

User Manual



IFAST

KEEP MOVING STAY HEALTHY

Refer to www.ifastfitness.com Click "Installation"
on the main menu, find the installation video

Power Cage -AB

This manual **MUST** be given to the user of the product
BEFORE using this product, read this manual and save for future reference

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IFAST

Fitness equipment and sporting goods can help you make the most of your time spent at the gym or in the great outdoors. Whether you're looking for a treadmill for a home gym or outdoor games to get the kids away from their video games over the summer, IFAST has a wide range of sporting equipment that you and your family will love.

With the increased overcrowding in local gyms, IFAST offers you the opportunity to beat the crowds and complete your exercise routine

IFAST has home gym essentials to equip a workout space of any size.

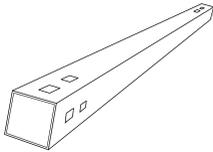
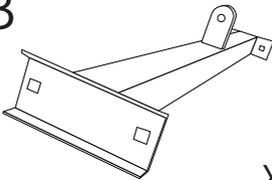
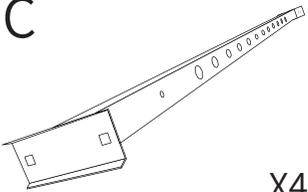
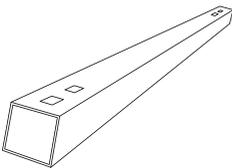
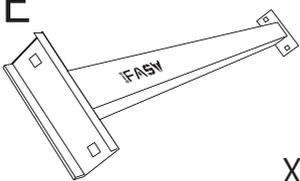
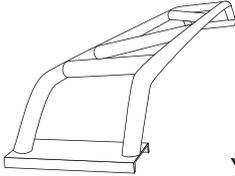
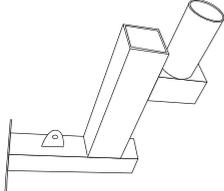
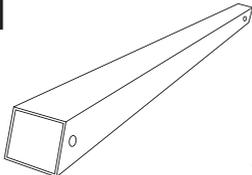
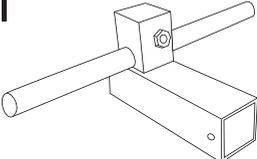
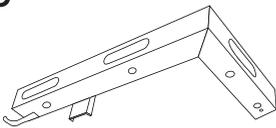
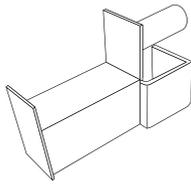
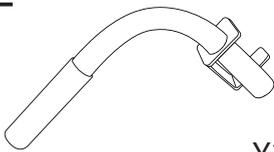
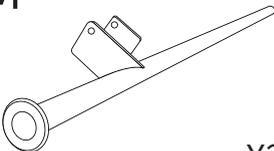
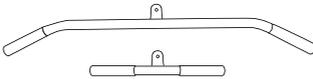
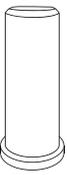
We offer great deals on equipment. All you need to provide is the will power and stamina. No matter what your fitness goals are, losing weight, gaining muscle, maintaining health, looking good, we have the fitness equipment you need to achieve it! Choose from our excellent selection of exercise equipment, including treadmills, exercise bikes, rowers, elliptical trainers, cable machines, home gyms, free weights, kettlebells, aerobic equipment, boxing gear and heart rate monitors. IFAST offers a cost-effective, time-efficient alternative to a gym contract.

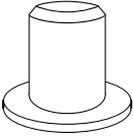
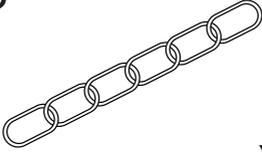
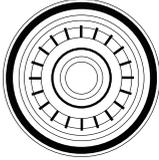
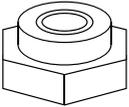
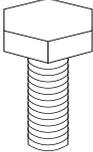
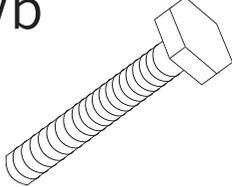
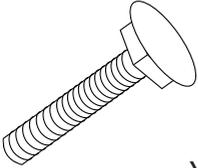
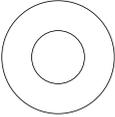
IFAST has US trademark. IFAST was originally sold on Amazon. It has accumulated ten thousands of customers and gained a good reputation. We have extensive experience and have provided OEM ODM services for many brands.

Now we start our e-commerce business to provide you with faster and better services.

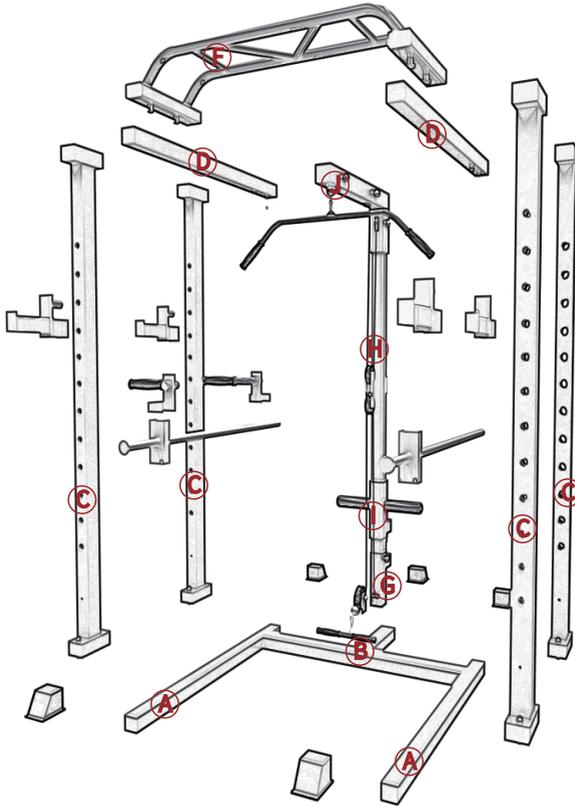
We will continue to enrich our product line to bring you more choices. We deliver products to you based on our California warehouse and free shipping for the US. Localization makes the whole process more efficient



<p>A</p>  <p>X2</p>	<p>B</p>  <p>X1</p>	<p>C</p>  <p>X4</p>
<p>D</p>  <p>X2</p>	<p>E</p>  <p>X1</p>	<p>F</p>  <p>X1</p>
<p>G</p>  <p>X1</p>	<p>H</p>  <p>X1</p>	<p>I</p>  <p>X1</p>
<p>J</p>  <p>X1</p>	<p>K</p>  <p>X4</p>	<p>L</p>  <p>X2</p>
<p>M</p>  <p>X2</p>	<p>Na&Nb</p>  <p>X1</p>	<p>O</p>  <p>X2</p>

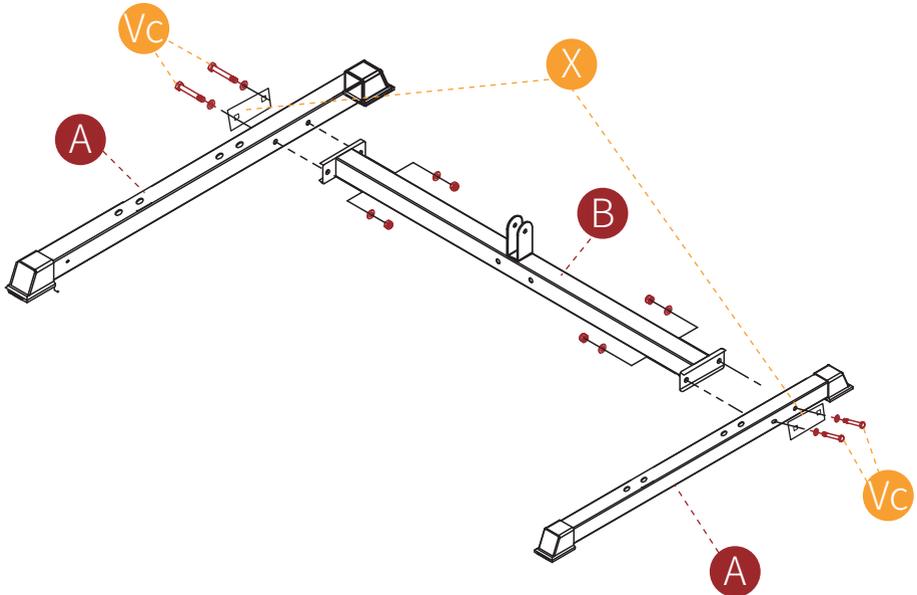
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<p>U</p>  <p>X37</p>	<p>Va</p>  <p>X3</p>	<p>Vb</p>  <p>X5</p>
<p>Vc</p>  <p>X28</p>	<p>W</p>  <p>X2</p>	<p>X</p>  <p>X10</p>
<p>Y</p>  <p>X44</p>	<p>Z</p>  <p>X5</p>	

