

FLYBIRD

POWER CAGE

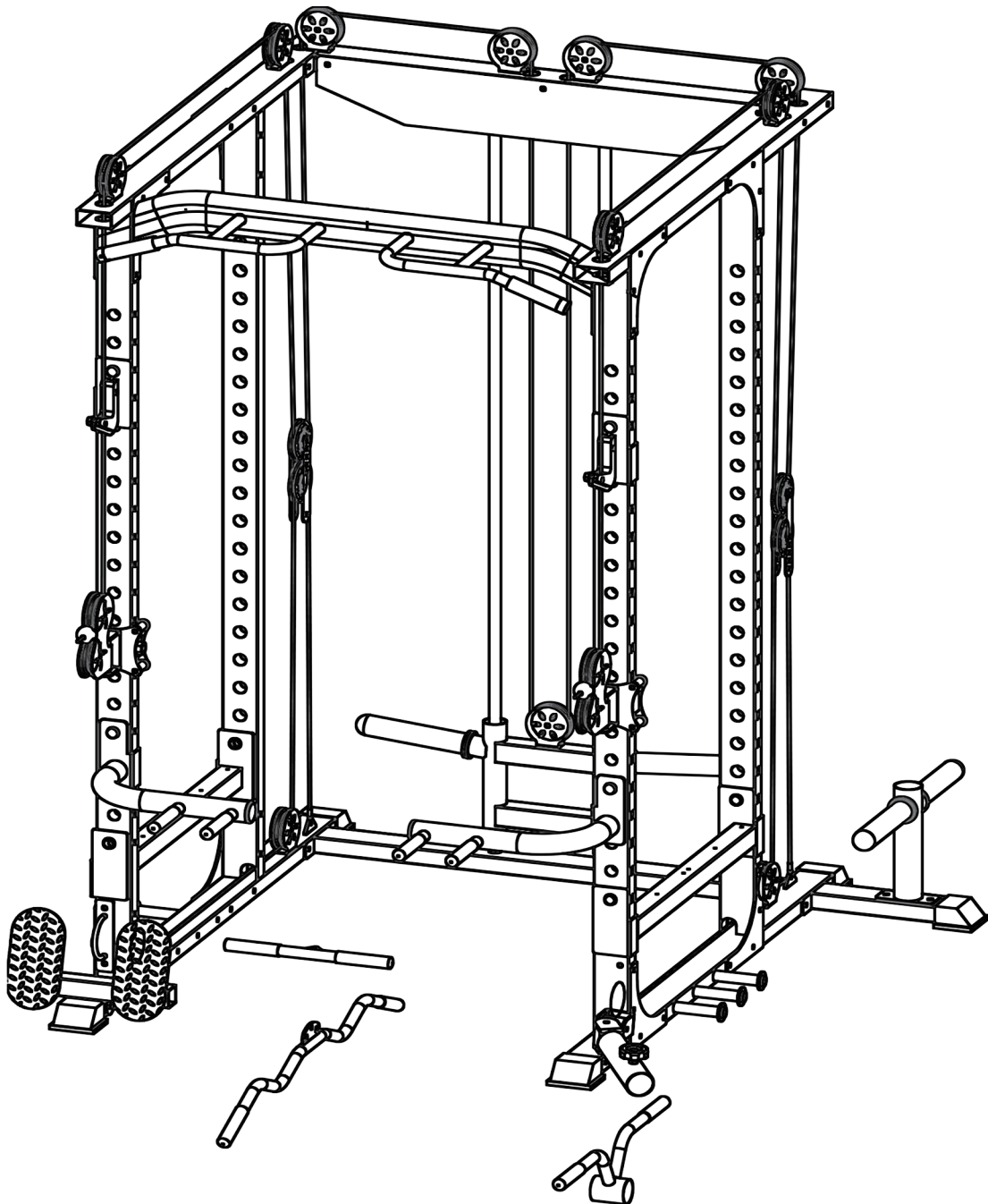




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I. IMPORTANT SAFETY INSTRUCTIONS

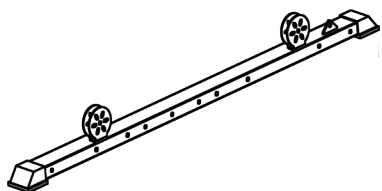


WARNING: Read all instructions before using this machine.

