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› [FEIERDUN Multi-Function Squat Rack Power Cage FLA01 User Manual](#)

FEIERDUN FLA01

FEIERDUN Multi-Function Squat Rack Power Cage FLA01

Model: FLA01 | Brand: FEIERDUN

1. INTRODUCTION

The FEIERDUN Multi-Function Squat Rack Power Cage FLA01 is a versatile and robust fitness solution designed for comprehensive strength training in home gym and garage environments. This all-in-one power rack integrates a cable crossover system and various attachments, offering over 10 functions for a full-body workout. Engineered with commercial-grade steel, it provides exceptional stability and durability, supporting up to 2,000 lbs.



The assembled FEIERDUN Multi-Function Squat Rack Power Cage FLA01 , showcasing its comprehensive design with integrated cable crossover system, adjustable weight bench, and included barbell with bumper plates. This setup is designed for a wide range of strength training exercises in a home gym environment.

2. PACKAGE CONTENTS

The FEIERDUN FLA01 Power Cage system is shipped in 9 parcels and includes the following components:

Component	Description	Quantity
FLA01 Power Cage with Cable Crossover System	Weight Capacity: 2000LBS, 2"x3" Uprights	1 (in 3 boxes)
Adjustable Weight Bench (BWB01)	Weight Capacity: 1300lbs, 9 Back & 3 Seat Positions	1 (in 1 box)
7FT Olympic Barbell	Weight Capacity: 900lbs	1 (in 1 box)
200LBS Olympic Bumper Plates Set	45lbs x 2, 55lbs x 2	1 Set (in 4 boxes)
Free Collars	For securing weight plates	2
Accessories	Lat pulldown bars, landmine handle, tricep rope, 12 spring collars	Included

Package List



FLA01 Power Cage

- Weight Capacity: 2000LBS
- 2" x 3" Uprights

3
Boxs



BWB01 Weight Bench

- Weight Capacity : 1300lbs
- Adjustable: 9 Back & 3 Seat Positions

1
Boxs



7FT Olympic Barbell x 1

- Weight Capacity : 900lbs
- Length : 7FT

1
Boxs



200LBS Olympic Bumper Plates Set

- 45LBS x 2 ——— 2 BOX total
- 55LBS x 2 ——— 2 BOX total

4
Boxs

Total Boxes: 9

This image illustrates the complete package contents for the FEIERDUN FLA01 Power Cage system. It details the main components: the FLA01 Power Cage (3 boxes), BWB01 Weight Bench (1 box), 7FT Olympic Barbell (1 box), and 200LBS Olympic Bumper Plates Set (4 boxes), totaling 9 boxes for shipment.

3. SETUP AND ASSEMBLY

Assembly of the FEIERDUN FLA01 Power Cage requires careful attention to detail. A detailed instruction manual is included with your purchase to guide you through each step. For visual assistance, a comprehensive video guide is also available. It is recommended to have two people for assembly to ensure a smooth and efficient setup process. Ensure all 9 parcels are received before beginning assembly. Follow the instructions provided in the manual for proper installation of all components, including the main cage, cable crossover system, and various attachments.

4. OPERATING INSTRUCTIONS

The FEIERDUN FLA01 Power Cage offers a wide array of exercises targeting various muscle groups. Below are instructions and visual aids for some key exercises.

4.1. Leg Training

Your browser does not support the video tag.

This video demonstrates various leg training exercises that can be performed using the FEIERDUN Power Cage, including Hip Thrust, Romanian Deadlift, Landmine Goblet Squat, and Cable Kickback. Proper form and technique are crucial for effective and safe workouts.

Your browser does not support the video tag.

This video illustrates additional leg exercises such as Back Squat, Landmine Front Squat, Reverse Cable Side Kick, Front Squat, and Cable Kickback, utilizing the power cage's features for comprehensive lower body development.

4.2. Shoulder Training

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This video demonstrates shoulder exercises using the FEIERDUN Power Cage, including Cable Front Raise, Upright Row, Landmine Lateral Row, Overhead Press, Landmine Press, and Cable Lateral Raise. These exercises target different parts of the shoulder muscles for balanced development.

