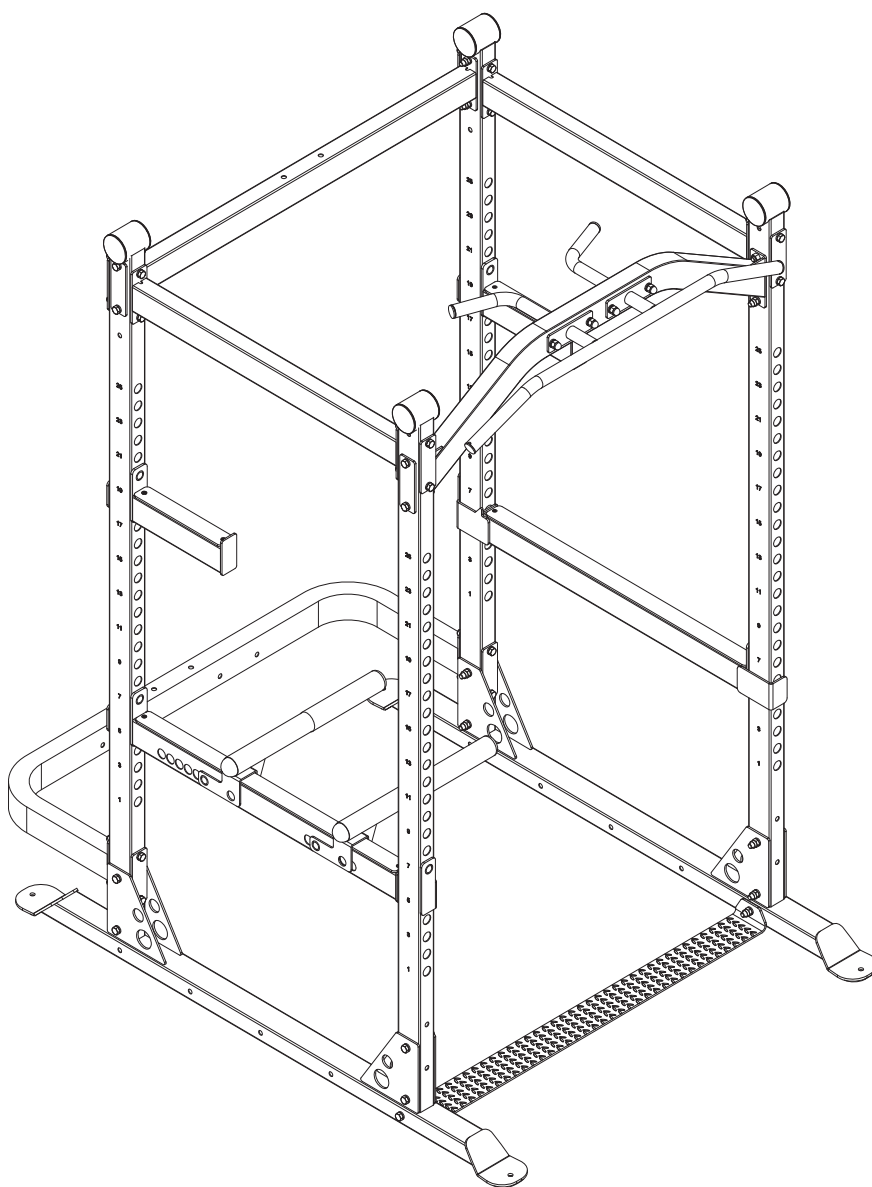


OWNER'S MANUAL



Power Cage

6877.1-051116

The specifications of this product may vary from this photo and are subject to change without notice.
IRONMAN, IRONMAN TRIATHLON and M-DOT are registered trademarks of World Triathlon Corporation.
This product is licensed by the World Triathlon Corporation.

TABLE OF CONTENTS

SERVICE-----	2
LABEL PLACEMENT-----	3
PRODUCT SAFETY-----	4
ASSEMBLY PREPARATION-----	5
PRODUCT DRAWING-----	6
OVERVIEW-----	7
HARDWARE PACK-----	8
PART LIST-----	9
STEP 1-----	10
STEP 2-----	12
STEP 3-----	14
STEP 4-----	16
STEP 5-----	18
ADJUSTMENTS-----	20
WARRANTY-----	22
PARTS REQUEST FORM-----	23

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, Open 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

IRONMAN 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



⚠ WARNING / AVERTISSEMENT / ADVERTENCIA

DO NOT lean on this side!
Ne pas se pencher de ce côté!
NO se apoye en este lado!



MAINTENANCE SCHEDULE

DAILY

- Inspect and tighten securely (Nuts, Bolts, Rubber Pads, Steel Brackets, etc.).
- Replace any worn or torn parts immediately.
- Check to ensure the machine is levelled.
- Check Tension and Fitting on Safety Spring Loaded Pins.
- Check Adjustment Knobs to be Securely Tightened.

WEEKLY

- Inspect and tighten securely
- Use a damp cloth to clean dust and moisture from equipment.
- Clean and Wipe Upholstery
- Check equipment Metal/ Wood/ Upholstery structure frame.

HORARIO DE MANTENIMIENTO

DIARIO

- Reviselos y apriételes bien (tuercas, pernos, pastillas de caucho, soportes de acero, etc.).
- Reemplace inmediatamente cualquier parte desgastada o rota.
- Revise para asegurarse que la máquina está nivelada.
- Chequee la tensión y ajuste las clavijas de seguridad accionadas por resorte.
- Revise que las perillas de ajuste estén apretadas firmemente.

SEMANALMENTE

- Revise y apriete firmemente
- Utilice un paño húmedo para limpiar el polvo y humedad del equipo.
- Limpie y pase un trapo por la tapicería
- Revise el marco de la estructura de metal / madera / tapicería del equipo.

HEURES ENTRETIEN

QUOTIDIEN

- Inspectez et serrez solidement (écrous, boulons, Tapis en caoutchouc, supports en acier, etc.).
- Remplacez toutes les pièces usées ou déchirées immédiatement.
- Vérifiez pour assurer la machine est nivelée.
- Pins vérifiez la tension et d'assemblage sur Spring Loaded sécurité.
- Vérifiez molettes de réglage pour être bien serrés.

HEBDOMADAIRE

- Inspectez et serrez
- Utilisez un chiffon humide pour nettoyer la poussière et l'humidité de l'équipement
- Propre et essuyez ameublement
- Vérifier l'équipement / bois / ameublement cadre de la structure métallique.

WARNING: Before using this equipment you should consult with your personal physician to see if the Ironman Power Cage 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 Weight Capacity for this product is 1500lbs/680kgs.

Read all instructions carefully before assembling and 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 Power Cage was designed and built for optimum safety. However, certain precautions apply whenever you use the exercise equipment. Be sure to read the entire manual before assembling and operating this equipment. Also, please note the following safety instructions:

1. Consult your physician or other health care professionals before using the piece of equipment.
2. Always wear proper exercise apparel when using the 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 the equipment at all times.
5. Only one person should use the equipment at a time.
6. Make sure your equipment is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use. Check 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 the 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 object 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 recommend that you have assistance during the assembly of the IRONMAN strength equipment.

