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## DONOW DN-DS938N Series

# DONOW Smith Machine with Weight Stacks Power Cage Squat Rack Dual Cable Crossover Machine Home Gym Systems Station LAT Pull Down

Model: DN-DS938N Series | Brand: DONOW

## 1. PRODUCT OVERVIEW

The DONOW DN-DS938N Series Smith Machine is a comprehensive home gym system designed to provide a full-body workout. It integrates multiple functions including a power cage, Smith machine, dual cable crossover system, cable station, and pull-up station. This robust unit is built with commercial-grade steel for durability and stability, supporting a maximum capacity of up to 2040 lbs.

Key features include adjustable 353 lbs (160 kg) weight stacks, solid Smith guide rods with smooth linear bearings, and a versatile pull-up bar with multiple grip options. The system comes with various accessories to enhance your training experience.



Figure 1.1: The DONOW DN-DS938N Smith Machine with all included accessories, showcasing its multi-functional design and various attachments.

## 2. SAFETY INFORMATION

Before operating the DONOW Smith Machine, please read and understand all safety instructions. Failure to follow these instructions may result in serious injury or equipment damage.

- Consult a physician before starting any exercise program.
- Ensure all bolts, nuts, and connections are securely tightened before each use. Regularly inspect the machine for loose parts or damage.
- Keep children and pets away from the equipment during operation.
- Use the safety catches on the Smith machine bar at all times, especially when lifting heavy weights or performing exercises without a spotter.
- Do not exceed the maximum weight capacity of 2040 lbs (1016.05 kg) for the entire machine.

- Perform exercises with controlled movements. Avoid sudden jerking or dropping weights.
- Wear appropriate athletic footwear and clothing.
- Ensure adequate space around the machine for safe operation and movement.
- If you experience pain, dizziness, or discomfort, stop exercising immediately and consult a physician.

### 3. PACKAGE CONTENTS

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The DONOW Smith Machine is shipped in 8 separate boxes. Please verify all components are present before beginning assembly. In case of missing or damaged parts, contact customer support.

- Smith Machine Frame and Components
- Adjustable Weight Stacks (353 lbs / 160 kg total, dual 80kg on each side)
- Smith Bar with Padded Grip
- Leverage Bar
- Pair of Cable Handles
- Lat Pull Down Bar (Long Lat Bar)
- Cable Bar
- Bicep Rope
- Ankle Strap
- Assembly Hardware (bolts, nuts, washers, pins)
- Assembly Manual

### 4. SETUP AND ASSEMBLY

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Assembly of the DONOW Smith Machine requires time and careful attention. It is recommended to have at least two people for assembly. An assembly video and a detailed manual are provided to assist you.

1. **Unpack All Boxes:** Carefully unpack all 8 boxes and lay out all components. Verify against the package contents list.
2. **Prepare the Area:** Choose a flat, stable surface with sufficient space (dimensions: 88.3 inch H x 70.9 inch L x 75.6 inch W) for assembly and operation.
3. **Follow the Manual:** Refer to the detailed assembly manual provided with the product. It contains step-by-step instructions and diagrams.
4. **Utilize Assembly Video:** An assembly video is available to guide you visually through the process. This can be particularly helpful for complex sections like the cable routing.
5. **Secure All Connections:** Ensure all bolts, nuts, and pins are securely fastened as per the instructions. Do not overtighten, but ensure a firm connection.
6. **Cable System Installation:** Pay close attention to the routing of the cables through the pulleys to ensure smooth operation. Incorrect routing can cause friction and damage.
7. **Final Inspection:** Once assembled, perform a thorough inspection of the entire machine. Check for any loose parts, misaligned components, or obstructions. Test the movement of the Smith bar and cable systems for smoothness.



Figure 4.1: Overall dimensions of the DONOW Smith Machine, indicating height, length, and width for space planning.

