PH FITNESS

POWER RACK PRO

USER MANUAL & ASSEMBLY GUIDE



Your gym. Your performance. Your pace.

Model	Document	Version
Power Rack Pro	User Manual	1.0 — 2025

⚠ SAFETY INSTRUCTIONS — READ BEFORE USE

WARNING: Read this manual completely before assembling or using the equipment. Failure to follow instructions will void the warranty.

General Safety

- This equipment is intended for persons aged 14 and over in good physical health. Consult your doctor before starting any exercise program — especially if you are over 35 or have cardiovascular conditions.
- Always inspect the machine before use. Do not use if any part appears damaged, worn, or loose.
- Install and use only on a flat, level indoor surface capable of supporting the machine weight (322 kg). Do not install in humid environments or near water.
- Required clearances: 75 cm each side, 100 cm rear, and sufficient front access space.
- Keep children under 14 and pets away from the machine at all times. Make the equipment inaccessible to children when not in use.
- Always wear appropriate athletic clothing and closed-toe footwear. Never use the machine barefoot or in loose clothing.
- Do not insert hands, fingers, or objects into moving parts, pulleys, or guide rod channels.
- Stop immediately if you experience dizziness, nausea, chest pain, or unusual discomfort. Consult a doctor before resuming.

Smith Machine Safety

- Always engage the J-lock safety hooks when racking the Smith bar.
- Set both spotter arms to the correct height before performing any heavy compound lift.
- Never adjust the Smith bar position while weight plates are loaded.
- Maximum barbell load (Smith Machine + Power Rack combined): 300 kg.
- Compatible with 30 mm standard and 50 mm Olympic weight plates.

Jammer Arms Safety

- The jammer arms are designed for controlled push-pull movements only. Do not apply lateral force or impact loads to the jammer arms.
- Ensure the jammer arm pivot bolts are torqued to specification before each session.
- Do not exceed recommended weight load on jammer arms.

Cable System Safety

- Inspect steel cables before every session. Replace immediately if fraying, kinking, or corrosion is found.
- Always lower the weight stack slowly — never allow it to drop freely.
- Ensure weight selector pin is fully inserted before starting any exercise.

Assembly Safety

- Assembly requires a minimum of TWO persons. Do not attempt solo assembly.
- Fully torque all bolts before applying any load. Re-check after the first 2 weeks of use and every 3 months thereafter.
- Do not modify any structural component. Modifications void the warranty.

NOT SUITABLE FOR: Pregnant women / users with hypertension, heart conditions, glaucoma, recent fractures, osteoporosis, or hernias. Always obtain medical clearance before use.

1. PRODUCT OVERVIEW

The PH Fitness Power Rack Pro is a professional all-in-one strength training station combining a power rack, integrated Smith machine with linear bearing system, dual functional cable trainer, jammer arms, leg press attachment, dip station, and multi-grip pull-up bar — all in one compact heavy-duty unit. Supporting 100+ exercises and rated to 300 kg maximum load, this is the complete home gym solution.

Intended Use

- Premium home gyms and garage gym setups
- Personal training studios — PT-led and solo training
- Semi-professional fitness facilities
- Beginner through advanced athletes

Key Features at a Glance

Station / Feature	Details
Power Rack	Adjustable J-hooks A&B + safety spotter arms A&B
Smith Machine	Linear bearing system, smooth guided barbell
Dual Cable Trainer	2 × 80 kg stacks, height-adjustable pulleys
Jammer Arms	Dynamic push-pull movements, chest/shoulder/back
Leg Press Attachment	Integrated footplate for lower body training
Multi-Grip Pull-Up Bar	Wide, close, neutral grip positions
Dip Station	Adjustable dip bars A & B
Plate Storage Pegs	6 × integrated Olympic plate storage pegs
Landmine Base	Pivot attachment for rotational exercises
Cable Pulley System	16 total pulleys, cross cable configuration
Weight Stack (total)	160 kg (2 × 80 kg independent pin-select stacks)
Max Load (Barbell)	300 kg
Machine Weight	322 kg
Exercises Supported	100+

2. TECHNICAL SPECIFICATIONS

Frame & Construction

SPECIFICATION	VALUE
Frame Construction	Heavy-duty steel
Surface Finish	Industrial powder coating
Compatibility	30 mm standard & 50 mm Olympic weight plates
Machine Weight	322 kg
Maximum Barbell Load	300 kg

Dimensions

SPECIFICATION	VALUE
Width	120 cm
Depth	170 cm
Height	210 cm
Packaging Dimensions	220 × 71 × 34 cm
Required Ceiling Height	Minimum 250 cm recommended
Side Clearance	Minimum 75 cm each side
Rear Clearance	Minimum 100 cm

Cable & Weight Stack System

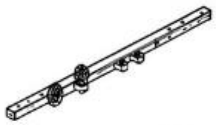
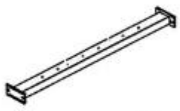
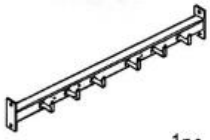
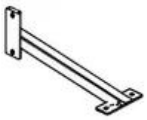
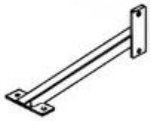
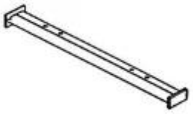
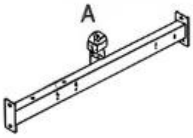
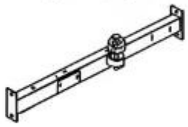
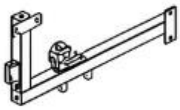
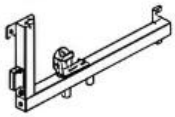
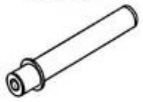
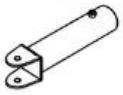
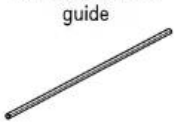
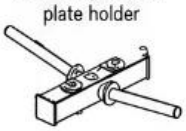
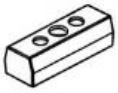
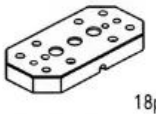
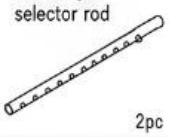
SPECIFICATION	VALUE
Cable Stack (per side)	80 kg
Total Cable Stack	160 kg (2 × 80 kg independent)
Weight Selection	Pin-select system
Cable Type	Steel cables
Total Cable Pulleys	16 pulleys
Cable Configuration	Cross cable / functional trainer

Smith Machine

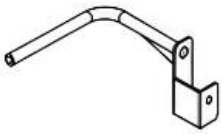
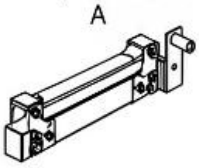
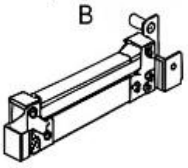
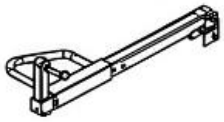
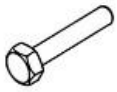
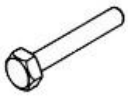
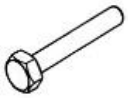
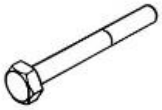
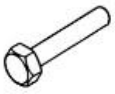
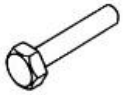
SPECIFICATION	VALUE
Guide System	Linear bearing system
Bar Path	Guided vertical movement
Safety Lock Pins	22 positions (#34)
J-Hook Positions	Multi-position on uprights

3. PARTS IDENTIFICATION

List of Parts

1. Left frame  1pc	2. Right frame  1pc	3. Rear base  1pc	4. Bracket  1pc	5. Footrest  1pc
6. Barbell holder  1pc	7. Column A  1pc	8. Column B  1pc	9. Rear columns  2pc	10. Rear accessory holder bar  1pc
11. Support crossbeam A  2pc	12. Support crossbeam B  2pc	13. Pull-up bar  1pc	14. Rear crossbeam  1pc	15. Upper upright. A  1pc
16. Upper upright B  1pc	17. Support A  1pc	18. Support B  1pc	19. Smith Machine guide rail  2pc	20. Smith Machine  1pc
21. Bracket  2pc	22. Sleeve  2pc	23. Smith machine adapter  2pc	24. Safety A  1pc	25. Safety B  1pc
26. Universal parts  1pc	27. Land Mine  1pc	28. Weight plate holder  6pc	29. Weight stack guide  4pc	30. Weight stack plate holder  2pc
31 Adapter  12pc	32. Weight plate  18pc	33. Weight selector rod  2pc	34. Smith machine pins  22pc	35. Shock absorber  8pc
36. Adapters 25-50mm  6pc	37. Cross-over cable bracket  1pc	38. Cable bracket  1pc	39. Cross-over cable pulleys B  2pc	40. Cable  2pc

List of Parts

41. Cross Cable Pin  2pc	42. Locking Pin  2pc	43. Weight Stack Cable Bracket  2pc	44. Weight Stack Pulley  2pc	45. Cable Pulleys  16pc
46. Dip Bar A  1pc	47. Dip Bar B  1pc	48. Spotter Arms A  1pc	49. Spotter Arms B  1pc	50. J-hooks A  1pc
51. J-hooks B  1pc	52. Jammer arms A  1pc	53. Jammer arms B  1pc	54. Rubber Feet  4pc	55.Weight Stack Pin  2pc
A. M10 Washers  140pc	B. M12 Washers  20pc	C. Large M10 Washers  2pc	D. M10 Self-Locking Nut  70pc	E. M12 Self-Locking Nut  6pc
F. M12 Nut  4pc	G. M 10x70mm  30pc	H. M10x90mm  16pc	I. M10x75mm  6pc	J. M10x25mm  2pc
K. M12x25mm  6pc	L. M12x30mm  4pc	M. M12x90  2pc	N. M10x16mm  22pc	O. M10x45mm  18pc
P. M12x60mm  2pc	Q. Carabiner  2pc	R. Handle  2pc		

4. ASSEMBLY INSTRUCTIONS

IMPORTANT: Two persons required for assembly. Read all steps before beginning. Do not attempt repairs before contacting customer service.

Before You Begin

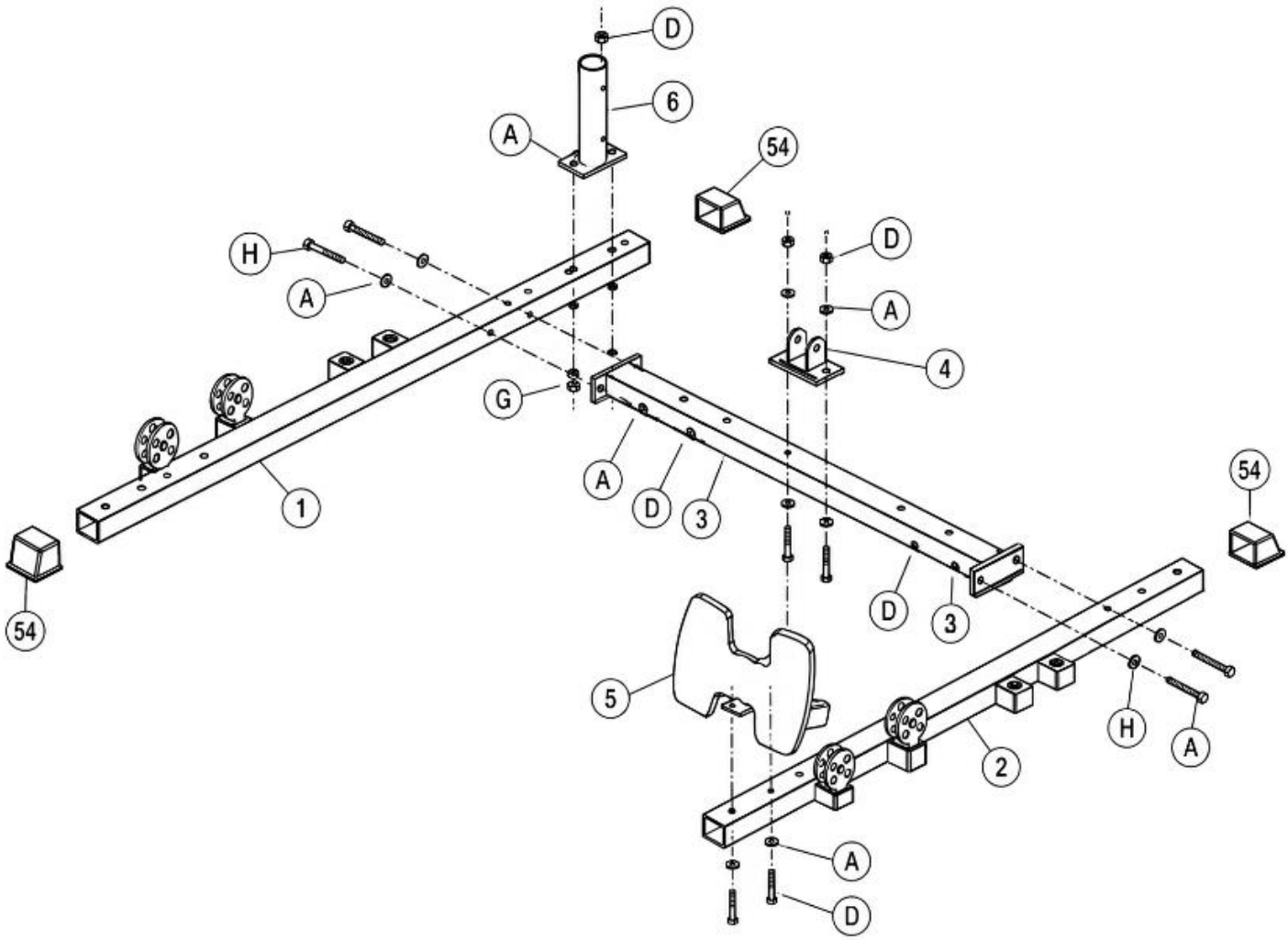
- Clear an area of at least 3.5 m × 3.0 m for safe assembly access
- Verify flooring is level — use a spirit level
- Rubber gym flooring (minimum 15 mm) is strongly recommended
- Verify ceiling height is minimum 250 cm
- Lay all parts out and cross-reference with the Parts List before starting
- Remove all safety tapes and packaging wrappers from all components

