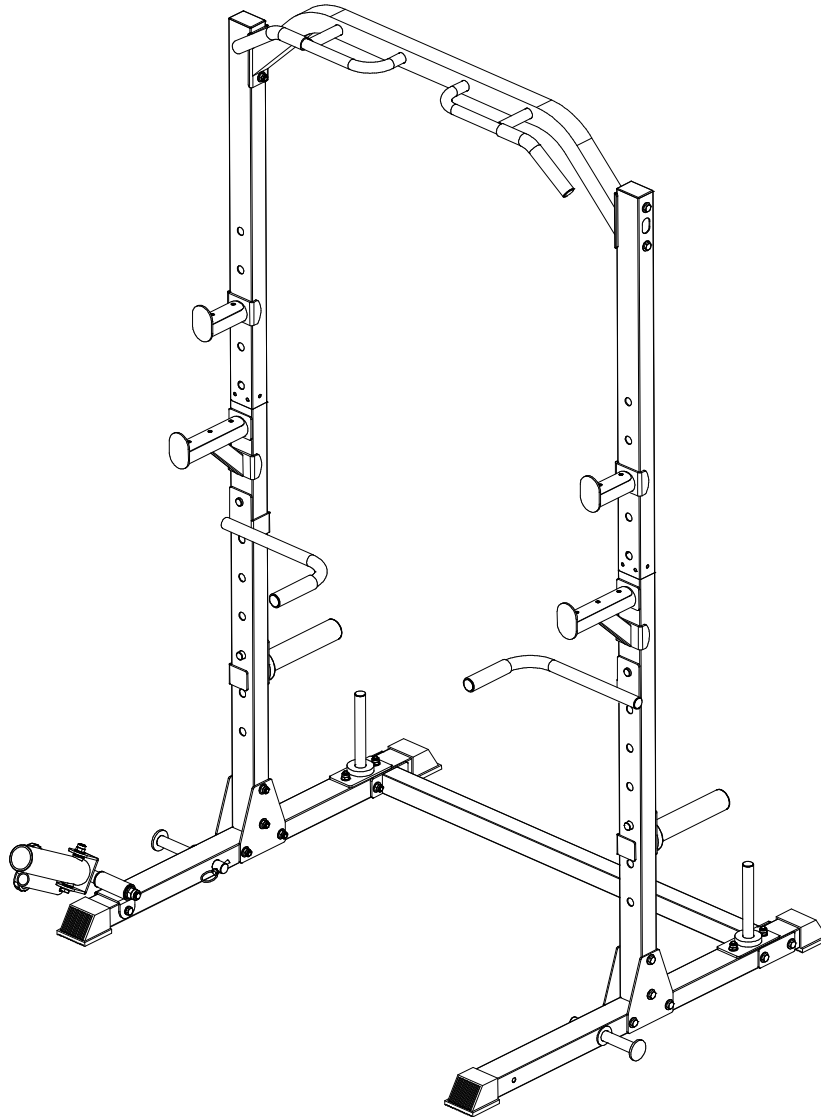


L6 MULTI POWER RACK CAGE

ITEM NO.: 76290

LifeGear

Get active for life



OWNER'S MANUAL

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference.

The specifications of this product may vary from this photo and are subject to change without prior notice.

2024, June

TABLE OF CONTENTS

WARRANTY -----	2
IMPORTANT SAFETY INSTRUCTIONS -----	3
PARTS LIST -----	4
HARDWARE AND TOOLS KITS -----	5
EXPLODED VIEW -----	6
ASSEMBLY INSTRUCTIONS -----	7
ADJUSTMENT -----	16
MAINTENANCE -----	16
WARM UP AND COOL DOWN ROUTINE -----	17

ONE YEAR LIMITED WARRANTY

LifeGear Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with LifeGear's Owner's Manual. LifeGear's obligation under this warranty is limited to replacing or repairing free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application.

From the date of purchase, the frame is warranted to be free from defects for 1 (one) year. This warranty is offered only to the original owner and is not transferable. Proof of purchase is required.

When ordering replacement parts please have the following information ready:

1. **Owner's Manual**
2. **Model Number**
3. **Description of Parts**
4. **Part Number**
5. **Date of Purchase**

IMPORTANT SAFETY INSTRUCTIONS

Basic precautions, including the following important safety instructions should always be followed when using this multi power rack cage. Read all instructions before using it.

1. Make sure the equipment is properly assembled and tightened prior to each use.
2. Before exercise, to avoid injuring the muscle, warm-up exercises are recommended.
3. Do not operate this or any exercise equipment if it is damaged.
4. Always wear proper exercise apparel and shoes when using the equipment. Use care when getting on or off the multi power rack cage.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult your local dealer.
6. Keep hands and feet away from any moving parts. Do not insert any object into any openings.
7. Always use this equipment on a clear and level surface. Do not use outdoors or near water.
8. Do not jump on the equipment.
9. This equipment is for household use only. It is not a commercial model.
10. Only one person should use the equipment at a time.
11. Be careful to maintain your balance while using, mounting, dismounting, or assembling the equipment. Loss of balance may result in a fall and serious bodily injury.
12. If at any time you feel chest pains, nausea, dizziness, or shortness of breath, you should stop exercising immediately and consult your physician before continuing.
13. Disabled individuals should not use the equipment without the presence of a qualified person or physician.
14. Do not allow children to use or play on the equipment. Keep children and pets away from the equipment while in use. This equipment is designed for adult use only. The minimum free space required for safe operation is not less than two meters.
15. Maximum Weight Capacity Of The Multi Grip Pull-Up Bar: 250 kg
16. Maximum Weight Capacity Of Both The Long Spotter Arms: 250 kg
17. Maximum Weight Capacity Of Both The Short Spotter Arms: 250 kg
18. Maximum Weight Capacity Of Both The Dip Bars: 150 kg
19. Maximum Weight Capacity Of The Weight Horn: 150 kg

