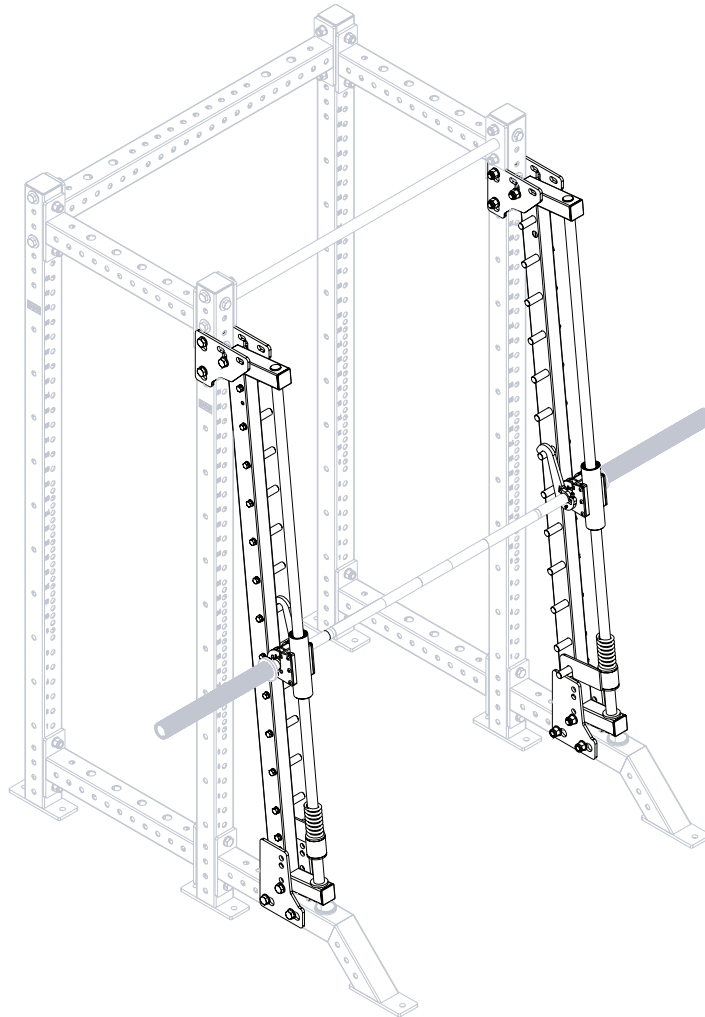




BYOB SMITH MACHINE ATTACHMENT

SKU: BYOB-SMTH-HDRMTC-SET

PO:



ASSEMBLY INSTRUCTIONS

   **BELLSOFSTEEL**

Stuck? Scan the QR code for the assembly video

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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



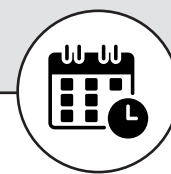
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Customer Notice

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, 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.

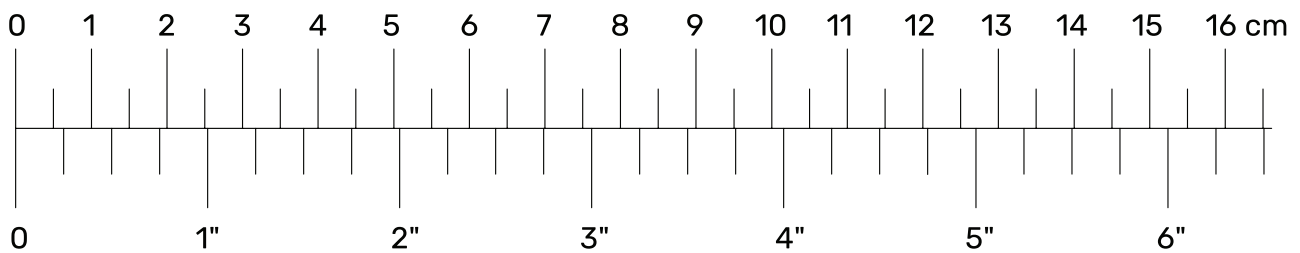
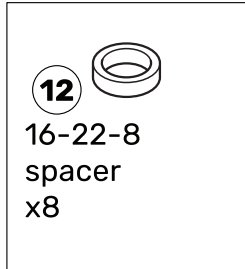
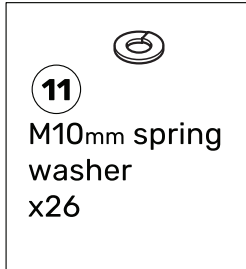
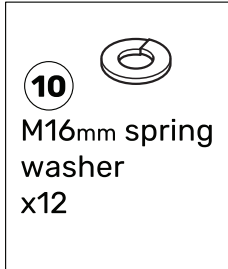
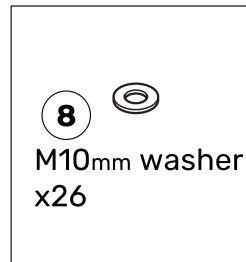
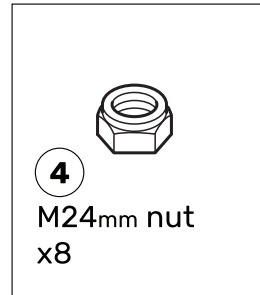
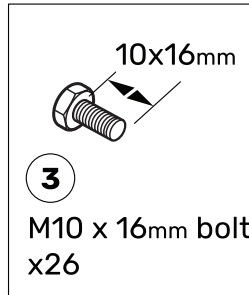
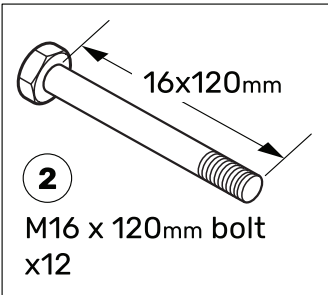
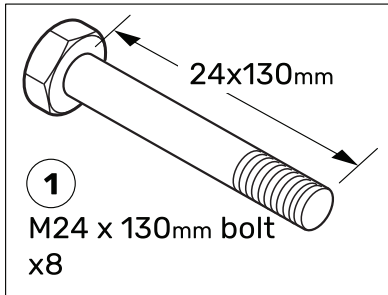
NOW...

