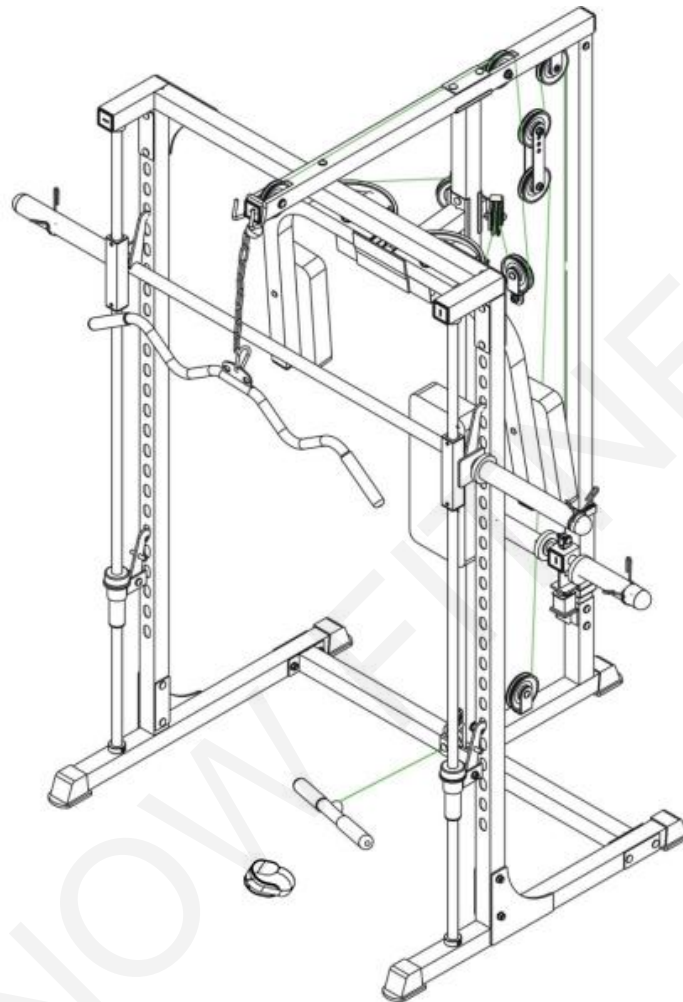


DONOW SMITH MACHINE

Assembly & User Instructions - Please keep for future reference

DN-SM3000B



Installing Video on YouTube

Important – Please read these instructions fully before assembly or use

These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly.

If you need help or have damaged or missing parts, contact the the after-sale service:

donowfitness@hotmail.com

IMPORTANT SAFETY NOTICE

This exercise equipment is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your equipment. In particular, note the following safety precautions:

1. **Keep children and pets away from the equipment at all times. DO NOT leave children unattended in the same room with the equipment.**
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the equipment on a clear, leveled surface. DO NOT use the equipment near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment. Running or aerobic shoes are also required when using the equipment.
7. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the equipment.
9. Disabled persons should not use the equipment.
10. Before using the equipment to exercise, always do stretching exercises to properly warm up.
11. Never operate the equipment if the equipment is not functioning properly.
12. A spotter is recommended during exercise.
13. **This equipment is designed and intended for home and consumer use only, not for commercial use.**

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. OUR COMPANY ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

EXECISE GUIDELINES

Building Muscle and Gaining Weight

Unlike aerobic exercise, which emphasizes endurance training, anaerobic exercise focuses on strength training. A gradual weight gain can occur while building the size and strength of muscles. While developing muscle mass, your body adapts to the stress placed upon it. You can modify your diet to include foods such as meat, fish and vegetables. These foods help muscles recover and replenish important nutrients after a strenuous workout.

Muscle Strength and Endurance

To achieve the greatest benefit from exercise, it is important to develop an exercise program that allows you to work all of the major muscle groups equally.

To increase muscle strength, follow this principle:

Increasing resistance and maintaining the number of repetitions of an exercise results in increased muscle strength.

To tone your body, follow this principle: Decreasing resistance plus increasing the number of repetitions of an exercise results in increased body tone.

Once you feel comfortable with an exercise, you can change the resistance, the number of repetitions, or the speed at which you do the exercise. It is not necessary to change all three variables. For example, let's say that you are training at 23 kg (50 lb.) and performing the exercise 10 times in 3 minutes. When this becomes too easy, you may decide to move up to lifting 27 kg (60 lb.) for the same number of repetitions in the same amount of time. Lifting more weights fewer times most often develops muscle strength. To gain both muscle strength and endurance, it is recommended that you perform each exercise 15 to 20 reps per set.

Training Intensity

How hard you begin to train depends on your overall level of fitness. The soreness you experienced can be lessened by decreasing the load you place on your muscles and by performing fewer sets. To avoid injury, you should gradually work into an exercise program and set the load to your individual fitness level. The load should increase as your fitness level increases.

Muscle soreness is common, especially when you first start exercising. If you are painfully sore for a long time, it may be time to change your program. Eventually, your muscle system will become accustomed to the stress and strain placed on it.

Beginning a Strength Building Program

Warming Up

To begin strength training, it is important to stretch and perform light exercise for 5 to 10 minutes. This helps prepare the body for more strenuous exercise by increasing circulation, raising your body temperature and developing more oxygen to your muscles.

Workout

For each workout, to keep in mind that muscle soreness that lasts for a long period is not desirable and may mean that injury has occurred.

Cool Down

At the end of each workout, perform slow stretching exercises for 5 to 10 minutes. Ease into each stretch only going as far as you can. This stage allows your muscles to wind down after training.

To provide a total workout program it is also recommended that 2 to 3 days of aerobic exercise is performed in addition to the strength training.

Drinking Water

For the body to function properly, it must be properly hydrated. If you are exercising, you should increase your fluid intake. The reason for this is that the water you take in will leave your system through the sweating mechanism that cools your body during exercise. The water you lose through exercise must be replaced so that the muscles can recover properly.

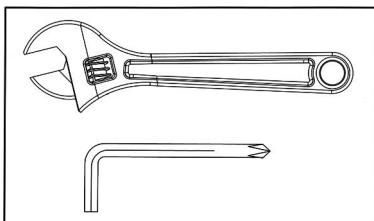
Rest Day

Although you may not feel like doing it, taking a rest day at least once a week is important because it gives your body a chance to heal itself. Continuously working your muscles will result in over-training, which will not benefit you in the long run.

IMPORTANT ASSEMBLY INFORMATION

- ❖ NOTE: It is strongly recommended that this equipment be assembled by two or more people to avoid possible injury.
- ❖ Ensure **Carriage Bolts** are inserted through the **SQUARE holes** on components that need to be assembled. Attach washer only to end of the Carriage Bolt.
- ❖ Use **Allen Bolts or Hex Bolts** inserted through the **ROUND hole** on components that need to be assembled.
- ❖ Always wait until all bolts are assembled onto the equipment before tightening the bolts. Do not tighten each bolt right after it is installed

Fasten Nuts and Bolts



Securely tighten all nuts and bolts after all components have been assembled in current and previous steps.

NOTE: Do not over-tighten any component with pivoting function.

Make sure all pivoting components are able to move freely.

- ❖ **Inspect and ensure all bolts and Nuts are fastened after the equipment is completely assembled.**

Tools

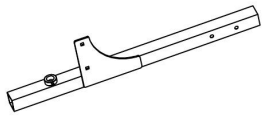
Tools required for assembling this equipment: Allen Wrenches (provided by manufacturer), and Adjustable Wrench, or Socket Wrench, or Ratchet Wrench.

NOTE: It is strongly recommended that this machine be assembled and moved by two or more people to avoid possible injury.

