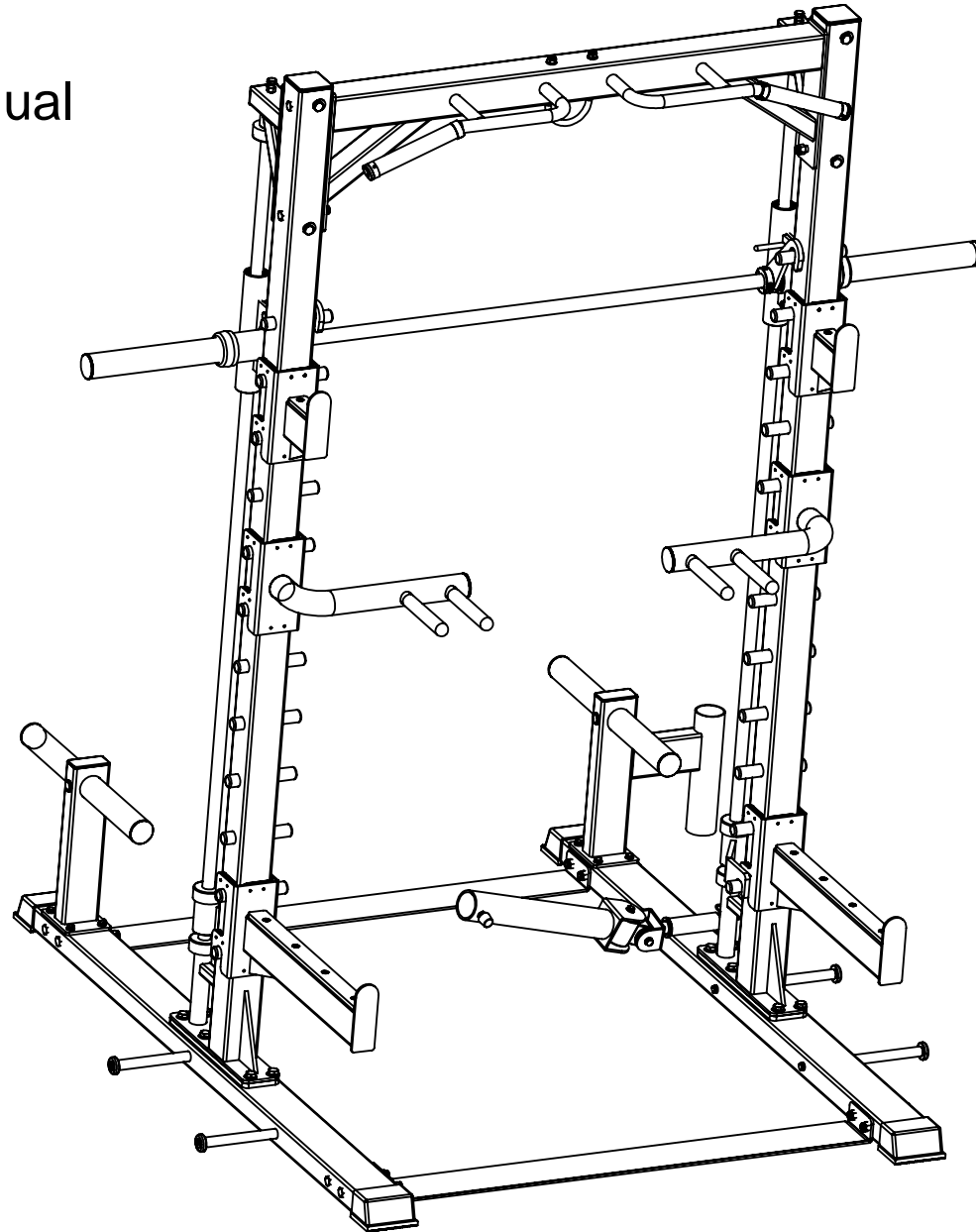
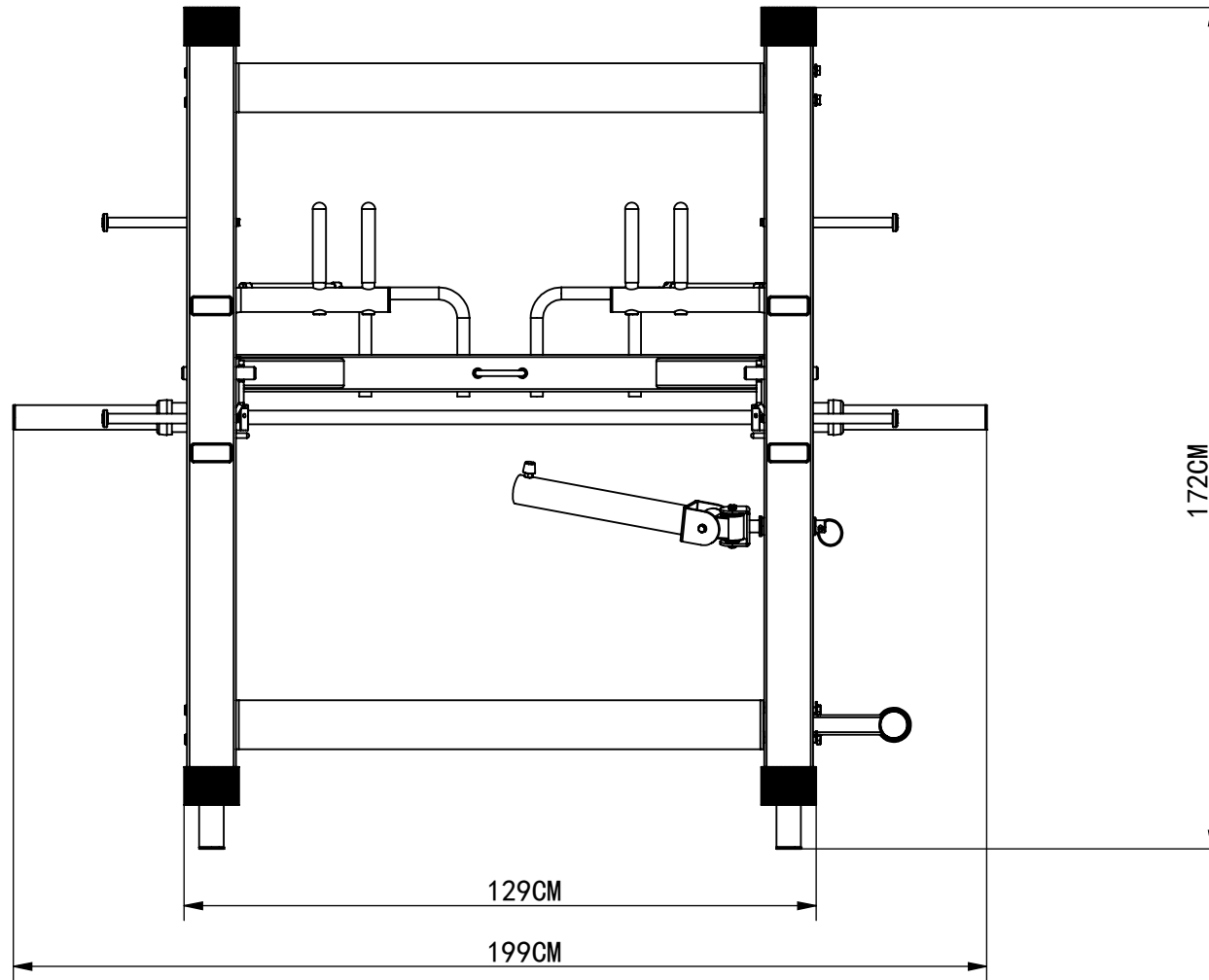

SMITH MACHINE POWER RACK

User Manual



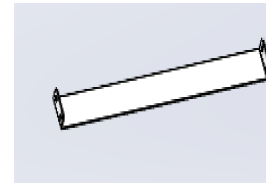
Footprint Dimensions :



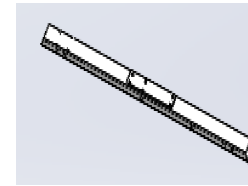
199CM (L) X172CM (W) X220CM (H)

COMPONENT LIST:

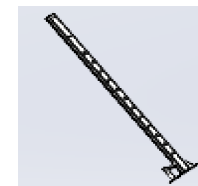
NO.	DESCRIPTION	QTY
1	Long plate	2
2	Left bottom frame	1
3	Vertical group	2
4	Connect the Group Up	1
5	Barbell bar hanger	2
6	Insurance Group	2
7	Push-up group	1
8	Storage and of storage group	1
9	Storage and of storage group-2	1
10	Olympic rod	1
11	Slide the assembly	2
12	Insurance components	1
13	Cannbarrel group	1
14	Optical axis upper group	2
15	Right bottom frame	1
16	Rope stick	4
17	Stainless steel pendant rod	2
18	guide rod	2
19	Push-up group-2	1
20	M10 flat washer	10
21	M8flat washer	12
22	M12 × 12CM hex bolt	8
23	M10×3CM hex bolt	4
24	M12×10CM hex bolt	8
25	M12×4CM hex bolt	2
26	M10×6.5CM hex bolt	2
27	M10 LOCK NUT	4
28	M10 hex NUT	2
29	M12 LOCK NUT	14
30	Insurance components-2	1
31	O-type pin	1
32	shock pad	6
33	M12×2CM hex bolt	12
34	M12flat washer	42
35	M6×0.6CM SET SCREW	4
36	M8×2CM hex bolt	12



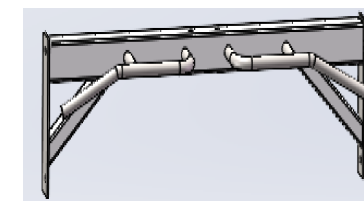
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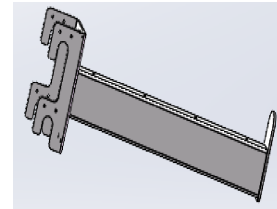
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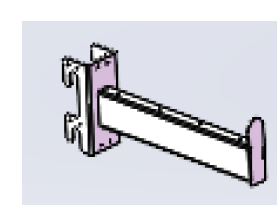
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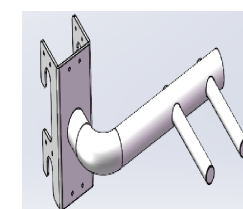
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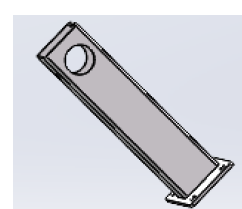
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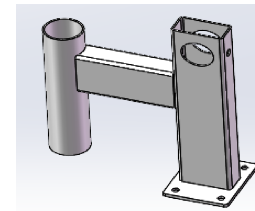
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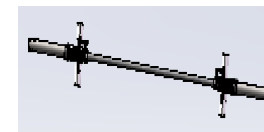
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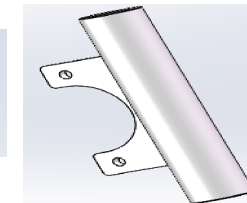
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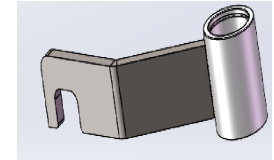
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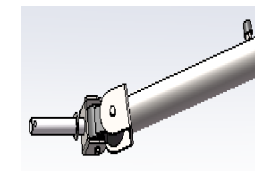
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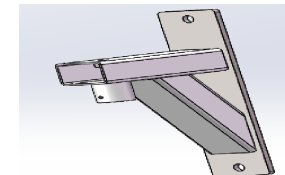
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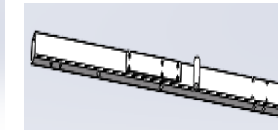
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13



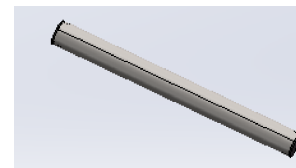
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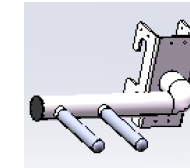
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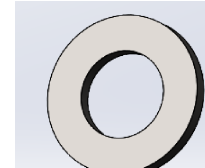
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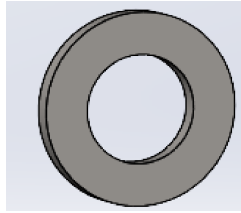


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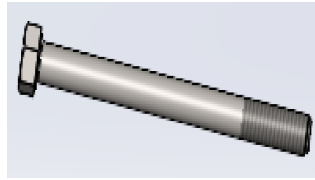


4
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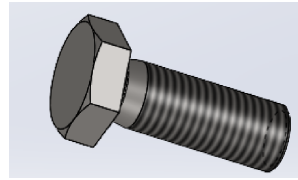
COMPONENT LIST:



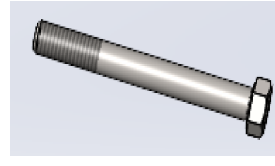
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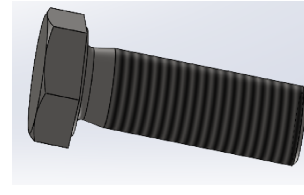
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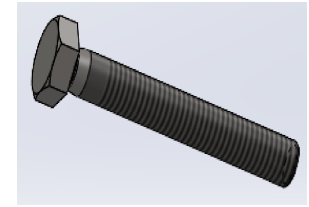
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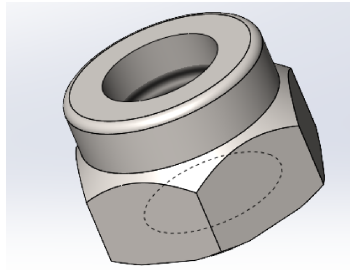
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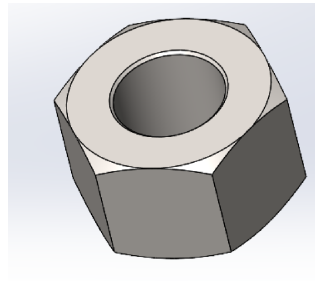
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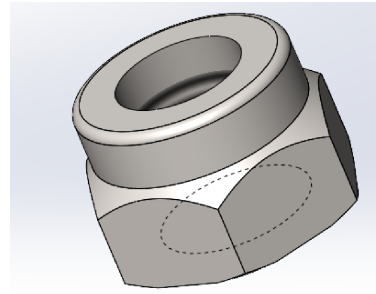
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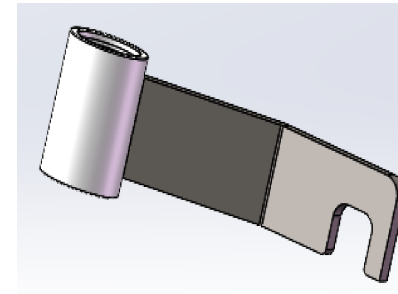
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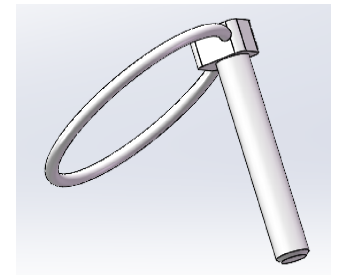
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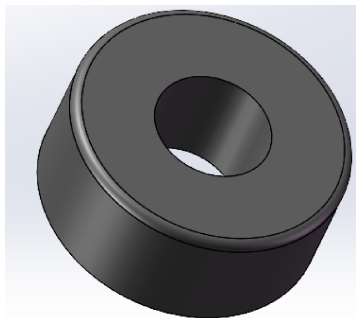
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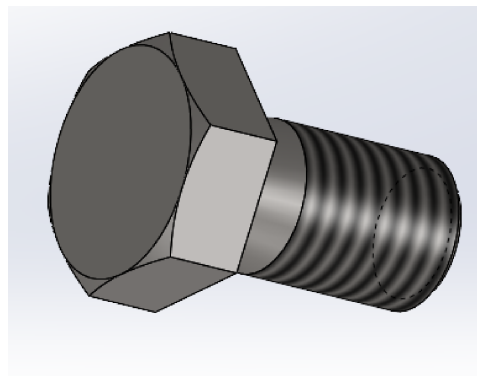
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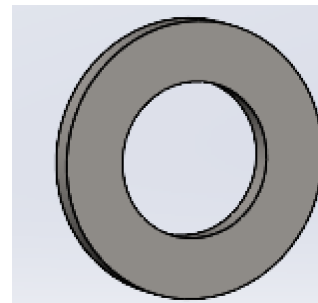
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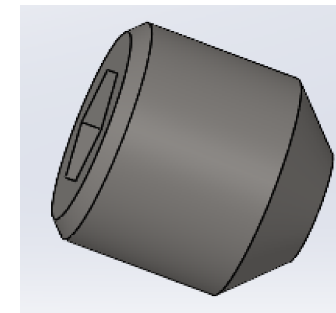
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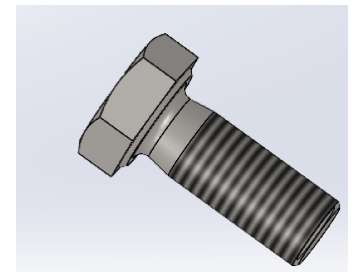
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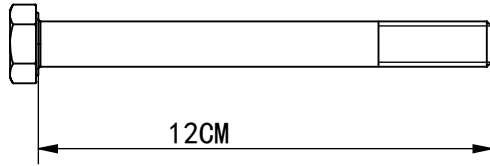
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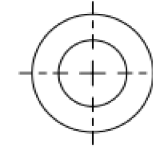
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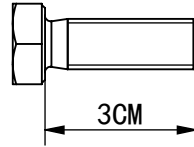
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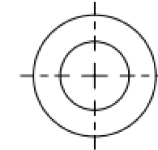
M12 X 12CM hex bolts(8pcs)



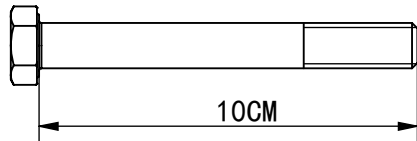
M10 flat washer(8pcs)



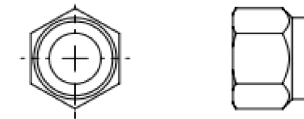
M10 X 3CM hex bolts(4pcs)



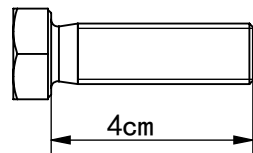
M8 flat washer(12pcs)



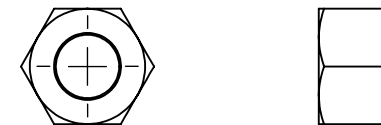
M12 X 10CM hex bolts(8pcs)



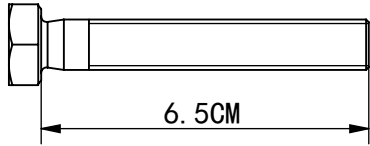
M10 lock nut(4pcs)



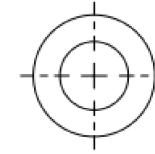
M12 X 4CM hex bolts(2pcs)



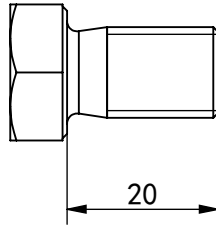
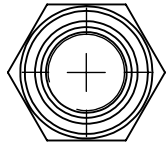
M10 hex nut(2pcs)



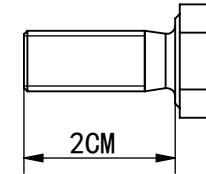
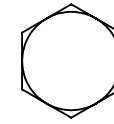
M10 X 6.5CM hex bolts (2pcs)



M12 flat washer (44pcs)

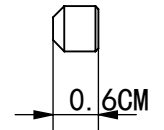
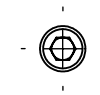
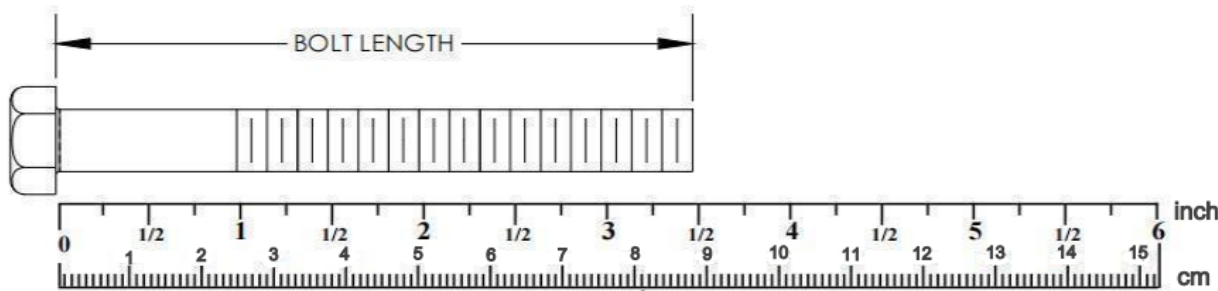


M12X20 hex bolts (12pcs)

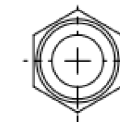


M8X2CM hex bolts (12pcs)

Bolt Length Ruler

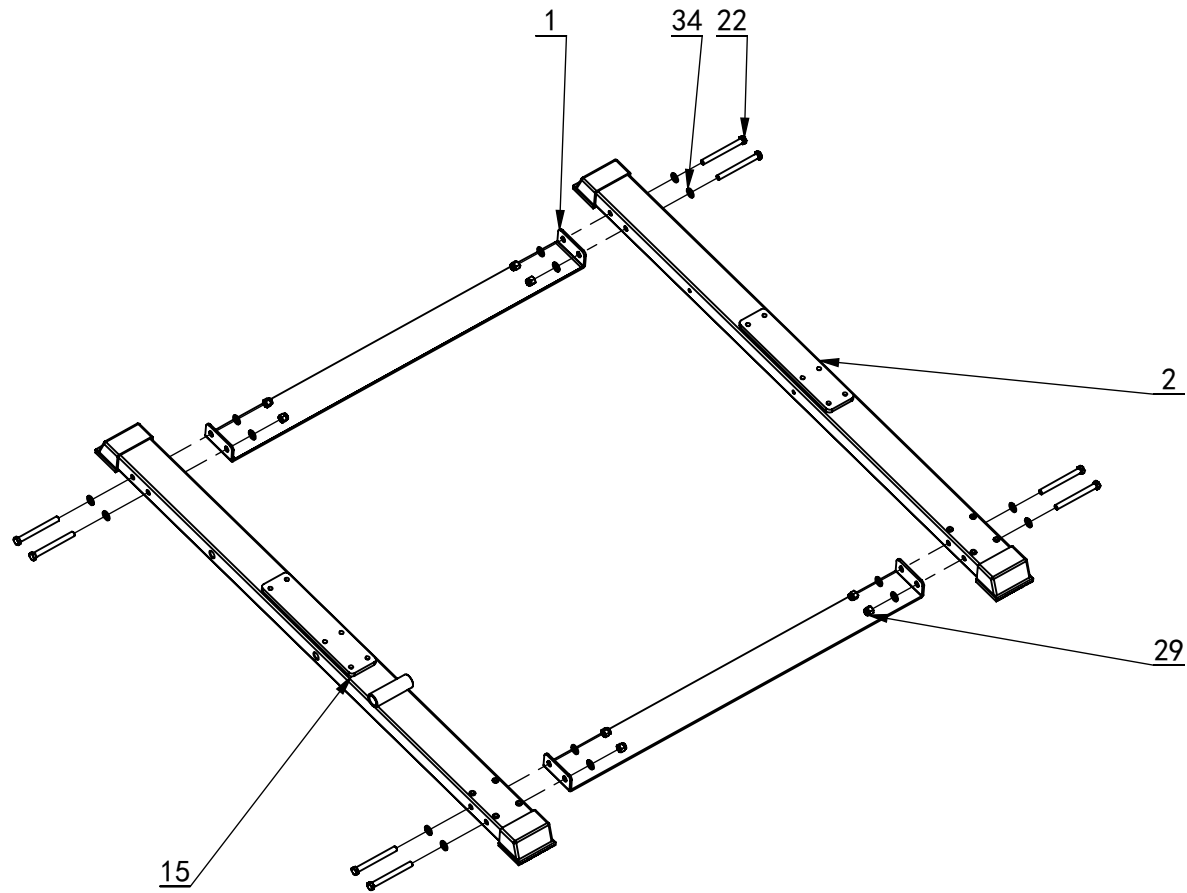


M6X0.6CM SET SCREW (4pcs)




M12 lock nut(14pcs)

STEP 1 :



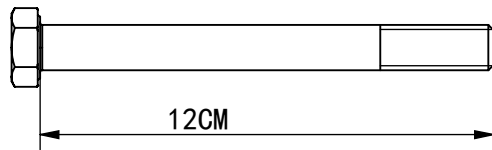
Loosely Tighten

50%

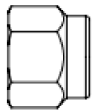
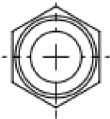


STEP1: Installation steps:

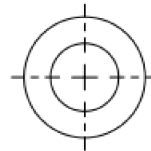
1, Places the left bottom frame (2), right bottom frame (15) and long plate (1) on the ground (Fig.) and installed with M12*12CM hex bolt (22), M12 flat washer (34), M12 lock nut (29).



M12 X 12CM hex bolts(8pcs)

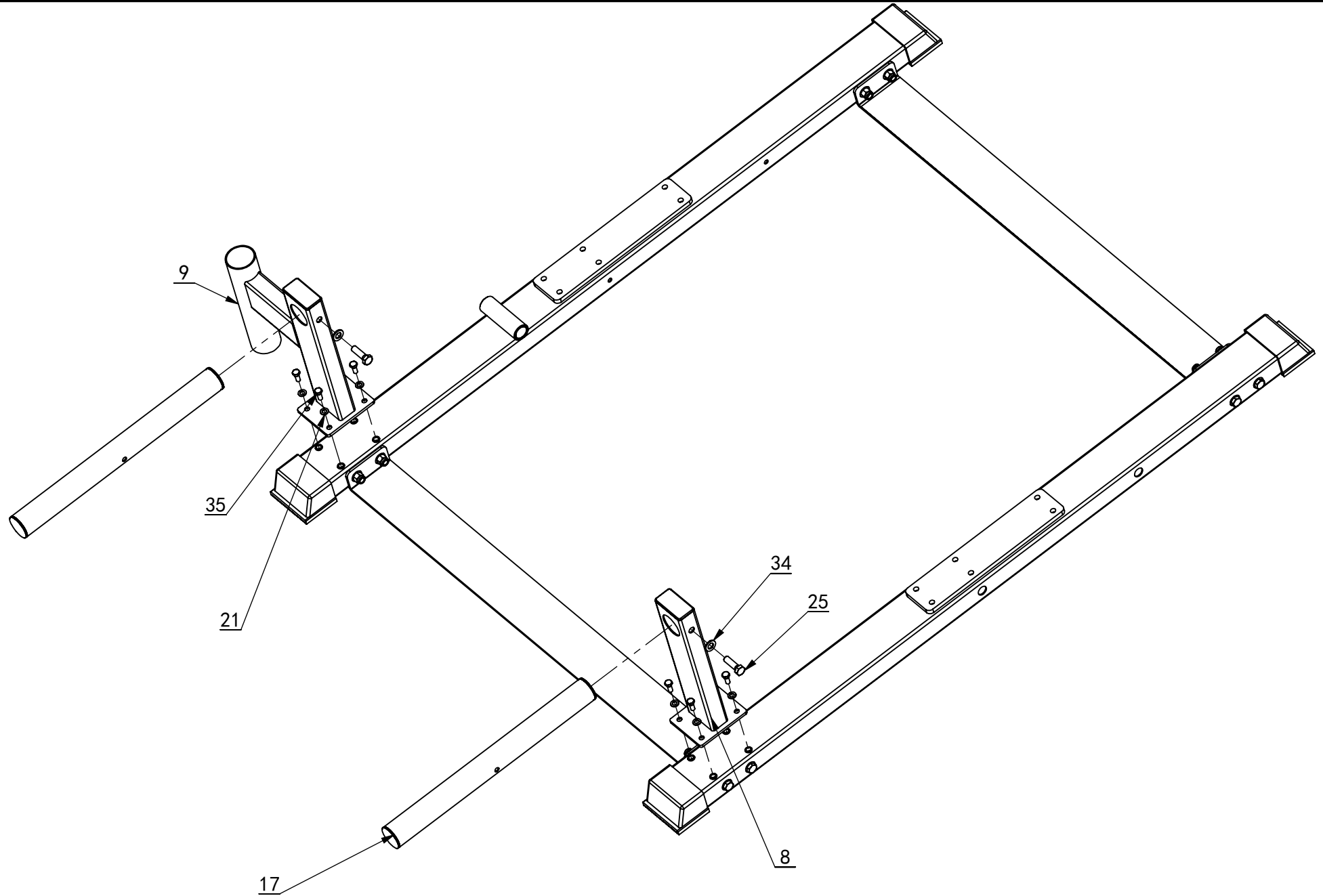


M12 lock nut(8pcs)



M12 flat washer(16pcs)

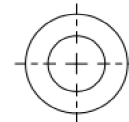
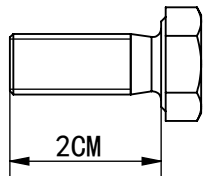
STEP 2:



STEP2: Installation steps:

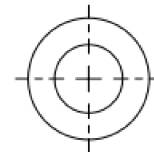
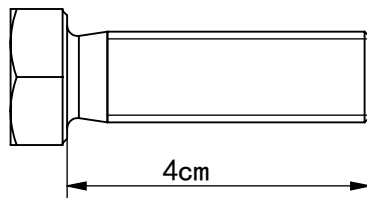
1-1. Place the counterplate storage group (8), storage group-2 (9) at the left bottom frame (2) and right bottom frame (15), install and secure with M8*2CM hex bolt (36) and M8 flat washer (21).

1-2. insert the stainless steel pendant rod (17) into the counterplate storage group (8), and counterplate storage group-2 (9) installation hole, and fix it with M12*4CM hex bolt (25) and M12 flat washer (34).



M8X2CM hex bolts(8pcs)

M8 flat washer(8pcs)

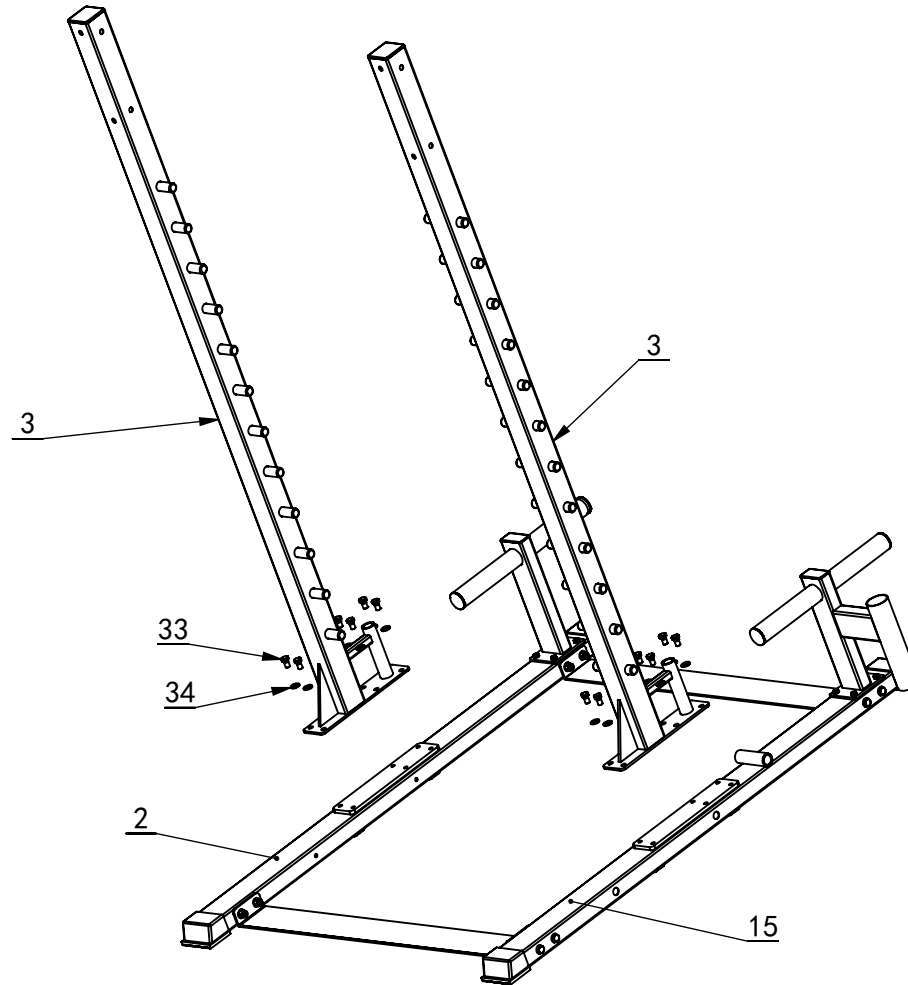
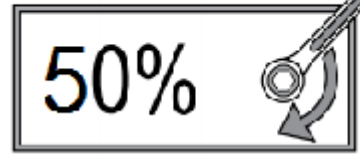


M12X4CM hex bolts(2pcs)

M12 flat washer(2pcs)

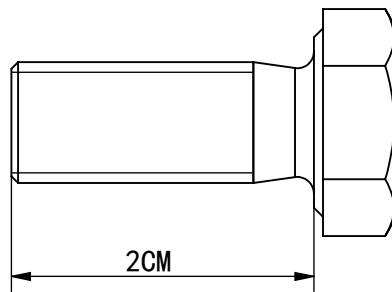
STEP 3:

Loosely Tighten

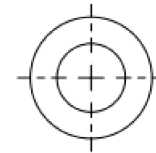


STEP3: Installation steps:

1, Places the vertical group (3) at the left bottom frame (2) and right bottom frame (15) mounting holes respectively, and fixed with M12*20 hex bolts (33) and M12 flat washers (34).

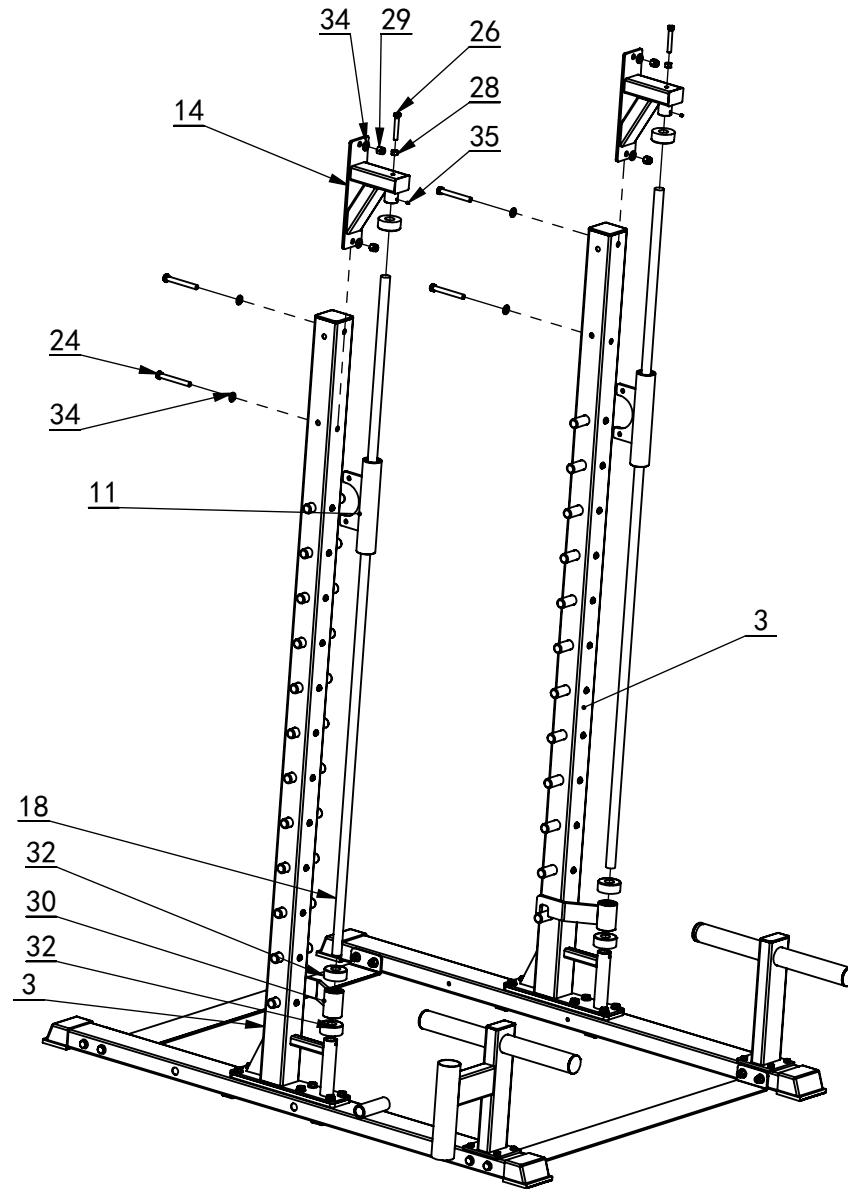


M12X2CM hex bolts(8pcs)




M12 flat washer(8pcs)

STEP4:



Loosely Tighten

50%

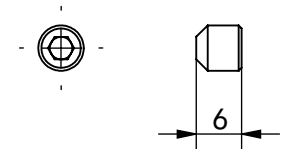
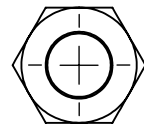
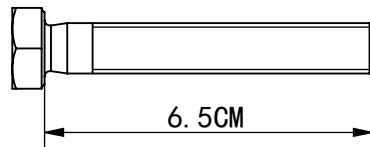


STEP4: Installation steps:

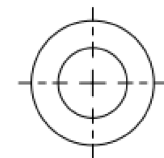
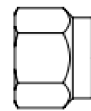
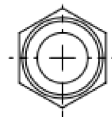
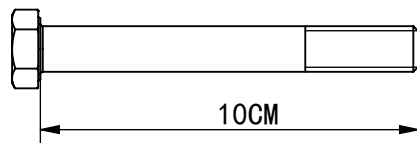
1-1, Insert the shock pad (32), fuse assembly (30), shock pad(32) ,sliding assembly (11) into the guide rod (18). Insert the guide rod into the mounting hole of the vertical group (3).

1-2,Insert one end of the optical shaft upper group (14) into the guide rod and secure with the M10X6.5CM hexagon bolts(26) and the M10 hex nuts. The other end is placed at the vertical group (3) hole and fixed with M12X10CM hex bolts.

Tighten the SET SCREW (35) wire (as shown).

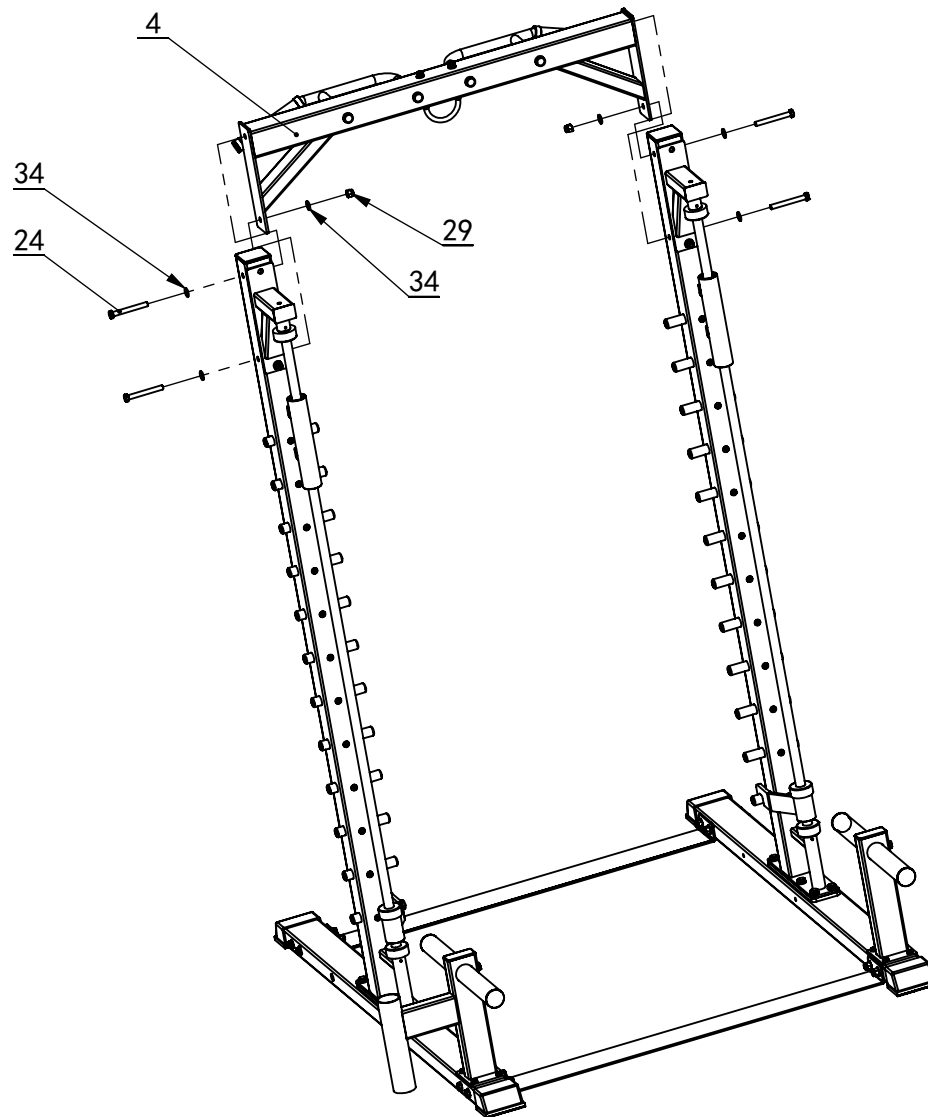


M10X6.5CM hex bolts (2pcs) M10 hex nut (2pcs) M6X6CM SET SCREW (4pcs)




M12X10CM hex bolts (4pcs) M10 lock nut (4pcs) M12 flat washer (8pcs)

STEP 5 :



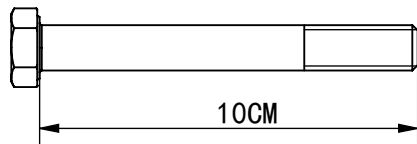
Loosely Tighten

50%

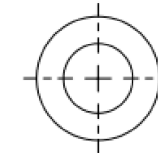


STEP5: Installation steps:

1, Places the upper connection group (4) at the mounting hole above the vertical group (3) and secure with M12*10CM hex bolt (24), M12 flat washer (34), M12 LOCK nut (39).



M12X10CM hex bolts(4pcs)



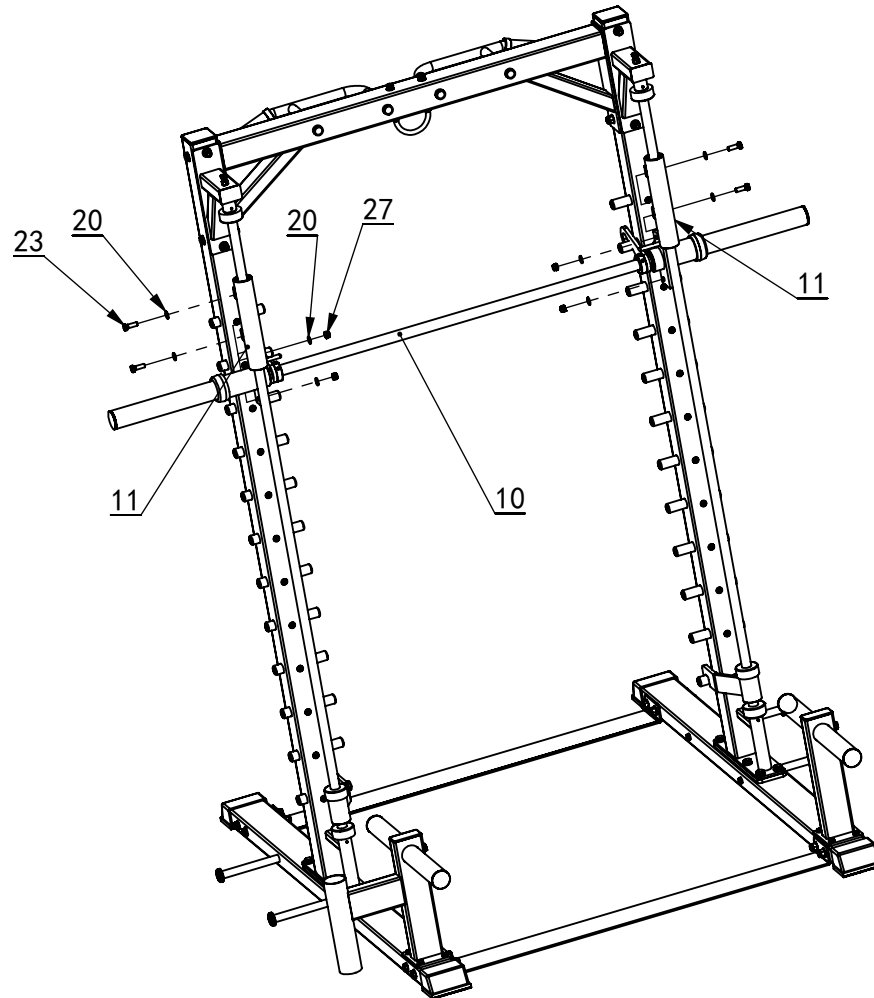
M12 flat washer(6pcs)



M12 lock nut(2pcs)

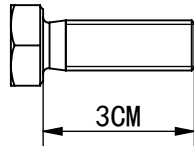
STEP 6:

Fully Tighten

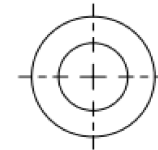


STEP6: Installation steps:

1, Places the Olympic rod (10) at the sliding assembly (11) mounting hole and secure with M10*30 hex bolt (23), M10 flat washer (20), M10 lock nut (27).



M10X3CM hex bolts(4pcs)



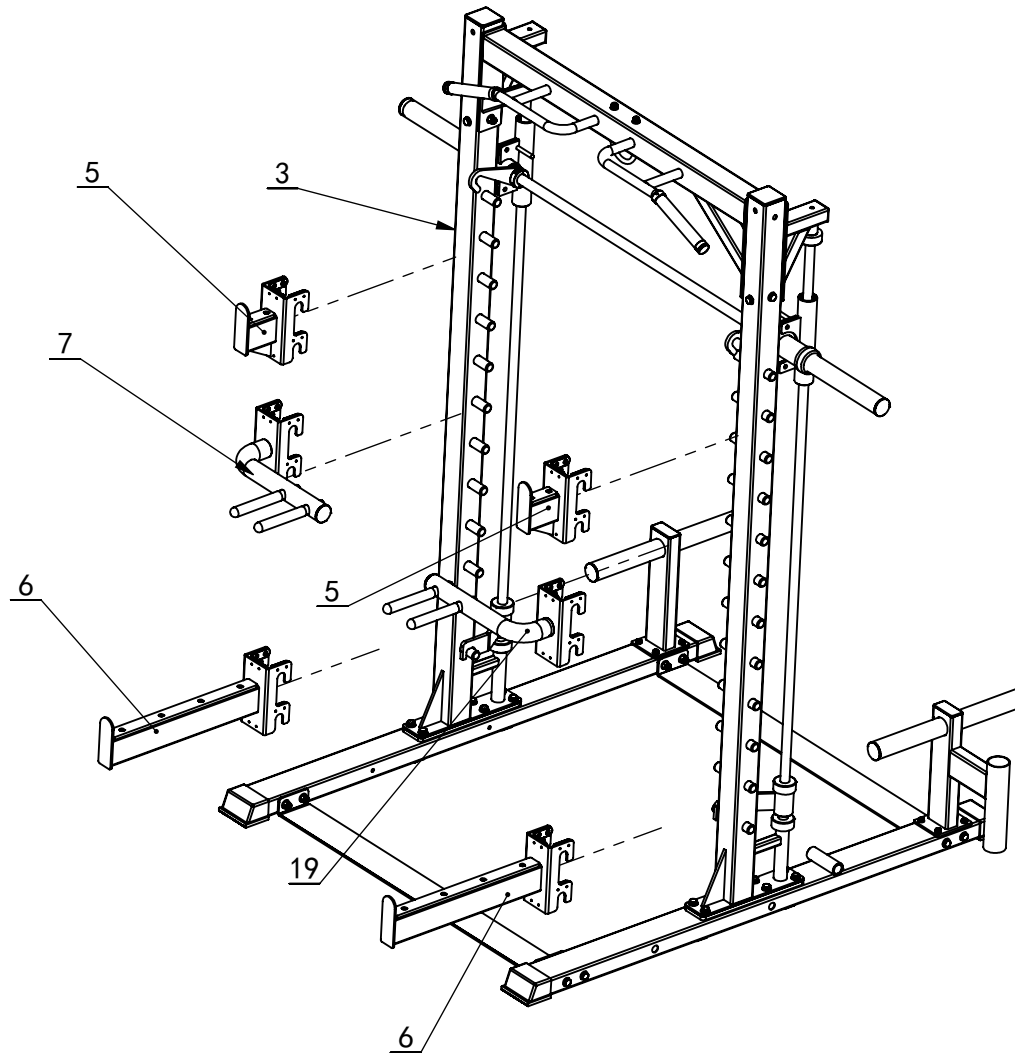
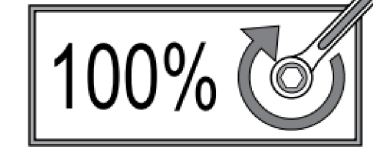
M10 flat washer(8pcs)



M10 lock nut(4pcs)

STEP 7:

Fully Tighten

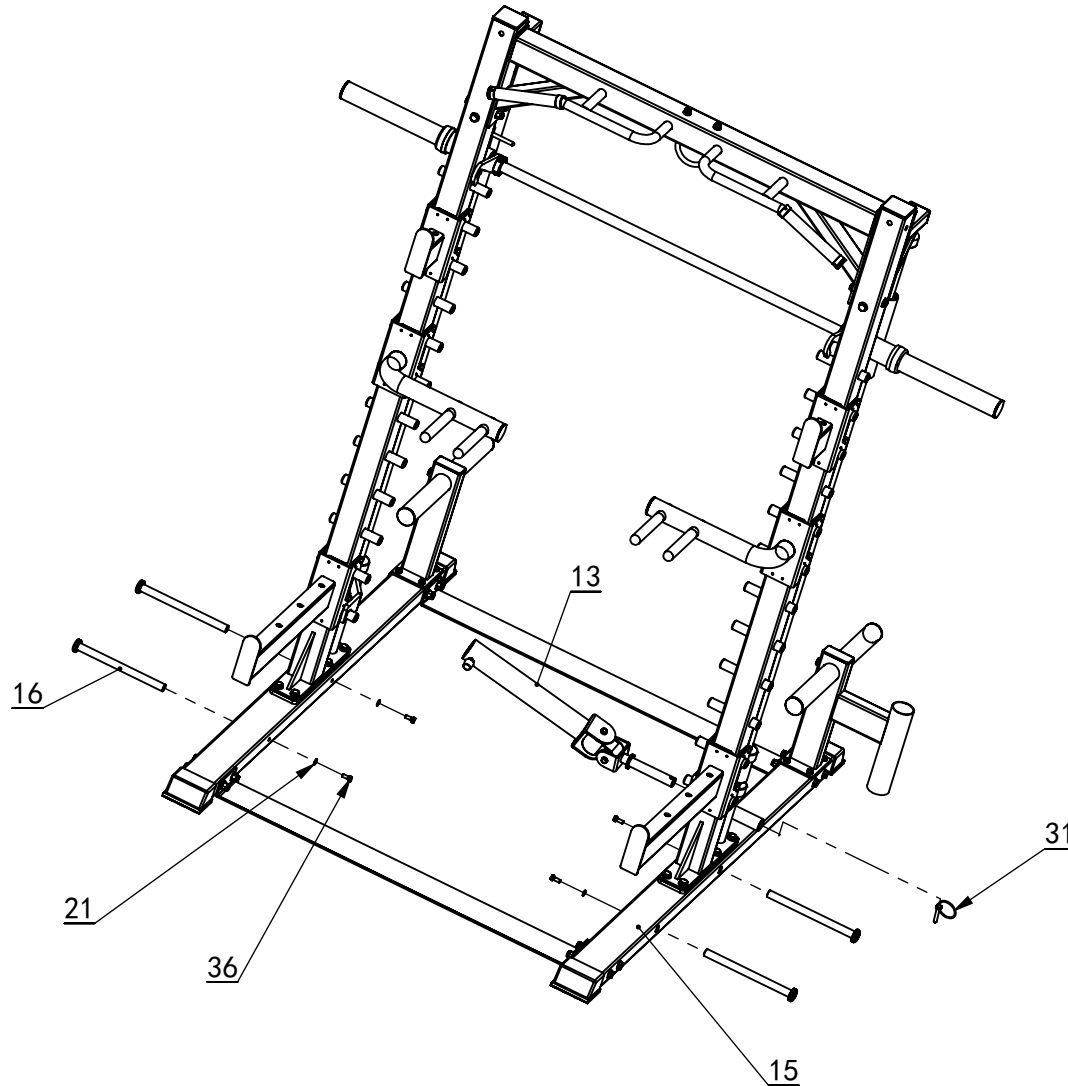
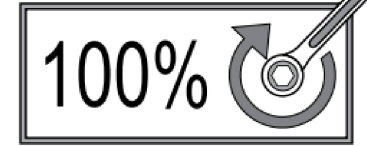


STEP7: Installation steps:

1, Places the bar bar hanger (5), push-up group (7) and insurance group (6) into the vertical group (3).

STEP8:

Fully Tighten

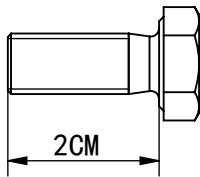


STEP8: Installation steps:

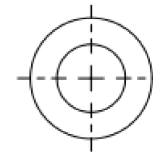
1-1, Inserts the Rope stick (16) into the right bottom frame (15) and left bottom frame (2) mounting holes, and uses the M8*2CM hex bolt (36) and M8 flat washer (21).

1-2, insert the barrel set (13) into the right bottom frame (15) mounting hole and secure with the O-TYPE PIN (31).

Installation completed.



M8X2CM hex bolts(4pcs)



M8 flat washer(4pcs)

Installation Completed

For Your Attention :

Make certain all bolts are tightened securely before using the equipment.

Thank you for purchasing the equipment and enjoy your time.