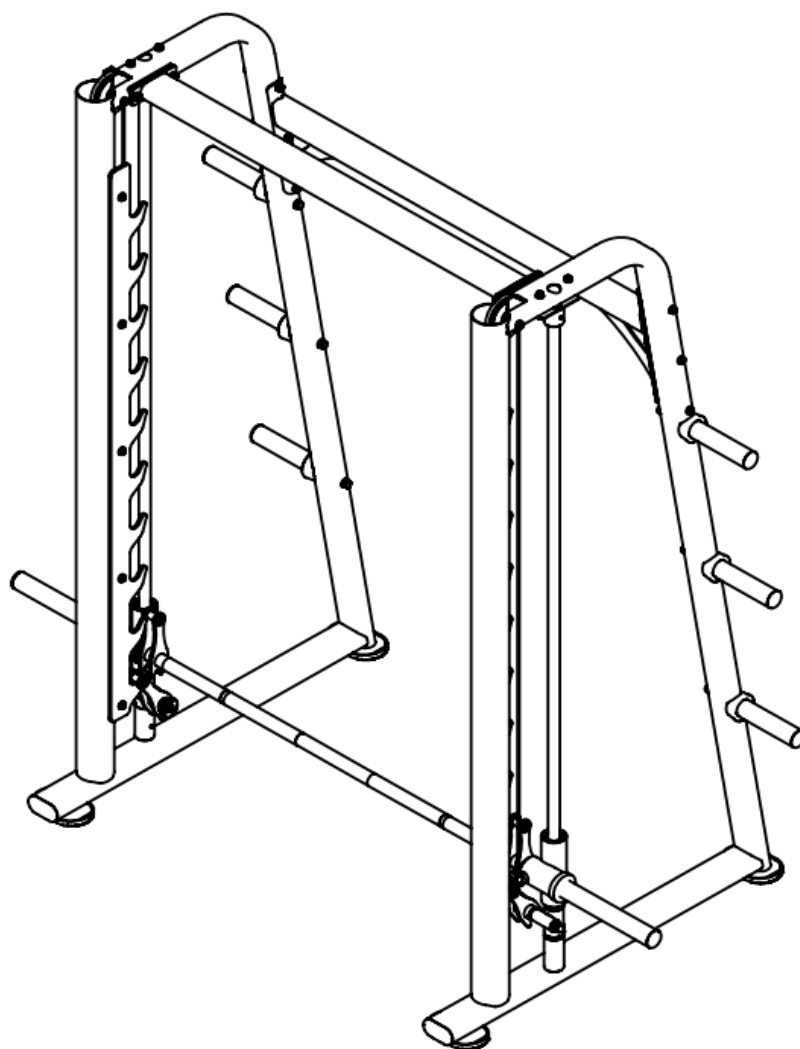


DR030B

SMITH MACHION

OWNER'S MANUAL



! CAUTION

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

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

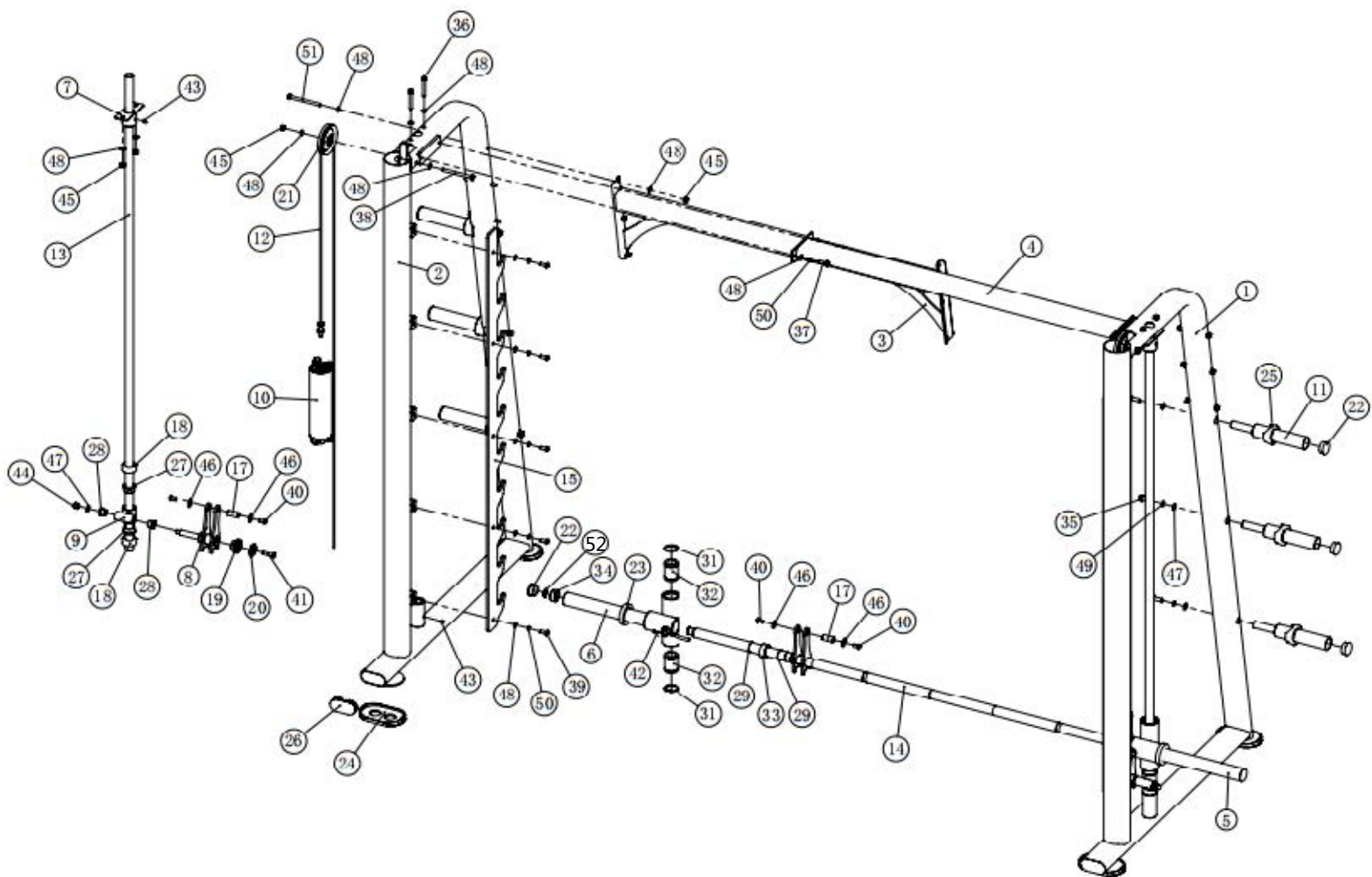
1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.
Never drop or insert anything into any opening in the equipment.
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

Parts List

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

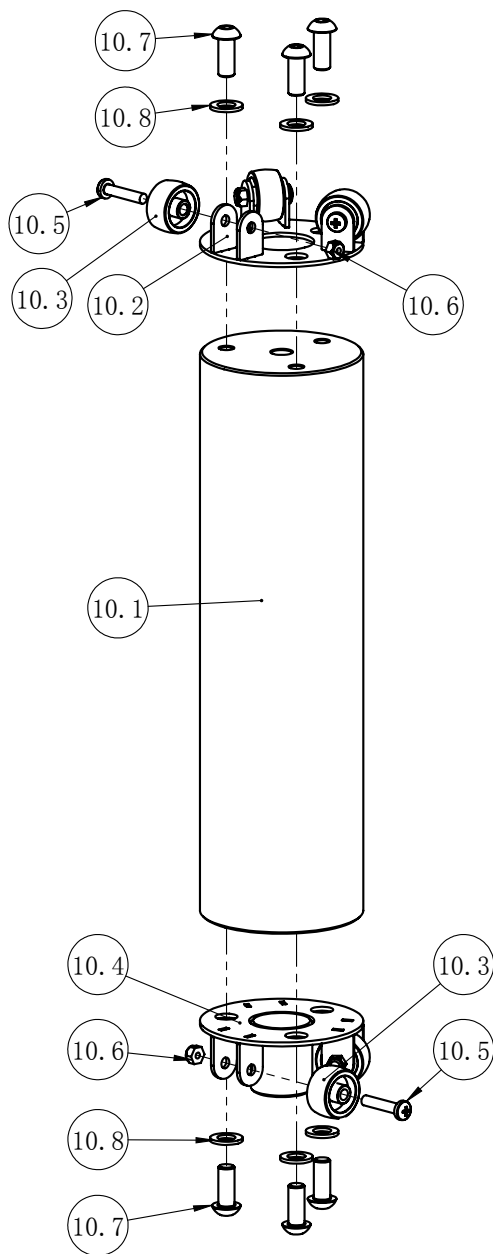
Item NO.	Description	QTY	Item NO.	Description	QTY
1	Left Upright	1	23	Rubber Bumper	2
2	Right Upright	1	24	Rubber Foot	4
3	Rear Connection Frame	1	25	Rubber Bumper	6
4	Upper Connection Frame	1	26	Tube Plug RT50*100	2
5	Left Bar Support	1	27	Plastic Bushing $\Phi 31.8 \times \Phi 44.5 \times 20$	4
6	Right Bar Support	1	28	Bushing $\phi 31 \times \phi 25.4 \times \phi 19 \times 20$	4
7	Guide Rod Housing	2	29	External Circlips	4
8	Safety Hanger,Guide	2	31	Circlip For Hole	4
9	Safety Catch,Guide	2	32	Linear Bearing $\phi 30$	4
10	Counter Weight Asembly	2	33	Needle Bearing $\phi 35$	2
10.1	Counter Weight	1	34	Needle Bearing $\phi 25$	2
10.2	Roller Fixed Frame	1	35	Hex Head Bolt M12*35	6
10.3	Roller	6	36	Hex Head Bolt M10*70	4
10.4	Roller Fixed Frame	1	37	Hex Head Bolt M10*30	4
10.5	Cross Recessed Pan Head Screw M5*25	6	38	Hex Head Bolt M10*115	2
10.6	Nylon Nut M5	6	39	Button Head Cap Screw M10*25	10
10.7	Button Head Cap Screw M8*20	6	40	Button Head Cap Screw M10*20	8
10.8	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	6	41	Flat Head Cap Screw M10*45	2
11	Weight Peg	6	42	Socket Head Cap Screw M4*15	2
12	Cable	2	43	Socket Set Screw M8*10	4
13	Guide Rod	2	44	Acorn Nut M12	2
14	Olympic Bar	1	45	Nylon Lock Nut M10	12
15	Rack Plate	2	46	Flat Washer $\phi 11 \times \phi 30 \times 2$	8
51	Hex Head Cap Screw M10*120	6	47	Flat Washer $\phi 13 \times \phi 24 \times 2$	8
17	Limit Axis	4	48	Flat Washer $\phi 11 \times \phi 20 \times 2$	38
18	Rubber Bumper	4	49	Spring Washer $\phi 12$	6
19	Plastic Cap $\phi 25$	2	50	Spring Washer $\phi 10$	14
20	Plastic Cap $\phi 25$	2	51	Hex Head Bolt M10*120	6
21	Pulley 4.5"	2	52	Washer $\phi 11$	2
22	Tube Plug $\phi 48$	8	53	$\phi 20 \times 11$	8

Exploded View and Parts List



Exploded View and Parts List

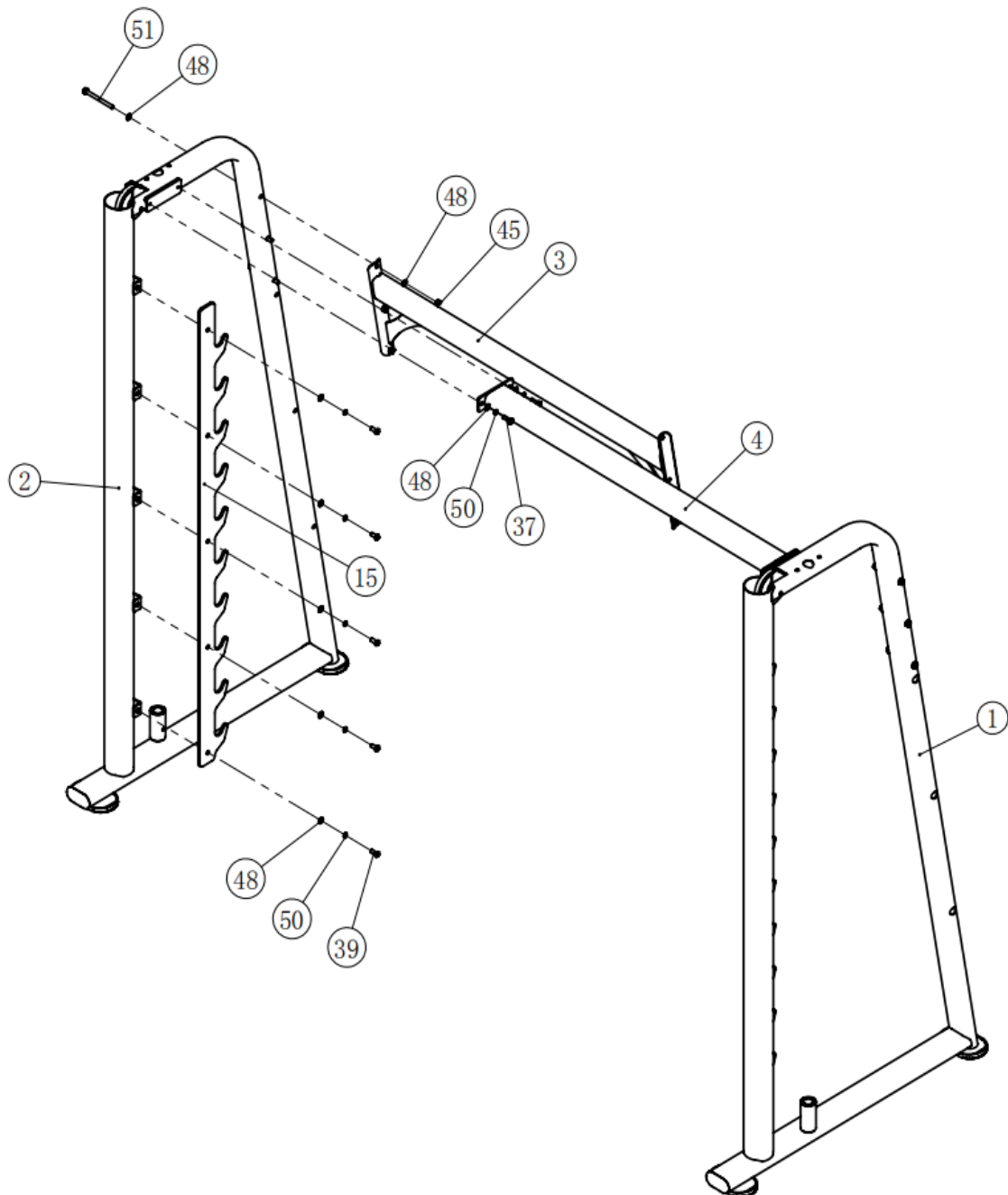
Counter Weight Assembly



Assembly

STEP 1

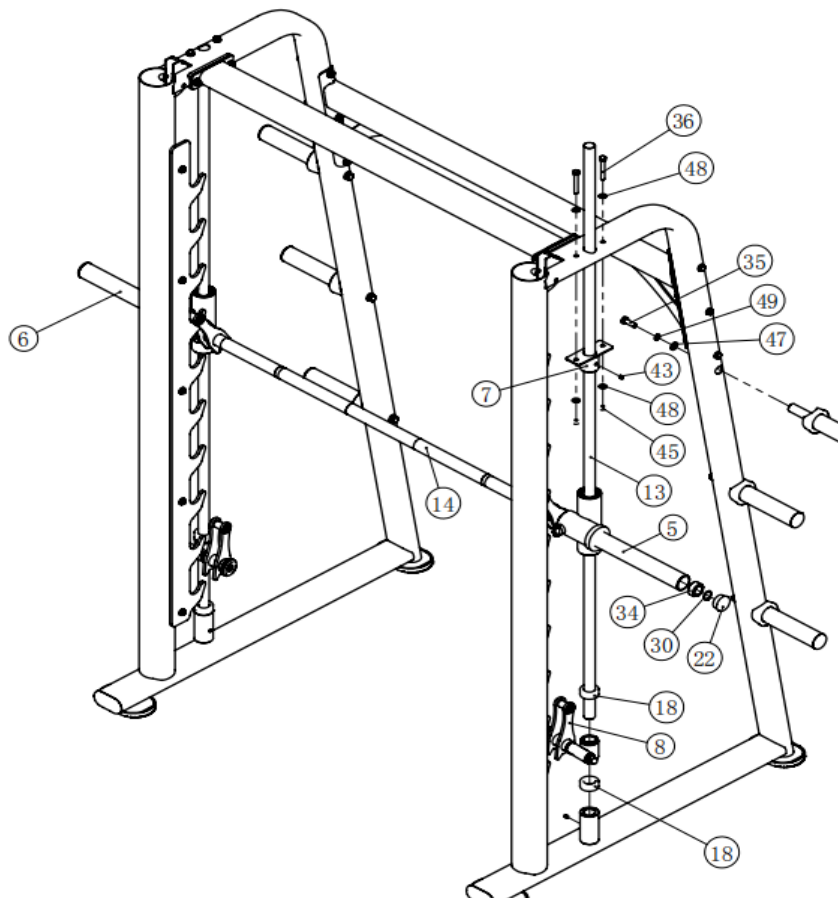
1	Left Upright	1	37	Hex Head Bolt M10*30	4
2	Right Upright	1	39	Button Head Cap Screw M10*25	10
3	Rear Connection Frame	1	48	Flat Washer $\phi 11*\phi 20*2$	26
4	Upper Connection Frame	1	50	Spring Washer $\phi 10$	14
15	Rack Plate	2	45	Nylon Lock Nut M10	6



Assembly

STEP 2

5	Left Bar Support	1	22	Tube Plug $\phi 48$	2
6	Right Bar Support	1	35	Hex Head Bolt M12*35	6
7	Guide Rod Housing	2	36	Hex Head Bolt M10*70	4
8	Safety Hanger,Guide	2	45	Nylon Lock Nut M10	4
11	Weight Peg	6	47	Flat Washer $\phi 13*\phi 24*2$	6
13	Guide Rod	2	48	Flat Washer $\phi 11*\phi 20*2$	8
14	Olympic Bar	1	49	Spring Washer $\phi 12$	6
18	Rubber Bumper	4			



Note: the linear bearing should be concentric with the guide rod to prevent damage to the linear bearing.

Assembly

STEP 3

10	Counter Weight Asembly	2	38	Button Head Cap Screw M10*115	2
12	Cable	2	45	Nylon Lock Nut M10	2
21	Pulley 4.5"	2	47	Flat Washer $\phi 13*\phi 24*2$	4

