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Soozier A91-074

Soozier 154 lbs Barbell Weight Set Instruction Manual

Model: A91-074

1. INTRODUCTION

Thank you for choosing the Soozier 154 lbs Barbell Weight Set. This manual provides essential information for the safe assembly, operation, and maintenance of your new strength training equipment. Please read this manual thoroughly before use and retain it for future reference. This adjustable barbell set is designed for full-body strengthening, suitable for both home and gym environments.

2. SAFETY INFORMATION

WARNING: Failure to follow these safety instructions may result in serious injury.

- Consult a physician before starting any exercise program.
- Always inspect the barbell bar, weight plates, and locking clips for damage before each use. Do not use if any components are damaged.
- Ensure all locking clips are securely fastened to prevent weight plates from sliding off during exercise.
- Use the barbell on a flat, stable surface.
- Do not drop the barbell from a height, as this can damage the equipment or cause injury.
- Keep children and pets away from the equipment during use.
- Do not exceed the maximum weight capacity of the barbell bar.
- Wear appropriate athletic footwear and clothing.
- Perform exercises with controlled movements. Avoid sudden jerks or uncontrolled lifting.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.

3. PACKAGE CONTENTS

Verify that all components listed below are present and undamaged before assembly.

- 1 x Barbell Bar (66.9" / 170 cm, 3-piece threaded design)
- 2 x 33 lbs (15 kg) Weight Plates
- 2 x 22 lbs (10 kg) Weight Plates
- 2 x 11 lbs (5 kg) Weight Plates

- 2 x 3 lbs (1.5 kg) Weight Plates
- 2 x Locking Clips (Spinlock Collars)

