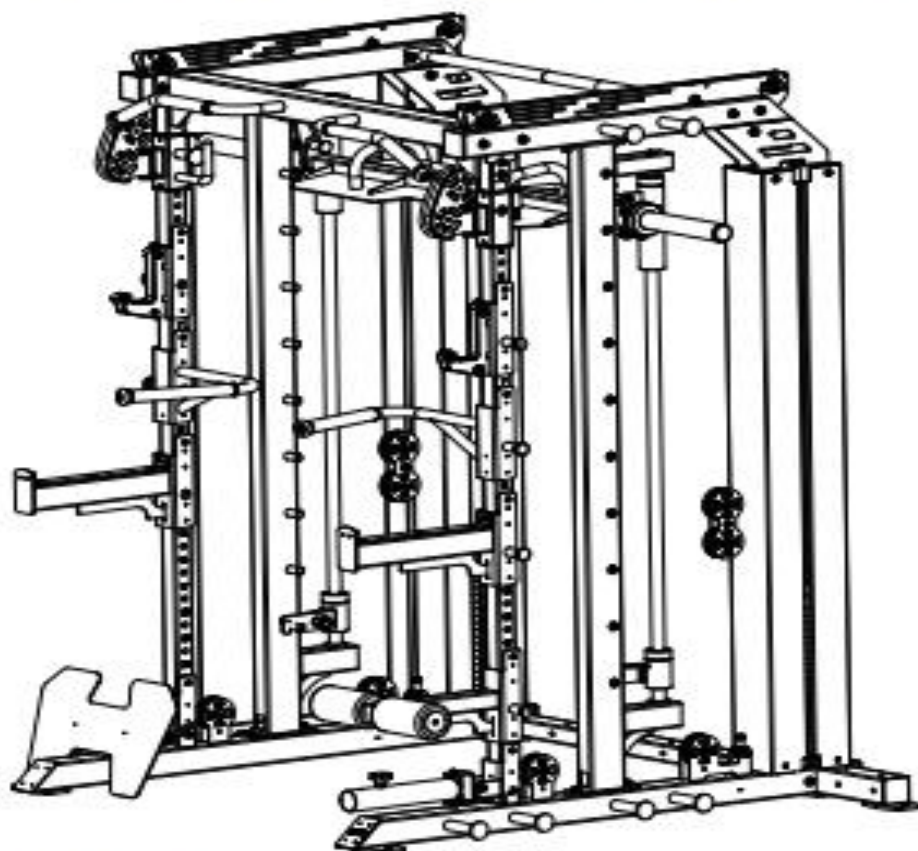




ALL IN ONE SMITH FUNCTIONAL RACK COMB-V1



Operator's Manual

Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!



ITEM# 80168

ALL IN ONE SMITH FUNCTIONAL RACK COMB-V1

Operator's Manual

Read this manual entirely before assembling or operating the machine.

ITEM# 80168

MASTER PARTS LIST (FULL)

Bubble No.	Part Number	Description	Qty
1	5020-001-01	Left bottom frame	1
2	5020-002-01	Right bottom frame	1
3	5020-003-01	Bottom rear connection tube	1
4	5020-004-01	Left upper frame	1
5	5020-005-01	Right upper frame	1
6	5020-006-01	Left square guide rod	1
7	5020-007-01	Right square guide rod	1
8	5020-008-01	Upper handle frame	1
9	5020-009-01	Rear connection round tube	1
10	5020-010-01	Left adjustable frame	1
11	5020-011-01	Right adjustable frame	1
12	5020-012-01	Lifting frame	1
13	5020-013-01	Chromed frame	2
14	5020-014-01	Dual pulley	2
15	5020-015-01	Cover	4
16	5020-016-01	Rubber gasket	6
17	5020-017-01	Handle set	2
18	5020-018-01	Weight stack selector	2
19	5020-019-01	Buffer	4
20	5020-020-01	Weight stack	2
21	5020-021-01	Guide rod	4
22	5020-022-01	Long cable	2
23	5020-023-01	Short cable	2
24	5020-024-01	Weight stack sticker	2
25	5020-025-01	Hand warning sticker	2

