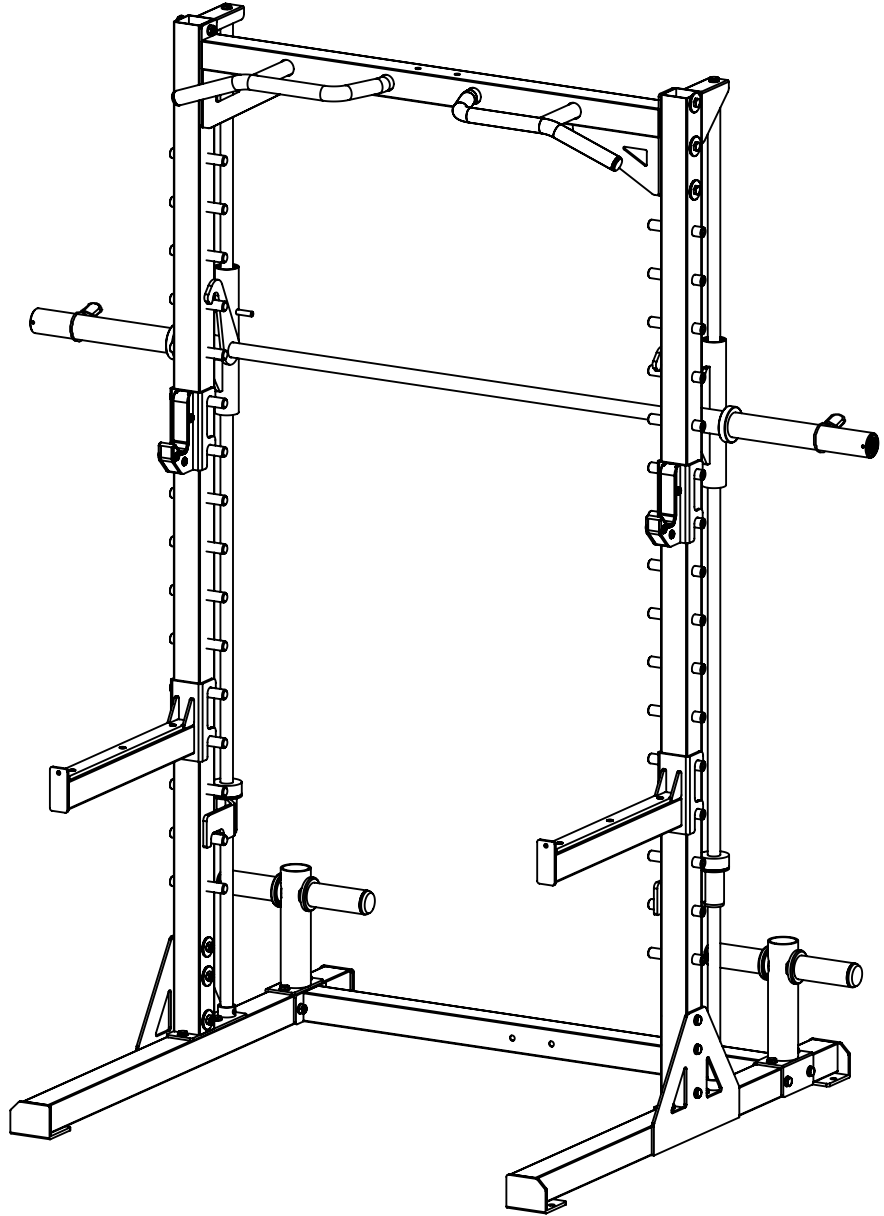


OWNER'S MANUAL

DELUXE SMITH MACHINE

Model #: HM3310



Caution: Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Assembly Instructions

Contents

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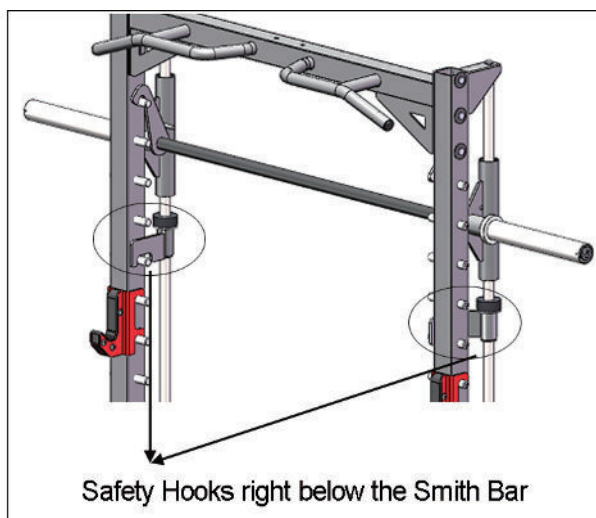
Safety Instructions

⚠ WARNING: Prior to use of HM3310 please ensure that you Read and Understand all the following Precautions and Safety Notes. It is the responsibility of the owner to ensure that all users of equipment HM3310 are adequately informed of all Precautions and Safety Notes.

