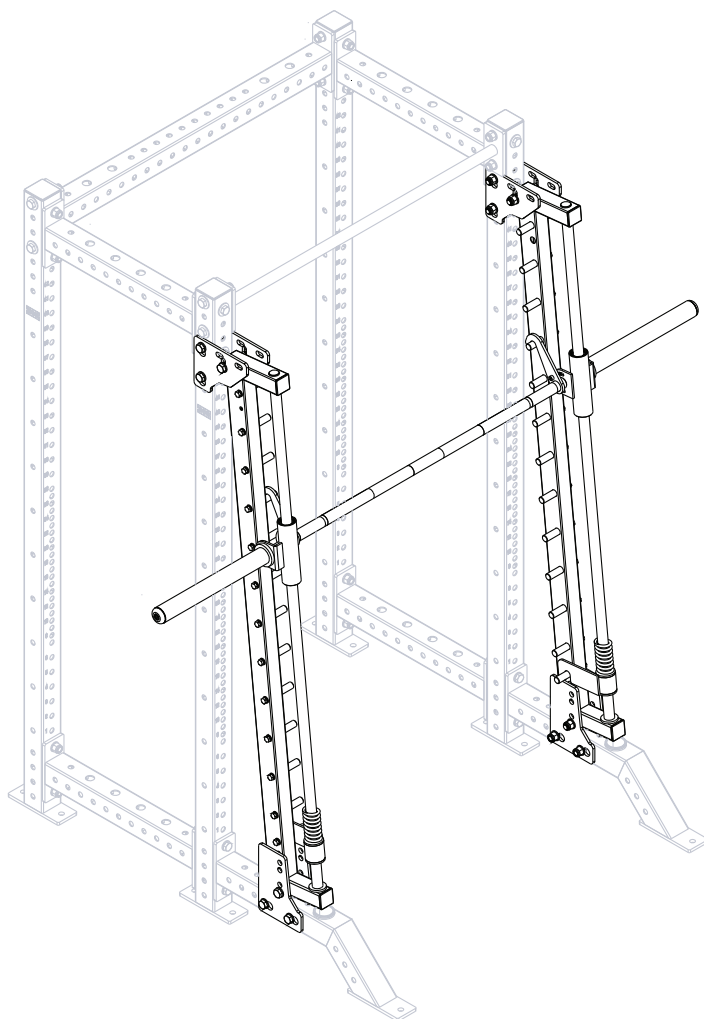




**BAR INCLUDED SMITH
MACHINE ATTACHMENT**
SKU: BAR-SMTH-HDRMTC-SET
PO:



ASSEMBLY INSTRUCTIONS



BELLSOFSTEEL

Stuck? Scan the QR code for the assembly video

www.bellsofsteel.com | www.bellsofsteel.us | Telephone: 1-888-718-7997



BUILDING STRENGTH, ONE BOLT AT A TIME.



Welcome to Bells of Steel, you've made an excellent choice.

First off I want to say thank you for supporting my small business.

I've put significant thought into designing this product to enhance your lifting experience and help you reach your full potential. I hope you love it!

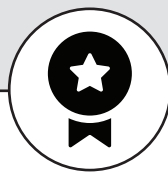
I've done my best to keep the setup of your new gear simple. If you find yourself needing a bit more assistance than the included instructions, check our youtube page for assembly videos or feel free to email us for troubleshooting guidance.

Kaevon Khoozani



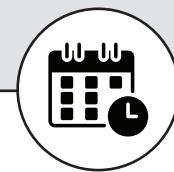
Crush your Gains! Subscribe to our YouTube for workouts & how-to's.

@BELLSOFSTEEL



Warranty & returns? We got you covered—check here:

bellsofsteel.com/pages/warranty



Changed your mind? No sweat. 30-day refund guarantee:

bellsofsteel.com/policies/refund-policy



Let us know how we've done

Love it? Leave a review! Hate it? We still read it. Help us get better by reviewing our products.



Customer Notice

If you are missing any parts, or otherwise have any warranty issues/shipping damages, please file a warranty claim on our website.

Before discarding the box, please take clear photos of the box and shipping labels, as these may be required if parts are missing or the item is damaged.

BEFORE WE BEGIN, LET'S STAY SAFE.



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, LIGHTEADEDNESS, 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.

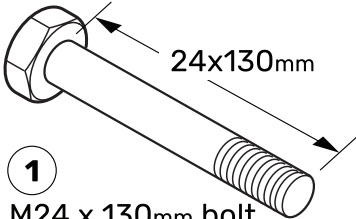
NOW...

LET THE GAINZ BEGIN

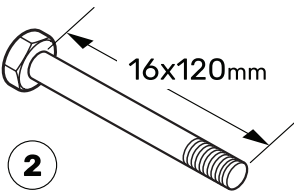
PARTS LIST

Hardware Package

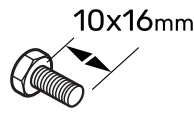
M24 bolts are only for Manticore/1" hole racks.



1
M24 x 130mm bolt
x8



2
M16 x 120mm bolt
x12



3
M10 x 16mm bolt
x26



4
M24mm nut
x8




5
M16mm nut
x12



6
M24mm washer
x16



7
M16mm washer
x24



8
M10mm washer
x26




9
M24mm spring
washer
x8



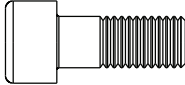
10
M16mm spring
washer
x12



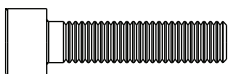
11
M10mm spring
washer
x26



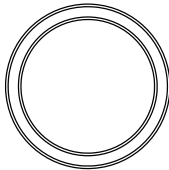
12
16-22-8
spacer
x8



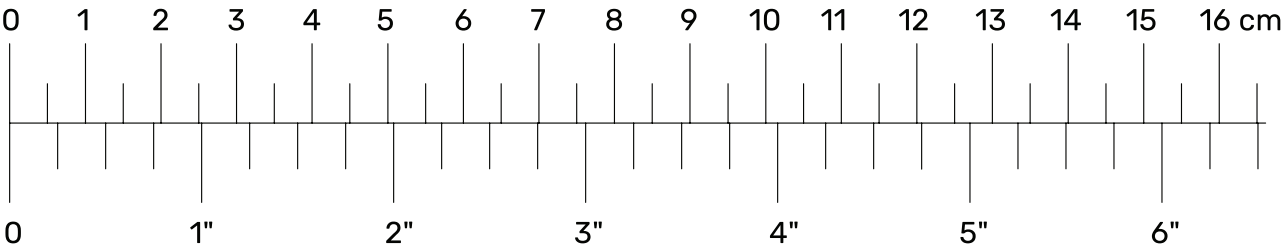
13
M10 x 25 hexagon
socket head bolt
x2



14
M8 x 30 hexagon
socket head bolt
x2

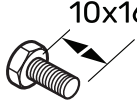


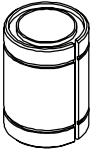




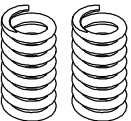

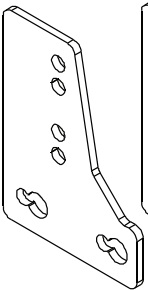
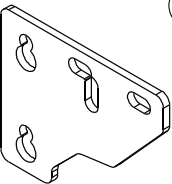
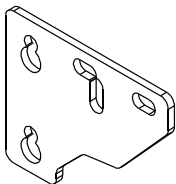
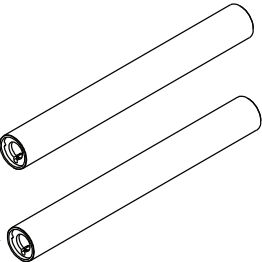
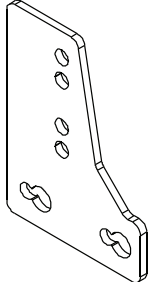
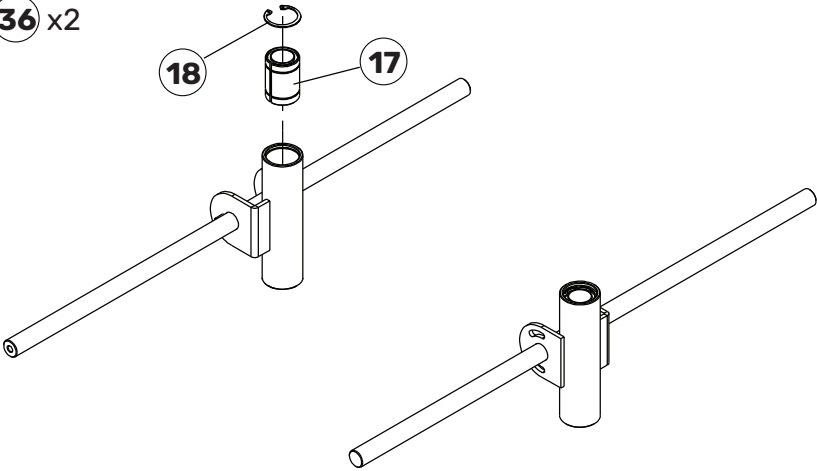
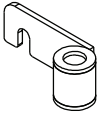
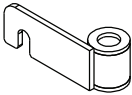
15
26-32-16 Spacer
x2



