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Mikolo HORUS

Mikolo HORUS Smith Machine Home Gym System Instruction Manual

This manual provides comprehensive instructions for the assembly, operation, maintenance, and troubleshooting of your Mikolo HORUS Smith Machine Home Gym System.

1. SAFETY INFORMATION

Please read and understand all instructions and warnings before assembling or using the Mikolo HORUS Smith Machine Home Gym System. Retain this manual for future reference.

- Consult a physician before starting any exercise program.
- Ensure all bolts, nuts, and connections are securely tightened before each use.
- Do not allow children or pets near the equipment during use.
- Use the equipment only on a level surface.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum weight capacities specified for each component.
- Perform a warm-up before exercising and cool-down afterward.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.

2. PACKAGE CONTENTS

The Mikolo HORUS Smith Machine Home Gym System includes the following components:

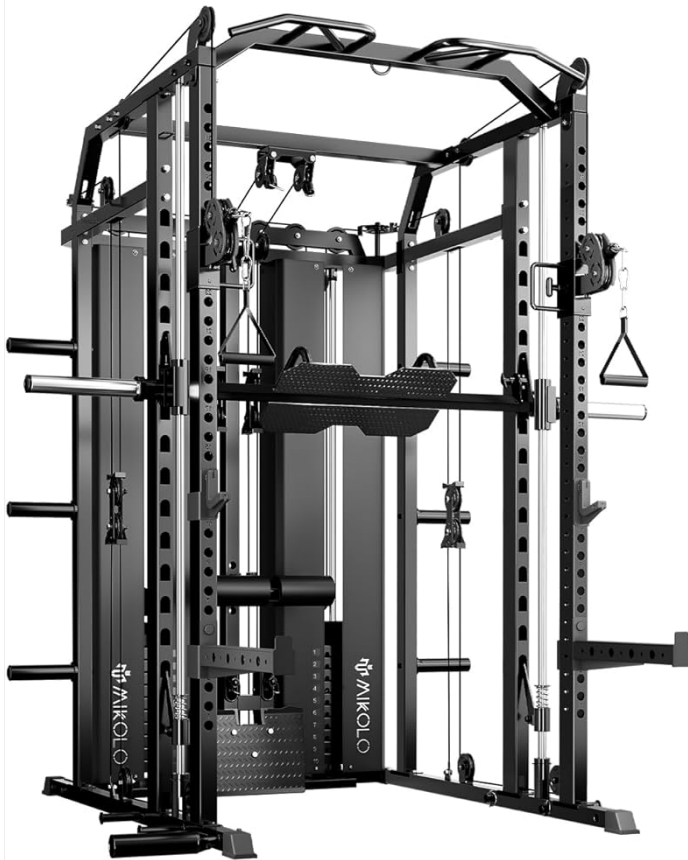
- Smith Machine Power Cage
- Weight Stack (Dual 132-lb per side, 264-lb total capacity)
- LAT Pulldown & Cable Crossover System
- Vertical Leg Press attachment
- Chin-up Bar
- Dip Station
- Core Trainer

- Suspension Trainer
- Weight Bench (WB00 FID Weight Bench)
- 230lb Color Bumper Plates (10lbs x 2, 25lbs x 2, 35lbs x 2, 45lbs x 2)
- Various Cable Attachments (e.g., handles, bars)
- 6 Weight Storage Pins
- 4 Dedicated Attachment Hooks
- Installation Manual and Tools

MIKOLO

FITNESS

GYM BUNDLE



1 BOX



WB00 FID Weight Bench

3 BOXES



230LBS Olympic Weight Plates Set

8 BOX HORUS Smith Machine

Image: Overview of the Mikolo Smith Machine package, showing the main power cage, FID weight bench, and a set of 230lb color bumper plates.

