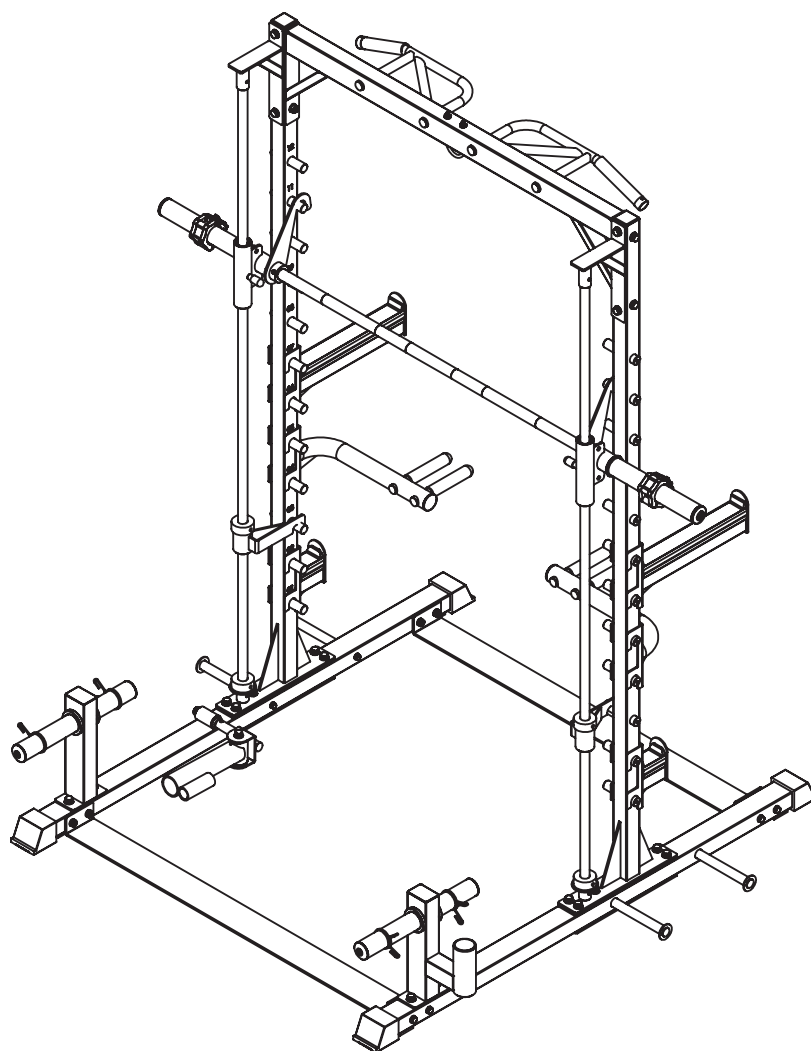




BK-3035(BPSHR)

Smith Half Rack

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

Contents

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Assembly step-2	12-13
Assembly step-3	14-16
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Assembly step-5	21-23
Assembly step-6	24-25
Assembly step-7	26-29
Assembly step-8	30-33

Parts list

NO.	Serial NO.	Description	Note	Qty.
1	BK-3035-1	right base frame		1
2	BK-3035-2	left base frame		1
3	BK-3035-3	tube		4
4	BK-3035-4	gasket	Φ8	6
5	BK-3035-5	hexagon bolt	M8*20	4
6	BK-3035-6	spring gasket	Φ8	4
7	BK-3035-7	connection plate		2
8	BK-3035-8	gasket	Φ10	16
9	BK-3035-9	hexagon bolt	M10*90	8
10	BK-3035-10	lock nut	M10	8
11	BK-3035-11	chip up bar		1
12	BK-3035-12	right upright frame		1
13	BK-3035-13	left upright frame		1
14	BK-3035-14	hexagon bolt	M12*75	8
15	BK-3035-15	gasket	Φ12	32
16	BK-3035-16	spring gasket	Φ12	20
17	BK-3035-17	lock nut	M12	6
18	BK-3035-18	hexagon bolt	M12*25	16
19	BK-3035-19	guide rod	Φ25*2018	2
20	BK-3035-20	rubber cushion	Φ60*Φ26*25	4
21	BK-3035-21	left safety hook		1
22	BK-3035-22	right safety hook		1
23	BK-3035-23	screw	M8*10	4
24	BK-3035-24	barbell rod sleeve		2
25	BK-3035-25	allen bolt	M12*40	2
26	BK-3035-26	sliding tube		1
27	BK-3035-27	barbell rod		2
28	BK-3035-28	chin up bar		2
29	BK-3035-29	left barbell plate holder		1
30	BK-3035-30	core trainer		1
31	BK-3035-31	long barbell rod holder		2
32	BK-3035-32	J hook		2
33	BK-3035-33	dip bar left		1
34	BK-3035-34	dip bar right		1
35	BK-3035-35	butterfly clip	Φ50	4
36	BK-3035-36	barbell rod ring	Φ50	2
37	BK-3035-37	barbell rod lock nut		24
38	BK-3035-38	barbell rod hang rod		24

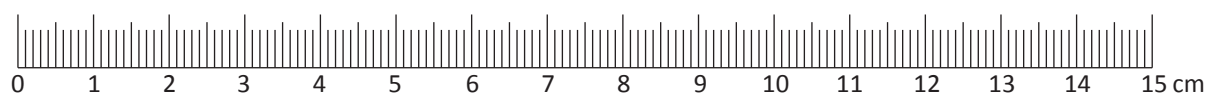
Parts list

39	BK-3035-39	right barbell plate holder		1
40	BK-3035-40	foot cover	□50*70	4
41	BK-3035-41	tube plug	Φ25*2.0	13
42	BK-3035-42	handle cover	Φ32*Φ25*160	2
43	BK-3035-43	end cap	Φ25	2
44	BK-3035-44	screw	M4*3	2
45	BK-3035-45	loop		1
46	BK-3035-46	lock nut	M8	2
47	BK-3035-47	bearing	LM25UU	6
48	BK-3035-48	clasp	Φ40	8
49	BK-3035-49	rubber cushion	Φ25*Φ15*35	2
50	BK-3035-50	bearing	6005-2Z	4
51	BK-3035-51	rod	Φ25*1779	1
52	BK-3035-52	tube	Φ25*1016	1
53	BK-3035-53	hook right		1
54	BK-3035-54	hook left		1
55	BK-3035-55	screw	M6*16	4
56	BK-3035-56	tube plug	Φ50*Φ32.5*35	2
57	BK-3035-57	tube plug	Φ60*Φ26*25	2
58	BK-3035-58	tube	Φ50*0.8*310	2
59	BK-3035-59	tube	Φ48*2.5*298	2
60	BK-3035-60	rubber ring	Φ70*Φ50.5*10	2
61	BK-3035-61	tube plug	□50*70*2.0	2
62	BK-3035-62	tube	Φ50*0.8*150	2
63	BK-3035-63	tube	Φ50*0.8*200	2
64	BK-3035-64	tube	Φ48*1.5*198	2
65	BK-3035-65	nut	M8	4
66	BK-3035-66	tube plug	Φ50*Φ44.8*Φ25.5	4
67	BK-3035-67	tube plug	Φ70*Φ44.8*Φ25.5*30	4
68	BK-3035-68	tube	Φ48*1.5*148	2
69	BK-3035-69	allen bolt	M8*20	4
70	BK-3035-70	frame		1
71	BK-3035-71	barbell rod cup		1
72	BK-3035-72	powder metallurgy sleeve	Φ50*Φ47*Φ25*15	2
73	BK-3035-73	tube plug	Φ25*77-M12	1
74	BK-3035-74	pin	Φ25*86	1
75	BK-3035-75	shaft	Φ22*39.5-M12	1
76	BK-3035-76	ring	Φ25*Φ20*6	1
77	BK-3035-77	rubber cover	387	2

