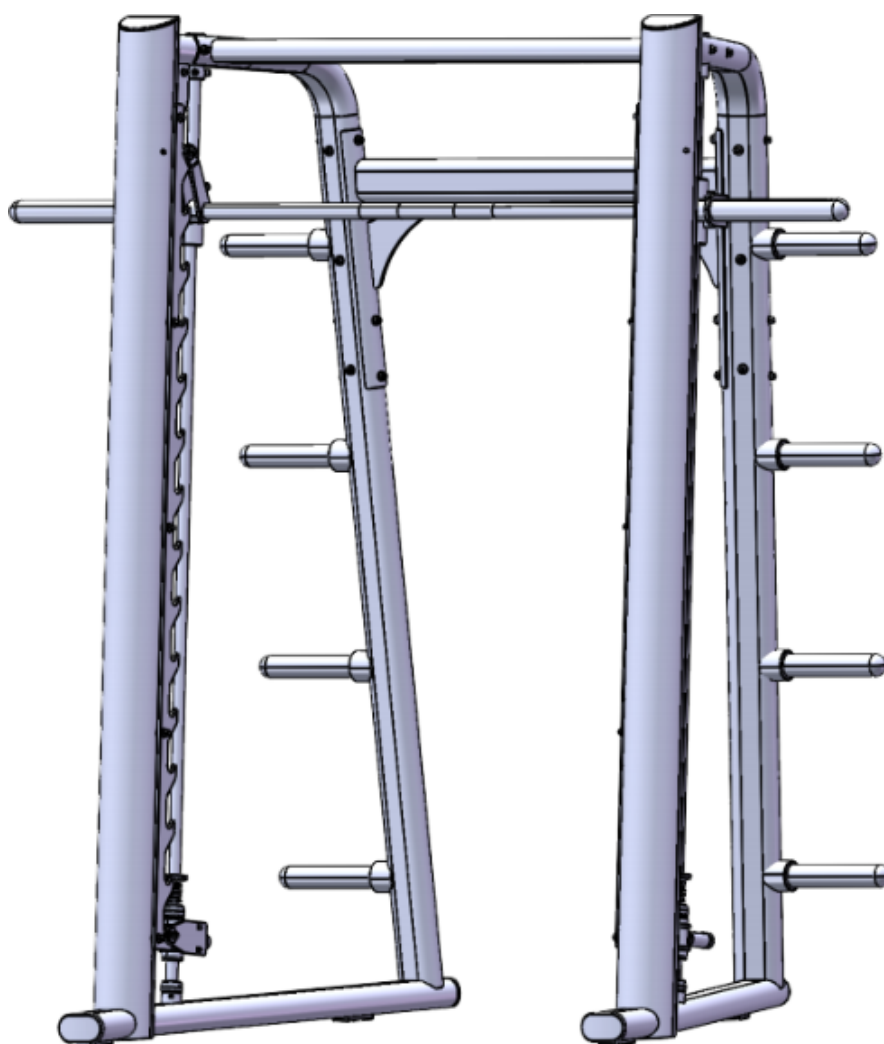


FOUNDATION SERIES

Smith Machine

Assembly & Owner Guide



BUILT TO PERFORM.

Read before assembly. Keep this guide for future reference.

01 / PREPARE

Before you begin

Set up your space

Assemble indoors on a level, stable surface with clear access around the equipment. Protect the floor and allow enough room to lay out the frame and hardware.

Check every part

Unpack and compare the components with the illustrated lists. Keep hardware grouped by stage. Reference numbers identify parts in the drawings; they may restart at each stage. Quantities are for the corresponding source list and should not be added across stages.

Prepare tools and help

Have metric hex keys and suitable metric wrenches or sockets ready for the listed fasteners. Use sufficient help to support heavy frames and moving assemblies. Keep hands clear of pinch points and never work beneath an unsupported load.

Follow the assembly drawings

Work through the stages in order. Match each numbered callout with its parts list. Confirm orientation before fitting fasteners. A part described as an assembly is supplied as a component; the wording does not instruct you to weld it.

Check connections before use

Use the specified hardware at each joint. Confirm that fasteners are secure and moving parts operate freely. If a part, dimension or connection is unclear, stop and contact Build A Gym before continuing.

ASSEMBLY SUPPORT

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02 / SAFETY

Use and care safely

- Use the equipment indoors in a dry, supervised area. Keep the surrounding floor level and unobstructed.
- Children under 12 must not use this equipment. Provide appropriate supervision and assistance for other users who need it.
- Before each use, inspect moving components, fasteners, pins and attachments. Have loose or damaged parts corrected before use.
- Wear suitable exercise clothing and athletic shoes. Warm up before exercise and use slow, controlled movements.
- Increase resistance gradually. Stop exercising if you feel pain, discomfort or anything unusual, and consult a doctor.
- Consult your doctor before starting an exercise program.
- Keep hands, clothing and other objects clear of moving parts. Make sure adjustment pins and any safety stops are fully engaged.
- Clearly mark the equipment “Out of Use” during servicing or repair. Keep this guide available for future reference.