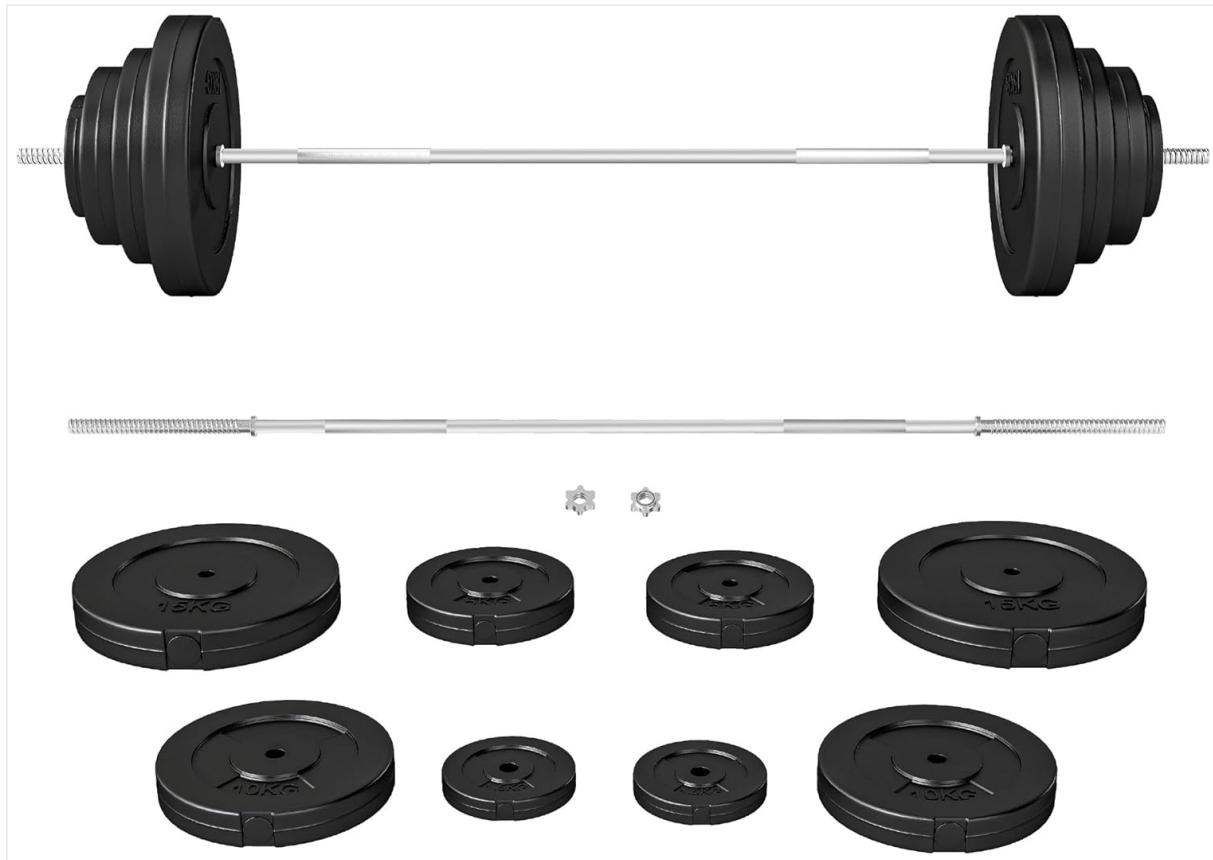


Figure 3.1: All components of the Soozier 154 lbs Barbell Weight Set.

4. SETUP AND ASSEMBLY

The barbell bar is designed in a 3-piece threaded structure for easy assembly and storage. Follow these steps to prepare your barbell for use:

1. **Assemble the Barbell Bar:** Carefully screw the three sections of the barbell bar together. Ensure they are tightly secured to form a single, stable bar.
2. **Select Weight Plates:** Choose the desired weight plates (3 lbs, 11 lbs, 22 lbs, 33 lbs) to achieve your target weight.
3. **Load Weight Plates:** Slide the selected weight plates onto both ends of the barbell bar. Distribute the weight evenly on each side for balance.
4. **Secure with Locking Clips:** Once the desired weight plates are loaded, screw the locking clips onto the threaded ends of the bar, pressing them firmly against the outermost weight plates. Tighten them securely to prevent any movement or rotation of the plates during exercise.

**Customise your workout
according to your level**



Figure 4.1: Securely loading and fastening weight plates with locking clips.