## 5. OPERATING INSTRUCTIONS

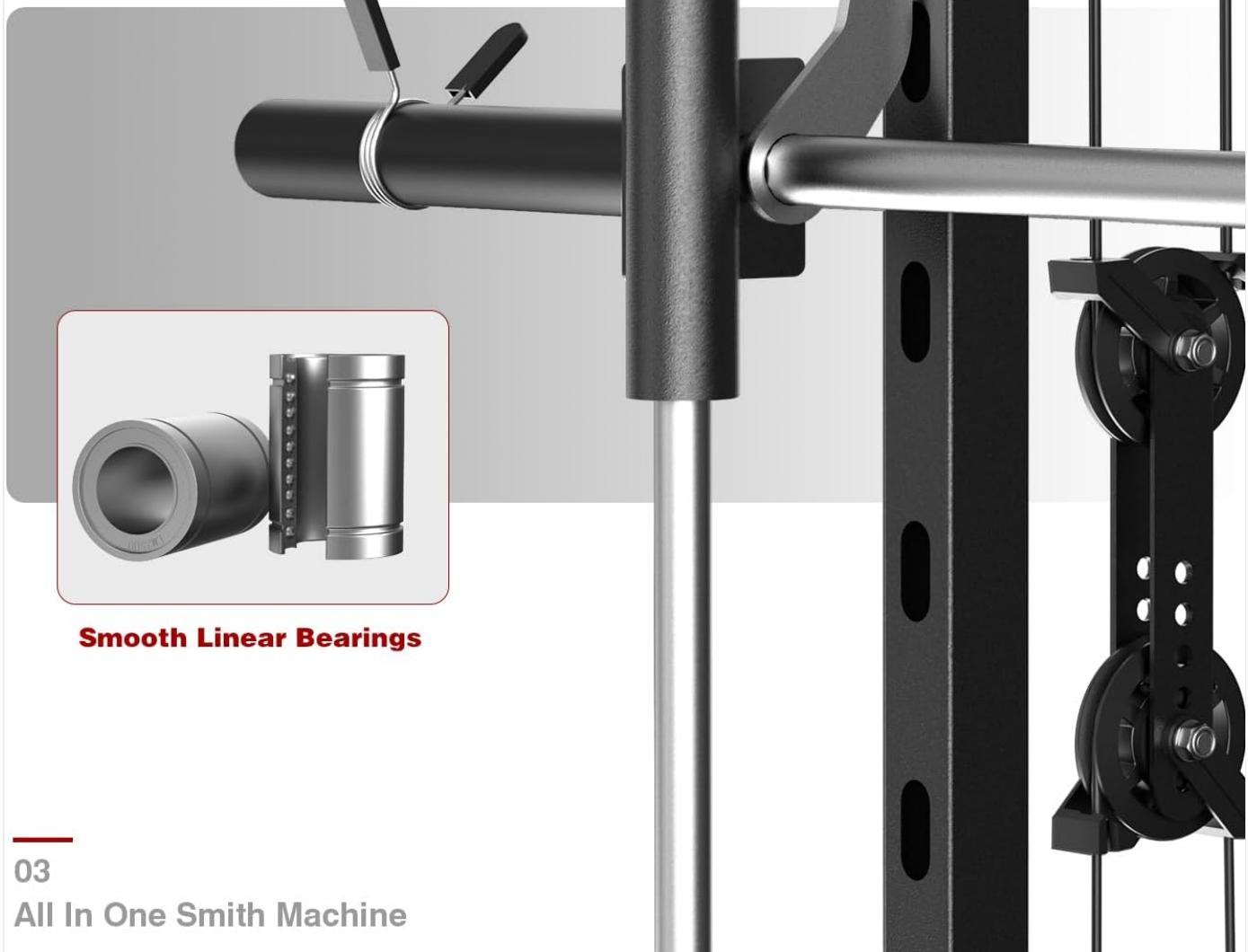
The DONOW Smith Machine offers a wide range of exercises. Familiarize yourself with each function before beginning your workout.

### 5.1 Smith Machine Operation

- Adjusting Bar Height:** The Smith bar can be adjusted to various heights using the hooks on the vertical posts. Lift the bar slightly, rotate it to disengage from the hooks, and slide it to the desired height. Rotate to engage the hooks securely.

- **Using Safety Catches:** Always position the adjustable safety catches below your lowest intended range of motion. These catches will prevent the bar from dropping too low in case of muscle failure.
- **Smooth Movement:** The Smith machine features solid guide rods and smooth linear bearings for consistent bar movement.

# Solid Smith Machine Poles



## 03 All In One Smith Machine

Figure 5.1: Close-up view of the solid Smith machine poles and smooth linear bearings, ensuring fluid bar movement.

