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MAJOR FITNESS Drone1

MAJOR FITNESS Drone1 Power Cage

Instruction Manual

Model: Drone1

Introduction

The MAJOR FITNESS Drone1 Power Cage is a multi-functional power rack designed for home gym use. It integrates a power rack, a functional trainer, and features like a Landmine attachment to maximize space efficiency. This manual provides essential information for the safe assembly, operation, and maintenance of your Drone1 Power Cage.

Safety Information

Before assembling or using the Drone1 Power Cage, please read and understand all instructions. Failure to follow these instructions may result in serious injury or property damage. Keep this manual for future reference.

- Ensure all bolts and nuts are securely tightened before each use.
- Always use spotter arms or safety pins when performing heavy lifts.
- Do not exceed the maximum weight capacity of the rack (tested over 500lb for drop tests).
- Maintain a clear area around the power cage during use.
- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during operation.

What's Included

The MAJOR FITNESS Drone1 Power Cage includes the main power cage structure and various accessories to enhance your workout experience. Please verify all components are present before assembly.

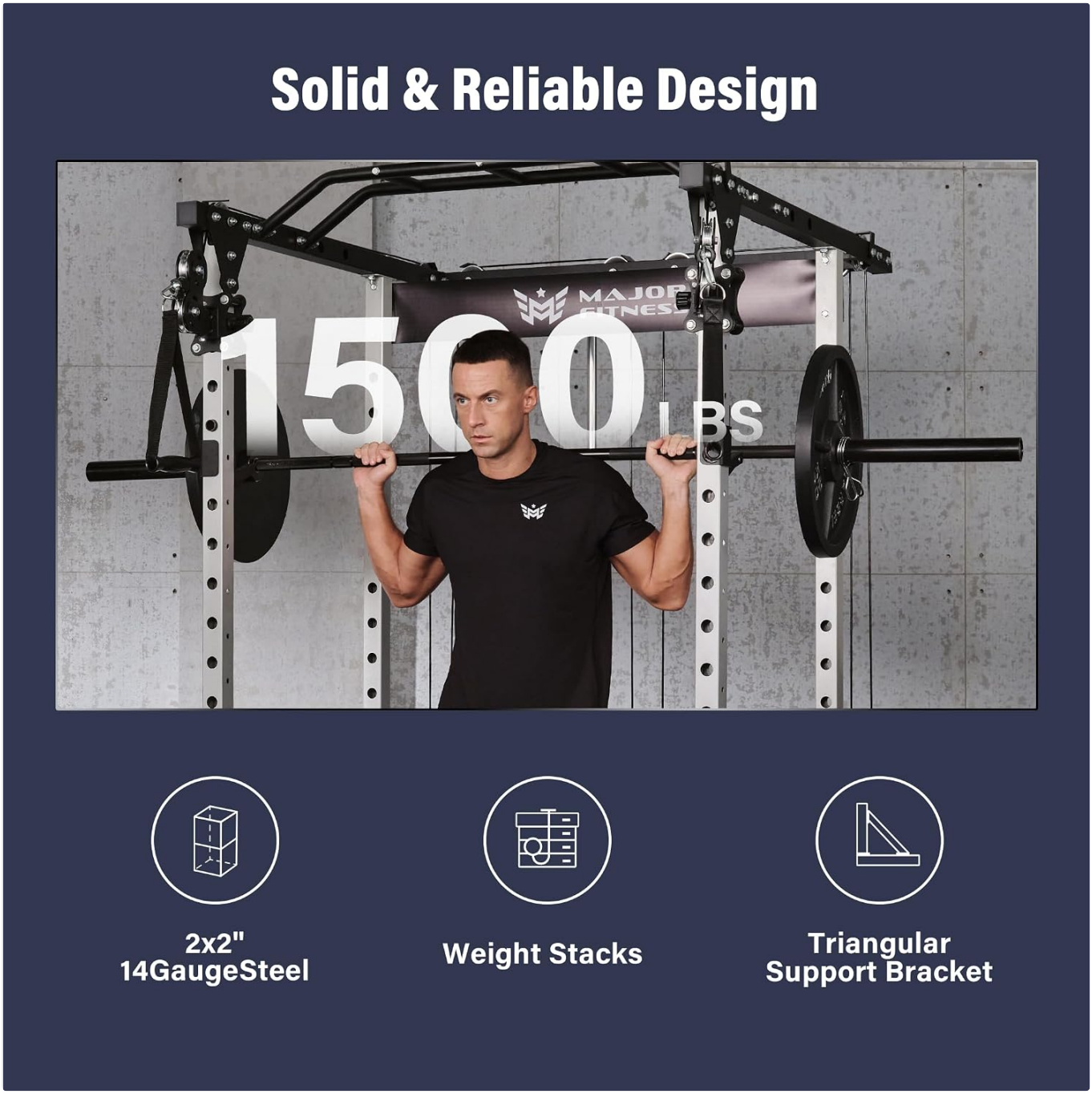


Figure 1: Included Accessories. This image displays the various attachments and accessories that come with the Drone1 Power Cage, including dip handles, a barbell pad, ankle straps, safety arms, a lat pulldown bar, tricep ropes, wrist wraps, a straight bar, J-hooks, lifting straps, a T-bar, and a weightlifting belt.

- Power Cage Frame
- Dip Handles
- Barbell Pad
- Ankle Straps
- Safety Arm
- Lat Pulldown Bar
- Tricep Rope
- Wrist Wraps
- Straight Bar
- J-Hook
- Lifting Straps
- T-Bar

- Weightlifting Belt

Setup and Assembly

Assembly of the Drone1 Power Cage requires careful attention to detail. It is recommended to have at least two people for assembly. Follow the steps outlined in the provided video and diagrams.

Video 1: Drone 1 Premium Installation. This video provides a detailed guide for the assembly process of the MAJOR FITNESS Drone1 Power Cage, demonstrating each step for proper setup.



Figure 2: Product Dimensions and Structure. This diagram illustrates the overall dimensions and key structural components of the power rack, aiding in assembly and space planning.

1. Unpack all components and verify against the included parts list.
2. Assemble the base frame according to the instructions, ensuring all connections are secure.
3. Attach the uprights to the base, making sure they are aligned and stable.
4. Install the top crossbars and pull-up bar.