WB00 FID Weight Bench

High Weight Capacity:1200 lbs

Adjustable:15 Back & 3 Seat & 7 Leg



550LBS DUMBBELL SET WITH RACK



5LBSx2 10LBSx2 15LBSx2

20LBSx2 25LBSx2 30LBSx2

35LBSx2 40LBSx2 45LBSx2 50LBSx2



Color Lift: 230LB

10LBS x 2, 25LBS x 2,

35LBS x 2, 45LBS x 2

Iron Fortress: 230LB

10LBS x 2, 25LBS x 2,

35LBS x 2, 45LBS x 2



Image: Detailed view of the WB00 FID Weight Bench, 230lb Color Bumper Plates, and other optional accessories that may be included in different packages.

3. SETUP AND ASSEMBLY

Assembly of the Mikolo HORUS Smith Machine requires careful attention to detail. It is recommended to have at least two people for assembly. Refer to the dedicated installation manual included in your package for step-by-step instructions and diagrams.

3.1 Pre-Assembly Checklist

- Unpack all components and verify against the parts list in the manual.
- Ensure you have sufficient space for assembly and operation (refer to dimensions below).
- Gather all necessary tools as specified in the manual.

3.2 Assembly Steps (General Guidelines)

1. Assemble the main frame of the power cage.
2. Install the Smith machine guide rails and bar.
3. Attach the dual pulley system and cable crossover components.
4. Mount the weight stacks.
5. Install the chin-up bar, dip station, and other attachments.
6. Assemble the FID weight bench separately.
7. Perform a final check to ensure all connections are secure.

BUILD YOUR OWN HOME GYM



Installation
Manual



Installation
Tools



24/7 Customer
Service



Image: Dimensions of the Mikolo HORUS Smith Machine Home Gym System, indicating the footprint required for installation.



Image: The Mikolo HORUS Smith Machine Home Gym System fully assembled, showcasing its multi-functional design.

4. OPERATING INSTRUCTIONS

The Mikolo HORUS Smith Machine offers a variety of exercise options. Familiarize yourself with each function before use.

4.1 Smith Machine

- The Smith machine bar moves vertically along guide rails, providing stability for exercises like squats and bench presses.
- Engage the safety catches by rotating the bar to lock it into the desired height.
- Always use safety spotters when lifting heavy weights.

4.2 Functional Trainer (Cable Crossover & LAT Pulldown)

- Adjust the pulley height to suit your exercise. The system features a 2:1 ratio for smooth operation.
- Select the desired weight from the dual weight stacks.

- Attach appropriate handles or bars for exercises such as cable crossovers, lat pulldowns, triceps pushdowns, and rows.
- The dual-function lat and row system allows for seamless transitions between high and low cable exercises.

4.3 Weight Bench (WB00 FID)

- The FID (Flat, Incline, Decline) bench can be adjusted to various angles for different exercises.
- Adjust the backrest and seat to your preferred position using the adjustment pins.
- The detachable leg support provides stability for decline exercises.



Image: The Mikolo WB00 FID Weight Bench demonstrating its adjustable positions for various exercises.

STAY STABLE, TRAIN HARDER

- 4-inch PU Leather Leg Support – Comfortable and Stabilizes Your Body
- Detachable Design

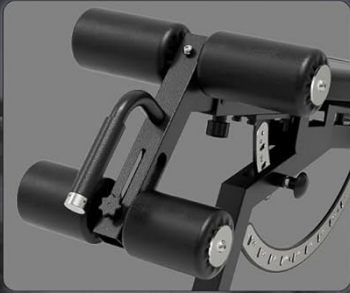


Image: A user demonstrating the stability provided by the detachable leg support during a dumbbell press on the weight bench.

4.4 Other Integrated Stations

- **Chin-up Bar:** Utilize the multi-grip chin-up bar for various back and arm exercises.
- **Dip Station:** Attach the dip handles for triceps and chest dips.
- **Core Trainer:** Use for rotational exercises with an Olympic bar (bar not included).
- **Vertical Leg Press:** Attach the leg press plate to the Smith machine bar for leg exercises.

