

Goimu S1-V4

Goimu S1-V4 Smith Machine Home Gym Instruction Manual

Model: S1-V4 | Brand: Goimu

1. IMPORTANT SAFETY INFORMATION

Before assembling or operating the Goimu S1-V4 Smith Machine, read and understand all instructions and warnings in this manual. Failure to follow these instructions may result in serious injury or property damage.

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Ensure all bolts and nuts are securely tightened before each use.
- Place the equipment on a flat, stable surface.
- Do not exceed the maximum weight capacities specified for each component.
- Always use safety spotters or a trained assistant when performing heavy lifts.
- Inspect the equipment for worn or damaged parts before each workout. Do not use if damaged.

2. PRODUCT OVERVIEW

The Goimu S1-V4 is an all-in-one home gym system designed for comprehensive strength training. It integrates a Smith machine, power cage, and cable crossover system, supporting a wide range of exercises.



Figure 2.1: Goimu S1-V4 Smith Machine, Power Cage, and Cable Crossover System with included weight bench and various attachments.

Key Features:

- **Heavy-Duty Steel Construction:** Supports up to 2000 lbs rackable weight capacity.
- **Integrated Design:** Combines Smith machine, power cage, and functional trainer.
- **Versatile Cable System:** Features a smooth cable crossover system with a 2:1 pulley ratio.
- **Adjustable Smith Bar:** Linear bearing design with 10 selectable heights and professional hook protection.
- **Comprehensive Accessories:** Includes over 25 attachments for varied workouts.

INTRODUCING THE S1



Figure 2.2: Labeled diagram of the Goimu S1-V4 components.

3. PACKAGE CONTENTS

The Goimu S1-V4 Home Gym is shipped in multiple boxes. Please verify all components are present before beginning assembly.



S1-V4 POWER CAGE

- Weight Capacity : 2000LBS
- 2"*2" Uprights with 21 Variable Height Position
- 30+ Extra Accessories
- Cable Crossover & Lat Pulldown & Row System

3 BOXES



STURDY WEIGHT BENCH

- Weight Capacity : 1000LBS
- Adjustable : 6 Back & 4 Seat Positions
- Spacious Soft Cushion & Fully Foldable

1 BOXES

Figure 3.1: Package contents overview.

Included Components:

- S1-V4 Power Cage (shipped in 3 boxes)
- Sturdy Weight Bench (shipped in 1 box)
- 1 T-bar
- 1 V-handle
- 4 Elastic band bars
- 2 Chains
- 1 Cable Bar
- 6 OB bushings
- 1 Triceps rope
- 1 Pull down bar
- 2 J-hooks
- 6 Counterweight racks with clamps
- 2 Small clamps

4. ASSEMBLY INSTRUCTIONS

Assembly requires two people. All necessary hardware and an illustrative manual are included. Follow the step-by-step instructions provided in the separate assembly manual for detailed guidance.

General Assembly Steps:

1. Unpack all components and verify against the package contents list.
2. Organize hardware by type and size.
3. Assemble the base frame of the power cage.
4. Attach the uprights and crossbars.
5. Install the Smith machine tracks and bar.
6. Assemble the cable crossover system, including pulleys and cables.
7. Attach all accessories such as J-hooks, safety stoppers, and weight plate holders.
8. Assemble the weight bench separately.
9. Perform a final check to ensure all connections are secure.



Figure 4.1: Goimu S1-V4 dimensions and footprint.

5. OPERATING THE S1-V4 HOME GYM

The S1-V4 offers multiple training options. Familiarize yourself with each component before use.

5.1 Smith Machine Operation

The Smith machine features a linear bearing design for smooth movement and includes professional hook protection.

- **Adjusting Height:** The Smith bar offers 10 selectable height positions. Lift the bar slightly, rotate to disengage the hooks, and slide to the desired height. Rotate to engage hooks securely.
- **Safety Stops:** Position the adjustable safety stoppers below the lowest point of your intended range of motion to prevent injury.
- **Weight Loading:** Load weight plates evenly on both sides of the Smith bar.

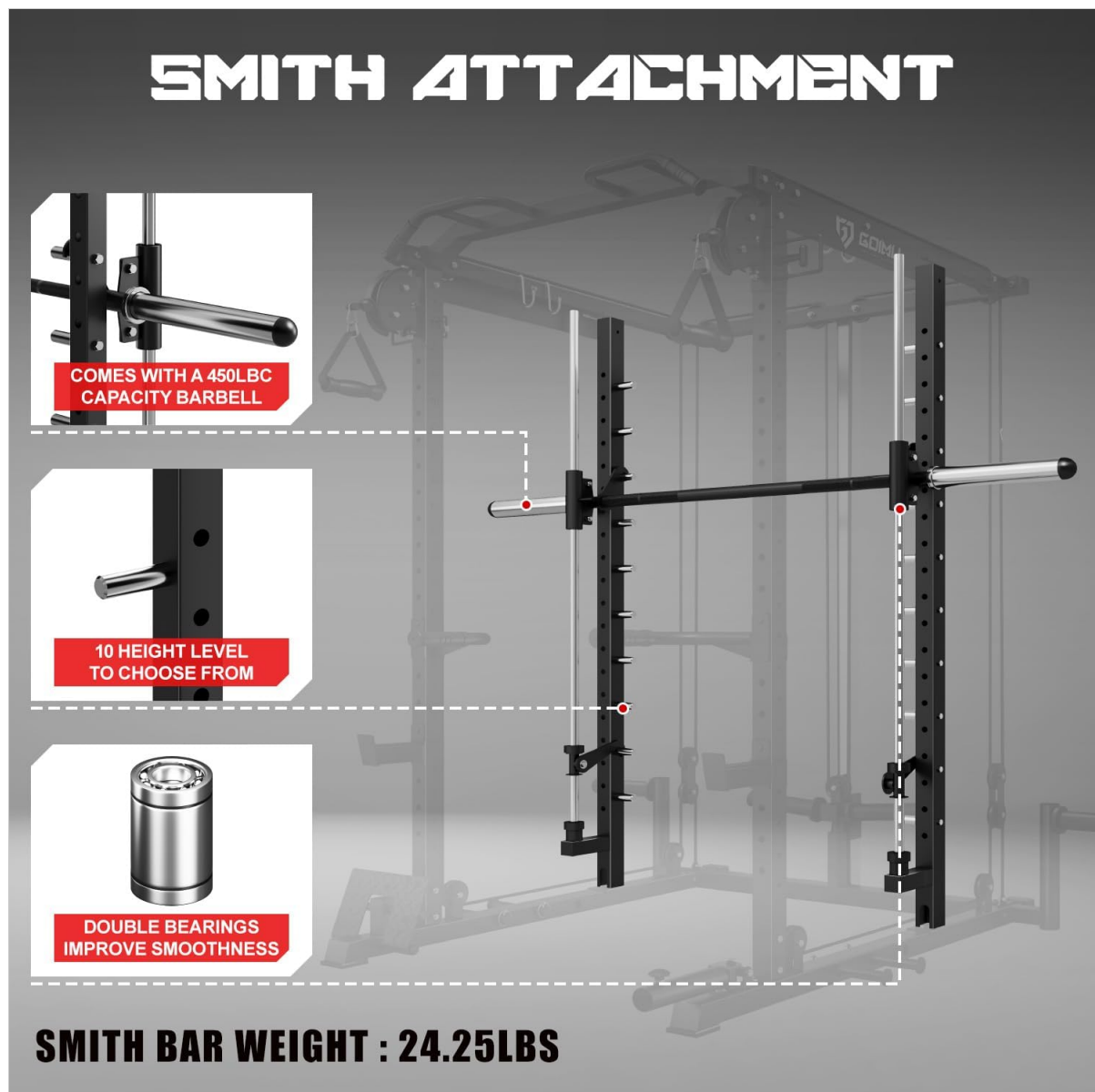


Figure 5.1: Smith machine attachment details.

5.2 Cable Crossover System

The cable crossover system provides smooth and consistent resistance for various exercises. It features a slide rail design and stainless steel composite materials.

- **Pulley Adjustment:** The pulleys can be adjusted to 10 height positions along the uprights for high, mid, or low cable exercises.

- **Attachment Connection:** Use the included carabiners to attach handles, ropes, or bars to the cable ends.
- **Weight Loading:** Load weight plates onto the weight horns of the cable system.



Figure 5.2: Cable crossover system in use.

5.3 Power Cage and Attachments

The power cage allows for free weight exercises with the use of J-hooks and safety stoppers. Various attachments expand exercise possibilities.

- **J-Hooks and Safety Stoppers:** Insert J-hooks and safety stoppers into the desired height holes on the uprights. Ensure they are fully seated and secure before placing a barbell.
- **Multi-Grip Chin-Up Bar:** Use the integrated chin-up bar for various grip pull-up exercises.
- **Dip Bar:** Attach the dip bars to the uprights at a comfortable height for chest dips.
- **Landmine Attachment:** Insert a barbell into the 360-degree landmine attachment for rotational exercises.

ALL-IN-ONE MACHINE

SUPPORT 80+ MOVEMENTS



Figure 5.3: Examples of exercises possible with the S1-V4.

5.4 Adjustable Weight Bench

The included weight bench offers adjustable back and seat positions for various exercises.

- **Backrest Adjustment:** Adjust the backrest to 6 different positions (flat, incline, decline) by pulling the adjustment pin and moving the backrest to the desired angle.
- **Seat Adjustment:** Adjust the seat to 4 different positions by pulling the adjustment pin and moving the seat to the desired angle.

1000 LBS Weight Capacity

6 Back Levels Adjustment

4 Seat Levels Adjustment



Figure 5.4: Weight bench adjustment options.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Goimu S1-V4 Home Gym.

- **Daily:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust.
- **Weekly:** Inspect all bolts, nuts, and connections for tightness. Tighten any loose fasteners.
- **Monthly:** Check cables and pulleys for signs of wear, fraying, or damage. Ensure smooth operation of the Smith bar and cable system. Lubricate moving parts if necessary with a silicone-based lubricant.
- **Annually:** Conduct a thorough inspection of the entire frame for any structural damage or corrosion.

7. TROUBLESHOOTING

This section addresses common questions and issues you might encounter.

Frequently Asked Questions:

- **Q: Can I correct my address after purchase?**

A: Address corrections or order modifications can be processed within 24 hours of purchase. After this period, the order is with the carrier, and modifications may not be possible.

- **Q: Why did I only receive one package when I'm supposed to get three?**

A: Products are shipped in multiple parcels, so delivery times may vary. Please allow a few more days for the remaining packages. For full tracking information, contact Goimu support.

- **Q: What should I do if my product is faulty or damaged during shipping?**

A: If you receive a faulty or damaged product, contact Goimu support immediately. We will assist with replacing damaged parts, arranging a new package, or processing a refund.

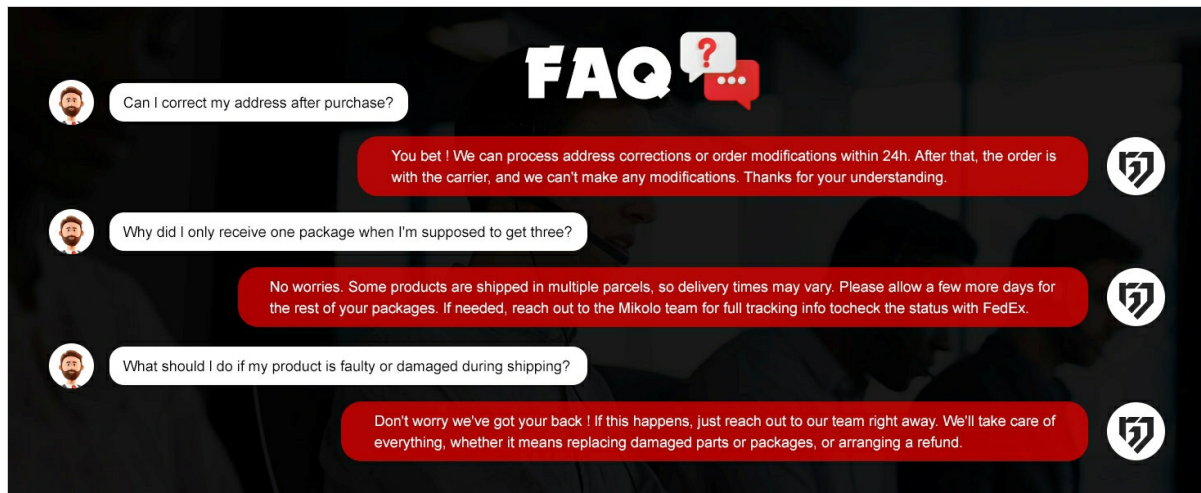


Figure 7.1: Common customer inquiries and responses.

8. PRODUCT SPECIFICATIONS

Detailed specifications for the Goimu S1-V4 Smith Machine.

Feature	Specification
Model Name	S1-V4
Brand	Goimu
Overall Dimensions (L x W x H)	59.84" x 46.85" x 84.25"
Rackable Weight Capacity	Up to 2000 lbs
Functional Trainer Capacity	Up to 1200 lbs
Smith Bar Weight Capacity	Up to 1000 lbs
Dual J-Hooks Capacity	Up to 1000 lbs
Weight Plate Holders Capacity	Up to 400 lbs (single)
Chin-Up Bar Capacity	Up to 400 lbs

Feature	Specification
Product Weight	277 lbs
Material	Alloy Steel
Smith Bar Length	79.13 inches
Uprights	2"x2" with 21 variable height positions
Weight Bench Capacity	1000 lbs
Weight Bench Adjustments	6 back positions, 4 seat positions

**POWERFUL PERFORMANCE
AT A GLANCE**

**UP TO
2000LBS**
RACKABLE WEIGHT CAPACITY

**UP TO
1200LBS**
FUNCTIONAL TRAINER CAPACITY

**UP TO
1000LBS**
DUAL J HOOKS

**UP TO
400LBS**
WEIGHT PLATE HOLDERS

**UP TO
400LBS**
CHIN-UP BAR

277LBS
PRODUCT WEIGHT



Figure 8.1: Performance capacities at a glance.

9. WARRANTY AND SUPPORT

Goimu stands behind the S1-V4 Smith Machine with a 2-year manufacturer's warranty. This warranty covers defects in materials and workmanship under normal use.

Contacting Support:

For any concerns, questions, or warranty claims, please contact Goimu customer support. You can typically reach support through the platform where you purchased the product.

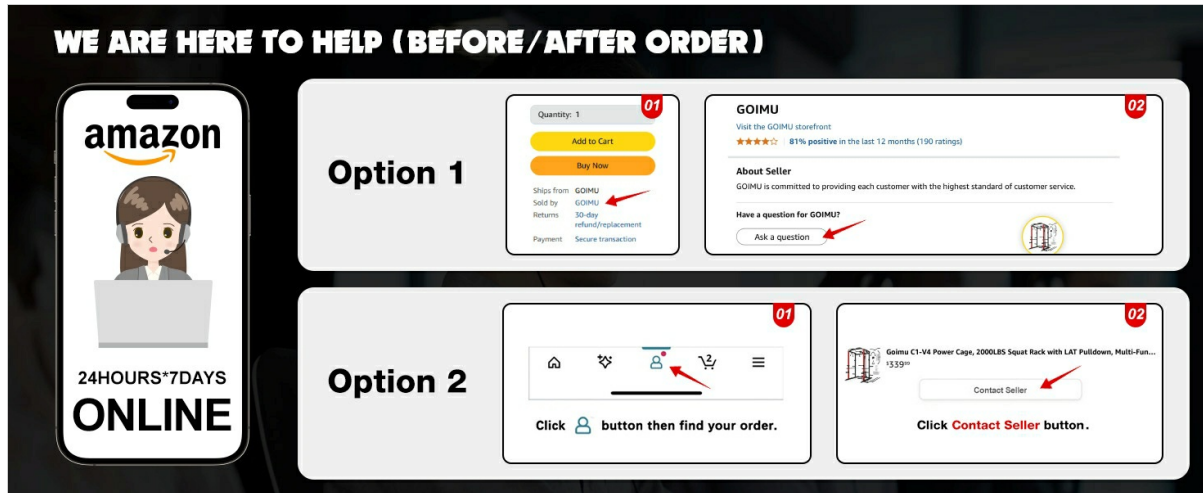


Figure 9.1: Methods to contact Goimu support.