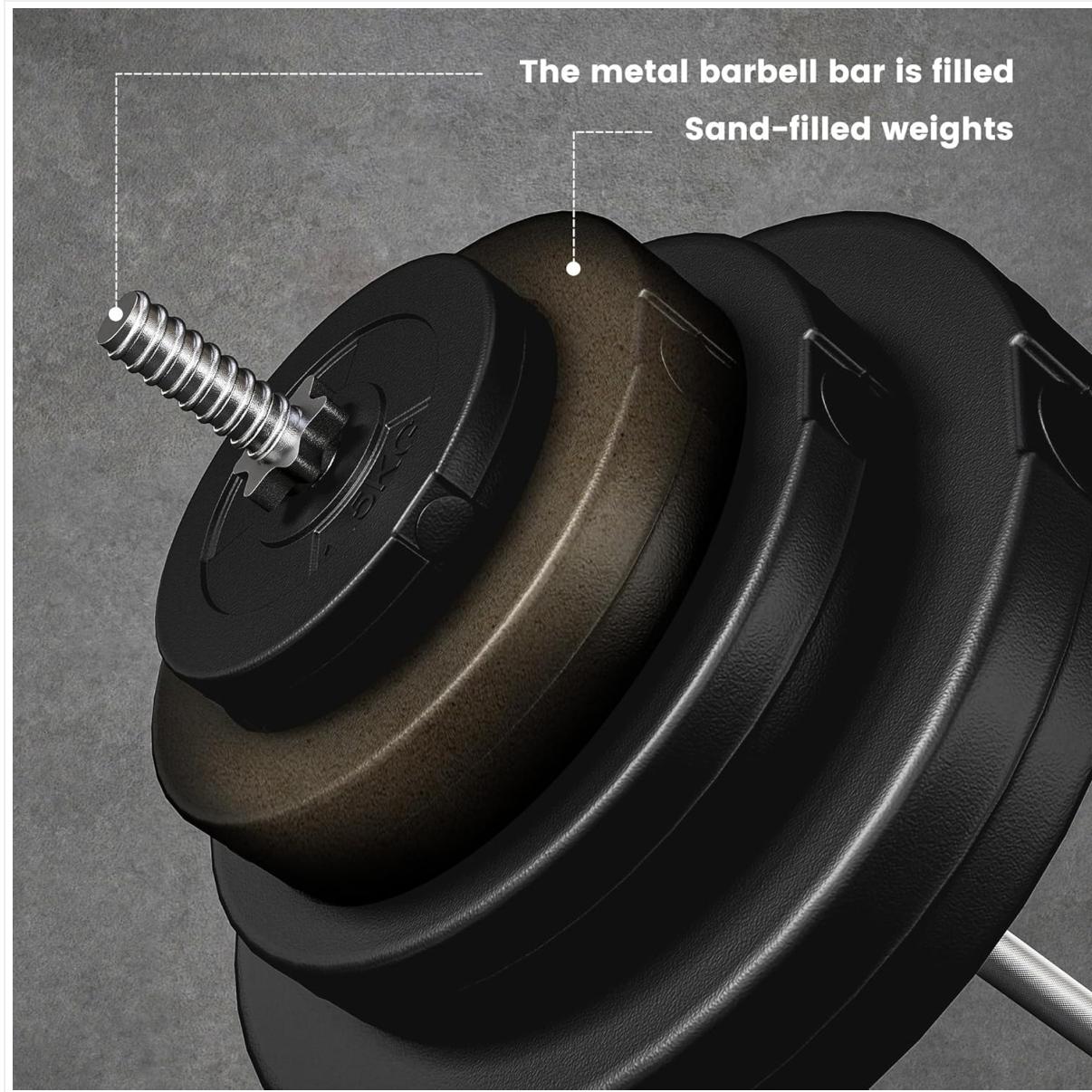


Figure 4.2: Detail of the sand-filled weight plates and threaded bar mechanism.

5. OPERATING INSTRUCTIONS

The Soozier Barbell Weight Set is versatile for various strength training exercises. Always maintain proper form and control during your workouts.

5.1. Adjusting Weight

To adjust the weight, unscrew the locking clips, remove or add the desired weight plates, and then re-secure the locking clips tightly. Always ensure equal weight distribution on both sides of the bar.

5.2. Exercise Examples

This barbell set can be used for a wide range of exercises targeting different muscle groups:

- **Squats:** Targets glutes, quadriceps, and hamstrings. Place the barbell across your upper back, maintaining a straight back and controlled descent.
- **Bench Press:** Targets chest, shoulders, and triceps. Lie on a flat bench, grip the bar slightly wider than shoulder-width, and lower the bar to your chest before pressing it back up.
- **Deadlifts:** Targets back, glutes, hamstrings, and forearms. Stand with feet hip-width apart, bend at the hips and knees to grip the bar, then lift by extending your hips and knees, keeping your back straight.

- **Overhead Press:** Targets shoulders and triceps. Press the barbell from shoulder height directly overhead.
- **Bent-Over Rows:** Targets back muscles. Bend at the hips with a slight knee bend, keeping your back straight, and pull the barbell towards your abdomen.



Figure 5.1: Proper form for a barbell squat.

WORKS YOUR WHOLE BODY

The metal barbell bar is filled



Figure 5.2: Demonstrating a barbell deadlift.

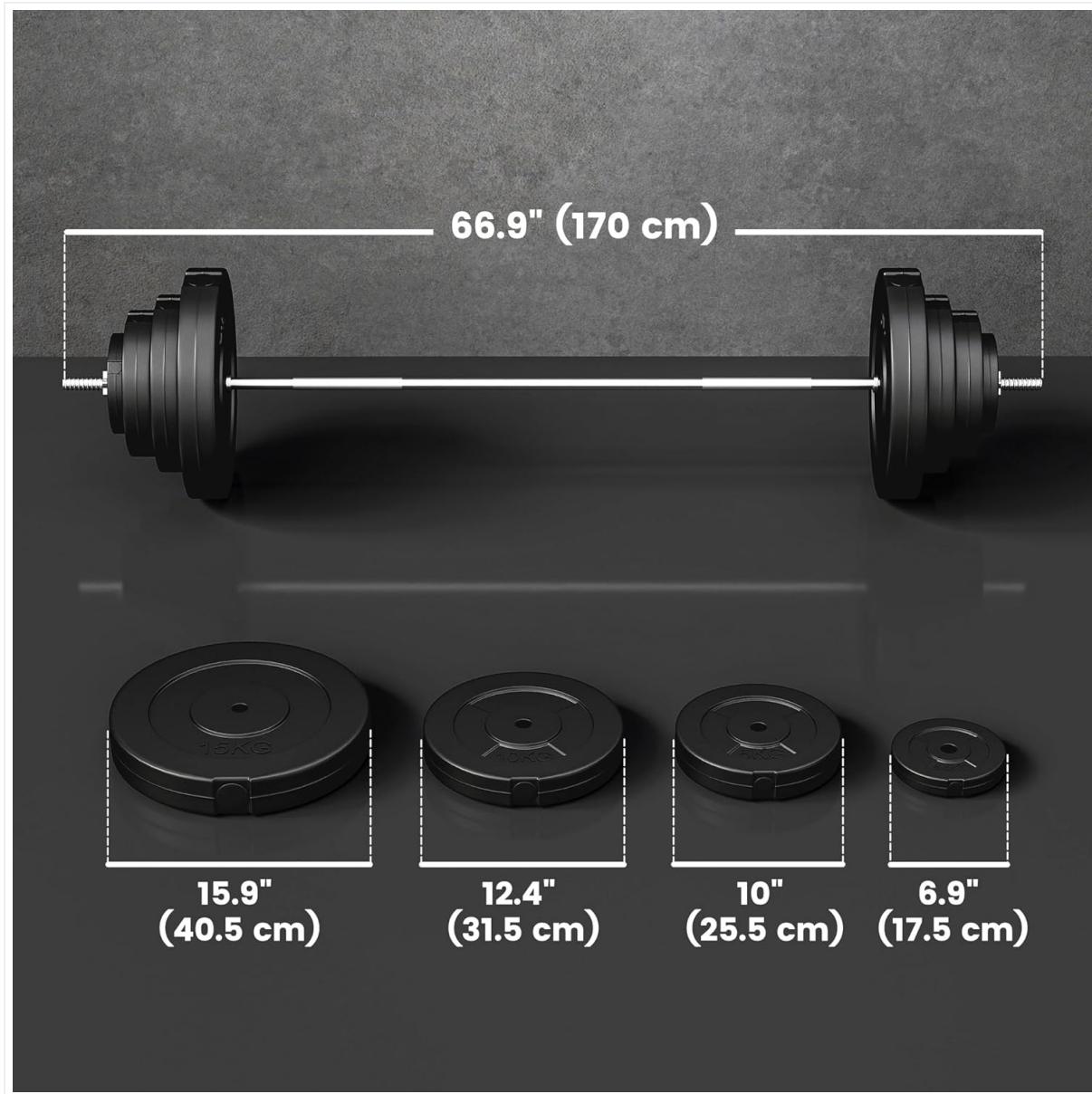


Figure 5.3: Example of a barbell bench press.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your barbell set.

- **Cleaning:** Wipe down the barbell bar and weight plates with a damp cloth after each use to remove sweat and dirt. Avoid harsh chemicals that could damage the finish.
- **Storage:** Store the barbell set in a dry, cool place away from direct sunlight and moisture. Disassemble the bar if storing for extended periods to save space.
- **Inspection:** Periodically check the threaded sections of the bar and the locking clips for wear or damage. Replace any worn or damaged parts immediately.

