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> Mikolo F4 Power Cage Instruction Manual

## Mikolo F4

# Mikolo F4 Power Cage Instruction Manual

Model: F4 | Brand: Mikolo

## 1. INTRODUCTION

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This manual provides essential information for the safe assembly, operation, and maintenance of your Mikolo F4 Power Cage. Please read all instructions carefully before use to ensure proper function and to prevent injury. The Mikolo F4 Power Cage is designed as a comprehensive home gym solution, integrating multiple strength training functions into a single unit.



Image 1.1: The Mikolo F4 Power Cage, showcasing its multi-functional design with a lat pulldown system, an adjustable bench, and a barbell loaded with weight plates.

## 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 and use.
- Keep children and pets away from the equipment during use.
- Ensure the power cage is assembled on a flat, stable surface.
- Inspect all components for wear or damage before each use. Do not use if damaged.
- Ensure all bolts and nuts are securely tightened before each use.
- Do not exceed the maximum weight capacity of 1200 lbs for the power cage.
- Use spotters or safety spotter pins when lifting heavy weights.
- Wear appropriate athletic footwear and clothing.

- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.

### 3. PACKAGE CONTENTS

Verify that all components listed below are present and undamaged before beginning assembly. If any parts are missing or damaged, contact Mikolo customer support.



# PACKAGE LIST



**W800 FID Weight Bench**  
Weight Capacity: 1200lbs

**BOX 1**



**230LBS Olympic Weight Plate Set**

**BOX 3**



**Cable Attachment Set**

- V-shaped Bar
- Ankle Straps \*2
- Snap Hooks\*3
- V Handle With Rotation
- Barbell Clamps \*2

**BOX 1**

**F4 Power Cage**  
Weight Capacity: 1200lbs

**BOX 2**

Image 3.1: Overview of the Mikolo F4 Power Cage package contents, including the F4 Power Cage, W800 FID Weight Bench, 230LBS Olympic Weight Plate Set, and Cable Attachment Set.

#### Included Components:

- Mikolo F4 Power Cage Frame
- Lat Pulldown and Low Row Cable System
- Pull-up Bar (with 3 grip variations)
- Dip Bars (with dual grip)
- J-Hooks (2 pairs)
- Safety Spotter Pins (2)

- T-Bar Row Attachment (Landmine)
- 4 Free Handle Attachments
- 4 Weight Storage Pins
- 2 Barbell Holders
- 2 Handle Storage Hooks
- 4 Carabiner Clips
- 2 Extension Chains for Cables
- 2 Weight Holder Clips
- Assembly Instruction Manual
- Assembly Tools

## 4. ASSEMBLY INSTRUCTIONS

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Detailed assembly instructions are provided in the separate instruction manual included with your package. Please follow the step-by-step diagrams and instructions carefully. It is recommended to have at least two people for assembly. Ensure all bolts are tightened securely after each step.

### **Key Assembly Tips:**

- Lay out all parts and identify them using the parts list before starting.
- Do not fully tighten bolts until instructed, or until the entire frame is assembled, to allow for proper alignment.
- Ensure the power cage is placed on a level surface to prevent wobbling.

## 5. OPERATING INSTRUCTIONS

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The Mikolo F4 Power Cage offers a wide range of exercises. Familiarize yourself with the various components and their adjustments before beginning your workout.

### 5.1. Adjusting J-Hooks and Safety Spotter Pins

The uprights feature laser-cut numbering for easy and precise height adjustments. To adjust the J-hooks or safety spotter pins:

1. Locate the desired height number on the uprights.
2. Insert the J-hook or safety spotter pin into the corresponding hole.
3. Ensure the pin is fully seated and secure before loading any weight.

