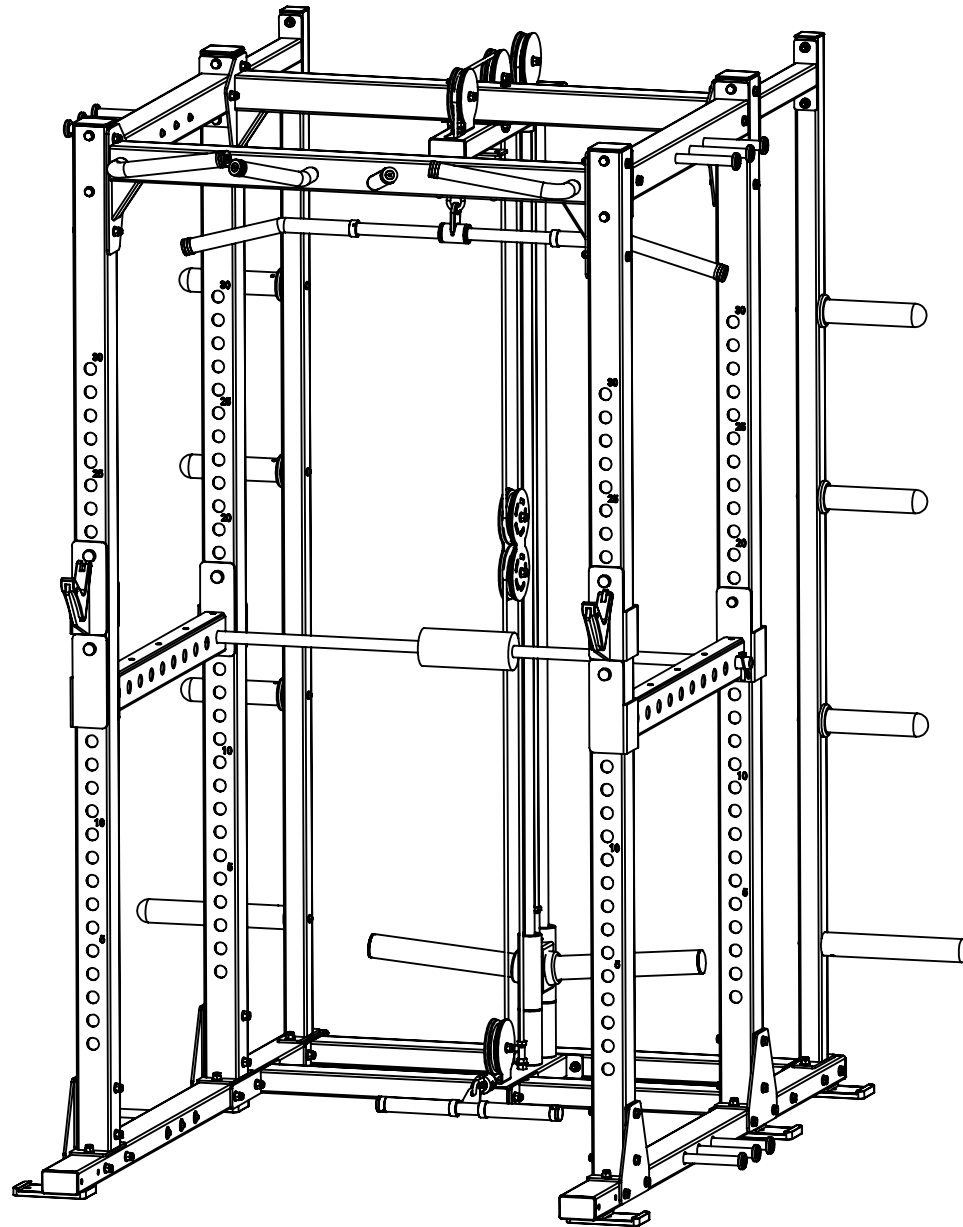
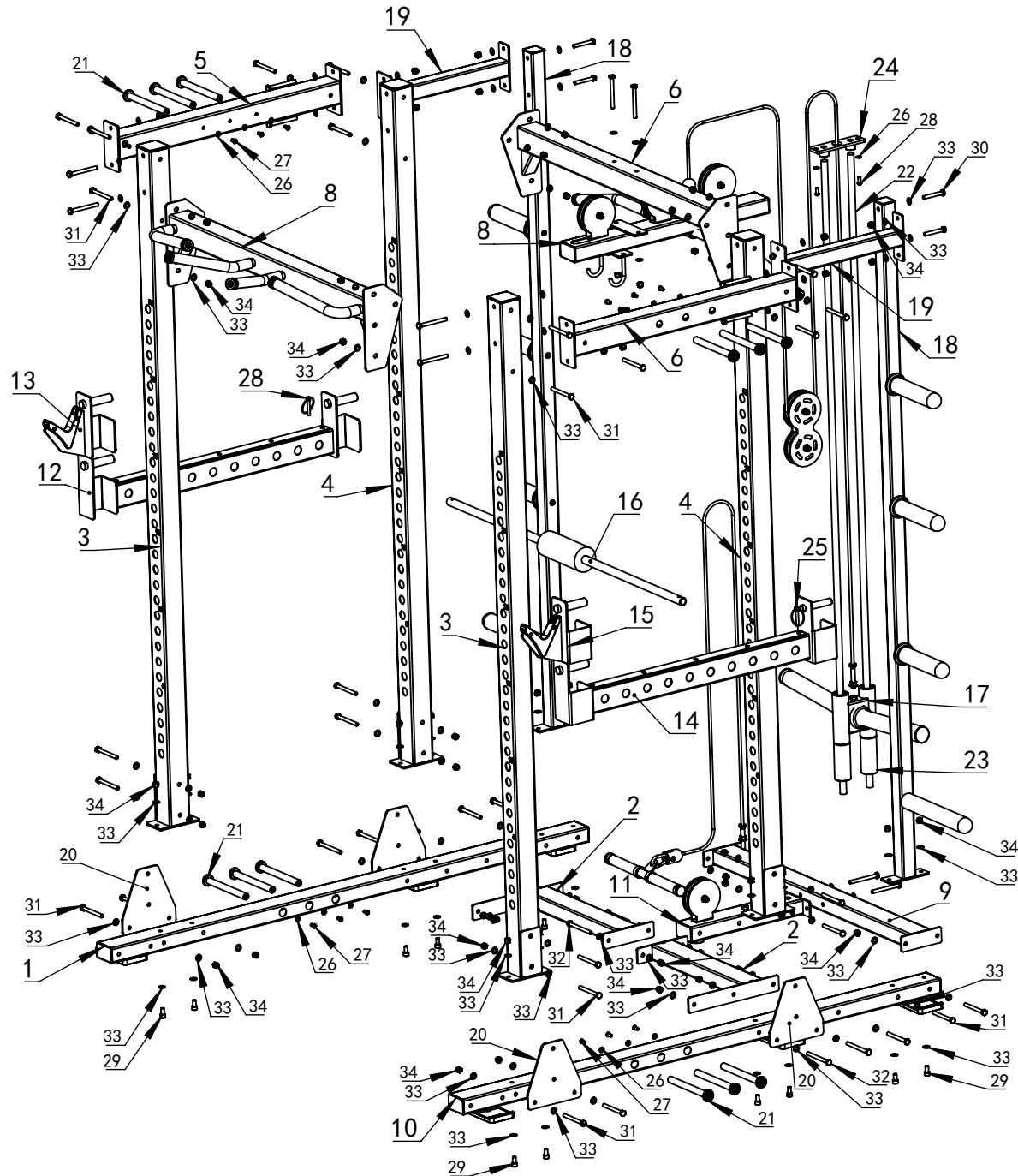

Power Rack Cage

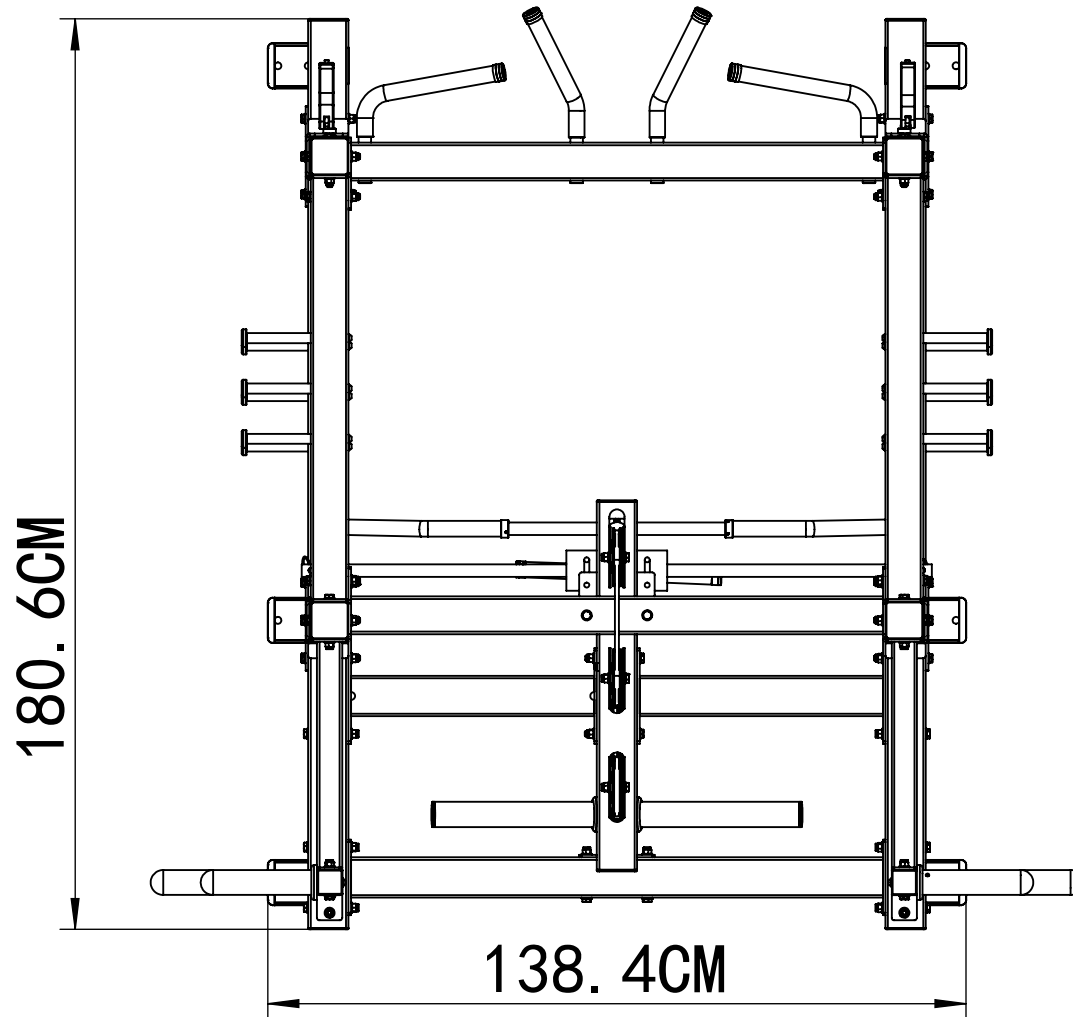
User Manual



OVERVIEW:



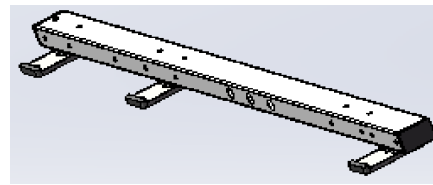
Footprint Dimensions :



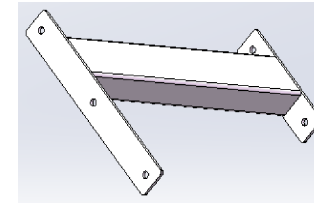
180.6CM(L)X138.4CM(W)X227.5CM(H)

COMPONENT LIST:

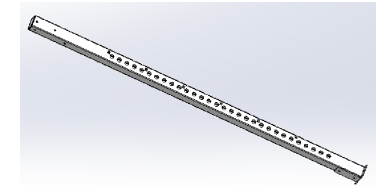
NO.	DESCRIPTION	PCS
1	Left base frame	1
2	Short connection tube	2
3	Front upright	2
4	Rear upright	2
5	Side connection tube	1
6	Upper connection tube	1
7	Pull-up support	1
8	Upper connection frame	1
9	Base connection tube	1
10	Right base frame	1
11	Base connection frame	1
12	Left spotter arm	1
13	Left J hook	1
14	Right spotter arm	1
15	Right J hook	1
16	Pressure leg rod	1
17	Counterweight piece storage rack	1
18	Barbell frame	2
19	Rear side connection tube	2
20	Steel plate	4
21	Band peg	12
22	Guide rod	2
23	Shock pad	2
24	Fixed plate	1
25	Stationary pin	2
26	M8 Flat washer	14
27	M8x1.6CM Inner hex screw	12
28	M8x2CM Inner hex screw	2
29	M10x2CM Column head bolt	12
30	M10x7CM Hex bolt	4
31	M10x10CM Hex bolt	42
32	M10x11CM Hex bolt	6
33	M10 Flat washer	128
34	M10 Lock nut	64
35	Lat pull down handle	1
36	Low row T bar	1
37	Cable1-Lat pull down cable (445CM)/(175")	1
38	Cable2-Low row cable (260CM)/(102.3")	1



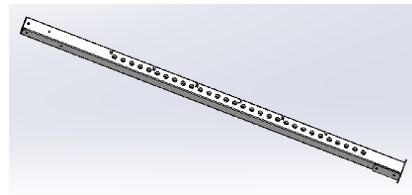
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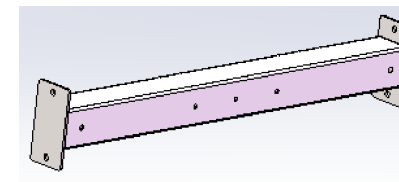
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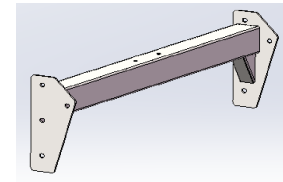
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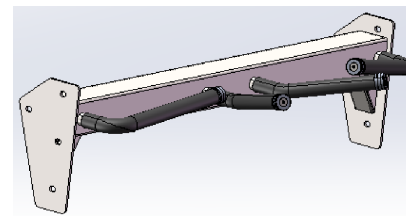
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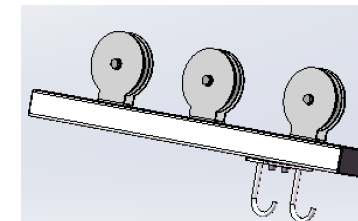
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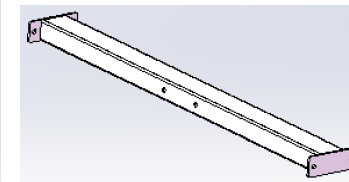
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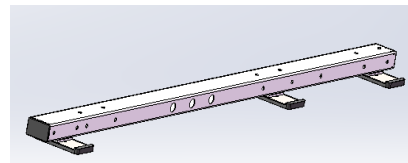
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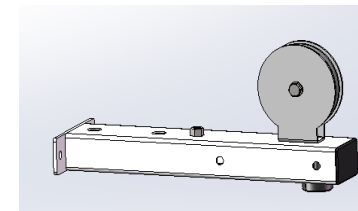
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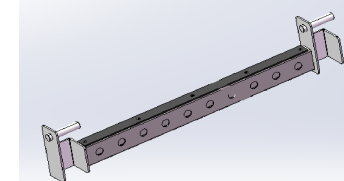
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10

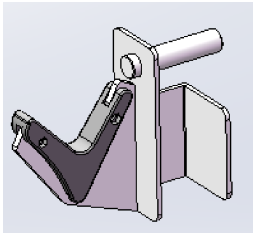


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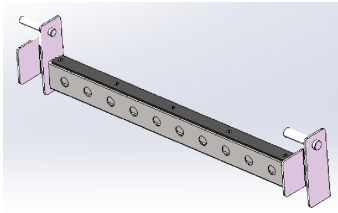


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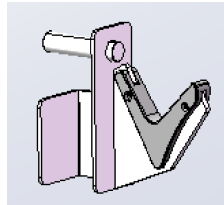
COMPONENT LIST:



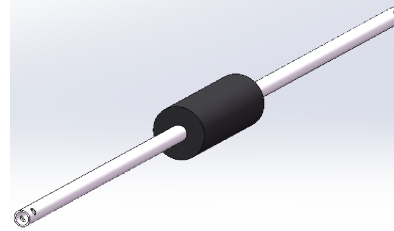
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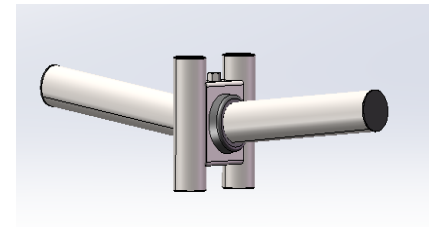
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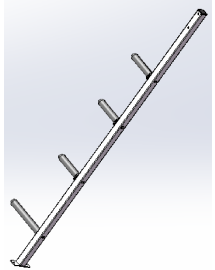
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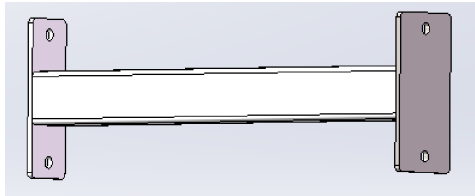
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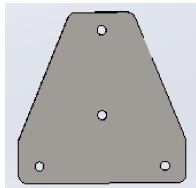
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18



19



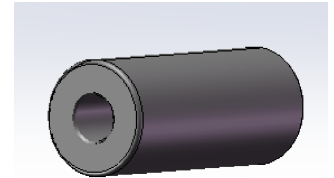
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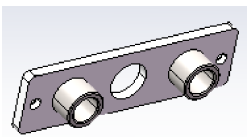
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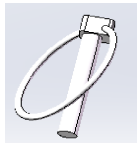
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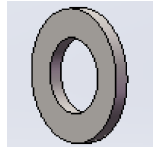
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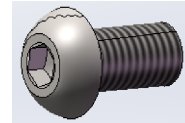
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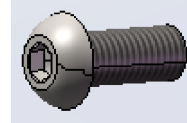
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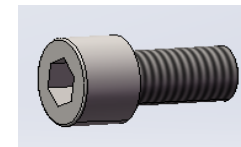
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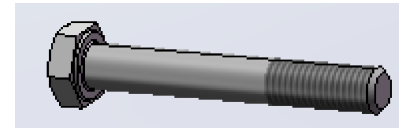
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28



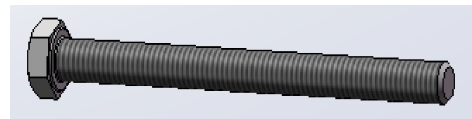
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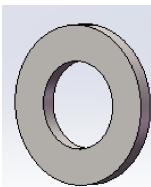
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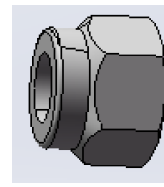
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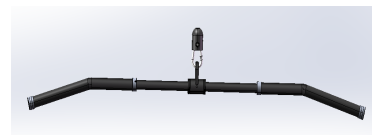
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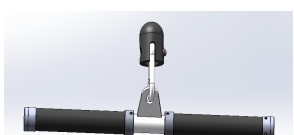
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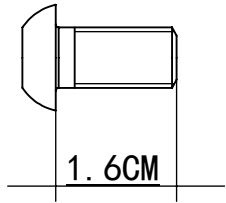
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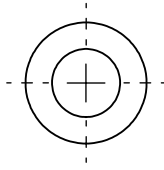
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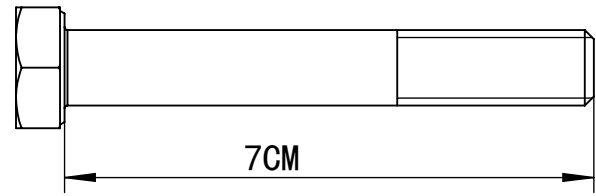
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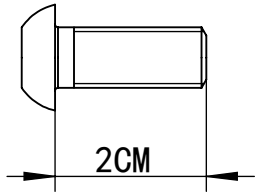
M8 X1.6CM Inner hex screw(12pcs)



