement parts directly to your home. We are ready to make your new Orbit Fitness product the most used piece of fitness equipment you own.

For information about other Orbit Fitness products, please visit our website or contact us at:

Orbit Fitness Equipment  
28 Fellowship Road Gnangara,  
Western Australia 6077

[www.orbitfitness.com.au](http://www.orbitfitness.com.au)

# SAFETY INSTRUCTIONS

Failure to follow the instructions and warnings below could result in serious injury or death:

Before beginning any exercise program, consult with your doctor or health physician.

This machine is for home use only. The warranty does not cover this machine if it is used commercially.

Refer to the manual whenever you have a question.

Inspect the machine before each use.

Keep your fingers, body parts, children and pets away from moving parts.

Warm up before each workout and cool down after each workout.

Rest adequately between repetitions.

Always wear comfortable, correct fitting clothing.

Use a companion as a safety spotter.

**IMPORTANT: THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR YOUR POWER TOWER IS 115 KGS.**

Please do not tighten nuts and bolts until you have installed all hardware in their proper places.

# HARDWARE LIST

## Before Assembly:

Before assembling your Power Rack, please take the time to make sure your assembly has all of the parts listed on the Machine Parts List. Each part has been illustrated for proper location and numbered for easy identification.

Compare your contents against the parts list. If any parts are missing or unusable, please do not return the product to the store from which it was purchased. Our Dedicated Customer Service Staff is standing by to help you at: 9:00 a.m. Through 4:00 p.m. Any parts you need can be happily mailed to you at your home or we can organise an installation team or a service technician.

## Tools Required:

For assembly, your Power Rack will require two adjustable wrenches.



(20) M10X70 HEX BOLT 16PCS



(21) M10X65 HEX BOLT 6PCS



(22) M10X20 HEX BOLT 2PCS



(23) M8X90 HEX BOLT 2PCS



(24) M8X70 HEX BOLT 2PCS



(25) M8X35 HEX BOLT 2PCS



(26) M10 Washer 46PCS



(27) M10 Lock Nut 22PCS



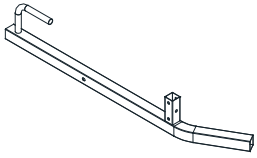
(28) M8 Washer 6PCS



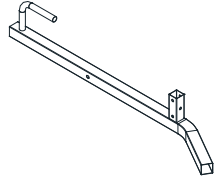
(29) M8 Lock Nut 4PCS

Please do not tighten nuts and bolts until you have installed all hardware in their proper places.

