

Read all precautions and instructions in this manual before using this equipment

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ASSEMBLY CAUTION

Please carefully read the following information before installation

Assembling requires at least two people

Do not tighten all screws before assembly is complete

Ensure that all accessories are complete. If not, please contact us via email



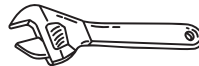
If you are missing any parts, or otherwise have any warranty issues, please contact us first.

Shortcut: A Lot of People Doing That Way

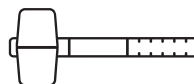
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

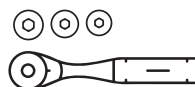
- Adjustable wrenches



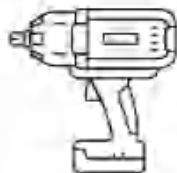
- Rubber hammers



- Socket set



- Electric Wrench



WARNING



Choking hazard. Small parts-Please exercise caution if small children or pets are present.

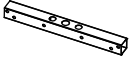
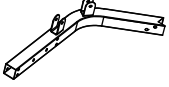
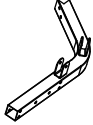
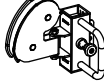


Sharp objects may be involved. Use precaution and protection.

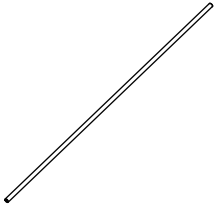
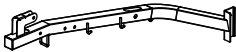
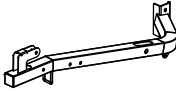
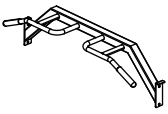
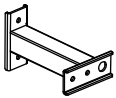
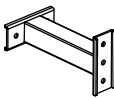
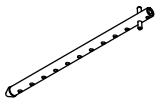
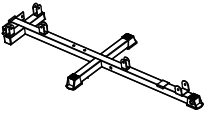


Heavy object. Use lifting aids and proper lifting techniques when moving

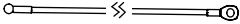
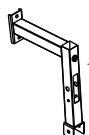
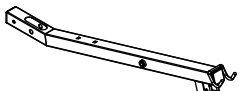
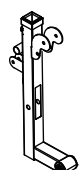
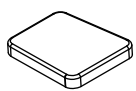
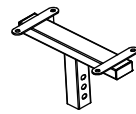
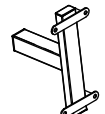
PART LIST 1

A1 Middle Upright Tube Right 1 PC 	A2 Middle Upright Tube Left 1 PC 	A3 Guide Rod Base 1 PC 	A4 Base Frame Right 1 PC 
A5 Base Frame Left 1 PC 	A6 Standard Base Foot 2 PCS 	A7 Upright Tube Right 1 PC 	A8 Upright Tube Left 1 PC 
A9 Base Plate 4 PCS 	A10 Pulley Sliding Sleeve Right 1 PC 	A11 Pulley Sliding Sleeve Left 1 PC 	A12 Guide Rod 2 PCS 
B1 Smith Guide Rod 2 PCS 	B2 Safety Hook Sleeve 2 PCS 	B3 Smith Bar Shock Pad 2 PCS 	B4 2" Spring Clip 2 PCS 
B5 Shock Pad 6 PCS 	B6 Large Washer 4 PCS 	B7 Spring 2 PCS 	B8 Smith Bar Sleeve 2 PCS 

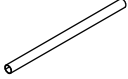
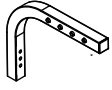
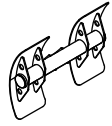
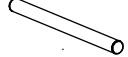
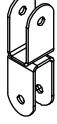
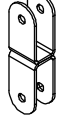
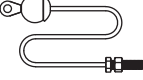
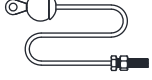
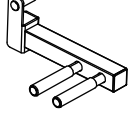
PART LIST 2

B9 Smith Bar 1 PC 	B10 Smith Bar Rod 1 PC 	B11 Smith Bar Adapter 2 PCS 	C1 Smith Guide Rod Connector 2 PCS 
C2 L Reinforcement Plate 2 PCS 	C3 Upper Frame Right 1 PC 	C4 Upper Frame Left 1 PC 	C5 Pull-Up Frame 1 PC 
C6 Upper Connecting Frame Right 1 PC 	C7 Upper Connecting Frame Left 1 PC 	C8 Weight Plate 11 PC 	C9 Weight Selector Rod 1 PC 
C10 Base Reinforcement Plate 1 PC 	C11 Station Base Frame 1 PC 	D1 Olympic Adapter 4 PCS 	D2 Weight Storage Pin 4 PCS 
D3 Station Upright Frame 1 PC 	D4 L-Spring Pin 1 PC 	D5 Support Tube 1 PC 	D6 Moving Pulley 2 PCS 

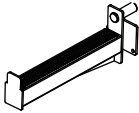
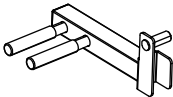
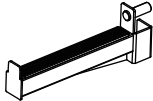
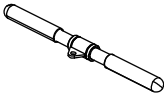
PART LIST 3

D7 Cable A (3900mm,153.5inch) 2 PCS 	D8 Cable Lock Head 2 PCS 	D9 Pulley 33 PCS 	D10 Bushing (L=12mm) 8 PCS 
D11 Seat Supporting Frame 1 PC 	D12 Knob 3 PCS 	D13 Reinforcement Plate 3 PCS 	E1 Station Upper Frame 1 PC 
E2 Right Arm 1 PC 	E3 Left Arm 1 PC 	E4 Handle 2 PCS 	E5 Arm Foam Pad 2 PCS 
E6 Clip 8 PCS 	E7 Jammer Arm Frame 1 PC 	E8 Triceps Rope 1 PC 	E9 Front Insert Tube 1PC 
F1 Backrest 1 PC 	F2 Seat 1 PC 	F3 Seat Frame 1 PC 	F4 Backrest Frame 1 PC 

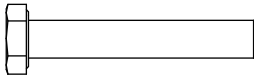
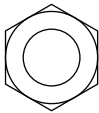
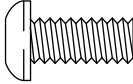
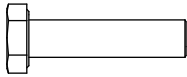
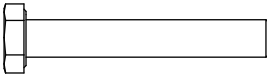
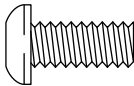
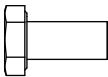
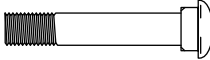
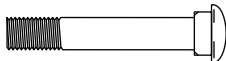
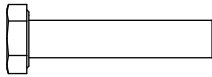
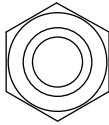
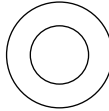
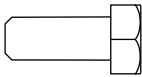
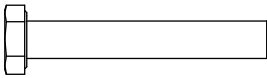
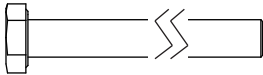
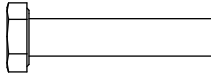
PART LIST 4

F5 Pin 2 PC 	F6 Foam Sleeve Column 2 PCS 	F7 End Cap 4 PCS 	F8 Foam Sleeve Column 4 PCS 
F9 Leg Extension Arm 1 PC 	G1 Leg Press Pedal Frame 1 PC 	G2 Pedal Connecting Rod 1 PC 	G3 Footboard Connecting Rod 1PC 
G4 Foot Pedal 1 PC 	G5 Pulley Stand-A 1 PC 	G6 Pulley Stand-B 1 PC 	G7 Pulley Stand-C 1 PC 
G8 Cable B (3610mm,142inch) 1 PC 	G9 Cable C (3050 mm,120inch) 1 PC 	H1 Cable D (4630 mm,182inch) 1 PC 	H2 Cable E (8930 mm,351.5inch) 1PC 
H3 Anti-Jumper 2 PCS 	H4 Pulley Bushing 4 PCS 	H5 Dip Bar Right 1PC 	H6 Cable Handle 2PCS 

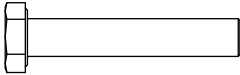
PART LIST 5

H7 J Hook Right 1PC 	H8 Spotter Arm Right 1PC 	H9 Dip Bar Left 1PC 	I1 Spotter Arm Left 1PC 
I2 J Hook Left 1PC 	I3 Lat Pull Down Bar 1PC 	I4 Cable Bar 1PC 	I5 Chain 2PCS 
I6 Bushing (L=10mm) 2 PCS 	I7 Pulley Stand 2 PCS 		

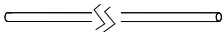
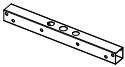
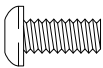
HARDWARE LIST 1

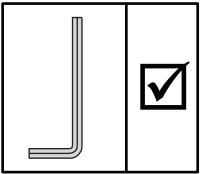
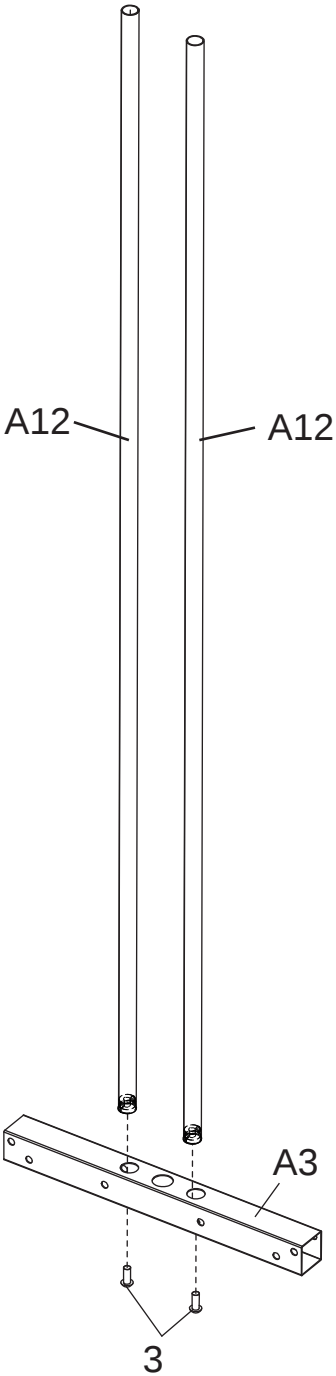
1 M10×70mm Bolt 45 PCS 	2 M10 Locknut 99 PCS 	3 M10×25mm Bolt 6 PCS 	4 M10×45mm Bolt 23 PCS 
5 M10×80mm Bolt 5 PCS 	6 Large M10 Washer 6 PCS 	7 M10 Split Washer 2 PCS 	8 M10×30mm Bolt 6 PCS 
9 M10 Washer 6 PCS 	10 M10×20mm Bolt 4 PCS 	11 M10 x 65mm Carriage Bolt 2 PCS 	12 M10 x 70mm Carriage Bolt 8 PCS 
13 M10×50mm Bolt 2 PCS 	14 M16 Locknut 2 PCS 	15 M16 Washer 2 PCS 	16 M8 x 20mm Bolt 8 PCS 
17 M10×75mm Bolt 1 PC 	18 M10×155mm Bolt 1 PC 	19 M10×60mm Bolt 1 PC 	20 M12 Washer 1 PC 

HARDWARE LIST 2

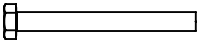
21 Shaft 1 PC 	22 M10×65mm Bolt 5 PCS 	23 M10 Washer (D10.5*D26*2.5) 2 PCS 	

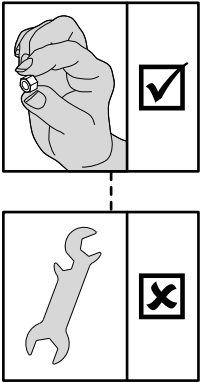
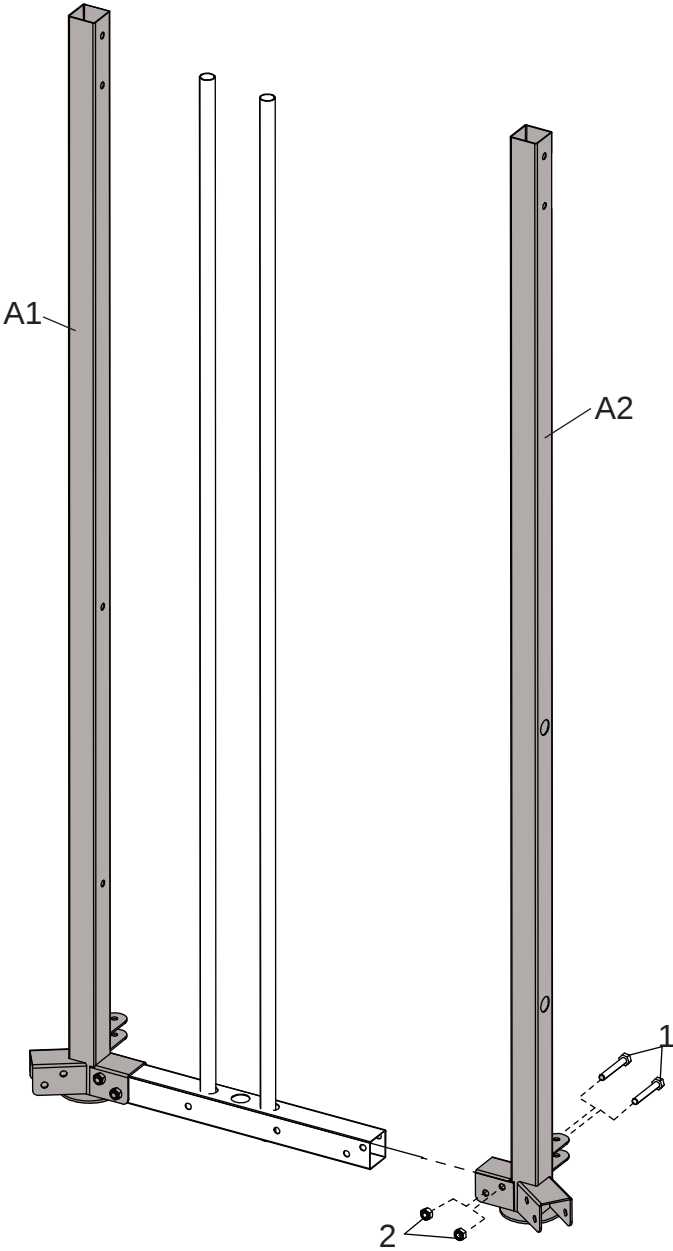
STEP: 1

A12  Guide Rod - 2pcs	A3  Guide Rod Base -1 pc	3  M10 x 25mm Bolt - 2pcs
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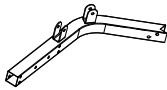
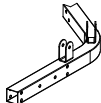
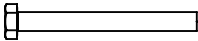


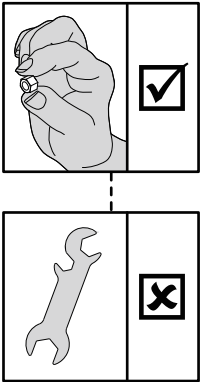
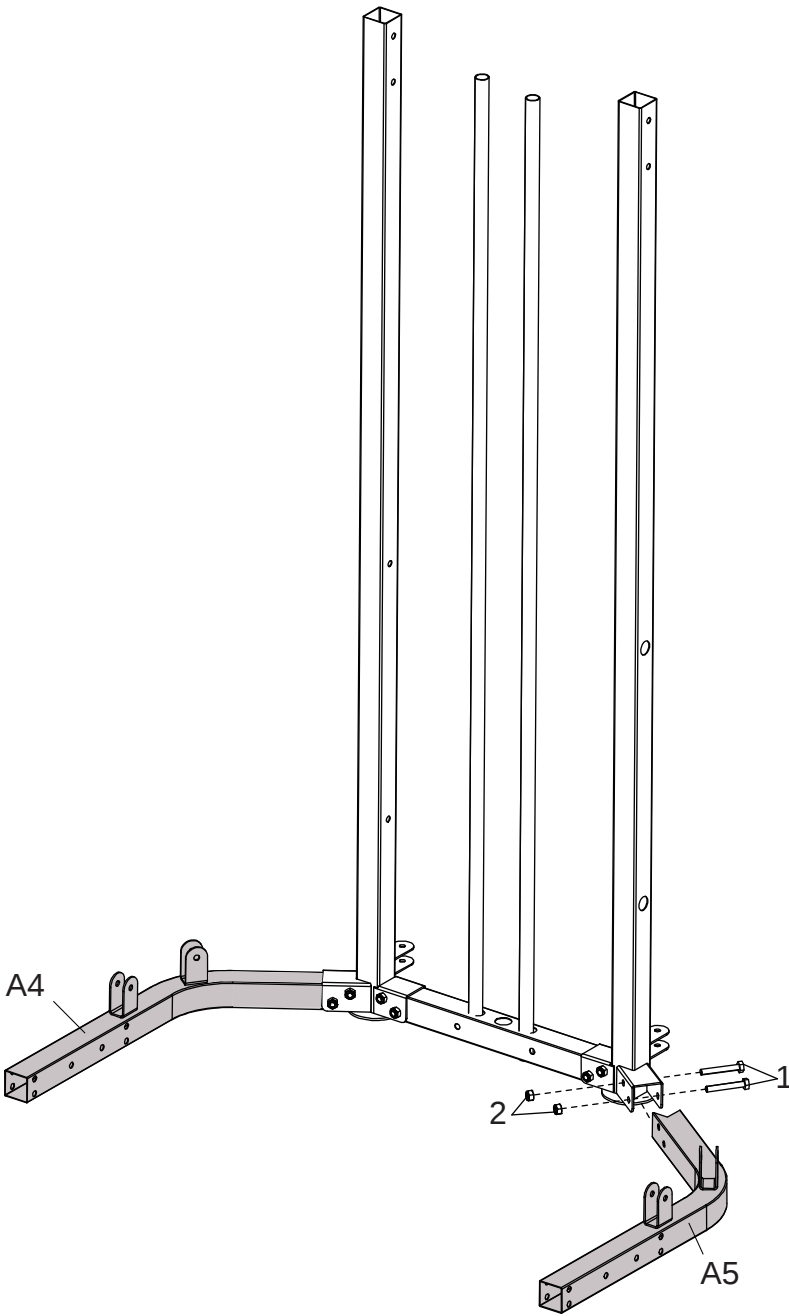
STEP: 2

