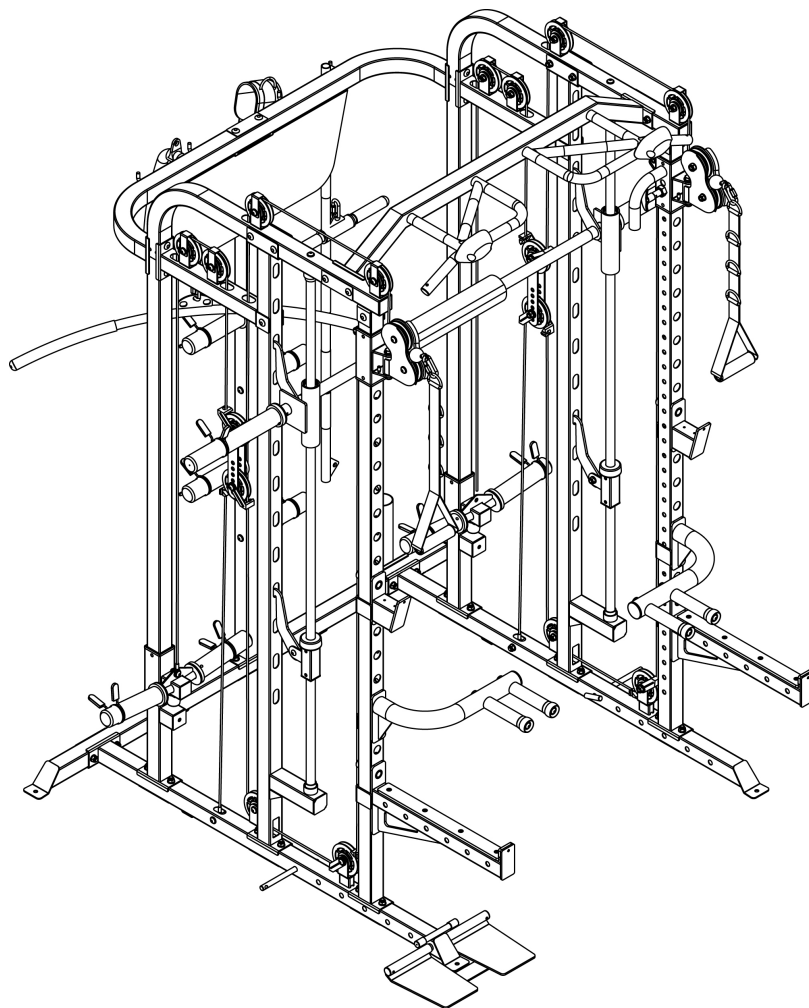




STMASM-SM4500

SMITH CAGE POWER RACK



ENG - Assembly Manual - HOME GYM - IMPORTANT: Please read the Important Safety Notice and Assembly Information in the Owner's manual before assembling this product.

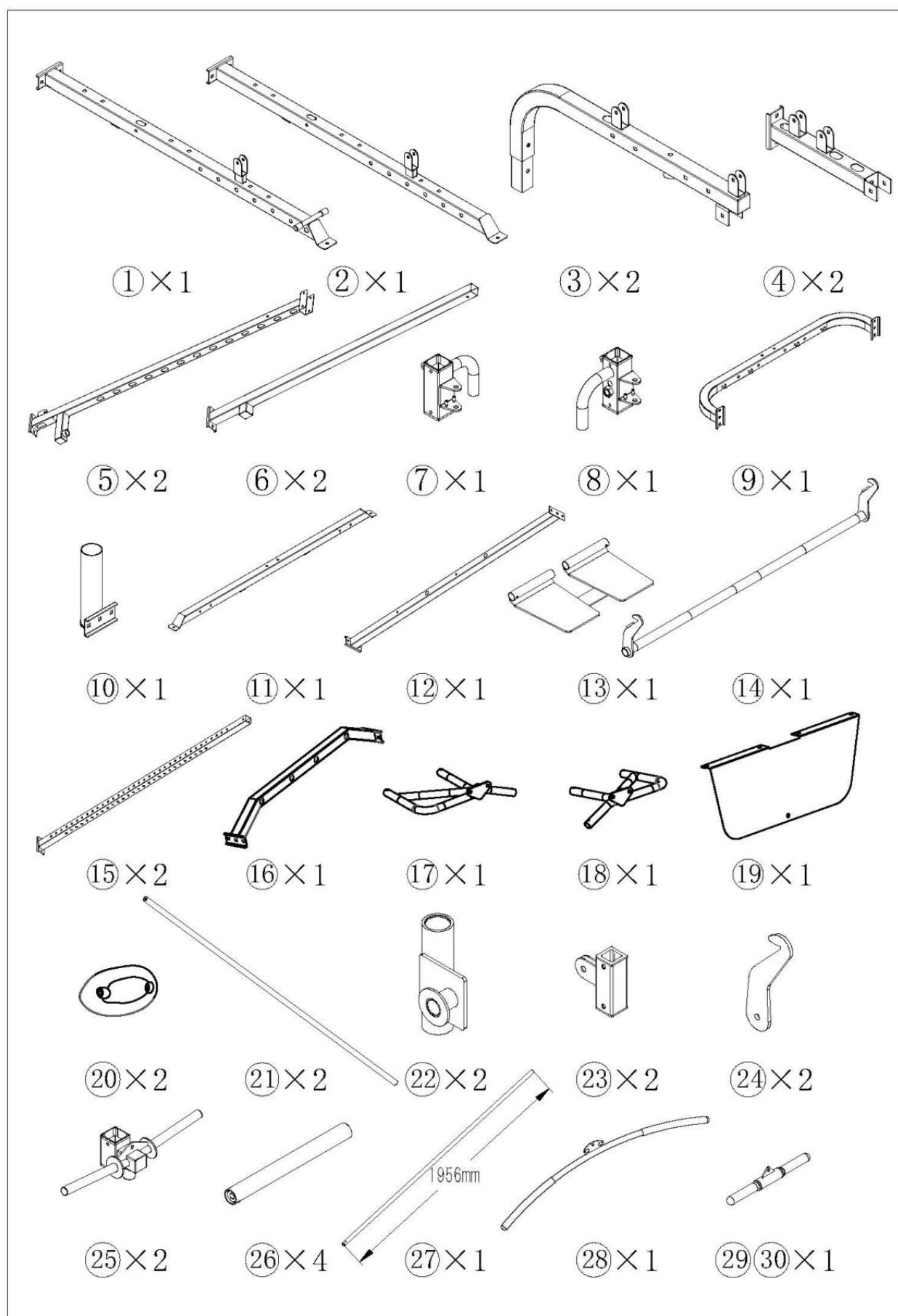
ESP - Manual de montaje - MULTIESTACIÓN - IMPORTANTE: Por favor, lea las instrucciones importantes del montaje en el Manual del Propietario, antes de montar este producto.

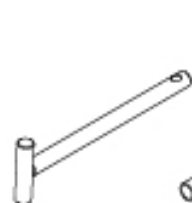
FRA - Manuel de montage - APPAREIL À CHARGE GUIDÉE - IMPORTANT : Lire SVP les instructions importantes de montage du Manuel du propriétaire avant de monter ce produit.

ITA - Manuale di montaggio - MULTISTAZIONE - ATTENZIONE: Leggere tutte le istruzioni e precauzioni riportate nel Manuale del proprietario prima di utilizzare questa attrezzatura.

DEU - Montageanleitung - KRAFTSTATION - ACHTUNG: Bitte lesen Sie vor der Montage dieses Produkts die wichtigen Montagehinweise in der Bedienungsanleitung.

POR - Instruções de montagem - MULTI-ESTAÇÃO - IMPORTANTE: leia este manual e o manual do proprietário antes de começar a montar este produto.

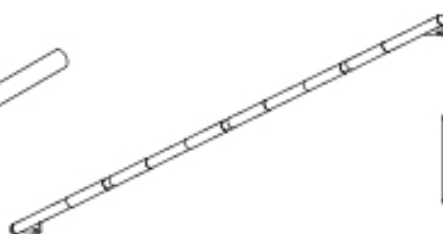




③①×2



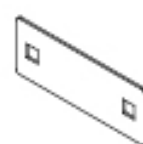
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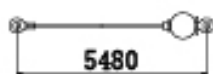
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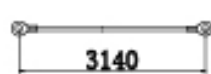
③④×8



③⑤×11



③⑥×2



③⑦×2



③⑧×8



③⑨×2



④④×2



⑤①×4



⑤⑦×6



⑤⑧×4



⑤⑨×16



⑥②×10



⑥④×4



⑥⑤×2



⑥⑨×4



⑦①×12



⑦①×12



⑦②×1



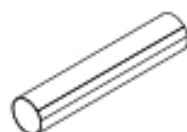
⑦③×2



⑦④×1



⑦⑤×1



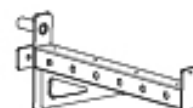
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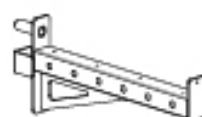
⑧②×2



⑨①×2



⑨⑤×1



⑨⑥×1



⑨⑦×1



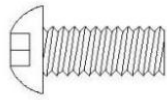
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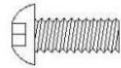
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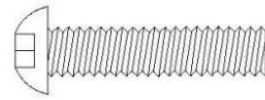
⑩⑥×1



⑦⑦×14



⑩①×5



⑨⑨×4



⑦⑧×6



⑧①×36



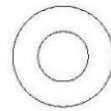
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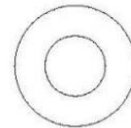
⑧⑥×2



