

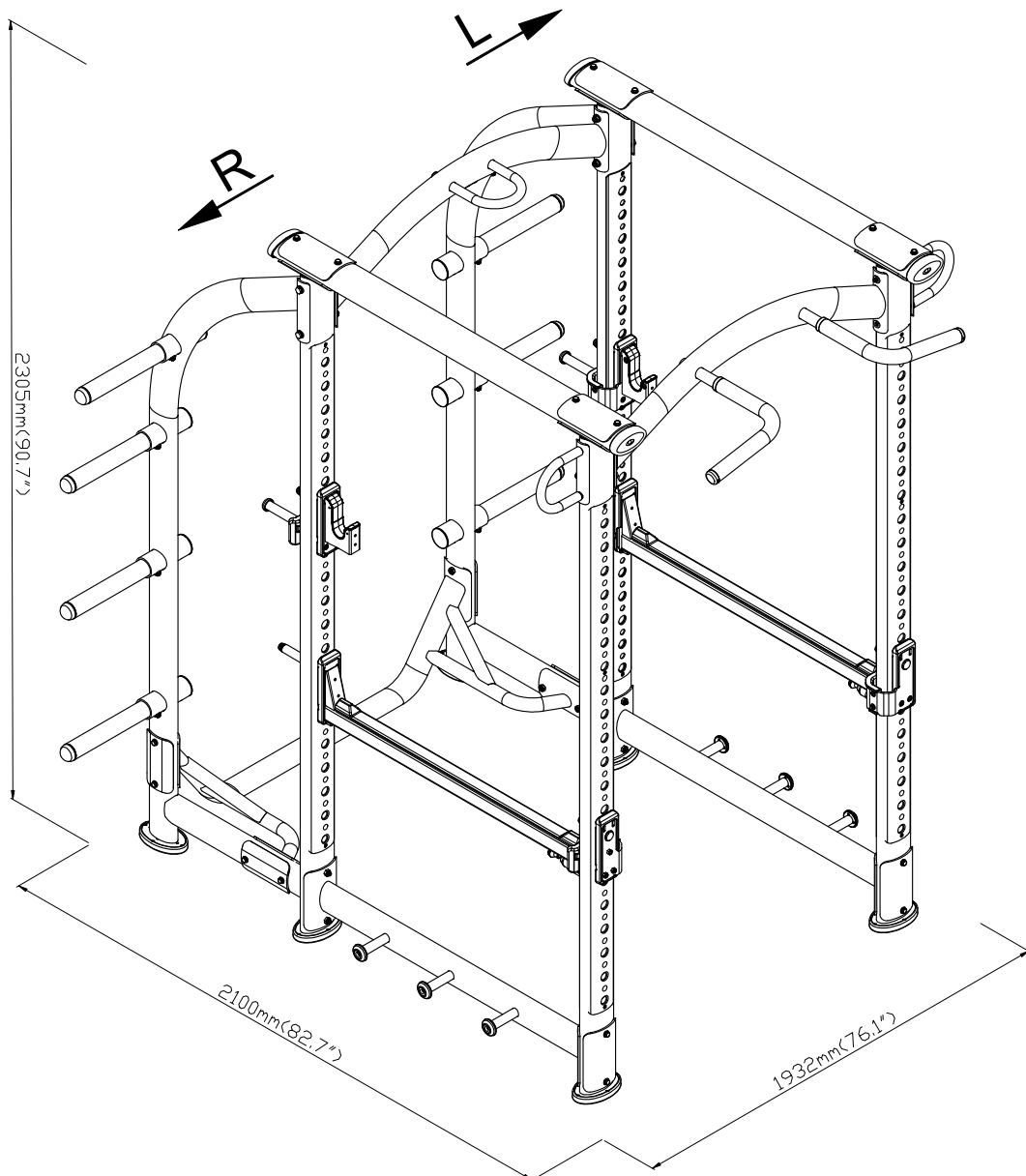
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1. INTRODUCTION

Congratulations on the purchase of a high quality SportsArt product, the A966 Power Cage. Constructed of high quality materials and designed for years of reliable performance, this product was made for full commercial use.

Before this product is assembled or operated, we recommend that you familiarize yourself with this manual. Understanding the correct assembly and operation of this product will help ensure that exercisers obtain their fitness goals safely and successfully.



2. SAFETY PRECAUTIONS

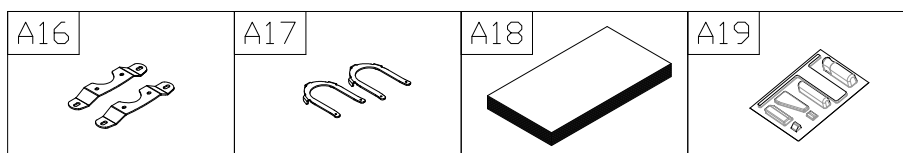
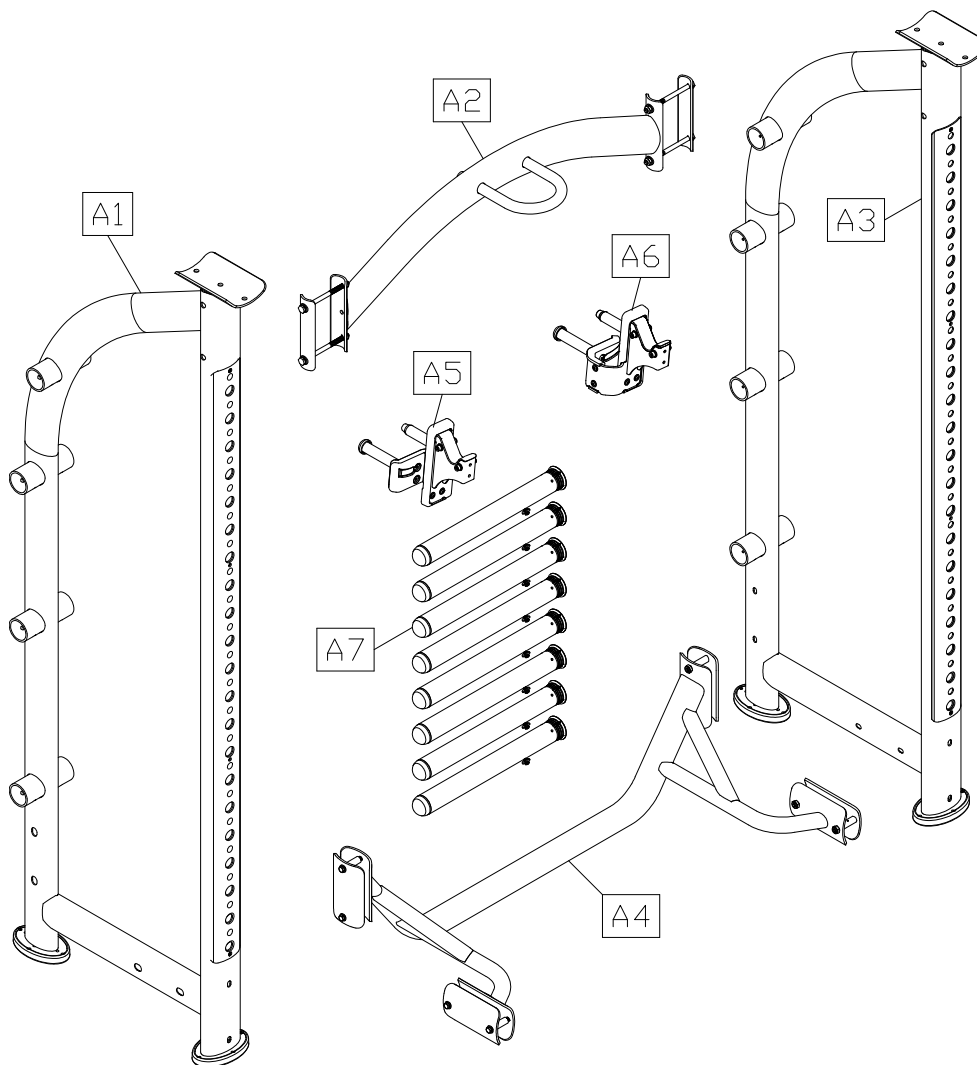
This product was designed and built for optimum safety. However certain precautions apply during the use of this product. Please note the following safety precautions:

- Please read the entire manual before assembly and operation. Make sure the product is installed and operated as instructed in this manual.
- Assemble and operate the product on a solid, level surface. Do not use outdoors or near water, including pools and saunas.
- Check the product before every use. Make sure all parts are assembled, and all fasteners are tightened. Do not use the product if it is disassembled in any way.
- Wear proper workout clothing. Do not wear loose clothing. Do not wear shoes with leather soles or high heels. Tie all long hair back. Do not go barefoot on this product.
- Keep away from moving parts. Moving parts may or may not stop immediately if an object becomes caught or impedes normal motion.
- Use this product only for its intended purpose as described in this manual.
- Be careful when mounting and dismounting the unit.
- Never operate this product if it has been damaged in any way. If it is not working properly, or has been dropped or damaged, contact a service technician for repairs.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt) . Such parts might cause injuries or cause the unit to fail and void the warranty. We will not be responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- This product is not intended for use by persons (including children 12 or younger) with reduced physical, sensory, or mental capabilities, or by people who are otherwise deficient in product knowledge or experience. If such people use this product, they should be given training and be supervised at all times by someone responsible for their safety.
- Children 12 or younger should be supervised to ensure that they do not play on or near the product.
- The user weight limit for this product is 227 kg, 500 lb.
- Maintenance and repair must be performed by trained service personnel only. Improper maintenance would not only damage the machine, but also may present a danger to the exerciser.
- Warning that any of the adjustment devices that could interfere with the user's movement should not be left projecting.
- Over exercise may result in serious injury or death.

