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DONOW DN-DS938A

DONOW DN-DS938A Pro Smith Machine Home Gym Instruction Manual

Model: DN-DS938A Pro (Aluminum Alloy Pulley)

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1. INTRODUCTION

The DONOW Smith Machine is a multi-function home gym system designed to consolidate a full rack, a Smith machine, and a cable crossover station into one space-saving unit. Constructed from premium-grade steel with precise engineering, this machine is built for durability and supports a wide range of exercises for comprehensive full-body workouts. The enclosed weight stacks and secure locking mechanisms ensure a safe and tidy workout area.

Why Choose **DONOW** Home Gym Equipments?



7

7 US Warehouses



Company

Listed Company Multi-national Enterprise



US

US After Service Team



500

Global 500 companies' Supplier



2

2 Years Free Replacement

Figure 1: The DONOW All-In-One Home Gym Station, featuring a Smith machine, squat rack, and cable machine.

2. SAFETY INFORMATION

Always consult with a healthcare professional before starting any new exercise program. Inspect the equipment before each use for any signs of wear or damage. Ensure all pins, bolts, and cables are securely in place. Do not exceed the maximum weight capacities specified for each component. Keep children and pets away from the machine during operation. Use proper form and controlled movements to prevent injury. The weight stacks are encased in durable steel covers for

enhanced safety.

3. INCLUDED COMPONENTS

The DONOW Smith Machine includes the following components:

- Smith machine
- Leverage bar
- Pair of cable handles
- Lat pull down bar
- Cable bar
- Bicep rope
- Ankle strap

4. SETUP & ASSEMBLY

The assembly process is designed to be straightforward. A detailed assembly video is available to guide you through each step, ensuring correct installation of all screws and parts. It is recommended to have at least two people for assembly due to the size and weight of some components. Ensure adequate space is available for assembly and operation.

5. OPERATING INSTRUCTIONS

5.1. Solid Smith Machine System

The Smith machine features smooth linear bearings for stable and secure lifts. Always engage the safety catches when racking the bar. Adjust the safety stops to prevent the bar from descending too low during exercises like squats and bench presses.

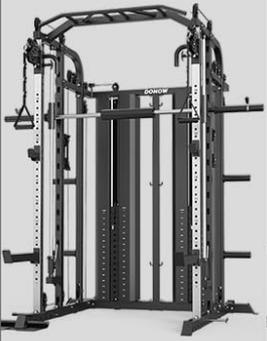
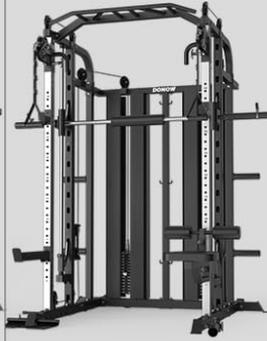
Model				
Weight Stacks	DN-DS938N 352lbs Cement Weights	DN-DS938B 320lbs Cement Weights	DN-DS938T 308lbs Steel Weights	DN-DS938A 264lbs Cement Weights
Ratio	2:1	2:1	1:1	1:1
Lat Pull Down Bench	No	Yes	Yes	Yes
Landmine	No	Yes	Yes	Yes

Figure 2: The Solid Smith Machine System, highlighting its smooth operation and safety features. Max capacity 400lbs.



Figure 3: Detailed view of the Smith machine's linear bearing for smooth movement and safety catches for secure lifts.

5.2. Dual Cable Crossover System

The dual independent cable system allows for versatile movement patterns and effective isolation exercises. Adjust the pulley height to suit your exercise needs. Ensure the selectorized weight stacks are securely pinned at the desired resistance level.

Dual Independent Cable System

Max Capacity **400lbs**

Ratio: 1:1



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All In One Smith Machine



Figure 4: The Dual Independent Cable System, featuring smooth steel bearing pulleys and 35 adjustable levels. Max capacity 400lbs.

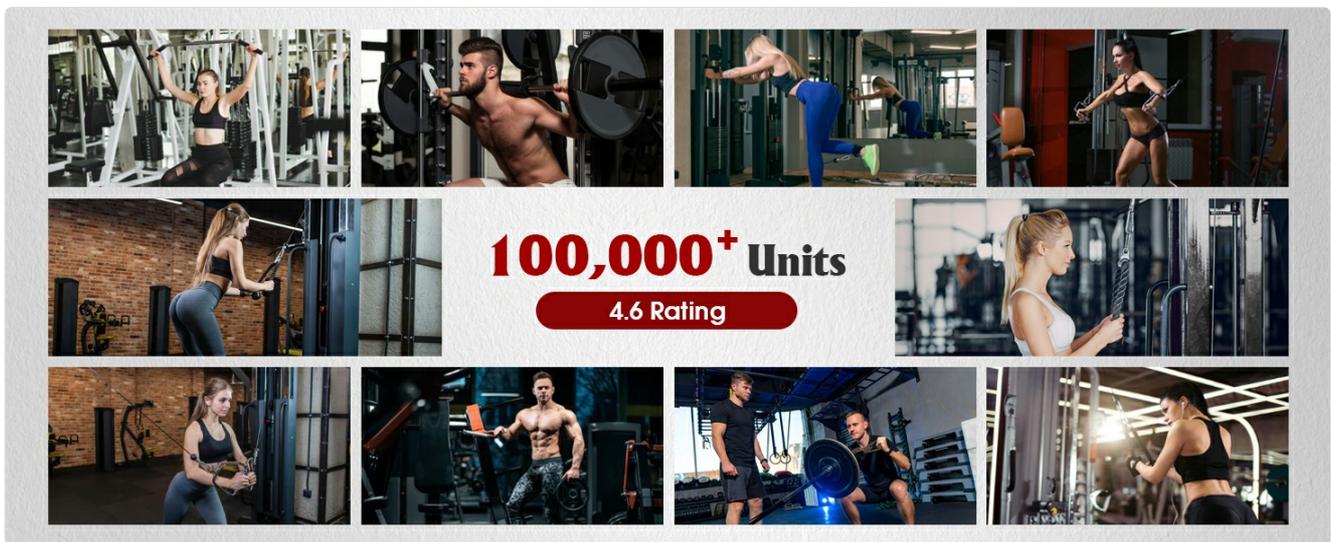


Figure 5: Close-up of the dual independent cable system, showing smooth pulleys and durable 7-strand cables.

