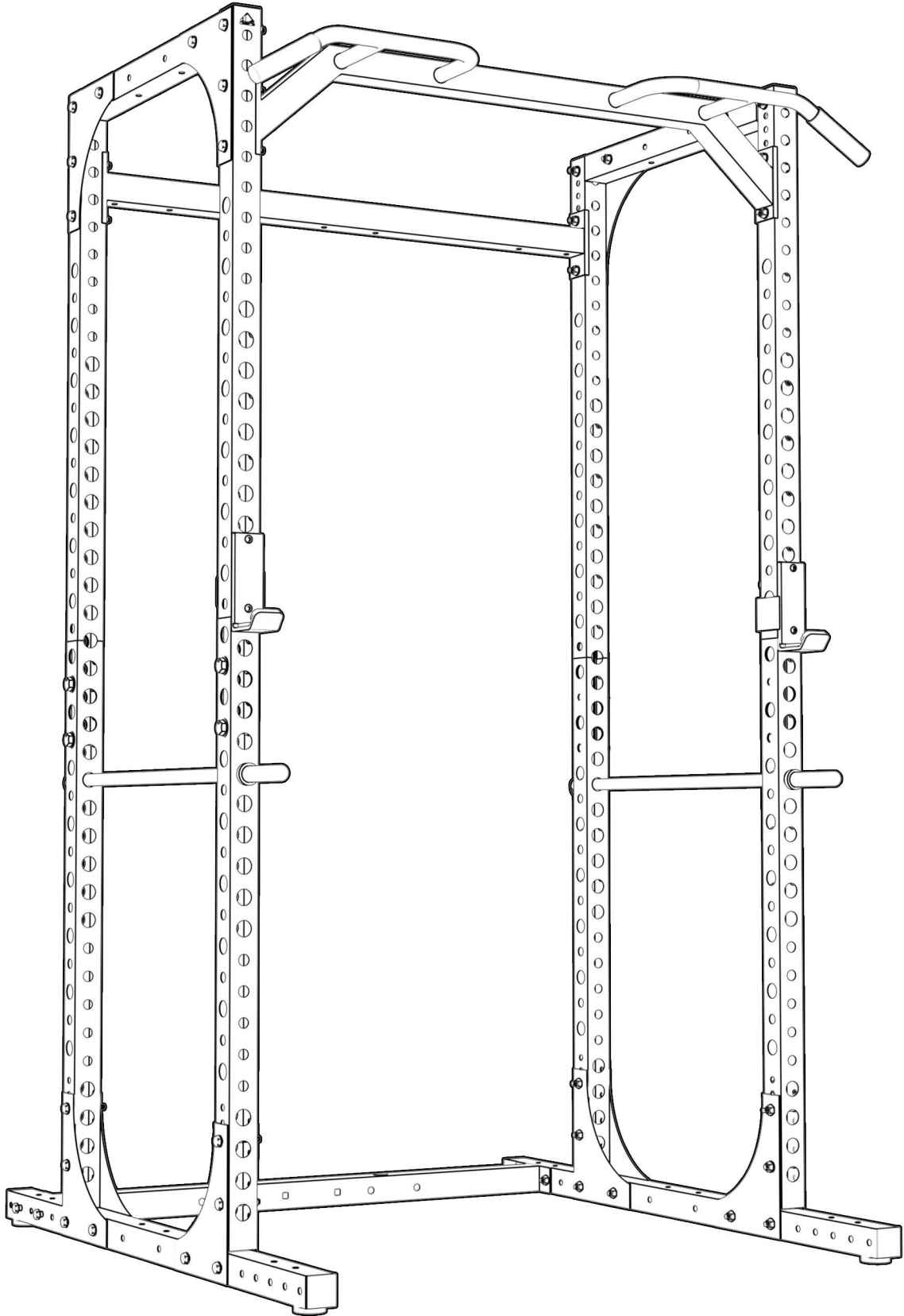


 **SYNERGEE®**

SF2200-P

POWER CAGE MANUAL



PARTS LIST – POWER RACK

KEY	PART	QTY	BOX
1.	TOP UPRIGHT	4	1
2.	BOTTOM UPRIGHT	4	1
3.	M10X20 BOLTS (FULLY THREADED)	8	1
4.	M10 WASHERS (FOR UPRIGHTS)	8	1
5.	LOWER STABILIZER	1	2
6.	BASE FRAME	2	2
7.	J CUPS	2	2
8.	PULL UP BAR	1	3
9.	TRIANGLE FRAMES	12	3
10.	UPPER STABILIZER	1	3
11.	UPPER SUPPORT FRAME	2	3
12.	SAFETY BARS	2	3
13.	SPRING CLIP COLLARS 1 INCH	2	3
14.	M10X70 BOLTS (PARTIALLY THREADED)	36	2 & 3
15.	M10 Washers	72	2 & 3
16.	M10 NUTS	36	2 & 3

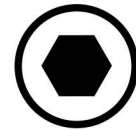
HARDWARE REQUIRED



WRENCH
17mm (11/16")
19mm (3/4")



**SOCKET
WRENCH**



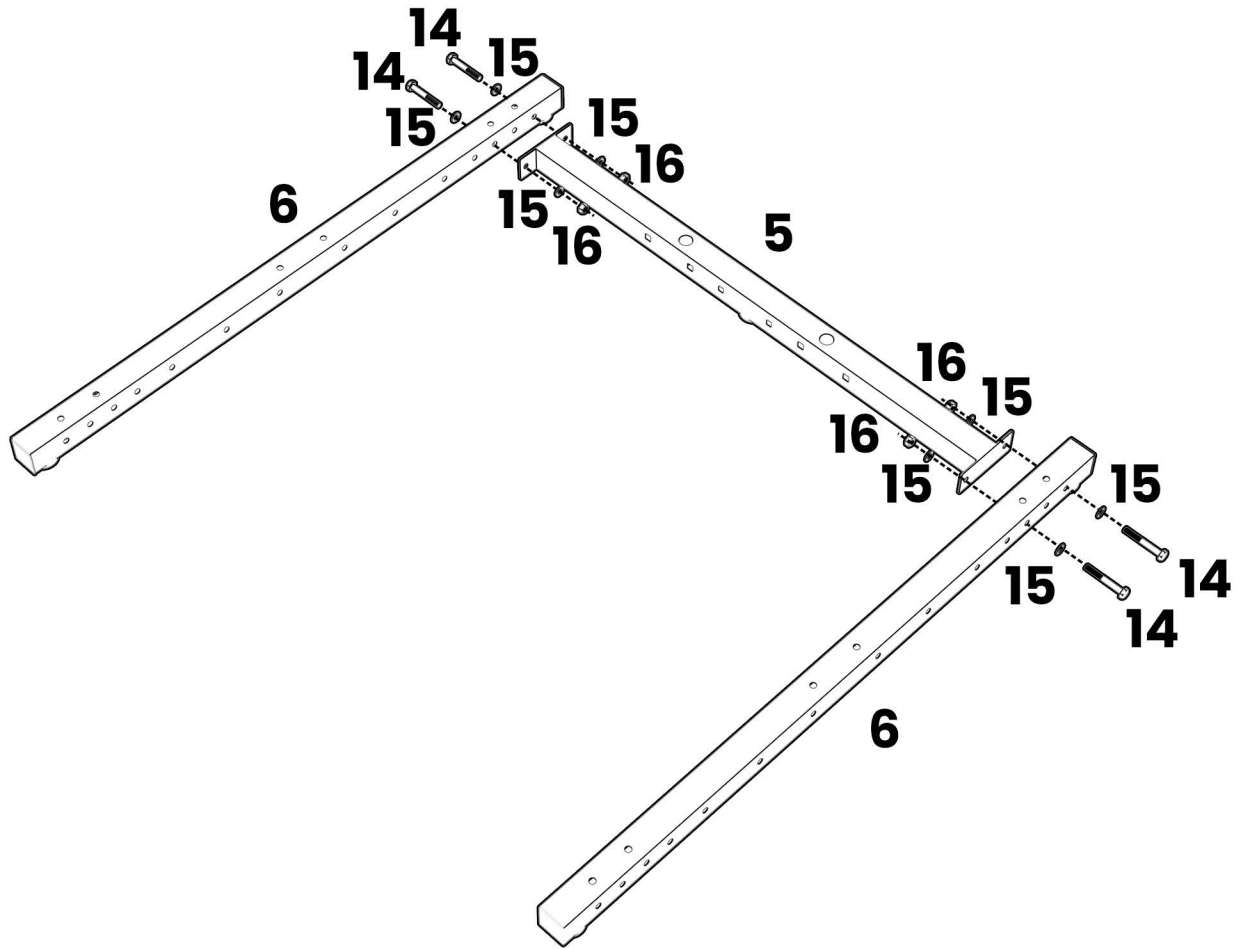
6 POINT SOCKET
17mm (11/16")
19mm (3/4")



TEAM BUILD STRONGLY RECOMMENDED

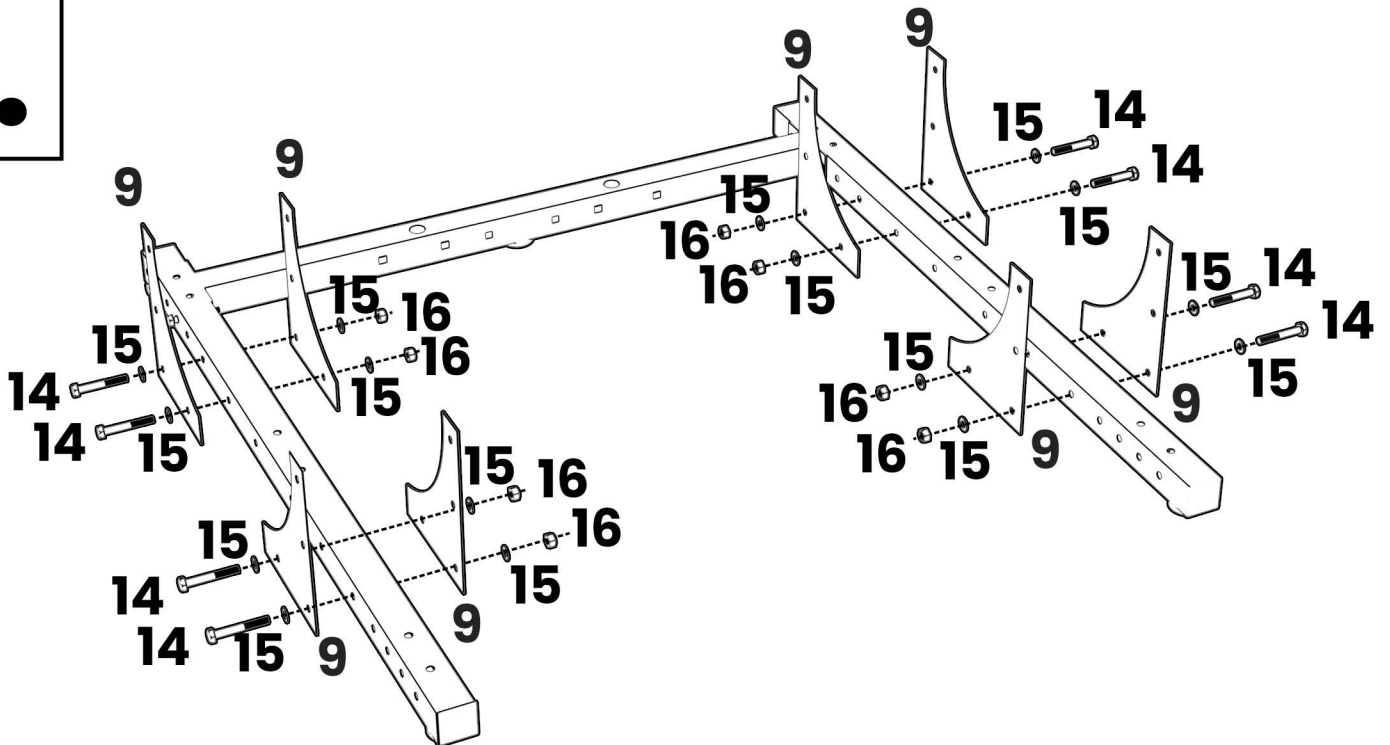
**IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:
HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136**

1.