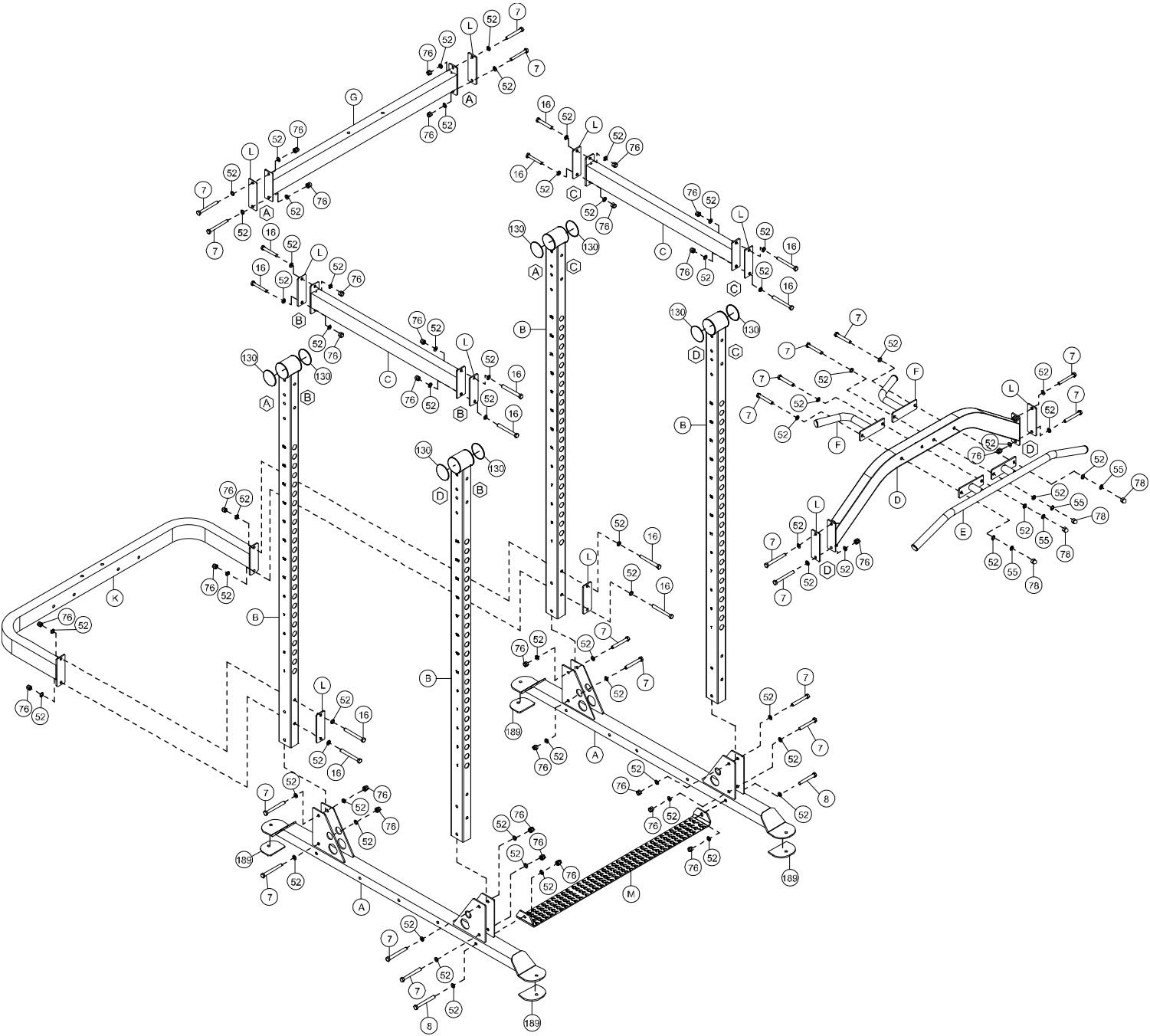
1. Tools for assembly:

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

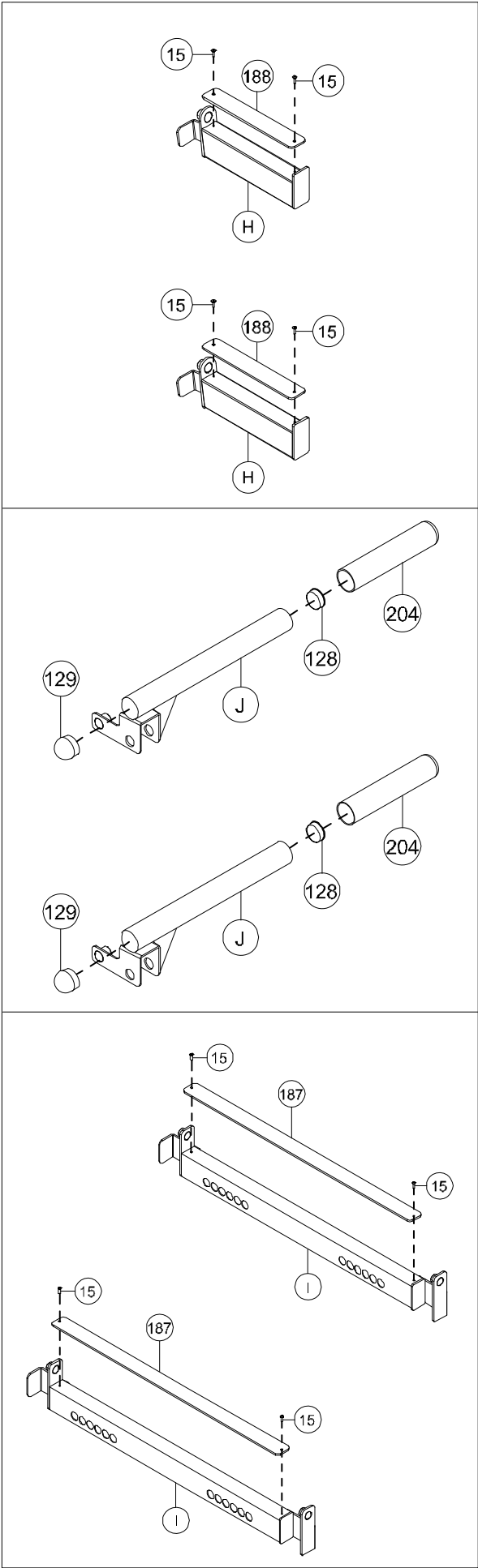
- Metric Allen Key Set
- Metric Wrench Set and Adjustable Wrench
- Flat Screwdrivers
- Phillips Screwdrivers
- Rubber Mallet
- Silicone Spray Oil

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 items of that step.
6. To aid in assembly of the equipment, the hardware pack (bolts, nuts, washer...etc.) have been presorted according to their corresponding steps. **See 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

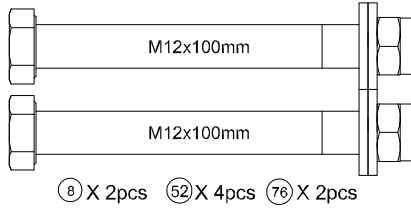


OVERVIEW DRAWING

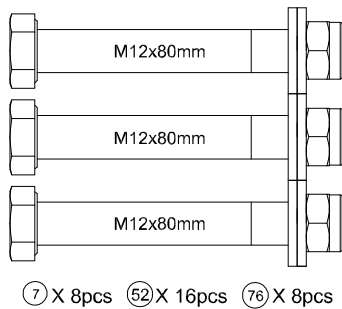
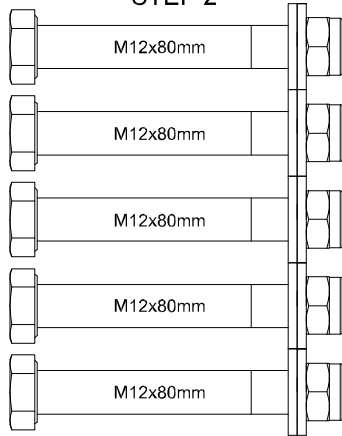