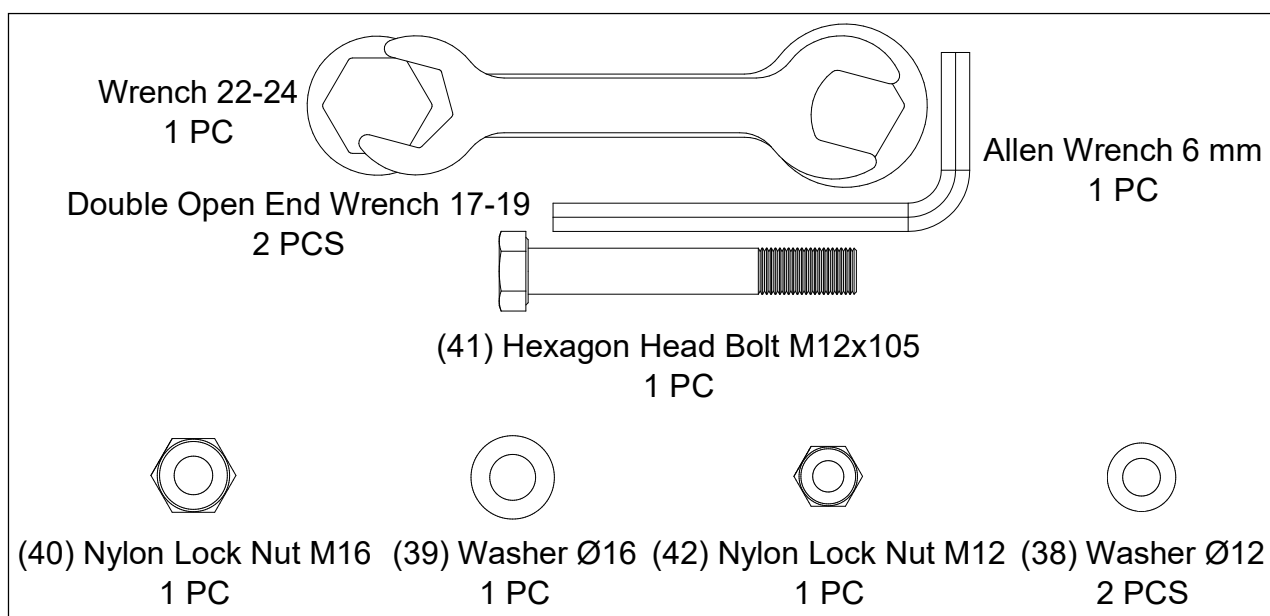
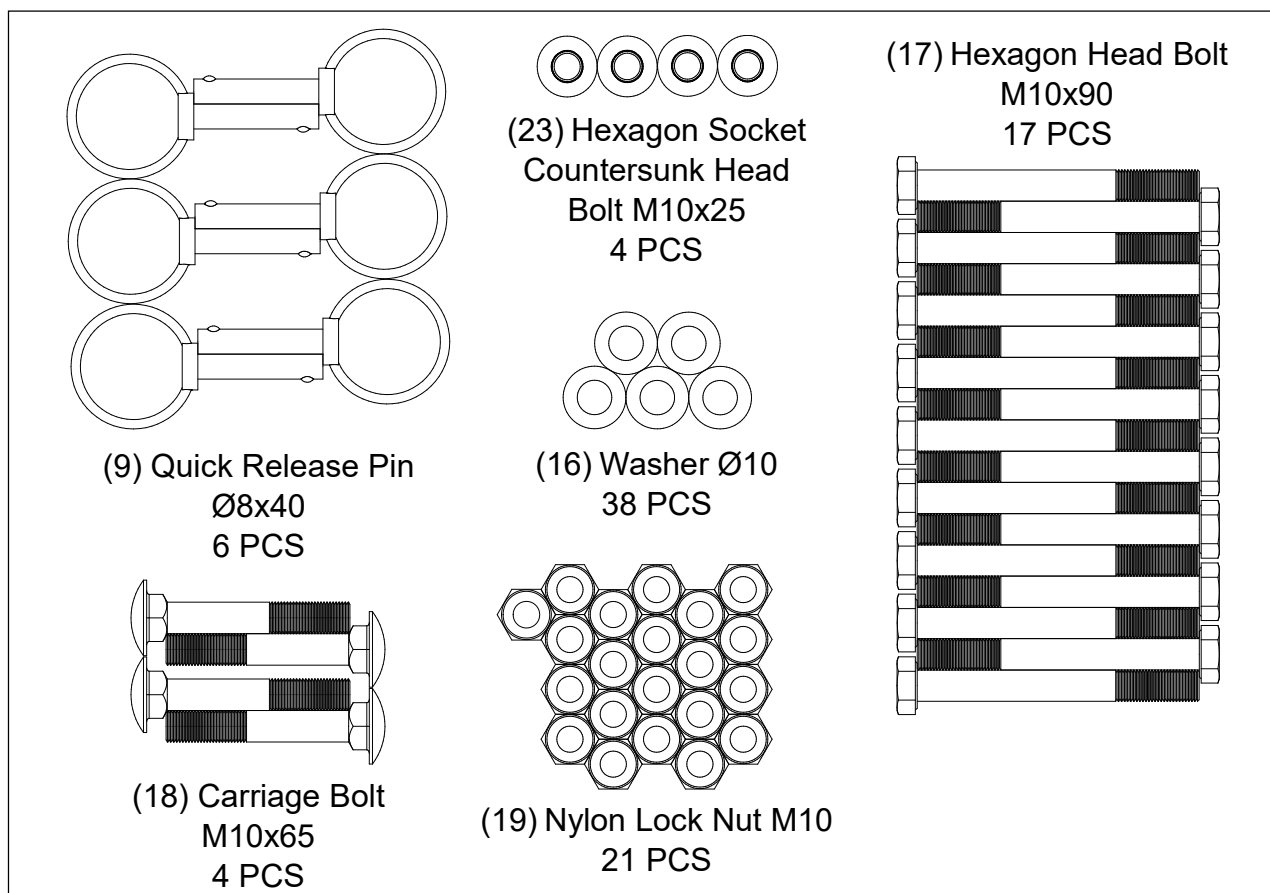
WARNING: Before beginning any exercise program consult your physician. This is especially important for people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment. Do not operate this exercise equipment without properly fitted guards, as the moving parts can present a risk of serious injury if exposed.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

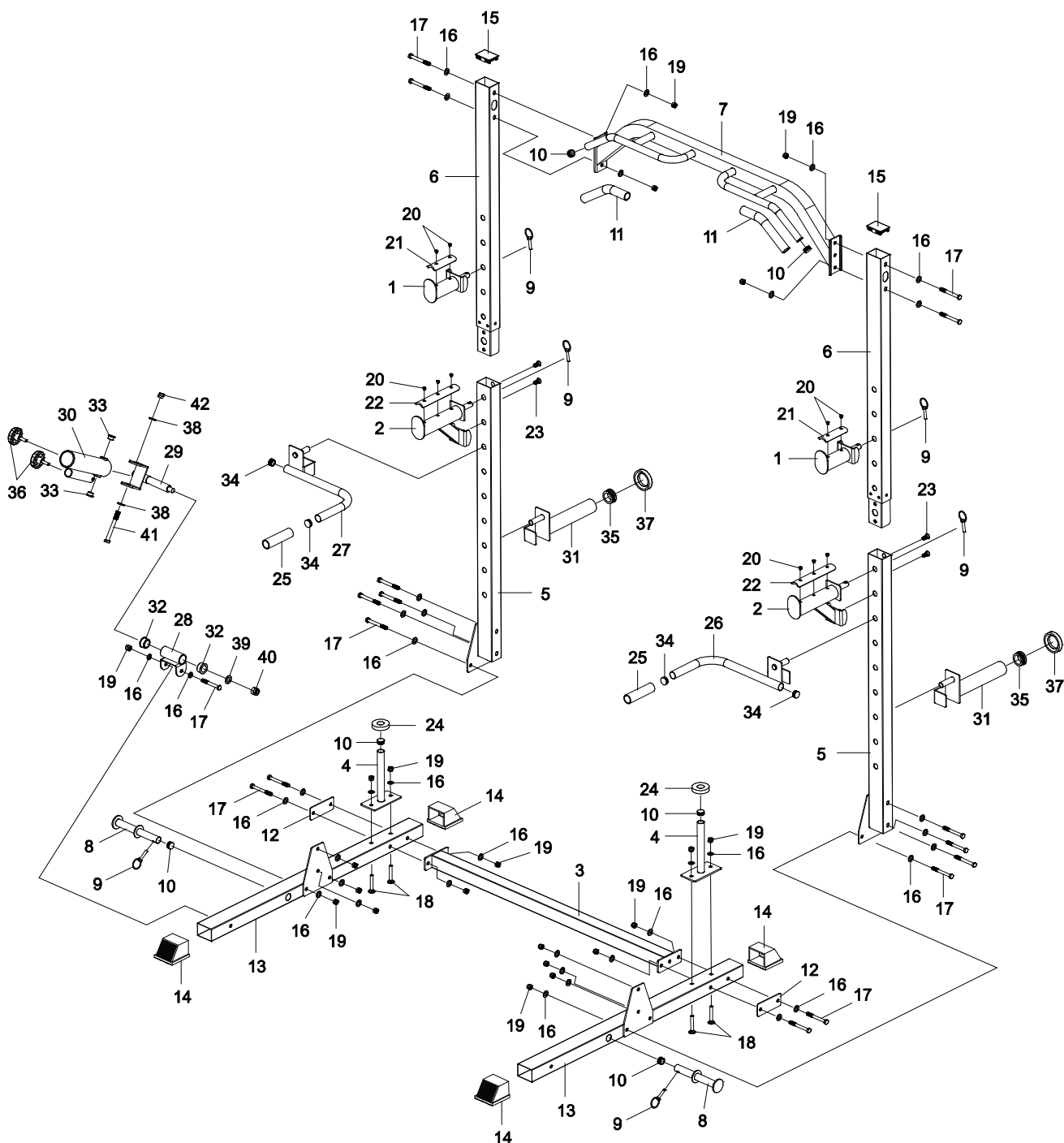
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Short Spotter Arm	2	022	Curve Plate 196 mm	2
002	Long Spotter Arm	2	023	Hexagon Socket Countersunk Head Bolt M10x25	4
003	Cross Frame	1	024	Rubber Buffer Ring	2
004	Weight Horn A	2	025	Dip Bar Foam Grip Ø34xØ28x125	2
005	Bottom Upright (□50x70)	2	026	Left Dip Bar Ø28	1
006	Top Upright (□50x70)	2	027	Right Dip Bar Ø28	1
007	Multi Grip Pull-Up Bar	1	028	Landmine Bracket	1
008	Resistance Band Peg	2	029	Landmine Bracket with Shaft	1
009	Quick Release Pin Ø8x40	6	030	Landmine Attachment	1
010	Plastic Round End Cap Ø25	6	031	Weight Horn B	2
011	Multi Grip Pull-Up Bar Foam Grip Ø31xØ25x120	2	032	Flange Bushing Ø38xØ35x25	2
012	Cross Frame Support Plate (50x120 mm)	2	033	Flange Bushing Ø24xØ19x12	2
013	Base Frame (□50x70)	2	034	Dip Bar Round End Cap Ø88	4
014	Foot End Cap	4	035	Weight Horn B Round End Cap Ø50	2
015	Top Upright End Cap (□50x70)	2	036	Adjustment Knob M10	2
016	Washer Ø10	38	037	Weight Horn Rubber Buffer Ø76xØ50x16	2
017	Hexagon Head Bolt M10x90	17	038	Washer Ø12	2
018	Carriage Bolt M10x65	4	039	Washer Ø16	1
019	Nylon Lock Nut M10	21	040	Nylon Lock Nut M16	1
020	Cross Recessed Pan Head Tapping Screw ST4.8x9.5	10	041	Hexagon Head Bolt M12x105	1
021	Curve Plate 116 mm	2	042	Nylon Lock Nut M12	1

