

DRAX
Designed by Science

V1.2E

USER'S MANUAL

POWER Series

EU

POWER TOWER



Be sure to read the manual before using the product in order to use safely and correctly. Please keep user manual at a place to be available easily.

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1 BEFORE YOU START

The following safety sign is affixed to the Synergy Air Power Tower.



Please read the following safety instructions, precautions and information before operating the Synergy Air Power Tower. Failure to adhere to the following will void warranty.

SAFETY INSTRUCTIONS

- The owner of this equipment must inform all users of the safety precautions and the methods of correct usage.
- Always operate the equipment in accordance with the instructions.
- The Synergy Air Power Tower must remain vertical when installed ensuring a clearance of at least 1m/40" to the rear of the machine.
- The equipment must be installed indoors in a location free of moisture and dust.
- The product must be correctly assembled and tested before operation.
- Children under the age of 12 are not to use the machine.
- Pets are not to use the machine.
- The maximum weight supported by the Synergy Air Power Tower is 180kg/396lbs.
- Only one user at a time is permitted to use the Synergy Air Power Tower.
- The user is to wear appropriate clothing and shoes whilst using the Synergy Air Power Tower. Baggy or loose clothes will catch on the equipment and must be avoided.
- Do not spill food or drink on the product.
- Regularly check operation and components parts of the machine. Securely tighten any loose fittings or connections.

Danger

- Do not wet the surface of the Synergy Air Power Tower with any liquids. Cleaning involves only the use of a fine mist sprayer or a damp cloth.
- Any liquid container in proximity to the Synergy Air Power Tower must have a tight-fitting cap or lid. Do not use the Synergy Air Power Tower if a liquid has been spilt on any surface.
- If the operation of the Synergy Air Power Tower, does not feel correct, or a hazard is suspected, do not attempt to repair the Synergy Air Power Tower. Contact your service agent.

Attention

Please consult your physician before commencing any exercise program. Permission must be obtained from a health professional for any of the following health conditions of the user:

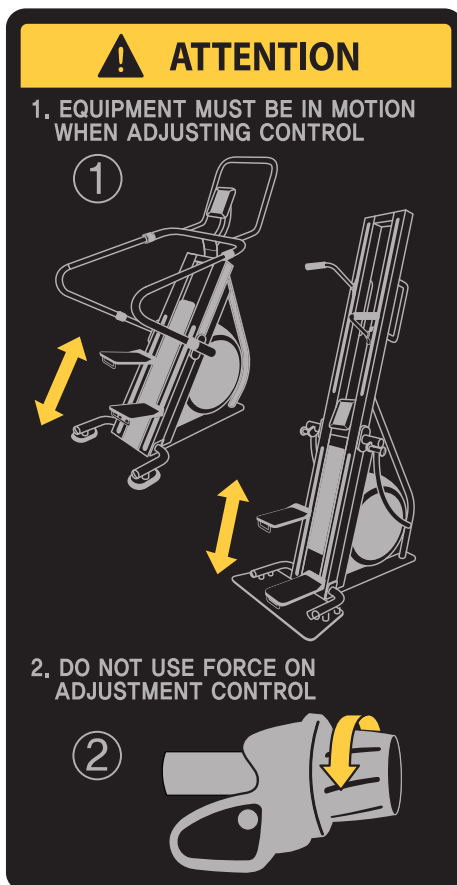
- **pregnancy,**
- **heart disease,**
- **high blood pressure,**
- **diabetes,**
- **chronic respiratory disease,**
- **high cholesterol,**
- **cigarette related or other chronic disease,**
- **physical disability.**

Stop exercising immediately if dizziness, chest pain, nausea or other health abnormality is felt during exercise. Please consult your physician before continuing the exercise.

Any repair or maintenance work must be conducted by a qualified engineer or recognized service agent.

