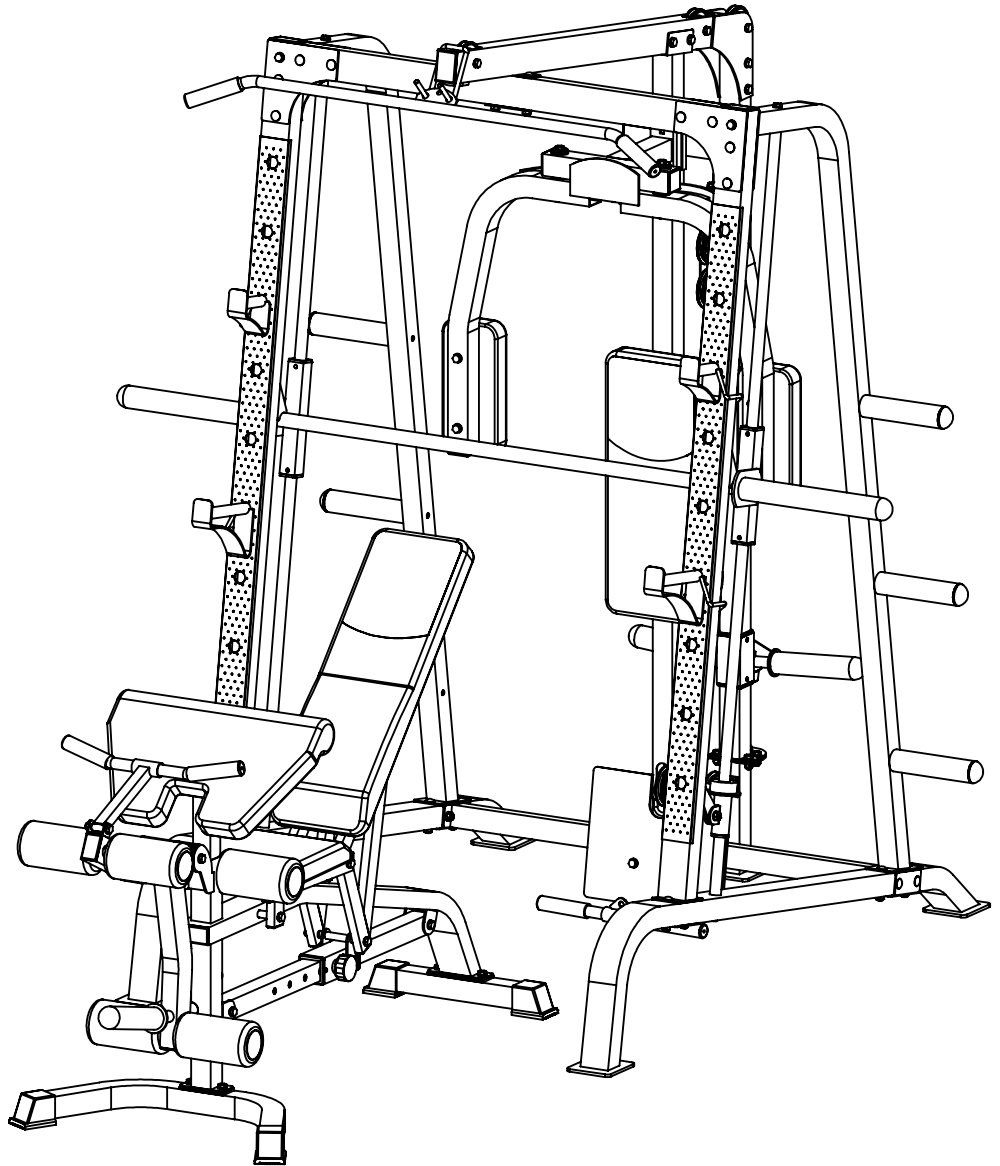


OWNER'S MANUAL

TOTAL SMITHS SYSTEM

Model #: 380 SM



Caution: Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Assembly Instructions

