

[Manuals.plus](#) /

› [Speediance](#) /

› Speediance Gym Monster Smart Home Gym User Manual

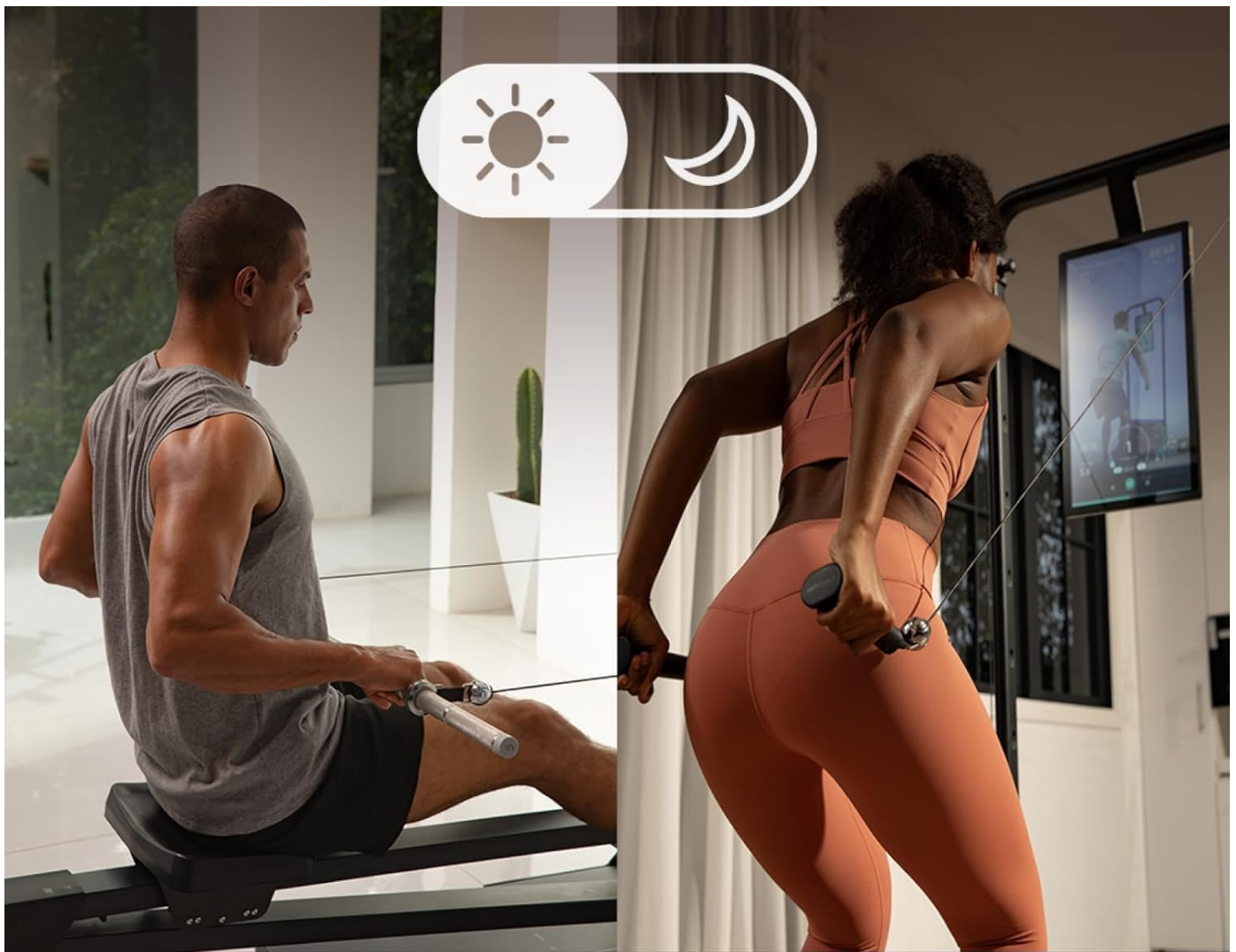
Speediance Family Plus

Speediance Gym Monster Smart Home Gym User Manual

Model: Family Plus

1. INTRODUCTION

The Speediance Gym Monster Smart Home Gym is a multifunctional strength training machine designed to bring a comprehensive fitness experience directly to your home. This all-in-one system integrates cardio and strength training, offering a wide range of exercises for a full-body workout. Its smart features and compact design make it an ideal solution for modern home fitness.