SMITH ARCHITECT: BUILD BEYOND THE MACHINE



Image: Illustrates the versatility of the Mikolo Smith Machine, showing different setups for various training modalities.

5. MAINTENANCE

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

- **Daily:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust.
- **Weekly:** Inspect all cables, pulleys, and moving parts for signs of wear or damage.
- **Monthly:** Check all bolts, nuts, and fasteners for tightness and re-tighten if necessary.
- **Quarterly:** Lubricate moving parts and guide rods with a silicone-based lubricant to ensure smooth operation.
- Replace any worn or damaged parts immediately. Do not use the equipment if any component is compromised.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your Mikolo HORUS Smith Machine.

Problem	Possible Cause	Solution
Smith Machine Bar Sticking/Rough Movement	Lack of lubrication on guide rods; debris on rails; loose components.	Clean guide rods and apply silicone lubricant. Inspect for debris and remove. Check and tighten all bolts.
Cables Fraying or Loose	Wear and tear; improper routing; loose tension.	Inspect cable routing. If frayed, replace the cable immediately. Contact customer support for replacement parts.
Unstable Frame	Loose assembly bolts; uneven floor.	Ensure all assembly bolts are securely tightened. Place the machine on a level surface or use shims to stabilize.

Problem	Possible Cause	Solution
Weight Stack Not Moving Smoothly	Debris in guide rods; lack of lubrication; bent guide rod.	Clean and lubricate weight stack guide rods. Check for any obstructions. If a guide rod is bent, contact customer support.

If you encounter issues not listed here or if solutions do not resolve the problem, please contact Mikolo customer support.

7. PRODUCT SPECIFICATIONS

Feature	Detail
Brand	Mikolo
Model Name	HORUS
Dimensions (L x W x H)	87 x 68 x 56 inches
Material	Alloy Steel (50x50mm ² / 2"x2" industrial steel)
Color	Black
Maximum Weight Capacity (Power Cage)	2,200 lbs
Weight Stack Tension Level	264 lbs (Dual 132 lbs per side)
Pulley Ratio (Functional Trainer)	2:1
Included Components	Smith machine, weight bench, cable attachments, 230lbs color bumper plates
Package Weight	71 Pounds (Note: This seems low for the entire system, likely refers to a single package or component. Refer to shipping details for total weight.)

