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ER KANG K6

ER KANG K6 Power Cage Instruction Manual

Model: K6 | Brand: ER KANG

1. PRODUCT OVERVIEW

The ER KANG K6 Power Cage is a multi-functional home gym system designed to provide a comprehensive workout experience. It integrates a power rack, cable crossover machine, lat pulldown station, low row station, chin-up station, dip station, core trainer, and resistance band station. This robust unit supports a variety of exercises within a compact footprint.

INTRODUCING THE K6

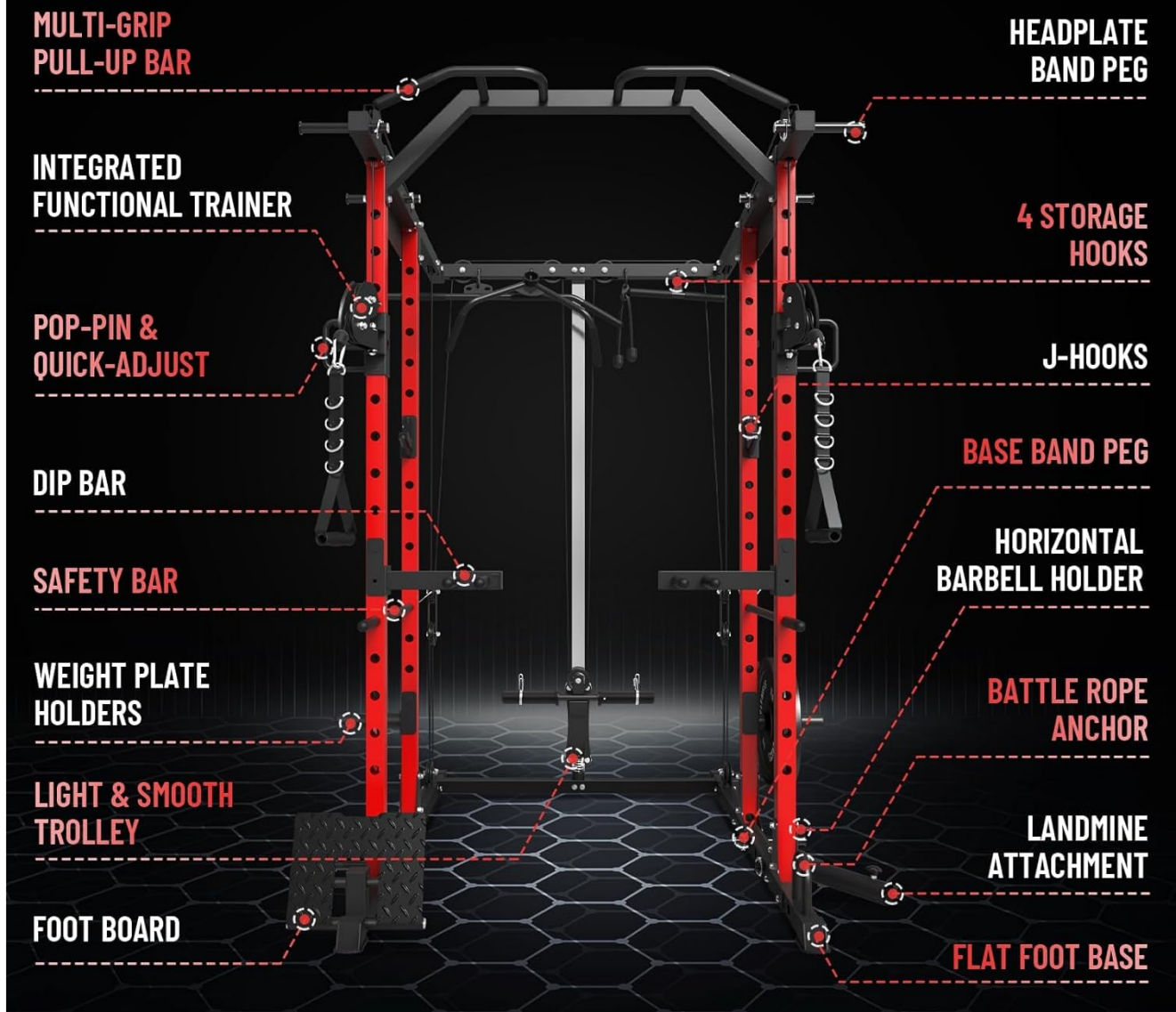


Figure 1: Overview of the ER KANG K6 Power Cage with key components labeled, including the multi-grip pull-up bar, integrated functional trainer, pop-pin & quick-adjust pulleys, dip bar, safety bar, weight plate holders, light & smooth trolley, footboard, headplate band peg, storage hooks, J-hooks, base band peg, horizontal barbell holder, battle rope anchor, landmine attachment, and flat foot base.

COMPACT IN SIZE, NOT IN FEATURES.

