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› STMHOM 1600LBS Power Cage Squat Rack Instruction Manual

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Model: 1600LBS Power Cage Squat Rack

1. INTRODUCTION

Thank you for choosing the STMHOM 1600LBS Power Cage Squat Rack. This versatile home gym equipment is designed to provide a comprehensive full-body workout, integrating a squat rack, lat pulldown machine, power tower, and dip bar. Constructed from durable commercial steel, it offers a safe and effective platform for various strength training exercises. Please read this manual thoroughly before assembly and use to ensure proper operation and safety.



Figure 1: Overview of the STMHOM Power Cage and its included attachments.

2. SAFETY INFORMATION

Your safety is paramount. Adhere to the following guidelines to prevent injury and ensure safe operation of the STMHOM Power Cage.

- **Consult a Physician:** Before starting any new exercise program, consult with a healthcare professional.
- **Read Instructions:** Fully read and understand all assembly and operating instructions before using the equipment.
- **Proper Assembly:** Ensure all components are correctly assembled and tightened according to the instructions. Do not use the equipment if any parts are damaged or missing.
- **Stable Surface:** Place the power cage on a flat, stable, and non-slip surface. Ensure adequate clearance around the equipment for safe movement.

- **Weight Limits:** Do not exceed the specified weight capacities for any component:
 - Safety Straps Weight Capacity: Up to 1600 lbs
 - Pull-up Bar Weight Capacity: Up to 550 lbs
 - J-Hook Weight Capacity: Up to 500 lbs
 - Dip Bar Weight Capacity: Up to 400 lbs
- **Inspect Before Use:** Before each workout, inspect the power cage for loose bolts, worn cables, or any signs of damage. Do not use if damage is present.
- **Children and Pets:** Keep children and pets away from the equipment during use.
- **Spotter:** When lifting heavy weights, always use a spotter.
- **Proper Form:** Use correct exercise form to prevent injury. If you experience pain, stop immediately.
- **Wear Appropriate Attire:** Wear suitable athletic clothing and footwear.

UP TO
1600 LBS
SAFETY STRAPS WEIGHT
CAPACITY

UP TO
550 LBS
PULL-UP BAR WEIGHT CAPACITY

UP TO
500 LBS
J-HOOK WEIGHT CAPACITY

UP TO
400 LBS
DIP BAR WEIGHT CAPACITY

203 LBS
PRODUCT WEIGHT

2" X 2"
NUMBERED UPRIGHTS

REAL POWERFUL PERFORMANCE



Figure 2: Weight capacities for various components of the power cage.

3. PACKAGE CONTENTS

The STMHOM Power Cage is shipped in two packages and includes the following components and attachments. Please verify all parts are present before beginning assembly.

- Power Cage Frame (2"x2" commercial steel square frames, 1.5mm thickness)
- 2 Nylon Safety Straps
- 2 J-Hooks
- 2 Dip Bars
- 4 Resistance Band Pegs
- 1 Lat Pull Down Bar
- 1 Cable Bar
- 1 360 Degree Detachable Landmine Attachment
- 1 Ankle Strap
- 1 Tricep Rope
- 2 Cable Handles
- 1 Chain
- 2 Weight Holder Clips
- Footboard
- Flat Foot Base
- Wide & Narrow Pull-up Bar

POWER CAGE BUNDLE

All attachments included



Figure 3: All attachments included in the power cage bundle.

Note: The power cage is shipped in two separate packages, which may arrive at different times. Please ensure both packages have been received before starting assembly.



TIPS

KIND TIPS

Our power cage with lat pull-down attachment comes in 2 boxes, shipped separately and may not arrive at the same time.



If you have any issues or concerns, please contact us on Amazon. We're here for you whenever you need us. Thanks!



Figure 4: The power cage ships in two boxes.

4. SETUP AND ASSEMBLY

Assembly requires careful attention to detail. It is recommended to have at least two people for assembly. Refer to the detailed assembly instructions provided in the separate assembly guide for step-by-step procedures. Ensure all bolts are securely tightened after assembly.

