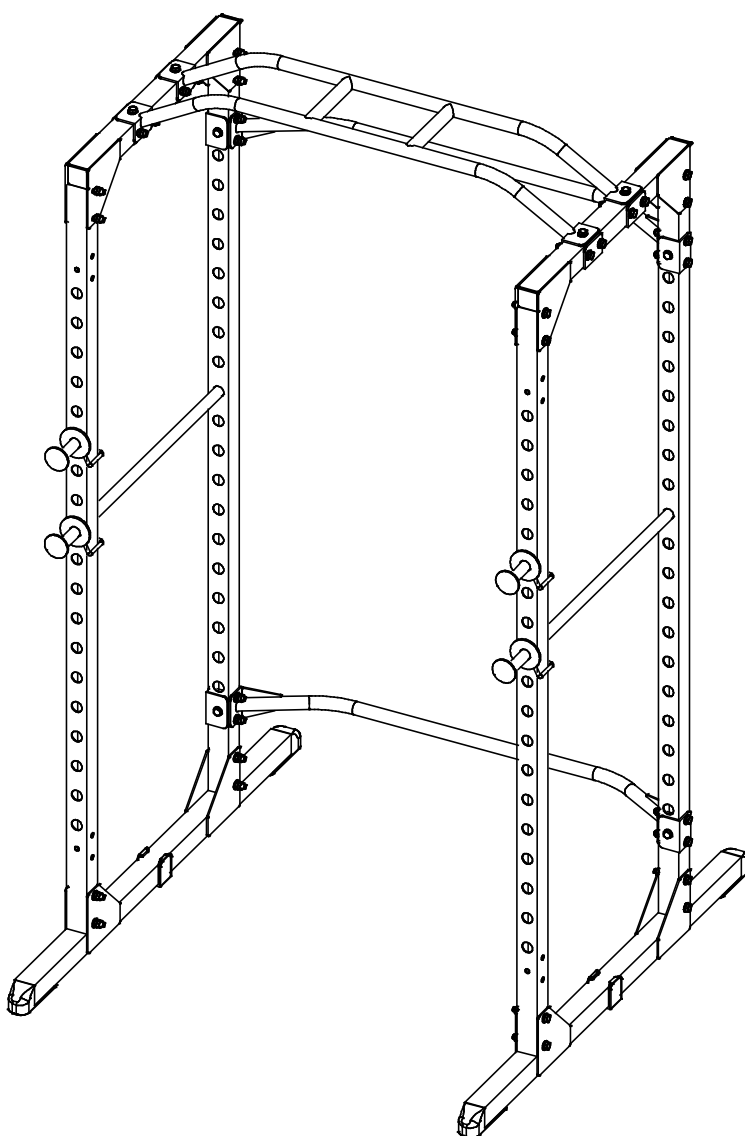


OWNER'S MANUAL



Power Cage

6810.1-091116

The specifications of this product may vary from this photo and are subject to change without notice.
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This product is licensed by the World Triathlon Corporation.

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IMPORTANT: FOR NORTH AMERICA ONLY

For damage or defective product, questions, replacement parts or any other service support, please contact our customer service department (8:00 AM - 5:00 PM Pacific Standard Time, Daily) by below methods:

For Best Service Email:

Service@paradigmhw.com*

Website:

www.paradigmhw.com

Toll-Free:

1-844-641-7922**

Please have the following information ready when requesting for service:

Your name
Phone number
Model number
Serial number
Part number
Proof of Purchase

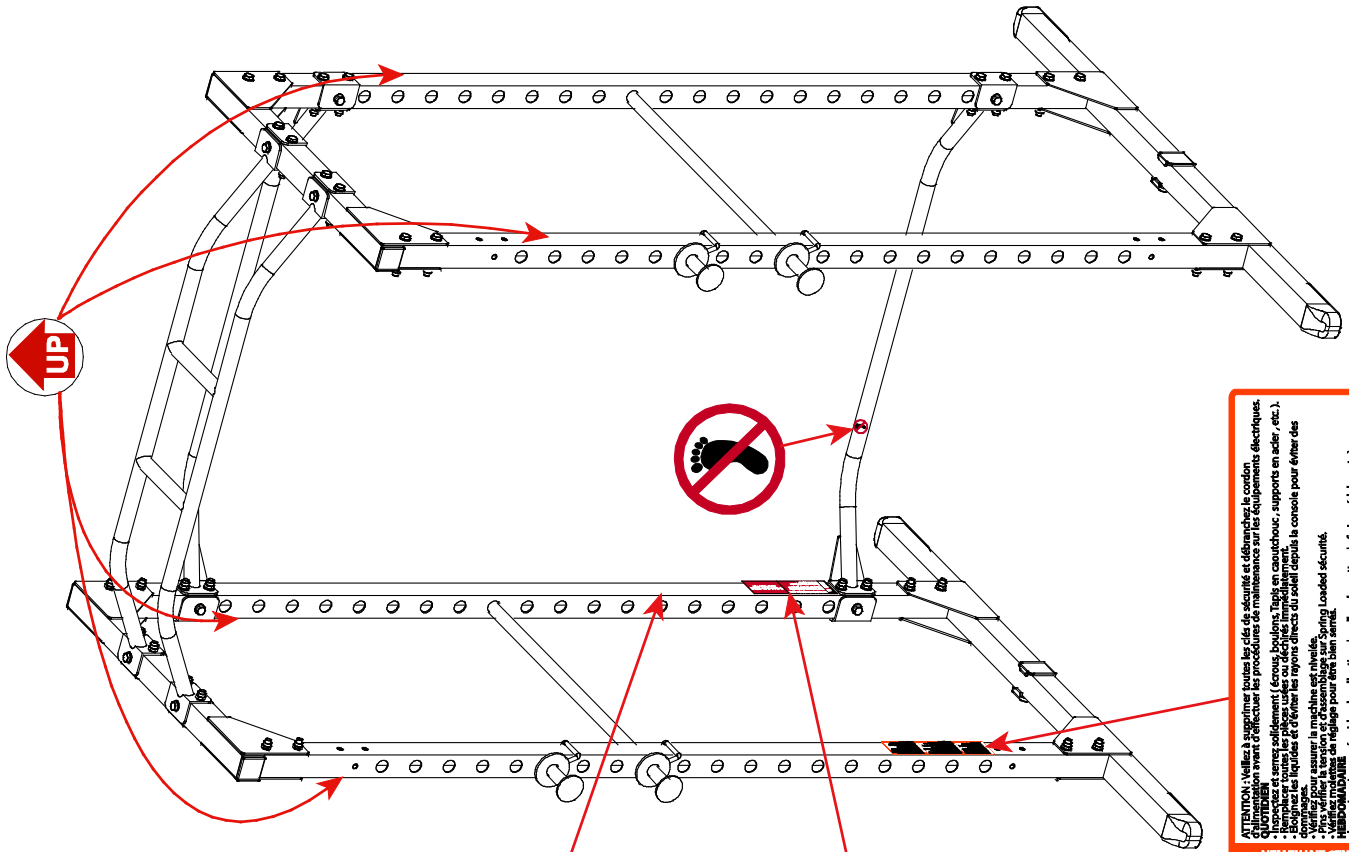
For damaged or defective product please contact our customer service before returning to the store.

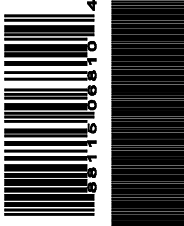
*** Emailing us with the information above will be the best method to receive a response during peak business hours.**

****Response time may vary.**

Paradigm Health & Wellness, Inc.
1189 Jellick Ave.
City of Industry, CA 91748, USA

LABEL PLACEMENT





6 1168116106810 114

116179681000001

Serial number / Numéro de série / Número de serie:
MADE IN CHINA / FABRIQUÉ EN CHINE / HECHO EN CHINA

IRON MAN

For customer assistance, daily:
Pour le service à la clientèle
composer le, tous les jours:
Para servicios al cliente,
llame al, diario:

1-844-641-7922

8 am - 5 pm PST

MAINTENANCE SCHEDULE

MANTENIMIENTO

HEURES ENTRETIEN

CAUTION: Make sure to remove any safety legs and unplug the power cord before performing any maintenance procedure on Electrical Equipment.

PRECAUCIÓN: Asegúrese de retirar las líneas de seguridad y desconectar el cable eléctrico antes de realizar cualquier procedimiento de mantenimiento del equipo eléctrico.

ATTENTION: Veillez à supprimer toutes les clés de sécurité et débrancher le cordon d'alimentation avant d'effectuer les procédures de maintenance sur les équipements électriques.

• Inspect and tighten security (Nuts, Bolts, Rubber Pads, Steel Brackets, etc.).
• Vérifiez et serrez solidement (écrous, boulons, tapis en caoutchouc, supports en acier, etc.).
• Inspecte et sers solidement (écrous, boulons, Tapis en caoutchouc, supports en acier, etc.).