LET THE GAINZ BEGIN

PARTS LIST

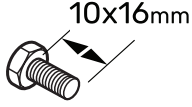


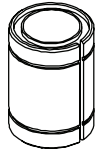











- Hardware Package

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

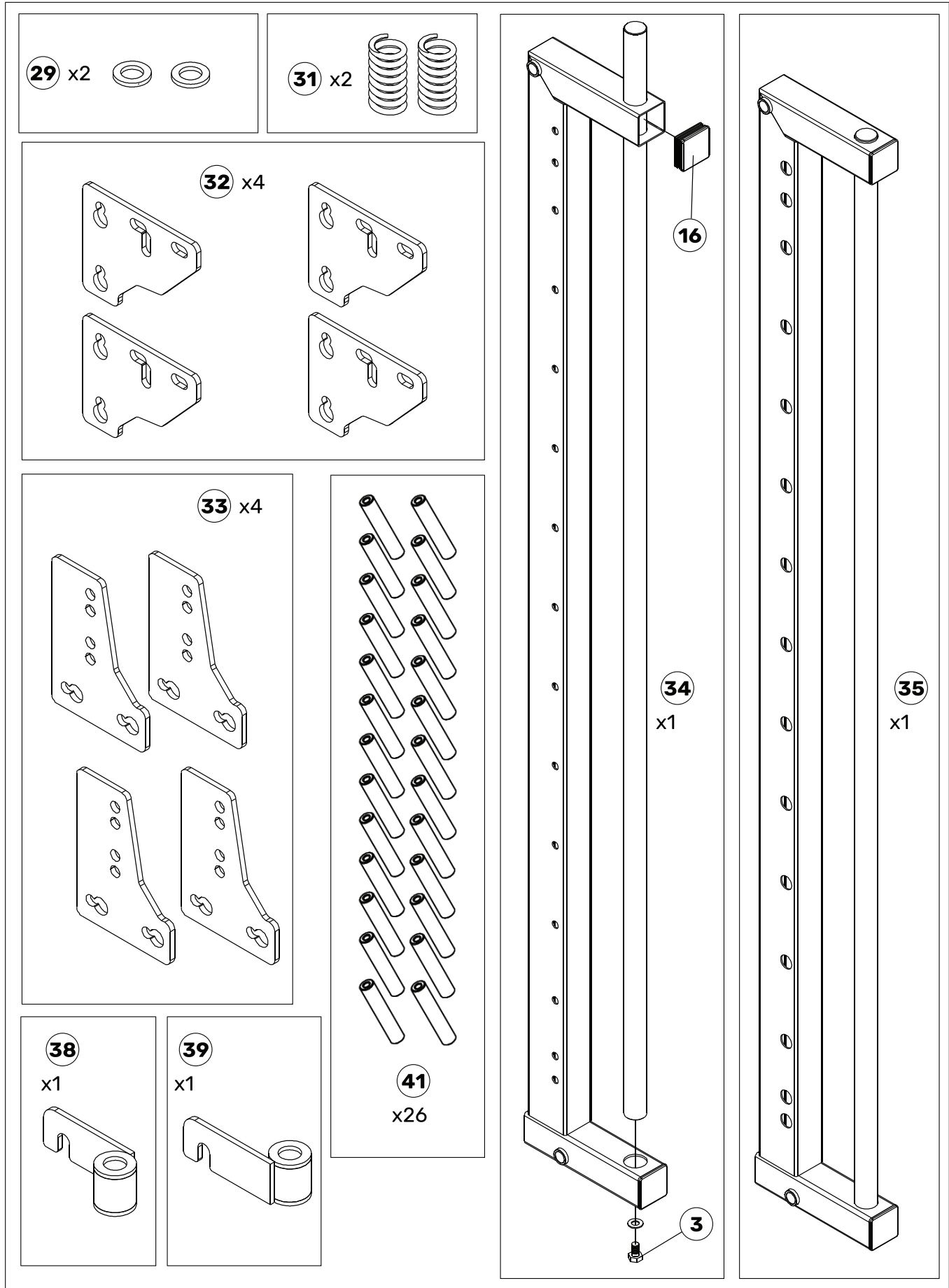


PARTS LIST

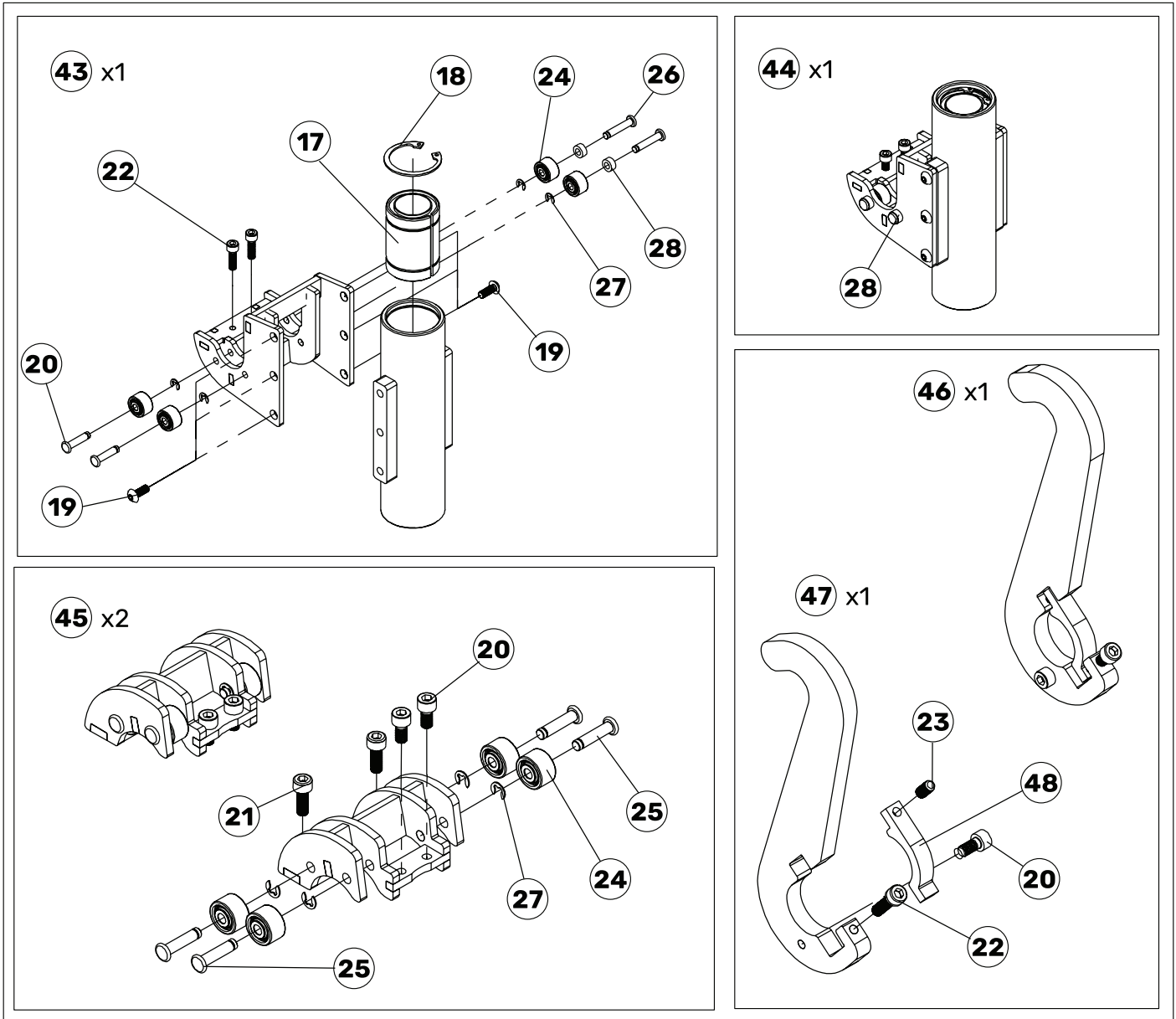
- Preassembled

 <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>
 <p>19 M8 x 16 hexagon cup head bolt x12</p>	 <p>20 M6 x 12 hexagon socket head bolt x6</p>	 <p>21 M6 x 16 hexagon socket head bolt x4</p>	 <p>22 M6 x 20 hexagon socket head bolt x6</p>	 <p>23 M6 x 12 tightening bolt x2</p>
 <p>24 NATR6PP bearing x16</p>	 <p>25 Ø 6 x 25 slotted pin x12</p>	 <p>26 Ø6 x 30 slotted pin x4</p>	 <p>27 Ø6 circlip x16</p>	 <p>28 Ø6 x 11 - 5 spacer x4</p>

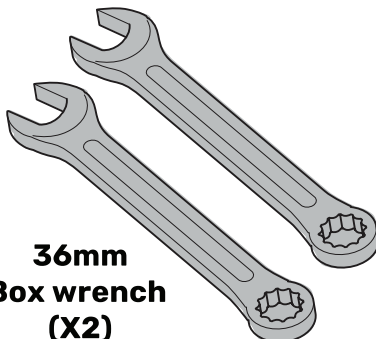
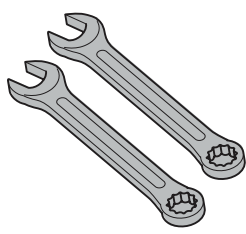
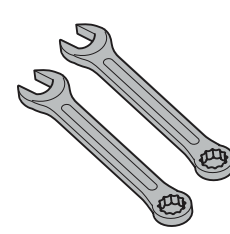
PARTS LIST



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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ASSEMBLY

Choose from 4 sample options on how to mount the smith machine on to your racks. Refer to step 5, 13, 15 and 17 for build specific instructions.

- **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** Install 11 pieces of (41) to (34) for left and (35) for right post. Fix with M10 x 16 bolt (3), M10 spring washer (11) and M10 washer (8). Repeat on the other side.

Left post assembly

- 2** Remove M10 x 16 bolt (3) and M10 washer (8) and set aside.

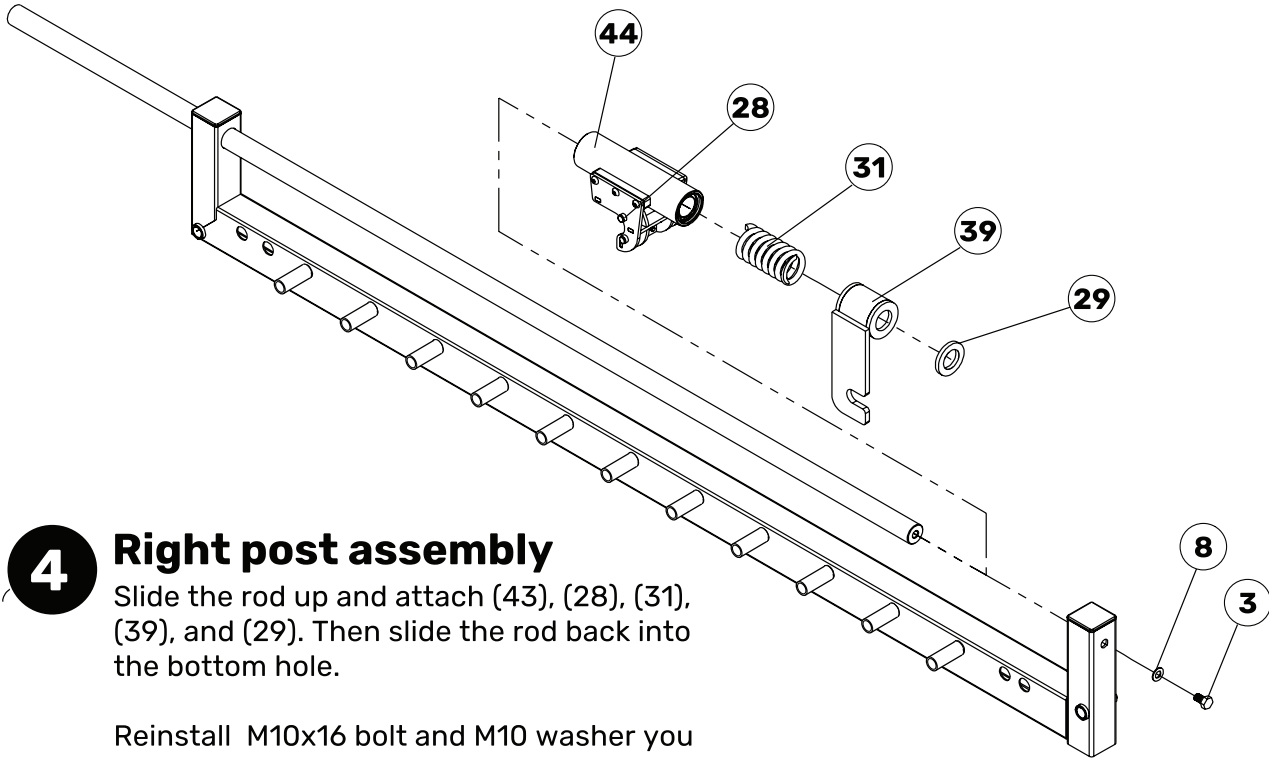
Follow left side assembly.

Right post assembly

Leave the top two and bottom two holes empty as they may get in the way of the brackets while mounting to the rack. Install the remaining pieces once the frame is mounted on the rack.

3 Left post assembly

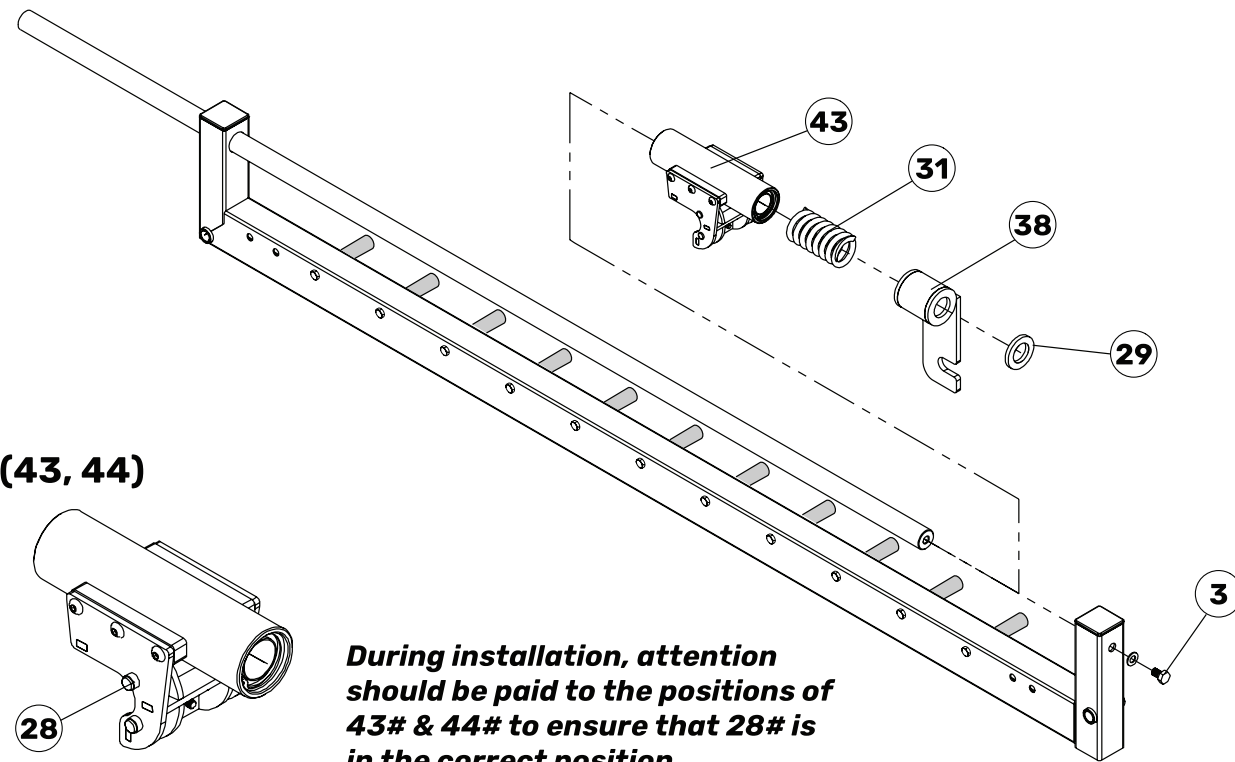
Slide the rod up and attach (44), (28), (31), (39), and (29). Then slide the rod back into the bottom hole. Reinstall M10x16 bolt and M10 washer you removed in step 2.



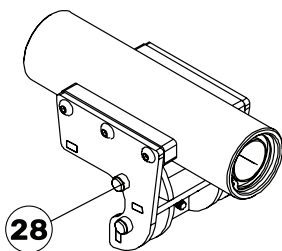
4 Right post assembly

Slide the rod up and attach (43), (28), (31), (39), and (29). Then slide the rod back into the bottom hole.

Reinstall M10x16 bolt and M10 washer you removed in step 2.



(43, 44)



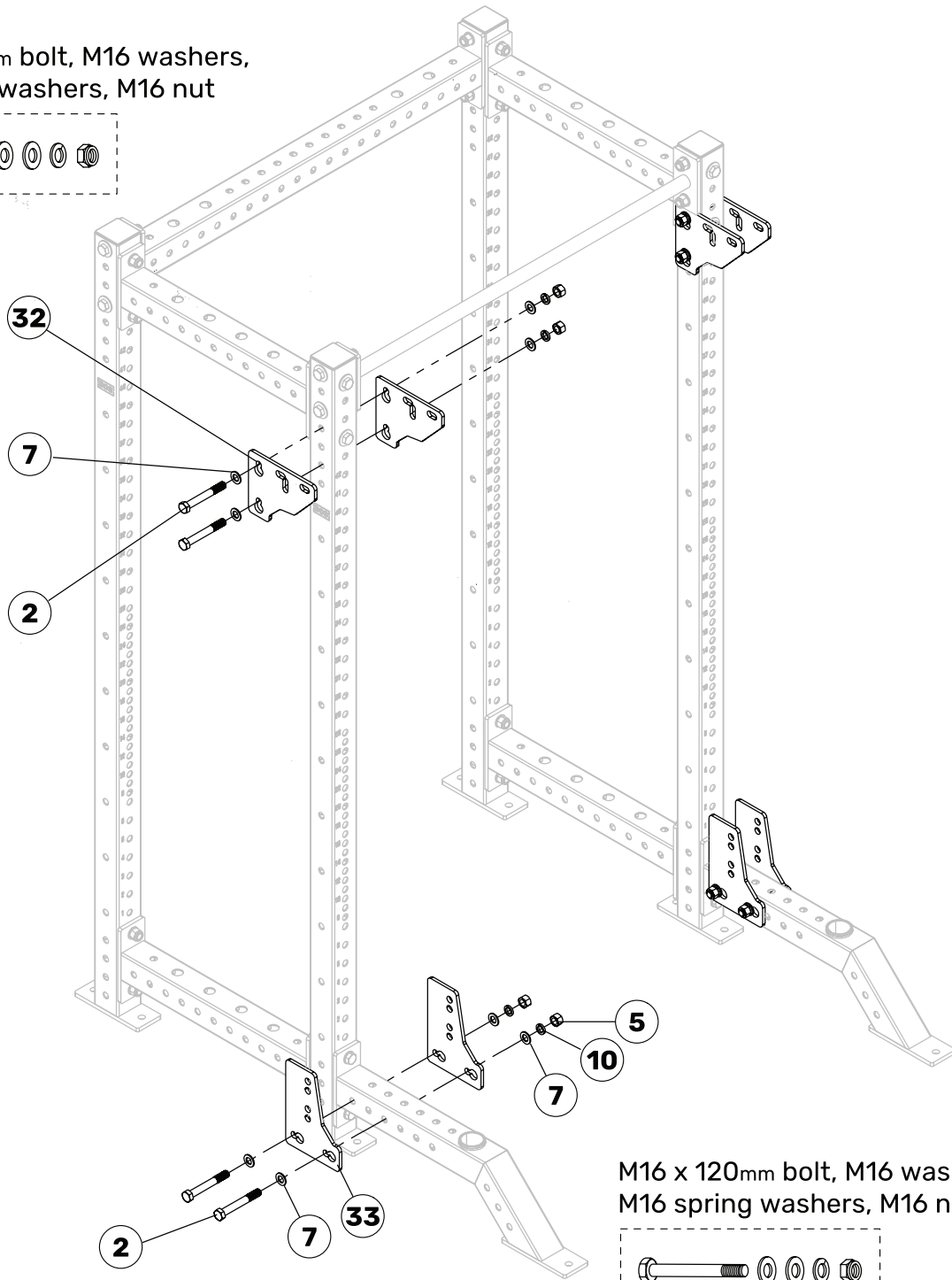
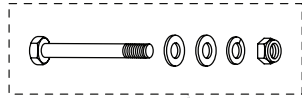
During installation, attention should be paid to the positions of 43# & 44# to ensure that 28# is in the correct position.

OPTION 1: Install in front of 84" Hydra Rack

Exact hole placement for the brackets will vary depending on your rack and the desired angle of the smith machine.

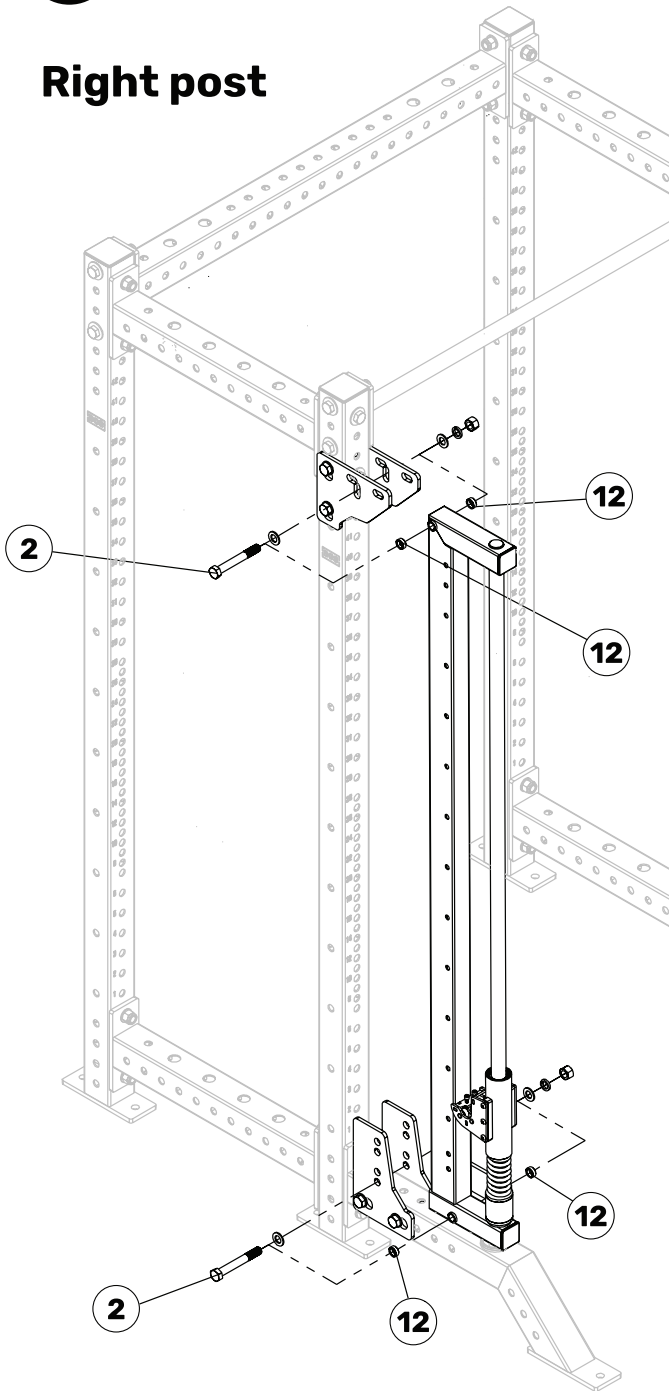
- 5** Install top bracket (32) and lower bracket (33) in front of 84" Hydra rack. Fix with M16x120 bolt (2), M16 washers (7), M16 spring washer (10) and M16 nut (5).

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

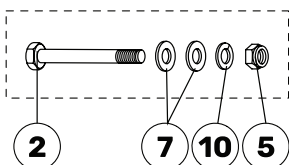


6 Install left and right posts. Fix with M16x120 bolt (2). M16 washers (7), M16 spring washer (10) and M16 nut (5).

Right post

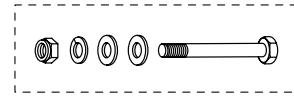


M16 x 120mm bolt, M16 washers,
M16 spring washers, M16 nut

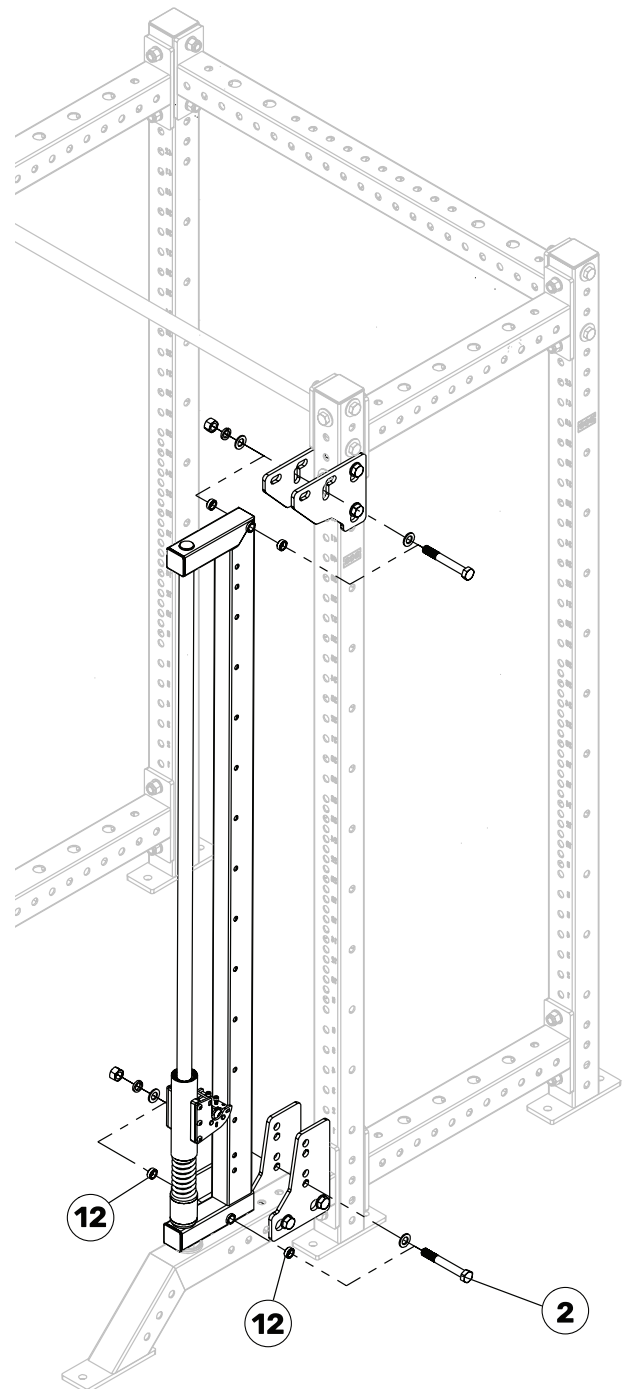


Do not tighten the bolts and nuts in this step.

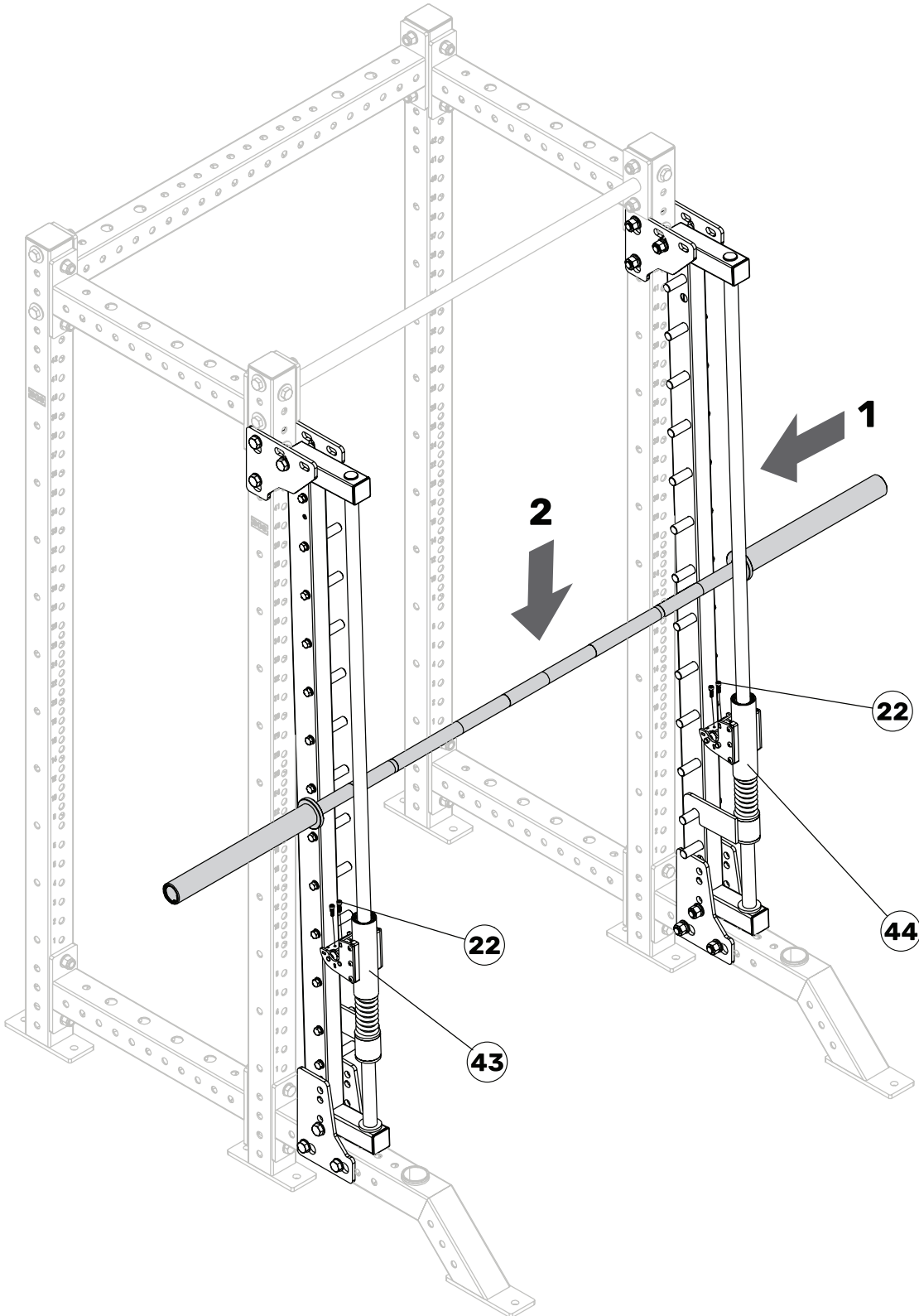
M16 x 120mm bolt, M16 washers,
M16 spring washers, M16 nut



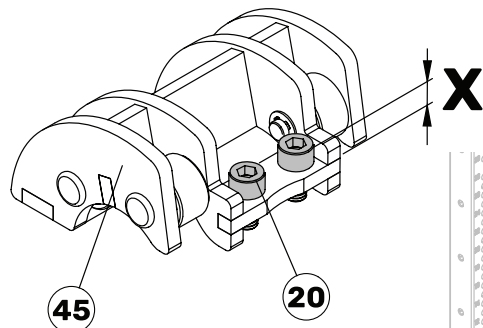
Left post



- 7** Remove the 4 bolts (22) and put them in a safe place. Place your barbell on (43) & (44).

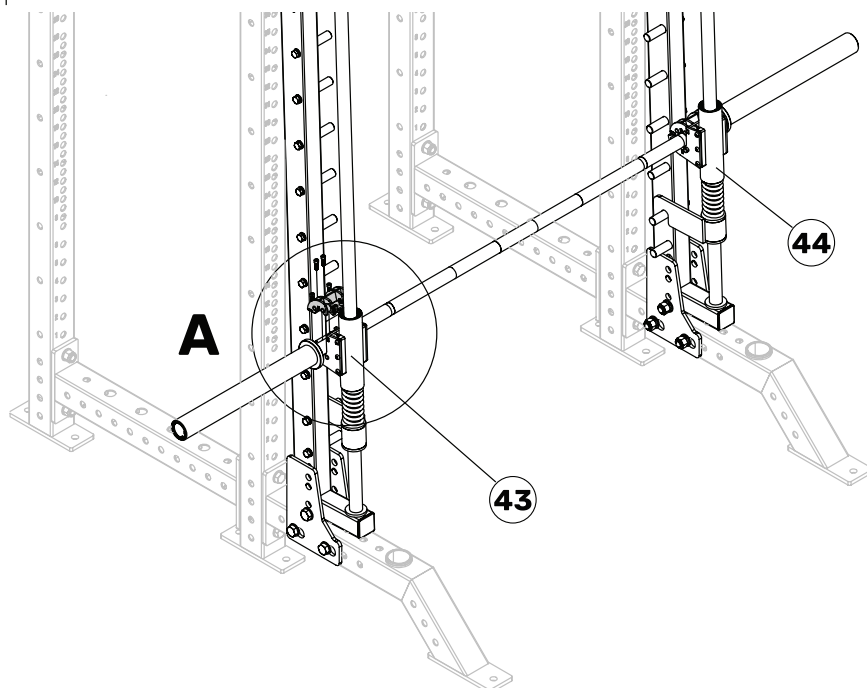


- 8** Set the screws at the back of the (45) to the designated length on the chart. The measurement for the length is from the top of the set screw to the point of insertion as outlined in the diagram next to the chart and is determined by the shaft diameter of your barbell.

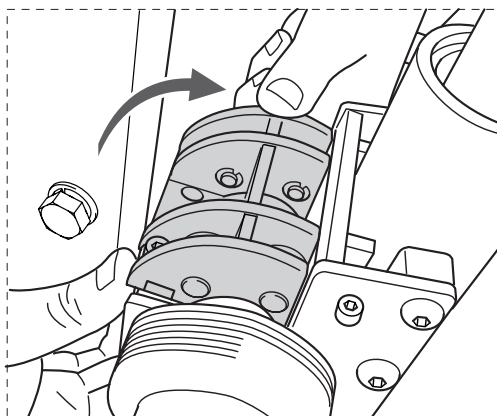


Reference size: (mm)

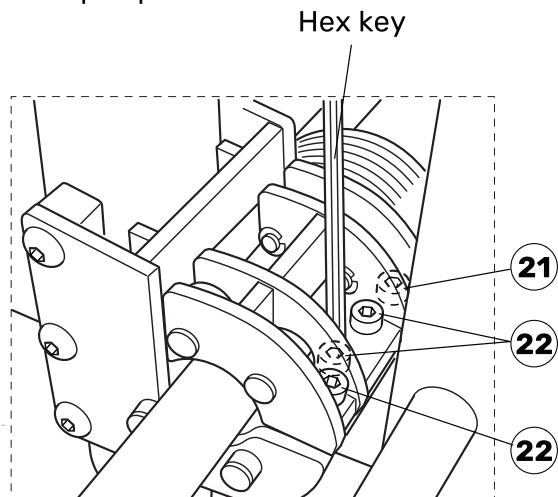
Bar Dia.	∅ 25	∅ 28	∅ 28.5	∅ 29
X	12.5	8.5	7	6



- 9** Take part (45) and while lifting the bar up, tuck the side with the two screws you adjusted earlier underneath, repeat for the other side.



- 10** Reinsert bolts (22) into (45) and tighten back down until it is clamped snugly around the bar. The bar should still spin but not move laterally in the clamp. Once desired tightness is reached, tighten down bolts (21) to lock the clamp in place.

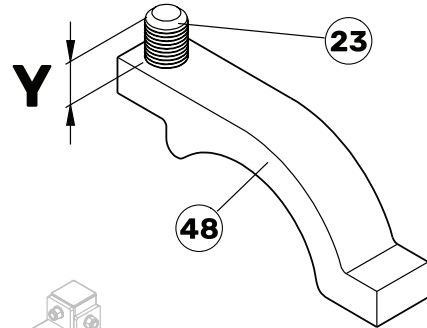
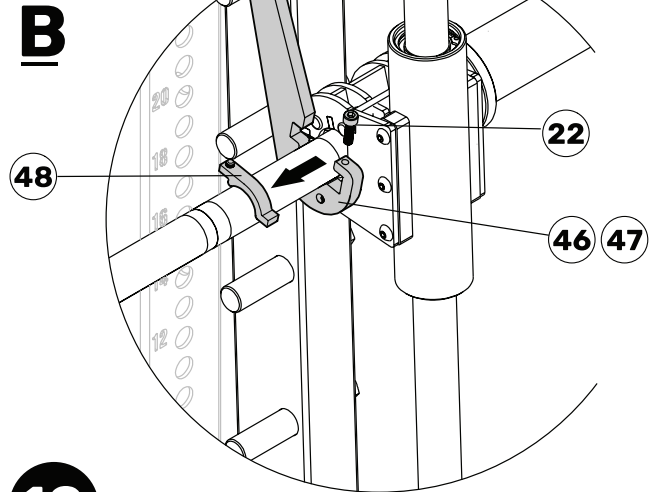


- 11** Loosen the bolt (22) and remove part (48) from (46) and (47). Adjust the bolt (23) to the approximate position.

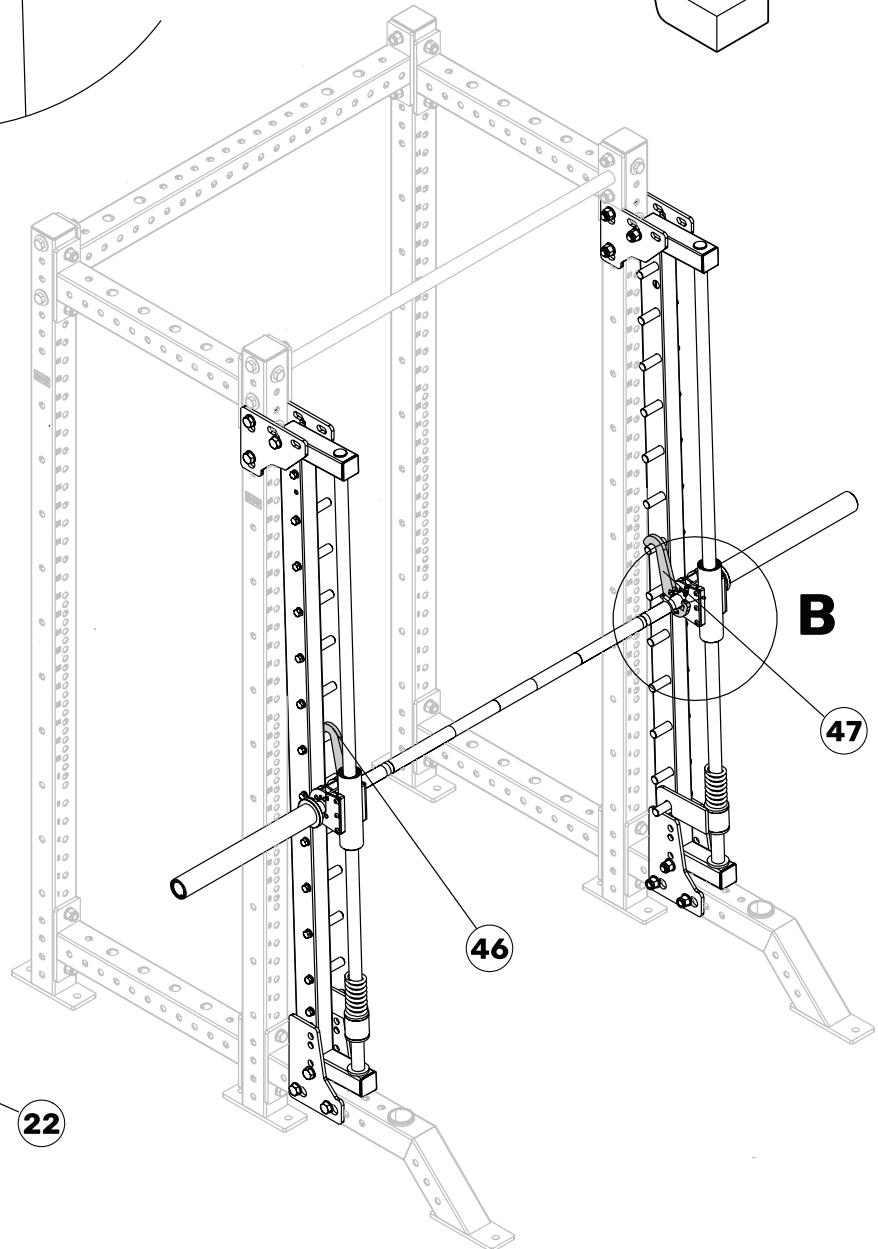
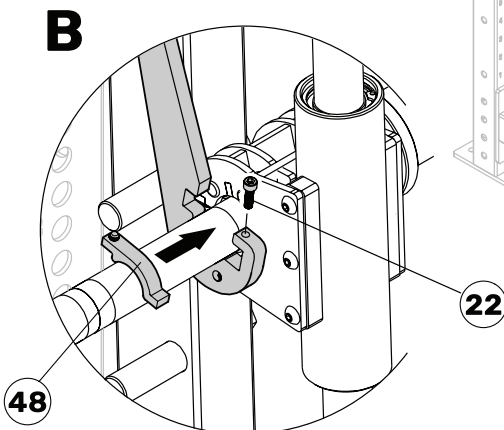
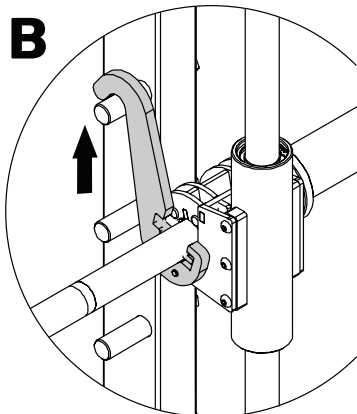
Tighten bolts (23) to the approximate Y distance on (48) for the barbell you are installing. Ensure equal height.

Reference size: (mm)

Bar Dia.	∅ 25	∅ 28	∅ 29	∅ 30
Y	6	3.5	2.2	0



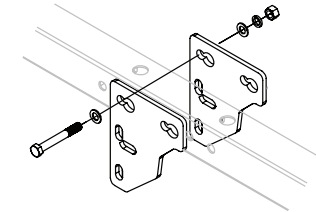
- 12** Hang the bar on the gear pin with the parts (46) & (47). Insert part (48) into (46) & (47). Tighten the bolts (22).



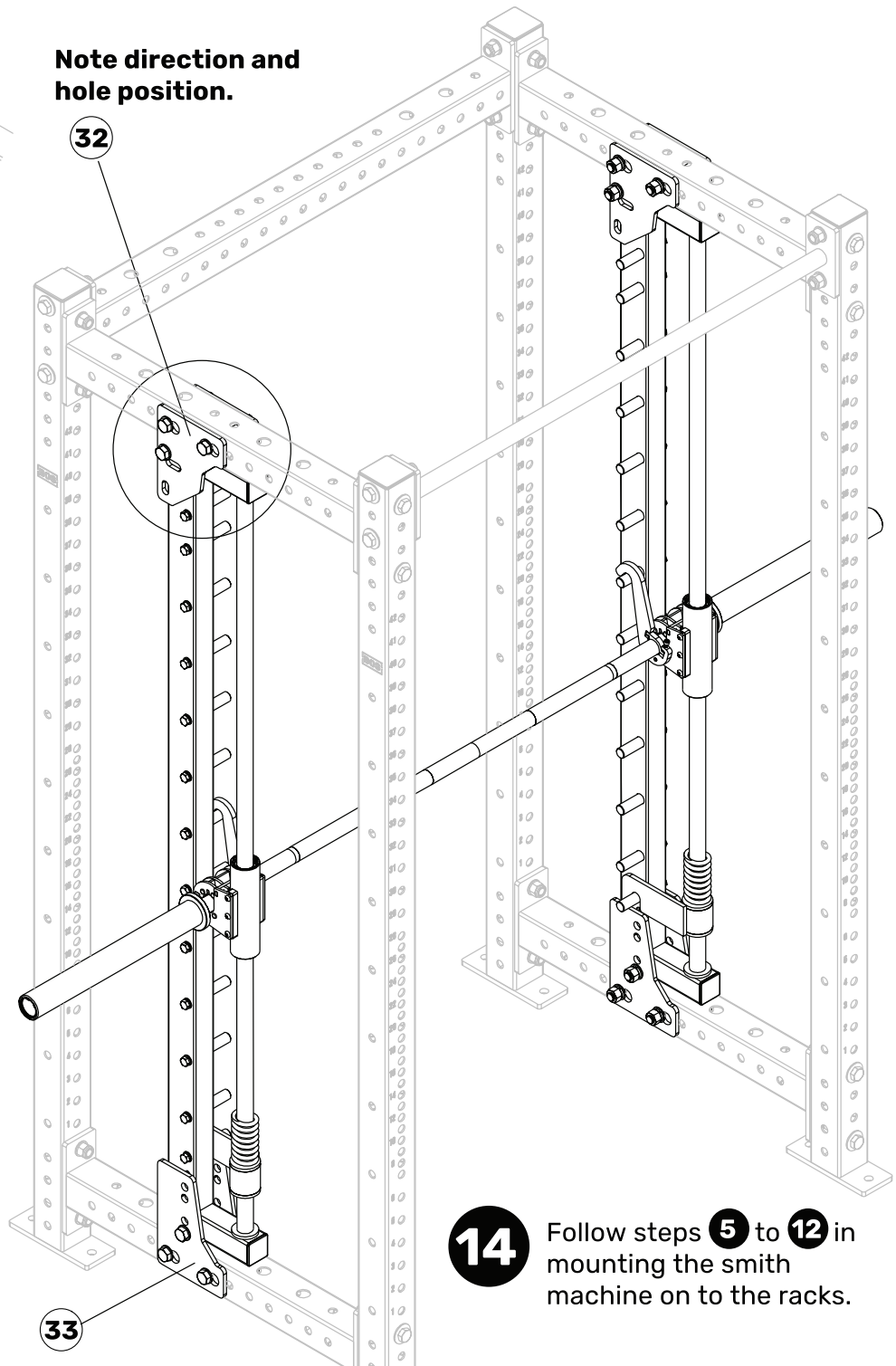
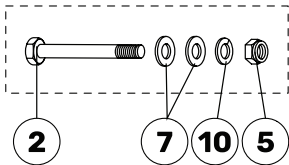
OPTION 2: Install inside of 84" Hydra Rack

Exact hole placement for the brackets will vary depending on your rack and the desired angle of the smith machine.

- 13** Install top bracket (32) and lower bracket (33) inside of 84" Hydra rack.
Fix with M16x120 bolt (2), M16 washers (7), M16 spring washer (10) and M16 nut (5).



Note direction and hole position.



- 14** Follow steps **5** to **12** in mounting the smith machine on to the racks.

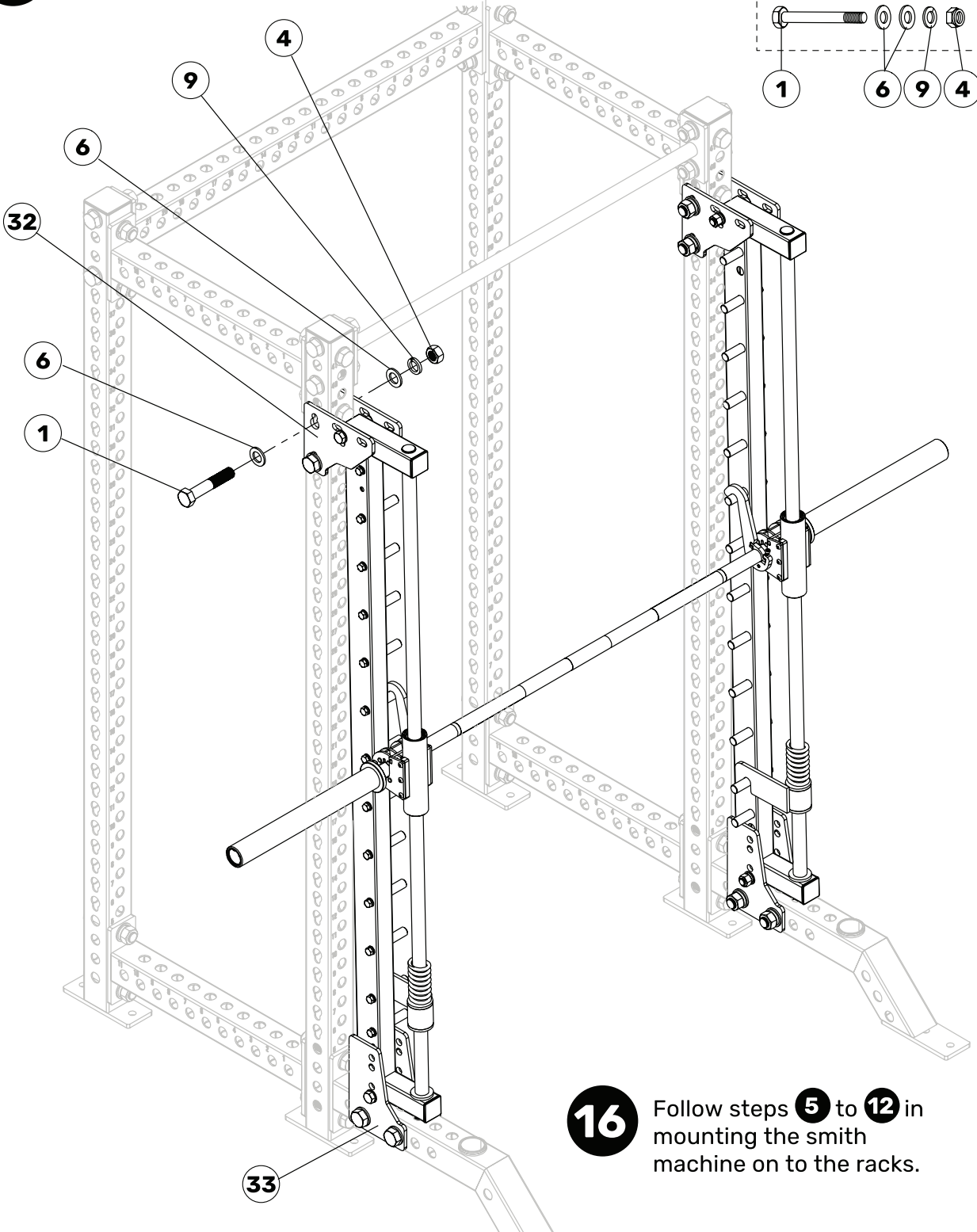
OPTION 3: Install in front of 84" Manticore Rack.

Exact hole placement for the brackets will vary depending on your rack and the desired angle of the smith machine.

15

Install top bracket (32) and lower bracket (33) in front of 84" Manticore rack.

Fix with M24x130 bolt (1), M24 washers (6), M24 spring washer (9) and M24-nut (4).



16

Follow steps **5** to **12** in mounting the smith machine on to the racks.

YOU'RE FINISHED!

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



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