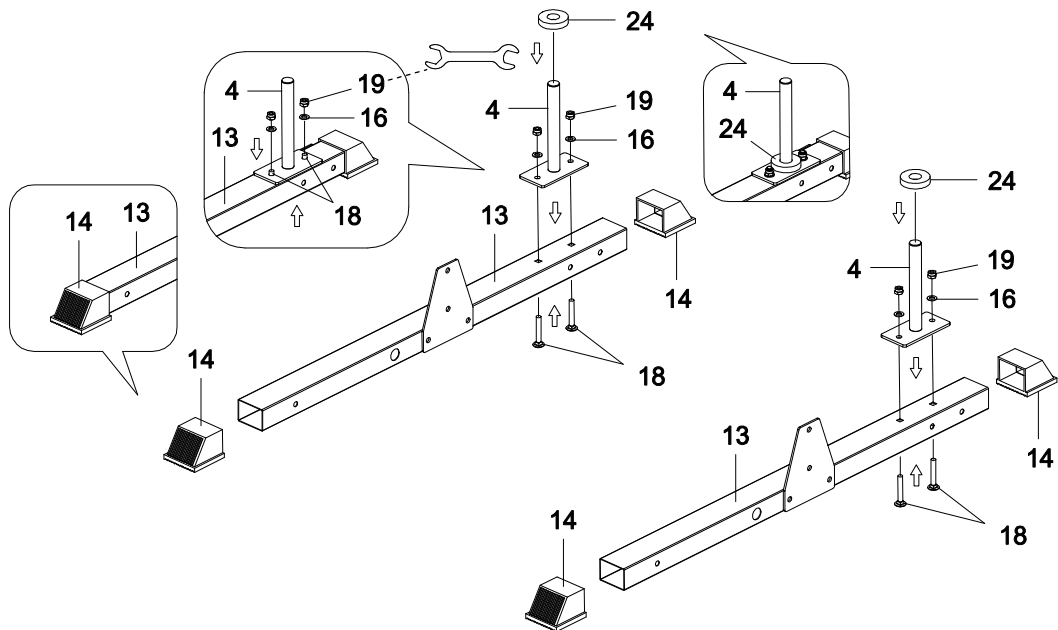
HARDWARE AND TOOLS KITS



EXPLODED VIEW



ASSEMBLY INSTRUCTIONS



STEP 1

Install four Foot End Caps (14) onto both ends of the Base Frames (13).

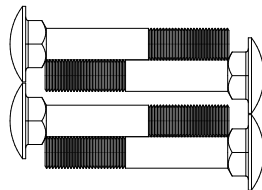
Attach both the Weight Horns A (4) onto both the Base Frames (13) with four M10x65 Carriage Bolts (18), four Ø10 Washers (16), and four M10 Nylon Lock Nuts (19). Tighten the nylon lock nuts with the Double Open End Wrench provided.

Slide both the Rubber Buffer Rings (24) onto both the Weight Horns A (4).

Hardware:



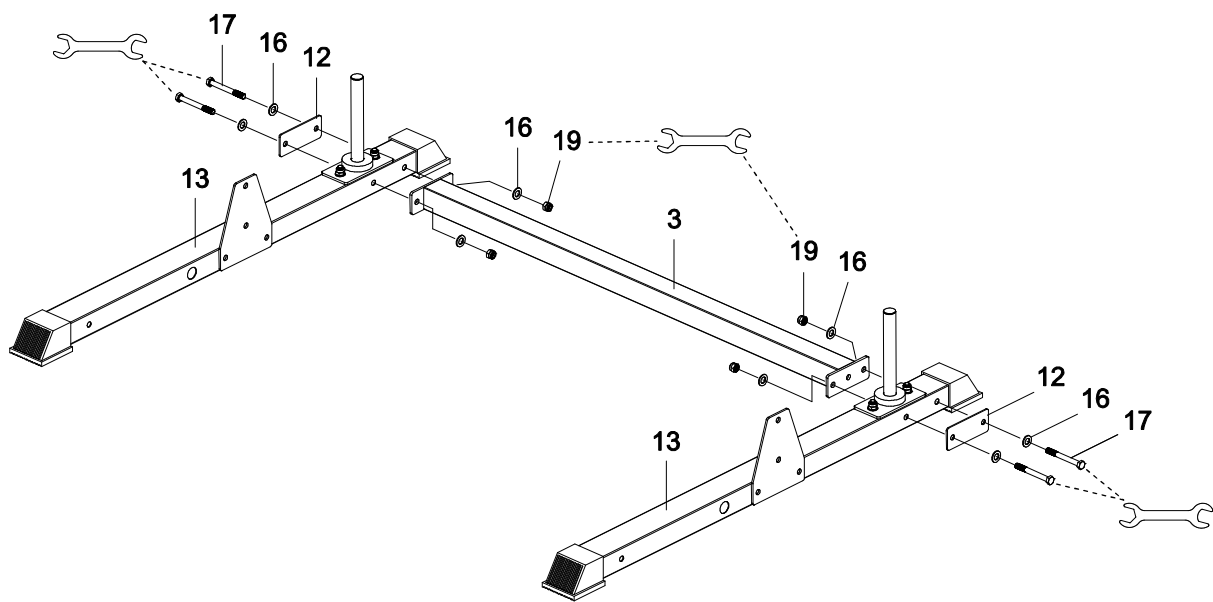
(16) Washer Ø10
4 PCS



(18) Carriage Bolt
M10x65
4 PCS



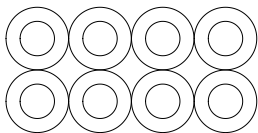
(19) Nylon Lock Nut M10
4 PCS



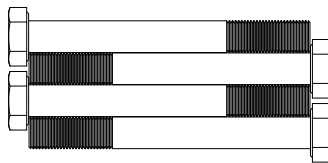
STEP 2

Attach the Cross Frame (3) onto both the Base Frames (13) with two Cross Frame Support Plates (12), four M10x90 Hexagon Head Bolts (17), four M10 Nylon Lock Nuts (19), and eight Ø10 Washers (16). Tighten bolts and nylon lock nuts with two Double Open End Wrenches provided.

