

Soozier A91-268V00BK

Soozier Home Gym Machine User Manual

Model: A91-268V00BK

1. SAFETY INFORMATION

Please read and understand all instructions before assembling and using the Soozier Home Gym Machine. Retain this manual for future reference.

- **Consult a Physician:** Before starting any exercise program, consult with a healthcare professional to ensure it is appropriate for your physical condition.
- **Assembly Safety:** Assemble the machine on a flat, stable surface. Ensure all bolts, nuts, and washers are securely tightened before use. It is recommended to have at least two people for assembly.
- **Weight Capacity:** The maximum weight capacity for this machine is 264 lbs (120 kg). Do not exceed this limit. The weight bar can accommodate weight plates up to 110 lbs (50 kg) per side, 220 lbs (100 kg) total.
- **Clearance Area:** Maintain a clear area of at least 2 feet (0.6 meters) around the machine during use to prevent accidents.
- **Children and Pets:** Keep children and pets away from the machine during operation.
- **Inspection:** Regularly inspect the machine for loose parts, worn cables, or damaged components. Do not use the machine if any parts are damaged or missing.
- **Proper Use:** Use the machine only for its intended purpose as described in this manual. Do not modify the equipment.

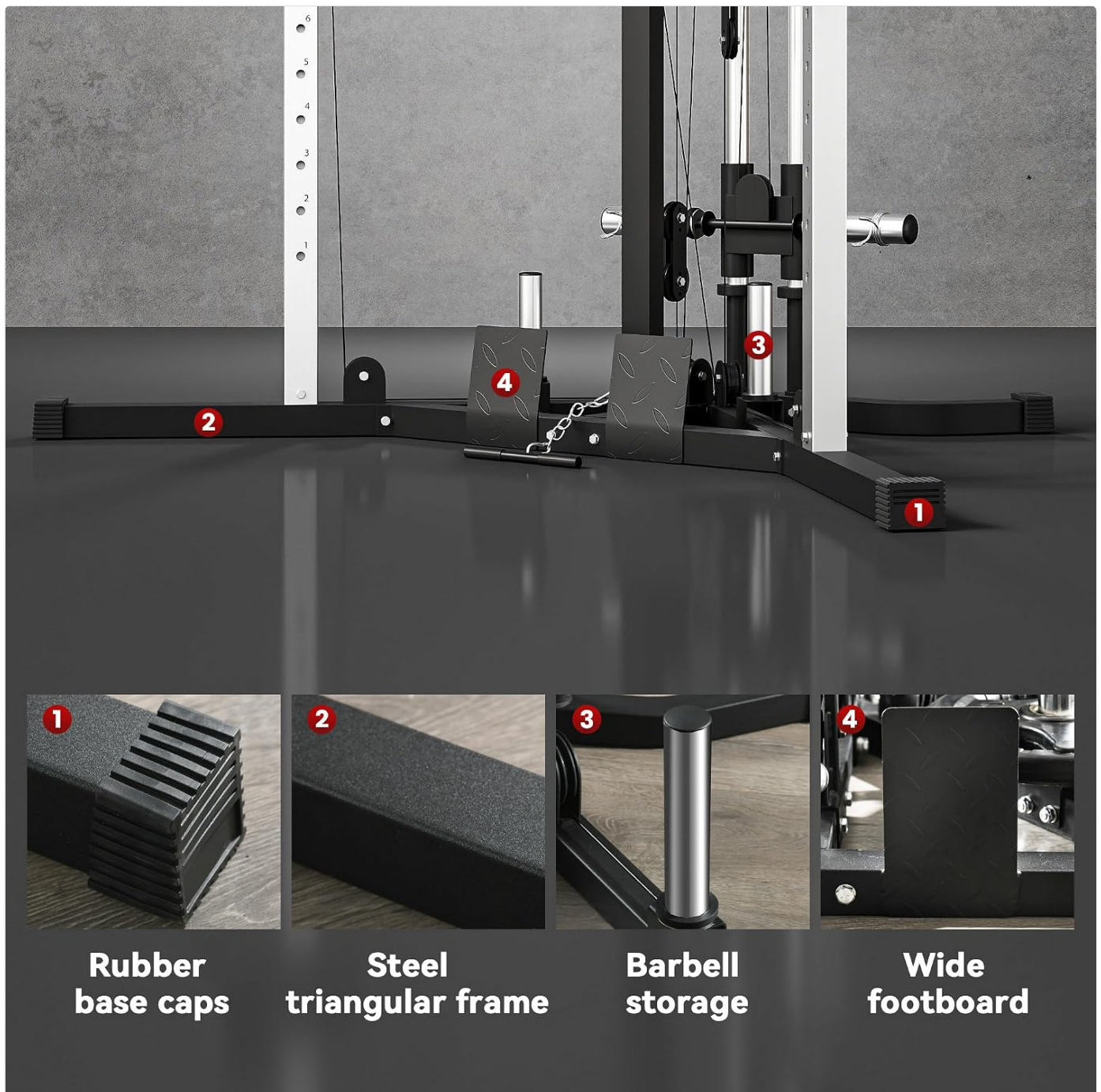


Image: The robust base of the Soozier Home Gym Machine, highlighting its rubber base caps for floor protection, sturdy steel triangular frame, convenient barbell storage, and a wide footboard for stability during exercises.

2. PRODUCT OVERVIEW

The Soozier Home Gym Machine is a multifunctional strength training workout station designed for comprehensive upper body fitness. It features a versatile design to target various muscle groups effectively.

Key Features:

- **15-Position Adjustable Double Pulleys:** Allows for precise targeting of muscle groups by adjusting the pulley height.
- **Adjustable Resistance:** Equipped with a 1 1/2" diameter (2.5/5cm) weight bar to accommodate standard weight plates (not included), offering customizable training intensity.
- **Functional Trainer:** Includes a lat pulldown machine, a curl/row bar, and two single strap handles, providing over 35 possible exercises.
- **Integrated Pull-Up Station:** A dedicated pull-up bar for bodyweight exercises.

- **Heavy-Duty Construction:** Features a stable steel triangular frame, rubber base caps for floor protection, and nylon-coated steel wires tested for high capacity.



Image: A user demonstrating the pull-up function of the Soozier Home Gym Machine, highlighting its sturdy construction and integrated pull-up bar.

3. SETUP AND ASSEMBLY