A1  Middle Upright Tube Right - 1 pc	A2  Middle Upright Tube Left - 1pc	1  M10 x 70mm Bolt - 4 pcs	2  M10 Locknut - 4 pcs
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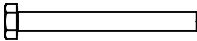


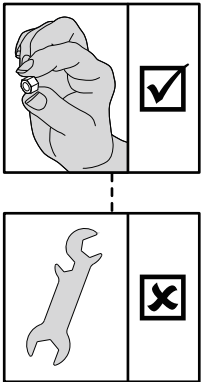
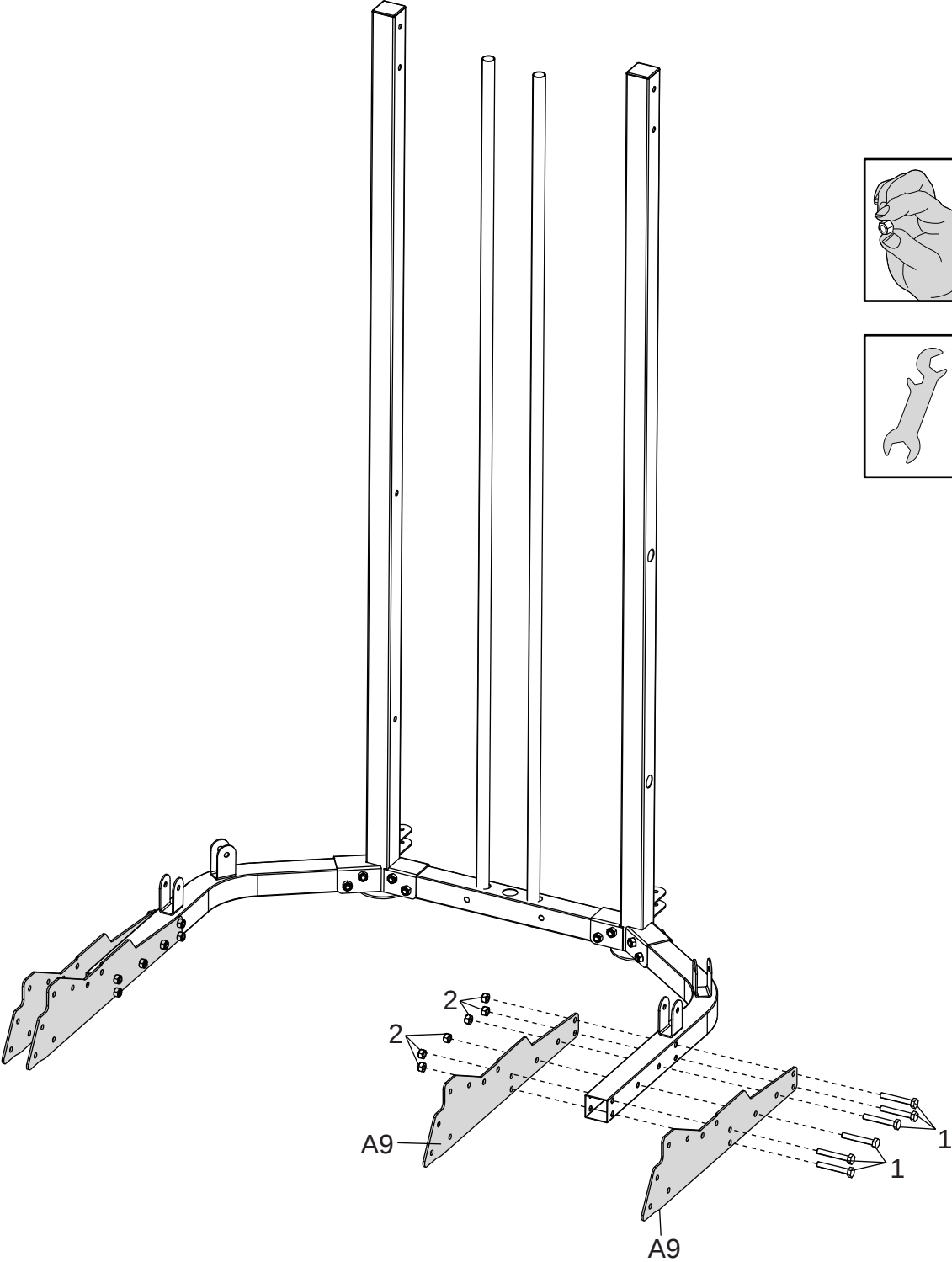
STEP: 3

A4  Base Frame Right - 1 pc	A5  Base Frame Left - 1pc	1  M10 x 70mm Bolt - 4 pcs	2  M10 Locknut - 4 pcs
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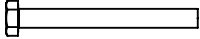


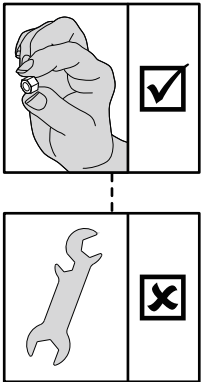
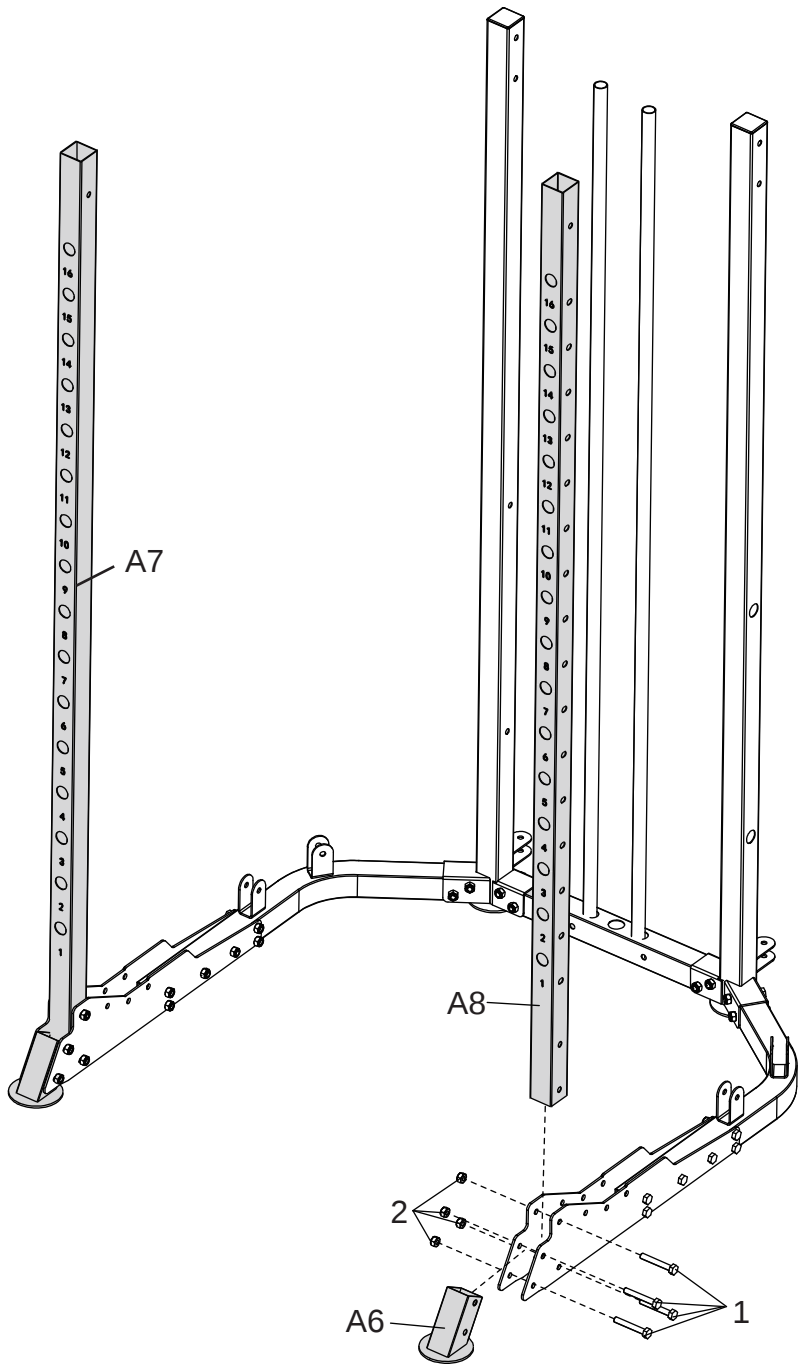
STEP: 4

A9  Base Plate - 4pcs	1  M10 x 70mm Bolt - 12pcs	2  M10 Locknut - 12pcs
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STEP: 5

A6  Standard Base Foot - 2pcs	A7  Upright Tube Right - 1pc	A8  Upright Tube Left - 1pc	1  M10 x 70mm Bolt - 8 pcs
2  M10 Locknut - 8 pcs			



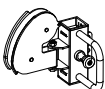
STEP: 6

A10

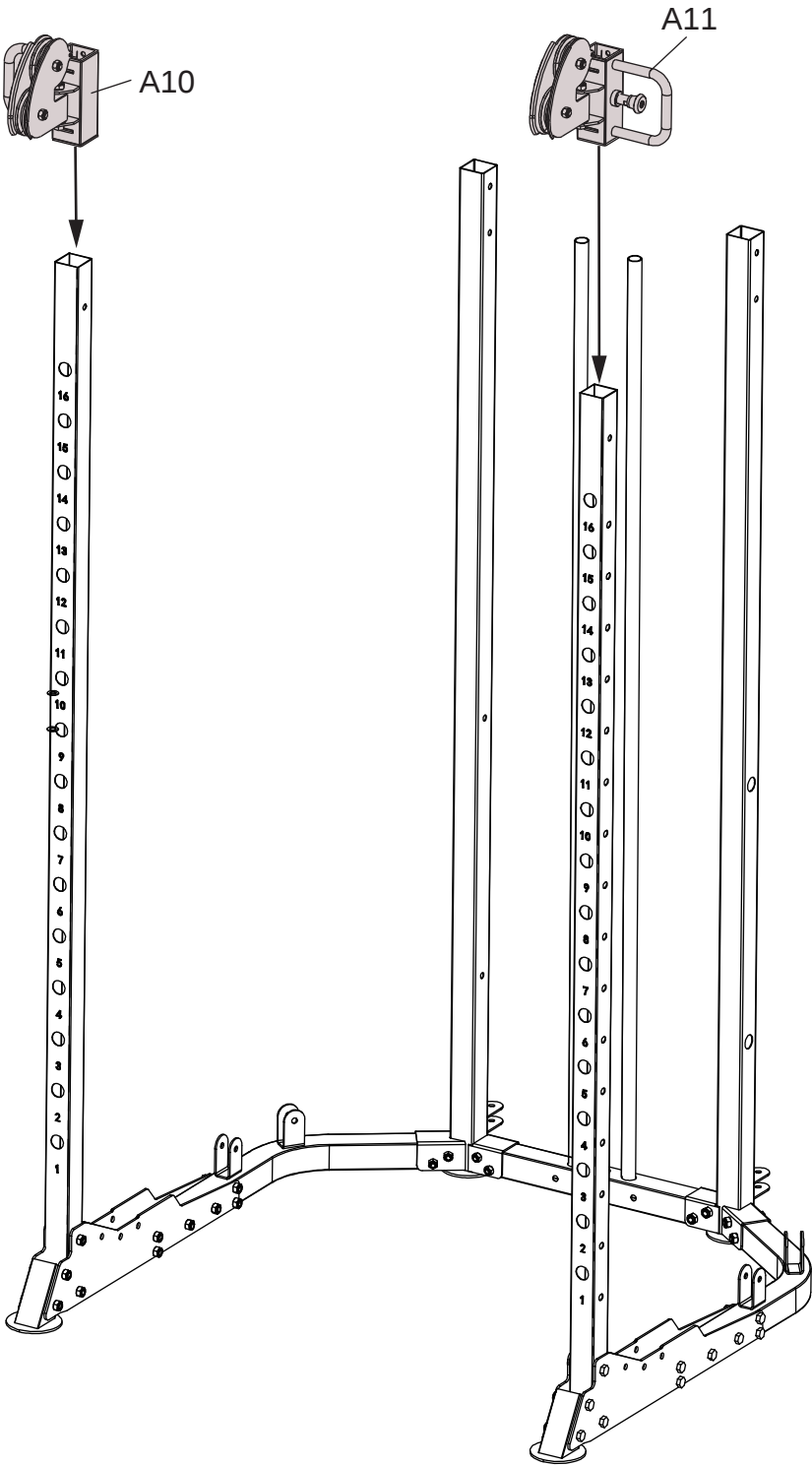


Pulley Sliding Sleeve Right - 1 pc

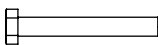
A11

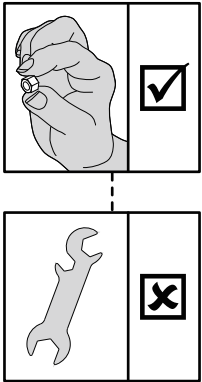
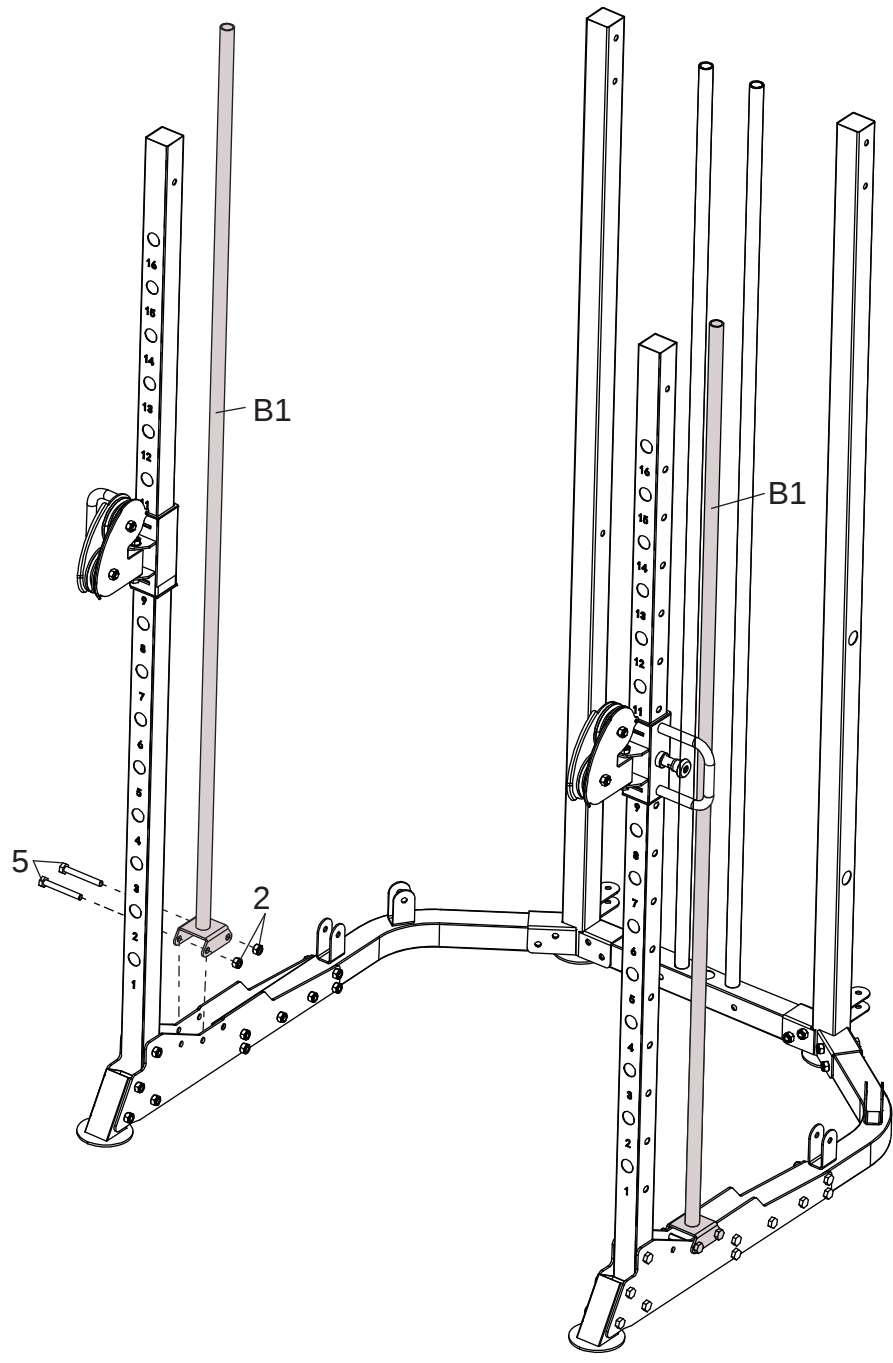


Pulley Sliding Sleeve Left - 1 pc



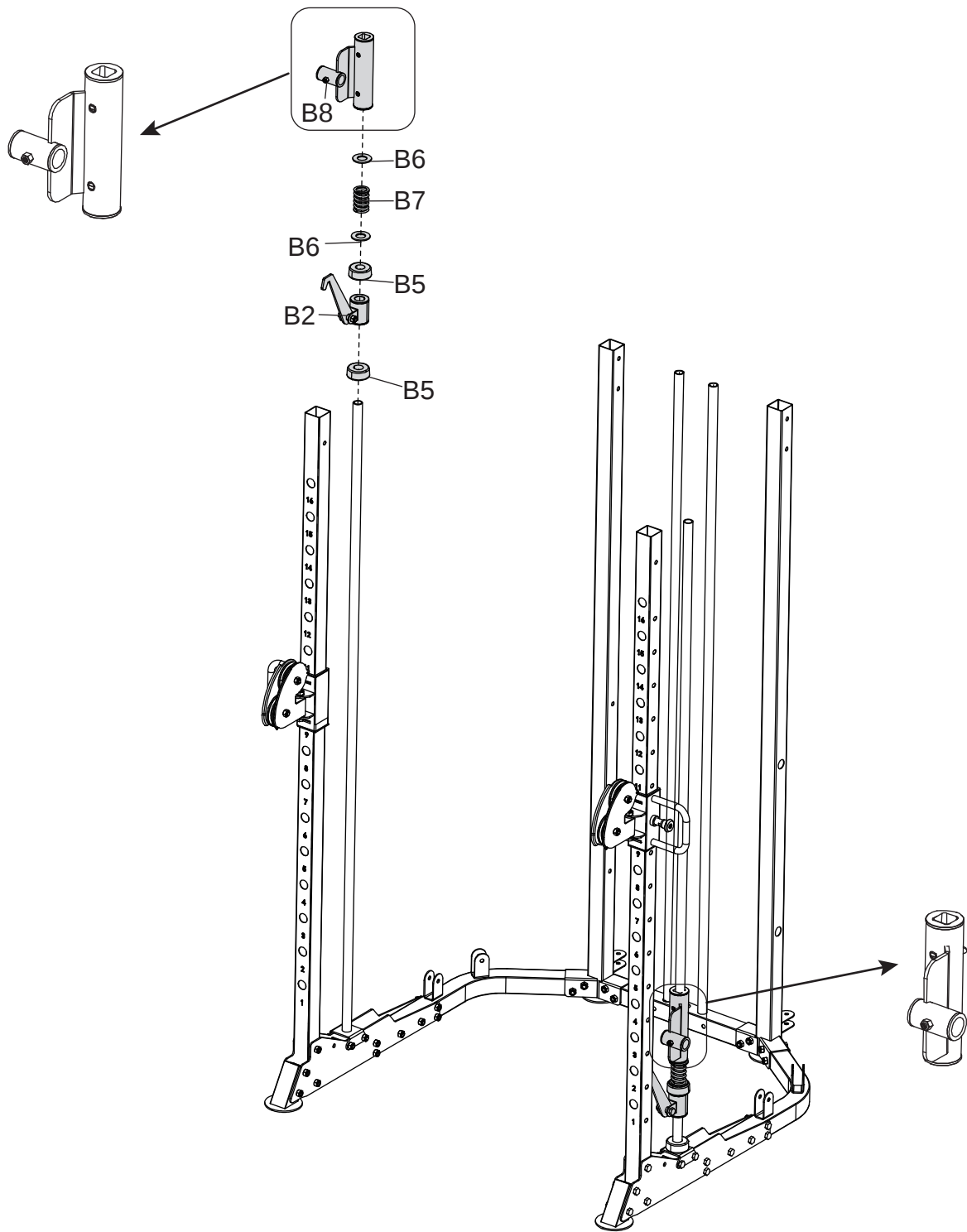
STEP: 7

B1  Smith Guide Rod 2 pcs	2  M10 Locknut - 4 pcs	5  M10 x 80mm Bolt - 4 pcs
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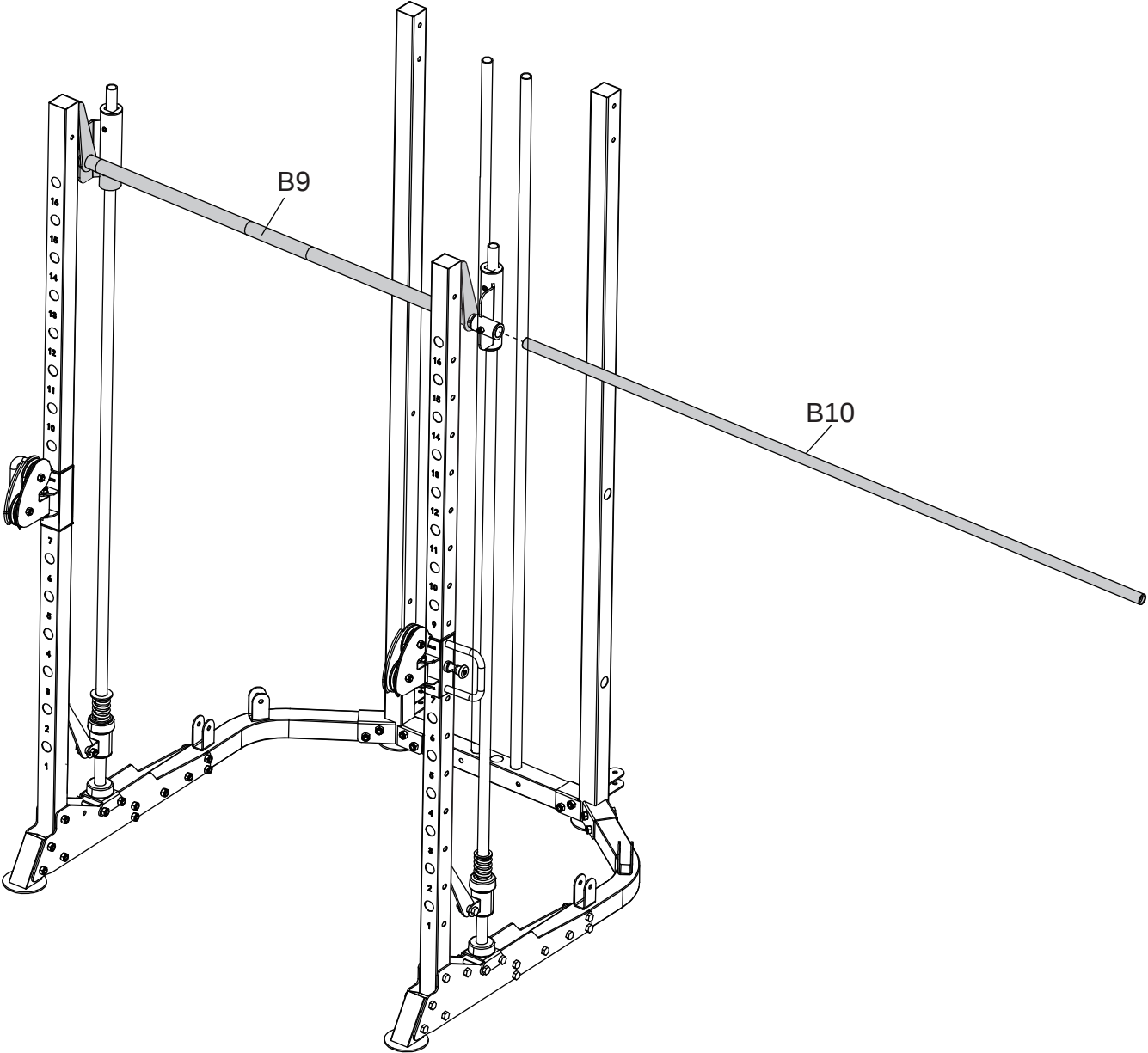
STEP: 8

B2  Safety Hook Sleeve 2 pcs	B5  Shock Pad - 4pcs	B6  Large Washer - 4 pcs	B7  Spring - 2 pcs
B8  Smith Bar Sleeve - 2pcs			

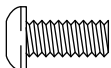


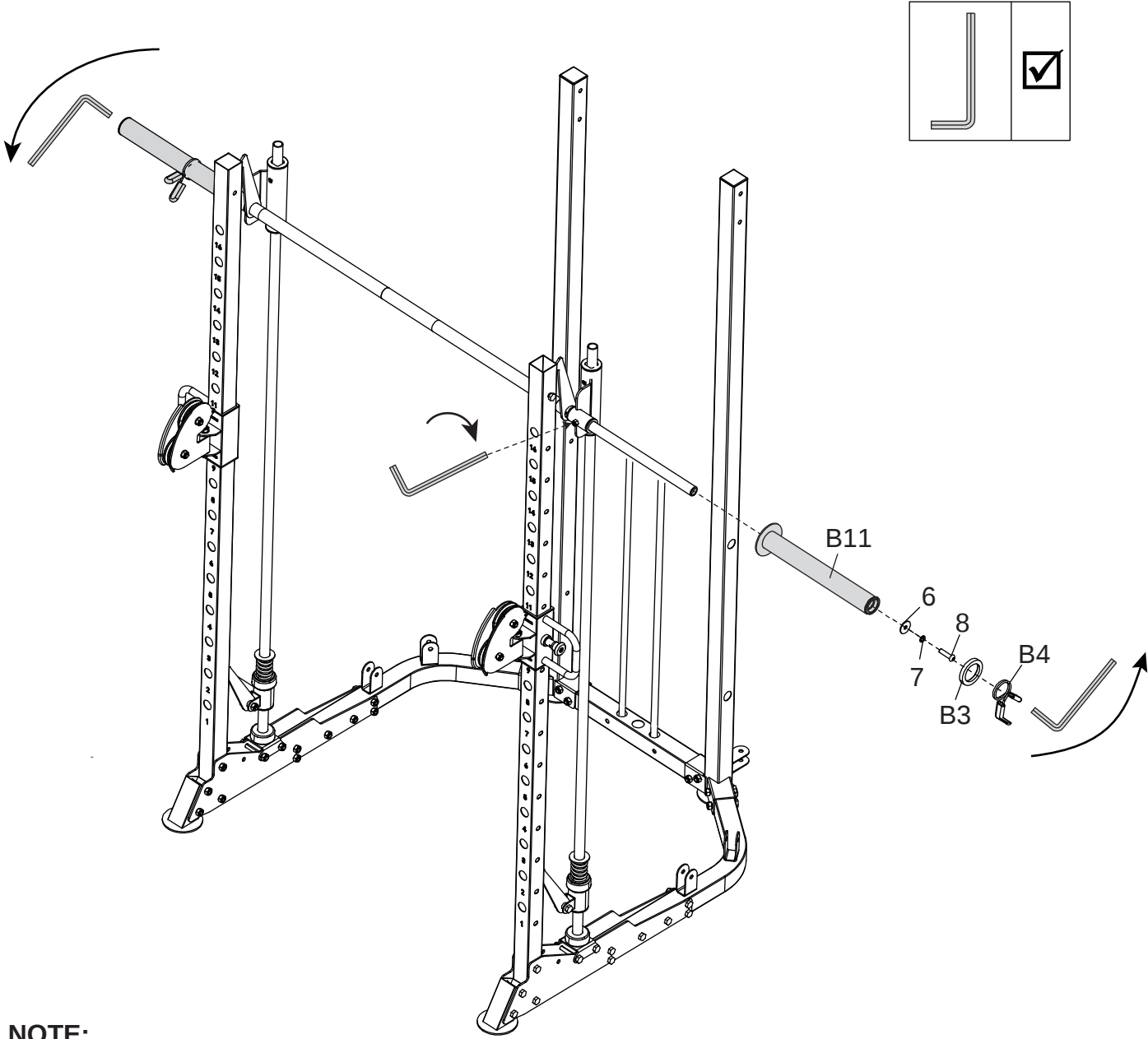
STEP: 9

B9  Smith Bar - 1 pc	B10  Smith Bar Rod - 1pc
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STEP: 10

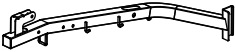
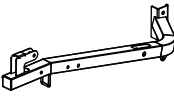
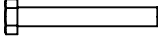
B3  Smith Bar Shock Pad - 2 pcs	B4  2" Spring Clip - 2 pcs	6  Large M10 Washer - 2 pcs	7  M10 Split Washer - 2 pcs
8  M10 x 30mm Bolt - 2 pcs	B11  Smith Bar Adapter - 2 pcs		

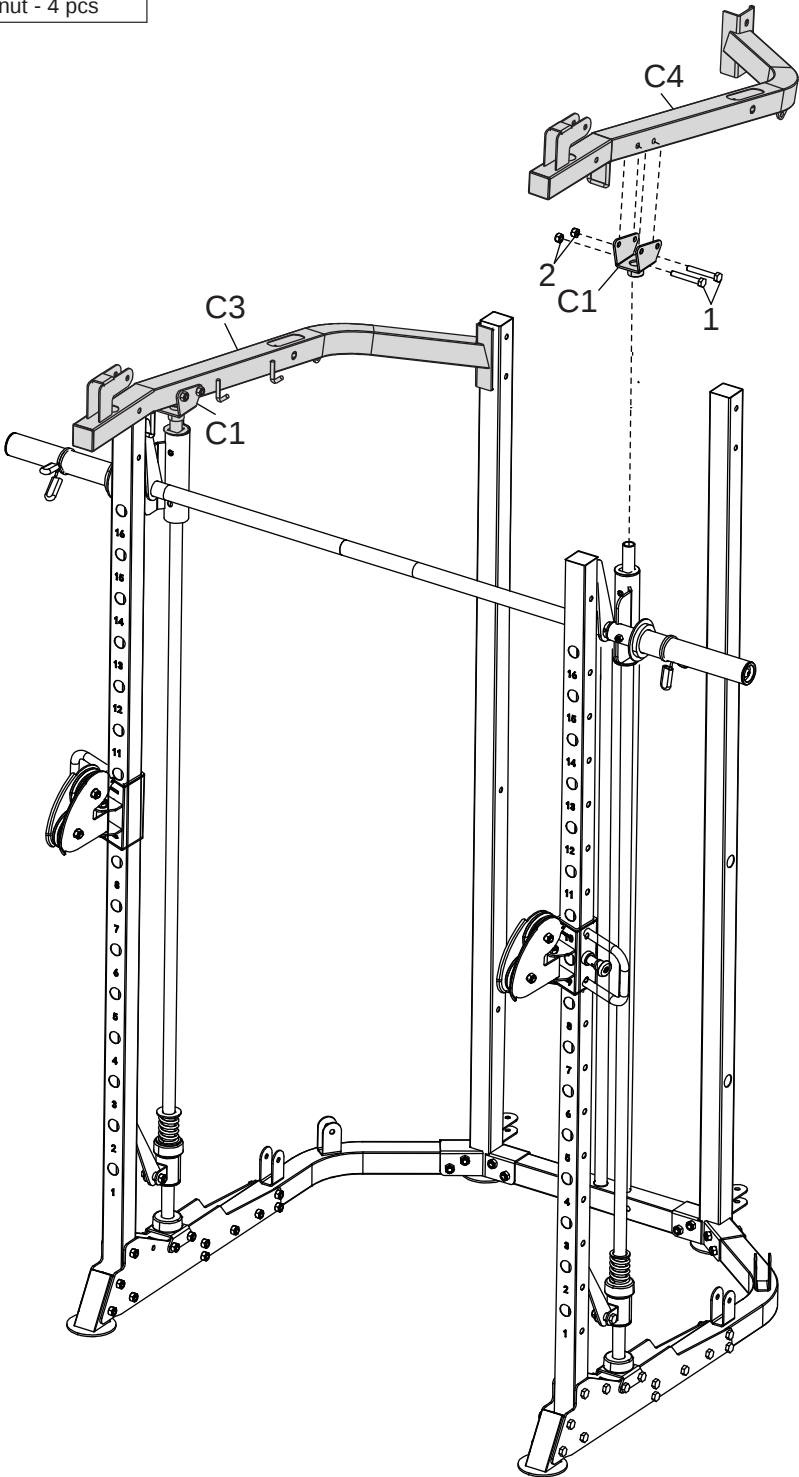


NOTE:

The bolt (8) needs to be tightened by two peoples at the same time, then tighten Set Screw in the Smith Bar Sleeve.

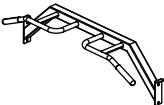
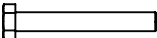
STEP: 11

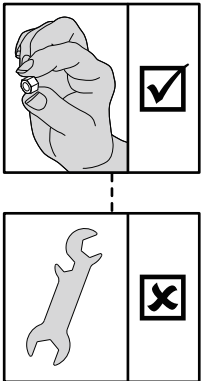
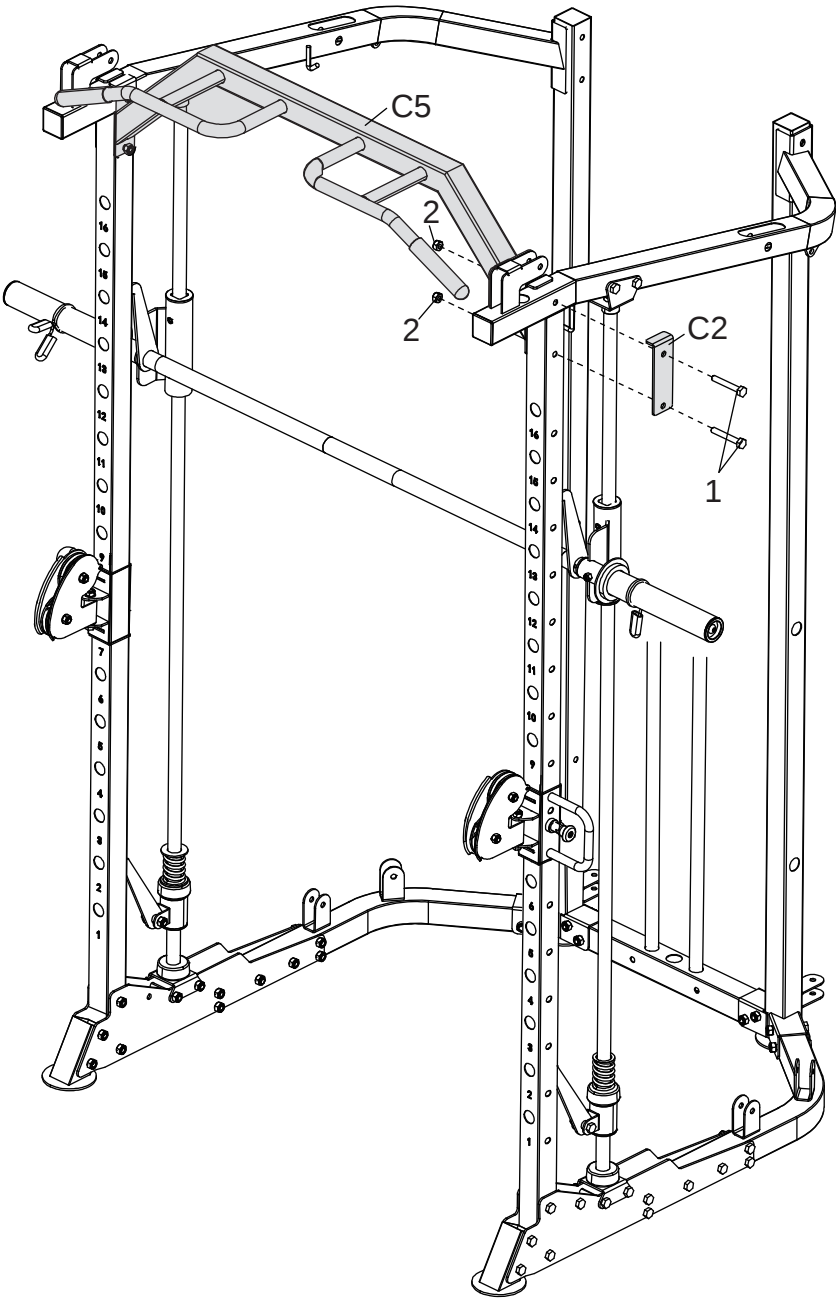
C1  Smith Guide Rod Connector - 2 pcs	C3  Upper Frame Right - 1 pc	C4  Upper Frame Left - 1 pc	1  M10 x 70mm - 4 pcs
2  M10 Locknut - 4 pcs			



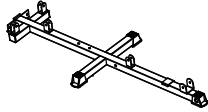
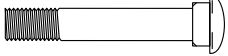
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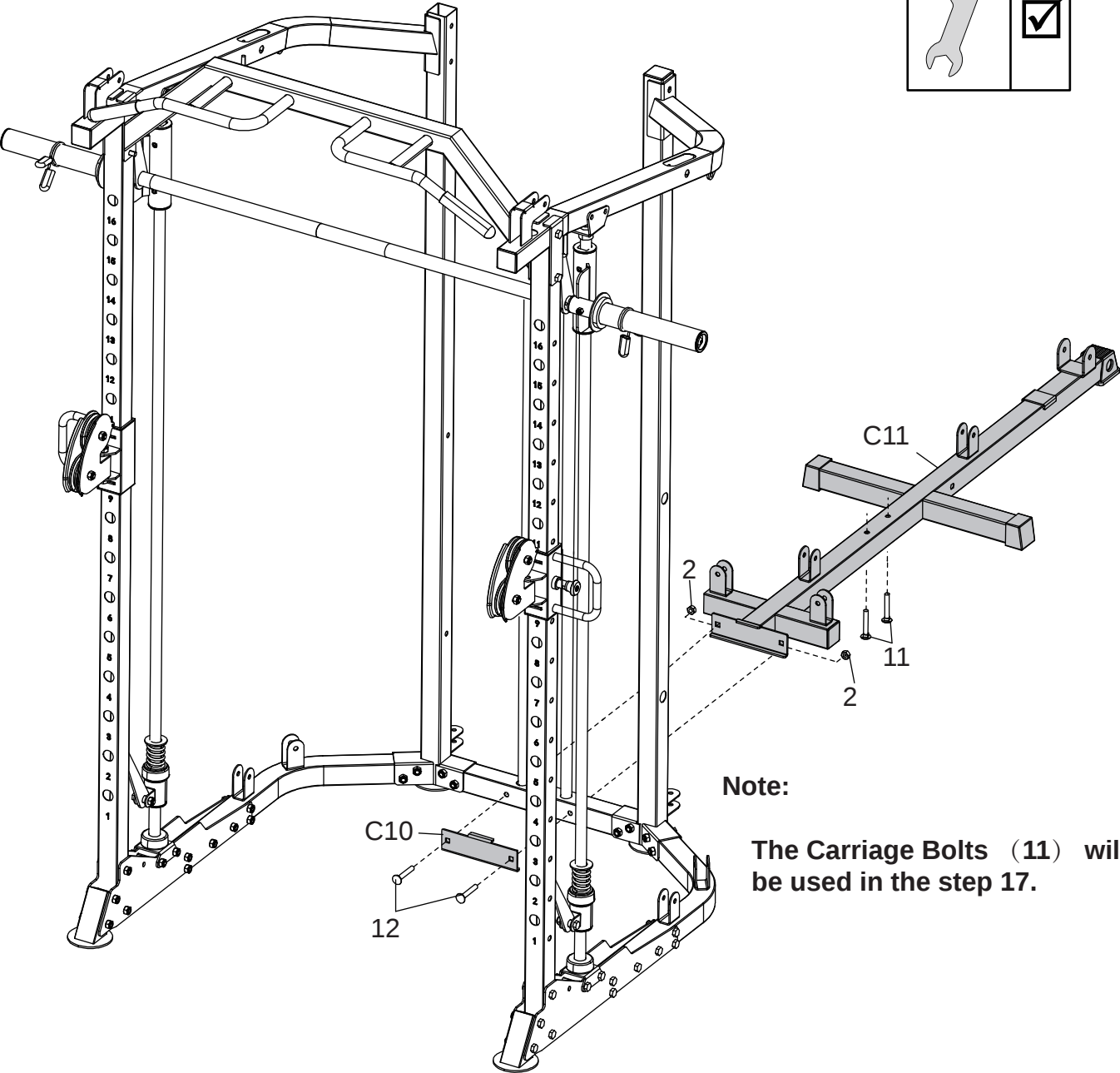
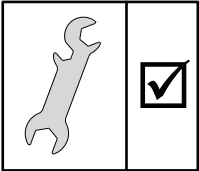
STEP: 12

C2  L Reinforcement Plate- 2 pcs	C5  Pull-Up Frame 1 pc	1  M10 x 70mm - 4 pcs	2  M10 Locknut - 4 pcs
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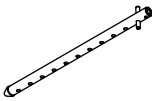


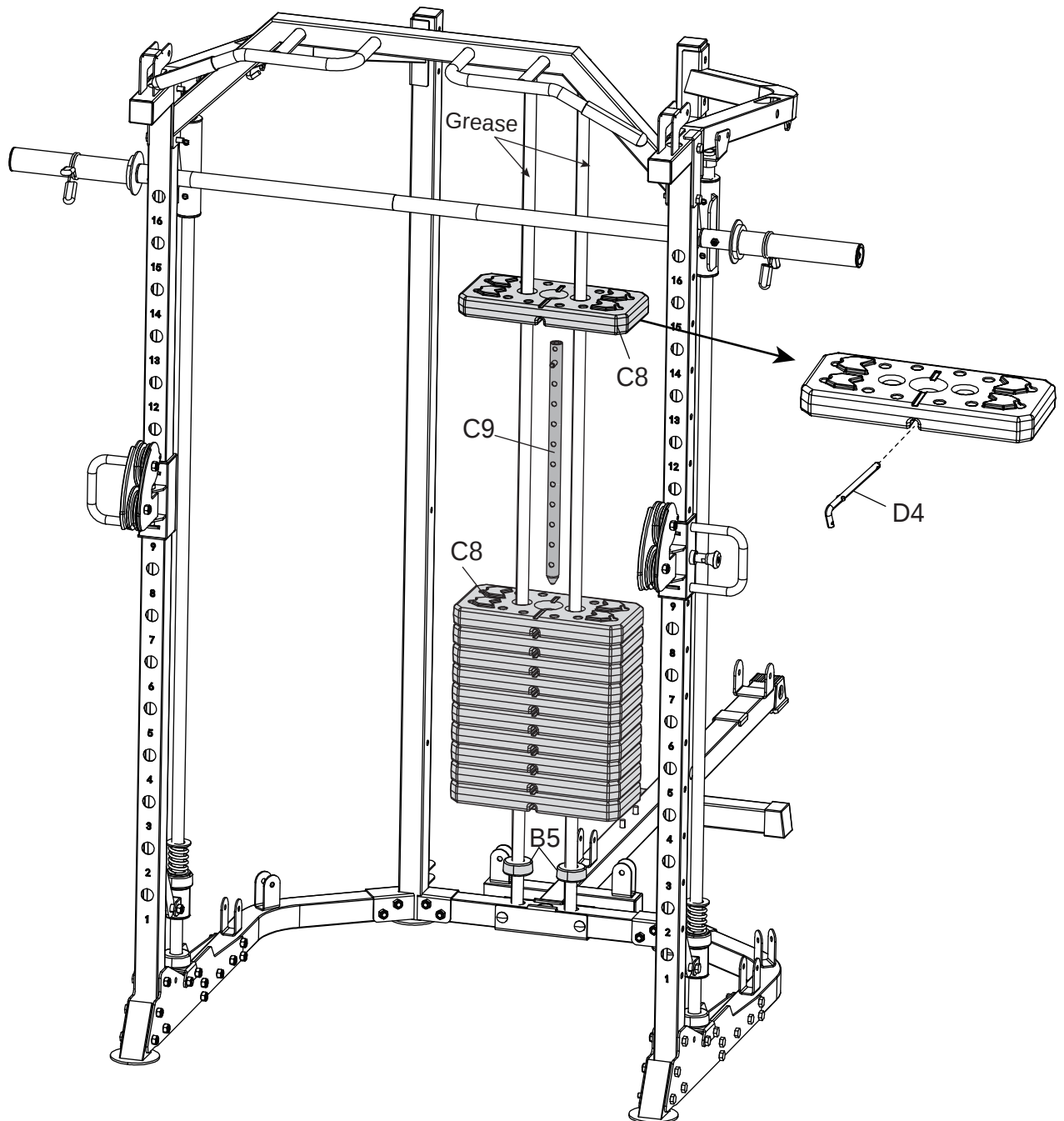
STEP: 13

C10  Base Reinforcement Plate - 1pc	C11  Station Base Frame - 1pc	2  M10 Locknut - 2 pcs	11  M10 x 65mm Carriage Bolt - 2pcs
12  M10 x 70mm Carriage Bolt - 2pcs			



STEP: 14

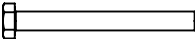
B5  Shock Pad - 2pcs	C8  Weight Plate - 11pcs	C9  Weight Selector Rod- 1 pc	D4  L-Spring Pin - 1pc
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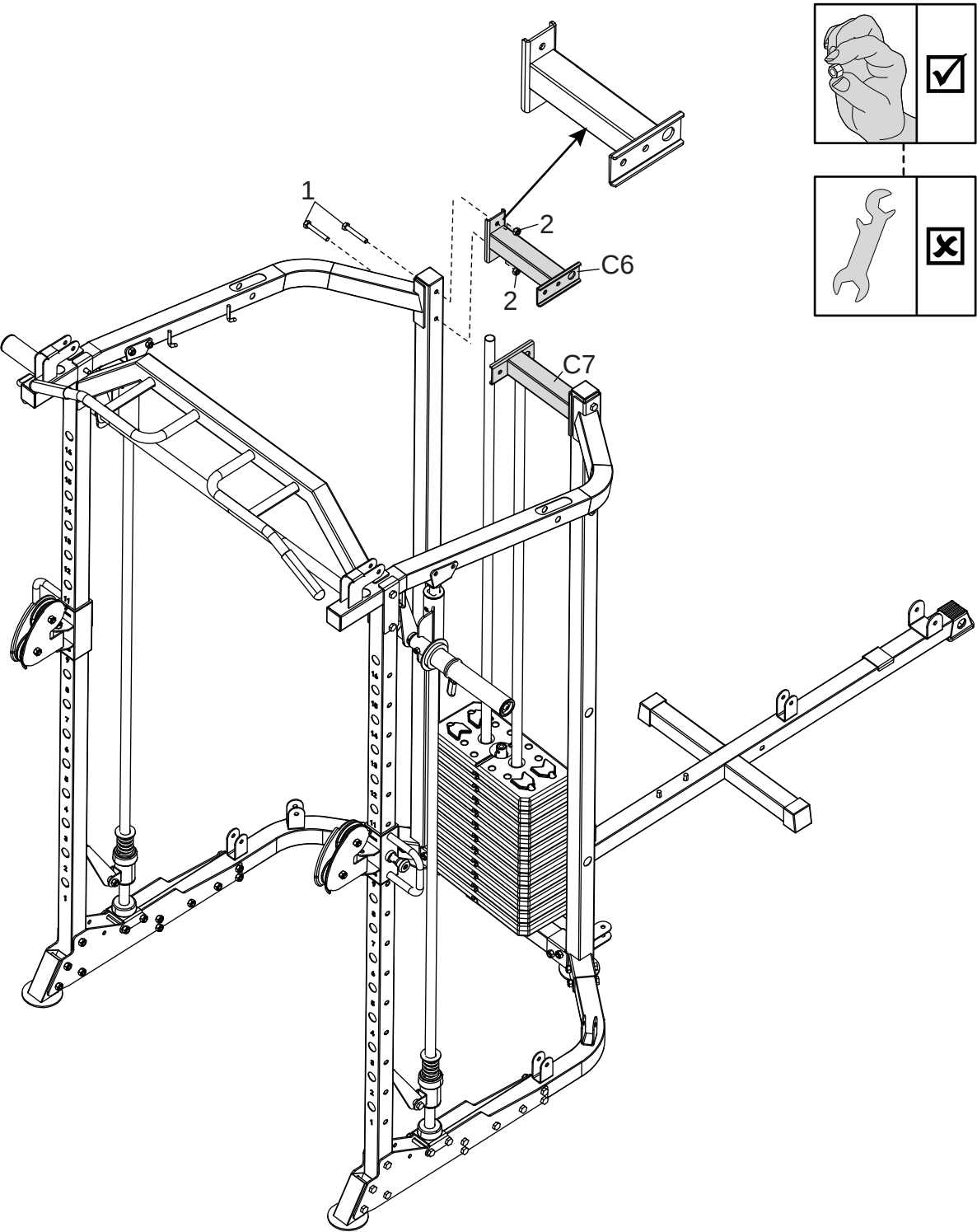


NOTE :

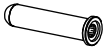
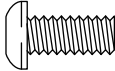
Orient eleven Weight Plates (C8) so that the pin holes are in the SMITH face position shown.

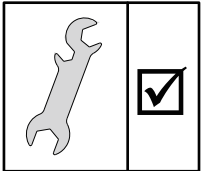
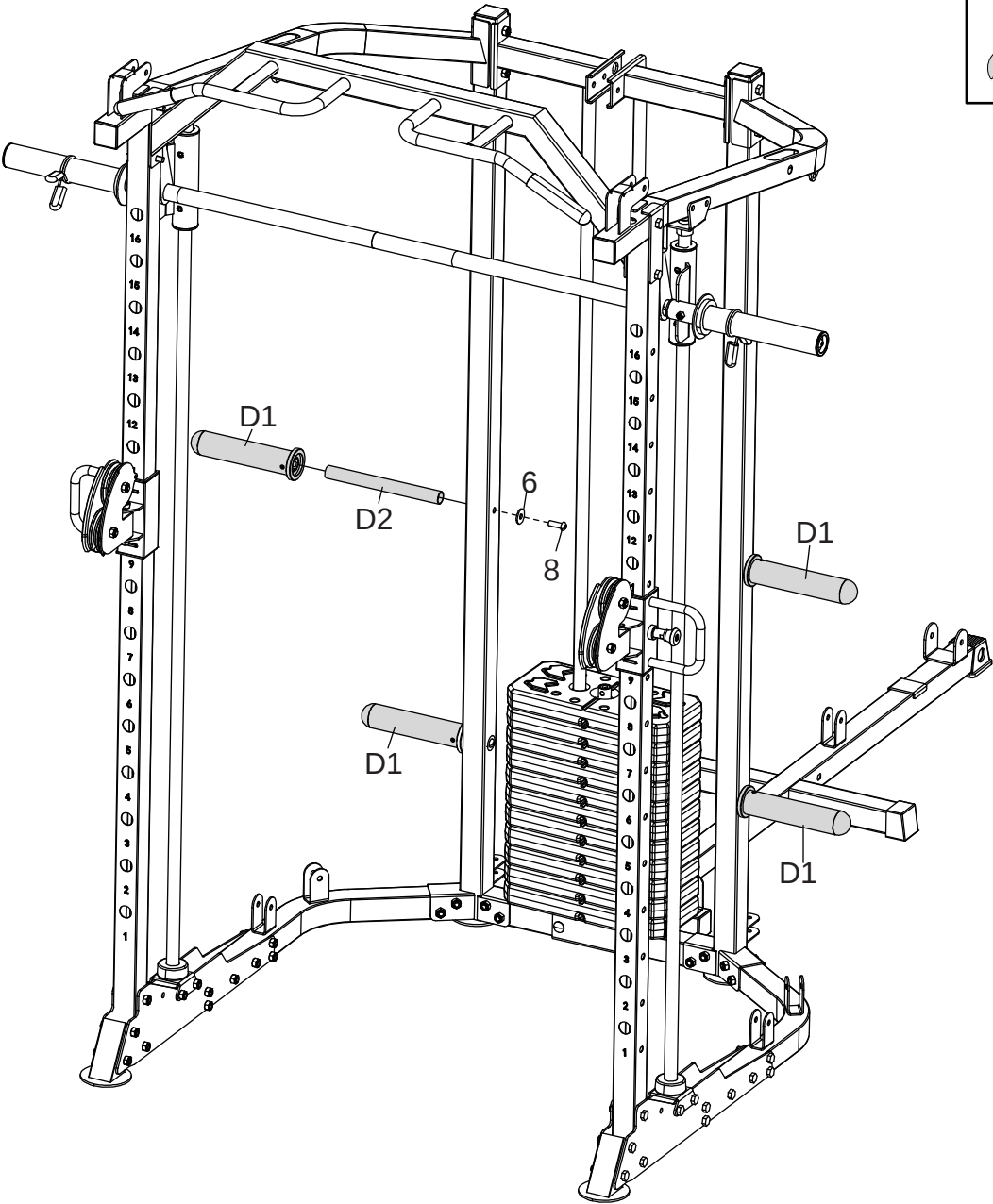
STEP: 15

C6  Upper Connecting Frame Right - 1pc	C7  Upper Connecting Frame Left- 1pc	1  M10 x 70mm Bolt - 4 pcs	2  M10 Locknut - 4 pcs
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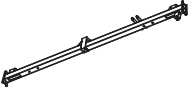
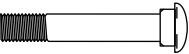


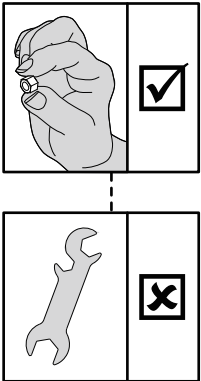
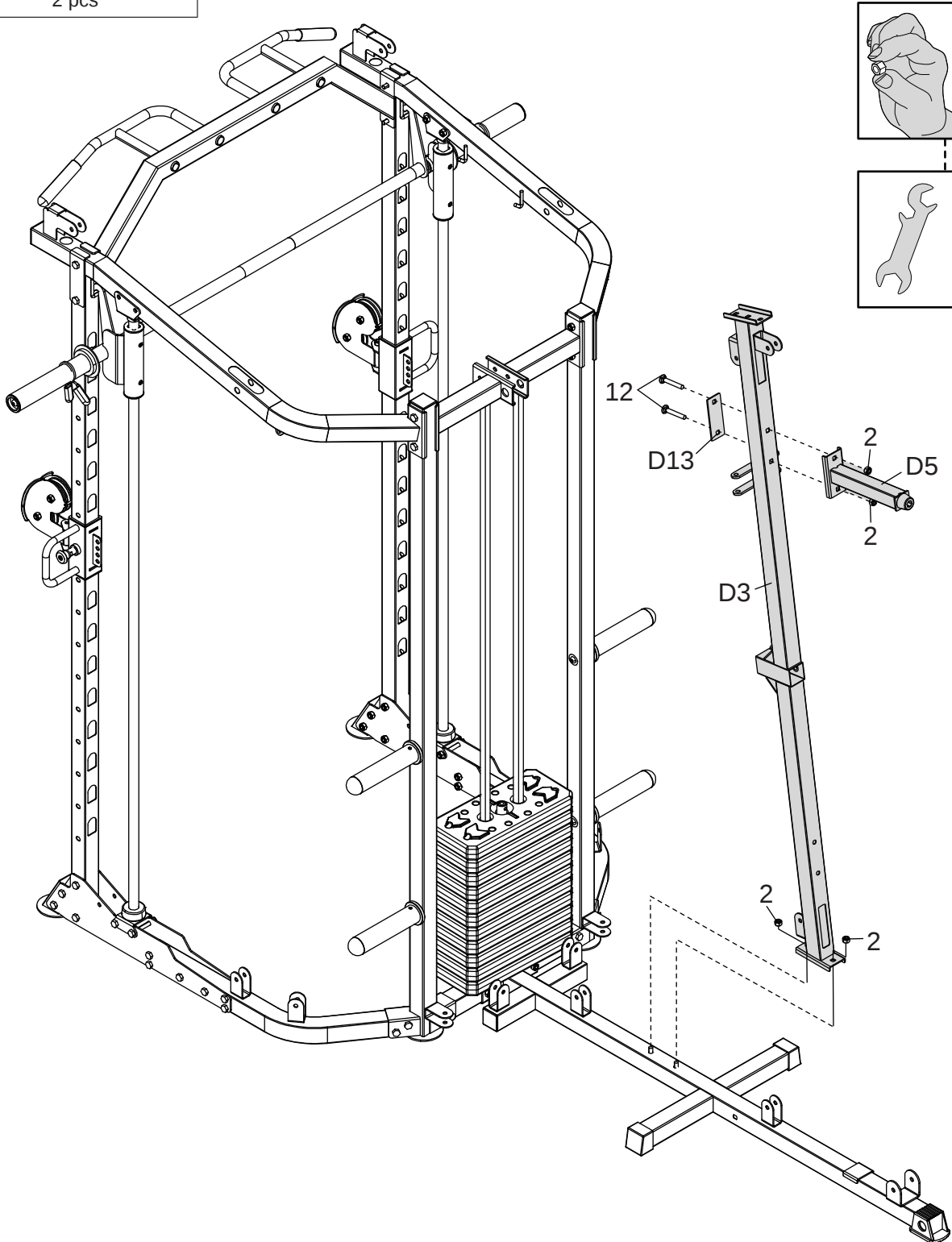
STEP: 16

D1  Olympic Adapter - 4 pcs	D2  Weight Storage Pin - 4pcs	6  Large M10 Washer 4 pcs	8  M10 x 30mm Bolt - 4 pcs
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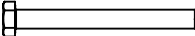
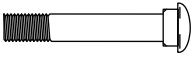


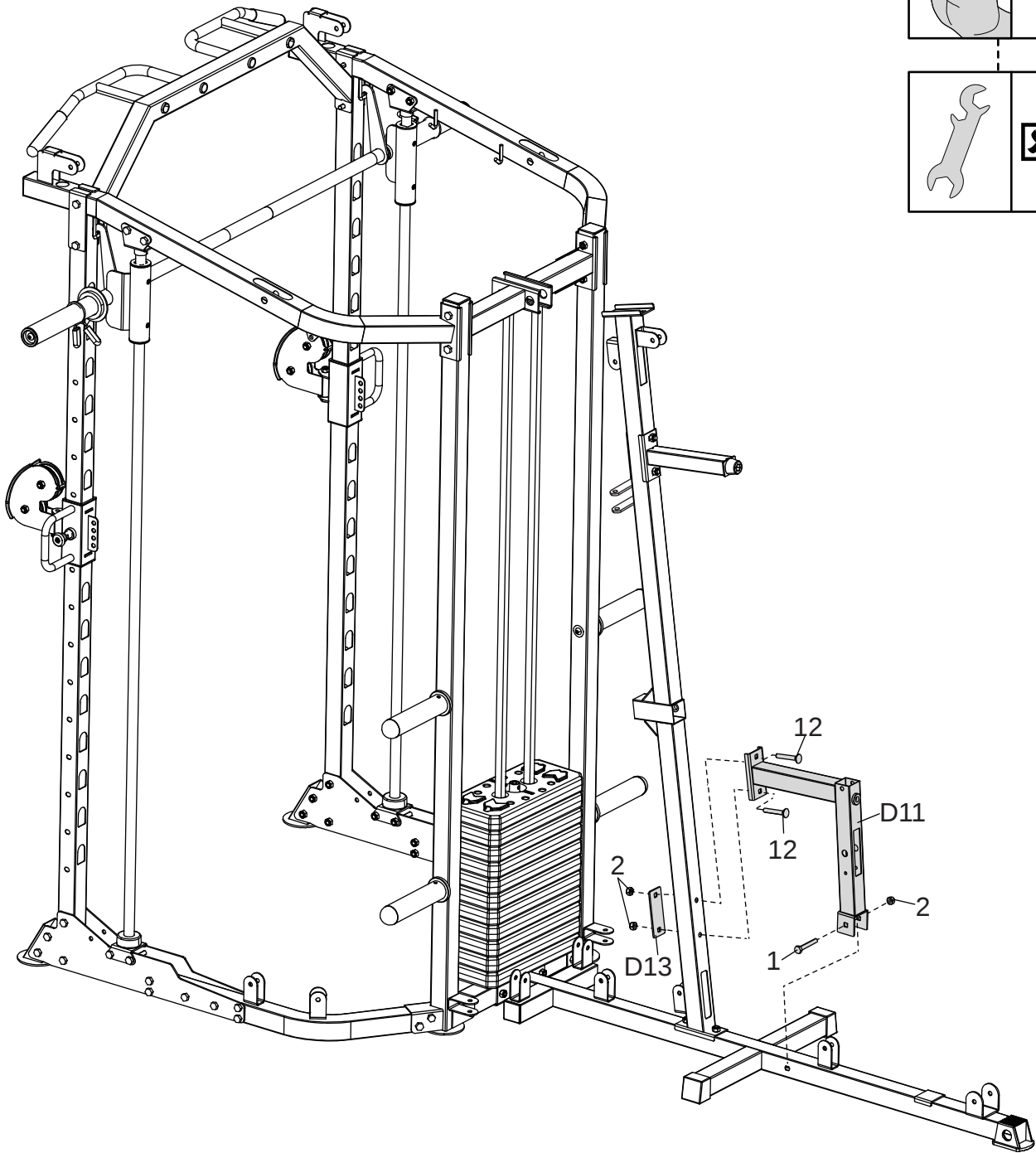
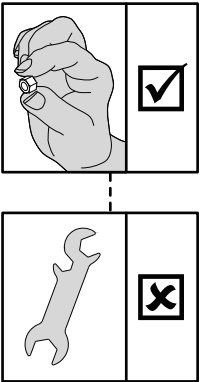
STEP: 17

D3  Station Upright Frame - 1pc	D5  Support Tube - 1pc	D13  Reinforcement Plate - 1pc	2  M10 Locknut - 4 pcs
12  M10 x 70mm Carriage Bolt 2 pcs			

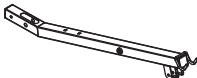
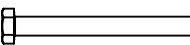
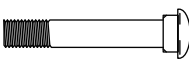


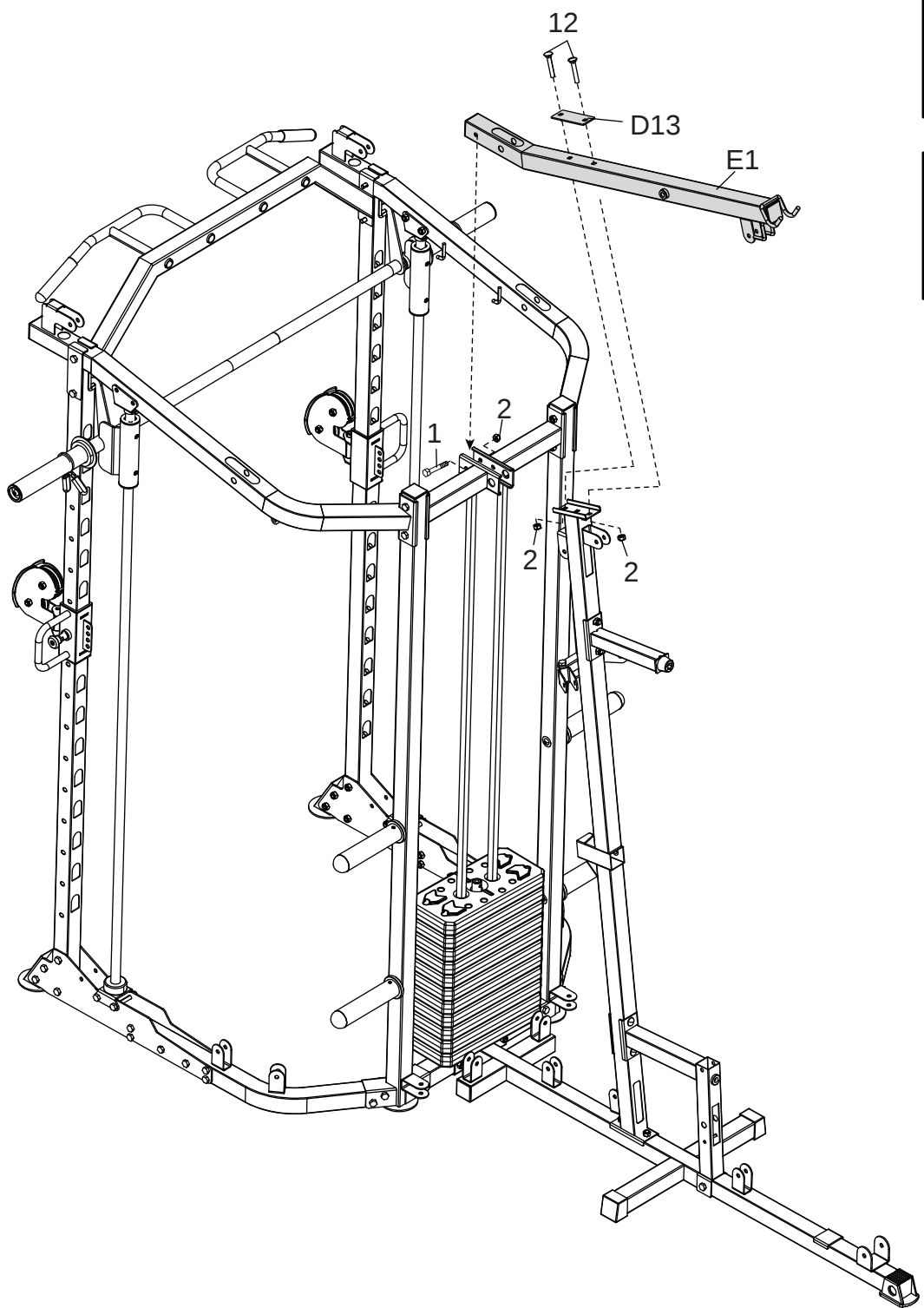
STEP: 18

D11  Seat Supporting Frame - 1pc	D13  Reinforcement Plate - 1pc	1  M10 x 70mm Bolt - 1 pc	2  M10 Locknut - 3 pcs
12  M10 x 70mm Carriage Bolt 2 pcs			



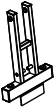
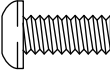
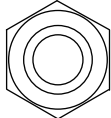
STEP: 19

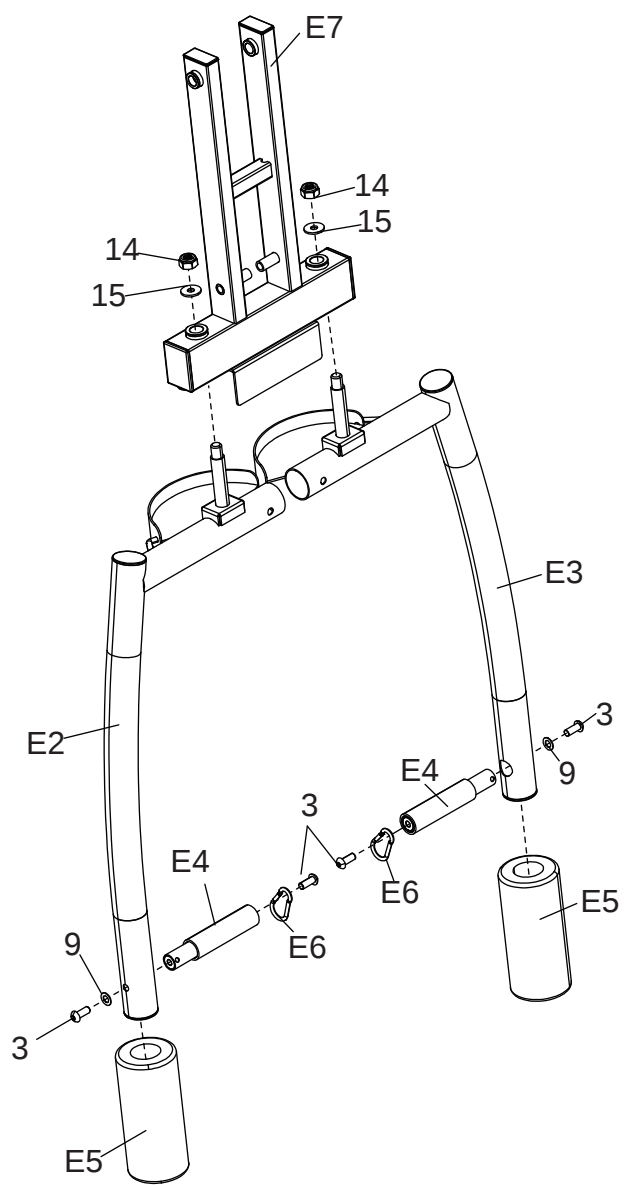
E1  Station Upper Frame - 1pc	D13  Reinforcement Plate - 1 pc	1  M10 x 70mm Bolt - 1 pc	2  M10 Locknut - 3 pcs
12  M10 x 70mm Carriage Bolt 2 pcs			



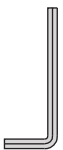
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STEP: 20

E2  Right Arm - 1pc	E3  Left Arm - 1 pc	E4  Handle - 2 pc	E5  Arm Foam Pad 2 pcs
E6  Clip - 2 pcs	E7  Jammer Arm Frame -1 pc	3  M10 x 25mm Bolt - 4 pcs	9  M10 Washer - 2 pcs
14  M16 Locknut - 2 pcs	15  M16 Washer - 2 pcs		

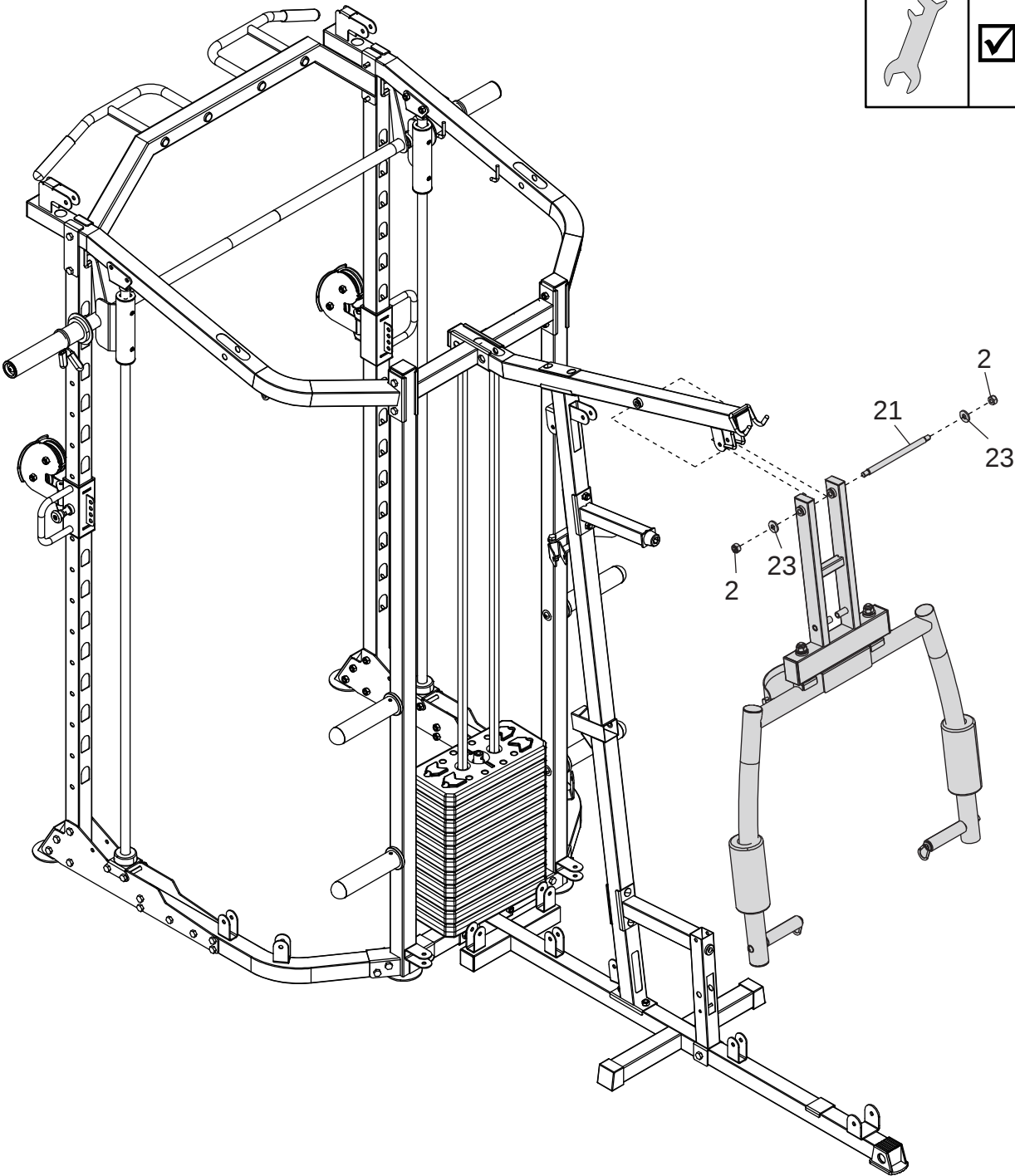
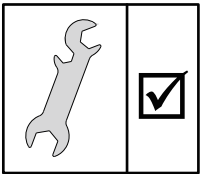


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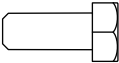
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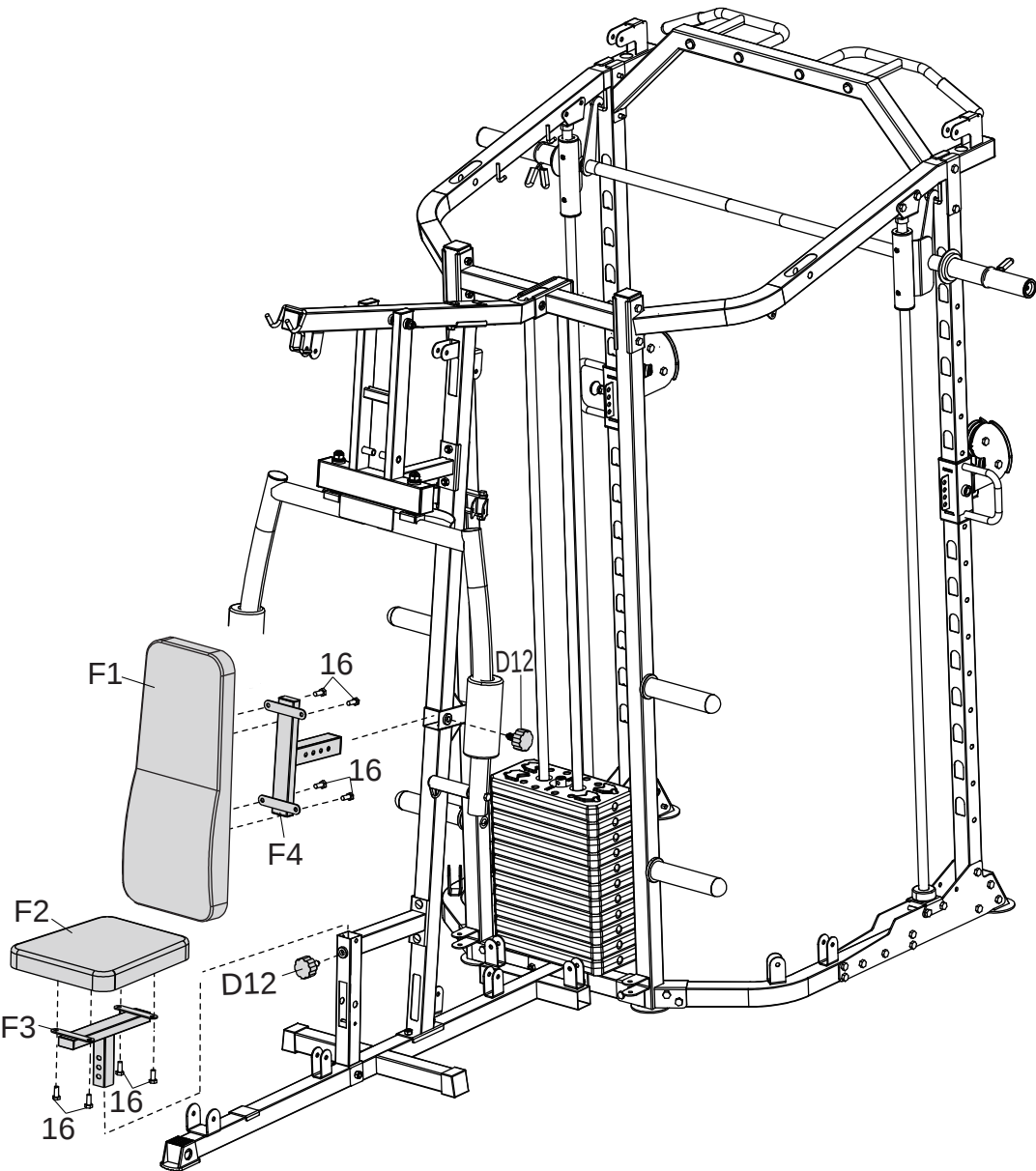
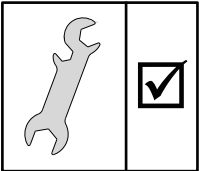
STEP: 21

E7  Jammer Arm Frame's combination 1 set	21  Shaft - 1 pc	23  M10 Washer (D10.5*D26*2.5) 2 pcs	2  M10 Locknut - 2 pcs
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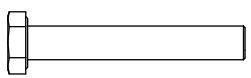
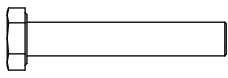


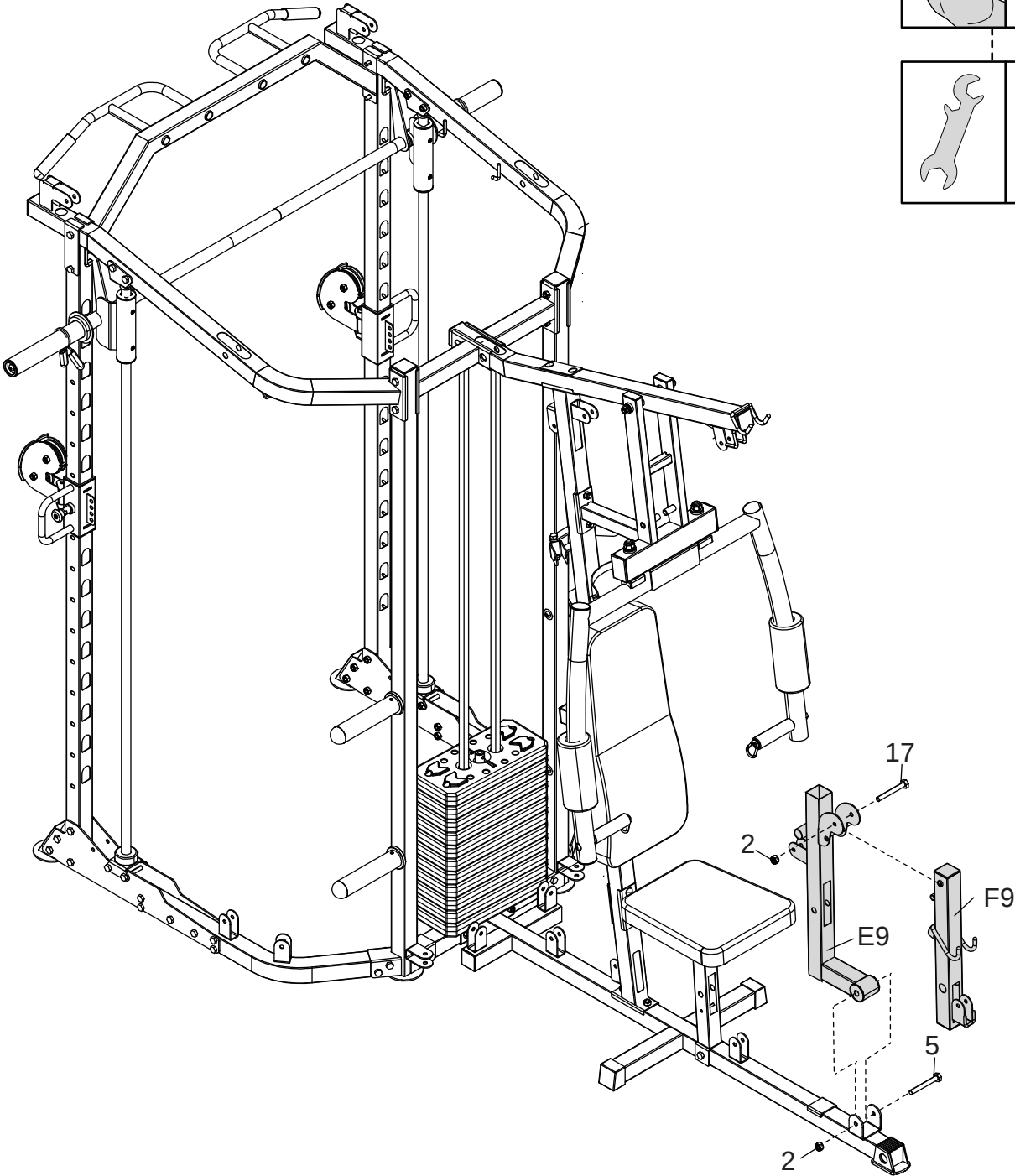
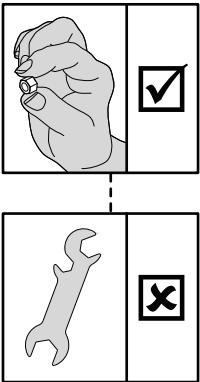
STEP: 22

F1  Backrest - 1pc	F2  Seat - 1pc	F3  Seat Frame - 1 pc	F4  Backrest Frame - 1pc
D12  Knob -2 pcs	16  M8 x 20mm Bolt - 8 pcs		

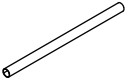


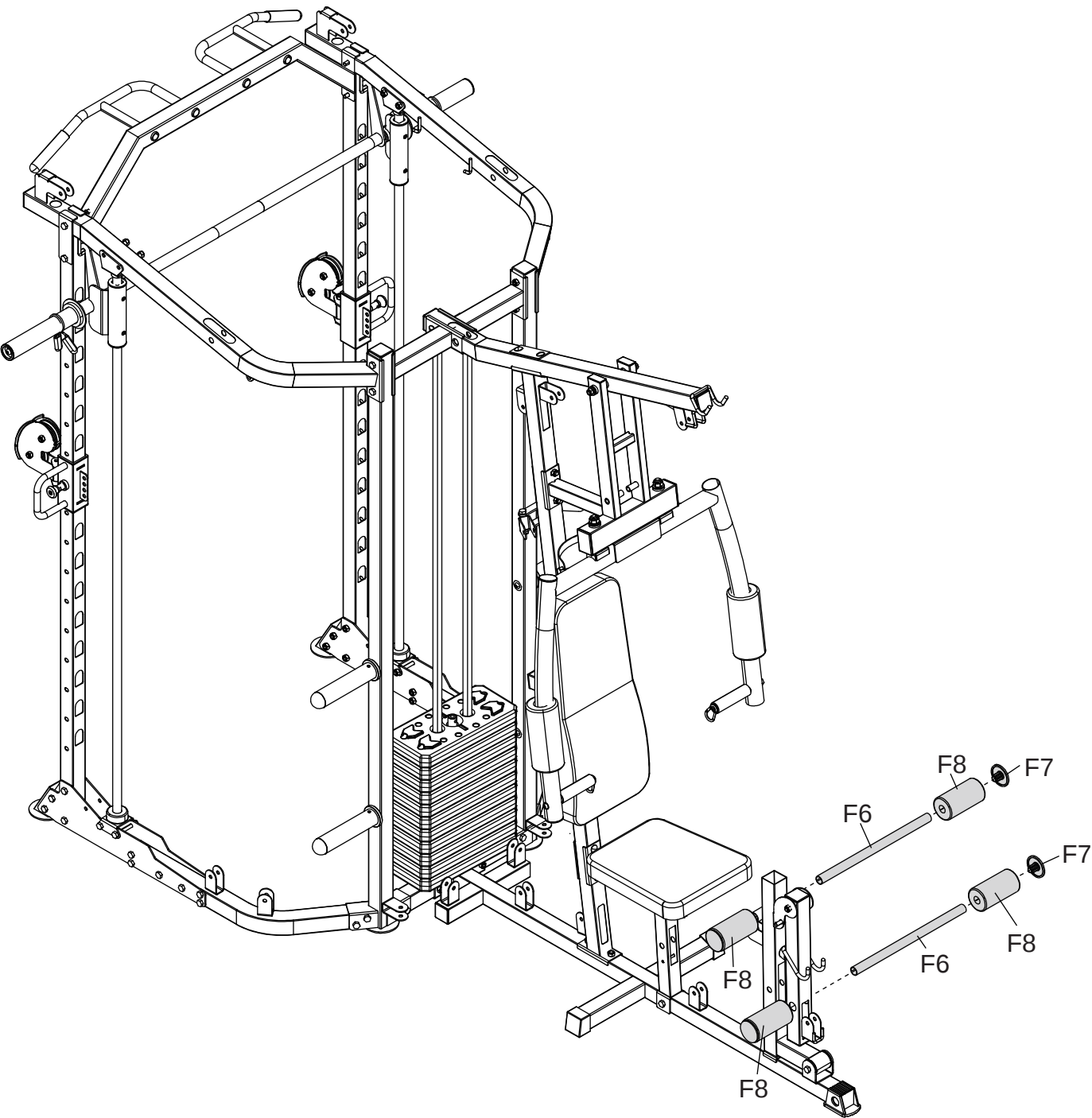
STEP: 23

E9  Front Insert Tube - 1pc	F9  Leg Extension Arm - 1 pc	2  M10 Locknut - 2pc	5  M10 x 80mm Bolt -1 pc
17  M10 x 75mm Bolt - 1 pc			

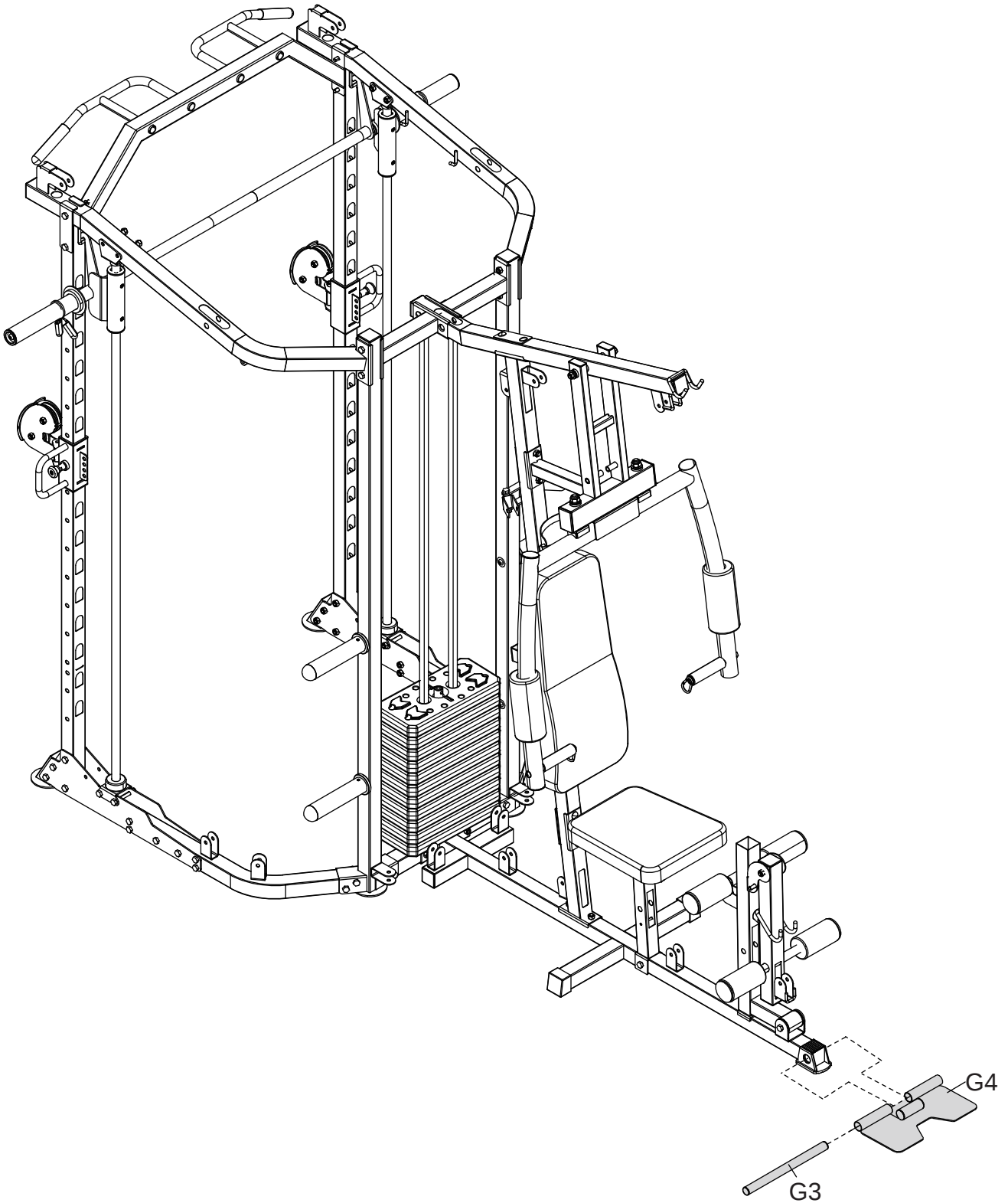
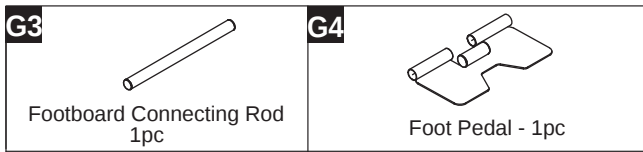


STEP: 24

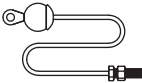
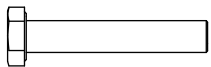
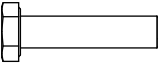
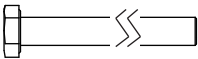
F6  Foam Sleeve Column - 2pcs	F7  End Cap - 4pcs	F8  Foam Sleeve Column - 4 pcs
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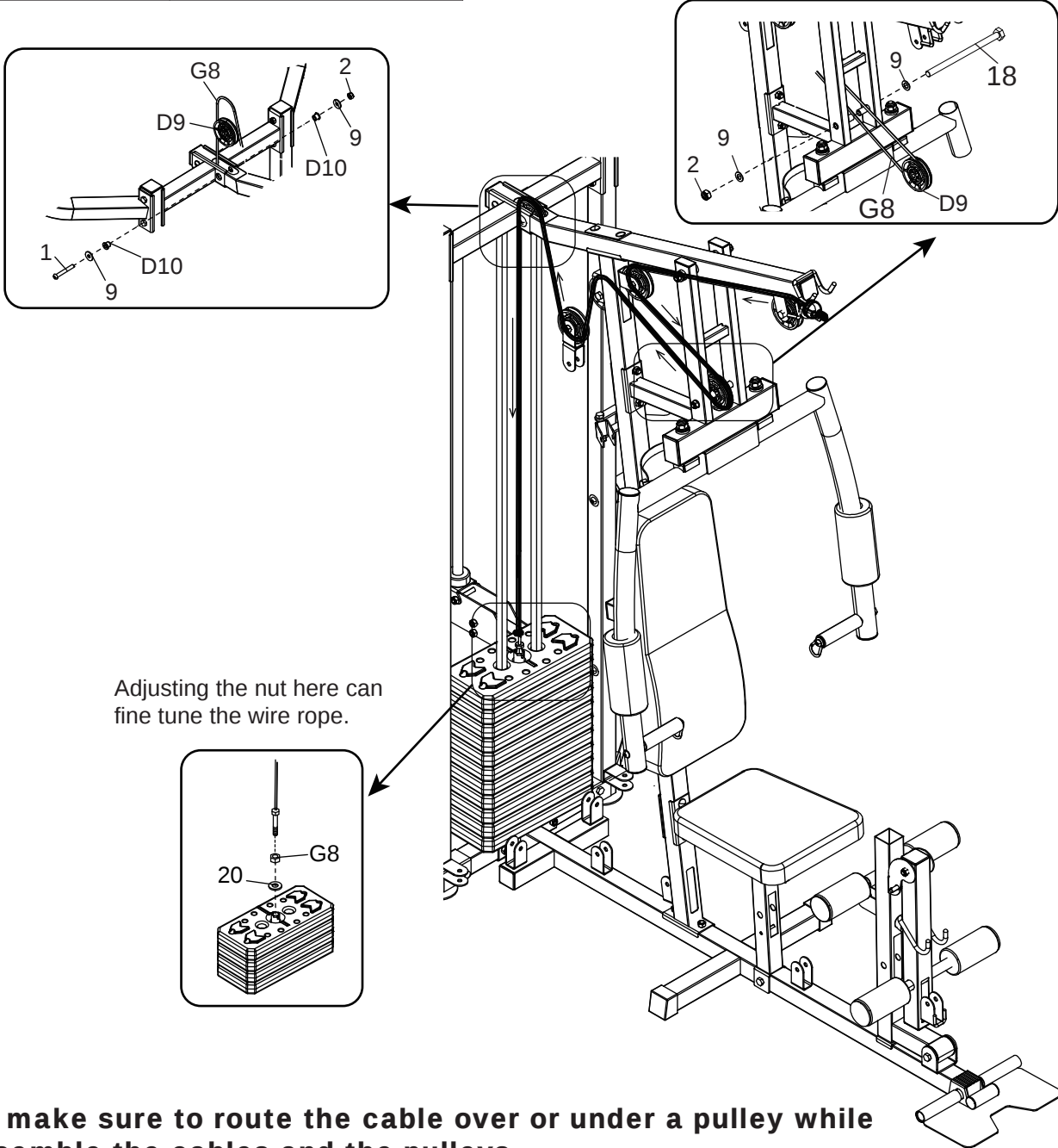


STEP: 25



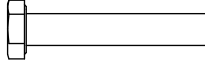
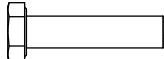
STEP: 26

D9  Pulley - 6 pcs	G7  Pulley Stand-C - 1 pc	G8  Cable B (3610mm,142 inch) - 1 pc	D10  Longe Bushing - 2 pcs
1  M10 x 70mm Bolt -1 pc	2  M10 Locknut - 6 pcs	4  M10 x 45mm Bolt - 4 pcs	9  M10 Washer - 4 pcs
18  M10 x 155mm Bolt -1 pc	20  M12 Washer -1 pc		

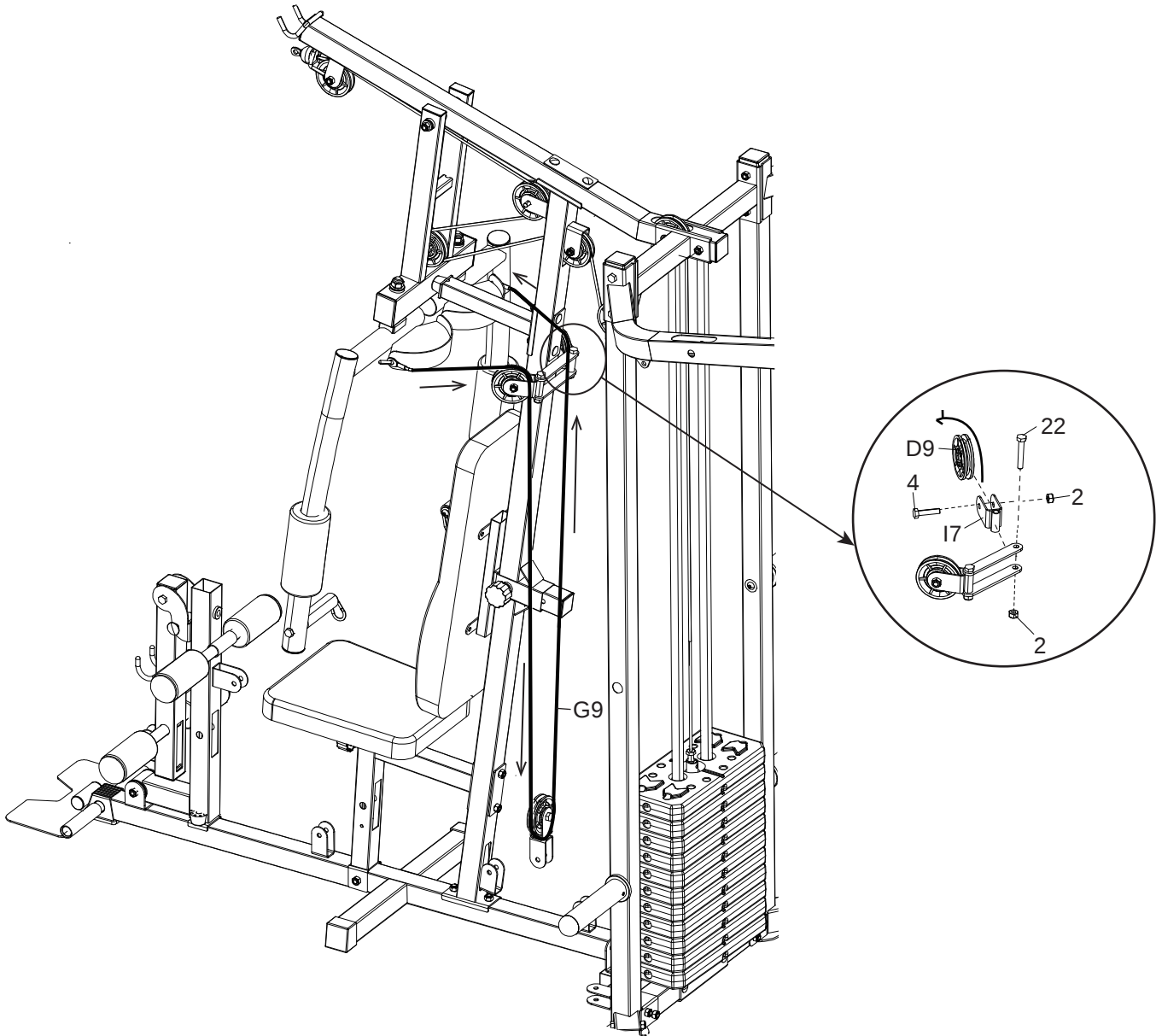


Please make sure to route the cable over or under a pulley while you assemble the cables and the pulleys.

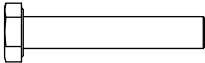
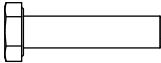
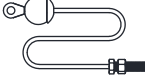
STEP: 27

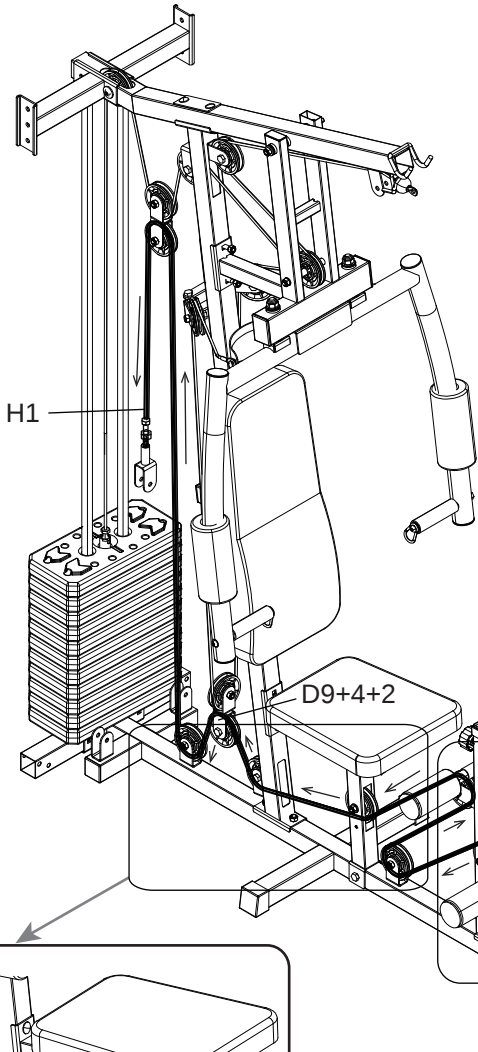
D9  Pulley - 3 pcs	G6  Pulley Stand-B - 1 pc	G9  Cable C (3050mm,120 inch) - 1 pc	I7  Pulley Stand -2 (pcs)
22  M10 x 65mm Bolt - 2pcs	2  M10 Locknut - 5 pcs	4  M10 x 45mm Bolt - 3 pcs	

Please make sure to route the cable over or under a pulley while you assemble the cables and the pulleys.

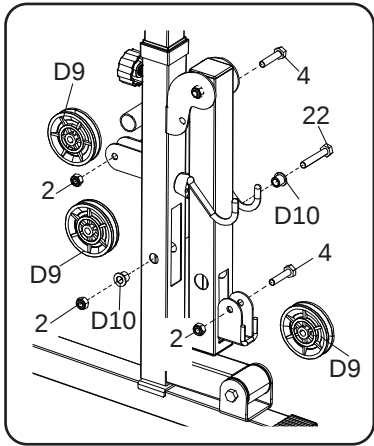
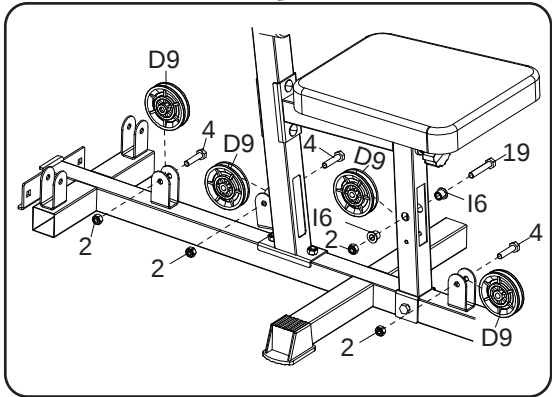


STEP: 28

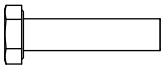
D9  Pulley - 9 pcs	G5  Pulley Stand-A -1 pc	G6  Pulley Stand-B	G7  Pulley Stand-C
22  M10 x 65mm Bolt -1 pc	2  M10 Locknut -9pcs	4  M10 x 45mm Bolt - 7 pcs	19  M10 x 60mm Bolt -1 pc
D10  Bushing (L=12mm) - 2pcs	I6  Bushing (L=10mm) - 2pcs	H1  Cable D (4630mm,182 inch) - 1 pc	

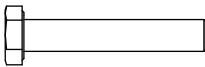


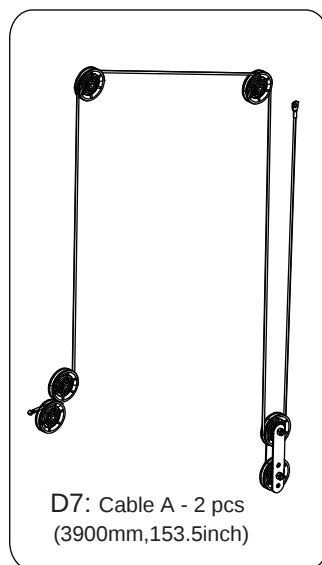
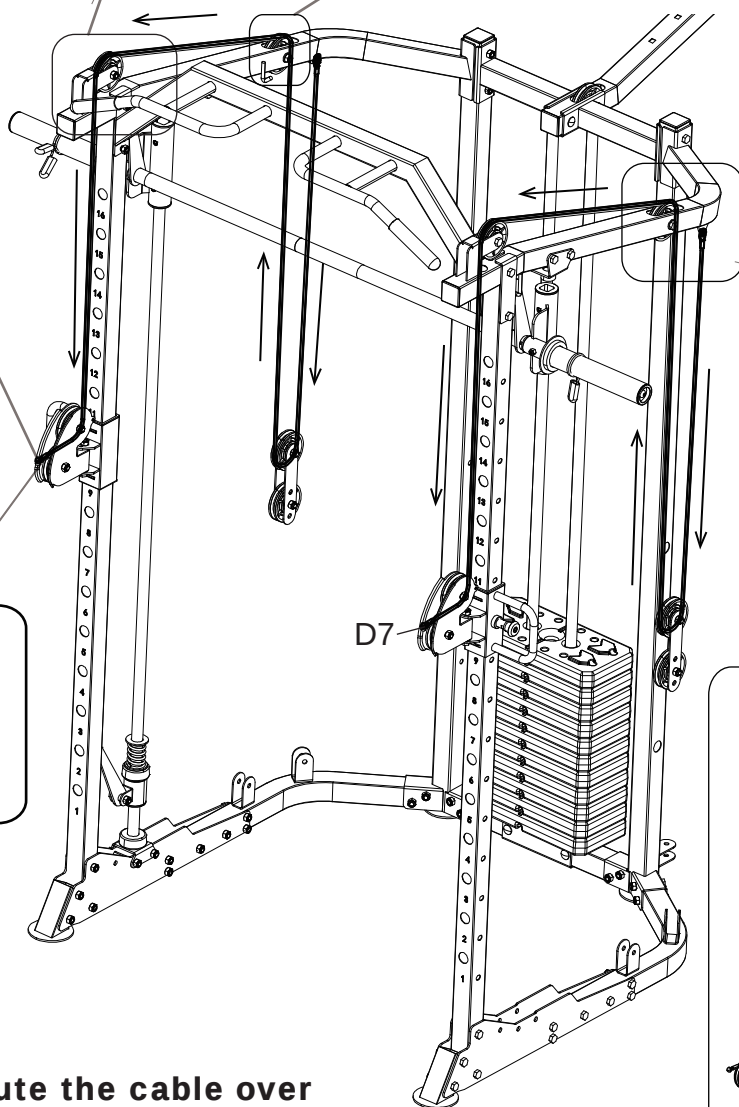
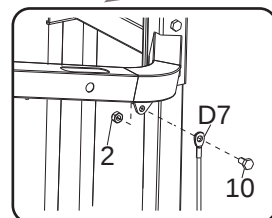
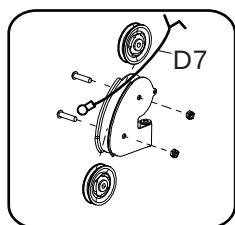
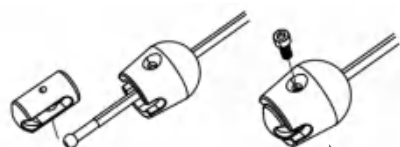
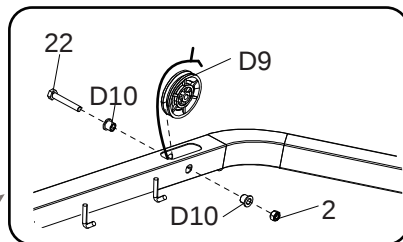
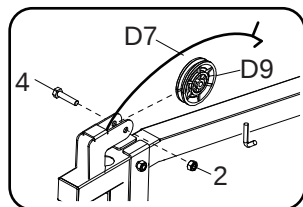
Please make sure to route the cable over or under a pulley while you assemble the cables and the pulleys.



STEP: 29

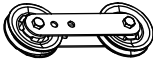
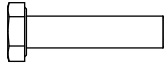
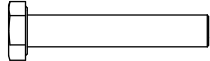
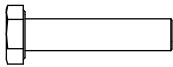
D6  Moving Pulley - 2 pcs	D7  Cable A - 2 pcss	D8  Steel lock head - 2 pcs	D9  Pulley - 4 pcs
D10  Bushing (L=12mm) - 4 pcs	2  M10 Locknut - 6 pcs	4  M10 x 45mm Bolt - 2 pcs	10  M10 x 20mm Bolt - 2 pcs

22  M10 x 65mm Bolt - 2 pcs

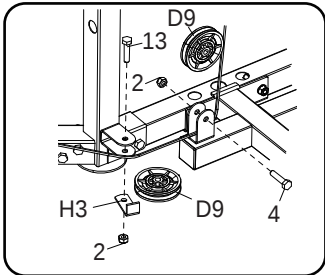
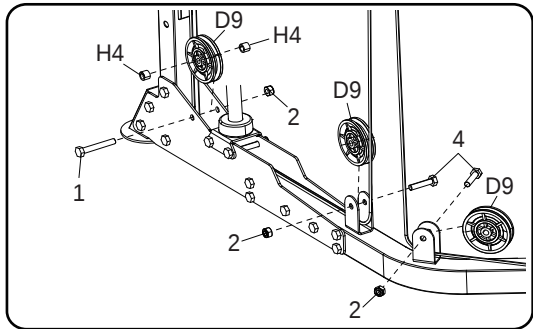
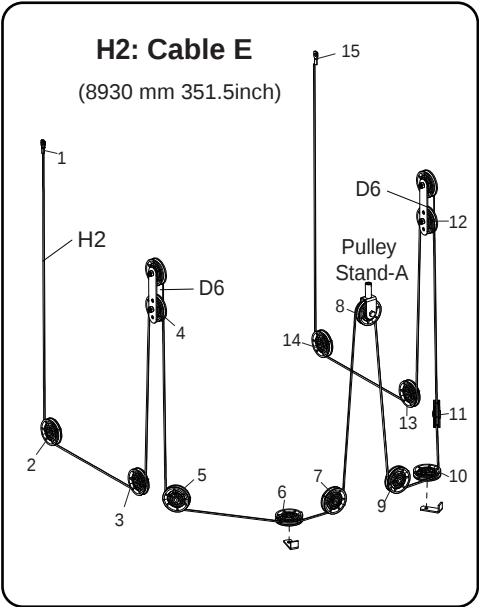
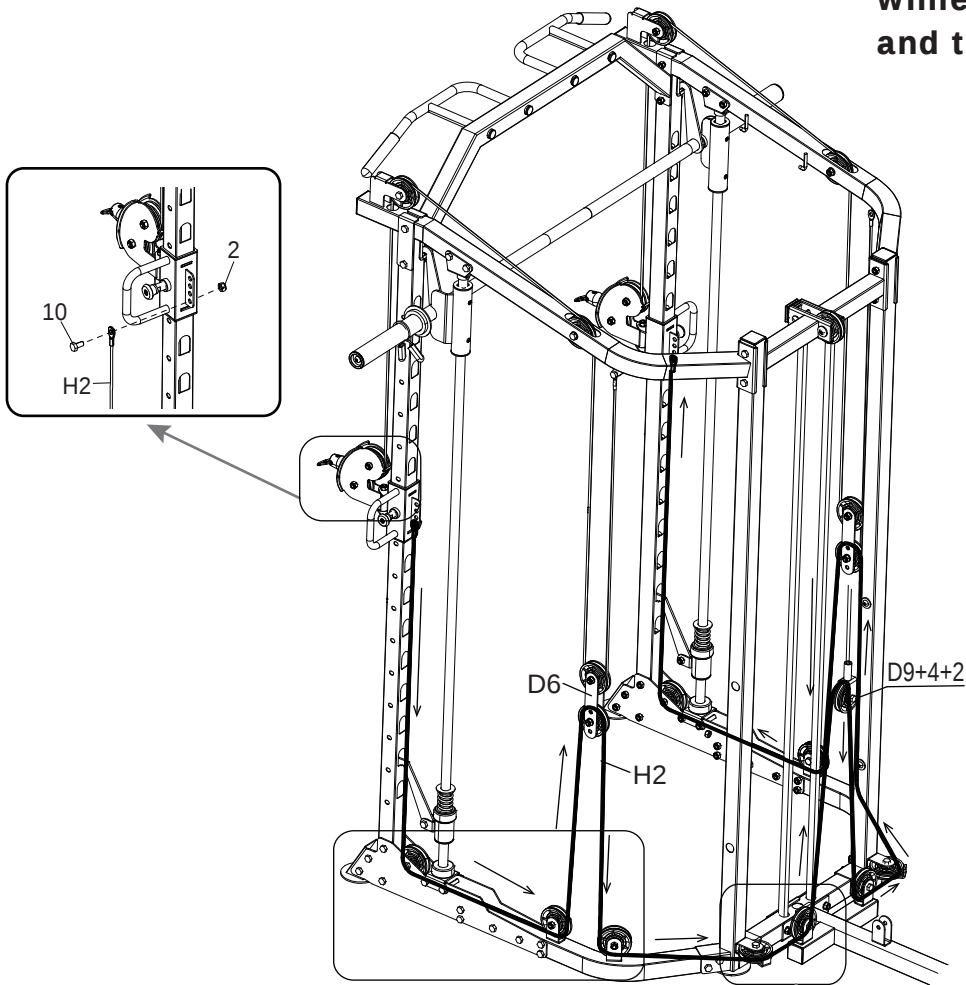


Please make sure to route the cable over or under a pulley while you assemble the cables and the pulleys.

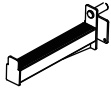
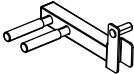
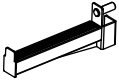
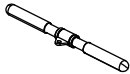
STEP: 30

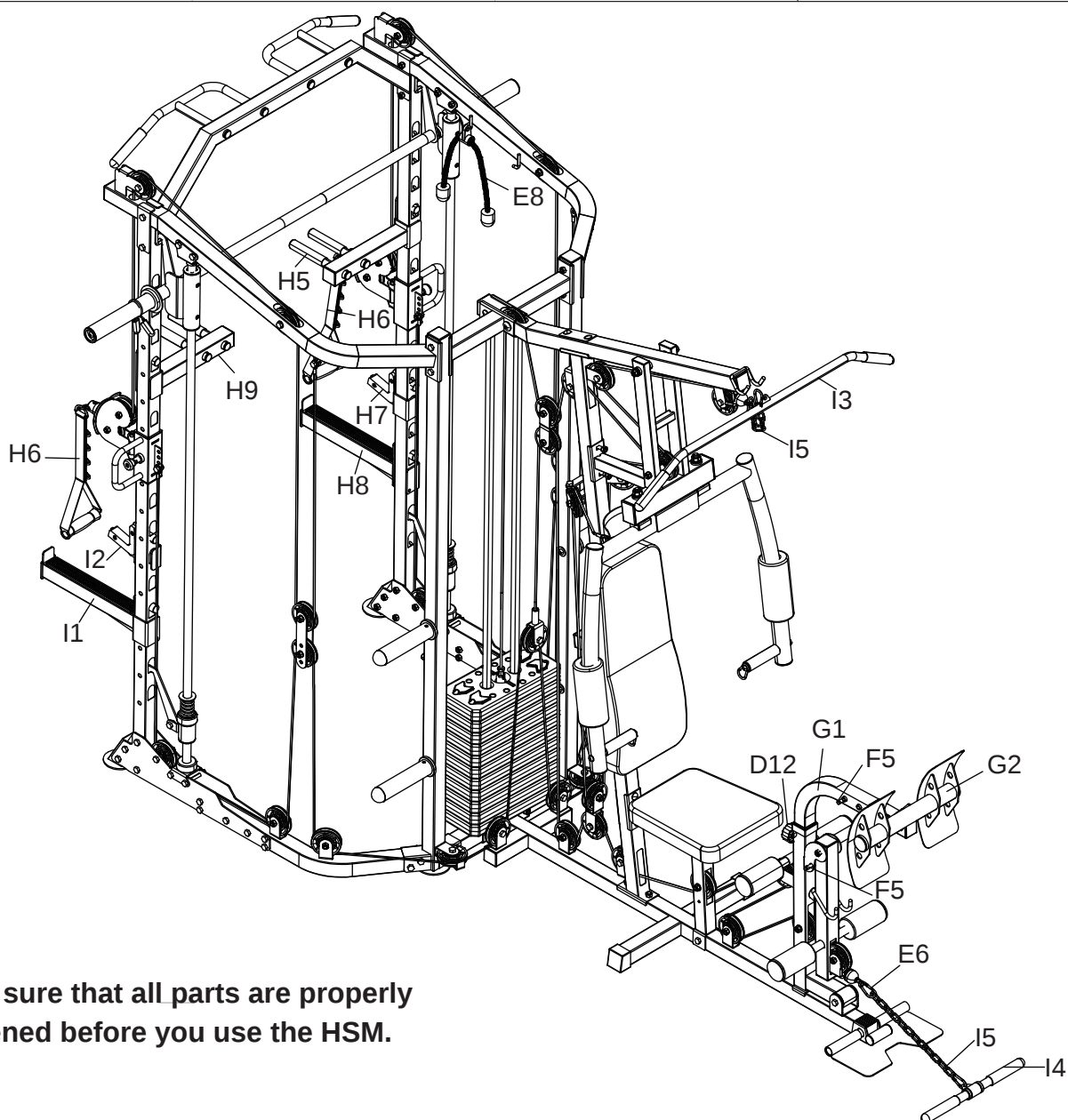
D9  Pulley - 11 pcs	D6  Moving pulley - 2 pcs	H2  Cable	H3  Anti-Jumper - 2 pcs
H4  Pulley Bushing - 4 pcs	2  M10 Locknut - 13 pcs	4  M10 x 45mm Bolt - 7 pcs	1  M10 x 70mm Bolt - 2 pcs
13  M10 x 50mm Bolt - 2 pcs	10  M10 x 20mm Bolt - 2 pcs		

Please make sure to route the cable over or under a pulley while you assemble the cables and the pulleys.



STEP:31

H5  Dip Bar Right - 1 pc	H6  Cable Handle - 2 pcs	H7  J Hook Right - 1 pc	H8  Spotter Arm Right - 1 pc
H9  Dip Bar Left - 1 pc	I1  Spotter Arm Left - 1pc	I2  J Hook Left - 1pc	I3  Lat Pull Down Bar -1pc
I4  Cable Bar 1pc	I5  Chain - 2pcs	E6  Cable Clip - 6pcs	E8  Rope - 1pc
G1  Leg Press Pedal Frame - 1pc	G2  Pedal Connecting Rod - 1pc	F5  Pin - 2pcs	D12  Knob -1 pc



NOTE:

Make sure that all parts are properly tightened before you use the HSM.