Welcome to Your Ultimate Home Gym

Conquer your daily challenges from the comfort of your home, anytime, day or night.

Image: The Speediance Gym Monster in a home setting, illustrating its integration into daily life.

2. KEY FEATURES

- **Multifunctional Smart Home Gym System:** Seamlessly integrates cardio and strength training for a full-body workout.
- **High-Performance Dual Engines:** Offers precise weight adjustments to target muscle imbalances.
- **Smart Digital Weight System:** Features a 21.5" touch screen for visual training programs and effortless, precise adjustments.
- **Space-Saving Design:** Provides up to 220 lbs of adjustable resistance, over 700+ moves, 300+ classes, and dynamic weight modes in a compact form factor.
- **Elevated Cardio Workout:** Includes Ski Mode with two ski handles and 10 height settings for dynamic cardio.
- **Ready to Use Out of the Box:** Portable standing design requires no assembly, drilling, or wall mounting.

Multi-Functional System

Replaces multiple traditional gym machines like the Smith machine and strength training equipment, all in one versatile home gym.



Image: Diagram illustrating how the Gym Monster replaces multiple traditional gym machines like dumbbells, barbells, squat racks, cable machines, pulley machines, ski machines, and Smith machines.

3. WHAT'S INCLUDED

Your Speediance Gym Monster Family Plus package includes the following components:

- 21.5" Gym Monster Machine (1 unit)
- Inclined Bench (1 unit)
- Adjustable Barbell (1 unit)
- Bluetooth Ring (1 unit)

- Handles (1 pair)
- Tricep Rope (1 unit)
- Ankle Strap (1 unit)
- Barbell Bar Neck Pad (1 unit)
- Yoga Mat (1 unit)
- Rower (1 unit)



Image: The Speediance Gym Monster main unit displayed with all its accompanying accessories, including the inclined bench, adjustable barbell, Bluetooth ring, handles, tricep rope, ankle strap, neck pad, yoga mat, and rower.

4. SETUP

The Speediance Gym Monster is designed for immediate use with minimal setup. Its portable standing design means no complex assembly, drilling, or wall mounting is required. Simply unbox the unit, place it in your desired workout area, and connect it to power.

1. Unpack all components from the packaging.
2. Place the main Gym Monster unit on a flat, stable surface. Ensure adequate space around the machine for safe operation and accessory use.
3. Connect the power cable to the unit and plug it into a suitable electrical outlet.
4. The unit is designed to be portable and foldable for storage. Refer to the visual guide for folding/unfolding if needed.



Image: A woman demonstrating the compact, foldable design of the Speediance Gym Monster, highlighting its space-saving capabilities and ease of portability.

5. OPERATING INSTRUCTIONS

The Gym Monster features a 21.5" touch screen and a Bluetooth Ring for intuitive control and workout management.

5.1. Touch Screen Interface

The integrated touch screen provides access to visual training programs, workout tracking, and settings. Navigate through menus by tapping and swiping. Follow on-screen prompts for guided workouts and exercise demonstrations.

5.2. Bluetooth Ring Control

The Bluetooth Ring allows for quick and effortless weight adjustments during your workout. A gentle twist of the ring fine-tunes the resistance. The system can also automatically lessen weight when exhaustion is detected, enhancing safety.