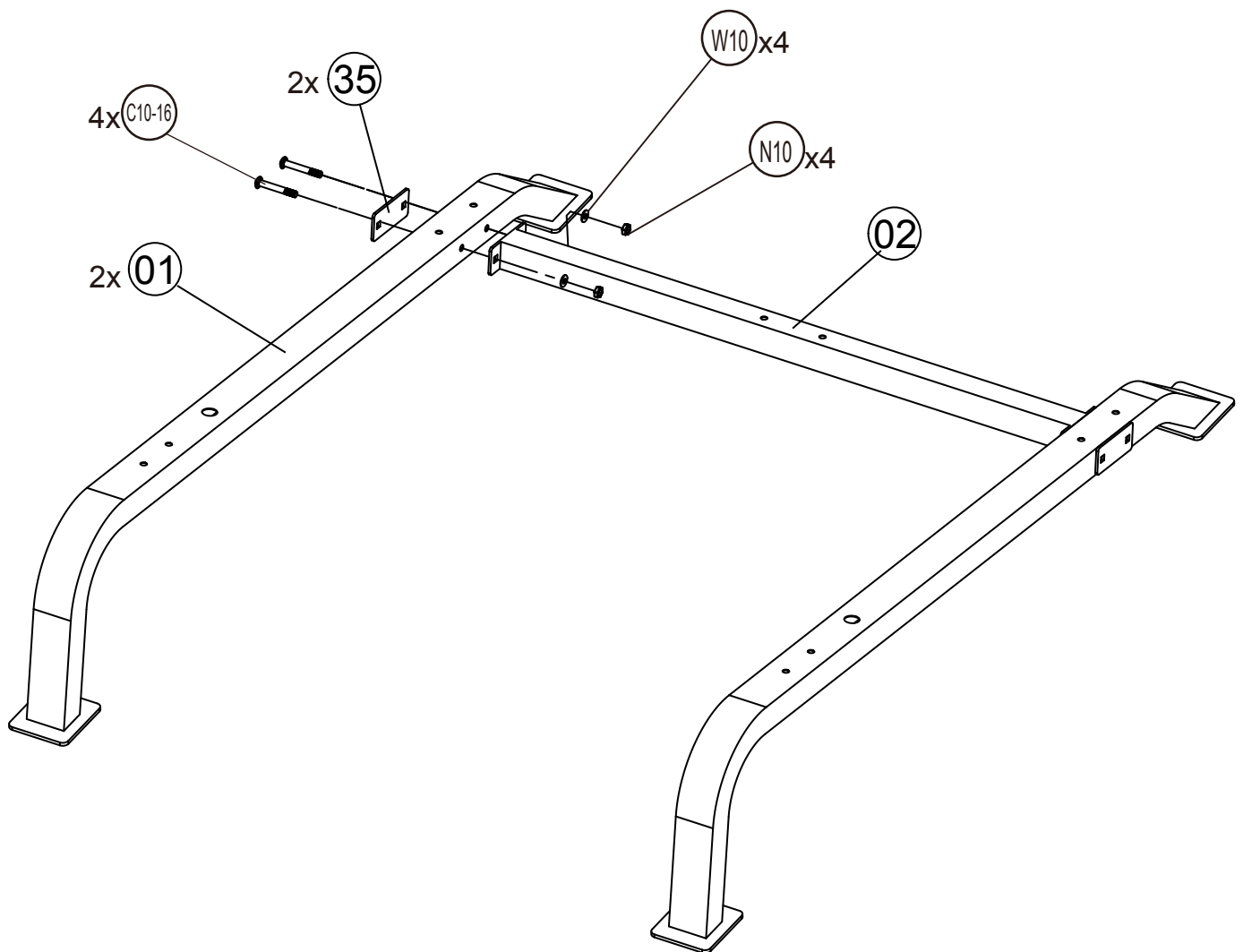
Before You Begin

This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

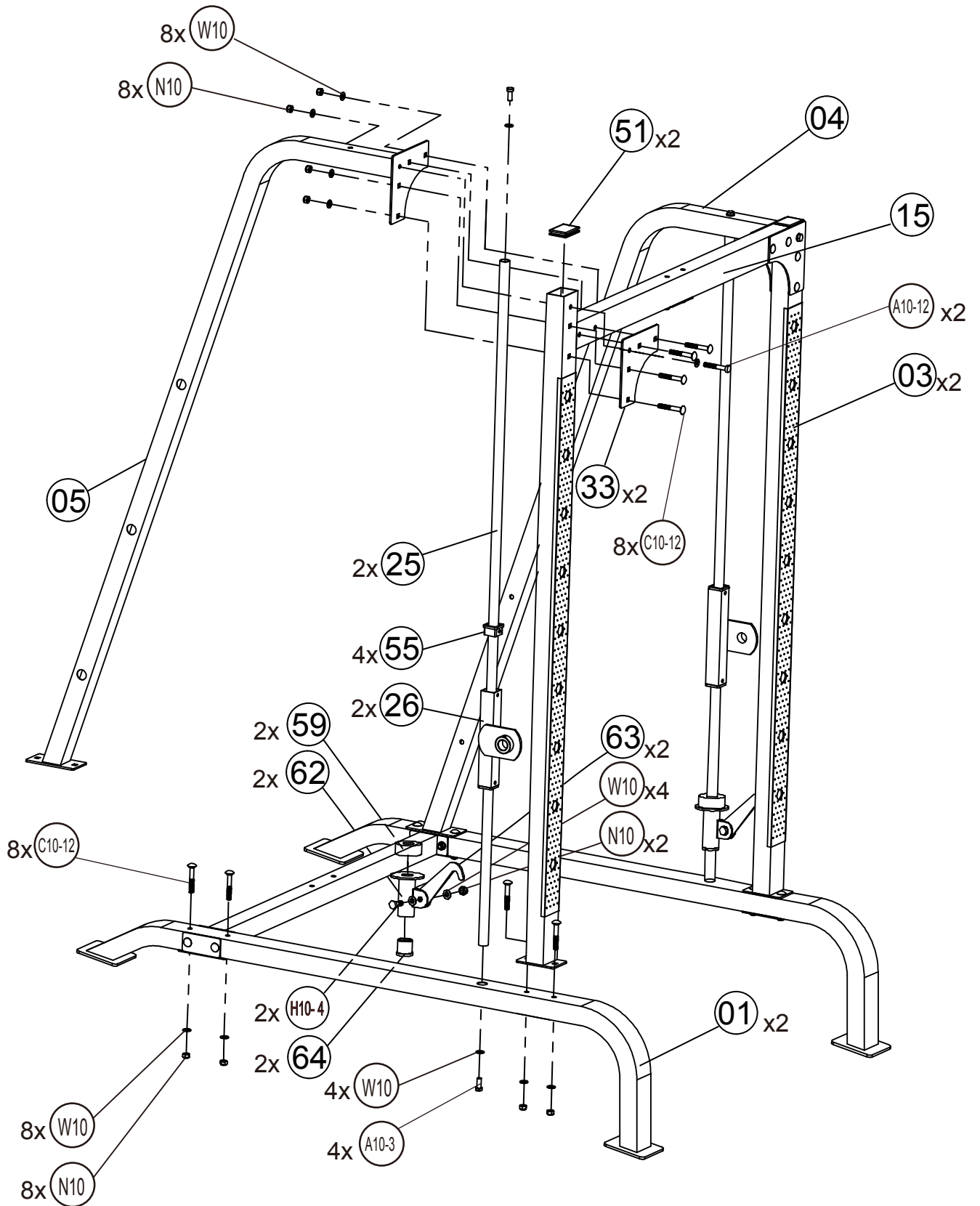
1. Keep children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms STOP the workout at once.
CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the equipment on a clear, level surface. DO NOT use the equipment near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment.
7. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Before using the equipment, always do stretching exercises to properly warm up.
9. Never operate the equipment if it is not functioning properly.

