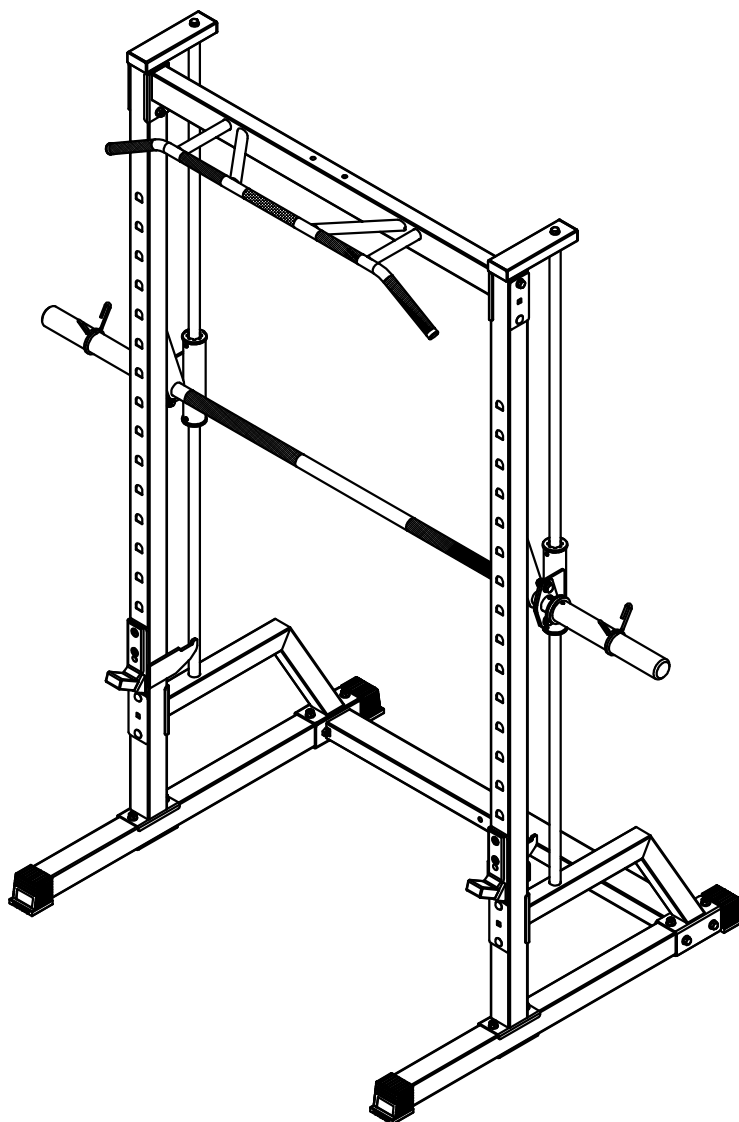




SMITH HALF RACK

USER MANUAL



NOTE!

Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary and are subject to change without further notice.



GYMSTICK.COM

BEFORE YOU BEGIN

Thank you for choosing Gymstick training equipment. We take great pride in producing this high-quality product and hope it will make you feel better and enjoy life to the fullest. Please read this manual in its entirety before beginning to use this product.



IMPORTANT

Read all instructions carefully before using this product.
Retain this owner's manual for future reference.



WARNING

Read and follow all safety instructions carefully.
Failure to follow safety instructions could result in serious injury.

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SAFETY INSTRUCTIONS

Basic precautions should always be followed when using this machine. In order to ensure safe Read and follow all safety instructions included in this user manual. Failure to do so could result in serious injury.



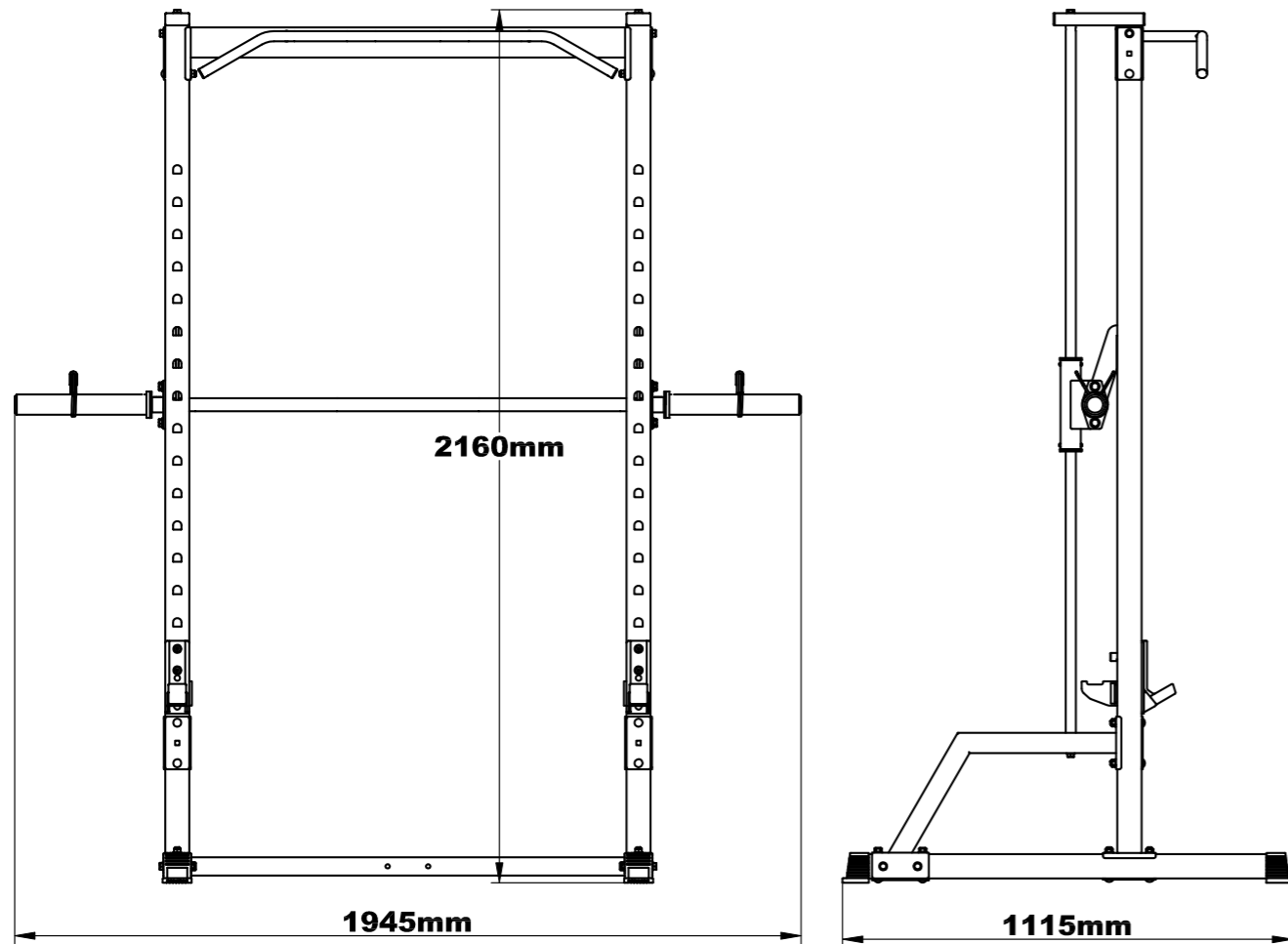
WARNING

Before using this product, consult your physician first. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.

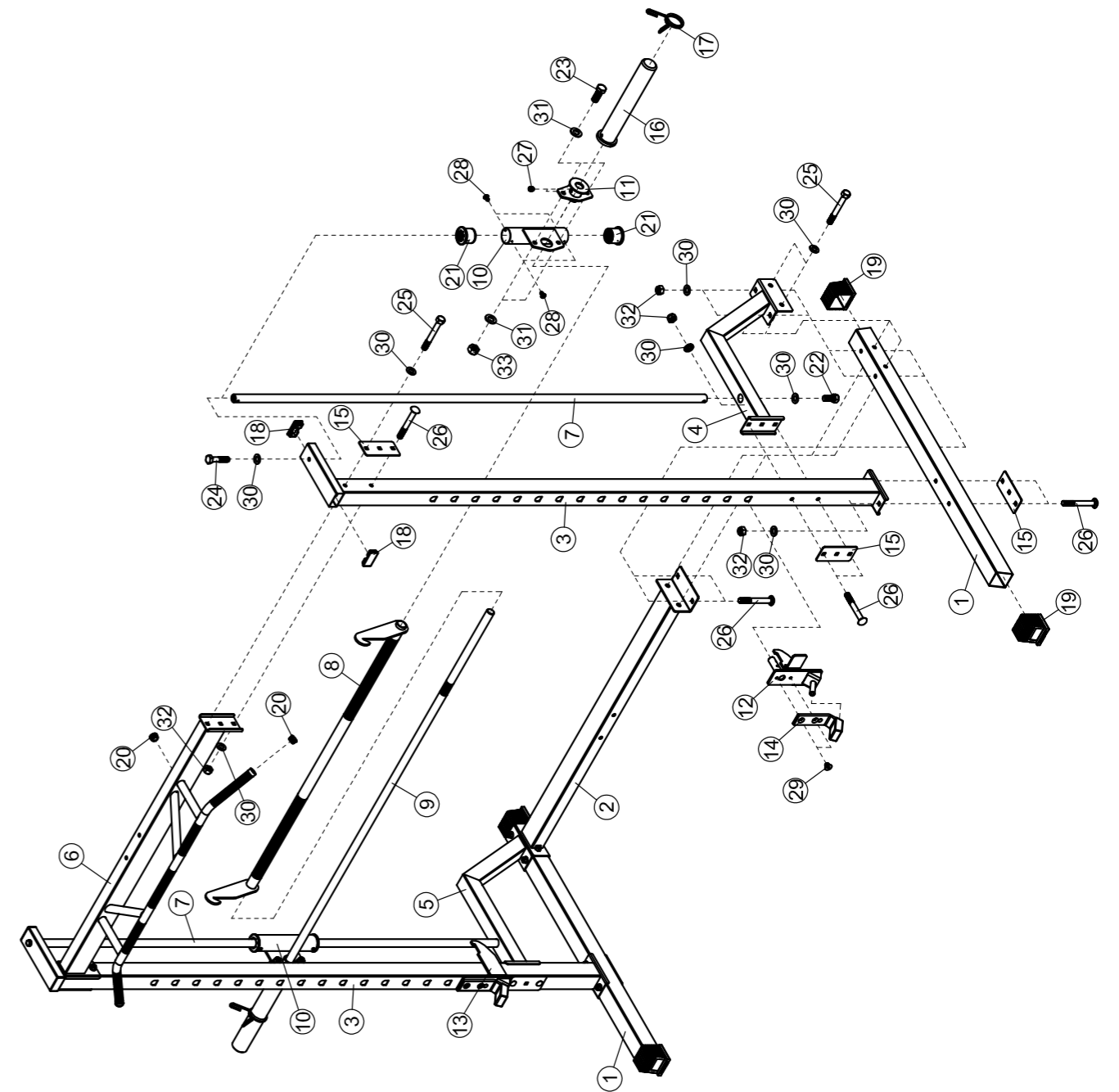
- ▲ This product is not a toy. Keep children and pets away from the machine at all times. Do not leave unattended children in the same room with the machine.
- ▲ Handicapped or disabled persons should not use the machine without the presence of a qualified health care professional or physician.
- ▲ If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the workout at once. Consult a physician immediately.
- ▲ Before beginning training, remove all objects within a radius of 2 meters from the machine. Do not place any sharp objects around the machine.
- ▲ Position the machine on a clear, level surface away from water and moisture. It is suggested to place a mat under the unit to help keep the machine stable and to protect the floor.
- ▲ Only use the machine for its intended purpose as described in this manual. Do not use any other accessories than the ones recommended by the manufacturer.
- ▲ Assemble the machine exactly as in the description in this instruction manual.
- ▲ Check all bolts and other connections before using the machine for the first time and ensure that the machine is in good and safe condition.
- ▲ Hold a routine inspection of the equipment. Pay special attention to components which are the most susceptible for wear and tear. Any defective components should be replaced immediately before using the machine.
- ▲ Never operate the machine if it is not functioning properly.
- ▲ This machine can be used for only one person's training at a time.
- ▲ Do not use abrasive cleaning articles to clean the machine. Wipe drops of sweat from the machine immediately after finishing training.
- ▲ Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
- ▲ Before exercising, always warm-up your body thoroughly by dynamic stretching our a warm-up routine.
- ▲ This machine is intended for home use.
- ▲ This machine must be assembled by adults.
- ▲ It is the responsibility of the owner to ensure that all users are properly informed as how to use this product safely.
- ▲ Maximum user weight: 200 kg (pull-up bar).
- ▲ Maximum load capacity: 260 kg (smith bar).

OVERVIEW

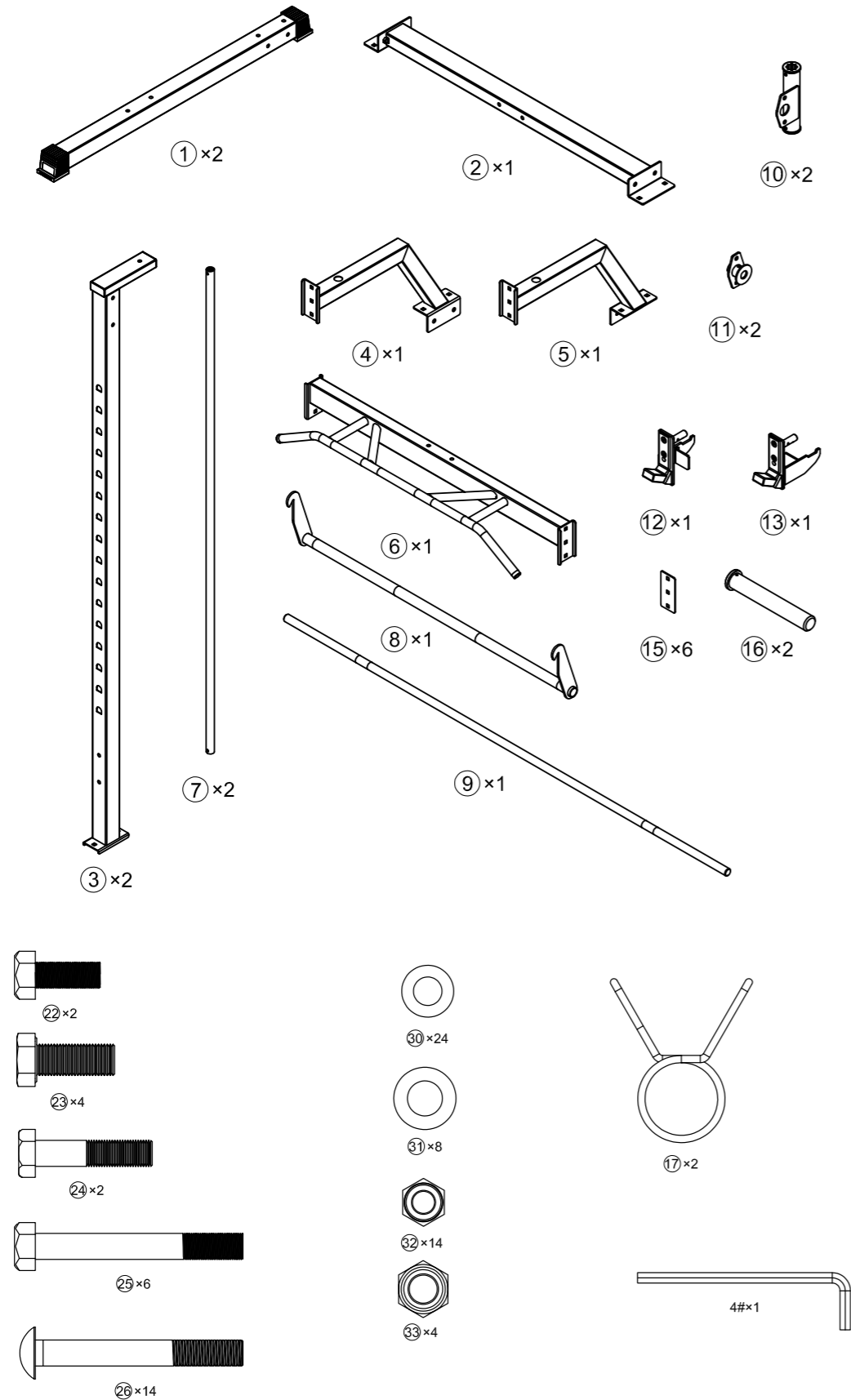
Assembled Dimension: 1115mm x 1945mm x 2160mm



EXPLODED DRAWING



PARTS LIST



PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Base Tube	□60×1.5×1085	2
2	Base Frame		1
3	Rear Post		2
4	Connecting Frame L		1
5	Connecting Frame R		1
6	Horizontal bar		1
7	Guide rod		2
8	Hanging Bar		1
9	Weight Rod	φ25×1900	1
10	Sliding frame		2
11	Fixed pedestal		2
12	Safety hook Bracket L		1
13	Safety hook Bracket R		1
14	Support seat	120×55×40	2
15	Bracket	130×60×3	6
16	Olympic Sleeve	φ50×335	2
17	Spring Clip	φ49	2
18	Rectangular End Cap	□30×□60	4
19	Tube End Cap	□60×60	4
20	Rectangular End Cap	φ25	4
21	Safety hook Bracket Guides	φ55×φ46×φ27×41	4
22	Hex Bolt	M10×25	2
23	Hex Bolt	M12×30	4
24	Hex Bolt	M10×45	2
25	Hex Bolt	M10×80	6
26	Carriage Bolt	M10×80	14
27	Set screw	M8×10	4
28	Screw	ST4.0X9	8
29	Allen Bolt	M8×12	4
30	Washer	10	24
31	Washer	12	8
32	Nut	M10	14
33	Nut	M12	4
	Allen wrench	4#	1

CLEANING & STORAGE

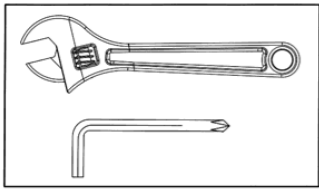
The device can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on any parts. Please wipe your perspiration off the device. Please keep the device out of direct sunlight. Store the device in a clean, warm and dry environment away from children.

Lubricate moving parts with WD-40 or other light oil periodically.

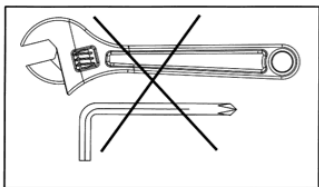
ASSEMBLY INSTRUCTIONS

IMPORTANT ASSEMBLY INFORMATION

- Tools required for assembly: Adjustable Wrench and Allen Wrenches.
- Ensure Carriage Bolts are inserted through the SQUARE holes on components that need to be assembled. Attach washers to the end of carriage bolts.
- Use Allen Bolts or Hex Bolts through the ROUND holes on components that need to be assembled.
- Always wait until all bolts are assembled before tightening the bolts. Do not tighten each bolt right after it is installed.



- ▲ Securely tighten all nuts and bolts after all components have been assembled in current and previous steps.
- ▲ Do not over tighten any component with pivoting function.
- ▲ Make sure all pivoting components are able to move freely.



- ▲ Do not tighten all nuts and bolts in this step.



IMPORTANT

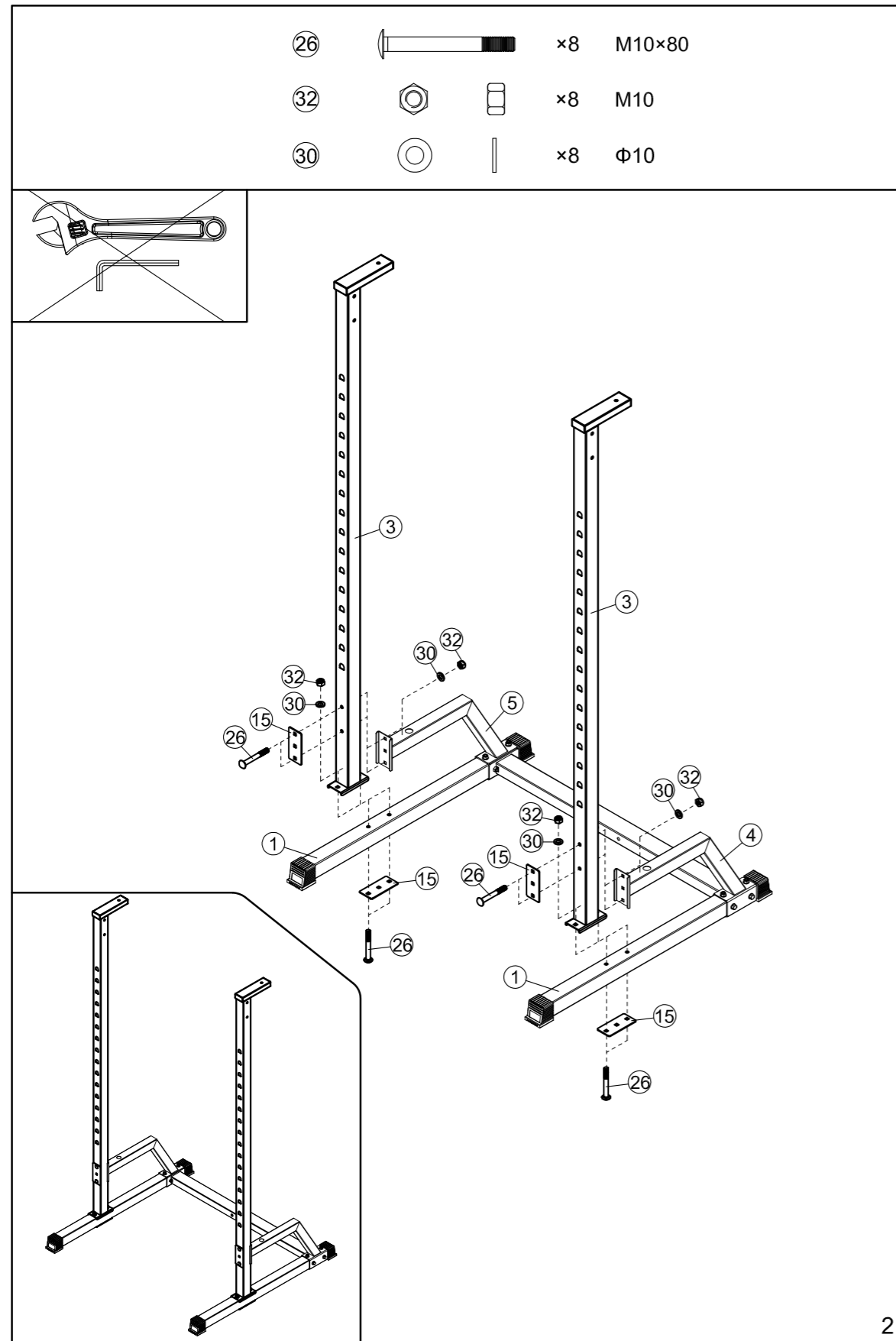
It is strongly recommended that this equipment is assembled by two or more adults to avoid possible injury.

ASSEMBLY INSTRUCTIONS

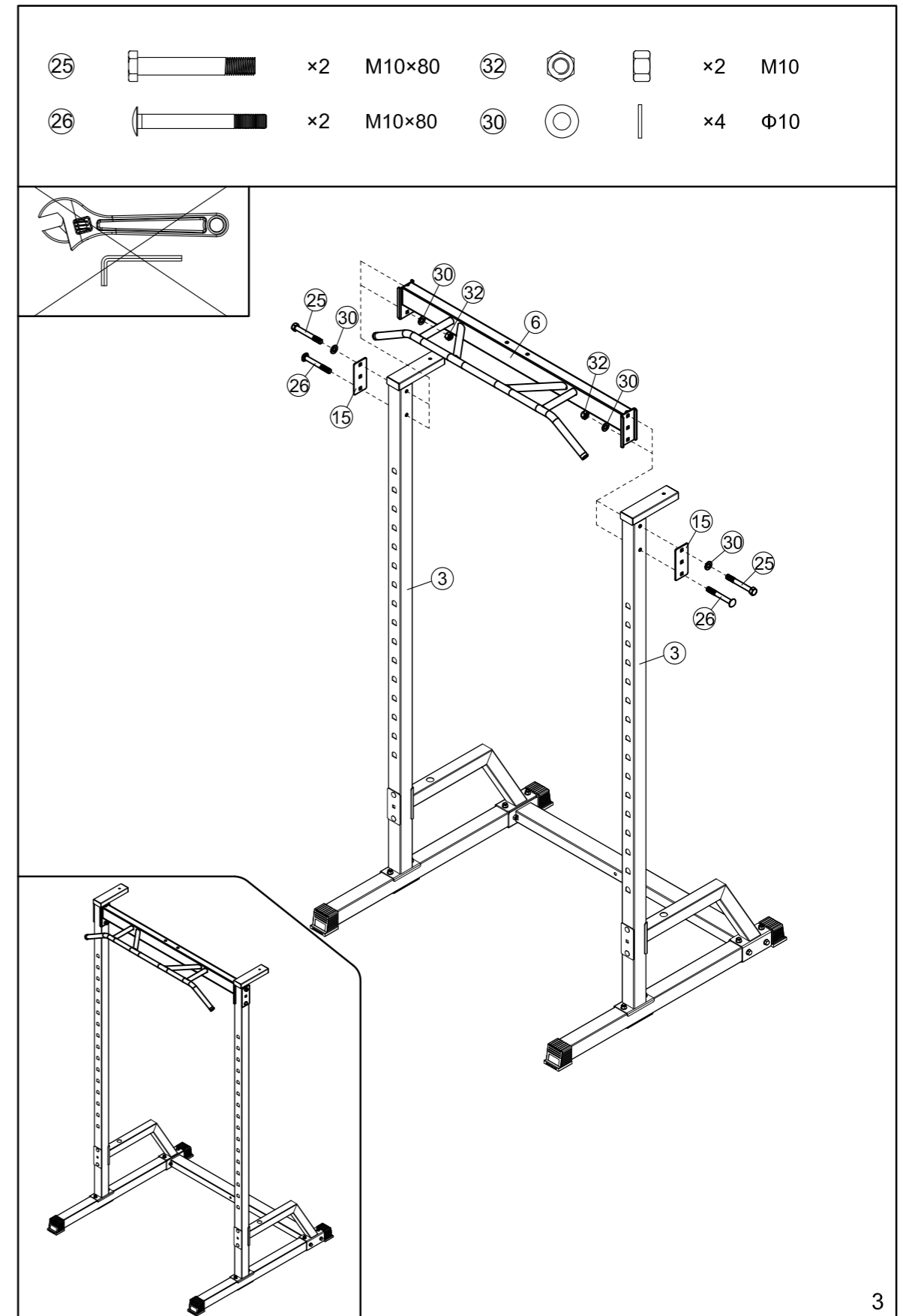
25		x4	M10x80	32		x4	M10
26		x4	M10x80	30		x8	Φ10

1




ASSEMBLY INSTRUCTIONS

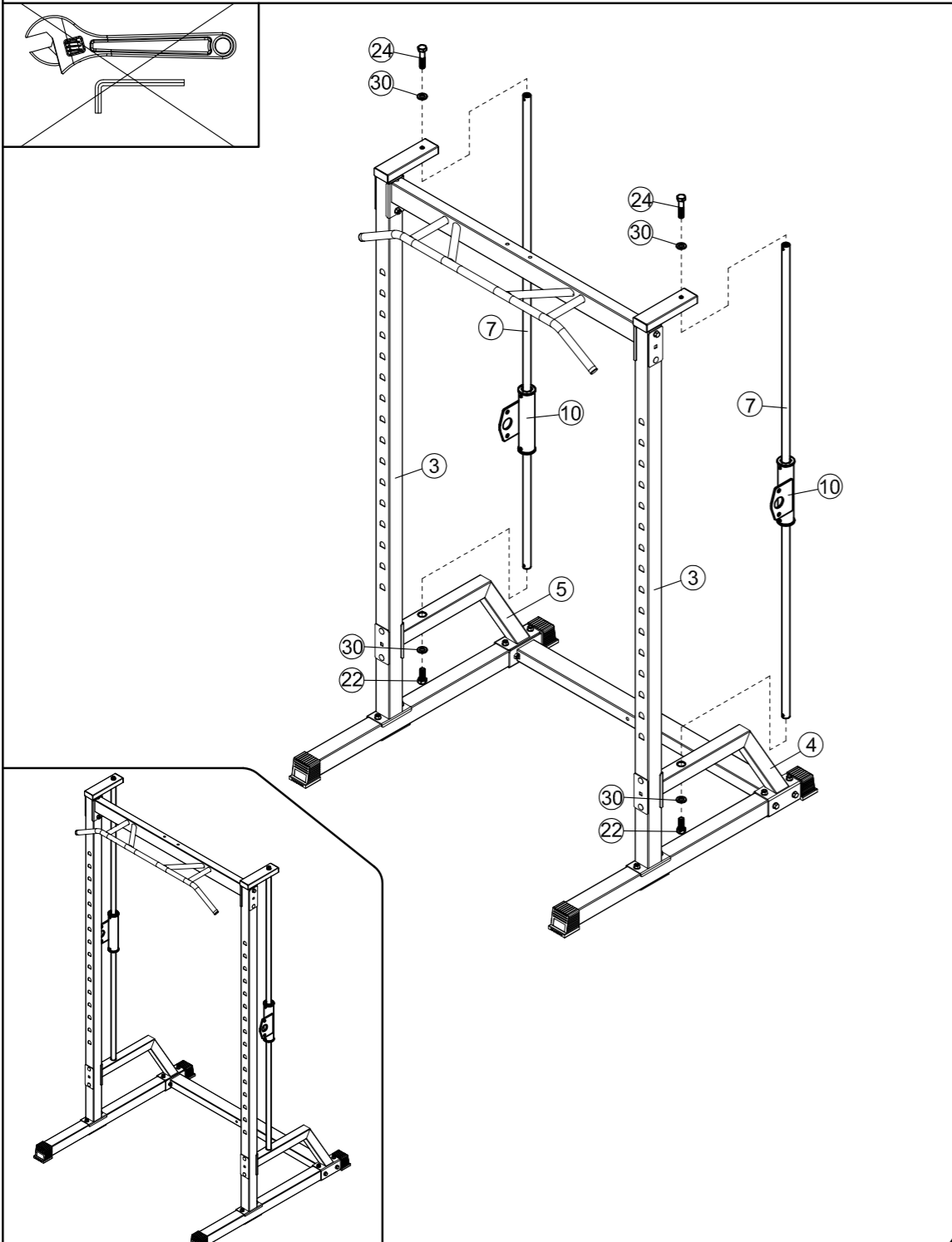


ASSEMBLY INSTRUCTIONS






ASSEMBLY INSTRUCTIONS

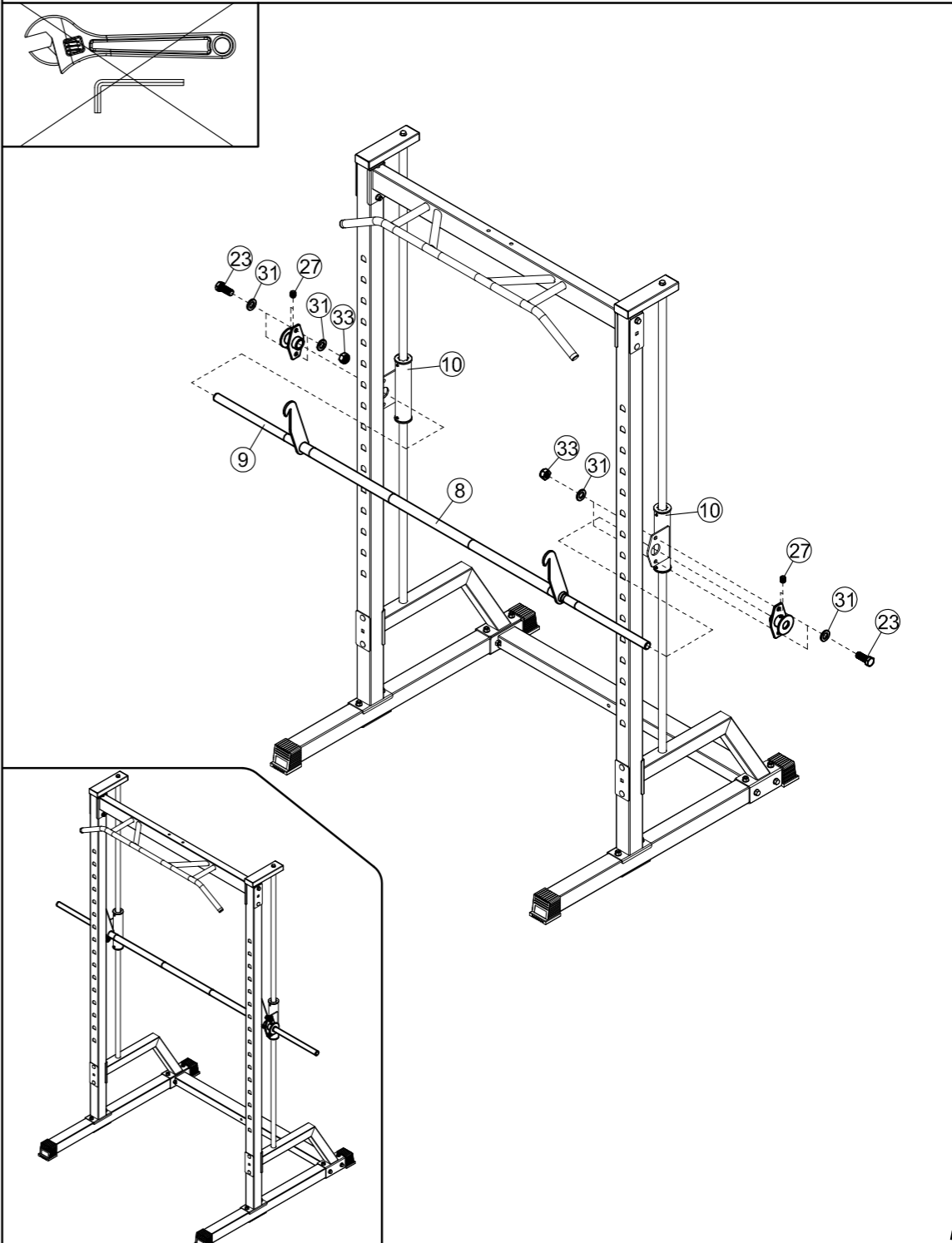
22		x2	M10x25
24		x2	M10x45
30		x4	Φ10



4

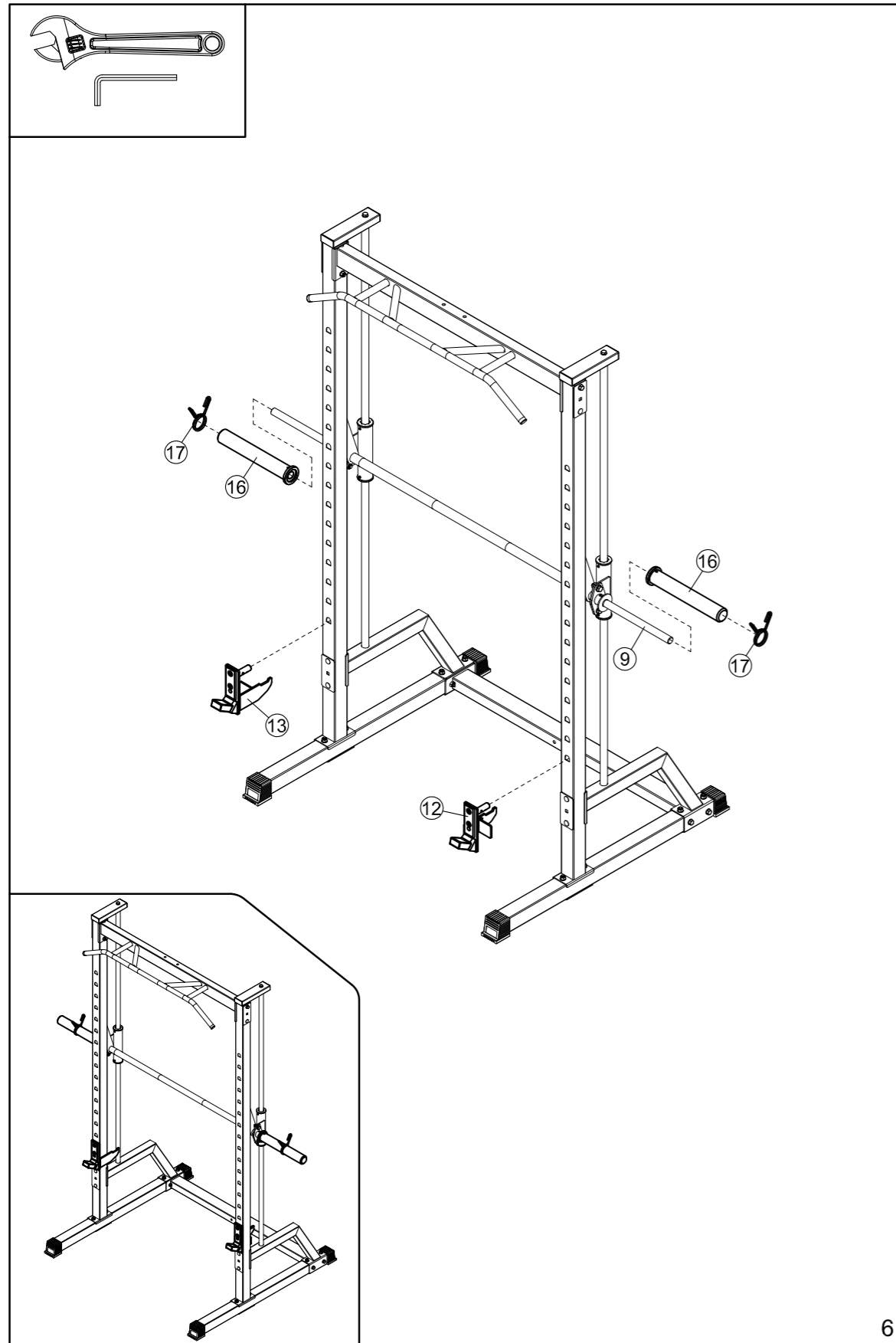
ASSEMBLY INSTRUCTIONS

23		x4	M12x30
33		x4	M12
31		x8	Φ12



5

ASSEMBLY INSTRUCTIONS



IMPLIED WARRANTY

The importer of this product assures that this device is manufactured with high quality materials. The implied warranty is valid for 1 (one) year, beginning from the date of purchase. The warranty is valid in home use.

The warranty applies to the following parts:

- Frame
- All parts included in the original delivery

The warranty does not apply to the following parts:

- Wearing parts (e.g. cushions, bearings, cables, pulleys, etc.)

The warranty does not cover:

- Incorrect installation
- Damage caused externally
- Use of unauthorised service partners
- Failure to carry out regular maintenance and servicing
- Improper use and handling of the equipment
- Improper storage of the equipment
- Non-compliance of the operating instructions

MANUFACTURED FOR

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 15170 Lahti, FINLAND

DISCLAIMER

The manufacturer and its associates and partners have no liability, obligation or responsibility to any person or entity for any loss, damages or adverse consequence alleges to have happened directly or indirectly as a consequent of this product.



Products marked with these symbols must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide more information on the matter.