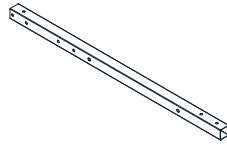
# PARTS LIST



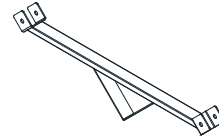
(1) Left Base Frame



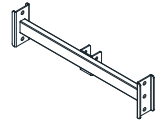
(2) Right Base Frame



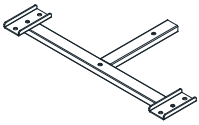
(3) Below Upright Post



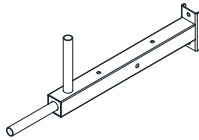
(4) Angle Support



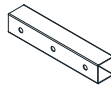
(5) Crossing Frame



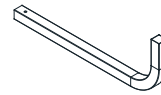
(6) Back Rest Support



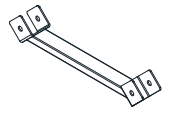
(7) Arm Rest Support



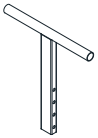
(8) Support Tube



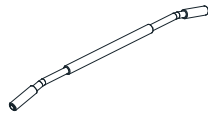
(9) Top Upright Post



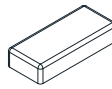
(10) Arm Support



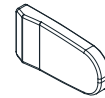
(11) Boxing Upright



(12) Pull Bar



(13) Arm Rest Cushion



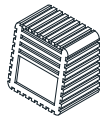
(14) Backrest Cushion



(15) Pin



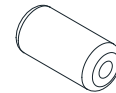
(16) Square Cap



(17) Square End Cap



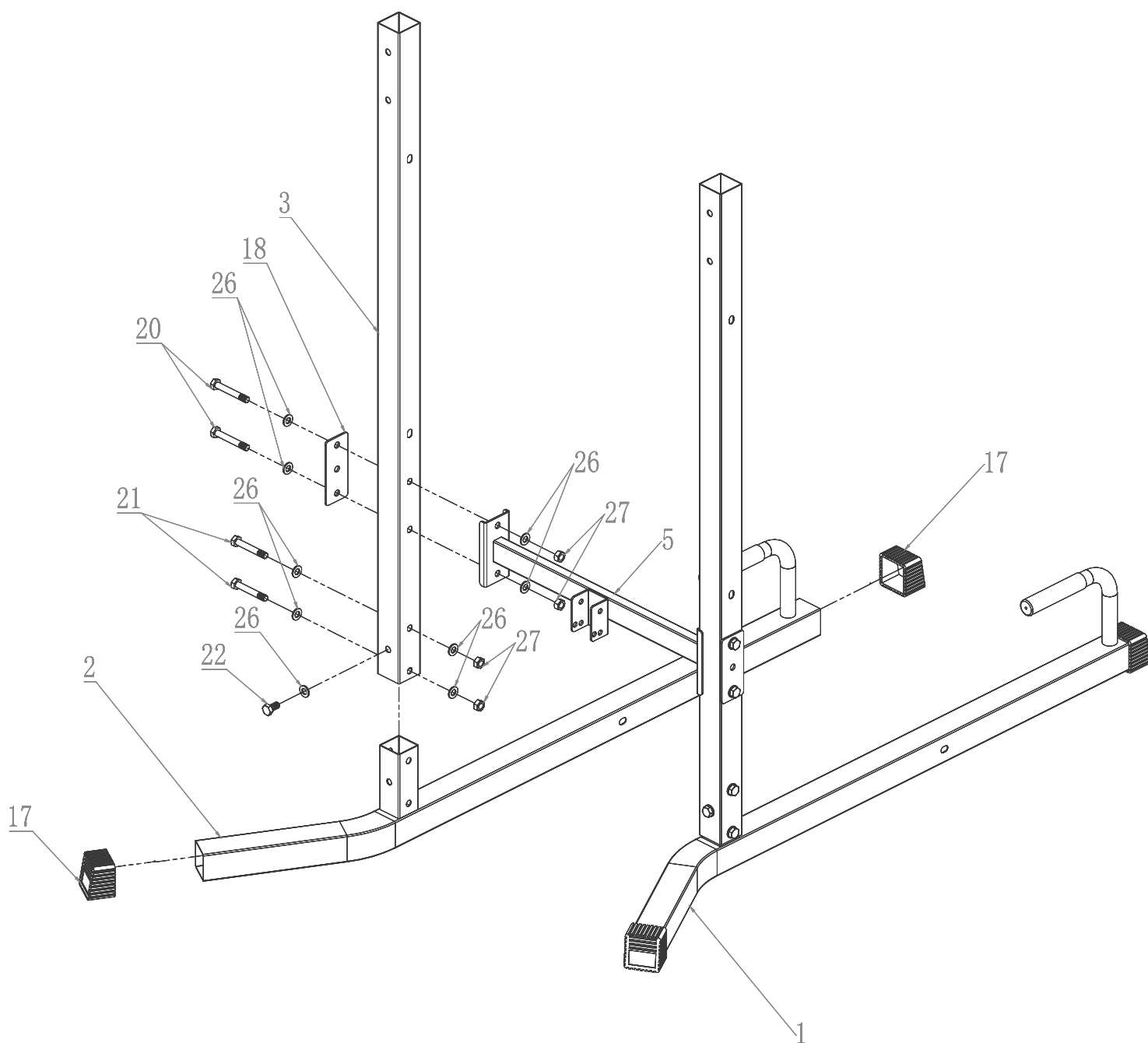
(18) Connection Plate



(19) Foam

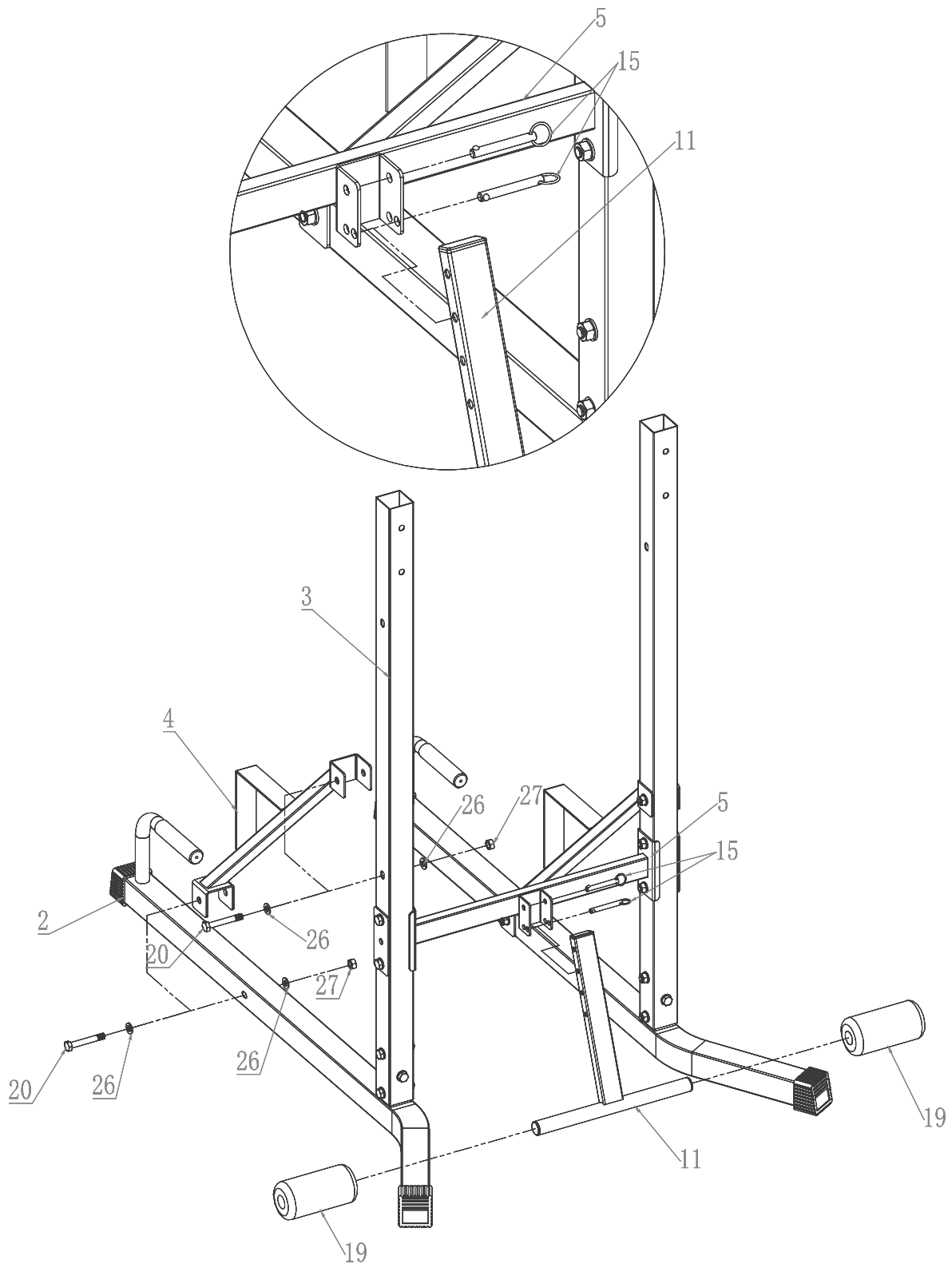
# ASSEMBLY INSTRUCTIONS

Step 1.



