

[Manuals.plus](#) /

› [Soozier](#) /

› Soozier Chest Fly and Press Machine A91-366V00YL User Manual

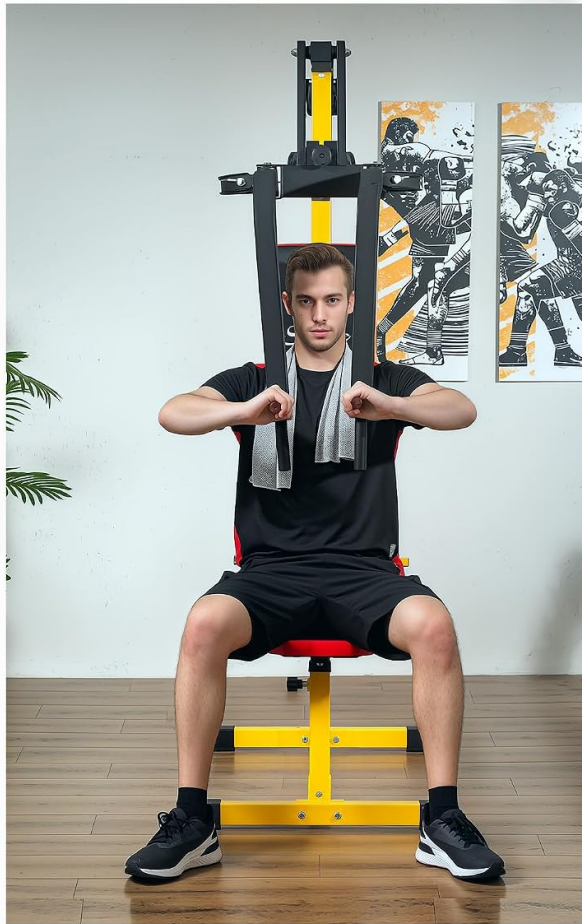
Soozier A91-366V00YL

Soozier Chest Fly and Press Machine User Manual

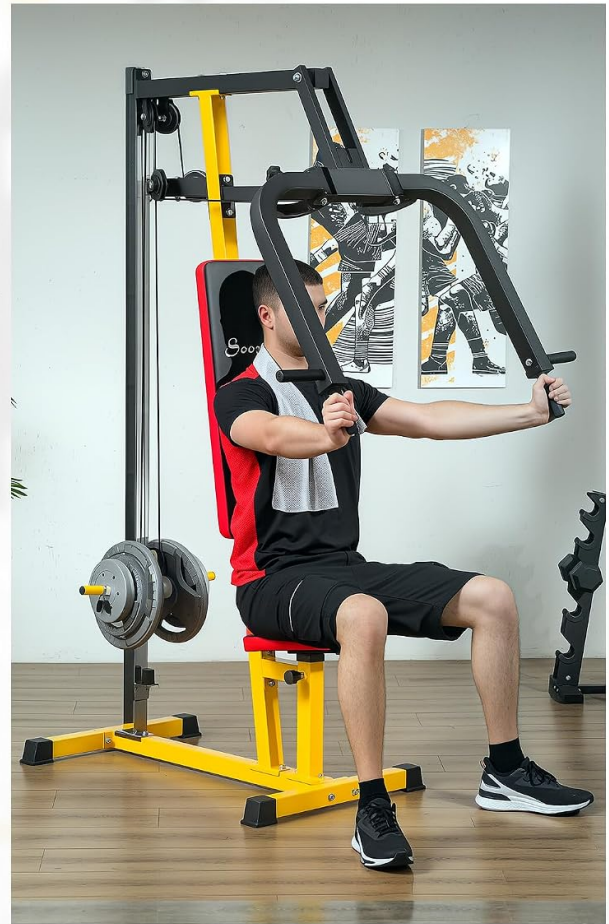
Model: A91-366V00YL

INTRODUCTION

Thank you for choosing the Soozier Chest Fly and Press Machine. This equipment is designed to provide a versatile workout for your chest, back, pectoral, rear deltoid, and shoulder muscles. Please read this manual thoroughly before assembly and use to ensure safe and effective operation. Keep this manual for future reference.



Butterfly



Chest Press

ADJUSTABLE RESISTANCE

Image: The Soozier Chest Fly and Press Machine, showcasing its compact design suitable for home use.

SAFETY INFORMATION

WARNING: Before starting any exercise program, consult your physician. This is especially important for individuals over the age of 35 or those with pre-existing health problems. Read all instructions before using this equipment.

- Ensure all bolts, nuts, and connections are securely tightened before each use.
- Place the machine on a flat, stable surface. Use a protective mat to prevent damage to flooring.
- Keep children and pets away from the equipment during use.
- Do not exceed the maximum weight capacity of 265 lbs (120 kg).
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Perform a warm-up before and a cool-down after each workout.

PACKAGE CONTENTS

Verify that all components are present before beginning assembly:

- Main Frame Components
- Padded Seat
- Backrest
- Anti-slip Foot Bases
- Hardware Kit (bolts, nuts, washers)
- Assembly Tools (if included)

SETUP AND ASSEMBLY

Assembly requires careful attention to detail. It is recommended to have two people for assembly. Lay out all parts in an organized manner before starting.

1. **Unpack Components:** Carefully remove all parts from the packaging and compare them against the parts list in your separate assembly diagram.
2. **Assemble Base Frame:** Connect the main frame components as per the assembly diagram. Ensure all connections are finger-tightened initially.
3. **Attach Seat and Backrest:** Secure the padded seat and backrest to the frame.
4. **Install Moving Arms and Pulleys:** Attach the chest press/fly arms and route the cables through the pulley system according to the diagram.
5. **Secure Anti-slip Foot Bases:** Place the anti-slip foot bases on the bottom of the frame for stability.
6. **Final Tightening:** Once all components are in place, systematically tighten all bolts and nuts using the provided tools. Do not overtighten.

Refer to the detailed assembly diagrams provided in your separate assembly guide for step-by-step visual instructions.

OPERATING INSTRUCTIONS

The Soozier Chest Fly and Press Machine offers dual functionality for comprehensive upper body training.

Adjusting the Seat

The seat features a 4-level adjustment to accommodate users of various heights, ensuring proper form and comfort during exercises.

- Locate the seat adjustment pin or lever beneath the seat.
- Pull the pin/lever out and slide the seat up or down to your desired height.
- Release the pin/lever and ensure it locks securely into place before use.

ADJUSTABLE RESISTANCE



Image: A detailed view of the 4-level adjustable seat, demonstrating how to change its height for optimal user positioning.

Adjusting Resistance

The machine supports adjustable resistance using 1-inch opening weight plates (not included). Each arm can hold up to 66 lbs, for a total capacity of 132 lbs.

- To increase resistance, slide 1-inch opening weight plates onto the weight posts located on each side of the machine.
- To decrease resistance, remove weight plates.
- Ensure weight plates are evenly distributed on both sides for balanced exercise.



Image: Close-up view of the weight plate posts, showing compatibility with 1-inch (2.5 cm) weight plates and the maximum load per side.

Performing Exercises

This machine allows for both chest fly and chest press movements.

4-LEVEL ADJUSTABLE SEAT



Image: A user demonstrating both the butterfly (chest fly) and chest press exercises, highlighting the machine's versatility.

Chest Press:

- Sit on the seat with your back firmly against the backrest.
- Grasp the handles with an overhand grip, ensuring your elbows are slightly bent.
- Push the handles forward until your arms are almost fully extended, contracting your chest muscles.
- Slowly return to the starting position, controlling the weight.

Chest Fly (Butterfly):

- Sit on the seat with your back firmly against the backrest.
- Position your forearms against the pads, or grasp the handles with a neutral grip, depending on the arm configuration.
- Bring the handles/pads together in front of your chest, squeezing your pectoral muscles.
- Slowly return to the starting position, allowing a stretch in your chest.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Soozier Chest Fly and Press Machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Apply a silicone-based lubricant to moving parts and pivot points as needed to ensure smooth operation.
- **Cable Check:** Inspect cables for fraying or damage. Replace damaged cables immediately.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Machine feels unstable	Loose fasteners; uneven surface	Check and tighten all bolts and nuts. Ensure the machine is on a flat, level surface.
Squeaking or grinding noise	Lack of lubrication; loose parts	Lubricate moving parts and pivot points. Check for any loose components and tighten.
Difficulty adjusting seat	Adjustment pin stuck; debris	Ensure the pin is fully pulled out. Clean any debris from the adjustment mechanism.
Cables not moving smoothly	Friction in pulleys; damaged cable	Lubricate pulleys. Inspect cables for damage and replace if necessary.

SPECIFICATIONS



Image: Technical drawing showing the overall dimensions of the machine: 38.6" L x 43.3" W x 78.1" H.

- **Model:** A91-366V00YL
- **Overall Dimensions:** 38.6" L x 43.3" W x 78.1" H
- **Weight Capacity:** 265 lbs (120 kg)
- **Material:** Alloy Steel, Polyurethane
- **Frame Material:** Alloy Steel (2" x 2" steel tubes)
- **Color:** Yellow
- **Adjustable Seat:** 4 levels
- **Weight Plate Compatibility:** 1" opening weight plates
- **Max Load Per Arm:** 66 lbs
- **Included Components:** Padded Seat, Backrest, Anti-slip Foot Bases



Image: A detailed view highlighting the robust 50x50mm steel tubes and anti-slip foot covers, emphasizing the machine's strong and stable construction.

WARRANTY

This Soozier Chest Fly and Press Machine comes with a **1 Year Warranty Against Manufacturer Defects**. Please retain your proof of purchase for warranty claims. The warranty covers defects in materials and workmanship under normal use and service. It does not cover damage resulting from misuse, abuse, accident, alteration, or improper assembly.

CUSTOMER SUPPORT

If you have any questions regarding the assembly, operation, or maintenance of your Soozier Chest Fly and Press Machine, please contact our customer support team. For efficient service, please have your model number (A91-366V00YL) and proof of purchase ready. Contact information can typically be found on the packaging or the official Soozier website.