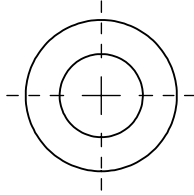
M8 Flat washer(14pcs)



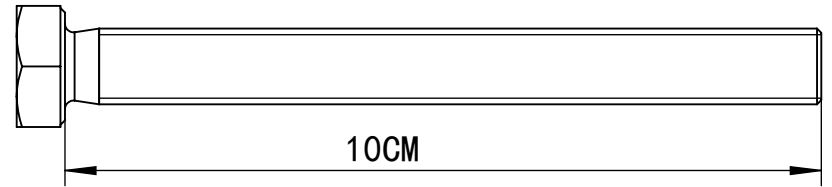
M10x7CM Hex bolt(4pcs)



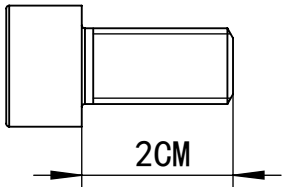
M8x2CM Inner hex screw(2pcs)



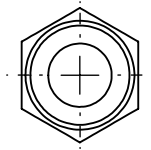
M10 Flat washer(128pcs)



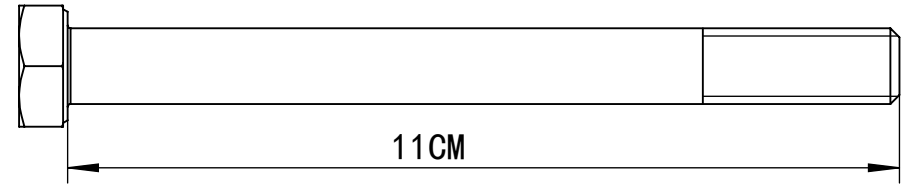
M10x10CM Hex bolt(42pcs)



M10x2CM Column head bolt(12pcs)

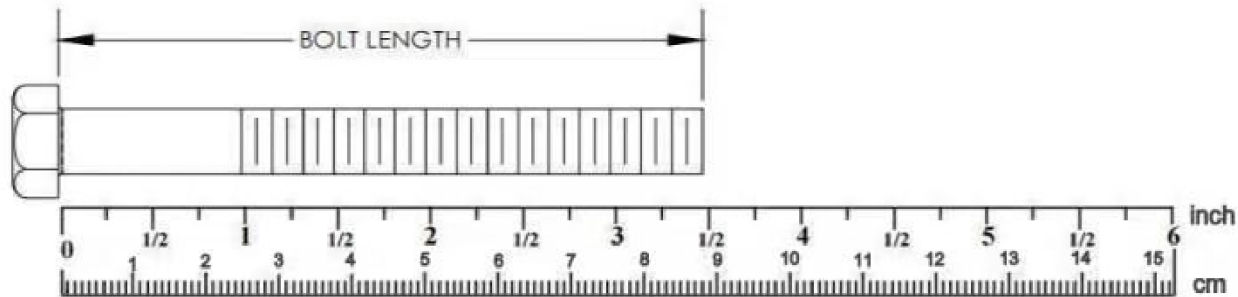


M10 Lock nut(64pcs)



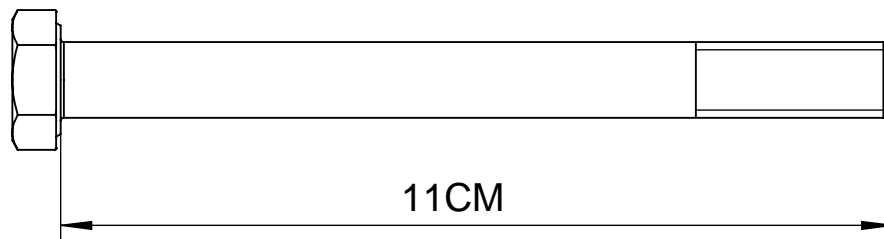
M10x11CM Hex bolt(6pcs)

Bolt Length Ruler

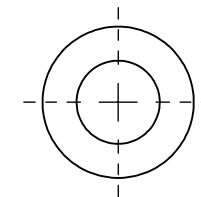


STEP1: Installation steps:

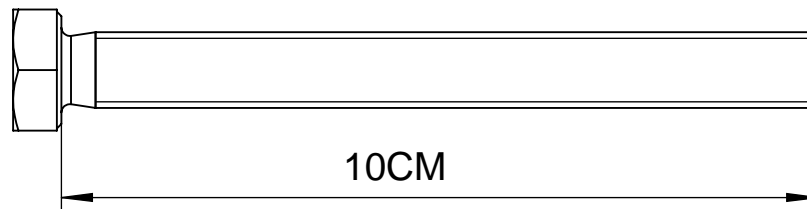
- 1、 Attach the 2 short connection tube (2) to the left & right base frame (1 & 10) the mounting hole, and fix using the M10×11CM hex bolt (32), M10 flat washer (33), M10×10CM hex bolt (31), M10 lock nut (34) and steel plate (20).
- 2、 Attach the base connection tube (9) to the base connection frame (11) and left & right base frame (1 & 10) , and fix using the M10×10CM hex bolt(31), M10 flat washer (33), M10 lock nut (34).



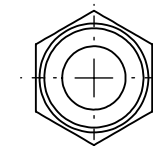
M10×11CM Hex bolt (6pcs)



M10 Flat washer (28pcs)



M10×10CM Hex bolt (8pcs)

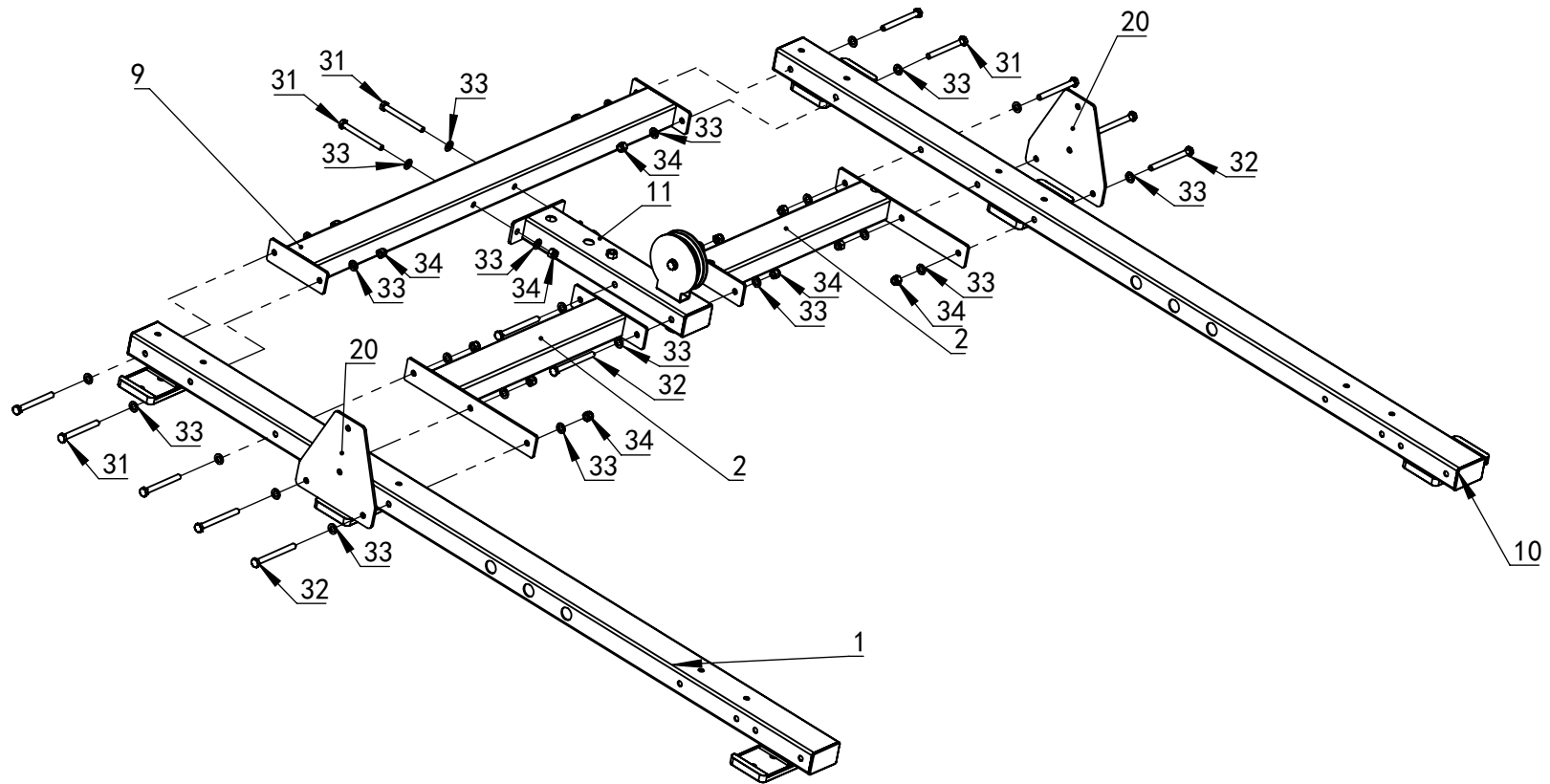


M10 Lock nut (14pcs)

STEP 1:

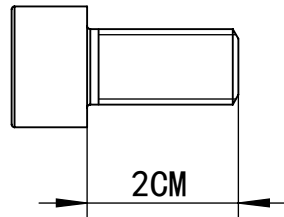
Loosely Tighten

50%

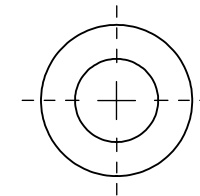


STEP2: Installation steps:

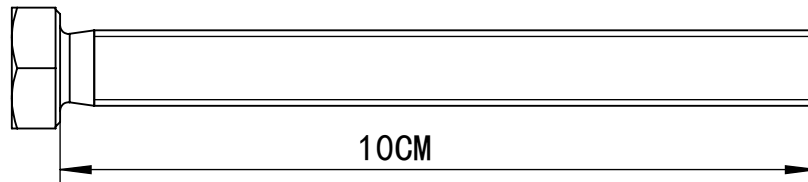
1、 Place the 2 front & rear upright (3 & 4) and the barbell frame (18) on the left & right base frame (1 & 10), and fix using the M10×2CM column head bolt (29), M10×10CM hex bolt (31), M10 flat washer (33), M10 lock nut (34), steel plate (20).



