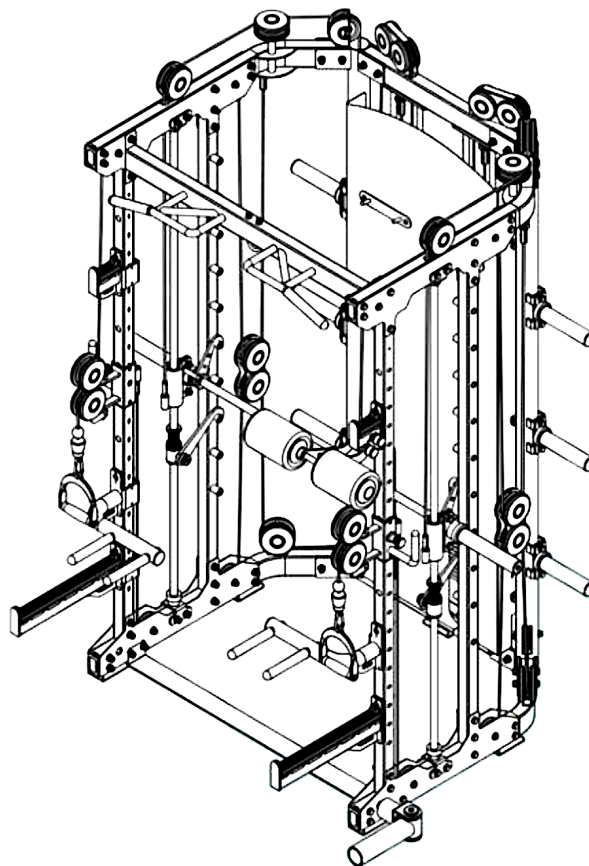


Assembly Instructions



Bill of Material

Assemble Step 1.....	3
Assemble Step 2.....	4
Assemble Step 3.....	5
Assemble Step 4.....	6
Assemble Step 5.....	7
Assemble Step 6.....	8

Bill of Material

No	Name	Specification	Quantity	Note	No.	Name	Specification	Quantity	Note
1	Bottom Tube Set		2 Symmetry		33	Socket Cap Screw	M8*16	1	
2	Upright Tube Set		2 Symmetry		34	Hex Screw	M12*35	4	
3	Top Tube Set		2 Symmetry		35	Weight Stack Subplate		4	
4	Back Upright Tube Set		1		36	Weight Stack Bottom Tube		4	
5	Back Bottom Tube Set		1		37	Weight Stack Bumper		4	
6	Weigh Plate Holder		6		38	Weight Stacks		28	
7	Hex Screw	M12*80	24		39	Head Weight Stack Set		2	
8	Lock Nut	M12	68		40	Guide Rod		4	
9	Gasket	φ 12	148		41	Shaft Fixation Set		2	
10	Spring Gasket	φ 12	12		42	Magnetic Pin		2	
11	Hex Screw	M12*20	12		43	Hex Socket Half-Round Head Screw	M8*30	4	
12	Limit Pipe Set		2		44	Gasket	φ 8	18	
13	Bottom Junction Plate		1		45	Weight Plate Holer		1	
14	Hex Screw	M12*75	28		46	Smith Balance Counter		2	
15	Upright Dead Plate		4		47	Lat Pull/ Long Pull Bar		2	

