



[Manuals.plus](#) /

> [Goimu](#) /

> GOIMU DP01 Power Cage Instruction Manual

Goimu DP01

GOIMU DP01 Power Cage Instruction Manual

Brand: Goimu

Model: DP01

INTRODUCTION

The GOIMU DP01 Power Cage is a versatile home gym solution designed for comprehensive full-body training. This robust unit combines a full squat rack with a cable crossover and dual independent pulley system, offering a wide range of exercise options within a compact footprint. Built with heavy-duty steel construction, it ensures stability and durability for various strength training routines.

Key features include a 2000 lbs weight capacity, precision height adjustments for both cable and free-weight training, and an expandable design to accommodate additional attachments. This manual provides essential information for the safe and effective use of your GOIMU DP01 Power Cage.

INCLUDED COMPONENTS

Your GOIMU DP01 Power Cage package includes the following components:

- Power Cage Frame
- Instruction Manual
- T Bar
- Tricep Rope
- Lat Pulldown Bar
- Safety Bars (2)
- J Hooks (2 pairs)
- Base Band Pegs
- Cable Handles (2)
- Foot Board
- 2" Spring Clips
- Landmine Attachment



Image: A visual representation of all components included in the GOIMU DP01 Power Cage package, such as the power cage frame, various bars, ropes, handles, and safety attachments.

SETUP AND ASSEMBLY

Carefully unpack all components and verify against the included components list. Follow the detailed step-by-step instructions provided in the separate assembly manual for proper and safe setup of your GOIMU DP01 Power Cage. Ensure all bolts, nuts, and washers are correctly installed and tightened according to the manual's specifications. It is recommended to have at least two people for assembly due to the size and weight of the components.

The hardware is typically organized by step to simplify the process. Pay close attention to the numbered posts for accurate placement of attachments.

2000

PULL-UP BAR
400LBS

J HOOK
800LBS

SAFETY BAR
1000LBS

LIGHT & SMOOTH
TROLLEY
400LBS



TEST YOUR STRENGTH, NOT OUR LIMITS

Image: A user demonstrating a cable crossover exercise using the dual independent pulley system, highlighting its smooth motion and independent functionality.

UP TO
2000LBS
RACKABLE WEIGHT CAPACITY

CHOICE OVER
1000000
TRAINERS

AVAILABLE IN

2 COLORS



2"X2"
FRAME



2"
SPACING
1"
DIAMETER



Image: A visual guide illustrating the 31 height adjustment options for the cable system and 29 finely-spaced adjustment points for J-hooks and safety bars, ensuring precise customization for various exercises.

Pull-up Bar

The multi-grip pull-up bar offers various grip options, including classic, fat, and neutral grips, allowing for diverse back and arm workouts. The elevated design provides ample clearance for taller users.

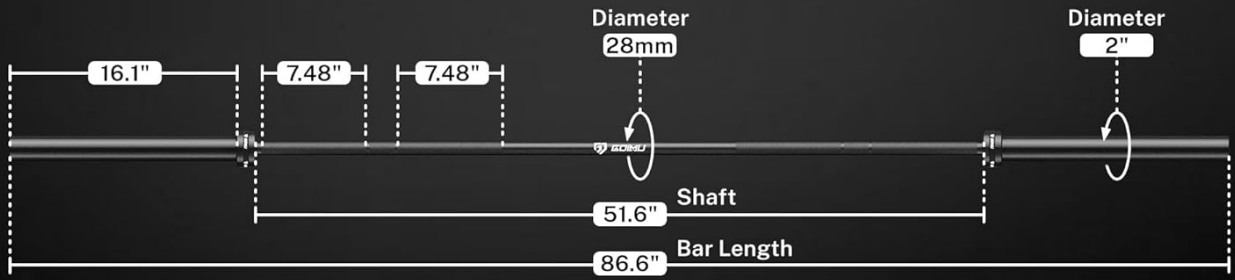


Image: A user performing straight-leg hangs and various pull-up grips on the multi-functional pull-up bar, showcasing its versatility.

Squat Rack and Safety Bars

The full cage design provides a safe environment for squats and bench presses. The J-hooks and safety bars can be easily adjusted to 29 different height positions, spaced 1 inch apart, ensuring optimal setup for your specific exercise and body dimensions. The numbered posts facilitate quick and accurate adjustments.

7.22FT OLYMPIC BARBELL



**THREADED
DIAMOND KNURLING**



**RUGGED
CARBON STEEL**

150K

**PSI TENSILE
STRENGTH**

28MM

**GRIP
DIAMETER**

Image: A user performing a squat inside the power cage, with the barbell resting on J-hooks and safety bars positioned below for security.

Landmine Station

The integrated 360-degree rotating landmine attachment allows for a wide range of rotational and pressing exercises, targeting core stability and upper body strength. It accommodates both 1-inch and 2-inch barbells.



**SMART
STORAGE SYSTEM**

4 Hooks available,
keep your home gym clean.



**ENHANCE
CORE STABILITY**

Provide a stable base for your body
when you are doing seated rows



**LOCK YOUR BANDS
IN PLACE**

Provide a rock-solid anchor point for
resistance bands, ensuring stability
during lifts, pulls, and functional training.



**STAINLESS STEEL
GUIDE RAIL**

Heavy-duty metal, lift unshaken, bring
you an ultimate smooth experience



Image: A user performing a landmine exercise, showcasing the 360-degree rotation of the attachment and its use with a barbell.

Low Row / Foot Board

The foot board attachment provides a stable base for seated cable rows, allowing for effective back muscle development. The stainless steel guide rail ensures a smooth and consistent pulling motion.



Image: A close-up view of the foot board and band pegs, illustrating their function for seated rows and providing anchor points for resistance bands.

Dip Bars

The removable dip bars can be inserted into the uprights at various heights, providing a stable platform for dips and other bodyweight exercises. Their angled design offers comfortable wrist positioning.

General Usage Video

Your browser does not support the video tag.

Video: An official product video from GOIMU demonstrating the various features and exercises possible with the DP01 Power Cage, including the pulley system, pull-up bar, and landmine attachment.

MAINTENANCE

- **Regular Inspection:** Periodically check all bolts, nuts, and connections to ensure they are securely tightened.
- **Lubrication:** Apply silicone lubricant to the guide rails of the pulley system and any moving parts to ensure smooth operation and prevent resistance.
- **Cleaning:** Wipe down the frame and attachments with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Pulley Inspection:** Regularly inspect the pulleys for any signs of wear or damage. Replace worn pulleys as needed to maintain optimal performance and safety.

TROUBLESHOOTING

- **Rack Wobbling:** If the power cage feels wobbly, ensure all assembly bolts are fully tightened. For maximum stability, consider bolting the unit to the floor if your setup allows.
- **Pulley Resistance:** If the cable pulley system experiences resistance or is not moving smoothly, apply a silicone-based lubricant to the guide rails.
- **Noisy Pulleys:** Noisy operation from the pulleys may indicate a need for lubrication or inspection for wear. Ensure pulleys are

clean and lubricated.

PRODUCT SPECIFICATIONS

Feature	Detail
Maximum Weight Recommendation	2000 Pounds
Item Package Dimensions (L x W x H)	81.1 x 14.17 x 5.91 inches
Package Weight	171 Pounds
Item Dimensions (L x W x H)	57.87 x 46.46 x 84.25 inches
Brand Name	Goimu
Model Name	DP01
Suggested Users	Unisex-adult
Manufacturer	GOIMU
Size	120Lbs Home Gym Package
Color	Black
Material	Alloy Steel
Product Dimensions	57.87"D x 46.46"W x 84.25"H
Tension Level	2000 pounds

COMPACT IN SIZE, NOT IN FEATURES



Image: A diagram illustrating the compact dimensions and footprint of the GOIMU DP01 Power Cage, including height, width, and depth measurements.

WARRANTY AND SUPPORT

The GOIMU DP01 Power Cage comes with a **2-year warranty**. For any product inquiries, technical assistance, or warranty claims, please contact GOIMU customer support through the retailer's platform or visit the official Goimu Store for further assistance. You can visit the [Goimu Store](#) for more information and support.