Exploded view



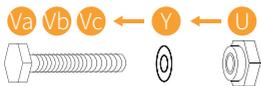
Refer to www.ifastfitness.com Click “Installation” on the main menu, find the installation video

First step



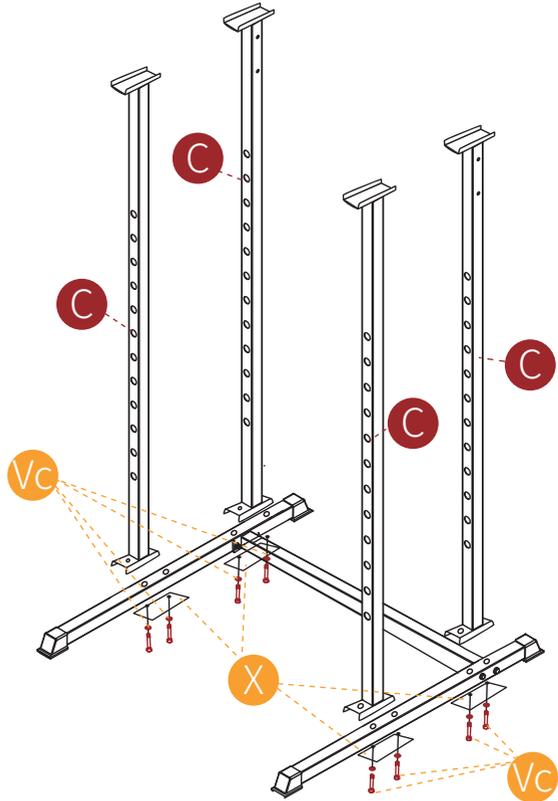
Base installation

Vc Insert the X into the side of A, and connect the side of B



ATTENTION: every nuts is screwed with a iron ring.

Second step



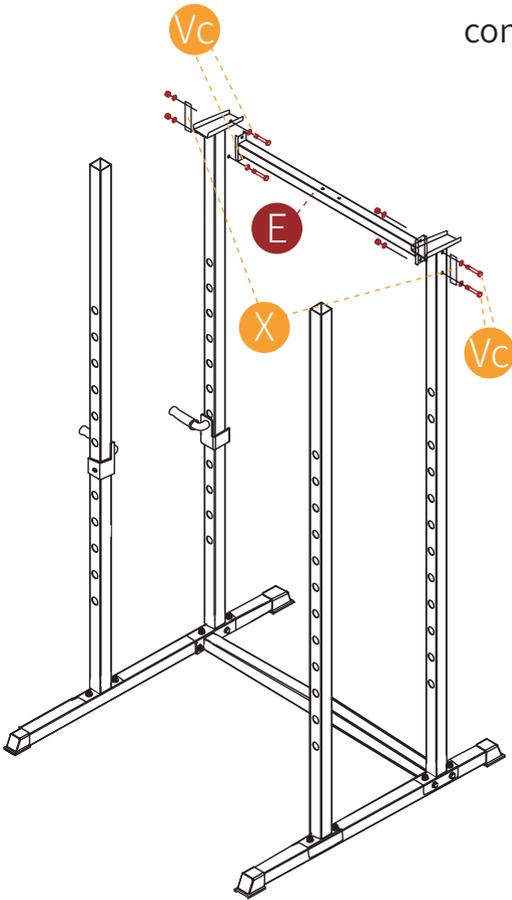
The base is installed

Vc Insert the **X** into the **A**, and goes through the **C**, tighten the **U**

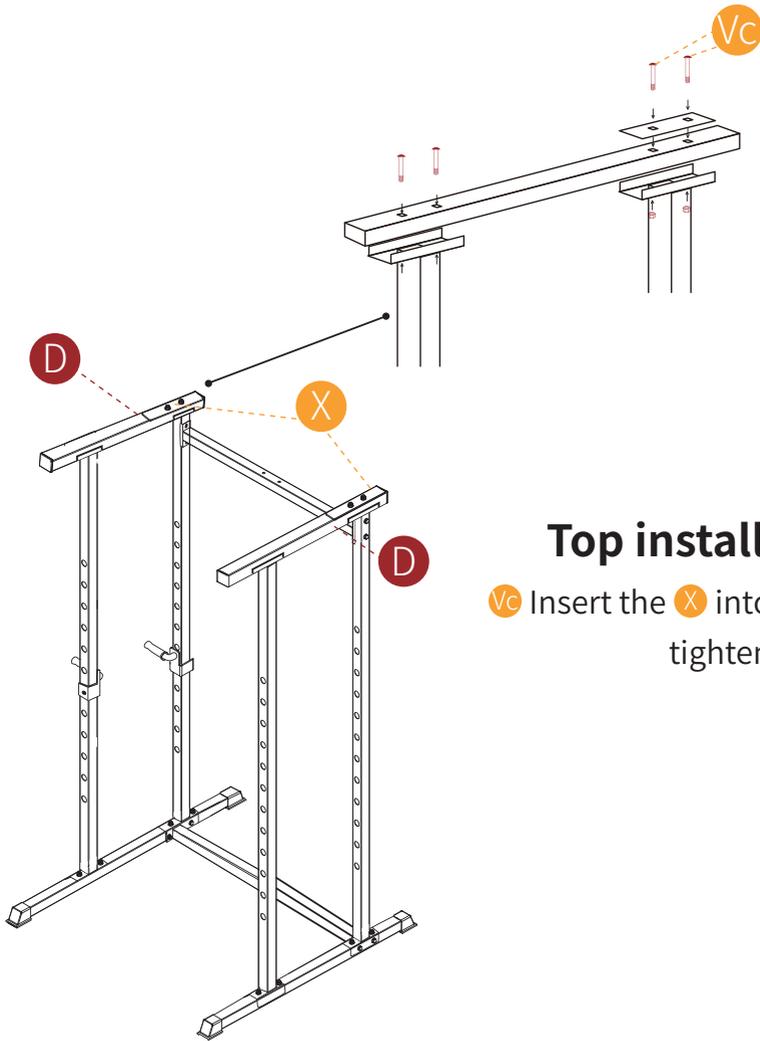
Third step

Install the upper square tube

Vc Insert the X into the C, connect E, tighten the U.



Fourth step



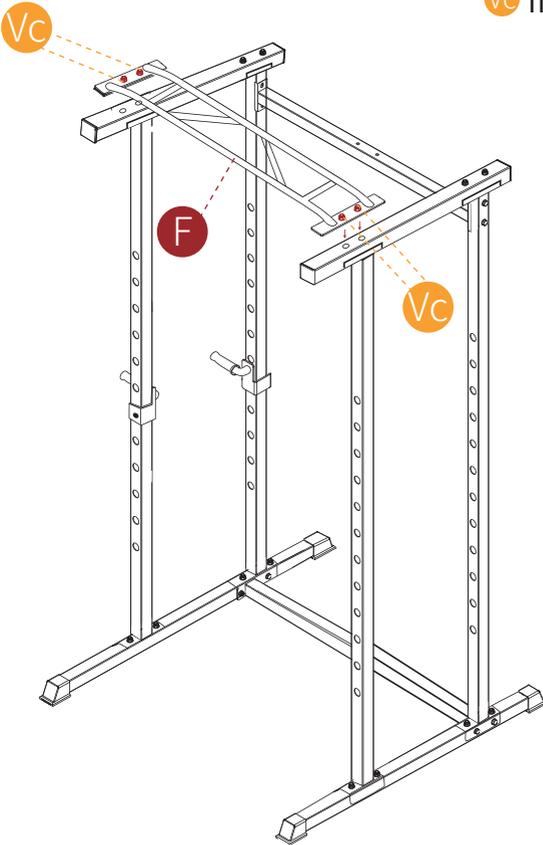
Top installation

Insert the **X** into the **D**,
tighten the **U**.