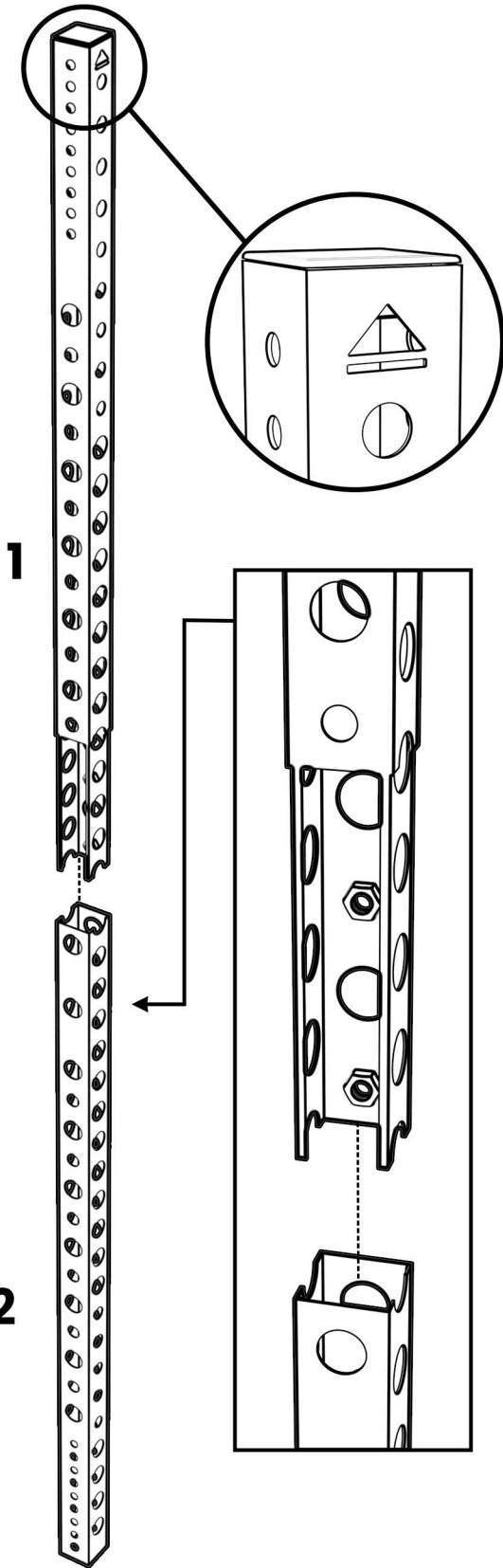
Align the base frame and stabilizer as pictured above.
Ensure the Lower stabilizer is placed at the back of the base frames.
Secure with provided bolts, nuts, and washers

2.



Align the triangle frames to the lower stabilizers as pictured above. and secure using the included nuts, bolts, and washers.

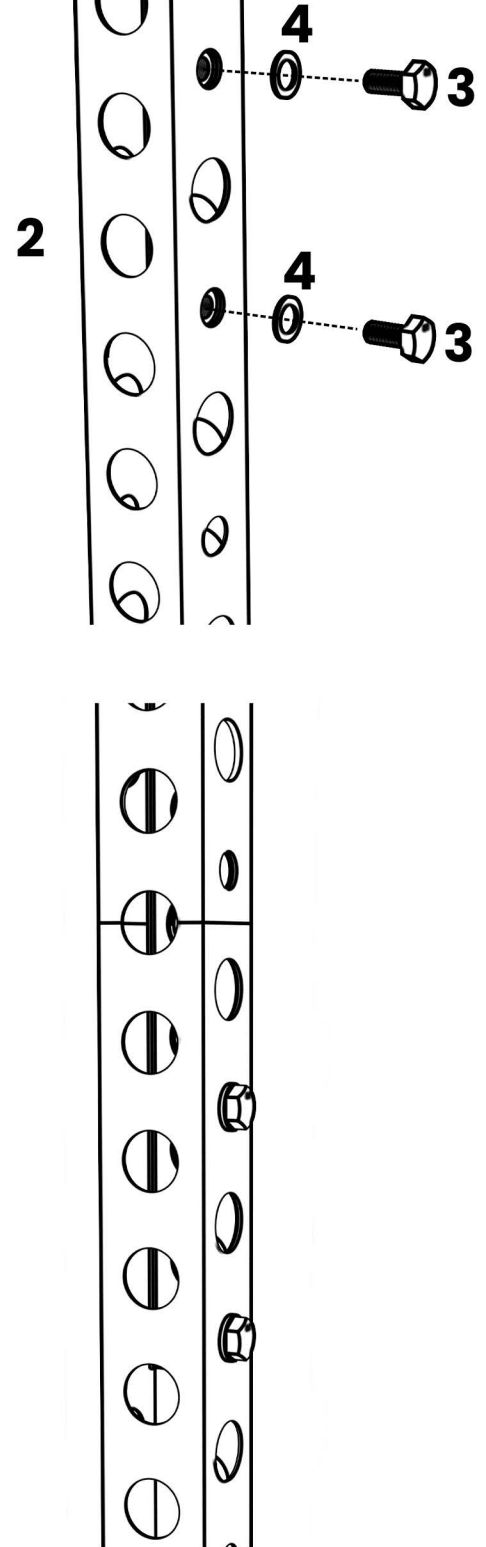
3.1



Slide the top upright into the bottom upright aligning the two half circles.

The top upright will be indicated by the arrow at the top

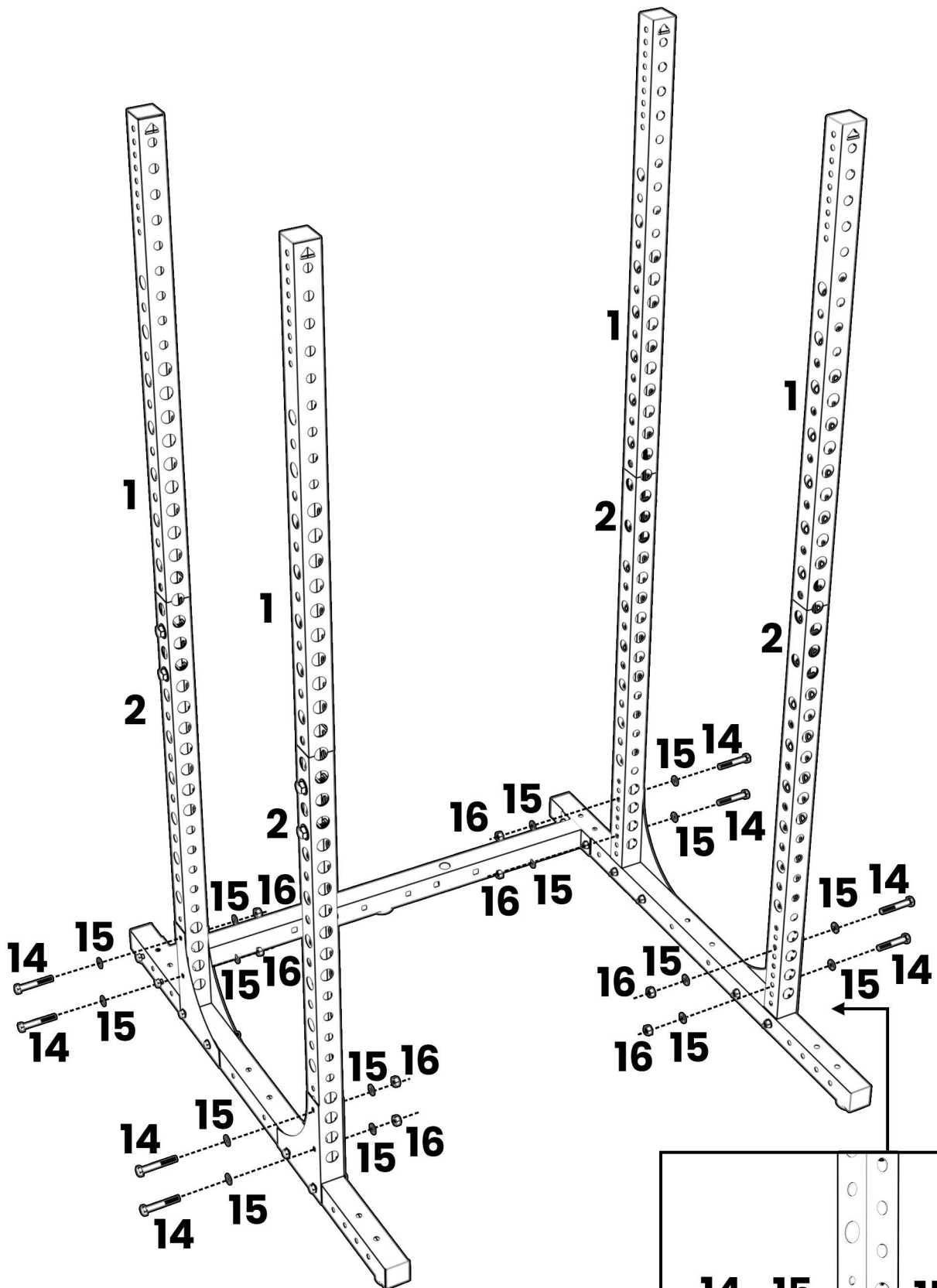
3.2



Insert bolt into the uprights as shown in the picture. Ensure to fasten into the built in fastener in the rack uprights when assembled

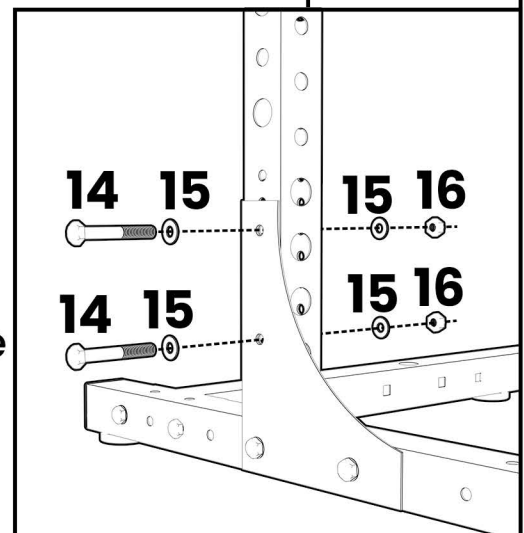
REPEAT STEPS FOR ALL 4 UPRIGHTS BEFORE MOVING ON

4.

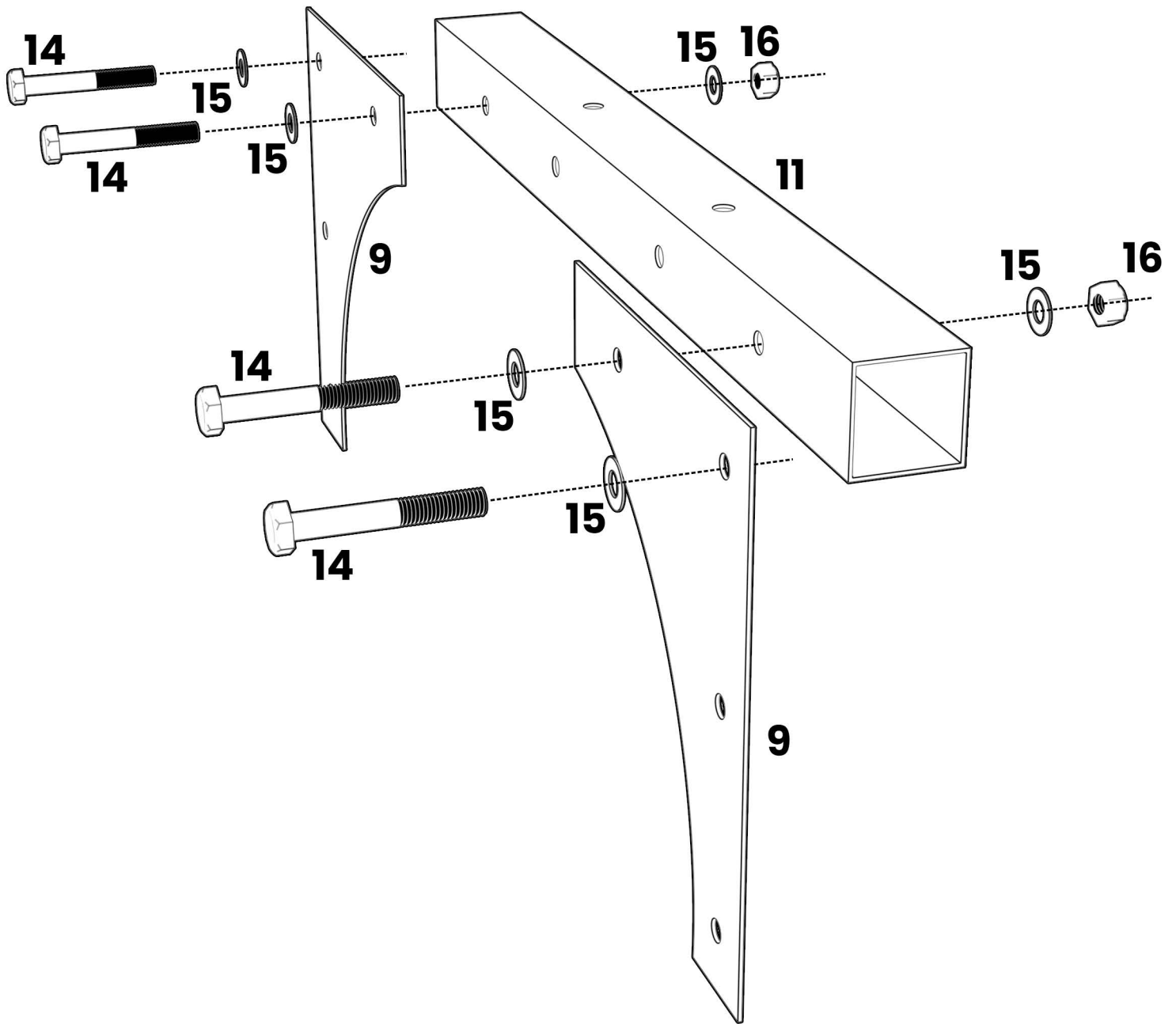


Insert bolts into the triangle braces to secure the uprights as shown in the example to the right

ENSURE THE BOLTS ON THE UPRIGHT ARE FACING OUTWARDS



5.

