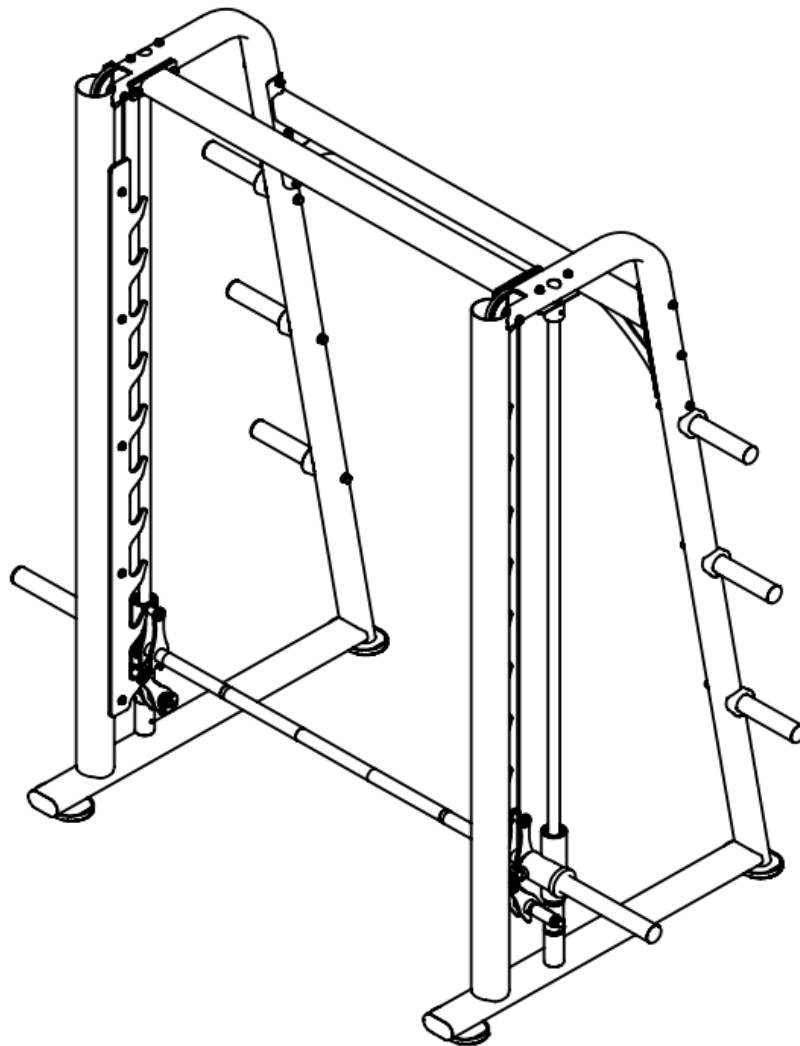


R030B

SMITH MACHION

# OWNER'S MANUAL



**! CAUTION**

Read all precautions  
and instructions in this manual  
before using this equipment

## Important Safety Instructions

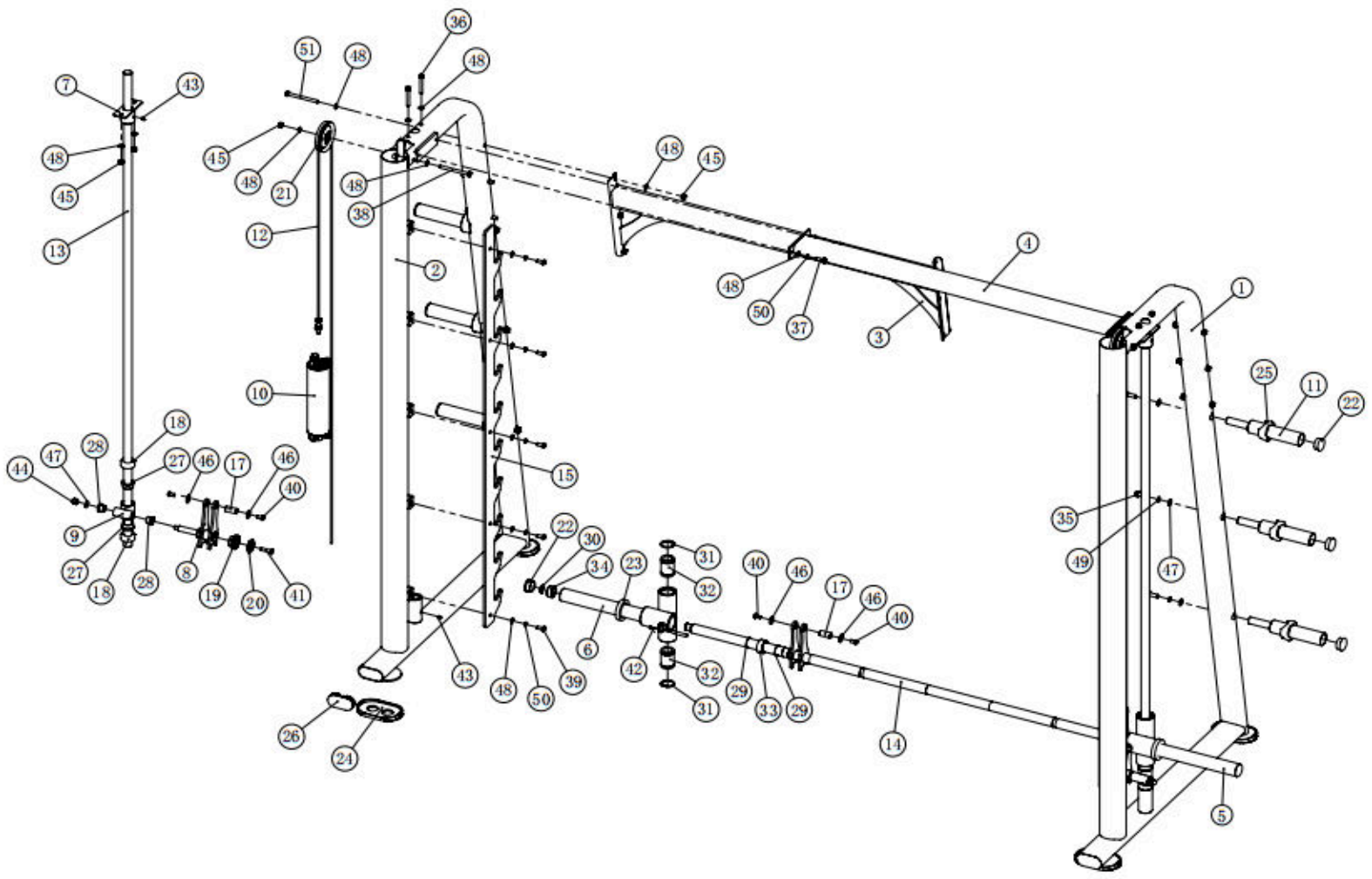
Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.  
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.  
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.  
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.  
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.  
Do not attempt to lift more weight than you can control safely.  
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.  
Never drop or insert anything into any opening in the equipment.  
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.  
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.  
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

## Parts List

**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.**

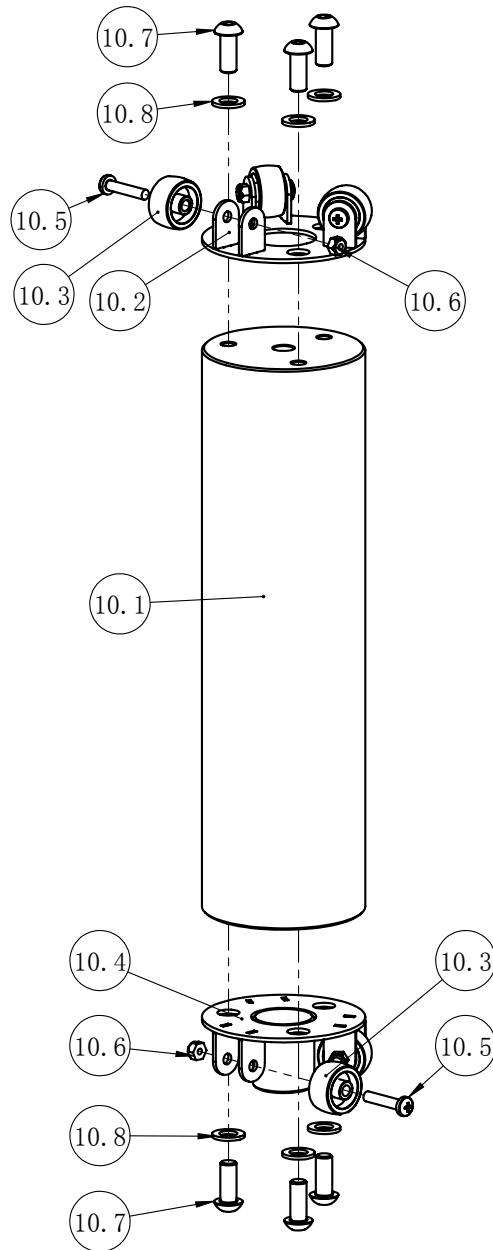
Item NO.	Description	QTY	Item NO.	Description	QTY
1	Left Upright	1	22	Tube Plug $\phi 48$	8
2	Right Upright	1	23	Rubber Bumper	2
3	Rear Connection Frame	1	24	Rubber Foot	4
4	Upper Connection Frame	1	25	Rubber Bumper	6
5	Left Bar Support	1	26	Tube Plug RT50*100	2
6	Right Bar Support	1	27	Plastic Bushing $\Phi 31.8 \times \Phi 44.5 \times 20$	4
7	Guide Rod Housing	2	28	Bushing $\phi 31 \times \phi 25.4 \times \phi 19 \times 20$	4
8	Safety Hanger, Guide	2	29	External Circlips	4
9	Safety Catch, Guide	2	30	External Circlips	2
10	Counter Weight Assembly	2	31	Circlip For Hole	4
10.1	Counter Weight	1	32	Linear Bearing $\phi 30$	4
10.2	Roller Fixed Frame	1	33	Needle Bearing $\phi 35$	2
10.3	Roller	6	34	Needle Bearing $\phi 25$	2
10.4	Roller Fixed Frame	1	35	Hex Head Bolt M12*35	6
10.5	Cross Recessed Pan Head Screw M5*25	6	36	Hex Head Bolt M10*70	4
10.6	Nylon Nut M5	6	37	Hex Head Bolt M10*30	4
10.7	Button Head Cap Screw M8*20	6	38	Hex Head Bolt M10*115	2
10.8	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	6	39	Button Head Cap Screw M10*25	10
11	Weight Peg	6	40	Button Head Cap Screw M10*20	8
12	Cable	2	41	Flat Head Cap Screw M10*45	2
13	Guide Rod	2	42	Socket Head Cap Screw M4*15	2
14	Olympic Bar	1	43	Socket Set Screw M8*10	4
15	Rack Plate	2	44	Acorn Nut M12	2
51	Hex Head Cap Screw M10*120	6	45	Nylon Lock Nut M10	12
17	Limit Axis	4	46	Flat Washer $\phi 11 \times \phi 30 \times 2$	8
18	Rubber Bumper	4	47	Flat Washer $\phi 13 \times \phi 24 \times 2$	8
19	Plastic Cap $\phi 25$	2	48	Flat Washer $\phi 11 \times \phi 20 \times 2$	38
20	Plastic Cap $\phi 25$	2	49	Spring Washer $\phi 12$	6
21	Pulley 4.5"	2	50	Spring Washer $\phi 10$	14



Exploded View and Parts List

# Exploded View and Parts List

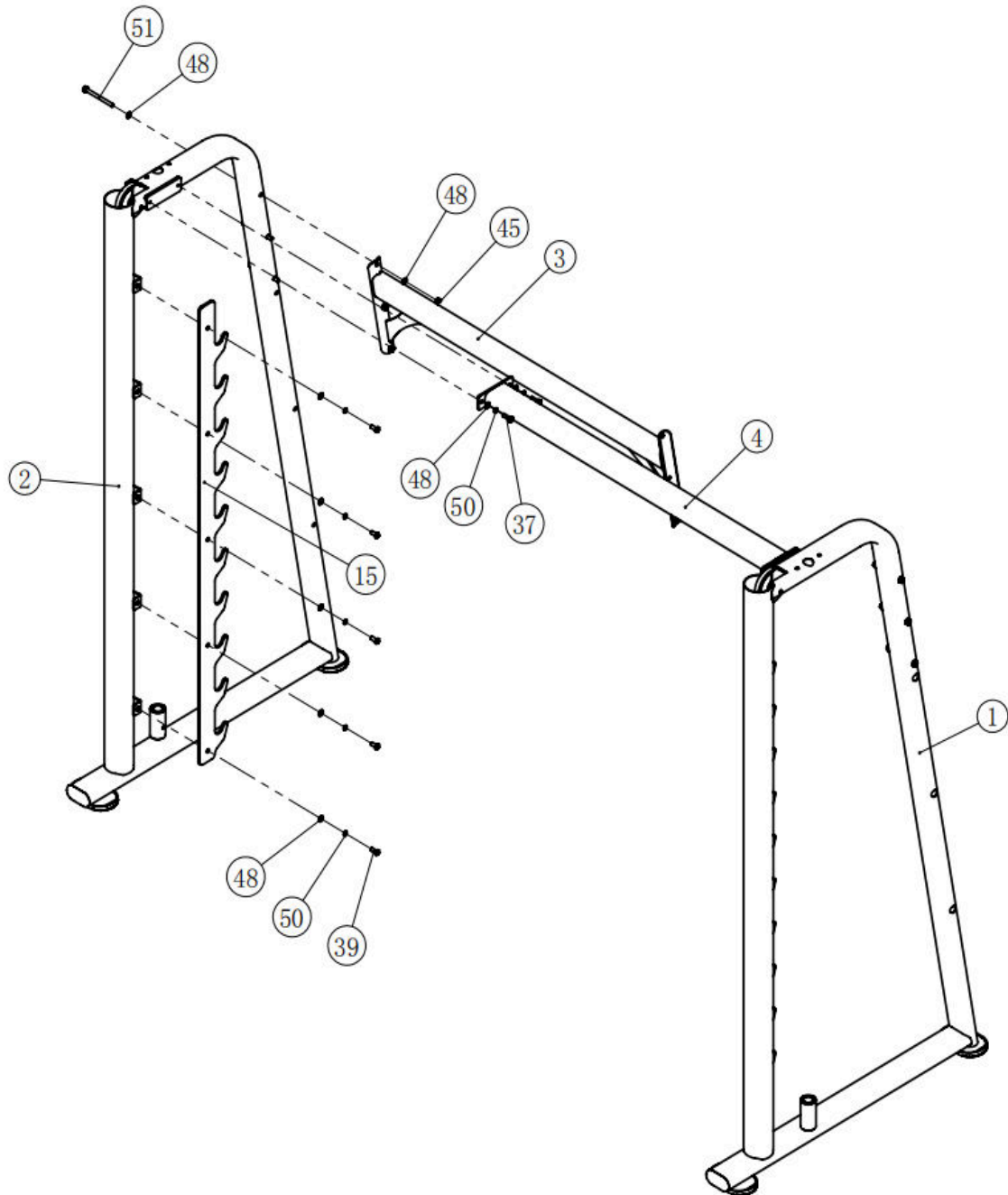
## Counter Weight Asembly



# Assembly

## STEP 1

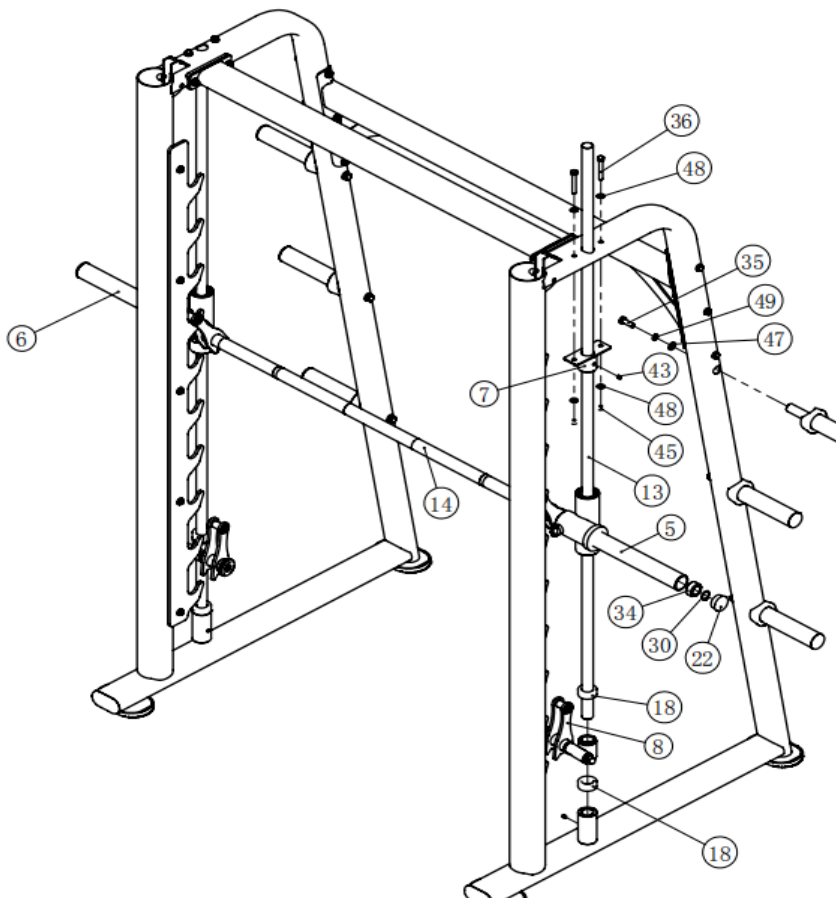
1	Left Upright	1	37	Hex Head Bolt M10*30	4
2	Right Upright	1	39	Button Head Cap Screw M10*25	10
3	Rear Connection Frame	1	48	Flat Washer $\phi 11*\phi 20*2$	26
4	Upper Connection Frame	1	50	Spring Washer $\phi 10$	14
15	Rack Plate	2	45	Nylon Lock Nut M10	6



# Assembly

## STEP 2

5	Left Bar Support	1	22	Tube Plug $\phi 48$	2
6	Right Bar Support	1	35	Hex Head Bolt M12*35	6
7	Guide Rod Housing	2	36	Hex Head Bolt M10*70	4
8	Safety Hanger,Guide	2	45	Nylon Lock Nut M10	4
11	Weight Peg	6	47	Flat Washer $\phi 13*\phi 24*2$	6
13	Guide Rod	2	48	Flat Washer $\phi 11*\phi 20*2$	8
14	Olympic Bar	1	49	Spring Washer $\phi 12$	6
18	Rubber Bumper	4			



Note: the linear bearing should be concentric with the guide rod to prevent damage to the linear bearing.

# Assembly

## STEP 3

10	Counter Weight Asembly	2	38	Button Head Cap Screw M10*115	2
12	Cable	2	45	Nylon Lock Nut M10	2
21	Pulley 4.5"	2	47	Flat Washer $\phi 13*\phi 24*2$	4