### 5.2 Cable Crossover System

- **Weight Selection:** Insert the pin into the desired weight plate on the stack. The system includes dual 176 lbs (80 kg) weight stacks on each side, totaling 352 lbs (160 kg).
- **Attachment Points:** The dual independent cable systems allow for a wide range of exercises. Attach the desired handle (cable handles, lat pull down bar, bicep rope, ankle strap) to the carabiner at the end of the cable.

- **Adjusting Pulley Height:** The pulleys can be adjusted vertically along the uprights to target different muscle groups and accommodate various exercises.



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All In One Smith Machine

## Dual 176lbs Weight Stacks (352lbs in total)

Figure 5.2: Illustration of the dual 176 lbs weight stacks, providing a total of 352 lbs of resistance for cable exercises.

# Dual Independent Cable System

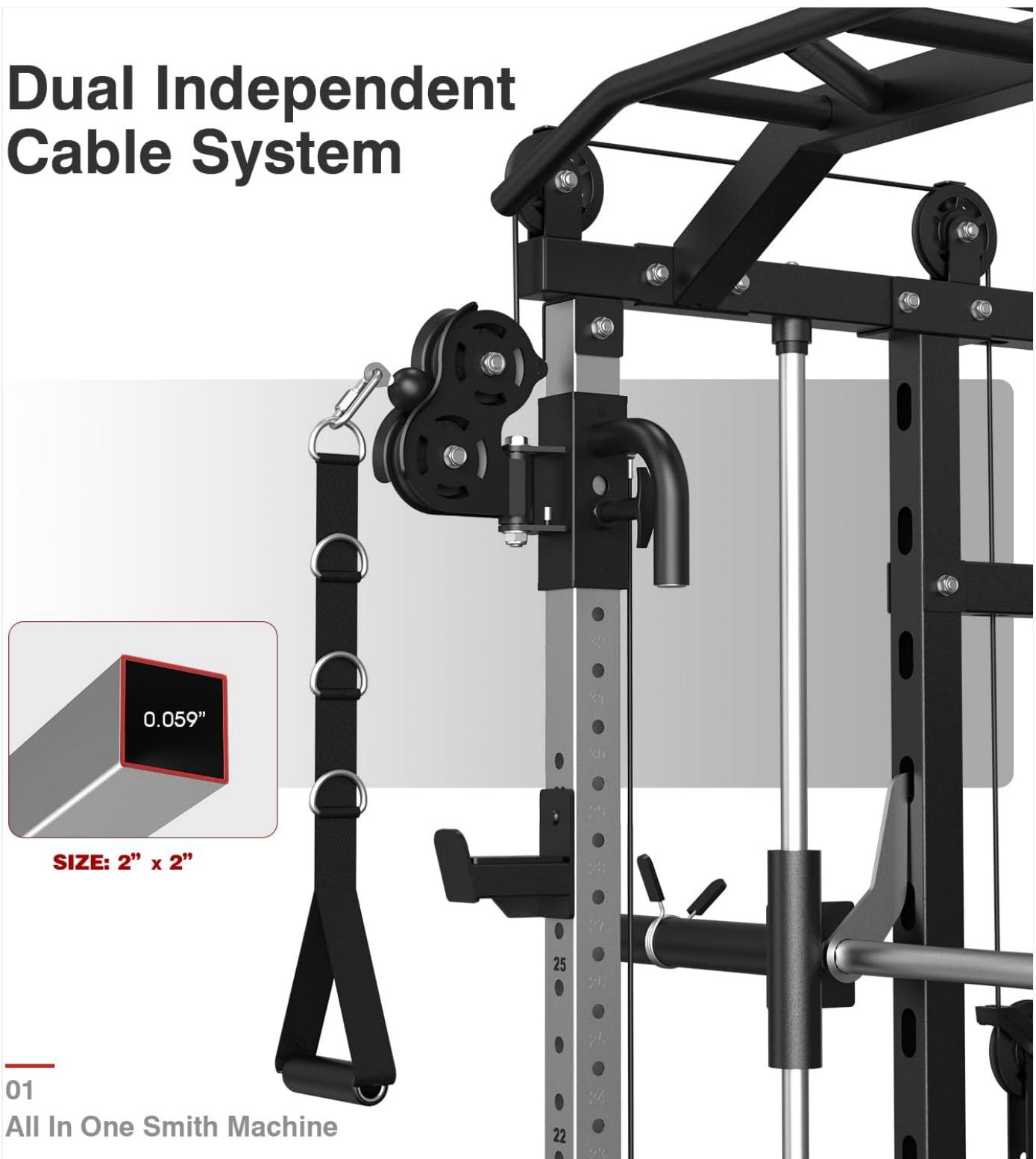


Figure 5.3: Detail of the dual independent cable system, highlighting the robust 2" x 2" frame construction.

