

DONOW DN-5011

DONOW Cable Crossover Machine User Manual

Model: DN-5011 | Brand: DONOW

1. INTRODUCTION

Thank you for choosing the DONOW Cable Crossover Machine. This comprehensive home gym system is designed to provide a full-body workout, offering versatility and durability for your fitness journey. With its dual pulley system, pull-up bar, and various attachments, you can target multiple muscle groups effectively. This manual provides essential information for safe setup, operation, and maintenance of your new fitness equipment.

2. SAFETY INSTRUCTIONS

Before beginning any exercise program, consult with your physician. It is crucial to read and understand all instructions in this manual before assembling or using the DONOW Cable Crossover Machine. Failure to do so may result in serious injury.

- Ensure all bolts and nuts are securely tightened before each use.
- Keep children and pets away from the equipment during operation.
- Use the machine on a stable, level surface.
- Do not exceed the maximum weight recommendation of 350 pounds.
- Inspect cables, pulleys, and attachments regularly for signs of wear or damage. Replace worn parts immediately.
- Always use proper form and controlled movements during exercises.

3. WHAT'S INCLUDED

Your DONOW Cable Crossover Machine package includes the following components, shipped in three separate boxes:

WHAT'S INCLUDED?

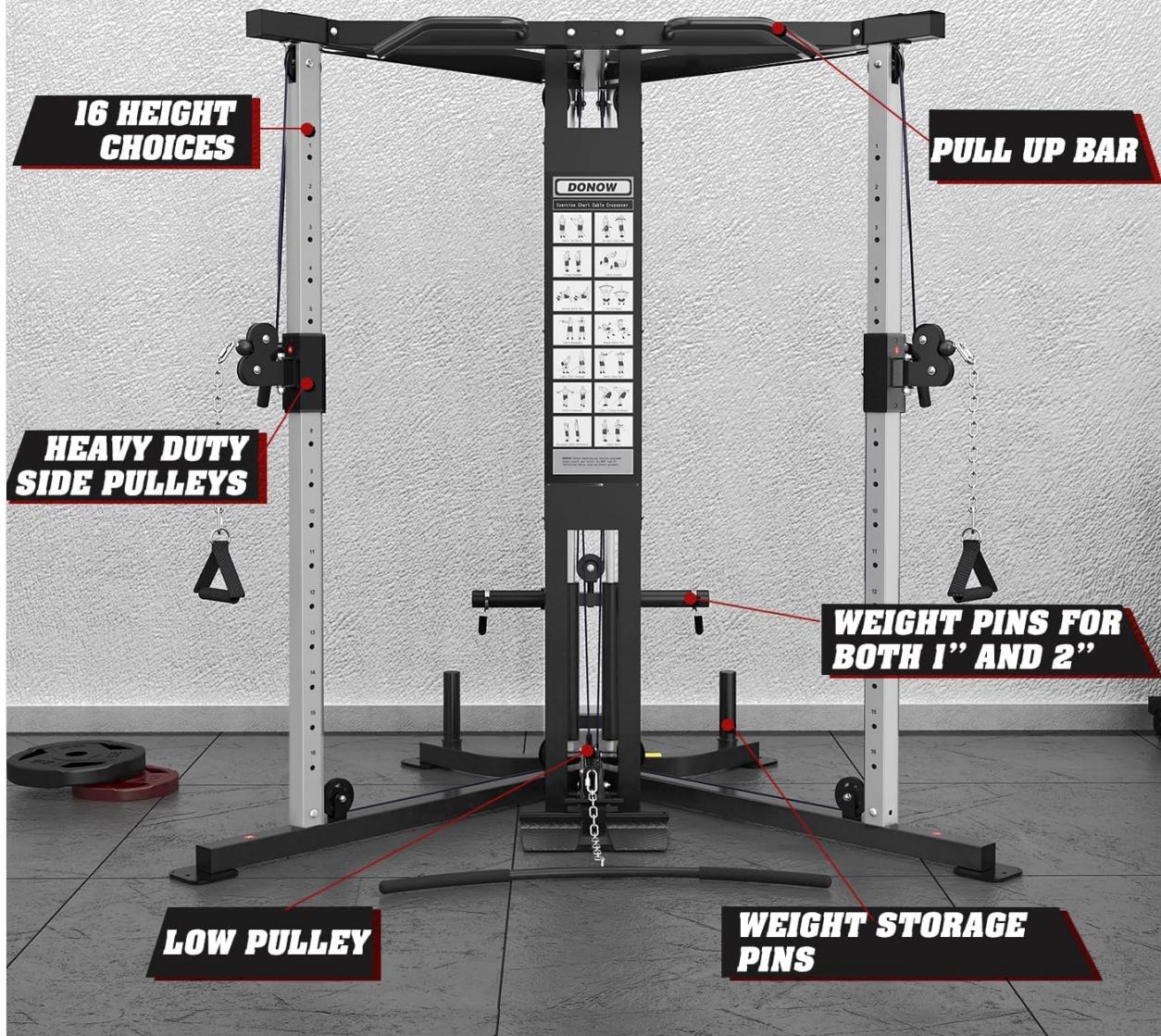


Figure 3.1: Overview of included components and features.

- Cable Crossover Machine Frame
- Triceps Rope
- Seated Row/Chin Bar
- Lat Bar
- Revolving Straight Bar
- 2 x Nylon Cable Handles
- 2 x Snaplock Hooks
- V-Bar Big Footrest
- Assembly Hardware and Tools

4. SETUP AND ASSEMBLY

Assembly of the DONOW Cable Crossover Machine requires careful attention to detail. It is highly recommended to have a second person assist with the assembly, especially for the overhead components and cable routing. An assembly video is provided to guide you through the process.

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Video 4.1: DN-5011 Cable Machine Assembly Guide.

Assembly Steps:

1. **Unpack Components:** Carefully unpack all three boxes and verify that all parts listed in Section 3 are present.
2. **Assemble Base Frame:** Connect the main base components. Ensure all bolts are finger-tight before final tightening.
3. **Install Vertical Supports:** Attach the vertical support beams to the base. These supports feature 16 height positions for adjustable cable exercises.
4. **Attach Pull-Up Bar:** Secure the wide and narrow grip pull-up bar to the top of the frame. This step may require assistance.
5. **Install Pulley System:** Route the nylon-coated cables through the high-quality independent pulleys. This is a critical step for smooth operation. Refer to the assembly video for detailed cable routing instructions.
6. **Attach Weight Storage Pins:** Install the weight storage pins at the base, designed to fit both 1" and 2" plates.
7. **Secure Ground Bases:** The machine features four fixable ground bases for enhanced stability.

ASSEMBLE SIZE



Figure 4.2: Assembled dimensions (H81" x W79.7" x D56").



Figure 4.3: Detail of smooth pulleys and weight plate pins.

5. OPERATING INSTRUCTIONS

The DONOW Cable Crossover Machine offers a wide range of exercises for a full-body workout. The dual stirrup handles can be easily adjusted to 16 height positions to accommodate various exercises and user heights.

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Video 5.1: Demonstration of various exercises on the DONOW Cable Crossover Machine.

Adjusting Pulley Height:

To adjust the height of the dual stirrup handles, locate the quick-adjust pins on each vertical support. Pull the pin out, slide the handle assembly to the desired height (indicated by numbered positions), and release the pin to lock it into place. Ensure both sides are set to the same height for balanced exercises.

Common Exercises:

This machine supports a multitude of exercises. Here are a few examples:

- **Cable Lat Raise:** Targets shoulder muscles.
- **Upright Cable Row:** Works shoulders and upper back.
- **Tricep Pushdown:** Focuses on triceps.
- **Cable Crunch:** Engages abdominal muscles.
- **Seated Cable Row:** Strengthens back muscles using the big footrest.
- **Lat Pulldown:** Develops latissimus dorsi muscles.
- **Cable Crossover/Fly:** Targets chest muscles.
- **Cable Pull Through:** Works glutes and hamstrings.
- **Cable Face Pull:** Strengthens rear deltoids and upper back.
- **Pull-Up Bar:** For bodyweight pull-ups and chin-ups.



Figure 5.2: Triceps Rope Pulldowns.



Figure 5.3: Lat Pull Down.



Figure 5.4: Cable Seated Rowing.



Figure 5.5: Pull Up Bar.

6. MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your DONOW Cable Crossover Machine.

- **Cleaning:** Wipe down the frame and components with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Cable Inspection:** Periodically check the nylon-coated cables for fraying, kinks, or any signs of wear. Replace cables if damage is observed.
- **Pulley Lubrication:** Apply a silicone-based lubricant to the pulleys and guide rods every few months, or if you notice any stiffness or noise during operation, to ensure smooth movement.
- **Hardware Check:** Regularly inspect all nuts, bolts, and connections to ensure they are tight. Tighten as necessary.

7. TROUBLESHOOTING

If you encounter any issues with your DONOW Cable Crossover Machine, refer to the following common

troubleshooting tips:

- **Wobbly Frame:** Ensure the machine is placed on a level surface. Check and tighten all assembly bolts, especially those connecting the main frame and base supports.
- **Stiff or Noisy Pulleys:** This often indicates a need for lubrication. Apply silicone spray to the pulley axles and guide rods. Check for any obstructions in the cable path.
- **Cables Not Moving Smoothly:** Verify that cables are correctly routed through all pulleys as shown in the assembly video. Check for any kinks or damage to the cables.
- **Missing or Damaged Parts:** If you received a damaged or missing part during delivery, contact customer support immediately for assistance.

8. SPECIFICATIONS

Brand	DONOW
Model Name	DN-5011
Material	Commercial Steel
Item Weight	220 Pounds
Maximum Weight Recommendation	350 Pounds
Assembly Size (H x W x D)	81" x 79.7" x 56"
Handle Type	V bar
Strap Type	Triceps Rope

9. WARRANTY AND SUPPORT

The DONOW Cable Crossover Machine comes with a **Life Time Warranty**. For any warranty claims, technical support, or assistance with parts, please contact DONOW FITNESS customer service. They are committed to providing prompt and helpful support to ensure your satisfaction.

Contact Information: Refer to your purchase documentation or the official DONOW FITNESS website for the most current customer service contact details.