

Fitness Reality XLT Supreme

Fitness Reality XLT Supreme Cable Crossover Squat Rack Power Cage

User Manual

1. IMPORTANT SAFETY INFORMATION

Before assembling or using the Fitness Reality XLT Supreme Cable Crossover Squat Rack Power Cage, please read and understand all instructions and warnings. Failure to follow these instructions may result in serious injury or property damage.

- Consult with a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Ensure all bolts, nuts, and connections are securely tightened before each use. Regularly inspect the equipment for wear and tear.
- Do not exceed the maximum weight capacity of 800 lbs for the steel frame.
- Use safety spotter arms when performing heavy lifts, especially when exercising alone.
- Always use proper lifting techniques and controlled movements.
- Place the equipment on a flat, stable surface.

2. SETUP AND ASSEMBLY

Assembly of the Fitness Reality XLT Supreme Power Cage typically requires 3-6 hours, depending on individual experience. It is recommended to have a drill with a socket attachment to expedite the process. Follow the included assembly manual step-by-step for detailed instructions.

2.1 Unpacking and Inspection

Carefully unpack all components and verify against the parts list provided in the separate assembly manual. Report any missing or damaged parts immediately to customer service.

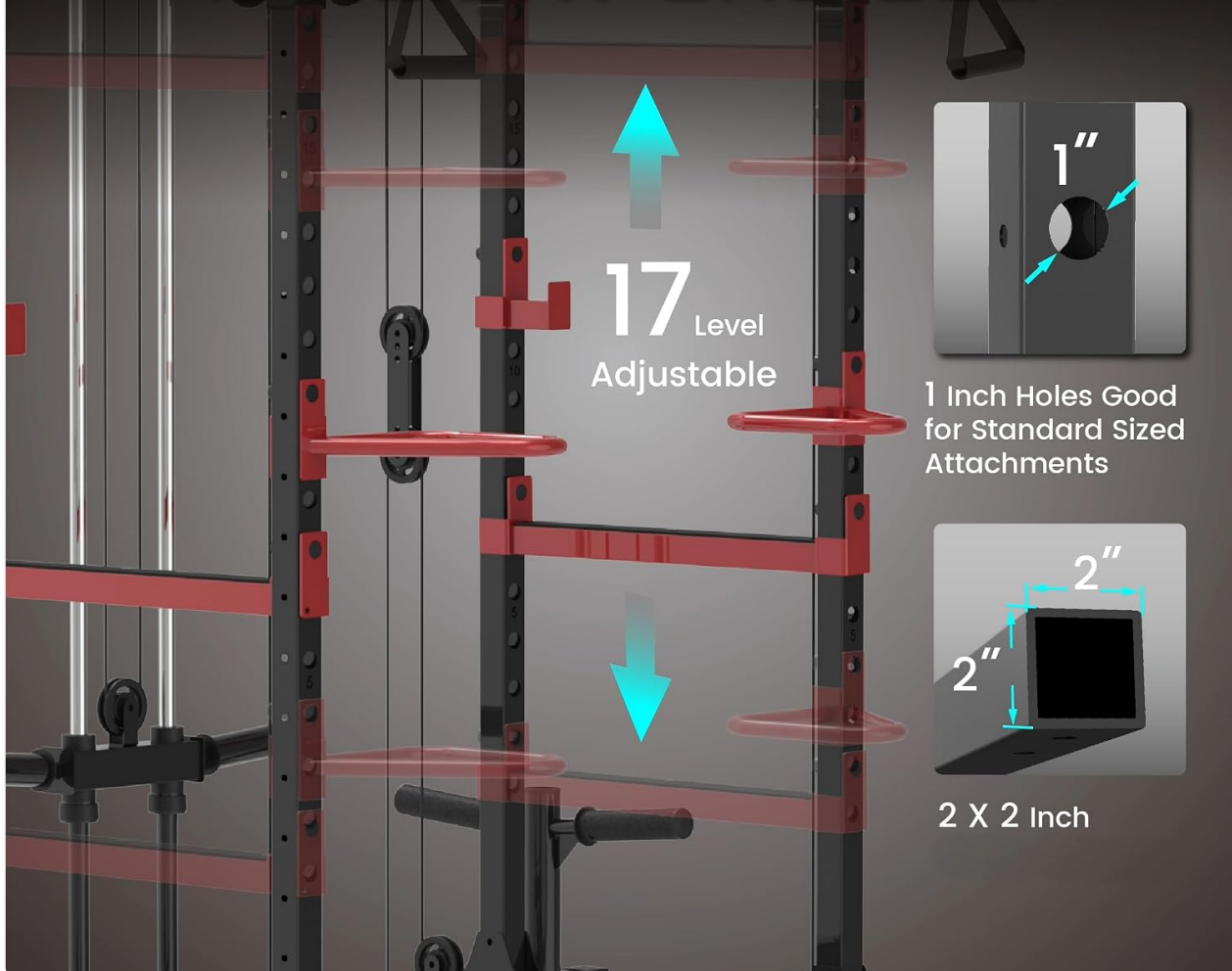
2.2 Assembly Tips

- Organize all hardware before beginning assembly.
- Do not fully tighten all bolts until instructed, as some flexibility may be needed for alignment.
- Ensure the frame is square and level before final tightening.



The power cage features 17 adjustable height settings for versatility and 1-inch holes compatible with standard sized attachments like J-hooks and dip bars.

GET COMFORTABLE WITH 17 HEIGHT CHOICES



The robust design incorporates 3mm thick steel and additional bracket supports for enhanced durability and stability.

3. OPERATING INSTRUCTIONS

The Fitness Reality XLT Supreme Power Cage offers a wide range of exercises. Familiarize yourself with each component before use.

3.1 Cable Crossover System

The cable crossover system features smooth pulleys and 17 adjustable height settings. Attach desired handles or accessories to the cables. Adjust the pulley height to target specific muscle groups for exercises such as cable crossovers, triceps pushdowns, and bicep curls.

3.2 Lat Pulldown and Low Row Bar

Utilize the lat pulldown bar for back exercises by sitting on the designated seat and pulling the bar down. For low rows, attach the low row bar and sit with your feet braced, pulling the bar towards your torso.

DIMENSION



Perform lat pulldowns and cable rows effectively with the integrated cable system.

3.3 Squat Rack and Attachments

The main power cage allows for squats, bench presses, and overhead presses. Position the J-hooks and safety spotter arms at the appropriate height for your exercise. The cage includes a 360-degree landmine attachment for rotational exercises, weight plate holders for storage, and a barbell holder.

4. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your power cage.

- **Cleaning:** Wipe down the frame and upholstery with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Hardware Check:** Periodically inspect all nuts, bolts, and screws. Tighten any that have become loose.
- **Cable Inspection:** Check cables and pulleys for signs of fraying, wear, or damage. Replace any damaged components immediately.
- **Lubrication:** Apply a small amount of silicone-based lubricant to the guide rods of the cable system if movement becomes stiff.

5. TROUBLESHOOTING

If you encounter issues with your power cage, refer to the following common solutions.

- **Wobbling Frame:** Ensure the equipment is on a level surface. Re-check and tighten all assembly bolts. A slight wobble can sometimes occur if not all bolts are evenly tightened.
- **Stiff Cable Movement:** Inspect pulleys for obstructions. Apply a silicone-based lubricant to the cable guide rods. Ensure cables are properly routed through all pulleys.
- **Missing Parts:** If parts were missing upon delivery, contact customer service with your purchase details for replacement.

6. SPECIFICATIONS

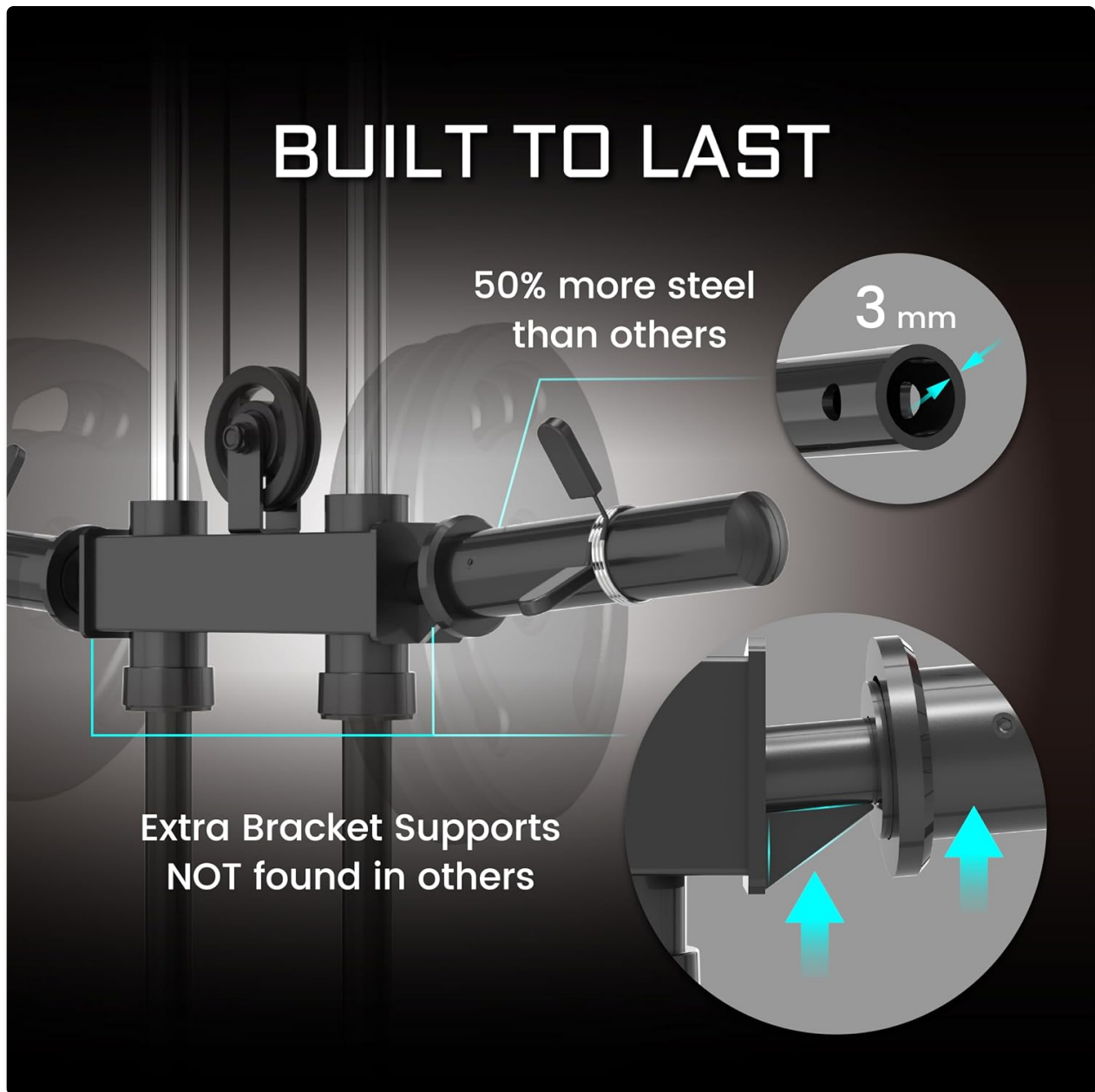
Brand	Fitness Reality
Model	XLT Supreme Cable Crossover Squat Rack Power Cage
Material	Alloy Steel
Color	Black & Red
Item Weight	49 kg (108 lbs)
Max Weight Capacity	800 lbs
Parcel Dimensions	139.7 x 45.72 x 22.86 cm (55 x 18 x 9 inches)
Included Components	Power Cage, Cable Crossover, Lat Pulldown, Low Row Bar, Landmine Attachment, Weight Plate Holders, Barbell Holder, Clips

BUILT TO LAST

50% more steel
than others

3 mm

Extra Bracket Supports
NOT found in others



An overview of the Fitness Reality XLT Supreme Power Cage, highlighting its comprehensive design and included attachments.

7. WARRANTY AND CUSTOMER SUPPORT

Fitness Reality is committed to providing quality products and excellent customer service. For warranty information, replacement parts, or any questions regarding your product, please contact our customer support team.

Our customer service is known for being responsive and effective in resolving issues. Please have your product model and purchase date available when contacting support.

For the most current contact information, please visit the official Fitness Reality website or refer to your purchase documentation.