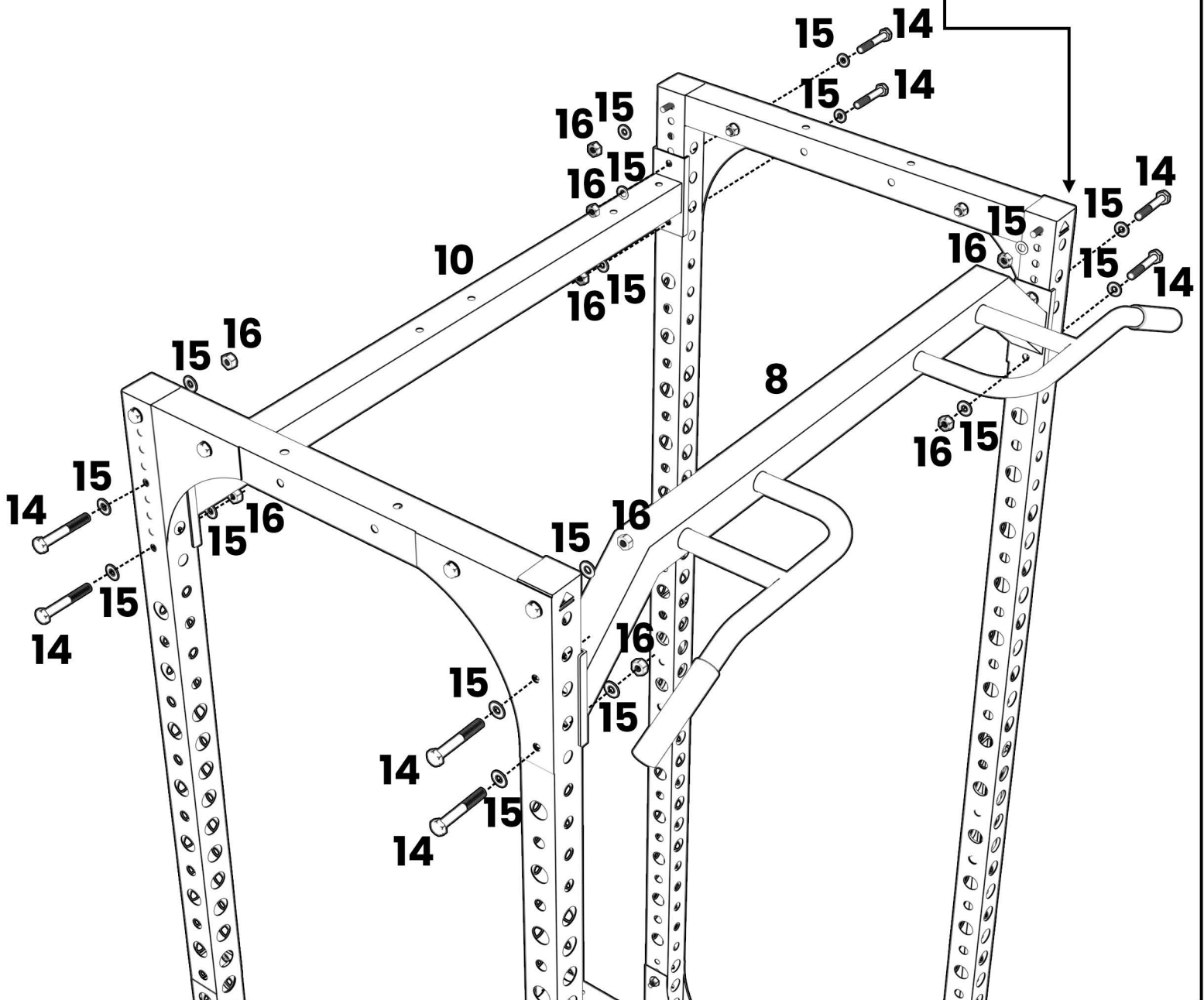
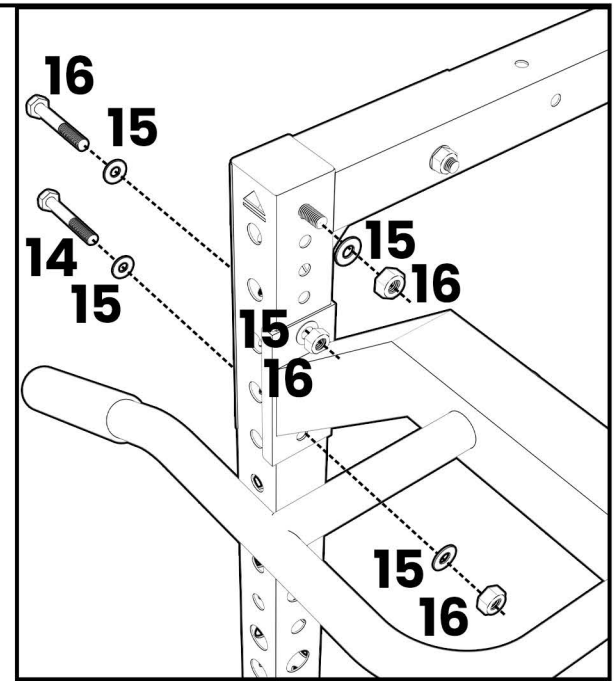


Partly assemble the support for the top of the rack by using one top upright (8), and sliding two triangle supports on each side ensuring that one hole on each triangle support is open. Secure the other with the hardware provided as shown

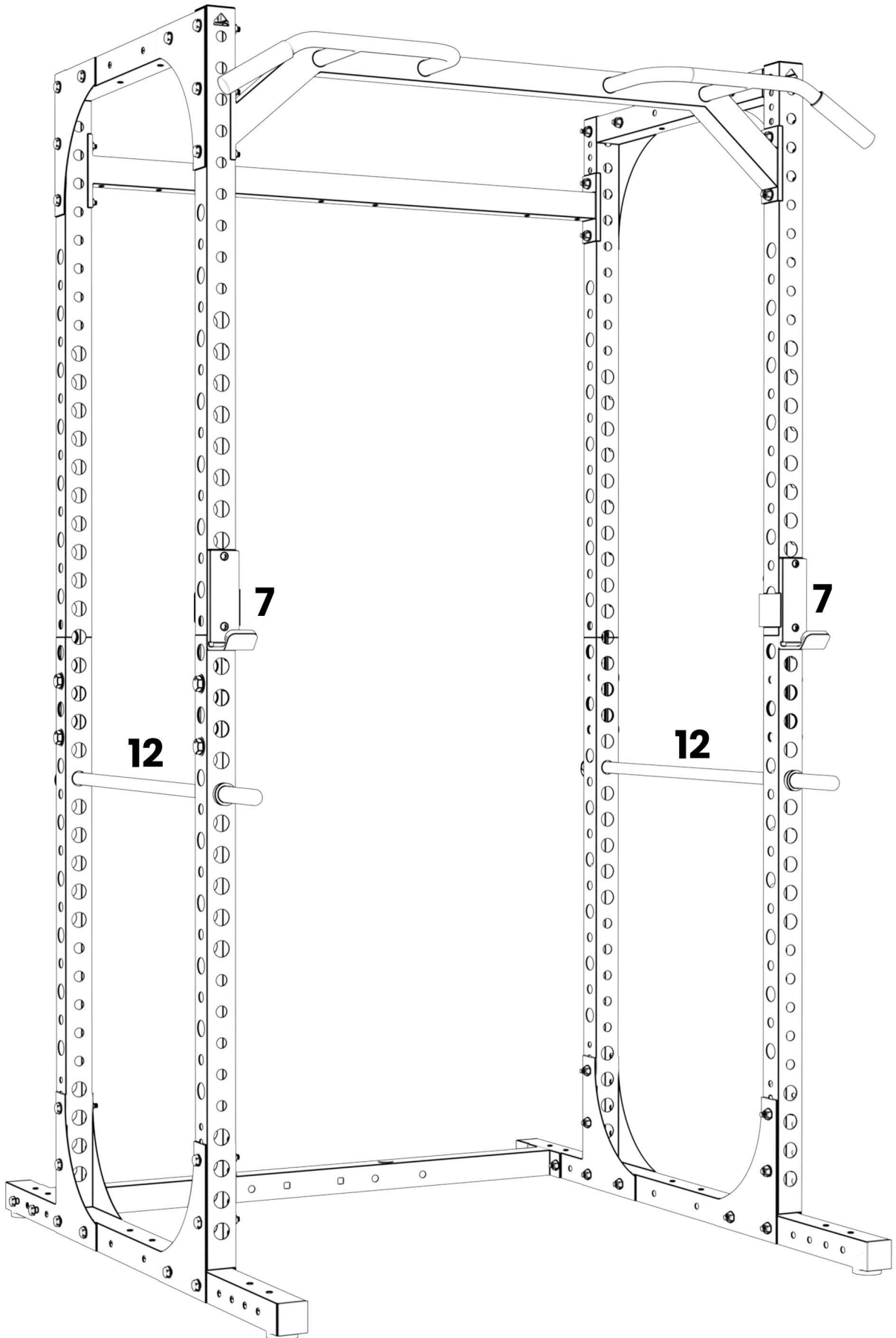
REPEAT STEPS FOR THE OTHER UPPER SUPPORT FRAME

6.

Slide the assembly from the previous part into the rack as shown, while also adding the UPPER STABILIZER and PULL UP BAR. Once aligned as shown in image secure using provided hardware



7.



Add the J-Cups, and safety arms into their desired position. Attach the spring collar clips (13) to the back of the safety bars.

WARNING

WARNING: SERIOUS INJURY OR DEATH CAN OCCUR IF CAUTION IS NOT USED.

As with any workout equipment that involves heavy weights, there is a risk of injury when using the Synergee Power rack. The best way to reduce the risk of serious injury is to exercise caution. Follow the instructions in this manual and familiarize yourself with all warnings on your product before using it.

Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with preexisting health issues.

THE MAXIMUM WEIGHT CAPACITY FOR THIS POWER RACK IS 750 LBS.

Do not load 750lbs or more onto this power rack. If you consistently lift 700 lbs or more on a regular basis, consider working with our racks that can accommodate a higher weight capacity. Furthermore, this max weight capacity is calculated with the condition that the rack is bolted to the floor.