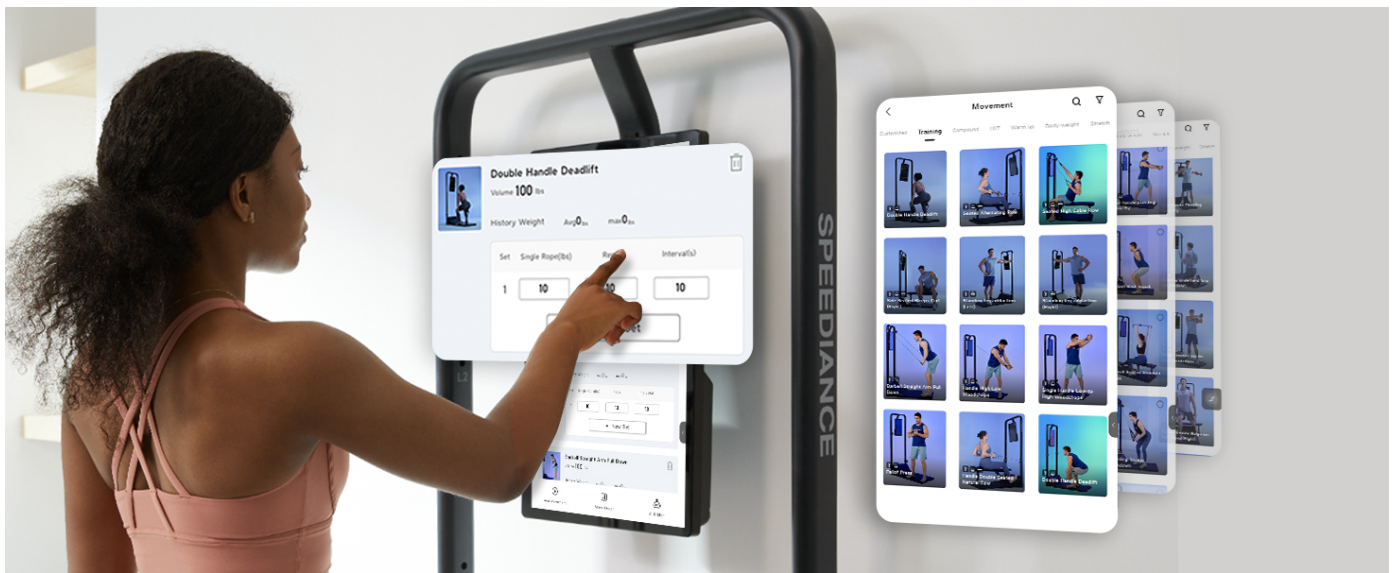


Image: A woman using the touchscreen interface of the Speediance Gym Monster, demonstrating the ease of selecting workouts and adjusting settings.



Versatile Bluetooth Ring

Fine-tune your workout with a gentle twist. Automatically lessen your weight when exhaustion is detected.

Image: A man performing a chest press on the Speediance Gym Monster, with an overlay showing the Bluetooth Ring and its function for fine-tuning weight from 8-220 lbs in 1 lb increments.

6. WORKOUT MODES

The Speediance Gym Monster offers four distinct workout modes to cater to diverse training needs and preferences:

- **Constant Mode:** Maintains a consistent resistance throughout the entire range of motion.
- **Standard Mode:** Provides a balanced resistance profile for both concentric and eccentric phases.
- **Eccentric Mode:** Focuses on increased resistance during the eccentric (lowering) phase of the movement, promoting muscle growth and strength.
- **Chains Mode:** Mimics the effect of traditional chains, where resistance increases as the range of motion extends.