The Soozier Home Gym Machine is shipped in three separate packages, which may arrive on different dates. Please ensure all packages have been received before beginning assembly.

Before You Begin:

- **Unpack and Identify:** Carefully unpack all components and lay them out. Compare them against the parts list provided in your assembly guide (not included in this manual) to ensure all parts are present and undamaged.
- **Tools Required:** Have the necessary tools ready. While specific tools are not listed here, common assembly tools like wrenches and screwdrivers are typically required.
- **Assembly Area:** Choose a spacious, level area for assembly, preferably near the machine's final location.

Assembly Tips:

- **Follow Instructions Carefully:** Refer to the detailed assembly instructions provided with your product. Pay close attention to diagrams and step-by-step guidance.
- **Do Not Overtighten Initially:** For many steps, it is advisable to hand-tighten bolts initially and fully tighten them only after multiple components are in place and aligned. This can prevent misalignment issues.
- **Cable Installation:** When installing cables, ensure they are routed correctly through all pulleys. Incorrect routing can lead to friction and improper function. Lubricating pulleys before cable installation can improve smoothness.
- **Two-Person Assembly:** Due to the size and weight of some components, assembly is significantly easier and safer with two people.



Image: Illustration showing that the Soozier Home Gym Machine is delivered in three separate packages, which may arrive on different days.

4. OPERATING INSTRUCTIONS

The Soozier Home Gym Machine offers a wide range of exercises. Familiarize yourself with its adjustable features to maximize your workout potential.

4.1. Adjustable Pulley System

The double pulleys can be adjusted to 15 different positions along the vertical uprights. This allows you to perform exercises from various angles, targeting specific muscle groups more effectively.

- **Adjusting Height:** To adjust the pulley height, locate the adjustment pin on each pulley carriage. Pull the pin out, slide the carriage to the desired numbered position, and release the pin, ensuring it fully engages in the hole.
- **Bilateral and Unilateral Exercises:** The dual pulley system supports both bilateral (using both pulleys simultaneously) and unilateral (using one pulley at a time) movements.



Provide a wide range of
bilateral and unilateral
muscle exercises

15-POSITION ADJUSTABLE PULLEY MECHANISM

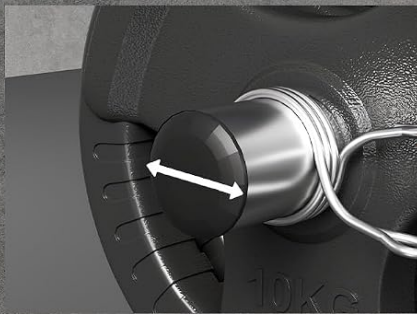
Image: A user demonstrating the adjustable pulley system, which can be set to 15 different positions to accommodate various exercises and user heights.