Assembly Steps

STEP 01

Base Frame Assembly — Parts: #1, #2, #3, #4, #5, #54

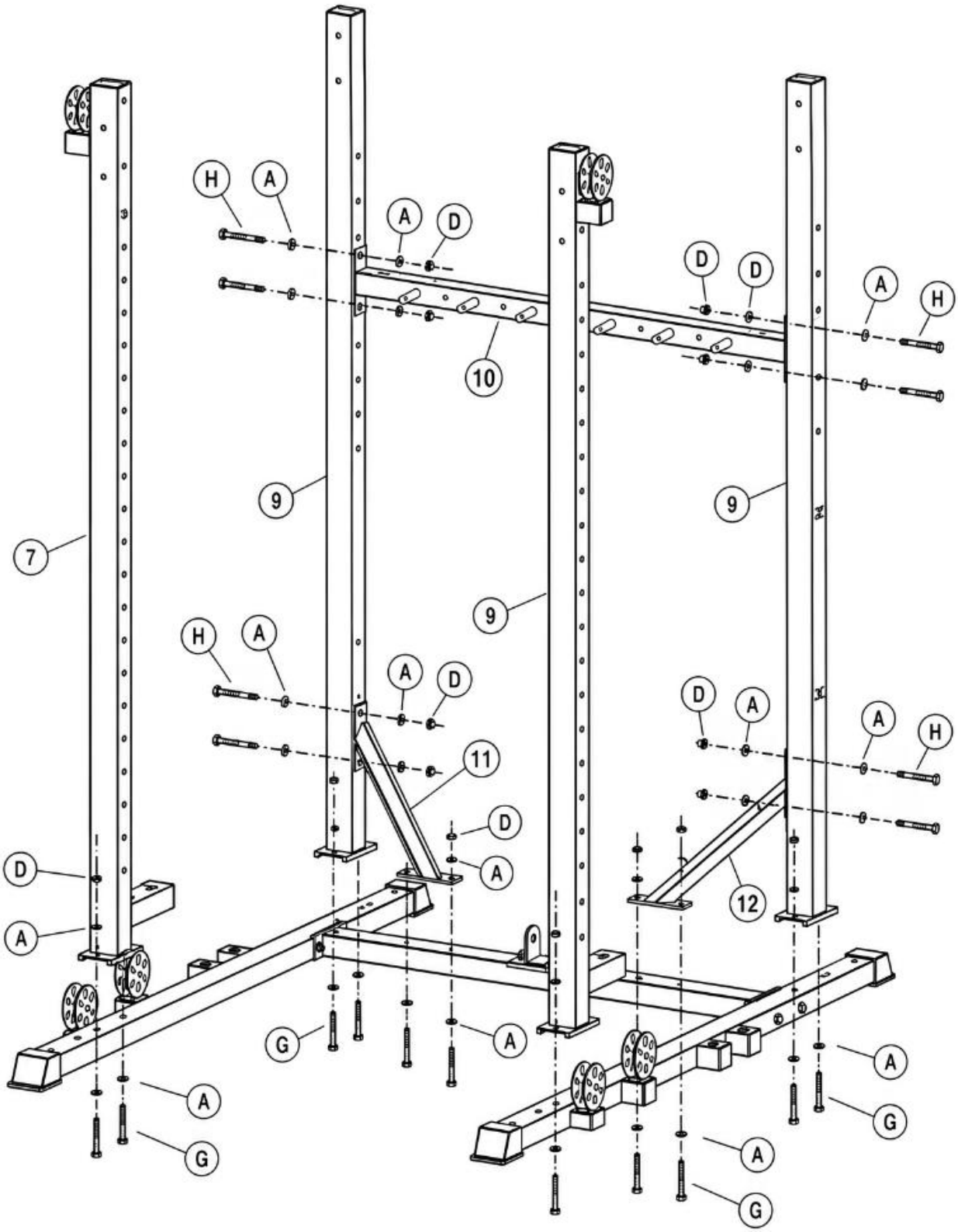
Install 4 rubber feet (#54) on the left (#1) and right (#2) base frames. Use (#G)(#A)(#D) to mount the landmine barrel base (#4) on rear base (#3). Use (#G)(#A)(#D) to install the leg press footplate (#5) on the right base (#2). Connect bases together with (#H)(#A)(#D). Leave bolts 2–3 turns loose.



STEP 02

Vertical Columns — Parts: #6, #7, #8, #9, #10, #11, #12

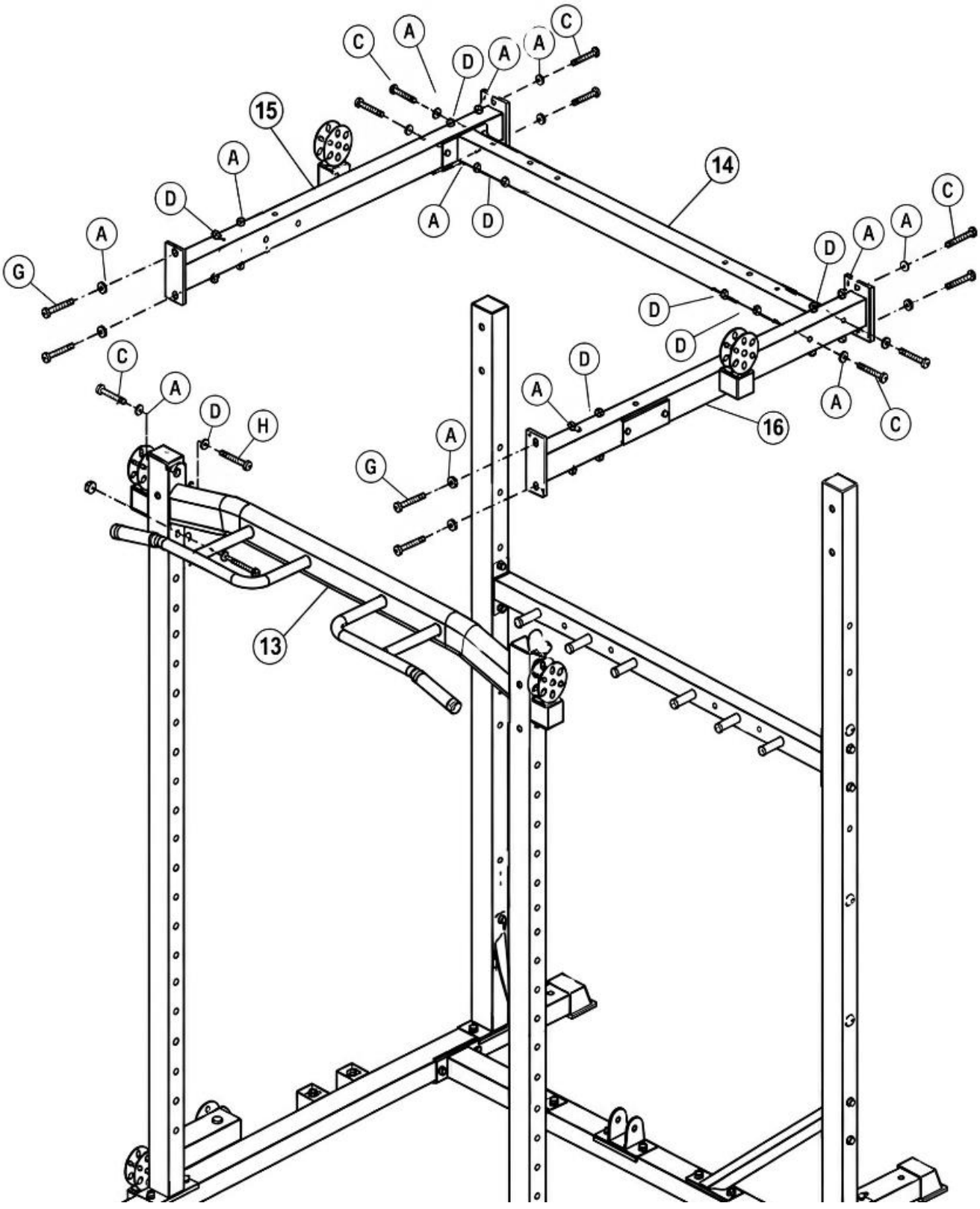
Install the left front column (#7), right front column (#8), and two rear columns (#9) onto the base frames using (#6)(#A)(#D). Connect left side braces (#11) and right side braces (#12) to the vertical uprights with (#H)(#A)(#D). Connect rear tool bar (#10) to the rear columns.



STEP 03

Top Frame & Pull-Up Bar — Parts: #13, #14, #15, #16

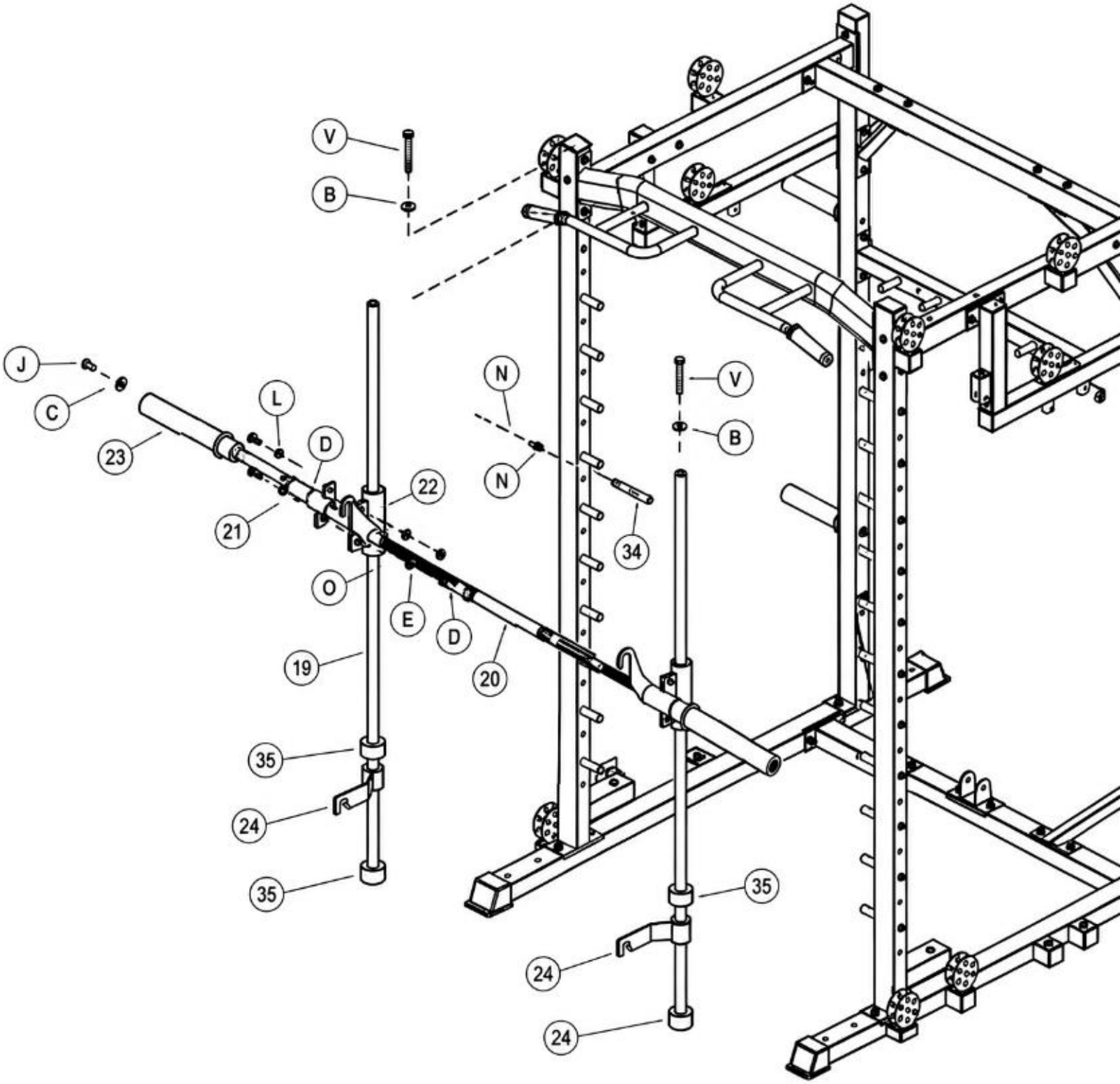
Install upper left bracket (#15) and upper right bracket (#16) on the uprights using (#G)(#A)(#D). Connect pull-up / front roof beam (#13) to the left and right front pillars with (#H)(#A)(#D). Connect rear roof beam (#14) to the upper brackets with (#G)(#A)(#D).