Fifth step

Pull-up bar installation

Vc Insert the **F** into the **D**,
tighten the **U**.

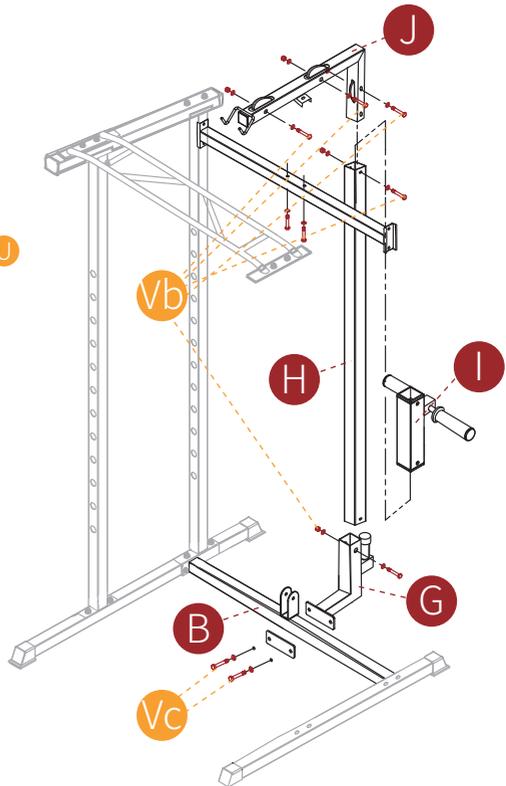


Sixth step

Pully system installation

(From bottom to top)

1. **Vc** Insert the **X**, goes through **B**, connect **G**, tighten **U**
2. **Vb** insert **H** and **G**, tighten **U**
I goes through **H**.
3. Connect the **H** and **J**, and **Vb** goes through them, tighten.
4. **Vb** goes through **J** and **T**, tighten **U**.

