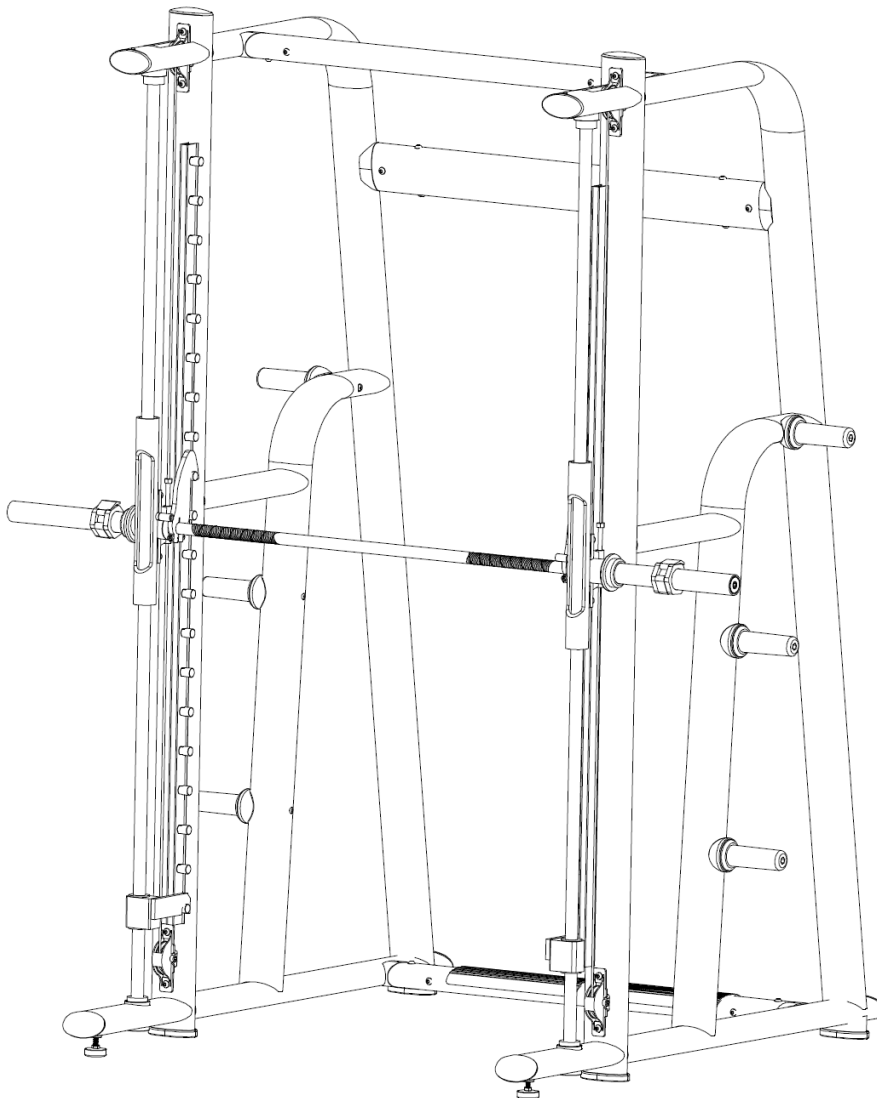


# SHM-10 Smith Machine with Weight Storage

## OWNER'S MANUAL



### IMPORTANT!

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Please read all instructions carefully before using this product.

Retain this manual for future reference.

The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

# SAFETY INFORMATION

NOTE THE FOLLOWING PRECAUTIONS BEFORE ASSEMBLING AND OPERATING THE MACHINE. UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT.

KEEP CHILDREN AWAY from strength equipment. Parent or others supervising children must provide close supervision of children if the equipment is used in the presence of children.

**IT IS RECOMMENDED THAT ALL USERS OF THIS EXERCISE EQUIPMENT BE INFORMED OF THE FOLLOWING INFORMATION PRIOR TO USE.**

## **-ACCESS CONTROL**

Recommends that all fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the facility owner.

## **-INSTALLATION**

SECURING EQUIPMENT - recommends that all equipment be secured to a solid, level surface to stabilize and eliminate rocking or tipping over.

## **-PROPER USAGE**

1. Do not use any equipment in any way other than as designed or intended by the manufacturer. It is imperative that the equipment is used properly to avoid injury.
2. Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, STOP EXERCIZING and consult your physician.
3. Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.

## **INSPECTION**

1. DO NOT use or permit use of any equipment that is damaged and or has worn or broken parts. For all equipment use only replacement parts supplied by the manufacturer.
2. Cables and Belts pose an extreme liability if used when frayed. Always replace any cable at first sign of wear.
3. Routinely inspect all accessory clips that join attachments to the cables and replace at the first sign of wear.
4. MAINTAIN LABELS AND NAMEPLATES - Do not remove labels for any reason. They contain important information.
5. EQUIPMENT MAINTENANCE - Preventative maintenance is the key to smooth operating equipment as well as keeping your liability to a minimum. Equipment needs to be inspected at regular intervals.
6. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.
7. Before any use, examine all accessories approved for use with the equipment for damage or wear.
8. DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE EQUIPMENT WHICH APPEARS TO BE DAMAGED OR WORN.

## OPERATING WARNINGS

1. It is the purchaser's sole responsibility to properly understand all the SAFTY INFORMATION.
2. Keep children away from strength equipment. Parent or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
3. Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have user's secure long hair back and up to avoid contact with moving parts.
4. All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.

## PREPARATION

Thank you for purchasing this equipment. This machine is part of our line of quality strength training machines, which lets you target specific muscle groups to achieve better muscle tone and overall body conditioning. To maximize your use of the equipment please study this Owner's Manual thoroughly.

### INSTALLATION Requirements

Follow these installation requirements when assembling:

Set up the machine on a solid, flat surface. A smooth, flat surface under the machine helps keep it level. A level machine has fewer malfunctions.

Provide ample space around the machine. Open space around the machine allows for easier access.

Insert all bolts in the same direction. For aesthetic purposes, insert all bolts in the same direction unless specified (in text or illustrations) to do otherwise.

Leave room for adjustments. Tighten fasteners such as bolts, nuts, and screws so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so.

### ASSEMBLY Tips

Read all "Notes" on each page before beginning each step.

While you may be able to assemble the machine using the illustrations only, important safety notes and other tips are included in the text.

