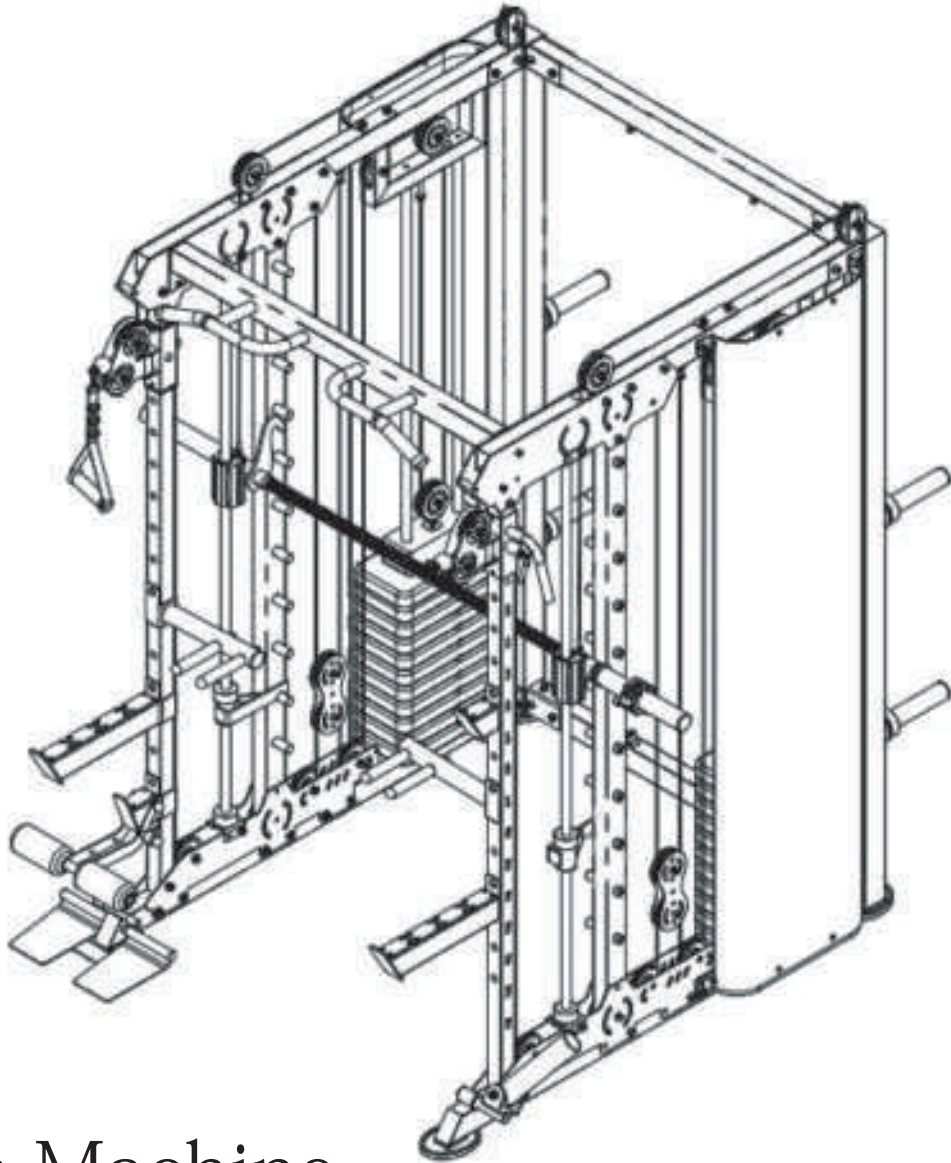


Operation Instructions



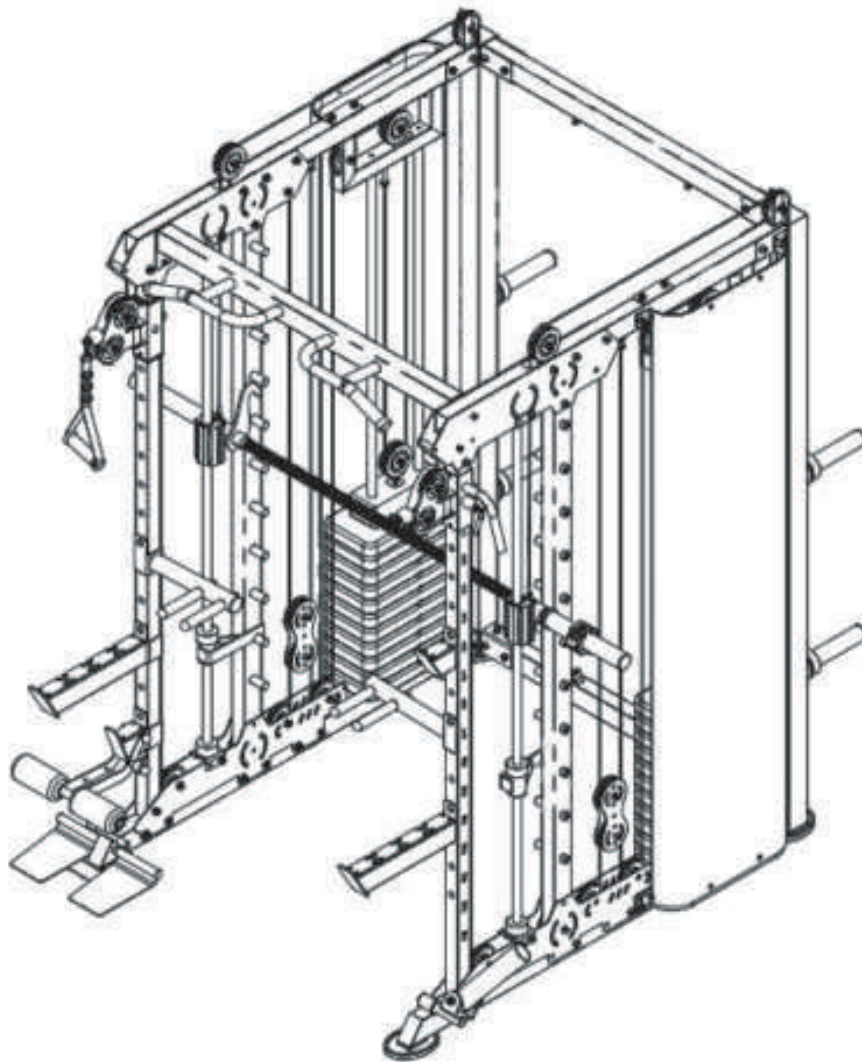
Smith Machine

Attention

Please read the instructions carefully before using this equipment.

TABLE OF CONTENT

Important Safety Tips	2
Explosion view	3
PARTS LIST	4
ASSEMBLY INSTRUCTION	9
Training Instructions	22