5. Mount the cable crossover system, carefully routing the cables through the pulleys as shown in the installation video.
6. Attach all accessories such as J-hooks, safety arms, and the Landmine attachment.
7. Perform a final check to ensure all bolts are tightened and the structure is stable before use.

Operating Instructions

The Drone1 Power Cage offers a versatile platform for various strength training exercises. Familiarize yourself with its features for optimal use.



Figure 3: All-in-One Strength Power Rack Features. This image details the integrated components such as the cable crossover system, J-hooks, 360-degree Landmine, pull-up bar, and anti-fall baffle, along with their respective weight capacities.



Figure 4: Smooth Cable Cross System. This image highlights the design of the cable system, featuring dual aluminum pulleys, a 2:1 pulley ratio for effective resistance, and durable commercial-grade cables.



Figure 5: Full-Body Workout Examples. This collage shows users performing deep squats, chest dips, bench presses, and cable lat pulldowns, demonstrating the versatility of the power cage for a comprehensive workout.

Using the Power Rack

- **Squats and Bench Press:** Adjust the J-hooks and safety arms to the appropriate height for your exercise. Always use safety arms set slightly below your lowest point of movement.
- **Pull-up Bar:** The integrated pull-up bar supports various grip positions. Ensure a secure grip before performing exercises.

Using the Cable Crossover System

- Attach desired handles or bars to the cable ends.
- Select the appropriate weight on the weight stack.
- Perform exercises such as cable crossovers, lat pulldowns, tricep pushdowns, and rows. The 2:1 pulley ratio provides smooth resistance.

Using the Landmine Attachment

- Insert one end of an Olympic barbell into the Landmine sleeve.

- Use for rotational exercises, rows, presses, and other dynamic movements.

Maintenance

Regular maintenance ensures the longevity and safe operation of your Drone1 Power Cage.

- **Daily:** Wipe down the frame and accessories with a damp cloth after each use to remove sweat and dust.
- **Weekly:** Inspect all bolts, nuts, and connections for tightness. Retighten as necessary. Check cables for any signs of fraying or wear.
- **Monthly:** Lubricate moving parts of the cable system (pulleys, guide rods) with a silicone-based lubricant to ensure smooth operation.
- **Annually:** Conduct a thorough inspection of the entire unit for any structural damage, rust, or excessive wear. Replace any damaged parts immediately.

Troubleshooting

If you encounter any issues with your Drone1 Power Cage, refer to the following common problems and solutions.