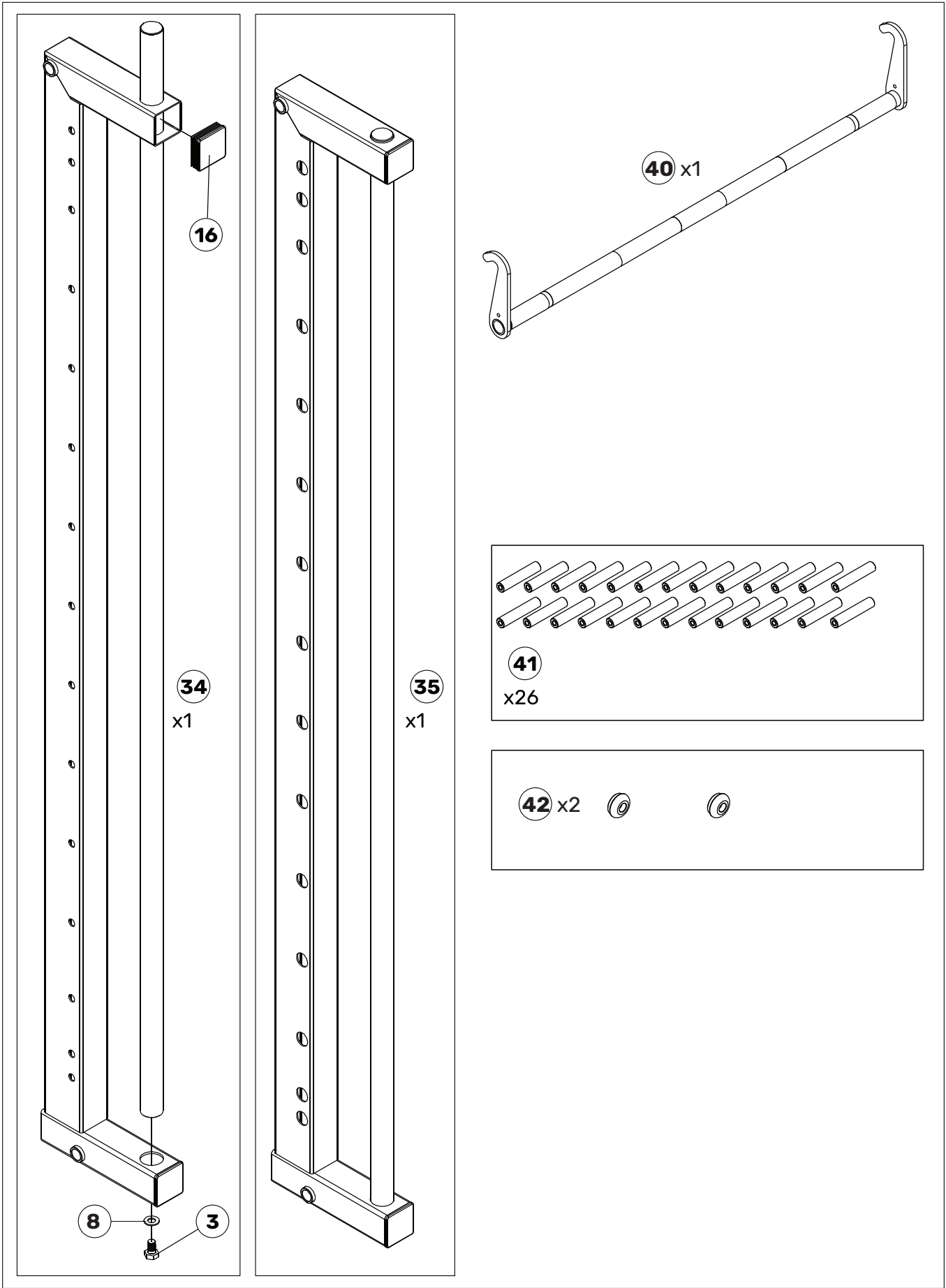
PARTS LIST

Preassembled

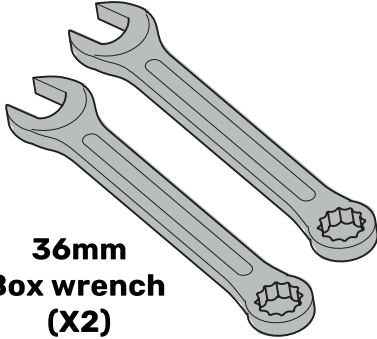
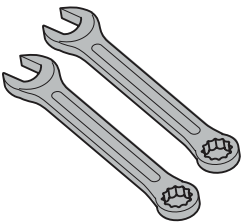
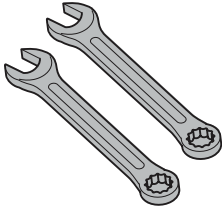
 <p>3 M10 x 16mm bolt x2</p>	 <p>8 M10mm washer x2</p>	 <p>16 50 tube x4</p>	 <p>17 LM30AJ bearing x4</p>	 <p>18 Ø45 bearing lock ring x4</p>
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 <p>29 x2</p>	 <p>31 x2</p>	 <p>30 x4</p>	 <p>33 x4</p>
 <p>32 x4</p>	 <p></p>	 <p>37 x2</p>	 <p></p>
 <p>36 x2</p>	 <p>38 x1</p>	 <p>39 x1</p>	

PARTS LIST



TOOLS REQUIRED

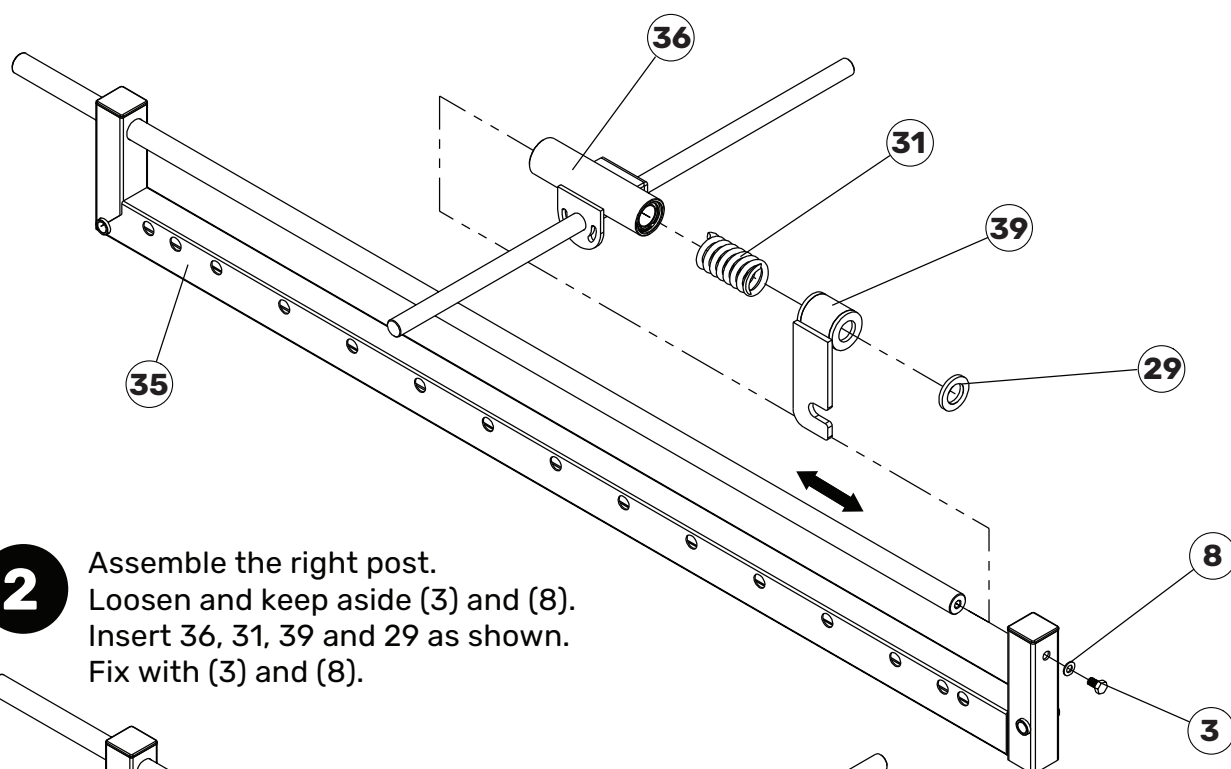
 <p>36mm Box wrench (X2)</p> <p><i>*36mm wrenches are only required for building on a Manticore/1" hole rack</i></p>	 <p>24mm Box wrench (X2)</p>	 <p>17mm Box wrench (X1)</p>	<p>(included) Wrench Hex keys</p> <p>Ruler</p> <p><i>You can use an impact/ socket wrench but not required.</i></p>
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Determine which rack you have. Choose to install bar included smith machine attachment in front or inside of your rack. Refer to step 3-6 for part sequence.

- **Pro tips:** *For easier assembly, group the hardware together for each step. Group the bolts, washers and nuts according to sizes.*
(M24 bolt, M24 washer, M24 nut), (M16's, M10's).

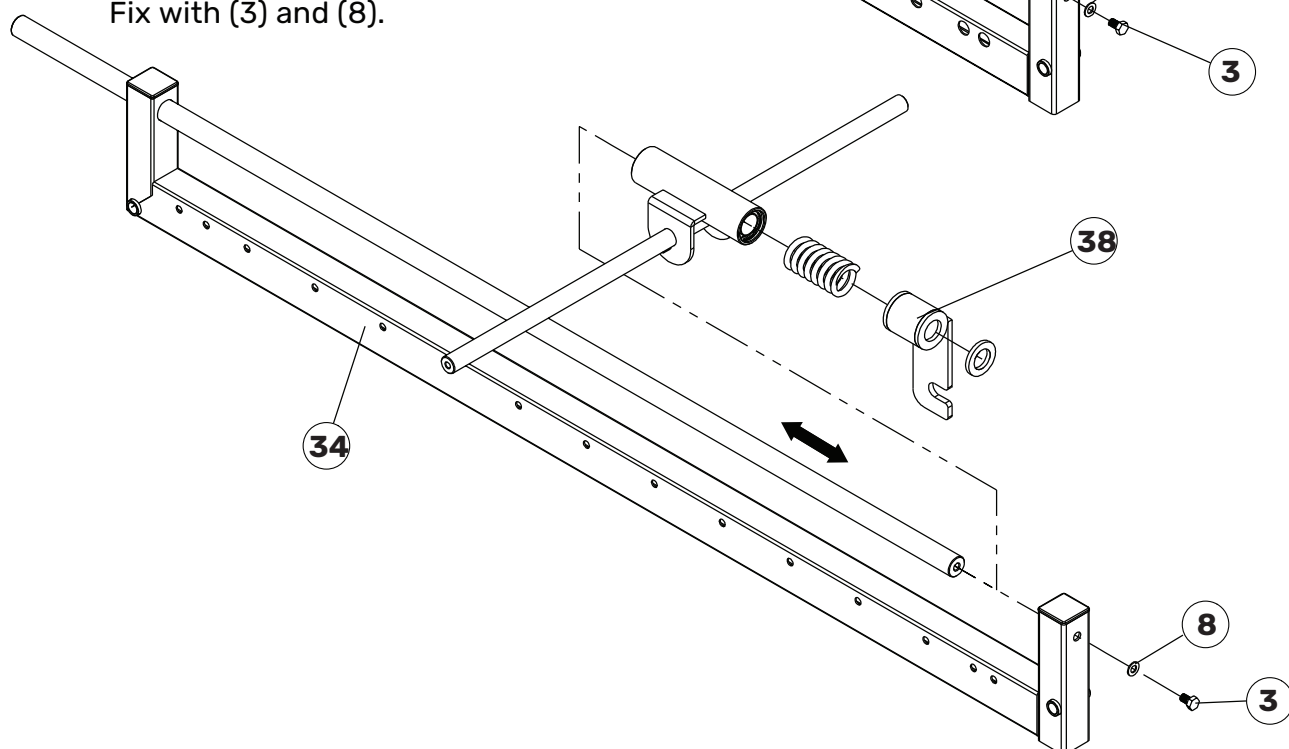
1

Assemble the left post. Loosen and keep aside (3) and (8). insert 36, 31, 39 and 29 as shown. Fix with (3) and (8).



2

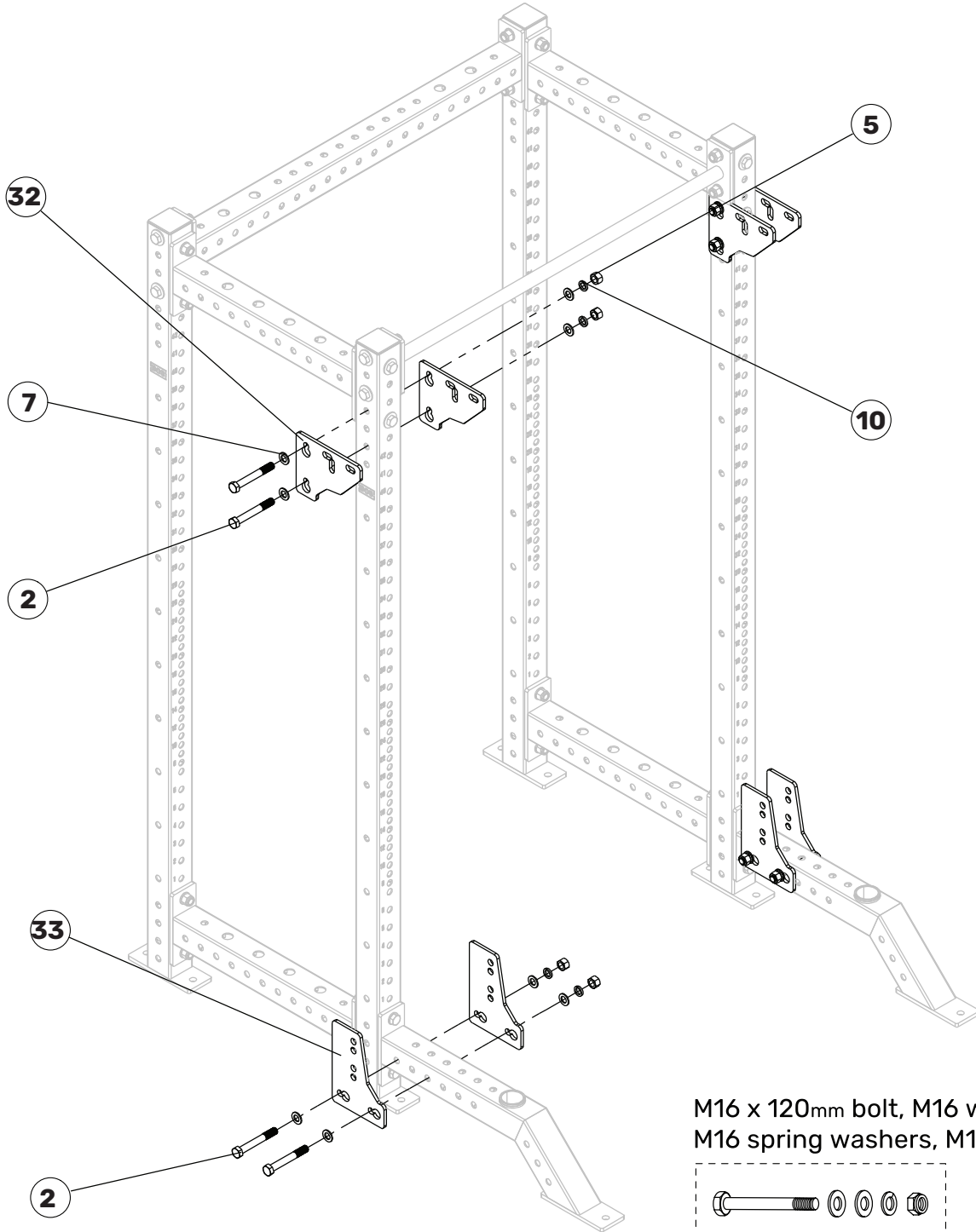
Assemble the right post. Loosen and keep aside (3) and (8). Insert 36, 31, 39 and 29 as shown. Fix with (3) and (8).



Install in front of 84" Hydra Rack.

3

Install Top (32) and Lower Mount Bracket (33). Fix with M16x120mm bolt (2), M16 washer (7), M16 spring washer (10) and M16 nut (5).



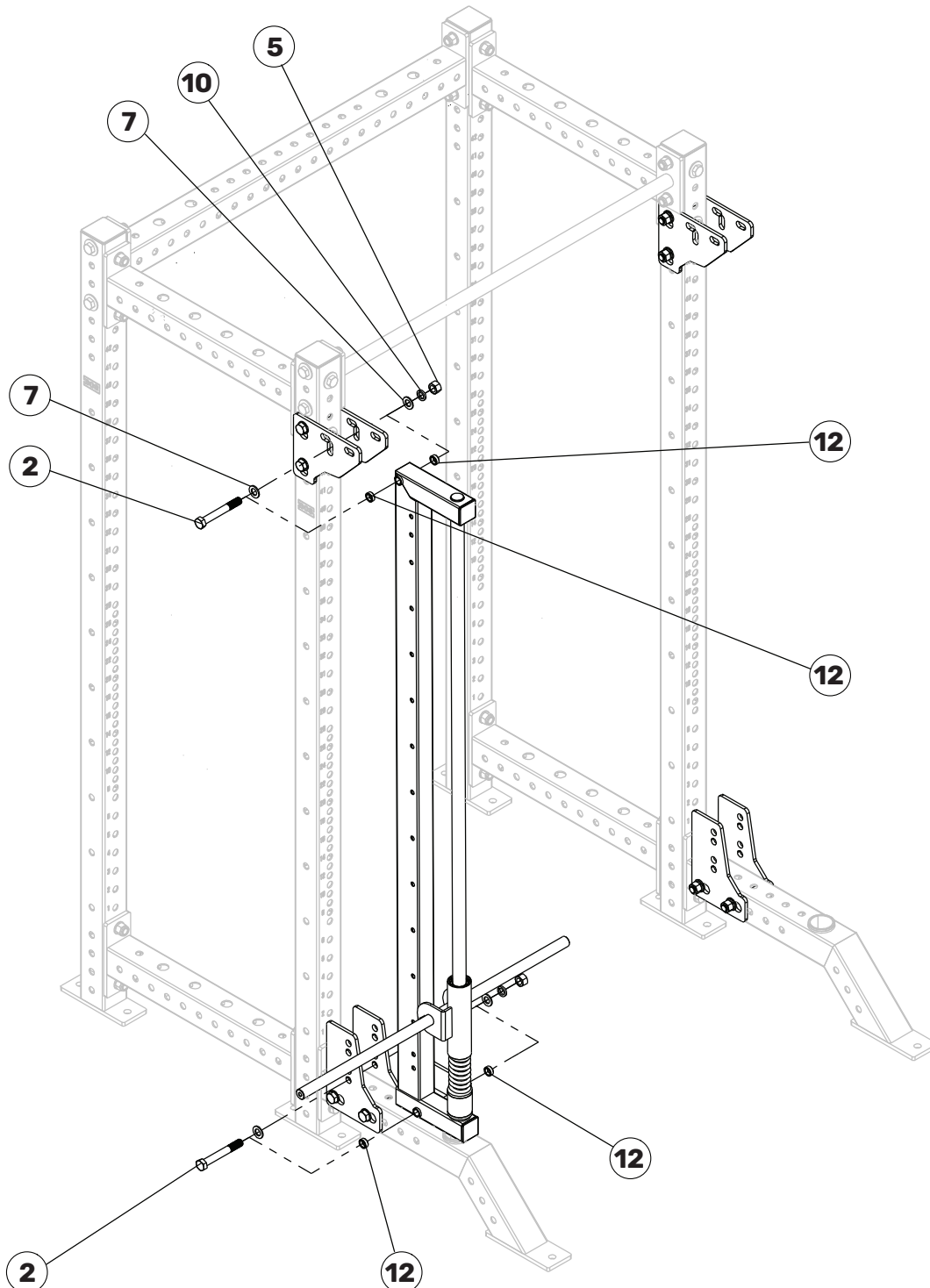
M16 x 120mm bolt, M16 washers,
M16 spring washers, M16 nut

Do not tighten all nuts and bolts in this step.

4

Install Right Post.

Install right post, fix M16x120mm bolt (2), M16 washer (7), 2 spacers (12), M16 spring washer (10) and M16 nut (5).

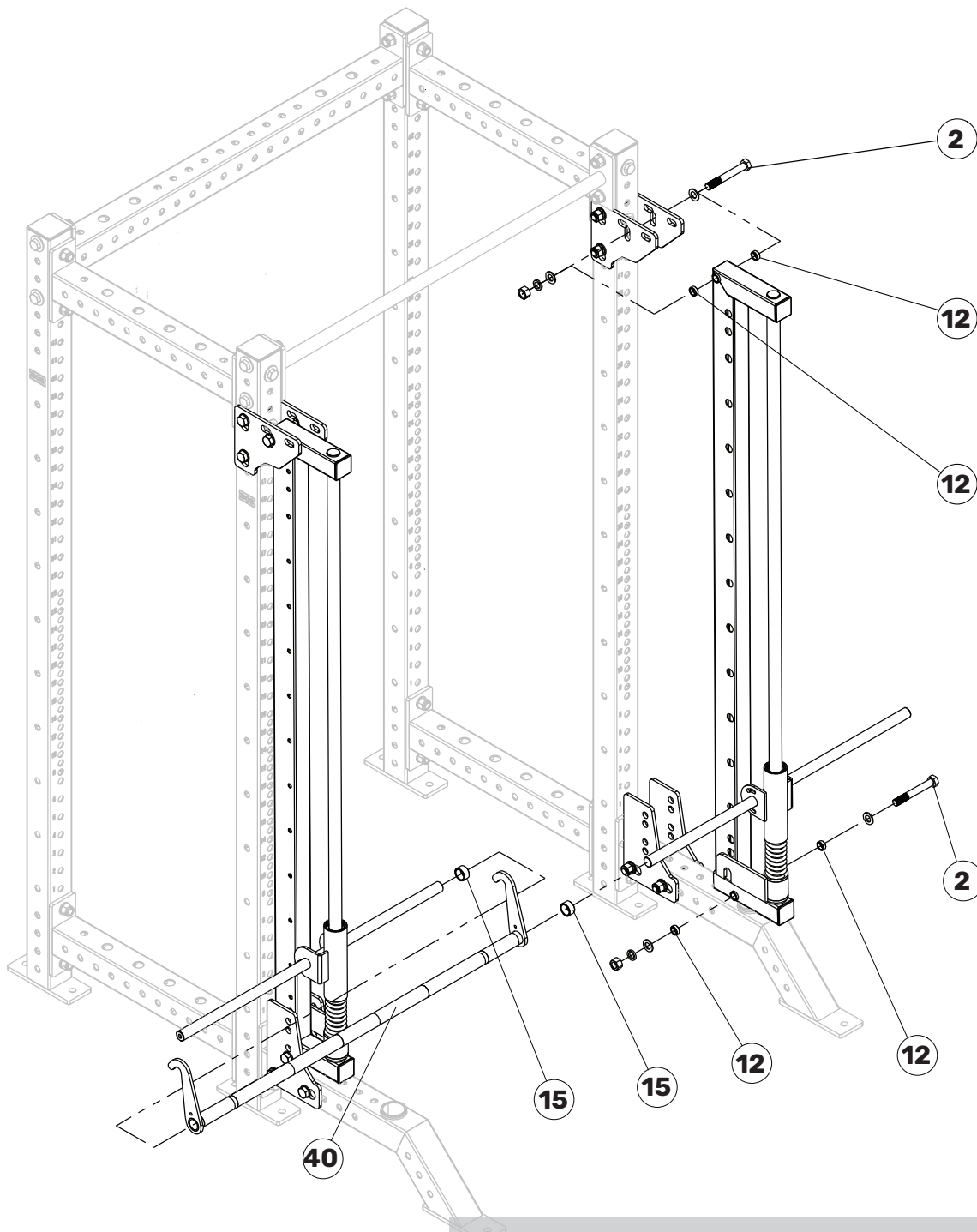


Do not tighten all nuts and bolts in this step.

5

Install Left Post and Barbell

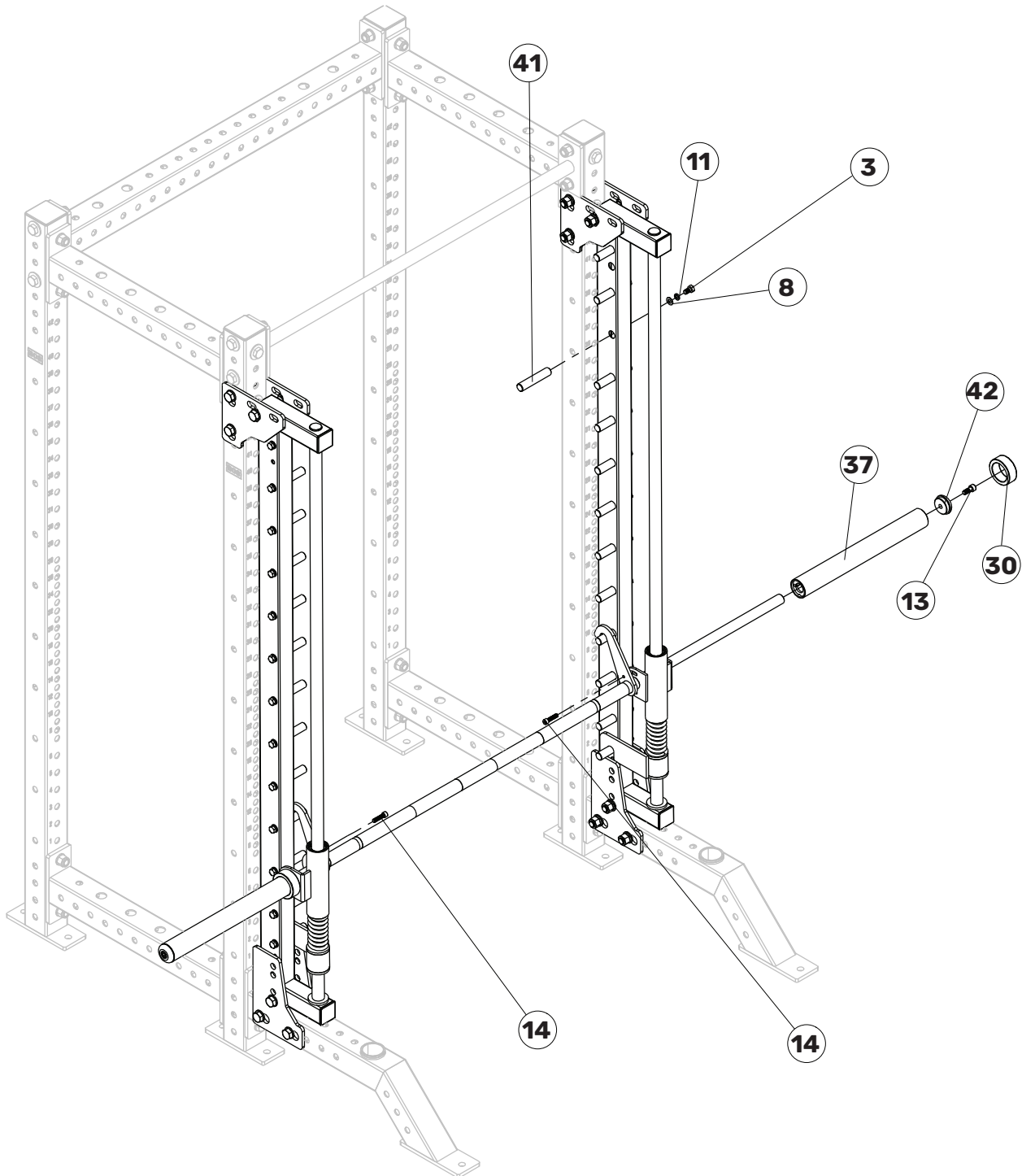
Attach barbell (40) and spacer (15) between post and barbell, then install left post, fix M16x120mm bolt (2), M16 washer (7), 2 spacers (12), M16 spring washer (10) and M16 nut (5).



Do not tighten all nuts and bolts in this step.

6 Install Safety Rungs and Barbell sleeve

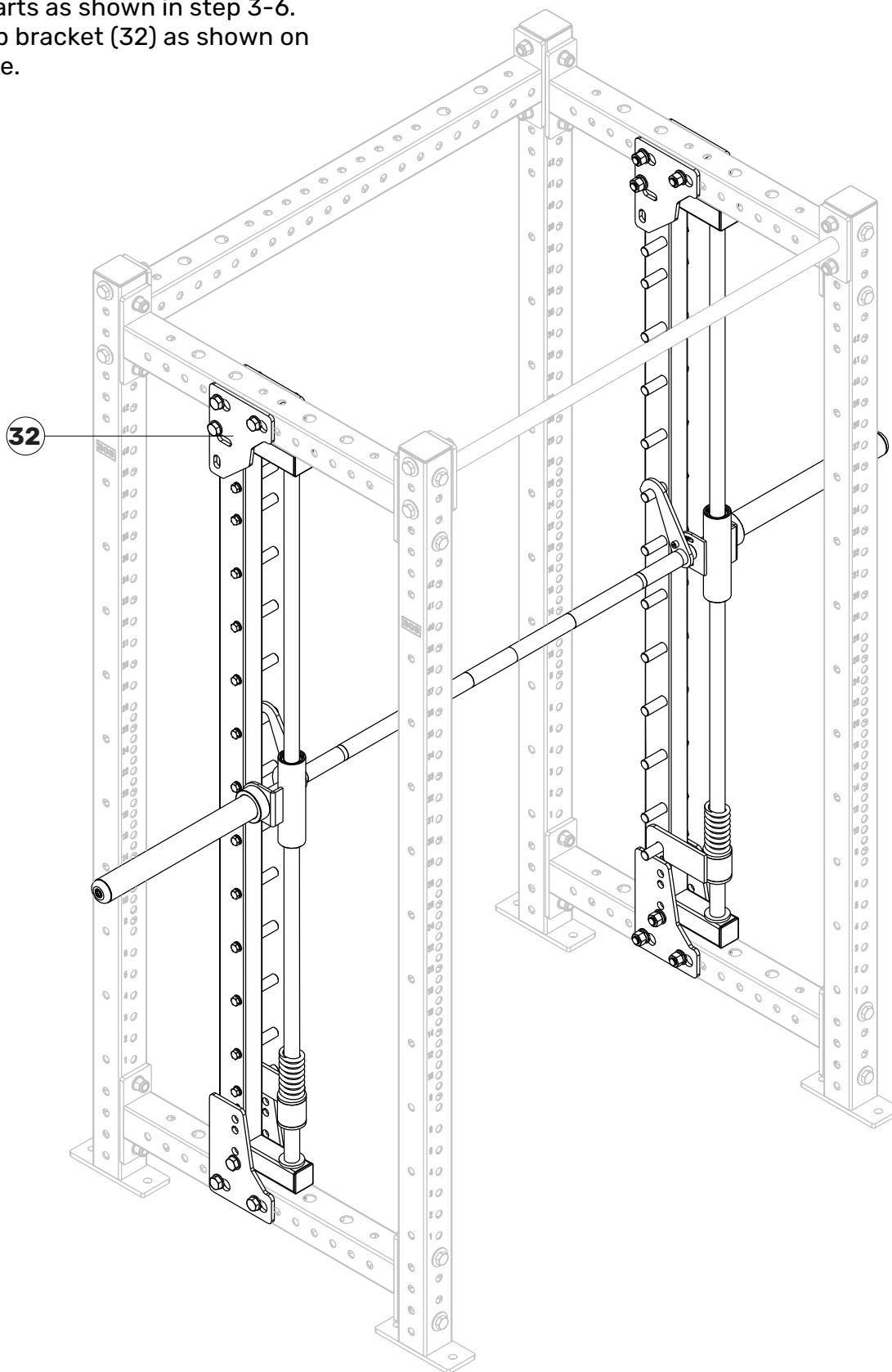
Attach safety rungs (41) and fix with M10x16 bolt (3), M10 washer (8) and M10 spring washer (11). Attach sleeve (37) with (42), (13) and (30) on both sides. Fix barbell with M8x30 hex socket head bolt (14).



Tighten all nuts and bolts in this step.

Install inside of 84" Hydra Rack.

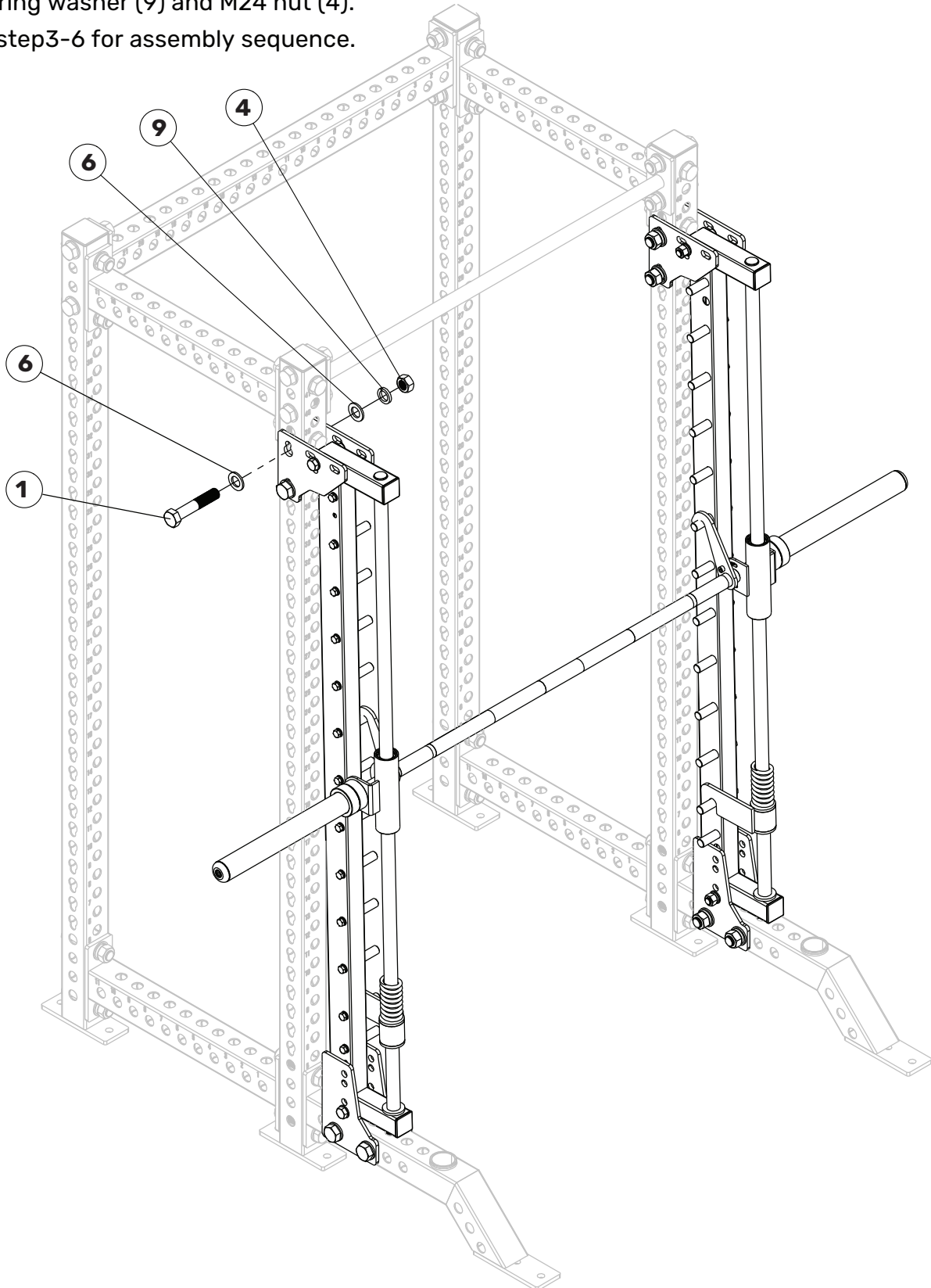
Attach parts as shown in step 3-6.
Install top bracket (32) as shown on
this image.



Install in front of 84" Manticore Rack

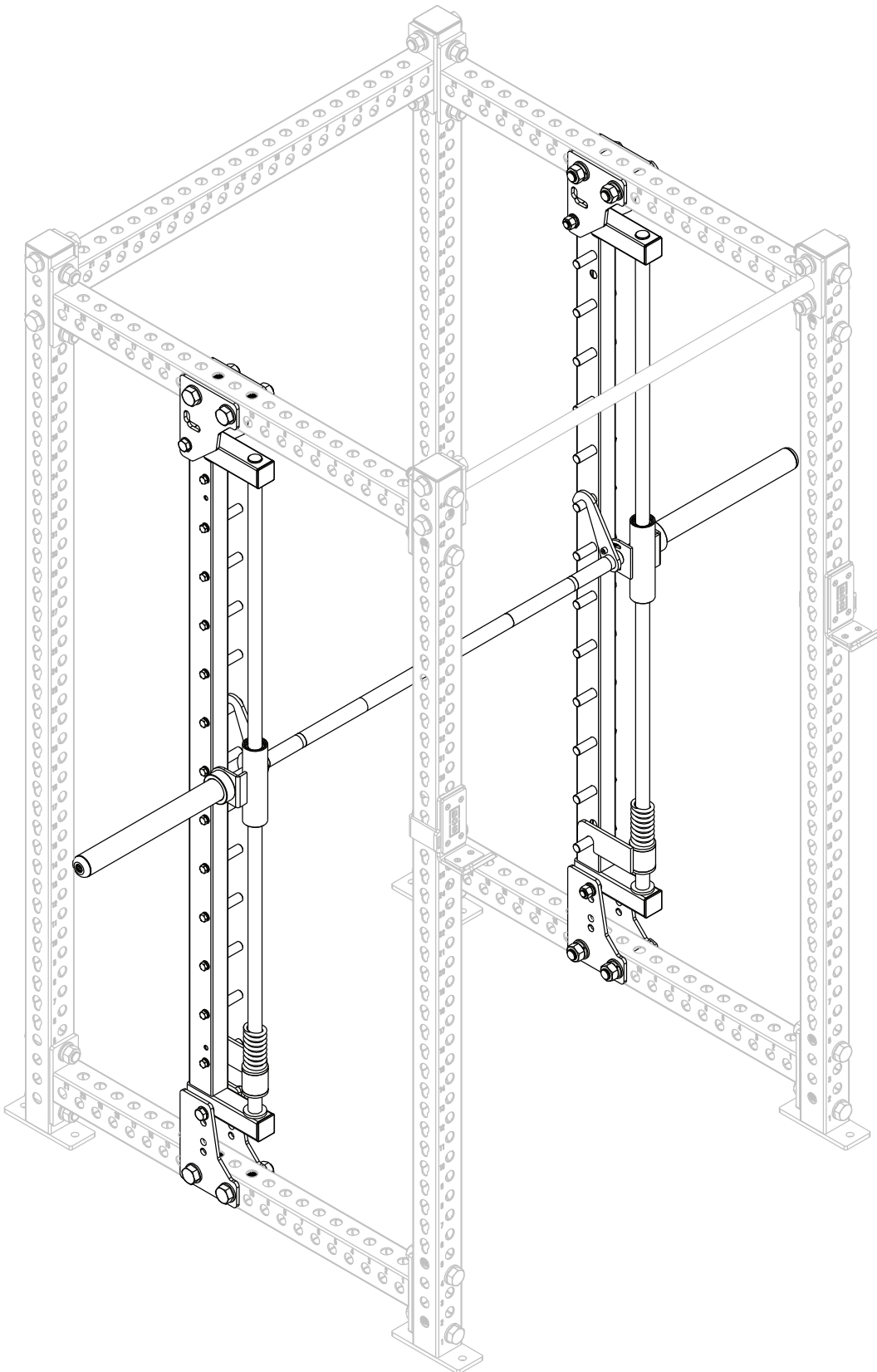
Install Top (32) and Lower Mount Bracket (33). Fix with M24x130mm bolt (1), M24 washer (6), M24 spring washer (9) and M24 nut (4).

Follow step3-6 for assembly sequence.



Install inside of 90" Manticore Rack

Follow step3-6 for assembly sequence.



FINISHED!

WANT TO LEARN MORE ABOUT THE BAR INCLUDED SMITH MACHINE ATTACHMENT? CHECK OUT THE OVERVIEW VIDEO:



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