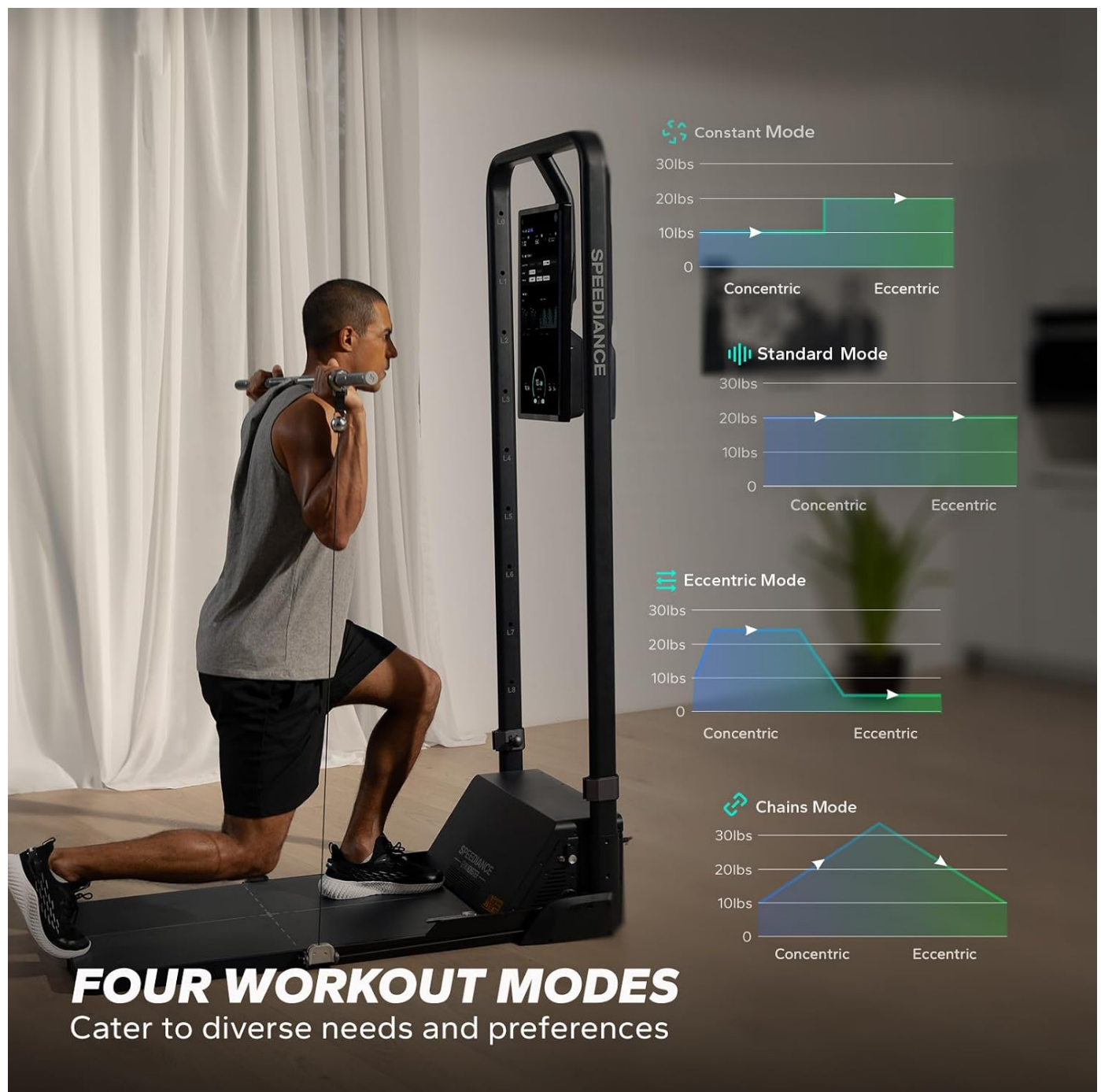


Image: A man performing a lunge exercise on the Speediance Gym Monster, with a graphic overlay explaining the resistance profiles of Constant, Standard, Eccentric, and Chains modes.

7. SMART FEATURES

The Gym Monster is equipped with advanced smart features to optimize your training and track your progress.

7.1. Muscle Strength Evaluation

Quickly assess your full-body strength. The AI coach provides personalized recommendations for warm-up routines, tracks training progress, and suggests optimal weight levels for major muscle groups.

