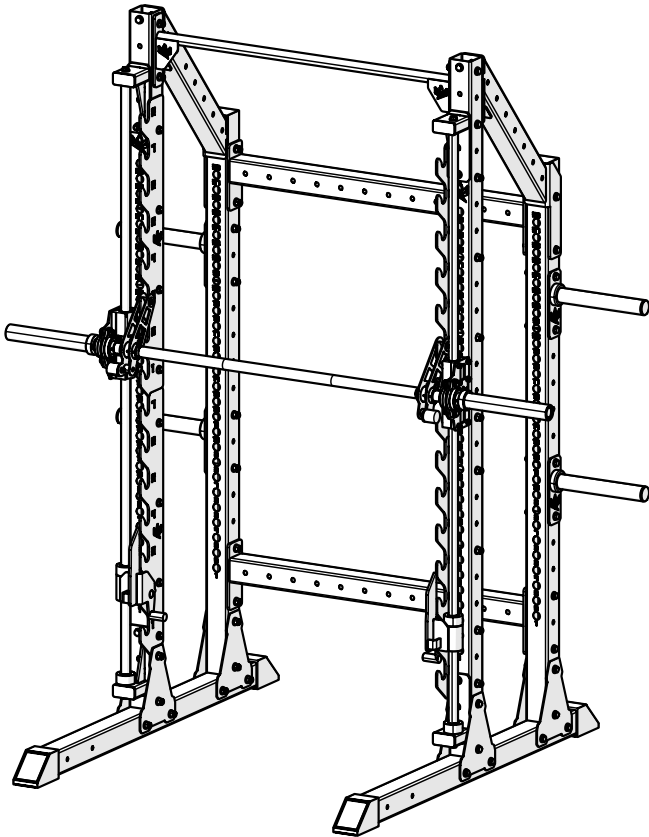


The Mighty Smith Machine

SX-20 Smith Machine Add-on

SX-20 with Smith Machine

(KB06MI-166 / KB05MI-212 / KB04MI-132)



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



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

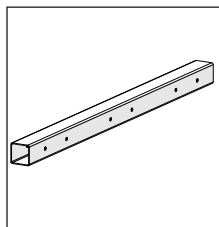
Maximum user body mass (pull up bar): 120 kg

Maximum training mass ⁽¹⁾: 150 kg or 75 kg/sleeve (load the bar symmetrically)

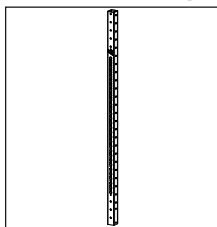
Maximum mass on storage pins: 70 kg/pin

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

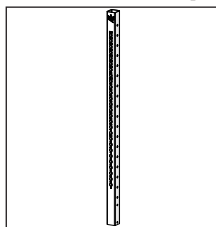
Assembly elements (SX-20 Rack):



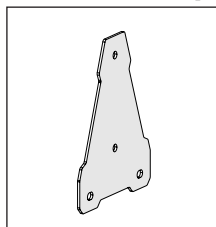
Position 1
SX Mighty Leg (2x)



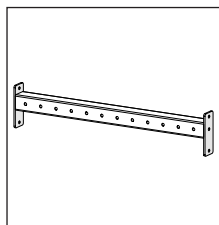
Position 2
Upright F 2300 SX-15 (2x)



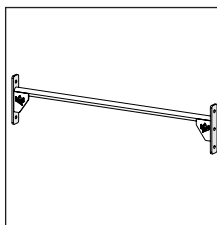
Position 3
Upright F 1820 SX-10 (2x)



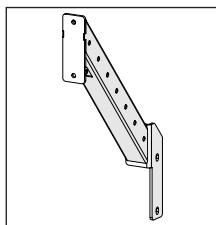
Position 4
Universal SX Support (8x)



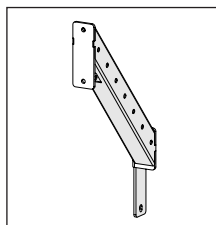
Position 5
Universal Profile F 1100 (2x)



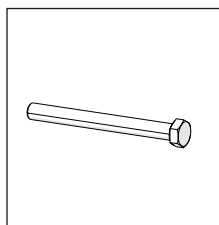
Position 6
PU Bar 1100 (1x)



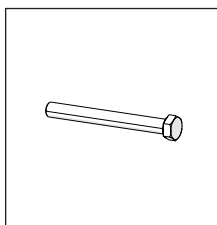
Position 7
SX-20 Linked Profile LH (1x)



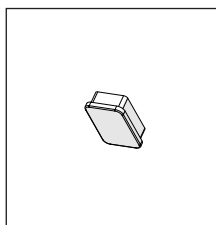
Position 8
SX-20 Linked Profile RH (1x)



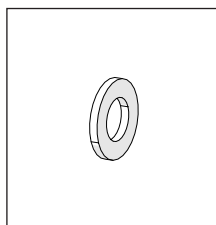
Position 9
M12x120 (4x)



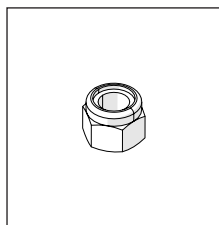
Position 10
M12x110 (30x)



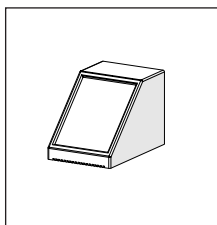
Position 11
Plug 60x40x3 (2x)