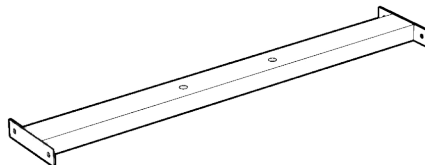
- Install the product on a flat level surface.
- Place your unit on a solid, level surface when in use.
- Never allow children on or near the machine.
- Keep hands away from all moving parts.
- Never drop or insert any object into any openings.
- Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.
- Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
- Only 1 person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- Do not use the machine near water or outdoors.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
- Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
- Do not place any sharp objects around the machine.
- Users with disabilities should not use the machine without a qualified person or physician in attendance.
- Never operate the machine if the machine is not functioning properly.
- A spotter is recommended during exercise.

II. PARTS LIST

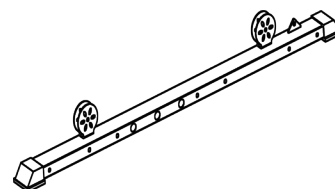
A1 Weld right side to ground
x1pc



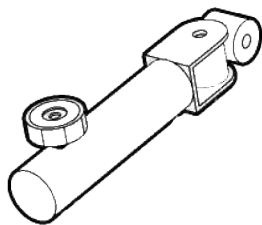
A2. Underframe (Rear) x 1pc.



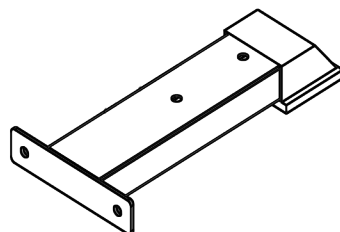
A3. Weld left side to ground
x 1pc.



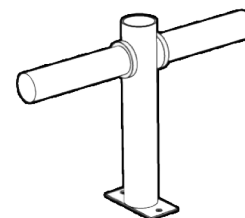
A4. Barbell Bar Sleeve Base
x 1pc.



A5. Weight Storage
Rack Base x 1 pc.



A6. Weight Storage Rack
x 1pc.



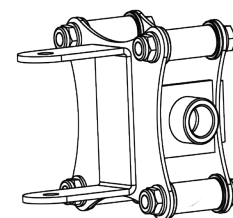
B1. Front Pillar x 2pcs.



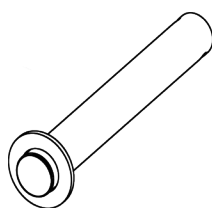
B2. Rear Pillar x 2pcs.



B3. Slide sleeve assembly
x2pcs



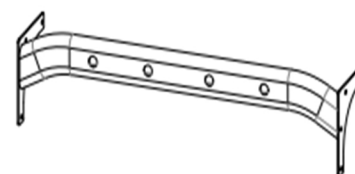
B4. Banded pipe x6pcs



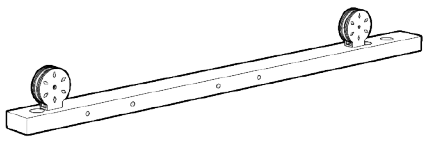
B5. Pulley Block x 1 pair



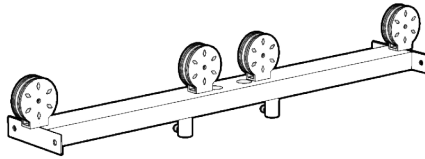
C1. Pull Up Frame x 1pc.



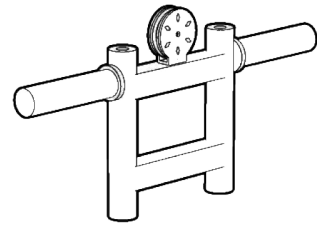
C2. Top Frame (Right/Left)
x 2pcs.



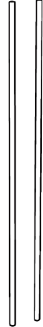
C3. Top Frame (Rear) x 1pc.



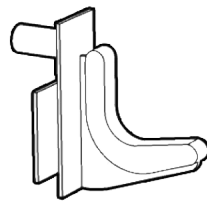
D1. Weight Frame x 1pc.



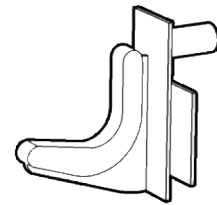
D2. Weight Frame Guide
Rod x 1 pair



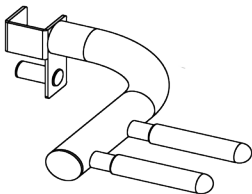
E1. Barbell Bar Hook Left
x 1pc.



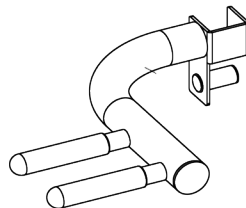
E2. Barbell Bar Hook Right
x 1pc.



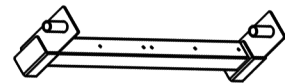
E3. Handlebar Left x 1pc.



E4. Handlebar Right x 1pc.



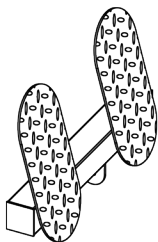
E5. Safety frame. - Left x1pc



E5a. Safety frame. - Right x1pc



E6. Pedals x 1pc.



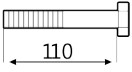
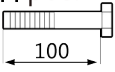

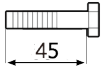




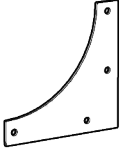

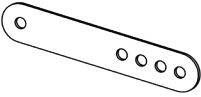
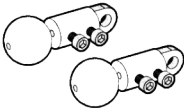

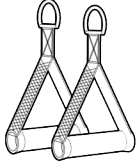




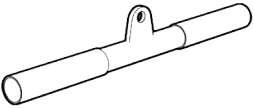

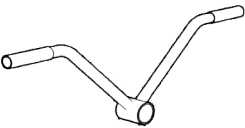
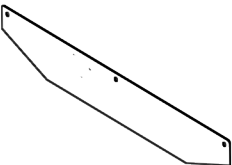
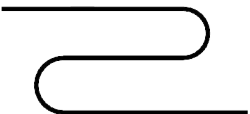
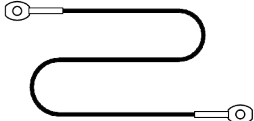
Left Primer



