

Synergy Air Power Tower

SYN-APT

User Manual

Version: 1.2



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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.



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: 1161mm L x 864 mm W x 2358mm H
45" x 34" x 92.8"

Environmental Specifications

- Operating conditions: temperature 10°C ~ 40°C / 50°F ~ 104°F Humidity 20% ~ 95%
- Transport and storage conditions: temperature -18°C ~ 49°C / -1°F ~ 120°F. Humidity 20-95%

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.

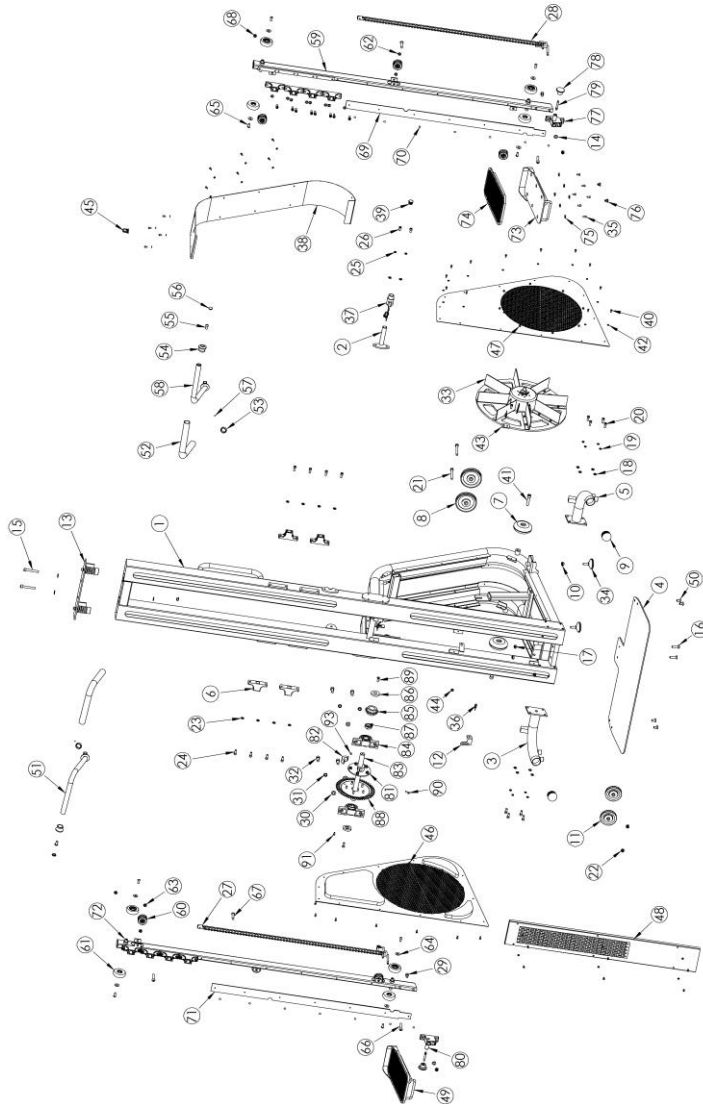
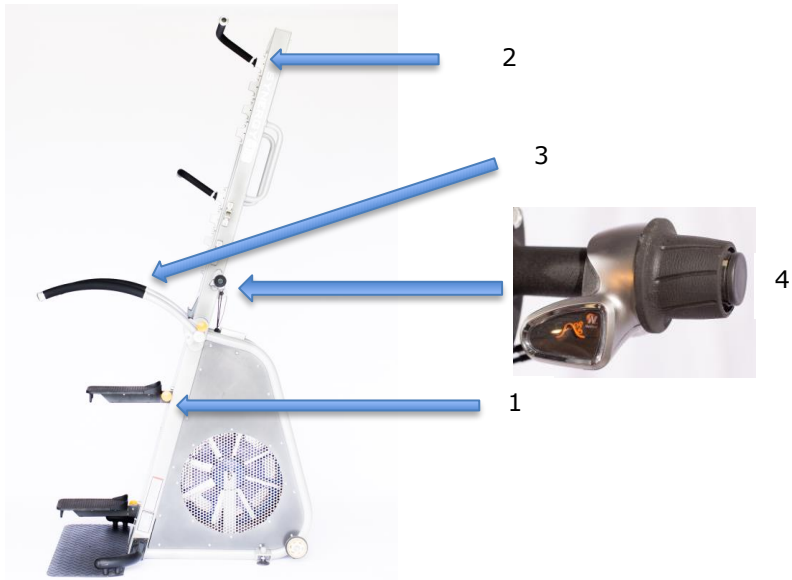


Figure 1: Exploded view of Synergy Air Power Tower

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) (4) can be rotated to vary resistance as deemed necessary.

PLEASE NOTE- 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.

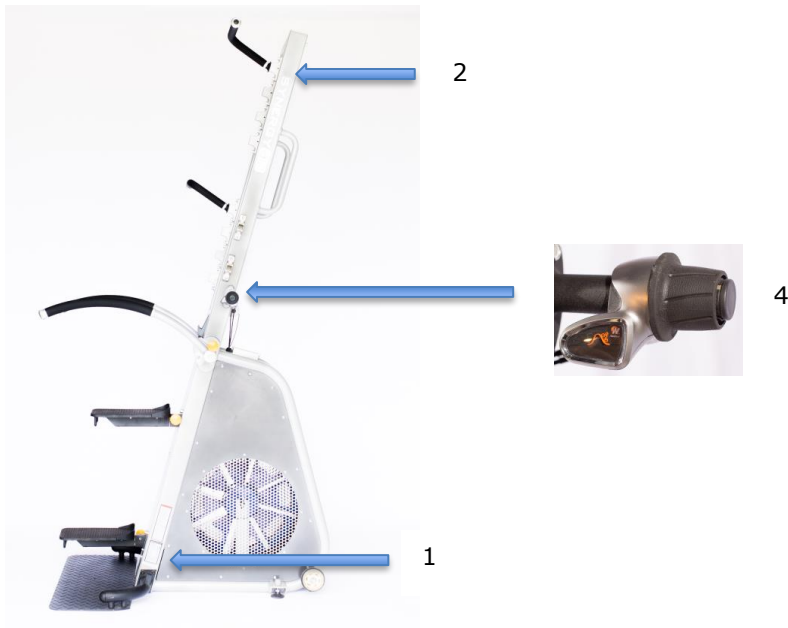
Lower Body Climbing



- 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.

PLEASE NOTE- 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.

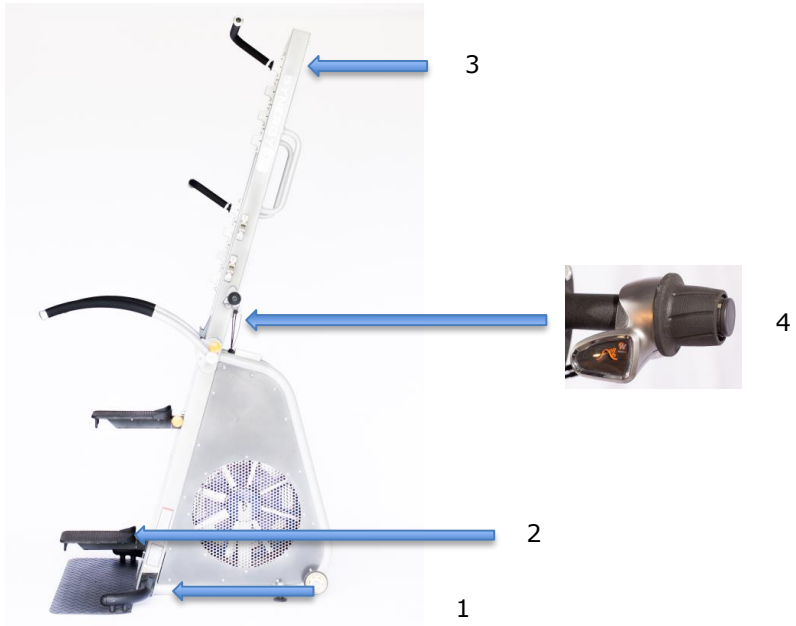
Hang Pull Push Press



- 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) (4) can be rotated to vary resistance as deemed necessary.

PLEASE NOTE- 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.

Chest Press Bent Pull



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

PLEASE NOTE- 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 Video of Synergy Air Power Tower, see QR CODE shown in Section 5

Deadlift Pushdown



- 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.

PLEASE NOTE- 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.

SYNERGY

F I T N E S S

POWER TOWER Operational Chart



Upper body hang pull and push
press/reciprocal hang pull and
push press



Lower body climbing



Total body climbing



Lower body reciprocal chest
press and row



Deadlift and pushdown

Synergy Air Duty of Care Acknowledgement

DUTY OF CARE ACKNOWLEDGEMENT: I acknowledge & understand that the fitness equipment being supplied 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.

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NOTE: Synergy Physical Conditioning Systems reserve the right to change the specification without notice.