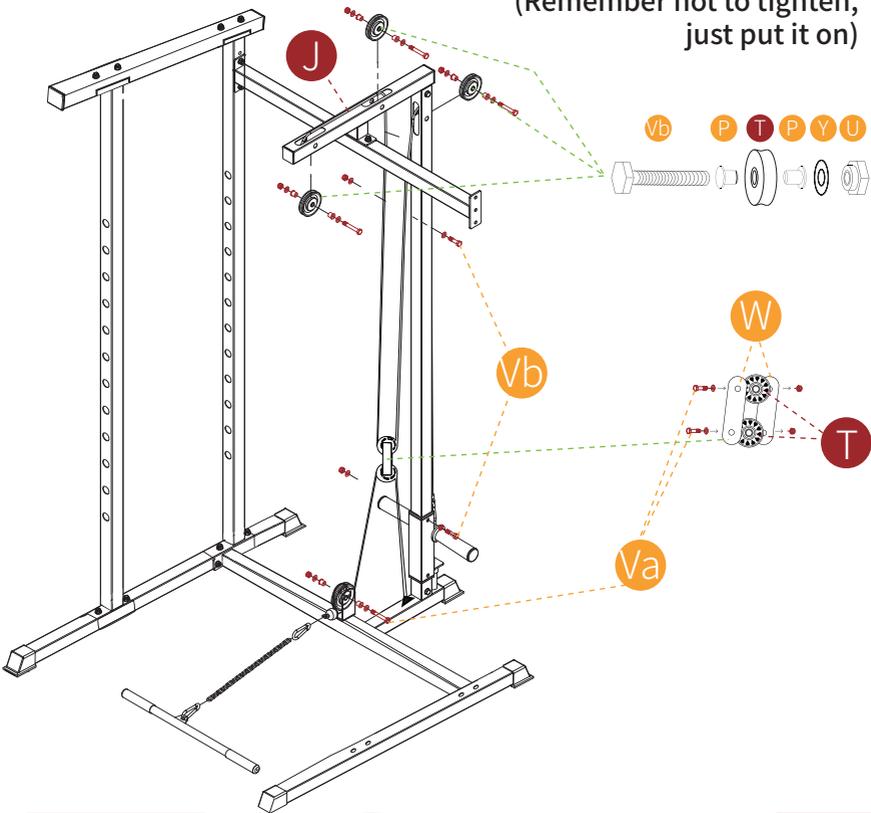


Seventh step

Roller installation

Put the **T** into the hole of **J**, then insert **Vb** and tighten **U**.

(Remember not to tighten, just put it on)



Eighth step

Install the cable

1. Locate the screw end of the pull wire and pass the lead wire upward from the bottom of the square tube Pass through the top of roller ①

(Note that if you can't insert it, remove the roller, put the lead on and then install the roller)

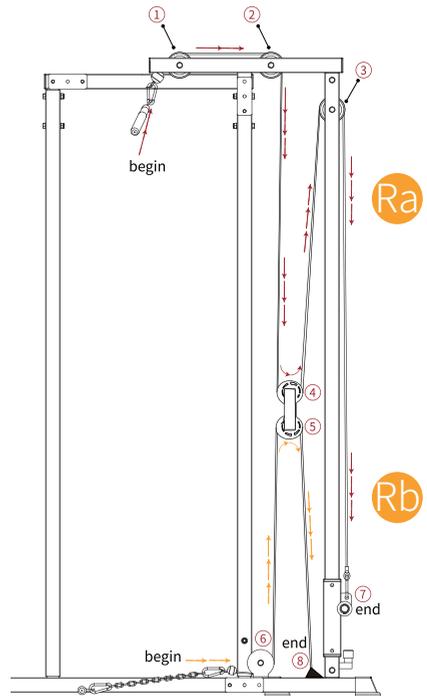
2. Go through the roller No. ② and go out from below

3. Then go through the roller ④, go through the bottom to the top

4. Then pass through roller ③ and pass out from behind Insert the screw into the screw hole of part ⑦ and tighten

5. Find another pull wire and pick up the end with the iron ring Pass it out from under the roller No. ⑥ and out from above

6. Pass the traction line into the roller No. ⑤ and then pass it out from the back. Then use a lock and iron chain to fix it on the ⑧ position

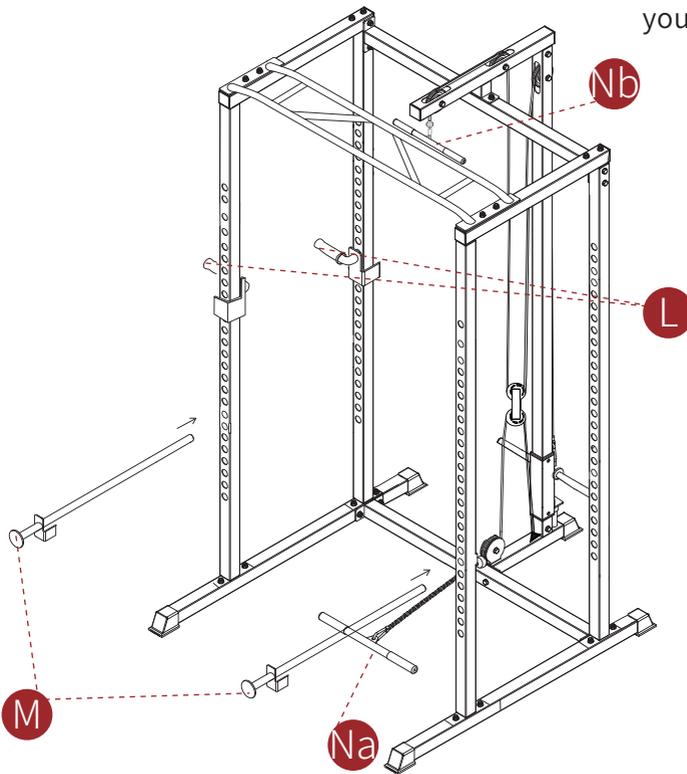


Ninth step

Congratulations, the hardest part is done!

