

[Manuals.plus](#) /

> [Mikolo](#) /

> Mikolo Smith Machine Home Gym Power Cage M1 Upgraded 3.0 Instruction Manual

Mikolo M1 Upgraded 3.0

Mikolo Smith Machine Home Gym Power Cage M1 Upgraded 3.0 Instruction Manual

Model: M1 Upgraded 3.0

1. INTRODUCTION AND OVERVIEW

The Mikolo Smith Machine Home Gym Power Cage M1 Upgraded 3.0 is an all-in-one exercise system designed for comprehensive full-body training. This unit integrates a smith machine, squat/half rack, and lat pulldown machine, offering a versatile solution for home gyms. It features a 1:1 pulley system for accurate resistance and is constructed with durable 2mm steel.



Figure 1: Mikolo Smith Machine Home Gym Power Cage M1 Upgraded 3.0

2. SAFETY INFORMATION

WARNING: Before using this equipment, consult with a physician. It is essential to read and understand all instructions and warnings in this manual. Failure to do so may result in serious injury or death.

- Ensure all bolts and nuts are securely tightened before each use.

- Do not exceed the maximum weight capacities: 1200 lbs total, 500 lbs for the Smith bar, 400 lbs for the pulley system, and 300 lbs for storage.
- Always use spotters or safety catches when performing heavy lifts, especially with the squat/half rack.
- Keep children and pets away from the equipment during operation.
- Inspect the equipment for any signs of wear or damage before each workout. Do not use if damaged.
- Maintain a clear area around the machine to prevent accidents.
- Wear appropriate athletic footwear and clothing.

3. PACKAGE CONTENTS

Verify that all components are present before beginning assembly. The Mikolo Smith Machine M1 Upgraded 3.0 includes the following:

- Smith Machine Frame
- Squat / Half Rack Components
- Lat Pulldown System
- Multi-Grip Pull-Up Bar
- 8 Free Attachments: Lat pulldown holder, landmine attachment, ankle straps, cable bar, 4 band pegs, 4 butterfly clips, leg holder.
- Assembly Hardware (bolts, nuts, washers)
- Instruction Manual

Note: Additional accessories such as J-hooks, safety arms, dip bars, and weight plates are sold separately unless specified in your purchase package.

4. SETUP AND ASSEMBLY

Assembly of the Mikolo Smith Machine M1 Upgraded 3.0 typically takes less than 40 minutes with two people. Follow the step-by-step instructions provided in the included manual. For visual guidance, refer to the official assembly video.



Video 1: M1-2.0 Smith Machine Overview and Configuration. This video demonstrates the general setup and various configurations of the M1-2.0 Smith Machine.

Key Assembly Tips:

- Lay out all parts and hardware before starting.
- Do not fully tighten bolts until instructed, or until the entire frame is assembled, to allow for alignment.
- Ensure the equipment is placed on a flat, stable surface.

5. OPERATING INSTRUCTIONS

The Mikolo Smith Machine M1 Upgraded 3.0 offers multiple functionalities for a complete workout. Familiarize yourself with the various components and their adjustments before use.

5.1 Adjusting and Configuring the Machine

The machine can be configured for various exercises by adjusting components such as the Smith bar height, safety catches, and cable attachments.



Video 2: Customizing Your Configuration. This video demonstrates how to adjust various parts of the Mikolo Smith Machine to suit different exercises and user preferences.

5.2 Smith Machine Operation

The Smith machine provides a guided barbell path for exercises like bench press and squats, enhancing safety and control. The M1 Upgraded 3.0 features 4 linear bearings for smooth movement and solid steel rails for stability. To use, load desired weight plates onto the Smith bar. Unrack the bar by rotating it to disengage the safety hooks, then perform your exercise. Re-rack by rotating the bar back into the safety hooks.

10
9
8
7
6
5
4

4 Liner Bearings

Less Friction
vs Standard Bushings **60%**

**LAST LONGER
WORKS SMOOTHER**

Figure 2: Smith Machine linear bearings for smooth operation.

**STURDIER
AND
STRONGER**
200% Less Shaking
During Exercise

2 Solid Steel Rails

Figure 3: Solid steel rails ensure stability during Smith machine exercises.

5.3 Squat / Half Rack Functionality

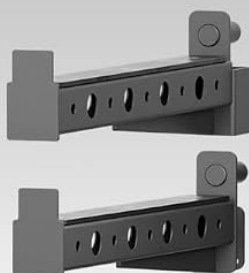
Utilize the power cage for free weight exercises such as squats and bench presses. The 2"x2" uprights are compatible with most standard rack attachments. Always use safety spotter arms when lifting heavy. Position J-hooks and safety spotter arms at the appropriate height for your exercise.