• Replace any worn or torn pad immediately.
• Remplacez immédiatement tout tapis usé ou déchiré immédiatement.
• Remplacez toutes les pièces usées ou déchirées immédiatement.

• Check to ensure the machine is level.
• Vérifiez pour s'assurer que la machine est nivelée.
• Vérifiez pour s'assurer que la machine est correctement nivelée.

• Check Adjustment knob to be securely tightened.
• Vérifiez que les poignées de réglage sont bien serrées.
• Vérifiez la tension et d'assouplir sur Spring Loaded sécurité.

WARNING: Use a damp cloth to clean dust and moisture from equipment.
• Utilisez un chiffon humide pour nettoyer la poussière et l'humidité de l'équipement.
• Utilisez un chiffon humide pour nettoyer la poussière et l'humidité de l'équipement.

• Check equipment (Metal/Wood) for rust and structural damage.
• Vérifiez l'équipement (Métal / bois) pour la rouille et la structure de l'équipement.
• Vérifiez l'équipement (Métal / bois) pour la rouille et la structure de l'équipement.

• Lubrication: See Owner's Manual.
• Lubrification: Voir le Manuel du propriétaire.

WARNING: Before using this equipment you should consult with your physician to see if this workout equipment is appropriate for you. Do not use this equipment without your physician's approval. Do not use this equipment if you have any of the following conditions or ailments:

- Extreme obesity
- Glaucoma, retinal detachment or conjunctivitis
- Pregnancy
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Middle ear infection
- High blood pressure, Hypertension, Recent stroke or Transient ischemic attack
- Heart or circulatory disorders for which you are being treated
- Hiatus hernia or Ventral hernia
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modularly pins, or Surgically implanted orthopedic supports
- Use of anti-coagulants including Aspirin in high doses

The Maximum Static Weight Capacity for this product is 800lbs / 363kgs.

Read all the instructions carefully before assembling or operating this product. Retain this owner's manual, do not remove any safety labels from the machine and keep the original purchase receipt for future reference.

This workout equipment is designed and built for optimum safety. However, certain precautions apply whenever you operate this exercise equipment. Be sure to read the entire manual before assembling and operating this equipment. Also, note the following safety instructions:

1. Consult your physician or other health care professionals before using this equipment.
2. Always wear proper exercise apparel when using this equipment. Use care when getting on or off the unit.
3. If at any time you feel faint, light-headed, or dizziness while operating this equipment, stop exercising immediately and contact your physician. You should also stop exercising if you are experiencing pain or any kind of discomfort.
4. Keep children and pets away from this equipment at all times.
5. Only one person should use this equipment at a time.
6. Make sure your equipment is correctly assembled before you use it. Be sure all the screws, nuts, and bolts are tightened prior to use. Check the screws, nuts, and bolts are tight on a weekly basis.
7. Do not operate this or any exercise equipment if it is damaged.
8. Wait 2 hours after eating before using this exercise equipment. If you get nauseous, stop exercising as soon as you feel queasy.
9. This product should be placed on a flat surface when using. A mat or other covering material on the ground is recommended. For indoor use only, do not use outdoors or near water.
10. Keep hands and feet away from any moving parts. Do not insert any objects into any openings on the equipment.
11. Keep loose clothes, jewelry, limbs and long hair away from moving parts.
12. Children under the age of 12 should not use this fitness equipment.
13. Children from 12 to 18 should have adult supervision.

Warning: It is highly recommended that you have assistance during the assembly of the IRONMAN strength equipment.

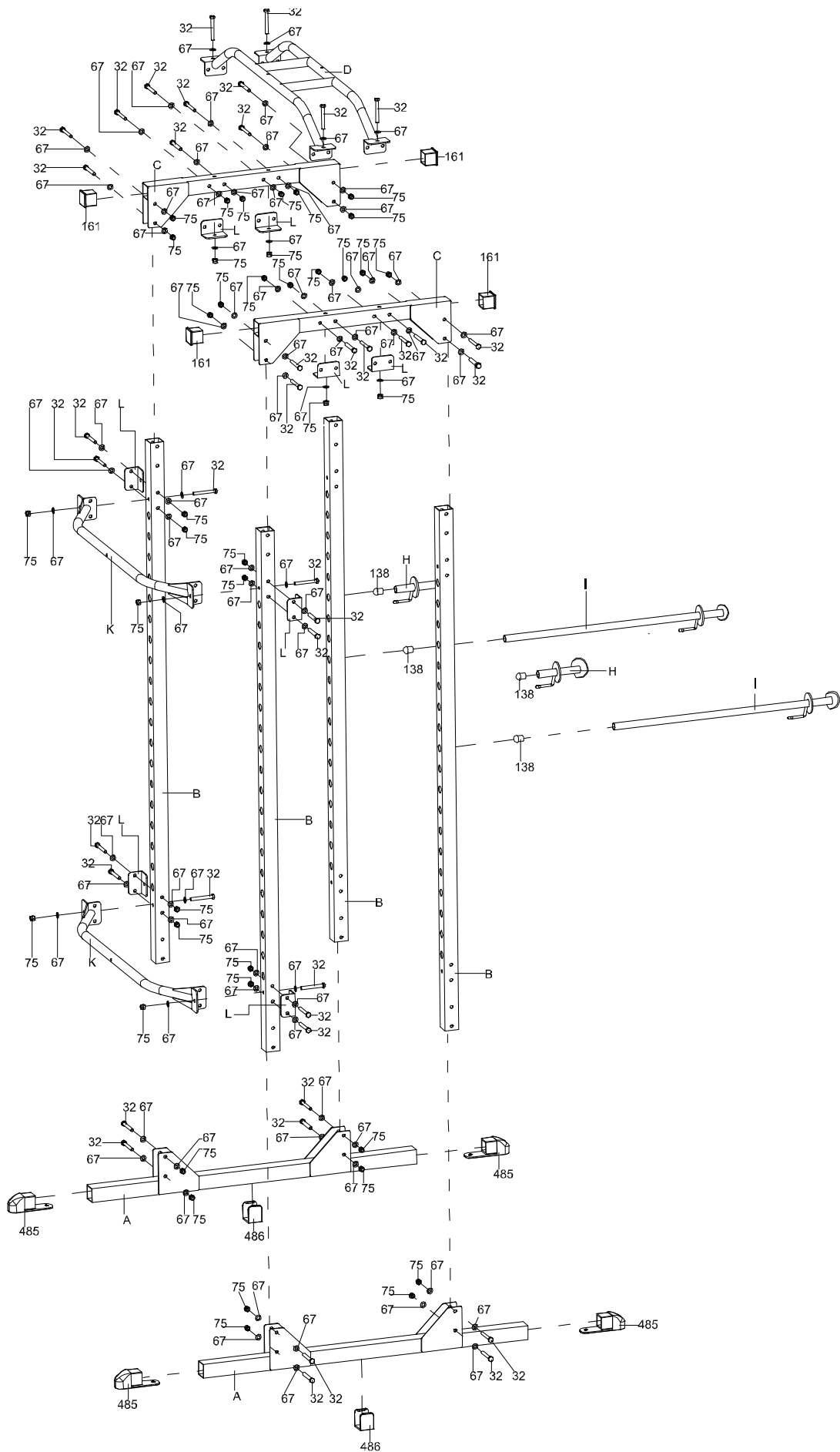
1. Tools for assembly:

General tools you may need for the assembling this IRONMAN strength equipment:

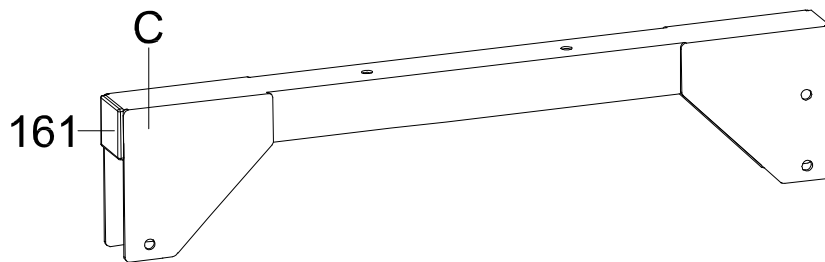
- Metric Allen Key Set
- Metric Wrench Set and Adjustable Wrench
- Flat Screwdrivers
- Phillips Screwdrivers
- Rubber Mallet
- Silicone Spray Oil

2. Insert bolts into the frame as illustrated in the drawing of each of the steps.
3. Hand-tighten the bolts, nuts, and screw during assembly. Hand-tightening will allow for easily aligning the parts during assembly. Tighten all the hardware once the entire unit has been completely assembled.
4. It is highly recommended that a professional installer assembles the IRONMAN strength equipment. But, with the proper assistance, the right tools, and strictly following the assembly steps, and given enough time; the assembly of the unit can be achieved without professional help.
5. Thoroughly read each step before proceeding to assemble the parts of that step.
6. To aid in the assembly of the equipment, the hardware pack (bolts, nuts, washer...etc.) have been presorted according to their corresponding steps. **See the Hardware Pack page.**
7. When the equipment is fully assembled check all the functions for correct operation. Consult the manual if you experience any issues, or for further help please contact our service department. **See page 2.**

