

Soozier A91-176

Soozier Home Gym Equipment User Manual

Model: A91-176

1. SAFETY INFORMATION

Please read and understand all instructions before assembling and using this equipment. Keep this manual for future reference.

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the equipment on a flat, stable surface. Ensure adequate clearance around the machine.
- Inspect the equipment before each use for loose parts, worn cables, or any damage. Do not use if damaged.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum user weight capacity of 242 lbs (109.77 kg).
- Use the equipment only for its intended purpose as described in this manual.
- Always use controlled movements; avoid sudden or jerky motions.

2. PRODUCT OVERVIEW

The Soozier Multifunction Home Gym Equipment is designed to provide a comprehensive full-body workout in a compact space. It features a 99lbs adjustable weight stack, allowing for customizable resistance levels to suit various strength training needs.

Key Features:

- **Full Body Workout:** Integrated 99lbs weight stack for adjustable resistance, suitable for strengthening various muscle groups.
- **Versatile Exercise Stations:** Includes high pulley, dual-action chest station (chest press and chest fly), and leg curl station.
- **Dual Action Press Arms:** Allows for seamless transition between chest press and chest fly exercises.

- **Sturdy Construction:** Built with alloy steel, featuring a wide base for stability and nylon-coated steel wires tested for high capacity.



3. SETUP AND ASSEMBLY

The Soozier Home Gym Equipment is shipped in multiple packages. Please ensure all packages have arrived before beginning assembly. Assembly requires careful attention to detail and may be easier with two people.

Unpacking:

1. Carefully open all boxes and remove components.
2. Verify all parts are present against the included parts list (not provided in this manual, refer to original packaging).
3. Lay out all components in an organized manner to facilitate assembly.

Assembly Considerations:

- Some assembly steps, particularly involving the pulley system, may require careful interpretation of diagrams. Refer to visual aids if available.
- Ensure all bolts and nuts are securely tightened after each step, but do not overtighten until instructed.



The robust construction of the gym equipment, highlighting the wide base for stability and the durable high-strength steel rope.

4. OPERATING INSTRUCTIONS

This section provides guidance on how to use your Soozier Home Gym Equipment effectively and safely.

Adjusting Weight Stack:

The equipment features a 99lbs (45 kg) weight stack with 10 adjustable levels. To change the resistance, simply insert the selector pin into the desired weight plate. Ensure the pin is fully inserted before beginning your exercise.

**PROGRESSIVE
POWER**

YOUR WAY

*10-Level Adjustable
Weight Stack*



99 LBS. (45 KG)

The 10-level adjustable weight stack, allowing for progressive resistance from 9.9 lbs to 99 lbs.

Performing Exercises:

The Soozier Home Gym supports over 35 possible exercises targeting various muscle groups. Below are examples of common exercises:

- **Chest Press:** Sit on the seat, grasp the handles of the dual-action press arms, and push forward.
- **Chest Fly:** Adjust the dual-action press arms for fly motion, sit on the seat, and bring the handles together in front of your chest.
- **Lat Pulldown:** Sit on the seat, grasp the high pulley bar, and pull it down towards your upper chest.
- **Leg Extension/Curl:** Position your legs under/over the leg curl station pads and perform extensions or curls.

35+ **WORKOUT TYPES**



Chest Press



Lat Pulldown



Butterfly



Leg Extension

A visual guide to some of the 35+ workout types achievable with this home gym, including Chest Press, Lat Pulldown, Butterfly, and Leg Extension.



Illustration of the Lat Pull Down Distance, measuring 35.4 inches (90 cm), for effective upper body workouts.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your home gym equipment.

- **Cleaning:** Wipe down the frame and upholstery with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically apply a silicone-based lubricant to the guide rods of the weight stack and any moving pivot points to ensure smooth operation.
- **Inspection:** Regularly check all nuts, bolts, and connections to ensure they are tight. Inspect cables and pulleys for any signs of fraying, wear, or damage. Replace worn parts immediately.
- **Storage:** Store the equipment in a dry, temperate environment away from direct sunlight and moisture.

6. TROUBLESHOOTING

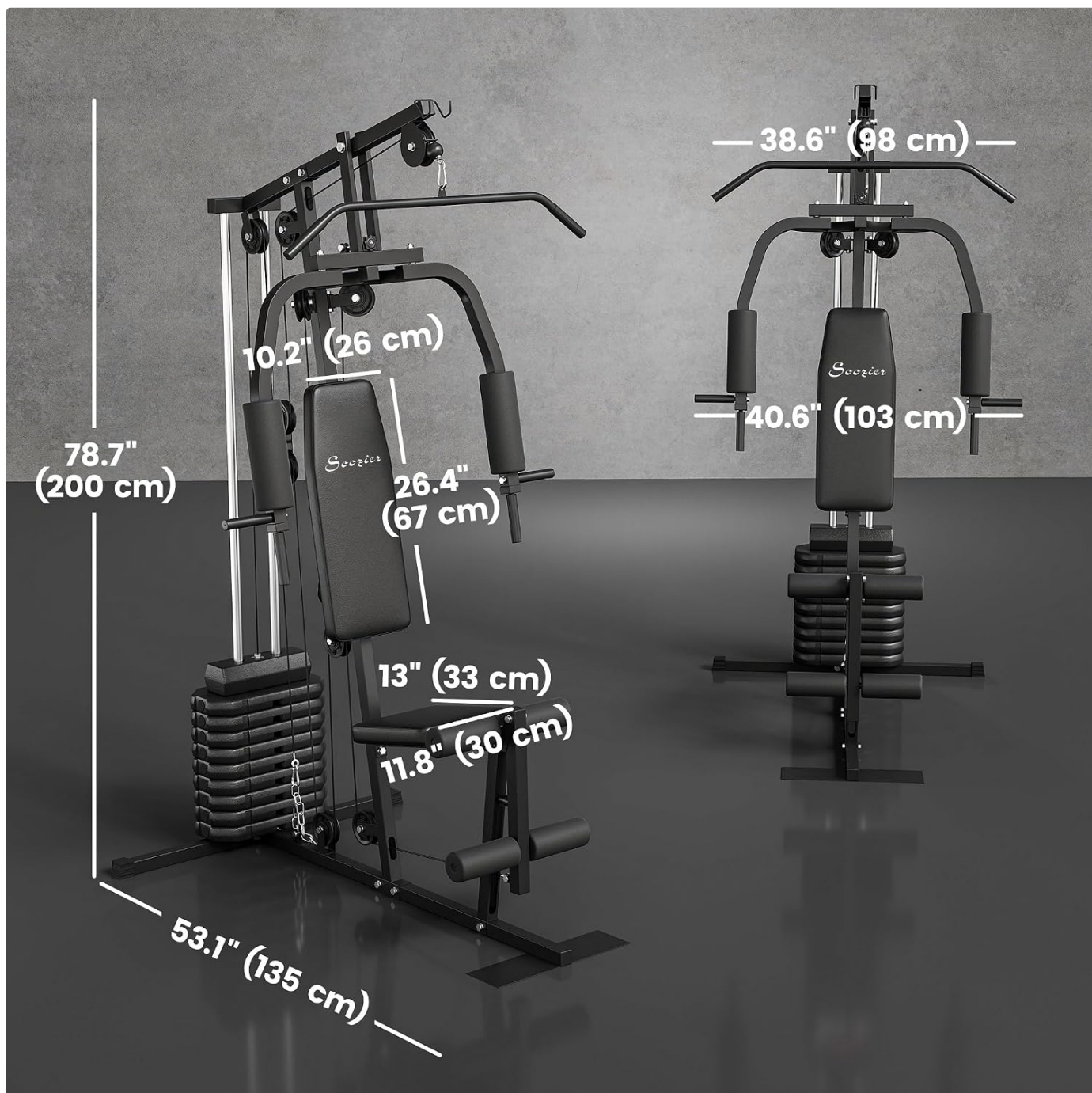
This section addresses common issues you might encounter with your home gym equipment.

Problem	Possible Cause	Solution
Squeaking or grinding noise during use	Lack of lubrication on guide rods or pulleys; loose bolts.	Apply silicone lubricant to guide rods and pulley axles. Check and tighten all bolts.
Weight stack not moving smoothly	Guide rods are dirty or dry; weight plates are misaligned.	Clean and lubricate guide rods. Ensure weight plates are properly aligned on the rods.
Cables appear loose or slack	Cable tension needs adjustment; improper routing.	Refer to assembly instructions for proper cable routing. If adjustable, tighten cable tension as per original manual.
Equipment feels unstable	Not on a level surface; loose frame bolts.	Move equipment to a level surface. Check and tighten all frame bolts.

7. SPECIFICATIONS

Detailed technical specifications for the Soozier Home Gym Equipment.

Attribute	Detail
Model Number	A91-176
Overall Dimensions (L x W x H)	135 cm x 103 cm x 200 cm (53.25"L x 40.5"W x 78.7"H)
Item Weight	32.43 kg (71.5 lbs)
Maximum User Weight Capacity	109.77 kg (242 lbs)
Weight Stack	99 lbs (45 kg)
Material	Alloy Steel
Color	Black
UPC	673986141304



Detailed dimensions of the Soozier Home Gym Equipment.

8. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your original purchase or contact the manufacturer directly. Keep your proof of purchase for any warranty claims.

Manufacturer Contact Information:

Manufacturer: Aosom Canada

Place of Business: Markham, Ontario, CA

Telephone: 1-416-792-6088

For technical assistance, replacement parts, or any other inquiries, please contact the manufacturer's support team using the provided contact details.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question