

## OWNER'S MANUAL

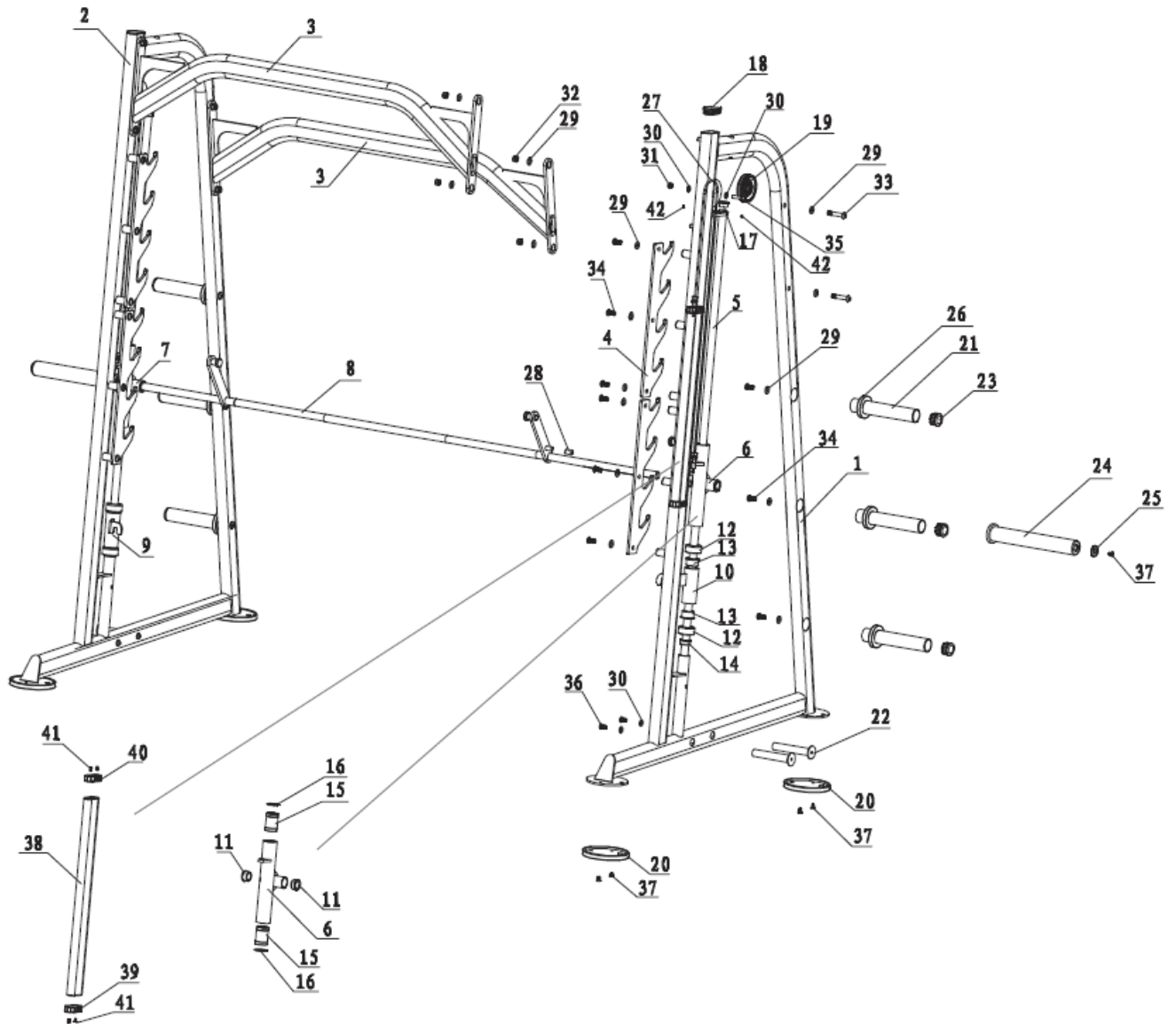
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MPN(s): SMTHMACH1-SMTHMACH2-SMTHMACH3

