

pooboo P43

pooboo P43 Multi-Functional Power Cage

Instruction Manual

IMPORTANT SAFETY INFORMATION

Please read and understand all instructions and warnings before assembling or using the pooboo P43 Multi-Functional Power Cage. Failure to follow these instructions may result in serious injury or property damage. Keep this manual for future reference.

- **Consult a Physician:** Before starting any exercise program, consult with a healthcare professional to ensure you are physically able to perform the exercises.
- **Assembly:** Ensure all components are correctly assembled and tightened according to the instructions. Do not use the equipment if any parts are missing or damaged.
- **Placement:** Place the power cage on a level, stable surface. Ensure adequate clearance around the equipment for safe operation.
- **Inspection:** Before each use, inspect the equipment for loose bolts, worn cables, damaged pulleys, or any other signs of wear or damage. Do not use if any issues are found.
- **Weight Capacity:** Do not exceed the maximum weight capacity of 2000 lbs for the squat rack and 1000 lbs for the pulley system.
- **Proper Technique:** Use proper form and controlled movements during exercises. Avoid sudden jerking motions.
- **Children and Pets:** Keep children and pets away from the equipment during use and when unattended.
- **Attire:** Wear appropriate athletic clothing and footwear. Avoid loose clothing that could get caught in moving parts.
- **Spotter:** When lifting heavy weights, it is recommended to have a spotter.

PRODUCT OVERVIEW

The pooboo P43 Multi-Functional Power Cage is a robust home gym solution designed for comprehensive strength training. Constructed from heavy-duty steel, it offers a high weight capacity and integrates multiple workout stations

including a squat rack, LAT-pull down system, and dual pulley cable crossover system.



Image: The pooboo P43 Power Cage, highlighting its construction with 50x50mm steel tubing and 1.5mm thickness, built to gym standards.

PRODUCT DETAILS



Image: A detailed diagram illustrating the various components of the P43 Power Cage, such as the wide/narrow pull-up bars, dual pulley systems, J-hooks, fixed Olympic bar, dip attachments, safety arms, foot board, and band pegs.

COMPONENTS AND ATTACHMENTS

The P43 Power Cage comes equipped with a variety of attachments to facilitate a diverse range of exercises. The standard package includes:

- 2 x J-hooks
- 2 x Safety Spotter Arms
- 2 x Dip Bars
- 2 x Cable Grip Handles
- 1 x Lat Pulldown Bar

- 1 x Row Bar
- 1 x Row Low Foot Board
- 1 x 360° Landmine
- 4 x Plate Storage Pins
- 4 x Weight Holders
- 4 x Band Pegs

The P43-Pro model includes additional accessories:

- LAT training handles (with 5 handle grips)
- Standard Olympic barbell
- Barbell pad
- Ankle strap

ALL ATTACHMENTS



P43 Power Cage

- Weight Capacity: 2000LBS
- Cablecross over System with 16 Height Positions Adjustable
- Fixed Olympic Bar with 10 Height Positions Adjustable



DIP BAR*2



J HOOK*2



BAND PEG*4



SAFETY-ARM*2



PULL-UP BAR



T-BAR*1



FOOT BOARD*1



CABLE HANDLE*2



360° LANDMINE*1



LAT PULL DOWN BAR*1



CABLE BAR*1

Image: Visual representation of all attachments included with the P43 Power Cage, such as dip bars, J-hooks, band pegs, safety arms, pull-up bar, T-bar, foot board, cable handles, 360° landmine, lat pulldown bar, and cable bar.