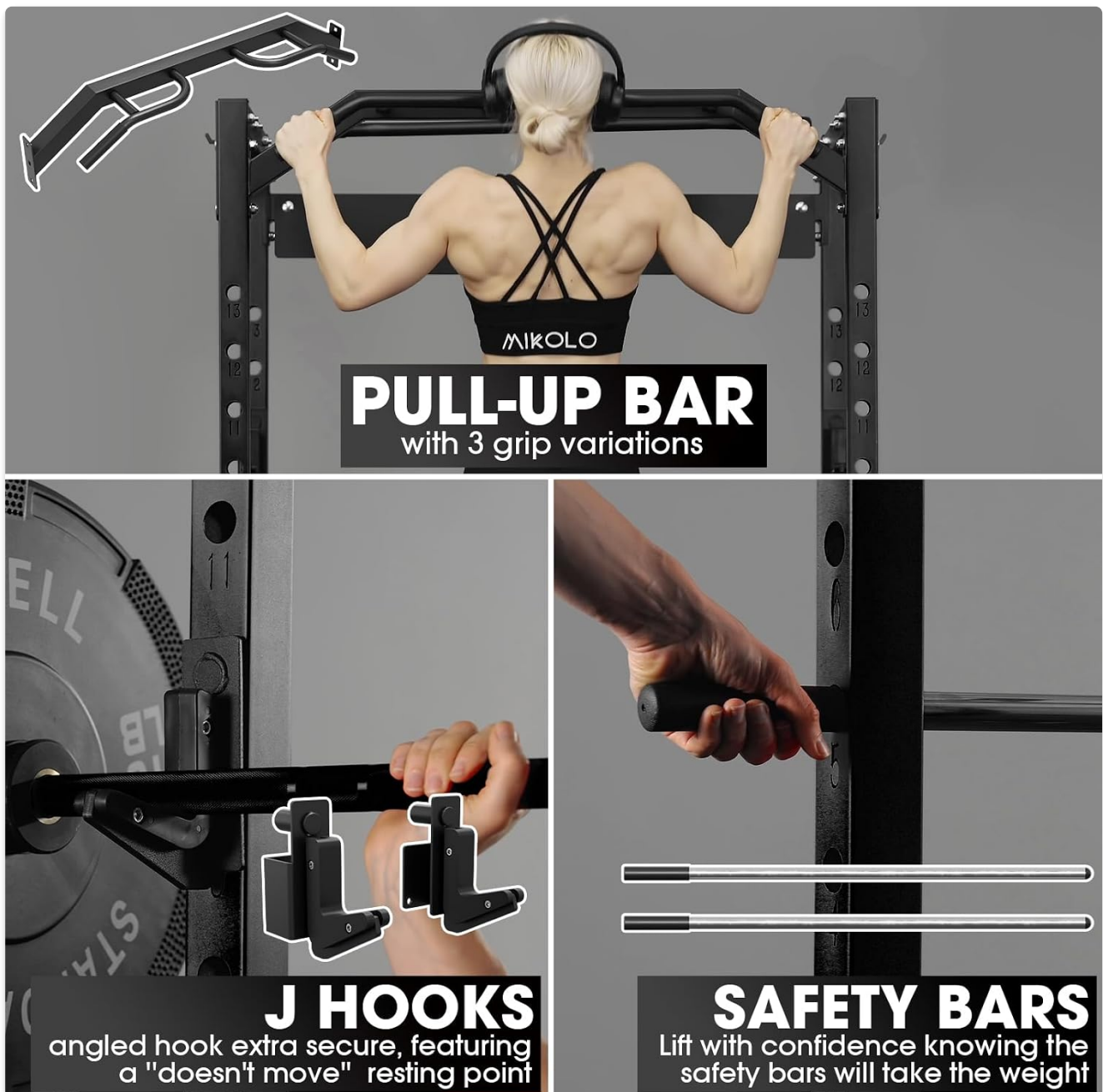


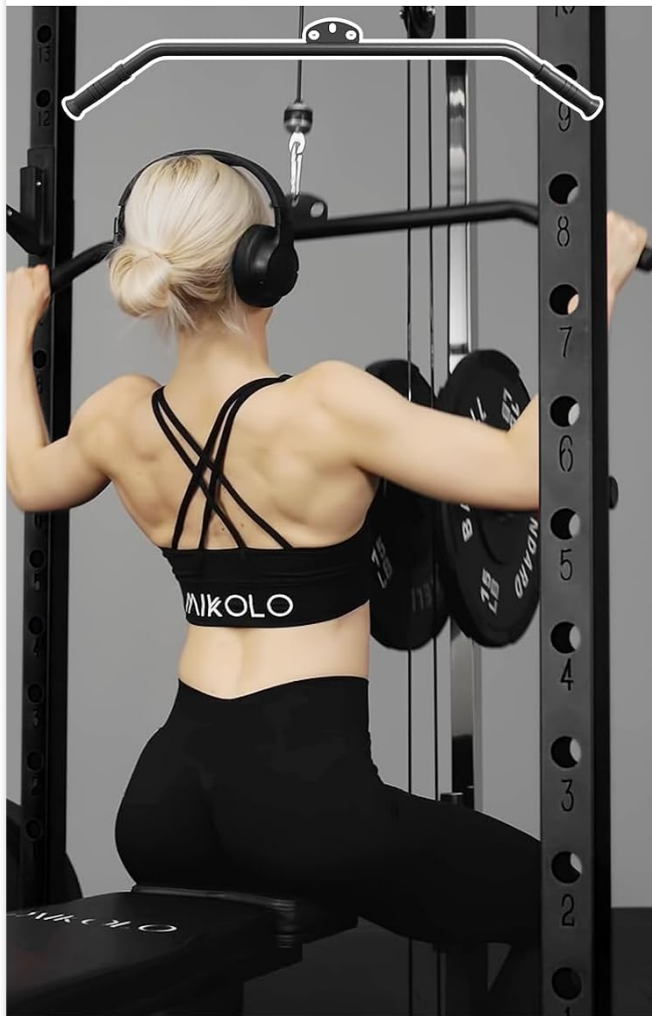
Image 5.1: Close-up view of the pull-up bar with multiple grip options, secure J-hooks designed for barbells, and safety spotter pins for user protection during lifts.

## 5.2. Lat Pulldown and Low Row System

The integrated cable system allows for upper and lower body exercises. Attach the desired handle to the cable system using a carabiner clip.

- **Lat Pulldown:** Use the top pulley with the lat pulldown bar. Sit on a bench or the floor, facing the machine, and pull the bar down towards your chest.
- **Low Row:** Use the bottom pulley with a V-handle or straight bar. Sit on the floor with your feet against the foot plate, and pull the handle towards your abdomen.