CAUTION: If you feel any pain or any abnormal sensations, STOP YOUR WORK-OUT and consult your physician immediately. Work within your recommended exercise level. DO NOT work to exhaustion. Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

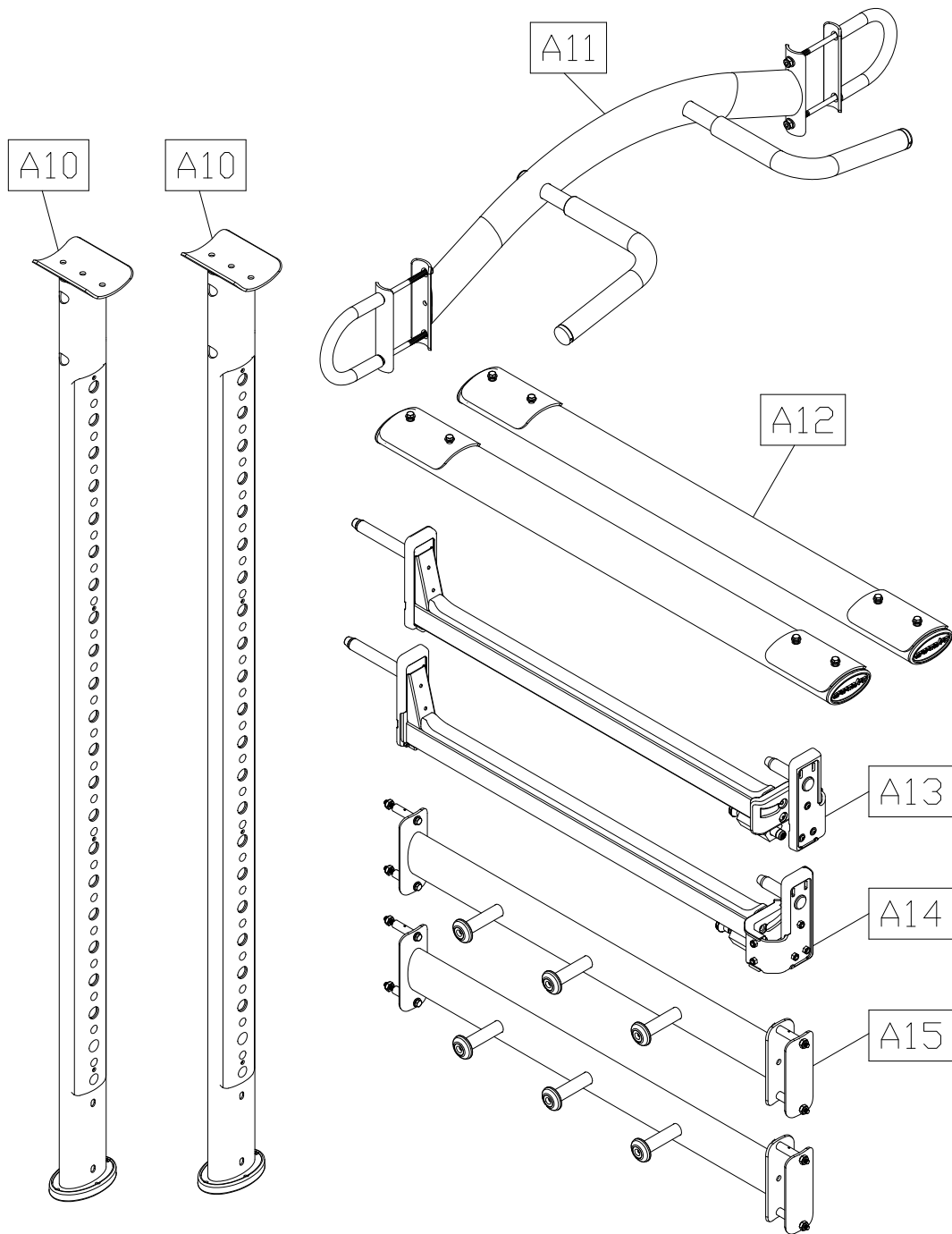
3. LIST OF PARTS

Box A



Box A - Main Frame Components					
No.	Name	Qty.	No.	Name	Qty.
A1	Right frame	1	A7	Weight plate peg	8
A2	U-shaped connector	1	A16	Floor fixing bracket	2
A3	Left frame	1	A17	U-shaped bracket	2
A4	Connector	1	A18	Owner's manual	1
A5	Weight lifting bar hook A	1	A19	Hardware kit	1
A6	Weight lifting bar hook B	1			

Box B



Box B - User Frame Components					
No.	Name	Qty.	No.	Name	Qty.
A10	Front frame	2	A13	Safety catch bar A	1
A11	Pull up bar connector	1	A14	Safety catch bar B	1
A12	Upper connector	2	A15	Lower connector	2

Components in the Hardware Kit				
No.	Name	Qty.	Specification	Notes
	Double Open End wrench	2	13mm*17mm	
	L-shaped Allen wrench	2	M6*L70mm	
	L-shaped Allen wrench	1	M4*L60mm	
	Open End wrench	1	35mm	
	L-shaped Allen wrench	1	M5*L65mm*W25	
	L-shaped Allen wrench	1	M8*L105mm*W40	
	Screwdriver shank	1	Flat and Phillips	

