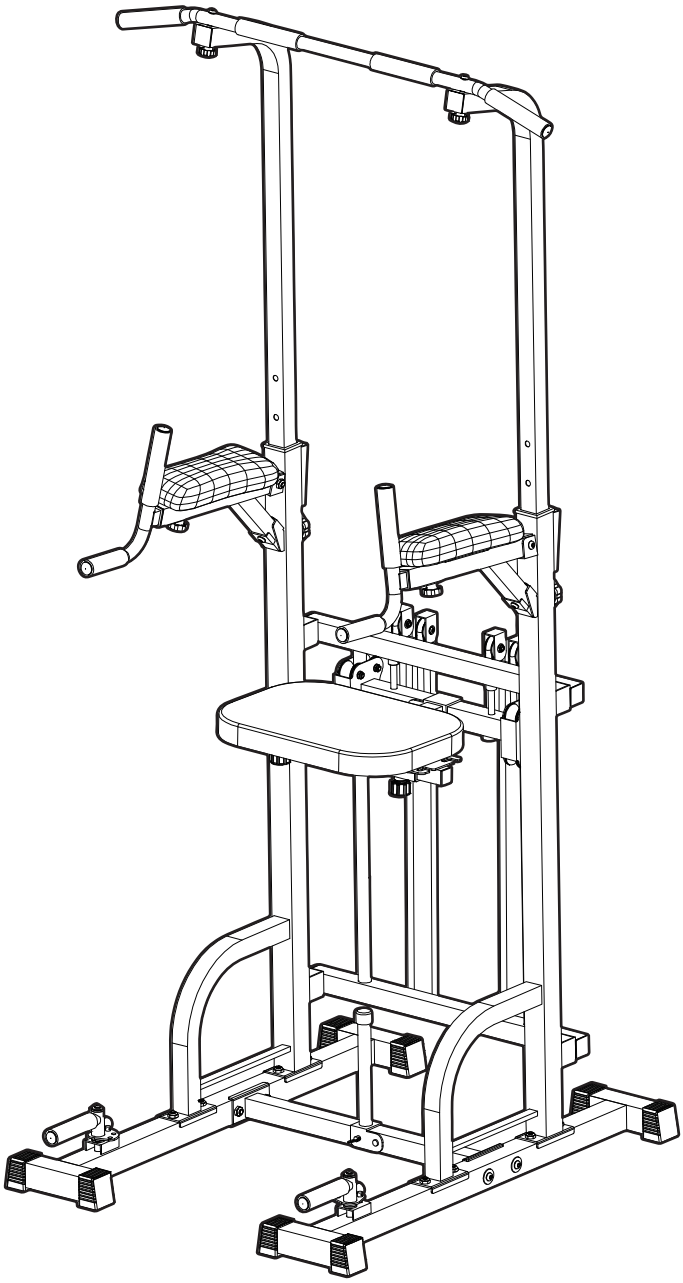
SPORTSROYALS PT4

Power Tower



Model: PT4
Email: support@fedfitness.com

USER MANUAL

Trusted by Millions of Families Worldwide

Born from three generations of craftsmanship in the fitness equipment industry, FED Fitness carries decades of professional experience in design, material innovation, and manufacturing.

But expertise alone isn't enough. We founded FED Fitness on one simple belief — that fitness should be accessible, enjoyable, and part of everyday life. We design with care to make home workouts easy, convenient, and fun, so families can move together, connect deeper, and live healthier — whether in the living room or the backyard.

At FED Fitness, our products are our core and pride. Every detail — from structure to screw — is crafted for longevity and effortless use, so you can focus on what truly matters: feeling the move.

Contents

Customer Support 01

Safety Instructions 02

Parts List 03

Hardware Pack 07

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CUSTOMER SUPPORT

This product comes with a 1-year warranty. If you have any questions or encounter issues with your product, please contact us. Providing relevant photos or videos will help us resolve the issue more quickly. We are committed to resolving any issues promptly and ensuring your satisfaction. For customer support or replacement parts, please contact us.

Email: support@fedfitness.com

Scan me



SAFETY INSTRUCTIONS

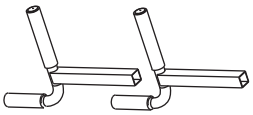
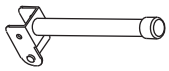
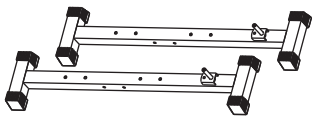
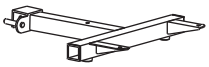
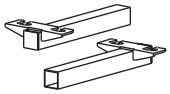
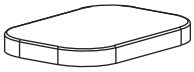
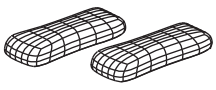
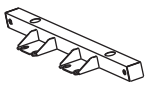
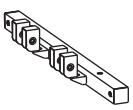
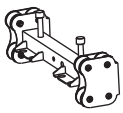
Thank you for choosing Sportsroyals. For optimal user experience and safety, please make sure to review this user manual carefully before assembling and using this product, and keep it for future reference. Please follow the safety instructions below to ensure proper use and prevent potential risks.

- Consult your physician before starting any exercise program, especially if you are over 35 years old or have any pre-existing medical conditions.
- Ensure the equipment is fully and properly assembled before use. Before each workout, check that all bolts and nuts are tight and all parts are undamaged.
- If you experience dizziness, nausea, chest tightness, or any other discomfort during exercise, stop immediately and consult your physician.
- Keep children and pets away from the equipment.
- Small hardware may pose a choking hazard. Keep it out of reach of children during assembly.
- Keep your hands and feet clear of moving parts. Never reach under the assist pad while it is moving.
- Use the equipment only as described in this manual. Stop using it immediately if it becomes unstable or does not operate properly.
- Wear athletic shoes with slip-resistant soles and comfortable workout clothing. Avoid loose clothing that could get caught in moving parts.
- Use care when moving the equipment. Step off before making any adjustments, and make sure all locking pins and adjustment knobs are secure before using the equipment again.
- Set up and use the equipment on a solid, level surface. Use an exercise equipment mat to protect your floor or carpet. Leave enough room around and above the equipment to exercise safely.
- Only one person may use the equipment at a time.
- This equipment is for indoor home use only and is not intended for therapeutic use.

