

## FAGUS H Rack and Bench

# FAGUS H Smith Machine Power Cage User Manual

Model: Rack and Bench

## 1. INTRODUCTION

Welcome to the FAGUS H Smith Machine Power Cage user manual. This document provides essential information for the safe assembly, operation, maintenance, and troubleshooting of your new home gym equipment. Please read this manual thoroughly before using the product to ensure proper function and user safety. This all-in-one system is designed to facilitate a wide range of strength training exercises, combining traditional weightlifting with cable-driven movements.

## 2. SAFETY INFORMATION

Your safety is paramount. Adhere to all warnings and instructions to prevent injury. Failure to do so may result in serious harm or equipment damage.

- **Consult a Physician:** Before starting any exercise program, consult with a healthcare professional to ensure it is appropriate for your physical condition.
- **Read Instructions:** Fully read and understand this entire manual before assembly or use.
- **Proper Assembly:** Ensure all components are correctly assembled and tightened according to the assembly guide (provided separately).
- **Clear Area:** Maintain a clear area around the equipment during use.
- **Weight Limits:** Do not exceed the specified weight capacities:
  - Rackable Weight Capacity: Up to 2000 LBS
  - Smith Bar Capacity: Up to 1000 LBS
  - Weight Storage Capacity: Up to 1000 LBS

- Safety Spotter Capacity: Up to 1000 LBS
- **Proper Form:** Always use proper exercise form. If you experience pain or discomfort, stop immediately.
- **Children and Pets:** Keep children and pets away from the equipment during use.
- **Inspection:** Regularly inspect the equipment for wear, damage, or loose parts. Do not use if damaged.



**Figure 2.1:** Illustration of the FAGUS H Power Cage highlighting its various weight capacities for safe operation.

### 3. PACKAGE CONTENTS

Upon unpacking, verify that all components are present and undamaged. If any parts are missing or damaged, contact customer support immediately.

- Power Cage Frame
- Smith Barbell
- Adjustable Bench

- LAT Pulldown System components
- Pec Deck attachment
- Dipping Bars
- Cable Crossover system (linear bearing pulleys)
- Squat Rack J-hooks and Safety Arms
- Leg Press attachment (integrated with bench or separate)
- Tricep Rope
- Foot Straps
- Pull-Up Bar
- Various Handles (e.g., Row Handle, Lat Bar)
- Weight Storage Posts
- Landmine attachment
- Independent Footboard
- Assembly Hardware and Tools (if included)



**Figure 3.1:** Overview of the FAGUS H Smith Machine Power Cage and included accessories.



Figure 3.2: The adjustable weight bench with its leg extension/curl and preacher curl attachments.

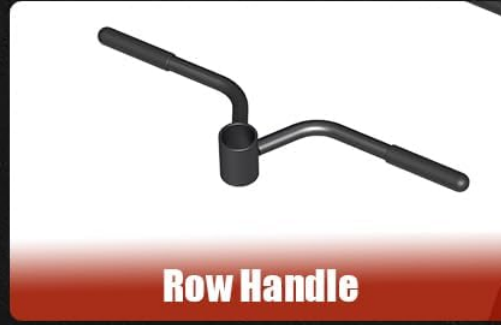
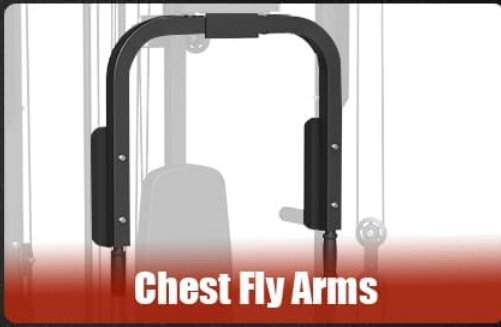


Figure 3.3: Detailed view of various cable attachments and storage options.

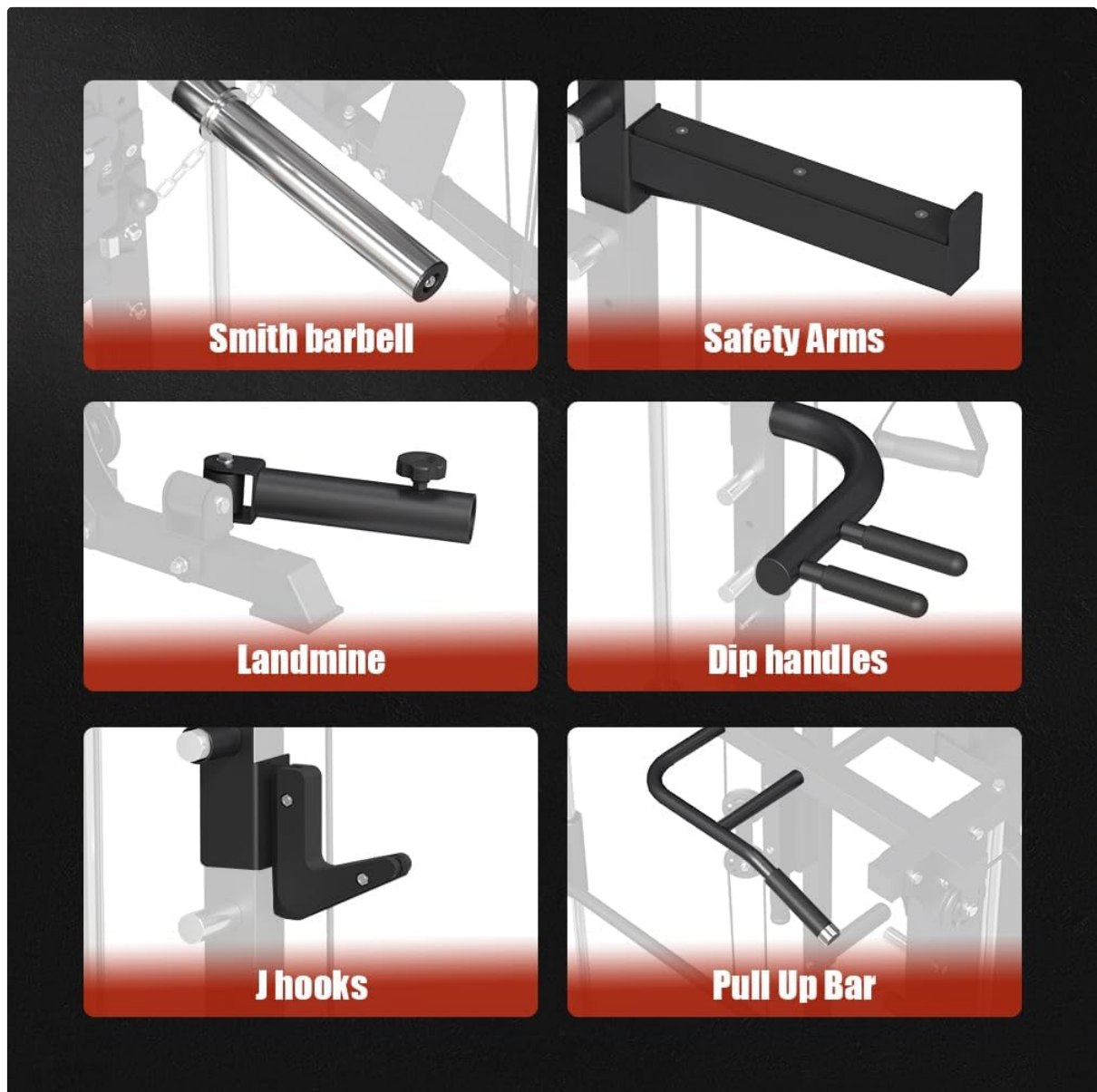


Figure 3.4: Detailed view of the Smith barbell, safety features, and other functional attachments.

## 4. SETUP AND ASSEMBLY

Detailed assembly instructions are provided in a separate assembly guide. Please refer to that document for step-by-step instructions. Ensure you have adequate space and, ideally, a second person to assist with assembly.

- **Location:** Choose a flat, stable surface for installation. Ensure sufficient overhead clearance and space around the unit for safe operation and movement.
- **Tools:** Gather all necessary tools as specified in the assembly guide.
- **Unpacking:** Carefully unpack all components and lay them out to verify against the parts list.
- **Assembly Steps:** Follow the numbered steps in the assembly guide precisely. Do not overtighten bolts until instructed.