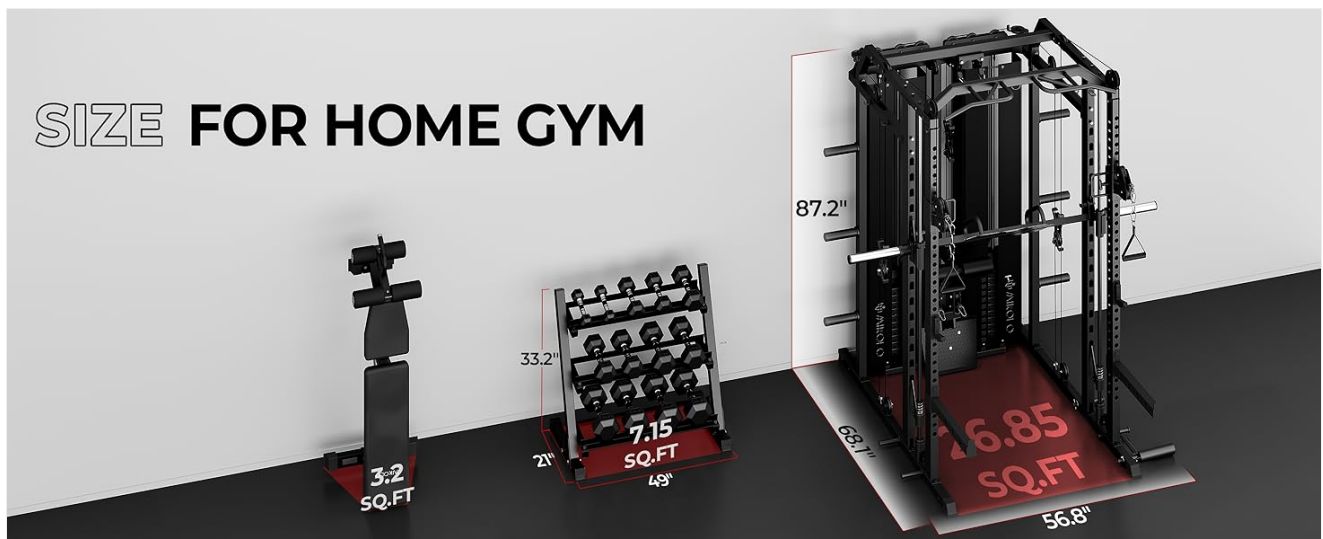


Image: Visual representation of the space occupied by the Mikolo HORUS Smith Machine Home Gym System.

8. WARRANTY INFORMATION

The Mikolo HORUS Smith Machine Home Gym System comes with a comprehensive warranty to ensure your peace of mind:

- **2-Year Coverage:** Applies to all critical parts.
- **1-Year Coverage:** Applies to the full machine.

For detailed warranty terms and conditions, please refer to the warranty card included with your product or contact Mikolo customer support.

9. CUSTOMER SUPPORT

For any questions, assistance with assembly, troubleshooting, or warranty claims, please contact Mikolo customer support.

- **Availability:** 24/7 Expert Support
- **Response Time:** 24-hour response for inquiries.
- **Additional Resources:** Assembly guide videos and training videos are available.

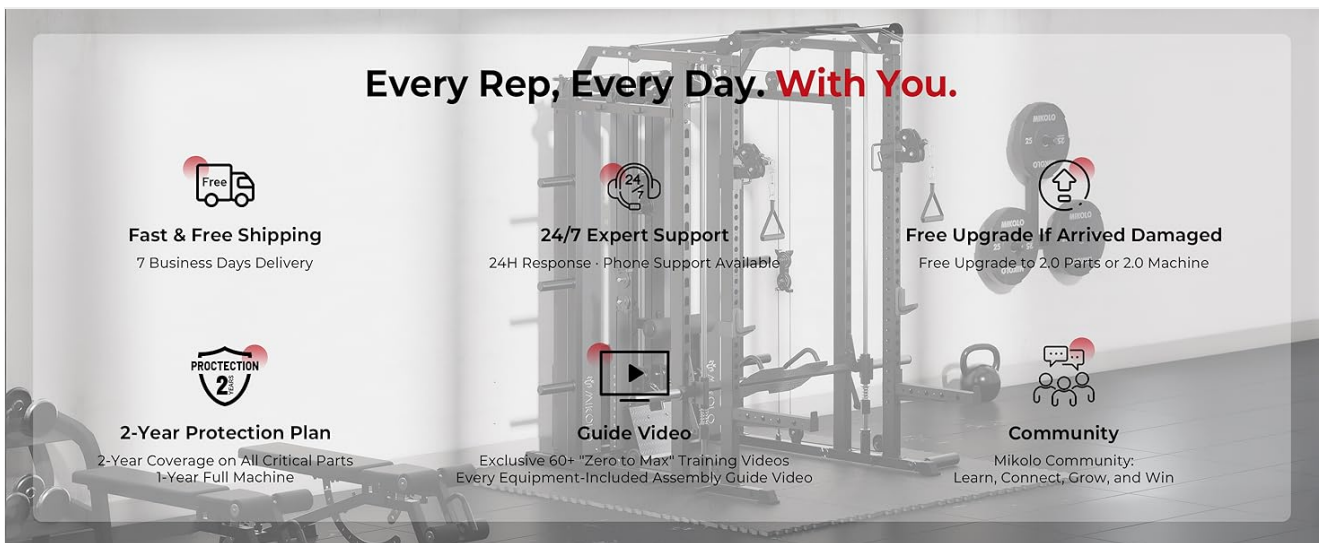


Image: Overview of Mikolo's customer support and service offerings.