

JELENS S11 Power Cage

JELENS S11 Power Cage Instruction Manual

1. INTRODUCTION

Thank you for choosing the JELENS S11 Power Cage. This multi-functional power rack is designed to provide a comprehensive strength training experience for your home gym. It integrates various exercise stations, including a squat rack, lat pulldown system, and multiple training attachments, allowing for a wide range of full-body workouts in a compact space. Please read this manual thoroughly before assembly and use to ensure safe and optimal performance of your equipment.

2. SAFETY INFORMATION

Warning: Improper use of this equipment can result in serious injury. Always consult with a physician before beginning any exercise program. If you experience pain or dizziness, stop immediately and consult your physician.

- Ensure all bolts, nuts, and connections are securely tightened before each use.
- Do not exceed the maximum weight capacity of 2000 LBS for the power rack.
- Keep children and pets away from the equipment during use.
- Always use safety spotter arms when performing heavy lifts, especially squats and bench presses.
- Inspect cables, pulleys, and all moving parts regularly for signs of wear or damage. Replace worn parts immediately.
- Wear appropriate athletic footwear and clothing during workouts.
- Place the equipment on a flat, stable surface.

3. PACKAGE CONTENTS

Your JELENS S11 Power Cage package includes the following components. Please verify all parts are present before beginning assembly.

PACKAGE LIST



2000LBS MAX POWER CAGE

- ✓ Weight Capacity 2000LBS
- ✓ Smooth Pulley System
- ✓ Training Attachments Included

2
Box



992LBS STURDY WEIGHT BENCH

- ✓ Weight Capacity: 992LBS
- ✓ Adjustable: 6 Back & 4 Seat Positions
- ✓ Spacious Soft Cushion & Fully Foldable

1
Box



7.22FT Olympic Barbell x 1

- ✓ Weight Capacity 1000LBS
- ✓ Length : 7.22FT
- ✓ PS Tensile Strength Fit 2"Barbell Plate

1
Box



190LBS OLYMPIC WEIGHT SET

- ✓ 10LBS*2
- ✓ 15LBS*2
- ✓ 25LBS*2
- ✓ 45LBS*2

2
Box

Image: Overview of the JELENS S11 Power Cage and included accessories, such as the power cage frame, lat pulldown system, and various attachments.

- S11 Power Cage Frame (shipped in 2 boxes)
- Lat Pulldown System (precision steel shaft pulley, high-strength solid steel wire rope)
- Lat Pull-down Bar x 1
- Cable Bar x 1
- T-bar x 1
- Pull Down Bar x 1
- J-hooks x 2
- Safety Rods x 2
- 360° Landmine Attachment x 1
- Counterweight Racks with Clamps x 4
- User Manual
- Assembly Tools

Note: Depending on your specific package, additional items such as a weight bench, Olympic barbell, or weight

plates may be included.

Optional Included Components:

- **Weight Bench:** 992 LBS capacity, adjustable 6 back levels and 4 seat levels.

ADJUSTMENT BENCH

992 LBS WEIGHT
CAPACITY

6 BACK LEVELS
ADJUSTMENT

4 SEAT LEVELS
ADJUSTMENT



Image: A black adjustable weight bench, illustrating its various back and seat level adjustments.

- **7.22FT Olympic Barbell:** 1000 LBS capacity, made of durable carbon steel with diamond knurling, bushing, and bearing. Weighs 44 LBS.

MULTI-RANGE WEIGHT AVAILABLE



EASY TO CLEAN



NON TOXIC MATERIALS



DURABLE



CORROSION RESISTANT



190LBS

10LB*2
25LB*2

15LB*2
45LB*2

Image: A silver 7-foot Olympic barbell with knurled grips and a JELENS logo on the sleeve.

- **190 LBS Olympic Weight Set:** Includes 10LB*2, 15LB*2, 25LB*2, 45LB*2 plates. Made from non-toxic, durable, and corrosion-resistant materials.

7FT OLYMPIC BARBELL



DURABLE
CARBON STEEL



DIAMOND
KNURLING



BUSHING+
BEARING

44LB

BAR
WEIGHT



Image: A set of black Olympic weight plates with JELENS branding, showing various denominations (10LB, 15LB, 25LB, 45LB).

4. SETUP

The JELENS S11 Power Cage is designed for straightforward assembly. Detailed step-by-step instructions are provided in the accompanying manual. Please follow these instructions carefully.

