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› SLEKVERSA 3600LBS Power Cage Smith Machine with Cable Crossover Instruction Manual

SLEKVERSA iPAu_L63CG0gwEGpx0z

SLEKVERSA 3600LBS Power Cage Smith Machine with Cable Crossover

Model: iPAu_L63CG0gwEGpx0z

IMPORTANT SAFETY INFORMATION

Read all instructions carefully before assembling or using this equipment. Keep this manual for future reference.

- Consult a physician before starting any exercise program.
- Ensure all bolts, nuts, and connections are securely tightened before each use. Regularly inspect the equipment for wear or damage.
- Do not exceed the maximum weight capacities specified in the [Specifications](#) section.
- Always use safety spotter arms when performing exercises like squats and bench presses, especially when lifting heavy weights.
- Keep children and pets away from the equipment during use.
- Use the equipment on a flat, stable surface.
- Wear appropriate athletic footwear and clothing.
- Stop exercising immediately if you feel pain, dizziness, or nausea.
- This equipment is designed for light commercial and home gym use.

PRODUCT OVERVIEW

The SLEKVERSA Power Cage Smith Machine with Cable Crossover is a multi-functional fitness system designed for comprehensive strength training. It integrates a power rack, Smith machine, cable crossover, and lat pulldown station into a single unit.

PRODUCT INTRODUCING



Image: Overall view of the SLEKVERSA Power Cage Smith Machine, highlighting key components such as the integrated functional trainer, wide & narrow pull-up bar, pop-pin & quick-adjust mechanisms, Olympic barbell, J-hooks, 80x40x2.5mm steel tube construction, dip bar, safety spotter arms, leg extension attachment, weight plate holders, 360° landmine attachment, lifting frame, big foot board, and flat foot base.

Key Features:

- **Heavy-Duty Construction:** Built with 80x40mm powder-coated steel uprights, supporting up to 3600 lbs.
- **Integrated Training System:** Combines a power rack, Smith machine, cable crossover, and lat pulldown station.
- **Dual Pulley System:** Allows for simultaneous use by two individuals and offers smooth resistance for various cable exercises.
- **Comprehensive Attachments:** Includes dip bars, tricep rope, ankle straps, J-hooks, safety arms, cable handles, and a LAT pulldown bar.
- **Space-Efficient Design:** Compact footprint with a 70-inch walk-in space.



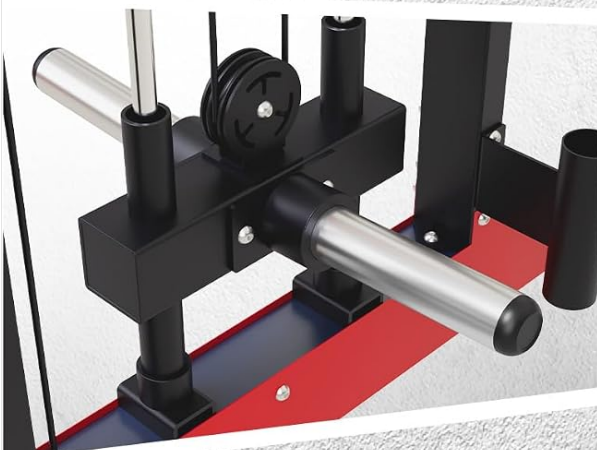
J-HOOKS

High-grade steel inside and rubber lining outside to protect the lever and absorb noise



BIG FOOT BOARD

Use the big foot board to perform seated rows along the pulley system to work your back muscles



LIFTING FRAME

Each side operates independently, ensuring that the strength of both hands does not affect each other during training



LANDMINE

Use with barbells, plates, T-bars to add a variety of shoulder and core exercises to your training

Image: Detailed view of specific components. The J-hooks are shown with high-grade steel and rubber lining for protection. The Big Foot Board is illustrated for seated rows. The Lifting Frame highlights independent operation for each side. The Landmine attachment is shown for shoulder and core exercises.



MULTI-GRAB PULL-UP BAR

Effective upper body exercise

DIP BAR

Effective exercise for your arms and shoulders

SMITH BAR

Protect you from injury when squatting heavy weightst

CABLE CROSSOVER

Dual pulleys for cable crossover and multiple strength exercises

Image: Close-up details of the Multi-Grab Pull-Up Bar for upper body exercises, the Dip Bar for arm and shoulder exercises, the Smith Bar for guided motion and safety during heavy lifts, and the dual pulleys of the Cable Crossover system.

Included Components:

- Power Cage Frame
- Smith Machine Bar
- Cable Crossover System (dual pulleys)
- LAT Pulldown Bar
- Dip Bars (pair)
- Tricep Rope
- Ankle Straps (pair)
- J-Hooks (pair)
- Safety Arms (pair)
- Cable Handles (pair)
- Landmine Attachment

- Weight Plate Holders
- Big Foot Board
- All necessary assembly hardware



Image: An exploded view showing all individual components included with the SLEKVERSA Power Cage, such as the main frame, various bars, handles, and attachments, laid out separately.

SETUP INSTRUCTIONS

This power cage system is shipped in one securely packaged box. Assembly requires two people and approximately 2-4 hours, depending on experience. Ensure you have adequate space and all components before beginning.

Before You Begin:

- **Unpack:** Carefully unpack all components and hardware. Verify that all parts listed in the included manual are present.
- **Tools Required:** Standard wrenches and an adjustable wrench are typically sufficient. Specific sizes may be detailed in the included paper manual.
- **Space:** Ensure you have a clear, level area of at least 86 inches (length) x 70 inches (width) x 91 inches (height) for assembly and safe operation.

Assembly Steps (General Guidance):

1. **Base Frame Assembly:** Connect the front and rear base stabilizers to the uprights using the provided bolts and nuts. Ensure the frame is square and stable.
2. **Upright Installation:** Securely attach the main uprights to the base frame. Pay attention to the orientation of the uprights, as they often have specific holes for attachments.
3. **Crossbar and Pull-Up Bar:** Install the top crossbars and the multi-grip pull-up bar. These components add rigidity to the structure.
4. **Smith Machine Rails:** Attach the guide rails for the Smith machine bar. Ensure they are aligned and move smoothly.
5. **Cable System Installation:** Route the cables through the pulleys as directed in the detailed manual. This step requires careful attention to ensure correct tension and smooth operation.
6. **Attachment Installation:** Install the J-hooks, safety spotter arms, dip bars, landmine attachment, and any other accessories.
7. **Final Inspection:** After assembly, double-check all bolts and nuts to ensure they are fully tightened. Test all moving parts, including the Smith machine bar and cable system, for smooth operation.

Refer to the detailed assembly manual included in your product packaging for step-by-step diagrams and specific hardware instructions.

OPERATING INSTRUCTIONS

This section provides general guidance on using the various functions of your SLEKVERSA Power Cage. Always prioritize safety and proper form during exercises.

1. Power Rack Functionality:

- **J-Hooks:** Use the J-hooks to hold your barbell for exercises like squats, bench presses, and overhead presses. Adjust their height by pulling the pop-pin and sliding them into the desired position. Ensure both J-hooks are at the same height and fully seated before loading weight.
- **Safety Spotter Arms:** Always use the safety spotter arms when lifting heavy weights, especially for squats and bench presses. Adjust them to a height that will catch the barbell if you fail a lift, preventing injury. Ensure they are securely locked in place.
- **Pull-Up Bar:** The multi-grip pull-up bar allows for various grip positions (wide, narrow, neutral) to target different muscle groups.

2. Smith Machine:

- The Smith machine bar provides a guided, vertical path for exercises, which can be beneficial for beginners or when training to failure.
- To use, unrack the bar by rotating it slightly to disengage the safety hooks from the uprights. Perform your exercise, then re-rack by rotating the bar back to engage the hooks at the desired height.
- Always ensure the safety hooks are fully engaged before stepping away from the bar.

3. Cable Crossover and Lat Pulldown:

- **Weight Plates:** Load standard Olympic weight plates onto the weight plate holders for the cable system. Ensure plates are evenly distributed.
- **Attachments:** Connect the desired attachment (LAT pulldown bar, tricep rope, ankle strap, cable handle) to the carabiner on the cable.
- **Adjusting Pulleys:** The dual pulleys can be adjusted to various heights along the uprights by pulling the pop-pin and sliding them. This allows for a wide range of exercises, from high cable crossovers to low rows.
- **Big Foot Board:** Use the big foot board for seated rows to provide stability and proper leverage.

4. Dip Bars:

- Insert the dip bars into the designated holes on the uprights. Ensure they are fully seated and stable before performing dips.

5. Landmine Attachment:

- Insert one end of an Olympic barbell into the landmine sleeve. This attachment allows for rotational exercises, landmine presses, rows, and more.

TRICEPS ARM TRAINING



CABLE HAMMER CURL



BARBELL ROW



LANDMINE PUSH PRESS



Image: Demonstrations of various exercises possible with the power cage, including triceps arm training using the cable system, cable hammer curls, barbell rows utilizing the landmine attachment, and landmine push presses.

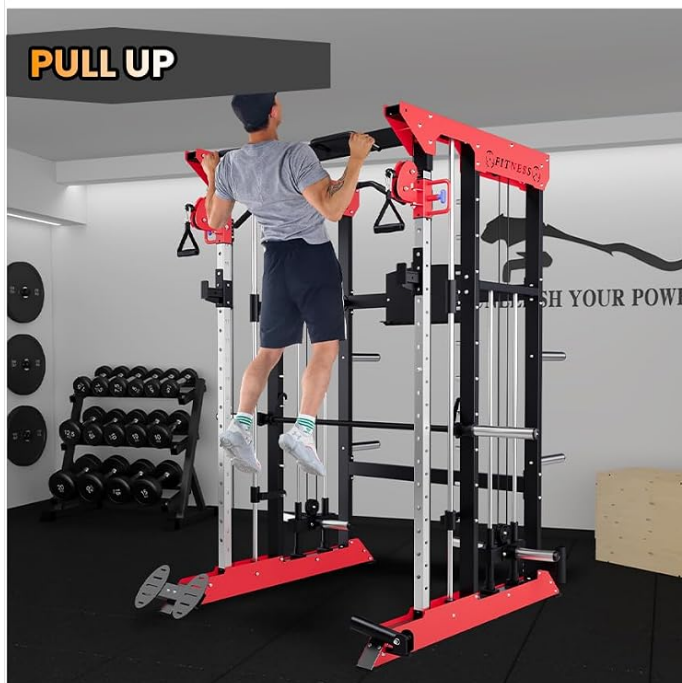
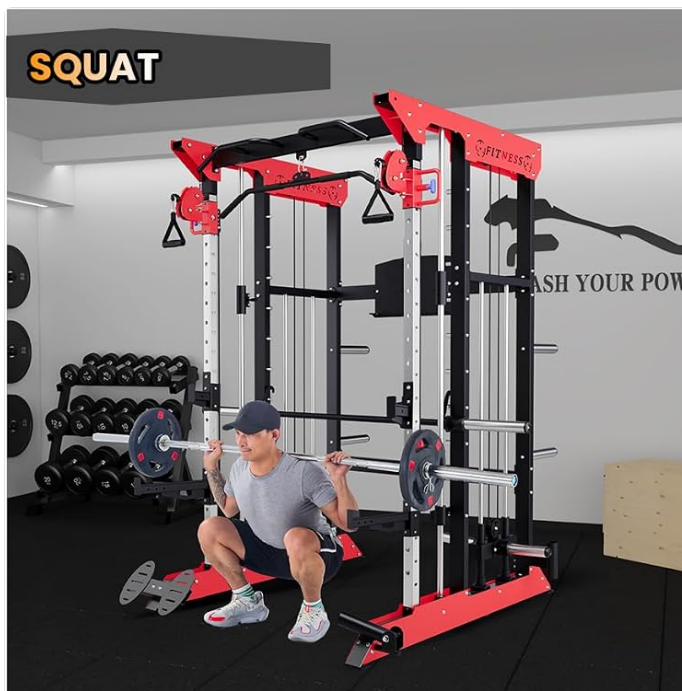


Image: Further exercise demonstrations, showing a user performing squats within the power rack, bench presses with a spotter, pull-ups on the multi-grip bar, and dips using the attached dip bars.

MAINTENANCE

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

- **Daily/Before Each Use:**

- Inspect all cables, pulleys, and attachments for signs of wear, fraying, or damage. Do not use the equipment if any damage is found.
- Wipe down the frame and handles with a damp cloth to remove sweat and dust.

- **Weekly/Bi-Weekly:**

- Check all bolts, nuts, and connection points for tightness. Re-tighten as necessary.

- Ensure the Smith machine bar moves smoothly along its guide rails. Clean the rails if dust or debris is present.

• **Monthly/Quarterly:**

- Lubricate moving parts of the cable system (e.g., pulley axles) with a silicone-based lubricant if squeaking or stiffness occurs. Avoid oil-based lubricants that can attract dust.
- Inspect the structural integrity of the frame for any cracks or deformities.

If any component is damaged or worn, contact customer support for replacement parts. Do not attempt to repair critical structural components yourself.

TROUBLESHOOTING

This section addresses common issues you might encounter with your power cage.

Problem	Possible Cause	Solution
Equipment feels unstable or wobbly.	Loose bolts or uneven floor surface.	Ensure all assembly bolts are securely tightened. Move the equipment to a flat, level surface. Use shims if necessary to level the base.
Smith machine bar does not move smoothly.	Dust/debris on guide rails or lack of lubrication.	Clean the guide rails thoroughly. Apply a light coat of silicone-based lubricant to the rails.
Cable system is noisy or stiff.	Dry pulleys, misaligned cables, or worn cables.	Lubricate pulley axles with silicone spray. Check cable routing to ensure it follows the correct path. Inspect cables for fraying; replace if damaged.
Attachments (J-hooks, safety arms) are difficult to adjust.	Dust/debris in adjustment holes or bent pins.	Clean the adjustment holes on the uprights. Ensure the pop-pins are not bent. Apply a small amount of lubricant to the pins if needed.

If you encounter a problem not listed here or if the suggested solutions do not resolve the issue, please contact SLEKVERSA customer support.

SPECIFICATIONS

Detailed specifications for the SLEKVERSA 3600LBS Power Cage Smith Machine with Cable Crossover.

- **Model Name:** iPAu_L63CG0gwEGpx0z
- **Brand:** SLEKVERSA
- **Material:** Aluminum (Note: Product description also mentions 80x40mm powder-coated steel uprights for structural components.)
- **Color:** Black
- **Item Dimensions (LxWxH):** 86 x 70 x 91 inches
- **Item Weight:** 573.2 Pounds
- **UPC:** 199641388582
- **Maximum Weight Capacity (Overall):** 3600 lbs

- **J-Hooks Capacity:** Up to 1400 lbs
- **Safety Spotter Arms Capacity:** Up to 500 lbs
- **Functional Trainer (Cable System) Capacity:** Up to 400 lbs
- **Pull-Up Bar Capacity:** Up to 300 lbs
- **Storage Capacity (Weight Plate Holders):** Up to 1000 lbs

COMPACT SIZE, FULL FUNCTIONALITY

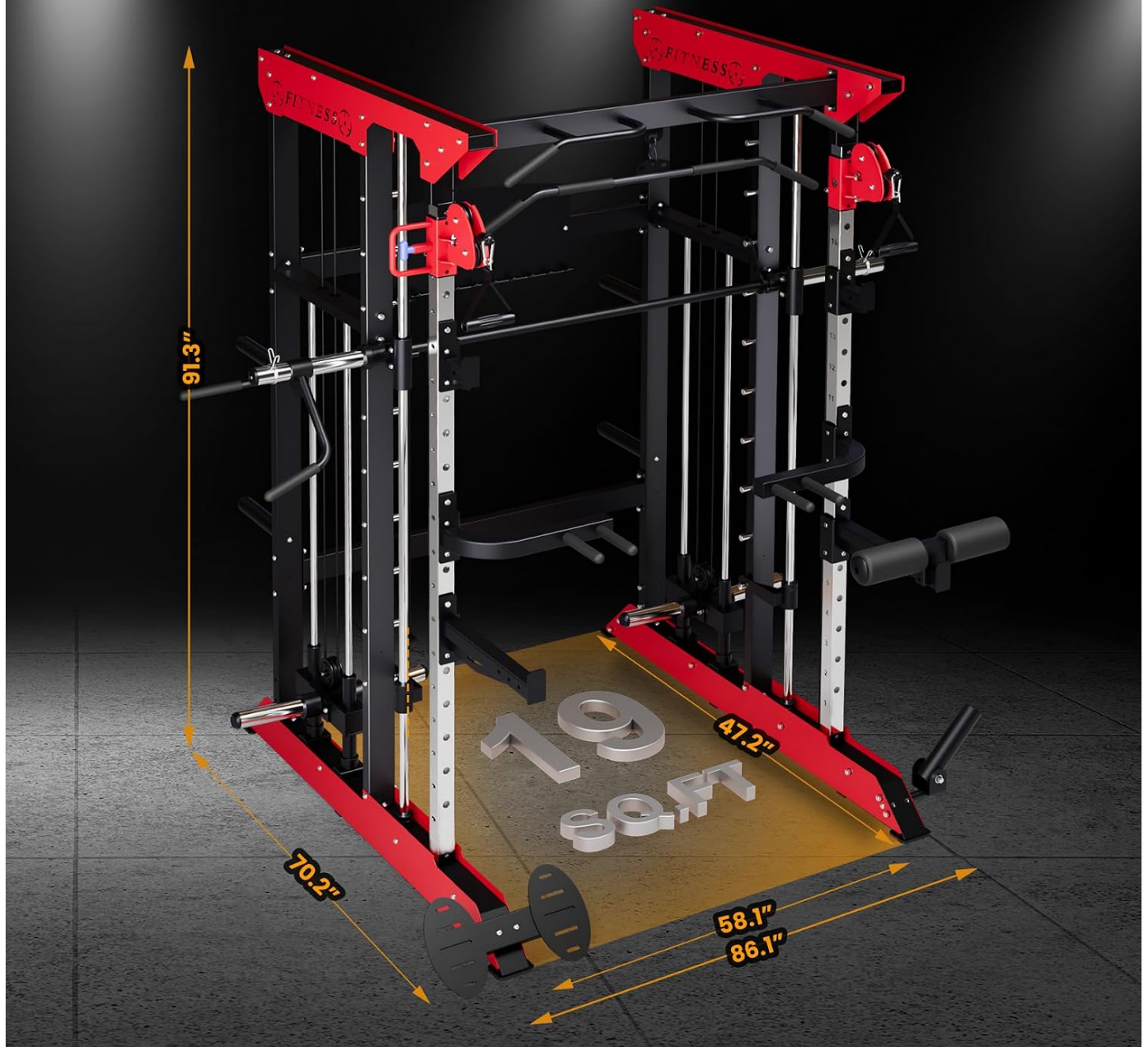


Image: A diagram illustrating the compact size and full functionality of the power cage, with specific dimensions labeled: 91.3" height, 70.2" depth, 47.2" width, and a base footprint of 86.1" x 58.1".

REAL POWERFUL PERFORMANCE

UP TO
3600 LBS
WEIGHT CAPACITY

UP TO
1400 LBS
J-HOOKS CAPACITY

UP TO
500 LBS
SAFETY SPOTTER ARMS CAPACITY

UP TO
400 LBS
FUNCTIONAL TRAINER CAPACITY

UP TO
300 LBS
PULL-UP BAR CAPACITY

UP TO
1000 LBS
STORAGE CAPACITY

528 LBS
PRODUCT WEIGHT

Image: A visual representation of the real powerful performance capacities of the SLEKVERSA Power Cage, detailing maximum weight limits for the overall system (3600 LBS), J-hooks (1400 LBS), safety spotter arms (500 LBS), functional trainer (400 LBS), pull-up bar (300 LBS), and storage (1000 LBS), along with the product's own weight (528 LBS).

WARRANTY INFORMATION

The SLEKVERSA Power Cage Smith Machine with Cable Crossover is covered by a **1-year manufacturer's warranty**. This warranty covers defects in materials and workmanship under normal use. It does not cover damage resulting from misuse, abuse, accident, alteration, or improper assembly/maintenance. For warranty claims, please retain your proof of purchase and contact customer support.

CUSTOMER SUPPORT

For assistance with assembly, operation, maintenance, troubleshooting, or warranty claims, please contact SLEKVERSA customer support.

Please have your model number (iPAu_L63CG0gwEGpx0z) and proof of purchase ready when contacting support.

Contact information for SLEKVERSA can typically be found on the product packaging, the official SLEKVERSA website, or through your retailer.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question