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› [JELENS M21 Smith Machine Multi-Function Power Cage Instruction Manual](#)

## JELENS M21

# JELENS M21 Smith Machine Multi-Function Power Cage Instruction Manual

Model: M21 | Brand: JELENS

## 1. INTRODUCTION

Thank you for choosing the JELENS M21 Smith Machine. This multi-function power cage with a dual pulley cable crossover system is designed to provide a comprehensive strength training experience for your home gym. To ensure safe and efficient use, please read this instruction manual thoroughly before assembly and operation. Keep this manual for future reference.



Figure 1: Overview of the JELENS M21 Smith Machine with included accessories.

## 2. SAFETY INFORMATION

Your safety is paramount. Please adhere to the following guidelines:

- Consult a physician before starting any exercise program.
- Always inspect the equipment for loose parts, damage, or wear before each use. Do not use if any components are compromised.
- Ensure all bolts, nuts, and pins are securely fastened before and during workouts.
- The power cage has a maximum safe weight capacity of 2000 LBS. The weight bench has a maximum capacity of 992 LBS. Do not exceed these limits.
- Keep children and pets away from the equipment during use.
- Use proper lifting techniques and controlled movements to prevent injury.
- Be aware of pinch points and moving parts, especially with the Smith bar and pulley system.
- When handling the JELENS logo plate, exercise caution as the edges may be sharp. It is recommended to wear gloves during assembly or when handling this component.
- Ensure adequate space around the machine for safe operation.

### 3. PACKAGE CONTENTS

The JELENS M21 Smith Machine is shipped in multiple boxes. Verify all components are present and undamaged upon receipt. Refer to the detailed parts list in the separate assembly guide for specific component identification.




<b>PACKAGE LIST</b>	
	<p><b>2000LBS MAX POWER CAGE</b></p> <ul style="list-style-type: none"><li>✓ Weight Capacity 2000LBS</li><li>✓ Smooth Pulley System</li><li>✓ Training Attachments Included</li></ul> <p><b>3 Box</b></p>
	<p><b>992LBS STURDY WEIGHT BENCH</b></p> <ul style="list-style-type: none"><li>✓ Weight Capacity: 992LBS</li><li>✓ Adjustable: 6 Back &amp; 4 Seat Positions</li><li>✓ Spacious Soft Cushion &amp; Fully Foldable</li></ul> <p><b>1 Box</b></p>
	<p><b>140LBS OLYMPIC WEIGHT SET</b></p> <ul style="list-style-type: none"><li>✓ 10LBS*2</li><li>✓ 25LBS*2</li><li>✓ 35LBS*2</li></ul> <p><b>1 Box</b></p>

Figure 2: Main components included in the package.

#### Included Accessories:

- Lat Pull-down Bar (1)
- T-Bar (1)
- Pull Down Bar (1)
- Tricep Rope (1)
- J-Hooks (2)
- Cable Handles (2)
- Weight Storage Pins (4)
- 360° Landmine (1)
- Foot Board (1)
- Counterweight Racks with Clamps (6)



## 5. OPERATING INSTRUCTIONS

The JELENS M21 offers a versatile range of exercises. Familiarize yourself with each function before beginning your workout.

### 5.1 Smith Machine Function

- The integrated Smith module features a barbell with linear bearings and a bottom spring shock absorption system for smooth, controlled movements.
- The Smith bar has 9 height-adjustable positions. To adjust, lift the bar slightly, disengage the safety hooks, move to the desired height, and re-engage the hooks.
- Always ensure the safety hooks are properly engaged before and after each set.