6877

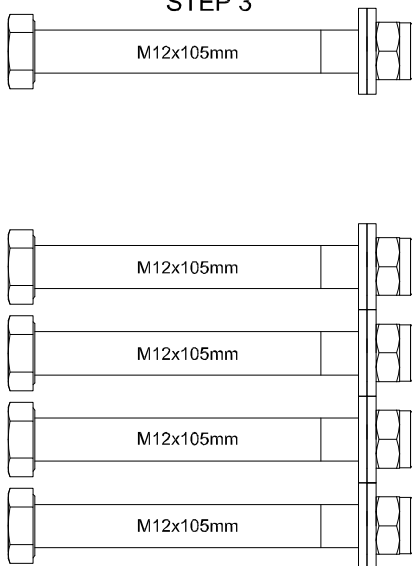
STEP 1



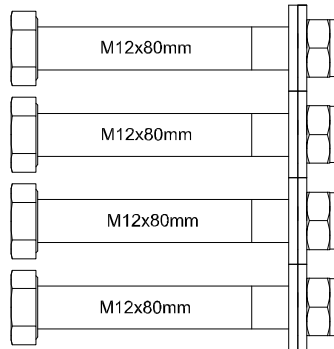
STEP 2



STEP 3

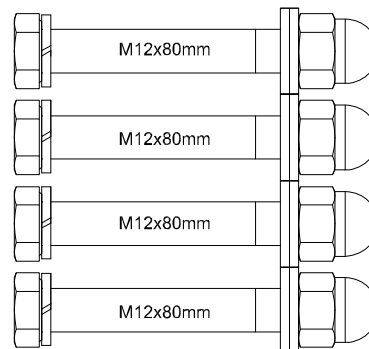
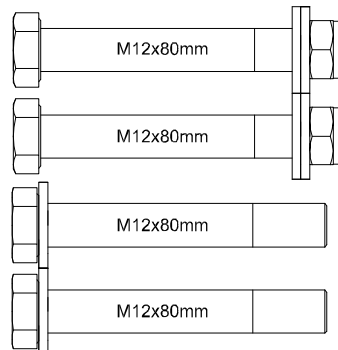


STEP 3



⑩⑥ X 8pcs ⑦ X 4pcs ⑤② X 24pcs ⑦⑥ X 12pcs

STEP 4



⑦ X 8pcs ⑤② X 14pcs ⑤⑤ X 4pcs ⑦⑥ X 2pcs ⑦⑧ X 4pcs

STEP 5



⑩⑥ X 4pcs ⑤② X 8pcs ⑦⑥ X 4pcs

wrench X 2pcs

PART LIST

Part#	Description	Q'ty.
A	Base Beam	2
B	Vertical Post	4
C	Upper Beam	2
D	Front Crossbeam	1
E	Wide Grip Bar	1
F	Close Grip Bar	2
G	Rear Crossbeam	1
H	Bar Bell Catch	2
I	Safety Catch	2
J	Dip Bar	2
K	Stability Beam	1
L	Mounting Plate	10
M	Stability Plate	1
7	Hex Bolt M12x1.75x80L	16
8	Hex Bolt M12x1.75x100L	2

Part#	Description	Q'ty.
15	SCREW M6x10L	8
16	Hex Bolt M12x1.75x105L	12
17	Hex Bolt M12x1.75x85L	4
52	Washer D13xD24x2.5	66
55	Spring Washer D20xD12.2x3.2	8
76	Nylon Nut M12	28
78	Cap Nut M12	4
128	Flat End Cap D50xt2.0	2
129	Domed End Cap D50xt2.0	2
130	Flat End Cap D76xt2.0	8
187	Safety Catch Bumper 890x50xt5.0	2
188	Safety Catch Bumper 285x50xt5.0	2
189	Foot Pad 100x80xt5.0	4
204	Handgrip $\Phi 49 \times \Phi 55 \times 250$	2

STEP 1

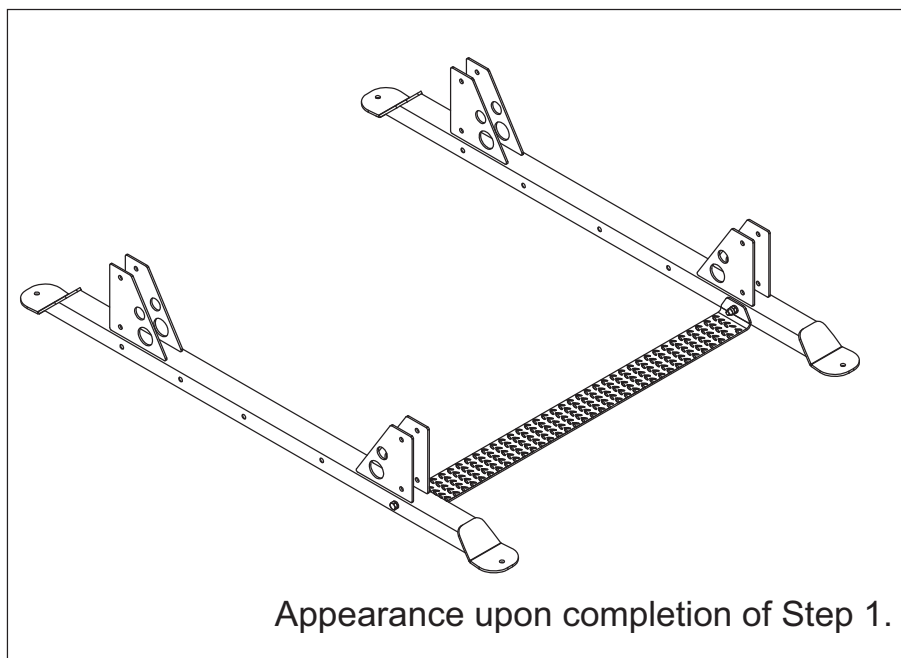
1A. Attach Stability Plate (M) to the two Base Beams (A) by using:

2 - (8) Hex Head Bolt M12x1.75x100L

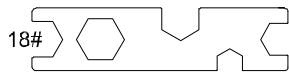
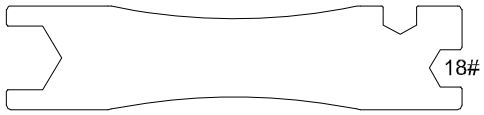
4 - (52) Washer D13xD24x2.5

