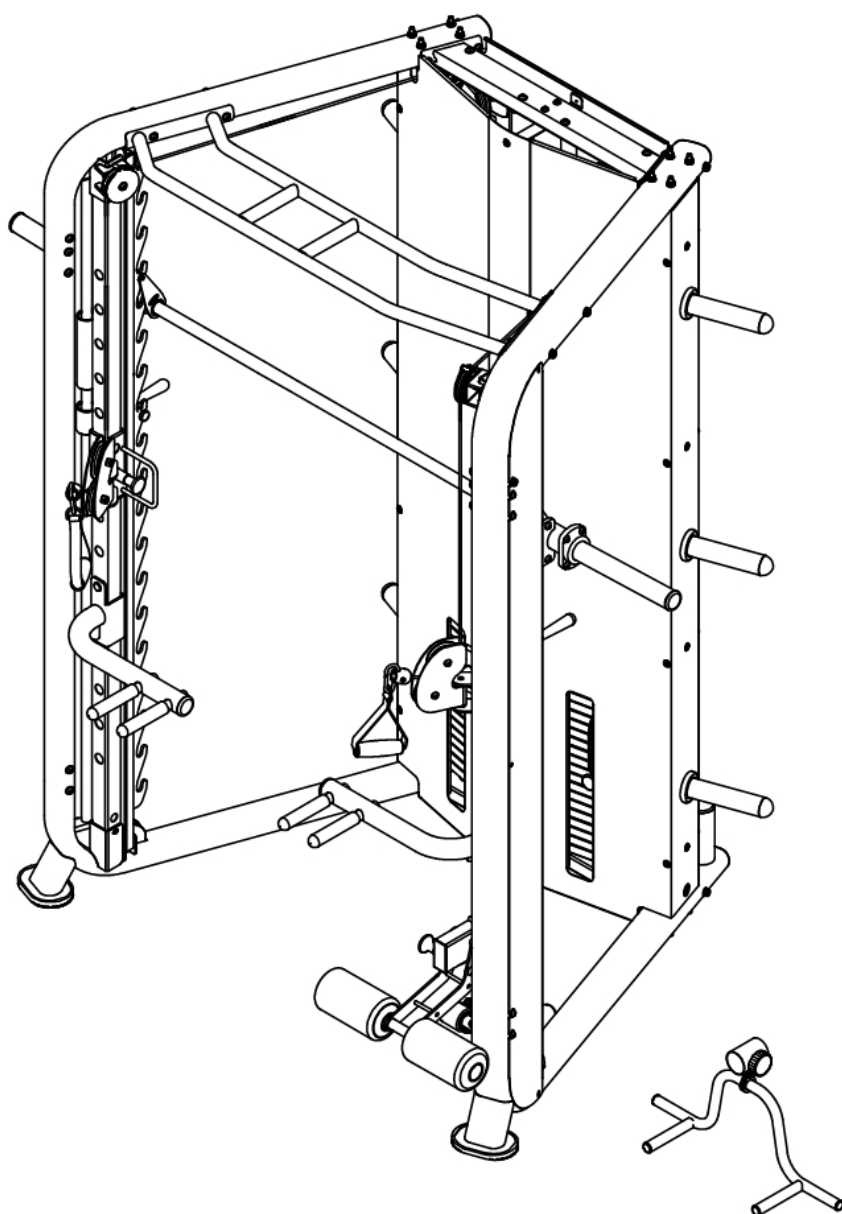




# SMITH + DUAL CABLE FUNCTIONAL TRAINER MACHINE

SK-SMTM-010



**TO OBTAIN THE WARRANTY OF THIS  
PRODUCT, WE RECOMMEND THAT  
A QUALIFIED TECHNICIAN  
CARRIES OUT THE FULL ASSEMBLY.**



## **CAUTION**

BEFORE USING THIS EQUIPMENT. READ  
ALL PRECAUTIONS AND INSTRUCTIONS  
IN THIS MANUAL KEEP THIS MANUAL  
FOR FUTURE REFERENCE.

# IMPORTANT WARNINGS & SAFETY INSTRUCTIONS

## PROPER INSTALLATION

The Gym facility shall ensure that all exercise equipment and machines are properly installed, anchored, and secured to the floor or wall in accordance with the manufacturer's instructions and applicable safety standards to prevent tipping, movement, or other hazards.

## LIMITATION OF LIABILITY

Evolution Group LLC and its affiliates shall not be liable for any damages, injuries, or losses arising from the improper installation, maintenance, or use of the equipment. The Gym facility agrees to hold harmless and indemnify Evolution Group LLC and its affiliates against any claims, demands, or liabilities resulting from such incidents.

## COMPLIANCE WITH INSTRUCTIONS

The Gym facility confirms that it has received and understood the manufacturer's instructions and safety guidelines for the equipment. The Gym facility is responsible for ensuring that its staff and members are aware of and comply with these instructions.

## NO WARRANTY FOR MISUSE

Evolution Group LLC and its affiliates do not warrant the equipment's performance or safety in cases of misuse, improper installation, or failure to maintain the equipment as recommended.

## PURCHASER INSTRUCTIONS

It is the sole responsibility of the purchaser of products to read, understand, and comply with the this equipment. Use this product only for its intended purpose as described in the owner's manual. Failure to do so may result in injury or damage . It is recommended that all users be informed of the following information prior to use.

## RISK OF INJURY AND ASSUMPTION OF RISK; NO CHILDREN

- Before starting any exercise or conditioning program, you should consult your physician. This is especially important if you are new to exercise or training equipment, inactive, pregnant, or suffer from any illness or mental condition. Using training equipment can result in injury or death, and the purchaser is assuming that risk. This makes understanding the owner's manual and instructing others particularly important.
- If at any time during exercise you feel faint, dizzy, or experience pain, stop exercising immediately and consult your physician.
- Keep children away from the equipment, and particularly moving parts. If using the product near children or pets, ensure constant supervision to prevent accidents and ensure that there is no ability for the child or pet to get near the moving parts. If authorized by a legal guardian or parent, a child should be under direct and immediate supervision at all times. Under no circumstances should a child younger than 15 years old use the equipment.

## SECURE ENVIRONMENT

Skelcore equipment must:

- Be secured to or set up on a solid, level surface to stabilize and eliminate rocking or tipping over during training.
- Be set up with sufficient ventilation to ensure proper operation.

# IMPORTANT WARNINGS & SAFETY INSTRUCTIONS

- Be set up with sufficient space around the equipment so that all exercises can be completed safely. It is recommended that there should be at least 1 meter of space around the equipment where access is required to exercise.

## INSTALLATION

### Risk of Injury:

- Installation of this product involves certain risks, including the risk of injury. Follow the installation instructions carefully, and if you are unsure, seek professional assistance.
  - For optimal safety, professional installation is recommended. If you choose to install the product yourself, ensure that you have the necessary skills and tools.
  - Before installation, verify that the installation location can support the weight and forces exerted by the product. Consult a professional if needed.
- If you encounter difficulties during installation or have any questions, contact the distributor/sales person from which you purchased the equipment from for assistance.

Failure to follow these installation guidelines may result in injury or damage or void your warranty. By installing and using this product, you acknowledge and accept all associated risks. If you have questions, please contact our customer support.

## USER WEIGHT LIMITATIONS

This product has a maximum weight limit. Do not exceed the specified weight capacity. Doing so may compromise the stability of the equipment and result in injury. This machine has a max. user weight of **136 KG / 300 LB**

## INSPECTION AND CLEANING

- Before any use, examine all accessories approved for use with the Skelcore equipment for damage or wear.
- Do not use or permit the use of any equipment that is damaged or has worn or broken parts. For all Skelcore equipment, use only replacement parts supplied by Skelcore.
- Always make sure that all nuts and bolts are tightened prior to each use.
- Maintain labels and nameplates – do not remove labels for any reason. They contain important information.
- Equipment maintenance – preventative maintenance is the key to smooth operating equipment. Please ensure that you follow our maintenance tips to ensure the continued correct function of your Skelcore equipment.
- If there are damages to small parts, please stop using the equipment at once and contact the purchasing company or agency for replacements. Install the new small parts properly and make sure the connected joints and working parts are fastened, avoiding danger during use.
- Should your Skelcore equipment appear damaged or worn, do not attempt to use or repair the equipment yourself.
- Do not use caustic cleansers to clean and/or wipe it.

## OPERATING PROCEDURES AND WARNINGS

- It is the purchaser's responsibility to instruct all users as to the proper operating procedures of all

# IMPORTANT WARNINGS & SAFETY INSTRUCTIONS

Skelcore equipment.

- Do not wear loose-fitting clothing or jewelry when using the equipment. It is also recommended that users tie up long hair to avoid contact with moving parts.
- Ensure that anyone not using the equipment stays clear of the user, accessories, and moving parts while the machine is in operation.
- To avoid muscular pain and strain, begin each workout by stretching and warming up, and end each session by cooling down and stretching.
- If the user experiences any injury during use, they should immediately stop using the product and seek medical attention.

