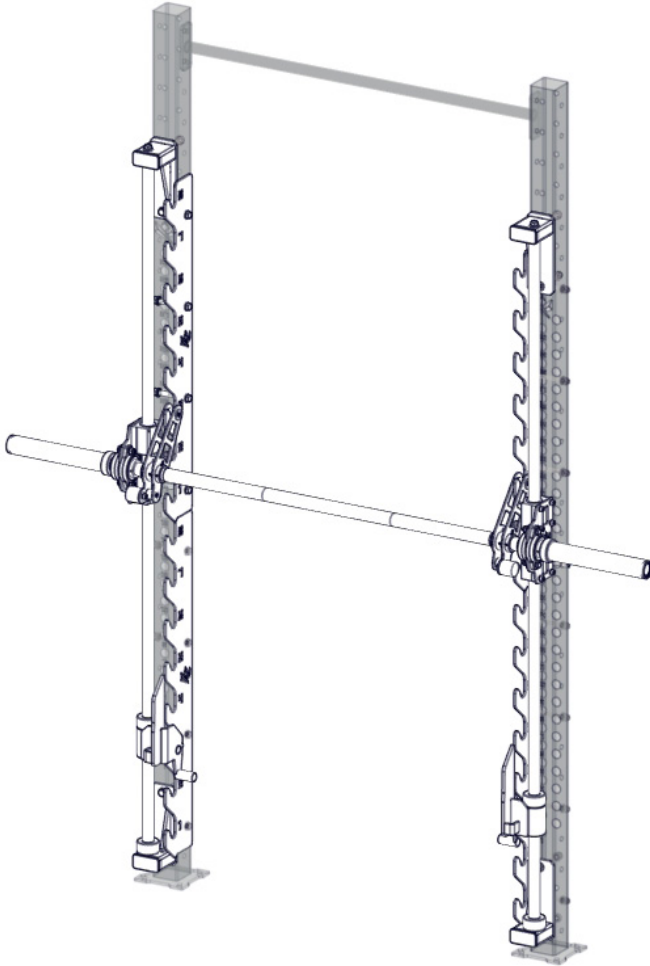


Smith Machine Rig Add-On

(KB05MI-176)



Manufacturer:
Kingsbox d.o.o.
Bazoviška 7a, 6210 Sežana
Slovenia

KingsBox®
BUILDING BETTER HUMANS

Customer service:

Write us on info@kingsbox.com or send us a message through our website at www.kingsbox.com/help

Usage class:

Indoor use - Studio (S)

Designed in compliance with:

ISO 20957

Gym owner shall provide the user with all the warnings and instructions. The training equipment shall only be used in areas where access, supervision and control is specifically regulated by the owner.

For training equipment designed with stacked weights - person exercising should face the training equipment at all times during the exercise to prevent danger to a third party.

Warnings:

- Freestanding equipment shall be installed on a stable and levelled base
- All equipment designed with anchoring/attachement holes (e.g. rigs, racks, equipment and accessories for racks, storage pins/shelves, etc.) should be securely screwed to the fixed ground/wall/structure through all the designated fixing holes and with appropriate sized screws.
- Injuries to health may result from incorrect or excessive training
- Keep unsupervised children away from the equipment

Maximum training mass ⁽¹⁾: 150 kg or 75 kg/sleeve

Barbell weight (with the attached components): 20 kg

Barbell diameter: 35mm

⁽¹⁾ Training mass - achieved through different means of resistance (weight plates, stacked weights, dumbbells, elastic cords, etc.), excluding user's bodyweight.

WARNING!

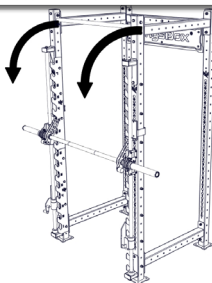
Equipment installed on the rigs and racks:

The structure (rig/rack) onto which the equipment is attached **MUST** be securely anchored into the ground, otherwise a high risk of structure overturning exists.

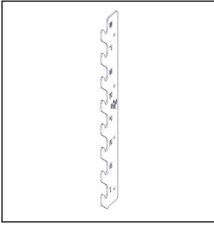
Failure to do so presents a high risk of injuries that could eventually lead to death of the people exercising or present near the equipment.

The fixing bolts for wall and / or floor are not included in the package, since different types of anchor bolts must be used for different wall / floor types.

WARNING!
DANGER OF OVERTURNING.
ANCHOR THE STRUCTURE INTO THE GROUND.

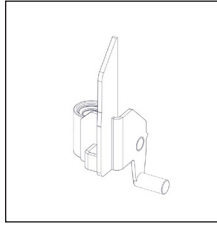


Assembly elements:



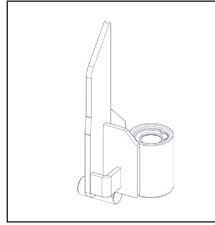
Position 1

Smith Salmon Ladder LH (2x)



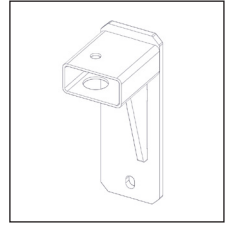
Position 2

Safety Blocker LH (1x)



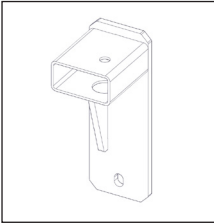
Position 3

Safety Blocker RH (1x)



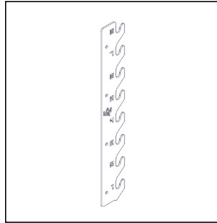
Position 4

Guide Holder 1 (2x)



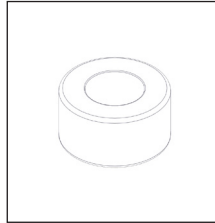
Position 5

Guide Holder 2 (2x)



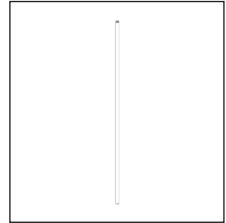
Position 6

Smith Salmon Ladder RH (2x)



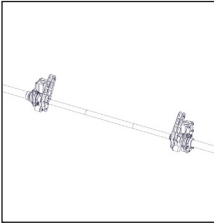
Position 7

Rubber pad (4x)



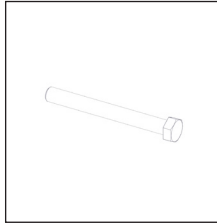
Position 8

Guide f30 (2x)



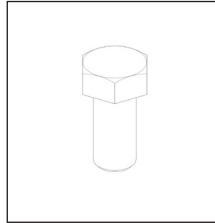
Position 9

Smith Bar Assembly (1x)



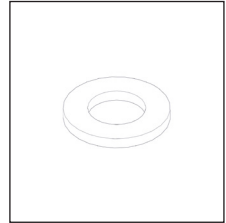
Position 10

M12x110 (24x)



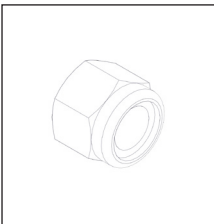
Position 11

M12x25 (4x)



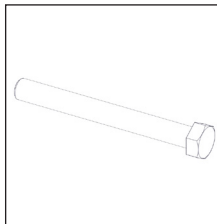
Position 12

Washer M12 (48x)



Position 13

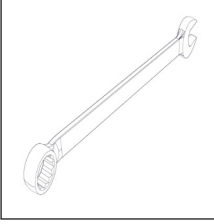
Screw nut M12 (20x)



Position 14

OPTIONAL: M12x120 (4x)

Tools needed:



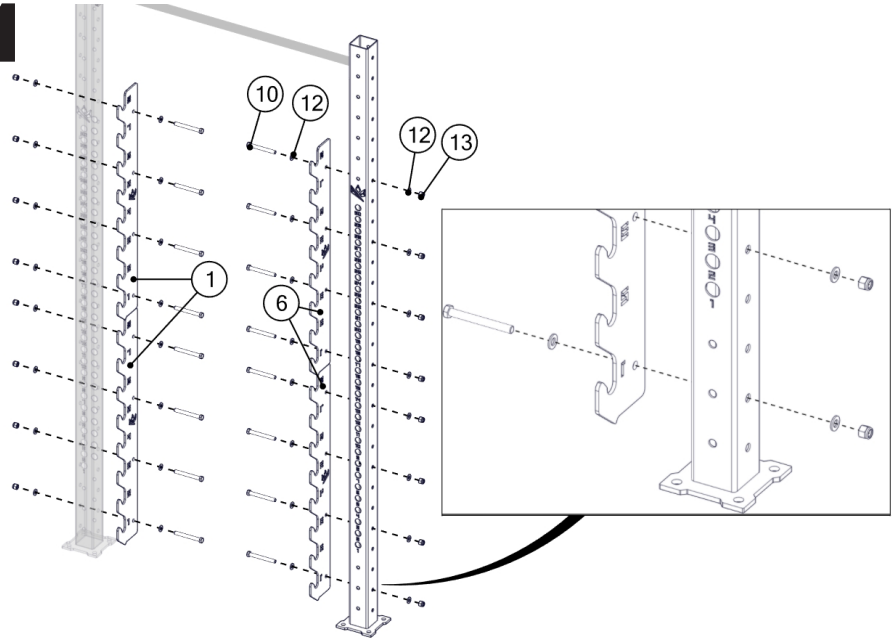
Wrench 19
2x



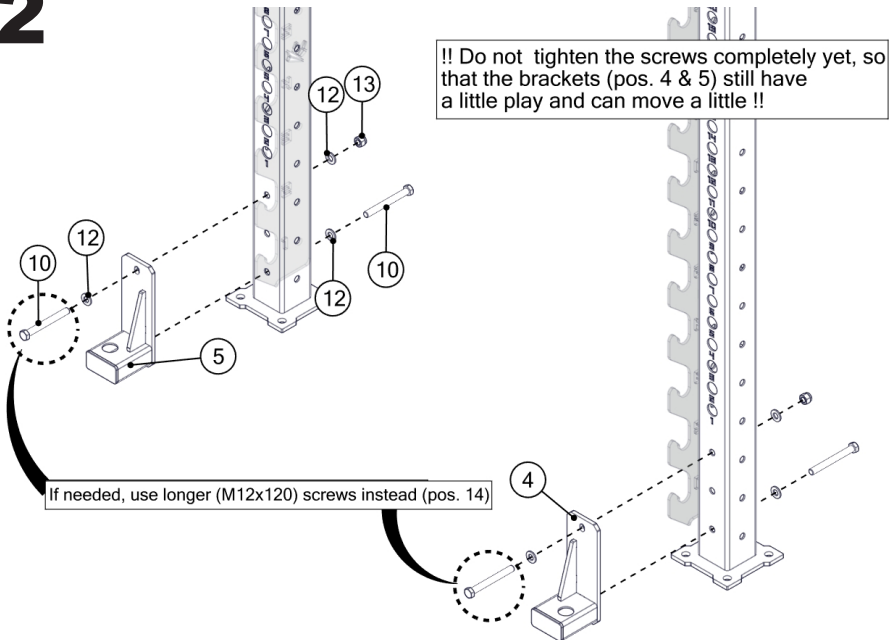
Allen Key 3mm
1x

Assembly instruction:

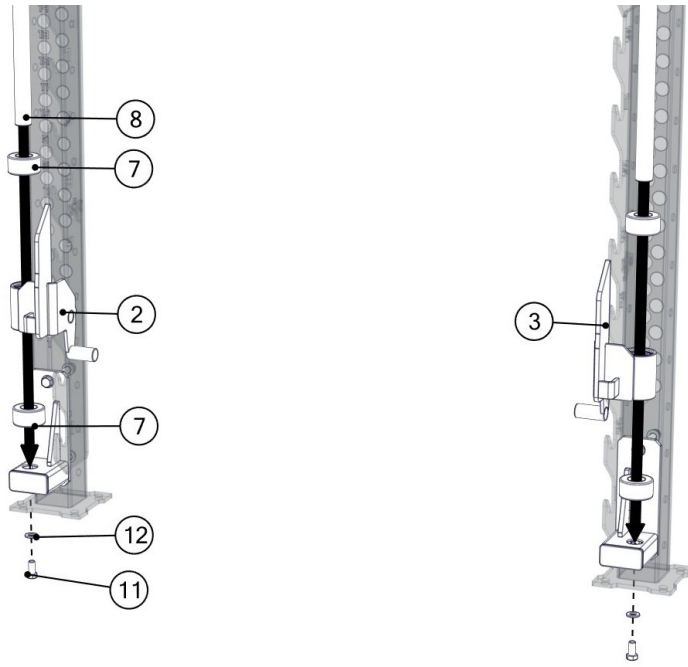
1



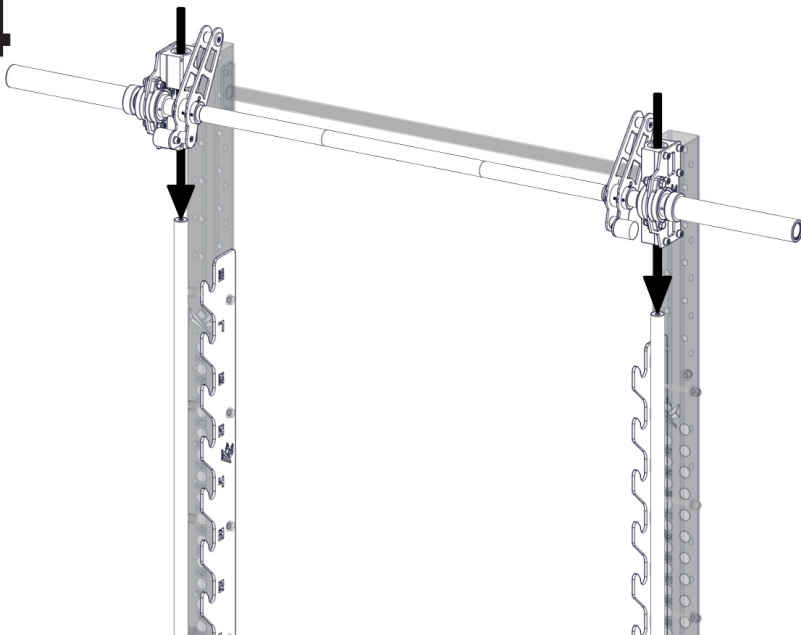
2



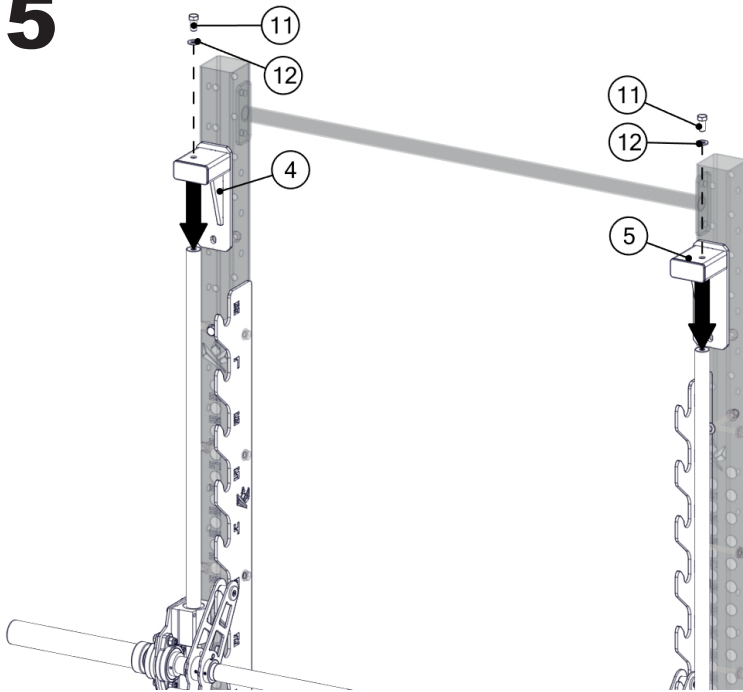
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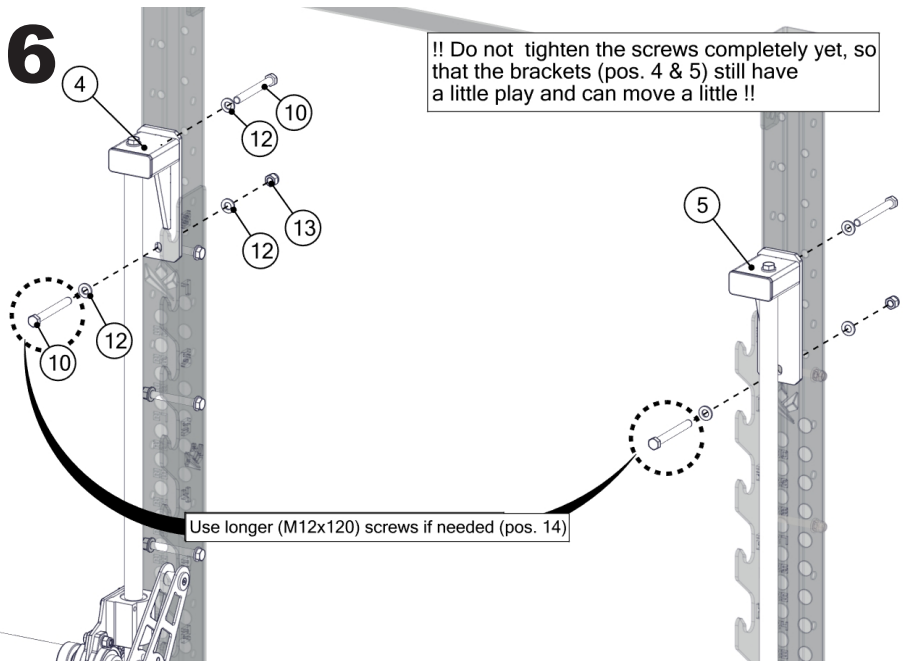
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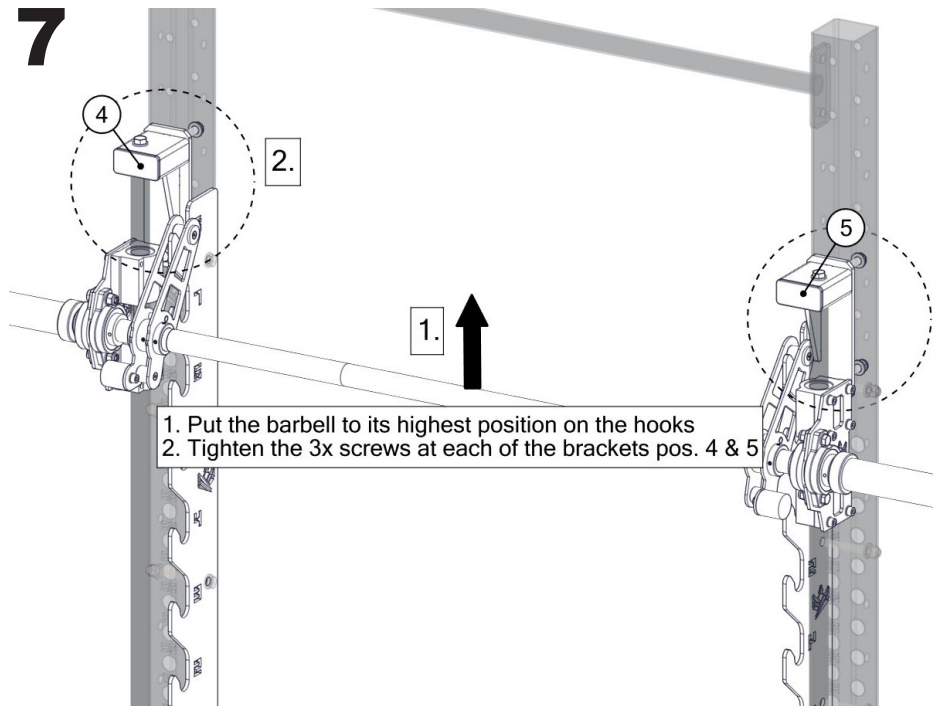
5



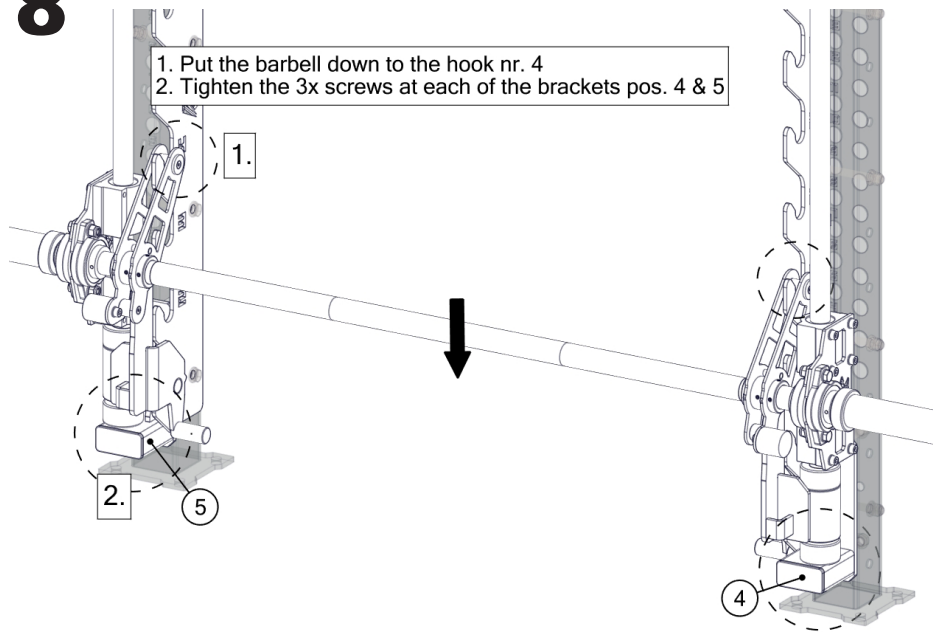
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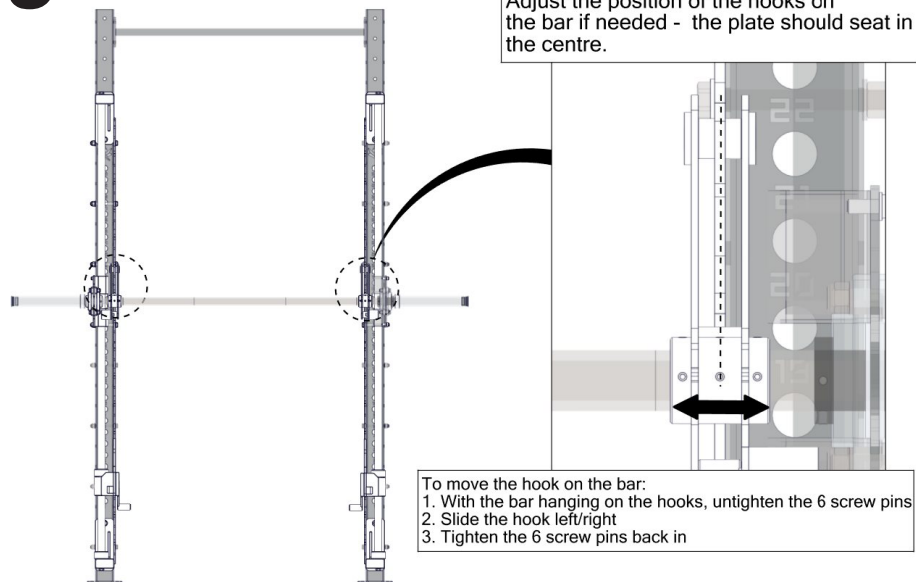
7



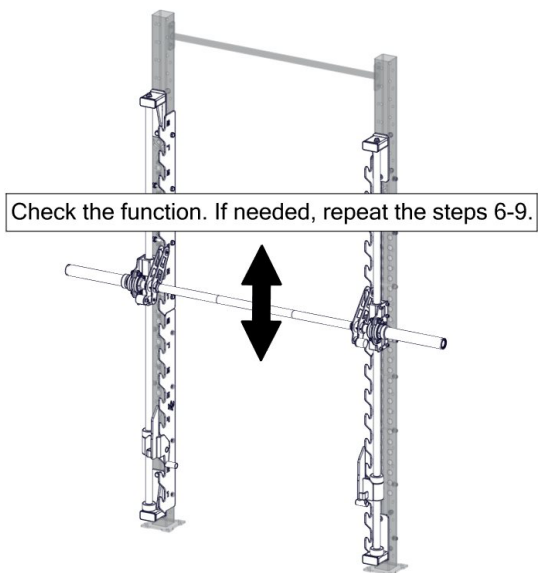
8



9

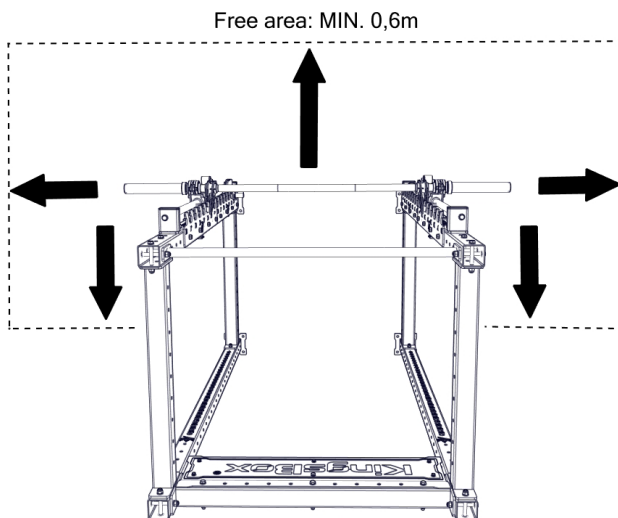


10

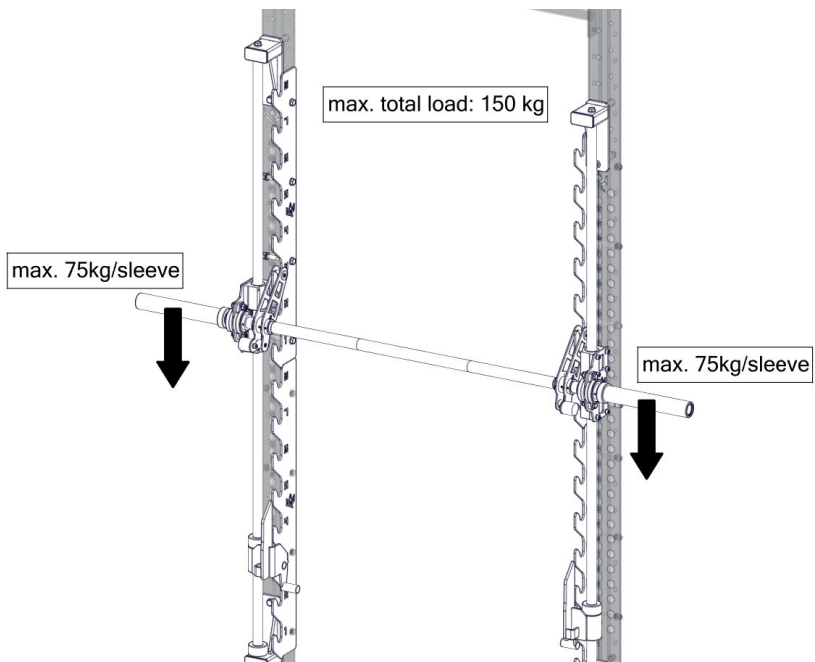


Instructions for use:

Free area around the training equipment should be $>0,6\text{m}$ than the training area in the direction from which the equipment is accessed.

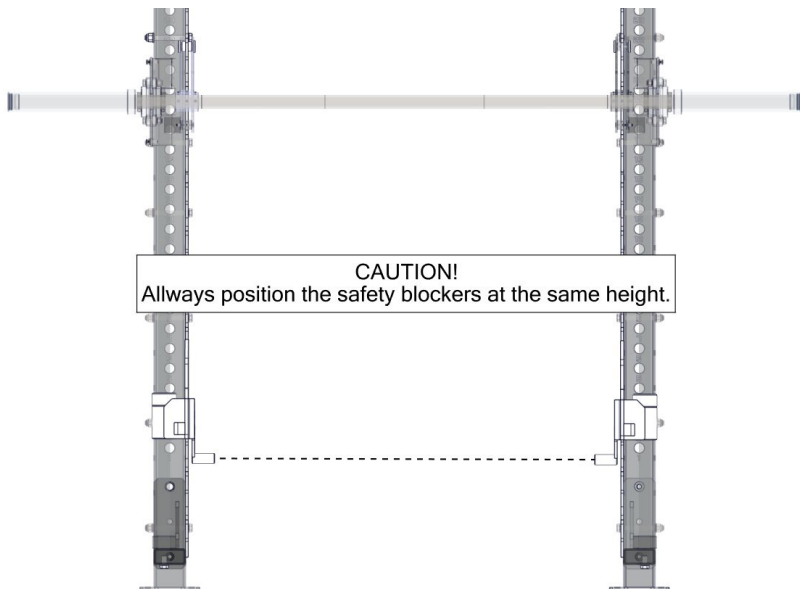
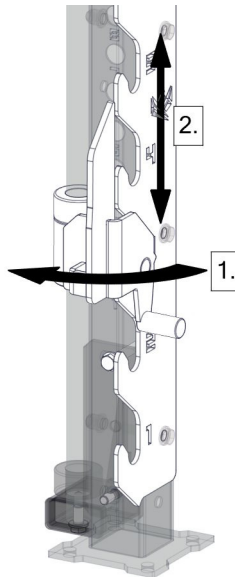


Max. loading/ training mass:



Instructions for use:

- Secure the weight plates with locking collars.
- Sleeve diameter of the bar: 50mm (to be used with olympic weight plates).
- DROP STOP adjustment:



Maintenance:

- Wipe and lubricate the guides regularly. Apply lubricating oil to a clean rag and wipe the guides. Do not spray lubricating oil directly to the guides, to avoid applying excessive amount and thus keep the machine clean.
- Check the machine for loose screws regularly and tighten them if needed. Pay extra attention to the screws around bearing&hook assembly, especially in the marked areas:

