

## Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

[manuals.plus](#) /

› [DONOW](#) /

› [DONOW Smith Machine with Bench, Power Cage Power Rack Squat Rack with Smith Bar Home Gym System with LAT Pull Down Chest Station for Strengthen Training User Manual](#)

## DONOW DN-SM3000B

# DONOW Smith Machine with Bench User Manual

Model: DN-SM3000B | Brand: DONOW

## INTRODUCTION

The DONOW Smith Machine with Bench is a versatile home gym system designed for comprehensive strength training. It integrates a smith machine, power cage, squat rack, chest station, and a lat pull-down pulley system, offering a wide range of exercises to target various muscle groups.

This manual provides essential information for the safe and effective assembly, operation, and maintenance of your DONOW Smith Machine. Please read it thoroughly before use and retain it for future reference.



The DONOW Smith Machine, a multi-functional home gym system.

## SAFETY INFORMATION

**WARNING:** Serious injury or death can occur if safety precautions are not followed. Consult a physician before starting any exercise program. Always use the equipment on a stable, level surface.

- Ensure all bolts, nuts, and connections are securely tightened before each use.
- Do not exceed the maximum weight capacities specified for each component.
- Keep children and pets away from the equipment during operation.
- Perform a warm-up before exercising and cool-down afterward.
- If you experience pain or dizziness, stop exercising immediately.
- Regularly inspect the equipment for wear and tear, especially cables, pulleys, and safety catches. Replace worn parts immediately.

## COMPONENTS INCLUDED

The DONOW Smith Machine package includes all necessary components for a complete home gym experience. Please verify all parts are present upon delivery.



Visual representation of the main components included with the DONOW Smith Machine.

- **Smith Bar with Safety Set:** For guided barbell exercises.
- **Chest Station:** For butterfly press exercises.
- **LAT Pull Down and Up Bars:** For upper body cable exercises.
- **High and Low Pulley Systems:** For a wide range of cable exercises.
- **Weight Plate Holders:** For convenient storage of Olympic or standard plates.
- **Ankle Hook:** For leg training exercises.
- **Landmine Attachment:** For rotational and core exercises.
- **Adjustable Bench:** (If included with specific model variant)

*Note: Weight plates are not included and must be purchased separately.*

## SETUP AND ASSEMBLY

Assembly of the DONOW Smith Machine requires careful attention to detail. It is recommended to have at least two people for assembly. Please refer to the detailed assembly instructions provided in the included PDF manual for step-by-step guidance.



Assembly dimensions of the DONOW Smith Machine.

- **Preparation:** Clear a spacious area for assembly. Lay out all parts and hardware.
- **Frame Assembly:** Begin by assembling the main frame components, ensuring all connections are finger-tight before final tightening.
- **Pulley System Installation:** Carefully route the cables through the pulleys as indicated in the diagram. Ensure smooth movement.
- **Smith Bar and Safety Catches:** Install the smith bar and its guide rods, along with the safety catches. Test their functionality.
- **Final Tightening:** Once all components are in place, systematically tighten all bolts and nuts.
- **Stability Check:** Before first use, gently shake the assembled machine to ensure it is stable and all parts are secure.

For a visual guide to the product's features and assembly, please watch the official product video:

Your browser does not support the video tag.

Official video showcasing the DONOW Smith Machine Power Rack and its features.

## OPERATING INSTRUCTIONS

### Smith Machine Operation

The Smith machine features a fixed smith bar with smooth rolling bearings and sturdy guide rods, ensuring a controlled and safe lifting experience. The 24-level height choices allow for precise adjustment for various exercises.



Detail of the solid barbell guide rod and safety features of the Smith machine.

- **Adjusting Height:** To adjust the bar height, lift the bar slightly, disengage the safety catches, and slide the bar to the desired position. Re-engage the catches securely.
- **Safety Catches:** Always utilize the adjustable safety catches to prevent the bar from descending too low, especially during heavy lifts or when training alone.
- **Loading Plates:** The smith bar is compatible with both 1-inch and 2-inch Olympic plates. Ensure plates are

evenly distributed and secured with collars.