## PROPER INSTALLATION

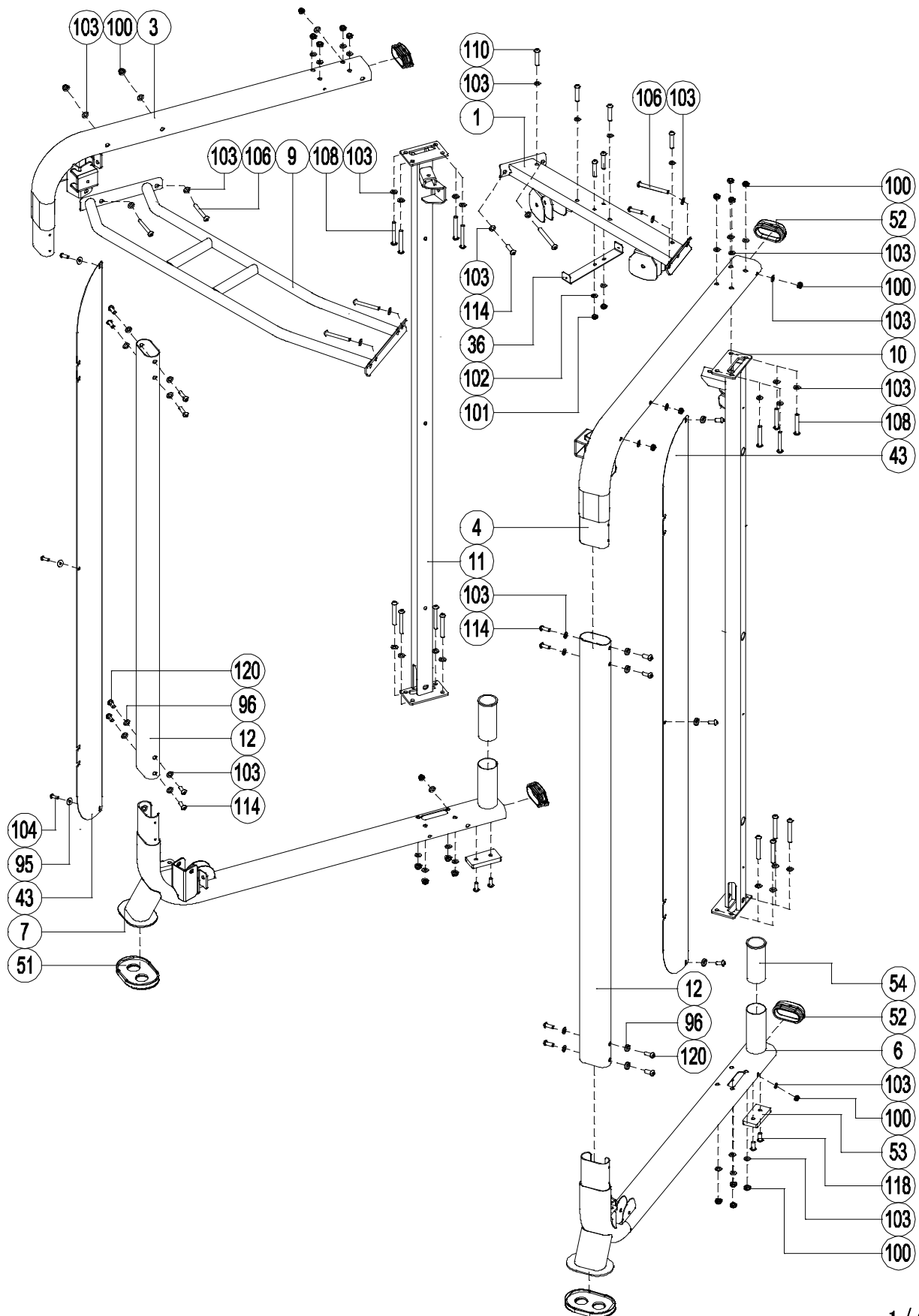
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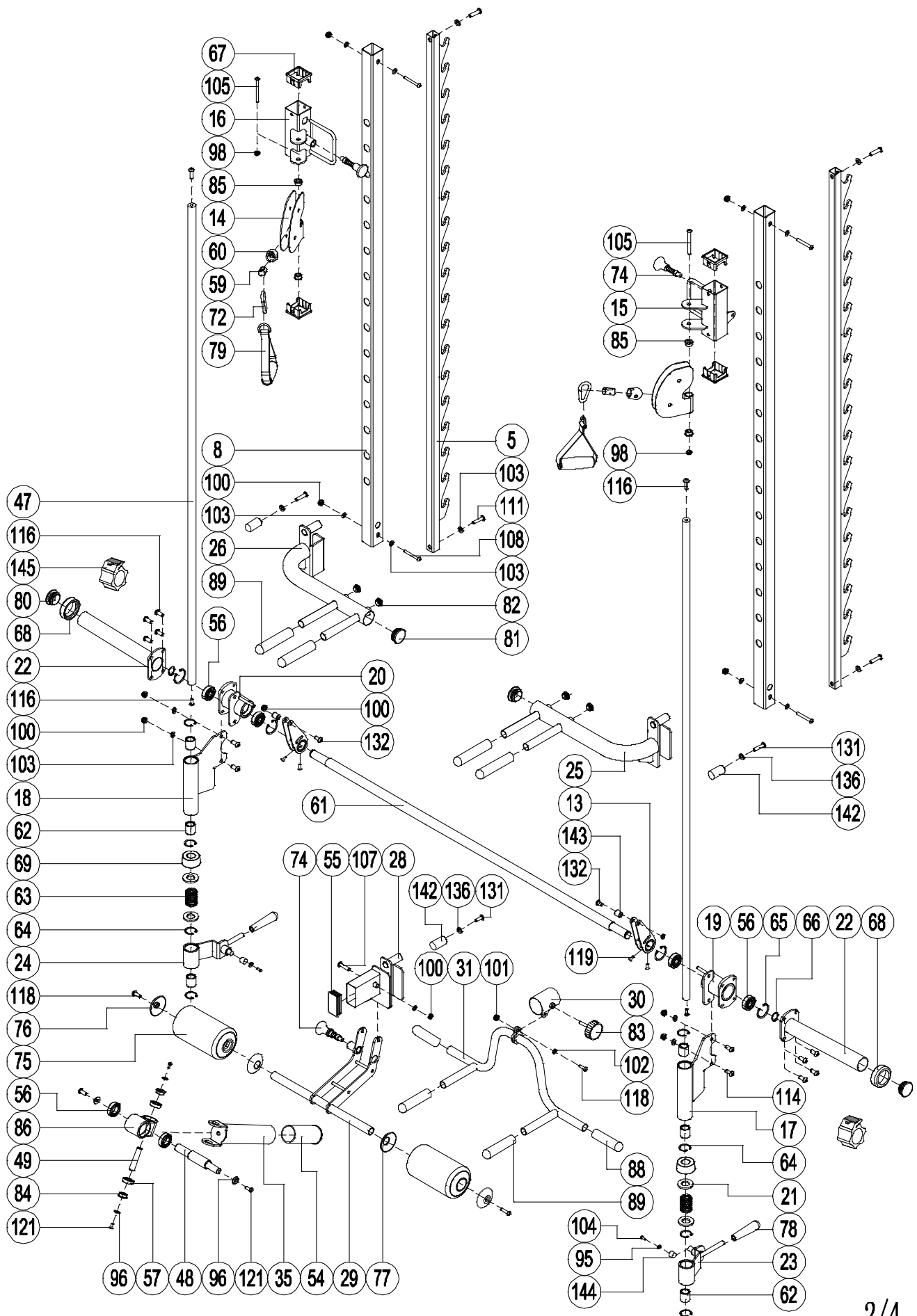
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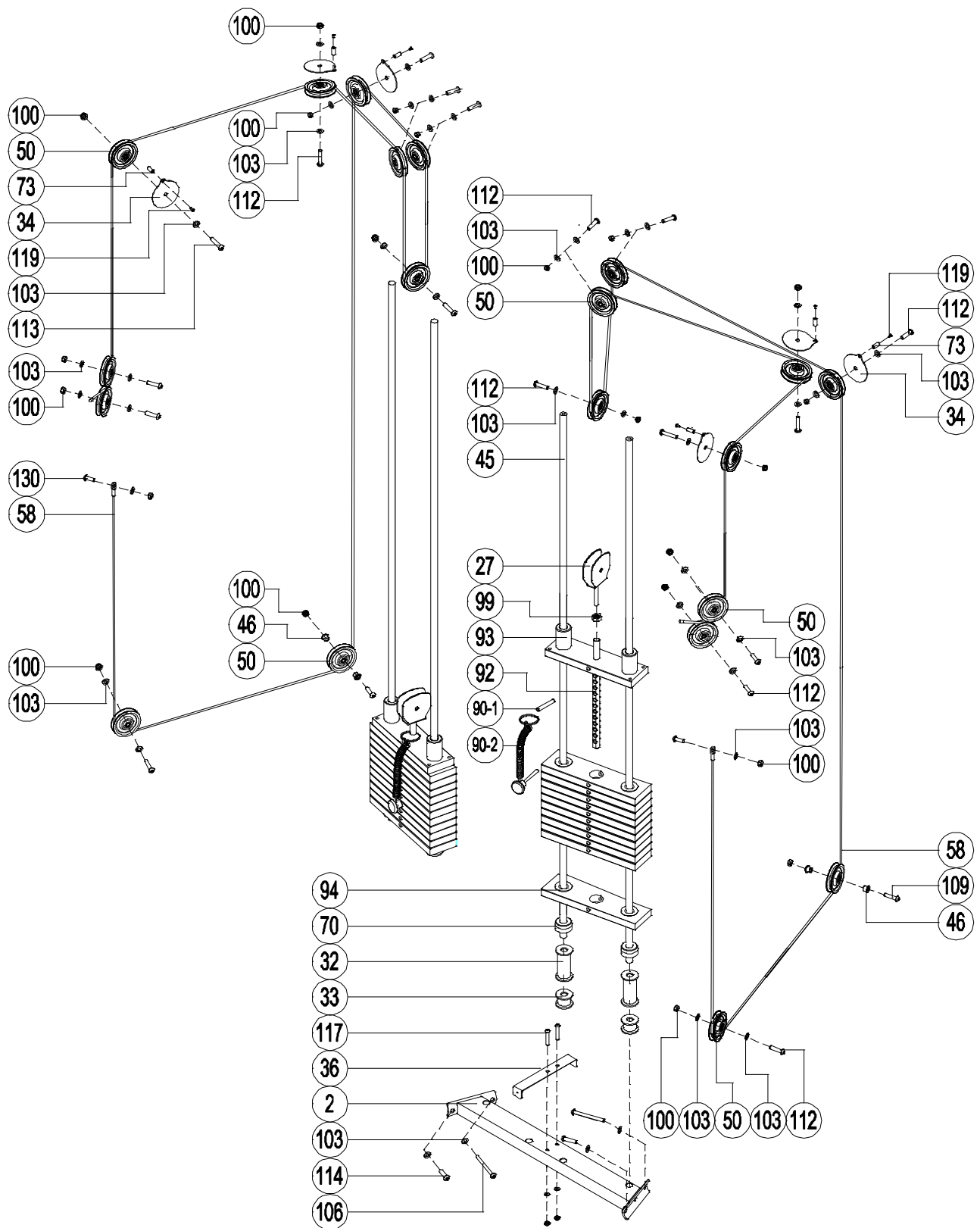
Evolution Group LLC and its affiliates shall not be liable for any damages, injuries, or losses arising from the improper installation, maintenance, or use of the equipment. The Gym facility agrees to hold harmless and indemnify Evolution Group LLC and its affiliates against any claims, demands, or liabilities resulting from such incidents.