STEP 04

Support Arms & Smith Machine Rails— Parts: #17–#23, #34, #52, #53

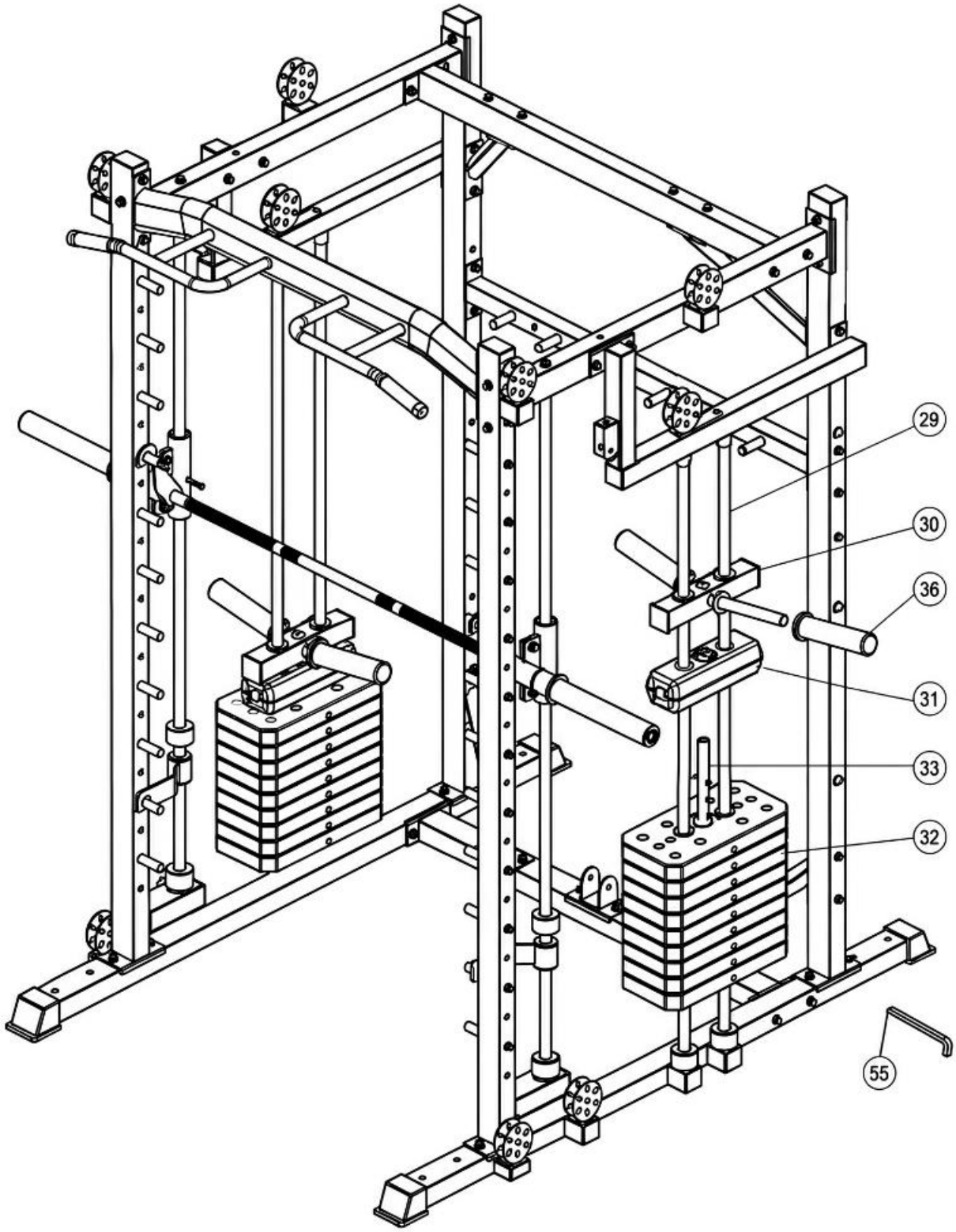
Install support arms (#17)(#18) on the barrel base using (#I)(#A)(#D). Thread Smith machine guide rails (#19) into the front column guide channels, secure with (#M)(#B). Insert Smith bar (#20) through sleeves (#22) and connect rail brackets (#21) with (#L)(#B)(#E). Install bar adapters (#23) at both ends with (#J)(#C). Insert locking pins (#34) into positions. Mount jammer arms (#52)(#53) to top crossbar pivot.



STEP 05

Weight Stack Assembly — Parts: #29–#36

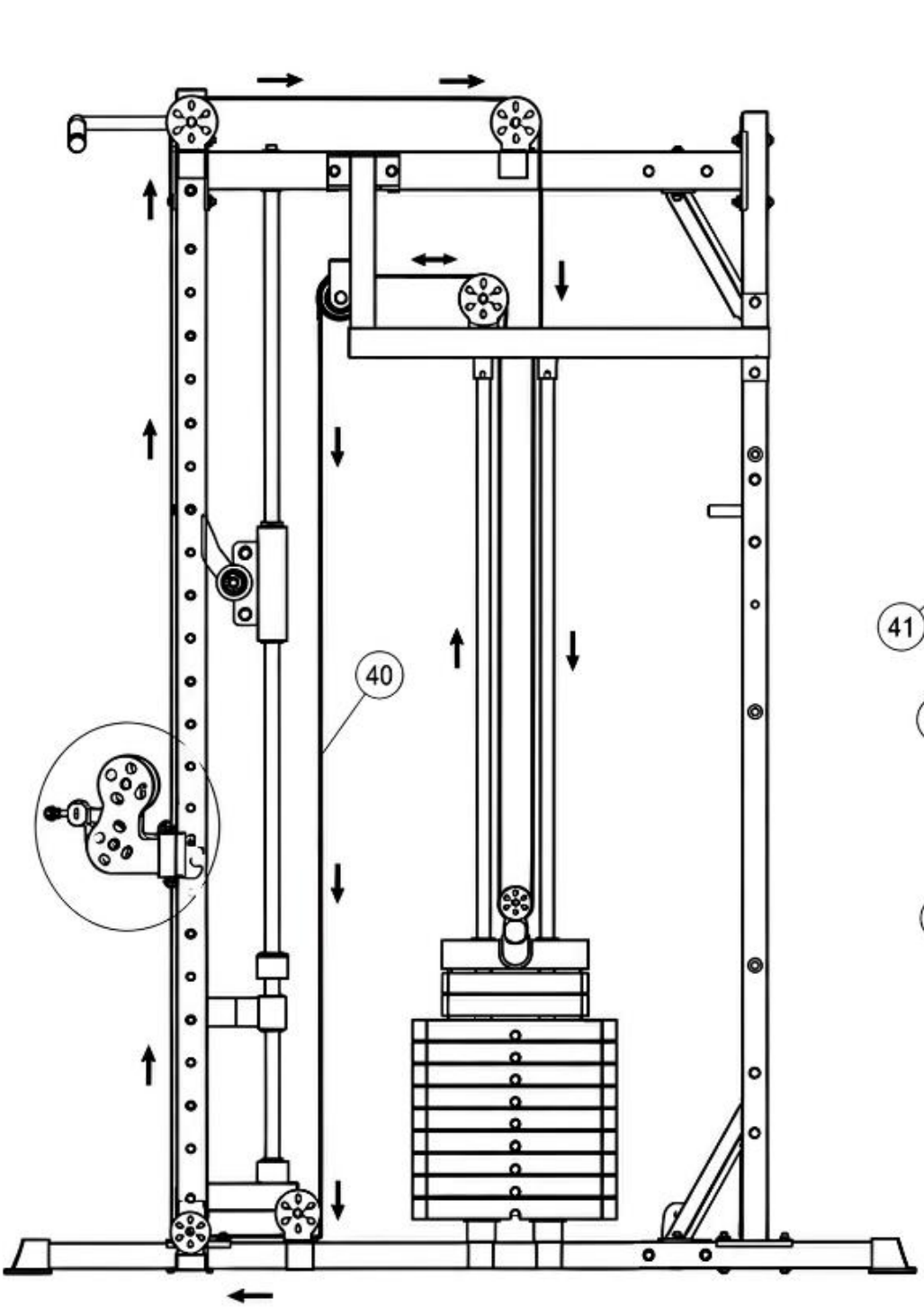
Tilt guide rod (#29) to 45°. Thread dampers (#35), weight plate holder (#30), adapters (#31), and weight plates (#32) in sequence onto the rod. Insert weight selector pin (#33). Stand rod upright and secure to frame with beam bolts. Repeat for the opposite side. Max: 80 kg per stack.