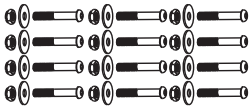
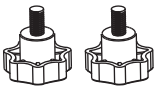
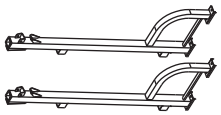
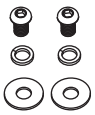
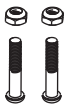
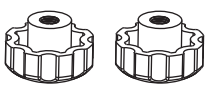
PARTS LIST

Upon receiving, please check the contents against the Parts List before assembly. If any parts are missing or damaged, please contact us immediately.

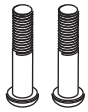
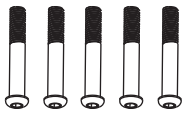
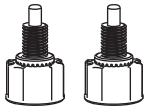
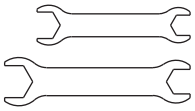
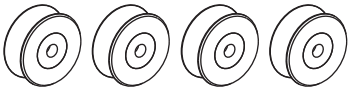
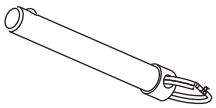
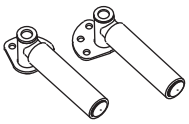
Note: Parts #14, #34, #37 and #38 are pre-installed on the product.

#	Image	Description	Qty
1		Dip Handle Assembly	2
2		Assist Pad Stop	1
3		Base Tube	2
4		Assist Pad Frame	1
5		L/R Assist Pad Extension Bracket	2
6		Assist Pad	1
7		Armrest Pad	2
8		Guide Tube Crossbar	1
9		Upper Pulley Crossbar	1
10		Assist Pad Carriage	1

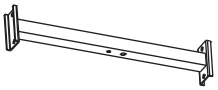
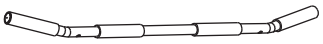
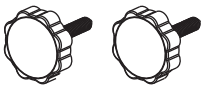
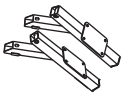
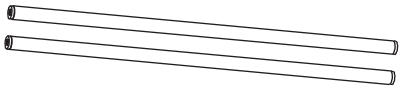
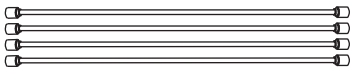
PARTS LIST

#	Image	Description	Qty
11		M10x65 Bolt + Flat Washer + Nut	12
12		M8 Knob	2
13		L/R Vertical Tube	2
14		M8x12 Screw + Spring Washer + Flat Washer	2
15		M8x16 Flat Washer	4
16		M8 Nut	4
17		M10x55 Bolt + Nut	2
18		M10x70 Screw	2
19		M10 Knob	2
20		M8x30 Screw	4

PARTS LIST

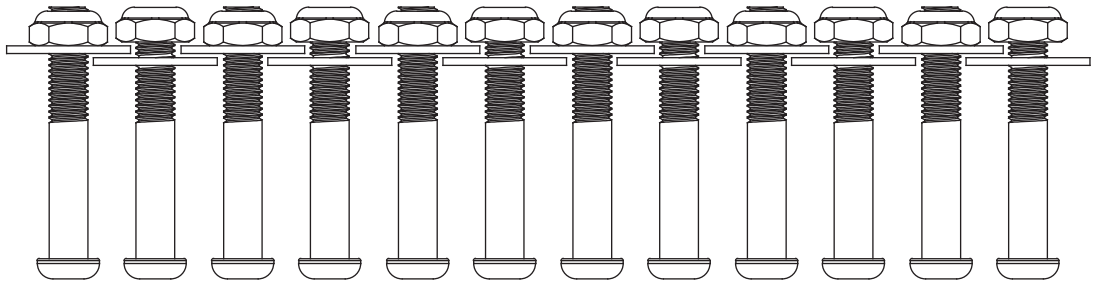
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21		M10x45 Screw	2
22		M8x50 Screw	5
23		M16 Knob	2
24		Open-end Wrench	2
25		M8x68 Ring Pin	3
26		Pulley	4
27		M10x80 Ring Pin	1
28		L/R Push-up Handle	2
29		Hex Key	2
30		Telescopic Tube	2

PARTS LIST

#	Image	Description	Qty
31		Resistance Cord 1	4
32		Base Crossbar	1
33		Pull-up Bar	1
34		M8x16 Screw	2
35		M10x65 Knob	2
36		L/R Armrest Bracket	2
37		M6x16 Screw	8
38		M12x16 Screw	4
39		Guide Tube	2
40		Resistance Cord 2	4