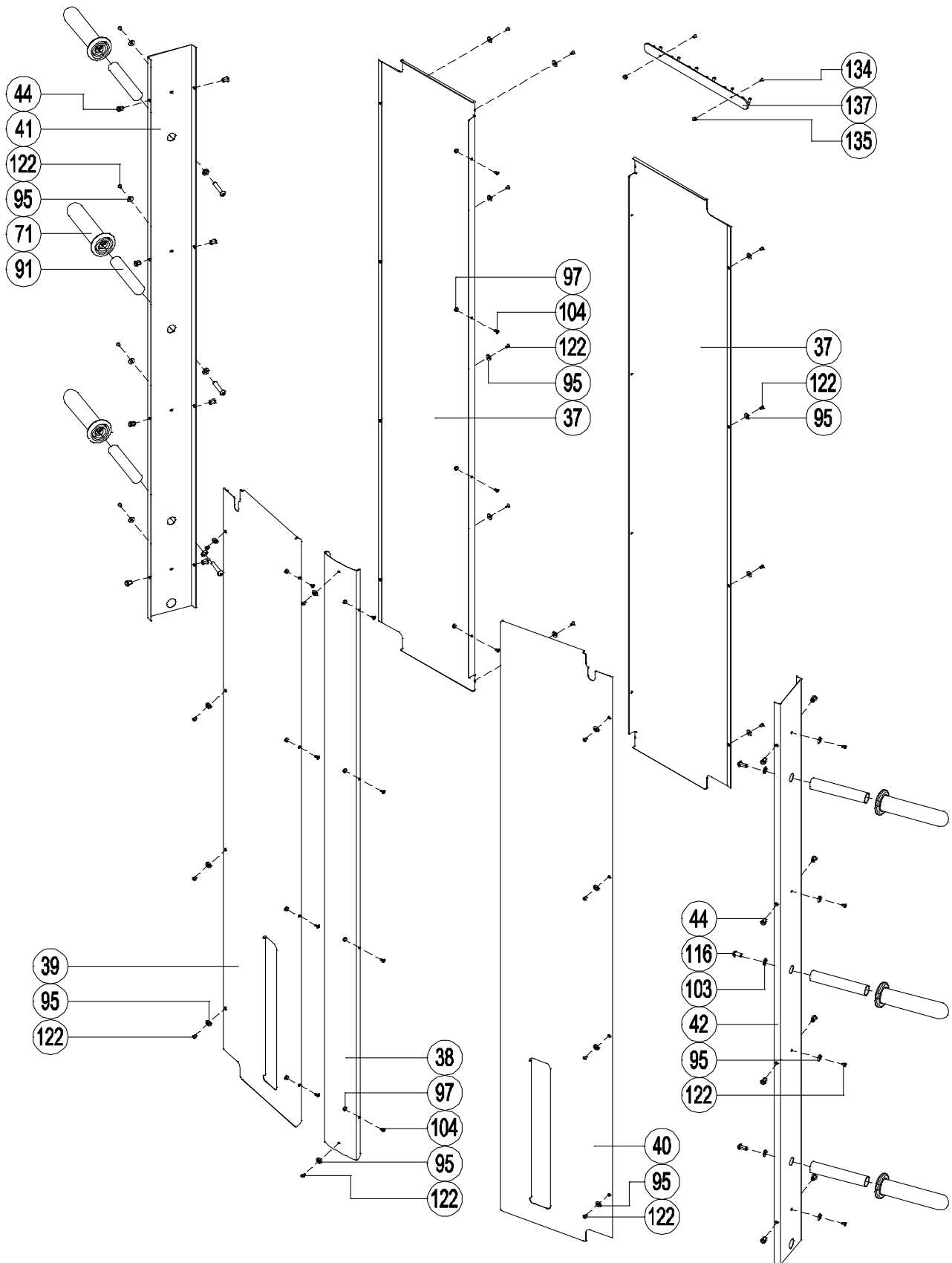
**SAVE THIS INSTRUCTION MANUAL FOR FUTURE USE AND REFERENCE.**

# Exploded Drawing









# Exploded Drawing Chart

| NO | Description                       | Specification | QTY |
|----|-----------------------------------|---------------|-----|
| 1  | Upper frame                       |               | 1   |
| 2  | Base frame                        |               | 1   |
| 3  | Left upper elbow frame            |               | 1   |
| 4  | Right upper elbow frame           |               | 1   |
| 5  | Smith adjustable rail             |               | 2   |
| 6  | Right base frame                  |               | 1   |
| 7  | Left base frame                   |               | 1   |
| 8  | Adjustable upright post           |               | 2   |
| 9  | Pull-up bar                       |               | 1   |
| 10 | Right rear vertical frame         |               | 1   |
| 11 | Left rear vertical frame          |               | 1   |
| 12 | Front vertical frame              |               | 2   |
| 13 | Smith hook                        |               | 2   |
| 14 | Pulley bracket                    |               | 2   |
| 15 | Right cable slider                |               | 1   |
| 16 | Left cable slider                 |               | 1   |
| 17 | Right Smith bar holder            |               | 1   |
| 18 | Left Smith bar holder             |               | 1   |
| 19 | Right Smith bar connecting sleeve |               | 1   |
| 20 | Left Smith bar connecting sleeve  |               | 1   |
| 21 | Rubber bumper                     |               | 4   |
| 22 | Weight plate post                 |               | 2   |
| 23 | Right safety stopper              |               | 1   |
| 24 | Left safety stopper               |               | 1   |
| 25 | Right dip bar                     |               | 1   |
| 26 | Left dip bar                      |               | 1   |
| 27 | Pulley assembly                   |               | 2   |
| 28 | Safety bar                        |               | 1   |
| 29 | Leg press                         |               | 1   |
| 30 | Bushing for T-bar                 |               | 1   |
| 31 | T-bar                             |               | 1   |
| 32 | Weight elevated bracket           | Φ49*150       | 4   |
| 33 | Weight elevated bracket           | Φ49*30        | 4   |

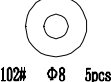
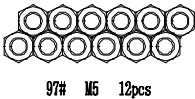
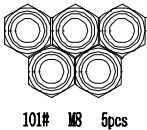
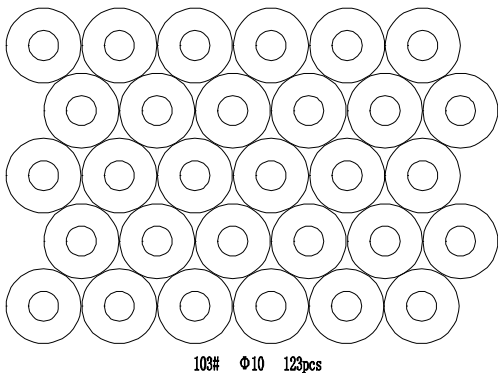
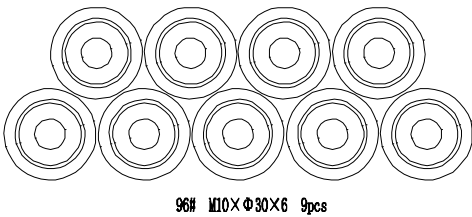
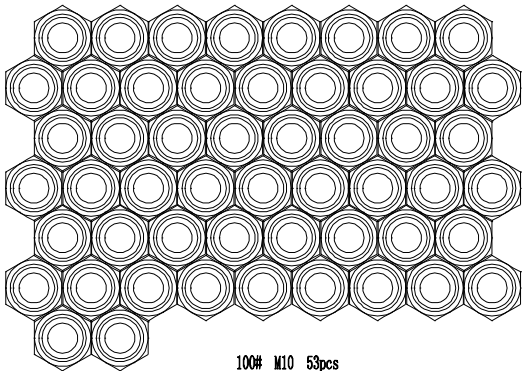
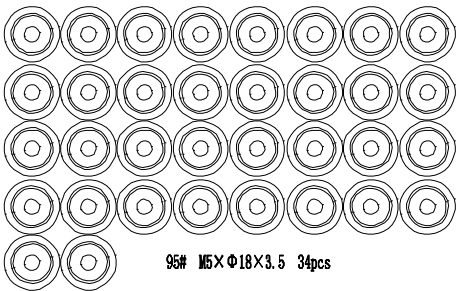
| NO | Description                | Specification     | QTY |
|----|----------------------------|-------------------|-----|
| 34 | Pulley plate               |                   | 6   |
| 35 | Landmine                   |                   | 1   |
| 36 | Fixed plate for cover      |                   | 2   |
| 37 | Rear cover                 |                   | 2   |
| 38 | Front R-cover              |                   | 1   |
| 39 | Left front cover           |                   | 1   |
| 40 | Right front cover          |                   | 1   |
| 41 | Left side cover            |                   | 1   |
| 42 | Right side cover           |                   | 1   |
| 43 | Front side cover           |                   | 2   |
| 44 | Hex rivet nut              | M5                | 16  |
| 45 | Weight guide rod           | Φ20×2080          | 4   |
| 46 | Plastic sleeve             | 20×10×12          | 4   |
| 47 | Smith weight bar guide rod | 1866×Φ25          | 2   |
| 48 | Long bar                   | Φ30×Φ25×Φ20×186   | 1   |
| 49 | Short bar                  | Φ17×76.5          | 1   |
| 50 | Pulley                     | Φ90×Φ10×25        | 20  |
| 51 | Oval foot pad              | PT100*150*t5      | 2   |
| 52 | Oval plug                  | 50×100×t1.5       | 4   |
| 53 | Square foot pad            | 50×100×15         | 2   |
| 54 | Round hollow sleeve        | Φ60×Φ57×Φ51×136×4 | 3   |
| 55 | Square plug                | 40×80×t1.5        | 1   |
| 56 | Deep groove ball bearing   | 6005ZZ            | 6   |
| 57 | Deep groove ball bearing   | 6003ZZ            | 2   |
| 58 | Cable                      | Φ4.8×9140         | 2   |
| 59 | Bushing inner shaft        | Φ22×40            | 2   |
| 60 | Bushing cover              | Φ37×44            | 2   |
| 61 | Smith weight bar           | Φ30×Φ25×1466      | 1   |
| 62 | Linear bearing             | LM25UU/Φ40×Φ25×59 | 6   |
| 63 | Smith spring               | Φ3.5×Φ37×50       | 2   |
| 64 | Bore retaining ring        | Φ40               | 8   |
| 65 | Bore retaining ring        | Φ47               | 4   |
| 66 | Axial retaining ring       | Φ25               | 2   |

| NO  | Description                | Specification        | QTY |
|-----|----------------------------|----------------------|-----|
| 67  | Square hollow sleeve       | 60×60×t1.5-50×50     | 4   |
| 68  | Rubber bumper              | Φ48×Φ70×21           | 2   |
| 69  | Rubber bumper              | Φ30×Φ50×20           | 2   |
| 70  | Rubber bumper              | Φ20×Φ50×25           | 4   |
| 71  | Weight bar adaptor         | Φ48×Φ26.5×200        | 6   |
| 72  | Snap hook                  | Φ8×80                | 2   |
| 73  | Screw sleeve               | Φ10*M6*22            | 6   |
| 74  | Pull pin                   | Φ25×40+Φ12×15        | 3   |
| 75  | Leg press foam roll        | Φ110×170             | 2   |
| 76  | Foam outer cover           | Φ97×Φ13              | 2   |
| 77  | Foam inner cover           | Φ97×Φ27              | 2   |
| 78  | Adjustable hand break      | 28.6×114.3           | 2   |
| 79  | Handle                     | 7014                 | 2   |
| 80  | Round plug                 | Φ48×t2.0             | 2   |
| 81  | Flat head round plug       | Φ50×t1.5             | 2   |
| 82  | Flat head round plug       | Φ25×t1.5             | 4   |
| 83  | Handle knob                | Φ44×M10×54           | 1   |
| 84  | Small top sleeve           | Φ30×17.2×11          | 2   |
| 85  | Bushing                    | Φ24×3+Φ20.2+Φ12.5×13 | 4   |
| 86  | Universal bearing assembly | 103×59               | 1   |
| 88  | Foam                       | Φ25×t3.5×130         | 2   |
| 89  | Foam                       | Φ25×t3.5×150         | 6   |
| 90  | Stack select pin           |                      | 2   |
| 91  | Weight bar                 |                      | 6   |
| 92  | Select rod                 |                      | 2   |
| 93  | Top weight plate           | 5KG+Φ20*230          | 2   |
| 94  | Weight plate               | 5KG+Φ20*230          | 22  |
| 95  | Fisheye washer             | M5×Φ18×3.5           | 36  |
| 96  | Fisheye washer             | M10×Φ30×6            | 12  |
| 97  | Hex nut                    | M5                   | 12  |
| 98  | Hex lock nut               | M12                  | 2   |
| 99  | Hex nut                    | M12×P1.75            | 2   |
| 100 | Hex lock nut               | M10                  | 55  |