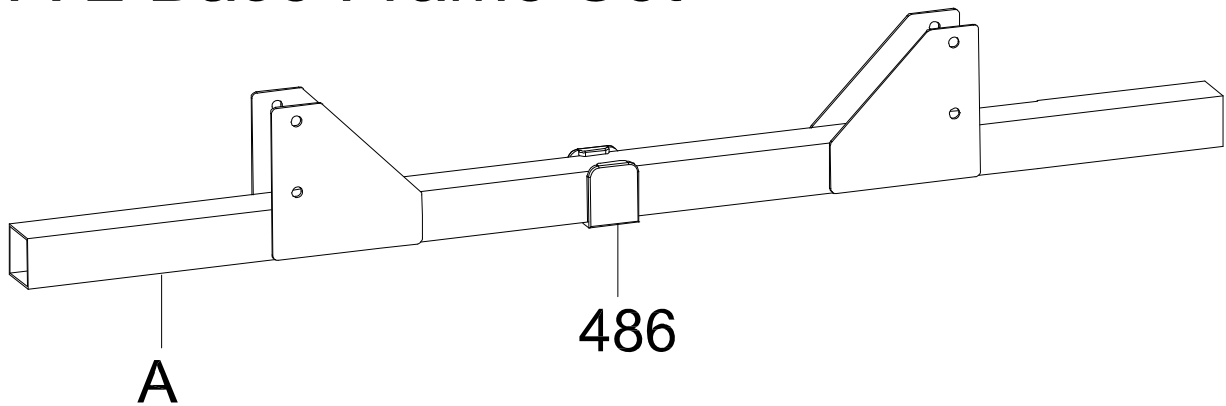
OVERVIEW DRAWING



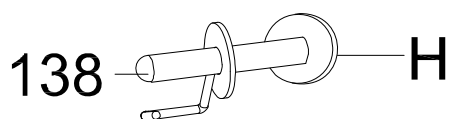
A-1 Upper Frame Set



A-2 Base Frame Set



A-3 Short Safety Catch Set

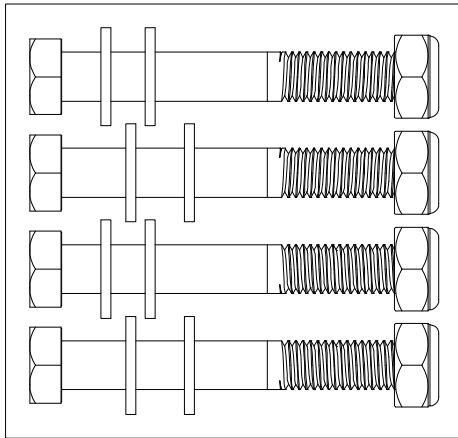


PART LIST

Part #	Description	Q'ty
A	Base Frame	2
B	Upright Frame	4
C	Upper Frame	2
D	Pull Up Bar	1
H	Short Safety Catch	2
I	Long Safety Catch	2
K	Rear Cross Bar	2
L	L-Bracket	8
32	Hexagon Head Bolt M10*73	40
67	Washer D10.5*D30*1.5t	80
75	Nylon Lock Nut M10	40
138	Domed End Caps	4
161	Square End Cap	4
485	Foot End Cap	4
486	U-Bracket	2

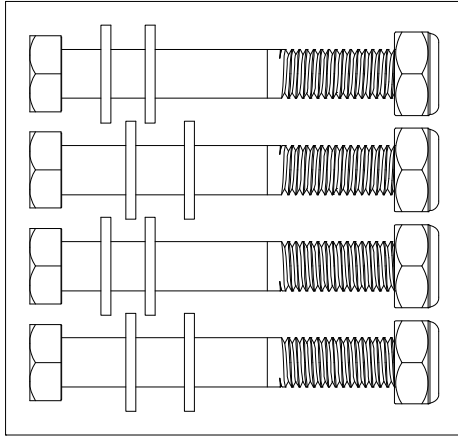
Assembly Group	No.	Description	Q'ty
A1	C	Upper Frame	2
	161	Square End Cap	4
A2	A	Base Frame	2
	486	U-Bracket	2
A3	H	Short Safety Catch	2
	138	Domed End Caps	2

STEP 1



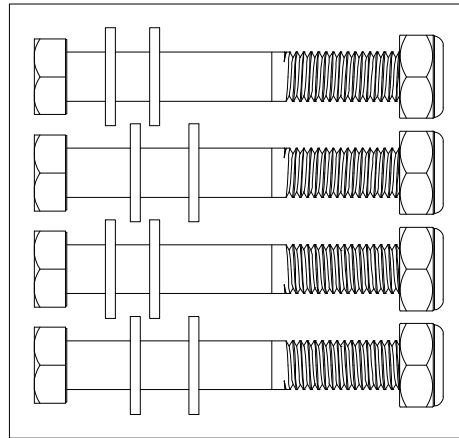
(32) Hexagon Head Bolt M10*73 4 PCS
(67) Washer $\phi 10.5 \times \phi 20 \times 1.5t$ 8pcs
(75) Nylon Lock Nut M10 4pcs

STEP 2



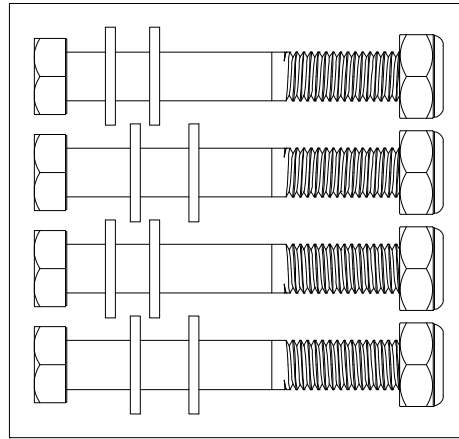
(32) Hexagon Head Bolt M10*73 4 PCS
(67) Washer $\phi 10.5 \times \phi 20 \times 1.5t$ 8pcs
(75) Nylon Lock Nut M10 4pcs

STEP 3



(32) Hexagon Head Bolt M10*73 4 PCS
(67) Washer $\phi 10.5 \times \phi 20 \times 1.5t$ 8pcs
(75) Nylon Lock Nut M10 4pcs

STEP 4

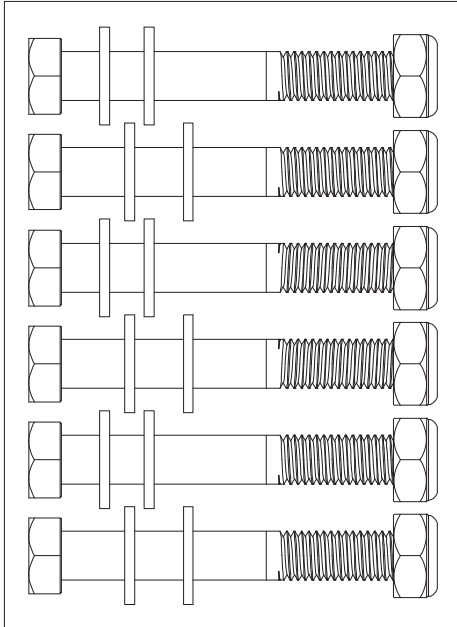


(32) Hexagon Head Bolt M10*73 4 PCS
(67) Washer $\phi 10.5 \times \phi 20 \times 1.5t$ 8pcs
(75) Nylon Lock Nut M10 4pcs