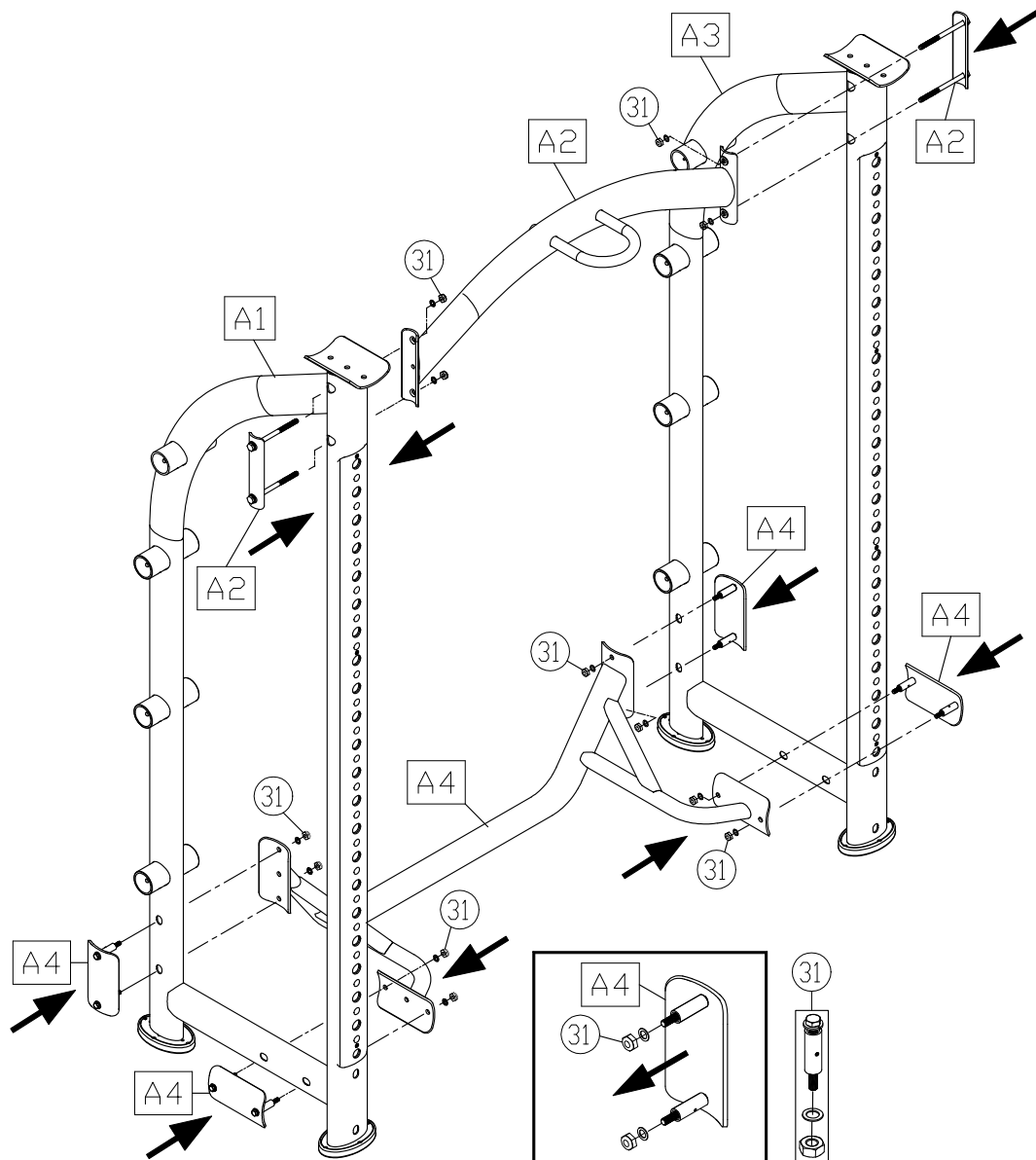
Components on the Product			
No.	Name	Specification	Notes
31	Washer	D16*d10.2*t1.0	
	Hex nylon nut	M10	
32	Hex nylon nut	M10	
	Spring washer	M10	
	Washer	D19*d10.2*t3	
33	Hex head screw	M10*P1.5*L150	
	Spring washer	M10	
	Washer	D19*d10.2*t3	
55	Washer	D20*d7*t2.0	
	Mushroom top inner hex screw	M6*P1.0*L15	
56	Washer	D20*d7*t2.0	
	Spring washer	M6	
	Inner hex screw	M6*P1.0*L10	

4. ASSEMBLE THE PRODUCT

Follow instructions below to assemble this product. Note that in this manual the words “left” and “right” are used to refer to the product and its parts. As such, these designations correspond to the “left” and “right” sides of a person in position to exercise on this product. Also, for brevity, the word “screws” is used where screws, washers, and other hardware may be involved.

STEP 1 Install Frames and Connectors

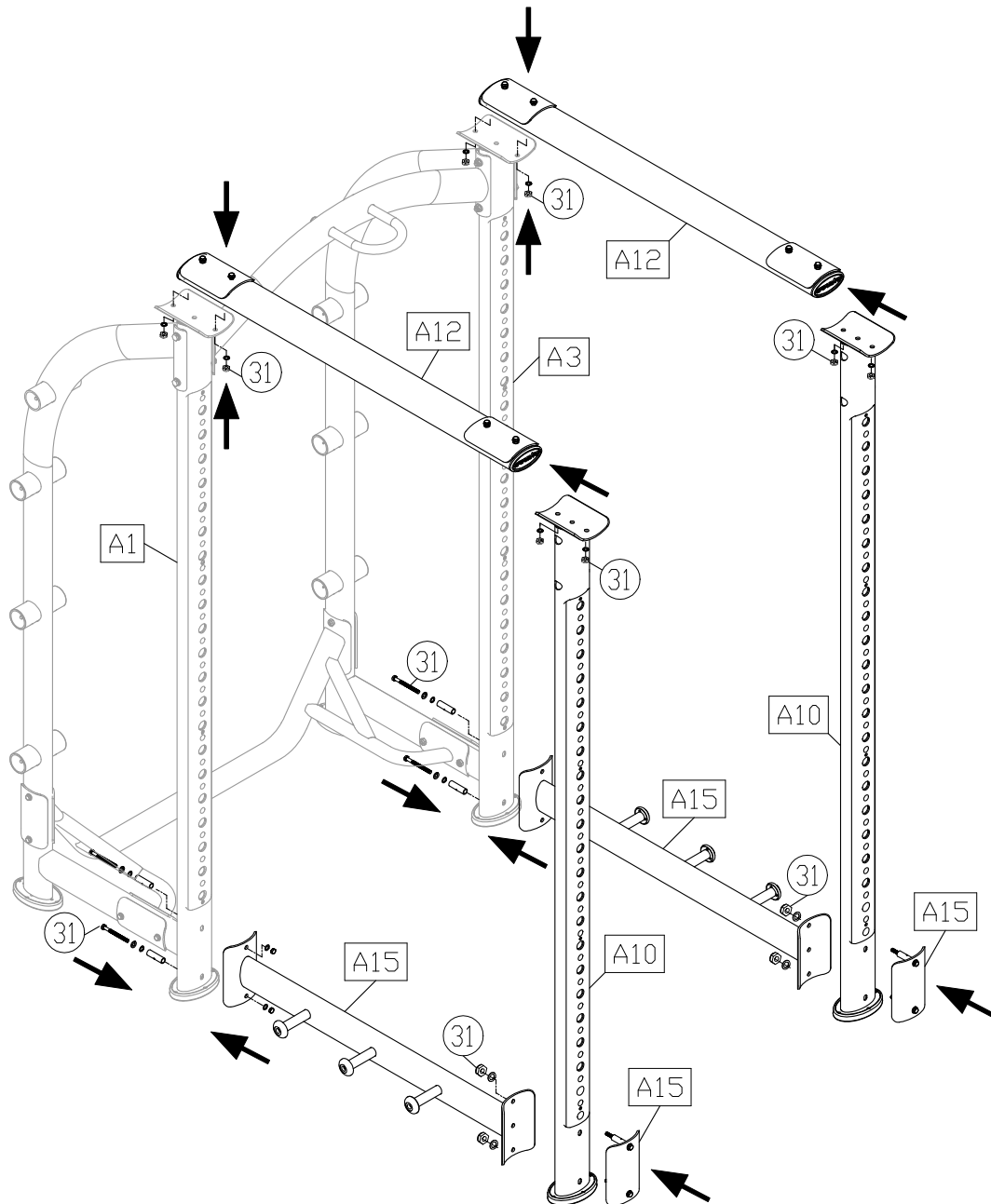
- (a) First, remove nuts (31) and the curved connecting plates from the connector (A4) and U-shaped connector (A2). Align the connector (A4) and U-shaped connector (A2) to the holes in the right frame (A1) and left frame (A3) and then loosely secure the assembly in place with the curved connecting plates and nuts as shown. Do not tighten nuts yet.
(Note: For safety, two people are required for this procedure.)



STEP 1 Install Frames and Connectors (Continued)