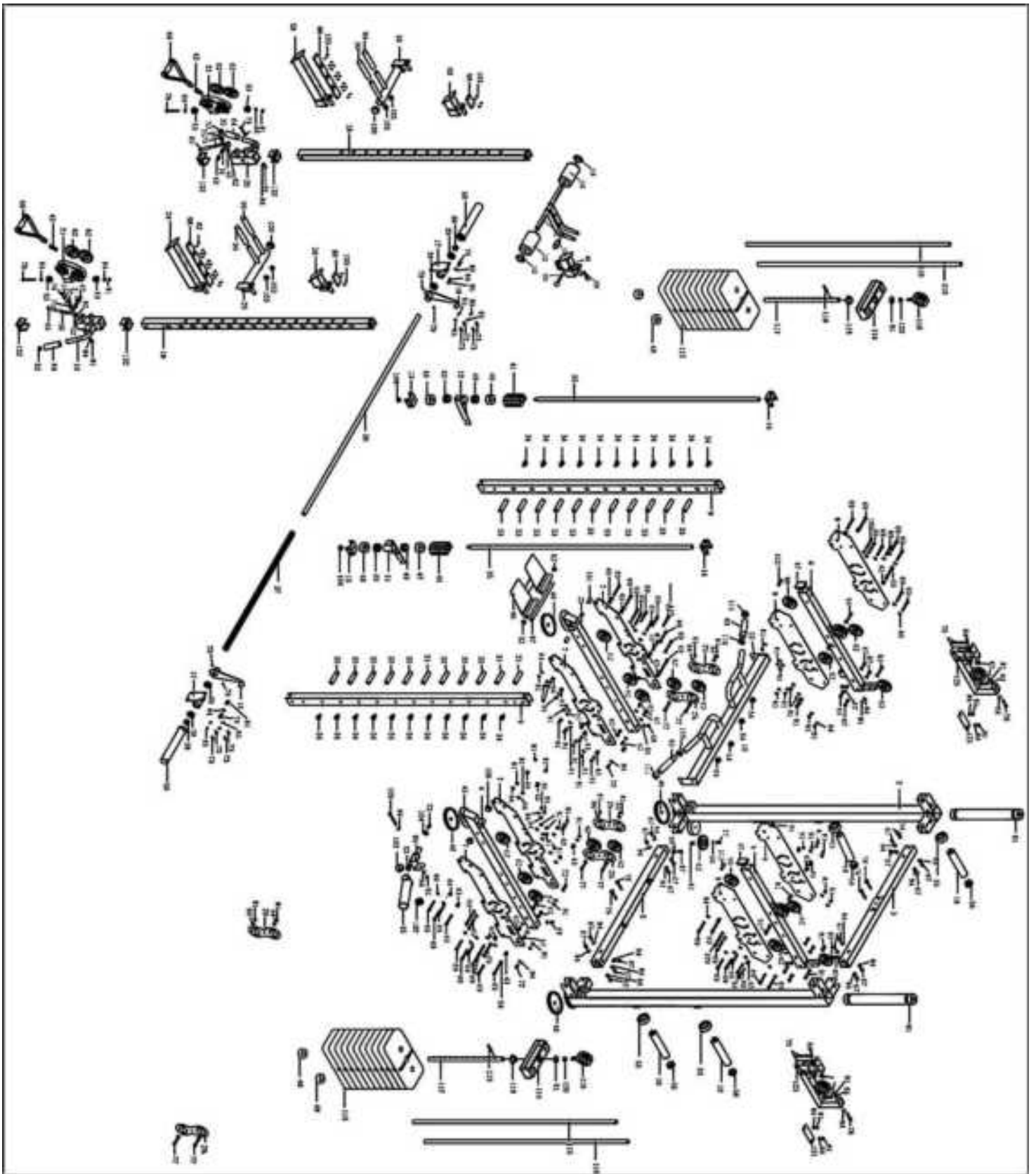
Important Safety Tips

Please keep this instruction manual for future reference.

Although safety precautions have been taken into account as far as possible in the design and manufacture of the training equipment, there are still some safety precautions to be observed in the process of operation, please read the instructions carefully before assembling and using the training equipment, especially the following safety precautions:

1. Avoid children and pets near the training equipment, and do not let unattended children alone into the room where the training equipment is placed.
2. Only one person is allowed to use the training equipment at the same time.
3. If the user feels dizziness, nausea, chest tightness or other symptoms of discomfort, discontinue use immediately and see a physician immediately.
4. Please place the training equipment on a clean, flat surface, and do not use the training equipment near a water source or outdoors.
5. When using, your hands should not be near any transmission parts.
6. When using the training equipment for training, users should dress appropriately for the training, do not wear loose or other clothing that may be stuck in the training process. It is also recommended to wear sneakers or health shoes as much as possible in the training process.
7. In the process of using the training equipment, training can only be carried out in accordance with the operating instructions. Training in a manner not mentioned in the operating instructions is prohibited.
8. Avoid placing any objects with sharp parts around the training equipment.
9. Any person with a disability who is not supervised by a chaperone or caregiver shall not use the training equipment.
10. Before training, it is common to warm up by doing various stretching exercises.
11. If the function of the training equipment is abnormal, it is prohibited to use.
12. Training records need to be kept during the training process.
13. This training equipment is not suitable for use as medical equipment.
14. The maximum weight capacity of this product is 150kg/330lbs.

EXPLOSION VIEW



PARTS LIST

PART NO.	Name&Specification	QTY
1	Left rear riser frame	1 PC
2	Right rear riser frame	1 PC
3	Rear connecting bracket	2 PCS
4	Left bottom bracket	1 PC
5	Upper left top bracket	1 PC
6	Upper right top bracket	1 PC
7	Bottom connection plate	4 PCS
8	Top connection plate	4 PCS
9	Side riser	2 PCS
10	Barbell placement fittings	4 PCS
11	Safety Hanger L	1 PC
12	Safety Hanger R	1 PC
13	Lower fixed U-holder	2 PCS
14	Upper fixed U-holder	2 PCS
15	Left barbell pendant weldment	1 PC
16	Right barbell pendant weldment	1 PC
17	Barbell bar casing frame	2 PCS
18	Slip Tube	2 PCS
19	Right handle adjustment bracket	1 PC
20	Left handle adjustment bracket	1 PC
21	Pivot Pulley Rack	2 PCS
22	Top beam cross-tube bracket	1 PC
23	Right bottom bracket	1 PC
24	Left long limiting bracket	1 PC
25	Left double bar rack	1 PC
26	Left short limiting bracket	1 PC

27	Swivel rod bracket	1 PC
28	Swivel rod cover	1 PC
29	Pulley connection plate	4 PCS
30	Grip Rack	2 PCS
31	Adjustment Rod	2 PCS
32	Connecting hoist piece	4 PCS
33	Hanging bar shaft	22 PCS
34	Barbell locking cap	22 PCS
35	Guide Rod	2 PCS
36	Barbell bar assembly	1 PC
37	Aluminum sleeve	1 PC
38	Aluminum spacer	2 PCS
39	Deep groove ball bearing 6005Z	4 PCS
40	Spring	2 PCS
41	Sliding seat	2 PCS
42	Locking buckle (φ8)	2 PCS
43	Pulley press bushing 1 ()	20 PCS
44	Pulley press bushing 2 (φ20*φ15*φ10.5*12)	4 PCS
45	Plastic Snap Spring (φ48)	2 PCS
46	Floor Mat	4 PCS
47	Rectangular inner pipe plug	2 PCS
48	Vibration-damping washer	8 PCS
49	Hollow sleeve (φ50, φ25)	4 PCS
50	Barbell Sleeve (300)	2 PCS
51	Bushing (50*100*2.0, 40*80)	4 PCS
52	Aluminum Head	4 PCS
53	Hollow sleeve (φ38, φ10)	4 PCS
54	Round tube inner plug (φ32)	4 PCS
55	Sheath	4 PCS

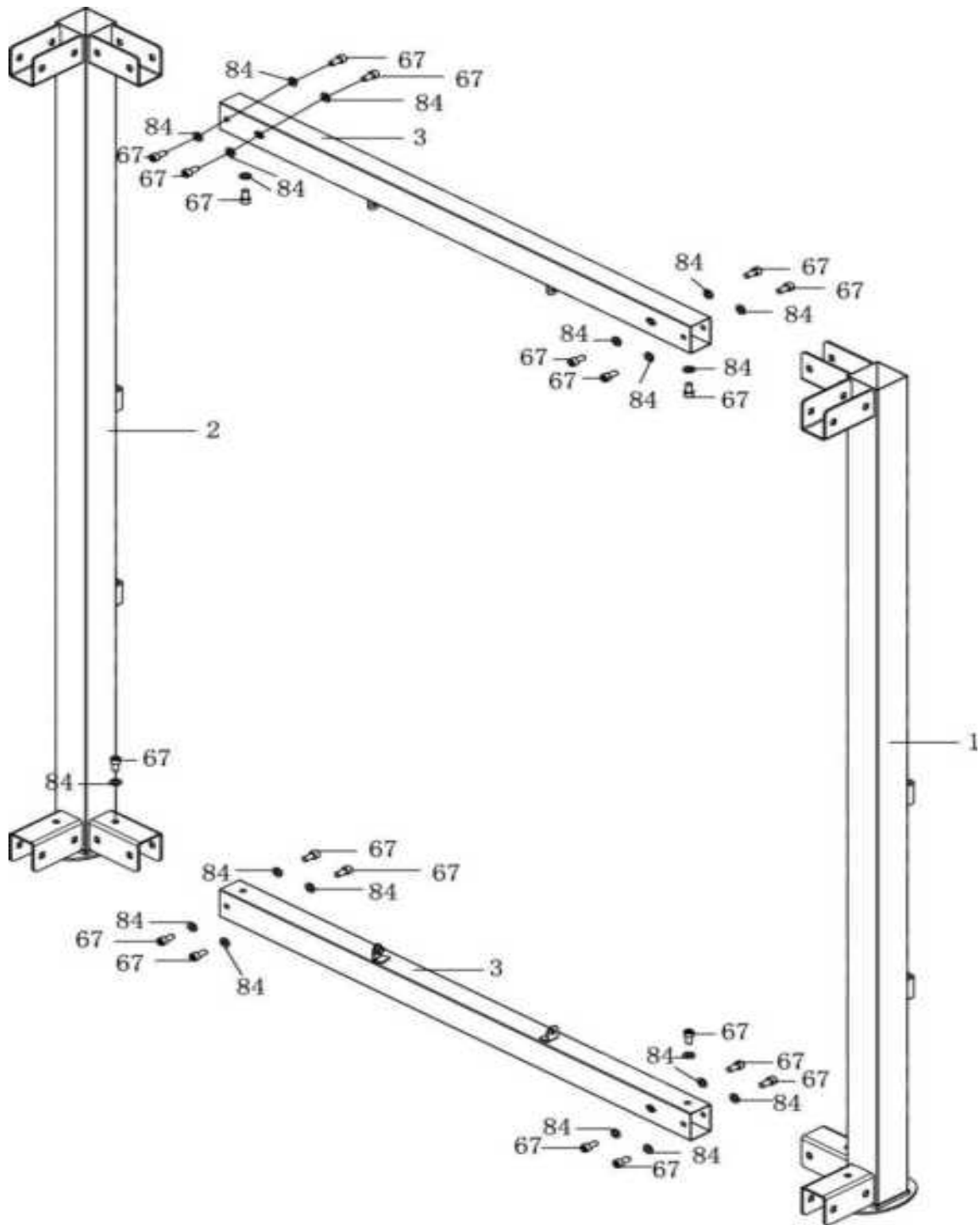
56	Round tube inner plug (φ48)	4 PCS
57	Sleeve	4 PCS
58	Right long limiting bracket	1 PC
59	Right double bar rack	1 PC
60	Right short limiting bracket	1 PC
61	Weight lifting block	2 PCS
62	Pulley (φ95)	28 PCS
63	Grip Sleeve 1 (φ36*φ30*110)	2 PCS
64	Grip Sleeve 2 (φ29*φ23*150)	2 PCS
65	Duct tape	2 PCS
66	Pull strap	2 PCS
67	Hexagon socket cylindrical head bolt (M10*20)	44PCS
68	Limit plastic	2 PCS
69	Hexagon socket cylindrical head bolt (M10*75)	52 PCS
70	Hexagon socket cylindrical head bolt (M10*95)	4 PCS
71	Hexagon socket cylindrical head bolt (M10*85)	8 PCS
72	Hexagon socket cylindrical head bolt (M10*25)	5 PCS
73	Hexagon socket cylindrical head bolt (M8*15)	8 PCS
74	Hexagonal bolt (M10*25)	4 PCS
75	Pan head Phillips screw (M6*15)	16 PCS
76	Hexagon socket cylindrical head bolt (M10*65)	4 PCS
77	Hexagon socket cylindrical head bolt (M10*45)	18 PCS
78	Hexagon socket cylindrical head bolt (M10*90)	2 PCS
79	Screw (M8*6)	2 PCS
80	Flat washer Φ6	16 PCS
81	Anti-loosening nut	98 PCS
82	Cross Self-tapping&Turning Screw ST4.2*15	40 PCS
83	Hexagon socket cylindrical head bolt (M10*100)	1 PC
84	Flat washer Φ10	227 PCS
85	Flat washer Φ8	8 PCS