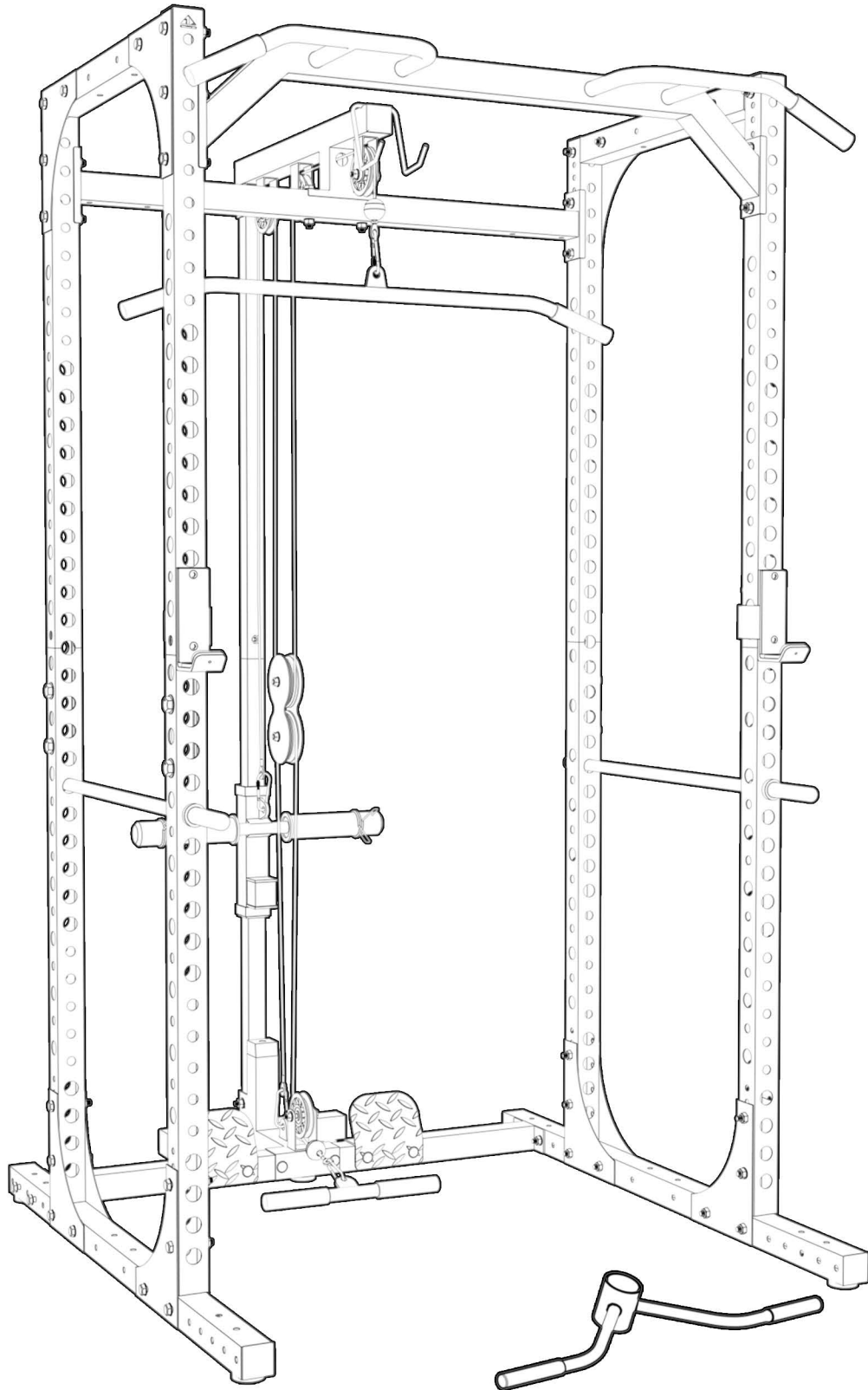
Follow these precautions to ensure you use your Synergee Power Rack safely:

- 1.** Read all instructions in this manual and all warnings on the product before using it. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all the safety precautions.
- 2.** Use this product only as described in this manual and keep this manual handy for future reference.
- 3.** Always keep children and pets away from this product. Keep hands and feet away from moving parts.
- 4.** This product is intended for consumer use only in an indoor environment. Do not use it in a commercial, rental, or institutional setting. Keep this product indoors, away from moisture and dust.
- 5.** Place the product on a level surface, with at least 3 feet of clearance around it. To protect the floor or carpet from damage, place a mat under it.
- 6.** Install the rack properly and according to instructions. Properly tighten all parts and check their tightness regularly. If any worn or damaged parts are found, stop usage immediately. Refrain from use until the machine has been repaired.
- 7.** Make sure all locking mechanisms are properly secured before using the unit. Ensure adjustment pins function properly and they are fully engaged before placing any weight on the rack.
- 8.** Wear appropriate clothes while exercising. Do not wear loose clothes that can get caught and always wear athletic shoes while exercising.
- 9.** Do not install any fitness product near a pool, hot tub or other damp locations. Corrosion caused by installation in these locations can lead to premature failure of components, which is not covered under any warranty.

 **SYNERGEE[®]**

SF2200-P

POWER CAGE WITH PULLEY MANUAL



PARTS LIST – POWER CAGE

KEY	PART	QTY	BOX
1.	PULLEY SYSTEM BOTTOM T FRAME	1	4
2.	PULLEY SYSTEM TOP F FRAME	1	4
3.	TOP PULLEY UPRIGHT	1	4
4.	BOTTOM PULLEY UPRIGHT	1	4
5.	M10X20 (PULLEY UPRIGHT BOLT)	2	4
6.	FOOT PLATE	2	4
7.	WEIGHT HOLDER	1	4
8.	CARABINER	4	4
9.	PULLEY CABLE (202cm)	1	4
10.	PULLEY CABLE (365cm)	1	4
11.	DOUBLE PULLEY WHEEL	1	4
12.	PULLEY WHEEL	4	4
13.	14" STRAIGHT BAR	1	4
14.	39" LAT BAR	1	4
15.	M10X70 BOLTS (PARTIALLY THREADED)	2	4
16.	M10 WASHER	22	4
17.	M10 NUTS	14	4
18.	M10X60 BOLTS (PARTIALLY THREADED)	2	4
19.	M10X70 CARRIAGE BOLT	6	4
20.	SPRING CLIP COLLARS 2"	2	4
21.	M10X45 BOLT	4	4

HARDWARE REQUIRED



WRENCH
17mm (11/16")



SOCKET
WRENCH



6 POINT SOCKET
17mm (11/16")

HARDWARE INCLUDED



ALLEN KEY



TEAM BUILD STRONGLY RECOMMENDED

**IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:
HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136**

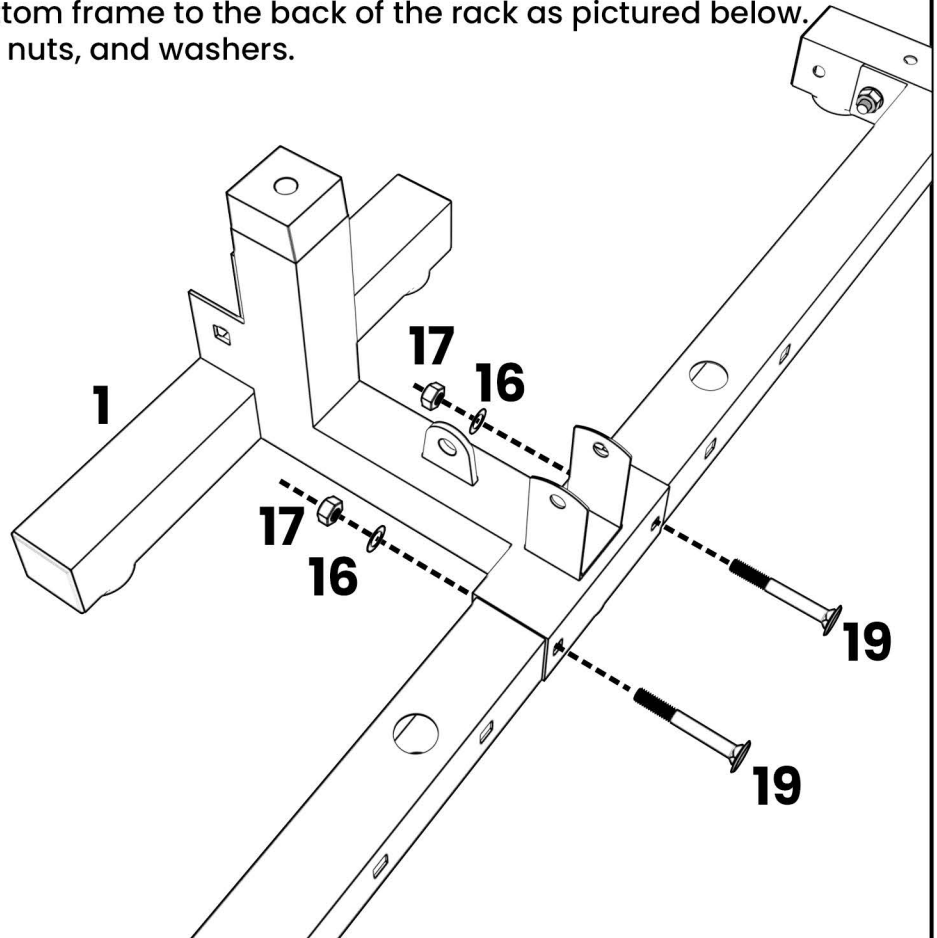


**COMPLETE ASSEMBLY FROM MANUAL A (BASE POWER RACK)
BEFORE CONTINUING**

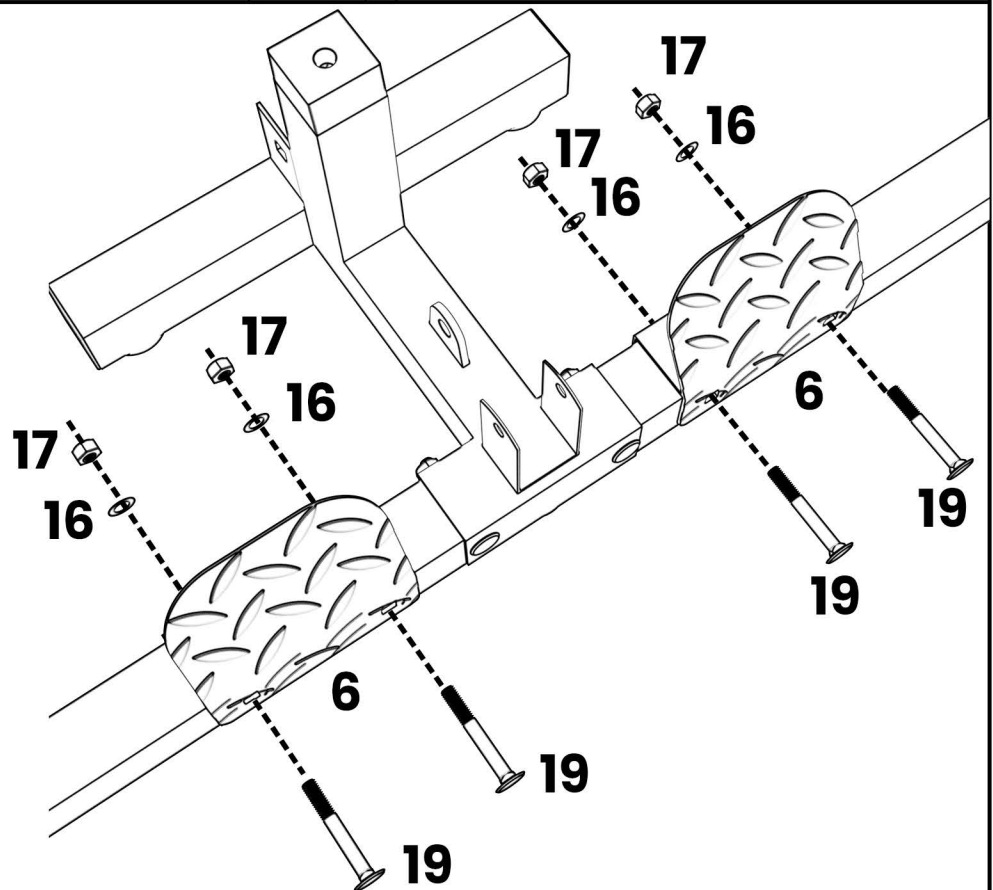


1.

Align the pulley system bottom frame to the back of the rack as pictured below. Secure with provided bolts, nuts, and washers.



