

Fitvids Power Cage Squat Rack Accessories

Fitvids 3x3 Power Cage Safety Straps Instruction Manual

Model: Power Cage Squat Rack Accessories

1. INTRODUCTION

This manual provides instructions for the proper installation, operation, and maintenance of your Fitvids 3x3 Power Cage Safety Straps. These straps are designed to provide a reliable safety catch for barbells during strength training exercises within a compatible power cage. Please read this manual thoroughly before use to ensure safe and effective operation.

2. SAFETY INFORMATION

- Always inspect the safety straps and your power cage for any signs of wear, damage, or loose components before each use. Do not use if damaged.
- Ensure the safety straps are correctly installed and securely fastened to the power cage uprights at the appropriate height for your exercise.
- Verify that your power cage has 3x3 inch uprights and compatible pin holes for these straps. Incompatible equipment can lead to instability and injury.
- Do not exceed the stated weight capacity of the safety straps or your power cage.
- Always use a spotter when performing heavy lifts, even with safety straps installed.
- Keep hands and fingers clear of pinch points during installation and adjustment.

3. PACKAGE CONTENTS

The Fitvids 3x3 Power Cage Safety Straps package includes:

- 2 x Fitvids 3x3 Power Cage Safety Straps

4. SPECIFICATIONS

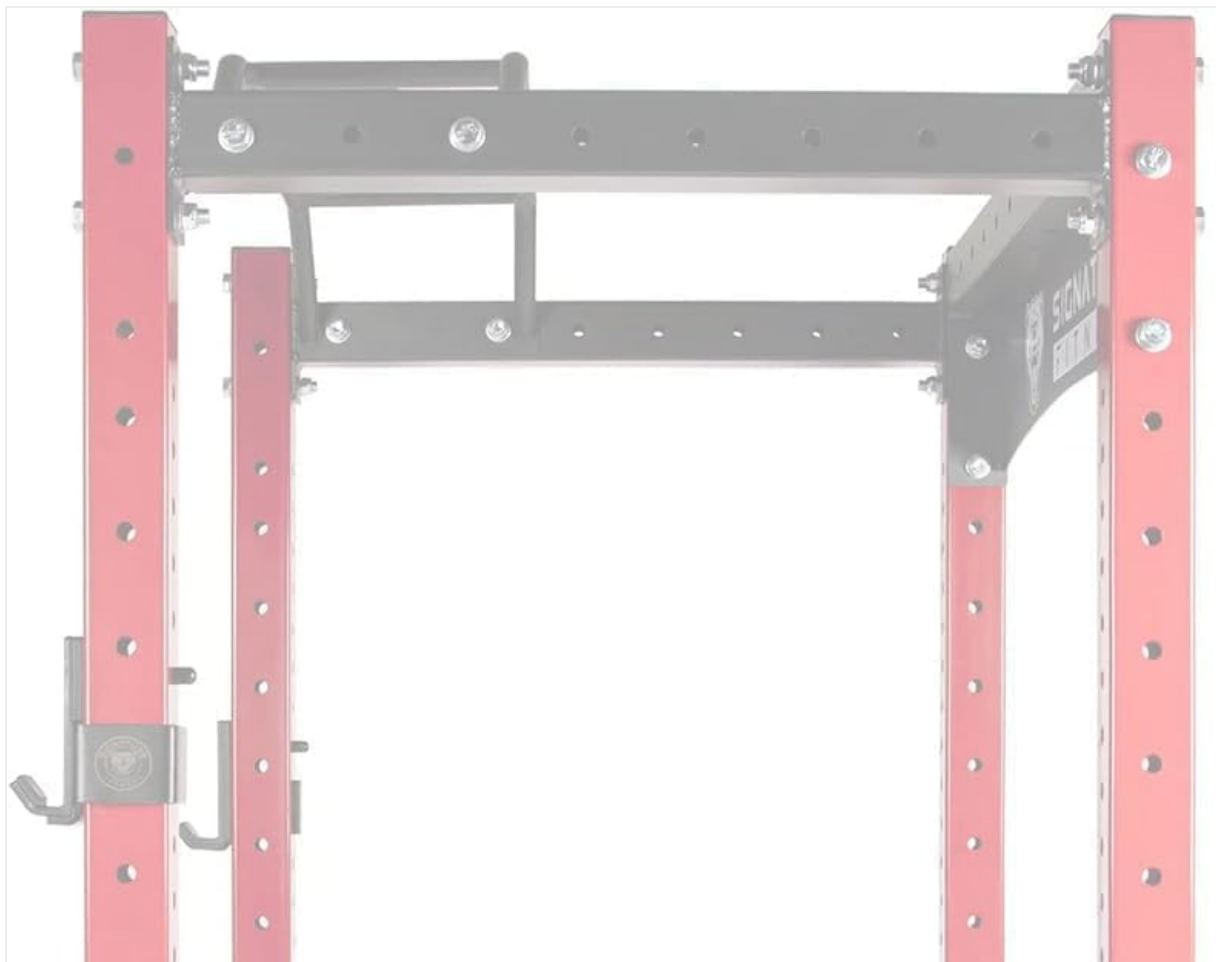
Brand Name	Fitvids
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Model Name	Power Cage Squat Rack Accessories
Material	Steel, Hemp Fiber
Color	Black, Red
Item Package Dimensions (L x W x H)	14.96 x 3.11 x 0.83 inches
Package Weight	0.51 Pounds
Compatibility	3x3 inch power cages and squat racks

5. SETUP

Follow these steps to properly install your Fitvids 3x3 Power Cage Safety Straps:

- 1. Verify Cage Compatibility:** Ensure your power cage has 3x3 inch uprights and corresponding pin holes. The universal pin design requires a secure fit.
- 2. Select Desired Height:** Determine the appropriate height for your safety straps based on the exercise you will be performing. For squats, they should be set just below your lowest squat depth. For bench press, they should be set just above your chest at the bottom of the movement.
- 3. Attach the Straps:** Slide the reinforced steel hooks of each safety strap effortlessly onto the pins of your power cage uprights. Ensure the pins pass completely through the strap's attachment mechanism and are securely seated in the cage's holes.
- 4. Secure Both Ends:** Attach both ends of each strap to opposing uprights of the power cage. The straps should be taut but allow for slight give when a barbell is dropped onto them.
- 5. Inspect Installation:** Double-check that both straps are level, securely attached, and free from any obstructions. Gently test the straps by applying downward pressure to ensure stability.



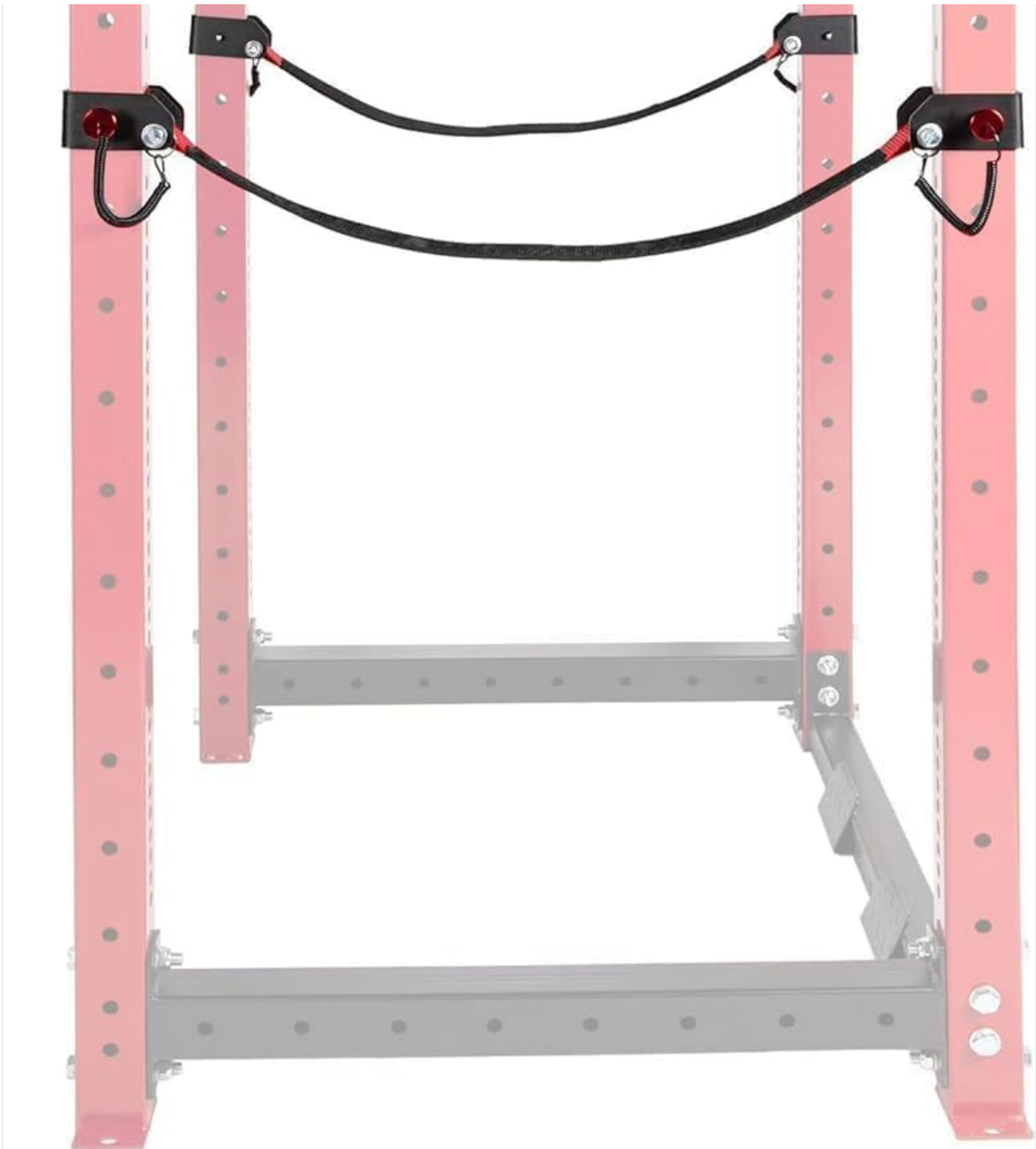


Figure 1: Fitvids 3x3 Power Cage Safety Straps installed on a red power cage, front view. This image shows the two safety straps securely installed on the uprights of a red power cage, providing a protective catch for barbells.

