

HarmonyHealth 2000LBS Power Cage

HarmonyHealth 2000LBS Power Cage with Pulley Cable System Instruction Manual

Model: 2000LBS Power Cage

1. INTRODUCTION

Thank you for choosing the HarmonyHealth 2000LBS Power Cage with Pulley Cable System. This multi-functional squat rack is designed to provide a comprehensive strength training experience in your home gym. Engineered with heavy-duty steel, it offers a robust and versatile platform for various exercises, including squats, bench presses, lat pulldowns, cable crossovers, and more.

This manual provides essential information for the safe assembly, operation, and maintenance of your power cage. Please read it thoroughly before installation and use, and retain it for future reference.

2. SAFETY INFORMATION

WARNING: Failure to follow these safety instructions may result in serious injury or death.

- **Read All Instructions:** Before assembling or using the power cage, read and understand all instructions in this manual.
- **Consult a Physician:** Before starting any exercise program, consult with a physician to ensure you are physically able to perform the exercises.
- **Assembly:** Ensure all components are correctly assembled and tightened according to the assembly instructions. Do not use the equipment if any parts are damaged or missing.
- **Weight Capacity:** The power cage is designed to support a maximum weight capacity of **2000 lbs (907 kg)**. Do not exceed this limit.
- **Stable Surface:** Always place the power cage on a flat, stable, and non-slip surface.
- **Clearance:** Maintain adequate clearance around the equipment during use to prevent accidents.
- **Inspection:** Regularly inspect the power cage for loose bolts, worn cables, or damaged parts. Replace any worn or

damaged components immediately.

- **Children and Pets:** Keep children and pets away from the equipment during use.
- **Proper Technique:** Use proper lifting techniques and always use safety spotter arms/straps when lifting heavy weights, especially when training alone.
- **Attachments:** Ensure all attachments (J-hooks, dip bars, landmine, etc.) are securely installed before use.

3. PACKAGE CONTENTS

Your HarmonyHealth 2000LBS Power Cage package includes the following main components and attachments:

- Heavy-duty Steel Power Cage Frame
- Dual Pulley Cable System (High and Low Pulleys)
- Multi-grip Pull-Up Bar
- Adjustable J-Hooks (Pair)
- Safety Spotter Straps (Pair)
- Dip Bars (Pair)
- Landmine Attachment
- Row Bar
- Cable Handles (Various)
- Plate Storage Pins
- Band Pegs
- Assembly Hardware and Tools
- Detailed Assembly Manual

Note: Please refer to the separate detailed assembly manual included in your package for a complete list of all parts and hardware.

4. ASSEMBLY INSTRUCTIONS

The HarmonyHealth 2000LBS Power Cage is designed for straightforward assembly with clear, labeled parts.

1. **Unpack Components:** Carefully unpack all components and verify them against the parts list provided in the dedicated assembly manual.
2. **Organize Hardware:** Separate and identify all nuts, bolts, washers, and tools.
3. **Follow Manual:** Refer to the step-by-step instructions and diagrams in the separate assembly manual for detailed guidance. Ensure all bolts are securely tightened.
4. **Two-Person Assembly:** It is highly recommended to have at least two people for assembly due to the size and weight of some components.
5. **Final Check:** Once assembled, perform a thorough inspection to ensure all connections are secure and the structure is stable before first use.

For visual assistance during assembly, please refer to the diagrams in the included assembly manual.

5. OPERATING INSTRUCTIONS

5.1. Using the Squat Rack and Bench Press

- **J-Hooks:** Insert the J-hooks into the desired height positions on the uprights. Ensure both J-hooks are at the same height and fully seated.
- **Safety Straps/Spotter Arms:** Install the safety straps or spotter arms at a height just below your lowest squat or bench press position. These are crucial for safety, especially when lifting heavy or training alone.
- **Barbell Placement:** Carefully place your barbell onto the J-hooks.
- **Adjustability:** The cage features 14-16 adjustable height positions, allowing for precise customization for various exercises and user heights.

5.2. Dual Pulley Cable System

The integrated dual pulley system allows for a wide range of cable exercises.

- **Weight Plate Loading:** Load standard weight plates onto the weight plate sleeves located at the rear of the pulley system. Ensure plates are securely stacked.
- **Attachment Connection:** Select the desired cable attachment (e.g., lat pulldown bar, rope, single handle) and connect it to the carabiner on the cable.
- **High Pulley:** Ideal for exercises like lat pulldowns, tricep pushdowns, and cable crunches.
- **Low Pulley:** Suitable for exercises such as cable rows, bicep curls, and leg exercises.
- **Smooth Operation:** The high-quality PU cables and pulleys are designed for smooth, consistent resistance.

5.3. Other Attachments

- **Multi-grip Pull-Up Bar:** Use for various pull-up and chin-up variations. Ensure a secure grip.
- **Dip Bars:** Attach the dip bars to the uprights at a comfortable height for dips. Ensure they are fully inserted and stable.
- **Landmine Attachment:** Insert a barbell into the landmine sleeve for rotational exercises, rows, and presses.
- **Plate Storage Pins:** Use these pins to store your weight plates, keeping your workout area organized and safe.
- **Band Pegs:** Insert band pegs into the base of the cage to attach resistance bands for assisted exercises or added resistance.

6. MAINTENANCE

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

- **Daily Cleaning:** Wipe down the frame and attachments with a damp cloth after each use to remove sweat and dust.
- **Weekly Inspection:**
 - Check all bolts and nuts for tightness. Re-tighten if necessary.
 - Inspect cables for fraying, kinks, or wear. Replace immediately if any damage is observed.
 - Examine pulleys for smooth operation and any signs of damage.
 - Check J-hooks, safety straps, and other attachments for wear or deformation.
- **Lubrication:** Periodically apply a silicone-based lubricant to the pulley system's moving parts to ensure smooth operation.
- **Storage:** Store the power cage in a dry environment to prevent rust.

7. TROUBLESHOOTING

If you encounter issues with your HarmonyHealth Power Cage, refer to the following common solutions:

- **Wobbling or Instability:**
 - Ensure the power cage is on a level surface.
 - Check all assembly bolts and nuts. Tighten any loose connections.
- **Rough Pulley Operation:**
 - Inspect cables for proper routing and ensure they are not twisted or obstructed.
 - Lubricate the pulleys and cable with a silicone-based lubricant.
 - Check for any debris in the pulley mechanism.
- **Attachments Not Fitting Securely:**
 - Verify that you are using the correct attachment for the intended slot.
 - Ensure the uprights are not bent or damaged.

If problems persist, please contact HarmonyHealth customer support for assistance.

8. SPECIFICATIONS

Brand:	HarmonyHealth
Model:	2000LBS Power Cage
Material:	Heavy-duty 2"x2" Steel Tubing
Weight Capacity:	2000 lbs (907 kg)
Adjustable Height Positions:	14-16 (for J-hooks and safety straps)
Pulley System:	Dual High/Low Pulley with PU Cables
ASIN:	B0FWRZ6BY6
Date First Available:	October 17, 2025

9. WARRANTY AND SUPPORT

HarmonyHealth is committed to providing high-quality fitness equipment. For specific warranty details regarding your 2000LBS Power Cage, please refer to the warranty card included with your product or visit the official HarmonyHealth website.

If you have any questions, require technical assistance, or need to order replacement parts, please contact HarmonyHealth customer support through the contact information provided on our website or in your product packaging.

Thank you for choosing HarmonyHealth. We wish you a successful and safe fitness journey!

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.

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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