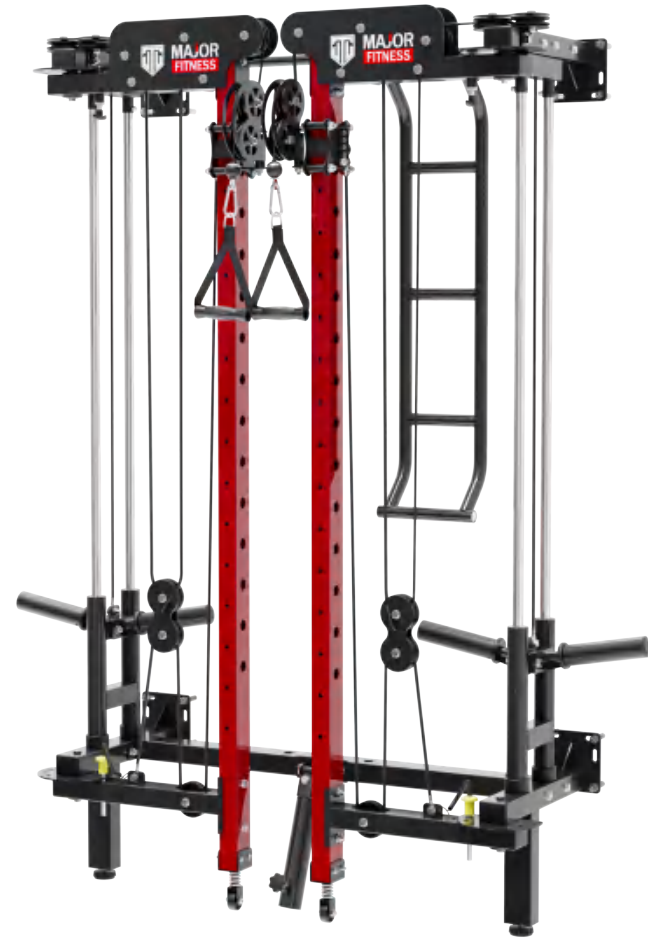




**MAJOR  
FITNESS**



The power cage includes three packages , please confirm before installation

# Lightning F35



Website:  
[major-lutie.com](http://major-lutie.com)

Email:  
[after-sale@major-lutie.com](mailto:after-sale@major-lutie.com)

Website: [major-lutie.com](http://major-lutie.com)  
After-sales service: [after-sale@major-lutie.com](mailto:after-sale@major-lutie.com)





## SERVICE

For the **best service**, please have the following information ready when requesting for service:

- **Buyer Full Name**
- **Order Number**
- **Part Number**
- **Part Picture**
- **Model Number**
- **Phone Number**

If you have any questions, receive a damaged part or need additional service support, please contact our customer service department via the following methods:

### **Please Email:**

after-sale@major-lutie.com

Response Time: 1-2 Business Days

Emailing us with the information above will be the best method to receive a response.

### **Toll-Free:**

**800-276-8577**

(9:00 AM - 4:00 PM EST, Monday - Friday)

### **Visit Website:**

major-lutie.com



## GUIDEILNES

Before using this equipment, it is strongly recommended that you consult your physician whether this fitness equipment is applicable to you. Please do not use this machine if you have the following conditions or diseases:

- **Heart Disorders**
- **Recent Stroke or Transient Ischemic Attack**
- **Extreme Obesity**
- **Pregnancy**
- **Bone Weaknesses**
- **Spinal Injury**
- **High Blood Pressure or Hypertension**
- **Hiatus Hernia or Ventral Hernia**
- **In a State of Intoxication or Fatigue**
- **Other diseases that are NOT recommended by doctors for exercise**

**This equipment is designed and intended for home and consumer use only, not for commercial use.**



**Please read all instructions carefully before assembling or operating this product.**

This workout equipment is designed and built for optimum safety. However, certain precautions apply whenever you operate this exercise equipment. Be sure to read the entire manual before assembling and operating this equipment. Also, note the following safety instructions:

1. Two people are recommended for the installation of this product instead of one.
2. If you feel dizzy, or other abnormal sensations at any time while operating this device, please stop using the product or exercise and contact your physician as soon as possible.
3. Make sure your equipment is correctly assembled before you use it. Be sure all the screws, nuts, and bolts are tightened prior to use.
4. If this equipment or parts are damaged, do not use it again to exercise.
5. Please do not eat within one hour before using the machine.
6. This product should be placed on a flat surface when using. A mat or other covering material on the ground is recommended.
7. Keep children and pets away from this equipment at all times.
8. It is recommended to wear tight training clothes, tie your hair up, preferably in a ponytail, and remove your jewelry when using this product to avoid unexpected hazards.
9. It is recommended that novice or teenagers should be accompanied by a trainer or parents to use our products, and children under 12 years old are not recommended to use this fitness equipment.
10. The users of this product should keep their weight within 220lb/100kg.



## PREPARATION

1. Tools for assembly:

General tools you may need for the assembling this strength equipment:

- **Electric screwdrivers**
- **Hexagon wrench sets**
- **Wrench sets and adjustable wrenches**
- **Rubber Hammer**
- **Lubricant**

2. Insert bolts into the frame as illustrated in the drawing of each of the steps.

3. **Hand-tighten the bolts and nuts during assembly.** Tighten all the hardware once the entire unit has been completely assembled.

4. With the proper assistance, the right tools, and strictly following the assembly steps, and given enough time.

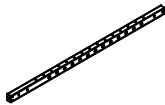
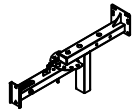
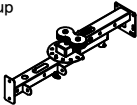
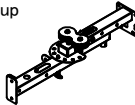
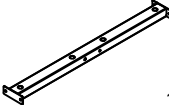
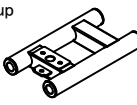

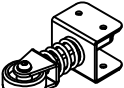
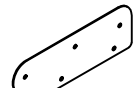
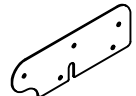
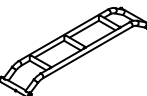
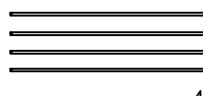
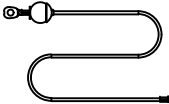
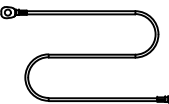
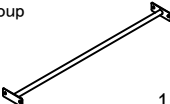
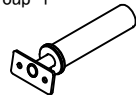
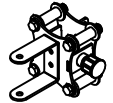
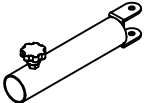
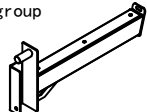
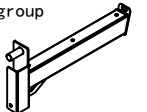
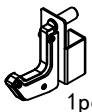
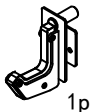



5. Thoroughly read each step before proceeding to assemble the parts of that step.

6. To help make it easier for you to assemble the device, we have noted the required hardware in the every steps.

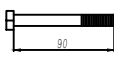
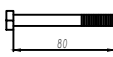




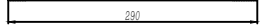
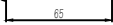



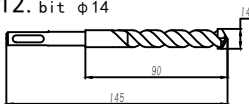
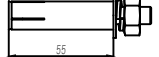
7. When the equipment is fully assembled check all the functions for correct operation. Consult the manual if you experience any issues, or for further help please contact our service department.

