

## JELENS C12

# JELENS C12 Squat Rack User Manual

Model: C12 | Brand: JELENS

## 1. INTRODUCTION

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Thank you for choosing the JELENS C12 Squat Rack. This power cage is designed to provide a versatile and robust strength training solution for your home gym. It features a 2000LBS weight capacity, an adjustable pulley system, and various training attachments to support a wide range of exercises including squats, bench presses, pull-ups, lat pulldowns, and cable crossovers. Please read this manual thoroughly before assembly and use to ensure proper installation, safe operation, and optimal performance of your equipment. Keep this manual for future reference.

## 2. SAFETY INFORMATION

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Your safety is paramount. Adhere to all safety warnings and instructions to prevent injury or damage to the equipment.

- Consult a physician before starting any exercise program.
- Ensure all bolts, nuts, and connections are securely tightened before each use.
- Do not exceed the maximum weight capacity of 2000LBS for the power rack.
- Always use safety bars and J-hooks when performing exercises like squats and bench presses.
- Keep children and pets away from the equipment during use.
- Perform exercises with controlled movements. Avoid sudden or jerky motions.
- Wear appropriate athletic footwear and clothing.
- Inspect the equipment for any signs of wear or damage before each workout. Do not use if damaged.

# YOUR SECURITY, OUR PRIORITY



Image: The JELENS C12 Squat Rack demonstrating the use of safety bars and heavy-duty J-hooks for secure lifting. A user is performing squats within the rack, highlighting the importance of these safety features.

### 3. PACKAGE CONTENTS

The JELENS C12 Squat Rack is shipped in two boxes. Verify all components are present and undamaged upon delivery. Refer to the detailed parts list in the accompanying manual for specific component identification.

# 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: A visual representation of the JELENS C12 Squat Rack package contents, including the 2000LBS Max Power Cage (2 boxes), 992LBS Sturdy Weight Bench (1 box), 7.22FT Olympic Barbell (1 box), and 140LBS Olympic Weight Set (1 box).

### Included Accessories:

- 1 T-bar
- 1 Lat Pulldown Bar
- 1 Cable Bar
- 1 Tricep Rope
- 2 Cable Handles
- 2 J-hooks
- 1 Landmine Attachment
- 1 Footboard
- 8 Barbell Spring Clamps
- 8 Resistance Band Pegs
- 2 Safety Bars

# 7FT OLYMPIC BARBELL



**DURABLE  
CARBON STEEL**



**DIAMOND  
KNURLING**



**BUSHING+  
BEARING**

**44LB  
BAR  
WEIGHT**



Image: A detailed view of the 7FT Olympic Barbell, highlighting its durable carbon steel construction, diamond knurling for grip, bushing+bearing system, and 44LB bar weight.

## 4. ASSEMBLY INSTRUCTIONS

Assembly requires two people and approximately 2-4 hours. Follow the step-by-step instructions provided in the separate assembly manual included with your purchase. Ensure you have all necessary tools before beginning.

1. Unpack all components and verify against the parts list.
2. Assemble the main frame of the power cage, ensuring all bolts are finger-tightened initially.
3. Attach the adjustable pulley system components, following the cable routing diagrams carefully.
4. Install the pull-up bar, J-hooks, safety bars, and other attachments.
5. Once all components are in place, fully tighten all bolts and nuts. Do not overtighten.
6. Test the stability of the rack and the smooth operation of the pulley system before first use.

## 5. OPERATING INSTRUCTIONS

### 5.1 Full-Body Workout Capabilities

The JELENS C12 Squat Rack supports a comprehensive range of exercises for a full-body workout. Its robust design allows for heavy lifting and dynamic movements.



Image: The JELENS C12 Squat Rack fully assembled and loaded with weight plates, demonstrating its 2000LB weight capacity and various attachment points for diverse exercises.

## 5.2 Adjustable Pulley System

The dual high-low cable pulley system provides smooth and quiet operation for exercises such as lat pulldowns, tricep pushdowns, cable flies, and rows. The system features thickened precision steel shaft pulleys and high-strength polished steel cables.

# UPGRADED DOUBLE PULLEY SYSTEM



**STRONG  
CABLE HANDLE**



**7\*12 STRANDS  
OF STEEL WIRE**



**12 HEIGHT  
ADJUSTMENT LEVEL**



**ADJUSTABLE  
DUAL PULLEY**



**PRECISION BEARINGS**

Image: A user demonstrating a cable exercise using the upgraded double pulley system of the JELENS C12 Squat Rack, highlighting the strong cable handles, 7\*12 strands of steel wire, 12 height adjustment levels, and precision bearings.



