

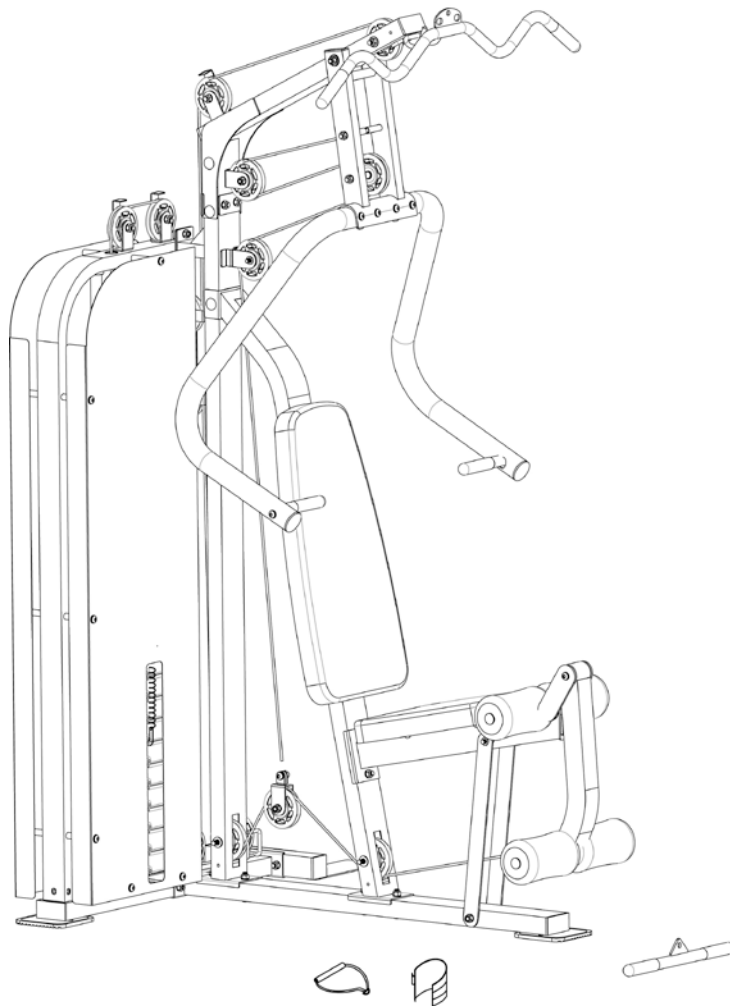
Home Gym  
with 110lbs Weight Stack

STE-00300



# OWNER'S MANUAL

Retain This Manual For Reference



Dick's Sporting Goods 345 Court Street Coraopolis, PA 15108

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## BEFORE YOU BEGIN

Thank you for selecting the STE00300 Home Gym. For your safety and benefit, read this manual carefully before using the machine. We are committed to providing you customer satisfaction. If you have any questions, or find there are missing or damaged parts, please contact our Customer Service Agents.

**Toll-Free Customer Service Number**  
**1-866-677-4771**  
**Mon. – Fri. 9 a.m. – 5 p.m. EST**  
**[customer.service@dcsg.com](mailto:customer.service@dcsg.com)**

## **IMPORTANT SAFETY NOTICE**

### **PRECAUTIONS**

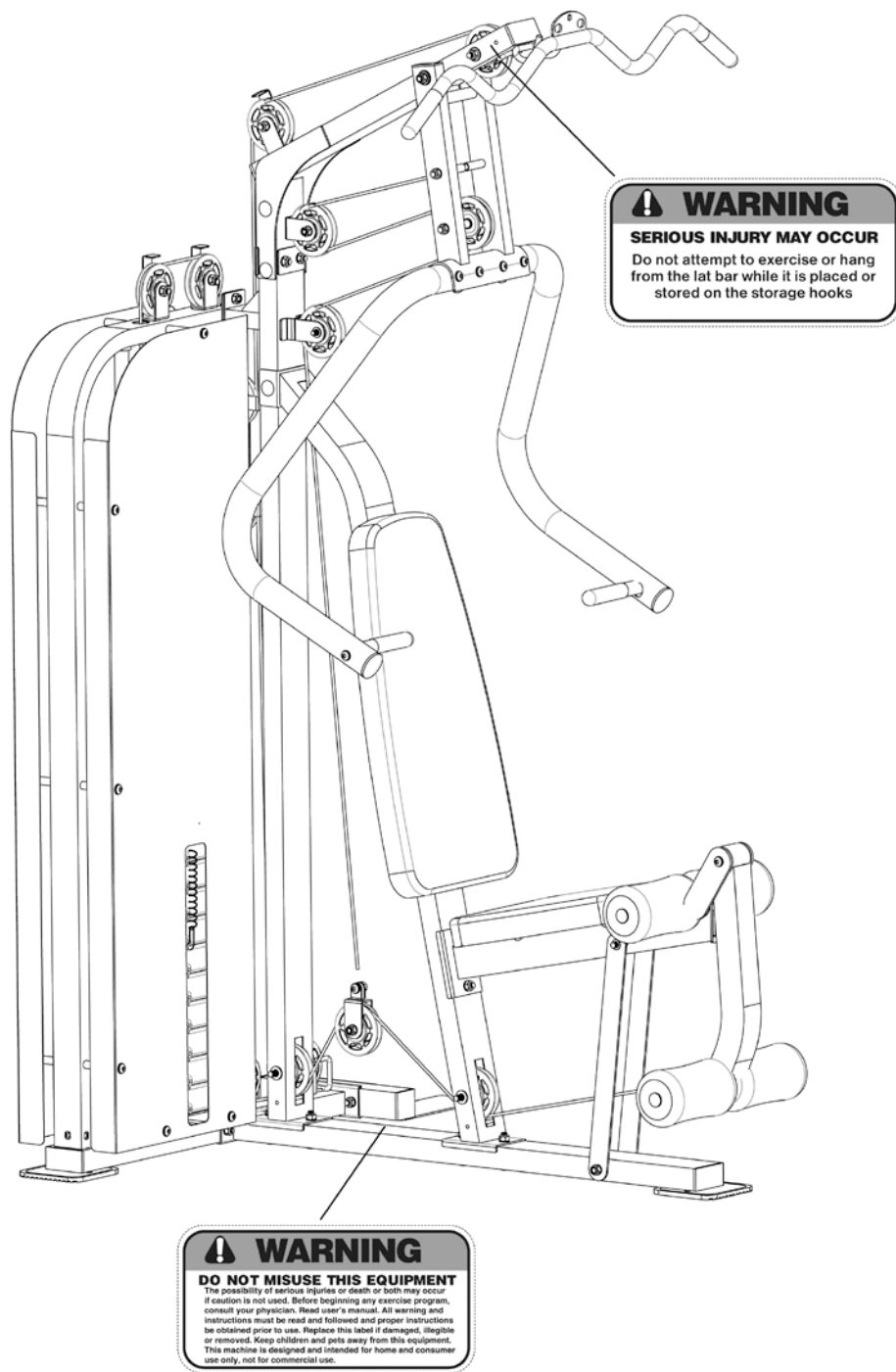
Certain precautions apply when you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
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 machine on an obstruction free, level surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts. ALWAYS ensure the backrest is properly secured before use. DO NOT adjust backrest while sitting on bench. Adjust backrest from a standing position with no weight placed on the seat or backrest.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine 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 objects around the machine.
9. Before using the machine, always stretch properly to warm up.
10. Never operate the machine if the machine is not functioning properly.
11. Always exercise with an experienced spotter. ALWAYS test the position of the backrest to be sure it is secure before beginning exercises.
12. Always secure bar catch in place before sitting on bench or adding weight.
13. **This machine is designed and intended for home and consumer use only, not for commercial use.**

**WARNING: CONSULT WITH YOUR DOCTOR BEFORE BEGINNING ANY EXERCISE PROGRAM. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. NOT FOR USE BY CHILDREN UNDER AGE 14. INSPECT FOR DAMAGE BEFORE EACH USE. DO NOT USE IF DAMAGED OR MISSING PARTS.**

**SAVE THESE INSTRUCTIONS.**

# WARNING LABEL PLACEMENT

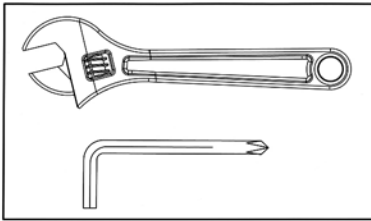


The warning labels shown here have been placed on Base Frame and Upper Frame. If the labels are missing or illegible, please call customer service at 1-866-677-4771 for replacements. Apply the labels in the location shown.

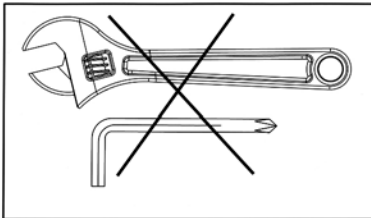
## IMPORTANT ASSEMBLY INFORMATION

- ❖ Tools required for assembling the bench: Two adjustable Wrenches and Allen wrenches.
- ❖ 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 bench before tightening the bolts. Do not tighten each bolt right after it is installed

### Fasten Nuts and Bolts

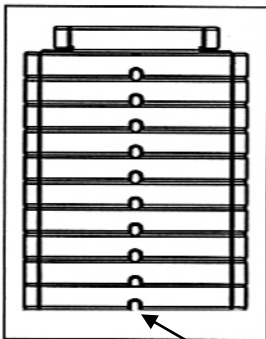


Securely tighten all nuts and bolts after all components have been assembled in current and previous steps.  
**NOTE: Do not over-tighten any component with pivoting function.**  
Make sure all pivoting components are able to move freely.



Do not tighten all nuts and bolts in this step.

### Weight Plate Installation



Slide weight plates onto Guide Rod from top to bottom.  
**The deep groove on each weight plate needs to face front and downwards.**

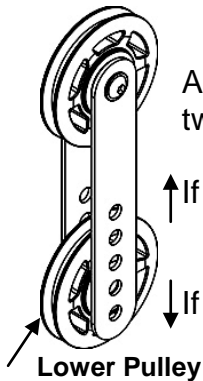
Deep Groove

## OPERATION NOTES

### Weight Plate Selection

1. Use the Weight Selector Pin to select the number of weight plates to exercise.
2. Do not insert Weight Selector Pin while the weight stack or top plate is in elevated position.
3. Be certain the weight Selector Pin is completely inserted.
4. Each Weight Plate weights approximately 10 lb.
5. Please refer to Weight Resistance Chart page.
6. Never use dumbbells or other means to increase the weight resistance. Use only weight plates provided by manufacturer.

### Cable Tension Adjustment



Adjust the tension of the Cable System by moving the position of lower Pulley on the two Double Floating Pulley Brackets.

↑ If the tension is too loose, move the lower pulley up by one hole.

↓ If the tension is too tight, move the lower pulley down by one hole.

## 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.**

## WEIGHT CAPACITY AND DIMENSION

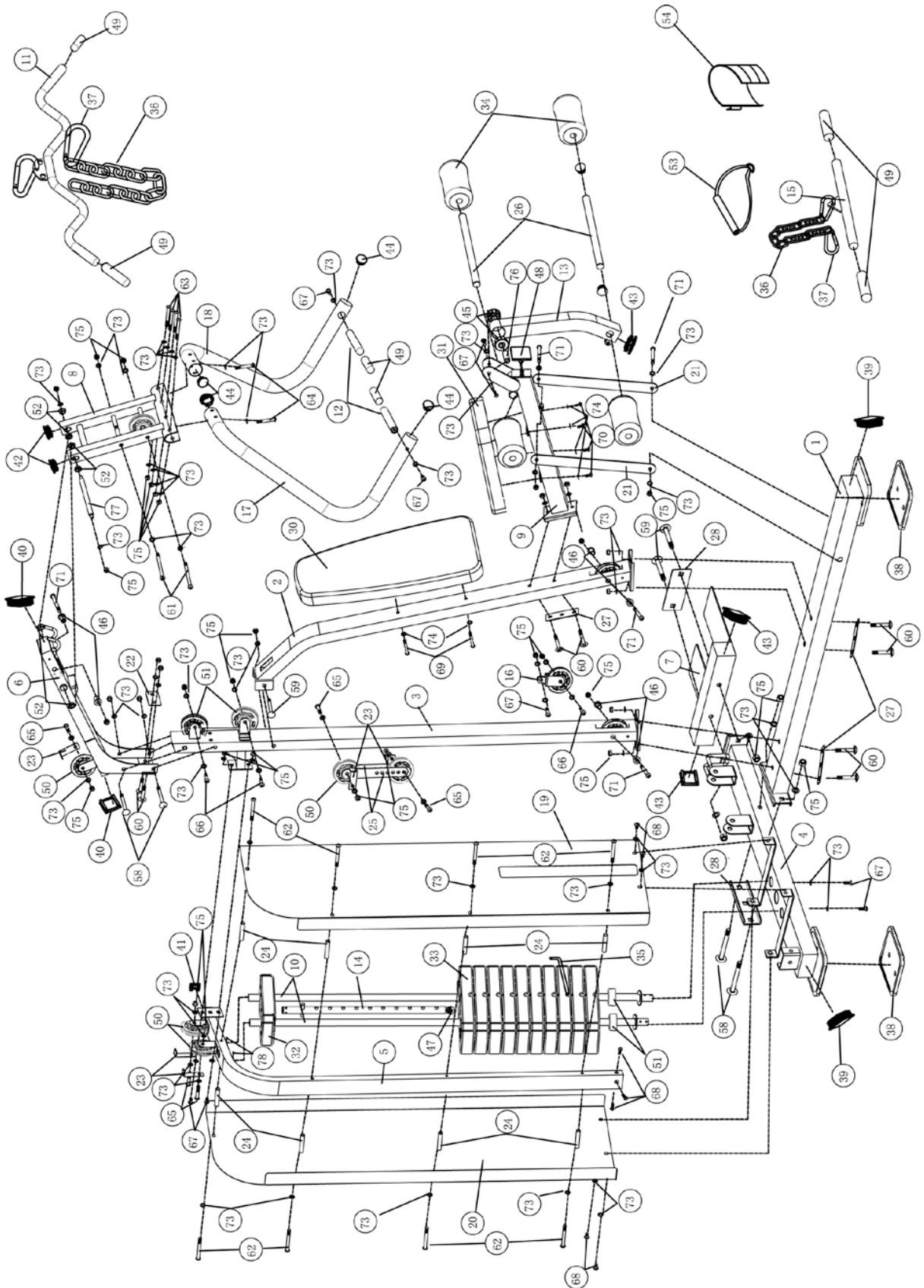
1. Maximum user weight: 300 lb.
2. Assembled dimensions: L 54" x W 41 ½" x H 81 ½"

## STE00300 WEIGHT RESISTANCE CHART

Weight Plate	Front Press	Lat Pull	Leg Developer	Low Pulley
1	35	15	22	22
2	50	26	35	33
3	65	37	48	44
4	80	48	61	55
5	95	59	74	66
6	110	70	87	77
7	125	81	100	88
8	140	92	113	99
9	155	103	125	110
10	170	114	139	121

**Note: Each plate weights 10 lbs.  
Numbers are approximate. Actual weights may vary.  
Values for Front Press are for each arm.**

# EXPLODED DIAGRAM





**STE00300 PARTS LIST**

<b>PART NO.</b>	<b>DESCRIPTION</b>	<b>SIZE</b>	<b>QUANTITY</b>
1	Base Frame		1
2	Vertical Support Frame		1
3	Vertical Frame		1
4	Rear Base Frame		1
5	Guide Rod Frame		1
6	Upper Frame		1
7	Foot Support		1
8	Bench Press Base		1
9	Seat Support		1
10	Guide Rod		2
11	Lat Bar		1
12	Bench Press Handle		2
13	Leg Developer		1
14	Selector Rod		1
15	Shiver Bar		1
16	Single Floating Pulley Bracket		1
17	Left Press Arm		1
18	Right Press Arm		1
19	Front Shroud		1
20	Rear Shroud		1
21	Seat Linkage Bar		2
22	Bracket	3" x 1 3/4"	1
23	Cable Retainer		5
24	Shroud Spacer		8
25	Double Floating Pulley Bracket		2
26	Foam Tube		2
27	Bracket	1 3/4" x 4 3/4"	3
28	Base Bracket	5 1/2" x 2"	1
29	U-shaped Bracket	1 5/8" x 5 7/8"	1
30	Backrest Board		1
31	Seat Pad		1
32	Selector Stem	8lb	1
33	Weight Plate	10lb	10
34	Foam Roll		4
35	Weight Selector Pin		1
36	Chain	15-link	2
37	Hook		4
38	Base Frame Floor Cap	5 3/8" x 5 3/8"	2
39	Base Frame End Cap	1 5/8" x 3 1/8"	2
40	End Cap	1 5/8" x 3 1/8"	2
41	Guide Rod Frame End Cap	1 1/8" x 2 3/8"	1
42	End Cap	1" x 2"	2
43	End Cap	2" x 2"	3
44	End Cap	Ø 2"	4

45	Leg developer Bushing	Ø 2" x 7/8"	2
46	Pulley Bushing	Ø 1" x 1 1/8"	6
47	Cone-shaped End Cap	Ø 1"	1
48	Rubber Bumper		1
49	Handle Grip	Ø 1" x 5 3/8"	6
50	Pulley		14
51	Guide Rod Rubber Bumper		2
52	Pulley Bushing	Ø 1" x 3/8"	6
53	Single Handle		1
54	Ankle Strap		1
55	Upper Cable	115 3/8"	1
56	Bench Press Cable	99 3/4"	1
57	Lower Cable	134 3/4"	1
58	Carriage Bolt	M10 x 4'	5
59	Carriage Bolt	M10 x 2 3/4"	2
60	Carriage Bolt	M10 x 2 3/8"	8
61	Allen Bolt	M10 x 6 3/4"	2
62	Allen Bolt	M10 x 3 3/4'	8
63	Allen Bolt	M10 x 3"	2
64	Allen Bolt	M10 x 2 1/2"	2
65	Allen Bolt	M10 x 2"	5
66	Allen Bolt	M10 x 1 3/4"	5
67	Allen Bolt	M10 x 1"	10
68	Allen Bolt	M10 x 5/8"	11
69	Allen Bolt	M8 x 2 1/2"	2
70	Allen Bolt	M8 x 3/4"	4
71	Allen Bolt	M10 x 4"	5
72	Large Washer	Ø 1"	2
73	Washer	Ø 3/4"	82
74	Washer	Ø 5/8"	6
75	Aircraft Nut	M10	40
76	Axle	M10 x 2 1/4"	1
77	Axle	M10 x 6 3/8"	1
78	Allen Bolt	M8 x 3/8"	2
	Allen Wrench (Tool)	4#	1
	Allen Wrench (Tool)	5#	1
	Allen Wrench (Tool)	6#	1

# LIMITED WARRANTY

Dick's Sporting Goods, Inc. (the "Company") warrants this product to be free from defects in workmanship and materials as follows:

## **Who is Covered**

This Limited Warranty covers only the person who first bought the product. This Limited Warranty is not transferable to anyone else.

## **What the Warranty Covers**

This Limited Warranty covers defects in materials and workmanship.

## **What the Warranty Does Not Cover**

This Limited Warranty does not cover:

- Expendable items, including by way of example only and not by way of limitation: batteries, light bulbs, fuses, zippers, tires, belts, shoe soles, fabric, and other items that experience wear as a result of normal use.
- Damage through improper use, negligence, abuse, misuse, transportation, acts of nature, or accident, including failure to perform routine maintenance or follow the assembly and/or operating instructions supplied with the product.
- Products used in commercial or rental applications.
- Products that have been modified or repaired by anyone not authorized by the Company.

This Limited Warranty does not cover any consequential or incidental damages of any kind, including transportation to get warranty service, loss of time, and loss of use. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

## **What the Period of Coverage Is**

This Limited Warranty lasts for a period of one year from the date of your original purchase. Any implied warranty arising under state law is limited in duration to the one year period of this Limited Warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

## **What the Company Will Do To Correct Problems**

The Company will furnish a replacement part at no charge to you.

## **How You Can Get Service**

Please direct all warranty service inquiries as follows:

If in writing, mail to: **Dick's Sporting Goods, Inc.**  
**345 Court St**  
**Coraopolis, PA 15108**  
**Attn: Customer Service**  
**Serial No. STE00300**

If by telephone, call: **1-866- 677- 4771**  
If by e-mail, to: [customer.service@dcsdg.com](mailto:customer.service@dcsdg.com)

## **How State Law Applies**

This Limited Warranty gives you specific legal rights, and you may also have other rights which vary from state to state.