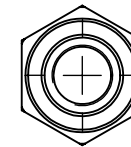
M10×2CM Column head bolt(12pcs)



M10 Flat washer(48pcs)

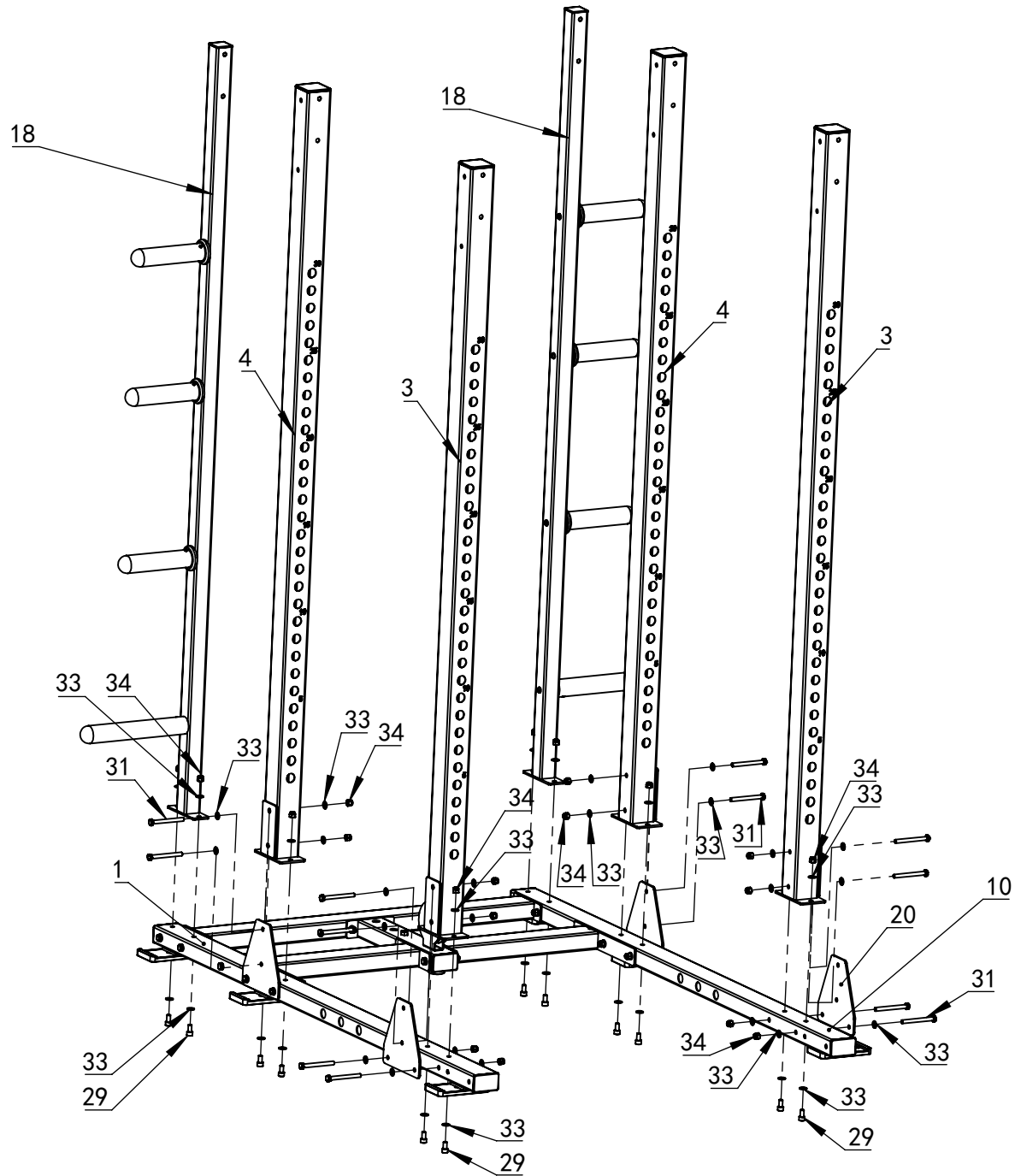


M10×10CM Hex bolt(12pcs)



M10 Lock nut(24pcs)

STEP 2:



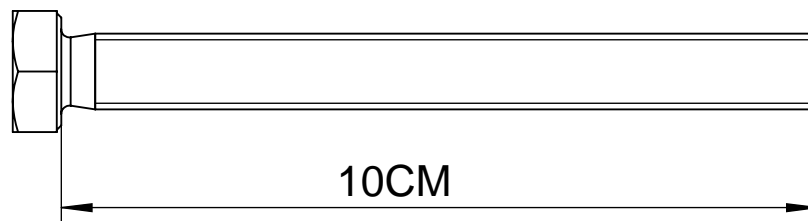
Loosely Tighten

50%

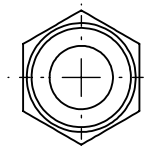


STEP3: Installation steps:

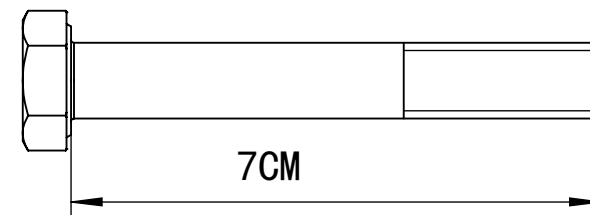
1、 Place the side connection tube (5) at the mounting hole between the front & rear upright (3 & 4), place the rear side connection tube (19) at the mounting hole between barbell frame (18) and rear upright (4), and fix using the M10×10CM hex bolt (31), M10×7CM hex bolt(30) M10 flat washer (33) and M10 lock nut (34).



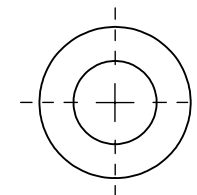
M10×10CM Hex bolt(8pcs)



M10 Lock nut(12pcs)

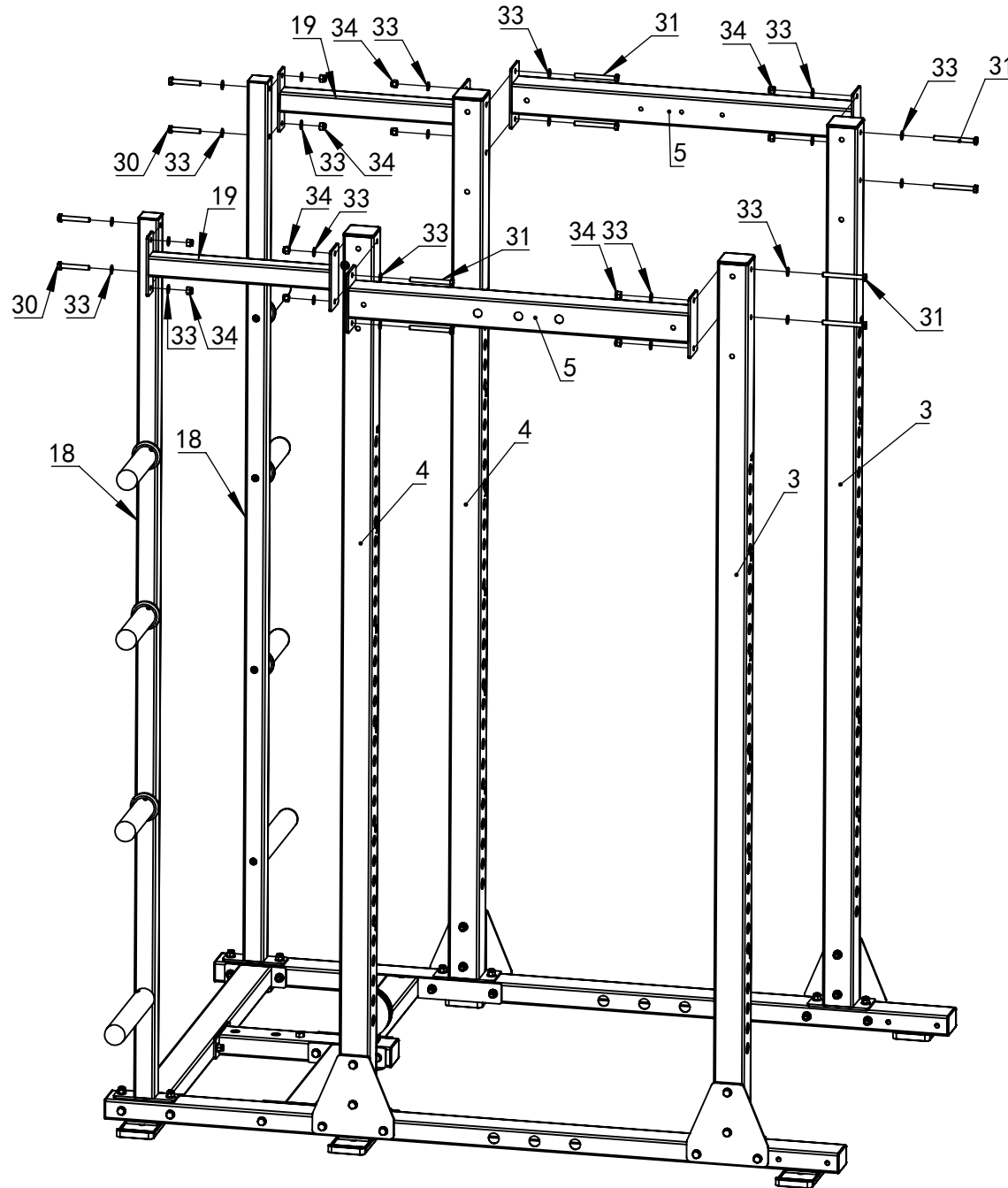


M10×7CM Hex bolt(4pcs)



M10 Flat washer(24pcs)

STEP 3:



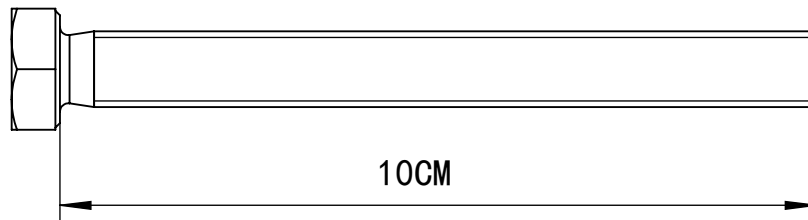
Loosely Tighten

50%

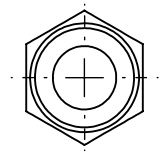


STEP4: Installation steps:

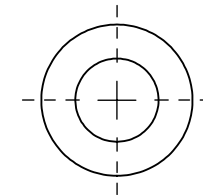
1、 Place the upper connection tube (6) at the mounting hole between the 2 rear upright (4) , and fix using the M10×10CM hex bolt (31), M10 flat washer (33) and M10 lock nut (34).



M10×10CM Hex bolt(6pcs)

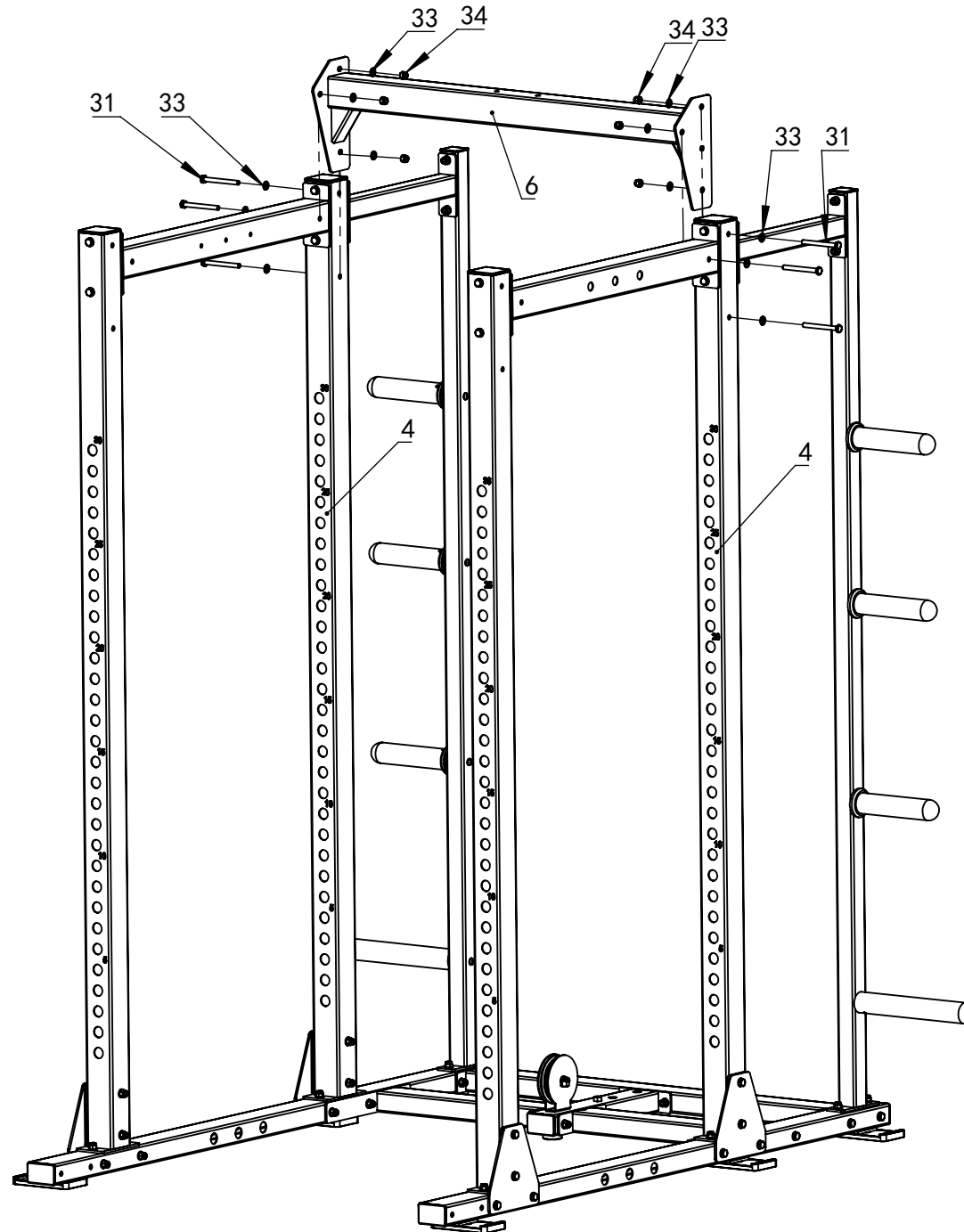



M10 Lock nut(6pcs)




M10 Flat washer(12pcs)

STEP 4:

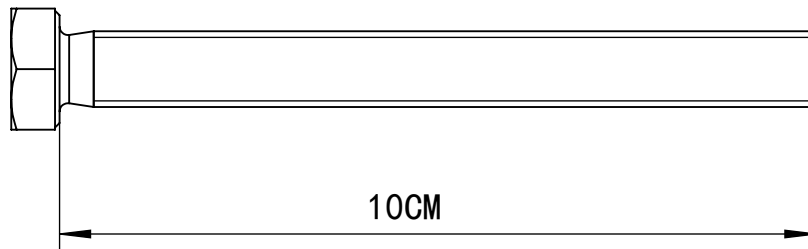


Loosely Tighten 

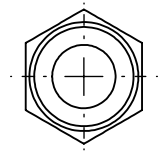
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STEP5: Installation steps:

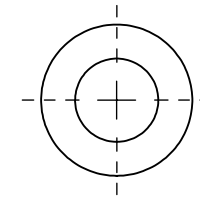
- 1、 Place pull-up support (7) at the mounting hole between 2 front upright (3), and fix using the M10×10CM hex bolt (31), M10 flat washer (33), M10 lock nut (34).



M10×10CM Hex bolt(6pcs)

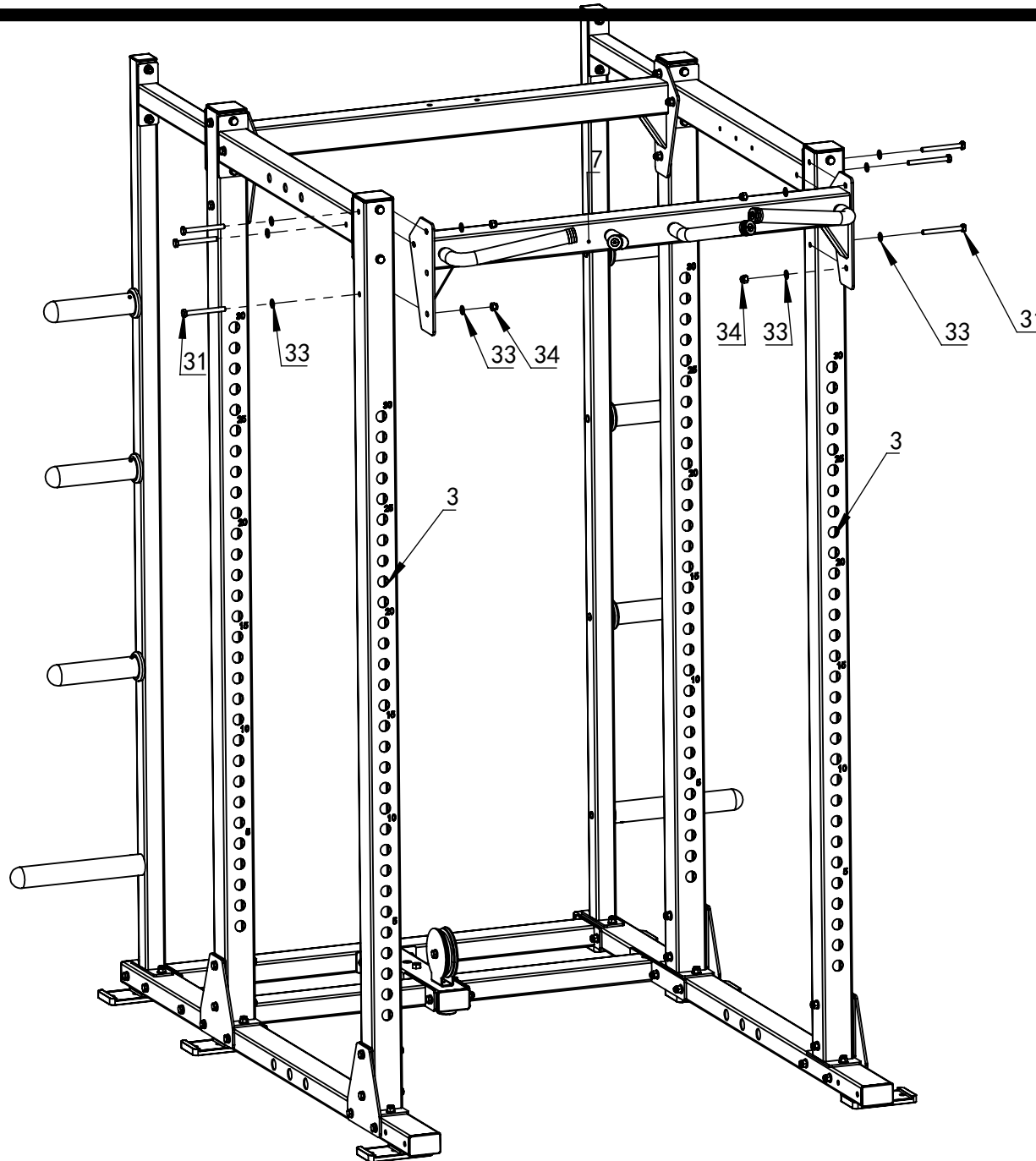


M10 Lock nut(6pcs)

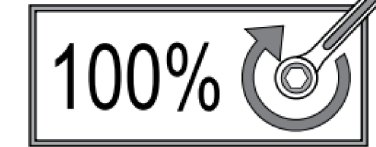


M10 Flat washer(12pcs)

STEP 5:

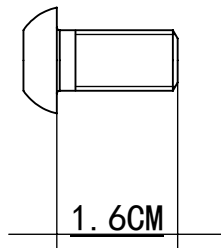


Fully Tighten

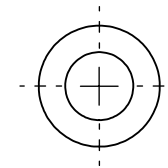


STEP6: Installation steps:

1、 Insert the band peg (21) to the left & right base frame (1 & 10) and side connection tube (5) mounting hole, and fix using the M8×1.6CM inner hex screw (27), M8 flat washer (26).

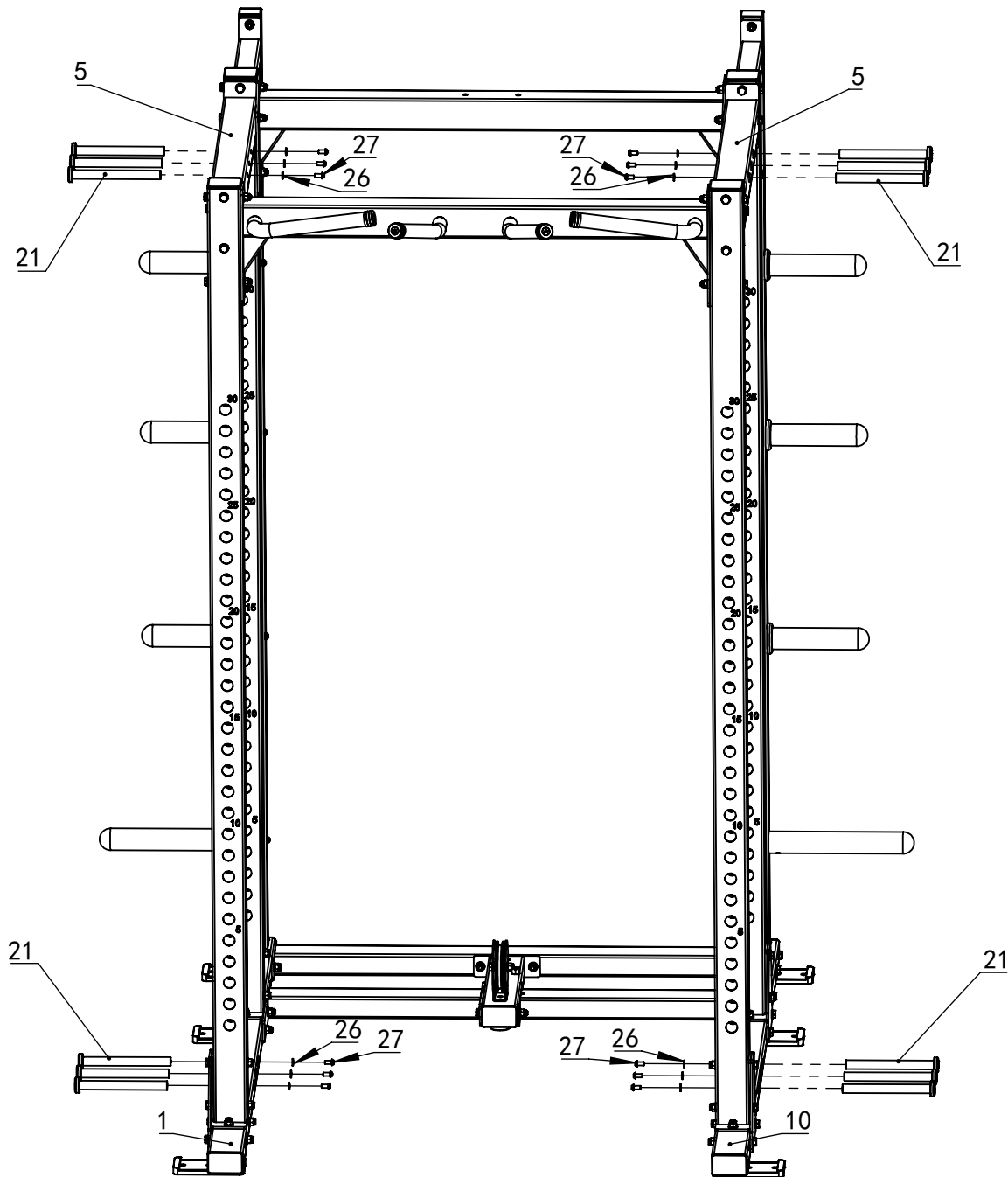


M8×1.6CM Inner hex screw(12pcs)



M8 Flat washer(12pcs)

STEP 6:

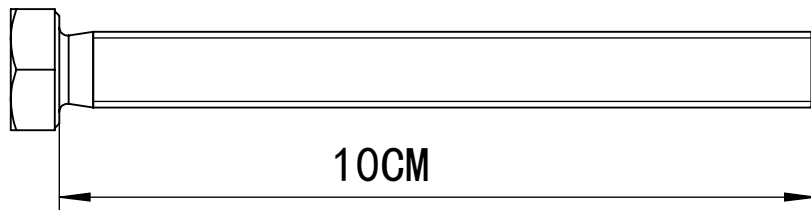


Fully Tighten

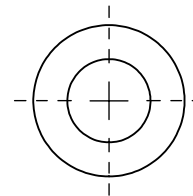


STEP7: Installation steps:

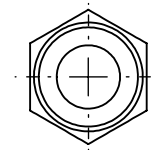
- 1、 Attach the upper connection frame (8) to the upper connection tube (6), and fix using the M10×10CM hex bolt(31), M10 flat washer (33), M10 lock nut (34).



M10×10CM Hex bolt (2pcs)

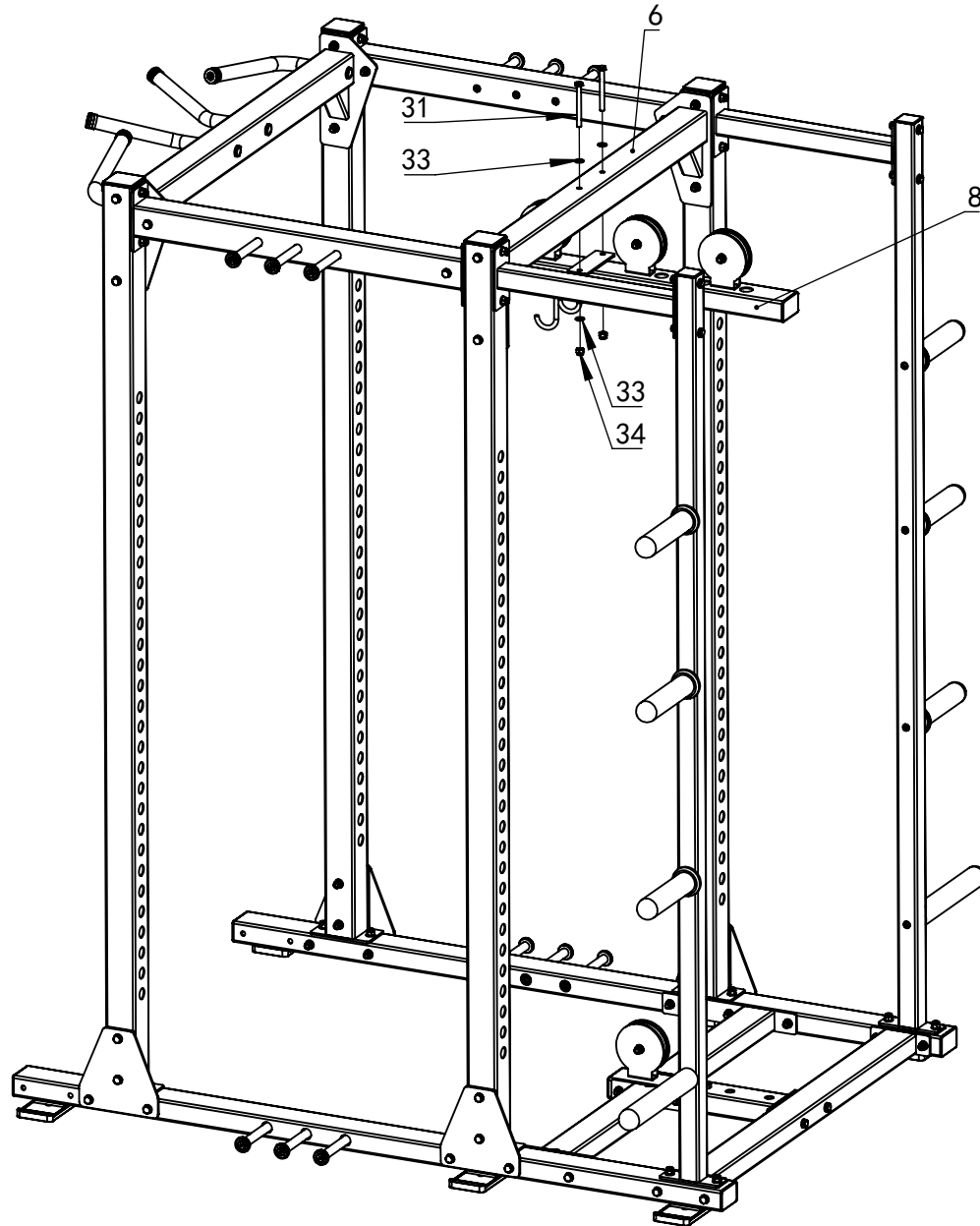


M10 Flat washer(4pcs)



M10 Lock nut(2pcs)

STEP 7:



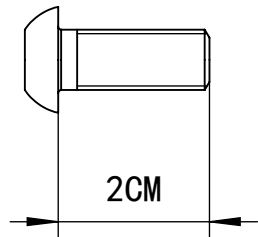
Loosely Tighten

50%

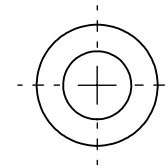


STEP8: Installation steps:

1、 Insert the 2 guide rod (22) into the counterweight piece storage rack (17), shock pad (23) and base connection frame (11), and fix using the fixed plate (24), M8×2CM inner hex screw (28), M8 flat washer(26) secure in the mounting hole of the upper connection frame (8).