Your assembly sequence

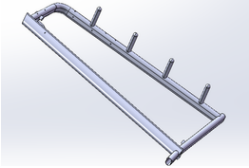
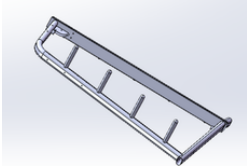
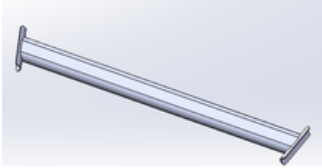
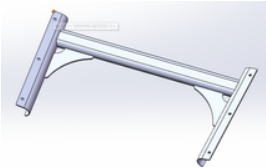
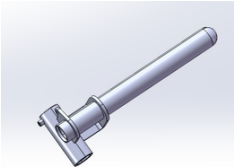
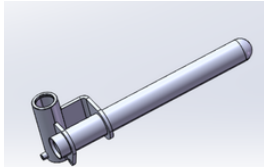
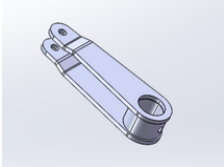
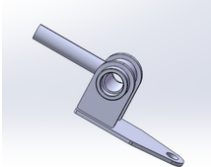
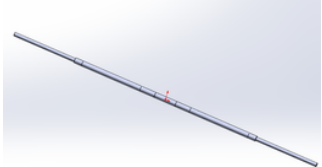
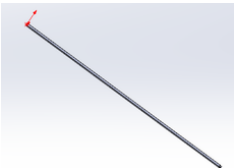
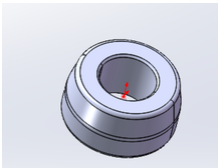
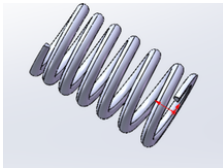
Stage 1 → Stage 2 → Final inspection

Use the PDF bookmarks to jump directly to a stage.

STAGE 1 / PARTS

Identify your components

Match each reference and quantity to the drawing for this stage.

REF 1 QTY 1  Left side frame assembly	REF 2 QTY 1  Right side frame assembly	REF 3 QTY 1  Upper support assembly
REF 4 QTY 1  Rear support assembly	REF 5 QTY 1  Left sliding assembly	REF 6 QTY 1  Right sliding assembly
REF 7 QTY 2  Limit assembly	REF 8 QTY 2  Insurance assembly	REF 12 QTY 1  Smith Ao pole
REF 13 QTY 2  Optic axis	REF 32 QTY 4  25 inner hole cushion pad	REF 34 QTY 2  SPRING

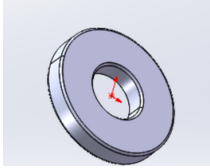
STAGE 1 / PARTS

Identify your components

Match each reference and quantity to the drawing for this stage.

REF 35

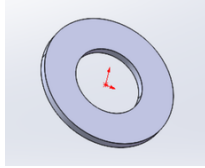
QTY 2



Cushion

REF 44

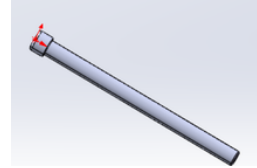
QTY 54



10 mm washer

REF 55

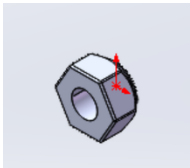
QTY 10



M10 × 135 Socket-head screw

REF 57

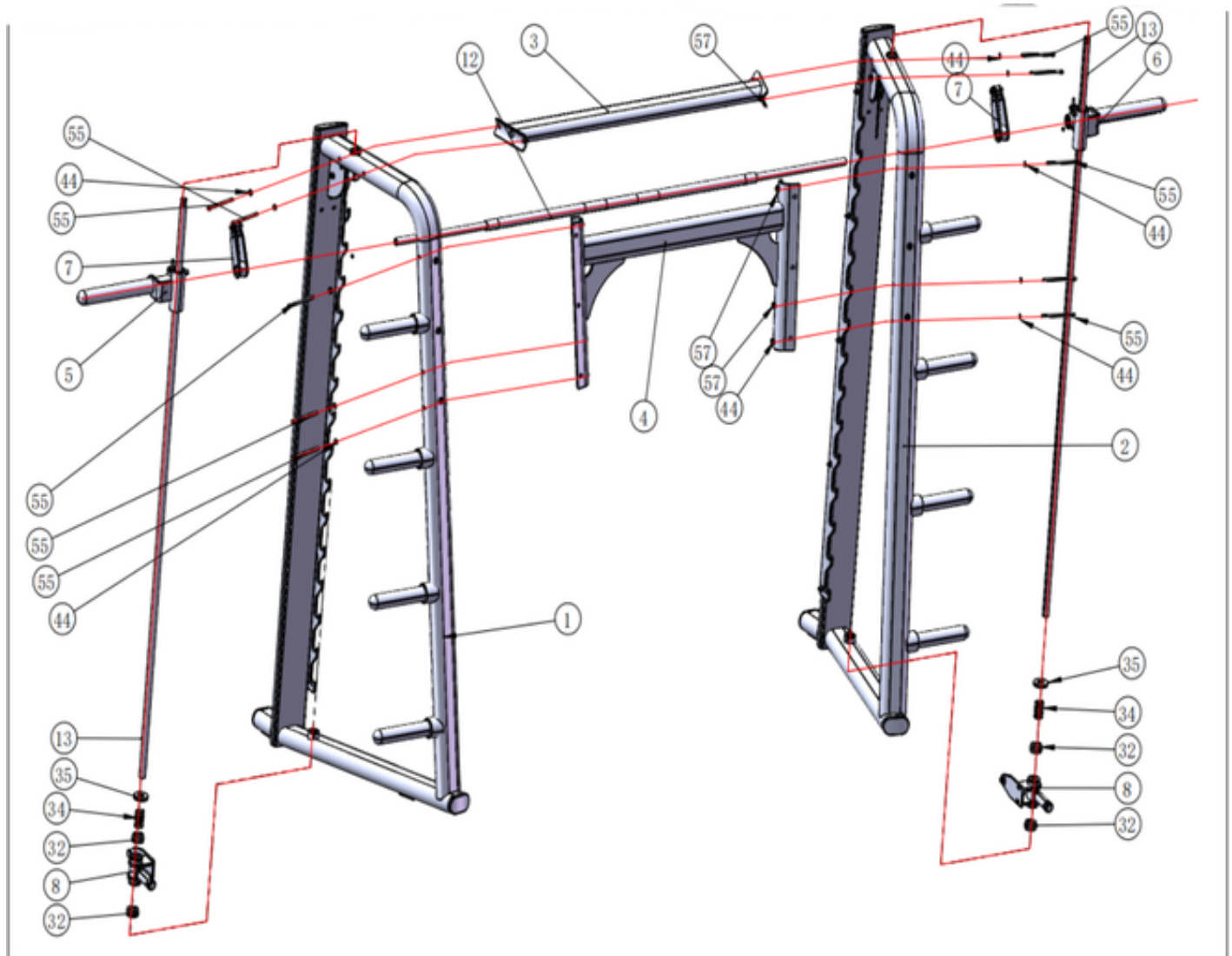
QTY 22



M10nut

STAGE 1 / DRAWING 1 OF 1

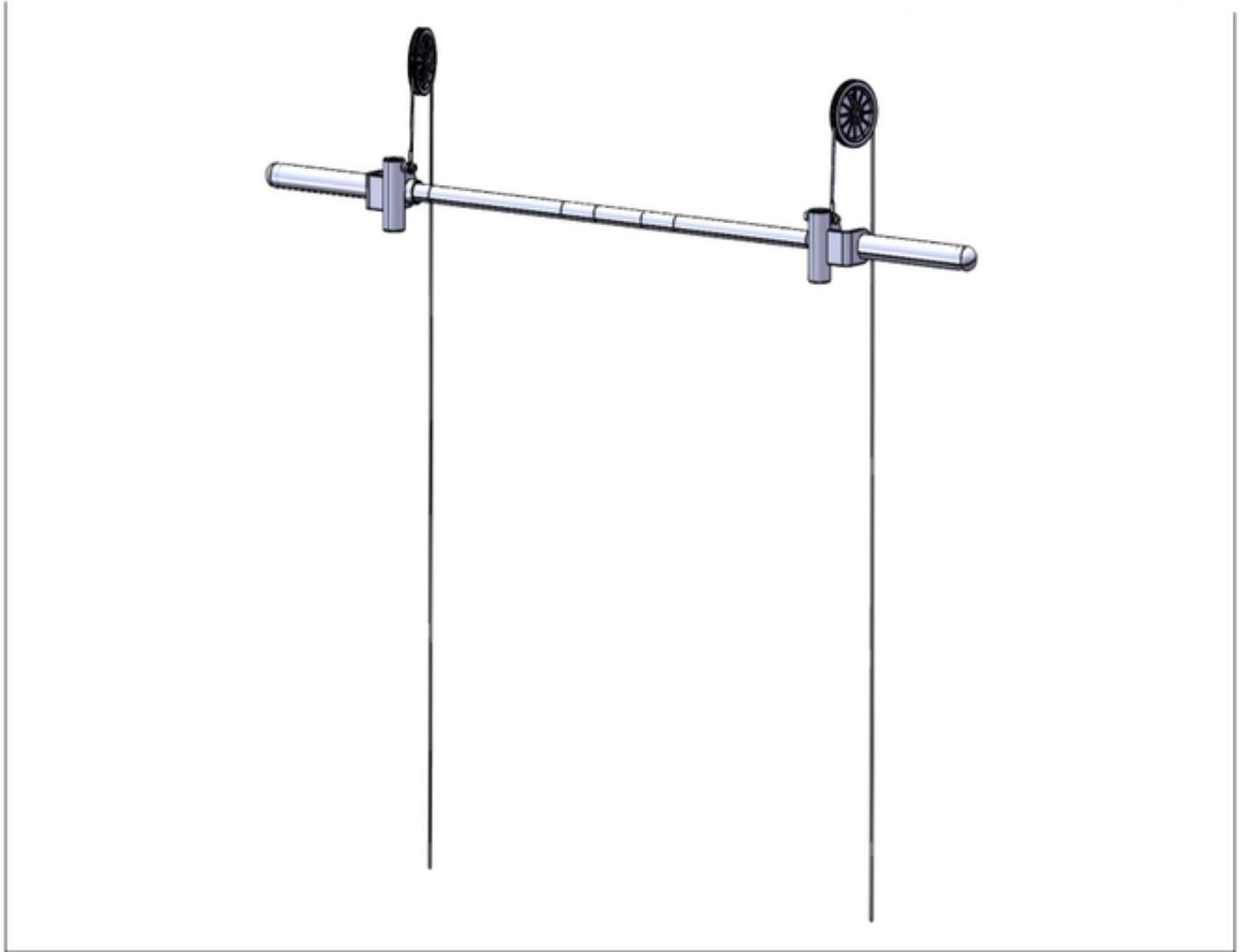
Assembly stage 1



Match the numbered callouts to the Stage 1 parts list. Position the components as shown and use the listed hardware at each connection.

STAGE 2 / DRAWING 1 OF 1

Assembly stage 2



Match the numbered callouts to the Stage 2 parts list. Position the components as shown and use the listed hardware at each connection.

Assemble the Smith Frame

Use the Stage 1 frame drawing and Stage 2 cable drawing. The bar and guide assemblies are heavy moving parts: maintain independent support until every guide, stop, slide and cable connection has been confirmed.

1. Brace both sides

Stand left frame 1 and right frame 2 on a level surface with the guide locations facing inward. Use sufficient help and supports to prevent tipping. Keep bar 12 and all plates independently supported.

2. Join the cross-members

Fit upper support 3 and rear support 4 between the side frames. Use screws 55 (M10 x 135), washers 44 and nuts 57 at the marked joints. Start all fasteners before aligning the frame.

3. Prepare the lower stops

Follow each side of drawing 1: identify guide rod 13, safety assembly 8, cushion pads 32, spring 34 and cushion 35. Keep the illustrated order. Do not release a guide or stop assembly until its attachment is secured.

4. Install the bar and slides

With the bar fully supported, fit left slide 5, right slide 6 and bar 12 onto their corresponding guides. Align both sides together without forcing or bending the rods. Fit limit assemblies 7 at the indicated upper positions.

5. Verify guides and retaining hardware

Secure both ends of each guide and all slide and bar retainers using the supplied product-specific hardware. The source does not identify every retainer; confirm any unclear attachment with Build A Gym before releasing support.

6. Verify the cable system

Drawing 2 shows two pulley-and-cable runs, but does not specify their complete termination or counterbalance arrangement. Preserve correctly assembled factory routing. If any cable is loose or disconnected, obtain the exact routing and fastening procedure from Build A Gym before use.

7. Test locks before exercise

After all connections and cable arrangements are confirmed, keep the bar unloaded and supported while testing engagement on both sides. Check both safety stops, then controlled bar travel. Confirm torque and floor-fixing requirements before adding plates.

Check before continuing

All connections are secure and the equipment stands level without rocking.

FINAL CHECK

Ready for the first use?

☐ **Frame and hardware**

Confirm that the frame is stable, all required hardware is installed and all connections are secure.

☐ **Adjustments and safeties**

Check that adjustment pins, locking mechanisms and any safety stops engage fully. Verify that pads and handles are secure.

☐ **Moving parts**

Carefully check the full range of movement. Confirm that moving assemblies clear the frame and guards without binding.

☐ **Product-specific inspection**

Check both bar hooks, lower safety stops and guide retainers.
Do not use the machine until every cable termination and travel check is confirmed.

☐ **Keep the equipment ready**

Inspect before every use. Wipe contact surfaces dry after use. Have a qualified technician address damaged parts, unusual movement or noise before further exercise.

Need help with assembly?

Contact Build A Gym with your product name, assembly stage, part reference and a clear photo of the issue.

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