

## DONOW SM3002

# DONOW Smith Machine Home Gym System User Manual

Model: SM3002

Brand: DONOW

## 1. INTRODUCTION

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Thank you for choosing the DONOW Smith Machine Home Gym System. This comprehensive fitness equipment combines a smith machine, power cage, squat rack, chest station, and lat pull-down pulley system, offering a versatile solution for strength training in your home or office. This manual provides essential information for safe assembly, operation, maintenance, and troubleshooting to ensure optimal performance and longevity of your equipment.



Figure 1.1: Overview of the DONOW Smith Machine Home Gym System.

## 2. SAFETY INFORMATION

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Before using the DONOW Smith Machine, please read and understand all safety warnings and instructions. Failure to do so may result in serious injury or property damage.

- Consult with a physician before beginning any exercise program.
- Ensure all bolts, nuts, and connections are securely tightened before each use. Regularly inspect the equipment for wear and tear.
- Do not exceed the maximum weight capacities specified in the [Specifications](#) section.
- Keep children and pets away from the equipment during operation.
- Use the safety catches and spotter arms provided, especially when performing heavy lifts.
- Perform exercises with controlled movements. Avoid sudden jerks or excessive force.
- Wear appropriate athletic footwear and clothing.

- Place the equipment on a flat, stable surface.

### 3. PACKAGE CONTENTS

Verify that all components are present and undamaged before beginning assembly. If any parts are missing or damaged, contact customer support immediately.



Figure 3.1: Included components diagram. This system includes the Smith bar with safety set, chest station, LAT pull down and up bars, and an extra ankle hook. Weight plates are not included.

The package includes:

- Smith Machine frame components (50\*50mm Steel Tube)
- Fixed Smith Bar and two solid guide-rods with safety hook
- Chest Station (Butterfly Press attachment)
- LAT Pull Down Bar and High/Low Pulley Systems

- Weight Plate Holders
- Low Row Bar
- 360° Landmine attachment
- Ankle Hook
- Assembly hardware (bolts, nuts, washers)
- User Manual (this document)

## 4. SETUP AND ASSEMBLY

Assembly typically requires two people, though it can be completed by one. Ensure you have adequate space for assembly and operation. Refer to the assembly size diagram for dimensions.



Figure 4.1: Assembled dimensions of the Smith Machine. Approximate dimensions: 80.95" (Height) x 48.0" (Width) x 51.8" (Depth).

### 4.1. Preparation

- Clear a spacious area for assembly, ensuring enough room around the machine for safe use.
- Unpack all components and lay them out, comparing them with the package contents list.
- Gather necessary tools (not included): adjustable wrench, socket wrench set, Allen key set.

## 4.2. Assembly Steps (General Overview)

Detailed step-by-step instructions with diagrams are provided in the separate assembly guide included with your purchase. The following is a general sequence:

1. Assemble the base frame components, ensuring they are stable and level.
2. Attach the vertical support beams to the base.
3. Install the upper crossbar and pulley system components.
4. Mount the Smith bar guide-rods and the Smith bar itself. Ensure the smooth rolling bearings are correctly installed for fluid movement.
5. Attach the chest station and its padding.
6. Install the LAT pull-down bar and connect all cables to the pulley system.
7. Attach all accessory holders and the landmine attachment.
8. Perform a final check: Ensure all bolts are securely tightened, cables are properly routed and tensioned, and all moving parts operate smoothly.



Figure 4.2: Details of the smooth rolling bearing for the Smith bar and the pulley system components, crucial for smooth operation.

## 5. OPERATING INSTRUCTIONS

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The DONOW Smith Machine offers a wide range of exercises. Always warm up before exercising and cool down afterwards.

### 5.1. Smith Machine Operation

The Smith bar moves vertically along guide-rods, providing a stable and controlled lifting path. It features 24-level height choices and a safety hook system.

- **Adjusting Height:** To adjust the starting height, lift the bar slightly, rotate it to disengage from the safety catches, and slide it to the desired position. Re-engage the safety catches securely.
- **Using Safety Catches:** Always utilize the adjustable safety catches (spotter arms) to prevent the bar from descending below a safe point, especially when lifting heavy weights or training alone.
- **Squats:** Position yourself under the bar, unrack it, perform the squat, and re-rack by rotating the bar to engage the safety catches.



Figure 5.1: Demonstrating squats on the Smith Machine, emphasizing the solid barbell guide rod and safety hook for controlled and safe movements.

## 5.2. Chest Station (Butterfly Press)

The chest station allows for butterfly press exercises to target chest muscles.

- Sit on the bench with your back firmly against the backrest.
- Grasp the handles, ensuring your elbows are slightly bent.
- Push the handles together in a controlled motion, squeezing your chest muscles.
- Return to the starting position slowly.

# CHEST STATION - BUTTERFLY PRESS



Figure 5.2: User demonstrating the butterfly press exercise on the integrated chest station.

## 5.3. High and Low Pulley Systems

The high and low pulley systems enable a variety of exercises for upper and lower body development. Attach the appropriate handle or bar (LAT pull-down bar, low row bar, ankle hook) to the cable.



Figure 5.3a: Bench Press using the pulley system.

