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Sportsroyals Power Rack

Sportsroyals Power Cage Instruction Manual

MODEL: POWER CAGE WITH LAT PULLDOWN (BLUE)

1. INTRODUCTION

The Sportsroyals Power Cage is a multi-function power rack designed for comprehensive home gym workouts. Built with gym-quality materials, it offers a robust and versatile solution for strength training. This manual provides detailed instructions for assembly, operation, maintenance, and troubleshooting to ensure safe and effective use of your equipment.

We've shipped the Power Cage in 2 packages to minimize potential transit damage. Please do not be worried if they arrive on different days; typically, the interval between receipt of all packages will not exceed 3 days. For any questions, our customer service is always here to help.



Figure 1: Sportsroyals Power Cage with included accessories.

2. SETUP AND INSTALLATION

The Sportsroyals Power Cage is designed for easy installation, though it involves many components. It is recommended that 2-3 people assemble the unit for efficiency and safety. The assembly process typically takes around 3.5 hours if you have the correct tools. All bolts, nuts, and washers are organized and labeled by step for convenience.

Important Tip: Ensure that all numbered poles are oriented correctly with the numbers facing outwards. For the top frame, the circular holes should face the front, and square holes should face the back. This ensures proper alignment for all attachments.

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Video 1: Official Sportsroyals Power Cage Installation Overview. This video provides a visual guide to the assembly process.



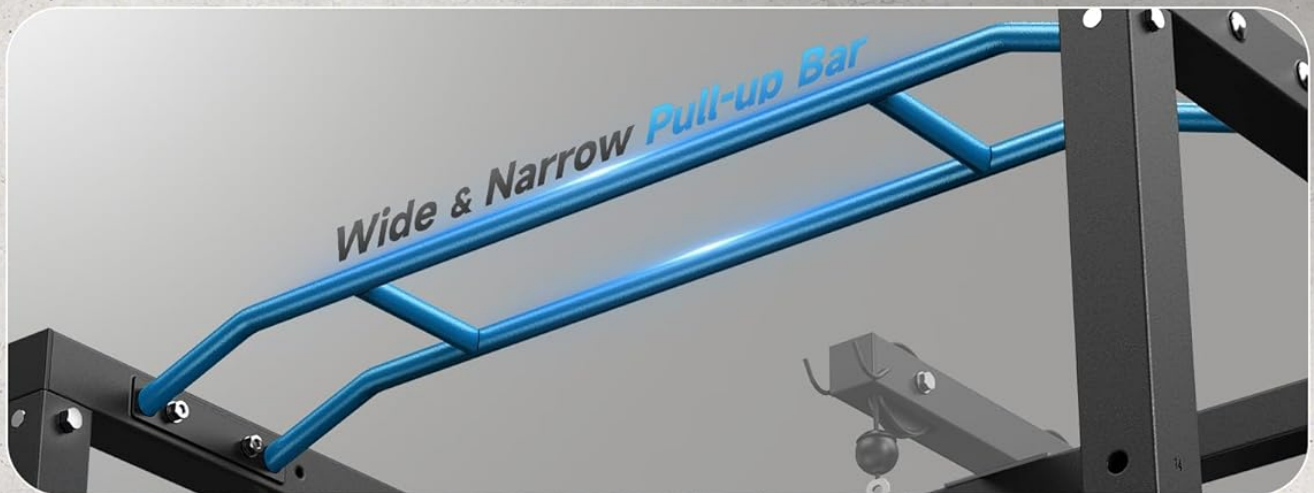
Figure 2: Visual representation of the Power Cage assembly steps.

3. COMPONENTS AND ACCESSORIES

The Sportsroyals Power Cage comes fully equipped with a variety of accessories to enhance your workout experience. These include:

- Lat pull-down bar (x1)
- Cable bar (x1)
- Cable handle (x2)
- J-Hook (x2)
- Safety frame (x2)
- Safety rod (x2)
- Wide & narrow pull-up frame
- Dip bar (x2)
- 360° landmine (x1)
- Foot board (x1)
- Band peg (x6)
- 1" & 2" barbell clamps (x6)
- Weight plate storage bracket (fits 2" Olympic or 1" standard weight plates)

CUSTOMIZED ACCESSORIES



Dip Bar



High-Quality J-hook



Long Safety Rod



1/2 in Landmine Tube



Resistance Band Pegs

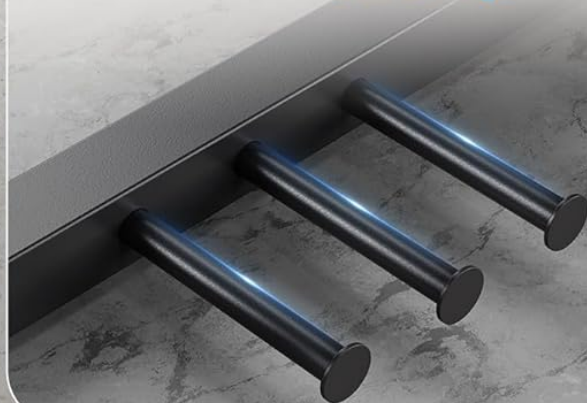


Figure 3: Overview of included customized accessories.



Figure 4: Close-up of key accessories including high-quality J-hooks, dip bars, 14 height-adjustable pillars, and weight holders.



Figure 5: Additional features like barbell storage, resistance band pegs, 360° landmine tube, and foot board for seated rows.

4. OPERATING INSTRUCTIONS AND FEATURES

This multi-function power rack allows you to train all your muscles with one machine. It combines a squat rack, lat pull-down machine, power tower, and dip bar, offering a wide range of exercises.

4.1. Weight Capacity and Construction

The power cage is built with 50 X 50mm commercial steel square frame with a thickness of 1.5MM, ensuring safety and durability. It is tested to support up to 1200 lbs. The 200lbs weight of the rack itself, along with 2 reinforcing tabs, increases its stability during training.

BUILD WITH GYM QUALITY

1200 lbs Weight Capacity



2"*2" Square Frame



1.5MM thickness Steel



Sturdy and Durable



Figure 6: The Power Cage is built with gym-quality materials to support heavy loads.

4.2. Pulley System

Equipped with an upper and lower pull-down pulley system, the precision bearing pulleys and fully electroplated telescopic poles provide a smooth movement experience. The solid steel pulley rope can hold up to 500 pounds, making it convenient for various weight workouts.

PRECISION DURABLE PULLEY SYSTEM

Smoother Workout Experience



Figure 7: The precision durable pulley system ensures a smoother workout experience.

4.3. Exercise Versatility

Perform a variety of exercises including wide & narrow lat pull-downs, 360° landmine exercises, seated cable rows, bench presses, squats, dead-lifts, triceps extensions, pull-ups, chin-ups, and dips. The 14 height-adjustable pillars allow for customization to suit different exercise needs and user heights.

TRAIN ALL YOUR MUSCLE WITH ONE MACHINE



Figure 8: The Power Cage supports a wide range of exercises for a full-body workout.

4.4. Organization and Practicality

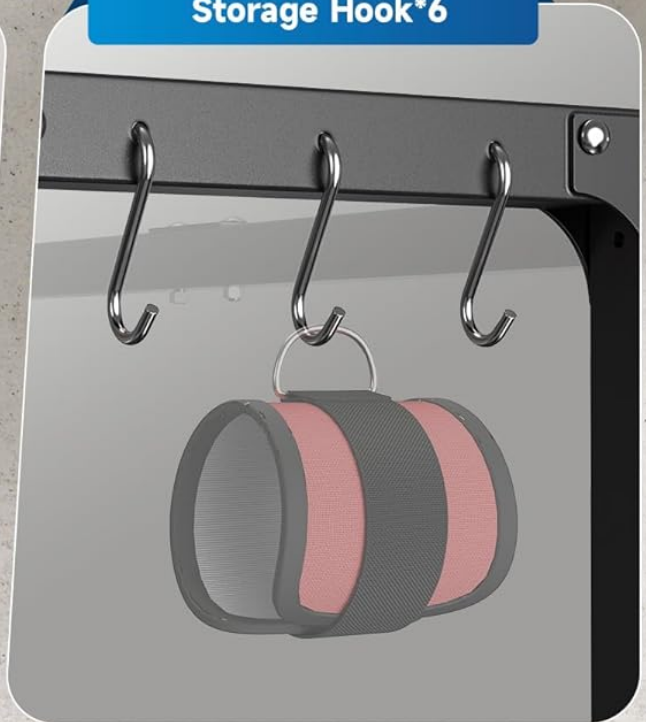
Say goodbye to a cluttered floor. The power rack is built with 1 barbell bar storage holder, 6 weight storage racks, and 6 handle storage hooks, allowing you to perfectly organize all your gym accessories and weight plates. Rubber pads on the safety frame and safety rod provide good cushioning and ensure workout safety.

PRACTICAL USING FEATURE

Weight Storage BaR*6



Storage Hook*6



Safety Protection Frame



Barbell Bar Storage Tube*1



Figure 9: Integrated storage solutions keep your workout area tidy and safe.

5. MAINTENANCE

To ensure the longevity and safe operation of your Sportsroyals Power Cage, regular maintenance is recommended:

- **Cleaning:** Wipe down the frame and accessories with a damp cloth after each use to prevent rust and maintain hygiene.

- **Bolt Tightness:** Periodically check all bolts and nuts to ensure they are securely tightened. Re-tighten as necessary.
- **Pulley System:** Inspect the cables and pulleys for any signs of wear or fraying. Lubricate the pulley bearings and telescopic poles as needed to maintain smooth operation.
- **Safety Components:** Ensure that all safety frames, rods, and J-hooks are in good condition and properly installed before each workout.

6. TROUBLESHOOTING

If you encounter any issues with your Sportsroyals Power Cage, please refer to the following common troubleshooting tips:

- **Squeaking/Rough Pulley Operation:** Check if the cables are properly aligned within the pulleys. Apply a silicone-based lubricant to the guide rods and pulley bearings.
- **Instability/Wobbling:** Ensure all assembly bolts are fully tightened. Verify that the unit is placed on a flat, level surface.
- **Missing Parts:** If any parts were missing upon delivery, please contact customer service immediately with your order details.
- **Difficulty Adjusting Components:** Ensure that the adjustment pins are fully disengaged before attempting to move components. Check for any obstructions in the adjustment holes.

For any persistent issues or concerns not covered here, please contact Sportsroyals customer service for assistance.

7. SPECIFICATIONS

Brand	Sportsroyals
Model Name	Power Rack
Style	Power Cage with Lat Pulldown (BLUE)
Material	Alloy Steel
Maximum Weight Recommendation	1200 Pounds
Product Dimensions (LxWxH)	61.6"L x 56.0"W x 82.6"H
Included Components	Lat pull-down bar, cable bar, cable handles, J-Hooks, safety frames, safety rods, pull-up frame, dip bars, 360° landmine, foot board, band pegs, barbell clamps, weight plate storage bracket

8. WARRANTY AND SUPPORT

The Sportsroyals Power Cage comes with a 1-year warranty. For any warranty claims, product support, or customer service inquiries, please contact SPORTS ROYALS, the seller. They are committed to providing a 100% satisfactory solution and typically reply within 12 hours.

NO WORRY BUYING

Reliable Customer Service & Easy to Install



100%
SATISFACTORY SOLUTION
Reply in 12 hours



DETAILED
INSTRUCTIONS MANUAL
HD Installation Video



Figure 10: Sportsroyals offers reliable customer service and support.