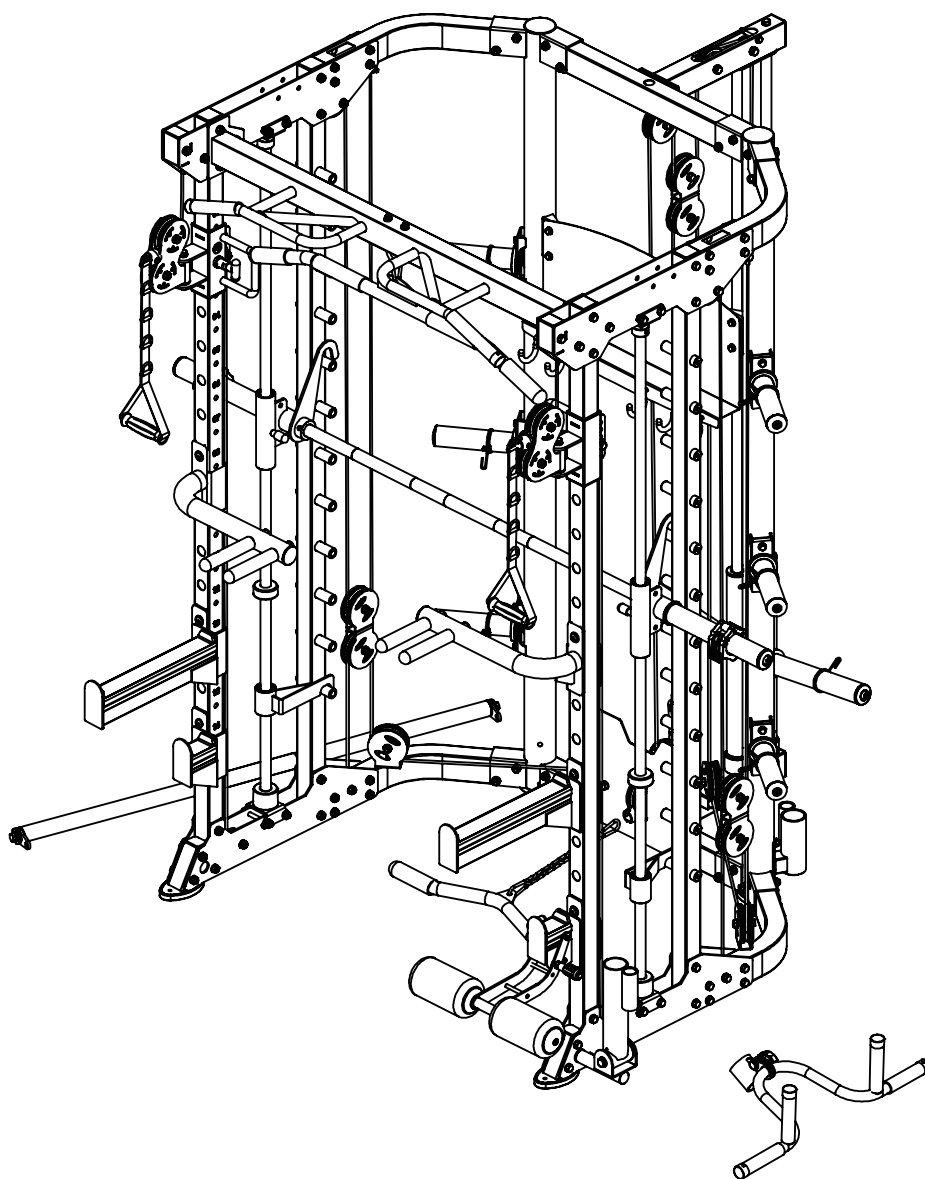




BPMFSRD

*Multi-Function Smith Machine with
Half Rack and Dual Adjustable Pulley*

Installation Instructions



IMPORTANT: Please read the Safety Guidelines and Installation Instructions in this manual before assembly of this product.

Safety Guidelines When Using This Product

Personal Safety during Assembly. *Assistance may be required during assembly of this product.*

- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the product on a solid, level surface.
- Locate the unit a few feet from the walls or furniture to provide easy access.
- The product is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your new product.
- After assembly, you should check all functions to ensure correct operation.
- If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call our product service team who will be able to assist.

Successful resistance training programmes have one prominent feature in common...safety. Resistance training has some inherent dangers, as do all physical activities. The chance of injury can be greatly reduced or completely removed by using correct lifting techniques, proper breathing, and maintaining equipment in good working condition, and by wearing the appropriate clothing.

- It is highly recommended that you consult your physician before beginning any exercise programme. This is especially important for individuals over the age of 35, or persons with pre-existing health problems.
- Always warm up before starting a workout. Try to do a total body warm up before you start. It is especially important to warm up the specific muscle groups you are going to be using. This can be as simple as performing a warm up set of high repetitions and light weight for each exercise.
- Use proper form. Focus on only working the muscle groups intended for the exercise you are doing. If there is strain elsewhere, you may need to re-evaluate the amount of weight that is involved with the lift. Keeping proper form also includes maintaining control through an entire range of motion.

- Breathe properly. Inhale during the eccentric phase of the exercise, and exhale during the lifting, or concentric phase. Never hold your breath during any part of an exercise.
- Always wear the appropriate clothing and shoes when exercising. Wearing comfortable athletic shoes with good support and loose fitting, breathable clothing will reduce the risk of injury.
- Maintaining equipment in proper operating condition is of utmost importance for a safe resistance training program. Pulleys and cables should be checked for wear frequently and replaced as needed. Equipment should be lubricated as indicated by the manufacturer.
- Read and study all warning labels on this machine. It is absolutely necessary that you familiarize yourself and all others with the proper operation of this machine prior to use.
- Keep hands, limbs, loose clothing and long hair well out of the way of all moving parts.
- Do not attempt to lift more weight than you can control safely.
- Inspect the machine daily for loose or worn parts. If a problem is found do not allow the machine to be used until all parts are tightened or worn or defective parts are repaired or replaced.

Product Maintenance

CABLES:

When the machine is not in use carefully run your fingers along the cable to feel for thinning or bulging areas. Replace cables immediately at the first sign of damage or wear. Do not use equipment until damaged cable has been replaced.

Visually inspect the cables for fraying, cracking, peeling or discoloration.

Check slack in cables and re-adjust cable tension if needed.

Check that the jam nut on the selector rod top bolt is tight.

UPHOLSTERY:

Wipe down after every workout.

Periodically take the time to use a mild soap or a mild vinyl upholstery cleaner. Avoid using any abrasive cleaner not intended for use on vinyl.

Keep sharp or pointed objects out of your pockets and clear of all upholstery.

NUTS/BOLTS/FASTENERS:

Periodically inspect all nuts and bolts. Tighten if needed. If bolts seem to loosen periodically, use Loctite 242 for a long-term cure.

Go through a re-tightening sequence periodically to ensure that all hardware is properly tensioned.

GUIDE RODS:

Wipe clean with a dust free rag. Lubricate with a Silicon or Teflon based lubricant.

ADJUSTMENTS / LOCKING PINS / TIGHTENING KNOBS:

Check all pieces for signs of visible wear or damage.

Check springs in Snap Links and Pop Pins for proper tension and alignment.

If the spring sticks or has lost its rigidity, replace it immediately.

ANTI-SKID SURFACES:

Replace if they appear worn or become slippery.

WARNING INSTRUCTION LABELS:

Inspect and familiarize yourself with all safety warnings and other user information on decals.

Product Service Team;

Tel No.: 01604 673029

Email: service@bodypower.co.uk

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Spare Parts List

No.	Serial No	Description	Note	Qty
1	BK-3059-001	connection tube		1
2	BK-3059-002	upright frame left		1
3	BK-3059-003	upright frame right		1
4	BK-3059-004	bending tube left		1
5	BK-3059-005	bending tube right		1
6	BK-3059-006	upper connection tube		1
7	BK-3059-007	upper bending tube right		1
8	BK-3059-008	upper bending tube left		1
9	BK-3059-009	hexagon bolt	M10*75	50
10	BK-3059-010	lock nut	M10	99
11	BK-3059-011	washer	Φ10	207
12	BK-3059-012	chin up bar		1
13	BK-3059-013	upper plate		4
14	BK-3059-014	oval mat		5
15	BK-3059-015	plug	Φ76*1.5	2
16	BK-3059-016	upright tube		2
17	BK-3059-017	tube with hole right		1
18	BK-3059-018	tube with hole left		1
19	BK-3059-019	lower plate		4
20	BK-3059-020	sliding tube right		1
21	BK-3059-021	sliding tube left		1
22	BK-3059-022	foot tube cover		2
23	BK-3059-023	end tube		2
24	BK-3059-024	hexagon bolt	M10*80	14
25	BK-3059-025	lower base		2
26	BK-3059-026	upper base		2
27	BK-3059-027	guide rod	Φ25*1850	2
28	BK-3059-028	lock sleeve		2
29	BK-3059-029	sliding sleeve		2
30	BK-3059-030	rubber pad with groove	Φ60*Φ26*45	2
31	BK-3059-031	safety hook right		1
32	BK-3059-032	safety hook left		1
33	BK-3059-033	hexagon bolt	M10*90	8
34	BK-3059-034	headless socket hexagon bolt	M8*10	4
35	BK-3059-035	end cap	Φ51*Φ42.5*36.6L	2
36	BK-3059-036	check ring	Φ60*Φ48.5*27L	2
37	BK-3059-037	pipe	Φ50*310*T0.5	2

Spare Parts List

No.	Serial No	Description	Note	Qty
38	BK-3059-038	button head socket screw	M12*40	4
39	BK-3059-039	spring washer	Φ12	8
40	BK-3059-040	washer	Φ12	16
41	BK-3059-041	barbell rod		1
42	BK-3059-042	inner pipe	Φ48*298*2.5	2
43	BK-3059-043	rubber pad	Φ60*Φ26*25	2
44	BK-3059-044	upper connection tube short		1
45	BK-3059-045	lower connection tube		1
46	BK-3059-046	hang frame		1
47	BK-3059-047	guide rod hollow		2
48	BK-3059-048	rubber pad		2
49	BK-3059-049	hexagon bolt	M10*25	13
50	BK-3059-050	hexagon bolt	M10*95	3
51	BK-3059-051	hexagon bolt	M10*55	2
52	BK-3059-052	hexagon bolt	M12*30	5
53	BK-3059-053	double pulley bracket		1
54	BK-3059-054	hexagon socket button head screws	M8*16	2
55	BK-3059-055	back barbell plate holder		2
56	BK-3059-056	nut	M8	12
57	BK-3059-057	pulley	Φ95	22
58	BK-3059-058	rivet nut	M10	2
59	BK-3059-059	hexagon bolt	M10*45	17
60	BK-3059-060	pipe plug	□50*50*T2.0	10
61	BK-3059-061	sleeve	Φ25*160	2
62	BK-3059-062	wire	Φ5x4130mm	1
63	BK-3059-063	"- " shape pulley frame		3
64	BK-3059-064	short bar		1
65	BK-3059-065	footplate		1
66	BK-3059-066	chain + 2 snap hook		5
67	BK-3059-067	wire	Φ5*4185	1
68	BK-3059-068	pulley spacer sleeve	Φ20*10.5*L20.5	16
69	BK-3059-069	pulley frame		1
70	BK-3059-070	wire	Φ5*1705mm	1
71	BK-3059-071	hexagon socket button head screws	M10*20	1
72	BK-3059-072	wire	Φ5*9715mm	1
73	BK-3059-073	pulley	Φ50*310*T0.5	5
74	BK-3059-074	shield		1
75	BK-3059-075	barbell plate holder		6

Spare Parts List

No.	Serial No	Description	Note	Qty
76	BK-3059-076	hexagon bolt	M8*20	16
77	BK-3059-077	washer	Φ8	26
78	BK-3059-078	lock nut	M8	7
79	BK-3059-079	core trainer		1
80	BK-3059-080	powder metallurgy sleeve	Φ33.2*Φ29*Φ20*18	6
81	BK-3059-081	barbell rod cup		1
82	BK-3059-082	big washer	Φ25*Φ10*2.0	1
83	BK-3059-083	dip bar left		1
84	BK-3059-084	dip bar right		1
85	BK-3059-085	barbell rod holder right		1
86	BK-3059-086	barbell rod holder left		1
87	BK-3059-087	barbell rod holder short left		1
88	BK-3059-088	barbell rod holder short right		1
89	BK-3059-089	barbell clamp collar		2
90	BK-3059-090	long bar		1
91	BK-3059-091	ship rod		1
92	BK-3059-092	hand belt		2
93	BK-3059-093	pull lift device		1
94	BK-3059-094	T shape pin	Φ10*100	1
95	BK-3059-095	leg curl tube		1
96	BK-3059-096	cover	Φ25	6
97	BK-3059-097	bolt	M4*5	6
98	BK-3059-098	hanging ring		1
99	BK-3059-099	socket head pipe plug	Φ25*1.5	8
100	BK-3059-100	sleeve	□60-□50	4
101	BK-3059-101	T shape play pin	Φ10	2
102	BK-3059-102	pulley rotation frame		2
103	BK-3059-103	rotation bearing	Φ20*M10*67	2
104	BK-3059-104	spring washer	Φ10	4
105	BK-3059-105	lock cap	Φ25*M12*35	24
106	BK-3059-106	hang lever shaft	Φ25*M12*98	24
107	BK-3059-107	thumbstall	Φ21*Φ15*35	2
108	BK-3059-108	straight line bearing	LM25UU	6
109	BK-3059-109	bearing	6005	4
110	BK-3059-110	spring collar	Φ40	8
111	BK-3059-111	hook-left		1
112	BK-3059-112	hexagon socket cap screws	M6*16	4
113	BK-3059-113	hook-right		1

Spare Parts List

No.	Serial No	Description	Note	Qty
114	BK-3059-114	solid rod	Φ25	1
115	BK-3059-115	spring washer	Φ6	4
116	BK-3059-116	50-70 inner plug	□50*70*2.0	2
117	BK-3059-117	inner tube	Φ25*2*295	2
118	BK-3059-118	stainless steel tube-310	Φ50*0.8*310	2
119	BK-3059-119	barbell bar plug	Φ51*Φ42.5*36.6L	2
120	BK-3059-120	inner cap	Φ60*Φ48.5*27L	2
121	BK-3059-121	spring washer	Φ8	2
122	BK-3059-122	rubber gasket	Φ70*Φ50*10	2
123	BK-3059-123	butterfly clip	Φ50	8
124	BK-3059-124	lining	Φ50-25	4
125	BK-3059-125	wire-ball head		3
126	BK-3059-126	wire-ball head part		3
127	BK-3059-127	hexagon socket cap screws	M5*25	3
128	BK-3059-128	handle cover	Φ32*180	4
129	BK-3059-129	handlebar grip	Φ8*100	4
130	BK-3059-130	stainless steel tube	Φ50*0.8*200	6
131	BK-3059-131	barbell bar tube	Φ48*1.5*198	6
132	BK-3059-132	inner support cap	φ70*φ44.8*φ25.5*30	6
133	BK-3059-133	outside support cap	φ50*φ44.8*φ25.5	6
134	BK-3059-134	hexagon socket button head screws	M8*20	6
135	BK-3059-135	nut	M8	8
136	BK-3059-136	rotation welidng		1
137	BK-3059-137	powder metallurgy sleeve	φ50*φ25*15	2
138	BK-3059-138	out hexagon bolt	M12*25	2
139	BK-3059-139	rotation bearing	φ25*M12*77	1
140	BK-3059-140	pull sleeve		1
141	BK-3059-141	locking spring knob	M10	1
142	BK-3059-142	straight tube	φ25*150	2
143	BK-3059-143	straight tube-2	φ25*130	2
144	BK-3059-144	lock nut	M12	1
145	BK-3059-145	sponge end cap-inner		2
146	BK-3059-146	100 sponge	φ100*180	2
147	BK-3059-147	sponge end cap-outsids		2
148	BK-3059-148	hexagon socket button head	M8*25	2
149	BK-3059-149	pull pin	φ10	1
150	BK-3059-150	handle cover	φ32*130	2

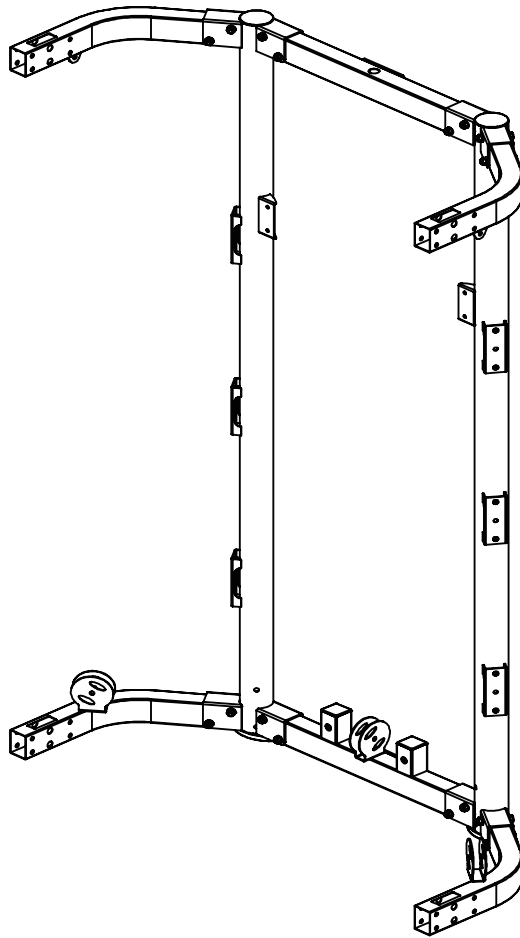
Spare Parts List

No.	Serial No	Description	Note	Qty
151	BK-3059-151	handle cover	φ25*150	4
152	BK-3059-152	hexagon socket plain head bolt	M12*25	6
153	BK-3059-153	stainless steel bushing	Φ25*57	6
154	BK-3059-154	tube plug	Φ48*2	2
155	BK-3059-155	short safety catch outside rubber-open	85mm	1
156	BK-3059-156	short safety catch outside rubber	85mm	1
157	BK-3059-157	long safety catch outside rubber	387mm	2
158	BK-3059-158	spring collar	Φ28	2
159	BK-3059-159	inner pipe		1
160	BK-3059-160	inner shaft		2
161	BK-3059-161	washer	Φ33*Φ12*3	2
162	BK-3059-162	bearing	6001-2RS	2
163	BK-3059-163	bearing sleeve	Φ33*Φ22*35	2
164	BK-3059-164	T shape bolt	Φ6.3*50.5	2
165	BK-3059-165	Tshape bush	Φ13*6.4*10.5	4
166	BK-3059-166	U shape fastener		2
167	BK-3059-167	check ring	Φ5	2
168	BK-3059-168	powder metallurgy sleeve	Φ20*10.5*L15	4
169	BK-3059-169	hexagon bolt	M8*60	1
170	BK-3059-170	hexagon bolt	M10*70	2