Right Primer



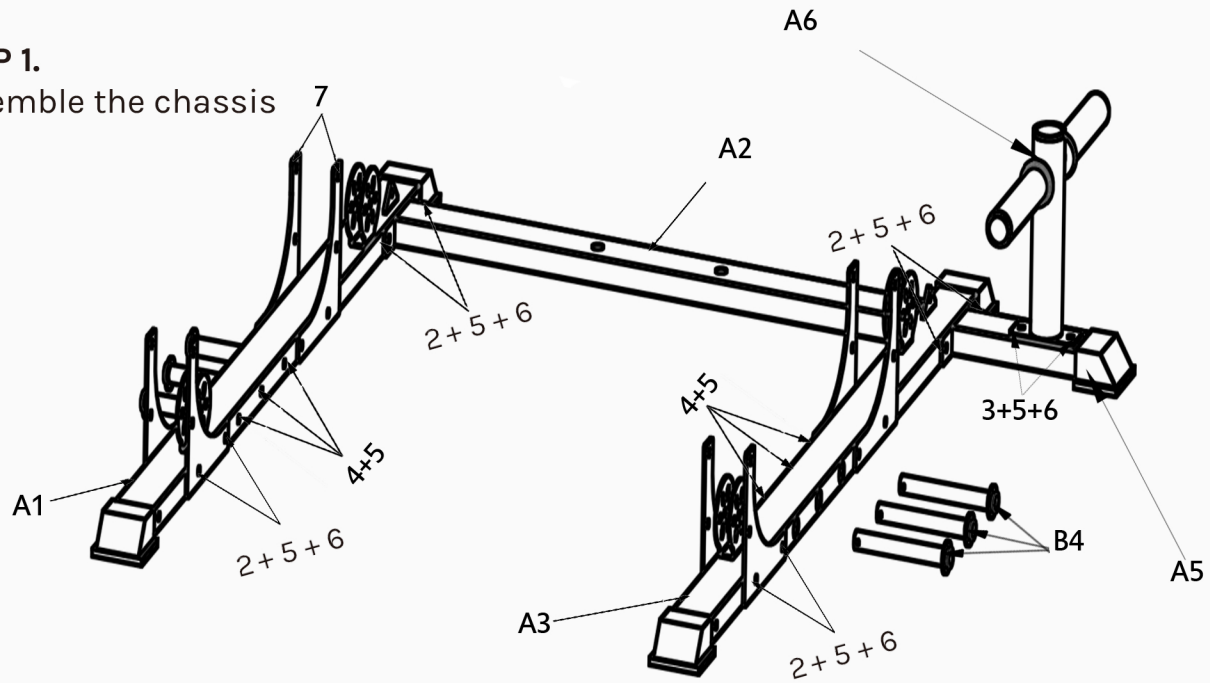
HARDWARE LIST

<p>1. Bolt (M10*110)x 2pcs.</p> 	<p>2. Bolt (M10*100) x 44 pcs.</p> 	<p>3. Bolt (M10*60) x 5 pcs.</p>	<p>4. Bolt (M10*20) x 12pcs.</p>
<p>1a. pulley x21pcs</p> 	<p>2a M10*45 x4pcs.</p> 		
<p>5. Washer (M10) x 120pcs.</p> 	<p>6. Locknut (M10) x 55pcs.</p> 	<p>7. Fixed Connecting Plate x 14pcs.</p> 	<p>8. Shock Pad x 2pcs.</p> 
<p>9. Adjusting TAB x 4pair</p> 	<p>10. Rope Lock + Stop Bead x 1 pair</p> 	<p>11. C type buckle x 2pcs</p> 	<p>12. Handlebar x 1 pair</p> 
<p>13. Weight Frame Circlip x 2pcs</p> 	<p>14.Thimble bracket x1pc</p> 	<p>15. Cable Handlebar Down x 1pc.</p>	<p>16. Cable Handlebar Up x 1pc.</p>
<p>13a.Safety Bar Circlip x 2pcs.</p> 	<p>14 a. U-seat of the barrel x1pc</p> 		
<p>17. V Bar x 1pc</p> 	<p>17. Decorative plate x 1pc</p> 	<p>ROPE A. (Long) x 1pc.</p> 	<p>ROPE B. (Short) x 2pcs.</p> 

III. ASSEMBLY INSTRUCTIONS

STEP 1.

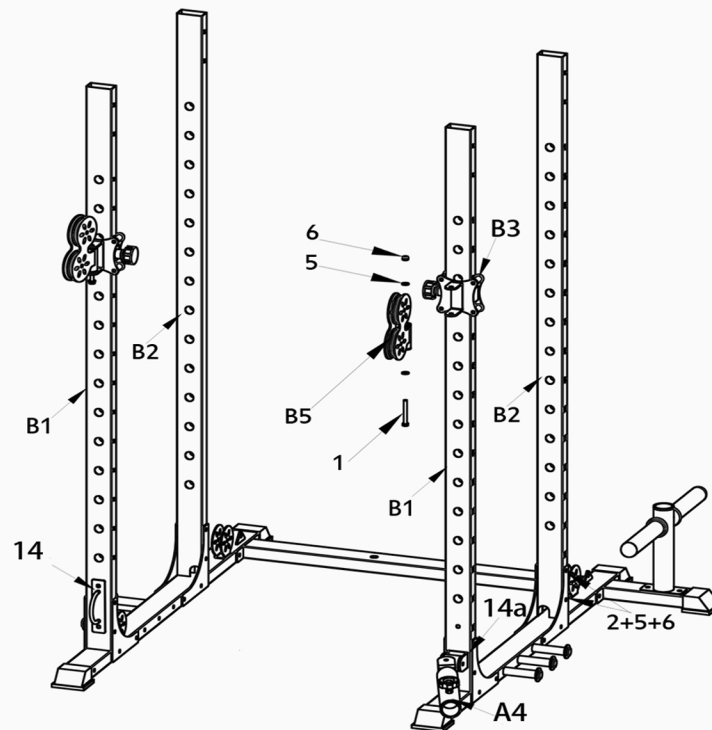
Assemble the chassis



1. Place 7 on both sides of A1 and A3; Fixed with 2+5+6.
2. Place A6 on A5 and secure it with 3+5+6.
3. Put the connected A5 and A6 on the A3 side, connect A1 and A3 with A2, and fix them with 2+5+6
4. Place B4 on both sides of A1 and A3 and secure with 4+5

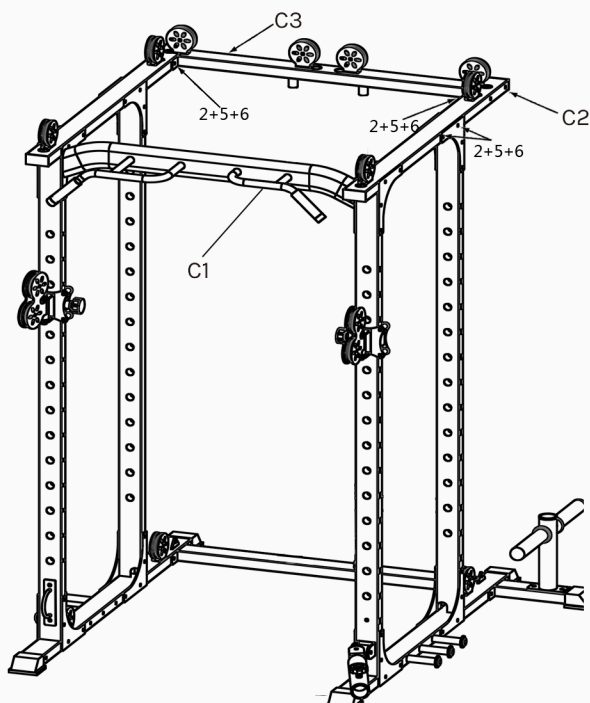
STEP 2.

Install the column



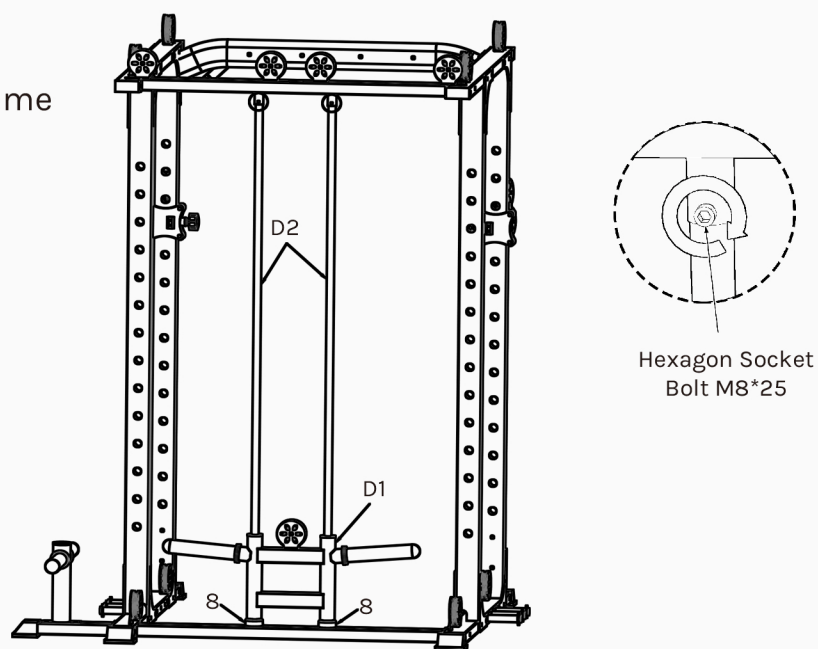
1. Place B1 and B2 in the middle of part 7, fix the holes with part 2+5+6
2. Install parts 14 and 14a on B1 respectively and fix them with parts 3+5+6, and then fix A4 on 14a
3. Install B5 on B3, fix it with parts 1.5+6, and insert the installed B3 into B1

STEP 3.
Install the top frame



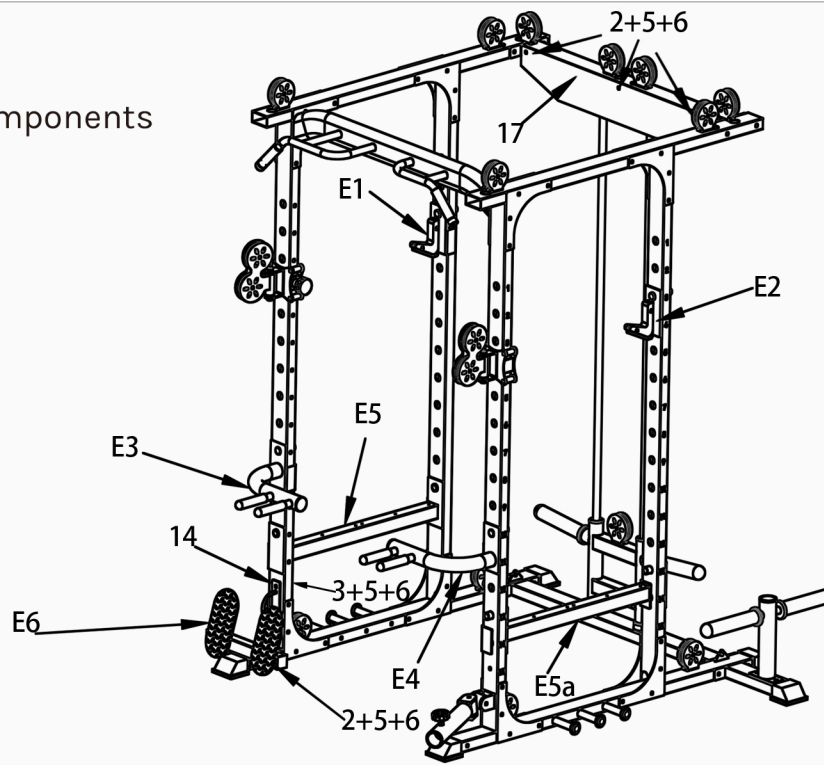
1. Connect C2 with the column with 7 and connect parts 2 + 5 + 6 and install C1 and C3 at the corresponding position as shown in the figure with parts 2 + 5 + 6.