1. This equipment is designed for home use only. Using this product in any commercial setting will void all warranties and may result in serious injury!
2. Make sure all parts are properly tightened each time the Equipment is used.
3. All parts should be checked regularly for signs of wear. Replace any worn parts immediately.
4. Keep hands and feet away from moving parts.
5. Any of the adjustment devices should not be left projecting.
6. Never allow children to use or play near this equipment. Teenagers under the age of 18 must always have parental supervision and instruction on the use of this machine.
7. Use the equipment and start your training step by step, because injuries to health may result from incorrect or excessive training.
8. Consult your physician before starting an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before using the equipment again.

1. When doing exercises WITHOUT using Smith Bar, such as, Chin-Up, Barbell Squat or Barbell Bench Press with front J-hooks and Spotters, etc.

- 1) Hook the Smith Bar on the top position and make sure it is secured in place.
- 2) Place Safety Hooks (Part 9#/18#) right below the Smith Bar for double security. Very Important!



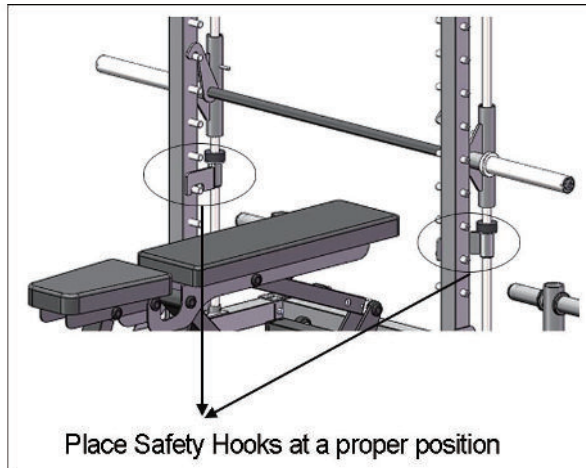
Safety Instructions

2. When doing exercises WITH the Smith Bar, such as, Smith Squat, Smith Bar Bench Press and all other exercises using Smith Bar.

1) Take off all the J-hooks and Spotters, put them aside and store appropriately.



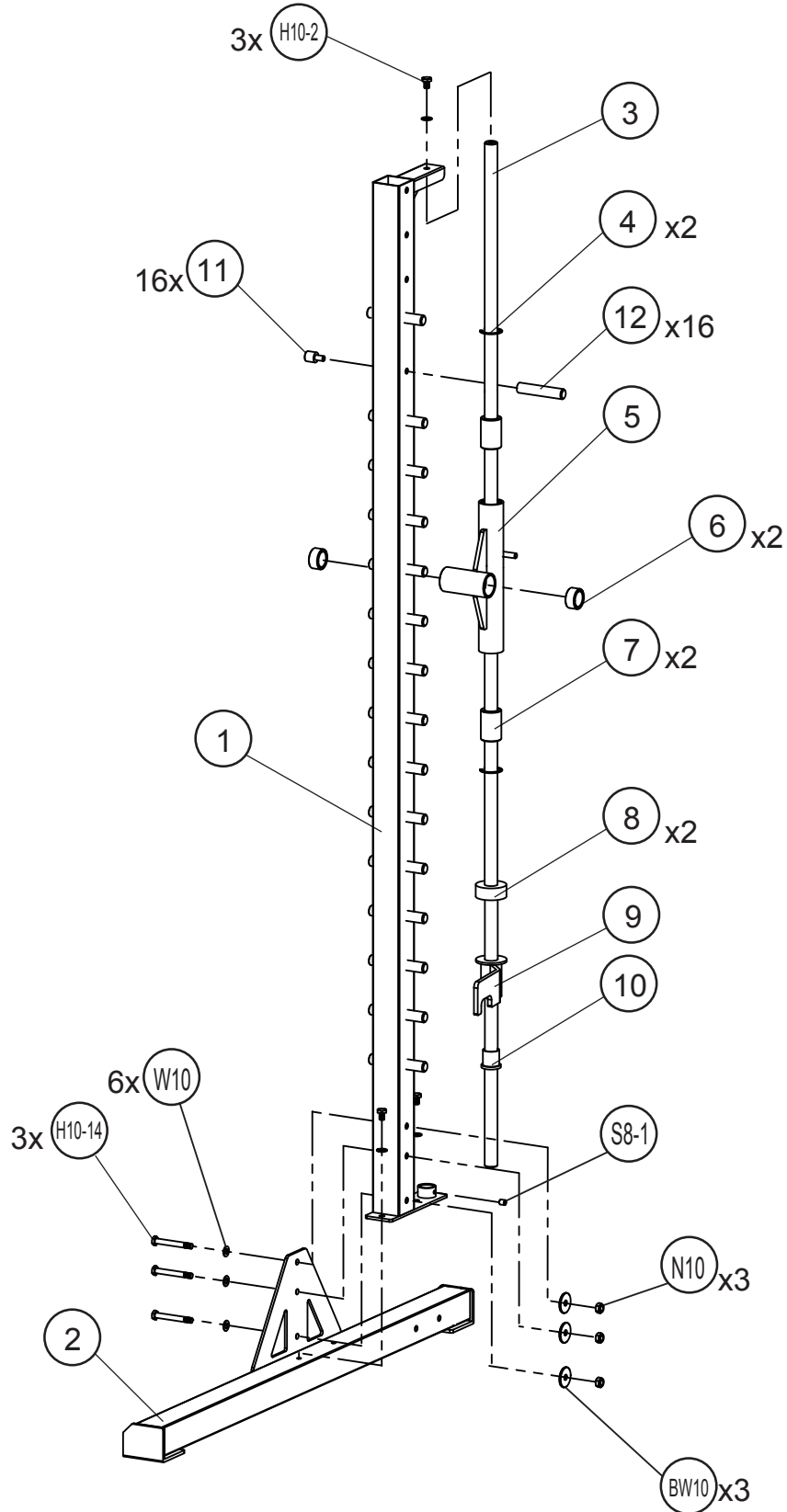
2) Adjust the Smith Bar to a suitable height, place the Safety Hooks at a proper position to keep the Smith Bar away from your body in case of Smith Bar accidental falling or your failure to lift the weights.