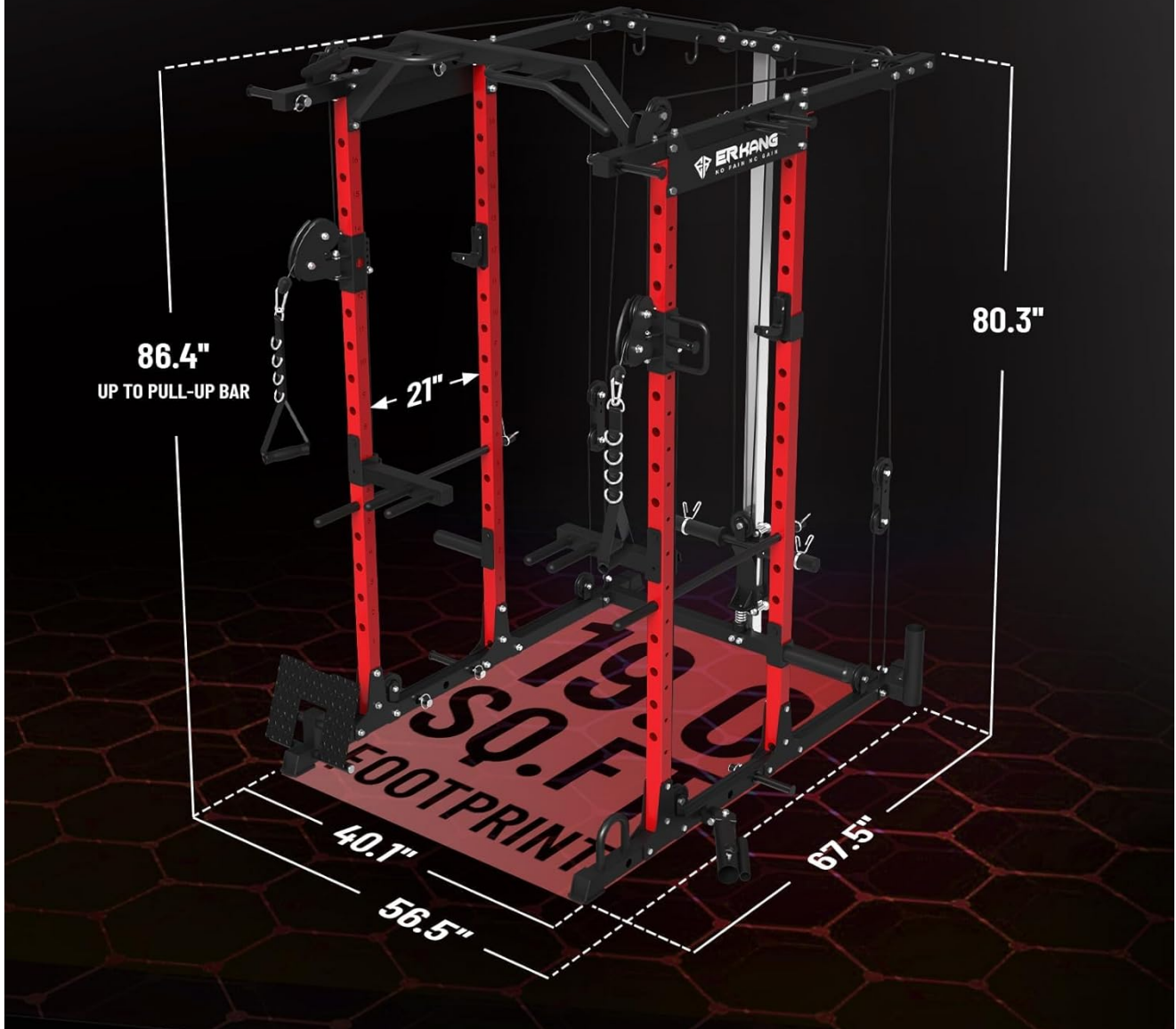


Figure 2: Dimensional view of the ER KANG K6 Power Cage, showing a footprint of approximately 19.0 sq. ft. with dimensions of 56.5 inches (length) x 40.1 inches (width) and a height of 86.4 inches up to the pull-up bar.

UP TO
1500LBS
RACKABLE WEIGHT CAPACITY

UP TO
1000LBS
STORAGE CAPACITY

UP TO
500LBS
FUNCTIONAL TRAINER CAPACITY

UP TO
500LBS
PULL-UP BAR

230LBS
PRODUCT WEIGHT

2"X2"
NUMBERED UPRIGHTS

**POWERFUL PERFORMANCE
AT A GLANCE.**



Figure 3: Performance specifications of the K6 Power Cage, indicating a rackable weight capacity of up to 1500 lbs, storage capacity of up to 1000 lbs, functional trainer capacity of up to 500 lbs, pull-up bar capacity of up to 500 lbs, and a product weight of 230 lbs. The uprights are 2"x2" with numbered holes.

2. SAFETY INFORMATION

Before using the ER KANG K6 Power Cage, please read and understand all instructions and warnings. Failure to follow these instructions may result in serious injury or property damage.

- Consult a physician before starting any exercise program.
- Always inspect the equipment for loose or damaged parts before each use. Do not use if any components are compromised.
- Ensure all bolts, nuts, and pins are securely fastened before and during use.
- Do not exceed the maximum weight capacities: 1500 lbs rackable, 1000 lbs storage, 500 lbs functional trainer,

500 lbs pull-up bar.

- Use spotter arms (safety bars) when performing heavy lifts, especially squats and bench presses.
- Maintain proper form during exercises to prevent injury.
- Keep children and pets away from the equipment during operation.
- Place the power cage on a flat, stable surface.
- Wear appropriate athletic footwear and clothing.

3. SETUP AND ASSEMBLY

Carefully unpack all components and verify against the parts list (not provided here, refer to your physical manual). Assembly typically requires two adults. Follow the steps below for proper setup.