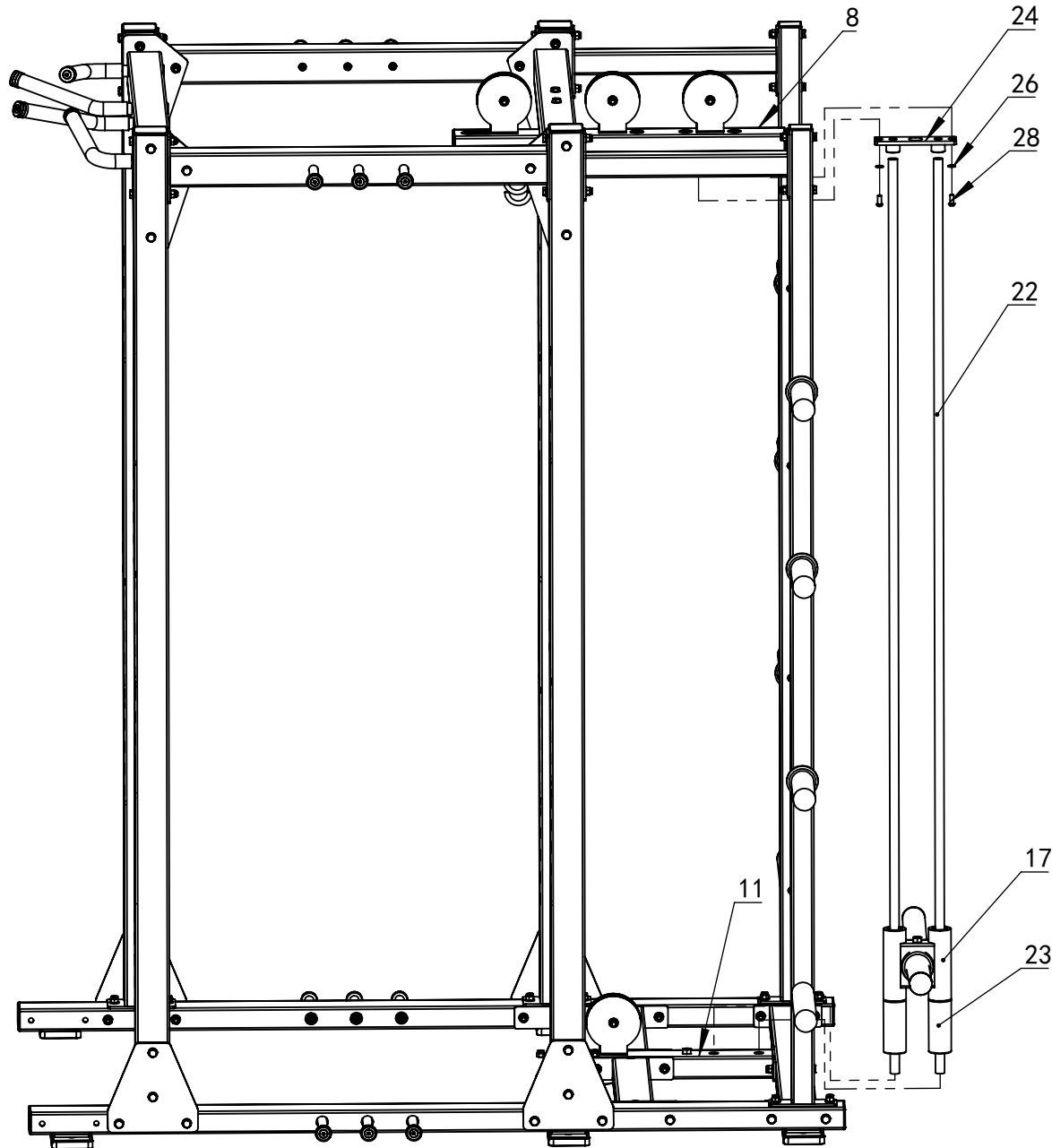


M8×2CM Inner hex screw(2pcs)



M8 Flat washer(2pcs)

STEP 8:



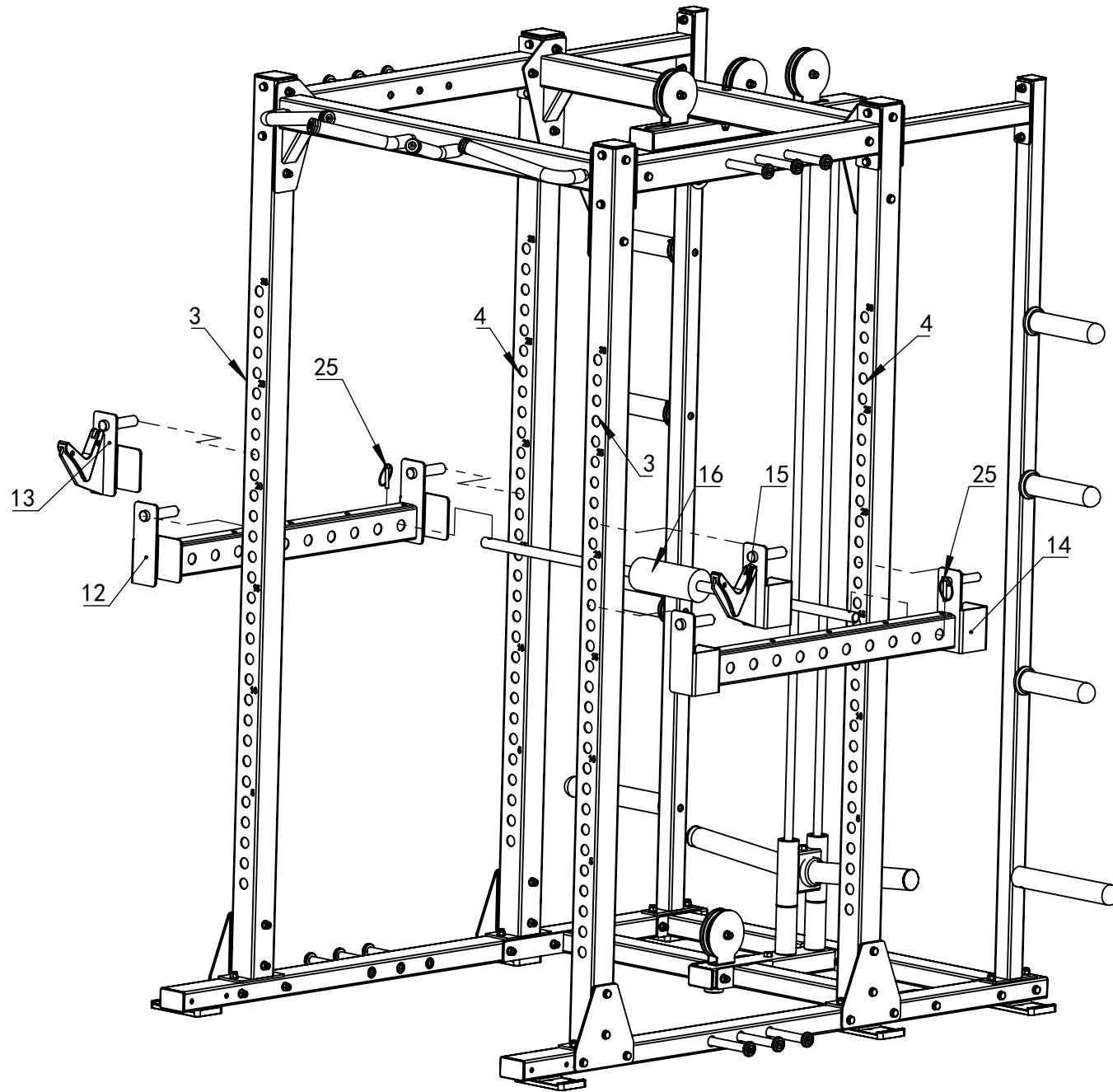
Fully Tighten



STEP9: Installation steps:

- 1、 Insert the left & right spotter arm (12&14) into the mounting hole between the 2 front upright (3) and the 2 rear upright (4) .
- 2、 Insert the left& right J hook (13&15) into the mounting hole of the 2 front upright (3) .
- 3、 Insert the pressure leg rod (16) into the mounting hole between the left spotter arm (12) and right spotter arm (14), and fix using the stationary pin (25).

STEP 9:

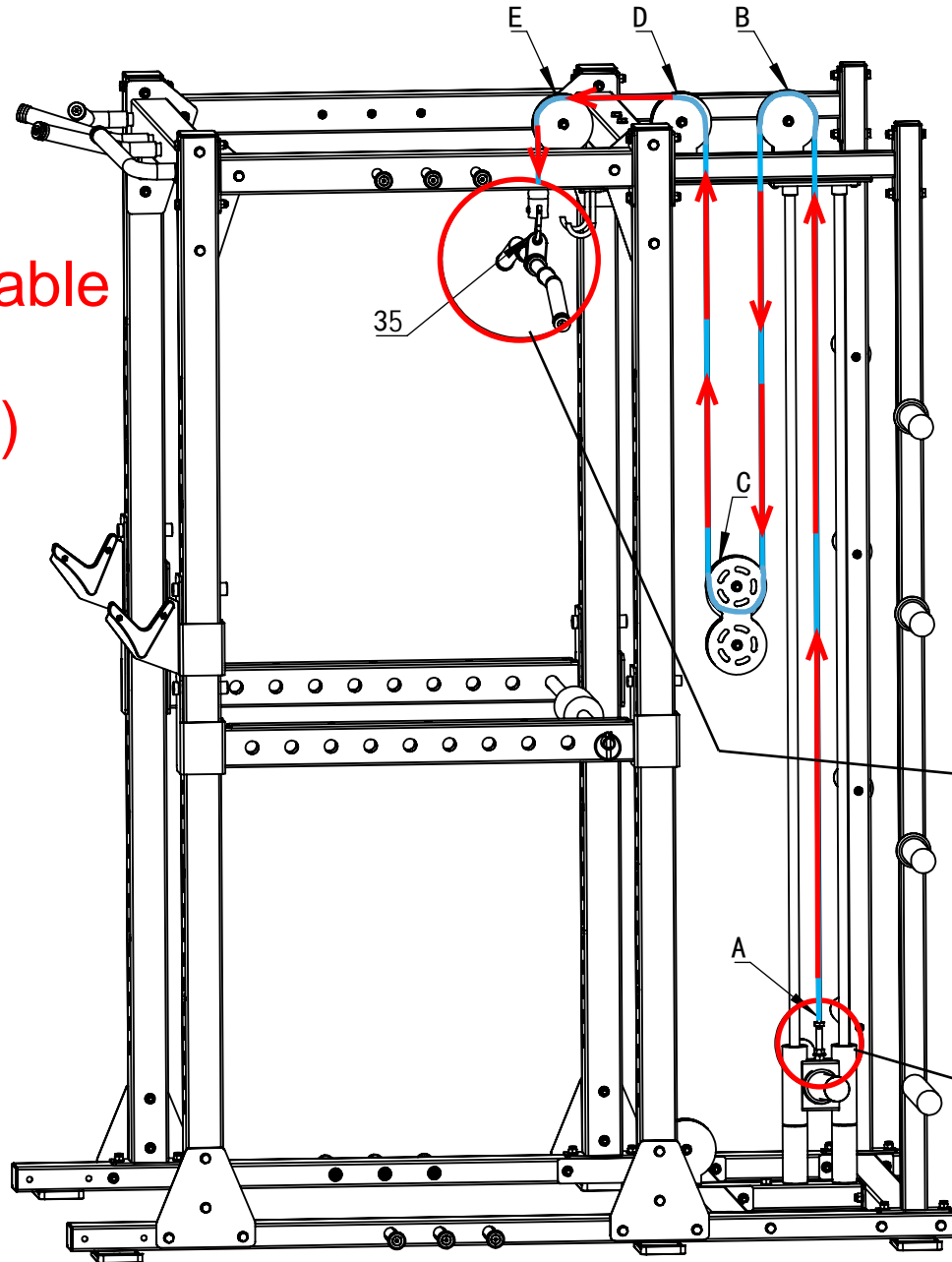


Fully Tighten

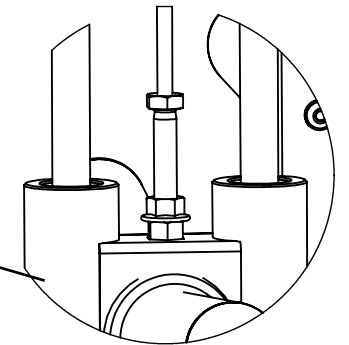
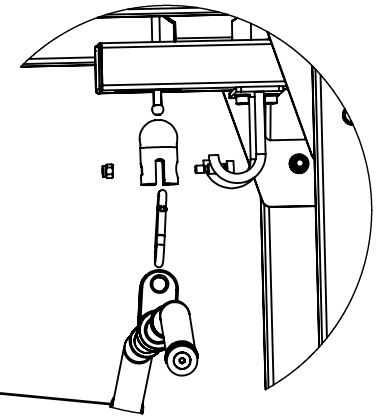


Cable installation step 1

Lat pulldown cable
Length :
(445CM)/(175")

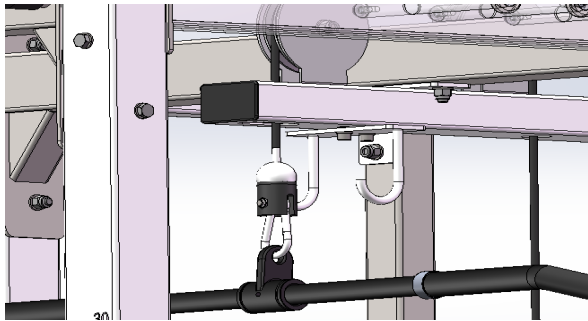


Cable 1: Lat Pull Down Cable. Fixed at A at one end, passing through pulley B, C, D and E, connects lat pull down handle (35).

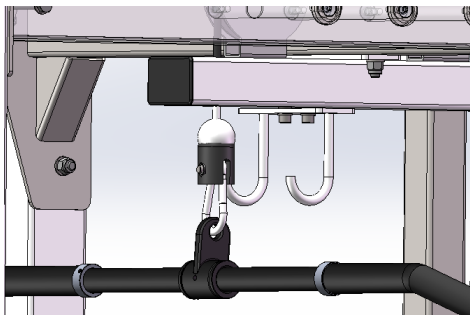


Cable installation step 2

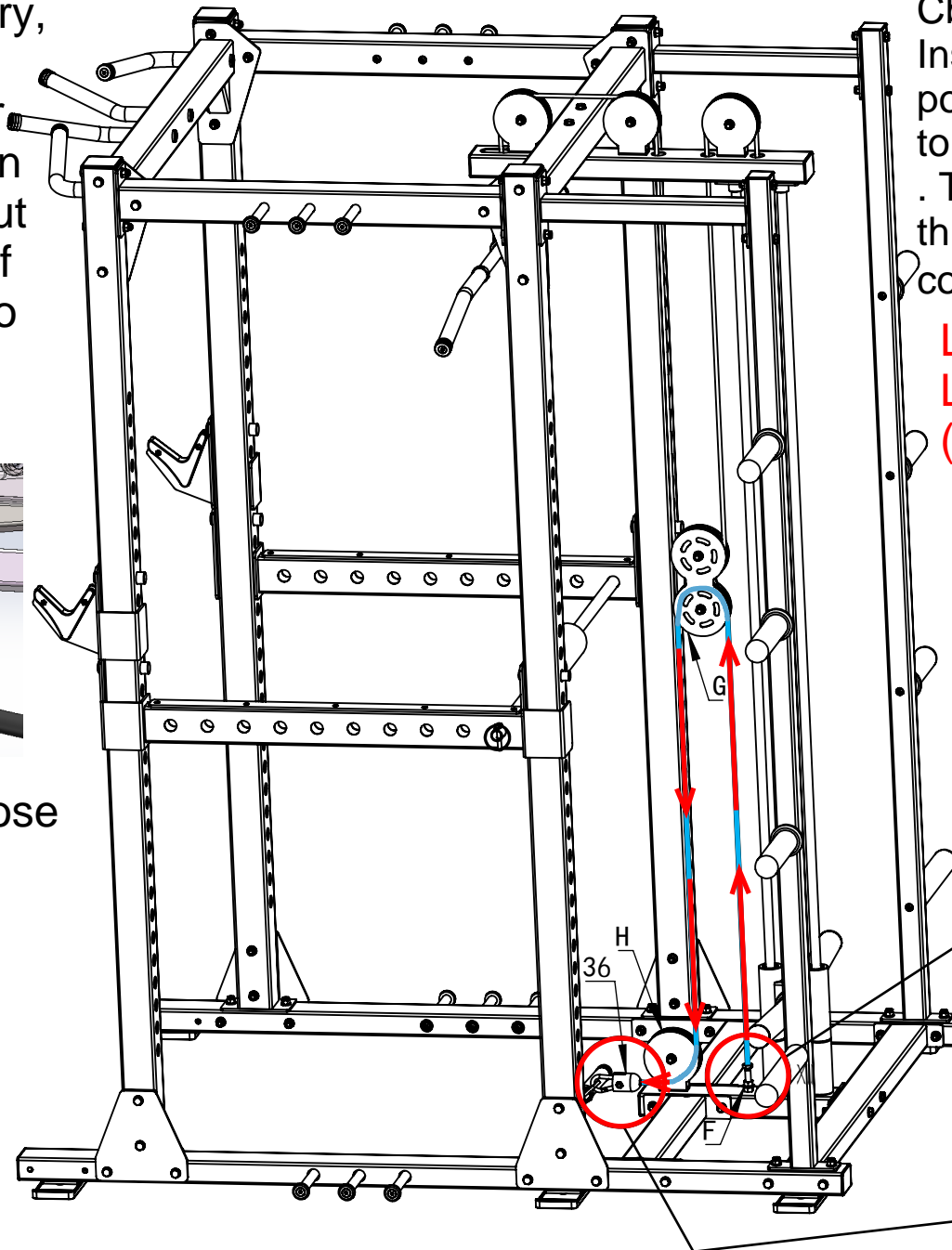
Cable adjustment: If necessary, turn the upper nut to adjust desirable cable tightness. For example, if either lat pull down bar or low row T bar hands out loose with excessive length of cable, then the cable needs to be adjusted.



Incorrect setup, cable too loose

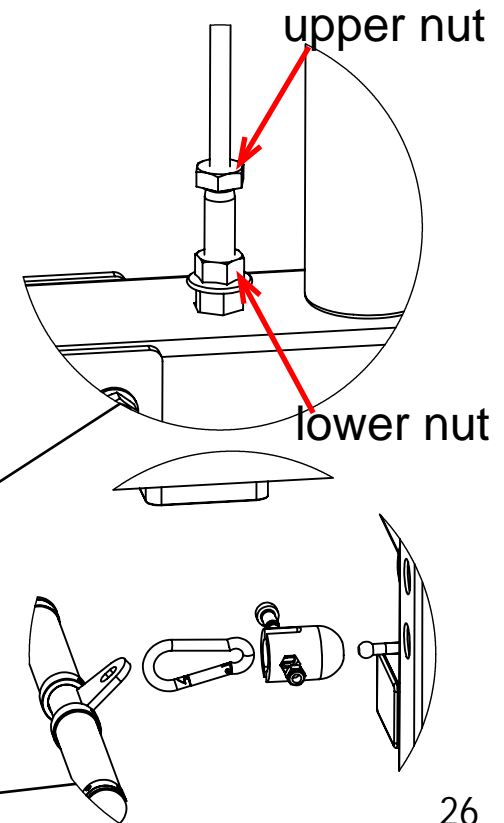


Correct



Cable2: Low Row Cable. Install and fixed one end at point F, tighten the lower nut to make sure it's fully secured. Then passing the cable through Pulley G and H, connects low row T bar (36).

Low row cable
Length :
 $(260\text{CM}) / (102.3\text{'})$



Installation Completed

For Your Attention :

Make certain all bolts are tightened securely before using the equipment.

Thank you for purchasing the equipment and enjoy your time.