

Goimu C1 Power Cage

Goimu C1 Power Cage Instruction Manual

Model: C1 Power Cage

1. IMPORTANT SAFETY INFORMATION

Before assembling or using the Goimu C1 Power Cage, please read and understand all instructions and warnings. Failure to follow these instructions may result in serious injury or property damage. Keep this manual for future reference.

- **Consult a Physician:** Always consult with a physician before starting any exercise program.
- **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.
- **Weight Capacity:** The Goimu C1 Power Cage is designed to support a maximum safe weight of 2000 lbs (907.2 kg) for the overall structure. Individual components have specific weight limits:
 - J-Hooks: 800 lbs
 - Safety Bars/Catches: 1000 lbs
 - Lat Pulldown Bar: 400 lbs
 - Weight Plate Holders: 400 lbs
 - Dip Bar: 300 lbs

Do not exceed these stated weight capacities.

- **Stable Surface:** Always place the power cage on a flat, stable, and non-slip surface.
- **Clearance:** Maintain adequate clearance around the equipment during use to prevent accidents.
- **Children and Pets:** Keep children and pets away from the equipment during operation.
- **Inspection:** Regularly inspect the equipment for wear and tear, loose bolts, or damaged parts. Replace worn or damaged components immediately.
- **Spotters:** For heavy lifts, especially outside the cage, consider using a spotter for added safety.

2. PRODUCT OVERVIEW

The Goimu C1 Power Cage is a versatile, multi-functional strength training system designed for home gyms. It features a robust alloy steel construction, a comprehensive pulley system, and numerous attachments to facilitate a wide range of exercises.



Figure 1: Overview of the Goimu C1 Power Cage, highlighting key components such as the multi-grip chin-up bar, J-hooks, lat pulldown bar, safety catches, weight plate holders, safety bar, dip bar, T-bar, light & smooth trolley, base band peg, 360° landmine, and 4 storage hooks.

2000LBS BUILD YOUR ULTIMATE



Figure 2: Detailed breakdown of the weight capacities for various components of the Goimu C1 Power Cage, including the safety bar (1000 lbs), J-hooks (800 lbs), light & smooth trolley (400 lbs), pull-up bar (400 lbs), weight plate holders (400 lbs), and dip bar (300 lbs).

3. SETUP AND ASSEMBLY

The Goimu C1 Power Cage requires assembly. It is recommended to have at least two people for assembly. All necessary tools are typically provided, but using a socket wrench can expedite the process. All parts are labeled for easier identification.

3.1 Unpacking and Inventory

1. Carefully unpack all components from the packaging.
2. Verify that all parts listed in the packing list are present and undamaged. If any parts are missing or damaged, contact customer support immediately.

3.2 Assembly Steps

Follow the included assembly diagrams carefully. The assembly process is typically broken down into several

steps. Ensure all bolts, nuts, and washers are used correctly and tightened securely at each stage.

- **Base Frame Assembly:** Begin by assembling the base frame components, ensuring they are stable and level.
- **Upright Installation:** Attach the vertical uprights to the base frame. Pay attention to the orientation of the uprights, especially for components like the lat pulldown system.
- **Crossbar and Pull-up Bar:** Install the top crossbars and the multi-grip chin-up bar.
- **Pulley System:** Assemble the high and low pulley system, ensuring all cables are routed correctly and pulleys move smoothly.
- **Accessory Attachment:** Install J-hooks, safety bars, dip bars, weight plate holders, and the landmine attachment as per your preference and the diagrams.

Note: Some parts, such as the outside spotter arms, may fit tightly. Ensure proper alignment before applying force to prevent paint chipping.

4. OPERATING INSTRUCTIONS

The Goimu C1 Power Cage offers a wide array of exercises for a full-body workout. Its design supports over 80 movements, making it a comprehensive solution for strength training.

4.1 Core Exercises

ALL-IN-ONE MACHINE

SUPPORT 80+ MOVEMENTS



Figure 3: Examples of exercises possible with the Goimu C1 Power Cage, including bench press, deep squat, 360 landmine rows, seated rows, chest dips, and pull-ups.

- **Squats:** Utilize the J-hooks and safety bars for safe and effective barbell squats. Adjust the safety bars to a height that prevents the barbell from trapping you in case of a failed lift.
- **Bench Press:** Position a weight bench inside the cage. Use the J-hooks to rack the barbell and adjust the safety bars to protect against failed reps.
- **Pull-ups/Chin-ups:** Use the multi-grip chin-up bar for various grip positions to target different back and arm muscles.
- **Dips:** Attach the dip bars to the uprights at a comfortable height for chest and triceps dips.



FULL CAGE DESIGN FOR MAXIMUM SAFETY

Figure 4: Illustration of the full cage design for maximum safety, showing the use of J-hooks and safety catches during squats, and the safety bar during bench press. The image highlights the 1000 lbs weight capacity of the safety bar and the 800 lbs capacity of the J-hooks.

4.2 Pulley System Operation

The integrated high-low pulley system features a smooth 1:1 cable ratio, ensuring that each pound of weight translates directly into resistance. This system allows for a wide range of cable exercises.

YOUR LOAD = YOUR GAIN

1:1 RATIO FOR HEAVIER RESISTANCE



Figure 5: Demonstrates the 1:1 pulley ratio for heavier resistance, showing exercises like lat pulldowns and seated rows using the cable system.

- **Lat Pulldowns:** Attach the lat pulldown bar to the high pulley. Use a bench or sit on the floor for stability.
- **Seated Rows:** Attach a handle (e.g., V-handle or straight bar) to the low pulley. Sit on the floor or a low bench with your feet braced.
- **Cable Crossovers/Flys:** Utilize the high or low pulleys with single handles for various chest, shoulder, and arm exercises.

4.3 Landmine Attachment

The 360° landmine attachment allows for dynamic rotational exercises, T-bar rows, and other movements that target the core, back, and shoulders.

- Insert one end of an Olympic barbell into the landmine sleeve.
- Attach a T-bar handle or load weight plates onto the other end of the barbell for exercises.

4.4 Accessory Usage

The Goimu C1 Power Cage comes with a variety of accessories to enhance your training:

- **Triceps Rope:** For triceps pushdowns, face pulls, and other cable exercises.
- **T-Bar Handle:** Specifically for landmine rows.
- **Lat Pulldown Bar:** For wide-grip pulldowns.
- **J-Hooks:** For racking barbells during squats, bench presses, and overhead presses.
- **Weight Plate Holders:** For convenient storage of Olympic weight plates. Note that upper plate holders may interfere with some core lifts if plates are stored there during exercise.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Goimu C1 Power Cage.

- **Daily Cleaning:** Wipe down the frame and accessories with a damp cloth after each use to remove sweat and dust.
- **Weekly Inspection:** Check all bolts, nuts, and fasteners for tightness. Re-tighten any loose hardware.
- **Cable System:** Inspect the cables and pulleys for any signs of fraying, wear, or damage. Ensure the pulleys rotate freely. Lubricate moving parts of the pulley system as needed with a silicone-based lubricant.
- **Structural Integrity:** Periodically check the steel frame for any cracks, bends, or deformation. Pay close attention to welded joints.
- **Storage:** Store the power cage in a dry environment to prevent rust. Utilize the integrated weight plate holders and storage hooks to keep your gym space organized.

6. TROUBLESHOOTING

If you encounter issues with your Goimu C1 Power Cage, refer to the following common solutions. For problems not listed here, or if solutions do not resolve the issue, please contact customer support.

- **Missing or Damaged Parts:** If you discover missing or damaged components upon unpacking, immediately contact Goimu customer service with your purchase details and a description of the issue.
- **Wobbly Frame:** Ensure all bolts and nuts are securely tightened. Check that the power cage is placed on a completely flat and level surface. Adjust the base extension if necessary to improve stability.
- **Sticking Pulley System:** Inspect the cable path for any obstructions. Check if the cables are properly seated in the pulley grooves. Lubricate the pulleys and cable with a suitable lubricant. Ensure no parts are rubbing against the frame.
- **Tight-fitting Accessories:** Some accessories, like spotter arms, may fit snugly. Ensure proper alignment before insertion. If a part consistently fits too tightly or causes paint chipping, contact customer support for assistance.

7. SPECIFICATIONS

GOMPAGT IN SIZE, NOT IN FEATURES



Figure 6: Detailed dimensions of the Goimu C1 Power Cage, showing its compact footprint of 12.28 sq ft and overall height of 83.46 inches (212 cm).

Feature	Specification
Brand	Goimu
Model	BK Power Cage C1
Material	Alloy Steel
Color	Black/Red
Maximum Weight Recommendation (Overall)	2000 lbs (907 kg)

Feature	Specification
Product Dimensions (L x W x H)	146.2 x 113.59 x 211.99 cm (57.56 x 44.72 x 83.46 inches)
Product Weight	37.7 kg (approx. 83 lbs)
Included Components	1 T-bar, 1 V-handle, 4 elastic bands, 2 chains, 1 cable bar, 6 OB rings, 1 360-degree landmine, 1 pulley system, 6 counterweight supports with clamps, 2 small clamps, etc.
Frame Structure	2x2 inch alloy steel, 5mm thick triangular structure with 4 screws fixed for stability.

8. WARRANTY AND SUPPORT

Goimu stands behind the quality of its products. The Goimu C1 Power Cage comes with **2-year warranty**. If you experience any issues with your product, require replacement parts, or have questions regarding assembly or operation, please contact Goimu customer support. Provide your purchase details and a clear description of the issue to receive prompt assistance.

For the most up-to-date contact information, please refer to the Goimu official website or your purchase documentation.