4.1 Key Components Overview

PRODUCT INTRODUCING

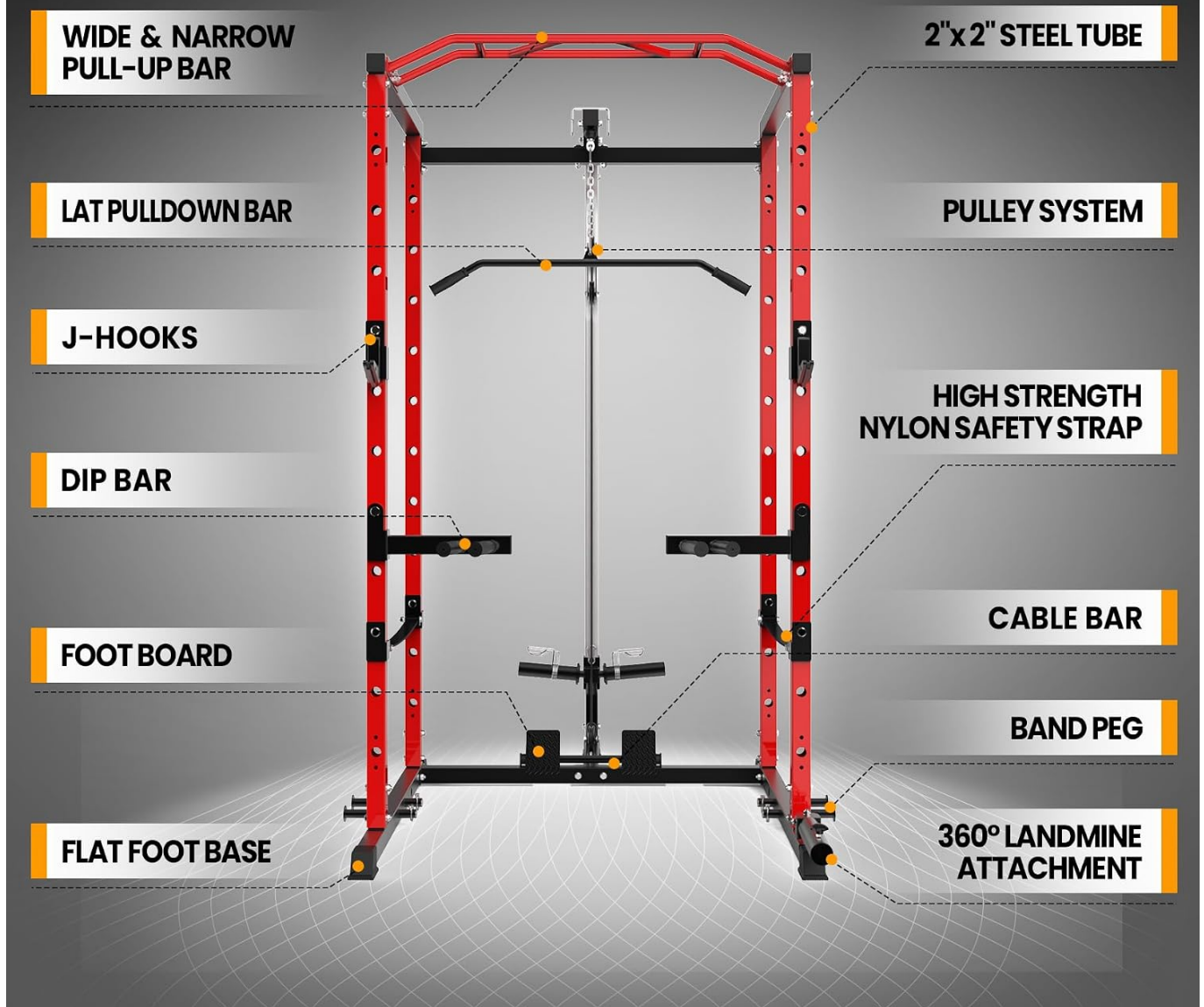


Figure 5: Labeled diagram of the power cage components.

4.2 Pulley Cable System Assembly

The pulley cable system features a rolling bearing design for smooth operation and reduced noise. Follow the assembly guide to correctly install the cables, pulleys, and attachments. Ensure the cables are routed correctly and move freely without obstruction.

PRODUCT DETAILS



Figure 6: Detailed view of the silent electroplated guide rail for the pulley system and other attachments.

5. OPERATING INSTRUCTIONS AND EXERCISES

The STMHOM Power Cage offers a wide range of exercises. Always ensure attachments are securely fastened and weight limits are respected before starting any exercise.