ASSEMBLY INSTRUCTIONS

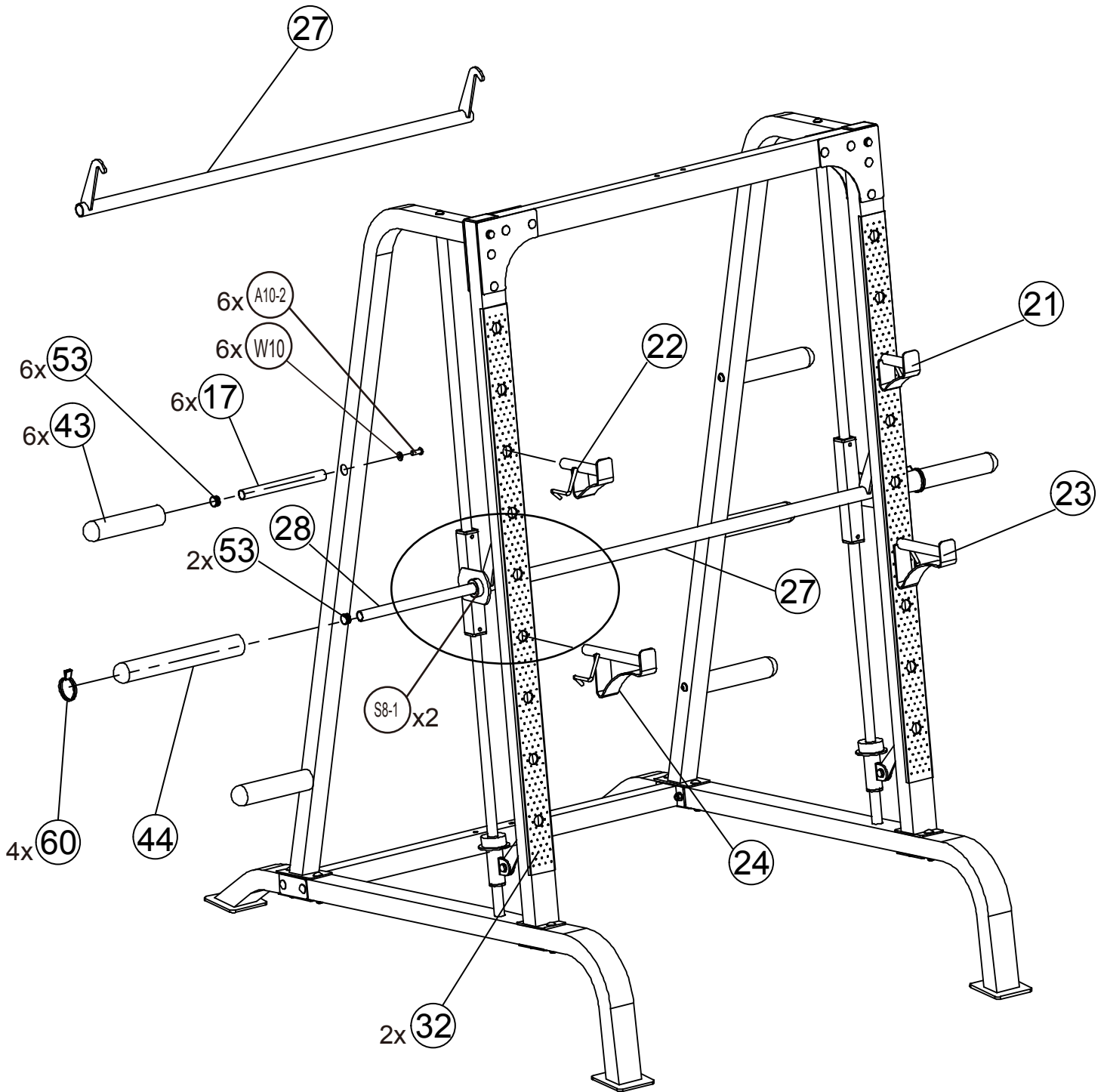
Place all parts in a clear area and remove the packing materials. We highly recommend that this equipment be assembled by at least 2 persons.