Bolt Length Measure

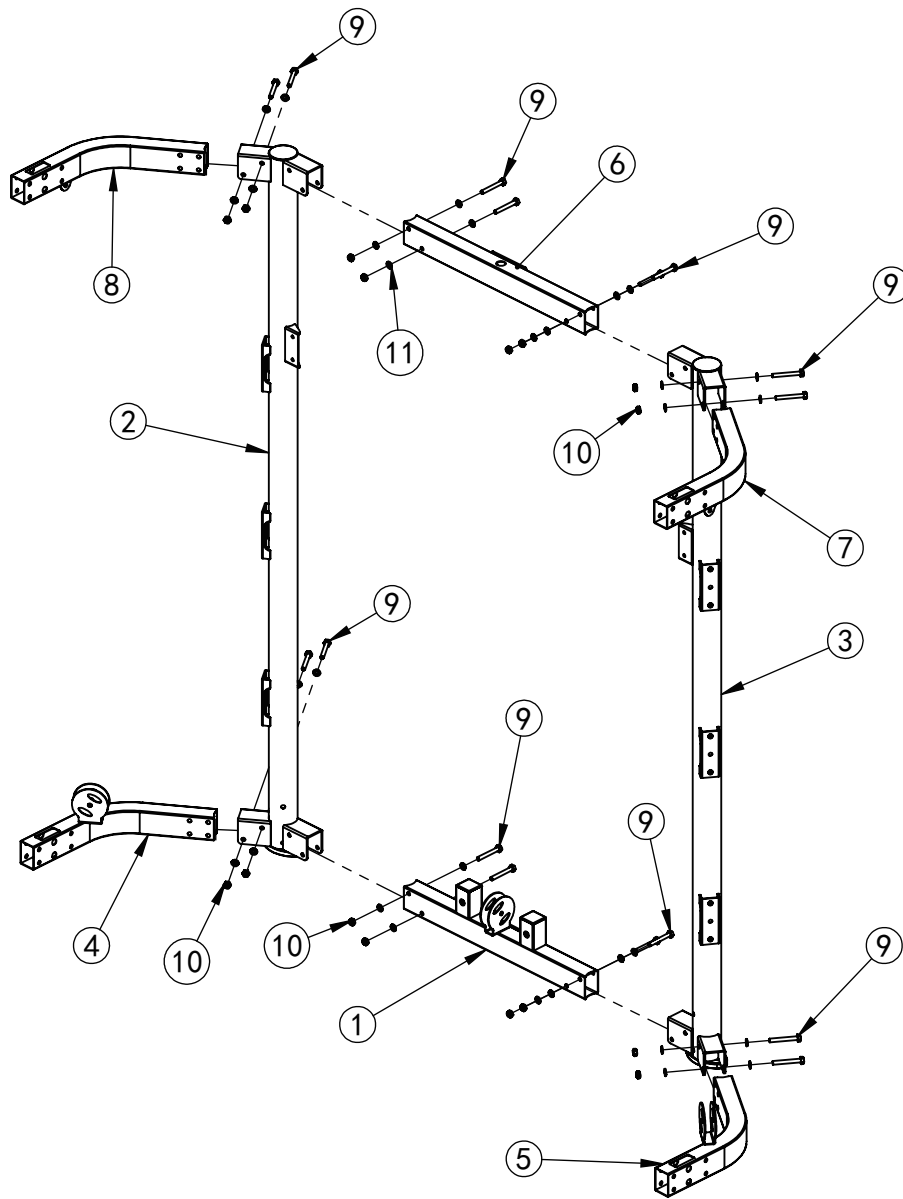


Assembly Step-1 Drawing



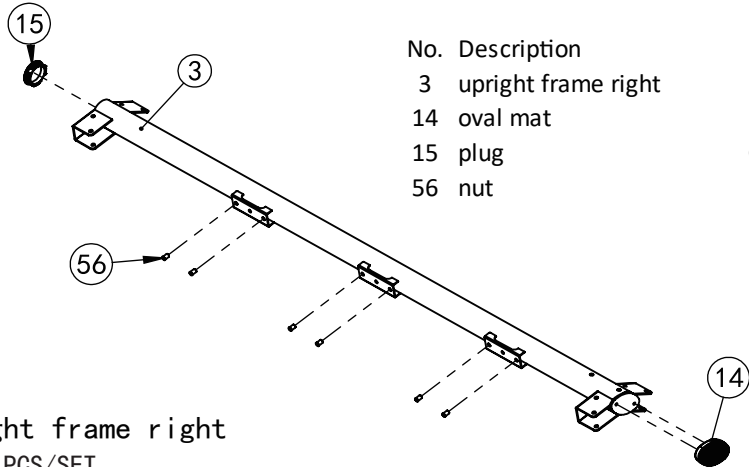
- 1 Fix bending tube left-4 fastening on upright frame left-2 using M10x75 hexagon bolt-9, $\Phi 10$ washer-11 and M10 lock nut-10.
- 2 Fix bending tube right-5 fastening on upright frame right-3 using M10x75 hexagon bolt-9, $\Phi 10$ washer-11 and M10 lock nut-10.
- 3 Connect connection tube-1, upright frame left-2 and upright frame right-3 using M10x75 hexagon bolt-9, $\Phi 10$ washer-11 and M10 lock nut-10.
- 4 Fix upper connection tube-6 fastening on upright frame using M10x75 hexagon bolt-9, $\Phi 10$ washer-11 and M10 lock nut-10.
- 5 Fix upper bending tube left-8 fastening on upright frame left-2 using M10x75 hexagon bolt- 9, $\Phi 10$ washer-11 and M10 lock nut-10.
- 6 Fix upper bending tube right-7 fastening on upright frame right-3 using M10x75 hexagon bolt-9, $\Phi 10$ washer-11 and M10 lock nut-10.

Assembly Step 1-A



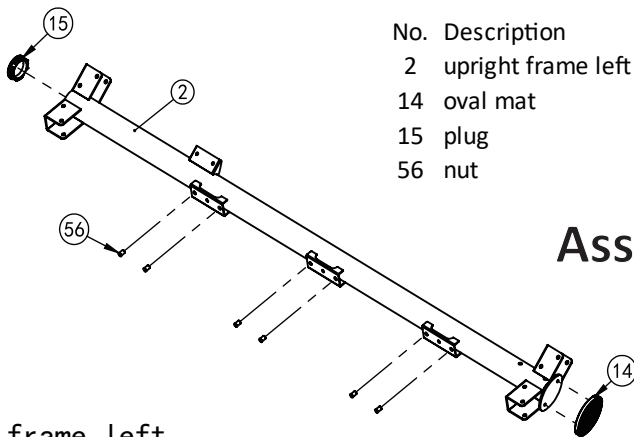
No.	Description	Note	Qty.
1	connection tube		1
2	upright frame left		1
3	upright frame right		1
4	bending tube left		1
5	bending tube right		1
6	upper connection tube		1
7	upper bending tube right		1
8	upper bending tube left		1
9	hexagon bolt	M10*75	16
10	lock nut	M10	16
11	washer	Φ10	32

Assembly Step 1-B



No.	Description	Note	Qty.
3	upright frame right		1
14	oval mat		1
15	plug	Φ76*1.5	1
56	nut	M8	6

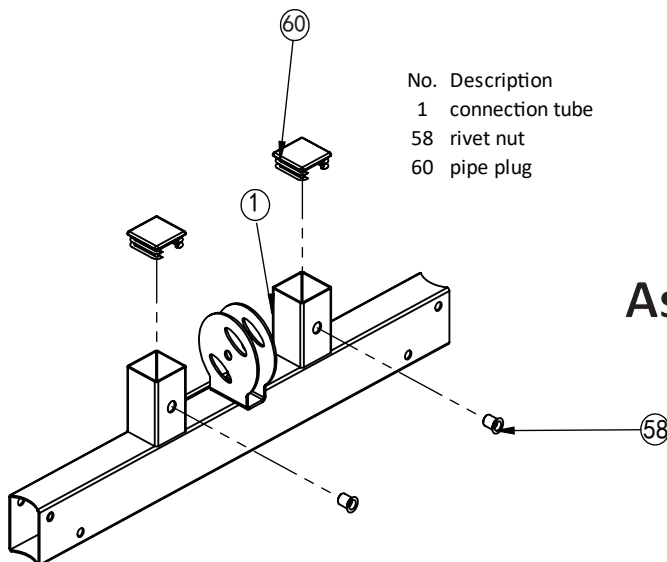
upright frame right
QTY: 1PCS/SET



No.	Description	Note	Qty.
2	upright frame left		1
14	oval mat		1
15	plug	Φ76*1.5	1
56	nut	M8	6

upright frame left
QTY: 1PCS/SET

Assembly Step 1 -B

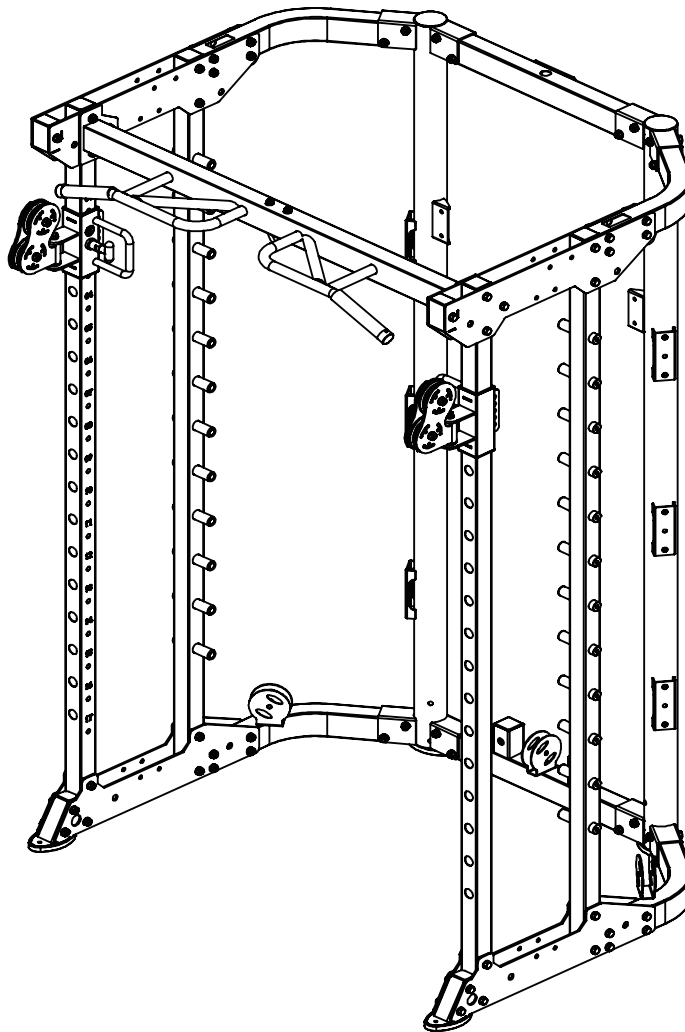


No.	Description	Note	Qty.
1	connection tube		1
58	rivet nut	M10	2
60	pipe plug	□50*50*t2.0	2

connection tube
QTY: 1PCS/SET

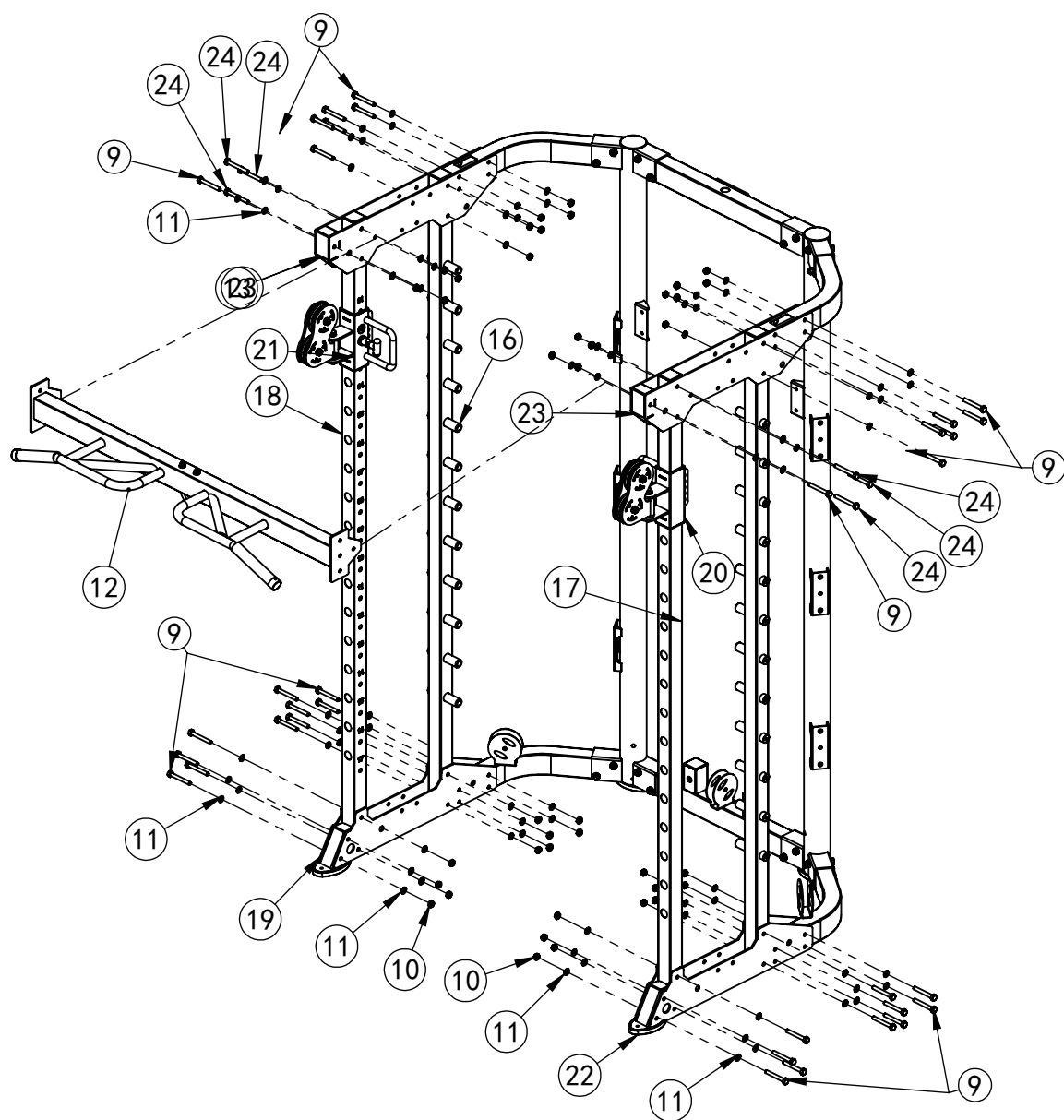
Assembly Step 1 -C

Assembly Step-2 Drawing



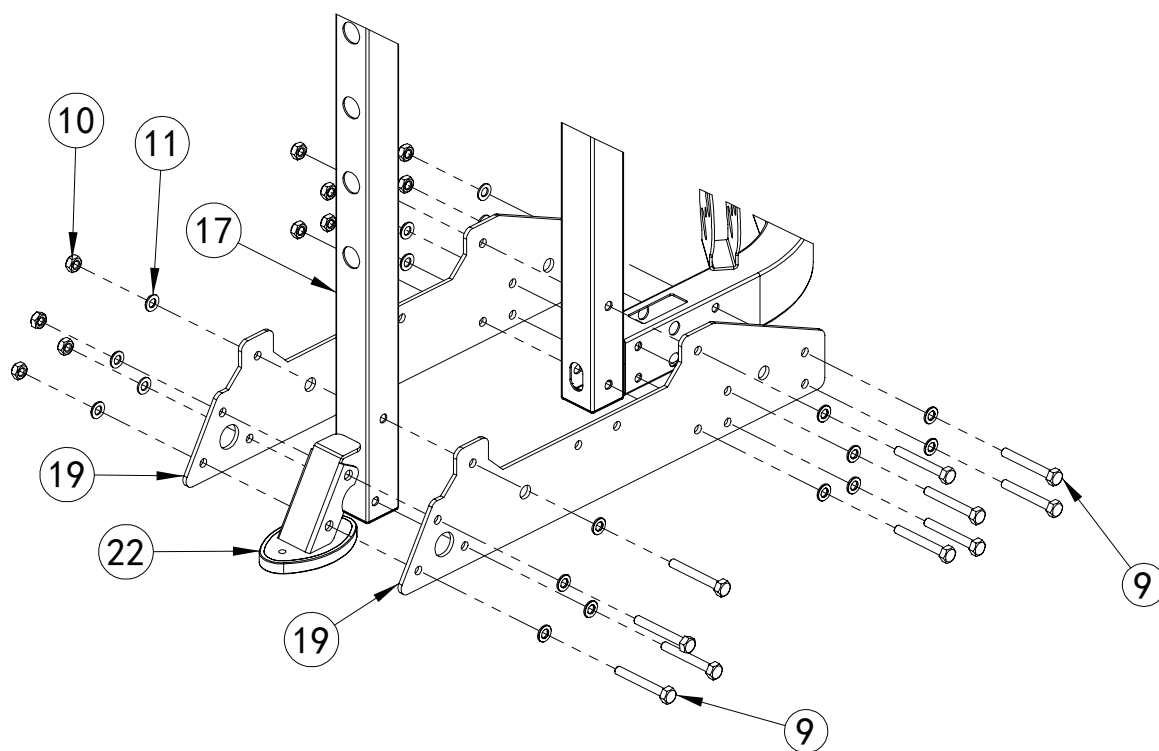
- 1 Fix sliding tube left-21 on tube with hole left-18.
- 2 Fix sliding tube right-20 on tube with hole right-17.
- 3 Fix upright tube-16 and tube with hole left-18, tube with hole right-17 fastening on assembly step-1 using M10x75 hexagon bolt-9, Φ 10 washer-11, M10 lock nut-10, upper plate-13 and lower plate-19.
- 4 Fix end tube-23 fastening on upper plate-13 using M10x75 hexagon bolt-9, Φ 10 washer-11 and M10 lock nut-10.
- 5 Fix foot tube cover-22 fastening on lower plate-19 using M10x75 hexagon bolt-9, Φ 10 washer-11 and M10 lock nut-10.
- 6 Fix chin up bar-12 fastening on upper plate-13 using M10x80 hexagon bolt-24, Φ 10 washer- 11 and M10 lock nut-10.

Assembly Step 2-A

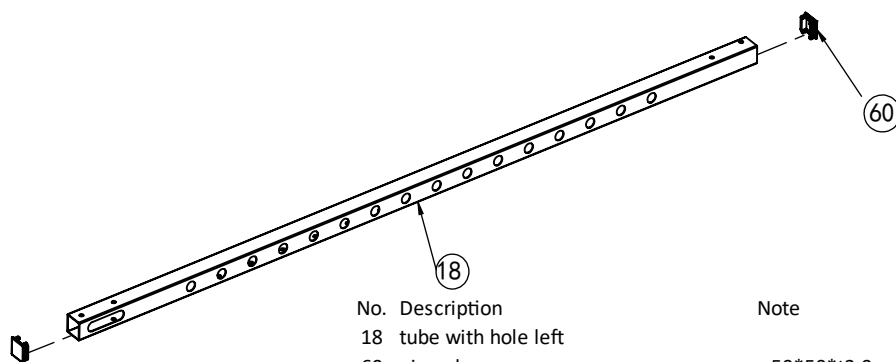


No.	Description	Note	Qty.	No.	Description	Note	Qty.
9	hexagon bolt	M10*75	34	18	tube with hole left		1
10	lock nut	M10	40	19	lower plate		4
11	washer	Φ10	80	20	sliding tube right		1
12	chin up bar		1	21	sliding tube left		1
13	upper plate		4	22	foot tube cover		2
16	upright tube		2	23	end tube		2
17	tube with hole right		1	24	hexagon bolt	M10*80	6

Assembly Step – 2 Enlarged Drawing



Assembly Step 2-B

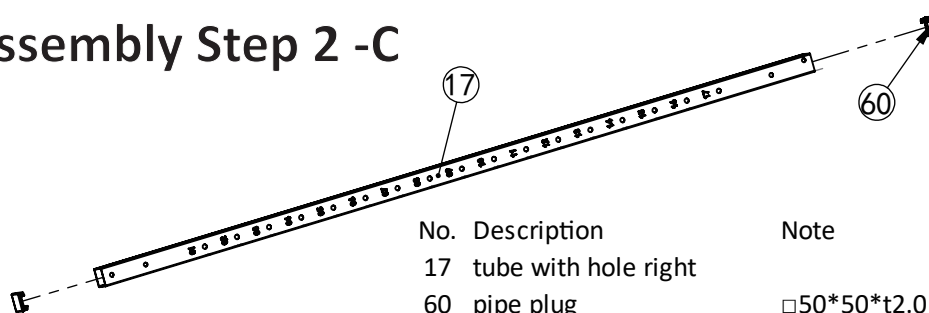


tube with hole left QTY: 1PCS/SET

No.	Description
18	tube with hole left
60	pipe plug

Note	Qty.
□50*50*t2.0	1
	2

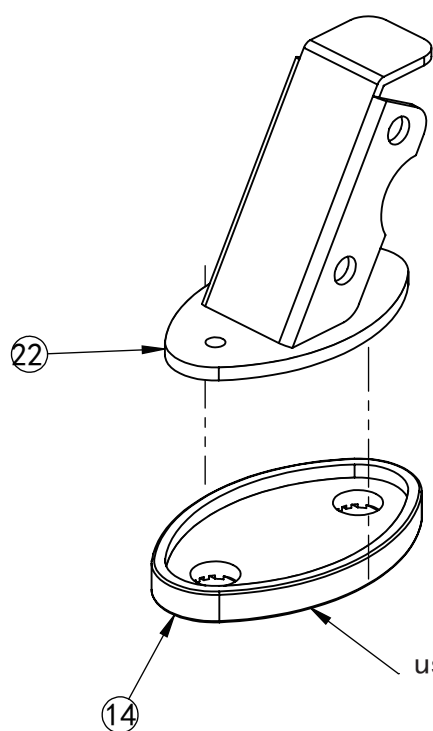
Assembly Step 2 -C



tube with hole right QTY: 1PCS/SET

No.	Description
17	tube with hole right
60	pipe plug

Note	Qty.
□50*50*t2.0	1
	2

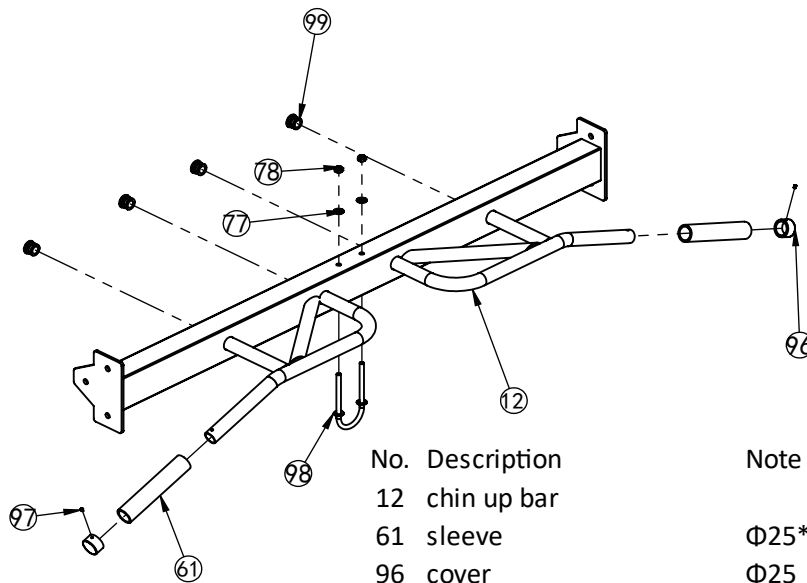


foot tube cover QTY: 2PCS/SET

No.	Description	Note	Qty.
22	foot tube cover		1
14	oval mat		1

Assembly Step 2 -C

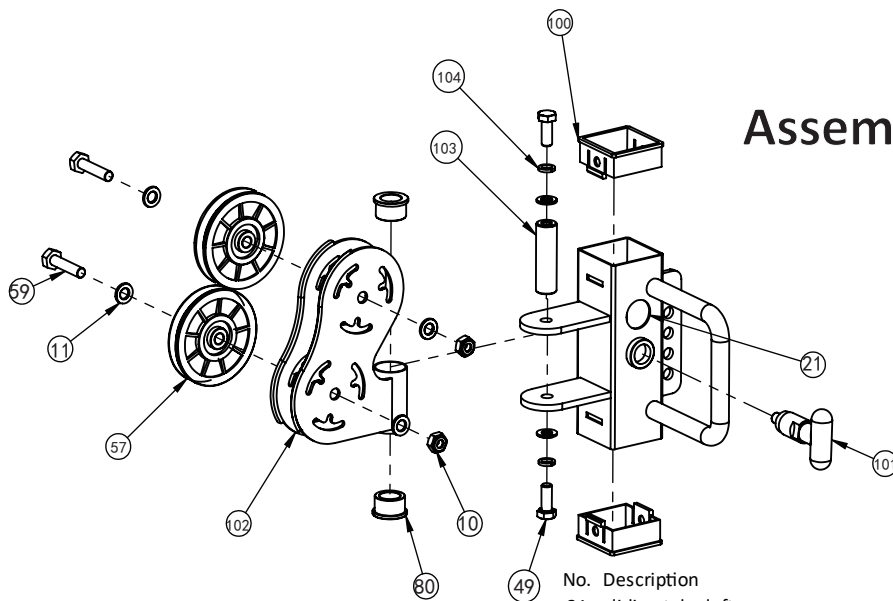
Assembly Step 2-D



chin up bar

QTY: 1PCS/SET

No.	Description	Note	Qty.
12	chin up bar		1
61	sleeve	Φ25*160	2
96	cover	Φ25	2
97	bolt	M4*5	2
98	hanging ring		1
77	washer	Φ8	2
78	lock nut	M8	2
99	socket head pipe plug	Φ25*1.5	4



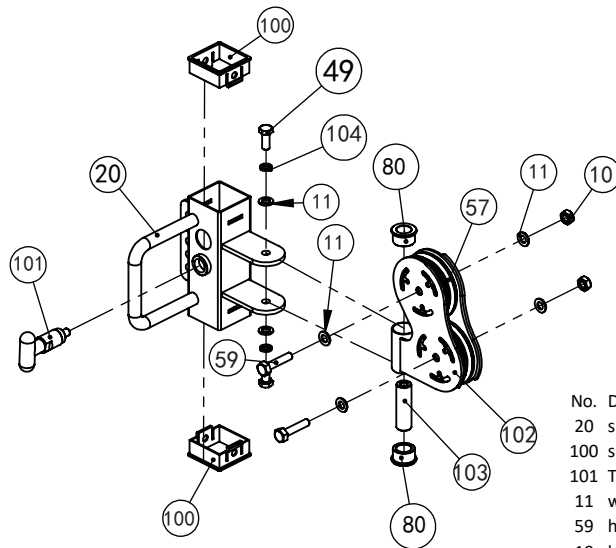
sliding tube left

QTY: 1PCS/SET

Assembly Step 2 -E

No.	Description	Note	Qty.
21	sliding tube left		1
100	sleeve	□60-□50	2
101	T shape play pin	Φ10	1
11	washer	Φ10	6
59	hexagon bolt	M10*45	2
10	lock nut	M10	2
102	pulley rotation frame		1
57	pulley	Φ95	2
80	powder metallurgy sleeve	Φ33.2*Φ29*Φ20*18	2
103	rotation bearing	Φ20*M10*67	1
49	hexagon bolt	M10*25	2
104	springwasher	Φ10	2

Assembly Step 2-F

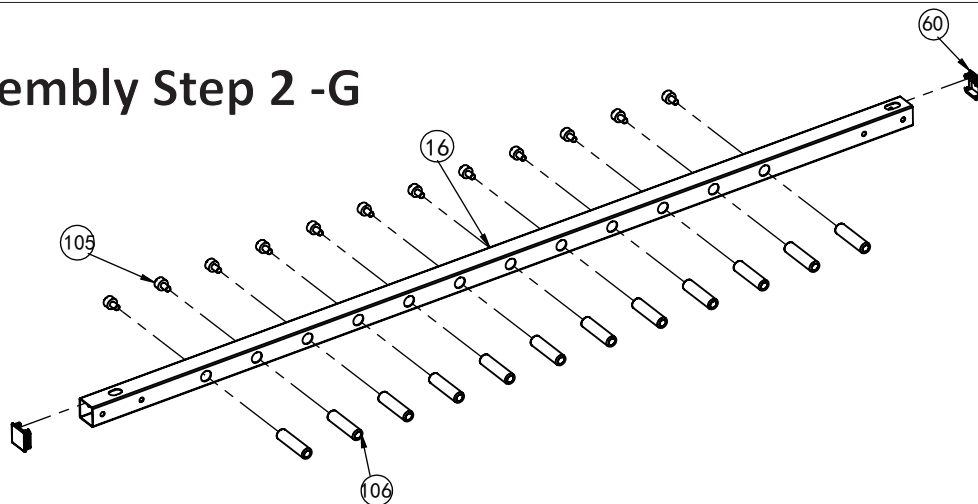


sliding tube right

QTY: 1PCS/SET

No.	Description	Note	Qty.
20	sliding tube right		1
100	sleeve	□50-□60	2
101	T shape play pin	Φ10	1
11	washer	Φ10	6
59	hexagon bolt	M10*45	2
10	lock nut	M10	2
57	pulley	Φ95	2
103	rotation bearing	Φ20*M10*67	1
102	pulley rotation frame		1
80	powder metallurgy sleeve	Φ33.2*Φ29*Φ20*18	2
49	hexagon bolt	M10*25	2
104	spring washer	Φ10	2

Assembly Step 2 -G

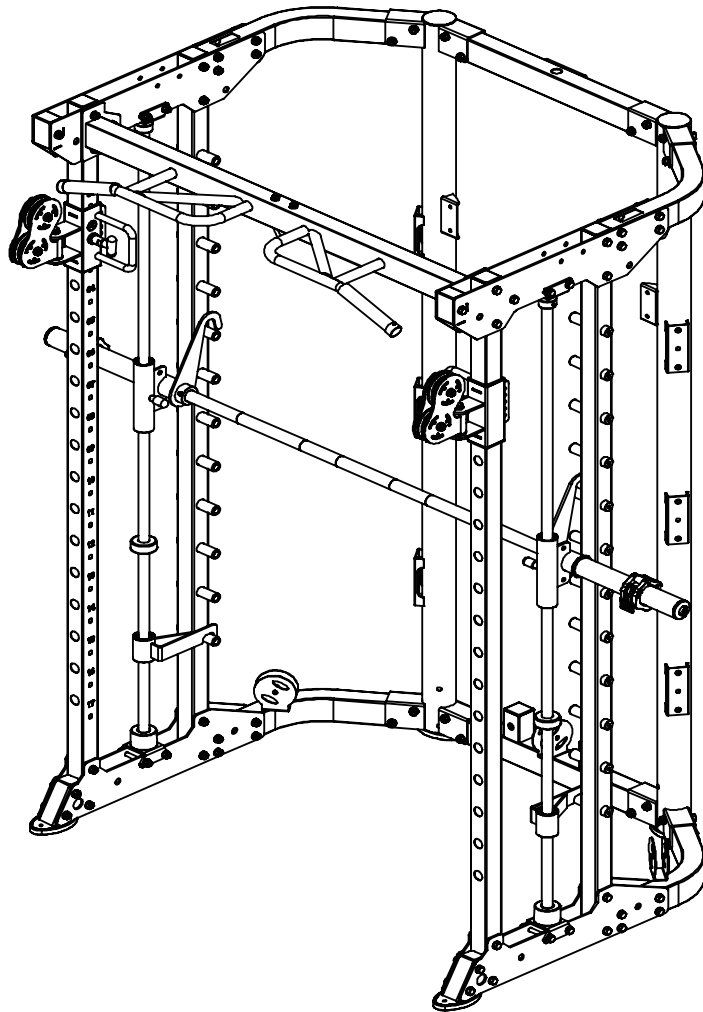


upright tube

QTY: 2 PCS/SET

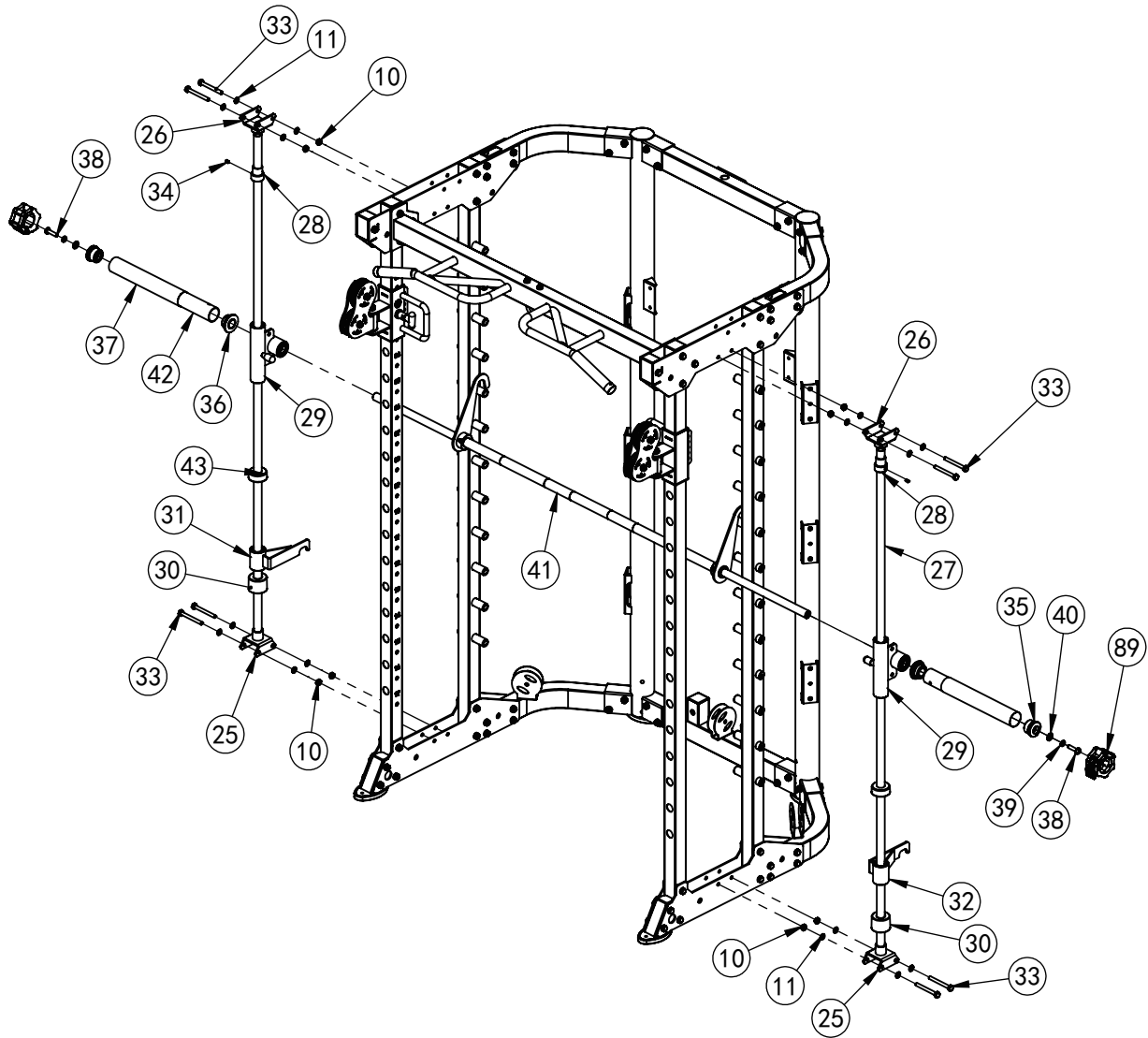
No.	Description	Note	Qty.
16	upright tube		1
105	lock cap	Φ25*M12*35	12
106	hang lever shaft	Φ25*M12*98	12
60	pipe plug	□50*50*t2.0	2

Assembly Step-3 Drawing



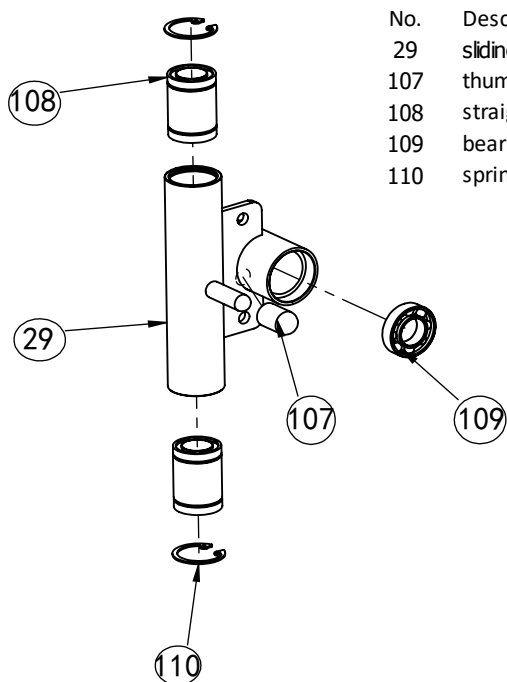
- 1 Fix lower base-25 fastening on lower plate using M10x90 hexagon bolt-33, Φ 10 washer-11 and M10 lock nut-10.
- 2 Fix upper base-26 fastening on upper plate using M10x90 hexagon bolt-33, Φ 10 washer-11 and M10 lock nut-10.
- 3 Guide rod-27 in turn through lock sleeve-28, sliding sleeve-29, rubber pad-43, safety hook left- 32 and rubber pad with groove-30 fastening on base using M8x10 socket set screw-34
- 4 Barbell rod-41 in turn through sliding sleeve-29, check ring-36, inner pipe-42, pipe-37 and end cap-35 fastening using M12x40 button head socket screw-38, Φ 12 spring washer-39 and Φ 12 washer-40, then fit on barbell clamp collar-89.
- 5 Guide rod -27 in turn through lock sleeve-28, sliding sleeve-29, rubber pad-43, safety hook right-31 and rubber pad with groove-30 fastening on base using M8x10 socket set screw-34.

Assembly Step 3-A



No.	Description	Note	Qty.	No.	Description	Note	Qty.
10	lock nut	M10	8	34	headless socket hexagon bolt	M8*10	2
11	washer	Φ10	16	35	end cap	Φ51*Φ42.5*36.6L	2
25	lower base		2	36	check ring	Φ60*48.5*27L	2
26	upper base		2	37	pipe	Φ50*310*T0.5	2
27	guide rod	Φ25*1850	2	38	button head socket screw	M12*40	2
28	lock sleeve		2	39	spring washer	Φ12	2
29	sliding sleeve		2	40	washer	Φ12	2
30	rubber pad with groove	Φ60*Φ26*45	2	41	barbell rod		1
31	safety hook right		1	42	inner pipe	Φ48*298*2.5T	2
32	safety hook left		1	43	rubber pad	Φ60*Φ26*25	2
33	hexagon bolt	M10*90	8	89	barbell clamp collar		2

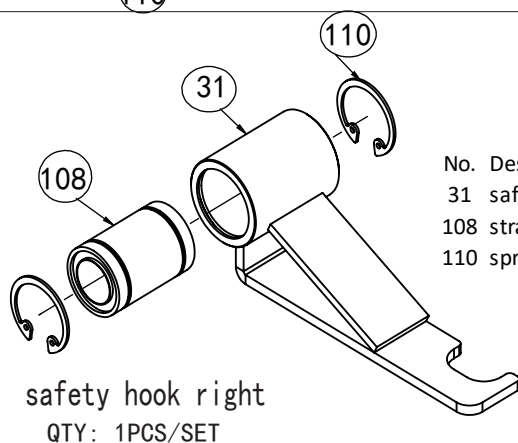
Assembly Step 3-B



No.	Description	Note	Qty
29	sliding sleeve		1
107	thumbstall	Φ21*Φ15*35	1
108	straight line bearing	LM25UU	2
109	bearing	6005	2
110	spring collar	Φ40	2

sliding sleeve

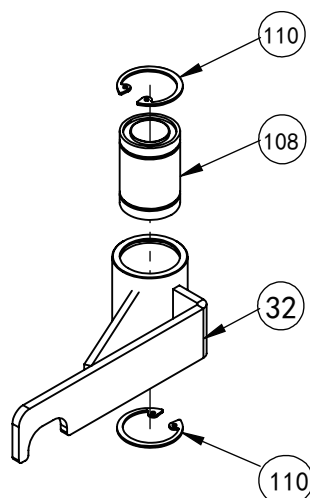
QTY: 2PCS/SET



safety hook right
QTY: 1PCS/SET

Assembly Step 3-C

No.	Description	Note	Qty.
31	safety hook right		1
108	straight line bearing	LM25UU	1
110	spring collar	Φ40	2

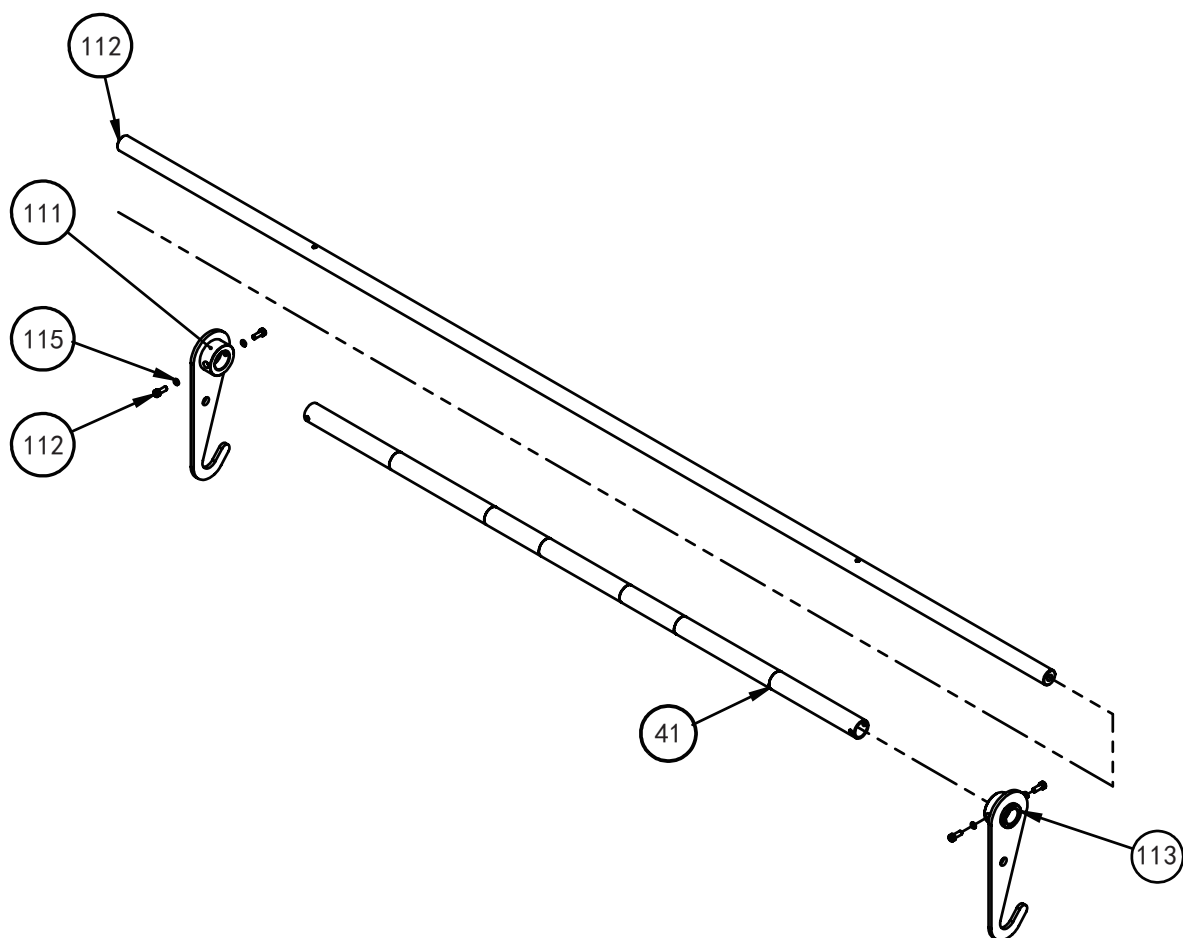


safety hook left QTY: 1PCS/SET

Assembly Step 3-D

No.	Description	Note	Qty.
32	safety hook left		1
108	straight line bearing	LM25UU	1
110	spring collar	Φ40	2

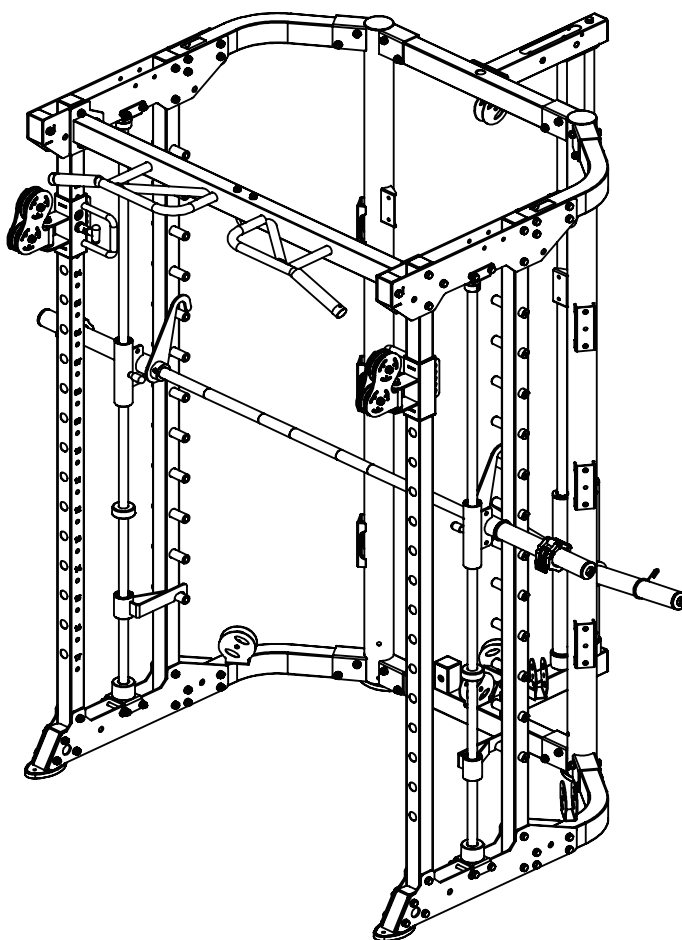
Assembly Step 3-E



No.	Description	Note	Qty.
111	hook-left		1
41	barbell rod		1
112	hexagon socket cap screws	M6*16	4
113	hook-right		1
114	solid rod	Φ25	1
115	spring washer	Φ6	4

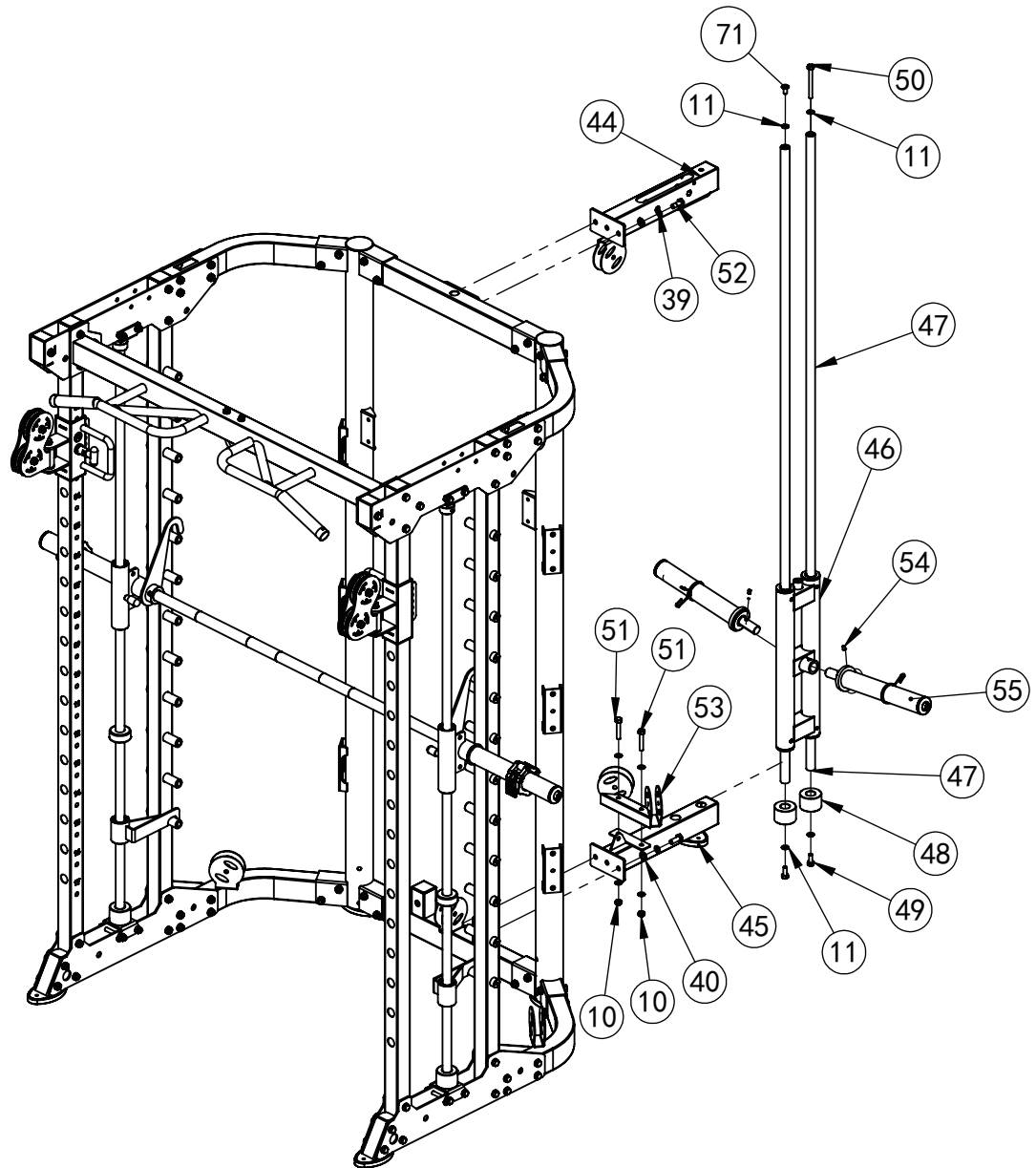
barbell rod
QTY: 1PCS/SET

Assembly Step – 4 Drawing



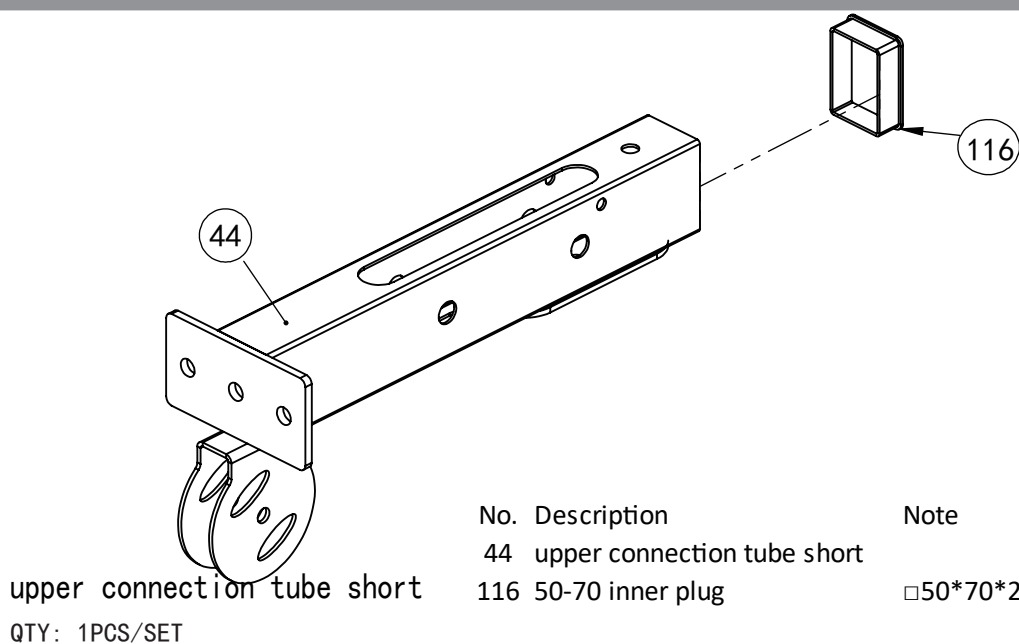
- 1 Fix upper connection tube short-44 fastening on main frame using M12x30 hexagon bolt-52, Φ 12 spring washer-39 and Φ 12 washer-40.
- 2 Fix lower connection tube-45 fastening on main frame using M12x30 hexagon bolt-52, Φ 12 spring washer-39 and Φ 12 washer-40.
- 3 Fix double pulley bracket-53 fastening on double pulley bracket-45 using M10x55 hexagon bolt-51, Φ 10 washer-11 and M10 lock nut-10.
- 4 Guide rod hollow-47 in turn through hang frame-46, rubber pad-48 fastening using M10x95 hexagon bolt-50, M10*20 hexagon socket button head screws-71, Φ 10 washer-11 and M10x25 hexagon bolt-49.
- 5 Fix back barbell plate holder-55 fastening on hang frame-46 using M8x10 socket set screw-34.

Assembly Step 4- A

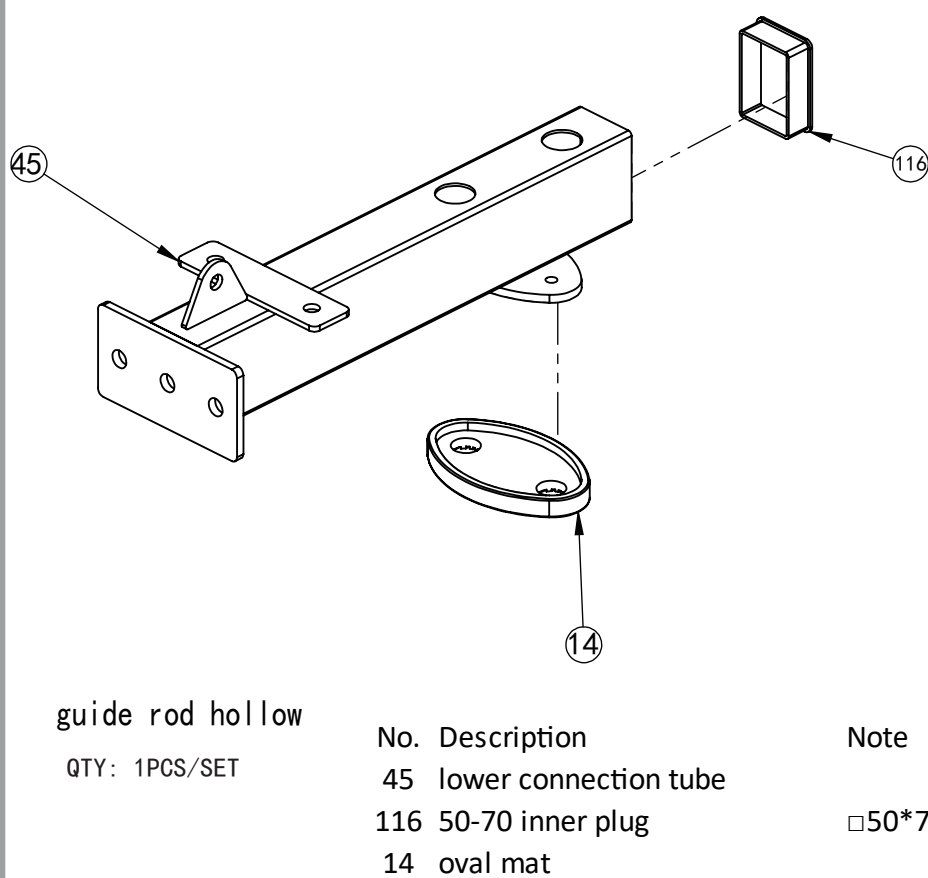


No.	Description	Note	Qty
10	lock nut	M10	2
11	washer	Φ10	8
39	spring washer	Φ12	4
40	washer	Φ12	4
44	upper connection tube short		1
45	lower connection tube		1
46	big sliding sleeve		1
47	guide rod hollow		2
48	rubber pad		2
49	hexagon bolt	M10*25	2
50	hexagon bolt	M10*95	1
51	hexagon bolt	M10*55	2
52	hexagon bolt	M12*30	4
53	double pulley bracket		1
54	hexagon socket button head screws	M8*16	2
55	back barbell plate holder		2
71	section chain + snap hook		1

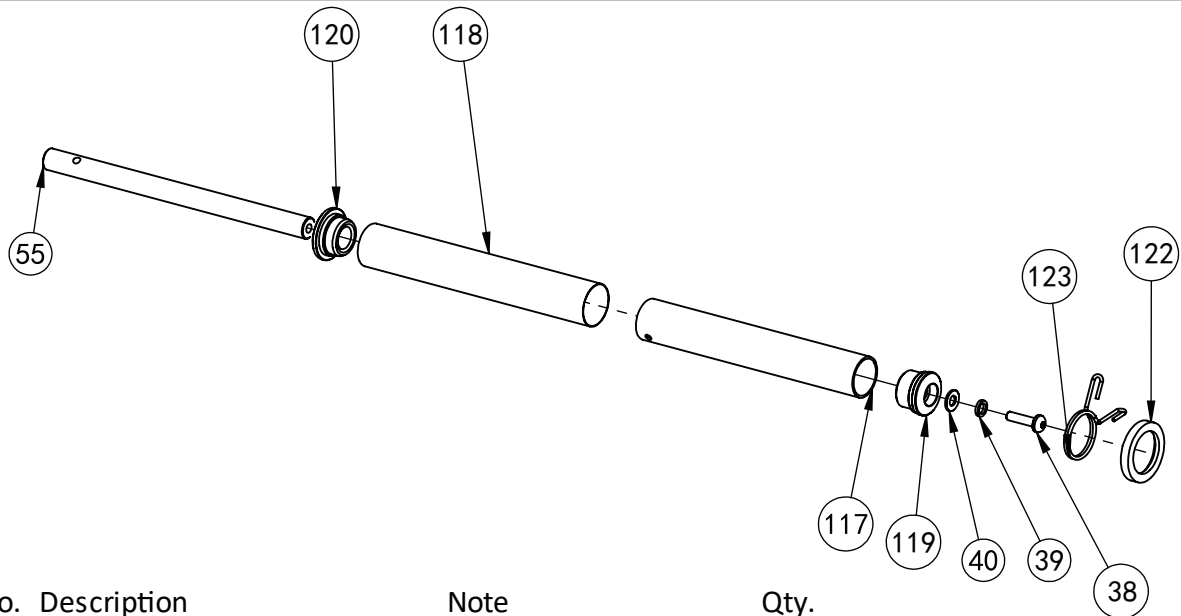
Assembly Step 4 - B



Assembly Step 4-C

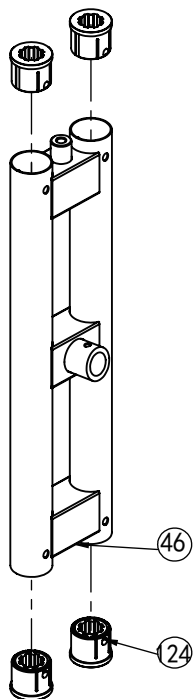


Assembly Step 4-D



No.	Description	Note	Qty.	
117	inner tube	Φ25*2*295	1	
118	stainless steel tube-310	Φ50*0.8*310	1	
119	barbell bar plug	Φ51*Φ42.5*36.6L	1	
120	inner cap	Φ60*Φ48.5*27L	1	
40	washer	Φ12	1	
39	spring washer	Φ12	1	
38	button head socket screw	M12*40	1	
122	rubber gasket	Φ70*Φ50*10	1	back barbell plate
123	butterfly clip	Φ50	1	holder
55	back barbell plate holder		1	QTY: 2 PCS/SET

Assembly Step 4-E

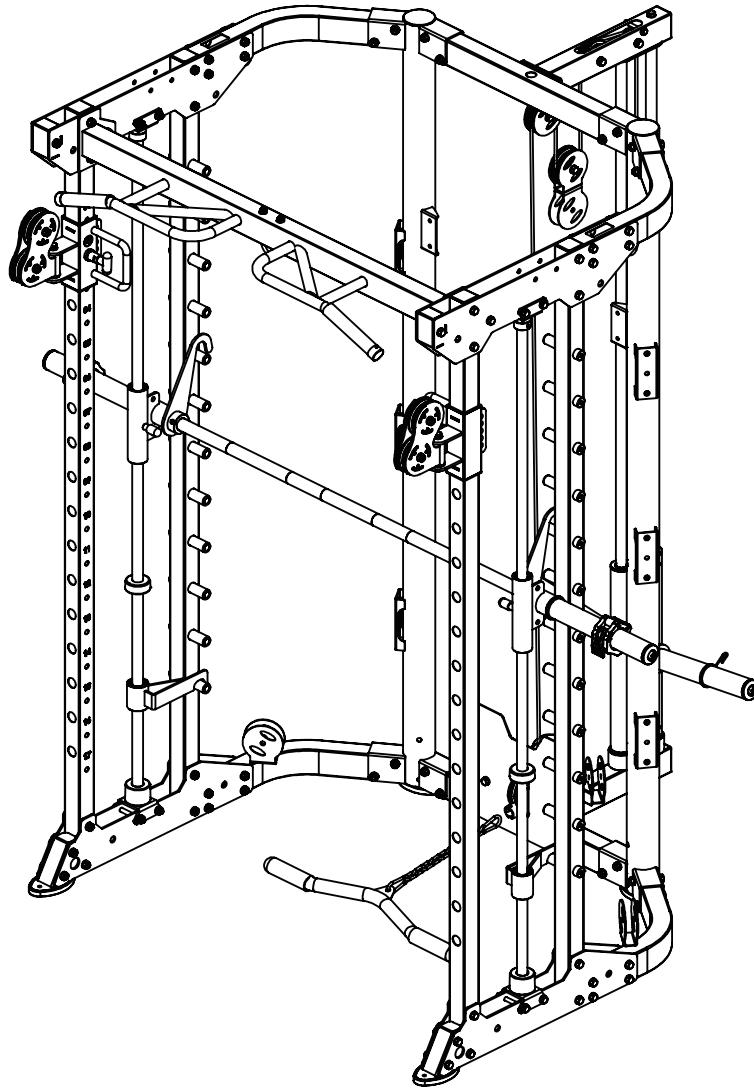


No.	Description	Note	Qty.
46	big sliding sleeve		1
124	lining	Φ50-25	4

big sliding sleeve

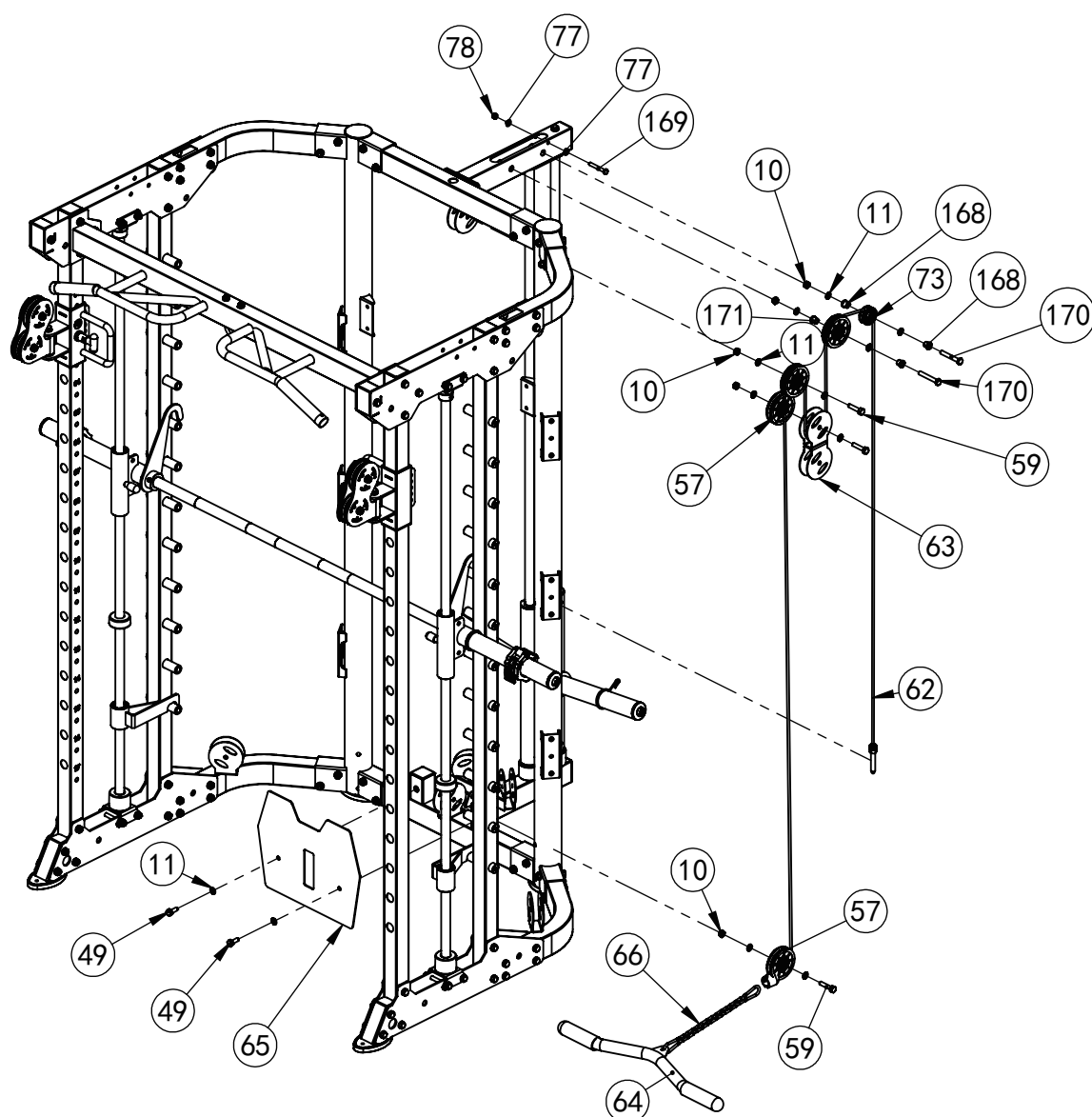
QTY: 1 PCS/SET

Assembly Step-5 Drawing



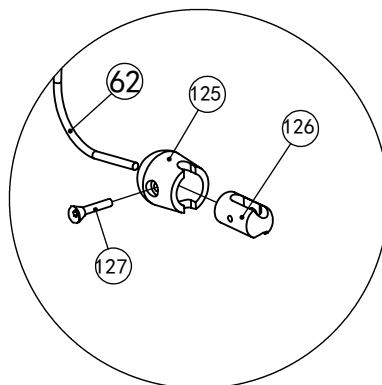
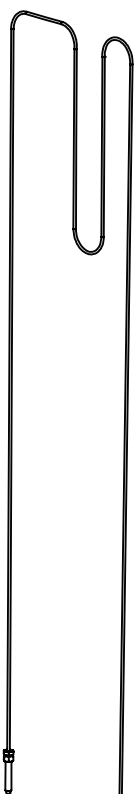
- 1 As the shown in the figure fix pulley-57 fastening on main frame and "—" shape pulley frame-63 using M10x45 hexagon bolt-59, $\Phi 10$ washer-11 and M10 lock nut- 10.
- 2 Assembly pulley-57, $\Phi 50$ pulley-73 on main machine using M10*70 hexagon bolt-170, $\Phi 20*10.5*L15$ $\Phi 10$ powder metallurgy sleeve-168, $\Phi 10$ washer-11, M10 lock nut-10.
- 3 As the shown in the figure put the wire-62.
- 4 Connect short bar-64 to wire using chain + 2 snap hook-66.
- 5 Fix footplate-65 fastening on main frame using M10x25 hexagon bolt-49, $\Phi 10$ washer-11 .

Assembly Step 5-A



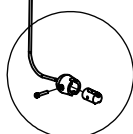
No.	Description	Note	Qty
10	lock nut	M10	5
11	washer	Φ10	12
49	hexagon bolt	M10*25	2
57	pulley	Φ95	4
59	hexagon bolt	M10*45	3
62	wire	Φ5x4130mm	1
63	"-\" shape pulley frame		1
64	short bar		1
65	footplate		1
66	chain + 2 snap hook		1
73	pulley	Φ50*310*T0.5	1
168	powder metallurgy sleeve	Φ20*10.5*L15	4
170	hexagon bolt	M10*70	2
78	lock nut	M8	1
77	washer	Φ8	2
169	hexagon bolt	M8*60	2

Assembly Step 5-B



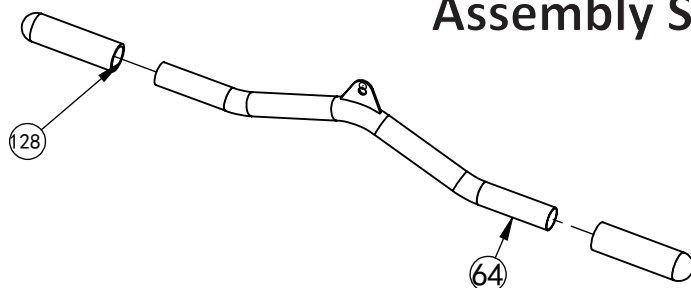
wire
QTY: 1 PCS/SET

C



No.	Description	Note	Qty.
62	wire	Φ5*4130mm	1
125	wire-ball head		1
126	wire-ball head part		1
127	hexagon socket cap screws	M5*25	1

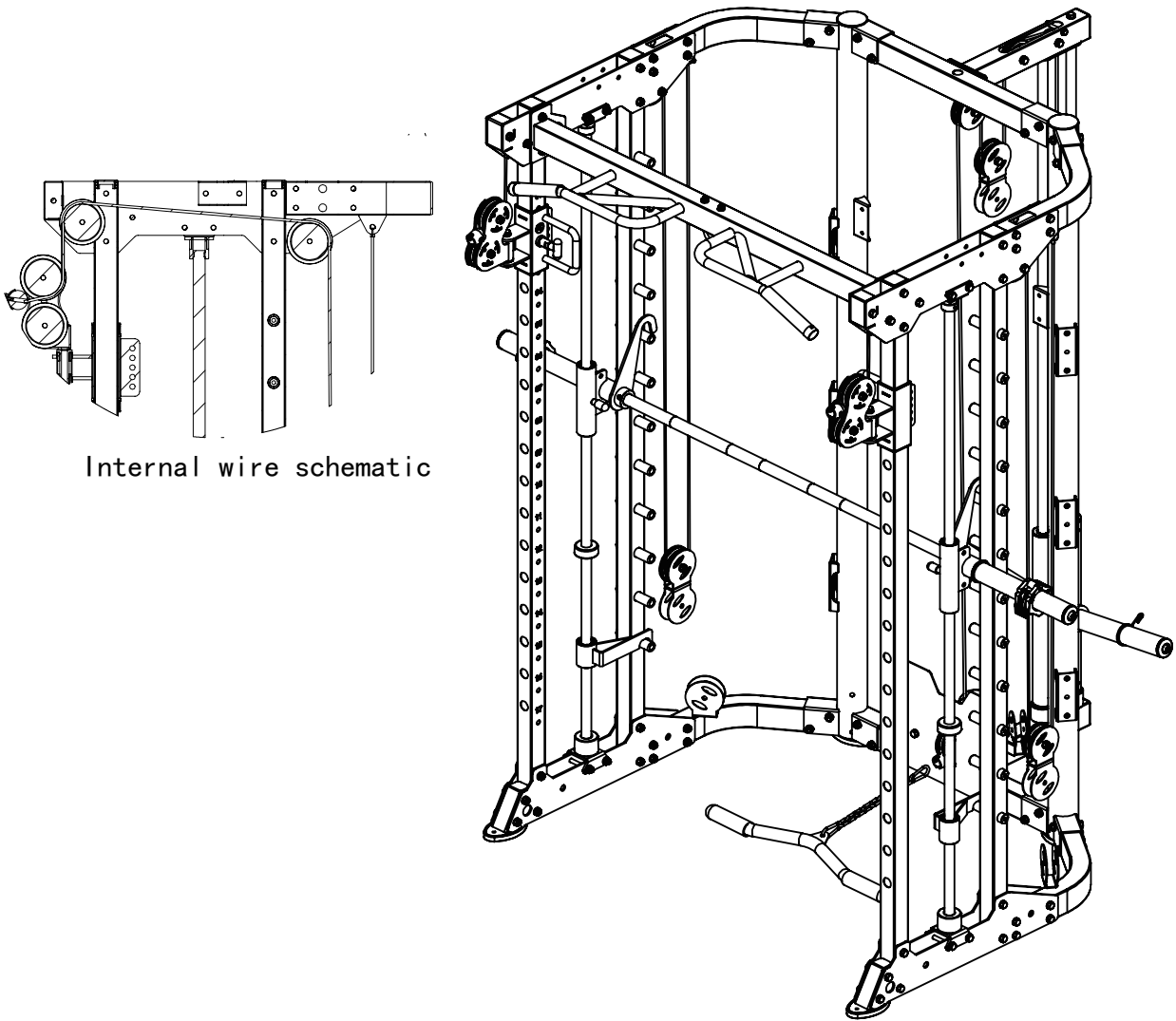
Assembly Step 5-C



short bar
QTY: 1 PCS/SET

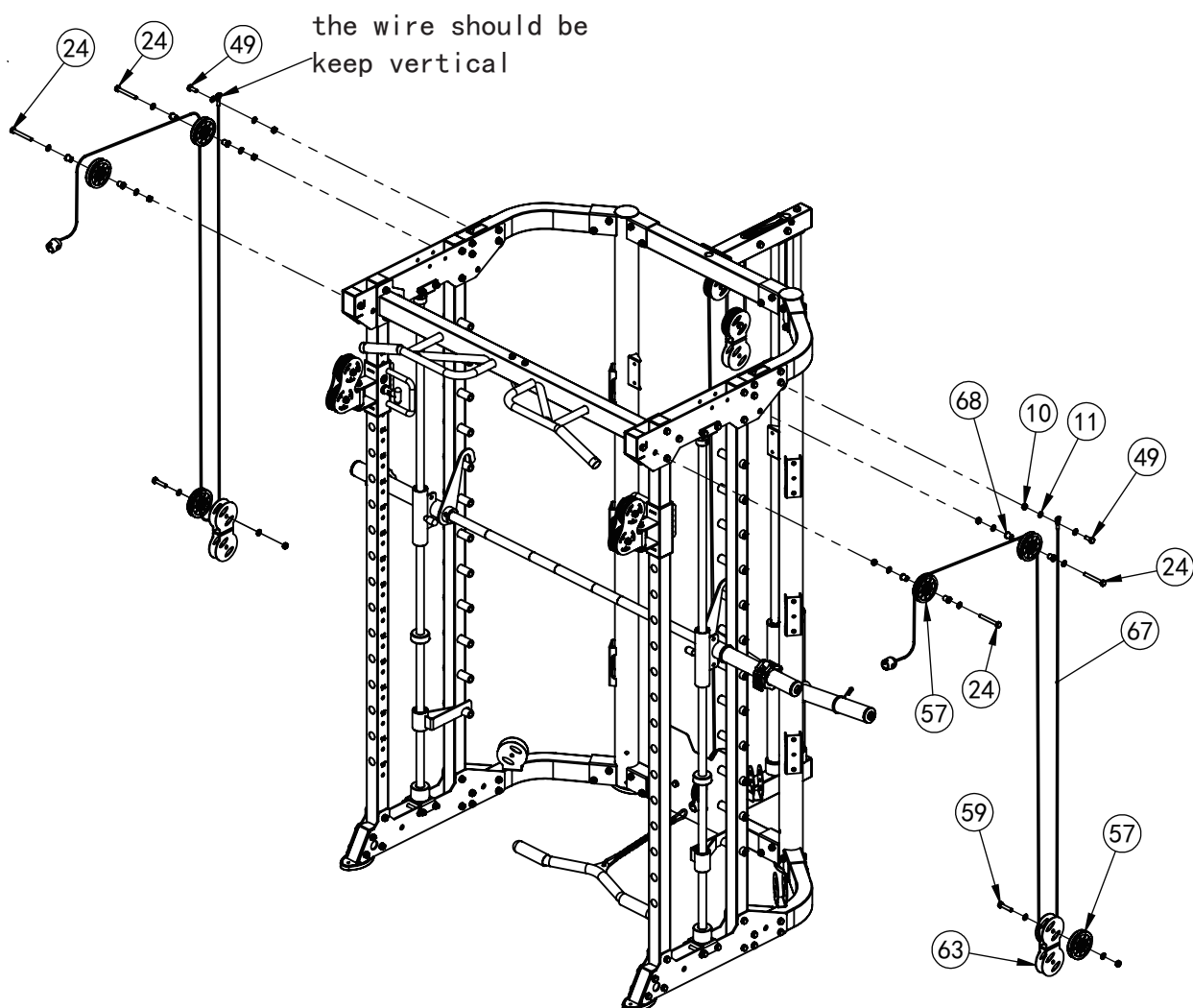
No.	Description	Note	Qty.
64	short bar		1
128	handle cover	Φ32*180	2

Assembly Step-6 Drawing



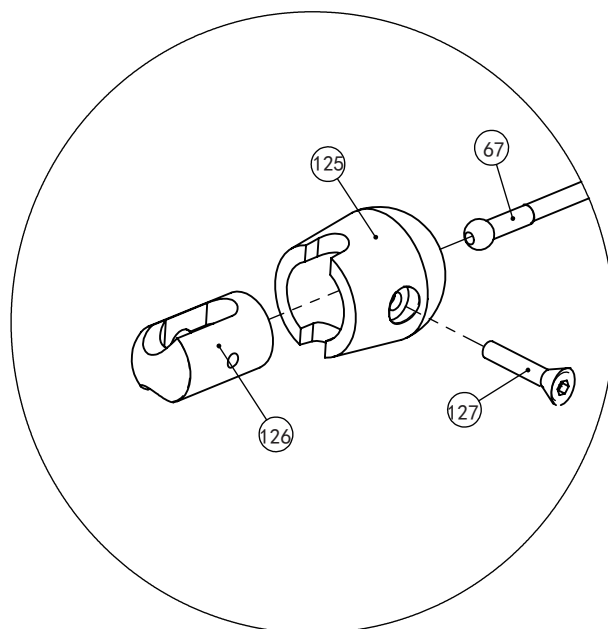
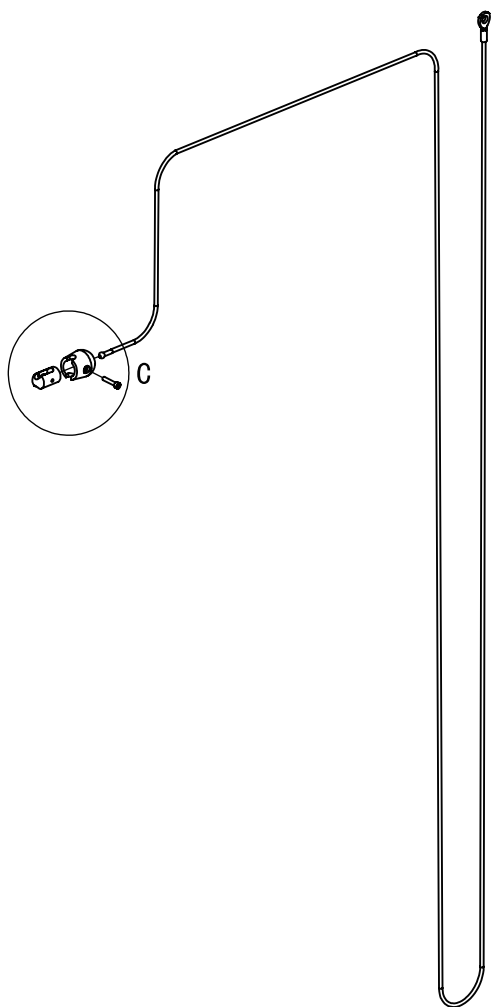
- 1 As the shown in the figure fix pulley-57 fastening on upper plate using M10x80 hexagon bolt-24, $\Phi 10$ washer-11 and M10 lock nut-10 and pulley spacer sleeve-68.
- 2 Fix pulley-57 fastening on "—" shape pulley frame-63 using M10x45 hexagon bolt-59, $\Phi 10$ washer-11 and M10 lock nut-10.
- 3 As the shown in the figure put the wire-67 using M10x45 hexagon bolt-59, $\Phi 10$ washer-11 and M10 lock nut-10 fastening on bending tube, careful to keep the wire vertical.

Assembly Step 6-A



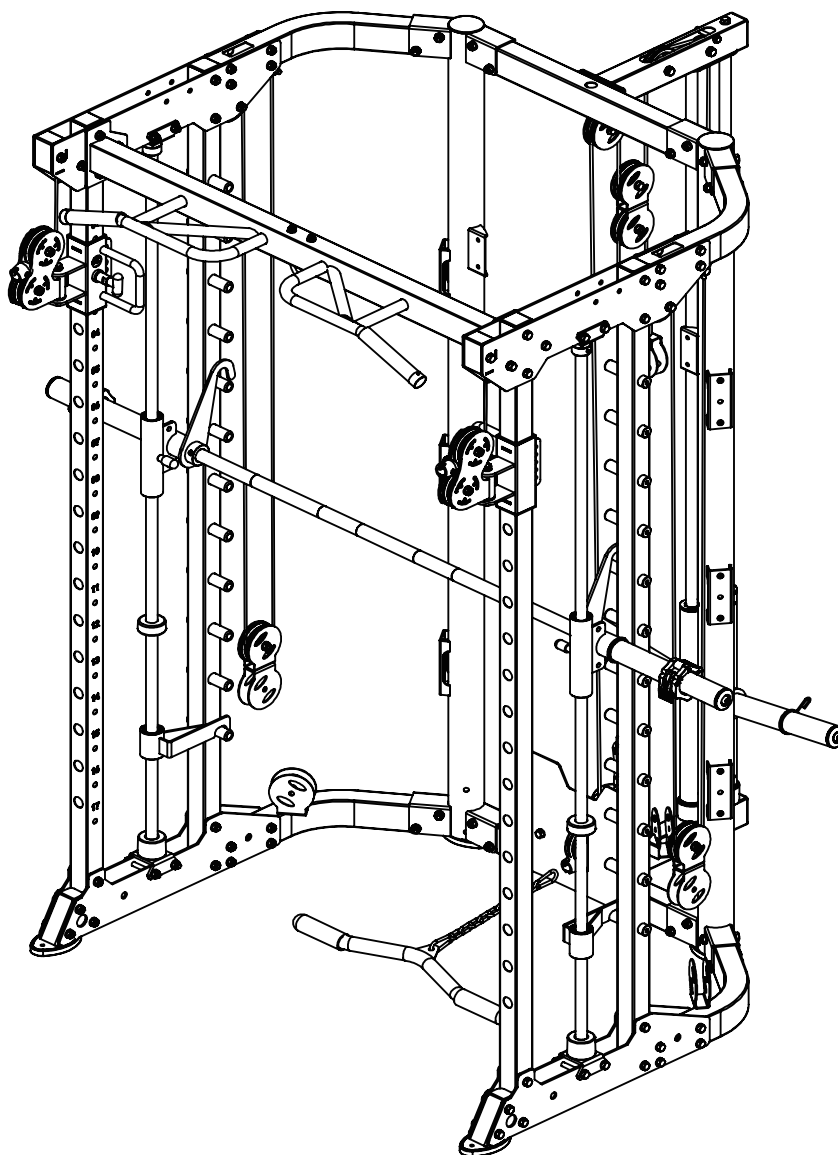
No.	Description	Note	Qty.
10	lock nut	M10	8
11	washer	Φ10	16
24	hexagon bolt	M10*80	4
49	hexagon bolt	M10*25	2
57	pulley	Φ95	6
59	hexagon bolt	M10*45	2
63	"-" shape pulley frame		2
67	wire	Φ5*4185	2
68	pulley spacer sleeve	Φ20*10.5*L20.5	8

Assembly Step 6-B



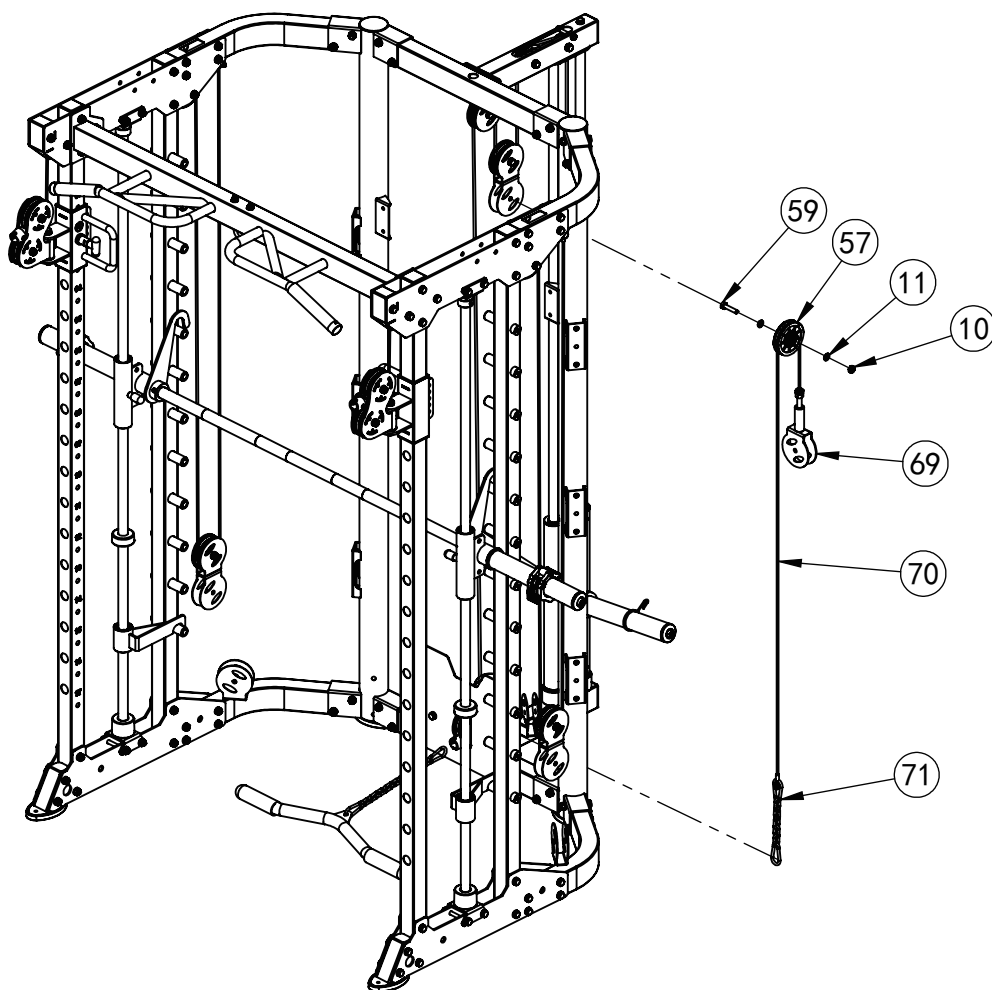
	No.	Description	Note	Qty.
wire	67	wire	Φ5*4185	1
	125	wire-ball head		1
	126	wire-ball head part		1
	127	hexagon socket cap screws	M5*25	1
QTY: 2 PCS/SET				

Assembly Step-7 Drawing



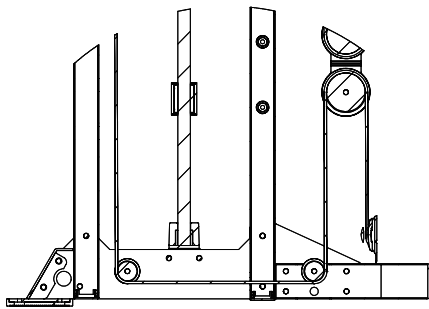
- 1 Fix pulley-57 fastening on "—" shape pulley frame-63 using M10x45 hexagon bolt-59, $\Phi 10$ washer-11 and M10 lock nut-10.
- 2 As the shown in the figure connect wire-70, pulley frame-69 and 5 section chain + snap hook-71 on the main frame.

Assembly Step 7-A

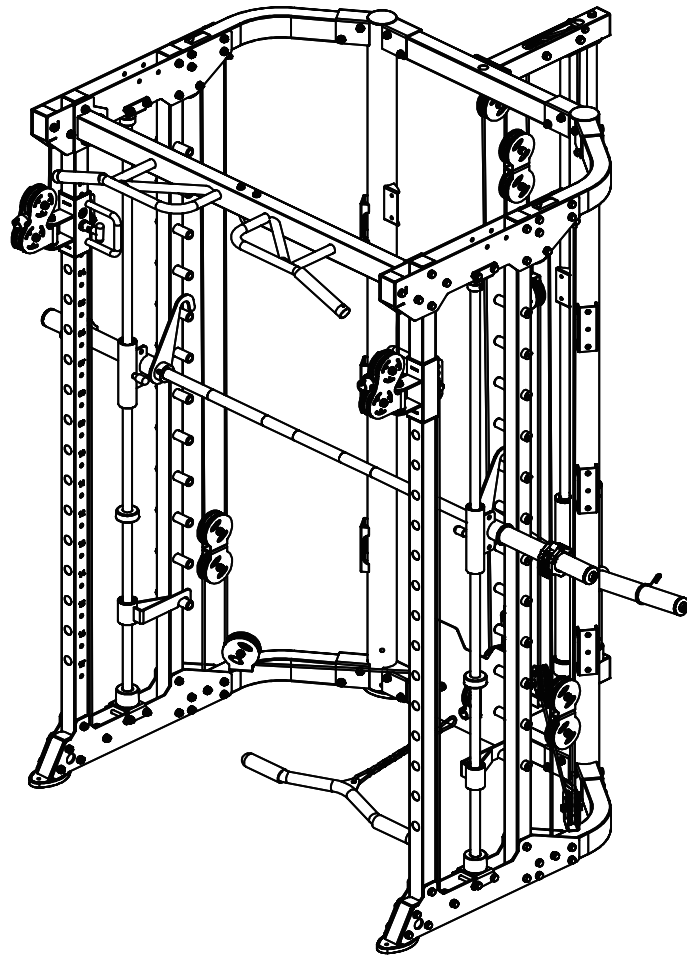


No.	Description	Note	Qty
11	lock nut	M10	2
10	washer	Φ10	1
57	pulley	Φ95	1
59	hexagon bolt	M10*45	1
69	pulley frame		1
70	wire	Φ5*1705mm	1
66	chain + 2 snap hook		1

Assembly Step-8 Drawing

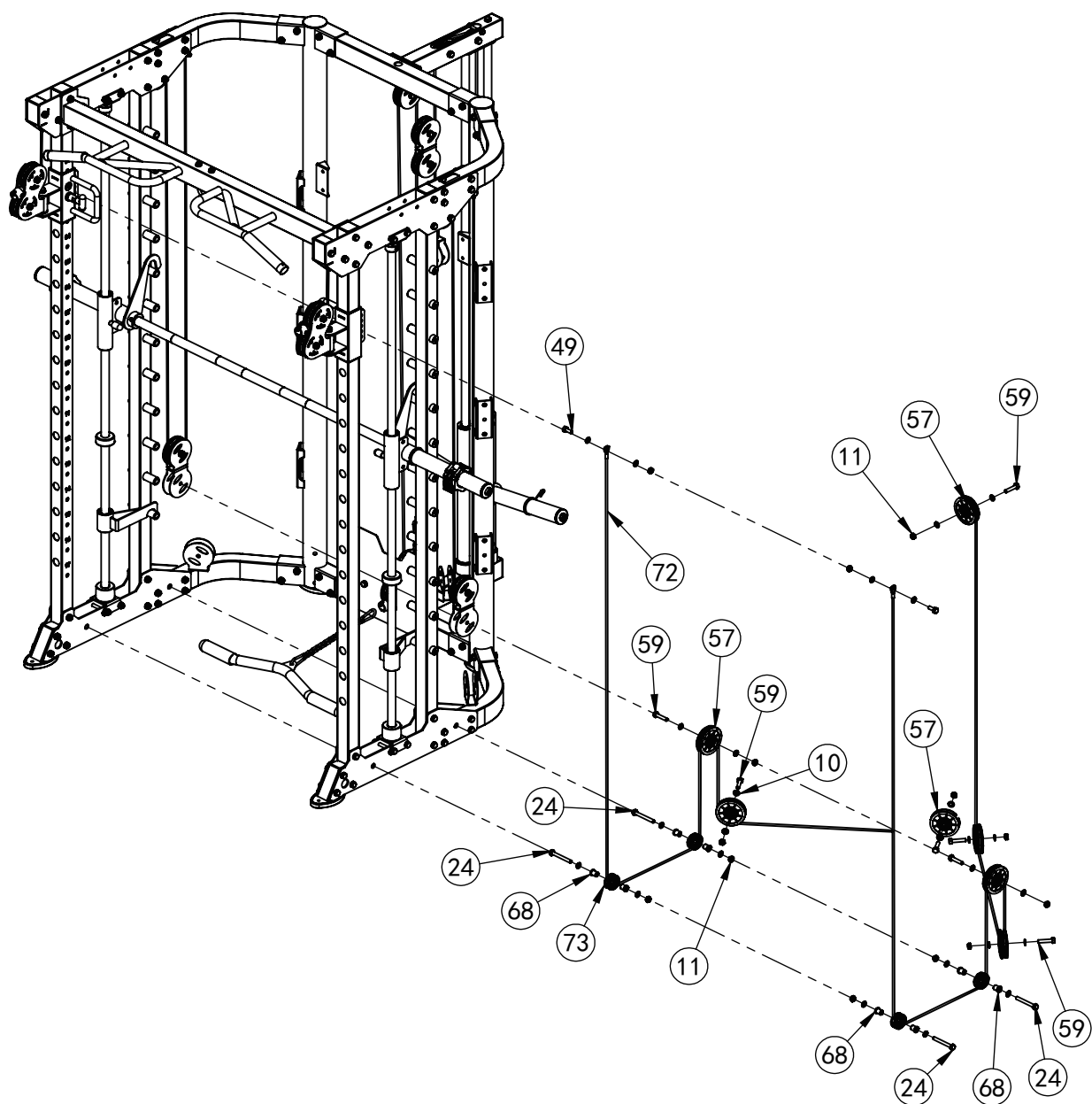


Internal wire schematic



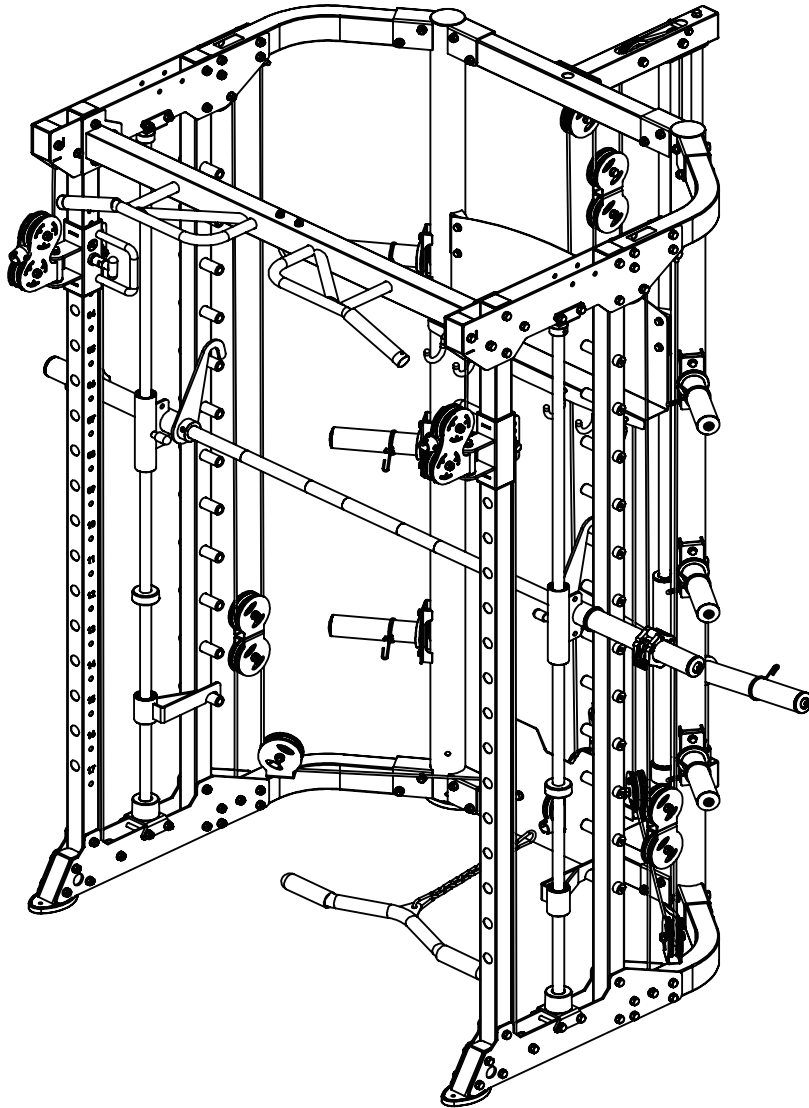
- 1 Fix pulley-57 fastening on main frame using M10x45 hexagon bolt-59, $\Phi 10$ washer-11 and M10 lock nut-10.
- 2 Fix pulley-73 fastening on lower plate using M10x80 hexagon bolt-24, $\Phi 10$ washer-11 and M10 lock nut-10 and pulley spacer sleeve-68.
- 3 As the shown in the figure put the wire-72 on the machine.

Assembly Step 8-A



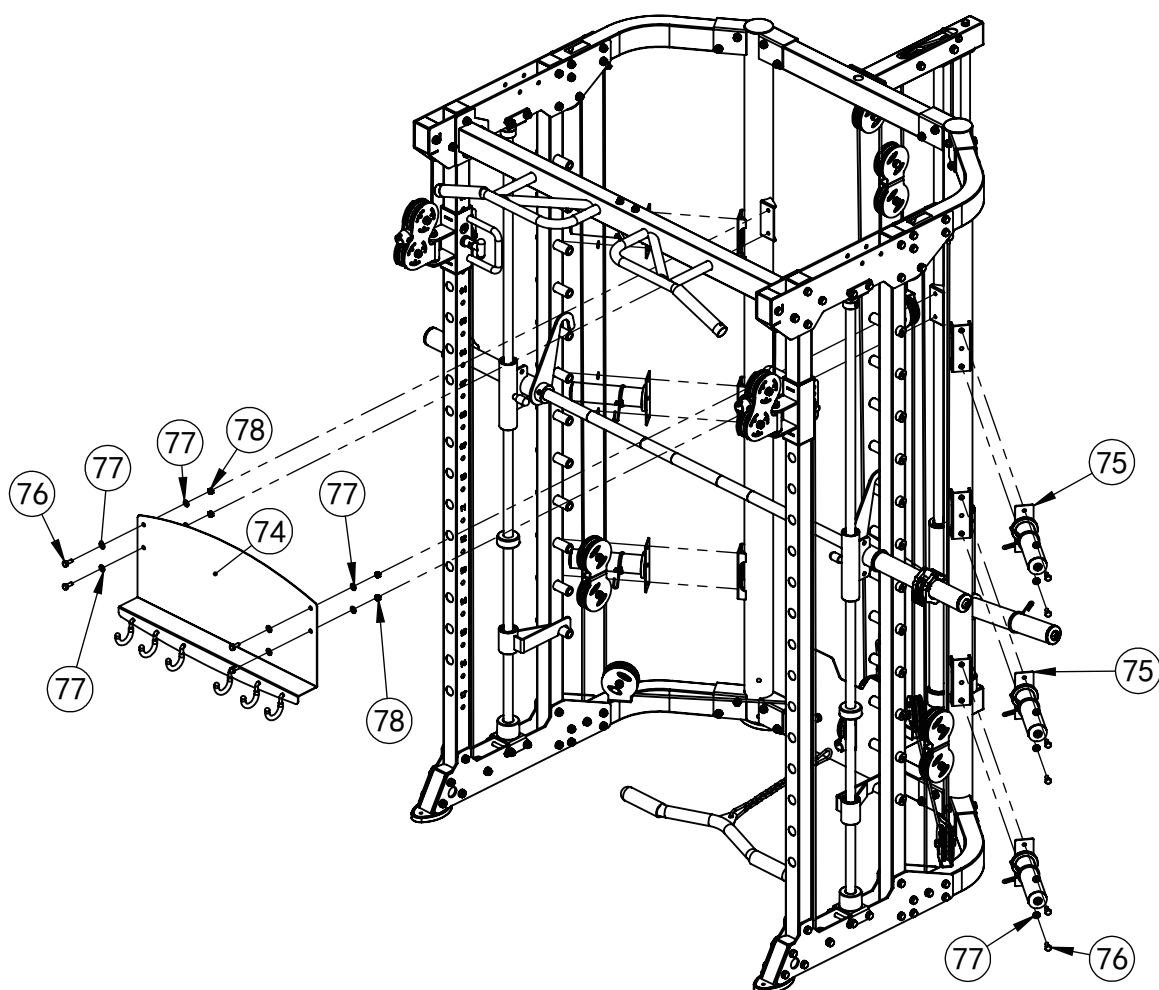
No.	Description	Note	Qty.
11	washer	Φ10	26
10	lock nut	M10	13
24	hexagon bolt	M10*80	4
49	hexagon bolt	M10*25	2
57	pulley	Φ95	7
59	hexagon bolt	M10*45	7
68	pulley spacer sleeve	Φ20*10.5*L20.5	8
72	wire	Φ5x9715mm	1
73	pulley	Φ50	4

Assembly Step-9 Drawing



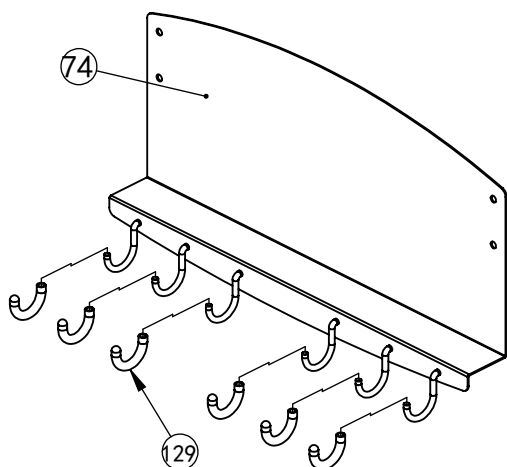
- 1 Fix shield-74 fastening on main frame using M8x20 hexagon bolt-76, $\Phi 8$ washer-77 and M8 lock nut-78.
- 2 Fix barbell plate holder-75 on main frame using M8x20 hexagon bolt-76, $\Phi 8$ washer-77.

Assembly Step 9-A



No.	Description	Note	Qty.
74	shield		1
75	barbell plate holder		6
76	hexagon bolt	M8*20	16
77	washer	Φ8	20
78	lock nut	M8	4

Assembly Step 9-B

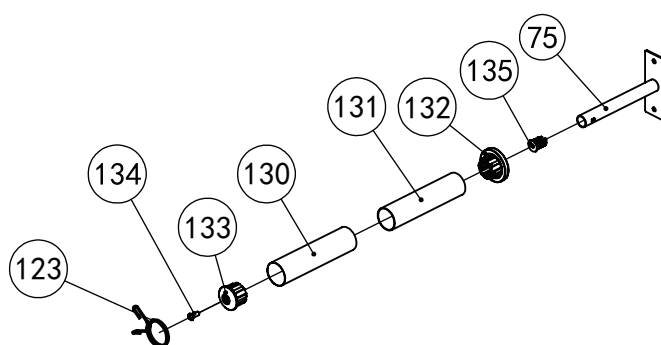


shield

QTY: 1 PCS/SET

No.	Description	Note	Qty.
74	shield		1
129	handlebar grip	Φ8*100	6

Assembly Step 9-C

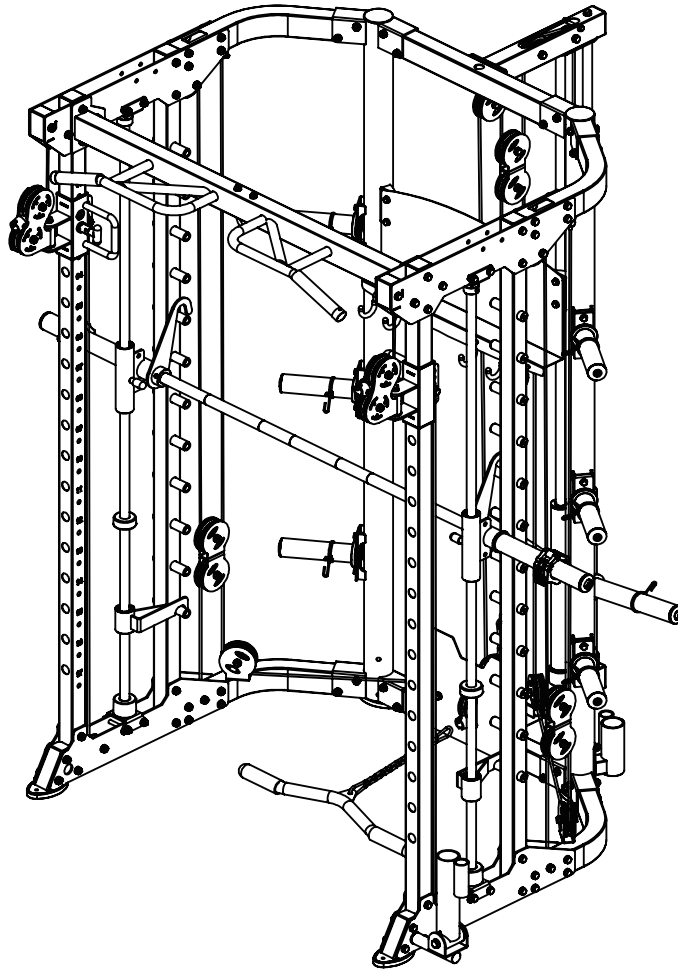


No.	Description	Note	Qty.
130	stainless steel tube	Φ50*0.8*200	1
131	barbell bar tube	Φ48*1.5*198	1
132	inner support cap	φ70*φ44.8*φ25.5*30	1
133	outside support cap	φ50*φ44.8*φ25.5	1
134	hexagon socket button head	M8*20	1
135	nut	M8	1
75	barbell plate holder		1
123	butterfly clip	Φ50	1

inner support cap

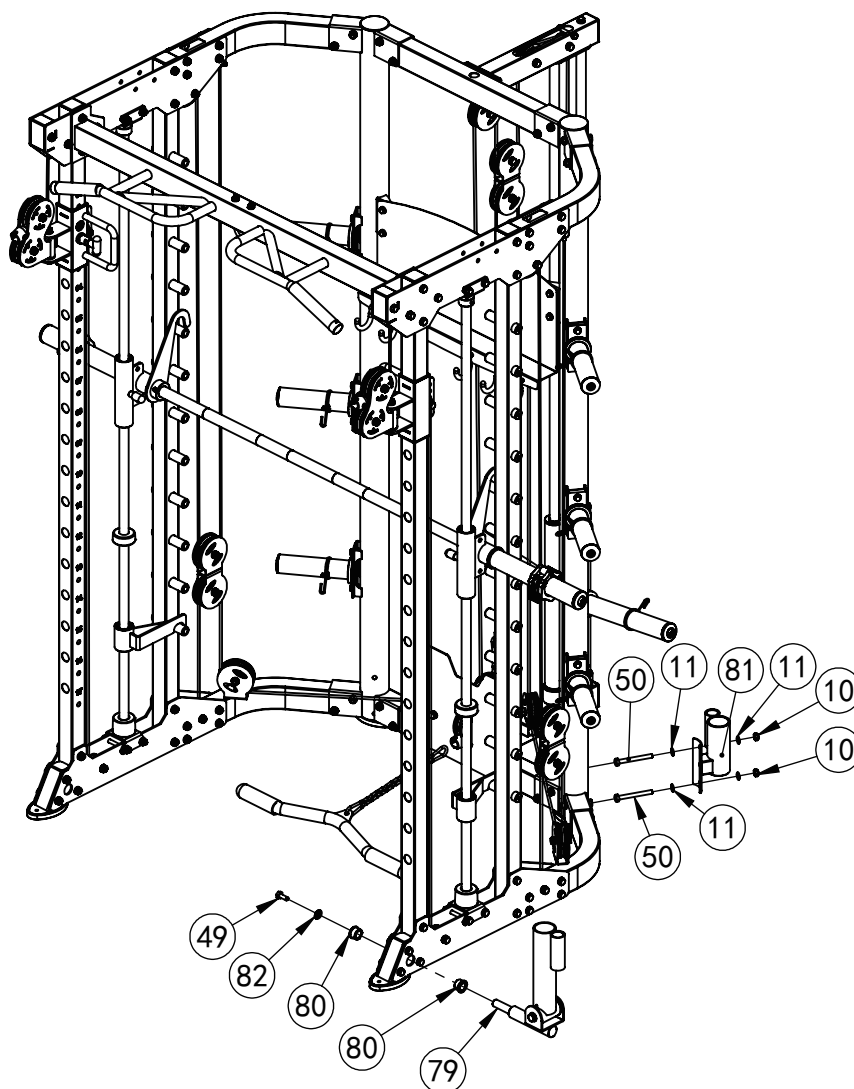
QTY: 6 PCS/SET

Assembly Step-10 Drawing



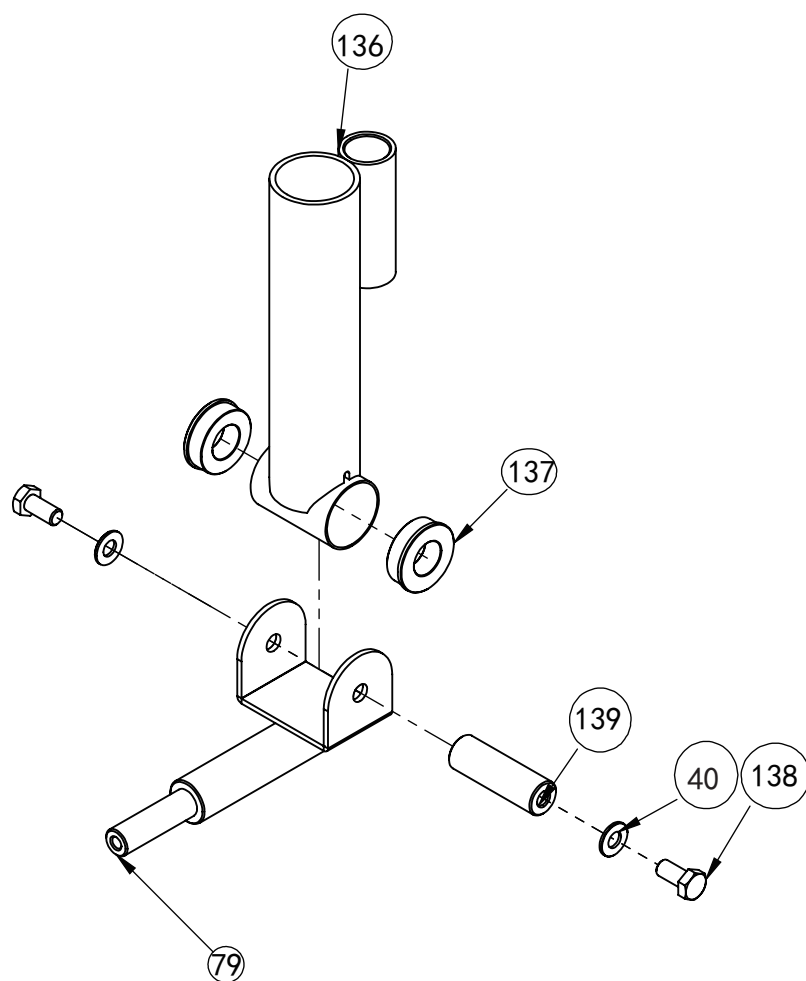
- 1 Fix core trainer-79 fastening on main frame using M10x25 hexagon bolt-49, $\Phi 10$ big washer-82 and powder metallurgy sleeve-80.
- 2 Fix barbell rod cup-81 fastening on upright frame using M10x95 hexagon bolt-50, $\Phi 10$ washer-11 and M10 lock nut-10.

Assembly Step 10-A



No.	Description	Note	Qty.
11	washer	Φ10	4
10	lock nut	M10	2
49	hexagon bolt	M10*25	1
50	hexagon bolt	M10*95	2
79	core trainer		1
80	powder metallurgy sleeve	Φ33.2*Φ29*Φ20*18	2
81	barbell rod cup		1
82	big washer	Φ25*Φ10*2.0	1

Assembly Step 10-B

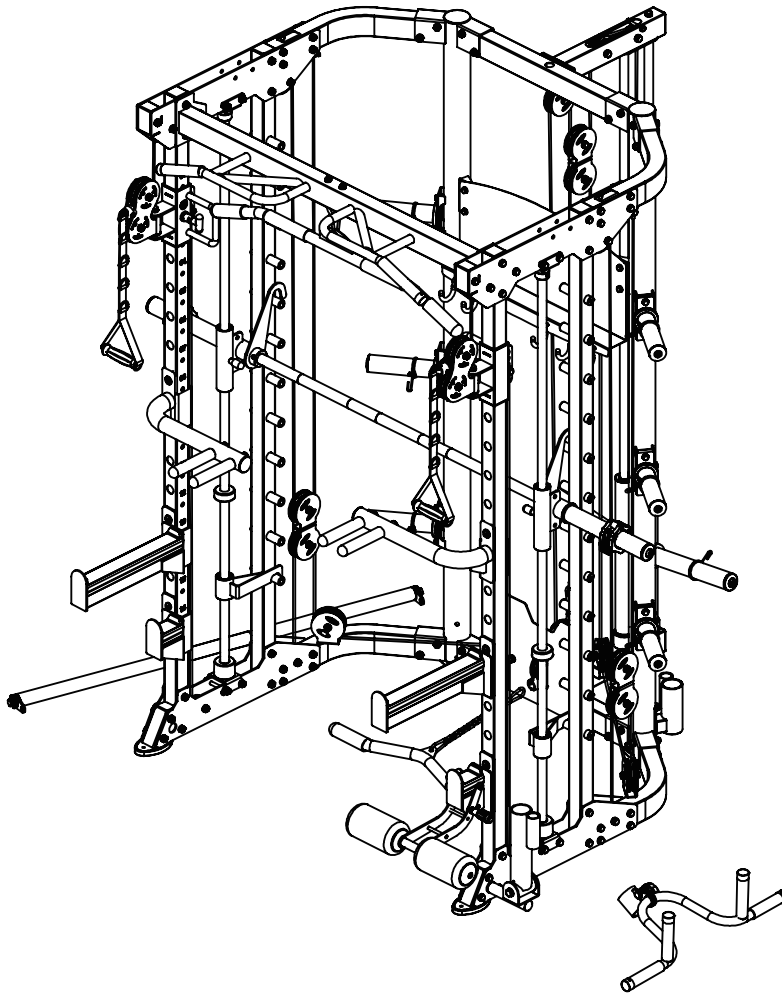


No.	Description	Note	Qty.
79	core trainer		1
136	rotation welding		1
137	powder metallurgy sleeve	$\phi 50 * \phi 25 * 15$	2
138	out hexagon bolt	M12*25	2
40	washer	$\Phi 12$	2
139	rotation bearing	$\phi 25 * M12 * 77$	1

core trainer

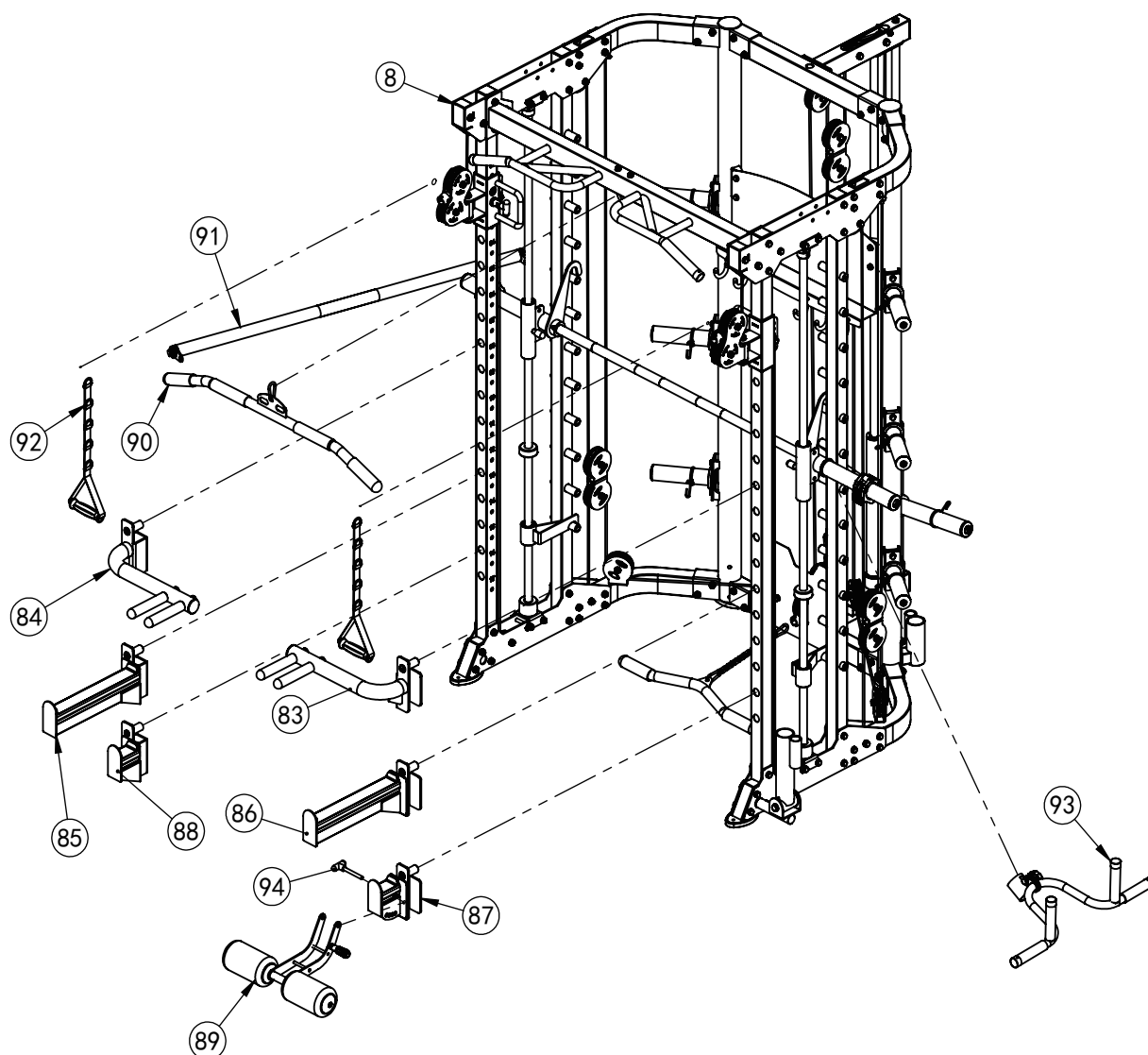
QTY: 1 PCS/SET

Assembly Step-11 Drawing



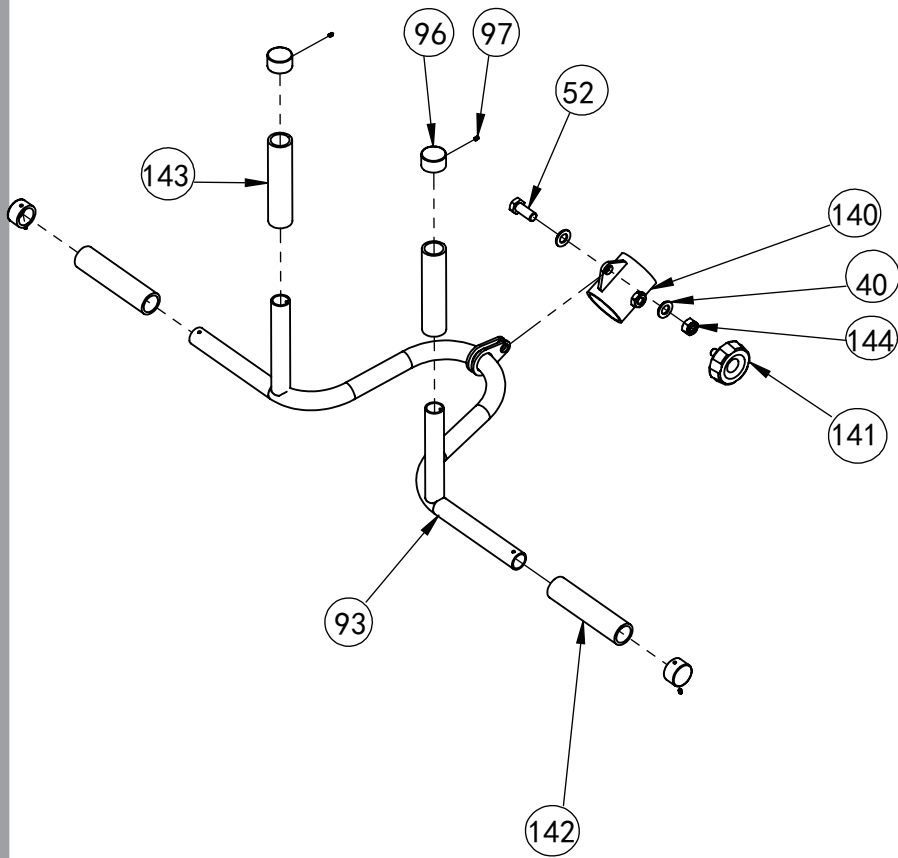
- 1 Connect leg curl tube-95 and barbell rod holder short left-87 using T shape pin-94
- 2 As shown in the figure, put the attached part on the machine.

Assembly Step 11-A



No.	Description	Note	Qty.
83	dip bar left		1
84	dip bar right		1
85	barbell rod holder right		1
86	barbell rod holder left		1
87	barbell rod holder short left		1
88	barbell rod holder short right		1
95	leg curl tube		1
90	long bar		1
91	ship rod		1
92	hand belt		2
93	pull lift device		1
94	T shape pin	Φ10*100	1

Assembly Step 11-B

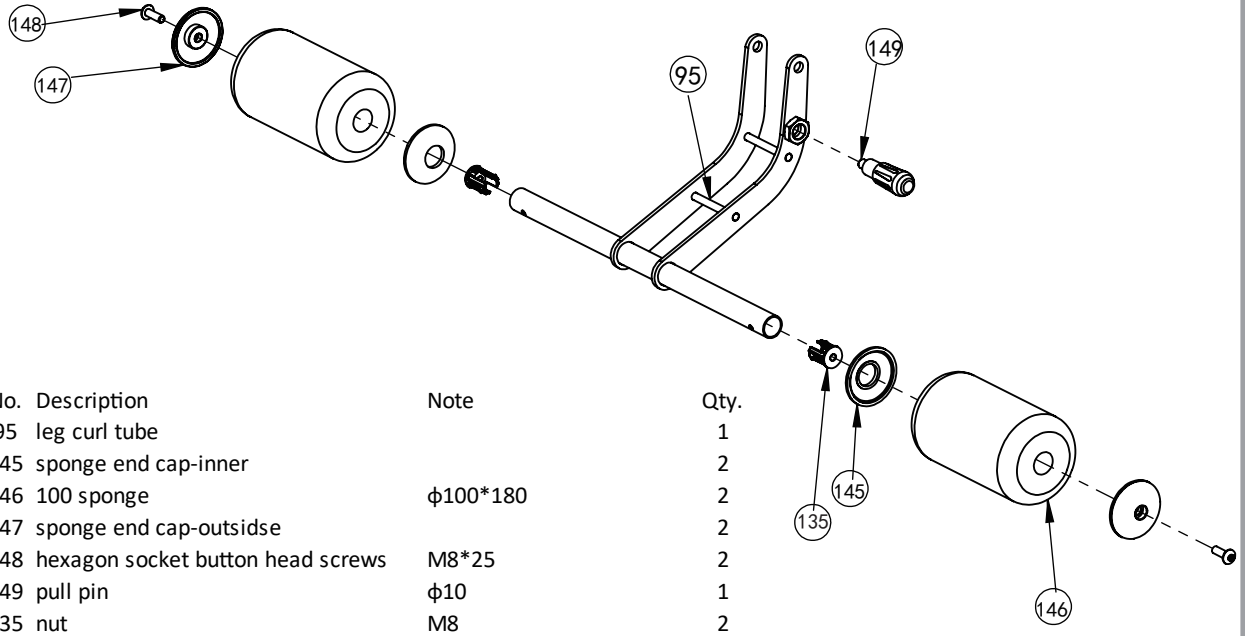


pull lift device

QTY: 1 PCS/SET

No.	Description	Note	Qty.
93	pull lift device		1
140	pull sleeve		1
141	locking spring knob	M10	1
142	straight tube	φ25*150	2
143	straight tube-2	φ25*130	2
96	cover	Φ25	4
97	bolt	M4*5	4
40	washer	Φ12	2
144	lock nut	M12	1
52	hexagon bolt	M12*30	1

Assembly Step 11-C



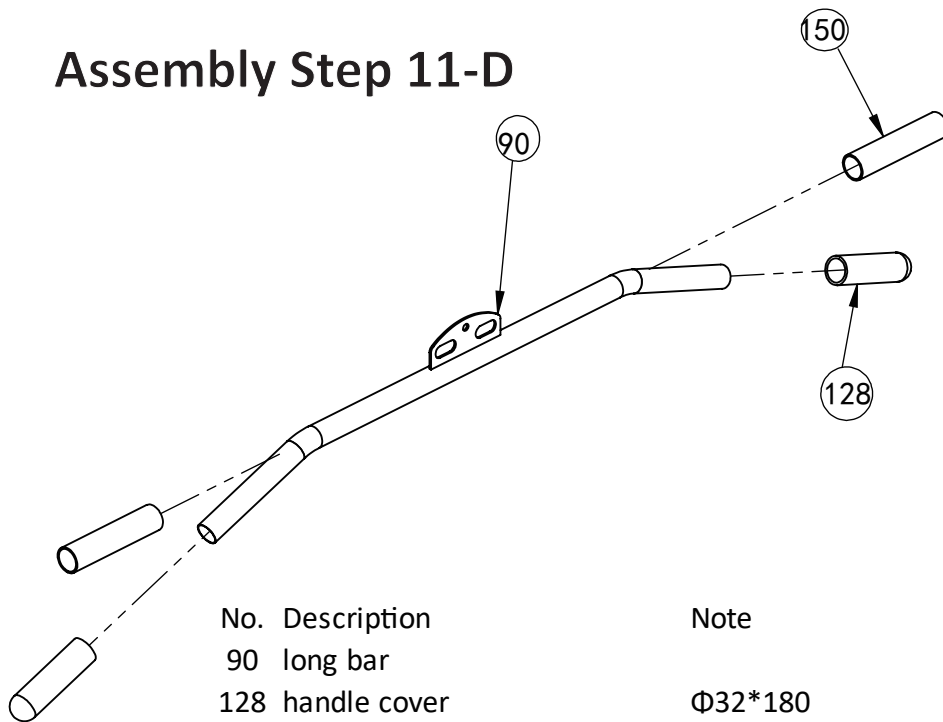
No.	Description	Note
95	leg curl tube	
145	sponge end cap-inner	
146	100 sponge	$\phi 100 \times 180$
147	sponge end cap-outside	
148	hexagon socket button head screws	M8*25
149	pull pin	$\phi 10$
135	nut	M8

Qty.
1
2
2
2
2
2
1
2

leg curl tube

QTY: 1 PCS/SET

Assembly Step 11-D

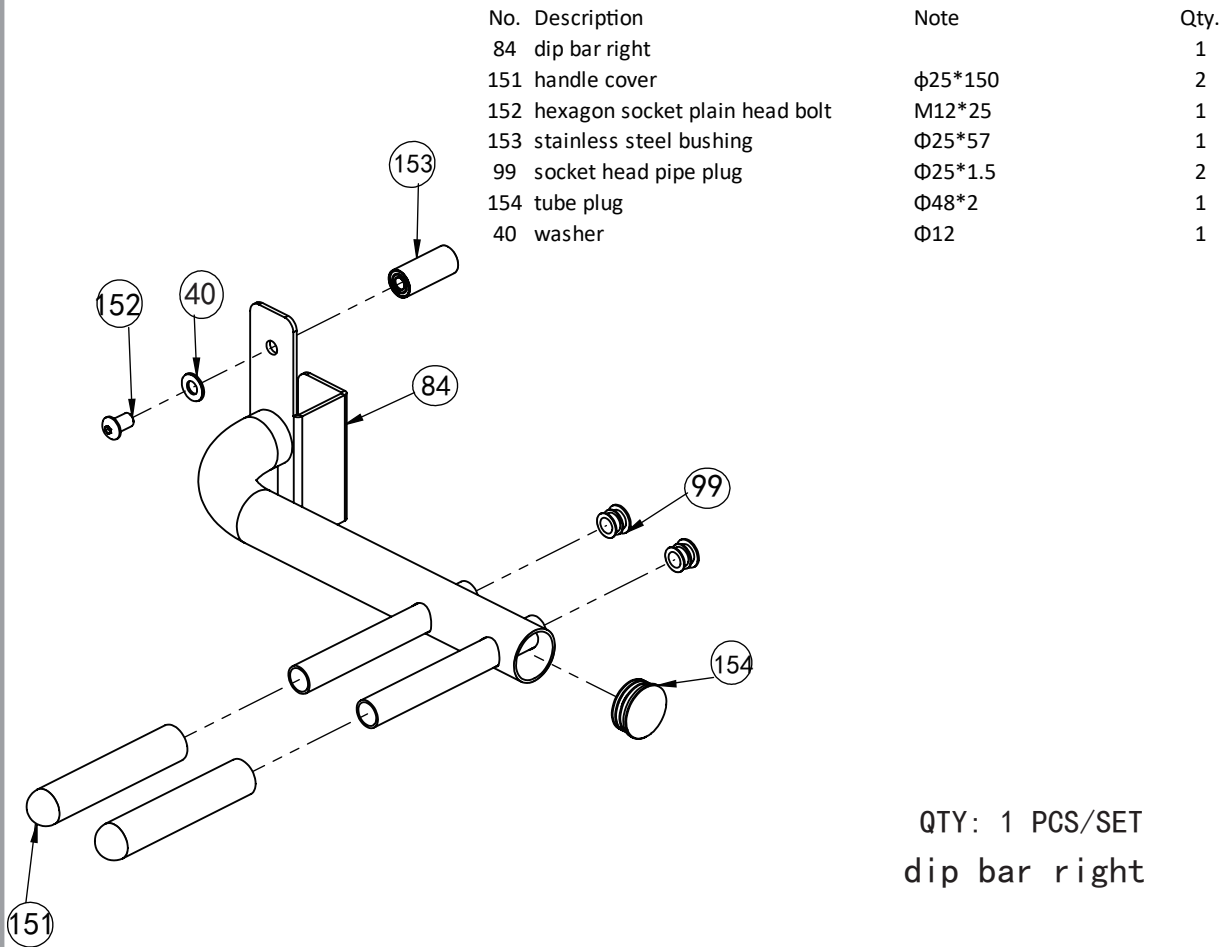


No.	Description	Note	Qty.
90	long bar		1
128	handle cover	$\Phi 32 \times 180$	2
150	handle cover	$\phi 32 \times 130$	2

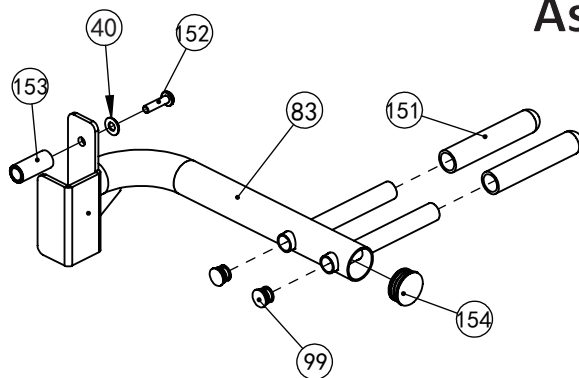
long bar

QTY: 1 PCS/SET

Assembly Step 11-E

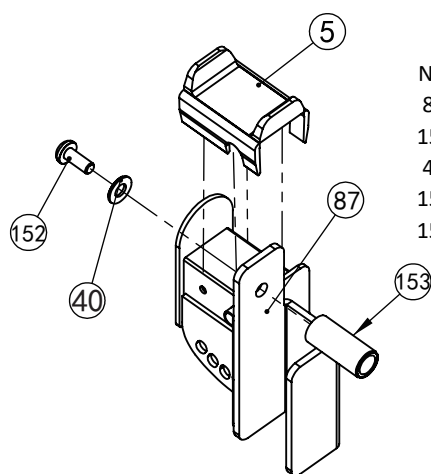


Assembly Step 11-F



		No.	Description	Note	Qty.
dip bar left QTY: 1 PCS/SET		83	dip bar left		1
		151	handle cover	φ25*150	2
		99	socket head pipe plug	φ25*1.5	2
		154	tube plug	φ48*2	1
		153	stainless steel bushing	φ25*57	1
		152	hexagon socket plain head bolt	M12*25	1
		40	washer	φ12	1

Assembly Step 11-G

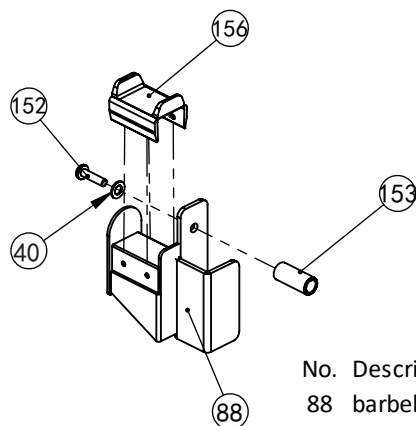


No.	Description	Note	Qty.
87	barbell rod holder short left		1
153	stainless steel bushing	Φ25*57	1
40	washer	Φ12	1
152	hexagon socket plain head bolt	M12*25	1
155	short safety catch outside rubber-open 85mm		1

barbell rod holder short left

QTY: 1 PCS/SET

Assembly Step 11-H

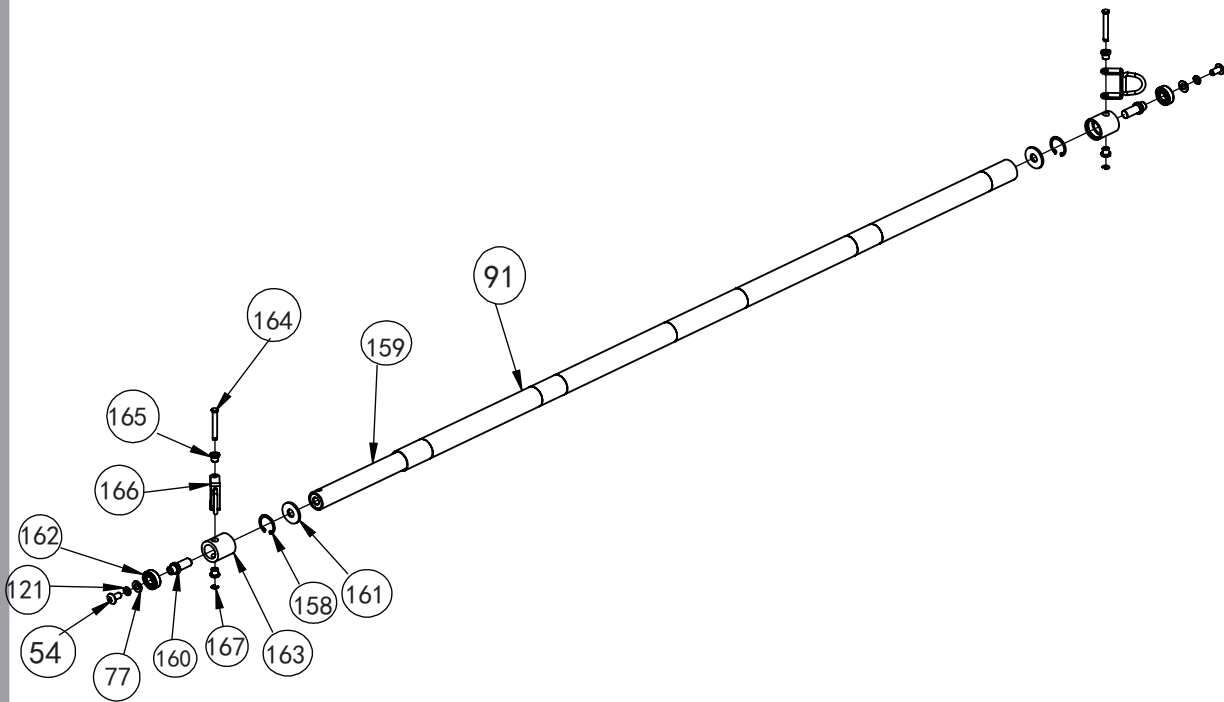


No.	Description	Note	Qty.
88	barbell rod holder short right		1
152	hexagon socket plain head bolt	M12*25	1
153	stainless steel bushing	Φ25*57	1
156	short safety catch outside rubber	85mm	1
40	washer	Φ12	1

barbell rod holder short right

QTY: 1 PCS/SET

Assembly Step 11-I

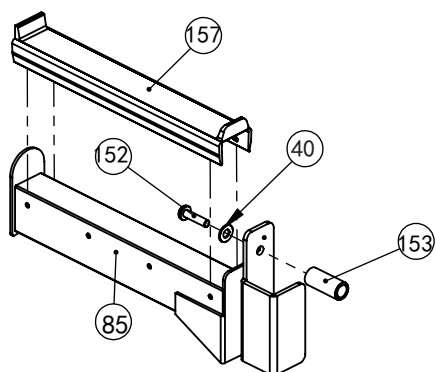


No.	Description	Note	Qty.
91	ship rod		1
158	spring collar	Φ28	2
159	inner pipe		1
160	inner shaft		2
161	washer	Φ33*Φ12*3	2
162	bearing	6001-2RS	2
163	bearing sleeve	Φ33*Φ22*35	2
164	T shape bolt	Φ6.3*50.5	2
165	Tshape bush	Φ13*Φ6.4*10.5	4
166	U shape fastener		2
167	check ring	Φ5	2
54	hexagon socket button head screws	M8*16	2
121	spring washer	Φ8	2
77	washer	Φ8	2

ship rod

QTY: 1 PCS/SET

Assembly Step 11-G

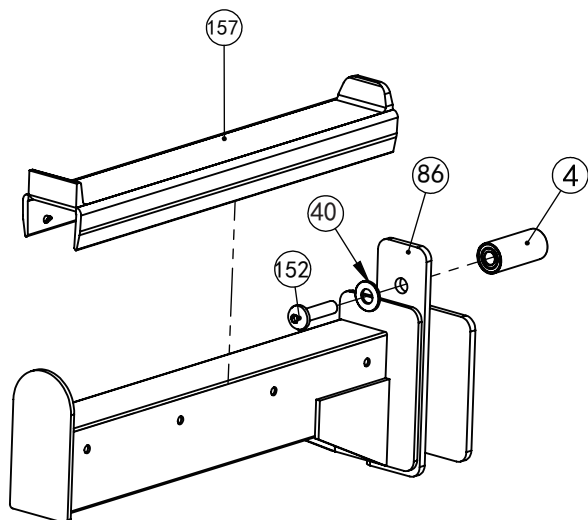


No.	Description	Note	Qty.
85	barbell rod holder right		1
153	stainless steel bushing	Φ25*57	1
152	hexagon socket plain head bolt	M12*25	1
157	long safety catch outside rubber	387mm	1
40	washer	Φ12	1

barbell rod holder right

QTY: 1 PCS/SET

Assembly Step 11-K



barbell rod holder left

QTY: 1 PCS/SET

No.	Description	Note	Qty.
86	barbell rod holder left		1
152	hexagon socket plain head bolt	M12*25	1
40	washer	Φ12	1
153	stainless steel bushing	Φ25*57	1
157	long safety catch outside rubber	387mm	1