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› [DONOW DN-DS938B Smith Machine Home Gym System Instruction Manual](#)

DONOW DN-DS938B

DONOW DN-DS938B Smith Machine Home Gym System Instruction Manual

Model: DN-DS938B | Brand: DONOW

INTRODUCTION

This manual provides essential information for the safe and effective assembly, operation, and maintenance of your DONOW DN-DS938B Smith Machine Home Gym System. Please read all instructions carefully before use to ensure proper function and user safety.

SAFETY INFORMATION

- Consult a physician before beginning any exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Keep children and pets away from the equipment during operation.
- Perform regular inspections for wear and tear on cables, pulleys, and structural components.
- Use spotters when performing heavy lifts on the Smith machine.
- Do not exceed the maximum weight capacity of the machine.
- Wear appropriate athletic footwear and clothing.

PRODUCT OVERVIEW AND KEY FEATURES

The DONOW DN-DS938B is an all-in-one home gym station designed for comprehensive full-body workouts. It integrates multiple functionalities into a single, space-saving unit.

- **All-In-One Home Gym Station:** Combines a Solid Smith Machine, a Power rack with safety arms, a Dual Cable Crossover System, and a Multi-Grip Pull-Up Station.
- **Heavy-Duty Dual Weight Stacks:** Provides substantial, smooth resistance for exercises like lat pulldowns, rows, and cable crosses without needing to add weight plates.
- **Professional Cable Crossover Design:** Features a true dual independent cable system with high-quality pulleys and selectorized weight stacks for versatile movement patterns.
- **Safe, Clean & Sturdy Construction:** Weight stacks are encased in durable steel covers for safety and a tidy appearance.

2. **Base Frame Assembly:** Securely connect the main base frame components.
3. **Vertical Uprights Installation:** Attach the vertical support posts to the base.
4. **Smith Machine Bar Installation:** Install the Smith machine guide rods and the Smith bar.
5. **Weight Stack Integration:** Carefully place the weight plates onto the guide rods for the dual weight stacks.
6. **Cable and Pulley System Setup:** Route all cables through the designated pulleys as shown in the video, ensuring smooth operation.
7. **Pull-Up Bar and Top Frame:** Assemble and secure the multi-grip pull-up station and the top frame.
8. **Accessory Attachment:** Attach the included accessories such as the weight bench, leverage bar, cable handles, lat pull down bar, cable bar, bicep rope, and ankle strap.

Solid Smith Machine Poles



Smooth Linear Bearings

03

All In One Smith Machine

Figure 2: Detail of the solid Smith machine poles and smooth linear bearings, ensuring stable and secure lifts.

Your DONOW DN-DS938B offers a wide range of exercises. Always ensure proper form and warm-up before starting your workout.

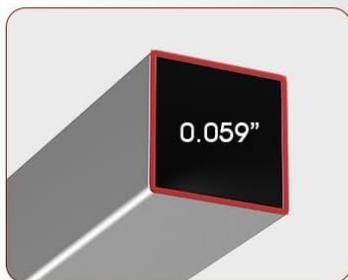
Smith Machine Operation:

- To adjust the Smith bar height, rotate the bar to disengage the safety hooks, then slide it to the desired position. Re-engage the hooks securely.
- Utilize the safety arms (spotter arms) at an appropriate height to prevent injury during heavy lifts.

Cable Crossover System:

- Select the desired weight by inserting the pin into the weight stack.
- Attach the appropriate cable accessory (handles, rope, bar) to the carabiner.
- Adjust the pulley height by pulling the adjustment pin and sliding the pulley carriage to the desired position. Ensure the pin locks securely.

Dual Independent Cable System



SIZE: 2" x 2"

01

All In One Smith Machine



Figure 3: Close-up of the dual independent cable system, highlighting the adjustable pulleys and robust 2"x2" steel frame.

Multi-Grip Pull-Up Station:

- The pull-up bar offers multiple grip positions (wide, neutral, close) for varied back and arm exercises.
- Ensure the top frame is securely bolted before using the pull-up station.

02

All In One Smith Machine

Multiple Grips Pull Up Station

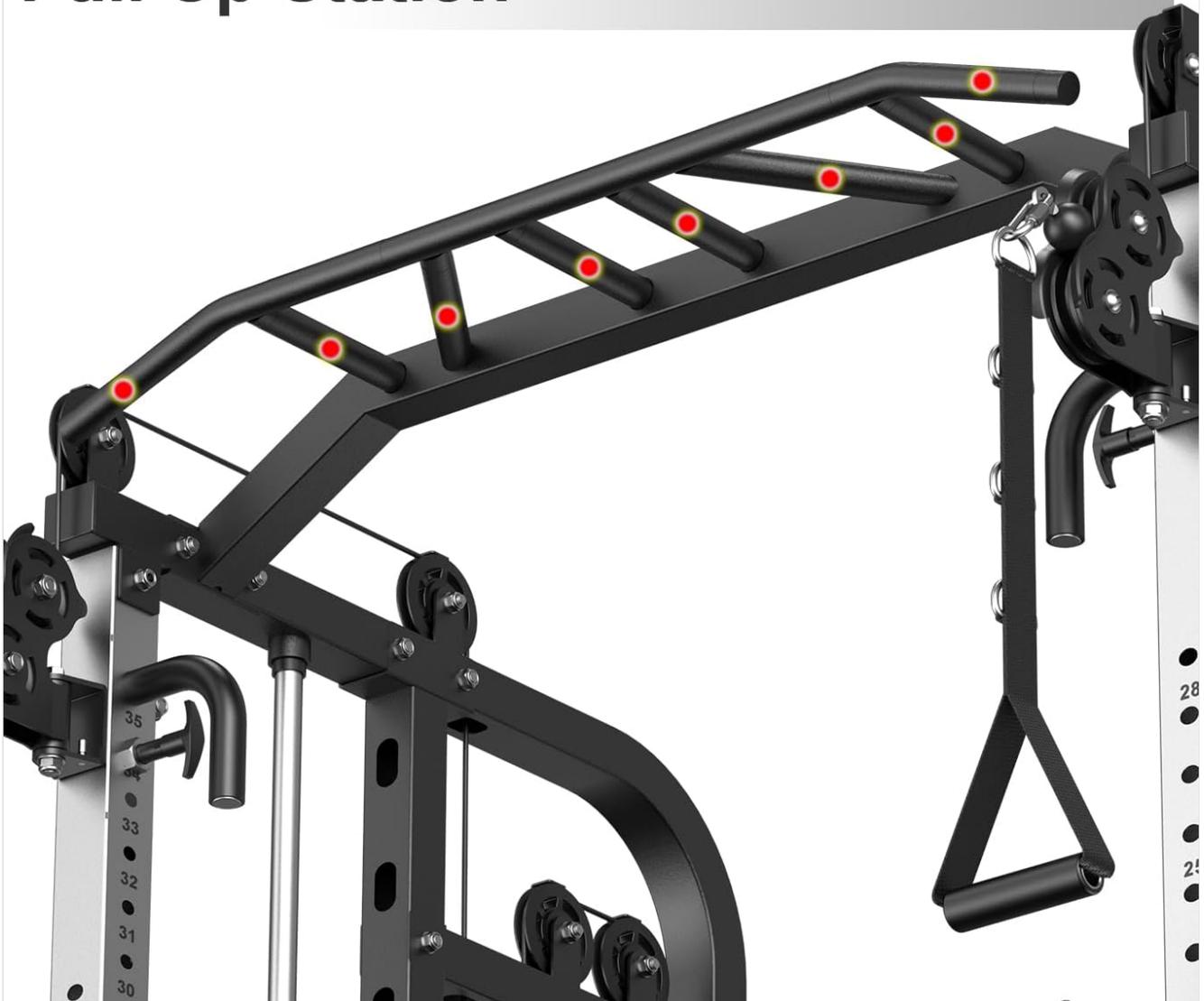


Figure 4: The multi-grip pull-up station provides various hand positions for diverse upper body workouts.

Adjustable Weight Bench:

- The included weight bench features 6 backrest positions and 3 seat positions for versatile exercise angles.
- Adjust the bench to flat, incline, or decline positions as required for your workout.

Adjustable Weight Bench



Figure 5: The adjustable weight bench offers multiple configurations for a wide range of exercises.

MAINTENANCE

- Regularly inspect all nuts and bolts for tightness and re-tighten as necessary.
- Check cables and pulleys for any signs of fraying or wear. Replace damaged components immediately.
- Wipe down the machine with a damp cloth after each use to remove sweat and prevent corrosion.
- Lubricate moving parts (e.g., Smith machine guide rods) periodically with a silicone-based lubricant.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Smith bar not moving smoothly	Lack of lubrication; debris on guide rods	Clean guide rods and apply silicone lubricant.

Problem	Possible Cause	Solution
Cables feel stiff or noisy	Pulleys need lubrication; cable tension incorrect	Lubricate pulleys. Check cable routing and tension.
Equipment feels unstable	Loose bolts or uneven flooring	Check and tighten all assembly bolts. Ensure equipment is on a level surface.

SPECIFICATIONS

Feature	Detail
Model Name	DN-DS938 Series
Style	B DN-DS938B+Weight Bench
Brand	DONOW
Material	Alloy Steel
Color	Black
Product Dimensions (LxWxH)	54.7"D x 78.58"W x 88.3"H
Tension Level	2040 lbs
Included Components	Smith machine, weight bench, a leverage bar, a pair of cable handles, a lat pull down bar, a cable bar, a bicep rope, an ankle strap (9 Boxes in total)
Suggested Users	Unisex
Sport Type	Weightlifting



Figure 6: Detailed dimensions of the DONOW DN-DS938B Smith Machine Home Gym System.

WARRANTY AND SUPPORT

Your DONOW DN-DS938B Smith Machine comes with a **5-year warranty**. Replacements for parts are free within this period.

For technical support, warranty claims, or any inquiries, please contact DONOW FITNESS directly. Contact information can typically be found on the product packaging or the official DONOW FITNESS website.



[DONOW Squat Rider DN-6334B Assembly Manual](#)

Comprehensive assembly manual for the DONOW Squat Rider DN-6334B fitness machine, detailing parts and step-by-step instructions.



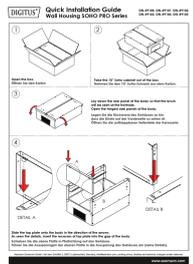
[KODICOM Digital Video Recording Systems: Installer and User Manual](#)

Comprehensive manual for KODICOM Digital Video Recording Systems, covering installation, setup, operation, and troubleshooting. Includes detailed guides on surveillance modes, search functions, backup procedures, and system configuration for various KODICOM DVR models.



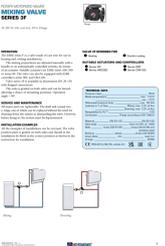
[DIGITUS Shielded Patch Panel Installation Guide](#)

Comprehensive installation guide for DIGITUS shielded patch panels, covering strain relief, cable fixing, and connection procedures. Includes product specifications and RoHS compliance information.



[DIGITUS Wall Housing SOHO PRO Series Quick Installation Guide](#)

Step-by-step instructions for installing the DIGITUS Wall Housing SOHO PRO Series network cabinets, including models DN-49100 through DN-49105.



[ESBE Series 3F Mixing Valve - Technical Data, Specifications, and Operation](#)

Detailed information on the ESBE Series 3F mixing valve, including technical specifications, dimensions, operation, maintenance, installation examples, and dimensioning guides for heating systems. Suitable for heating and cooling applications.