# ASSEMBLY INSTRUCTIONS

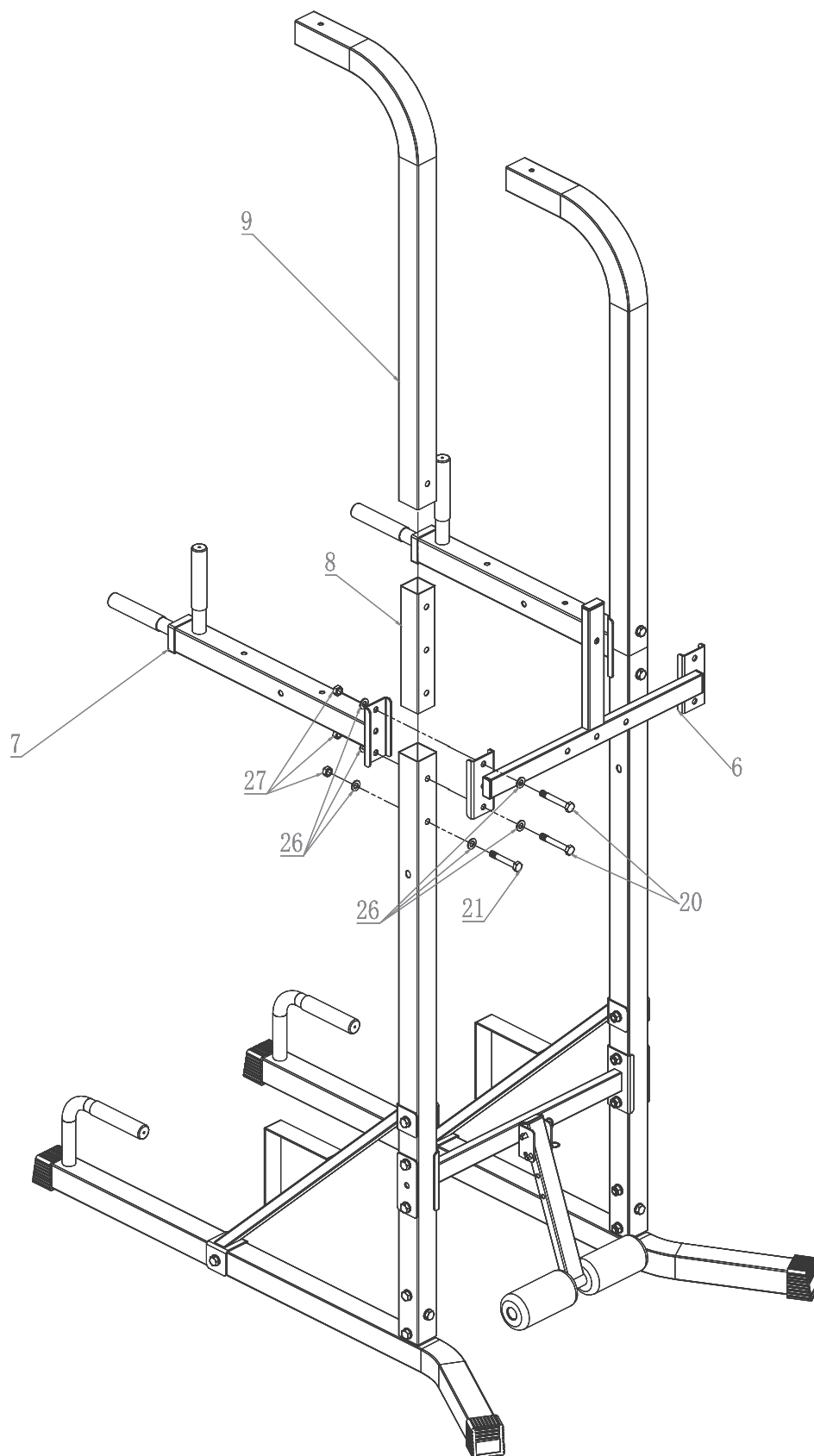
Step 2.