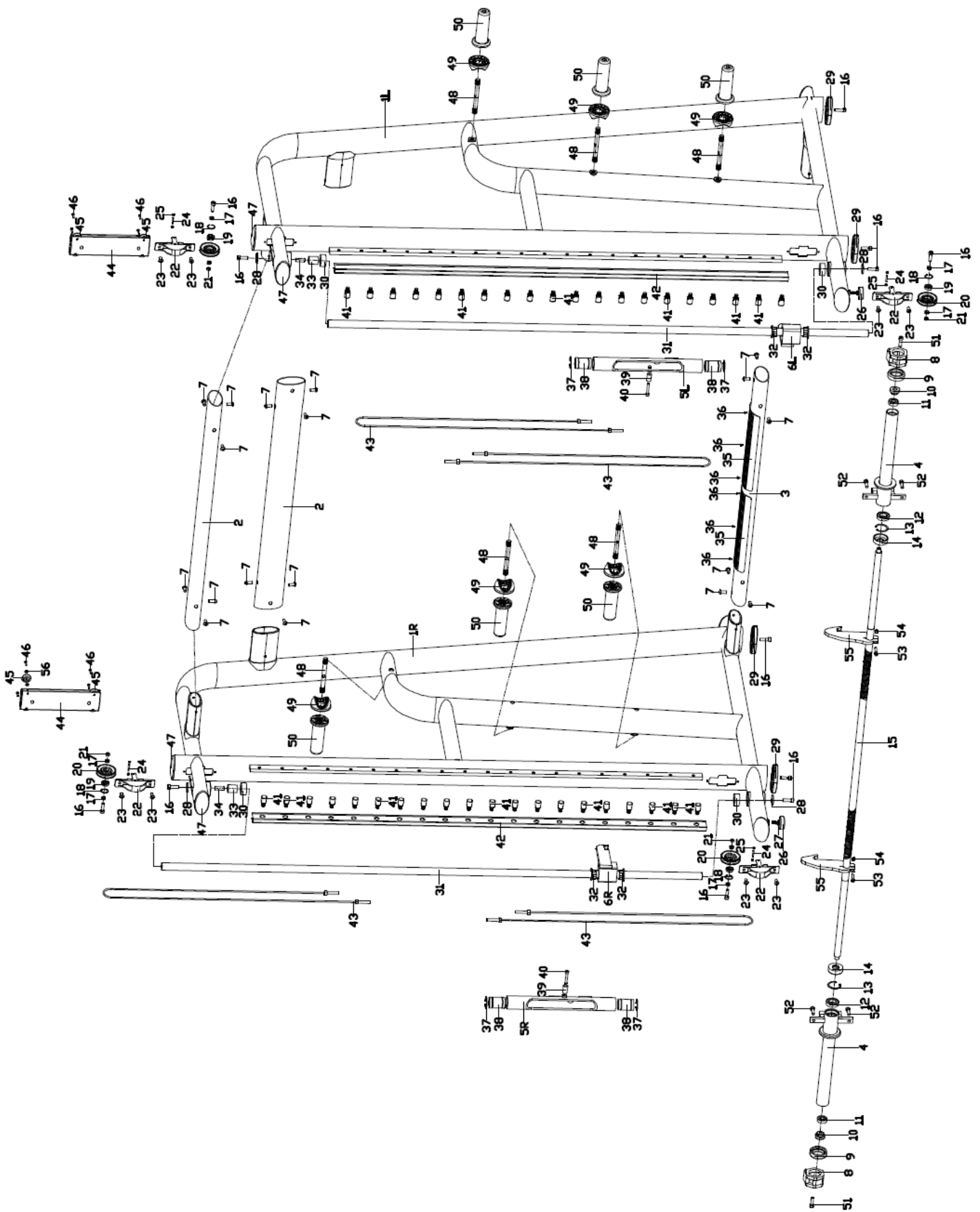
Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

**NOTE:** With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for adjustments.

**NOTE:** The bottles that are marked "Poison" is your touch up paint. Keep away from children.

**CAUTION:** Obtain assistance! If you feel like you can't assemble the machine by yourself then do not attempt to do so as this could result in injury. Review the installation requirements before proceeding with the following steps.

# EXPLODED DIAGRAM



## PARTS LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1L/R	Upright frame	1/1	29	Oval rubber feet	4
2	Cross beam	2	30	Guide rod bumper	4
3	Stabilizer	1	31	Olympic bar guide rod	2
4	Barbell holder	2	32	Stopper hook bushing	4
5L/R	Olympic bar slider	1/1	33	Guide rod spacer joint	2
6L/R	Stopper hook	1/1	34	Spacer $\Phi 14 * \Phi 10 * 38$	2
7	Allen bolt M10*25	18	35	Stabilizer step pad	2
8	Safety buckle	2	36	Phillips flat screw M4*12	6
9	Rubber bumper	2	37	Inner C-Clip $\Phi 48$	4
10	Fixing spacer	2	38	Linear bearing	4
11	Bearing 6203	2	39	Plastic stopper	2
12	Bearing 60/28RS	2	40	Allen cylindrical bolt M8*30	2
13	Inner C-Clip $\Phi 52$	2	41	Safety pin	40
14	Plastic spacer	2	42	Track bar	2
15	Olympic bar	1	43	Cable	4
16	Allen cylindrical bolt M10*35	12	44	Balance stack	2
17	Alloy bushing I	8	45	Small roller	8
18	Inner C-Clip $\Phi 30$	4	46	Phillips screw M5*25	8
19	Bearing 6200	4	47	Curved end cap	4
20	Pulley	4	48	Barbell rack bolt $\Phi 16 * 166$	6
21	Nylon nut M10	4	49	Barbell rack collar	6
22	Pulley bracket	4	50	Plastic barbell rack	6
23	Allen bolt M8*16	8	51	Allen cylindrical bolt M10*16	2
24	Allen flat head bolt M5*35	4	52	Allen cylindrical bolt M10*20	4
25	Hex nut M5	8	53	Allen cylindrical bolt M8*50	2
26	Leveller feet	2	54	Nylon nut M8	2
27	Hex nut M10	2	55	Safety hook	2
28	Washer $\Phi 40 * \Phi 10 * 4$	4	56	Alloy bushing II	16

