



# SMITH MACHINE

Model 872SM-B

**+ Owner's Manual**

V2.0—06.2012

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# **+** Safety

**Read this owner's manual carefully before assembling or using TKO equipment.**

***WARNING: Serious injury could occur if these safety precautions are not observed***

## ***Safety Precautions***

- Before beginning any exercise program, consult your personal physician. Evaluate your present fitness level and determine the exercise program that is most appropriate for your particular age and condition.
- If you experience any pain or tightness in your chest, irregular heartbeats, shortness of breath, faintness or other unusual discomfort while exercising, stop and consult your physician before continuing.
- Make sure that the equipment(s) are set up and operated on a solid level surface. DO NOT install or use the equipment on an uneven surface.
- Exercise equipment has moving parts. In the interest of safety, keep others, especially children, at a safe distance while exercising.
- Make sure there are enough room for access and operate the equipment(s) safely.
- Inspect and maintain the equipment(s) regularly.
- Replace the worn or damaged parts / components immediately to ensure safety.
- Use a spotter.
- Back support cushion may drop when knob is pulled. Hold the back support cushion when adjusting it.
- Make sure the pull pin is fully engaged before use.
- Lower the back support cushion to the lowest position when not in use.
- Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. Never hold your breath while exercising.
- Remove all jewelry, including rings, chains and pins before commencing exercise.
- Always wear suitable clothing and footwear during exercise. Do NOT wear loose fitting clothing that could become entangled with the moving parts of your exercise machine.
- Rest adequately between workouts. Muscles tone and develop during these rest periods.
- Most exercise equipment is not recommended for small children. Children should not use the machine unless they are under adult supervision.

If you have any question or need assistance please contact us at,

Customer Service: 866-856-3488 or 713-895-9270

e mail: [customerservice@tko.com](mailto:customerservice@tko.com)

Hours: Monday-Friday 8:30am to 4:30pm CT

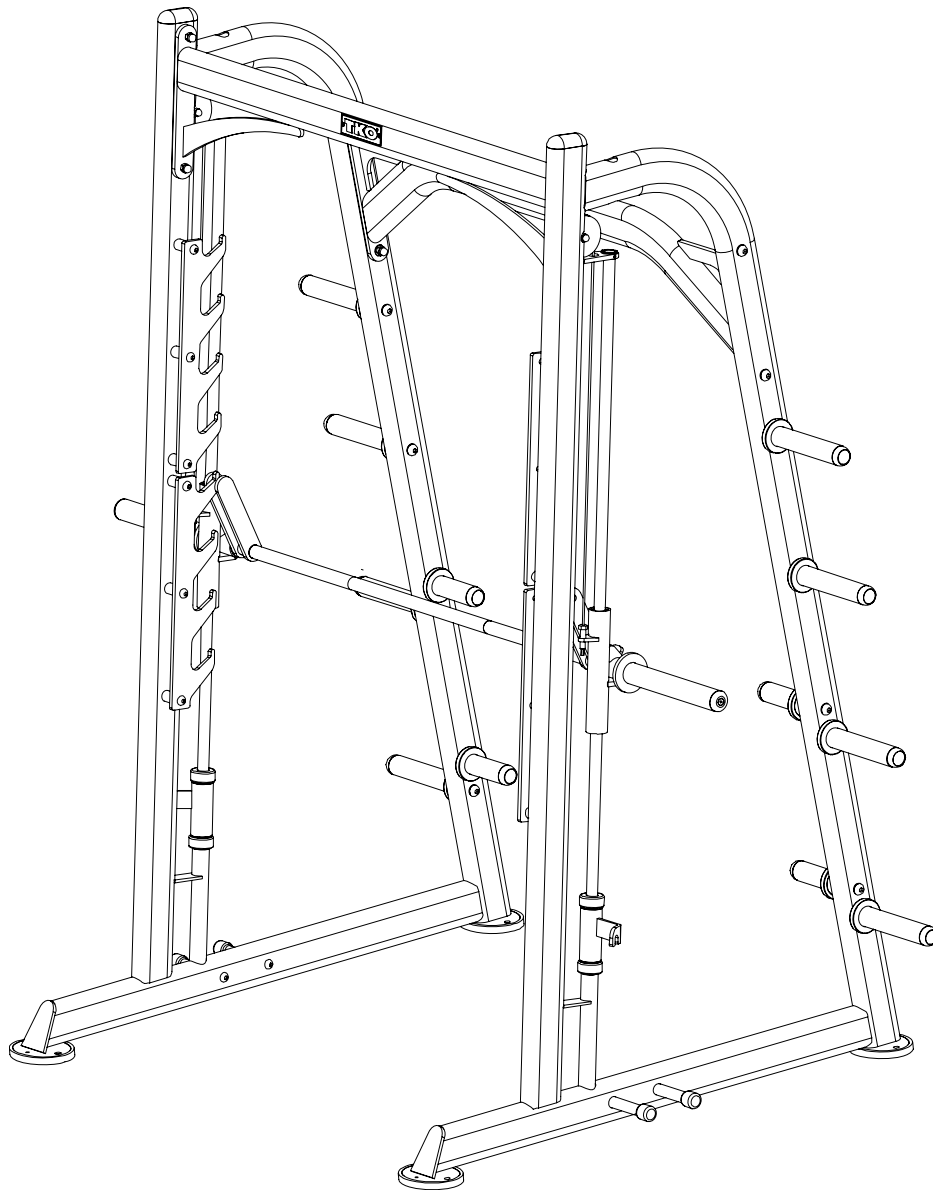
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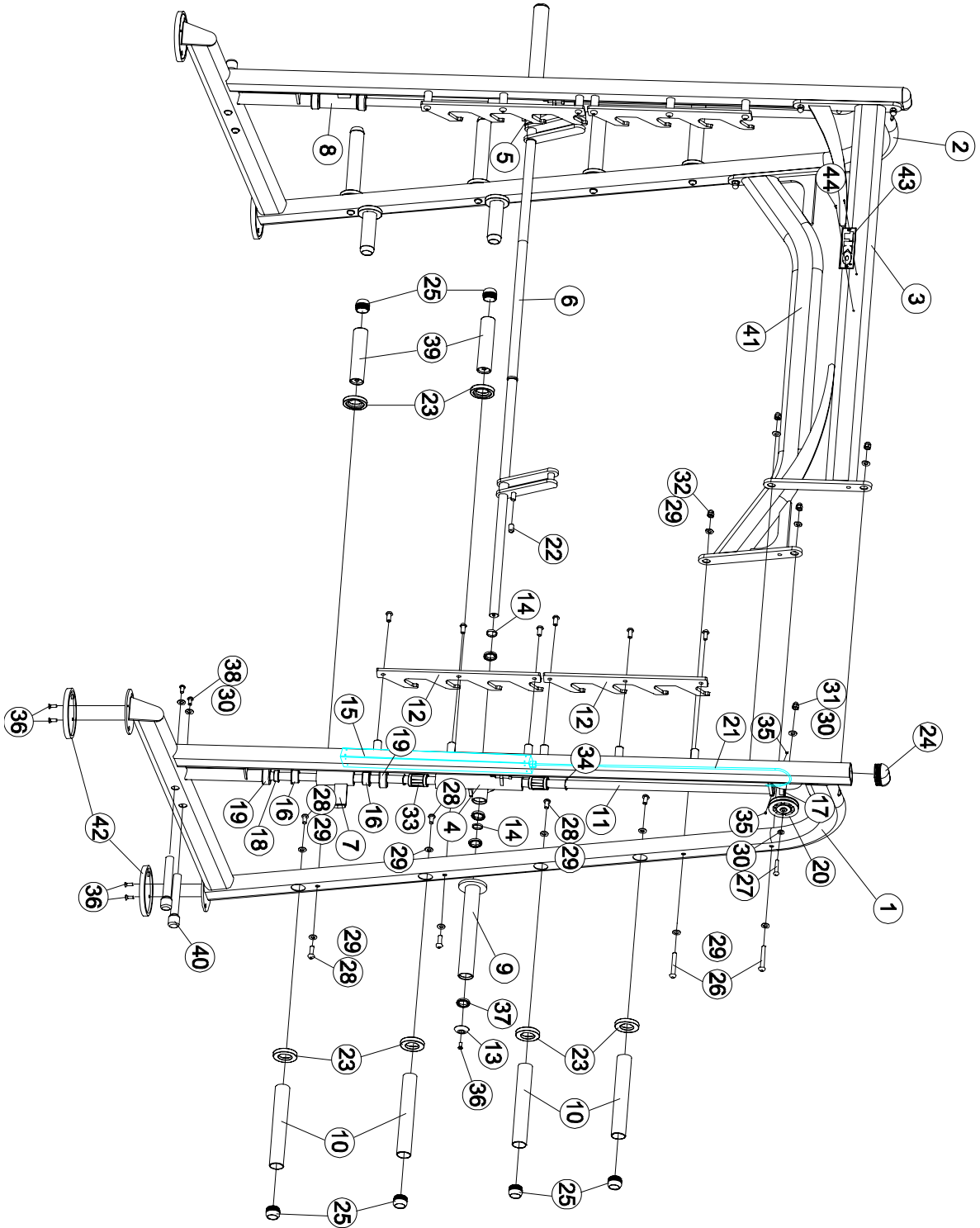
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# ✚ Product Diagram



# ✚ Exploded Diagram



# ✚ Parts List

Part No.	Description	Q'ty	Part No.	Description	Q'ty
1	Main Frame-L	1	24	End Cap	2
2	Main Frame-R	1	25	End Cap	12
3	Top Cross Frame	1	26	Allen Bolt M12x75mm (3")	4
4	Sliding mechanism assembly – L				1
5	Sliding mechanism assembly – R				1
6	Barbell	1	27	Hex Bolt M10x50mm (2")	2
7	Safety Catch – L	1	28	Allen Bolt M12x25mm (1")	24
8	Safety Catch – R	1	29	Flat Washer for M12 bolt	24
9	Olympic Plate Adapter	2	30	Flat Washer for M10 bolt	8
10	Longer Plate Storage Bar	8	31	Lock Nut for M10 bolt	2
11	Guide Rod	2	32	Lock Nut for M12 bolt	8
12	Gun Rack	4	33	Bearing SB25	4
13	Plate Adapter End Cap	2	34	Clip	4
14	Washer	4	35	Allen Bolt M6x8mm	4
15	Counter Balance	2	36	Allen Bolt M8x20mm	2
16	Bushing	4	37	Bearing 61806	8
17	Bushing	2	38	Allen Bolt M10x15mm	4
18	Bushing	2	39	Shorter Plate Storage Bar	4
19	Rubber Bumper	4	40	Stretch Cords Holder	4
20	Pulley	2	41	Lower Cross Frame	1
21	Cable	2	42	Rubber Shoe	4
22	Rubber End Cap	1	43	Name Plate	1
23	Rubber Bumper	12	44	Rivet	2

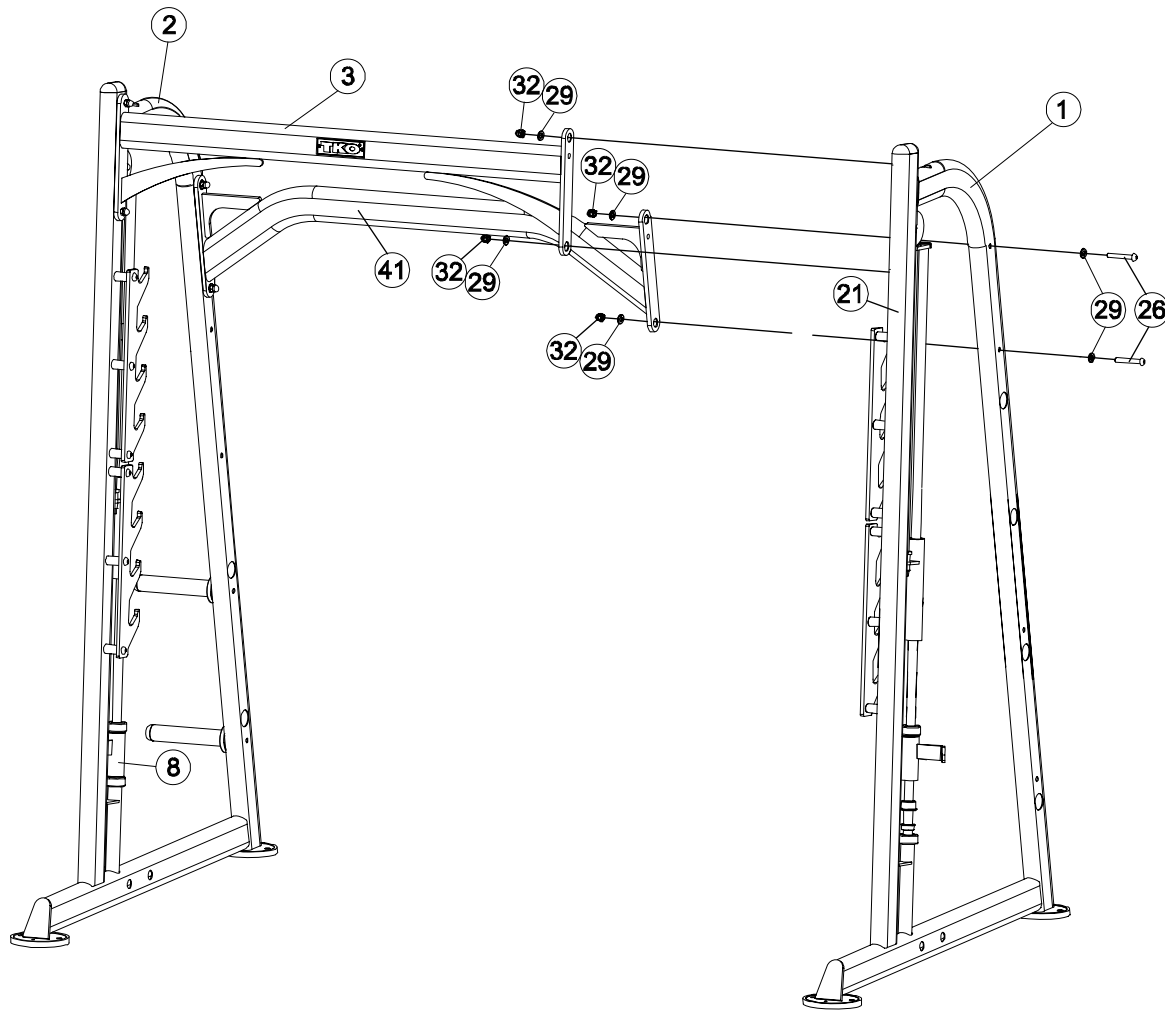
# ✚ Assembly

**Note:** Before starting assembly remove all parts and hardware from the carton, ensure you have everything according to the list.

## Step 1

Please connect the Top Cross Frames (3) and Lower Cross Frame (41) to the Main Frames (1&2), using 4 Allen Bolts (26), 12 Flat Washers (29) and 8 Lock Nuts (32).

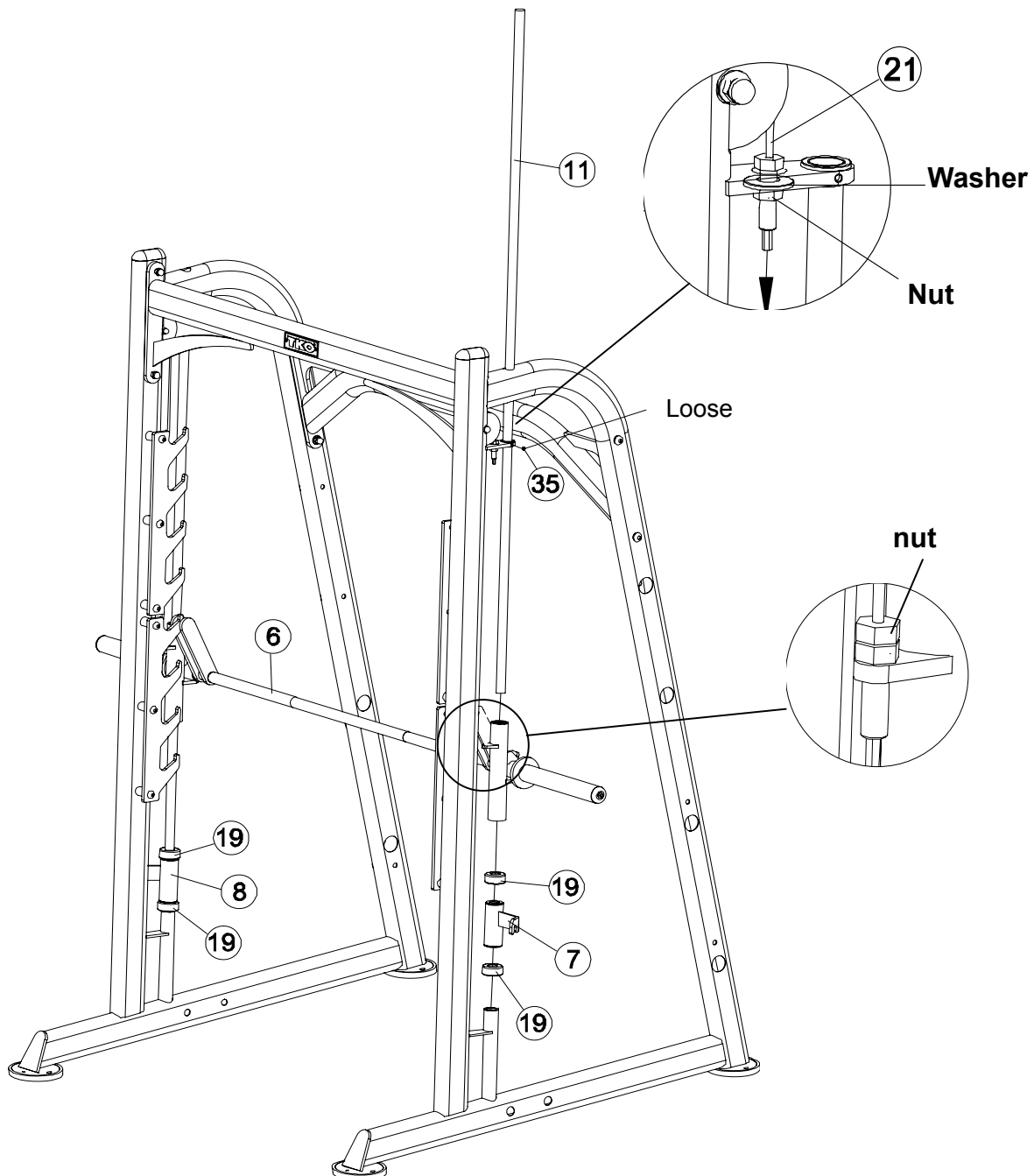
**Note:** Please tighten all the nuts and bolts with wrenches.



# + Assembly

## Step 2

Please loosen the Allen Bolt (35) and pull up the Smith Guide Rod (11).  
Please connect the Barbell (6) to the Guide Rod (11), then pull down the Guide Rod (11) and tighten the Allen Bolt (35).  
Connect the Counter Balance Cable (21) to the Sliding Mechanism by remove the Flat Washer at the end of the cable, connect the Cable to the hole in the Sliding Mechanism, tighten it with 2 Bolts.



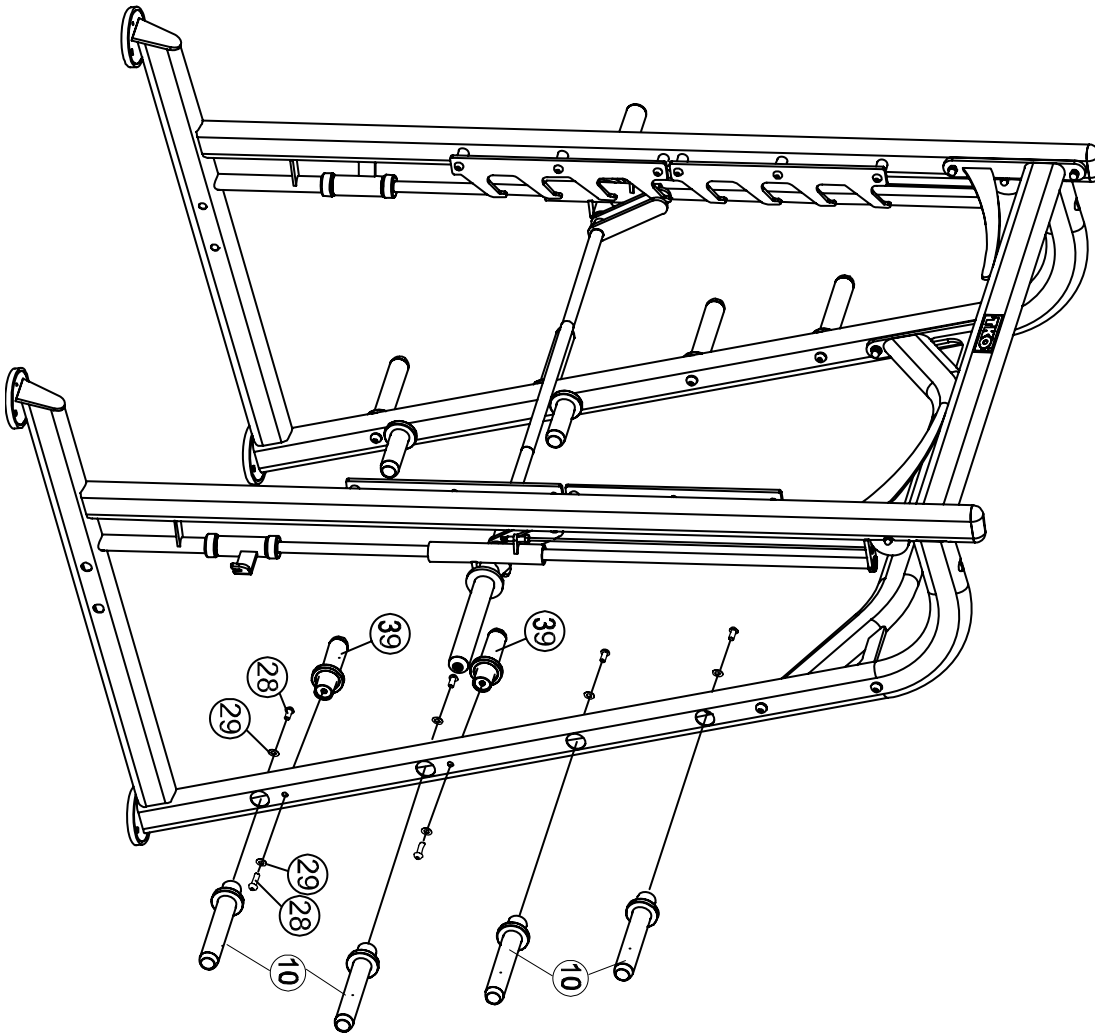


# + Assembly

## Step 3

Please install the Weight Plate Storage Bar (10&39) to the Main Frames (1&2), Using 12 Allen Bolts (28) and 12 Flat Washers (29).

Please tighten all the Bolts with Allen wrench.



# + Assembly

## Step 4

Please install the Stretch Cords Holder (40) to the Main Frame (1), Using 8 Flat Washers (30) and 4 Allen Bolts (38).

Please tighten all the Bolts with Allen wrench.