2 - (76) Nylon Nut M12

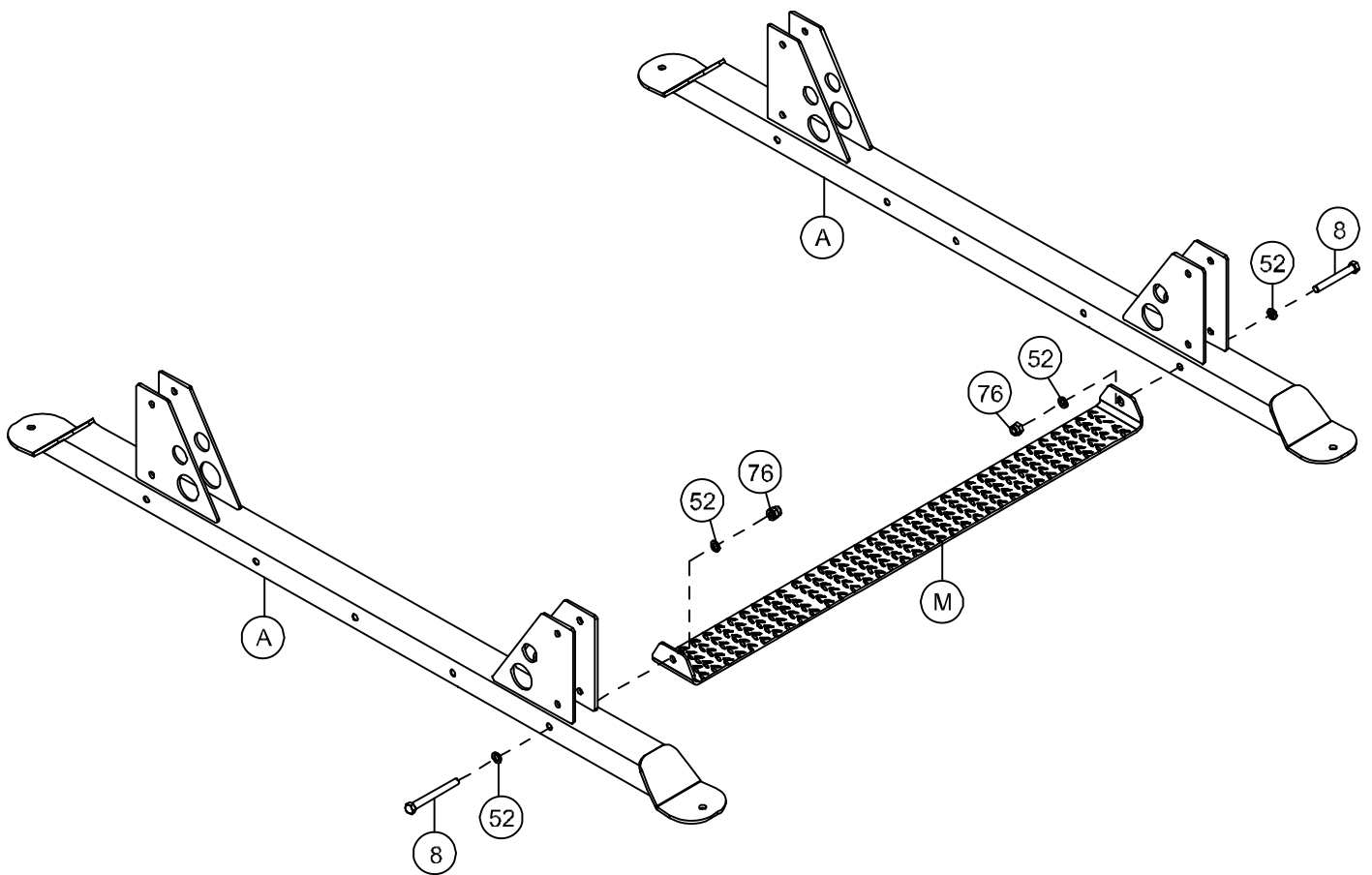
Thoroughly tighten the hardware once complete.



STEP 1



Wrench 2PCS



STEP 2

2A. Insert the Vertical Posts (B) into the brackets of Base Beams (A) and fasten them into place by using:

8 - (7) Hex Head Bolt M12x1.75x80L

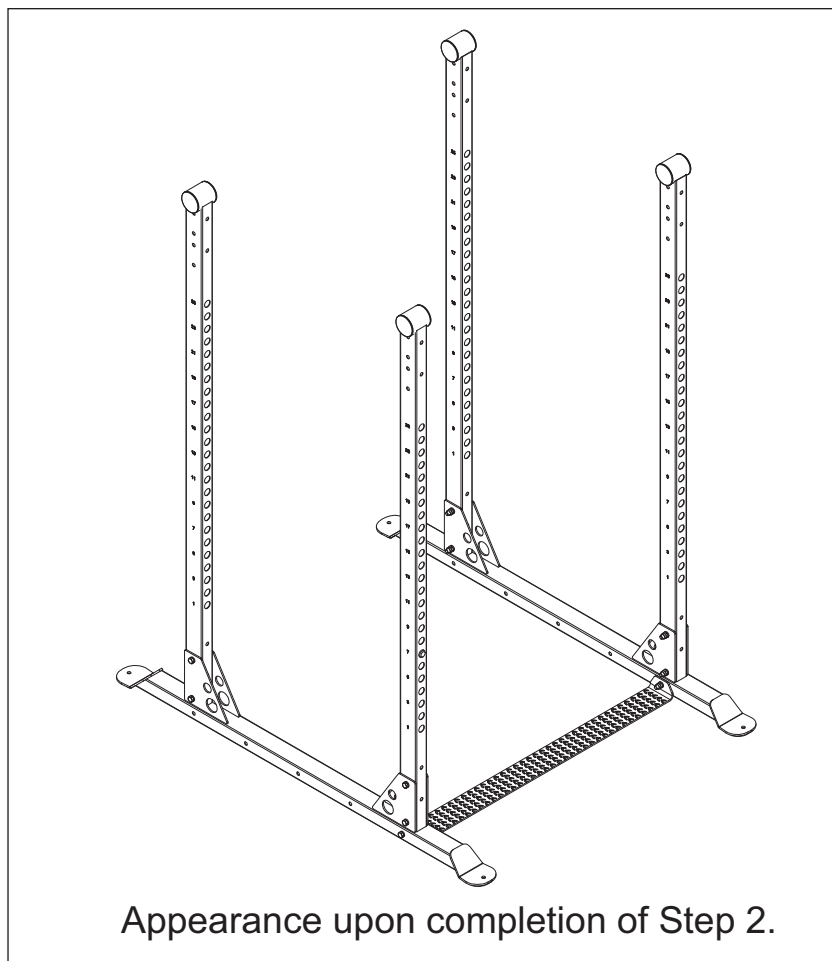
16 - (52) Washer D13xD24x2.5

8 - (76) Nylon Lock Nut M12

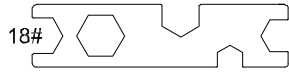
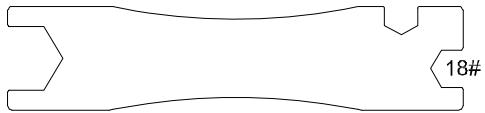
Note: The two Vertical Posts (B) with the IRONMAN logos on the Flat End Caps (130) should be installed in the front with the Flat End Caps (130) facing outwards.

WARNING: Make sure all the posts are well supported during this step, the structure is not sturdy enough to stand on its own yet.

