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› JELENS C12 Squat Rack for Home Gym Instruction Manual

JELENS C12

JELENS C12 Squat Rack for Home Gym Instruction Manual

Model: C12

INTRODUCTION

Thank you for choosing the JELENS C12 Squat Rack. This instruction manual provides essential information for the safe assembly, operation, and maintenance of your new home gym equipment. Please read this manual thoroughly before use and retain it for future reference. The JELENS C12 is designed to support a full-body workout, including squats, bench presses, pull-ups, lat pulldowns, and cable cross-overs, offering a versatile strength training solution for your home.

FULL-BODY WORKOUT



Image: The JELENS C12 Squat Rack, showcasing its robust structure and multiple attachment points.

SAFETY INFORMATION

Your safety is paramount. Adhere to all warnings and instructions to prevent injury. Always consult a physician before starting any new exercise program.

General Safety Guidelines:

- Ensure all bolts and nuts are securely tightened before each use.
- Perform regular inspections of the equipment for any signs of wear, damage, or loose components.
- Do not exceed the maximum weight capacities specified for each component.
- Keep children and pets away from the equipment during use.
- Use the safety bars and J-hooks correctly to prevent accidents during heavy lifts.
- Maintain a clear area around the squat rack to ensure unobstructed movement.

2000LB WEIGHT CAPACITY



500LBS



800LBS



1000LBS



600LBS



300LBS

Image: A user demonstrating proper squat form within the rack, emphasizing the placement and function of safety bars and heavy-duty J-hooks.

Weight Capacities:

The JELENS C12 Power Rack is constructed from reinforced 2" x 2" heavy-duty steel, designed for exceptional stability. Observe the following maximum weight recommendations:

- **Overall Rack Capacity:** 2000 lbs
- **Pull-up Bar:** 500 lbs
- **J-Hooks:** 800 lbs
- **Safety Bars:** 1000 lbs
- **Dip Handles:** 600 lbs
- **Landmine Attachment:** 300 lbs



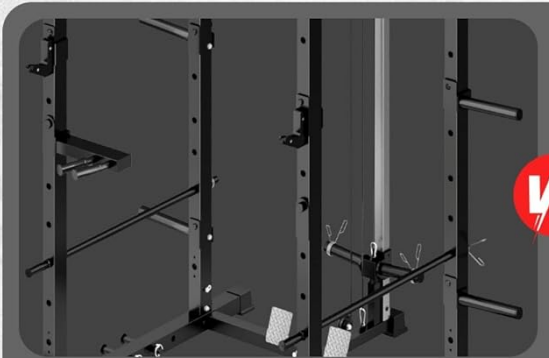
POP-PIN PULLEY

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



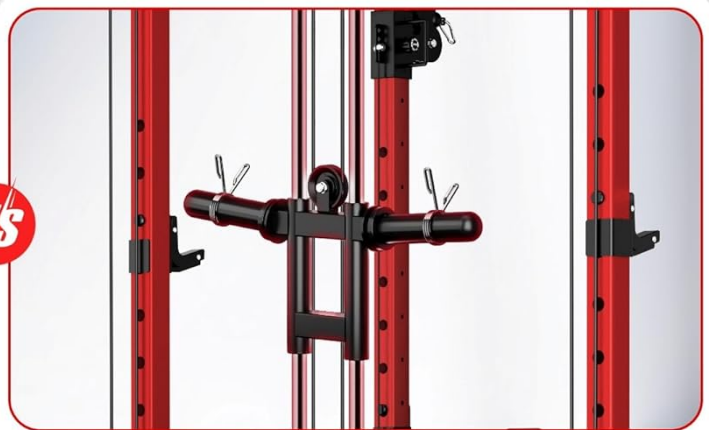
TRADITIONAL PULLEY

- ✘ 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: Visual representation of the maximum weight capacities for the pull-up bar, J-hooks, safety bars, dip handles, and landmine attachment.

PRODUCT COMPONENTS

The JELENS C12 Squat Rack comes with a comprehensive set of accessories to facilitate a wide range of exercises. Please ensure all components are present before beginning assembly.

