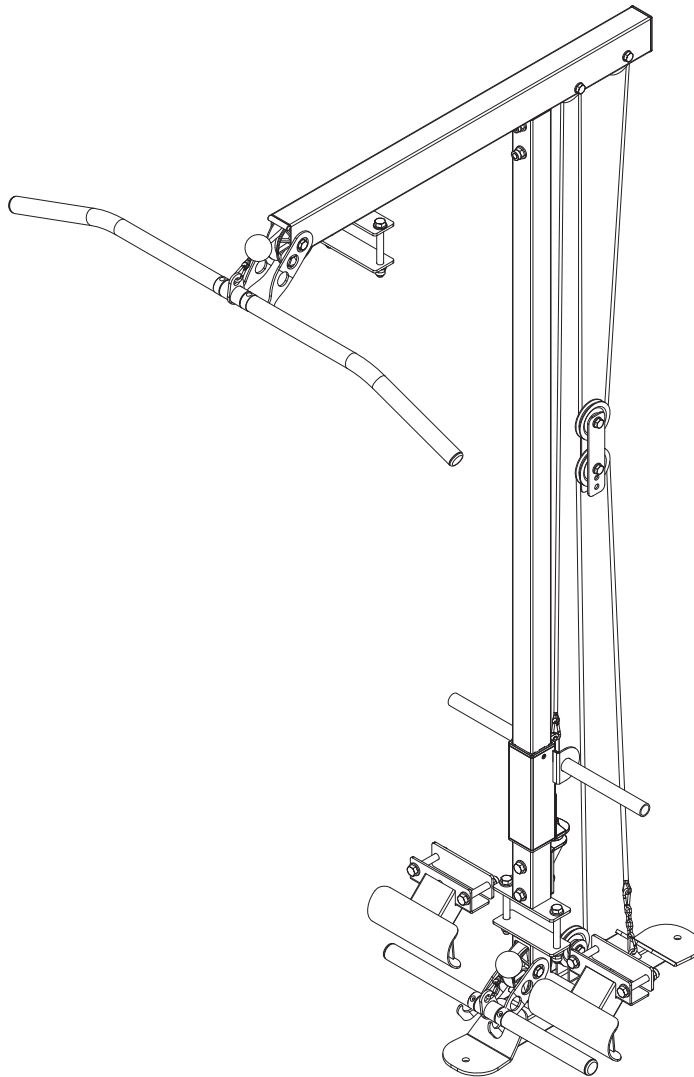


# OWNER'S MANUAL



## Power Cage Attachment

6879.3-063016

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
OVERVIEW-----	7
HARDWARE PACK-----	8
PART LIST-----	9
STEP 1-----	10
STEP 2-----	12
STEP 3-----	14
STEP 4-----	16
STEP 5-----	18
STEP 6-----	20
STEP 7-----	22
OPTIONAL-----	24
LUBRICATION-----	26
WARRANTY-----	27
PARTS REQUEST FORM-----	28

## **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](mailto:Service@paradigmhw.com)**

Website:

**[www.paradigmhw.com](http://www.paradigmhw.com)**

Toll-Free:

**1-844-641-7922**

Please have the following information ready when requesting for service:

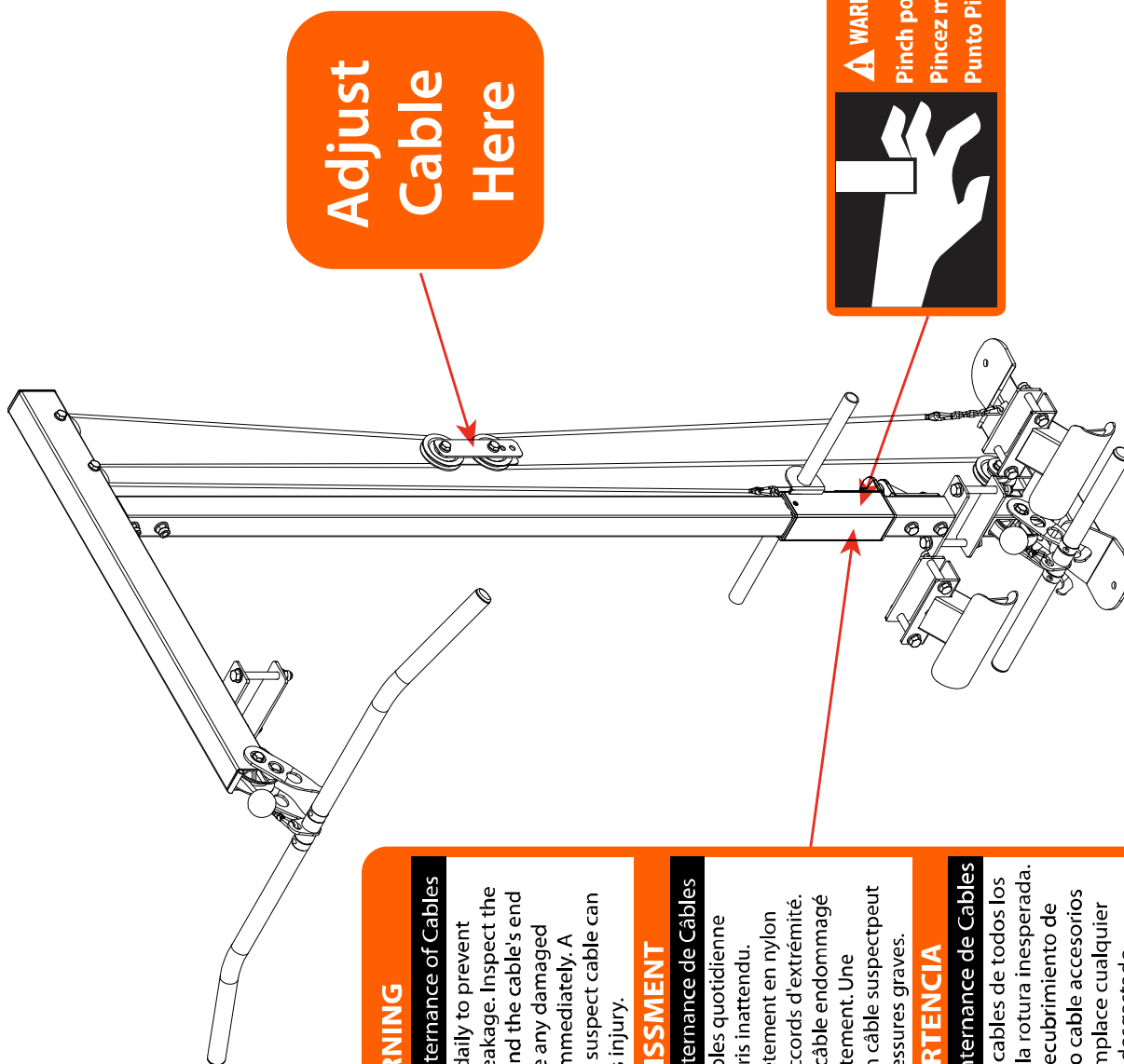
- Your name
- Phone number
- Model number
- Serial number
- Part number
- Proof of Purchase

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



**Adjust  
Cable  
Here**

## **⚠ WARNING / AVERTISSEMENT / ADVERTENCIA**

Pinch point, keep hands clear

Pincez moment, garder les mains clair

Punto Pinch , mantenga las manos alejadas



## **WARNING**

### **Safety and Maintenance of Cables**

Inspect cables daily to prevent unexpected breakage. Inspect the nylon coating and the cable's end fittings. Replace any damaged or worn cable immediately. A machine with a suspect cable can result in serious injury.

## **AVERTISSEMENT**

### **Sécurité et Maintenance de Câbles**

Inspectez les câbles quotidiennement pour éviter les bris inattendus. Inspecter le revêtement en nylon et le câble de raccords d'extrémité. Remplacer tout câble endommagé ou usé immédiatement. Une machine avec un câble suspect peut entraîner des blessures graves.

## **ADVERTENCIA**

### **Seguridad y Maintenance de Cables**

Inspeccione los cables de todos los días para evitar la rotura inesperada. Inspeccione el recubrimiento de nylon y el árbol cable accesorios terminales. Reemplace cualquier cable dañado o desgastado inmediatamente. Una máquina con un cable sospechoso puede resultar en lesiones graves.

**1-844-641-7922**

**WARNING: Before using this equipment you should consult with your personal physician to see if the Ironman 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 Weight Capacity for this product is 360lbs/163kgs.**

**Read all instructions carefully before assembling 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 equipment was 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, please note the following safety instructions:

1. Consult your physician or other health care professionals before using this Power Tower.
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 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 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 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 needed for the assembly of the IRONMAN strength equipment.

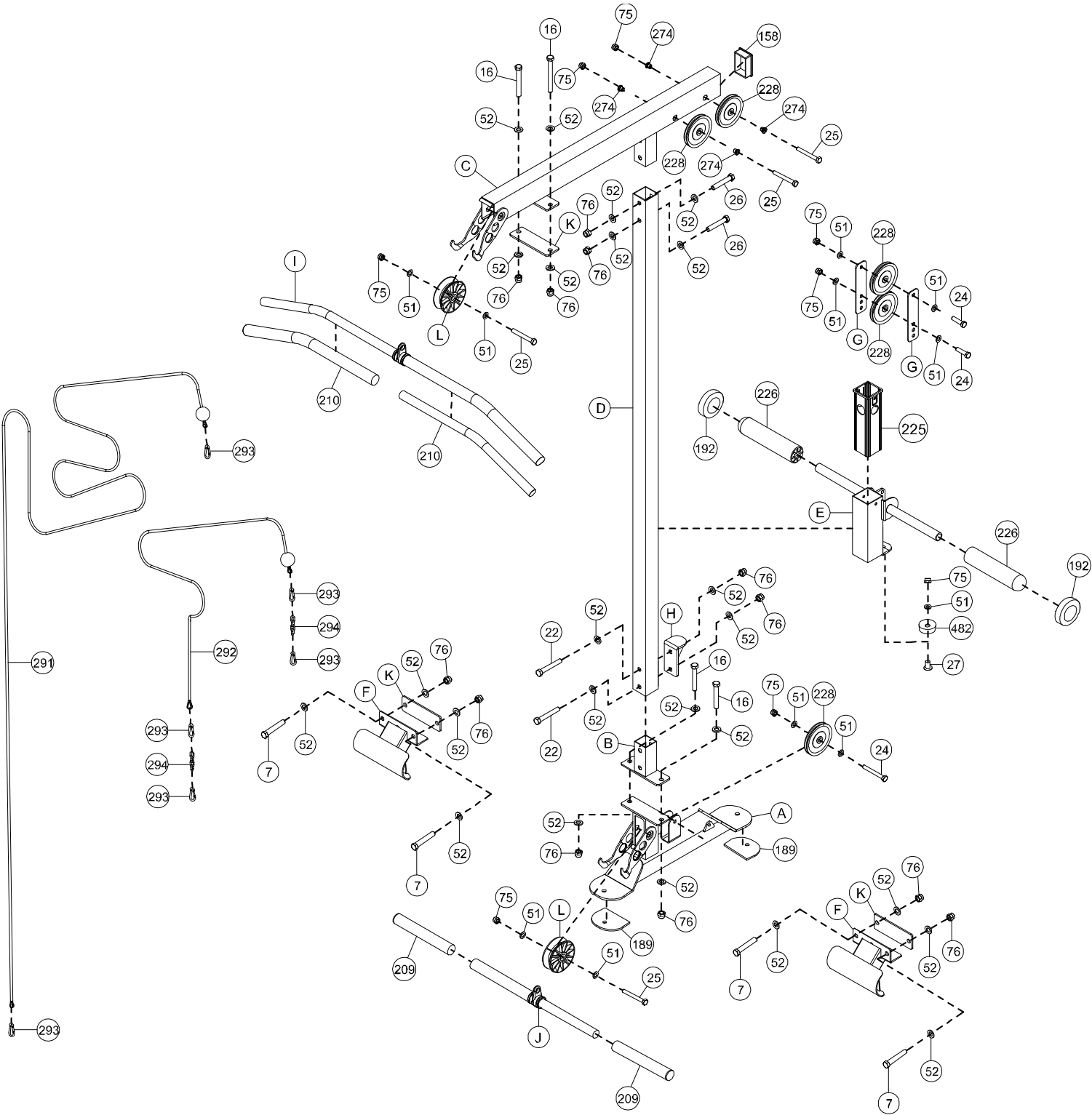
- Metric Allen Key Set
- Metric Wrench Set and Adjustable Wrench
- Flat Screwdrivers
- Phillips Screwdrivers
- Rubber Mallet
- Silicone Spray Oil

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.



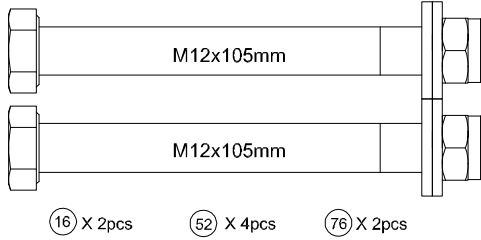


OVERVIEW DRAWING

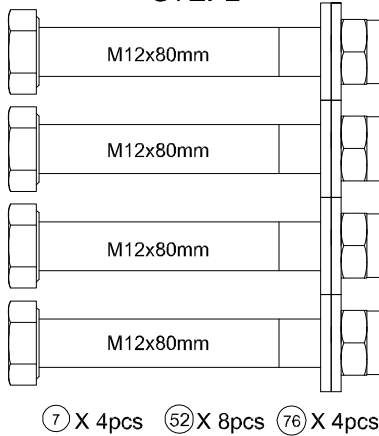


**6879**

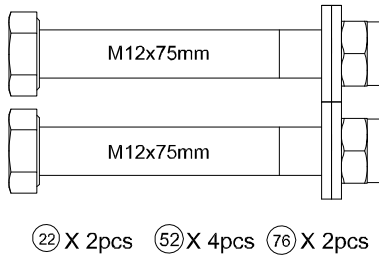
## STEP 1



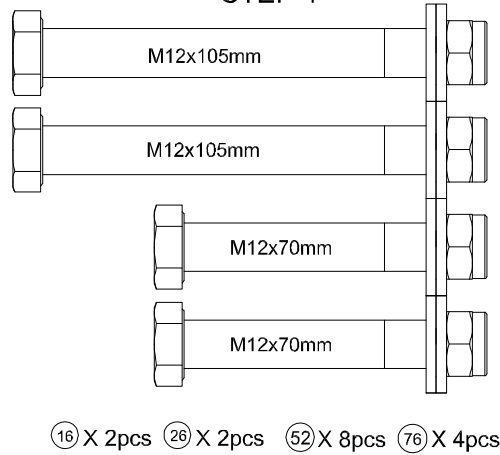
## STEP 2



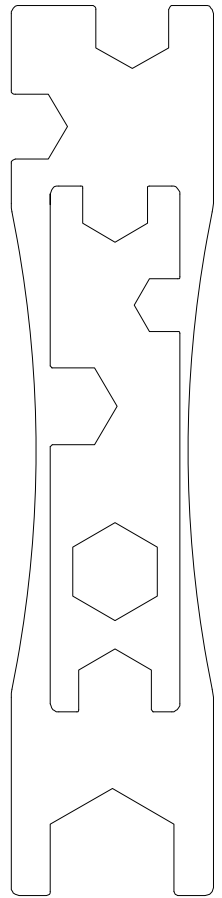
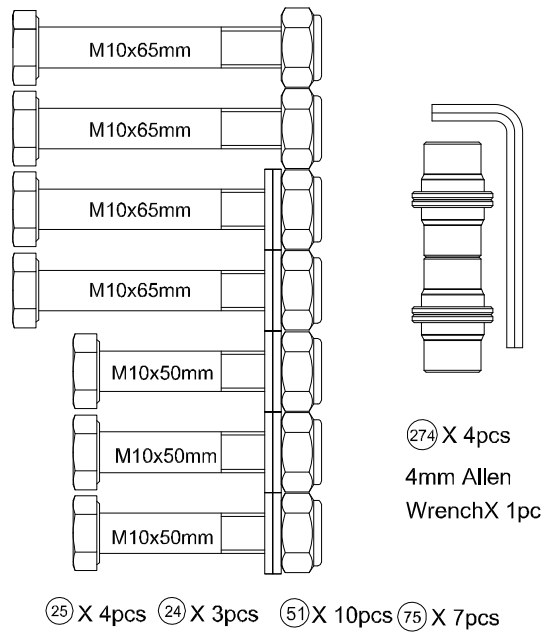
## STEP 3



## STEP 4



## STEP 6



wrench X 2pcs

## PART LIST

Part#	Description	Q'ty.
A	BASE ASSEMBLY	1
B	SLIDER BAR MOUNT	1
C	UPPER PIPE ASSEMBLY	1
D	SLIDER BAR	1
E	SLIDER	1
F	FOOT REST	2
G	PULLEY PLATE	2
H	STOPPER PLATE	1
I	LAT PULL DOWN BAR	1
J	CURL BAR	1
K	CONNECTING PLATE	3
L	WIDE GROOVE PULLEY D98xD10.5x35	2
7	HEX BOLT M12x1.75x80L	4
16	HEX BOLT M12x1.75x105L	4
22	HEX BOLT M12x1.75x75L	2
24	HEX BOLT M10x1.5x50L	3
25	HEX BOLT M10x1.5x65L	4
26	HEX BOLT M12x1.75x70L	2

Part#	Description	Q'ty.
27	BUTTON ALLEN BOLT M10x1.5x15L	1
51	WASHER D11xD20x2.0	11
52	WASHER D13xD24x2.5	24
75	NYLON NUT M10	8
76	NYLON NUT M12	12
158	RECTANGLE END CAP 75x50x2	1
189	FOOTPLATE PADS 100x80x5.0	2
192	OLYMPIC PLATE STOPPER ϕ 80x ϕ 50x16	2
209	HANDGRIP D23x3.0x210	2
210	HANDGRIP D23x3.0x520	2
225	Square Bushing 60x60x205	1
226	OLYMPIC PLATE ADAPTOR ϕ48xϕ25x200	2
228	PULLEY ϕ96xϕ10.5x26	5
274	BUSHING D20xD10.5x14	4
291	UPPER CABLE ϕ6x4565	1
292	LOWER CABLE ϕ6*2265	1
293	HOOK	6
294	CHAIN	2

## STEP 1

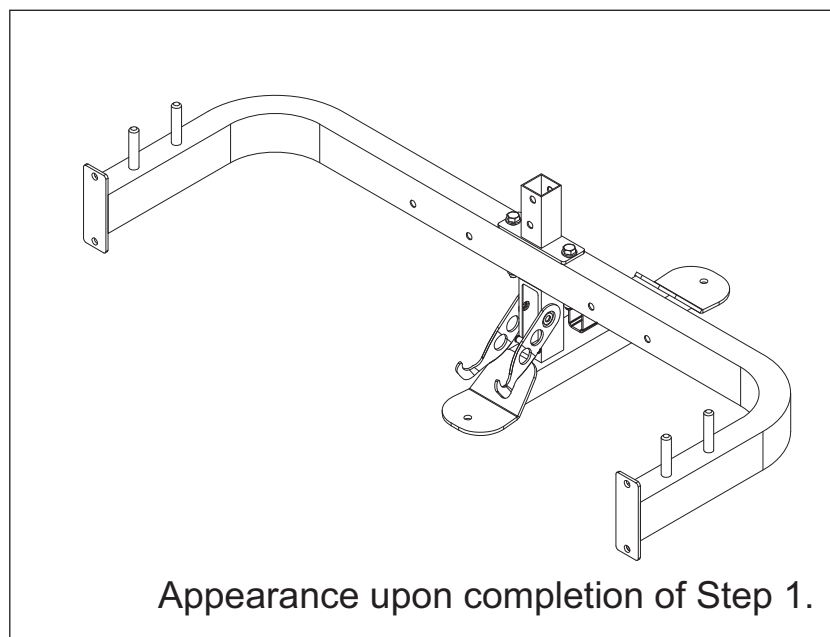
1A. Slide the Base Assembly (A) underneath the Stability Beam (K-6877) and align it with the bolt holes on the bottom side of the Stability Beam (K-6877).

