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## Sportsroyals Power Cage 1600lbs Power Rack with Adjustable Cable Crossover

# Sportsroyals Power Cage 1600lbs Power Rack with Adjustable Cable Crossover Instruction Manual

## 1. IMPORTANT SAFETY INFORMATION

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Before assembling or using the Sportsroyals Power Cage, please read and understand all instructions and warnings. Failure to follow these instructions may result in serious injury or property damage. Keep this manual for future reference.

- **Consult a Physician:** Before starting any exercise program, consult with a physician to ensure you are in good health.
- **Assembly:** Assemble the power cage on a flat, stable surface. Ensure all bolts, nuts, and washers are securely tightened before use. Two or more people are recommended for assembly.
- **Inspection:** Regularly inspect the power cage for loose parts, wear, or damage. Do not use the equipment if any components are damaged or missing.
- **Weight Capacity:** Do not exceed the maximum weight capacities: 4000 lbs for the cage structure, 1800 lbs for the solid safety bar, 1000 lbs for J-hooks, and 1200 lbs for safety arms.
- **Clearance:** Maintain adequate clearance around the power cage during use to prevent accidents.
- **Children and Pets:** Keep children and pets away from the equipment during operation.
- **Proper Use:** Use the equipment only for its intended purpose as described in this manual. Do not modify the equipment.
- **Spotter:** When lifting heavy weights, always use a spotter or the safety features of the power cage.

## 2. PRODUCT OVERVIEW

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The Sportsroyals Power Cage is a versatile fitness solution designed for comprehensive strength training. It features a robust frame, an adjustable cable crossover system, and various attachments to support a wide range of exercises.

# PACKAGE LIST



## PRO POWER CAGE

- Weight Capacity: 4000 LBS
- 20 Variable Height Position
- Cable Crossover System

3  
Boxs



## 7FT OLYMPIC BARBELL

- Free 2 Barbell Clamps
- Weight Capacity: 1600 lbs
- Length : 7FT

1  
Boxs



## 140 LBS COLOR WEIGHT PLATES

- 10LBS \* 2 ---1 BOX total
- 25LBS \* 2 ---1 BOX total
- 35LBS \* 2 ---2 BOX total

4  
Boxs

# TOTAL BOXES: 8

*Image: Sportsroyals Power Cage with included attachments.*

### Key Features:

- **High Weight Capacity:** The main cage structure supports up to 4000 lbs.
- **Adjustable Cable Crossover System:** Features 20 variable height positions for diverse exercises.
- **Multi-Function Design:** Supports squats, bench presses, pull-ups, dips, cable exercises, and more.
- **Enhanced Safety:** Includes a solid safety bar (1800 lbs capacity), J-hooks (1000 lbs capacity), and safety arms (1200 lbs capacity).
- **Durable Construction:** Built with 4x8cm square frame and 2mm thickened pipe for stability.
- **Smooth Operation:** Cable system utilizes chrome plating rods, precision bearings, and upgraded PU cables for smooth movement.

### 3. PACKAGE CONTENTS

Please verify that all components are present and undamaged before beginning assembly. The package typically includes the following items, distributed across multiple boxes:

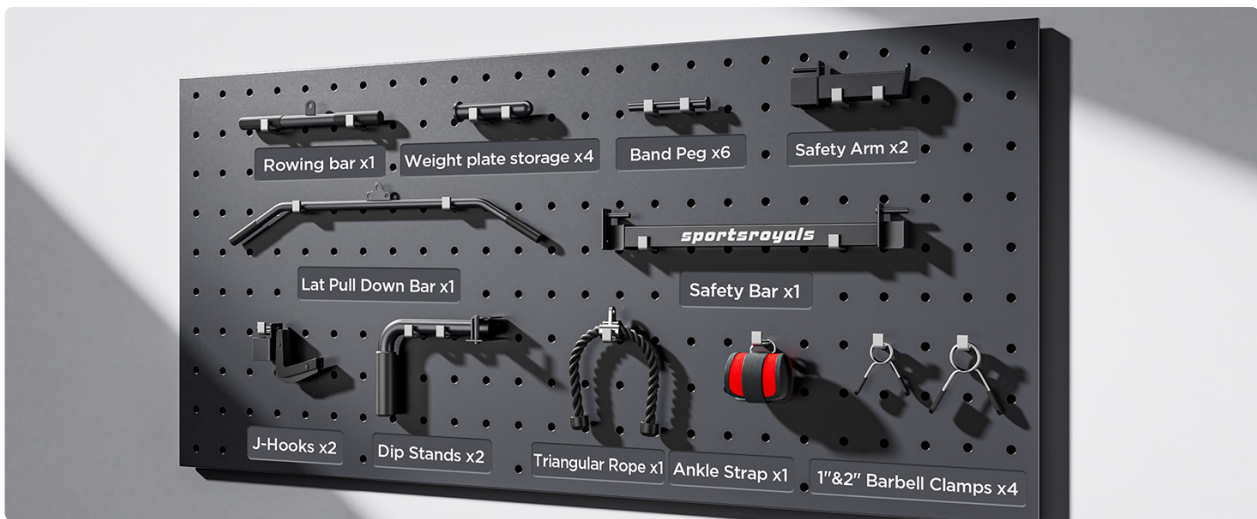


Image: A visual representation of the various attachments and components included with the power cage.

- **Pro Power Cage Components:** Main frame, uprights, crossbars, pull-up bar, cable crossover system parts. (Typically 3 boxes)
- **7FT Olympic Barbell:** Includes 2 barbell clamps. (Typically 1 box)
- **140 LBS Color Weight Plates:** Consisting of 2x 10lbs, 2x 25lbs, and 2x 35lbs plates. (Typically 4 boxes)
- **Attachments:** Rowing bar (x1), Weight plate storage (x4), Band Pegs (x6), Safety Arms (x2), Lat Pull Down Bar (x1), Safety Bar (x1), J-Hooks (x2), Dip Stands (x2), Triangular Rope (x1), Ankle Strap (x1), 1" & 2" Barbell Clamps (x4).
- **Hardware:** All necessary bolts, nuts, and washers, often pre-sorted and labeled.
- **Instruction Manual:** Printed assembly guide.

Note: The total package typically arrives in 8 boxes. Components may arrive separately.

## 4. SETUP AND ASSEMBLY

Assembly of the Sportsroyals Power Cage requires careful attention to detail. It is highly recommended to have at least two people for the assembly process.



Image: Two individuals assembling the power cage, highlighting the easy-to-follow guides and pre-sorted parts.

### Assembly Steps:

1. **Unpack and Organize:** Carefully unpack all boxes and lay out the components. Refer to the package contents list to ensure all parts are present. The hardware is typically pre-sorted and labeled for convenience.
2. **Review Instructions:** Read the entire instruction manual thoroughly before starting. Pay close attention to diagrams and safety warnings.
3. **Frame Assembly:** Begin by assembling the main frame components. Do not fully tighten bolts until instructed, as this allows for easier alignment.
4. **Cable System Installation:** Follow the detailed instructions for installing the cable crossover system, ensuring all pulleys and cables are correctly routed and secured.
5. **Attachment Installation:** Install the pull-up bar, J-hooks, safety arms, and other attachments as per the manual.
6. **Final Tightening:** Once all components are assembled and aligned, systematically tighten all bolts and nuts. Do not overtighten, as this can warp metal components. Ensure all connections are secure.
7. **Stability Check:** After assembly, gently shake the power cage to ensure it is stable and all connections are firm.

An HD installation video may be available from the manufacturer to assist with the assembly process. Refer to the product page or manufacturer's website for video resources.

## 5. OPERATING INSTRUCTIONS

The Sportsroyals Power Cage offers a wide array of exercise possibilities. Always ensure proper form and adjust the equipment to your body and exercise requirements.

### Using the Cable Crossover System:

- **Adjusting Height:** The cable pulleys can be adjusted to 20 different height positions. To adjust, pull the pin, slide the pulley carriage to the desired height, and release the pin, ensuring it fully engages in the hole.
- **Attaching Handles:** Securely attach the desired handles (e.g., D-handles, ankle straps, rope) to the carabiners on the cable ends.
- **Weight Selection:** Load weight plates onto the weight plate sleeves of the cable system. Ensure plates are balanced and secured with collars.



Image: Examples of Cable Crossover and Lat Pulldown exercises.