**8. Please regularly check if the screws are loose, and if they are, tighten them quickly.**




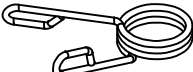
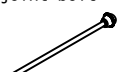




## PARTS LIST

<b>A. Front column tube</b>  2pcs	<b>B. Lower support tube group</b>  2pcs	<b>C. Upper left support tube group</b>  1pcs	
<b>D. Upper right support tube group</b>  1pcs	<b>E. Connecting tube set</b>  1pcs	<b>F. Load bearing lift tube group</b>  2pcs	
<b>G. Connecting U group</b>  1pcs	<b>H. Moving wheel set</b>  2pcs	<b>I. Pulley retainer 3</b>  2pcs	
<b>J. Pulley fixer 4</b>  2pcs	<b>K. Lift tower tube group</b>  1pcs	<b>L. Guide bar</b>  4pcs	
<b>M. Long wire rope</b>  2pcs	<b>N. Short wire rope</b>  2pcs	<b>O. Auxiliary tube loading group</b>  1pcs	
<b>P. Load bearing tube group 1</b>  4pcs	<b>Q. Pulley regulating group</b>  2pcs	<b>R. Rotating tube set</b>  1pcs	
<b>S. Left lateral branch group</b>  1pcs	<b>T. Right lateral branch group</b>  1pcs	<b>U. Left hook</b>  1pcs	<b>V. Right hook</b>  1pcs
<b>W. Movable pulley block</b>  2pcs	<b>X. 72 casing group</b>  2pcs	<b>Y. Pulley block</b>  6pcs	

## HARDWARE LIST




<b>1. Hexagon bolt (M10x90L)</b>  20pcs	<b>2. Hexagon bolt (M10x80L)</b>  4pcs	<b>3. Hexagon bolt (M10x70L)</b>  8pcs	<b>4. Hexagon bolt (M10x20L)</b>  6pcs	<b>5. Flat gasket <math>\phi 10</math></b>  78pcs	<b>6. Lock nut M10</b>  40pcs
<b>7. Stationary shaft (<math>\phi 10*290L*M10</math>)</b>  1pcs	<b>8. Hexagon socket bolt (M6x65L)</b>  4pcs	<b>9. Flat gasket <math>\phi 6</math></b>  8pcs	<b>10. Lock nut M6</b>  4pcs	<b>11. Spacer sleeve</b>  12pcs	
<b>12. bit <math>\phi 14</math></b>  1pcs	<b>13. M10 expansion screw</b>  16pcs				

## ACCESSORIES LIST

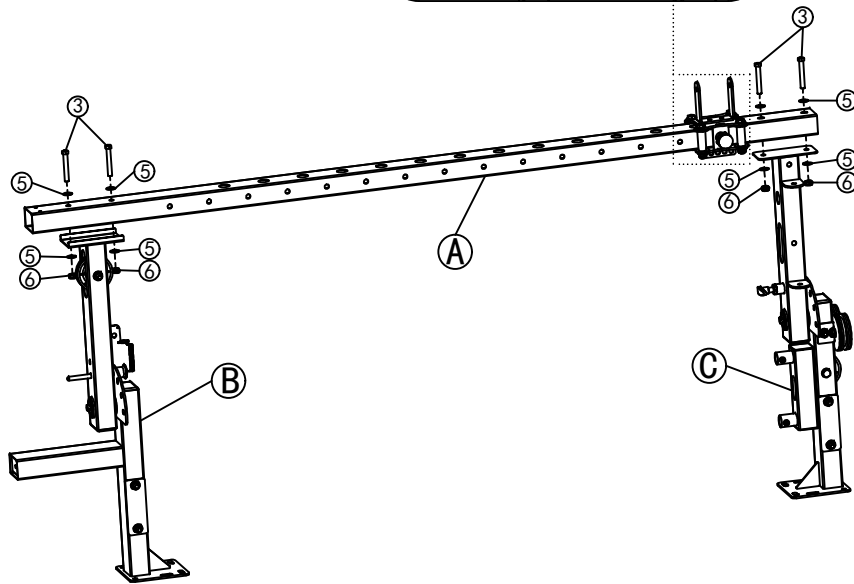
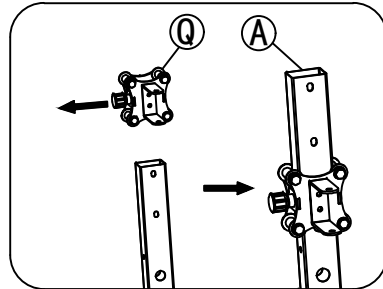
<b>14. Shock pad</b>  4pcs	<b>15. Buckle</b>  2pcs	<b>16. Handle</b>  2pcs	<b>17. <math>\phi 50</math> butterfly clip</b>  4pcs	<b>18. Ball joint bolt</b>  1pcs
<b>19. Lat pull-down bar</b>  1pcs	<b>20. Cable bar</b>  1pcs	<b>21. V bar</b>  1pcs		
<b>22. Adjusting the footrest</b>  2pcs				

Do not tighten all bolts until all installations are complete.

STEP 1.






