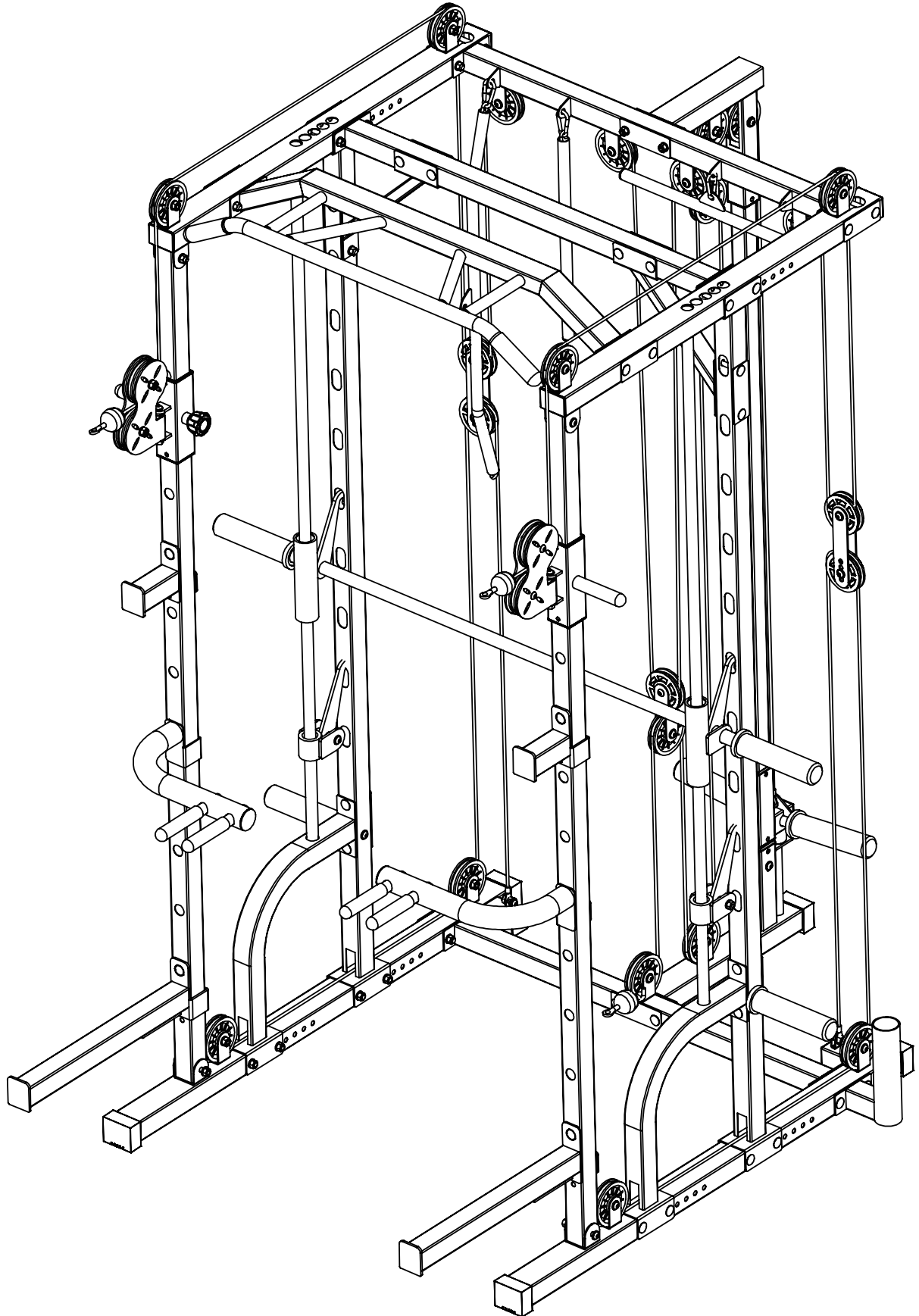



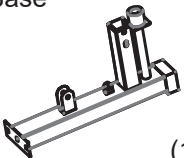







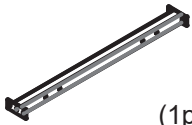


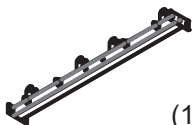



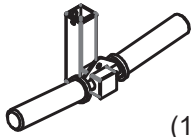


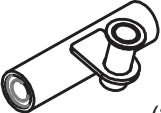
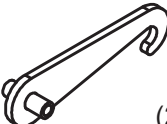









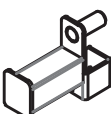
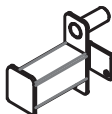





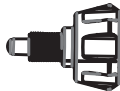











Multi-Functional Smith Machine

Installation Standard Guide


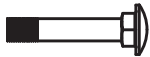
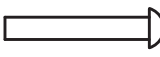
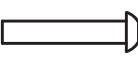
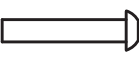
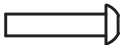






SMITH SQUAT RACK PARTS LIST

<p>1. Level Base Rod</p>  <p>(1pc)</p>	<p>2. Base Rod(A)</p>  <p>(1pc)</p>	<p>3. Base Rod(B)</p>  <p>(1pc)</p>	<p>4. Pulley System Base</p>  <p>(1pc)</p>	<p>5. Barbell Storage Rack</p>  <p>(1pc)</p>
<p>6. Connecting Pieces</p>  <p>(5pc)</p>	<p>7. Left Standing Rod</p>  <p>(1pc)</p>	<p>8. Right Standing Rod</p>  <p>(1pc)</p>	<p>9. Rear Support Rod</p>  <p>(2pc)</p>	<p>10. Front Standing Rod</p>  <p>(2pc)</p>
<p>11. Top Rod</p>  <p>(2pc)</p>	<p>12. Top Middle Rod</p>  <p>(1pc)</p>	<p>13. Top Support Rod</p>  <p>(2pc)</p>	<p>14. Pull Up Bar Attachment</p>  <p>(1pc)</p>	<p>15. Top Rear Connecting Rod</p>  <p>(1pc)</p>
<p>16. Pulley System Top Attachment</p>  <p>(1pc)</p>	<p>17. Pulley System Guide Rod</p>  <p>(2pc)</p>	<p>18. Pulley Attachment</p>  <p>(2pc)</p>	<p>19. Weight Holder</p>  <p>(1pc)</p>	<p>20. Guide Rod</p>  <p>(2pc)</p>
<p>21. Safety Set</p>  <p>(2pc)</p>	<p>22. Barbell Rack</p>  <p>(2pc)</p>	<p>23. Safety Hook</p>  <p>(2pc)</p>	<p>24. Barbell</p>  <p>(1pc)</p>	<p>25. Weight Plates Rod</p>  <p>(2pc)</p>
<p>26. Double Pulley Set</p>  <p>(2pc)</p>	<p>27. Pulley Pieces</p>  <p>(4pc)</p>	<p>28. Single Pulley Set</p>  <p>(1pc)</p>	<p>29. Cross Pulley Set</p>  <p>(1pc)</p>	<p>30. Long Connecting Pieces</p>  <p>(6pc)</p>
<p>31. Left Dip Bar</p>  <p>(1pc)</p>	<p>32. Right Dip Bar</p>  <p>(1pc)</p>	<p>33. J Hook(A)</p>  <p>(1pc)</p>	<p>34. J Hook(B)</p>  <p>(1pc)</p>	<p>35. Safety Bar(A)</p>  <p>(1pc)</p>
<p>36. Safety Bar(B)</p>  <p>(2pc)</p>	<p>37. 2" Shelve</p>  <p>(6pc)</p>	<p>38. Barbell Clip</p>  <p>(4pc)</p>	<p>39. Pulley Sleeve</p>  <p>(2pc)</p>	<p>40. Plug</p>  <p>(2pc)</p>

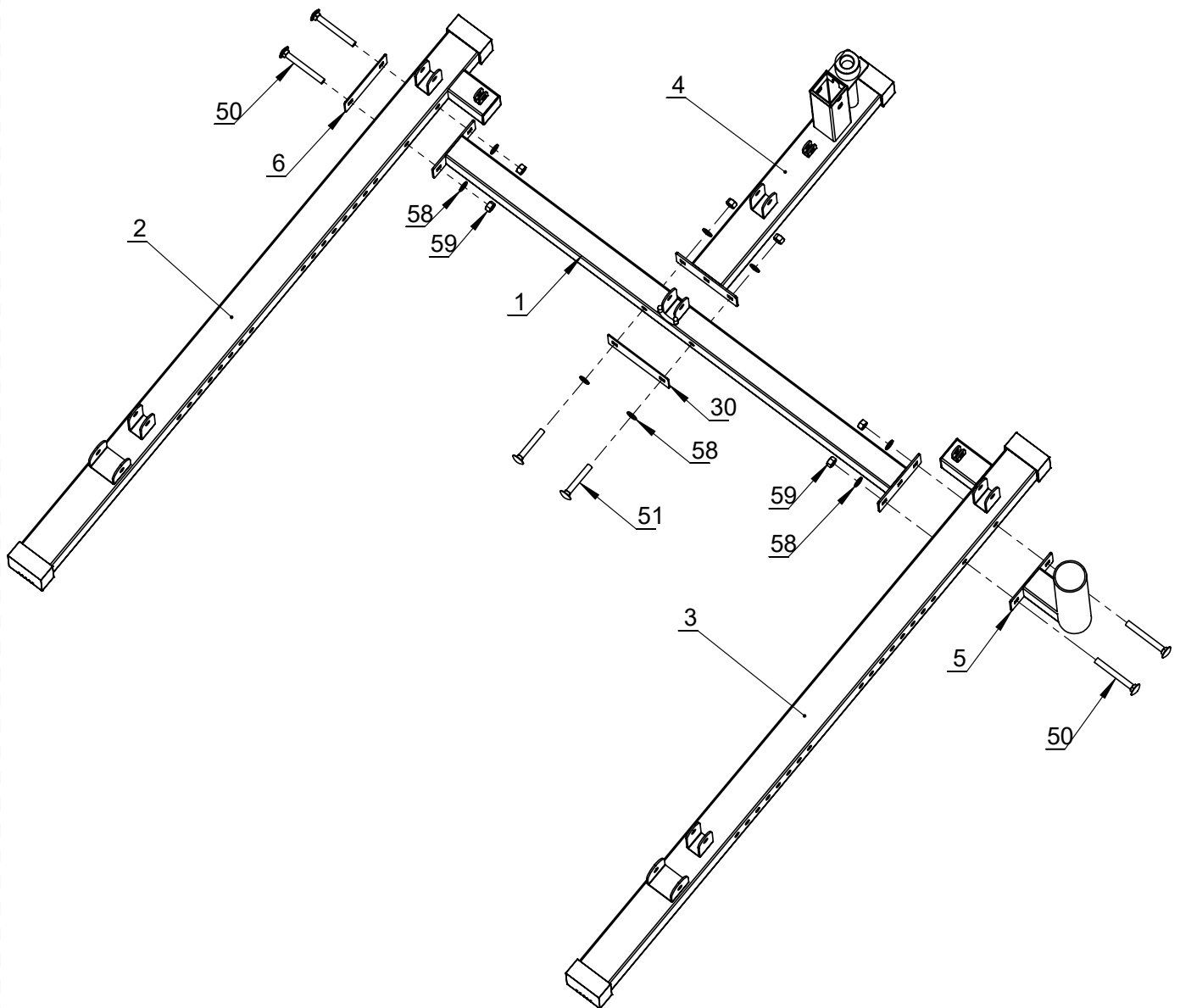
41. Pulley 97MM  (23pc)	42. Pulley 105MM  (4pc)	43. Chain  (2pc)	44. Hoist buckle  (1pc)	45. 12.57m Cable  (1pc)
46. 2.1m Cable  (2pc)	47. 4.18m Cable  (1pc)	48. 2.1m Cable  (1pc)	49. cable Handle  (2pc)	

Smith squat rack standard parts list

50. M10*90 Bolts  (24pc)	51. M10*70 Bolts  (16pc)	52. M10*90 Bolts  (2pc)	53. M10*75 Bolts  (2pc)	54. M10*70 Bolts  (4pc)
55. M10*65 Bolts  (3pc)	56. M10*45 Bolts  (26pc)	57. M10*30 Bolts  (8pc)	58. Washer 11  (86pc)	59. Nuts M10  (82pc)

Step 1 :

1. Connect No. 2, 3, and No. 5 parts with 4 No. 50 parts, 1 No. 6 parts, 4 No. 58 parts, 4 No. 59 parts, and No. 1 parts as shown in the figure. Do not fasten them temporarily.
2. Use 2 No. 51 parts, 4 No. 58 parts, and 2 No. 59 parts to connect the No. 4 part to the No. 1 part as shown in the figure, and do not fasten it temporarily.



Step 2:

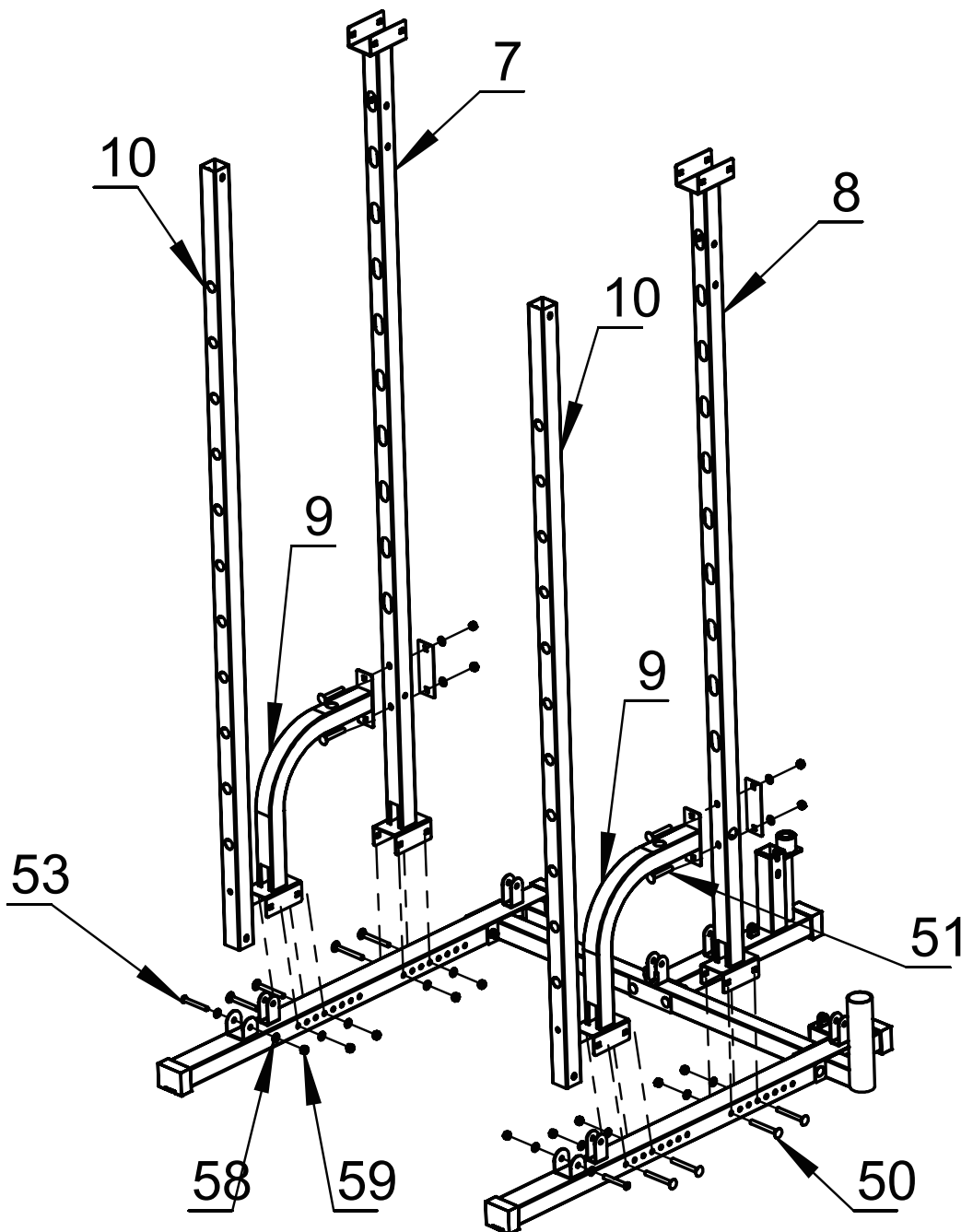
1. Connect the No. 7 part to the No. 1 part with 2 No. 50 parts, 2 No. 58 parts, and 2 No. 59 parts as shown in the picture. Do not fasten it temporarily.

The installation of part 2.8 is the same as above.

3. Connect the upper ends of the 2 No. 9 parts with 2 No. 51 parts, 2 No. 58 parts, and 2 No. 59 parts respectively to No. 7 and No. 8 parts as shown in the figure. Not to be tightened temporarily.

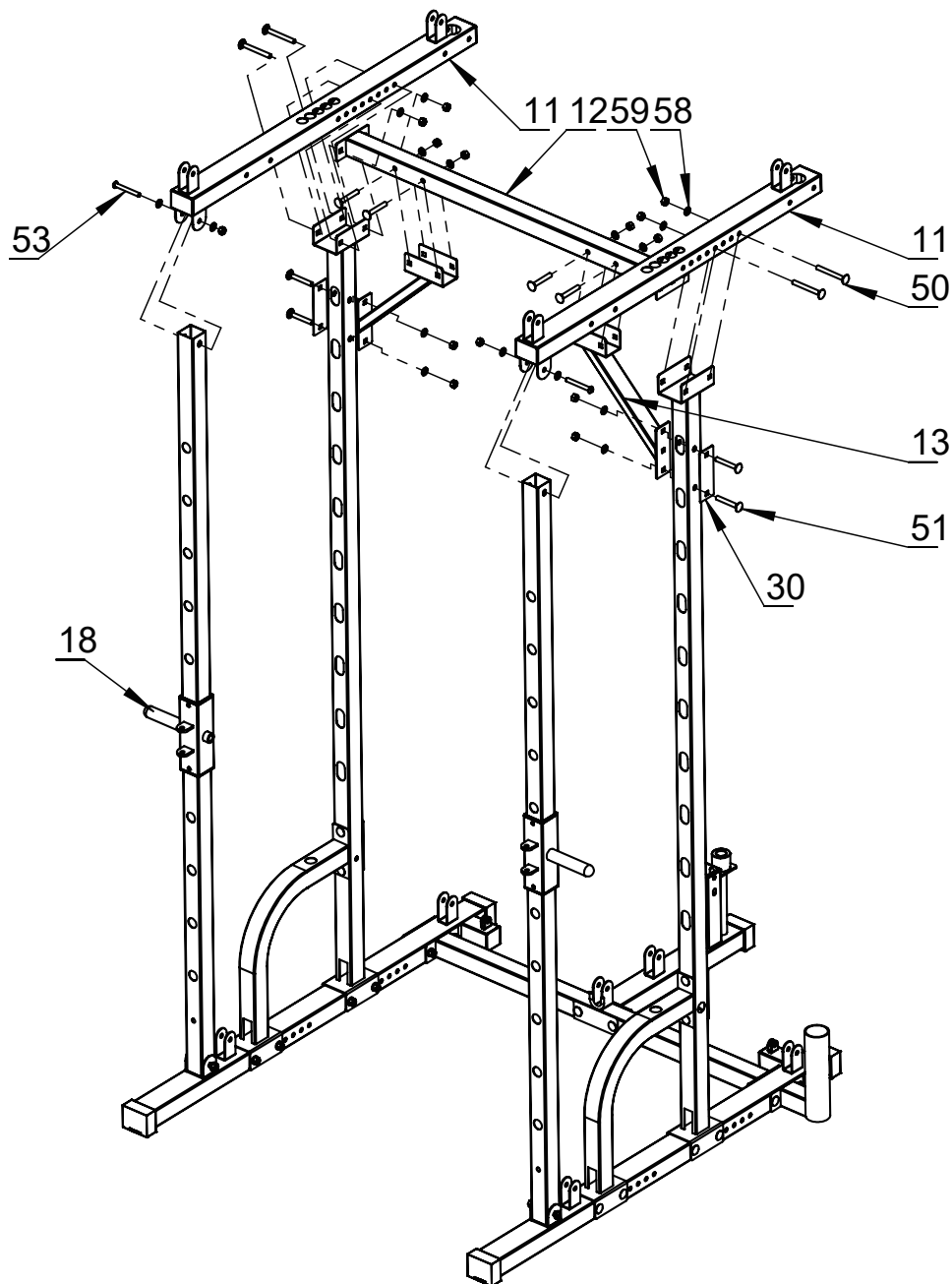
4.2 The lower end of the No. 9 part is also connected to the No. 2 and No. 3 parts respectively with 2 No. 51 parts, 2 No. 58 parts, and 2 No. 59 parts as shown in the figure. Not to be tightened temporarily.

5. Connect the two No. 10 pieces with one No. 53 piece, two No. 58



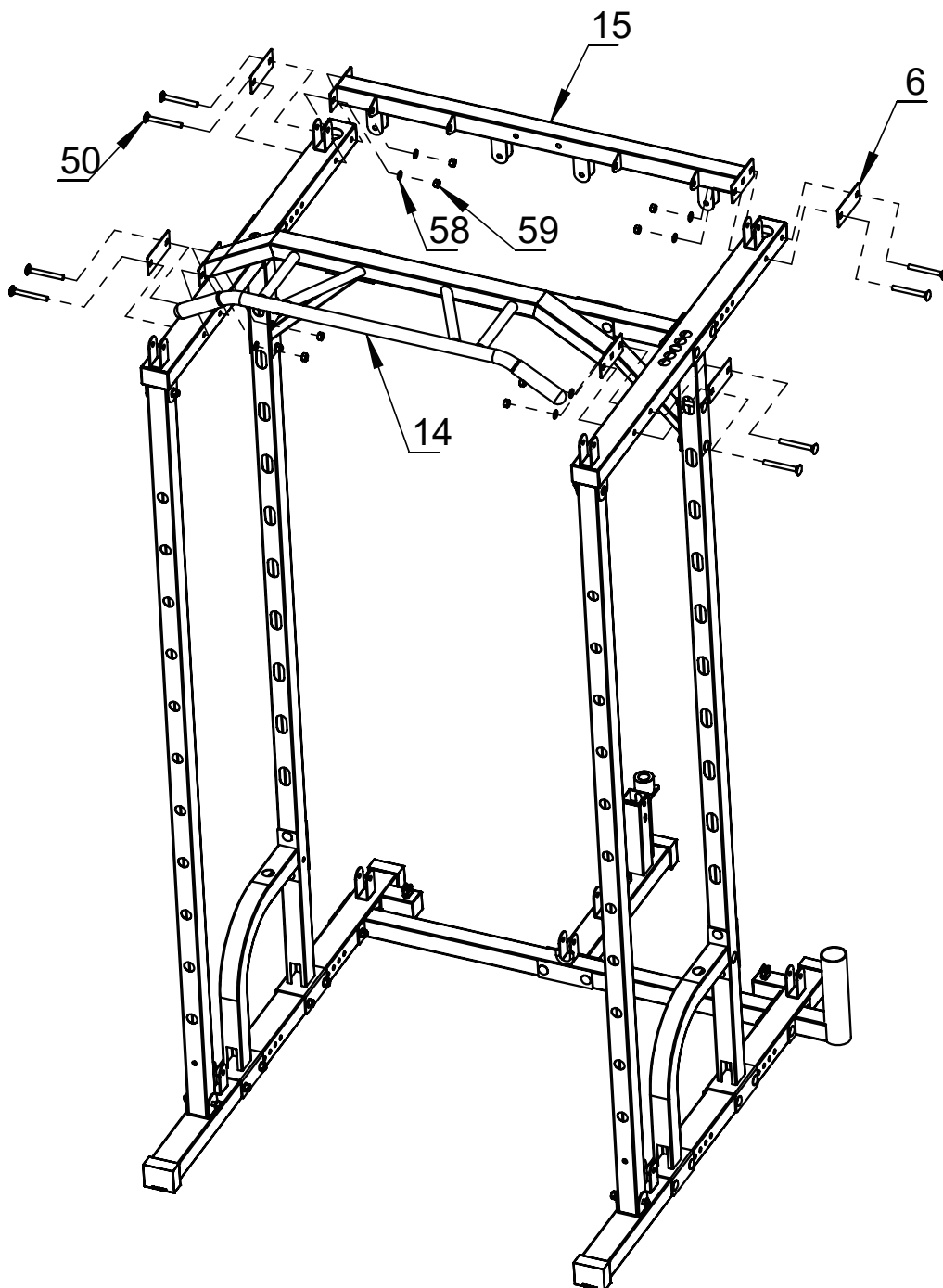
Step 3:

1. Put the two No. 18 pieces on the two No. 10 pieces as shown in the picture.
2. Connect the two No. 11 parts with one No. 53 part, two No. 58 parts, and two No. 59 parts to the two No. 10 parts as shown in the figure.
3. Use 4 No. 50 parts, 4 No. 58 parts, and 4 No. 59 parts to connect the two ends of No. 12 parts to two No. 11 parts. Do not fasten them temporarily.
4. Connect 2 pieces of No. 13 to pieces No. 7, 8, and 12 with 2 pieces of No. 30, 8 pieces of No. 51, 8 pieces of No. 58 and 8 pieces of No. 59 as shown in the picture. solid.



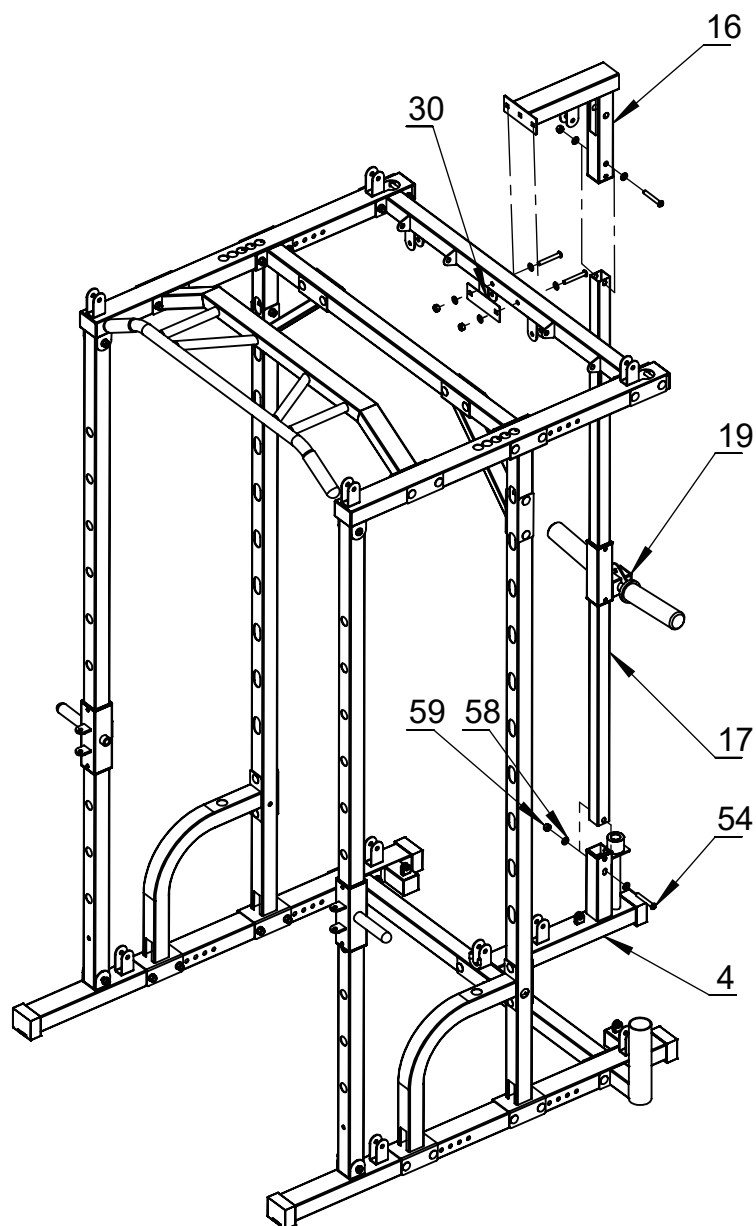
Step 4:

1. Connect the No. 14 part with 2 No. 6 parts, 4 No. 50 parts, 4 No. 58 parts, and 4 No. 59 parts as shown in the figure, and do not fasten them temporarily.
2. Connect the No. 15 part with 2 No. 6 parts, 4 No. 50 parts, 4 No. 58 parts, and 4 No. 59 parts as shown in the figure, and do not fasten them temporarily.



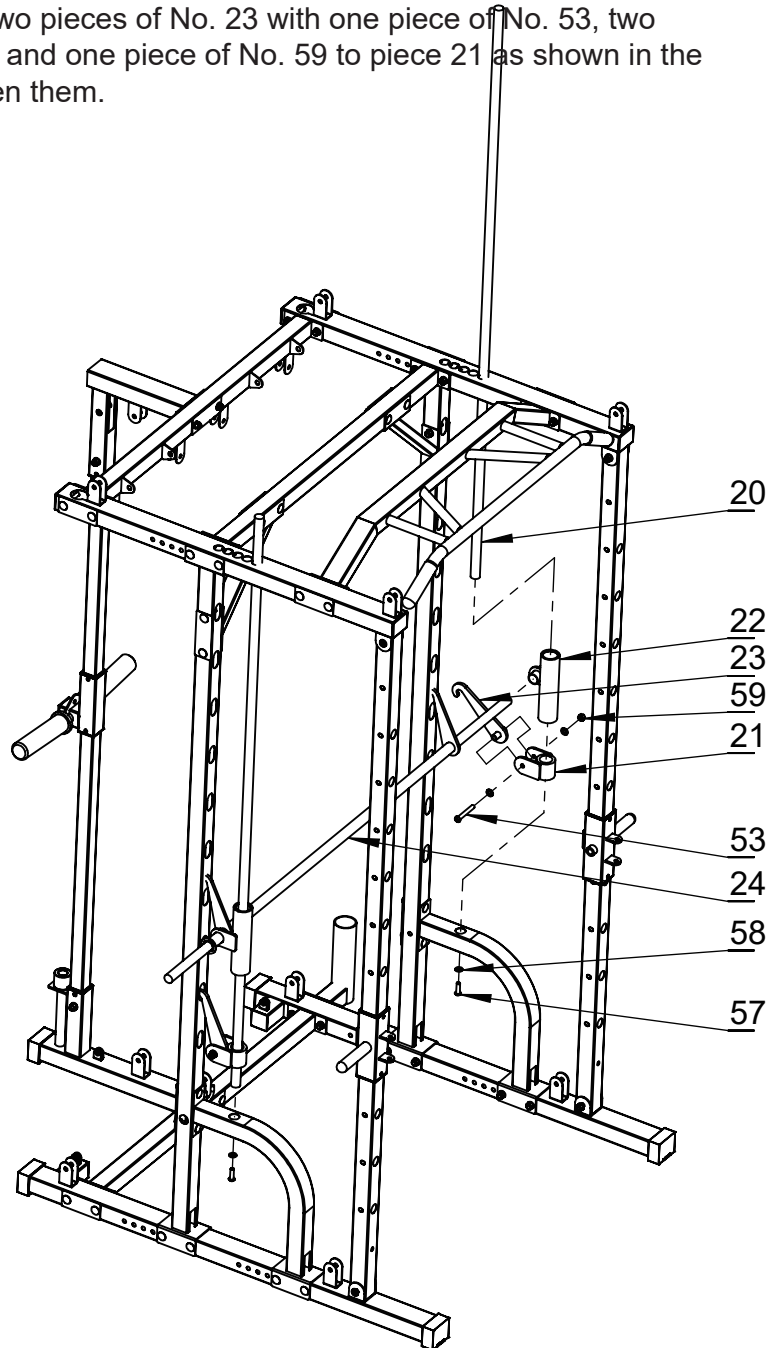
Step 5:

1. Connect the No. 17 part with 1 No. 54 part, 2 No. 58 parts, and 1 No. 59 part to the No. 4 part as shown in the figure, and do not fasten it temporarily.
2. Put the No. 19 piece on the No. 17 piece as shown in the picture.
3. Connect the No. 16 part with 3 No. 54 parts, 6 No. 58 parts, 3 No. 59 parts, and 1 No. 30 part to parts 17 and 15 respectively as shown in the figure, and do not fasten them temporarily.



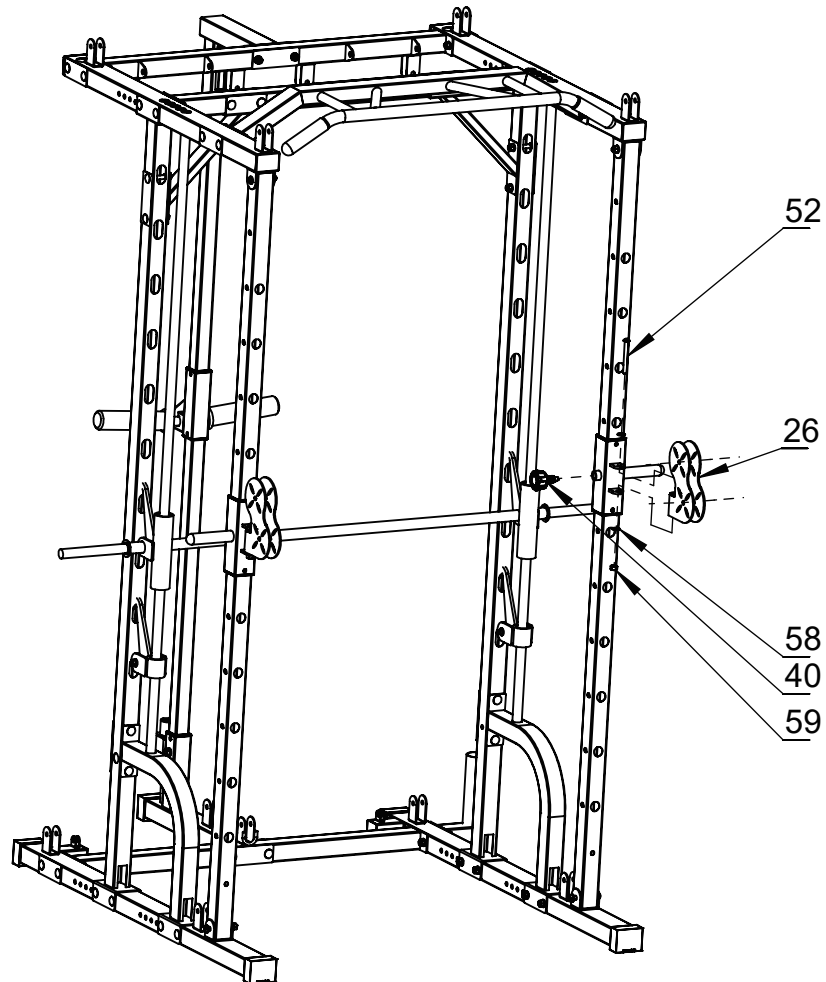
Step 6:

1. Put two pieces of No. 22 on both ends of piece No. 24 as shown in the picture.
2. Pass the two No. 20 pieces into the No. 22 piece as shown in the picture, and then into the No. 21 piece to the bottom of the entry hole, and fix them with one No. 57 piece and one No. 58 piece respectively. Number 20.
3. Connect the two pieces of No. 23 with one piece of No. 53, two pieces of No. 58 and one piece of No. 59 to piece 21 as shown in the figure, and tighten them.



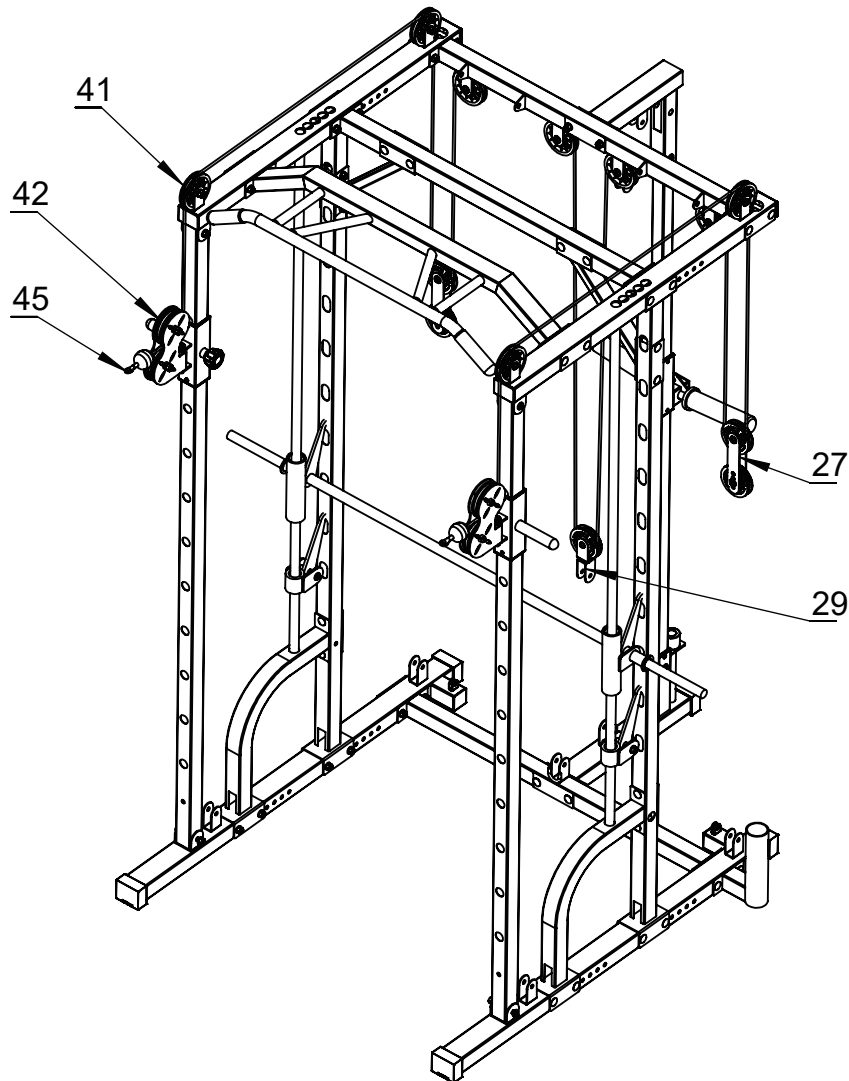
Step 7:

1. Connect the two No. 40 pieces to the two outer sliding sleeve frames respectively as shown in the figure.
2. Connect the two No. 26 parts to the outer sliding sleeve frame with one No. 52 part, two No. 58 parts, and one No. 59 part as shown in the picture.
3. Fasten all screws on the equipment.



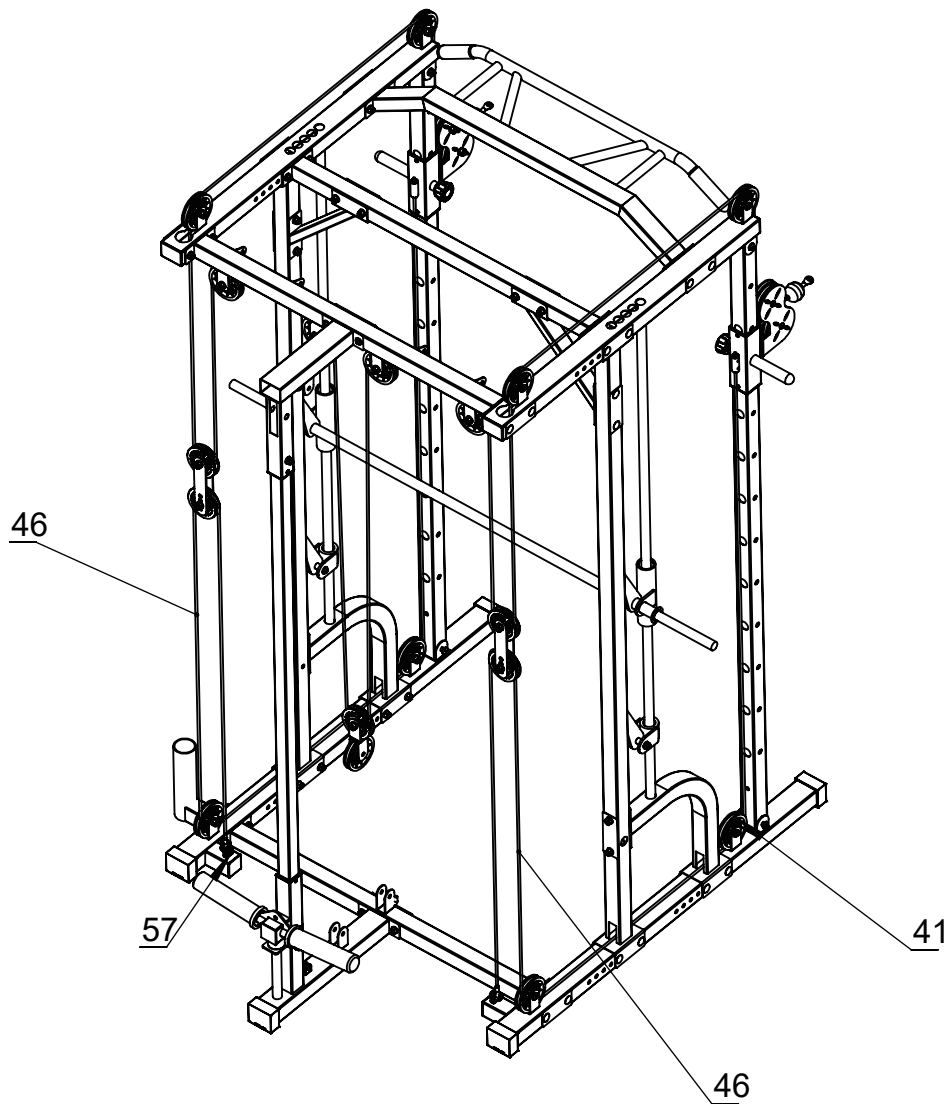
Step 8:

1. All pulleys are connected with one No. 56 piece, two No. 58 pieces, and one No. 59 piece.
2. Connect the No. 45 steel wire rope to the No. 42 pulley in the double pulley box with one end as shown in the figure, leaving the ball head at the outer end. As shown in the figure, connect the wire rope and the pulley in turn.
3. After connecting the ends, use 4 pieces No. 27 and 4 pieces No. 41 to pull out the wire rope and connect as shown in the figure.
4. Use No. 29 parts and pulleys to pull out the wire rope from the middle as shown in the figure and connect it.



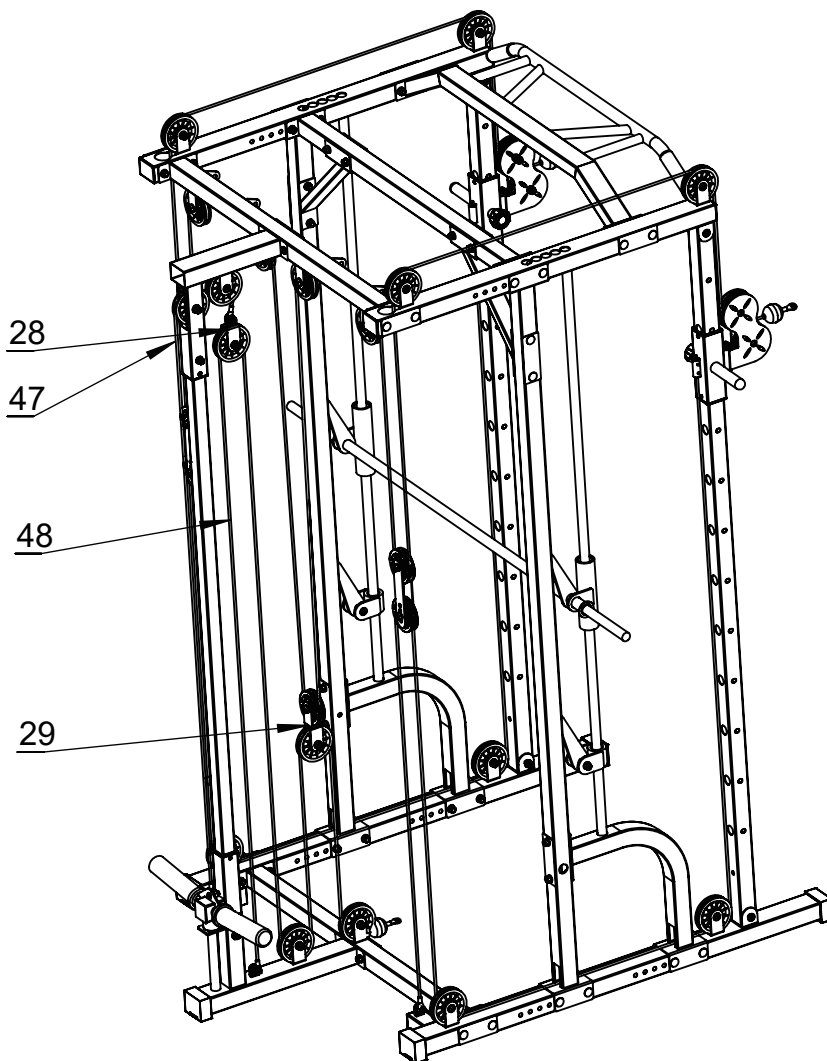
Step 9:

1. Connect the two No. 46 steel wire ropes to the small U-shaped seat with one No. 57, two No. 58 and one No. 59 pieces at one end of the metal head as shown in the figure.
2. Put the other end on the sliding sleeve frame and tighten the top wire.



Step 10:

1. Connect one end of the No. 47 steel wire rope to the counterweight frame with one No. 57, two No. 58 pieces, and one No. 59 piece, and the other end to the No. 28 piece as above.
2. The pulley in the middle tube uses 1 piece No. 54, 2 pieces No. 39, 2 pieces No. 58, and 1 piece No. 59 to connect the pulley and the wire rope.
3. Connect the head end of the No. 48 steel wire rope to the ground frame with pulleys as shown in the figure, and then connect it with three pulleys as shown in the figure. The end uses 1 No. 57, 2 No. 58 and 1 No. 59 The pieces are fixed on the small U-shaped seat.



Step 11:

1. Place the accessories 33 and 34 at a suitable height as shown in the figure.
2. Place the accessories 31 and 32 at a suitable height as shown in the figure.
3. Place the accessories 35 and 36 at a suitable height as shown in the figure.
4. Connect two pieces of 25 as shown in the figure with one piece No. 57 and one piece No. 58 on both sides.
5. Connect six No. 37 sleeves to the bell plate bar, barbell bar, and counterweight bar as shown in the figure.
6. After installation, check all parts and tighten them.

