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> JELENS S21 Power Cage Instruction Manual

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Model: S21 Power Cage

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your JELENS S21 Power Cage. Please read all instructions carefully before assembly and operation. Retain this manual for future reference.

Product Overview

The JELENS S21 Power Cage is a multi-functional power rack designed for comprehensive home gym training. It integrates various training functions through a modular design, supporting exercises such as bench presses, squats, 360° landmine exercises, seated rowing, pull-ups, and triceps extensions. Constructed from high-strength cold-rolled alloy steel, it offers a robust and stable training platform.

2. SAFETY INFORMATION

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure all bolts and nuts are securely tightened before each use. Regularly check for loose components.
- Do not exceed the maximum weight capacity of 2000 LBS for the power cage.
- Use appropriate safety spotters (safety bars, J-hooks) for all heavy lifts, especially when training alone.
- Keep children and pets away from the equipment during use.
- Place the power cage on a flat, stable surface.
- Wear appropriate athletic footwear and clothing during exercise.

3. PACKAGE CONTENTS

Your JELENS S21 Power Cage is shipped in two boxes. Verify all components are present and undamaged before beginning assembly. Refer to the detailed parts list in the accompanying assembly guide.

PACKAGE LIST



2000LBS MAX POWER CAGE

- ✓ Weight Capacity 2000LBS
- ✓ Smooth Pulley System
- ✓ Training Attachments Included

2
Box



992LBS STURDY WEIGHT BENCH

- ✓ Weight Capacity: 992LBS
- ✓ Adjustable: 6 Back & 4 Seat Positions
- ✓ Spacious Soft Cushion & Fully Foldable

1
Box



7.22FT OLYMPIC BARBELL X 1

- ✓ Weight Capacity 1000LBS
- ✓ Length : 7.22FT
- ✓ PS Tensile Strength Fit 2"Barbell Plate

1
Box



140LBS OLYMPIC WEIGHT SET

- ✓ 10LBS*2
- ✓ 25LBS*2
- ✓ 35LBS*2

1
Box

Image: Overview of the JELENS S21 Power Cage package contents, including the main power cage, a weight bench, an Olympic barbell, and a 140LB Olympic weight set.

Included Accessories:

- Lat Pull-down Bar (x1)
- T-bar (x1)
- Cable Bar (x1)
- Cable Handles (x2)
- Tricep Rope (x1)
- J-hooks (x2)
- Safety Frame / Safety Bars (x2)
- Dip Bars (x2)
- 360° Landmine (x1)
- Foot Board (x1)

- User Manual

4. SETUP AND ASSEMBLY

Detailed assembly instructions are provided in the separate assembly guide included with your package. Follow these steps carefully for proper setup:

1. **Unpack Components:** Carefully remove all parts from the packaging. Lay them out and compare with the parts list to ensure everything is present.
2. **Assemble Main Frame:** Follow the step-by-step diagrams to connect the main uprights and base frame components. Ensure all bolts are finger-tightened initially.
3. **Install Pulley System:** Attach the cable crossover system components, ensuring the cables run smoothly through all pulleys. The pulley system features precision stainless steel ball bearings for smooth operation.
4. **Attach Accessories:** Install the J-hooks, safety bars, dip bars, and other attachments as per the instructions.
5. **Final Tightening:** Once all components are in place, systematically tighten all bolts and nuts using the provided tools. Do not overtighten.
6. **Stability Check:** Gently shake the assembled power cage to ensure it is stable and all connections are secure.

Weight Bench Assembly (if included)

If your package includes a weight bench, assemble it according to its specific instructions. The bench typically features 6 back levels and 4 seat levels for adjustment.