Accessories

Install the accessories on the power cage according to your needs to meet your exercise needs



Congratulations!

You have successfully installed the power cage
let us exercise!



Warranty

WARRANTY

Thank you for purchasing : We stand by the strength, design and build quality of all our products and offer the following warranty.

WHAT IS COVERED

Shall be free from defect in material and workmanship for a period of one years from the date of purchase when the Product is used under normal uses and conditions and as recommended in the User Guide.

During the warranty period IFAST will, at no additional charge to you, repair or replace (at IFAST's option) the frame or any part of the Product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty. All labor shall be the responsibility of the owner.

Original Proof of Purchase is required to invoke this warranty.

WHAT IS NOT COVERED

This Limited Warranty does not cover normal wear and tear on items such as, but not limited to: rubber feet, rubber step, rubber grips, plastic end caps, hyper strap, spring collars, and upholstered pad.

This warranty is void if the Product is improperly stored, assembled, altered and/or modified in any way. Improper assembly indications included damaged/stripped pop pins and stripped threads on nuts/pedals.

It does not cover misuse/abuse or accident/damage such as scratches, broken covers, torn pad or cosmetic damage to paint/finishes.

As described in the User Guide, the product requires maintenance and this warranty does not cover claims resulting from failure to maintain or improper maintenance nor does it cover repair for any noises such as: squeaks, clunks, thumps resulting from poor or lack of preventive maintenance.

This Limited Warranty does not extend to any Product that is damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) use with the Product of any part not manufactured or sold by IFAST; (c) by modification of the Product; (d) by normal wear and tear;(e) operation using incorrect power supplies; or (f) as a result of service by anyone other than IFAST, or an authorized IFAST service provider.

Should any Product submitted for warranty service be found ineligible, an estimate of repair cost will be furnished.

Any labor cost is the responsibility of the original purchaser. If a Product requires shipment, delivery or transport it is the purchaser's sole responsibility and to pay for any fees associated with servicing of a Product. Any evidence of alteration, erasing or forgery of proof-of purchase documents voids this Limited Warranty. This Limited Warranty applies only to Product purchased from IFAST.

DISCLAIMED WARRANTIES

THE PROVISIONS OF THIS WARRANTY ARE IN LIEU OF ANY OTHER WARRANTY, WHETHER EXPRESS OR IMPLIED, WRITTEN OR ORAL. TO THE MAXIMUM EXTENT ALLOWED BY LAW, ALL OTHER WARRANTIES, INCLUDING BUT NOT LIMITED TO EXPRESS WARRANTY, IMPLIED WARRANTY, WARRANTY OF MERCHANTABILITY, FITNESS FOR PARTICULAR PURPOSE AND WARRANTY OF NON-INFRINGEMENT OF INTELLECTUAL PROPERTY, ARE EXPRESSLY EXCLUDED TO THE MAXIMUM EXTENT.

WARRANTY CLAIM PROCESSING

To obtain warranty service, you must contact the original place of purchase. Warranty claims must be accompanied by proof of purchase.

IFAST may, at its option, repair or replace any defective Product frame or parts with new or serviceable used parts that are equivalent in function to the original parts. All exchanged frames and parts replaced under this warranty will at the time of service become the property of IFAST.

IFAST reserves the right to change manufacturers of any parts to cover any existing warranty. Any parts determined to be defective must be returned to IFAST to obtain warranty service. You must prepay any shipping charges, export taxes, customs duties, and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for ensuring any parts or Product shipped or returned. You assume the risk of loss during shipment.

IFAST RESERVES THE RIGHT TO CHANGE THE SPECIFICATIONS WITHOUT PRIOR NOTICE

IFAST

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