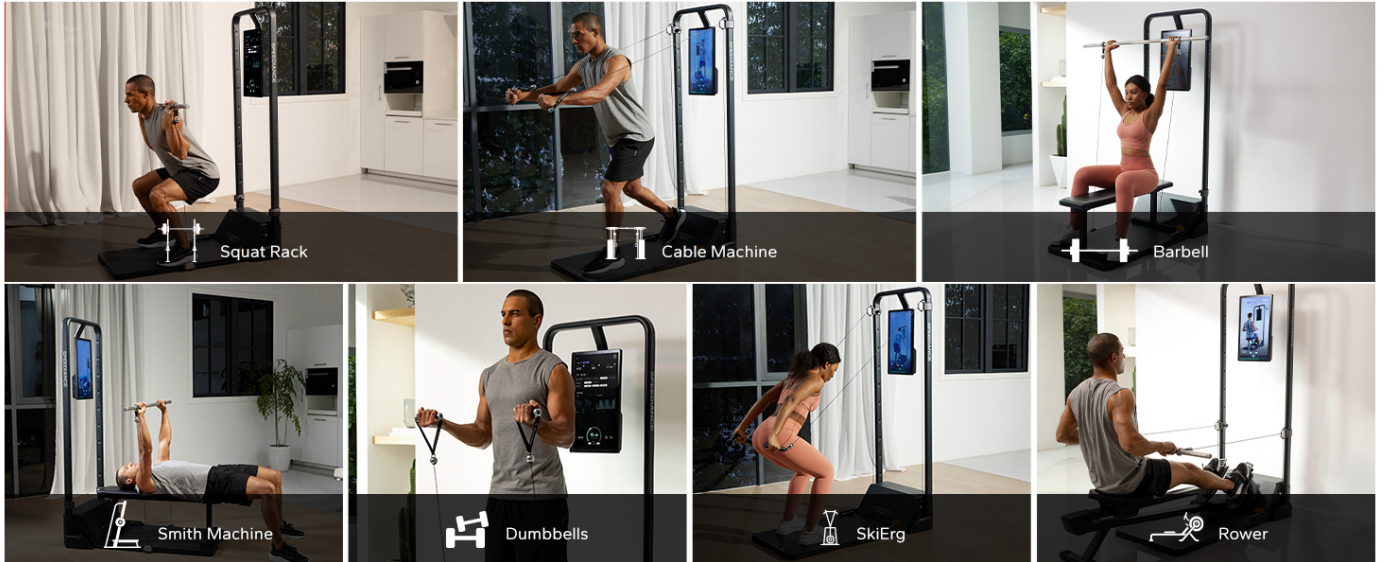


Image: A man performing an exercise on the Gym Monster, with a digital overlay showing a muscle strength evaluation displaying strength levels for different body parts like shoulders, chest, arms, glutes, and legs.

7.2. Real-time Movement Tracking

The system records your movement trajectory in real-time, allowing for timely adjustments to force balance and form correction.

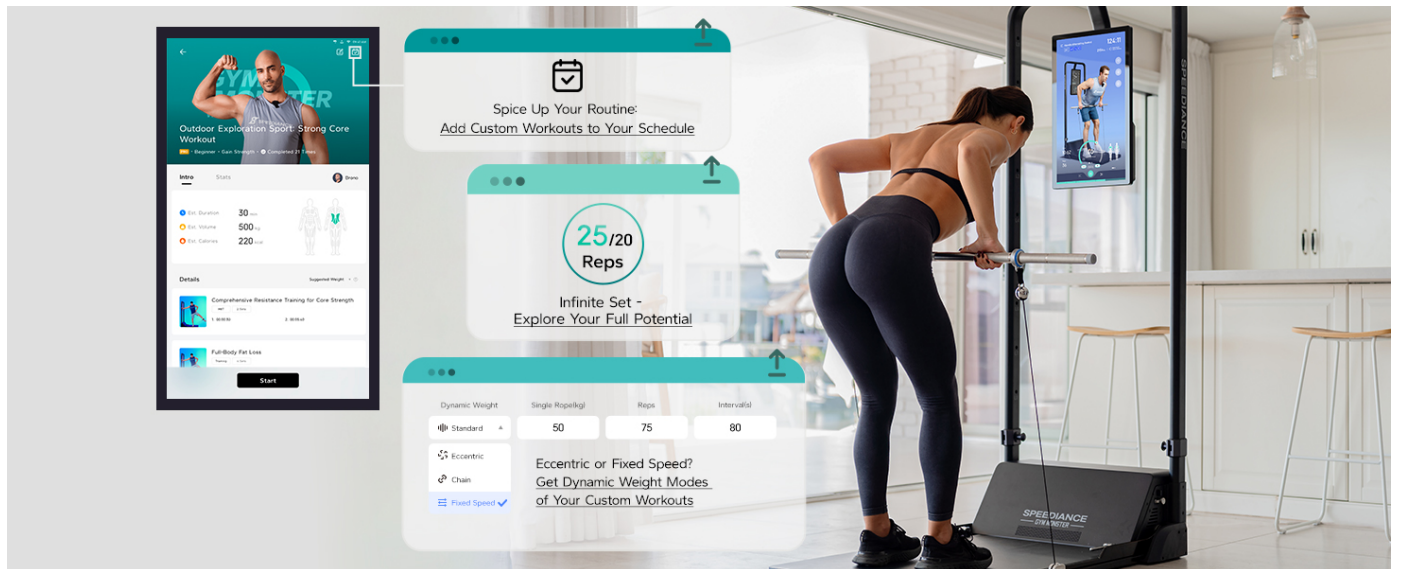


Image: A woman performing an exercise on the Gym Monster, with a digital overlay showing real-time movement trajectory and force balance data on the screen.

