

SELEWARE SWPR-JA-2P-01

SELEWARE Adjustable Jammer Arms Lever Arms Instruction Manual

Model: SWPR-JA-2P-01

1. INTRODUCTION

Thank you for choosing the SELEWARE Heavy Duty Adjustable Jammer Arms Lever Arms. This product is designed to enhance your home gym strength training by providing versatile exercise options. Constructed from durable alloy steel with a matte paint finish, these jammer arms are built for long-lasting use and can support up to 600 lbs per arm. They are compatible with 2" Olympic plates and are specifically designed to fit 2" x 2" power racks with either 5/8" or 1" holes. Please read this manual thoroughly before installation and use to ensure safe and proper operation.

2. SAFETY INFORMATION

- **Read All Instructions:** Familiarize yourself with all assembly and operating instructions before using the equipment.
- **Power Rack Compatibility:** Ensure your power rack is a 2" x 2" square tube with 5/8" or 1" holes. Using these arms with incompatible racks may lead to instability and injury.
- **Secure Installation:** Always ensure the jammer arms are securely attached to the power rack using the provided hand knobs. Verify that they are stable and do not wobble before loading weight.
- **Weight Capacity:** Do not exceed the maximum weight capacity of 600 lbs per arm. Overloading can cause equipment failure and serious injury.
- **Rack Stability:** If loading heavy weights, ensure your power rack is either bolted to the ground or adequately weighed down to prevent tipping.
- **Inspect Before Use:** Before each use, inspect the jammer arms for any signs of wear, damage, or loose components. Do not use if any damage is found.
- **Proper Form:** Always use proper exercise form to prevent injury. If you are unsure about correct technique, consult a qualified fitness professional.
- **Children and Pets:** Keep children and pets away from the equipment during use.

3. SETUP AND INSTALLATION

The SELEWARE Adjustable Jammer Arms are designed for straightforward installation on compatible power racks.

1. **Verify Rack Compatibility:** Confirm your power rack has 2" x 2" uprights and 5/8" or 1" holes.
2. **Positioning:** Determine the desired height for your jammer arms on the power rack uprights.
3. **Attachment:** Slide the attachment mechanism of the jammer arm into the desired hole on the power rack upright.
4. **Secure with Hand Knob:** Insert and tighten the securing hand knob firmly to prevent any movement or wobbling of the jammer arm. Ensure it is fully engaged and tight.
5. **Repeat for Second Arm:** Install the second jammer arm on the opposite upright, ensuring it is at the same height and securely fastened.
6. **Final Check:** Before loading any weight, gently pull and push on both arms to confirm they are stable and properly secured.



Image: SELEWARE Jammer Arms securely attached to a 2"x2" power rack, highlighting the 1" hole compatibility.

