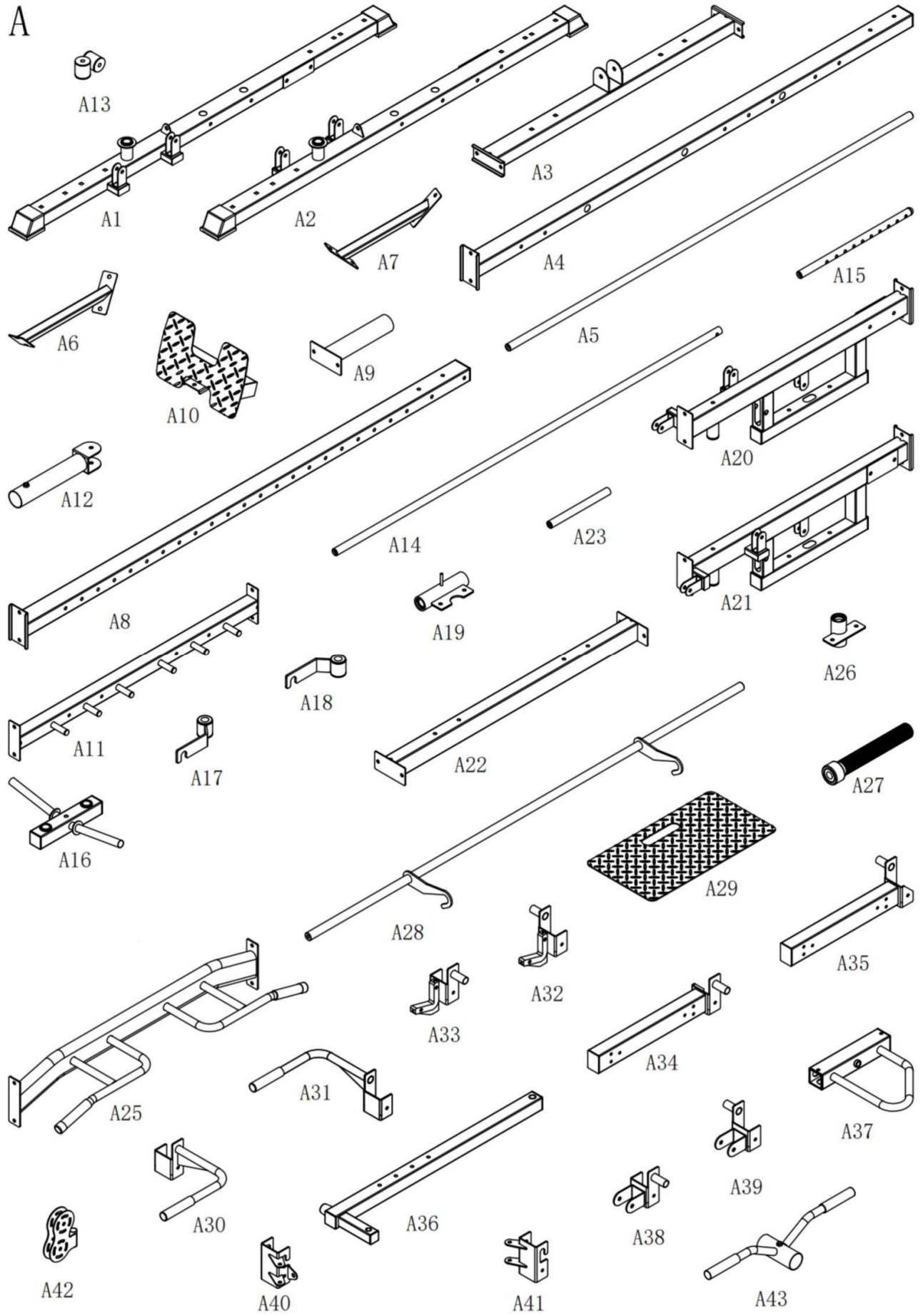


Smith machine comprehensive trainer

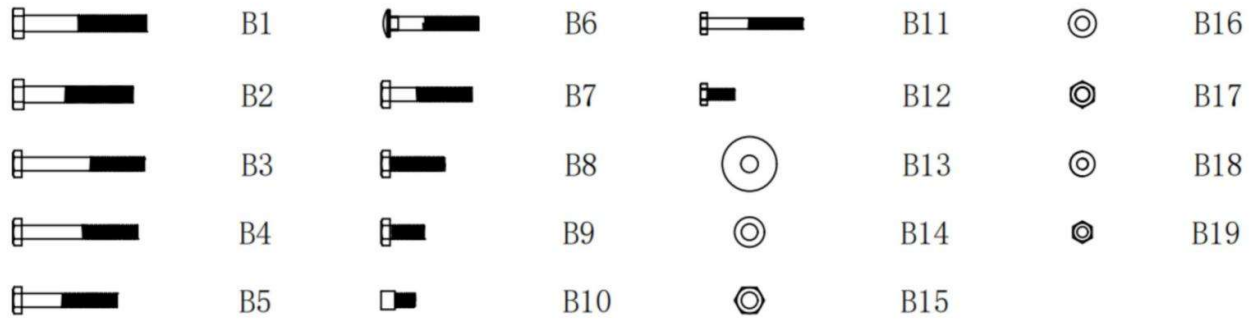
Installation manual



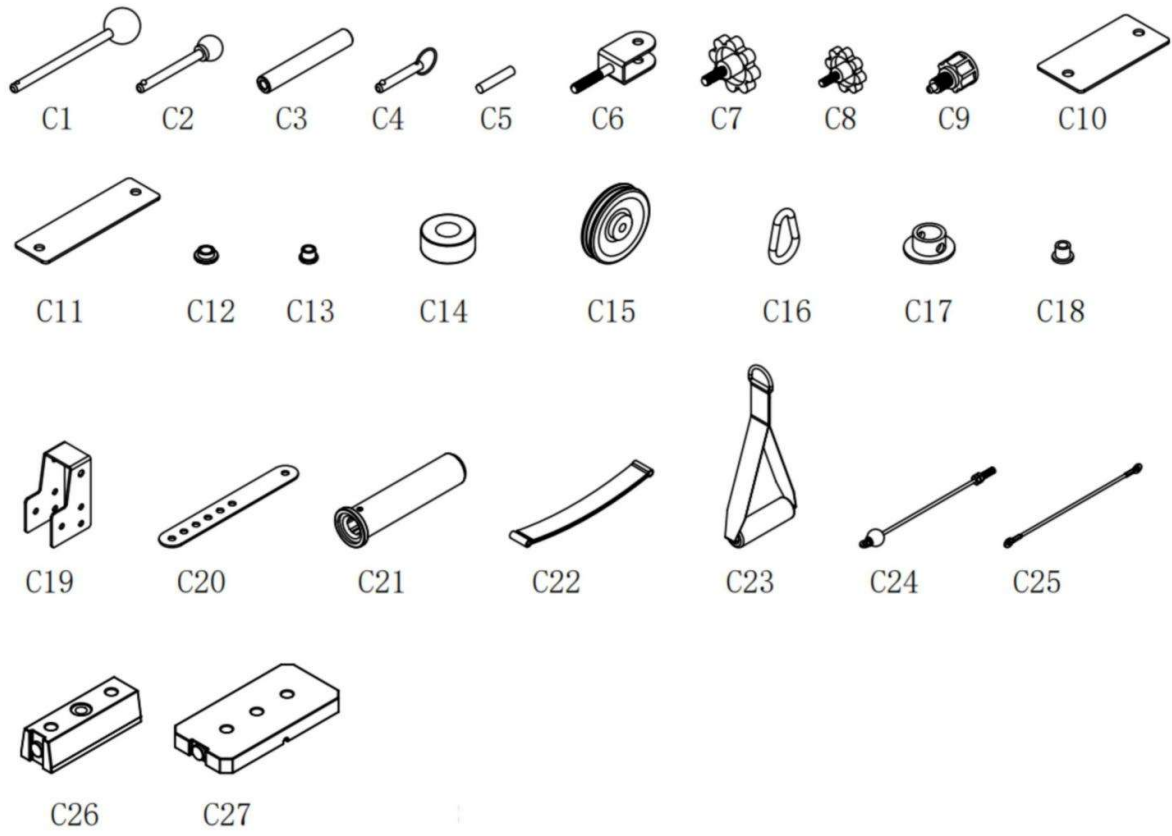
A



B



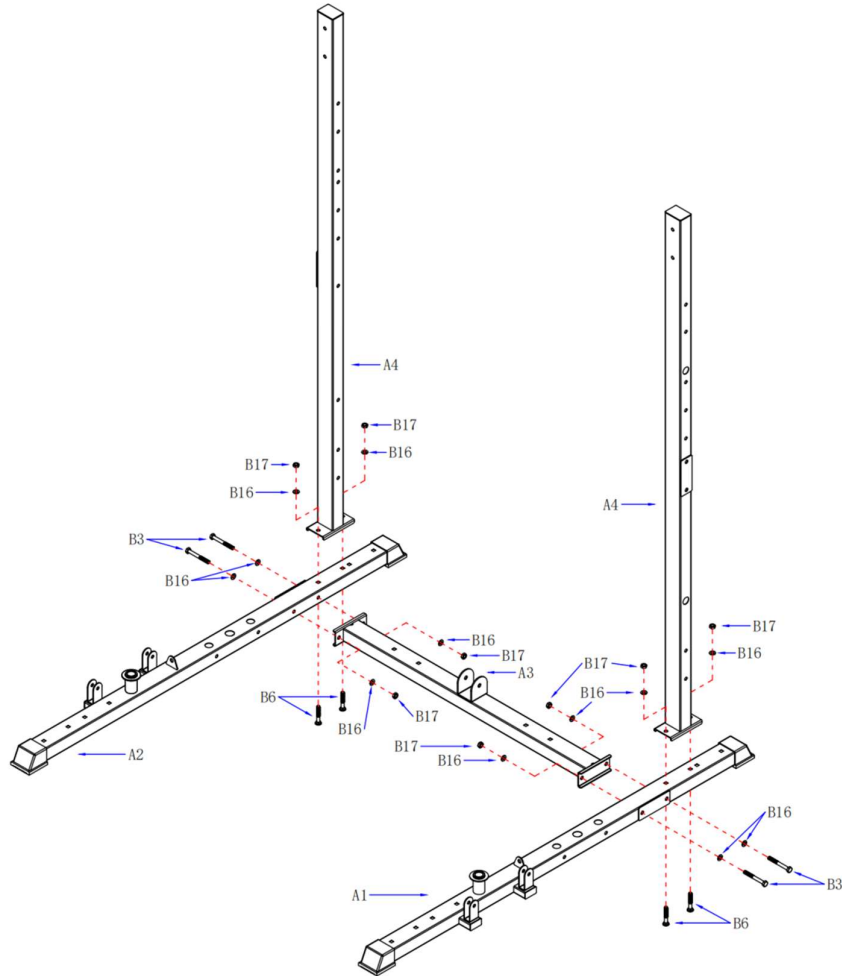
C



PART LIST					
NO.	Description	Quantity	NO.	Description	Quantity
A1	Left straight bottom pipe	1	A2	Right straight bottom tube	1
A3	Rear transverse bottom tube	1	A4	Rear pillar	2
A5	Front sliding rod	2	A6	Right diagonal support	2
A7	Left diagonal support	2	A8	Front pillar	2
A9	Rear short tube	1	A10	Squatting leg stand	1
A11	Rear crossbeam	1	A12	Barbell bar sleeve holder	1
A13	Sleeve bracket connecting pipe	1	A14	Guide rod	4
A15	Selection lever	2	A16	Weight plate bracket	2
A17	Left safety hook	1	A18	Right safety hook	1
A19	Sliding sleeve	2	A20	Right frame	1
A21	Left frame	1	A22	Rear upper beam	1
A23	Load-bearing pipe	6			
A25	Front main beam	1	A26	Barbell bar connecting frame	2
A27	Variable diameter steel sleeve	2	A28	Barbell iron rod	1
A29	Squatting leg board	1	A30	Right adjustable armrest	1
A31	Left adjustable armrest	1	A32	Right adjustment bracket	1
A33	Left adjustment bracket	1	A34	Right barbell bar bracket	1
A35	Left barbell bar bracket	1	A36	Movable arm tube	2
A37	Activity Pusher Frame	2	A38	Right arm tube connecting bracket	1
A39	Left arm tube connecting bracket	1	A40	Left adjustment pulley bracket	1
A41	Right adjustment pulley bracket	1	A42	Double pulley frame	2
A43	Gun rack handle	1			
B1	Bolt M12X80L	4	B2	Bolt M12X90L	2
B3	Bolt M10X90L	12	B4	Bolt M10X85L	18
B5	Bolt M10X70L	18	B6	M10X65L carriage bolt	16
B7	Bolt M10X65L	2	B8	Bolt M10X40L	18
B9	Bolt M10X20L	6	B10	M10X15L column head bolt	22
B11	Bolt M8X65L	12	B12	Bolt M8X20L	10
B13	Ø12 enlarged washer	2	B14	Washer Ø12	12
B15	Nut M12	6	B16	Washer Ø10	124
B17	Nut M10	86	B18	Washer Ø8	34
B19	Nut M8	12			
C1	Ø10X150 spherical pin	2	C2	Ø10X100 spherical pin	10
C3	Adjusting lever	22	C4	Ø10X50 pin	2
C5	Positioning pin	2	C6	Flexible pulley bracket	2
C7	M10 plum blossom knob	2	C8	M8 plum blossom knob	2