3. Hexagon bolt (M10x70L)  4pcs	5. Flat gasket φ10  8pcs	6. Lock nut M10  4pcs		
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NOTE: Except for pre-installing the hardware you need

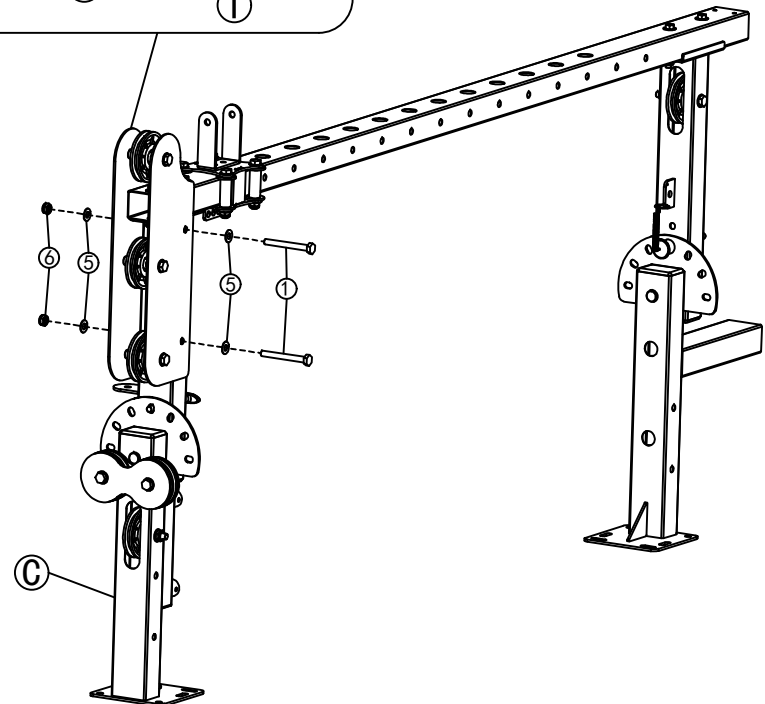
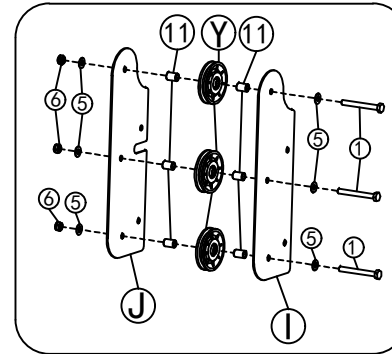


Do not tighten all bolts until all installations are complete.

STEP 2.




1. Hexagon bolt (M10x90L)  5pcs	5. Flat gasket φ10  10pcs	6. Lock nut M10  5pcs	Y. Pulley block  3pcs	11. Spacer sleeve  6pcs
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NOTE: Except for pre-installing the hardware you need

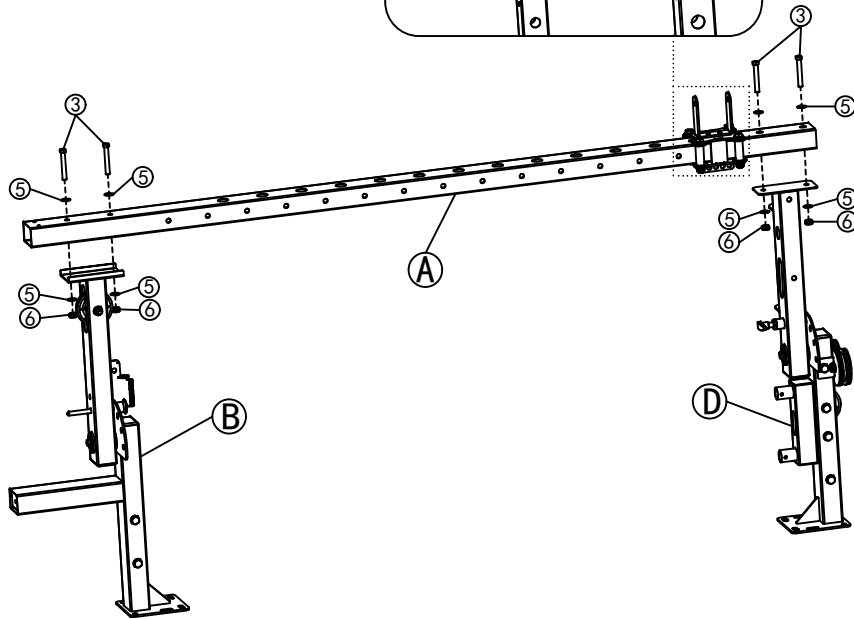
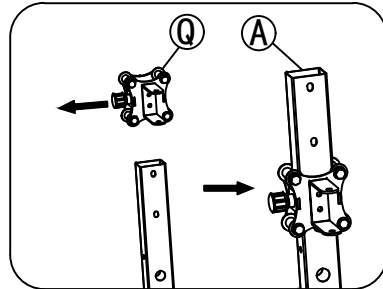


Do not tighten all bolts until all installations are complete.

STEP 3.






3. Hexagon bolt (M10x70L)  4pcs	5. Flat gasket $\phi 10$  8pcs	6. Lock nut M10  4pcs		
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NOTE: Except for pre-installing the hardware you need

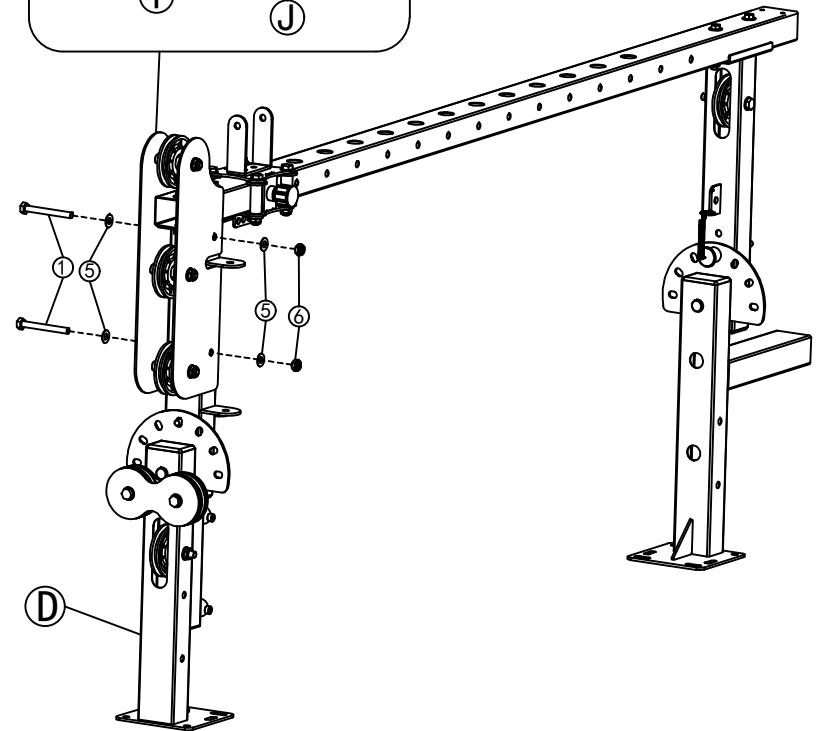
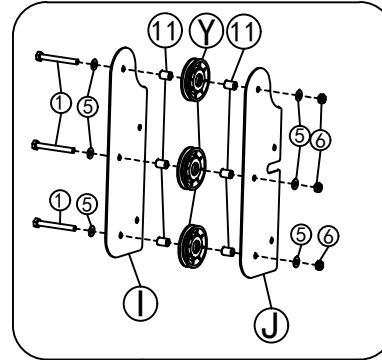


Do not tighten all bolts until all installations are complete.

