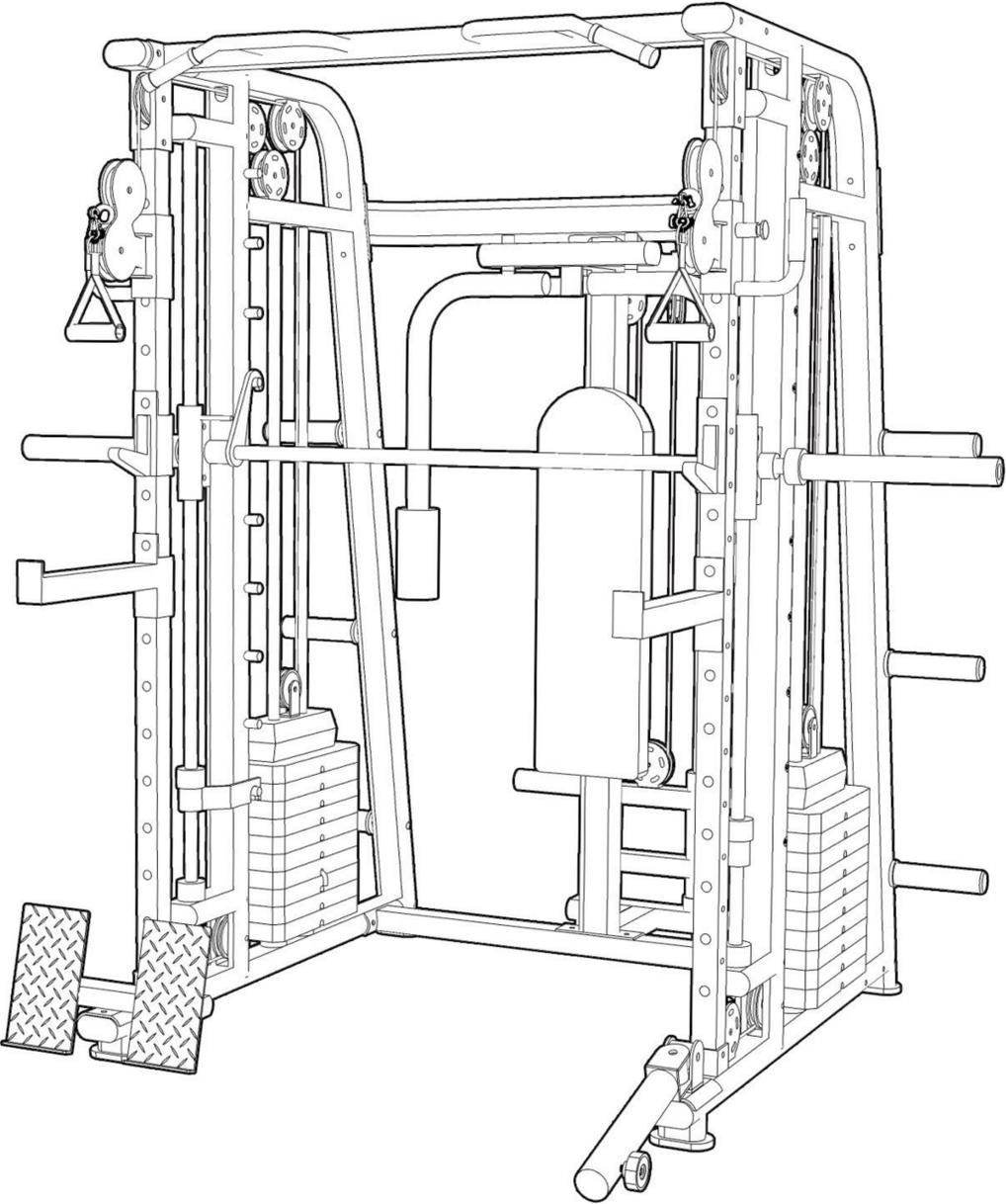


**MULTI-FUNCTIONAL
POWER CAGE
WITH CABLE MACHINE**



Cautions

Security precautions

To ensure your safety, please read the following notes before using this product read, study and understand the instructions and all warning labels before use.

1. It is recommended to be familiar with the normal operation and usage of the apparatus before using this product. Relevant information is available on this instruction sheet as well as at local retailers .
2. Be sure to keep this specification and ensure that all warning labels are clear and complete.
3. This product is recommended for installation by more than two people.
4. Ask doctor for advice before you start exercising.
5. Please keep your hands, limbs and clothes stretch so that you can fully and safely use this device.
6. Note any possible signs of mechanical occurrence, including part wear, hardware loosening, and welding cracks. If any of the above signs immediately stop using this device and contact our after-sales service department. You can use a wrench to complete the assembly.
7. The user of this product shall not exceed 150 kg.
8. The right of final interpretation of the product is vested in the Company without prior notice of change.

Best after-sale service:

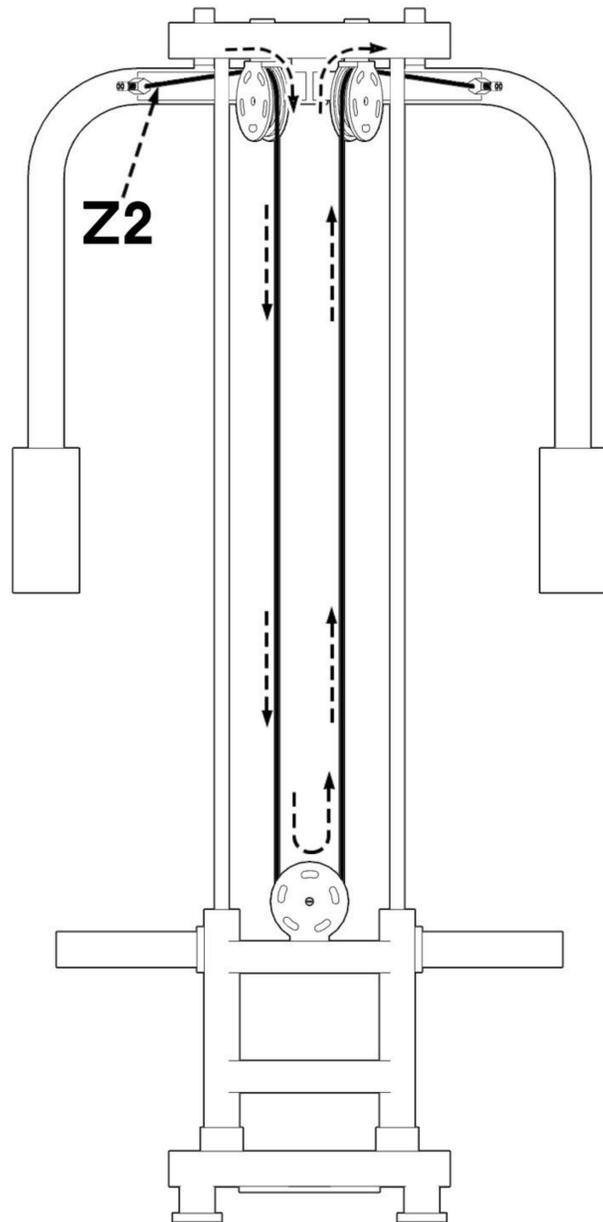
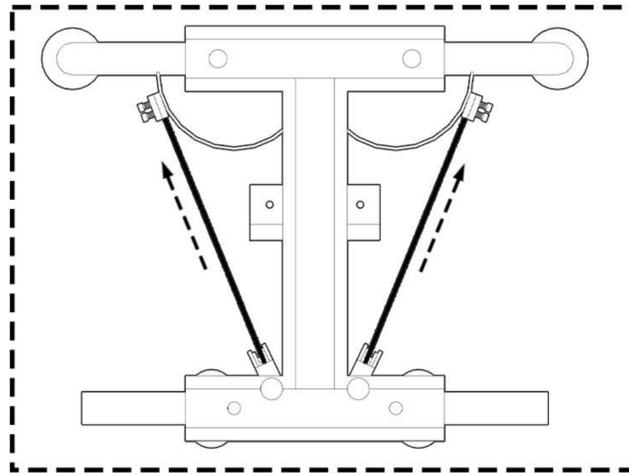
If you have any questions about this power cage, you can contact us first and we will provide the best solution for you. we can provide the accessories replacement service, shipping label service, Install Q&A service and etc.

Our after-sale email address: kaola223@163.com

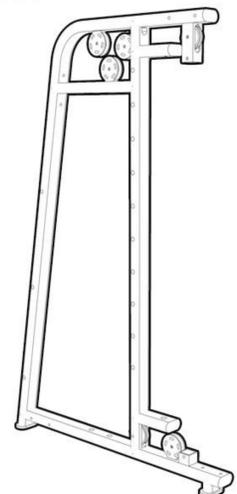
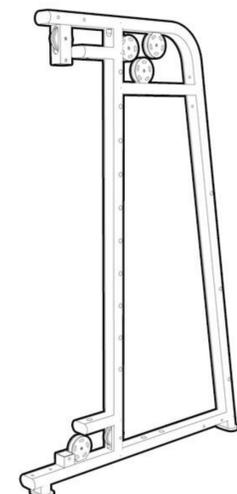
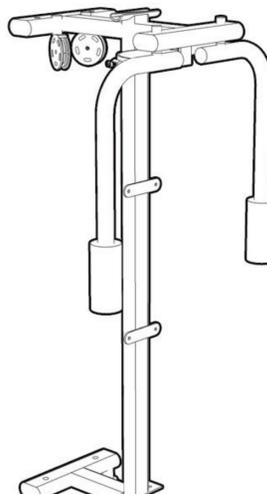
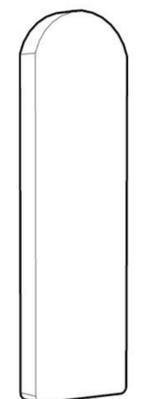
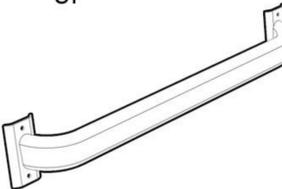
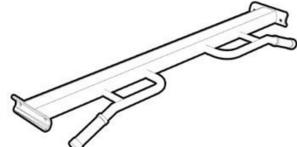
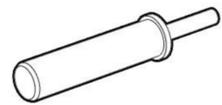
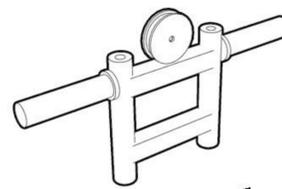
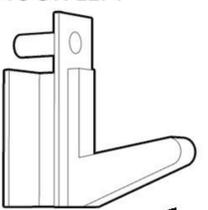
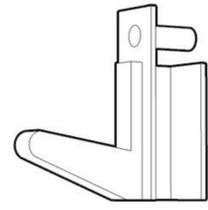
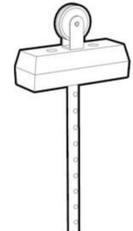
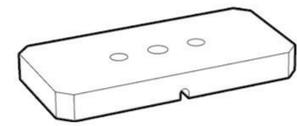
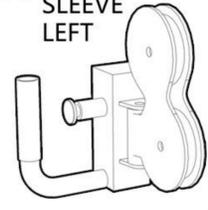
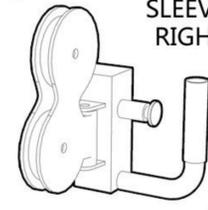
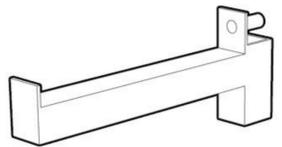
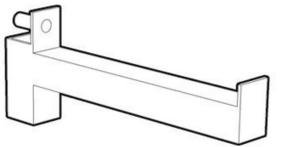
STEP 9. INSTALLATION OF ROPE GROUP Z2:

Fix one end of Z2 at the corresponding hole position of B as shown in the figure, and the other end passes through each pulley in turn and is fixed in another hole position of B.

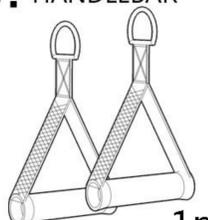
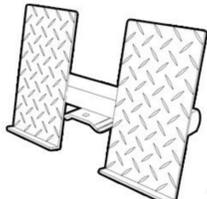
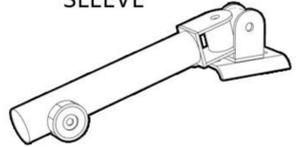
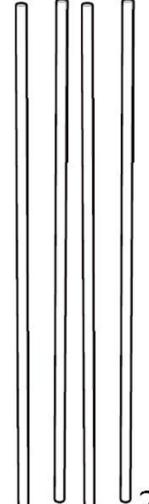
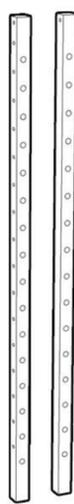
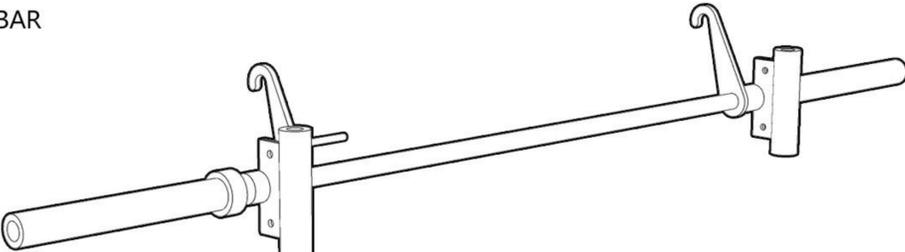
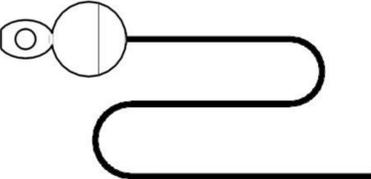
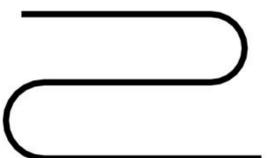
Top view :



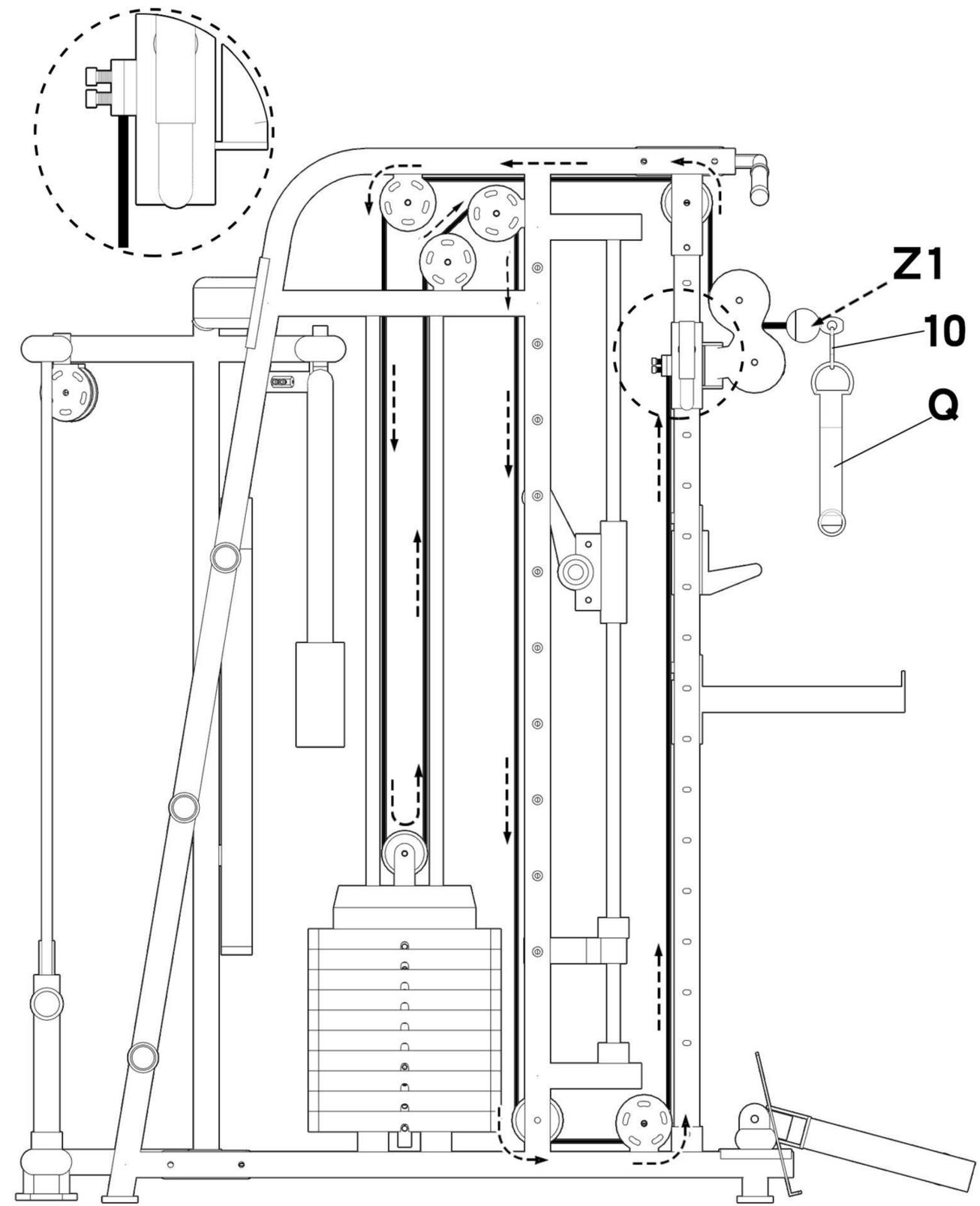
PARTS LIST

A1. MAIN FRAME LEFT  1pc	A2. MAIN FRAME RIGHT  1pc	B. BACK FRAME  1pc	C. BACK CUSHION  1pc
D. BEAR CROSS BASE DOWN  1pc	E. BEAR CROSS BASE UP  1pc	F. PULL-UP FRAME  1pc	G. BARBELL BAR HOOK PIN  20pcs
H. DUMBBELL PIECE STORAGE RACK  6pcs	I. DUMBBELL PIECE FRAME  1pc	J. SHOCK PAD  10pcs	K1. BARBELL SAFETY HOOK LEFT  1pc
K2. BARBELL SAFETY HOOK RIGHT  1pc	L. WEIGHT FRAME  2pcs	M. COUNTER WEIGHT  20pcs	N. COUNTER WEIGHT PIN  2pcs
O1. PULLEY SLIDING SLEEVE LEFT  1pc	O2. PULLEY SLIDING SLEEVE RIGHT  1pc	P1. BARBELL RACK LEFT  1pc	P2. BARBELL RACK RIGHT  1pc

PARTS LIST

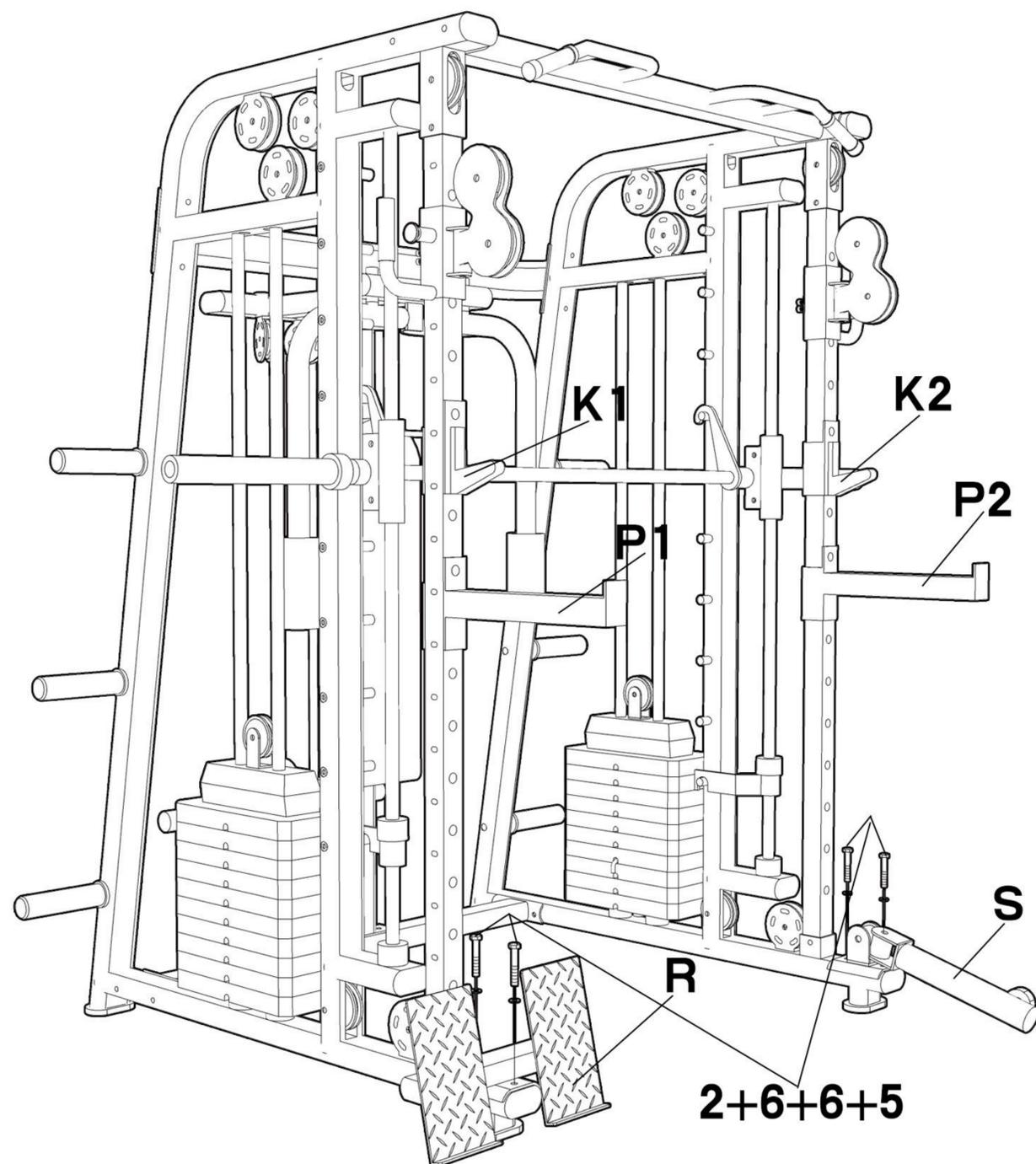
Q. HANDLEBAR  1pair	R. PEDALS  1pc	S. WEIGHT ROD SLEEVE  1pc	T. BARBELL LIMIT HOOK  1pair
U. DUMBBELL PIECE FRAME GUIDE ROD  1pair	V. COUNTER WEIGHT GUIDE ROD  2pairs	W. BARBELL GUIDE ROD  1pair	X. PULLEY SLIDING SLEEVE GUIDE ROD  1pair
Y. BARBELL BAR  1pc			
Z1. COUNTER WEIGHT CABLE  1pc	Z2. DUMBBELL PIECE FRAME CABLE  1pc		

STEP 8. INSTALLATION OF ROPE GROUP Z1:
 Pass Z1 through each pulley as shown in the figure and fix it on O1 and O2, and connect the other end of Z1 with Q with 10 pieces.

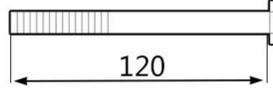
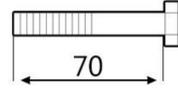
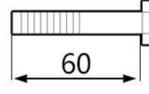
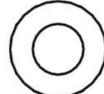
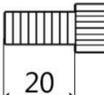
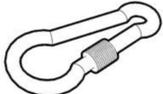


STEP 7. INSTALLATION COMPONENTS:

Install K1, K2, P1 and P2 at the corresponding positions as shown in the figure. According to personal habits, fix R and S at A1 and A2 with 2+6+6+5 according to personal habits.

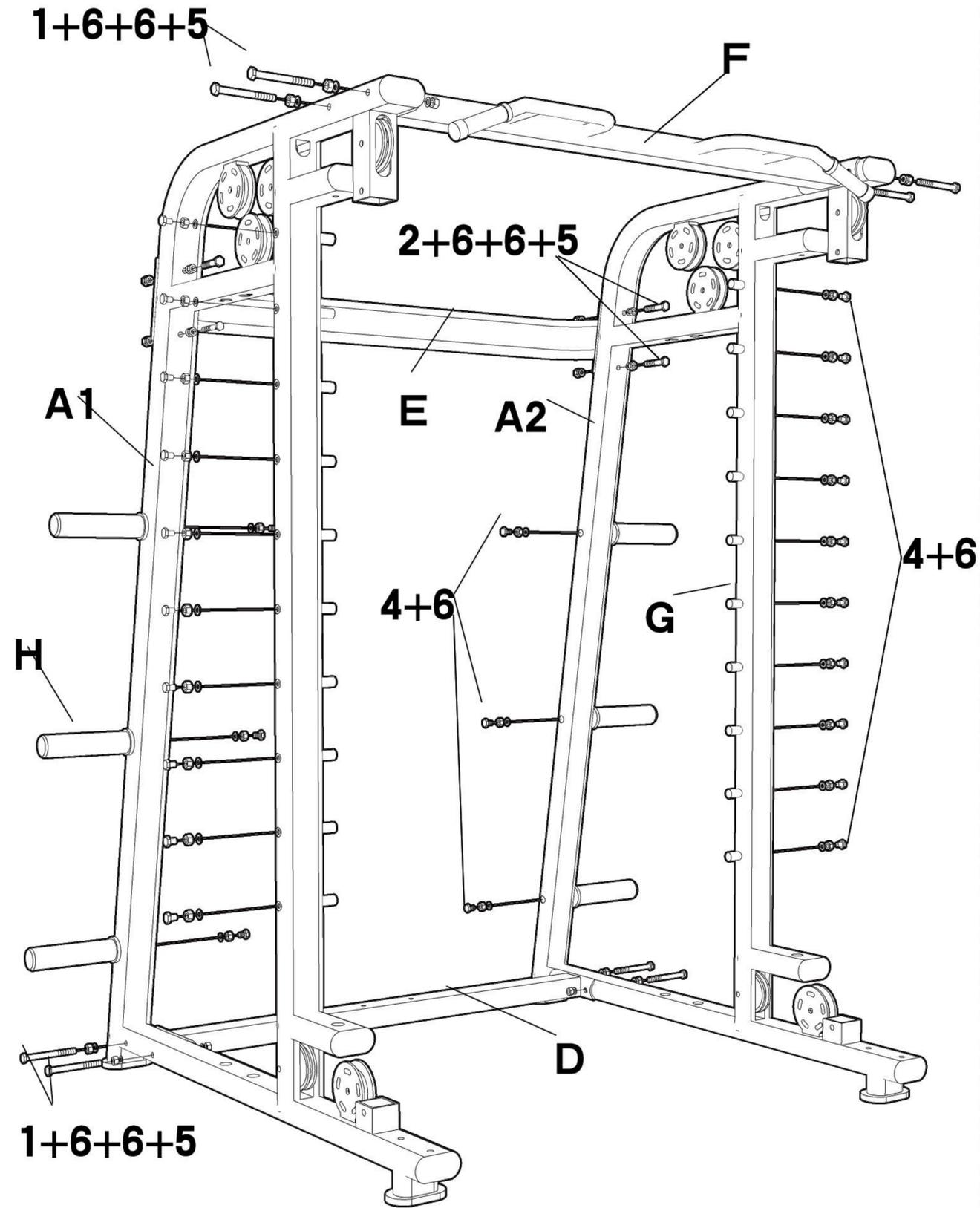


HARDWARE LIST

1. BOLT(M10*120)  120 10pcs	2. BOLT(M10*70)  70 12pcs	3. BOLT(M10*60)  60 8pcs	4. BOLT(M10*15)  15 26pcs
5. LOCKNUT(M10)  22pcs	6. WASHER(M10)  40pcs	7. BOLT(M12*30)  30 4pcs	8. BOLT(M8*20)  20 4pcs
9. WASHER(M8)  4pcs	10. CLIP  2pcs		

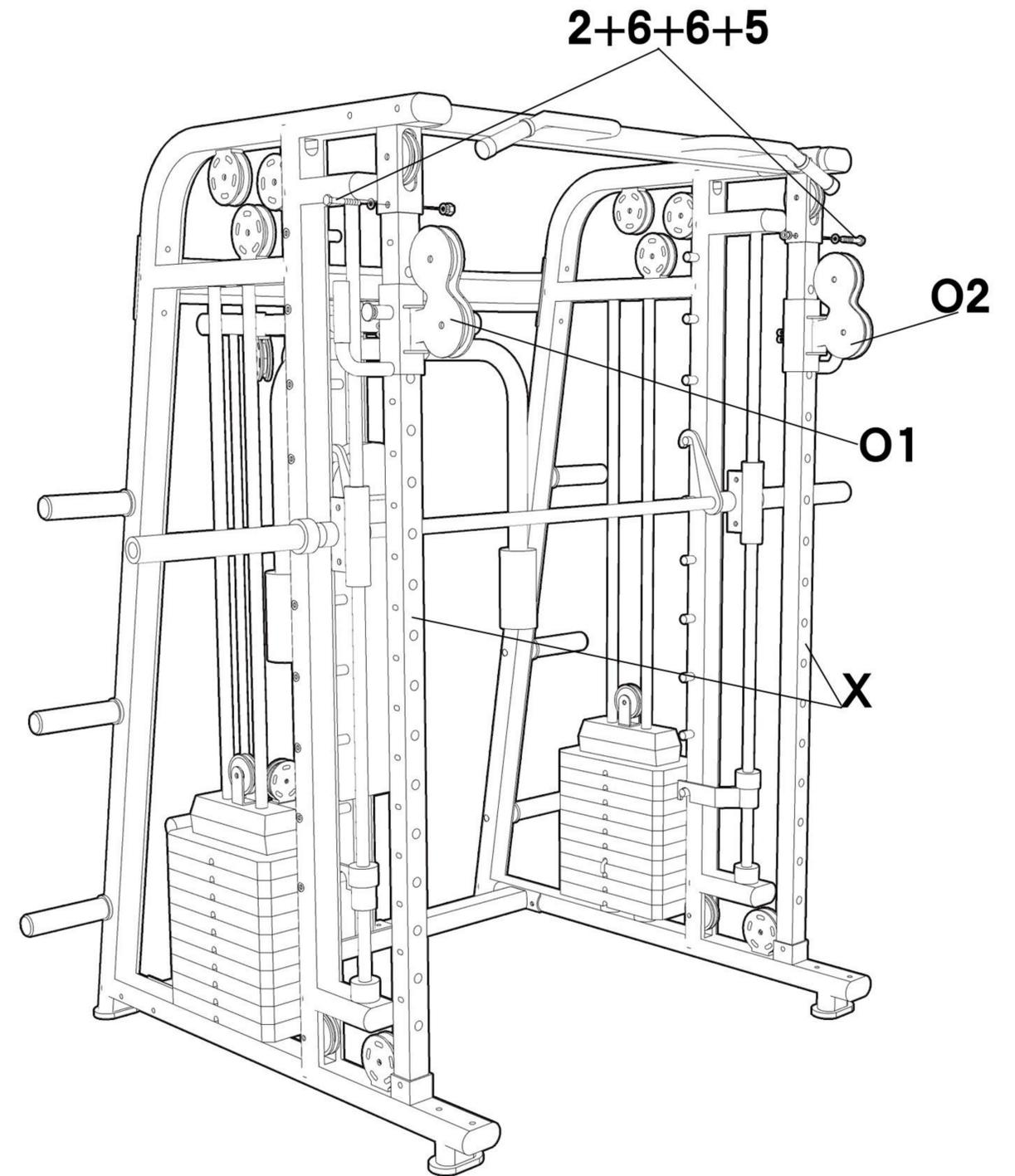
STEP 1. MAIN FRAME PART:

Connect A1 and A2 with D and F, fix them with 1 + 6 + 6 + 5, install E on A1 and A2 with 1 + 6 + 6 + 5, insert g and h into corresponding holes as shown in the figure, and fix them with 4 + 6.



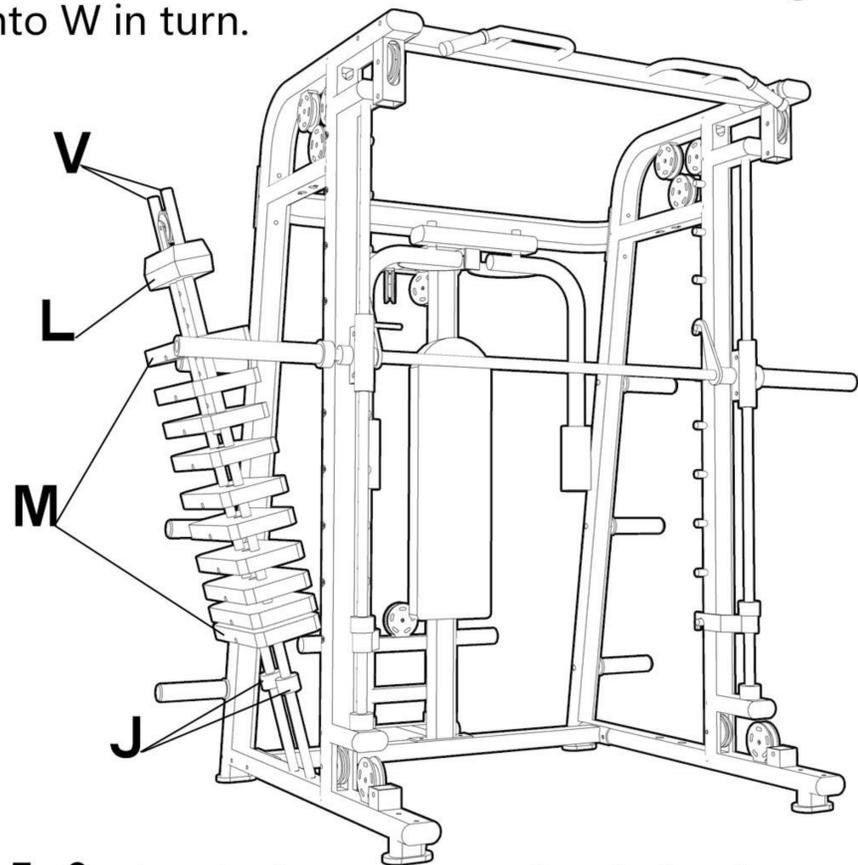
STEP 6. INSTALL PULLEY AND SLIDE ROD:

Insert X into the holes of A1 and A2, slide O1 and O2 into X, and fix X on A1 and A2 with 2+6+6+5.

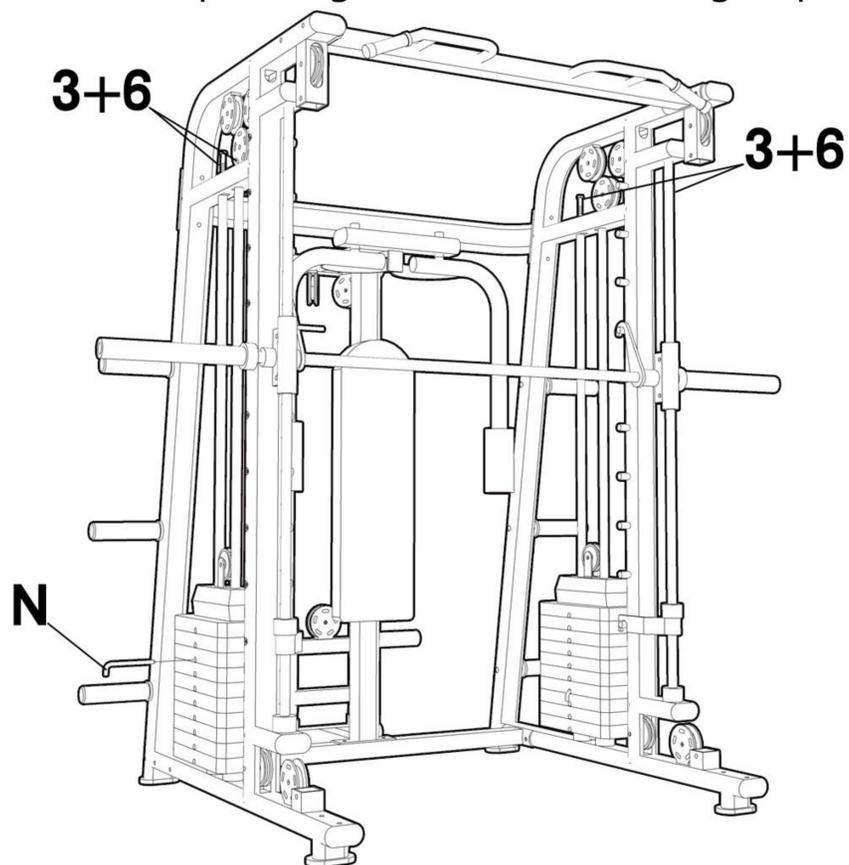


STEP 5-1. INSTALL THE COUNTERWEIGHT:

Insert V into holes A1 and A2 as shown in the figure, and slide J, M, L into W in turn.

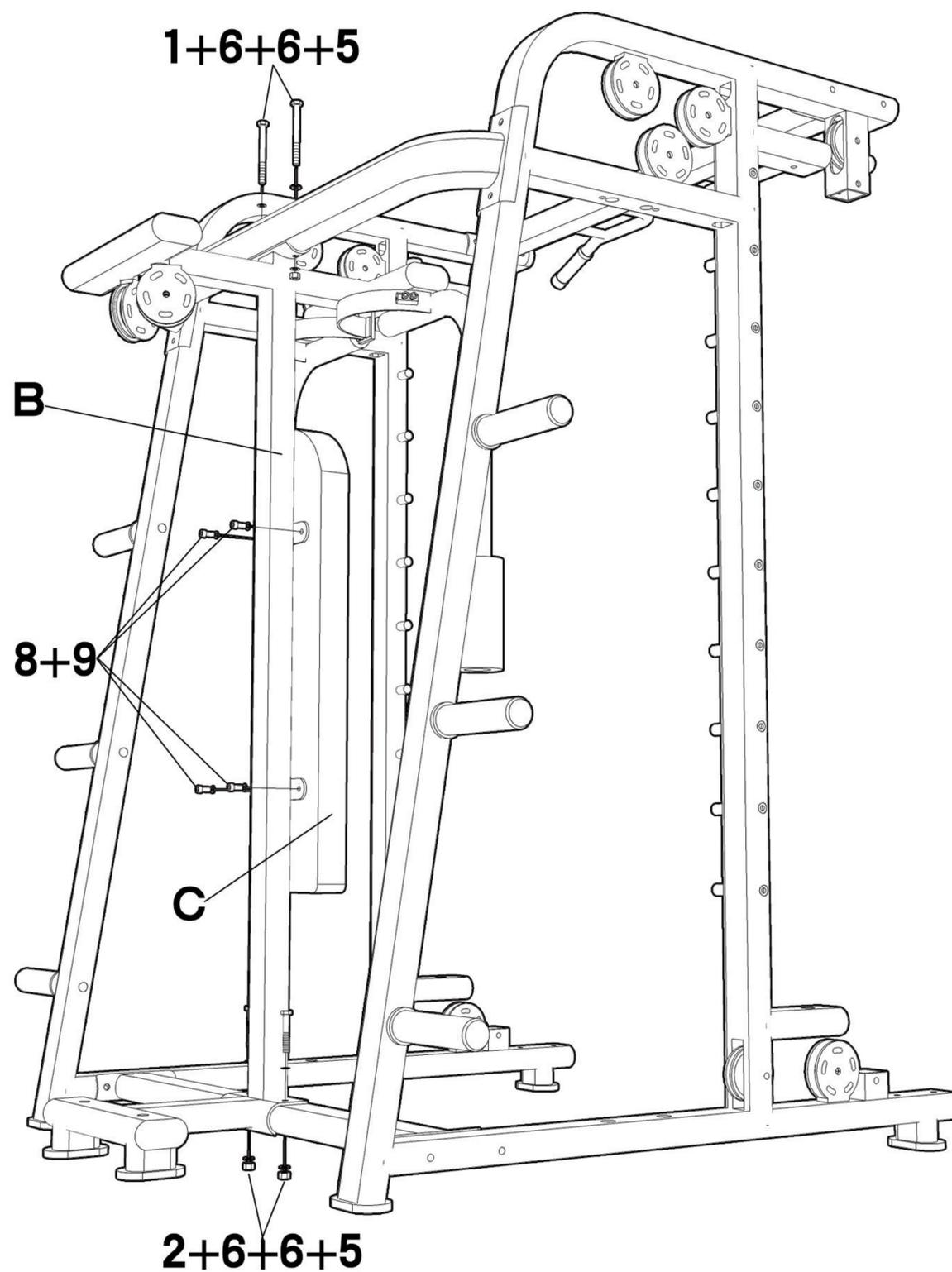


STEP 5-2. Fix V in the corresponding hole of A1 and A2 with 3+6. Insert n into the corresponding hole of m according to personal habits.

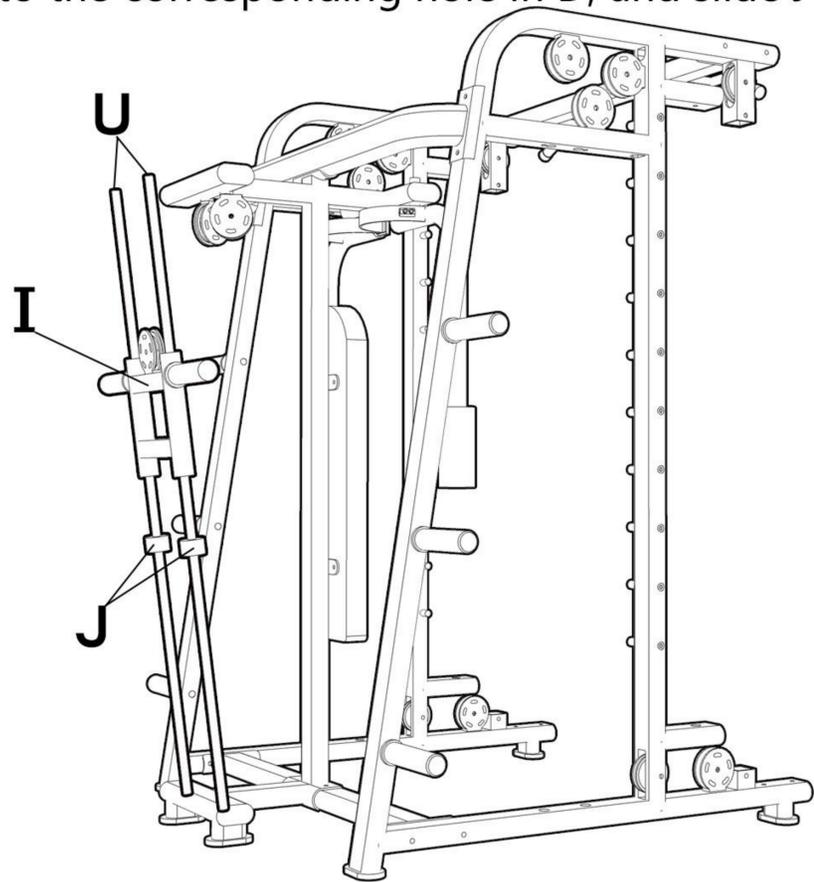


STEP 2. INSTALL THE BACK FRAME:

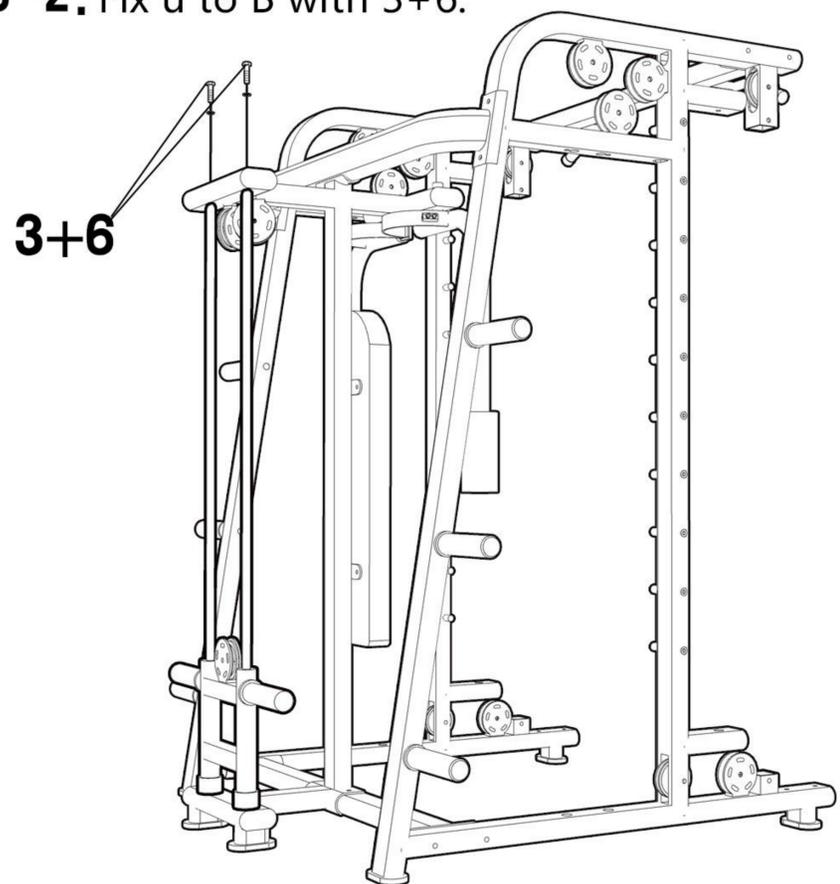
Install B on e with 1+6+6+5, connect B and D with 2+6+6+5, and fix C in corresponding hole position of B with 10+11.



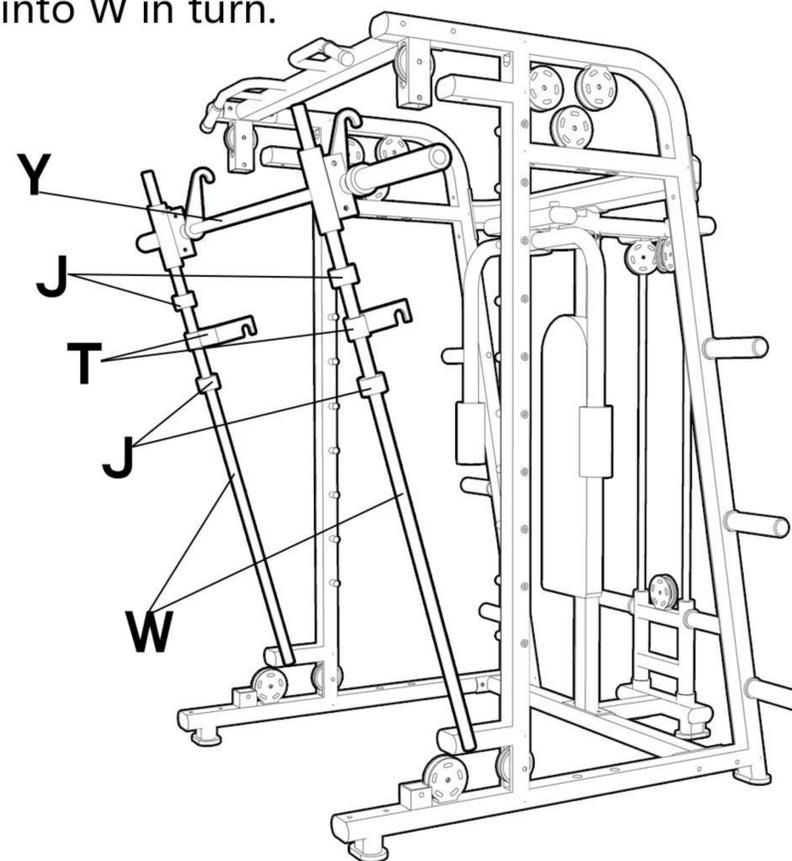
STEP 3-1. INSTALL THE COUNTERWEIGHT FRAME:
Insert U into the corresponding hole in D, and slide J and I into U.



STEP 3-2. Fix u to B with 3+6.



STEP 4-1. BARBELL PART:
Insert W into hole A1 and A2 as shown in the figure, and slide J, J, T, J, Y into W in turn.



STEP 4-2. Fix W to A1 and A2 with 3+6