HALF RACK, FULL POTENTIAL

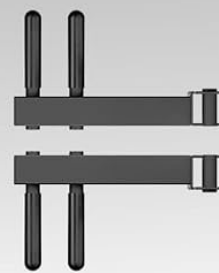
2"x2" Uprights Effortlessly Fit
Most Accessories



J HOOKS



SAFETY ARMS



DIP BARS

*J-Hooks, Spotter Arms, and Dip Bars are sold separately.

Figure 4: User performing squats in the half rack. J-hooks and safety arms are shown.

5.4 Lat Pulldown and Cable System

The integrated lat pulldown and low row cable system features a true 1:1 pulley ratio, meaning the resistance felt is equal to the weight loaded. The adjustable leg holder provides stability during lat pulldowns. Attach the desired handle (e.g., lat pulldown bar, cable bar) to the cable. Adjust the leg holder for a snug fit to prevent lifting during pulldowns.

1:1 PULLEY RATIO



**EVERY 10LBS
YOU PULL
=
10LBS
RESISTANCE**



Figure 5: Illustration of the 1:1 pulley ratio, showing equal weight and resistance.



Figure 6: User performing a lat pulldown, highlighting the adjustable leg stabilizer for secure positioning.

5.5 Multi-Grip Pull-Up Bar

The multi-grip pull-up bar allows for various grip positions (wide, neutral, close) to target different muscle groups during pull-ups and chin-ups.

Video 3: Multi-Function Pull-Up Bar Demonstration. This short video shows a user performing pull-ups on the multi-grip bar.

5.6 Landmine Attachment

The included landmine attachment allows for dynamic, rotational exercises, engaging core and upper body muscles. Insert a barbell into the sleeve of the landmine attachment to perform exercises like landmine presses, rows, and twists.



Video 4: Unlock 360 Training Potential. This video demonstrates various exercises possible with the landmine attachment and other features.

5.7 Exercise Examples

The Mikolo Smith Machine M1 Upgraded 3.0 supports a wide range of exercises for full-body training. Always ensure proper form and controlled movements.

GET A TOTAL GYM FULL BODY WORKOUT

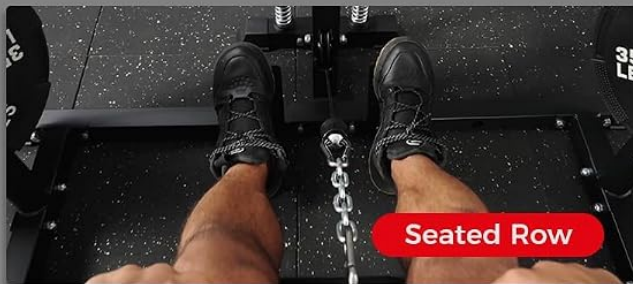


Figure 7: Examples of exercises including Bench Press, Seated Row, Smith Squat, Lat Pulldown, Landmine Press, and Pull-ups.

Video 5: Training Day Examples. This video showcases a variety of exercises that can be performed using the Mikolo Smith Machine.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Mikolo Smith Machine.

- **Cleaning:** Wipe down the frame and moving parts with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and connections for tightness. Re-tighten as necessary. Inspect cables and pulleys for fraying or wear.
- **Lubrication:** Apply a silicone-based lubricant to the Smith machine guide rods and pulley cables as needed to maintain smooth operation.
- **Storage:** Ensure weight plates and attachments are stored on their designated holders to maintain organization and prevent tripping hazards.

7. TROUBLESHOOTING

If you encounter any issues with your Mikolo Smith Machine, refer to the following common solutions:

- **Squeaking or Grinding Noise:** Check for loose bolts and lubricate moving parts, especially the Smith machine guide rods and pulley system.
- **Uneven Movement:** Ensure the machine is on a level surface. Verify that all components are correctly assembled and tightened.
- **Cable System Issues:** Inspect cables for proper routing through pulleys. Check for any obstructions or damage to the pulleys.

For persistent issues or problems not listed here, please contact Mikolo customer support.

8. SPECIFICATIONS

Feature	Detail
Brand	Mikolo
Model	M1 Upgraded 3.0
Color	Black
Material	Alloy Steel
Product Dimensions (D x W x H)	52"D x 46"W x 86"H
Total Weight Capacity (Max)	1200 lbs
Smith Bar Capacity	500 lbs
Pulley System Capacity	400 lbs
Storage Capacity	300 lbs
Pulley Ratio	1:1
Included Components	Smith machine with 8 free attachments (lat pulldown holder, landmine, ankle straps, cable bar, 4 band pegs, 4 butterfly clips, leg holder)

BIG HIT SMALL FIT



Figure 8: Detailed dimensions of the Mikolo Smith Machine M1 Upgraded 3.0.

