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BK-3000F

MULTIFUNCTION SMITH

Assembly Instructions

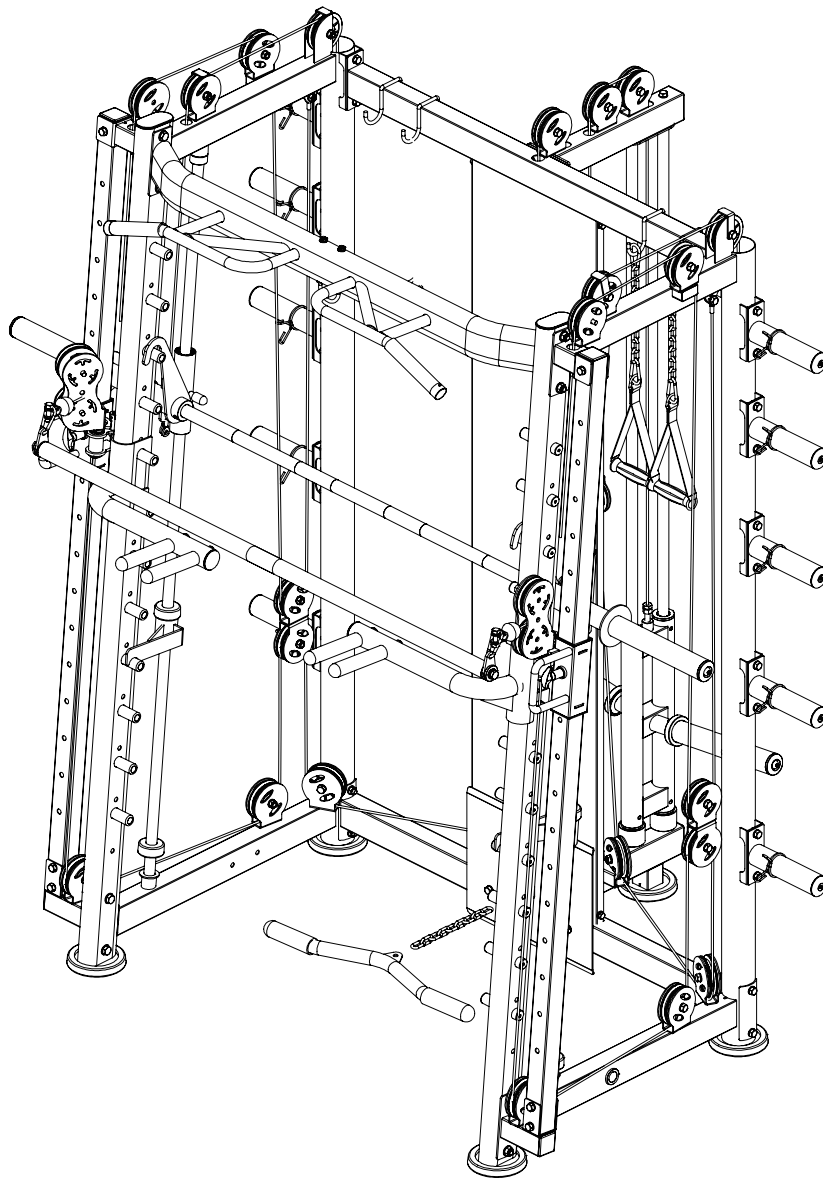


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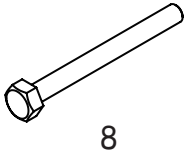
Spare parts list

No.	Description	Note	Qty.
1	back ground link tube		1
2	left frame		1
3	right frame		1
4	front up link tube		1
5	short up link tube left		1
6	short up link tube right		1
7	fixing plate	t3.0*59*140	2
8	hexagon bolt	M10*100	4
9	washer	Φ10	95
10	lock nut	M10	43
11	hexagon bolt	M12*75	4
12	washer	Φ12	26
13	lock nut	M12	8
16	barbell bar		1
17	guide rod	Φ25*1850	2
18	barbell sleeve		2
19	hexagon bolt	M12*40	2
20	barbell bar plug		2
21	headless hexagon socket bolt	M8*10	4
22	guide rod lock sleeve		2
23	sliding sleeve left		1
24	sliding sleeve right		1
25	weight stack rubber cushion	Φ60*Φ58*Φ26*25	4
26	safety hook left		1
27	safety hook right		1
28	back up link tube		1
29	back guide rod		2
30	back sliding sleeve		1
31	rubber cushion	Φ60*Φ27*42	2
32	footplate		1
33	hexagon bolt	M10*25	6
34	hexagon bolt	M10*20	6
35	hexagon bolt	M10*95	1
36	short bar		1
37	10 section chain + snap hook		3
38	pulley	Φ95*Φ10.5*25.4	25
39	low pull cable	L=4430mm	1
40	"-" shape pulley frame		3
41	hexagon bolt	M10*45	21
42	middle cable	L=1840mm	1
44	pulley plate		1
45	5 section chain + snap hook		1
46	hexagon bolt	M10*50	6

Spare parts list

No.	Description	Note	Qty.
47	help cable	L=2370mm	2
48	pulley catch plate		4
49	help weight		2
50	hexagon bolt	M12*70	4
51	short down link tube left		1
52	short down link tube right		1
53	hexagon bolt	M10*70	4
54	sliding sleeve left		1
55	sliding sleeve right		1
56	guide tube		2
57	T shape locking spring pin	Φ10	2
58	bird up cable	L=3542mm	2
59	bird down cable	L=10690mm	1
60	hexagon bolt	M12*30	4
61	barbell plate hang bar		10
62	butterfly clip	Φ50	14
63	shield		1
64	hexagon bolt	M8*20	24
65	spring washer	Φ8	4
66	washer	Φ8	24
67	horizontal bar left		1
68	horizontal bar right		1
69	T shape pin	Φ10*75	2
70	tie-rod		1
71	hexagon bolt	M10*75	2
72	quick hook		2
73	snap hook		2
75	handle pull belt		2
85	back pulley frame		1
86	back short ground link tube		1
87	spring shim	Φ12	6
88	back up link tube		1
89	back sliding sleeve barbell plate hang bar		2

Fasteners drawing



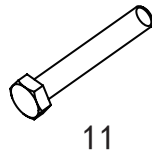
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12



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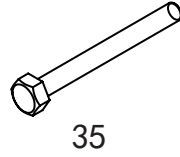
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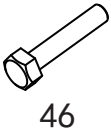
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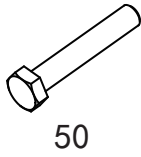
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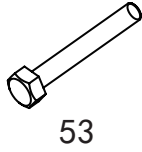
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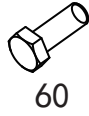
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60



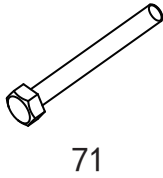
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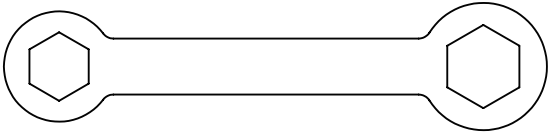


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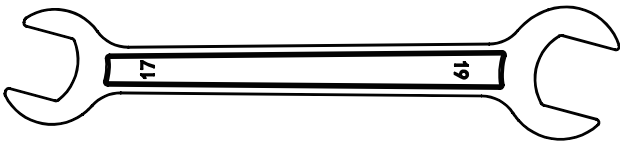


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Installation tools



14-17 SPANNER 1PCS



17-19 SPANNER 2PCS



6MM INNER HEXAGON SPANNER 1PC

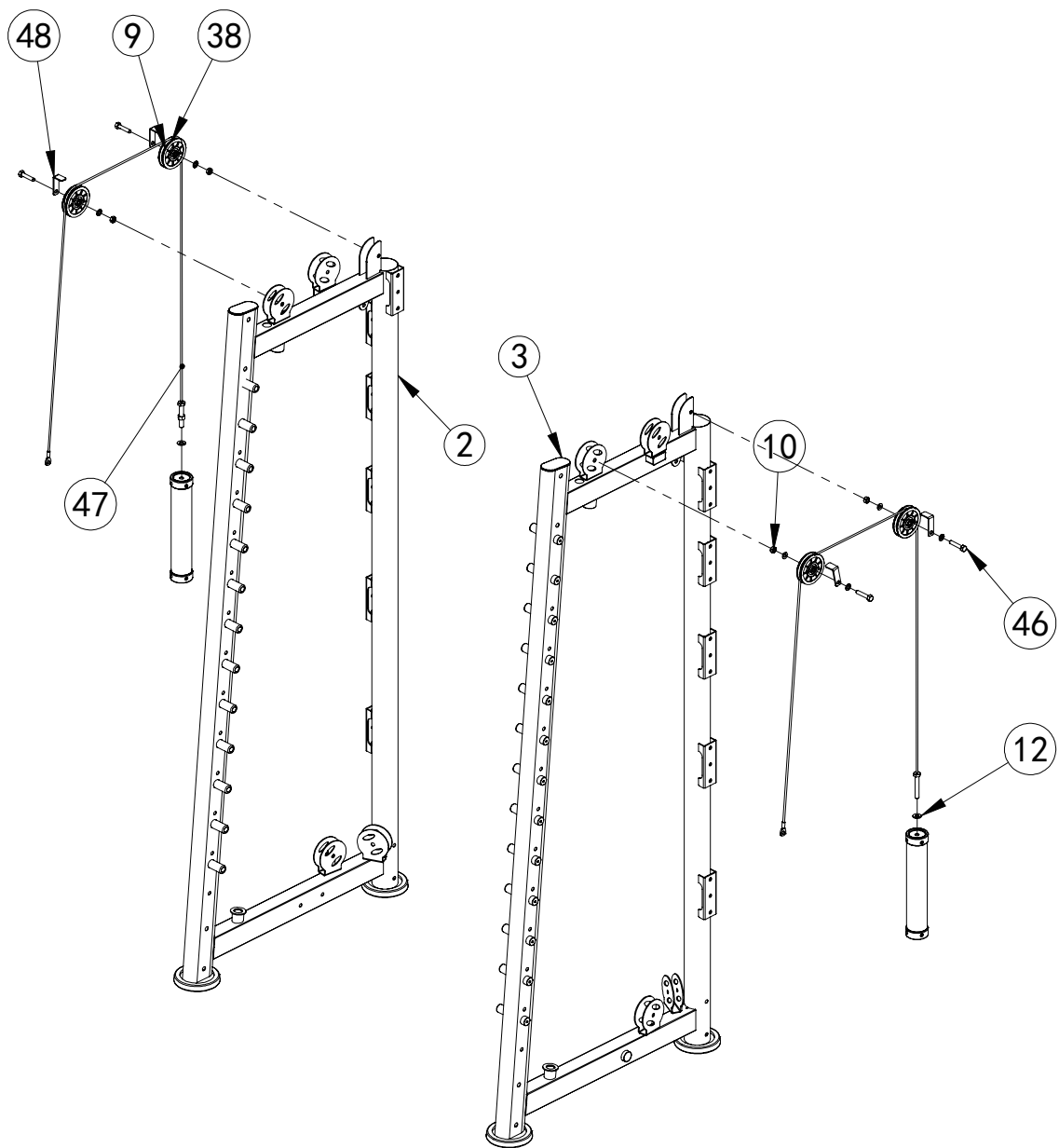


4MM INNER HEXAGON SPANNER 1PC

Bolt length measurement ruler

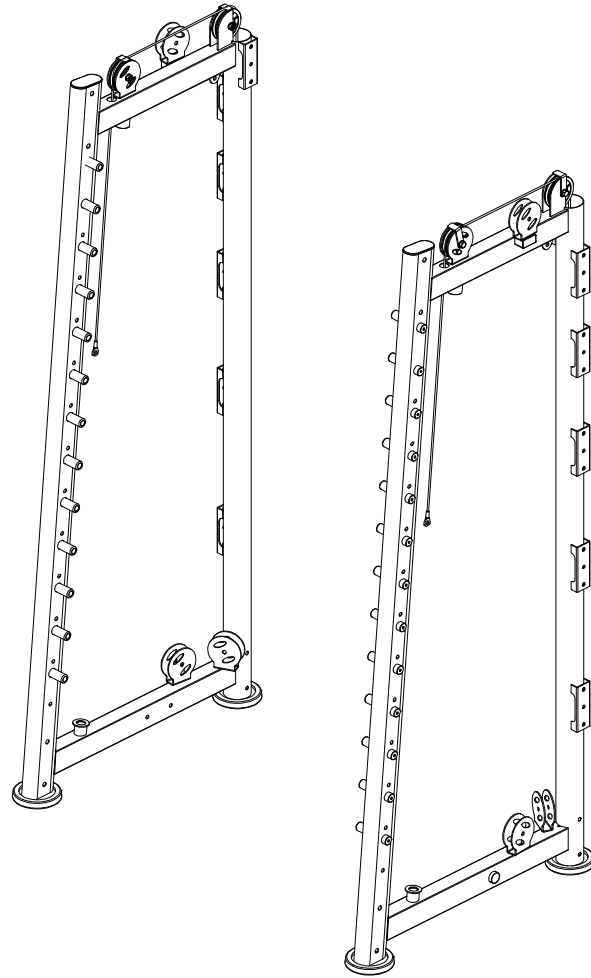


Assembly step (1) explosion drawing



No.	Description	Note	Qty.
2	left frame		1
3	right frame		1
9	washer	Φ10	8
10	lock nut	M10	4
12	washer	Φ12	2
38	pulley		4
46	hexagon bolt	M10*50	4
47	help cable		2
48	pulley catch plate	Φ10	4
49	help weight		2

Assembly step (1) drawing



Assembly step (1) assembly instruction

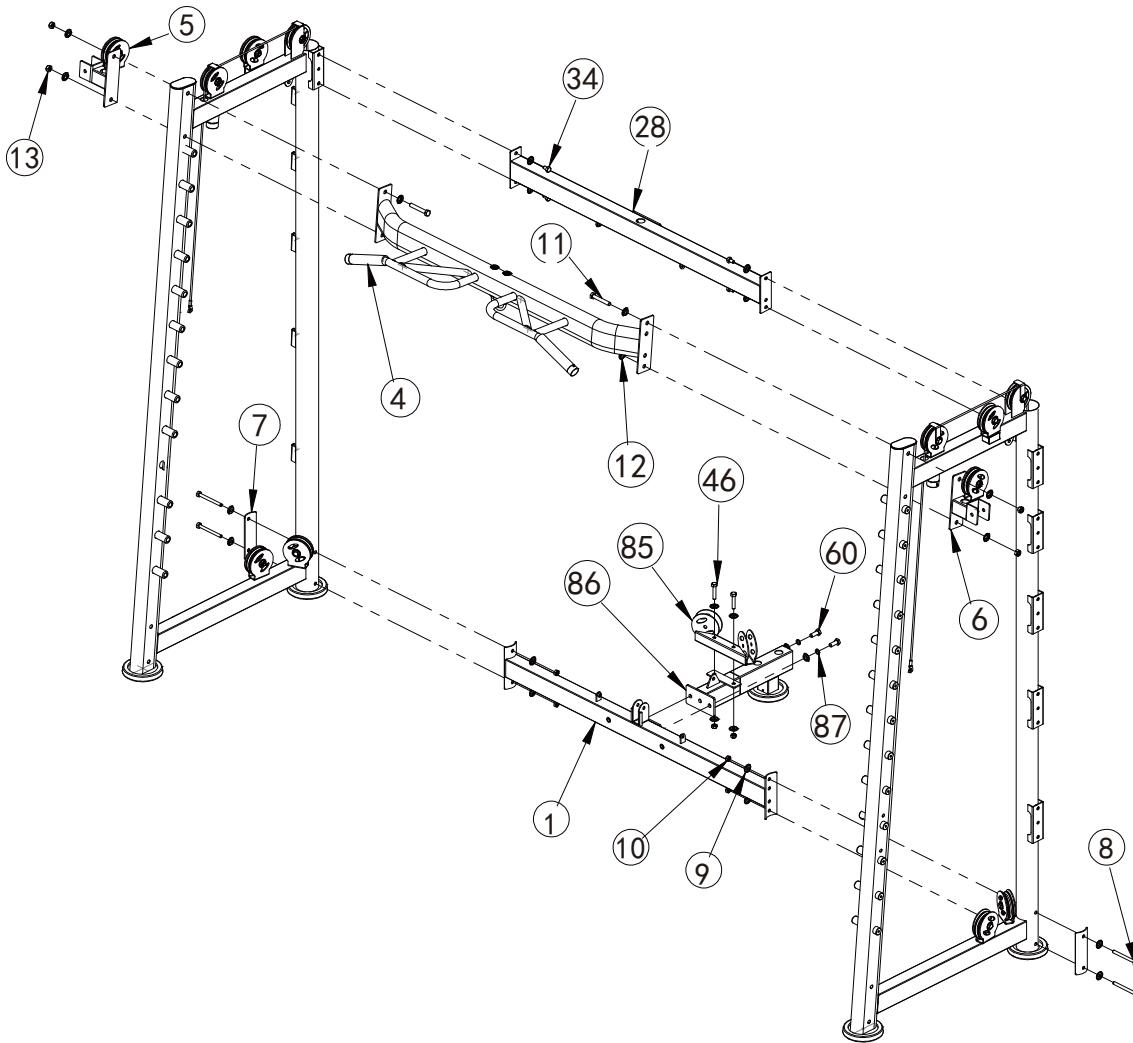
1. Put help cable(47) end through $\Phi 12$ washer(12) fastening on help weight(49), put help weight(49) into left frame and right frame
2. Fix 4 pulley(38) respectively fastening on left frame and right frame using::M10*50 hexagon bolt(46), $\Phi 10$ washer(9), M10 lock nut (10), pulley catch plate(48) let help cable(47) on pulley above, on pulley catch plate(47) below