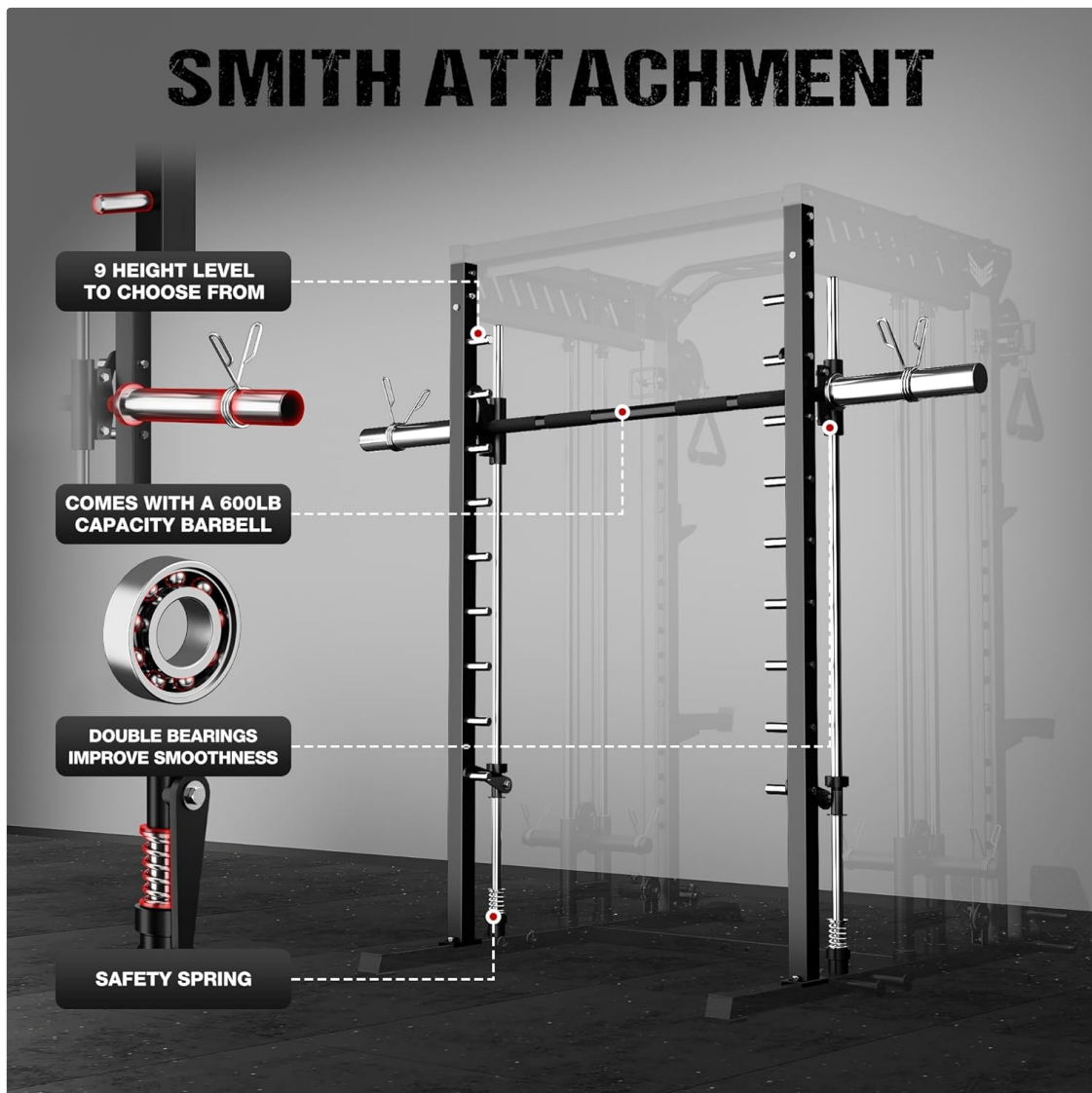


Figure 5: Details of the Smith machine attachment.

### 5.2 Dual Pulley Cable Crossover System

- The machine features independent pulley systems on both sides, allowing for simultaneous use by two individuals or for a wider range of exercises.
- Attach desired cable handles or bars to the carabiners.
- Adjust the pulley height by pulling the pin, sliding the pulley carriage to the desired position,

and re-engaging the pin securely. There are 20 height options available.

- The precision steel shaft pulleys and polished high-strength solid steel wire ropes ensure smooth operation.



Figure 6: Demonstrating the dual independent pulley system.

### 5.3 Weight Bench Adjustment

- The included weight bench is adjustable with 6 back levels and 4 seat levels.
- To adjust, locate the adjustment pins or levers, disengage, set to the desired angle, and ensure they are securely locked in place before use.

# ADJUSTMENT BENCH

**992** LBS WEIGHT  
CAPACITY

**6** BACK LEVELS  
ADJUSTMENT

**4** SEAT LEVELS  
ADJUSTMENT

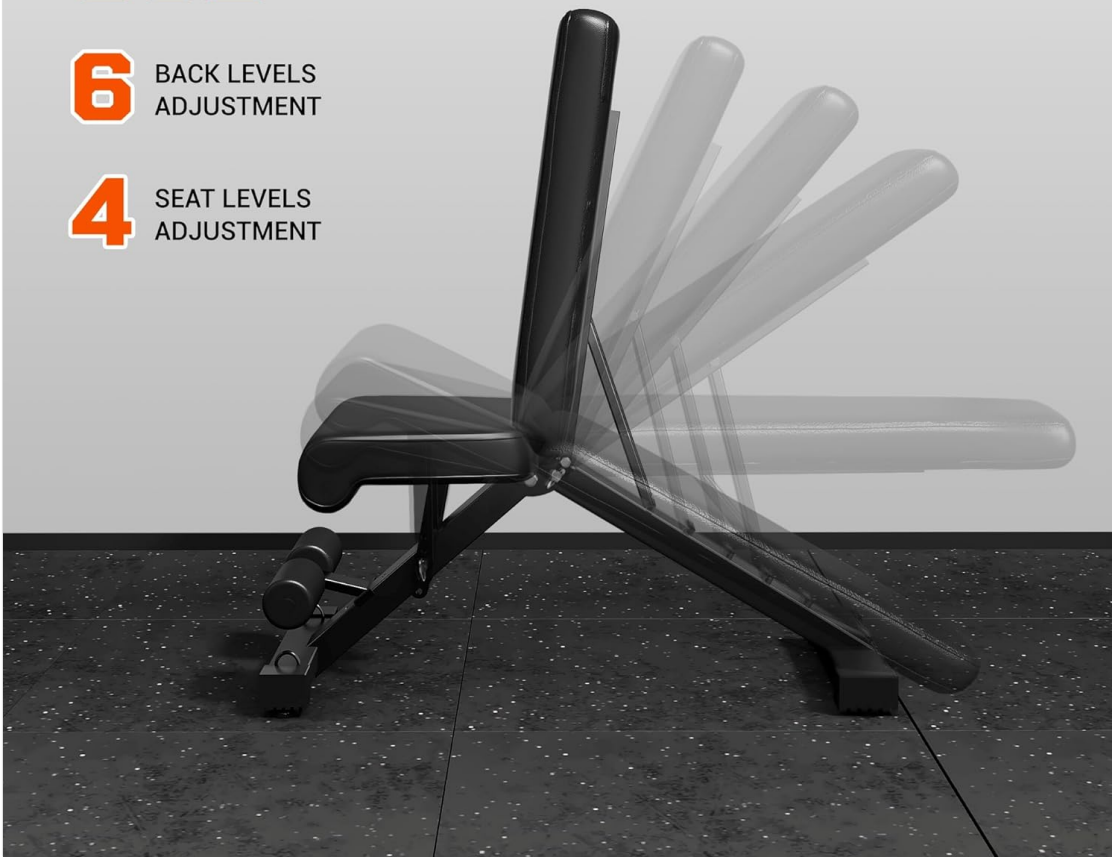


Figure 7: Weight bench adjustment options.

## 5.4 Versatile Training Options

The JELENS M21 supports a wide array of exercises, including but not limited to:

- Bench Presses (with Smith bar or free weights)
- Squats (with Smith bar or free weights)
- 360° Landmine exercises
- Seated Rowing
- Pull-ups (multi-grab pull-up bar)
- Triceps Extensions
- Cable Crossovers, Rows, Curls, and Presses
- Dips (comfort dip handles)



Figure 8: Examples of exercises possible with the M21 Smith Machine.

## 6. MAINTENANCE

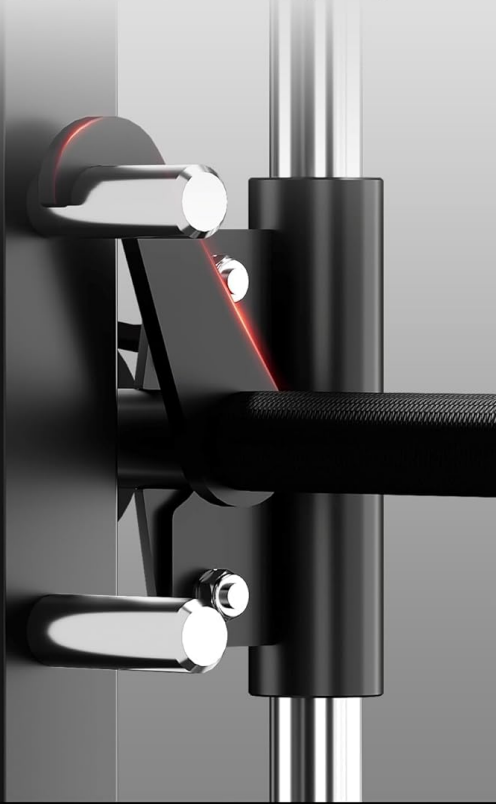
Regular maintenance ensures the longevity and safe operation of your JELENS M21 Smith Machine.

- **Daily Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Weekly Inspection:** Check all bolts, nuts, and connection points for tightness. Re-tighten any loose fasteners.
- **Cable and Pulley Inspection:** Regularly inspect cables for fraying or wear. Check pulleys for smooth rotation and ensure the full-cover pulley sleeves are intact to reduce cable wear.
- **Lubrication:** Apply a silicone-based lubricant to the Smith bar guide rods and cable pulleys periodically to maintain smooth operation.
- **Storage:** Store accessories neatly on the designated weight storage pins or a separate rack when not in use.

# REVOLUTIONARY UPGRADE

## STURDYSAFETY LOCKINGHOOK

Effectively Guarantee Your Safety During Use



## FULLCOVER PULLEY SLEEVE

Reduce Cable Wear and Enhance Durability



## ENHANCED METAL WEIGHTHOLDER

Improved Stability and Bearing Capacity

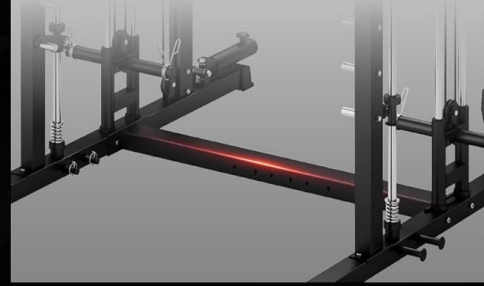


Figure 9: Key areas for inspection and maintenance.

## 7. TROUBLESHOOTING

If you encounter issues with your JELENS M21 Smith Machine, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Machine feels unstable or shakes excessively.	Loose bolts or uneven assembly.	Ensure all assembly bolts are tightened securely. Verify the machine is on a flat, level surface. Check the heavy-duty steel pipes in the base for proper installation.
Smith bar movement is not smooth.	Lack of lubrication on guide rods; debris in linear bearings.	Clean guide rods and apply silicone-based lubricant. Inspect linear bearings for any obstructions.
Cables are stiff or noisy.	Cables require lubrication; pulleys are dirty or worn.	Apply silicone-based lubricant to cables and pulleys. Clean pulleys and inspect for wear.

Problem	Possible Cause	Solution
Missing parts upon delivery.	Shipping error or package damage.	Contact JELENS customer service immediately with your purchase details and a list of missing components.

## 8. SPECIFICATIONS

Feature	Detail
Brand Name	JELENS
Model Name	M21
Material	Alloy Steel (50mm x 50mm heavy-duty steel pipes)
Color	Black
Power Cage Weight Capacity	2000 LBS
Weight Bench Capacity	992 LBS
Smith Bar Height Adjustments	9 levels
Pulley Height Adjustments	20 levels
Included Components	User manual, lat pull-down bar, T-bar, pull down bar, tricep rope, J-hooks (2), cable handles (2), weight storage pins (4), 360° landmine, foot board, counterweight racks with clamps (6)
Suggested Users	Unisex-adult

## 9. WARRANTY AND SUPPORT

JELENS provides a **1-year warranty** for the main product. Additionally, a **2-year free replacement warranty** is offered for accessories.

For any questions, concerns, or to report missing/damaged parts, please contact the JELENS professional after-sales team. Refer to your purchase documentation or the JELENS official website for contact information.

