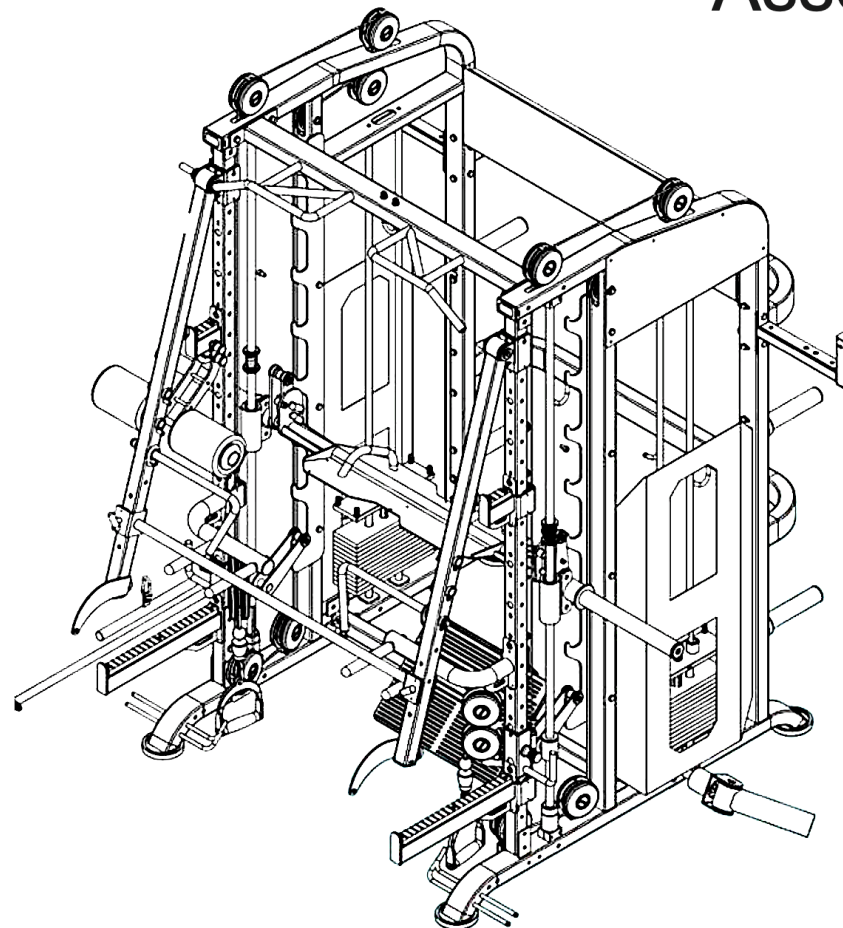


Assembly Instructions



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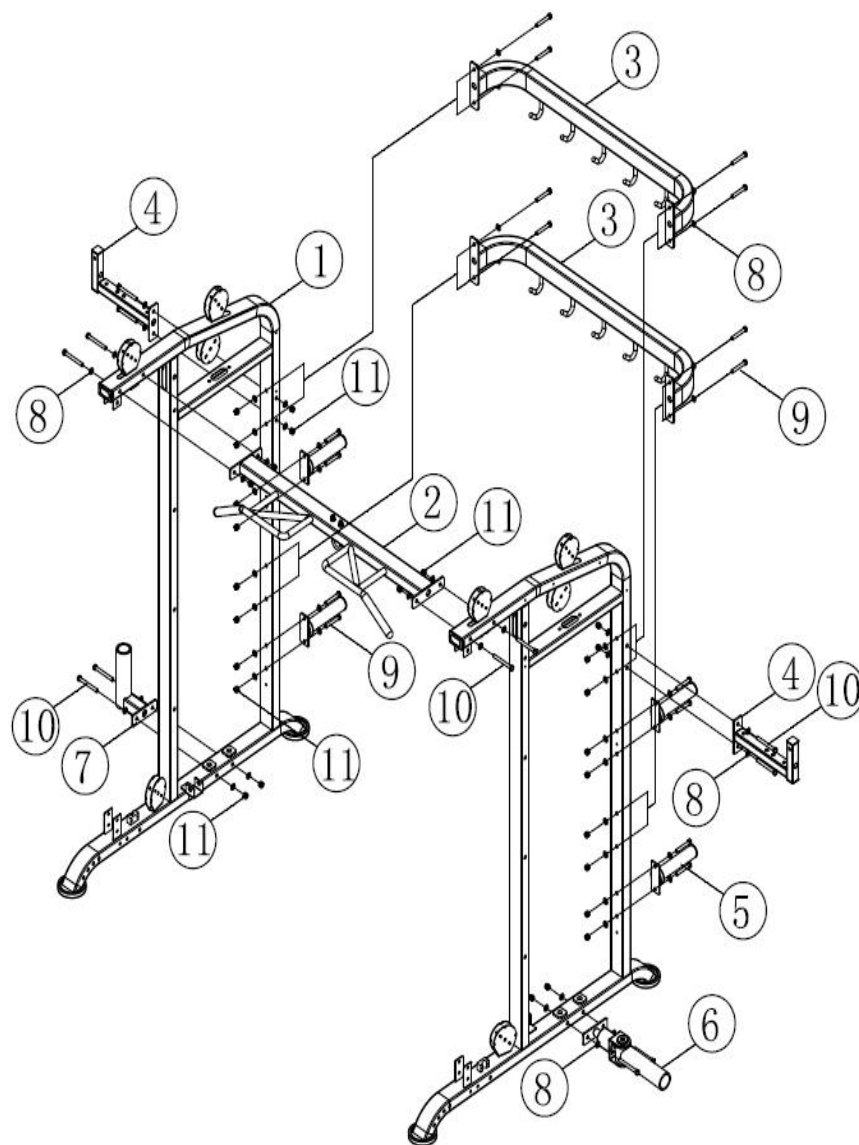
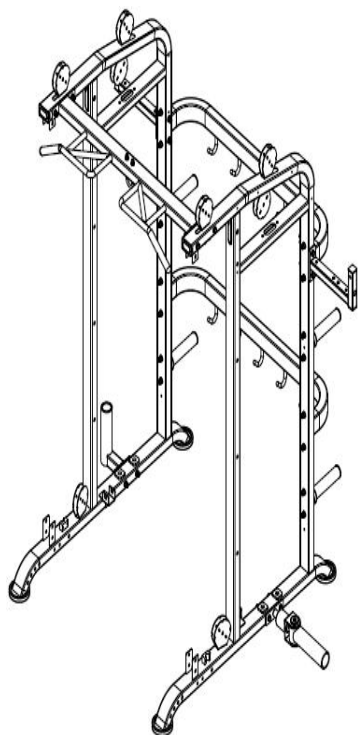
Assembly step 5.....7

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Bill of Assembly Material

No.	Name	Specification	Qty	Note	Note	Name	Specification	Qty	Note
1	Upright Tube		2 pair		30	Hex Screw	M12*35	4	
2	Top Connection		1		31	Pulley Cover		12	
3	Rear Connection		2		32	Pulley Cover		20	
4	Hanger Rack		2		33	Pulley Buckle		20	
5	Barbell Rack		4		34	Pulley Spacer		4	
6	Bar Stand		1		35	Stainless Steel Tube		2	
7	Intubation Set		1		36	Adjustment Set	0	2 pair	
8	Pad	φ12	72		37	Hex Socket Half-Round Head Screw	M8*10	8	
9	Hex Screw	M12*75	16		38	Pad	φ8	8	
10	Hex Screw	M12*105	20		39	Hex Socket Half-Round Head Screw	M6*12	14	
11	Lock Nut	M12	36		40	Side Guard Cover		2	
12	Smith Shaft		2		41	Round Top Hex Screw	M10*45	10	
13	Shaft Block		4		42	Lock Nut	M10	20	
14	Round Top Hex	M6*25	16		43	Round Top Hex Screw	M10*100	2	
15	Nylon Sleeve		2		44	Pulley Rack		2 pair	
16	Barbell Rubber		2		45	Hex Screw	M10*65	6	
17	Spacing		4		46	Hex Screw	M10*100	4	
18	Spring		2		47	Top Guard Cover		2	
19	Smith Insurance		2 pair		48	Back Guard Cover		1	
20	Smith connection		2 pair	one of it no Spacing	49	Hook Rack		2	
21	Guide Rod		4		50	Olympic Bar Set(Smith)		1	
22	Weight Stack		4		51	Handle with Steel Cable		2 pair	
23	Weight Stack		4		52	Top Screw	M8*10	6	
24	Weight Stack		4						
25	Top Weight		2						
26	Weight Stack		30						
27	Hex Screw	M10*55	4						
28	Pad	φ10	4						
29	Magnetic Pin		2						

