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### DONOW DN-SM3000

# DONOW Smith Machine Power Cage User Manual

Model: DN-SM3000

Brand: DONOW

## 1. INTRODUCTION

The DONOW Smith Machine Power Cage is a comprehensive home gym system designed for strength training. This versatile equipment integrates a smith machine, squat rack, chest station, and a lat pull-down pulley system, offering a wide range of exercises for a full-body workout. It is constructed with commercial-grade solid steel to ensure durability and stability for years of use.



Figure 1.1: The DONOW Smith Machine Power Cage, a multi-functional home gym system.

## 2. SAFETY INFORMATION

Before operating this equipment, please read and understand all instructions and warnings. Failure to follow these instructions may result in serious injury or equipment damage.

- Consult with a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Ensure all bolts and nuts are securely tightened before each use. Regularly inspect the equipment for

loose parts or wear.

- Do not exceed the maximum weight recommendations for any component (e.g., 181.44 kg / 400 lbs for the smith bar and various stations).
- Use the safety catches on the smith machine at all times, especially when lifting heavy weights.
- Perform exercises with controlled movements. Avoid sudden or jerky motions.
- Wear appropriate athletic footwear and clothing.
- Place the equipment on a flat, stable surface.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.

### 3. COMPONENTS AND INCLUDED PARTS

The DONOW Smith Machine Power Cage comes with all necessary components for a comprehensive workout. Below is an overview of the main parts included:



Figure 3.1: Diagram illustrating the main components included with the power cage.

- **50\*50mm Steel Tube Frame:** The primary structural support of the power cage.
- **Smith Bar:** A fixed barbell that moves vertically along guide rods, equipped with safety catches.
- **Smith Safety Catch:** Adjustable hooks to secure the smith bar at various heights, providing safety during lifts.
- **24-Level Height Choices:** Multiple adjustment points for the smith bar and other attachments.
- **LAT Pull Down Bar:** An attachment for performing lat pulldowns and other cable exercises.
- **Chest Station:** Designed for butterfly press exercises.
- **3 Pulley Systems:** High and low pulleys for a variety of cable exercises.
- **Weight Plate Holders:** Storage pegs for Olympic or standard weight plates.
- **Low Row Bar:** An attachment for seated rowing exercises.
- **360° Landmine:** A pivot point for barbell exercises (barbell not included).
- **Extra Ankle Hook:** For leg training exercises with the pulley system.



Figure 3.2: Detail of the smooth rolling bearing for fluid smith bar movement.



Figure 3.3: Close-up of the robust pulley system components.

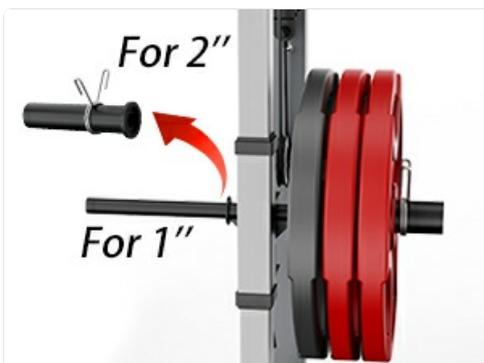


Figure 3.4: Weight plate holders compatible with both 1" and 2" diameter bars.

and 2" plates.



Figure 3.5: Ergonomically designed back support for comfort during exercises.

## 4. SETUP AND ASSEMBLY

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Detailed assembly instructions are provided in the official Instruction for Use (IFU) PDF document. Please refer to this document for step-by-step guidance, diagrams, and a complete parts list.

Before beginning assembly:

- Unpack all components and verify against the parts list in the IFU.
- Ensure you have adequate space for assembly and operation. The assembled dimensions are approximately 38.2"D x 48"W x 80.95"H.
- Gather all required tools as specified in the IFU.
- It is recommended to have at least two people for assembly due to the size and weight of some components.



Figure 4.1: Assembled dimensions of the DONOW Smith Machine Power Cage.

For the complete assembly guide, please download the [Instructions for Use \(IFU\) \(PDF\)](#).

## 5. OPERATING INSTRUCTIONS

The DONOW Smith Machine Power Cage offers multiple functionalities for a diverse workout routine.

### 5.1 Smith Machine Operation

The smith machine provides a guided barbell path for exercises like squats, bench presses, and shoulder presses, enhancing safety and stability. The fixed smith bar moves along two solid guide rods with safety hooks.

# SOLID BARBELL GUIDE ROD



Figure 5.1: The smith bar features smooth rolling bearings and sturdy safety hooks for secure operation.

- To adjust the bar height, lift the bar slightly, rotate it to disengage the hooks, and slide it to the desired height. Re-engage the hooks into the nearest slot.
- Always set the safety catches to a height that prevents the bar from descending too low, especially during heavy lifts.
- The smith bar is compatible with both 1-inch and 2-inch weight plates using the included Olympic sleeve adapters.

## 5.2 Chest Station (Butterfly Press)

The chest station allows for effective butterfly press exercises, targeting chest muscles. The design ensures an ergonomic and effective range of motion.

# CHEST STATION - BUTTERFLY PRESS



Figure 5.2: Proper form for using the chest station for butterfly presses.

## 5.3 Pulley System (Lat Pulldown, Seated Row, Leg Training)

The integrated high and low pulley systems provide versatility for various upper and lower body exercises. Attach the appropriate handles or accessories for your desired workout.



Figure 5.3: Examples of exercises using the pulley system, including Bench Press (with separate bench), Lat Pulldown, Seated Rowing, and Leg Training.

- **Lat Pulldown:** Use the high pulley with the lat pulldown bar to target your back muscles.
- **Seated Rowing:** Connect the low row bar to the lower pulley for effective back and arm training.
- **Leg Training:** Utilize the ankle hook with the low pulley for various leg exercises.

## 5.4 Weight Capacity

Adhere to the maximum weight capacities for safe operation:



Figure 5.4: Maximum weight capacities for various points on the power cage, generally 400 lbs (181.44 kg) per station.

## 5.5 Product Overview Video

Watch this official product video for a visual overview of the DONOW Smith Machine Power Rack's features and functionalities.

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Video 5.1: An official overview of the DONOW Smith Machine Power Rack, demonstrating its various features and components.

## 6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your DONOW Smith Machine Power Cage.

- **Daily:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust.
- **Weekly:** Inspect all bolts, nuts, and connections for tightness. Tighten any loose fasteners.

- **Monthly:** Check cables and pulleys for any signs of fraying, wear, or damage. Ensure smooth operation of the pulley system. Lubricate moving parts as needed with a silicone-based lubricant.
- **General:** Keep the area around the equipment clean and free of obstructions. Store the equipment in a dry environment to prevent rust.

## 7. TROUBLESHOOTING

This section addresses common issues you might encounter with your power cage.

Problem	Possible Cause	Solution
Squeaking noises during operation	Loose bolts or lack of lubrication on moving parts.	Tighten all bolts and nuts. Apply silicone-based lubricant to guide rods and pulley axles.
Smith bar movement is not smooth	Dust/debris on guide rods, insufficient lubrication, or worn bearings.	Clean guide rods thoroughly. Apply lubricant. If issue persists, contact customer support for bearing inspection.
Cables appear frayed or damaged	Normal wear and tear, or improper installation/routing.	Immediately cease use of the affected cable. Contact customer support for replacement cables. Ensure correct cable routing as per IFU.
Equipment feels unstable	Uneven floor, loose assembly, or missing components.	Ensure equipment is on a flat, level surface. Re-check all assembly connections and tighten. Verify all parts are installed.

If you encounter an issue not listed here or if the suggested solutions do not resolve the problem, please contact DONOW customer support.

## 8. SPECIFICATIONS

Feature	Detail
Brand	DONOW
Model Name	DN-SM3000
Product Dimensions (LxWxH)	38.2"D x 48"W x 80.95"H (97cm D x 122cm W x 205.6cm H)
Item Weight	90 Pounds (40.8 kg)
Maximum Weight Recommendation	181.44 Kilograms (400 lbs) per station
Material	Commercial-grade solid steel frame

Feature	Detail
Included Components	Smith bar with safety set, chest station, LAT pull down and up bars, extra ankle hook. (Weights not included)
Handle Type	Deal's Price-New Arrival
Strap Type	Cable/Pulley straps
Tension Level	181.437 kilograms

## 9. WARRANTY AND CUSTOMER SUPPORT

### 9.1 Warranty Information

The DONOW Smith Machine Power Cage comes with a **2-Year Manufacturer's Warranty**. This warranty covers defects in materials and workmanship under normal use and service. Please retain your proof of purchase for warranty claims.

### 9.2 Customer Support

For any questions regarding assembly, operation, maintenance, or warranty claims, please contact DONOW customer support. You can find contact information and additional resources by visiting the official DONOW store:

[Visit the DONOW Store](#)

DONOW is committed to providing excellent customer service and support for your fitness journey.