7. TROUBLESHOOTING

If you encounter any issues with your Soozier Barbell Weight Set, refer to the following common solutions:

- **Weight Plates Slide:** Ensure the locking clips are fully tightened against the weight plates. If clips are worn, they may need replacement.
- **Barbell Bar Feels Loose:** Check that all three sections of the barbell bar are screwed together tightly. Retighten if necessary.

- **Unusual Noises During Use:** Stop exercising immediately. Inspect all components for damage or loose connections. Ensure weight plates are evenly distributed and secured.

If problems persist, contact customer support for assistance.

8. SPECIFICATIONS

Feature	Detail
Model Number	A91-074
Total Weight	154 lbs (70 kg)
Barbell Bar Length	66.9" (170 cm)
Barbell Bar Diameter	1" (2.5 cm)
Material	Alloy Steel, PVC
Weight Plate Breakdown	2 x 33 lbs (15 kg), 2 x 22 lbs (10 kg), 2 x 11 lbs (5 kg), 2 x 3 lbs (1.5 kg)
Color	Black
Grip Type	Knurled
Finish Type	Chromeplate (bar)



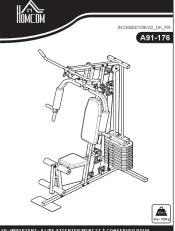
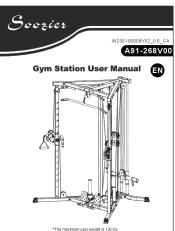
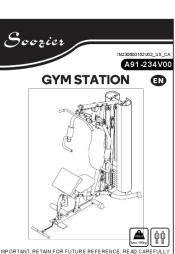
Figure 8.1: Key dimensions of the Soozier Barbell Weight Set components.

9. WARRANTY AND SUPPORT

For information regarding returns, warranty, or customer support, please refer to your purchase documentation or contact the seller directly.

- **Returns:** This product is returnable until January 31, 2026. Please check your specific purchase details for the exact return window.
- **Manufacturer:** Aosom Canada
- **Customer Support:** For assistance, please contact Aosom Canada customer service.

Related Documents - A91-074

	<p><u>Soozier A91-290V02/A91-290V03 Home Gym Assembly and Safety Manual</u></p> <p>This document provides comprehensive assembly instructions, safety guidelines, and maintenance information for the Soozier A91-290V02/A91-290V03 multi-station home gym. It includes detailed steps, parts lists, and warnings for safe operation.</p>
	<p><u>Soozier A91-176 Home Gym Assembly and User Manual</u></p> <p>This manual provides detailed assembly instructions, safety guidelines, and usage tips for the Soozier A91-176 Home Gym. Learn how to set up, operate, and maintain your fitness equipment for effective home workouts.</p>
	<p><u>Soozier A91-176 Home Gym Assembly Instructions</u></p> <p>Comprehensive assembly instructions for the Soozier A91-176 Home Gym, including safety warnings, parts list, and step-by-step assembly guide.</p>
	<p><u>Soozier A91-176 Home Gym User Manual and Assembly Guide</u></p> <p>Comprehensive user manual for the Soozier A91-176 Home Gym, covering assembly, safety, usage, and maintenance instructions for domestic fitness.</p>
	<p><u>Soozier Gym Station User Manual A91-268V00 Assembly Guide</u></p> <p>Comprehensive user manual and assembly instructions for the Soozier Gym Station (Model A91-268V00). Includes safety information, parts list, and step-by-step assembly guidance for optimal setup and use.</p>
	<p><u>Soozier A91-234V00 Gym Station Assembly Instructions</u></p> <p>Detailed assembly instructions and safety guide for the Soozier A91-234V00 Gym Station. Learn how to safely build and use your home fitness equipment.</p>

