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Soozier A91-178RD

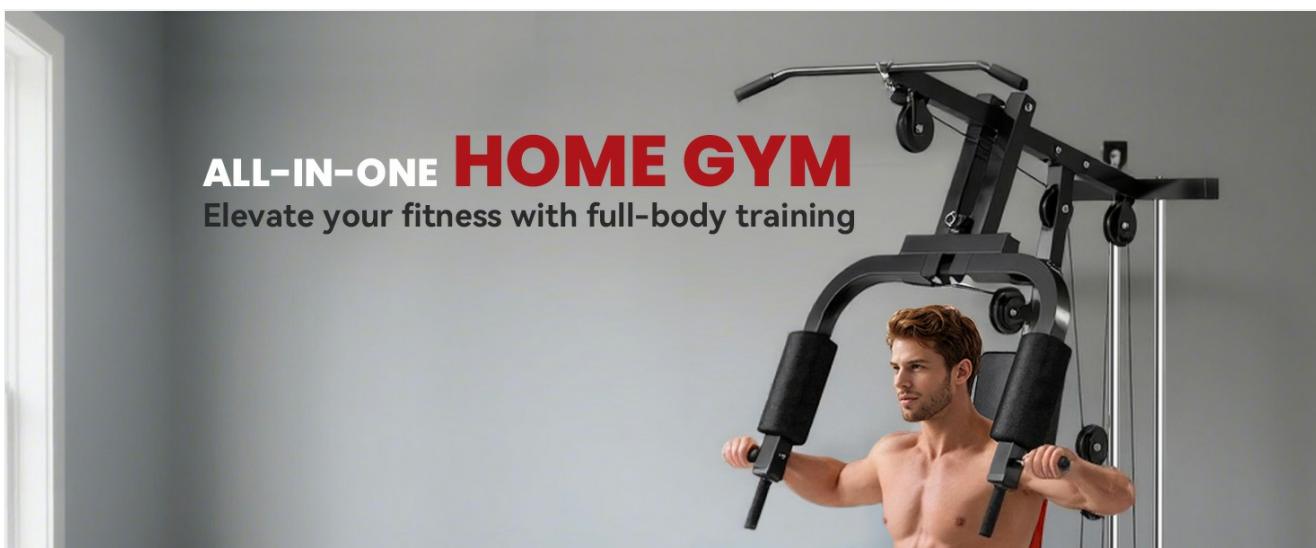
Soozier Home Gym Equipment (Model A91-178RD) Instruction Manual

Multifunction Workout Machine with 143lbs Weight Stack

1. INTRODUCTION

This manual provides essential information for the safe assembly, operation, maintenance, and troubleshooting of your Soozier Home Gym Equipment, Model A91-178RD. Please read all instructions carefully before use to ensure proper function and user safety.

The Soozier Home Gym is designed for comprehensive full-body strength training, featuring a 143 lbs (65 kg) adjustable weight stack and multiple exercise stations.



ALL-IN-ONE HOME GYM
Elevate your fitness with full-body training

2. SAFETY INFORMATION

Always prioritize safety when using any fitness equipment. Failure to follow these guidelines may result in injury.

- Consult a physician before starting any new exercise program.
- Ensure all bolts, nuts, and connections are securely tightened before each use.
- Keep children and pets away from the equipment during operation.

- Use the equipment on a stable, level surface.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum user weight of 242 lbs (110 kg).
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.
- Inspect cables, pulleys, and moving parts regularly for wear or damage. Do not use if damaged.

3. SETUP AND ASSEMBLY

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



Image 3.1: Product is shipped in three separate packages.

3.1 Unpacking and Component Check

1. Carefully unpack all components from the boxes.
2. Refer to the included parts list to verify all components are present and undamaged.
3. Lay out all parts in an organized manner to facilitate assembly.

3.2 Assembly Instructions

Follow the detailed assembly instructions provided in the separate assembly manual. It is recommended to have at least two people for assembly. Pay close attention to diagrams and part numbers. Some users have reported that the instructions can be challenging; careful review of both written steps and illustrations is advised.

The unit features a solid steel frame (2" x 2" / 5cm x 5cm) and high-strength, nylon-coated steel wires for durability and safety.



Image 3.2: Strong steel frame construction for stability.



Image 3.3: Smooth pulleys and high-strength steel cables ensure fluid movement.

4. OPERATING INSTRUCTIONS

The Soozier Home Gym offers a variety of exercises targeting different muscle groups. The 143 lbs (65 kg) weight stack can be adjusted in 12 levels, with increments of approximately 9.9 lbs (4.5 kg), to suit your strength level.

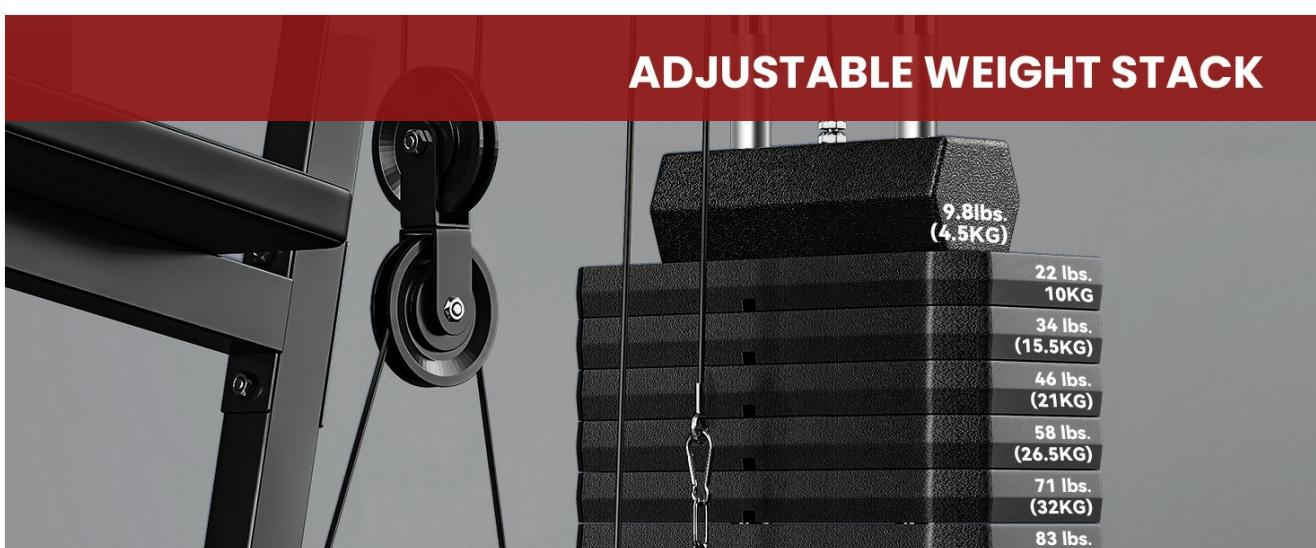


Image 4.1: Adjustable weight stack for customized resistance.

4.1 Adjusting Weight Resistance

To adjust the weight, insert the selector pin into the desired weight plate. Ensure the pin is fully inserted before beginning your exercise. The top weight plate is approximately 9.9 lbs (4.5 kg), and subsequent plates add to the total resistance.