### Product Dimensions:

Length: 70 inches (177.8 cm)

Width: 45.5 inches (115.6 cm)

Height: 85 inches (215.9 cm)

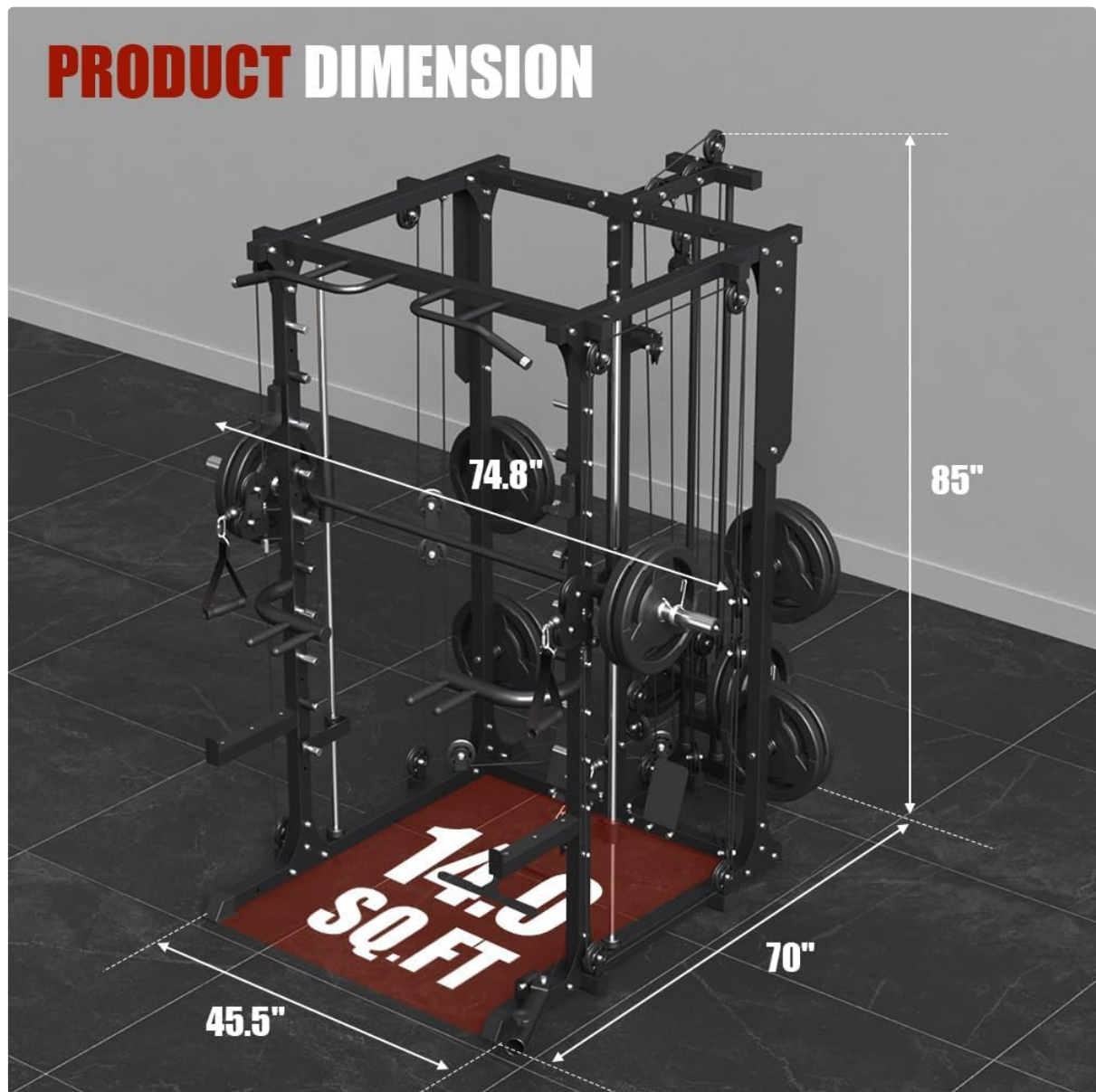


Figure 4.1: Product dimensions for planning your installation space.

## 5. OPERATING INSTRUCTIONS

The FAGUS H Smith Machine Power Cage offers a versatile range of exercises. Always ensure attachments are securely fastened before use and adjust settings appropriately for your exercise.