4.2. Resistance Adjustment

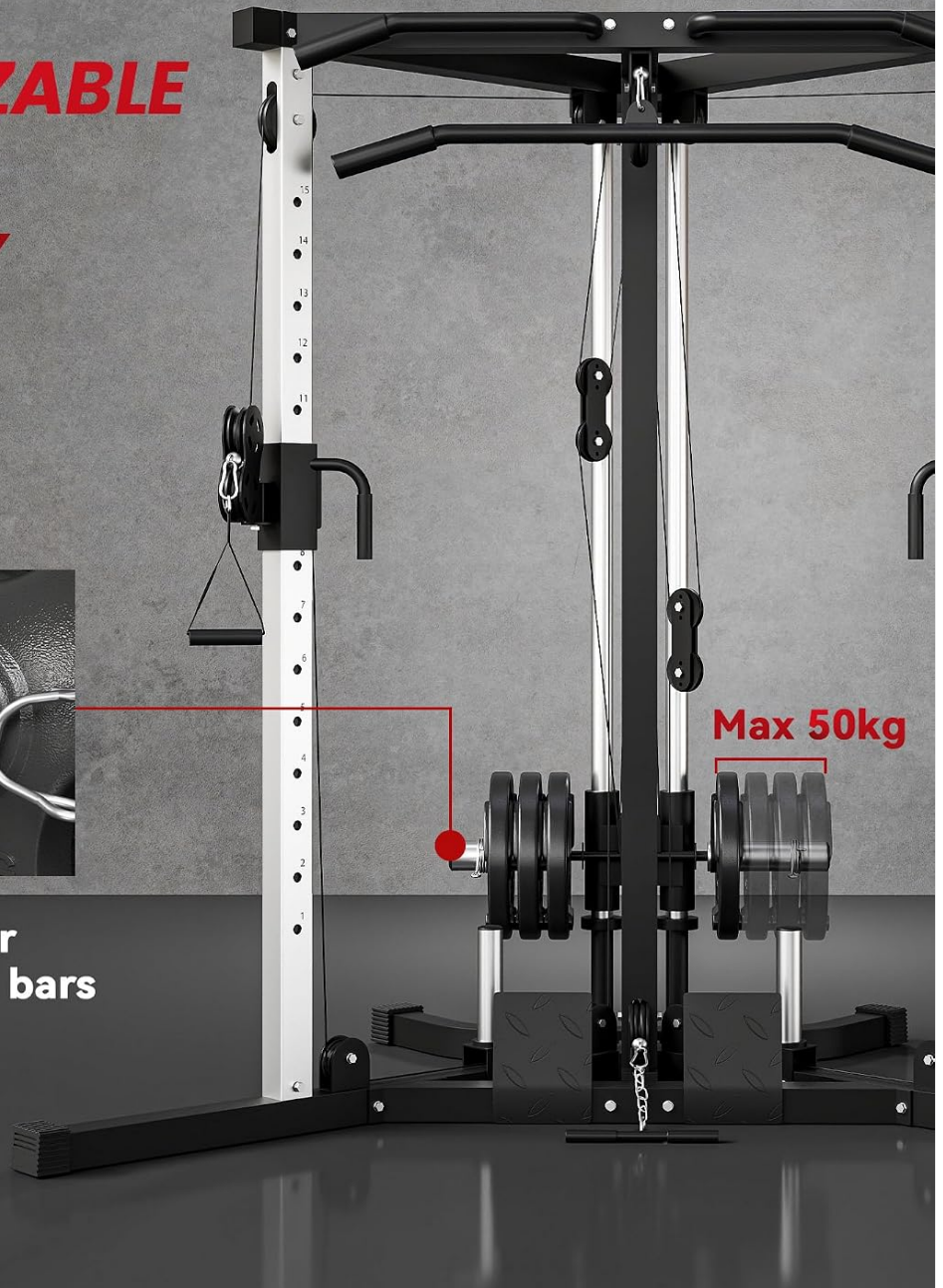
The machine utilizes a weight bar designed for 1" or 2" diameter (2.5/5cm) weight plates (not included). This allows you to customize the resistance level for your workouts.

