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› Soozier Multifunction Home Gym System User Manual

Soozier USA91-1320131

Soozier Multifunction Home Gym System User Manual

Model: USA91-1320131

Brand: Soozier

INTRODUCTION

The Soozier Multifunction Home Gym System is a comprehensive workout station designed for full-body exercise. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read all instructions carefully before use to ensure proper function and longevity of the product.





Figure 1: Soozier Multifunction Home Gym System overview.

SAFETY INFORMATION

To reduce the risk of serious injury, read the following important precautions before using the Soozier Home Gym System:

- Consult with a physician before beginning any exercise program.
- Keep children and pets away from the equipment during use.
- Place the gym system on a level surface with adequate clearance around it (at least 2 feet).
- Inspect the equipment before each use for loose parts, worn cables, or any damage. Do not use if damaged.
- Ensure all bolts and nuts are securely tightened before and during use.
- The maximum user weight capacity for this machine is 264 lbs.
- Recommended user height is between 63 inches and 78.75 inches.
- Wear appropriate exercise attire and footwear.
- Do not overexert yourself. Stop exercising immediately if you feel faint, dizzy, or experience pain.
- This equipment is designed for home use only.

COMPONENTS LIST

Your Soozier Home Gym System is shipped in four packages and may arrive on different dates. Please ensure all packages have arrived and all components are present before beginning assembly. Refer to the assembly diagram for part identification.

- Main Frame Components (various steel tubes and supports)
- Weight Stack (10 pieces, total 99 lbs)
- Padded Seat and Backrest Cushions
- Dual-Function Leg Developer with Padding
- Chest Press Arms with Foam Grips
- Lat Pulldown Bar
- Bicep Curls Pad
- Cable and Pulley System Components
- Hardware (bolts, nuts, washers, pins)
- Assembly Tools (basic wrench, allen keys)

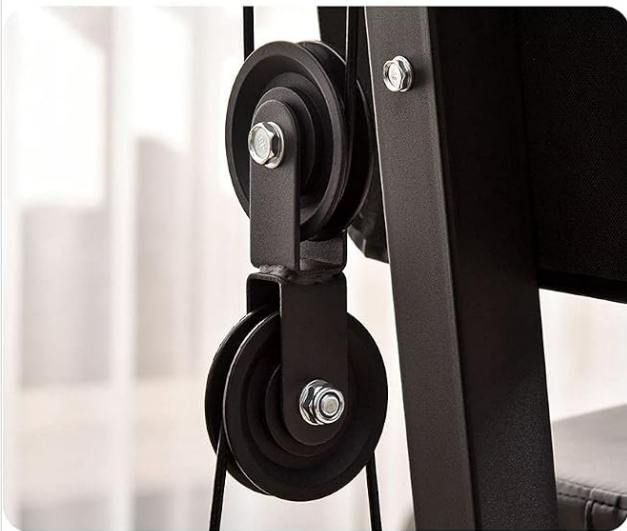
PRODUCT DETAILS DISPLAY



Thicker seat and back cushion



Foam wrapped footrest



Smooth roller system



Non-slip feet

Figure 2: Key components including thicker seat and back cushion, foam wrapped footrest, smooth roller system, and non-slip feet.

SETUP INSTRUCTIONS

Assembly requires two people and approximately 2-4 hours. Follow the numbered steps in the provided assembly manual (not included in this HTML document) for detailed instructions. Ensure all connections are secure before proceeding to the next step.

1. Unpack all components and verify against the parts list.
2. Assemble the main base frame, ensuring it is stable and level.
3. Attach the vertical support columns and upper frame.
4. Install the weight stack guide rods and the weight plates.
5. Assemble and attach the chest press arms and lat pulldown bar.
6. Install the seat, backrest, and bicep curl pad.

7. Route the cables through the pulley system as per the diagram, ensuring they are not twisted.
8. Attach the leg developer and other accessory attachments.
9. Perform a final check of all bolts, nuts, and cable connections to ensure they are tight and secure.



Figure 3: Overall dimensions of the assembled gym system: 58.25"L x 42.5"W x 81.5"H.

OPERATING INSTRUCTIONS

The Soozier Home Gym System offers a variety of exercises for a full-body workout. Adjust the weight stack by inserting the pin into the desired weight plate. Always ensure the pin is fully inserted before starting an exercise.

Adjustable Features:

- **Leg Developer Angle:** Adjust the angle of the leg developer from 0-90° for comfort during leg extension exercises.
- **Foot Roller Settings:** The foot roller has three adjustable settings to accommodate different user heights.
- **Pec Fly Arms:** The multi-function press arm allows for chest presses and pec fly exercises without changing stations.

- **Lat Pulldown Bar:** The drop-down distance for the lat pulldown bar is 90cm.

ADJUSTABLE



Figure 4: Adjustable components for customized workouts.

STRENGTH TRAINING

Satisfy your various needs



Total weight 99lbs

9 pieces 10lbs and
1 piece 8lbs

Figure 5: The 99 lbs weight stack, consisting of 9x 10lb plates and 1x 8lb plate.

Exercise Examples:

- **Chest Press:** Sit on the bench, grasp the handles, and push forward to engage chest muscles.
- **Leg Extension:** Sit on the bench, place shins behind the padded bar, and extend legs forward.
- **Lat Pulldown:** Grasp the lat pulldown bar, sit on the bench, and pull the bar down towards your chest.
- **Bicep Curls:** Use the bicep curl pad and appropriate attachment to perform curls.
- **Lower Bar Pull-ups:** Utilize the lower bar for various pull-up exercises.

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Video 1: Official product video demonstrating various exercises on the Soozier A91-132 Multi-Exercise Gym Station, including chest press, leg extensions, lat pulldowns, and bicep curls. This video provides a visual guide to the machine's functionality and exercise possibilities.

MAINTENANCE

Regular maintenance ensures the safety and extends the lifespan of your gym system:

- **Cleaning:** Wipe down the frame and padded surfaces with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners. Inspect cables and pulleys for fraying or damage.
- **Lubrication:** Apply a silicone-based lubricant to the guide rods and pivot points of the moving parts every few months, or as needed, to ensure smooth operation.
- **Storage:** Store the gym system in a dry, climate-controlled environment to prevent rust and material degradation.



Figure 6: Detail of the smooth roller system, which should be regularly inspected and lubricated.

TROUBLESHOOTING

If you encounter issues with your Soozier Home Gym System, refer to the table below for common problems and solutions:

Problem	Possible Cause	Solution
Equipment feels shaky or unstable	Loose bolts or uneven surface.	Ensure all assembly bolts are tightened. Place the machine on a flat, stable surface.
Cables are not moving smoothly	Lack of lubrication, debris in pulleys, or misaligned cables.	Lubricate guide rods and pulleys with silicone spray. Check pulleys for obstructions. Verify cable routing.
Weight plates sticking	Guide rods are dirty or not lubricated.	Clean guide rods and apply silicone lubricant.
Noise during operation	Loose components, lack of lubrication, or worn parts.	Tighten all fasteners. Lubricate moving parts. Inspect for worn cables or pulleys and replace if necessary.

SPECIFICATIONS

Feature	Detail
Brand	Soozier
Model Name	Home Gym System
Part Number	USA91-1320131
Overall Dimensions (L x W x H)	58.25" x 42.5" x 81.5"
Material	Steel, PU
Color	Black
Weight Stack	99 lbs (10 pieces)
Maximum Weight Recommendation	264 lbs
Recommended User Height	63" - 78.75"
Strap Type	Cable/Pulley straps
Included Components	Chest Press Machine, Leg Extension Machine, Lat Pull Down Bar, Bicep Curls Pad
UPC	842525155588

WARRANTY & SUPPORT

Soozier is committed to providing quality products. For any questions, concerns, or support needs regarding your Home Gym System, please contact customer support.

- **Returns:** This product is eligible for 30-day easy returns. Please refer to your purchase platform's return policy for detailed instructions.
- **Customer Support:** For assistance with assembly, parts, or operation, please visit the [Soozier Store on Amazon](#) or contact Aosom Direct customer service.

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

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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