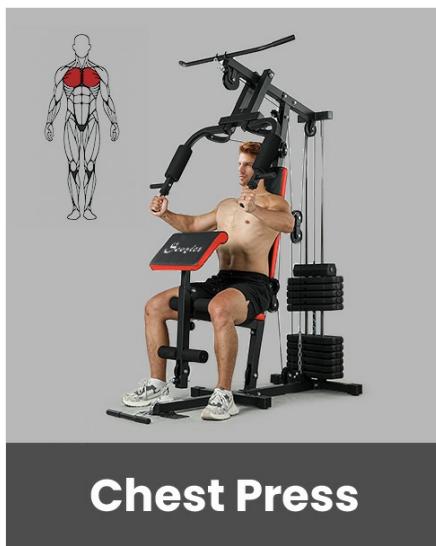


Image 4.2: User adjusting the weight stack with the selector pin.

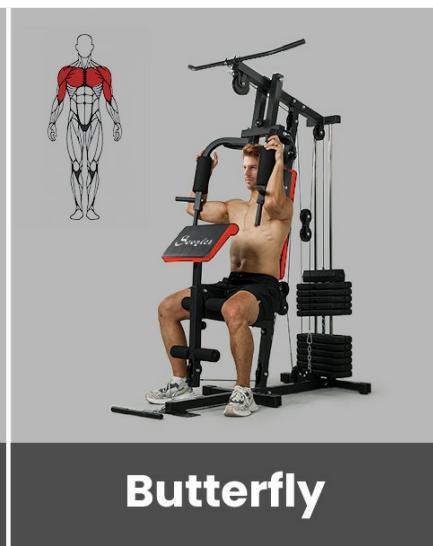
4.2 Exercise Stations and Usage

The machine includes several stations for a comprehensive workout:

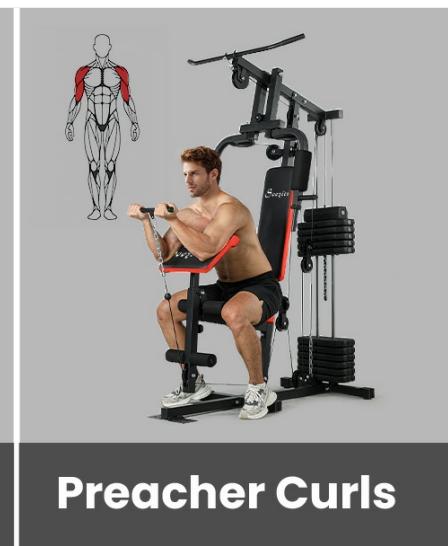
- **High Pulley:** For lat pulldowns, triceps pushdowns, and ab crunches.
- **Low Pulley:** For seated rows, bicep curls, and upright rows.
- **Dual-Action Chest Station:** Allows for both chest press and butterfly (pec fly) exercises.
- **Arm Curl Station:** Features a preacher pad for isolated bicep curls.
- **Leg Extension Station:** For quadriceps development.



Chest Press

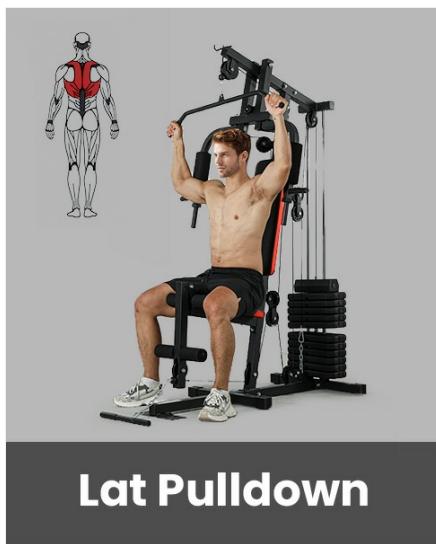


Butterfly

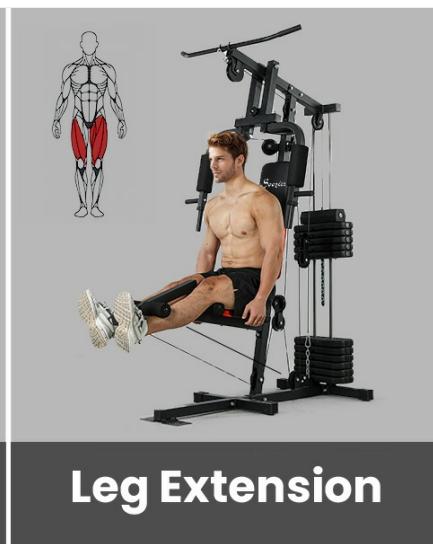


Preacher Curls

Image 4.3: Demonstrations of Chest Press, Butterfly, and Preacher Curls.



Lat Pulldown



Leg Extension



Seated Row

Image 4.4: Demonstrations of Lat Pulldown, Leg Extension, and Seated Row.

For optimal results, perform exercises with controlled movements, focusing on proper form. Avoid sudden jerking motions.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your home gym equipment.

- **Cleaning:** Wipe down the frame, seat, and backrest with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically apply a silicone-based lubricant to the guide rods of the weight stack to ensure smooth movement.
- **Inspection:** Monthly, inspect all cables, pulleys, and connection points for signs of wear, fraying, or looseness. Tighten any loose bolts or nuts.
- **Cable Replacement:** If any cable shows signs of wear or damage, replace it immediately. Do not use the machine with damaged cables.

6. TROUBLESHOOTING

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

6.1 Assembly Difficulties

If you encounter difficulties during assembly, particularly with aligning components or understanding diagrams:

- Review the assembly manual carefully, comparing both written instructions and illustrations.
- Ensure all fasteners are left slightly loose until the entire frame is assembled. This allows for minor adjustments to achieve proper alignment before final tightening.
- If the machine appears to lean or is unstable after assembly, check that all base components are correctly oriented and tightened evenly. Shimming one side may be necessary if the floor is uneven or if minor manufacturing variations exist.

6.2 Sticking Weight Plates

If weight plates are not moving smoothly or are sticking:

- Ensure the guide rods are clean and free of debris.
- Apply a silicone-based lubricant to the guide rods.
- Check that the selector pin is fully inserted and not bent or damaged.

6.3 Cable or Pulley Issues

If cables are rubbing or pulleys are not rotating freely:

- Inspect cable routing to ensure they are correctly threaded through all pulleys as per the assembly diagram.
- Check pulleys for any obstructions or damage. Ensure they are securely fastened.
- Verify that cables are not frayed or damaged. Replace any damaged cables immediately.

7. SPECIFICATIONS

Key dimensions and technical details for the Soozier Home Gym Equipment (Model A91-178RD).

Soozier
by Aosom



Image 7.1: Overall dimensions of the Soozier Home Gym.

TRAINING PARAMETERS

Lat Pull Down Distance: 35.5"

Preacher Pad Height: 38.25"-42.25"

Low Rowing Distance: 35.5"



Image 7.2: Training parameters including lat pulldown distance, preacher pad height, and low rowing distance.

Feature	Detail
Model Number	A91-178RD
Product Dimensions (L x W x H)	135 x 103 x 210 cm (53.1" L x 40.6" W x 82.7" H)
Item Weight	103.42 kg (228.2 lbs)
Maximum Load Capacity	110 kg (242 lbs)
Weight Stack	143 lbs (65 kg), 12 levels
Material	Alloy Steel, PU
Included Components	High/Low Pulley, Backrest, Elbow Pad, Weight Stacks
Lat Pull Down Distance	35.5"

Feature	Detail
Preacher Pad Height	38.25" - 42.25"
Low Rowing Distance	35.5"

8. WARRANTY AND SUPPORT

Your Soozier Home Gym Equipment is manufactured by Aosom Canada. For any questions, concerns, or support needs, please contact Aosom Canada directly.

- **Manufacturer:** Aosom Canada
- **Place of Business:** Markham, Ontario, CA
- **Telephone:** 1-416-792-6088
- **Return Policy:** Eligible for return or refund within 30 days of receipt. Please refer to your purchase agreement for full details.

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