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GarveeLife D1002

GarveeLife Power Cage with Pulley System D1002 User Manual

Model: D1002

1. INTRODUCTION

This manual provides comprehensive instructions for the safe assembly, operation, maintenance, and troubleshooting of your GarveeLife Power Cage with Pulley System, Model D1002. This multi-functional squat rack is designed for home gym strength workouts, offering a wide range of exercises to target various muscle groups. Please read this manual thoroughly before use and retain it for future reference.



Image 1.1: The GarveeLife Power Cage with Pulley System D1002.

2. SAFETY INFORMATION

Before using this equipment, consult with a physician. Always follow these safety guidelines:

- Ensure all bolts and nuts are securely tightened before each use.
- Inspect the equipment for any signs of wear or damage before each workout. Do not use if damaged.
- Maintain a clear space of at least 2 feet (60 cm) around the power cage during use.

- Do not exceed the maximum weight capacities specified for the rack, J-hooks, safety bars, and pulley system.
- Children and pets should be kept away from the equipment during operation.
- Use proper lifting techniques and always use safety spotters or safety bars 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

The GarveeLife Power Cage D1002 is shipped in multiple packages. Please verify all components are present before assembly. The package includes:

- 4 x Free Handles
- 1 x Pull Up Bar
- 2 x J-hooks
- 2 x Dip Bars
- 2 x Safety Bars with 2 clips
- 1 x Foot Board
- 1 x 360° Landmine Attachment
- 2 x Plate Storage Pins
- 4 x Band Pegs
- 2 x Weight Holder Clips
- Assembly Hardware (bolts, nuts, washers)
- Instruction Manual

What's Included?

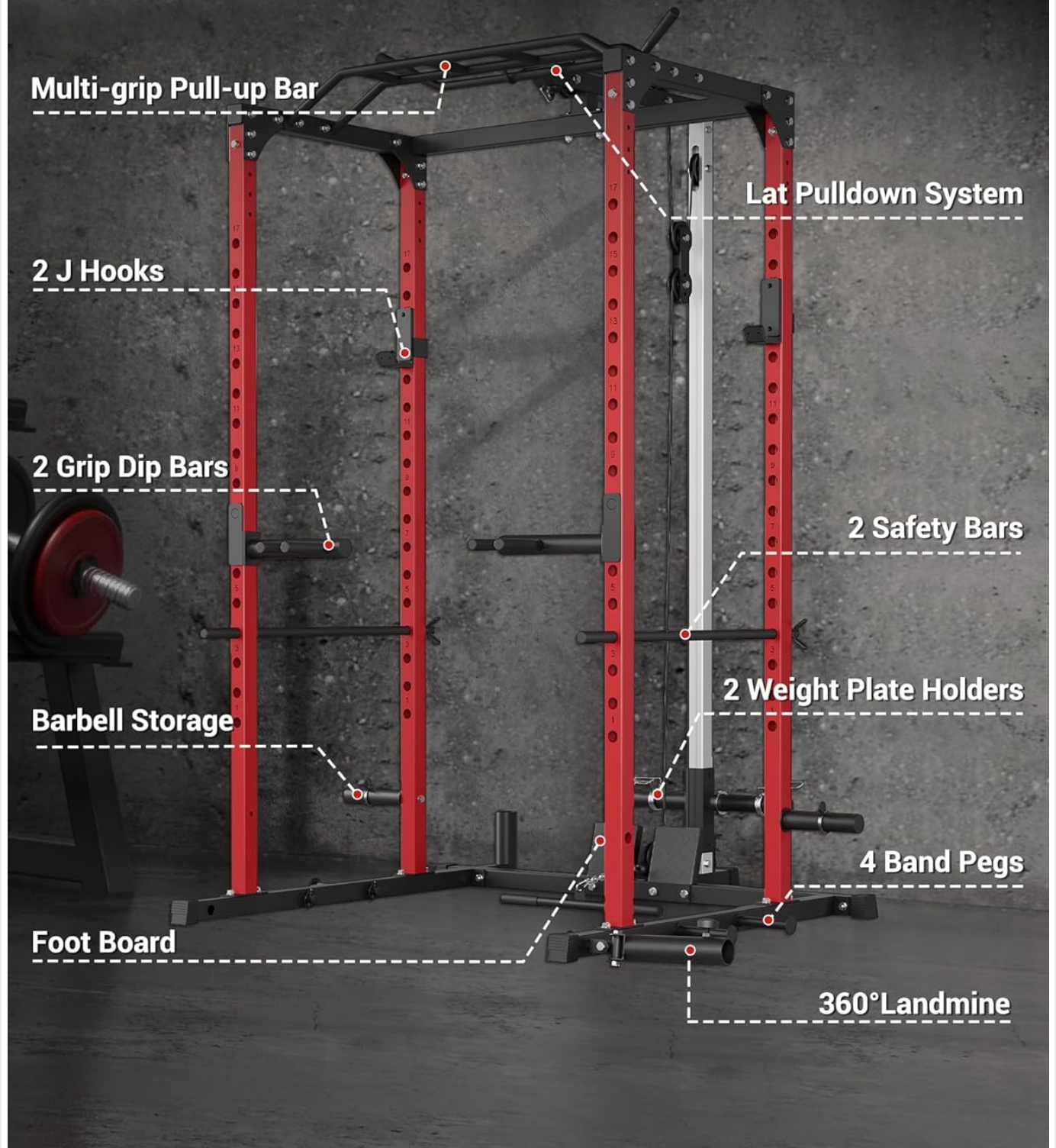


Image 3.1: Visual representation of included components.

Note: Oversized products are typically shipped in multiple boxes. You can expect to receive the remaining boxes within 1-2 days after the first one arrives.



Image 3.2: The power cage is shipped in two packages.

4. SETUP AND ASSEMBLY

Detailed instructions are provided to help you assemble the multi-functional strength cage. We recommend having at least one friend assist you and ensuring you have the necessary tools ready for assembly.

4.1 Preparation

- Unpack all components and lay them out in an organized manner.
- Verify all parts against the package contents list. If any parts are missing or damaged, refer to the "Troubleshooting" section.
- Ensure you have adequate space for assembly and operation. The assembled dimensions are approximately 44.1 x 61.81 x 83.35 inches.
- Gather necessary tools (e.g., wrenches, socket set).