Wrench S-17/S-13 2 PCS

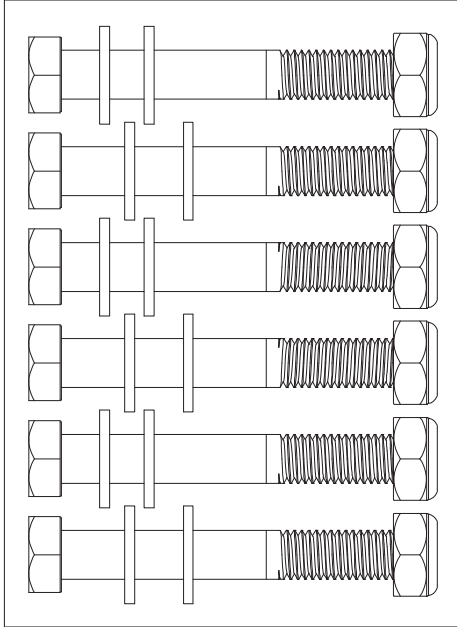


STEP 5



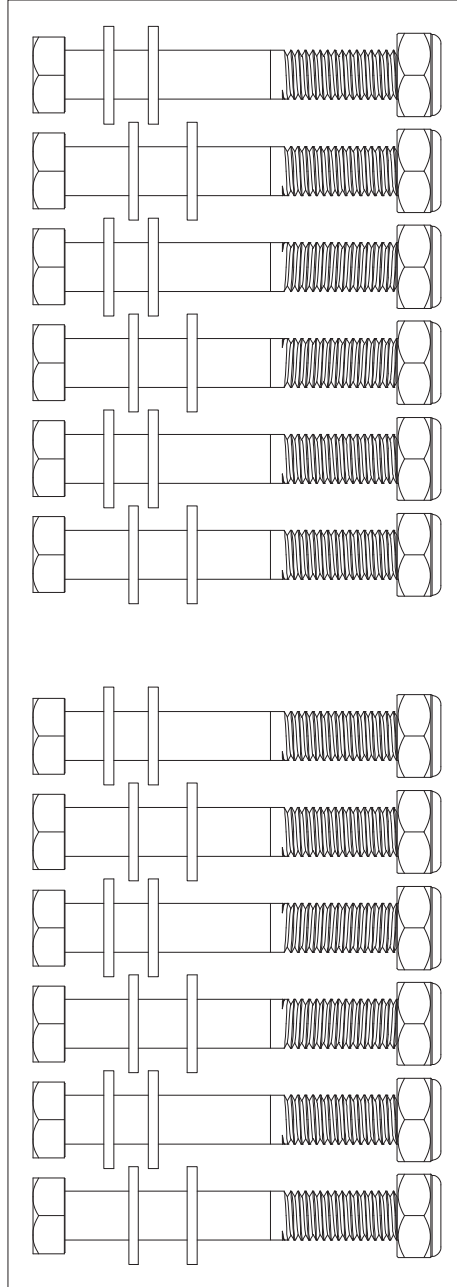
(32) Hexagon Head Bolt M10*73 6 PCS
(67) Washer $\phi 10.5 \times 20 \times 1.5$ 12pcs
(75) Nylon Lock Nut M10 6pcs

STEP 6



(32) Hexagon Head Bolt M10*73 6 PCS
(67) Washer $\phi 10.5 \times 20 \times 1.5$ 12pcs
(75) Nylon Lock Nut M10 6pcs

STEP 7



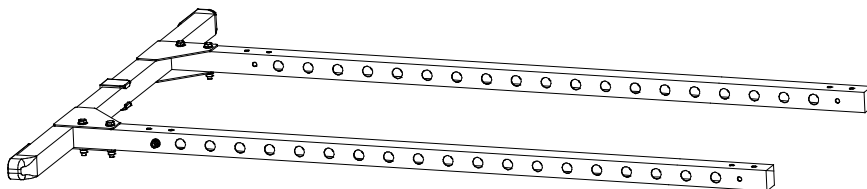
(32) Hexagon Head Bolt M10*73 6 PCS
(67) Washer $\phi 10.5 \times 20 \times 1.5$ 12pcs
(75) Nylon Lock Nut M10 6pcs

(32) Hexagon Head Bolt M10*73 6 PCS
(67) Washer $\phi 10.5 \times 20 \times 1.5$ 12pcs
(75) Nylon Lock Nut M10 6pcs

STEP 1

- 1A. Insert a **Foot End Cap (485)** into each side of the **Base Frame (A)**.
- 1B. Insert two **Upright Frames (B)** into the brackets of the **Base Frame (A)**.
Make sure the arrow stickers on the **Upright Frames (B)** are pointing away from the **Base Frame (A)**.
- 1C. Attach the **Base Frame (A)** to the two **Upright Frames (B)** by using:
- 4 - (32) Hexagon Head Bolt
 - 8 - (67) Washer
 - 4 - (75) Nylon Lock Nut

Do not thoroughly tighten the hardware until the unit is completely assembled.

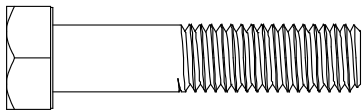
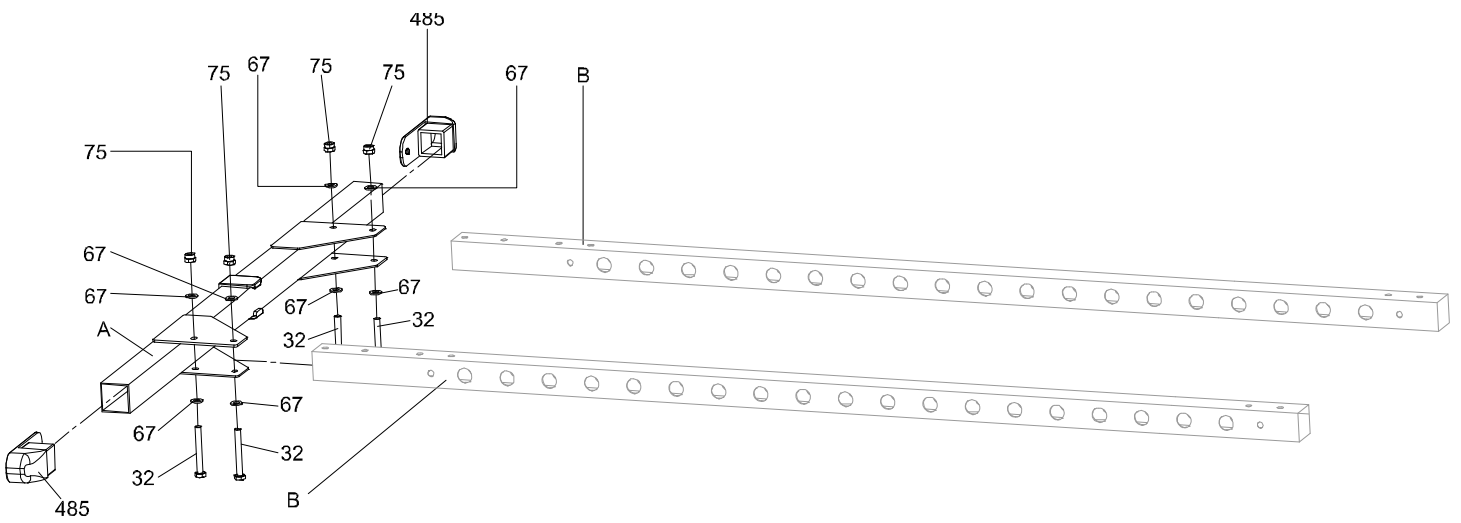


Appearance upon completion of Step 1.

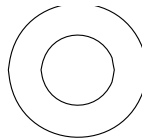
STEP 1



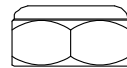
13-17mm Wrench
2 PCS



(32) Hexagon Head Bolt
4PCS



(67) Washer
8PCS



(75) Nylon Lock Nut
4PCS

STEP 2

2A. Slide the two **Upright Frames (B)** into the brackets at the ends of the **Upper Frame (C)**.

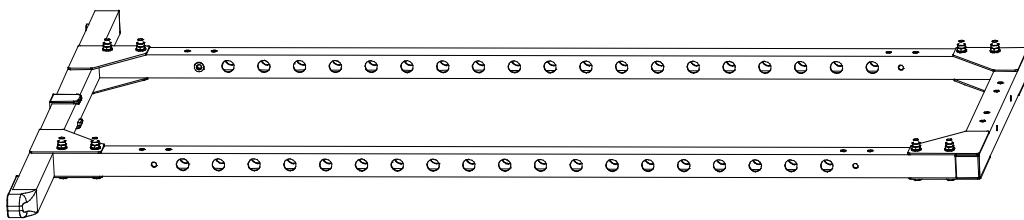
2B. Attach the **Upper Frame (C)** to the two **Upright Frames (B)** by using:

4 - (32) Hexagon Head Bolt

8 - (67) Washer

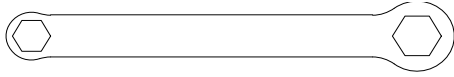
4 - (75) Nylon Lock Nut

Do not thoroughly tighten the hardware until the unit is completely assembled.

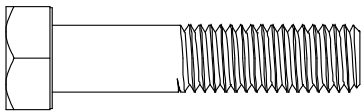
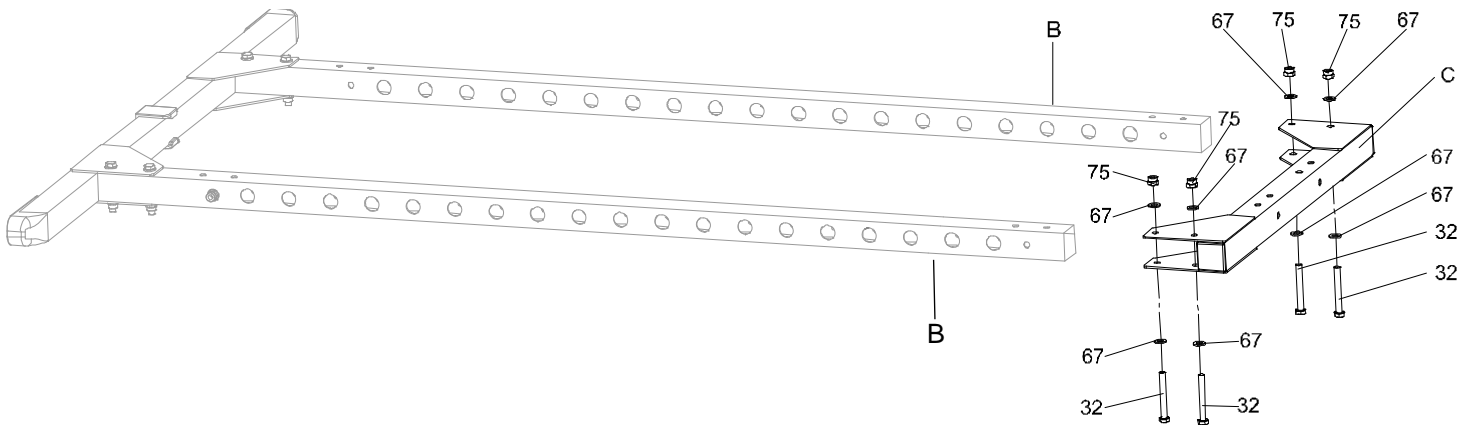


Appearance upon completion of Step 2.