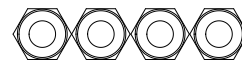
Hardware:



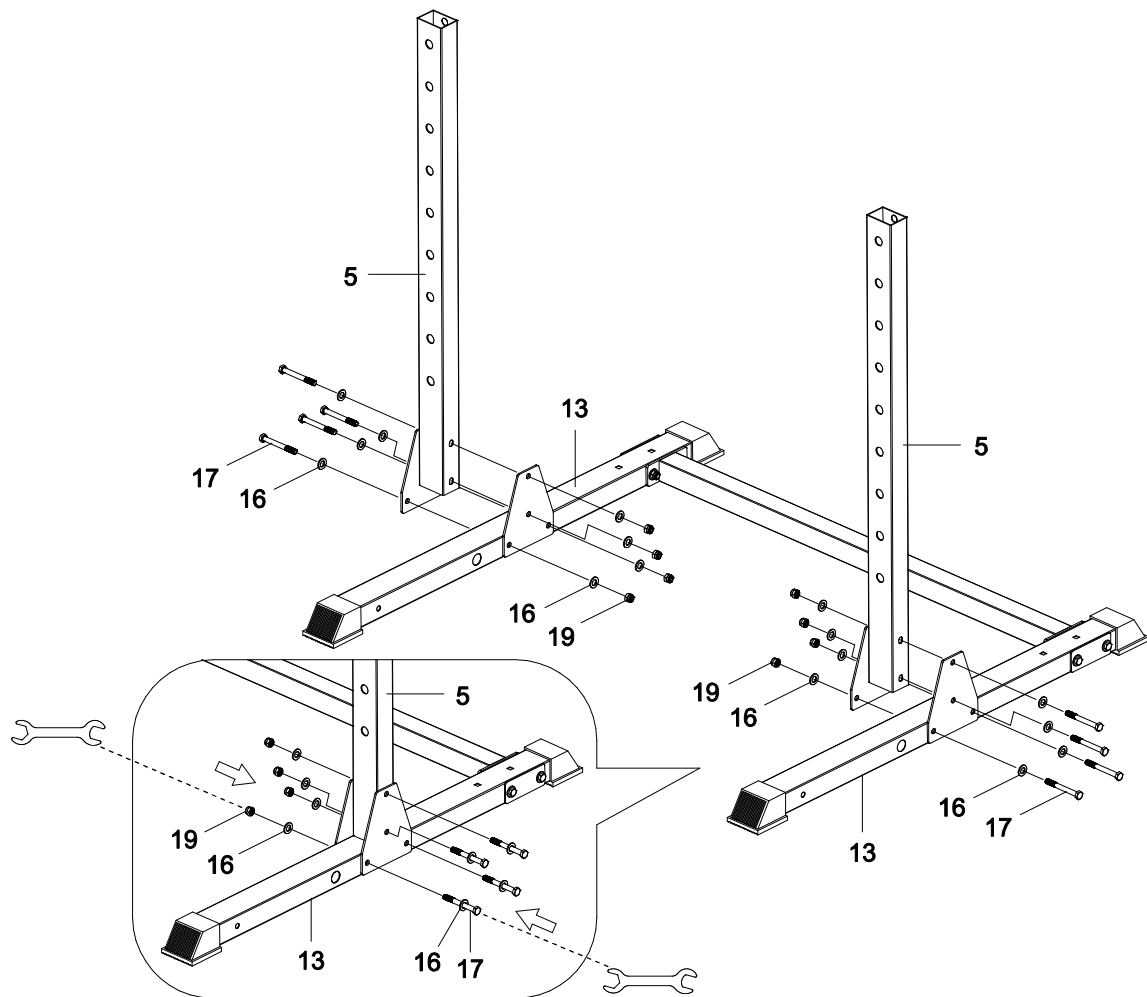
(16) Washer Ø10
8 PCS



(17) Hexagon Head Bolt
M10x90
4 PCS



(19) Nylon Lock Nut M10
4 PCS

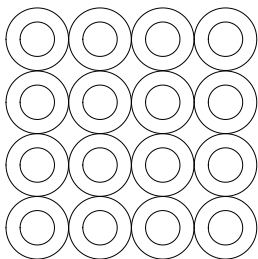


STEP 3

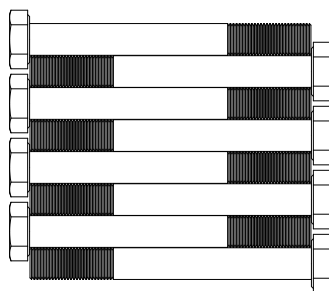
Attach both Bottom Uprights (5) onto the support plates of the Base Frames (13) with eight M10x90 Hexagon Head Bolts (17), eight M10 Nylon Lock Nuts (19), and sixteen Ø10 Washers (16). **Semi-tighten** all bolts and nylon lock nuts with two Double Open End Wrenches provided.

NOTE: DO NOT FULLY TIGHTEN BOLTS AND NYLON LOCK NUTS IN STEP 3 UNTIL STEP 5 IS COMPLETED.

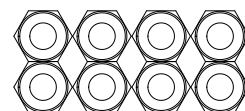
Hardware:



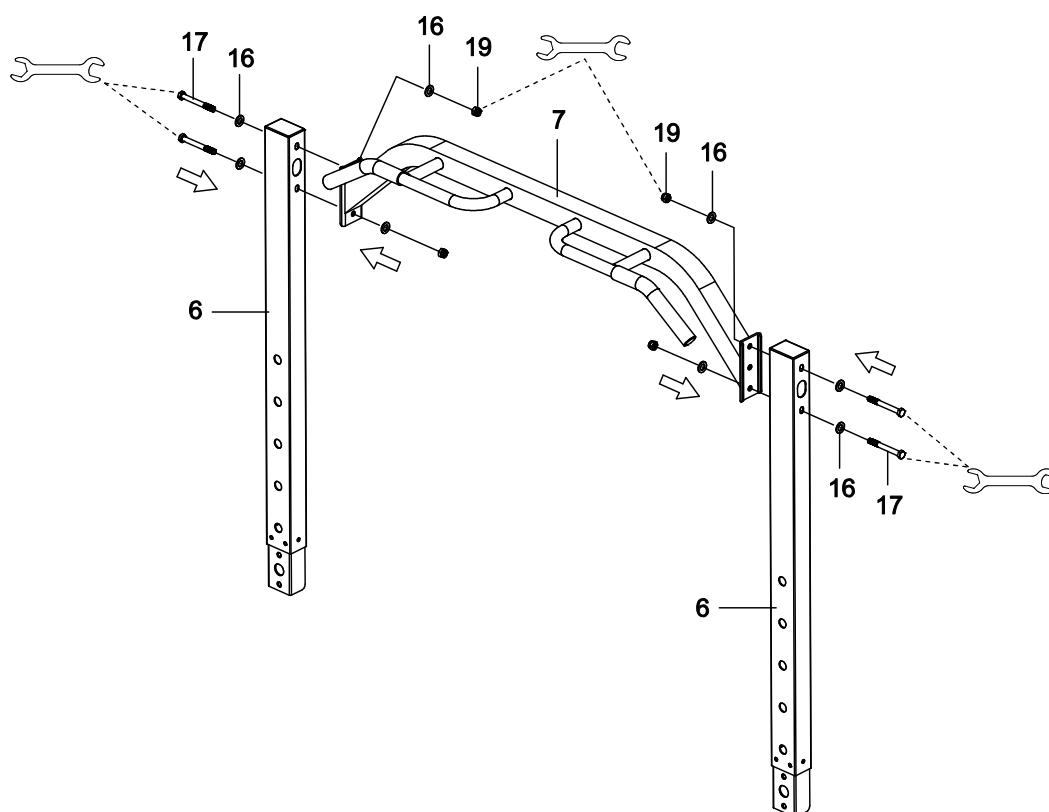
(16) Washer Ø10
16 PCS



(17) Hexagon Head Bolt
M10x90
8 PCS



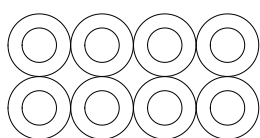
(19) Nylon Lock Nut M10
8 PCS



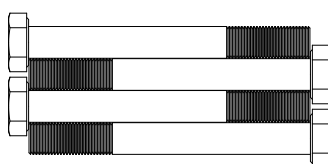
STEP 4

Attach the Multi Grip Pull-Up Bar (7) onto Both the Top Uprights (6) with four M10x90 Hexagon Head Bolts (17), four M10 Nylon Lock Nuts (19), and eight Ø10 Washers (16). Tighten bolts and nylon lock nuts with two Double Open End Wrenches provided.

Hardware:



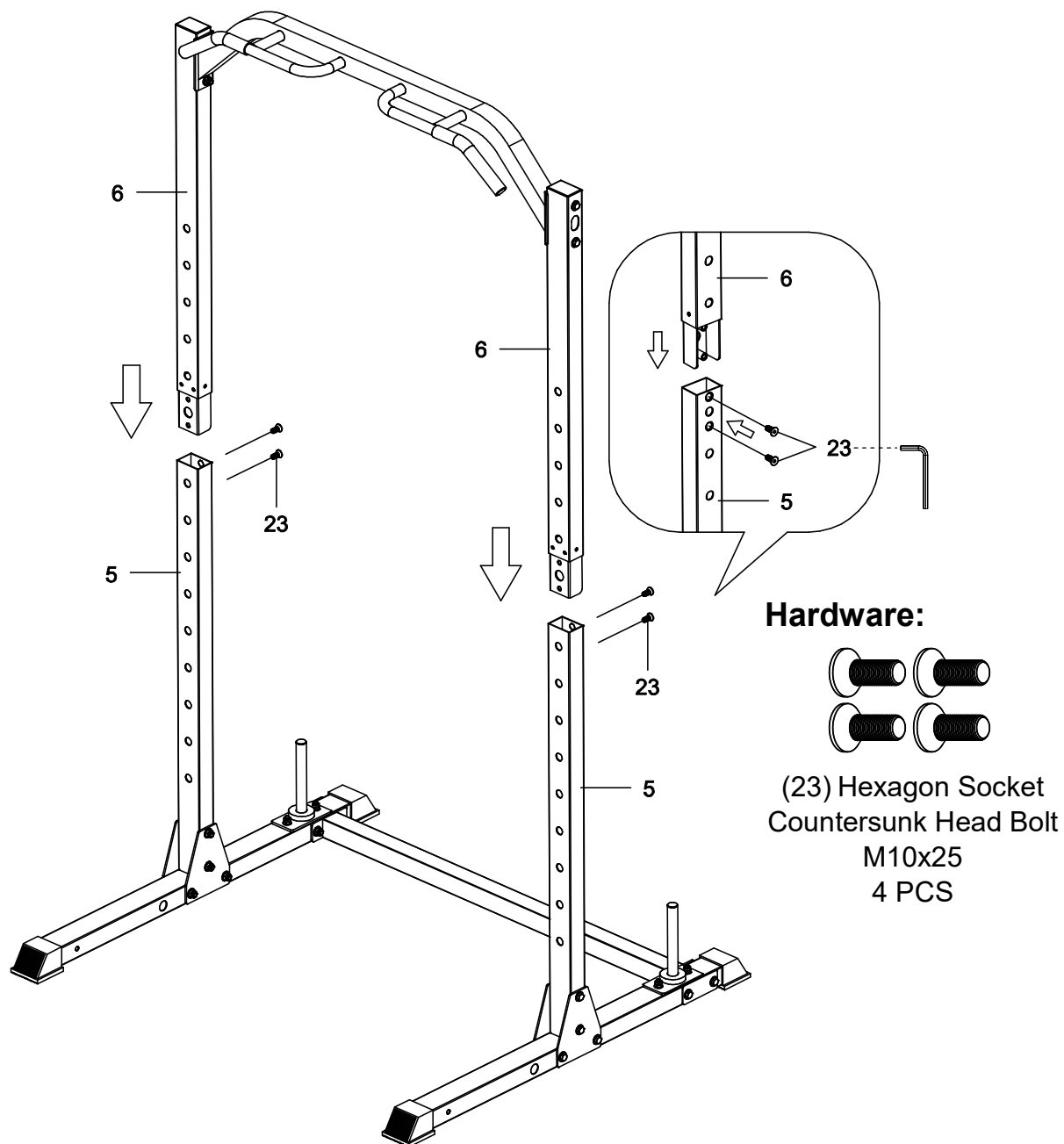
(16) Washer Ø10
8 PCS



(17) Hexagon Head Bolt
M10x90
4 PCS



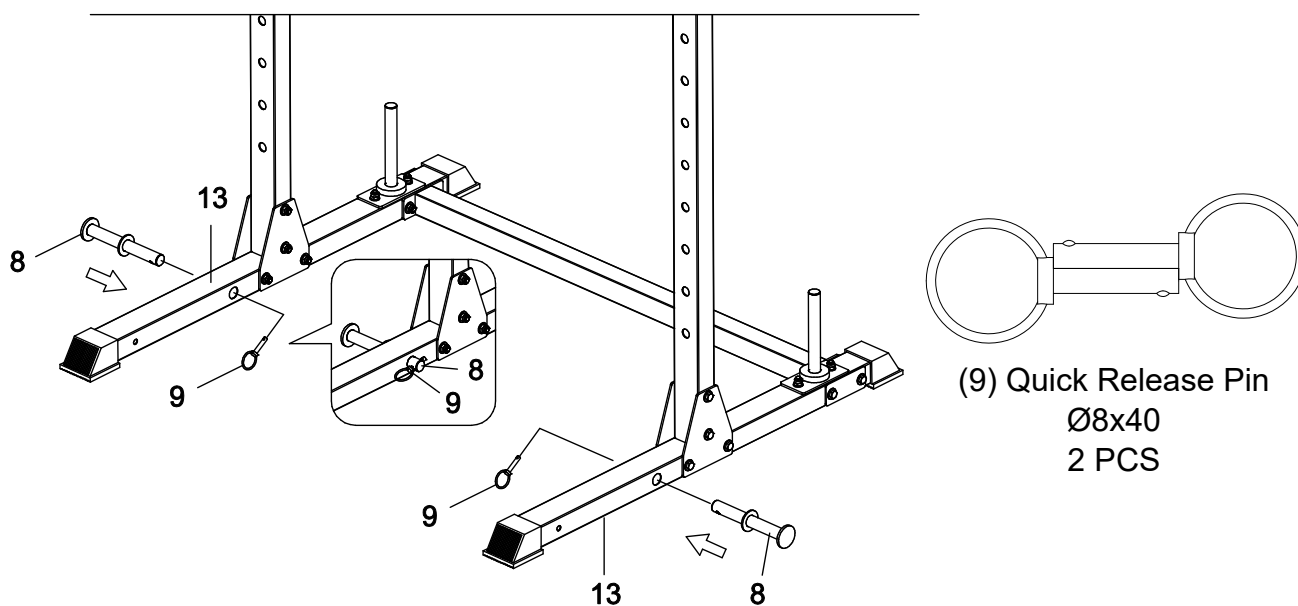
(19) Nylon Lock Nut M10
4 PCS



STEP 5

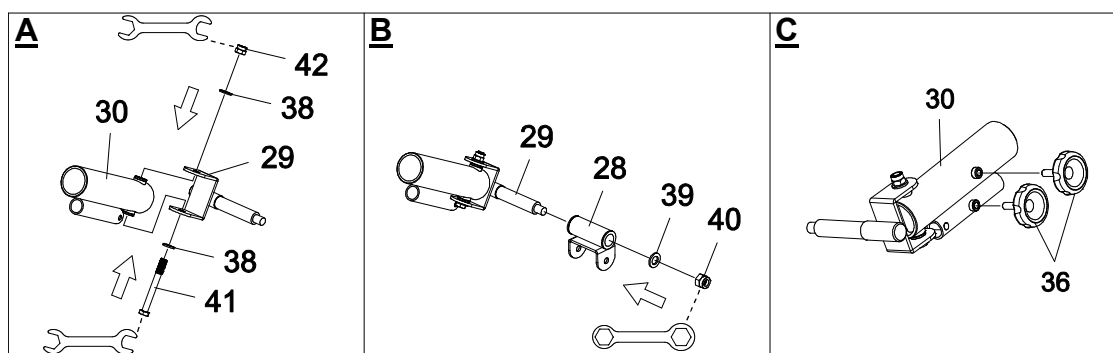
Slide both the Top Uprights (6) into both the Bottom Uprights (6) and align the bolt holes. Secure both the Top Uprights (6) into both the Bottom Uprights (6) with four M10x25 Hexagon Socket Countersunk Head Bolts (23). Tighten bolts with the 6 mm Allen Wrench provided.

NOTE: PLEASE FULLY TIGHTEN BOLTS AND NYLON LOCK NUTS INSTALLED IN STEP 3 WITH THE TOOLS PROVIDED.



STEP 6

Insert both the Resistance Band Pegs (8) all the way into the holes on both the Base Frames (13). Lock both Resistance Band Pegs (8) in place by inserting the Quick Release Pins (9) into the holes on the Resistance Band Pegs (8).



STEP 7

- Attach the Landmine Attachment (30) to the Landmine Bracket with Shaft (29) using one M12x105 Hexagon Head Bolt (41), one M12 Nylon Lock Nut (42), and two Ø12 Washers (38). Tighten the bolt and nylon lock nut with two Double Open End Wrenches provided.
- Attach the Landmine Bracket with Shaft (29) to the Landmine Bracket (28) using one M16 Nylon Lock Nut (40) and one Ø16 Washer (39). Tighten the nylon lock nut with the Wrench provided.
- Install two Adjustment Knobs (36) onto the Landmine Attachment (30).

Hardware:



(38) Washer Ø12
2 PCS



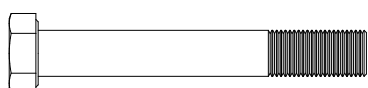
(39) Washer Ø16
1 PC



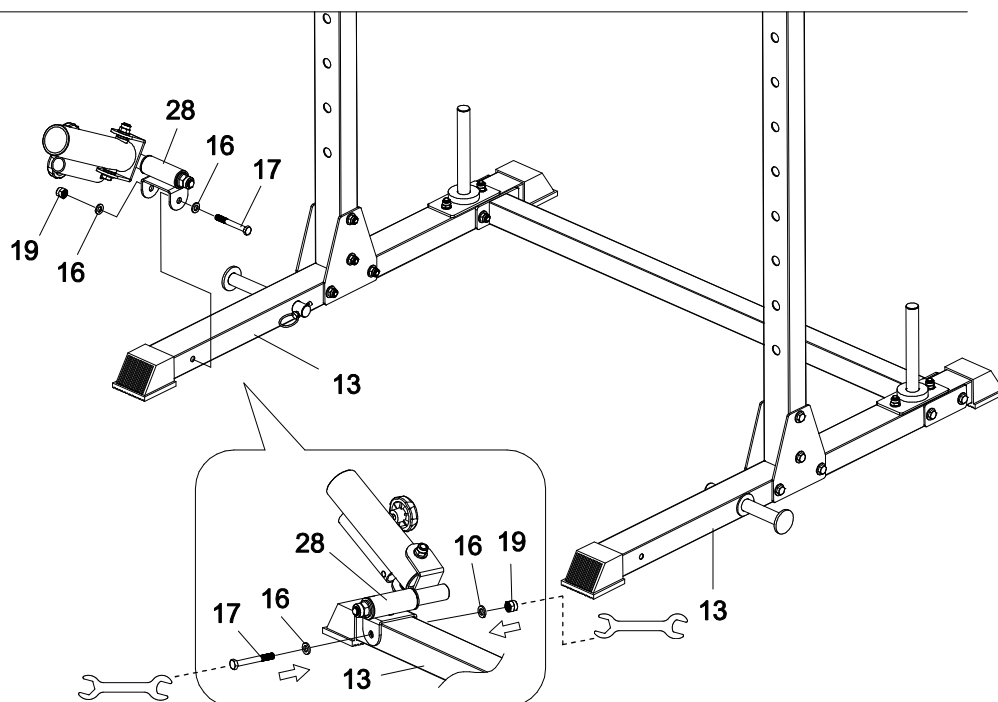
(40) Nylon Lock Nut M16
1 PC



(42) Nylon Lock Nut M12
1 PC



(41) Hexagon Head Bolt M12x105
1 PC



STEP 7-1

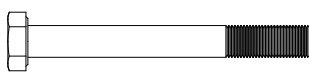
Position the Landmine Bracket (28) above the Base Frame (13) and align the bolt holes. Attach the Landmine Bracket (28) to the Base Frame (13) with one M10x90 Hexagon Head Bolt (17), one M10 Nylon Lock Nut (19), and two Ø10 Washers (16). Tighten the bolt and nylon lock nut with two Double Open End Wrenches provided.

NOTE: THE LANDMINE BRACKET (28) CAN BE ATTACHED TO EITHER OF THE BASE FRAMES (13).

