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Soozier USA91-290V02BK0131

Soozier Multi Gym Workout Station User Manual

Model: USA91-290V02BK0131

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your Soozier Multi Gym Workout Station. Please read this manual thoroughly before assembly, operation, or maintenance. Retain this manual for future reference.



Figure 1.1: Soozier Multi Gym Workout Station

The Soozier Multi Gym Workout Station is a comprehensive home fitness solution designed for full-body strength training. It integrates multiple exercise functions into a single compact unit, including a lat pulldown, chest press, leg extension, preacher curl, sit-up bench, push-up stand, and dip station.

2. SAFETY INFORMATION

Always consult with a healthcare professional before starting any new exercise program. Improper use of this equipment can result in serious injury.

- Ensure all bolts and nuts are securely tightened before each use.
- Do not exceed the maximum user weight capacity of 242 lbs (110 kg).
- Keep children and pets away from the equipment during use.

- Perform a warm-up before exercising and a cool-down afterward.
- Stop exercising immediately if you feel pain, dizziness, or nausea.
- Inspect the equipment regularly for wear and tear, especially cables and pulleys.

3. ASSEMBLY

The Soozier Multi Gym Workout Station requires assembly. Detailed assembly instructions are provided in a separate manual included with your product packaging. Please follow those instructions carefully, ensuring all components are correctly identified and installed.

- Unpack all components and verify against the parts list.
- Assemble on a flat, stable surface.
- It is recommended to have at least two people for assembly.
- Ensure all connections are secure before proceeding to the next step.



Figure 3.1: Adjustable holes for component placement

Proper alignment and secure fastening of components are crucial for the stability and safety of the gym station.



Figure 3.2: Cable and pulley system detail

Ensure all cables are correctly routed through the pulleys as per the assembly guide to ensure smooth operation and prevent damage.

4. OPERATING INSTRUCTIONS & EXERCISES

The Soozier Multi Gym offers a variety of exercises for a full-body workout. Adjust the weight stack and various components to suit your fitness level and exercise needs.

4.1 Weight Stack Adjustment

The gym features a 143 lbs (65 kg) weight stack. To adjust the resistance, insert the selector pin into the desired weight plate. Ensure the pin is fully inserted before beginning your exercise.



143LBS WEIGHT STACK

Can be customized according to your skill level

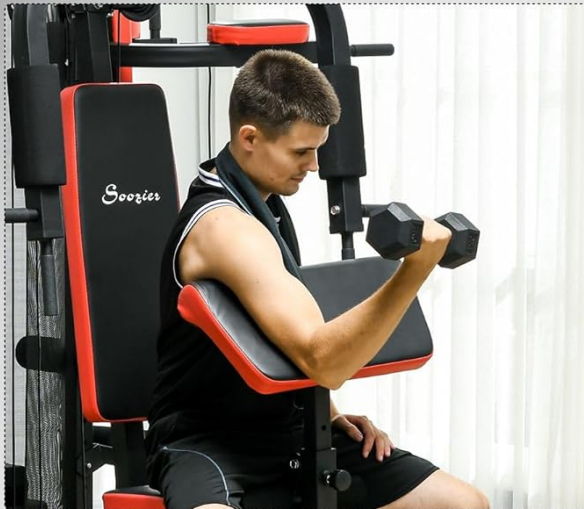
Figure 4.1: Weight stack customization

The weight stack can be customized according to your skill level by selecting the appropriate weight plate.

4.2 Exercise Functions

The multi-gym allows for various exercises targeting different muscle groups:

MULTI-FUNCTIONAL HOME GYM - FRONT



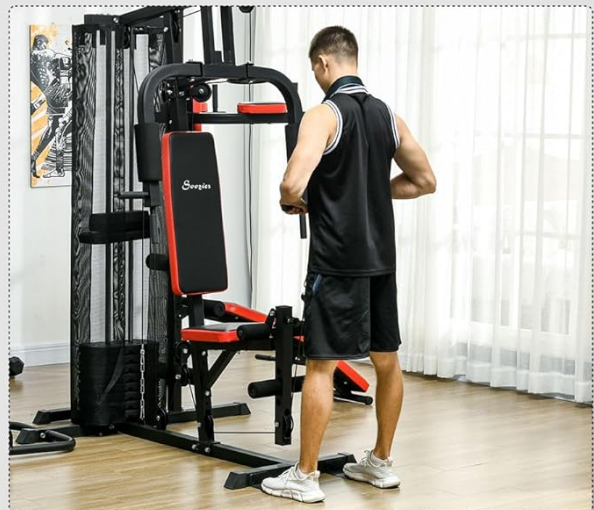
4-Level Preacher Curl Pad



Chest Press or Fly



Leg Raise



Lat Pull Down

Figure 4.2: Multi-functional home gym - Front exercises

This image illustrates four key exercises: 4-Level Preacher Curl Pad, Chest Press or Fly, Leg Raise, and Lat Pulldown.

- **Lat Pulldowns:** Use the top pulley and bar to target your back muscles.
- **Chest Presses / Flies:** Utilize the chest press arms for pectoral development.
- **Leg Extensions:** Sit on the main seat and use the leg extension pad to work your quadriceps.
- **Preacher Pad Curls:** Attach the preacher curl pad for isolated bicep training.



Figure 4.3: User performing bicep curls
Demonstration of bicep curls using the preacher pad attachment.

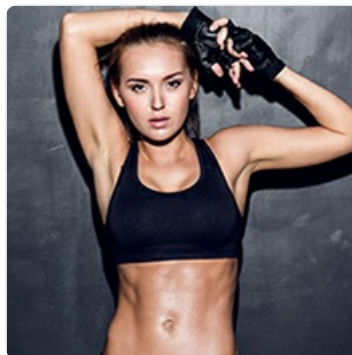


Figure 4.4: Seated Row Exercise
The lower pulley system allows for seated rows, targeting the back and biceps.

- **Sit-ups:** Use the adjustable decline sit-up bench for abdominal exercises.
- **Dips:** The integrated dip station allows for triceps and chest dips.
- **Push-ups:** Utilize the push-up stand for enhanced push-up variations.

MULTI-FUNCTIONAL HOME GYM - RIGHT



Figure 4.5: Multi-functional home gym - Right side features

This image highlights the Dip Stand, 9-Level Adjustable Elbow Pads, and the 4-Level Decline Sit-up Bench.

MULTI-FUNCTIONAL HOME GYM - LEFT

Push up Stand



Figure 4.6: Push-up Stand in use

The dedicated push-up stand provides a stable and ergonomic grip for push-up exercises.



Figure 4.7: Abdominal Crunch on Decline Bench

The adjustable decline bench supports various abdominal exercises, including crunches and sit-ups.

4.3 Adjustments for Ergonomics

The sit-up bench, preacher curl pad, and elbow pads are all height adjustable to adapt to the user's body and promote proper form, ensuring both safety and effectiveness during workouts.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Soozier Multi Gym Workout Station.

- **Cleaning:** Wipe down the frame and padded surfaces with a damp cloth after each use to remove sweat and dirt. Do not use abrasive cleaners.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness. Tighten any loose fasteners.
- **Cable & Pulley Check:** Inspect cables and pulleys for any signs of fraying, wear, or damage. Replace worn parts immediately.
- **Lubrication:** Apply a silicone-based lubricant to guide rods and pivot points as needed to ensure smooth operation.
- **Storage:** Store the equipment in a dry, clean environment away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

If you encounter issues with your Soozier Multi Gym, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Squeaking or grinding noise during use	Loose fasteners, lack of lubrication, worn pulleys/cables	Tighten all bolts and nuts. Lubricate moving parts. Inspect and replace worn cables or pulleys.
Weight stack not moving smoothly	Guide rods are dirty or dry, selector pin not fully inserted, cable misalignment	Clean and lubricate guide rods. Ensure selector pin is fully engaged. Check cable routing.
Unstable frame	Uneven floor, loose assembly bolts	Ensure equipment is on a level surface. Re-tighten all assembly bolts.

If the problem persists after attempting these solutions, please contact customer support.

7. SPECIFICATIONS

Feature	Detail
Model Name	Multi-Exercise Gym Station
Model Number	USA91-290V02BK0131
Overall Dimensions (L x W x H)	88.5" x 69" x 78.75" (224.8 cm x 175.3 cm x 200 cm)
Maximum Weight Recommendation	242 lbs (110 kg)
Weight Stack Tension Level	143 lbs (65 kg)
Material	Steel, PU
Color	Black
Item Weight	81.4 lbs (37 kg)
Included Components	Arm Pad, Backrest, Bench, Seat
Manufacturer	Aosom LLC
Date First Available	October 30, 2023



Figure 7.1: Product Dimensions
Detailed dimensions of the Soozier Multi Gym Workout Station.

8. WARRANTY & SUPPORT

For warranty information, returns, or customer support, please refer to the terms and conditions provided at the point of purchase or contact the manufacturer directly.

- **Returns:** This product typically offers 30-day easy returns. Please check your purchase details for specific return policies.
- **Customer Support:** For assistance with assembly, parts, or operational questions, contact Aosom Direct customer service.
- **Manufacturer:** Aosom LLC

For more information about Soozier products, visit the official Soozier Store.

