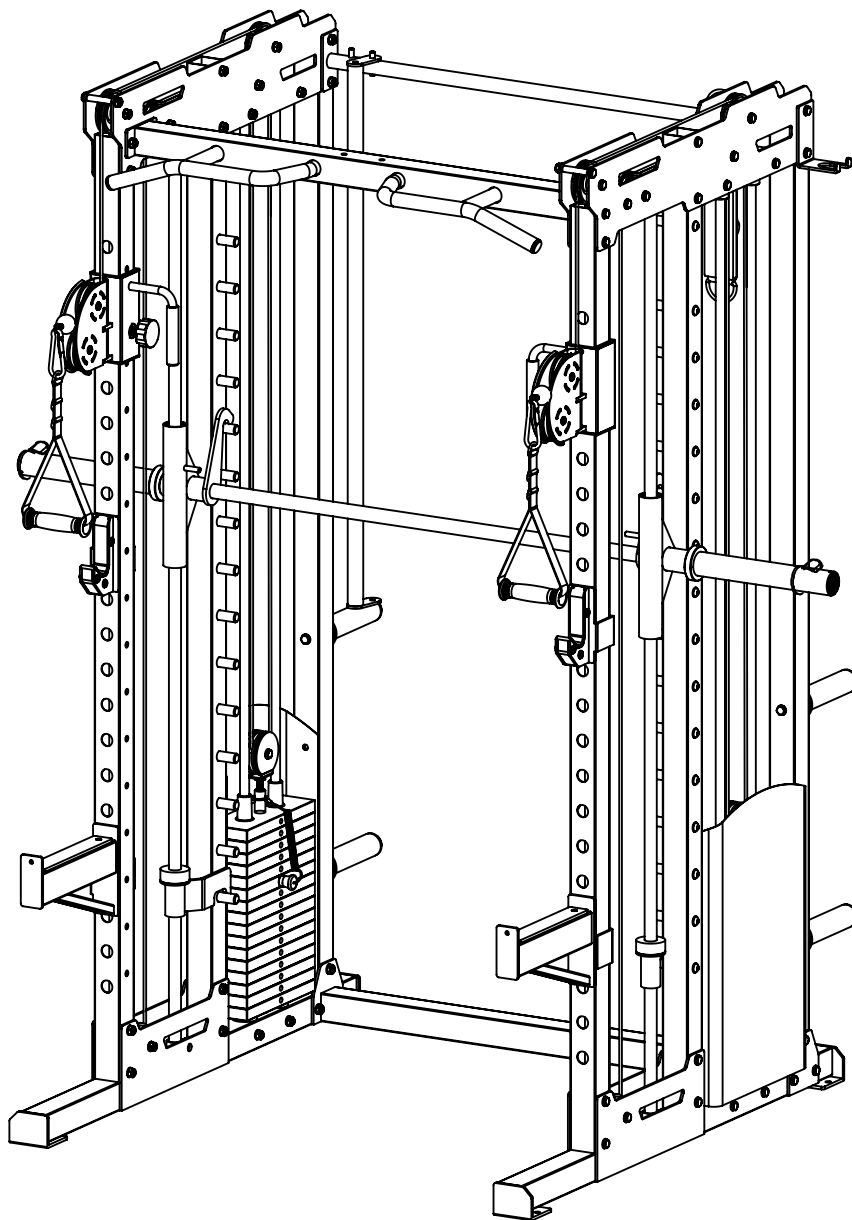


OWNER'S MANUAL

MULTI-FUNCTIONAL SMITH RACK

Model #: FSR400



Caution: Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Assembly Instructions

Contents

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Parts & Hardware List	11-12

Assembly Instructions

Before Your Begin

This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

1. Keep children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms STOP the workout at once.
CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the equipment on a clear, level surface. DO NOT use the bench near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment.
7. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Before using the equipment, always do stretching exercises to properly warm up.
9. Never operate the equipment if the equipment is not functioning properly.

Tools Required

Tools Required : Allen Wrench Set / Socket Wrench Set
Adjustable Wrench / Crescent Wrench
Rubber Mallet / Tape Measure

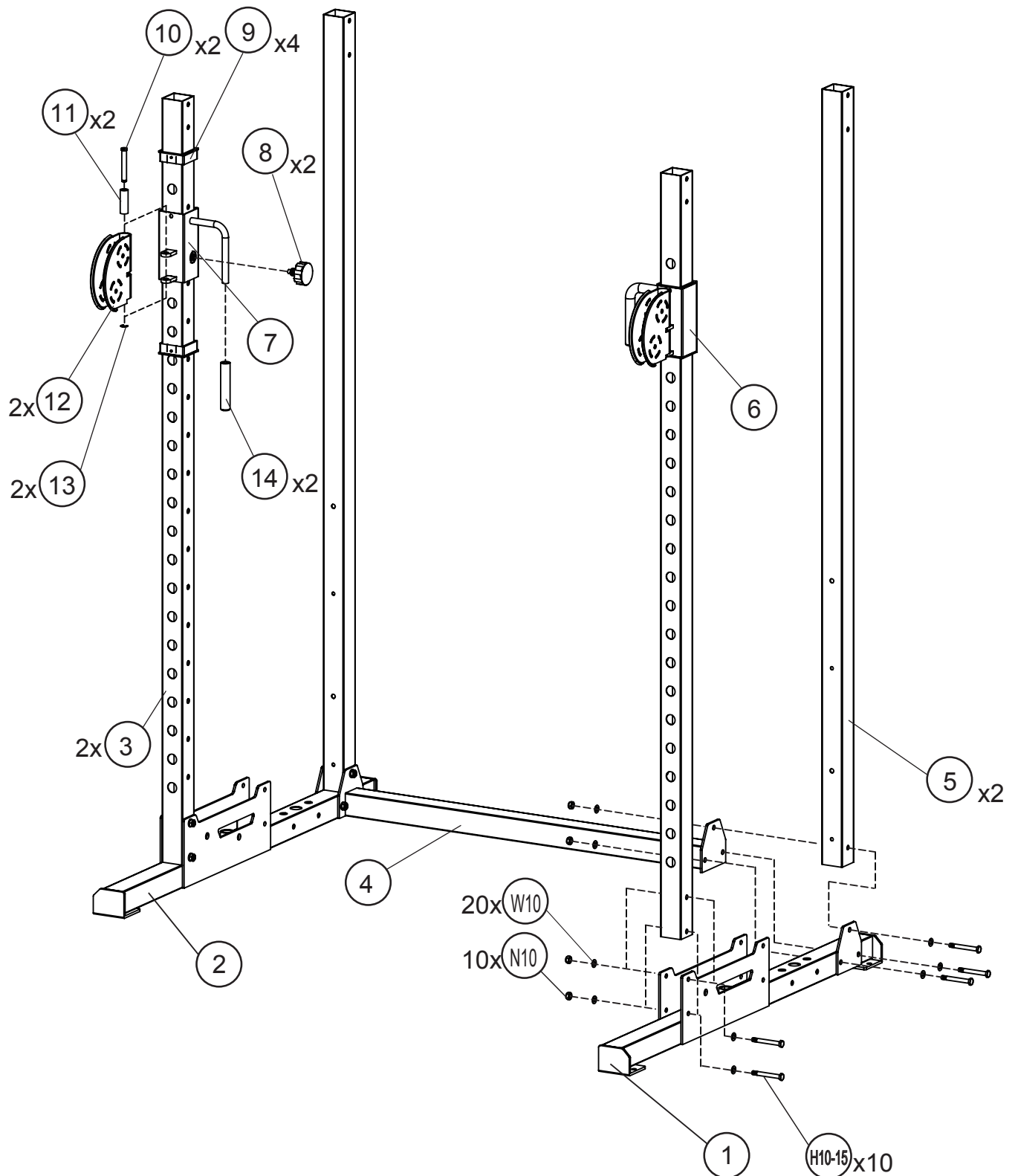
ASSEMBLY REQUIRES AT LEAST THREE PERSONS

WARNING: This Product Is Rated for Home Use Only!

Using this product in a commercial setting will void all warranties and can result in serious injury or death!

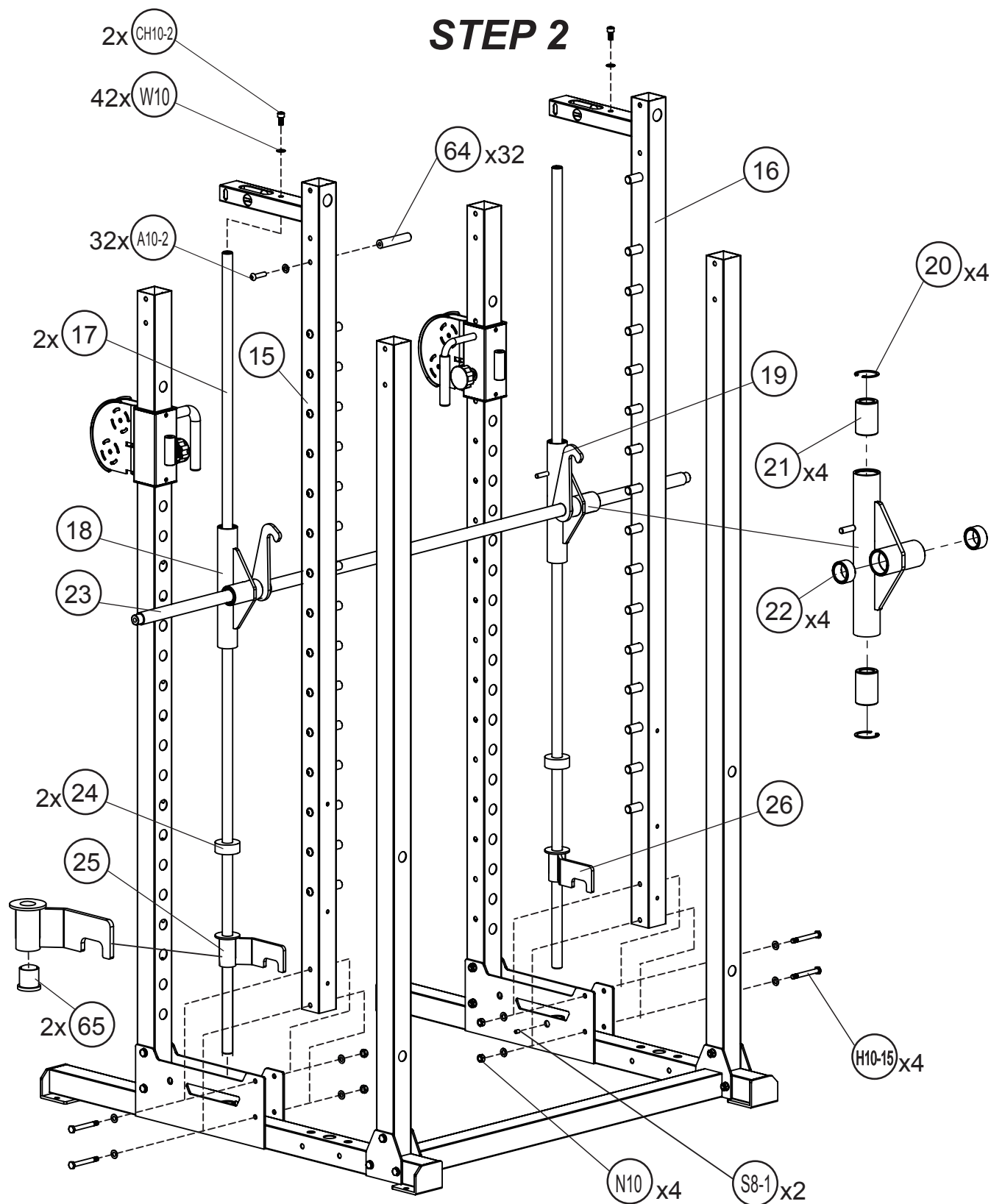
Assembly Instructions

STEP 1



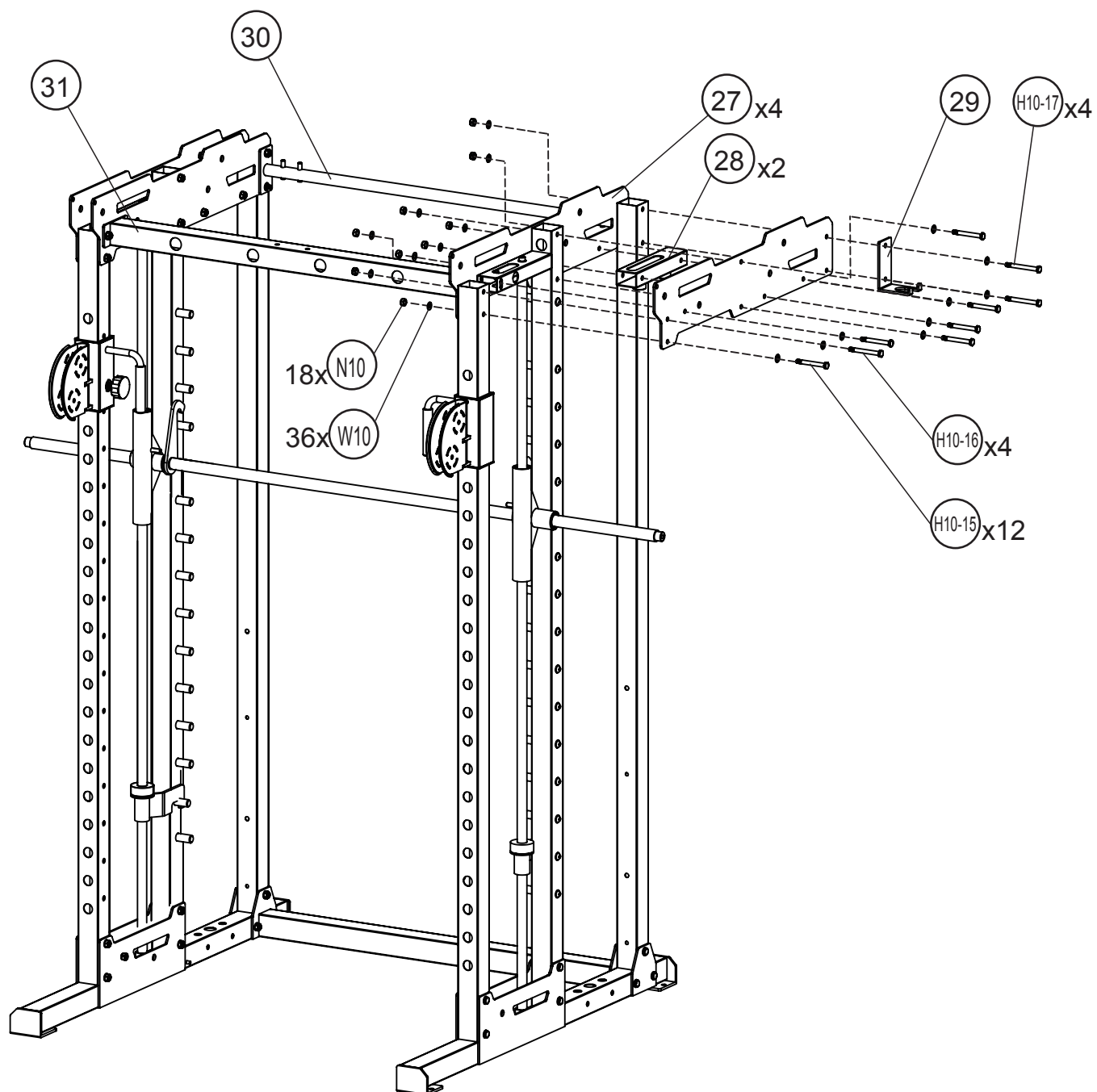
Assembly Instructions

STEP 2



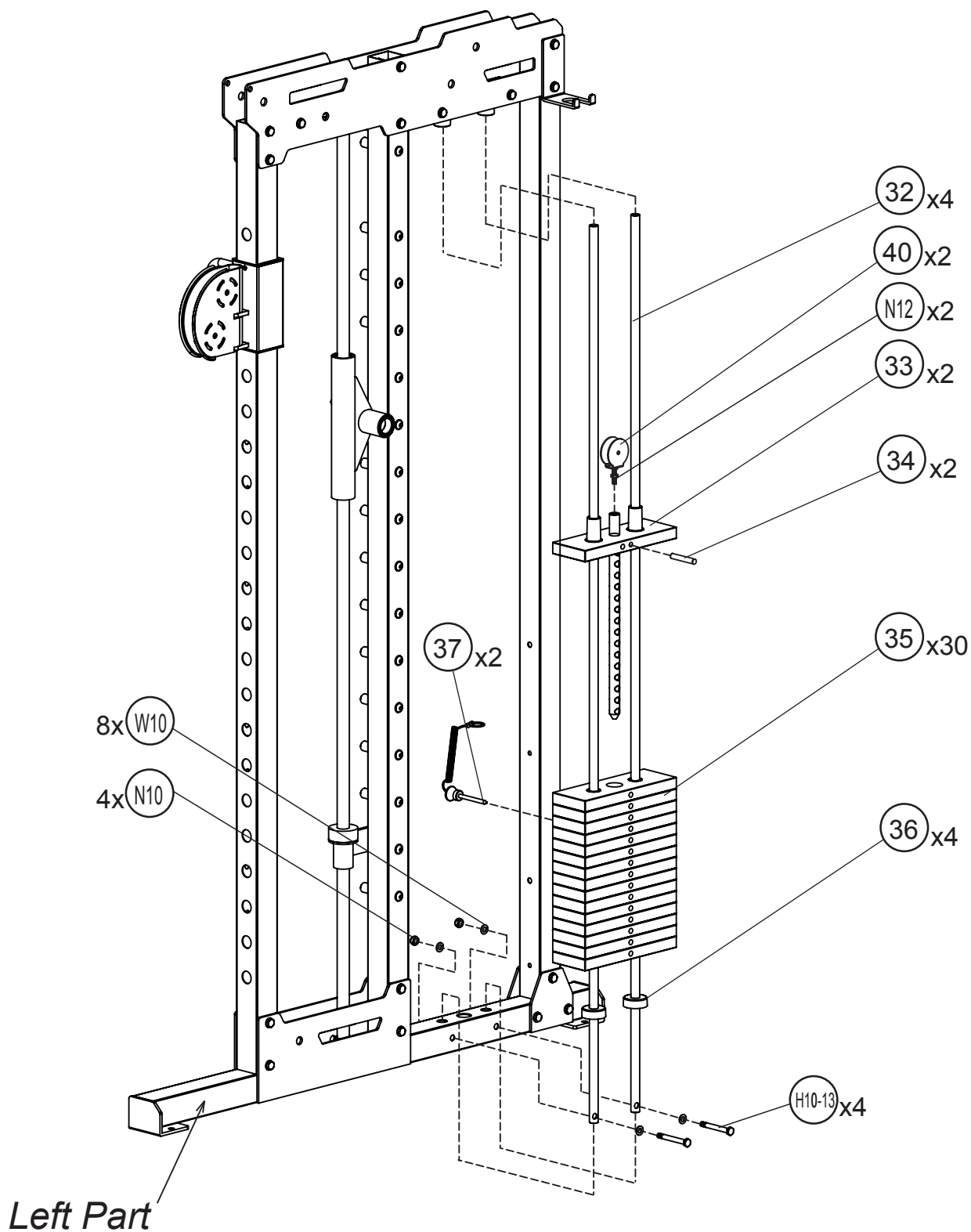
Assembly Instructions

STEP 3



Assembly Instructions

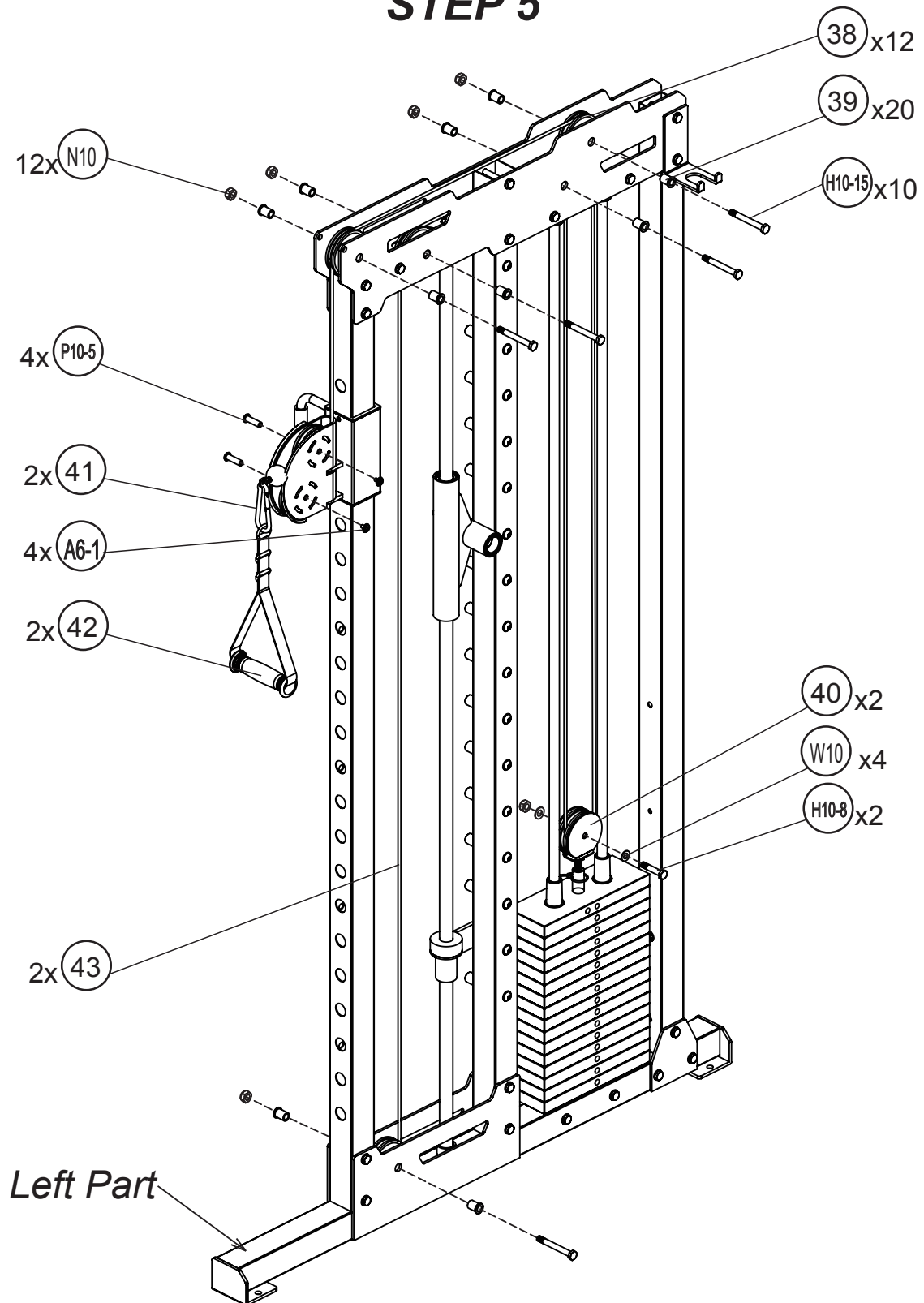
STEP 4



Note: Assemble the Right Part In the Same Way. Page 6

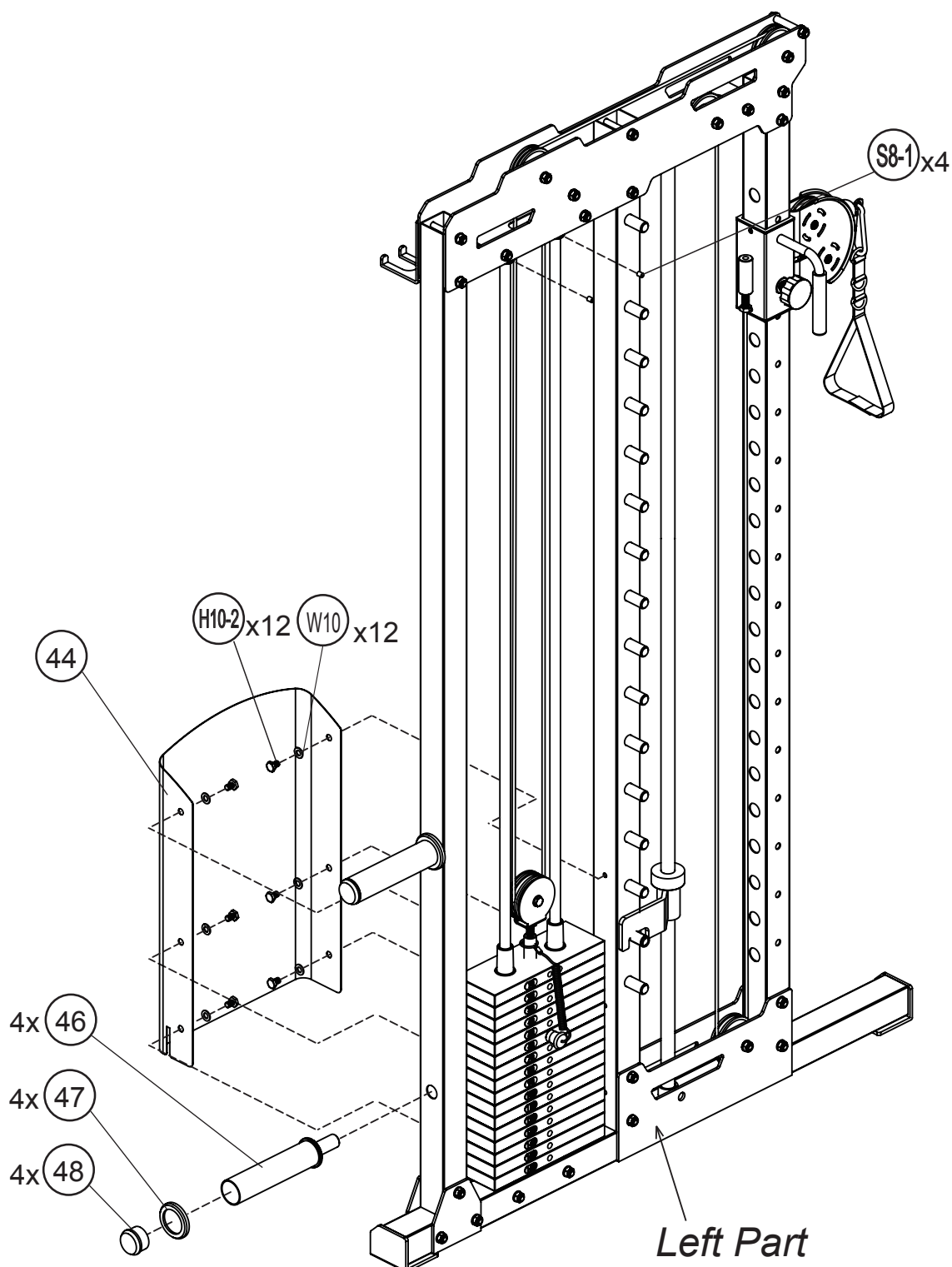
Assembly Instructions

STEP 5



Assembly Instructions

STEP 6

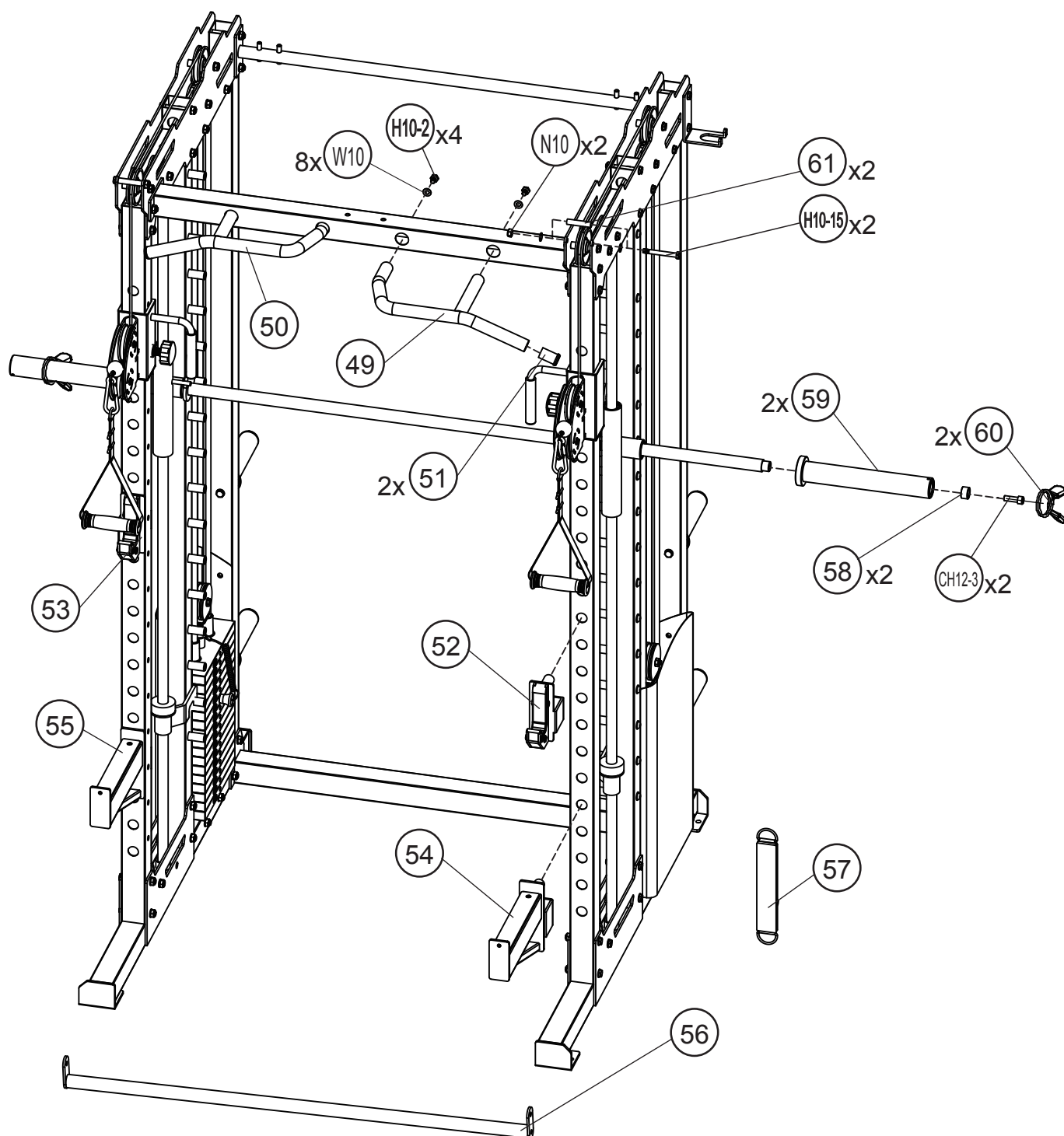


Note: Assemble the Right Part In the Same Way.

No. 45 is installed on the right side

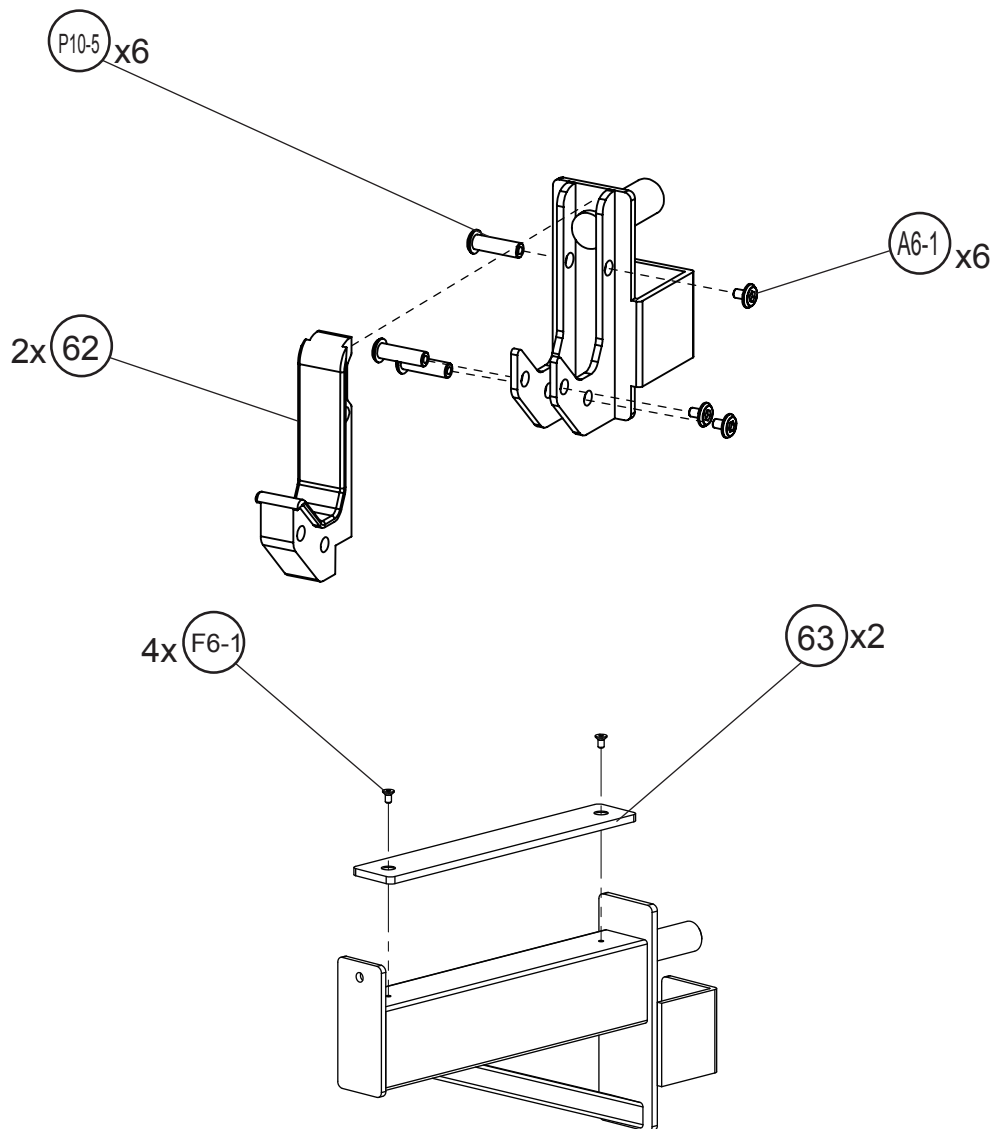
Assembly Instructions

STEP 7



Assembly Instructions

STEP 8



Assembly Instructions

Parts & Hardware List

Part#	Description	Qty	Remark
1	Left Main Upright Frame	1	
2	Right Main Upright Frame	1	Pre-assembled
3	Slide Frame	2	Pre-assembled
4	Bottom Cross Frame	1	
5	Rear Vertical Frame	2	
6	Left Slider	1	
7	Right Slide	1	
8	Pop Pin	2	Pre-assembled
9	Guide Sleeve	4	Pre-assembled
10	Axle	2	Pre-assembled
11	Bushing	2	Pre-assembled
12	Pulley Bracket	2	Pre-assembled
13	Axle block 12	2	Pre-assembled
14	Handle Grip	2	Pre-assembled
15	Left Middle Vertical Frame	1	
16	Right Middle Vertical Frame	1	
17	Front Guide Rod	2	
18	Left Bearing Housing	1	
19	Right Bearing Housing	1	
20	Retaining Ring	4	Pre-assembled
21	Linear Bearing	4	Pre-assembled
22	Copper Cover	4	Pre-assembled
23	Weight Bar	1	
24	Big Rubber Bumper	2	
25	Left Weight Bar Safety Support	1	
26	Right Weight Bar Safety Support	1	
27	Upper Plate	4	
28	Fixed Tube	2	
29	Bar Frame	1	
30	Rear Top Cross Frame	3	Pre-assembled
31	Front Top Cross Frame	1	
32	Rear Guide Rod	4	
33	Weight Top Plate	2	
34	Cotter Pin	2	Pre-assembled
35	Weight Stack Plate	30	
36	Rubber Bumper	4	
37	Weight Select Pin	2	
38	Pulley	12	
39	Pulley Bushing	20	
40	Single Pulley Bracket	2	

Assembly Instructions

Parts & Hardware List

Part#	Description	Qty	Remark
41	Clip	2	
42	Strap Handle	2	
43	Upper Cable	2	
44	Left Shield	1	
45	Right Shield	1	
46	Hanger Rod	4	
47	Rubber Antiskid Ring	4	Pre-assembled
48	Dia 48 mm Inner Cap	4	Pre-assembled
49	Left Handle	1	Pre-assembled
50	Right Handle	1	Pre-assembled
51	Dia 30 mm Inner Cap	1	Pre-assembled
52	Left J-Hook	1	
53	Right J-Hook	1	
54	Left Spotting Arm	1	
55	Right Spotting Arm	1	
56	Lat Bar	1	
57	Band	1	
58	Weight Bar Olympic Sleeve	2	
59	Pan Washer	2	
60	Olympic Spring Clip	2	
61	Supporting Sleeve	2	
62	Pressure Parts	2	Pre-assembled
63	Rubber Pad	2	Pre-assembled
64	Long Axis	32	
65	Bar Safety Support Sleeve	2	Pre-assembled
A6-1	Allen Bolt M6x10	10	Pre-assembled
P10-5	Positioning Bolt M10x35	10	Pre-assembled
S8-1	Screw Set M8x10	6	Pre-assembled
F6-1	Flat Head Bolt M6x10	4	Pre-assembled
A10-2	Allen Bolt M10x20	32	Pre-assembled
CH10-2	Cheese Head Bolt M10x20	2	Pre-assembled
CH12-3	Cheese Head Bolt M12x25	2	
H10-2	Hex Head Bolt M10x20	16	
H10-8	Hex Head Bolt M10x50	2	
H10-13	Hex Head Bolt M10x75	4	
H10-15	Hex Head Bolt M10x85	38	
H10-16	Hex Head Bolt M10x90	4	
H10-17	Hex Head Bolt M10x95	4	
W10	M10 Washer	130	
N10	M10 Nut	50	
N12	M12 Nut	2	Pre-assembled

Limited Warranty

We warrants this product to be free from defects in workmanship and materials under normal use and conditions for a period of **1 year FROM THE DATE OF ORIGINAL PURCHASE**. This Limited Warranty is not transferable and is available only for the original purchaser of the product. The company's obligation under this warranty is limited to replacing or repairing the product, at the discretion of the company.

This Limited Warranty is void if the product is:

Damaged through improper use, negligence, abuse, misuse, transportation damage, act of nature, or accident, include failure to follow the assembly and or operation instructions supplied with the product.

Used in commercial or rental applications.

Modified or repaired by anyone not authorized by the company.

This Limited Warranty does not cover expendable items including but not limited to: Batteries, light bulbs, fuses, accessories, and other items that experience wear as a result of normal use.