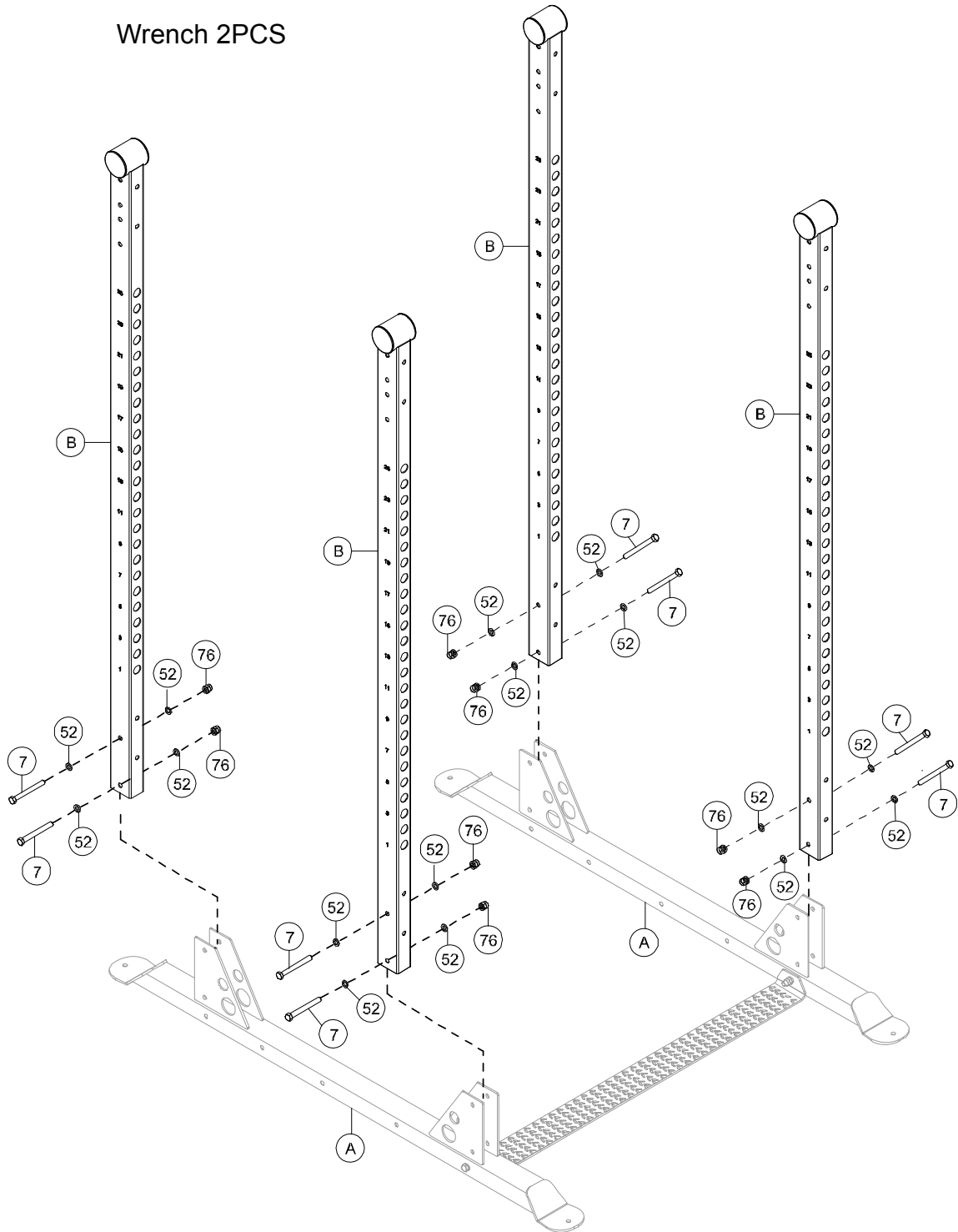
It is recommended that bolts and screws of the structure **NOT** be thoroughly tightened until step 4.



STEP 2



Wrench 2PCS



STEP 3

3A. Attach the Rear Crossbeam (G) and the two Mounting Plates (L) to the two rear Vertical Posts (B) at the location of the matching **(A)** by using:

4 - **(7)** Hex Head Bolt M12x1.75x80L

8 - **(52)** Washer D13xD24x2.5

4 - **(76)** Nylon Nut M12

Note: The Rear Crossbeam (G) should be installed with the IRONMAN logo facing forward.

3B. Attach the Upper Beam (C) and two Mounting Plates (L) to the side Vertical Posts (B) at the location of the matching **(B)** by using:

4 - **(16)** Hex Head Bolt M12x1.75x105L

8 - **(52)** Washer D13xD24x2.5

4 - **(76)** Nylon Nut M12

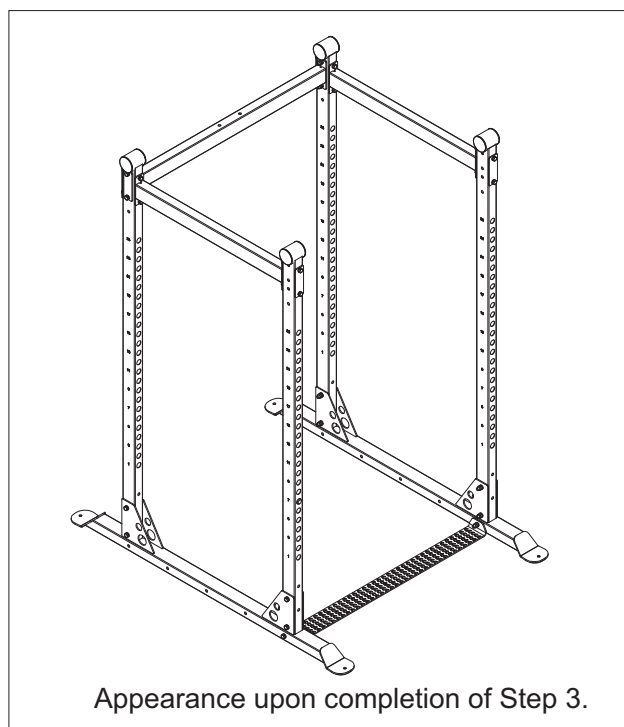
3C. Attach the Upper Beams (B) and two Mounting Plates (L) to the side Vertical Posts (B) at the location of the matching **(C)** by using:

4 - **(16)** Hex Head Bolt M12x1.75x105L

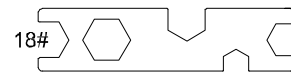
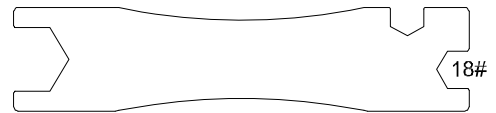
8 - **(52)** Washer D13xD24x2.5

4 - **(76)** Nylon Nut M12

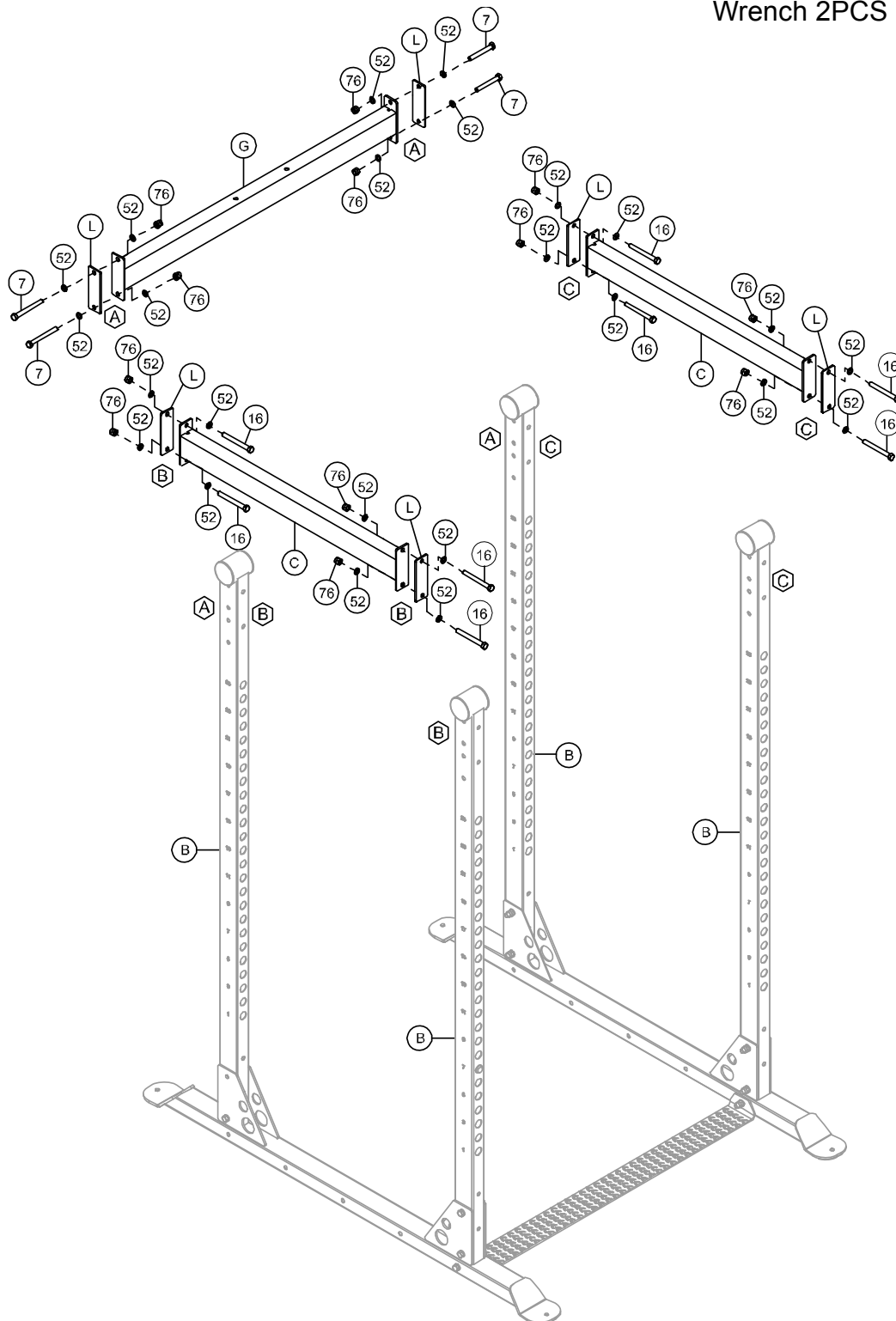
It is recommended that bolts and screws of the structure NOT be thoroughly tightened until step 4.




STEP 3



Wrench 2PCS



STEP 4

4A. Attach the Front Crossbeam (D) and the two Mounting Plates (L) to the two front Vertical Posts (B) at the location of the matching  by using:

4 - **(7)** Hex Head Bolt M12x1.75x80L

6 - **(52)** Washer D13xD24x2.5

2 - **(76)** Nylon Nut M12

Note: The Front Crossbeam (D) can be installed at a height of 83" inches, or 86" inches depending on which set of holes are used at the top of the Vertical Posts (B).

4B. Mount the Close Grip Bars (F) and Wide Grip Bar (E) to the Front Crossbeam (D) by using:

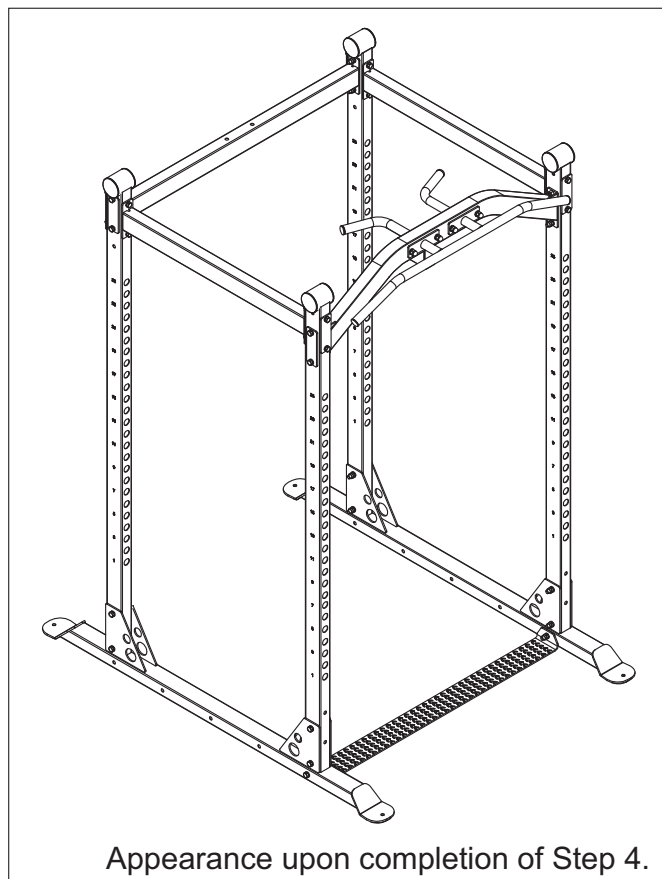
4 - **(17)** Hex Head Bolt M12x1.75x85L

4 - **(55)** Spring Washer D20xD12x3.2

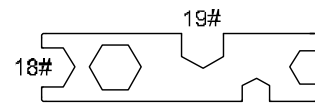
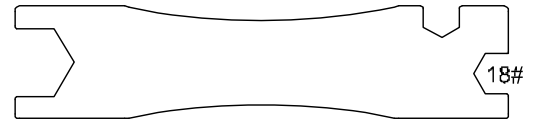
8 - **(52)** Washer D13xD24x2.5

4 - **(78)** Cap Nut M12

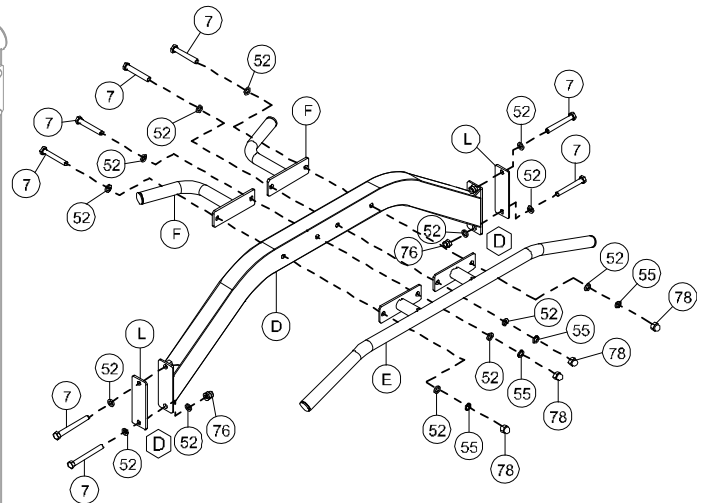
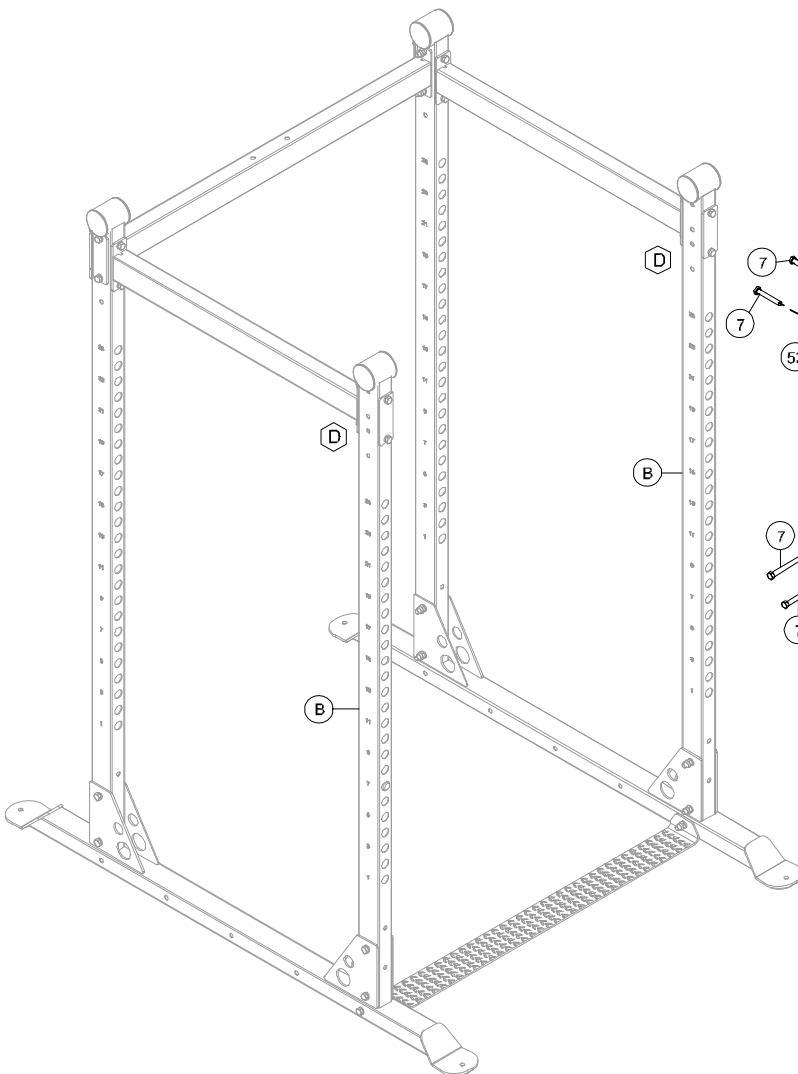
Thoroughly tighten the hardware once complete.



