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› MAJOR LUTIE SML01 All-in-One Home Gym User Manual

MAJOR LUTIE SML01-R

MAJOR LUTIE SML01 All-in-One Home Gym User Manual

Model: SML01-R
Brand: MAJOR LUTIE

INTRODUCTION

This user manual provides comprehensive instructions for the assembly, operation, maintenance, and troubleshooting of your MAJOR LUTIE SML01 All-in-One Home Gym Power Cage. This versatile fitness system combines a Power Tower, Smith Barbell, Squat Rack, and Crossover Machine, offering a wide range of exercises for a complete home workout experience. Please read this manual thoroughly before use to ensure safe and effective operation.



Figure 1: The MAJOR LUTIE SML01 All-in-One Home Gym Power Cage, featuring a red and black frame with various attachments and weight plates.

SAFETY INFORMATION

Your safety is paramount. Adhere to all safety warnings and precautions to prevent injury and damage to the equipment.

- Consult a physician before starting any exercise program.
- Ensure all bolts, nuts, and connections are securely tightened before each use.

- Do not exceed the maximum weight capacities: Smith Machine Bar (500 lbs), Safety Catches (500 lbs), Cable System (400 lbs), Overall User Weight (400 lbs), Overall Equipment Capacity (1600 lbs).
- Keep children and pets away from the equipment during use.
- Perform a warm-up before exercising and cool-down afterwards.
- Use spotters when lifting heavy weights, especially with the squat rack.
- Inspect the equipment regularly for wear and tear, especially cables and pulleys. Replace worn parts immediately.
- Place the equipment on a flat, stable surface.

COMPONENTS OVERVIEW

The MAJOR LUTIE SML01 comes with a comprehensive set of components designed for a full-body workout. Familiarize yourself with each part before assembly.

PRODUCT SIZE



Figure 2: Detailed diagram illustrating all major components of the SML01 system, including the 50x70mm steel tube frame, 2mm thickness steel, 9-level height choices, weight plate holders, barbell holder, big foot board, lifting frame, wide & narrow pull-up bar, cable crossover,

dip handle, and 360° landmine attachment.

Included Attachments:

- **Cable Bar:** For various cable exercises.
- **Pin/Pipe Safety Set:** Adjustable safety catches for barbell exercises.
- **J-Hooks:** For racking barbells on the squat rack.
- **Landmine:** 360-degree pivot for landmine exercises.
- **Dip Bars:** For triceps dips and other bodyweight exercises.
- **T-Bar:** For T-bar rows when used with the landmine attachment.
- **LAT Bar Attachment:** For wide and narrow LAT pull-downs.
- **Extra Standard Barbell Holder:** For convenient barbell storage.
- **D-shaped Fitness Handles:** For cable exercises.



Figure 3: Image highlighting various multifunction features including the wide & narrow pull-up bar, 360° landmine, barbell/dumbbell plate holder, and high-quality barbell bar.



Figure 4: Image showcasing additional features such as two fitness handles, anti-falling frame, two grip dip handles, and barbell plates holder.

SETUP AND ASSEMBLY

Assembly requires two people and basic tools (not included). Follow the numbered steps carefully. Refer to the included assembly diagram (not provided in this digital manual, but typically included with the product packaging) for visual guidance.

1. **Unpack and Verify:** Carefully unpack all components and compare them against the parts list provided in your physical manual. Report any missing or damaged parts immediately.
2. **Base Frame Assembly:** Assemble the main base frame components, ensuring all connections are aligned and loosely secured.
3. **Upright Posts Installation:** Attach the vertical upright posts to the base frame. Pay attention to the orientation of the posts for proper attachment of accessories.
4. **Top Frame and Pull-up Bar:** Secure the top frame and the wide & narrow pull-up bar to the upright posts.

5. **Cable Pulley System:** Install the nylon-coated cables and pulley system according to the diagram. Ensure cables run smoothly through all pulleys without kinks.
6. **Smith Machine Bar:** Install the Smith machine barbell onto its tracks. Ensure it glides smoothly and the safety catches engage properly.
7. **Accessory Installation:** Attach the J-hooks, safety catches, landmine attachment, dip bars, and weight plate holders to their designated positions.
8. **Final Tightening:** Once all components are in place, systematically tighten all bolts and nuts using appropriate wrenches. Do not overtighten.
9. **Stability Check:** Gently shake the assembled unit to ensure it is stable and all connections are secure.

For detailed visual instructions, please refer to the assembly guide provided in the product packaging.

OPERATING INSTRUCTIONS

The MAJOR LUTIE SML01 offers a variety of exercise options. Always ensure proper form and adjust settings for your safety and comfort.

Smith Machine Operation:

- To unlock the Smith machine bar, rotate it slightly to disengage from the safety hooks.
- To re-rack, lift the bar and rotate it back into the safety hooks.
- Adjust the safety catches to a height that prevents the bar from falling too low during your exercise.



Figure 5: Close-up view of the adjustable safety catches, essential for safe Smith machine operation.

Cable Crossover System:

- Attach desired handles (D-shaped, cable bar, LAT bar) to the cable ends.
- Adjust the pulley height using the 9 adjustable positions to suit your exercise.
- Ensure weight plates are securely loaded onto the weight pegs for the cable system.

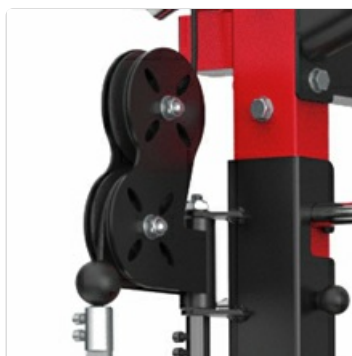


Figure 6: Detail of the smooth-operating cable pulley system, allowing for various exercises.

Landmine Attachment:

- Insert one end of an Olympic barbell into the landmine attachment.
- Use the T-bar handle or other attachments for exercises like landmine rows, presses, and twists.



Figure 7: The 360-degree rotating landmine attachment, providing versatility for barbell exercises.

Pull-up Bar and Dip Station:

- The multi-grip pull-up bar allows for wide, narrow, and neutral grip pull-ups.
- Attach the dip bars to the designated holes for triceps dips and leg raises.

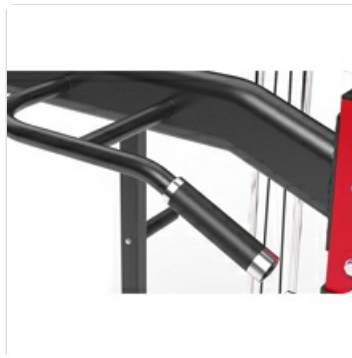


Figure 8: Detail of the multi-grip pull-up bar, designed for various grip positions.



Figure 9: Close-up view of the sturdy dip bars, attachable for bodyweight exercises.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your MAJOR LUTIE SML01 Home Gym.

- **Daily:** Wipe down the frame and handles with a damp cloth after each use to remove sweat and dust.
- **Weekly:** Inspect all bolts, nuts, and connections for tightness. Re-tighten as necessary.
- **Monthly:** Check the condition of the cables and pulleys for any signs of fraying, wear, or damage. Lubricate moving parts with a silicone-based lubricant if they become stiff.

- **Periodically:** Inspect the structural integrity of the steel frame for any cracks or deformation.

TROUBLESHOOTING

Here are some common issues and their solutions:

Problem	Possible Cause	Solution
Squeaking or grinding noise from pulleys/cables.	Lack of lubrication, debris in pulleys, worn cable.	Apply silicone lubricant to pulleys and cable. Clean pulleys. Inspect cable for damage and replace if necessary.
Smith machine bar not moving smoothly.	Dust/debris on guide rods, lack of lubrication.	Clean guide rods thoroughly. Apply a thin layer of silicone lubricant.
Equipment feels unstable or wobbly.	Loose bolts/nuts, uneven floor.	Check and tighten all assembly bolts. Ensure the equipment is on a flat, level surface.
Attachments difficult to insert/remove.	Holes misaligned, paint buildup, minor deformation.	Ensure proper alignment. Clear any obstructions. Contact support if persistent.

SPECIFICATIONS

Key specifications for the MAJOR LUTIE SML01 All-in-One Home Gym:

Feature	Detail
Model Name	SML01 Red
Material	Alloy Steel (50 x 70mm commercial steel square frame, 2mm thickness)
Dimensions (L x W x H)	60 x 61 x 83.1 inches
Product Weight	276 lbs
Max User Weight	400 lbs
Max Capacity Smith Machine Bar	500 lbs
Max Capacity Safety Catches	500 lbs
Max Capacity Cable System	400 lbs
Maximum Weight Recommendation (Overall)	1600 lbs
Pulley System	Nylon-coated cables, 9 adjustable heights
Included Components	SML01 Red, Weight Plates (if purchased as a set)



Figure 10: Diagram showing the dimensions of the SML01 Home Gym: 60.0" L x 61.0" W x 83.0" H.



Figure 11: Visual representation of the 1600 lbs overall weight capacity of the system.

WARRANTY AND SUPPORT

MAJOR LUTIE is committed to providing quality products and excellent customer service.

- **Warranty:** The product comes with a 1-year warranty.
- **Components Replacement:** Enjoy a 10-month components replacement service for any defective parts.
- **Customer Support:** If you have any questions, concerns, or require assistance, please contact MAJOR LUTIE customer service via email. Responses are typically provided within 12 hours.

- For contact information, please refer to the packaging or the official MAJOR LUTIE website.

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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.

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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