86	Wire rope $\Phi 5 \times 3000$ (with M12 flange nut)	2 PCS
87	Counterweight wire rope $\Phi 5 \times 7410$ (with M12 flange nut)	2 PCS
88	Low pulling steel wire rope $\Phi 5 \times 4200$ (with M12 flange nut)	2 PCS
89	Flat washer $\Phi 12$	2 PCS
90	Large flat washer $\phi 38$	1 PC
91	Extra-large flat washer $\phi 45$	2 PCS
92	Aluminum retainer ring	2 PCS
93	Aluminum head	2 PCS
94	Swivel bar bracket	1 PC
95	Swivel bar sleeve	1 PC
96	Footrest	1 PC
97	Limit tube	1 PC
98	Rubber pad	10 PCS
99	PVC grip sleeve 2	4 PCS
100	Round tube inner plug ($\phi 50 \times 1.5$)	2 PCS
101	Plastic sleeve ($\Phi 16 \times 35$)	2 PCS
102	102. Bushing ($\Phi 50, \Phi 10$)	2 PCS
103	Round tube inner plug ($\phi 25 \times 2$)	6 PCS
104	Hexagonal nut (M16)	2 PCS
105	Bracket for placing legs	1 PC
106	Sponge bar tube	1 PC
107	Curved sponge bar	2 PCS
108	Round pipe end cap	2 PCS
109	Hexagon socket cylindrical head bolt (M10*95)	4 PCS
110	Counterweight guide bar	4 PCS
111	Bracket for placing legs	1 PC
112	Sponge stick sleeve	2 PCS
113	Foam cover	2 PCS
114	Counterweight head	2 PCS
115	Counterweight block	22 PCS

116	Counterweight Pulley Assembly	2 PCS
117	Weight Adjustment Rod	2 PCS
118	Counterweight head bushing	2 PCS
119	Cylindrical pin	2 PCS
120	M12 hexagonal flange nut	2 PCS
121	Reinforced plate	2 PCS
122	L-shaped pin	2 PCS
123	Counterweight connection frame	2 PCS
124	Ball head short pin	1 PC
125	Cloth mesh	2 PCS
126	Upper fixing sheet for cloth mesh	2 PCS
127	Lower fixing sheet for cloth mesh	2 PCS
128	Inner compression strips of cloth mesh	4 PCS
129	Flat washer $\Phi 6$	16 PCS
130	Elastic pin	1 PC
131	Ball head long pin	1 PC
132	Inter-tube bushing	4 PCS
133	Pulley ($\phi 70$)	2 PCS
134	Weight label	
	TOOL	
	Allen wrench #8	1 PC
	Allen wrench #5	1 PC
	Wrench #17, #19	1 PC
	Cross wrench $\phi 5$ (13, 14, 17)	1 PC

ASSEMBLY INSTRUCTIONS

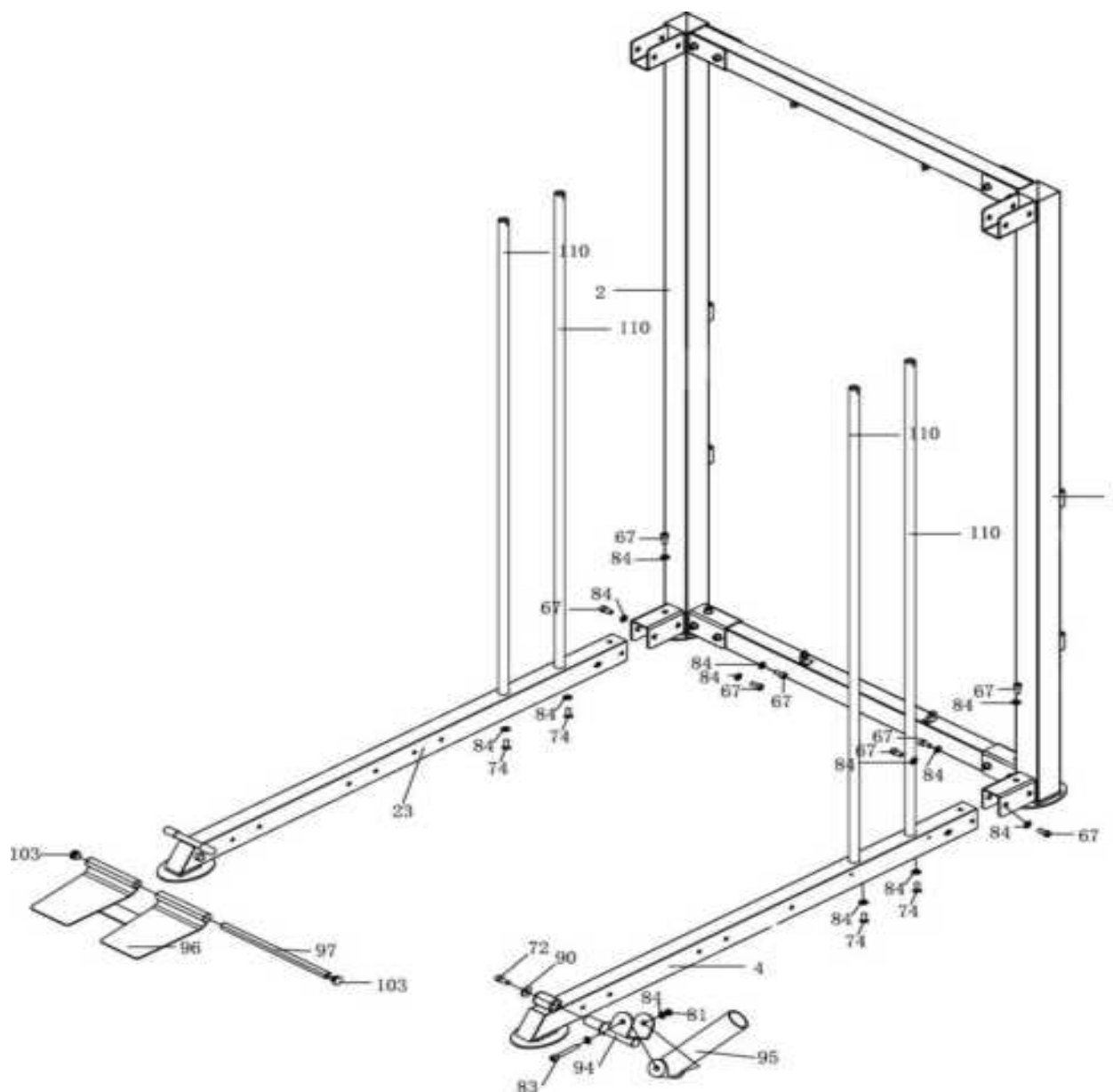
STEP 1



Take out the Left rear riser frame (1), Right rear riser frame (2), 2PCS Rear connecting bracket (3), 20PCS Hexagonal socket head screws M10*20 (67) and 20PCS Flat washer Φ 10 (84). Tighten the Left rear riser frame (1), Right rear riser frame (2), and 2PCS Rear connecting bracket (3) with screws as shown on the figure.

ASSEMBLY INSTRUCTIONS

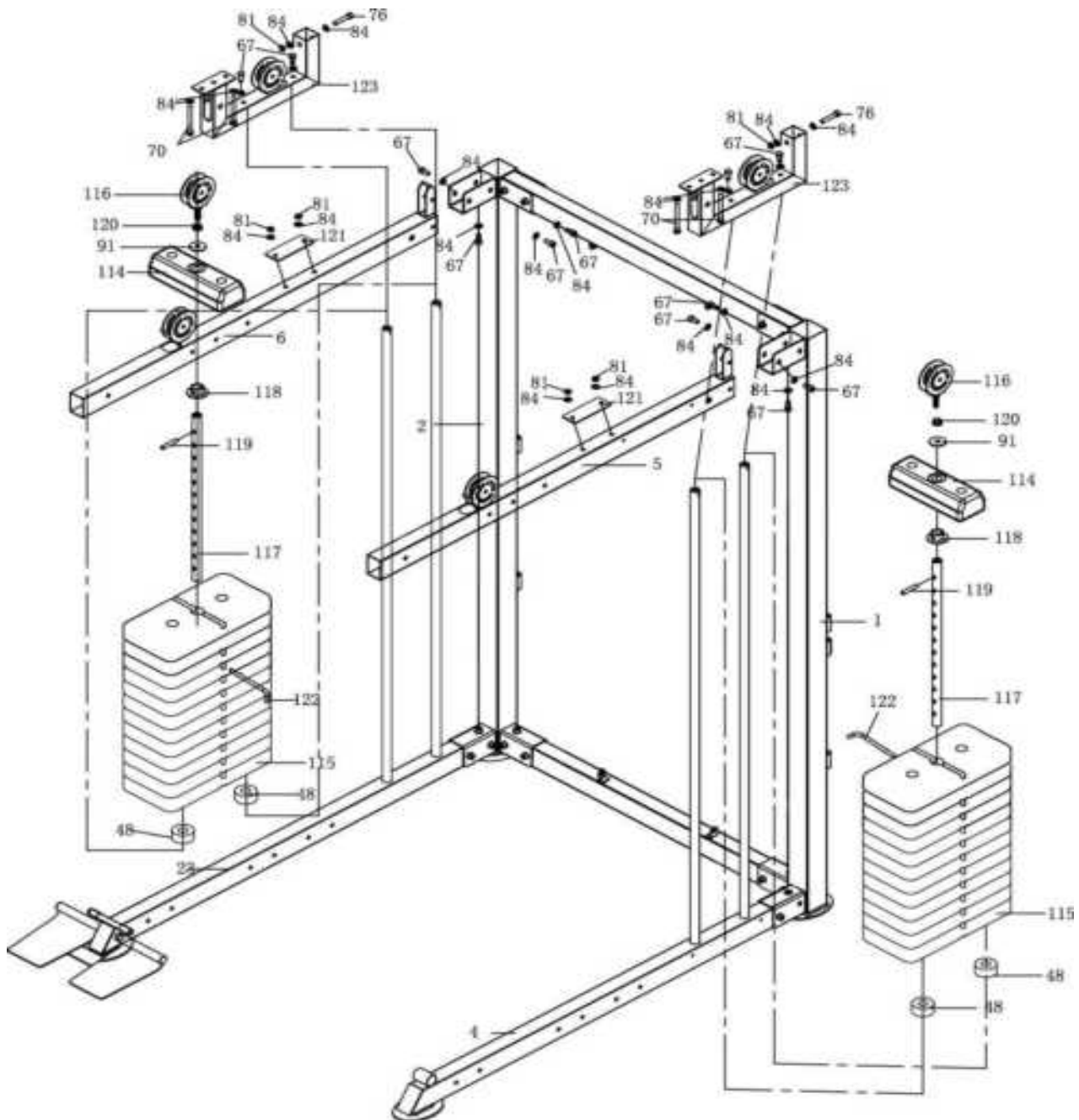
STEP 2



1, take out 1PCS left underframe (4) 1PCS right underframe (23) , 4PCS counterweight guide rod (110) , 4PCS hexagonal bolt (M10 * 25)(74) , 16PCS inner hexagonal cylindrical head screw M10 * 20(67) , 26PCS something 10 plain gasket (84) , 2PCS inner plug (103) , 1PCS pedal (96) , retainer tube (97) , rotary rod holder (94) , rotary rod sleeve (95) , 1PCS inner hexagon head bolt M10 * 25(72) , 1PCS inner hexagon head bolt M10 * 100(83) , 1PCS something 38 large gasket (90) , the left and right base tubes are locked on the left and right rear posts according to the drawing. The counterweight guide rod is locked on the left and right base tubes. The rotary rod frame (94) and the rotary rod sleeve (95) are assembled and locked on the left base frame casing..

ASSEMBLY INSTRUCTIONS

STEP 3

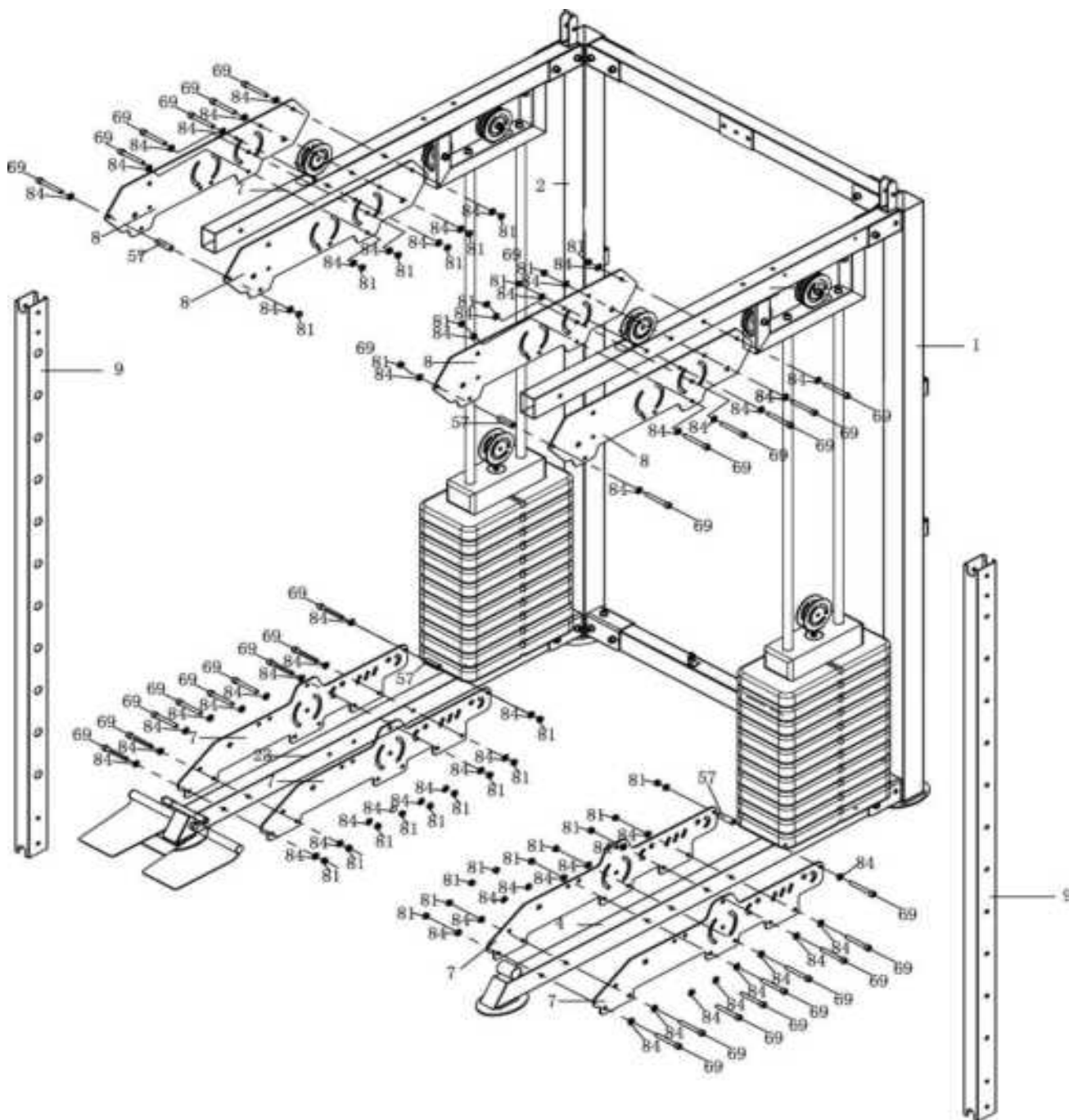


1. One, the 4PCS cushion (48) 22PCS counterweight block (115) 2PCS counterweight head (114), 2PCS counterweight bar (117), 2PCS counterweight bushing (118), 2PCS cylindrical pin (119), 2PCS large gasket (91), 2PCS hexagonal flange nut M16(120), and 2PCS counterweight pulley assembly (116) are taken out, the 2PCS L type bolt (122) is arranged on the guide rod according to the drawing.

2. Two, 2PCS counterweight connecting frame (123), 4PCS hexagonal cylindrical head bolt M10 * 95(70), 2PCS hexagonal cylindrical head bolt M10 * 65(76), 6PCS M10 Locknut (81) 12PCS something 10 flat gasket (84) 1PCS right top beam frame (6) 1PCS left top beam frame (5), 2PCS reinforcing plate (6), lock on the left and right rear post frame as shown.

ASSEMBLY INSTRUCTIONS

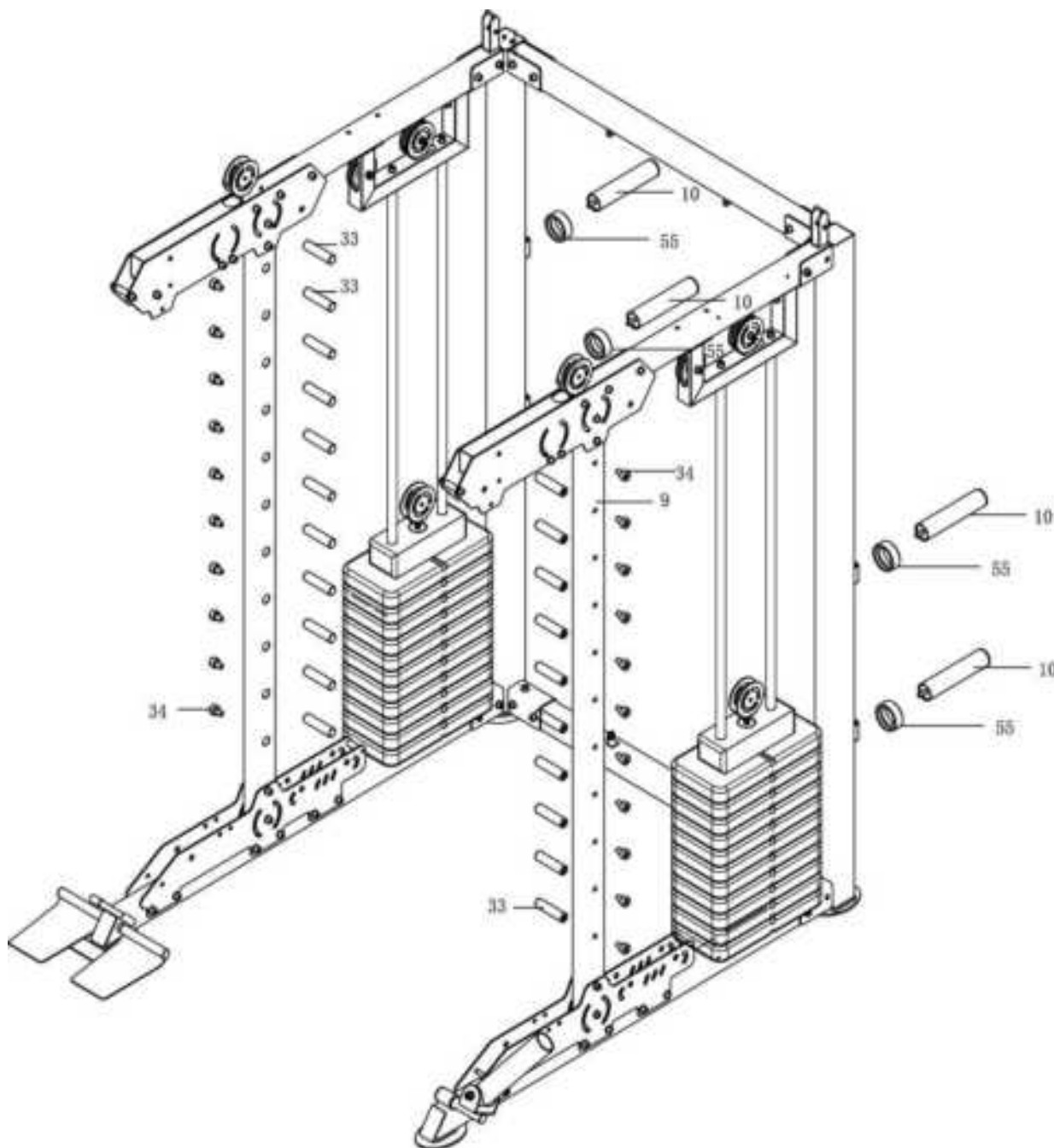
STEP 4



Take out the 2PCS Side riser (9), 4PCS Top connection plate (8), 4PCS Bottom connection plate (7), 60PCS Flat washer $\Phi 10$ (84), 4PCS Sleeve $\Phi 16$ (57), 30PCS Hexagon socket cylindrical head bolt M10*75 (69) and 30PCS Anti-loosening nut M10 (81). Lock 2PCS Side risers (9), 4PCS Top connection plate (8) and 4PCS Bottom connection plate (7), respectively, to the Left bottom bracket (4), Right bottom bracket (23), Upper left top bracket (5) and Upper right top bracket (6) with screws as shown on the figure without tightening.

ASSEMBLY INSTRUCTIONS

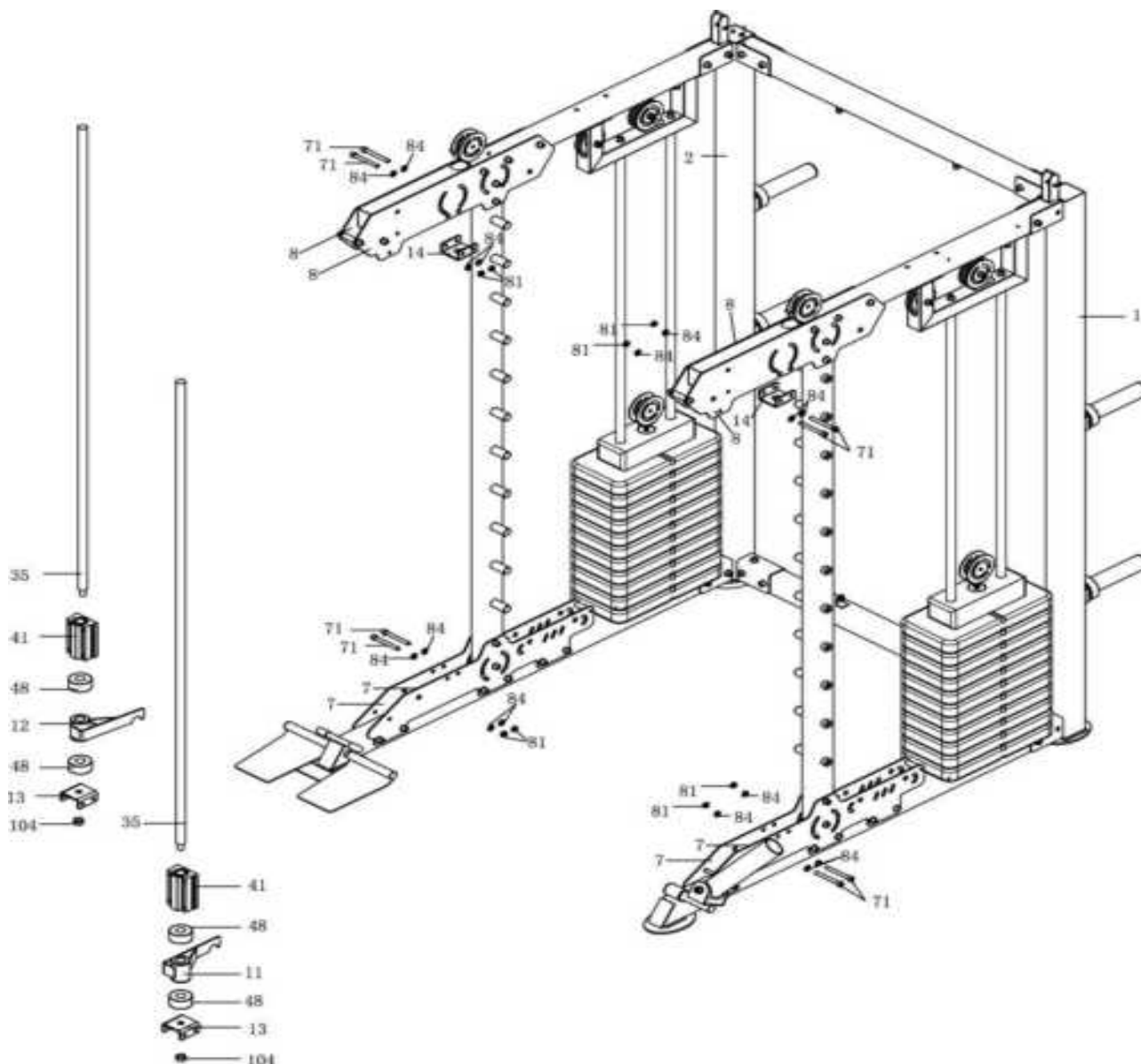
STEP 5



1. Take out the 22PCS Hanging bar shaft (33) and 22PCS Barbell locking cap (34), then lock them on the Side riser (9) respectively according to the diagram and tighten them.
2. Take out the 4PCS Barbell placement fittings (10) and 4PCS Sheath (55), and screw them onto the Left rear riser frame (1) and Right rear riser frame (2) respectively.

ASSEMBLY INSTRUCTIONS

STEP 6



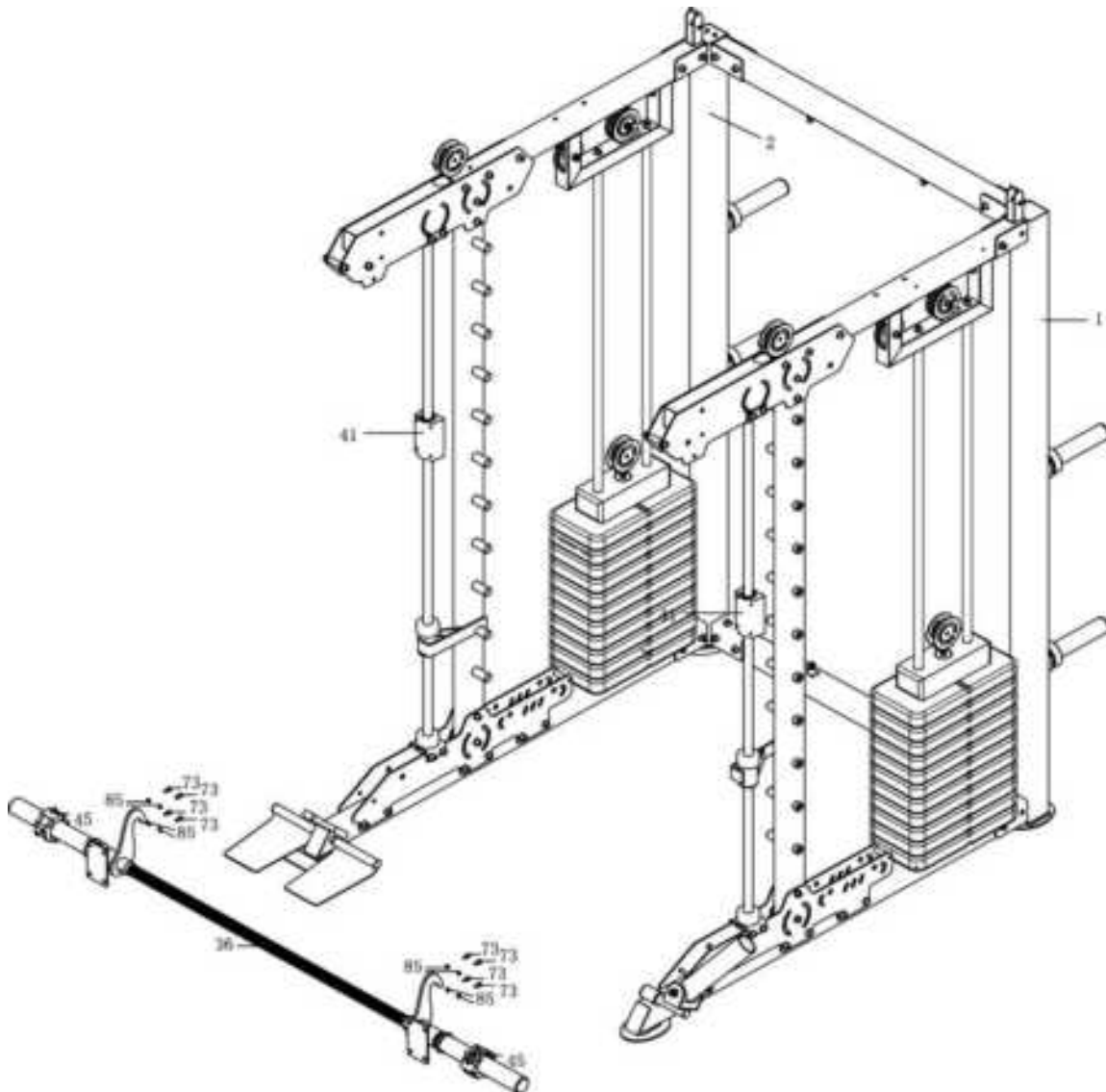
1. First, take out Hexagonal nut M16 (104), Lower fixed U-holder (13), 2PCS Vibration-damping washer (48), Safety hanger L (11), Sliding seat (41) and Guide rod (35). As shown in the figure, thread them together from top to bottom and lock with M16 nuts. Then, take out the Upper fixed U-holder (14), lock the Upper fixed U-holder (14) to the Top connecting plate (8) with 2PCS Hexagonal socket cylindrical head bolts M10*85 (71), 2PCS Anti-loosening nut M10 (81), and 4PCS Flat washer $\Phi 10$ (84). Finally, use 2PCS of Hexagonal socket cylindrical head bolts M10*85(71), 2PCS Anti-loosening nut M10 (81), 4PCS Flat washer $\Phi 10$ (84) to lock the assembled Guide bar in the first step on the Bottom connecting plate (7).

Assemble the right part in the same way. First, take out Hexagonal nut M16 (104), Lower fixed U-holder (13), 2PCS Vibration-damping washer (48), Safety hanger L (11), Sliding seat (41) and Guide rod (35). As shown in the figure, thread them together from top to bottom and lock with M16 nuts. Then, take out the

ASSEMBLY INSTRUCTIONS

U-holder (14), lock the Upper fixed U-holder (14) to the Top connecting plate (8) with 2PCS Hexagonal socket cylindrical head bolts M10*85 (71), 2PCS Anti-loosening nut M10 (81), and 4PCS Flat washer Φ 10 (84).
Finally, use 2PCS of Hexagonal socket cylindrical head bolts M10*85(71), 2PCS Anti-loosening nut M10 (81), 4PCS Flat washer Φ 10 (84) to lock the assembled Guide bar in the first step on the Bottom connecting plate (7).

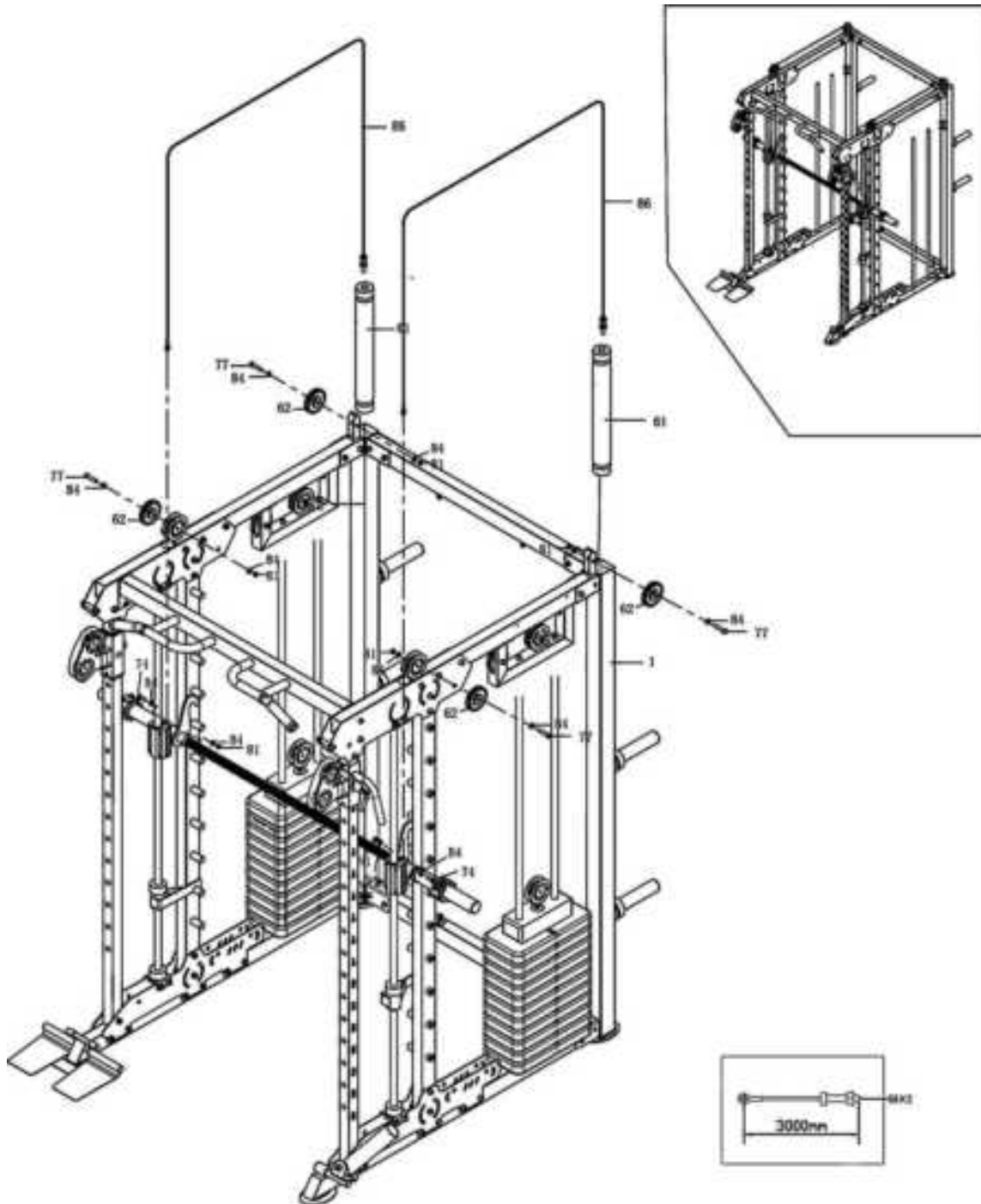
STEP 7



Take out the Barbell bar assembly (36), and lock it to the Sliding seat (41) with 8PCS Hexagonal socket cylindrical head bolts M8*15 (73) and 8PCS Flat washer Φ 8 (85)..

ASSEMBLY INSTRUCTIONS

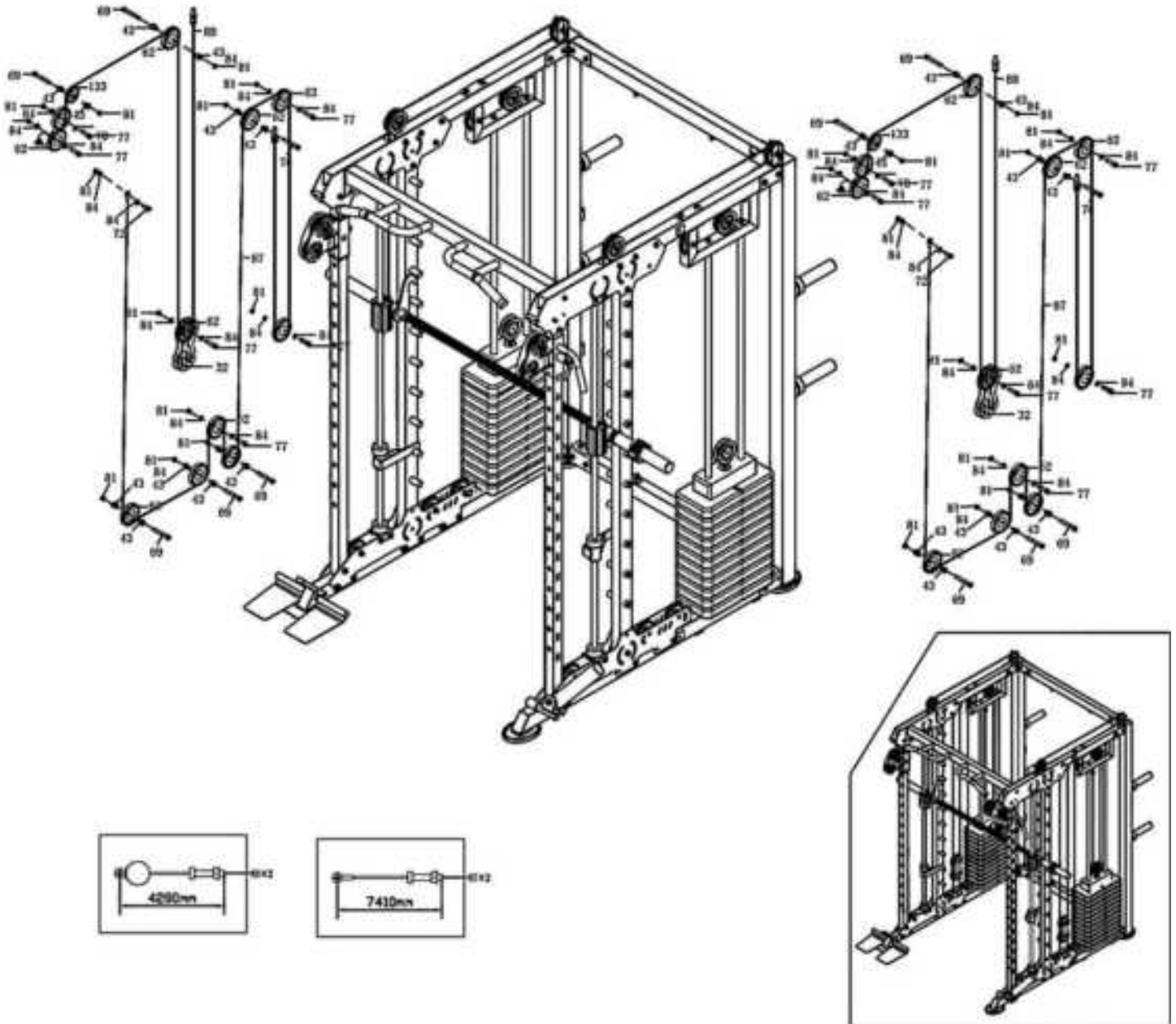
STEP 9



Take out 2PCS Weight lifting block (61), 2PCS Wire rope (86), 4PCS Pulley (62), 4PCS Hexagonal socket cylindrical head bolt M10*45 (77), 2PCS Hexagonal bolt M10*25 (72), 12PCS Flat washer Φ 10 (84) and 6PCS Anti-loosening nut (81). Connect and lock the Barbell bar to the Lifting weight block tightly as shown in the figure.

ASSEMBLY INSTRUCTIONS

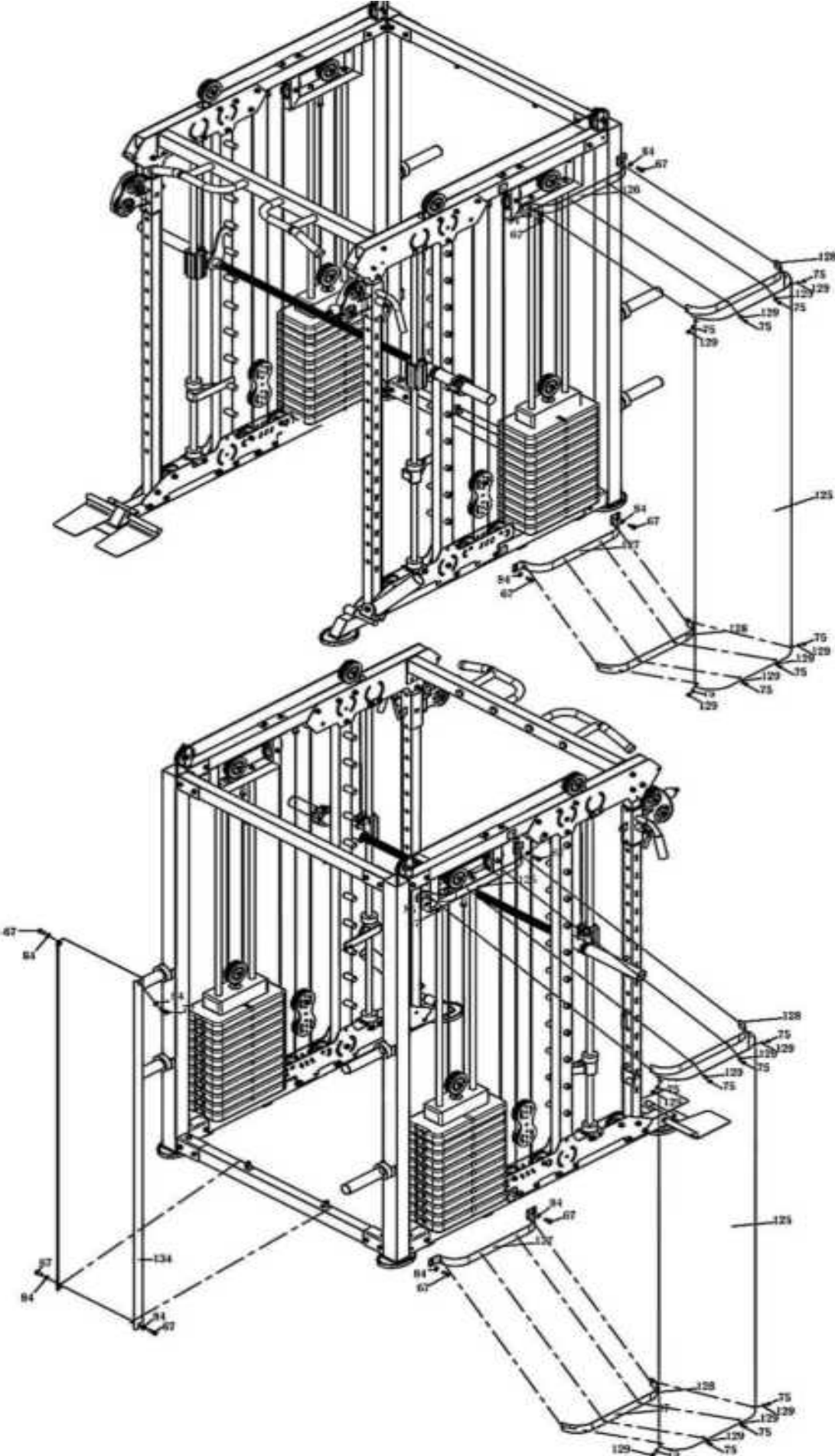
STEP 10



Take out 2PCS Counterweight wire rope $\Phi 5 \times 7410$ (87), 2PCS Low pulling steel wire rope $\Phi 5 \times 4200$ (88), 4PCS Pulley connection plate (124), 22PCS Pulley $\phi 95$ (62), 2PCS Pulley $\phi 70$ (133), 12PCS Hexagonal socket cylindrical head screw M10*45 (77), 10PCS Hexagonal socket cylindrical head screw M10*75 (69), 2PCS Hexagonal socket cylindrical head screw M10*65 (76), 28PCS Flat washer $\Phi 10$ (84) and 24PCS M10 Anti-loosening nut (81). Install 2PCS Wire rope (89) on the left and right side to lock tightly as shown in the figure.

ASSEMBLY INSTRUCTIONS

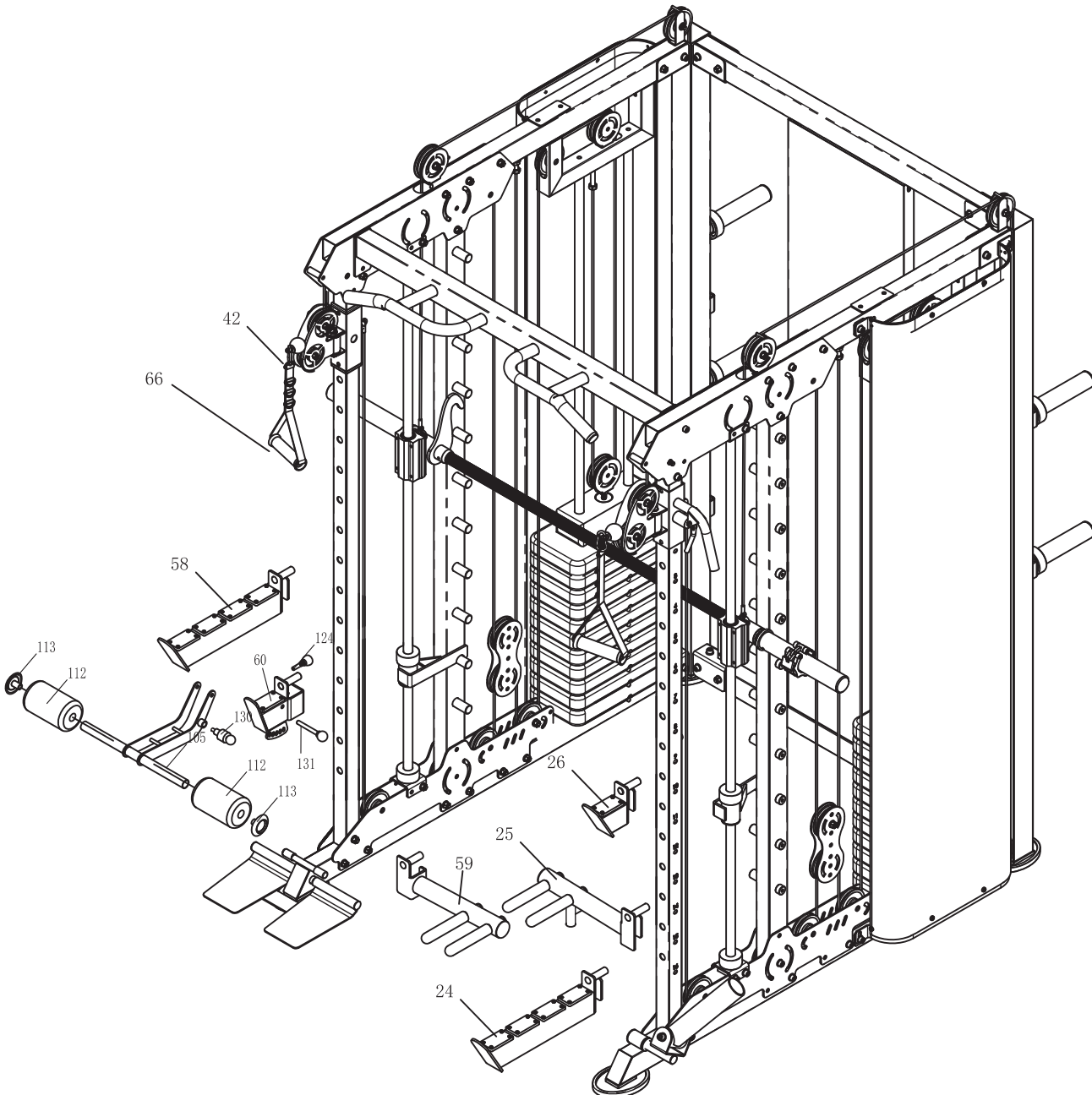
STEP 11



ASSEMBLY INSTRUCTIONS

Take out 2PCS Upper fixing sheet for cloth mesh (126), 2PCS Lower fixing sheet for cloth mesh (127), 4PCS Inner compression strips of cloth mesh (128), 12PCS Hexagon socket cylindrical head bolt M10*20 (67), 12PCS Flat washer $\Phi 10$ (84), 16PCS Pan head Phillips screw M6*15 (75), 16PCS Flat washer $\Phi 6$ (129). As shown in the figure, lock the 4PCS Upper and Lower fixing sheet for cloth mesh on the top beam and bottom frame tube with the column connecting plate, put the Inner compression strips of cloth mesh into the cloth net both ends of the sewing line folded inside, and then lock it in the corresponding screw hole of the cloth net fixing plate and lock it tightly. The cover (134) is locked on the upper and lower rear connecting frame according to the drawing after being taken out.

STEP 12



ASSEMBLY INSTRUCTIONS

1. Take out 2PCS Pull strap (66), 2PCS Locking buckle (42), as shown in the figure, connect 2PCS Pull strap (66), 2PCS Locking buckle (42) to the left and right wire rope interface respectively.
2. Take out the Left long limiting bracket and Right long limiting bracket (24, 58), Left double bar rack and Right double bar rack (25, 59), Left short limiting bracket and Right short limiting bracket (26, 61), according to the diagram, put these components on the slide tube.
3. Take out 2PCS Sponge stick sleeve (112), 2PCS foam cover (113), 1PC Bracket for placing legs (111), 1PC Elastic pin (130), 1PC Ball head long pin (131) and 1PC Ball head short pin (124), and put these components on the slide tube as shown in the figure.

TRAINING INSTRUCTIONS

Warm-up exercise before training

This stage of warm up exercise can enhance the trainer's body blood circulation and make the muscles in a good condition, at the same time reduce the risk of cramping or muscle pulling during training. Before each training , please do the warm up exercise according to the following recommended training methods, each type of stretching exercise must be maintained for about 30s,when doing exercise , be careful not to do strenuous stretching exercise to prevent muscle damage, once the muscle is damaged, please stop practicing.



Picture1

Picture2

Picture3

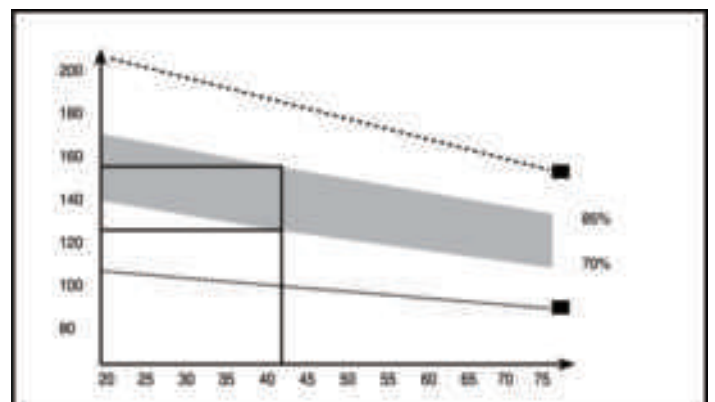
Picture4

Picture5

Training phase

This stage is formal training stage. You can improve the flexibility of your legs muscle after a long-term regular practice. During the training, it is important to do the stable training intensity according to their own training situation and choose the reasonable training intensity, so keep the heart rate within the target values listed in the following table.

At least 12mins of training to keep the heart rate within the corresponding target range. At the beginning of training , most of people continue to train for 15-20mins.



TRAINING INSTRUCTIONS

Recovery phase after training

During the recovery phase, repeat the activities in the preparation. During the process, you can reduce the amplitude and speed of the exercise appropriately. Time around 5mins . Through exercise to adjust body heat and relax muscles. It is important to note that you cannot do strenuous stretching during exercise to avoid damaging your muscles. When you have already adapted training, you can gradually increase the training time and training intensity, at least 3 times per week. If possible record the average level of weekly practice.

Strengthen muscles

If you would like to use smith machine to strengthen the muscle, you need to adjust the resistance to the highest. So that you can achieve the effect of strengthening the muscle by increasing the strength of exercise in a short time. If you want to achieve the purpose of fitness while strengthen the muscle, you need to use another method. First do the warm up exercise then do the regular practice, increase the strength of training near the end of training phase, increase the resistance of legs, but pay attention to slow down training speed while increasing the strength to keep the heartbeat within the target value and do some finish exercise after training.

Weight loss

To achieve the effect of weight loss, the key points that is time and intensity of training , the more intensity of training , the longer time will burn more calories, thus achieving the effect of weight loss. Also the effect of fitness can be achieved through practice, enhance physical. During the training you can do some proper practice according to different needs.

To keep the heart rate in the appropriate target range for at least 12 minutes, most people train for 15-20 minutes at the beginning of the session. Post-training recovery period In this recovery period, repeat the activities done in the preparation period, the exercise process can be appropriate to reduce the amplitude and speed of the exercise, the time lasts about 5 minutes, through the exercise to adjust the body heat, so that the muscles are relaxed. It should be noted that in the process of exercise can not do strenuous stretching activities, so as not to make muscle damage. After you have adapted to the training, you can gradually increase the training time and intensity, it is recommended to train at least 3 times a week. If possible, record the average level of practice each week.