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› [ALTAS STRENGTH](#) /

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ALTAS STRENGTH 6008

Altas Strength 6008 Squat Rack Power Cage User Manual

Model: 6008 | Brand: ALTAS STRENGTH

1. INTRODUCTION

Thank you for choosing the Altas Strength 6008 Squat Rack Power Cage. This equipment is designed to provide a versatile and robust solution for your home gym, enabling a wide range of strength training exercises. Engineered with commercial-grade quality, it prioritizes safety, stability, and performance. Please read this manual thoroughly before assembly and use to ensure proper setup, safe operation, and optimal performance of your new equipment.

The Altas Strength 6008 features a revolutionary carriage system for smooth weight lifting, adjustable spring-loaded safety catches, and commercial-grade chin-up bars. It is suitable for exercises such as squats, deadlifts, bench presses, and chin-ups.

2. IMPORTANT SAFETY INFORMATION

WARNING: Failure to follow these safety instructions may result in serious injury or death.

- Consult a physician before starting any exercise program.
- Read all instructions in this manual before assembling or using the equipment.
- Keep children and pets away from the equipment during use.
- Place the equipment on a flat, stable surface. Ensure adequate clearance around the unit.
- Inspect the equipment for worn or loose parts before each use. Do not use if damaged.
- Ensure all nuts and bolts are securely tightened before and after each use.
- Use spotters when lifting heavy weights, especially during free weight exercises.
- Do not exceed the maximum weight capacities: 1000 lbs for the rack, 400 lbs for chin-up bars.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

3. PARTS LIST

Before beginning assembly, ensure all parts are present and undamaged. Refer to the assembly diagrams for visual identification of components.

- Main Frame Components (Uprights, Base, Crossbars)
- Smith Machine Bar and Carriage System
- Adjustable J-Hooks and Safety Catches
- Chin-Up Bar Assembly
- Cable Pulley System Components (Cables, Pulleys, Handles)
- Weight Plate Storage Pegs
- Landmine Attachment
- Leg Hold-Down Attachment
- All necessary nuts, bolts, washers, and tools (usually included).

If any parts are missing or damaged, please contact customer support before proceeding with assembly.

4. ASSEMBLY INSTRUCTIONS

Follow these steps carefully. It is recommended to have at least two people for assembly.

Step 1: Assemble the Base Frame

Connect the front and rear base stabilizers using the provided bolts and washers. Ensure all connections are secure but do not fully tighten until the entire frame is assembled.





Image: Rear view of the assembled base frame, showing connection points.

Step 2: Attach the Upright Posts

Secure the vertical upright posts to the assembled base frame. Pay attention to the orientation of the posts, ensuring the numbered holes for J-hooks and safety catches face correctly. Use the specified hardware for each connection.





Image: Side view of the power cage showing the upright posts securely attached to the base.

Step 3: Install the Top Crossbars and Chin-Up Bar

Connect the top crossbars between the upright posts. Then, attach the multi-grip chin-up bar to the top frame. Ensure all bolts are tightened to provide maximum stability for overhead exercises.

Step 4: Assemble the Smith Machine System

Carefully install the Smith machine bar and its carriage system onto the designated tracks on the uprights. Ensure the safety hooks and locking mechanisms operate smoothly. Lubricate the tracks as per maintenance instructions.

Step 5: Install Cable Pulley System

Route the cables through the pulleys as shown in the detailed diagrams (refer to the product's specific cable routing guide if provided separately). Attach the weight plate loading pegs to the cable system. Test the cable system for smooth operation.



Image: Detail of the cable system showing weight plate loading and pulley mechanism.

Step 6: Attach Accessories

Install the J-hooks, safety catches, weight plate storage pegs, landmine attachment, and leg hold-down attachment in their respective positions. Ensure all adjustable components can be easily moved and secured.





Image: Close-up of an adjustable J-hook, demonstrating its secure attachment to the upright.



Image: Weight plate storage pegs, designed for convenient organization of Olympic plates.



Image: Landmine attachment, providing a pivot point for rotational exercises.



Image: Leg hold-down attachment, used for securing legs during exercises like lat pulldowns.