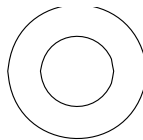
STEP 2



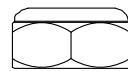
13-17mm Wrench
2 PCS



(32) Hexagon Head Bolt
4PCS



(67) Washer
8PCS



(75) Nylon Lock Nut
4PCS

STEP 3

3A. Insert a **Foot End Cap (485)** into each side of the **Base Frame (A)**.

3B. Insert two **Upright Frames (B)** into the brackets of the **Base Frame (A)**.

Make sure the arrow stickers on the **Upright Frames (B)** are pointing away from the **Base Frame (A)**.

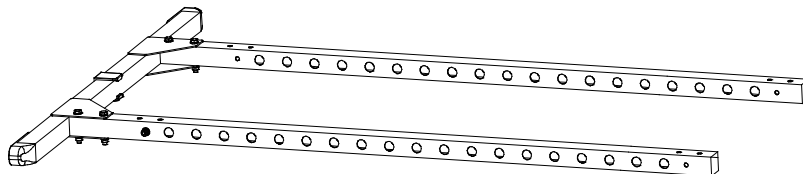
3C. Attach the **Base Frame (A)** to the two **Upright Frames (B)** by using:

4 - (32) Hexagon Head Bolt

8 - (67) Washer

4 - (75) Nylon Lock Nut

Do not thoroughly tighten the hardware until the unit is completely assembled.

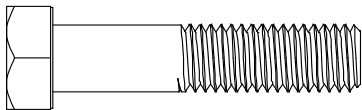
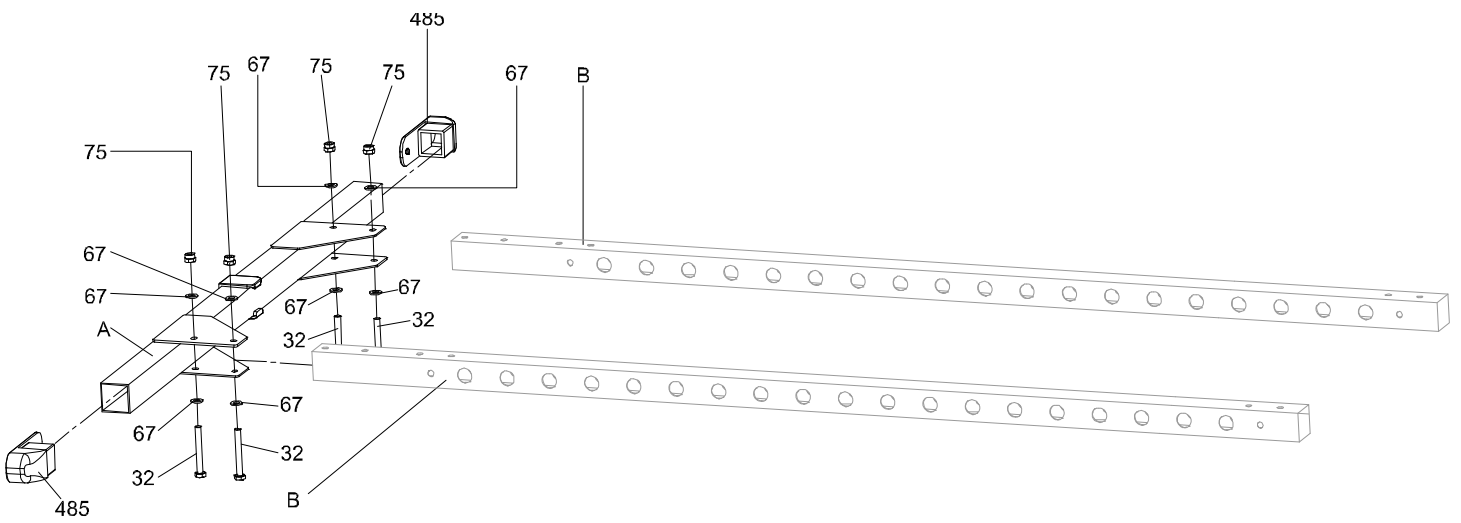


Appearance upon completion of Step 3.

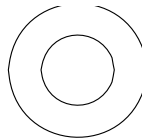
STEP 3



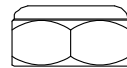
13-17mm Wrench
2 PCS



(32) Hexagon Head Bolt
4PCS



(67) Washer
8PCS



(75) Nylon Lock Nut
4PCS

STEP 4

4A. Slide the two **Upright Frames (B)** into the brackets at the ends of the **Upper Frame (C)**.

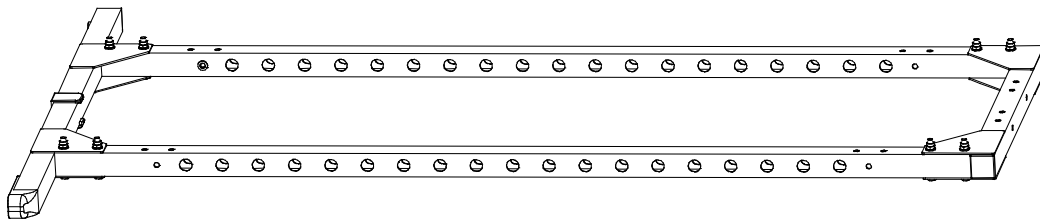
4B. Attach the **Upper Frame (C)** to the two **Upright Frames (B)** by using:

4 - (32) Hexagon Head Bolt

8 - (67) Washer

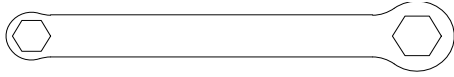
4 - (75) Nylon Lock Nut

Do not thoroughly tighten the hardware until the unit is completely assembled.

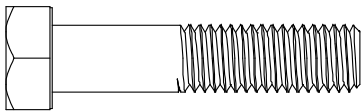
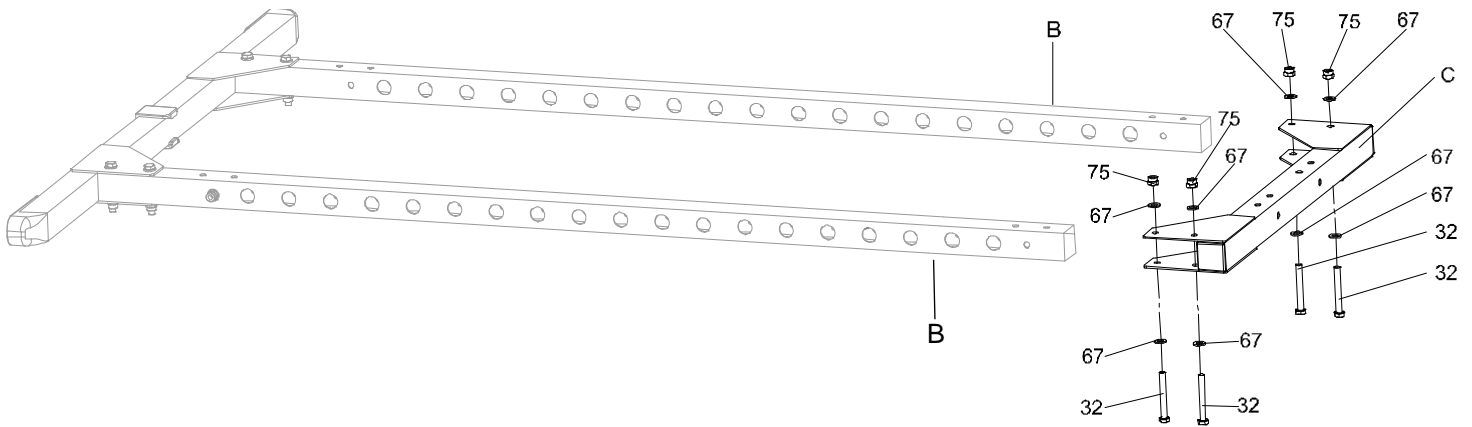


Appearance upon completion of Step 4.