ADJUSTMENT BENCH

992 LBS WEIGHT
CAPACITY

6 BACK LEVELS
ADJUSTMENT

4 SEAT LEVELS
ADJUSTMENT

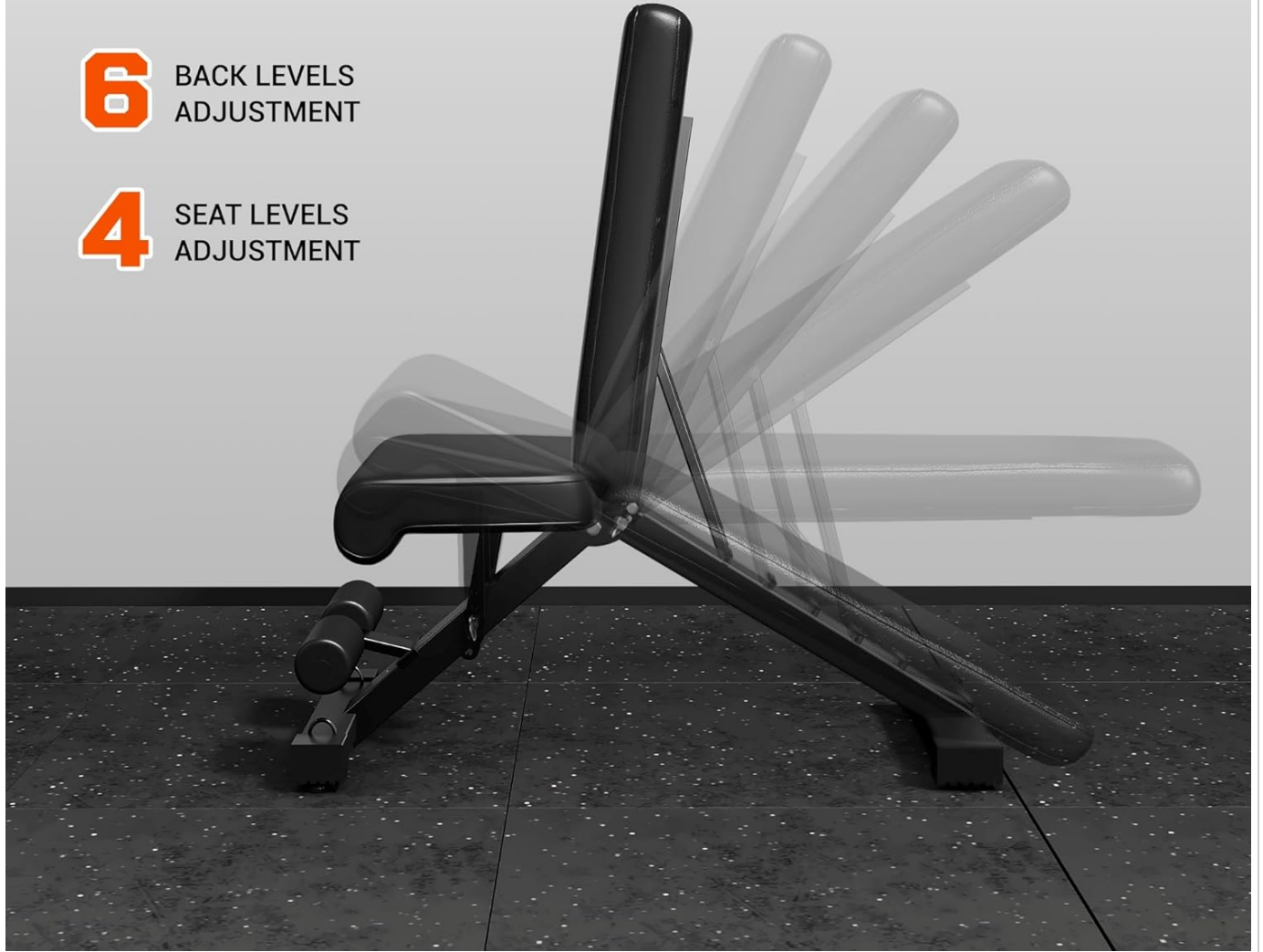


Image: The included weight bench demonstrating its adjustability with 6 back positions and 4 seat positions.

5. OPERATING INSTRUCTIONS

The JELENS S21 Power Cage offers a wide range of exercises. Always ensure proper form and use safety features.

Using the Power Cage for Barbell Exercises

- **Squats and Bench Presses:** Position the J-hooks at the desired height for racking the barbell. Adjust the safety bars to a height that will catch the barbell if you fail a lift, ensuring they are below your lowest point of movement.



Image: Demonstrates the use of safety bars and J-hooks for both bench press and squat exercises, highlighting their role in user safety.

Cable Crossover System

- **Lat Pulldowns:** Attach the lat pull-down bar to the upper cable. Adjust the seat or knee pads for comfort and stability.
- **Cable Rows:** Attach the cable bar or handle to the lower cable. Use the foot board for stability if performing seated rows.
- **Cable Exercises:** Utilize the cable handles for various exercises like cable crossovers, triceps pushdowns (with tricep rope), and bicep curls.



Image: Shows a user engaging with the cable bar for standing exercises, another performing lat pull-downs, and a third using the pull-up bar.

Other Attachments

- **Pull-up Bar:** Use the integrated pull-up bar for various grip pull-ups and chin-ups.
- **Dip Bars:** Attach the dip bars to the desired height on the uprights for triceps dips and leg raises.
- **360° Landmine:** Insert a barbell into the landmine attachment for rotational exercises, rows, and presses.
- **T-bar:** Use the T-bar attachment for specific rowing exercises when connected to the landmine.



Image: Illustrates the use of dip bars for triceps dips and the 360° landmine attachment with a T-bar for barbell rows.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your JELENS S21 Power Cage.

- **Cleaning:** Wipe down the steel surfaces with a damp cloth after each use to remove sweat and dust. The three-layer protective coating helps maintain the finish.
- **Inspection:** Periodically inspect all bolts, nuts, and connections for tightness. Tighten any loose fasteners.
- **Cable System:** Check the cables and pulleys for any signs of wear, fraying, or damage. Ensure the pulley system operates smoothly. If any resistance or noise is detected, inspect for obstructions or damage.
- **Storage:** Utilize the integrated weight storage systems and accessory hooks to keep your workout area tidy and prevent tripping hazards.



Image: Detailed view of the power cage's storage capabilities, showing hooks for accessories, holders for weight plates, and pegs for resistance bands.