Hardware:



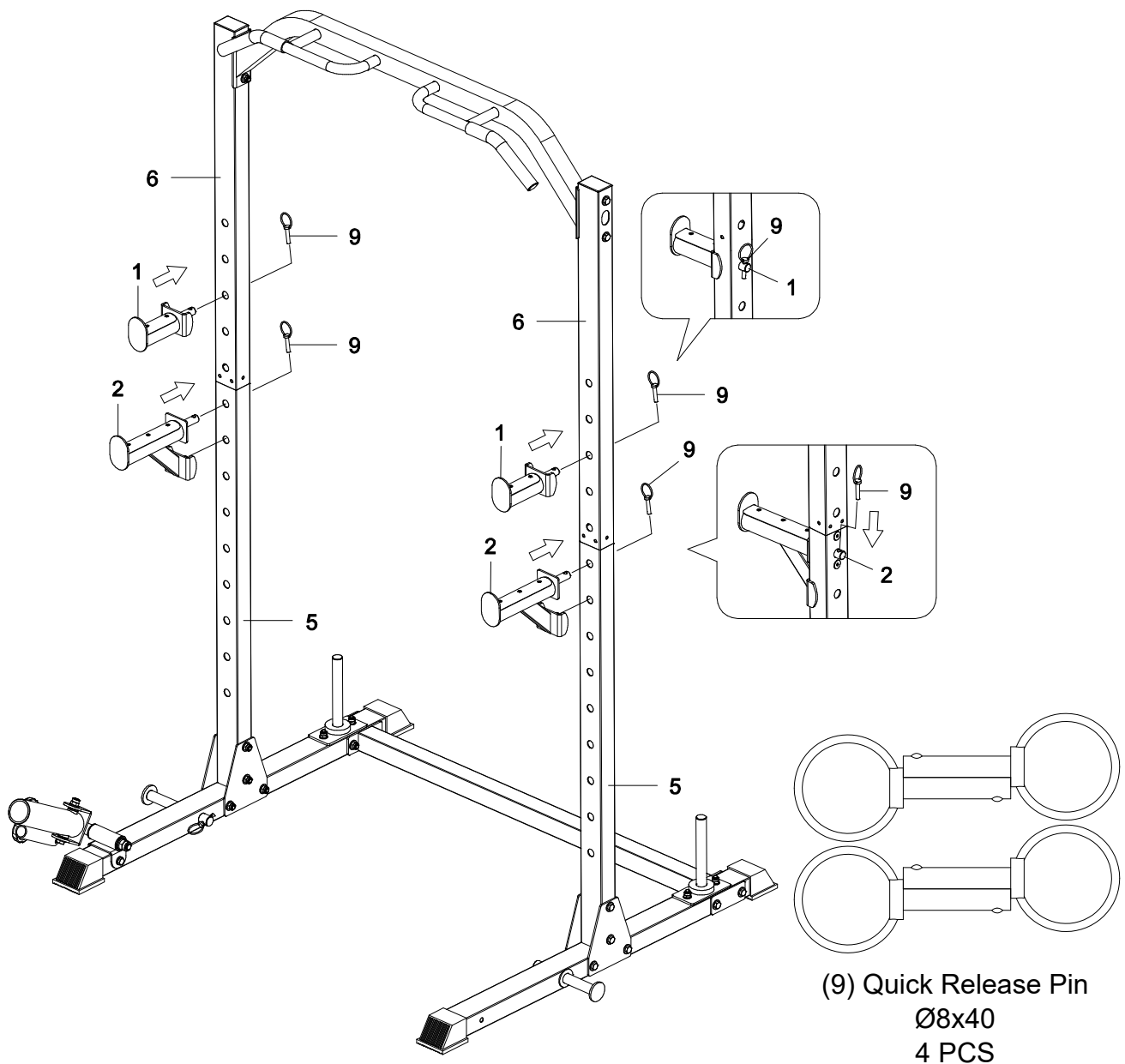
(16) Washer Ø10
2 PCS



(17) Hexagon Head Bolt
M10x90
1 PC



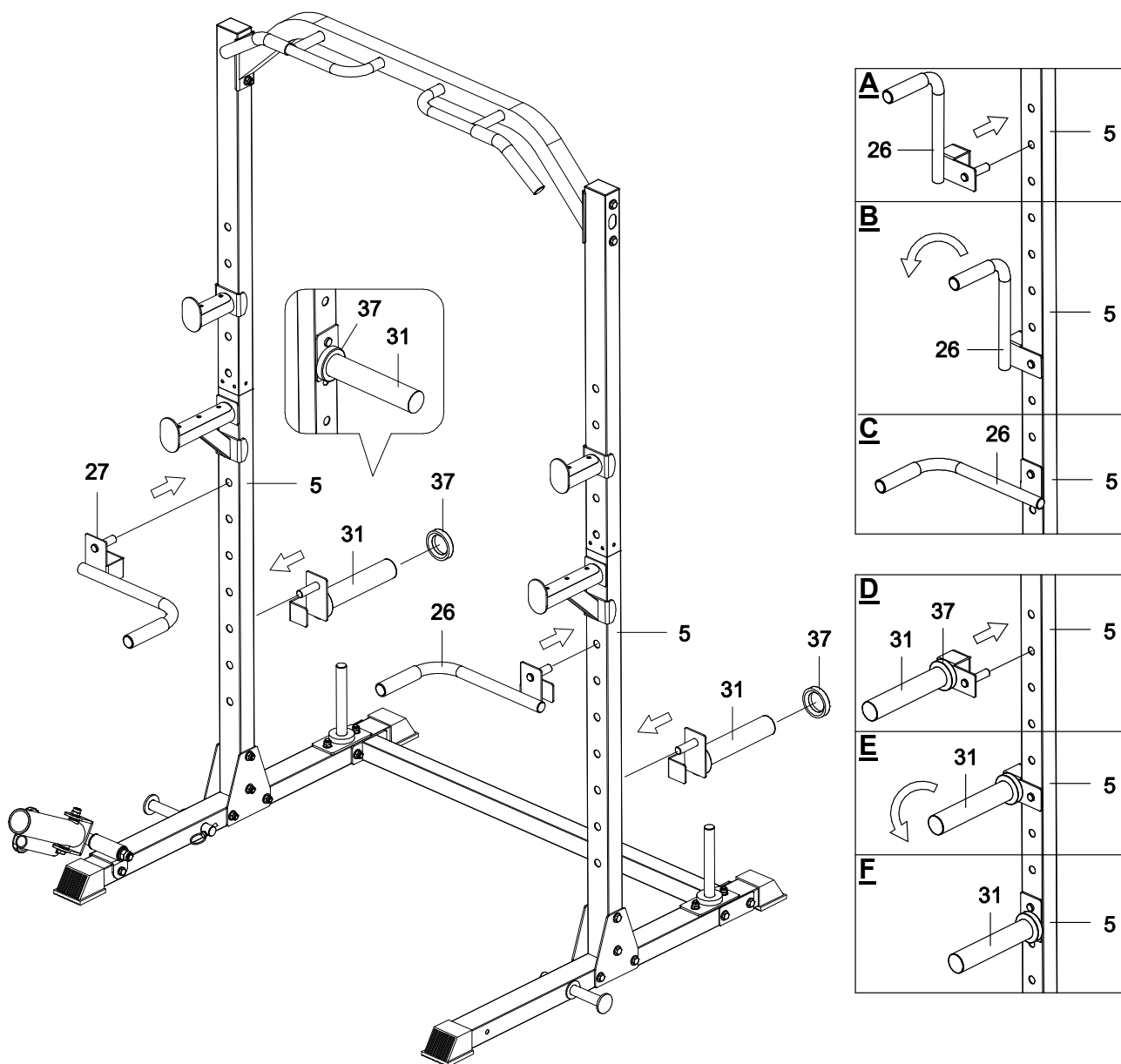
(19) Nylon Lock Nut M10
1 PC



STEP 8

The two Short Spotter Arms (1) can be inserted into any of the holes along both the Bottom and Top Uprights (5, 6). **Ensure they are placed at the SAME LEVEL on the left and right sides of the rack.** Lock the Short Spotter Arms (1) in place by inserting the Quick Release Pins (9) into the holes on the Short Spotter Arms (1).

The two Long Spotter Arms (2) can be inserted into any of the holes along both the Bottom and Top Uprights (5, 6). **Ensure they are placed at the SAME LEVEL on the left and right sides of the rack.** Lock the Long Spotter Arms (2) in place by inserting the Quick Release Pins (9) into the holes on the Long Spotter Arms (2).