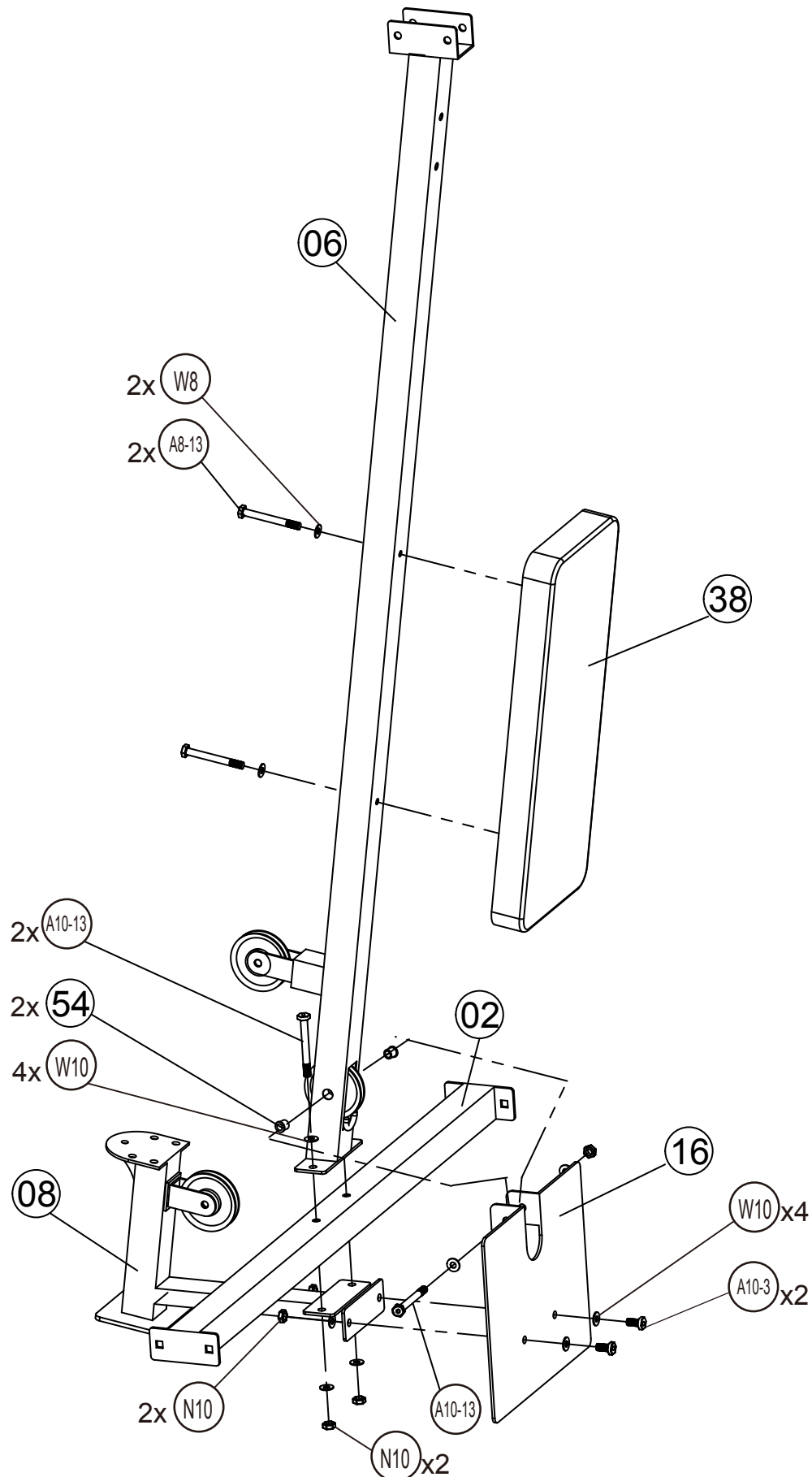
ASSEMBLY INSTRUCTIONS



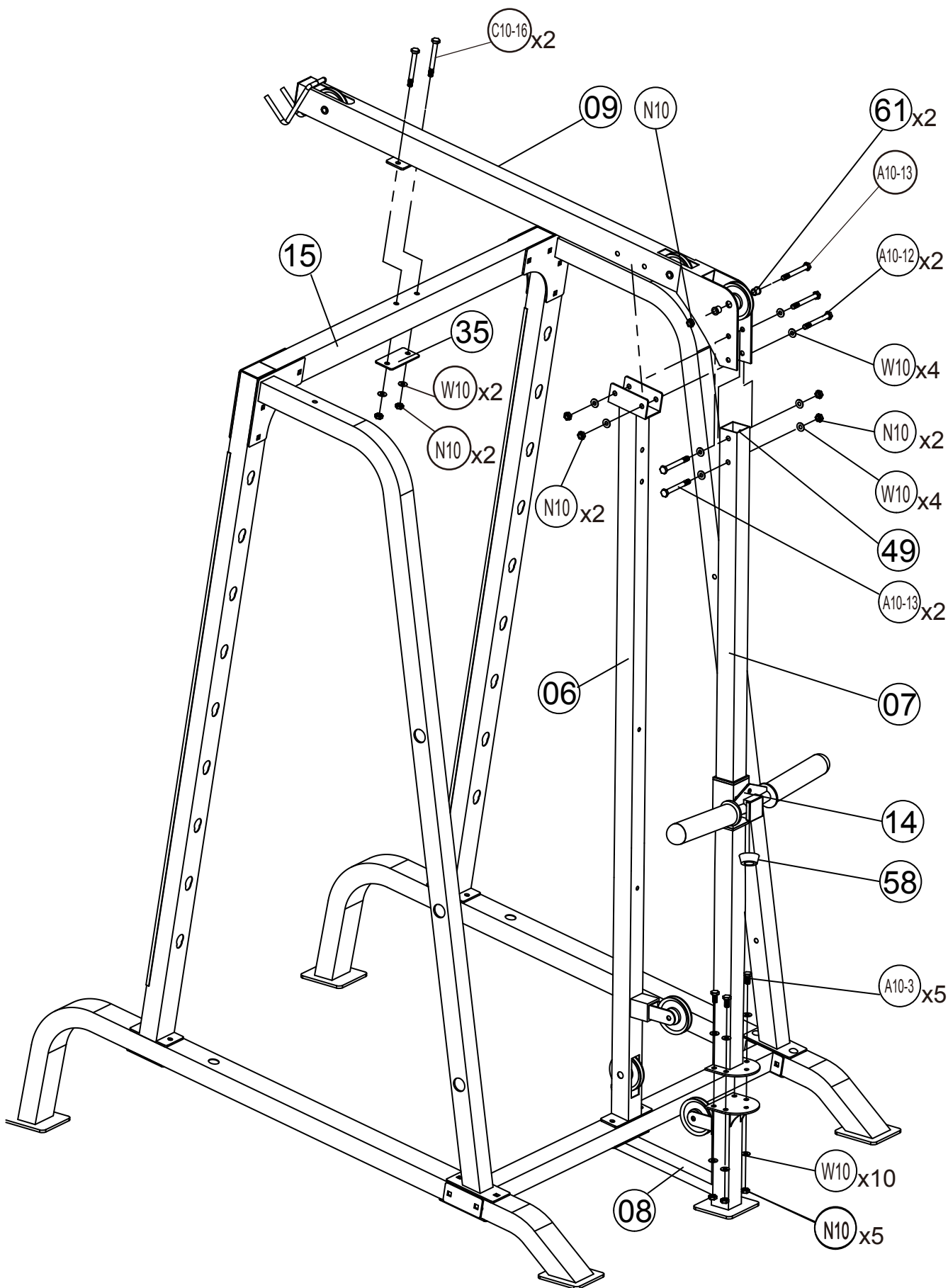
ASSEMBLY INSTRUCTIONS



ASSEMBLY INSTRUCTIONS

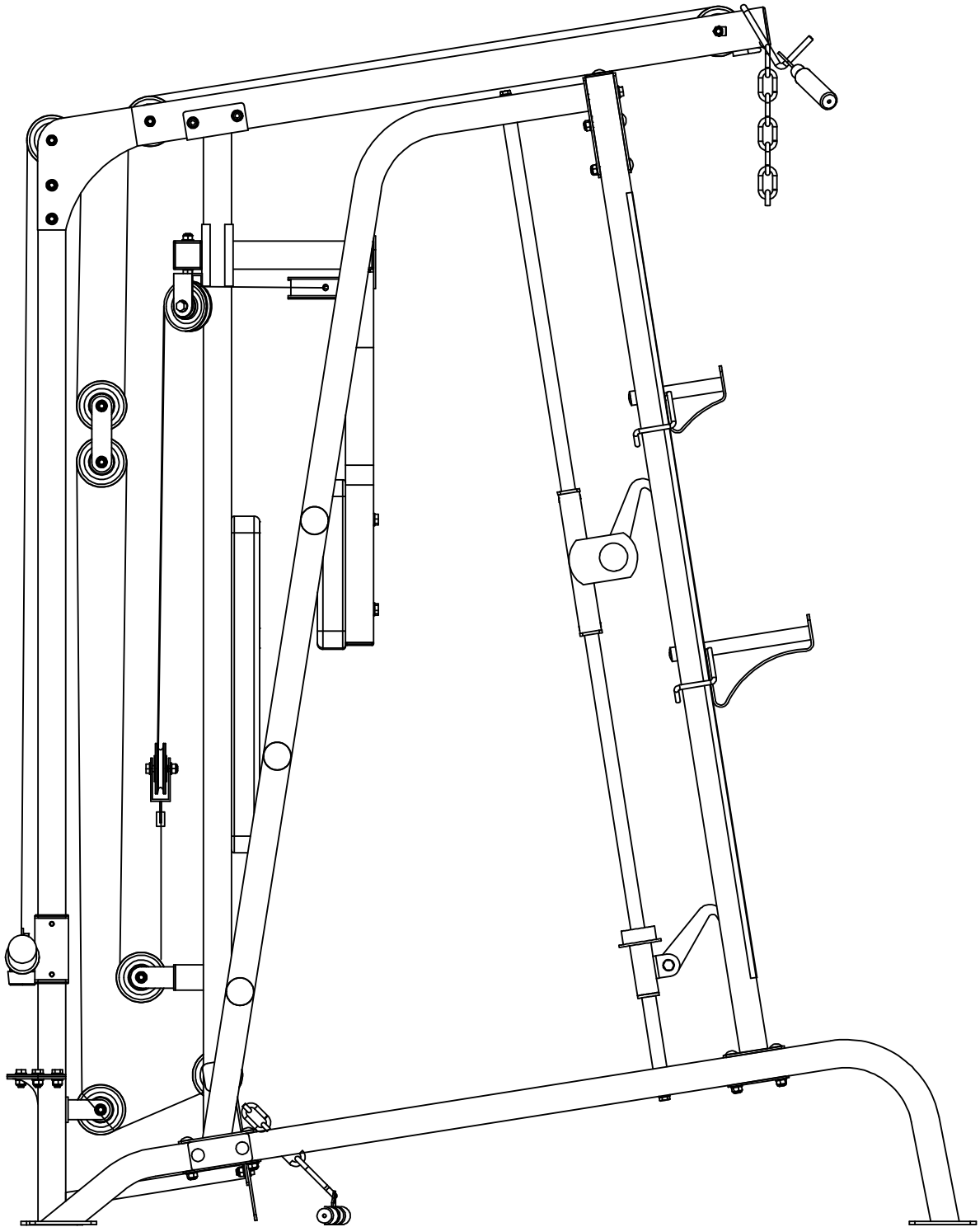


ASSEMBLY INSTRUCTIONS

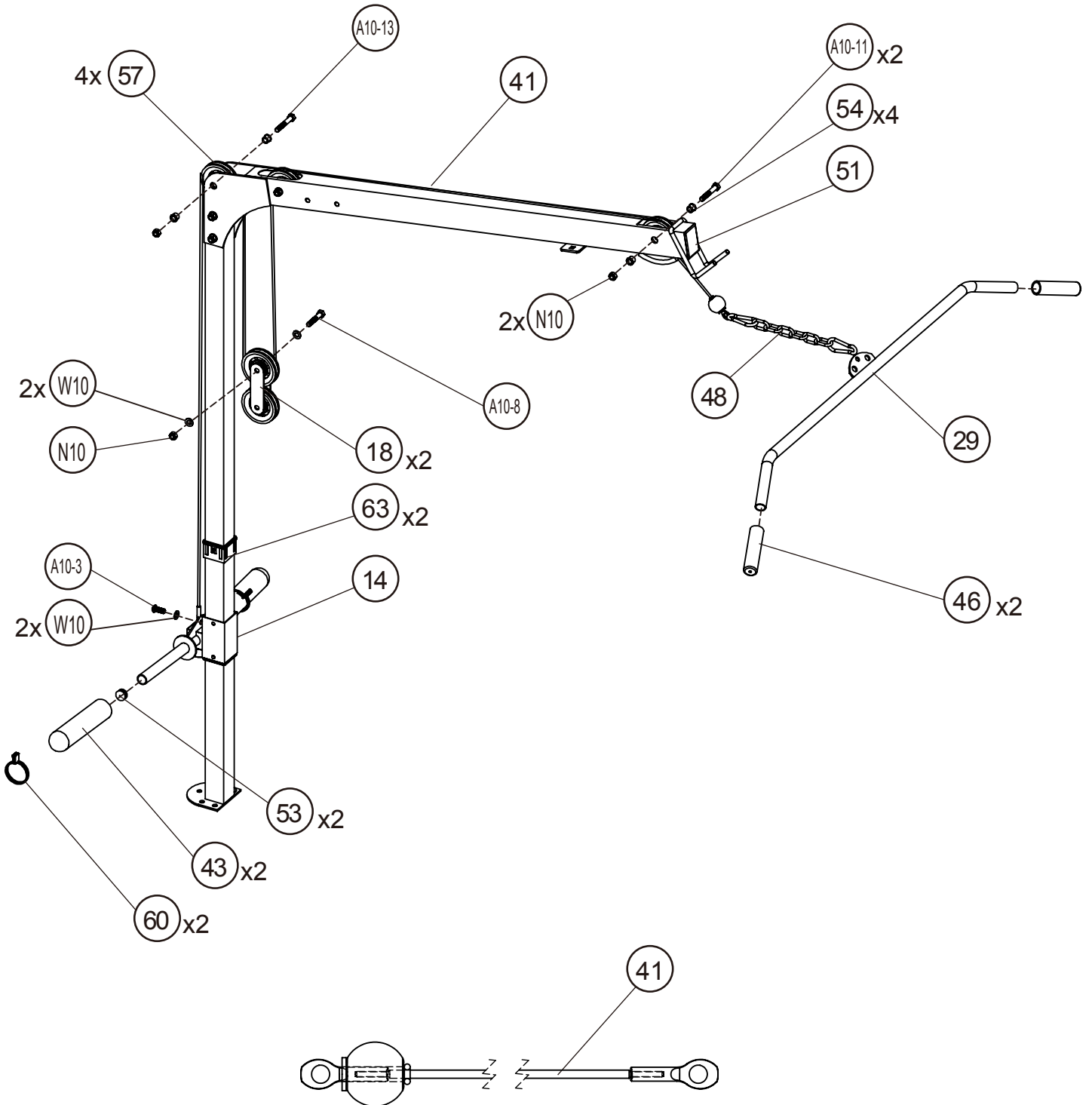


ASSEMBLY INSTRUCTIONS

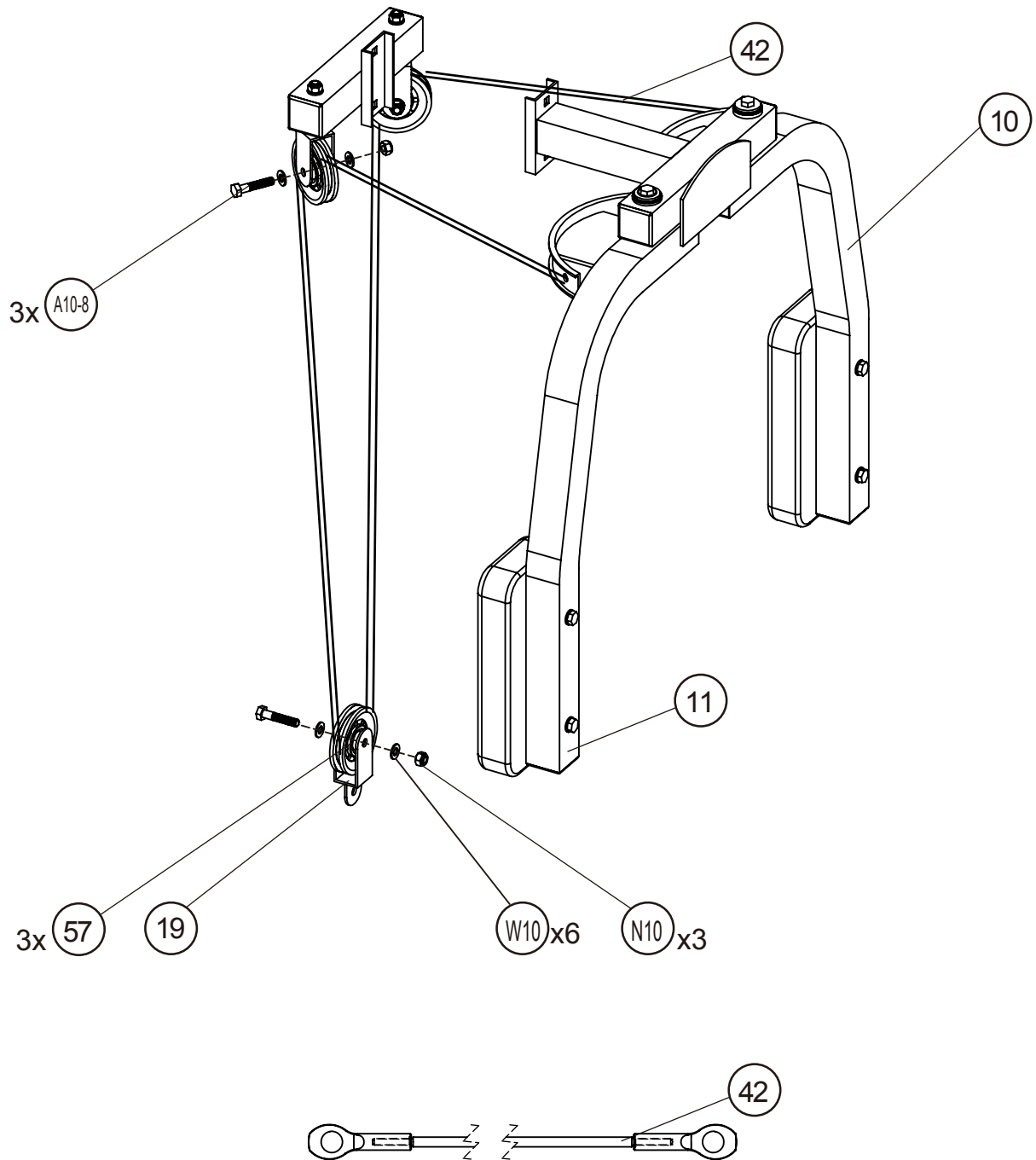
CABLE LOOP



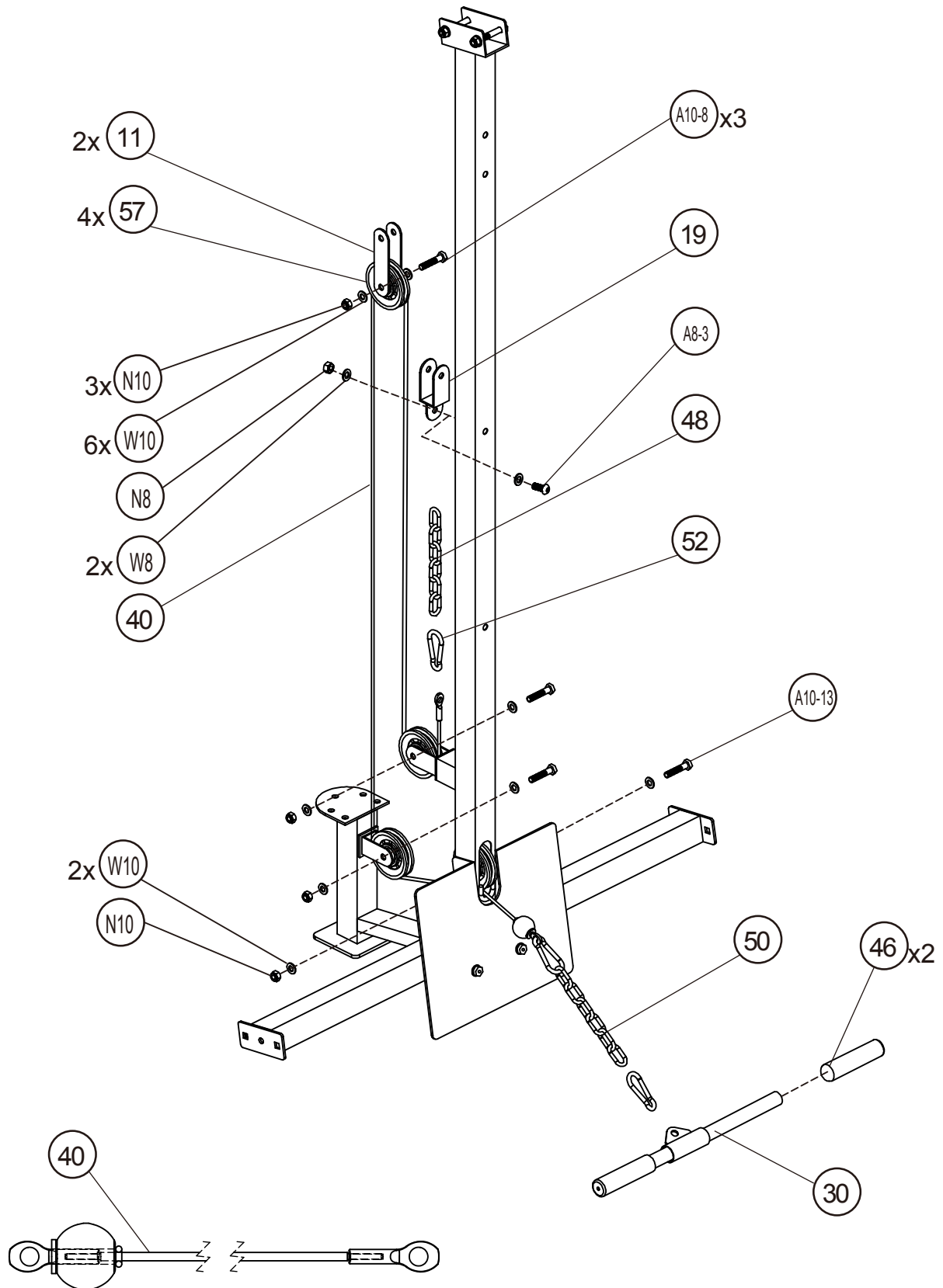
ASSEMBLY INSTRUCTIONS



ASSEMBLY INSTRUCTIONS



ASSEMBLY INSTRUCTIONS



PARTS LIST

Part#	Description	Qty	Remark
1	Base Frame	2	
2	Cross Brace	1	
3	Front Vertical Beam	2	
4	Left Vertical Frame	1	
5	Right Vertical Frame	1	
6	Rear Vertical Beam	1	
7	Weight Glide Post	1	