### NOTE:

Most of the listed hardware has been packaged separately, but some of them have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

# ASSEMBLY INSTRUCTION

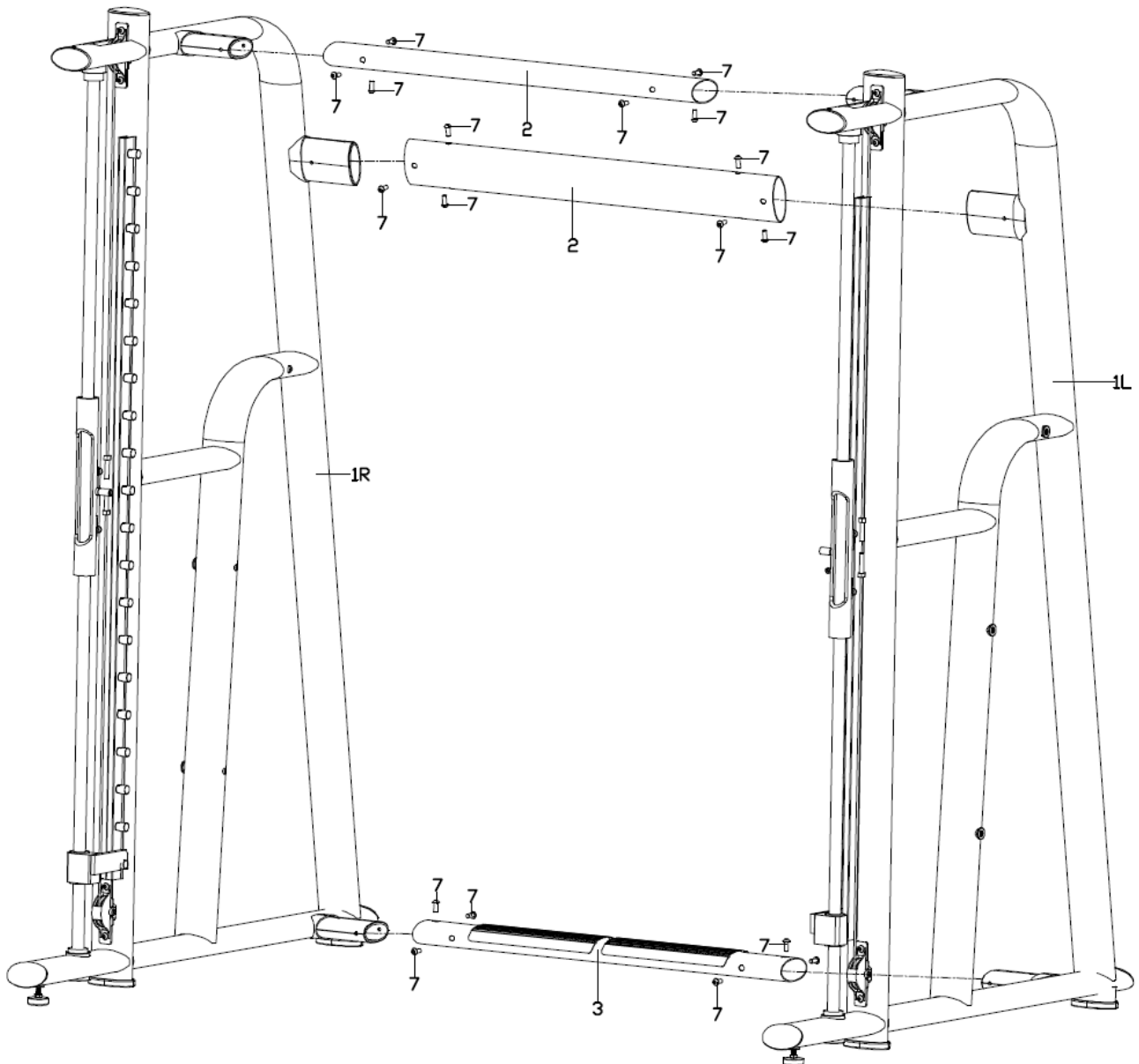
**NOTE:** It is well suggested that two or more people to assemble this machine to avoid any possible injury.

Remove all the security tape and wrapping before the installation.

Please refer the individual steps for the installation and pay attention to the preinstalled hardware.

## STEP 1

Mount the Left & Right Upright Frame (1L/R) with the Stabilizer (3) and Cross Beams (2) as shown, secured with the Allen Bolts (7). **DON'T Tighten Any** of the Bolts (7) before pre-thread in All of them.



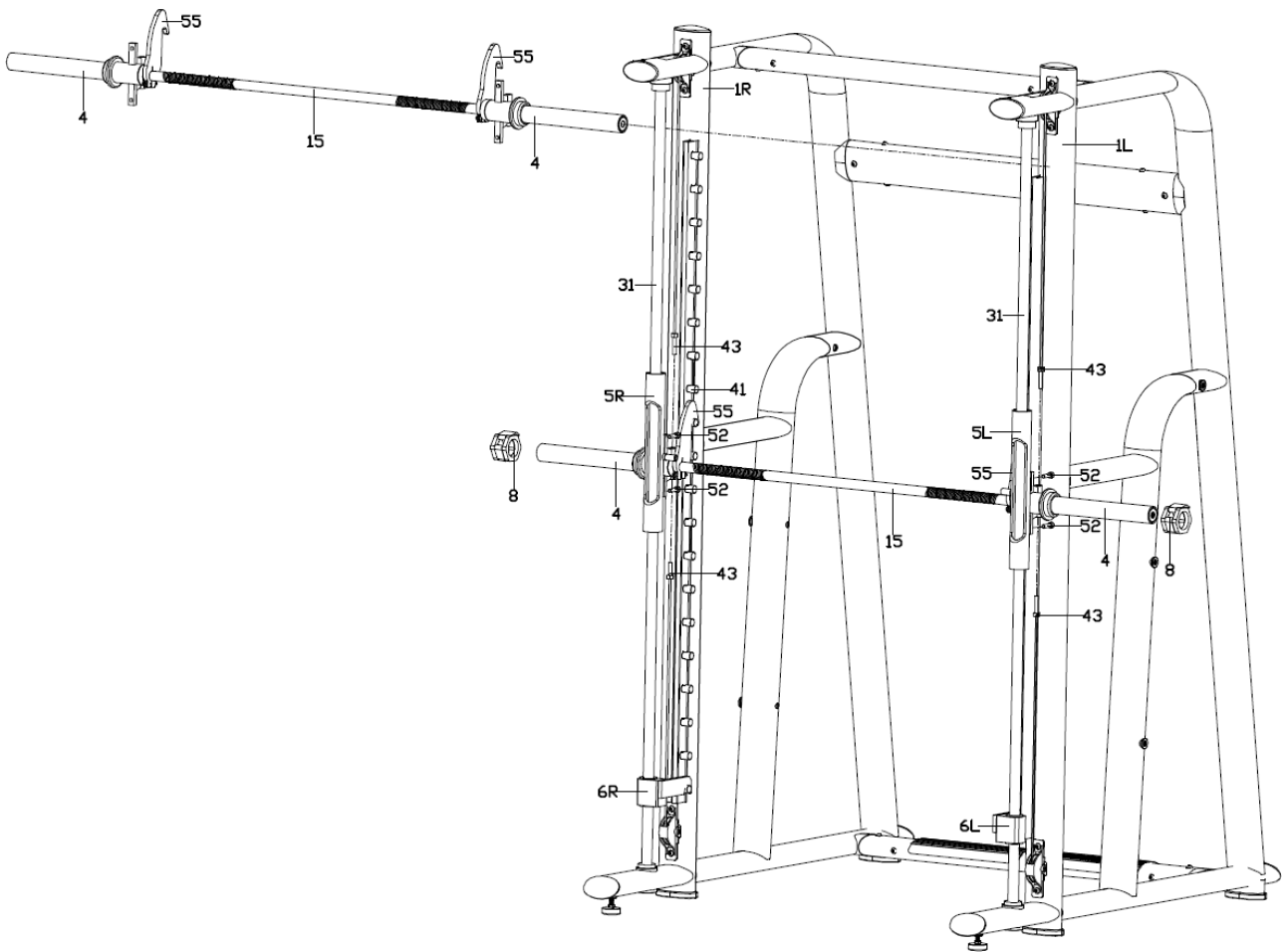
## STEP 2

- A.** Fit the Olympic Bar (15) across the gap on top of the both Upright Frames (1L/R) between the Upright Tube & Guide Rod (31) as shown.

**NOTE:** The Safety Hooks (55) and Barbell Holder Assemblies (4) should face inward; Hang the Safety Hooks (55) onto the Safety Pin (41) at same level.

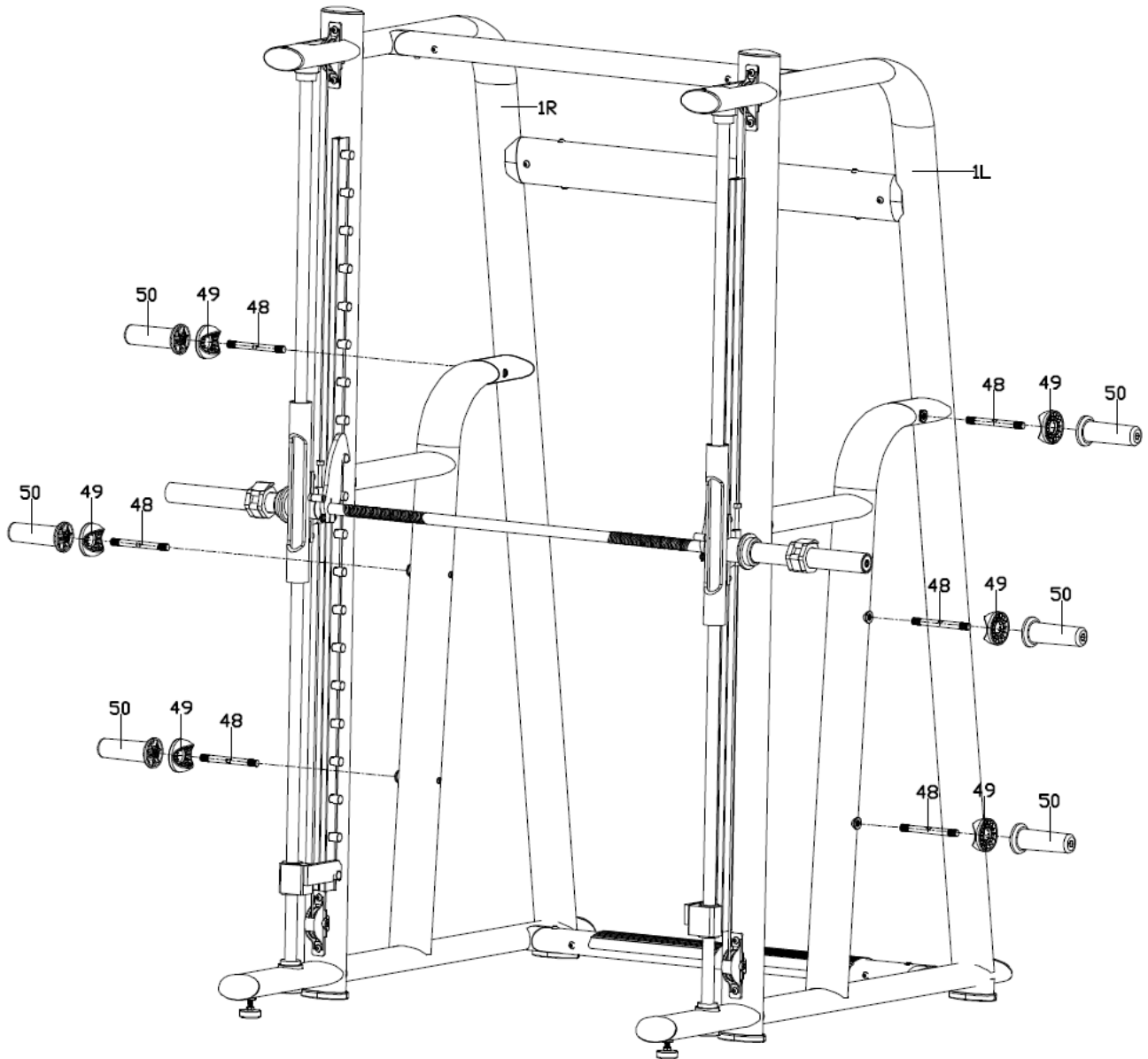
- B.** Adjusting the position of the Barbell Holder Assemblies (4) & Olympic Bar Slider (5L/R) to match each other accordingly, (Via matching process, set the Stopper Hook (6L/R) under the Olympic Bar Slider (5L/R) to avoid falling down), and then secured with the Allen Cylindrical Bolts(52) as shown.

- C.** Thread in the Bolts of both side Cables (43) to the Barbell Holder Assemblies (4), **Make Sure** the Olympic Bar (15) **Horizontally** after mounting the Cables (43), and then clip the Safety Buckles (8) onto the Barbell Holders (4).



### STEP 3

Mount the Barbell Rack Bolts (48) onto the Upright Frames (1L/R), then fit in the Barbell Rack Collars (49) and lock the Plastic Barbell Racks (50) in place as shown.





# WARM-UP and COOL-DOWN

A successful exercise program consists of a Warm-Up, Exercise, and a Cool-Down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

## WARM-UP

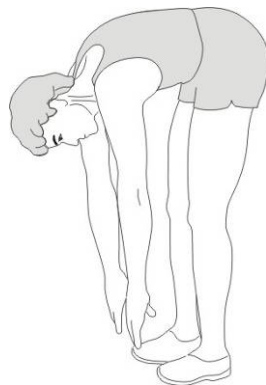
The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

## STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. **DO NOT BOUNCE.**



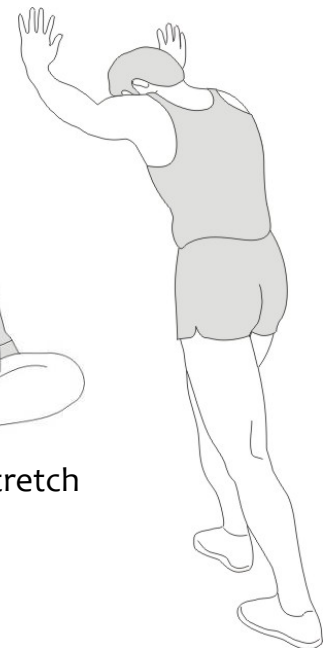
Side Stretch



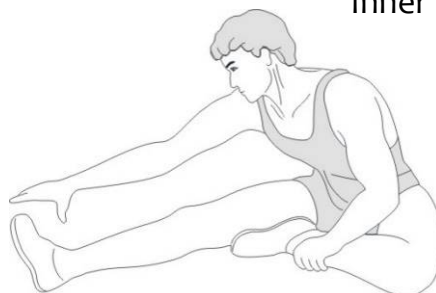
Toe Touch



Inner Thigh Stretch



Calf-Achilles Stretch



Hamstring Stretch

**REMEMBER Always Check** with your physician before starting any exercise program.

## COOL-DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.