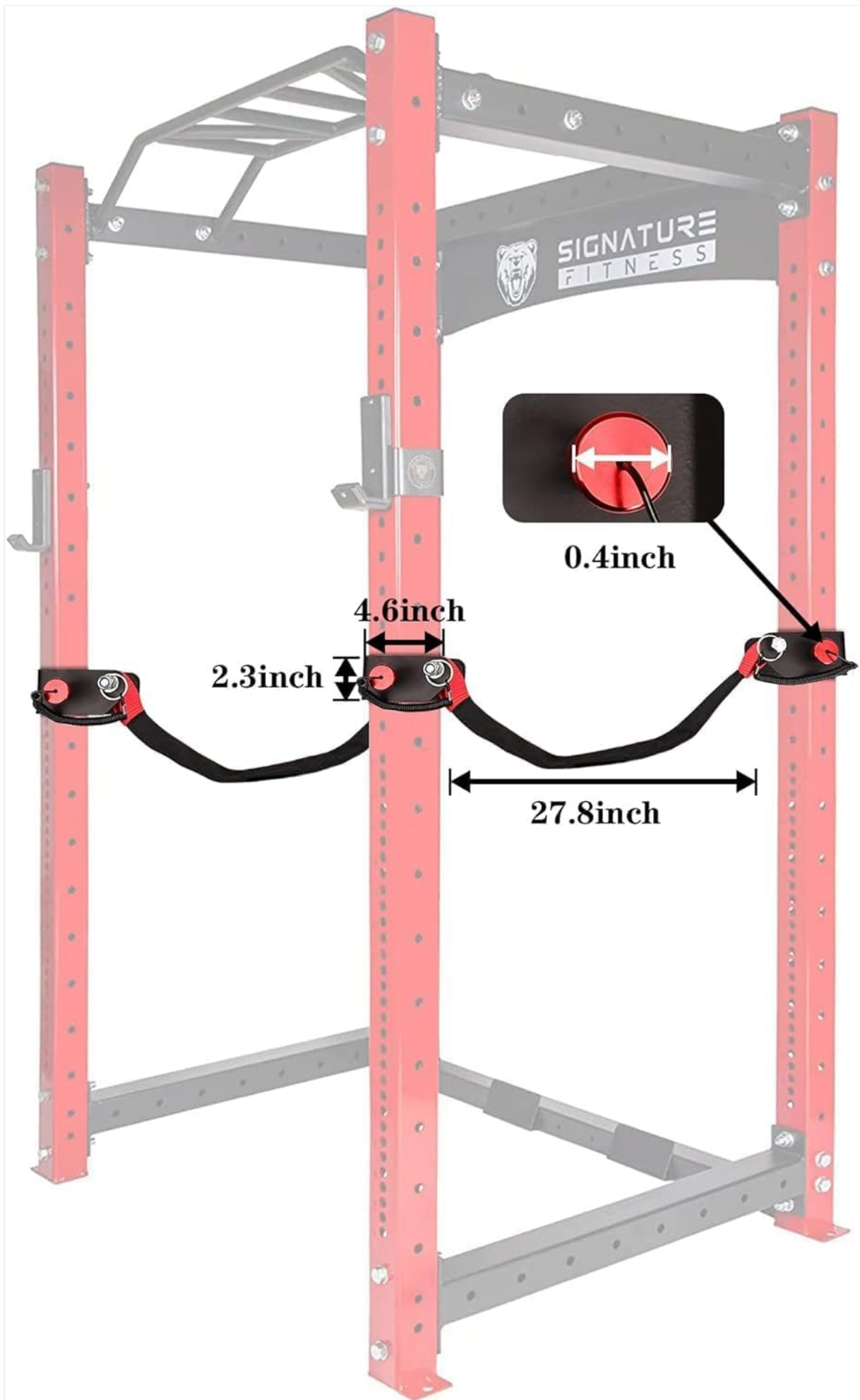


Figure 2: Dimensions of Fitvids 3x3 Power Cage Safety Straps. This image illustrates the key dimensions of the safety straps, including the 4.6-inch attachment width, 2.3-inch pin diameter, and 27.8-inch strap length, crucial for compatibility

with 3x3 inch power cages.



Figure 3: Fitvids 3x3 Power Cage Safety Straps installed on a red power cage, side view. A side view of the safety straps attached to a red power cage, demonstrating how they extend between the uprights to form a safety catch.

6. OPERATING INSTRUCTIONS

The Fitvids safety straps are designed to provide a secure catch for barbells, enhancing safety during heavy lifts. They also offer advantages over traditional steel spotter arms:

- **Barbell Protection:** The flexible nature of the straps is gentler on your barbell sleeves, helping to prevent scratches, chips, and damage that can occur with metal spotter arms.
- **Reduced Noise:** The straps absorb impact quietly, eliminating the loud clanging sound often associated with dropping a barbell onto steel safeties, contributing to a more pleasant training environment.
- **Reliable Catch:** Position the straps to catch the barbell at a safe point during your lift. For squats, this is typically just below your lowest desired depth. For bench presses, it is usually just above your chest.



Figure 4: Close-up of a barbell resting on a Fitvids safety strap within a power cage. This close-up shows a barbell safely resting on one of the Fitvids safety straps, highlighting the strap's ability to protect the barbell and absorb impact.



Figure 5: Barbell resting on Fitvids safety straps inside a power cage, wider view. A wider view of a barbell positioned on the Fitvids safety straps within a power cage, illustrating their function as a reliable spotter for heavy lifts.

