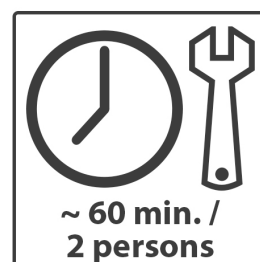
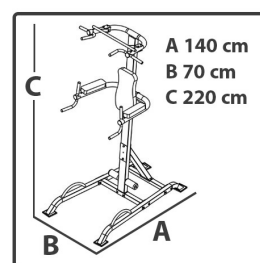




# Assembly and operating instructions



DF-POWER

DARWIN POWER TOWER



**Dear Customer,**

Thank you for deciding for a high-quality training equipment of the brand Darwin, the brand that makes athlete's hearts beat faster. Darwin offers a wide range of home fitness equipment like elliptical cross trainers, ergometers, tread-mills and rowing machines. Darwin equipment is the optimal equipment for all those who want to train at home independent of goals and fitness level. For further information please visit [www.sport-tiedje.com](http://www.sport-tiedje.com).



### **SAFETY NOTICE**

Please read all of the instructions carefully before assembly and first use. These instructions are intended to ensure speedy assembly and explain safe usage. Make sure that all people exercising with the equipment (in particular children and persons with limited physical, sensory, mental or motor capabilities) are informed about these instructions and its content in advance. In case of doubt, a responsible person must supervise the use of the equipment.

This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to follow the instructions carefully and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

Please pay close attention to the safety and maintenance instructions given here. The contract partner cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

The equipment is only suitable for use at home. The equipment is not suitable for semi-professional (e. g., hospitals, clubs, hotels, schools, etc.) and commercial or professional use (e. g., health clubs).

Retain these instructions in a safe place for future reference, maintenance or when ordering replacement parts.



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## 1.1 Technical data

Packaging dimensions (L x W x H): approximately 158 cm x 47 cm x 18 cm

Set-up dimensions (L x W x H): approximately 140 cm x 70 cm x 220 cm

Maximum user weight: 120 kg / 264 lbs

## 1.2 Personal safety

- + Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year.
- + Please note that working out excessively can seriously damage your health. Please also be aware that heart rate monitoring systems might be imprecise.
- + The equipment may only be used for its intended purpose; that means for indoor cycle workouts for adults.
- + Any other usage is prohibited and potentially dangerous. The contract partner cannot be held liable for damage resulting from improper use.
- + The equipment is strictly for use by one person at a time.
- + Children should not be allowed unsupervised access to the equipment.
- + Before starting your training, make yourself familiar with all of the equipment's functions and setting options. Have an expert explain the correct usage of the product to you.
- + The machine is NOT equipped with a free-run system. This means: If you move the flywheel, the pedals move as well. In order to avoid knee injuries, do not try to stop the equipment by pedaling backwards. Also do not try to take your feet from the rotating pedals. The motion can only be stopped by pressing the emergency brake or through a controlled reduction of the pedal rate.
- + Only use this indoor cycle with high pedal rotations or while standing after you have practiced with lower pedal rotations.
- + Never bring your hands or other objects near moving parts.
- + During use, wear suitable sports clothing rather than loose or baggy clothing. When selecting sports shoes, think about the suitability of the sole – preferably this should be made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are not suitable. Never work out in bare feet.

- + It is also important to take note of the information given in the workout instructions for creating a workout plan.
- + At the first signs of weakness, nausea, dizziness, pain, difficulty in breathing or other abnormal symptoms, stop your workout immediately and, if necessary, consult your physician.

### **1.3 Set-up place**

- + The equipment should only be used indoors, in a sufficiently heated and dry area (ambient temperature between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools. The equipment should only be stored in surroundings with an ambient temperature between 5°C and 45°C.
- + The training room should be well ventilated during training and not be exposed to any draughts.
- + Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment (at least 1.50 m). Furthermore, the equipment should not be set up in main entrances or on escape routes.
- + No objects of any type should be inserted into the openings of the equipment.
- + The equipment should be placed on a level and solid surface, any unevenness in the floor should be leveled out.
- + A floor protective mat / equipment underlay can help to protect high-quality floor coverings (parquet, laminate, cork, carpets) from dents and sweat and can help to level out slight unevenness.

### 2.1 General instructions

- + Please check if all parts and tools belonging to the equipment are included in the delivery and if there is any transport damage. If there are any complaints, please contact your contract partner directly.
- + Some of the nuts and bolts to be used in assembly are already pre-mounted in order to make set-up as easy as possible.
- + The equipment must be assembled by adults. In case of doubt, ask for assistance from another person with technical skills.
- + Keep children away from the equipment during assembly, because small parts are included in the delivery and may be swallowed.
- + Make sure that you have enough space (at least 1.50 m) in every direction during assembly.
- + Do not leave any tools and packaging materials like plastic sheeting laying around to avoid danger of suffocation for children.
- + Assemble the equipment on an underlay mat or on the cardboard packaging in order to avoid damage to the equipment and to the floor (scratches).
- + Before starting assembly, all individual parts should be placed on the floor next to each other.
- + Read the assembly instructions carefully and assemble the equipment according to the illustrations. Proceed carefully and cautiously.
- + First loosen all parts and check for their correct fitting. Then tighten the screws using a tool.
- + Modifications to the design or improper repairs may pose a hazard to the user and should not be carried out. The product warranty may be void as a result.
- + Only authorized service technicians are permitted to carry out all servicing and/or repairs – it excludes maintenance and care.
- + Damaged or worn components may impair your safety and the lifespan of the equipment. You should therefore immediately replace damaged or worn components. Please contact your contract partner in such a case. The equipment should no longer be used until it has been repaired. When needed, only use original Darwin spare parts.
- + Check the tightness of all screw connections once a month.
- + In order to be able to guarantee the constructively defined safety level of this equipment, we recommend having the equipment regularly maintained (at least once a year) by specialists (service technicians of your contract partner).