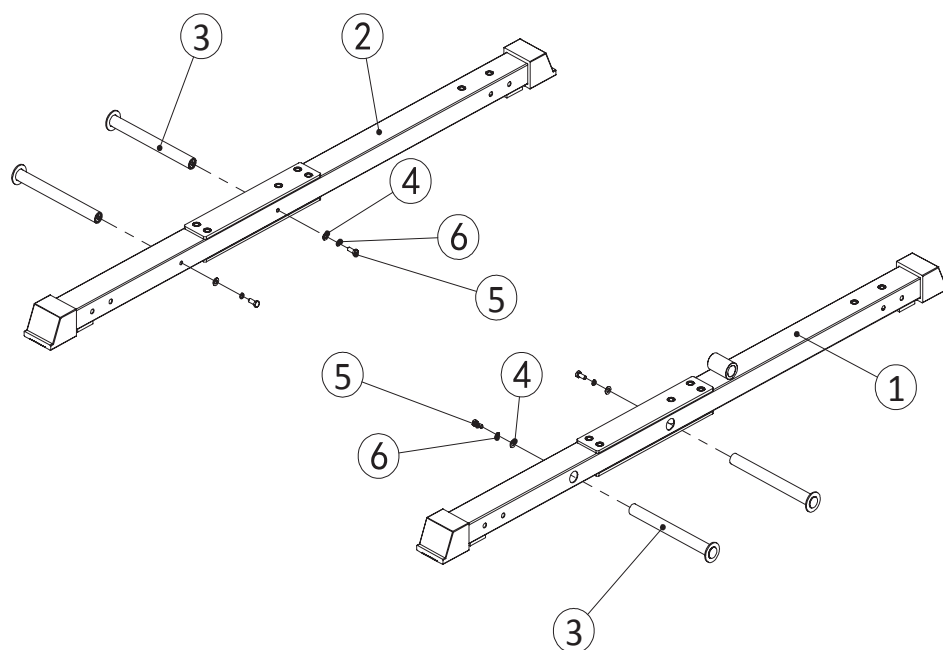
Parts list

78	BK-3035-78	rubber	85	2
79	BK-3035-79	handle cover	Φ25*140	4
80	BK-3035-80	tube plug	Φ48*2	2

Bolt length meter

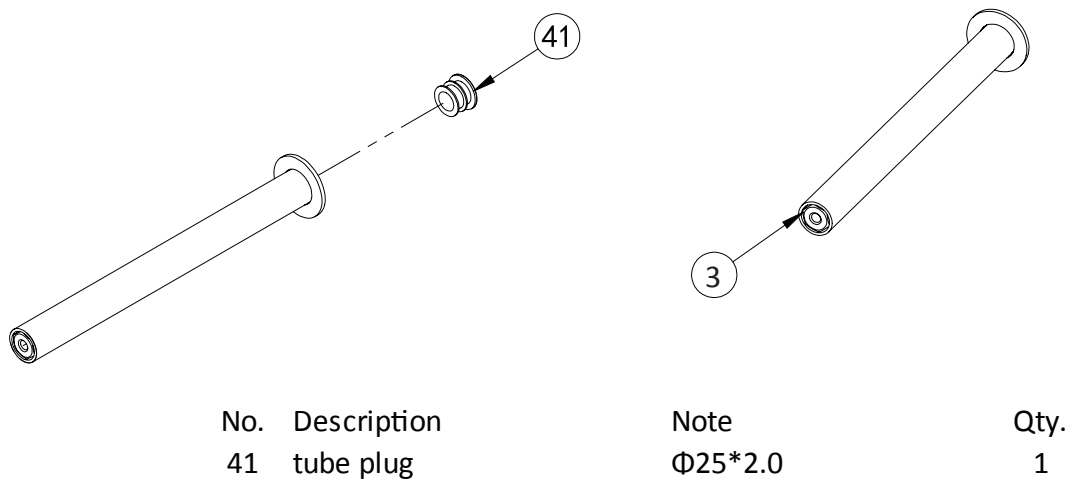
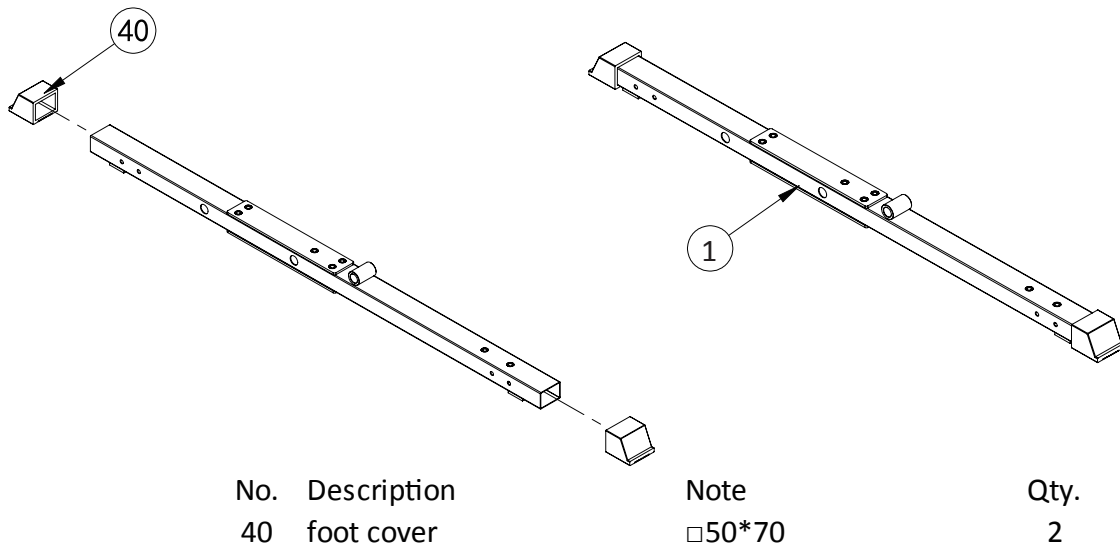
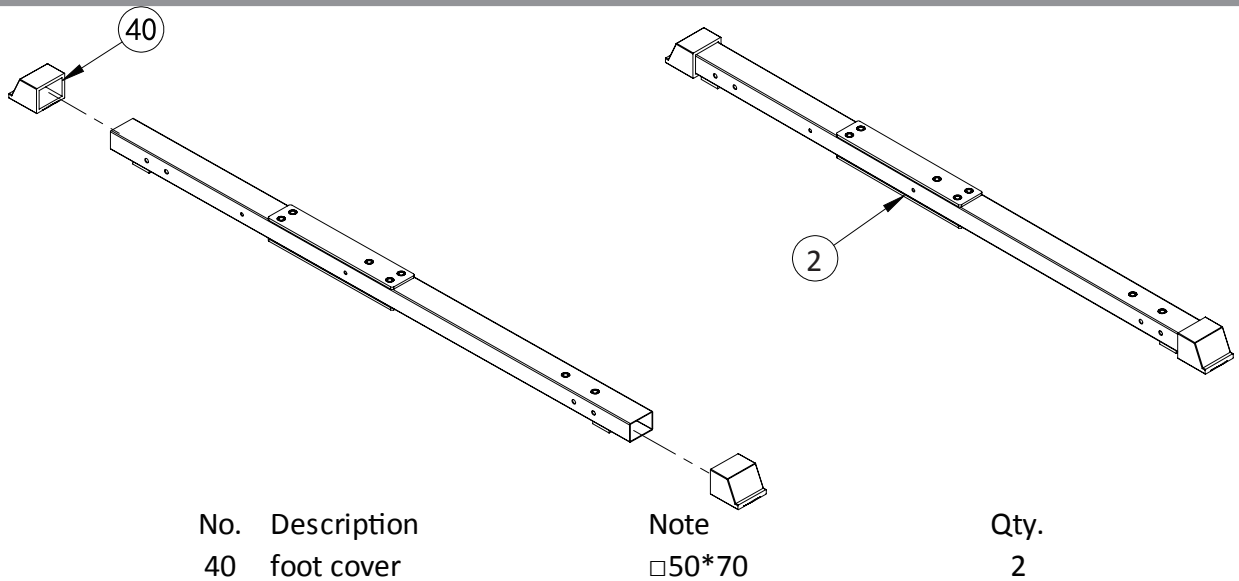


Assembly step-1 explosion drawing

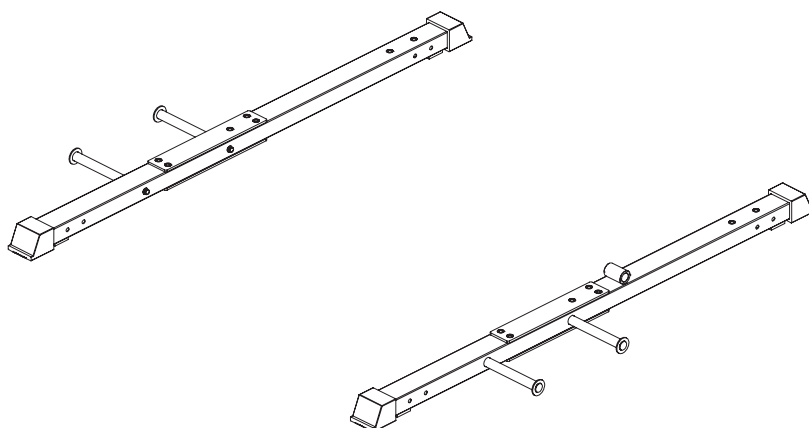


No.	Description	Note	Qty.
1	right base frame		1
2	left base frame		1
3	tube		4
4	gasket	Φ8	4
5	hexagon bolt	M8*20	4
6	spring gasket	Φ8	4

Factory assembly explosion drawing



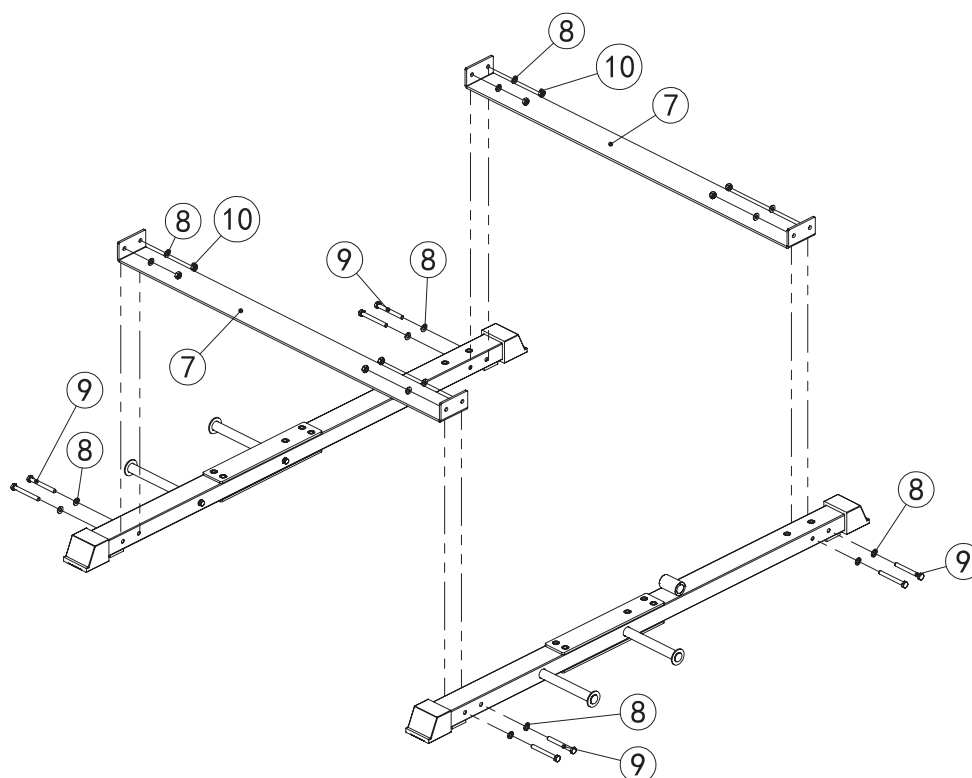
Assembly step-1 drawing



Assembly step-1 installation instruction

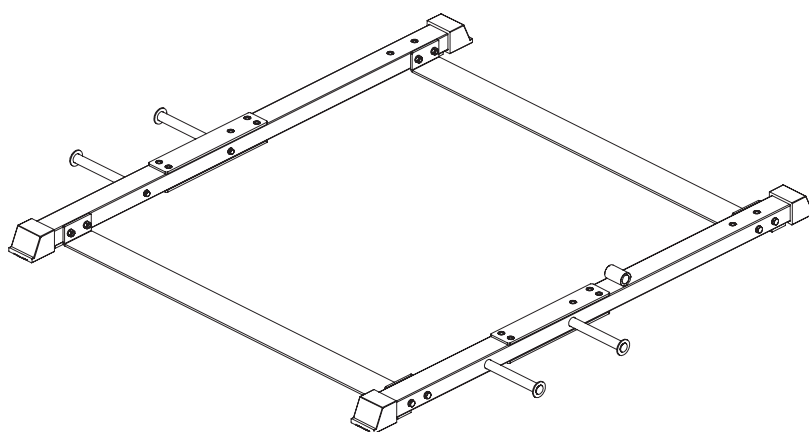
Put the band hook tube-3 through the right ground frame-1 and left ground frame-2, fix them with $\Phi 8$ gasket-4, $\Phi 8$ spring gasket-6, M8*20 hexagon bolt-5.

Assembly step-2 explosion drawing



No.	Description	Note	Qty.
7	connection plate		2
8	gasket	Φ10	16
9	hexagon bolt	M10*90	8
10	lock nut	M10	8