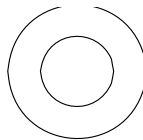
STEP 4



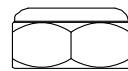
13-17mm Wrench
2 PCS



(32) Hexagon Head Bolt
4PCS



(67) Washer
8PCS



(75) Nylon Lock Nut
4PCS

STEP 5

5A. Mount the **Pull Up Bar (D)** and two **L-Brackets (L)** to the **Upper Frame (C)**.

5B. Attach the **Pull Up Bar (D)** and **two L-Brackets (L)** to the **Upper Frame (C)** by using:

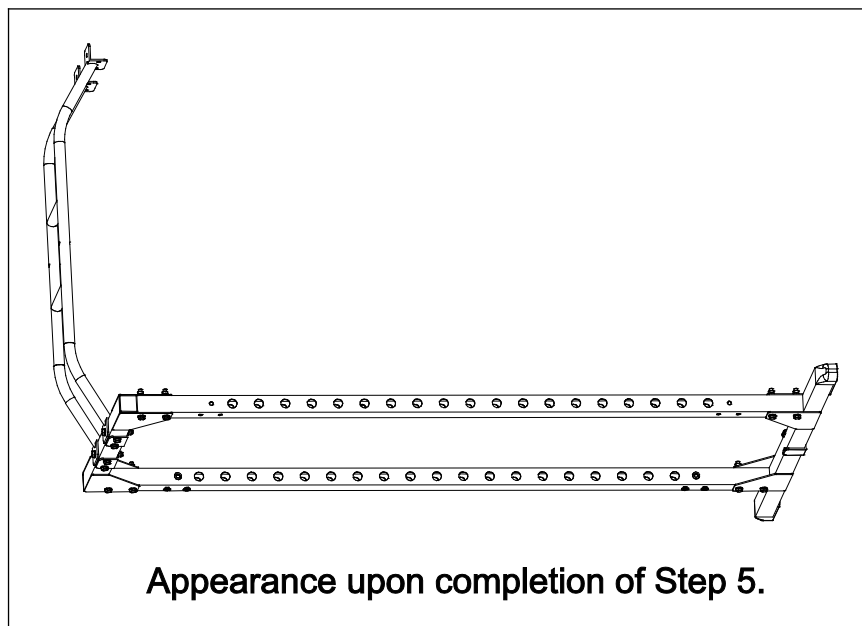
6 - (32) Hexagon Head Bolt

12 - (67) Washer

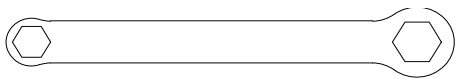
6 - (75) Nylon Lock Nut

Do not thoroughly tighten the hardware until the unit is completely assembled.

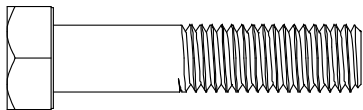
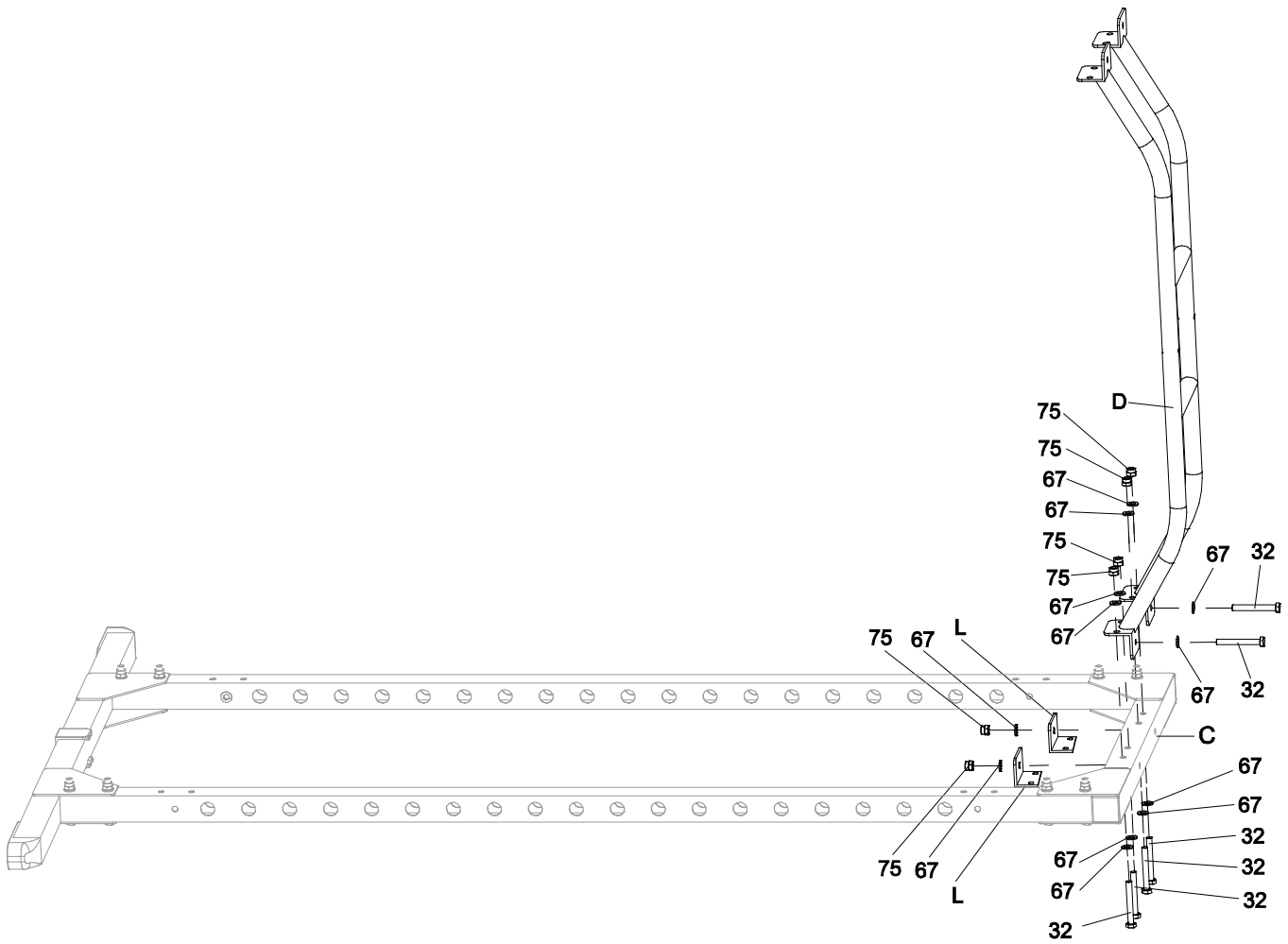
Note: The Pull Up Bar (D) should be installed on the side of the Upper Frame (C) that faces away from the IRONMAN sticker.



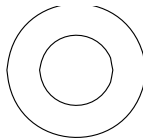
STEP 5



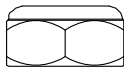
13-17mm Wrench
2 PCS



(32) Hexagon Head Bolt
6PCS



(67) Washer
12PCS



(75) Nylon Lock Nut
6PCS

STEP 6

6A. Mount the **Pull Up Bar (D)** and two **L-Brackets (L)** to the **Upper Frame (C)**.

6B. Attach the **Pull Up Bar (D)** and **two L-Brackets (L)** to the **Upper Frame (C)** by using:

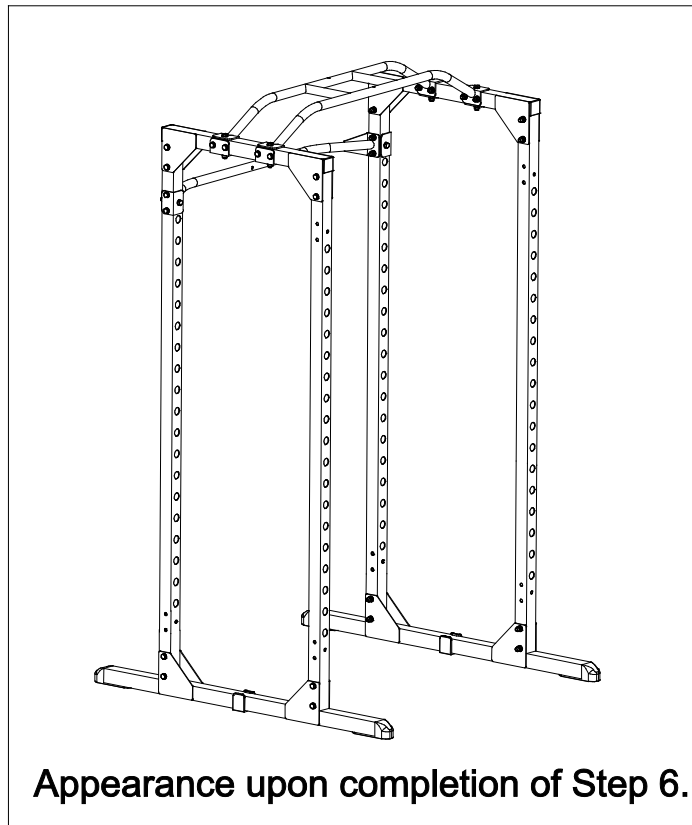
6 - (32) Hexagon Head Bolt

12 - (67) Washer

6 - (75) Nylon Lock Nut

Do not thoroughly tighten the hardware until the unit is completely assembled.

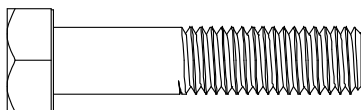
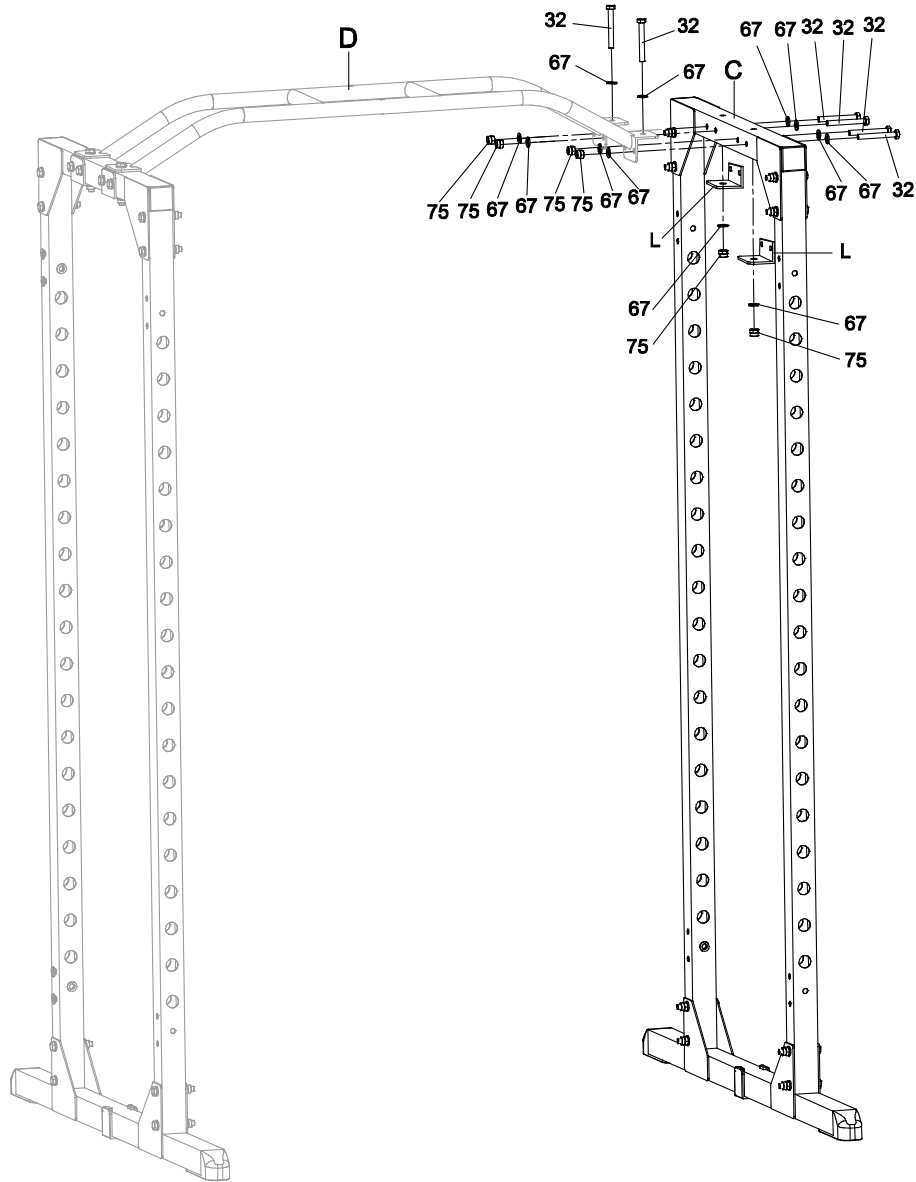
Note: Having someone to assist for this step is recommended.



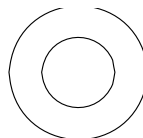
STEP 6



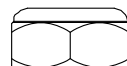
13-17mm Wrench
2 PCS



(32) Hexagon Head Bolt
6PCS



(67) Washer
12PCS



(75) Nylon Lock Nut
6PCS

STEP 7

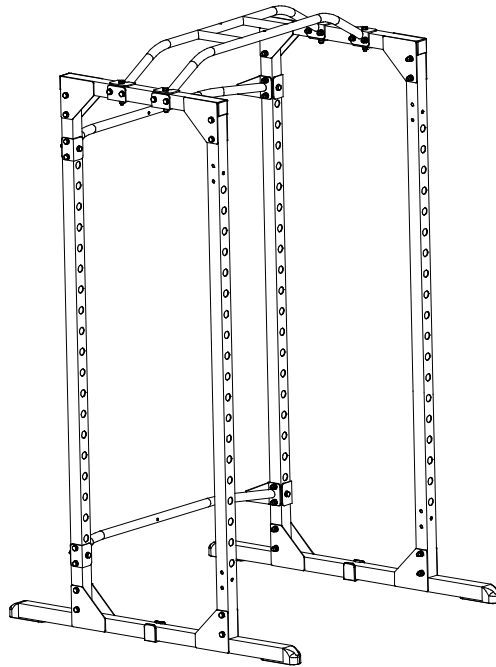
7A. Attach the two **Rear Cross Bars (K)** and four **L-Brackets (L)** to the **Upright Frames (B)** by using:

12 - (32) Hexagon Head Bolt

24 - (67) Washer

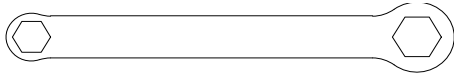
12 - (75) Nylon Lock Nut

Give the cage a shake so the frame can settle and then thoroughly tighten ALL the hardware.



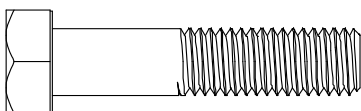
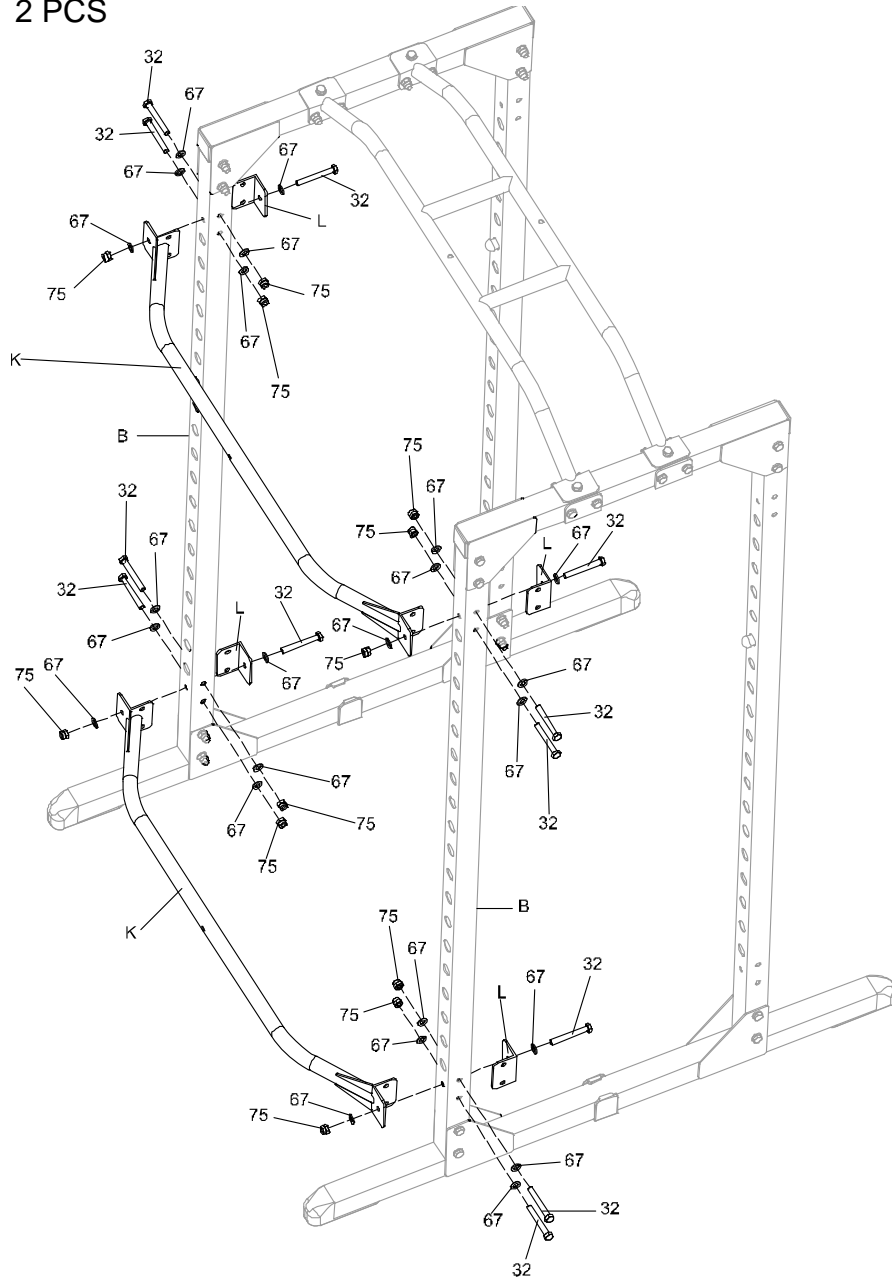
Appearance upon completion of Step 7.

STEP 7

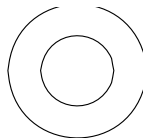


13-17mm Wrench

2 PCS



(32) Hexagon Head Bolt
12PCS



(67) Washer
24PCS



(75) Nylon Lock Nut
12PCS

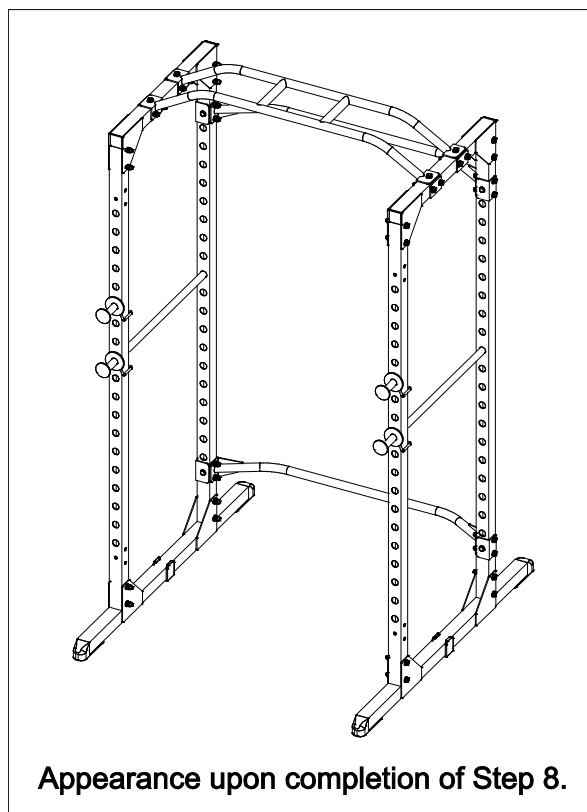
STEP 8

A. The two **Long Safety Catches (I)** can be inserted into any of the holes along the **Upright Frame (B)**. Place them at the same level on the left and right side of the cage and at a comfortable height that will assist you during your workout.

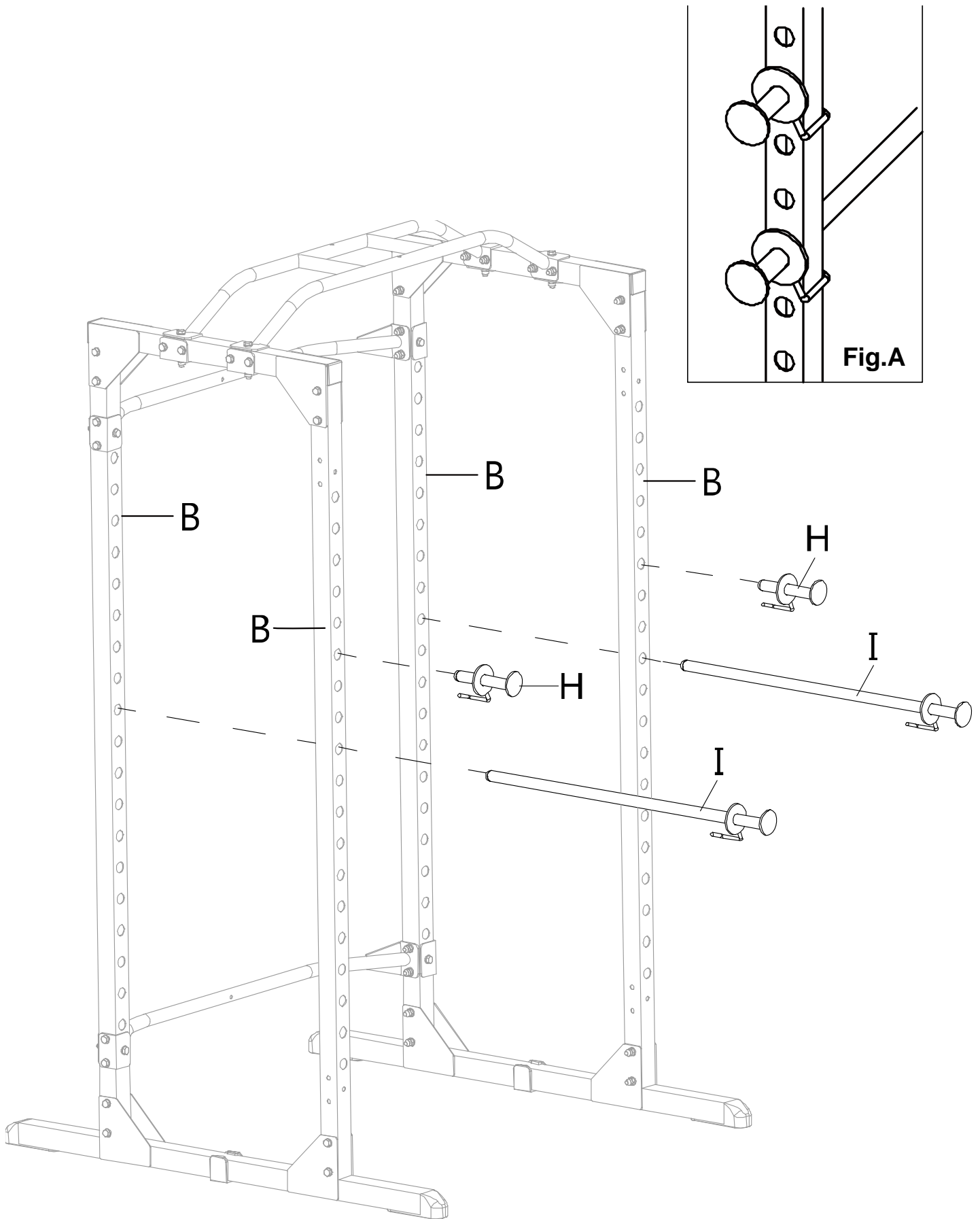
B. The two **Short Safety Catches (H)** can be inserted into any of the holes along the **Upright Frame (B)**. Place them at the same level on the left and right side of the cage and at a comfortable height that will assist you during your workout.

C. The **Upright Frames (B)** have “U” shaped markings above some of the holes to help mark which holes are at the same level across the frame of the cage.

D. Make sure the hooks of the **Long Safety Catch (I)** and the **Short Safety Catch (H)** are wrapped around the **Upright Frames (B)** to lock the safety catches in place. When facing the front of the cage, the hooks should always be on the right side and be below the main shaft of the safety catches; this will allow the hooks to wrap around the back of the **Upright Frames (B)**. See Fig. A



STEP 8



WARRANTY

MANUFACTURER'S LIMITED WARRANTY

Paradigm Health & Wellness 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 Paradigm's Owner's Manual. Paradigm's obligation under this warranty applies to the following:

COMPONENT	LENGTH OF WARRANTY
Structural Frame	5 years (frame, welds)
Parts	1 year (covers, internal mechanism, tension, wheels, knobs, hardware)
Wearable Parts	1 year (upholstery, foam, ball bearings, pulleys, belts, cables, Shocks)

Exclusions from Warranty Coverage:

Paradigm does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed.
3. All exchanged parts and Products replaced under this limited warranty will become the property of Paradigm Health and Wellness.
4. Damage caused by vandalism, accidents, inadequate maintenance, or by animals.
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.).
6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to, among other things, flake, rust, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the product.

Paradigm, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. All exchanged parts and Products replaced under this limited warranty will become the property of Paradigm Health and Wellness. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

Ordering Replacement Parts

Replacement parts can be ordered by emailing our customer service department:

Service@paradigmhw.com

Open Daily 8:00 AM - 5:00 PM (PST).

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**

PARTS REQUEST FORM

Paradigm Health & Wellness, Inc.

EMAIL THIS FORM WITH YOUR RECIEPT OF PURCHASE TO

Service@paradigmhw.com *

NAME: _____

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

TELEPHONE: (Day) _____

(Night) _____

SERIAL#: _____

MODEL#: _____

PURCHASE DATE: _____

PLACE OF PURCHASE: _____

PART #	DESCRIPTION	QTY

"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

****This form can also be faxed to #: 626-810-2166***