STEP 1



Spare part list

NO.	NAME	Qty	Specs
1	Upright Tube Set	2	2
2	Top Connection Tube Set	1	1
3	Back Connection Set	2	2
4	Hanger Rack	2	2
5	Barbell Rack	4	4
6	Bar Stand	1	1
7	Intubation Set	1	1
8	Pad	56	φ12
9	Hex Screw	16	M12*75
10	Hex Screw	12	M12*105
11	Lock Nut	28	M12

Detailed assembly steps:

Step 1:

Using 8pcs Hex Screw (9)[M12*75], 8pcs Lock Nut (11)[M10] and 16pcs Pads (8)[φ12] to assemble the 2pcs Rear connection sets (3) On the 2pcs Upright Tube (1).

Step 2:

Using 4pcs Hex Screw (10)[M12*105], 4pcs Lock Nut (11)[M12], 8pcs Pads (8)[φ12] to assemble 1 Top Connection Tube Set (2) On the 2 stand (1).

Step 3:

Using 4pcs Hex Screw (10) [M12*105], 4pcs Lock Nut (11) [M12] and 8pcs Pads (8) [φ12] to install 2pcs Hangers (4) to 2pcs Upright Tube(1).

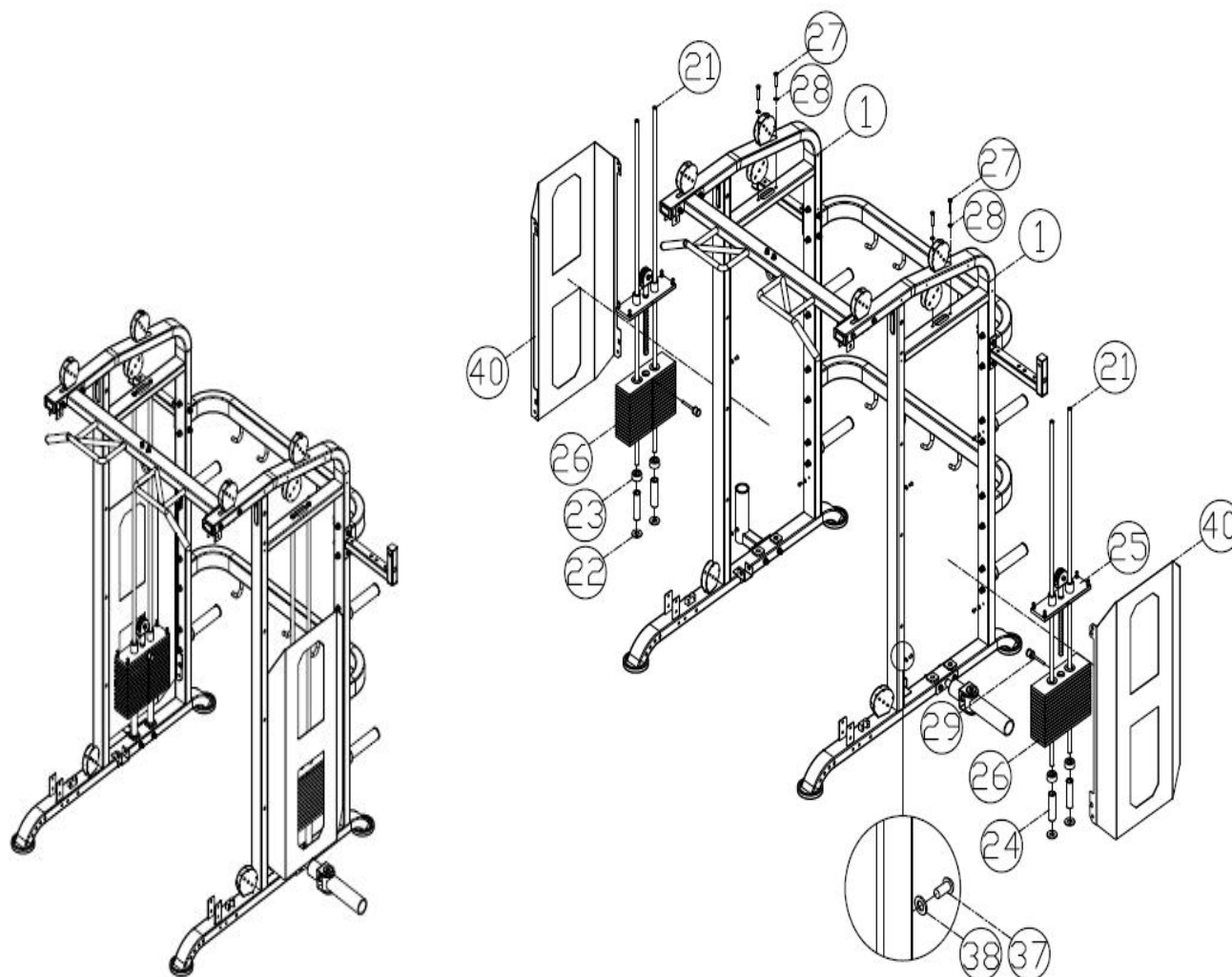
Step 4:

Using 4pcs Hex Screw (10) [M12*105], 4pcs Lock Nut (11) [M12] and 8pcs Pads (8) [φ12] to connect 1pc Bar Stand (6) to Intubation Set (7) is assembled to 2pcs Upright Tube(1) respectively.

Step 5:

Using 8pcs Hex Screw (9)[M12*75], 8pcs Lock Nut (11)[M12] and 16pcs Pads (8)[φ12] to align the 4pcs Barbell Racks (5) to 2pcs Upright Tube(1).

STEP 2



Spare Part List

NO.	NAME	Qty	Specs
1	Upright Tube Set	2	
21	Guide Rod	4	
22	Weight Stack Subplate	4	
23	Weight Stack Bumper	4	
24	Weight Stack Bottom Tub	4	
25	Top Weight Stack	2	
26	Weight Stack	30	
27	Hex Screw	4	M10*55
28	Pad	4	φ10
29	Magnetic Pin	2	
37	Hex Socket Half-Round Head Screw	8	M8*10
38	Pad	8	φ8
40	Side Guard Cover	2	

Detailed assembly steps:

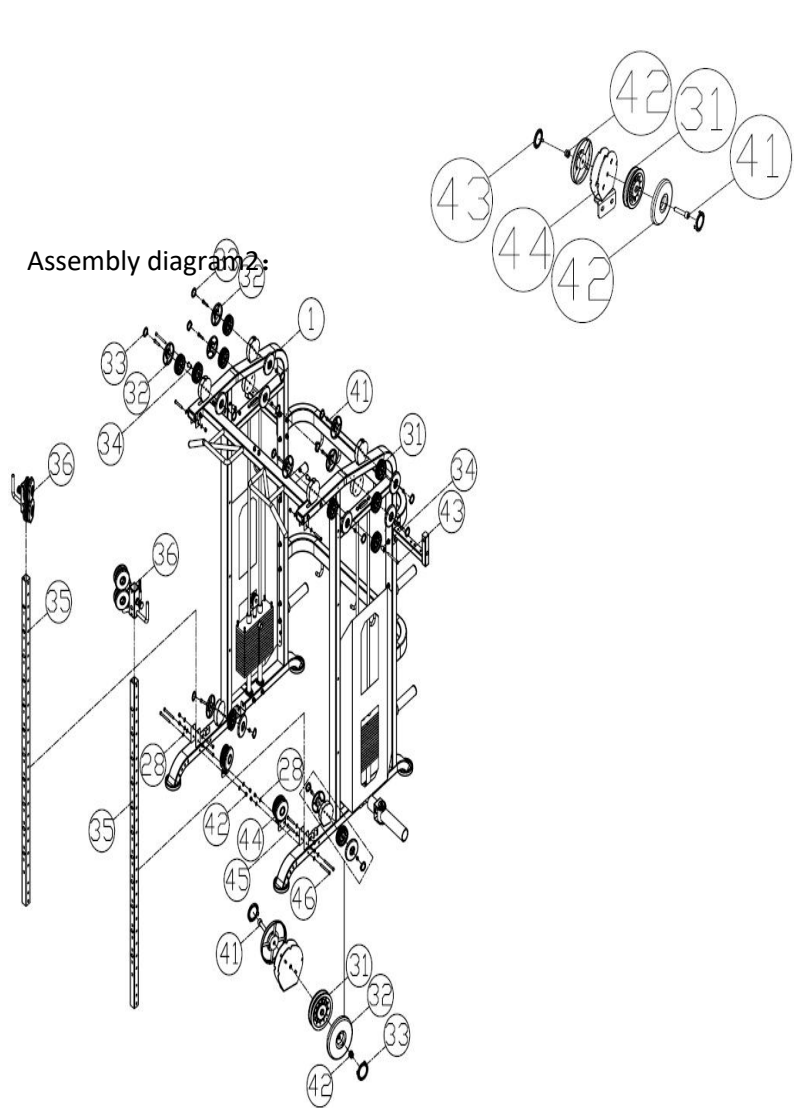
Step 1:

Connect 4pcs Guide Rod (21), 2pcs Top Weight Stack (25), 30pcs weight Stack (26), 4pcs Weight Stack Bumper (23), 4pcs Weight Stack Bottom Tub (24), and 4pcs Weight Stack Subplate (22) to the 2pcs Upright Tube (1) respectively, insert the Magnetic Pin (29), and use 4pcs Hex Screw (27) [M10*55] and 4pcs Pads (28) [φ10]Fixed.

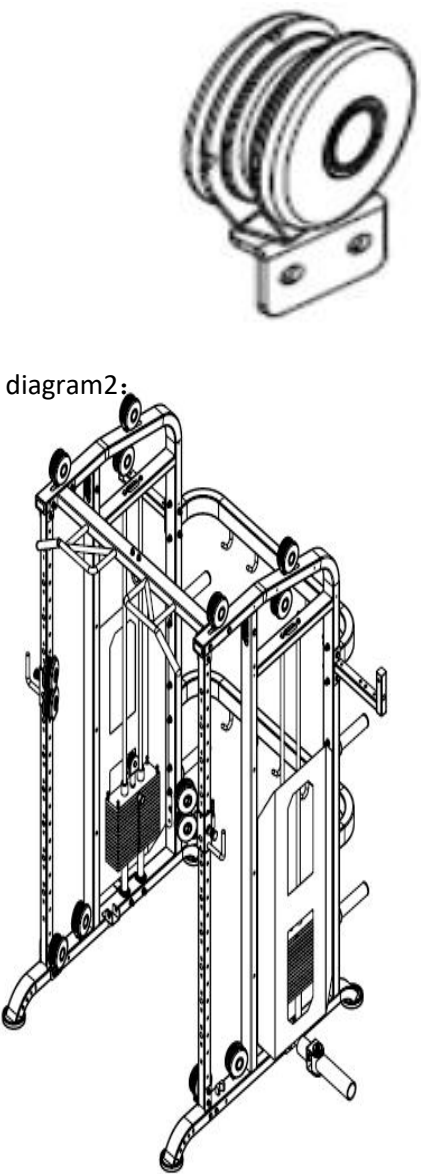
Step 2:

Assemble the 2pcs Side Guard Cover (40) into the 2pcs Upright Tube with 8pcs Hex Socket Half-Round Head Screw (37) [M8*10] and 8pcs Pads (38) [φ8] respectively.

STEP 3



Finish diagram2:



Spare Part List

NO.	NAME	Qty	Specs
1	Stand frame	2	
28	Gasket	20	φ10
31	φ105 pulley	12	φ105
32	Pulley cover	20	
33	Pulley cap	20	
34	Pulley spacer bush	4	
35	Stainless tube	2	
36	Adjust group	2	
41	Hexagon socket screw with cylindrical head	10	M10*45
42	Locknut	20	M10
43	Hexagon socket screw with cylindrical head	2	M10*100
44	Pulley Yoke	2	
45	Outer hexagon screw	6	M10*65
46	Outer hexagon screw	4	M10*100

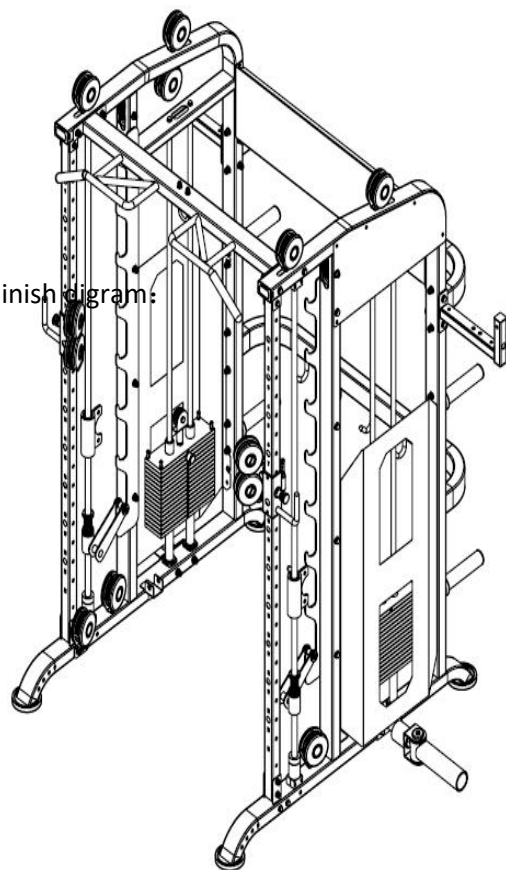
Detailed assembly steps:

- Step 1:
Assembly the 2 pulleys (31), 2 cylinder head hexagon socket screws (41) [M10*45], 4 pulley housings (32), 2 lock nuts (42) [M10], to the two pulley racks (44), and then install the four pulley caps (33);
- Step 2:
Assemble the two adjustment groups (36) to the two stainless steel pipes (35) as shown in the figure, and Assemble the stainless steel tube (35) to the 2 stand frame (1) as shown in the figure via use 6 hexagonal screws (45) [M10*65] and 6 lock nuts (42) [M10], 12 gaskets (28) [φ10] .
- Step 3:
Assemble the two assembled pulley frames (44) to the 2 main frames (1) as shown in the figure by use Use 4 outer hexagonal screws (46) [M10*100], 4 lock nuts (42) [M10], 8 washers (28) [φ10] ;
- Step 4:
Assembly the 8 pulleys (31) to the two main frames① as shown in the digram by use 8 cylinder-head hexagon socket screws (41)[M10*45], 8 lock nuts (42)[M10], 16 pulley housings (32)

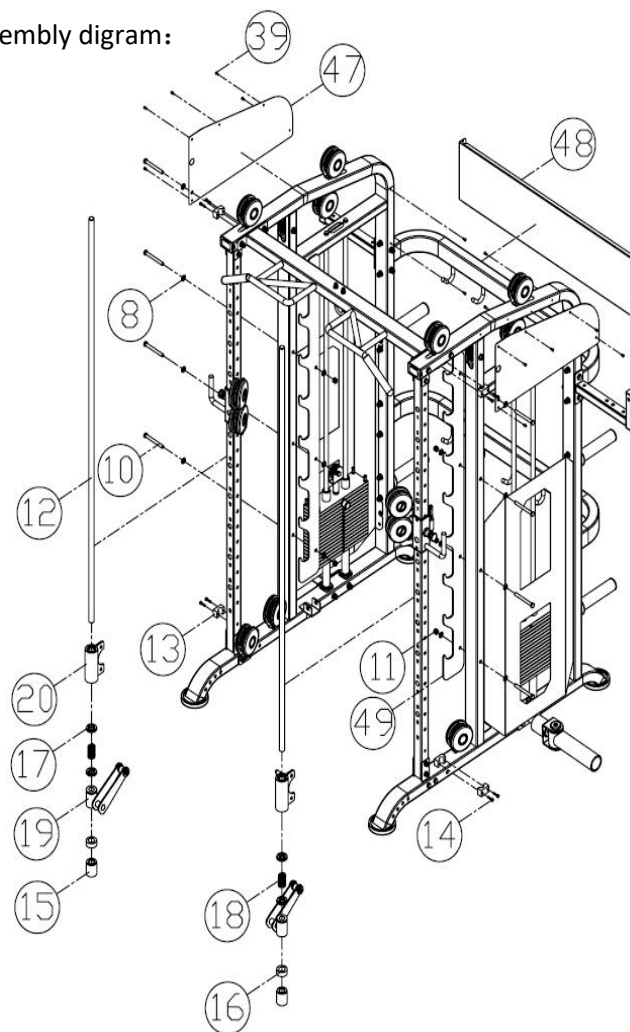
for 8 pulleys (31),

STEP 4

Finish diagram:



Assembly diagram:



Spare Part List

NO.	NAME	Qty	Specs
1	Stand frame	2	
8	Gasket	16	φ12
10	Outer hexagon screw	8	M12*105
11	Locknut	8	M12
12	Smith rod	2	
13	Fixing block for rod	4	
14	Hexagon socket screw with cylindrical head	8	M6*25
15	Nylon sleeve	2	
16	Crash pad	2	
17	Limit circle	4	
18	pressure spring	2	
19	Smith hook	2	
20	Smith connector	2	
39	Hexagon socket screw with cylindrical head	14	M6*12
47	Upper side cover panel	2	
48	Back cover panel	1	
49	Hook cover panel	2	

Detailed assembly steps:

Step 1:

Assemble the two upper side cover panel (47) to the two stand frame (1) with 10 hexagon socket head screws (39) [M6*12] as shown in the figure;

