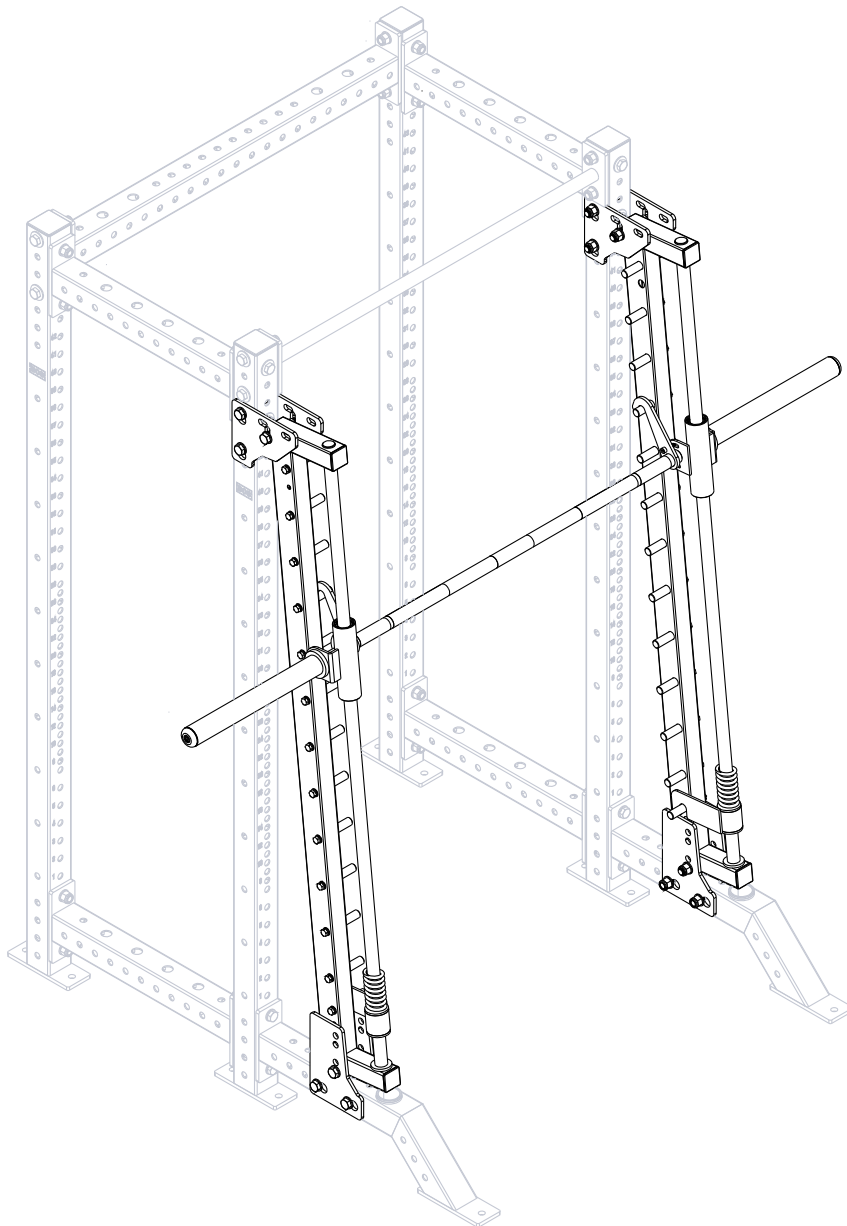




BAR INCLUDED SMITH MACHINE ATTACHMENT

**ASSEMBLY MANUAL B:
TO BE USED WITH ASSEMBLY MANUAL A**

BAR-SMTH-HDRMTC-SET



   **BellsOfSteel** Scan QR code for assembly video -->

www.bellsOfsteel.com | www.bellsOfsteel.us | 1-888-718-7997



A GUIDE TO SAFETY

We know you are excited to use your new Bells of Steel gear, but please read through this Guide to Safety to ensure you do not hurt yourself or others while exercising. It is your responsibility to ensure that all users of the equipment are informed of all warnings and instructions in this manual. **TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING IMPORTANT PRECAUTIONS BEFORE USING YOUR BELLS OF STEEL PRODUCT.**

- 1 Before starting any exercise program consult your physician. Be aware of your body's signals. Incorrect or excessive exercise can be damaging to your health. **STOP EXERCISING IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS: PAIN, TIGHTNESS IN YOUR CHEST, IRREGULAR HEARTBEAT, SHORTNESS OF BREATH, LIGHTHEADEDNESS, DIZZINESS, OR FEELINGS OF NAUSEA. IF YOU EXPERIENCE ANY OF THESE SYMPTOMS, STOP EXERCISING IMMEDIATELY AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING WITH YOUR EXERCISE PROGRAM.**
- 2 It is your responsibility to ensure there is enough space around the product for the intended exercise. Use the product on a flat surface and ensure at least 2 feet (60 cm) of free space around it.
- 3 Children and pets must not be let on or near the product. Moving parts and heavy features of the product can be dangerous and cause serious injury.
- 4 Read all instructions in this manual before using the product and use the product only as described in this manual.
- 5 It is your responsibility to ensure that all users of the product are adequately informed of all precautions, have read and understand all warnings, and are informed how to use the product properly.
- 6 Keep hands and feet from moving parts. Do not lean or rest on the product.
- 7 Wear athletic shoes for foot protection while exercising.
- 8 Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas.
- 9 This product is designed for indoor use only.
- 10 Ensure that any weight pins that may be included with your product are completely inserted into an appropriate weight plate.
- 11 Ensure that any handles that may be included with your product are attached securely before using the product.
- 12 Ensure that any nuts and bolts that may be included with your product are securely tightened before use. Regularly re-tighten nuts and bolts.
- 13 Ensure any cables that may be included with your product always remain attached to their proper pulleys. If a cable bind occurs during exercise, stop immediately and inspect the part to ensure any interference is fixed.
- 14 Do not overexert yourself during any exercise program. Operate the product as intended.
- 15 The product should be anchored where required or whenever possible. The product should be secured when not in use.
- 16 The product is very heavy. Improper use or assembly can lead to serious injury or death.
- 17 **SAVE AND REVIEW THESE INSTRUCTIONS.**

Now...

LET THE GAINZ BEGIN





Welcome to Bells of Steel.

Kaevon started Bells of Steel in 2010 out of the need for competition-grade kettlebells. Finding them was difficult, the quality was inconsistent, and the prices were insane, so Kaevon made his own in small batches for himself and his friends. Soon, requests for other equipment started to pile up. Clearly, there was a community of home gym enthusiasts who needed access to high-quality equipment that worked with their space and budget. So, Kaevon started this company selling gear from the trunk of his \$500 1991 Ford Festiva— and the rest, as they say, is history.

While we've grown and expanded from our humble ~~trunk~~ roots, the core values remain the same. We're not just a company; we're part of a community of fitness enthusiasts dedicated to making strength training approachable.

THE KAEVON GUARANTEE

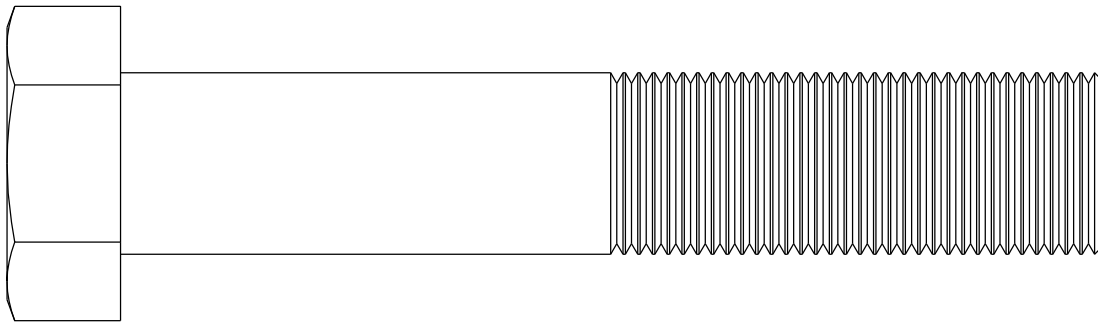
We are so confident that you'll love your new Bells of Steel gear that we're willing to put our money where our mouth is and provide a refund if you don't love our Bells of Steel brand products **within 30 days from the day that you receive your products.**

BELLS OF STEEL WARRANTY

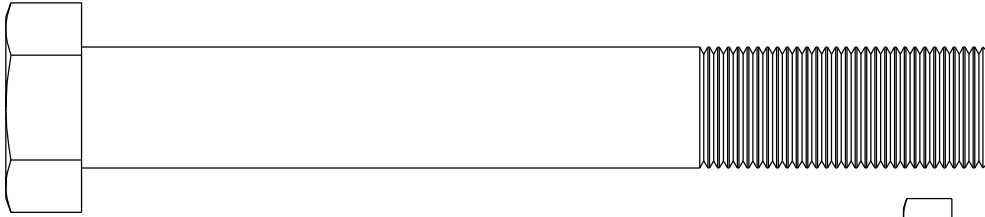
- Structural Welds: Limited Lifetime Warranty
- Frames: Limited Lifetime Warranty
- Upholstery and Grips: 90 Day Warranty
- Wheels: 90 Day Warranty
- Wood Items: 90 Day Warranty
- Barbells: Limited Lifetime
- Pins, Handles, Cables, Pulleys: 90 Day Warranty

PARTS LIST

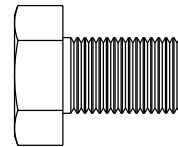
• Hardware Package



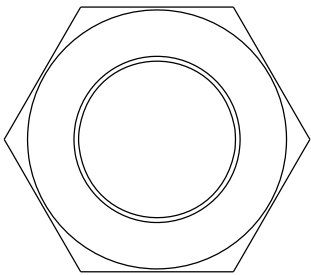
① x 8



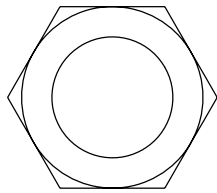
② x 12



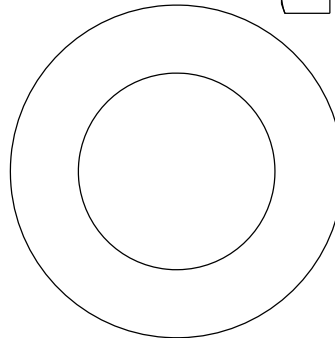
③ x 26



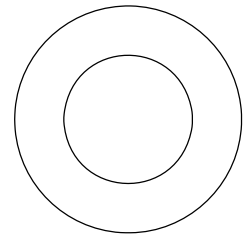
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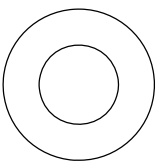
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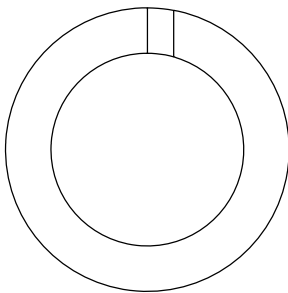
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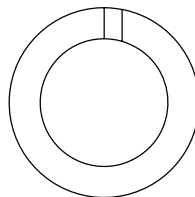
⑦ x 24



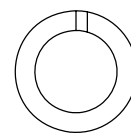
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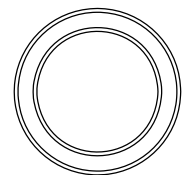
⑨ x 8



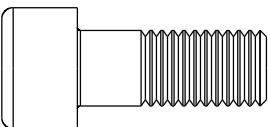
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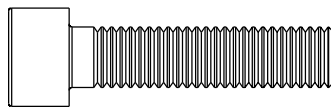
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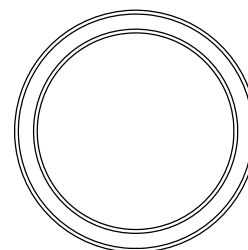
⑫ x 8



⑬ x 2



⑭ x 2

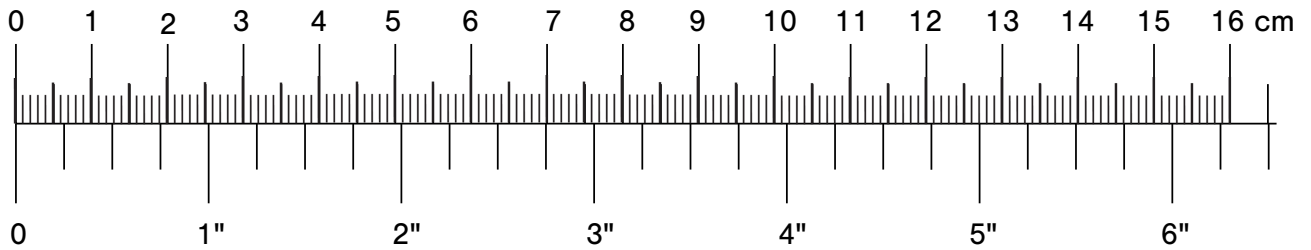


⑮ x 2

PARTS LIST

No.	Description	QTY	PLACE
1	M24 x 130 bolt	8	BOX 2_4
2	M16 x 120 bolt	12	
3	M10 x 16 bolt	26	
4	M24 nut	8	
5	M16 nut	12	
6	∅ 24 washer	16	
7	∅ 16 washer	24	
8	∅ 10 washer	26	
9	∅ 24 spring washer	8	
10	∅ 16 spring washer	12	
11	∅ 10 spring washer	26	
12	∅ 16-22-8 spacer	8	

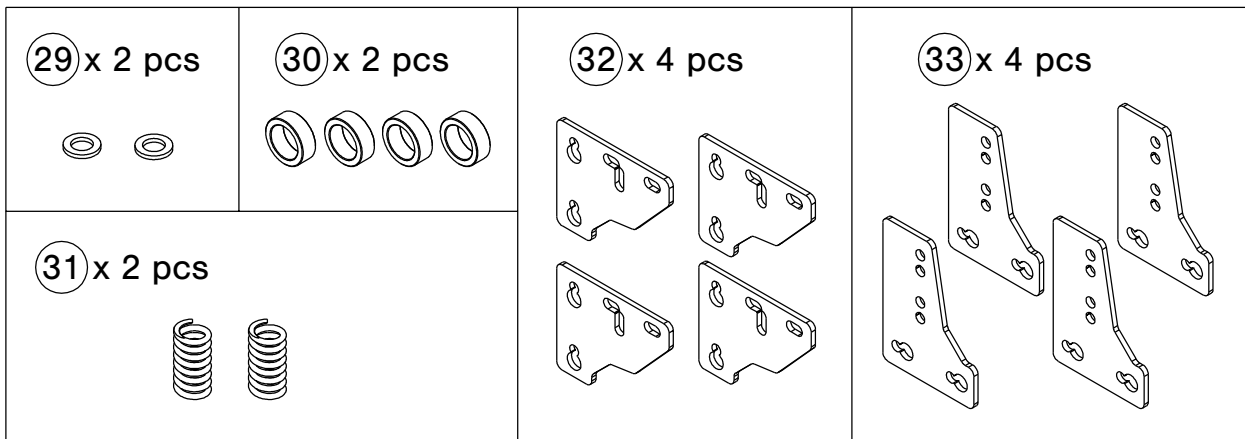
No.	Description	QTY	PLACE
13	M10 x 25 hexagon socket head blot	2	BOX 4_4
14	M8 x 30 hexagon socket head blot	2	
15	∅ 26-32-16 spacer	2	



• Attached for Frames

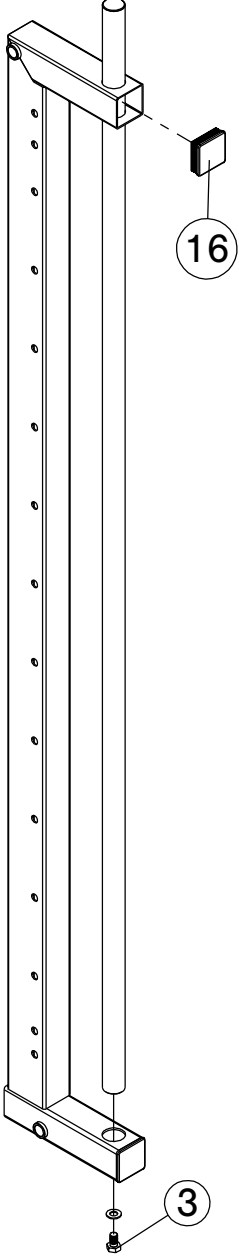
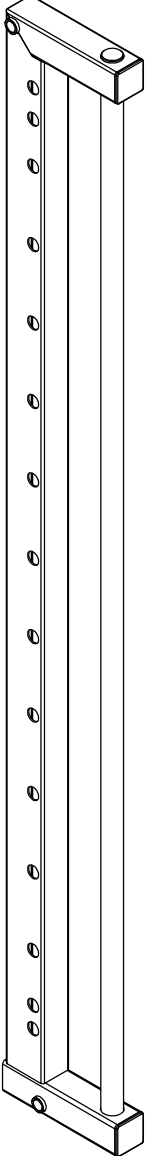
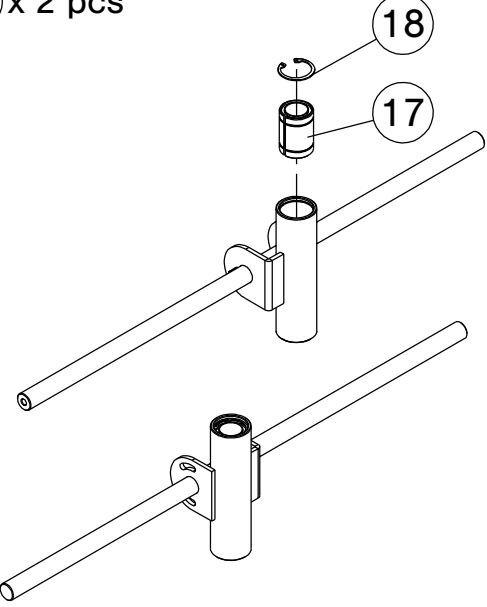
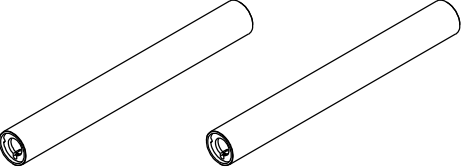
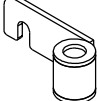
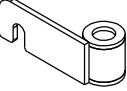
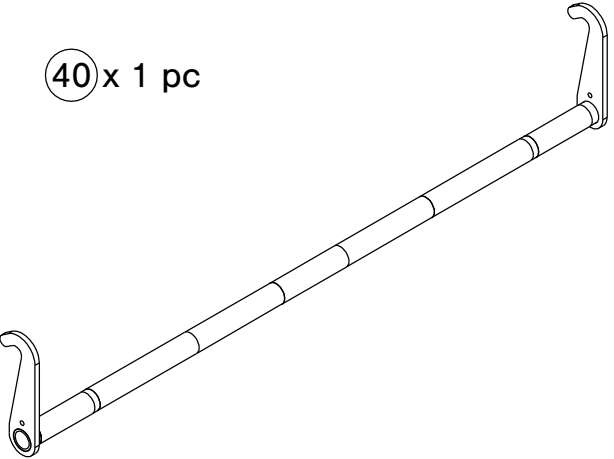
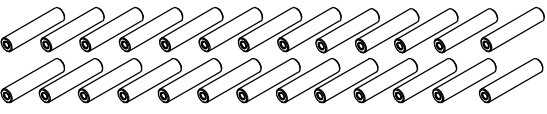

3	M10 x 16 bolt	2
8	∅ 10 washer	2
16	50 tube	4
17	LM30AJ bearing	4
18	∅ 45 bearing lock ring	4

• Packed in Box



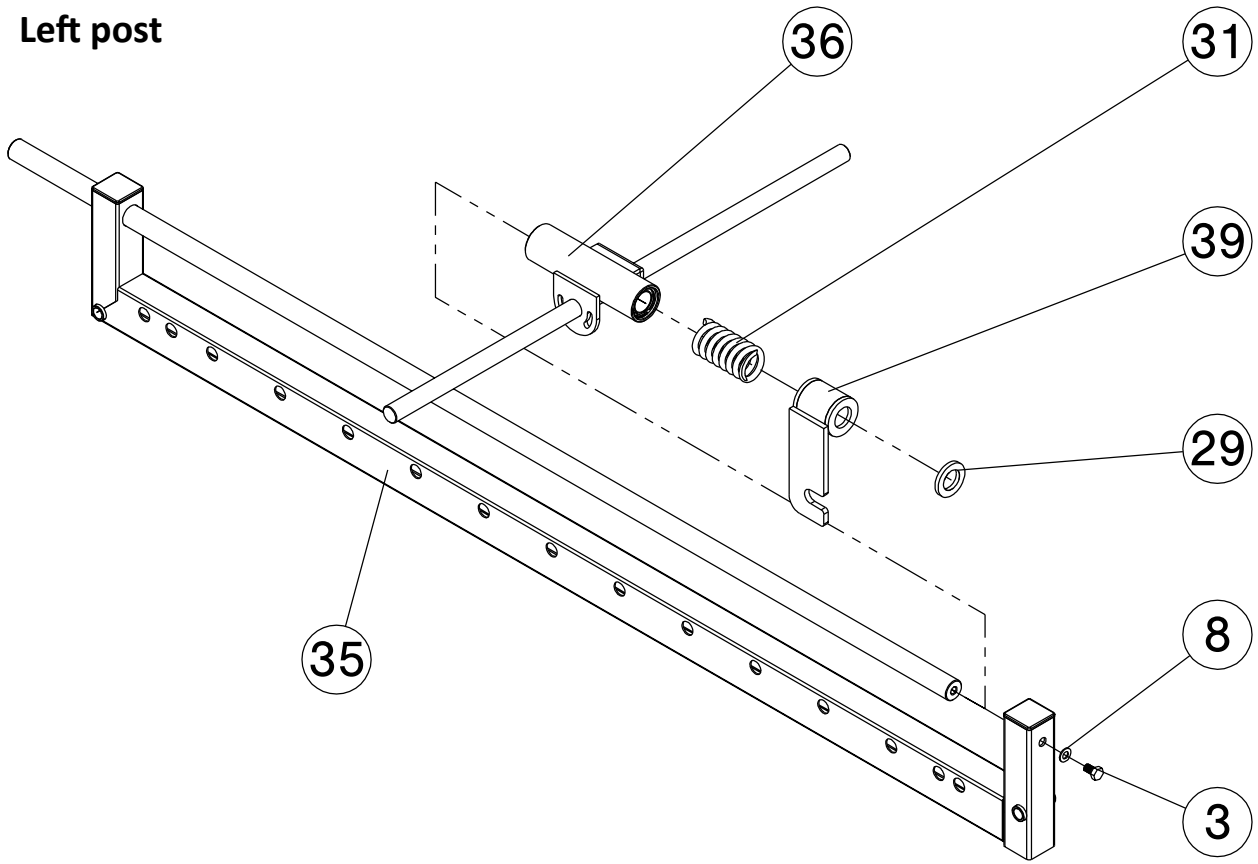
PARTS LIST

• Packed in the Box

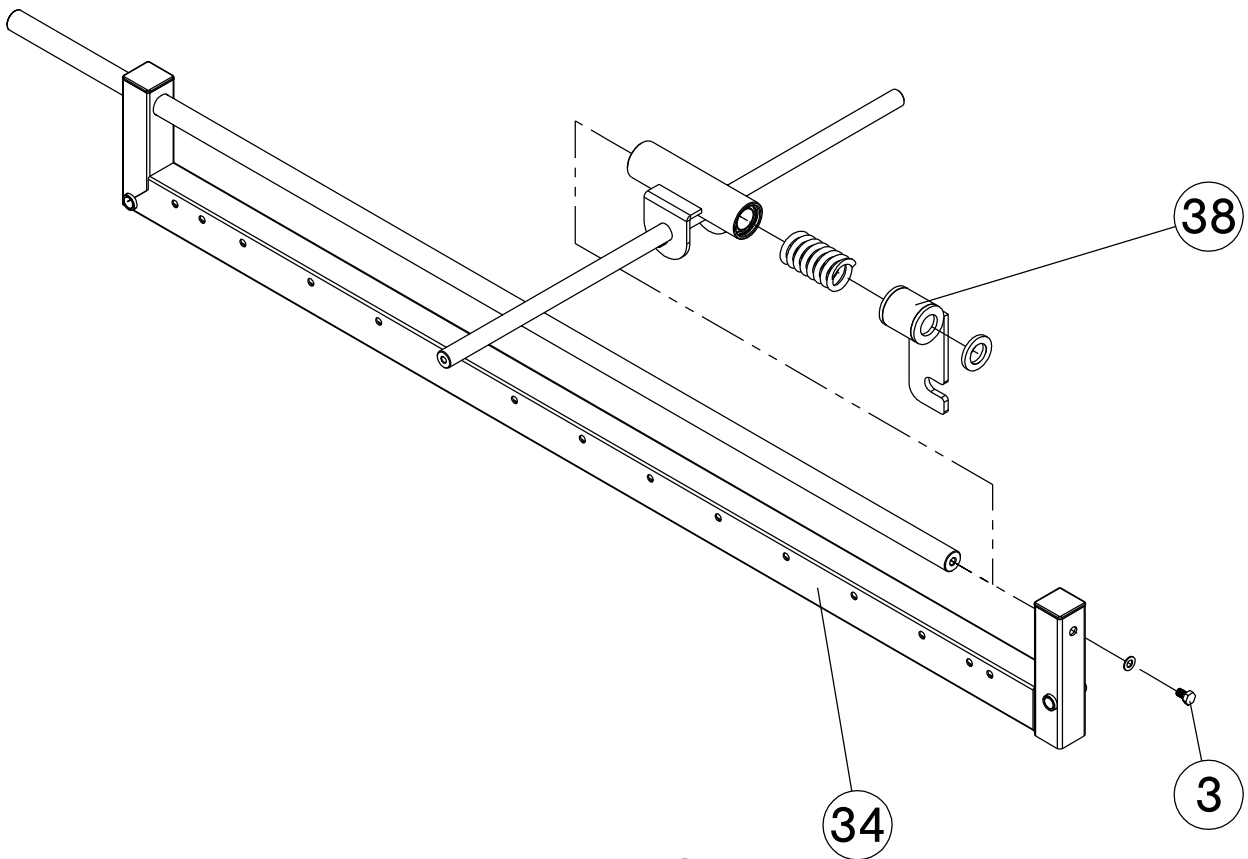
<p>34 x 1 pc</p>  <p>16</p> <p>3</p>	<p>35 x 1 pc</p> 	<p>36 x 2 pcs</p>  <p>18</p> <p>17</p>
<p>37 x 2 pcs</p> 		
<p>38 x 1 pc</p> 	<p>39 x 1 pc</p> 	
<p>40 x 1 pc</p> 	<p>41 x 26 pcs</p> 	
<p>42 x 2 pcs</p> 		

ASSEMBLY

- **Step 1.**
Left post



- **Right post**

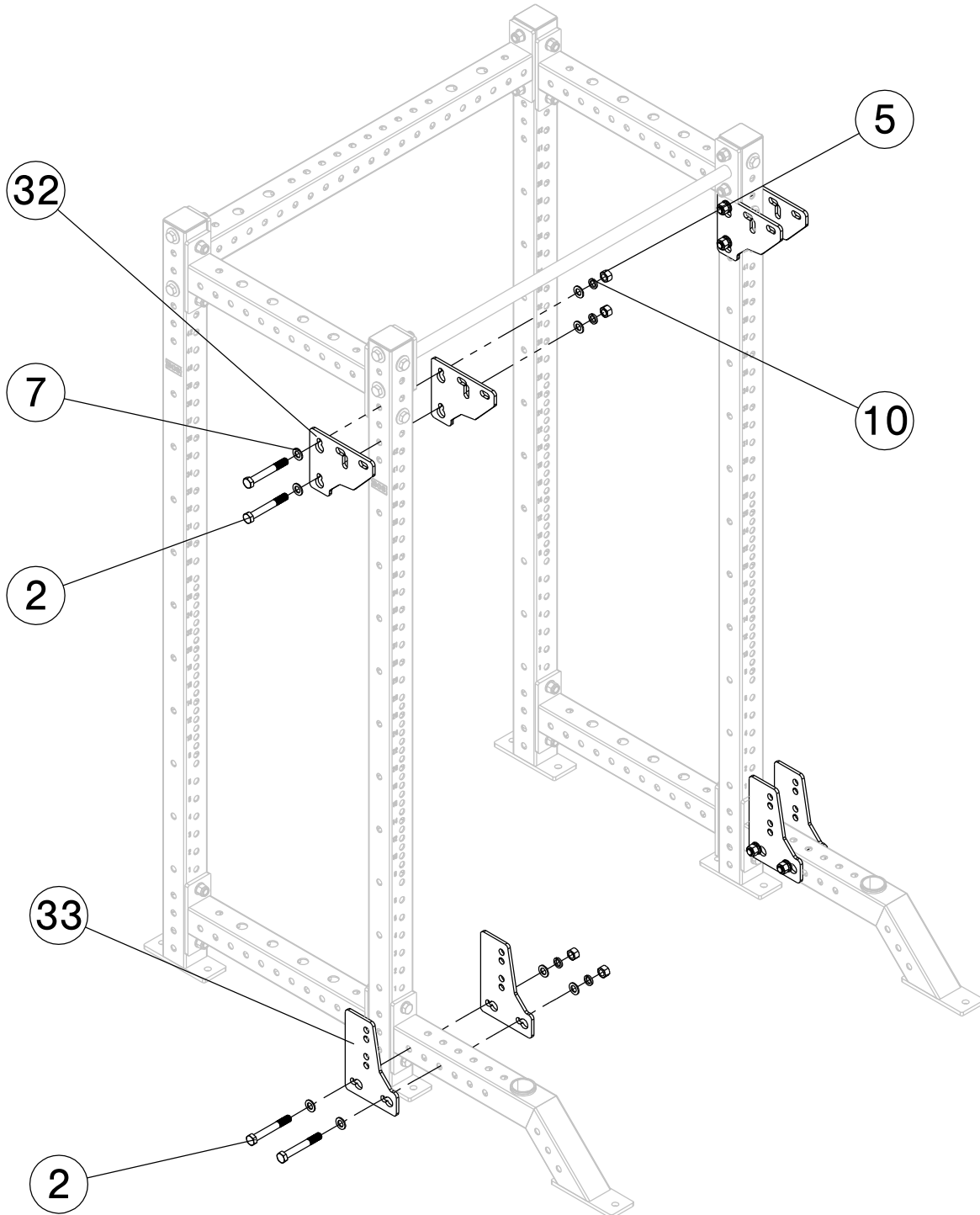


ASSEMBLY

Install in front of 84" Hydra Rack.

• Step 2.

Install Top and Lower Mount Bracket.

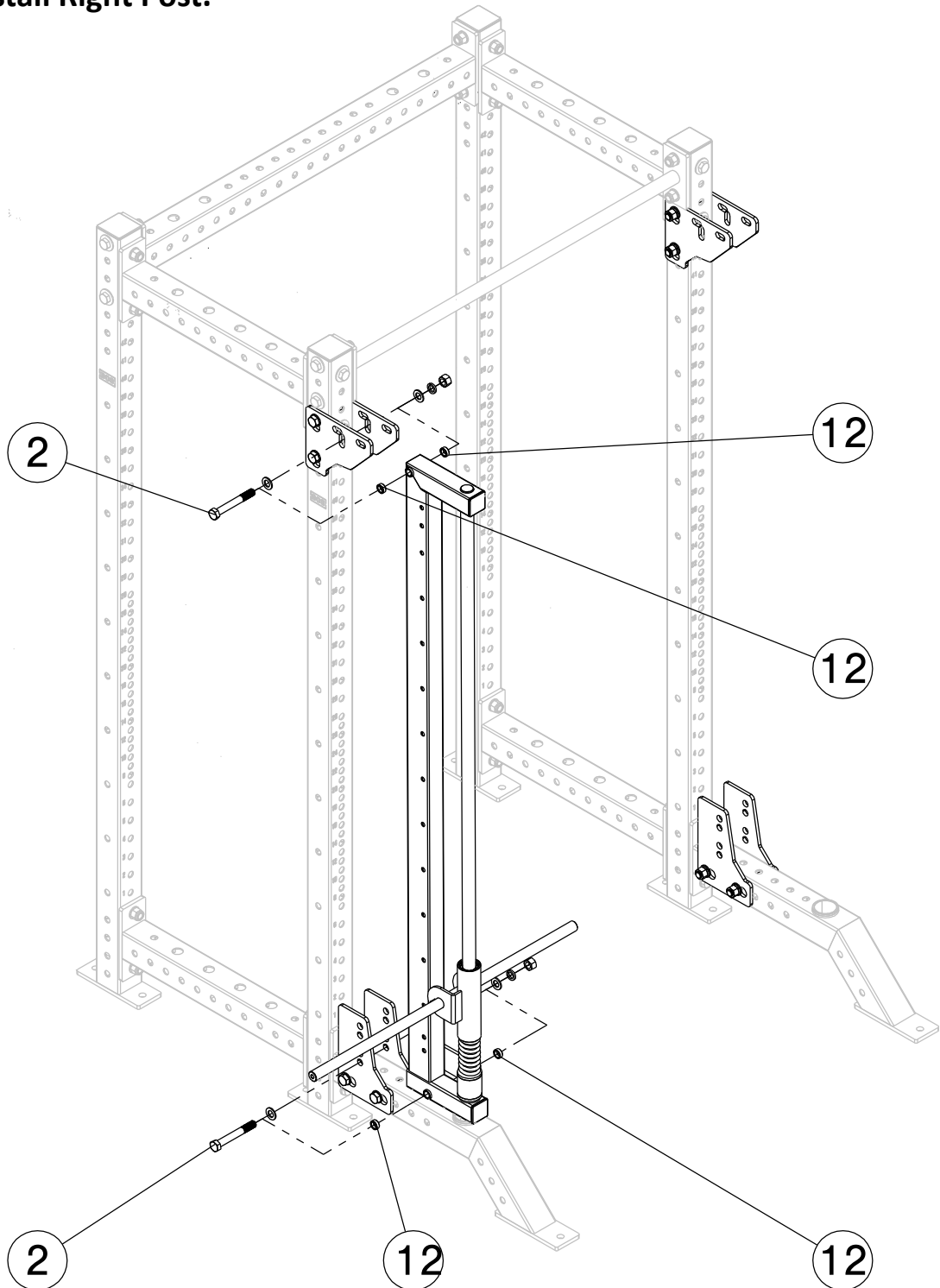


Do not tighten all nuts and bolts in this step.

ASSEMBLY

- Step 3.

Install Right Post.

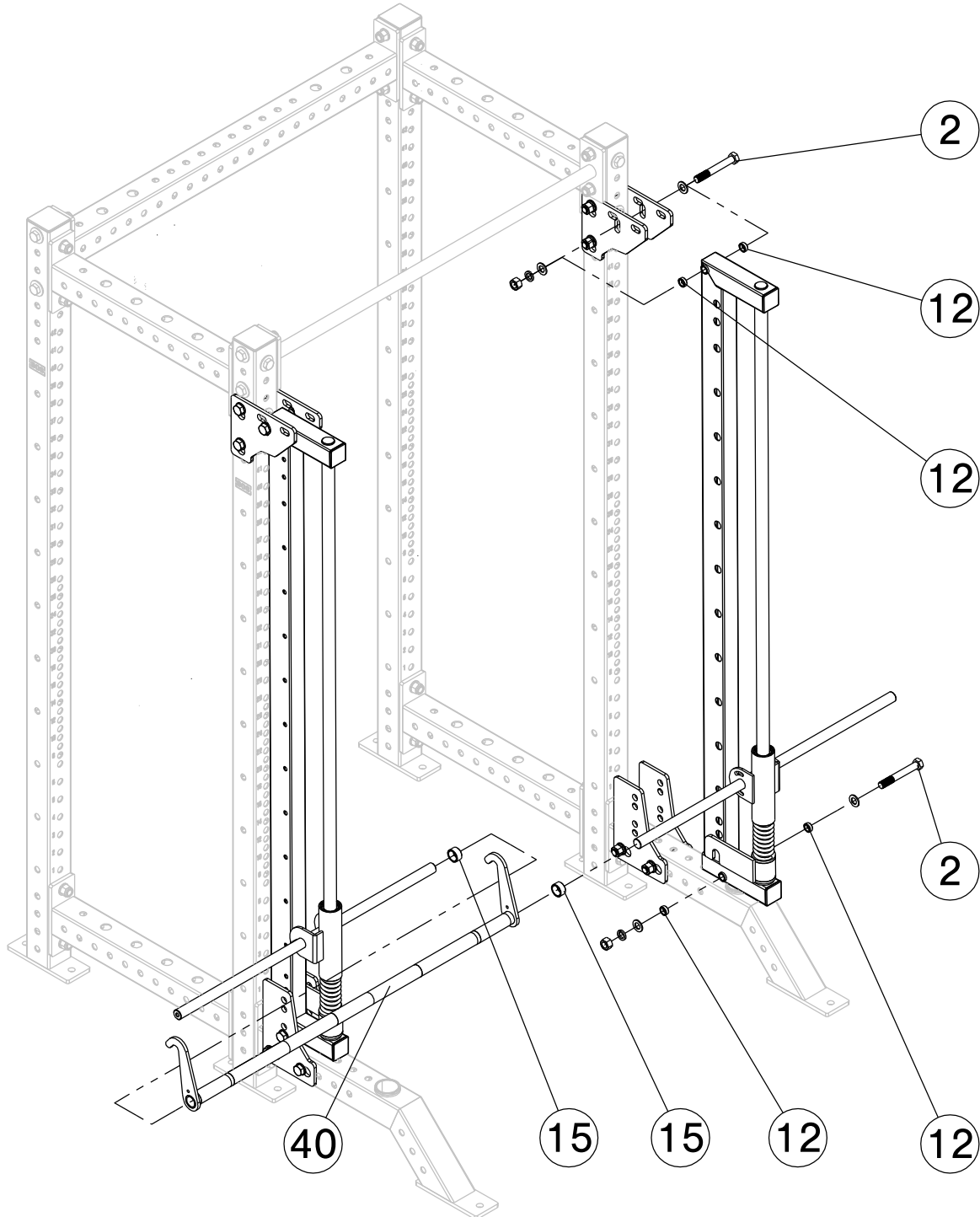


Do not tighten all nuts and bolts in this step.

ASSEMBLY

- Step 4.

Install Left Post and Barbell.

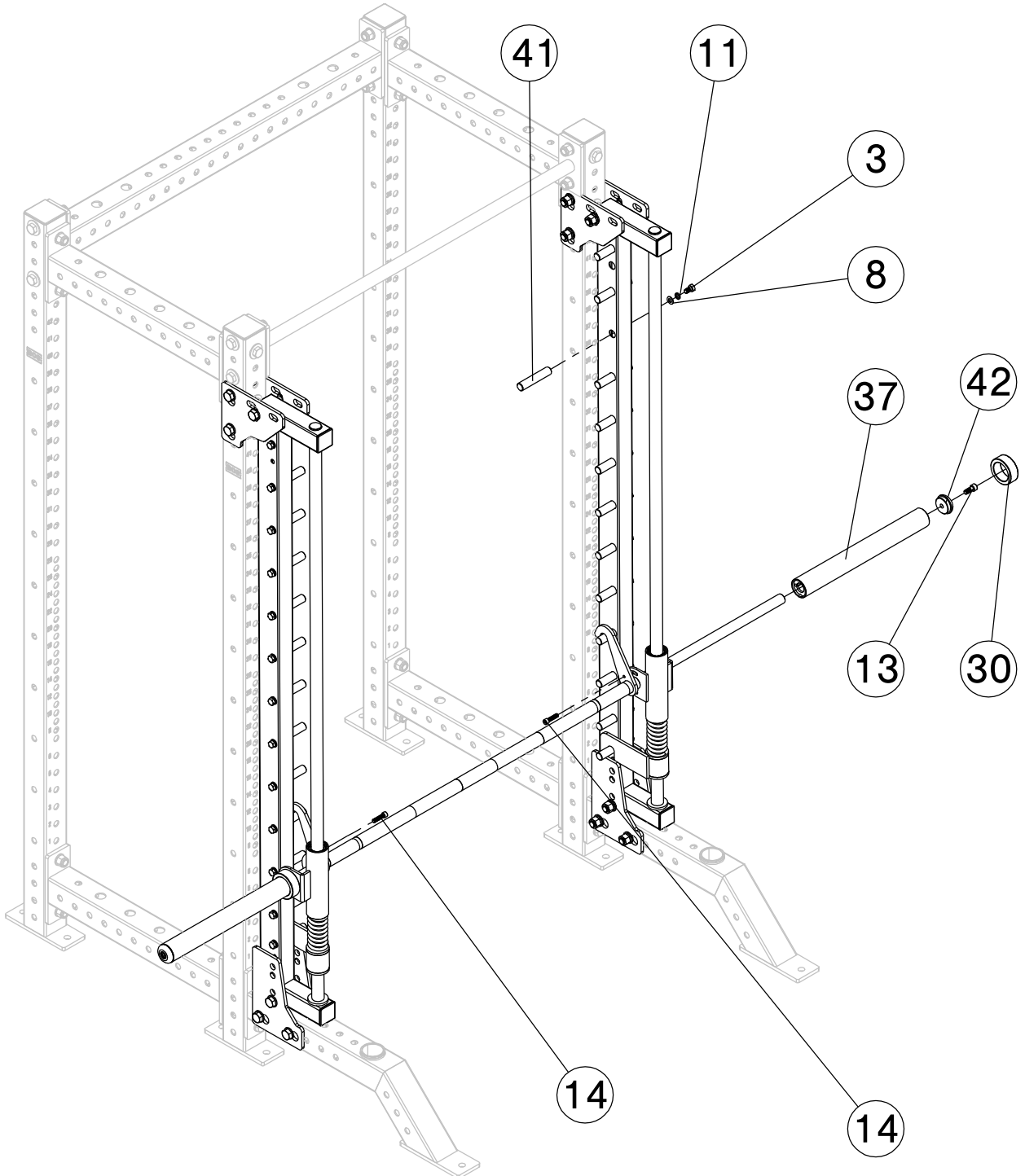


Do not tighten all nuts and bolts in this step.

ASSEMBLY

- Step 5.

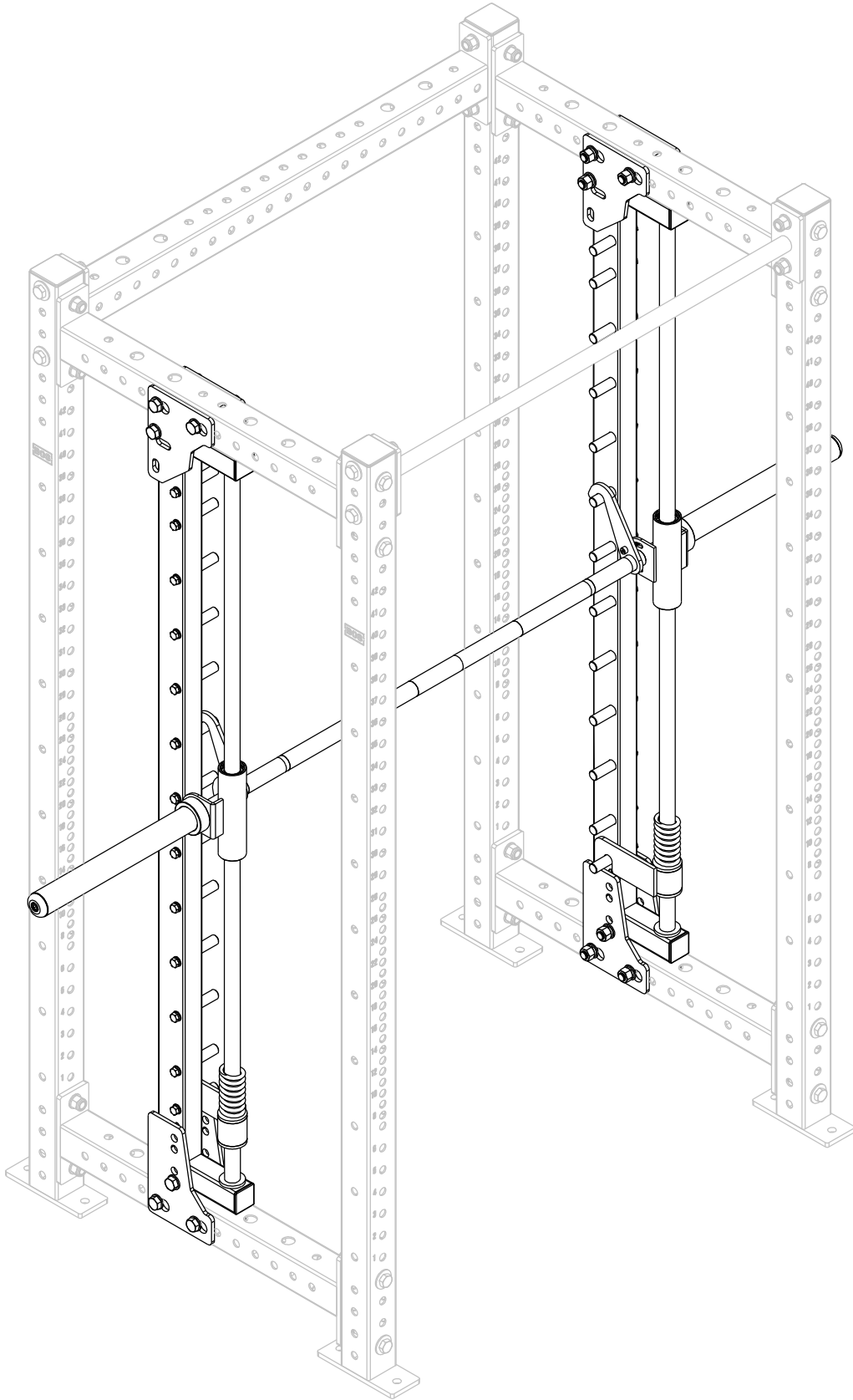
Install Safety Rungs and Barbell Sleeve.



Now tighten all nuts and bolts in this step.

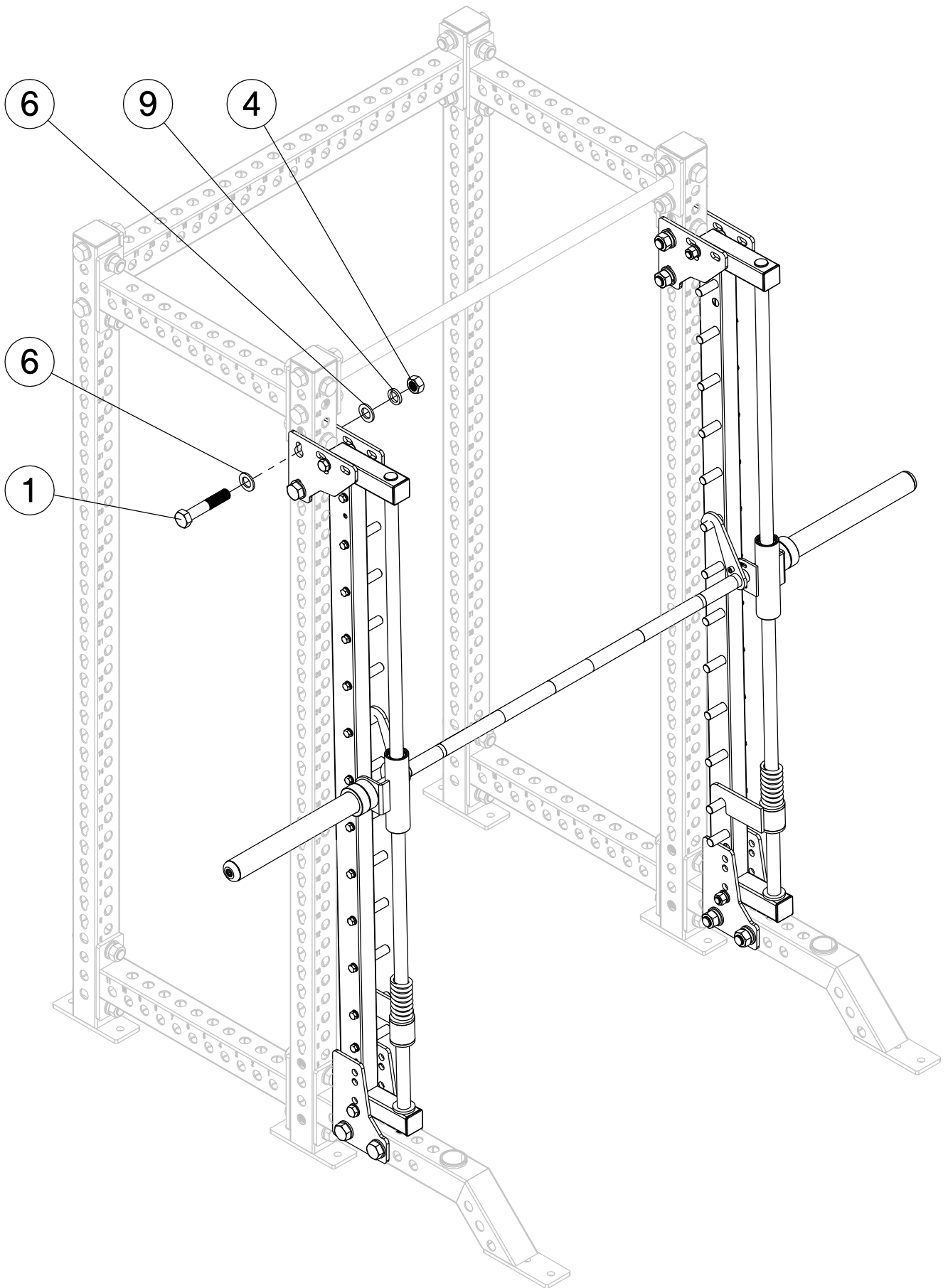
ASSEMBLY

Install inside of 84" Hydra Rack.



ASSEMBLY

Install in front of 84" Manticore Rack.



ASSEMBLY

Install inside of 90" Manticore Rack.