7.3. Assist Mode (Spotter Mode)

Don't be afraid to lift heavy weights alone. The Spotter Mode automatically reduces the weight when you struggle to complete a repetition, allowing you to progress safely and prevent injury.

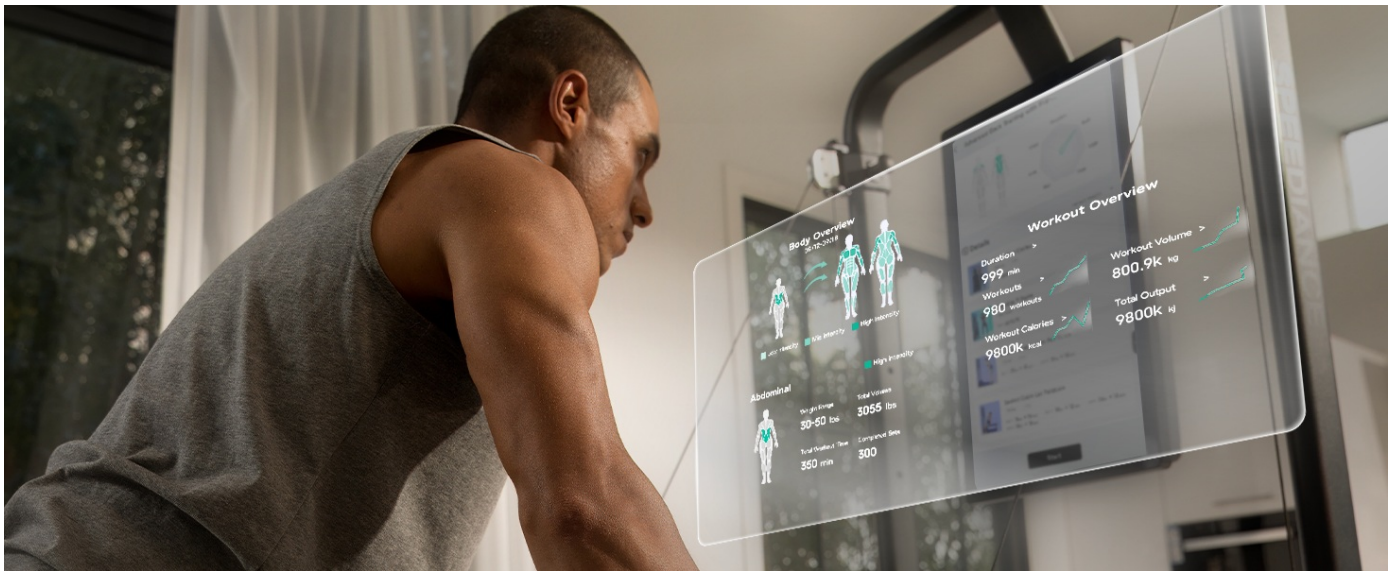


Image: A man performing a bench press on the Speediance Gym Monster, with a digital overlay indicating the 'Spotter' assist mode is active, ensuring safety during heavy lifts.

7.4. Seamless App Synchronization

Effortlessly track and monitor your fitness progress with insights into your health, key metrics, and workout history. The Speediance app seamlessly syncs your data across the Gym Monster, wearable devices, and Speediance's smart scale.

