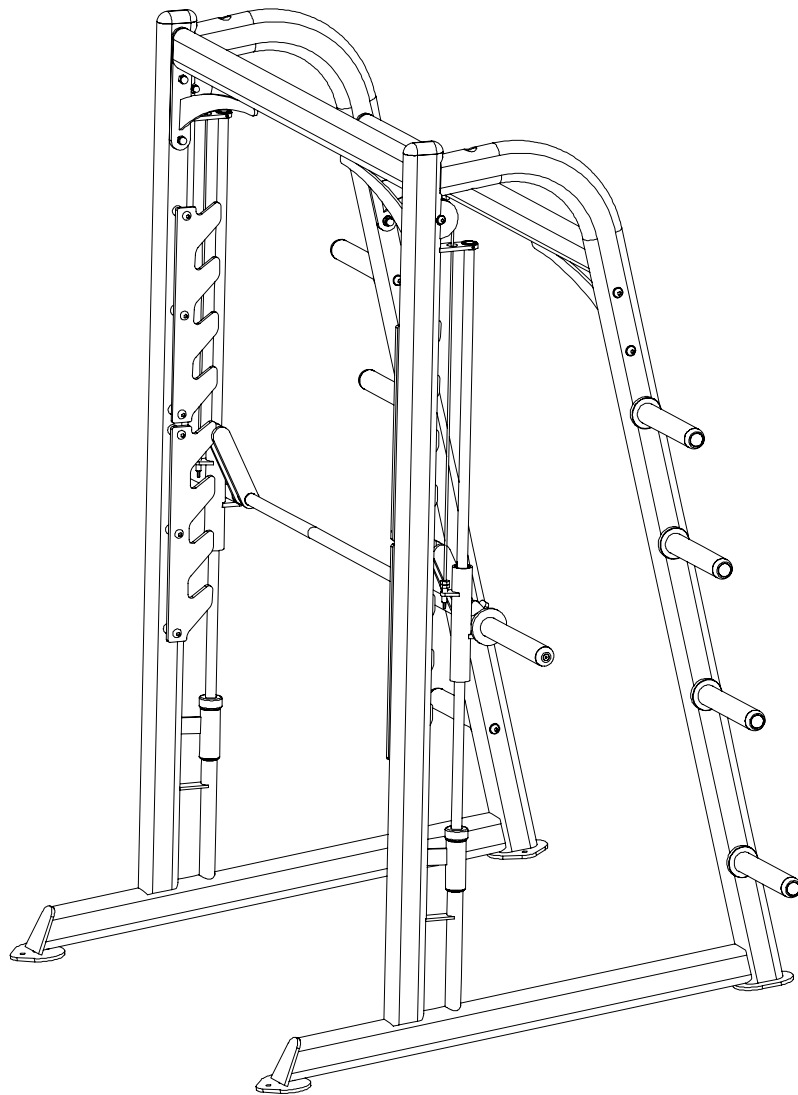


ITKO®

Smith Machine

Model 872SM



IMPORTANT SAFETY INSTRUCTIONS

TKO Fitness products are designed and manufactured to the highest standards in order to provide you with years of great workouts. We proudly stand behind all our products with the best customer service in the fitness industry. If you have any question or need assistance please contact us at:

Customer Service: customerservice@tko.com

Toll free: 866-856-3488 or 713-895-9270

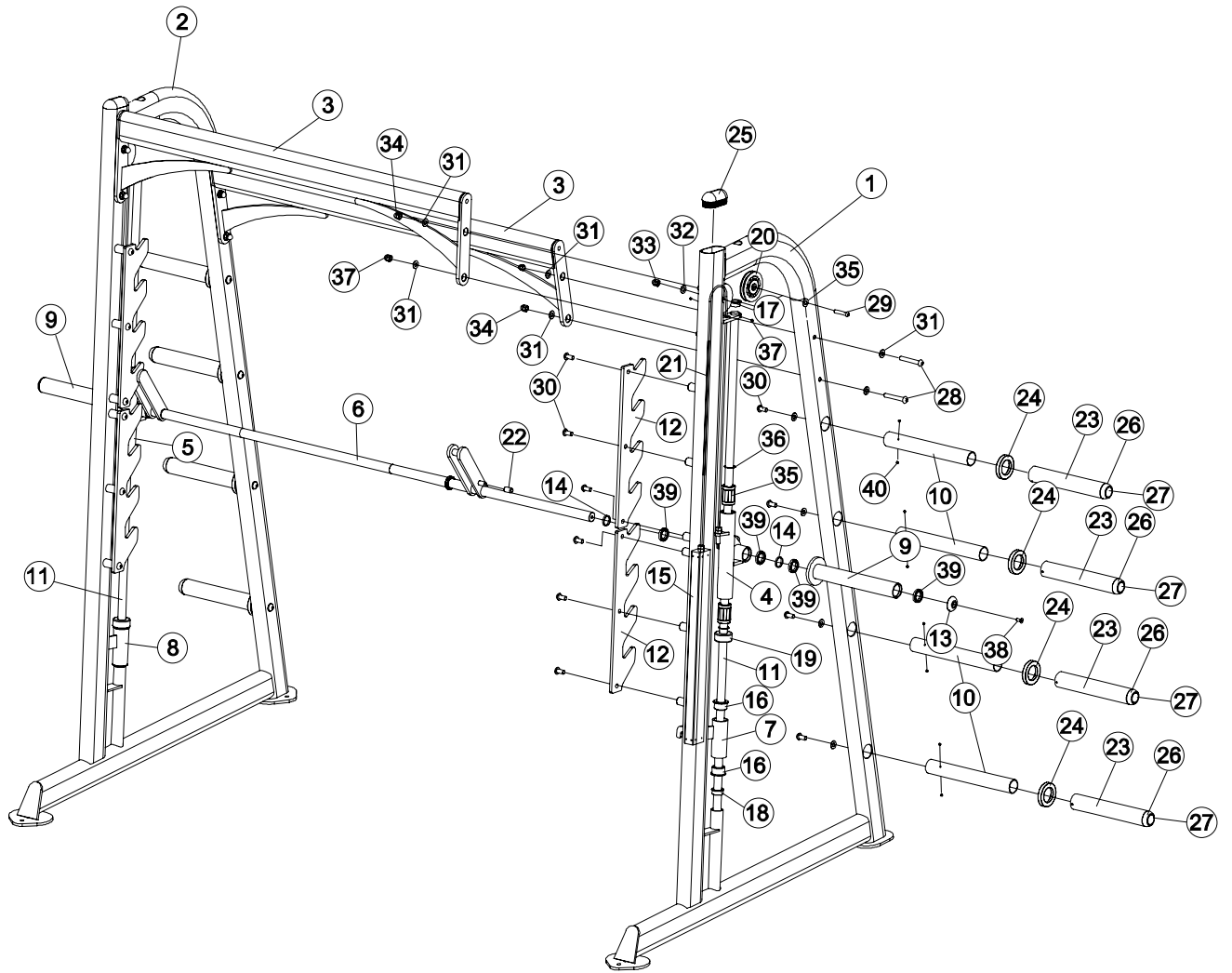
Monday-Friday 8:30am to 4:30pm CT

- Inspect your machine prior to exercise to ensure that all nuts and bolts are fully tightened.
- Replace the worn parts immediately.
- Most exercise equipment is not recommended for small children. Children should not use the machine unless they are under adult supervision.
- Exercise equipment has moving parts. In the interest of safety, keep others, especially children, at a safe distance while exercising.
- Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. Never hold your breath while exercising.
- Rest adequately between workouts. Muscles tone and develop during these rest periods. Beginners should work out twice a week and increase gradually to 4 to 5 times per week.
- 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.

MEDICAL WARNING

- 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.

EXPLODED DRAWING



PARTS LIST

Part No.	Description	Q'ty	Part No.	Description	Q'ty
1	Main Frame-R	1	22	Rubber End Cap	2
2	Main Frame-L	1	23	Plastic Sleeve	8
3	Top Cross Frame	2	24	Rubber Bumper	8
4	Sliding mechanism assembly - R				1
5	Sliding mechanism assembly - L				1
6	Barbell	1	25	End Cap	2
7	Safety Catch - R	1	26	End Cap	8
8	Safety Catch - L	1	27	Plate Storage Bar Decal	1
9	Olympic Plate Adapter	2	28	Allen Bolt M12x75mm (3")	4
10	Plate Storage Bar	8	29	Hex Bolt M10x50mm (2")	2
11	Guide Rod	2	30	Allen Bolt M12x25mm (1")	20
12	Gun Rack	4	31	Flat Washer for M12 bolt	20
13	Plate Adapter End Cap	2	32	Flat Washer for M10 bolt	4
14	Washer	4	33	Lock Nut for M10 bolt	2
15	Counter Balance	2	34	Lock Nut for M12 bolt	8
16	Bushing	4	35	Bearing SB25	4
17	Bushing	2	36	Clip	4
18	Bushing	2	37	Allen Bolt M6x8mm	4
19	Rubber Bumper	2	38	Allen Bolt M8x20mm	2
20	Pulley	2	39	Bearing 61806	8
21	Cable	2	40	Rivet M4X12mm	16

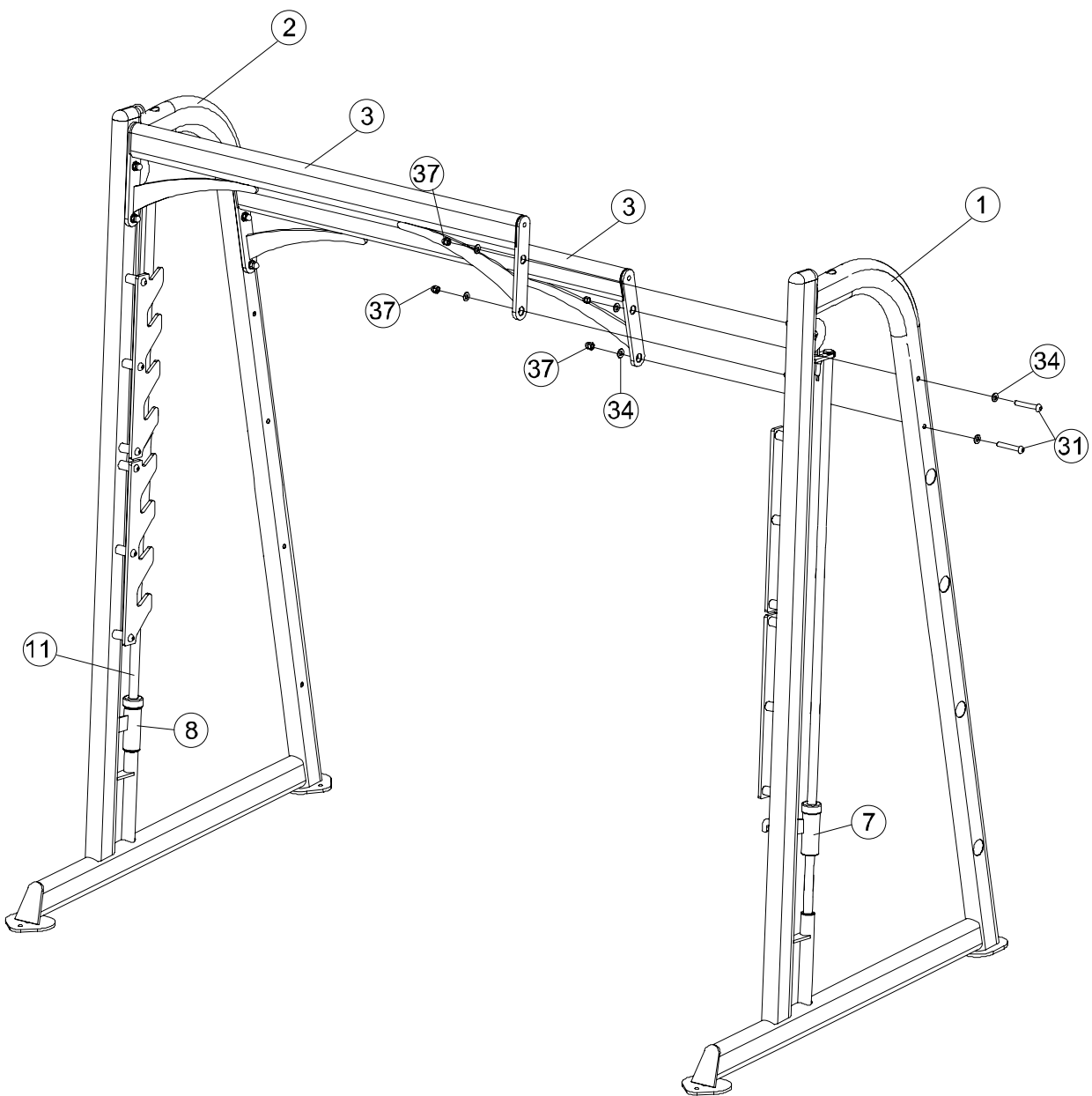
ASSEMBLY STEP

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) to the Main Frames (1&2), using 8 Allen Bolts (31), 16 Flat Washers (34) and 8 Lock Nuts (37).

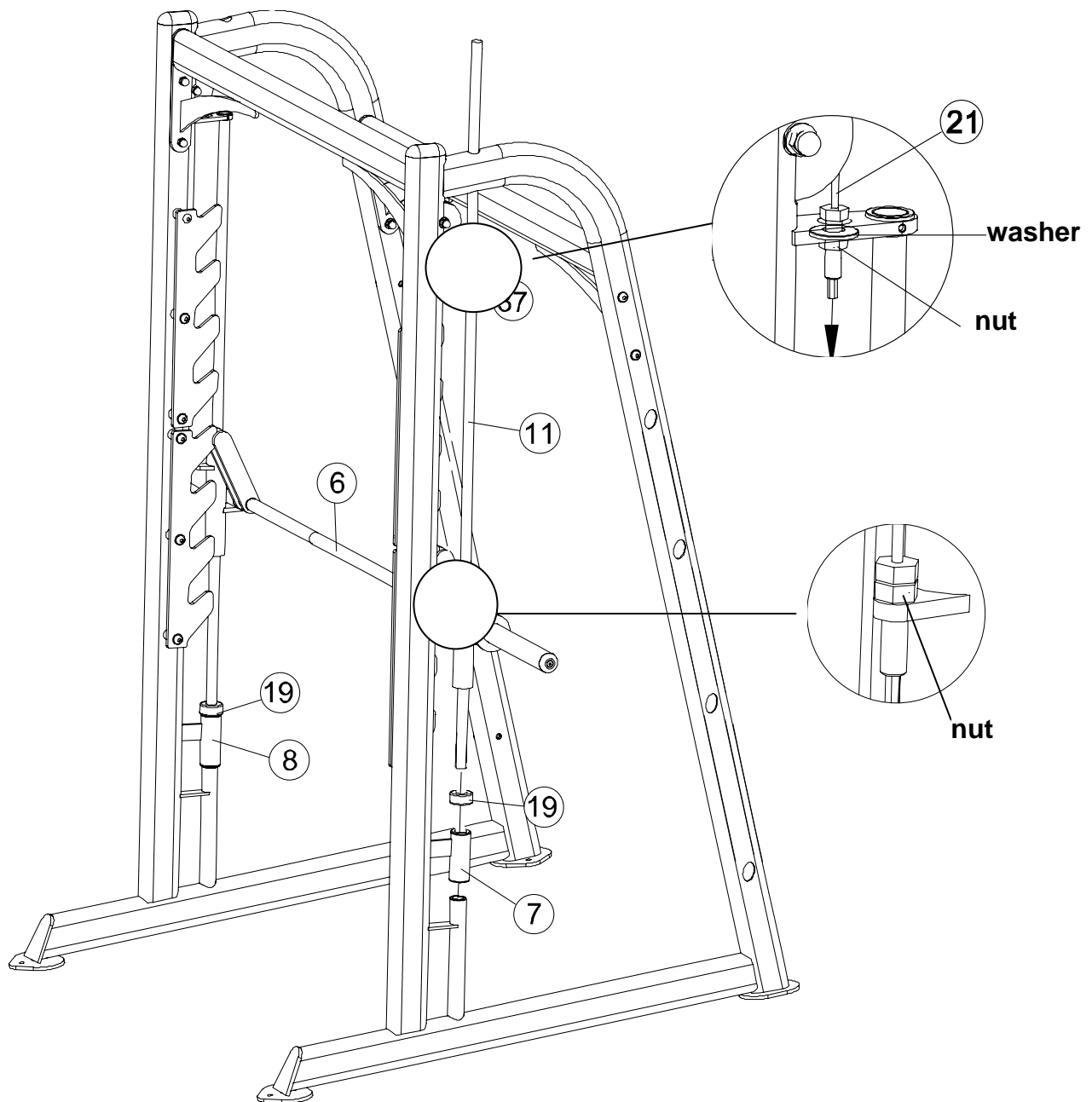
Note: Please tighten all the nuts and bolts with wrenches.



Step 2

Please loosen the Allen Bolt (37) 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 (37).

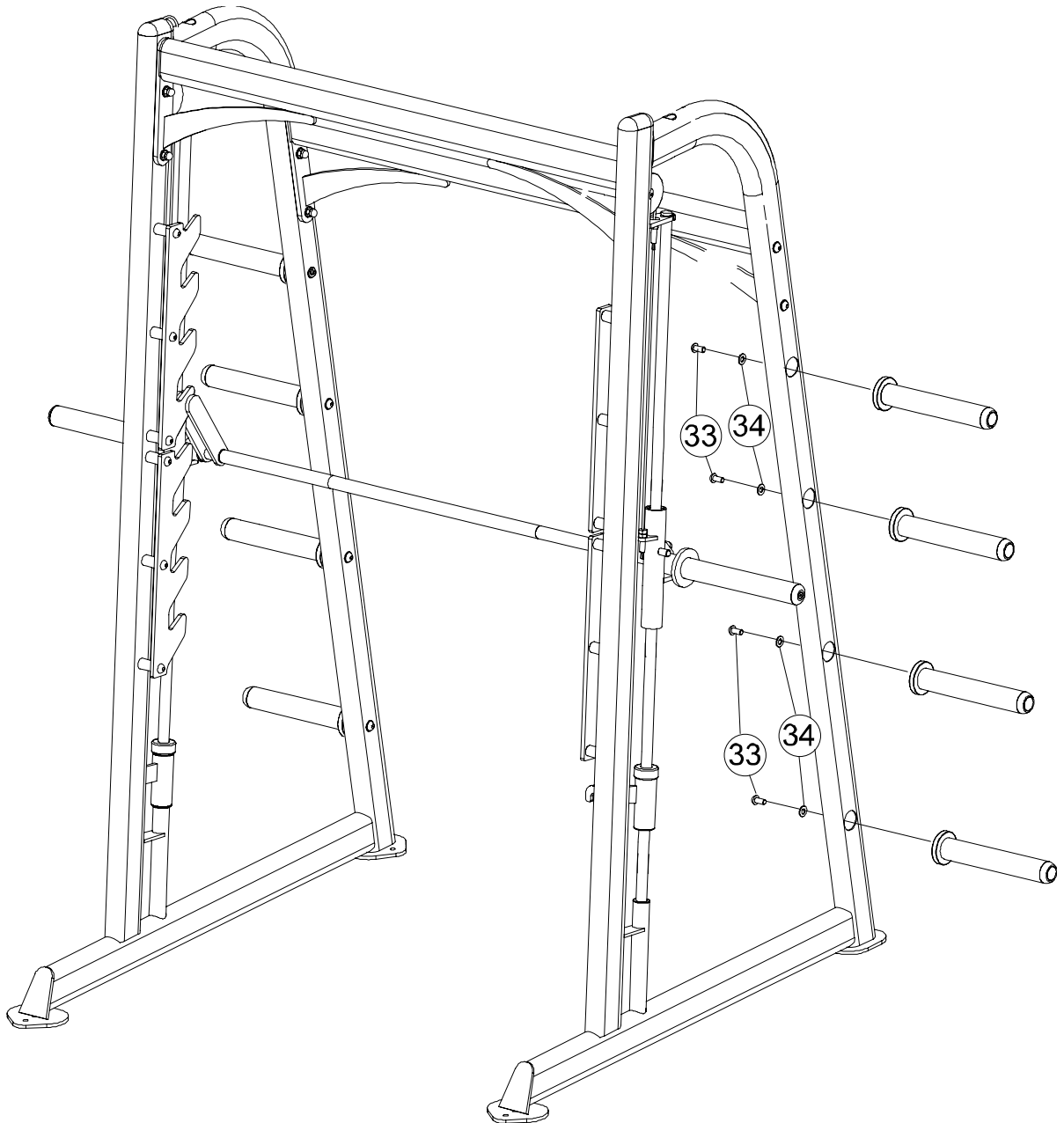
Connect the Counter Balance Cable (21) to the Sliding Mechanism by remove the Flat Washer at the end of the cable, connect the Cable to the hole in the Sliding Mechanism, tighten it with 2 Bolts.



Step 3

Please install the Weight Plate Storage Bar (10) to the Main Frames (1&2), Using 8 Allen Bolts (33) and 8 Flat Washers (34).

Please tighten all the Bolts with Allen wrench.





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