



Manuals.plus /

- › GORILLA SPORTS /
- › GORILLA SPORTS Power Cage Model 100822-00019-0001 Instruction Manual

GORILLA SPORTS 100822-00019-0001

GORILLA SPORTS Power Cage Model 100822-00019-0001 Instruction Manual

Brand: GORILLA SPORTS | Model: 100822-00019-0001

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your GORILLA SPORTS Power Cage. Please read all instructions carefully before assembly and operation. This multi-functional fitness station is designed for comprehensive strength training, suitable for various exercises including pull-ups, dumbbell training, squats, deadlifts, bench presses, and shoulder presses.

2. SAFETY INFORMATION

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure all bolts, nuts, and connections are securely tightened before each use. Regularly inspect the equipment for wear and tear.
- Do not exceed the maximum load capacities specified in the "Specifications" section.
- Keep children and pets away from the equipment during use.
- Use the equipment on a flat, stable surface.
- Wear appropriate athletic footwear and clothing.
- Stop exercising immediately if you feel pain, dizziness, or discomfort.
- Never attempt to modify the equipment. Use only original replacement parts if necessary.

3. SETUP AND ASSEMBLY

The GORILLA SPORTS Power Cage requires assembly. Due to its size and weight, it is recommended that at least two adults perform the assembly. Ensure you have sufficient space for assembly and operation.

3.1 Unpacking and Inspection

- Carefully unpack all components from the shipping boxes.
- Verify that all parts listed in the packing list are present and undamaged. Contact customer support immediately if any parts are missing or damaged.
- Keep packaging materials until assembly is complete and you are satisfied with the product.

3.2 Assembly Steps (General Guidelines)

1. Lay out all components in an organized manner.
2. Begin by assembling the main frame structure, ensuring all uprights are correctly oriented.
3. Attach the pull-up bar and guided barbell system.
4. Install the cable pulley system, ensuring all cables are routed correctly through the pulleys. Refer to the detailed assembly diagrams provided with your product for precise cable routing.
5. Attach all accessories such as weight plate holders, safety spotters, and cable attachments.
6. After assembly, double-check all bolts and nuts to ensure they are securely tightened.



Figure 3.2.1: Overall dimensions of the GORILLA SPORTS Power Cage. The cage measures 219 cm in length, 127.5 cm in width, and 218.5 cm in height.

4. OPERATING INSTRUCTIONS

The GORILLA SPORTS Power Cage offers a variety of exercise options. Familiarize yourself with each component before beginning your workout.

4.1 Guided Barbell System (Smith Machine)

The guided barbell allows for controlled movements, ideal for squats, bench presses, and shoulder presses. The barbell is designed for 50/51 mm weight plates.

- To adjust the barbell height, rotate the bar to disengage it from the safety hooks, then slide it up or down to the desired position.
- Always engage the safety hooks after setting the barbell height.
- Utilize the adjustable safety spotters below the barbell for added security during heavy lifts.



Figure 4.1.1: Demonstrating a squat exercise using the guided barbell system.

4.2 Lat Pull-Down and Cable System

The integrated cable system allows for a wide range of exercises, including lat pull-downs, triceps push-downs, cable rows, and cable flies. The system includes a triceps nylon rope, single-hand cable handles, and a biceps/triceps bar.

- Attach the desired accessory (rope, handle, bar) to the cable end using the spring locks.
- Load weight plates onto the weight sledge for resistance.
- Ensure smooth movement of the cables through all pulleys before starting an exercise.



Figure 4.2.1: Detailed view of the upper cable pulley system with a triceps rope attachment.



Figure 4.2.2: Example of a triceps pushdown exercise using the cable system.



Figure 4.2.3: Example of a cable fly exercise using the single-hand cable handles.



Figure 4.2.4: Detailed view of the lower cable pulley system, suitable for exercises like cable rows.

4.3 Pull-Up Bar

The multi-grip pull-up bar allows for various grip positions to target different muscle groups during pull-ups and chin-ups.

- Ensure the pull-up bar is securely fastened to the frame before use.
- Maintain a controlled movement throughout the exercise.

4.4 Weight Plate Holders

The cage includes multiple weight plate holders for convenient storage and organization of your Olympic weight plates.



Figure 4.4.1: Side view of the integrated weight plate storage holders.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your GORILLA SPORTS Power Cage.

- **Daily:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust.
- **Weekly:** Inspect all bolts, nuts, and connections for tightness. Retighten as necessary.
- **Monthly:** Check cables for fraying, kinks, or wear. Inspect pulleys for smooth operation. Lubricate moving parts with a silicone-based lubricant if they become stiff or noisy.
- **Annually:** Perform a thorough inspection of the entire frame for any signs of structural damage or corrosion.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Cables are stiff or noisy.	Lack of lubrication; dirt in pulleys; worn cable.	Clean pulleys and lubricate cables with silicone spray. Inspect cables for damage and replace if necessary.
Equipment feels unstable.	Loose bolts or nuts; uneven floor surface.	Ensure all assembly bolts are securely tightened. Move equipment to a flat, stable surface.
Guided barbell movement is not smooth.	Accumulated dust/debris on guide rods; lack of lubrication.	Clean guide rods thoroughly. Apply a thin layer of silicone lubricant to the guide rods.

7. SPECIFICATIONS

Feature	Detail
Model Number	100822-00019-0001
Dimensions (L x W x H)	219 x 127.5 x 218.5 cm
Overall Weight	195 kg (Product), 220 kg (incl. packaging)
Material	Alloy Steel
Color	Black
Barbell Weight	10.6 kg
Max. Load Capacity (Pull-up bar)	150 kg
Max. Load Capacity (Guided Barbell)	200 kg
Max. Load Capacity (Each Weight Holder)	100 kg
Max. Load Capacity (Weight Sledge)	200 kg
Steel Thickness	1.5 - 2.0 mm
Included Accessories	1x Triceps nylon rope, 2x single hand cable handle, 1x biceps/triceps bar, 1x guided barbell bar (50/51 mm plates), 1x barbell handle, 1x pull-up bar, 14x spring locks

8. WARRANTY AND SUPPORT

For warranty information, technical support, or to order replacement parts, please contact GORILLA SPORTS customer service directly. Refer to your purchase documentation or the official GORILLA SPORTS website for contact details.

Note: Delivery of products to islands may not be possible. Please check with the retailer or manufacturer for specific shipping policies.