Step 2:

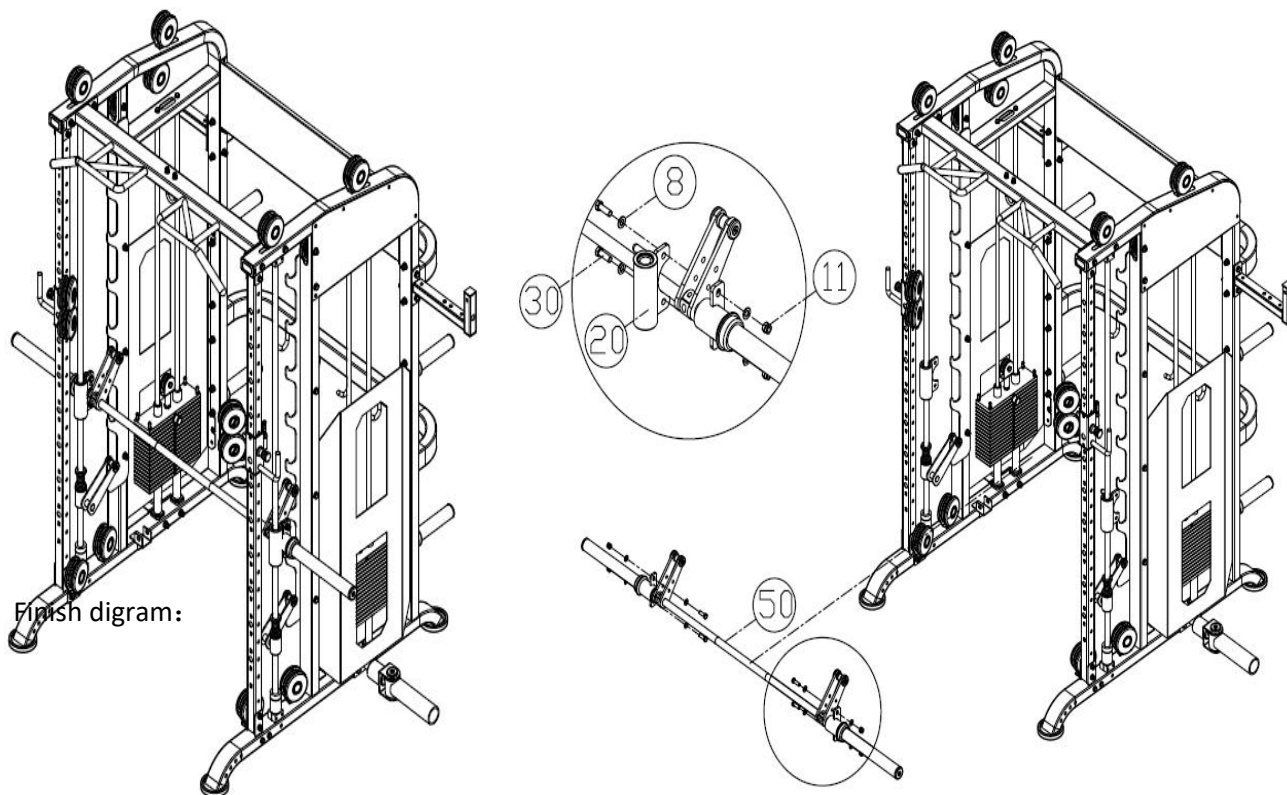
Assembly two hook cover panel to the stand frame (1) with 8 hex screws (10) [M12*105], 16 washers (8) [φ12], 8 lock nuts (11) [M12] ;

Step 3:

Assembly 2 nylon sleeves (15), 2 cushion pads (16), 2 Smith safety hooks (19), 4 stop rings (17), 2 compression springs (18), and 2 Smiths Assemble the group (20) to the two Smith rod (12) as shown in the figure,

Then assembly the two smith rod to the two stand fram by 4 fixing blocks (13) and 8 hexagon socket head screws (14).
)[M6*25]

STEP 5



Finish digram:

Spare Part List

NO.	NAME	Qty	Specs
8	Gasket	8	φ12
11	Locknut	4	M12
20	Smith connector	2	
30	Outer hexagon screw	4	M12*35
50	Outer olympic bar	1	

Detailed assembly steps:

Step 1:

Assembly the smith olympic bar (50) to the both smith connector (20) on both side of the machine with 4 external hexagonal screws (30) [M12*35], 4 lock nuts (11)[M12] and 8 washers (8)[φ12]