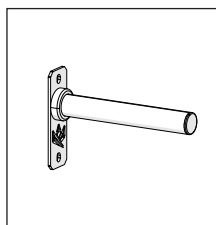
Position 12
Washer M12 (68x)



Position 13
Nut M12 (34x)

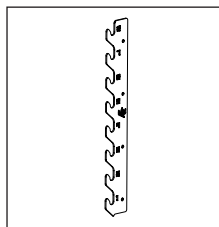


Position 14
Rubber Leg Protection (4x)



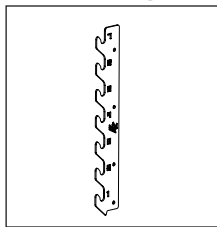
Position 15
Storage Pin (4x)

Assembly elements (Smith Add-on):



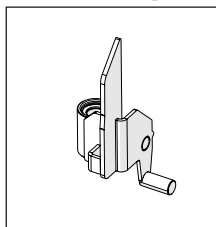
Position 1a

Salmon Ladder LH, 8 pos, (1x)



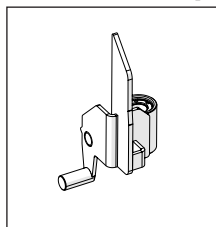
Position 1b

Salmon Ladder LH, 7 pos, (1x)



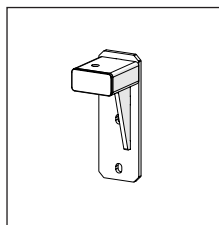
Position 2

Safety Blocker LH (1x)



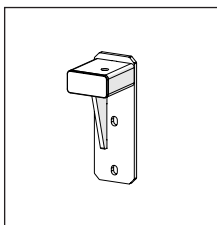
Position 3

Safety Blocker RH (1x)



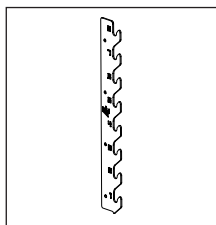
Position 4

Guide Holder 1 (2x)



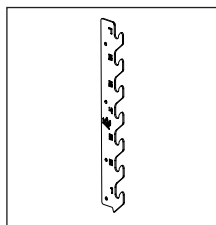
Position 5

Guide Holder 2 (2x)



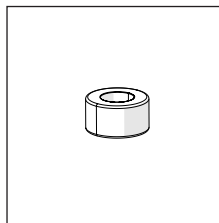
Position 6a

Salmon Ladder RH, 8 pos, (1x)



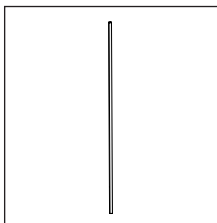
Position 6b

Salmon Ladder RH, 7 pos, (1x)



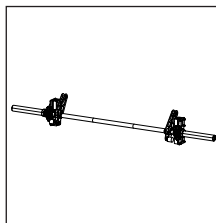
Position 7

Rubber Buffer f32/60 (4x)



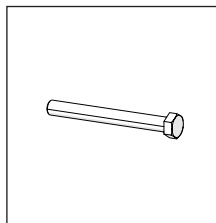
Position 8

Linear Guide f30x2058 (2x)



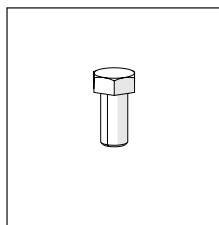
Position 9

Smith Bar Assembly (1x)



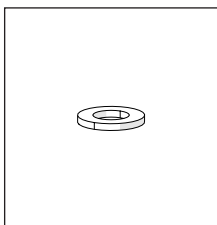
Position 10

M12x110 (24x)



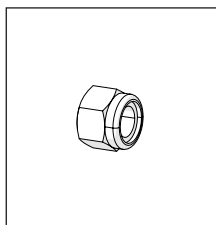
Position 11

M12X25 (4X)



Position 12

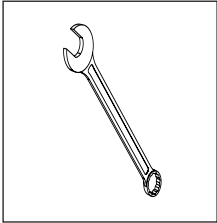
Washer M12 (56x)



Position 13

Nut M12 (20x)

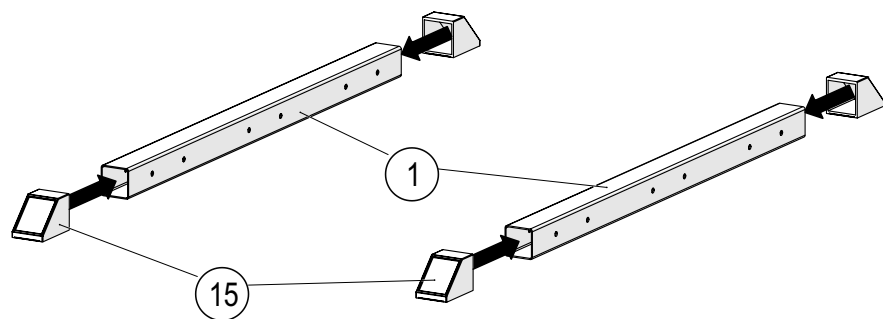
Tools needed:



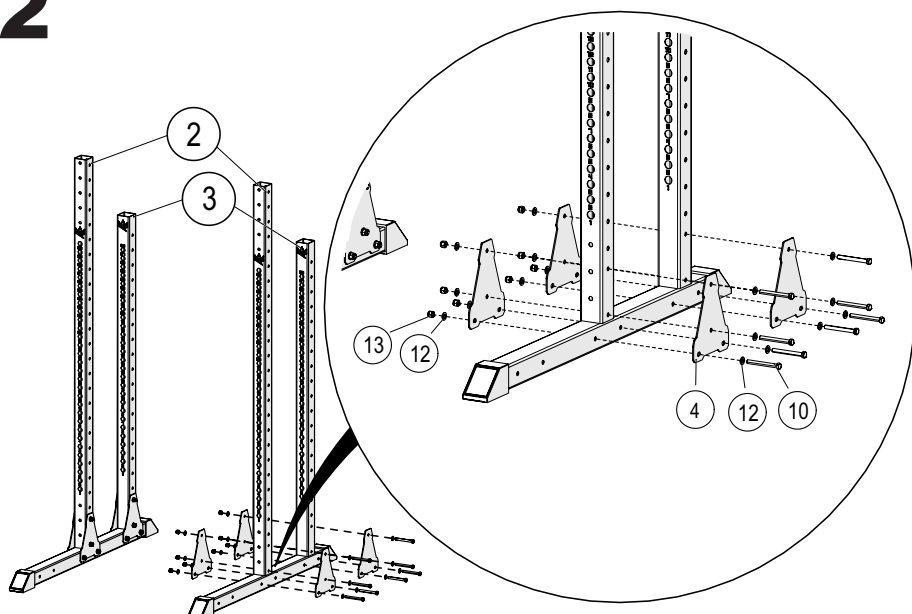
Wrench 19
2x

Assembly instruction:

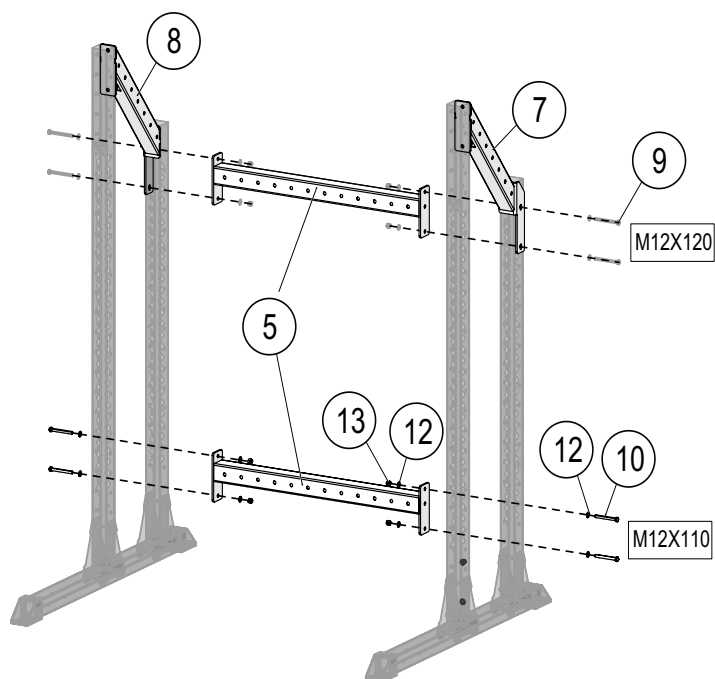
1



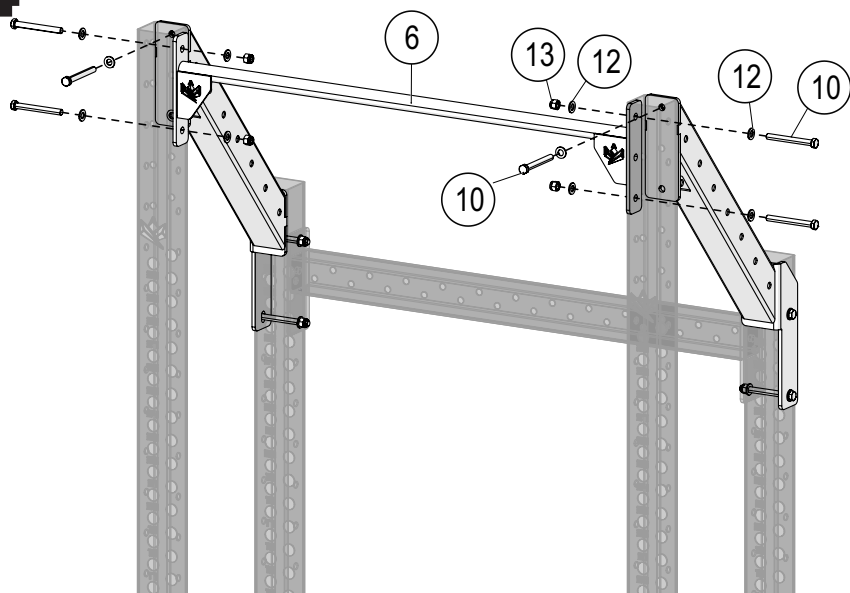
2



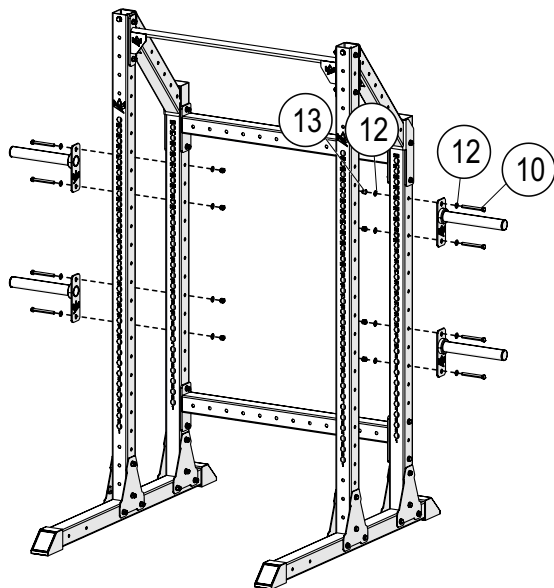
3



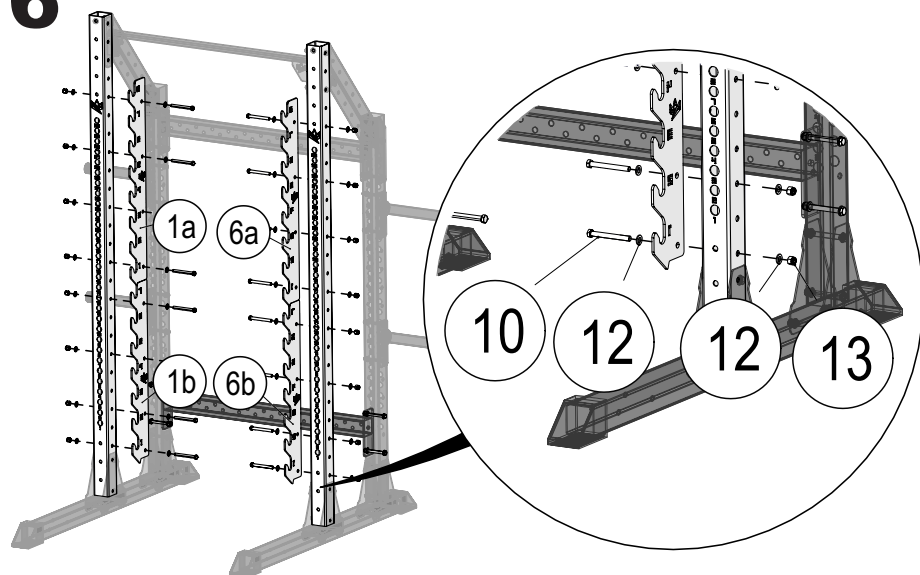
4



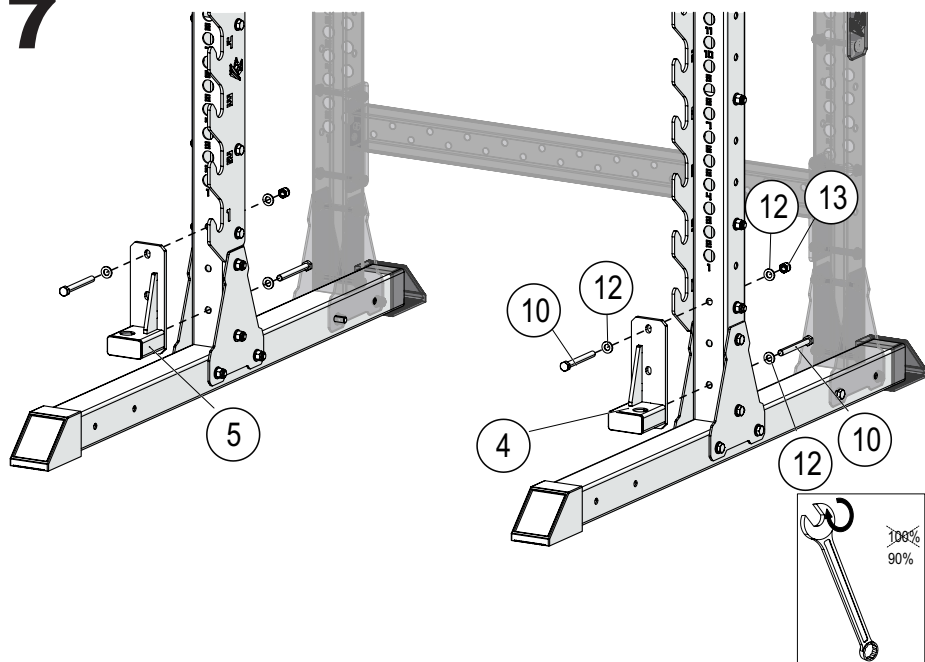
5



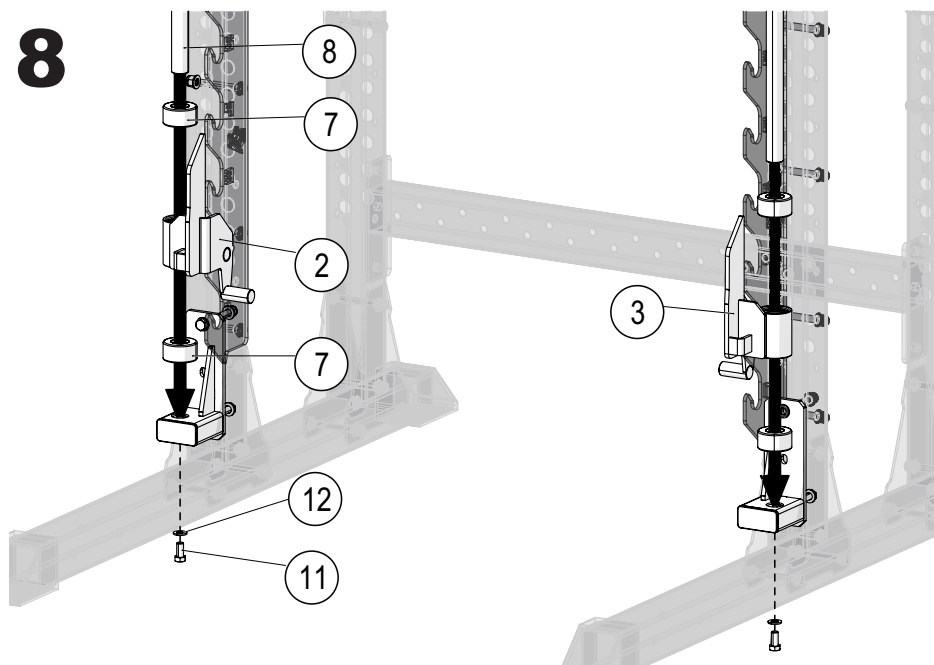
6



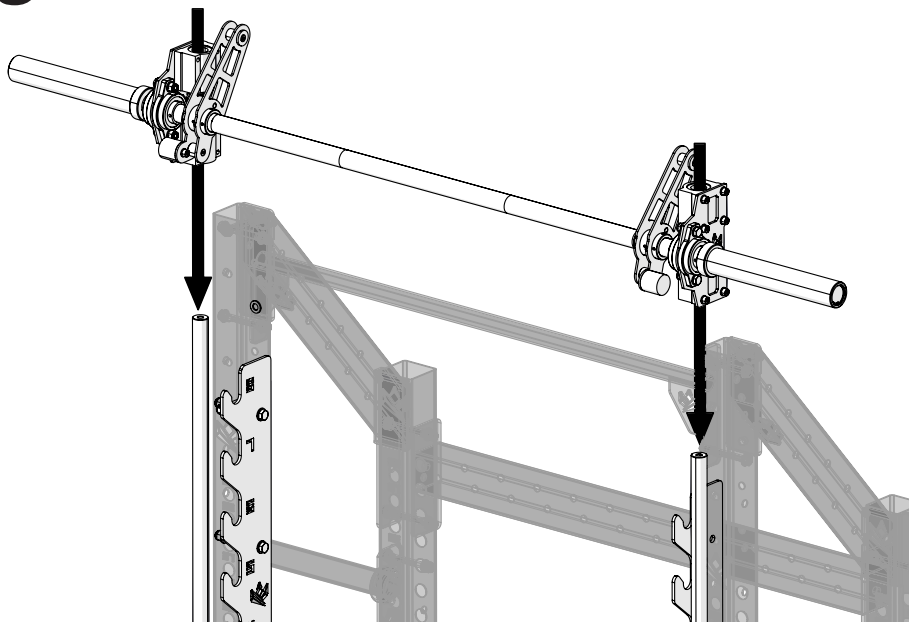
7



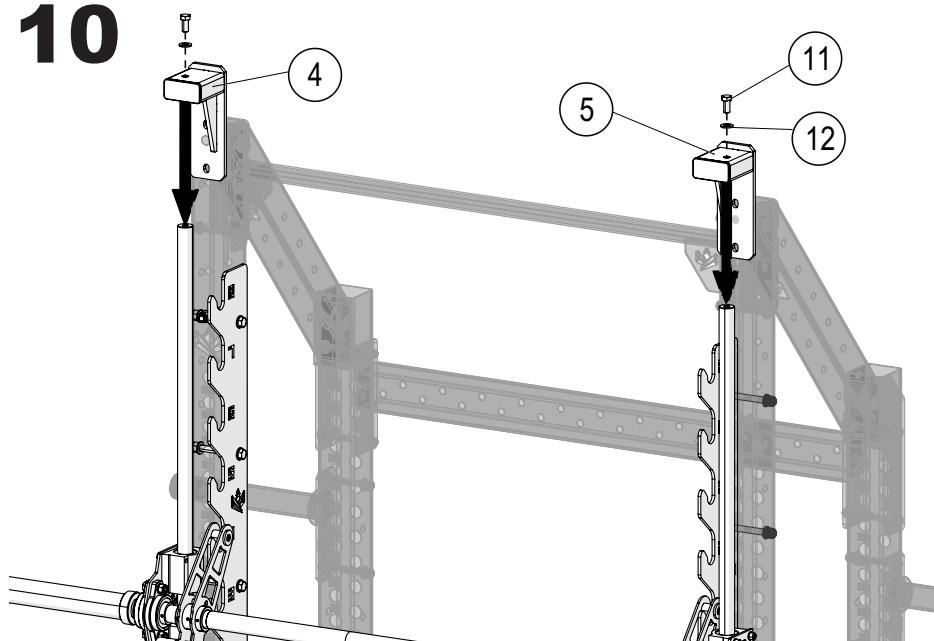
8



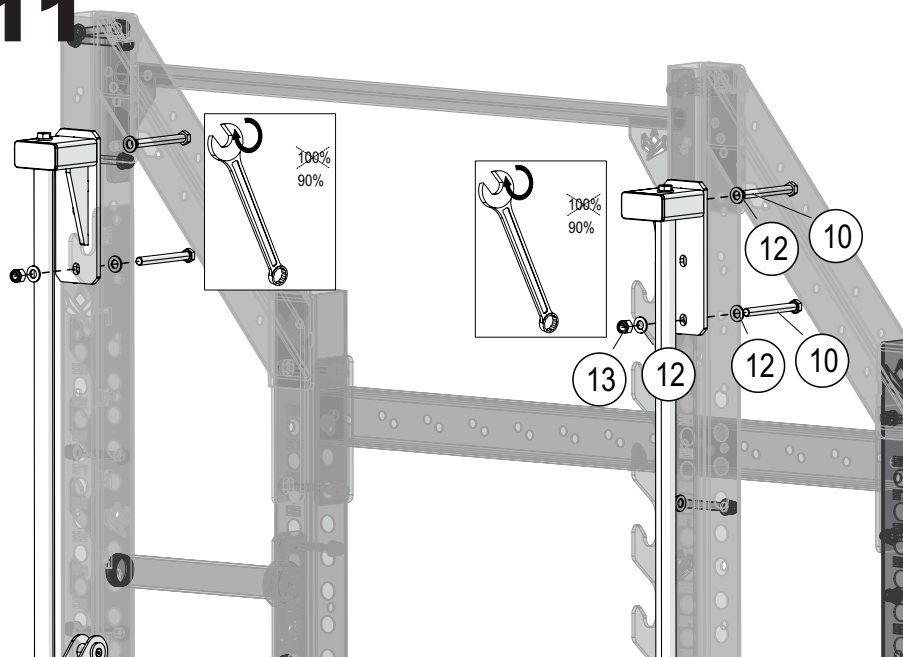
9



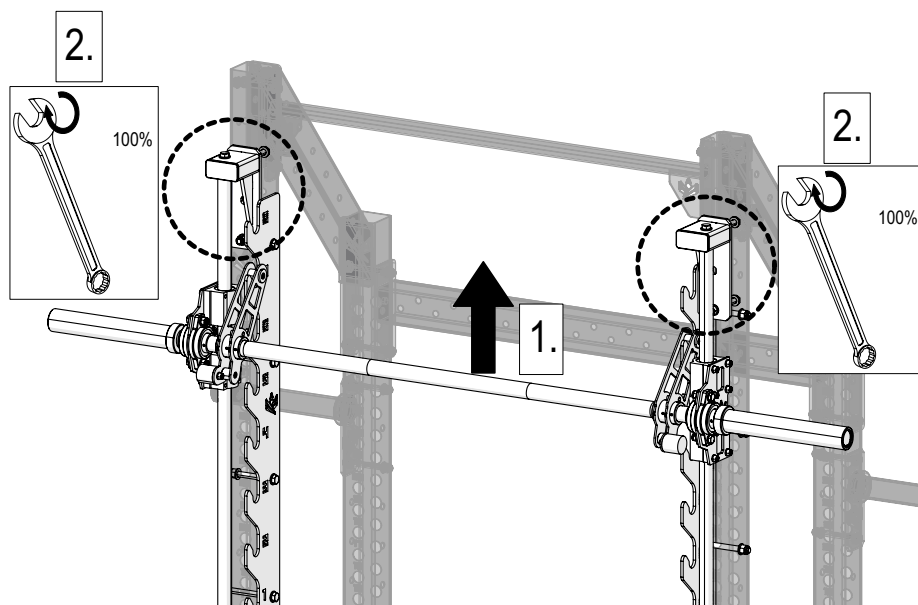
10



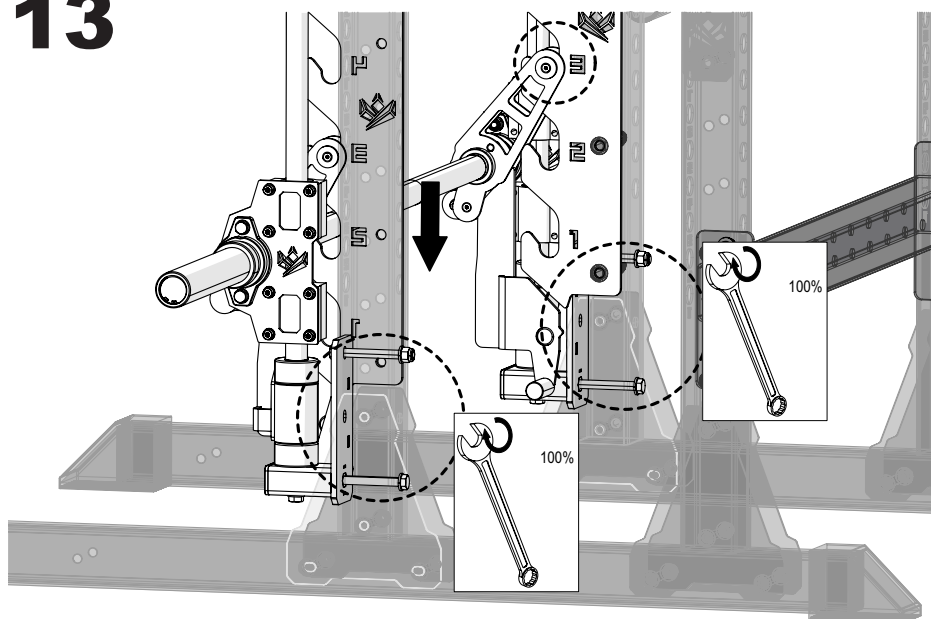
11



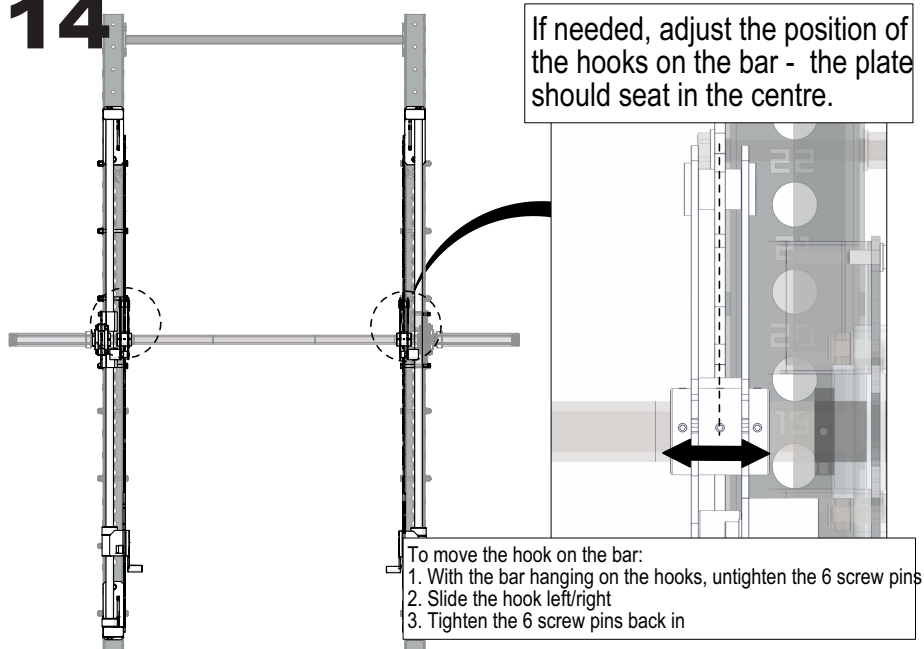
12



13

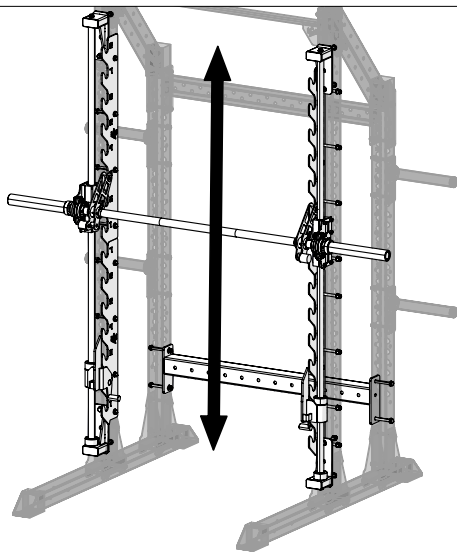


14



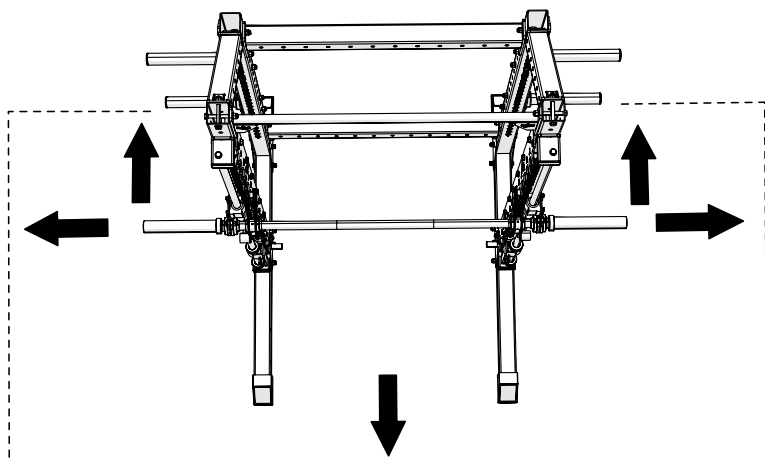
15

Check the function. If needed, repeat steps 11-13.



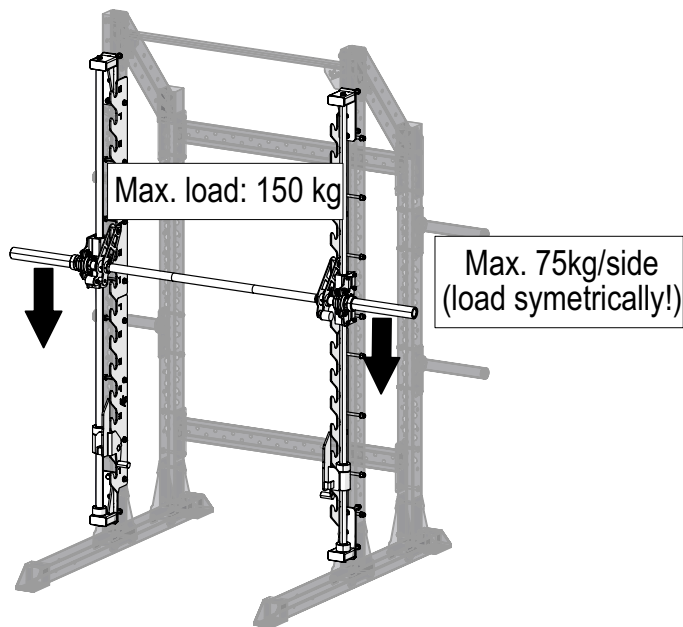
Instructions for use:

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.

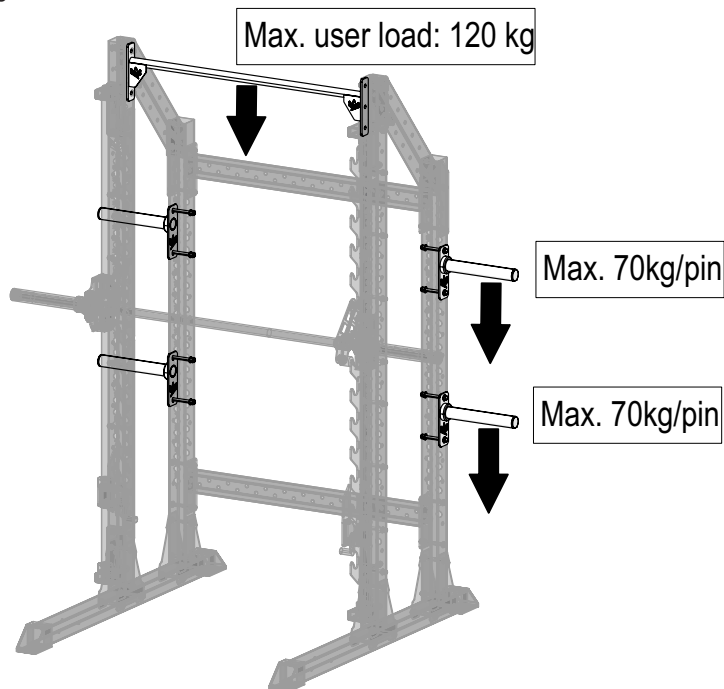


Free area: MIN. 0,6m

Max. loading/ training mass SMITH BAR:



Max. loading/ training mass PU BAR & STORAGE PINS:

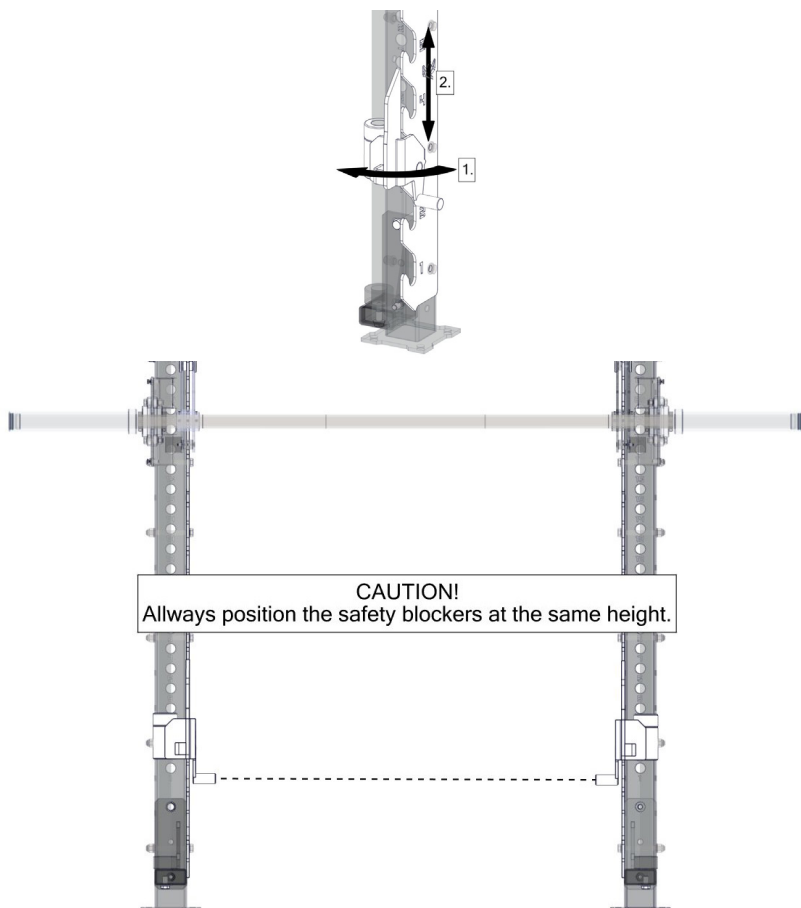


Instructions for use:

The Kingsbox Smith Machine is designed for guided strength training exercises using a fixed barbell path. It is intended for use in commercial, semi-commercial, and private fitness facilities by trained users. The equipment must be used only for its intended purpose.

Before Use

- Ensure the Smith Machine is correctly assembled and securely installed according to Kingsbox installation instructions.
- Verify that the machine is mounted on a stable, level surface and anchored where required.
- Check that the barbell moves smoothly along the guide rails without obstruction.
- Ensure the bar locking hooks rotate and engage correctly on both sides.
- Adjust the safety stops to an appropriate height for the selected exercise:



Instructions for use:

- Inspect the machine for visible damage, loose fasteners, or excessive wear.
- Load weight plates evenly on both sides and secure them with collars.

!!! Do not use the machine if any component is damaged or malfunctioning. !!!

During Use

- Only one user at a time may use the Smith Machine.
- Always maintain proper body position and controlled movement throughout the exercise.
- Use the rotational locking mechanism to safely engage and disengage the bar before and after each set.
- Perform all movements in a slow and controlled manner.
- Do not exceed the maximum load capacity specified by Kingsbox.
- Keep hands, feet, and clothing clear of moving parts and guide rails.

Safety Guidelines

- Always set the safety stops before starting an exercise.
- Never release the barbell without ensuring it can be safely re-racked.
- Do not use the machine for exercises outside its intended design.
- Stop training immediately if pain, dizziness, or discomfort occurs.
- Children and unauthorized users must be kept away from the equipment at all times.

After Use

- Return the barbell to the upper rest position and engage the locking hooks.
- Remove all weight plates and store them properly.
- Wipe down contact surfaces according to gym hygiene standards.

Kingsbox's customer support:



Maintenance and inspections:

- Regularly inspect guide rails, bearings, locking hooks, safety stops, and fasteners.
- 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.
- Do not modify, alter, or repair the equipment.
- 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:

