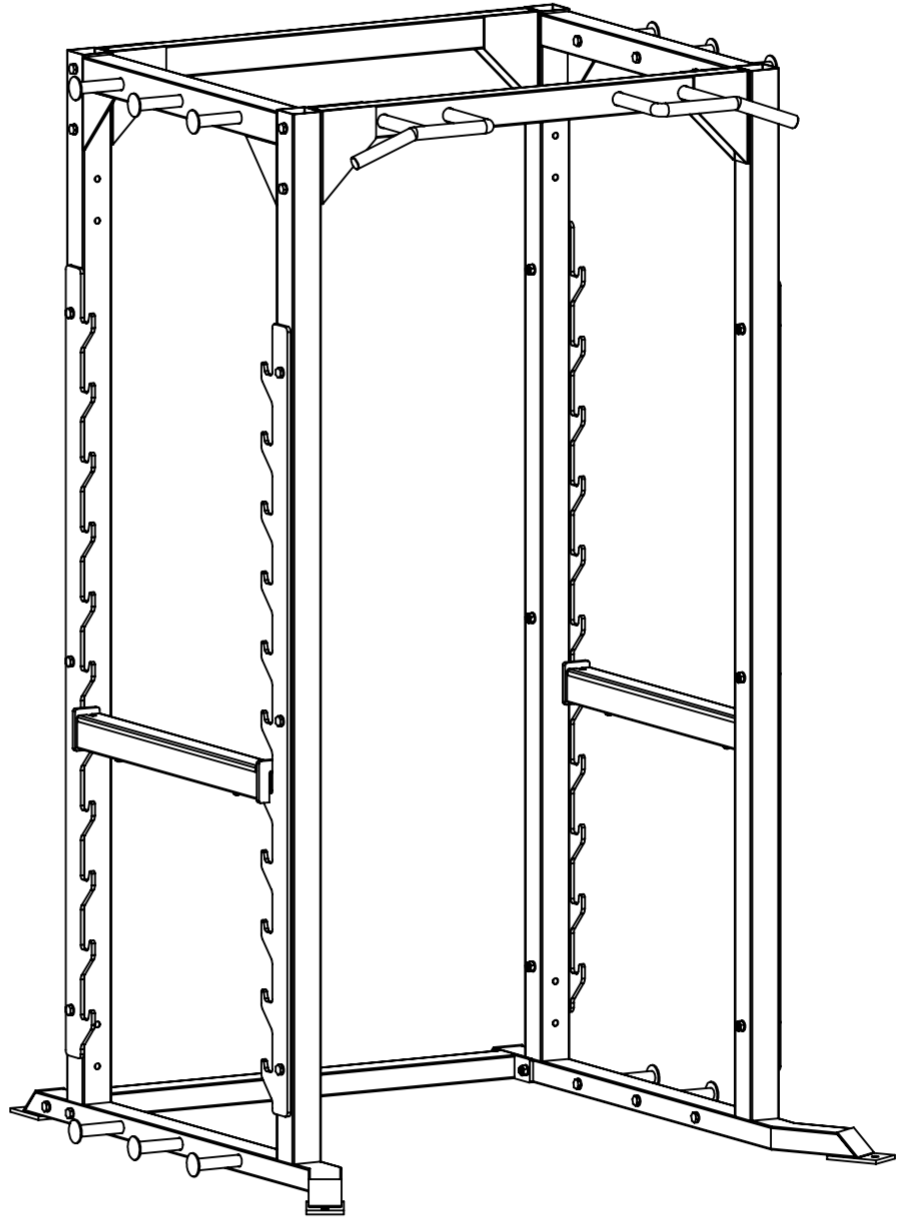


OWNER'S MANUAL

Power Cage

Model #: PM128



Caution: Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Assembly Instructions

Contents

Contents	1
Before You Begin	2
Assembly Steps	3-4
Parts & Hardware List	5

Assembly Instructions

Before Your Begin

This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

1. Keep children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms STOP the workout at once.
CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the equipment on a clear, level surface. DO NOT use the bench near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment.
7. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Before using the equipment, always do stretching exercises to properly warm up.
9. Never operate the equipment if the equipment is not functioning properly.

Tools Required

Tools Required : Allen Wrench Set / Socket Wrench Set
Adjustable Wrench / Crescent Wrench
Rubber Mallet / Tape Measure

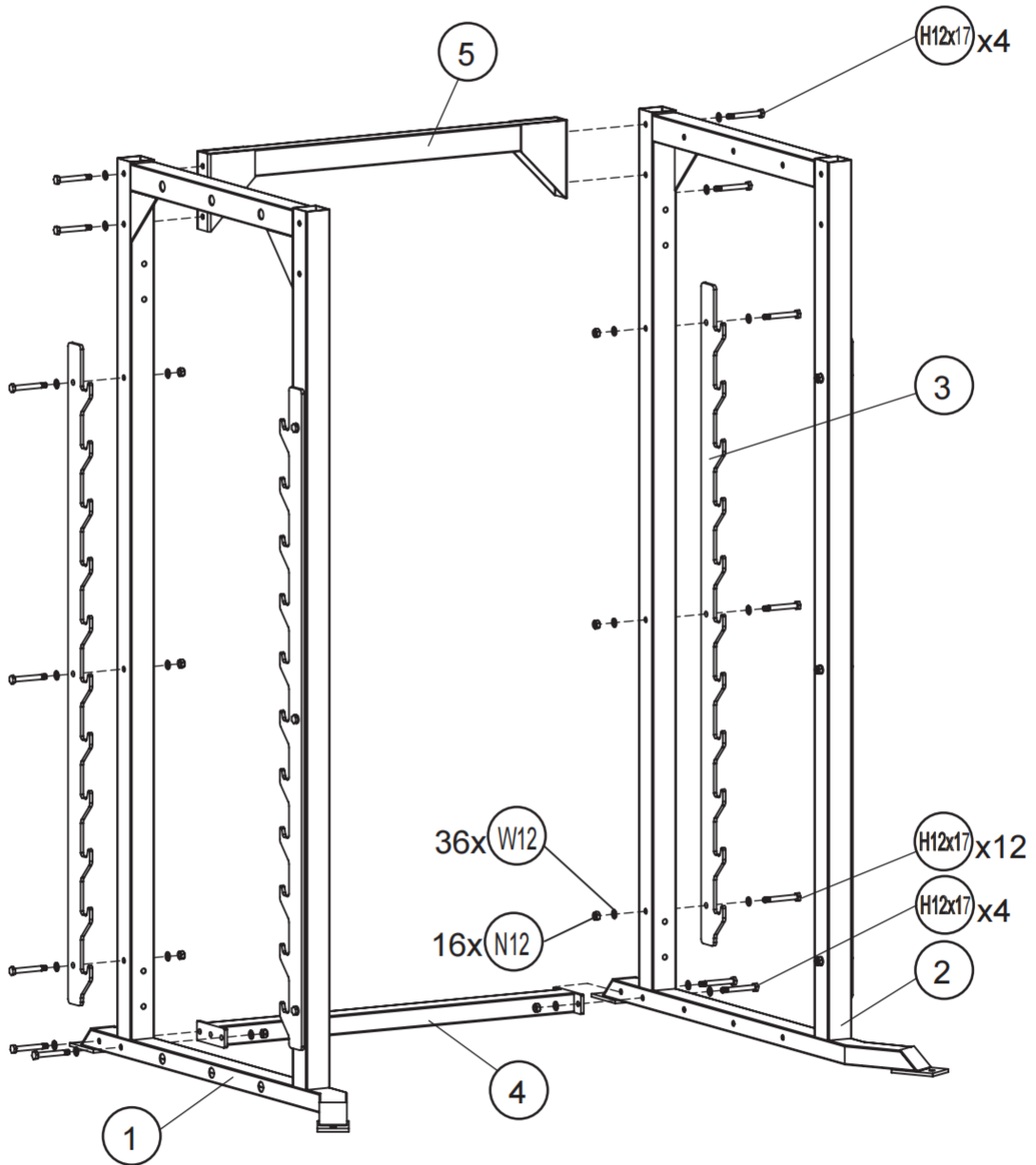
ASSEMBLY REQUIRES AT LEAST THREE PERSONS

Note:

1. Only hand tighten all nuts and bolts until whole equipment assembled.
2. Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

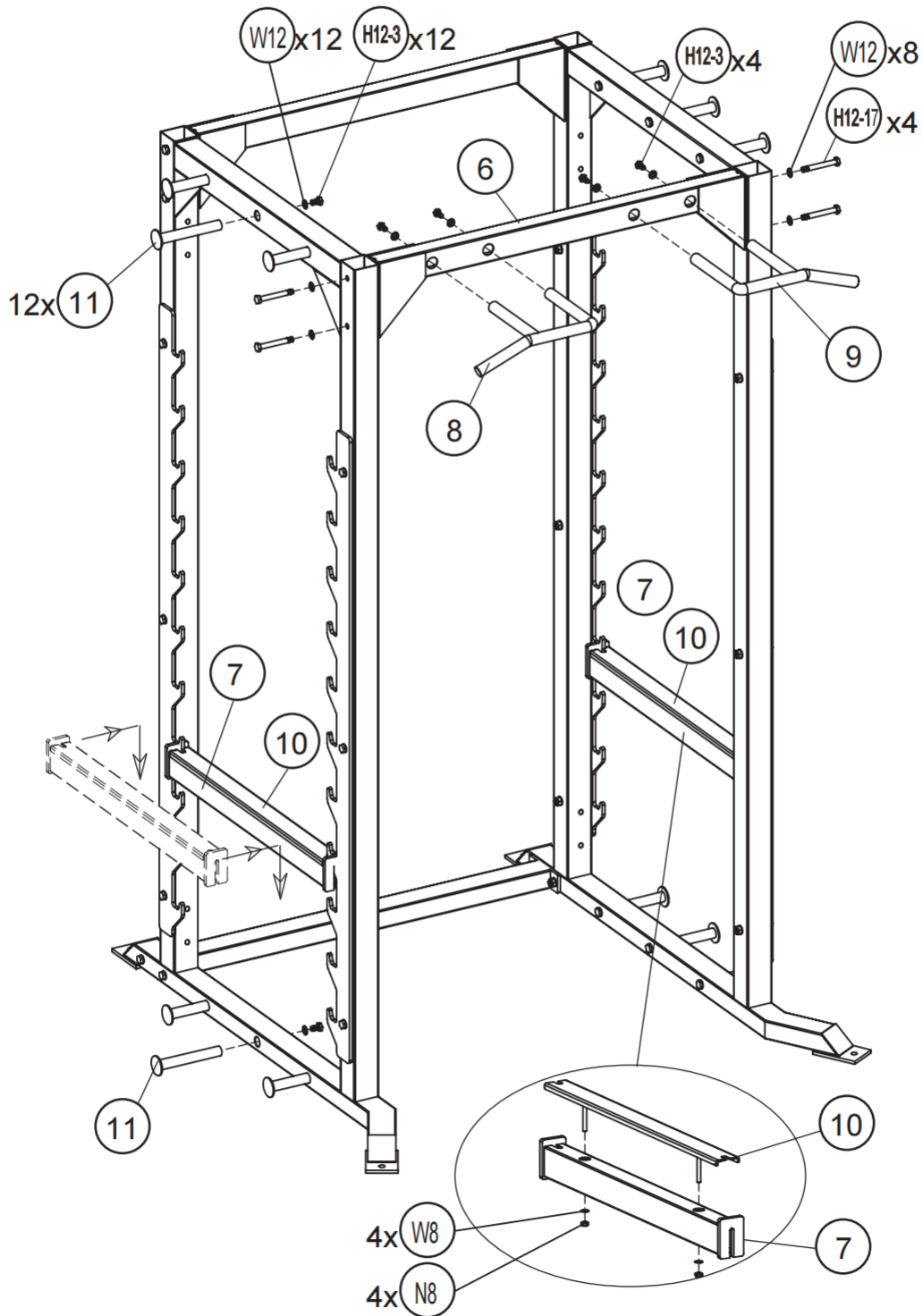
Assembly Instructions

STEP 1



Assembly Instructions

STEP 2



Note: Justify and align all parts accurately and tighten all bolts fully.

Assembly Instructions

Parts & Hardware List

Part#	Description	Qty	Remark
1	Right Upright	1	
2	Left Upright	1	
3	Bar Holder	4	Pre-assembled
4	Bottom Cross Frame	1	
5	Top Rear Cross Frame	1	
6	Top Front Cross Frame	1	
7	Safety Bar Holder	2	
8	Right Handle	1	
9	Left Handle	1	
10	Safety Bar Holder Cover	2	Pre-assembled
11	Band Hook	12	
H12-3	M12x25 mm Hex Head Bolt	16	
H12-17	M12x95 mm Hex Head Bolt	24	
W8	M8 Washer	4	Pre-assembled
N8	M8 Nut	4	Pre-assembled
W12	M12 Washer	54	
N12	M12 Nut	14	

Limited Warranty

We warrants this product to be free from defects in workmanship and materials under normal use and conditions for a period of **1 year FROM THE DATE OF ORIGINAL PURCHASE**. This Limited Warranty is not transferable and is available only for the original purchaser of the product. The company's obligation under this warranty is limited to replacing or repairing the product, at the discretion of the company.

This Limited Warranty is void if the product is:

Damaged through improper use, negligence, abuse, misuse, transportation damage, act of nature, or accident, include failure to follow the assembly and or operation instructions supplied with the product.

Used in commercial or rental applications.

Modified or repaired by anyone not authorized by the company.

This Limited Warranty does not cover expendable items including but not limited to: Batteries, light bulbs, fuses, accessories, and other items that experience wear as a result of normal use.