Ball joints allow free directional movements

Not just up and down

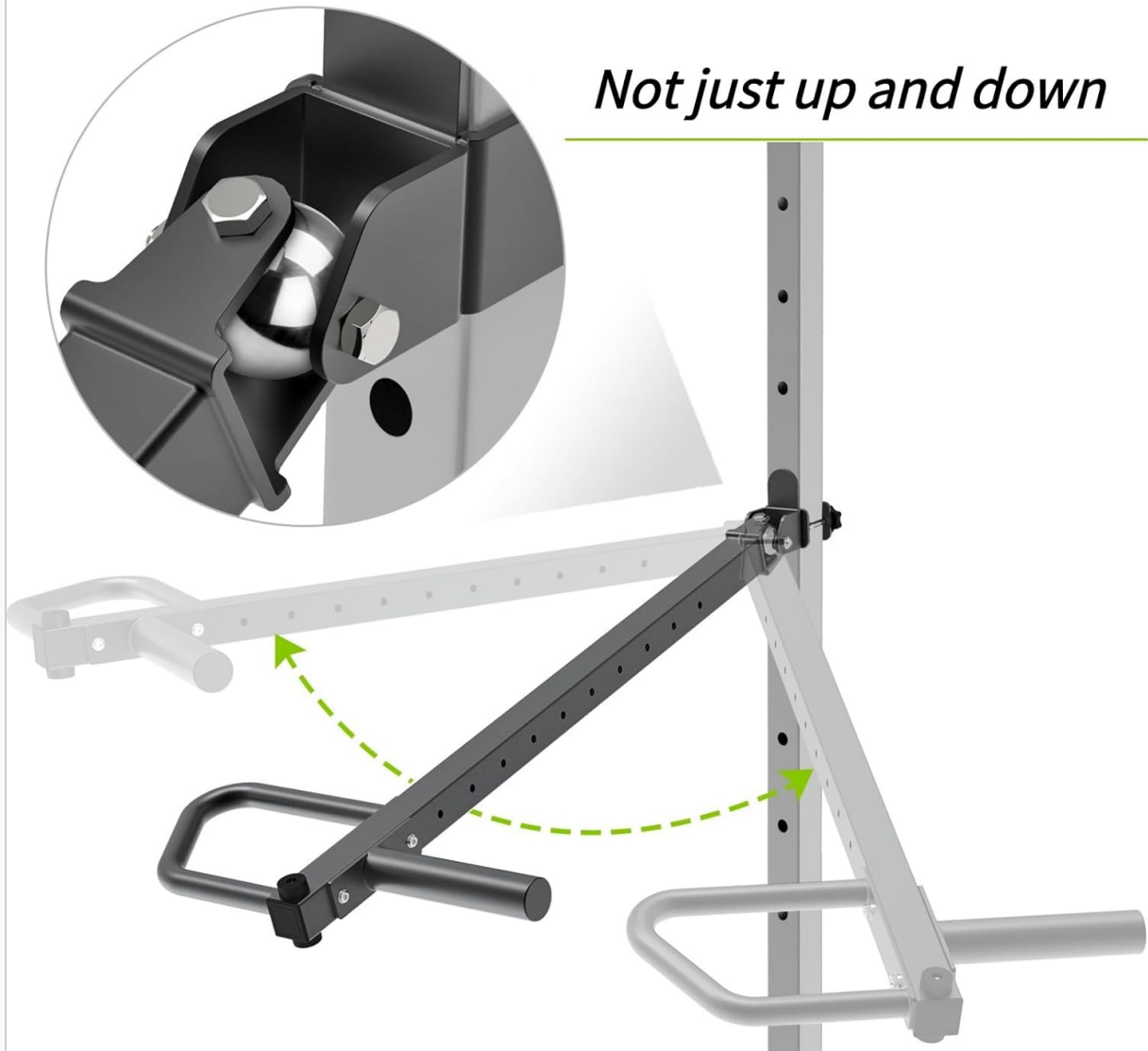


Image: The attachment mechanism demonstrating compatibility with both 1" and 5/8" holes on a 2"x2" power rack.

Handle position adjustable for your needs

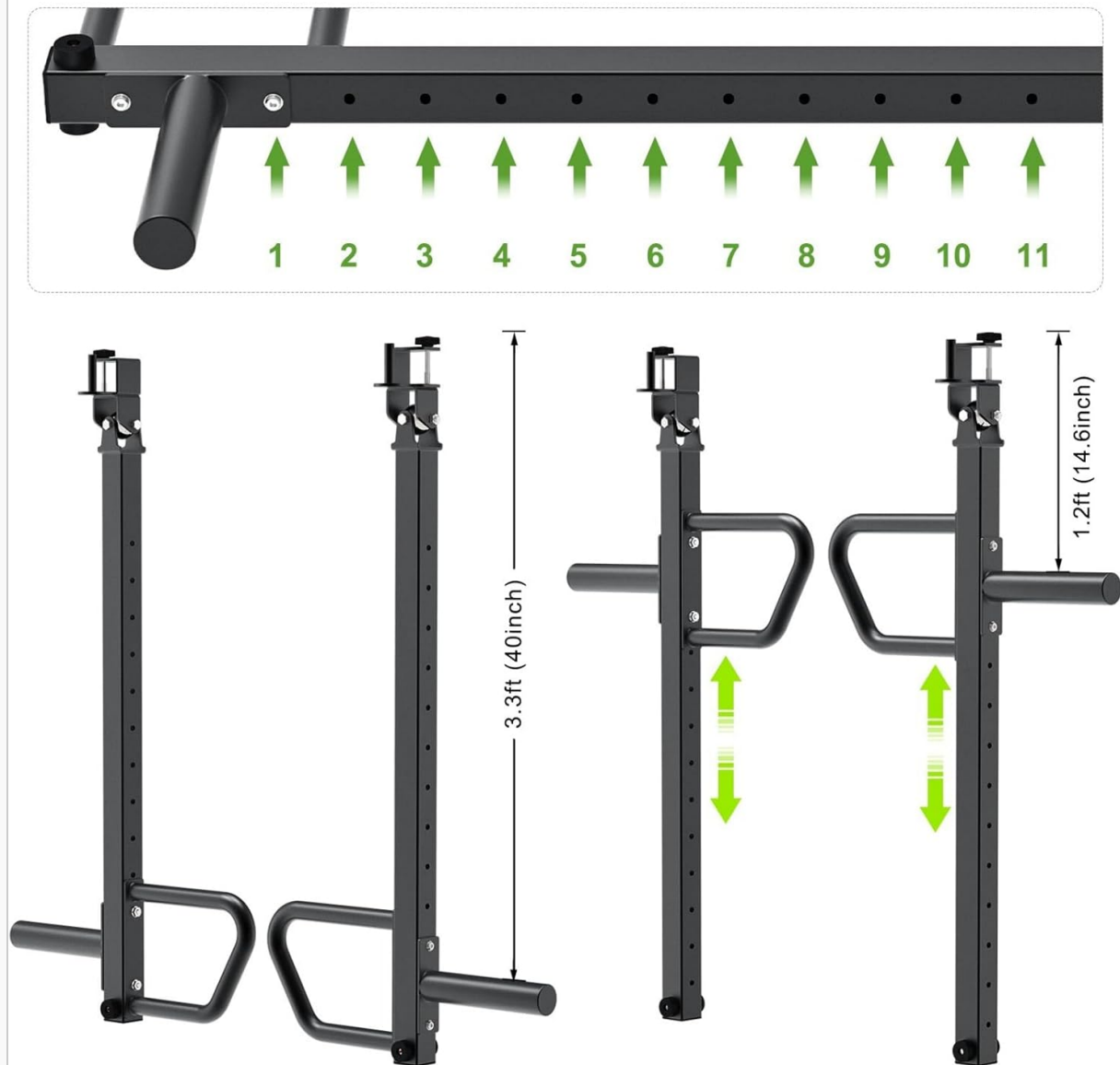


Image: The securing hand knob ensures a tight and stable connection, preventing wobbling.

4. OPERATING INSTRUCTIONS

The SELEWARE Jammer Arms offer a dynamic range of motion for various exercises.

- **Adjusting Handle Position:** The handles can be adjusted to various positions (low or high, inward or outward) to suit different exercises and user sizes. Simply loosen the relevant bolts, reposition the handle, and re-tighten securely.
- **Ball Joint Movement:** The integrated ball joints allow for free directional movements, not just vertical motion. This enables a more natural and effective range of motion for exercises like rows, presses, and squats.
- **Loading Weight:** Load 2" Olympic plates onto the weight horns at the end of each jammer arm. Ensure weight is evenly distributed and secured if necessary.
- **Exercise Variety:** Utilize the jammer arms for a wide range of exercises including:
 - Chest Presses (flat, incline, decline)
 - Shoulder Presses
 - Rows (bent-over, seated)
 - Deadlifts

- Squats
- Lunges

Fit 2" x 2" uprights with 1" or 5/8" opening

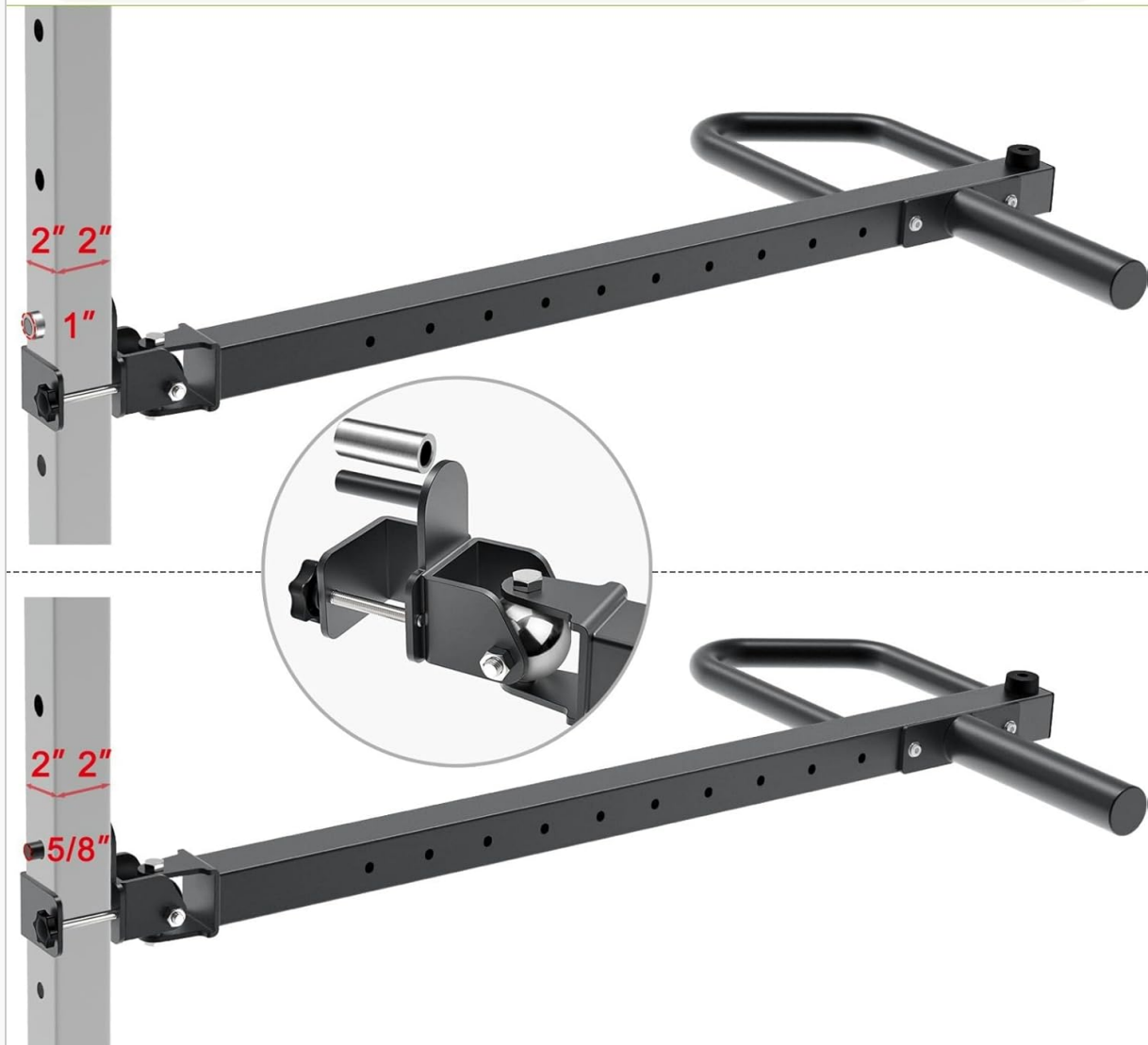


Image: Ball joints enable free directional movements for a more natural exercise path.

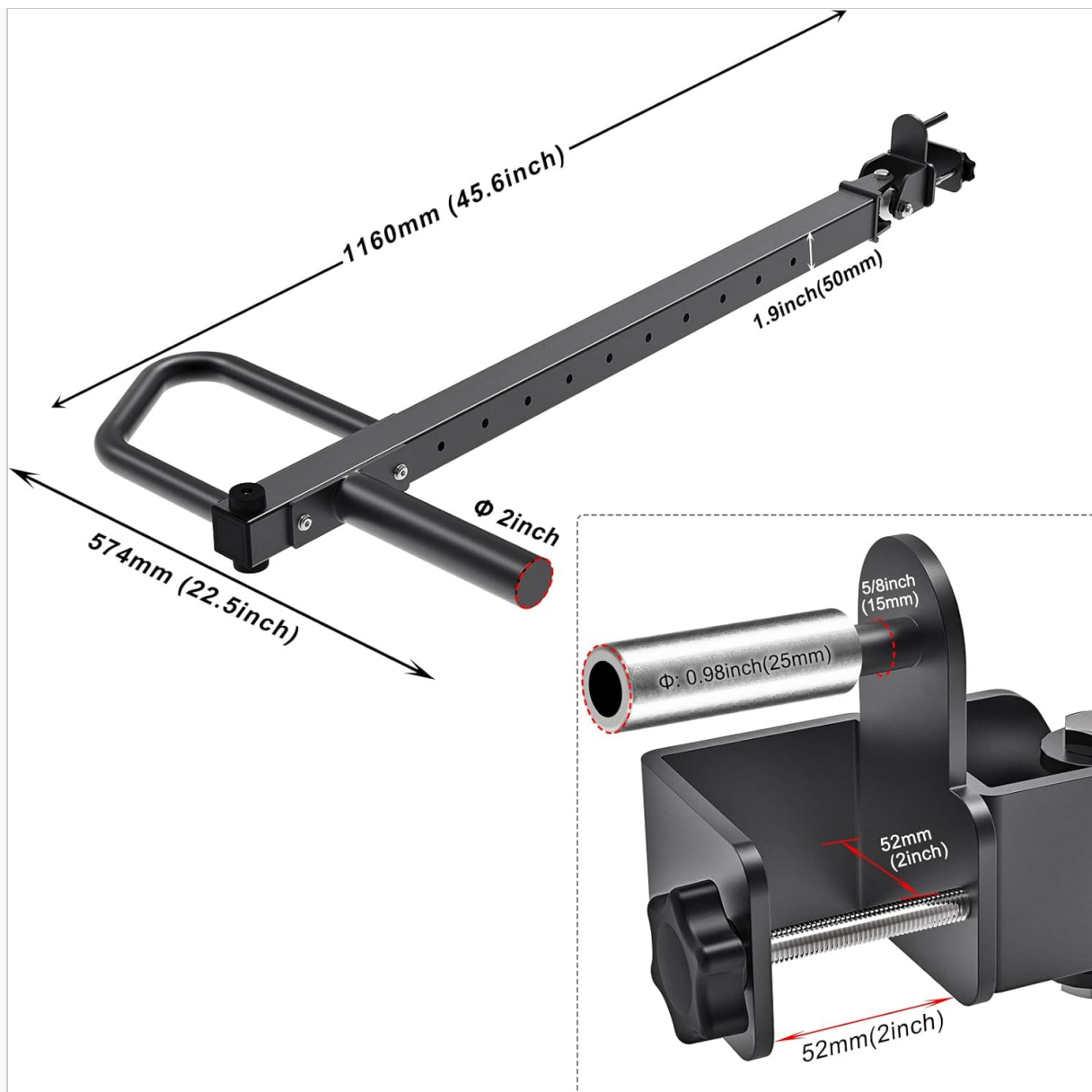


Image: Handle position is adjustable to suit individual needs and exercise requirements.

5. MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your SELEWARE Jammer Arms.

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspect Bolts and Connections:** Periodically check all bolts, nuts, and connection points to ensure they are tight. Re-tighten as necessary.
- **Lubrication:** The ball joints are designed for smooth movement. If you notice any stiffness, a small amount of silicone-based lubricant can be applied.
- **Storage:** Store the jammer arms in a dry environment to prevent rust.

6. TROUBLESHOOTING

- **Arms Wobble After Installation:**
Solution: Ensure the securing hand knobs are fully tightened. Verify that the jammer arms are correctly seated in the power rack holes and that your power rack dimensions (2"x2" uprights, 5/8" or 1" holes) are compatible.

- **Difficulty Adjusting Handles:**

Solution: Loosen the adjustment bolts sufficiently before attempting to reposition the handles. Ensure no debris is obstructing the adjustment holes.

- **Stiff Ball Joint Movement:**

Solution: Apply a small amount of silicone-based lubricant to the ball joint mechanism. Ensure no dirt or debris is interfering with the movement.

- **Power Rack Tipping During Heavy Lifts:**

Solution: This indicates insufficient stability of your power rack. For heavy lifts, the power rack must be either bolted to the floor or adequately weighed down with additional plates or sandbags on its base.

7. SPECIFICATIONS

Model Number	SWPR-JA-2P-01
Material	Alloy Steel
Maximum Weight Capacity	600 lbs per arm
Compatibility	2" x 2" Power Racks with 5/8" or 1" Holes
Plate Compatibility	2" Olympic Plates
Handle Type	Straight Bar
Item Weight	12.8 kg (approx. 28.2 lbs)
Parcel Dimensions	109.6 x 27.5 x 13.1 cm (approx. 43.1 x 10.8 x 5.2 inches)

Securing hand knob, won't wobble



Image: Detailed dimensions of the SELEWARE Jammer Arms.

8. WARRANTY AND SUPPORT

SELEWARE stands behind the quality of its products. Your Adjustable Jammer Arms come with a reliable after-sales service guarantee. For any questions, concerns, or assistance with your product, please contact SELEWARE customer support through the retailer's platform or the official SELEWARE website. Please retain your proof of purchase for warranty claims.