SPORTNOW A91-465V01BK

SPORTNOW Smith Machine Fitness Power Cage User Manual

Model: A91-465V01BK

1. Introduction

Thank you for choosing the SPORTNOW Smith Machine Fitness Power Cage. This multi-functional fitness equipment is designed to provide a comprehensive full-body workout experience in a home gym setting. It integrates a guided Smith machine, a power rack, and an adjustable dual pulley system, allowing for a wide range of strength, control, and progression exercises. Please read this manual thoroughly before assembly and use to ensure safe operation and optimal performance.

2. Safety Information

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

- Consult a physician before starting any exercise program.
- Always inspect the equipment for loose parts, damage, or wear before each use. Do not use if damaged.
- Ensure all bolts, nuts, and connections are securely tightened before and during use.
- Maintain a clear area of at least 2 feet (60 cm) around the equipment during use.
- Use proper form and controlled movements during exercises.
- Do not exceed the maximum weight capacities:
  - **Maximum Structural Load:** 900 kg (1984 lbs)
  - **Maximum User Load:** 120 kg (264 lbs)
  - **Smith Bar Maximum Load:** 150 kg (330 lbs)
  - **Maximum Pulley System Load:** 120 kg (60 kg per side)
  - **Maximum Disc Support Load:** 300 kg (661 lbs) in total
- Keep children and pets away from the equipment during operation.
- Always use the safety stops when performing exercises with the Smith machine, especially when training alone.

- Wear appropriate athletic footwear and clothing.

3. Package Contents

Carefully unpack all components and verify that all items listed below are present. If any parts are missing or damaged, do not proceed with assembly and contact customer support.

- 1 x Power Cage Frame
- 1 x Pull Up Bar
- 1 x Long Pull Bar
- 1 x Short Pull Bar
- 1 x W-shaped Bar
- 1 x Pull Rope
- 1 x Rotating Landmine Base
- 8 x Clamps
- 1 x Instruction Manual (this document)



Figure 3.1: The SPORTNOW Smith Machine Fitness Power Cage in use, demonstrating a squat exercise. This image illustrates the overall design and functionality of the equipment.

4. Assembly Instructions

Assembly of the SPORTNOW Smith Machine Fitness Power Cage is required. It is recommended that two adults assemble this equipment. Please follow the detailed assembly instructions provided in the separate assembly guide included with your package. Ensure you have all necessary tools before beginning.

- Unpack all components and lay them out in an organized manner.
- Identify each part using the provided parts list and diagrams.
- Follow the step-by-step instructions carefully, ensuring all fasteners are tightened appropriately.
- Do not fully tighten all bolts until instructed, as some flexibility may be needed during initial assembly steps.
- Once assembled, double-check all connections for security and stability before first use.



Figure 4.1: An overview of the diverse exercises that can be performed using the multi-functional power cage, highlighting its versatility for a full-body workout.

5. Operating Instructions

5.1. Smith Machine Operation

The guided Smith bar provides a controlled and safe environment for exercises like squats, bench presses, and shoulder presses. The bar moves vertically along fixed rails, reducing the need for a spotter. Always engage the safety stops at an appropriate height to prevent injury in case of muscle failure.

- To unlock the bar, rotate it slightly to disengage from the safety hooks.
- To re-rack the bar, lift it slightly and rotate it back into the safety hooks.
- Adjust the safety stops to a height that prevents the bar from descending too low during your exercise.



Figure 5.1: Visual representation of the equipment's robust capacity, indicating maximum loads for the structure, Smith bar, and user weight.

5.2. Adjustable Pulley System

The dual pulley system allows for a wide range of functional and isolation exercises. Each pulley operates independently and can be adjusted to 19 different height levels (approximately 33-170 cm from the floor) to target various muscle groups effectively.

- To adjust pulley height, pull the adjustment pin, slide the pulley carriage to the desired position, and release the pin to lock it securely.
- Attach desired handles or accessories (e.g., long pull bar, short pull bar, W-shaped bar, pull rope) to the carabiner on the cable end.
- Ensure weight plates are securely loaded onto the weight plate holders. The system is compatible with both Ø25 mm and Ø50 mm discs.



Figure 5.2: A display of the comprehensive attachments provided, enhancing the versatility of the power cage for different exercises.



Figure 5.3: This image highlights the adjustable nature of the pulley system, showing a user engaged in a seated row and the height adjustment mechanism.

5.3. Pull-Up Bar and Dip Station

The integrated pull-up bar allows for various grip positions to target different back and arm muscles. The dip station provides an effective way to train triceps and chest. Ensure the equipment is stable before performing these bodyweight exercises.

5.4. Landmine Base

The rotating landmine base allows for dynamic rotational exercises, core training, and various pressing movements when used with an Olympic bar (not included). Insert one end of an Olympic bar into the sleeve of the landmine base.

6. Maintenance

Regular maintenance ensures the longevity and safe operation of your SPORTNOW Smith Machine Fitness Power Cage.

- **Daily:** Wipe down the equipment with a damp cloth after each use to remove sweat and dirt.
- **Weekly:** Inspect all cables, pulleys, and moving parts for signs of wear or damage. Check that all bolts and nuts are tight.
- **Monthly:** Lubricate any moving parts (e.g., pulley axles, Smith machine guide rods) with a silicone-based lubricant if they show signs of friction or noise.
- Replace any worn or damaged parts immediately. Do not use the equipment until repairs are made.

7. Troubleshooting

If you encounter any issues with your equipment, refer to the following common troubleshooting tips:

- **Unusual Noises (Squeaking/Grinding):** Check for loose bolts or nuts. Lubricate moving parts, especially pulleys and guide rods, with a suitable lubricant.
- **Cable Tension Issues:** Ensure cables are properly routed through all pulleys. If a cable feels too tense or slack, inspect for any obstructions or incorrect assembly. Adjustments may be needed if the cable was not installed correctly.
- **Instability/Wobbling:** Verify that the equipment is placed on a flat, level surface. Re-tighten all assembly bolts and nuts.
- **Difficulty Adjusting Pulleys/Safety Stops:** Ensure the adjustment pins are fully engaged and not bent. Clean any debris from the adjustment holes.

If problems persist, contact customer support for assistance.

8. Specifications

Feature	Specification
Model Number	A91-465V01BK
Color	Black with Red Accents
Material	Alloy Steel
Overall Dimensions (L x W x H)	168 cm x 128 cm x 215 cm (66.14"D x 50.39"W x 84.65"H)
Tube Section	50 x 50 mm
Steel Thickness	1.5 mm
Adjustable Height (Pulleys/Brackets)	Approx. 33 - 170 cm
Maximum Structural Load	900 kg (1984 lbs)
Maximum User Load	120 kg (264 lbs)
Smith Bar Maximum Load	150 kg (330 lbs)

Maximum Pulley System Load		Maximum Disc Support Load	300 kg (661 lbs) total
Disc Compatibility	Ø25 mm and Ø50 mm		
Item Weight	80 kg (176 lbs)		
Minimum Space Required	2.2 m²		
Standards Compliance	EN20957-1-2		



Figure 8.1: Detailed dimensions of the assembled power cage, providing essential measurements for placement and space planning.



Figure 8.2: Illustration of the compact footprint of the equipment, showing that it requires a minimum of 2.2 square meters of floor space for operation.

9. Warranty and Support

For warranty information, product support, or to order replacement parts, please refer to the documentation provided at the time of purchase or contact SPORTNOW customer service. Keep your purchase receipt as proof of purchase.
Customer Support: Refer to the contact information provided with your product or visit the official SPORTNOW website for assistance.



Figure 9.1: A user demonstrating a bench press exercise with the Smith machine, showcasing its utility for controlled upper body strength training.

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Model number, symptoms, what you tried, or the section of the manual you are using.

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