# UPPER + 1:1 PULLEY RATIO LOWER PULLEY SYSTEM



**34" LAT PULLDOWN BAR**

◀◀◀ **15" CABLE BAR**

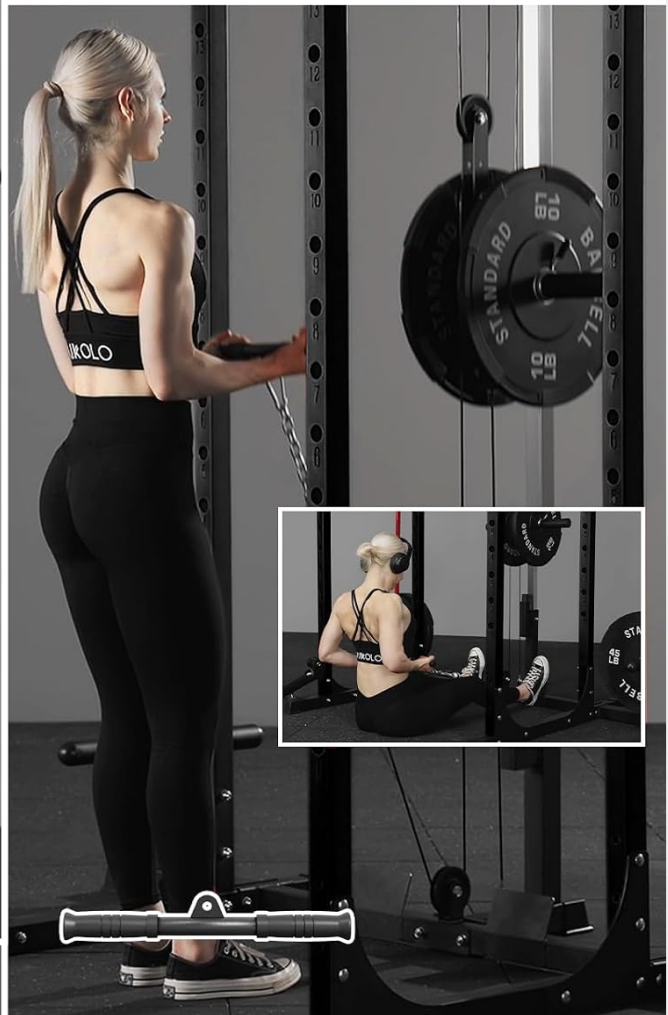
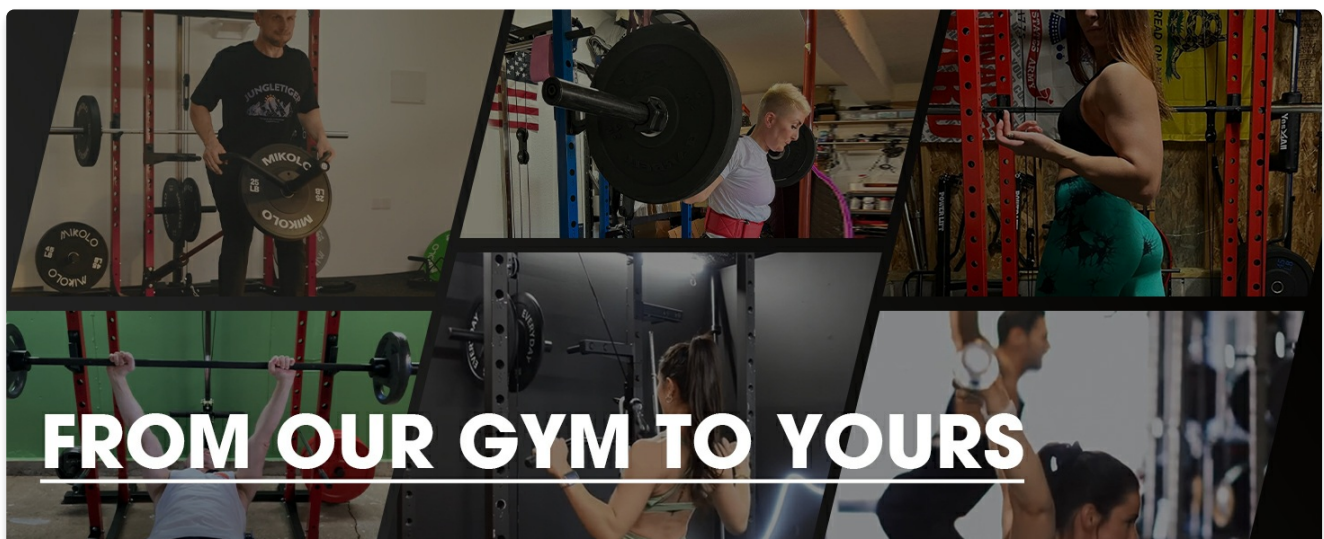


Image 5.2: A user performing a lat pulldown exercise using the upper pulley system and the 34-inch lat pulldown bar.



**FROM OUR GYM TO YOURS**

Image 5.3: Demonstrations of both lat pulldown and seated row exercises, highlighting the versatility of the cable system.

## 5.3. Squats and Bench Press

Utilize the J-hooks and safety spotter pins for barbell exercises like squats and bench presses. Adjust the height of the J-hooks