STEP 4



Wrench 2PCS



STEP 5

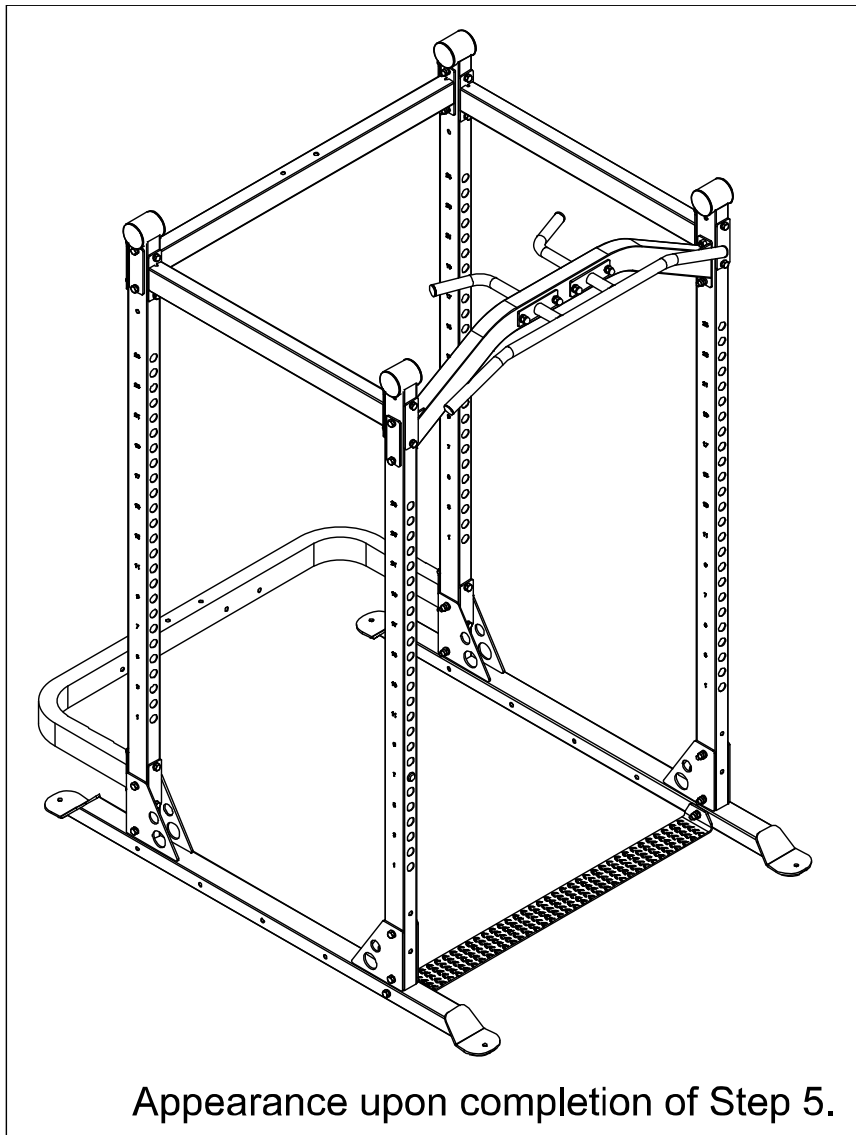
5A. Attach the Stability Beam (K) and the two Mounting Plates (L) to the two rear Vertical Posts (B) by using:

4 - (16) Hex Head Bolt M12x1.75x105L

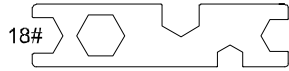
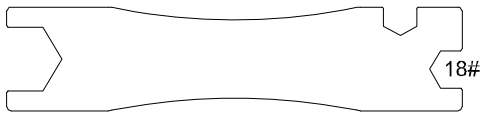
8 - (52) Washer D13xD24x2.5

4 - (76) Nylon Nut M12

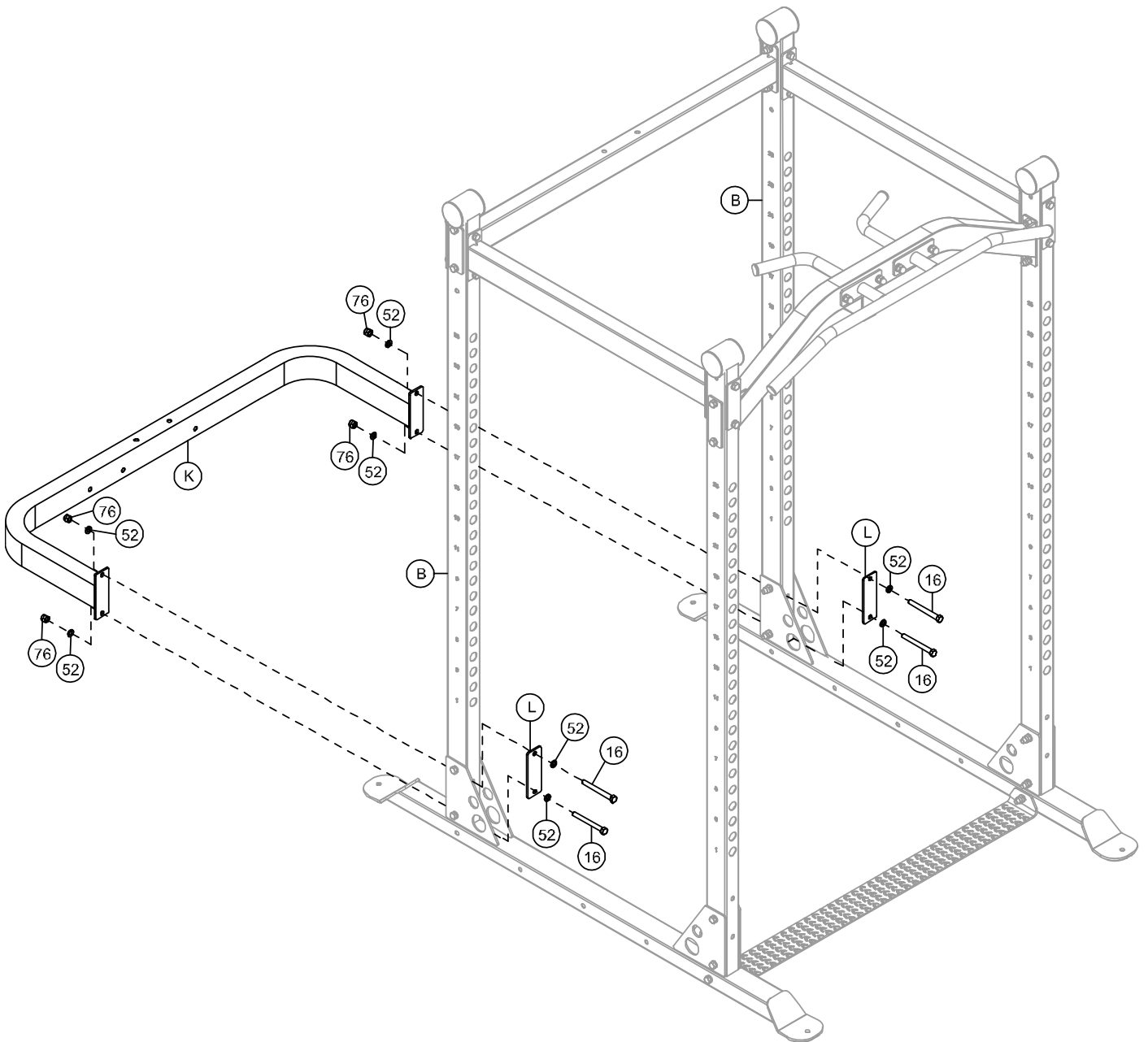
Now that the cage is fully assembled, proceed with thoroughly tightening all the hardware.



