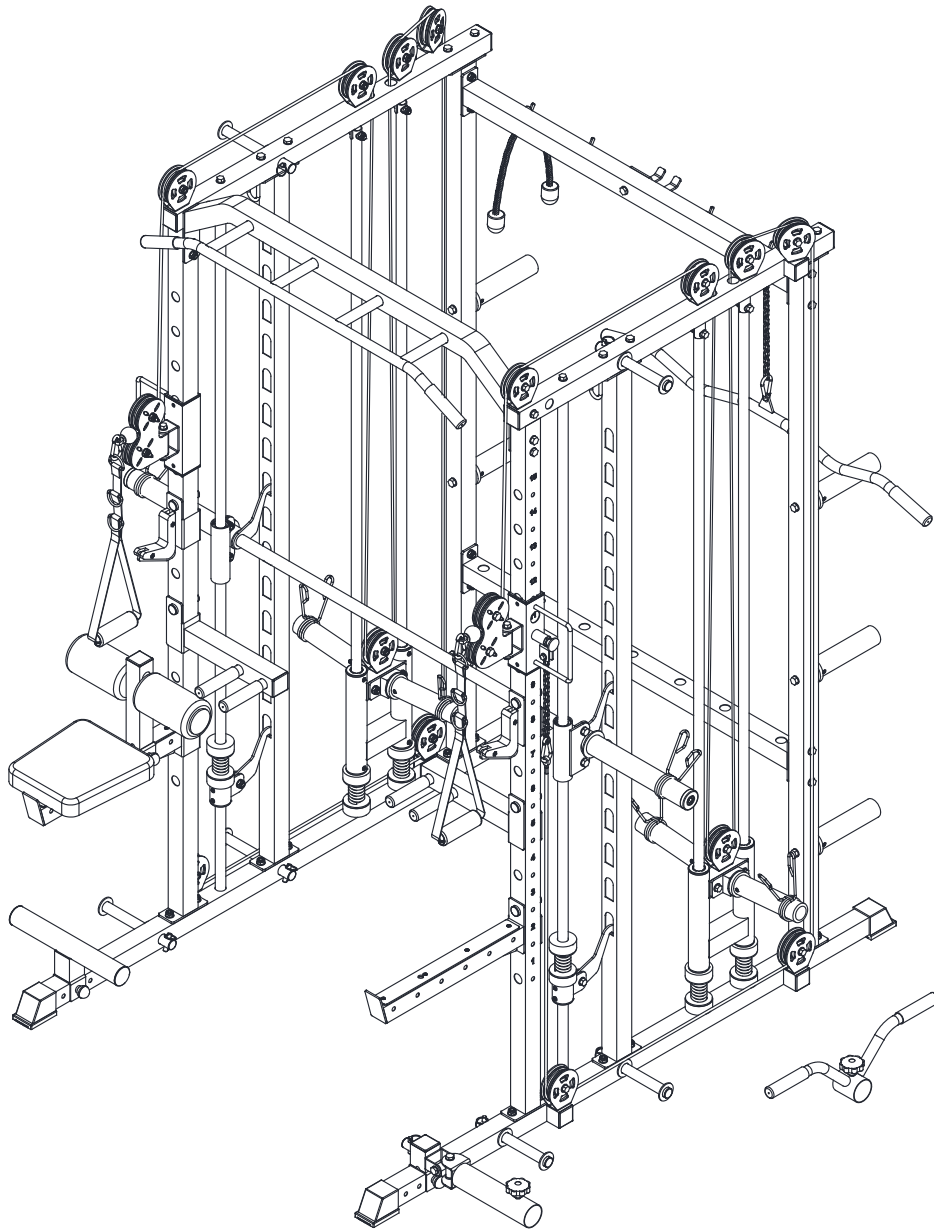


Assembly Instructions for Smith Machine SS14104RD



Attention

Thank you for choosing our smith machine. This product must be assembled manually by the user. If you encounter any issues during its use, please contact us. Here's how you can proceed with the installation instructions

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



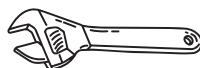
If you are missing any parts, or otherwise have any warranty issues, please contact us first.

Shortcut: A Lot of People Doing That Way

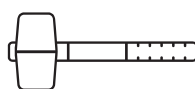
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

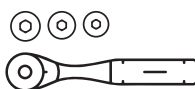
- Adjustable wrenches



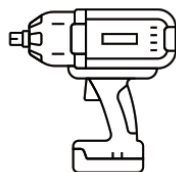
- Rubber hammers



- 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.

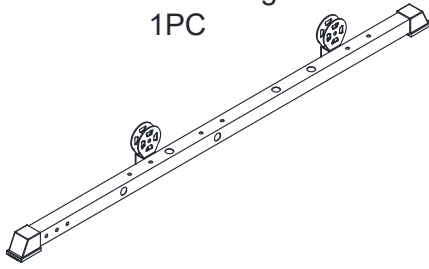


Heavy object. Use lifting aids and proper lifting techniques when moving

CARTON 1

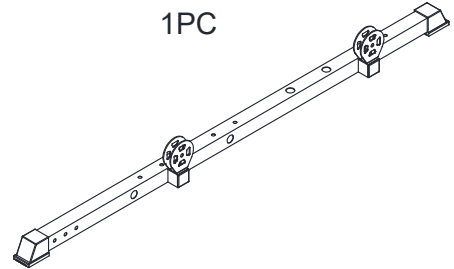
1

Bottom Tube-Right
1PC



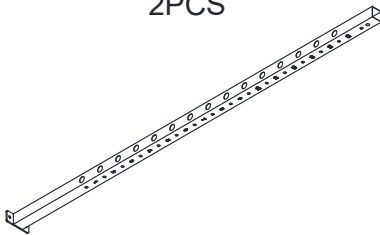
2

Bottom Tube-Left
1PC



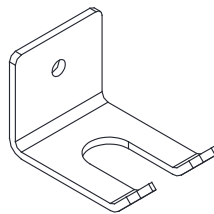
3

Front Upright Frame
2PCS



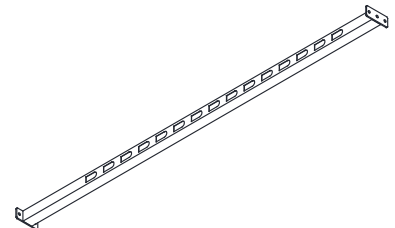
4

Fixed Hook
1PC



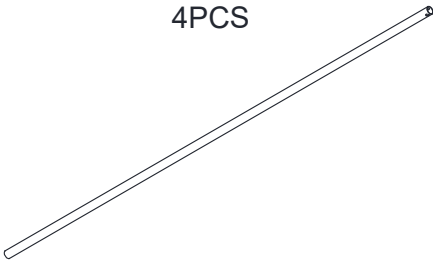
5

Upright Frame
2PCS



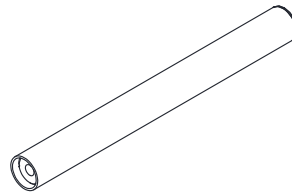
6

Rear Weight Guide Tube
4PCS



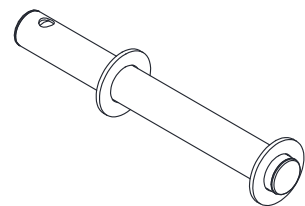
7

Rear Weight Storage Pin
6PCS



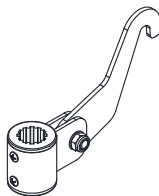
8

Band Peg
6PCS



10

Smith Safety Catch
2PCS



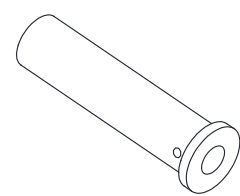
11

Cable Handle
2PCS

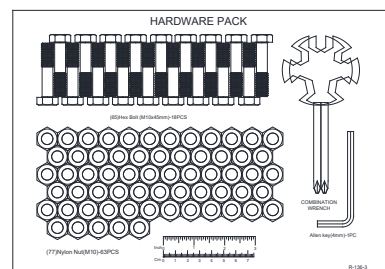
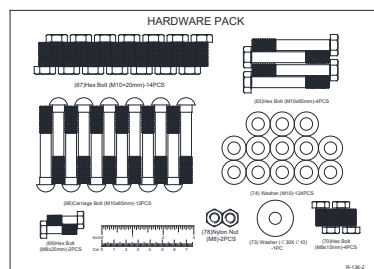
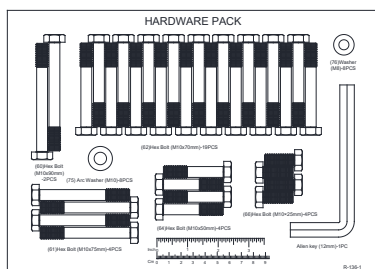