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
- Pull-up Bar
- Dip Bar
- Weight Plate Holders
- Light & Smooth Trolley (for pulley system)

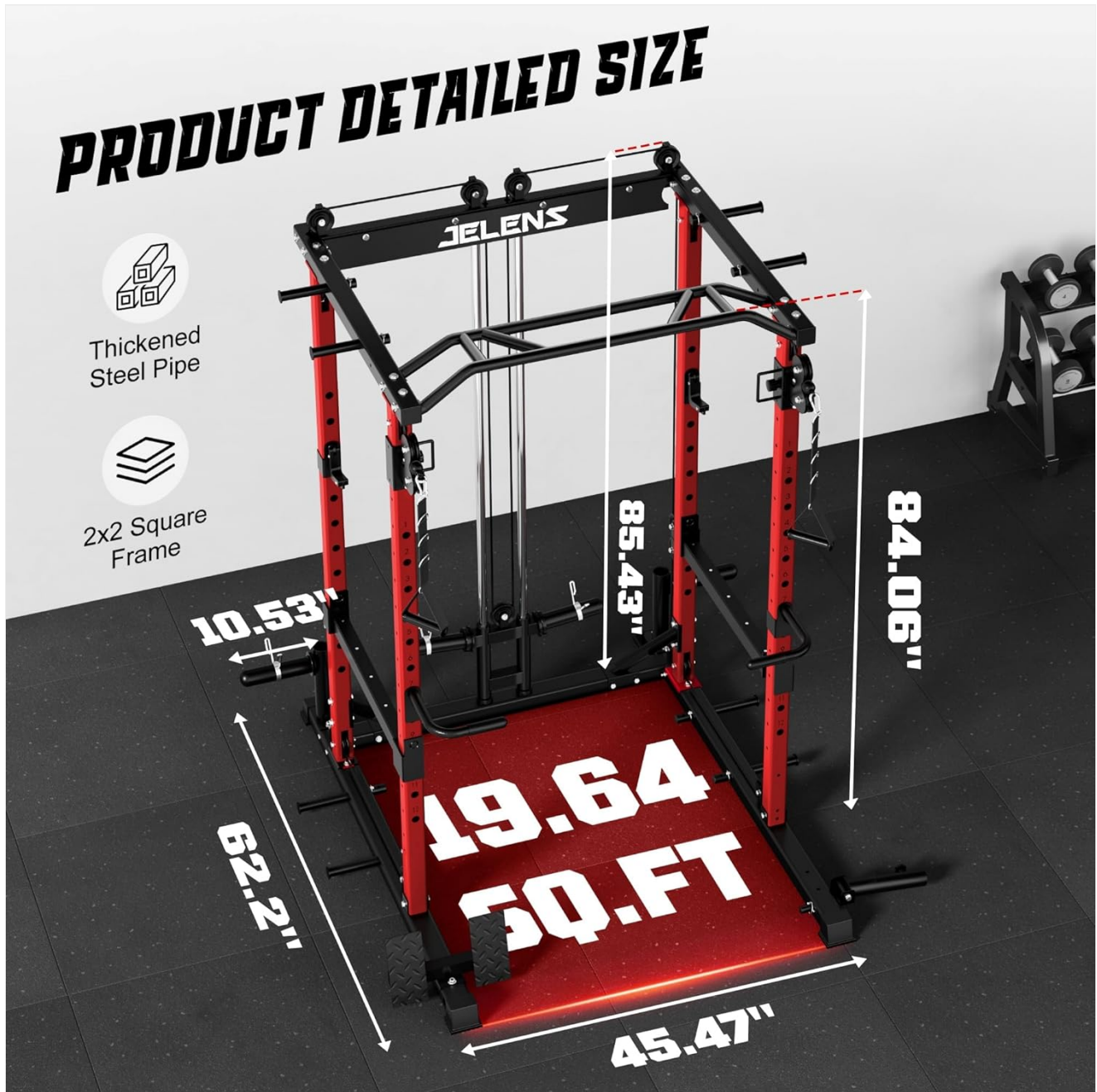


Image: A detailed diagram labeling the main parts and accessories of the JELENS C12 Squat Rack, including the pull-up bar, J-hooks, dip bar, weight plate holders, foot-board, functional trainer, safety bars, light & smooth trolley, 360-degree landmine, and band pegs.



Image: A visual display of the smaller accessories provided, such as ankle straps, cable handles, various bars, J-hooks, dip handles, footboard, safety bars, resistance band pegs, landmine attachment, and tricep rope.

SETUP AND ASSEMBLY

The JELENS C12 Squat Rack is shipped in two boxes and includes a detailed manual for assembly. While specific step-by-step instructions are provided in the physical manual, here are general guidelines to ensure a smooth setup process.