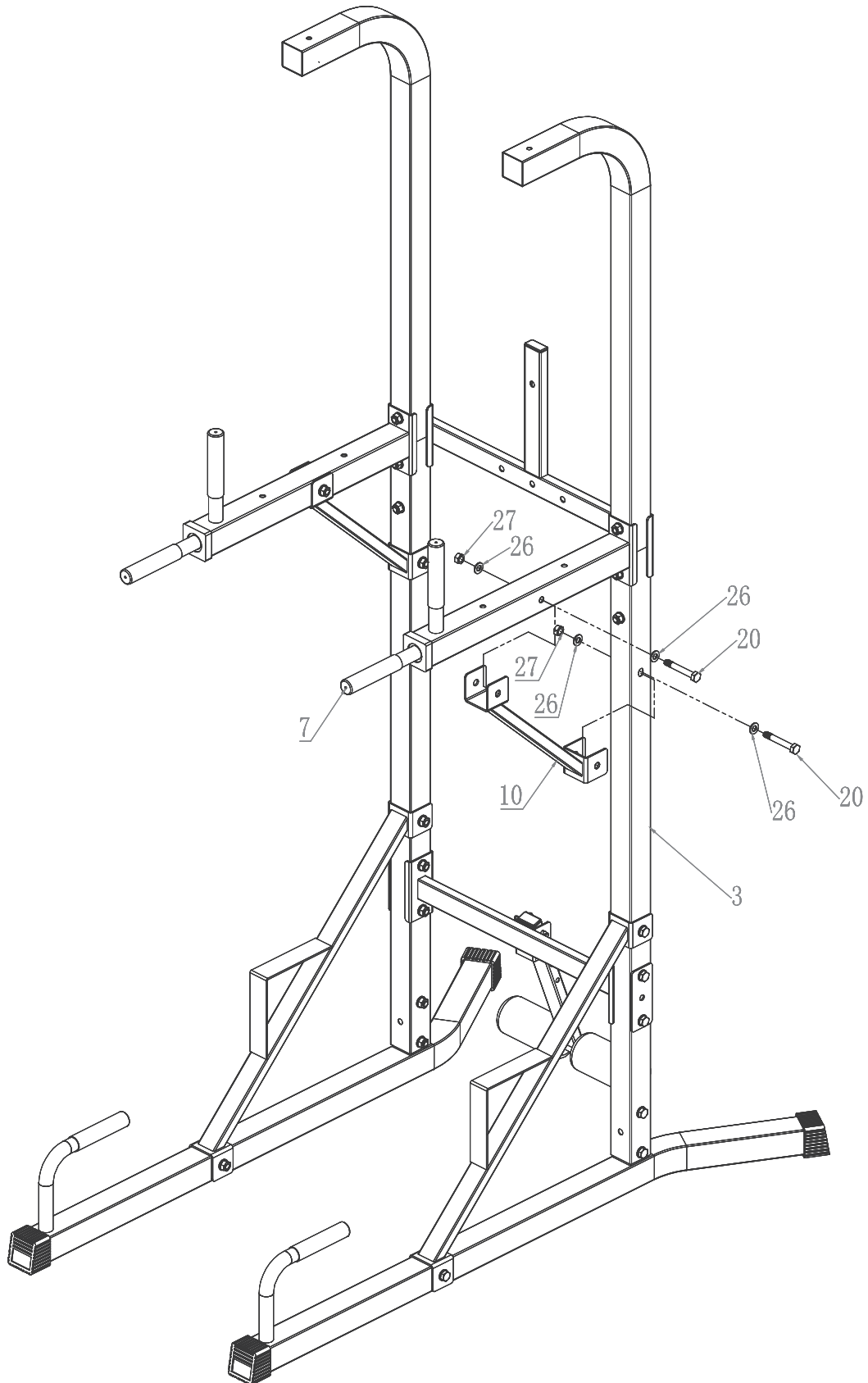
# ASSEMBLY INSTRUCTIONS

Step 3.