5.3. Heavy-Duty Dual Weight Stacks

The machine is equipped with two massive weight stacks, providing smooth resistance. Use the quick adjustment pin to select your desired weight. The weight stacks are encased in steel covers for safety and a tidy appearance.

Solid Smith Machine System

Max Capacity **400lbs**



Figure 6: Dual 264lbs weight stacks with quick adjustment mechanism. Max resistance each side 132lbs.



Figure 7: The 264lbs weight stacks are sturdy, durable, and feature four steel covers for safety and easy adjustment.

5.4. Multi-Grip Pull-Up Station

The integrated multi-grip pull-up station offers various grip options for different muscle targeting. Ensure a secure grip before performing pull-ups. Maximum capacity is 400lbs.



Figure 8: The Multi-Grip Pull-Up Station, designed for various grip positions. Max capacity 400lbs.

5.5. Lat Pull Down Bench

If your model includes a lat pull down bench, ensure it is securely attached and adjusted to your height. The bench typically offers 6 adjustable levels for optimal comfort and exercise effectiveness. Maximum capacity is 250lbs.

Lat Pull Down Bench

Max Capacity **250lbs**



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All In One Smith Machine

Figure 9: The Lat Pull Down Bench, featuring 6 adjustable levels for user comfort and exercise variation. Max capacity 250lbs.

6. EXERCISE GUIDE

The DONOW Smith Machine supports a wide array of exercises. Below are video demonstrations for various movements. Always prioritize proper form over heavy weight.

6.1. Smith Machine Exercises

Video 1: Exercise guide for the Smith Machine AL-3000Y, demonstrating various exercises such as Smith Squat, Straight Leg Deadlift, Smith Bent Over Row, Smith Chest Press, Smith Incline Press, Smith Shoulder Press, Cross Body Chop, Chest Press, Bicep Curl (Bar), Overhead Extension, Tricep Push Down (Bar), Seated Row, Cable Front Raise, Lat Pull Down, Chin Ups, Knee to Chest, Dips, Parallel Bar Push-up, Twisting Press, Standing Row, Barbell Squat, and Core Rotation.

6.2. Cable Crossover Exercises

Video 2: Exercise guide for the Cable Crossover AL-3075, demonstrating various exercises such as High Flies, Mid Flies, Low Flies, Rear Delt Fly, Cable Tricep Extension, Single Bicep Curl, Cable Side Raise, Cable Shoulder Press, Dual Cable Bicep Curl, Tricep Push Down (Rope), Face Pull, Bicep Curl (Rope), Tricep Overhead, Cross Body Chop, Chest Press, Bicep Curl (Bar), Straight Arm Pull Down, Barbell Squat, Shoulder Press, Cable Front Raise, Overhead Extension, Tricep Push Down (Bar), Seated Row, Bicep Curl (Bar), Lat Pull Down, Kick Back, Side Kick, Chin Ups, Knee to Chest, Dips, Mid Flies, Arm Massage, and TRX Chin Ups.

7. MAINTENANCE

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

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and grime. Avoid abrasive cleaners.
- **Inspection:** Periodically check all nuts, bolts, and connections for tightness. Inspect cables and pulleys for any signs of fraying or wear.
- **Lubrication:** Apply a silicone-based lubricant to the guide rods of the Smith machine and cable pulleys as needed to maintain smooth operation.

8. TROUBLESHOOTING

If you encounter any issues with your machine, refer to the following common solutions:

- **Sticking Cables/Pulleys:** Ensure cables are properly routed through all pulleys. Apply lubricant to the pulleys and cable pathways.
- **Weight Stack Not Moving Smoothly:** Check for any obstructions in the weight stack path. Ensure the selector pin is fully inserted. Lubricate guide rods.
- **Unstable Frame:** Verify all assembly bolts are tightened. Ensure the machine is placed on a level surface.

For persistent issues, please contact DONOW customer support.

9. SPECIFICATIONS

Feature	Detail
Brand	DONOW
Model Name	DN-DS938 Series
Style	A DN-DS938A Pro (Aluminum Alloy Pulley)
Color	Black
Material	Alloy Steel
Weight Stacks	264lbs (Cement Weights)
Cable Ratio	1:1
Smith Machine Max Capacity	400lbs
Cable Crossover Max Capacity	400lbs
Lat Pull Down Bench	Yes (Max Capacity 250lbs)
Landmine Attachment	Yes

Manufacturer	DONOW
Suggested Users	Unisex



Figure 10: Comparison of different DONOW Smith Machine models, detailing weight stacks, ratio, and included features.

10. WARRANTY & SUPPORT

The DONOW Smith Machine comes with a 2-year manufacturer warranty. DONOW provides a US-based after-service team that aims to respond within 6 hours and supplies all replacement parts within the 2-year warranty period.