Squat Rack for Home Gym

Fully Equipped & Versatile & Save Space

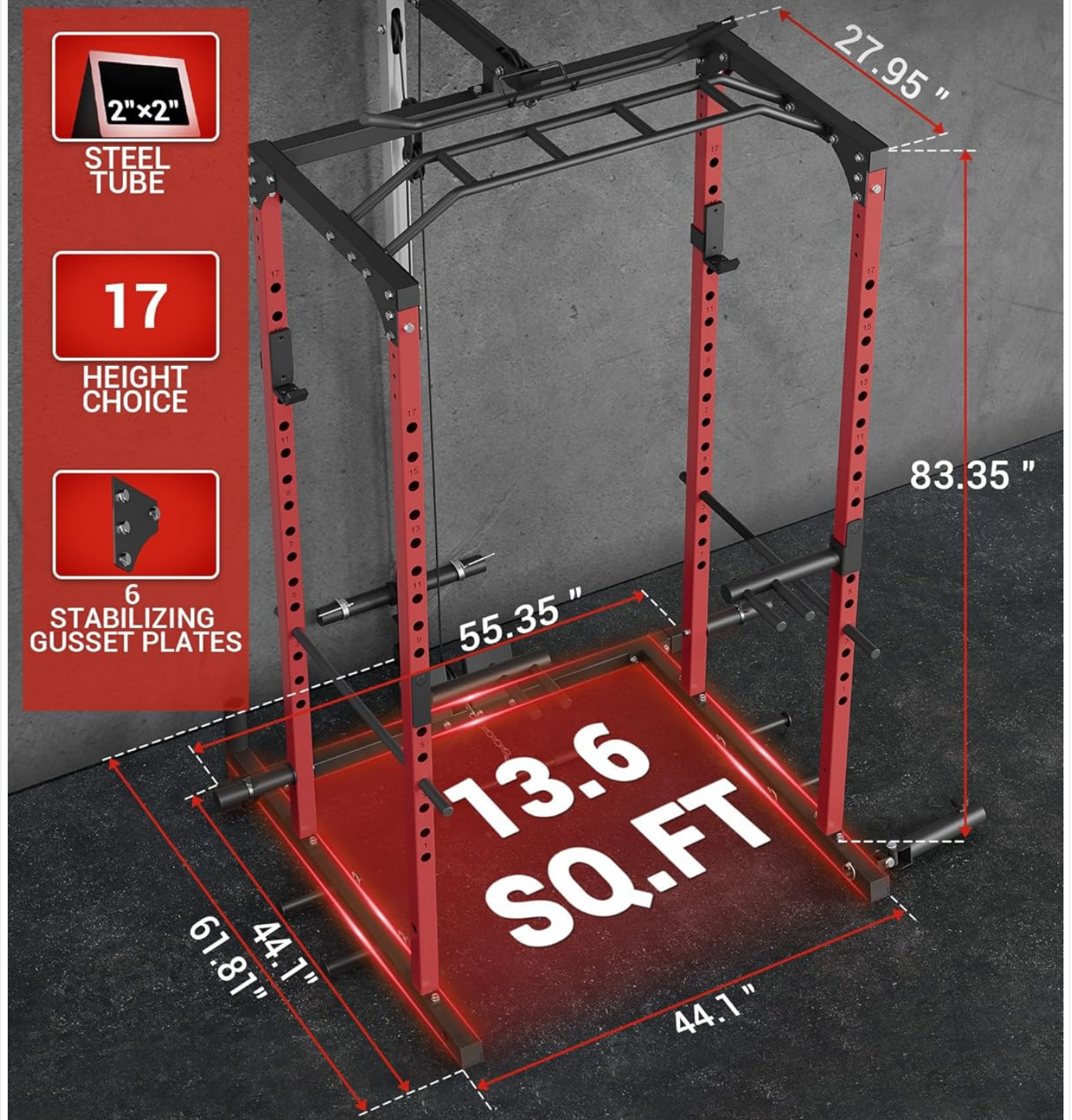


Image 4.1: Power Cage dimensions and structural features.

4.2 Assembly Steps

Follow the step-by-step instructions provided in the separate assembly manual included with your product. Pay close attention to the orientation of each part and ensure all fasteners are tightened securely.

5. OPERATING INSTRUCTIONS

The GarveeLife Power Cage offers a comprehensive range of exercises for a full-body workout.



Image 5.1: The power cage supports full-body muscle workouts.

5.1 Core Functions

- **Squats:** Utilize the J-hooks and safety bars for safe barbell squats. Adjust the J-hooks to your desired starting height and the safety bars to catch the barbell if you fail a lift.
- **Bench Press:** Position a weight bench inside the cage. Use the J-hooks and safety bars for secure bench pressing.

- **Pull-ups:** The multi-grip pull-up bar allows for various grip positions to target different back and arm muscles.
- **Dips:** Attach the dip bars to the uprights at a comfortable height for tricep and chest dips.



Image 5.2: Examples of exercises possible with the power cage.

5.2 Pulley System

The integrated pulley system allows for lat pulldowns, low rows, and other cable exercises. It features solid steel pulley ropes for smooth performance and 17 adjustable height positions, each clearly marked.



Image 5.3: Details of the premium cable crossover system.

5.3 Attachments

The power rack comes with a complete set of attachments to enhance your training:

- **Free Handles:** Includes 4 handles (Tricep Rope, T-Bar, Cable Bar, Lat Pull Down Bar) for various cable exercises.
- **360° Landmine:** Attach a barbell for rotational exercises, rows, and presses.
- **Plate Storage Pins:** Keep your weight plates organized and add stability to the rack.

- **Band Pegs:** Use resistance bands for assisted exercises or added resistance.
- **Foot Board:** Enhances stability during exercises, particularly for seated rows.