C9	M16 spring knob	2	C10	70 width reinforcing plate	4
C11	50 wide reinforcing plate	2	C12	Large powder bearings	8
C13	Small powder bearings	4	C14	Circular buffer pad	8
C15	pulley	20	C16	Gourd hook	6
C17	Positioning sleeve	2	C18	T-shaped shaft sleeve	4
C19	Weaving belt link frame	4	C20	Pulley connecting piece	4
C21	Variable diameter sleeve	10	C22	Woven belt	2
C23	handle	2	C24	No.1 steel wire rope	1
C25	No.2 steel wire rope	1	C26	Small counterweight block	1
C27	Large counterweight block	9			

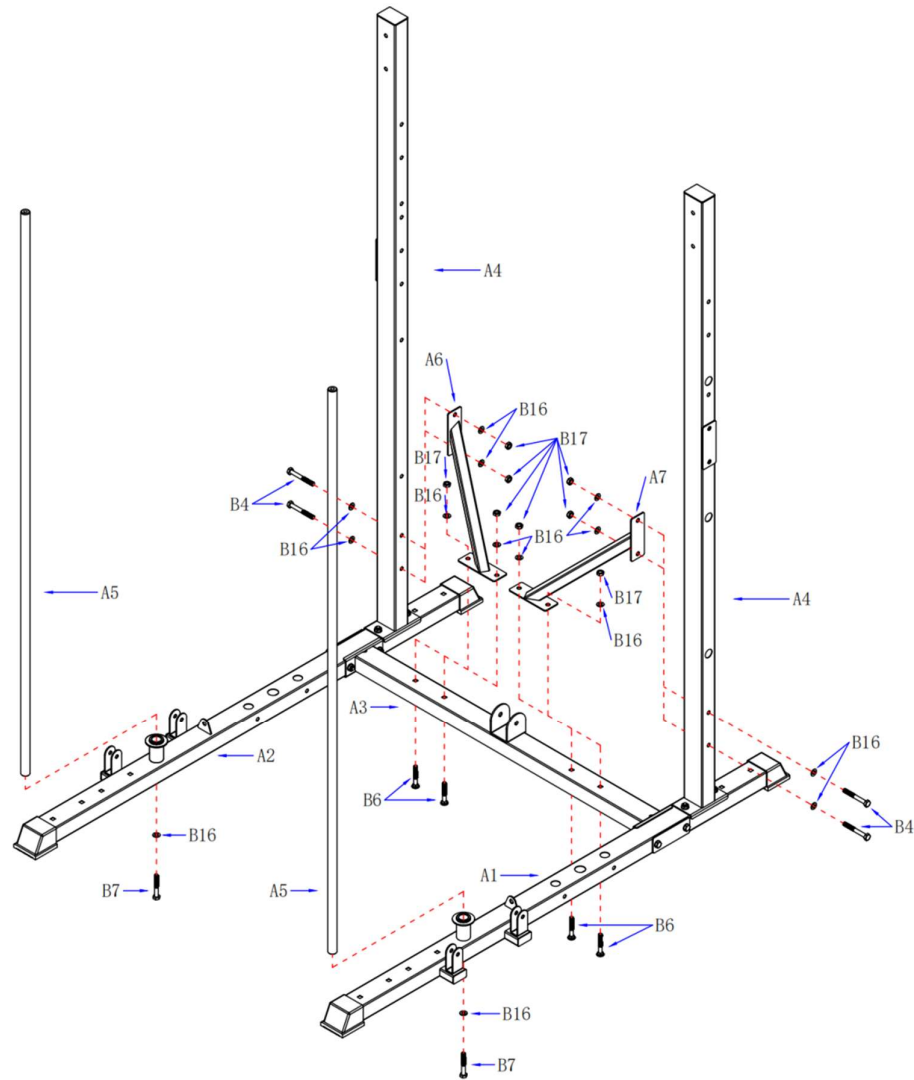
Installation instructions

Special attention: in each installation step, the bolt assembly used can be screwed on. Do not lock it first. After the relevant parts are installed and connected, lock the bolt assembly in each step to avoid installation difficulties



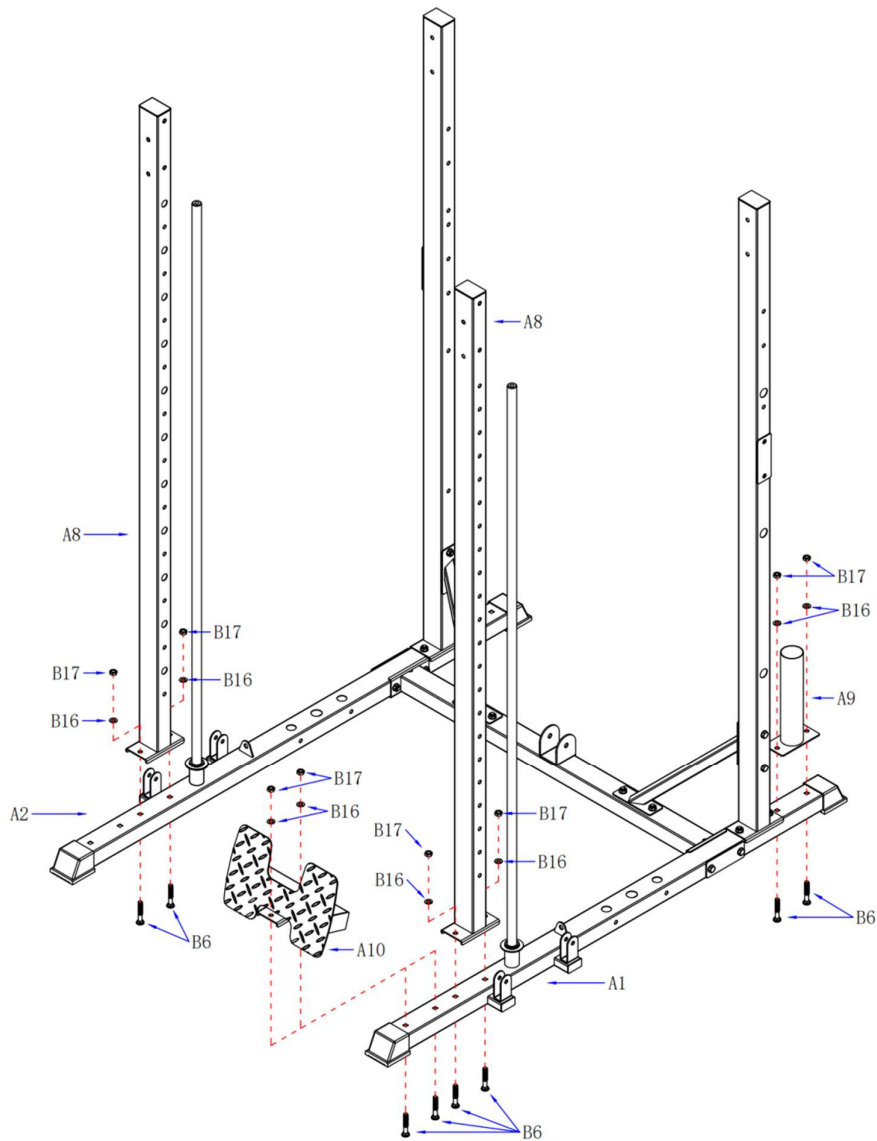
Step 1

1. Use bolts (B3), washers (B16), and nuts (B17) to install the left straight bottom pipe (A1) and the right straight bottom pipe (A2) onto the rear horizontal bottom pipe (A3), respectively
2. Use carriage bolts (B6), washers (B16), and nuts (B17) to install the two rear pillars (A4) onto the left straight bottom pipe (A1) and the right straight bottom pipe (A2), respectively



Step 2

1. First, use bolts (B6), washers (B16), and nuts (B17) to install the right diagonal support (A6) onto the right side of the rear horizontal bottom pipe (A3)
2. Then use bolts (B4), washers (B16), and nuts (B17) to install the right diagonal support (A6) to the rear pillar (A4)
3. First, use bolts (B6), washers (B16), and nuts (B17) to install the left diagonal support (A7) to the left side of the rear horizontal bottom pipe (A3)
4. Then use bolts (B4), washers (B16), and nuts (B17) to install the left diagonal support (A7) to the rear pillar (A4)
5. Use bolts (B7) and washers (B16) to install the two front sliding rods (A5) to the front ends of the left straight bottom pipe (A1) and the right straight bottom pipe (A2), respectively