⑧⑩×2



⑧③×104



⑧⑦×4



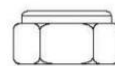
⑩⑩×5



⑨④×2



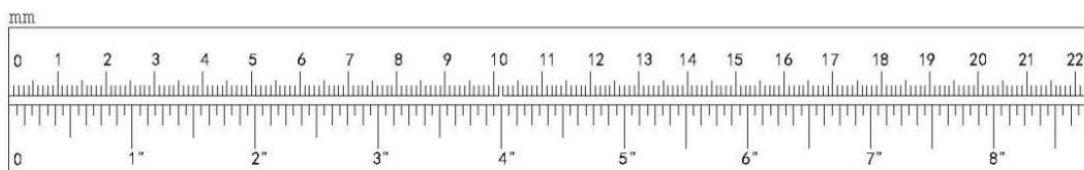
⑧④×68



⑧⑧×2



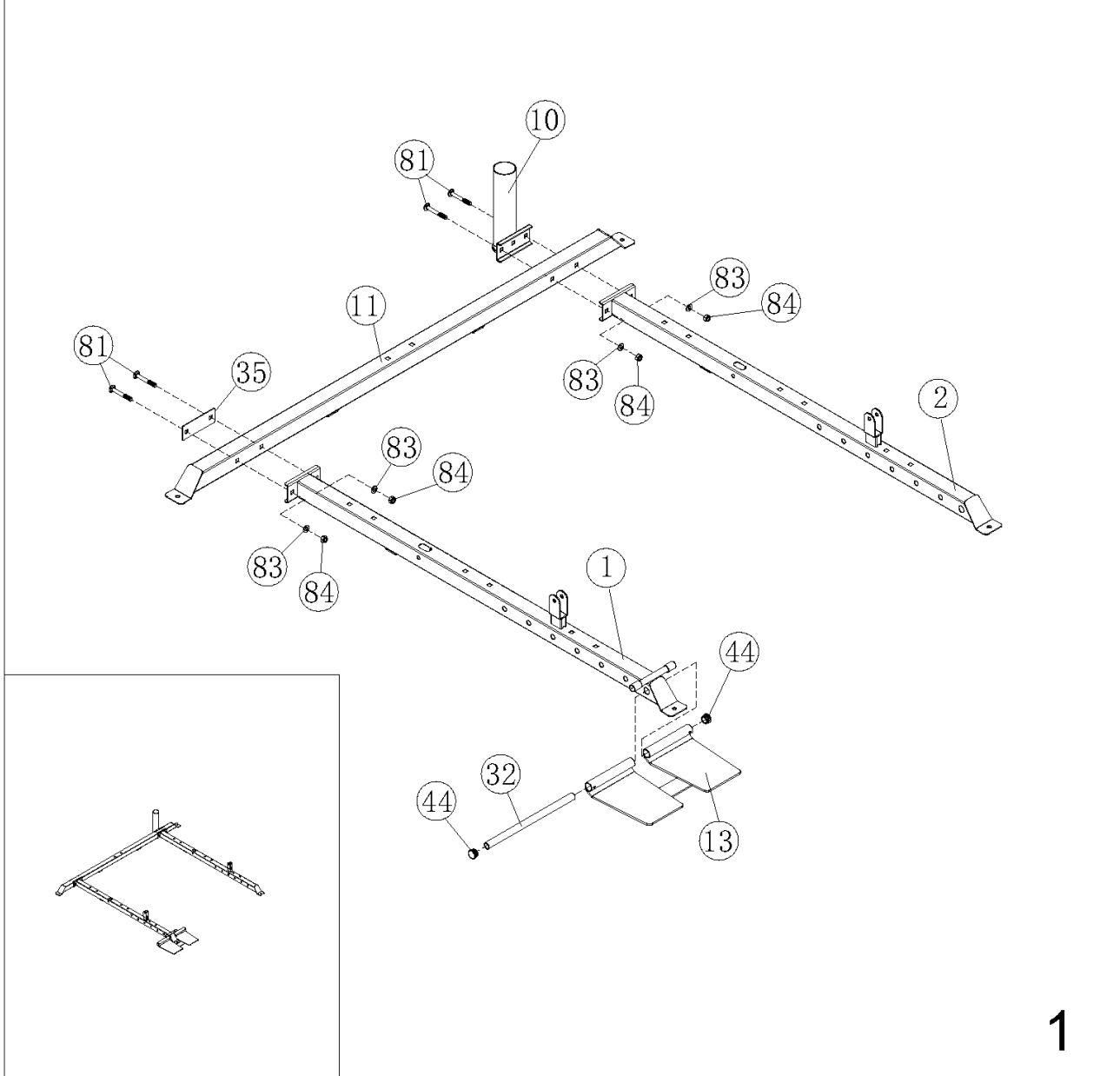
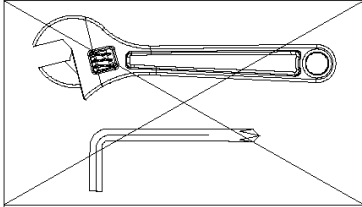
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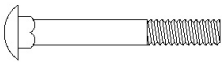


⑧①  ×4 M10×70mm

⑧③  ×4 Ø 10

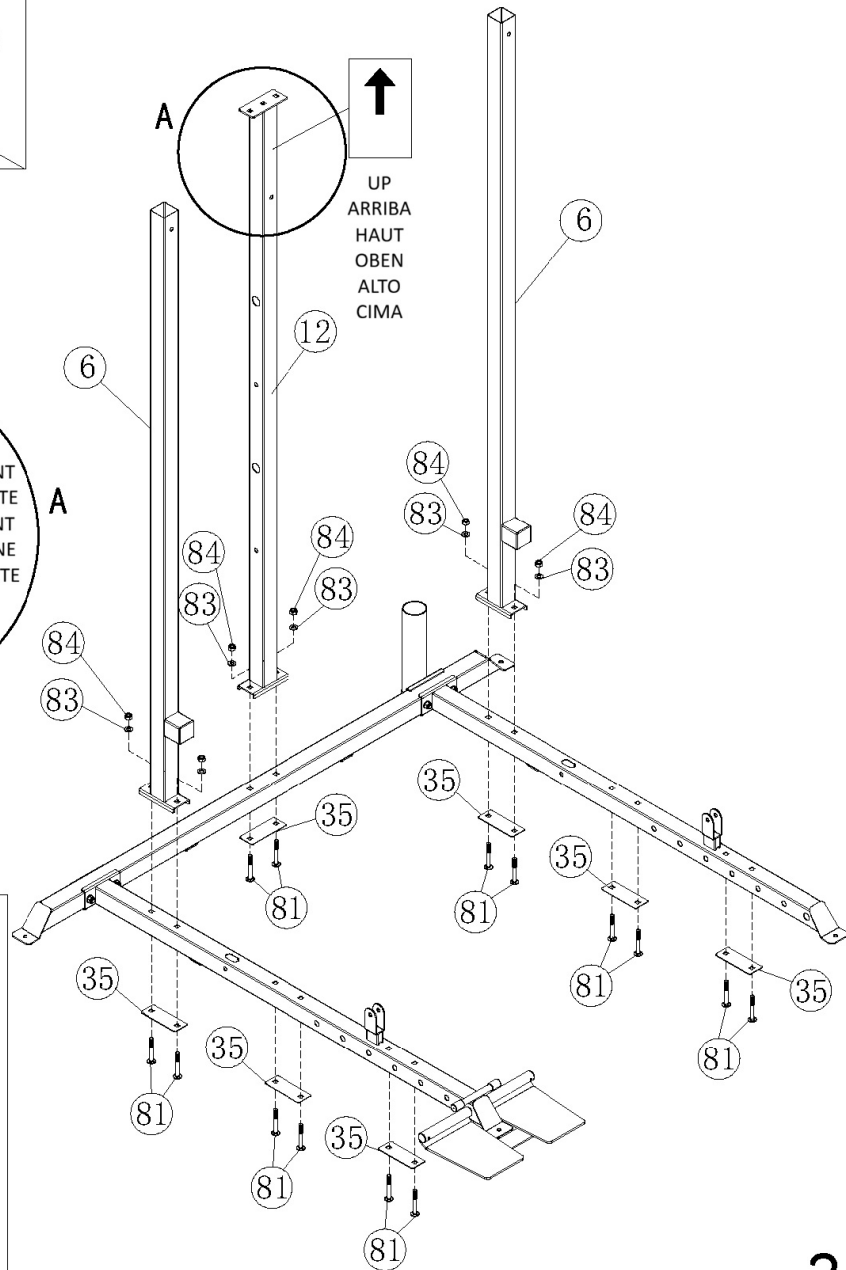
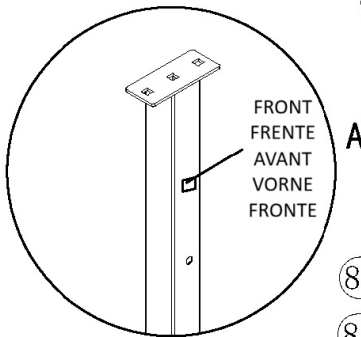
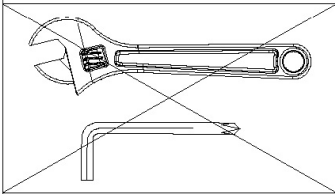
⑧④  ×4 M10



81  × 14 M10×70mm

83  × 6 Ø 10

84  × 6 M10



2

83

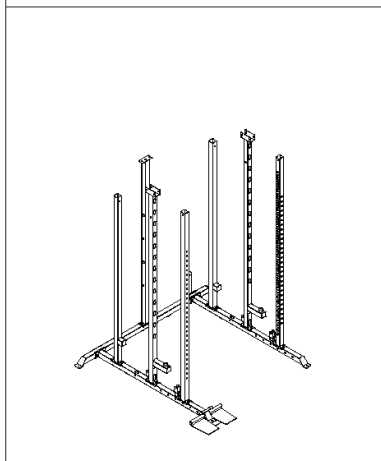
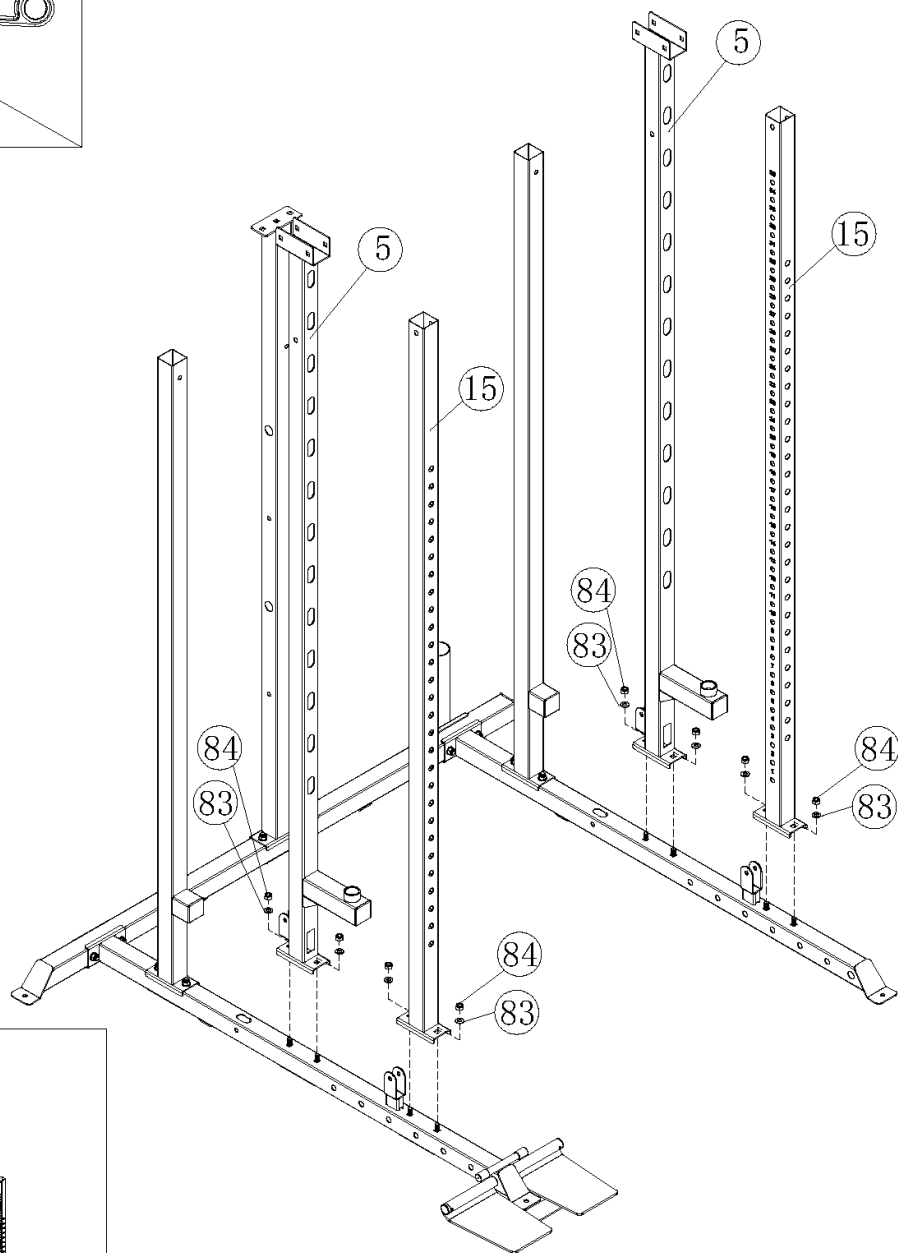
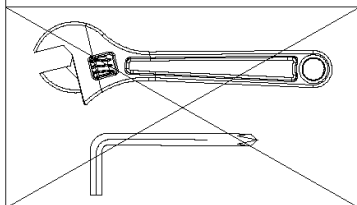