STEP 5



Wrench 2PCS



ADJUSTMENT

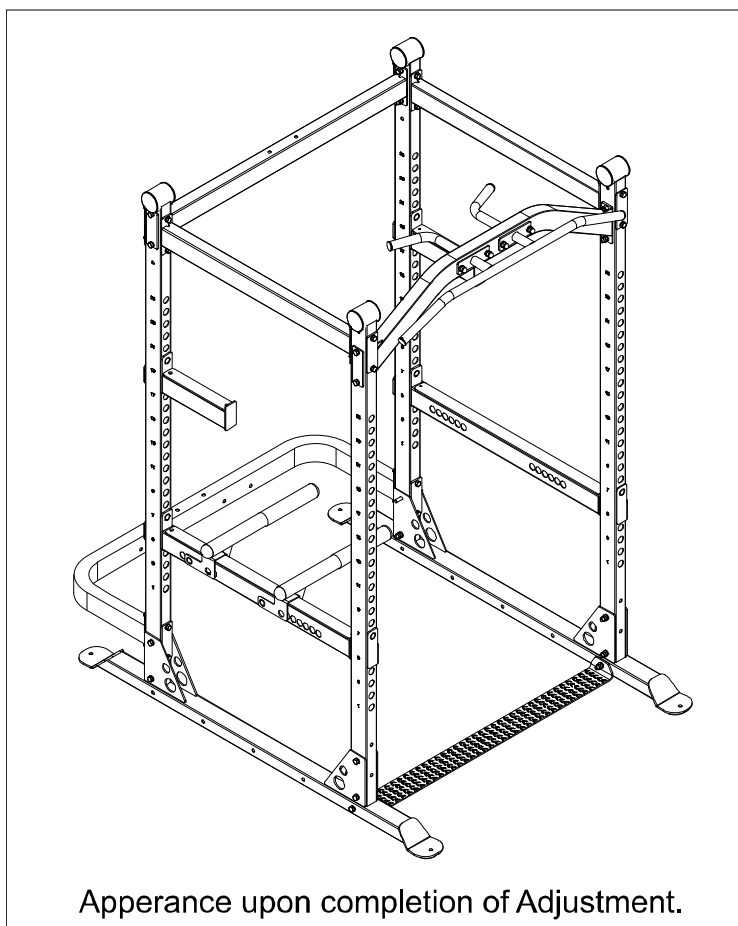
A. The two Bar Bell Catches (H) can be inserted into any of the holes along the Vertical Posts (B). Place them on opposite sides of the cage and at a comfortable height that will assist you during your workout.

B. The two Safety Catches (I) can be inserted into any of the holes along the Vertical Posts (B). Place them at a height that will help keep you safe during your workout.

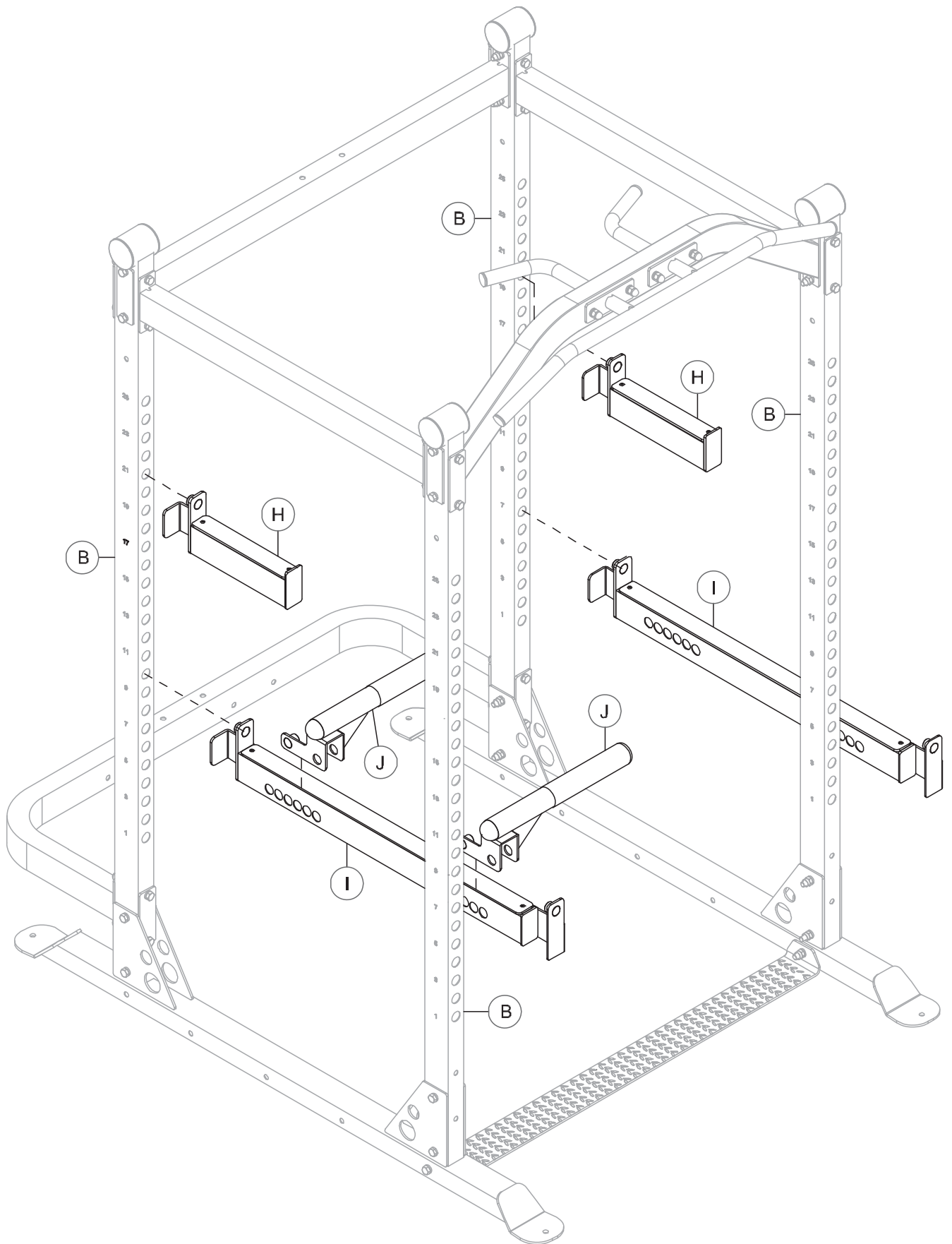
C. The two Dip Bars (J) can be inserted on to either of the Safety Catches (I) Parts. Install the two Dip Bars (J) at a comfortable distance from each other to allow enough space for preforming dips.

The Vertical Posts (B) are numbered along their length to aid in placing the two Safety Catches (I) at equal heights on the four Vertical Posts (B).

WARNING: We recommend placing the Safety Catches (I) in an orientation that allows the Dip Bars (J) to be on the inside of the cage while performing dips.



ADJUSTMENT



WARRANTY

MANUFACTURER'S LIMITED WARRANTY

Paradigm Health & Wellness guarantees 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
All Components	Limited Lifetime Guarantee for home use only

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. 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 RECEIPT 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 in Fax #: 626-810-2166***