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GarveeLife 1

GarveeLife Power Cage: 2000LB Power Rack Instruction Manual

Model: 1

Introduction

Thank you for choosing the GarveeLife Power Cage. This multi-functional home gym workout machine is designed to provide a comprehensive strength training experience with its 2000LB capacity, dual independent pulley system, squat rack, adjustable cable crossover, and various integrated workout stations. This manual provides essential information for safe assembly, operation, maintenance, and troubleshooting to ensure optimal performance and longevity of your equipment.



Image: The GarveeLife Power Cage, illustrating its versatility for full-body muscle workouts targeting chest, abdomen, shoulders, waist, back, arms, and legs.

Safety Information

- Read all instructions carefully before assembly and use.
- Consult a physician before starting any exercise program.
- Ensure all bolts, nuts, and connections are securely tightened before each use.
- Do not exceed the maximum weight capacity of 2000 lbs for the entire machine, or 300 lbs per single pulley weight holder.
- Keep children and pets away from the equipment during operation.
- Use the equipment on a flat, stable surface.
- Wear appropriate athletic footwear and clothing.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.

Package Contents

Verify that all components are present before beginning assembly. The package includes:

- Power Cage frame components
- Cable crossover system
- Lat pulldown bars
- Landmine handle
- Tricep rope
- Ankle strap
- Clips and hooks (8 pieces)
- Storage board
- Assembly hardware (bolts, washers, locknuts)
- Instruction manual



Image: A visual representation of the GarveeLife Power Cage and its comprehensive list of included accessories for a complete workout experience.

Setup and Assembly

Assembly of the GarveeLife Power Cage requires careful attention to detail. It is recommended to have at least two people for assembly. Follow the step-by-step instructions provided in the included physical manual. Ensure all parts are correctly oriented and securely fastened. The frame features 2 in x 2 in steel tubing for stability.

The design includes 20 height settings with digital markers for precise and quick adjustments of J-hooks and safety catches. Use the provided tools, or a power drill with appropriate sockets, to expedite the process.