×8 Ø 10

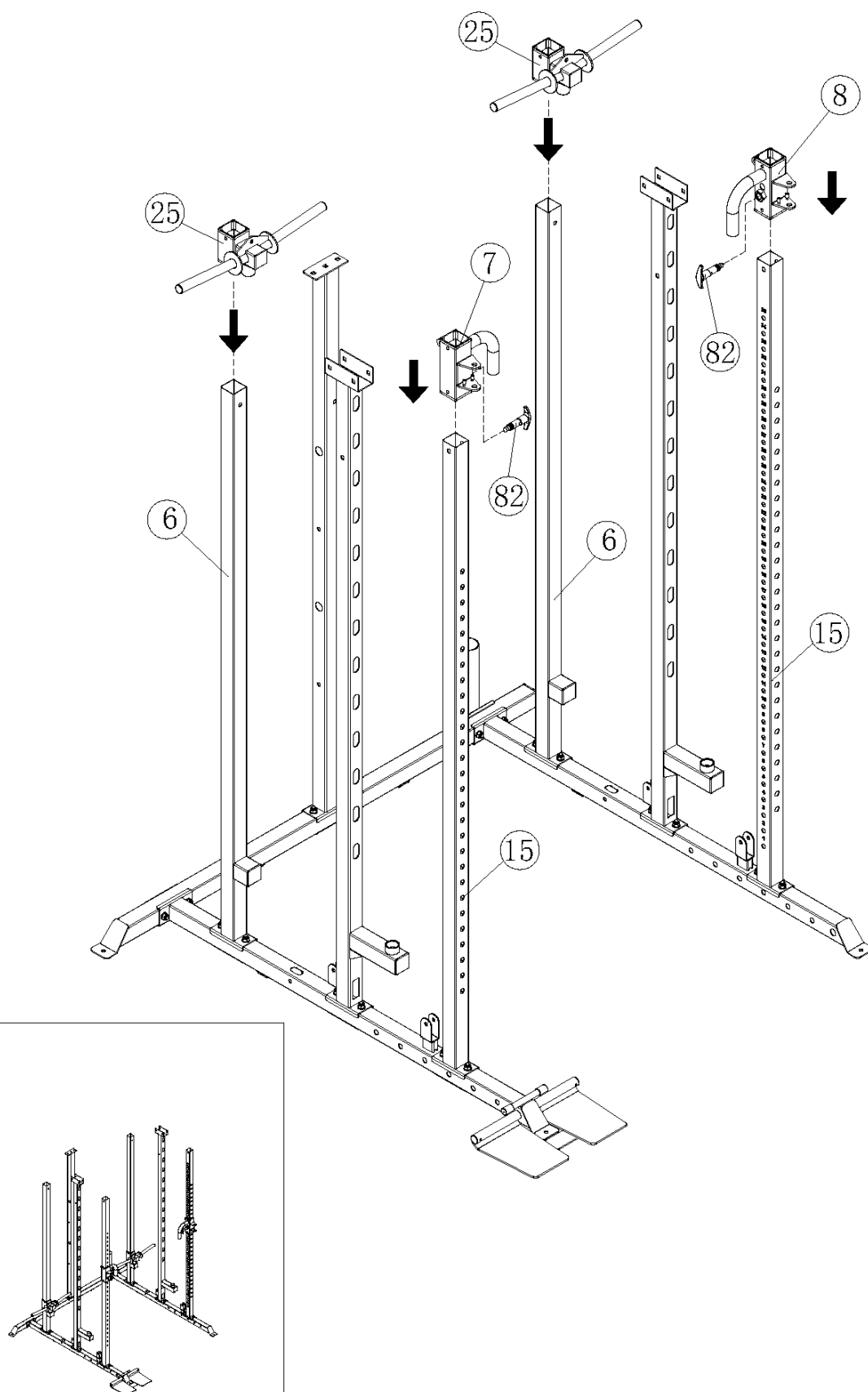
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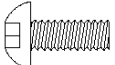
×8 M10



3

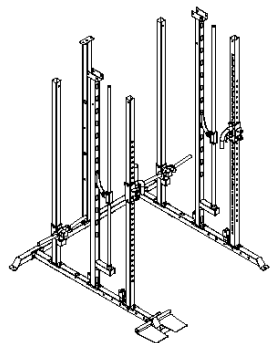
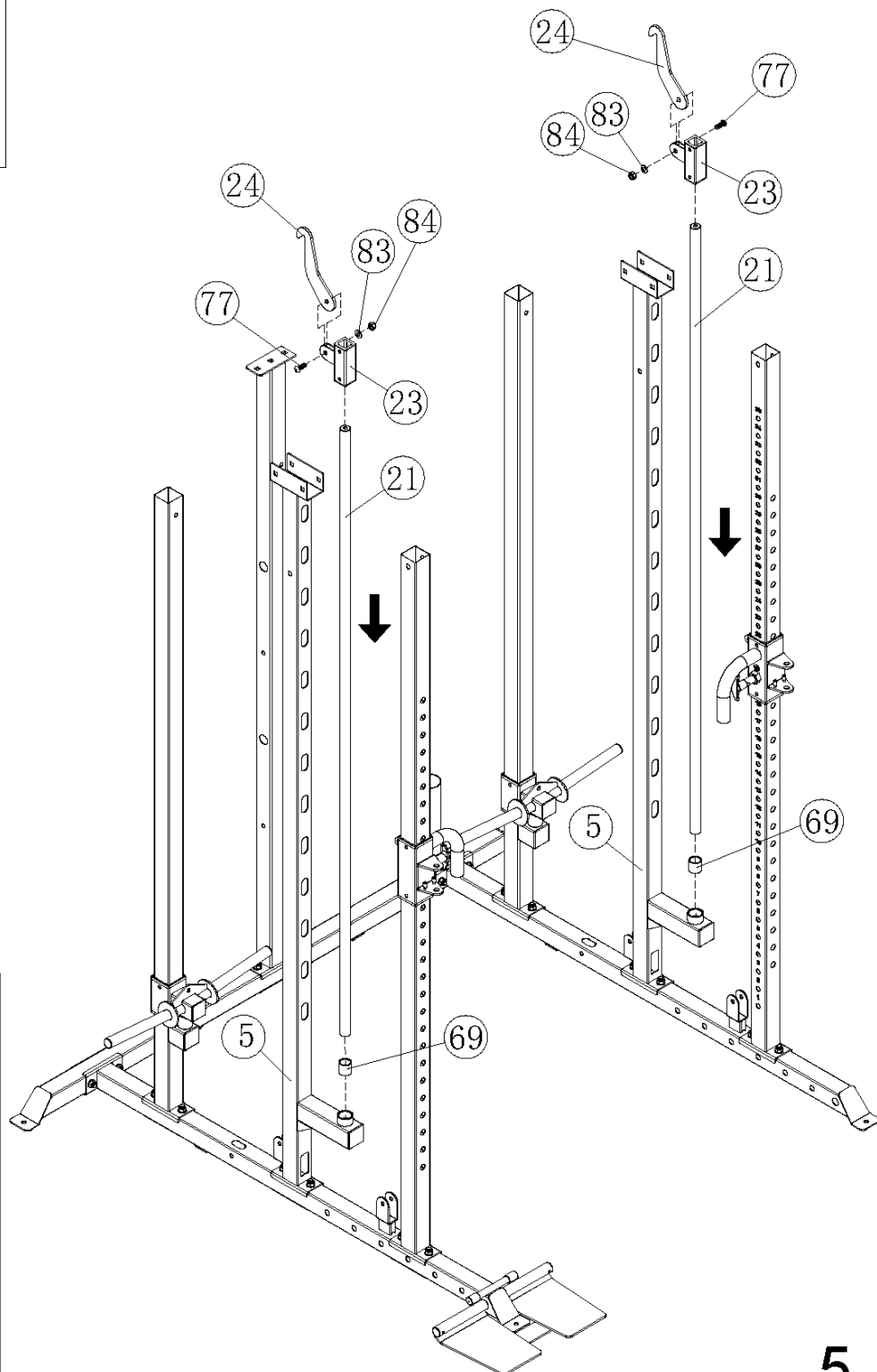
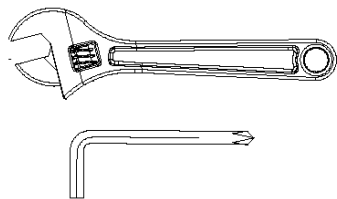


4

⑦⑦  ×2 M10×25mm

⑧③  ×2 Ø 10

⑧④  ×2 M10

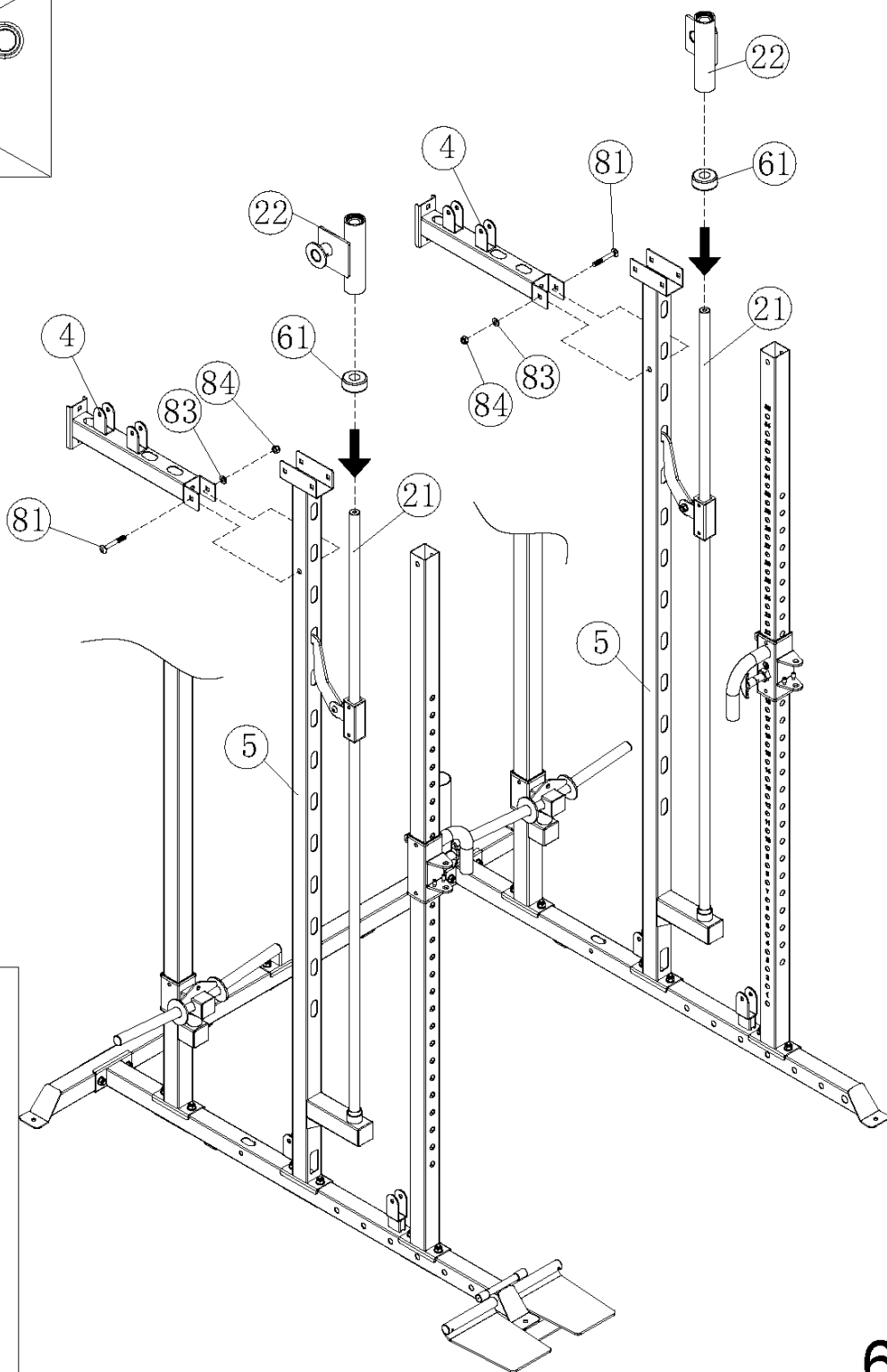
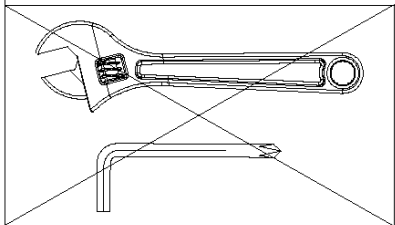


5

⑧①  ×2 M10×70mm

⑧③  ×2 Ø 10

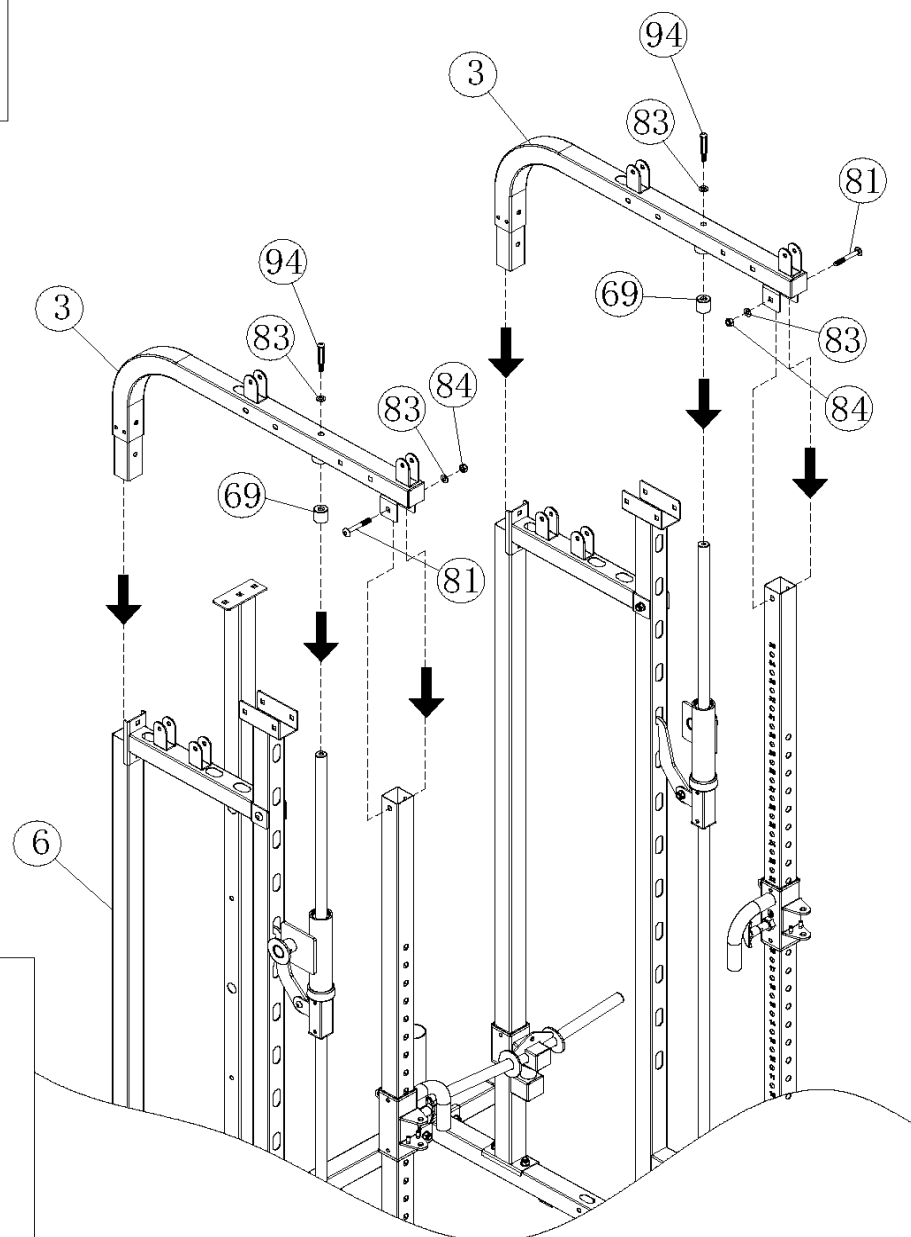
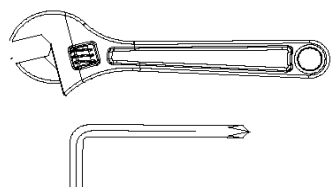
⑧④  ×2 M10



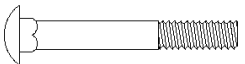
6

⑨④  ×2 M10×80mm ⑧①  ×2 M10×70mm

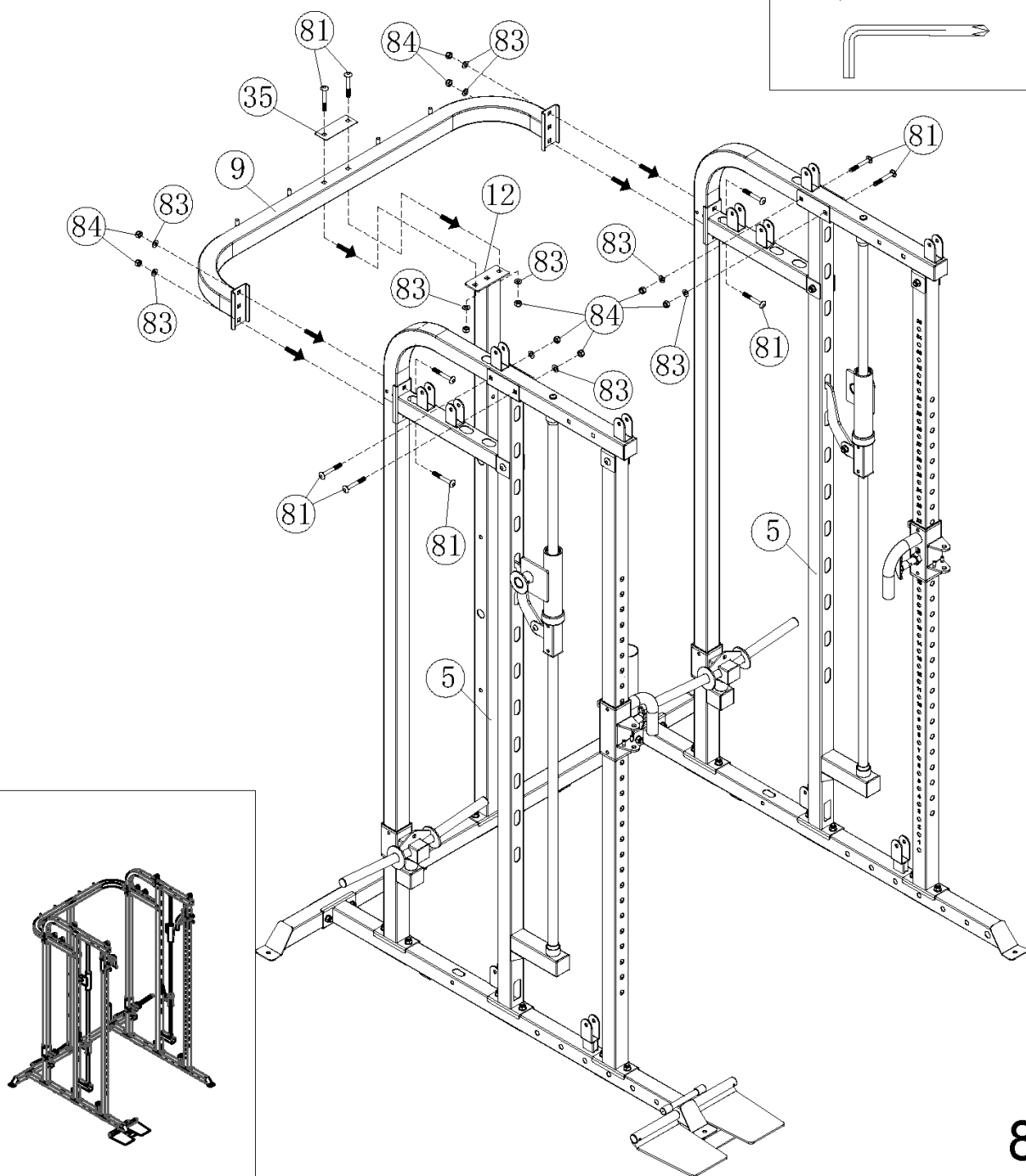
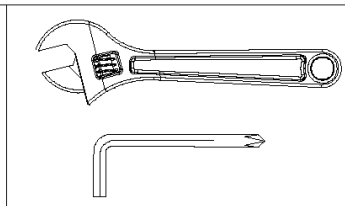
⑧③  ×4 Ø 10 ⑧④  ×2 M10