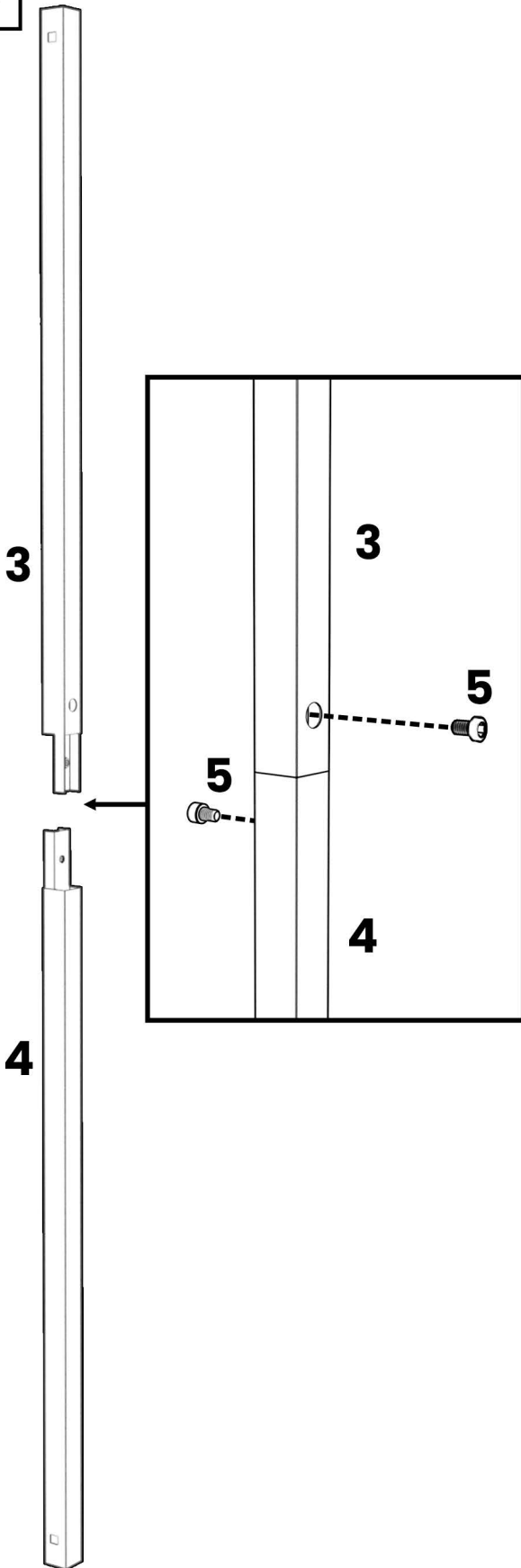
2.



Attach the two footplates to the back power rack support frame. Secure as illustrated.

3.

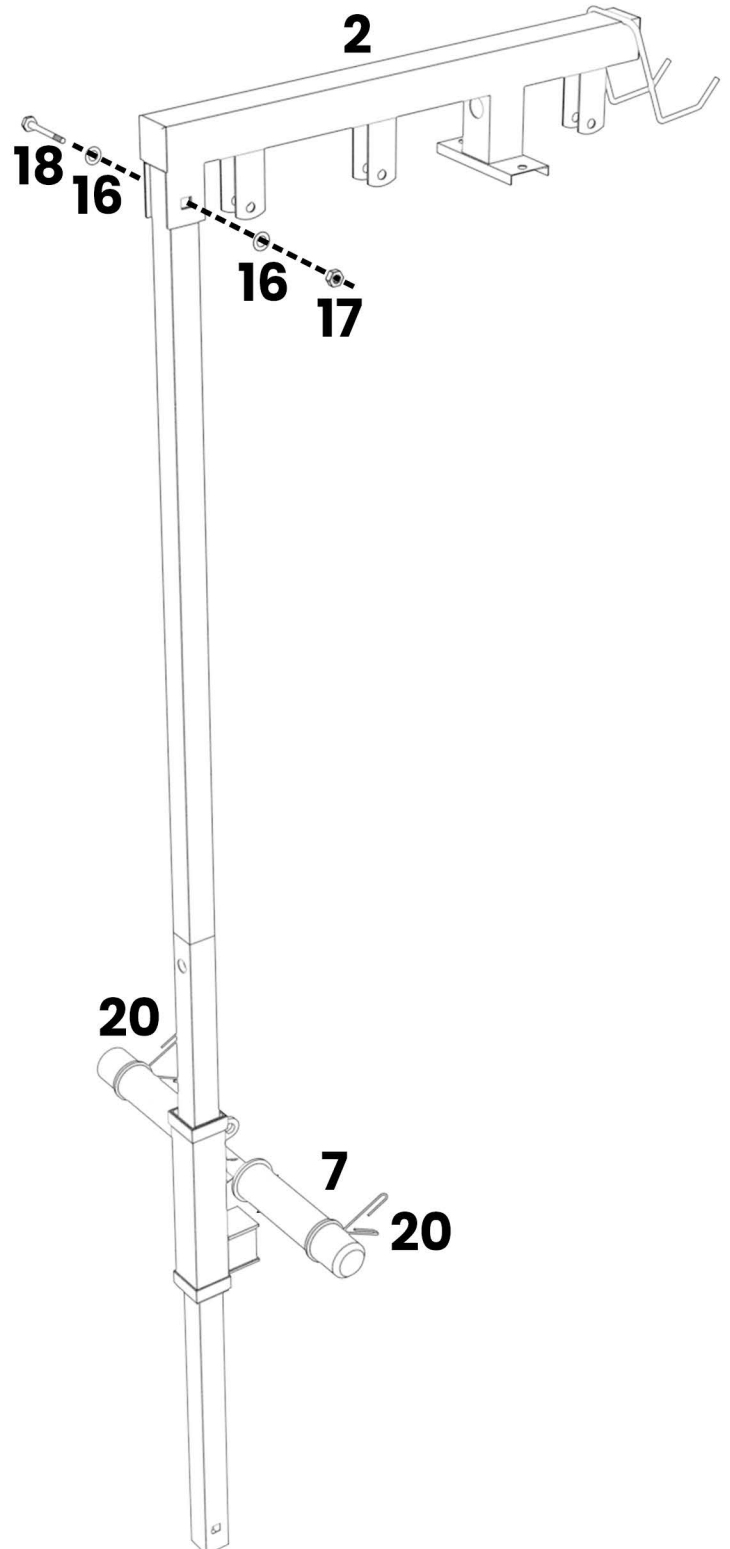
Attach the top and bottom pulley uprights together.



Insert (46) into the upright and secure with an Allen key.

4.

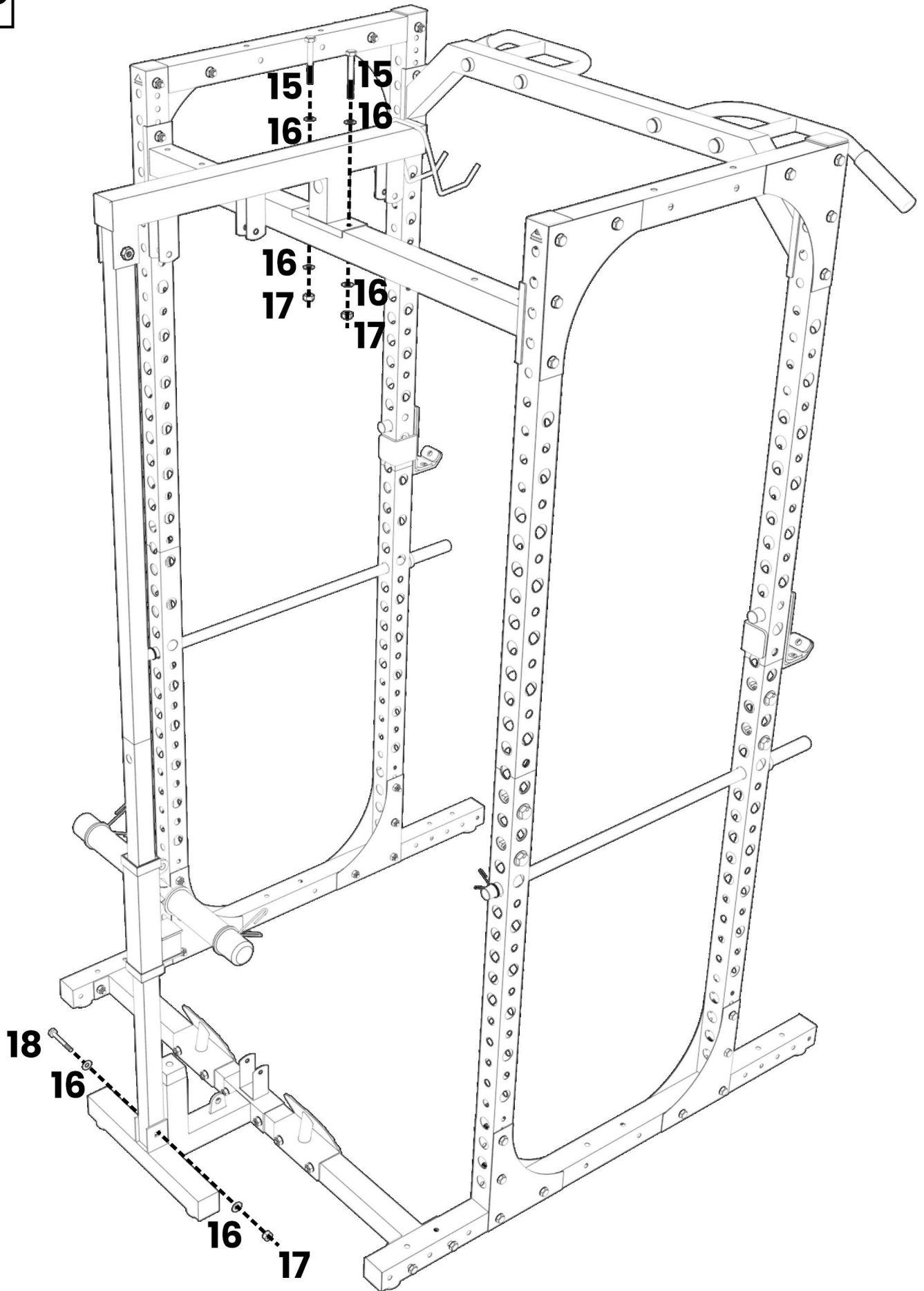
Attach the top F frame to the upright and secure.



Slide the weight holder onto the bottom upright

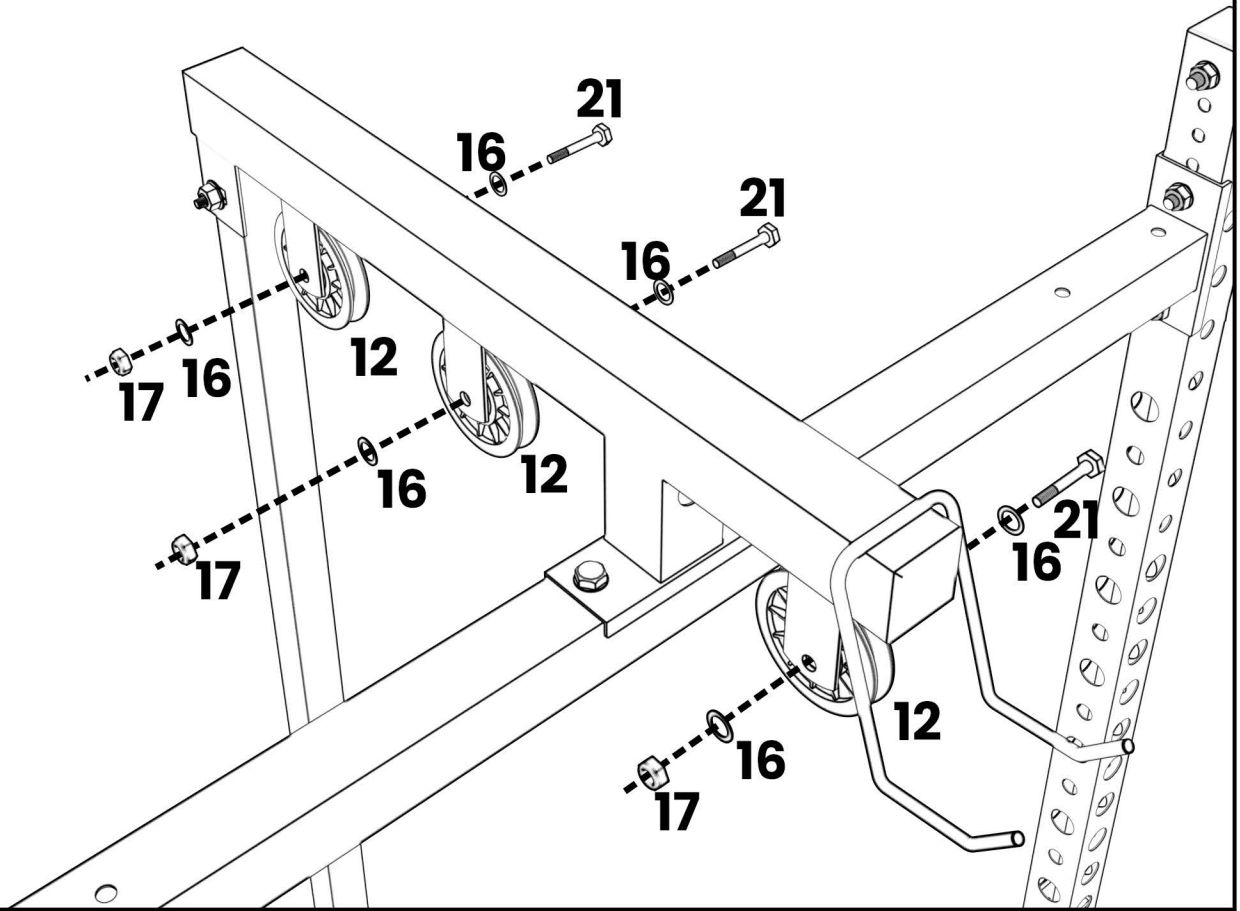
5.