## Using J-Hooks and Safety Arms:

- **Adjustment:** J-hooks and safety arms can be inserted into the uprights at various heights. Ensure both sides are at the same height and fully seated before loading weight.
- **Safety:** Always use the safety arms when performing exercises like squats or bench presses, especially when training alone. Set them slightly below your lowest point of movement.



Image: Proper use of J-hooks and safety arms for barbell exercises.

## Other Exercises:

- **Pull-ups:** Use the multi-grip pull-up bar at the top of the cage.
- **Dips:** Attach the dip stands to the uprights at a comfortable height.
- **Landmine:** Insert a barbell into the 360-degree landmine attachment for rotational exercises.
- **Seated Rowing:** Utilize the low pulley system with the rowing bar and foot pedals.



Image: Examples of Dip Stand and Pull Up exercises.

## 6. MAINTENANCE

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

- **Daily Cleaning:** Wipe down the frame and attachments with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.

- **Weekly Inspection:** Check all bolts, nuts, and connections for tightness. Retighten any loose fasteners.
- **Cable and Pulley Check:** Inspect cables for fraying, kinks, or wear. Ensure pulleys rotate freely and are not obstructed. Lubricate moving parts of the cable system if you notice increased friction or resistance.
- **Attachment Condition:** Examine J-hooks, safety arms, and other attachments for any signs of damage or deformation. Replace worn or damaged parts immediately.
- **Storage:** Store the power cage in a dry, climate-controlled environment to prevent rust and material degradation.

## 7. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Equipment feels unstable or wobbly	Loose bolts or uneven assembly.	Check and tighten all bolts and nuts. Ensure the power cage is on a level surface.
Cable system is not smooth or has resistance	Cables are not properly routed, pulleys are stiff, or lack lubrication.	Verify cable routing according to the assembly manual. Inspect pulleys for obstructions or damage. Apply a silicone-based lubricant to the chrome plating rods and pulley axles.
Missing parts upon delivery	Shipping error or multiple box delivery.	Confirm all boxes have arrived (total of 8 boxes for the full package). Contact Sportsroyals customer support with your order details.
Attachments (J-hooks, safety arms) do not fit properly	Incorrect orientation or manufacturing defect.	Ensure attachments are oriented correctly. If the issue persists, contact customer support.

If you encounter a problem not listed here or require further assistance, please contact Sportsroyals customer support.

## 8. SPECIFICATIONS

Detailed specifications for the Sportsroyals Power Cage 1600lbs Power Rack:

- **Brand:** Sportsroyals
- **Model:** Power Cage 1600lbs Power Rack with Adjustable Cable Crossover
- **Overall Dimensions (Approximate):**
  - Height: 83.6 inches
  - Width: 61.8 inches
  - Length: 67.9 inches
- **Frame Material:** 4x8cm Square Steel Frame, 2mm Thickened Pipe
- **Weight Capacity:**
  - Power Cage Structure: 4000 lbs

- Solid Safety Bar: 1800 lbs
- J-Hooks: 1000 lbs
- Safety Arms: 1200 lbs
- **Cable System:** Adjustable with 20 height positions, features chrome plating rods, precision bearings, and upgraded PU cables.
- **Included Attachments:** J-Hooks, Safety Arms, Dip Stands, Lat Pull Down Bar, Rowing Bar, Band Pegs, Weight Plate Storage, Triangular Rope, Ankle Strap, Barbell Clamps.

## Compact but A Full Gym



Image: Dimensions of the Sportsroyals Power Cage.

## 9. WARRANTY AND SUPPORT

Sportsroyals is committed to providing reliable products and excellent customer service.



Image: Sportsroyals customer support representative.

### Customer Support:

If you have any questions, concerns, or require assistance with your Sportsroyals Power Cage, please do not hesitate to contact our customer support team. We aim to provide a satisfactory solution and reply within 24 hours.

- **Contact Information:** Refer to your purchase documentation or the official Sportsroyals website for the most current contact details.

- **Online Resources:** Visit the Sportsroyals Store for additional product information, FAQs, and support.

Please have your product model number (Power Cage 1600lbs Power Rack with Adjustable Cable Crossover) and purchase date ready when contacting support to expedite assistance.