STEP 4.
Install the counterweight frame



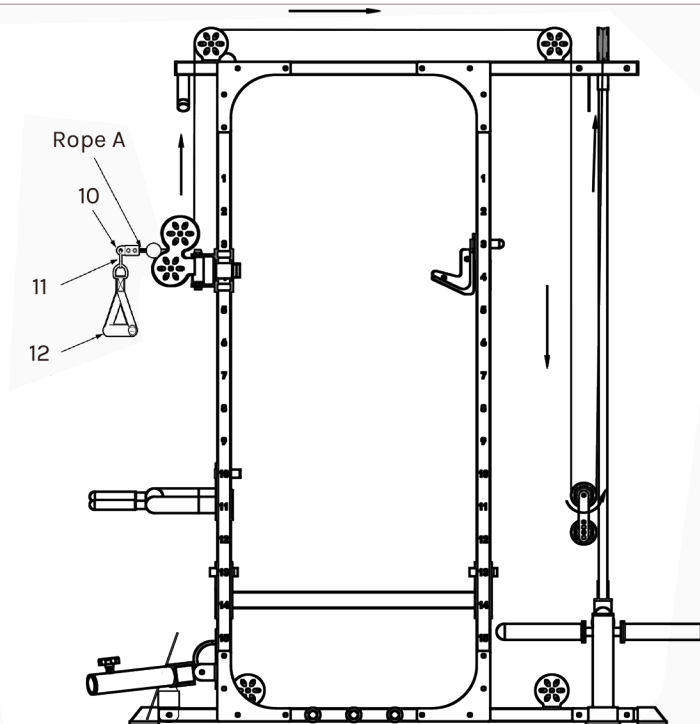
1. Insert D2 into the corresponding hole position of A2 through D1 and 8. Insert D2 upward into the corresponding hole position of C3 and fix it with hexagon socket bolts.

STEP 5.
Mountain components



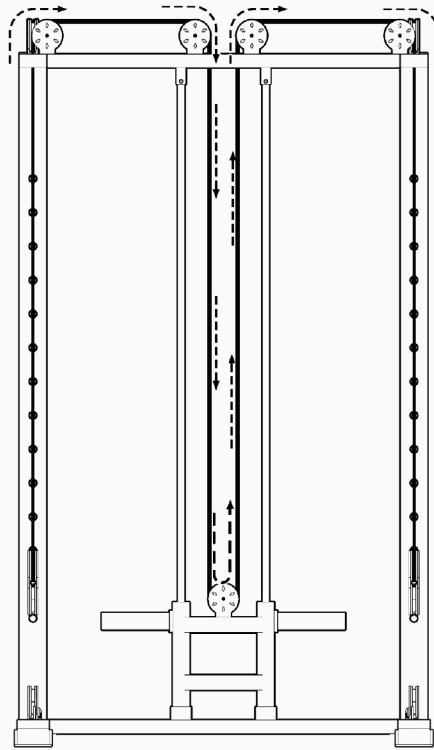
1. Put 17 on the C3 side and E6 on the A1 side, and fix it with 2+5+6; Fix 16 to B1 with 3+5+6.
2. Place the remaining parts in each hole position.

STEP 6.
Install rope groups A

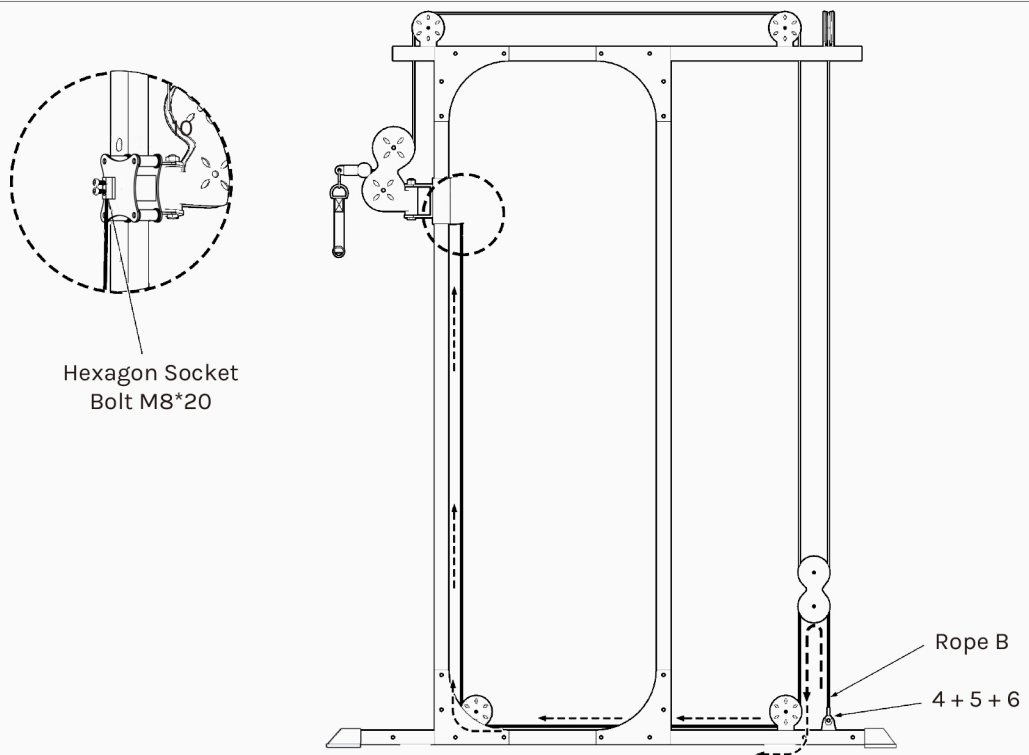


1. Put one end of rope A through the ball stop.
2. Insert the rope lock (10) and tighten the hexagon socket bolts.
3. Connect 10 and 12 with 11 and put the other end of Rope A through each pulley and pulley block in turn.
4. Insert another rope lock and connect 10 and 12 with 11.

STEP 6-2.
Rear view



STEP 7.
Install rope groups B



1. Use parts 4 + 5 + 6 to connect Rope B with the corresponding hole positions of A1 and A2 and pass the other end of Rope B through each pulley and pulley block in turn.
2. Fix the hole positions of B3 and B4 as shown in figure.

IV. EXERCISE GUIDE

! PLEASE NOTE:

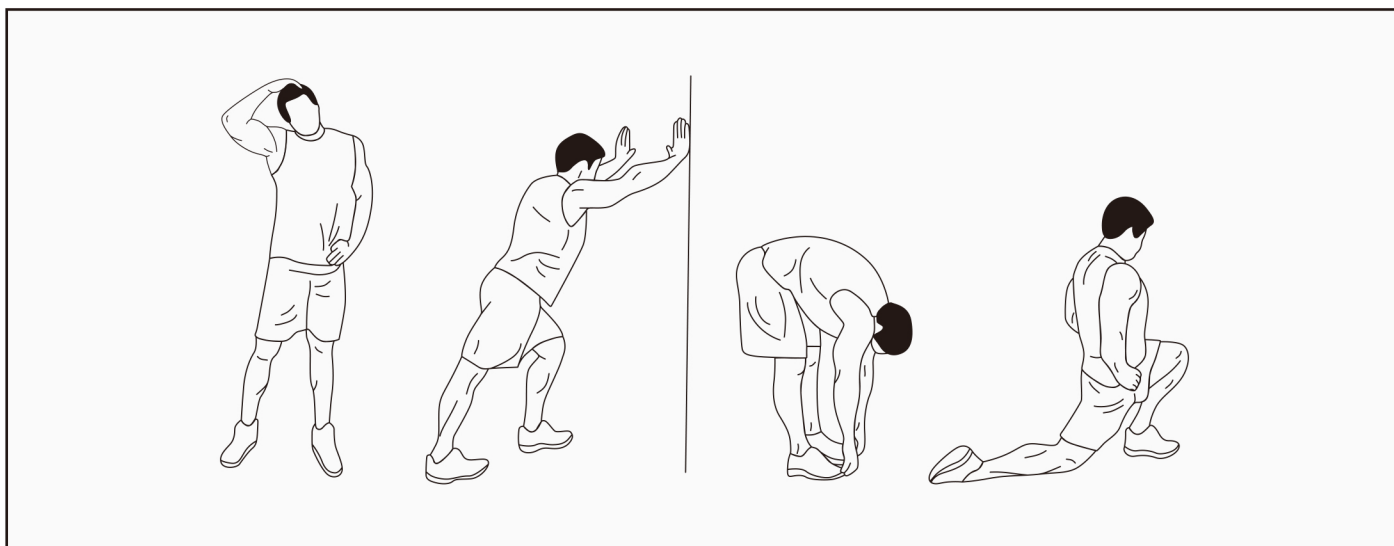
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

Exercise is a great way to control your weight, improve your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.



WARM UP

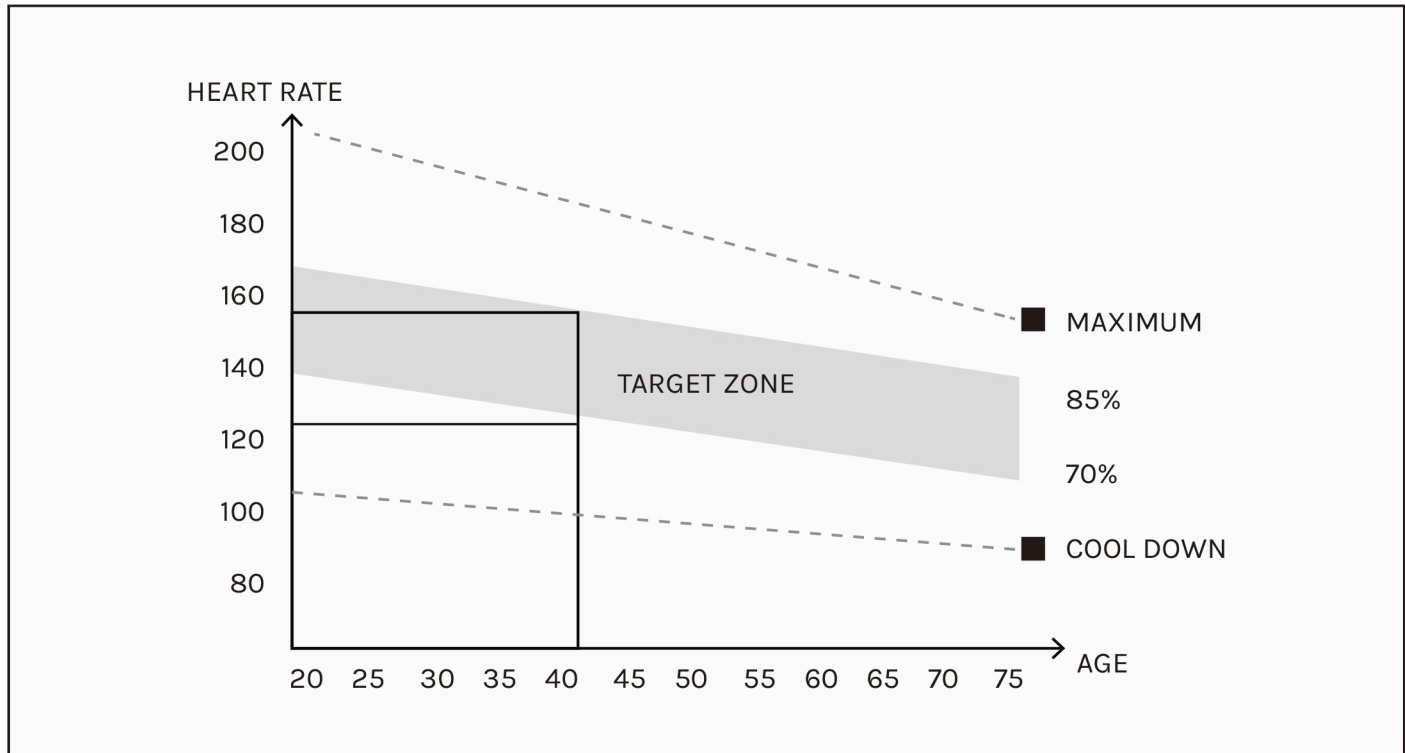
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

COOL DOWN

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

WORKOUT GUIDELINES



! This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

V. WARRANTY

We provide a 1-year warranty for this product. In this period, replacements for all accessories are freely provided.

If you need any support, please contact us via email: service@flybirdfitness.com.

Under Warranty	Not Under Warranty
<p>The following services are available for non-intentional damages within warranty:</p> <ul style="list-style-type: none">•Within 7 days from the date of purchase, the purchaser can choose for replacement or refund at the purchase price in the case of quality issues;•Within 30 days from the date of purchase, the purchaser can replace the product in the case of quality issues;•The warranty is one year;•The warranty shall not be altered or torn up. Please keep it properly, otherwise it will be regarded as invalid;•This card is only valid when issued by FLY-BIRD FITNESS authorized sellers.	<p>The following circumstances (but not limited to the following) are not covered by warranty:</p> <ul style="list-style-type: none">•Product damage caused by not following the instructions for use and maintenance on the manual.•The model or code of the product on the warranty certificate does not match the actual commodity.•Warranty has expired.•The warranty shall not be altered or torn up. Please keep it properly, otherwise it will be regarded as invalid;•This card is only valid when issued by FLYBIRD FITNESS authorized sellers.

Our customer service will get back to you within 24 hours.

In order to resolve your issue faster, please include the following information in your email when contacting us.

Order number _____

Product _____

Issue _____

Request _____

Address _____

Phone number _____