Warning

- The Synergy Air Power Tower is user powered. The user controls the speed of the movement.
- There is no emergency stop function in the Synergy Air Power Tower.
- Every user must become familiar with the mechanism and functions before using the Synergy Air Power Tower.
- Ensure entry to the Synergy Air Power Tower is via the rear, gripping the handles when embarking or disembarking the Synergy Air Power Tower.
- The Synergy Air Power Tower must be installed vertically on a hard, level surface.
- Keep hands away from all moving surfaces and components.
- Do not allow a towel or clothing to become caught in the moving surface of the Synergy Air Power Tower. Shoelaces must be enclosed and short enough not to touch the footrests. Do not use high heels, or shoes with leather soles.
- Always use the handles when embarking or disembarking the Synergy Air Power Tower.
- Examine the Synergy Air Power Tower regularly for safe operation. Repair any problem immediately it is identified. Implement a regular maintenance plan for the Synergy Power Tower at minimum quarterly intervals.



**SAVE THESE INSTRUCTIONS
FOR FUTURE REFERENCE.**

2 INSTALLATION AND ASSEMBLY

TECHNICAL SPECIFICATIONS

- The Synergy Air Power Tower does not require any electrical wall outlet.
- The Synergy Air Power Tower is a non-motorized product.
- The Synergy Air Power Tower uses patented Continuously Variable.
- Transmission (CVT) and air turbine to provide resistance.
- Dimensions: L 1161mm (45") x W 864 mm (34") x H 2358mm (92.8")

ENVIRONMENTAL SPECIFICATIONS

- Operating conditions: temperature 10°C ~ 40°C / 50OF ~ 104OF Humidity 20% ~ 95%.
- Transport and storage conditions: temperature -18°C ~ 49°C / -10F ~ 120OF.
Humidity 20-95%.

3 IN SERVICE MAINTENANCE

SECTION IDENTIFICATION

NO	Description	QTY
1	Left handle	1
2	Right handle	1
3	Main body assembly	1
4	Footplate	1
5	Console	1
6	left footrest	1
7	Right footrest	1

Table 1: Synergy Air Power Tower, Section Identification.

REGULAR MAINTENANCE

Periodic cleaning and inspection, and lubrication will keep the Synergy Air Power Tower in optimal condition.

The following is the recommended maintenance schedule. In environments with severe pollution, the frequency of inspections and maintenance should be increased.

WEEKLY MAINTENANCE

Clean the frame and plastic surfaces with a soft cloth or brush.
Do not use abrasive cleaning materials or brushes.

Protect all metal surfaces with Lanolin Spray.
Spray onto a cloth and wipe surfaces.

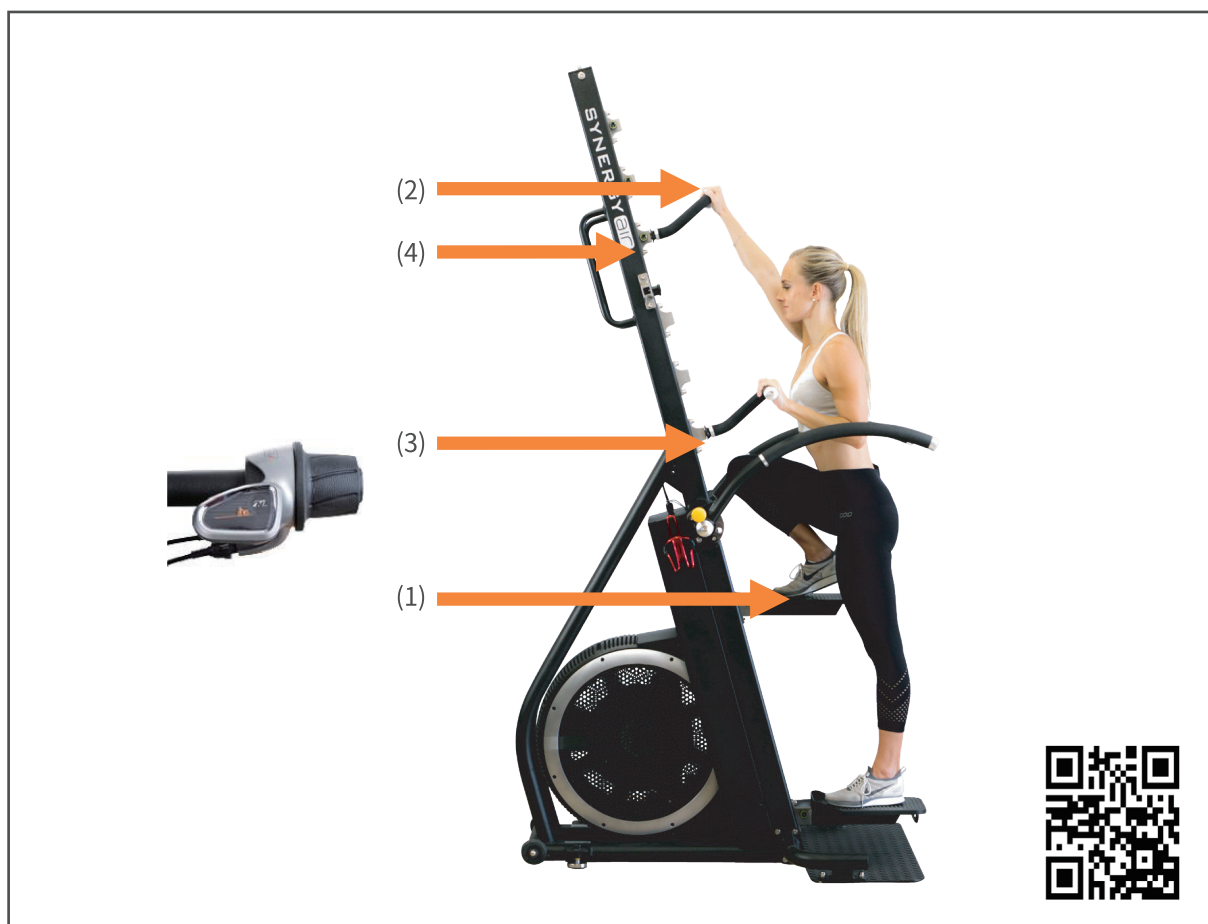
Note-Do not apply Lanoline to handles and/or Foot plates Clean the console with a soft cloth.