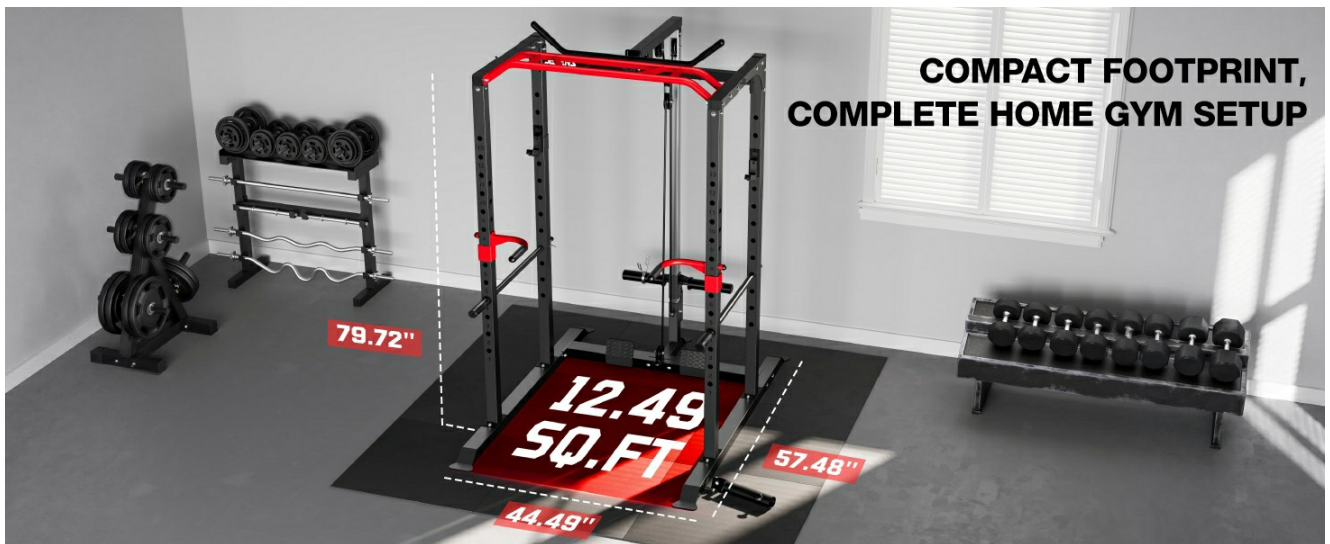


Image: A visual guide showing three main steps for assembling the JELENS S11 Power Cage, from individual components to a fully constructed unit.

Assembly Tips:

- Lay out all components and hardware before starting.
- Ensure you have enough space for assembly. The assembled unit has dimensions of 57.48"L x 44.49"W x 79.72"H.
- Do not fully tighten all bolts until the entire frame is assembled to allow for minor adjustments.
- Refer to the laser-cut numbers on the steel pipes to quickly locate desired positions for attachments.

COMPACT DIMENSIONS ULTIMATE SYSTEM

Fully Equipped & Versatile & Save Space



Image: A diagram illustrating the compact dimensions of the JELENS S11 Power Cage, showing its length, width, and height, and the footprint of 12.49 sq. ft.

5. OPERATING INSTRUCTIONS

The JELENS S11 Power Cage offers a variety of exercises. Familiarize yourself with each attachment and its proper use.

FULL-BODY STRENGTH TRAINING



Image: A collage demonstrating various exercises possible with the JELENS S11 Power Cage, including bench press, deep squat, 360° landmine, pull-ups, lat pulldown, and seated rowing.

5.1 J-Hooks and Safety Rods

J-hooks are used to hold barbells for exercises like squats and bench presses. Safety rods provide a critical backup, catching the barbell if a lift is missed. Always use both for barbell exercises.

- Adjust J-hooks and safety rods to the appropriate height for your exercise using the laser-cut numbers on the uprights.
- Ensure both J-hooks and safety rods are securely inserted and level before placing any weight on them.

SMOOTH & DURABLE



Image: A graphic explaining the function and importance of J-hooks and safety bars for secure barbell lifting within the power cage.

5.2 Lat Pulldown and Seated Rowing System

The integrated pulley system allows for smooth lat pulldowns and seated rowing exercises. The system features precision steel shaft pulleys and high-strength solid steel wire rope for quiet operation.

- Attach the desired handle (lat pulldown bar, cable bar, etc.) to the cable.
- Load weight plates onto the weight plate holder.
- Ensure the cable runs freely through all pulleys without obstruction.

GOOD QUALITY YOU CAN SEE

Wide & Strong Pull-up Bar

Weight Plate Holders

Dip Bar

Reinforced Structure

Storage Hook

Landmine

360°

Image: A user performing seated cable rows using the lat pulldown system of the JELENS S11 Power Cage, highlighting the chrome plating rod, precision bearings, and steel wire rope.

ALL-IN-ONE

Multi-Function Power Cage



GYM QUALITY



MORE WORKOUTS



Image: A detailed view of the pulley system components, including solid steel rope, precision bearings, and chrome plating rod, emphasizing smooth and durable operation.

5.3 Pull-up Bar and Dip Bar

The multi-grip pull-up bar allows for various grip positions to target different muscle groups. The dip bar attachment provides an effective way to perform dips.

- The pull-up bar is integrated into the top frame.
- Attach the dip bar to the desired height on the uprights. Ensure it is securely locked in place before use.

THE LATEST UPGRADED PULLEY SYSTEM

1:1 Ratio for Faster Gains



Chrome Plating Rod



Precision Bearings



7*12 Strands of Steel Wire



Image: A close-up view of key features of the JELENS S11 Power Cage, including the wide pull-up bar, dip bar, weight plate holders, reinforced structure, storage hook, and 360° landmine attachment.

5.4 360° Landmine Attachment

The landmine attachment allows for dynamic rotational exercises, core work, and various pressing movements with a barbell.

- Insert one end of an Olympic barbell into the landmine sleeve.
- Ensure the landmine attachment is securely fastened to the power cage.

5.5 Counterweight Racks

Use the integrated counterweight racks to store your weight plates, keeping your workout area tidy and safe.

- Place weight plates onto the racks. Use clamps to secure them if necessary.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your JELENS S11 Power Cage.

- **Daily:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust.
- **Weekly:** Inspect all bolts, nuts, and connections for tightness. Retighten as needed.
- **Monthly:** Check cables and pulleys for any signs of fraying, wear, or damage. Ensure smooth operation of the pulley system. Lubricate moving parts if necessary with a silicone-based lubricant.
- **Annually:** Perform a thorough inspection of the entire frame for any structural damage or rust. The steel pipe surfaces are polished by high-speed sandblasting for rust resistance, but proper care is still recommended.

7. TROUBLESHOOTING

Here are solutions to common issues you might encounter:

- **Noise from Pulley System:** Ensure cables are properly routed through all pulleys. Check for any obstructions. Apply a small amount of silicone lubricant to the pulley axles if noise persists.
- **Missing Parts Upon Delivery:** The power cage is shipped in two boxes. If you believe parts are missing, first verify both boxes have arrived. If parts are still missing, contact JELENS customer support with your order details.
- **Difficulty Assembling:** Refer to the detailed installation instructions in the included manual. Ensure all components are oriented correctly. Do not force parts together. If issues persist, contact customer support.

8. SPECIFICATIONS

Brand	JELENS
Model	S11 Power Cage
Material	Alloy Steel
Color	Black
Product Dimensions (L x W x H)	57.48" x 44.49" x 82.6"
Weight Capacity	2000 LBS
Included Components	Power cage, user manual, various attachments (lat pull-down bar, cable bar, T-bar, pull down bar, J-hooks, safety rod, 360° landmine, counterweight racks with clamps)

9. WARRANTY

JELENS provides a **1-year warranty** for the S11 Power Cage. This warranty covers manufacturing defects and ensures replacement of any necessary parts within one year of purchase. Please retain your proof of purchase for

warranty claims.

10. SUPPORT

Our professional after-sales team is available to assist you with any questions or concerns regarding your JELENS S11 Power Cage. We are committed to providing specific solutions based on your needs.

- For assistance, please refer to the contact information provided in your purchase documentation or visit the official JELENS website.
- If you encounter any issues or require replacement parts, our team will provide support and arrange for replacements if covered under warranty.

Official Product Video:

Your browser does not support the video tag.

Video: An official product video from JELENS demonstrating the features, assembly, and various exercises possible with the S11 Power Cage. This video provides a visual guide to help users understand the product's capabilities and setup.

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