## Chest Station (Butterfly Press)

The integrated chest station allows for effective butterfly press exercises, targeting the chest muscles. The design ensures proper form and range of motion.



The chest station designed for effective butterfly press exercises.

## Pulley System (Lat Pulldown, Seated Rowing, Leg Training)

The high and low pulley systems provide versatility for a full-body workout. Attach the appropriate handle or bar for exercises such as Lat Pulldowns, Seated Rows, Triceps Pushdowns, and Leg Training with the ankle strap.

## **PULLEY SYSTEM**



*Bench Press*



*Lat Pull Down*



*Seated Rowing*



*Leg Training*

Examples of exercises possible with the integrated pulley system.

### **Weight Capacity**

The DONOW Smith Machine is constructed with a commercial-grade solid steel frame, ensuring durability and high weight capacities for various components.



Weight capacities for various components of the DONOW Smith Machine.

- **Smith Bar:** 400 LBS
- **Lat Pulldown:** 400 LBS
- **Chest Station:** 400 LBS
- **Weight Plate Holders:** 400 LBS
- **Landmine:** 400 LBS

*Always adhere to these limits to ensure safety and prolong the life of your equipment.*

## MAINTENANCE

Regular maintenance is crucial for the longevity and safe operation of your DONOW Smith Machine.

- **Cleaning:** Wipe down the machine 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 Smith bar and the pulley cables to ensure smooth operation.

- **Inspection:** Regularly check all bolts, nuts, and connections for tightness. Inspect cables and pulleys for fraying or damage. Check padding for tears.
- **Storage:** Store the machine in a dry environment to prevent rust.

## TROUBLESHOOTING

Here are some common issues and their potential solutions:

| Problem                          | Possible Cause  | Solution  |
|----------------------------------|---|---|
| Smith bar not moving smoothly    | Lack of lubrication on guide rods; debris on rods.    | Clean guide rods and apply silicone lubricant.  |
| Cables rubbing or sticking       | Cables misaligned; lack of lubrication; worn pulleys. | Check cable routing; lubricate cables and pulleys; inspect pulleys for damage and replace if necessary. |
| Machine feels unstable or wobbly | Loose bolts or nuts; uneven floor.                    | Tighten all assembly bolts; ensure machine is on a level surface.                                       |
| Noise during operation           | Loose components; lack of lubrication; worn bearings. | Check and tighten all connections; lubricate moving parts; inspect bearings for wear.                   |

If you encounter an issue not listed here or if the problem persists, please contact customer support.

## SPECIFICATIONS

| Feature                             | Detail  |
|-------------------------------------|---|
| Model Name                          | DN-SM3000B  |
| Brand                               | DONOW   |
| Material                            | Alloy Steel   |
| Strap Type                          | Cable/Pulley straps   |
| Item Package Dimensions (L x W x H) | 54 x 16 x 9 inches  |
| Package Weight                      | 100 Pounds  |
| Suggested Users                     | unisex-adult  |
| Included Components                 | Smith Machine (as described in 'Components Included' section) |
| Tension Level                       | High  |
| Handle Type                         | Fixed Handle  |

## WARRANTY INFORMATION

The DONOW Smith Machine comes with a **2-Year Warranty**. This warranty covers manufacturing defects and material flaws under normal use and service conditions. Please retain your proof of purchase for warranty claims.

For detailed terms and conditions of the warranty, please refer to the warranty card included with your product or

contact DONOW customer support.

## CUSTOMER SUPPORT

---

Should you have any questions, require assistance with assembly, or need to report a missing or damaged part, please do not hesitate to contact DONOW customer support.

For the most up-to-date contact information, please visit the official DONOW store on Amazon or refer to the contact details provided in your product packaging.

**Online Support:** [Visit the DONOW Store on Amazon](#)

Please have your model number (DN-SM3000B) and purchase date ready when contacting support to expedite the process.