SIX MONTHLY MAINTENANCE

Remove the side covers and check the tension of the frame bolts and nuts.
Check the bearings and wear condition of all cables, chains and sprockets.

4 HOW TO USE THE SYNERGY AIR POWER TOWER

TOTAL BODY CLIMBING _



- Place one foot on the corresponding footrest (1).
- As you place your weight on the footrest reach up and grab the fixed handrails (3) or adjustable handles (2) for balance.
- Once both feet are on the footrests adjust the handle height (2) to suit. Ensure only one handle is removed and relocated at a time whilst holding the other for balance.
- Slowly move the footrest and handles to generate speed. Whilst doing so the Continuously Variable Transmission (CVT) (3) can be rotated to vary resistance as deemed necessary.
- Ensure safety pins (4) are engaged at all times during use.

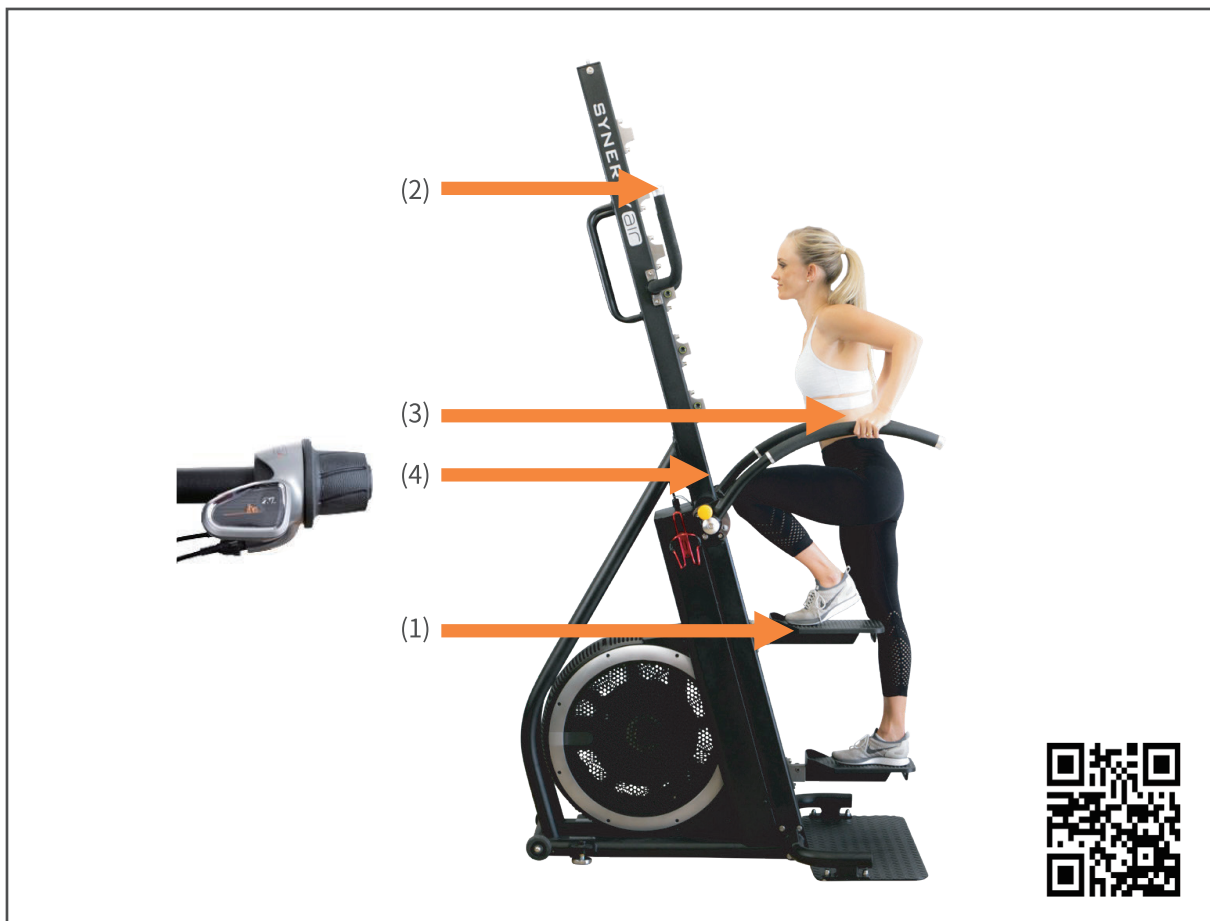


Caution

the Continuously Variable Transmission (CVT) must only be adjusted whilst the machine is in motion. Attempting to adjust the Continuously Variable Transmission (CVT) whilst the machine is stationary may damage the mechanism and void warranty.

To view a video of Synergy Air Sprint Power Tower see QR code on reverse of booklet.

LOWER BODY CLIMBING _



- Place one foot on the corresponding footrest (1).
- As you place your weight on the footrest reach up and grab the handrail(3) or the adjustable handrails (2) for balance.
- Once both feet are on the footrests, the adjustable handrails (2) can be removed and stored in the brackets on the side. Ensure only one handle is removed and relocated at a time whilst holding the other for balance.
- Slowly move the footrests to generate speed. Whilst doing so the Continuously Variable Transmission (CVT) (4) can be rotated to vary resistance as deemed necessary.

