

JELENS M12

JELENS M12 Multi-Function Smith Machine Home Gym

Instruction Manual

1. IMPORTANT SAFETY INFORMATION

Before operating the JELENS M12 Multi-Function Smith Machine, please read and understand all safety instructions. Failure to follow these instructions may result in serious injury or equipment damage.

- **Consult a Physician:** Before starting any exercise program, consult with a healthcare professional to ensure it is appropriate for your physical condition.
- **Proper Assembly:** Ensure all components are correctly assembled and tightened according to the detailed instructions provided in the separate assembly manual. Do not use the machine if any parts are loose or damaged.
- **Inspect Equipment:** Before each use, inspect the machine for worn or damaged parts, especially cables, pulleys, fasteners, and safety mechanisms. Replace any damaged components immediately.
- **Weight Limits:** Adhere strictly to the maximum weight capacities for each component: Pull-up Bar (500 lbs), Functional Trainer (600 lbs), Smith Bar (600 lbs), Safety Spotter Arms (400 lbs), Dip Bar (400 lbs), Light & Smooth Trolley (600 lbs). The overall power cage can withstand a safe weight of 2000 lbs.
- **Proper Form:** Always use proper exercise form to prevent injury. If you are unsure about correct technique, seek guidance from a qualified fitness instructor.
- **Use Safety Catches:** When performing exercises with the Smith bar, always engage the safety locking hooks and utilize the safety spotter arms.
- **Clear Area:** Maintain a clear area around the machine during use. Keep children and pets away from the equipment.
- **Stable Surface:** Place the machine on a flat, stable surface to prevent tipping or instability.
- **No Modifications:** Do not modify the equipment in any way. Use only manufacturer-approved attachments and replacement parts.

2. PACKAGE CONTENTS AND SETUP

Your JELENS M12 Multi-Function Smith Machine is shipped in three boxes. Carefully unpack all components and verify against the packing list. A detailed assembly manual is included to guide you through the setup process.

2.1. Package List Overview

PACKAGE LIST

	<p>2000LBS MAX POWER CAGE</p> <ul style="list-style-type: none">✓ Weight Capacity: 2000LBS✓ Smooth Pulley System✓ Training Attachments Included <p>3 Box</p>
	<p>992LBS STURDY WEIGHT BENCH</p> <ul style="list-style-type: none">✓ Weight Capacity: 992LBS✓ Adjustable: 6 Back & 4 Seat Positions✓ Spacious Soft Cushion & Fully Foldable <p>1 Box</p>
	<p>260LBS OLYMPIC WEIGHT SET</p> <ul style="list-style-type: none">✓ 10LBS*2✓ 15LBS*2✓ 25LBS*2✓ 35LBS*2✓ 45LBS*2 <p>3 Box</p>

Image: Overview of the JELENS M12 Smith Machine components, including the power cage and 260LB Olympic weight set.

- **Power Cage:** The main frame of the Smith machine, including the cable crossover system, pull-up bar, and squat rack components.
- **260LB Olympic Weight Set:** Includes pairs of 10LB, 15LB, 25LB, 35LB, and 45LB black weight plates.
- **Training Attachments:** Various accessories such as lat pull-down bar, T-bar, pull-down bar, tricep rope, J-hooks, cable handles, 360° landmine, and more.

2.2. Assembly Guidelines

Follow the step-by-step instructions in the dedicated assembly manual provided with your product. It is recommended to have at least two people for assembly due to the size and weight of the components.

- **Unpack Carefully:** Lay out all parts and hardware in an organized manner.
- **Identify Components:** Refer to the parts diagram in the assembly manual to identify each piece.
- **Tools Required:** Ensure you have all necessary tools as specified in the assembly manual.
- **Tighten All Fasteners:** After initial assembly, go back and ensure all bolts, nuts, and screws are securely tightened.



Image: Dimensions of the JELENS M12 Multi-Functional Home Gym Station (50.2"D x 54.53"W x 87.8"H).

CUSTOMIZED ACCESSORIES

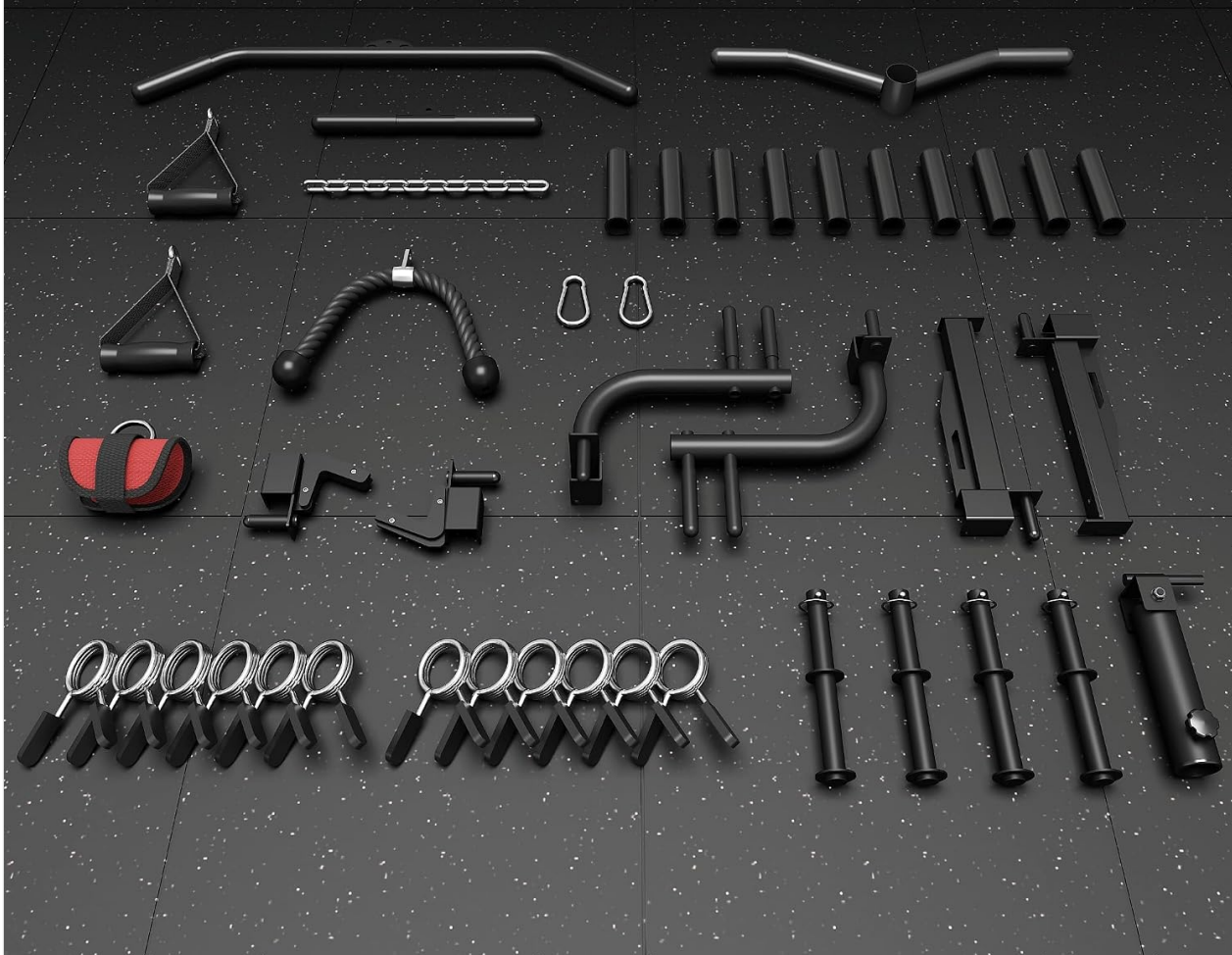


Image: A comprehensive display of the various customized accessories and attachments included with the system.

3. OPERATING INSTRUCTIONS

The JELENS M12 Smith Machine offers a variety of workout options. Familiarize yourself with each function before beginning your exercises.

3.1. Smith Machine Operation

The Smith machine provides a guided barbell path for exercises like squats and bench presses, enhancing safety with its locking mechanism.

- **Adjusting Height:** The Smith bar features 11 height levels. To adjust, lift the bar slightly, rotate it to disengage from the safety hooks, and slide it to the desired height. Re-engage the safety hooks securely.
- **Safety Locking Hooks:** Always ensure the safety locking hooks are engaged when racking the bar. These hooks provide immediate safety during your lift.