STEP 4.




1. Hexagon bolt (M10x90L)  5pcs	5. Flat gasket $\phi 10$  10pcs	6. Lock nut M10  5pcs	Y. Pulley block  3pcs	11. Spacer sleeve  6pcs
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NOTE: Except for pre-installing the hardware you need

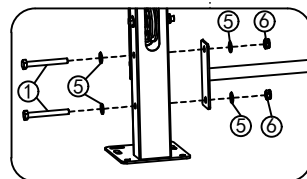
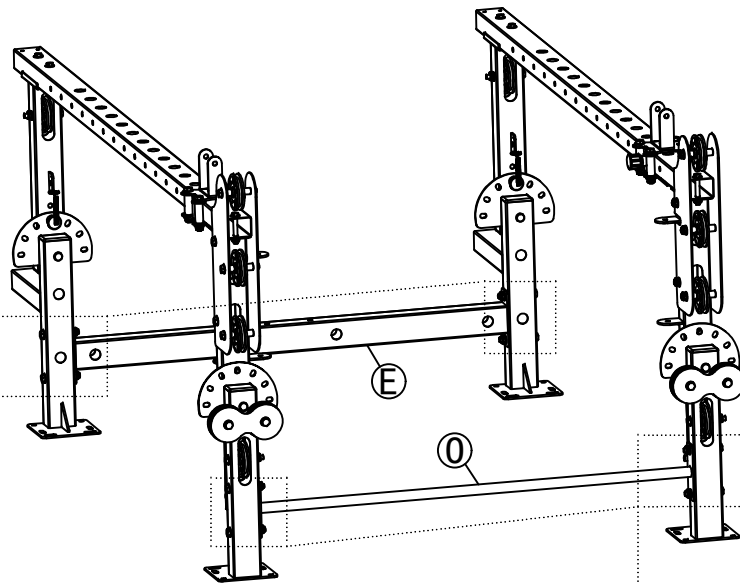
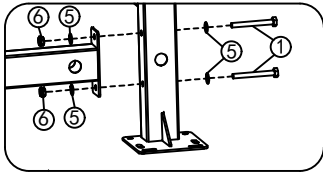


Do not tighten all bolts until all installations are complete.

STEP 5.

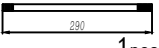

1. Hexagon bolt (M10x90L)  8pcs	5. Flat gasket $\phi 10$  16pcs	6. Lock nut M10  8pcs		
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NOTE: Except for pre-installing the hardware you need

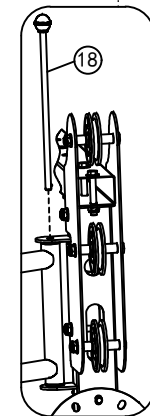
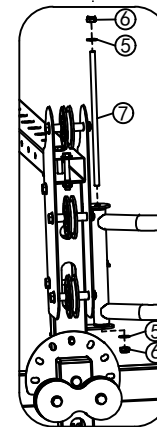
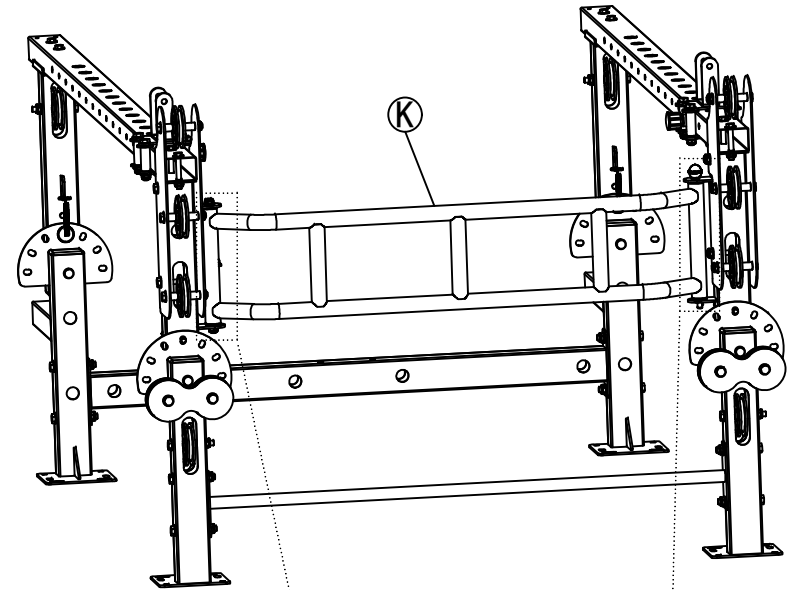


Do not tighten all bolts until all installations are complete.

STEP 6.

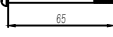


7. Stationary shaft ( $\phi 10*290L*M10$ )  1pcs	5. Flat gasket $\phi 10$  2pcs	6. Lock nut M10  2pcs		
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NOTE: Except for pre-installing the hardware you need

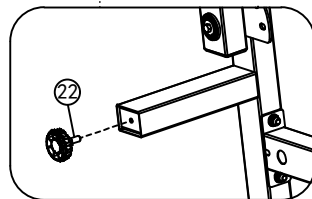
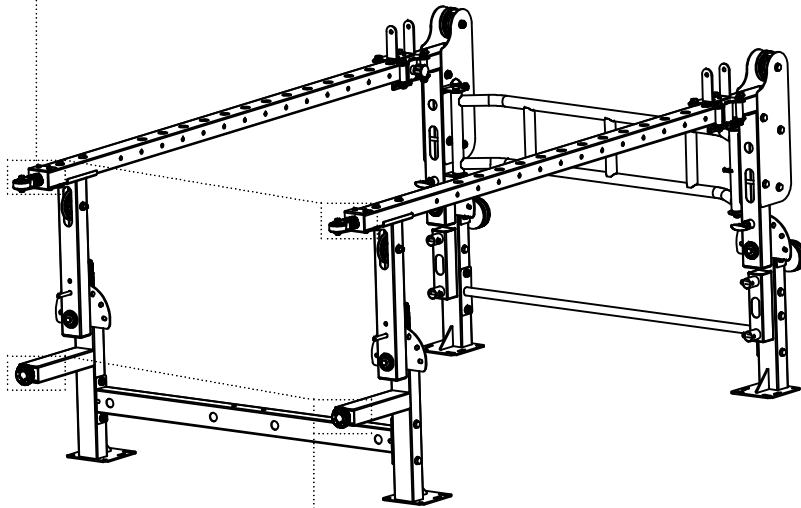
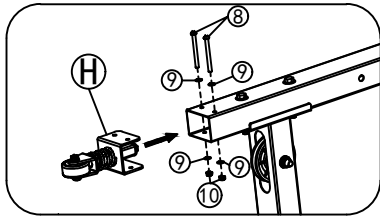


Do not tighten all bolts until all installations are complete.