SKU(s): 400699

UPC(s): 840009201622

# PARTS DIAGRAM / EXPLODED VIEW



KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	Main Frame-L	1	(22)	2	Stretch Cords Holder	4
(2)	1	Main Frame-R	1	(23)	2	End CapΦ45	6
(3)	3	Top Cross Frame	2	(24)	2	Longer Plate Storage Bar	2
(4)	1	Gun Rack	4	(25)	2	End CapΦ38	2
(5)	1	Guide Rod	2	(26)	2	Rubber BumperΦ77*Φ44*13	6
(6)	2	Sliding Mechanism Assembly-L	1	(27)	1	Cable	2
(7)	2	Sliding Mechanism Assembly-L	1	(28)	2	Rubber End Cap	1
(8)	2	Barbell	1	(29)	1&3	Flat Washer Φ13.5*Φ24*2.5	30
(9)	1	Safety Catch-R	1	(30)	1&3	Flat Washer Φ11*Φ20*2	8
(10)	1	Safety Catch-L	1	(31)	1	Lock Nut M10	2
(11)	1	Bushing	4	(32)	3	Lock Nut M12	8
(12)	1	Rubber Bumper	4	(33)	3	Allen Bolt M12*65	4
(13)	1	Bushing	4	(34)	1&3	Allen Bolt M12*25	18
(14)	1	Bushing	2	(35)	1	Allen Bolt M10*45	2
(15)	1	Bearing LM25	4	(36)	3	Allen Bolt M10*20	4
(16)	1	Clip	4	(37)	1	Allen Bolt M8*15	10
(17)	1	Bushing Φ36*Φ25.5*15	2	(38)	1	Weight Assembly	2
(18)	1	End Cap 40*80*2	2	(39)	1	End Cap	2
(19)	1	PulleyΦ95	2	(40)	1	End Cap	2
(20)	1	Foot Mat	4	(41)	1	Allen Bolt M6*10	8
(21)	2	Olympic Plate Adapter	6	(42)	1	Allen Bolt M6*5	4



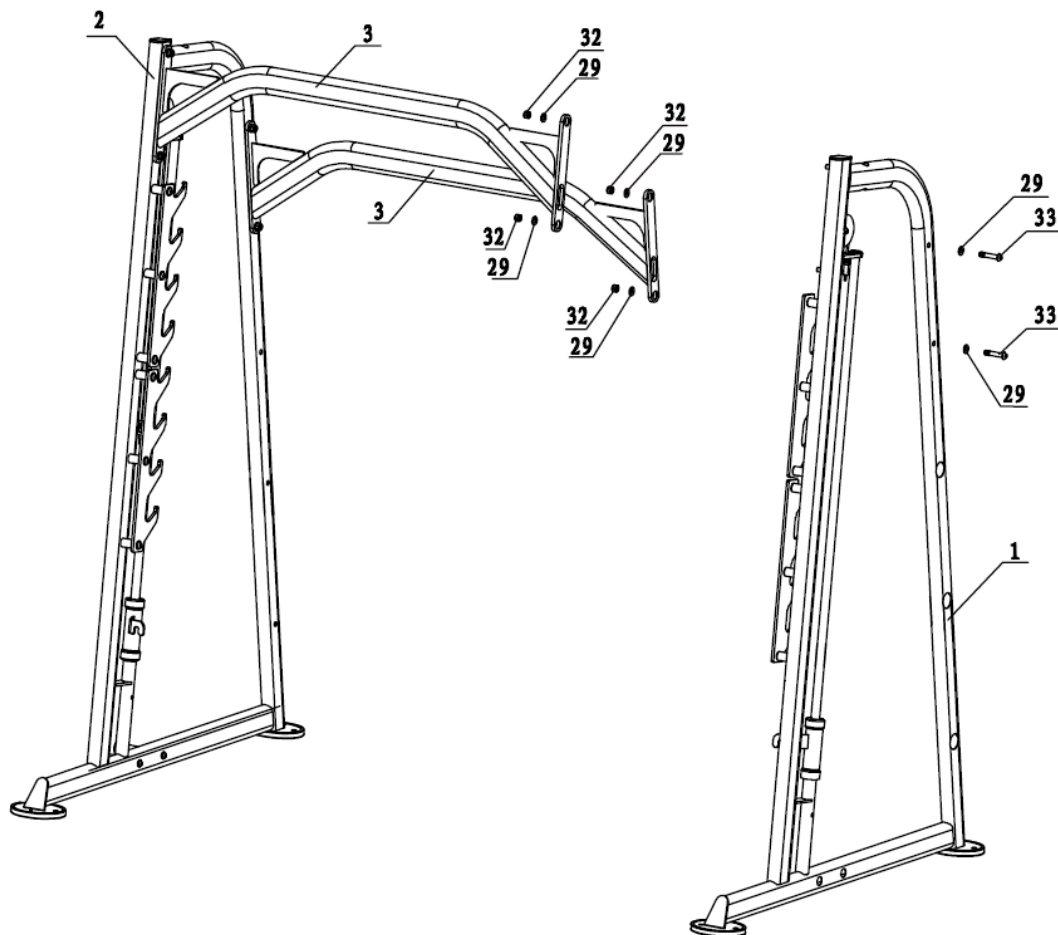
# ASSEMBLY INSTRUCTIONS

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## Step 1

Please connect the Top Cross Frames (3) to the Main Frames (1&2), using 4 Allen Bolts (33), 12 Flat Washers (29) and 8 Lock Nuts (32).

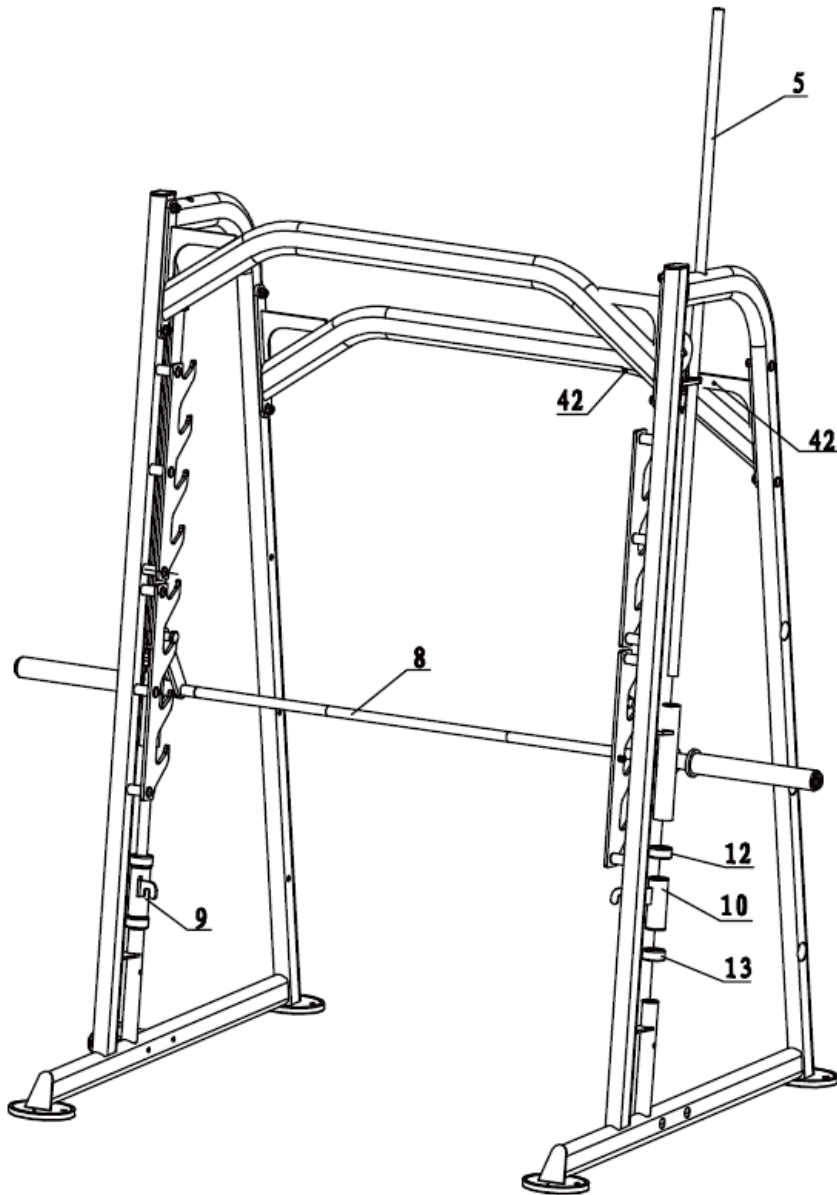
**Note:** Please tighten all the nuts and bolts with wrenches.



## Step 2

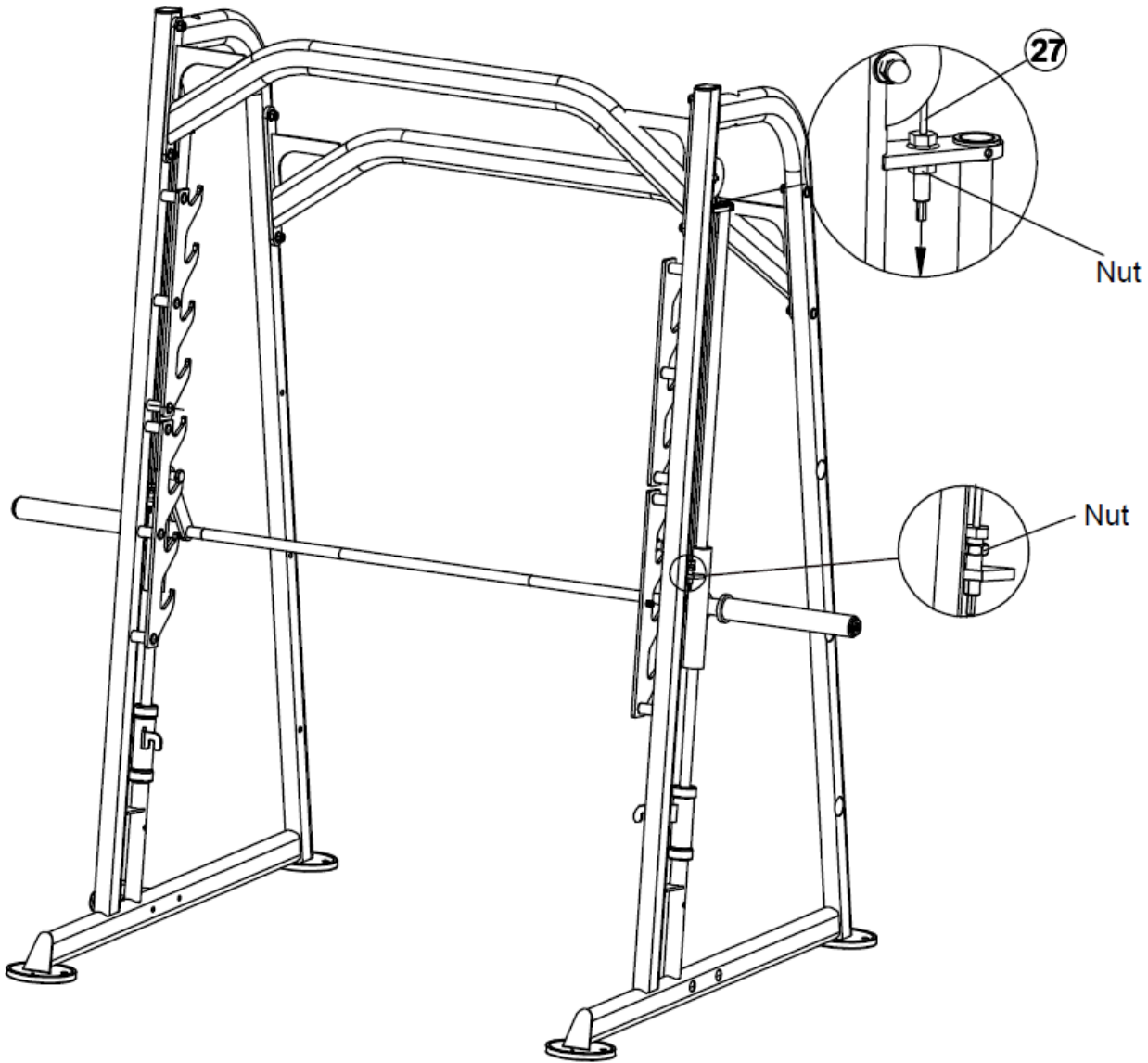
Please loosen the Allen Bolt (42) and pull up the Smith Guide Rod (5).

Please 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 remove the Flat Washer at the end of the cable, connect the Cable to the hole in the Sliding Mechanism, tighten it with 2 Bolts.

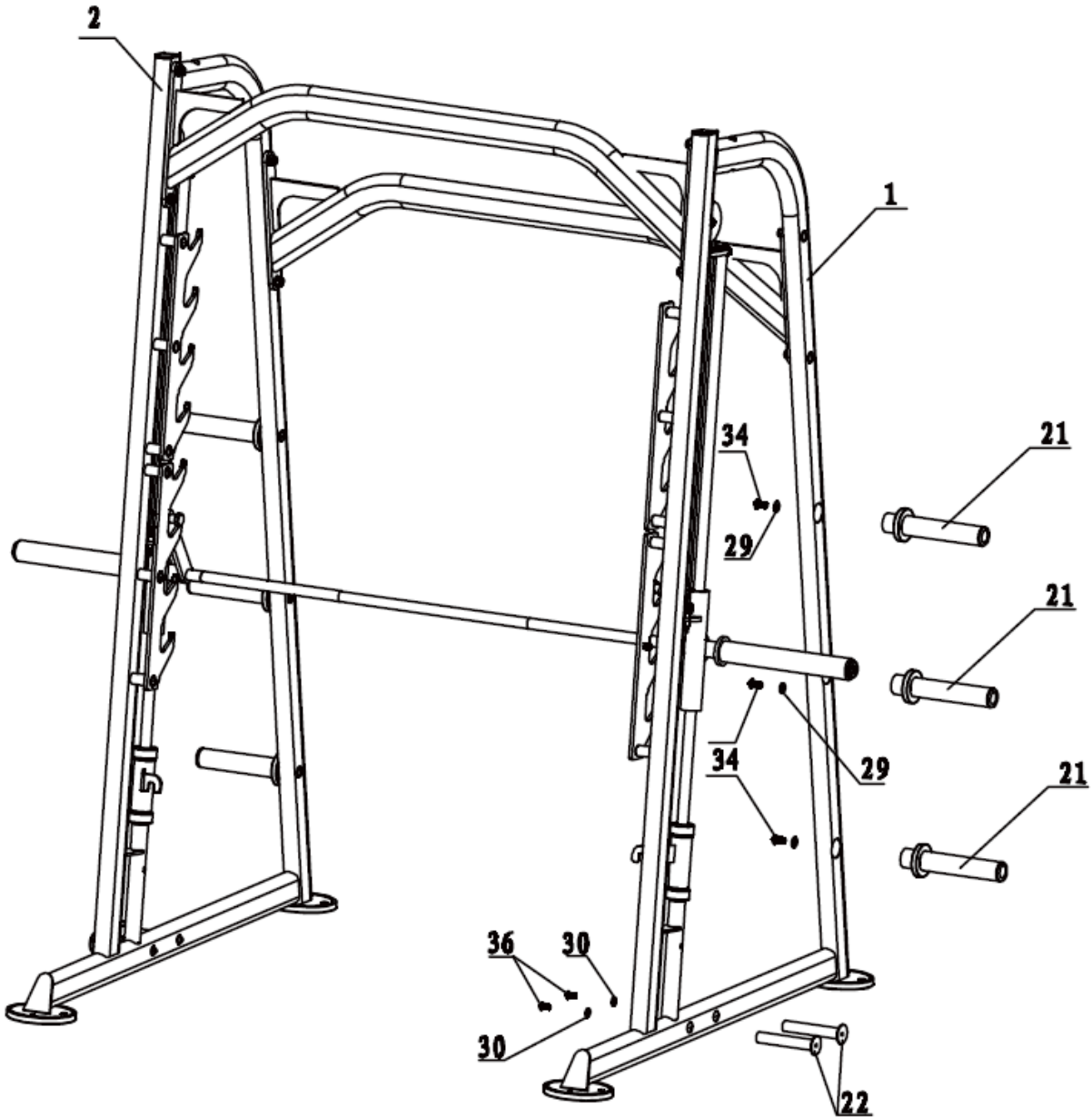


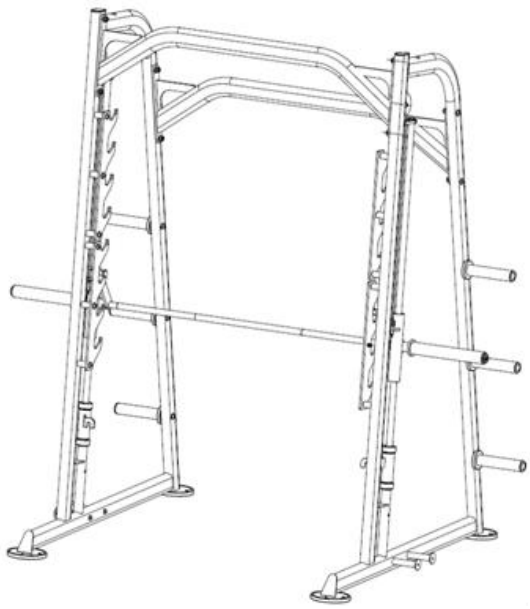
## Step 4

Please install the Weight Plate Storage Bar (21) to the Main Frames (1&2), Using 3 Allen Bolts (34) and 3 Flat Washers (29).

Fixing the Stretch Cords Holder (22) to the Main Frame (1), using 2 Flat Washer(30) and 2 Allen Bolt(36).

**Please tighten all the Bolts with Allen wrench.**





*This concludes the SMTHMACH 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.

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