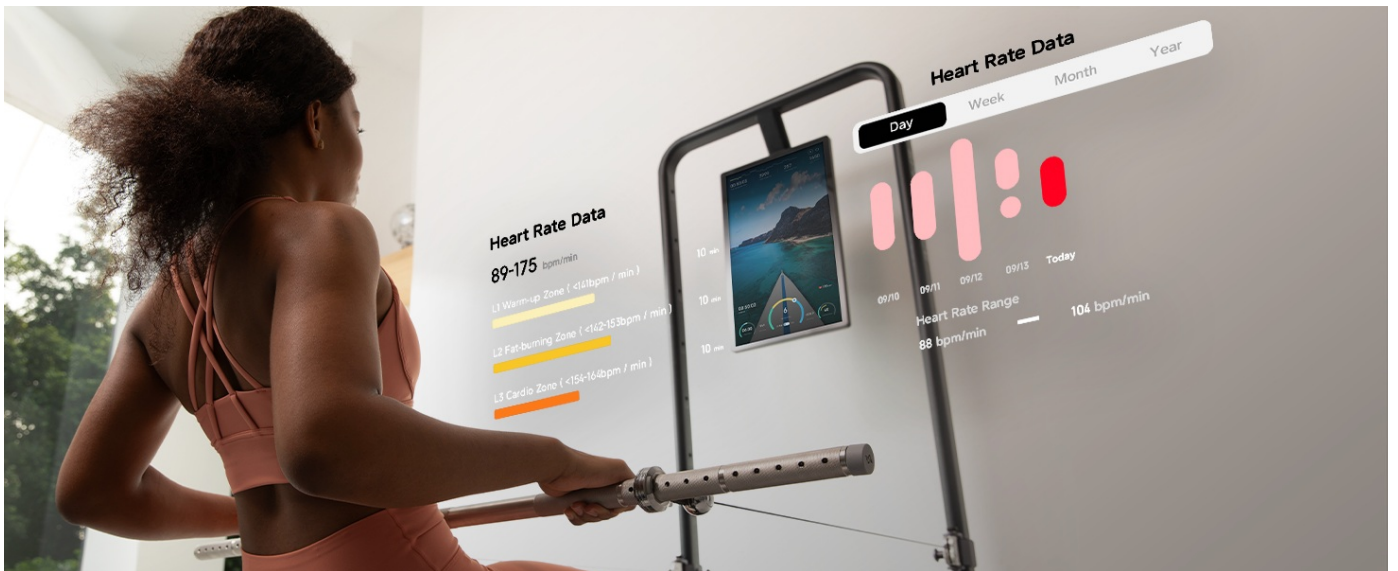


Image: A smartwatch and smartphone displaying synced fitness data, including heart rate, calories, and workout volume, demonstrating the seamless integration of Speediance devices.

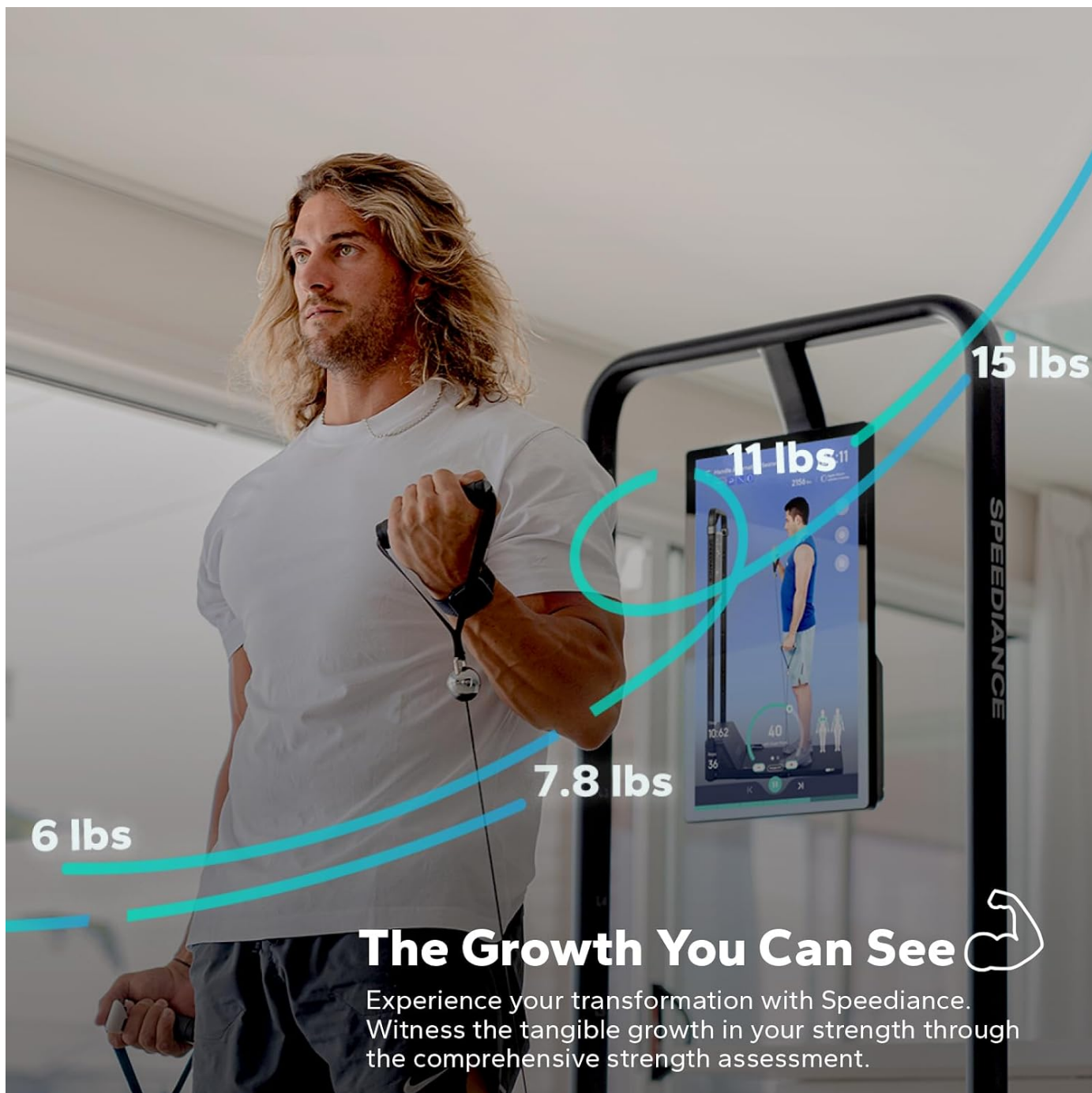


Image: A man holding a handle from the Gym Monster, with a graphic showing a growth curve indicating increasing strength from 6 lbs to 15 lbs, illustrating visible progress through comprehensive strength assessment.

8. MAINTENANCE

To ensure the longevity and optimal performance of your Speediance Gym Monster, regular maintenance is recommended:

- **Cleaning:** Wipe down the machine and accessories with a soft, damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Cable Inspection:** Periodically check the cables for any signs of fraying, wear, or damage. If any damage is observed, discontinue use and contact customer support.
- **Component Check:** Ensure all bolts, screws, and connections are secure. Tighten if necessary.
- **Storage:** When not in use, fold the machine to its compact position and store it in a dry, clean area away from direct sunlight or extreme temperatures.

9. TROUBLESHOOTING

- If you encounter any issues with your Speediance Gym Monster, refer to the following common troubleshooting steps:
- **No Power:** Ensure the power cable is securely plugged into both the machine and a working electrical outlet. Check the circuit breaker.
 - **Touch Screen Unresponsive:** Try restarting the machine by unplugging it for 30 seconds and plugging it back in. If the issue persists, contact customer support.
 - **Weight Adjustment Issues:** Ensure the Bluetooth Ring is charged and properly paired. Check for any obstructions in the cable system.
 - **App Connectivity Problems:** Ensure your device's Bluetooth is enabled and the Speediance app is updated to the latest version. Try restarting both the machine and your device.
 - **Unusual Noises:** Discontinue use immediately and inspect the machine for any loose parts or visible damage. Contact customer support for assistance.
- For issues not covered here, please contact Speediance Customer Support.

10. SPECIFICATIONS

Specification	Detail
Brand	Speediance
Model Name	Family Plus
Product Dimensions (LxWxH)	49.21"D x 27.95"W x 72.83"H
Item Weight	99 Kilograms
Material	Metal
Color	Silver
Tension Level	220 lbs (adjustable resistance)
Maximum Weight Recommendation	220 Pounds
Handle Type	Fixed Handle
Strap Type	Cable/Pulley straps
Date First Available	June 8, 2023

11. WARRANTY AND SUPPORT

- Speediance is committed to providing high-quality products and excellent customer service.
- **Warranty:** The Speediance Gym Monster comes with a 2-year warranty. Please retain your proof of purchase for warranty claims.
 - **Customer Support:** For any questions, technical assistance, or warranty inquiries, please contact Speediance Customer Support. You can find contact information on the official Speediance website or through your purchase platform.

For more information, visit the official Speediance Store:[Speediance Store on Amazon](#)

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

Anonymous

Email

you@example.com

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