STEP 7.

8. Hexagon socket bolt (M6x65L)  4pcs	9. Flat gasket φ6  8pcs	10. Lock nut M6  4pcs		
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NOTE: Except for pre-installing the hardware you need

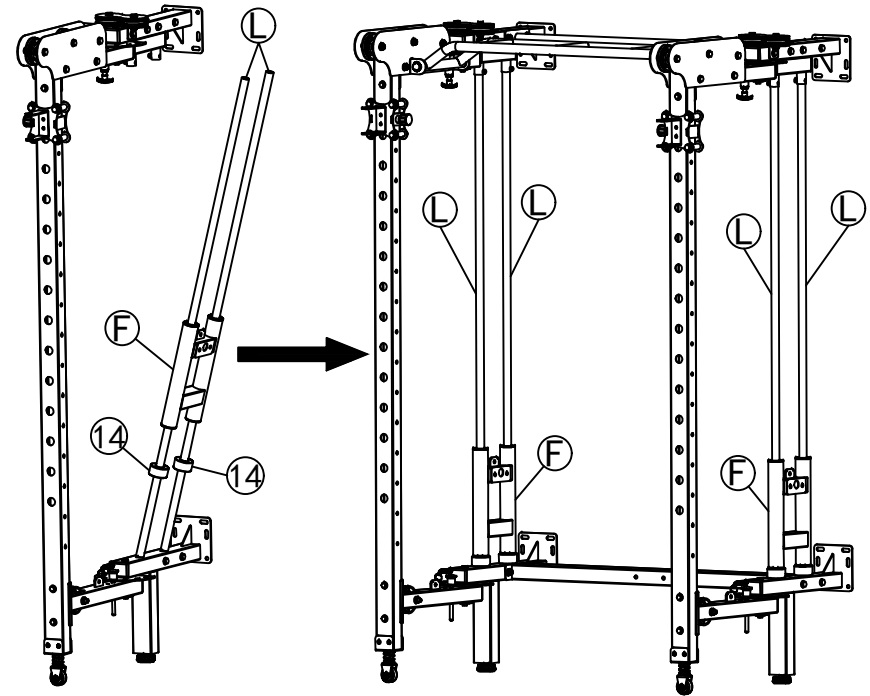


Do not tighten all bolts until all installations are complete.

STEP 8.

14. Shock pad  4pcs				
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


NOTE: Except for pre-installing the hardware you need



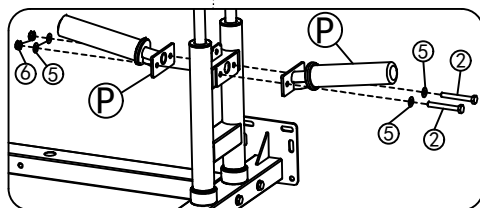
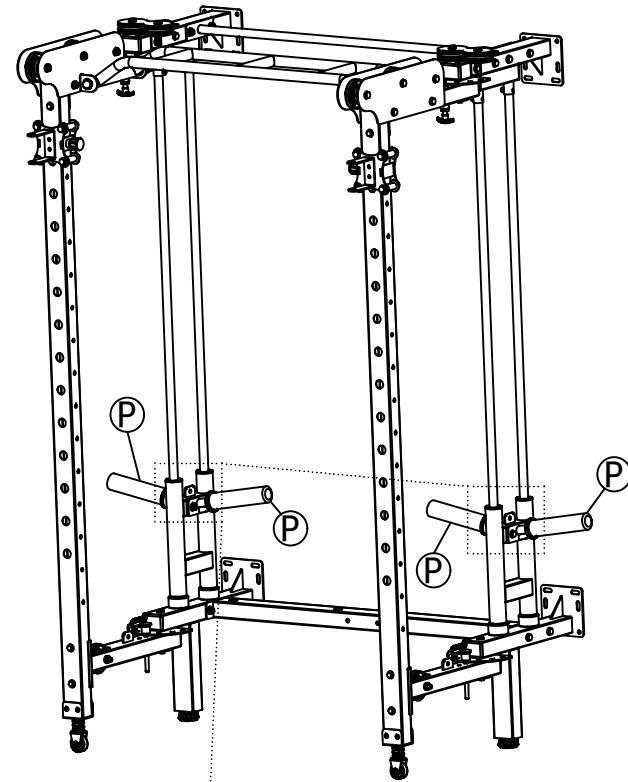


Do not tighten all bolts until all installations are complete.

STEP 9.

2. Hexagon bolt (M10x80L)  4pcs	5. Flat gasket $\phi 10$  8pcs	6. Lock nut M10  4pcs		
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NOTE: Except for pre-installing the hardware you need

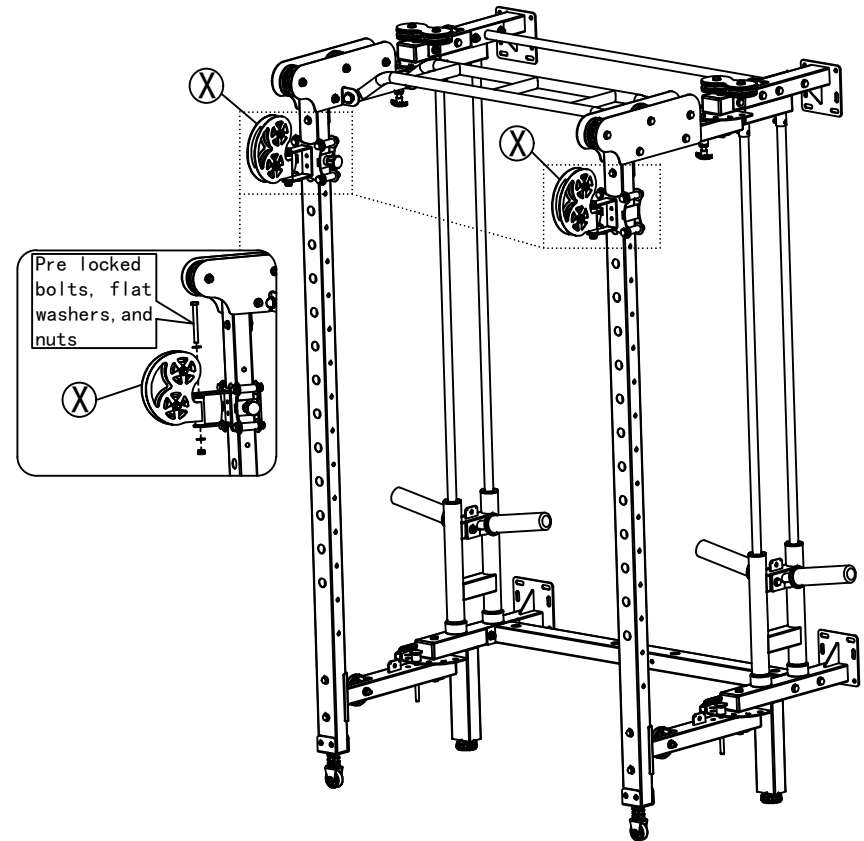


Do not tighten all bolts until all installations are complete.

