



**TITAN**  
*FITNESS*



## OWNER'S MANUAL

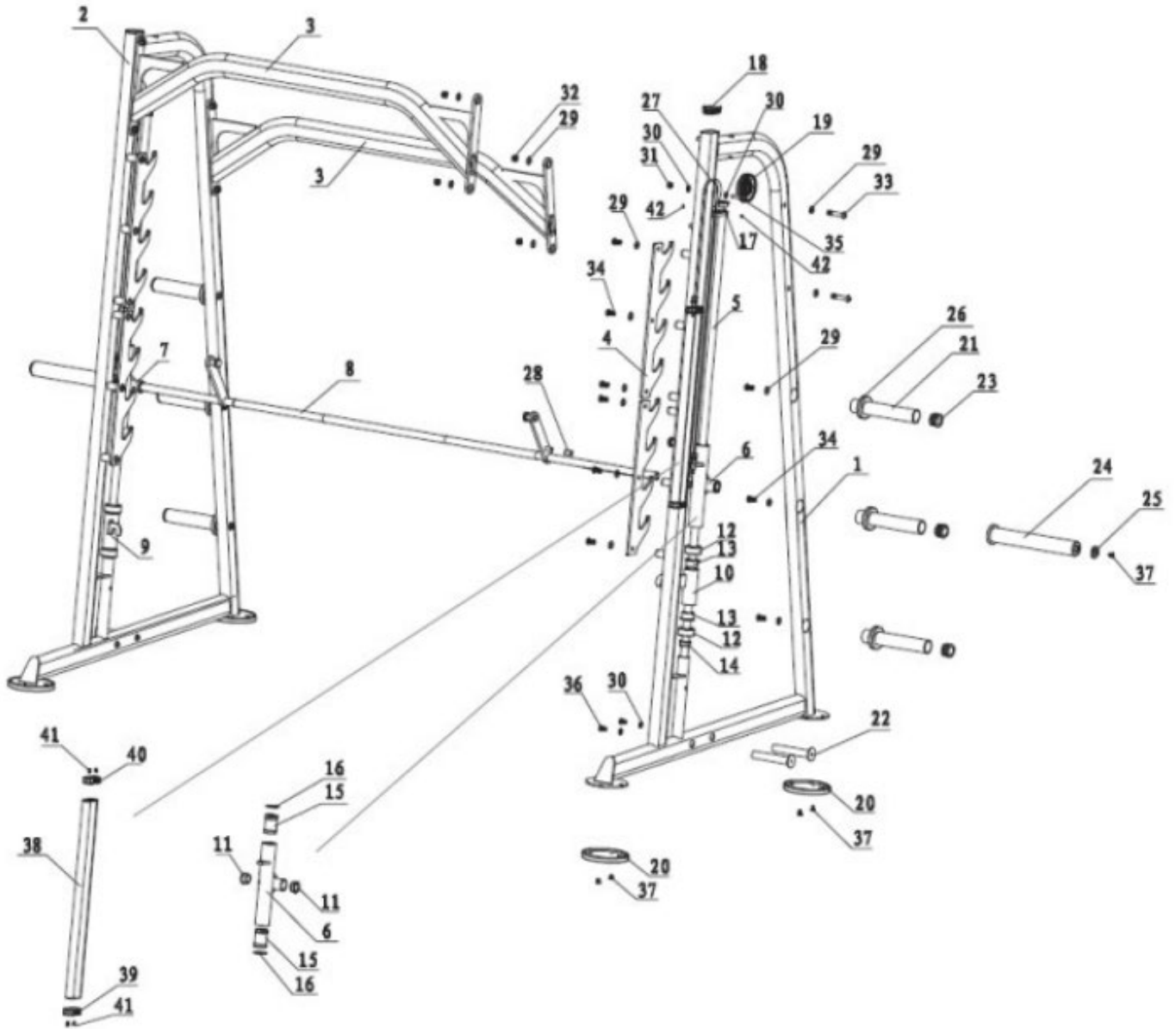
---

**MPN(s):** SMTHMACHKIT

**SKU(s):** 401254

**UPC(s):** 840009214844

# PARTS DIAGRAM / EXPLODED VIEW



KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	MAIN FRAME – L	1	(22)	1	STRETCH CORDS HOLDER	4
(2)	1	MAIN FRAME – R	1	(23)	1	END CAP 45	6
(3)	1	TOP CROSS FRAME	2	(24)	1	LONGER PLATE STORAGE BAR	2
(4)	1	GUN RAKC	4	(25)	1	END CAP 38	22
(5)	1	GUIDE ROD	2	(26)	1	RUBBER BUMPER 77*44*13	6
(6)	1	SLIDING MECHANISM ASSEMBLY – L	1	(27)	1	CABLE	2
(7)	1	SLIDING MECHANISM ASSEMBLY – R	1	(28)	1	RUBBER END CAP	1
(8)	1	BARBELL	1	(29)	1	FLAT WASHER 11*20*2	30
(9)	1	SAFETY CATCH – R	1	(30)	1	FLAT WASHER 11*20*2	8
(10)	1	SAFETY CATCH – L	1	(31)	1	LOCK NUT M10	2