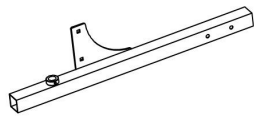
CARE AND MAINTENANCE

- 1. Lubricate moving parts with WD-40 or light oil periodically.**
2. Inspect and tighten all parts before using the equipment.
3. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
4. Examine the equipment regularly for signs of damage or wear.
5. Replace any defective components immediately and/or keep the equipment out of use until repair.
6. **Failure to examine regularly may affect the safety level of the equipment.**

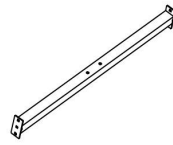
SMITH MACHINE COMPENTS



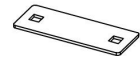
①x1



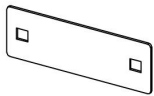
②x1



③x1



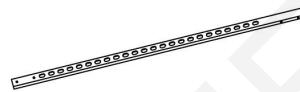
⑦x3



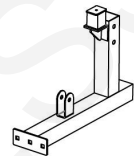
⑤⑤x4



⑧x1



⑨x2



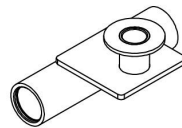
⑩x1



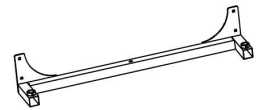
⑭x2



⑯x2



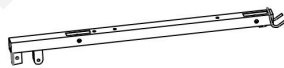
⑰x2



⑱x1



⑦⑥x2



⑳x1



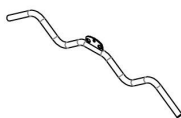
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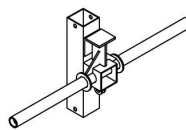
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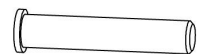
㉗x2



㉘x1



㉙x1



㉛x2

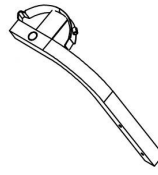
SMITH MACHINE COMPENTS



57x2



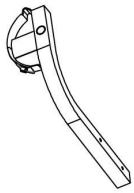
38x11



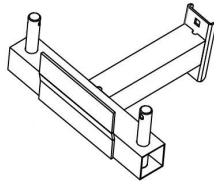
39x1



40x2



41x1



43x1



34x4



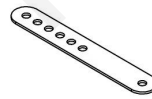
47x2



48x1



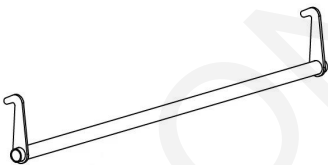
49x1



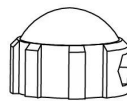
50x2



72x1



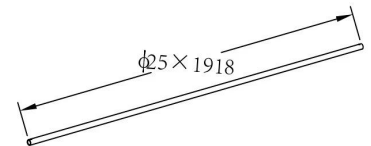
53x1



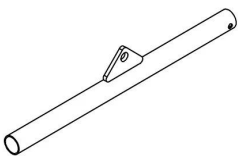
45x2



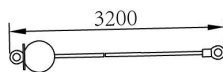
51x1



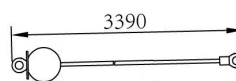
56x1



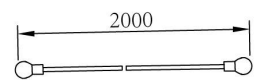
61x1



25x1



64x1



65x1

Components - Fixings

Please check you have all fixings listed below

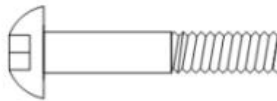
Note: Some of the smaller components may be pre-fitted to the larger components. Please check carefully before contacting us regarding any missing components. Please prepare an adjustable spanner by yourself when you are intend to assemble this machine.



#62 M10X115 MM Allen Bolt (Qty1)



#11 M10X70 MM Carriage Bolt (Qty8)



#24 M10X45 MM Allen Bolt (Qty8)



#52 M8X65 MM Allen Bolt (Qty6)



#6 M10 MM Aircraft Nut (Qty8)



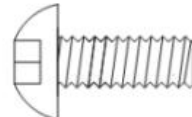
#22 M10X62 MM Allen Bolt (Qty2)



#46 M6x33 MM Allen Bolt (Qty2)



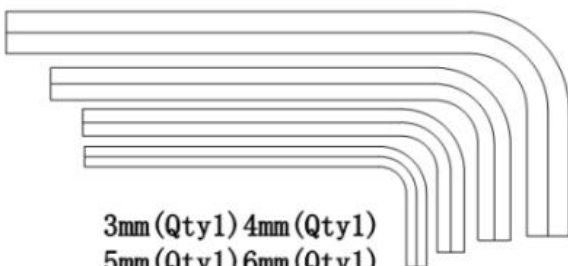
#73 M10X75 MM Carriage Bolt (Qty2)



#71 M10X25 MM Allen Bolt (Qty1)



Wrench 13-16(Qty1)



3mm (Qty1) 4mm (Qty1)
5mm (Qty1) 6mm (Qty1)
Allen Wrench



#70 M6 MM Aircraft Nut (Qty2)

Components - Fixings



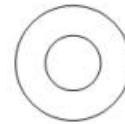
#68 M10X68MM Allen Bolt (Qty3)



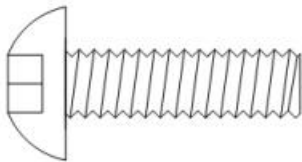
#6 M10 MM Aircraft Nut (Qty26)



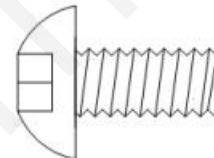
#32 M10X70 MM Carriage Bolt (Qty8)



#35 Ø8 MM Washer (Qty6)



#4 M10X35MM Allen Bolt (Qty1)



#66 M10X20 MM Allen Bolt (Qty2)

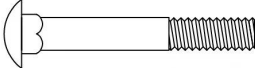




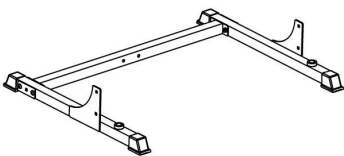
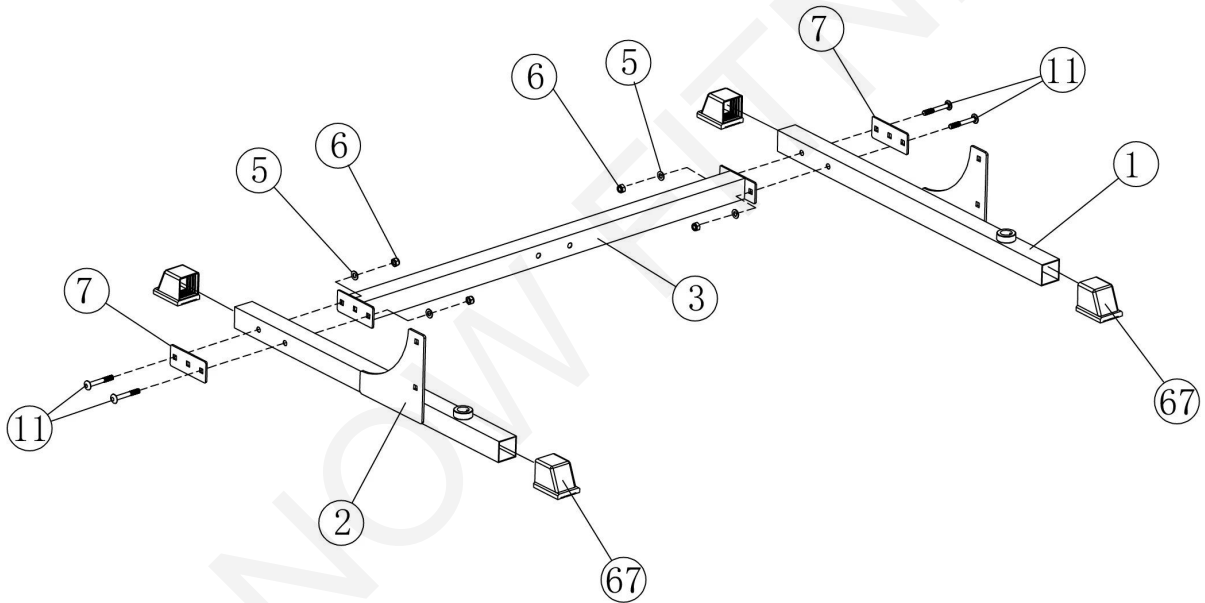
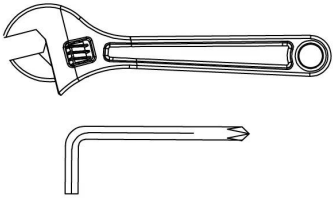
#5 Ø10 MM Washer (Qty54)



#63 Long Pulley Bushing (Qty6)

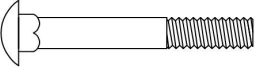
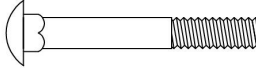


Assembly Instructions-Step 1

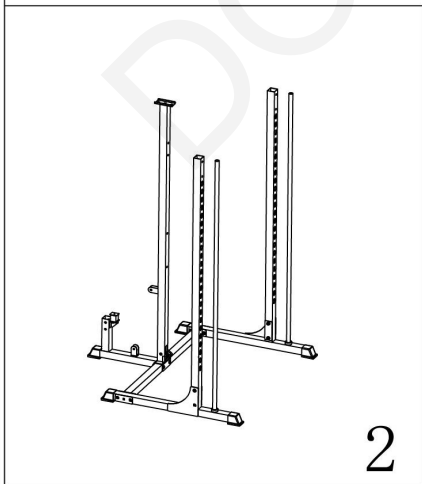
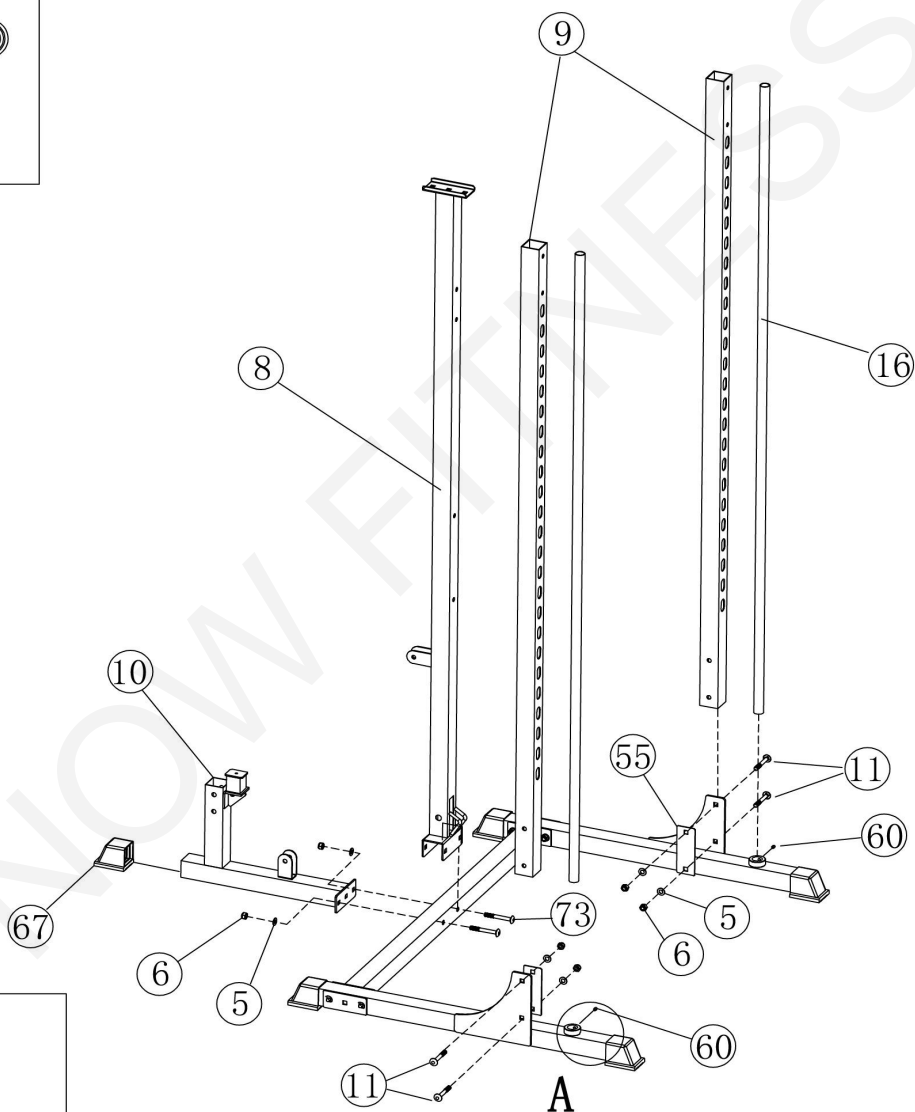
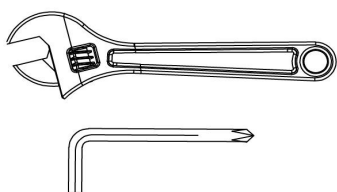
⑪		4	M10×70
⑤		4	φ 10
⑥		4	M10



1

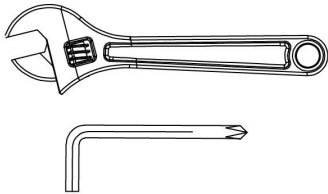
Assembly Instructions-Step 2

⑪		4	M10×70	⑦③		2	M10×75
⑤		6	φ 10				
⑥		6	M10				

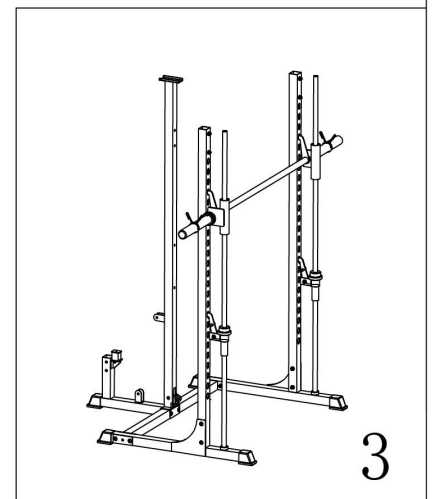
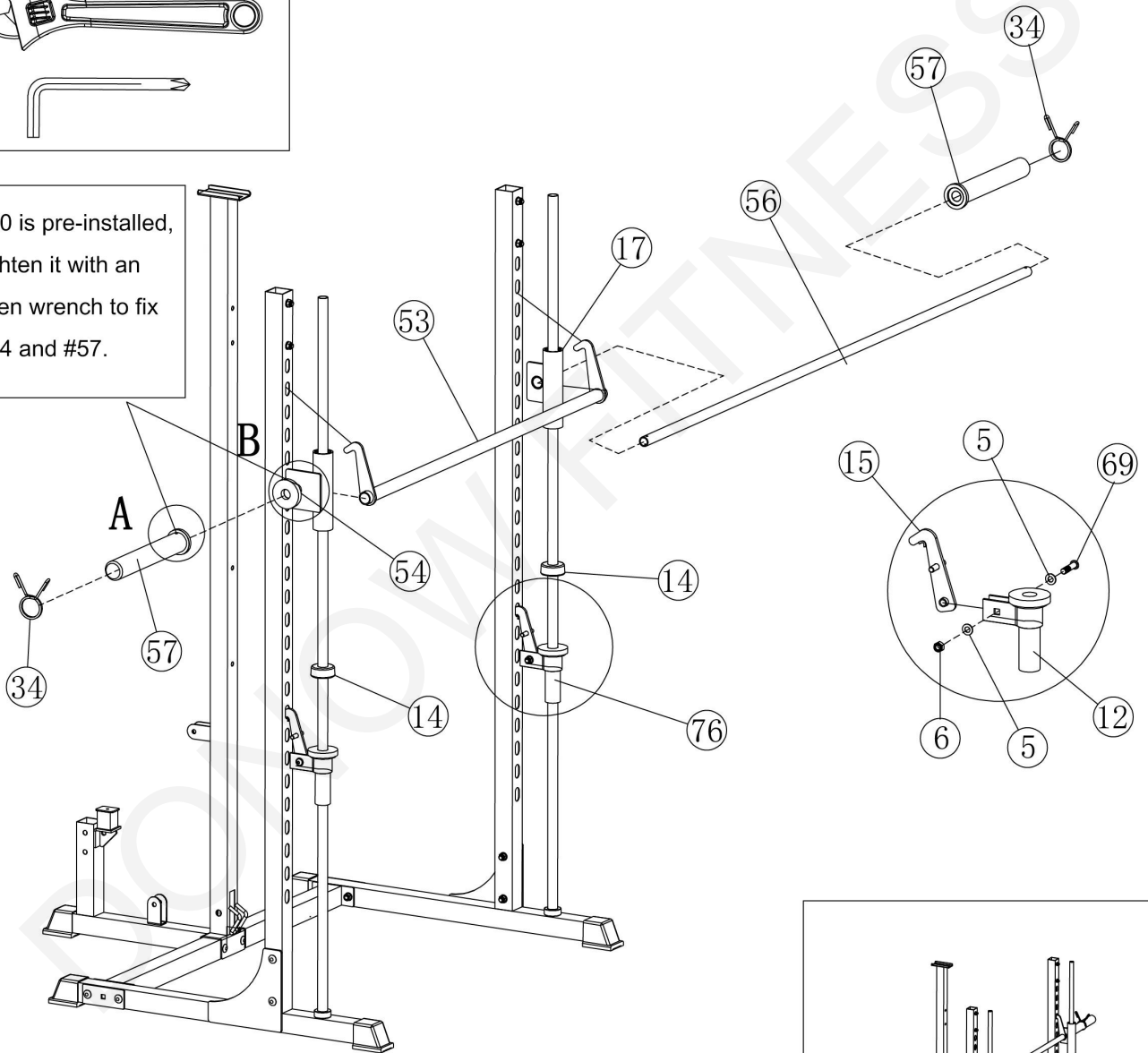


#60 is pre-installed, tighten it with an allen wrench to fix #16.




