

**PULLEY RACK WITH SMITH MACHINE
OWNER'S MANUAL**

ITEM CODE: RI-106

australianbarbellco.com



IMPORTANT– PLEASE READ MANUAL BEFORE ASSEMBLY OR USE

BEFORE YOU START

Please take sufficient time to read the installation instructions before assembling.

Remove all parts from packaging, separate and count all components to ensure everything has been correctly provided.

The innovative Modular Design and Preassembly ensures Quick and Easy installation of this machine.

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

SAFETY PRECAUTIONS

- It is recommended two or more people assemble the equipment to avoid injury.
- Assemble the equipment on a flat level surface.
- Consider placing a mat under the equipment to protect your floor.
- Wear safety footwear and clothing during assembly and use.
- Initially tighten nuts and bolts by hand until assembly is complete.
- Ensure you correctly orientate each piece before attaching.
- Do not allow children and pets to be unsupervised around the assembly or usage of this Equipment
- Ensure all parts are in full working order before use.
- Only one person should use the machine at any one time.
- Keep hair, fingers or clothing away from moving parts.
- Only use attachments recommended by the manufacturer.
- Never operate if any parts are not functioning correctly.
- Always correctly stretch and warm up before using the equipment.
- **Stop immediately** if you experience any pain, dizziness or nausea. See a doctor at once.

AUSTRALIAN BARBELL COMPANY ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

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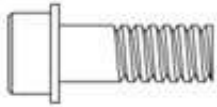
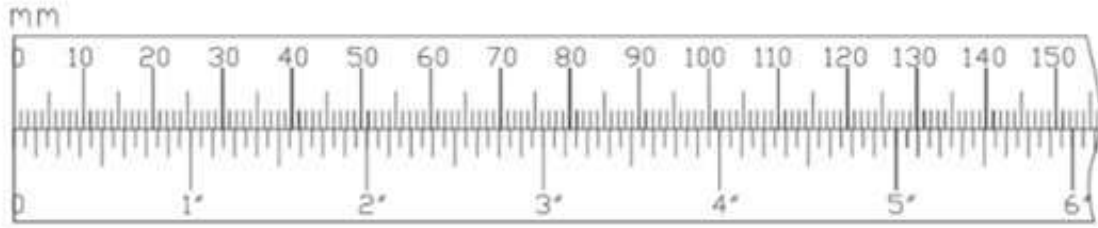
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PART LISTING

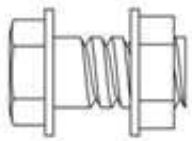
| ITEM NO. | PARTS | SPECIFICATION | UNIT | QTY | MARKS |
|----------|---|---------------|------|-----|---------------------------|
| 1 | FRONT UPRIGHT | 75×75×2300mm | PCS | 2 | |
| 2 | REAR UPRIGHT | 75×75×2300mm | PCS | 2 | |
| 3 | CROSSMEMBER | 75×75×900mm | PCS | 4 | |
| 4 | REAR CROSSBEAM WITH LOGO BASE | 75×75×1100mm | PCS | 1 | LOGO PLATE |
| 5 | FRONT EXTRA LEG | 75×75×550mm | PCS | 2 | |
| 6 | SLIDING PULL UP BAR | φ32×1100mm | PCS | 1 | |
| 7 | REAR BOTTOM CROSSBEAM | 75×75×1088mm | PCS | 1 | |
| 8 | RIGHT SAFETY SPOTTER | 75×75×600mm | PCS | 1 | |
| 9 | LEFT SAFETY SPOTTER | 75×75×600mm | PCS | 1 | |
| 10 | BARBELL HOLDER | φ50×250mm | PCS | 1 | |
| 11 | RIGHT J CUP | | PCS | 1 | |
| 12 | LEFT J CUP | | PCS | 1 | |
| 13 | STAINLESS STEEL LOGO PLATE | | PCS | 1 | |
| 14 | WEIGHT STACKS | 5kg | PCS | 30 | |
| 15 | FIRST WEIGHT STACKS | 5kg | PCS | 2 | |
| 16 | WEIGHT STACK SELECTED BAR | 15+1 | PCS | 2 | 15+1 Select Holes |
| 17 | WEIGHT STACK GUIDE ROD | φ20mm | PCS | 4 | |
| 18 | UPPER CABLE-PULLY SYSTEM ASSEMBLY PLATE | | PCS | 4 | |
| 19 | WEIGHT STACK GUIDE ROD UPPER BRACKET | | PCS | 2 | |
| 20 | PULLEY RETAINING BRACKET | | PCS | 2 | |
| 21 | WEIGHT STACK GUIDE ROD BOTTOM BRACKET | | PCS | 2 | |
| 22 | ADJUSTABLE ROLLER BOX | | PCS | 2 | |
| 23 | FUNCTIONAL TRAINER PULLEY BOX | | PCS | 2 | |
| 24 | CABLES | φ6mm | SET | 2 | |
| 25 | SMITH MACHINE UPRIGHT | RIGHT | PCS | 1 | |
| 26 | SMITH MACHINE UPRIGHT | LEFT | PCS | 1 | |
| 27 | SMITH MACHINE GUIDE ROD | φ30mm | PCS | 2 | |
| 28 | SMITH MACHINE HOOK ROD | φ25mm | PCS | 24 | |
| 29 | SMITH MACHINE GUIDE ROD SLEEVE | RIGHT | PCS | 1 | |
| 30 | SMITH MACHINE GUIDE ROD SLEEVE | LEFT | PCS | 1 | |
| 31 | SMITH MACHINE BARBELL | φ28mm | PCS | 1 | |
| 32 | SMITH MACHINE SAFETY RIGHT | RIGHT | PCS | 1 | |
| 33 | SMITH MACHINE SAFETY LEFT | LEFT | PCS | 1 | |
| 34 | SMITH MACHINE HOOK RIGHT | RIGHT | PCS | 1 | |
| 35 | SMITH MACHINE HOOK LEFT | LEFT | PCS | 1 | |
| 36 | ALUMINUM PULLEY | φ90mm | PCS | 4 | |
| 37 | ALUMINUM PULLEY | φ70mm | PCS | 10 | |
| 38 | ALUMINUM PULLEY | φ54mm | PCS | 2 | |
| 39 | RED PIN | φ25mm | PCS | 2 | |
| 40 | RED PIN RING | | PCS | 2 | |
| 41 | WEIGHT STACKS WASHER | φ20mm | PCS | 8 | |
| 42 | WEIGHT STACK SELECTED PINS | φ11mm | PCS | 2 | |
| 43 | ALUMINUM HANDLE | | PCS | 2 | |
| 44 | NYLON ROLLER | φ30mm | PCS | 8 | for Adjustable Roller Box |
| 45 | SPRING COTTER | φ25mm | PCS | 2 | for Adjustable Roller Box |
| 46 | COPPER BUSH | φ12mm | PCS | 4 | |
| 47 | END CAP | 75×75mm | PCS | 4 | |
| 48 | INSIDE HEX NUTS & BOLTS | M8×30mm | SET | 8 | |
| 49 | HEX NUTS&BOLTS | M10×50mm | SET | 18 | |
| 50 | HEX NUTS&BOLTS | M10×110mm | SET | 8 | |
| 51 | HEX NUTS&BOLTS | M12×80mm | SET | 2 | |
| 52 | HEX NUTS&BOLTS | M24×110mm | SET | 56 | |
| 55 | HEX NUTS&BOLTS | M12×30mm | SET | 28 | |
| 56 | HEX NUTS&BOLTS | M10×25mm | SET | 8 | |

PART IDENTIFICATION

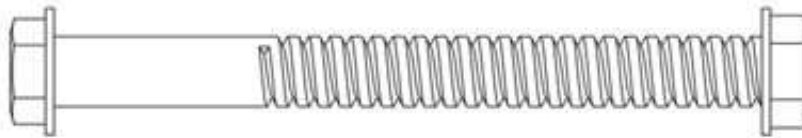
IMPORTANT: IF YOU CANNOT FIND A PART IN THE HARDWARE KIT, CHECK TO SEE IF IT HAS BEEN PREASSEMBLED.



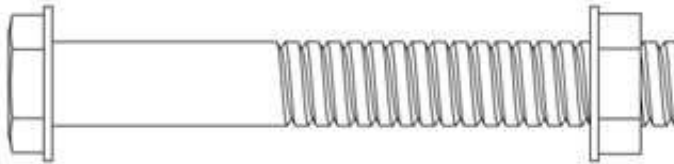
48 × 8



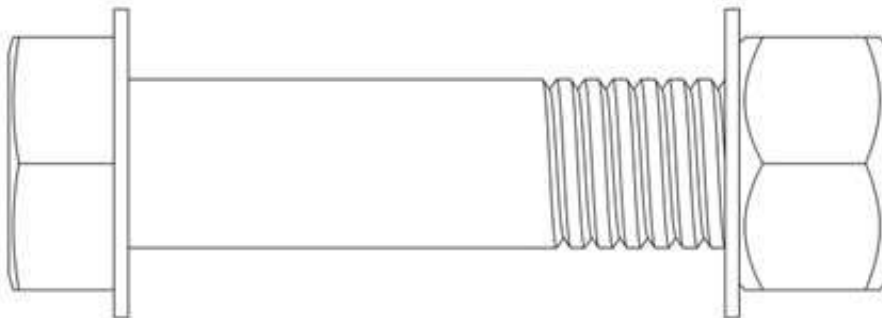
49 × 18



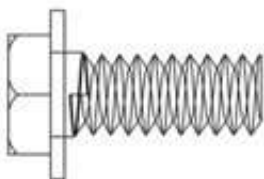
50 × 8



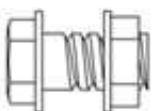
51 × 2



52 × 56




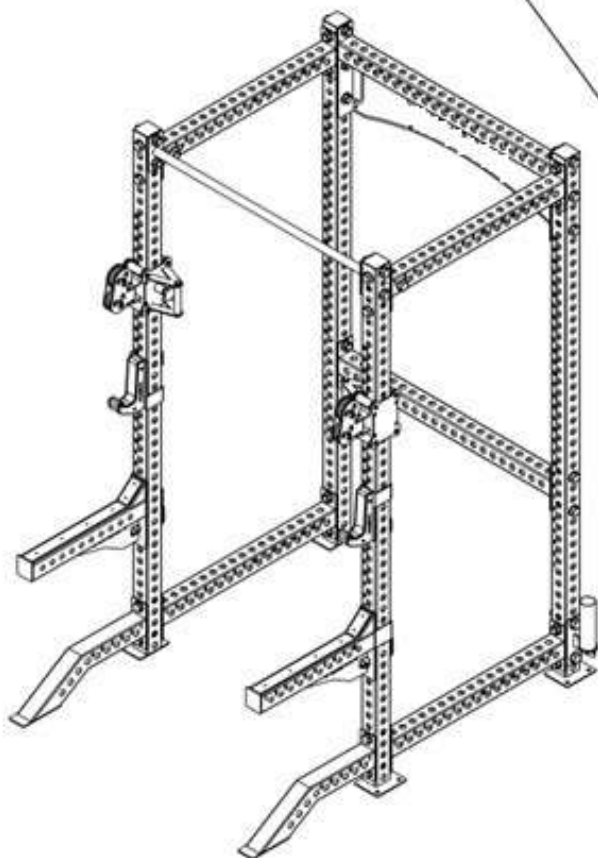
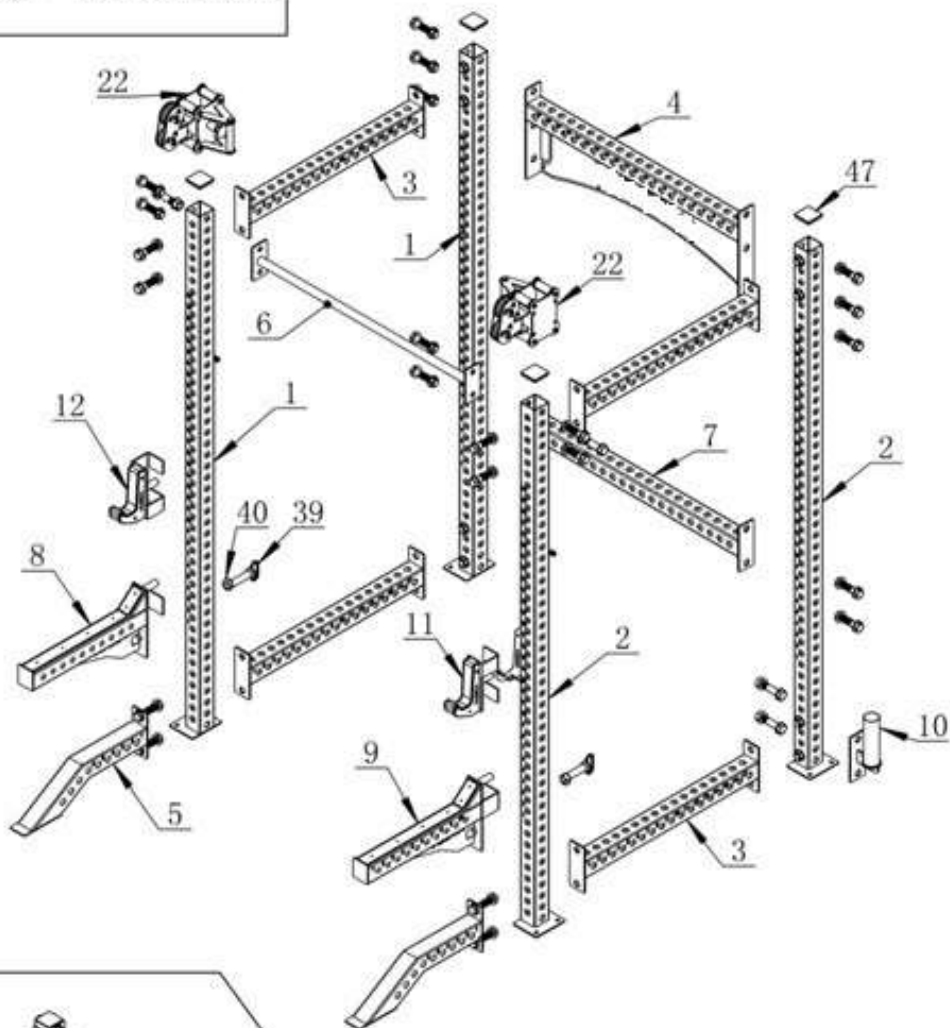
55 × 28



56 × 8

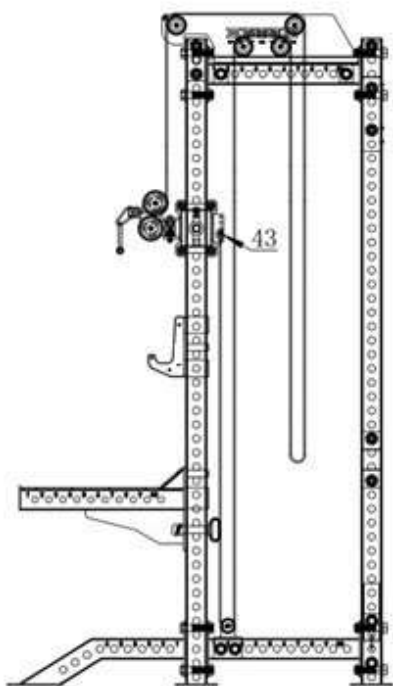
ASSEMBLY STEP 1

52  ×34 M24×110mm

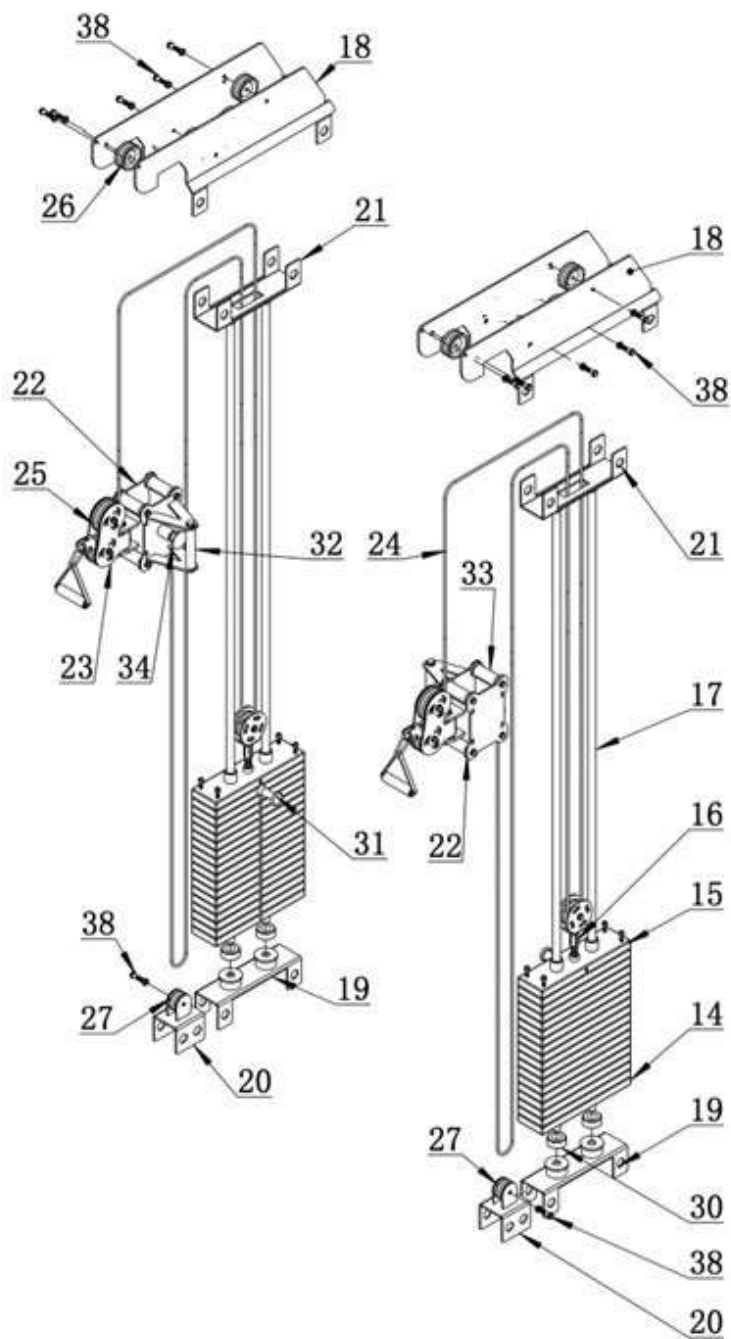
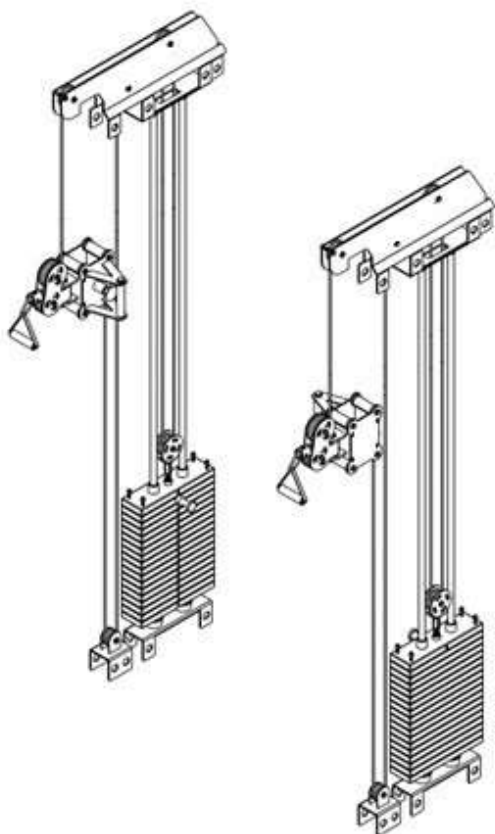


ASSEMBLY STEP 2

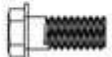
38  ×18 M10×50mm

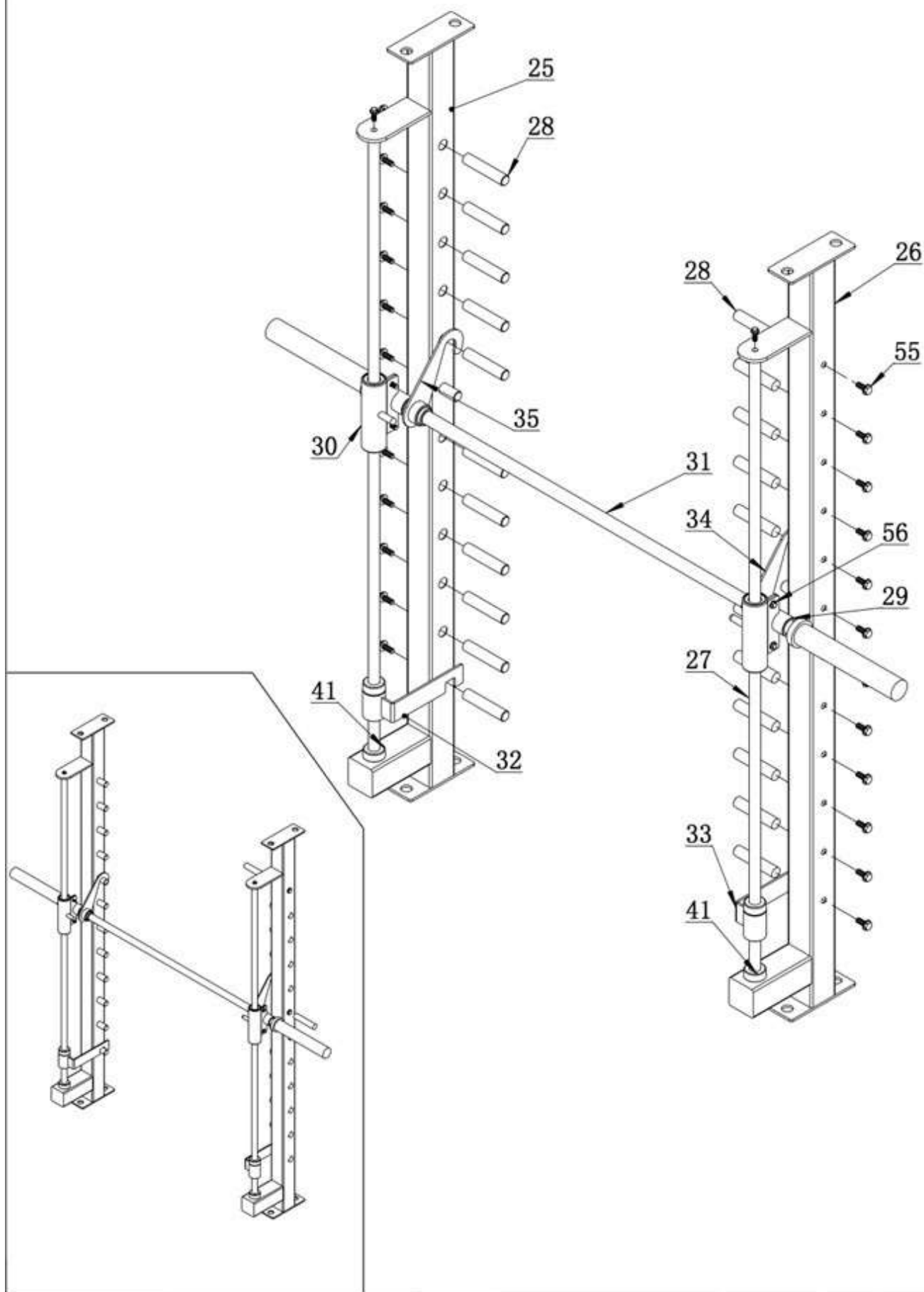


Cable Routing Diagram



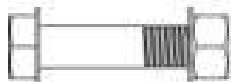
ASSEMBLY STEP 3

55  ×28 M12×30mm

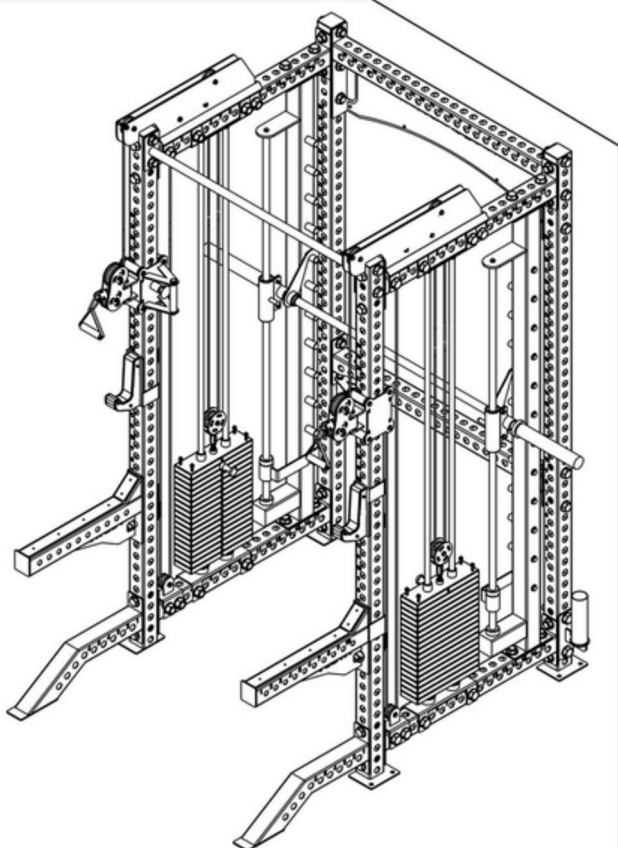
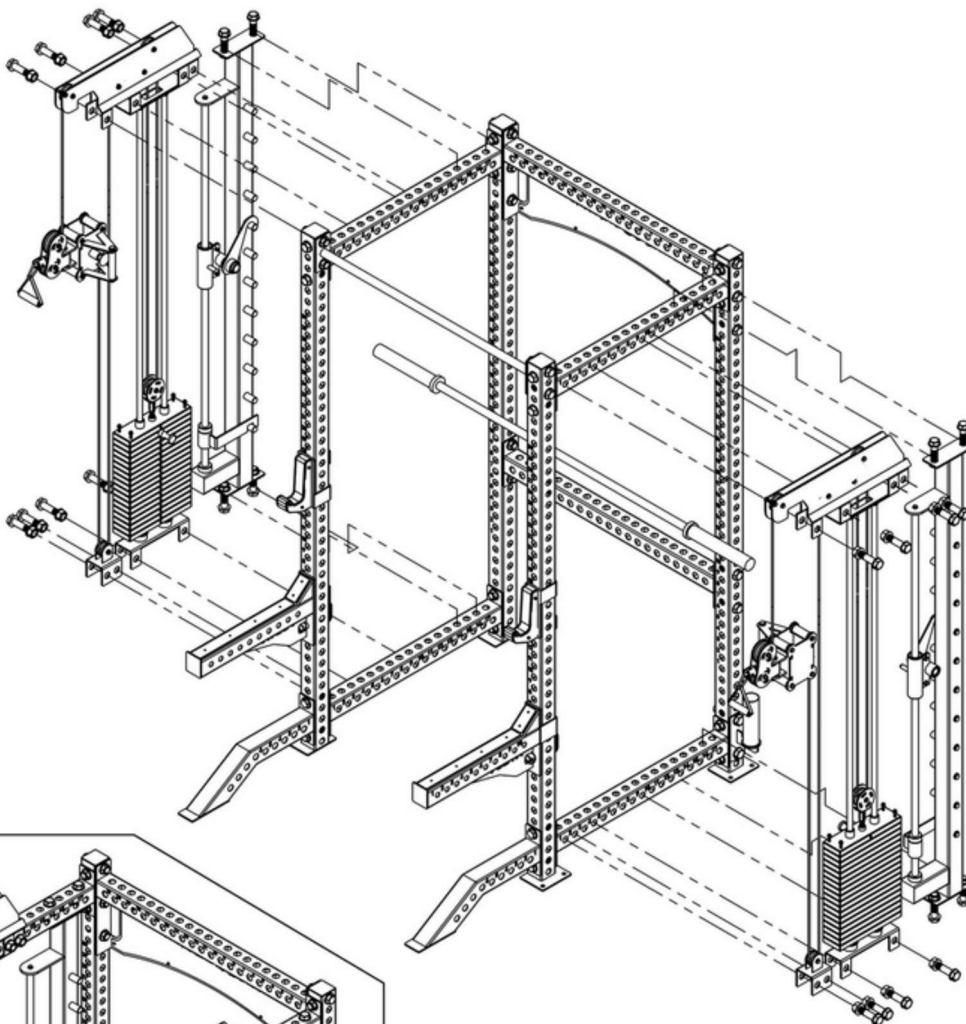


ASSEMBLY STEP 4

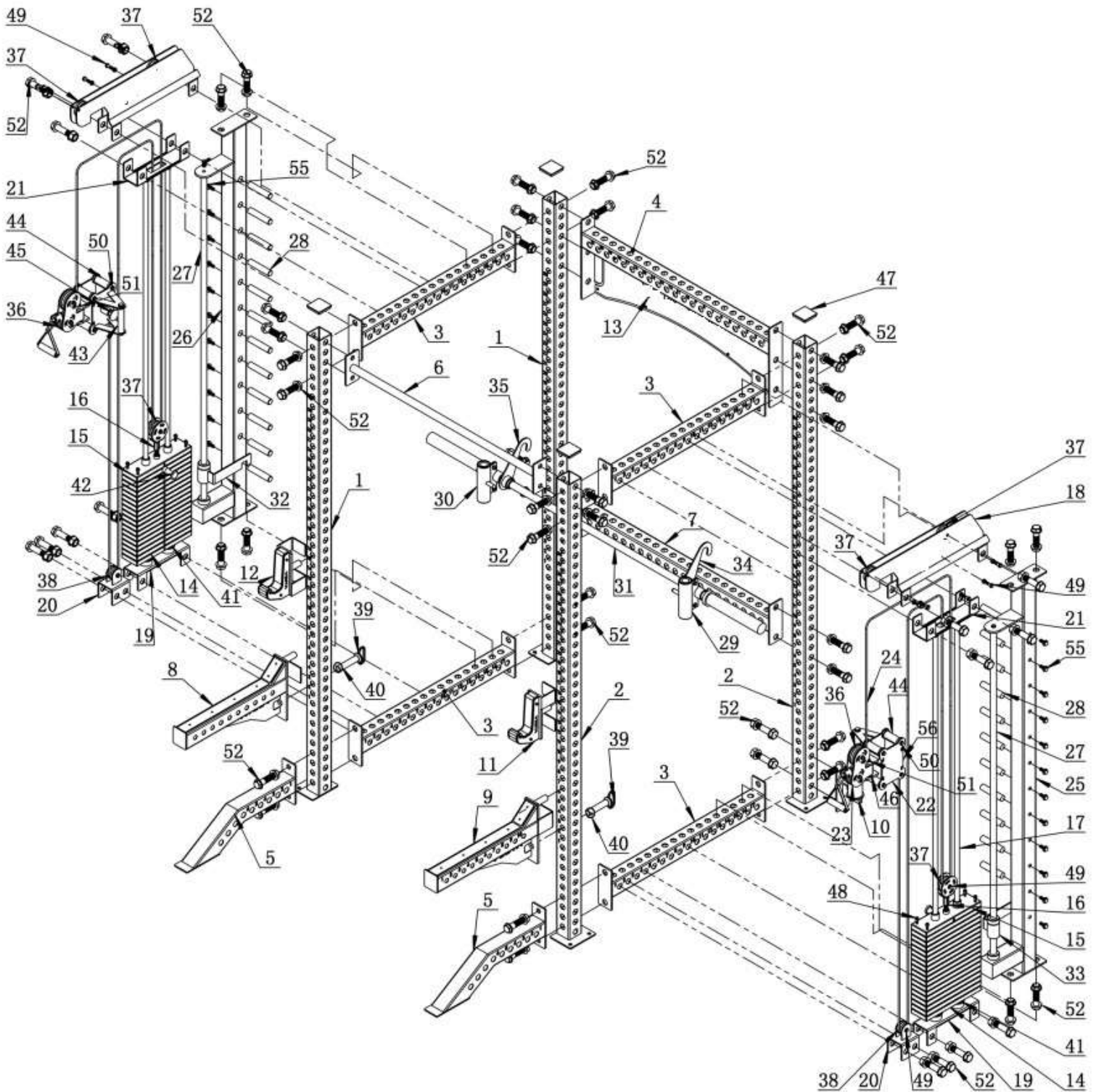
52



X20 M24X 110mm



EXPLODED DIAGRAM



ASSEMBLY DIAGRAM