for racking the barbell and the safety pins to catch the barbell in case of a failed lift.



FULL WORKOUT!  
FULL WORKOUT!  
FULL WORKOUT!

# GREATER DEPTH

F4 Power Cage is designed with spacious interior to fit your bench and all essential attachments. Perfect for lifting, squatting, or bench pressing, it provides the versatility and space you need for a complete, efficient workout

Image 5.4: A user performing a bench press inside the power cage, demonstrating the ample depth and use of safety features.

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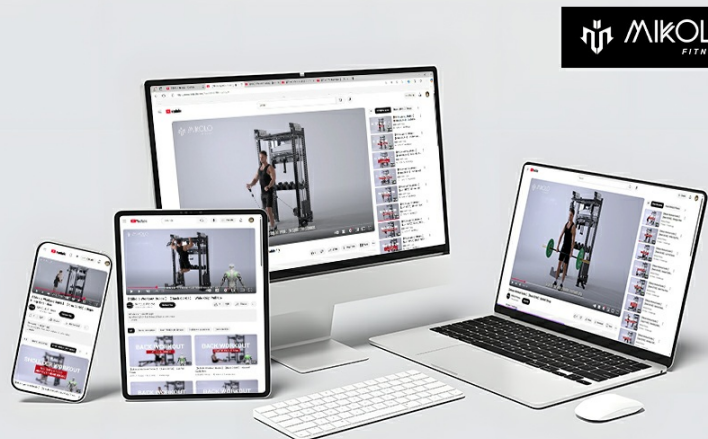


