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› RUNFREELY PC020 Power Cage Basic Version User Manual

RUNFREELY AHAC020BK

RUNFREELY PC020 Power Cage Basic Version User Manual

Brand: RUNFREELY

Model: AHAC020BK

PRODUCT OVERVIEW

The RUNFREELY PC020 Power Cage is a comprehensive home gym solution designed for full-body workouts. It integrates a power rack, cable crossover machine, pull-up bar, landmine core trainer, and dip station into a single unit, suitable for strength training, bodyweight exercises, and resistance training.



Figure 1: Overview of the RUNFREELY PC020 Power Cage, showcasing its multi-functional design with various attachments for a complete workout.

This power rack features a robust 2x2 inch frame with a 1,000 lbs rackable capacity. It includes 2-inch hole spacing with 1-inch pinholes for versatile attachment placement. The overall dimensions are approximately 83 inches (height) x 72 inches (width) x 58.66 inches (depth), making it a compact full home gym.

PRODUCT SIZE



Figure 2: Detailed product dimensions and maximum weight capacities for various components, including the pull-up bar, cable pegs, J-hooks, and spotter arms.

SETUP AND ASSEMBLY

The RUNFREELY PC020 Power Cage is designed for straightforward assembly. It typically arrives in two large, heavy packages. All necessary tools and step-by-step instructions are included to facilitate the setup process.

Assembly Steps:

- 1. Unpack Components:** Carefully unpack all parts from the two boxes. Verify that all components listed in the instruction manual are present.
- 2. Review Instructions:** Before beginning assembly, thoroughly read the provided step-by-step instructions. Familiarize yourself with the diagrams and part identification.

3. **Assemble Frame:** Begin by assembling the main frame structure. Laser-cut numbers on every 5 holes simplify the alignment of attachments.
4. **Install Cable System:** Attach the cable crossover system, ensuring all pulleys and cables are correctly routed and secured. The system includes 17 adjustable positions.
5. **Attach Accessories:** Install the pull-up bar, J-hooks, spotter arms, landmine core trainer, and dip station as per the instructions.
6. **Tighten All Fasteners:** Once fully assembled, go back and ensure all bolts and nuts are securely tightened. Using a ratchet is recommended for optimal tightness.

Note: While assembly can be completed by one person, having assistance is recommended due to the size and weight of the components. Some users have reported assembly times of approximately 4-5 hours.

OPERATING INSTRUCTIONS

The PC020 Power Cage offers a wide range of exercise possibilities. Its versatile design allows for various strength training, bodyweight, and resistance training exercises.

Key Features and Usage:

- **Power Rack:** Utilize the J-hooks and spotter arms for exercises like squats, bench presses, and overhead presses. The 47-inch frame width facilitates easy unracking and racking of barbells.
- **Cable Crossover System:** This system includes 17 adjustable positions and a pulley system with two single adjustable handles. It is ideal for cable chest exercises, lat pulldowns, tricep pushdowns, and various other cable-based movements. A lat pulldown bar, tricep rope, and footboard are included.

CABLE CROSSOVER SYSTEM FOR EVERY CABLE CHEST EXERCISE



Figure 3: Demonstrating the use of the dual pulley cable handles for chest exercises, highlighting the versatility of the cable crossover system.

- **Pull-Up and Chin-Up Bar:** The integrated pull-up bar supports bodyweight exercises.
- **Landmine Core Trainer:** Attach a barbell to the landmine attachment for rotational core exercises, rows, and presses.
- **Dip Station:** Use the dip handles for tricep dips and chest dips.
- **Weight Storage:** The rack includes four 8-inch plate storage pegs for both Olympic and standard plates, and one barbell storage for 2-inch barbells, helping to keep your home gym organized.