- **Safety Spotter Arms:** Position the adjustable safety spotter arms at an appropriate height below your lowest point of movement for added protection.

SMITH ATTACHMENT



**SMITH MACHINE
LINEAR BEARING**



**STURDY SAFETY
LOCKING HOOK**



**11 HEIGHT LEVEL
TO CHOOSE FROM**



Image: Close-up of the Smith attachment, highlighting the linear bearing for smooth movement, sturdy safety locking hooks, and 11 height adjustment positions.



Image: Detailed view of the M12 Smith Attachment, illustrating the linear bearing system and safety catches.

3.2. Cable Crossover System

The dual pulley system allows for a wide range of cable exercises, targeting various muscle groups.

- **Attaching Handles:** Use the carabiners to attach desired cable handles (e.g., D-handles, tricep rope, lat pull-down bar) to the cable ends.
- **Adjusting Pulley Height:** The pulleys can be adjusted vertically along the uprights to accommodate different exercises and user heights. Secure the pin firmly after adjustment.
- **Smooth Operation:** The system features thickened precision steel shaft pulleys and 7 high-strength polished steel cables for smooth, quiet movement.

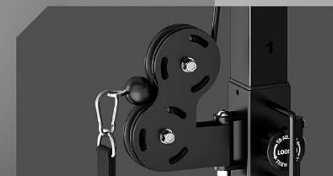
CABLE CROSSOVER SYSTEM



7 STRANDS OF STEEL WIRE



STRONG GABLE HANDLE



PU REINFORCED PULLEY



DOUBLE PULLEY SYSTEM

Image: Components of the Cable Crossover System, detailing the steel wire, handles, reinforced pulleys, and double pulley design.

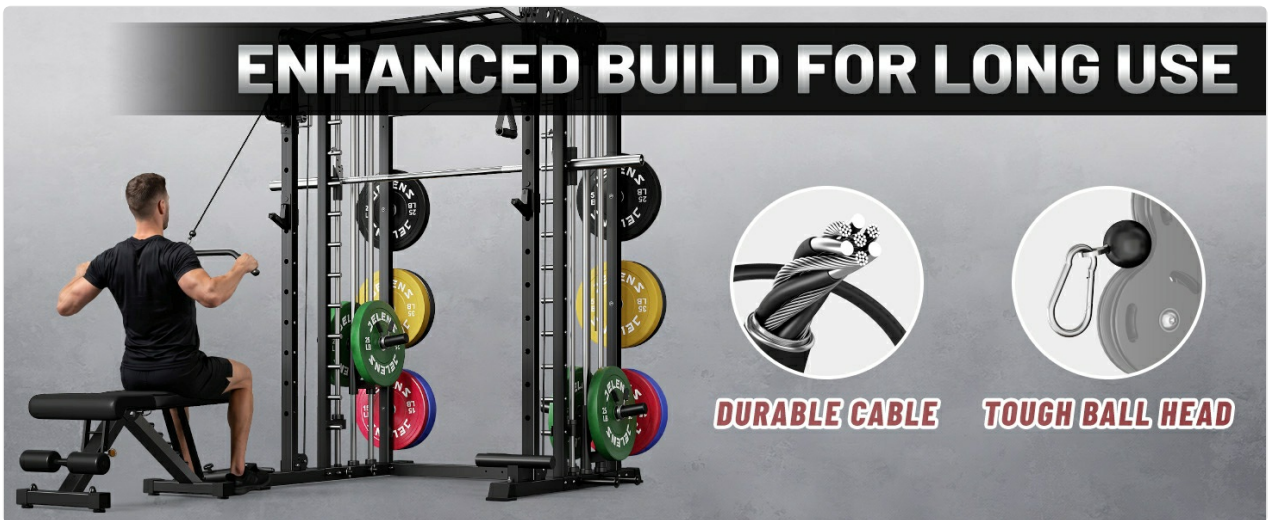


POWERFUL STORAGE FUNCTION

4 STORAGE HOOKS

6 WEIGHT PLATE HOLDERS

Image: Close-up of the Dual Cable Crossover System, highlighting its design features.



ENHANCED BUILD FOR LONG USE

DURABLE CABLE

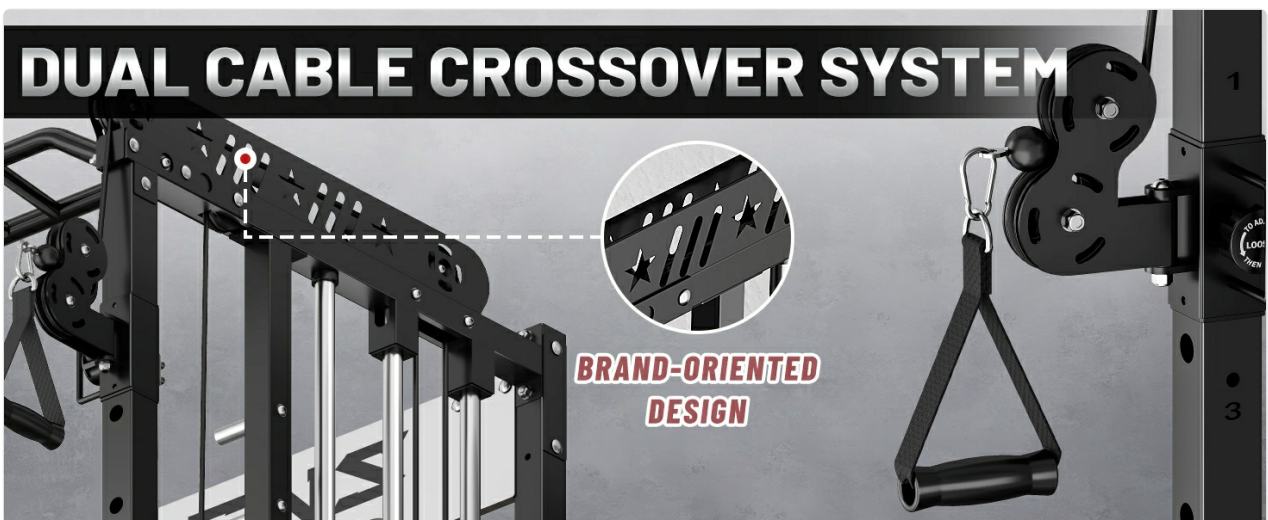
TOUGH BALL HEAD

Image: The dual independent pulley system being used by two individuals simultaneously, demonstrating its versatility for partner workouts.

3.3. Pull-Up Station

The reinforced pull-up bar offers multiple grip positions for various pull-up and chin-up exercises.

- **Grip Options:** Utilize the multi-angle design for wide, narrow, neutral, or pronated grips.
- **Weight Capacity:** The pull-up bar has a maximum weight capacity of 500 lbs.



DUAL CABLE CROSSOVER SYSTEM

**BRAND-ORIENTED
DESIGN**

Image: The reinforced pull-up bar, highlighting its widened diameter and multi-angle design for diverse grip

options.

3.4. Accessory Usage

The system is compatible with various accessories to expand your workout possibilities.

- **J-Hooks:** Use the two J-hooks for holding a free barbell (not included) for squats or bench presses outside the Smith machine path.
- **360° Landmine:** Attach a barbell (not included) to the landmine attachment for rotational exercises, rows, and presses.
- **Dip Bar:** Attach the dip bar to the uprights for tricep dips and other bodyweight exercises.
- **Resistance Band Pegs:** Utilize the resistance band pegs to add variable resistance to your lifts.

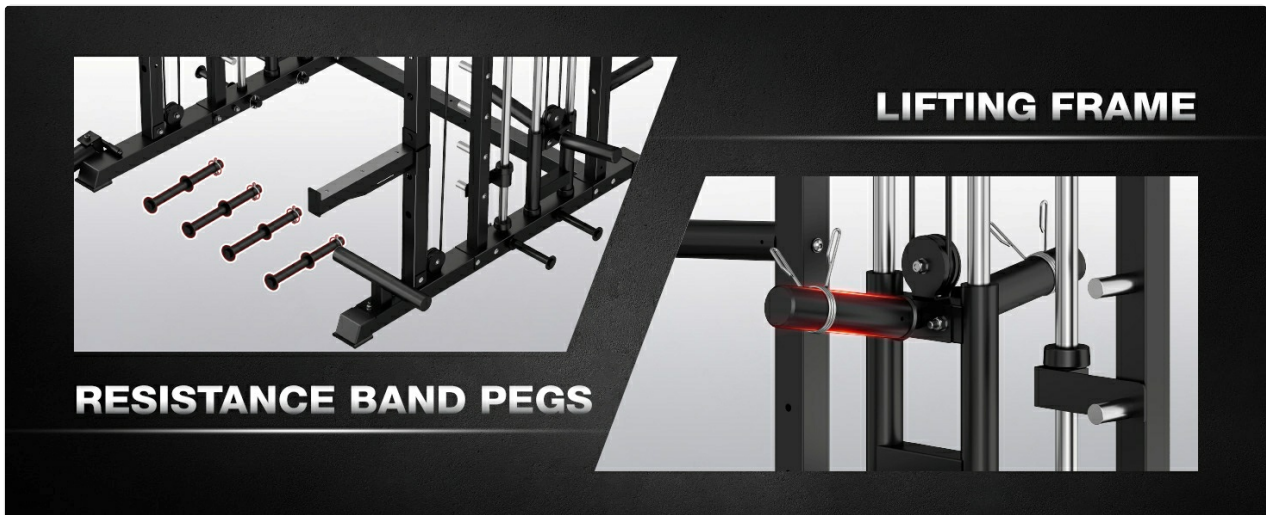


Image: Detailed view of the 360° landmine attachment, allowing for dynamic barbell movements.



Image: The extended safety bar and comfort dip handle attachments, showing their secure mounting points.

ABUNDANT TRAINING ACCESSORIES

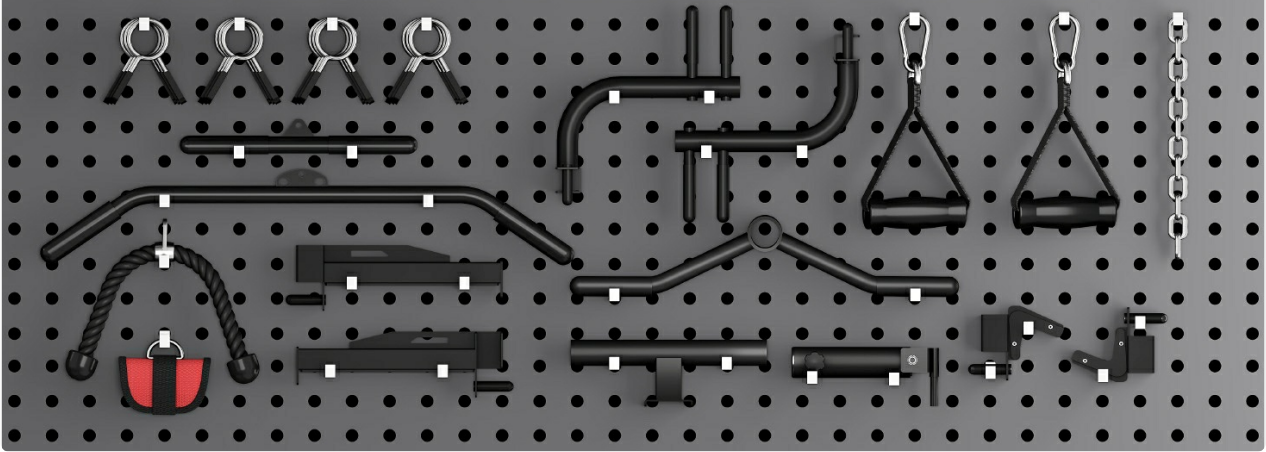


Image: Close-up of the resistance band pegs, designed to integrate resistance bands into your workouts.

3.5. Storage System

The integrated storage system helps keep your workout area organized.

- **Weight Storage Pins:** Use the 6 weight storage pins to store your Olympic weight plates when not in use.
- **Storage Hooks:** The 4 hooks are designed to hang various accessories like cable handles, ropes, and belts.

UPGRADED STORAGE SYSTEM



WEIGHT STORAGE PINS

Keep your weight plates organized within arm's reach. Load and unload in seconds.



STORAGE HOOKS

The convenient hooks keep your sports accessories organised and within quick reach during your training sessions.



LACK OF WEIGHT STORAGE PINS

Scattered plates turn your meticulously planned gym space into cluttered chaos, making them awkward to lift and position.



LACK OF STORAGE HOOKS

A rack without hooks leaves your accessories homeless, prolonging the time to find them and making home gym organisation difficult.

Image: The upgraded storage system, featuring weight storage pins for plates and hooks for various accessories.

M12 SMITH ATTACHMENT



LINEAR BEARING



SAFETY CATCHES

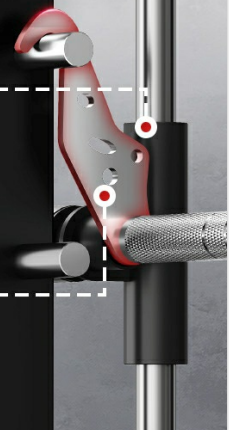


Image: Detailed view of the powerful storage function, illustrating the 4 storage hooks and 6 weight plate holders.

3.6. Product Video Overview

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Video: An overview of the JELENS Smith Machine Home Gym, demonstrating its multi-functionality and various exercise capabilities.

4. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your JELENS M12 Smith Machine.

- **Daily Inspection:** Before each workout, quickly check for any loose bolts, frayed cables, or unusual noises.
- **Weekly Cleaning:** Wipe down the frame and upholstery with a damp cloth to remove sweat and dust. Avoid abrasive cleaners.
- **Monthly Lubrication:** Apply a silicone-based lubricant to the guide rods of the Smith machine and the pulleys of the cable system to ensure smooth operation.
- **Cable and Pulley Check:** Regularly inspect cables for any signs of wear, fraying, or damage. Ensure pulleys spin freely and are not obstructed.
- **Fastener Check:** Periodically check and tighten all nuts and bolts to maintain structural integrity.



Image: Components designed for durability, including the robust cables and ball heads, emphasizing the machine's long-lasting construction.

5. TROUBLESHOOTING

If you encounter any issues with your JELENS M12 Smith Machine, refer to the following common troubleshooting tips:

- **Noisy Operation:**
 - **Cables/Pulleys:** Check if cables are properly seated in the pulley grooves. Lubricate pulleys and guide rods if friction is present.
 - **Loose Fasteners:** Inspect all bolts and nuts for tightness. Tighten any loose connections.
- **Smith Bar Sticking/Rough Movement:**

- **Lubrication:** Apply silicone lubricant to the Smith bar guide rods.
- **Obstructions:** Ensure no debris or foreign objects are on the guide rods.
- **Unstable Frame:**
 - **Level Surface:** Ensure the machine is on a completely flat and level surface.
 - **Tighten Bolts:** Re-check and tighten all assembly bolts, especially those connecting the main frame components.

If problems persist after attempting these solutions, please contact JELENS customer support for assistance.

6. SPECIFICATIONS

Attribute	Detail
Brand	JELENS
Model	M12 Multi-Function Smith Machine
Color	Black
Material	Alloy Steel
Product Dimensions (L x W x H)	50.2" x 50.2" x 87.8"
Max Weight Capacity (Power Cage)	2000 lbs
Included Components	Smith machine, user manual, 260LB Black Weights Package, various attachments

7. WARRANTY INFORMATION

The JELENS M12 Multi-Function Smith Machine comes with a **1-year warranty**. This warranty covers replacement of any necessary accessories or parts that may be defective or damaged within one year from the date of purchase. Please retain your proof of purchase for warranty claims.

8. CUSTOMER SUPPORT

JELENS is committed to providing excellent customer service. If you have any questions regarding assembly, operation, maintenance, or require assistance with your product, our professional after-sales team is available to help.

Please refer to the contact information provided in your purchase documentation or visit the official JELENS

store on Amazon for support options. We aim to provide specific solutions based on your needs.

MULTI-FUNCTIONAL HOME GYM STATION

DELIVERED IN 4 BOXES

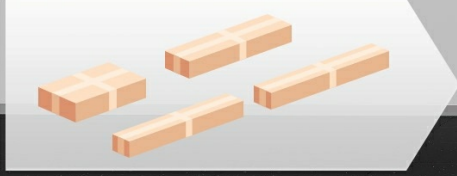


Image: JELENS customer support details, outlining quality testing, shipping, parts replacement, and general support services.

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