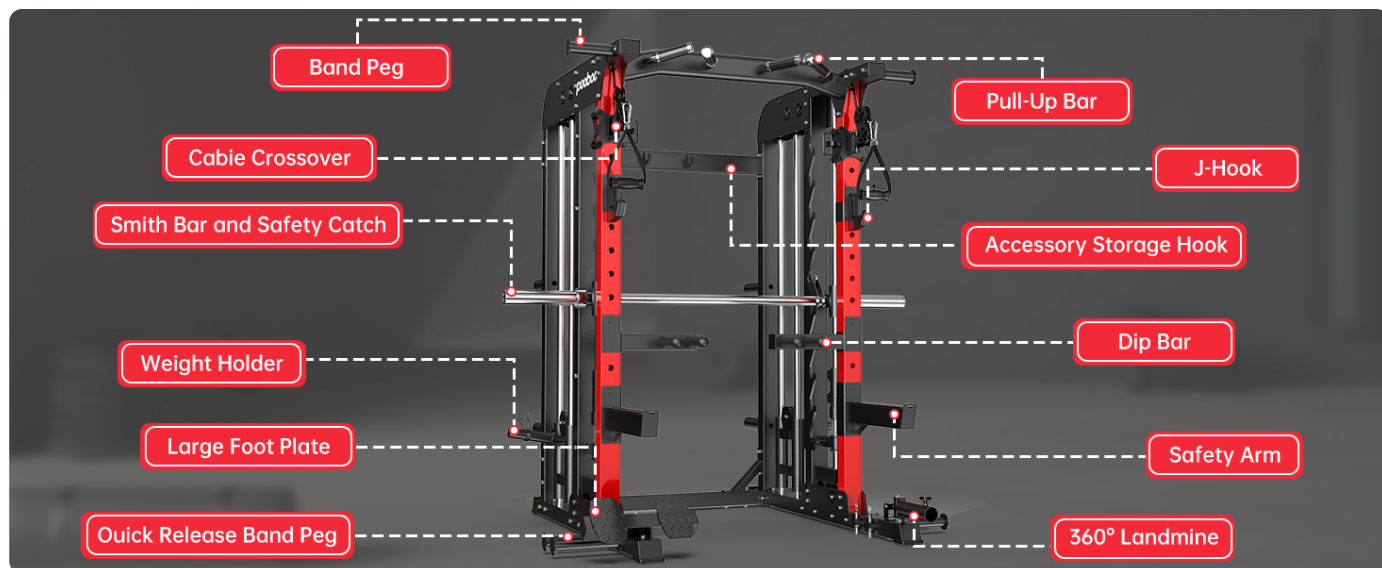


Image: Detailed view of various components including the Smith bar and safety catch, large foot plate, pull-up bar, 360° landmine, weight plate storage, weight holders, accessory storage hook, and smooth linear bearings.