(11)	1	BUSHING	4	(32)	1	LOCK NUT M12	8
(12)	1	RUBBER BUMPER	4	(33)	1	ALLEN BOLT M12*65	4
(13)	1	BUSHING	4	(34)	1	ALLEN BOLT M12*25	18
(14)	1	BUSHING	2	(35)	1	ALLEN BOLT M10*45	2
(15)	1	BEARING LM25	4	(36)	1	ALLEN BOLT M10*20	4
(16)	1	CLIP	4	(37)	1	ALLEN BOLT M8*15	10
(17)	1	BUSHING 36*25.5*15	2	(38)	1	WEIGHT ASSEMBLY	2
(18)	1	END CAP 40*80*2	2	(39)	1	END CAP	2
(19)	1	PULLEY 95	2	(40)	1	END CAP	2
(20)	1	FOOT MAT	4	(41)	1	ALLEN BOLT M6*10	8
(21)	1	OLYMPIC PLATE ADAPTER	6	(42)	1	ALLEN BOLT M6*5	4



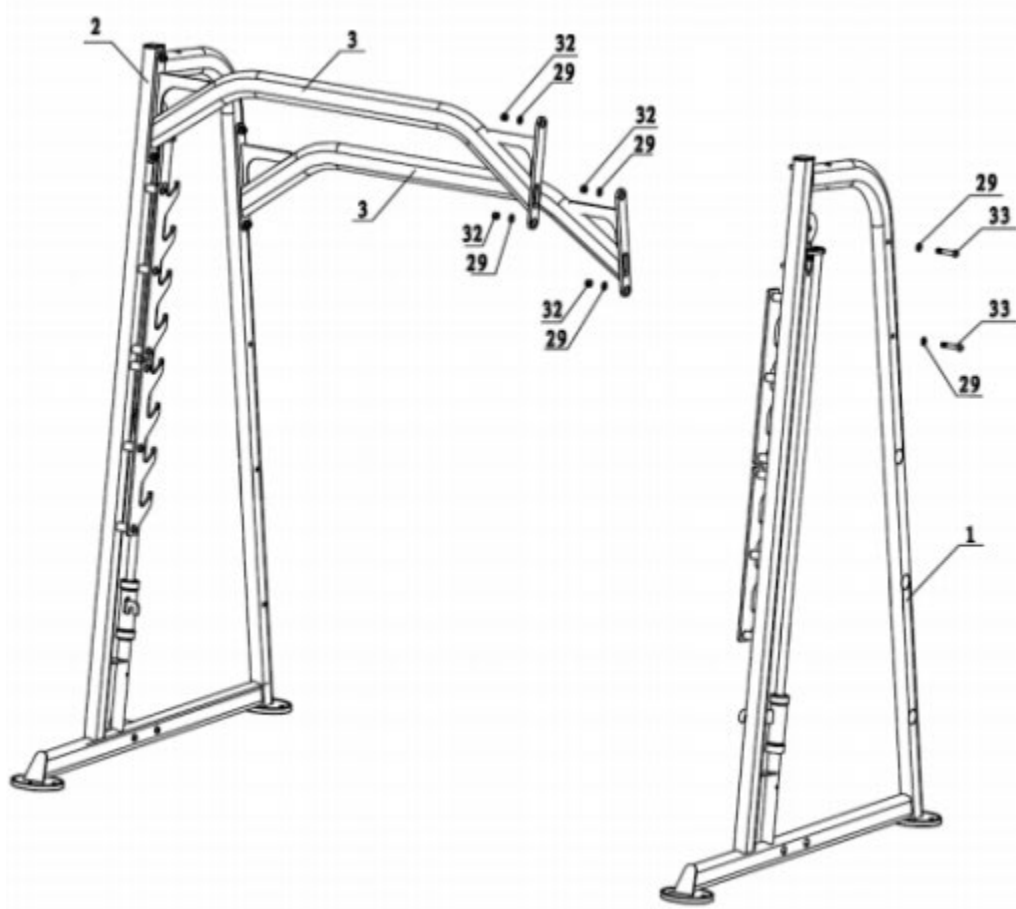
# ASSEMBLY INSTRUCTIONS

---

## STEP 1

Connect the Top Cross Frames (2) to the Main Frames (1 and 2), using 4 Allen Bolts (33), 12 Flat Washers (29), and 8 Lock Nuts (32).

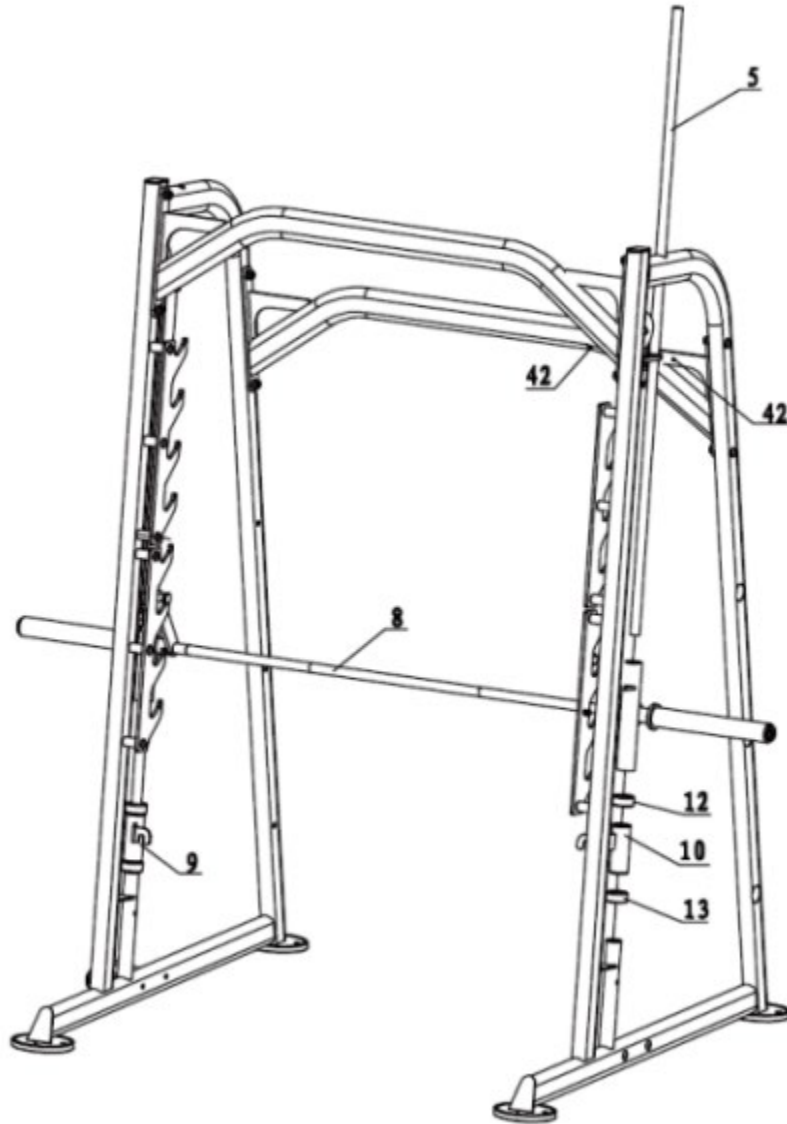
**NOTE: Please tighten all the nuts and bolts with wrenches**



## STEP 2

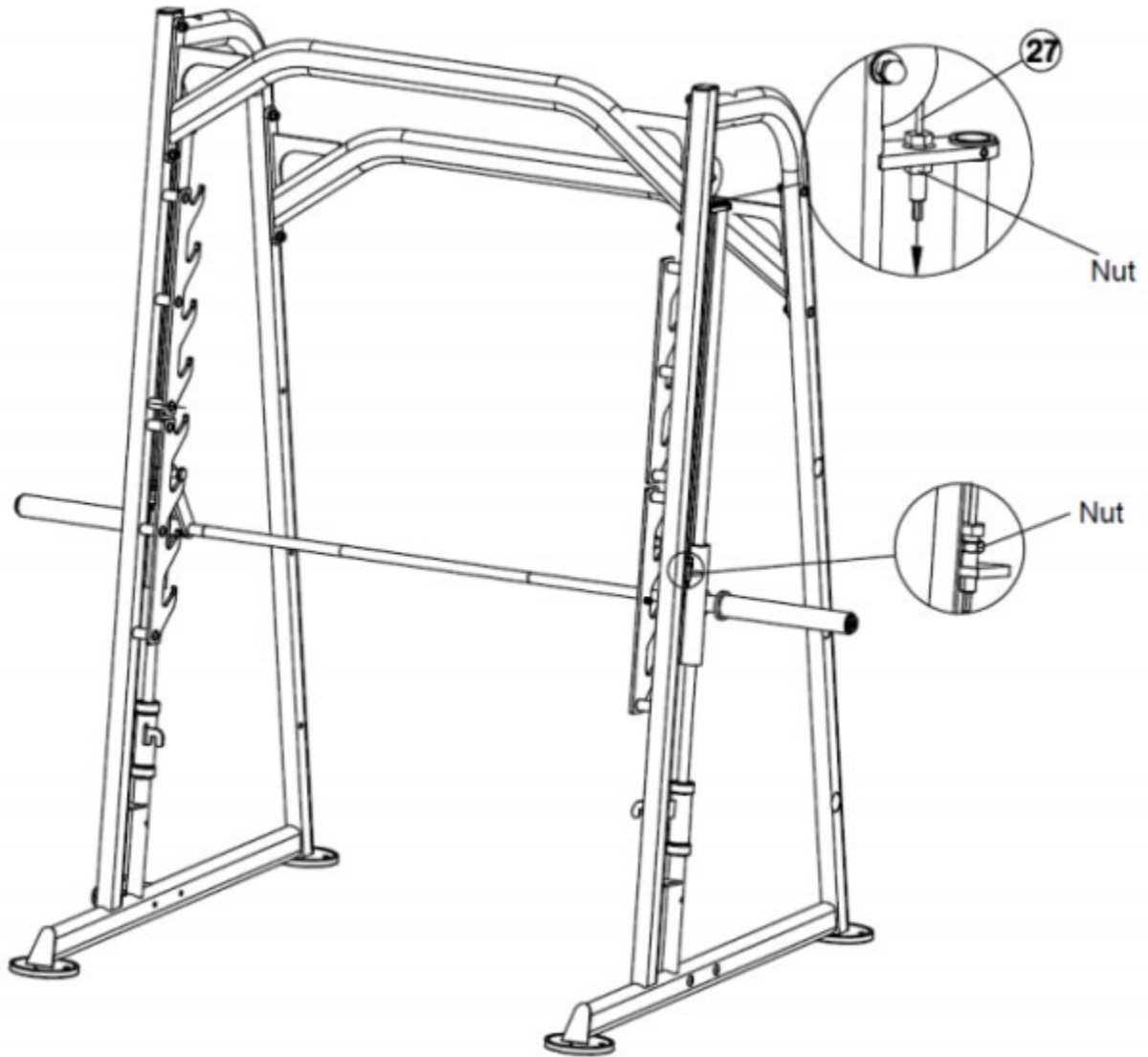
Loosen the Allen Bolt (42) and pull-up the Smith Guide Rod (5).

Connect the Barbell (8) to the Guide Rod (5), then pull-down the Guide Rod (5) and tighten the Allen Bolt (42).



### STEP 3

Connect the Counter Balance Cable (27) to the Sliding Mechanism by removing the Flat Washer at the end of the cable, then connect the Cable to the hole in the Sliding Mechanism, tighten it with 2 Bolts.

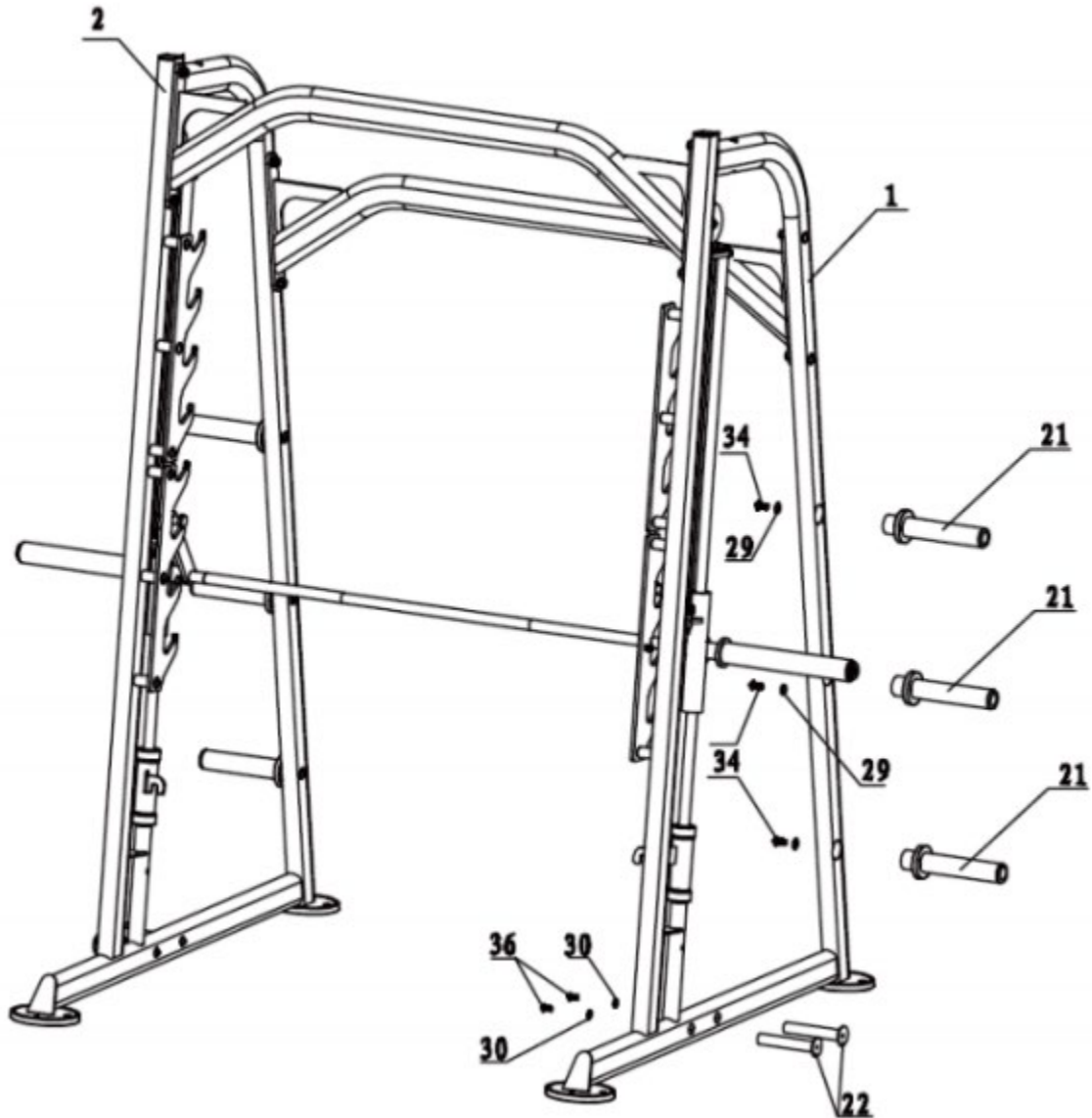


#### STEP 4

Install the Weight Plate Storage Bar (21) to the Main Frames (1 and 2) using 3 Allen Bolts (34) and 3 Flat Washers (29).

Fixing the Stretch Cord Holders (22) to the Main Frame (1) using 2 Flat Washers (30) and 2 Allen Bolts (36).

**NOTE: Please tighten all the Bolts with Allen Wrench.**





*This concludes the SMTHMACHKIT  
Owner's Manual.*

*If applicable to your product, make sure to tighten  
all nut-and-bolt combinations before use.*

*Enjoy!*

### **DISCLAIMER**

This equipment must be used with care by capable and competent individuals under supervision, if necessary.

The use of any fitness equipment, including this one, involves the potential risk of injury. You accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur, and you fully and forever release and discharge Titan, its insurers, employees, officers, directors, associates, and agents from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out of the use of said equipment.

TITAN MAKES NO WARRANTY WHATSOEVER WITH RESPECT TO THE EQUIPMENT, INCLUDING ANY WARRANTY OF MERCHANTABILITY OR WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE, WHETHER EXPRESS OR IMPLIED BY LAW, COURSE OF DEALING, COURSE OF PERFORMANCE, USAGE OF TRADE OR OTHERWISE. BUYER ASSUMES ALL LIABILITY IN USE OF THE EQUIPMENT.

**NEED HELP?**

**CONTACT US FIRST.**

**1 (800) 605-8241**

[info@titandistributorsinc.com](mailto:info@titandistributorsinc.com) / [www.titan.fitness](http://www.titan.fitness)

**Business Hours: Monday–Friday • 8:00 a.m.–5:00 p.m. (CT)**