8	Weight Glide Base	1	
9	Upper Frame	1	
10	Left Butterfly	1	
11	Right Butterfly	1	
12	Butterfly Base	1	
13	Butterfly Pulley Bracket	1	
14	Sliding Weight Post	1	
15	Front Top Beam	1	
16	Foot Plate	1	
17	Weight Post	6	
18	Double Floating Pulley Bracket	2	
19	Single Floating Pulley Bracket	1	
20	Swivel Pulley Bracket	2	
21	Left Bar Holder	1	
22	Right Bar Holder	1	
23	Left Safety Catch	1	
24	Right Safety Catch	1	
25	Guide Rod	2	
26	Safety Stop Frame	2	
27	Lifting Sleeve	1	
28	Weight Bar	1	
29	Lat Bar	1	
30	Shiver Bar	1	
32	Chrome Panel	2	
33	Triangle Bracket	2	
35	110x50 Bracket	3	

PARTS LIST

Part#	Description	Qty	Remark
37	140x70 Bracket	2	
38	Backrest Board	1	
39	Buttyfly Arm Pad	2	
40	Lower Cable	1	
41	Upper Cable	1	
42	Butterfly Cable	1	
43	Olympic Sleeve	8	
44	Long Olympic Sleeve	2	
46	Lat Bar Grip	4	
47	Buttyfly Bushing	4	
48	Short Chain	2	
49	50x50 End Cap	9	
50	Long Chain	1	
51	50x70 End Cap	3	
52	C-Clip	5	
53	d25 End Cap	14	
54	Pulley Bushing	6	
55	Sliding Sleeve	4	
56	Big Flat Washer	2	
57	Pulley	11	
58	Weight Rubber Bumper	1	
59	Rod Rubber Bumper	2	
60	Spring Clip	4	
61	Long Pulley Bushing	2	
62	Weight Bar Safety Support	2	
63	Safety Hook	2	
64	Bar Safety Support Sleeve	2	

PARTS LIST

Part#	Description	Qty	Remark
A10-2	M10x20 Allen Bolt	8	
A10-3	M10x25 Allen Bolt	12	
A10-8	M10x50 Allen Bolt	7	
A10-11	M10x65 Allen Bolt	2	
A10-12	M10x70 Allen Bolt	4	
A10-13	M10x75 Allen Bolt	6	
C10-12	M10x70 Carriage Bolt	18	
C10-16	M10x90 Carriage Bolt	6	
A8-3	M8x25 Allen Bolt	1	
A8-13	M8x25 Allen Bolt	6	
H10-4	M10x30mm Hex Head Bolt	2	
W10	M10 Washer	84	
W8	M8 Washer	8	
N10	M10 Nut	51	
N8	M8 Nut	1	
S8-1	M8x10 Screw Set	2	

Limited Warranty

We warrants this product to be free from defects in workmanship and materials under normal use and conditions for a period of **1 year FROM THE DATE OF ORIGINAL PURCHASE**. This Limited Warranty is not transferable and is available only for the original purchaser of the product. The company's obligation under this warranty is limited to replacing or repairing the product, at the discretion of the company.

This Limited Warranty is void if the product is:

Damaged through improper use, negligence, abuse, misuse, transportation damage, act of nature, or accident, include failure to follow the assembly and or operation instructions supplied with the product.

Used in commercial or rental applications.

Modified or repaired by anyone not authorized by the company.

This Limited Warranty does not cover expendable items including but not limited to: Batteries, light bulbs, fuses, accessories, and other items that experience wear as a result of normal use.