4.3. Core Training

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This video provides instructions for core exercises on the FEIERDUN Power Cage, such as Leg Raise, Landmine Twist, Cable Twist Down-Up, and Cable Crunch. These movements help strengthen the abdominal and oblique muscles.

4.4. Arm Training

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This video demonstrates various arm exercises using the FEIERDUN Power Cage, including Cable Stirrup Bicep Curl, Cable Tricep Extension, Cable Overhead Extension, Cable Bar Bicep Curl, and Cable Bar Tricep Pushdown. These exercises target both biceps and triceps for balanced arm development.

4.5. General Exercises & Features



This image highlights the versatile cable crossover pulley system of the FEIERDUN Power Cage, allowing for a wide range of exercises such as cable crossovers, lat pulldowns, and more. The system includes a cable bar, lat pulldown bar, and cable handles

for comprehensive upper body training.



A visual representation of the diverse workout possibilities with the FEIERDUN Power Cage. This collage demonstrates exercises like deep squats, lat pulldowns, cable crossovers, pull-ups, chest dips, and bench presses, showcasing the unit's all-in-one functionality for a full-body workout.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your FEIERDUN Power Cage. Follow these guidelines:

- **Cleaning:** Wipe down the frame and components with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically inspect all bolts, nuts, and connections to ensure they are tight. Check cables and pulleys for any signs of wear, fraying, or damage.
- **Lubrication:** Apply a silicone-based lubricant to the guide rods of the cable system and any moving parts as needed to ensure smooth operation and prevent friction.
- **Storage:** Store weight plates and accessories on the designated storage racks to maintain a tidy and safe workout area.

6. TROUBLESHOOTING

Here are some common issues and their potential solutions:

Issue	Possible Cause	Solution
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Issue	Possible Cause	Solution
Wobbly frame	Loose bolts or uneven floor.	Ensure all assembly bolts are securely tightened. Place the unit on a level surface or use shims to stabilize.
Noisy or rough pulley system	Lack of lubrication, worn pulleys, or cable friction.	Lubricate guide rods and pulleys with silicone spray. Inspect pulleys for damage and replace if necessary. Check cable routing.
Difficulty adjusting components (e.g., J-hooks, safety arms)	Pins not fully engaged or debris in holes.	Ensure adjustment pins are fully inserted. Clear any debris from adjustment holes.

If you encounter issues not listed here or if solutions do not resolve the problem, please contact FEIERDUN customer support.

7. SPECIFICATIONS

- **Brand Name:** FEIERDUN
- **Model Name:** power cage (FLA01)
- **Color:** BLACK
- **Material:** STEEL
- **Weight Capacity (Power Cage):** 2000 LBS
- **Safety Bar Capacity:** 1200 LBS
- **Short Safety Arm Capacity:** 700 LBS
- **Pulley System Capacity:** 300 LBS
- **Pull-up Bar Capacity:** 400 LBS
- **Dimensions (L x W):** 72.5"L x 60"W (approximate footprint)
- **Footprint:** 18.7 sq ft
- **Steel Gauge:** Commercial 13 gauge 2"x3" steel
- **Included Components:** Power Cage, Adjustable Weight Bench, Olympic Barbell, Olympic Bumper Plates Set, accessories (lat pulldown bars, landmine handle, tricep rope, spring collars)

Perfect Size for Home Gyms



This diagram illustrates the compact footprint and dimensions of the FEIERDUN Power Cage, measuring 72.5 inches in length and 60 inches in width, occupying approximately 18.7 square feet. This design optimizes space for home and garage gym setups.

Product Detail



An exploded view of the FEIERDUN Power Cage, detailing its key components and accessories. This includes the cable crossover system, J-hooks, dip bars, short and long safety arms, weight plate storage, a 360-degree landmine attachment, and band pegs, all designed for comprehensive strength training.

8. WARRANTY AND SUPPORT

FEIERDUN is committed to providing excellent customer service and product support.

- **Warranty:** The FEIERDUN Power Cage comes with a 15-month frame warranty.
- **Customer Support:** For any inquiries, assistance with setup, troubleshooting, or warranty claims, please contact our customer service team. We offer 24/7 customer response support to ensure a hassle-free experience.



FEIERDUN offers comprehensive customer support, including a professional customer service team, commitment to satisfactory solutions, and a 24/7 response time for any inquiries or issues related to the product.