3.1 Component Identification

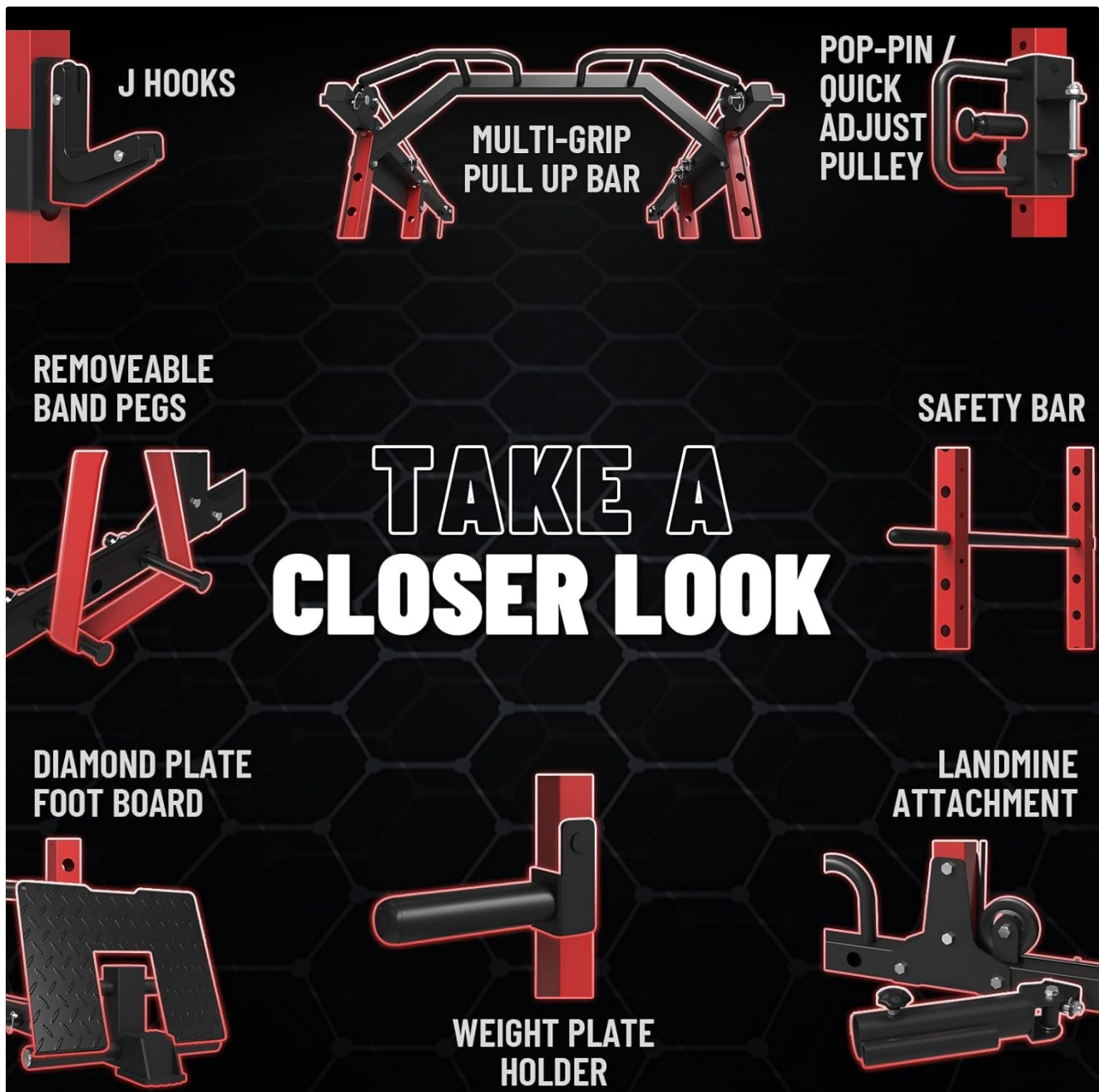


Figure 4: Detailed view of various components including J-hooks, multi-grip pull-up bar, pop-pin/quick-adjust pulley, removable band pegs, safety bar, diamond plate footboard, landmine attachment, and weight plate holder. These components are included in the K6 Power Cage bundle.



Figure 5: The K6 Power Cage bundle showing the main cage structure along with all included attachments such as T-bar, lat pulldown bar, tricep rope, cable bar, cable handles, weight storage pins, battle rope anchor, J-hooks, dip bars, detachable landmine, footboard, barbell spring clamps, and safety bar spring clamps.

3.2 Cable System Assembly

The cable crossover system requires careful routing of the cables through the pulleys. Refer to the diagram and video for detailed instructions.



Figure 6: Cable routing diagram for the ER KANG K6 Power Cage. This illustration demonstrates the correct path for the cable (D2, 496.85 inches / 12620 mm) through the various pulleys to ensure smooth operation of the functional trainer and lat pulldown system.

Your browser does not support the video tag.

Video 1: This video demonstrates the assembly process for the long cable system of the ER KANG NK6 power cage. It provides a visual guide for correctly routing the cables and attaching the necessary components for the functional trainer and lat pulldown

functions.

3.3 General Assembly Tips

- Organize all parts before beginning assembly.
- Do not fully tighten bolts until all components are loosely assembled. This allows for easier alignment.
- Once all parts are in place, progressively tighten all fasteners.
- Ensure the power cage is stable and level before use.

4. OPERATING INSTRUCTIONS

The ER KANG K6 Power Cage offers a wide range of exercises. Always ensure proper setup and safety precautions are followed for each exercise.

4.1 Power Rack Usage

- **Squats and Bench Press:** Position the J-hooks and safety bars at the appropriate height for your exercise. Always use safety bars when lifting heavy weights.
- **Pull-ups:** Utilize the multi-grip pull-up bar for various grip positions (wide, narrow, neutral).