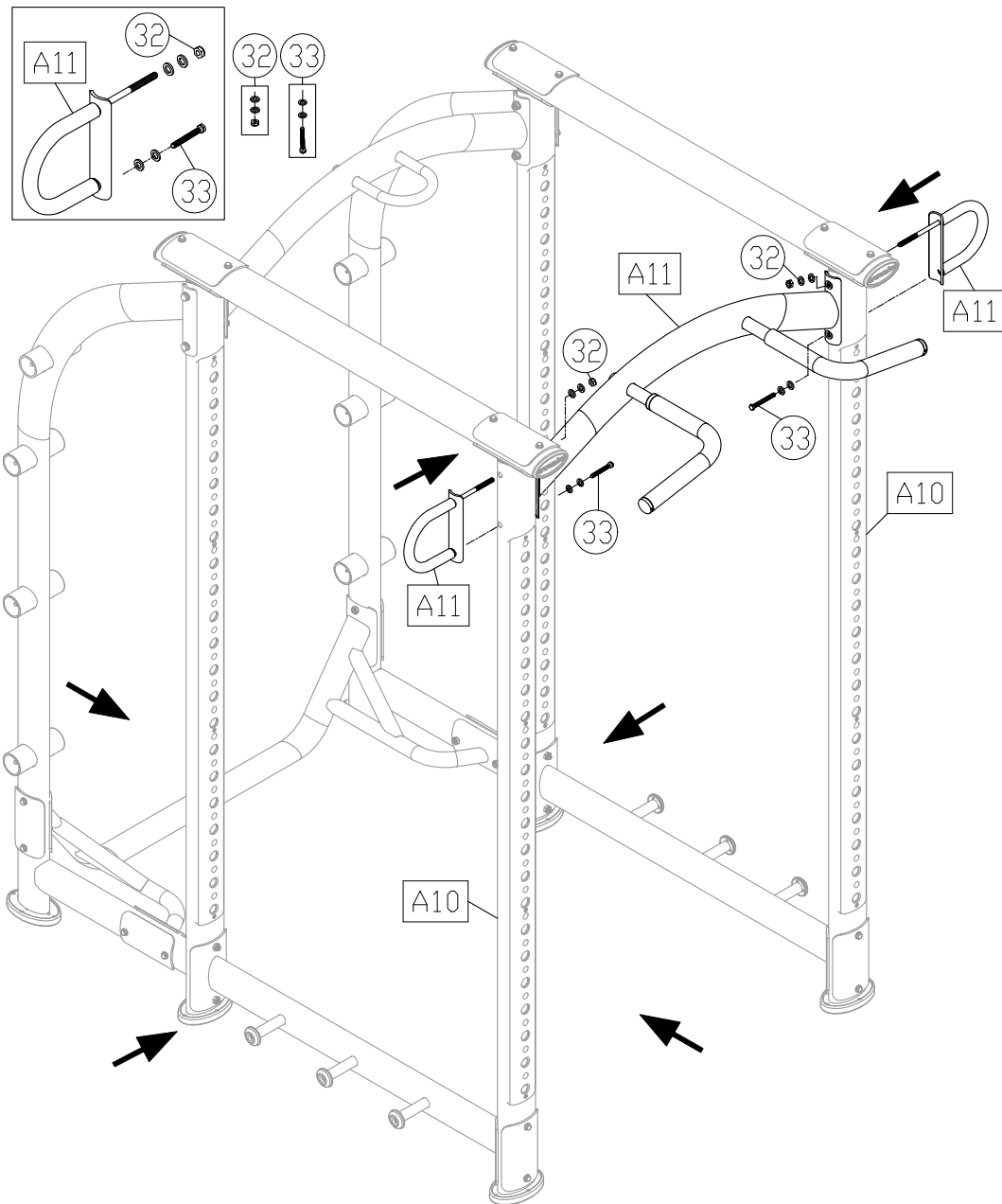
(b) First, remove nuts (31) and the curved connecting plates from the lower connector (A15) and upper connector (A12). Align the lower connector (A15) and upper connector (A12) to the holes in the front frame (A10) and then loosely secure the assembly in place with the curved connecting plates and nuts as shown. Do not tighten nuts yet.

(Note: Make sure the lower connector (A15) is assembled with the correct direction.)



STEP 1 Install Frames and Connectors (Continued)

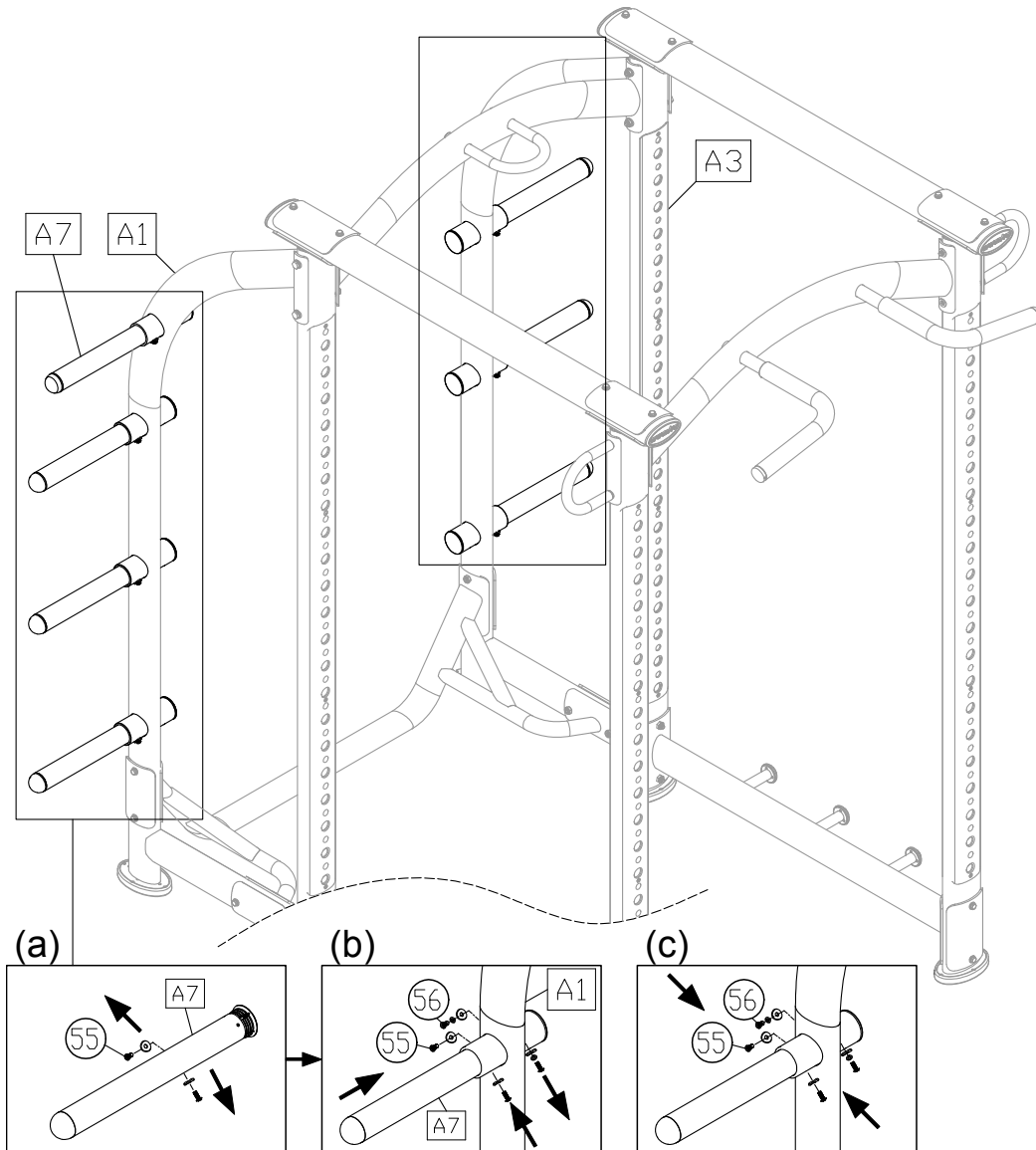
- (c) Finally, remove nuts (32), screws (33) and U-shaped connecting plates from the pull up bar connector (A11). Align the pull up bar connector (A11) to the holes in the front frame (A10) and then loosely secure the assembly in place with nuts (31), screws (33) and U-shaped connecting plates as shown.
- (d) Fully tighten all nuts once the whole assembly is completed.



STEP 2 Install the Weight Plate Pegs

Follow instructions (a) through (c) below to install the weight plate pegs.

- (a) First, remove screws (55) from the weight plate pegs (A7).
- (b) Loosen screws (56) from the front of the right/left frame (A1) (A3) and then install the weight plate pegs (A7) onto the right/left frame (A1) (A3) and secure them with screws (55).
- (c) Finally, tighten all screws.