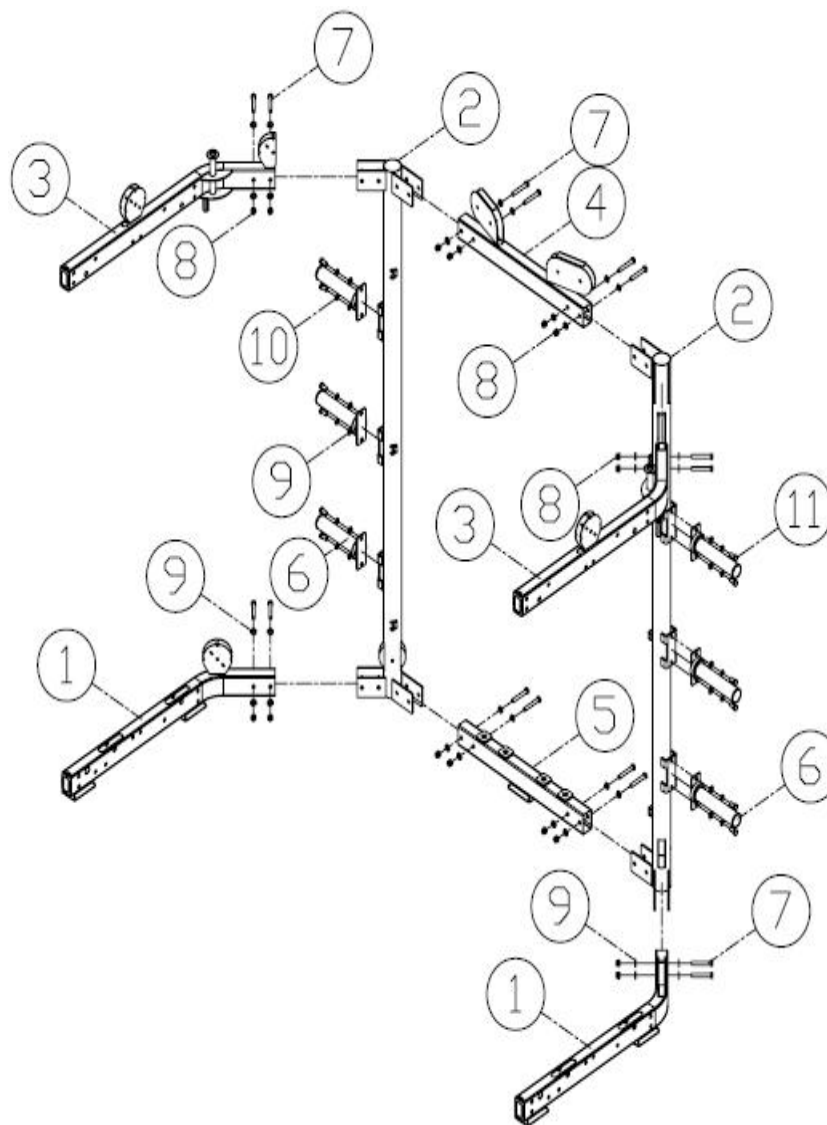
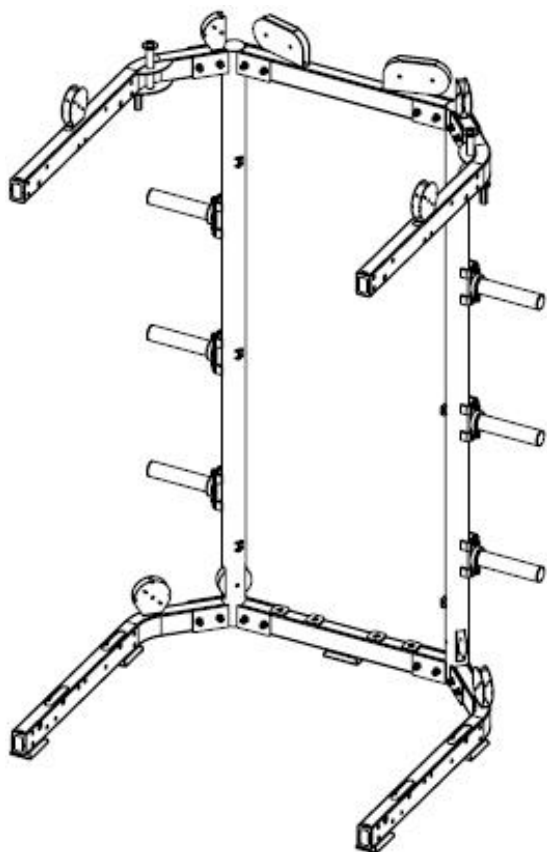
16	Bottom Dead Plate		4		48	Movable Pulley Set		2	
17	Pull Up Bar Set		1		49	Pulley Buckle Cover		18	
18	Shaft Fixed Set 1	With Through-hole	2		50	φ 105 Pulley Case	φ 105	8	
19	Shaft Fixed Set 2	With Through-hole	2		51	φ 105 Pulley	φ 105	22	
20	Smith Shaft		2		52	φ 120 Pulley Case	φ 120	12	
21	Adjust Set		2 Symmetry		53	Hex Socket Cylindrical Head Screw	M10*45	12	
22	Steel Tube		2		54	Lock Nut	M10	20	
23	Hex Screw	M12*85	8		55	Hex Screw	M10*75	8	
24	Jack Screw	M8*10	8		56	Spacer Bush		16	
25	Smith Buffer Gasket	φ 50* φ 30*20	2		57	Pulley Buckle Cover (Half)		4	
26	Smith Insurance Hook		2		58	φ 120 Pulley Buckle Case (Half)		4	
27	Locating Ring	φ 50	4		59	Hex Screw	M10*90	2	
28	Gasket	φ 10	8		60	Shroud		1	
29	Pressure Spring		2		61	Hook Set		2	
30	Smith Siliding Sleeve		2 Symmetry	One without of locating ring	62	Hex Socket Half- Round Head Screw	M8*16	4	
31	Barbell Cylinder Set		1		63	Lock Nut	M8	4	
32	End Cover	φ 50	1		64	Hex Socket Half- Round Head Screw	M8*10	6	

Assembly Instruction :

Parts List

No	Name	Qty	Spec.
1	Bottom Tube Set	2	
2	Upright Tube Set	2	
3	Top Tube Set	2	
4	Back Upright Tube Set	1	
5	Back Bottom Tube Set	1	
6	Weight Plate holder	6	
7	Hex Screw	16	M12*80
8	Lock Nut	16	M12
9	Gasket	44	Φ 12
10	Spring	12	Φ 12
11	Hex Screw	12	M12*20

Complete schematic diagram :



Detailed assembly steps:

Step 1: Connect 2 upright tubes (1) with 2 upright tubes (2) by 4 Hex Screw (7) [M12*80], 4 lock nut (8) [M12] and 8 gasket (9) [Φ 12] according to the diagram.

Connect 1 back bottom tube with 2 upright tubes (2) by 4 hex screws (7) [M12*80], 4 lock nuts (8) [M12] and 8 gaskets (9) [Φ 12].

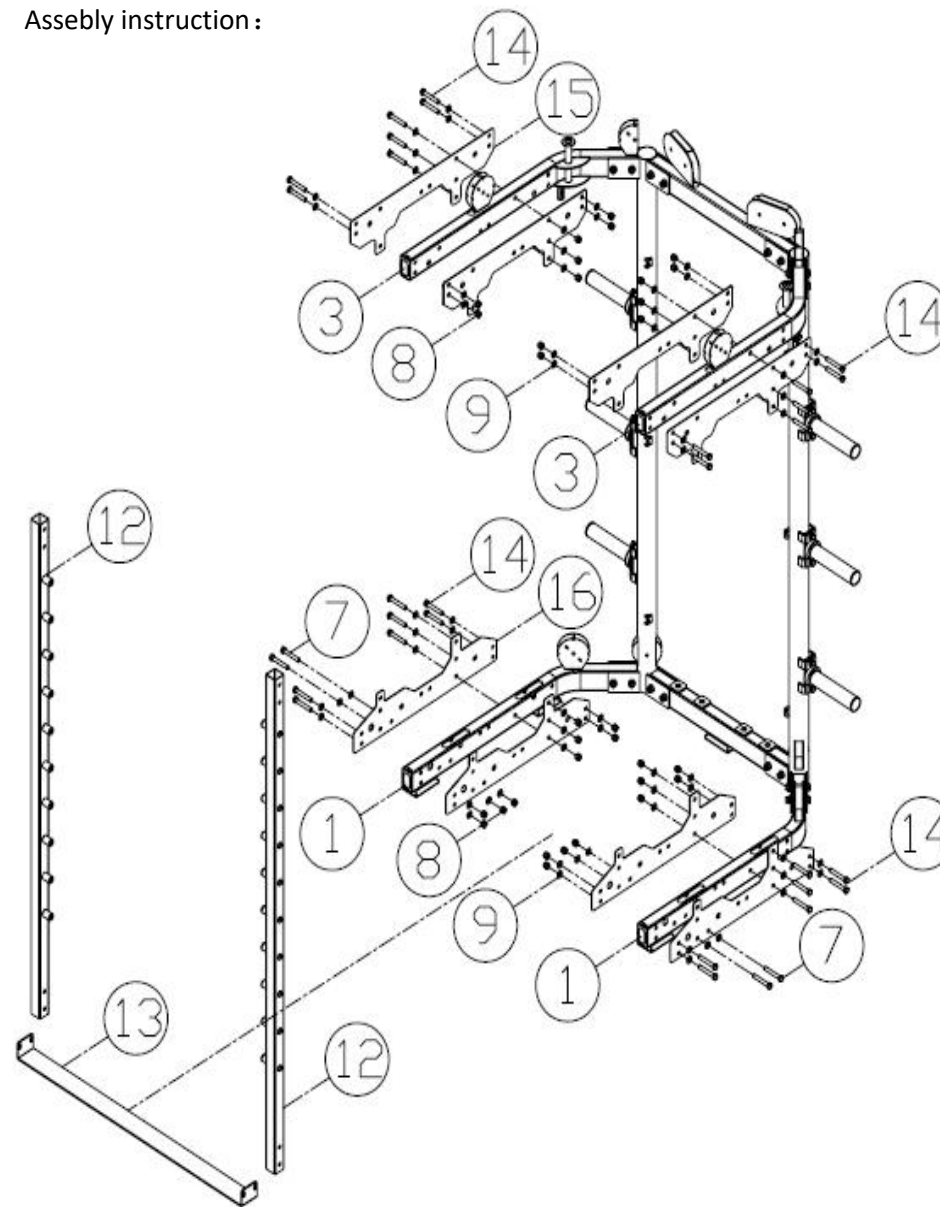
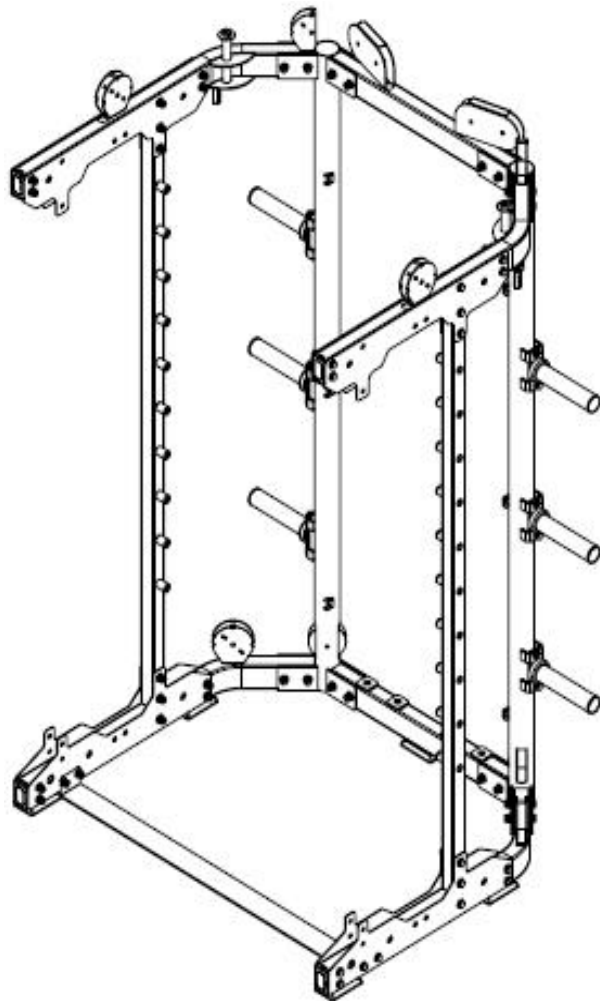
Step 2: Connect 1 back upright tube (4) with two upright tubes (2) by 4 hex screws (7) [M12*80], 4 lock nuts (8) [M12] and 8 gaskets (9) [Φ 12];

Step 3: Connect 2 top tube (3) with 2 upright tubes (2) by 4 hex screws (7) [M12*80], 4 lock nuts (8) [M12] and 8 gaskets (9) [Φ 12]

Step 4: Connect 6 weight plate holders (6) with 2 upright tubes by 12 hex screws (11) [M12*20], 12 gaskets (9) [Φ 12] and 12 spring gaskets (10) [Φ 12].

Asseby instruction :

Complete schematic diagram :



Spare parts list

No.	Description	Qty	Spec.
1	Bottom Tube Set	2	
3	Upright Tube Set	2	
7	Hex screw	4	M12*80
8	Lock Nut	32	M12
9	Gasket	64	φ 12
12	Limit Pipe	2	
13	Bottom Junction Plate	1	
14	Hex screw	28	M12*75
15	Upright Fix Plate	4	
16	Bottom Fix Plate	4	

Assembly step:

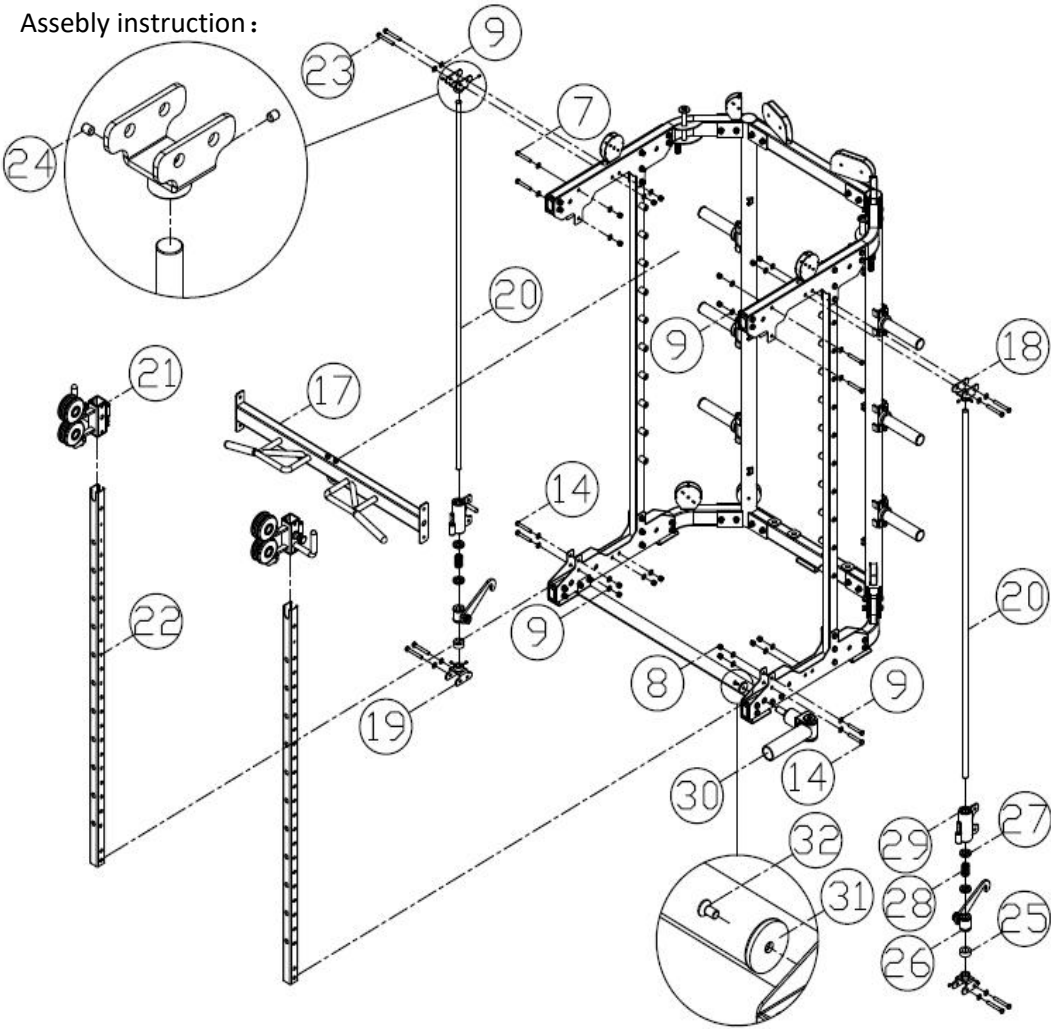
Step1: 4 Bottom fix plates (16) are respectively assembled on 2 bottom tube sets with 10 hex screws (14) [M12*75], 10 anchor screws (8) [M12] and 20 gaskets (9) [φ 12] as shown in the figure

Step2: 4 upright fix plates (15) with 10 hex screws (14) [M12*75], 10 lock nut (8) [M12] and 20 gaskets (9) [φ 12] are respectively assembled on 2 Upright Tube Set (3) as shown in the figure

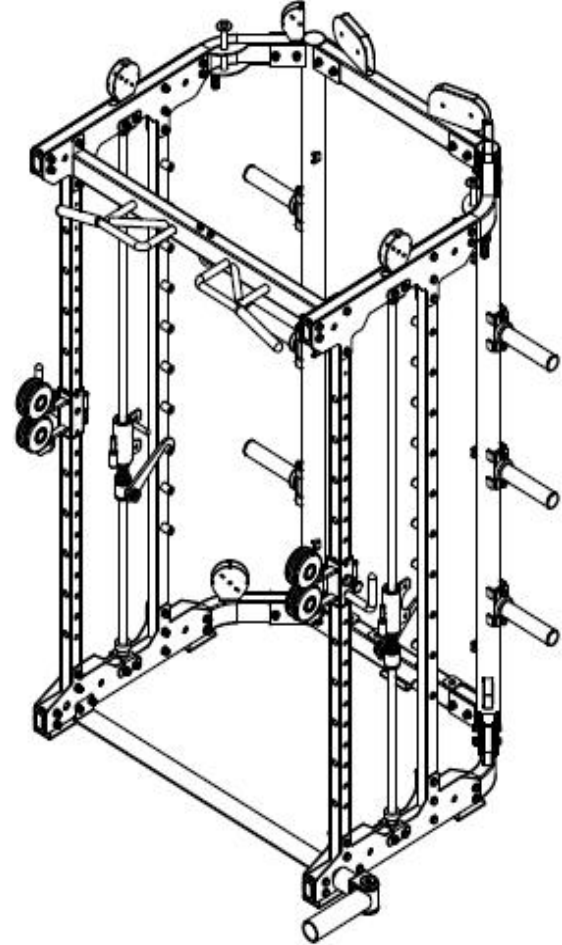
Step3: 2 limit tube sets (12) are respectively assembled to 2 bottom tube sets (1) and 2 jacking tube sets (3) with 8 hex screws (14) [M12*75], 8 lock nut (8) [M12] and 16 gaskets (9) [φ 12] as shown in the figure;

Step4: Assemble 1 Bottom Junction Plate (13) on 2 bottom tube set (1) respectively with 4 hex screws (7), 4 lock screws (8) [M12] and 8 gaskets (9) [φ 12] as shown in the figure

Asseby instruction :



plete schematic diagram :



Spare parts list

No.	Description	Qty	Spec.
7	Hex Screw	4	M12*80
8	Lock Nut	16	M12
9	Gasket	32	φ 12
14	Hex Screw	4	M12*75
17	Pull Up Bar	1	
18	Shaft Fixed	2	With hole
19	Shaft Fixed	2	without hole
20	Smith Shaft	2	
21	Adjust Set	2	
22	Steel Tube	2	
23	Hex Screw	8	M12*85
24	Jack Screw	8	M8*10
25	Smith Buffer	2	
26	Smith	2	
27	Locating	4	φ 50
28	Pressure	2	
29	Smith	2	
30	Landmine	1	
31	End Cover	1	φ 50
32	Socket Cap	1	M8*16

Assembly step:
Step1: 2 Shaft Fixed Set 1(18)[with hole] with 4 hex screws (23)[M12*85], 4 lock nut (8)[M12] and 8 gaskets (9)[φ 12] are respectively assembled on both sides of the top of the machine as shown in the figure;
Step2: Two Shaft Fixed Set 2(19)[without hole] are respectively assembled on both sides of the bottom of the machine with 4 hex screws (23)[M12*85], 4 lock nut(8)[M12] and 8 gaskets (9)[φ 12] as shown in the figure;
Step3: Two Shaft Fixed Set 2(19)[without hole] are respectively assembled on both sides of the bottom of the machine with 4 hex screws (23)[M12*85], 4 lock screws (8)[M12] and 8 gaskets (9)[φ 12] as shown in the figure;
Step4: Two adjusting sets (21) are respectively assembled on two stainless steel tubes (22) as shown in the drawing, and then two stainless steel tubes (22) and one pull up bar(17) are respectively assembled on the machine with 4 hex screws (7)[M12*80], 4 hex screws (14)[M12*75], 8 lock nut (8)[M12] and 16 gaskets (9)[φ 12] as shown in the drawing.
Step5: 1 landmine set (30) is fixed on the machine with 1 hex socket countersunk head screw (32)[M8*16] and 1 end cover (31)[φ 50] as shown in the figure.

Spare parts list

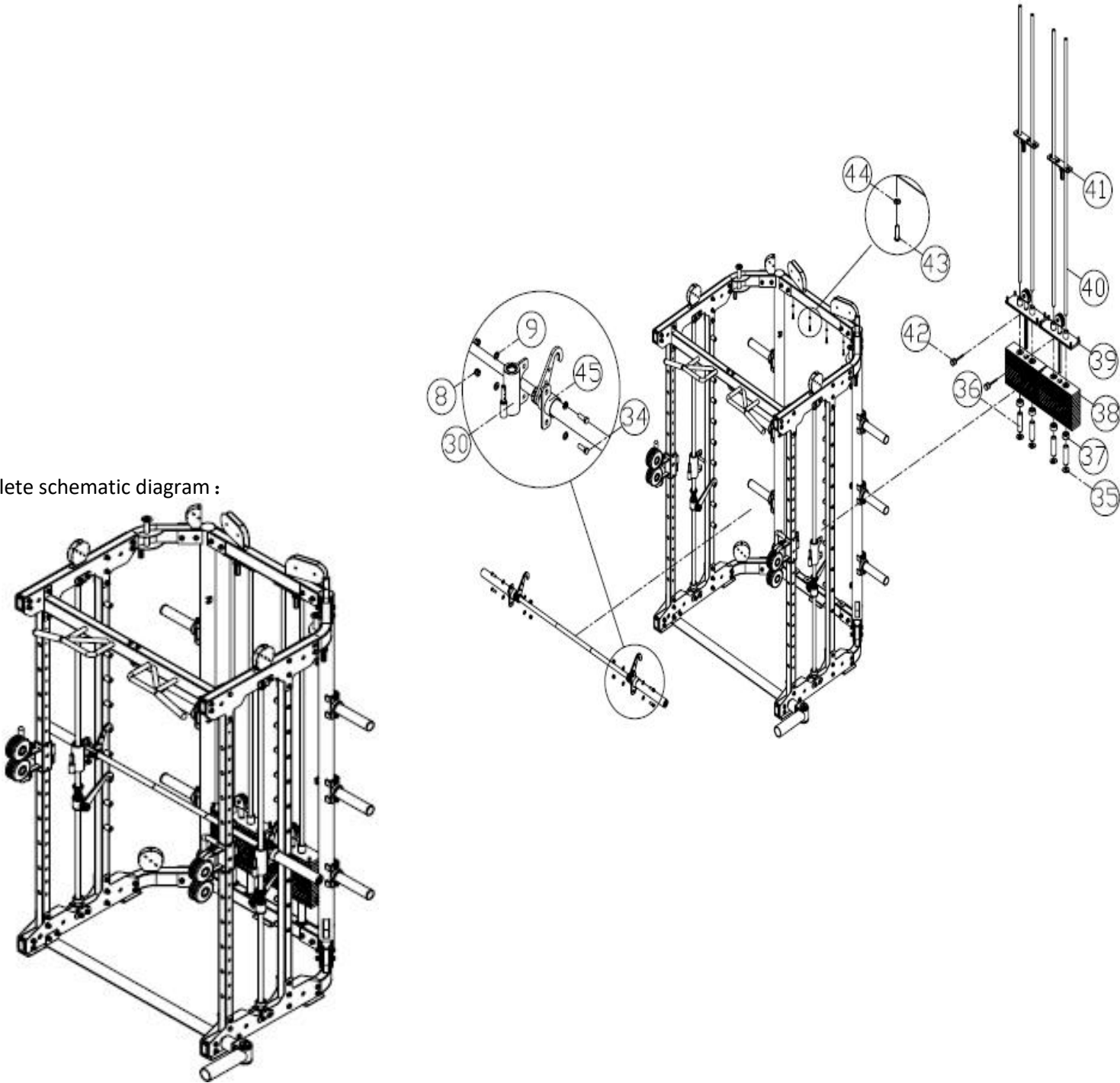
No.	Description	Qty	Spec.
8	Lock nut	4	M12
9	Gasket	8	Φ 12
30	Smith Siliding Sleeve	2	
34	Hex screw	4	M12*35
35	Weight Stack Subplate	4	
36	Weight Stack Bottom Tube	4	
37	Weight Stack Bumper	4	
38	Weight stack	28	
39	First weight	2	
40	Guide rod	4	
41	Shaft Fixation Set	2	
42	Magnetic Pin	2	
43	Hex Socket Half-Round Head Screw	4	M8*30
44	Hex Socket	4	Φ 8
45	Olympic bar	1	

Assembly step:

Step1: assemble lolympic bar(45) with 4 hex screws (34) [M12*35], 4 lock nuts (8) [M12] and 8 gaskets (9) [Φ 12] on both sides of the machione respectively as shown in the figure;

Step2: Four guide rods (40), four counterweight pads (35), four counterweight bottom tubes (36), four counterweight cushions (37), four counterweight cushions (37), 28 weight plates (38), two head plates and two optical shaft fixing groups (41) were assembled on the machine respectively, and the optical shaft fixing group was fixed with four hex socket half round head screws (43) [M8*30] and four gaskets (44) [Φ 8]

Complete schematic diagram :



Spare parts list

No	Name	quant	specificat
28	Gasket	4	ϕ 10
46	Smith	2	
47	Lat Pull/	2	
48	Movable	2	
49	Pulley	18	
50	ϕ 105 Pulley	8	ϕ 105
51	ϕ 105 pulley	22	ϕ 105
52	ϕ 120Pulley	12	ϕ 120
53	Hex Socket	12	M10*45
54	Lock Nut	20	M10
55	Hex Screw	8	M10*75
56	gasket	16	
57	Pulley	4	
58	ϕ 120 Pulley	4	
59	Hex Screw	2	M10*90

Detailed assembly steps:

Step 1: Assemble the pulley and walkway to the device as shown in the drawing.

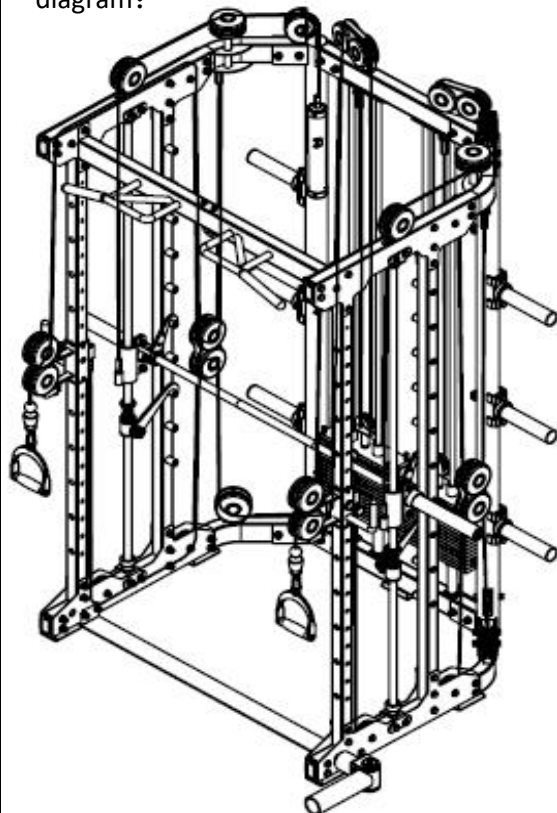
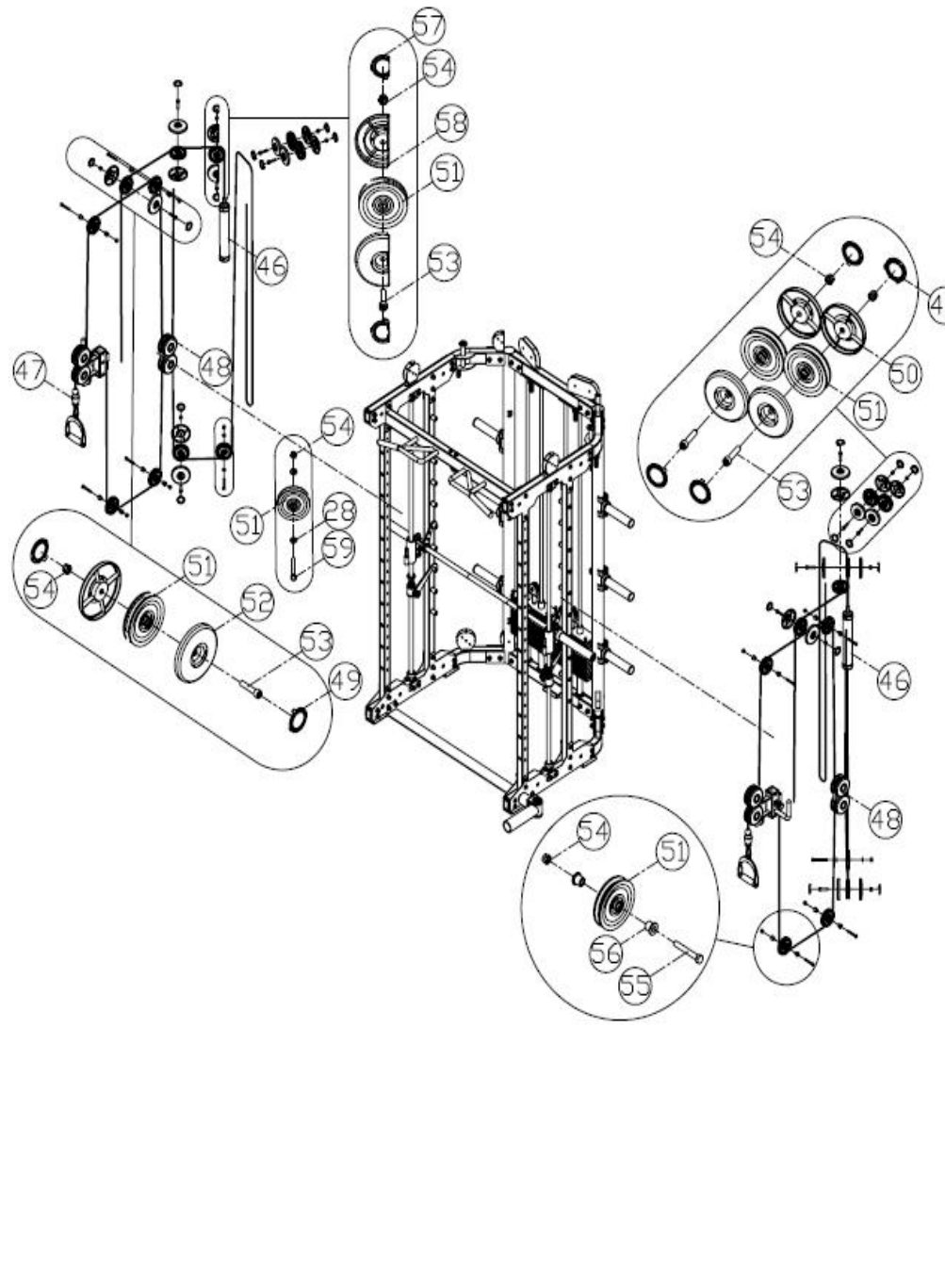
Note 1: the outer hexagon screw (55) [M10*75] shall be fitted with the spacer (56) to assemble the ϕ 105 pulley (51) to the inside of the pipe;

Note 2: the outer hexagon screw (59) [M10*90] assembles the ϕ 105 pulley (51) into the column group (2);

Note 3: ϕ 105 pulley housing (50) is used for pulley assembly of the rear tube jacking group (4) of the instrument;

Note 4: ϕ 120 pulley housing (half) (58) and pulley buckle cover (half) (57) are used for the assembly of pulleys above the column group (2). For convenience, the Smith recombination (46) is placed inside the column group (2).

Complete schematic diagram:



Spare parts list

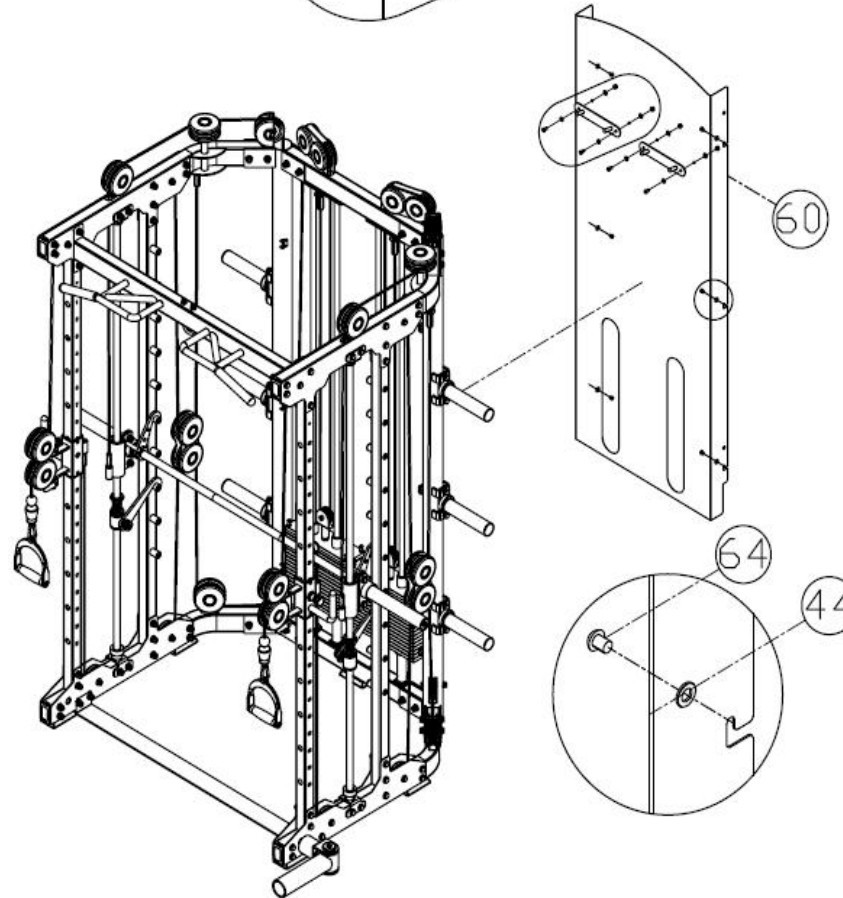
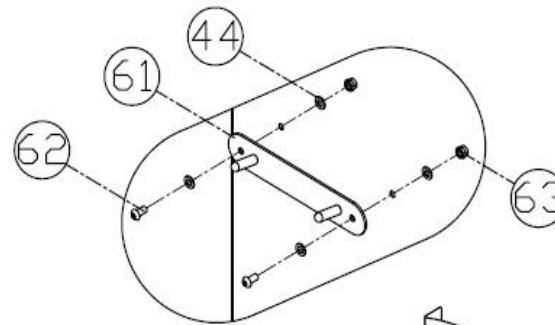
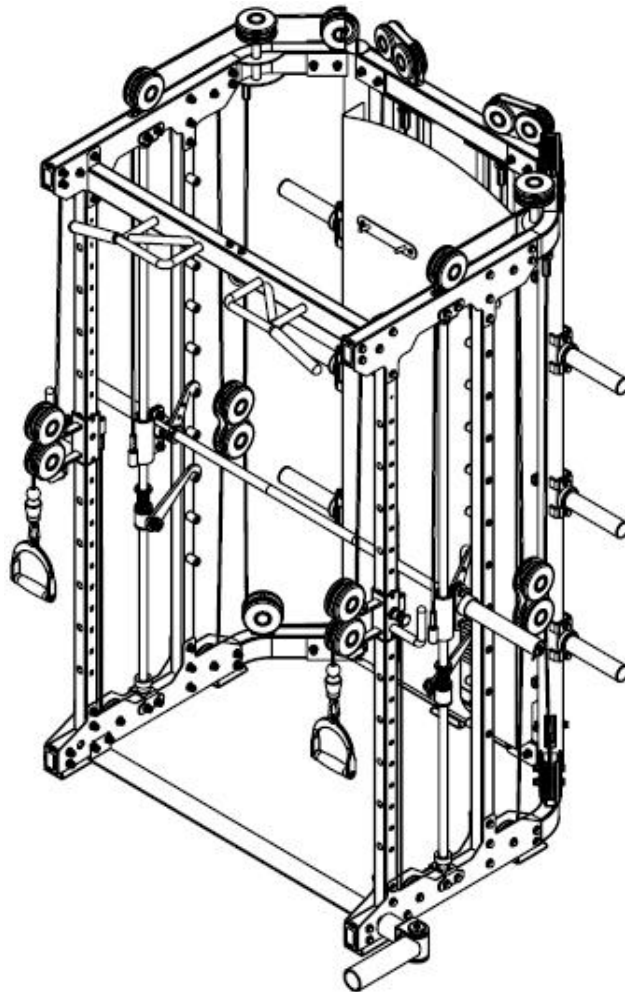
No	Name	Quant	specifications
44	gasket	14	$\phi 8$
60	guard	1	
61	Hook Set	2	
62	Hex Socket Cylindrical	4	M8*16
63	locknut	4	M8
64	Hex Socket Cylindrical	6	M8*10

Detailed assembly steps:

Step 1: Assemble the two hook groups (61) to the guard plate (60) according to the requirements shown in the figure with 4 hexagonal socket head screws (62) [M8*16], 4 anti-loose screws (63) [M8] and 8 gaskets (44) [$\phi 8$];

Step 2: Assemble the guard plate (60) to the device as shown in the drawing with 6 socket hexagonal semicircle head screws (64) [M8*10] and 6 gaskets (44) [$\phi 8$].

Complete schematic diagram :



Description of products

Main functions: flying bird/standing high pull down, sitting high pull down, barbell bar left and right turn and push up, single and parallel bars, low pull, barbell bar standing lift, barbell bar shoulder anti-squat, boxing training, pull-up, incline/decline/flat Bench press function, upper extremity forward stretch, squat, T-handle rowing, Smith, ground battery.

A variety of accessories convenient and quick disassembly, so that your training more comprehensive freedom.

Machine size: 1490*1910*2300

Packing size: 2250*950*490

Matters needing attention

1. Please read the instructions carefully and fully understand them before using the device.
2. Please carefully check any part of the device before each use. If any defective part is found, it must be replaced in time before use, otherwise it may easily cause accidents.
3. Consult your physician or coach before starting training. Correct and effective warm-up exercises are the premise of safe weight training. If you feel dizzy during training, please stop training immediately.
4. In order to prevent accidents, please make sure of all adjustable and dismountable parts of the device. Do not loose or disassemble the parts in the device to avoid damage.
5. Master your training schedule, adjust your breathing during training, and do not hold your breath.
6. This device is not suitable for children. Please keep others in a safe area when using this device to avoid injury caused by moving parts.
7. Adolescents should use the device under the care and guidance of an adult.
8. If you have any problems during use and maintenance, please consult our company.