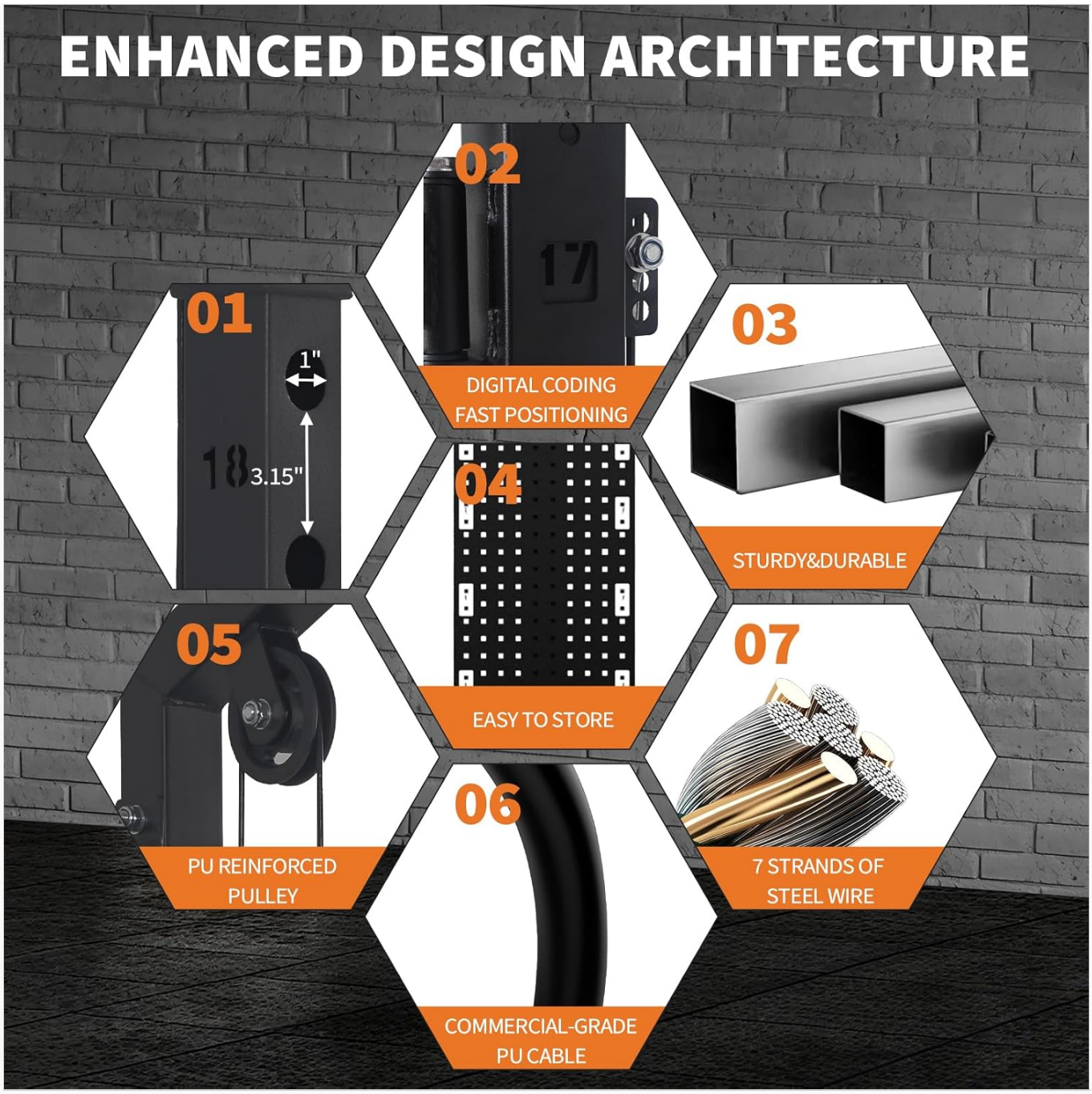

Image: Detailed view of the power cage's enhanced design architecture, showcasing its robust construction and user-friendly features for adjustment and durability.

Operating Instructions

The GarveeLife Power Cage offers a variety of workout stations. Familiarize yourself with each component before use.

Squat Rack & Bench Press

Utilize the adjustable J-hooks and safety catches for squats and bench presses. Adjust the height to your preference using the digital markers on the uprights. The J-hooks have a capacity of 400 lbs, and safety catches also support 400 lbs.



Image: The power cage demonstrating its 2000 LB maximum capacity, highlighting the weight plate storage, J-hooks, and safety catches for free weight exercises.

Dual Independent Pulley System & Cable Crossover

The dual independent pulley system features a 1:1 ratio, providing true weight resistance. This system is ideal for drop sets, supersets, and co-training. Attach the cable crossover handles for exercises targeting various muscle groups.



Image: Illustration of the independent dual pulley system, demonstrating its 1:1 ratio and suitability for varied training methods like drop sets.

Dip and Pull-up Stations

The power cage includes a multi-grip pull-up bar and a dip station with two grip options (22.67" and 28.97" widths) to accommodate different user heights and comfort levels.



Image: Close-up of the two-grip dip bar, highlighting its adjustable widths for user comfort and exercise variation.

Landmine Handle

Attach the landmine handle to the designated pivot point for rotational exercises, rows, and presses.

Video Demonstrations

▶ **Watch video online**
Power Cage 2000LB Power Rack

Video: An overview of the GarveeLife Power Cage, demonstrating its features and various exercises possible with the 2000LB power rack. (Source: GarveeLife)

▶ **Watch video online**
GarveeLife Power Cage with Dual Independent Pulley System

Video: A demonstration of the GarveeLife Power Cage's dual independent pulley system and its functionality for various cable exercises. (Source: Essencelife)

Maintenance

- Regularly inspect all nuts, bolts, and moving parts for tightness and wear. Tighten as necessary.
- Check cables and pulleys for any signs of fraying or damage. Replace worn parts immediately.
- Clean the equipment with a damp cloth and mild detergent. Avoid abrasive cleaners.
- Lubricate moving parts, such as pulley axles, periodically to ensure smooth operation.
- Store the equipment in a dry environment to prevent rust.

Troubleshooting

Squeaking or Grinding Noises:

Check all connections for tightness. Lubricate pulleys and other moving parts with a silicone-based lubricant.

Uneven Cable Movement:

Inspect cables for proper routing through all pulleys. Ensure no cables are twisted or caught. Check for any obstructions in the pulley path.

Instability of the Rack:

Verify that the power cage is assembled on a level surface. Re-tighten all frame bolts and nuts. Ensure the floor is capable of supporting the equipment and user weight.

Specifications

Feature	Detail
Brand	GarveeLife
Model Number	1
Color	Dark Black
Material	Alloy Steel
Item Weight	142 pounds
Product Dimensions (D x W x H)	58.6"D x 66"W x 83"H
Maximum Weight Recommendation	2000 pounds
Pulley System Ratio	1:1 (Dual Independent)
J-Hook Capacity	400 lbs
Safety Catch Capacity	400 lbs
Height Settings	20 (with digital markers)



Image: The GarveeLife Power Cage with its overall dimensions, illustrating its compact footprint for a full home gym setup.

Warranty and Support

The GarveeLife Power Cage comes with a**1-year warranty** from the date of purchase, covering manufacturing defects. For warranty claims, technical support, or replacement parts, please contact GarveeLife customer service through the retailer where the product was purchased or visit the official GarveeLife store online.

For additional support and product information, you may visit theGarveeLife Store.

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