- **Adding Weight Plates:** Slide desired weight plates onto the weight bar located at the rear of the machine. Ensure plates are securely fastened if retaining clips are provided.
- **Maximum Load:** The system supports a maximum of 110 lbs (50 kg) per side, totaling 220 lbs (100 kg) when both sides are loaded.

CUSTOMIZABLE TRAINING INTENSITY



**1"/2" diameter
(2.5/5cm) weight bars**



Max 50kg

Image: Detail of the weight bar, illustrating how weight plates are added to customize the training intensity, with a maximum capacity of 50kg per side.

4.3. Exercise Options

The Soozier Home Gym Machine comes with various attachments to facilitate a wide range of exercises:

- **Lat Pulldown Bar:** Attach to the upper pulleys for exercises targeting the back muscles.
- **Curl/Row Bar:** Use for bicep curls, tricep pushdowns, and seated rows.
- **Single Strap Handles:** Attach to any pulley height for exercises like cable crossovers, single-arm rows, tricep extensions, and more.
- **Pull-Up Station:** Utilize the integrated pull-up bar for various grip pull-ups and chin-ups.

VERSATILE FUNCTIONAL TRAINER



Lat pull-down bar



Curl/row bar



Side strap handles



Pull up station

Image: A visual guide to the versatile exercises possible with the machine, including lat pulldowns, curl/rows, side strap handle exercises, and pull-ups.



Image: A user demonstrating the use of the single strap handles for cable exercises, highlighting the machine's adaptability for various movements.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Soozier Home Gym Machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Lubrication:** Periodically apply a silicone-based lubricant to the guide rods and pulley axles to ensure smooth operation and prevent friction. Pay attention to any pulleys that do not spin smoothly.
- **Cable Inspection:** Regularly check all cables for fraying, kinks, or wear. Replace any damaged cables immediately.
- **Bolt Tightness:** Periodically check all nuts and bolts to ensure they remain tight. Retighten as necessary.
- **Pulley Inspection:** Ensure all pulleys are free of debris and rotate freely.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your Soozier Home Gym Machine.

Problem	Possible Cause	Solution
Assembly is difficult or takes a long time.	Complex instructions, many parts, or lack of assistance.	Review the assembly manual thoroughly before starting. Ensure all parts are identified. Consider assembling with a second person. Do not fully tighten all bolts until instructed or until components are aligned.
Cables do not run smoothly or make noise.	Lack of lubrication, misaligned pulleys, or worn cables.	Apply silicone-based lubricant to pulleys and guide rods. Check cable routing to ensure they are not rubbing against any part of the frame. Inspect cables for damage and replace if necessary.
Machine feels unstable or wobbly.	Loose bolts or uneven floor surface.	Check and tighten all nuts and bolts. Ensure the machine is placed on a flat, level surface. The rubber base caps should provide stability.
Resistance feels too light even with maximum weights.	Misunderstanding of resistance mechanism or specific exercise.	Ensure you are using the correct weight plates (1" or 2" diameter). Verify that the total weight does not exceed the stated maximum of 220 lbs (100 kg). Some exercises inherently feel lighter due to mechanical advantage; focus on proper form and muscle engagement.

7. SPECIFICATIONS

Detailed specifications for the Soozier Home Gym Machine:

Brand	Soozier
Model Number	A91-268V00BK
Overall Dimensions (L x W x H)	66.9" x 54.7" x 78.7" (170 x 139 x 200 cm)
Item Weight	68.95 kg (approx. 152 lbs)
Maximum User Weight Capacity	264 lbs (120 kg)
Weight Bar Capacity (Total)	220 lbs (100 kg)
Weight Bar Diameter	1" / 2" (2.5 cm / 5 cm)
Material	Alloy Steel
Color	Black
Included Components	Pull up Bar, Curl Bar, Strap Handles
UPC	673986280126



Image: A clear diagram illustrating the overall dimensions of the Soozier Home Gym Machine, providing length, width, and height measurements for planning placement.

8. WARRANTY AND SUPPORT

For warranty information, technical support, or to order replacement parts, please contact the manufacturer directly.

- **Manufacturer:** Aosom Canada
- **Place of Business:** Markham, Ontario, CA
- **Contact Number:** 1-416-792-6088
- **Online Support:** Visit the official Soozier or Aosom Canada website for FAQs and customer service contact options.

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