

Fitness Reality X-Class

Fitness Reality X-Class Light Commercial High Capacity Olympic Power Cage

Model: X-Class

INTRODUCTION

The Fitness Reality X-Class Light Commercial High Capacity Olympic Power Cage is engineered for comprehensive strength training. Constructed with a heavy-duty 2" x 3" tubular steel frame, this power cage offers a substantial 1500 lbs weight capacity, ensuring durability and stability for a wide range of exercises. It features a multi-grip pull-up bar, adjustable safety bars, and dip handles, providing versatility for over 24 different exercises including squats, presses, rows, and dips.

This model also includes an Olympic lat pulldown and low row cable attachment, expanding your workout options to target upper back, shoulders, and arms. The lat pulldown attachment has a 360 lbs weight plate capacity, high tensile strength nylon coated cables, and chrome-plated attachment posts for smooth operation and longevity.

SAFETY INFORMATION

WARNING: This product contains chemicals known to the State of California to cause cancer and birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov.

- Always consult with a physician before starting any exercise program.
- Ensure all bolts, nuts, and connections are securely tightened before each use.
- Do not exceed the maximum weight capacities for the power cage (1500 lbs), dip handles (600 lbs), pull-up bars (600 lbs), or lat pulldown attachment (360 lbs).
- Use the safety bars and spotters when performing heavy lifts.
- Keep children and pets away from the equipment during use.
- Inspect the equipment for wear and tear, especially cables and moving parts, before each workout. Replace worn components immediately.
- Ensure adequate clearance around the power cage for safe operation.

SETUP

Assembly of the Fitness Reality X-Class Power Cage is required. Please refer to the detailed assembly instructions provided in the separate manual included with your product for step-by-step guidance. Ensure all components are present and undamaged before beginning assembly. It is recommended to have at least two people for assembly to ensure safety and ease of construction.

Key assembly points include:

- Assembling the 2" x 3" tubular steel frame.
- Attaching the multi-grip pull-up bars.
- Installing the adjustable safety bars and dip handles.
- Setting up the Olympic lat pulldown and low row cable attachment, including routing the high tensile strength nylon coated cables and attaching the bars.
- The unit features pre-drilled holes for bolting the cage to the floor if additional stability is desired.



Figure 1: Fully assembled Fitness Reality X-Class Power Cage with the lat pulldown attachment. This image provides an overall view of the robust steel frame, the integrated lat pulldown system on the left, and the adjustable safety bars and dip handles on the right.

Power Cage Features

- **Adjustable Safety Bars:** The power cage includes two 11.5" safety bars and two 35.5" dual-mounted safety bars. These can be adjusted to 25 different height levels, accommodating various exercises and user heights. They are compatible with typical 7-foot Olympic bars and feature rubber strip covers to prevent scratches and reduce noise. Each pair has a weight capacity of 1500 lbs.
- **Dip Handles:** Two adjustable 2" x 20" high-density rubber grip dip handles are included. These handles can be adjusted to 13 different positions and support a user weight capacity of up to 600 lbs.
- **Multi-Grip Pull-Up Bars:** The cage features two height-adjustable multi-grip chin-up/pull-up bars with a weight capacity of 600 lbs, offering multiple hand positions for varied back, shoulder, and arm muscle engagement.



Figure 2: A user demonstrating pull-ups on the multi-grip pull-up bar, highlighting the various grip options available for different muscle targeting.



Figure 3: A user performing dips using the adjustable dip handles, showcasing the versatility and stability of the attachment for bodyweight exercises.

Lat Pulldown and Low Row Cable Attachment

- **Weight Capacity:** The attachment can handle up to 360 lbs of weight plates.

- **Cables and Pulleys:** Features high tensile strength nylon coated cables for smooth operation and durability.
- **Attachment Post:** Easy glide 2" x 2" chrome-plated attachment post prevents scratches and dents on weight plates.
- **Included Attachments:** Comes with one 44" lat bar and one 20" low row bar, both with high-density foam grips.
- **Weight Plate Compatibility:** For use with Olympic or standard weight plates. Includes 1 standard weight plate bar and two 1-inch spring clip collars. Two Olympic adapter sleeves are also included for 2" Olympic plates.