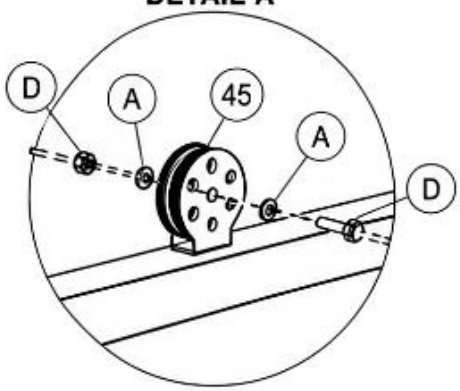
STEP 06

Cable Routing — Parts: #37–#45, #Q, #R

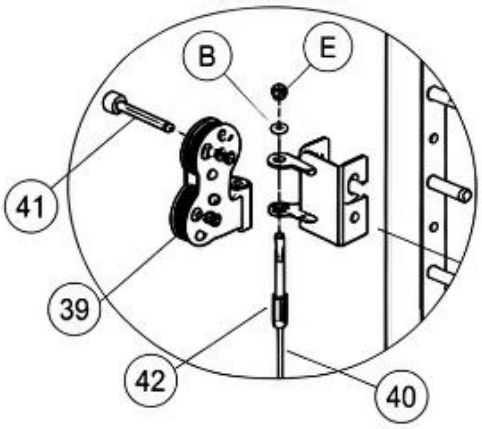
Route steel cable (#40) from the weight stack upward, over the top pulley (#44), through cable bracket A (#37) and bracket B (#38), and down through the adjustable mid pulleys (#45) following the arrow direction shown in the diagram. Attach carabiner (#Q) at cable end and connect triangle handle (#R). Repeat for both sides.



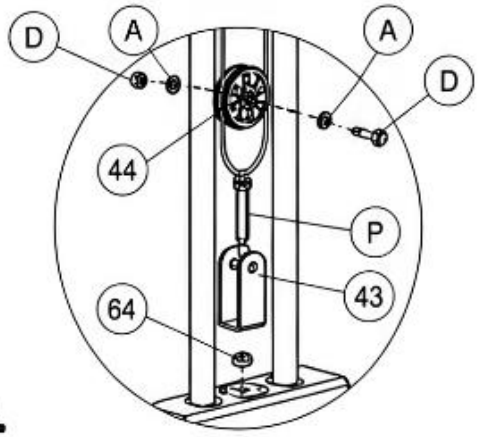
DETAIL A



DETAIL B



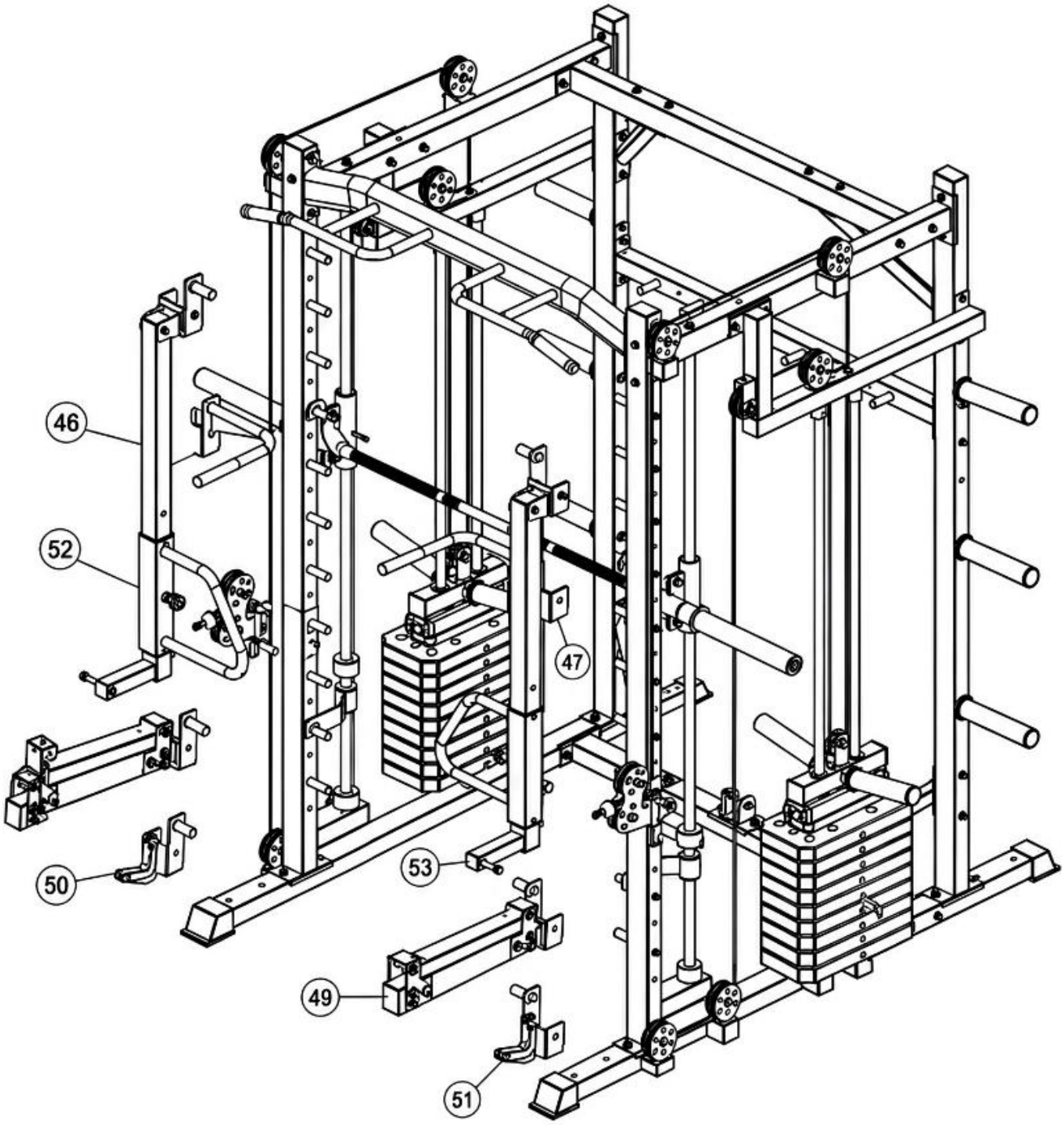
DETAIL C



STEP 07

Accessories — J-Hooks, Spotter Arms, Dip Handles — Parts: #46–#51

Mount J-hook A (#50) and J-hook B (#51) at desired barbell height on the uprights. Set spotter arms A (#48) and B (#49) to the appropriate safety position (see position guide). Install dip bar A (#46) and dip bar B (#47) at desired height. Install plate storage pegs (#28) in outer frame holes.



STEP 08

Final Check & Torque All Bolts

Using a torque wrench, fully tighten all structural bolts. Test each station through its full range of motion with zero load. Verify cable travel is smooth and stack rises without binding. Confirm all Smith machine lock pins are seated. The machine is ready for use.

5. STATION OPERATING INSTRUCTIONS

5.1 Power Rack Station

The power rack provides full free-weight barbell training with safety spotter arm protection. Use J-hooks A (#50) and B (#51) at equal heights on both uprights. Set spotter arms (#48 and #49) 5–10 cm below the lowest point of your exercise range before loading.

- Squat: J-hook at shoulder height. Spotter arms at parallel depth minus 10 cm.
- Bench Press: J-hook at upper chest height. Spotter arms at chest height minus 5 cm.
- Shoulder Press: J-hook at chin height. Spotter arms above head height.

5.2 Smith Machine Station

The integrated Smith machine uses a precision linear bearing system for smooth, guided barbell travel. The bar is secured at any position using the 22-point locking pin system (#34) — rotate bar slightly to engage or disengage the J-hooks.

- For squats: set lock pin just below parallel. Stand inside the rack.
- For bench press: use a FID bench (sold separately). Set lock pin at chest height.
- For hip thrusts: set bar low, just above floor level.
- Compatible with both 30 mm and 50 mm weight plates.

5.3 Dual Cable Trainer (Functional Trainer)

The two independent 80 kg cable stacks operate as a complete functional trainer / cable crossover machine with height-adjustable pulleys.

- Adjust pulley height by releasing the column locking pin, sliding to desired position, and re-engaging.
- Select weight by inserting the pin (#33) through the desired weight plate.
- Both stacks operate independently for unilateral and bilateral training.
- Max load per stack: 80 kg.

5.4 Jammer Arms Station

The jammer arms provide dynamic push-pull movement patterns replicating commercial gym equipment. Ideal for: chest press, shoulder press, rowing movements, and functional strength training.

- Grip the jammer arm handles firmly with both hands before unracking weight.
- The arc-motion path follows a natural biomechanical curve — do not force lateral deviation.
- Use a FID bench for seated jammer arm press (bench sold separately).

5.5 Leg Press Station

The integrated leg press footplate provides intense lower body training. Lie on a bench or floor pad and press both feet against the diamond-plate footplate.

- Ensure heels are fully on the footplate before pressing.
- Do not lock knees at full extension.
- Add weight via the Smith bar (lying leg press) or use bodyweight.

5.6 Pull-Up Bar Station

The top-mounted multi-grip pull-up bar offers wide, close, and neutral grip positions.

- Wide grip: targets latissimus dorsi.
- Close neutral grip: targets biceps and brachialis.
- Hanging knee/leg raises for core training.

5.7 Dip Station

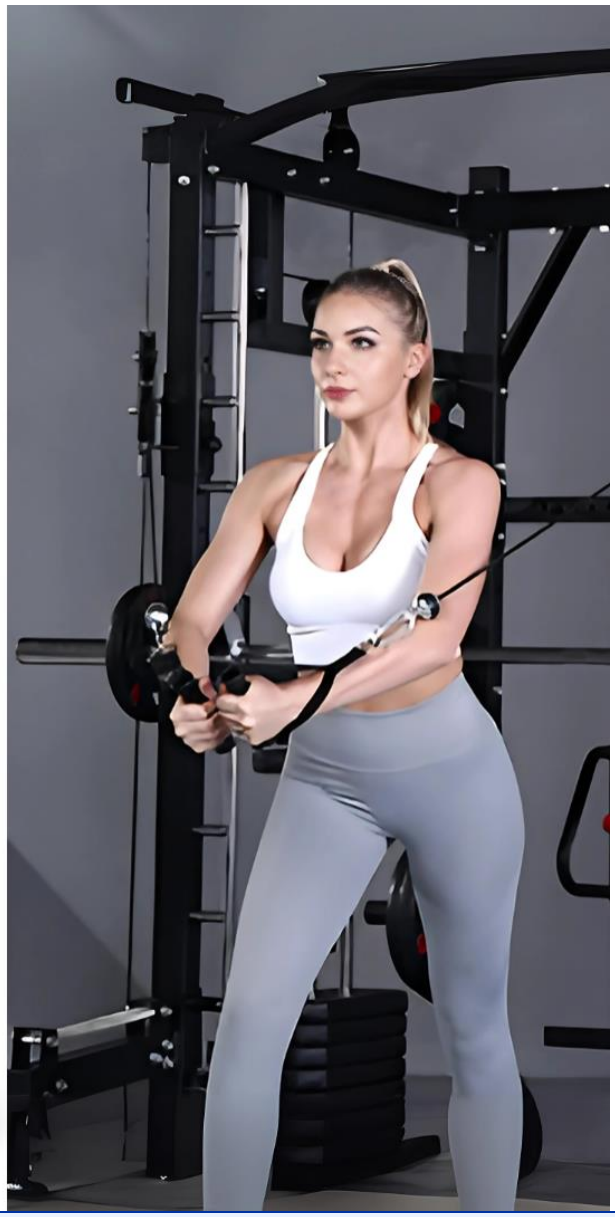
Install dip bars (#46 and #47) at shoulder width. Grip firmly, lower body until elbows reach 90°, then press to full extension. Target: triceps, lower chest, anterior deltoid.

5.8 Landmine Base

Insert a standard Olympic barbell sleeve into the landmine pivot base (#4). Load weight onto the opposite end. Exercises: landmine press, landmine row, rotational movements.







NOTE: Olympic barbell, FID bench, and weight plates for barbell/landmine training are NOT included and are sold separately.

6. EXERCISE GUIDE — 100+ EXERCISES

The Power Rack Mac Pro supports 100+ exercises covering all major muscle groups. The table below is a comprehensive reference organised by muscle group.

CHEST

Exercise	Station	Primary Muscles
Barbell Bench Press	Power Rack	Pectoralis Major, Triceps, Anterior Deltoid
Smith Machine Bench Press	Smith Machine	Pectoralis Major, Triceps
Incline Bench Press	Power Rack / Smith	Upper Pectoralis, Anterior Deltoid
Decline Bench Press	Power Rack / Smith	Lower Pectoralis
Cable Chest Fly	Dual Cable (High)	Pectoralis Major (isolation)
Low-to-High Cable Fly	Dual Cable (Low)	Upper Pectoralis
Jammer Arm Chest Press	Jammer Arms	Pectoralis Major, Triceps, Anterior Deltoid
Smith Machine Fly (wide grip)	Smith Machine	Pectoralis Major

BACK

Exercise	Station	Primary Muscles
Pull-Ups (Wide Grip)	Pull-Up Bar	Latissimus Dorsi, Biceps
Chin-Ups (Close Grip)	Pull-Up Bar	Latissimus Dorsi, Biceps (supinated)
Neutral Grip Pull-Ups	Pull-Up Bar	Latissimus Dorsi, Brachialis
Lat Pulldown	Dual Cable (Top)	Latissimus Dorsi, Teres Major
Seated Cable Row	Dual Cable (Low)	Rhomboids, Mid Trapezius, Biceps
Jammer Arm Row	Jammer Arms	Latissimus Dorsi, Rhomboids
Straight-Arm Pulldown	Dual Cable (Top)	Latissimus Dorsi
Reverse Cable Fly	Dual Cable	Rear Deltoid, Rhomboids
Rack Pull	Power Rack	Erector Spinae, Traps, Glutes
Landmine Row	Landmine Base	Latissimus Dorsi, Rear Deltoid
Smith Machine Bent Row	Smith Machine	Latissimus Dorsi, Rear Deltoid