Assembly Steps:

1. **Unpack and Verify:** Carefully unpack all components and compare them against the included parts list to ensure nothing is missing or damaged.
2. **Organize Hardware:** The hardware is typically packaged and labeled for each assembly step. Organize these to simplify the process.
3. **Assemble Base Frame:** Begin by assembling the base frame components, ensuring they are level and stable.
4. **Attach Uprights:** Securely attach the vertical uprights to the base frame.
5. **Install Crossmembers and Top Frame:** Connect the crossmembers and the top frame to complete the main cage structure.
6. **Mount Pulley System:** Install the dual high-low cable pulley mechanism, ensuring cables run smoothly through all pulleys.
7. **Attach Accessories:** Install J-hooks, safety bars, pull-up bar, dip handles, landmine attachment, and any other accessories as per the manual.
8. **Final Tightening:** Once fully assembled, go back and tighten all nuts and bolts to ensure maximum stability and safety.

It is recommended to use a ratchet and appropriate sockets (e.g., 17mm) for efficient and secure tightening, as the provided wrench may be less efficient.



Image: A simplified visual guide showing the main stages of assembly for the JELENS C12 Squat Rack, from base to full structure.

OPERATING INSTRUCTIONS

The JELENS C12 Squat Rack offers a wide array of exercises for a full-body workout. Familiarize yourself with the proper use of each component.

Squat and Bench Press:

- Position the J-hooks at the appropriate height for your exercise.
- Set the safety bars slightly below your lowest squat or bench press point to catch the barbell if you fail a lift.
- Always use safety bars when lifting heavy weights, especially when training alone.

Adjustable Pulley System:

The dual high-low cable pulley mechanism features thickened precision steel shaft pulleys and high-strength polished steel cables for smooth operation.

- **Height Adjustment:** The pulley system offers 12 height adjustment levels. Use the pop-pin mechanism for instant, one-second adjustments with a single hand.
- **Lat Pulldowns:** Attach the lat pulldown bar to the high pulley. Adjust the seat or stand as needed.
- **Cable Rows:** Attach the cable bar or handles to the low pulley. Use the footboard for stability.
- **Cable Cross-overs/Flyes:** Utilize both high pulleys with cable handles for chest and shoulder exercises.
- **Tricep Pushdowns:** Attach the tricep rope or cable bar to the high pulley.

YOUR SECURITY, OUR PRIORITY



Image: Close-up of the upgraded double pulley system, highlighting its strong cable handles, 7*12 strands of steel wire, 12 height adjustment levels, adjustable dual pulleys, and precision bearings.

UPGRADED DOUBLE PULLEY SYSTEM



Image: A collage demonstrating various full-body exercises possible with the JELENS C12, such as lat pulldowns, squats, landmine rows, bench presses, cable flyes, and pull-ups.

Pull-up Bar:

The multi-grip pull-up bar allows for various grip positions to target different muscle groups. Ensure the bar is securely fastened before use.



Image: A user performing a pull-up on the integrated pull-up bar, illustrating its use for upper body training.

Landmine Attachment:

Insert one end of a barbell into the 360-degree landmine attachment for exercises like landmine rows, twists, and presses.



Image: A user demonstrating a landmine twist, showcasing the versatility of the 360-degree landmine attachment for core and rotational movements.

Resistance Band Pegs:

Utilize the resistance band pegs to add variable resistance to squats, bench presses, and other exercises.



Image: A user performing squats with resistance bands, demonstrating how the band pegs can be used to enhance exercise resistance.

STORAGE SYSTEM

The JELENS C12 Squat Rack features an integrated 4-in-1 storage system to keep your workout area organized and maximize space.

- **Weight Plate Holders:** Store your weight plates conveniently on the designated holders.
- **Barbell Storage Pins:** Keep barbells upright and out of the way using the integrated storage pins.
- **Storage Hooks:** Utilize the hooks for hanging various accessories like cable handles, ropes, or belts.
- **Trolley Storage:** The pulley system's trolley can also serve as a storage point for certain attachments when not in use.

WHAT'S INCLUDED ?



Image: A detailed view of the 4-in-1 storage system, illustrating the trolley storage, weight plate holders, storage hooks, and barbell storage hanger for an organized gym space.

MORE CHOICE MULTIFUNCTIONAL POWER CAGE



Image: A visual breakdown of the storage system, highlighting two weight storage posts, two barbell holders, four storage hooks, and the trolley storage feature.

MAINTENANCE

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

- **Daily Cleaning:** Wipe down the frame and accessories with a damp cloth after each use to remove sweat and dust.
- **Weekly Inspection:** Check all nuts, bolts, and connection points for tightness. Re-tighten any loose fasteners.
- **Cable System Check:** Inspect the pulley cables for any fraying, kinks, or damage. Ensure the pulleys rotate smoothly. Lubricate moving parts of the pulley system if necessary with a silicone-based lubricant.
- **Structural Integrity:** Periodically inspect the steel frame for any signs of rust, cracks, or deformation.
- **Accessory Check:** Examine all attachments (J-hooks, safety bars, handles) for wear and tear. Replace any damaged components immediately.

TROUBLESHOOTING

This section addresses common issues you might encounter with your squat rack.

Loose or Wobbly Frame:

- **Solution:** Re-check and tighten all bolts and nuts. Ensure the rack is placed on a level surface.

Squeaky Pulleys or Rough Cable Movement:

- **Solution:** Inspect cables for damage. Apply a silicone-based lubricant to the pulley axles and cable path. Ensure no debris is obstructing the pulleys.

Difficulty Adjusting J-hooks or Safety Bars:

- **Solution:** Ensure the adjustment pins are fully disengaged. Check for any obstructions in the adjustment holes. Clean any debris from the uprights.

Missing Parts During Assembly:

- **Solution:** Double-check all packaging materials. If parts are genuinely missing, contact JELENS customer support immediately.

SPECIFICATIONS

| Feature | Detail |
|---|---|
| Model | C12 Squat Rack |
| Brand | JELENS |
| Material | Alloy Steel (2" x 2" heavy-duty steel frame) |
| Color | Red |
| Maximum Weight Recommendation (Overall) | 2000 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 |

| Feature | Detail |
|-----------------------------|---|
| Dimensions (Approximate) | Height: 84.06 inches, Width: 62.2 inches, Depth: 45.47 inches |
| Floor Space Required | Approximately 49.64 sq. ft. |

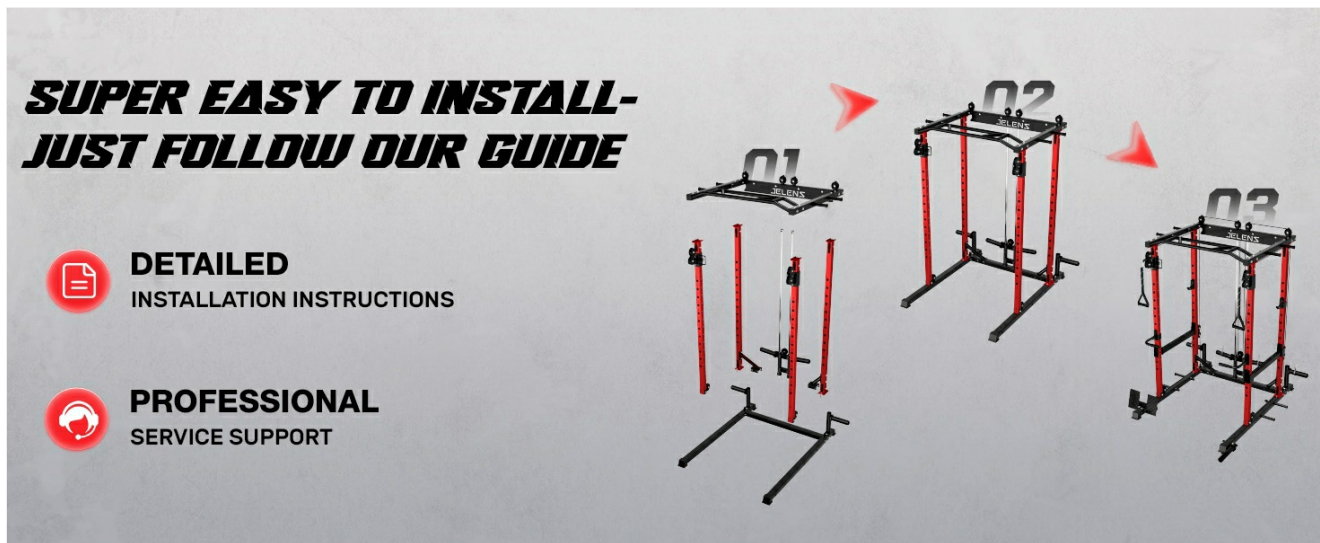


Image: A diagram providing detailed measurements of the JELENS C12 Squat Rack, including height, width, depth, and required floor space.

WARRANTY AND SUPPORT

JELENS is committed to providing quality products and customer satisfaction. Your C12 Squat Rack undergoes strict quality inspection before shipment.

If you encounter any issues, have questions regarding assembly, operation, or require assistance with missing/damaged parts, please do not hesitate to contact our professional after-sales team. We are dedicated to providing prompt and helpful support.

For support, please refer to the contact information provided on your purchase receipt or the JELENS official website.