| NO  | Description                                     | Specification | QTY |
|-----|-------------------------------------------------|---------------|-----|
| 101 | Hex lock nut                                    | M8            | 5   |
| 102 | Flat washer                                     | Φ8            | 5   |
| 103 | Flat washer                                     | Φ10           | 123 |
| 104 | Cross recessed countersunk full tooth bolt      | M5×15         | 20  |
| 105 | Hex large flat head half tooth bolt             | M12×95×20     | 2   |
| 106 | Hex large flat head half tooth bolt             | M10×120×20    | 8   |
| 107 | Hex large flat head half tooth bolt             | M10×90×20     | 1   |
| 108 | Hex large flat head half tooth bolt             | M10×70×20     | 20  |
| 109 | Hex large flat head half tooth bolt             | M10×65×20     | 2   |
| 110 | Hex large flat head half tooth bolt             | M10×55×25     | 4   |
| 111 | Hex large flat head half tooth bolt             | M10×50×20     | 4   |
| 112 | Hex large flat head half tooth bolt             | M10×45×16     | 16  |
| 113 | Hex large flat head full tooth bolt             | M10×40        | 2   |
| 114 | Hex large flat head full tooth bolt             | M10×25        | 16  |
| 116 | Hex large flat head full tooth bolt             | M10×15        | 18  |
| 117 | Hex large flat head half tooth bolt             | M8×55×20      | 4   |
| 118 | Hex large flat head full tooth bolt             | M8×25         | 7   |
| 119 | Hex large flat head full tooth bolt             | M6×8          | 10  |
| 120 | Hex countersunk head full tooth bolt            | M10×25        | 8   |
| 121 | Hex countersunk head full tooth bolt            | M8×25         | 4   |
| 122 | Cross recessed countersunk head full tooth bolt | M5×20         | 28  |
| 130 | Hex large flat head full tooth bolt             | M10×20        | 2   |
| 131 | Hex countersunk full tooth bolt                 | M8×15         | 3   |
| 132 | Hex large flat head half tooth bolt             | M10×40×20     | 2   |
| 134 | Cross recessed large flat head full tooth bolt  | M5×15         | 2   |
| 135 | Hex lock nut                                    | M5            | 2   |
| 136 | Fisheye washer                                  | M8×Φ25×5      | 3   |
| 137 | Accessory rack                                  | 433×43        | 1   |
| 142 | Sleeve                                          | Φ25×Φ21.2×55  | 3   |
| 143 | Sleeve                                          | Φ18×Φ10.2×20  | 2   |
| 144 | Sleeve                                          | Φ18×Φ14.2×25  | 2   |
| 145 | Collar                                          | Φ48           | 2   |
|     |                                                 |               |     |

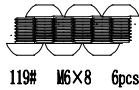
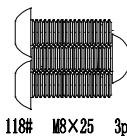
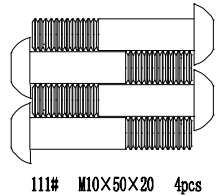
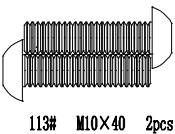
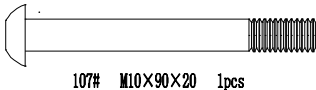
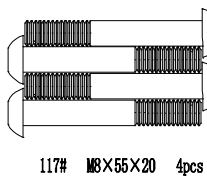
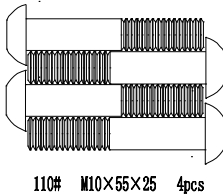
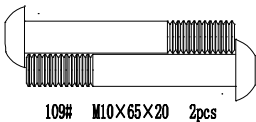
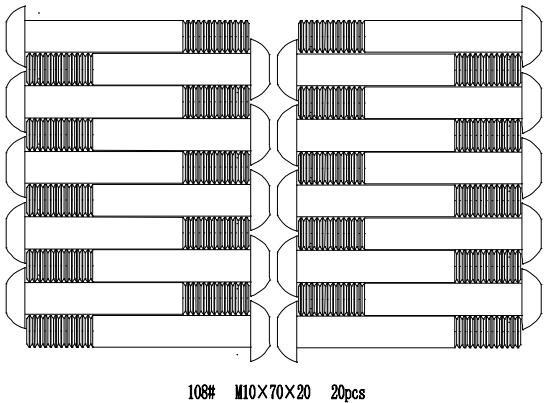
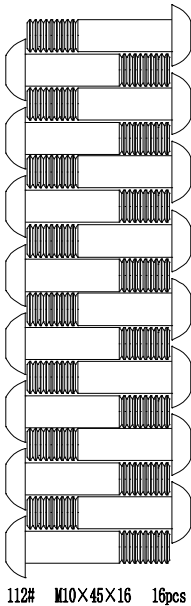
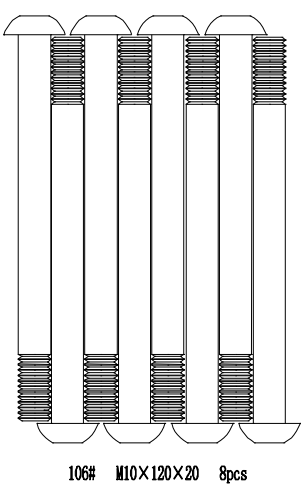
\*WE RESERVE THE RIGHT TO AMEND THE PRODUCT WITHOUT PRIOR NOTICE

# Hardware kit and Tool kit



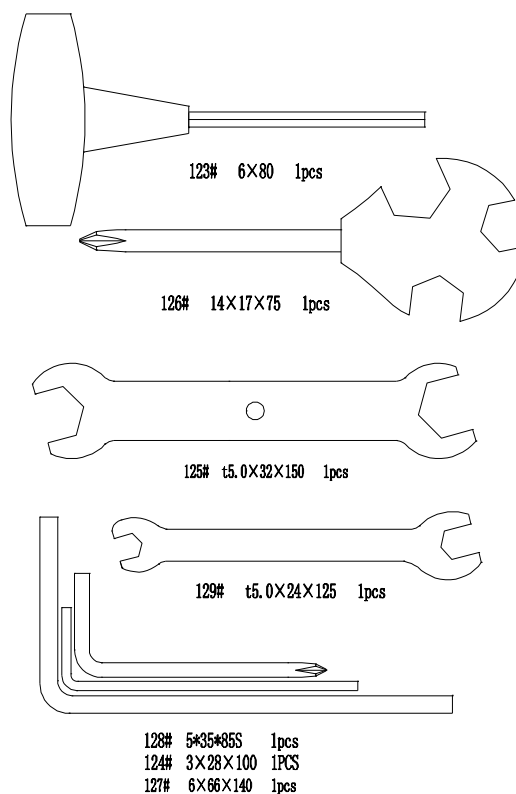
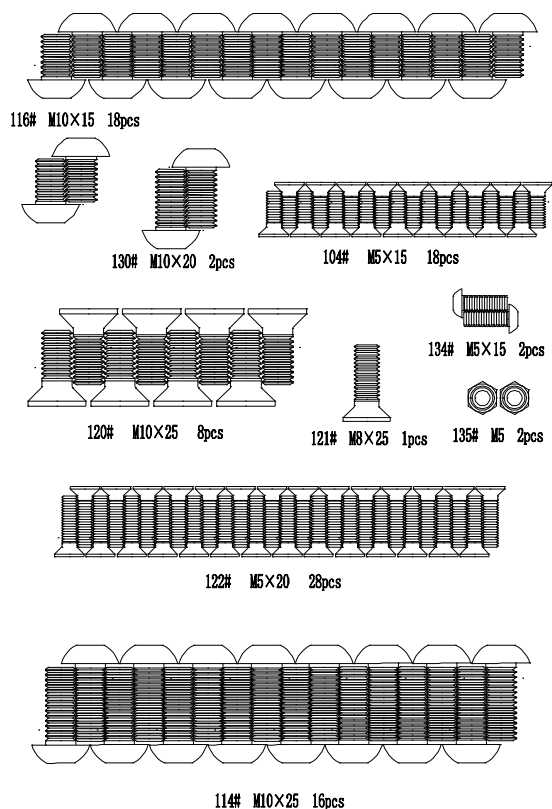
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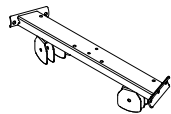
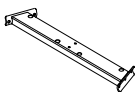
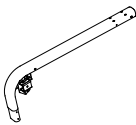
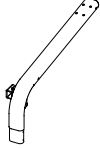
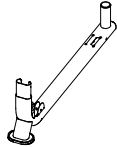
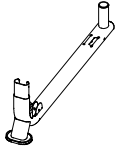
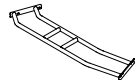
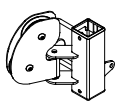
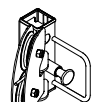
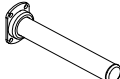
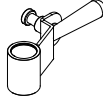
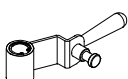
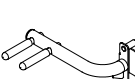
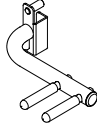
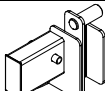
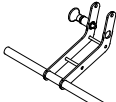
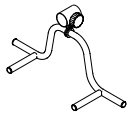
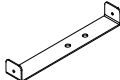
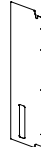
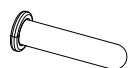
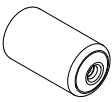
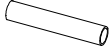
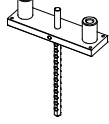
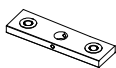
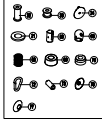
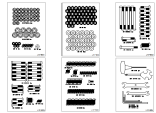
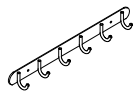


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| NO  | Description                                     | Specification | QTY |
|-----|-------------------------------------------------|---------------|-----|
| 95  | Fisheye washer                                  | M5×Φ18×3.5    | 34  |
| 96  | Fisheye washer                                  | M10×Φ30×6     | 9   |
| 97  | Hex nut                                         | M5            | 12  |
| 100 | Hex lock nut                                    | M10           | 53  |
| 101 | Hex lock nut                                    | M8            | 5   |
| 102 | Flat washer                                     | Φ8            | 5   |
| 103 | Flat washer                                     | Φ10           | 123 |
| 104 | Cross recessed countersunk head full tooth bolt | M5*15         | 18  |
| 106 | Hex large flat head half tooth bolt             | M10×120×20    | 8   |
| 107 | Hex large flat head half tooth bolt             | M10×90×20     | 1   |
| 108 | Hex large flat head half tooth bolt             | M10×70×20     | 20  |
| 109 | Hex large flat head half tooth bolt             | M10×65×20     | 2   |
| 110 | Hex large flat head half tooth bolt             | M10×55×25     | 4   |
| 111 | Hex large flat head half tooth bolt             | M10×50×20     | 4   |
| 112 | Hex large flat head half tooth bolt             | M10×45×16     | 16  |
| 113 | Hex large flat head full tooth bolt             | M10×40        | 2   |
| 114 | Hex large flat head full tooth bolt             | M10×25        | 16  |

| NO  | Description                                     | Specification | QTY |
|-----|-------------------------------------------------|---------------|-----|
| 116 | Hex large flat head full tooth bolt             | M10×15        | 18  |
| 117 | Hex large flat head half tooth bolt             | M8×55×20      | 4   |
| 118 | Hex large flat head full tooth bolt             | M8×25         | 3   |
| 119 | Hex large flat head full tooth bolt             | M6×8          | 6   |
| 120 | Hex countersunk head full tooth bolt            | M10×25        | 8   |
| 121 | Hex countersunk head full tooth bolt            | M8×25         | 1   |
| 122 | Cross recessed countersunk head full tooth bolt | M5*20         | 28  |
| 123 | T-shaped spanner                                | 6×80          | 1   |
| 124 | L-shaped spanner                                | 3×28×100      | 1   |
| 125 | 17-19 spanner                                   | t5.0×32×150   | 1   |
| 126 | Cross open spanner                              | 14×17×75      | 1   |
| 127 | L-shaped spanner                                | 6×66×140      | 1   |
| 128 | L-shaped spanner                                | 5×35×85S      | 1   |
| 129 | 8-10 spanner                                    | t5.0×24×125   | 1   |
| 130 | Hex large flat head full tooth bolt             | M10×20        | 2   |
| 134 | Cross recessed large flat head full tooth bolt  | M5×15         | 2   |
| 135 | Hex lock nut                                    | M5            | 2   |