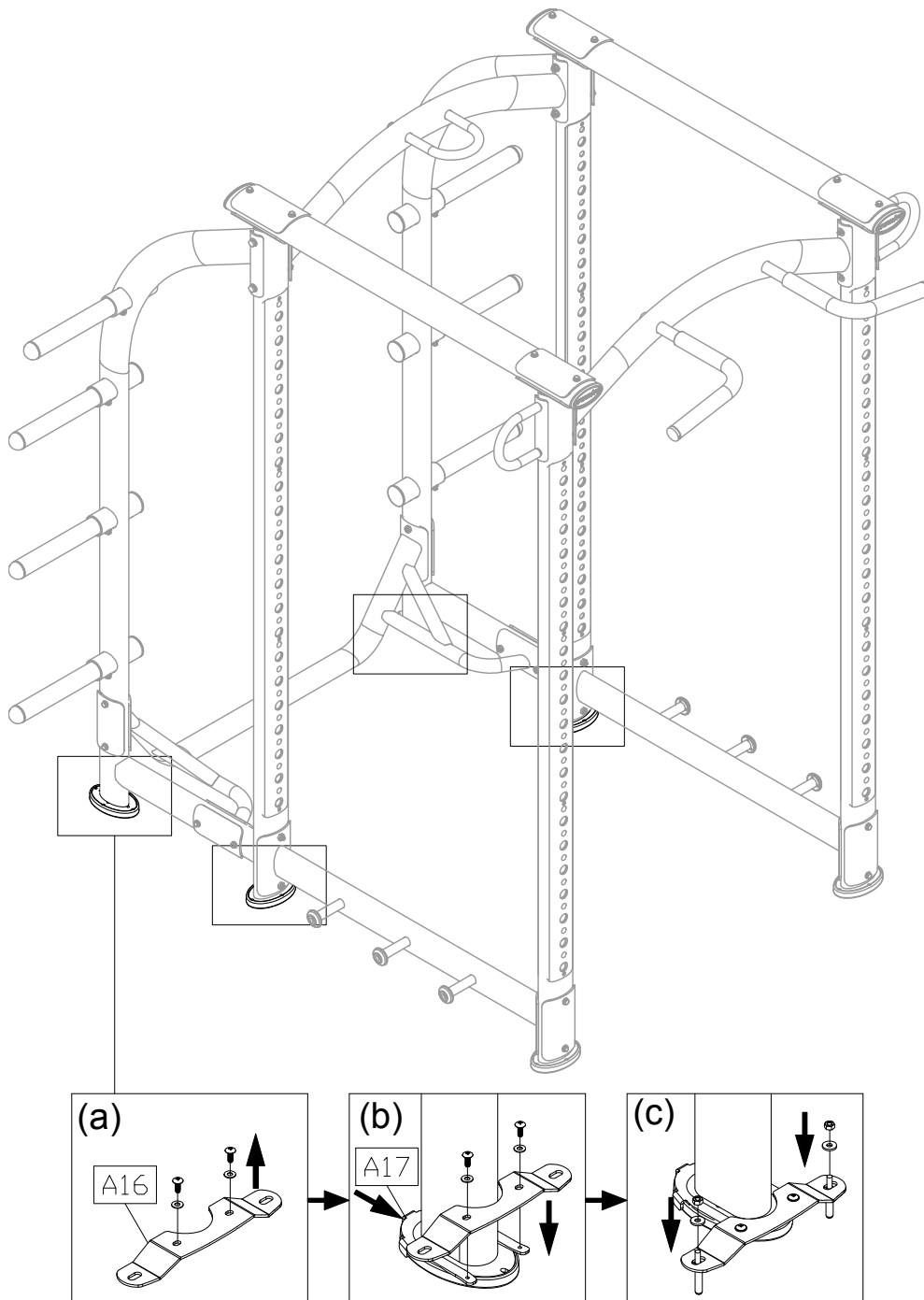


STEP 3 Secure the Product

Please follow the instructions (a) through (c) to secure the unit to make sure the machine is firmly fixed to the floor when operating.

- (a) Remove screws from the floor fixing bracket (A16).
- (b) Insert the U-shaped clip (A17) onto the machine (Make sure the U-shaped clip with the correct side downward as below shown), and then secure the floor fixing bracket (A16) with screws.
- (c) Secure the floor fixing bracket to the floor with the floor fixing bolt, nut and washer as shown

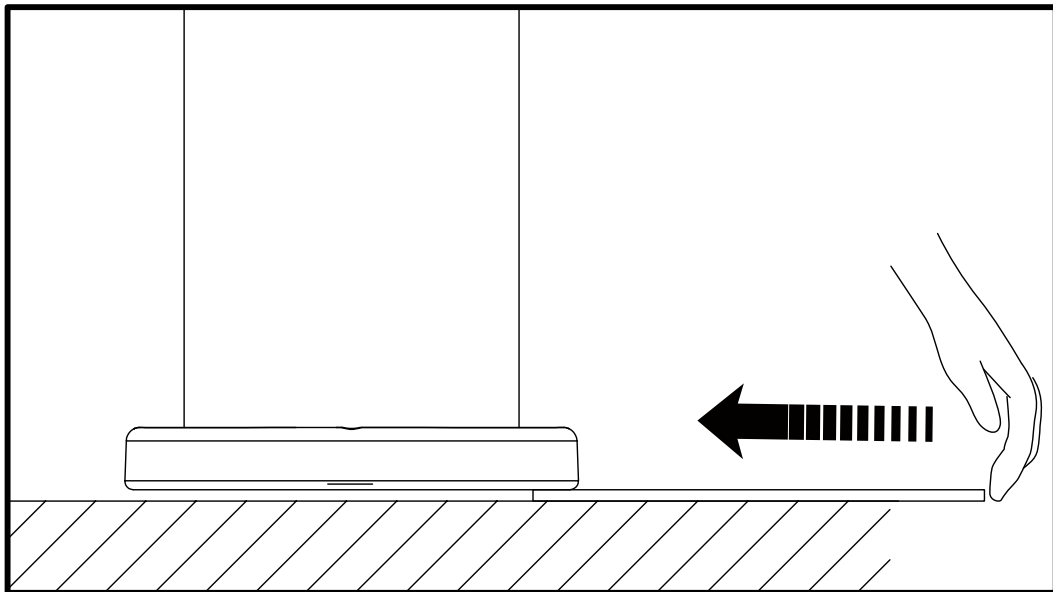
(Note: The screw hole of floor fixing bracket is $\varnothing 9\text{mm}$, please make sure using the suitable floor fixing bolt and drilling the proper hole on the floor.)



STEP 4 Level the Product

If the product is installed on an uneven surface to cause the instability of the product, place the support spacer under the foot pad to make sure its stability.

(A few support spacers are provided in the packaging of this product.)



STEP 5 Unit Inspection

After completing the assembly or regular maintenance, please follow instructions (a) through (c) below to inspect the unit. If the unit is disassembled or has been damaged in any way, it might cause injuries or cause the unit to fail.

- (a) Make sure the unit is steady and on a level surface. If the unit is not steady, make adjustments according to the instructions “Level the Unit” of this manual.
- (b) Make sure all parts are assembled and all fasteners are tightened.
- (c) Please follow operating instructions to test operation and confirm that the equipment is working properly. (Please refer to “Operate the Product” of this manual.)

5. OPERATE THE PRODUCT

This section includes operational instructions.

OPERATION Operate the Product

Follow instructions (a) through (c) below to assembly and operate weight lifting bar hook A/B (A5) (A6).

- (a) Weight lifting bar hook A/B are designed to hang the weight lifting rod.
- (b) Ensure the weight lifting bar A/B are installed at the same height.
Improper placement would not only damage the machine, but also may present a danger to the exerciser.
- (c) Align the axle of the weight lifting bar hook A/B to the holes in the right/left frame and go through two holes of the tube and then turn the weight lifting bar hook A/B to the proper direction as shown.

(Note: Make sure the weight lifting bar hook A/B are installed in the position as shown. Improper placement may cause the product to fall.)

