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› Soozier All-in-One Home Gym Smith Machine (Model A91-407V00BK) User Manual

Soozier A91-407V00BK

Soozier All-in-One Home Gym Smith Machine

Model: A91-407V00BK

1. INTRODUCTION

Thank you for choosing the Soozier All-in-One Home Gym Smith Machine. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before use and retain it for future reference. Proper use and maintenance will ensure the longevity and optimal performance of your home gym.



Image: A user performing squats on the Soozier All-in-One Home Gym Smith Machine, demonstrating its primary function.

2. SAFETY INFORMATION

WARNING: Before starting any exercise program, consult your physician. This is especially important for individuals over the age of 35 or those with pre-existing health problems. Read all instructions before using this equipment.

- Always inspect the equipment for loose parts, worn cables, or damaged components before each use. Do not use if any damage is found.
- Ensure all bolts and nuts are securely tightened before and during use.
- Keep children and pets away from the equipment during operation.
- Use the equipment on a level, stable surface. Place a protective mat underneath to prevent floor damage.
- Do not exceed the maximum weight recommendation of 264 pounds (120 kg).
- Wear appropriate exercise attire and footwear.

- Perform warm-up exercises before your workout and cool-down exercises afterward.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The Smith machine features integrated safety stops. Always utilize these safety stops, especially when lifting heavy weights or performing squats and presses alone.

3. PRODUCT FEATURES

The Soozier All-in-One Home Gym Smith Machine is designed for comprehensive full-body strength training. Key features include:

- **Multi-Exercise Capability:** Supports butterfly press, lat pulldown, leg extension, preacher curl, pull-ups, adjustable dual arms, and squats.
- **Smith Machine:** Guided bar path with 16 adjustable height levels for safer squats and presses.
- **Adjustable Dual Arms:** Easily adjustable from 11.8" to 65" (30-165 cm) to accommodate various exercises and body sizes.
- **Preacher Bench:** 3-level height-adjustable preacher bench for effective biceps training.
- **Integrated Weight Stack:** Shielded 143 lbs (65 kg) weight stack for quick and safe resistance changes.
- **Durable Construction:** Built from 2" L x 2" W, 1.5 mm thick alloy steel tubing for stability and longevity.

35+ WORKOUT TYPES



Butterfly



Lat Pulldown



Seated Row



Preacher Curls



Leg Extension



Pull-Ups



Squats



Dual Arm Pulley

Image: A visual representation of over 35 workout types achievable with the Soozier Home Gym, including butterfly, lat pulldown, leg extension, and squats.

SOLID CONSTRUCTION



Image: Details of the gym's solid construction, featuring high-strength steel rope, a robust 2"x2" steel frame, durable pulleys, and a wide, stable base.

4. SETUP AND ASSEMBLY

The Soozier All-in-One Home Gym requires assembly. It is recommended that two or more people assemble this equipment due to its size and weight. Please refer to the included detailed assembly manual for step-by-step instructions, diagrams, and a complete parts list. Ensure all components are present before beginning assembly.

- Unpack all components and verify against the parts list.
- Lay out all parts in an organized manner to facilitate assembly.
- Follow the numerical sequence of steps provided in the separate assembly manual.
- Tighten all bolts and nuts securely once assembly is complete.
- Before first use, perform a thorough inspection to ensure all connections are secure and the machine is stable.

5. OPERATING INSTRUCTIONS

This section outlines the general operation of the various stations on your home gym. Always ensure proper form and controlled movements during exercise.

5.1. Smith Machine Barbell

- To adjust the barbell height, 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.
- Always use the adjustable safety stops below the barbell to prevent injury in case of failure.

16 ADJUSTABLE HEIGHT BARBELL

Set the great bar height for safer, more comfortable lifts



Image: Illustration of the 16 adjustable height levels for the Smith machine barbell, demonstrating how to set the bar for various exercises.

5.2. Cable Pulley System and Dual Arms

- Attach desired handles or accessories to the cable ends.
- Adjust the weight stack pin to select your desired resistance. Ensure the pin is fully inserted.
- The dual arms can be adjusted in position to target different muscle groups for exercises like cable crossovers or flyes.



Image: A user adjusting the dual arms, highlighting their range of motion from 11.8" to 65" (30-165 cm) for versatile workouts.

5.3. Preacher Curl Station

- Adjust the preacher bench to one of the three available height levels for optimal arm support during biceps curls.
- Use an appropriate attachment with the lower cable pulley for preacher curls.

3-LEVEL PREACHER BENCH

Provides proper arm support for
effective biceps training

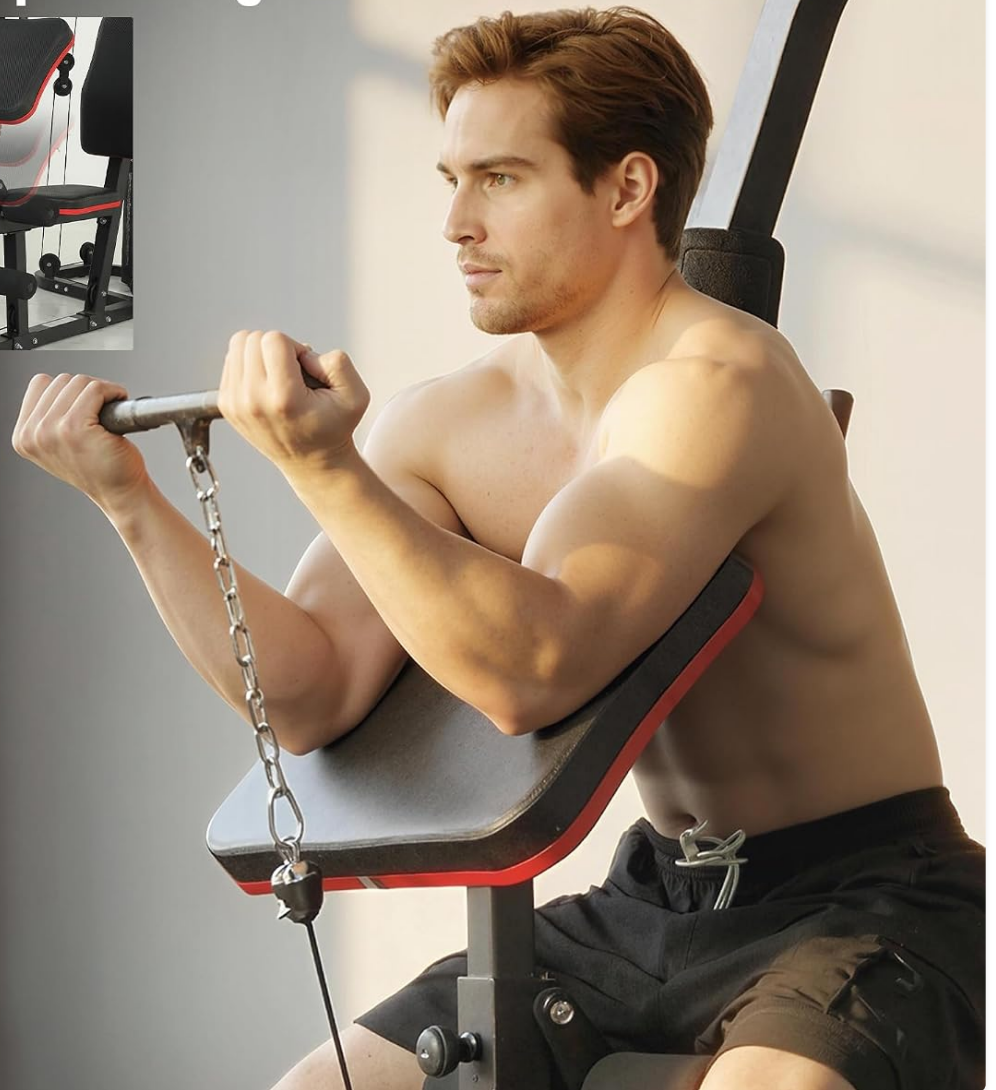


Image: A user performing preacher curls, illustrating the 3-level adjustable preacher bench designed for effective biceps training.

5.4. Weight Stack

- The integrated 143 lbs (65 kg) weight stack allows for quick and easy resistance selection.
- Insert the selector pin fully into the desired weight plate. Do not use partial insertions.



Protective
Wire Mesh

65 KG

PROGRESSIVE POWER, YOUR WAY
- 10-stufig verstellbares Gewichtsstativ

Image: A detailed view of the 143 lbs (65 kg) weight stack, protected by a wire mesh, highlighting its progressive resistance capability.

6. MAINTENANCE

Regular maintenance is crucial for the safe and efficient operation of your home gym.

- **Daily:** Wipe down the equipment with a damp cloth after each use to remove sweat and dirt.
- **Weekly:** Inspect all cables, pulleys, and moving parts for signs of wear or damage. Ensure all bolts and nuts are tight.
- **Monthly:** Lubricate moving parts, such as guide rods for the weight stack and Smith machine, with a silicone-based lubricant.
- **Annually:** Have a thorough inspection performed by a qualified technician if possible, or conduct a comprehensive self-inspection of all structural components.
- Replace any worn or damaged parts immediately. Do not use the equipment until repairs are made.

7. TROUBLESHOOTING

If you encounter issues with your Soozier Home Gym, refer to the following common troubleshooting tips:

Problem	Possible Cause	Solution
Squeaking or grinding noise	Lack of lubrication, loose bolts, worn pulleys	Lubricate moving parts. Check and tighten all bolts. Inspect pulleys for wear.
Cable sticking or fraying	Cable misalignment, worn cable, damaged pulley	Ensure cables are properly seated in pulleys. Replace frayed cables immediately. Inspect pulleys for damage.
Weight stack not moving smoothly	Guide rods dirty or dry, bent selector pin	Clean and lubricate guide rods. Ensure selector pin is straight and fully inserted.
Equipment feels unstable	Uneven floor, loose frame bolts	Ensure equipment is on a level surface. Check and tighten all frame bolts.

If problems persist, contact customer support.

8. SPECIFICATIONS

Detailed specifications for the Soozier All-in-One Home Gym Smith Machine:

- **Model Number:** A91-407V00BK
- **Material:** Alloy Steel
- **Color:** Black
- **Overall Dimensions (L x W x H):** 86.6" x 82.7" x 84.6" (220 x 210 x 215 cm)
- **Item Weight:** Approximately 363 lbs (164.65 kg)
- **Weight Stack:** 143 lbs (65 kg)
- **Maximum User Weight Recommendation:** 264 lbs (120 kg)
- **Smith Machine Barbell Height Adjustment:** 16 levels (50-165 cm)
- **Dual Arm Adjustment Range:** 11.8" - 65" (30-165 cm)
- **Preacher Bench Adjustment:** 3 levels
- **Steel Tubing Thickness:** 1.5 mm

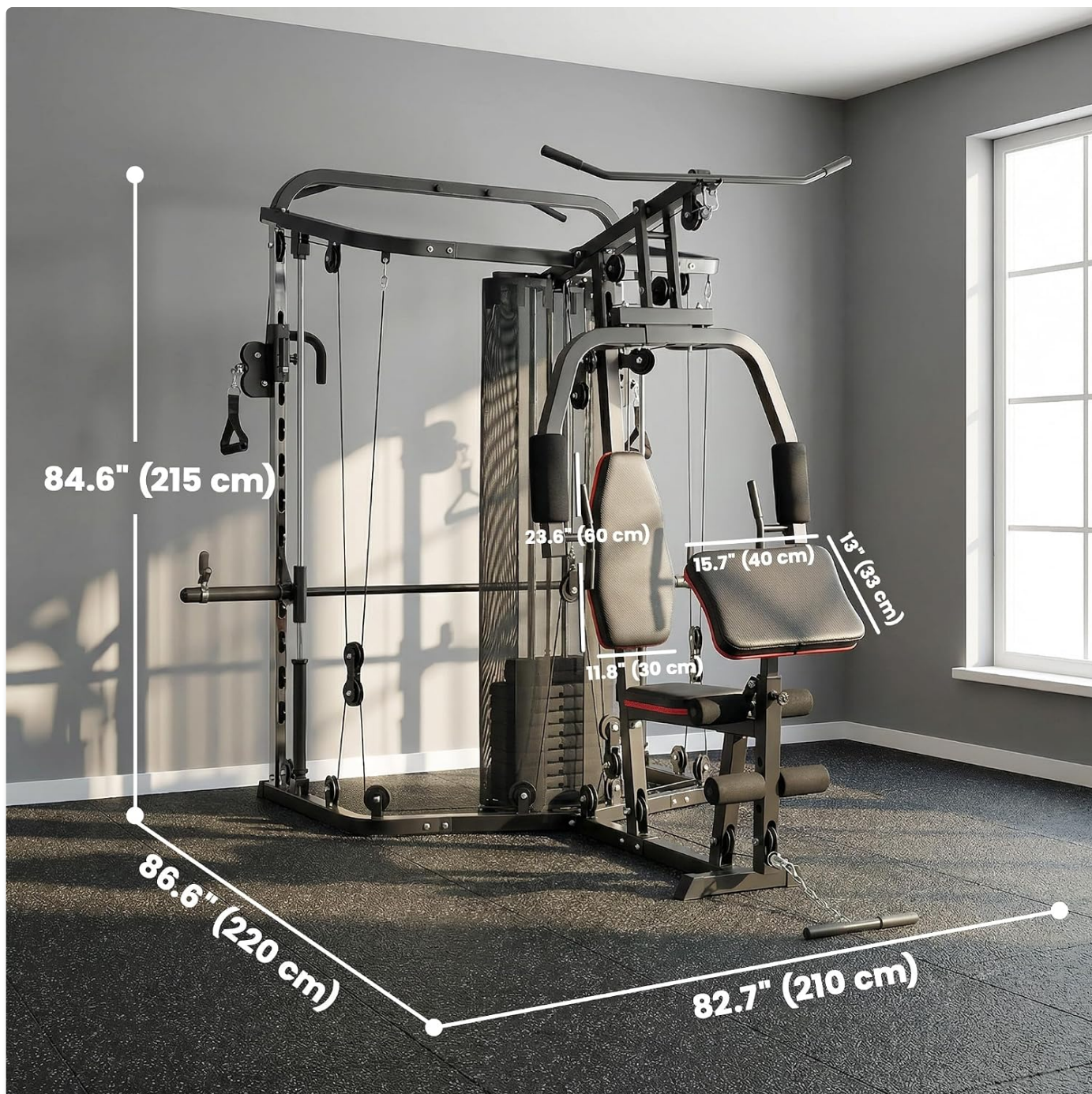


Image: A diagram illustrating the full dimensions of the assembled home gym, including length, width, and height in both inches and centimeters.

9. WARRANTY AND SUPPORT

Warranty: This product comes with a 90-day warranty against manufacturer defects. This warranty covers defects in materials and workmanship under normal use and service. It does not cover damage resulting from misuse, abuse, accident, alteration, or improper assembly.

Customer Support: For assembly assistance, missing parts, or warranty claims, please contact Aosom Canada customer service. Please have your model number (A91-407V00BK) and proof of purchase ready when contacting support.

Contact Information:

Markham, Ontario, CA

Tel: 1-416-792-6088

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Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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