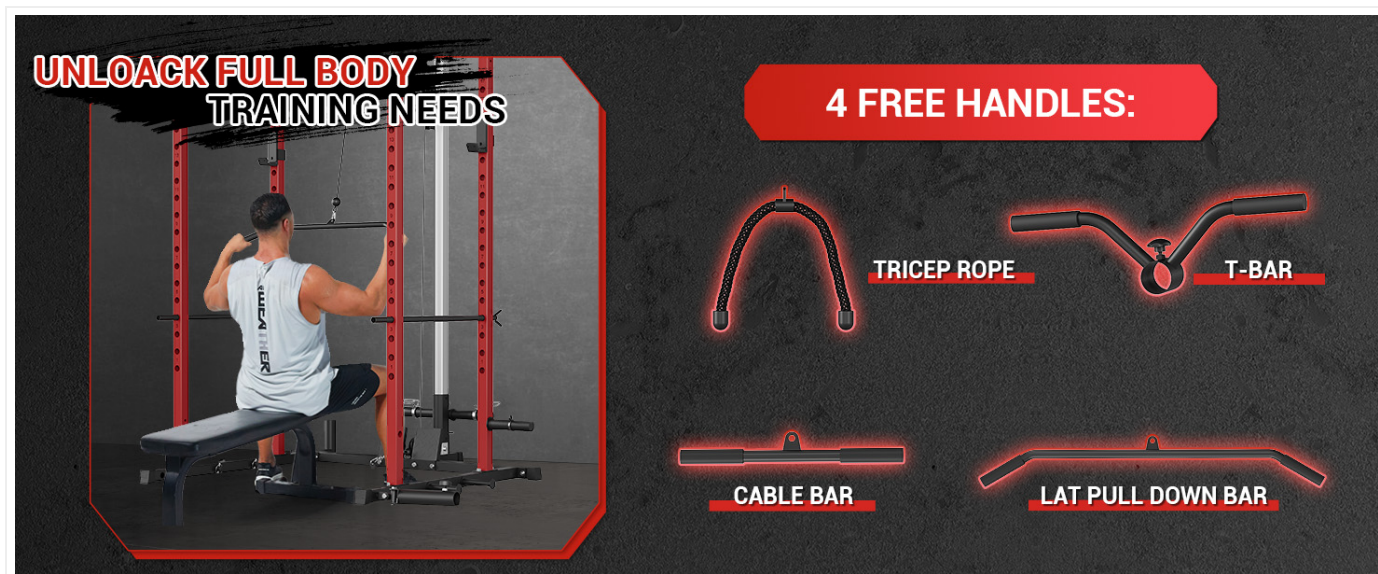


Image 5.4: Included free handles for diverse training.



Image 5.5: Key attachments for the power cage.

6. MAINTENANCE

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

- **Daily:** Wipe down the frame and attachments with a damp cloth after each use to remove sweat and dust.
- **Weekly:** Check all bolts, nuts, and pins for tightness. Re-tighten as necessary.
- **Monthly:** Inspect the pulley cables for fraying or wear. Lubricate moving parts of the pulley system with a silicone-based lubricant if needed.
- **Annually:** Perform a thorough inspection of the entire frame for any signs of rust, cracks, or structural fatigue.
- Store the equipment in a dry environment to prevent rust.

7. TROUBLESHOOTING

This section addresses common issues you might encounter.

- **Missing or Damaged Parts:** If you experience any issues with missing or damaged parts upon delivery, please do not hesitate to reach out for assistance via the contact information provided in the "Support" section.
- **Difficulty with Installation:** Please refer to the attached manual and follow the step-by-step instructions carefully. We recommend having a friend assist you and ensuring you have tools ready for assembly. If issues persist, contact customer support.
- **Equipment Feels Unstable:**

- Ensure all bolts and nuts are fully tightened.
 - Verify the power cage is placed on a flat, level surface.
 - Check that the 6 stabilizing gusset plates are correctly installed.
- **Pulley System Not Smooth:**
 - Inspect the cable for any obstructions or damage.
 - Ensure the pulleys are clean and free of debris.
 - Apply a silicone-based lubricant to the pulley wheels and cable if necessary.

8. SPECIFICATIONS

Feature	Detail
Model Number	D1002 (Internal: 4ieAIUXQCq3_8KW0rUKngoe07)
Material	2" x 2" Steel Square Frame, Aluminum (attachments)
Maximum Weight Capacity (Overall)	1200 lbs
J-Hook Capacity	Up to 500 lbs
Safety Bar Capacity	Up to 700 lbs
Weight Plate Holder Capacity	Up to 400 lbs
Product Dimensions (L x W x H)	44.1 x 61.81 x 83.35 inches
Item Weight	93.5 pounds
Adjustable Height Positions (Pulley)	17 positions



Image 8.1: Weight capacity details for the power cage components.

9. WARRANTY AND SUPPORT

GarveeLife is committed to providing comprehensive product support.

- **Customer Service:** For any inquiries, assistance with installation, or issues with missing/damaged parts, please refer to the contact information included in your product package. Our professional customer service team is ready to assist you with 24-hour email after-sales service.

- **Returns:** This product is eligible for 30-day easy returns. Please refer to your purchase platform's return policy for details.



Image 9.1: GarveeLife customer support and 24-hour email service.