1B. Place and align the Slide Bar Mount (B) with the bolt holes on the top side of the Stability Beam (K-6877)

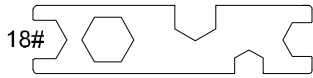
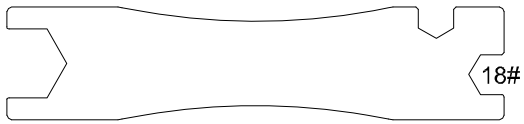
1C. Fasten the Base Assembly (A), Stability Beam (K-6877), and the Slide Bar Mount (B) together by using:

- 2 - (16)** Hex Bolt M12x1.75x105L  
**4 - (52)** Washer D13xD24x2.5  
**2 - (76)** Nylon Lock Nut M12

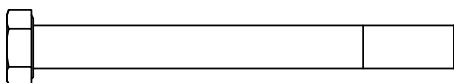
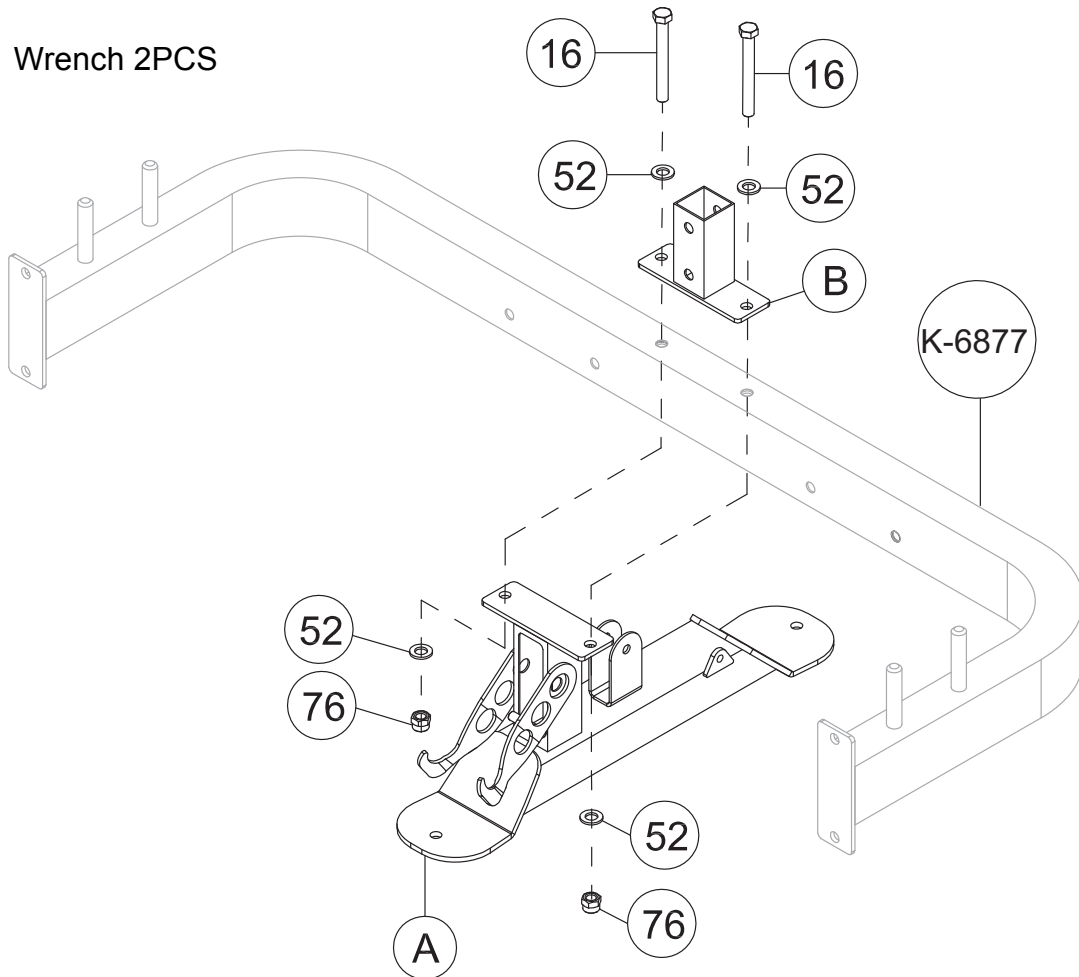
**Thoroughly tighten the hardware once complete.**



# STEP 1



Wrench 2PCS



NO.16 Hex Bolt  
M12x1.75x105L  
2PCS



NO.76 Nylon Nut  
M12 2PCS



NO.52 Washer  
D13xD24x2.5  
4PCS

## STEP 2

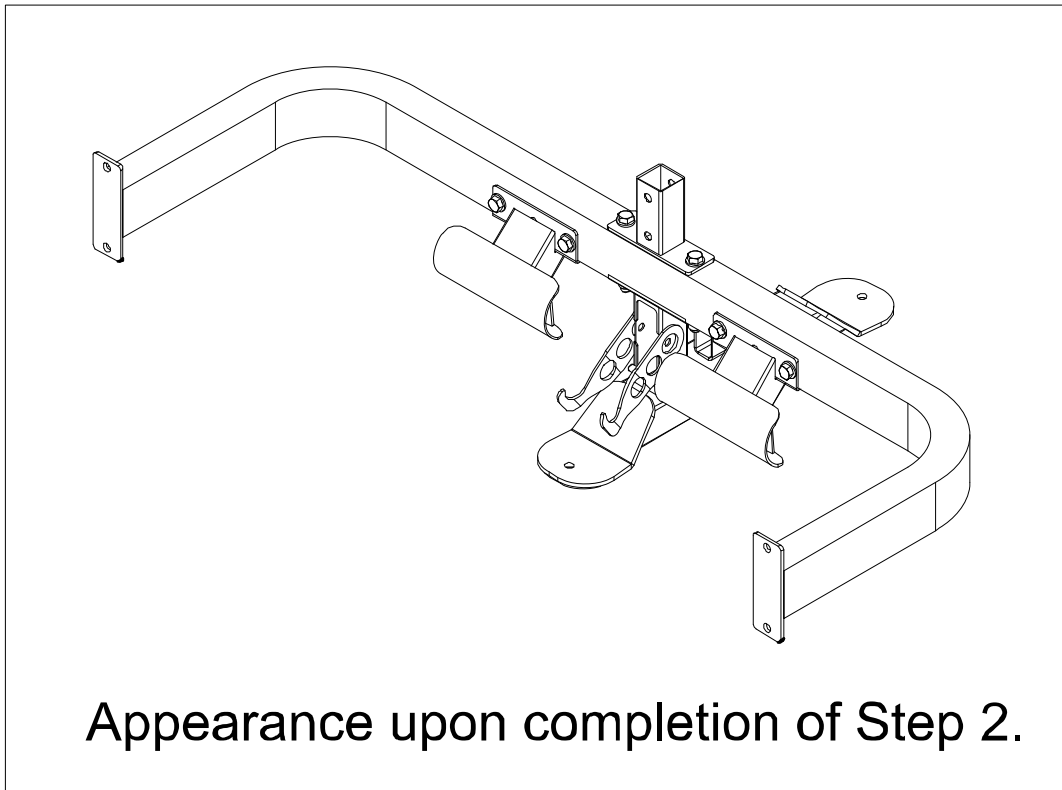
2A. Attach the two Foot Rests (F) and two Connecting Plates (K) to the Stability Beam (K-6877) by using:

4 - (7) Hex Bolt M12x1.75x80L

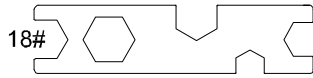
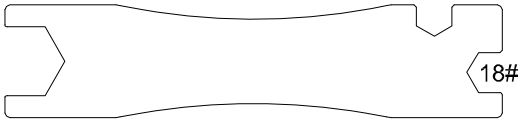
8 - (52) Washer D13xD24x2.5