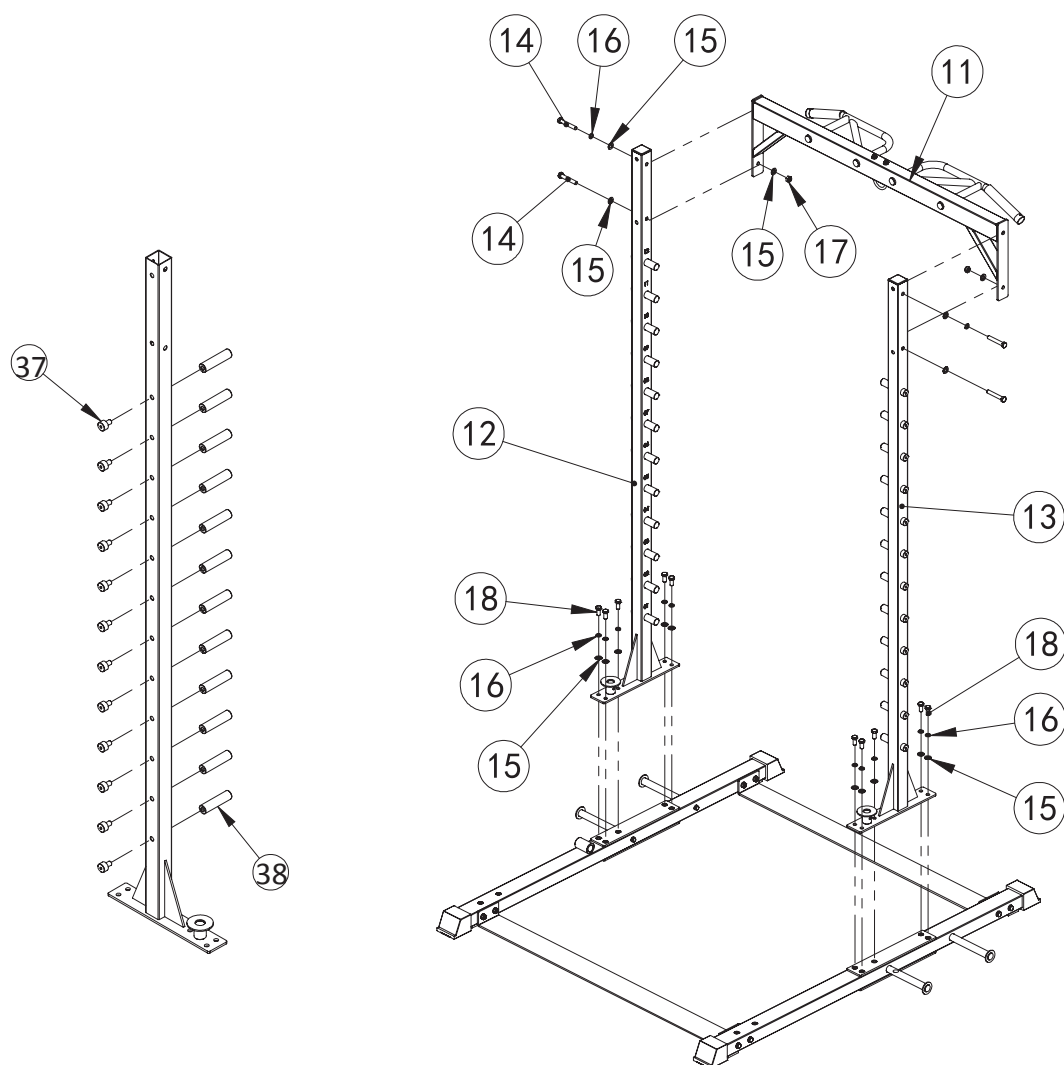
Assembly step-2 drawing



Assembly step-2 installation instruction

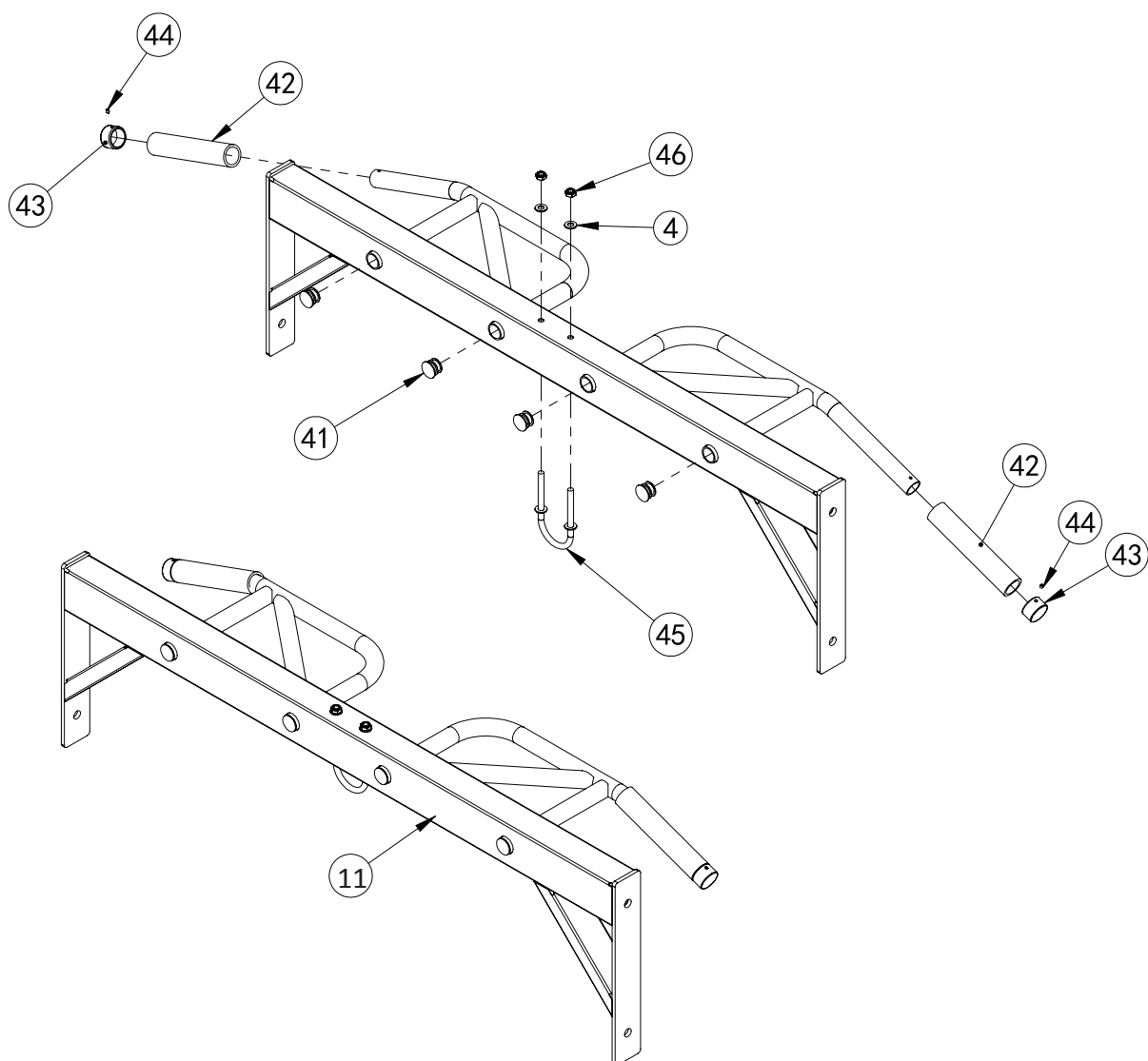
Fix connection plate-7 with the right and left base frame using $\Phi 10$ gasket-8, M10*90 hexagon bolt-9 and M10 lock nut-10.

Assembly step-3 explosion drawing



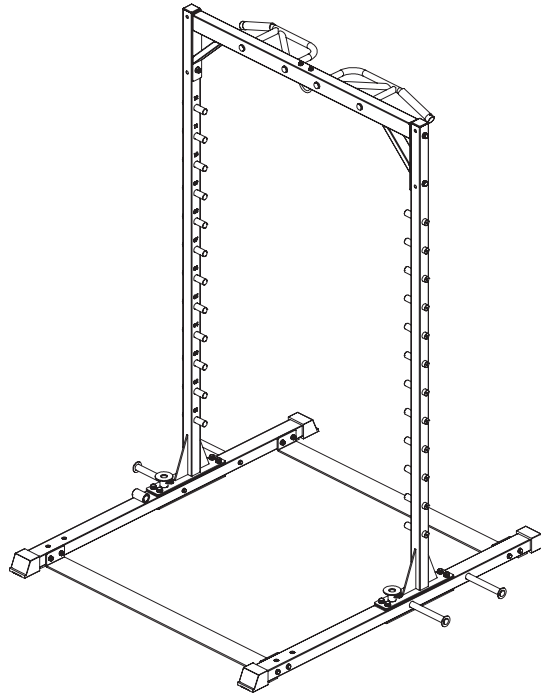
No.	Description	Note	Qty.
11	chip up bar		1
12	right upright frame		1
13	left upright frame		1
14	hexagon bolt	M12*75	4
15	gasket	Φ12	16
16	spring gasket	Φ12	12
17	lock nut	M12	2
18	hexagon bolt	M12*25	10
37	barbell rod lock nut		24
38	barbell rod hang rod		24

Factory assembly explosion drawing



No.	Description	Note	Qty.
4	gasket	Φ8	2
41	tube plug	Φ25*2.0	4
42	handle cover	Φ32*Φ25*160	2
43	end cap	Φ25	2
44	screw	M4*3	2
45	loop		1
46	lock nut	M8	2

Assembly step-3 drawing

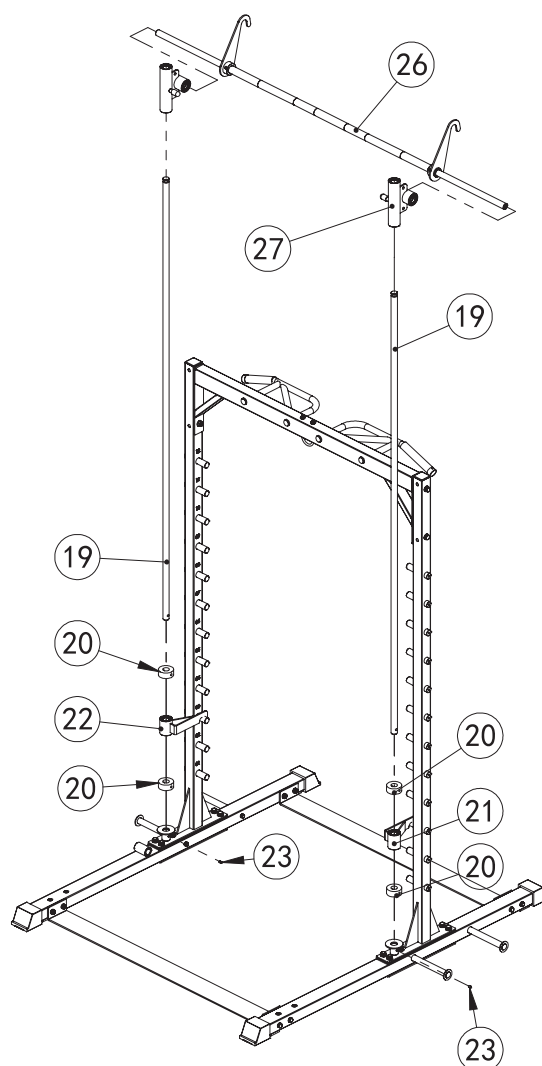


Assembly step-3 installation instruction

- 1 Fix barbell rod lock nut-37 and barbell rod hang rod-38 into the right upright frame-12 and left upright frame-13.
- 2 Fix the right upright frame-12 and left upright frame-13 fastening on the main frame using $\Phi 12$ gasket-15, $\Phi 12$ spring gasket-16 and M12*25 hexagon bolt-18.
- 3 Fix the chip up bar-11 fastening on the upright frame using $\Phi 12$ gasket-15, $\Phi 12$ spring gasket-16, M12*75 hexagon bolt-14.

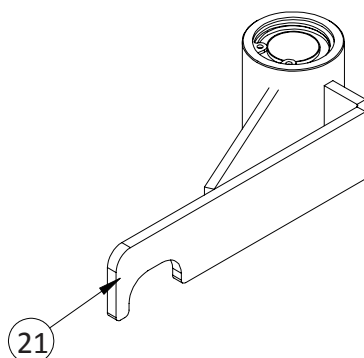
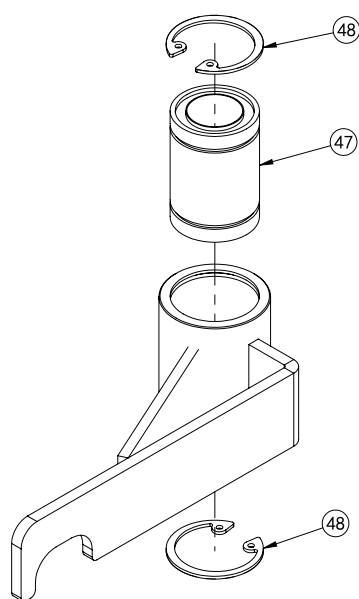
The right and left side please assemble them in above same way.

Assembly step-4 explosion drawing

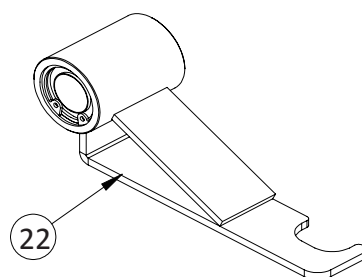
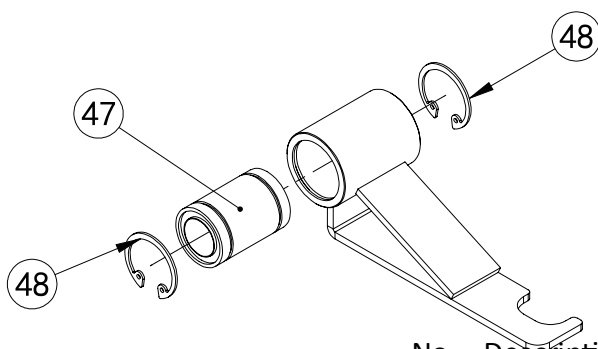


No.	Description	Note	Qty.
19	guide rod	Φ25*2018	2
20	rubber cushion	Φ60*Φ26*25	4
21	left safety hook		1
22	right safety hook		1
23	screw	M8*10	2
27	sliding tube		2
26	barbell rod		1

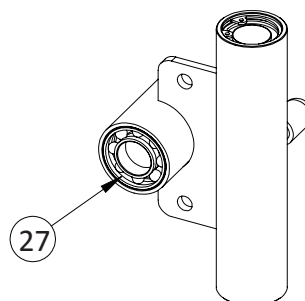
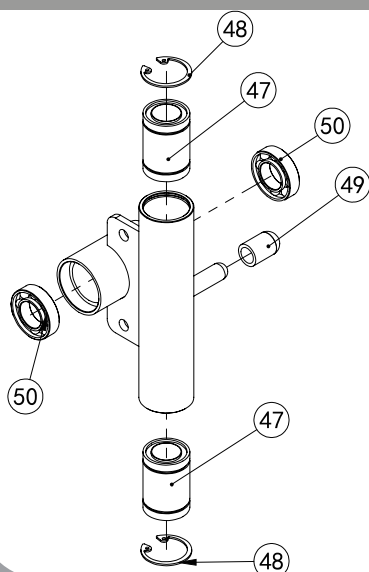
Factory assembly explosion drawing



No.	Description	Note	Qty.
47	bearing	LM25UU	1
48	clasp	Φ40	2

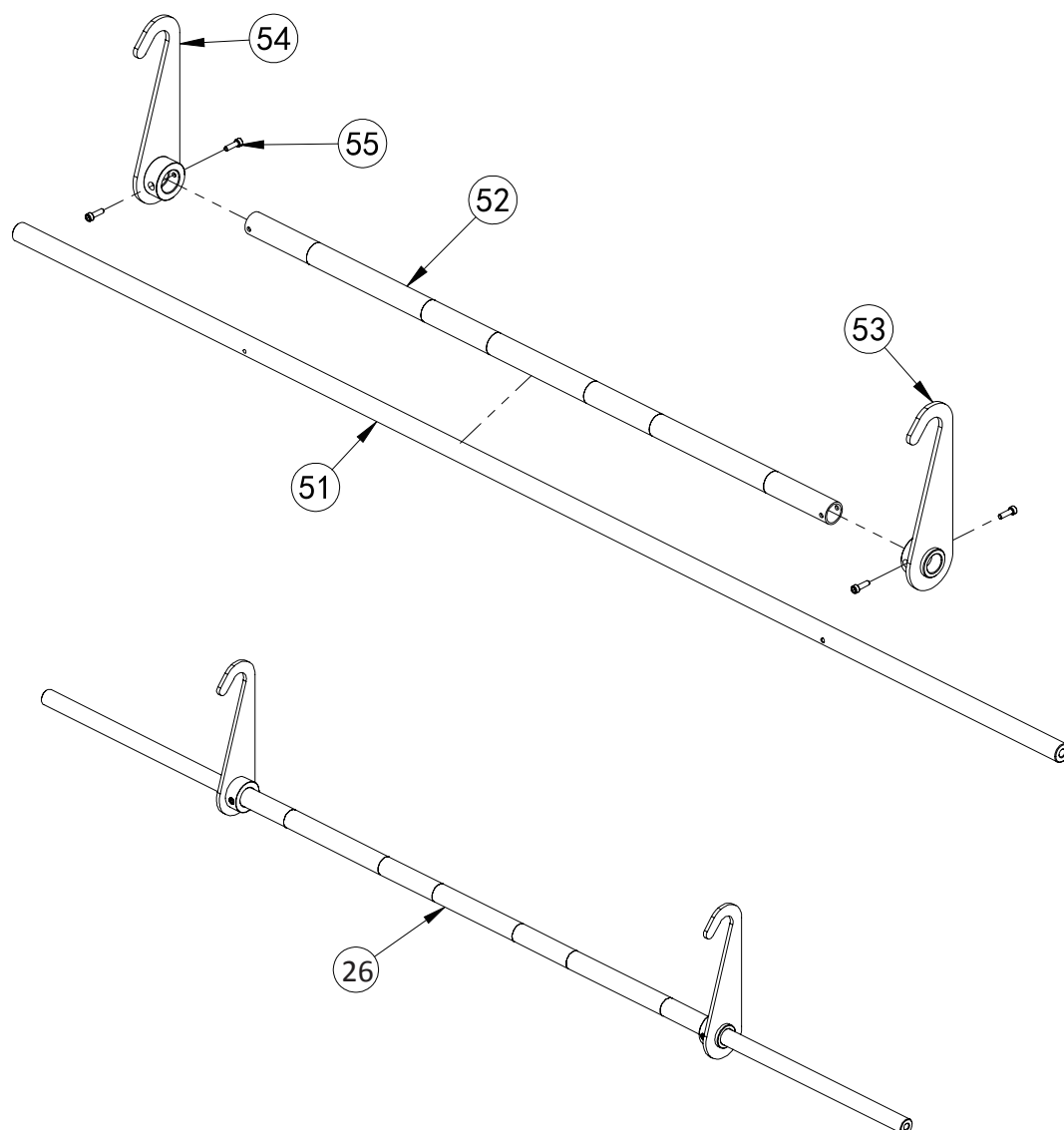


No.	Description	Note	Qty.
47	bearing	LM25UU	1
48	clasp	Φ40	2



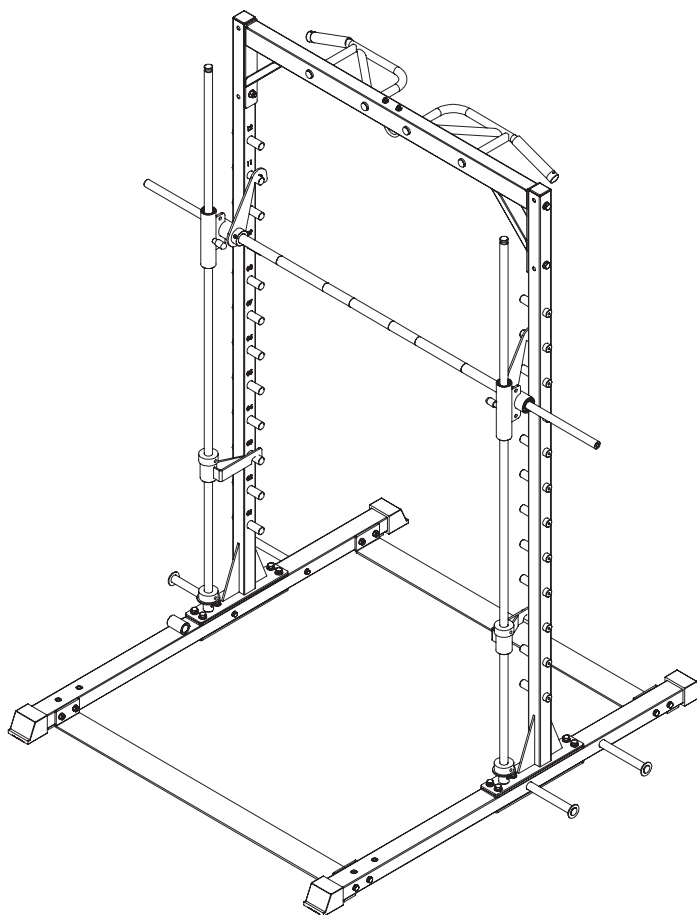
No.	Description	Note	Qty.
47	bearing	LM25UU	2
48	clasp	Φ40	2
49	rubber cushion	Φ25*Φ15*35	1
50	bearing	6005-2Z	2

Factory assembly explosion drawing



No.	Description	Note	Qty.
51	rod	Φ25*1776	1
52	tube	Φ25*1016	1
53	hook right		1
54	hook left		1
55	screw	M6*16	4

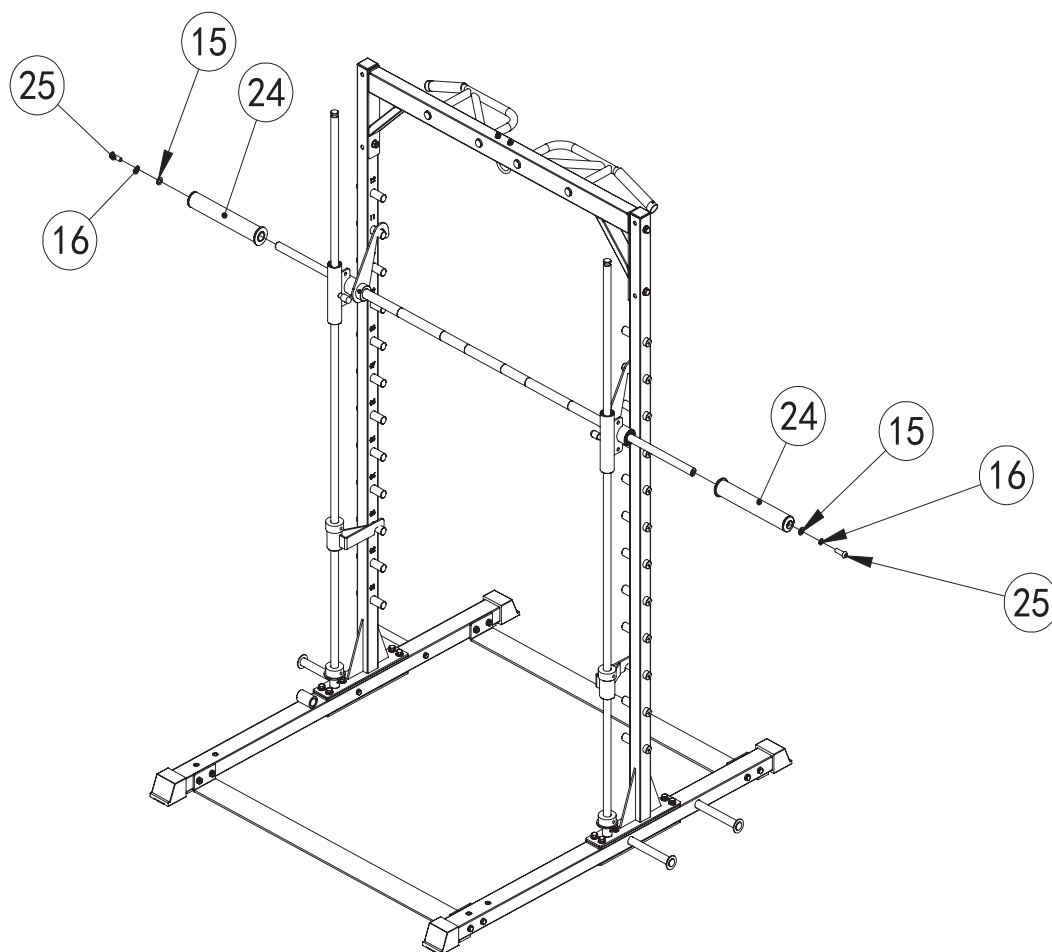
Assembly step-4 drawing



Assembly step-4 installation instruction

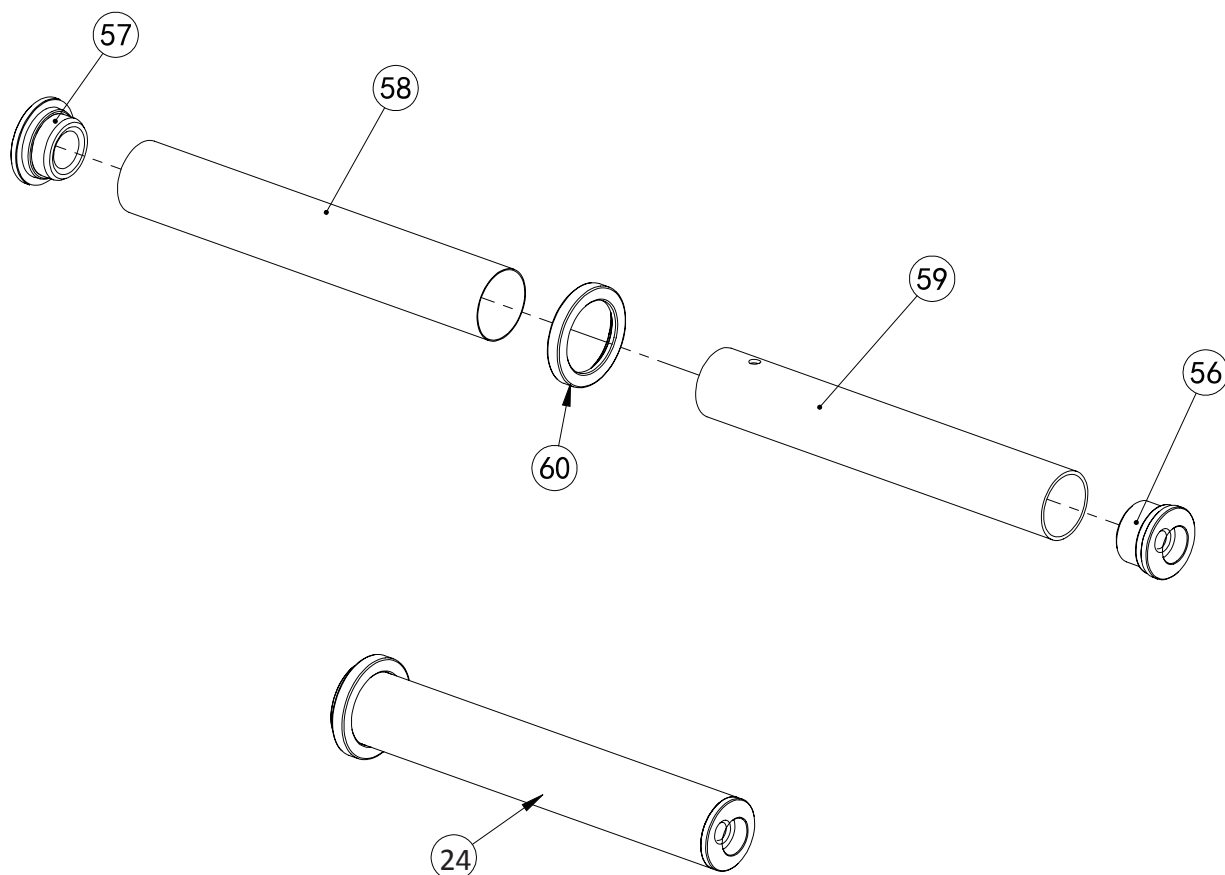
- 1 Combine the sliding tube-27, barbell rod-26 and guide rod-19.
- 2 As shown in the figure, assemble rubber cushion-20, left safety hook-21 and rubber cushion-20 into the guide rod-19 in turn, and then assemble them into the main frame, using M8*10 allen bolt-23 to fix them.
- 3 The right and left side please assemble them in above same way.
- 4 **CAUTION:** when you combine the sliding tube-27 through the barbell rod-26, please make sure put the right and left sliding tube at the same time, please keep them parallel into the guide rod to avoid damaging the bearing.

Assembly step-5 explosion drawing



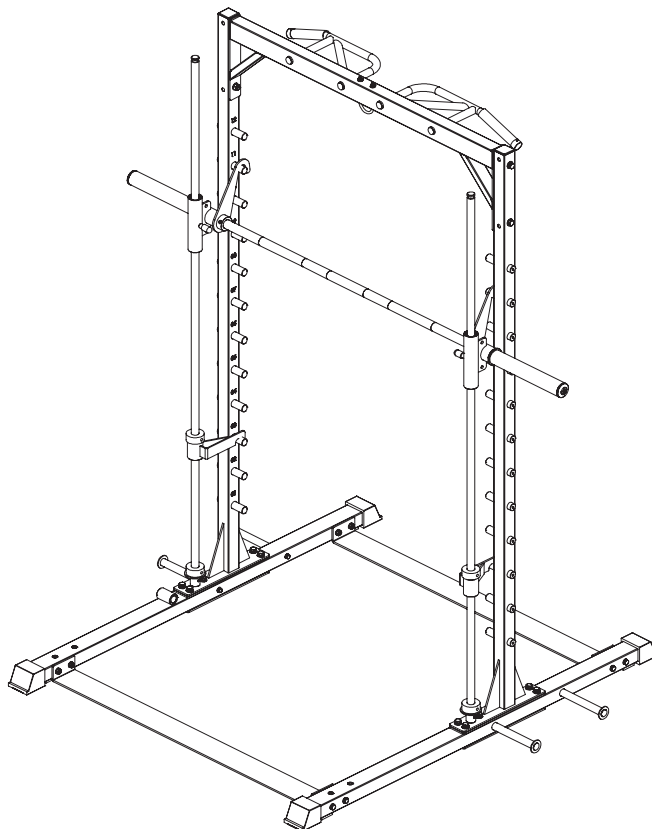
No.	Description	Note	Qty.
24	barbell rod sleeve		2
25	allen bolt	M12*40	2
16	spring gasket	Φ12	2
15	gasket	Φ12	2

Factory assembly explosion drawing



No.	Description	Note	Qty.
56	tube plug	$\Phi 50 * \Phi 32.5 * 35$	1
57	tube plug	$\Phi 60 * \Phi 26 * 25$	1
58	tube	$\Phi 50 * 0.8 * 310$	1
59	tube	$\Phi 48 * 2.5 * 298$	1
60	rubber ring	$\Phi 70 * \Phi 50.5 * 10$	1

Assembly step-5 drawing

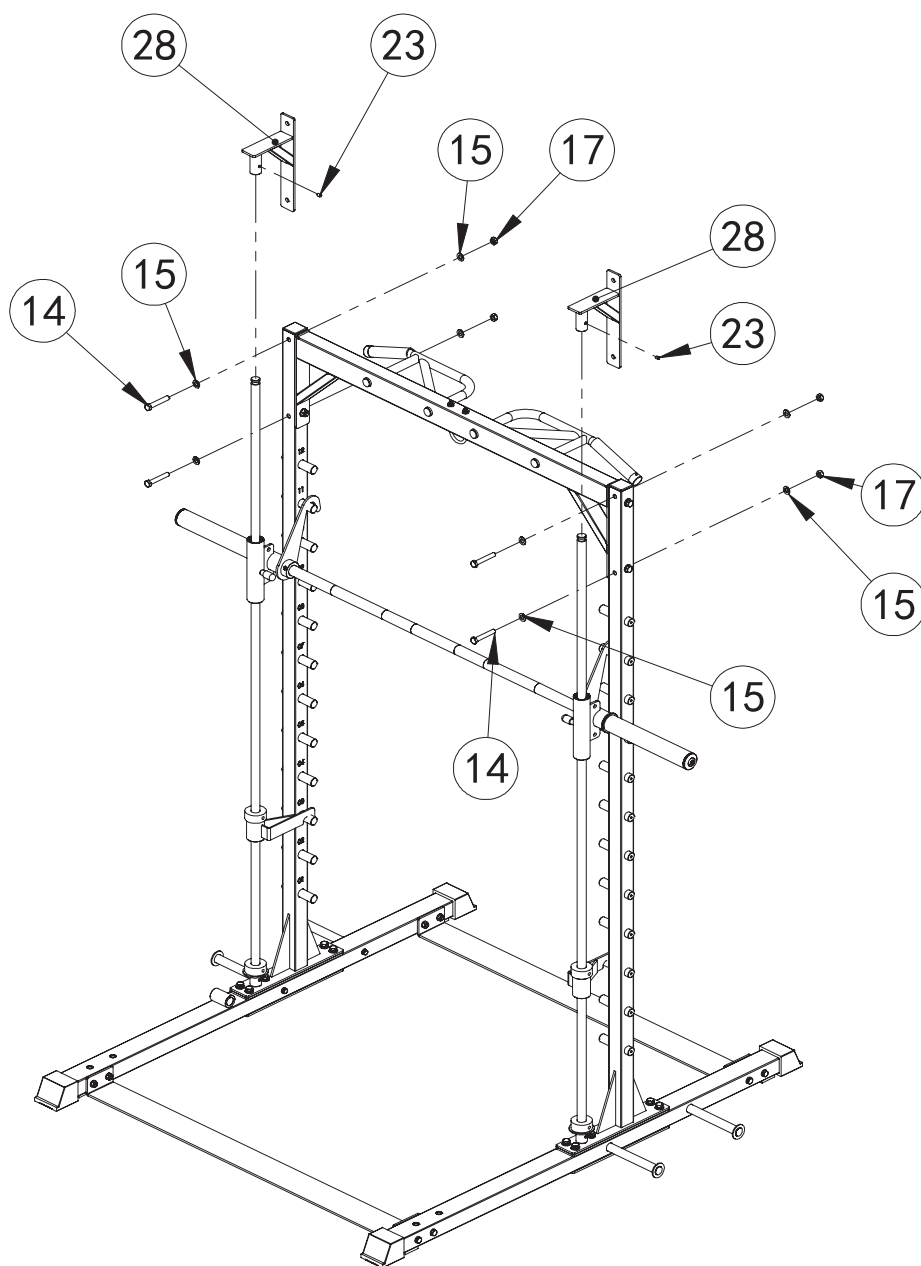


Assembly step-5 installation instruction

Fix barbell rod sleeve-24 fastening on the barbell rod-26 using $\Phi 12$ gasket-15, $\Phi 12$ spring gasket-16 and M12*40 allen bolt-25.

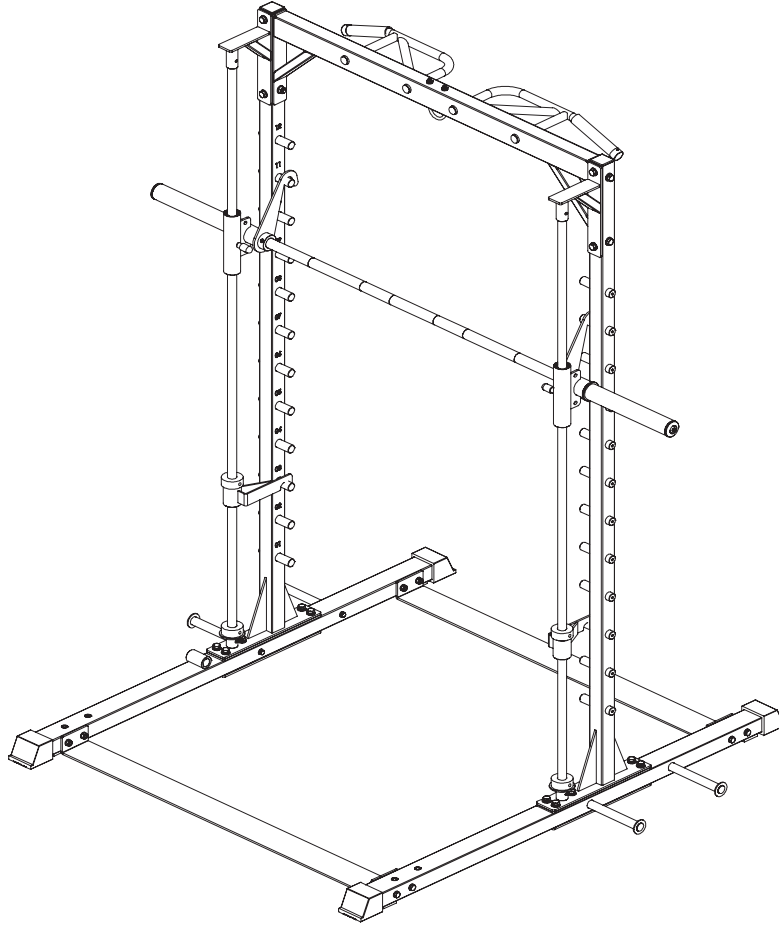
The right and left side please assemble them in above same way.

Assembly step-6 explosion drawing



No.	Description	Note	Qty.
28	chin up bar		2
14	hexagon bolt	M12*75	4
15	gasket	Φ12	8
17	lock nut	M12	4
23	screw	M8*10	2

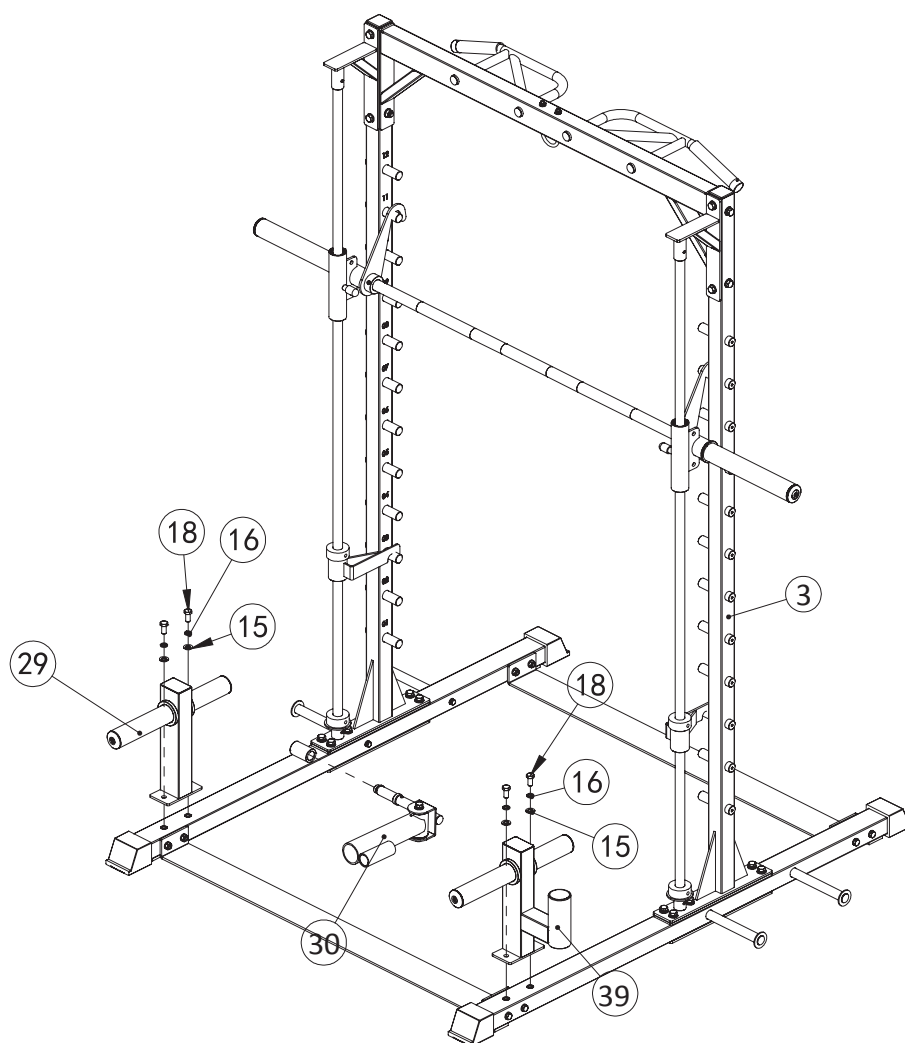
Assembly step-6 drawing



Assembly step-6 installation instruction

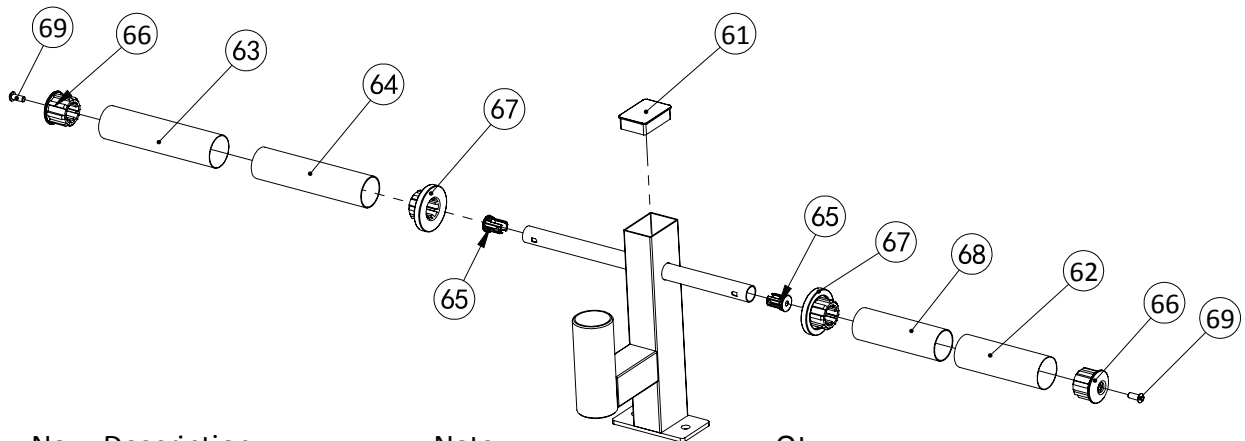
- 1 Fix chin up bar-28 fastening on main frame using M8*10 allen bolt-23, M12*75 hexagon bolt-14, $\Phi 12$ gasket-15 and M12 lock nut-17.
- 2 The right and left side please assemble them in above same way.

Assembly step-7 explosion drawing

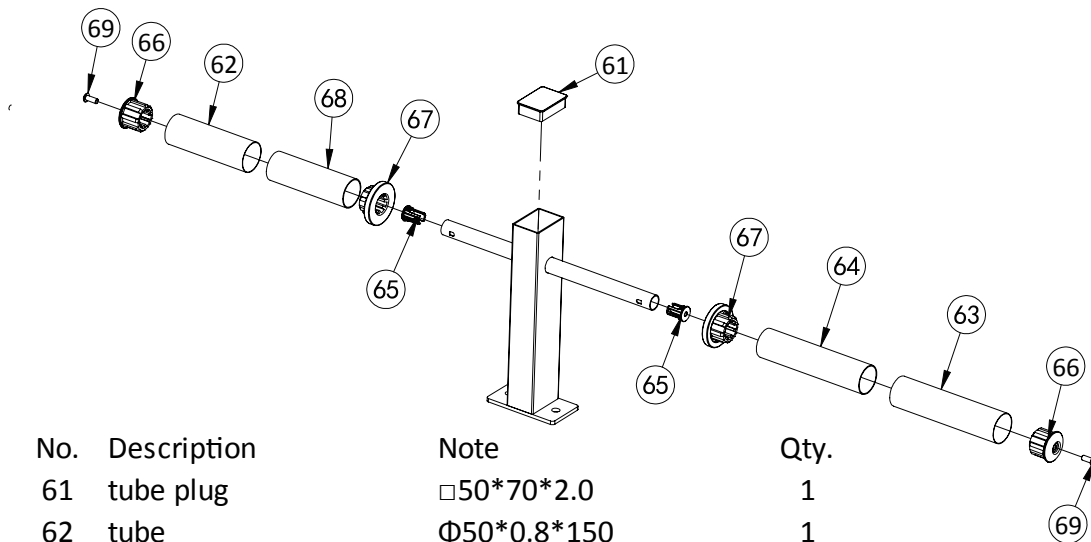
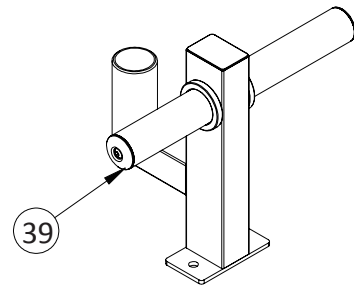


No.	Description	Note	Qty.
39	right barbell plate holder		1
29	left barbell plate holder		1
30	core trainer		1
18	hexagon bolt	M12*25	4
15	gasket	Φ12	4
16	spring gasket	Φ12	4

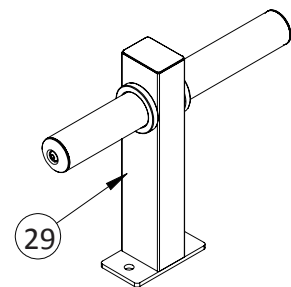
Factory assembly explosion drawing



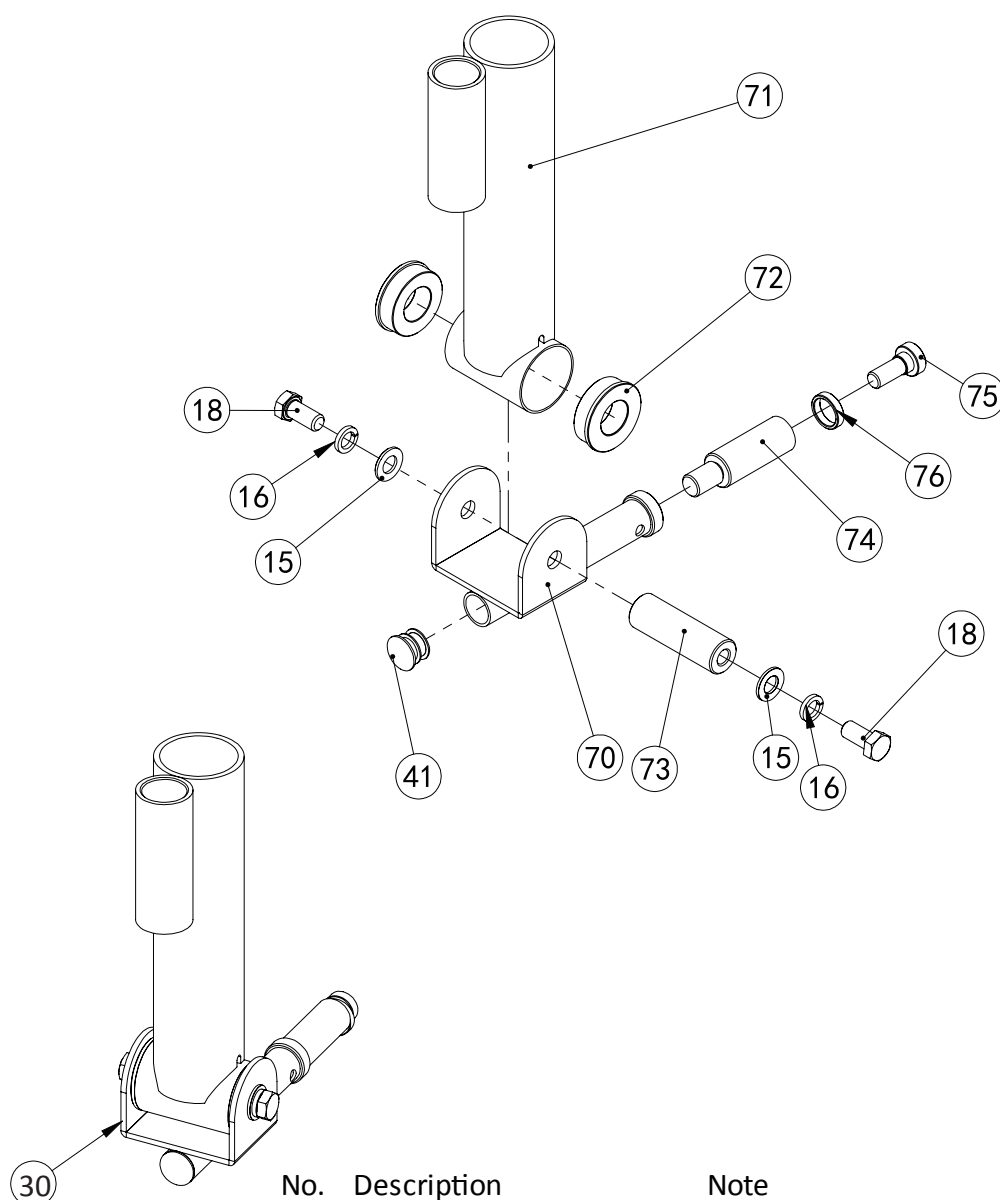
No.	Description	Note	Qty.
61	tube plug	□50*70*2.0	1
62	tube	Φ50*0.8*150	1
63	tube	Φ50*0.8*200	1
64	tube	Φ48*1.5*198	1
65	nut	M8	2
66	tube plug	Φ50*Φ44.8*Φ25.5	2
67	tube plug	Φ70*Φ44.8*Φ25.5*30	2
68	tube	Φ48*1.5*148	1
69	allen bolt	M8*20	2



No.	Description	Note	Qty.
61	tube plug	□50*70*2.0	1
62	tube	Φ50*0.8*150	1
63	tube	Φ50*0.8*200	1
64	tube	Φ48*1.5*198	1
65	nut	M8	2
66	tube plug	Φ50*Φ44.8*Φ25.5	2
67	tube plug	Φ70*Φ44.8*Φ25.5*30	2
68	tube	Φ48*1.5*148	1
69	allen bolt	M8*20	2

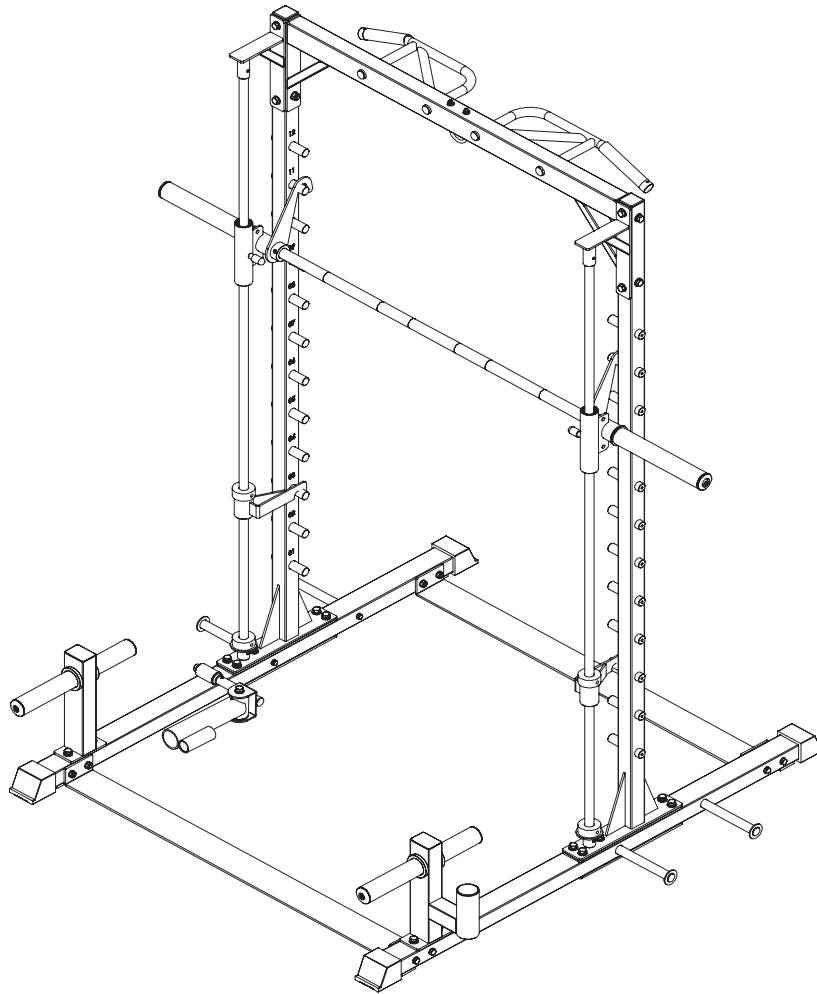


Factory assembly explosion drawing



No.	Description	Note	Qty.
15	gasket	Φ12	2
16	spring gasket	Φ12	2
18	hexagon bolt	M12*25	2
41	tube plug	Φ25*2.0	1
70	frame		1
71	barbell rod cup		1
72	powder metallurgy sleeve	Φ50*Φ47*Φ25*15	2
73	tube plug	Φ25*77-M12	1
74	pin	Φ25*86	1
75	shaft	Φ22*39.5-M12	1
76	ring	Φ25*Φ20*6	1

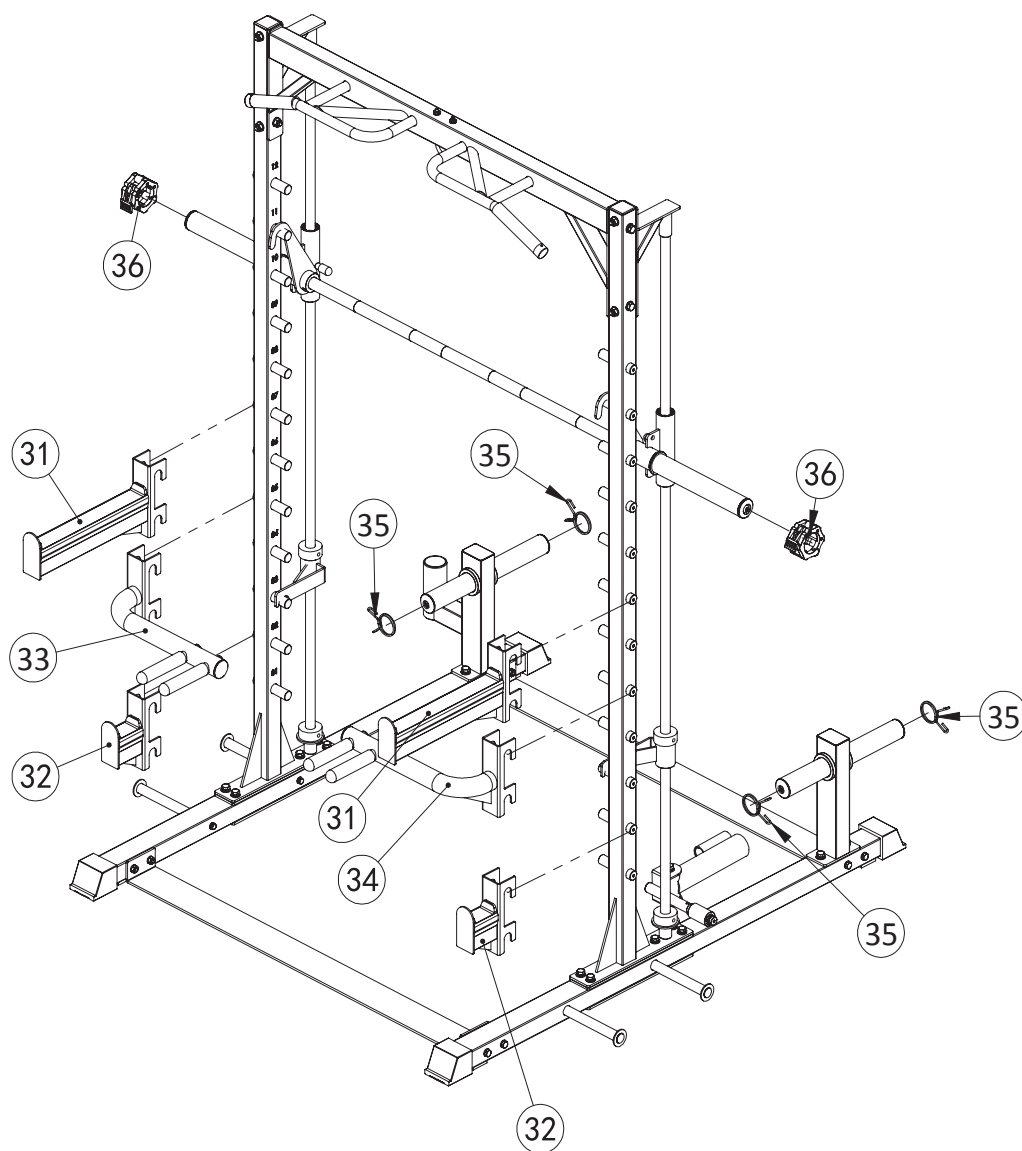
Assembly step-7 drawing



Assembly step-7 installation instruction

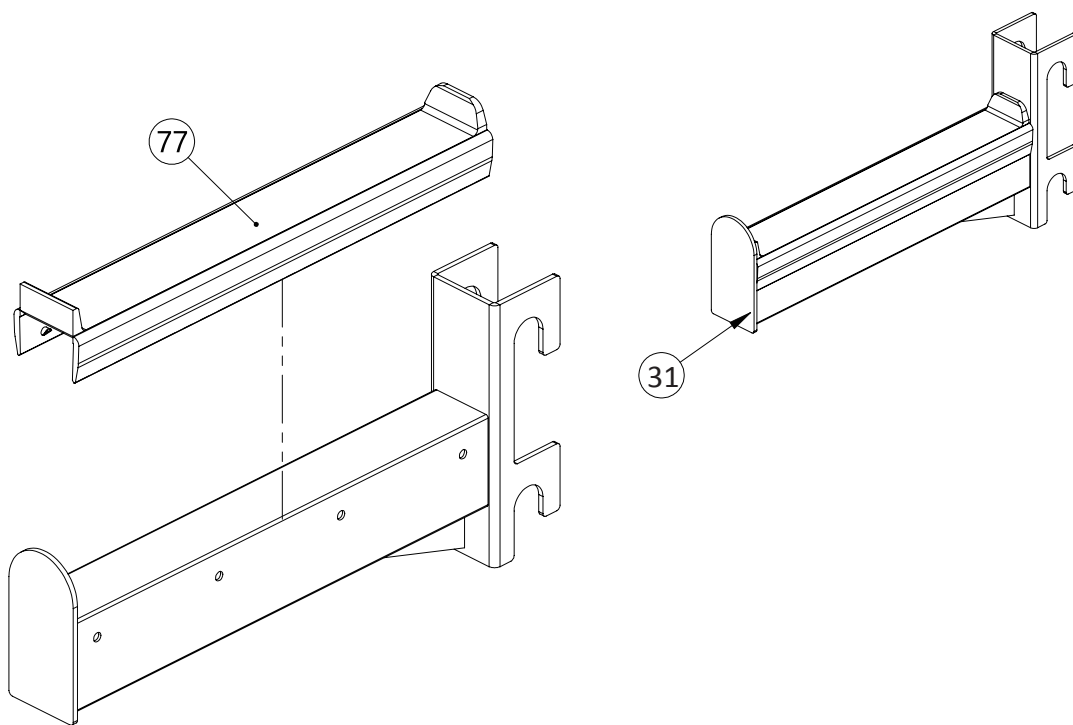
- 1 Assemble the core trainer-30 onto the main body as shown in the figure. The positioning ring is provided on the core trainer-30.
The positioning clip plays a locking role under the action of gravity.
- 2 Fix left barbell plate holder-29 and right barbell plate holder-39 fastening on the main frame using $\Phi 12$ gasket-15, $\Phi 12$ spring gasket-16 and M12*25 hexagon bolt-18.

Assembly step-8 explosion drawing



No.	Description	Note	Qty.
31	long barbell rod holder		2
32	J hook		2
33	dip bar left		1
34	dip bar right		1
35	butterfly clip	Φ50	4
36	barbell rod ring	Φ50	2

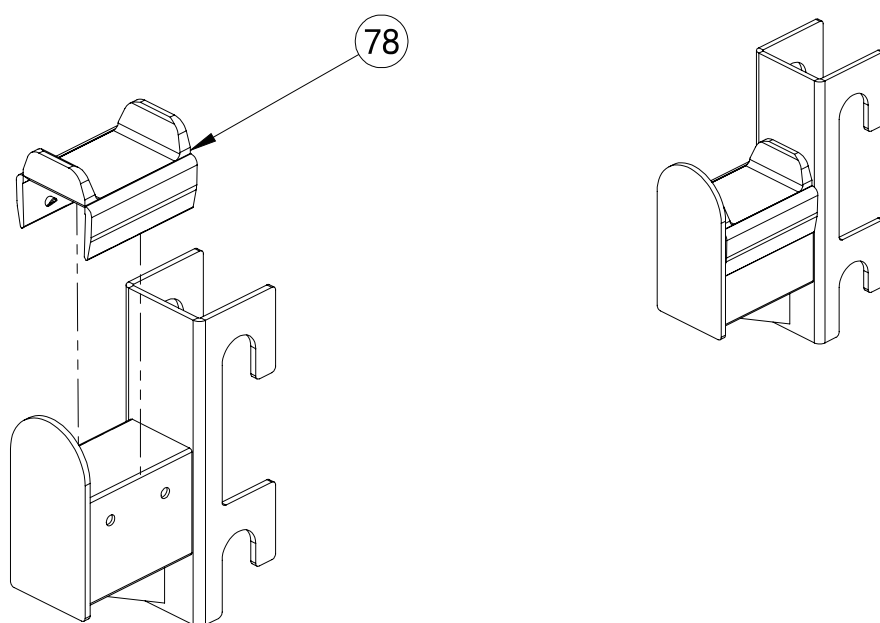
Factory assembly explosion drawing



No.	Description
77	rubber cover

Note
387

Qty.
1

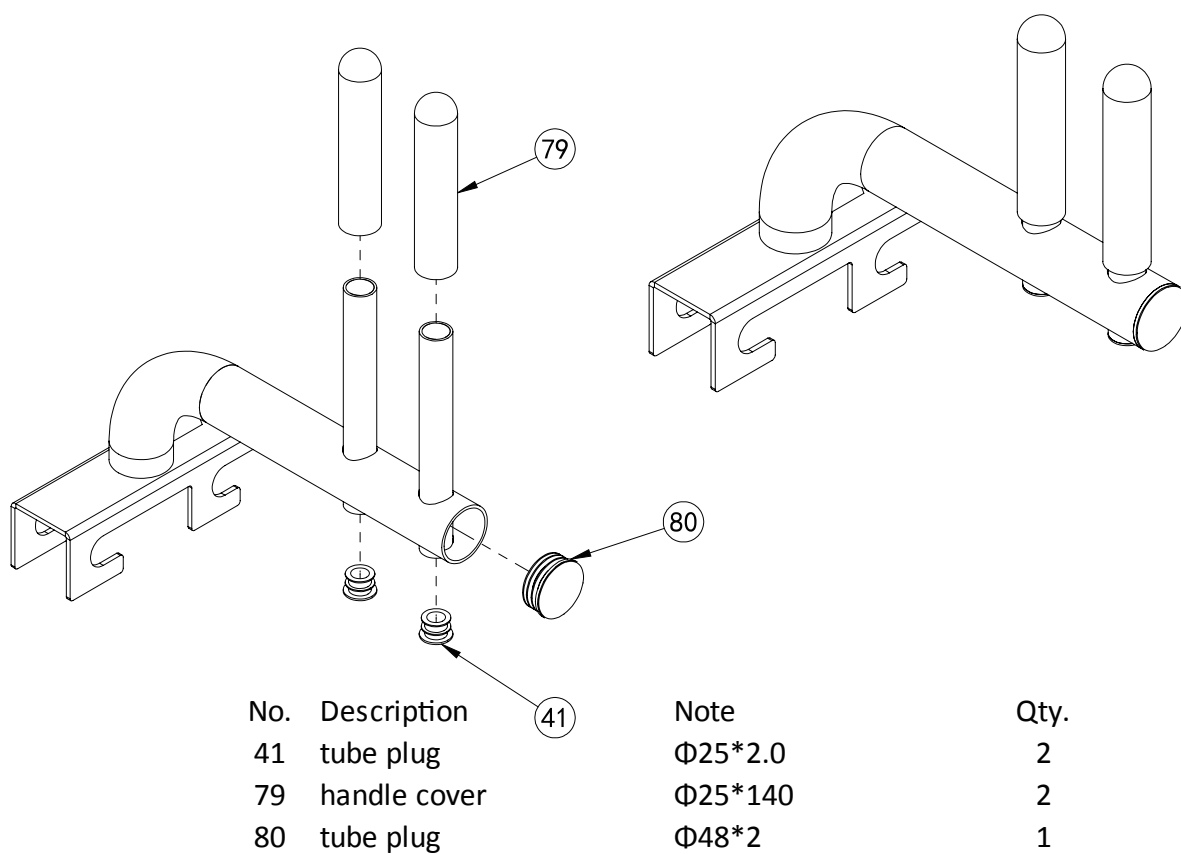
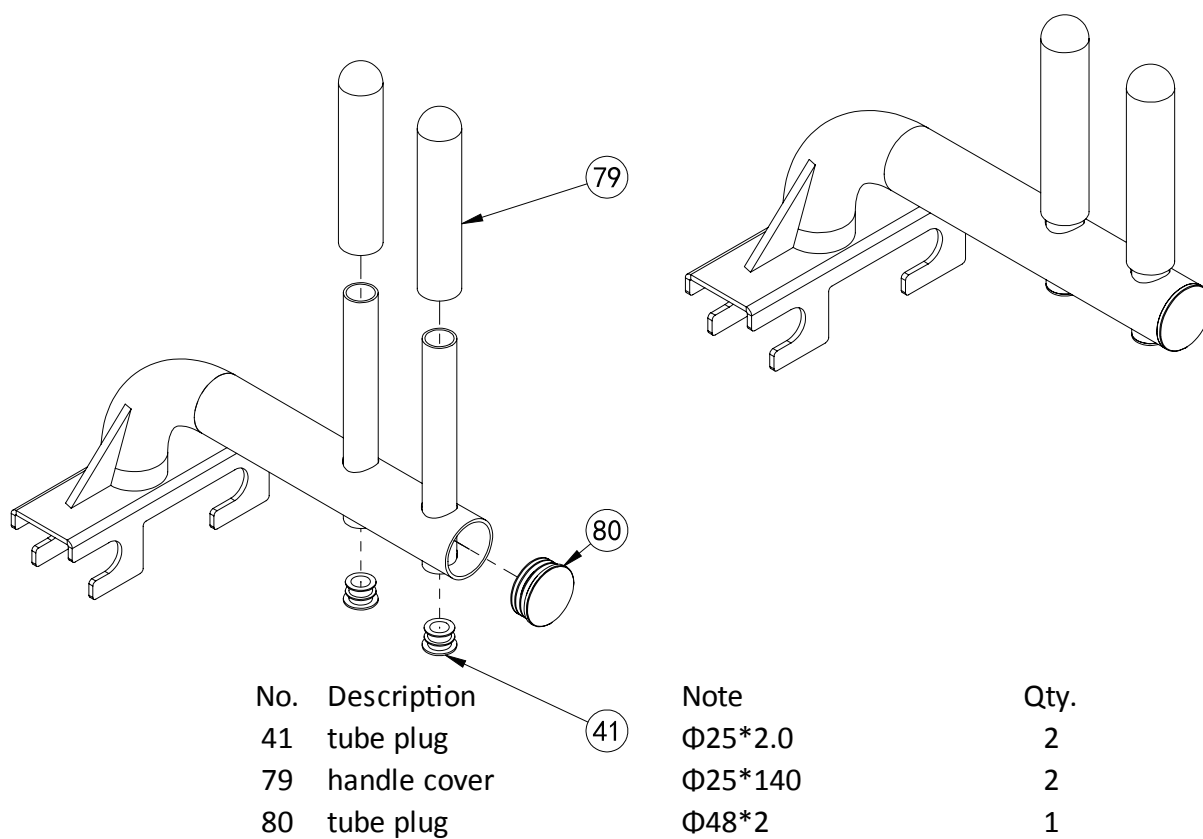


No.	Description
78	rubber

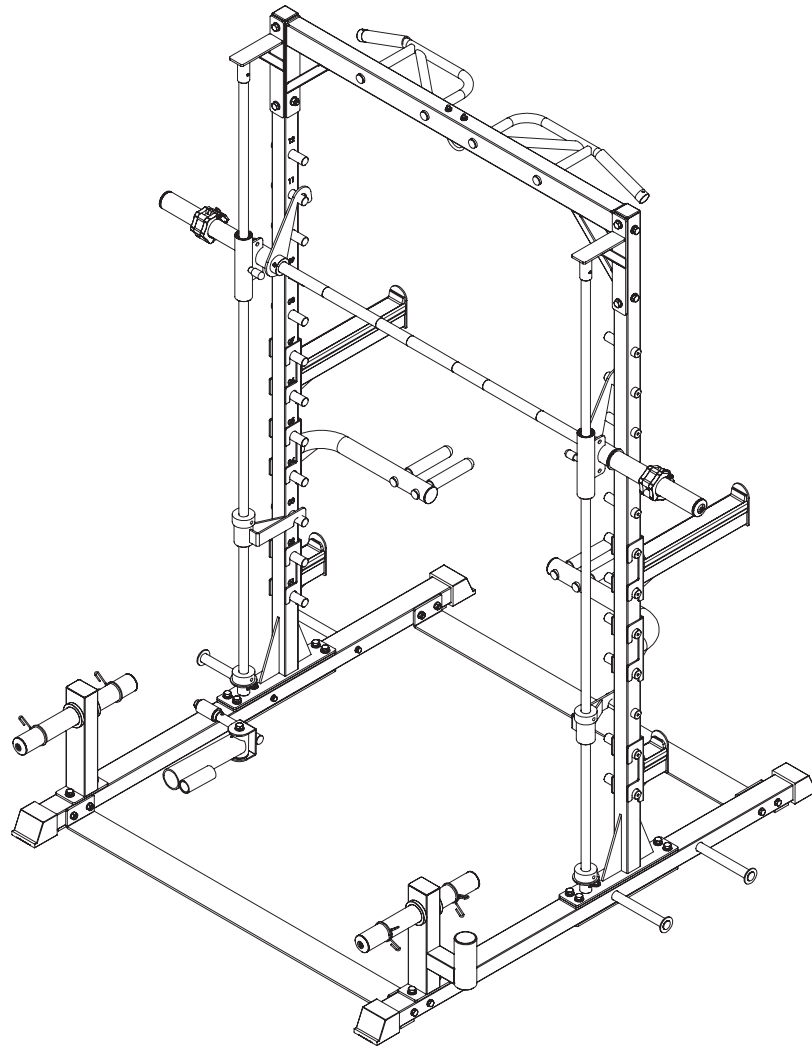
Note
85

Qty.
1

Factory assembly explosion drawing



Assembly step-8 drawing



Assembly step-8 installation instruction

- 1 Put butterfly clip-35 and barbell rod ring-36 on the barbell rod after the barbell plate is put in as shown in the figure to prevent the barbell plate from falling off from the main frame.
- 2 If other functions are required, as shown in the figure, the required accessories shall be assembled on the main body with adjustable high and low gear.