Bubble No.	Part Number	Description	Qty
26	5020-026-01	Safety hook	2
27	5020-027-01	Safety bar	2
28	5020-028-01	Foot board attachment	1
29	5020-029-01	Dip handle	2
30	5020-030-01	Incline leg press attachment	1
31	5020-031-01	Foam roller	1
32	5020-032-01	Landmine attachment	1
120	5020-120-01	Lat pull down bar	1
121	5020-121-01	T-Bar	1
122	5020-122-01	Low row handle	1
123	5020-123-V1	Ankle belt	1
124	5020-124-V1	Seated Row handle	1
125	5020-125-V1	Triceps rope	1

HARDWARE APPENDIX (FULL)

Bubble No.	Description	Qty
41	Carriage bolt M10*100	4
42	Cylinder head hex bolt M10*100	8
43	Cylinder head hex bolt M10*95	8
44	Cylinder head hex bolt M10*75	6
45	Cylinder head hex bolt M10*70	2
46	Cylinder head hex bolt M10*30	4
47	Cylinder head hex bolt M10*25	4
48	Counter sunk head hex bolt M10*25	6
49	Semi-cylinder head hex bolt M8*10	16
50	Washer $\Phi 8$	38
51	Washer $\Phi 10$	144
52	Nut M10	64
...	...	...
119	Bolt M12*45	2

ASSEMBLY STEPS 1-6

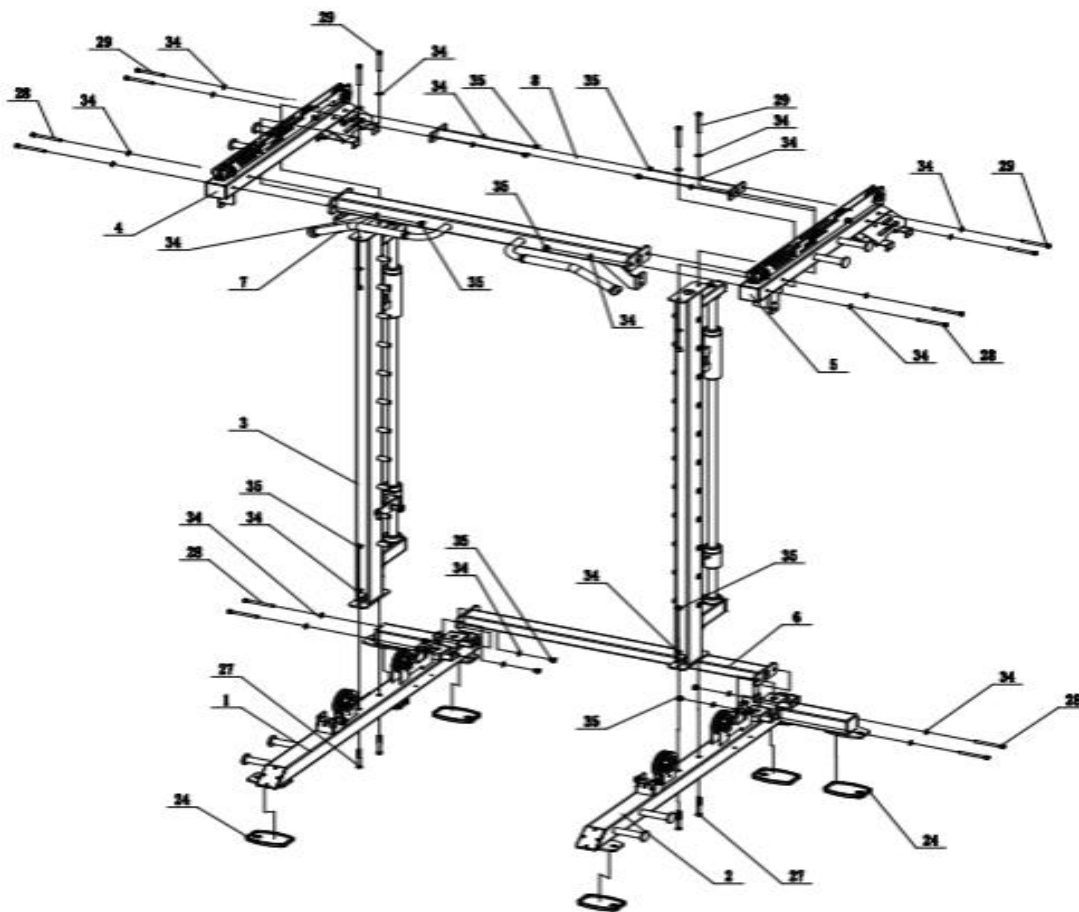
*(All steps remain fully detailed exactly as previously laid out with instructions, parts used tables, and hardware used tables.)