12

Olympic Adapter
5PCS



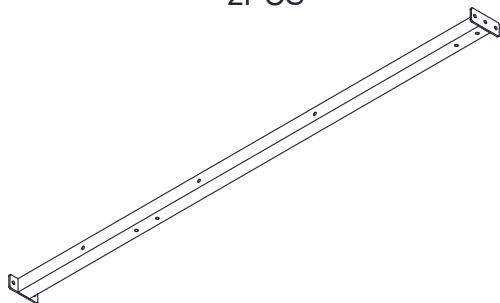
HARDWARE BAG 3PCS



CARTON 2

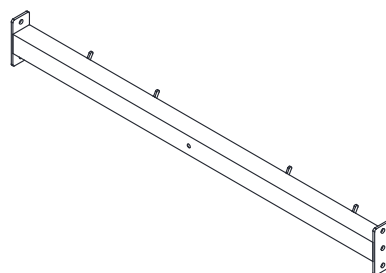
13

Rear Upright Frame
2PCS



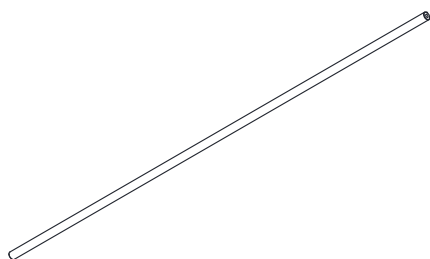
14

Upper Connecting Tube
1PC



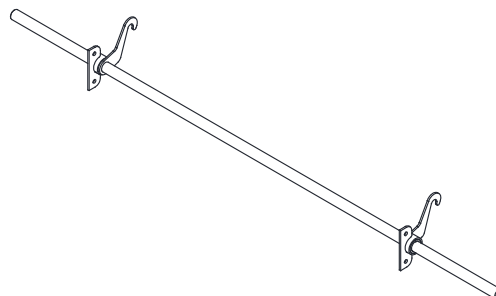
15

Front Weight Guide Tube
2PCS



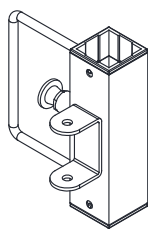
16

Smith Bar
1PC



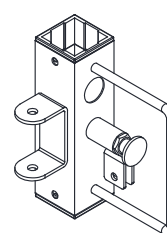
17

Slider Assembly-Right
1PC



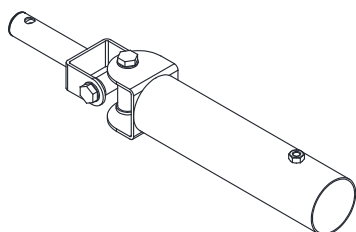
18

Slider Assembly-Left
1PC



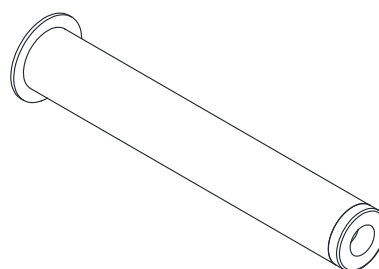
20

Landmine Attachment
1PC

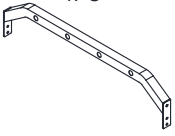
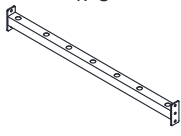
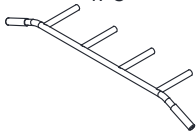
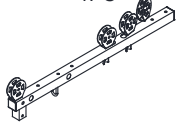
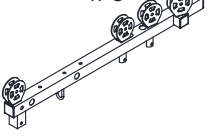
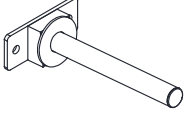
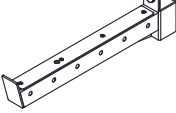
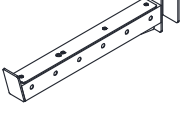
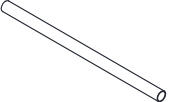
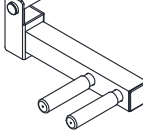
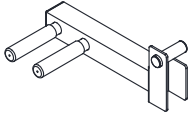
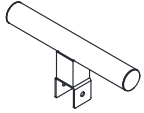
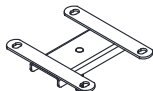
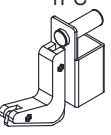
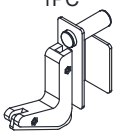
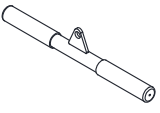
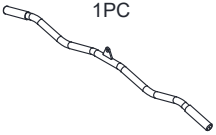
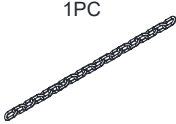
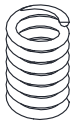
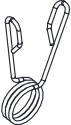
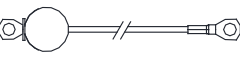
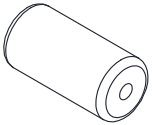
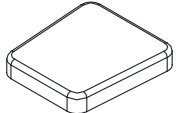
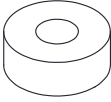
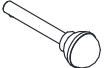
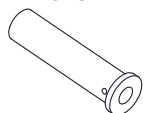


19

Olympic Adapter Long
2PCS



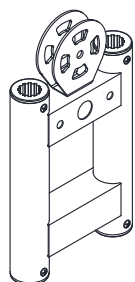
CARTON 3

21 Front Connecting Tube 1PC 	22 Bottom Connecting Tube 1PC 	23 Pull-up Bar 1PC 	24 Upper Cross Frame-Right 1PC 	25 Upper Cross Frame-Left 1PC 
26 Front Weight Storage Pin 4PCS 	27 Pulley Block 2PCS 	28 Leg Extension Frame 1PC 	29 Safety Catch Right 1PC 	30 Safety Catch Left 1PC 
31 Foam Tube 1PC 	32 Sliding Sleeve 2PCS 	33 Handle-Right 1PC 	34 Handle-Left 1PC 	35 Leg Press Tube 1PC 
36 Handle-Curved 1PC 	37 Seat Base Frame 1PC 	38 Handle-Right 1PC 	39 Handle-Left 1PC 	40 Lower Bar 1PC 
41 Lat Bar 1PC 	42 Fixed Tube 1PC 	43 Big Washer 12PCS 	44 Chain-short 2PCS 	45 Chain-long 1PC 
46 Clip 5PCS 	47 Spring 6PCS 	48 Shock Pad 6PCS 	49 Cable 2PCS 	50 Leg Foam Roller 2PCS 
51 Seat Cushion 1PC 	52 Pulley 18PCS 	53 Shock Pad 12PCS 	54 Pro Prissdown Rope 1PC 	55 Insert Pin-short 7PCS 
56 Insert Pin-long 3PCS 	57 Locking Knob 2PCS 	58 Torx Knob 1PC 	59 Round End Plug 2PCS 	12 Olympic Adapter 5PCS 

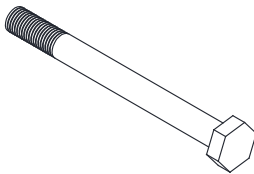
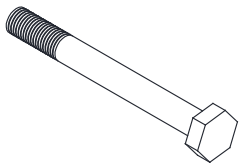
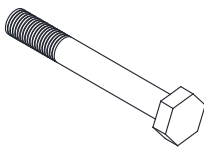
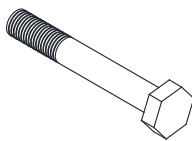
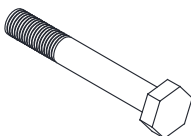
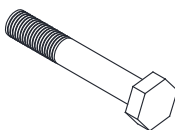
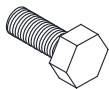
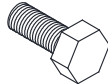
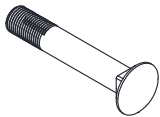
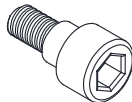
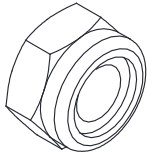
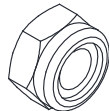
CARTON 4

9

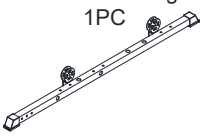
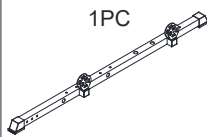
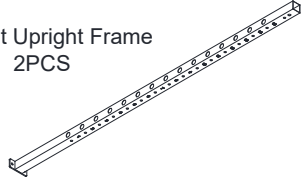
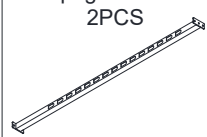
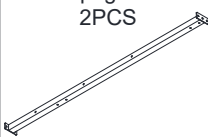
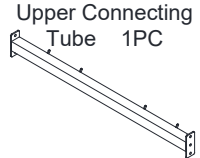
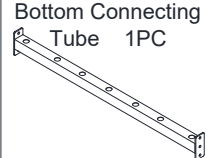
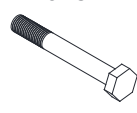
Weight Holder
2PCS

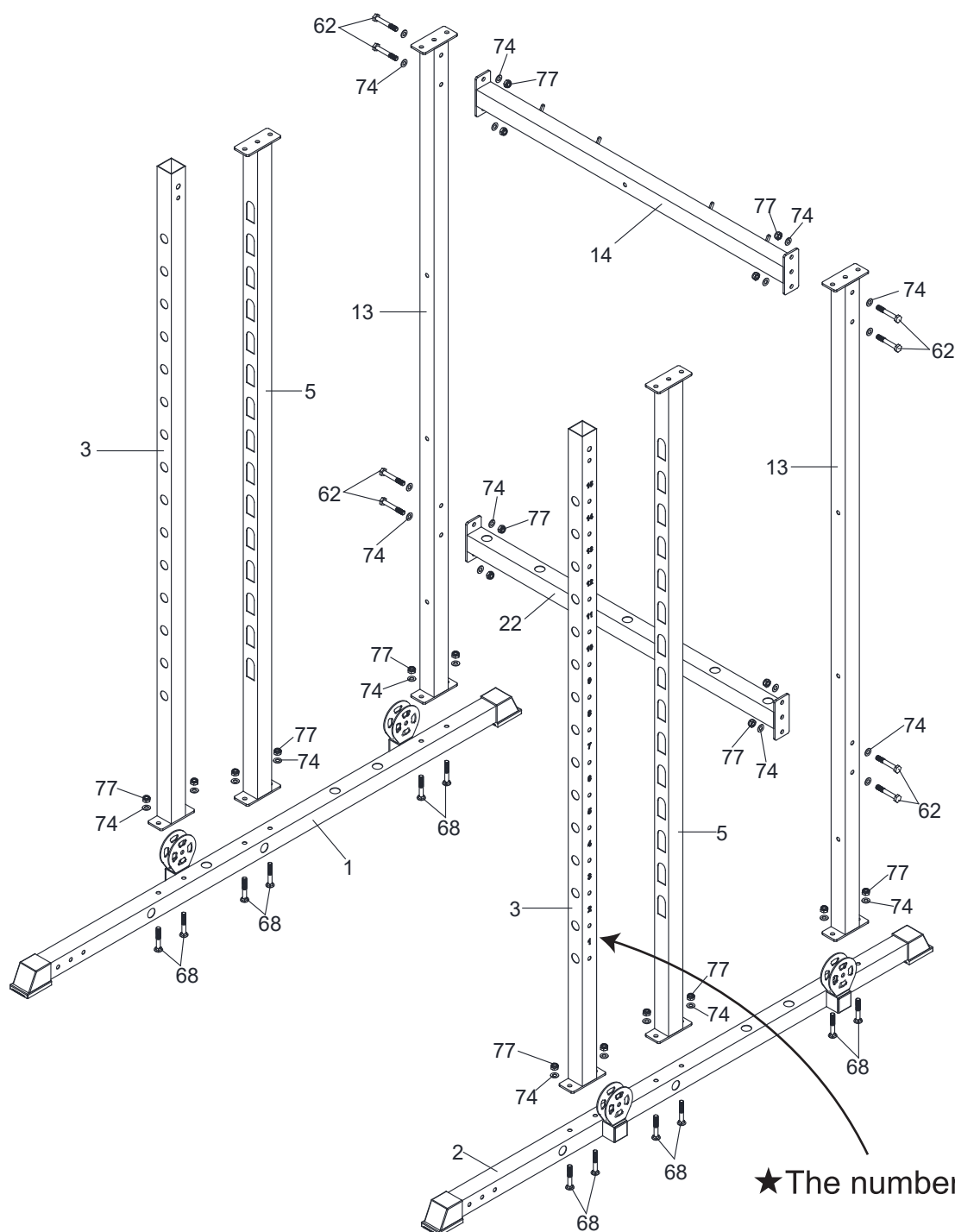


HARDWARE LIST

60 M10X90mm Hex Bolt 2PCS 	61 M10X75mm Hex Bolt 4PCS 	62 M10X70mm Hex Bolt 19PCS 	63 M10X65mm Hex Bolt 4PCS 
64 M10X50mm Hex Bolt 4PCS 	65 M10X45mm Hex Bolt 18PCS 	66 M10X25mm Hex Bolt 4PCS 	67 M10X20mm Hex Bolt 14PCS 
68 Carriage Bolt M10X65mm 12PCS 	69 M8X25mm Hex Bolt 2PCS 	70 M8X15mm Hex Bolt 4PCS 	71 Bolt M12X30mm 2PCS 
72 Screw M8X10mm 10PCS  Pre-installed on 12#	73 Ø 30* Ø 10.5 Washer 1PC 	74 M10 Washer 124PCS 	75 M10 Arc Washer 8PCS 
76 M8 Washer 8PCS 	77 M10 Nylon Nut 63PCS 	78 M8 Nylon Nut 2PCS 	

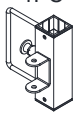
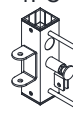
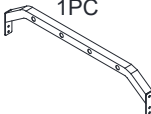
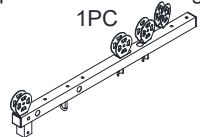
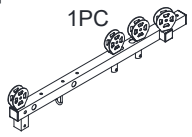
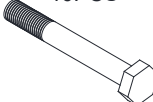
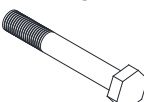
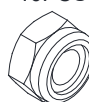
STEP: 1

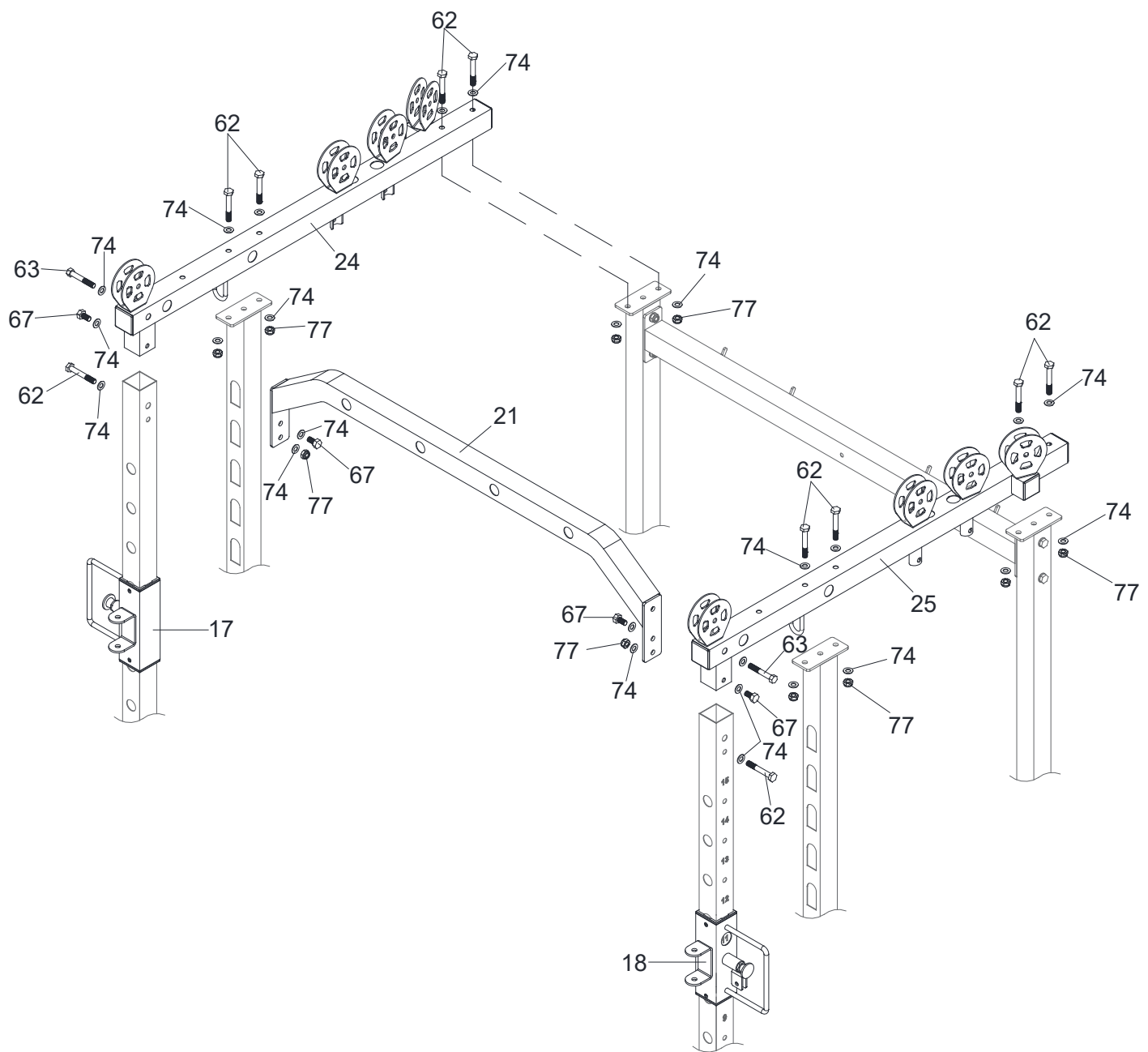
1 Bottom Tube-Right 1PC 	2 Bottom Tube-Left 1PC 	3 Front Upright Frame 2PCS 	5 Upright Frame 2PCS 	13 Rear Upright Frame 2PCS 
14 Upper Connecting Tube 1PC 	22 Bottom Connecting Tube 1PC 	62 M10X70mm Hex Bolt 8PCS 	68 Carriage Bolt M10X65mm 12PCS 	74 M10 Washer 28PCS 
		77 M10 Nylon Nut 20PCS 		



★The numbers are inside

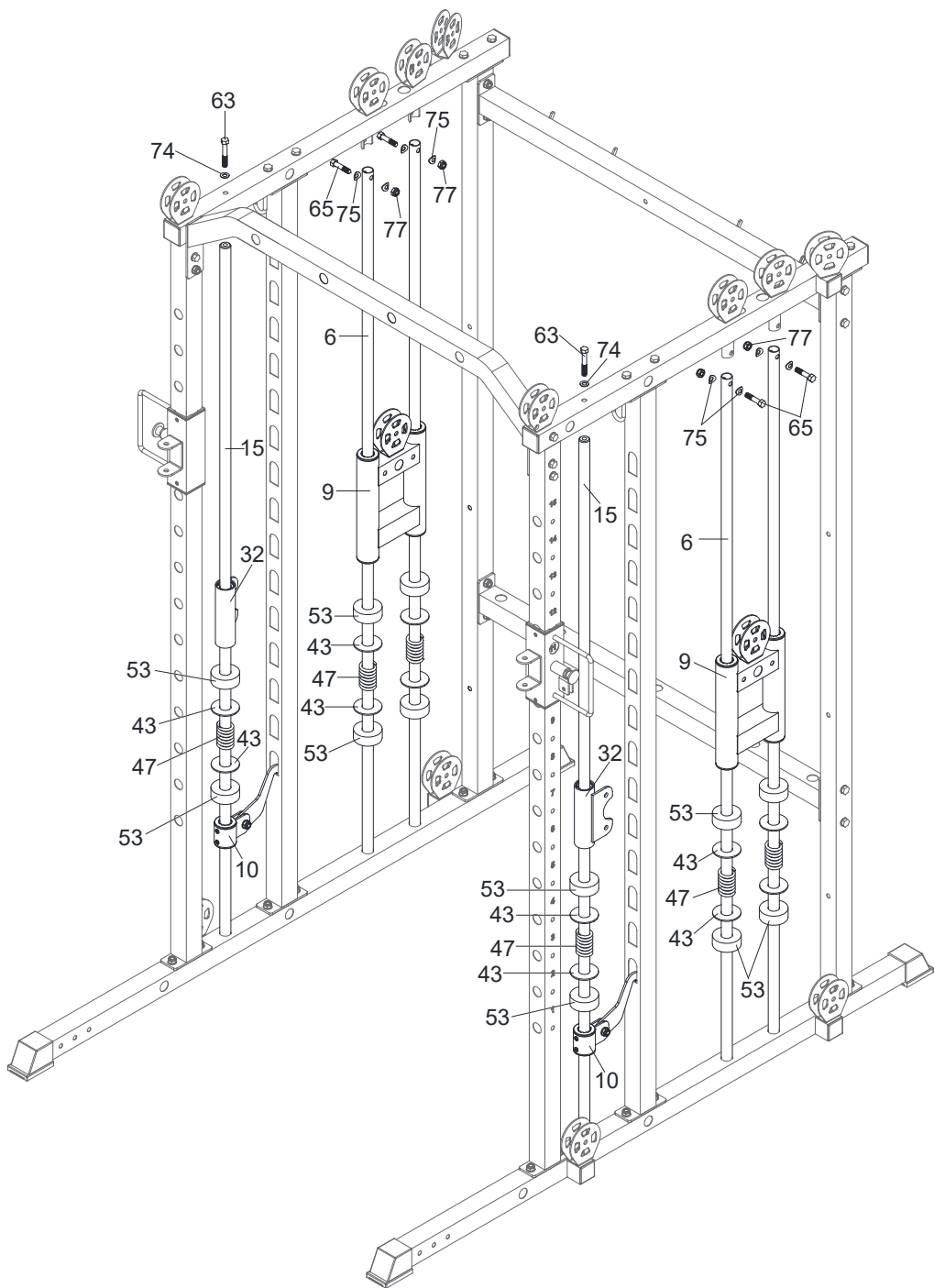
STEP: 2

17 Slider Assembly-Right 1PC 	18 Slider Assembly-Left 1PC 	21 Front Connecting Tube 1PC 	24 Upper Cross Frame-Right 1PC 	25 Upper Cross Frame-Left 1PC 
62 M10X70mm Hex Bolt 10PCS 	63 M10X65mm Hex Bolt 2PCS 	67 M10X20mm Hex Bolt 4PCS 	74 M10 Washer 26PCS 	77 M10 Nylon Nut 10PCS 

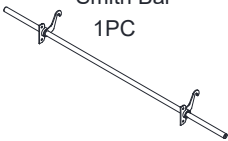


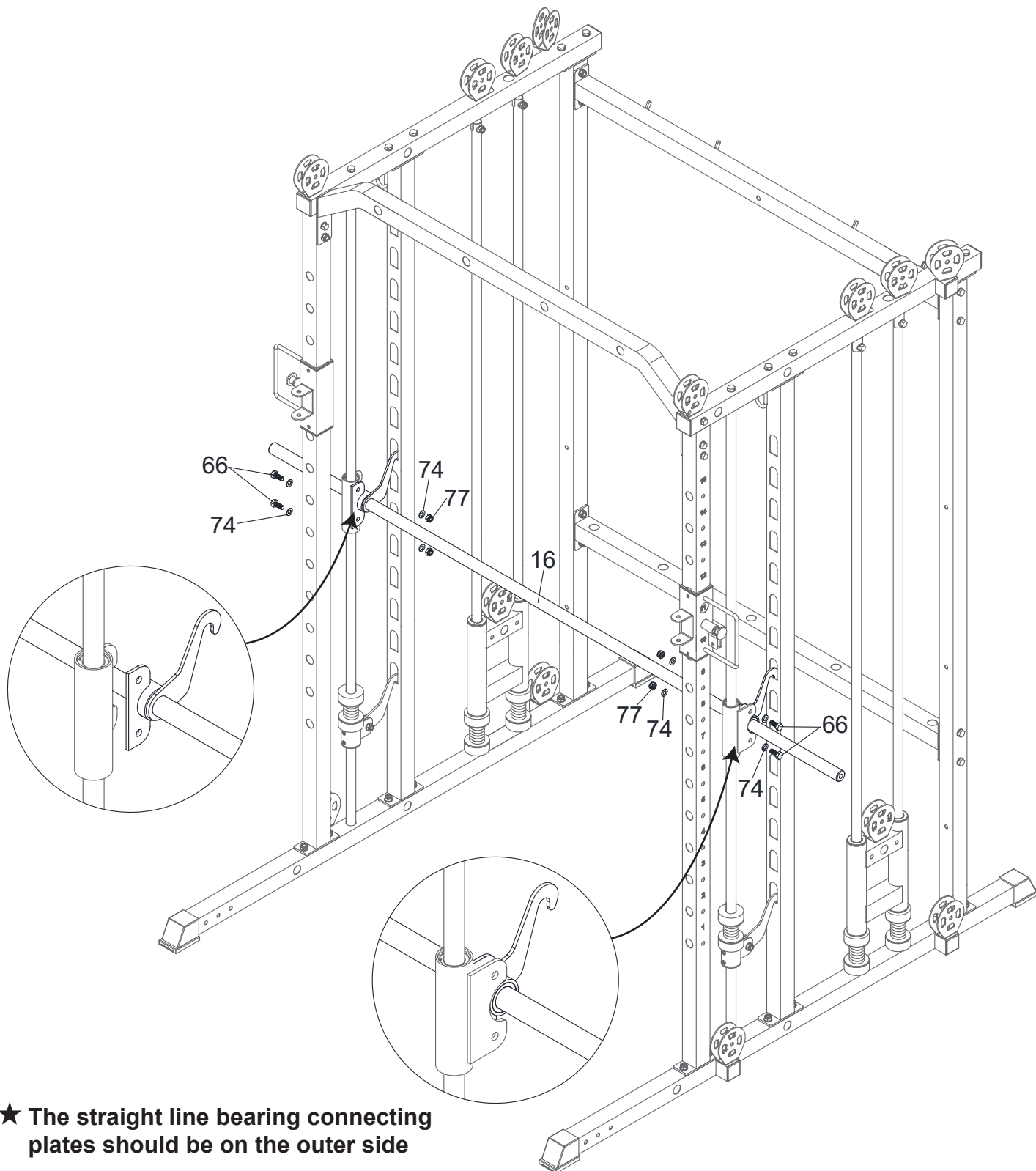
STEP: 3

6 Rear Weight Guide Tube 4PCS	9 Weight Holder 2PCS	10 Smith Safety Catch 2PCS	15 Front Weight Guide Tube 2PCS	32 Sliding Sleeve 2PCS	43 Big Washer 12PCS
47 Spring 6PCS	53 Shock Pad 12PCS	63 M10X65mm Hex Bolt 2PCS	65 M10X45mm Hex Bolt 4PCS	74 M10 Washer 2PCS	75 M10 Arc Washer 8PCS
77 M10 Nylon Nut 4PCS					



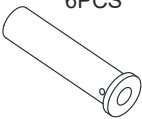
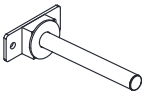
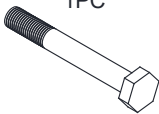
STEP: 4

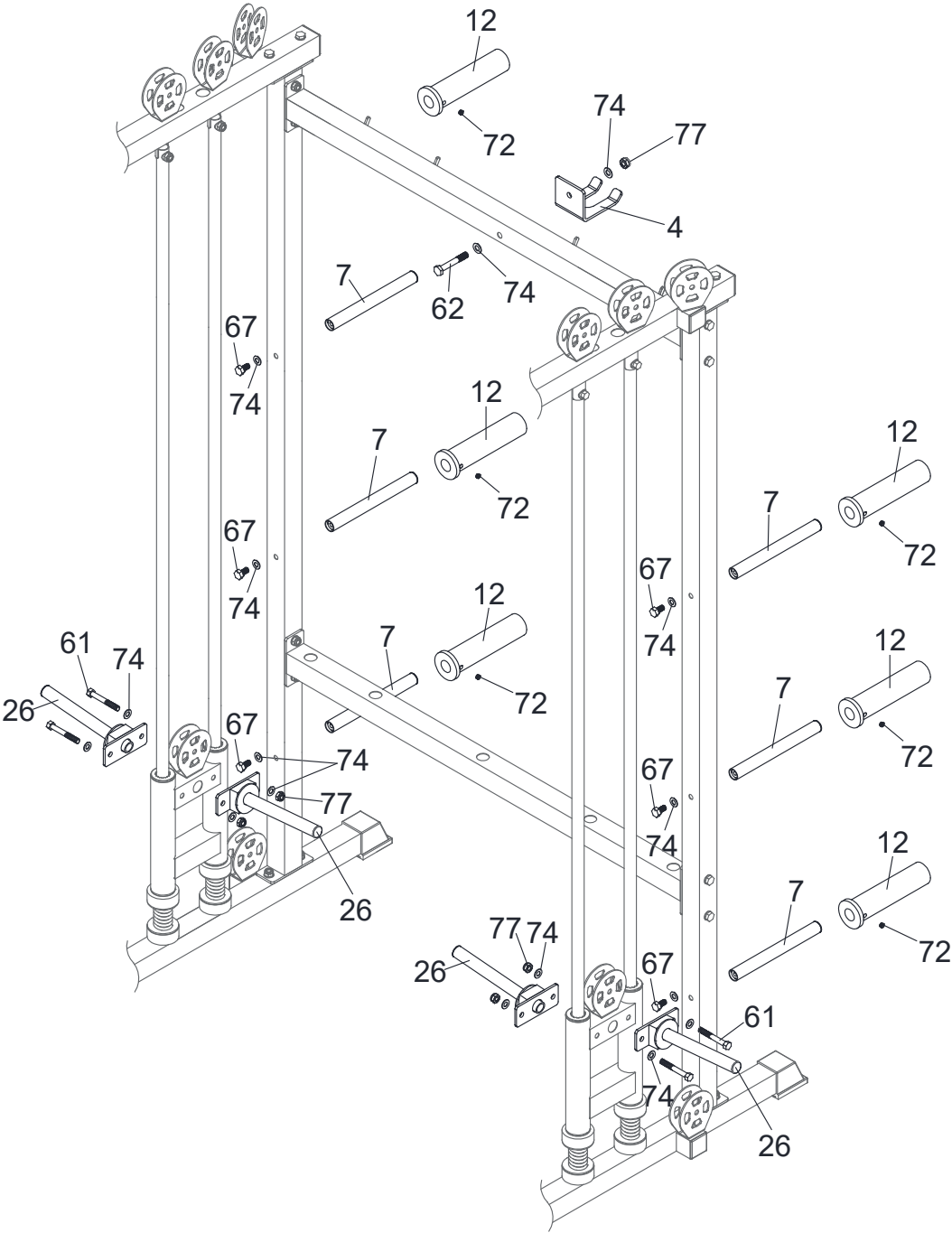
16 Smith Bar 1PC 	66 M10X25mm Hex Bolt 4PCS 	74 M10 Washer 8PCS 	77 M10 Nylon Nut 4PCS 
---	--	---	--



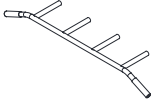
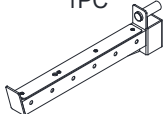
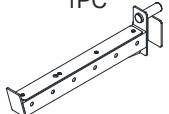
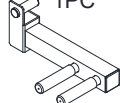
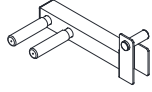
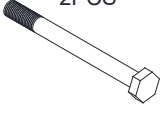
★ The straight line bearing connecting plates should be on the outer side

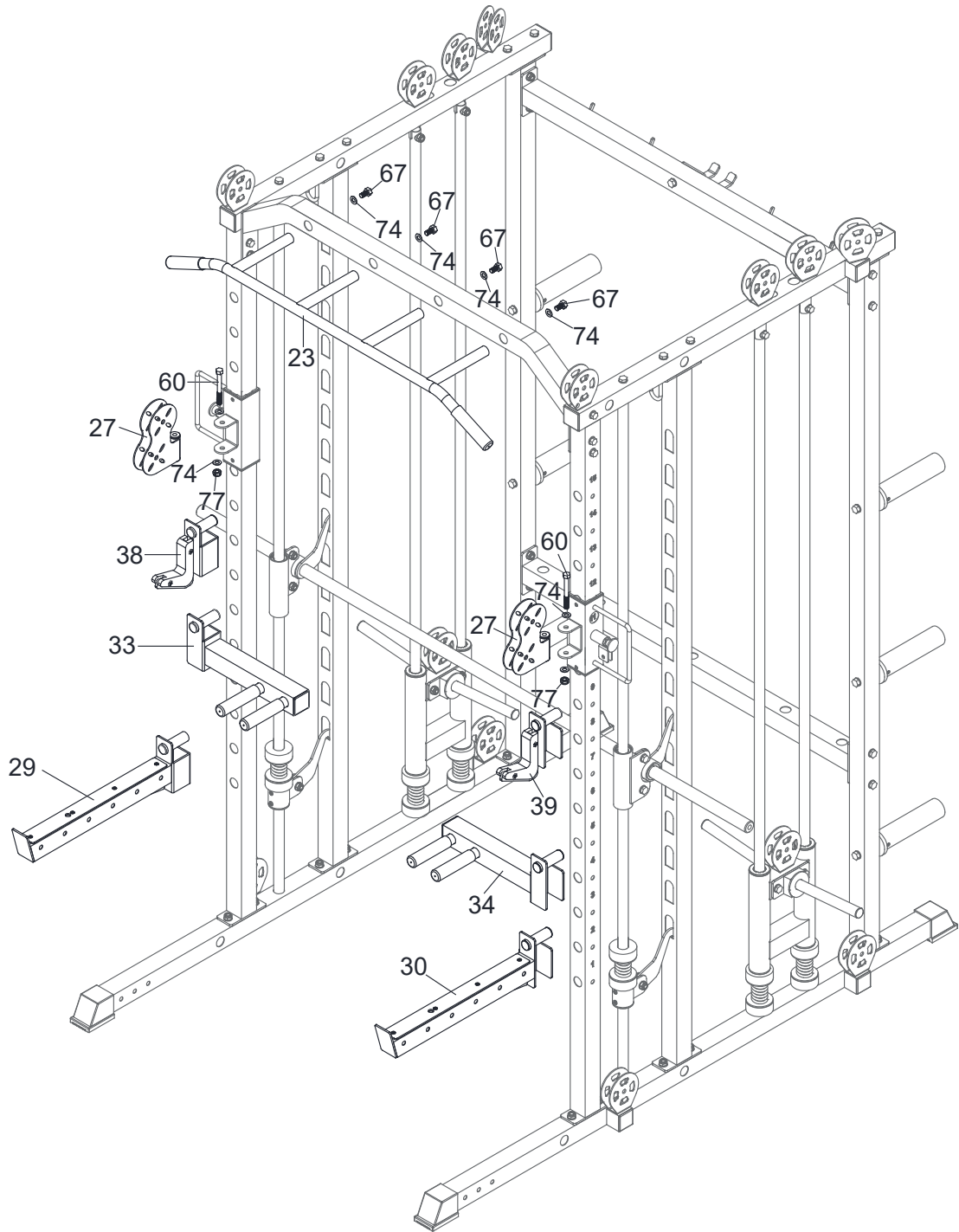
STEP: 5

4 Fixed Hook 1PC 	7 Rear Weight Storage Pin 6PCS 	12 Olympic Adapter 6PCS 	26 Front Weight Storage Pin 4PCS 	62 M10X70mm Hex Bolt 1PC 
61 M10X75mm Hex Bolt 4PCS 	67 M10X20mm Hex Bolt 6PCS 	72 Screw M8X10mm 6PCS  Pre-installed on 12#	74 M10 Washer 16PCS 	77 M10 Nylon Nut 5PCS 

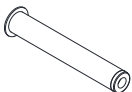
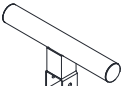
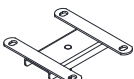
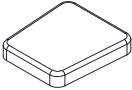
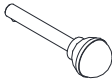


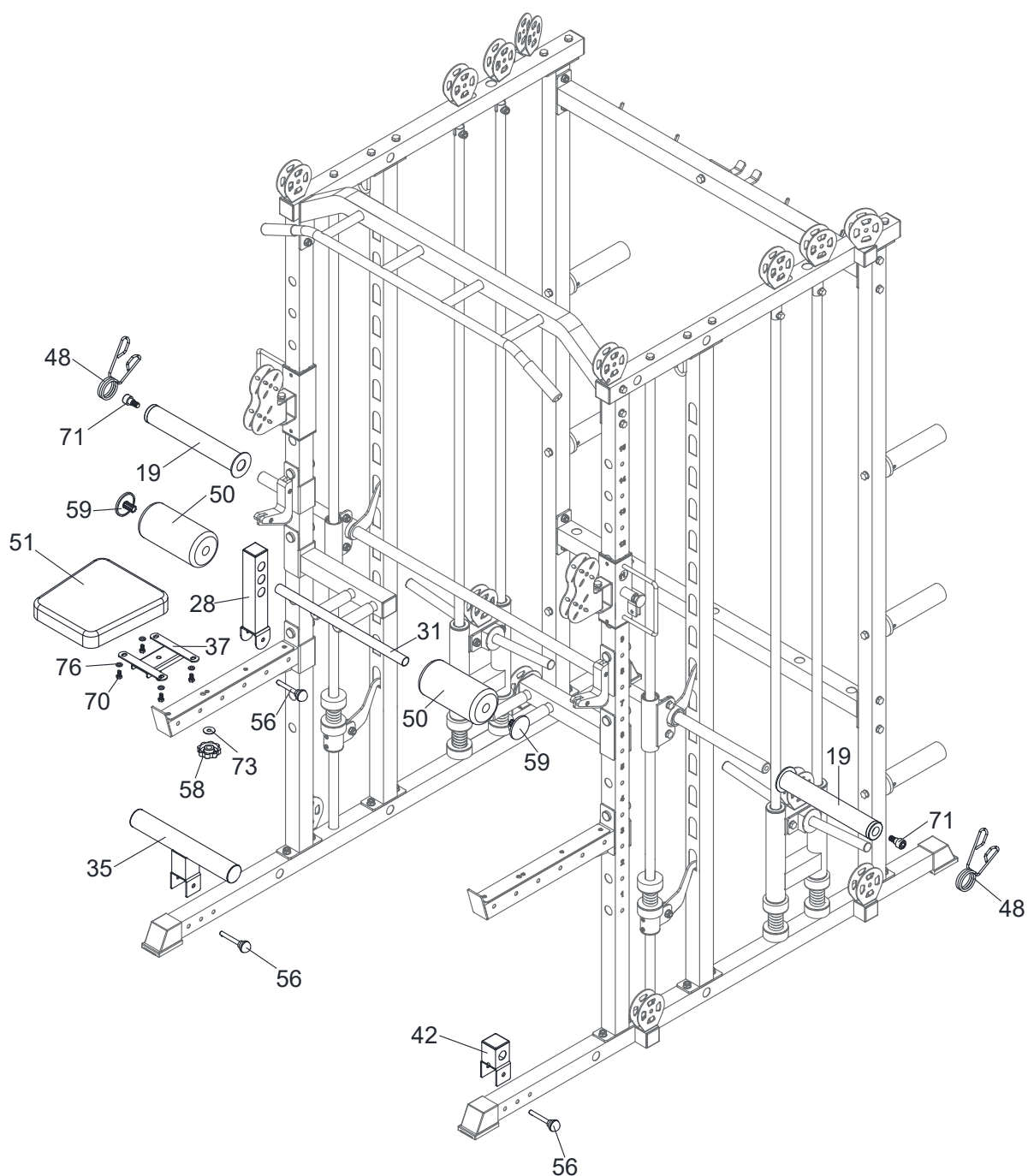
STEP: 6

23 Pull-up Bar 1PC 	27 Pulley Block 2PCS 	29 Safety Catch Right 1PC 	30 Safety Catch Left 1PC 	33 Handle-Right 1PC 	34 Handle-Left 1PC 
38 Handle-Right 1PC 	39 Handle-Left 1PC 	60 M10X90mm Hex Bolt 2PCS 	67 M10X20mm Hex Bolt 4PCS 	74 M10 Washer 8PCS 	77 M10 Nylon Nut 2PCS 

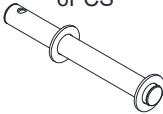
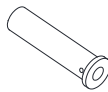
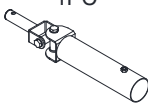
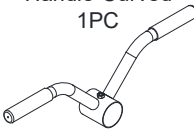
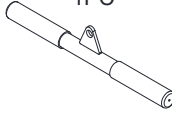
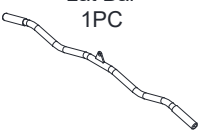
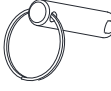
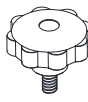


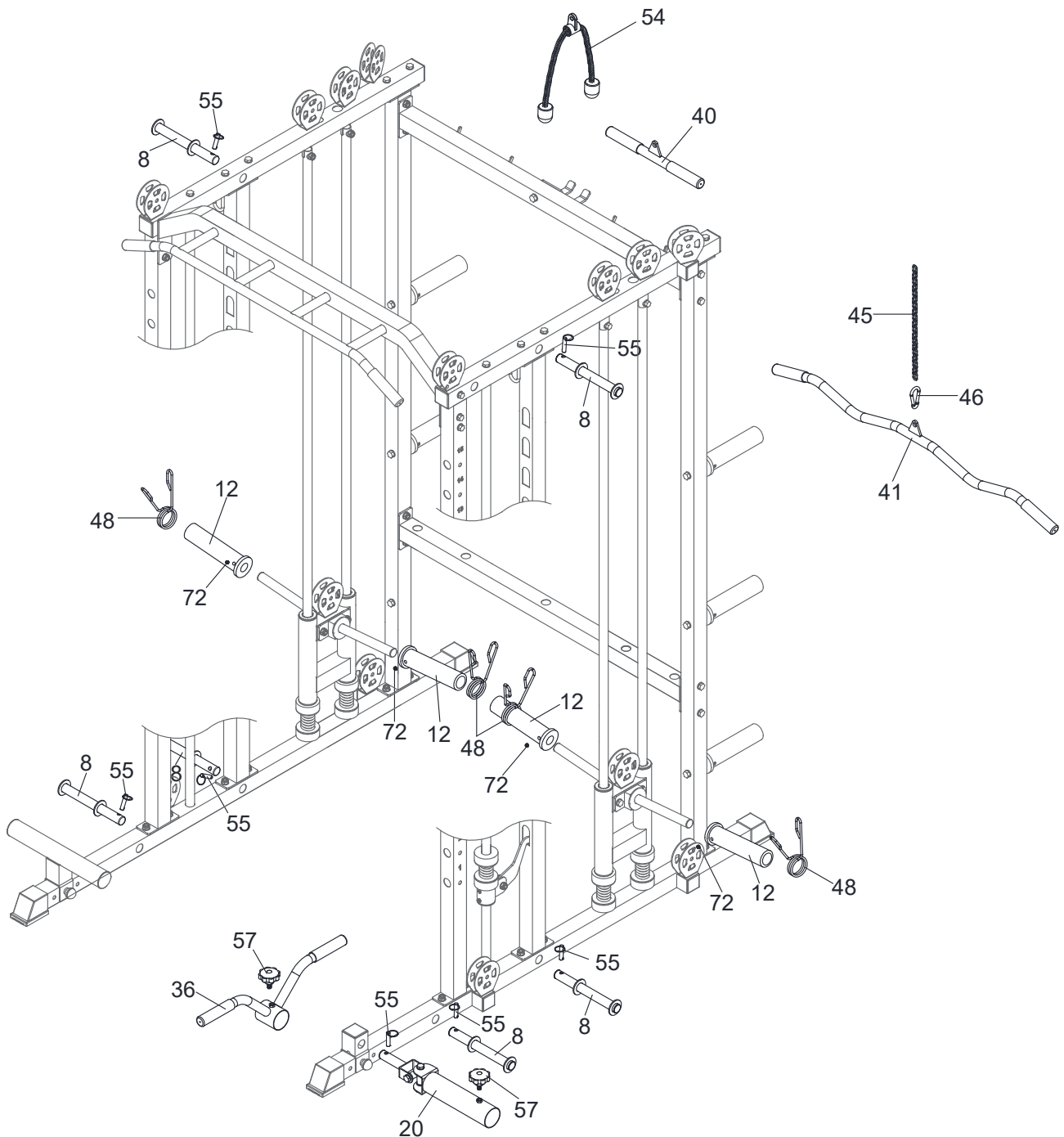
STEP: 7

19 Olympic Adapter Long 2PCS 	28 Leg Extension Frame 1PC 	31 Foam Tube 1PC 	35 Leg Press Tube 1PC 	37 Seat Base Frame 1PC 	42 Fixed Tube 1PC 	48 Shock Pad 2PCS 	50 Leg Foam Roller 2PCS 
51 Seat Cushion 1PC 	56 Insert Pin-long 3PCS 	58 Torx Knob 1PC 	59 Round End Plug 2PCS 	70 M8X15mm Hex Bolt 4PCS 	71 Bolt M12X30mm 2PCS 	73 Washer 1PC 	76 M8 Washer 4PCS 



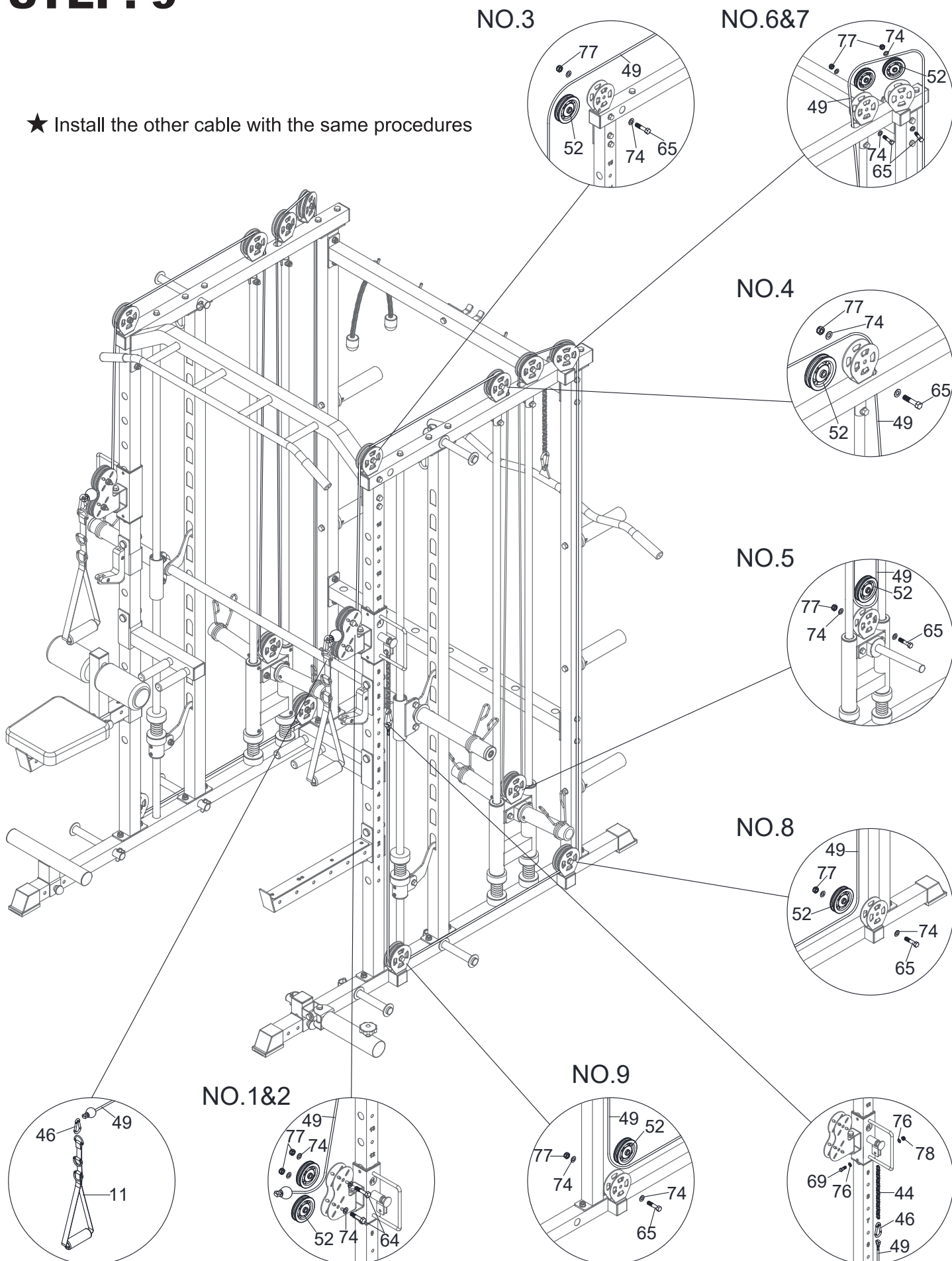
STEP: 8

8 Band Peg 6PCS 	12 Olympic Adapter 4PCS 	20 Landmine Attachment 1PC 	36 Handle-Curved 1PC 	40 Lower Bar 1PC 	41 Lat Bar 1PC 	
45 Chain-long 1PC 	46 Clip 1PC 	48 Shock Pad 4PCS 	54 Pro Prissdown Rope 1PC 	55 Insert Pin-short 7PCS 	57 Locking Knob 2PCS 	72 Screw M8X10mm 4PCS  Pre-installed

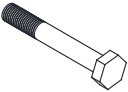
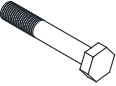
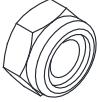


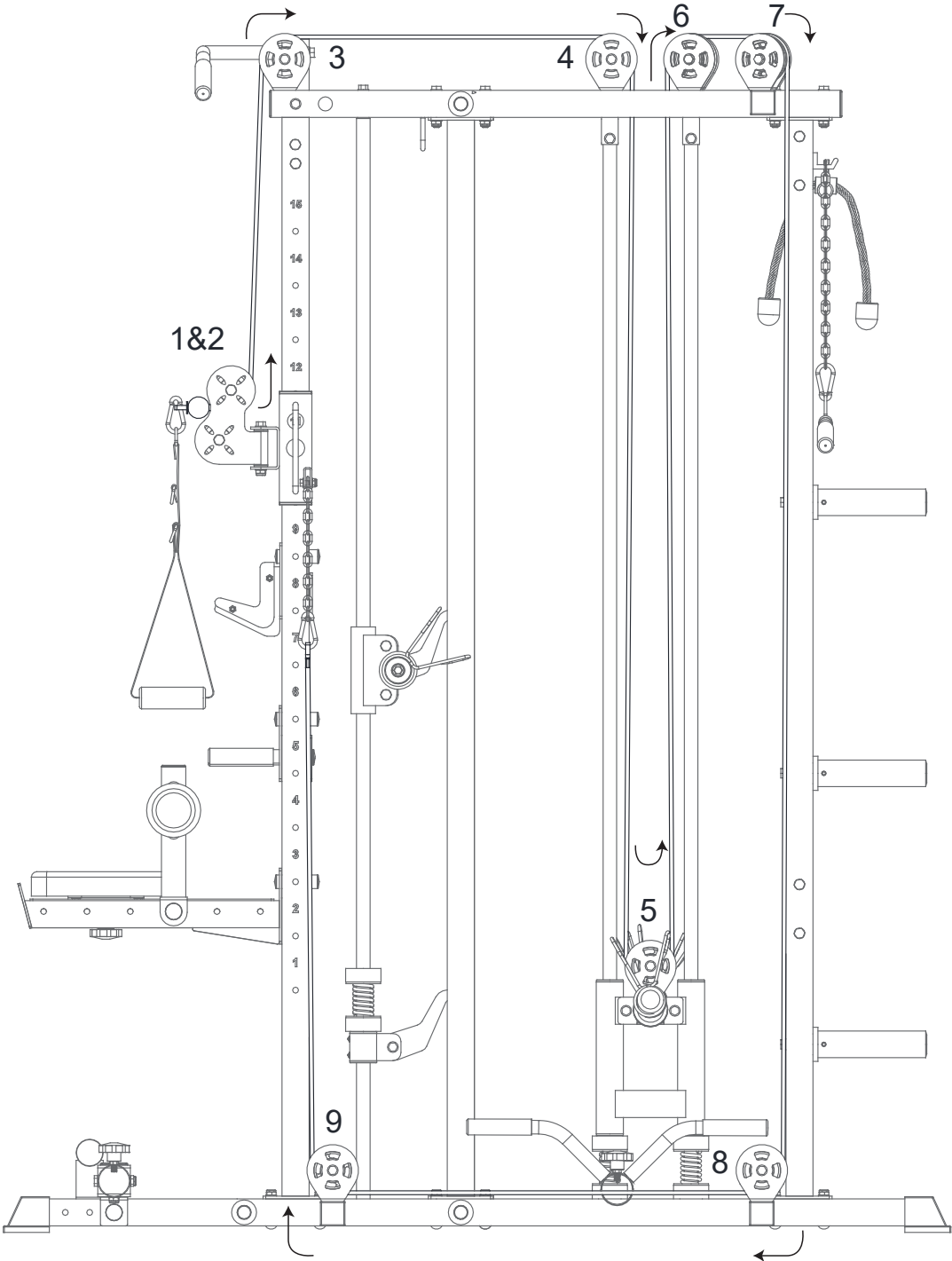
STEP: 9

★ Install the other cable with the same procedures

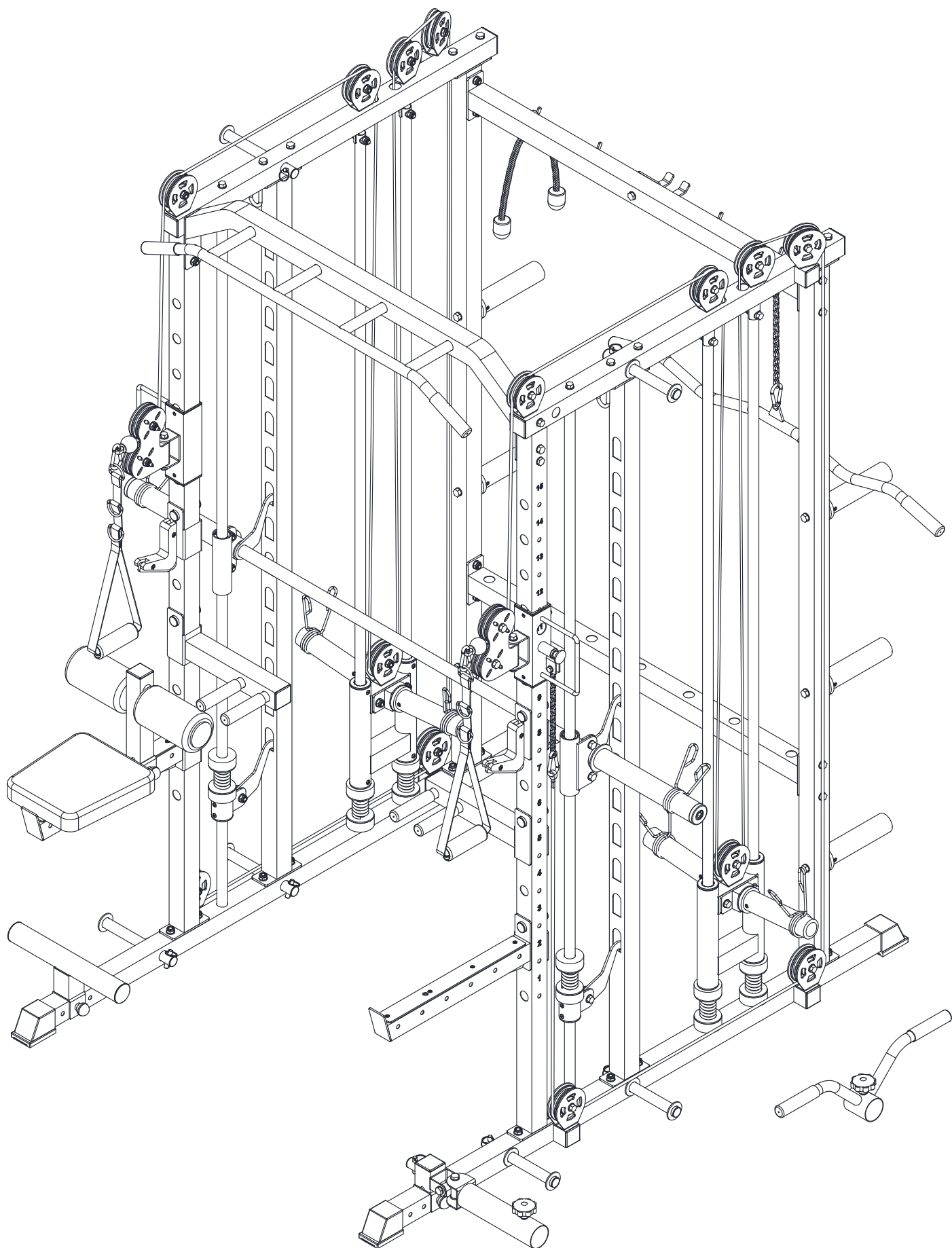


STEP: 9

11 Cable Handle 2PCS 	44 Chain-short 2PCS 	46 Clip 4PCS 	49 Cable 2PCS 	52 Pulley 18PCS 	64 M10X50mm Hex Bolt 4PCS 
65 M10X45mm Hex Bolt 14PCS 	69 M8X25mm Hex Bolt 2PCS 	74 M10 Washer 36PCS 	76 M8 Washer 4PCS 	77 M10 Nylon Nut 18PCS 	78 M8 Nylon Nut 2PCS 



INSTALLATION IS COMPLETE



FORMAT OF AFTER-SALE EMAIL

The screenshot shows an email draft interface. At the top, a light blue bar contains the text "Draft saved" and icons for undo, redo, and close. Below this, the "Recipients" field is empty. The "Subject" field contains "Amazon-1234567890 -Package Lost" and "SUBJECT EXAMPLE". The "Body" field contains the text "Platform-Order Number-Issue" and a large red-bordered box with the text "Describe your issue here". Below the body field, a red text prompt reads "Welcome to attach the pictures to help us get more understands with your issue". At the bottom, a rich text editor toolbar is visible, featuring a "Send" button, a text color picker, a link icon (highlighted with a red box and an arrow), a link icon, a smiley face icon, a cloud icon, a picture icon, a lock icon, a pencil icon, and a trash icon.

Draft saved

Recipients

Amazon-1234567890 -Package Lost SUBJECT EXAMPLE

Platform-Order Number-Issue

Describe your issue here

Welcome to attach the pictures to help us get more understands with your issue

Send

Rich text editor toolbar: Undo, Redo, Sans Serif font, Font size, Bold, Italic, Underline, Text color, Bulleted list, Numbered list, Indent, Outdent, Link, Smiley face, Cloud, Picture, Lock, Pencil, Trash.

Welcome to send us some pictures to describe your problem, which will help us better and faster understand your current situation, and thus provide you with the best solution.