SHOULDERS

Exercise	Station	Primary Muscles
Barbell Overhead Press	Power Rack	Anterior & Medial Deltoid, Triceps
Smith Machine OHP	Smith Machine	All Deltoid Heads, Triceps
Jammer Arm Shoulder Press	Jammer Arms	Anterior Deltoid, Triceps
Cable Lateral Raise	Dual Cable (Low)	Medial Deltoid
Cable Front Raise	Dual Cable (Low)	Anterior Deltoid
Face Pull	Dual Cable (High)	Rear Deltoid, External Rotators
Upright Row (Cable)	Dual Cable (Low)	Medial Deltoid, Upper Traps
Shrugs (Smith Machine)	Smith Machine	Trapezius

ARMS

Exercise	Station	Primary Muscles
Barbell Curl	Power Rack	Biceps Brachii
Smith Machine Drag Curl	Smith Machine	Biceps (peak contraction)
Cable Curl	Dual Cable (Low)	Biceps Brachii
Hammer Curl (Cable)	Dual Cable (Low)	Brachioradialis, Brachialis
Overhead Tricep Extension	Dual Cable (Top)	Triceps Long Head
Tricep Pushdown (Rope/Bar)	Dual Cable (Top)	Triceps Brachii
Dips	Dip Station	Triceps, Lower Chest, Anterior Deltoid
Close-Grip Smith Press	Smith Machine	Triceps, Pectoralis

LEGS & GLUTES

Exercise	Station	Primary Muscles
Barbell Squat	Power Rack	Quadriceps, Glutes, Hamstrings
Smith Machine Squat	Smith Machine	Quadriceps, Glutes
Smith Machine Lunge	Smith Machine	Quadriceps, Glutes, Hamstrings
Smith Machine Split Squat	Smith Machine	Quadriceps, Glutes
Hip Thrust (Smith Machine)	Smith Machine	Glute Maximus, Hamstrings
Leg Press	Leg Press Station	Quadriceps, Glutes, Hamstrings
Romanian Deadlift	Power Rack	Hamstrings, Glutes, Erector Spinae
Cable Pull-Through	Dual Cable (Low)	Glutes, Hamstrings
Cable Kickback	Dual Cable (Low)	Glute Maximus
Cable Hip Abduction	Dual Cable (Low)	Glute Medius
Calf Raise (Smith Machine)	Smith Machine	Gastrocnemius, Soleus

CORE

Exercise	Station	Primary Muscles
Hanging Knee Raise	Pull-Up Bar	Rectus Abdominis, Hip Flexors
Hanging Leg Raise	Pull-Up Bar	Lower Abdominals, Hip Flexors
Cable Crunch (Kneeling)	Dual Cable (Top)	Rectus Abdominis
Pallof Press	Dual Cable	Core Anti-Rotation Stability
Woodchop High to Low	Dual Cable (High)	Obliques, Core
Woodchop Low to High	Dual Cable (Low)	Obliques, Core
Landmine Rotation	Landmine Base	Obliques, Transverse Abdominis
L-Sit Hold	Dip Station	Core, Hip Flexors, Triceps

7. MAINTENANCE & CARE

Keep the machine clean and free of dust at all times. Do not use flammable substances or solvents for cleaning.

Cleaning

- After every training session remove sweat residues with a damp microfiber cloth. Sweat is corrosive to steel surfaces.
- Use water-based cleaning products and soft cloths only.
- Never use solvents containing petroleum derivatives (acetone, benzene), chlorine-based oils, or ammonia — these damage plastic parts and powder coating.
- Wipe down Smith bar rails, guide rods, and pulley channels with a clean dry cloth after use.

Maintenance Schedule

Frequency	Task	Method
After Every Use	Wipe all contact surfaces	Damp microfiber cloth
After Every Use	Inspect cable condition	Visual check, full length
After Every Use	Check weight selector pins	Visual + tactile check
Weekly	Check all bolts & fasteners	Hand-tighten any loose bolts
Weekly	Lubricate Smith machine rails	Light machine oil on rails
Weekly	Wipe and lightly oil guide rods	Dry cloth + light oil
Monthly	Full bolt torque check	Torque wrench per specification
Monthly	Inspect cable crimps & ends	Look for fraying/spreading
Monthly	Lubricate all pivot points	Light grease on bearing surfaces
Monthly	Check jammer arm pivot bolts	Torque wrench to spec
Every 3 Months	Full structural inspection	Check frame welds, all connections
Every 3 Months	Replace cables if damaged	Contact PH Fitness for replacement
Annually	Professional service check	Recommended for daily-use environments

CABLE REPLACEMENT: Replace steel cables at the first sign of fraying, kinking, corrosion, or strand breakage. Use only replacement cables rated to the correct load specification.

8. TROUBLESHOOTING

Problem	Likely Cause	Solution
Smith bar binds or moves unevenly	Guide rails dry or dirty; bearing wear	Oil rails with light machine oil; check bearing carriages
Cable slips off pulley	Misrouted cable; pulley groove worn	Re-route cable; inspect pulley for damage
Weight stack rattles	Guide rods need oil; plates misaligned	Wipe and lightly oil guide rods; realign plates
Machine rocks on floor	Floor uneven; base bolts loose	Level machine; tighten base bolts to spec
J-hooks won't engage in holes	Wrong hole selected; hook deformed	Try adjacent hole; inspect hook shape
Jammer arm pivot feels loose	Pivot bolt under-torqued	Re-tighten jammer arm pivot bolts to spec
Leg press platform wobbles	Mounting bolts loose	Re-tighten all leg press attachment bolts
Cable feels heavy/sticky	Cable kinked; pulley misaligned	Inspect full cable run; straighten cable path
Smith bar lock pins slip during use	Pins not fully engaged in rail notches	Fully rotate bar to engage J-hook position
Frame vibrates during heavy lifts	Structural bolt loosening	Full torque check all M10/M12 bolts

9. WARRANTY & CUSTOMER SUPPORT

2-Year Warranty

The PH Fitness Power Rack Mac Pro is covered by a 2-year manufacturer's warranty from the date of original purchase. The warranty covers structural frame defects, mechanical component defects, and factory assembly defects.

Warranty Exclusions

- Damage from improper assembly or use outside this manual
- Exceeding stated weight limits (300 kg barbell / 80 kg per cable stack)
- Normal wear items: cables, rubber feet, grips, upholstery
- Cosmetic damage from misuse or environmental exposure
- Damage from unauthorised modifications

Requesting Assistance or Spare Parts

Before contacting support, do not attempt any repairs. Have the following information ready:

- Your name, address, and telephone number
- Model name: Power Rack Pro
- Tax receipt or purchase invoice (if under warranty)
- Description of the problem or the part required

Making a Warranty Claim

- Retain your original proof of purchase — required for all warranty claims.
- Photograph the defect clearly from multiple angles.
- Contact PH Fitness customer support via the website or email.
- Provide model (Power Rack Pro), date of purchase, and description of defect.
- PH Fitness will advise on repair, replacement, or return procedure within 5 business days.

Delivery

The POWER RACK PRO is delivered free of charge to your home address. Delivery includes kerbside delivery. Assembly service is available in select regions — contact PH Fitness for details.

PH FITNESS

Website: phfitness.nl

Mail: support@phfitness.nl

Your gym. Your performance. Your pace.

PH FITNESS

POWER RACK PRO

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