- + The equipment may be cleaned of dust, dirt and sweat using a damp cloth. The use of solvents should be strictly avoided. Also, make sure that no liquids (e. g. sweat) get into the openings of the equipment (e. g. console).

## 2.2 Faults and Troubleshooting

The equipment runs through regular quality controls during production. Nevertheless, errors or malfunctions on the equipment may occur. Individual parts are often the cause of faults and replacement is usually sufficient. Please use the following overview to see the six most common errors and how to repair them. If the equipment still does not work properly, please contact your contract partner.

<b>Problem</b>	<b>Cause</b>	<b>Solution</b>
Squeaking & cracking noises	Loose or too tight screw connection	Check or lubricate screw connection

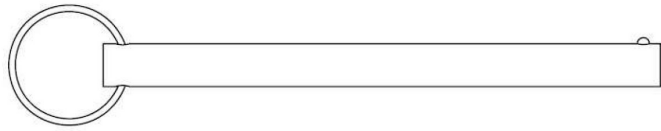
## 2.3 Maintenance and service calendar

The indoor cycle must be cleaned after every training session with a moist towel (no solvent!) in order to avoid damage caused by sweat.

The following routine work must be executed in the specified time intervals:

<b>Part</b>	<b>Weekly</b>	<b>Monthly</b>	<b>Annually</b>
Check screws		I	

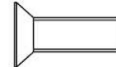
**3.1 Package contents**



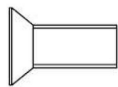
#25 Pin ( Qty 1 )



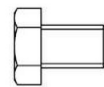
#27 M8 × 65 Hex Screw ( Qty 6 )



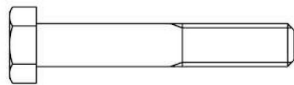
#26 M8 × 25 Socket Screw ( Qty 2 )



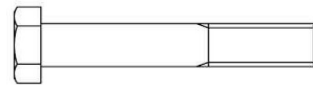
#29 M10 × 25 Cross Head Screw ( Qty 1 )



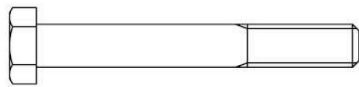
#28 M10 × 16 Hex Screw ( Qty 7 )



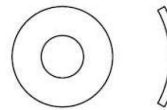
#30 M10 × 60 Hex Screw ( Qty 2 )



#31 M10 × 65 Hex Screw ( Qty 7 )



#32 M10 × 75 Hex Screw ( Qty 16 )



#37 Arc Washer 10 ( Qty 15 )



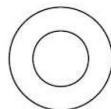
#34 Washer 8 ( Qty 2 )



#35 Arc Washer 8 ( Qty 4 )



#36 Washer 10 ( Qty 42 )



#38 Washer 12 ( Qty 2 )



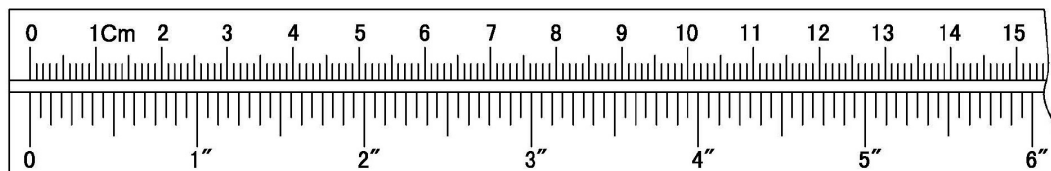
#39 M10 Lock Nut ( Qty 25 )




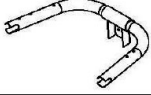
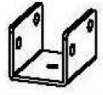


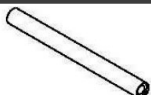
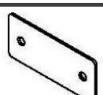
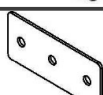


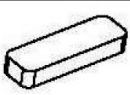

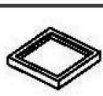




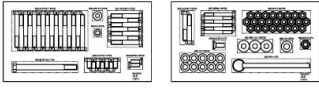
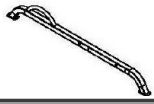
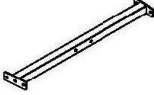
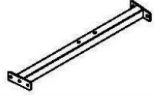
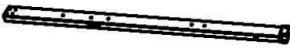
#40 M12 Lock Nut ( Qty 1 )



#33 M12 × 140 Hex Screw ( Qty 1 )



Box	Description	No.	Chart	Qty.
Box1	Rear support	#6		1
	Left armrest Support	#7		1
	Right Armrestsupport	#8		1
	Top support	#9		1
	Channel iron	#10		2
	L-shaped handle	#11		4
	Top chin-up bar	#12		1
	Foam tube	#13		1
	Reinforcement plate	#14		4
	Connect plate	#5		1
	Sheathing	#15		2
	Backrest cushion	#16		1
	Armrest cushion	#17		2
	Foam roller	#18		2
	Rubber mat	#20		4
Tube cover	#22		4	

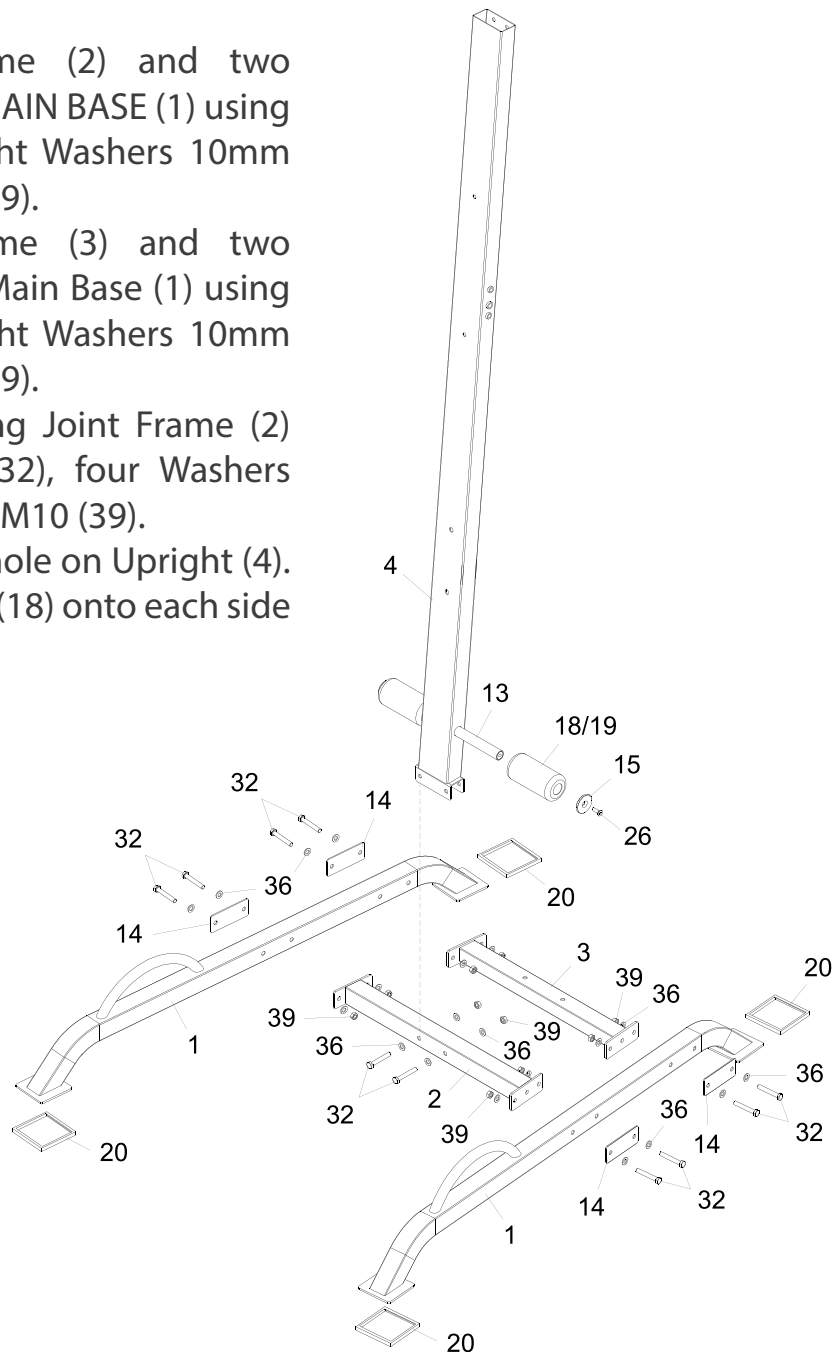
Box	Description	No.	Chart	Qty.
Box 1	Manual			1
	Blister package of screws			2
Box 2	Main base	#1		2
	Long joint frame	#2		1
	Short joint frame	#3		1
	Upright	#4		1

## 3.2 Assembly instructions

### Step 1:

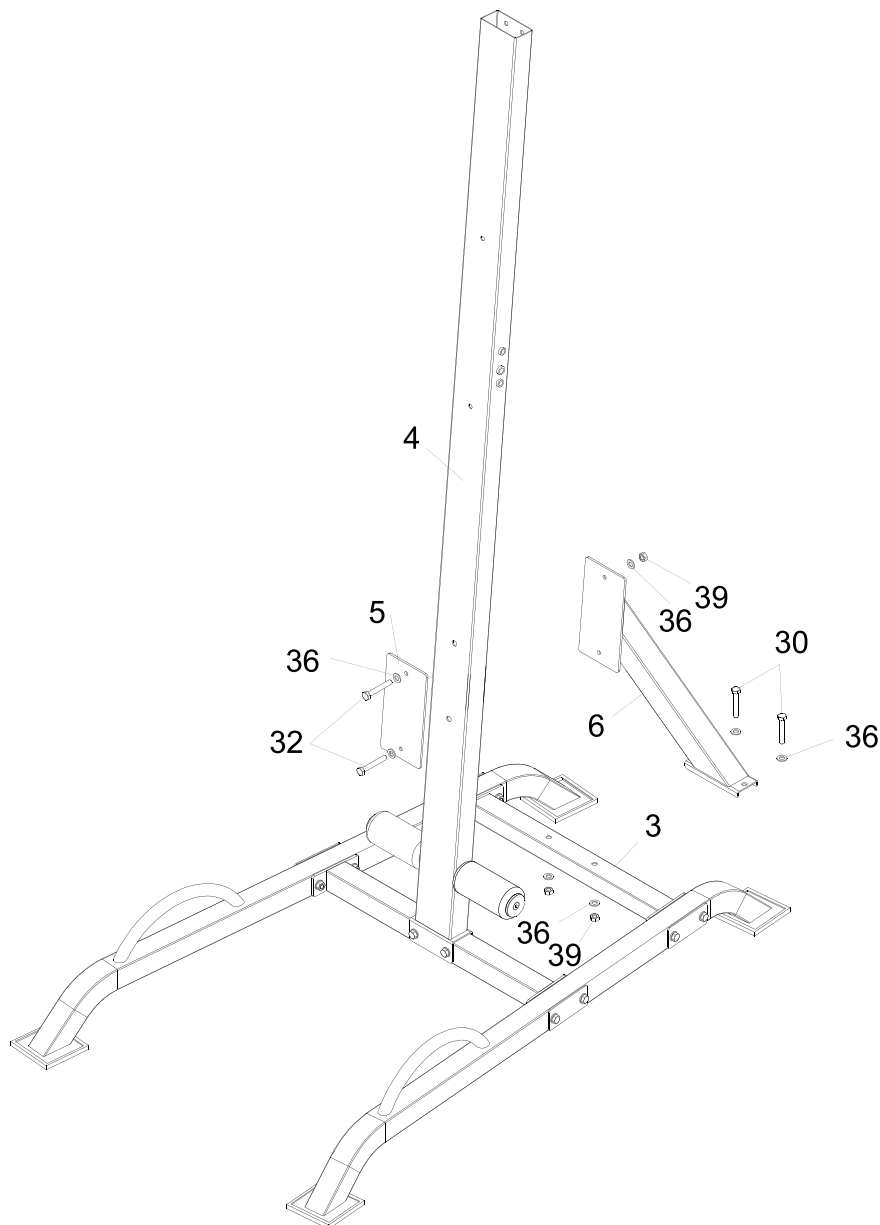
**Unpack the carton and place all parts on the floor carefully and remove the packing material and check each part as manual.**

1. Attach Rubber Mat (20) to Main Base (1). This step maybe assembled.
2. Attach Long Joint Frame (2) and two Reinforcement Plates (14) to MAIN BASE (1) using four screws M10\*75 (32), eight Washers 10mm (36) and four Lock Nuts M10 (39).
3. Attach Short Joint Frame (3) and two Reinforcement Plates (14) to Main Base (1) using four Screws M10\*75 (32), eight Washers 10mm (36) and four Lock Nuts M10 (39).
4. Attach Upright (4) to Long Joint Frame (2) using two Screws M10\*75 (32), four Washers 10mm (36) and two Lock Nuts M10 (39).
5. Insert Foam Tube (13) into hole on Upright (4). Push a Foam Roller with cover (18) onto each side of the tube.
6. Attach sheathing (15) to Foam Tube (13) using two Screws M8\*25 (26).



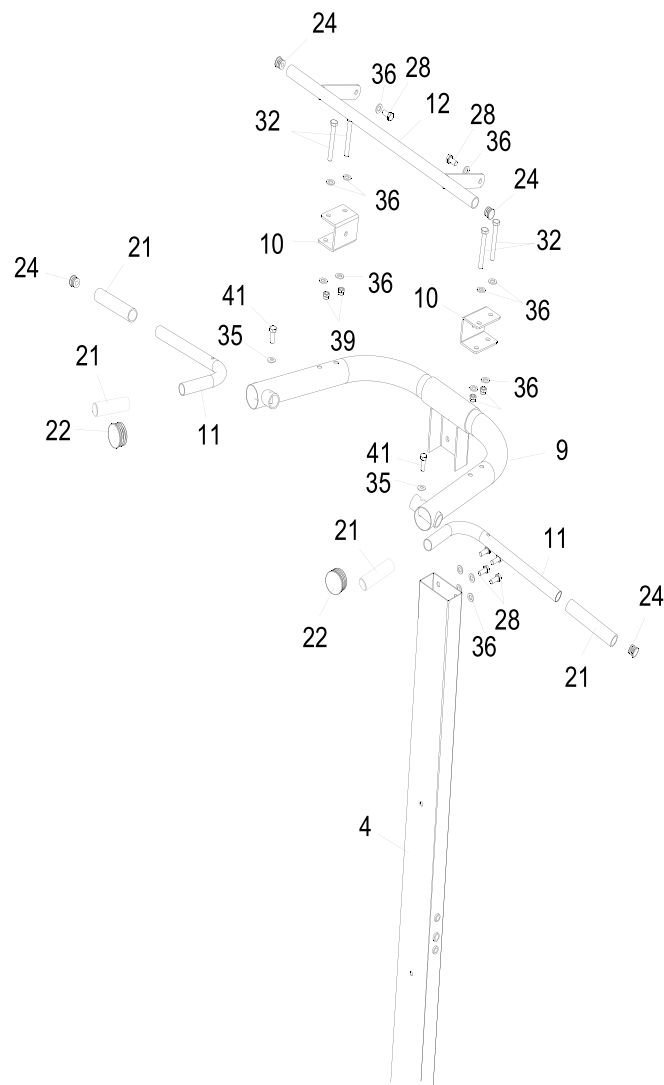
**Step 2:**

- 1.** Attach Rear Support (6) and Connect Plate (5) to Upright (4) using two Screws M10\*75 (32), four washers 10mm (36) and two Lock Nuts M10 (39).
- 2.** Attach Rear Support (6) to Short Joint Frame (3) using two Screws M10\*60 (30), four washers 10mm (36) and two Lock Nuts M10 (39).