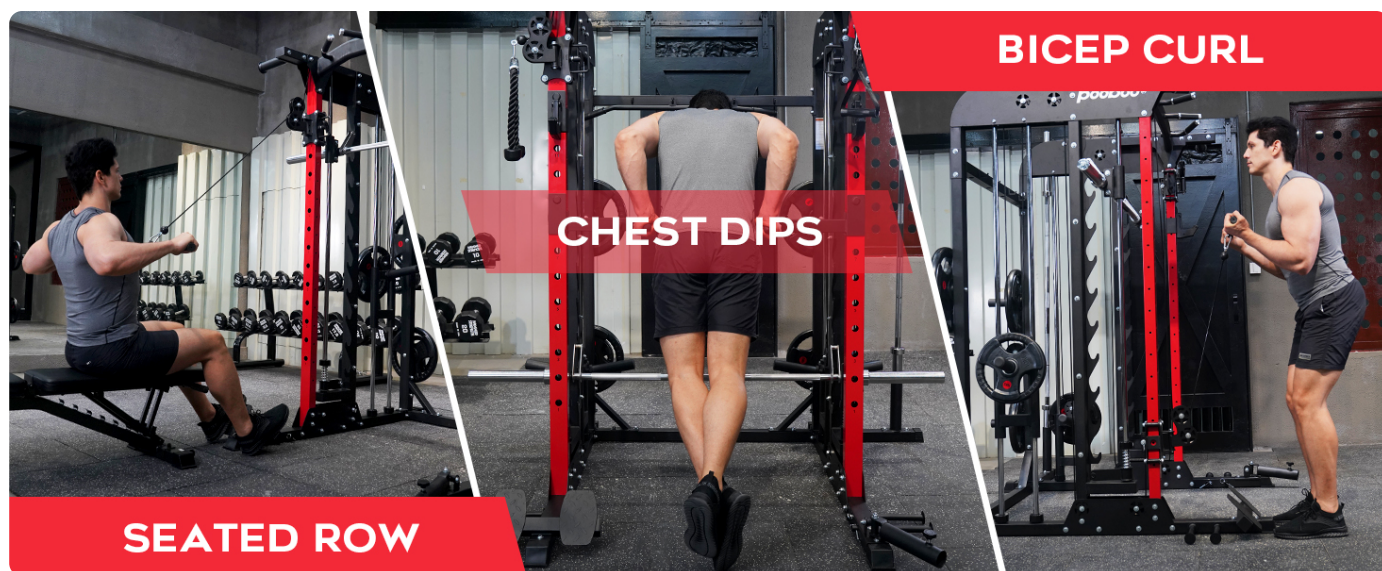


Image: Close-up views of additional components such as band pegs, dip bars, J-hooks, safety arms, quick release band pegs, Olympic bar holder, and cable handles.

SETUP AND ASSEMBLY

The pooboo P43 Power Cage is shipped in multiple packages to ensure safe delivery of all components. Please ensure you have received all boxes before beginning assembly. Detailed installation videos are available to guide you through the process.



Image: Illustration showing the P43 Power Cage and the five packages it is shipped in, along with their respective dimensions, to help verify receipt of all parts.

General Assembly Steps:

1. Unpack all components and verify against the parts list provided in the separate assembly guide.
2. Lay out all parts in an organized manner to facilitate easier assembly.
3. Begin by assembling the main frame according to the step-by-step instructions.
4. Attach the pulley systems, ensuring all cables are routed correctly and pulleys move smoothly.
5. Install all accessory attachments such as J-hooks, safety spotter arms, dip bars, and storage pins.
6. Double-check all bolts and nuts to ensure they are securely tightened.
7. Perform a functional check of all moving parts and attachments before first use.

Your browser does not support the video tag.

Video: An official overview of the pooboo Multi-Functional Machine Power Cage, demonstrating its features and potential uses. This video can assist with understanding the product's overall structure and functionality during setup.

OPERATING INSTRUCTIONS

The pooboo P43 Power Cage offers a versatile platform for a wide range of exercises. Familiarize yourself with each station and attachment to maximize your workout potential.

Cable Crossover System

The dual pulley cable crossover system allows for smooth and controlled resistance training. Adjust the pulley height to target different muscle groups. The system supports up to 1000 lbs.

CABLE CROSSOVER SYSTEM

Cable Crossover

Extra Metal Plate For Stability

Solid Steel Rope

Image: A diagram detailing the cable crossover system, including the path of the cables, the extra metal plate for enhanced stability, and the solid steel rope construction.

Squat Rack and Attachments

Utilize the J-hooks and safety spotter arms for squats, bench presses, and overhead presses. The 16-level height holes allow for precise adjustment to suit your exercise and body height. The fixed Olympic bar provides additional options for various lifts.

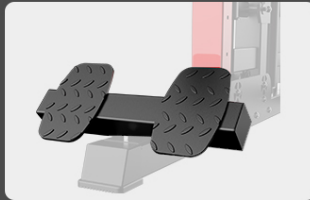
Exercise Examples

The P43 Power Cage supports a comprehensive full-body workout. Here are some examples of exercises you can perform:

MORE PRODUCT DETAILS



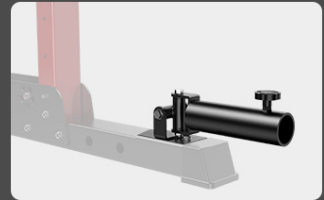
Smith Bar and Safety Catch



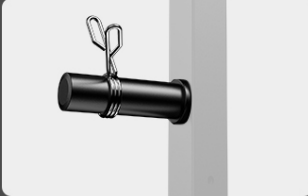
Large Foot Plate



Pull-Up Bar



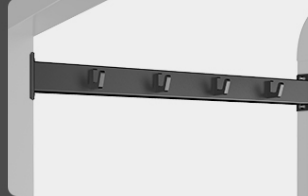
360° Landmine



6 Weight Plate Storage



Weight Holder



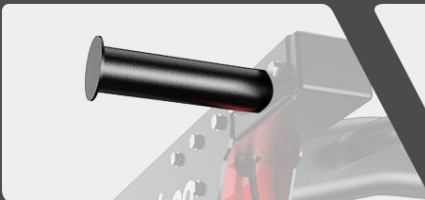
Accessory Storage Hook



Smooth Linear Bearing

Image: Examples of exercises including glute training (leg extension and barbell squat) and pull-ups.

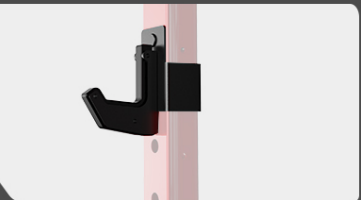
MORE PRODUCT DETAILS



Band Peg



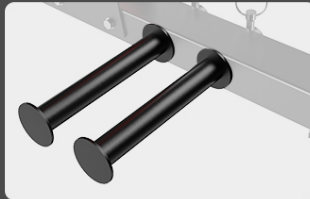
Dip Bar



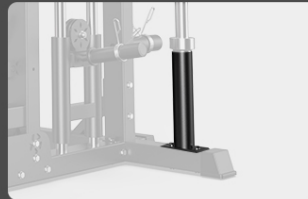
J-Hook



Safety Arm



Quick Release Band Peg



Olympic Bar Holder



Cable Handle

Image: Demonstrations of ground rows, cable flies, and T-bar rows.

GLUTE TRAINING



PULL UP

Image: Examples of landmine presses, bench presses, and triceps pushdowns.

T-BAR ROW

CABLE FLY

GROUND ROW

Image: Demonstrations of seated rows, chest dips, and bicep curls.

ALL-IN-ONE



Image: A collage showcasing the versatility of the P43 Power Cage with a user performing multiple exercises, highlighting its all-in-one design for a complete workout.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your pooboo P43 Power Cage.

- **Cleaning:** Wipe down the frame and attachments with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and fasteners for tightness. Re-tighten as necessary. Inspect cables for fraying or wear, and pulleys for smooth operation.
- **Lubrication:** Apply a silicone-based lubricant to moving parts, such as pulley axles and guide rods, every few months or as needed to ensure smooth movement and prevent squeaking.
- **Storage:** Store the power cage in a dry environment to prevent rust.

TROUBLESHOOTING

If you encounter any issues with your pooboo P43 Power Cage, refer to the following common troubleshooting tips:

- **Squeaking Noises:** Check all bolted connections for tightness. Lubricate moving parts, especially pulleys and cable guides, with a silicone-based lubricant.
- **Cable Snagging/Rough Movement:** Inspect the cable path for any obstructions. Ensure cables are properly seated in all pulley grooves. Check for any fraying or damage to the cables; replace if necessary.
- **Unstable Frame:** Verify that the power cage is placed on a completely level surface. Re-tighten all assembly bolts.
- **Attachments Not Fitting:** Ensure you are using the correct attachment for the intended slot. Check for any debris or damage in the attachment points.

If problems persist or you encounter issues not listed here, please contact customer support.

SPECIFICATIONS

Key technical specifications for the pooboo P43 Multi-Functional Power Cage:

Feature	Specification
Model Number	P43
Brand	pooboo
Material	Alloy Steel
Color	Black

Feature	Specification
Product Dimensions (D x W x H)	62.9" x 43.3" x 82.6"
Item Weight	482.8 Pounds
Maximum Weight Recommendation (Squat Rack)	2000 Pounds
Tension Supported (Pulley System)	1000 Pounds

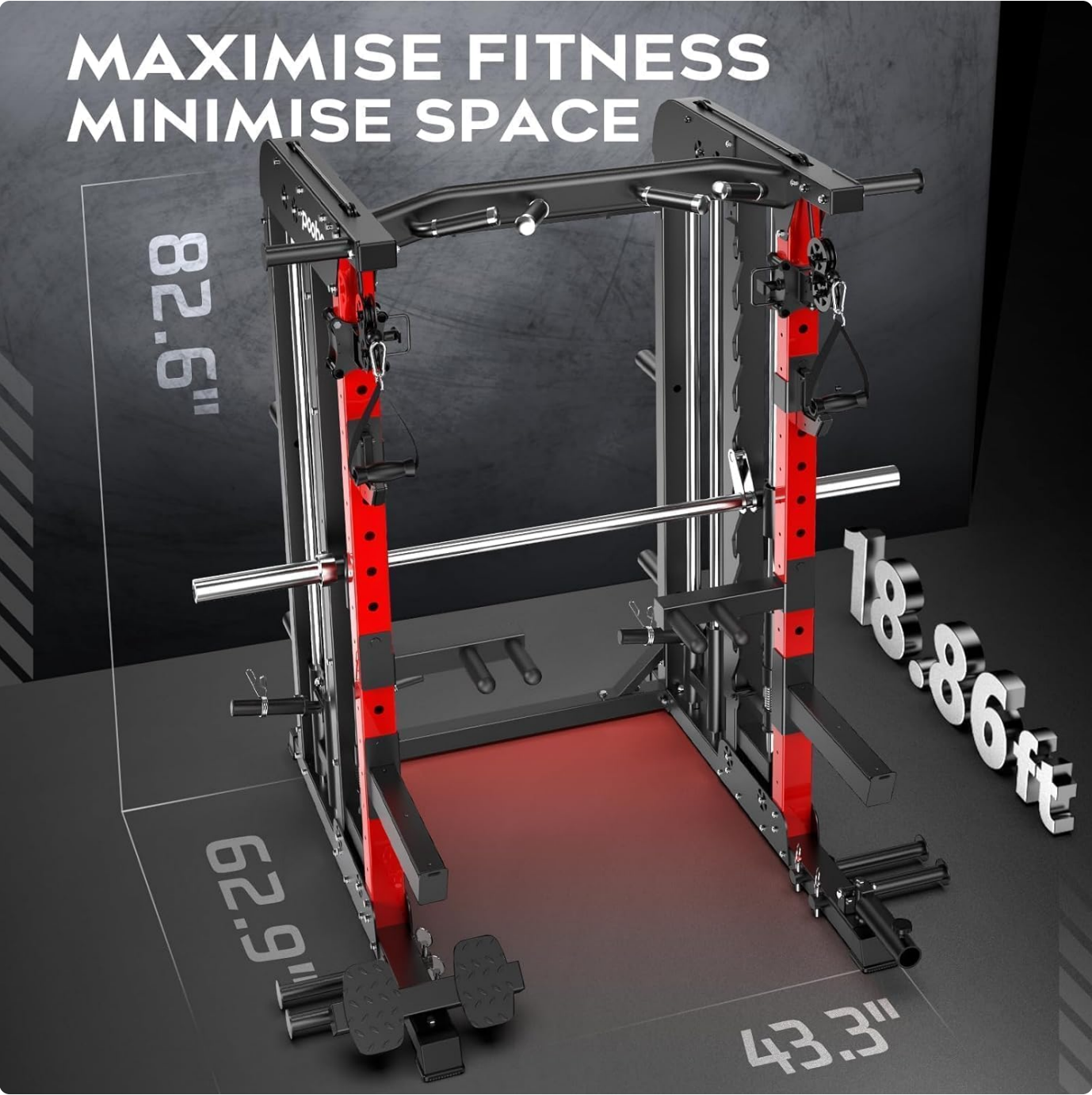


Image: A visual representation of the P43 Power Cage with its key dimensions: 62.9" (depth), 43.3" (width), and 82.6" (height).

WARRANTY AND SUPPORT

pooboo is committed to providing high-quality products and excellent customer service.

- **Warranty:** The pooboo P43 Power Cage comes with a **2-year warranty** covering the main frame and a **1-year warranty** covering accessories. This warranty covers manufacturing defects and material flaws under normal use.
- **Support:** If you have any questions, require assistance with assembly, or need troubleshooting support, our dedicated customer service team is available to help.

For support inquiries, please refer to the contact information provided with your purchase or visit the official pooboo website. Our team aims to respond to all inquiries within 12 hours.

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.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

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