Attach the newly assembled pulley upright and frame the the rack as shown. Once aligned secure with provided hardware.



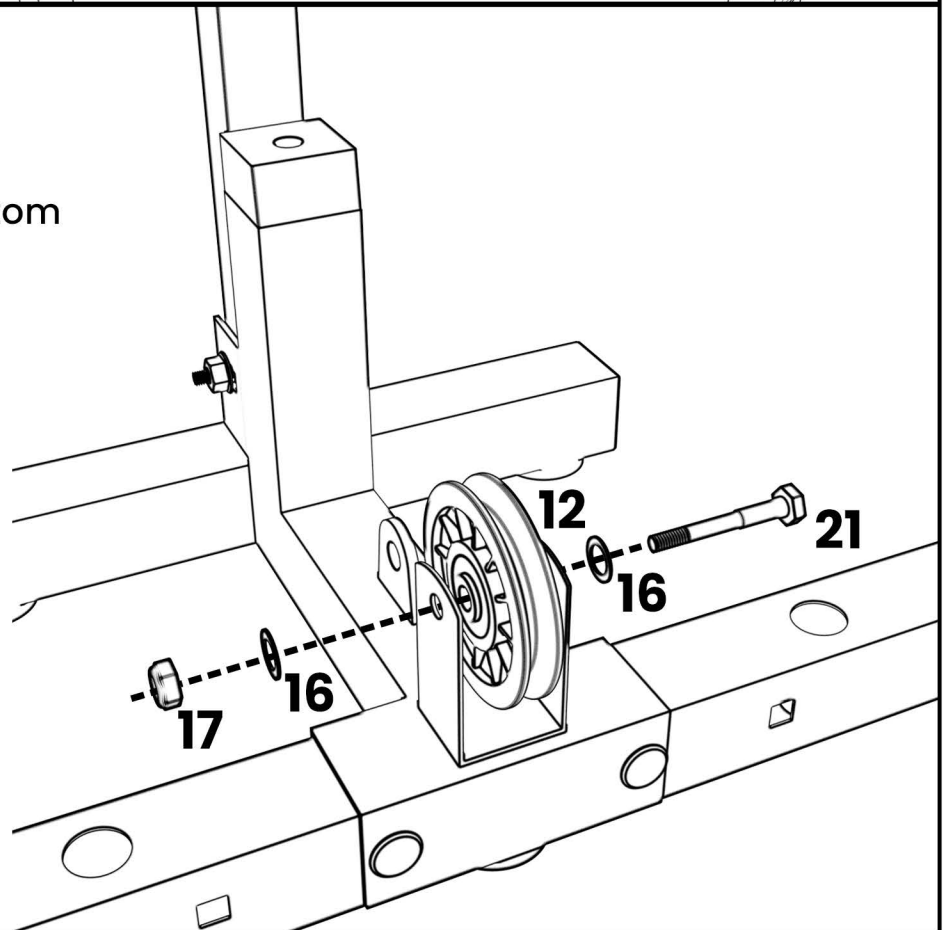
6.

Begin attaching the pulley wheels to the top F frame and secure as shown below

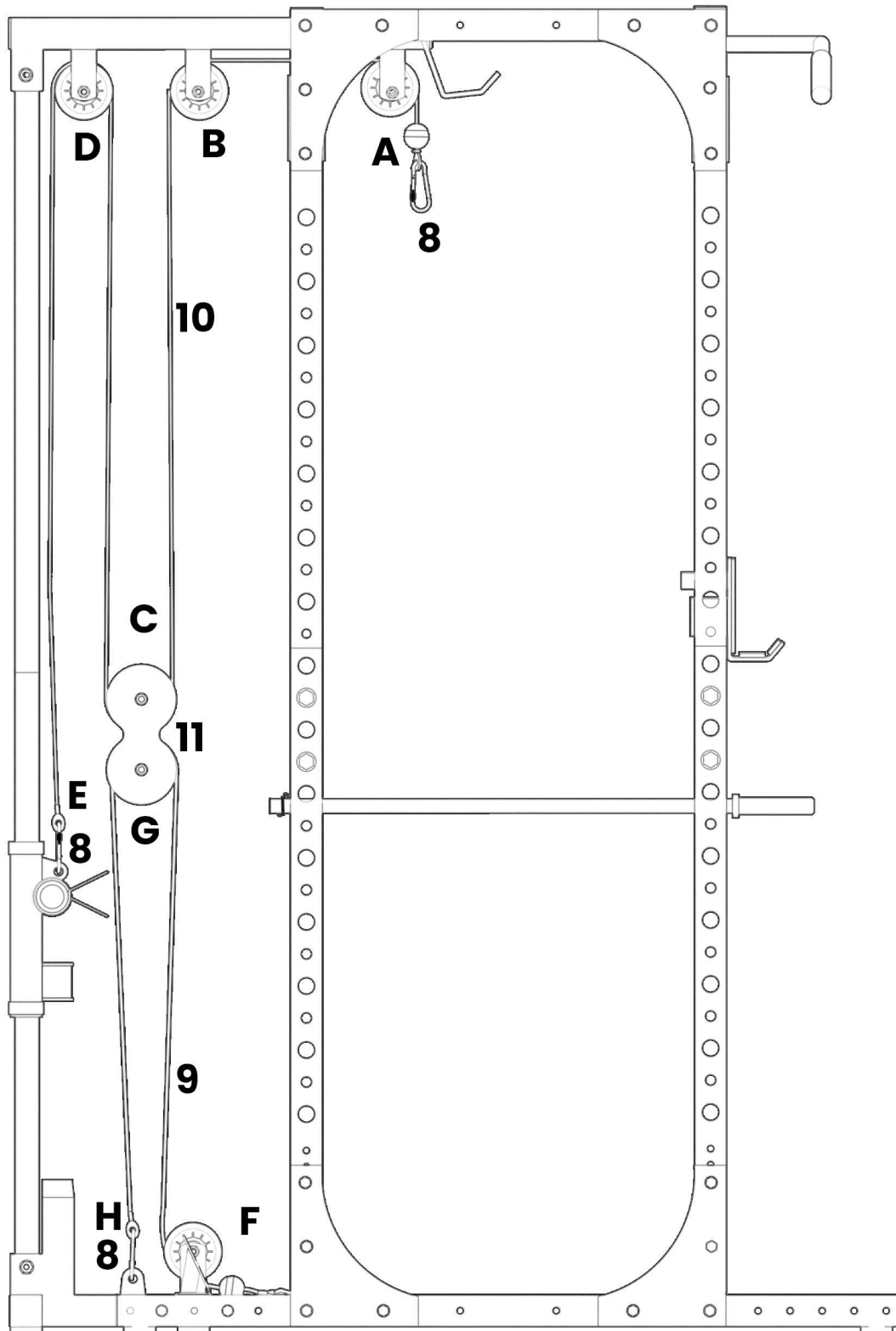


7.

Attach a pulley wheel to the bottom T Frame. Secure as illustrated.



8.



Follow the steps below to the corresponding letter to attach the cable to the pulley systems.

A: Feed the 135cm cable through point A and attach a carabiner (8) to the end.

B: Keeping the cable above feed through point B at the top of the pulley.

C: Feed the cable down and loop through the double pulley wheel

D: Feed the cable upward and loop down through the pulley at point D.

E: Attach at point E to the weight holder with a carabiner (8)

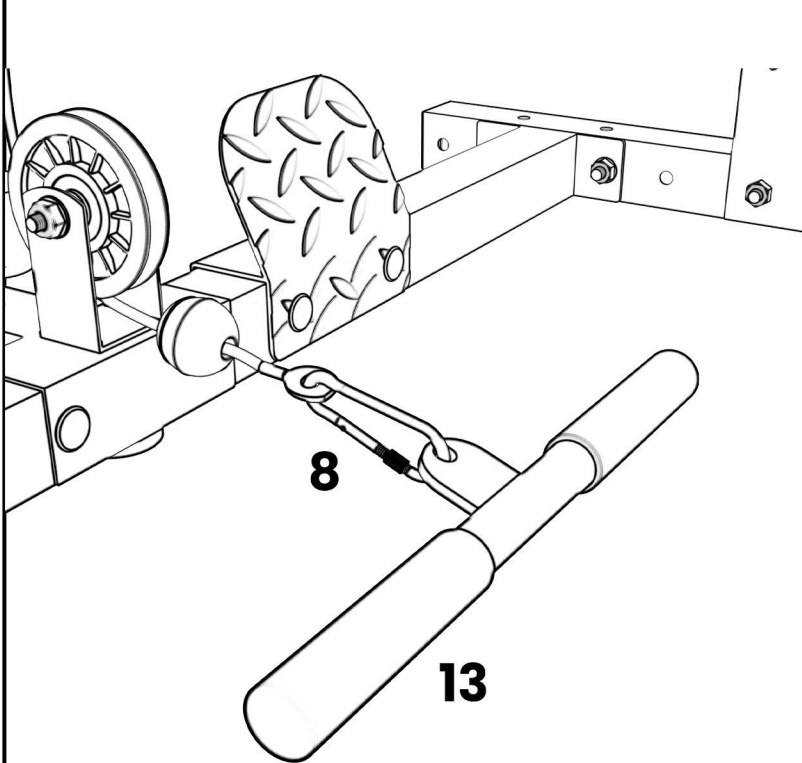
F: Feed the 130cm cable through point F from the front of the rack

G: Feed the cable up and loop through the double pulley wheel and feed it back down

H: Attach at point E to the weight holder with a carabiner (8)

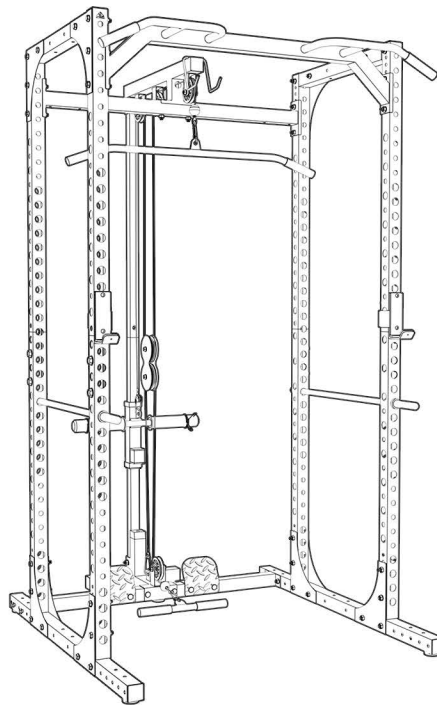
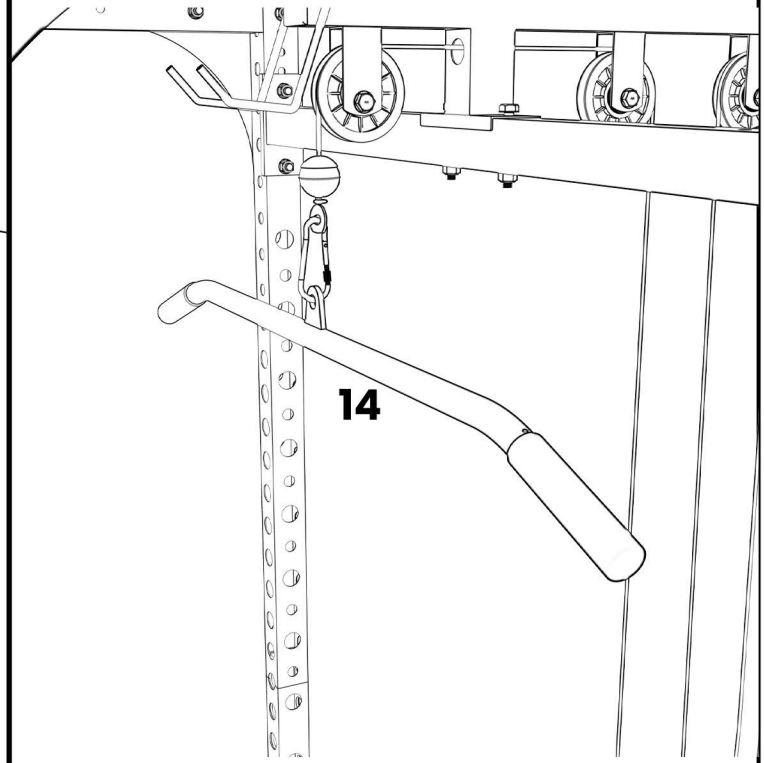
9.

Attache a carabiner to the bottom of the cable and pulley wheel by the foot rests. Attach the 14" Straight bar (13) to the carabiner (8).



10.

Attach the 39" lat bar (14) to the carabiner



RACK PULLEY ASSEMBLE NOW COMPLETE!

IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:

HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136

- 10.** Do not use this rack to exhaustion: stop exercising and step away from the rack if you feel faint, dizzy, or in pain.
- 11.** Create a safe workout space by always working out with someone else present. Lift with a spotter for your weighted exercises.
- 12.** Do NOT store your barbell with weight on it on the squat rack for extended periods of time. Remove weights from your bar after exercising to prevent bar bending.
- 13.** Do NOT leave your bar unevenly weighted. Keep equal weights on both sides to prevent tipping of the barbell, and avoid any injuries that can result.
- 14.** To avoid damaging parts, do not use power tools for assembly. Use hand tools and the hardware provided.

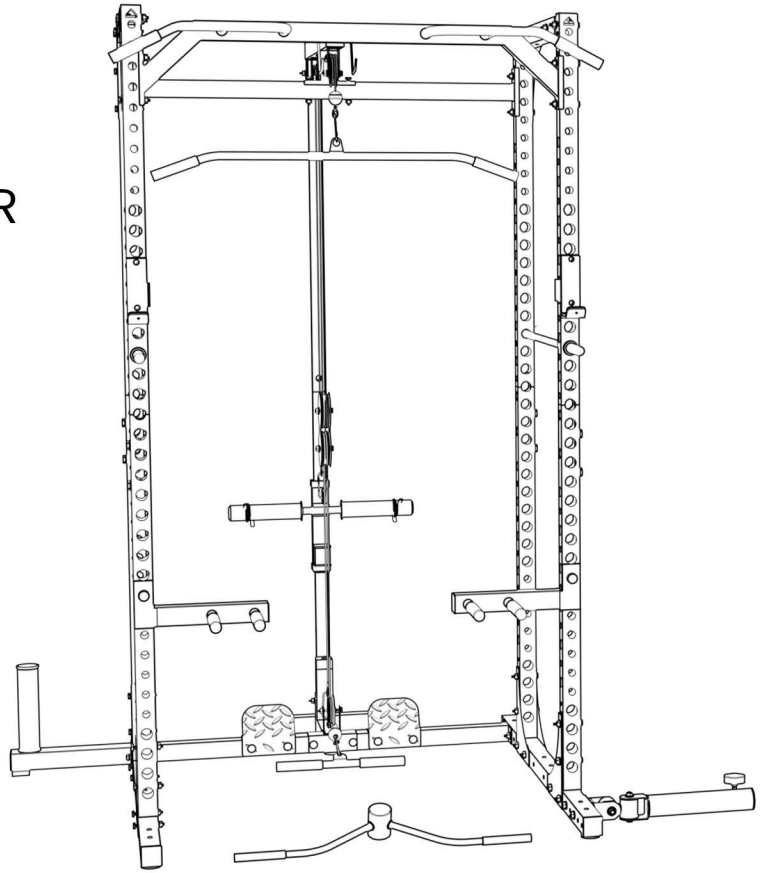
MAXIMUM WEIGHT CAPACITY IS 750 LBS STATIC.

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 **SYNERGEE®**

SF2200

ACCESSORY BOX FOR SF2200-R

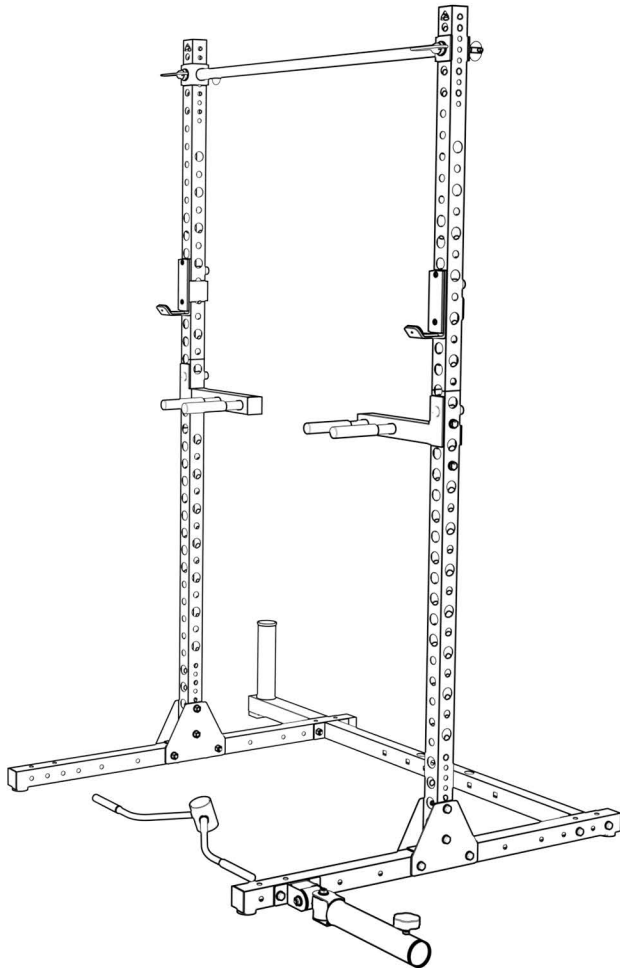


OR

 **SYNERGEE®**

SF2200

ACCESSORY BOX FOR SF2200-S



PARTS LIST - ACCESSORY BOX

KEY	PART	QTY	BOX
1.	BARBELL HOLDER	1	5
2.	T-BAR	1	5
3.	LANDMINE	1	5
4.	M10X75 BOLTS (PARTIALLY THREADED)	4	5
5.	M10 NUTS	4	5
6.	M10 WASHER	8	5
7.	DIP BAR	2	5

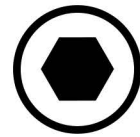
HARDWARE REQUIRED



WRENCH
17mm (11/16")



SOCKET WRENCH



6 POINT SOCKET
17mm (11/16")



TEAM BUILD STRONGLY RECOMMENDED

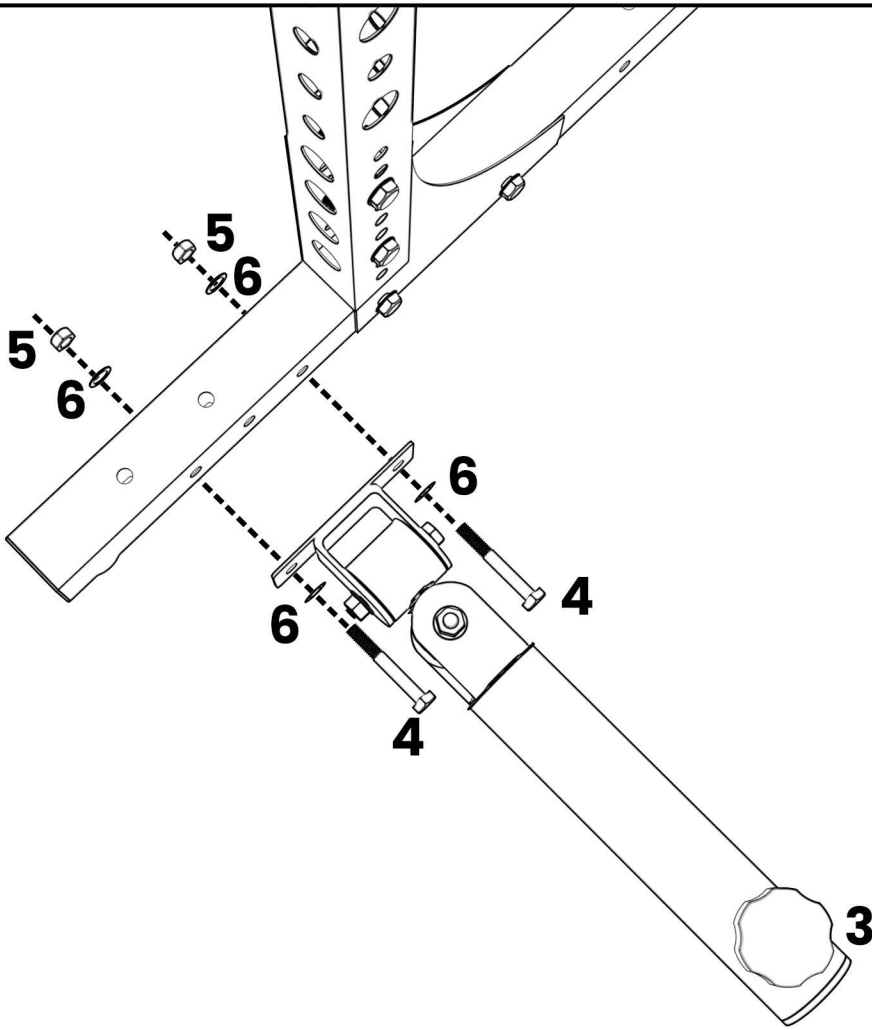


**COMPLETE ASSEMBLY OF MANUAL A
(POWER CAGE) AND OPTIONALLY
MANUAL B BEFORE CONTINUING**



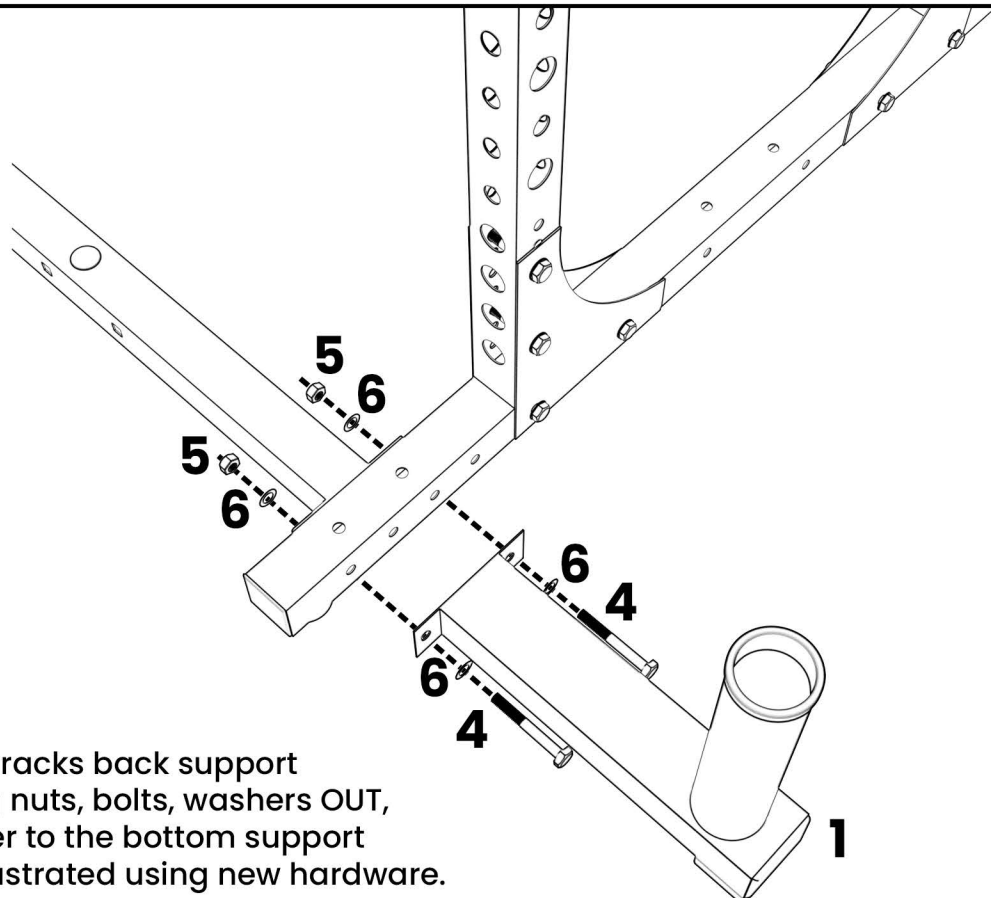
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1.



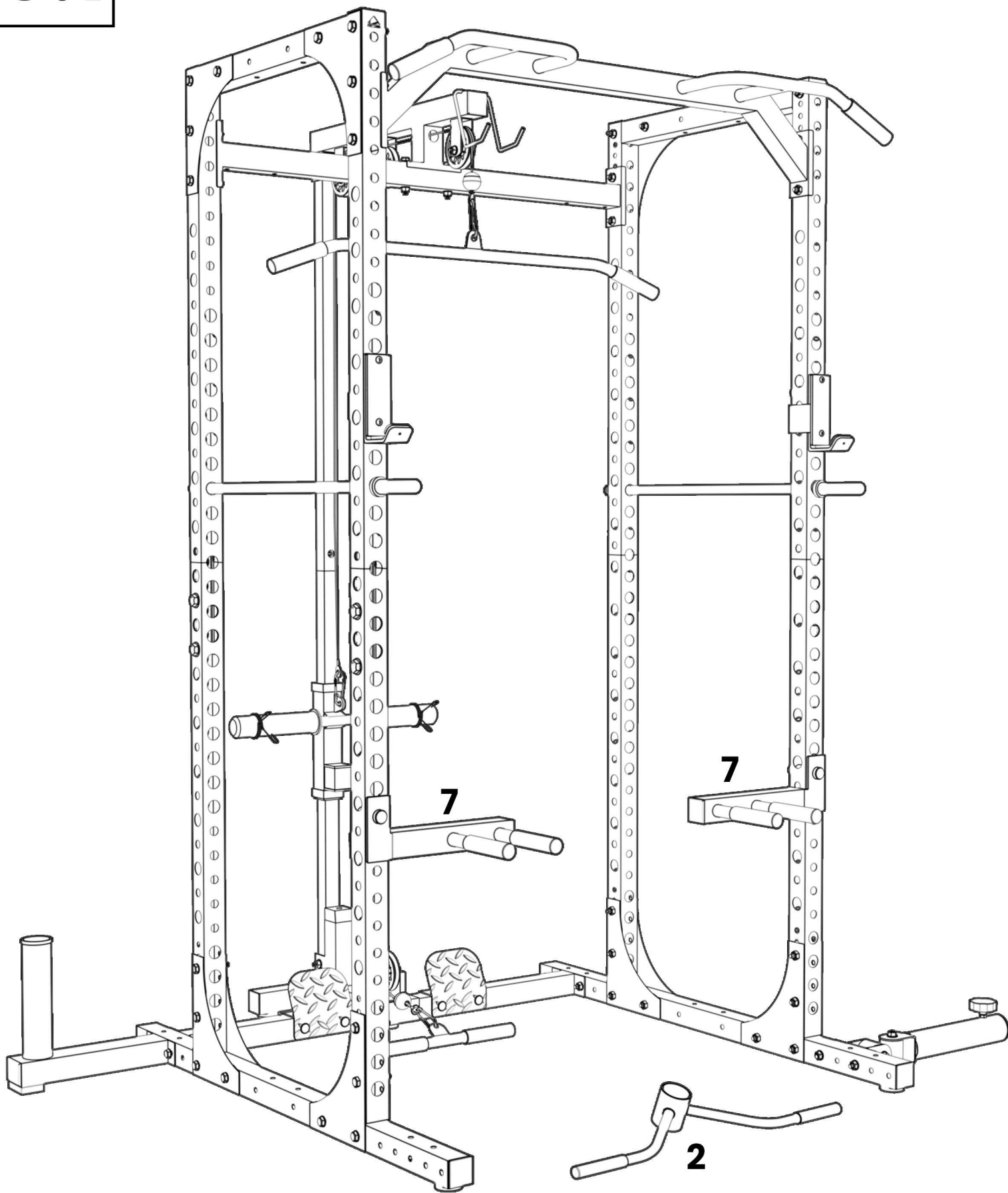
Align the landmine to the front of the rack pictured above.
Secure with provided bolts, nuts, and washers.

2.



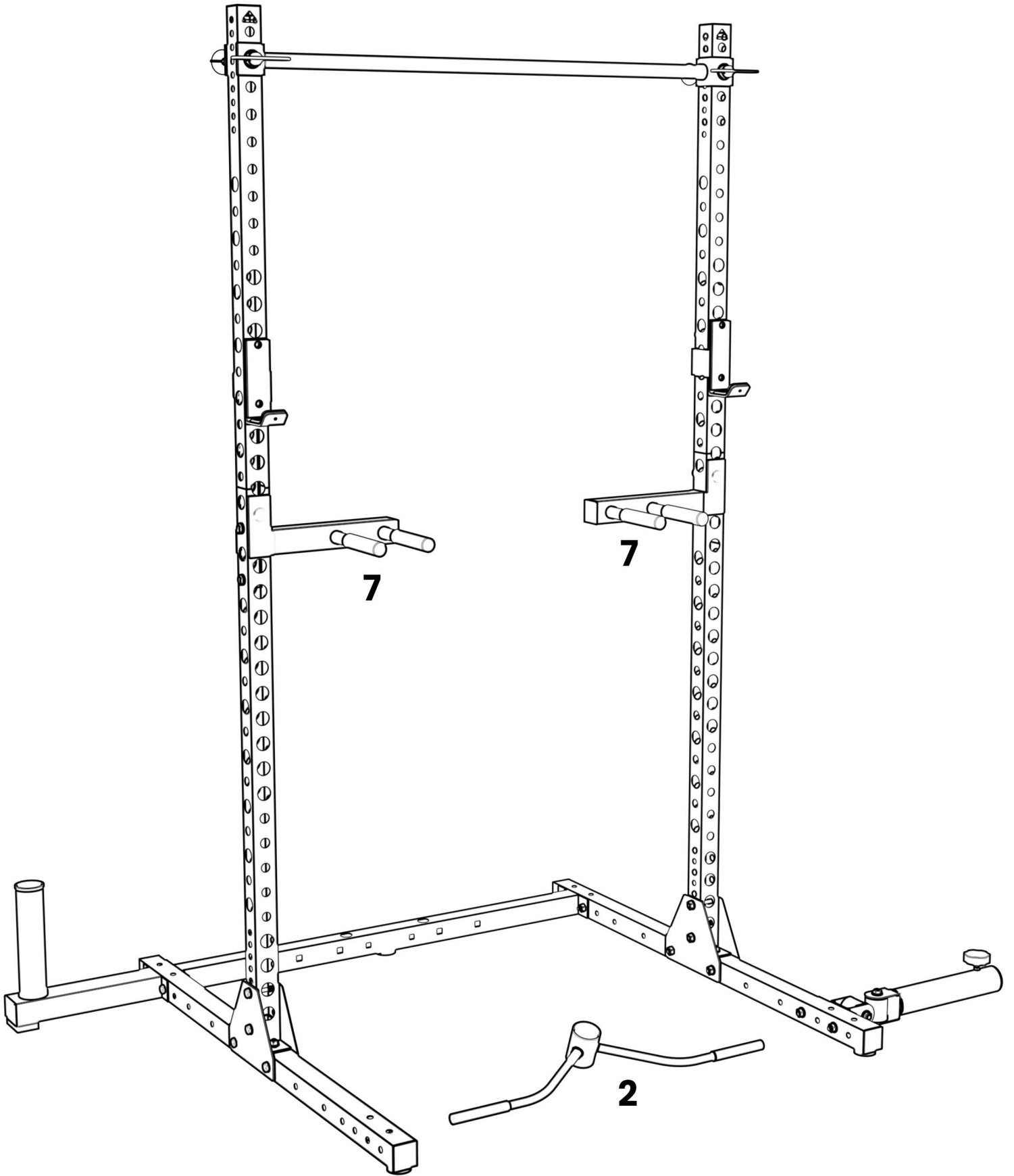
On either side of the of the racks back support
frame take the pre existing nuts, bolts, washers OUT,
and align the barbell holder to the bottom support
brace and assemble as illustrated using new hardware.

3.1




Add the Dip Bars into their desired position

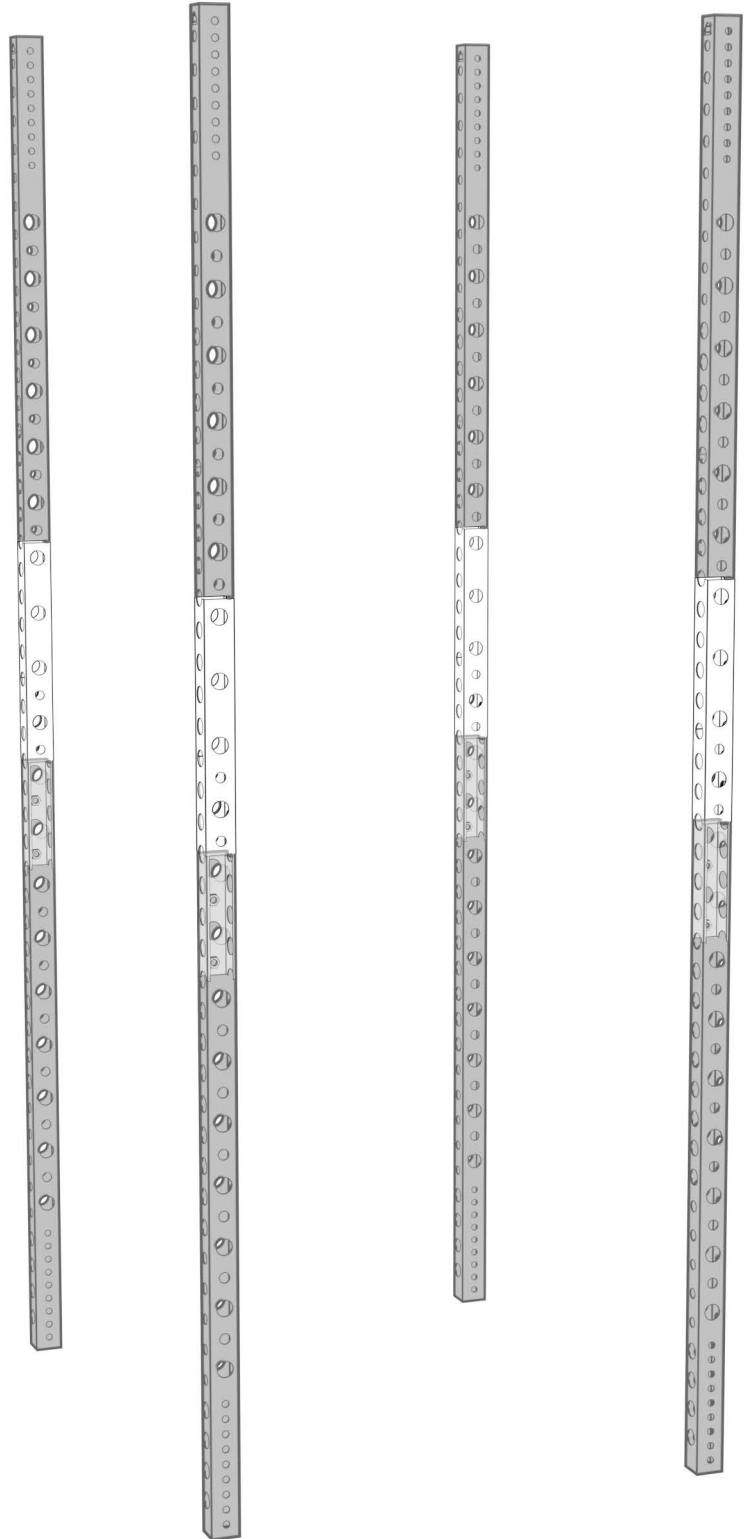
3.2



Add the Dip Bars into their desired position

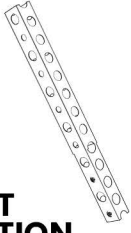


 **SYNERGEE[®]**

SF-2200 UPRIGHT 95" EXTENSION KIT

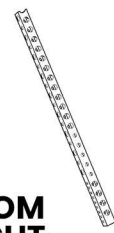





PARTS LIST

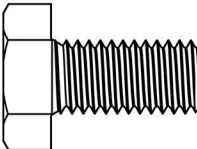
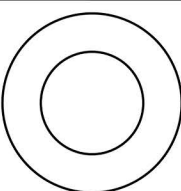
IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:
HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136

1.  UPRIGHT EXTENSION	QTY x4	2.  M10X20 BOLTS FULLY THREADED	QTY x8	3.  M10 WASHERS	QTY x8
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HARDWARE REQUIRED (FROM EXISTING RACK | NOT INCLUDED)

A.  BOTTOM UPRIGHT	QTY x4	B.  TOP UPRIGHT	QTY x4	C.  M10 WASHERS	QTY x8	D.  M10X20 BOLTS FULLY THREADED	QTY x8
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HARDWARE SIZING CHART

M10X20 BOLT FULLY THREADED		QTY 8	IN STEPS 1-B
M10 WASHER		QTY 8	IN STEPS 1-B

ASSEMBLY STEP 1-A:

