

# ITKO®

## Smith Machine

Model 872SM



# IMPORTANT SAFETY INSTRUCTIONS

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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](mailto:customerservice@tko.com)**

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

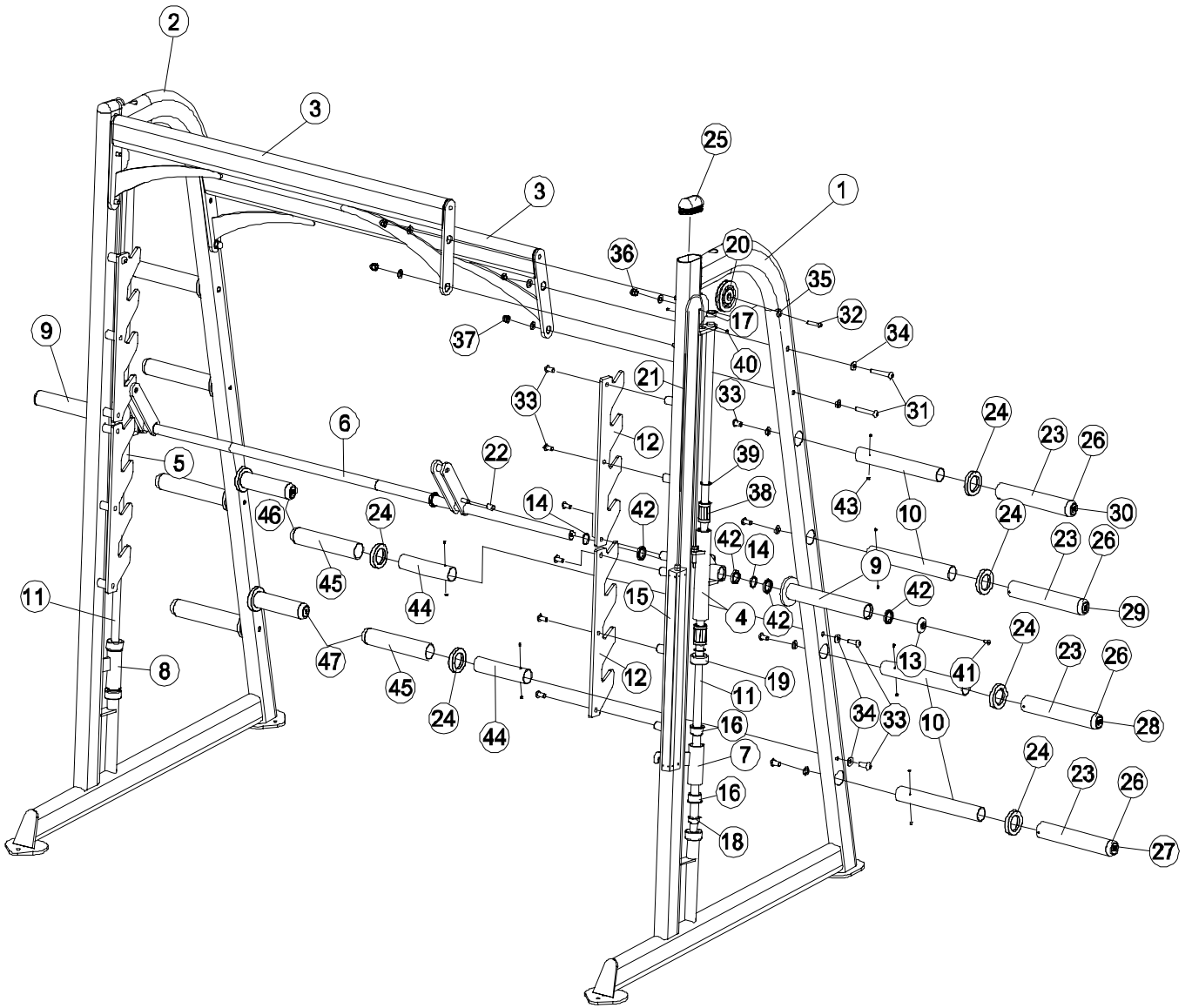
**Monday-Friday 8:30am to 4:30pm CT**

- 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-L	1	24	Rubber Bumper	12
2	Main Frame-R	1	25	End Cap	2
3	Top Cross Frame	2	26	End Cap	12
4	Sliding mechanism assembly – L				1
5	Sliding mechanism assembly – R				1
6	Barbell	1	27-30,	Plate Storage Bar Decal	2 set
7	Safety Catch – L	1	31	Allen Bolt M12x75mm (3")	4
8	Safety Catch – R	1	32	Hex Bolt M10x50mm (2")	2
9	Olympic Plate Adapter	2	33	Allen Bolt M12x25mm (1")	24
10	Plate Storage Bar	8	34	Flat Washer for M12 bolt	24
11	Guide Rod	2	35	Flat Washer for M10 bolt	4
12	Gun Rack	4	36	Lock Nut for M10 bolt	2
13	Plate Adapter End Cap	2	37	Lock Nut for M12 bolt	8
14	Washer	4	38	Bearing SB25	4
15	Counter Balance	2	39	Clip	4
16	Bushing	4	40	Allen Bolt M6x8mm	4
17	Bushing	2	41	Allen Bolt M8x20mm	2
18	Bushing	2	42	Bearing 61806	8
19	Rubber Bumper	4	43	Rivet M4X12mm	24
20	Pulley	2	44	Plate Storage Bar	4
21	Cable	2	45	Stainless Steel Sleeve	4
22	Rubber End Cap	1	46	Plate Storage Bar Decal	2
23	Stainless Steel Sleeve	8	47	Plate Storage Bar Decal	2

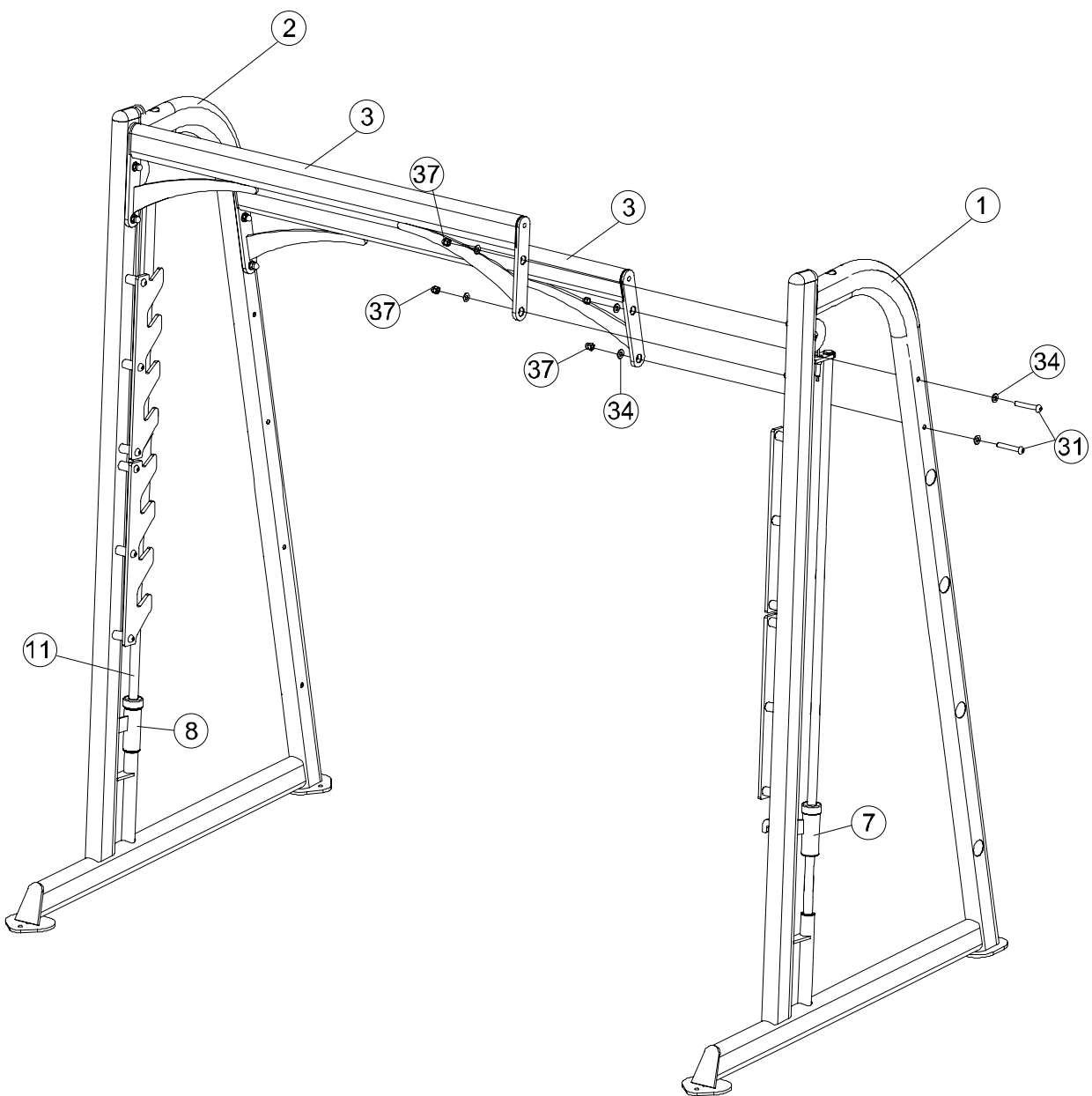
# ASSEMBLY STEP

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

## Step 1

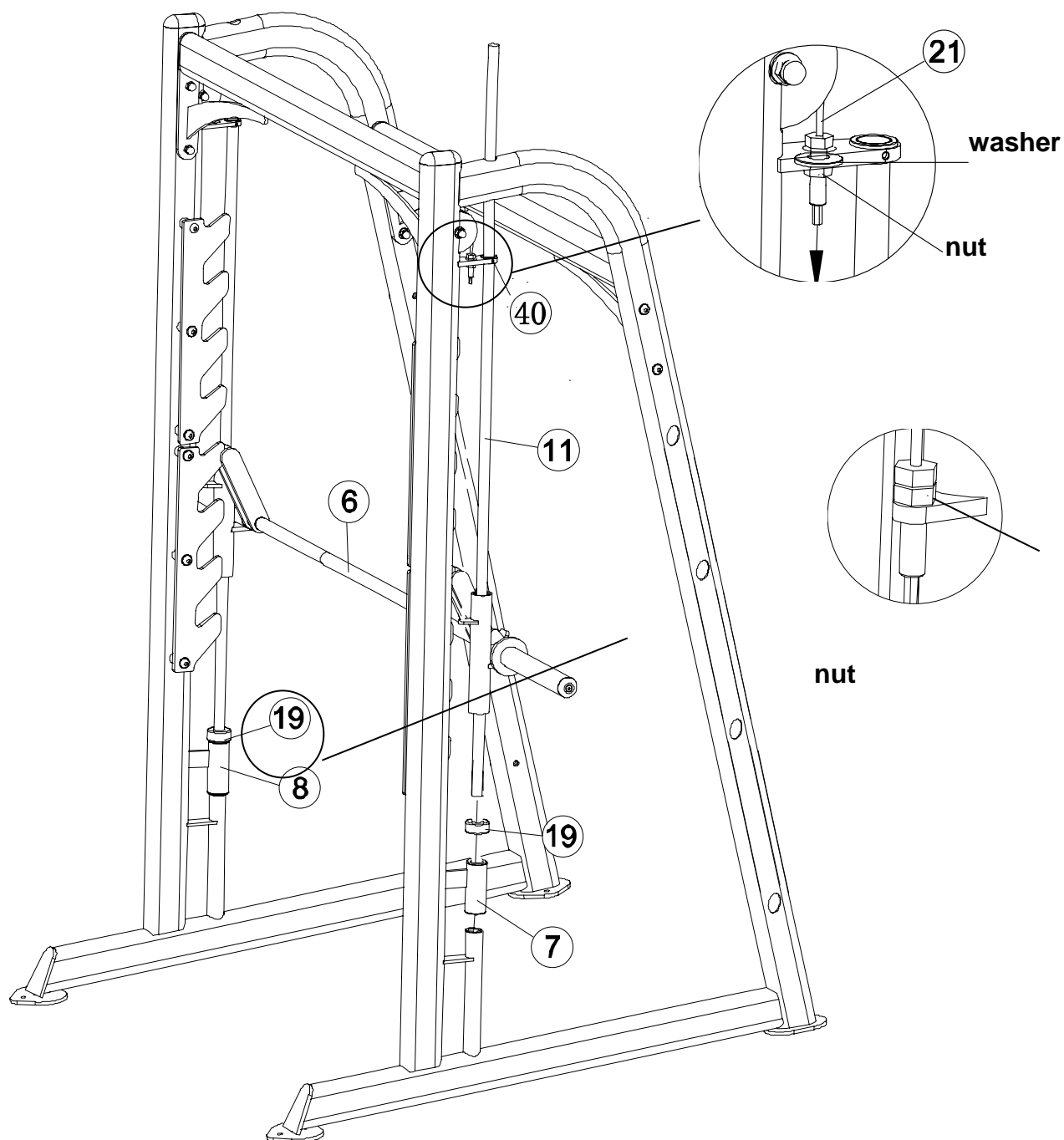
Please connect the Top Cross Frames (3) to the Main Frames (1&2), using 8 Allen Bolts (31), 16 Flat Washers (34) and 8 Lock Nuts (37).

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



## Step 2

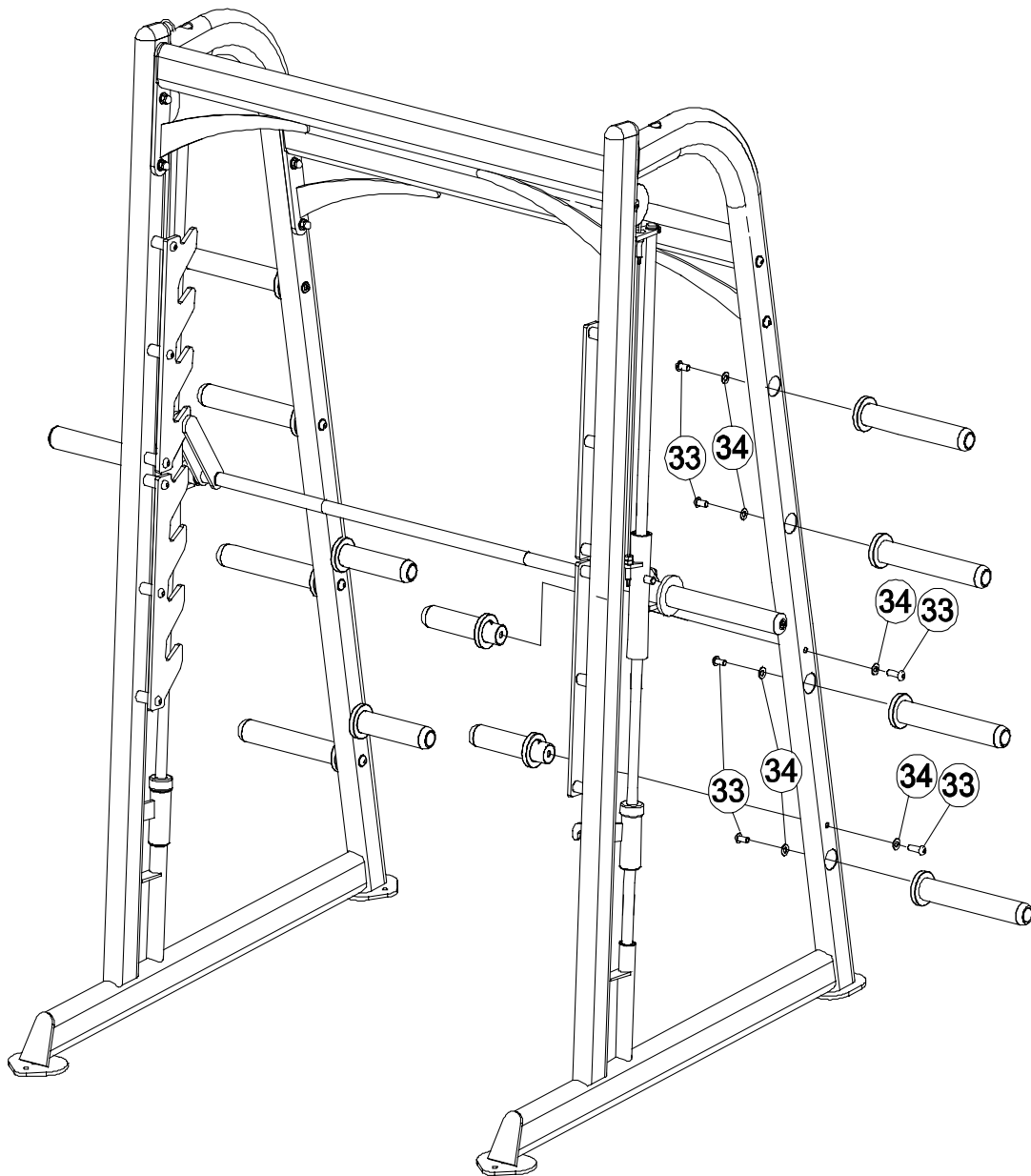
Please loosen the Allen Bolt (40) and pull up the Smith Guide Rod (11).  
Please connect the Barbell (6) to the Guide Rod (11), then pull down the Guide Rod (11) and tighten the Allen Bolt (40).  
Connect the Counter Balance Cable (21) to the Sliding Mechanism by remove the Flat Washer at the end of 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&44) to the Main Frames (1&2), Using 10 Allen Bolts (33) and 10 Flat Washers (34).

Please tighten all the Bolts with Allen wrench.





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