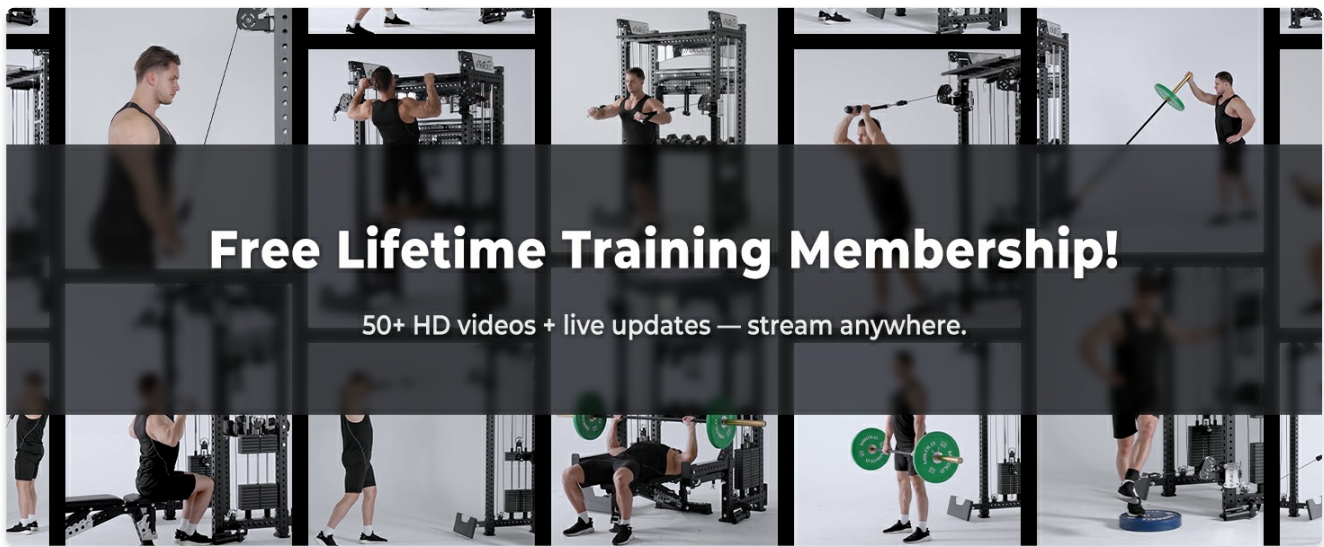
Image 5.5: Demonstrations of a pull-up and a barbell squat, illustrating the use of the pull-up bar and the main cage for compound movements.

#### 5.4. Pull-up Bar and Dip Station

- **Pull-up Bar:** The multi-grip pull-up bar allows for wide, narrow, and neutral grip pull-ups and chin-ups.
- **Dip Station:** Attach the dip bars to the uprights at a comfortable height. Ensure they are securely fastened before performing dips.



Image 5.6: A user performing dips on the attached dip bars, alongside a view of the 360-degree rotating landmine attachment.



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Image 5.7: Demonstrations of a T-bar row using the landmine attachment and dips on the dip station.

### 5.5. Landmine Attachment

The 360-degree rotating landmine attachment allows for various exercises such as T-bar rows, landmine presses, and rotational movements. Insert one end of your barbell into the sleeve of the landmine attachment.

## 6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Mikolo F4 Power Cage.

- **Cleaning:** Wipe down the frame and attachments with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically inspect all bolts, nuts, cables, and pulleys for tightness and wear. Tighten any loose fasteners. Check cables for fraying or damage.
- **Lubrication:** Apply a small amount of silicone-based lubricant to the pulley wheels and cable guides if you notice any friction or noise during operation.
- **Storage:** Utilize the integrated weight storage pins, barbell holders, and handle storage hooks to keep your gym area organized and prevent tripping hazards.

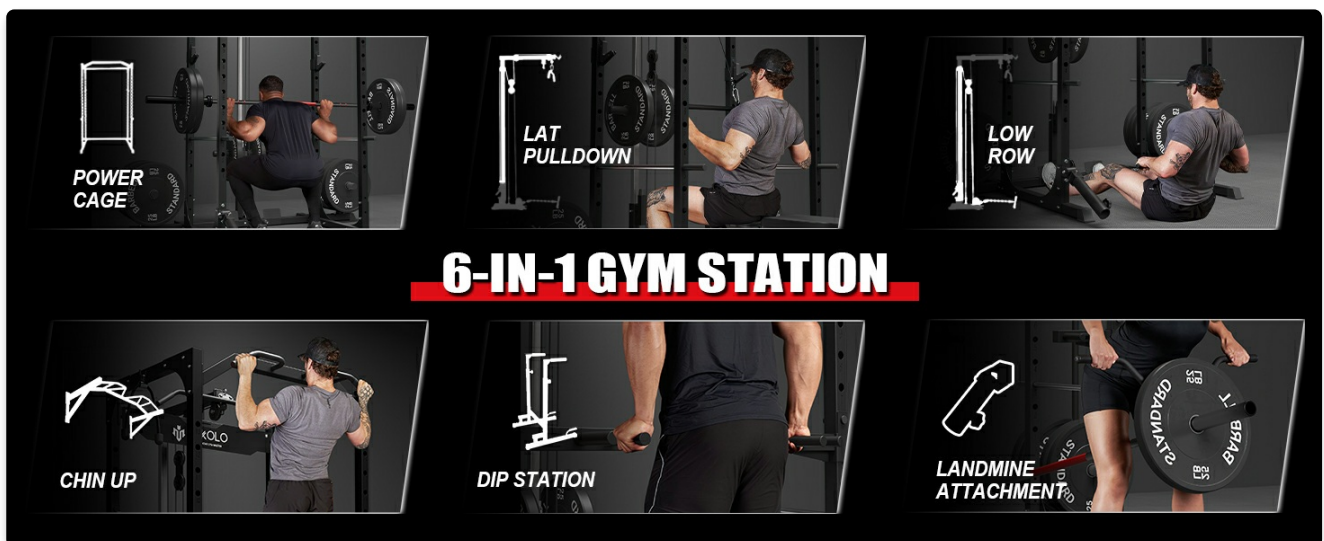


Image 6.1: The integrated 3-in-1 storage system, featuring weight storage posts, barbell holders, and accessory hooks for organized storage.

## 7. TROUBLESHOOTING

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If you encounter any issues with your Mikolo F4 Power Cage, refer to the following common solutions:

- **Wobbling Frame:** Ensure the power cage is on a level surface. Check and tighten all assembly bolts and nuts.
- **Cable System Sticking/Noisy:** Inspect cables for obstructions or damage. Lubricate pulley wheels and cable guides with silicone spray. Ensure weight plates are properly loaded and not interfering with the cable path.
- **Attachments Not Fitting:** Verify that you are using the correct attachments for the designated holes. Ensure no debris is obstructing the holes.

For issues not covered here, please contact Mikolo customer support.

## 8. SPECIFICATIONS

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Feature	Specification
Model Name	F4
Brand	Mikolo
Material	Alloy Steel (2x2-inch commercial steel tubing)
Assembled Dimensions (L x W x H)	77.4" x 55.2" x 81" (196.6 cm x 140.2 cm x 205.7 cm)
Gross Weight	176 lbs (79.8 kg)
Maximum Capacity	1200 lbs (544 kg)
Adjustable Heights	13 positions, laser-cut numbering
Footprint	Approximately 29.67 sq ft
Included Components	Machine, Instruction Manual, Tools, Various Attachments (as listed in Section 3)

# PRECISION SPACING



**4**  
INCH  
APART

**1**  
INCH  
HOLE

**2X2**  
INCH  
STEEL TUBE

LASER ENGRAVED  
NUMBERING

Image 8.1: Detailed dimensions of the Mikolo F4 Power Cage, highlighting its 81-inch height, 77.4-inch length, and 55.2-inch width, along with precision spacing of 1-inch holes on 2x2 inch steel tubing.

## 9. WARRANTY AND SUPPORT

Mikolo stands behind the quality of its products. The Mikolo F4 Power Cage comes with a **Lifetime Warranty**. For any questions, concerns, or support needs, please contact Mikolo customer service. We offer **24-hour support** to assist you.

For further assistance, please visit the official Mikolo website or contact their customer service department directly.