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› GarveeLife D2037 Multi-Function Smith Machine User Manual

## GarveeLife D2037

# GarveeLife D2037 Multi-Function Smith Machine User Manual

## 1. PRODUCT OVERVIEW

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The GarveeLife D2037 Multi-Function Smith Machine is a comprehensive strength training system designed for home gym use. It integrates a squat rack, cable crossover machine, lat pulldown station, and pull-up bar into a single, robust unit. This equipment is engineered to support a wide range of exercises, providing a full-body workout experience.

Constructed with heavy-duty 2x2 inch steel columns, the machine boasts a rackable weight capacity of up to 2000 LBS. The pulley system features high-quality PU material and commercial-grade 7-strand cables for smooth, quiet, and wear-resistant operation. The Smith system incorporates a linear bearing design for stable and silent movement, offering 15 adjustable positions for varied exercise needs.



Figure 1: The GarveeLife D2037 Multi-Function Smith Machine with included accessories.

**UP TO 2000LBS**  
RACKABLE WEIGHT CAPACITY

**UP TO 1000LBS**  
SMITH BAR CAPACITY

**UP TO 1000LBS**  
WEIGHT STORAGE CAPACITY

**UP TO 1000LBS**  
SAFETY SPOTTER CAPACITY

**2"x2"**  
NUMBERED UPRIGHTS

UP TO PULL-UP BAR  
86"

2000 LBS

15.9 SQ. FT

42" 47" 71"

**PRODUCT DIMENSIONS**

**What's included**

Triangle Row

Band Pegs

Tricep Rope

Grip

Buckle

Lat Pulldown Bar

Figure 2: Labeled components of the GarveeLife D2037 Smith Machine, including cable systems, multi-grip pull-up bar, Smith bar, weight storage, chest fly machine, utility seat pad, barbell holder, band peg, low row station, J-hooks, safety spotter, and weight trolley.

## 2. SETUP AND ASSEMBLY

The GarveeLife D2037 Smith Machine is shipped in three separate packages. Please ensure all packages

are received before beginning assembly. While assembly instructions are provided, it is recommended to have at least two people for easier and safer setup due to the size and weight of components. Assembly typically takes several hours.

**Important Note:** This product does not include weight plates. These must be purchased separately.



Figure 3: The GarveeLife D2037 Smith Machine is shipped in three boxes.

Video 1: An overview of the GarveeLife D2037 Smith Machine, demonstrating its features and assembly process.

### 3. OPERATING INSTRUCTIONS

The D2037 Smith Machine offers a versatile range of exercises. Always ensure proper form and adjust settings to your comfort and safety.

#### 3.1 Smith Machine Bar Operation

The Smith bar moves smoothly on linear bearings and can be locked into 15 adjustable positions. It features safety limit protection on both sides. For squats and bench presses, adjust the safety spotters to prevent injury.

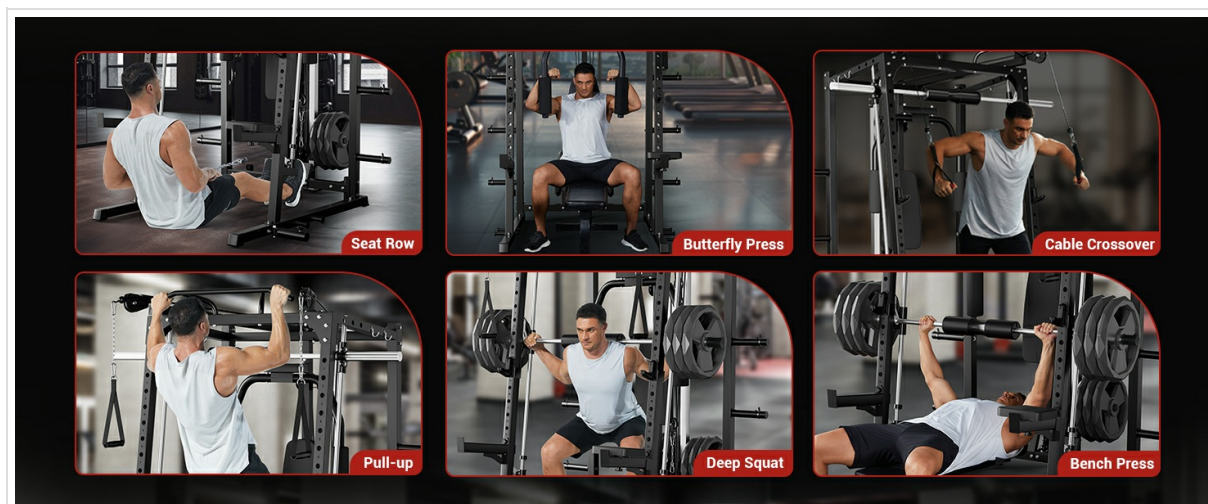


Figure 4: Examples of exercises using the Smith bar, including deep squats and bench press.



Figure 5: Detail of the barbell plate collar and the 360-degree detachable landmine attachment.

### 3.2 Cable System Operation

The dual cable crossover system utilizes commercial-grade 7-strand cables and high-quality PU pulleys for enhanced tensile strength and smooth operation. Attach various handles (lat bar, tricep rope, cable bar, cable handles) to perform exercises like lat pulldowns, cable crossovers, and chest flies. The system includes a practical seat pad for seated exercises.



Figure 6: The dual cable system allows for exercises like cable crossovers, featuring buffer springs and stability PU material cables.



Figure 7: The machine supports a variety of exercises including seat row, butterfly press, cable crossover, pull-up, deep squat, bench press, and lat pulldown.

### 3.3 Pull-Up Bar and Other Features

A multi-grip pull-up bar is integrated into the frame, offering various grip options for different pull-up

variations. The machine also includes weight storage pins, J-hooks, a removable landmine attachment, footplate, strap pins, and a barbell shoulder pad for a complete workout experience.



Figure 8: Product dimensions and weight capacities, including rackable weight capacity up to 2000 LBS and Smith bar capacity up to 1000 LBS.

#### 4. MAINTENANCE

The GarveeLife D2037 Smith Machine features maintenance-free stainless steel components, ensuring silent and scratch-free operation. Regularly inspect all bolts, nuts, and moving parts for tightness and wear. Lubricate moving parts as needed to maintain smooth operation. Keep the machine clean by wiping it down with a damp cloth after each use.

#### 5. TROUBLESHOOTING

If you encounter any issues with your GarveeLife D2037 Smith Machine, please refer to the detailed troubleshooting section in the full product manual or contact our dedicated after-sales support team for assistance.

#### 6. SPECIFICATIONS

Feature	Detail
Model Name	D2037
Brand	GarveeLife
Material	Carbon Steel
Color	Black
Product Dimensions (LxWxH)	71"D x 47"W x 86"H
Item Weight	124.48 Pounds
Rackable Weight Capacity	Up to 2000 LBS
Smith Bar Capacity	Up to 1000 LBS
Weight Storage Capacity	Up to 1000 LBS
Safety Spotter Capacity	Up to 1000 LBS
Uprights	2"x2" Numbered
Adjustable Positions (Smith Bar)	15
Included Components	Smith machine, lat bar, tricep rope, cable bar, cable handles, weight storage pins, J-hooks, removable landmine attachment, footplate, strap pins, safety bar, barbell shoulder pad, seat pad, grip clips, hooks

## 7. WARRANTY AND SUPPORT

GarveeLife offers dedicated after-sales support for the D2037 Multi-Function Smith Machine. For any inquiries, technical assistance, or warranty claims, please contact our customer support team. This product is from a small business brand.