### 5.1. Smith Machine

- **Usage:** The Smith machine provides a guided barbell path for exercises like squats, bench presses, and shoulder presses.
- **Safety Catches:** Utilize the adjustable safety catches to prevent the bar from descending too low. Always set them slightly below your lowest intended range of motion.
- **Locking Mechanism:** The Smith bar features a hook system to lock it into place on the uprights. Twist the bar to engage or disengage the hooks.

### 5.2. Cable Crossover and LAT Pulldown System

- **Cable Adjustment:** The dual cable systems offer 20 height adjustments. To change the pulley height, pull the adjustment pin, slide the pulley to the desired position, and release the pin, ensuring it fully engages.
- **Attachments:** Connect various handles (Tricep Rope, Foot Straps, Row Handle, Lat Bar) to the carabiners on the cable ends for exercises such as lat pulldowns, cable rows, tricep pushdowns, bicep curls, and cable flyes.
- **Weight Selection:** Load weight plates onto the weight plate holders for the cable system. Ensure plates are securely fastened.

### 5.3. Squat Rack and Safety Arms

- **J-Hooks:** Use the J-hooks to rack a free barbell for squats, bench presses, and overhead presses. Ensure they are securely inserted into the uprights at the desired height.
- **Safety Arms:** Always install the safety arms when performing free weight exercises, especially squats and bench presses, to catch the barbell if you fail a lift. Adjust them to a height just below your lowest safe range of motion.

### 5.4. Dip Bars and Pull-Up Bar

- **Dip Bars:** Attach the dip handles to the uprights at a comfortable height for performing dips. Ensure they are stable before putting your full weight on them.
- **Pull-Up Bar:** The integrated pull-up bar allows for various grip positions. Ensure a secure grip before performing pull-ups or chin-ups.

### 5.5. Adjustable Bench and Leg Press

- **Bench Adjustment:** Adjust the backrest and seat of the bench to various incline, decline, and flat positions using the adjustment pins.
- **Leg Press/Extension:** Utilize the leg attachment for leg extensions and leg curls. Load weight plates onto the designated post.

## 6. MAINTENANCE

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

- **Daily:** Wipe down the equipment with a damp cloth after each use to remove sweat and dirt.
- **Weekly:** Inspect all bolts, nuts, and fasteners. Tighten any that have become loose. Check cables for fraying or wear.
- **Monthly:** Lubricate moving parts, such as the Smith machine guide rods and cable pulleys, with a silicone-based lubricant to ensure smooth operation.
- **Damage:** If any part is damaged or shows significant wear, discontinue use immediately and replace the part before resuming workouts.

## 7. TROUBLESHOOTING

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

- **Squeaking Noises:** Check for loose bolts and lubricate moving parts, especially cable pulleys and Smith machine guide rods.
- **Cable Snagging:** Inspect the cable path for obstructions or misaligned pulleys. Ensure cables are properly seated in all pulley grooves.
- **Unstable Unit:** Verify that the unit is on a flat surface and all assembly bolts are securely tightened.
- **Difficulty Adjusting Parts:** Ensure adjustment pins are fully disengaged before attempting to move parts. Clean any debris from adjustment holes.

For issues not resolved by these steps, please contact customer support.

## 8. SPECIFICATIONS

| Feature                        | Specification   |
|--------------------------------|---|
| Brand                          | FAGUS H   |
| Model Name                     | Rack and Bench  |
| Material                       | Alloy Steel   |
| Color                          | BLACK AND RED   |
| Product Dimensions (L x W x H) | 70" x 45.5" x 85" (177.8 cm x 115.6 cm x 215.9 cm)                                  |
| Rackable Weight Capacity       | Up to 2000 LBS  |
| Smith Bar Capacity             | Up to 1000 LBS  |
| Weight Storage Capacity        | Up to 1000 LBS  |
| Safety Spotter Capacity        | Up to 1000 LBS  |
| Frame Construction             | 2"x2" 13-gauge steel  |
| Cable System                   | Dual-pulley functional trainer with 20 height adjustments, linear bearing crossover |

## 9. WARRANTY AND SUPPORT

FAGUS H stands by the quality and engineering of this product.

- **Warranty:** This product is covered by a 1-year warranty from the date of purchase. This warranty covers manufacturing defects and material flaws under normal use.

- **Customer Support:** For any questions, assistance, or warranty claims, please contact FAGUS H customer support through your Amazon account. Navigate to 'Your Account' > 'Orders' > 'Contact Seller' for hassle-free support.