7

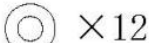
⑧①  ×10 M10×70mm

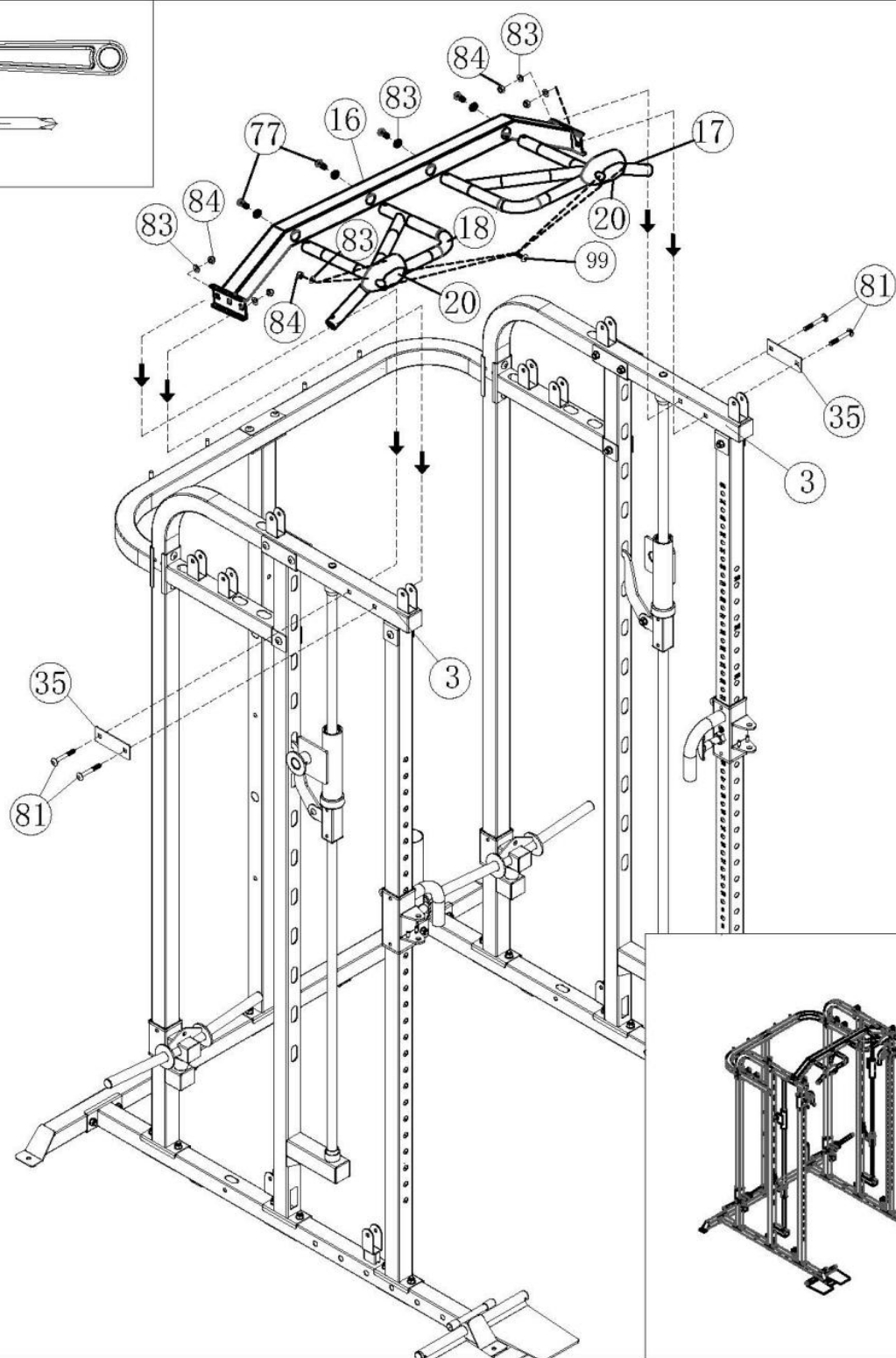
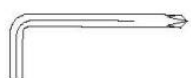
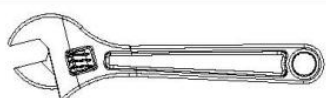
⑧③  ×10 Ø 10 ⑧④  ×10 M10



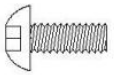
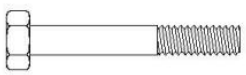
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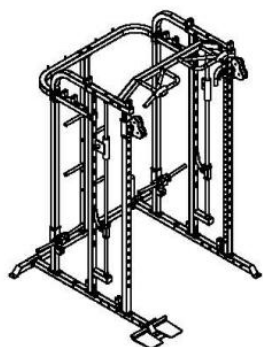
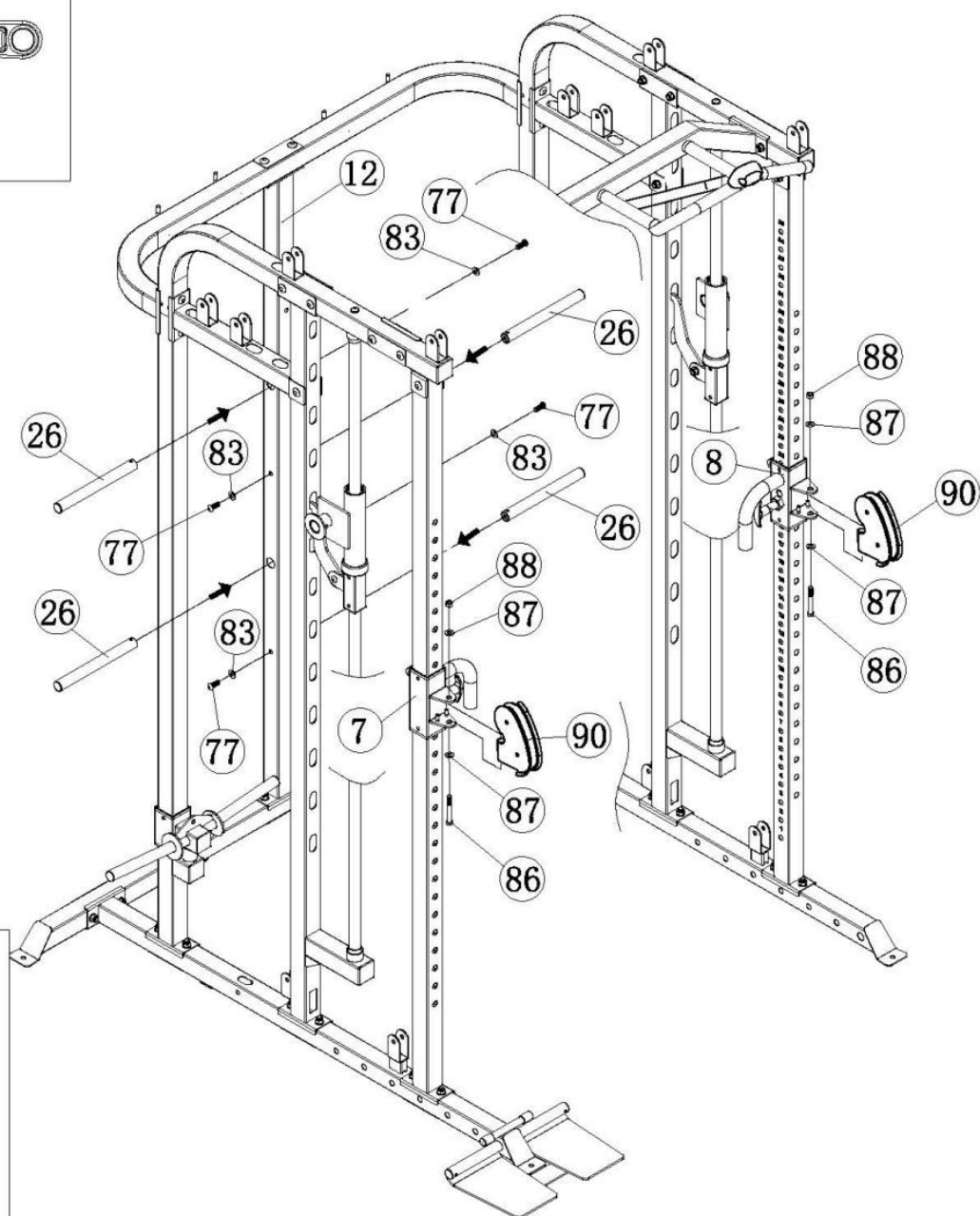
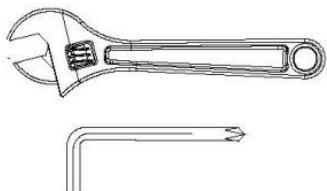
⑧1  ×4 M10×70mm ⑦7  ×4 M10×25mm

⑧3  ×12 Ø 10 ⑧4  ×8 M10 ⑨9  ×4 M10×30mm



9

- 77  ×4 M10×25mm 86  ×2 M12×90mm
 83  ×4 ∅ 10 88  ×2 M12
 87  ×4 ∅ 12



10

85



×2

M6 × 1/4"

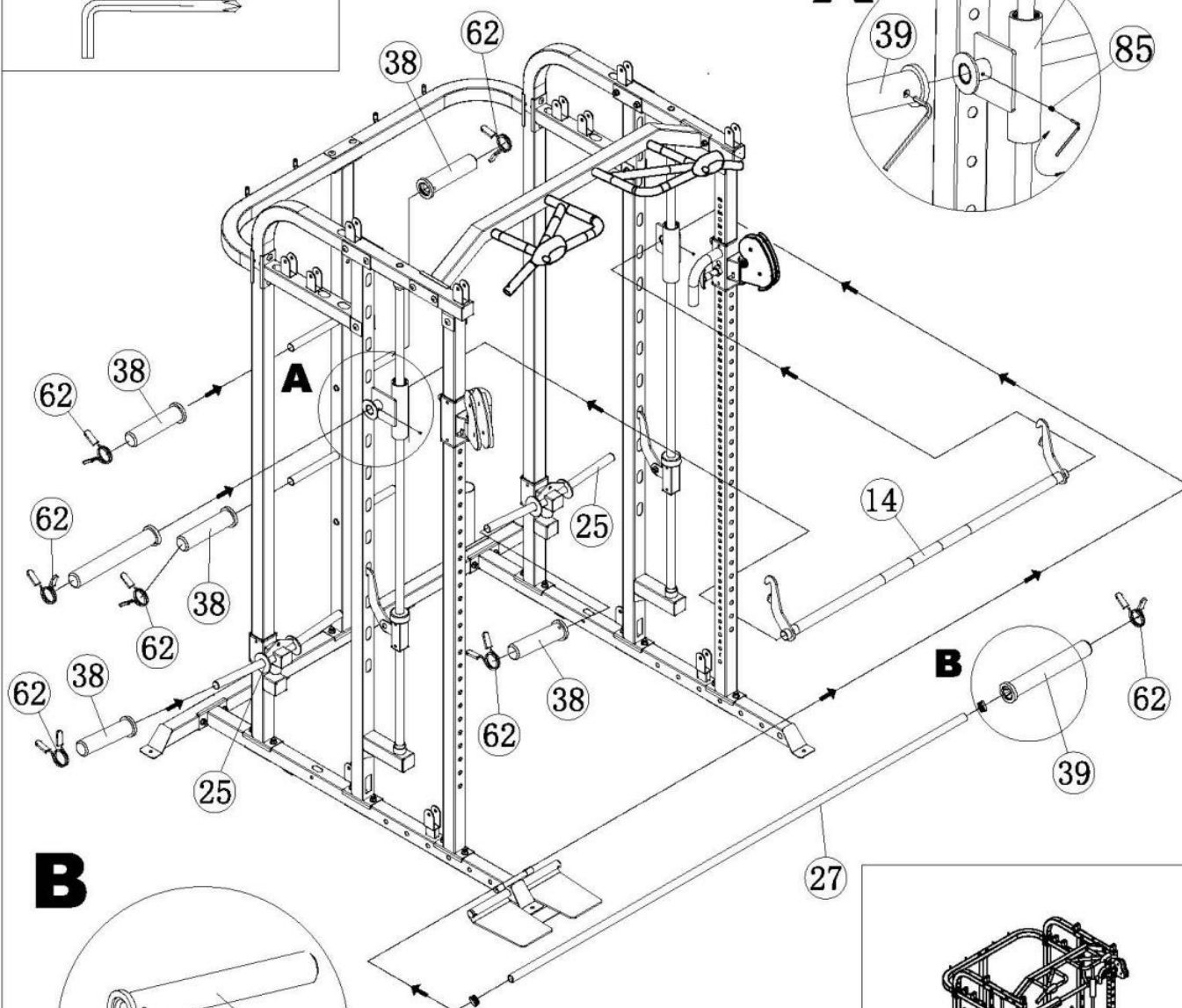
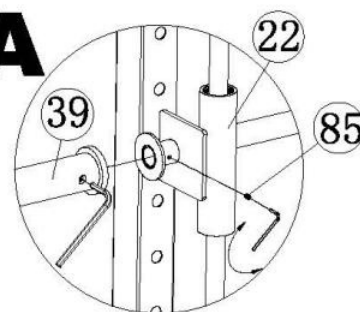


3# 4#

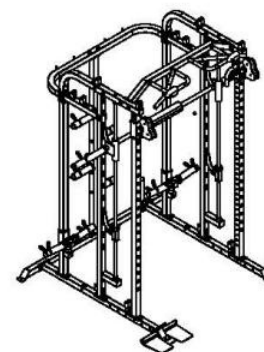
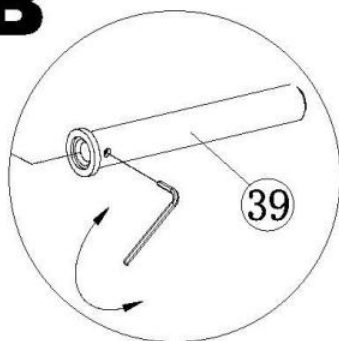
Allen Wrench - Llave Allen
Clé Allen - Chiave a brugola
Inbusschlüssel - Chave Allen



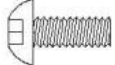
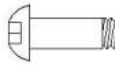
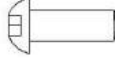
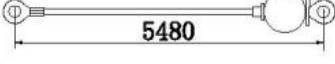
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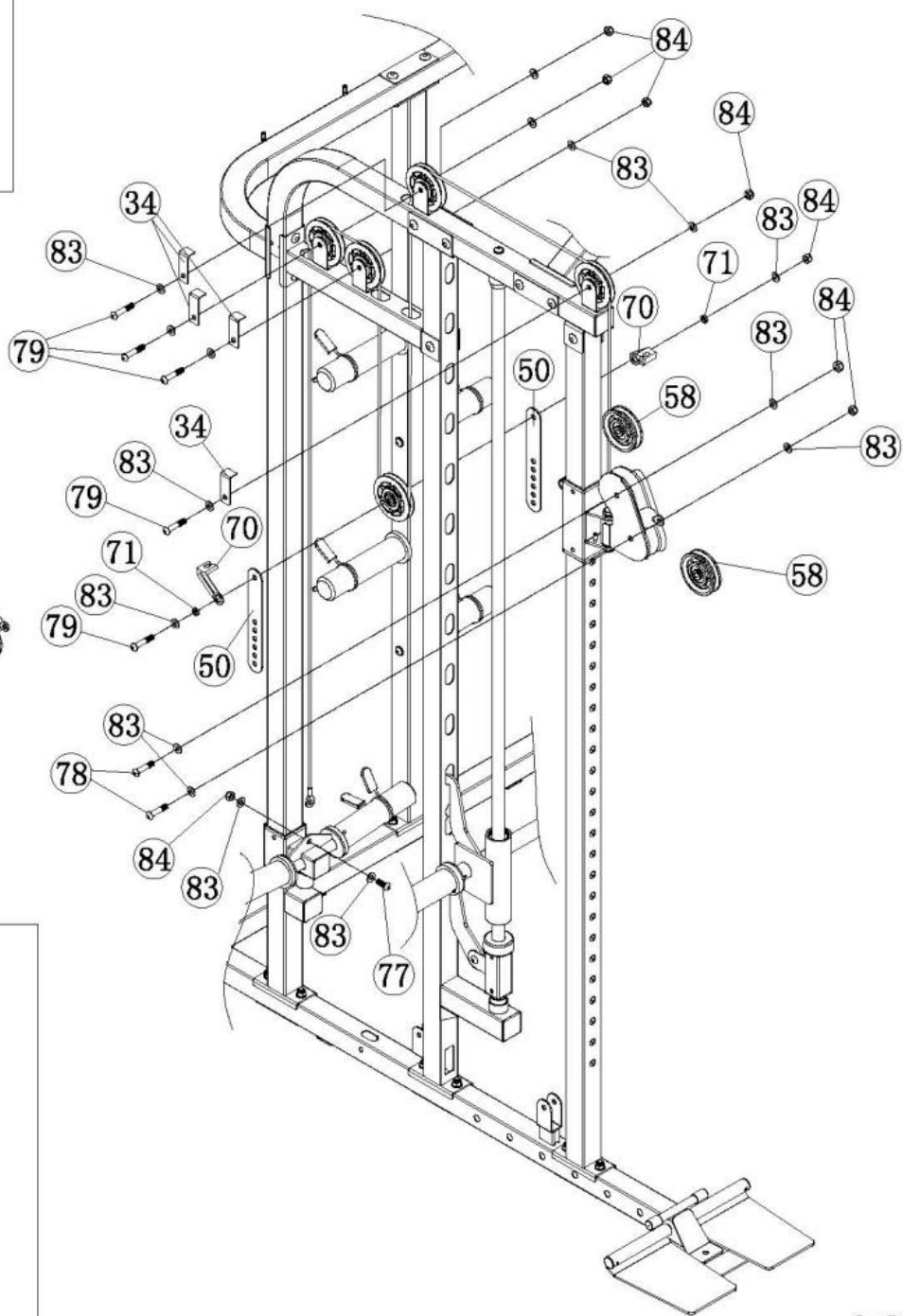
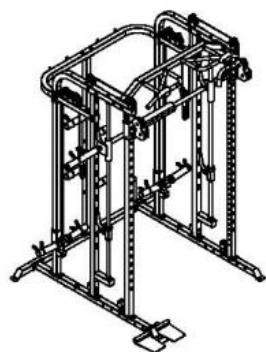
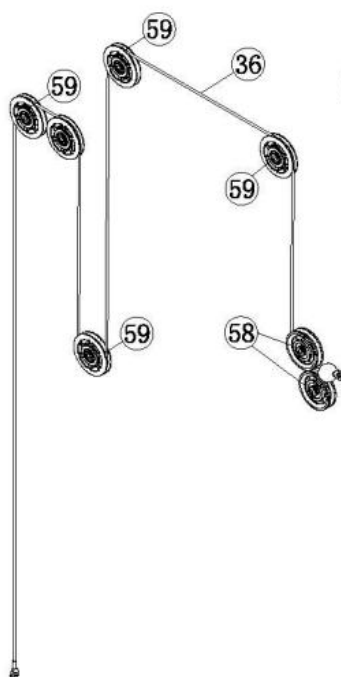
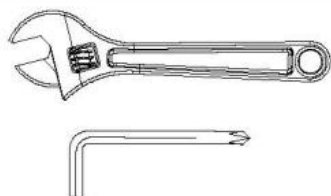


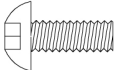
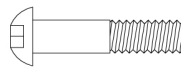
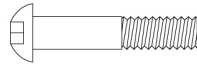
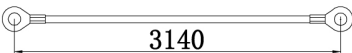
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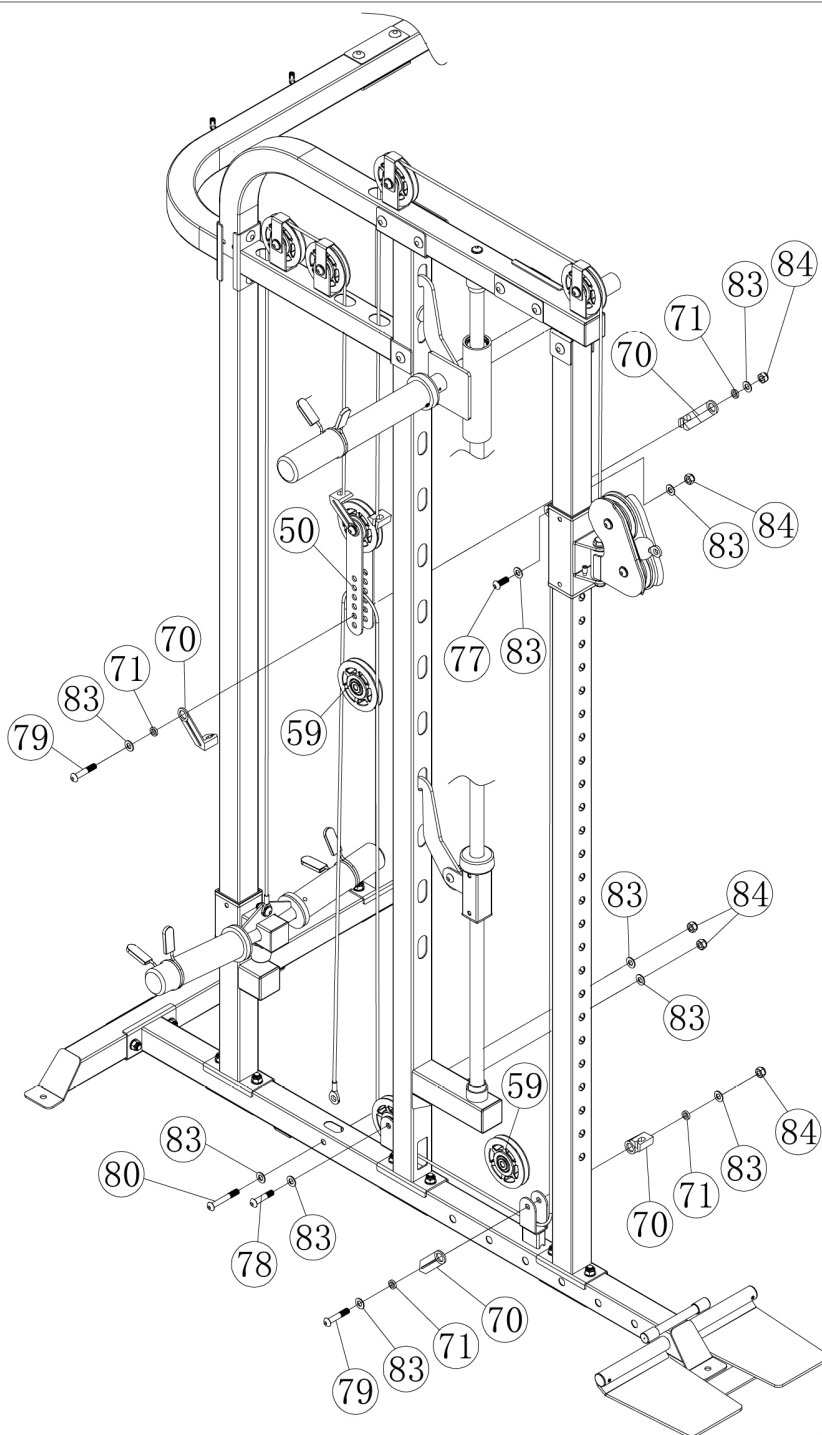
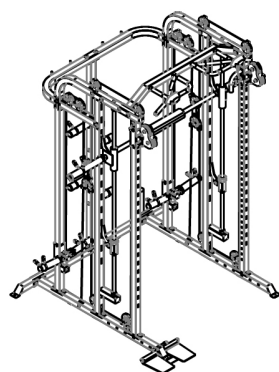
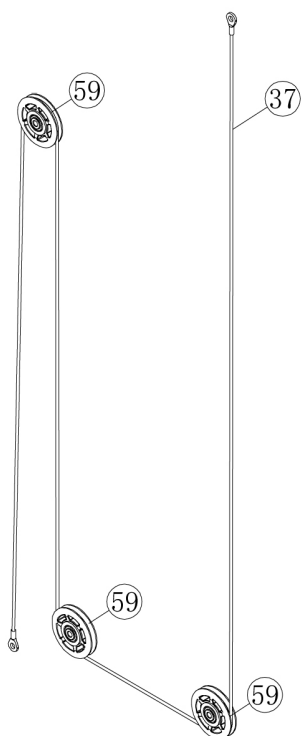
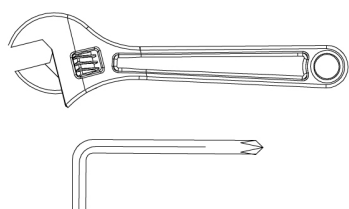


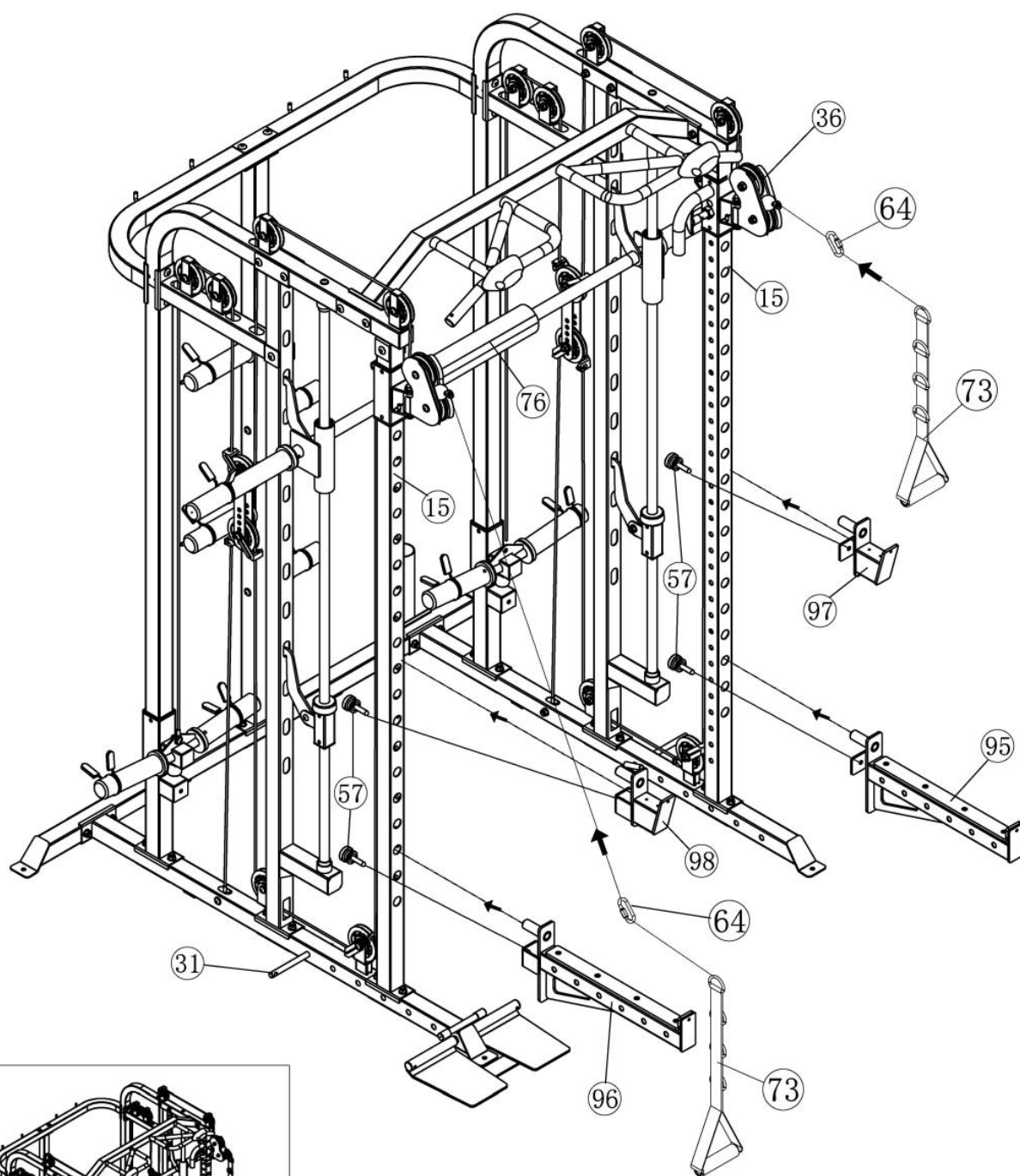
11

- 77  × 2 M10×25mm 78  × 4 M10×45mm
 83  × 32 ∅ 10 79  × 10 M10×50mm
 84  × 16 M10 36  5480 × 2

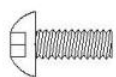


- 77  × 2 M10×25mm 78  × 2 M10×45mm
 83  × 20 Ø 10 79  × 4 M10×50mm
 84  × 10 M10 80  × 2 M10×65mm
 37  3140 × 2





101



×5

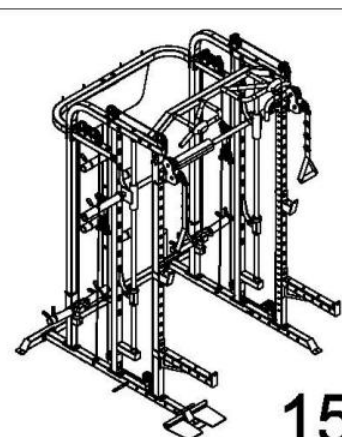
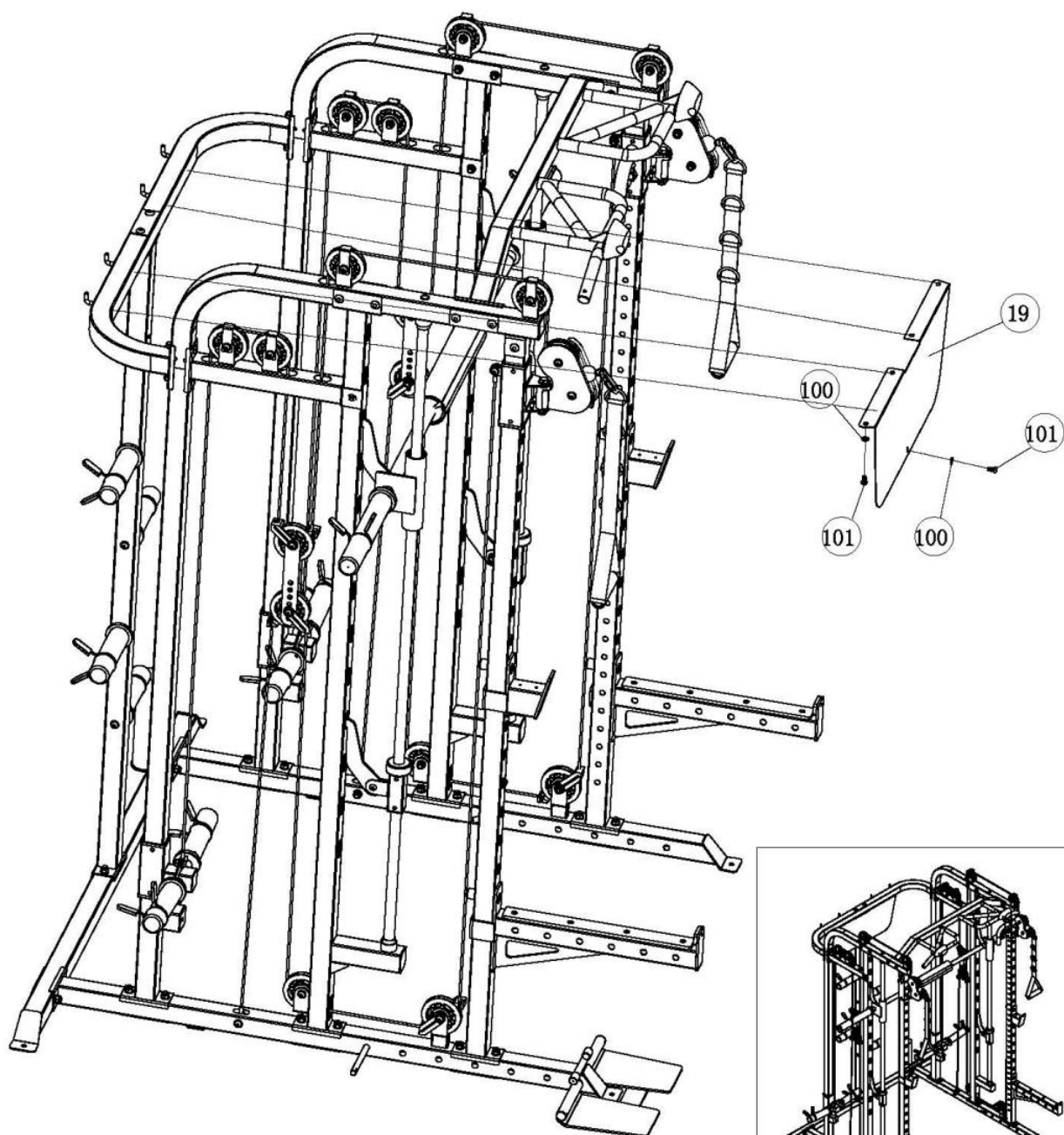
M8×16mm

100

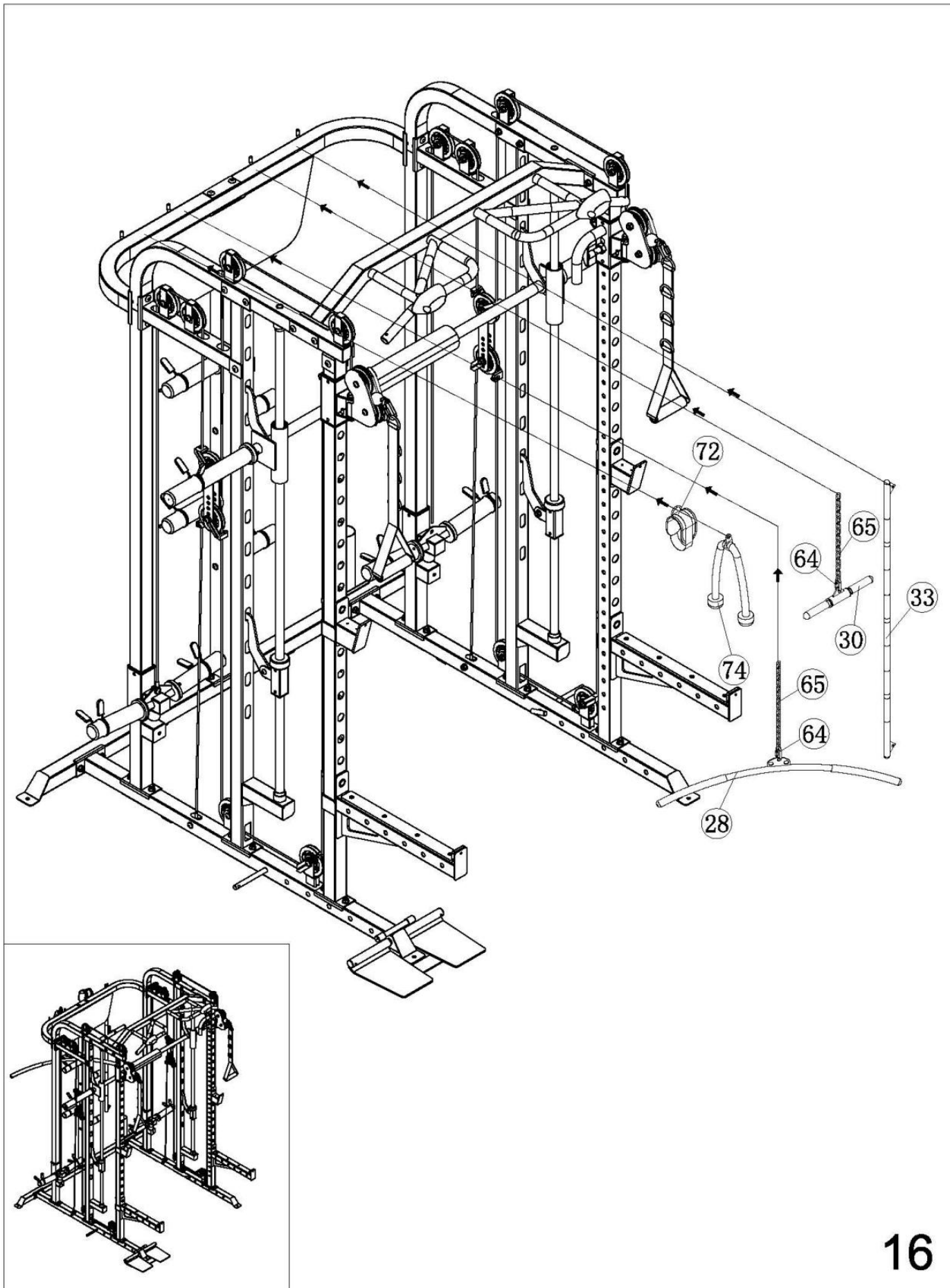


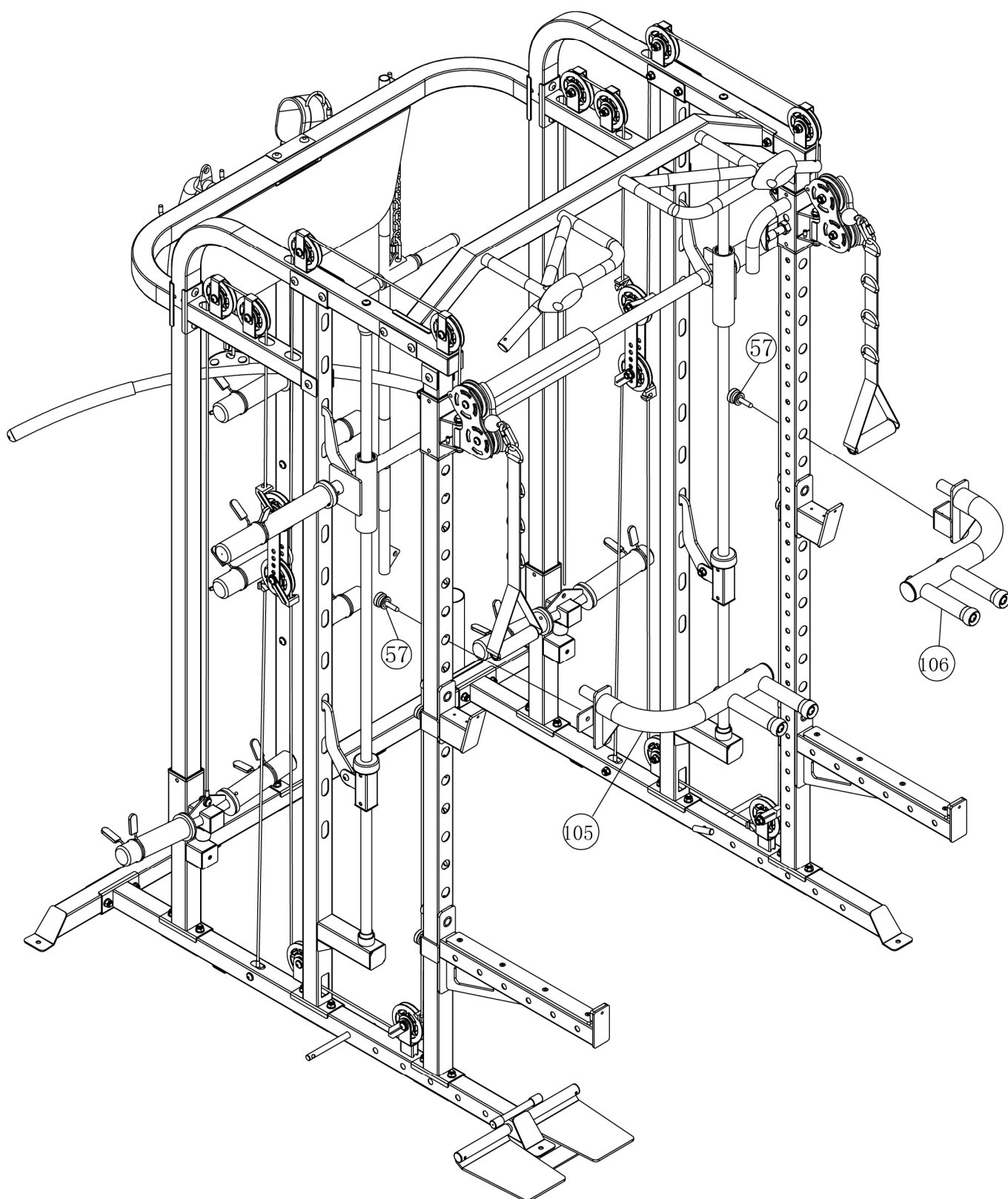
×5

Ø 8



15





SM4500 PARTS LIST – PIEZAS – PIÈCES – PARTI – ERSATZTEIL - PEÇAS

Part No.	Part Description	Qty	Part No.	Part Description	Qty
1	Right Base Frame	1	38	Olympic Sleeve	8
2	Left Base Frame	1	39	Long Olympic Sleeve	2
3	Upper Frame	2	40	Curl Bar Handle Grip	2
4	Upper Rear Support	2	41	Lat Bar Grip	2
5	Middle Vertical Tube	2	42	Grip	2
6	Rear Vertical Tube	2	43	Bushing	2
7	Right Cable Pulley Assembly	1	44	End Cap	4
8	Left Cable Pulley Assembly	1	45	End Cap	2
9	Upper Cross Brace	1	46	End Cap	8
10	Barbell Storage Support	1	47	End Cap	2
11	Rear Base Frame	1	48	End Cap	2
12	Weight Plate Frame	1	49	End Cap	2
13	Foot plate	1	50	Double Floating Pulley Bracket	4
14	Lifting Sleeve	1	51	End Cap	2
15	Front Vertical Tube	2	52	Rubber Bumper	4
16	Multi-Grip Pull up Rack	1	53	Cone-shaped End Cap	2
17	Left Lateral Bar	1	54	Sleeve	8
18	Right Lateral Bar	1	55	Sliding Sleeve	4
19	Poster Board	1	56	48×70×8 Cushion	2
20	Climbing Rocks	2	57	Magnetic Pin	4
21	Guide Rod	2	58	Pulley	4
22	Guide Rod Sleeve	2	59	Pulley	16
23	Lower Safety Stop Frame	2	60	Rubber Bumper	2
24	Safety Hook	2	61	Rubber Bumper	2
25	Weight Trolley	2	62	Spring Clip	10
26	Weight Plate Tube	4	63	Spring Clip Sleeve	20
27	Weight Bar	1	64	C-clip	4
28	Lat Bar	1	65	Long Chain	2
29	Shiver Bar	1	66	Linear Bearing	4
30	Curl Handle	1	67	Bearing	4
31	T-Locking Bar	2	68	C-Clip	4
32	Foot plate Tube	1	69	Guide Rubber Bumper	4
33	Long Bar	1	70	Cable Retainer	12
34	L Cable Retainer	8	71	Cable Retainer Bushings	12
35	Bracket	11	72	Ankle Strap	1
36	Upper Cable	2	73	Single Handle Strap	2

37	Butterfly Cable	2	74	Triceps Rope	1
Part No.	Part Description	Qty	Part No.	Part Description	Qty
75	Barbell Pad	1	93	6#Allen Wrench (Tool)	1
76	Barbell Pad Cover	1	94	M10×80 Allen Bolt	2
77	M10×25 Allen Bolt	18	95	Left safety rack	1
78	M10×45 Allen Bolt	6	96	Right safety rack	1
79	M10×50 Allen Bolt	14	97	Left rack	1
80	M10×65 Allen Bolt	2	98	Right rack	1
81	M10×70 Carriage Bolt	36	99	M10×30 Allen Bolt	4
82	Cable Pulley Locking Pin	2	100	8mm washer	5
83	10mm Washer	104	101	M8×16 Allen bolt	5
84	M10 Aircraft Nut	68	102	45×470×8 Cushion	2
85	M6×6 Allen Screw	2	103	30×50×8 Cushion	4
86	M12×90 Hex Bolt	2	104	5#Allen Wrench (Tool)	1
87	12mm Washer	4	105	Left double bar handle	1
88	M12 Aircraft Nut	2	106	Right double bar handle	1
89	M6×16 Phillips Screw	2	107	Grip	4
90	Double Pulley Assembly	2	108	End Cap	2
91	3#Allen Wrench (Tool)	1	109	spring washer	4
92	4#Allen Wrench (Tool)	1	110	Handle end cover	4