CAUTION:

Please check machine all:

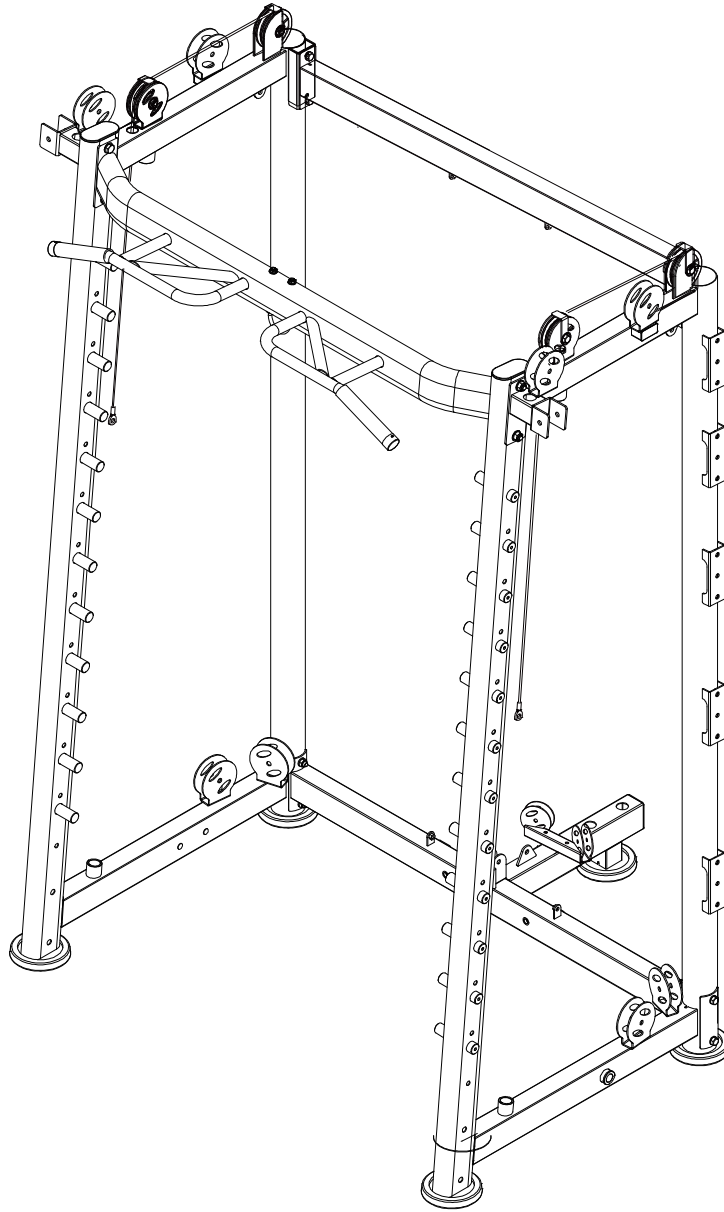
bolts, lock nuts whether tighten, tighten can use.

Assembly step (2) explosion drawing



No.	Description	Note	Qty.
1	back ground link tube		1
4	front up link tube		1
5	short up link tube left		1
6	short up link tube right		1
7	fixing plate		2
8	hexagon bolt	M10*100	4
9	washer	Φ10	16
10	lock nut	M10	6
11	hexagon bolt	M12*75	4
12	washer	Φ12	10
13	lock nut	M12	4
28	back up link tube		1
34	hexagon bolt	M10*20	4
46	hexagon bolt	M10*50	2
60	hexagon bolt	M12*30	2
85	back pulley frame		1
86	back short ground link tube		1
87	spring washer	Φ12	2

Assembly step (2) drawing



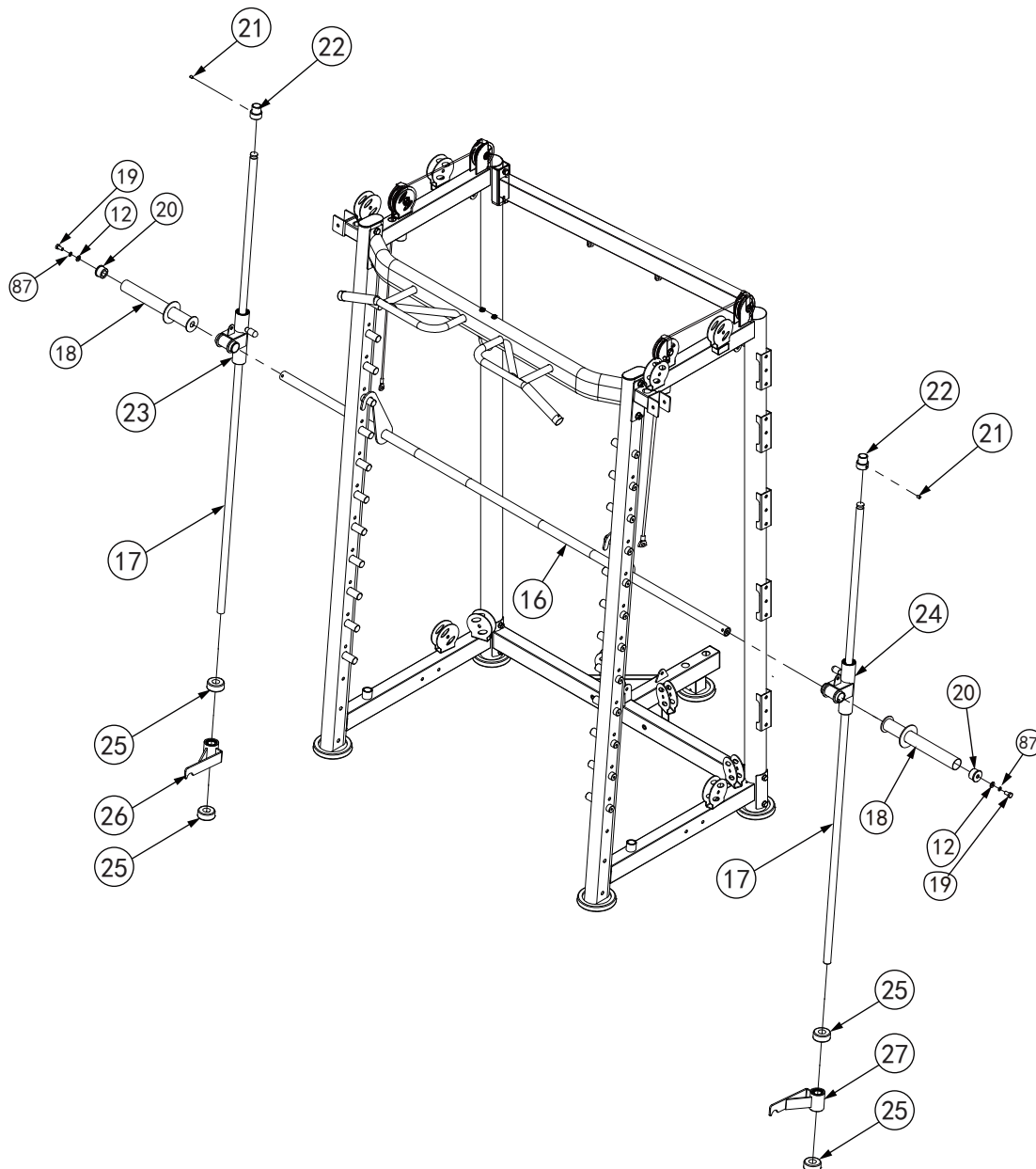
Assembly step (2) assembly instruction

1. Connect left frame, right frame with front back up tube (28) using:
M10*20 hexagon bolt (34), Φ 10 washer (9), M10 lock nut (10)
2. Connect left frame (2), right frame (3) with back ground link tube (1) using:
M10*100 hexagon bolt (8), Φ 10 washer (9), fixing plate (7), M10 lock nut (10)
3. Connect front up link tube (4), short up link tube right (5) fastening on right frame left frame using: M12*75 hexagon bolt (11), Φ 12 washer (12) M12 lock nut (13)
4. Connect back short ground link tube(86), with back ground link tube(1) using:
M12*30 hexagon bolt (60), Φ 12 spring washer (87) Φ 12 washer(12) M12 lock nut (13)

CAUTION:

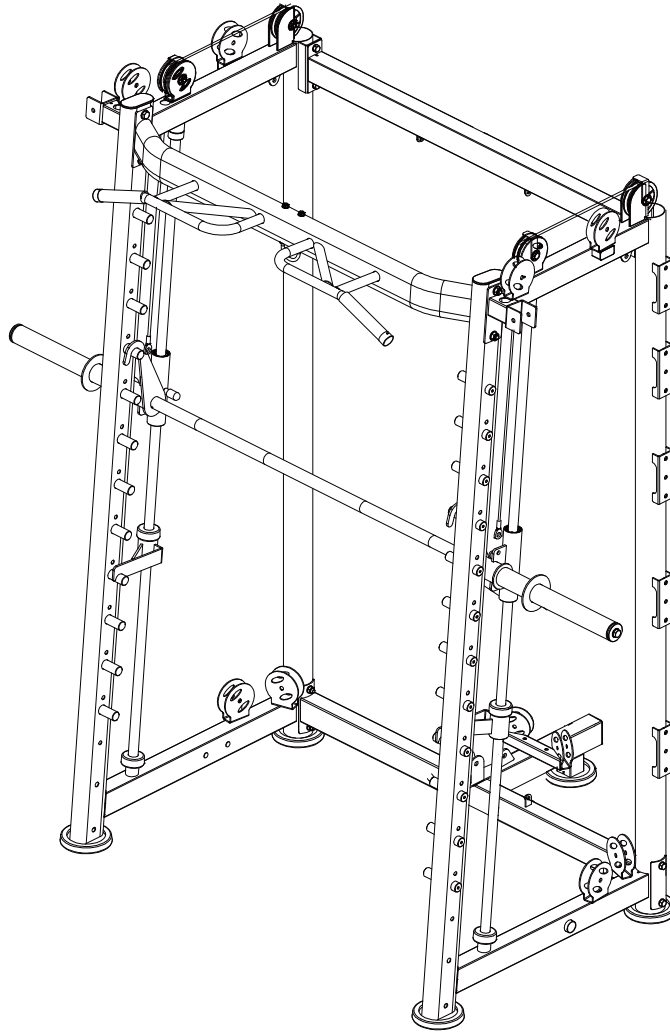
hexagon bolt no need tighten; lock nut (14) and barbell hang rod should be fastening.

Assembly step (3) explosion drawing



No.	Description	Note	Qty.
12	washer	Φ12	2
16	barbell bar		1
17	guide rod		2
18	barbell bar sleeve		2
19	hexagon bolt	M12*40	2
20	barbell bar plug		2
21	headless hexagon socket bolt	M8*10	2
22	guide rod lock sleeve		2
23	sliding sleeve left		1
24	sliding sleeve right		1
25	rubber cushion		4
26	afety hook left		1
27	safety hook right		1
87	spring washer	Φ12	2