STEP 1

Instructions: 1. Put rubber gasket (16) on left and right bottom frames (1, 2). 2. Connect bottom rear connection tube (3) with bolts (42), washers (51), nuts (52). 3. Connect square guide rods (6, 7) with bolts (43), washers (51), nuts (52). 4. Connect upper frames (4, 5) with bolts (43), washers (51), nuts (52). 5. Connect upper handle frame (8) with bolts (42), washers (51), nuts (52). 6. Connect rear connection round tube (9) with bolts (43), washers (51), nuts (52).

Parts Used: - 1-9, 16

Hardware Used: - 42, 43, 51, 52

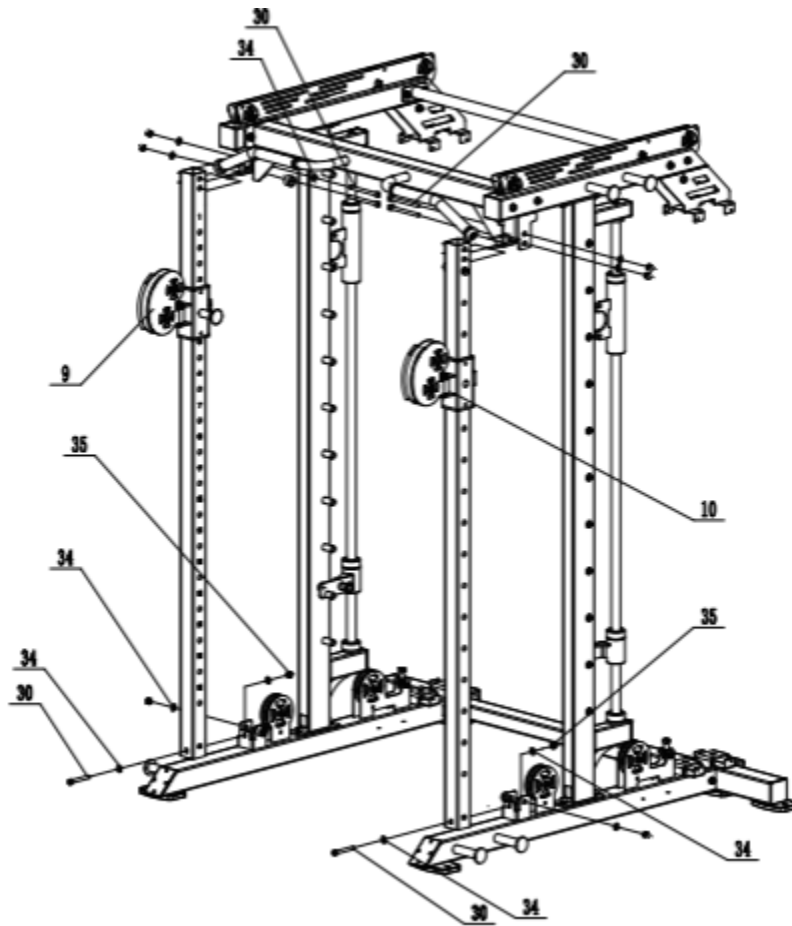


STEP 2

Instructions: 1. Connect left and right adjustable frames (10, 11) with bolts (44, 45), washers (51), nuts (52).

Parts Used: - 10, 11

Hardware Used: - 44, 45, 51, 52

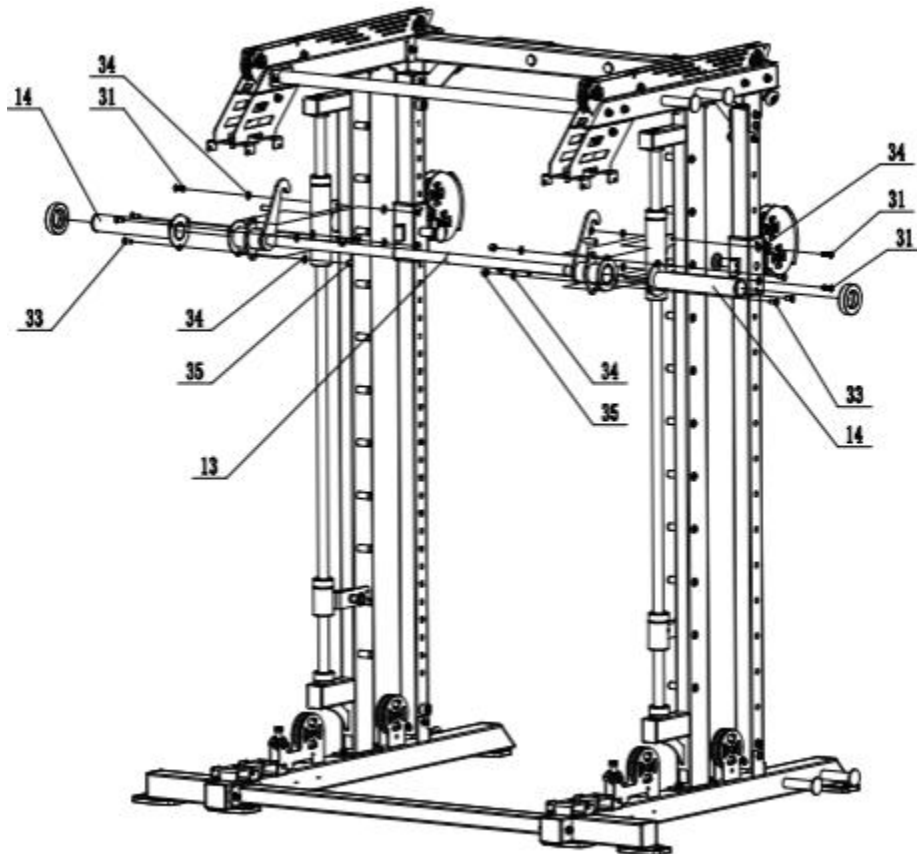


STEP 3

Instructions: 1. Connect lifting frame (12) with bolts (46), washers (51), nuts (52). 2. Connect chromed frames (13) with bolts (48), washers (51), nuts (52).

Parts Used: - 12, 13

Hardware Used: - 46, 48, 51, 52

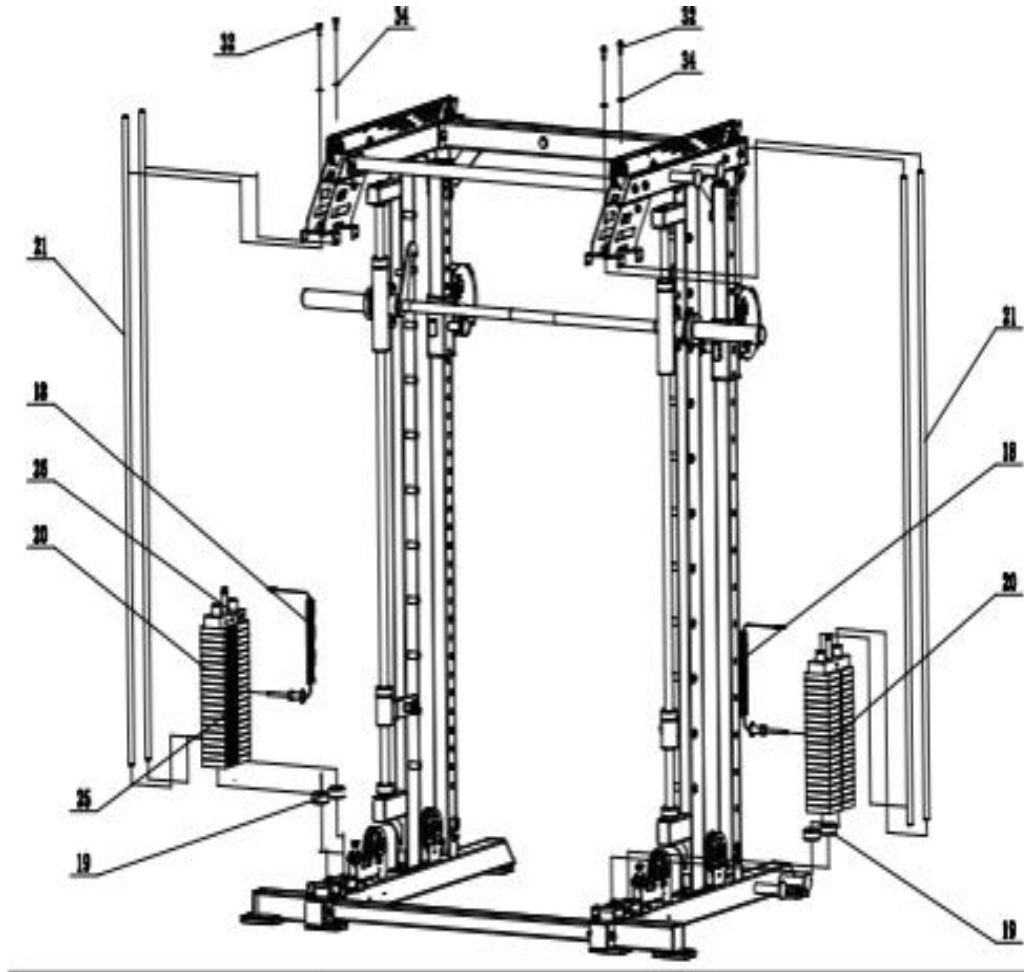


STEP 4

Instructions: 1. Install guide rods (21) on bottom frames (1, 2), assemble rubber stoppers (19) and weight stacks (20) with bolts (47), washers (51). 2. Add weight stack selectors (18) on stacks. 3. Apply stickers (24, 25).

Parts Used: - 1, 2, 18, 19, 20, 21, 24, 25

Hardware Used: - 47, 51

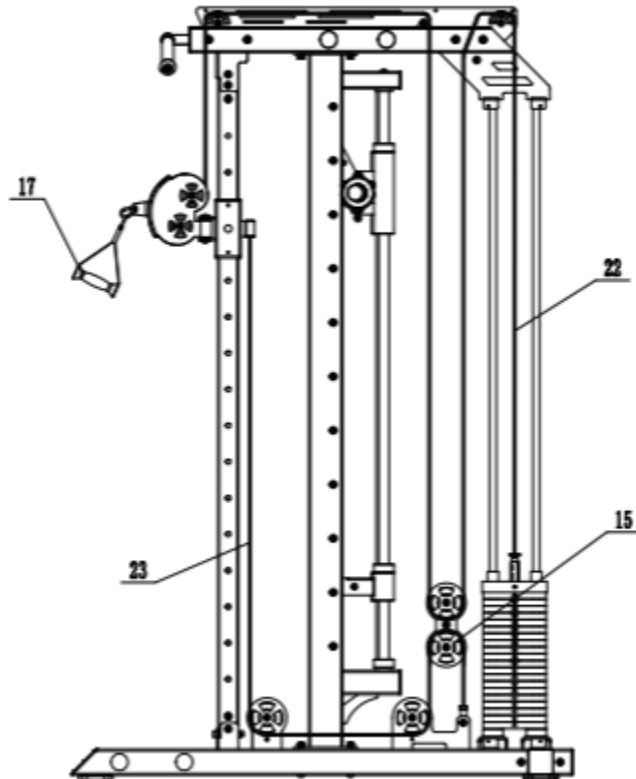


STEP 5

Instructions: 1. Connect long cable (22) to weight stack (20), route through pulleys (14, 15), connect to handle set (17). 2. Connect short cable (23) with dual pulley (14) to adjustable frame (10, 11). 3. Test operation and tighten all bolts.

Parts Used: - 10, 11, 14, 15, 17, 20, 22, 23

Hardware Used: - Check and tighten all used bolts



STEP 6

Instructions: 1. Install covers (15) with bolts (49), washers (50). 2. Place safety hook (26), safety bar (27), foot board attachment (28), dip handles (29), incline leg press (30), foam roller (31), landmine attachment (32) on frame (10, 11). 3. Tighten all bolts.

Parts Used: - 10, 11, 15, 26, 27, 28, 29, 30, 31, 32

Hardware Used: - 49, 50