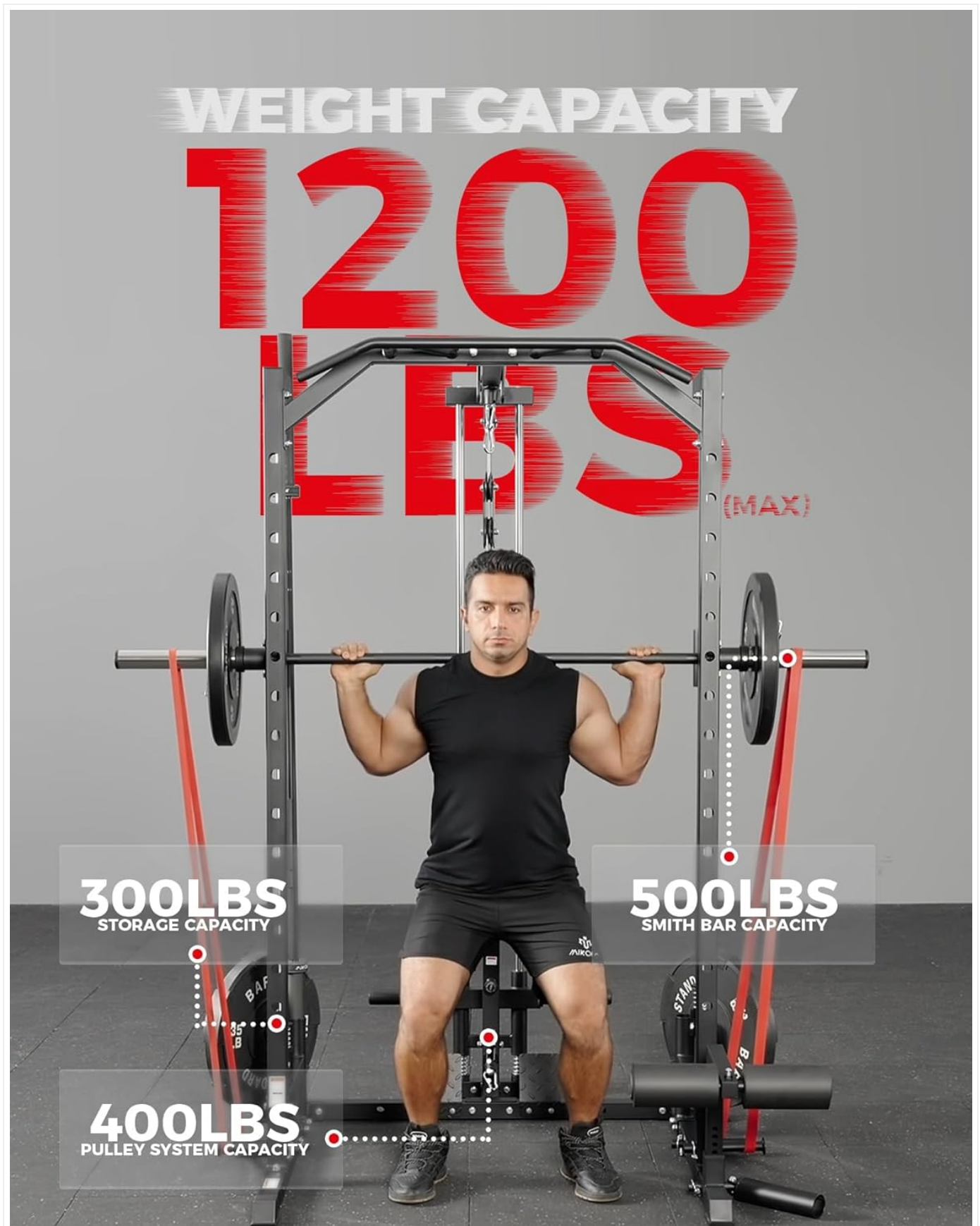


Figure 9: Weight capacities for the Mikolo Smith Machine M1 Upgraded 3.0.

9. WARRANTY AND SUPPORT

The Mikolo Smith Machine M1 Upgraded 3.0 comes with a **2-year frame warranty**. Mikolo provides dedicated customer support.

- **Warranty:** 2-year manufacturer warranty on the frame.
- **Customer Support:** Contact the Mikolo US team for assistance with any product-related inquiries or issues.



© 2026 Mikolo. All rights reserved.