Assembly Instructions-Step 3

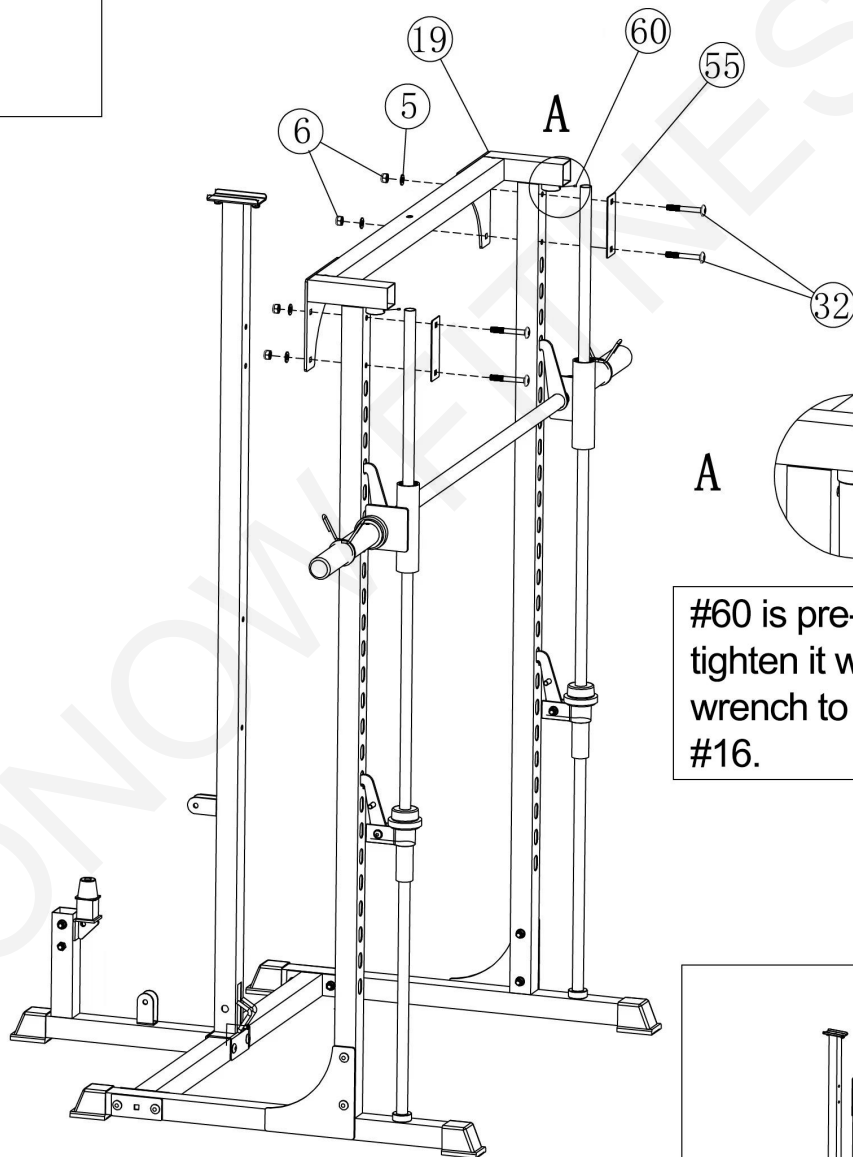
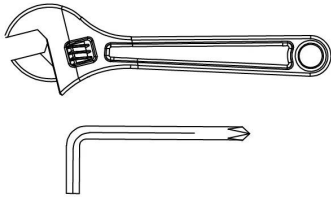


#60 is pre-installed,
tighten it with an
allen wrench to fix
#54 and #57.

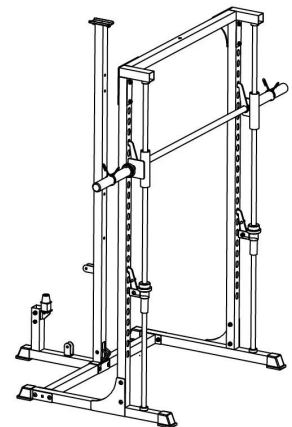


Assembly Instructions-Step 4

- | | | | |
|----|---|---|--------|
| ③② |  | 4 | M10×70 |
| ⑤ |  | 4 | φ 10 |
| ⑥ |  | 4 | M10 |






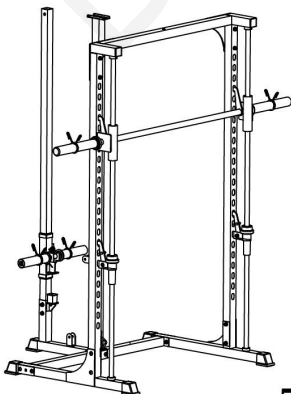
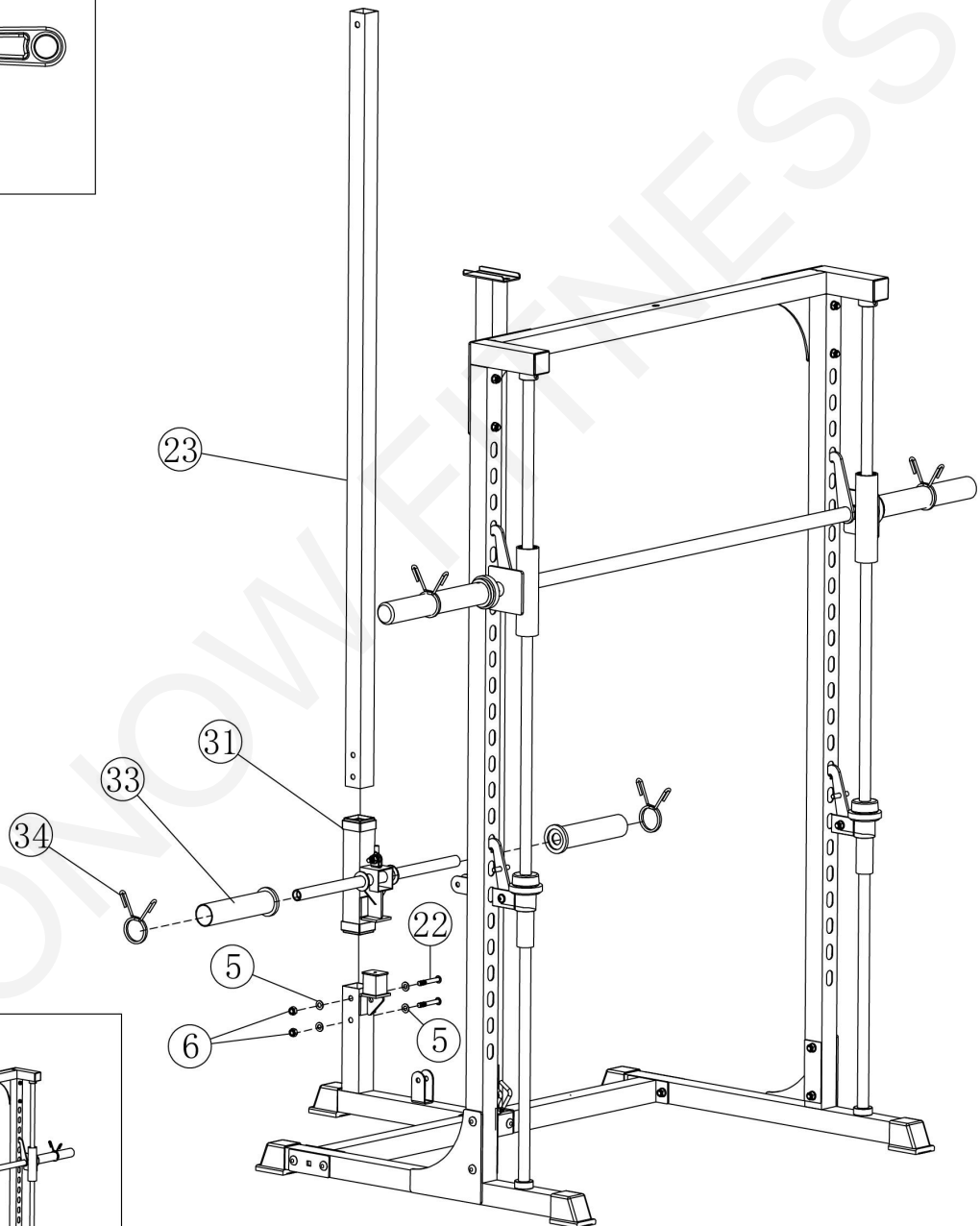
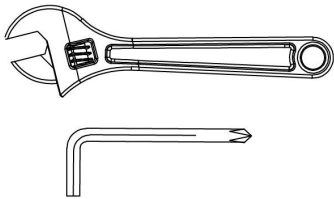
#60 is pre-installed
tighten it with an allen
wrench to fix
#16.



4

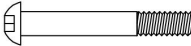




Assembly Instructions-Step 5

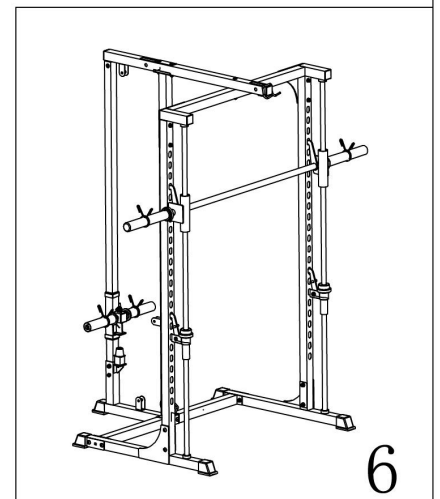
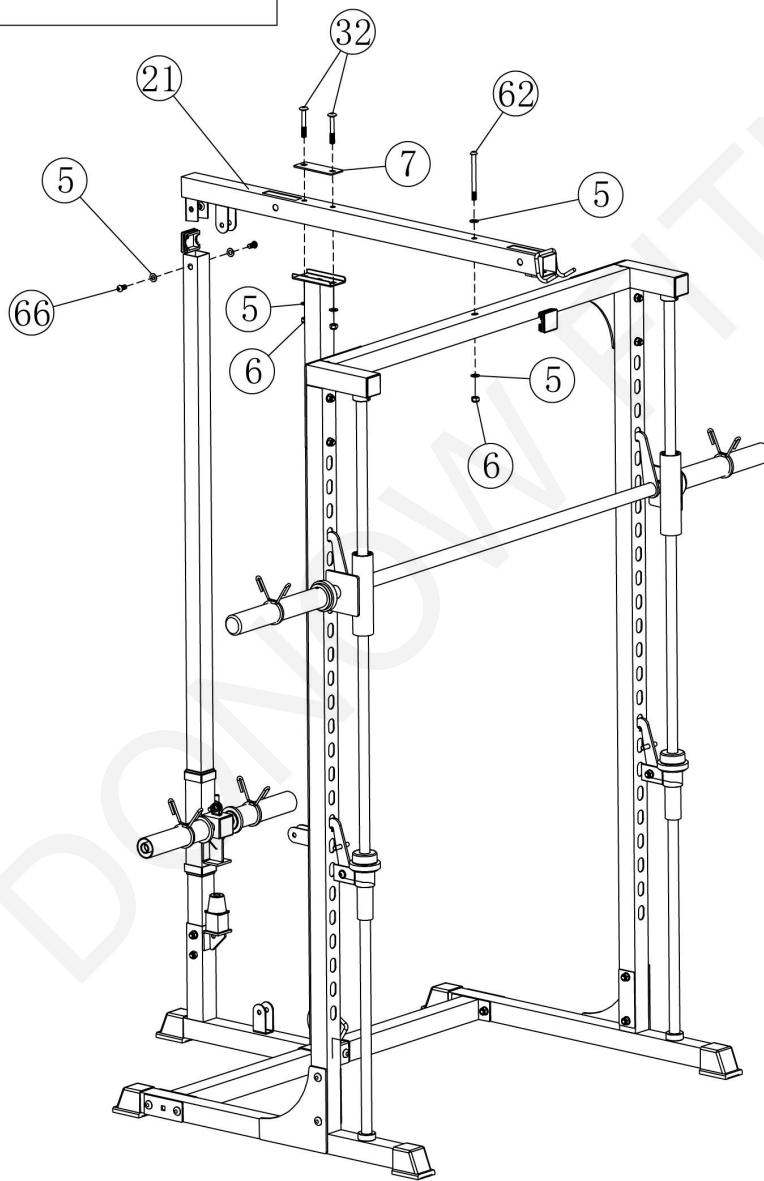
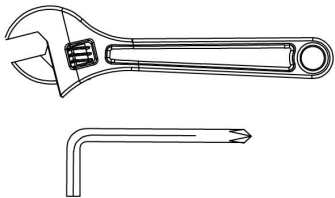
②②		2	M10×62
⑤		4	φ 10
⑥		2	M10



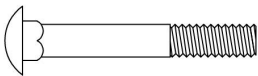






5

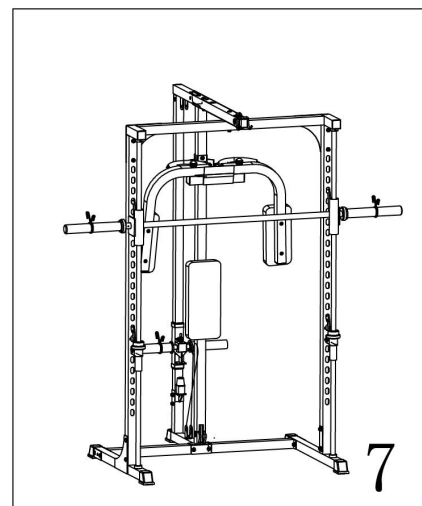
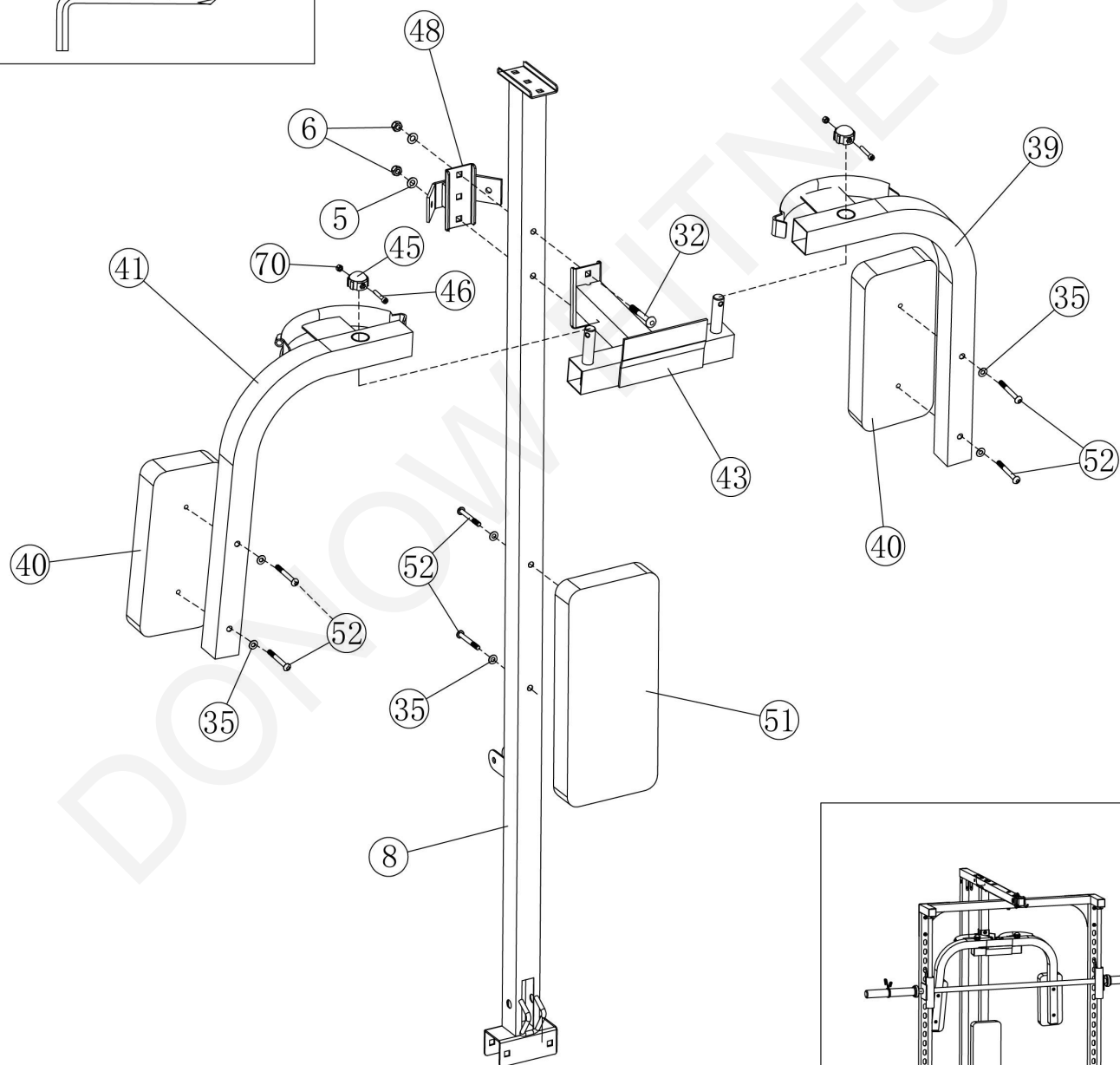
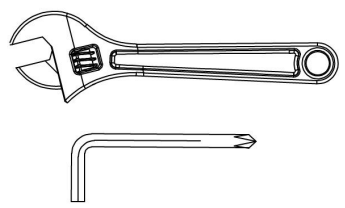
Assembly Instructions-Step 6

⑥②		1	M10×115	③②		2	M10×70
⑤		6	φ 10	⑥⑥		2	M10×20
⑥		3	M10				



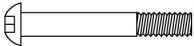


Assembly Instructions-Step 7

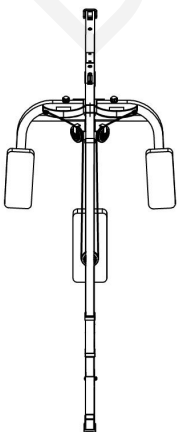
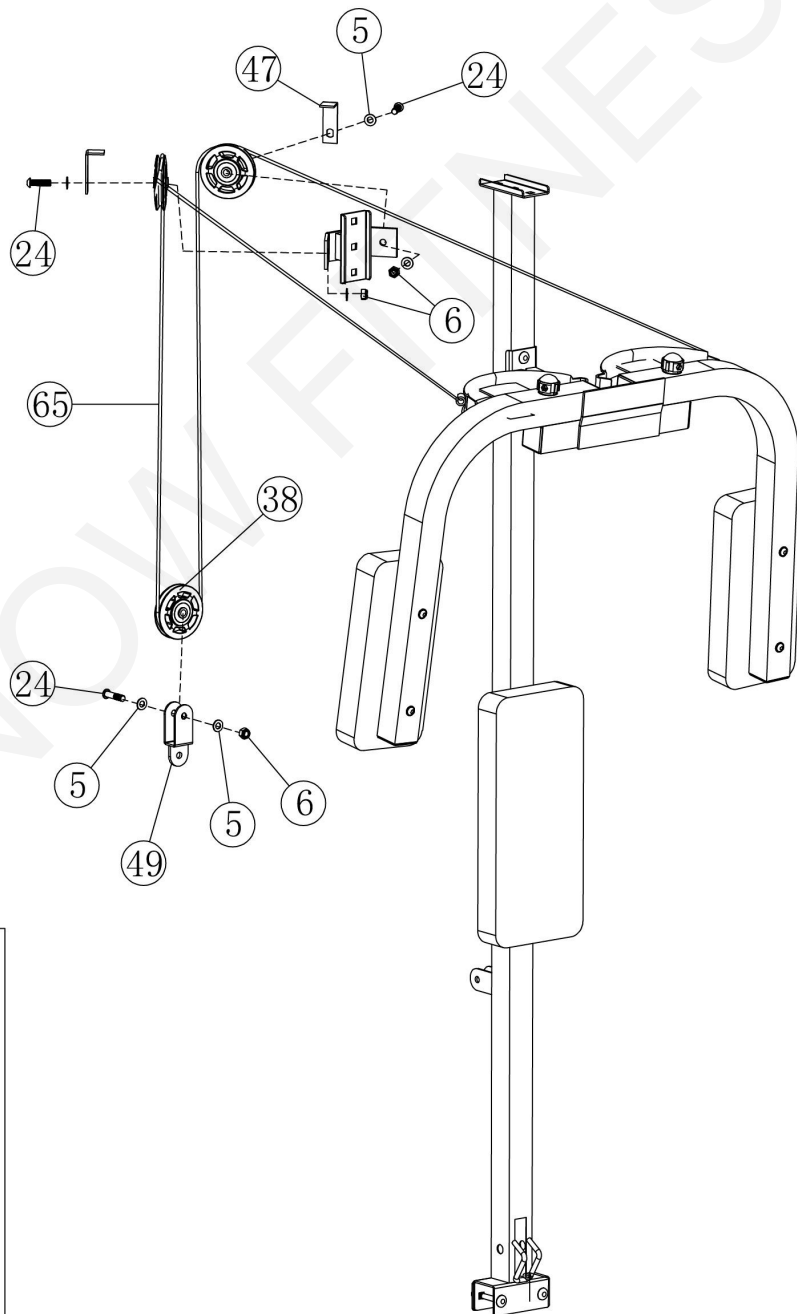
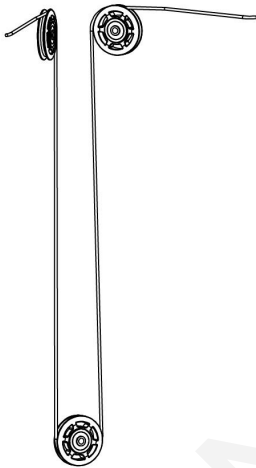
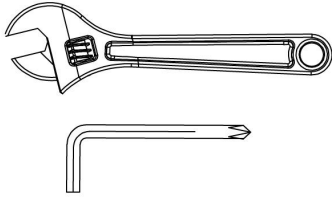
③②		2	M10×70	⑤②		6	M8×65
⑤		2	φ 10	③⑤		6	φ 8Washer
⑥		2	M10	④⑥		2	M6×33
				⑦⑩		2	M6



7






Assembly Instructions-Step 8

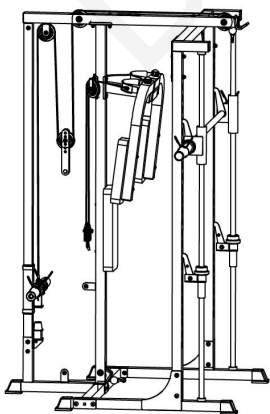
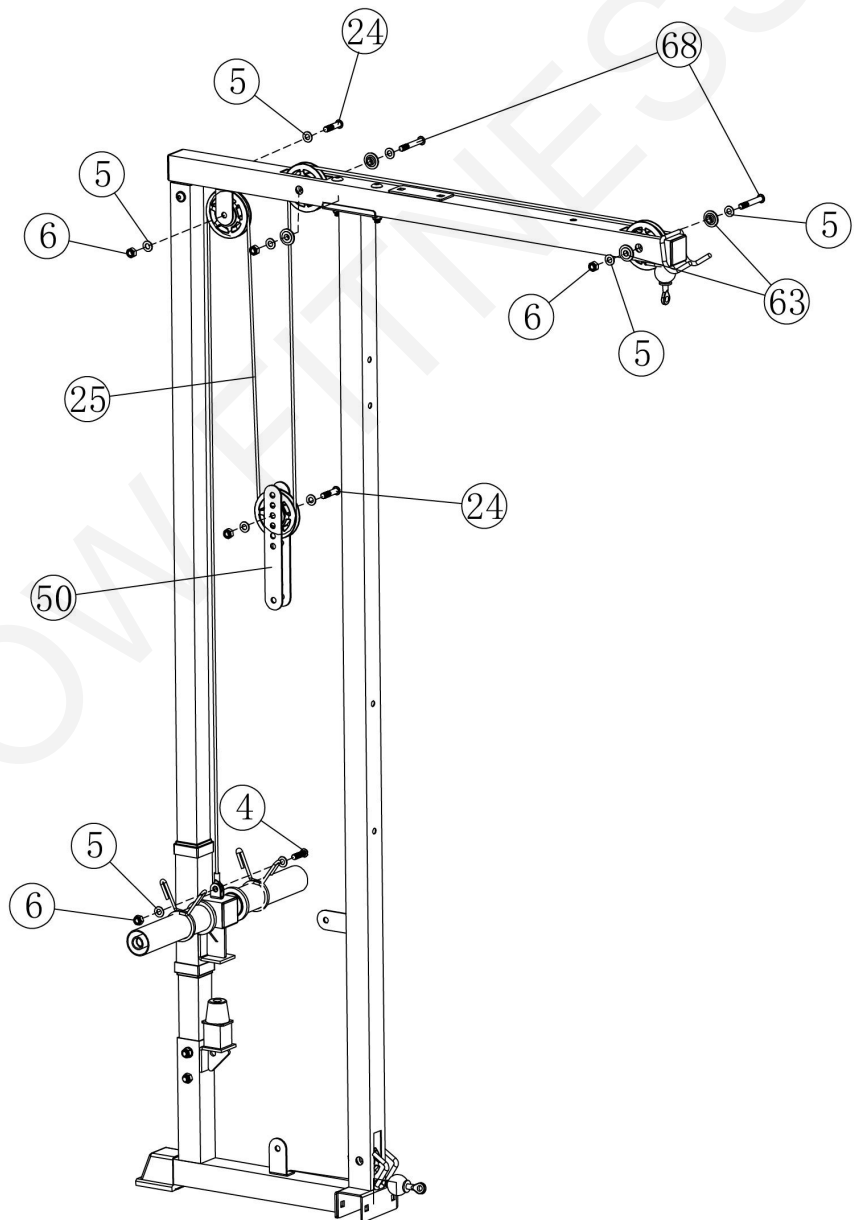
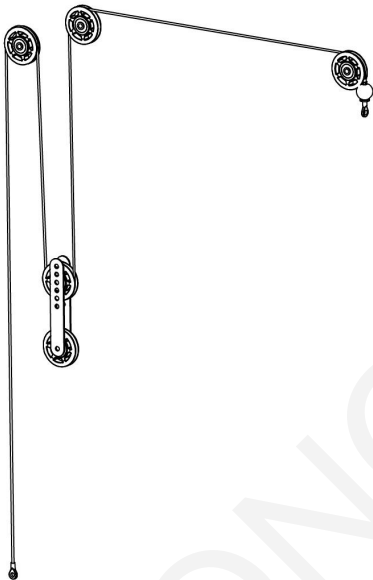
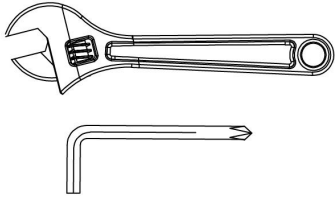
②④		3	M10×45
⑤		6	φ 10
⑥		3	M10



8






Assembly Instructions-Step 9

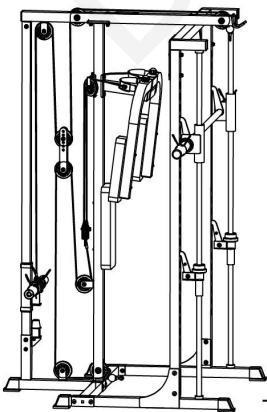
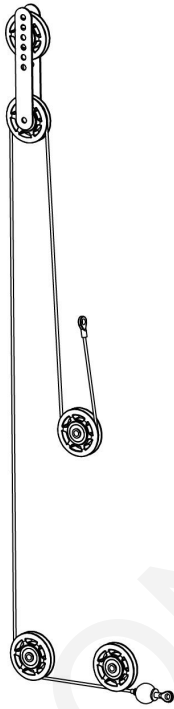
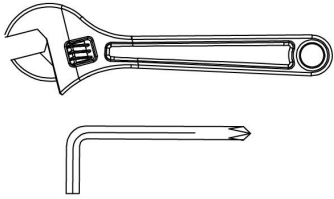
②④		2	M10×45	⑥⑧		2	M10×68
⑤		10	φ 10	④		1	M10×35
⑥		5	M10				



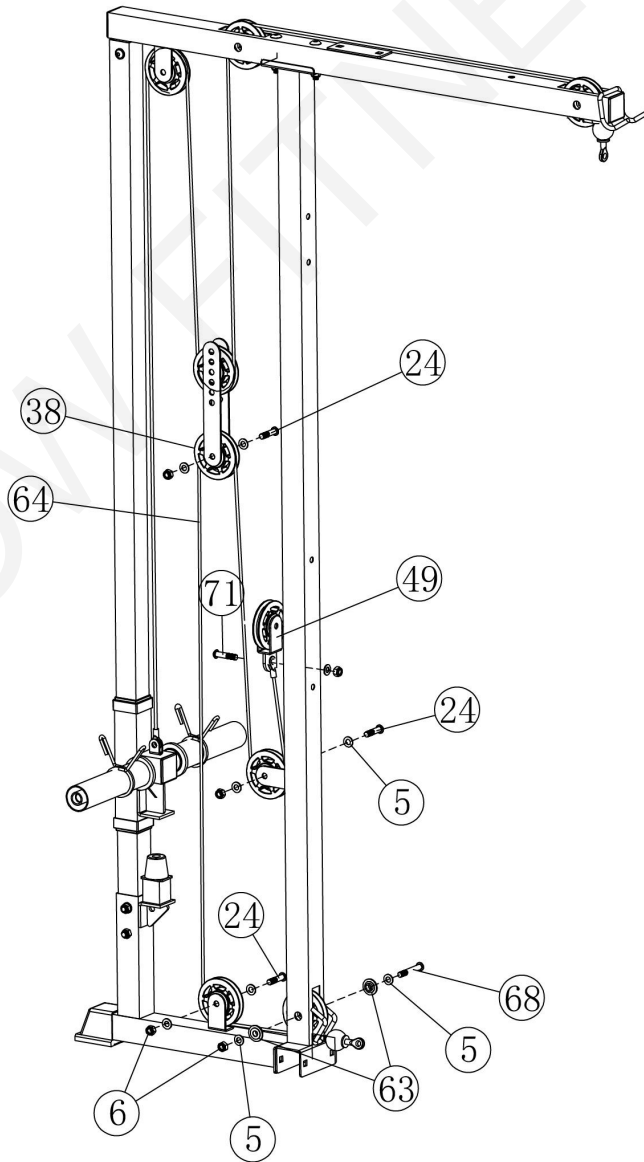
9

Assembly Instructions-Step 10

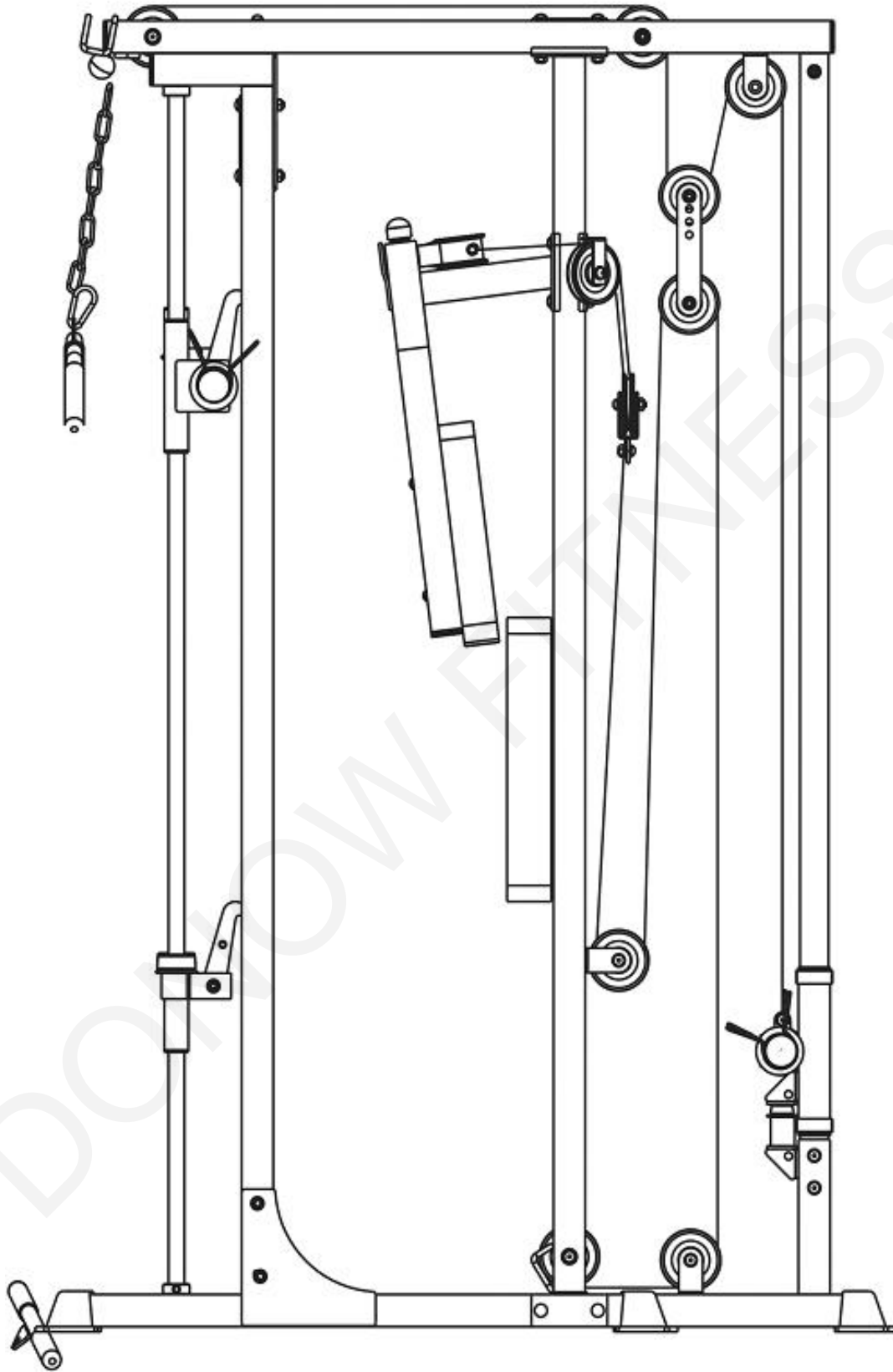
②④		3	M10×45	⑥⑧		1	M10×68
⑤		10	φ 10	⑦①		1	M10×25
⑥		5	M10				

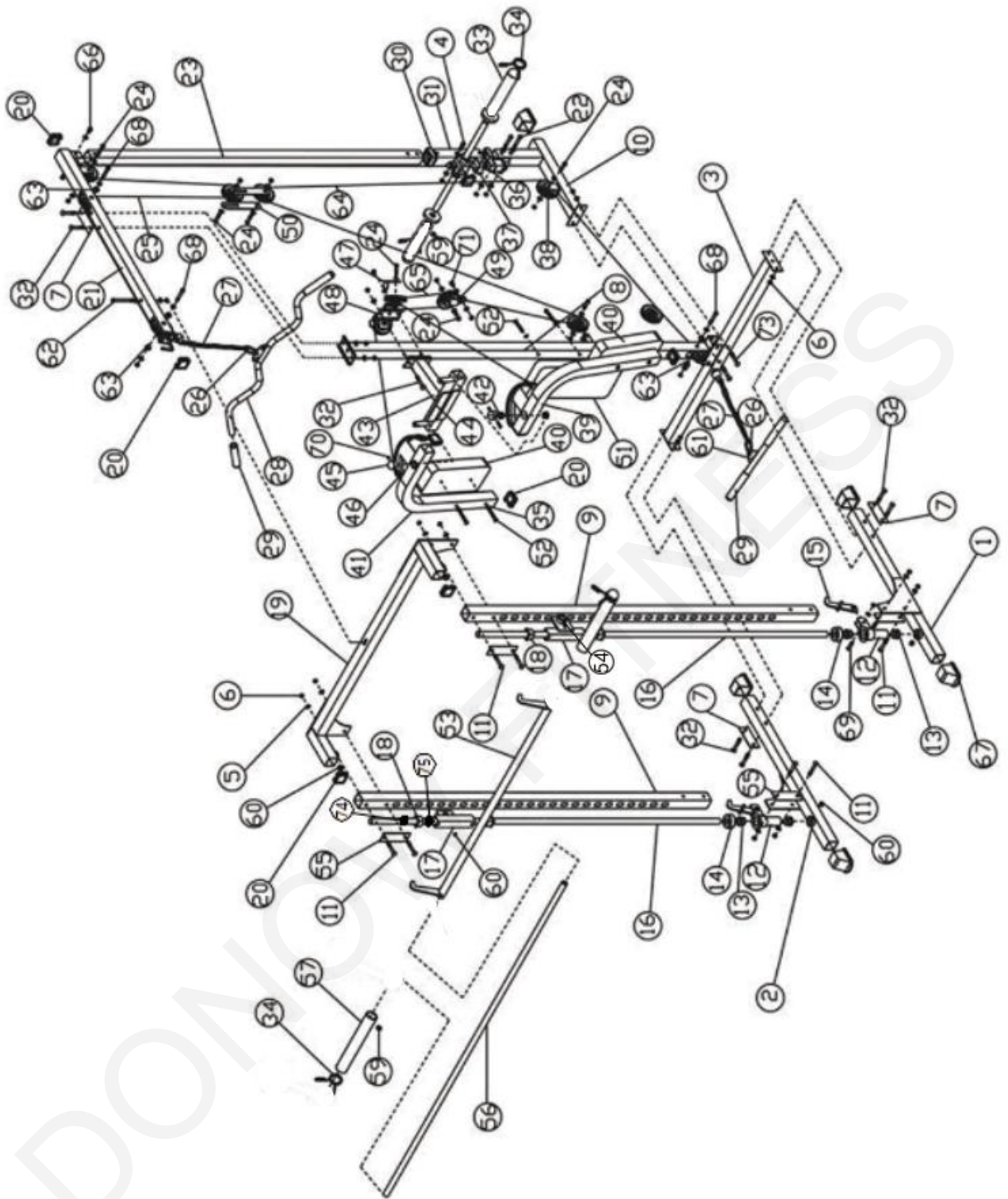


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Diagram





PARTS LIST:

NO	DESCRIPTION	QTY	NO	DESCRIPTION	QTY
1#	Left Base Support	1	39#	Left Butterfly	1
2#	Right Base Support	1	40#	Butterfly Arm Pad	2
3#	Mid Base Support	1	41#	Right Butterfly	1
4#	M10*35MM Allen Bolt	1	42#	Butterfly Bushing	2
5#	Φ10MM Washer	54	43#	Butterfly Support	1
6#	M10 Aircraft Nut	32	44#	Bumper Plate	1
7#	120*50MM Bracket	3	45#	Lock Ring	2
8#	Rear Vertical Beam	1	46#	M6*33MM Allen Bolt	2
9#	Front Vertical Beam	2	47#	Pulley Fender	2
10#	Rear Base Support	1	48#	Butterfly Pulley Bracket	1
11#	M10*70MM Carriage Bolt	8	49#	Single Floating Pulley Bracket	1
12#	Safety Stop Frame	2	50#	Double Floating Pulley Bracket	2
13#	Φ38MM Bushing	4	51#	Backrest Pad	1
14#	Rubber Bumper	2	52#	M8*65MM Allen Bolt	6
15#	Safety Hook	2	53#	Lifting Bar Sleeve	1
16#	Guide Rod	2	54#	Φ76MM Bumper	2
17#	Sliding Safety Catches	2	55#	140*50MM Bracket	4
18#	Bearing	4	56#	Weight Bar	1
19#	Front Top Beam	1	57#	Long Olympic Sleeve	2
20#	50MM End Cap	11	58#	Φ50MM Round End Cap	4
21#	Upper Frame	1	59#	M8*12MM Allen Bolt	4
22#	M10*62MM Allen Bolt	2	60#	M8*9MM Allen Bolt	6
23#	Square Guide Tube	1	61#	Shiver Bar	1
24#	M10*45MM Allen Bolt	8	62#	M10*115MM Allen Bolt	1
25#	Upper Cable (L=3200MM)	1	63#	Pulley Bushing	6
26#	C-Clip	4	64#	Lower Cable (L=3390MM)	1
27#	Chain	2	65#	Butterfly Cable (L=2000)	1
28#	Lat Bar	1	66#	M10*20MM Allen Bolt	2
29#	Grip	4	67#	50MM End Cap	5
30#	50MM Sleeve	2	68#	M10*68MM Allen Bolt	3
31#	Weight Stack Post	1	69#	M10*40MM Allen Bolt	2
32#	M10*70MM Carriage Bolt	8	70#	M6 Aircraft Nut	2
33#	Short Olympic Sleeve	2	71#	M10*25MM Allen Bolt	1
34#	Φ50 Spring Clip	4	72#	Ankle Hook	1
35#	Φ8 Washer	6	73#	M10X75MM Carriage Bolt	2
36#	Weight Stack Rubber Bumper	1	74#	Washer	2
37#	M6*16MM Screw	1	75#	Washer	2
38#	Pulley	11			

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