## 5.3 Pull-Up Station

- The integrated pull-up station features multiple grip options (wide, narrow, neutral) to target different back and arm muscles.
- Ensure the machine is stable before performing pull-ups.

## Multiple Grips Pull Up Station

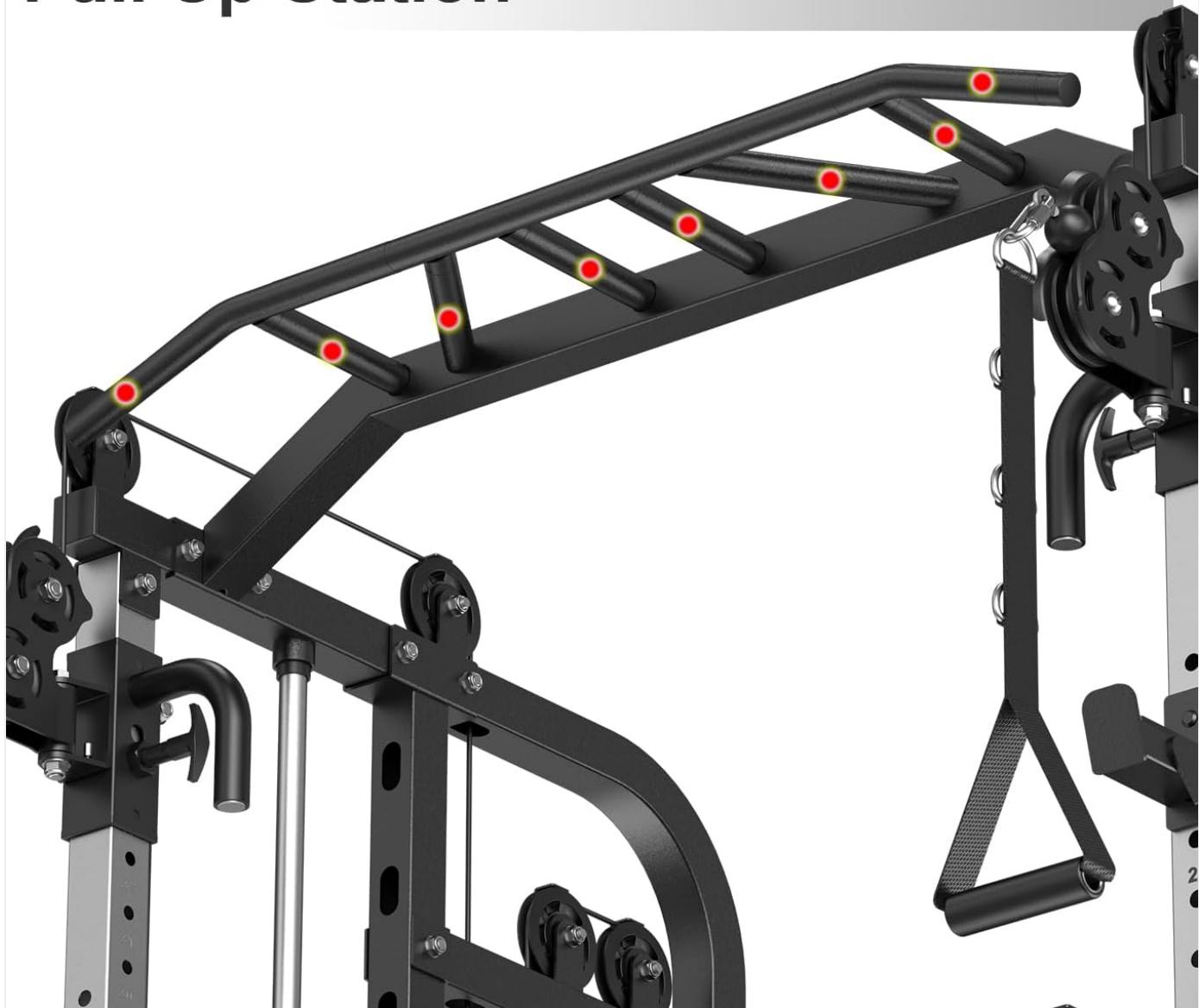
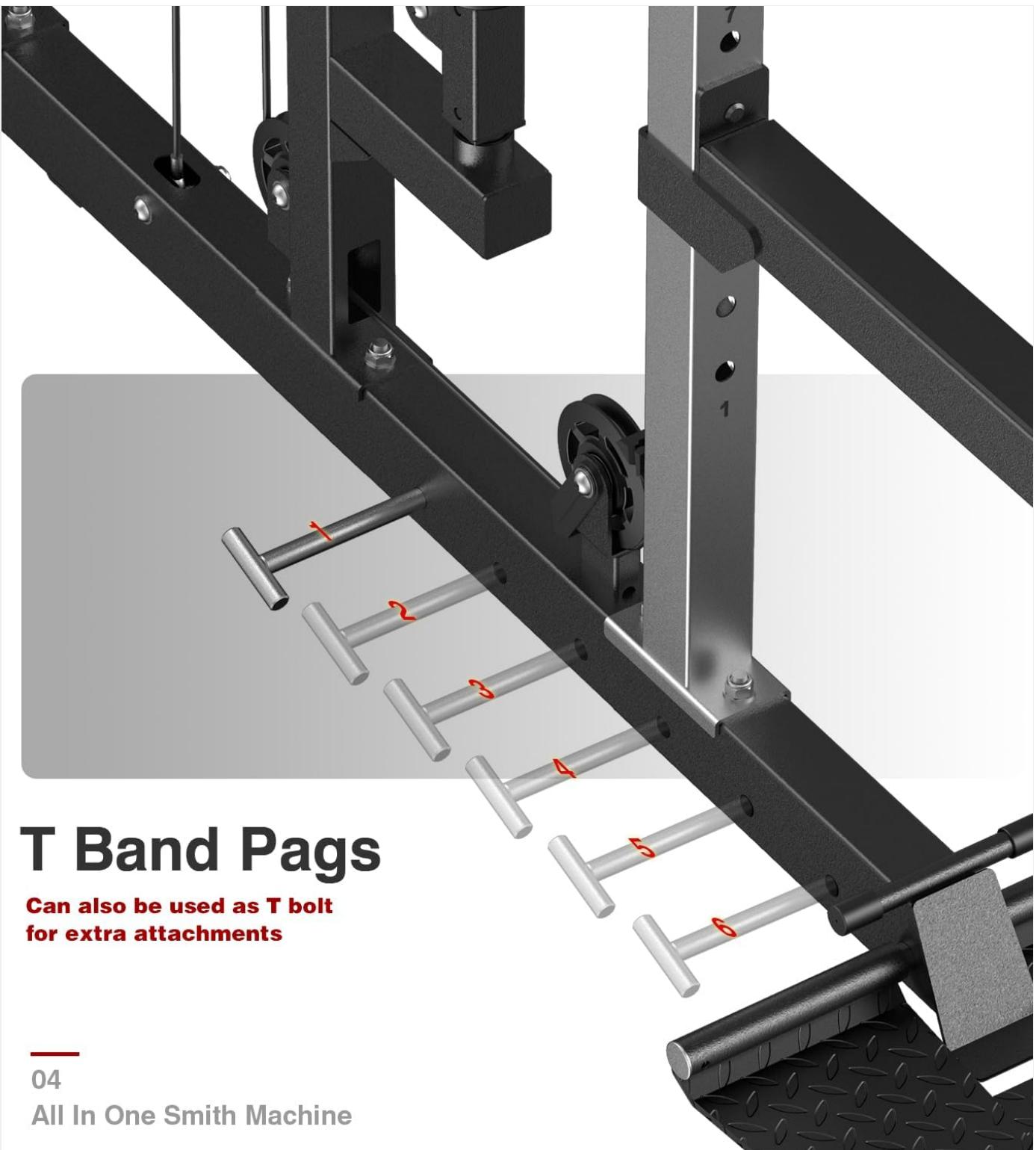


Figure 5.4: The multi-grip pull-up station, offering various hand positions for diverse back and arm workouts.

### 5.4 Weight Plate Storage

- The machine includes two weight pegs for organizing additional weight plates (not included).
- T-Band Pegs can also be used as T-bolts for extra attachments.



## T Band Pags

**Can also be used as T bolt  
for extra attachments**

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All In One Smith Machine

Figure 5.5: T-Band Pegs located on the frame, which can be used for resistance bands or as T-bolts for additional attachments.