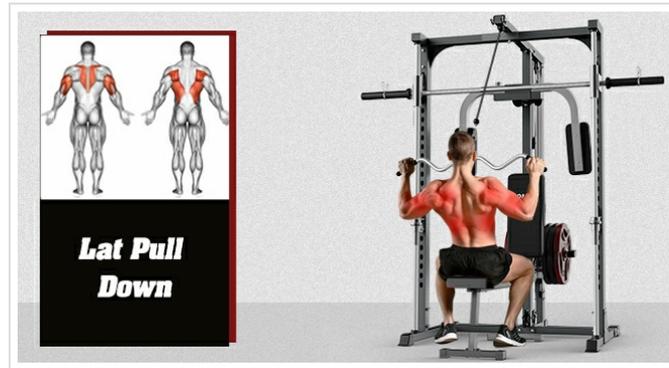


Figure 5.3b: Lat Pull Down using the high pulley system.

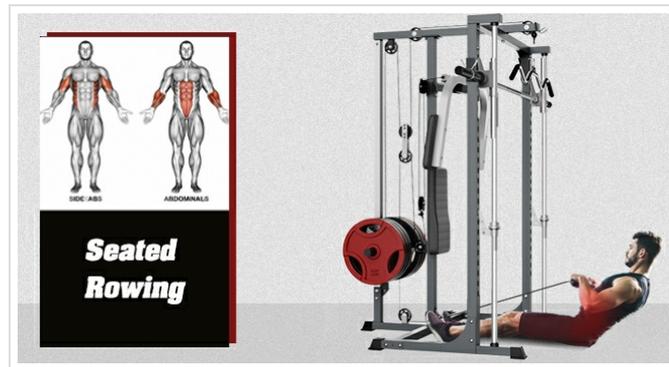


Figure 5.3c: Seated Rowing using the low pulley system.



Figure 5.3d: Landmine Training utilizing the 360° landmine attachment.

- **Lat Pull Down:** Sit facing the machine, grasp the LAT pull-down bar, and pull it down towards your upper chest, engaging your back muscles.
- **Seated Row:** Sit on the floor or a low bench, attach the low row bar, and pull it towards your abdomen, squeezing your shoulder blades.
- **Cable Crossovers/Flys:** Utilize the high pulleys for chest exercises.
- **Leg Training:** Attach the ankle hook for various leg exercises like cable kickbacks or leg curls.

## 5.4. Weight Plate Holders

The machine is equipped with weight plate holders compatible with both 1-inch and 2-inch Olympic plates. Use the included adapter for 2-inch plates.

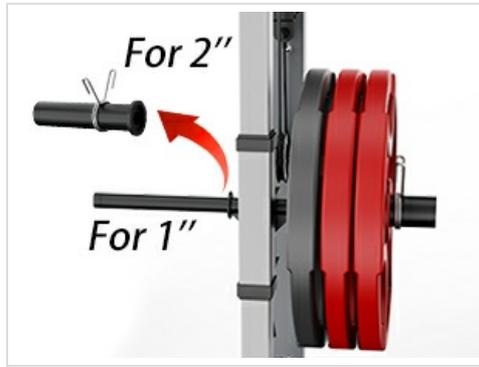


Figure 5.4: Weight plate holder with adapter for 1-inch and 2-inch plates.



Figure 5.5: Weight capacity distribution for various components, generally 400 lbs per station.

## 6. MAINTENANCE

Regular maintenance ensures the safety and longevity 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 Smith bar guide-rods and pulley system components to ensure smooth operation.
- **Inspection:**
  - Check all bolts, nuts, and connections weekly for tightness. Re-tighten as necessary.
  - Inspect cables and pulleys monthly for signs of fraying, wear, or damage. Replace any worn parts immediately.
  - Examine upholstery for tears or excessive wear.
- **Storage:** Store the machine in a dry, temperate environment away from direct sunlight and extreme temperatures.

## 7. TROUBLESHOOTING

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This section addresses common issues you might encounter with your Smith Machine.

Problem	Possible Cause	Solution
Smith bar is not moving smoothly.	Lack of lubrication on guide-rods; debris on guide-rods; worn bearings.	Clean guide-rods and apply silicone lubricant. Check for obstructions. If bearings are worn, contact customer support for replacement.
Pulleys are squeaking or sticking.	Lack of lubrication; debris in pulley mechanism; worn cables.	Apply silicone lubricant to pulley axles. Clean any debris. Inspect cables for wear and replace if necessary.
Equipment feels unstable or wobbly.	Loose bolts or nuts; uneven floor surface.	Check and tighten all assembly bolts and nuts. Ensure the machine is on a flat, level surface. Use shims if needed.
Cable fraying or damage.	Normal wear and tear; improper cable routing; sharp edges.	Immediately cease use. Inspect cable routing for any pinch points or sharp edges. Contact customer support for replacement cables.

## 8. SPECIFICATIONS

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Feature	Detail
Brand	DONOW
Model Name	SM3002
Material	Commercial-grade solid steel frame
Dimensions (Assembled)	Approx. 80.95" (H) x 48.0" (W) x 51.8" (D)
Weight Capacity (Smith Bar)	400 lbs (approximate, refer to Figure 5.5 for detailed capacities)

Feature	Detail
Weight Capacity (Pulleys)	400 lbs (approximate, refer to Figure 5.5 for detailed capacities)
Handle Type	Fixed Handle
Strap Type	Cable/Pulley straps
Included Components	Smith Machine, Bench (if purchased as a bundle), Smith bar with safety set, chest station, LAT pull down and up bars, extra ankle hook. (Weights not included)

## 9. WARRANTY AND CUSTOMER SUPPORT

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The DONOW Smith Machine Home Gym System comes with a **2 Year Manufacturer Warranty**.

For warranty claims, technical assistance, missing parts, or any other inquiries, please contact DONOW customer support through the retailer's platform or the official DONOW website.

Please have your model name (SM3002) and purchase date available when contacting support.