STEP 6

Assembly digram:

Finish digram:

Spare Part List

NO.	NAME	Qty	Specs
36	Adjust group	2	
51	Handler group	2	with cable
52	jackscrew	6	M8*10

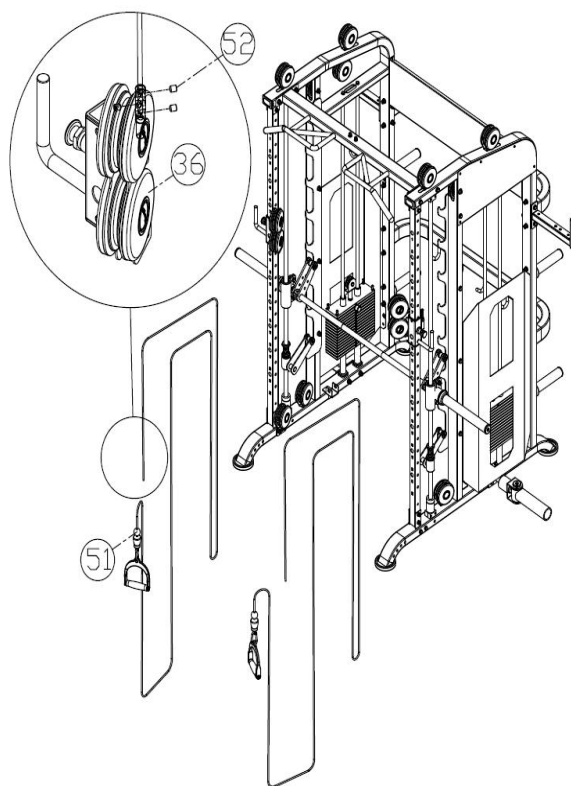
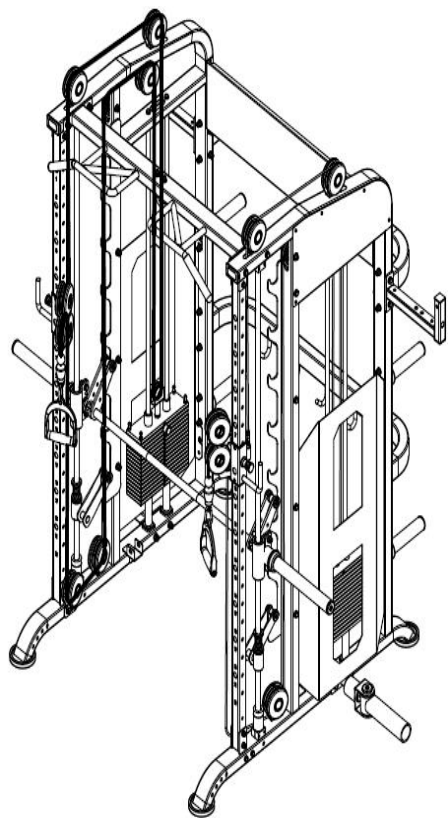
Detailed assembly steps:

Step 1:

Assemble the 2 handler groups (51) [with cale] on both sides of the machine according to the rope walking way shown in the digram;

Step 2:

After the cable walk is completed, fix the other end of the cable to the locker on the adjust group on the both side with 6 jackscrews (52) [M8*10].



Product Introduce

Main functions: Arm extension、squat、cable crossover、decline press、vertical leg press、push up、incline pull up,

Variety of accessories available and conveniently and quickly assembly, to make your training with more freedom.

Machine size: 1800*2190*2270

Packing size: 2300*1580*500

Warning

1. Please read and fully understand the instructions before using this machine.

2. Before exercise, please check every part of the machine carefully. If you find any problematic part, you must replace it in time before using it, otherwise it may cause accidents.
3. Please consult your physician or coach before starting training. Correct and effective warm-up exercises are the prerequisite for safe weight training. If you feel dizzy during training, please :
4. In order to prevent accidents, please find out all the adjustable, disassembled parts in this machine. Do not loosen or disassemble the parts of this machine without authorization to avoid inju
5. Master your own training progress, adjust your breathing during training, and be sure do not hold your breath during exercise.
6. This machine is not suitable for children. When you use this machine, please keep other people in a safe area to avoid injury to moving parts.
7. Teenagers should use this device under the care and guidance of adults.
8. If you have any questions during use and maintenance, please contact our company.