Assembly step (3) drawing

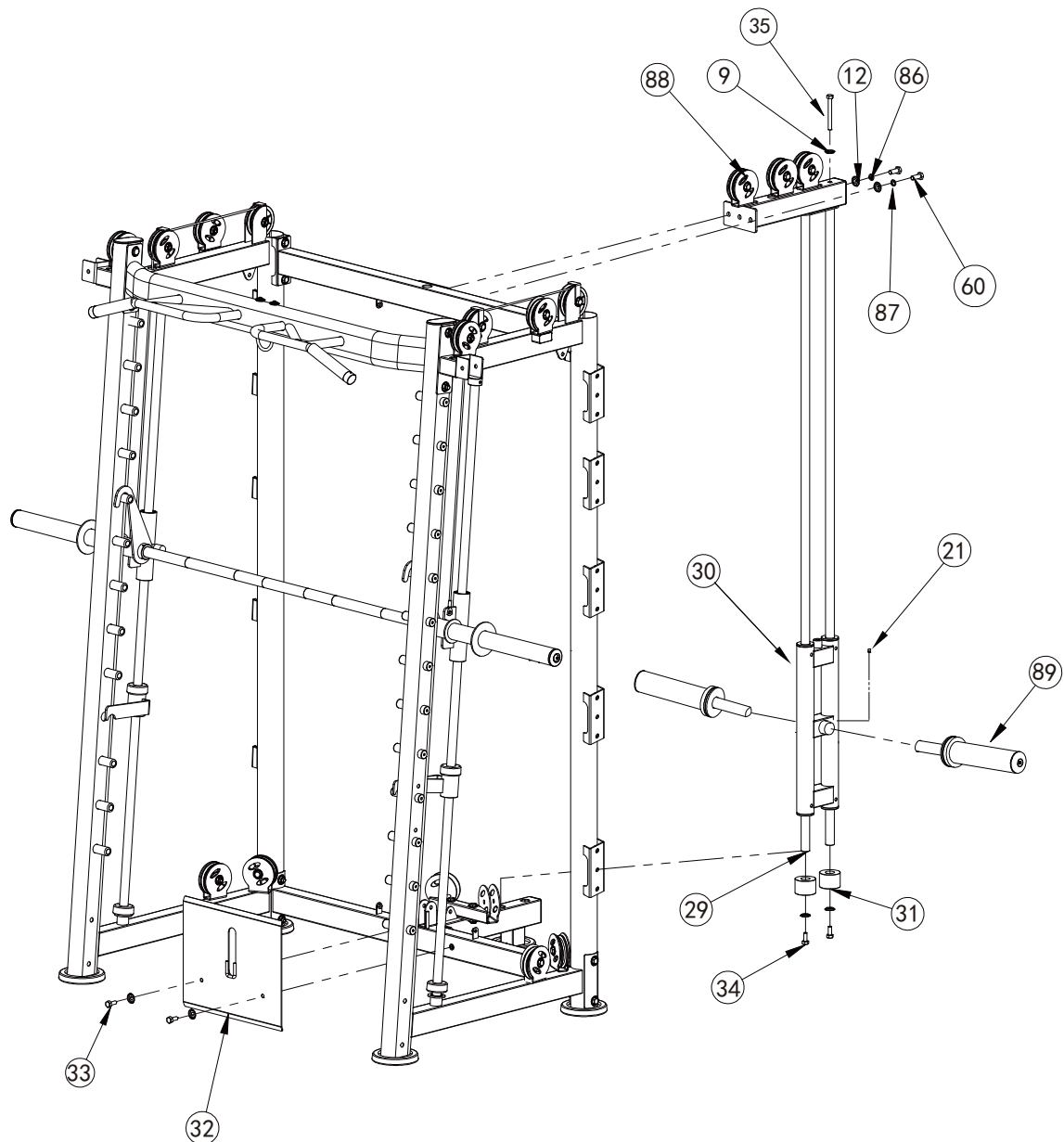


Assembly step (3) assembly instruction

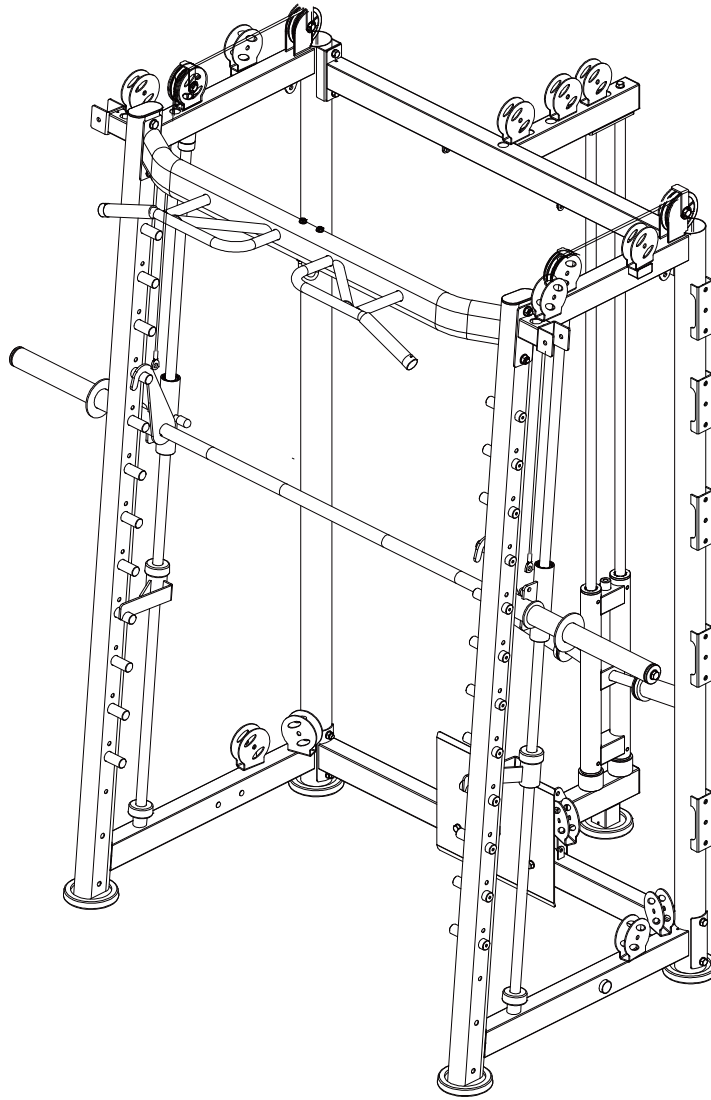
1. Hang outside barbell bar (16) on left frame and right frame
2. Through inside barbell bar(90) into outside barbell bar(16)
3. Guide rod(17) turn into weight stack rubber cushion (25), safety hook left (26), weight stack rubber cushion (25), sliding sleeve left(23), guide rod lock sleeve(22)
Plug sliding sleeve left(23) on inside barbell bar (90), plug guide rod(17) on left frame
Fix guide rod lock sleeve(22) fastening on guide rod (17) top using:
M8*10 headless hexagon socket bolt (21)
4. Guide rod(17) turn into weight stack rubber cushion (25), safety hook left (26), weight stack rubber cushion (25), sliding sleeve left(24), guide rod lock sleeve(22)
Plug sliding sleeve left(24) on barbell bar(90), plug guide rod(17) on left frame
Fix guide rod lock sleeve(22) fastening on guide rod (17) top using:
M8*10 headless hexagon socket bolt (21)
5. Fix barbell sleeve (18) fastening on barbell bar (16) both using:
M12*40 hexagon bolt (19), $\Phi 12$ spring washer (87) $\Phi 12$ washer (12)
through barbell bar pipe plug (20)

Assembly step (4) explosion drawing

No.	Description	Note	Qty.
9	washer	Φ10	5
12	washer	Φ12	4
21	headless hexagon socket bolt		2
29	back guide rod		1
30	back sliding sleeve		1
31	rubber cushion		2
32	footplate		1
33	hexagon bolt	M10*25	2
34	hexagon bolt	M10*20	2
35	hexagon bolt	M10*95	1
60	hexagon bolt	M12*30	2
87	spring washer	Φ12	2
88	back up link tube		1
89	back sliding sleeve barbell plate hang bar		2



Assembly step (4) drawing



Assembly step (4) assembly instruction

1. Fix back guide rod(29) fastening on back short ground link tube(91) using::M10*20 hexagon bolt(34),Φ10 washer(9)

2. From back guide rod(29) top turn into rubber cushion (31),back sliding sleeve (30)

3. Plug back guide rod(29) with back up link tube(91)

Fix back up link tube (88) fastening on front up link tube(28) using: M12*30 hexagon bolt (60), Φ12 spring washer (86), Φ12 washer (12)

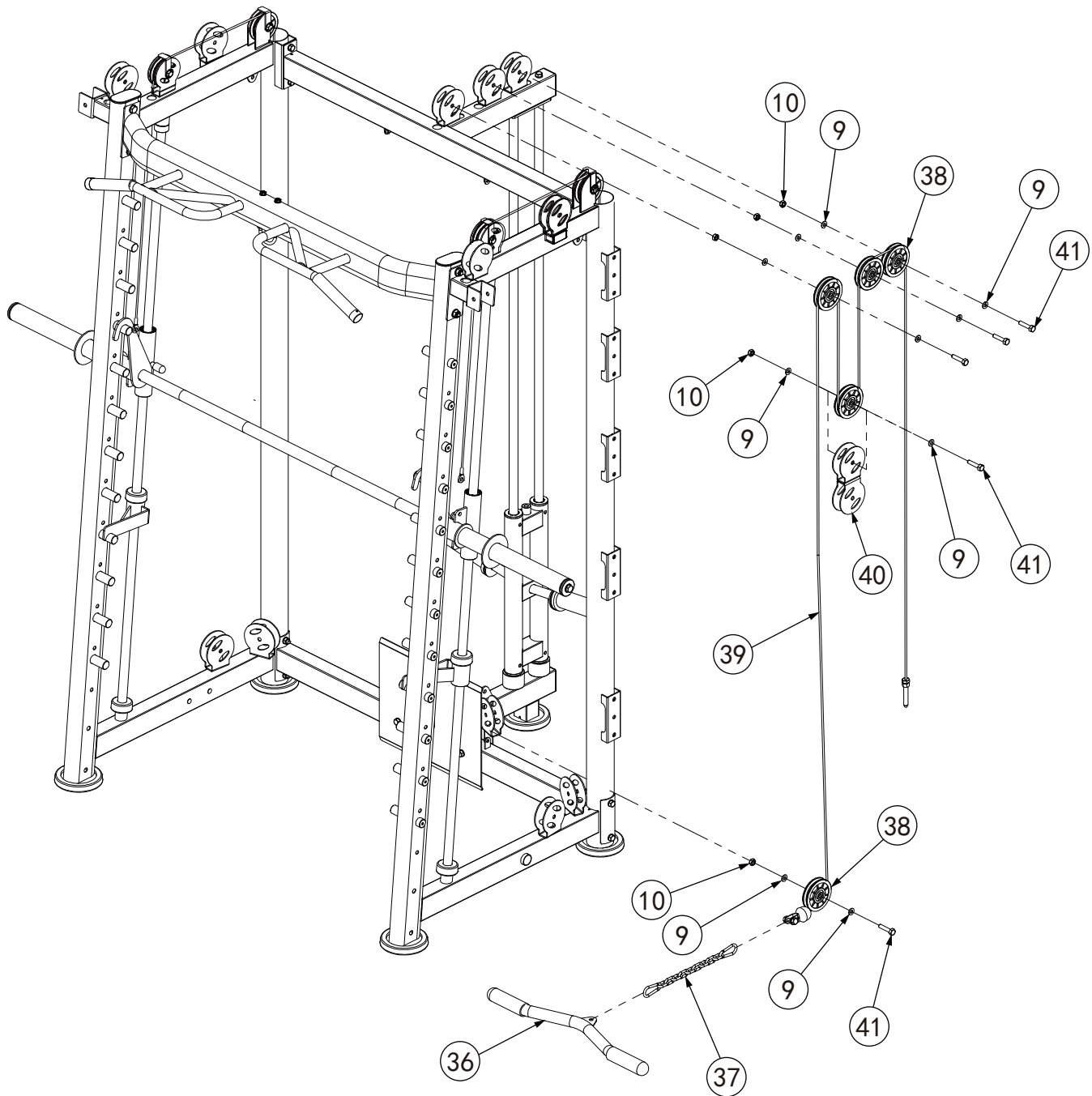
4. Fix back guide rod(29) fastening on back up link tube(91) using::M10*95 hexagon bolt(35),Φ10 washer(9)

5. Fix footplate(32) fastening on back ground link tube using::M10*25 hexagon bolt(33),Φ10 washer(9)

6. Fix back sliding sleeve barbell plate hang bar (89) fastening on back sliding sleeve using:: M8*10 hexagon bolt(21),Φ10 washer(9)

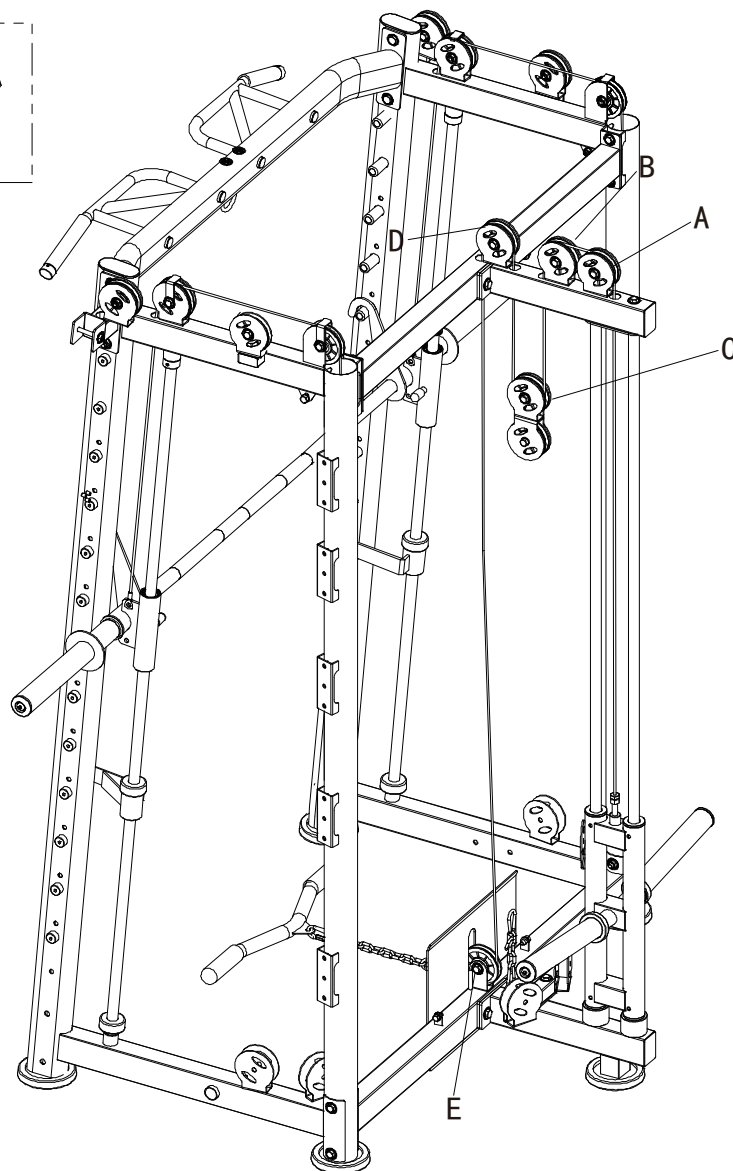
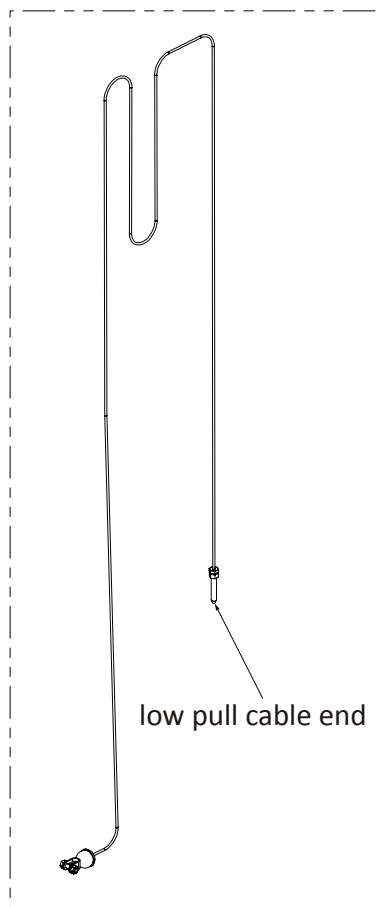
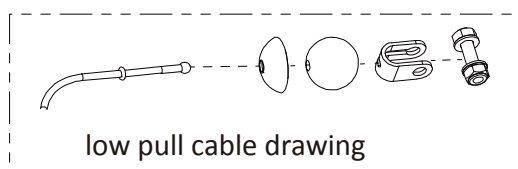
CAUTION: Step1 to 3,All bolts should tighten.

Assembly step (5) explosion drawing



No.	Description	Note	Qty.
9	washer	Φ10	10
10	lock nut	M10	5
36	short bar		1
37	10 section chain + snap hook		1
38	pulley	Φ95*Φ10.5*25.4	5
39	low pull cable	L=4430mm	1
40	"-" shape pulley frame		1
41	hexagon bolt	M10*45	5

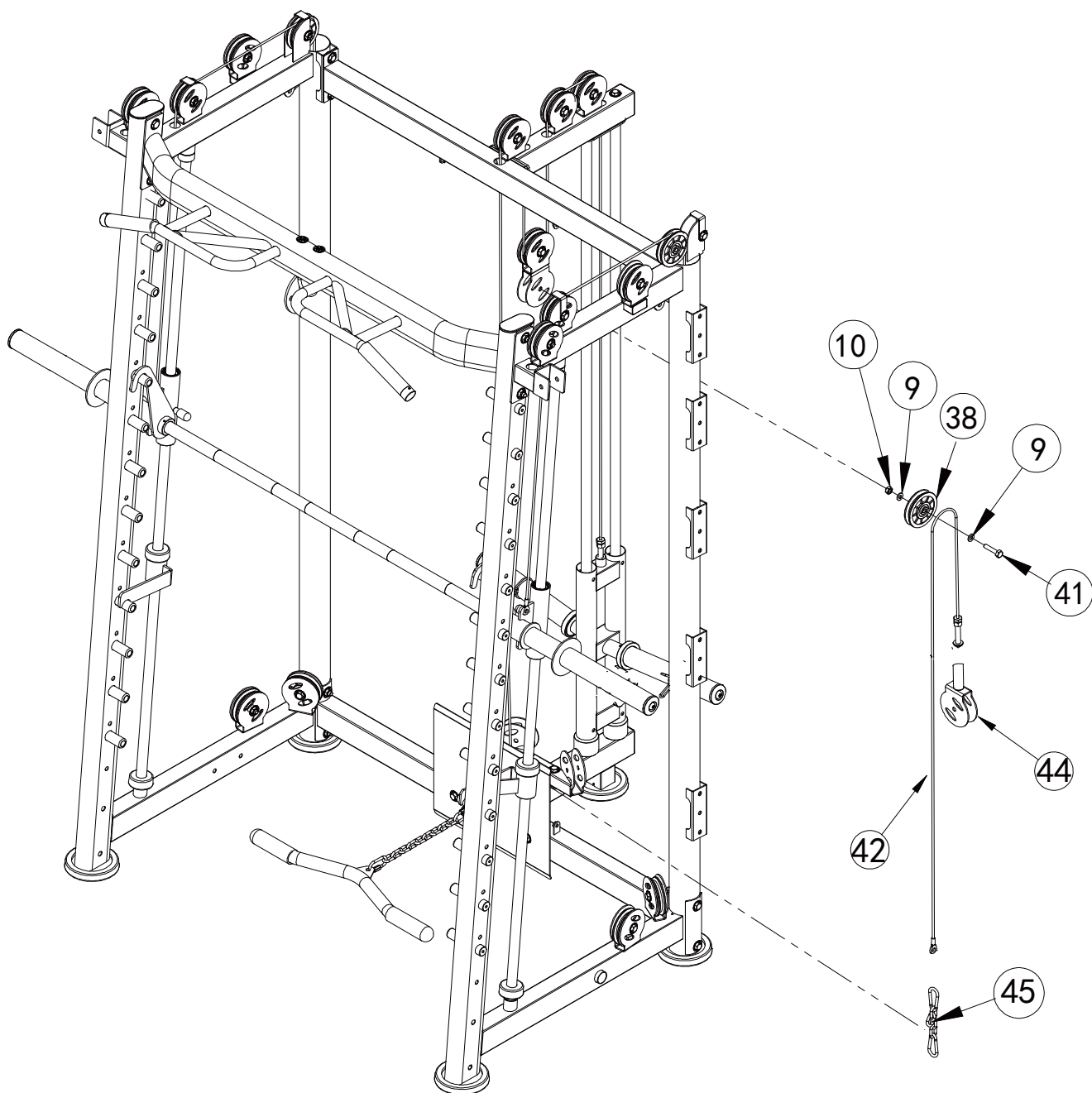
Assembly step (5) drawing



Assembly step (5) assembly instruction

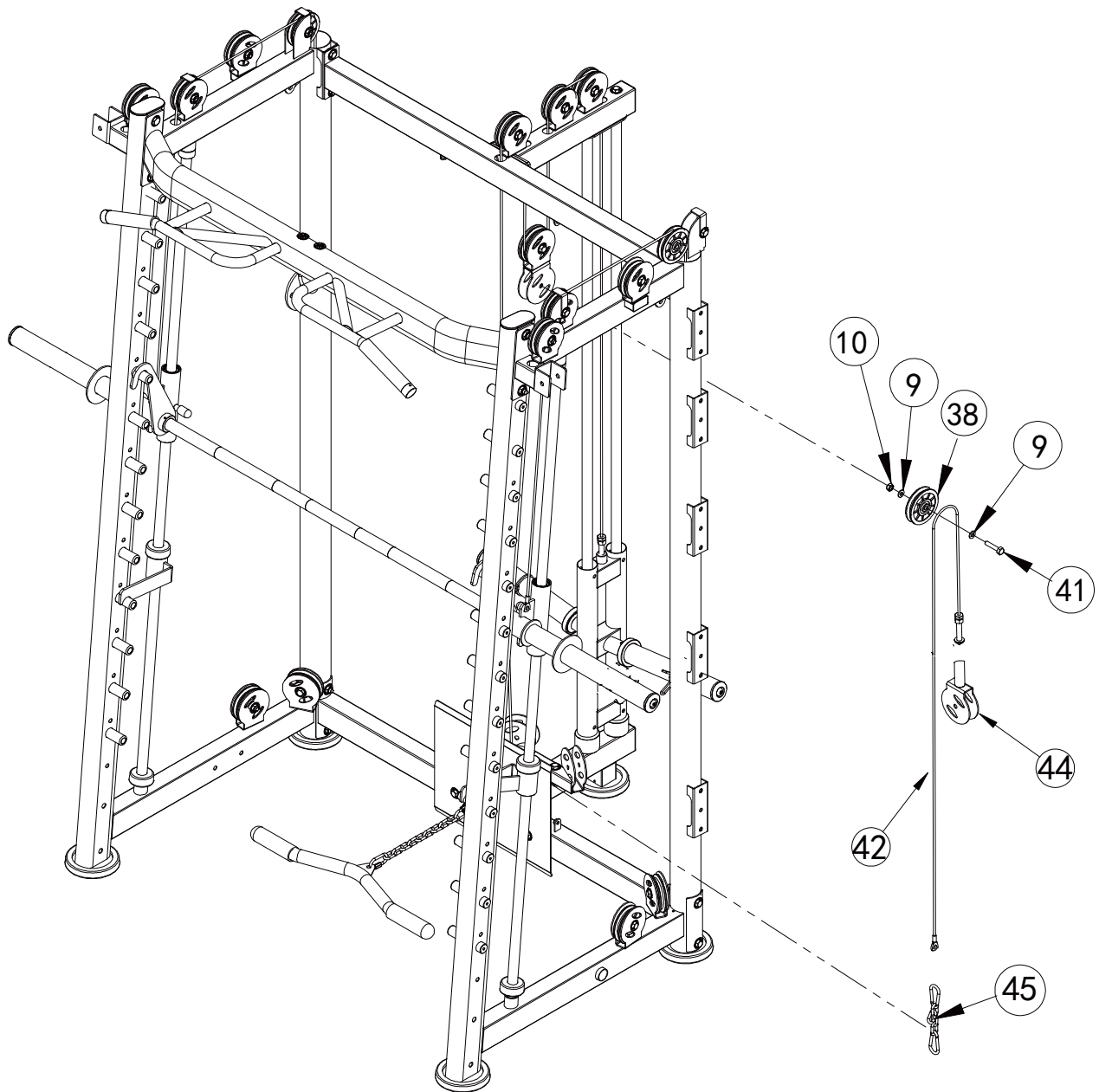
1. Fix 4 pulley(38) on point: A,B,D,E using:
M10*45 hexagon bolt(41), Φ 10 washer(9),M10 lock nut(10)
2. Fix pulley (38) on “-“shape pulley frame point C using:
M10*45 hexagon bolt (41), Φ 10 washer (9), and M10 lock nut (10)
3. Put low pull cable (39) end hang on back sliding sleeve,
then remove low pull cable (39) ball head end.
4. Put low pull cable (39) headless end in turn through point: A, B, C, D, E,
then put the ball head back to low pull cable (39)
5. Put 10 section chain + hoist hook (37) one end hang on short bar (36),
other end hangs on low pull cable (39) ball head

Assembly step (6) explosion drawing



No.	Description	Note	Qty.
9	washer	Φ10	2
10	lock nut	M10	1
38	pulley	Φ95*Φ10.5*25.4	1
41	hexagon bolt	M10*45	1
42	middle cable	L=1840mm	1
44	pulley plate		1
45	5 section chain + snap hook		1

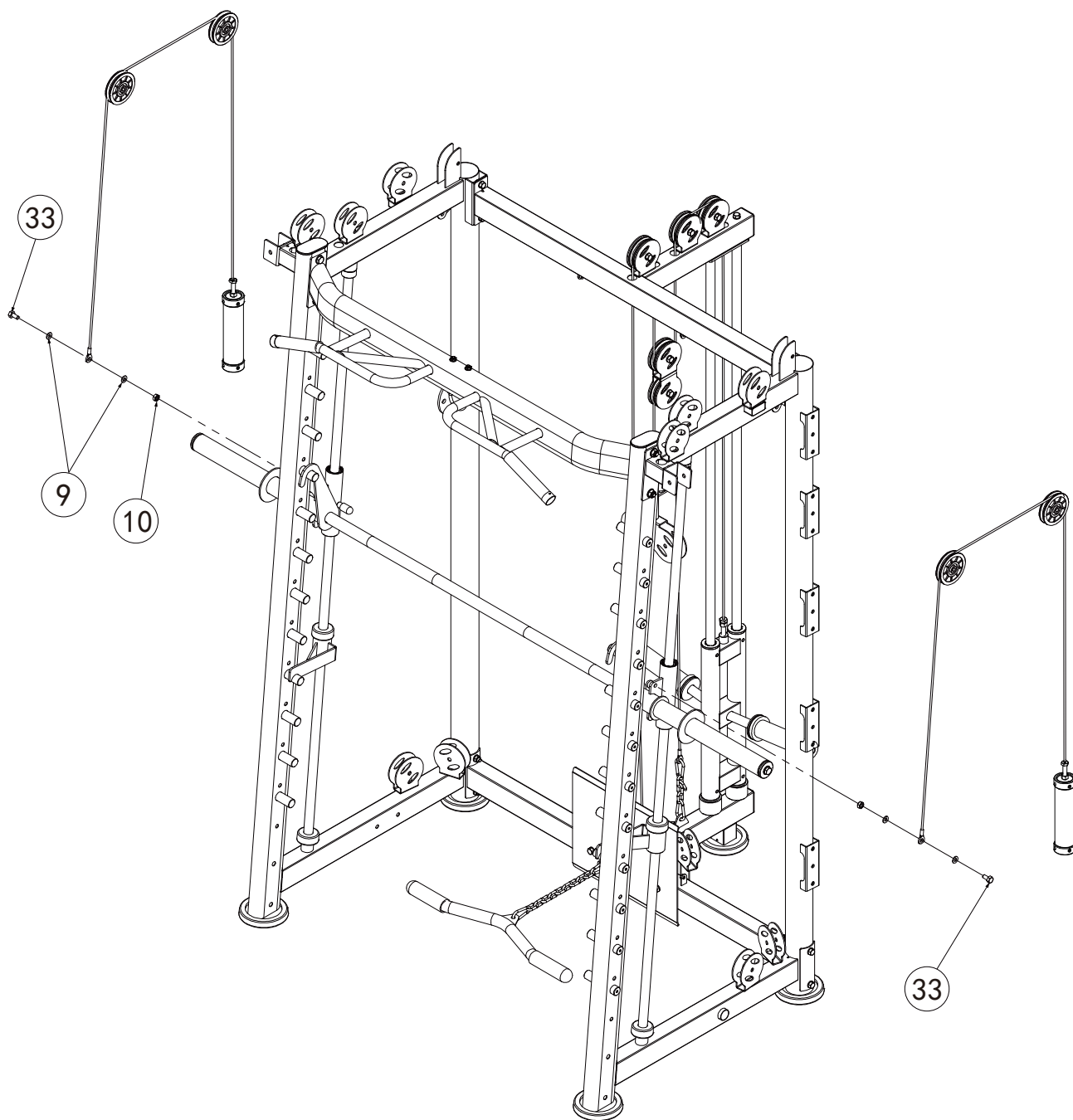
Assembly step (6) drawing



Assembly step (6) assembly instruction

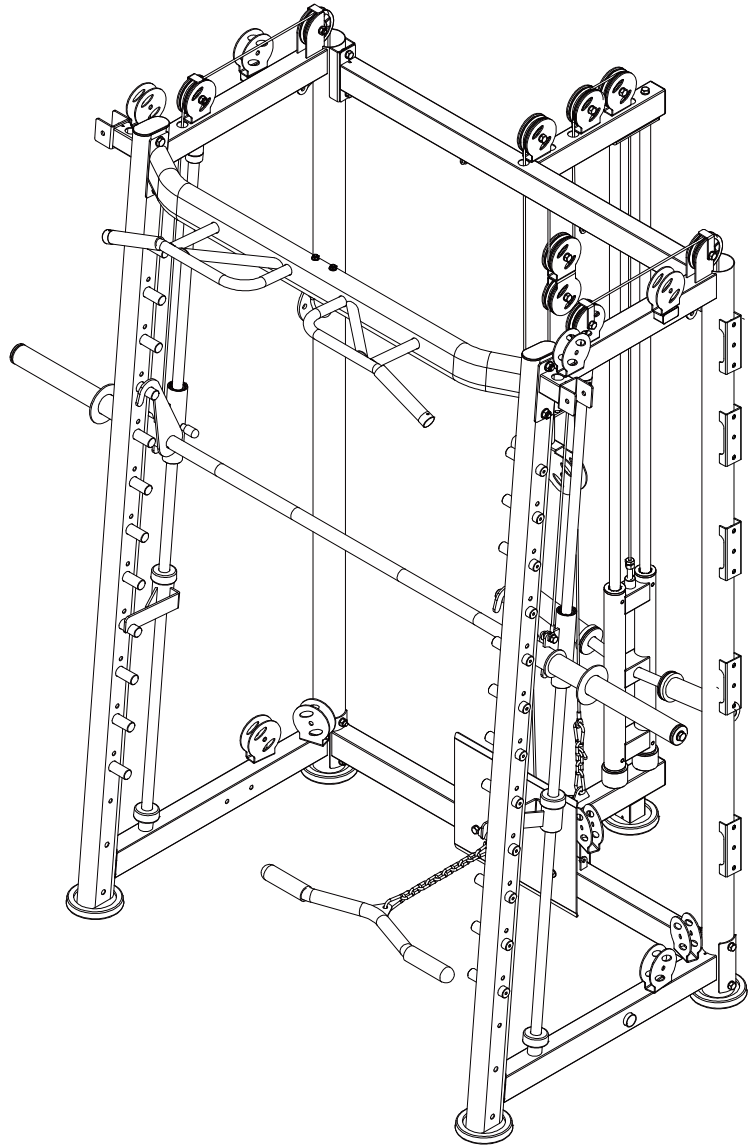
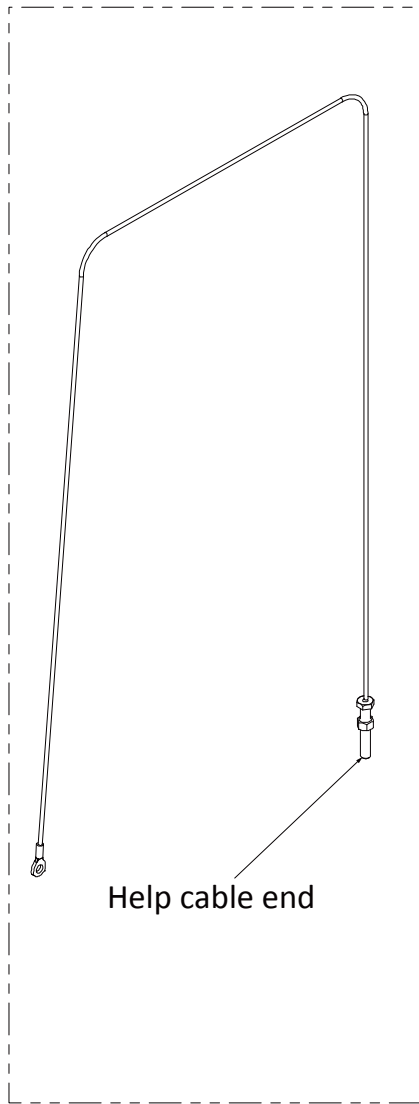
1. Put middle cable (42) end through $\Phi 12$ washer (12), fix cable hook (43) fastening on double pulley plate (44)
2. Put 5 section chain + hoist hook (45) hang on middle cable (42), other end hang on back ground link tube
3. Fix pulley(38) & middle cable(42) fastening on -"shape pulley frame point F using: M10*45 hexagon bolts(41), $\Phi 10$ washer(9),M10 lock nut(10), let middle cable(42) on pulley(38) above
4. Hang cable hook (43) on middle cable (42)

Assembly step (7) explosion drawing



No.	Description	Note	Qty.
9	washer	Φ10	4
10	lock nut	M10	2
33	hexagon bolt	M10*25	2

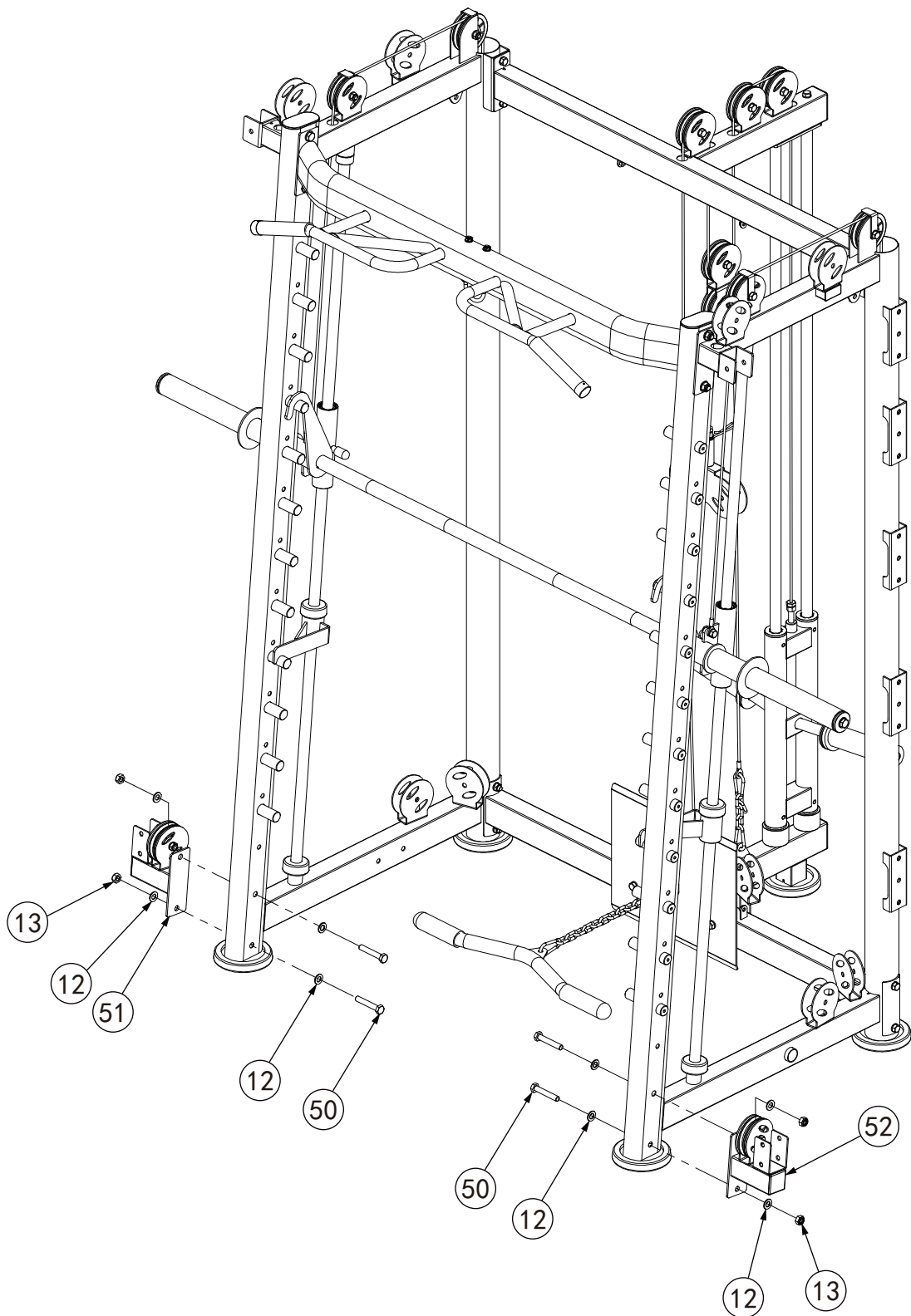
Assembly step (7) drawing



Assembly step (7) assembly instruction

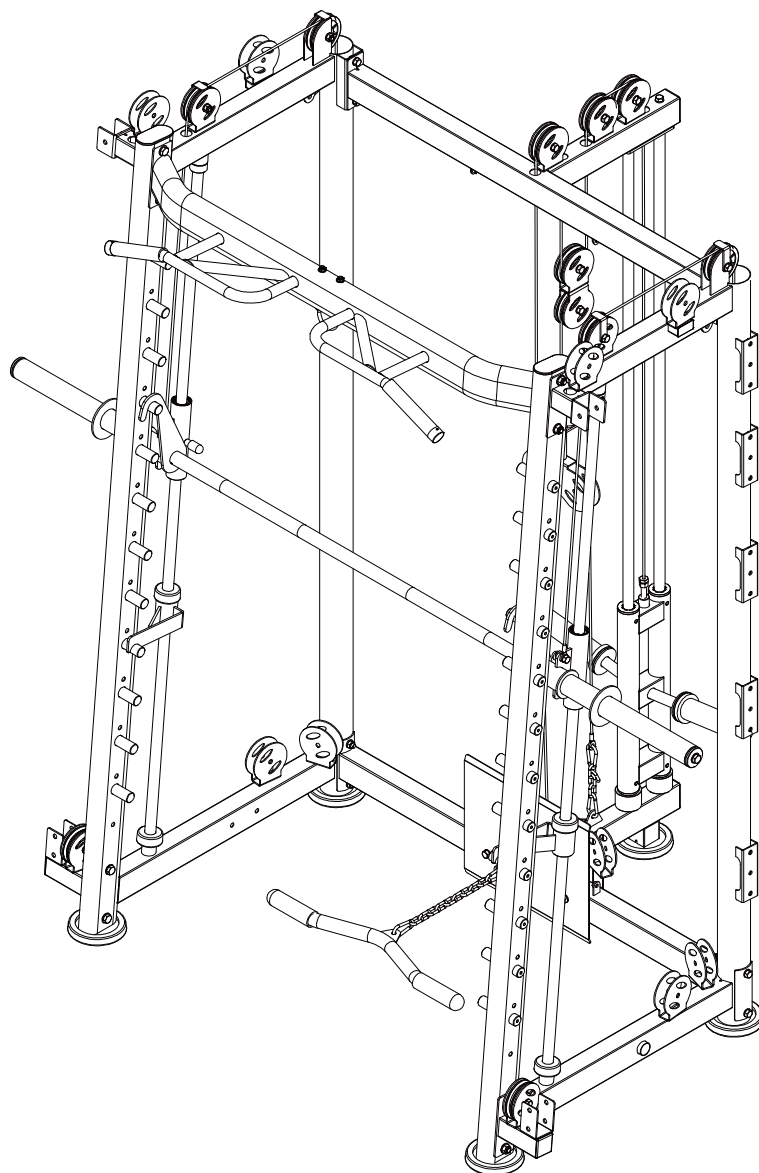
1. Fix help cable end on sliding sleeve right and left using::M10*20 hexagon bolt(33), Φ 10 washer(9),M10 lock nut (10)

Assembly step (8) explosion drawing



No.	Description	Note	Qty.
12	washer	Φ12	8
13	lock nut	M12	4
50	hexagon bolt	M12*70	4
51	short down link tube left		1
52	short down link tube right		1

Assembly step (8) drawing

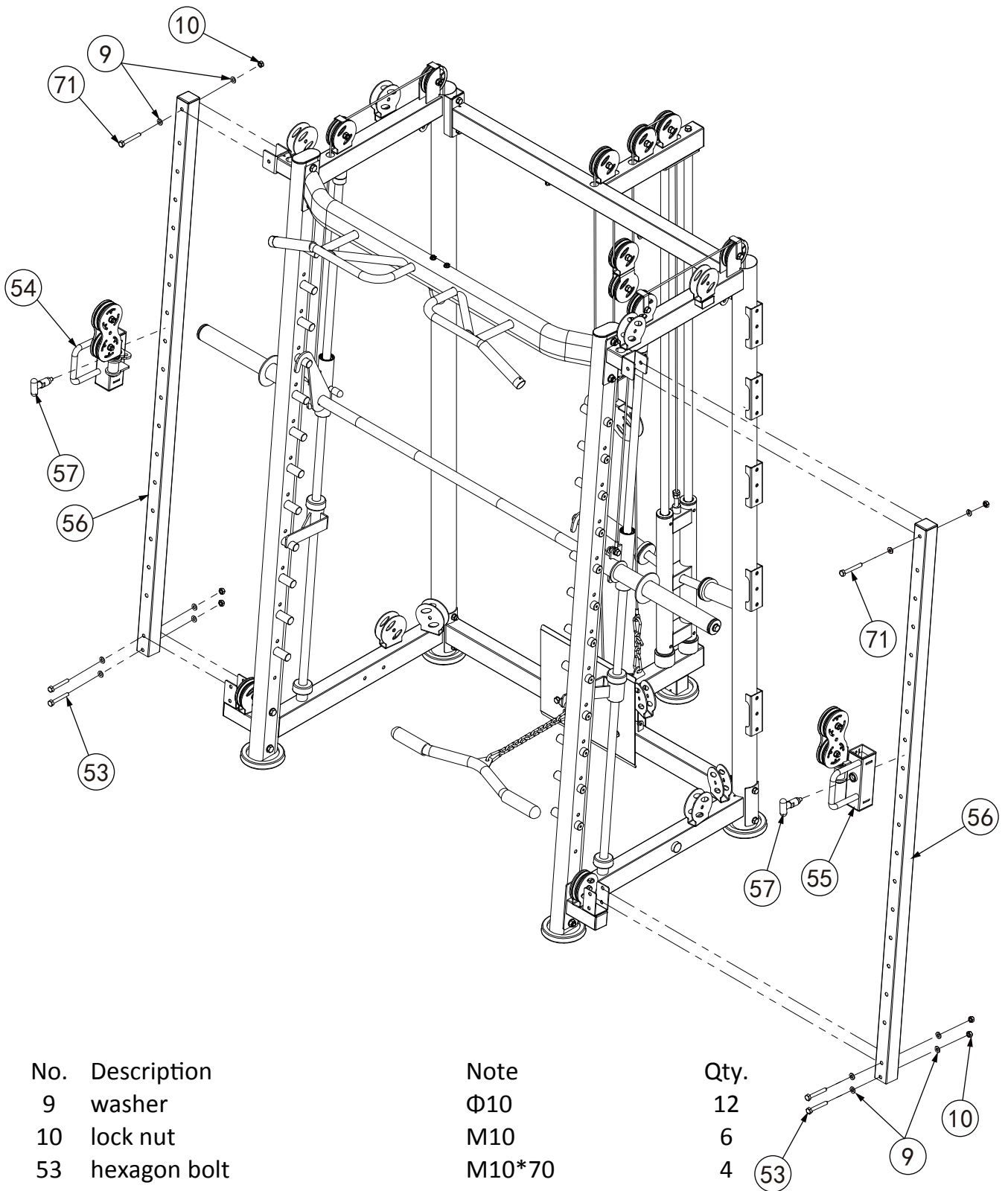


Assembly step (8) assembly instruction

1. Fix short down link tube left (51) fastening on left frame using:
M12*70 hexagon bolt (50), Φ 12 washer (12), M12 lock nut (13)
2. Fix short down link tube right (52) fastening on right frame using:
M12*70 hexagon bolt (50), Φ 12 washer (12), M12 lock nut (13)

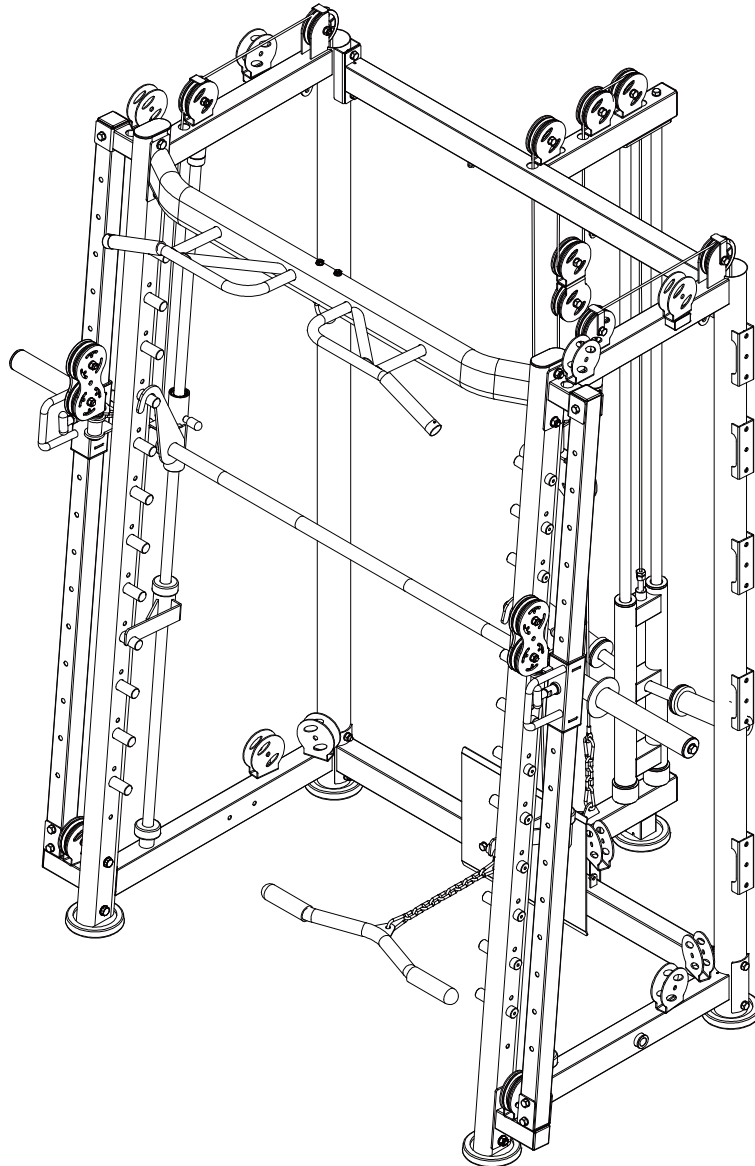
CAUTION: hexagon bolt should be tightening.

Assembly step (9) explosion drawing



No.	Description	Note	Qty.
9	washer	Φ10	12
10	lock nut	M10	6
53	hexagon bolt	M10*70	4
54	sliding sleeve left		1
55	sliding sleeve right		1
56	guide tube		2
57	T shape locking spring pin	Φ10	2
71	hexagon bolt	M10*75	2

Assembly step (9) drawing

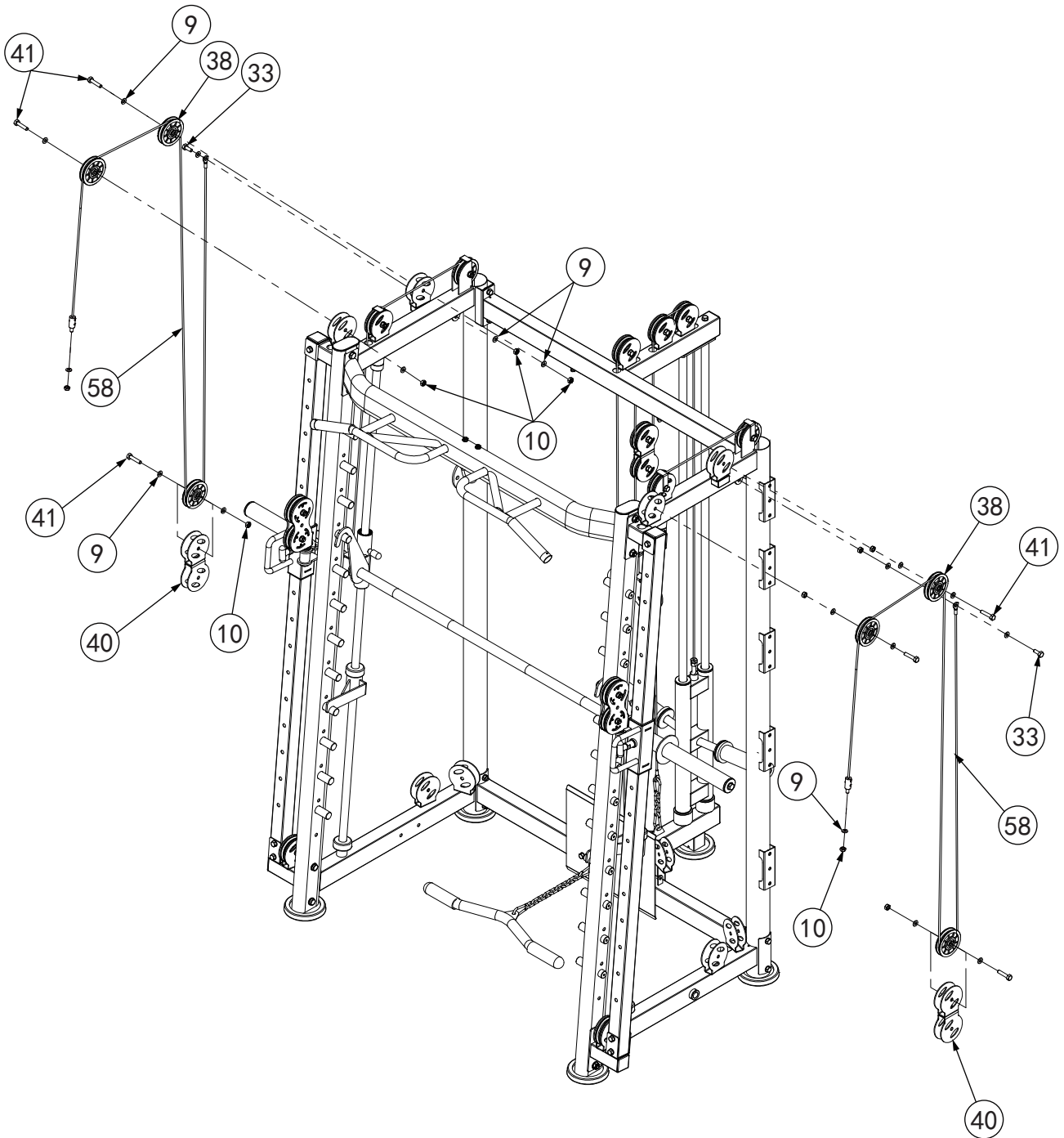


Assembly step (10) assembly instruction

1. Fix sliding sleeve left(54) fastening on guide tube(56) using: T shape locking spring pin (57)
Fix guide tube(56) fastening on short up link tube left and short down link tube right using:
M10*75 hexagon bolt(71), Φ 10 washer(9),M10 lock nut (10)
2. Fix sliding sleeve right(55) fastening on guide tube(56) using: T shape locking spring pin (57)
Fix guide tube(56) fastening on short up link tube left and short down link tube right using:
M10*75 hexagon bolt(71), Φ 10 washer(9),M10 lock nut (10)

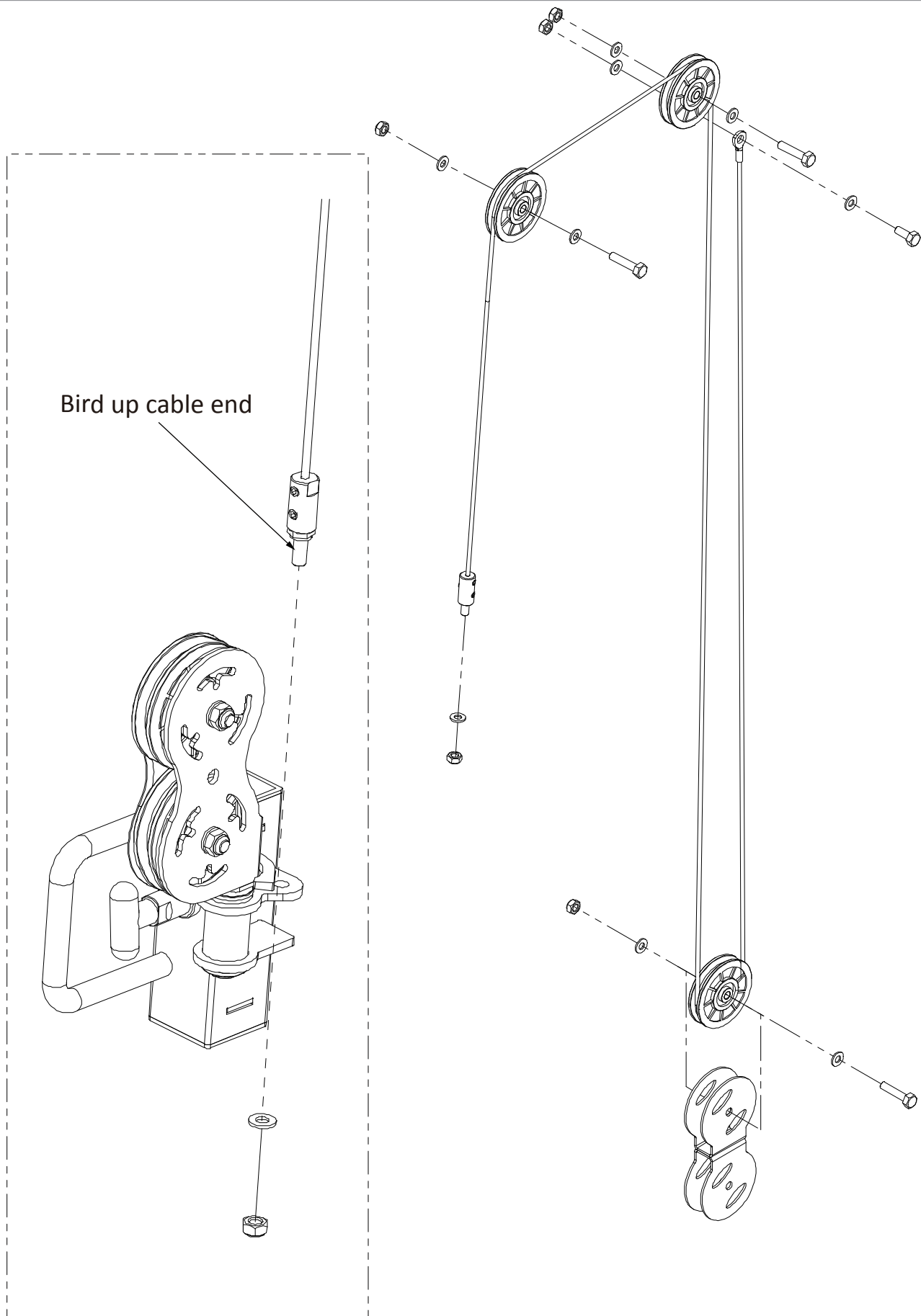
CAUTION: hexagon bolt should be tightening.

Assembly step (10) explosion drawing

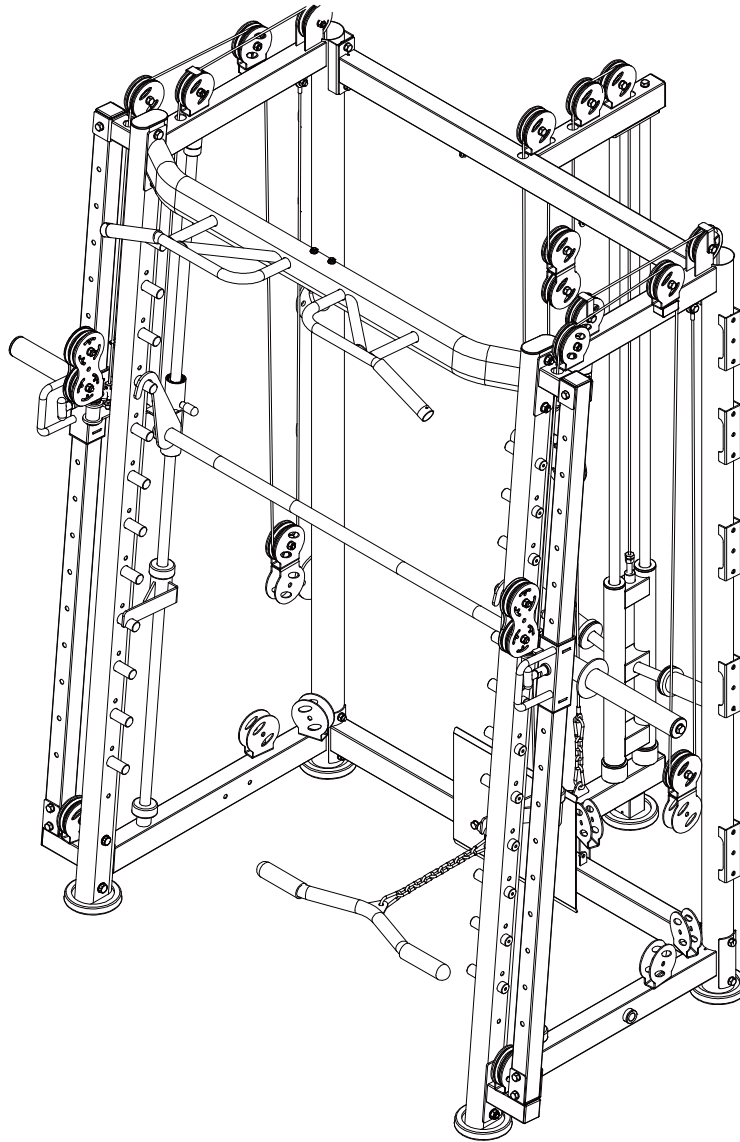


No.	Description	Note	Qty.
9	washer	Φ10	18
10	lock nut	M10	10
33	hexagon bolt	M10*25	2
38	pulley	Φ95*Φ10.5*25.4	6
40	"-" shape pulley frame		2
41	hexagon bolt	M10*45	6
58	bird up cable	L=3542mm	2

Assembly step (10) cable drawing



Assembly step (10) drawing

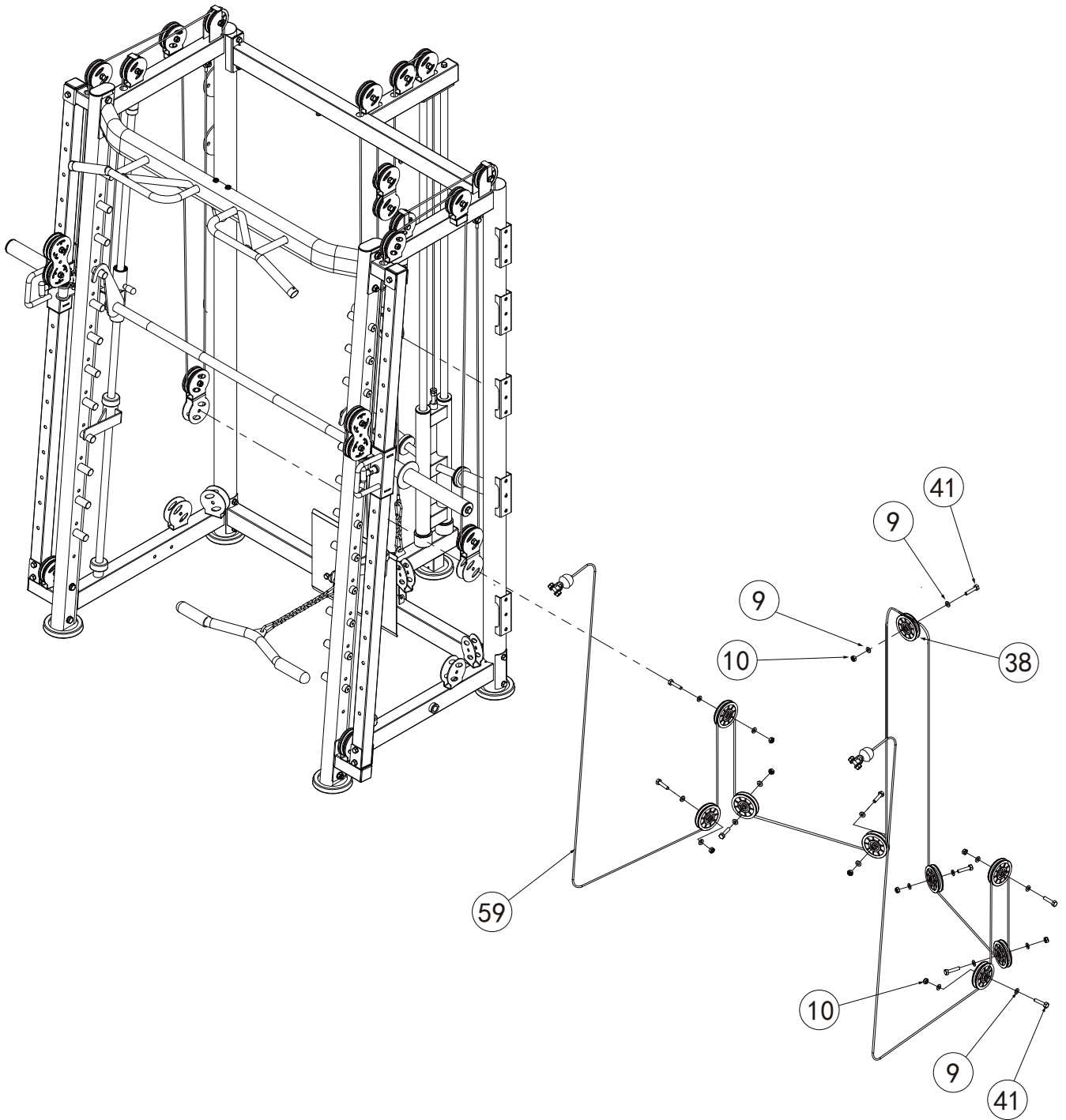


Assembly step (11) assembly instruction

1. Fix bird up cable(58)one end fastening on left frame using:
M10*25 hexagon bolt(33), Φ 10 washer(9),M10 lock nut (10)
then fix bird up cable(58) end fastening on sliding sleeve left using:
 Φ 10 washer(9),M10 lock nut (10)
2. Fix 2 pulley(38) fastening on left frame using:
M10*45 hexagon bolt(41), Φ 10 washer(9),M10 lock nut (10)
let bird up cable(58) on pulley above
Fix 1 pulley (38) fastening on “-” shape pulley frame (40) using:
M10*45 hexagon bolt (41), Φ 10 washer (9), and M10 lock nut (10),
let bird up cable (58) on pulley below

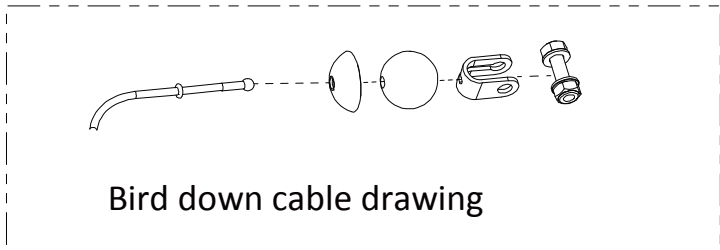
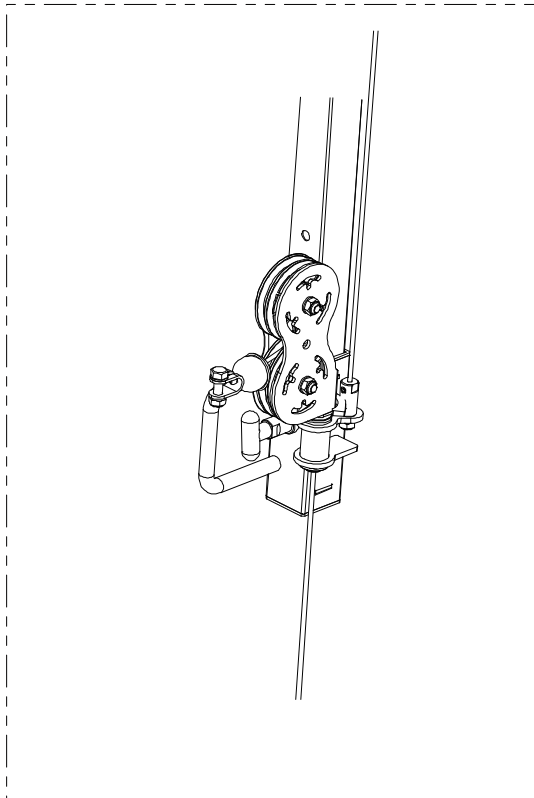
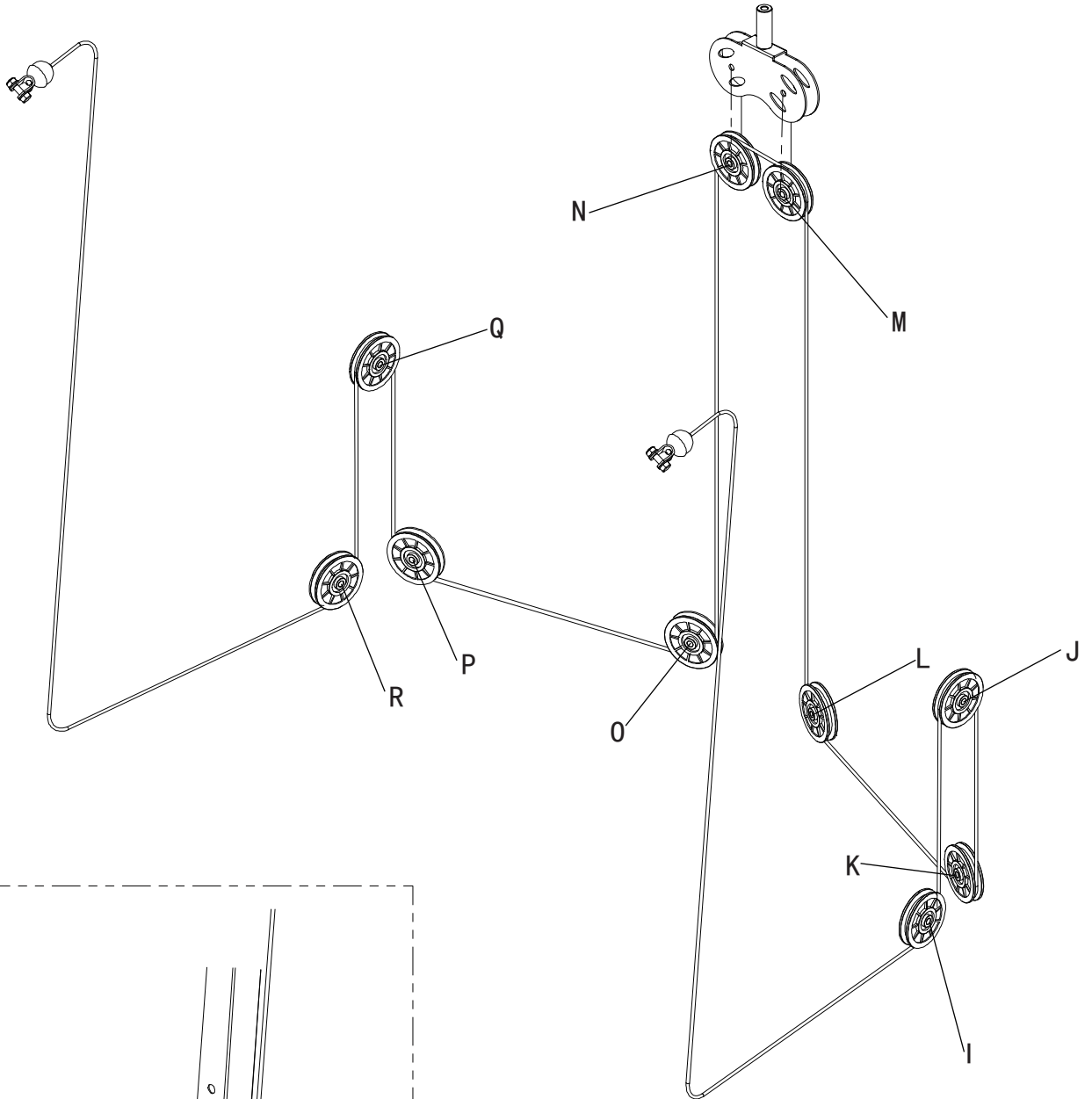
CAUTION: The installation of the right and the left the same way.

Assembly step (11) explosion drawing



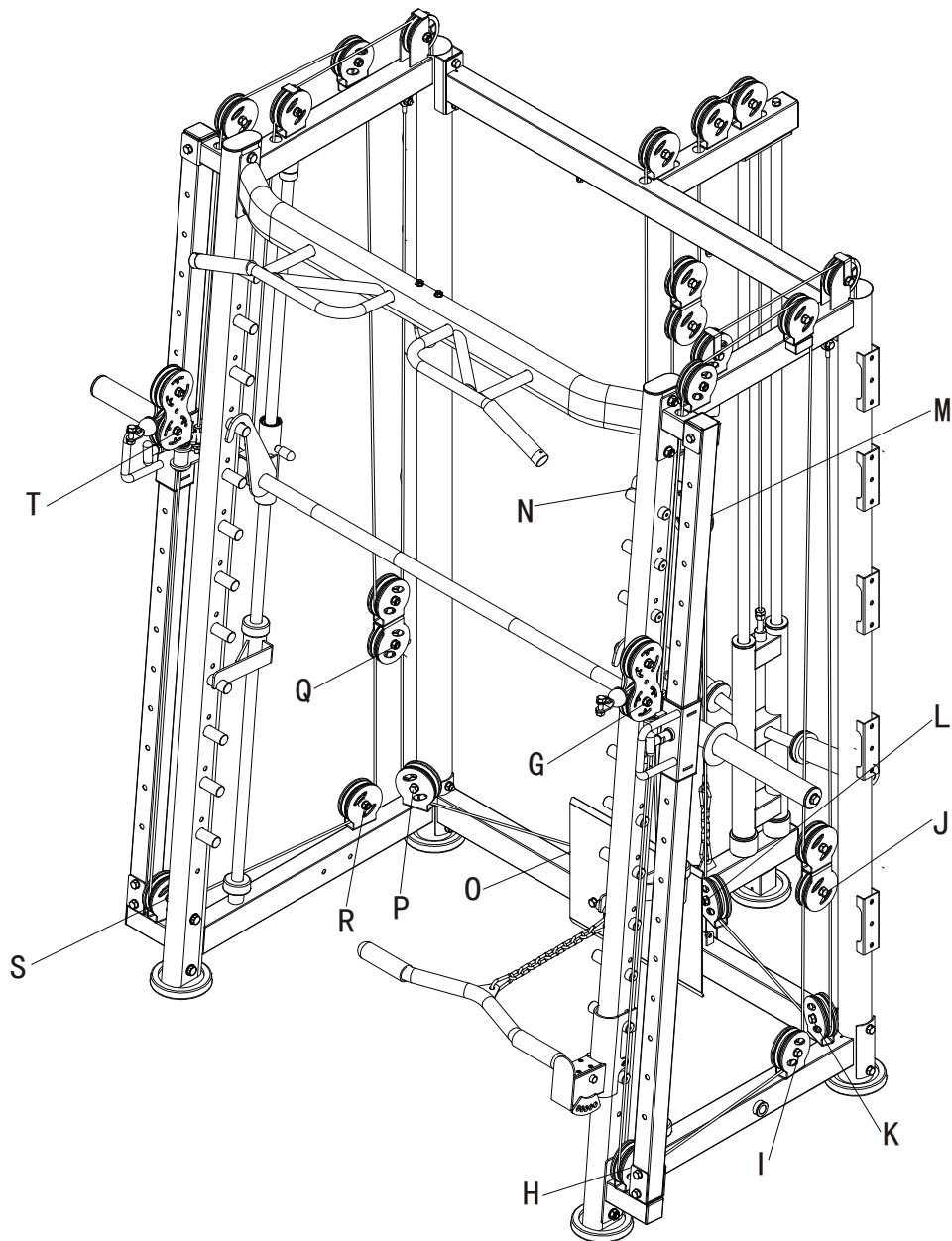
No.	Description	Note	Qty.
9	washer	Φ10	18
10	lock nut	M10	9
38	pulley	Φ95*Φ10.5*25.4	9
41	hexagon bolt	M10*45	9
59	bird down cable	L=10690mm	1

Assembly step (11) cable drawing



Bird down cable drawing

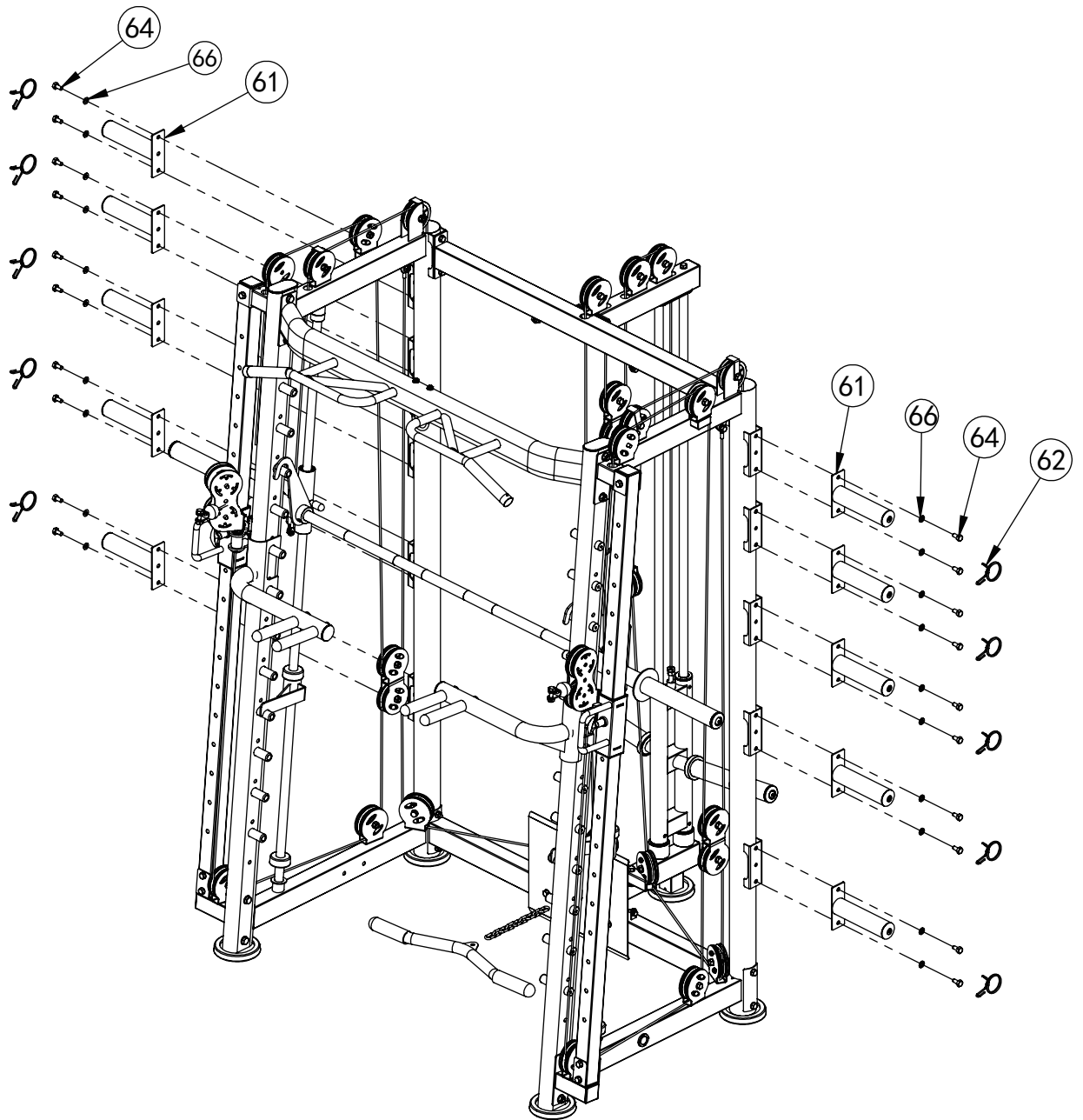
Assembly step (11) drawing



Assembly step (12) assembly instruction

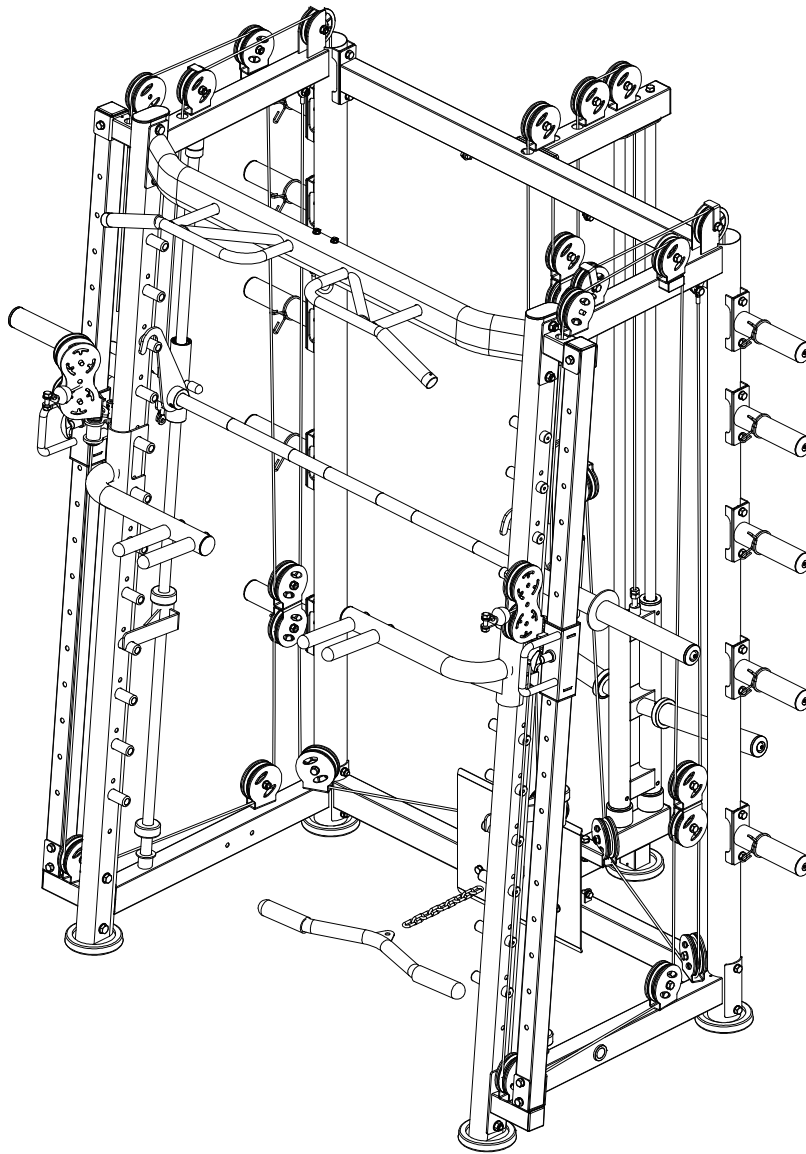
1. Fix 10 pulley(38) respectively fastening on 10 point: I,J,K,L,M,N,O,P,Q,R using: M10*45 hexagon bolt(41), Φ 10 washer(9),M10 lock nut (10)
2. Remove bird down cable (59) ball head
3. Put bird down cable(59) headless end from point G in turn through point: H,I,J,K,L,M,N,O,P,Q,R,S,T
Put the ball head back to bird down cable(59)

Assembly step (12) explosion drawing



No.	Description	Note	Qty.
61	barbell plate hang bar		10
62	butterfly clip		14
64	hexagon bolt	M8*20	20
66	washer	Φ8	20

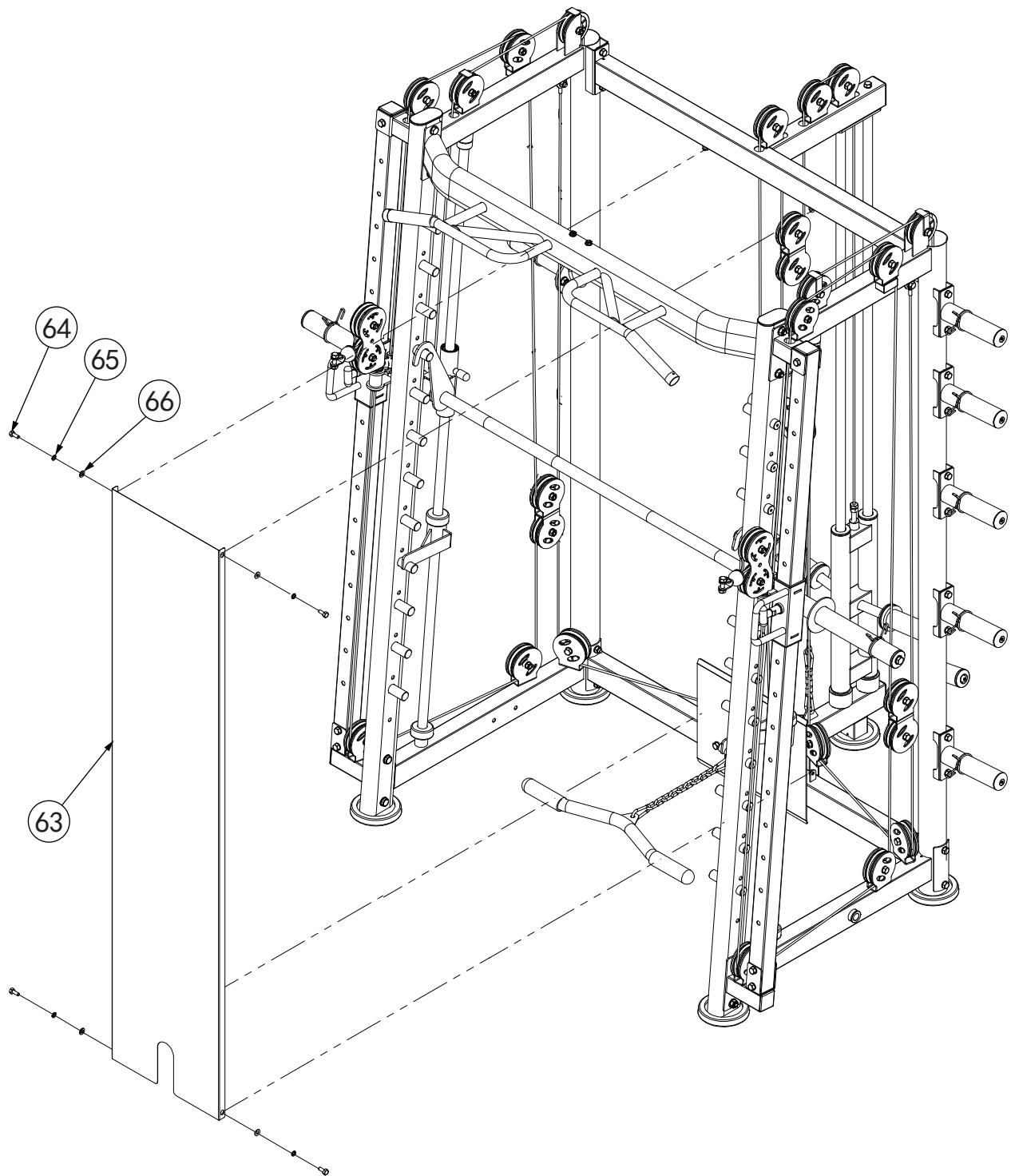
Assembly step (12) drawing



Assembly step (13) assembly instruction

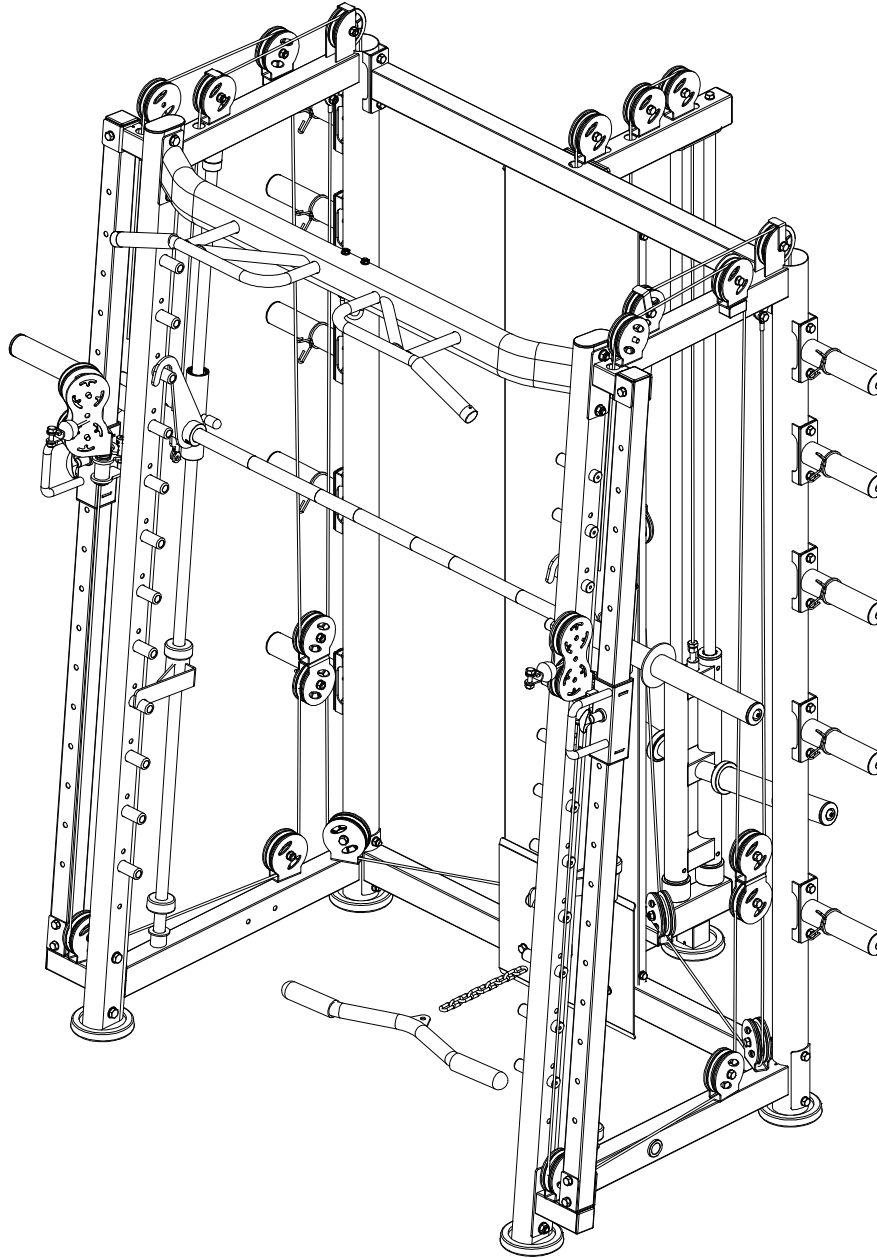
1. Fix 10 barbell plate hang bar (61) respectively fastening on left frame and right frame using: M8*20 hexagon bolt (64) Φ 8 washer (66)
2. Fix 14 butterfly clips (62) respectively on barbell plate hang bar (61), barbell bar pipe plug & back sliding sleeve

Assembly step (13) explosion drawing



No.	Description	Note	Qty.
63	shield		1
64	hexagon bolt	M8*20	4
65	spring washer	Φ8	4
66	washer	Φ8	4

Assembly step (13) drawing

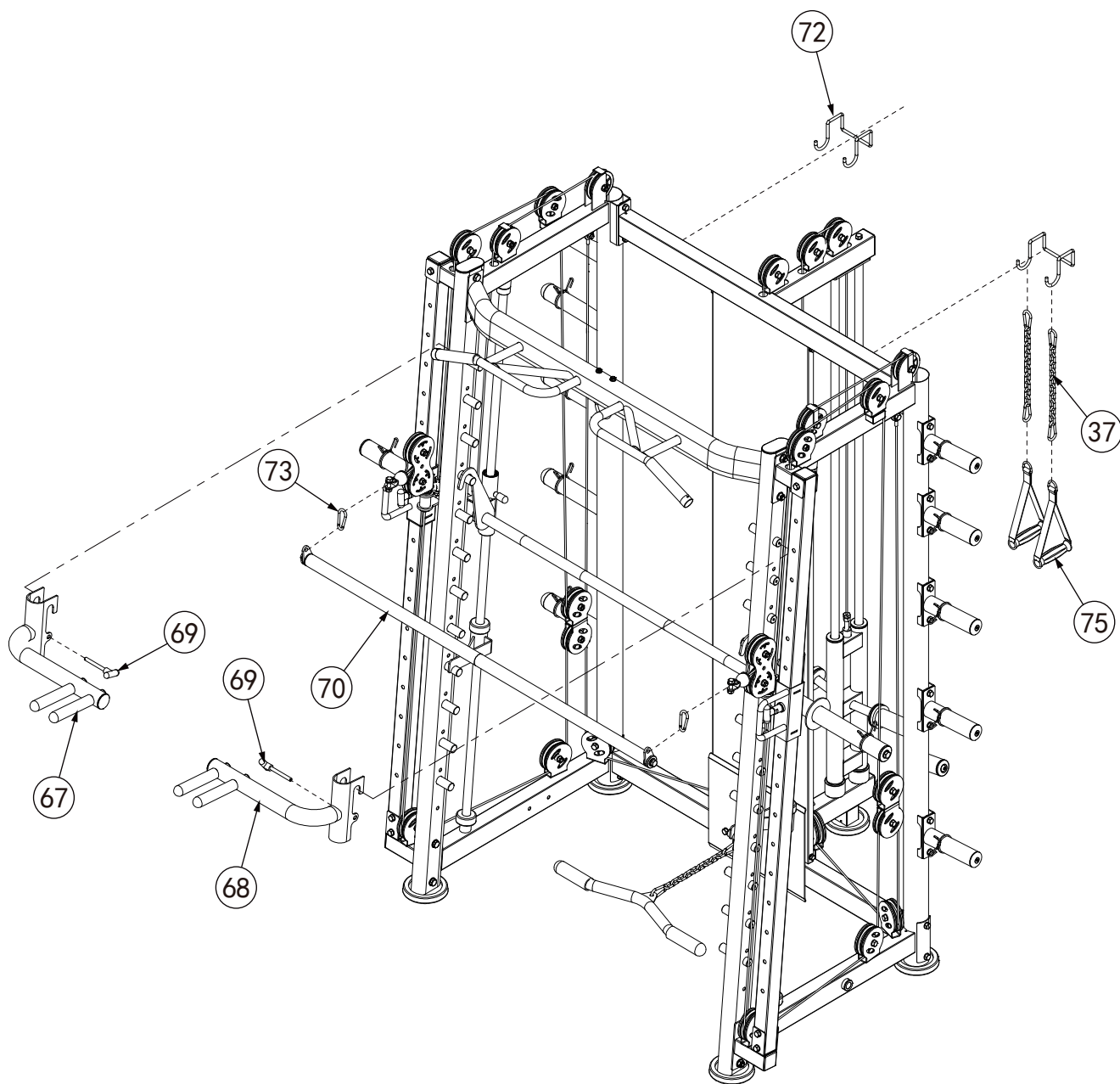


Assembly step (14) assembly instruction

1. Fix shield respectively fastening on back ground link tube & back up link tube using: M8*20 hexagon bolt(64), $\Phi 8$ spring washer(65), $\Phi 8$ washer(66)

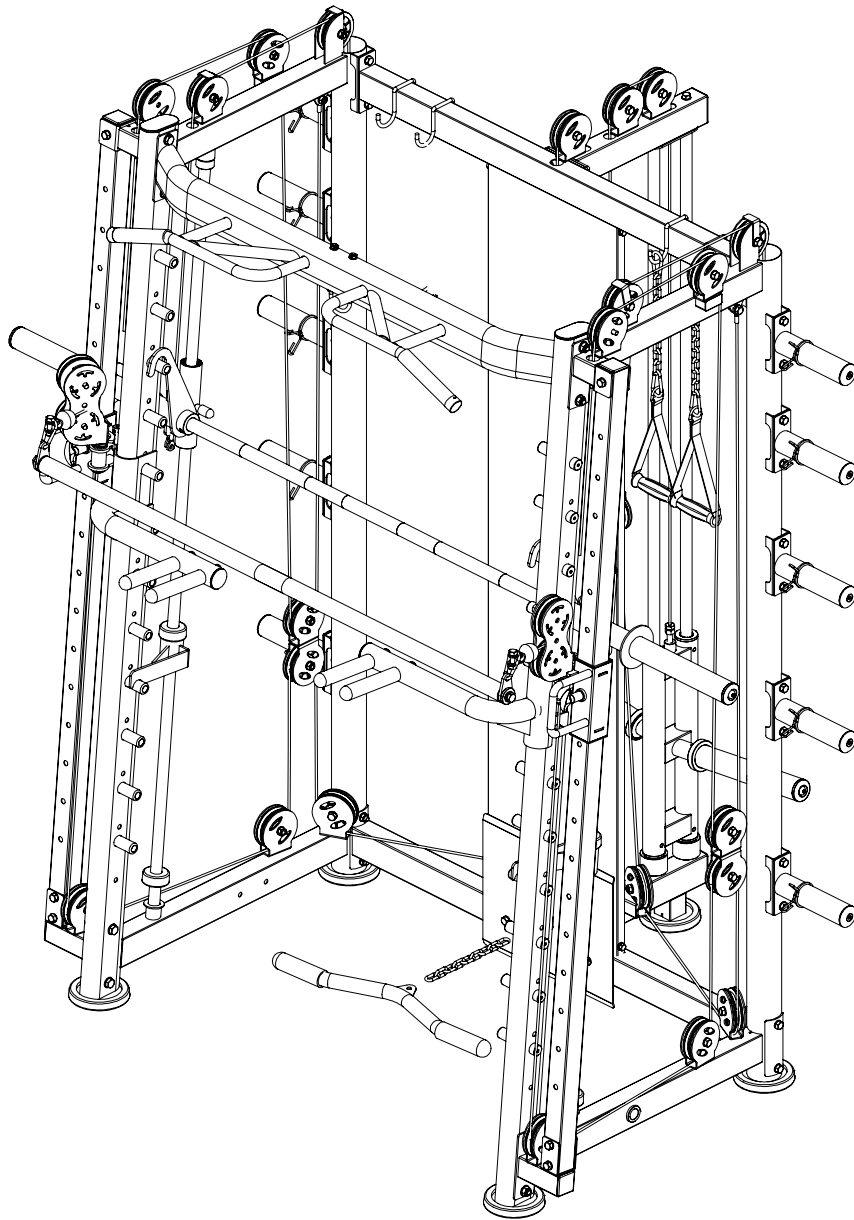
CAUTION: hexagon bolt should be tightening.

Assembly step (14) explosion drawing



No.	Description	Note	Qty.
37	10 section chain + snap hook		2
67	horizontal bar left		1
68	horizontal bar right		1
69	T shape pin	Φ10*75	2
70	tie-rod		1
72	quick hook		2
73	snap hook		2
75	handle pull belt		2

Assembly step (14) drawing



Assembly step (15) assembly instruction