Figure 4: A user performing a lat pulldown exercise, demonstrating the high pulley system and the lat bar attachment. A utility bench (sold separately) is used for seated support.



Figure 5: A user performing tricep extensions using the cable system, illustrating the versatility of the lat pulldown attachment for various isolation exercises.

Exercise Examples

The Fitness Reality X-Class Power Cage supports over 24 exercises. Here are a few examples:

- **Squats:** Utilize the adjustable safety bars for safe barbell squats.
- **Bench Press:** Combine with an optional utility bench for flat, incline, or decline bench presses.
- **Overhead Press:** Perform standing or seated military shoulder presses.
- **Rows:** Execute bent-over rows or low rows using the cable attachment.
- **Dips & Pull-Ups:** Use the dedicated dip handles and multi-grip pull-up bars.
- **Lat Pulldowns:** Target your lats with the high pulley system.
- **Tricep Extensions & Bicep Curls:** Use the cable system for isolation exercises.

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Video 1: Official product video demonstrating various exercises and features of the Fitness Reality X-Class Light Commercial High Capacity Olympic Power Cage with Lat Pulldown and Low Row Cable Attachment. This video provides a visual guide to the equipment's capabilities and proper usage for different workouts.

Maintenance

Regular maintenance is crucial for the longevity and safe operation of your Fitness Reality X-Class Power Cage.

- **Daily:** Wipe down the frame and handles with a damp cloth after each use to prevent sweat buildup and corrosion.
- **Weekly:** Inspect all nuts, bolts, and connection points. Tighten any that have become loose. Check the condition of the rubber grips on the dip handles and pull-up bars.
- **Monthly:** Examine the lat pulldown cables for any signs of fraying, wear, or damage. Ensure pulleys are moving smoothly and lubricate if necessary with a silicone-based lubricant. Check the chrome plating on the attachment post for any signs of wear.
- **Annually:** Perform a thorough inspection of the entire frame for any cracks, bends, or structural damage.

Troubleshooting

- **Wobbling or Instability:** Ensure all bolts are securely tightened. If the cage is on an uneven surface, consider shimming the base or bolting the unit to the floor using the pre-drilled holes.
- **Loud Racking Noise:** The safety bars and J-hooks are designed with rubber covers to minimize noise. Ensure these covers are intact. If noise persists, check for loose connections or contact customer support.
- **Rough Cable Movement:** Inspect the lat pulldown cables for any obstructions or damage. Ensure pulleys are clean and lubricated. If cables are frayed, they must be replaced immediately.
- **Missing Parts During Assembly:** If you find any parts missing upon delivery, immediately contact Fitness Reality customer support with your model number and a list of missing components.

Specifications

Feature	Specification
Brand Name	Fitness Reality
Model Name	X-Class
Part Number	2868

Feature	Specification
Item Dimensions (LxWxH)	86.5 x 52 x 86 inches
Item Package Dimensions (LxWxH)	68 x 14 x 7 inches
Package Weight	63.5 Kilograms
Color	Black
Material	Aluminum
Suggested Users	unisex-adult
Number of Items	1
Style	Cage + LAT Pulldown
Power Cage Weight Capacity	1500 lbs
Dip Handle Weight Capacity	600 lbs
Pull-Up Bar Weight Capacity	600 lbs
Lat Pulldown Weight Plate Capacity	360 lbs
Safety Bar Adjustment Levels	25
Dip Handle Adjustment Positions	13
Date First Available	February 2, 2017

WARRANTY

The Fitness Reality X-Class Light Commercial High Capacity Olympic Power Cage comes with the following warranty:

- **Frame:** 10 Years
- **Parts:** 3 Years
- **Wearable Parts:** 2 Years

Please retain your proof of purchase for warranty claims. For detailed terms and conditions, refer to the warranty documentation included with your product or visit the Fitness Reality official website.

SUPPORT

For any questions, assistance, or to report missing/damaged parts, please contact Fitness Reality customer support. You can find contact information on the product packaging or the official Fitness Reality website. We are committed to providing excellent customer service and ensuring your satisfaction with our products.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question