STEP 10.




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NOTE: Except for pre-installing the hardware you need

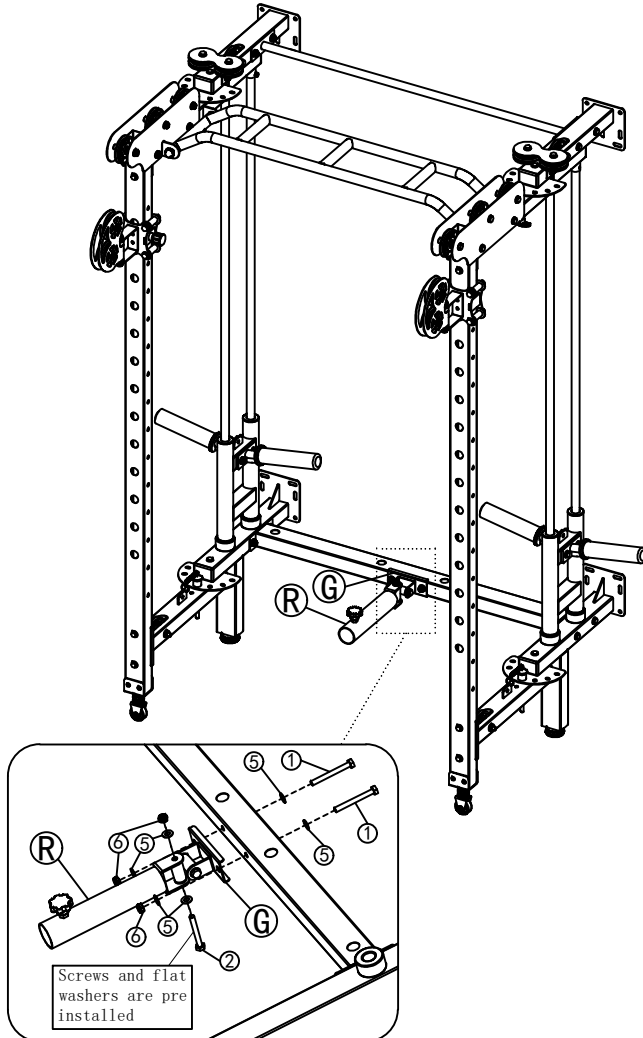


Do not tighten all bolts until all installations are complete.

STEP 11.

1. Hexagon bolt (M10x90L)  2pcs	5. Flat gasket $\phi 10$  4pcs	6. Lock nut M10  2pcs		
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NOTE: Except for pre-installing the hardware you need

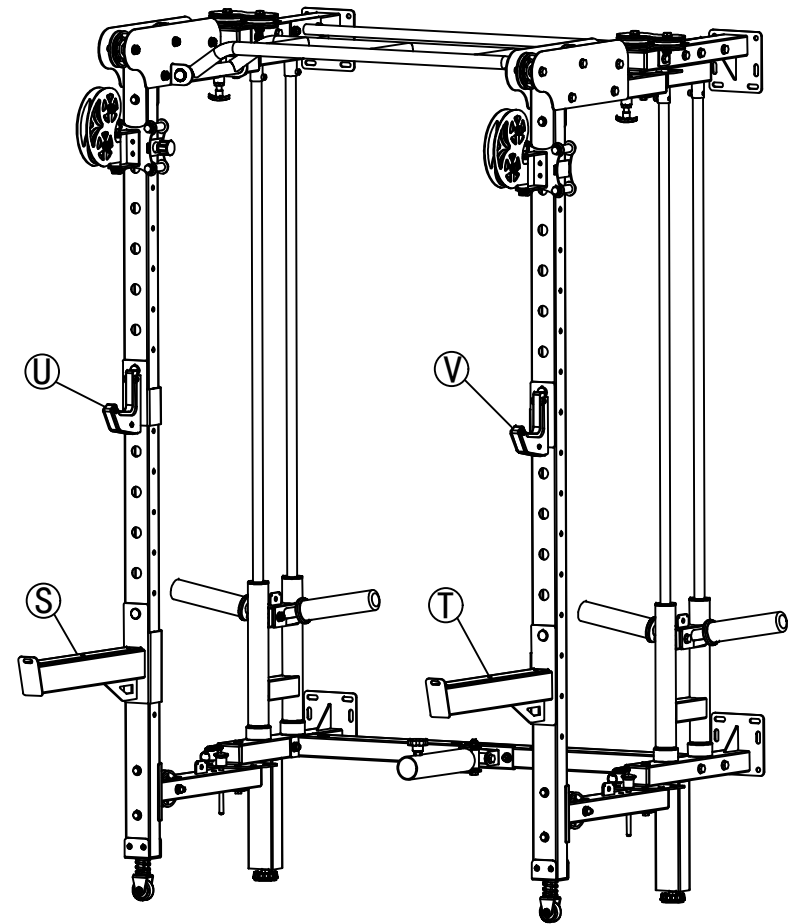


Do not tighten all bolts until all installations are complete.

STEP 12.




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NOTE: Except for pre-installing the hardware you need

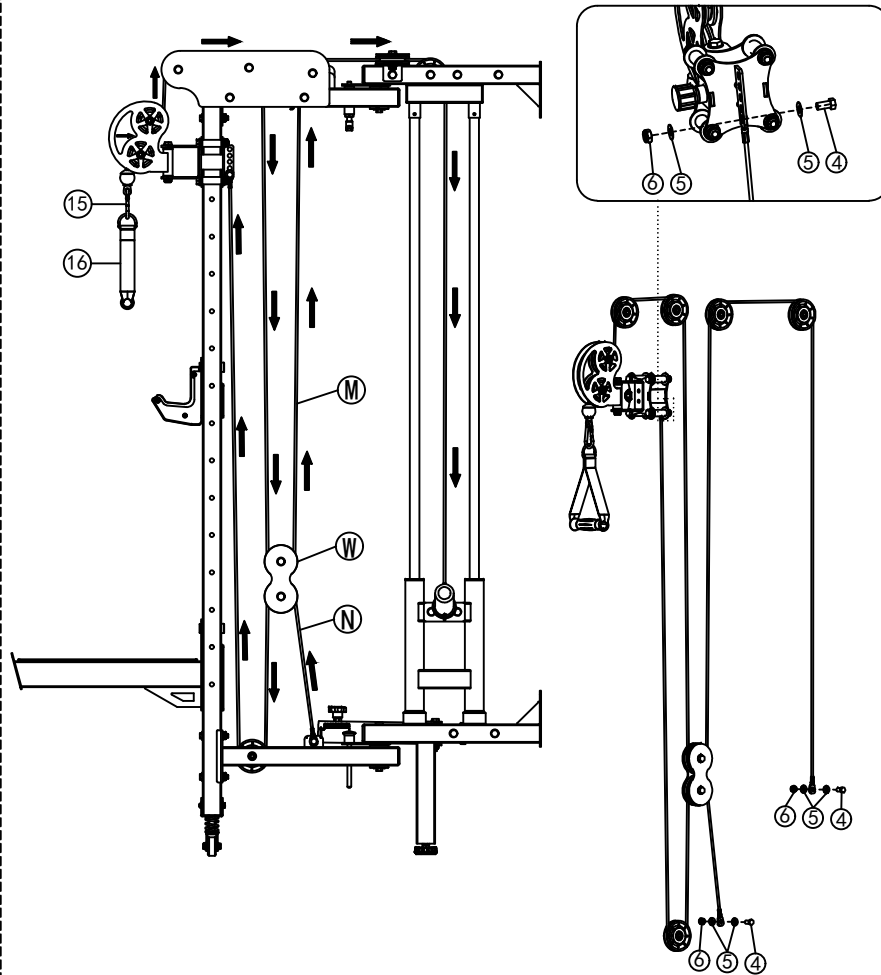


Do not tighten all bolts until all installations are complete.

STEP 13.

4. Hexagon bolt (M10x20L)  6pcs	5. Flat gasket $\phi 10$  12pcs	6. Lock nut M10  6pcs		
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NOTE: Except for pre-installing the hardware you need

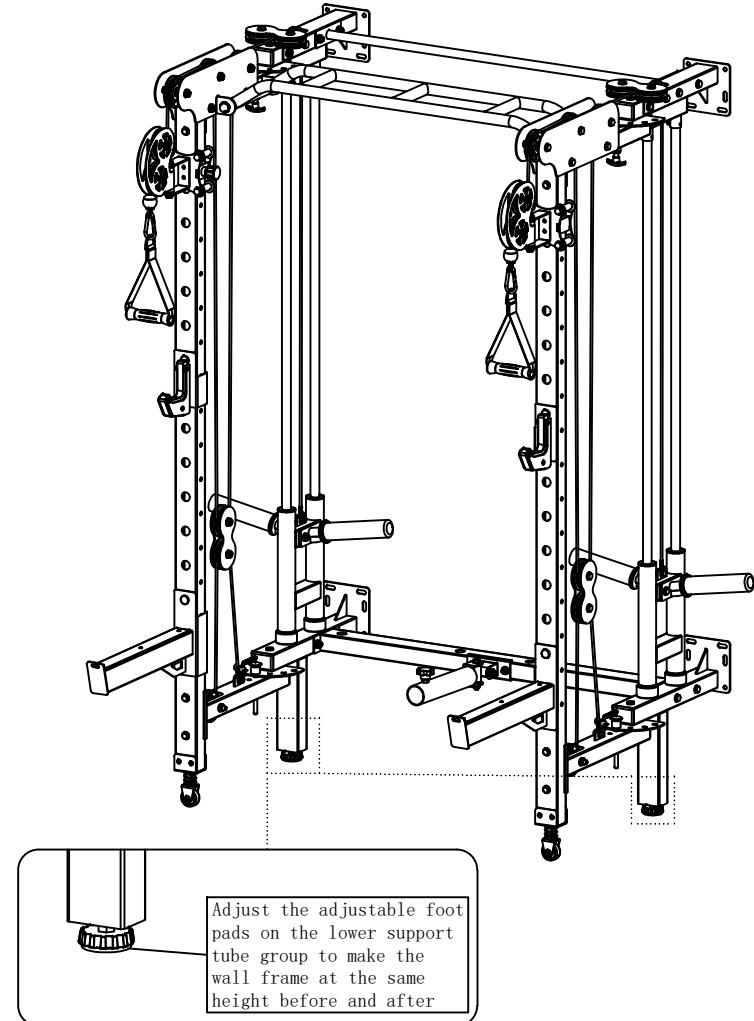


Do not tighten all bolts until all installations are complete.

STEP 14.

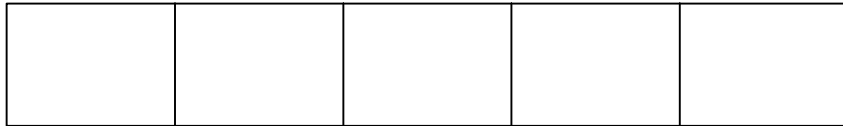
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NOTE: Except for pre-installing the hardware you need



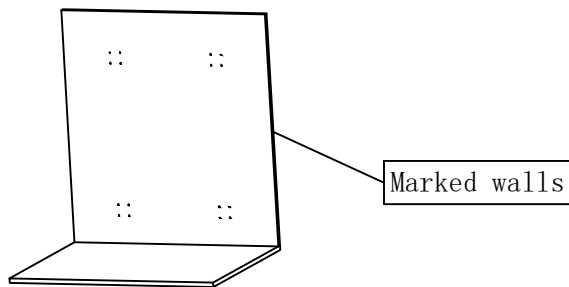
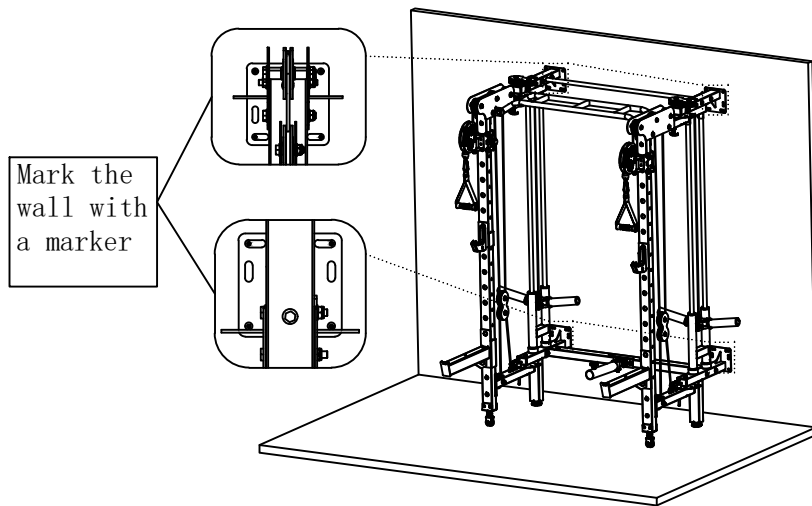
Do not tighten all bolts until all installations are complete.