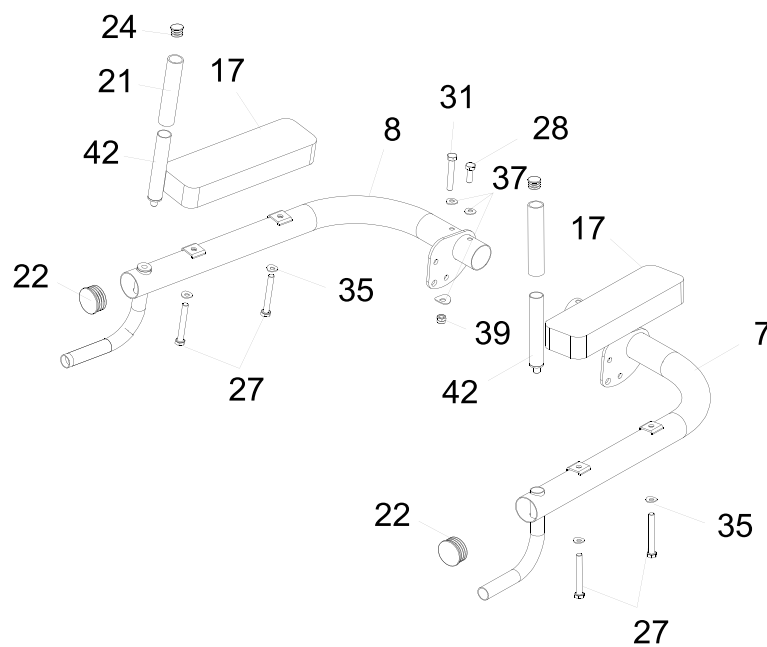
### Step 3:

1. Attach two Channel Irons (10) to Top Support (9) using four Screws M10\*75 (32), eight washers 10mm (36) and four Lock Nuts M10 (39).
2. Attach Top Chin-Up Bar (12) to Channel Iron (10) using two Screws M10\*16 (28) and two washers 10mm (36).
3. Attach two Tube Covers (22) to port of Top Support (9).
4. Attach L-Shaped Handle (11) to Top Support (9) and secure using two Screws M8\*16 (41) and two Arc Washers 8mm (35).
5. Attach four Handle Foams (21) to the L-Shaped Handle (11).
6. Insert the bracket on Top Support (9) into port of Upright (4), secure with four Screws M10\*16 (28) and four Washers 10mm (36).



#### Step 4:

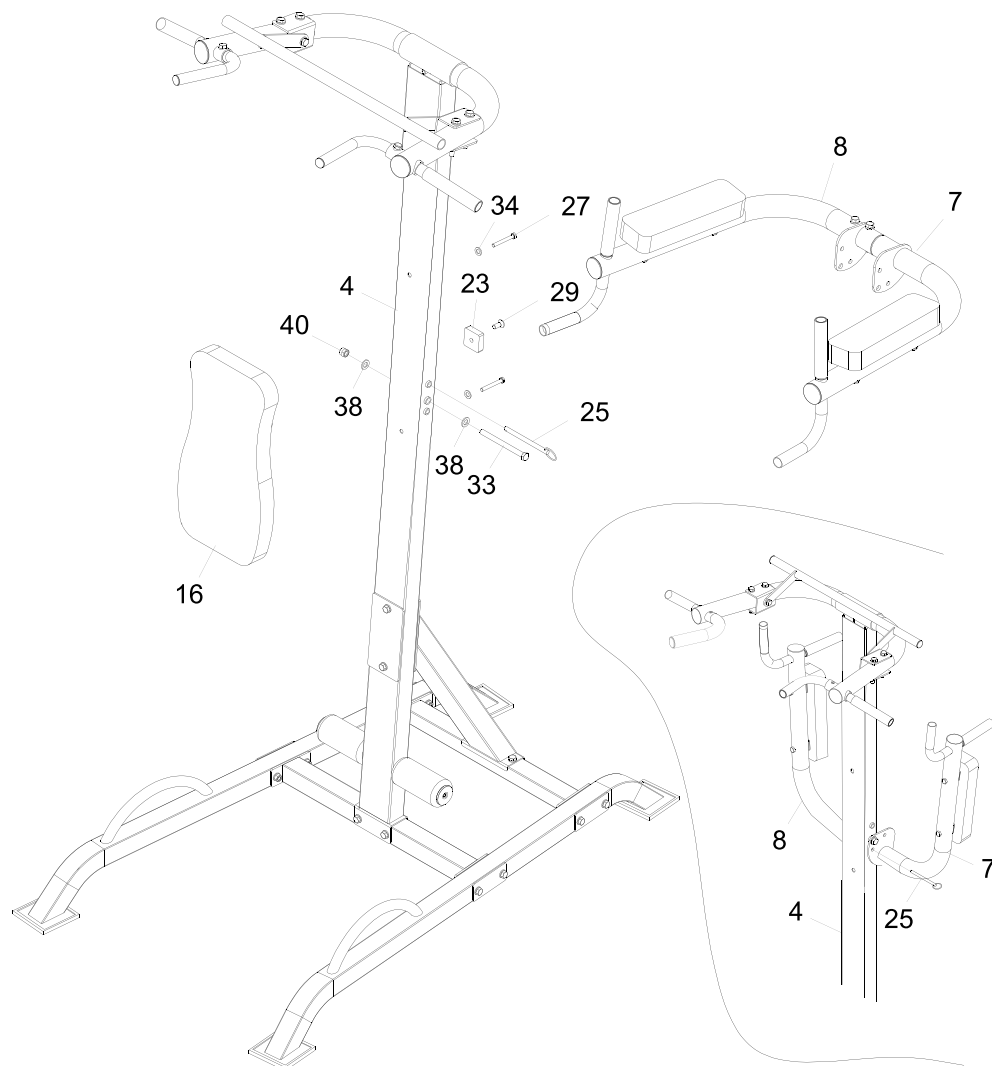
1. Insert Left Armrest Support (7) into port of Right Armrest Support (8) secure with Screw M10\*16 (28), Screw M10\*65 (31), three Arc Washers 10mm (37) and Lock Nut M10 (39).
2. Attach two Tube Covers (22) to port of Left and Right Armrest Support (7, 8).
3. Attach two Armrest Cushions (17) to Left and Right Armrest Support (7, 8) using four Screws M8\*65 (27) and four Arc Washers 8mm (35).
4. Attach two Handle Bars (42) to Left and Right Armrest Support (7, 8).



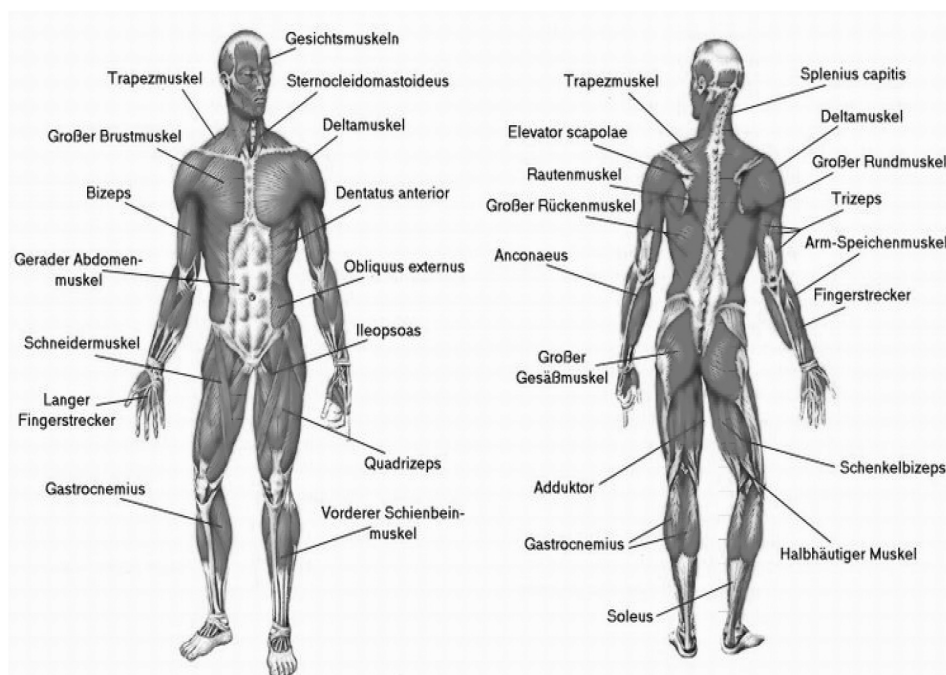


### Step 5:

1. Attach Square Buffer (23) to Upright (4) using Cross Head Screw M10\*25 (29).
2. Attach the Armrest Support Assembly (7, 8) to Upright (4) using SCREW M12\*140 (33), two Washers 12mm (38), Lock Nut M12 (40) and Pin (25).
3. Attach Backrest Cushion (16) to Upright (4) using two Screws M8\*65 (27) and two Washers 8mm (34).
4. When you don't use the armrest support, you can fold it up. Pull out the Pin (25) and rotating the support up, insert the pin into the down hole.

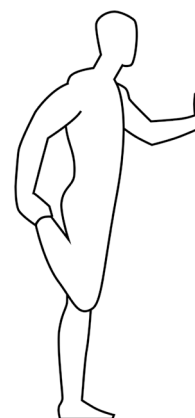


## 4.1 Stretching exercises for leg and chest muscles



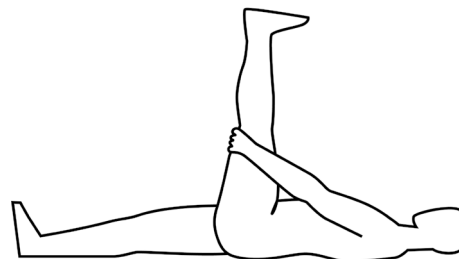
### 1. Exercise: Stretching of front thigh / leg extension (quadriceps)

- Stable position, grab arches of feet
- Pull heel towards buttocks, knee points downwards (no abduction)
- Straight upper body, avoid tilting the pelvic forward (hollow back) by tensing the abdominal muscles
- Change legs



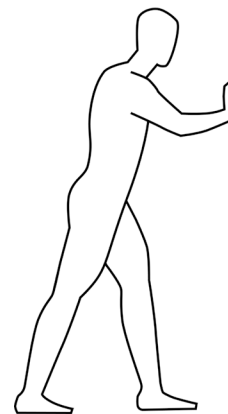
### 2. Exercise: Stretching the back thigh / leg curl (hamstring)

- Pull thigh towards upper body with both hands
- Stretch through increased stretching in the knee joint
- The lower leg maintains contact with the floor, keep hips bent
- Change legs



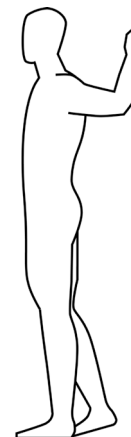
### 3. Exercise: Stretching the calf muscles (gastrocnemius)

- Place feet parallel to each other pointing forward, the heels touch the floor
- Support yourself on a chair coming from a lunge
- Move your body weight to the front leg, press your heel from the rear leg towards the floor and hold the contact
- Slowly stretch your knee of the rear leg until you feel the stretch in your calves
- Change legs



### 4. Exercise: Stretching the chest muscles (pectoralis major)










- Stand parallel to a wall
- Place your forearm at 90° to the wall with the elbow just above shoulder height
- Turn your head and upper body gradually to the opposite sides until you feel a stretch in the front chest, of the shoulder being leaned on
- Pay attention to tension in your abdominal and gluteal muscles
- Your weight is on your front leg
- Change legs












**All recommendations of these instructions apply solely to healthy persons and are not suitable for those with heart or cardiovascular problems. All of the tips are intended only as a guide to help you create a workout. Your physician can offer appropriate advice for particular, personal requirements.**

**We hope you enjoy your workout and have a lot of success!**

### 4.2 Workout journal

(Copy template)

-  Date
-  Distance
-  Time (min.)
-  Resistance level
-  Training weight
-  Ø Pulse
-  Calories burnt
-  I feel ...
-  Body weight

Darwin training fitness equipment is subject to strict quality controls. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

### **Error descriptions**

Your fitness equipment is developed for long-term, high-quality training. However, should a problem arise, please first read the operating instructions. For further assistance, please contact your contract partner or call our service hotline. To ensure your problem is solved as quickly as possible, please describe the defect as exactly as possible.

In addition to the statutory warranty, we provide a warranty for every fitness equipment purchased from us according to the following provisions.

### **Your statutory rights are not affected.**

### **Warranty**

The warrantee is the first/original buyer and/or any person who received a newly purchased product as a gift from the original buyer.

### **Warranty periods**

The following warranty periods begin on delivery of the fitness equipment.

<b>Model</b>	<b>Use</b>	<b>Full warranty</b>
Power Tower	Home use	24 months

### **Repair costs**

According to our choice, there will either be a repair, a replacement of individual damaged parts or a complete replacement. Spare parts, that have to be mounted while assembling the equipment, have to be replaced by the warrantee personally and are not a part of repair. After the expiration of the warranty period for repair costs, a pure parts warranty applies, which does not include the repair, installation and delivery costs.

## **The terms of use are defined as follows:**

- Home use: solely for private use in private households up to 3 hours per day
- Semi-professional use: up to 6 hours per day (e. g. rehabilitation centers, hotels, clubs, company gyms)
- Professional use: more than 6 hours per day (e. g. commercial gyms)

## **Warranty service**

Within the warranty period, equipment which develops faults as a result of material or manufacturing defects, will be repaired or replaced at our discretion. Ownership of equipment or parts of equipment which have been replaced is transferred to us. The warranty period is not extended nor does a new warranty period begin following repair or replacement under the warranty.

## **Warranty conditions**

For the warranty to be valid, the following steps must be taken:

Please contact our customer service by email or phone. If the product under warranty has to be sent in for repair, the seller bears costs. After expiry of the warranty, the buyer bears the costs of transport and insurance. If the fault is covered by our warranty, you will receive a new or repaired equipment in return.

Warranty claims are invalid in case of damage resulting from:

- misuse or improper handling
- environmental influences (moisture, heat, electrical surge, dust, etc.)
- failure to follow the current safety measures for the equipment
- failure to follow the operating instructions
- use of force (e. g. hitting, kicking, falling)
- interventions which were not carried out by one of our authorized service centers
- unauthorized repair attempts

## **Proof of purchase and serial number**

Please make sure that you are able to provide the appropriate receipt when claiming on your warranty. So that we can clearly identify the model of your equipment, and for the purposes of our quality control, you will need to give the serial number of your equipment, when contacting the service team. Where possible please have your serial number and your customer number ready when you call our service hotline. It will help us to deal with your request swiftly.

If you cannot find the serial number on your training equipment, our service employees are ready to help.

### **Service outside the warranty period**

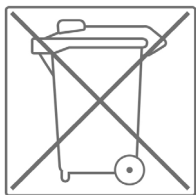
We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e. g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective solution to your problem. In such a case you will be responsible for the delivery costs.

### **Communication**

Many problems can be solved just by speaking to us as your specialist supplier. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your customer number and the serial number of the faulty equipment handy.

## **6** DISPOSAL

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At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via an electricals recycling centre. Further information can be obtained from your local authority's recycling service.

The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment.

## 7 ZUBEHÖRBESTELLUNG

	<p>Taurus weighted vest professional Art. No. TB-9110</p>
	<p>Sport-Tiedje Floor Mat Set Art. No. TF-FMS-B</p>



### 8.1 Service hotline

So that we can give you the best possible service, please have your **model name, part number, serial number, exploded drawing and parts list** ready.

#### SERVICE-HOTLINE

DE	NL	UK
+49 4621 4210-0	+31 172 619961	+44 141 876 3972
+49 4621 4210-699	info@fitshop.nl	orders@powerhousefitness.co.uk
service@sport-tiedje.de	Mon - Thu 9 am - 5 pm	Mon - Fri 9 am - 5 pm
Mon - Fri 8:00 am - 6:00 pm	Fri 9 am - 9 pm	
Sat 9:00 am - 6:00 pm	Sat 10 am - 5 pm	

### 8.2 Serial number and model name

Before assembling your equipment, find the serial number on the white sticker and enter it in the appropriate space.

Serial number:

Brand/category:

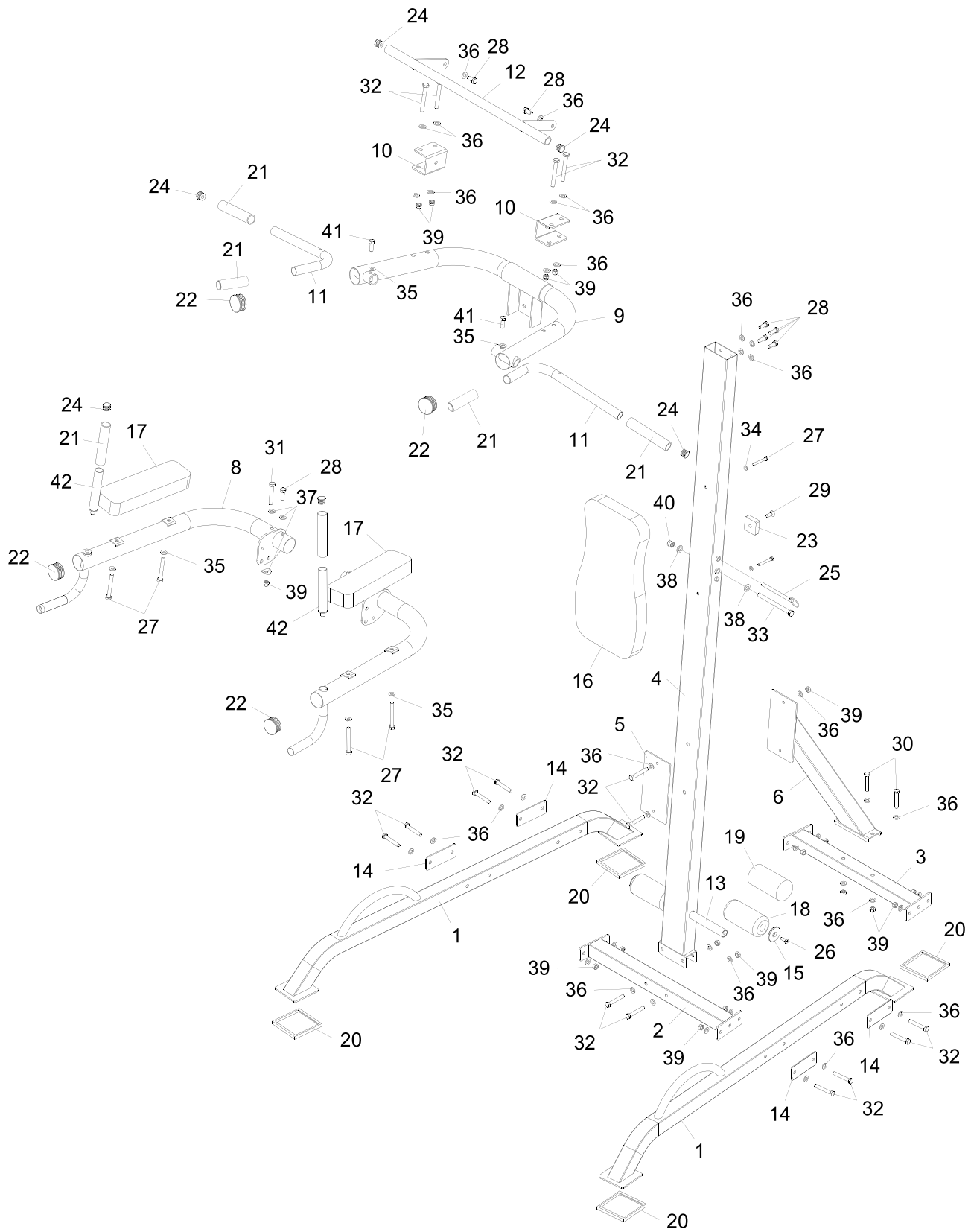
Model name:

### 8.3 Parts list

No.	Description	Qty.
1	MAIN BASE	2
2	LONG JOINT FRAME	1
3	SHORT JOINT FRAME	1
4	CONNECT PLATE	1
5	UPRIGHT	1
6	REAR SUPPORT	1
7	LEFT ARMREST SUPPORT	1
8	RIGHT ARMRESTSUPPORT	1
9	TOP SUPPORT	1
10	CHANNEL IRON	2
11	L-SHAPED HANDLE	4
12	TOP CHIN-UP BAR	1
13	FOAM TUBE	1
14	REINFORCEMENT PLATE	4
15	SHEATHING	2
16	BACKREST CUSHION	1
17	ARMREST CUSHION	2
18	FOAM ROLLER	2
19	FOAM COVER	2
20	RUBBER MAT	4
21	HANDLE FOAM	8
22	ROUND PLUG 50	4
23	SQUARE BUFFER	1
24	ROUND PLUG 25	10
25	PIN	1
26	M8*25 SOCKET SCREW	2
27	M8*65 HEX SCREW	6
28	M10*16 HEX SCREW	7
29	M10*25 CROSS HEAD SCREW	1
30	M10*60 HEX SCREW	2
31	M10*65 HEX SCREW	7

No.	Description	Qty.
32	M10*75 HEX SCREW	16
33	M12*140 HEX SCREW	1
34	8MM WASHER	2
35	8MM ARC WASHER	6
36	10MM WASHER	42
37	10MM ARC WASHER	3
38	12MM WASHER	2
39	M10 LOCK NUT	19
40	M12 LOCK NUT	1
41	M8*16 HEX SCREW	2
42	HANDLE BAR	2

## 8.4 Exploded drawing





## CONTACT

### Company head office

Sport-Tiedje GmbH  
Flensburger Str. 55  
24837 Schleswig  
Germany

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✉ info@fitshop.nl

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✉ orders@powerhousefitness.co.uk

### Hotline for Technical Information

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☎ +49 4621 4210-699  
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✉ support@powerhousefitness.co.uk

[www.sport-tiedje.com](http://www.sport-tiedje.com)

## DISCLAIMER



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Product and manual are subject to change. Technical data can be changed without advance notice.

Please find a detailed overview including address and opening hours for all specialist fitness stores of the Sport-Tiedje Group in Germany and abroad on the following website.

[www.sport-tiedje.com/en/stores](http://www.sport-tiedje.com/en/stores)





**DARWIN POWER TOWER**