Figure 7: A user demonstrating deadlifts and squats within the ER KANG K6 Power Cage. The image shows proper form for barbell exercises, highlighting the cage's suitability for fundamental strength training movements.



Figure 8: A user performing pull-ups on the multi-grip pull-up bar of the ER KANG K6 Power Cage. This illustrates the versatility of the pull-up station for upper body strength development.

4.2 Cable Crossover System

- **Adjusting Pulleys:** Use the pop-pin quick-adjust mechanism to set the pulley height for various exercises (e.g., cable flyes, tricep pushdowns, bicep curls).
- **Lat Pulldowns/Low Rows:** Attach the lat pulldown bar or cable handle to the appropriate cable. Use the footboard for stability during low rows.



Figure 9: A user performing cable flyes using the adjustable cable crossover system of the ER KANG K6 Power Cage. This demonstrates the functional trainer's capability for isolation exercises targeting various muscle groups.

4.3 Other Attachments

- **Dip Station:** Attach the dip bars to the uprights at a comfortable height.
- **Landmine Attachment:** Insert a barbell into the landmine attachment for exercises like T-bar rows, landmine presses, and rotational movements.
- **Resistance Band Pegs:** Utilize the band pegs for added resistance during squats, deadlifts, or other exercises.

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Video 2: This video provides an overview of the ER KANG K6 Power Cage, showcasing its various features and attachments in a home gym setting. It highlights the versatility and commercial quality of the equipment for a comprehensive workout.

5. MAINTENANCE

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

- **Daily:** Wipe down the frame and attachments with a damp cloth after each use to remove sweat and dust.
- **Weekly:** Inspect all bolts, nuts, and pins for tightness. Re-tighten as necessary. Check cables for any signs of fraying or wear.
- **Monthly:** Lubricate moving parts, such as pulleys and cable guides, with a silicone-based lubricant to ensure

smooth operation.

- **Annually:** Perform a thorough inspection of the entire unit for any structural damage, rust, or excessive wear. Replace any worn or damaged parts immediately.

6. TROUBLESHOOTING

If you encounter any issues with your ER KANG K6 Power Cage, refer to the common problems and solutions below.

| Problem | Possible Cause | Solution |
|---|--|--|
| Cables are not moving smoothly or are sticking. | Lack of lubrication, misaligned pulleys, frayed cable. | Apply silicone lubricant to cables and pulleys. Check pulley alignment. Inspect cables for damage and replace if necessary. |
| Power cage feels unstable or wobbly. | Loose bolts, uneven floor. | Ensure all assembly bolts are securely tightened. Adjust leveling feet if available, or place shims under the base on an uneven floor. |
| Attachments (J-hooks, safety bars) are difficult to adjust. | Dust or debris in holes, bent pins. | Clean the adjustment holes. Ensure pins are not bent. Apply a small amount of lubricant if needed. |

7. SPECIFICATIONS

- **Model:** K6 Power Cage
- **Brand:** ER KANG
- **Item Dimensions (LxWxH):** 80 x 56 x 67 inches (Note: Product overview image shows 56.5"L x 40.1"W x 86.4"H, please refer to the most accurate measurement in your physical manual if discrepancies exist.)
- **Material:** Alloy Steel
- **Color:** Black (Product title mentions Red, but specifications list Black. Please verify your specific product color.)
- **Rackable Weight Capacity:** Up to 1500 lbs
- **Functional Trainer Capacity:** Up to 500 lbs
- **Pull-up Bar Capacity:** Up to 500 lbs
- **Product Weight:** 230 lbs
- **Column Size:** 2" x 2"
- **Hole Size:** 1"
- **Suggested Users:** Unisex-adult

8. WARRANTY AND SUPPORT

ER KANG is committed to providing high-quality fitness equipment. For specific warranty details, please refer to the warranty card included with your product or visit the official ER KANG website.

If you require assistance with assembly, operation, maintenance, or troubleshooting that is not covered in this manual, please contact ER KANG customer support through the retailer where you purchased the product or via the contact information provided in your product packaging.

Please have your model number (K6) and purchase date available when contacting support.