STEP 15.



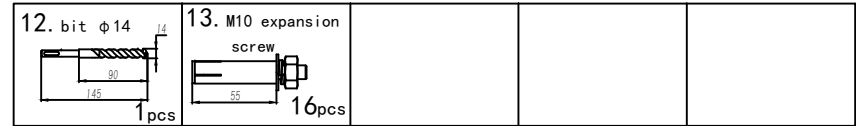
NOTE:Except for pre-installing the hardware you need

"Position the assembled wall frame against the wall edge, as illustrated in the figure. Ensure that the fixing pieces on both the upper and lower support tubes sit flush against the wall. Then, using a marker pen, mark the wall."



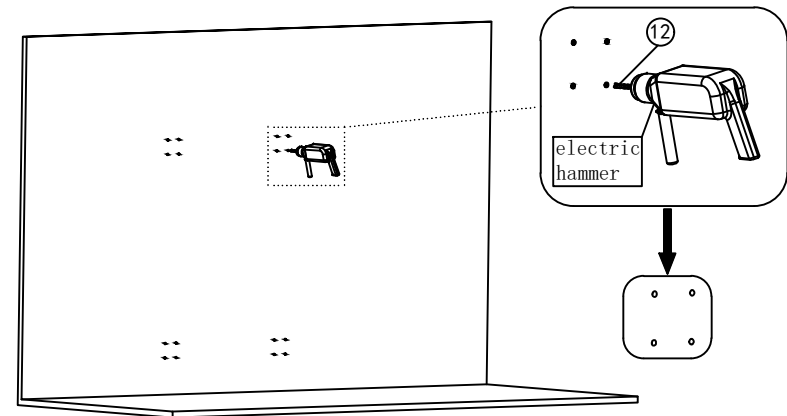
Do not tighten all bolts until all installations are complete.

STEP 16.

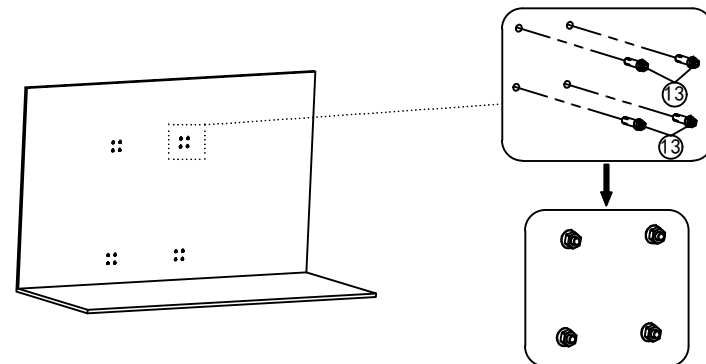


NOTE:Except for pre-installing the hardware you need

"Using an electric hammer, attach the drill bit (12) and drill holes at the marked spots on the wall.Hole depth 60mm."



"Use a hammer to gently tap the expansion screw (13) into the hole made in the previous step, ensuring the flat gasket on the expansion screw (13) is tightly attached to the wall. Then, use a wrench to tighten the nut on the expansion screw, making sure it's fully expanded."



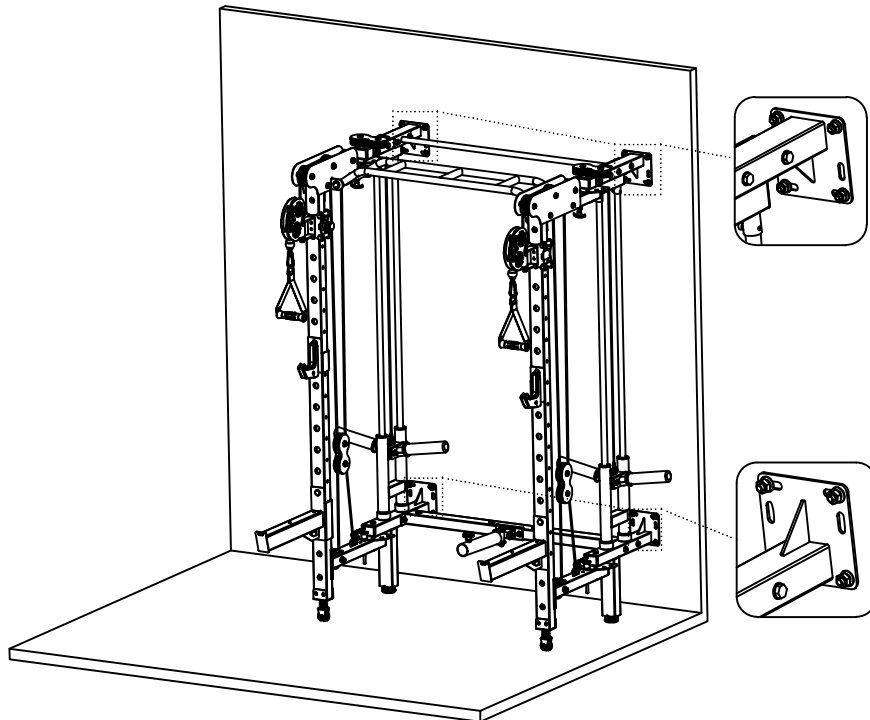
Do not tighten all bolts until all installations are complete.

STEP 17.



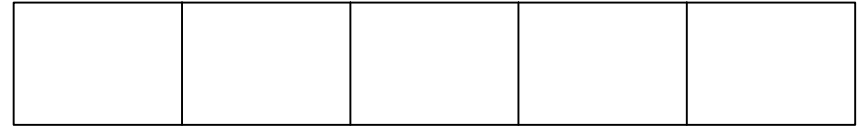
NOTE: Except for pre-installing the hardware you need

“ Remove the nuts, flat washers, and spring washers from the expansion screws. Next, position the assembled wall frame so that the screws of the expansion screws align with the holes on the fixing plates of the upper and lower support tube groups. After that, install the flat washer, spring washer, and nut onto the expansion screw at once. Finally, tighten the nut using a wrench.”



Do not tighten all bolts until all installations are complete.

STEP 18.



NOTE: Except for pre-installing the hardware you need