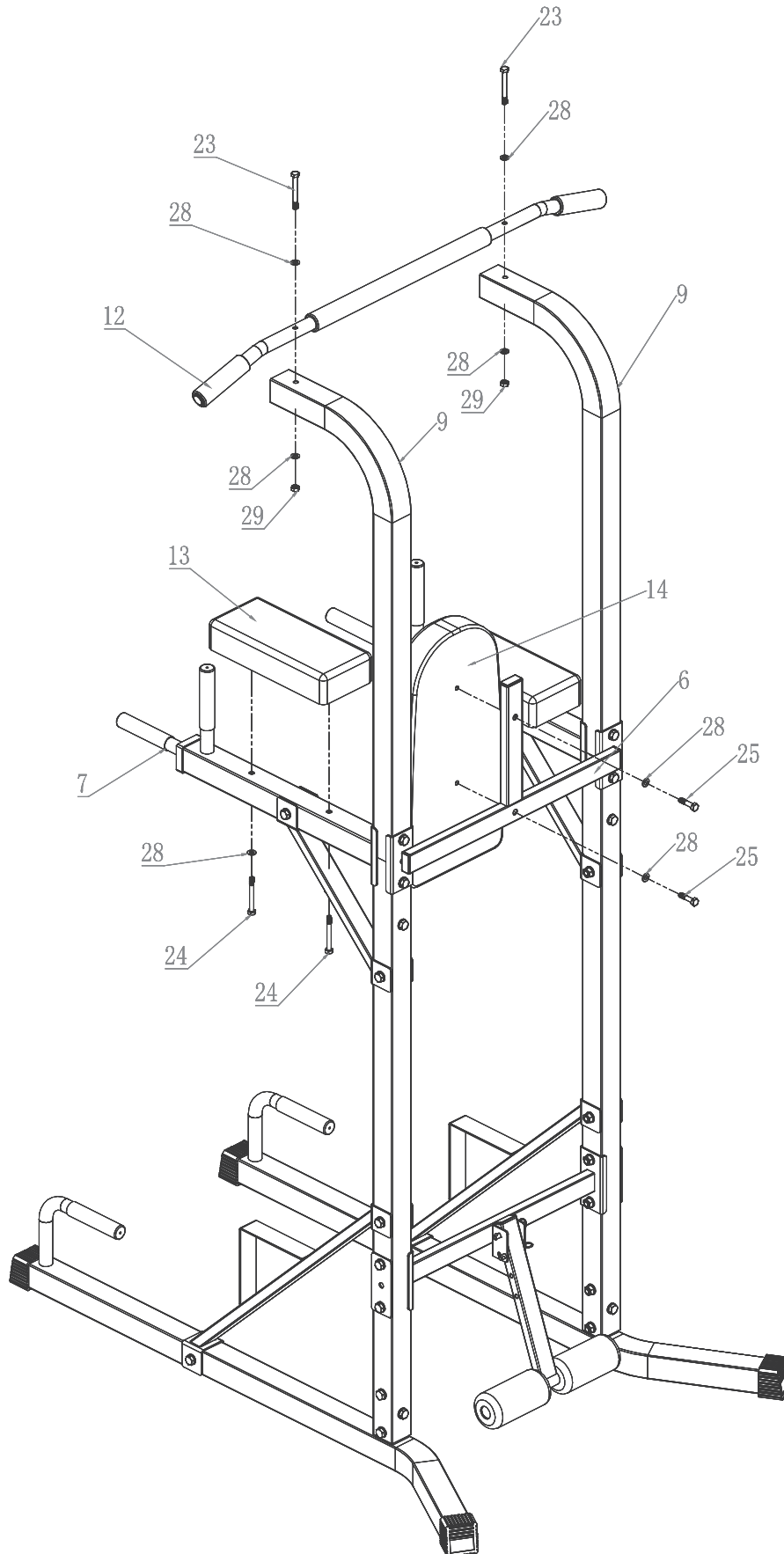
# ASSEMBLY INSTRUCTIONS

Step 4.



# ASSEMBLY INSTRUCTIONS

Step 5.



# STRETCHING INSTRUCTIONS

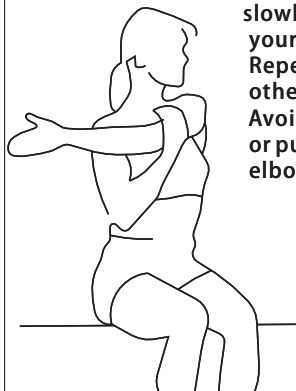
## Essential Stretches

The warm-up is an important part of any workout. Should begin every session to prepare your body for more strenuous exercise by heating up and stretching to your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these stretches to reduce sore muscle problems. Perform each of the following stretches before and after your workout.

### Lateral Pull

**Deltoids:**

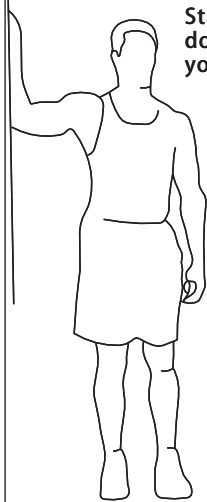
Cross one arm in front of your body at shoulder level and place your opposite hand behind and just above the elbow. Exhale, and push slowly across your body. Repeat with other side. Avoid jerking or pulling your elbow too hard.



### Doorway Stretch

**Internal rotators:**

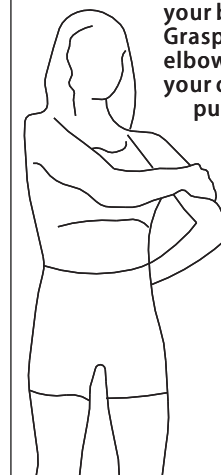
Stand in an open doorway and raise your arm so that your elbow is flexed at a 90 degree angle. Place that arm against the door frame, exhale and turn your trunk in the opposite direction. Repeat with opposite side.



### Behind the Back

**External rotators:**

Place one hand behind your back, waist level. Grasp just above the elbow of that arm with your opposite hand and pull gently toward your midline. Exhale and relax into the stretch. Do both sides. Avoid pulling too hard or hunching the shoulders.



# STRETCHING INSTRUCTIONS

## Upper Back Pull

Rhomboids, trapezius and latissimus dorsi:

Stand with your feet together, about three feet away from a bar or railing that is positioned just above your waist. Grab the bar with an overhand grip, fully extend your arms, exhale and slowly bend from the waist, keeping your back arched, until

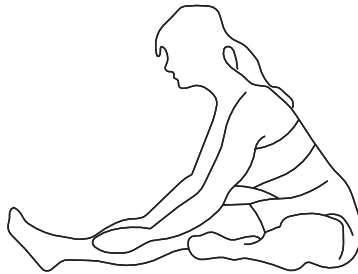


you feel a good stretch. Avoid allowing your back to round upward and hyper-extending the knees.

## Seated Hamstring

Hamstrings:

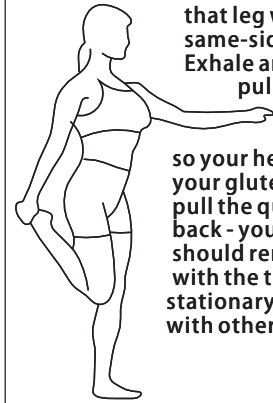
Sit upright on the floor with both legs extended in front of you. Bend one leg and slide the heel of that leg toward the thigh of your straight leg. Allow a slight bend in your straight leg and, keeping your back straight and head in neutral alignment, exhale and bend at the hips. Repeat with other side.



## Standing Quadriceps

Quadriceps:

Stand upright with one hand placed against a wall for balance. Bend one leg backward and grab the foot or ankle of that leg with your same-side hand. Exhale and try to pull your foot backward

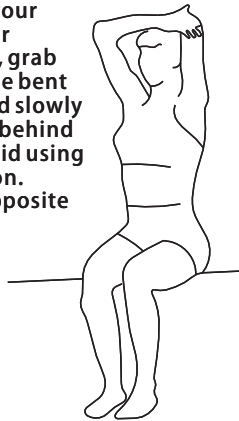


so your heel touches your glutes, but don't pull the quadriceps back - your thigh should remain even with the thigh of your stationary leg. Repeat with other side.

## Overhead Triceps

Triceps brachii:

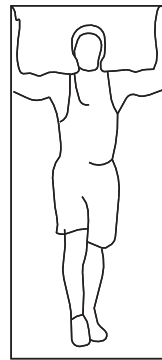
Raise one arm overhead and rest it against your ear. Bend your elbow so that your hand drops behind your head. With your opposite hand, grab the elbow of the bent arm, exhale and slowly pull the elbow behind your head. Avoid using a jerking motion. Repeat with opposite side.



## Doorway Pec Stretch

Pectorals:

Stand in an open doorway (or in an open corner of a room) and raise your arms to shoulder height, bending your elbows to form a 90 degree angle. Place your arms against a solid surface, exhale and lean forward. Repeat with opposite leg. Avoid holding your arms too high, leaning too quickly or too far forward or turning away.



# EXPLODED PARTS LIST

#ITEM	DESCRIPTION	QTY
1	Left Base Frame .....	1
2	Right Base Frame .....	1
3	Below Upright Post .....	2
4	Angle Support .....	2
5	Crossing Frame .....	1
6	Back Rest Support .....	1
7	Arm Rest Support .....	2
8	Support Tube .....	2
9	Top Upright Post .....	2
10	Arm Support .....	2
11	Foam Support .....	1
12	Pull Bar .....	1
13	Arm Rest Cushion .....	2
14	Backrest Cushion .....	1
15	Pin .....	2
16	Square Cap .....	2
17	Square End Cap .....	4
18	Connection Plate .....	2
19	Foam .....	2
20	M10*70mm Hex Bolt .....	16
21	M10*65mm Hex Bolt .....	6
22	M10*20mm Hex Bolt .....	2
23	M8*90mm Hex Bolt .....	2
24	M8*70mm Hex Bolt .....	4
25	M8*35mm Hex Bolt .....	2
26	Washer M10 .....	46
27	Lock Nut M10 .....	22
28	Washer M8 .....	10
29	Lock Nut M8 .....	2

# WARRANTY

## **Domestic Warranty Terms and Conditions:**

Orbit warrants that the OBB026A POWER TOWER is free from defects in material and workmanship under normal use at home. Any use in commercial, institutional or rental venue will void this warranty. Warranty period begins from date of purchase. Only the person on original purchase invoice and/or warranty card is covered. It is non-transferrable. Our goods come with consumer guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and can ask for compensation for any drop in value of goods or service. You are also entitled to have the goods repaired or replaced if the failure does not amount to a major failure. Please discuss with Orbit Service department or refer to ACL for details of consumer guarantees.

## **Warranty Registration and Claim Procedures:**

Warranty commitments are valid only with a completed warranty card that is returned within 15 days from date of purchase or registered online with Orbit Fitness that includes the product serial number (where applicable) and details of purchase as in attached sheet. Proof of purchase in the form of tax invoice from an Orbit store, Orbit Online, Orbit authorised dealer or distributor will be required when raising a warranty claim. To lodge a warranty claim, have your purchase details handy and contact Orbit Service department during business hours at 28 Fellowship Road, Gnangara, WA 6077 in person or via post, by telephone (08) 6241 3050 or by email [service@orbitfitness.com.au](mailto:service@orbitfitness.com.au) within the warranty period. Customer may be requested to return defective or damaged product to Orbit service department or to the Orbit store that the product was purchased from. Whereas a product is too big or heavy for customer to handle, an on-site service call can usually be organised. However, this may incur a call-out fee when the claim is lodged outside the labour cost warranty period. Orbit reserves the right to charge customer labour, parts and call-out fee if it establishes that a warranty claim is not valid. Please refer to "items not covered".

## **What is Covered:**

Metal Structure Frame:	2 years limited warranty (excluding rust and paint)
Mechanical Parts:	1 year limited warranty (includes bearing, bushing, etc.)
Wear and Tear Parts:	6 months on speedball platform and swivel, if applicable 90 days on foam, upholstery, speedball & FTC ball
Labour Cost:	1 year limited warranty

# WARRANTY

## **Items not Covered:**

This warranty does not apply to any failure of the product, or any parts of the product, due to alterations, modifications, misuse, abuse, negligence, accident, incorrect assembly or improper maintenance. Faults as result of installation by Orbit staff must be reported within 7 days, as do concerns, questions aroused during or after installation by customer. Failure to follow warning in the owner's manual, or warning stickers placed on equipment may result in injury to person and equipment and substantially void your warranty. Normal wear and tear due to use, transport, exposure to air and radiation, material fatigue is not covered.

## **Maintenance Tips:**

Motorised products, including treadmills, some exercise bikes and cross trainers may require scheduled service for safety guarantee and smooth operation of your product. Please refer to 'service card' enclosed in your owner's manual. For products that do not come with a service card, please refer to below general advice or contact Orbit service department for more specific advices.

All Orbit products are designed and produced for indoor usage-do not place them outdoor or expose them to weather.

Always inspect parts of safety concern prior to exercise, eg. Steel cable, handle bar, foot pedal, chains and bands etc. Repair or replace any damaged or worn parts as early as possible so to avoid injury.

As part of Orbit's normal installation and set-up process, all bolts must be tightened and checked after the first 1 to 2 hours of initial usage and then periodically. Loose bolts and nuts may come off, causing damage, which may void warranty and can cause potential danger to the user as well.

After training, always wipe down your Orbit machine. Perspiration that continuously settles on the frame and pads may cause rust or damage to the unit. Damage resulting from lack of proper maintenance will not be covered under warranty. To clean upholstery and frame, use a mild soap and warm water. Dry with a clean towel.

If any cracks appear in the frame, stop using your product immediately and contact Orbit Service department.



# WARRANTY

## IMPORTANT

WARRANTY CARD MUST BE COMPLETED AND RETURNED TO ORBIT OR REGISTERED ONLINE WITHIN 15 DAYS OF PURCHASE.

Failure to comply may void manufacturer's warranty.

Name:

Address:

Email:

Phone:

Age Group:      below 25              25-35              35-45              45-55              55 plus

Sex:   Male / Female

Product Code on Invoice:

Date of Purchase and Invoice Number:

Mail to Address: 28 Fellowship Road Gnangara, Western Australia 6077

Or Email: [service@orbitfitness.com.au](mailto:service@orbitfitness.com.au)