4 - (76) Nylon Lock Nut M12

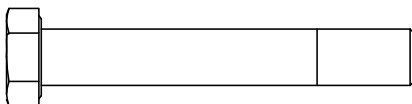
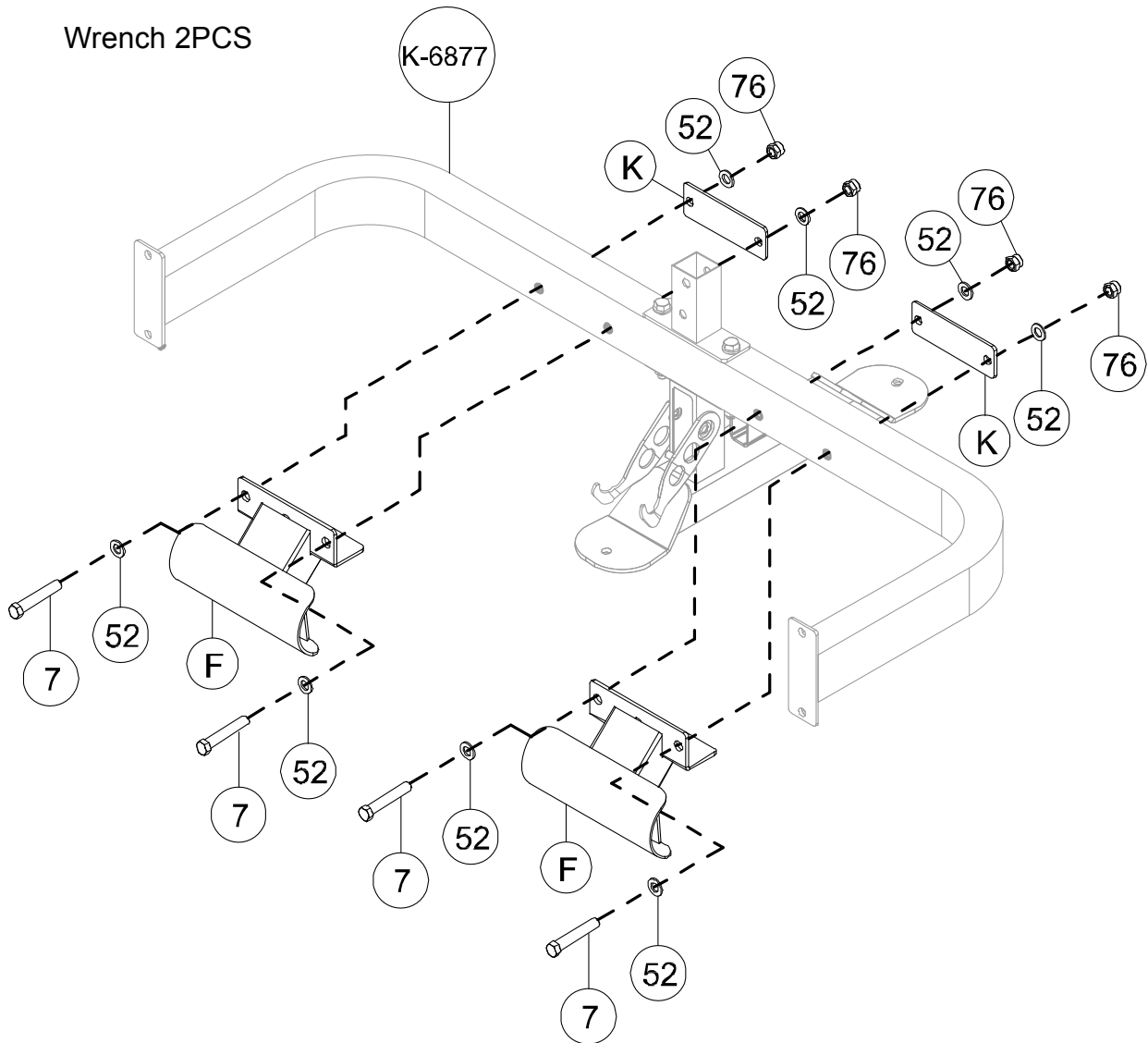
**Thoroughly tighten the hardware once complete.**



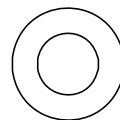
## STEP 2



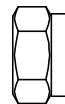
Wrench 2PCS



NO.7 Hex Bolt  
M12x1.75x80L  
4PCS



NO.52 Washer  
D13xD24x2.5  
8PCS



NO.76 Nylon Nut  
M12 4PCS

## STEP 3

3A. Insert the Slider Bar (D) into the Slider Bar Mount (B) and hold the Slider Bar (D) in place.

3B. Align the bolt holes of the Stopper Plate (H) with the bolt holes at the rear of the Slider Bar Mount (B) and fasten the Stopper Plate (H), Slider Bar (D), and Slider Bar Mount (B) together by using :

**2 - (22) Hex Bolt M12x1.75x75L**

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

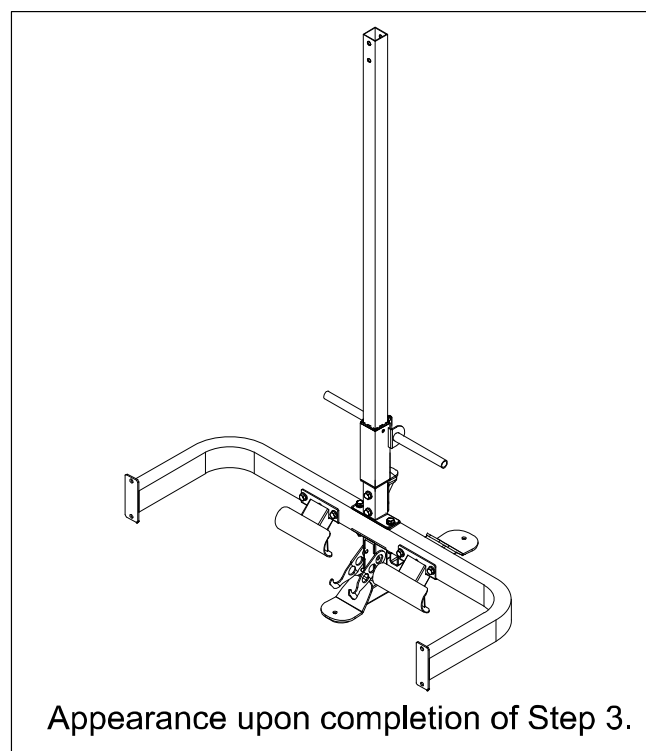
**2 - (76) Nylon Lock Nut M12**

3C. Mount the Slider (E) on to the Slider Bar (D) and gently lower it to the bottom of the Slider Bar (D).

3D. Slip a Olympic Plate Stopper (192) onto each of the two Olympic Plate Adaptor (226) parts.

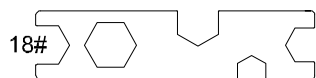
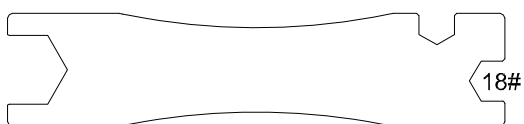
**Thoroughly tighten the hardware once complete.**

**Note: If the Slider (E) is difficult to move up and down the Slider Bar (D) then add some of the silicon lubricant that is included to all the sides of the Slider Bar (D).**

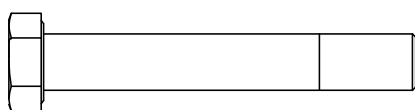
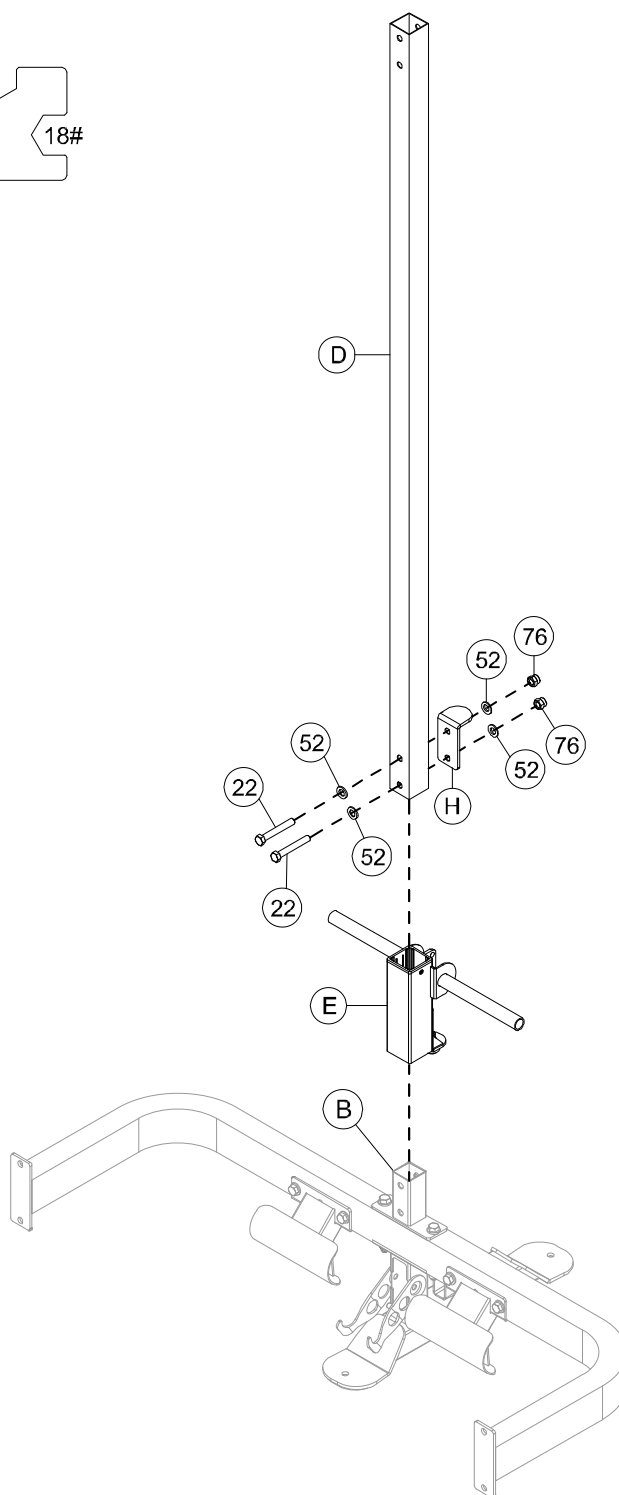




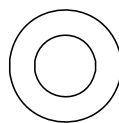
# STEP 3



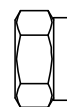
Wrench 2PCS



NO.22 Hex Bolt  
M12x1.75x75L  
2PCS



NO.52 Washer  
D13xD24x2.5  
4PCS



NO.76 Nylon Nut  
M12 2PCS

## STEP 4

4A. Insert the Upper Pipe Assembly (C) into the Slider Bar (D) and secure it by using:

**2 - (26)** Hex Bolt M12x1.75x70L

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

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

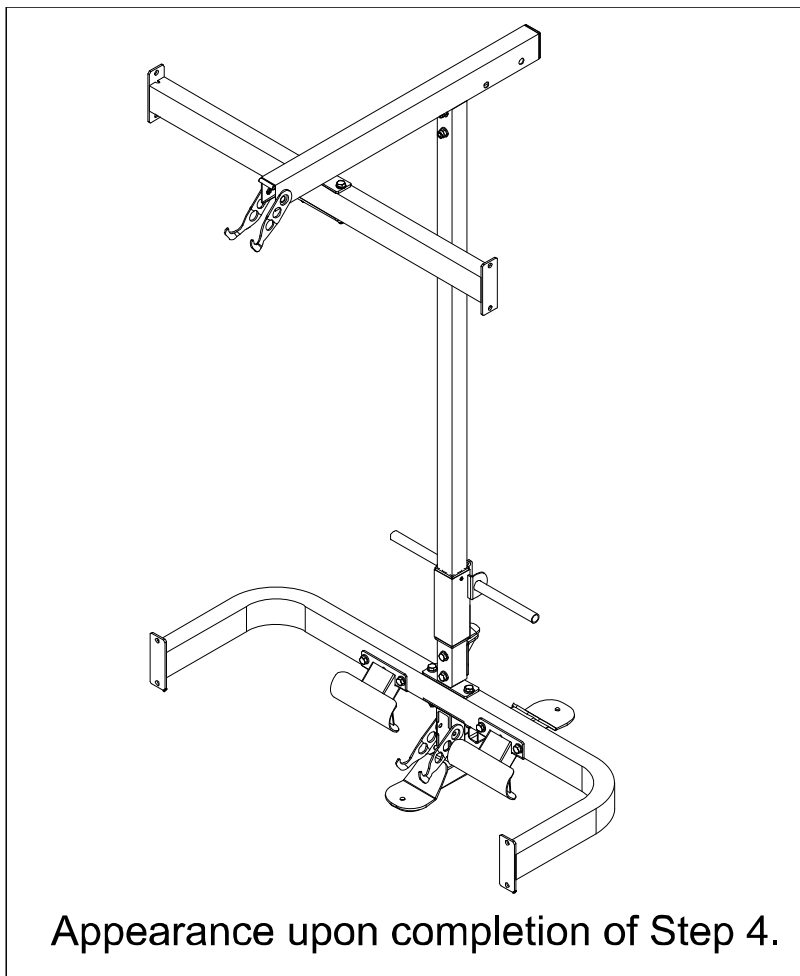
4B. Attach the Upper Pipe Assembly (C) and one Connecting Plate (K) to the Rear Crossbeam (G-6877) by using:

**2 - (16)** Hex Bolt M12x1.75x105L

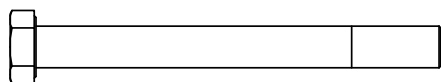
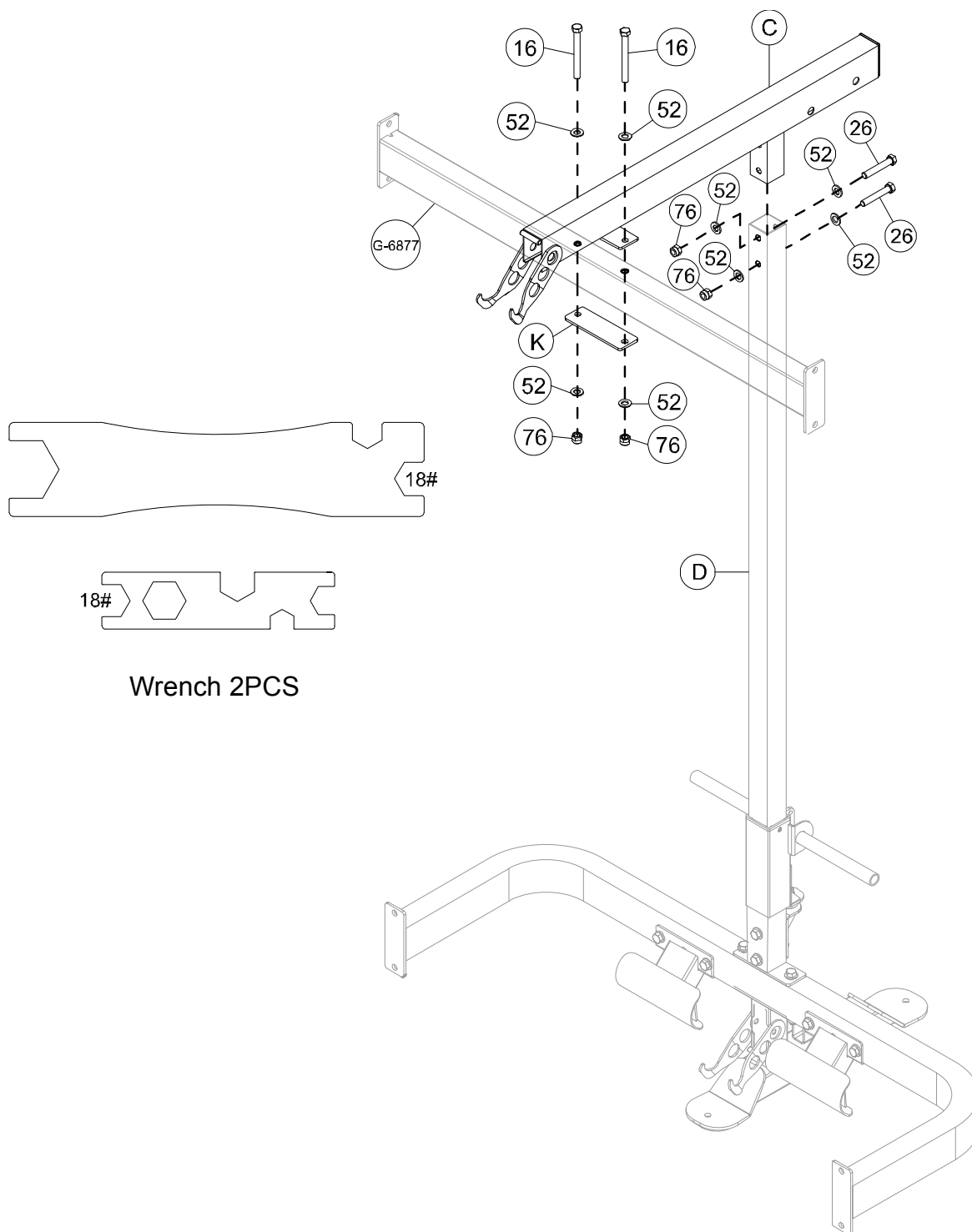
**4 - (52)** Washer D13xD24x2.5

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

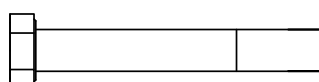
**Thoroughly tighten the hardware once complete.**



## STEP 4



NO.16 Hex Bolt  
M12x1.75x105L  
2PCS



NO.26 HEX BOLT  
M12x1.75x70L  
2PCS



NO.76 Nylon Nut  
M12 4PCS



NO.52 Washer  
D13xD24x2.5  
8PCS

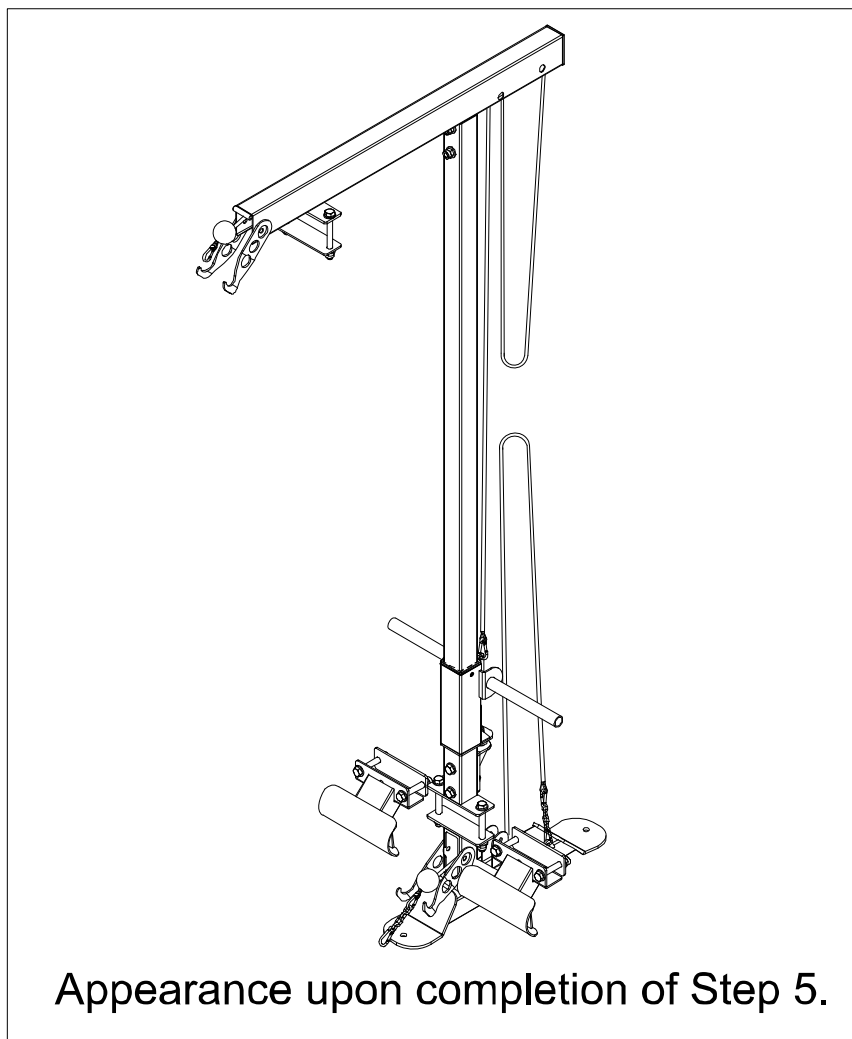
## STEP 5

5A. In preparation for the installation of the pulleys in step 6 take the Upper Cable (291) and feed the smaller end into Upper Pipe Assembly (C) until it can be pulled out from the furthest hole at the opposite end of Upper Pipe Assembly (C).

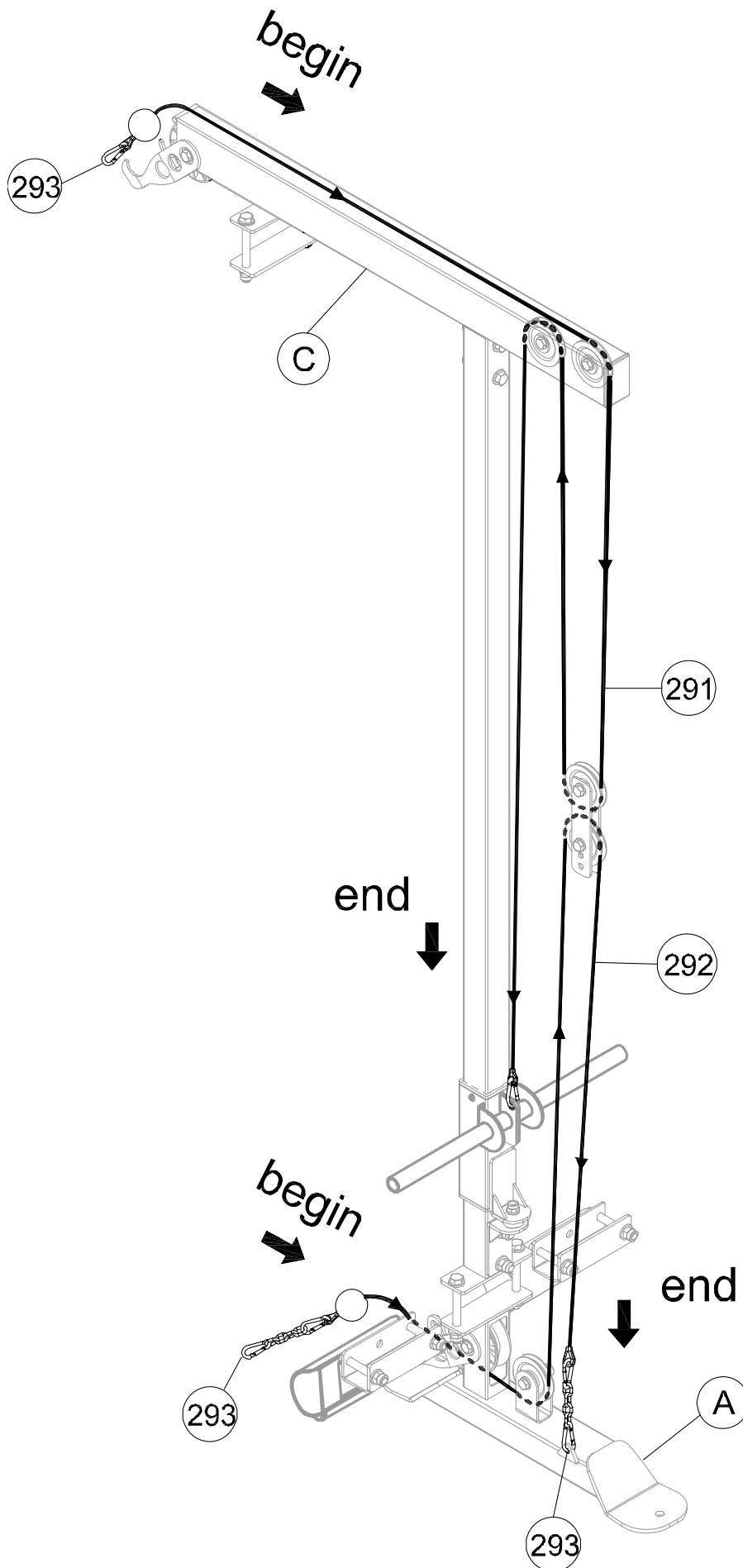
5B. Pull the rest of Upper Cable (291) through and allow it to hang from the hole at the end of Upper Pipe Assembly (C).

5C. Take the Lower Cable (292) and feed the smaller end through the oval hole at the front of the Base Assembly (A).

5D. Pull the rest of the Lower Cable (292) through and allow it to rest in the pulley brackets at the rear of Base Assembly (A).



## STEP 5



## STEP 6

6A. Install the two Wide Groove Pulleys (L) at the locations shown in the diagram AA-1 by using:

- 2 - (25) Hex Bolt M10x1.5x65L
- 4 - (51) Washer D11xD20x2.0
- 2 - (75) Nylon Lock Nut M10

6B. Install the five Pulleys (228) at the locations shown in the diagrams by using:

- 3 - (24) Hex Bolt M10x1.5x50L
- 2 - (25) Hex Bolt M10x1.5x65L
- 6 - (51) Washer D11xD20x2.0
- 5 - (75) Nylon Lock Nut M10

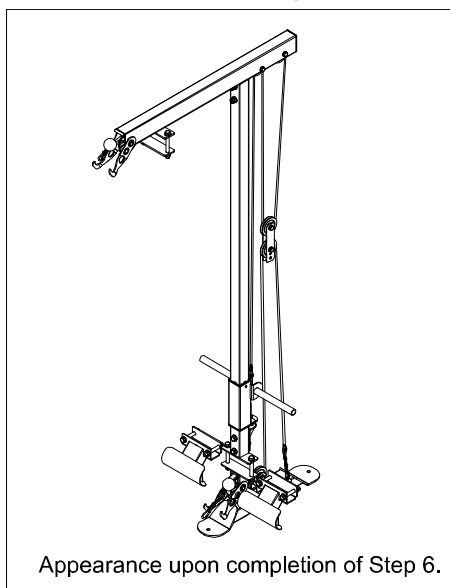
**Thoroughly tighten the hardware once complete.**

6C. Connect Two Hooks (293) onto both sides of the Chain (294) onto the Upper Cable (291) and Lower Cable (292) where it is labelled “end” in diagram AA-2.

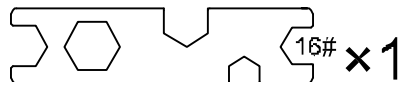
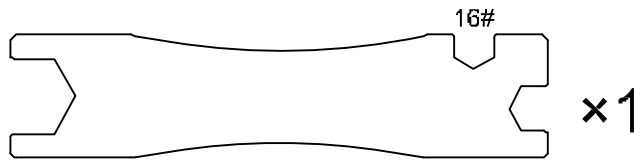
6D. Connect the Hook (293) at the end of Upper Cable (291) to the hole at the rear of Slider (E).

6E. Connect the Hook (293) at the end of Lower Cable (292) to the hole at the rear of Base Assembly (A)

**WARNING:** carefully inspect the diagrams to correctly position the cables around the correct pulleys before installing the pulleys.



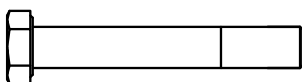
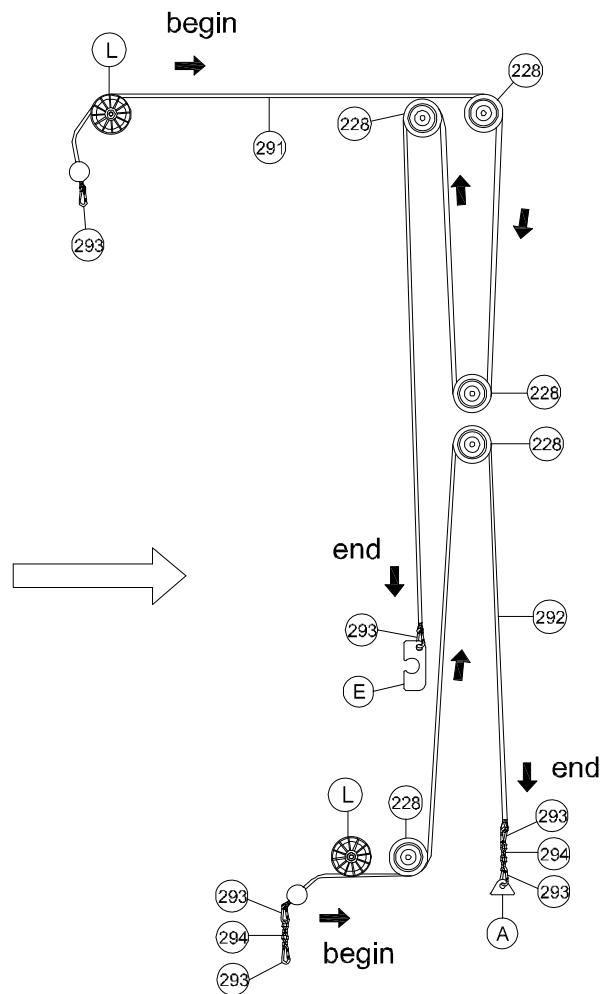
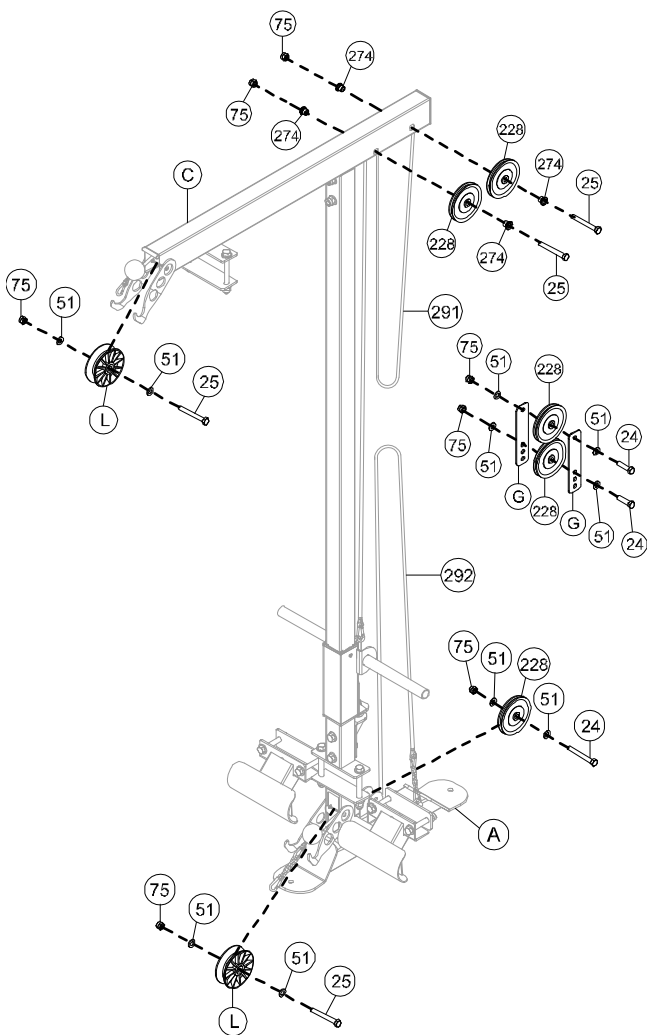
# STEP 6



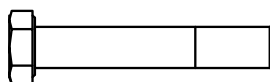
Wrench 2PCS

AA-1

AA-2



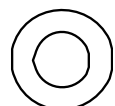
NO.25 HEX BOLT  
M10x1.5x65L  
4PCS



NO.24 HEX BOLT  
M10x1.5x50L  
3PCS



NO.75 NYLON NUT  
M10 7PCS



NO.51 WASHER  
D11xD20x2.0  
10PCS

## STEP 7

7A. To adjust the Length of the Lower Cable (292) use the Chain (294) and an additional Hook (293) to give a comfortable length to workout with.

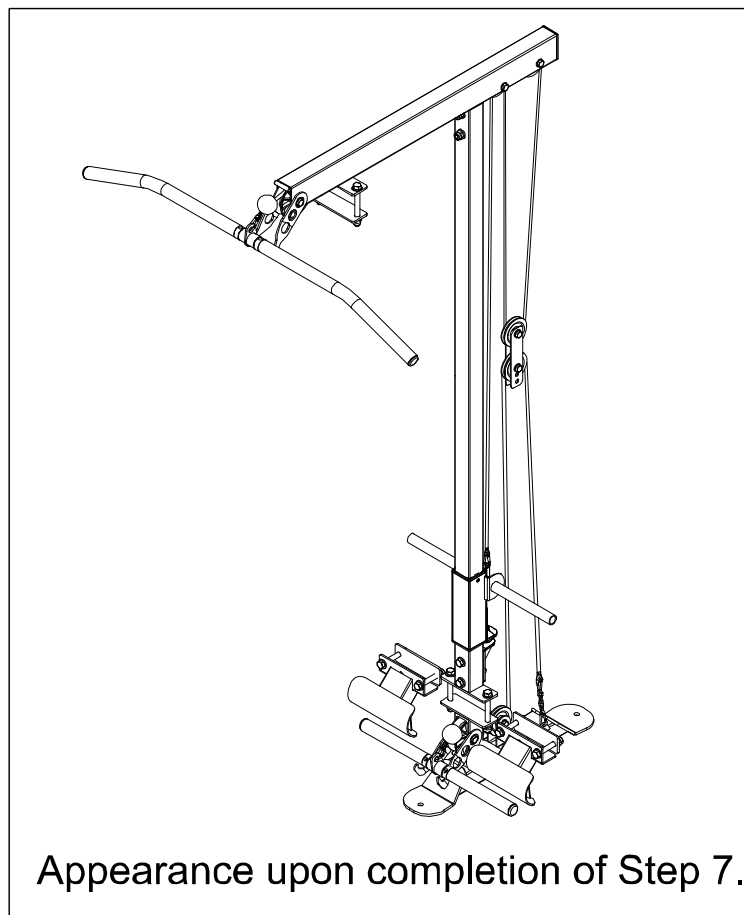
7B. To adjust the Length of the Upper Cable (291), change the location at which the Pulleys (228) are mounted to the Pulley Plates (G).

Mounting the Pulleys (228) at the furthest holes at the ends of the Pulley Plates (G) will loosen the cable slack.

Mounting the Pulleys (228) at the holes closer together on the Pulley Plates (G) will tighten the cable slack.

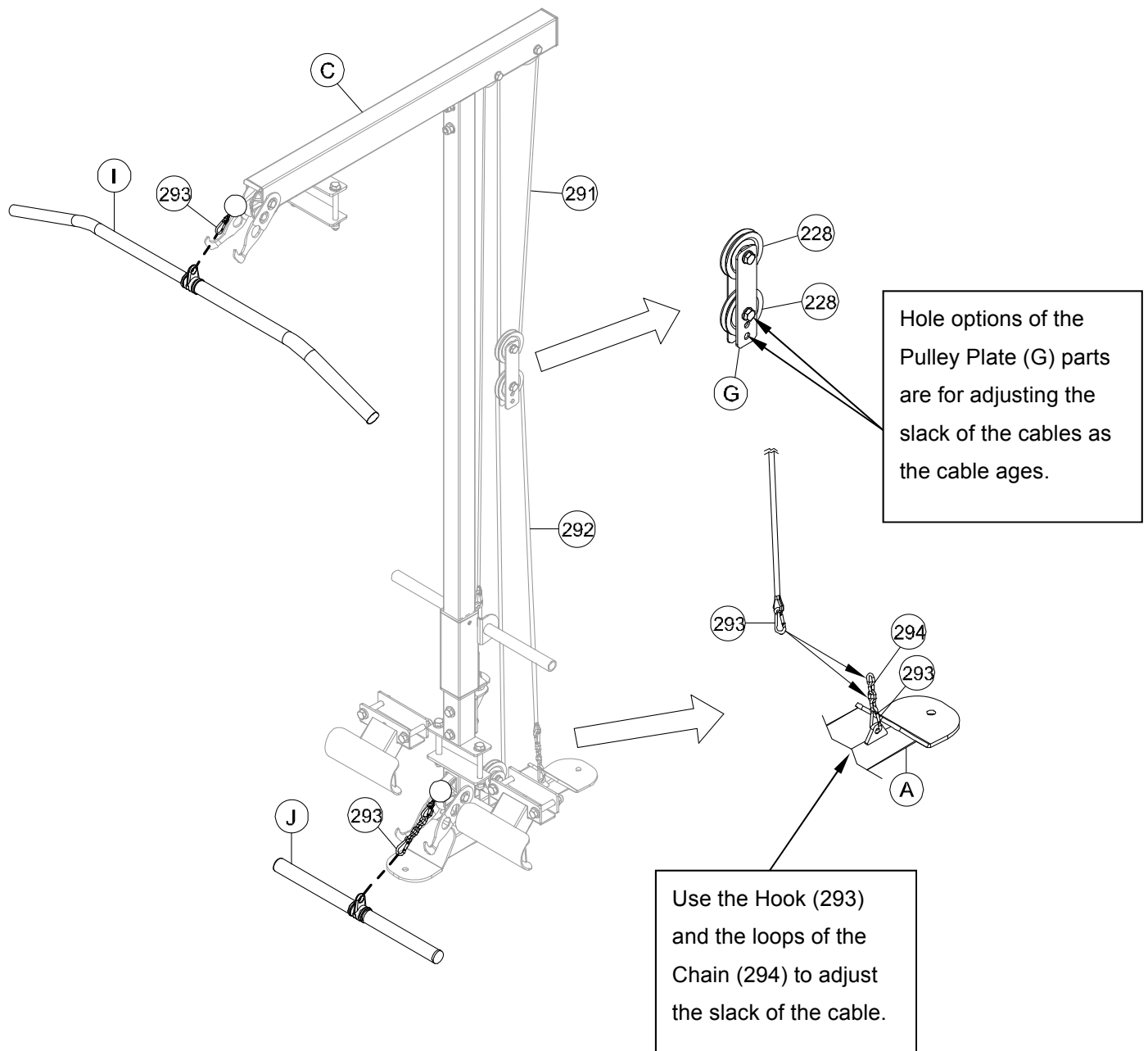
7C. Attach the Lat Pull Down Bar (I) to the Hook (293) hanging from the Upper Pipe Assembly (C).

7D. Attach the Curl Bar (J) to the Hook (293) hanging from the Base Assembly (A).