Problem	Possible Cause	Solution
Wobbling or instability	Loose bolts or uneven floor.	Ensure all assembly bolts are securely tightened. Place the unit on a level surface or use shims if necessary.
Cable system not smooth	Lack of lubrication, cable misalignment, or worn pulleys.	Lubricate pulleys and guide rods. Check cable routing for correct alignment. Inspect pulleys for damage and replace if needed.
Difficulty adjusting J-hooks/safety arms	Holes are not aligned or pins are bent.	Ensure the uprights are correctly assembled and not twisted. Check pins for damage.

If you experience issues not listed here or require further assistance, please contact MAJOR FITNESS customer support.

Specifications

Key technical specifications for the MAJOR FITNESS Drone1 Power Cage:

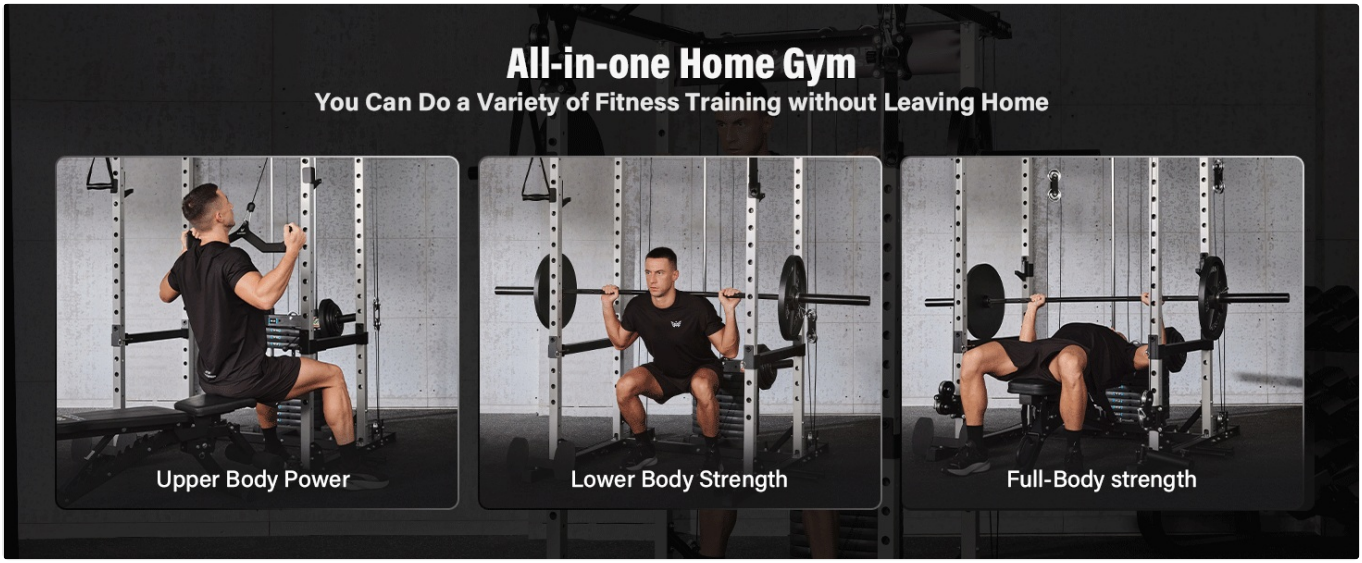


Figure 6: Product Dimensions. This diagram provides precise measurements for the Drone1 Power Cage, including its material, weight, and overall height, width, and depth.

- **Model Name:** Drone1
- **Material:** Alloy Steel (2x2" 14 Gauge Steel)
- **Rack Weight:** Approximately 216 lbs
- **Rack Height:** 85 inches (84.84 inches)
- **Rack Width:** 63 inches (63.34 inches)
- **Rack Depth:** 66 inches (60.11 inches)
- **Upright Width:** 43.3 inches
- **Maximum Capacity:** Tested over 500 lbs (drop test)
- **Included Components:** Power Cage, various attachments (as listed in 'What's Included' section)

Warranty and Support

MAJOR FITNESS is committed to providing high-quality products and customer satisfaction.

- **Warranty:** The Drone1 Power Cage comes with a 1-year warranty.
- **Lifetime Support:** MAJOR FITNESS provides lifetime support for the Drone1. If you encounter any issues, please contact customer service.

For support, please refer to the contact information provided with your purchase or visit the official MAJOR FITNESS website.

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