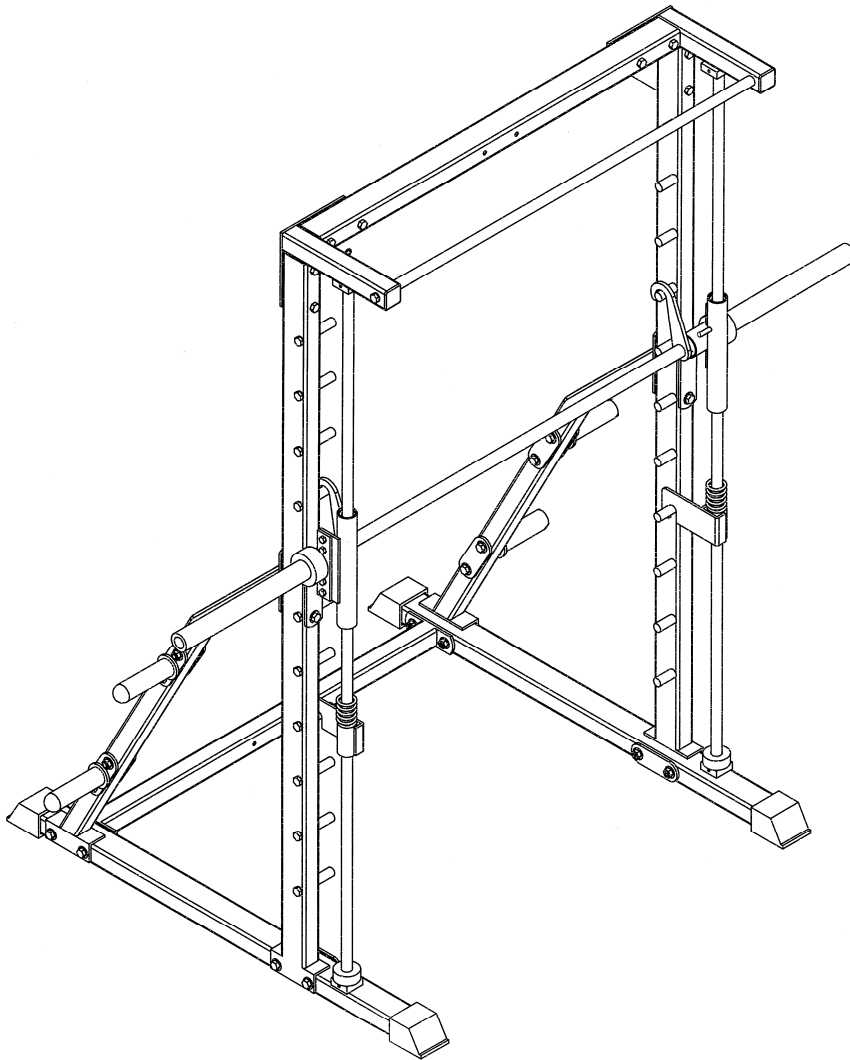


DF4900

LINEAR BEARING SMITH MACHINE

Assembly Manual



Assembly Video Available

Simply scan the QR code below
on your phone's camera to access
the video



(888) 258-0533

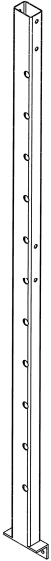
FOR YOUR SAFETY READ ALL INSTRUCTIONS CAREFULLY

*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

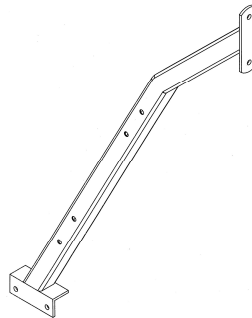
DF4900 BOX CONTENTS



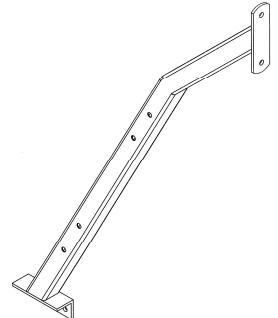
A
LH UPRIGHT
QTY 1



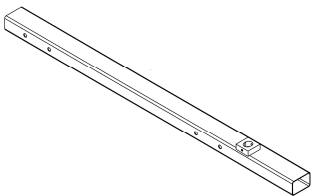
B
RH UPRIGHT
QTY 1



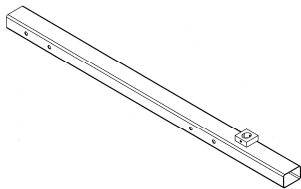
C
LH REAR SUPPORT
QTY 1



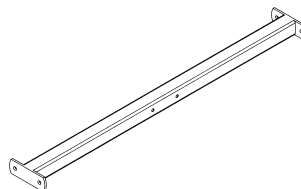
D
RH REAR SUPPORT
QTY 1



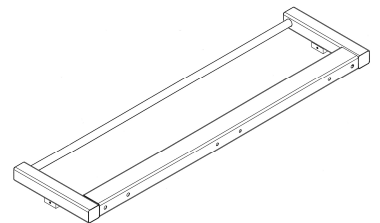
E
LH FOOT
QTY 1



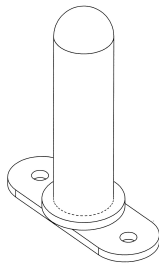
F
RH FOOT
QTY 1



G
CROSSMEMBER
QTY 1



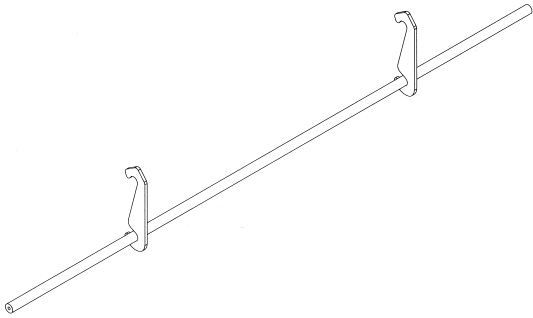
H
TOP FRAME
QTY 1



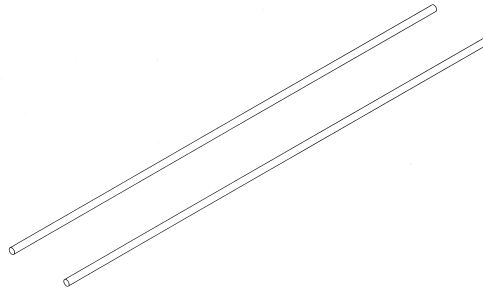
I
WEIGHT PLATE HOLDER
QTY 4



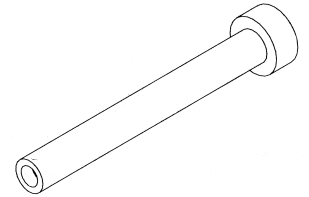
DF4900 BOX CONTENTS



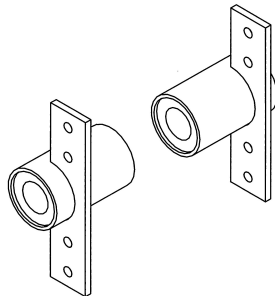
J
SMITH BAR
QTY 1



K
GUIDE ROD
QTY 2

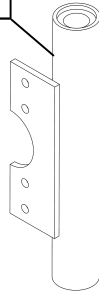


L
WEIGHT SLEEVE
QTY 2

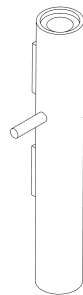


M
SMITH BAR COLLARS
QTY 2

LH COLLAR
WITHOUT STOP PIN

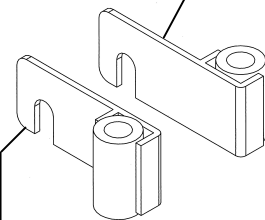


RH COLLAR
WITH STOP PIN



N
LH & RH GUIDE ROD COLLAR
QTY 1 EACH

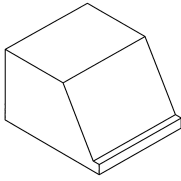
RH
SAFETY CATCH



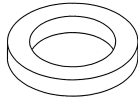
LH
SAFETY CATCH

O
LH & RH SAFETY CATCH
QTY 1 EACH

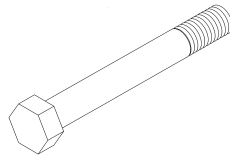
DF4900 HARDWARE



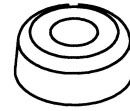
P
RUBBER SHOE
QTY 4



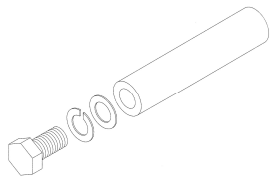
Q
RUBBER SPACER
QTY 4



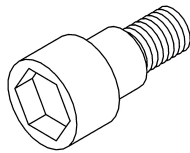
R
M12 x 80MM BOLT
QTY 8



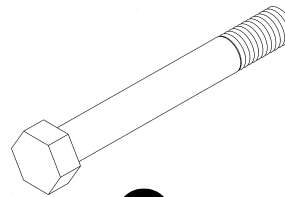
S
RUBBER DONUT
QTY 2



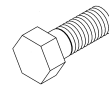
T
HOOK CATCH ROD
ASSEMBLY
QTY 22



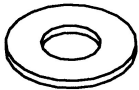
U
WEIGHT SLEEVE
BOLT
QTY 2



V
M12 x 100MM BOLT
QTY 20



W
M10 x 25MM BOLT
QTY 8



X
M12 WASHER
QTY 56



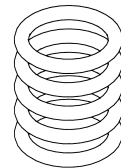
Y
M10 WASHER
QTY 16



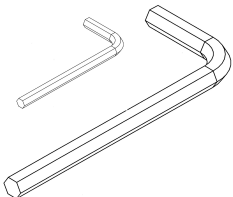
Z
M12 LOCKNUT
QTY 28



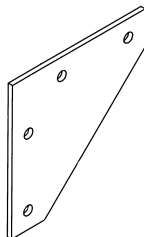
AA
M10 LOCKNUT
QTY 8



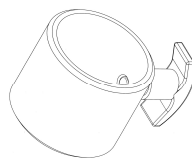
BB
CHROME SPRING
QTY 2



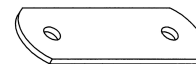
CC
HEX WRENCH
QTY 2



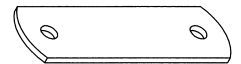
DD
CORNER FLANGE
QTY 2



EE
BAR COLLAR
QTY 2



FF
4 INCH
CLAMP BRACKET
QTY 10

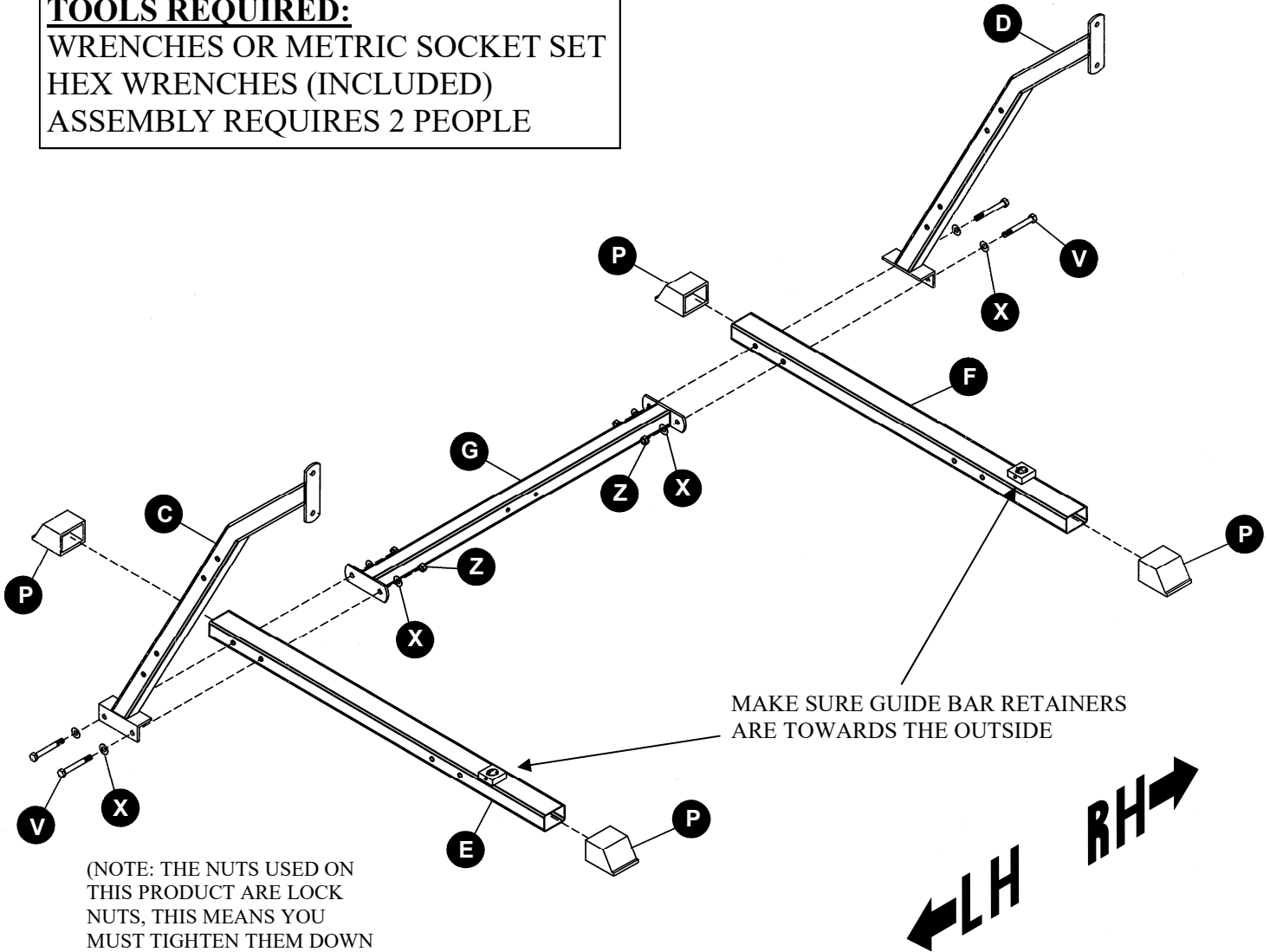


GG
5 INCH
CLAMP BRACKET
QTY 2

*NOTE IF YOU ARE MISSING HARDWARE OR HAVE ANY FIT UP PROBLEMS PLEASE CONTACT DELTECH FITNESS TOLL FREE (888) 258-0533

TOOLS REQUIRED:

WRENCHES OR METRIC SOCKET SET
HEX WRENCHES (INCLUDED)
ASSEMBLY REQUIRES 2 PEOPLE



(NOTE: THE NUTS USED ON THIS PRODUCT ARE LOCK NUTS, THIS MEANS YOU MUST TIGHTEN THEM DOWN PAST THE PLASTIC INSERT)

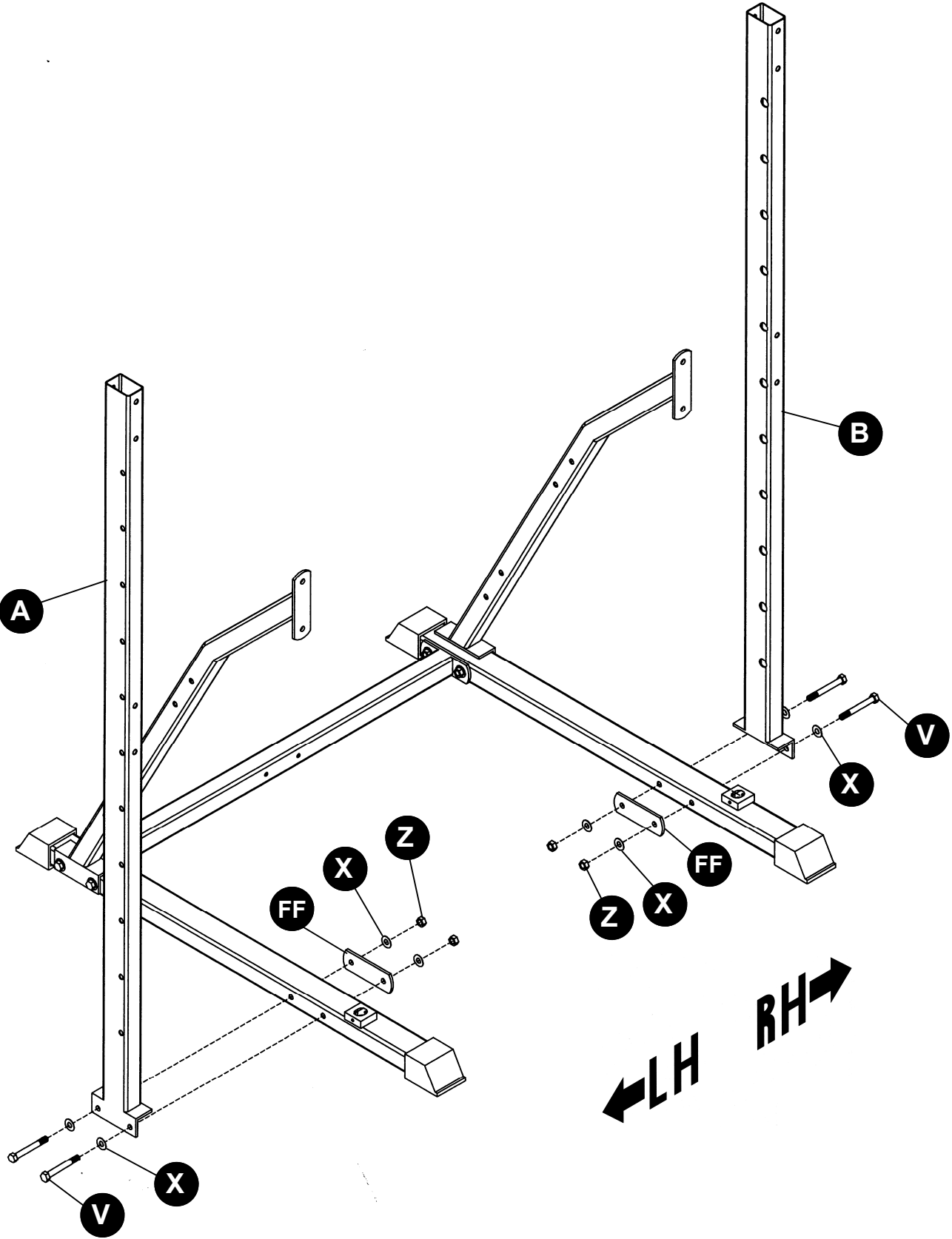
MAKE SURE GUIDE BAR RETAINERS ARE TOWARDS THE OUTSIDE

← LH RH →

ASSEMBLE THE LH FOOT (E), RH FOOT (F), CROSS MEMBER (G), AND THE LEFT AND RIGHT REAR SUPPORTS (C) AND (D), USING THE M12 x 100MM BOLTS (V), M12 WASHERS (X), AND M12 LOCK-NUTS (Z). (LEAVE THE BOLTS HAND TIGHTENED AT THIS TIME)

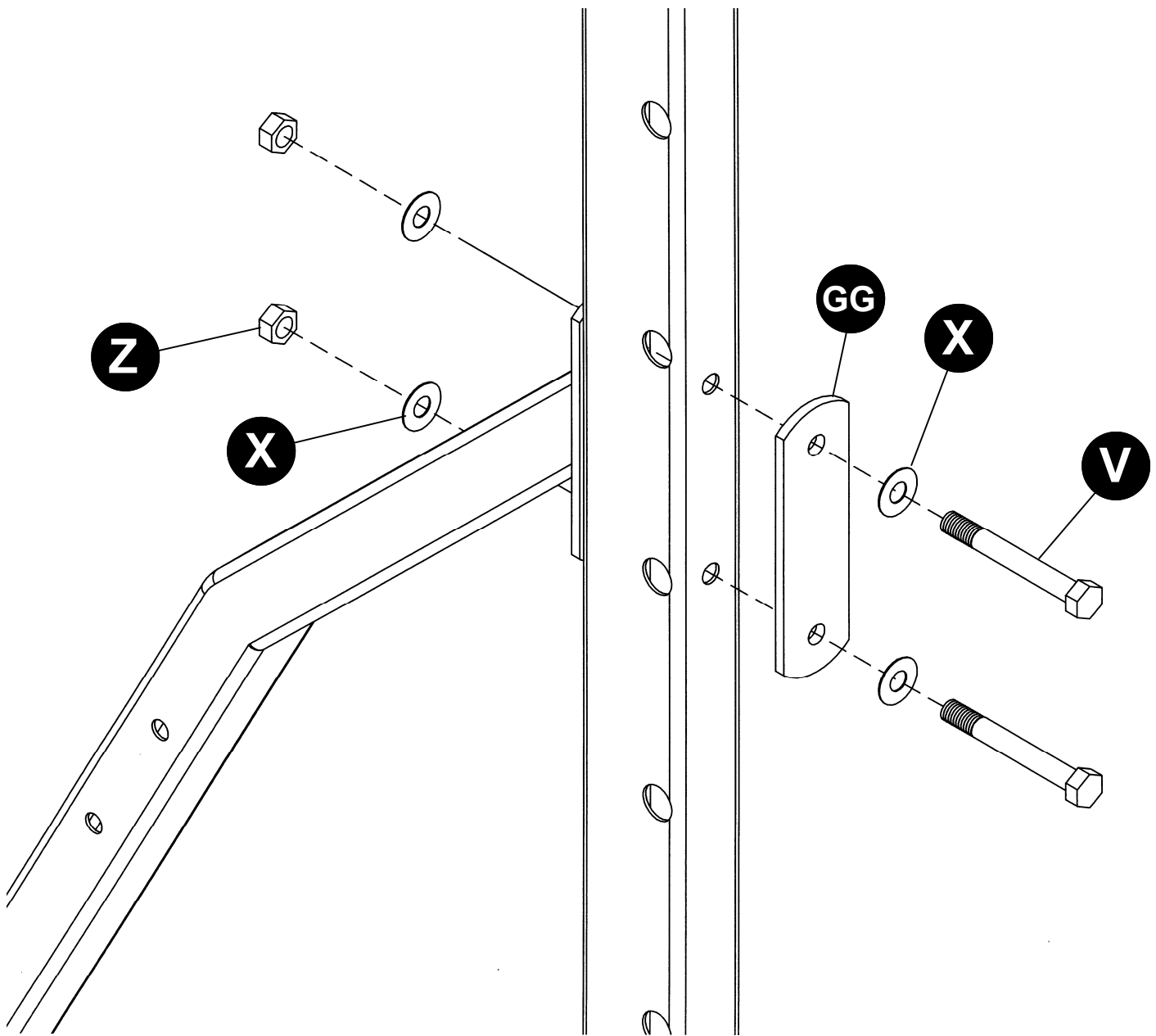
SLIDE THE RUBBER SHOES (P) ONTO THE LH AND RH FEET (E) & (F).

FRAME ASSEMBLY



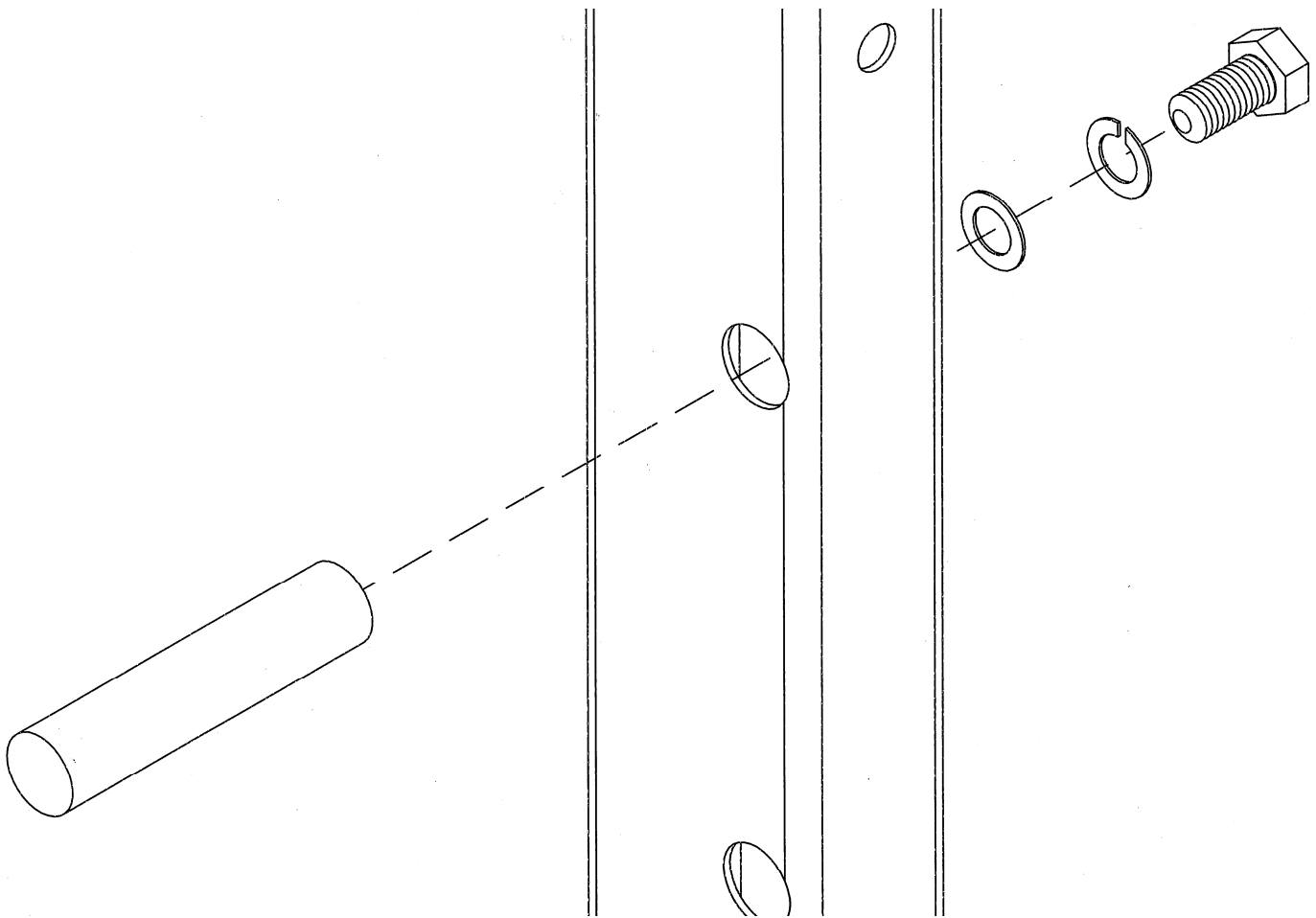
ASSEMBLE THE LH AND RH UPRIGHTS (A) & (B) TO THE LH AND RH FEET USING THE M12 x 100MM BOLTS (V), M12 WASHERS (X), 4" CLAMP PLATES (FF), AND M12 LOCKNUTS (Z).

FRAME ASSEMBLY



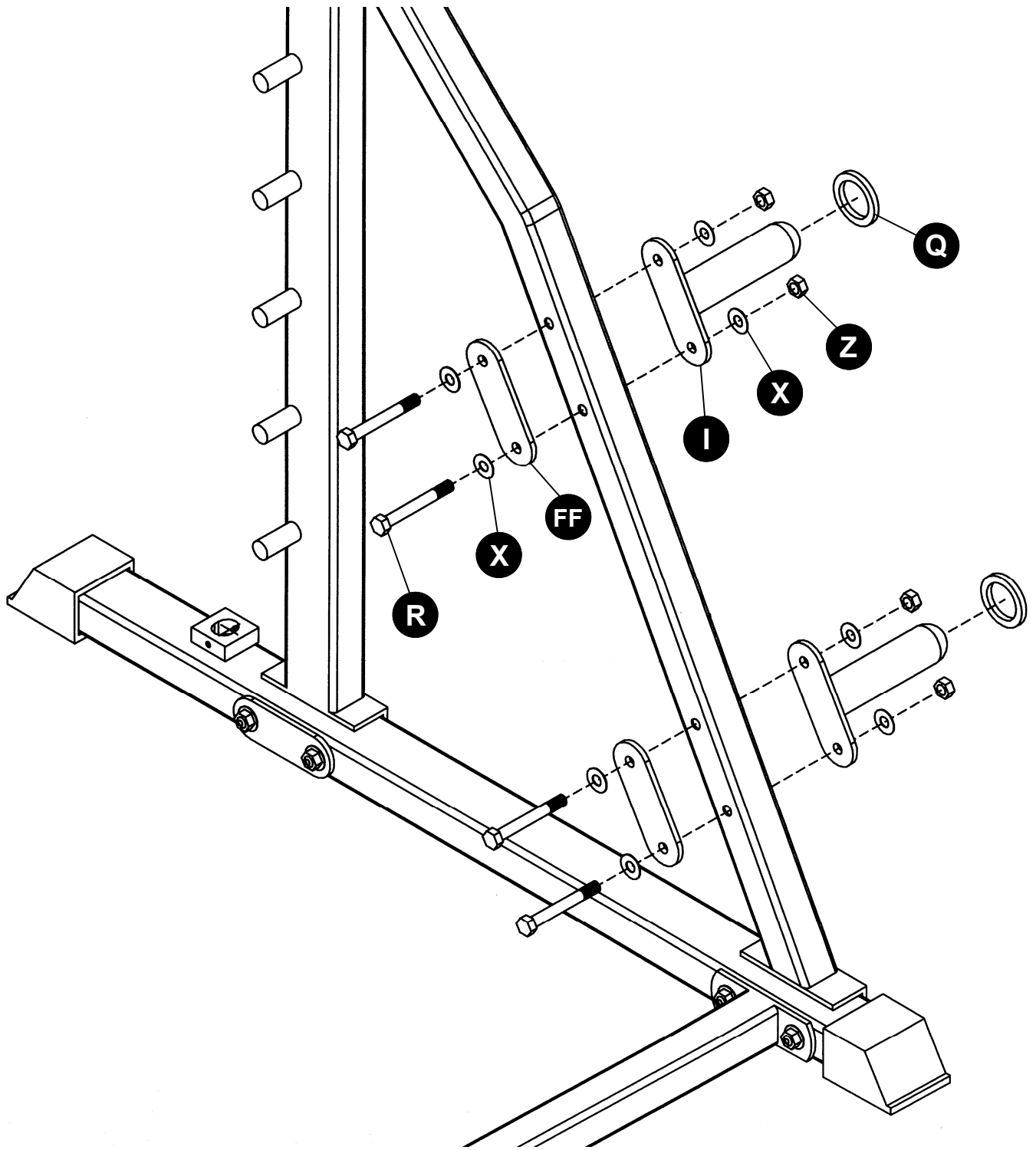
ASSEMBLE THE REAR SUPPORTS TO THE UPRIGHTS USING THE M12 x 100MM BOLTS (V), M12 WASHERS (X), 5" CLAMP PLATES (GG), AND M12 LOCKNUTS (Z).

FRAME ASSEMBLY



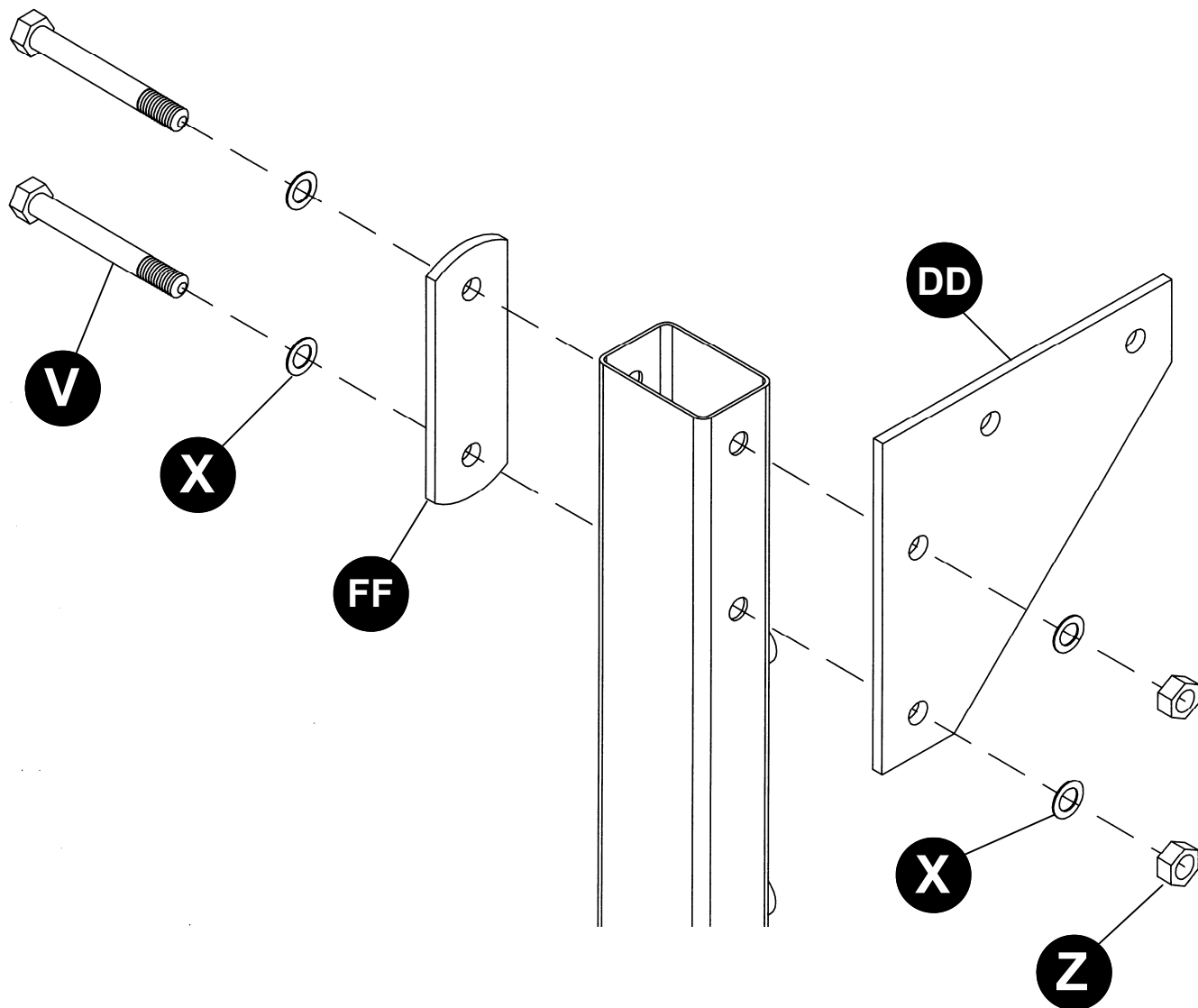
INSTALL HOOK CATCH RODS INTO UPRIGHTS USING BOLT, WASHER, AND LOCK WASHER.
TIGHTEN SECURELY.

SMITH BAR CATCH ROD ASSEMBLY



INSTALL WEIGHT PLATE HOLDERS (I) USING M12 x 80MM BOLTS(R), M12 WASHERS (X), 4" CLAMP PLATES (FF) AND M12 LOCKNUTS (Z). SLIDE RUBBER SPACERS (Q) ONTO WEIGHT PLATE SUP-

REAR WEIGHT HOLDER ASSEMBLY

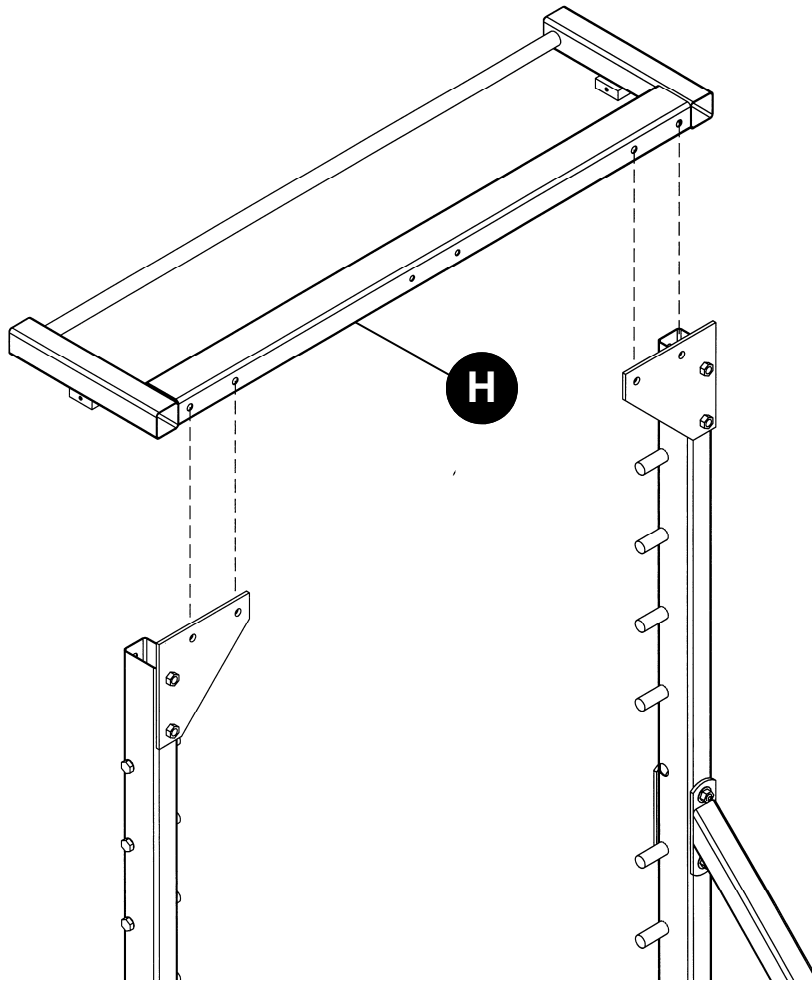


ATTACH THE CORNER FLANGE (**DD**) TO THE REAR OF THE UPRIGHT USING THE M12 x 100MM BOLTS (**V**), M12 WASHERS (**X**), 4" CLAMP PLATES (**FF**), AND M12 LOCKNUTS (**Z**). **DO NOT TIGHTEN NUTS AT THIS TIME.**

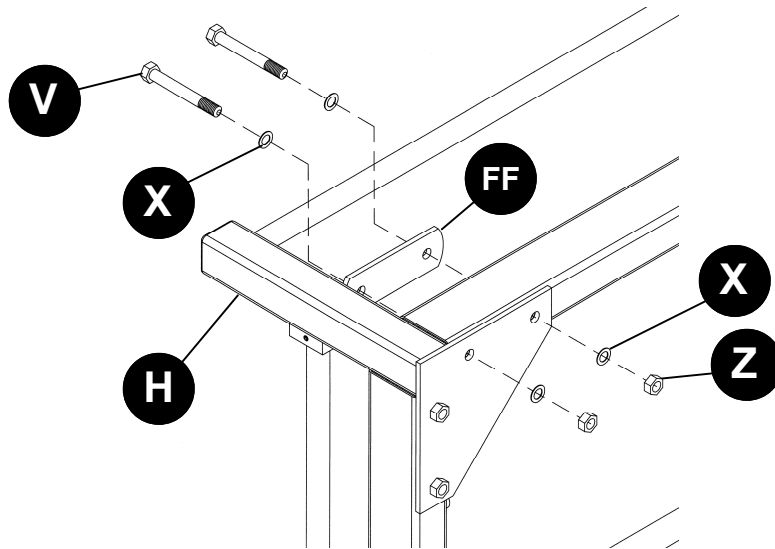
REPEAT FOR OPPOSITE SIDE.

TOP FRAME INSTALLATION

THE FOLLOWING STEPS REQUIRE 2 PEOPLE

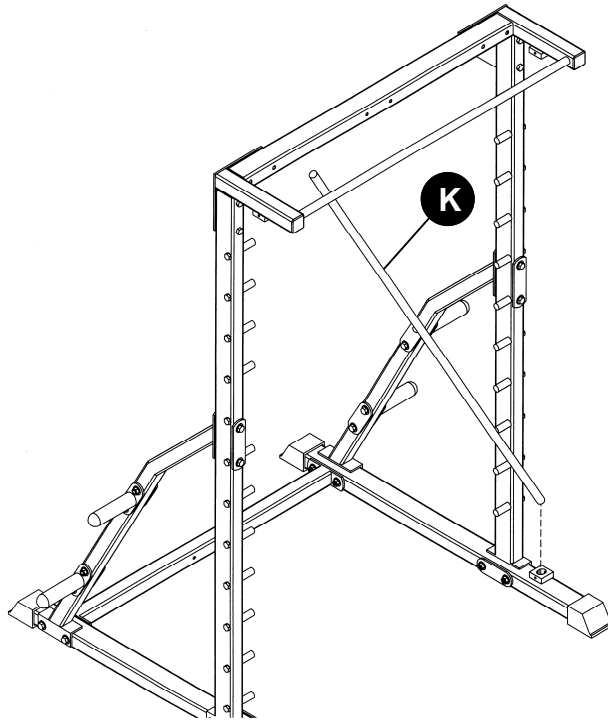


LOWER TOP FRAME (H) ONTO UPRIGHTS.

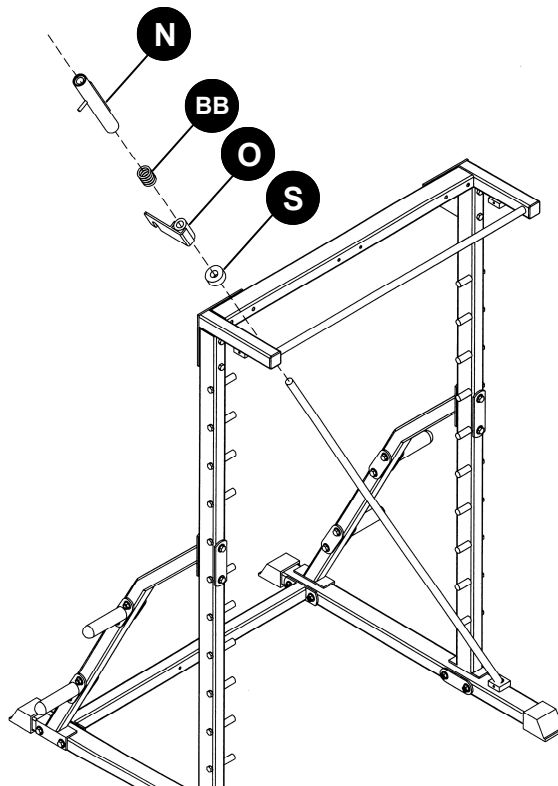


ATTACH THE TOP FRAME (H) TO THE CORNER FLANGE USING THE M12 x 100MM BOLTS (V), M12 WASHERS (X), 4" CLAMP PLATE (FF), AND M12 LOCKNUTS (Z). ONLY HAND TIGHTEN NUTS AT THIS TIME.

TOP FRAME INSTALLATION



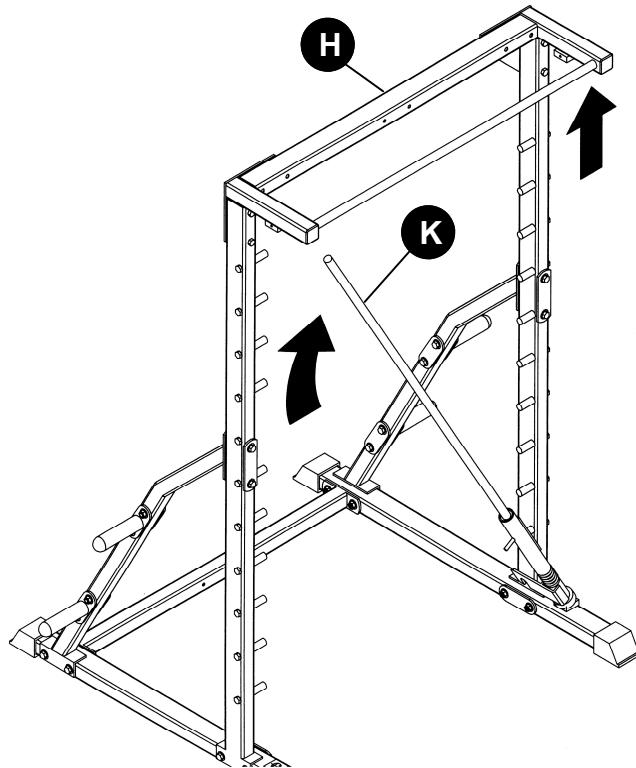
INSERT ONE GUIDE ROD (K) INTO THE RETAINER ON THE RIGHT FOOT.



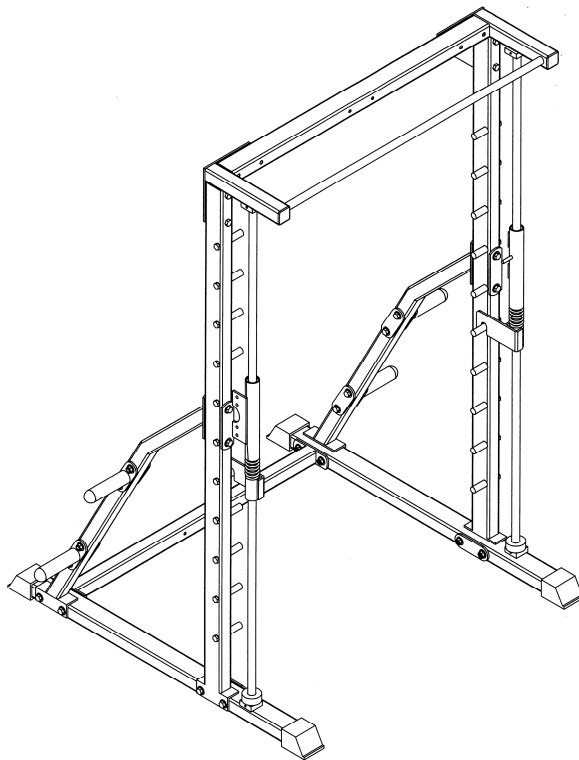
INSTALL THE RUBBER DONUT (S), RIGHT HAND SAFETY CATCH (O), CHROME SPRING (BB), AND RIGHT HAND GUIDE ROD COLLAR (N).

BE EXTREMELY CAREFUL INSTALLING THE GUIDE ROD COLLARS AS NOT TO DAMAGE THE LINEAR BEARINGS. DO NOT FORCE THEM ONTO THE GUIDE RODS.

GUIDE ROD INSTALLATION

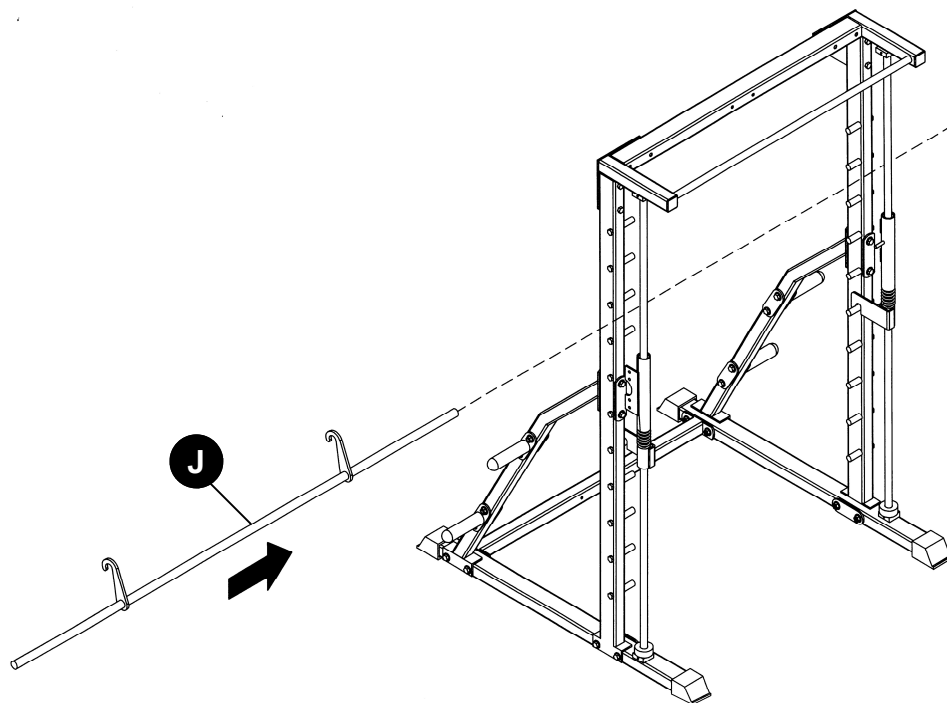


ROTATE THE GUIDE ROD (**K**) WHILE SLIGHTLY LIFTING THE TOP FRAME (**H**) AND INSERT TOP OF GUIDE ROD INTO RETAINER ON TOP FRAME.

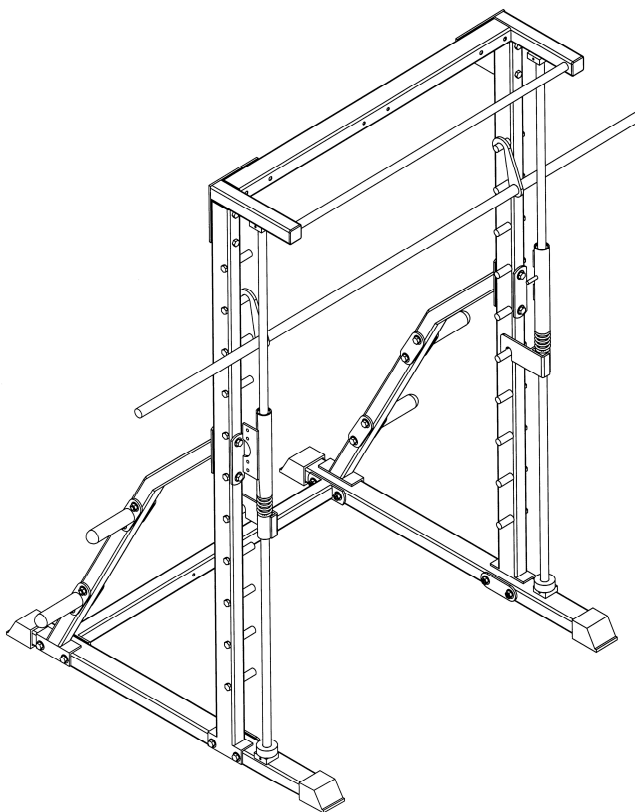


REPEAT THIS PROCESS FOR OPPOSITE SIDE, MAKING SURE TO HAVE SOMEONE HOLD GUIDE ROD ON RIGHT SIDE. SECURELY TIGHTEN NUTS ON CORNER FLANGES AT THIS TIME.

GUIDE ROD INSTALLATION

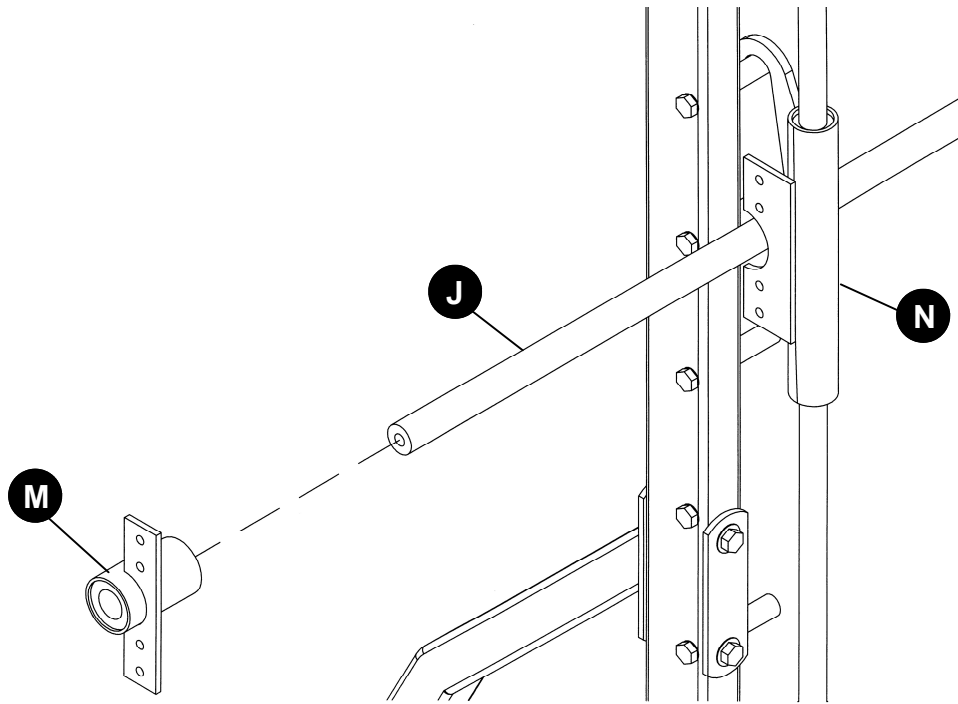


INSERT SMITH BAR (J) BETWEEN UPRIGHTS AND GUIDE RODS.

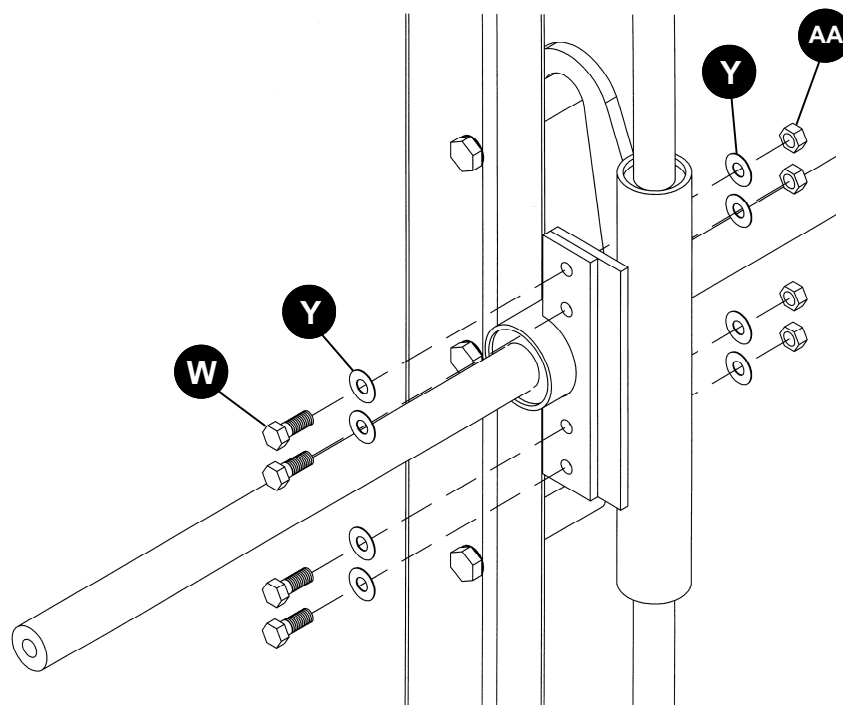


ROTATE BAR AND HANG ON HOOK CATCH RODS ON BOTH SIDES.

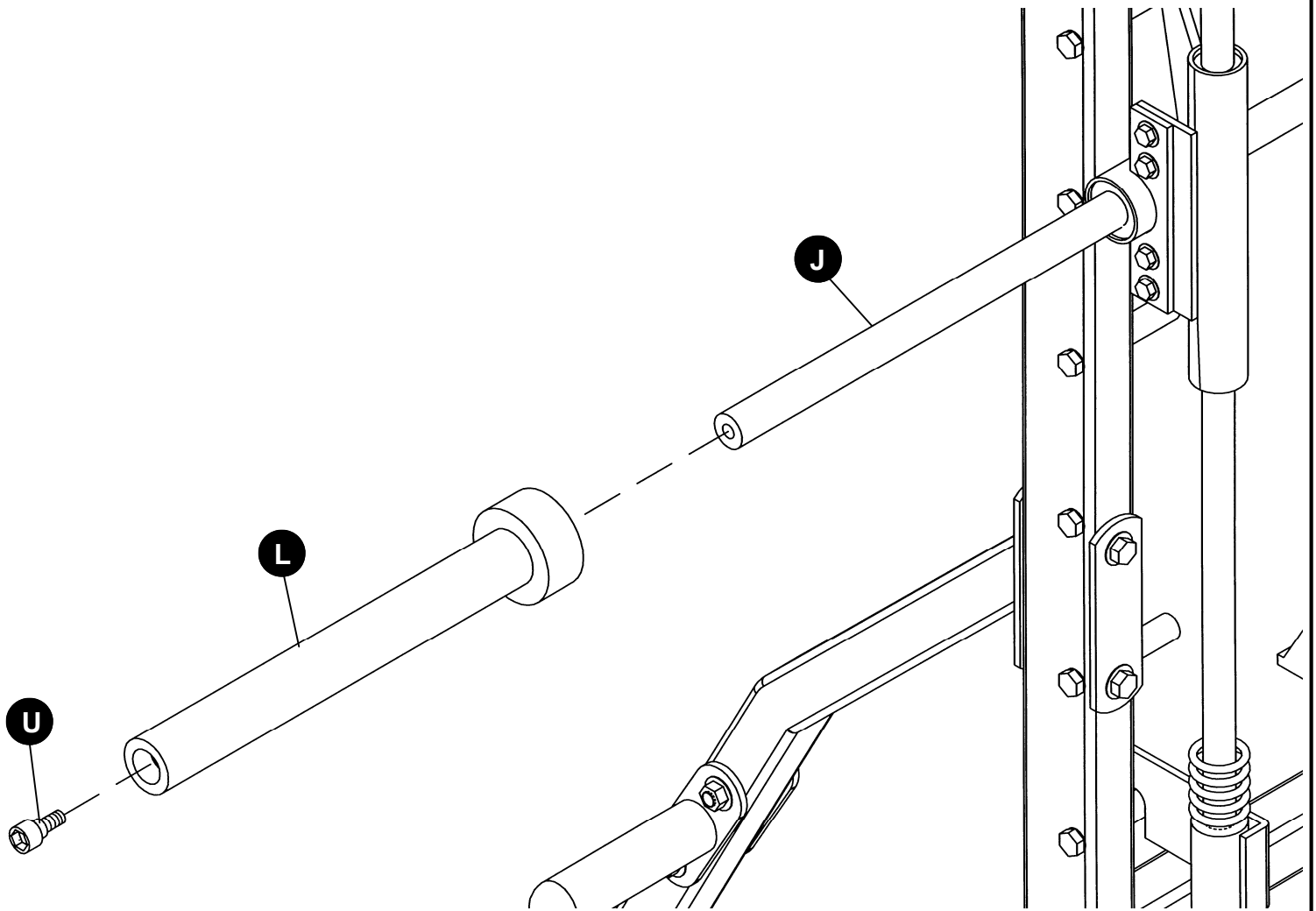
SMITH BAR INSTALLATION



SLIDE THE SMITH BAR COLLARS (M) ONTO EACH END OF THE SMITH BAR (J) AND ALIGN MOUNTING HOLES ON SMITH BAR COLLAR (M) WITH MOUNTING HOLES ON GUIDE ROD COLLAR (N).

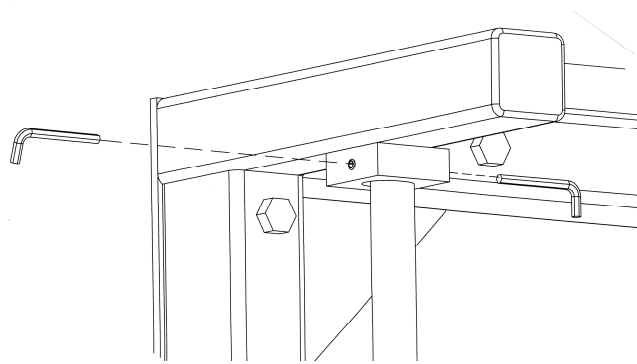
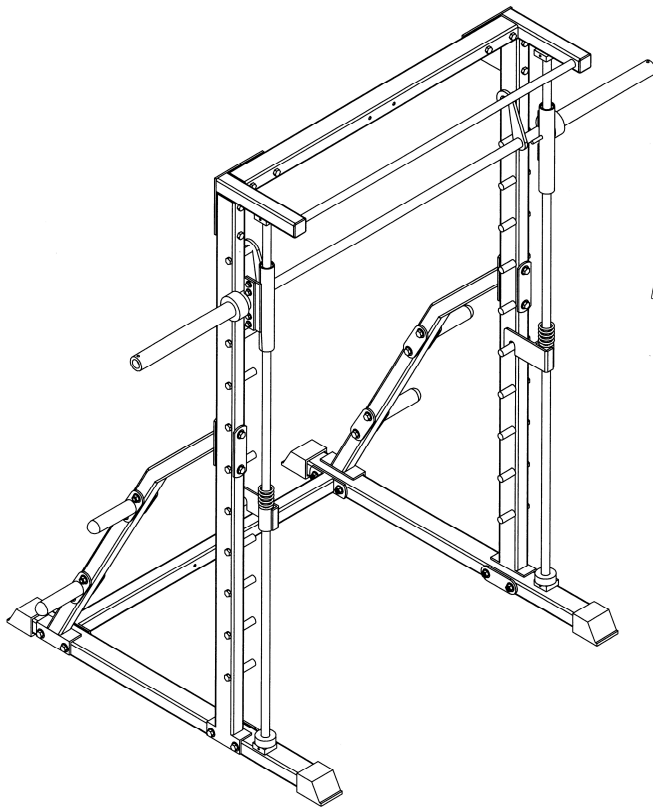


FASTEN SMITH BAR COLLAR TO GUIDE ROD COLLAR WITH M10 x 25MM BOLTS (W), M10 WASHERS (Y), AND M10 LOCKNUTS (AA). TIGHTEN SECURELY.

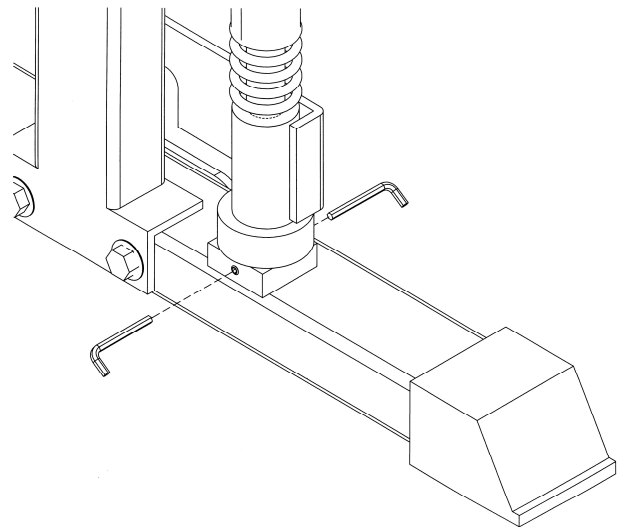
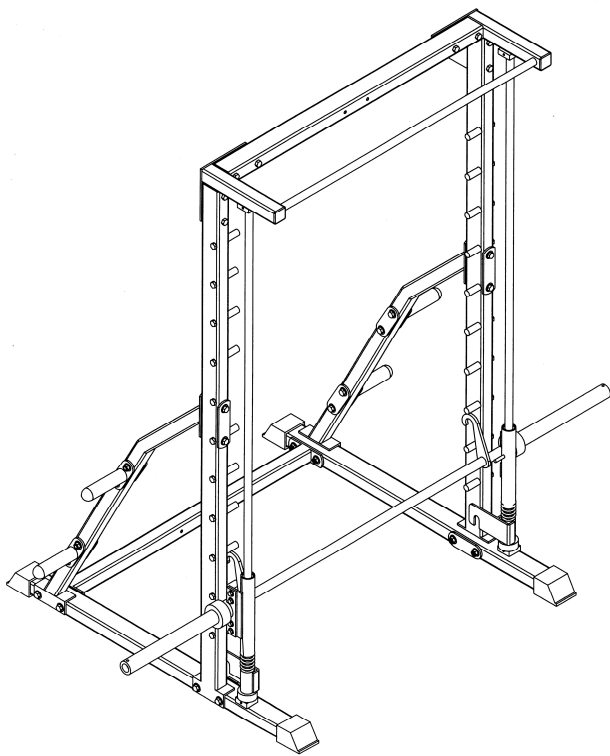


SLIDE WEIGHT SLEEVE (L) ONTO EACH END OF THE SMITH BAR (J) AND INSTALL WEIGHT SLEEVE BOLT (U). TIGHTEN SECURELY WITH SUPPLIED HEX WRENCH.

SMITH BAR INSTALLATION



RAISE SMITH BAR TO THE HIGHEST SETTING AND HANG ON HOOK CATCH RODS. USE THE SUPPLIED HEX WRENCH TO ADJUST THE SET SCREWS ON EACH SIDE OF THE GUIDE ROD RETAINER. TIGHTEN EACH SIDE UNTIL THEY JUST TOUCH THE GUIDE RODS.



MOVE SAFETY CATCHES AND CHROME SPRING UNTIL THEY REST ON RUBBER DONUTS. LOWER SMITH BAR UNTIL IT RESTS ON SPRING. USE THE SUPPLIED HEX WRENCH TO ADJUST THE SET SCREWS ON EACH SIDE OF THE GUIDE ROD RETAINER. TIGHTEN EACH SIDE UNTIL THEY JUST TOUCH THE GUIDE RODS.

GUIDE BAR ADJUSTMENT

USE INSTRUCTIONS

- 1) SET THE SPOTTERS (9) TO THE DESIRED HEIGHT FOR A SAFE WORKOUT.
- 2) RAISE THE BAR AND ROTATE IT OUT UNTIL THE HOOK CLEARS THE PEGS.
- 3) DO EXERCISES AS DESIRED.
- 4) WHEN FINISHED WITH THE SET, ROTATE THE BAR BACK AND SET ON PEGS. MAKE SURE THE BAR IS SECURE BEFORE LETTING GO.
- 5) IF YOU DO INLINC PRESS EXERCISES, LIFT TOWARD THE BACK OF THE MACHINE OR PUT AT LEAST 90 LBS. ON THE WEIGHT HOLDERS TO AVOID A POSSIBLE TIPPING HAZARD.
- 6) WHEN DOING CHIN-UPS, LOWER THE WEIGHT BAR SO THE MACHINE IS NOT TOP HEAVY.

SAFETY NOTICE

WARNING: THE USER OF THIS WEIGHT EQUIPMENT ASSUMES THE POSSIBILITY OF INJURY BY EXERCISING ON THIS EQUIPMENT. THE POSSIBILITY OF RISK CAN BE REDUCED BY ALWAYS FOLLOWING THESE SIMPLE RULES:

- 1) BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR FOR A COMPLETE PHYSICAL EXAMINATION AND SUGGESTED EXERCISE PROGRAM SPECIFIC FOR YOU.
- 2) STRETCH BEFORE AND AFTER THE EXERCISE PROGRAM, PROPER STRETCHING WILL PREPARE YOUR JOINTS AND MUSCLES FOR EXERCISE AND HELP AVOID INJURIES.
- 3) IF AT ANY TIME YOU SHOULD FEEL FAINT OR DIZZY, NAUSEOUS OR EXPERIENCE ANY OTHER ABNORMAL SYMPTOMS OR DISCOMFORT, DISCONTINUE USE AND CONSULT YOUR DOCTOR.
- 4) DO NOT USE THIS EQUIPMENT WITHOUT QUALIFIED SUPERVISION AND PROPER TRAINING. NEVER WORK OUT ALONE- ALWAYS HAVE A PARTNER.
- 5) SECURELY TIGHTEN ALL BOLTS AND REGULARLY CHECK TO ENSURE ALL BOLTS HAVE NOT LOOSENED.
- 6) WEAR GOOD RUBBER SOLE SHOES ONLY -DO NOT USE BARE FOOTED OR WITH SOCKS ONLY.
- 7) DO NOT WEAR LOOSE CLOTHES SUCH AS ROBES, GOWNS, PANTS, LONG SHIRTS OR JEWELRY WHICH COULD BECOME ENTANGLED IN MOVING PARTS.
- 8) DO NOT STAND OR KNEEL ON SEAT- ALWAYS SIT OR LAY SQUARELY CENTERED.
- 9) KEEP HEAD, LIMBS AND BODY PARTS CLEAR OF MOVING PARTS AND WEIGHT PLATES.
- 10) CHILDREN SHOULD NOT USE EXERCISE EQUIPMENT WITHOUT SUPERVISION BECAUSE OF POSSIBILITY OF INJURY FROM IMPROPER USAGE. THIS EQUIPMENT IS INTENDED FOR HOME USE ONLY.
- 11) REPLACEMENT OF WORN OR DEFECTIVE PARTS MUST BE WITH FACTORY AUTHORIZED PARTS. IF OTHER THAN FACTORY AUTHORIZED PARTS ARE USED ALL WARRANTIES AND LIABILITIES BECOME VOID.

EXERCISES



SQUAT



BENCH PRESS



INCLINE BENCH PRESS



SHOULDER SHRUG



TOE RAISE



CHIN-UP