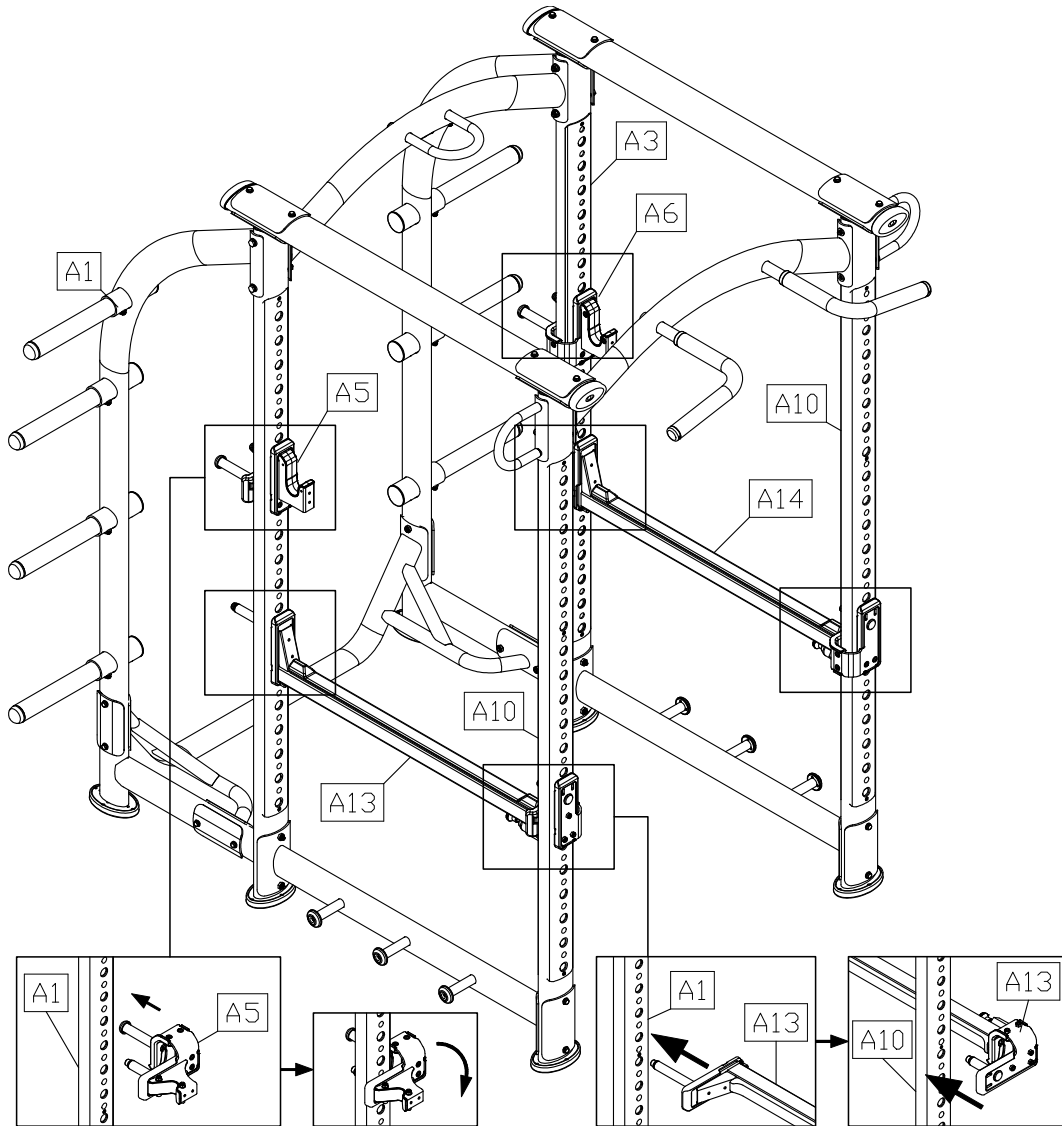
(Note: Make sure the weight lifting bar hook A/B (A5) (A6) are installed higher than the safety catch bar A/B (A13) (A14).)

Follow instructions (a) through (c) below to assembly and operate safety catch bar A/B (A13) (A14).

- (a) Safety catch bar A/B are designed to hold the weight lifting rod when it fall down unexpectedly during the operation.
- (b) Ensure the proper workout position and placement of the safety catch bar A/B prior to use.
- (c) Ensure the safety catch bar A/B are installed at the same height.
Improper placement would not only damage the machine, but also may present a danger to the exerciser.
- (d) Insert the safety catch bar A/B (A13) (A14) to the right/left frame and go through two holes of the tube and then turn the safety catch bar A/B downward to insert the set pin to the frame and make the safety catch bar A/B around the tube as shown. Follow the same procedure on both sides.

(Note: Make sure both sides of safety catch bar A/B are inserted to the both frames. If installed incorrectly, the safety catch bar A/B CAN NOT prevent accidents by unexpected incidents.)

OPERATION Operate the Product (Continued)



OPERATION Exercising Instructions

- * Note: While operating the machine, if the weight plate is moving around. Please stop immediately, re-position the weight plate before continuing. Secure the weight plates with set springs. Partial insertion may cause the weight lifting bar to fall unexpectedly
- * Weight limit: Weight plate limit of 250Kg (Unilateral 125Kg)
- * Please exercise within the range of your skill and training. If you feel any pain or any abnormal sensations, STOP YOUR WORKOUT and consult your physician immediately
- * Operate this machine must be supervised under coaches instructions in order for safety.
- * If you feel faint, pain or any abnormal sensations during exercise, put the weight lifting rod on the safety catch bar A/B.

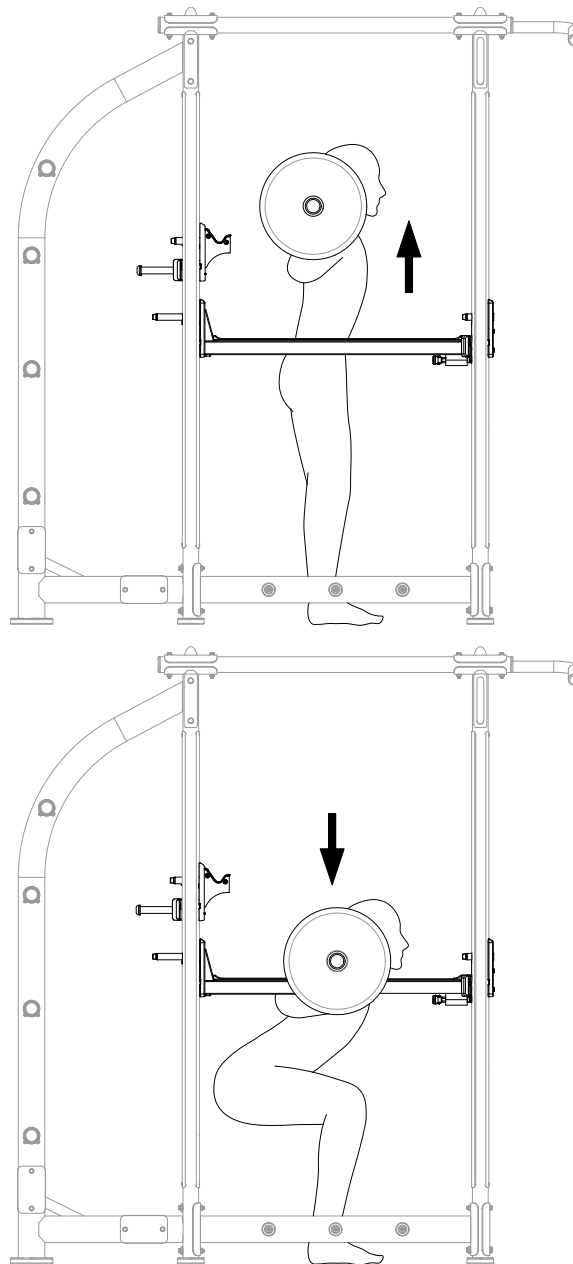
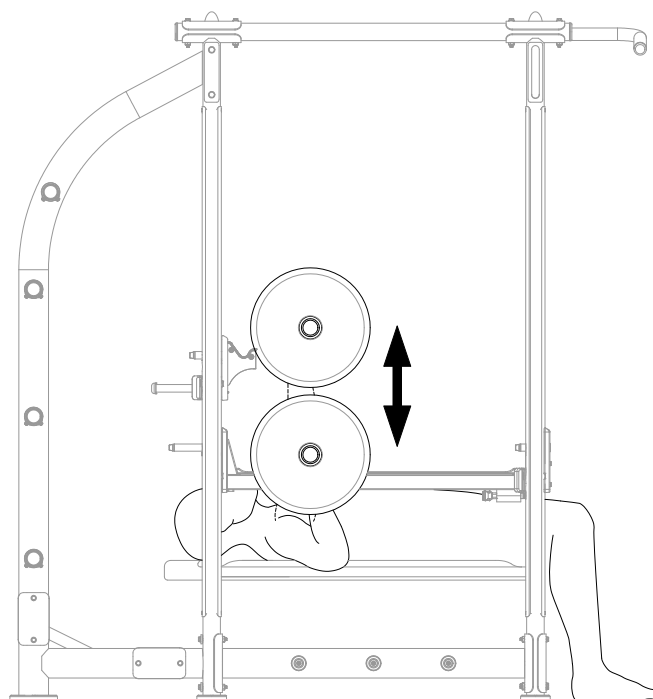
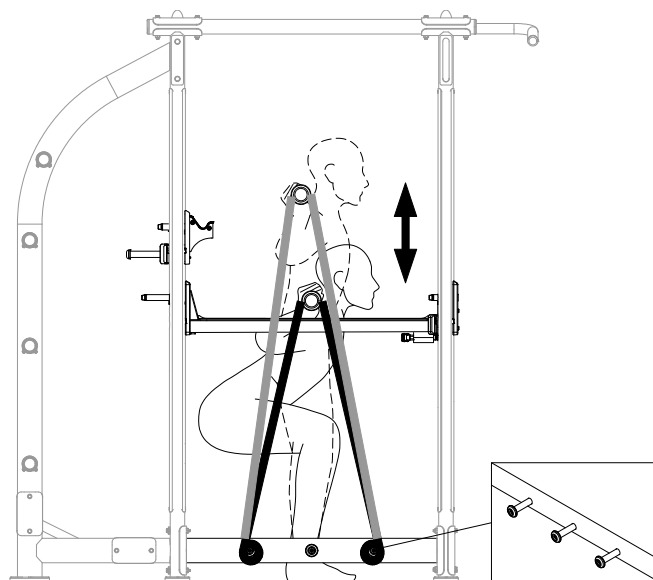


Fig 1. Exercise legs (*Please follow coaches' instructions.)