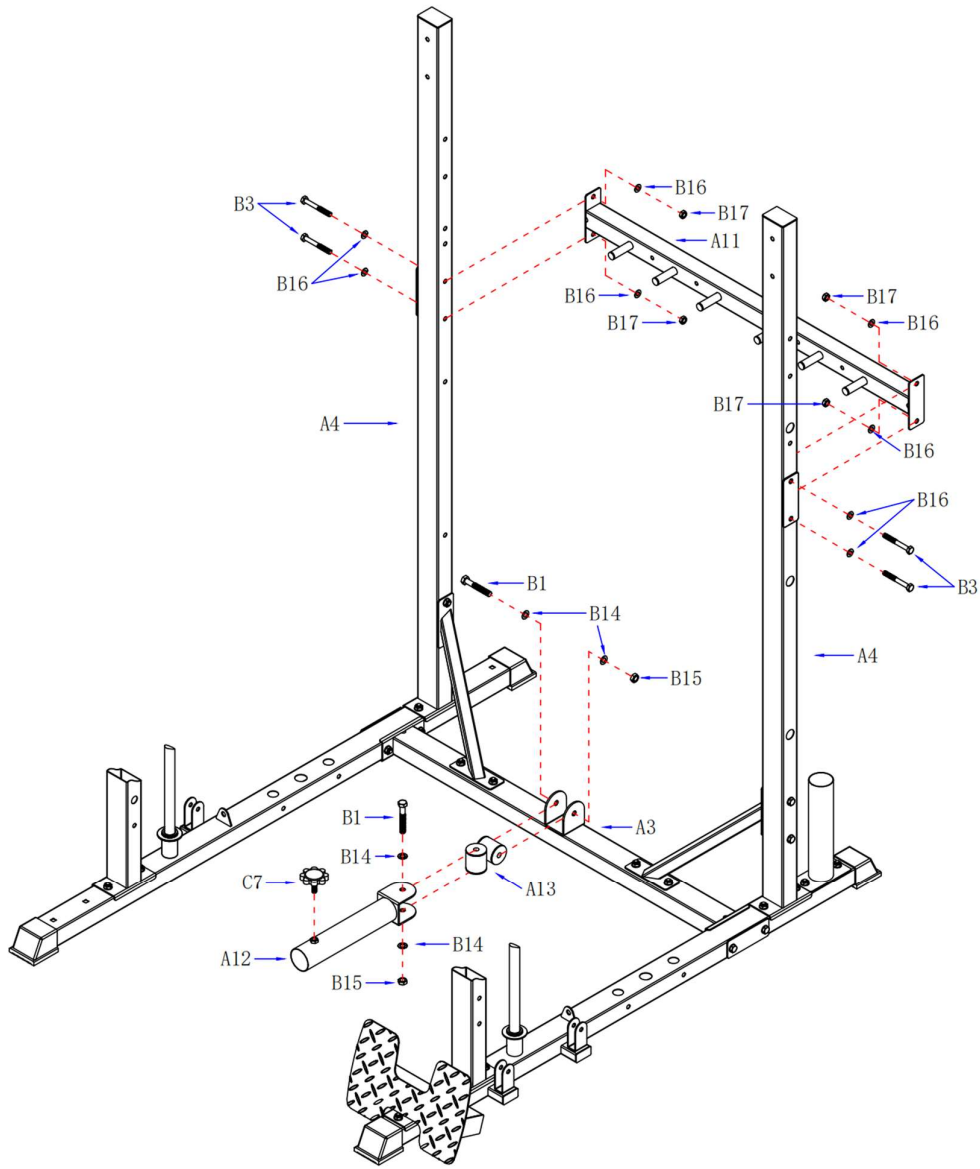


Step 3

1. Use carriage bolts (B6), washers (B16), and nuts (B17) to install the two front pillars (A4) onto the left straight bottom pipe (A1) and the right straight bottom pipe (A2), respectively

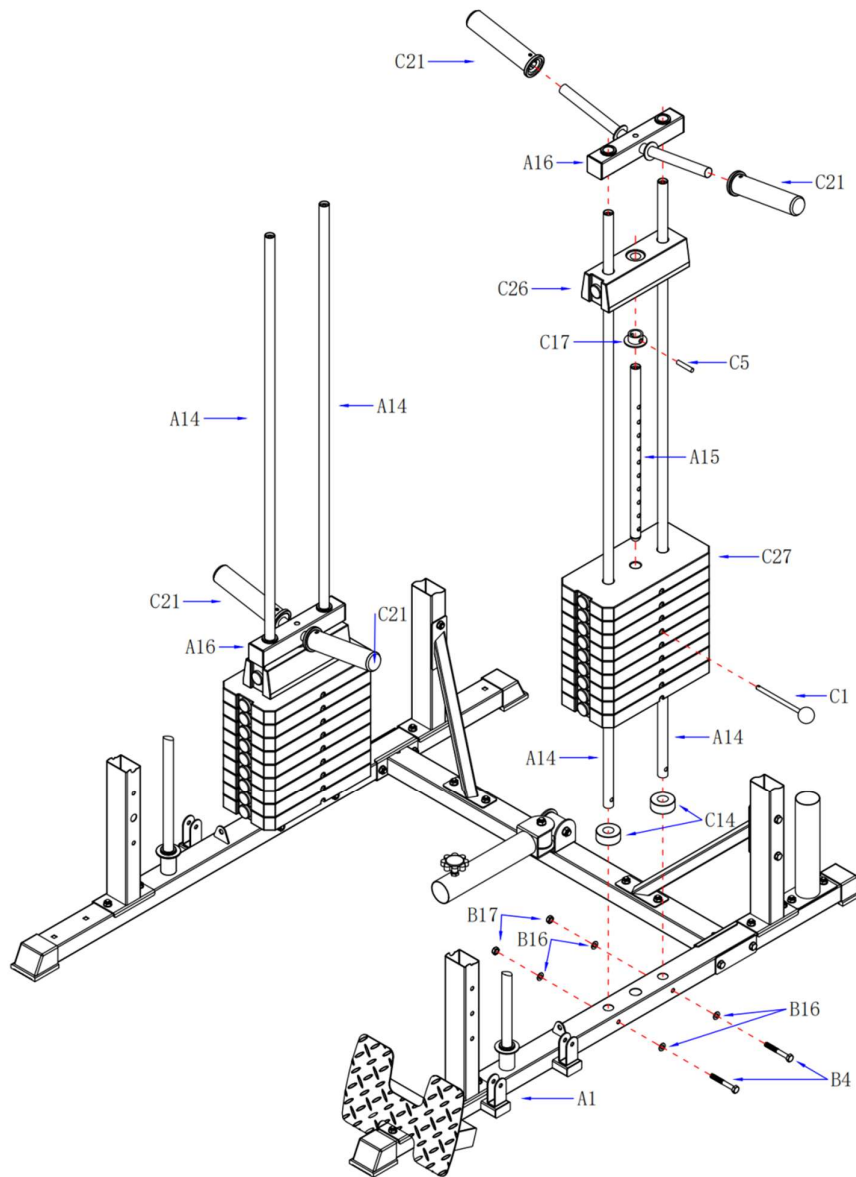
2. Use carriage bolts (B6), washers (B16), and nuts (B17) to install the squatting leg bracket (A10) to the front end of the left straight bottom pipe (A1)

3. Use carriage bolts (B6), washers (B16), and nuts (B17) to install the rear short pipe (A9) to the rear end of the left straight bottom pipe (A1)



Step 4

1. Use bolts (B3), washers (B16), and nuts (B17) to install the rear crossbeam (A11) onto two rear pillars (A4) respectively
2. First, use bolts (B1), washers (B14), and nuts (B15) to install the sleeve bracket connection bracket (A13) onto the rear horizontal bottom pipe (A3)
3. Then use bolts (B1), washers (B14), and nuts (B15) to install the barbell bar sleeve bracket (A12) onto the sleeve bracket connection bracket (A13)



Step 5

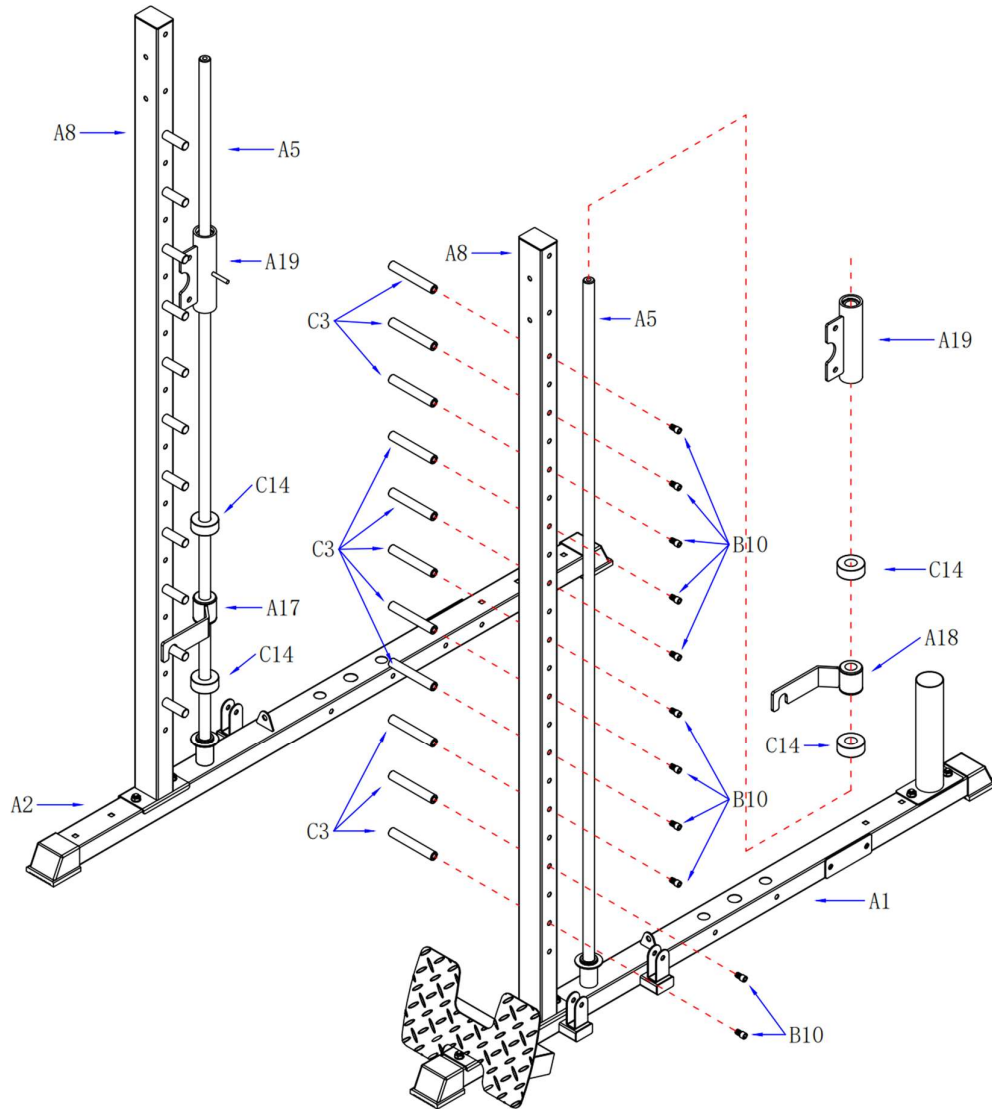
1. First, use bolts (B4), washers (B16), and nuts (B17) to install the two guide rods (A14) onto the left straight bottom pipe (A1)

2. Then place two circular buffer pads (C14) and counterweight blocks (C27) into the guide rod (A14)

3. Place the positioning sleeve (C17) into the selection rod (A15) and insert the positioning pin (C5) into the top hole, then insert the selection rod (A15) into the hole of the large counterweight (C27)

4. First, place the weight plate bracket (A16) into the guide rod (A14), and then install the two variable diameter sleeves (C21) on the weight plate bracket (A16) respectively, and lock the screws in the variable diameter sleeves (A16)

Tip: The installation method on the right side is the same as on the left side

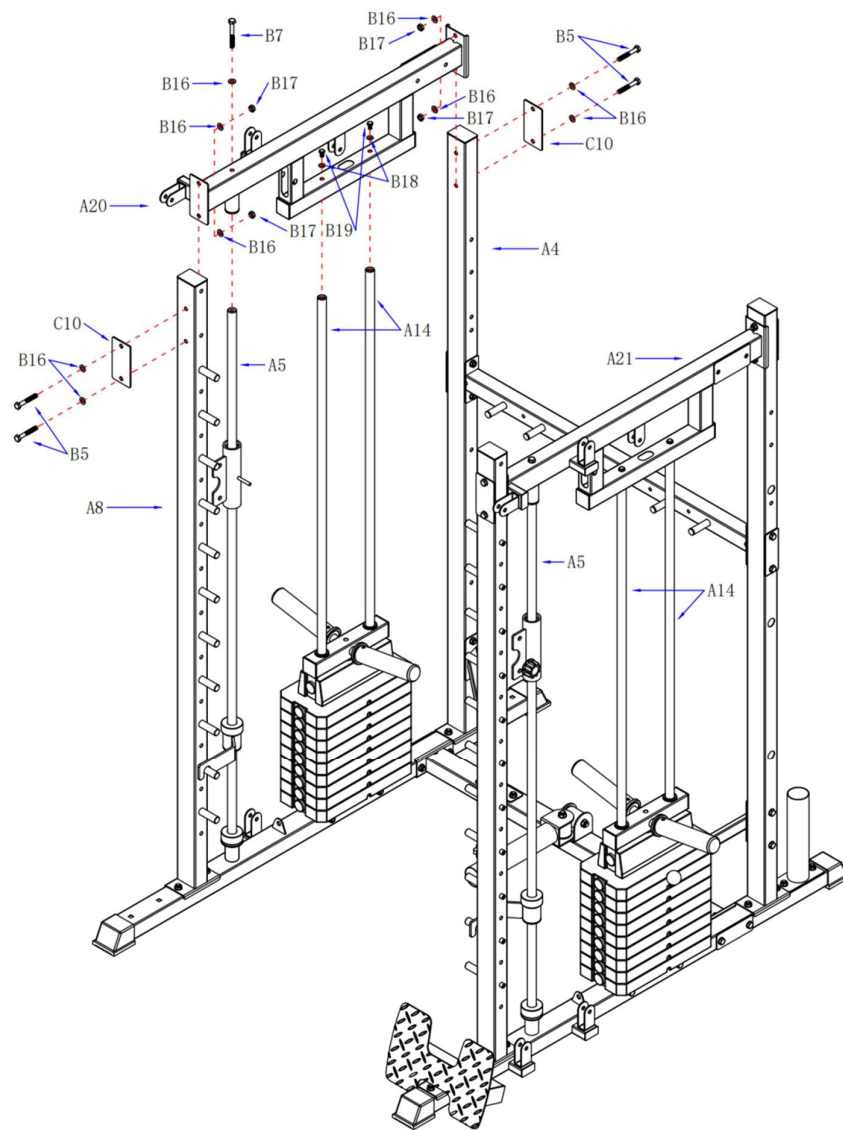


Step 6

1. Use column head bolts (B10) to install the adjustment rods (C3) on the front column (A8) and lock them tightly
2. Thread the circular buffer pad (C14), right safety hook (A18), circular buffer pad (C14), and sliding sleeve (A19)

Tip:

The installation method on the right side is the same as on the left side



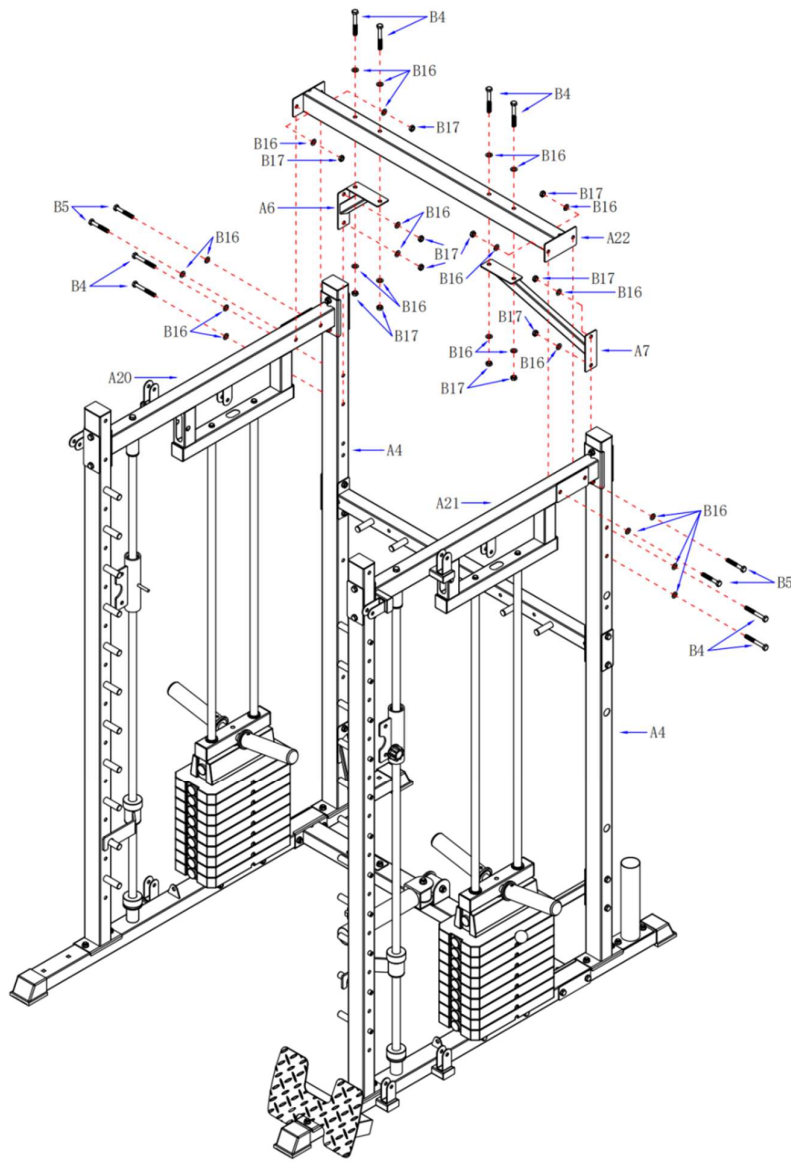
Step 7

1. First, install the right frame (A20) into the front sliding rod (A5) and two guide rods (A14), and fix them with bolts (B7) (B18) and washers (B16) (B19)

2. Then use bolts (B5), washers (B16), 70 wide reinforcement plates (C10), and nuts (B) to install the right frame (A20) onto the front pillar (A8) and rear pillar (A4)

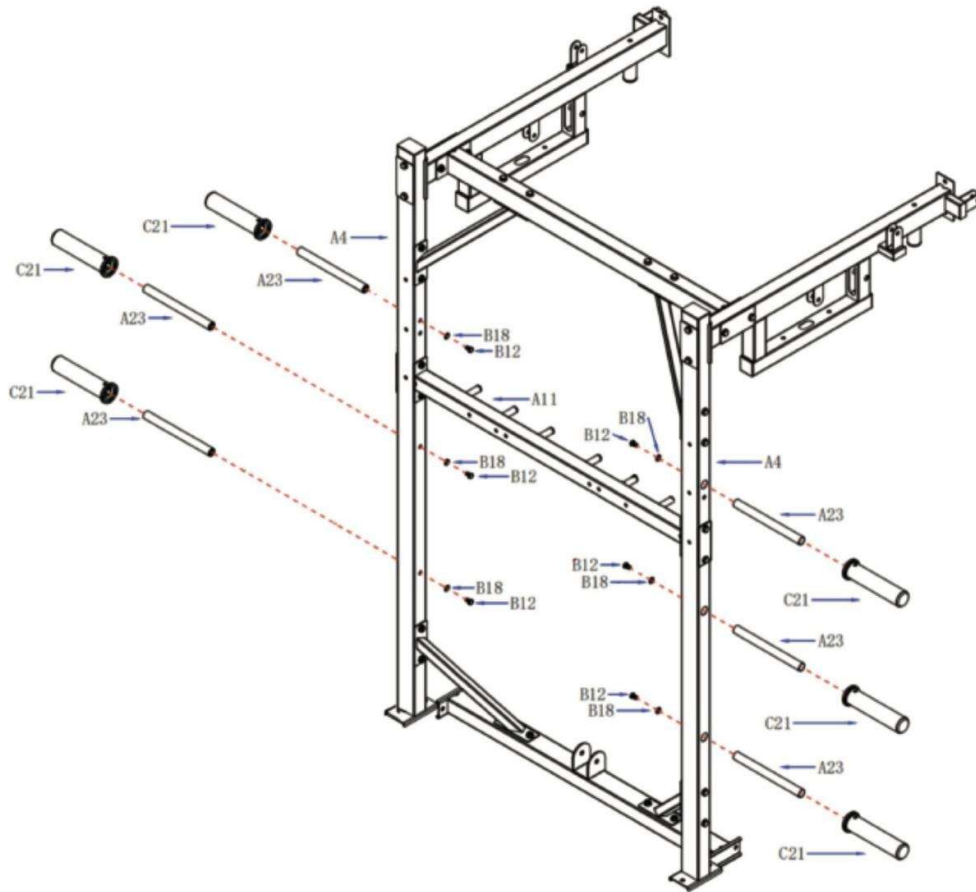
Tip:

The installation method for the left frame (A21) is the same as that for the right side



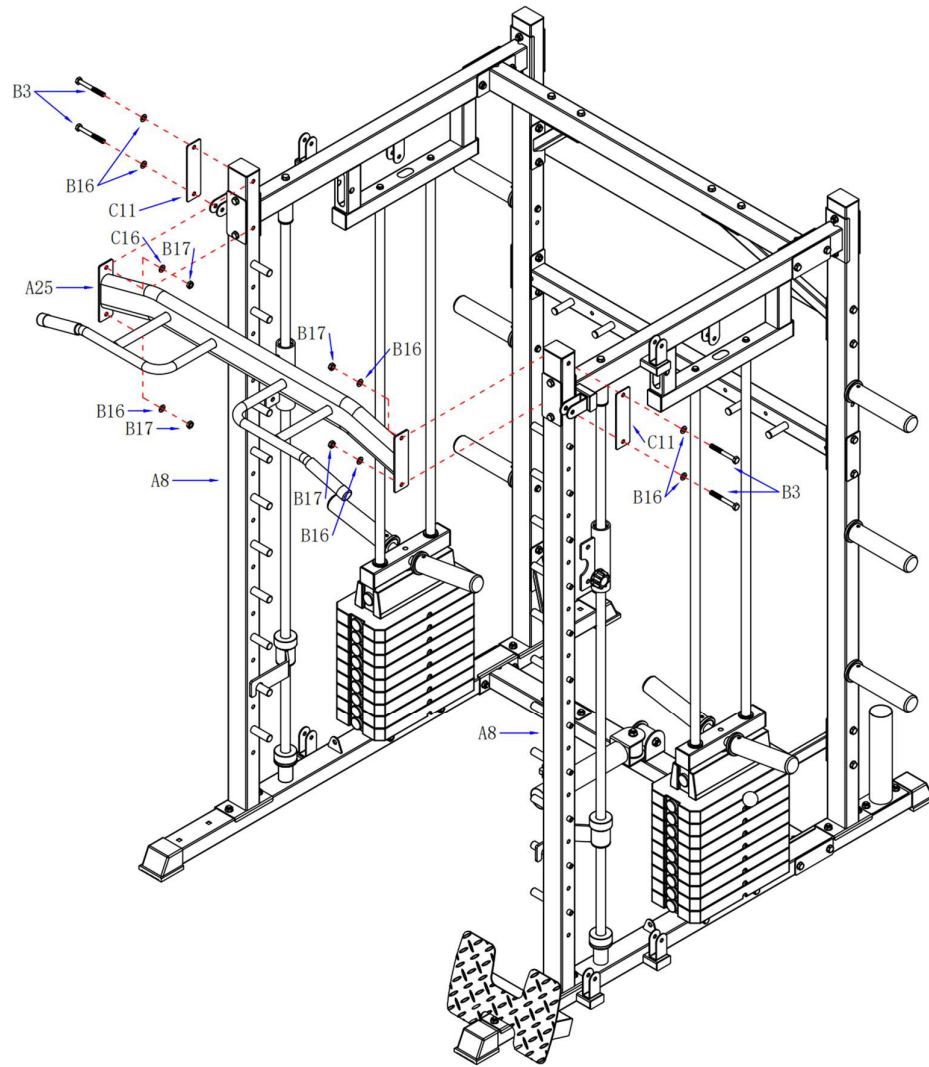
Step 8

1. Use bolts (B5), washers (B16), and nuts (B17) to install the rear upper beam (A22) onto the left frame (A21) and right frame (A20)
2. First, use bolts (B4), washers (B16), and nuts (B17) to install the right diagonal support (A6) to the right side of the rear crossbeam (A22)
3. Then use bolts (B4), washers (B16), and nuts (B17) to install the right diagonal support (A6) onto the rear pillar (A4)
4. First, use bolts (B4), washers (B16), and nuts (B17) to install the left diagonal support (A6) to the left side of the rear crossbeam (A22)
5. Then use bolts (B4), washers (B16), and nuts (B17) to install the left diagonal support (A6) onto the rear pillar (A4)



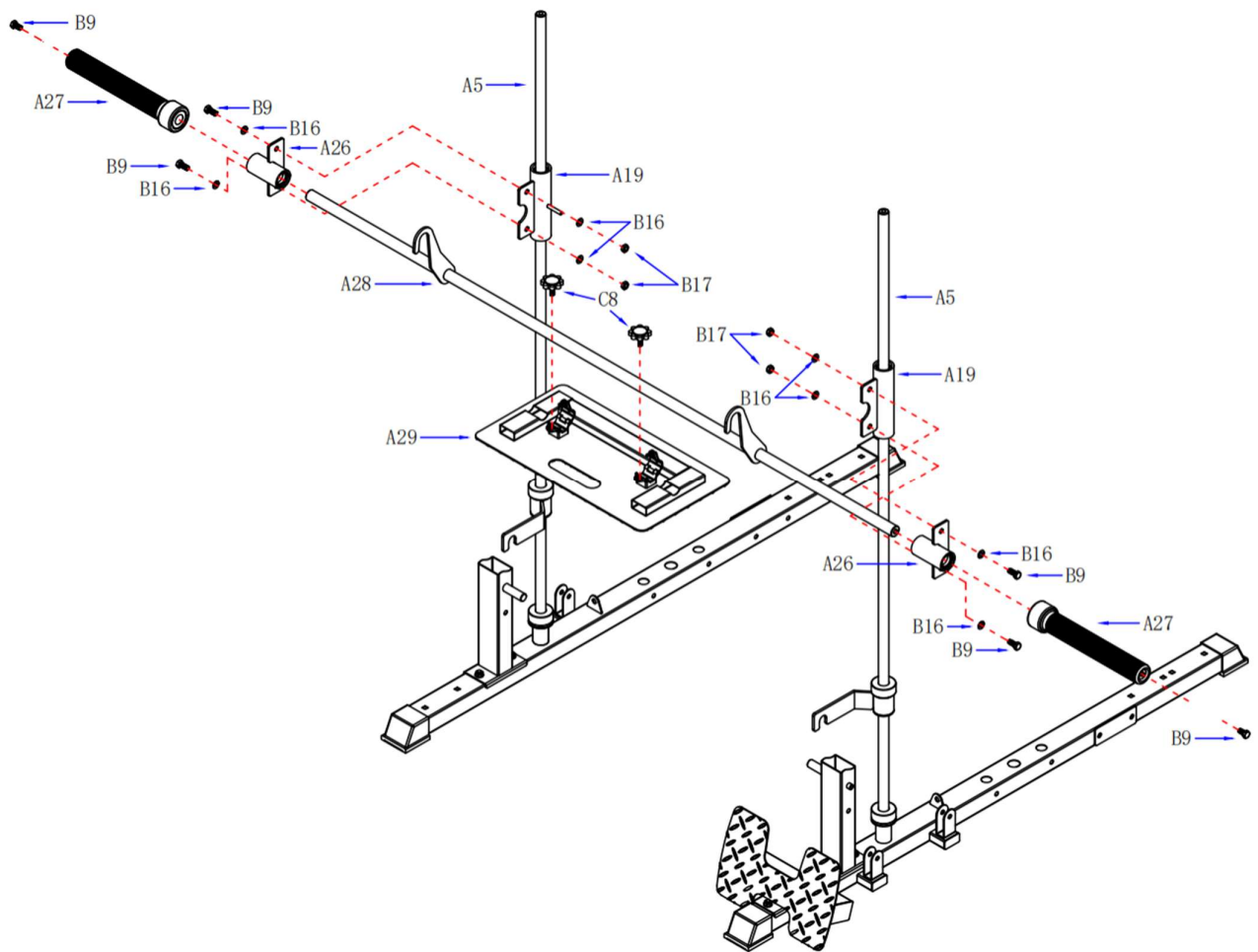
Step 9

1. Use bolts (B12) and washers (B18) to install 6 load-bearing pipes (A23) onto 2 rear pillars (A4) respectively
2. Then install the 6 variable diameter sleeves (C21) on each of the 6 load-bearing pipes (A23) and lock the screws in the variable diameter sleeves (A16)



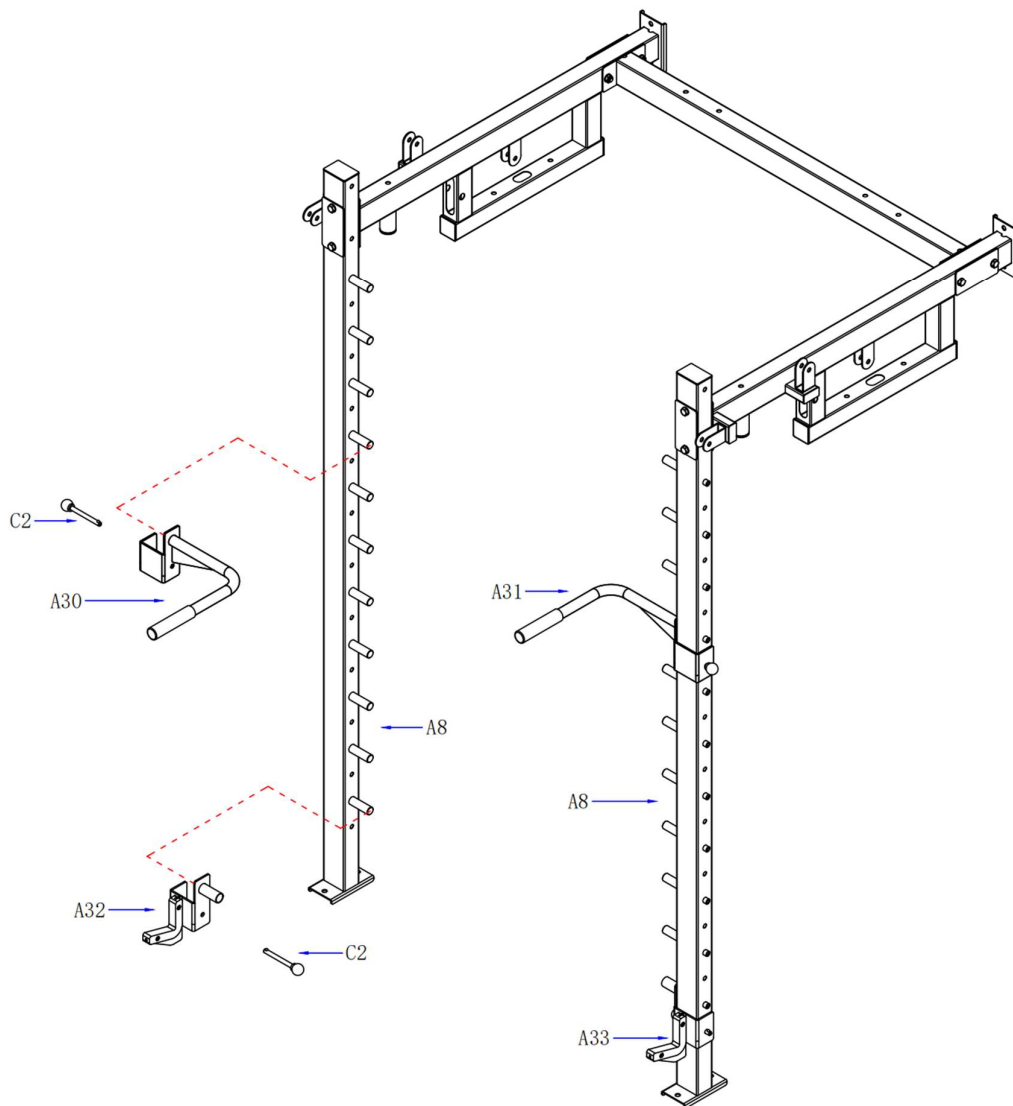
Step 10

1. Use bolts (B3), washers (B16), 50 wide reinforcing plates (C11), and nuts (B17) to install the front main beam (A25) onto the front pillar (A8)



Step 11

1. First, install the two barbell bar connecting frames (A26) into the two ends of the barbell bar (A28) respectively
2. Then use bolts (B9), washers (B16), and nuts (B17) to install the barbell bar link bracket (A26) onto the sliding sleeves (A19) in the two front sliding bars (A5), respectively
3. Then use bolts (B9) to install the two variable diameter steel pipe sleeves (A27) onto both ends of the barbell bar (A28)
4. Use the M8 plum blossom knob (C8) to install the squatting foot board (A29) in the middle of the barbell bar (A28)

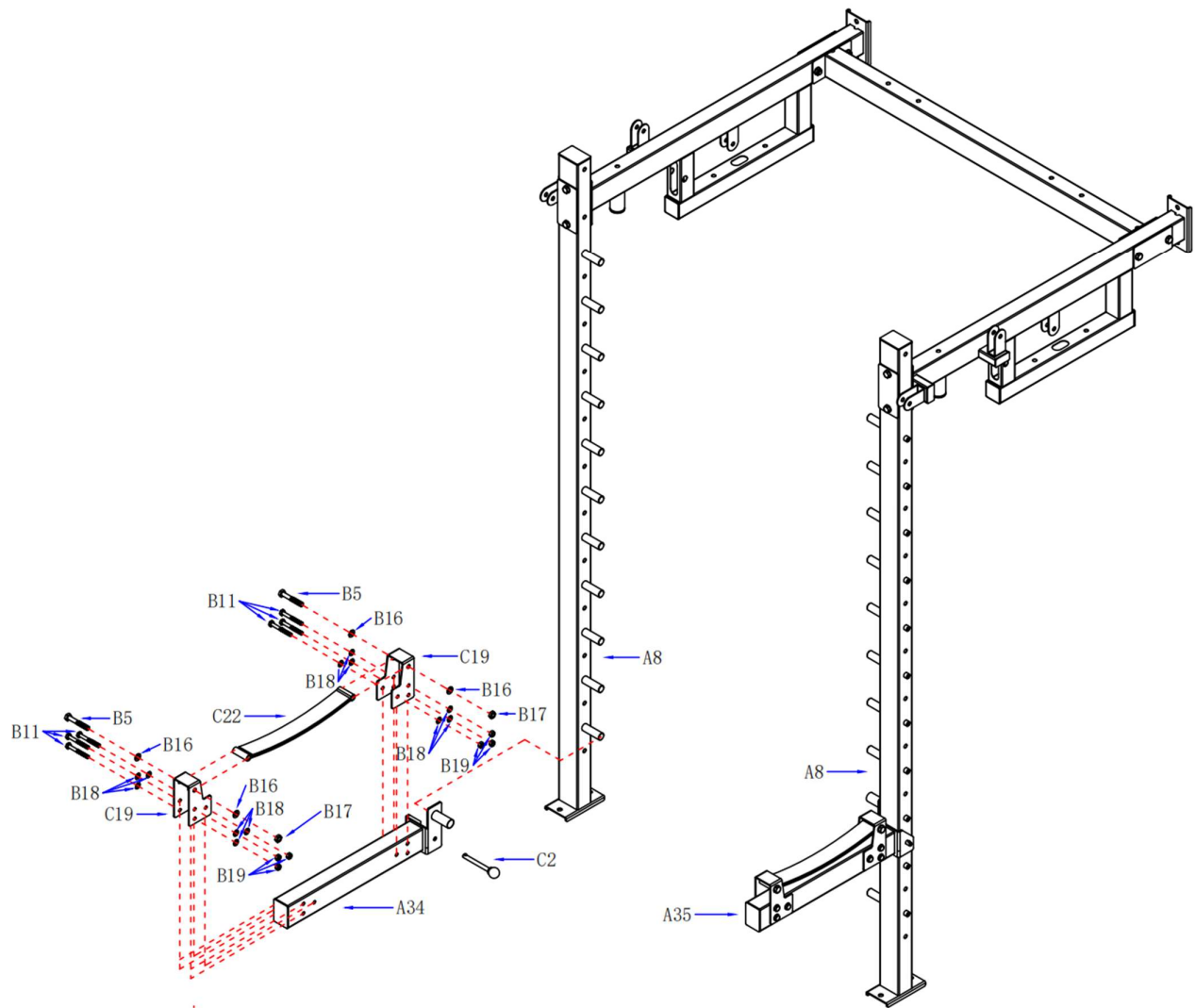


Step 12

1. Install the right adjustable armrest (A30) at the appropriate position on the right side of the front pillar (A8) and secure it with a 10X100 ball pin (C2)
2. Install the right adjustment bracket (A32) at the appropriate position on the right side of the front pillar (A8) and fix it with \varnothing 10X100 spherical pin (C2)

Tip:

The installation method on the left side is the same as on the right side

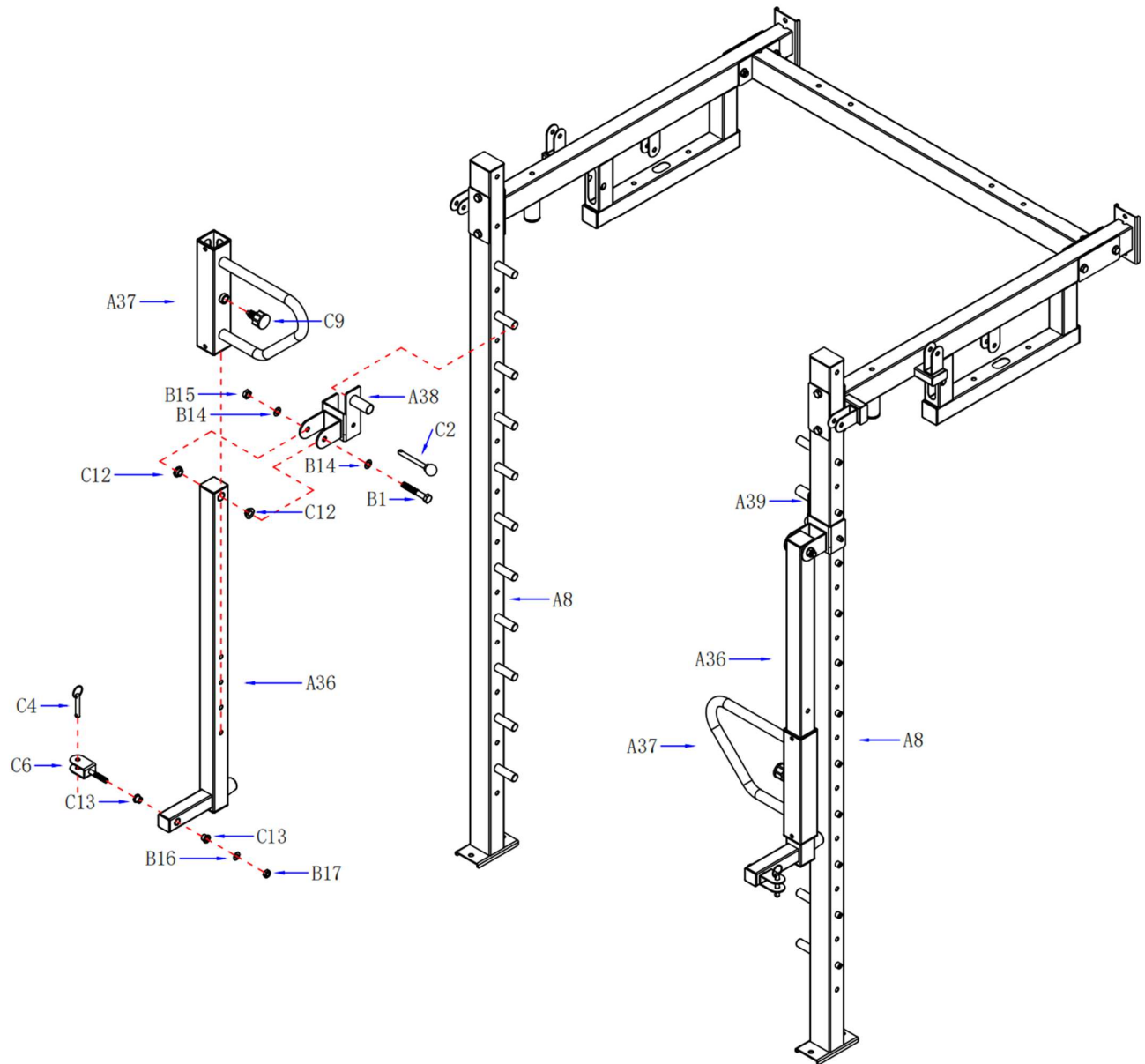


Step 13

1. Use bolts (B5), washers (B16), and nuts (B17) to install the woven tape (C22) onto the two woven tape link brackets (C19)
2. Then use bolts (B11), washers (B18), and nuts (B19) to install the two woven belt link brackets (C19) onto the right barbell bar bracket (A34)
3. Install the right barbell bar bracket (A34) onto the applicable position of the right front pillar (A8) and secure it with a 10X100 ball pin (C2)

Tip:

The installation method on the left side is the same as on the right side

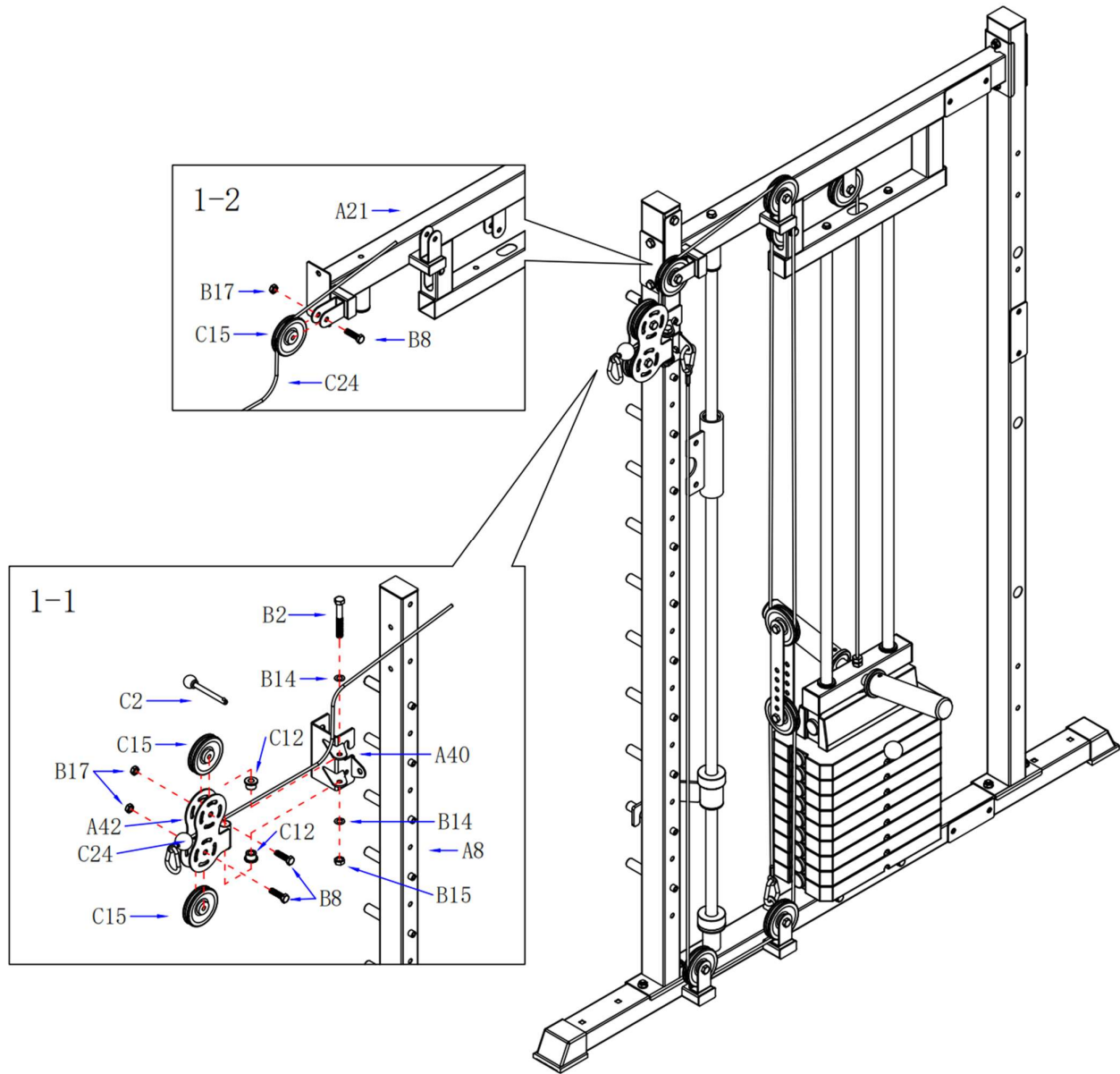


Step 14

1. First, install the movable push arm bracket (37) into the movable arm tube (A36) and fix it in the appropriate position with an M16 spring knob (C9)
2. Then use bolts (B1), washers (B14), large powder bearings (C12), and nuts (B15) to install the movable arm tube (A36) onto the right arm tube link bracket (A38)
3. Install the right arm tube connecting bracket (A38) into the appropriate position on the right front pillar (A8) and secure it with a 10X100 ball pin (C2)
4. Use nuts (B17), washers (B16), and small powder bearings (C13) to install the movable pulley bracket (C6) onto the movable arm tube (A36), while placing the locking pin (C4)

Tip:

The installation method on the left side is the same as on the right side



Step 15

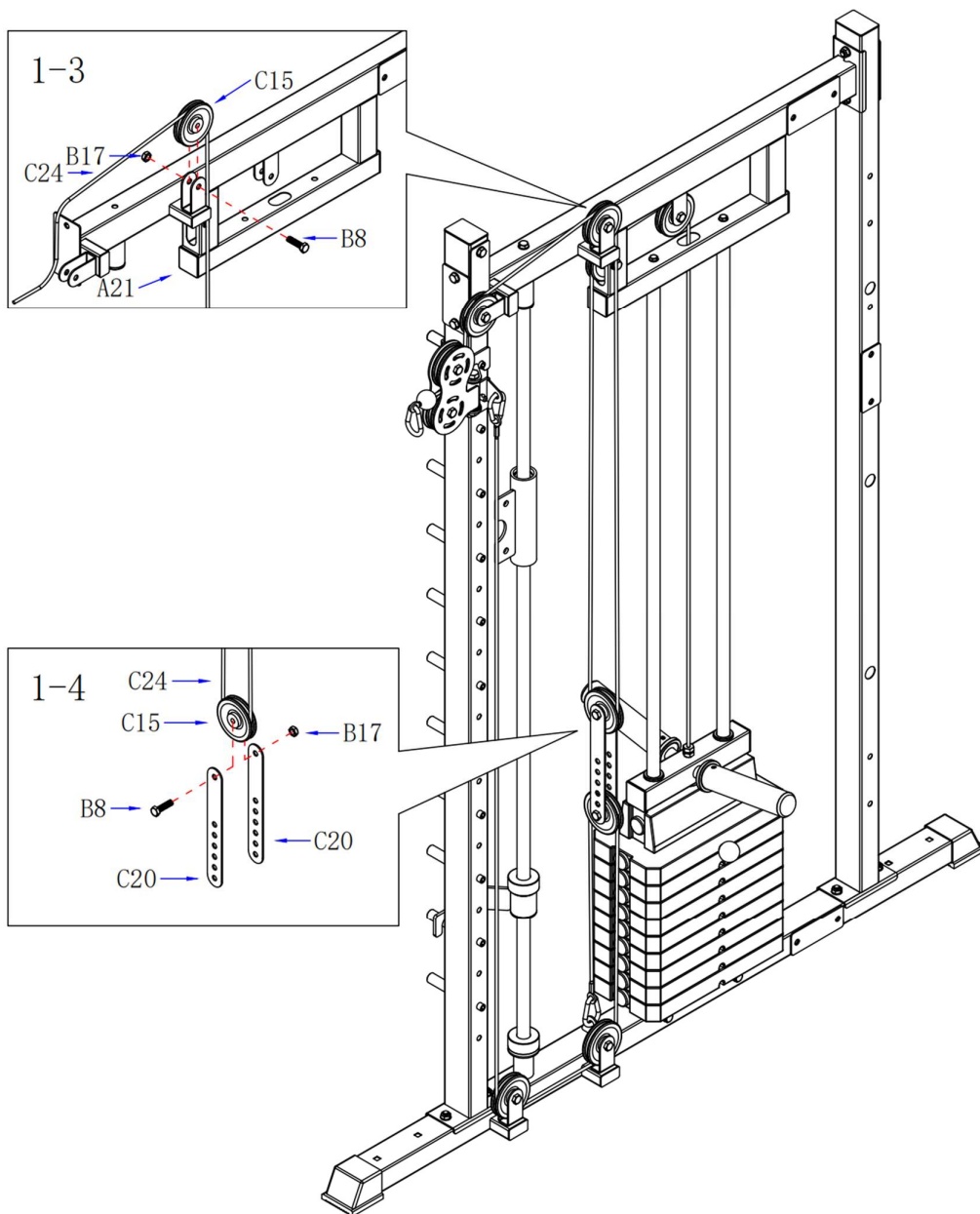
1-1: 1, First, install the left adjustment pulley bracket (A40) on the applicable position of the left front pillar (A8),

1-1:2, then use bolts (B2), washers (B14), large powder bearings (C12), and nuts (B15) to install the double pulley frame (A42) onto the left adjustment pulley frame (A40)

1-1:3, first install the pulley (C15) to the lower end of the double pulley frame (A42) using bolts (B8) and nuts (B17)

1-1:4, use bolts (B8) and nuts (B17) to install the pulley (C15) and No.1 steel wire rope (C24) together on the upper end of the double pulley frame (A42)

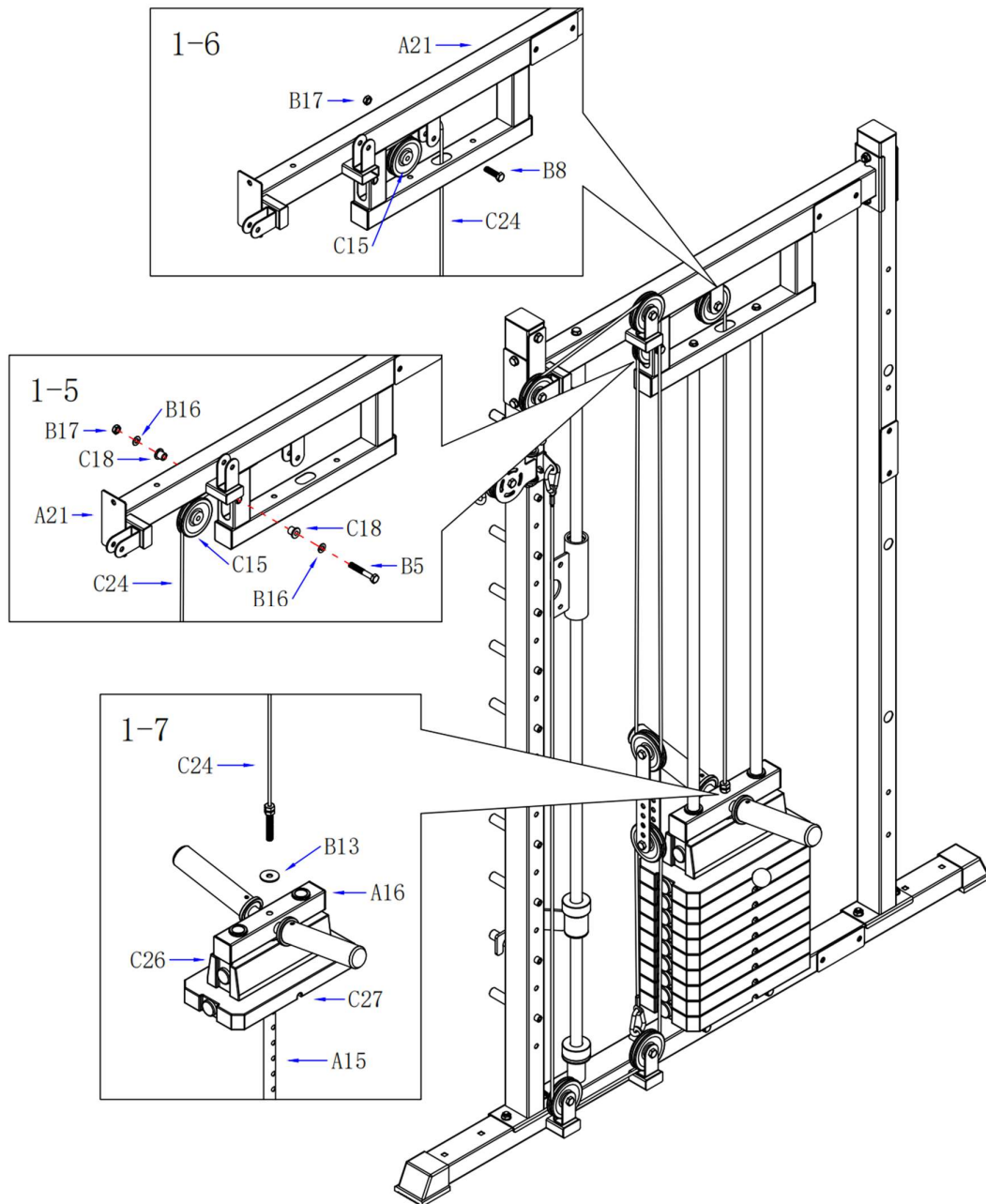
1-2: Use bolts (B8) and nuts (B17) to install pulley (C15) and No.1 steel wire rope (C24) together on the pulley bracket at the front end of the left frame (A21)



Step 16

1-3: Use bolts (B8) and nuts (B17) to install pulley (C15) and No. 1 steel wire rope (C24) forward together on the pulley bracket in the middle of the left frame (A21)

1-4: Use bolts (B8) and nuts (B17) to install the pulley (C15) and No.1 steel wire rope (C24) together downwards on the front end of the pulley connecting piece (C20)

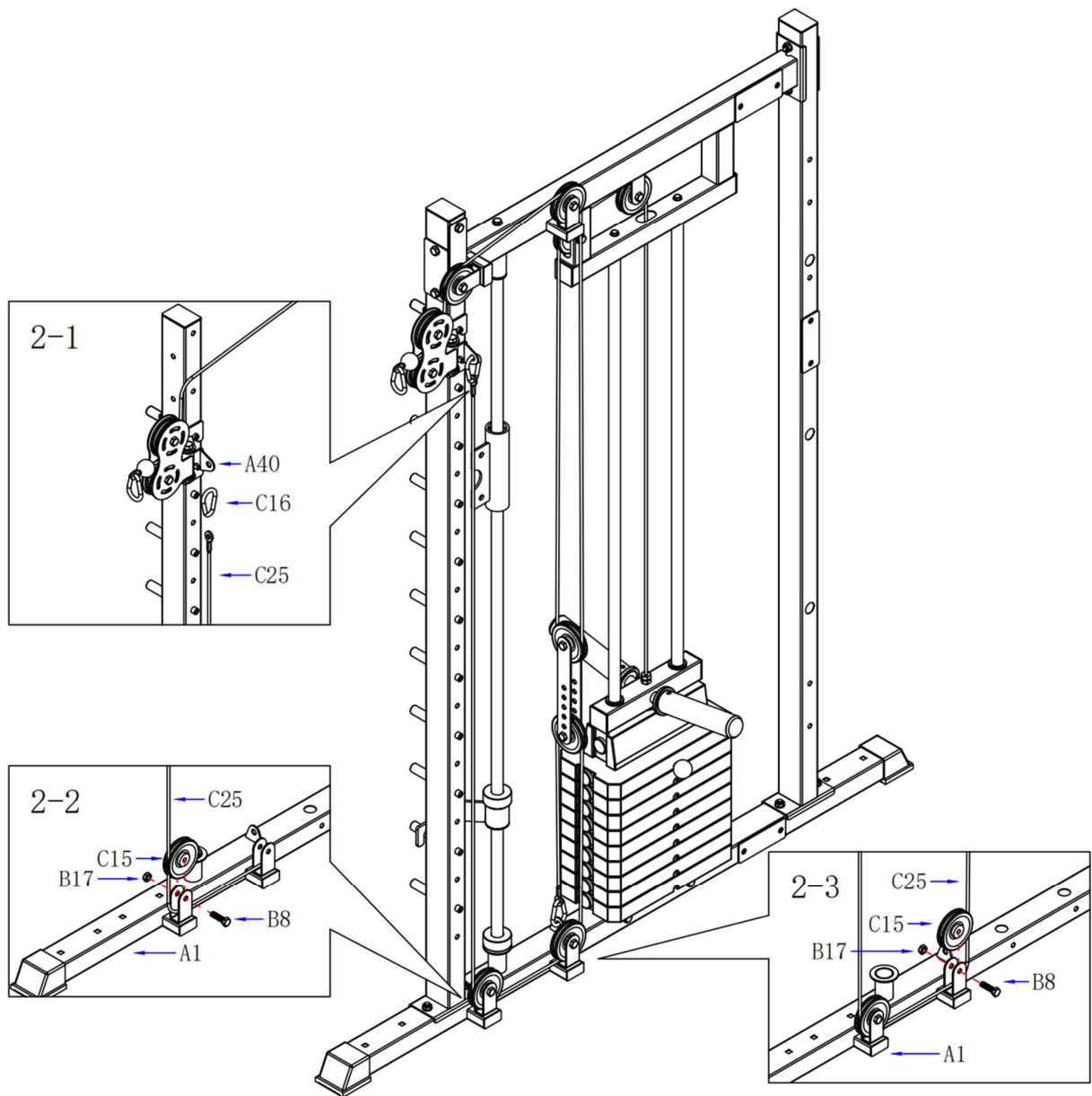


Step 17

1-5: Use bolts (B5), washers (B16), T-shaped shaft sleeves (C18), and nuts (B17) to install the pulley (C15) and No.1 steel wire rope (C24) upwards in the middle hole of the left frame (A21)

1-6: Use bolts (B8) and nuts (B17) to install pulley (C15) and No.1 steel wire rope (C24) forward onto the pulley bracket behind the left frame (A21)

1-7: Finally, install the No.1 steel wire rope (D19) downwards onto the selection rod (A8), using a 12mm enlarged washer (B13)

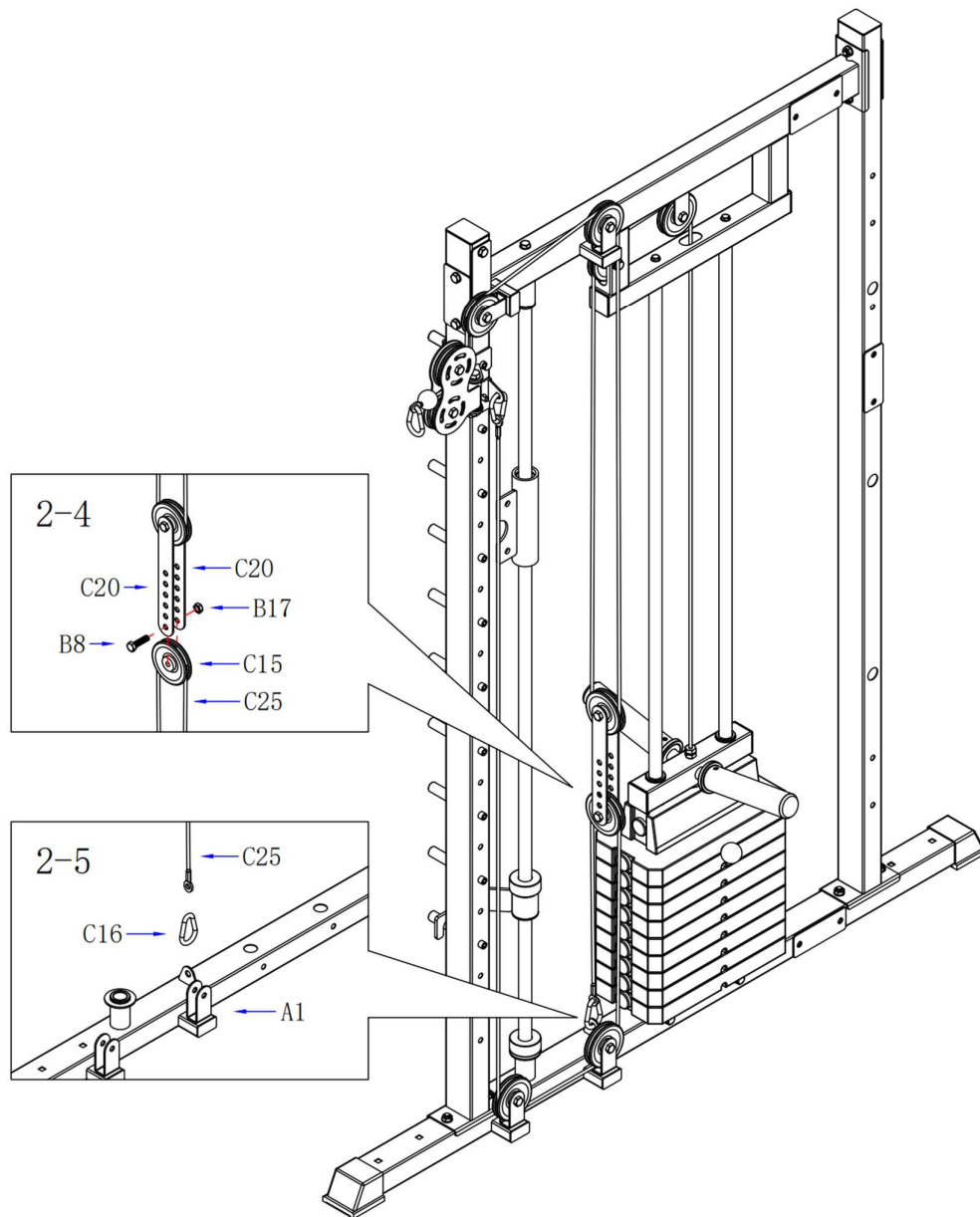


Step 18

2-1: Use a gourd hook (C16) to install the No. 2 steel wire rope (C25) onto the hook of the left adjustment pulley frame (A40)

2-2: Use bolts (B8) and nuts (B17) to install the pulley (C15) and No. 2 steel wire rope (C25) together downwards onto the pulley frame at the front end of the left straight bottom pipe (A1)

2-3: Use bolts (B8) and nuts (B17) to install pulley (C15) and No. 2 steel wire rope (C25) forward onto the pulley frame at the rear end of the left straight bottom pipe (A1)



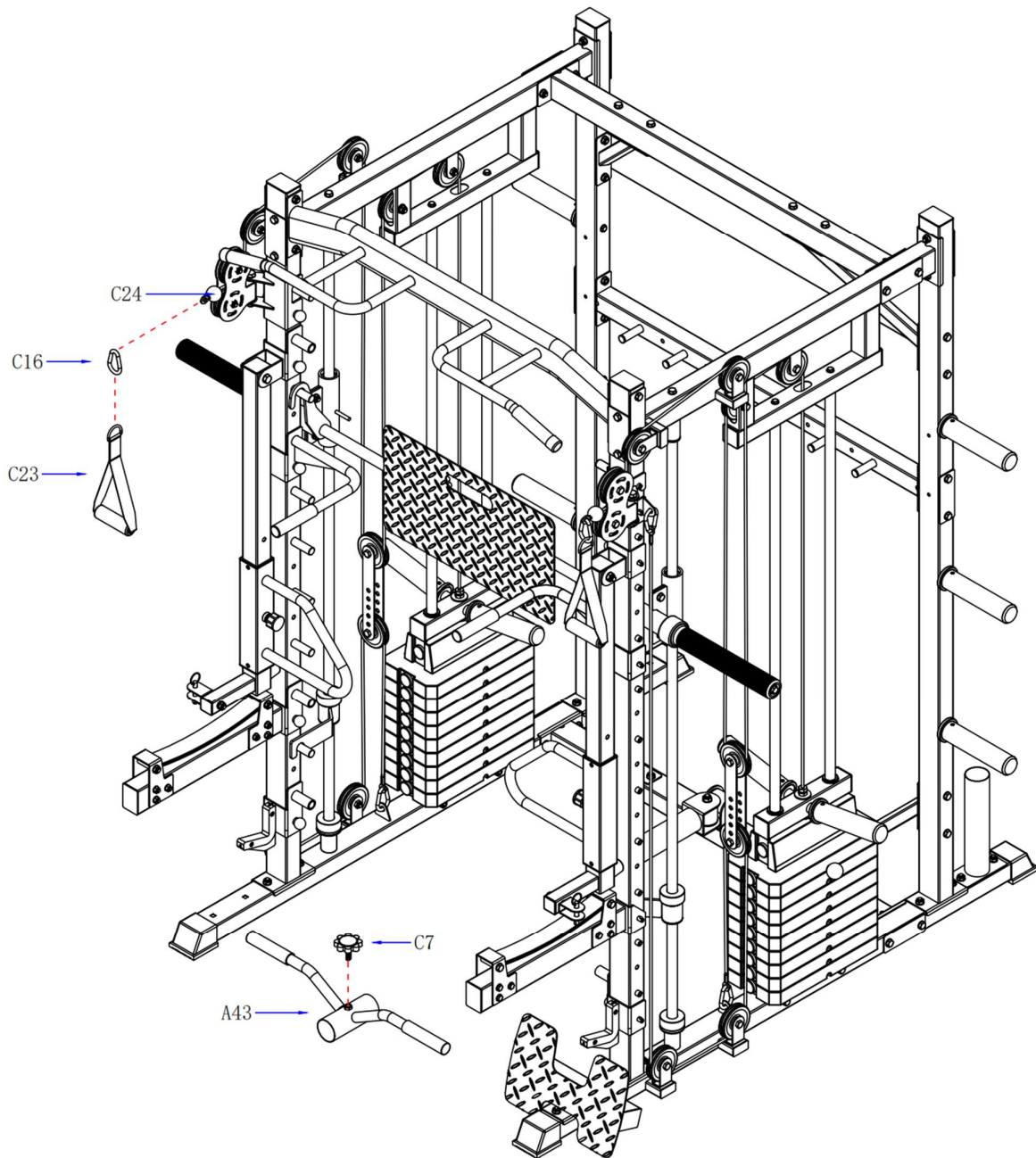
Step 19

2-4: Use bolts (B8) and nuts (B17) to install the pulley (C15) and No. 2 steel wire rope (C25) together on the lower end of the pulley connecting piece (C20)

2-5: Use a gourd hook (C16) to install the 2nd steel wire rope (C25) downwards onto the hook of the left straight bottom pipe (A1)

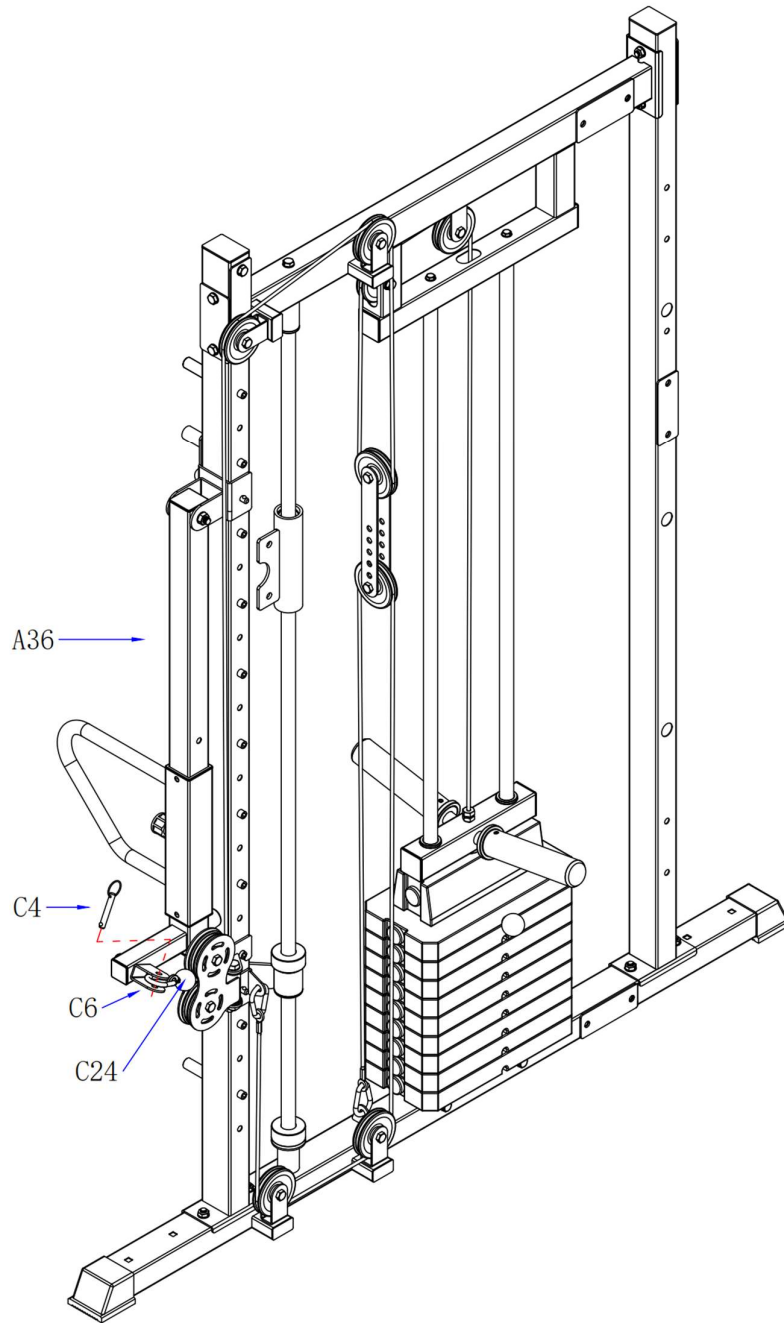
Tips:

The installation method on the right side is the same as that on the left side



Step 20

1. Use a gourd hook (C16) to install the handle (C23) onto the No. 1 steel wire rope (C24) on the right front pillar (A8)
2. The installation of the left handle (C23) is the same as that of the right side
3. Install the M10 plum blossom knob (C7) into the gun frame handle (A43)



Step 21

1. When using the movable arm tube (A36), install the No.1 steel wire rope (C24) onto the movable pulley bracket (C6) on the movable arm tube (A36) and fix it with a 10X50MM pin (C4)