5.1 Using the Pulley Cable System

Attach the desired handle (Lat Pull Down Bar, Cable Bar, Tricep Rope, Cable Handles) to the cable system. Ensure the weight plates are securely loaded onto the weight holder. The rolling bearing design provides smooth movement for exercises such as:

- Wide and Narrow Lat Pulldowns
- Seated Cable Rows (using the rowing cable)
- Triceps Extensions
- Cable Curls



Figure 7: Demonstrations of Pull-up and Lat Pulldown exercises.

5.2 Barbell Exercises (Squats, Bench Press, Deadlifts)

Utilize the J-hooks and safety straps for barbell exercises. Adjust the J-hooks and safety straps to the appropriate height for your exercise and body type. Always ensure the barbell is securely seated on the J-hooks and safety straps are correctly positioned to catch the bar if needed.

- **Squats:** Position the J-hooks at shoulder height. Load the barbell and perform squats within the cage, with safety straps set just below your lowest squat depth.
- **Bench Press:** Use a weight bench inside the cage. Position the J-hooks at a height that allows you to unrack and re-rack the barbell safely. Set safety straps to prevent the bar from crushing you.
- **Deadlifts:** The cage provides a stable base for deadlifts. Ensure sufficient space and use proper form.



Figure 8: Demonstrations of Squat and Bench Press exercises.



Figure 9: Demonstrations of Bent Over Row and Deadlift exercises.

5.3 Bodyweight and Other Exercises (Dips, Pull-ups, Push-ups, Landmine)

- **Pull-ups/Chin-ups:** Use the wide and narrow pull-up bar at the top of the cage.
- **Dips:** Attach the dip bars to the uprights at a comfortable height.

- **Push-ups:** Can be performed on the floor or using the dip bars for elevated push-ups.
- **Landmine Exercises:** Insert a barbell into the 360-degree detachable landmine attachment for rotational movements, rows, and presses.



Figure 10: Demonstrations of Dip and Push Up exercises.

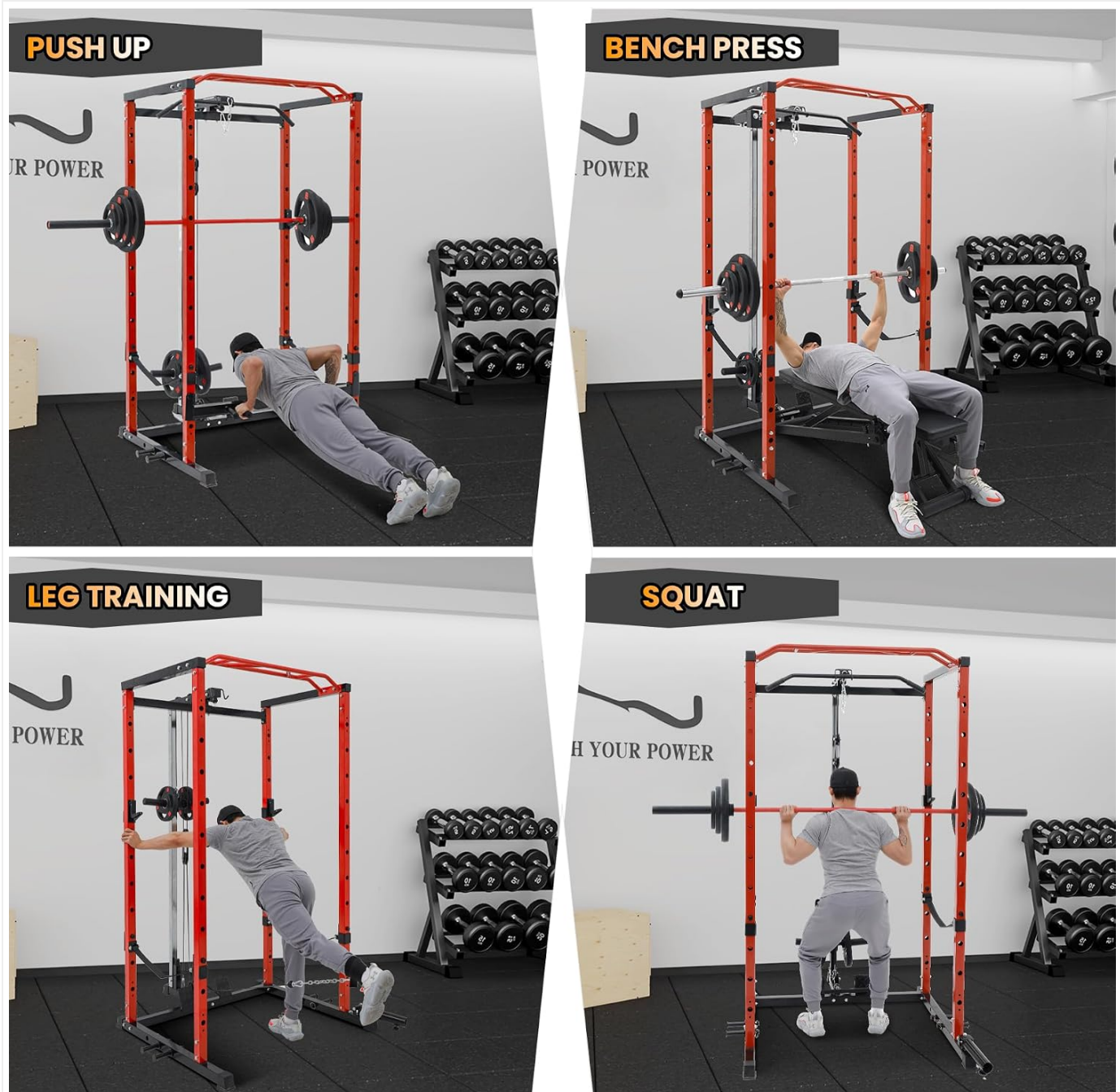


Figure 11: Various exercises possible with the power cage, including Push Up, Bench Press, Leg Training, and Squat.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your STMHOM Power Cage.

- **Daily Inspection:** Before each use, check for any loose bolts, nuts, or connections. Tighten as necessary.
- **Cable Inspection:** Regularly inspect the pulley cables for fraying, wear, or damage. Replace worn cables immediately.
- **Lubrication:** Periodically lubricate moving parts of the pulley system to ensure smooth operation and reduce wear.
- **Cleaning:** Wipe down the frame and attachments with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Storage:** Utilize the integrated barbell bar storage holder, weight storage racks, and handle storage hooks to keep your workout space organized and prevent tripping hazards.

7. TROUBLESHOOTING

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

- **Squeaking Noises:** Check all bolted connections and tighten if loose. Lubricate pulley wheels and cable guides if the noise persists from the pulley system.
- **Cable Snagging/Rough Movement:** Inspect the cable routing to ensure it is not twisted or obstructed. Check pulleys for debris or damage. Ensure proper lubrication.
- **Instability:** Verify that the power cage is placed on a level surface. Re-check all assembly bolts for tightness.
- **Missing Parts:** If parts are missing upon delivery, refer to the "Package Contents" section and contact customer support immediately. Remember the product ships in two packages.

8. SPECIFICATIONS

Feature	Specification
Model	1600LBS Power Cage Squat Rack
Brand	STMHOM
Material	Commercial Steel (2"x2" uprights, 1.5mm thickness)
Color	Red
Product Dimensions (L x W x H)	55" x 61" x 86" (142.24 cm x 209.8 cm x 218.44 cm)
Assembled Weight	165 lbs (74.8 kg)
Safety Straps Weight Capacity	1600 lbs (725.7 kg)
Pull-up Bar Weight Capacity	550 lbs (249.5 kg)
J-Hook Weight Capacity	500 lbs (226.8 kg)
Dip Bar Weight Capacity	400 lbs (181.4 kg)
Upright Size	2" x 2"
Adjustable Pillars	14 height-adjustable pillars
UPC	198290164585
ASIN	B0D4YXC1B5

COMPACT SIZE, FULL FUNCTIONALITY



Figure 12: Dimensions of the STMHOM Power Cage.

9. WARRANTY AND SUPPORT

The STMHOM Power Cage comes with a **1-year warranty** covering the frame and accessories from the date of purchase. For any inquiries, concerns, or warranty claims, please do not hesitate to reach out to us. We are committed to providing a satisfactory solution within 12 hours. You can contact us through the Amazon platform where you made your purchase.



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Figure 13: Contact information for support.

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.

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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

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