Step 7: Final Tightening and Inspection

Once all components are in place, go back and fully tighten all nuts and bolts. Perform a thorough inspection to ensure all parts are correctly installed and secure. Check for any wobbling or instability. The power cage should be firm and stable.



Image: Full front view of the completely assembled Altas Strength 6008 Squat Rack Power Cage.

5. OPERATING INSTRUCTIONS

This section provides guidance on using the various features of your Atlas Strength 6008 Power Cage.

5.1 Using the Smith Machine

- Load desired weight plates onto the Smith machine bar. Ensure plates are evenly distributed and secured with collars.
- Adjust the safety catches to the appropriate height for your exercise. These catches will prevent the bar from descending too low.
- To unrack the bar, rotate it slightly to disengage from the safety pins. To re-rack, rotate the bar back into the safety pins.
- Always engage the safety pins when not actively lifting or when finishing a set.

5.2 Adjusting J-Hooks and Safety Catches

- The J-hooks and safety catches can be adjusted to various heights along the upright posts.
- To adjust, pull out the spring-loaded pin, slide the component to the desired height, and ensure the pin fully re-engages in the hole.
- Always ensure both J-hooks or safety catches are set at the same height for balanced lifting.

5.3 Using the Chin-Up Bar

- The multi-grip chin-up bar allows for various grip positions (wide, narrow, neutral).
- Ensure the power cage is stable and on a level surface before performing chin-ups.
- Do not swing excessively or use momentum that could destabilize the unit.

5.4 Using the Cable Pulley System

- Attach desired handles or accessories to the cable ends.
- Load appropriate weight plates onto the loading pegs. Ensure plates are secure.
- Perform exercises with controlled movements, avoiding sudden jerks that could damage the cables or pulleys.
- Regularly inspect cables and pulleys for wear and tear.

5.5 Using the Landmine Attachment

- Insert an Olympic barbell into the sleeve of the landmine attachment.
- Load weight plates onto the free end of the barbell.
- Use for rotational exercises, rows, presses, and other movements that benefit from a pivot point.

6. MAINTENANCE

Regular maintenance will extend the life of your Atlas Strength 6008 Power Cage and ensure safe operation.

- **Daily:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust.
- **Weekly:** Inspect all nuts, bolts, and connection points for tightness. Tighten any loose fasteners.
- **Monthly:** Check cables for fraying, kinks, or damage. Inspect pulleys for smooth rotation. Lubricate the Smith machine tracks and cable pulleys with a silicone-based lubricant if needed.

- **Annually:** Perform a comprehensive inspection of the entire frame for any signs of rust, cracks, or structural fatigue. Replace any worn or damaged parts immediately.

7. TROUBLESHOOTING

Here are solutions to common issues you might encounter:

Problem	Possible Cause	Solution
Equipment is wobbly/unstable	Loose bolts; uneven floor	Tighten all bolts. Move to a level surface or use shims.
Smith machine bar is not smooth	Lack of lubrication; debris in tracks	Clean tracks and apply silicone lubricant.
Cable system feels stiff or noisy	Dry pulleys; worn cables; misaligned cables	Lubricate pulleys. Inspect cables for damage and replace if necessary. Check cable routing.
J-hooks/Safety catches difficult to adjust	Pins are stiff; holes are obstructed	Apply a small amount of lubricant to the pins. Clear any debris from the adjustment holes.

8. SPECIFICATIONS

Feature	Detail
Model Number	6008
Brand	ALTAS STRENGTH
Material	2.5mm thick steel
Product Dimensions (D x W x H)	160D x 140W x 228H Centimetres (63D x 55.1W x 89.8H inches)
Weight Capacity (Rack)	1000 Pounds (453 kg)
Weight Capacity (Chin-Up Bar)	400 Pounds (181 kg)
Frame Type	Rectangular Frame
Style	Compact
Country of Origin	China
Manufacturer	ALTAS STRENGTH INC.

9. WARRANTY AND SUPPORT

For specific warranty details, return policies, or technical support, please refer to the documentation included with your purchase or visit the official Altas Strength website. You can also find more information and contact the seller directly through their Amazon store page: [ALTAS STRENGTH Store](#).

Please retain your proof of purchase for any warranty claims.

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