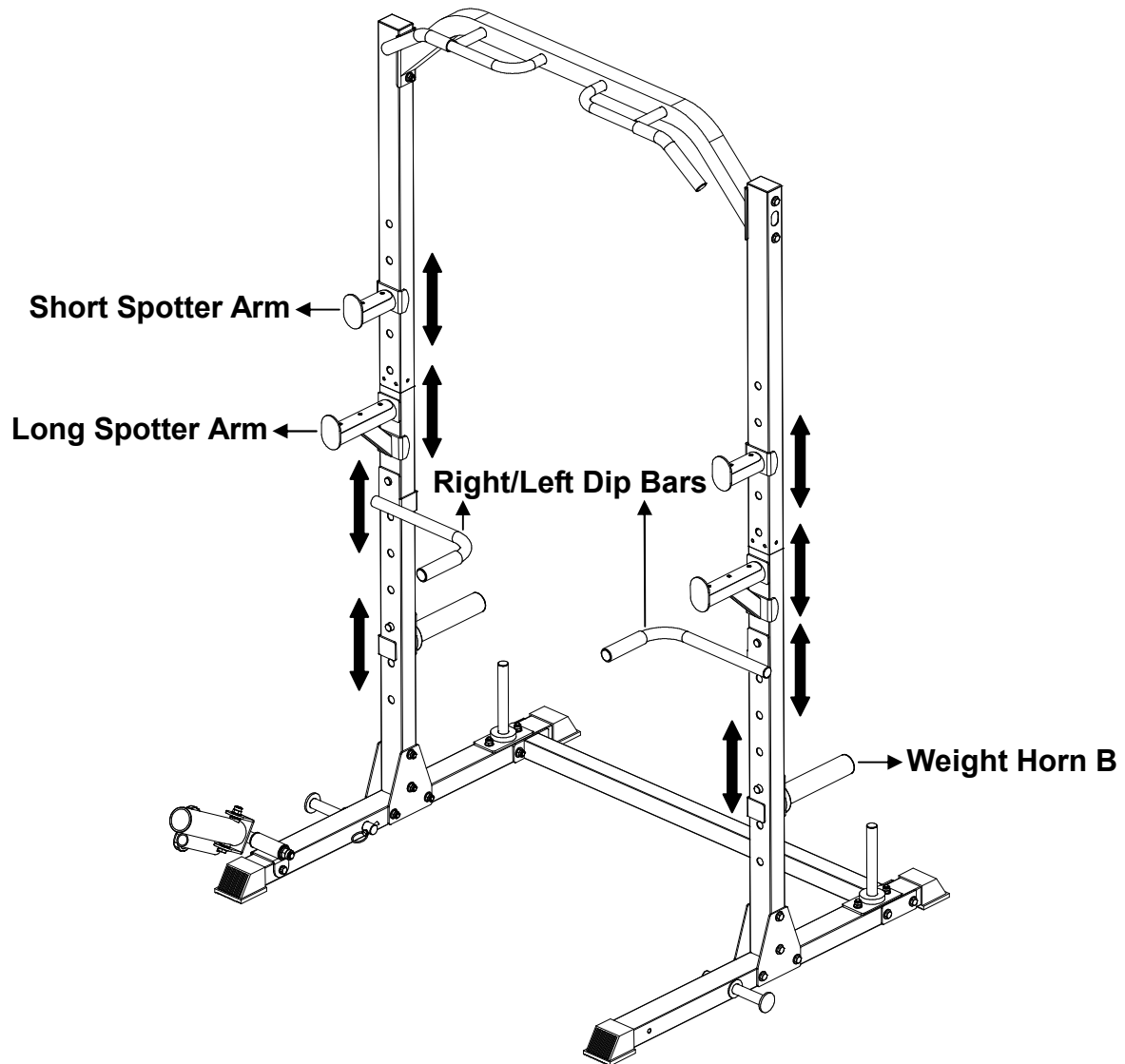
STEP 9

The Left and Right Dip Bars (26, 27) can be inserted into any of the holes along both the Bottom Uprights (5), then rotate the Left and Right Dip Bars (26, 27) to lock them in place, as shown in figures A, B, and C. **Ensure they are placed at the SAME LEVEL on the left and right sides of the rack.**

Install two Weight Horn Rubber Buffers (37) onto both the Weight Horns B (31).

The two Weight Horns B (31) can be inserted into any of the holes along both the Bottom Uprights (5), then rotate the Weight Horns B (31) to lock them in place, as shown in figures D, E, and F. **Ensure they are placed at the SAME LEVEL on the left and right sides of the rack.**

ADJUSTMENT



The Long/Short Spotter Arms, Right/Left Dip Bars, and Weight Horns B can be adjusted according to your training needs.

MAINTENANCE

The equipment can be cleaned using a clean, dry cloth after each use.

Please inspect all assembly bolts and nuts on the equipment for proper tightness and check the equipment's frame for any signs of cracking or permanent bending. If you observe any of these issues, do not use the equipment and contact your local dealer immediately.

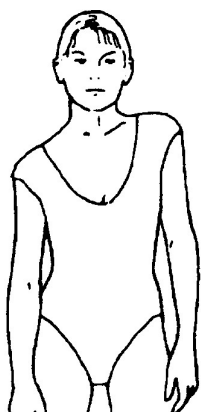
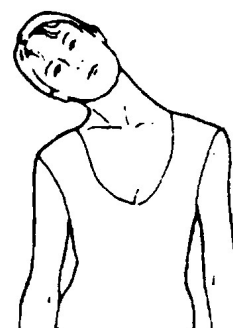
WARM UP AND COOL DOWN ROUTINE

WARMING UP is an important part of any workout. Its purpose is to prepare your body for exercise and minimize injuries. Warm up for two to five minutes before aerobic exercise. Warming up should prepare your body for more strenuous exercise by heating up muscles, stretching them, and increasing circulation and pulse rate, delivering more oxygen to your muscles.

COOLING DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart from the muscles.

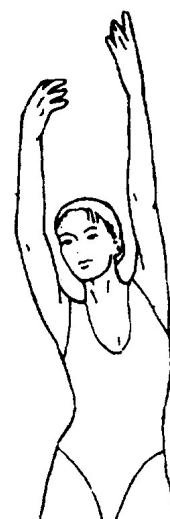
HEAD ROLLS

Rotate your head to the right, feeling a stretching sensation up the left side of your neck. Rotate your head back, stretching your chin to the ceiling and opening your mouth. Rotate your head to the left. Drop your head to your chest.



SHOULDER LIFTS

Lift your right shoulder toward your ear. Lift your left shoulder up as you lower your right shoulder.



SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can. Repeat the action with your left arm.

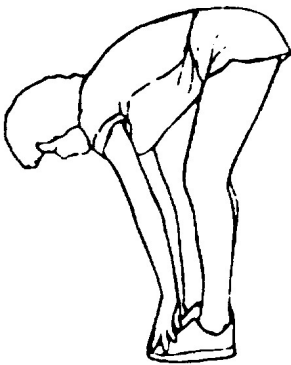


QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat with the left foot.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

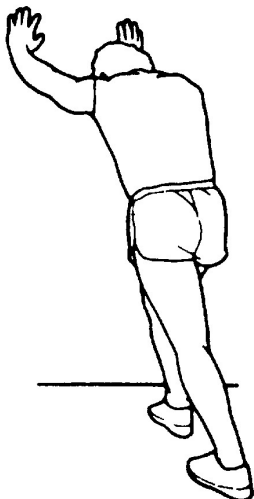
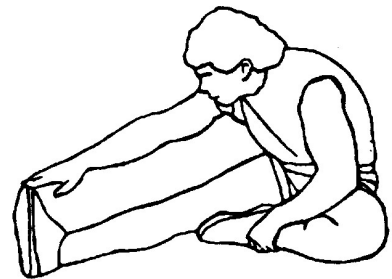


TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.