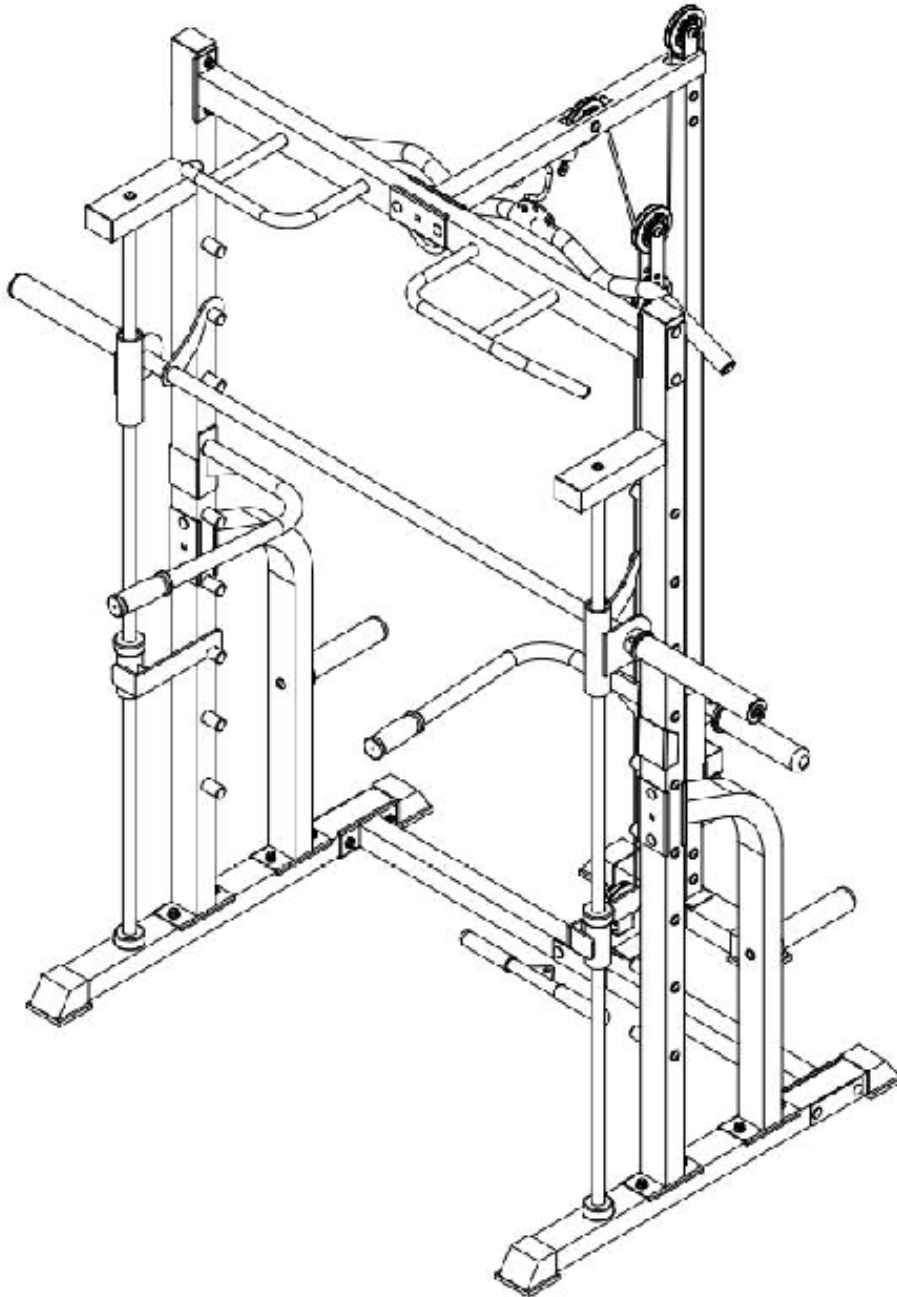


SM-10 SMITH MACHINE OWNER'S MANUAL



Product may vary slightly from the item pictured due to model upgrades

Read all instructions carefully before using this product. Retain this owner's manual for future reference.

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1. IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this machine.





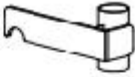
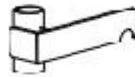









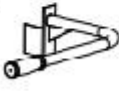


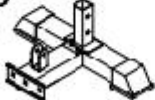
























- Install the product on a flat level surface
- Place your unit on a solid, level surface when in use
- Never allow children on or near the machine.
- Keep hands away from all moving parts.
- Never drop or insert any object into any openings.
- Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.
- Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
- Only 1 person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY
- Do not use the machine near water or outdoors.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
- Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
- Do not place any sharp objects around the machine.
- Disabled person should not use the machine without a qualified person or physician in attendance.
- Never operate the machine if the machine is not functioning properly.
- A spotter is recommended during exercise.

2. CARE INSTRUCTIONS

- Lubricate moving joints with silicon spray after periods of usage.
- Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.
- The machine can be kept clean by wiping it down using dry cloth.
- Check and adjust the tension of wire rope on a regular basis.
- Regularly check all moving parts and make sure there are signs of wear and damage, if any the use of the device must be stopped immediately and contact our after-sales department.
- During inspection, it is necessary to make sure that all bolts and nuts are completely fixed. If any bolt or nut connection is loosened, please re-tighten.
- Check weld for cracks.
- Failure to perform daily maintenance may result in personal injury or equipment damage.

3. PARTS LIST

NO	Name	QTY	NO	Name	QTY
1	Ground tube	2	23	Short rod	18
2	Ground tube	1	24	70mm Plate	3
3	Smith rod	2	25	Pulley plate	2
4	Push hook	1	26	Shock pad	4
5	Left protective sleeve	1	27	Jacket	4
6	Right protective sleeve	1	28	M10X20 Bolt	32
7	Slide bushing	2	29	M10X70 Carriage bolt	16
8	Sleeve	2	30	M10X90 Carriage bolt	8
9	Rear prop	2	31	M10X65 Bolt	5
10	Left column	1	32	M10X45 bolt	4
11	Right column	1	33	Wire rope	1
12	Upper connection	1	34	Wire rope	1
13	Left handle	1	35	Pulley	5
14	Right handle	1	36	Pulley bushing	2
15	Left bar	1	37	Gasket	76
16	Right bar	1	38	Large gasket	2
17	Sleeve rod	2	39	Nut	35
18	Rear column	1	40	C buckle	4
19	Rear tube	1	41	Chain	2
20	Weight sleeve	1	42	Low-pull handle	1
21	Crossbar	1	43	Pulling handle	1
22	Plate	7			

1 	2 	3 	4 	5 
6 	7 	8 	9 	10 
11 	12 	13 	14 	15 
16 	17 	18 	19 	20 
21 	22 	23 	24 	25 
26 	27 	28 	29 	30 
31 	32 	33 	34 	35 
36 	37 	38 	39 	40 
41 	42 	43 	44	45
46	47	48	49	50

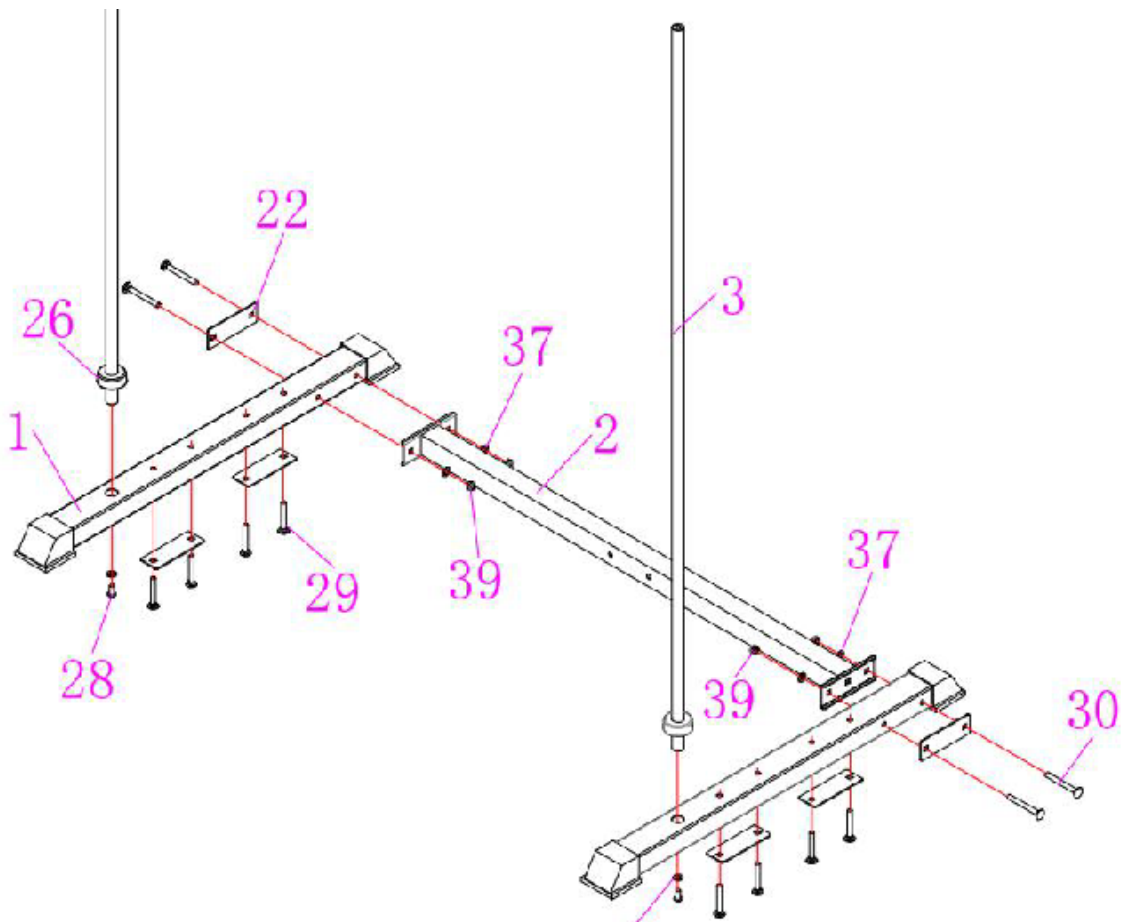
4. ASSEMBLY INSTRUCTIONS

NOTE:

1. Gaskets shall be placed at both ends of the bolt (against bolt head and nut), as otherwise stated.
2. The initial assembly is to tighten all bolts and nuts by hand, and to tighten them with wrenches when fully assembled.
3. Some spare parts have been pre-assembled in the factory.
4. This product is recommended for installation by more than two people.

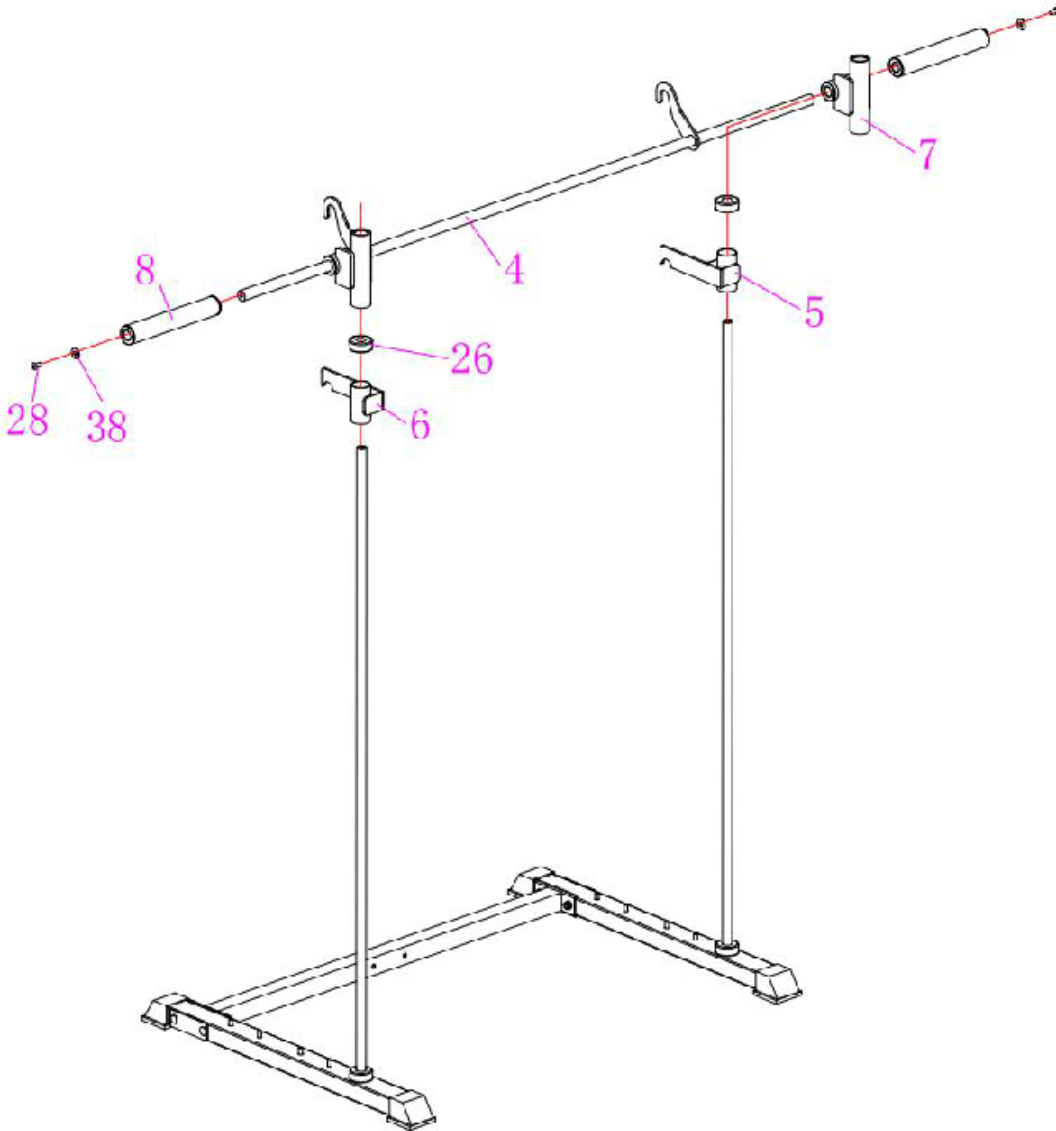
STEP 1

1. The Smith guide rod (#3) is installed on the floor (#1) according to the diagram and fastened with bolt (#28) and flat gasket (#37) respectively, and the shock absorber (#26) is installed in the Smith guide rod (#3).
2. Install the flat connecting plate (#22) with bolts (#29), nuts (#39) on the floor (#1) respectively.
3. The installed floor (#1), the rear connection (#2), and the bolt (#30), the flat gasket (#37), and the nut (#39) will be fastened with the bolt (#30), the flat gasket (#37) and the nut (#39).



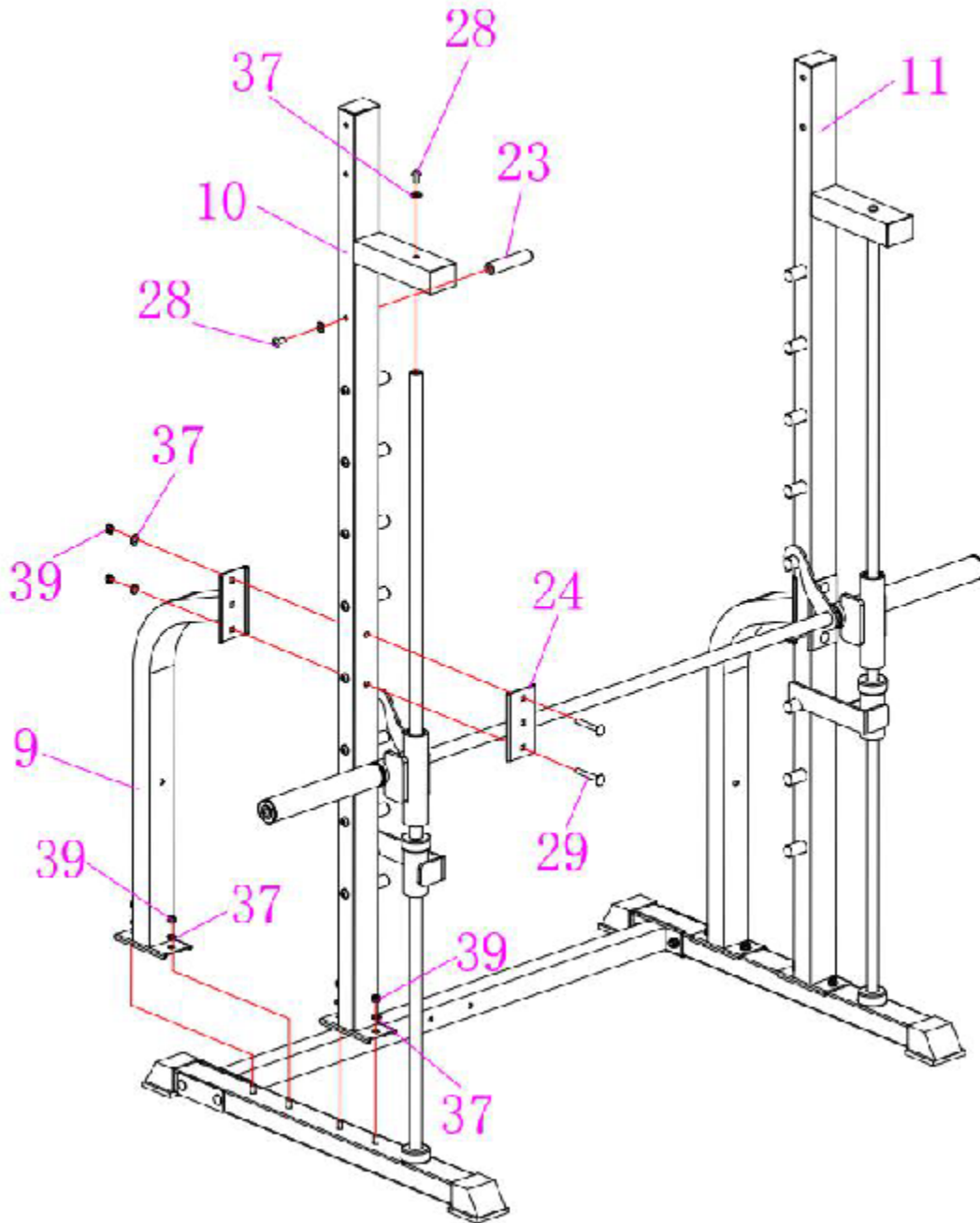
STEP 2

1. According to the diagram, the left and right insurance (#5), (#6) and the shock absorber (#26) are installed on the Smith guide rod (#3), respectively.
2. Install the slide sleeve (#7) on the horizontal push hook (#4) and install the installed horizontal push hook (#4) on the Smith guide rod (#3).
3. Install the plating sleeve (#8) to both ends of the horizontal push hook (#4) and tighten the flat gasket (#38) with the bolt (#28).



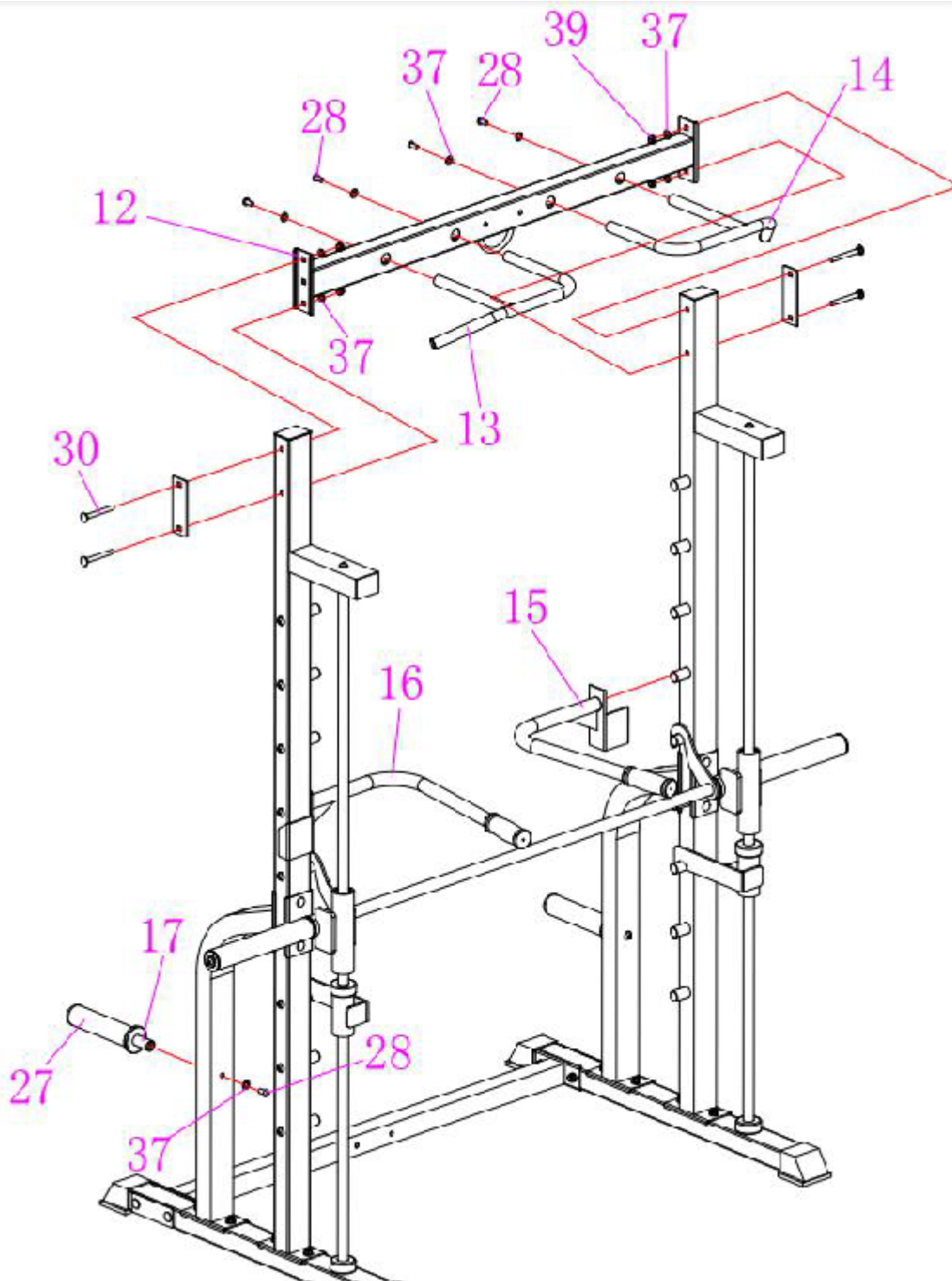
STEP 3

1. Install the solid short hanging rod (#23) on the left and right column (#10), (#11) and fasten it with bolt (#28) and flat gasket (#37).
2. Connect the left and right columns (#10), (#11) to the Smith guide rod (#3) and the floor (#1) according to the diagram and fasten them with bolts (#28) flat gaskets (#37).
3. Fasten the rear support (#9) on the left and right columns (#10) (#11) and on the floor (#1) with bolts (#29) flat gaskets (#37) nuts (#39).



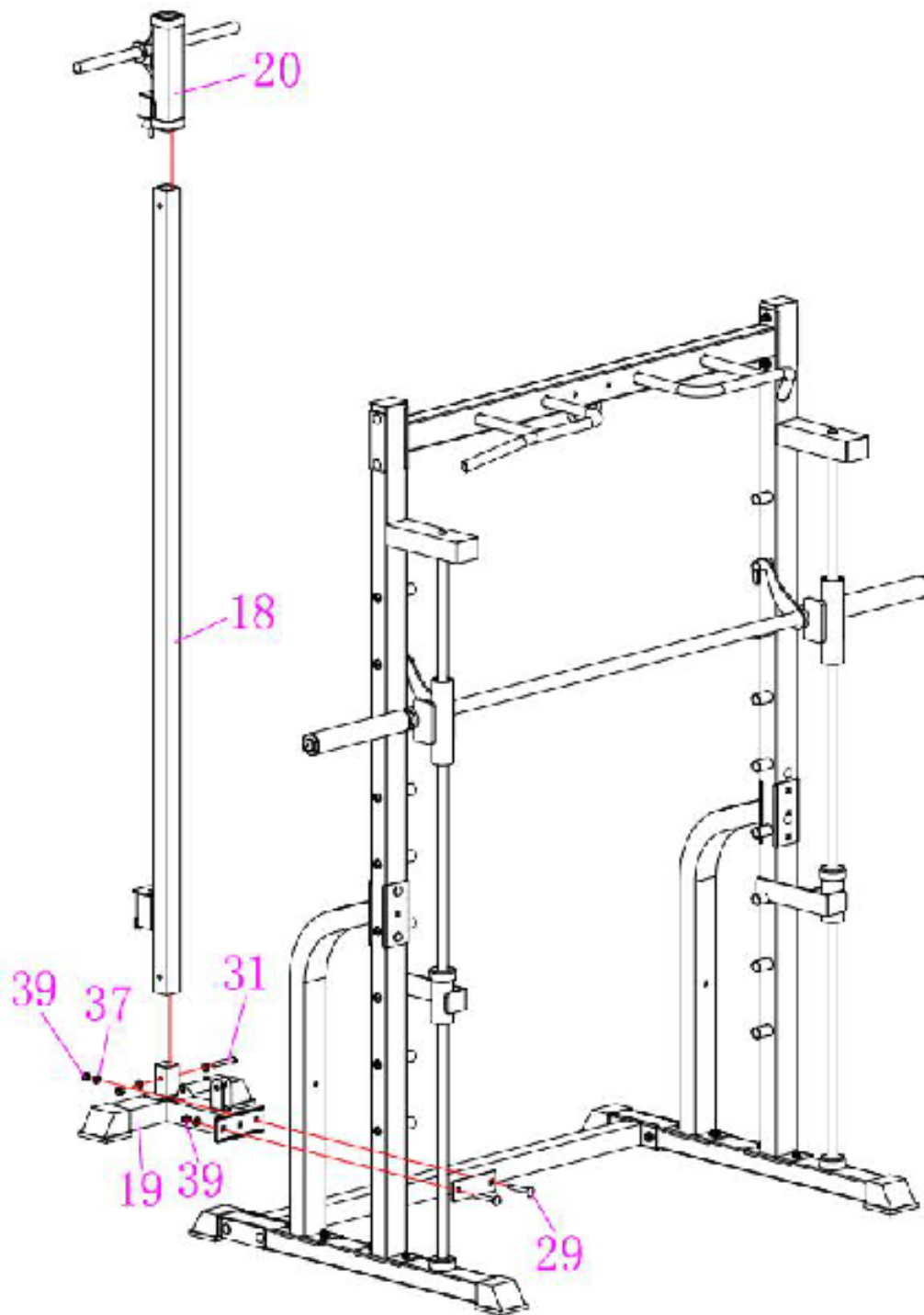
STEP 4

1. Install the left and right handle (#13), (#14) into the upper connection (#12), fasten it with bolt (#28) and flat gasket (#37).
2. Install the upper connection (#12) into the left and right columns (#10) (#11) and fix it with a flat connecting plate (#22), bolt (#30), flat gasket (#37) and nut (#39).
3. Install the left and right parallel bars handle (#15) (#16) into the left and right columns (#10) (#11) respectively.
4. Install the installed barbell sleeve on the rear support (#9) and fasten it with bolt (#28) flat gasket (#37).



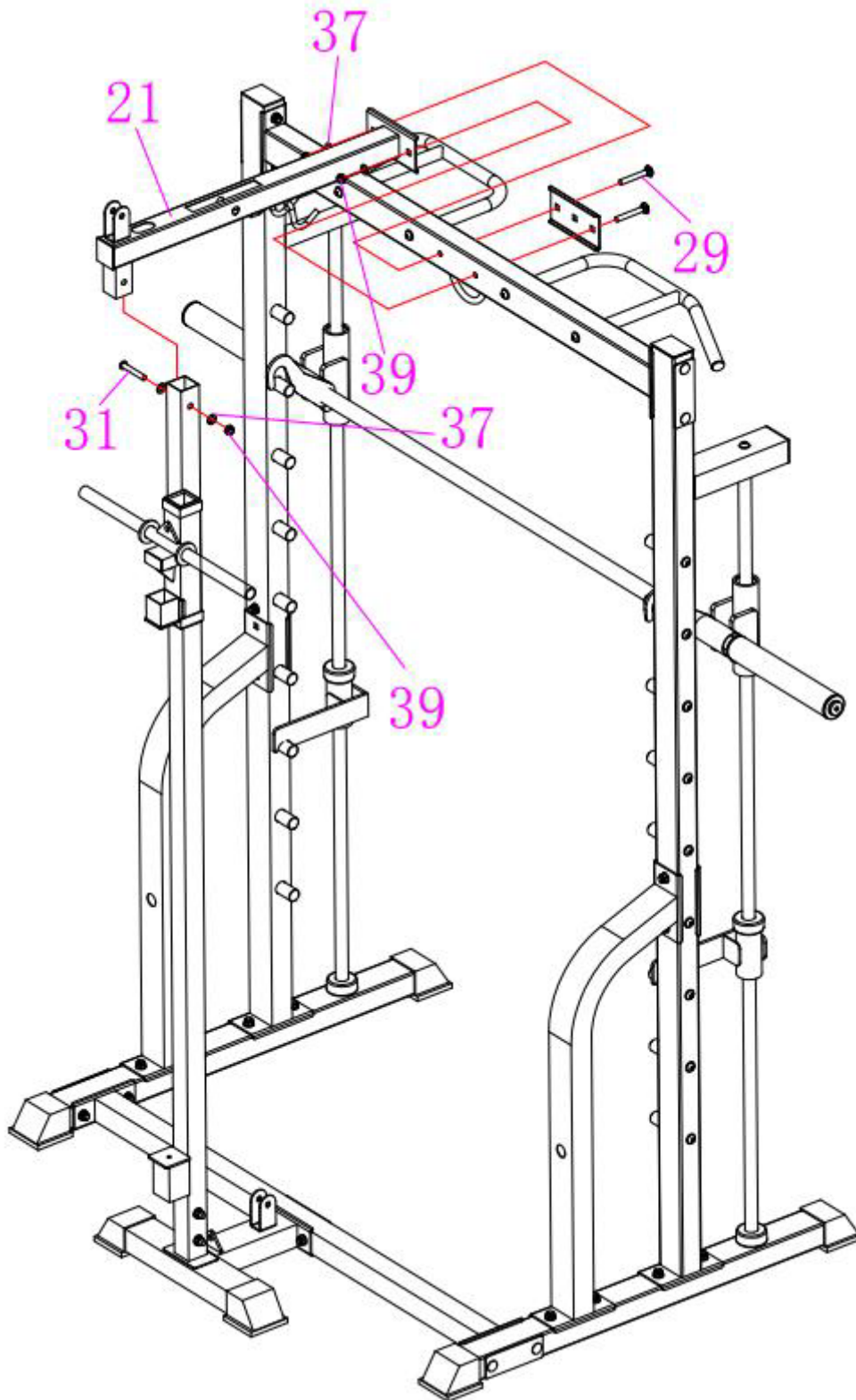
STEP 5

1. Connect the rear floor (#19) with the rear connection (#2) and fix it with bolt (#29), flat connecting plate (#22), flat gasket (#37) and nut (#39).
2. Install the rear pillar (#18) to the rear patch (#19) as shown and secure with the bolt (#31), (#37) and nut (#39).
3. Install the counterweight rear side sleeve on the rear column (# 18) as shown.



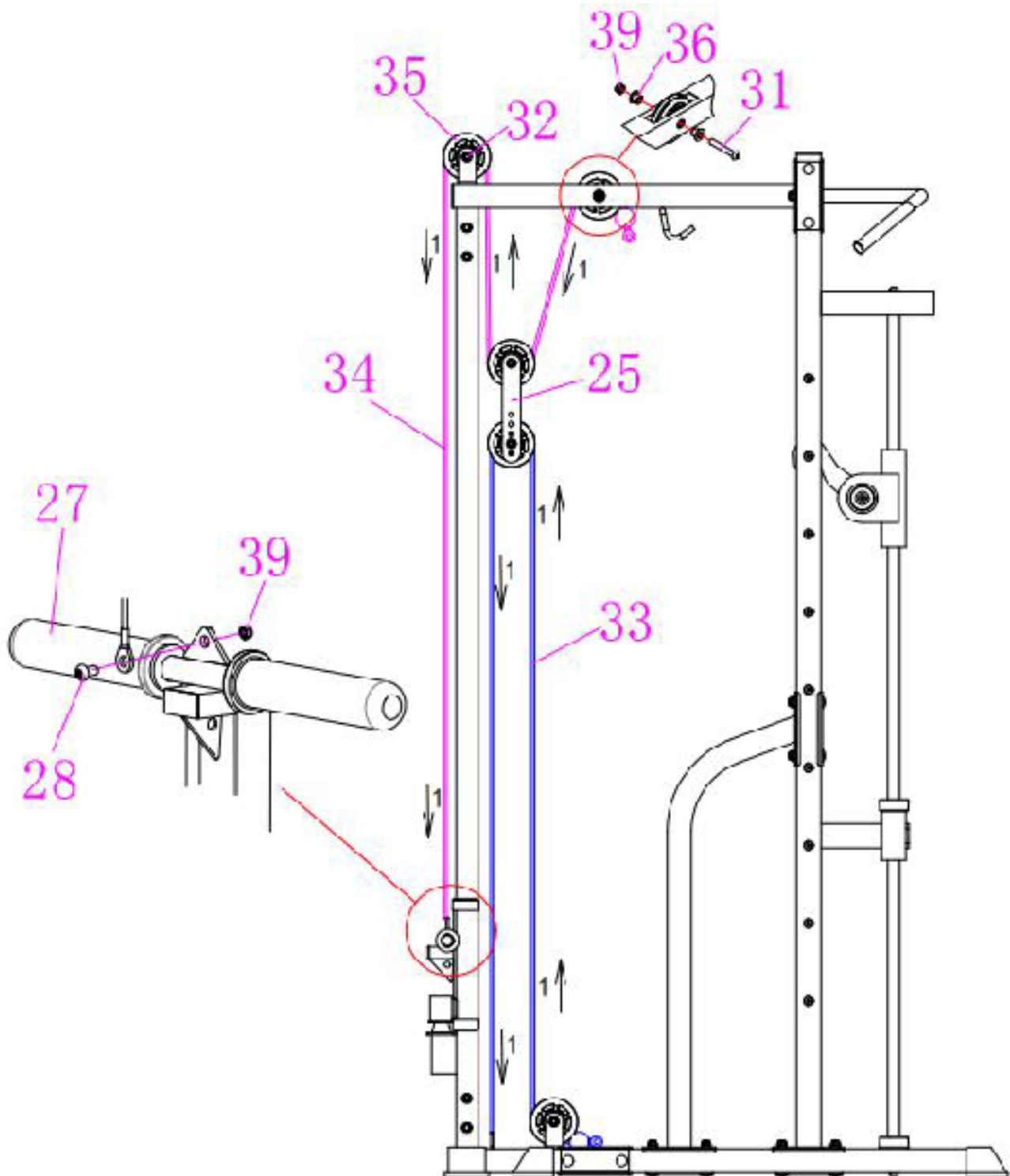
STEP 6

1. According to the diagram, the upper beam is mounted on the rear column (# 18) and the upper connection (# 12), the bolt (# 31), flat gasket (# 37) and nut (# 39) are fixed for the connection with the rear column (# 18).
2. The bolt (# 29), 70 face connection plate (# 24), flat gasket (# 37) and nut (# 39) is fixed for the connection with the upper beam.



STEP 7

1. Install the Wire rope according to line diagram drawing.
2. After the whole instrument is assembled, check that the wire rope is tightened. If the wire rope is loose, adjust the pulley installation hole position through the pulley regulating plate (# 25).
3. Note: be sure to wear the wire rope before installing the pulley.



5. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at www.consumerlaw.gov.au

Please visit our website to view our full warranty terms and conditions:

<http://www.lifespanfitness.com.au/warranty-repairs>

Warranty and Support:

Please email us at support@lifespanfitness.com.au for all warranty or support issues.

For all warranty or support related enquiries an email must be sent to lodge a support case in our system.