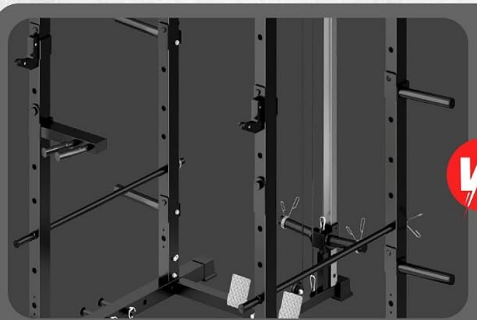
### POP-PIN PULLEY

- ✔ Instant One-second Adjustments With a Single Hand
- ✔ Unbeatable Safety With a Pin-lock That Can't Slip



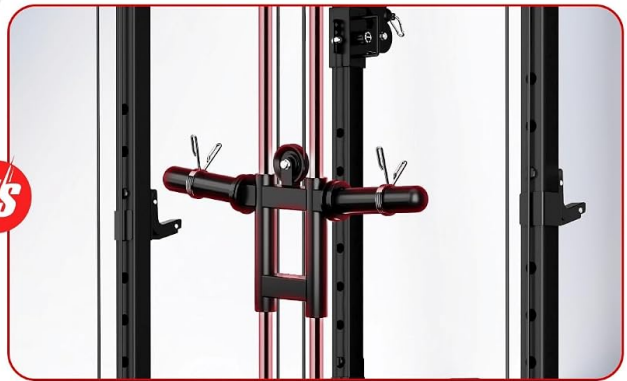
### TRADITIONAL PULLEY

- ✘ Require Manual Knob Tightening
- ✘ Less Stable and Secure



### SINGLE GUIDE ROD

- ✘ Prone to Bending and Uneven Movement, Making Smooth Operation a Challenge.



### DUAL GUIDE RODS

- ✔ Provide Superior Rigidity and Precision Through a Symmetric, Distributed Support Structure.

Image: A comparison illustrating the advantages of the Pop-Pin Pulley for instant, secure adjustments and Dual Guide Rods for superior rigidity and precision in the JELENS C12 Squat Rack's pulley system.

## 5.3 Storage System

The integrated 4-in-1 storage system helps keep your workout area organized and maximizes space. It includes hooks, trolley storage, weight plate holders, and barbell storage pins.

# 2000LB WEIGHT CAPACITY



Image: Close-up views of the JELENS C12 Squat Rack's 4-in-1 storage system, detailing the trolley storage, weight plate holders, storage hooks, and bar storage hanger.

## 5.4 Weight Bench Adjustment

If your package includes the sturdy weight bench, it offers 6 back levels and 4 seat levels of adjustment for various exercises and user preferences.

# ADJUSTMENT BENCH

**992** LBS WEIGHT  
CAPACITY

**6** BACK LEVELS  
ADJUSTMENT

**4** SEAT LEVELS  
ADJUSTMENT

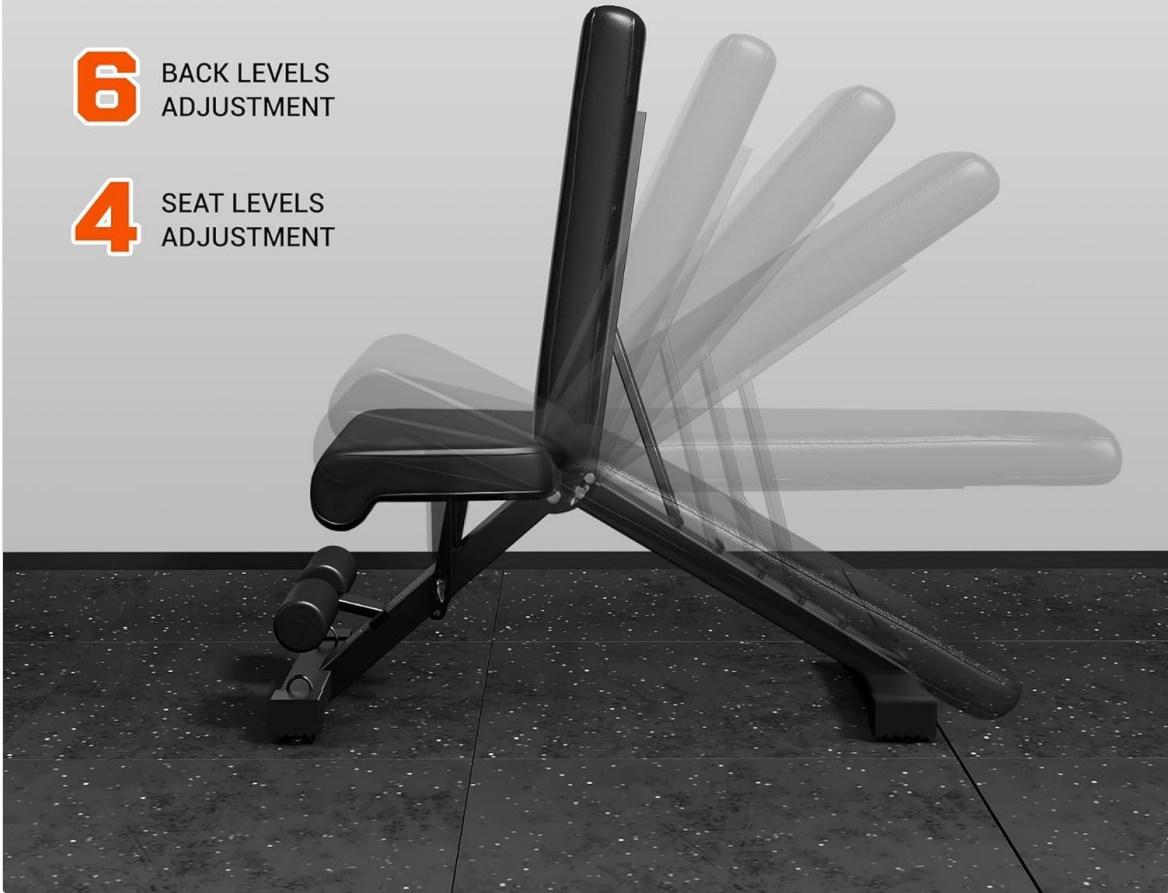


Image: The adjustable weight bench, demonstrating its 992 LBS weight capacity and the ability to adjust the backrest to 6 levels and the seat to 4 levels for varied workout positions.

## 6. MAINTENANCE

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Regular maintenance ensures the longevity and safe operation of your JELENS C12 Squat Rack.

- **Cleaning:** Wipe down the frame and upholstery with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and connections for tightness. Retighten as necessary.
- **Cable System:** Inspect cables for fraying or wear. Ensure pulleys move freely and are lubricated if needed. Replace worn cables immediately.
- **Storage:** Store the equipment in a dry, temperate environment to prevent rust and material degradation.

## 7. TROUBLESHOOTING

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If you encounter issues with your JELENS C12 Squat Rack, refer to the following common solutions:

Problem	Possible Cause	Solution
Rack feels unstable or wobbly	Loose bolts or uneven floor.	Ensure all assembly bolts are securely tightened. Place the rack on a level surface or use shims if necessary.
Pulley system is stiff or noisy	Lack of lubrication, debris in pulleys, or worn cables.	Clean pulleys and cables. Apply a silicone-based lubricant to moving parts. Inspect cables for damage and replace if necessary.
J-hooks or safety bars do not adjust smoothly	Debris in adjustment holes or bent pins.	Clean adjustment holes. Ensure pins are not bent. Apply a small amount of lubricant if needed.

## 8. SPECIFICATIONS

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- **Brand:** JELENS
- **Model:** C12
- **Material:** Alloy Steel
- **Color:** Black
- **Maximum Weight Capacity (Power Rack):** 2000 LBS
- **Maximum Weight Recommendation (Included Weight Bench):** 992 LBS
- **Included Components:** Power cage, user manual, T-bar, lat pulldown bar, cable bar, tricep rope, cable handles, J-hooks, landmine, footboard, barbell spring clamps, resistance band pegs, safety bars. (Additional items like weight bench, barbell, and weight plates may be included depending on package variant.)

## 9. WARRANTY AND SUPPORT

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JELENS provides a **1-year warranty** for the C12 Squat Rack, covering manufacturing defects. This warranty does not cover normal wear and tear, misuse, or damage caused by improper assembly or maintenance.

For assistance with assembly, parts replacement, or any other inquiries, please contact our professional after-sales support team. Refer to the contact information provided in your purchase documentation or visit the official JELENS store on Amazon: [JELENS Store](#).