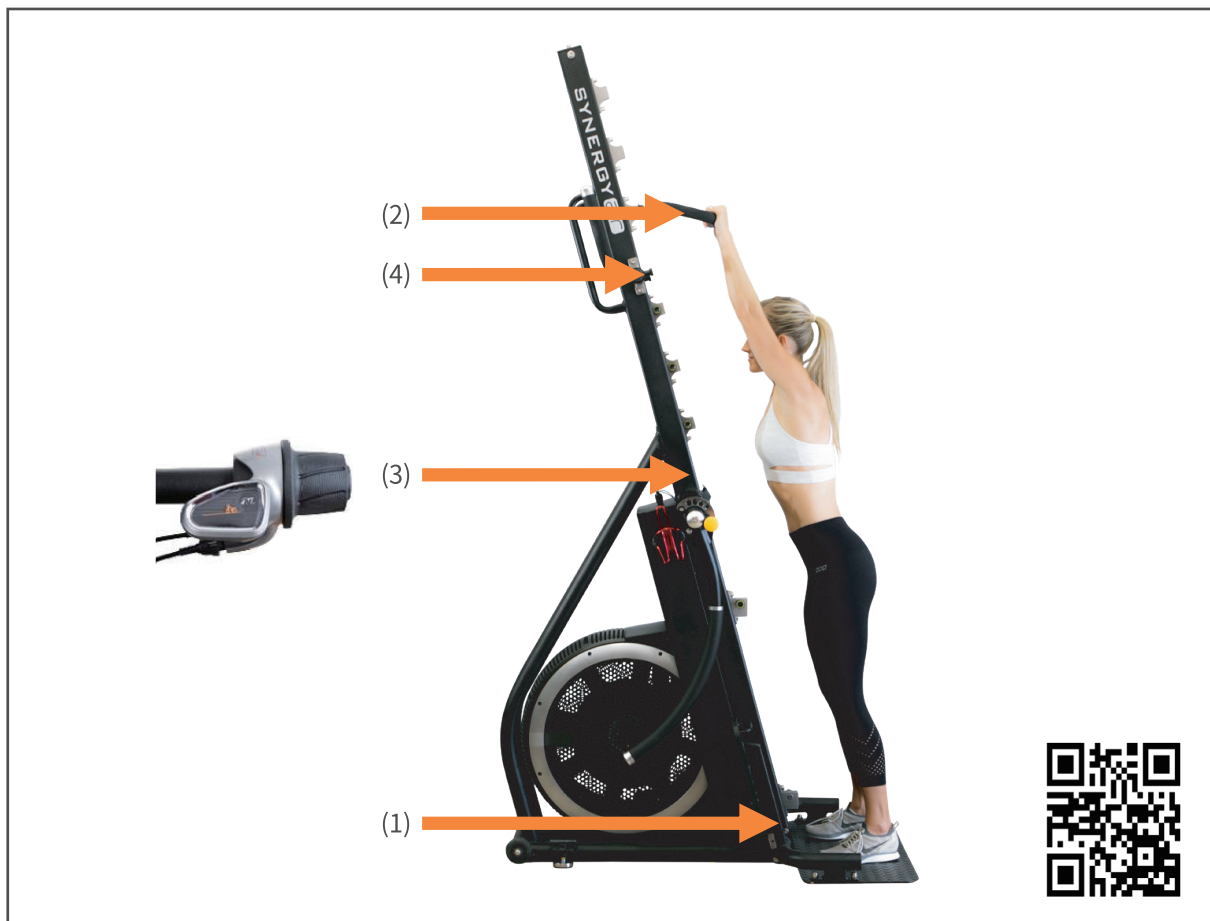


Caution

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HANG PULL PUSH PRESS _



- Remove footrests and place on storage pins (1).
- Adjust the handle height (2) to suit.
- Slowly move the handles to generate speed. Whilst doing so the Continuously Variable Transmission (CVT) (3) can be rotated to vary resistance as deemed necessary.
- Ensure safety pins (4) are engaged at all times during use.



Caution

the Continuously Variable Transmission (CVT) must only be adjusted whilst the machine is in motion. Attempting to adjust the Continuously Variable Transmission (CVT) whilst the machine is stationary may damage the mechanism and void warranty.

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CHEST PRESS BENT PULL _



- Remove footrests and place on storage pins (1).
- Adjust the handle height (2) to suit.
- Slowly move the handles to generate speed. Whilst doing so the Continuously Variable Transmission (CVT) (3) can be rotated to vary resistance as deemed necessary.

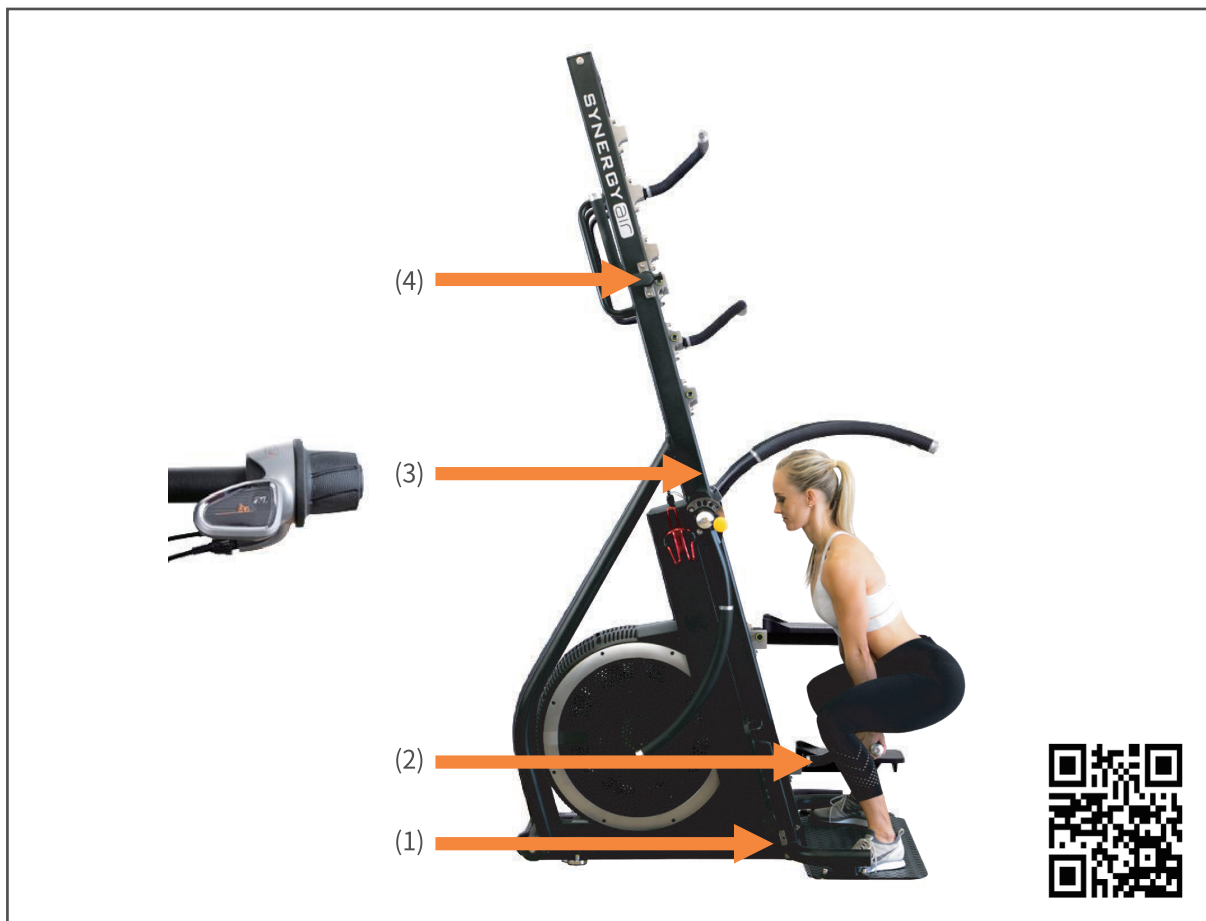


Caution

the Continuously Variable Transmission (CVT) must only be adjusted whilst the machine is in motion. Attempting to adjust the Continuously Variable Transmission (CVT) whilst the machine is stationary may damage the mechanism and void warranty.

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DEADLIFT PUSH DOWN _



- Remove footrests and place on storage pins (1).
- Remove one adjustable handlebar and place in storage pin (4). Place the other adjustable handlebar in the opposite foot position (2).
- Slowly move the handle to generate speed. Whilst doing so the Continuously Variable Transmission (CVT) (3) can be rotated to vary resistance as deemed necessary.



Caution

The Continuously Variable Transmission (CVT) must only be adjusted whilst the machine is in motion. Attempting to adjust the Continuously Variable Transmission (CVT) whilst the machine is stationary may damage the mechanism and void warranty.

To view a video of Synergy Air Sprint Power Tower see QR code on reverse of booklet.

POWER TOWER OPERATIONAL POSTIONS _



TOTAL BODY CLIMBING



STEPPING



HANG PULL



PUSH PRESS



RECIPROCAL LAT PULL /
SHOULDER PRESS



DEADLIFT / SQUAT



RECIPROCAL CHEST PRESS / ROW



SINGLE ARM CHEST PRESS / ROW

SYNERGY AIR DUTY OF CARE ACKNOWLEDGEMENT _

DUTY OF CARE ACKNOWLEDGEMENT :


I acknowledge & understand that the fitness equipment being supplied by Synergy Physical Conditioning Systems Pty Ltd to our Facility must be used correctly and that incorrect use or using excessive weight relative to the capability of the user can easily result in injury.

Accordingly, as part of our 'Duty of Care', I understand that it is our responsibility to ensure:

1. That all equipment users, prior to using the equipment must receive a comprehensive induction, by a qualified fitness professional, in the correct use and safe operation of the fitness equipment. As part of the equipment induction process, we must ensure that patrons are made aware of the safety 'Warning' labels on each machine and that reference is made to the exercise Instructional Placards' fitted to Strength pin loaded machines.
2. It is understood that many of the machines, racks & benches can be used for a wide range of variable exercise options, making it impossible to provide an instructional placard for every exercise option & variant. Accordingly, the equipment purchaser acknowledges that it is the responsibility of the exercise facility to instruct and supervise users in the safe, correct and appropriate use of these machines.

PLEASE NOTE : Any piece of fitness equipment is capable of being pulled over if used incorrectly. It is the buyer's responsibility to determine if they wish to fix the equipment to the floor.

5 SPECIFICATION

Specification	POWER TOWER
kinetic strength control (Control method)	variable(adjustable) twist grip
driving method	rope/chain link
Product Size	874 x 1285 x 2370 mm (34.4" x 50.6" x 93.3") W x L x H
product weight	150 kg (330 lbs)
maximum permissible load (Max. allowable W.T.)	180 kg (400 lbs)
Distance Between Steps Up/Down Exercise Stroke	255 mm (10") 657 mm (25.9")
Display	Calories, Time, Distance, RPM Indication
Heart rate	N/A
Durability	high strength steel frame
	corrosion-resistant black powder coating
	Auto tensioner
Convenience	horizontal(level) control system
	Provides a wide range of handle positions / adjust user motion conditions (Suitable all user's exercise conditions)
Power	1.5V Battery 3EA (when using the monitor)
Product Picture	

8 MAINTENANCE

TROUBLE SHOOTING _

- **When you cannot turn on the power**
 - Check the battery on the back of the console.
- **When a friction sound is heard from beneath the machine**
 - Check if any foreign substances or objects are stuck underneath the machine.
 - Check the handle and foot plate for foreign matter.
- **When the machine stops suddenly**
 - Check if the user is using the machine in the proper way suggested by the manual.
 - Never exercise backwards or do anything opposite to the normal movement.
 - Check if the foot plate is damaged, and replace it if it has a problem.

MAINTENANCE _

- **Management and Prevention**
 - Clean the exterior of product by using a dry, soft cloth. Do not clean by using liquids such as ammonia or acid liquids.
 - Clean away objects and dust that can harm the underside of the product by using a vacuum cleaner.
 - Clean the pedal(foot plate) by using a vacuum cleaner.



Notice

The product and safety of user are assured if the user maintains the product regularly. In case of defective components, do not use the product until they are fixed or replaced. As summarized below, if there are any objects that interfere with the operation, remove or change them safely.



Notice

Please use a soft, light cloth when you clean the exterior of product. Rather than cleaning the product directly, clean it by using a vacuum cleaner after using a cloth.

• Product Management Schedule

Please follow the following schedule for maintenance of product and prevention of defects.

Component	Weekly	Monthly	Twice a Year	Yearly
Frame	Clean		Inspect	
Belt tension	Inspect			
Display	Clean		Inspect	
Controller	Clean / Inspect			
Handle , Foot plate	Clean	Inspect		
Plastic Cover	Clean	Inspect		
Accessory Cover	Clean		Inspect	
Cup holder	Clean			Inspect
Common				
Machine horizontal	*Inspect			
Bolts / Nuts		Inspect		

* Use horizontal indicator to check.

9 LIMITED WARRANTY

Product Name	POWER TOWER
Model Name	
Serial No.	
Warranty Period	
Purchase Date	

1. DRAX warrants this product to be free from defects in workmanship and material, under normal use and service for a period of one year from the date of purchase (Running Belt and Motor Belt for six months from the date of purchase). This warranty extends only to the original purchaser. DRAX obligation under this warranty is limited to replacing or repairing, at DRAX option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by DRAX at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by DRAX. This warranty does not extend to any product or damage to a product caused by or attributable to DRAX authorized service center, to products used for specifically set forth above is authorized by DRAX.
2. DRAX is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature.
3. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein.

V1.2E

POWER TOWER



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