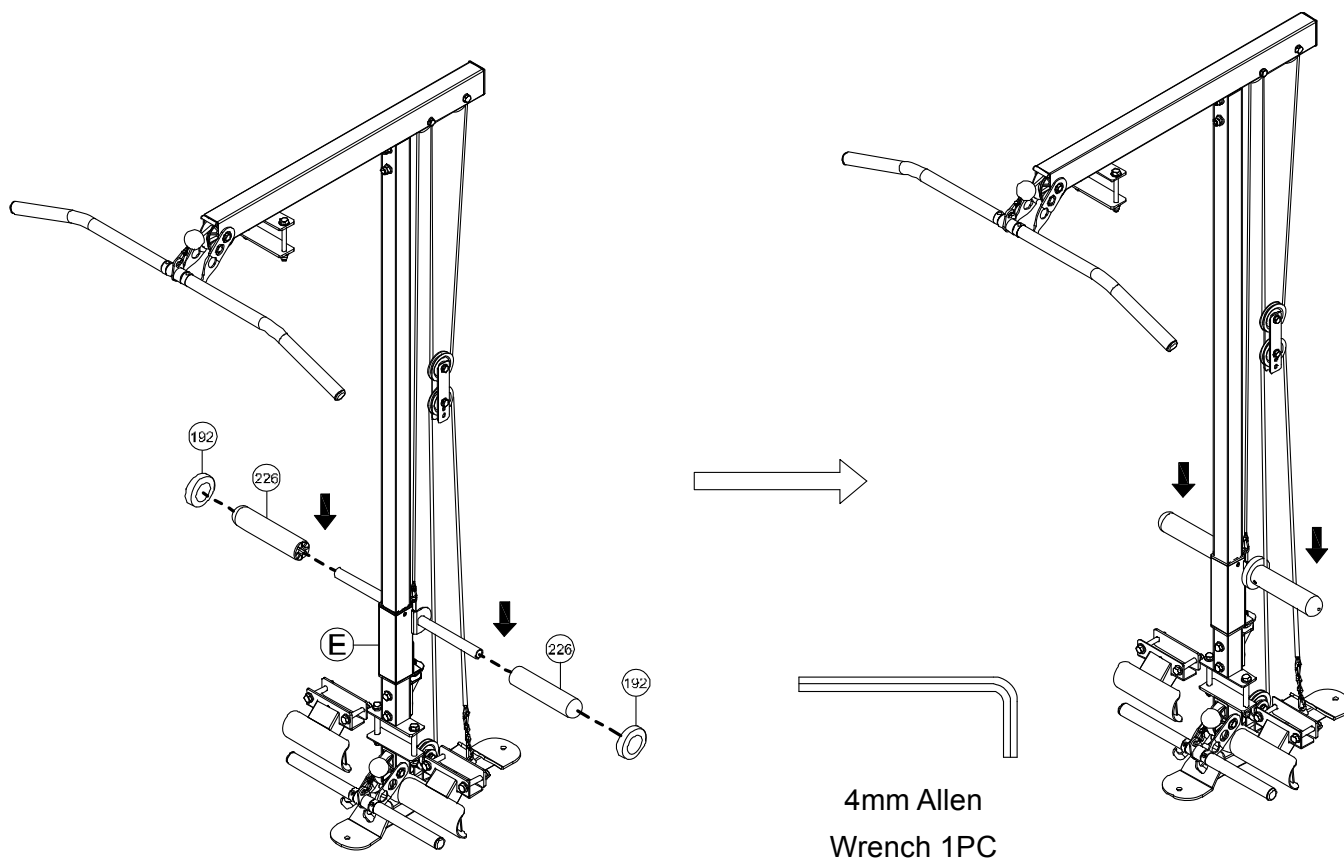




## STEP 7



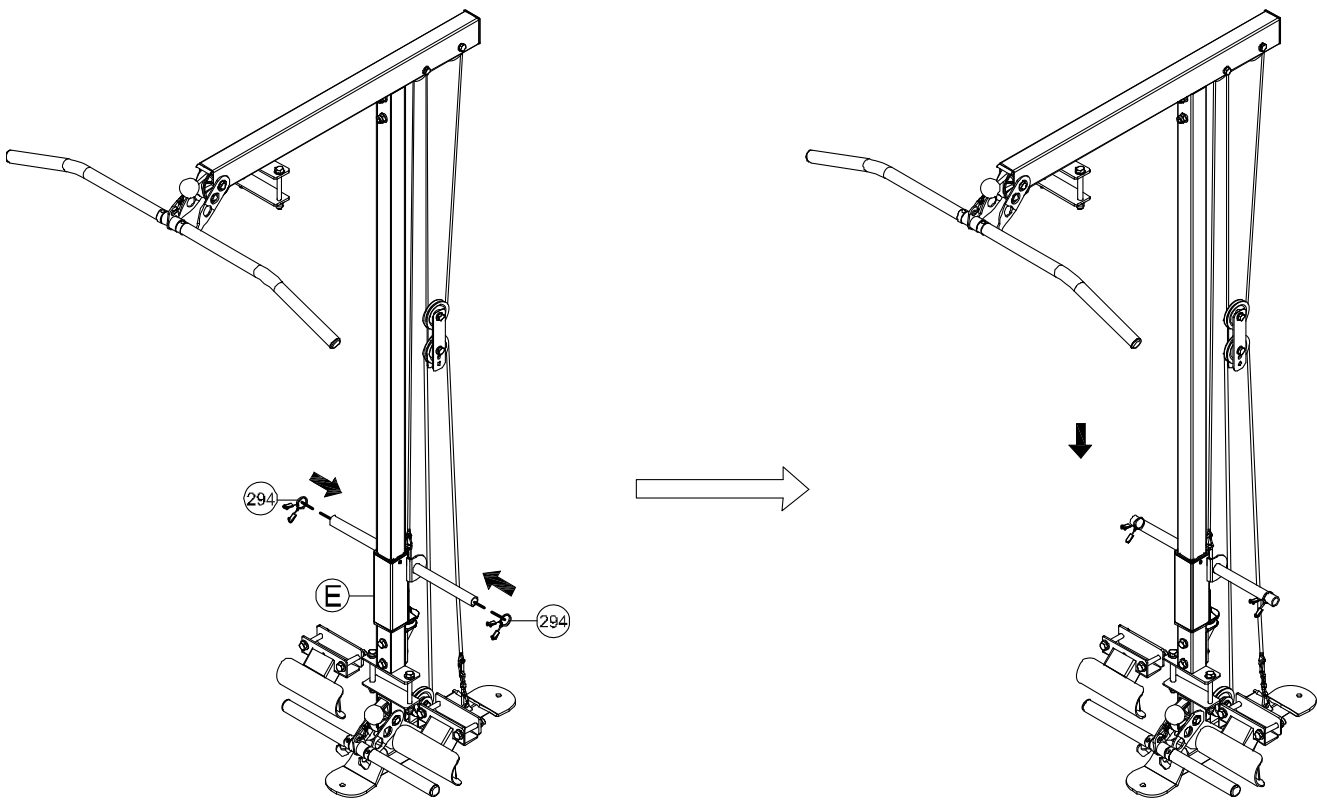
## Optional



**If you would like to use the available Olympic Plate Adaptors for Olympic sized plates, please follow the steps below:**

- A. Use a 4 mm Allen key to loosen the Allen screws of the Olympic Plate Adaptors (226).
- B. Slide the Olympic Plate Adaptors (226) on to the two posts of Slider (E).
- C. To lock the two Olympic Plate Adaptors (226) in place, use a 4mm Allen key to tighten the Allen screws of the Olympic Plate Adaptor (226).
- D. Slide the Olympic Plate Stoppers (192) on to both Olympic Plate Adaptors (226) until they touch the Slider (E).

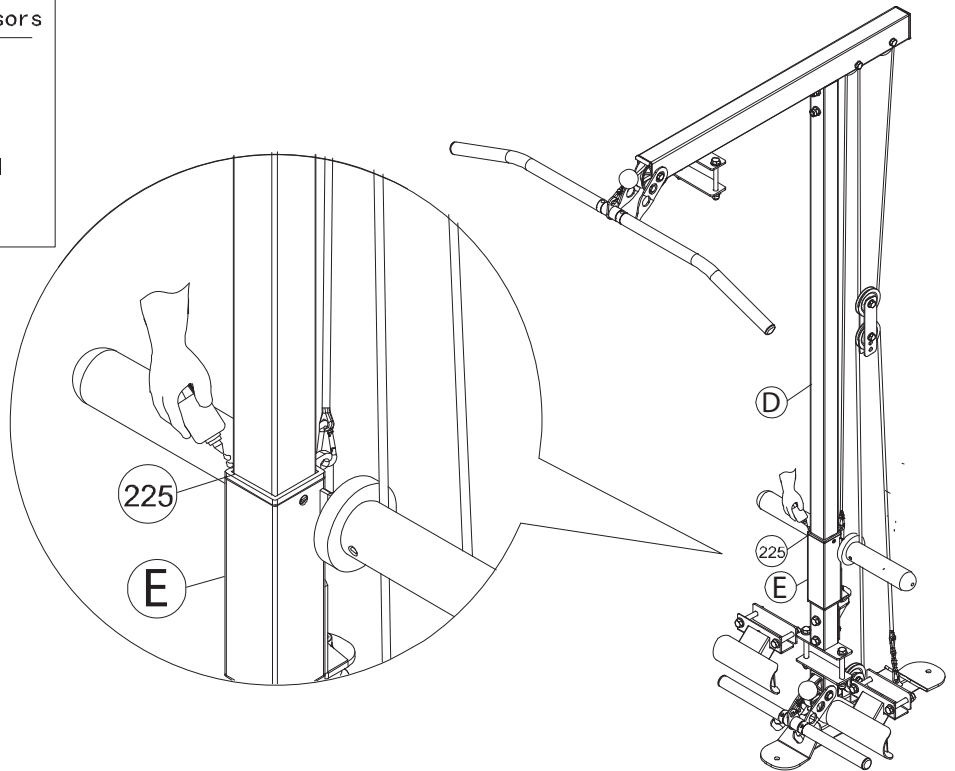
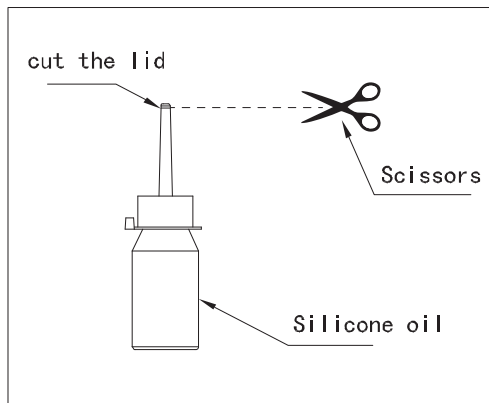
**\* 2" inch Olympic clips sold separately**



**When using standard size 1” inch plates, use the available Standard Clips. To install the Standard Clips, please follow the steps below:**

- A. Pinch the rubber grips of Standard Clip (294).
- B. Slide a Standard Clip (294) on to each post of the Slider (E).

# LUBRICATION



## Lubrication

**The machine must be lubricated periodically. ONLY USE SILICONE OIL when lubricating the Slider Bar (D).**

- A. Wipe the Slider Bar (D) clean using a dry cloth. Be sure to clean off any dried oil. Remove the Silicone Oil from the Manual pack and cut the lid off using a pair of scissors.
- B. Apply the Silicone Oil generously across the Slider Bar (D) and inside the Square Bushing (225). Move the Slider (E) up and down to spread the oil.

# 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:

<b><u>COMPONENT</u></b>	<b><u>LENGTH OF WARRANTY</u></b>
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 RECIEPT OF PURCHASE TO  
[Service@paradigmhw.com](mailto: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*