## 6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your DONOW Smith Machine.

- **Daily:** Wipe down the machine with a damp cloth after each use to remove sweat and dust.
- **Weekly:** Inspect all cables, pulleys, and connections for signs of wear, fraying, or looseness. Ensure the Smith bar moves smoothly along its guide rods.
- **Monthly:** Lubricate the Smith machine guide rods and cable pulleys with a silicone-based lubricant to maintain smooth operation. Check all bolts and nuts for tightness and re-tighten if necessary.
- **Annual:** Conduct a thorough inspection of the entire frame for any cracks or structural damage. Replace any worn

or damaged parts immediately.

- Do not use abrasive cleaners or solvents on any part of the machine.

## 7. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Smith bar is not moving smoothly.	Lack of lubrication on guide rods; debris on guide rods; damaged linear bearings.	Clean guide rods and apply silicone lubricant. Check for obstructions. If problem persists, contact customer support for bearing replacement.
Cables are sticking or making noise.	Pulleys need lubrication; incorrect cable routing; worn cables.	Lubricate pulleys. Verify cable routing as per assembly manual. Inspect cables for fraying; replace if necessary.
Machine 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 level surface; use shims if needed.
Weight stacks are not moving freely.	Guide rods need lubrication; debris in weight stack path; bent guide rod.	Clean and lubricate weight stack guide rods. Remove any obstructions. If a guide rod is bent, contact customer support.

## 8. SPECIFICATIONS

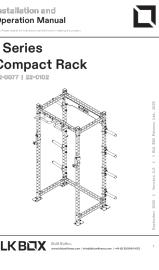
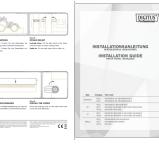
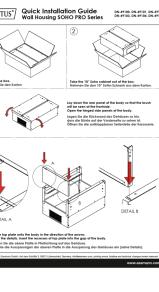
Feature	Detail
Model Number	DN-DS938 Series
Dimensions (H x L x W)	224.28 cm x 199.59 cm x 138.94 cm (88.3 in x 70.9 in x 75.6 in)
Frame Material	Commercial Grade Steel Tube (Size 2"x2" / Thick 0.059")
Max Capacity (Whole Machine)	2040 lbs (1016.05 kg)
Weight Stacks	353 lbs (160 kg) total, dual 80kg on each side
Included Components	Smith machine, leverage bar, pair of cable handles, lat pull down bar, cable bar, bicep rope, ankle strap
Shipping	Ships in 8 separate boxes

## 9. WARRANTY AND SUPPORT

DONOW is committed to providing high-quality products and customer satisfaction. For warranty information, technical support, or to request replacement parts, please contact DONOW customer service.

- All replacements for the machine are free.
- Refer to your purchase documentation for specific warranty terms and conditions.
- When contacting support, please have your model number (DN-DS938N Series) and purchase date available.

## Related Documents - DN-DS938N Series

	<p><a href="#">DONOW Squat Rider DN-6334B Assembly Manual</a></p> <p>Comprehensive assembly manual for the DONOW Squat Rider DN-6334B fitness machine, detailing parts and step-by-step instructions.</p>
	<p><a href="#">Sunny Health &amp; Fitness SF-XF920021 Smith Machine Squat Rack Essential Series II User Manual</a></p> <p>Comprehensive user manual for the Sunny Health &amp; Fitness SF-XF920021 Smith Machine Squat Rack Essential Series II, covering safety information, parts list, hardware, assembly instructions, and maintenance.</p>
	<p><a href="#">BLK BOX 1 Series Compact Rack Installation and Operation Manual</a></p> <p>Installation and operation manual for the BLK BOX 1 Series Compact Rack (models 22-0077, 22-0102). Includes product specifications, detailed assembly instructions, care and maintenance guidelines, safety warnings, and warranty information.</p>
	<p><a href="#">DIGITUS Shielded Patch Panel Installation Guide</a></p> <p>Comprehensive installation guide for DIGITUS shielded patch panels, covering strain relief, cable fixing, and connection procedures. Includes product specifications and RoHS compliance information.</p>
	<p><a href="#">DIGITUS Wall Housing SOHO PRO Series Quick Installation Guide</a></p> <p>Step-by-step instructions for installing the DIGITUS Wall Housing SOHO PRO Series network cabinets, including models DN-49100 through DN-49105.</p>