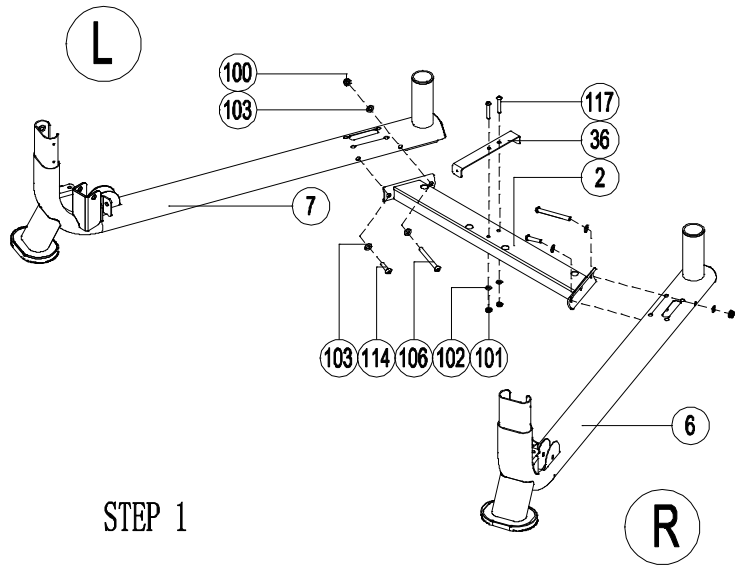
# Packing List

|                                                                                     |                                                                                     |                                                                                     |                                                                                     |                                                                                      |                                                                                       |                                                                                       |                                                                                       |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|    |    |    |    |     |    |    |    |
| 1. Upper frame                                                                      | 2. Base frame                                                                       | 3. Left upper elbow frame                                                           | 4. Right upper elbow frame                                                          | 5. Smith adjustable rail                                                             | 6. Right base                                                                         | 7. Left base frame                                                                    | 8. Adjustable upright post                                                            |
|    |    |    |    |    |    |    |    |
| 9. Pull-up bar                                                                      | 10. Right rear vertical frame                                                       | 11. Left rear vertical frame                                                        | 12. Front vertical frame                                                            | 15. Right cable slider                                                               | 16. Left cable                                                                        | 17. Right Smith bar holder                                                            | 18. Left Smith bar holder                                                             |
|    |    |    |    |     |    |    |    |
| 22. Weight plate post                                                               | 23. Right safety stopper                                                            | 24. Left safety stopper                                                             | 25. Right dip bar                                                                   | 26. Left dip bar                                                                     | 27. Pulley assembly                                                                   | 28. Safety bar                                                                        | 29. Leg press                                                                         |
|  |  |  |  |   |  |  |  |
| 31. T-bar                                                                           | 35. Landmine                                                                        | 36. Fixed plate for cover                                                           | 37. Rear cover                                                                      | 38. Front R-cover                                                                    | 39. Left front cover                                                                  | 40. Right front cover                                                                 | 41. Left side cover                                                                   |
|  |  |  |  |   |  |  |  |
| 42. Right side cover                                                                | 43. Front side cover                                                                | 45. Weight guide rod                                                                | 47. Smith weight bar guide rod                                                      | 50. Pulley                                                                           | 58. Cable                                                                             | 61. Smith weight bar                                                                  | 71. Weight bar adaptor                                                                |
|  |  |  |  |  |  |  |  |
| 75. Leg press foam roll                                                             | 79. Handle                                                                          | 90. Stack select pin                                                                | 91. Weight bar                                                                      | 92/93 Select rod; Top weight plate                                                   | 94. Weight plate                                                                      | Accessory kit                                                                         | Hardware kit & tool kit                                                               |
|  |  |  |                                                                                     |                                                                                      |                                                                                       |                                                                                       |                                                                                       |
| 137. Accessory rack                                                                 | 145. Collar                                                                         | Manual                                                                              |                                                                                     |                                                                                      |                                                                                       |                                                                                       |                                                                                       |

# Installation instructions

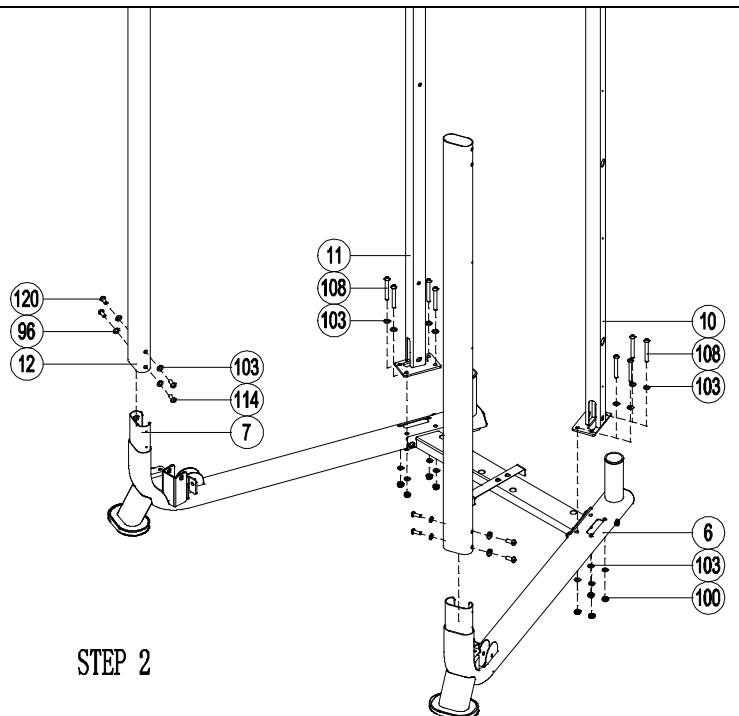
## Step 1

- Attach the base frame (2), the right base frame (6) and the left base frame (7) together, fix using hex large flat head full tooth bolt (114), hex large flat head half tooth bolt (106), flat washer (103) and hex lock nut (100).
- Attach the fixed plate for cover (36) to the base frame (2), fix using hex large flat head half tooth bolt (117), flat washer (102) and hex lock nut (101).



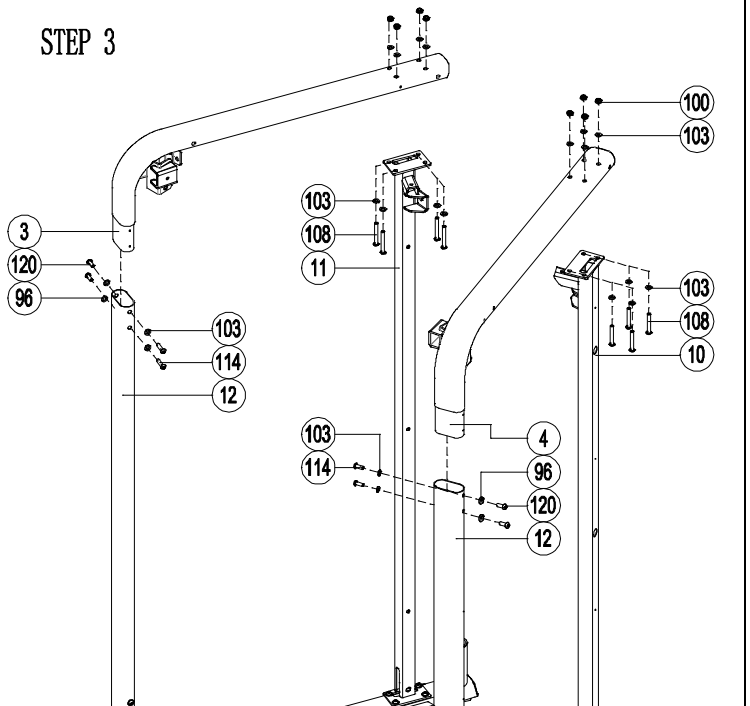
## Step 2

- Attach one front vertical frame (12) to the left base frame (7), fix using hex large flat head full tooth bolt (114), flat washer (103), hex countersunk head full tooth bolt (120) and fisheye washer (96) as picture shown.
- Attach the left rear vertical frame (11) to the left base frame (7), fix using hex large flat head half tooth bolt (108), flat washer (103) and hex lock nut (100).
- Follow above steps to attach the other front vertical frame (12) and the right rear vertical frame (10) to the right base frame (6).



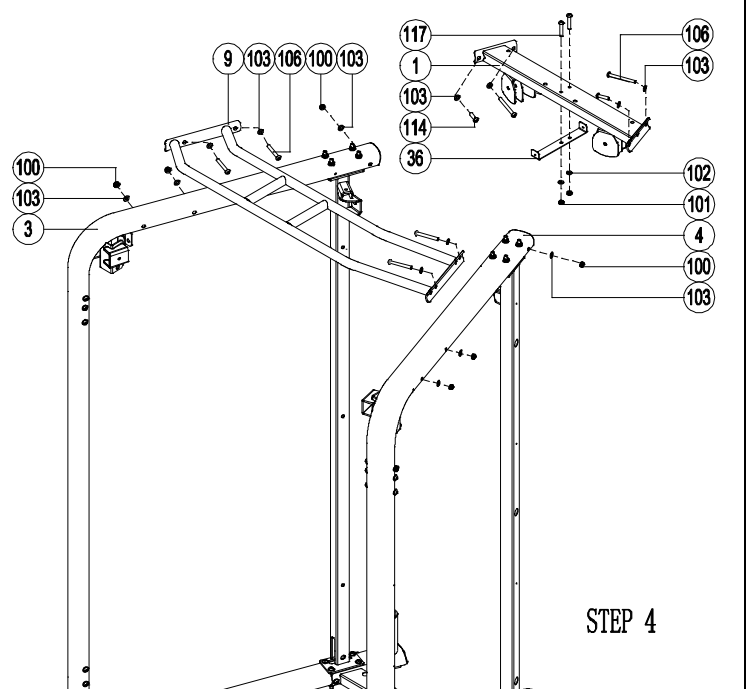
### Step 3

- Attach one end of the left upper elbow frame (3) to the front vertical frame (12), fix using hex large flat head full tooth bolt (114), flat washer (103), hex countersunk head full tooth bolt (120) and fisheye washer (96) as picture shown.
- Attach the other end of the left upper elbow frame (3) to the left rear vertical frame (11), fix using hex large flat head half tooth bolt (108), flat washer (103) and hex lock nut (100).
- Follow above steps to attach the right upper elbow frame (4) onto the other front vertical frame (12) and the right rear vertical frame (10).



