

A983
OWNER'S MANUAL
ASSEMBLY INSTRUCTIONS

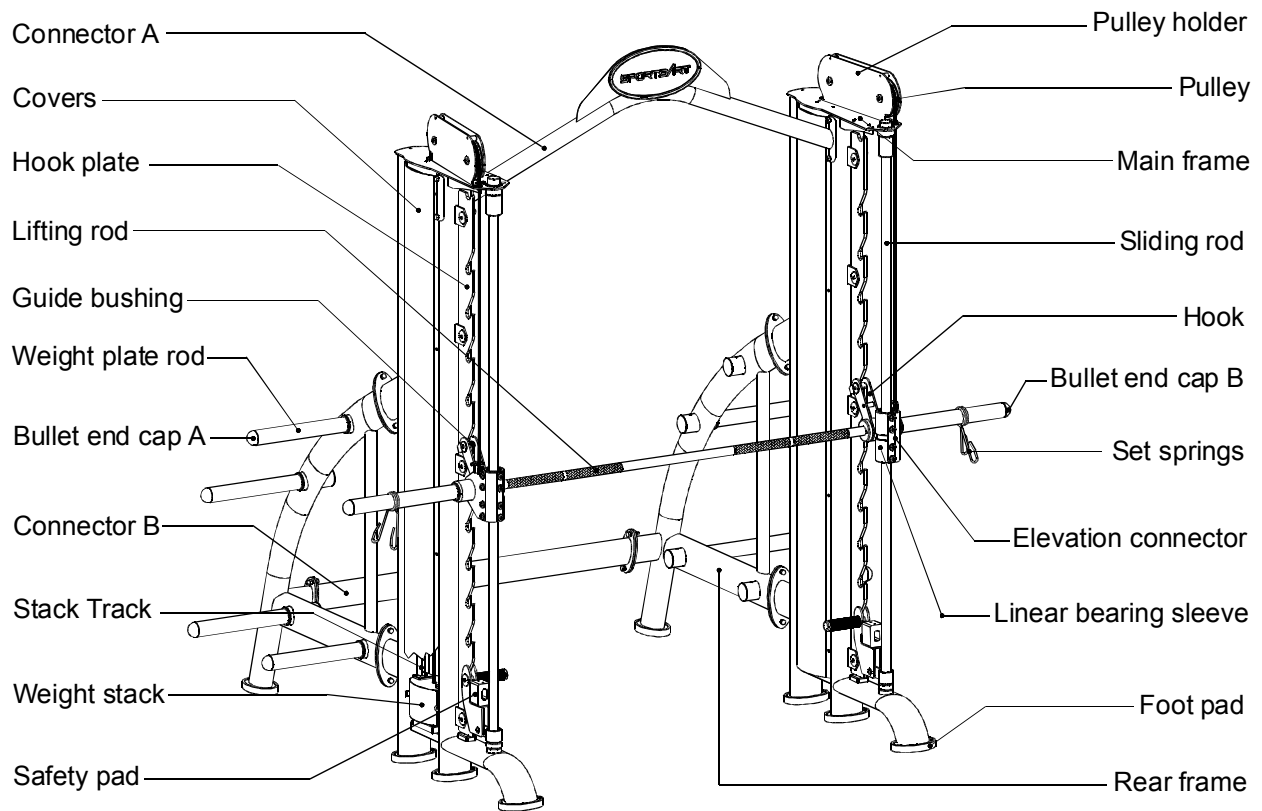


SMITH MACHINE

A. Safety Instructions:

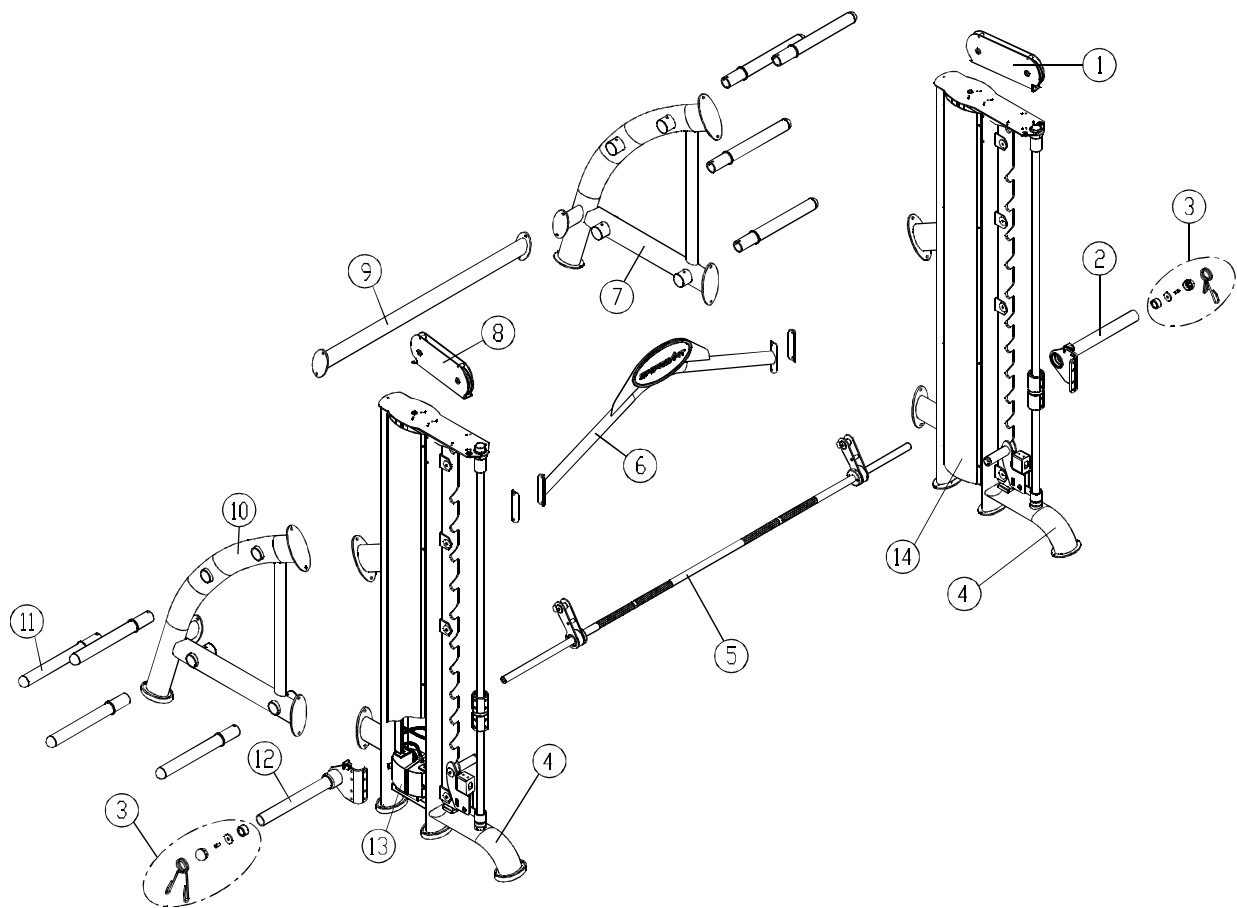
- Read all cautions/warnings and obtain proper instruction on use of the machines prior to using. Use appropriate positioning and controlled movements.
- Assemble and operate the machine on a solid, level surface. DO NOT use outdoors or near water.
- Never allow children on or near the machine.
- Make sure all fasteners are properly tightened for safety. DO NOT use the machine if the unit is disassembled in any way.
- Keep head, limbs, and fingers clear of all moving parts.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult you physician.
- DO NOT wear loose or dangling clothing while using the equipment. Keep away from all moving parts.
- Use care when mounting and dismounting the unit.
- DO NOT use any accessories that aren't specifically recommended by the manufacturer. These might cause injuries or cause the unit to fall.
- Close supervision is necessary when this machine is used by, on, or near adolescent, invalids, and disabled persons.
- Use this machine only for its intended use as described in this manual.
- Never operate this machine if it has been damaged in any way. If it is not working properly, been dropped or damaged, contact your dealer. DO NOT attempt to fix a broken or jammed machine. Notify floor staff.
- Never drop or insert any object into any opening.

B. Introduction



C. List of Parts

1. Two main frames
2. One connector A
3. One connector B
4. Two pulley holders
5. Eight weight plate rods
6. One lifting rod
7. Two bullet end caps B
8. Two set springs
9. One L shaped hex key wrench M4
10. One L shaped hex key wrench M5
11. One L shaped hex key wrench M6
12. One L shaped hex key wrench M10
13. One double-end open wrench 8mm*17mm
14. One double-end open wrench 12mm*15mm



1. Pulley holder-Right

2. Elevation connector set-Right

3. Assembly parts package *2

4. Main frame *2

5. Lifting rod

6. Connector A

7. Rear Frame-Right

8. Pulley holder-Left

9. Connector B

10. Rear Frame-Left

11. Weight plate rod *8

12. Elevation connector set-Left

13. Weight stack *2

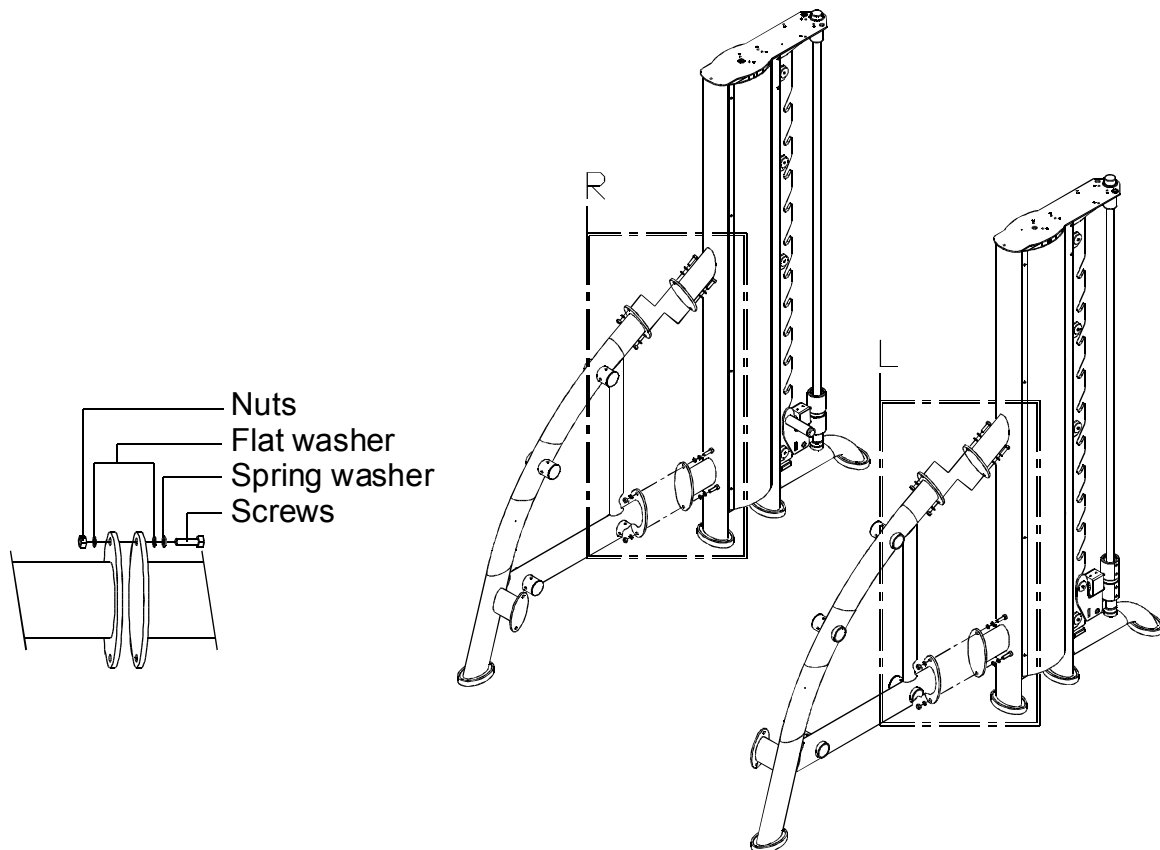
14. Cover *4

D. Assembly Instruction

Installation of Rear Frame

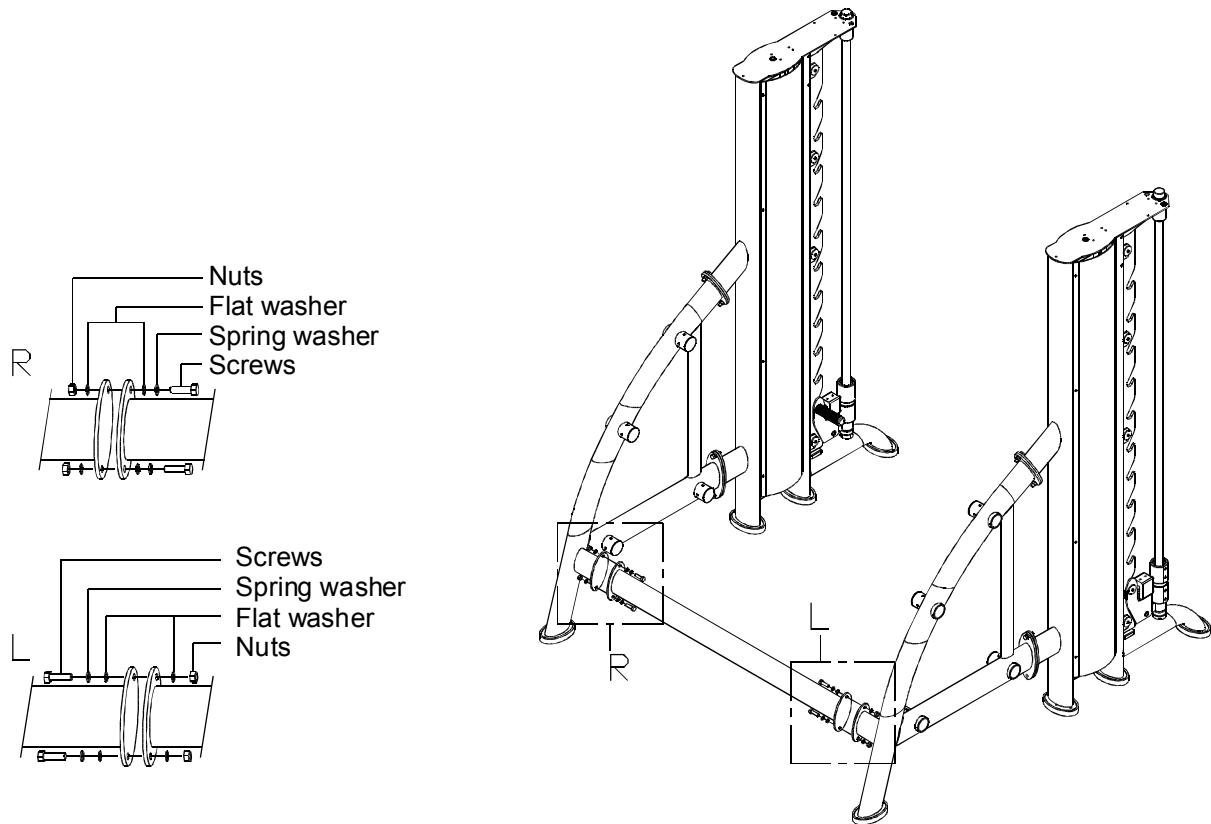
Step 1: Secure left rear frame onto the left frame as shown.

Step 2: Repeat step 1 for right frame assembly.

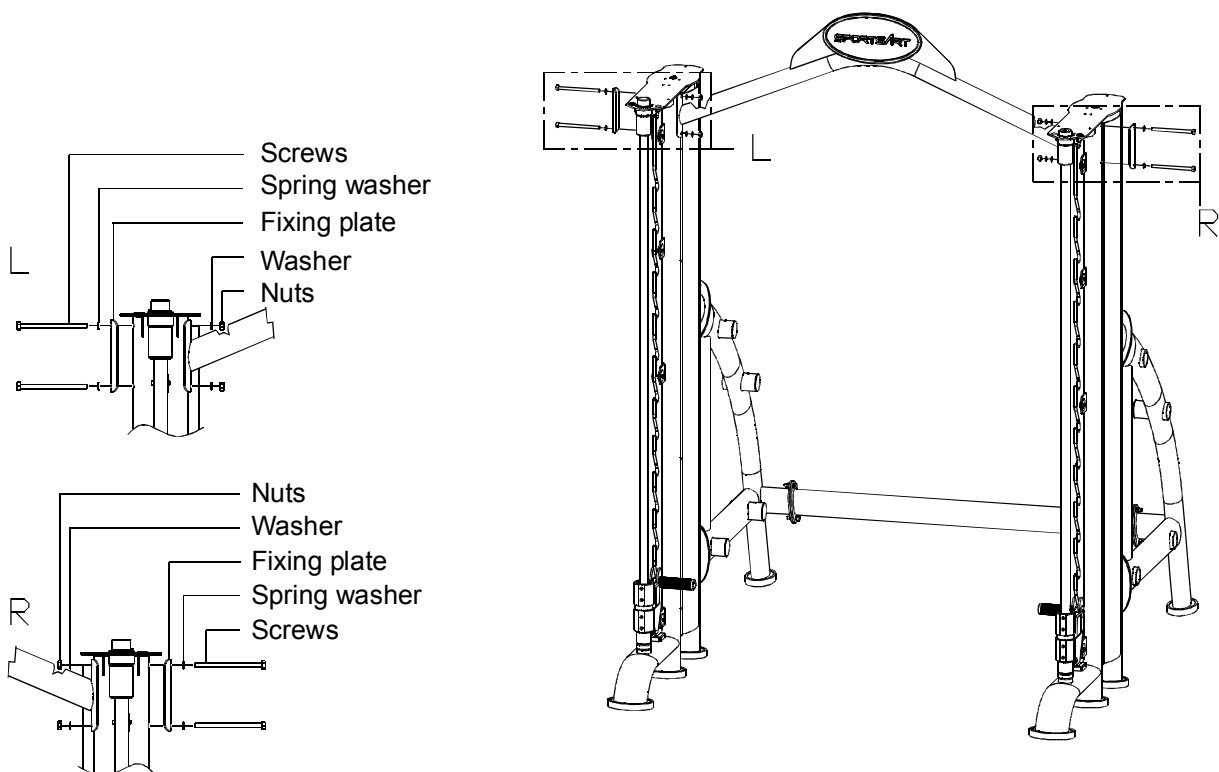


Installation of Connector A & B

Step 1: Secure left and right rear frames with connector B as shown below.



Step 2: Secure left and right main frames with connector A as shown below.

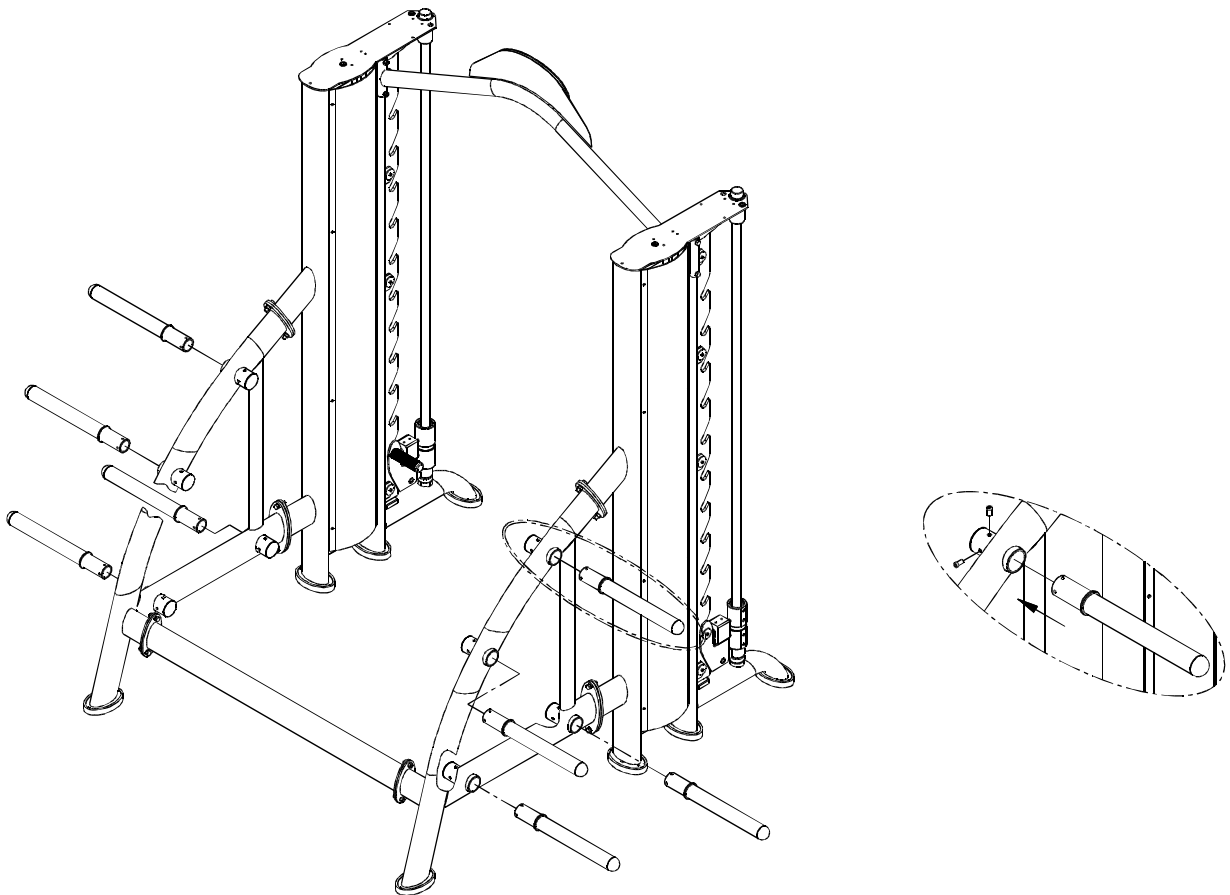


Weight plate rod installation (8 rods as shown)

Step 1: Insert the weight plate rod into the rear frame as shown.

Step 2: Secure with screws provided.

Step 3: Repeat step1-2 for installation of the other 7 weight plate rods.



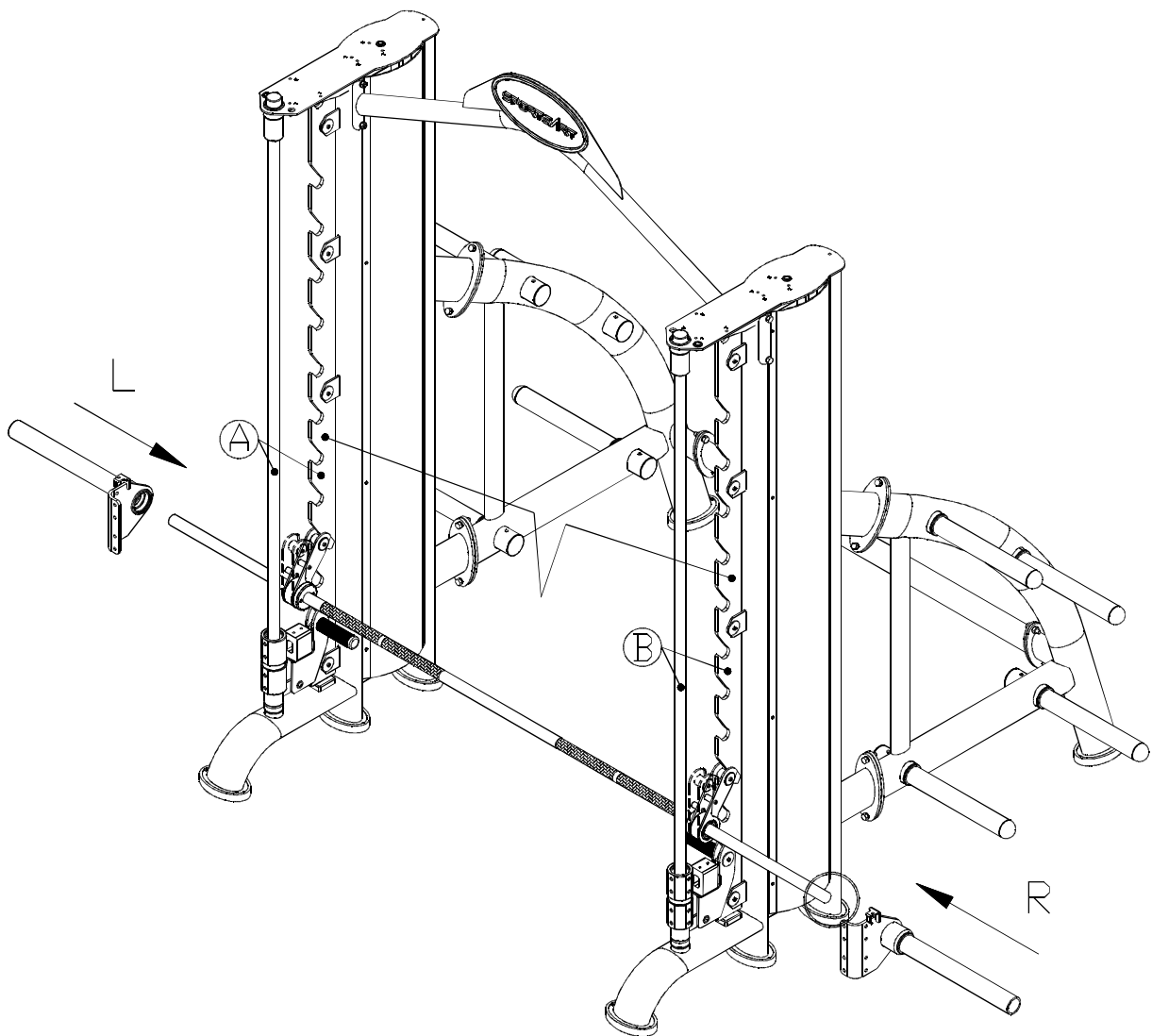
Installation of lifting rod

Step 1: Put the lifting rod horizontally through the gap between the sliding rod and hook plate on both sides.

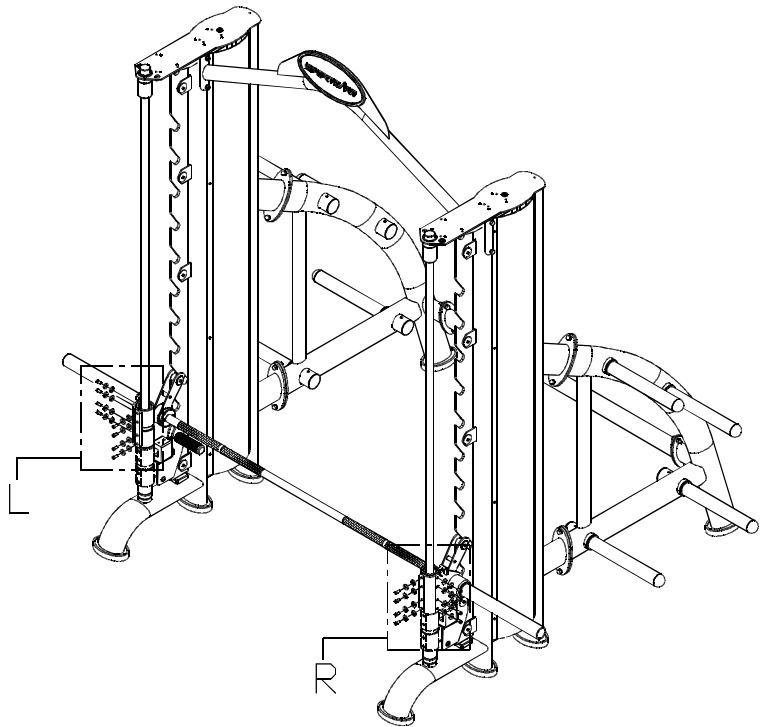
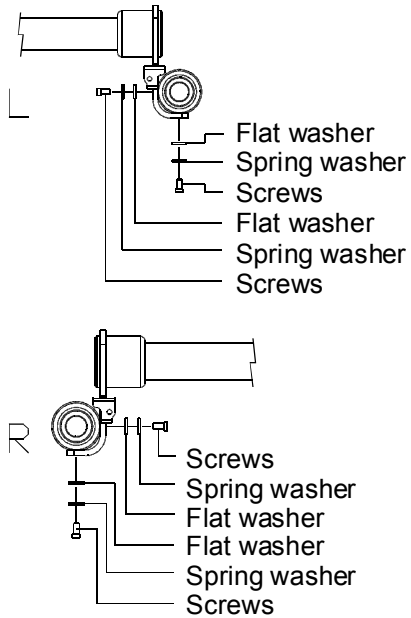
Step 2: Hang the lifting rod onto the hook plate. The recommended height is from the 4th to the 6th shelf.

Step 3: Secure left and right elevation connectors onto the handlebars.

Caution: parts are specific to right and left sides. Please identify parts as being for left or right side before installation.

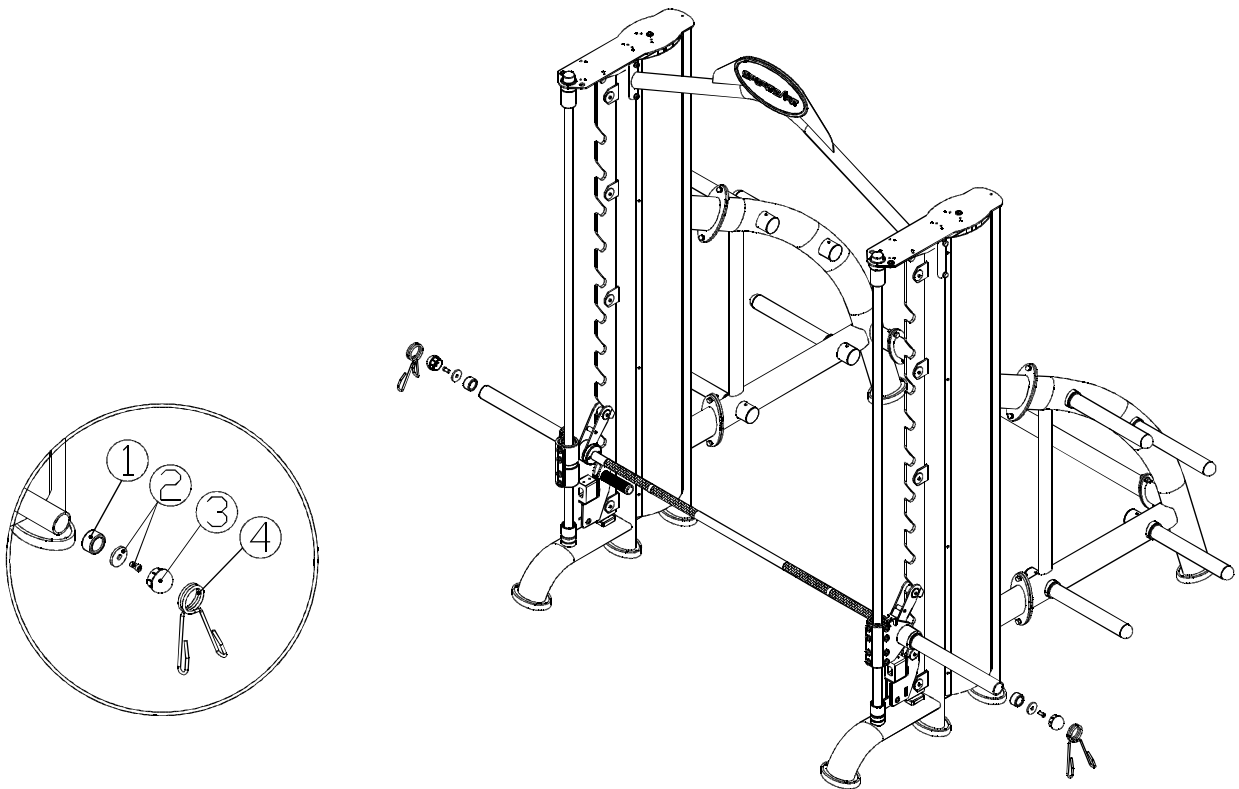


Step 4: Pull the linear bearing sleeves up and secure the parts with the elevation connectors on both sides as shown below.



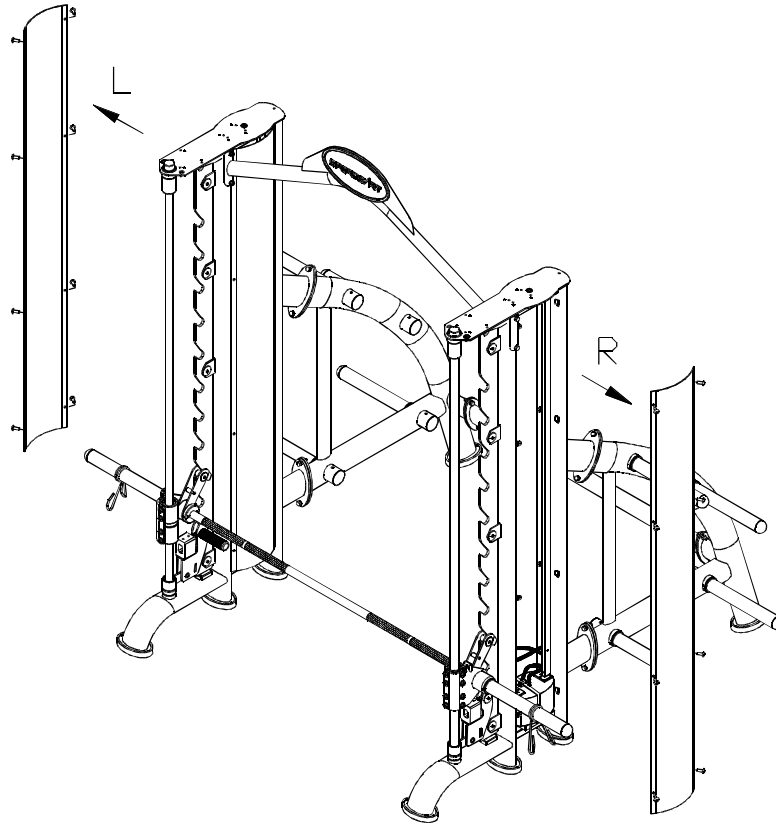
Step 5: Follow the instructions below to assemble the parts provided:

1. Assemble the plastic part provided onto the lifting rod handlebars.
2. Secure washers and screws.
3. Secure bullet end caps.
4. Secure the set springs.



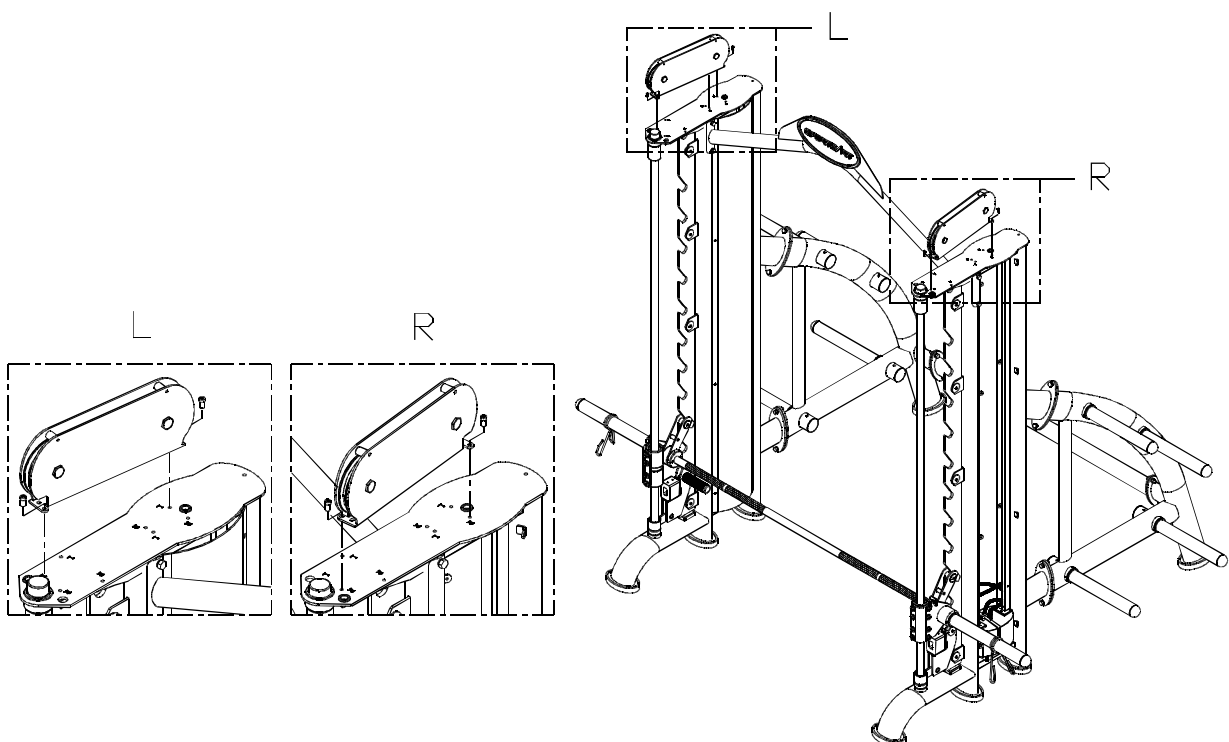
Installation of cables and weight stacks

Step 1: Loosen screws before removing covers.



Step 2: Identify pulley assemblies as to left and right.

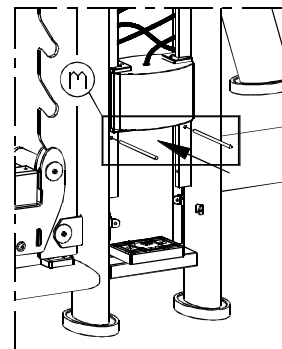
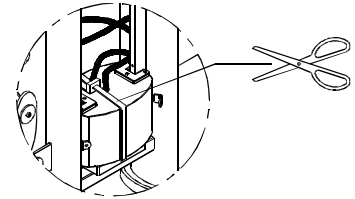
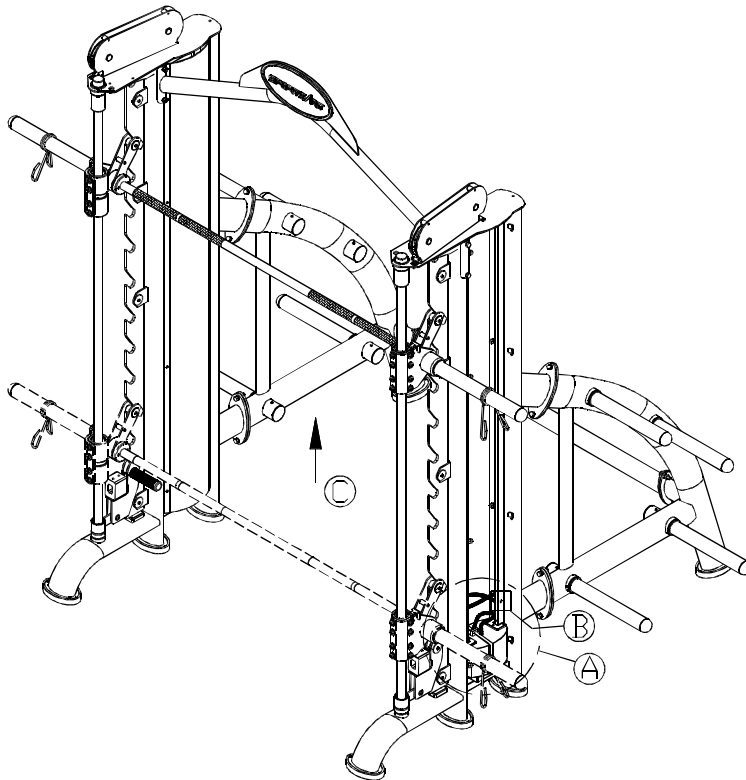
Step 3: Secure pulley assemblies with the frame on both sides.



Step 4: Release the right side weight stack bands.

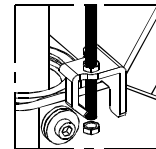
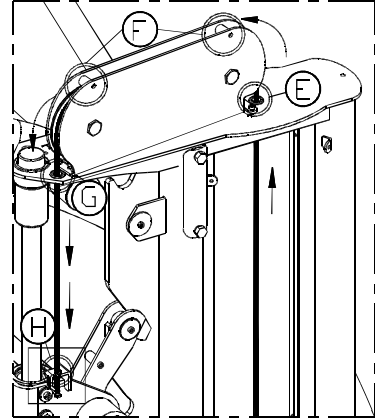
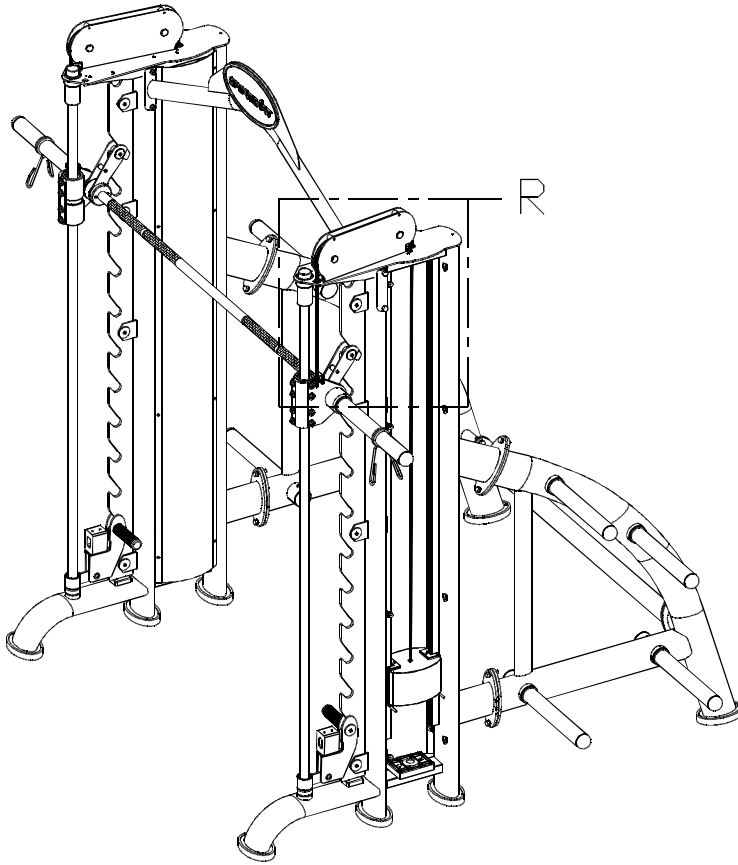
Step 5: Pull the right side weight stack up just above M (the hole on the stack track), then use the tools provided to go through M to hold the stack.
(Caution: Be careful not to pinch your fingers and hands.)

Step 6: Hang the lifting rod on the highest shelf.



Step 7: Put the cable right through E, F, and G as shown.

Step 8: Secure the cable with nuts after the cable goes through H as shown.



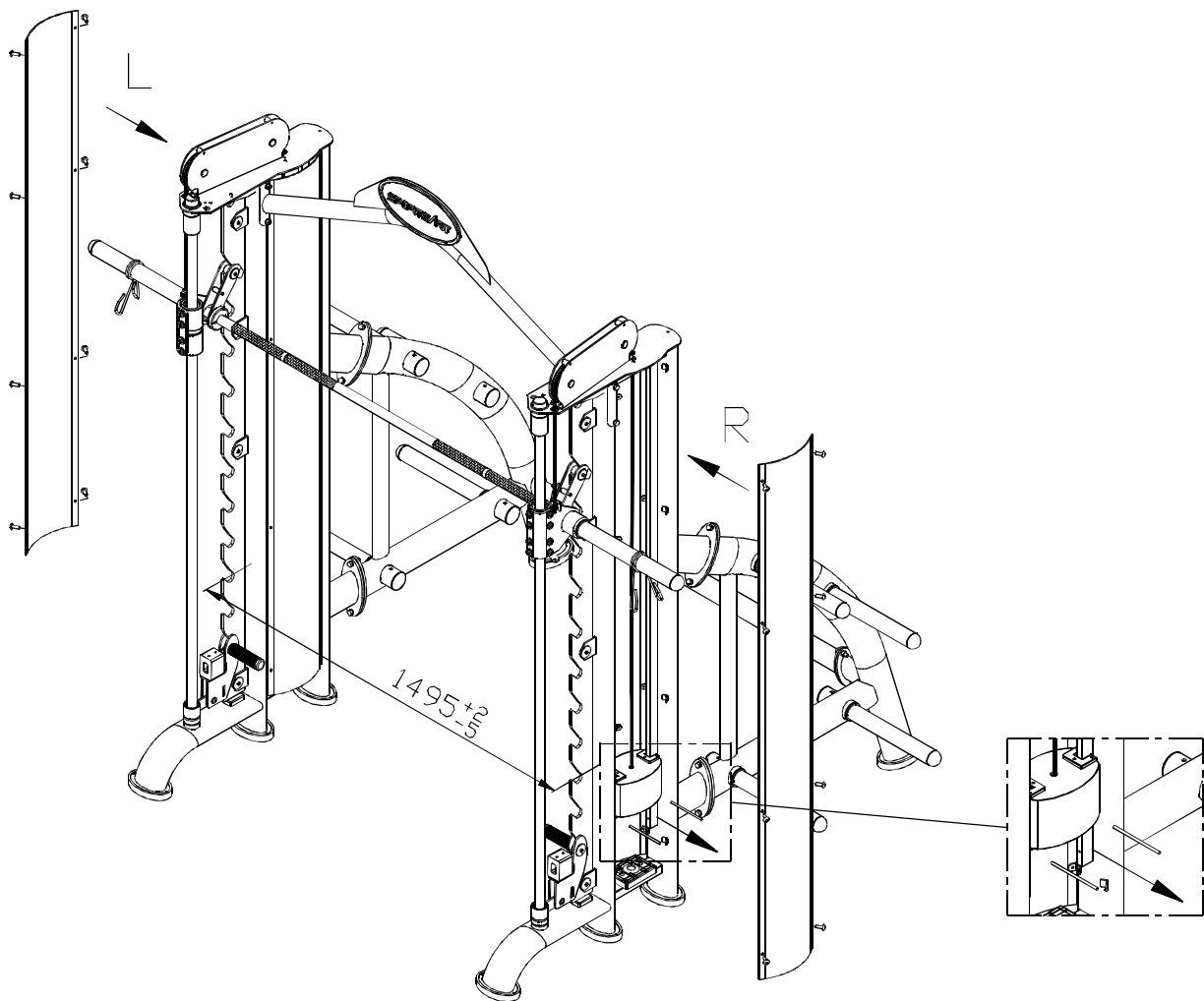
Step 9: Remove the tools.

Step 10: Repeat steps 4-9 to install the left side.

Step 11: Secure covers onto the frame.

Step 12: Test if the lifting rod can go up and down smoothly.

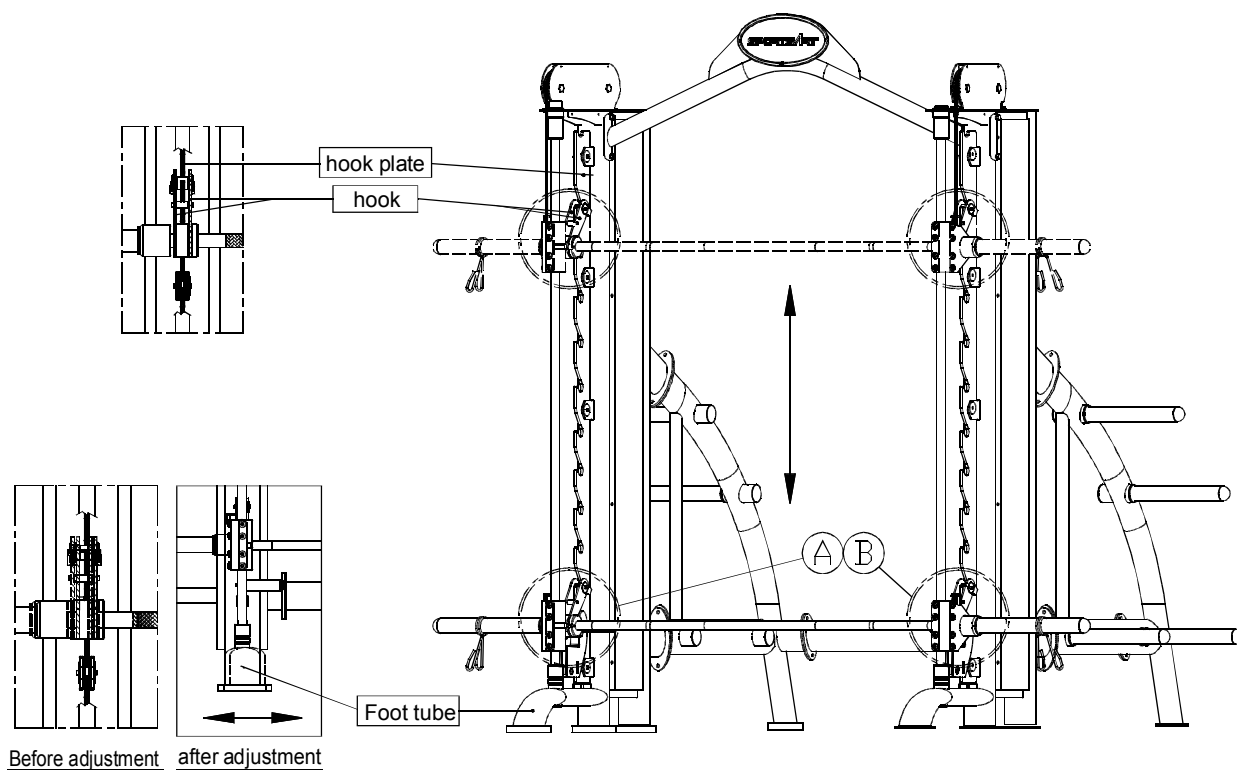
Note: The length between the left and right side frame should range from 1490-1497 cm as shown.



Test tip for left and right side frame assembly:

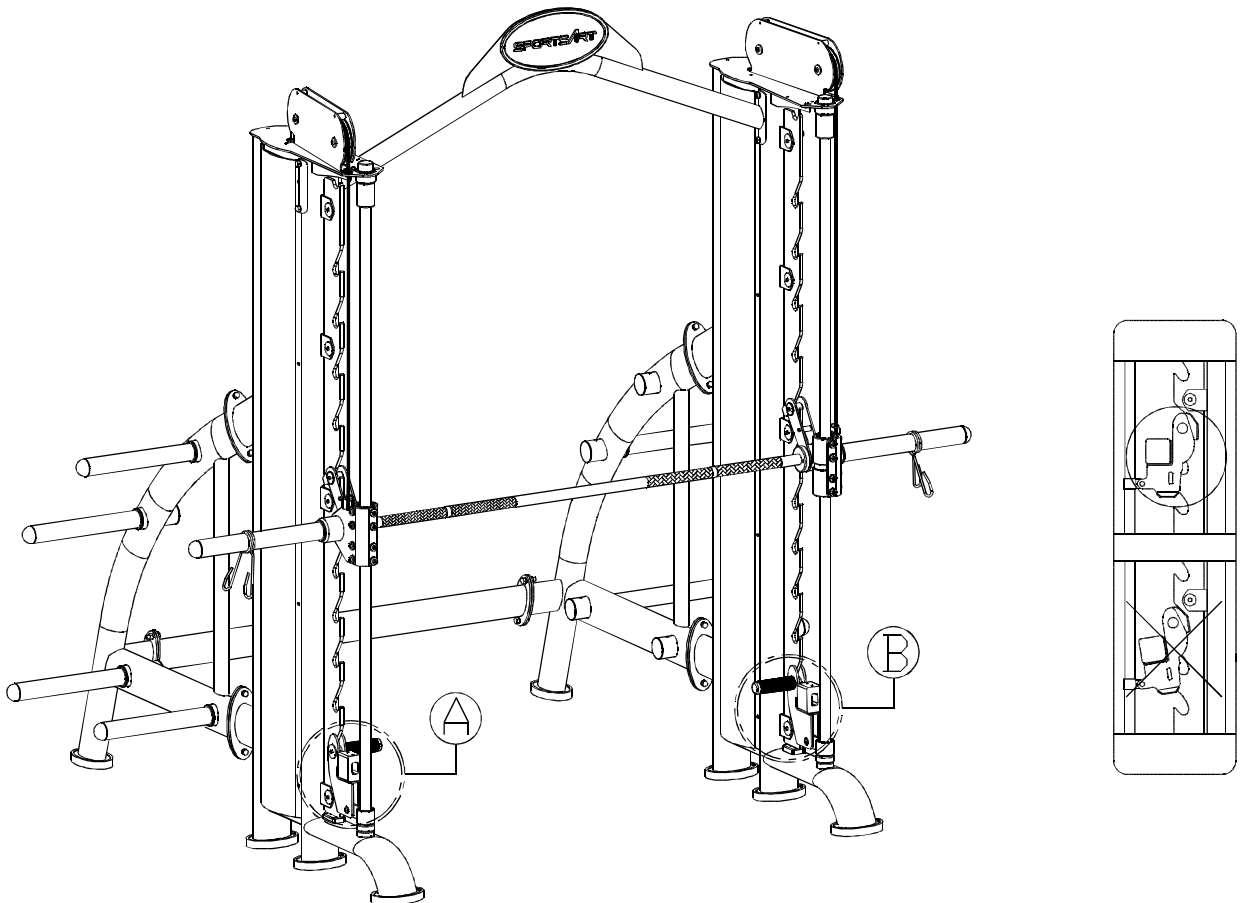
Step 1. After completing the assembly, please hang the lifting rod on the top shelf.
Does the hook fit **perfectly** in the hook plate? Then hang the lifting rod on the bottom shelf. Does the hook fit **perfectly** in place?

Step 2. If not, please **adjust** the foot tube to let the hook fit **perfectly** on the hook plate as shown.



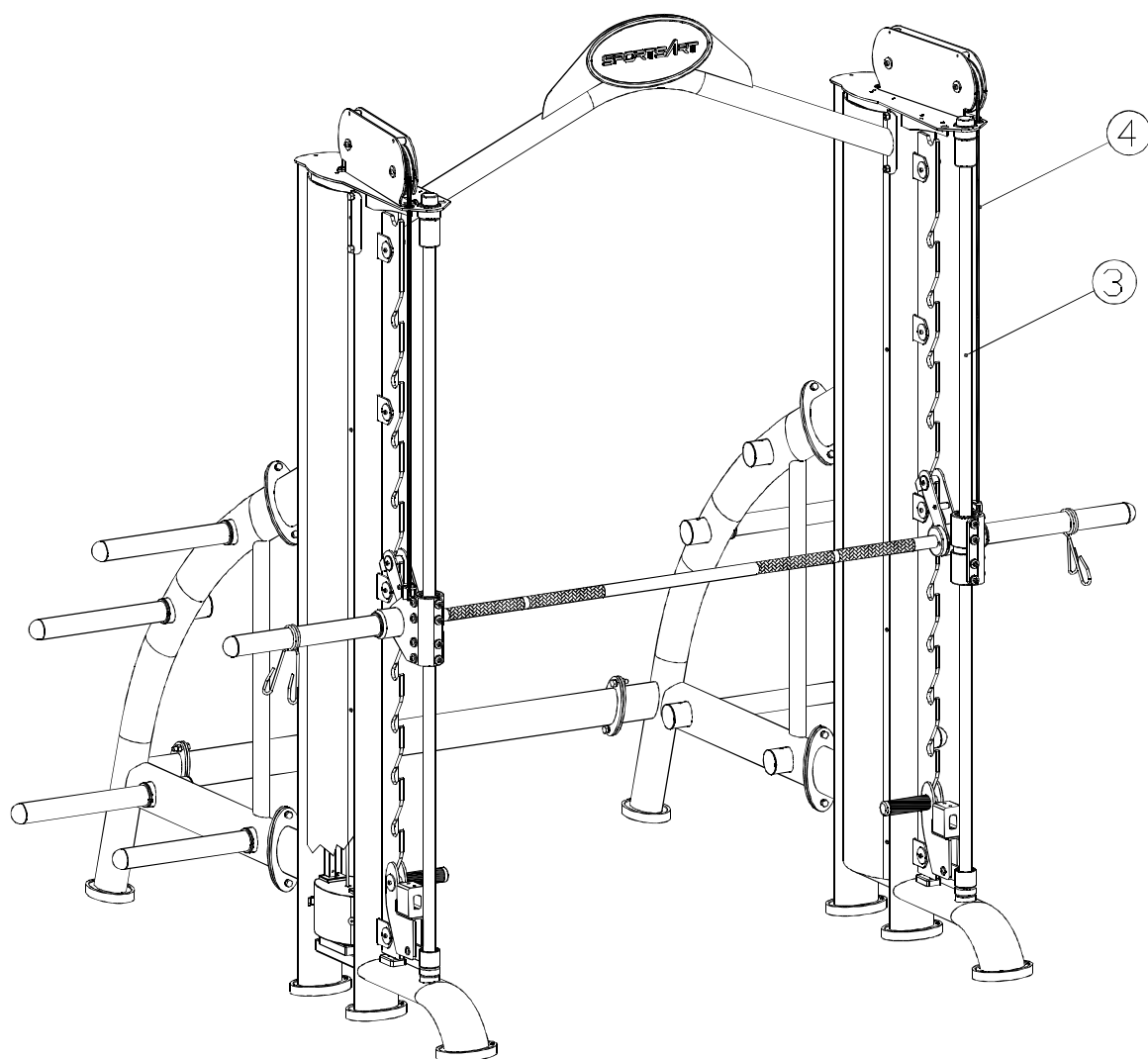
Cautions:

The guiding sets "A" & "B" should stick to the hook plate while in operation. Improper placement would not only damage the machine, but also lose its intended efficacy of protection.



E.MAINTENANCE SCHEDULE

(A983) Maintenance Schedule							
	Area	Daily	Weekly	Monthly	Quarterly	Yearly	Notes
1	Exterior	•					Clean.
2	Screws	•					Inspect for looseness. Tighten if needed.
3	Guide rod	•					Wipe clean with a damp cloth.
4	Cable		•				Inspect for wear and breakage.



F.MAINTENANCE TASK LIST (STRENGTH PRODUCTS):

Like cars, fitness products require maintenance. Regular maintenance extends product life, and failure to maintain products can void the manufacturer's warranty. Copy the maintenance log sheet, and record maintenance work for each fitness product.

Daily tasks

1. Use a clean, lint-free towel, dampened with a mixture of Simple Green[®] all-purpose cleaner and water, to thoroughly clean the product exterior.
2. Inspect parts for looseness, and secure all loose screws. Make sure that the product is safe for operation. If safety issues arise, place an "Out of Order" sign on the product, and call for service.
3. Clean guide rods. Use a clean, lint-free towel, dampened with a mixture of Simple Green[®] all-purpose cleaner and water. Apply a small amount of silicone lubricant onto the guide rods.

Weekly tasks

1. Inspect belts or cables (as applicable) for wear and breakage. Replace belts once every four years.

Caution

Please follow standard safety precautions when working on this product.

- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage electronic components and void the warranty.
- This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.

G.MAINTENANCE ONE-YEAR MAINTENANCE LOG:

Facility : _____ Supervisor: _____

Product Model Number : _____ Serial Number: _____

Start Date: _____ End Date: _____

Daily Tasks	Weeks 1-7							Weeks 8-14							Weeks 15-21							Weeks 22-28						
Completed																												

Daily Tasks	Weeks 29-35							Weeks 36-42							Weeks 43-49							Weeks 50-52						
Completed																												

Weekly Tasks	Weeks 1-7							Weeks 8-14							Weeks 15-21							Weeks 22-28						
Completed																												

Weekly Tasks	Weeks 29-35							Weeks 36-42							Weeks 43-49							Weeks 50-52						
Completed																												

Monthly Tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed												

Quarterly Tasks	Quarter 1				Quarter 2				Quarter 3				Quarter 4			
Completed																

Yearly Tasks	Year 1											
Completed												

Notes: _____
