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ER KANG K6

ER KANG Power Cage PC06 K6 User Manual

Comprehensive Guide for Assembly, Operation, and Maintenance

1. Product Overview

The ER KANG Power Cage PC06 K6 is a versatile multi-function workout cage designed for home gym use. It integrates a power rack, cable crossover machine, lat pulldown station, 2:1 ratio low row station (including footplate attachment), chin station, dip station, core trainer, and resistance station. This design allows for a wide range of exercises within a limited space.
Key features include:

- **8-in-1 Home Gym:** Combines multiple fitness stations for comprehensive workouts.
- **Stable True Cage Design:** Offers enhanced safety for in-cage workouts compared to simple power racks. Dimensions: 50.4"L x 67"W x 87"H. Internal dimensions: 41"x60".
- **Space-Saving Features:** Includes an extra barbell storage holder, 4 storage hooks for accessories, and 2 additional weight storage pins.
- **Compact Design:** Features five holes on each side of the top and bottom rod for adjustable band pegs and landmine. A pedal flips flat for cable system use.
- **Complete Accessories:** Comes with T-bar, lat pulldown bar, tricep rope, cable bar, 2 cable handles, 2 weight storage pins, battle rope anchor, 2 J-hooks, 2 dip bars, detachable landmine, footboard, 2 barbell spring clamps, and 2 safety bar spring clamps.



Figure 1: ER KANG Power Cage PC06 K6 with included accessories.

2. Safety Information

Before assembling or operating the ER KANG Power Cage PC06 K6, please read and understand all instructions. Failure to follow these instructions may result in serious injury.

- Always consult with a physician before starting any exercise program.
- Ensure all bolts, nuts, and pins are securely tightened before each use.
- Inspect the equipment for any signs of wear, damage, or loose parts before each workout. Do not use if damaged.
- Keep children and pets away from the equipment during use.
- Use the safety bars and J-hooks appropriately for all barbell exercises.
- Do not exceed the maximum weight capacities: Rackable Weight Capacity: 1500 lbs, Storage Capacity: 1000 lbs, Functional Trainer Capacity: 500 lbs, Pull-up Bar Capacity: 500 lbs.
- Maintain a clear area around the power cage to prevent accidents.
- Wear appropriate athletic footwear and clothing during workouts.

3. Setup and Assembly

Assembly requires careful attention to detail. It is recommended to have at least two people for assembly. Refer to the included assembly diagrams and the official installation videos for detailed steps.

3.1 Unpacking and Component Identification

Carefully unpack all components and lay them out. Verify all parts against the packing list. Familiarize yourself with the main frame components, pulleys, cables, and accessories.



Figure 2: Key features and components of the K6 Power Rack.

3.2 Frame Assembly

Begin by assembling the base frame, attaching the uprights, and securing all crossbars. Ensure all bolts are tightened according to the instructions to maintain structural integrity.

3.3 Cable System Installation

The cable crossover system requires careful routing of cables through the pulleys. Follow the provided diagrams and

video instructions precisely to ensure smooth operation and prevent tangling.

▶ **Watch video online**

Power Cage Installation Video

Video 1: Power Cage Installation Video. This video provides a step-by-step guide for assembling the ER KANG Power Cage, including frame construction and cable routing.

▶ **Watch video online**

Installation Video of K6 All-in-One Power Rack

Video 2: Installation Video of K6 All-in-One Power Rack. A detailed visual guide for the complete assembly process of the K6 Power Rack.

▶ **Watch video online**

NK6 power cage long cable assemble

Video 3: NK6 power cage long cable assemble. This video specifically demonstrates the assembly of the long cable system for the power cage.

3.4 Accessory Attachment

Attach the J-hooks, safety bars, dip bars, and other accessories as needed. The 2" x 2" column size and 1" holes are compatible with most market accessories.



Figure 3: Detailed view of various attachments and their placement on the K6 Power Rack.

4. Operating Instructions

The ER KANG Power Cage PC06 K6 offers a wide array of exercises. Always ensure proper form and adjust the equipment to your body and exercise requirements.

4.1 Barbell Exercises

Utilize the J-hooks and safety bars for exercises such as squats and bench presses. Adjust the height of the J-hooks and safety bars to suit your specific needs and ensure safety.



Figure 4: Demonstrations of barbell squats and deadlifts within the power cage.

4.2 Cable System Exercises

The integrated cable crossover system allows for exercises like lat pulldowns, cable rows, tricep pushdowns, bicep curls, and cable flies. The adjustable pulley system can be set to various heights for different movements.



Figure 5: Demonstrations of cable crossover exercises.

▶ **Watch video online**

"30 Essential K6 Rack Workouts: Home Gym Guide"

Video 4: 30 Essential K6 Rack Workouts: Home Gym Guide. This video showcases a variety of exercises that can be performed using the K6 Power Rack, providing a comprehensive workout guide.

▶ **Watch video online**

K6 Rack Chest Day: Ultimate Strength Workout!

Video 5: K6 Rack Chest Day: Ultimate Strength Workout! This video focuses on various chest exercises that can be effectively performed using the K6 Power Rack.

4.3 Bodyweight and Accessory Exercises

The multi-grip pull-up bar allows for various grip pull-ups. The dip bars can be attached for tricep dips. The detachable landmine attachment enables exercises like landmine rows and presses.



Figure 6: Demonstration of pull-ups using the multi-grip pull-up bar.

5. Maintenance

Regular maintenance ensures the longevity and safe operation of your ER KANG Power Cage PC06 K6.

- **Cleaning:** Wipe down the frame and accessories with a damp cloth after each use to remove sweat and dust.
- **Lubrication:** Periodically lubricate the pulleys and cable system with a silicone-based lubricant to ensure smooth operation.
- **Inspection:** Regularly check all bolts, nuts, and connections for tightness. Inspect cables for fraying or wear, and pulleys for smooth rotation. Replace any worn or damaged parts immediately.
- **Storage:** Store accessories on the designated hooks and pins to keep the workout area tidy and prevent tripping hazards.

6. Troubleshooting

If you encounter any issues with your power cage, refer to the following common troubleshooting tips:

- **Squeaking Noises:** Check for loose bolts and lubricate pulleys and cable pathways.
- **Rough Cable Movement:** Ensure cables are correctly routed through all pulleys and are not tangled. Lubricate the cables and pulleys.
- **Instability:** Verify that all frame bolts are securely tightened and the unit is placed on a level surface.
- **Missing Parts:** If any parts are missing upon delivery, contact customer support immediately.

7. Specifications

Feature	Specification
Item Package Dimensions L x W x H	80 x 67 x 56 inches
Package Weight	220 Pounds
Item Dimensions LxWxH	80 x 56 x 67 inches
Item Weight	220 Pounds
Brand Name	ER KANG
Model Name	K6 Power Rack
Color	BLACK
Material	Aluminum, Nylon
Suggested Users	unisex-adult
Number of Items	1
Manufacturer	ER KANG
Part Number	K6-B
Style	Professional
Included Components	Cable Attachments, Power Rack
Date First Available	August 25, 2023

8. Warranty and Support

The ER KANG Power Cage PC06 K6 comes with a**1 Year Manufacturer Warranty**. For warranty claims, technical support, or any inquiries regarding your product, please contact ER KANG customer service through their official channels or the retailer where the product was purchased.

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