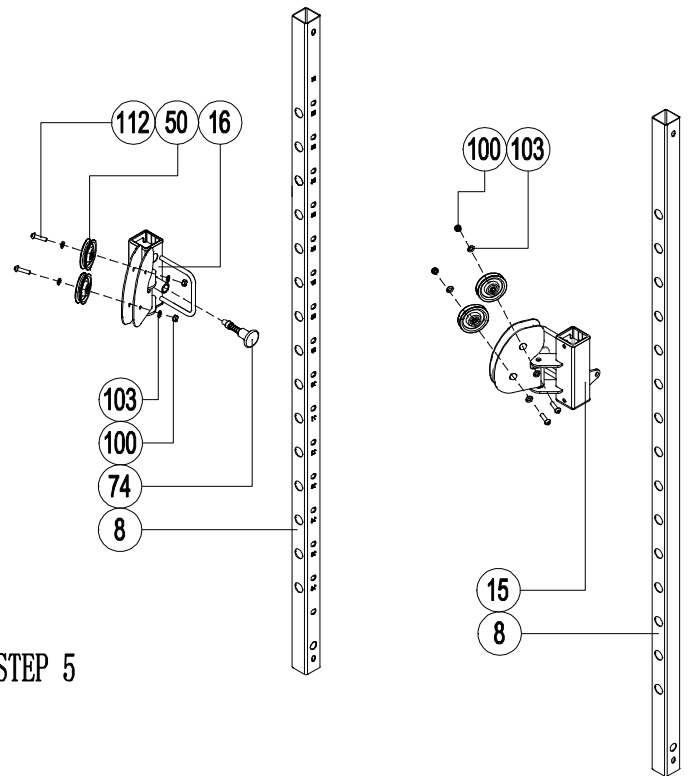
### Step 4

- As picture shown, attach the upper frame (1) to the left upper elbow frame (3) and the right upper elbow frame (4), fix using hex large flat head full tooth bolt (114), hex large flat head half tooth bolt (106), flat washer (103), and hex lock nut (100).
- As picture shown, attach the pull-up bar (9) to the left upper elbow frame (3) and the right upper elbow frame (4), fix using hex large flat head half tooth bolt (106), flat washer (103), and hex lock nut (100).



## Step 5

- Attach the pulleys (50) into the left cable slider (16), fix using hex large flat head half tooth bolt (112), flat washer (103) and hex lock nut (100).
- Pull the pull pin (74) from the left cable slider (16) manually, then insert one adjustable upright post (8), and release the pull pin (74).
- Follow above steps to attach the right cable slider (15) to the other adjustable upright post (8).

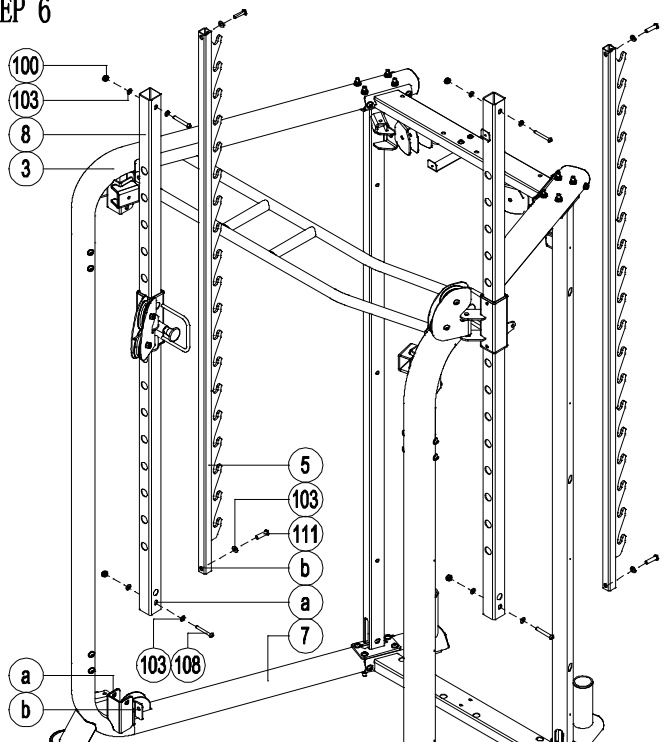


STEP 5

## Step 6

- As picture shown, attach one adjustable upright post (8) to the left base frame (7) by aligning hole (a), fix using hex large flat head half tooth bolt (108), flat washer (103) and hex lock nut (100) on both ends of the adjustable upright post.
- Attach the Smith adjustable rail (5) to the left base frame (7) by aligning hole (b), fix using hex large flat head half tooth bolt (111) and flat washer (103) on both ends of the Smith adjustable rail.
- Follow above steps to attach the other adjustable upright post (8) and the other Smith adjustable rail (5) to the right base frame (6).

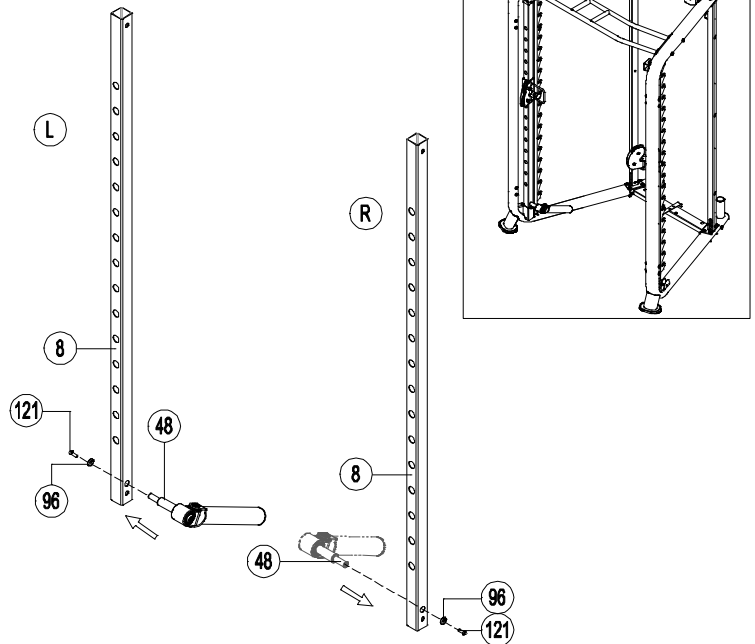
STEP 6



## Step 7

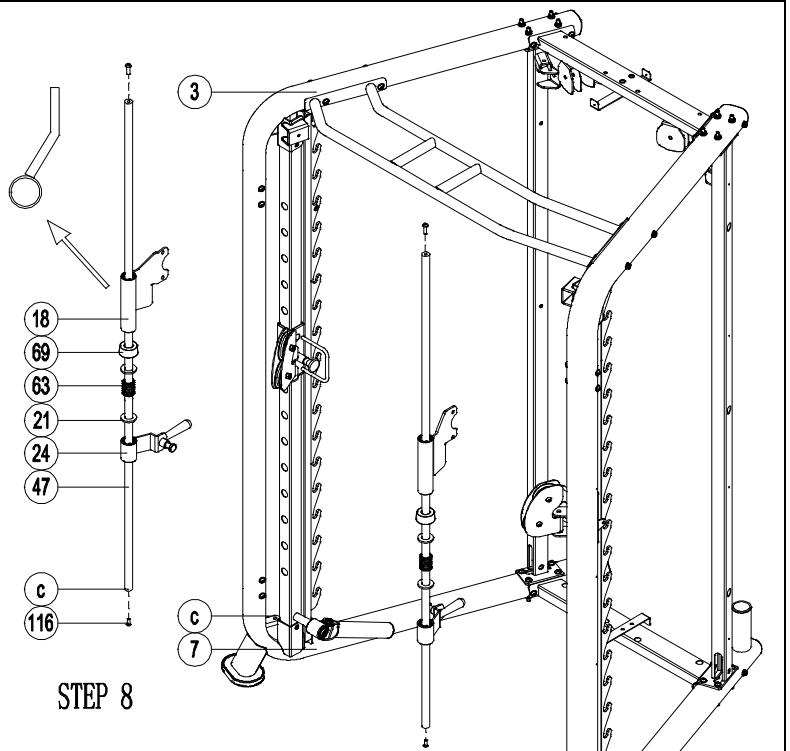
- Following the preferred hole position, insert the long bar (48) into the adjustable upright post (8), fix using hex countersunk head full tooth bolt (121) and fisheye washer (96). The long bar can be arranged into both left and right adjustable upright posts (8).

## STEP 7



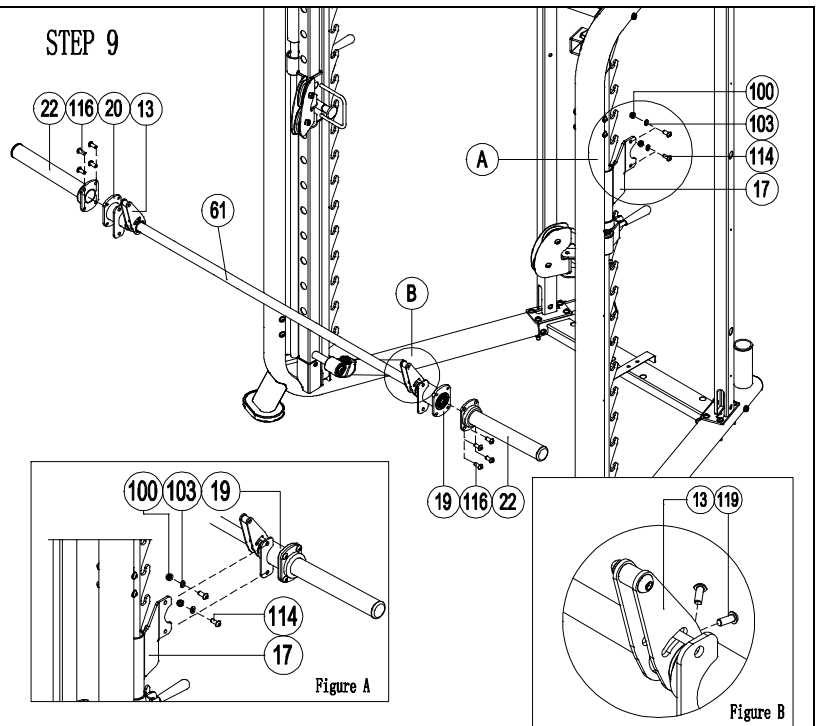
## Step 8

- As picture shown, put the left Smith bar holder (18), the rubber bumper (69), the rubber bumper (21), the Smith spring (63) and the left safety stopper (24) along the Smith weight bar guide rod (47).
- Fix the Smith weight bar guide rod (47) to position (C) by aligning the hole, attach the lower end to the left base frame (7) and the upper end to the left upper elbow frame (3) by using hex large flat head full tooth bolt (116).
- Follow above steps to attach the other Smith weight bar guide rod (47) to the other side.



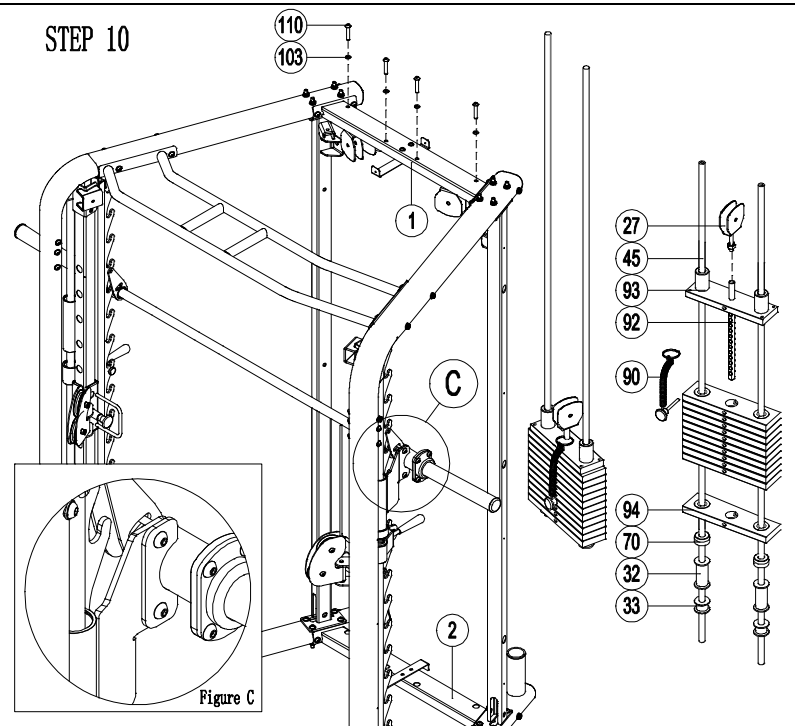
## Step 9

- Attach the weight plate post (22) to both ends of the Smith weight bar (61), fix using hex large flat head full tooth bolt (116).
- As figure B shown, loosen hex large flat head full tooth bolt (119) from the two Smith hooks (13), adjust proper distance between the hooks and ensure secured hanging, then tighten the hex large flat head full tooth bolt (119).
- As figure A shown, attach the right Smith bar connecting sleeve (19) to the right weight bar holder (17), fix using hex large flat head full tooth bolt (114), flat washer (103) and hex lock nut (100).
- Follow above steps to attach the other weight plate post (22) to the other side.



## Step 10

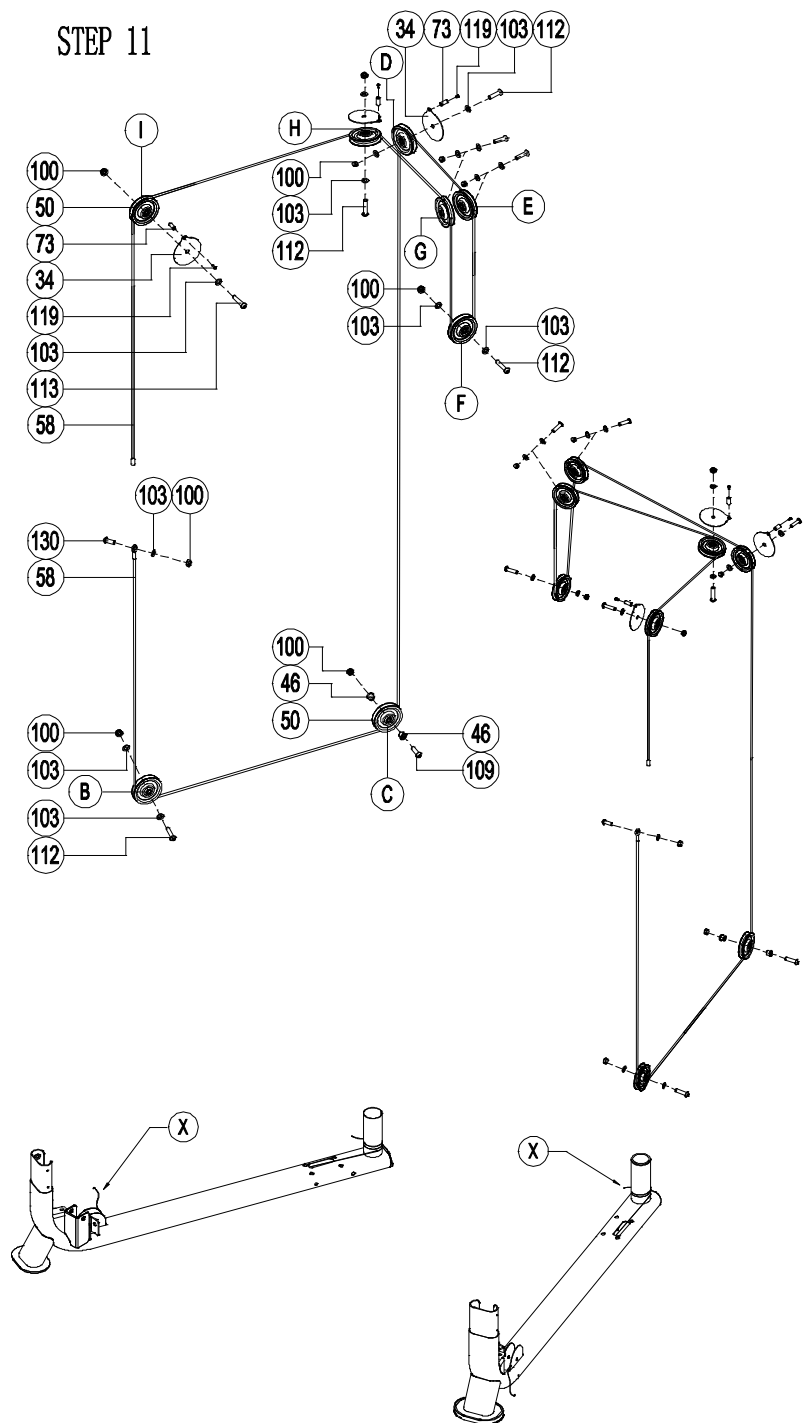
- Attach the two weight guide rods (45) on the same side to the base frame (2), put the short weight elevated bracket (33), the long weight elevated bracket (32), the rubber bumper (70), 11 pcs weight plates (94) and the top weight plate (93) along each guide rod as picture shown.
- \*\*\*NOTE: if it's optional 180KGS weight stacks, remove the long weight elevated bracket (32), and put 17 pcs weight plates (94) along each guide rod.
- Attach one end of the stack select pin (90) to the top weight plate (93), while the other end to weight plate (94) as picture shown.
  - Attach the pulley assembly (27) to the top weight plate (93) as picture shown.



## Step 11

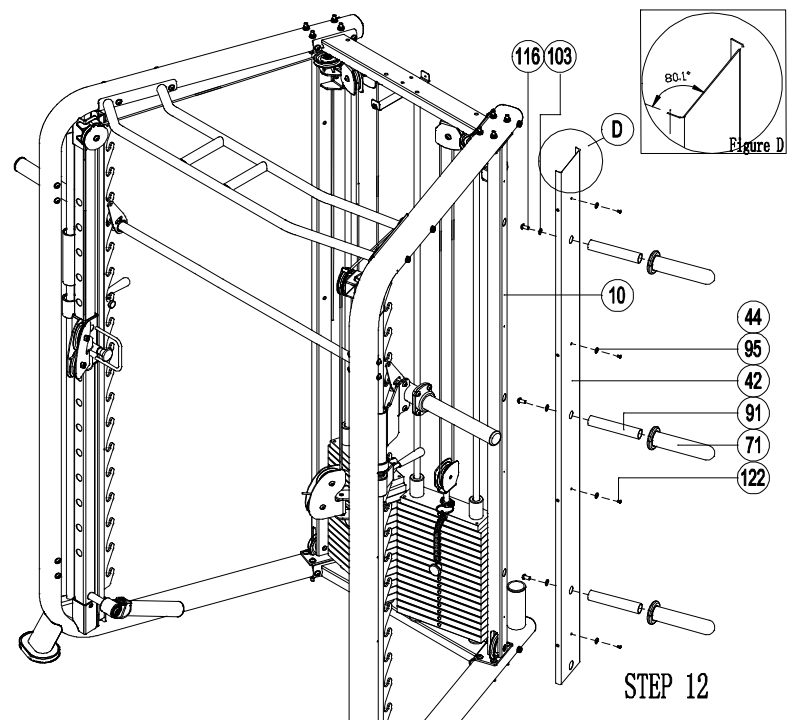
- Following the routing diagram as picture shown, feed the cable (58) from pulley B to pulley I (For easy assembly, an auxiliary lead (X) is placed in the left/right base frame in advance. During cable feeding, the lead can be wrapped around the end of the cable to pull it out from the base frame. After installation, the lead can be removed.)
- Start the pulley B assembly firstly, fix using hex large flat head half tooth bolt (112), flat washer (103) and hex lock nut (100). Follow same steps for the pulley E, F, G assembly.
- For the pulley C assembly, fix using hex large flat head half tooth bolt (109), plastic sleeve (46) and hex lock nut (100).
- For the pulley D, H assembly, fix the pulley plate (34) using hex large flat head full tooth bolt (119) and screw sleeve (73), then attach the pulley to the pulley plate (34) using hex large flat head half tooth bolt (112), flat washer (103) and hex lock nut (100).
- For the pulley I assembly, fix the pulley plate (34) using hex large flat head full tooth bolt (119) and screw sleeve (73), then attach the pulley to the pulley plate (34) using hex large flat head full tooth bolt (113), flat washer (103) and hex lock nut (100).
- When the cable arrives the pulley bracket (14) from step 5, tie a knot between the two pulleys, fix the cable end using hex large flat head full tooth bolt (130), flat washer (103) and hex lock nut (100).
- Follow above steps for the pulley assembly and cable feeding for the other side.

## STEP 11



## Step 12

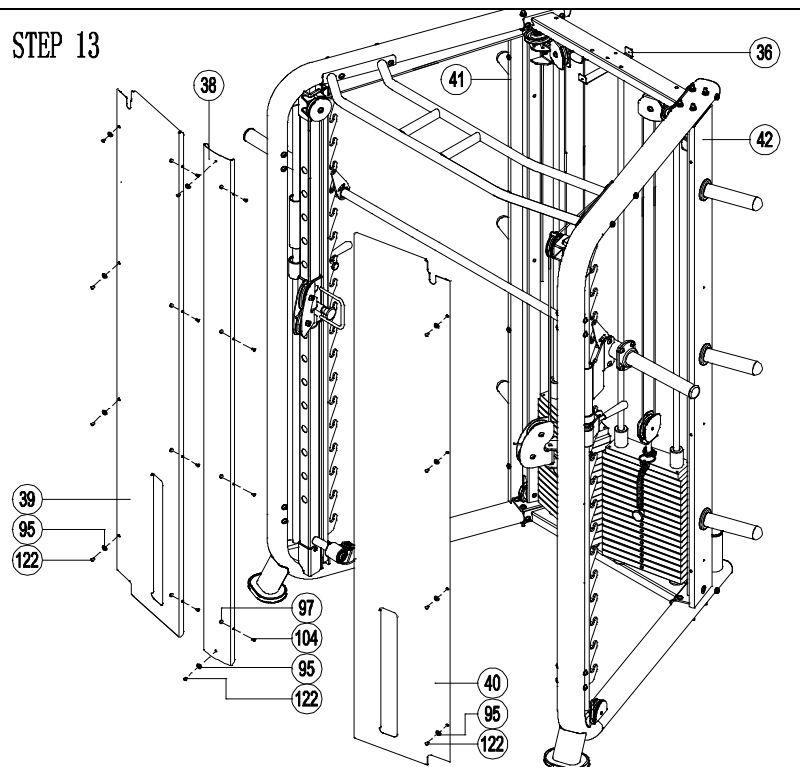
- As picture shown, attach the right side cover (42) to the right rear vertical frame (10), fix using cross recessed countersunk head full tooth bolt (122) and fisheye washer (95).
- Insert the weight bar (91) into the right rear vertical frame (10), fix using hex large flat head full tooth bolt (116) and flat washer (103).
- Put the weight bar adaptor (71) onto the weight bar (91), tighten the screws assorted with the weight bar adaptor.
- Follow above steps to attach the left side cover (41), the left rear vertical frame (11), the weight bar (91) and the weight bar adaptor (71) on the other side.



## Step 13

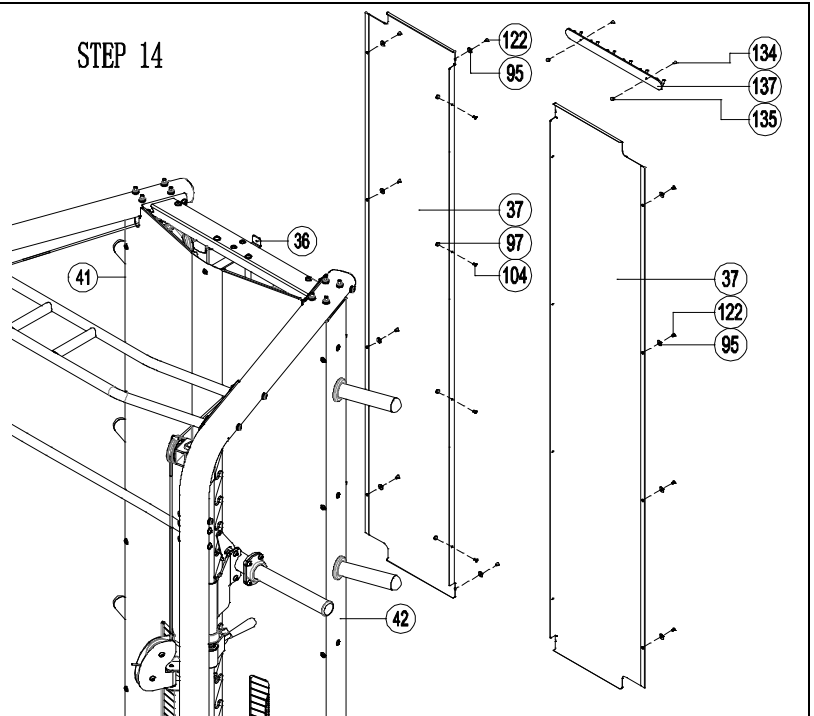
- Attach the left front cover (39) to the left side cover (41), fix using cross recessed countersunk head full tooth bolt (122) and fisheye washer (95).
- Attach the front R-cover (38) to the upper and lower fixed plate for covers (36), fix using cross recessed countersunk head full tooth bolt (122) and fisheye washer (95).
- Attach the right front cover (40) to the right side cover (42), fix using cross recessed countersunk head full tooth bolt (122) and fisheye washer (95).
- Fix the three covers (38) (39) (40) using cross recessed countersunk head full tooth bolt (104) and hex nut (97).

### STEP 13



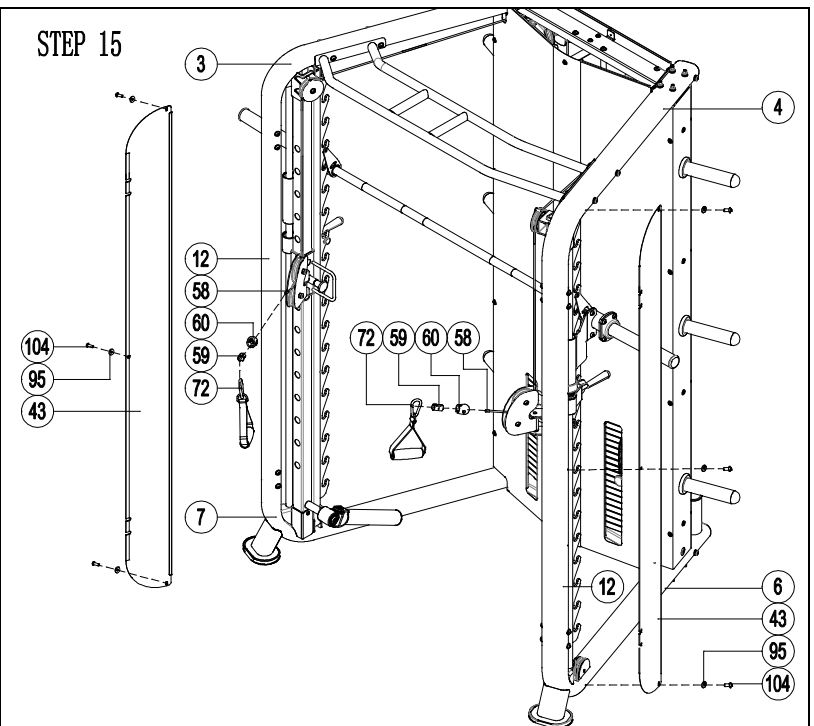
## Step 14

- Fix the two rear covers (37) using cross recessed countersunk head full tooth bolt (104) and hex nut (97). Then attach the accessory rack (137) onto the rear covers (37), fix using cross recessed large flat head full tooth bolt (134) and hex lock nut (135).
- Attach the assembled rear covers (37) to the left and the right side cover (41) (42) respectively, fix using cross recessed countersunk head full tooth bolt (122) and fisheye washer (95).



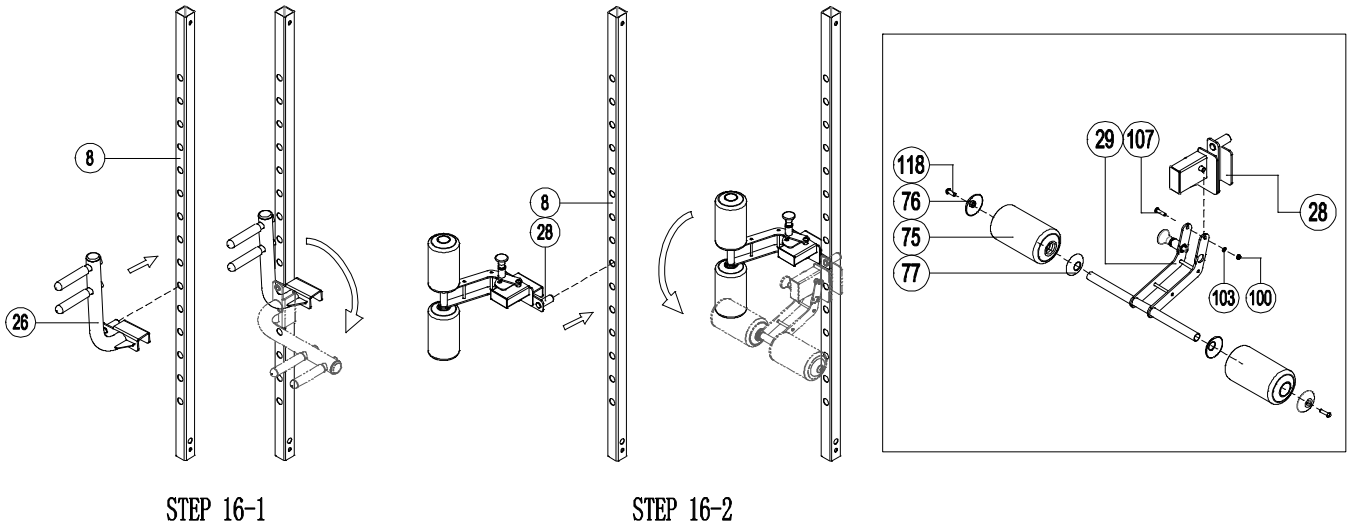
## Step 15

- Attach the two front side covers to the front vertical frames (12), the left/right upper elbow frame (3) (4) and the left/right base frame (7)(6) respectively, fix using cross recessed countersunk head full tooth bolt (104) and fisheye washer (95).
- As picture shown, feed the two cables (58) from bushing cover (60), bushing inner shaft (59) to the snap hook (72) respectively, where the snap hook is hooking the bushing inner shaft.



## Step 16

### STEP 16



#### Accessories assembly:

- 16-1: As picture shown, insert the left dip bar (26) into the adjustable upright post (8), rotate 90 degrees to fix it. Follow above steps for the right dip bar (25) assembly.
- 16-2: As picture shown, put the foam inner cover (77), leg press foam roll (75) and foam outer cover (76) to the leg press (29), fix using hex large flat head full tooth bolt (118).
- Fix the safety bar (28) and the leg press (29) using hex large flat head half tooth bolt (107), flat washer (103) and hex lock nut (100). Insert the safety bar (28) into the adjustable upright post (8), rotate 90 degrees to fix it, as picture shown.

# WARRANTY

For a period of either 120 days or 24 months after the purchase date (the “Warranty Period”), a warranty will apply on moving parts, pulley's, cables, buttons, upholstery, hydraulic seats and cables for a period of 120 days, with the balance of the machine being a 24 month warranty. SKELCORE warrants that the equipment for materials and workmanship such that, when installed and used in accordance with the owner's manual, will operate for its intended purpose. The warranty applies to equipment installed in air conditioned and temperature controlled environments and will be null and void if used outdoors or in an environment with no air conditioning. SKELCORE will, at its expense and as its sole obligation and your exclusive remedy for any breach of this warranty, repair or replace the equipment or any parts, in its discretion, provided that such malfunction or defect is reported to SKELCORE by you in writing during the Warranty Period and that you provide all information that may be necessary or requested to assist SKELCORE in resolving the malfunction. If SKELCORE determines that it is unable to repair the malfunction or replace the equipment, SKELCORE or its authorized reseller may refund you the fees you actually paid for the defective equipment, in which case you agree to immediately cease using and to destroy, throw out, or otherwise take steps to ensure no one can use the equipment ever again.

If there are any problems or malfunctions with the SKELCORE equipment you purchased, please contact your sales manager promptly. They will help you identify the cause of the problem and assist you in resolving it. If the issue involves parts that cannot be quickly addressed, the company's professional after-sales service personnel will provide specialized support.

## COST OF REPAIRS

### UNDER WARRANTY

Any items still under warranty will be repaired free of charge, if the repair complies with the terms and conditions of the warranty (refer to the “warranties” section in this manual). Any items that need to be repaired that are not covered under the warranty will be at your expense. A quote for the repair or replacement of these items will be provided to you for approval prior to any repairs being conducted.

### OUT OF WARRANTY

Any items that need to be repaired once the warranty has expired will be at your expense, including call-out fees. A quote for the repair or replacement of these items will be provided to you for approval prior to any repairs being conducted.

Save this instruction manual for future use and reference.

**SAVE THIS INSTRUCTIONAL MANUAL FOR FUTURE USE AND REFERENCE.**

# WARRANTY

To maintain your warranty, please complete the form below upon receiving your machine and email it back to the representative who sold you the goods.

Failure to do so will result in the loss of warranty.

## SKELCORE ATTACH RECEIPT

### CLIENT DETAILS

- NAME:
- EMAIL:
- CELL:
- TEL(H):
- TEL(W):
- FAX:
- ADDRESS:

### PRODUCT DETAILS

- DATE OF PURCHASE:
- SERIAL NUMBER:
- TILL SLIP NUMBER:
- DESCRIPTION OF PURCHASE:

Signature: \_\_\_\_\_

Date: \_\_\_\_\_