7. TROUBLESHOOTING

If you encounter any issues with your JELENS S21 Power Cage, refer to the following common solutions:

- **Instability:** Ensure all bolts and nuts are fully tightened. Verify the power cage is on a level surface.
- **Rough Pulley Operation:** Check cables for proper routing and ensure no debris is obstructing the pulleys. Inspect for any damage to the cables or bearings.
- **Missing Parts:** If any parts are missing upon delivery, contact JELENS customer support immediately with your purchase details.

For issues not listed here, or if problems persist, please contact our professional service team.

8. SPECIFICATIONS

Brand	JELENS
Model	S21 Power Cage
Material	High-strength Cold-rolled Alloy Steel
Product Dimensions (D x W x H)	49.21" x 63.31" x 81.89"
Maximum Weight Capacity	2000 LBS
Pulley System	Smooth, with precision stainless steel ball bearings
Included Components	Power cage, user manual, various training attachments (lat pull-down bar, T-bar, cable bar, cable handles, tricep rope, J-hooks, safety frame, dip bars, 360° landmine, foot board)

Olympic Barbell (if included)

7FT OLYMPIC BARBELL



**DURABLE
CARBON STEEL**



**DIAMOND
KNURLING**



**BUSHING+
BEARING**

44LB

**BAR
WEIGHT**

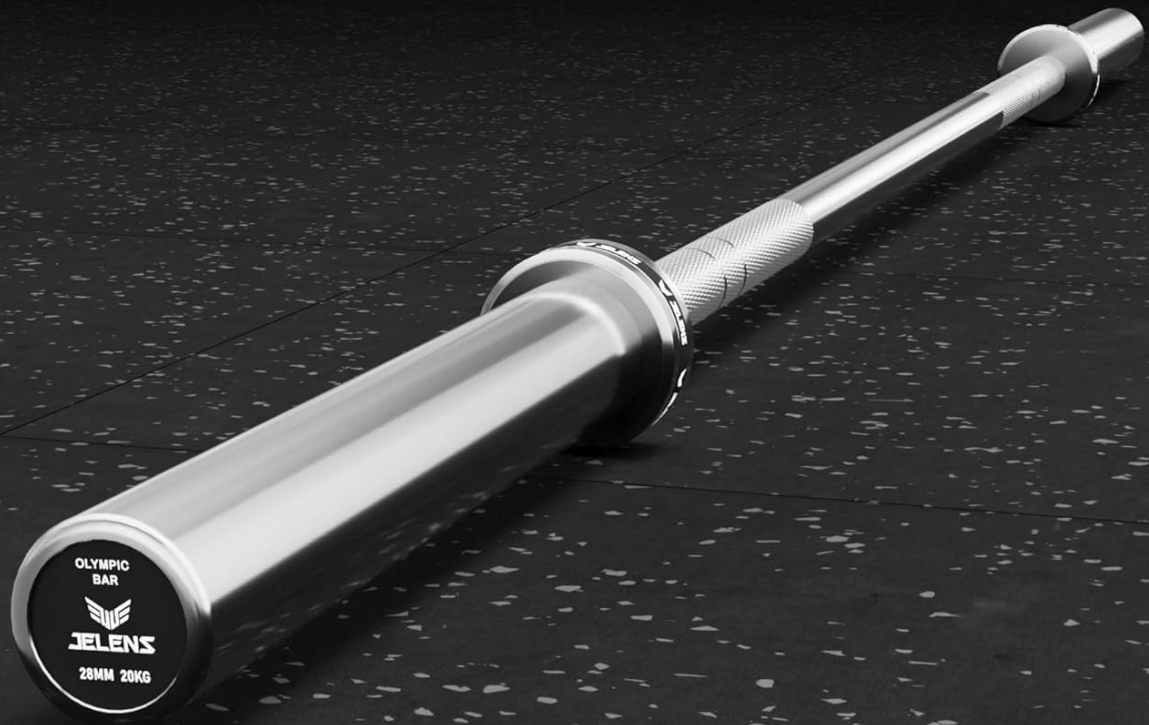


Image: A 7-foot Olympic barbell, highlighting its durable carbon steel construction, diamond knurling for grip, and bushing+bearing system, with a weight of 44LB.

Olympic Weight Set (if included)

MULTI-RANGE WEIGHT AVAILABLE



EASY TO CLEAN



NON TOXIC MATERIALS



DURABLE



CORROSION RESISTANT



140LBS 10LB*2 25LB*2 35LB*2

Image: A set of Olympic weight plates, including pairs of 10LB, 25LB, and 35LB plates, totaling 140LBS, emphasizing their easy-to-clean, non-toxic, durable, and corrosion-resistant properties.

9. WARRANTY

The JELENS S21 Power Cage comes with a **1-year limited warranty** from the date of purchase. This warranty covers manufacturing defects in materials and workmanship under normal use. It does not cover damage resulting from misuse, abuse, accident, alteration, or improper assembly. Please retain your proof of purchase for warranty claims.

10. CUSTOMER SUPPORT

For any questions, concerns, or assistance with your JELENS S21 Power Cage, please contact our professional after-sales service team. We are committed to providing prompt and satisfactory solutions. Contact information can typically be found on the JELENS official website or through your purchase platform.



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