PRODUCT DETAILS

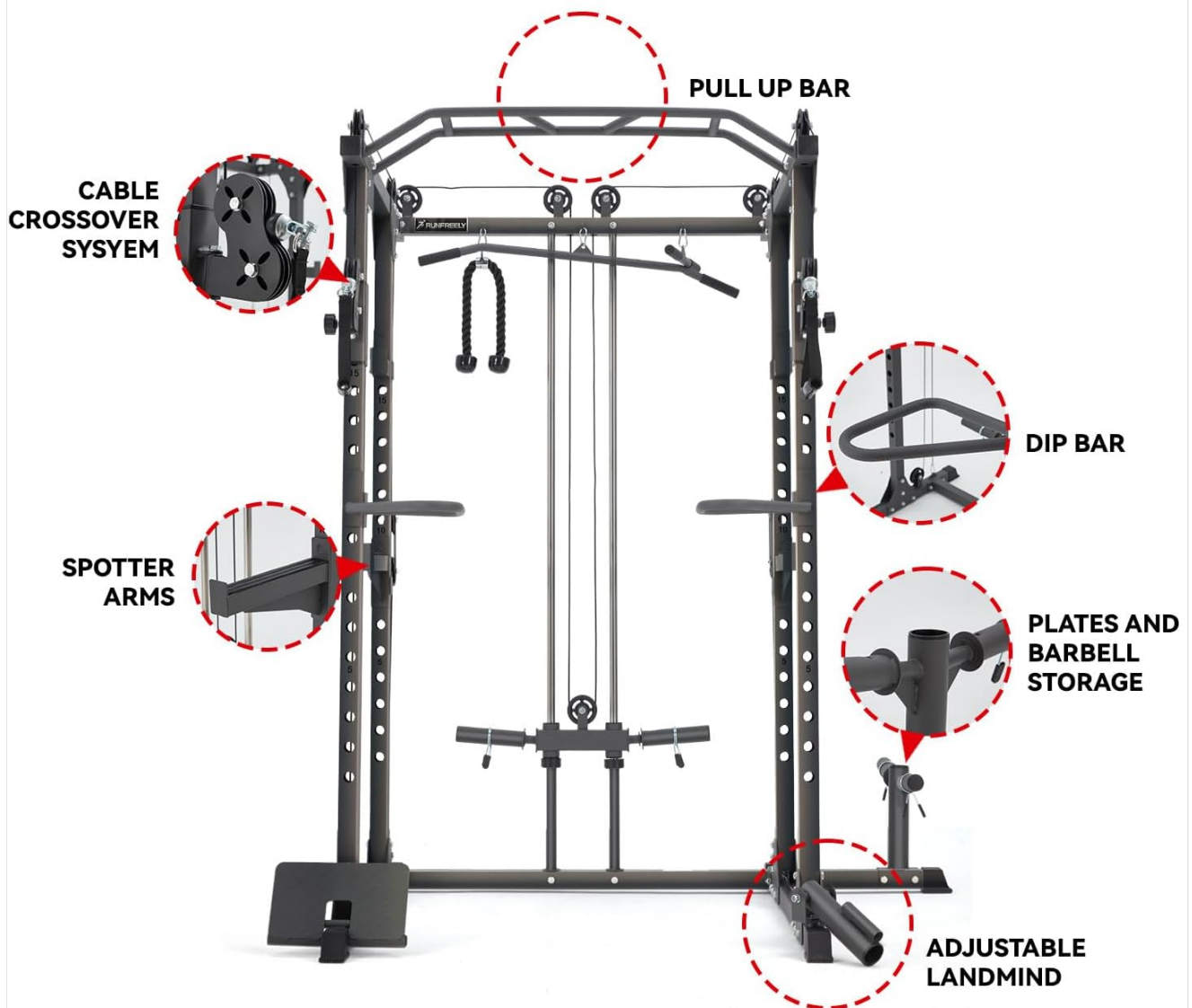


Figure 4: An annotated diagram showing the key components of the power cage, such as the pull-up bar, cable crossover system, dip bar, plate and barbell storage, and adjustable landmine.

VERSATILITY UNLEASHED



Figure 5: A user demonstrating squats within the power cage, emphasizing the robust 2x2 inch upright frame and numbered holes for easy adjustment.

VERSATILITY UNLEASHED WITH WEIGHT BENCH

Our Weight Bench Fits Seamlessly with this Power Cage



Figure 6: A user performing a bench press with a weight bench, illustrating how the power cage seamlessly integrates with external equipment for varied workouts.

RUNFREELY POWER CAGE WITH CABLE CROSSOVER

1000LBS WEIGHT CAPACITY



Figure 7: The RUNFREELY Power Cage with cable crossover, showcasing its 1000 lbs weight capacity with various weight plates stored on the integrated pegs.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your RUNFREELY PC020 Power Cage.

- **Check Fasteners:** Periodically inspect all bolts, nuts, and screws to ensure they remain tight. Re-tighten any loose fasteners to maintain stability and prevent wobbling.
- **Lubricate Moving Parts:** Apply a silicone spray or appropriate lubricant to the chrome slides and pulley system components where weights move up and down. This ensures smooth operation and prevents friction.
- **Clean Surfaces:** Wipe down the frame and components regularly with a damp cloth to remove dust, sweat, and grime. Avoid abrasive cleaners that could damage the finish.
- **Inspect Cables and Pulleys:** Routinely check the cables for any signs of fraying or wear. Ensure pulleys are

clean and rotate freely. Replace any damaged components immediately.

TROUBLESHOOTING

This section addresses common issues you might encounter with your power cage.

- **Issue: Paint Chipping/Bubbling:** Some users have reported minor paint chipping or bubbling around tightened bolts. This is often cosmetic and does not affect the structural integrity of the unit. Ensure bolts are tightened sufficiently for safety, prioritizing stability over minor cosmetic imperfections.
- **Issue: Pulley System Not Smooth:** If the pulley system feels stiff or does not glide smoothly, apply a silicone-based lubricant to the chrome guide rods. Operate the system several times to distribute the lubricant evenly.
- **Issue: Missing or Incorrect Parts:** In rare instances, parts may be missing or incorrect upon delivery (e.g., two of the same side for support brackets). If this occurs, contact customer service immediately for assistance.
- **Issue: Instability/Wobbling:** Ensure all bolts and nuts are fully tightened. Verify that the power cage is placed on a flat, level surface. If wobbling persists, re-check assembly steps.

For any issues not covered here, or if problems persist, please refer to the "Customer Service and Warranty" section.

SPECIFICATIONS

Brand Name	RUNFREELY
Model Name	AHAC020BK
Color	PC020 Power Cage
Material	Steel
Dimensions (H x W x D)	83" x 72" x 58.66"
Rackable Capacity	1,000 lbs
Upright Frame	2"x2"
Hole Spacing	2" (with 1" pinholes)
Cable System Positions	17 adjustable positions
Included Components	Power cage, cable crossover system, pull-up bar, landmine, dip station, 2 single adjustable handles, lat pulldown bar, tricep rope, footboard

CUSTOMER SERVICE AND WARRANTY

RUNFREELY is committed to providing excellent customer support for your PC020 Power Cage.

Warranty Information:

The RUNFREELY PC020 Power Cage comes with a **1-year warranty** covering manufacturing defects. Please retain your proof of purchase for warranty claims.

Contact Support:

For any questions, concerns, or assistance with assembly, operation, or troubleshooting, please contact our responsive customer service team. They are available 24/7 to assist you.

Please refer to the contact information provided with your product packaging or visit the official RUNFREELY website for support details.