7. MAINTENANCE

To ensure the longevity and continued safety of your Fitvids Power Cage Safety Straps:

- **Regular Inspection:** Periodically inspect the straps for any signs of fraying, cuts, tears, or excessive wear. Check the steel components for rust or deformation.
- **Cleaning:** Wipe the straps clean with a damp cloth as needed. Avoid using harsh chemicals or abrasive cleaners, which could damage the material.
- **Storage:** When not in use, store the straps in a dry environment away from direct sunlight and extreme temperatures to prevent material degradation.

8. TROUBLESHOOTING

- **Straps do not fit my power cage:** Ensure your power cage has 3x3 inch uprights. These straps are specifically designed for this dimension. If your cage is a different size, these straps will not be compatible.
- **Straps show signs of wear or damage:** For your safety, discontinue use immediately. Worn or damaged straps can fail during use, leading to injury. Replace them with new Fitvids safety straps.

- **Barbell makes excessive noise when dropped:** While these straps are designed to reduce noise compared to steel, ensure they are properly installed and taut. Excessive noise might indicate improper setup or a need for inspection.

9. WARRANTY AND SUPPORT

Warranty: This product is covered by a 2-year manufacturer warranty. Please retain your proof of purchase for warranty claims.

Support: For technical assistance, warranty inquiries, or replacement parts, please contact Fitvids customer support through their official website or the retailer where the product was purchased. Provide your model name and purchase date for faster service.