OPERATION Exercising Instructions (Continued)



**Fig 2. Using the bench with Power Cage to exercise chest.
(*Please follow coaches' instructions.)**



**Fig 3. Using the weight lifting rod and training rope with
Power Cage to exercise legs.
(*Please follow coaches' instructions.)**

OPERATION Exercising Instructions (Continued)

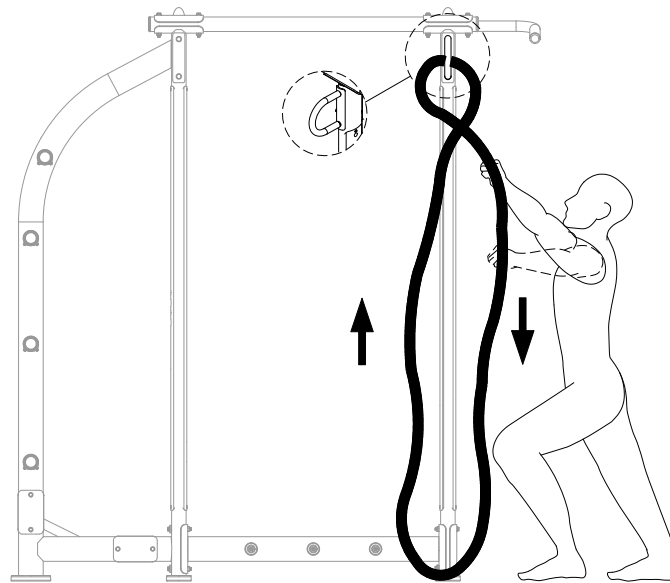


Fig 4. Using the training rope with Power Cage to exercise arms.
(*Please follow coaches' instructions.)

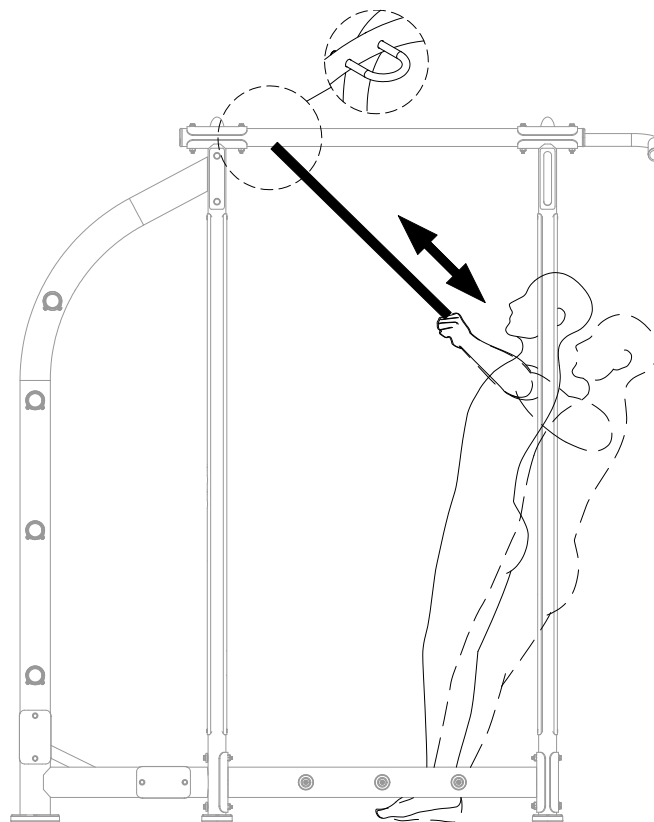


Fig 5. Using the training rope with Power Cage to exercise chest and abdomen.
(*Please follow coaches' instructions.)

OPERATION Exercising Instructions (Continued)

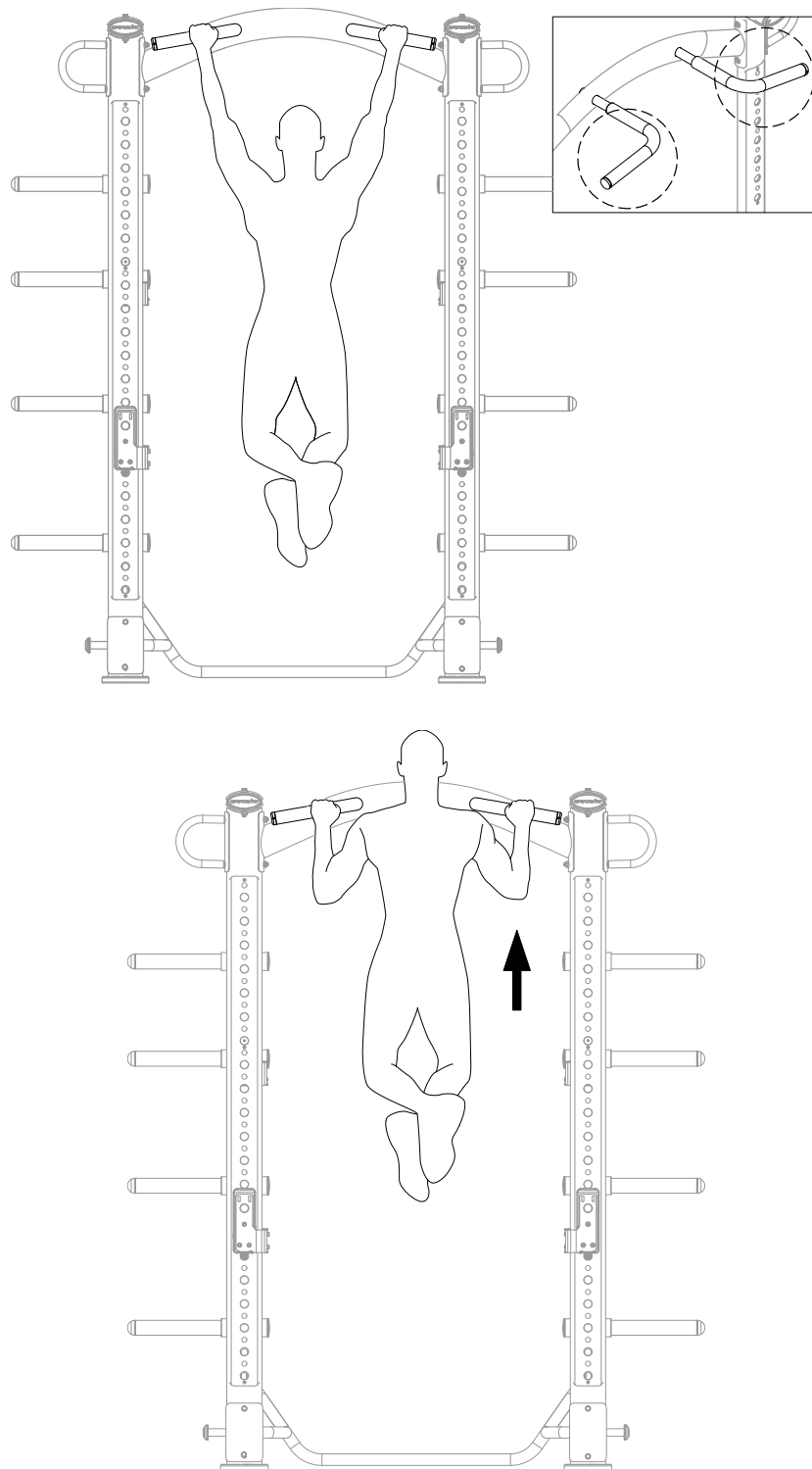


Fig 6. Exercise legs (*Please follow coaches' instructions.)

6. MAINTENANCE

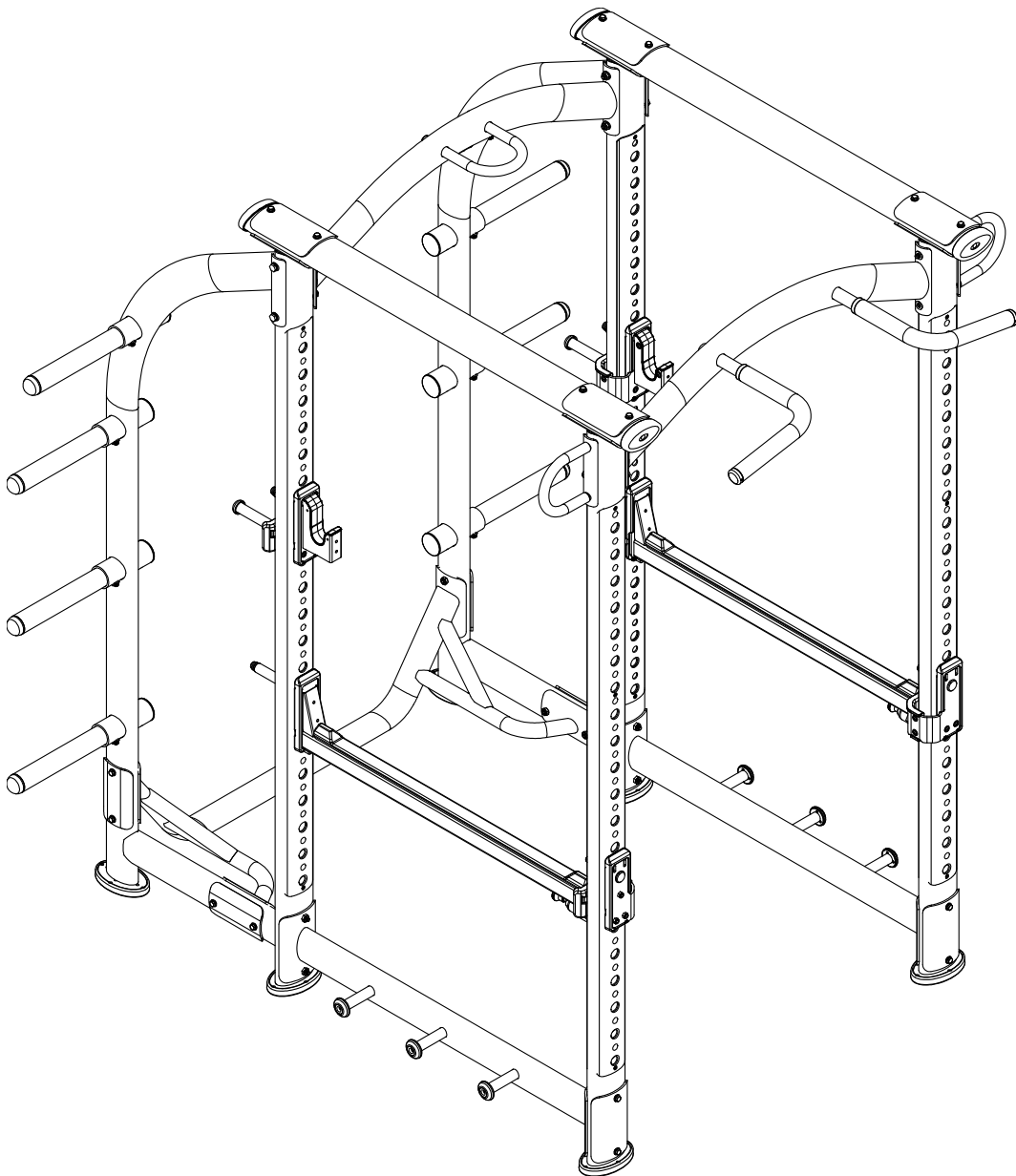
This section covers maintenance topics and includes a maintenance schedule, task list, and log.

MAINTENANCE Safety Precautions

- Please follow standard safety precautions when servicing on this product.
- Do NOT use a damp towel to clean the product and do perform the following maintenances.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage components and void the warranty.
- Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner, to thoroughly clean the handlebar and the console.
- This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt) . Such parts might cause injuries or cause the unit to fail and void the warranty. We will not be responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- Maintenance and repair must be performed by trained service personnel only. Improper maintenance would not only damage the machine, but also may present a danger to the exerciser.
- Keep this product out of use until maintenance is completed.

MAINTENANCE Schedule

	Area	Day	Week	Month	Quarter	Year	Notes
1	Exterior	•					Clean.
2	Screws	•					Inspect for looseness and secure if necessary.



MAINTENANCE Task List

Like cars, fitness products require maintenance. Regular maintenance extends product life, and failure to maintain products can void the manufacturer's warranty. Copy the maintenance log sheet, and record maintenance work for each fitness product.

Daily tasks

1. Use a clean, lint-free towel to wipe down the product exterior.
2. Inspect all screws. Secure if necessary.

Caution

- Please follow standard safety precautions when working on this product.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage components and void the warranty.

MAINTENANCE One-Year Maintenance Log

Facility: _____ Supervisor: _____

Product model number: _____ Serial number: _____

Start date: _____ End date: _____

Daily Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Week 22-28
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily Tasks	Week 29-35	Week 36-42	Week 43-49	Week 50-52
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Weeks 22-28
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Tasks	Weeks 29-35	Weeks 35-42	Weeks 43-49	Weeks 50-52
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Monthly tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yearly Tasks	Year 1
Completed	<input type="checkbox"/>

Notes: _____

7. CONSIGNES DE SÉCURITÉ IMPORTANTES

Le produit SportsArt a été conçu et fabriqué afin d'assurer une sécurité optimale. Cependant certaines précautions s'appliquent chaque fois que vous utilisez votre produit.

- Lisez entièrement le manuel avant l'assemblage et l'utilisation. Veuillez aussi noter les consignes de sécurité suivantes:
- Veuillez lire attentivement les instructions et installer le produit selon les instructions.
- Assemblez et faites fonctionner le produit sur une surface solide et plane; NE PAS l'utiliser à l'extérieur ou près de l'eau.
- En aucun cas, ne laissez des enfants à proximité ou sur le produit.
- Vérifiez le tapis de course avant chaque utilisation. Assurez-vous que toutes les pièces sont assemblées et que tous les éléments de fixation sont serrés. NE PAS utiliser le produit si l'appareil est démonté de quelque façon.
- Gardez vos mains loin des pièces mobiles.
- Portez des vêtements d'entraînement appropriés; NE PORTEZ PAS de vêtements amples. NE PORTEZ PAS de chaussures à semelles en cuir ou à talons hauts. Attachez les cheveux longs.
- Soyez prudent lors du montage et démontage de l'appareil.
- NE PAS utiliser d'accessoire non spécifiquement recommandé par le fabricant. Car cela pourraient provoquer des blessures ou entraîner une panne de l'appareil.
- Débranchez l'appareil de la prise avant l'entretien ou la suppression de toute pièce.
- Une surveillance étroite est nécessaire quand de produit est utilisé par ou à proximité d'enfants, de malades ou de personnes handicapées.
- Utilisez ce produit uniquement pour l'usage prévu dans ce manuel.
- Ce produit n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de produit par une personne responsable de leur sécurité.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le produit.
- Ce produit n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de ce produit par une personne responsable de leur sécurité.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le produit.

ATTENTION

Si vous ressentez une douleur ou si vous avez une sensation anormale, ARRÊTEZ VOTRE ENTRAÎNEMENT et consultez immédiatement votre médecin. Entraînez-vous à votre niveau d'exercice recommandé. NE PAS s'entraîner jusqu'à l'épuisement.

- Avant de commencer un programme d'exercice, vous devriez consulter votre médecin. Il est recommandé de faire un examen physique complet.

Dans ce manuel, les mots "gauche" et "droit" sont utilisés en référence aux pièces et au produit. Comme tels, les mots "gauche" et "droit" font respectivement référence aux côtés gauche et droit de l'exerciseur. De même pour plus de concision, le mot «vis» est utilisé dans certains cas où des rondelles, des vis et autres matériels sont associés.

8. APPENDIXES

APPENDIXES Exploded Diagram

Note: We reserve the right to revise the following diagrams at any time without notice or obligation to notify any person of such revisions or changes. Please visit our official website www.gosportsart.com for the latest version.

CHANGE DATE	CHANGE DESCRIPTION	CHANGE NO.	NAME	
SportsArt FITNESS RESTRICTED USAGE, PLEASE DON'T FORWARD TO ANYONE WHO DIDN'T APPROVE IT				
DRAWN BY	UNITS	MM	SALES BLD UP DIAGRAM	
VERIFIED BY	QTY	1	Diagram No.	GKB-F101B-A
	VERSION	A1	MODEL	A966
	RATIO	1:21		

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