MAJOR FITNESS Drone3

MAJOR FITNESS Drone3 Power Rack User Manual

Model: Drone3

1. Introduction

This manual provides essential information for the safe and effective assembly, operation, and maintenance of your MAJOR FITNESS Drone3 Power Rack. Please read all instructions carefully before use and retain this manual for future reference.
The Drone3 Power Rack is a multi-functional home gym squat rack designed for comprehensive strength training. It features a heavy-duty steel frame, a dual pulley system, a pull-up bar, and J-hooks, offering versatility for various exercises.

2. Safety Information

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

- Consult a physician before beginning any exercise program.
- Read and understand all instructions and warnings in this manual before assembly or use.
- Keep children and pets away from the equipment during use.
- Ensure the equipment is placed on a flat, stable surface.
- Inspect the equipment for damaged or worn parts before each use. Do not use if damaged.
- Ensure all bolts and nuts are securely tightened before and after each use.
- Do not exceed the maximum weight capacities: 2500 lbs for the rack, 1000 lbs for J-hooks, 400 lbs for cable system (dynamic load), 400 lbs for dip bars, and 400 lbs for safety arms (dynamic load).
- Use spotters or safety arms when lifting heavy weights.
- Wear appropriate exercise attire and footwear.

3. Package Contents

Verify all components are present before beginning assembly. Refer to the assembly diagram for part identification.

- Main Power Rack Frame (2"x2" commercial-grade steel uprights)

- Dual Pulley System with Cables and Pulleys
- Pull-Up Bar (Mixed-Grip)
- J-Hooks (2 pairs)
- Safety Arms (2 pairs)
- Dip Attachment
- Leg Attachment
- 360° Landmine Attachment
- Weight Plate Holders (4)
- Storage Hooks (4)
- Resistance Band Pegs
- Assembly Hardware (bolts, nuts, washers)
- Basic Assembly Tools (wrenches)

4. Setup and Assembly

Tools Required: Electric screwdrivers, hexagon wrench sets, wrench sets, adjustable wrenches, rubber hammer, lubricant. An impact wrench is highly recommended for faster assembly.
Important Note: Hand-tighten all bolts and nuts during assembly. Tighten all hardware once the entire unit has been completely assembled. Regularly check if screws are loose and tighten them quickly if they are.

4.1 Assembly Overview

The assembly process involves connecting the base, uprights, crossbars, and then installing the pulley system and accessories. Follow the steps below and refer to the provided installation video for visual guidance.

Your browser does not support the video tag.

Video Description: This official MAJOR FITNESS installation video provides a step-by-step guide for assembling the Drone3 Power Rack. It covers connecting the base, uprights, crossbars, and installing the pulley system and various attachments. The video highlights key assembly points and demonstrates the use of tools for efficient setup.

4.2 Step-by-Step Assembly

1. **Assemble the Base:** Connect the bottom tubes and bottom connecting pipe using the provided hexagon bolts, flat gaskets, and lock nuts. Ensure the connection pieces are correctly oriented.
2. **Attach Rear Risers:** Secure the rear risers to the assembled base. Pay attention to the large circular hole above the rear riser, ensuring it faces backwards as per instructions.
3. **Install Reinforcement Tubes:** Attach the left and right reinforcement tubes to the base and rear risers. Verify correct left/right orientation for parts P1 and P2.
4. **Attach Front Risers:** Secure the front risers to the base using hexagon bolts, flat gaskets, and lock nuts.
5. **Install Lower Pulley Fixed Tubes:** Attach the fixed tubes for the lower left and right pulleys (G1 and G2) to the base, along with connection pieces (S).
6. **Install Pulley Adjustment Tubes:** Attach the pulley adjustment tubes (L) to the load-bearing lifting pipes (K).
7. **Connect Upper Crossbar:** Attach the upper connecting pipe (F) to the top of the uprights. Install the sheep eye open screw hooks (13) and connection pieces (Y).
8. **Install Upper Pulley Fixing Tubes:** Attach the upper left and right pulley fixing tubes (H1, H2, I1, I2) to the upper crossbar. Ensure longer tubes (I1-I2) are on the inside and shorter ones (H1-H2) are on the outside. Install the pulley blocks (AB) first.

9. **Install Top Beam Pipe:** Secure the top beam pipe (E) to the top of the structure.
10. **Attach Pull-Up Tube:** Install the pull-up tube (J) to the top beam pipe.
11. **Install Casing Groups:** Attach the casing groups (W) for the pulleys.
12. **Route Wire Ropes and Attach Handles:** Route the wire ropes (T) through the pulley system as shown in the diagrams. Attach the buckles (4) and handles (5).
13. **Install Pedal Tube and Rotating Tube:** Attach the pedal tube (U) and rotating tube (X) with its connecting U group (V) to the base.
14. **Install Ring Bolts:** Secure the ring bolts (Z) to the designated points on the base.
15. **Final Tightening:** Once all components are in place, fully tighten all bolts and nuts.

5. Operating Instructions

The MAJOR FITNESS Drone3 Power Rack offers a variety of exercises. Always ensure proper form and use safety features.

5.1 Dual Pulley System

The dual pulley system allows for both 1:1 and 2:1 gravity ratios. Adjusting between these modes is simple by changing the number of cables in use.

- **2:1 Gravity Ratio:** Use a single cable for a longer stroke, ideal for functional training, endurance, and deep muscle engagement. This provides more refined weight adjustment for controlled resistance.
- **1:1 Gravity Ratio:** Engage both cables for a shorter stroke, suitable for enhanced strength training and explosive power. This provides direct weight resistance for more challenging workouts.
- **Height Adjustment:** The pulley system offers 21 adjustable height settings, ranging from 11 to 73 inches, with 3-inch hole spacing for precise positioning.



Image Description: A user demonstrates the advanced cable crossover system, performing bilateral and unilateral movements. The image highlights the dual pulley system's versatility for various training needs.

Your browser does not support the video tag.

Video Description: This official MAJOR FITNESS video explains the features of the Drone3 Power Rack, including the dual pulley system and its 1:1 and 2:1 ratio adjustments. It demonstrates how to switch between modes and highlights the adjustable height settings for various exercises.

5.2 Squats and Bench Press

Utilize the J-hooks and safety arms for barbell exercises. The front uprights have 19 holes, ranging from 16 to 72 inches, with 3-inch spacing for optimal bar placement.

- **J-Hooks:** Position the J-hooks at the desired height for racking and unracking the barbell.
- **Safety Arms:** Always set the safety arms slightly below your lowest point of movement to prevent injury in case of a failed lift.



Image Description: A user performs a back squat within the Drone3 Power Rack, demonstrating the use of J-hooks for barbell support.

5.3 Pull-Up Bar

The mixed-grip pull-up bar allows for various grip positions to target different muscle groups.

- Perform pull-ups, chin-ups, and other bodyweight exercises.

5.4 Dip Attachment

Attach the dip bars to the uprights at a comfortable height for dips.

- Ensure the dip bars are securely locked in place before use.

5.5 Landmine Attachment

The 360° landmine attachment allows for dynamic barbell exercises such as landmine rows, presses, and twists.

- Insert one end of a barbell into the landmine attachment.

6. Maintenance

Regular maintenance ensures the longevity and safe operation of your Drone3 Power Rack.

- **Daily:** Wipe down the frame and accessories with a clean, damp cloth after each use to remove sweat and dirt.
- **Weekly:** Inspect all bolts, nuts, and connections for tightness. Tighten any loose hardware. Check cables for fraying or wear.
- **Monthly:** Lubricate the pulley system components as needed to ensure smooth operation. Inspect the structural integrity of the frame for any signs of damage or stress.
- **Cleaning:** Use mild soap and water for cleaning. Avoid abrasive cleaners or solvents that could damage the finish.

7. Troubleshooting

Problem	Possible Cause	Solution
Squeaking/Grinding Noise from Pulleys	Lack of lubrication; debris in pulleys.	Apply lubricant to pulley axles. Clean any debris from the pulley grooves.
Rack feels unstable/wobbly	Loose bolts/nuts; uneven floor.	Tighten all assembly hardware. Ensure the rack is on a flat, level surface. Use shims if necessary.
Cable fraying/wear	Improper cable routing; worn pulleys.	Check cable routing against the manual. Replace worn cables or pulleys immediately.
Difficulty adjusting pulley height	Pin not fully disengaged; debris in holes.	Ensure the adjustment pin is fully pulled out. Clear any obstructions from the adjustment holes.

8. Specifications

Feature	Detail
Brand	MAJOR FITNESS
Model Name	Drone3
Material	Alloy Steel (2"x2" commercial-grade steel uprights)
Color	Black
Overall Dimensions (L x W x H)	69.5"W x 45.9"D x 85"H
Weight Capacity (Rack)	Up to 2500 lbs
J-Hook Capacity	Up to 1000 lbs

Feature	Detail
Cable System Dynamic Load Capacity	Up to 400 lbs
Dip Bar Capacity	Up to 400 lbs
Safety Arm Dynamic Load Capacity	Up to 400 lbs
Pulley Height Adjustment	21 settings (11" to 73" from ground, 3" spacing)
Front Upright Hole Adjustment	19 holes (16" to 72" from ground, 3" spacing)

9. Warranty and Support

Warranty: The MAJOR FITNESS Drone3 Power Rack comes with a 1-year warranty. If any component of your Drone3 power cage needs replacing within the first year, MAJOR FITNESS will assist in getting your equipment back in top shape.
For customer support, please visit the official MAJOR FITNESS store or contact their customer service department through the platform of purchase.

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Example: How do I reset this device or fix this error?

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