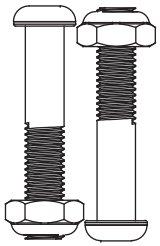
HARDWARE PACK

STEP 1

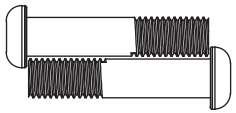


(#11) M10x65 Bolt + Flat Washer + Nut - 12pcs

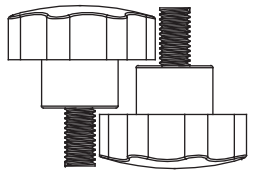
STEP 2



(#17) M10x55
Bolt + Nut - 2pcs

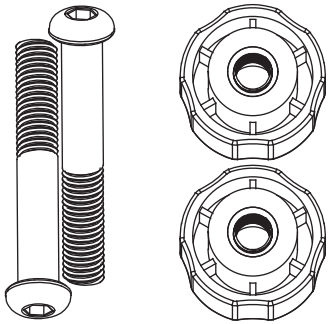


(#21) M10x45
Screw - 2pcs



(#12) M8 Knob - 2pcs

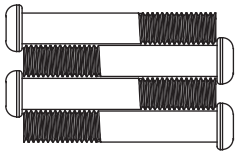
STEP 3



(#18) M10x70 Screw - 2pcs

(#19) M10 Knob - 2pcs

STEP 4



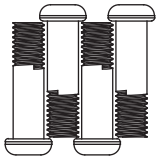
(#22) M8x50 Screw - 4pcs



(#15) M8x16
Flat Washer
- 4pcs

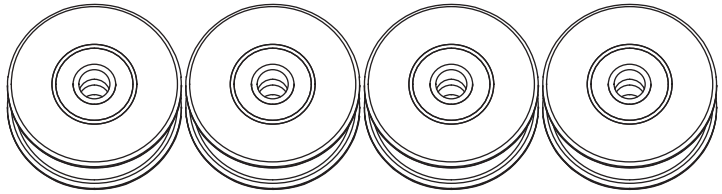


(#16) M8 Nut - 4pcs



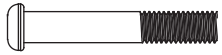
(#20) M8x30 Screw - 4pcs

STEP 5

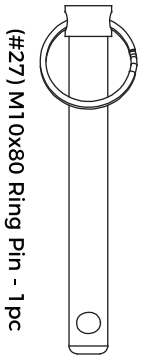


(#26) Pulley - 4pcs

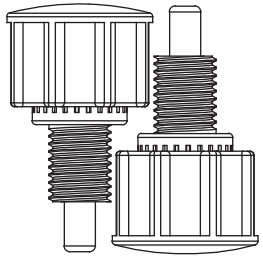
STEP 6



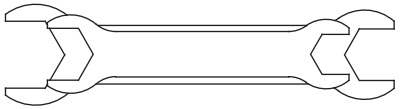
(#22) M8x50 Screw - 1pc



(#27) M10x80 Ring Pin - 1pc



(#23) M16 Knob - 2pcs

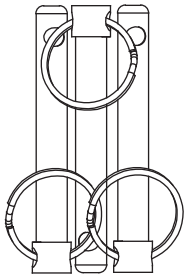


(#24) Open-end Wrench - 2pcs



(#29) Hex Key - 2pcs

STEP 7

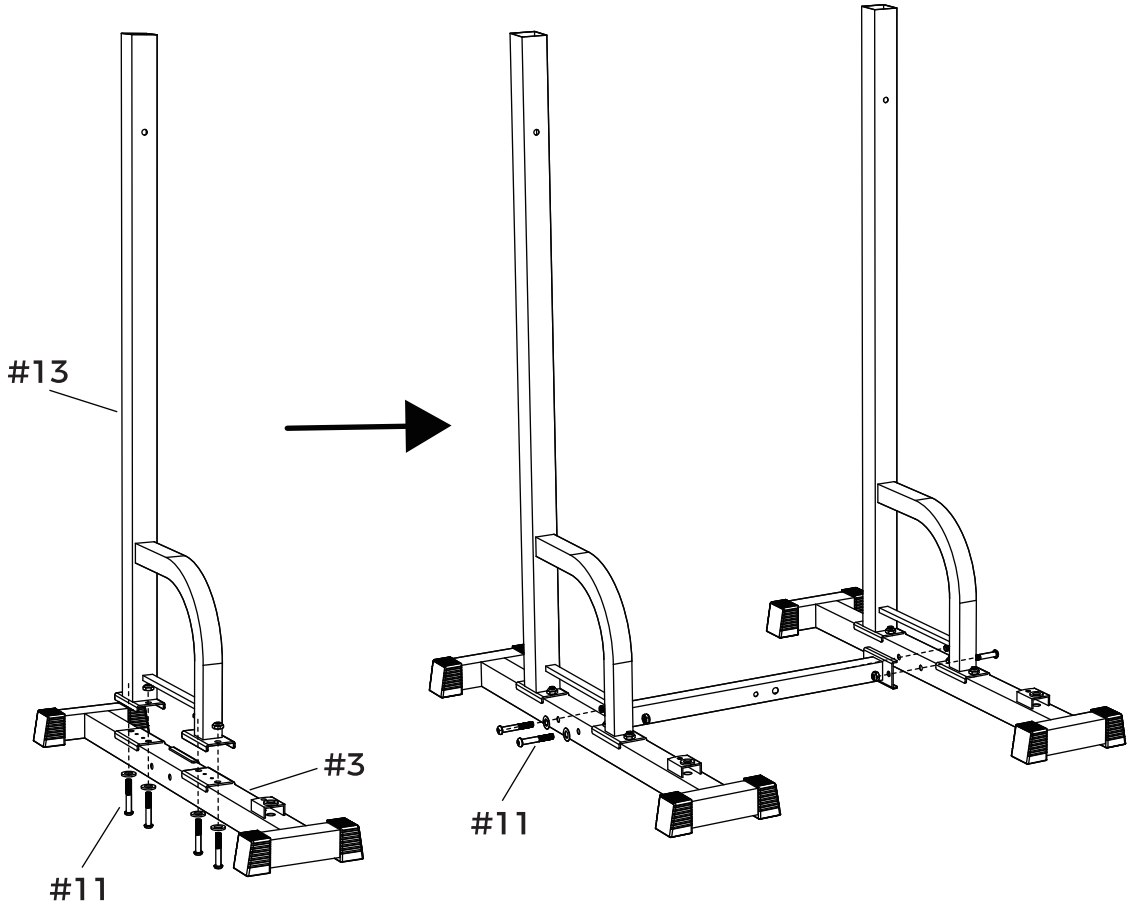


(#25) M8x68
Ring Pin - 3pcs

ASSEMBLY INSTRUCTIONS

Step 1. Assemble the Base Frame

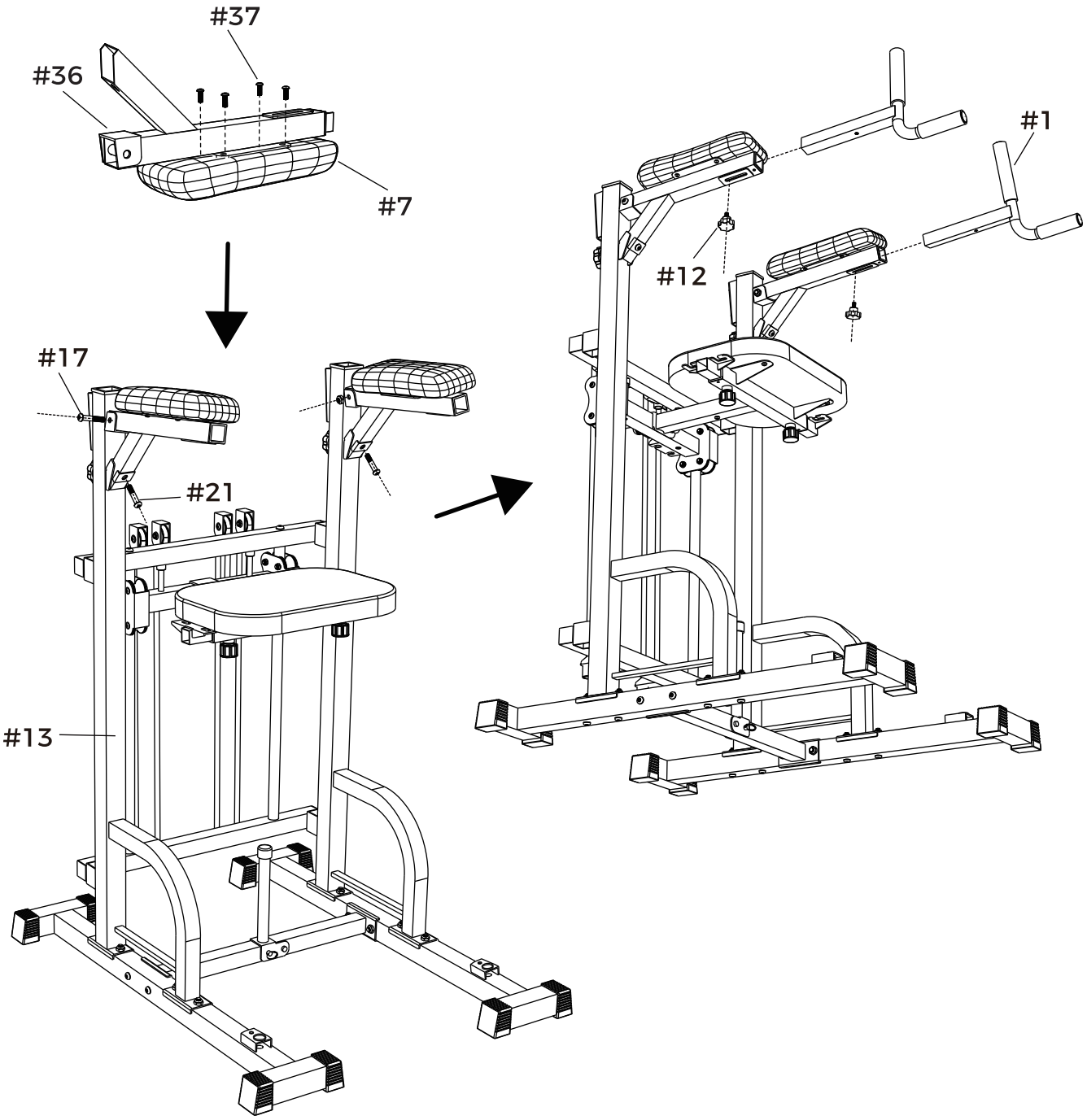
- Attach the L/R Vertical Tubes (#13) to the Base Tubes (#3) using M10x65 Bolts + Flat Washers + Nuts (#11).
- Install the Base Crossbar (#32) between the two Base Tubes (#3) using M10x65 Bolts + Flat Washers + Nuts (#11). Make sure the base frame is stable before tightening all bolts installed in this step.



ASSEMBLY INSTRUCTIONS

Step 2. Install the Armrests and Dip Handle Assemblies

- Remove the pre-installed M6x16 Screws (#37) from the Armrest Pads (#7). Use the same screws to attach the Armrest Pads (#7) to the L/R Armrest Brackets (#36).
- Attach the L/R Armrest Brackets (#36) to the L/R Vertical Tubes (#13) using M10x55 Bolts + Nuts (#17) and M10x45 Screws (#21).
- Insert the Dip Handle Assemblies (#1) into the L/R Armrest Brackets (#36) and secure them from below using the M8 Knobs (#12).

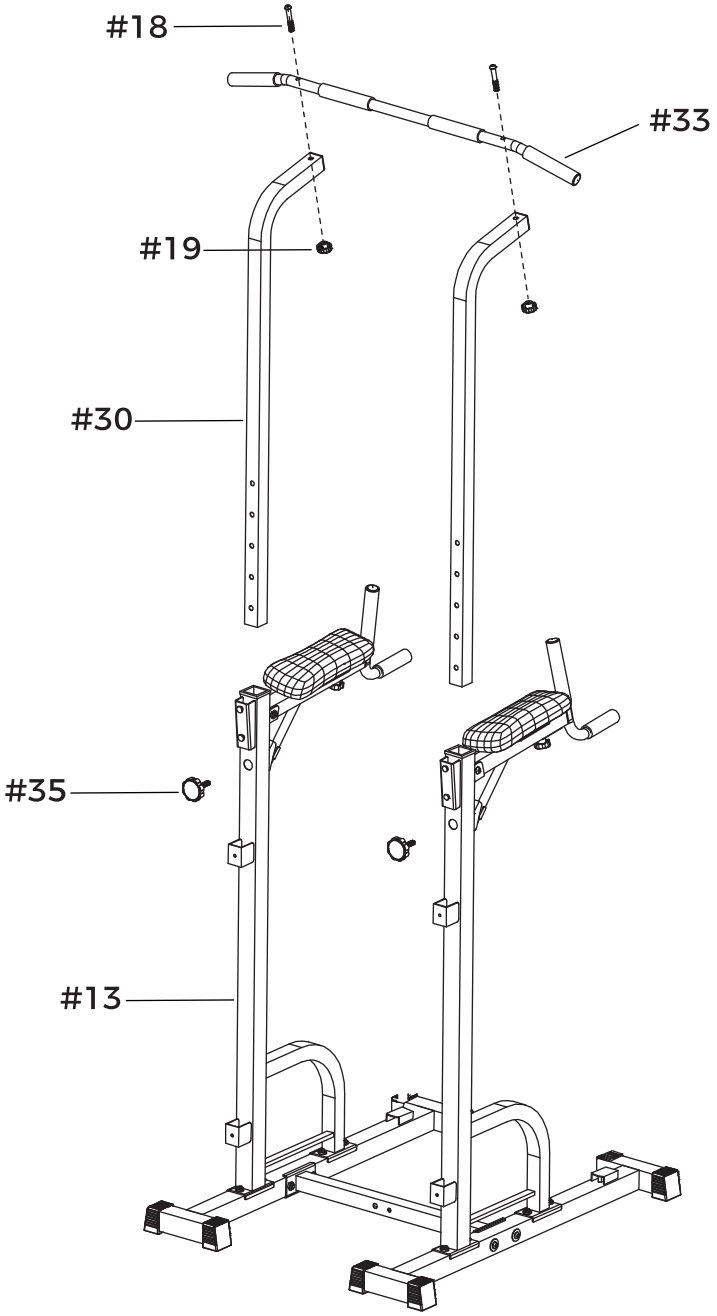


ASSEMBLY INSTRUCTIONS

Step 3. Install the Telescopic Tubes and Pull-up Bar

- Insert the Telescopic Tubes (#30) into the L/R Vertical Tubes (#13). Attach the Pull-up Bar (#33) to the Telescopic Tubes (#30) using M10x70 Screws (#18) and M10 Knobs (#19).
- Adjust both Telescopic Tubes (#30) to the same height, then secure them using M10x65 Knobs (#35).

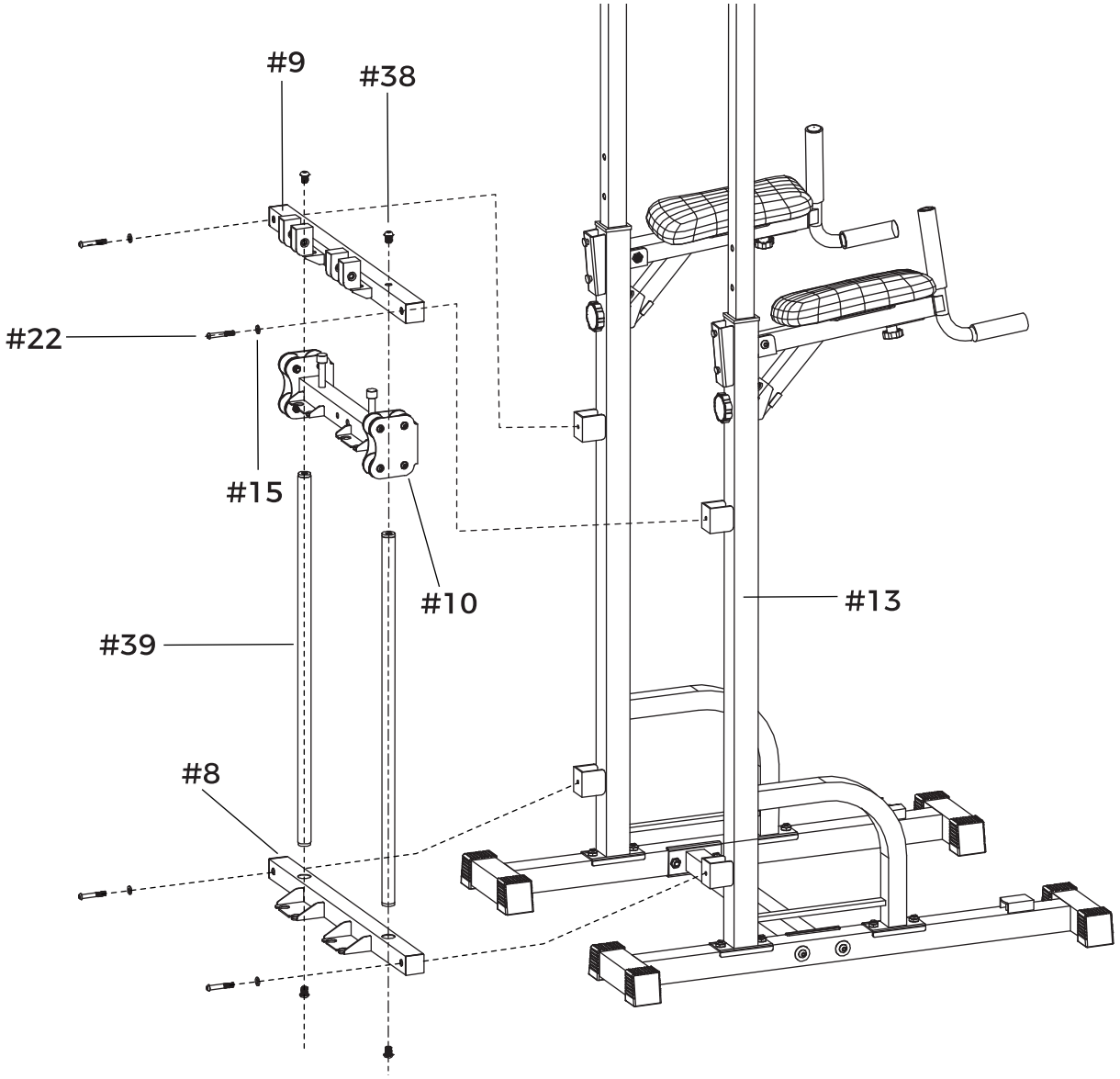
  Note: Raise or lower the Telescopic Tubes (#30) to adjust the height of the Pull-up Bar (#33) to suit your training needs.



ASSEMBLY INSTRUCTIONS

Step 4. Install the Guide Tubes and Assist Pad Carriage

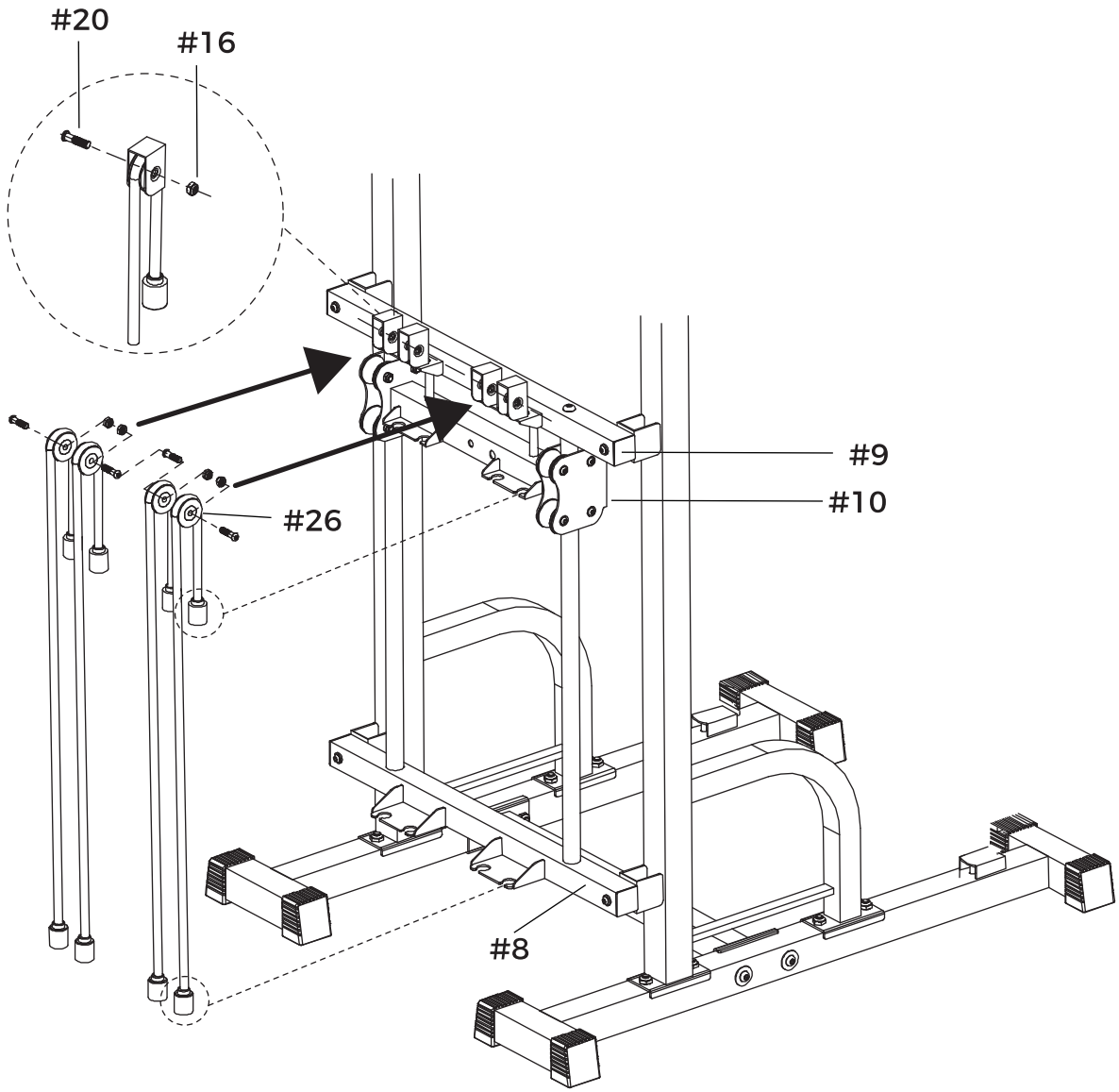
- Remove the pre-installed M12x16 Screws (#38) from the Guide Tubes (#39). Use two of these screws to attach the Guide Tubes (#39) to the Guide Tube Crossbar (#8). Then attach the Guide Tube Crossbar (#8) to the L/R Vertical Tubes (#13) using M8x50 Screws (#22) and M8x16 Flat Washers (#15).
- Slide the Assist Pad Carriage (#10) onto the Guide Tubes (#39). Slowly lower it until it rests on the Guide Tube Crossbar (#8).
- Fit the Upper Pulley Crossbar (#9) onto the upper ends of the Guide Tubes (#39). Loosely attach it to the L/R Vertical Tubes (#13) using M8x50 Screws (#22) and M8x16 Flat Washers (#15). Use the remaining two M12x16 Screws (#38) to attach the Upper Pulley Crossbar (#9) to the Guide Tubes (#39). Once both sets of screws are in place, tighten them securely.



ASSEMBLY INSTRUCTIONS

Step 5. Install the Resistance Cords and Pulleys

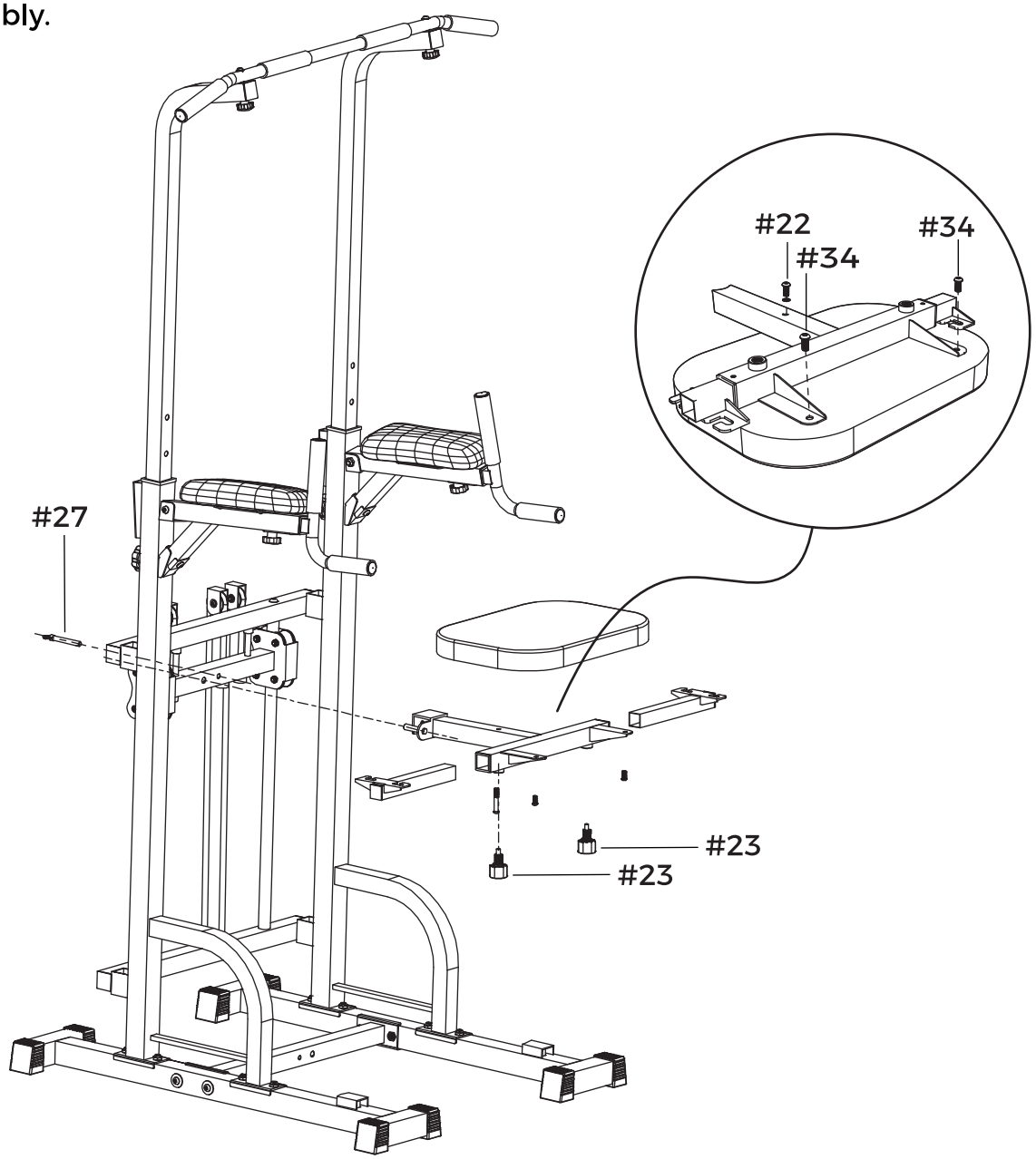
- Route a Resistance Cord over the top of a Pulley (#26) and seat it in the groove. The long and short ends should hang down on opposite sides of the pulley.
- Place the Pulley (#26) and cord into one of the pulley brackets on the Upper Pulley Crossbar (#9). Insert an M8x30 Screw (#20) through one side of the bracket, the pulley's center hole, and the other side of the bracket. Thread an M8 Nut (#16) onto the screw. Hold the screw in place with a Hex Key (#29) and tighten the nut with an Open-end Wrench (#24).
- Lift the Assist Pad Carriage (#10) along the Guide Tubes (#39) and hold it up while you seat the short end of the cord in the corresponding slot on the carriage. Then seat the long end in the corresponding slot on the Guide Tube Crossbar (#8).
- Repeat the above steps for the remaining three pulleys and resistance cords.



ASSEMBLY INSTRUCTIONS

Step 6. Assemble and Install the Assist Pad

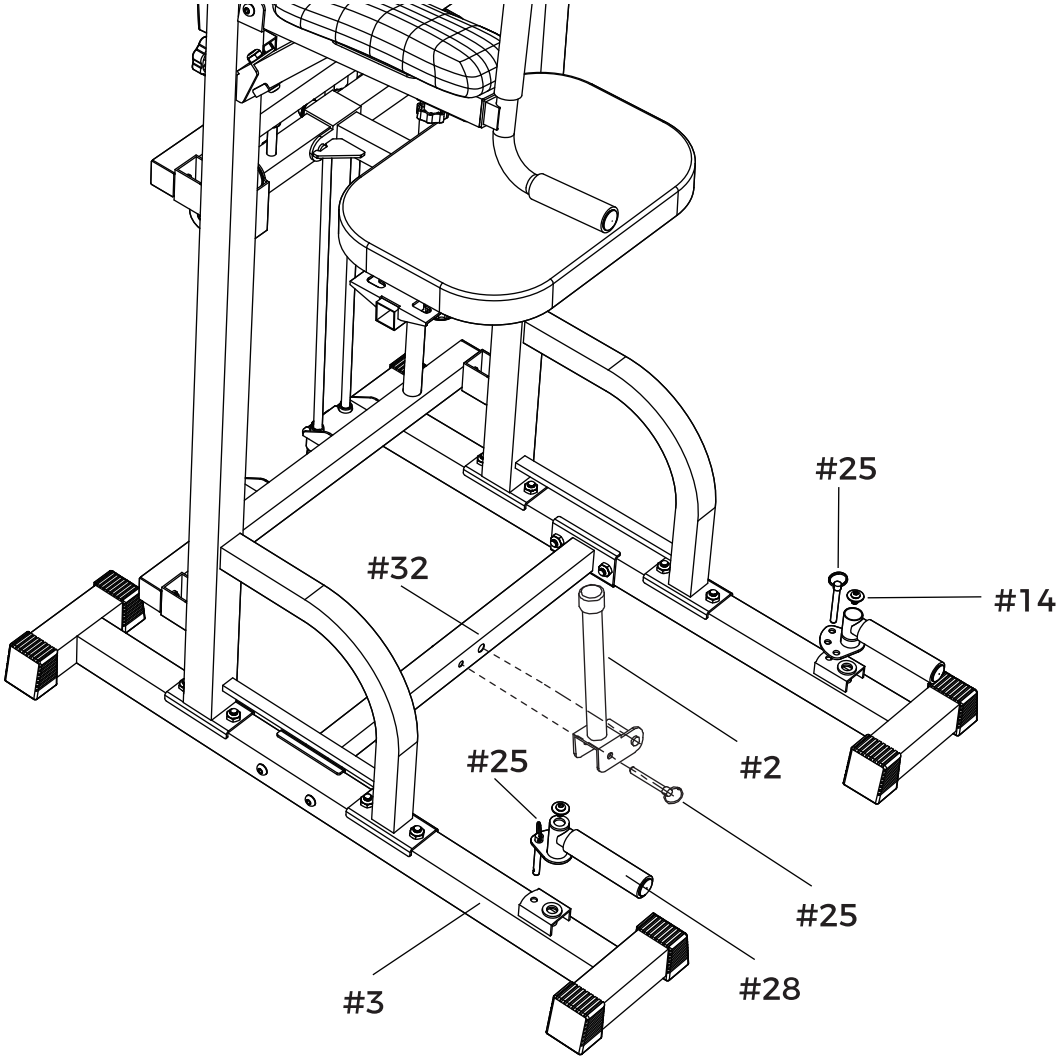
- Remove the two pre-installed M8x16 Screws (#34) from the Assist Pad (#6). Use these two screws and one M8x50 Screw (#22) to attach the Assist Pad (#6) to the Assist Pad Frame (#4).
- Slide the L/R Assist Pad Extension Brackets (#5) into the corresponding ends of the Assist Pad Frame (#4) and secure them with the M16 Knobs (#23).
- Tilt the assist pad assembly and insert the locating pin on the mounting bracket of the Assist Pad Frame (#4) into the left-hand hole in the crossbar of the Assist Pad Carriage (#10). Then rotate the assembly until the bracket fits over the crossbar. Align the locking holes and insert the M10x80 Ring Pin (#27) to secure the assembly.



ASSEMBLY INSTRUCTIONS

Step 7. Install the Assist Pad Stop and Push-up Handles

- Tilt the Assist Pad Stop (#2) and insert the locating pin on its mounting bracket into the left-hand round hole in the Base Crossbar (#32). Pivot the stop upright until the U-shaped bracket fits over the crossbar. Insert one M8x68 Ring Pin (#25) to secure the stop.
- Remove the pre-installed M8x12 Screws + Spring Washers + Flat Washers (#14) from the L/R Push-up Handles (#28). Use these fasteners to attach the L/R Push-up Handles (#28) to the corresponding Base Tubes (#3).
- Adjust the L/R Push-up Handles (#28) to the desired angles and insert one M8x68 Ring Pin (#25) per handle to lock them in place.

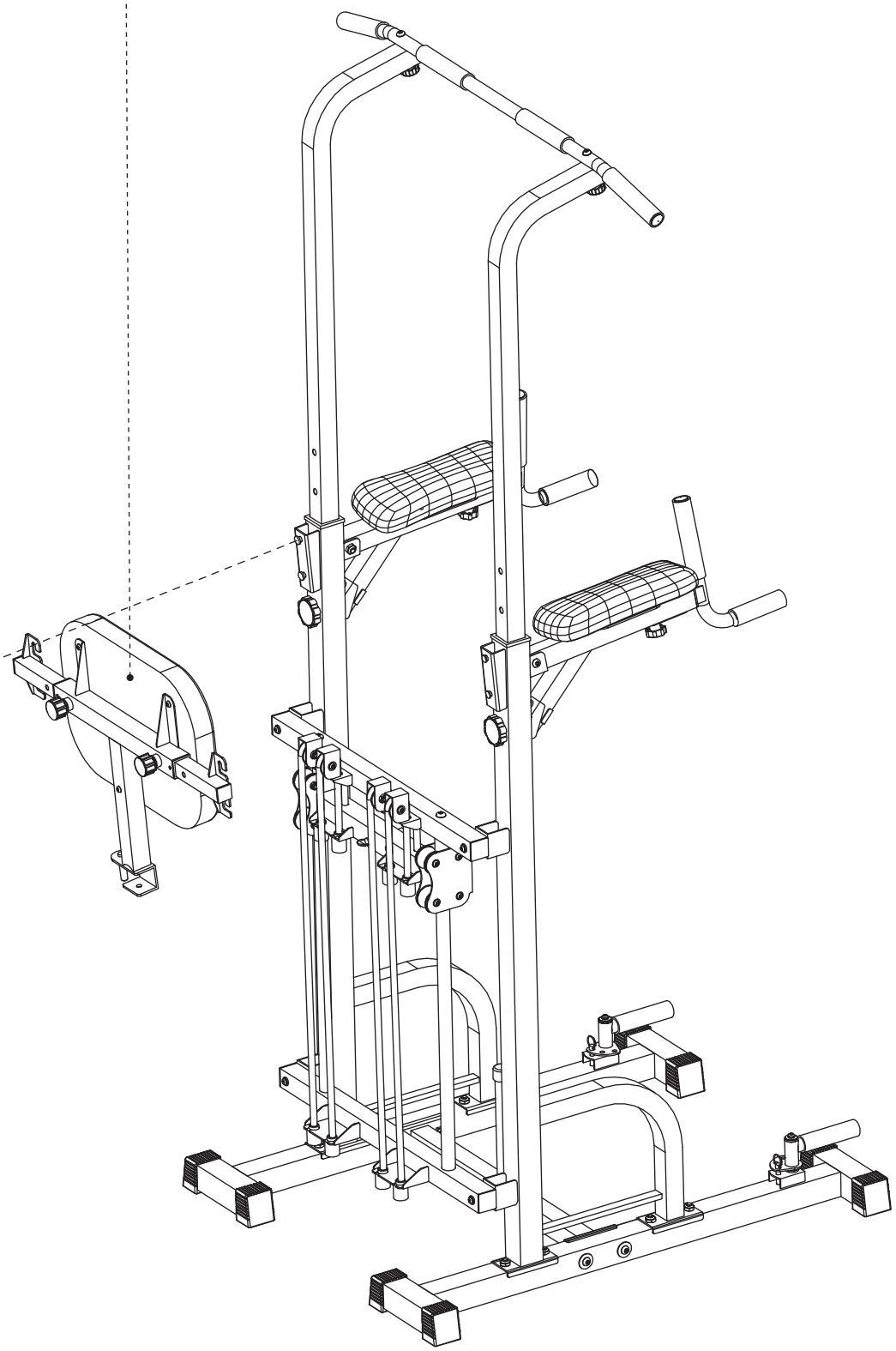


Assembly is now complete. Make sure all bolts, screws, and nuts are securely tightened, and all required locking pins are fully inserted before use.

ASSEMBLY INSTRUCTIONS

Attention

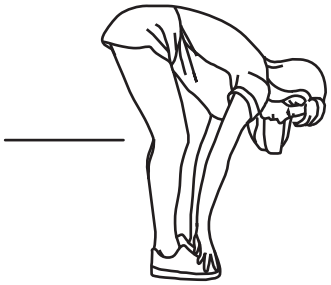
For unassisted pull-ups, remove the assist pad assembly and hook it onto the mounting points on the left and right vertical tubes as shown, where it can also serve as a backrest.



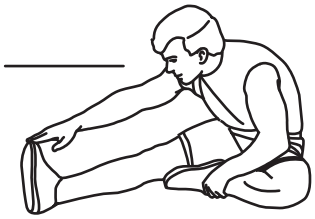
WARM-UP

Warm-up is essential before every workout, as it helps relax your body and stretch your muscles, preparing you for exercise.
Cool-down exercises are equally important after a workout, as they help relax your muscles and alleviate soreness. We recommend performing the following warm-up and cool-down exercises before and after each session.

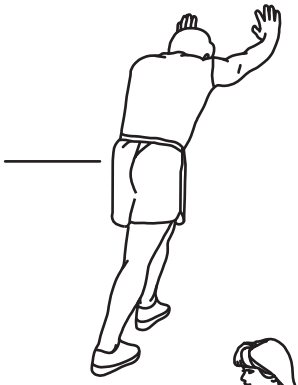
1. Toe Touch
Slowly bend your waist, letting your back and shoulders relax as you lower your trunk. Gently stretch down as far as is comfortable and hold for 10 - 15 seconds, then relax.



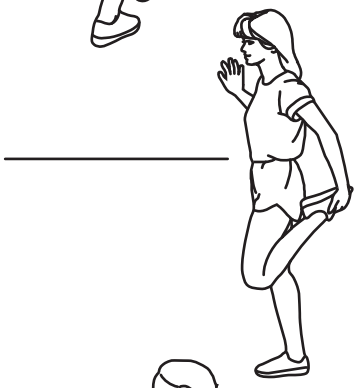
2. Hamstring Stretch
Sit on a clean mat with one leg extended straight in front of you. Bend the other leg, placing the sole against the inner thigh of the extended leg. Reach forward toward the toes of the extended leg with both hands. Hold the stretch for 10 - 15 seconds, then relax.



3. Calf and Achilles Stretch
Stand facing a wall with both hands placed against it. Step one foot forward and the other foot back. Slightly bend your front knee and lean forward toward the wall until you feel a stretch in the calf and Achilles tendon of the back leg. Hold for 10–15 seconds, then relax.



4. Quadriceps Stretch
Stand next to a wall and place your left hand on the wall for balance. Reach your right hand back to grab your right ankle or foot. Gently pull your foot toward your buttocks until you feel a stretch in the front of your thigh. Hold for 10–15 seconds, then relax.



5. Butterfly Stretch
Sit down with the soles of your feet pressed together and your knees dropped outward in a butterfly position. Hold your feet with both hands and gently pull them toward your groin. Hold for 10–15 seconds, then relax.



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