(Note: All the above diagrams are for reference only, you need to adjust the Safety Hooks to a proper position due to different user and different exercises position.)

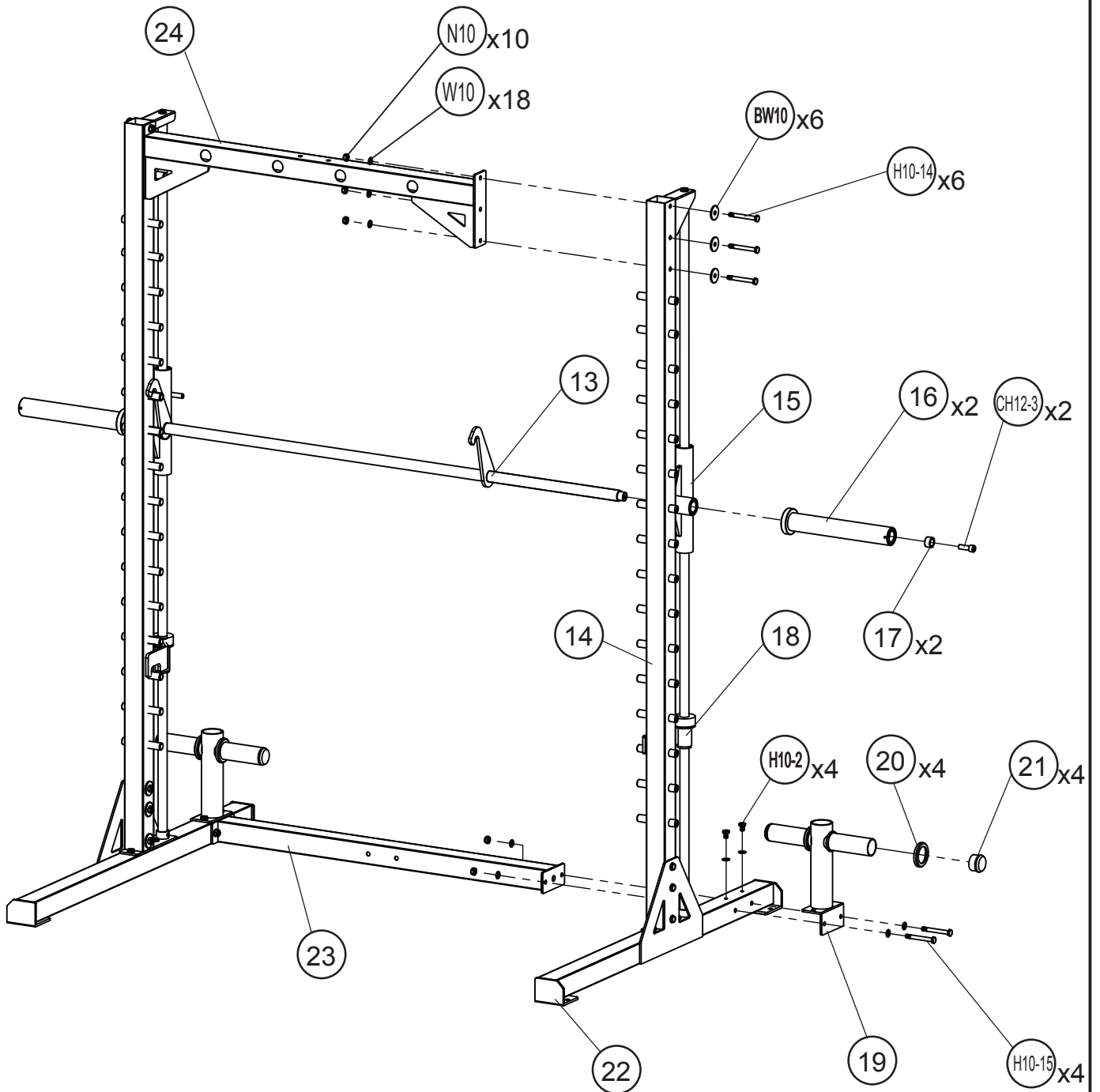
Assembly Instructions

STEP 1



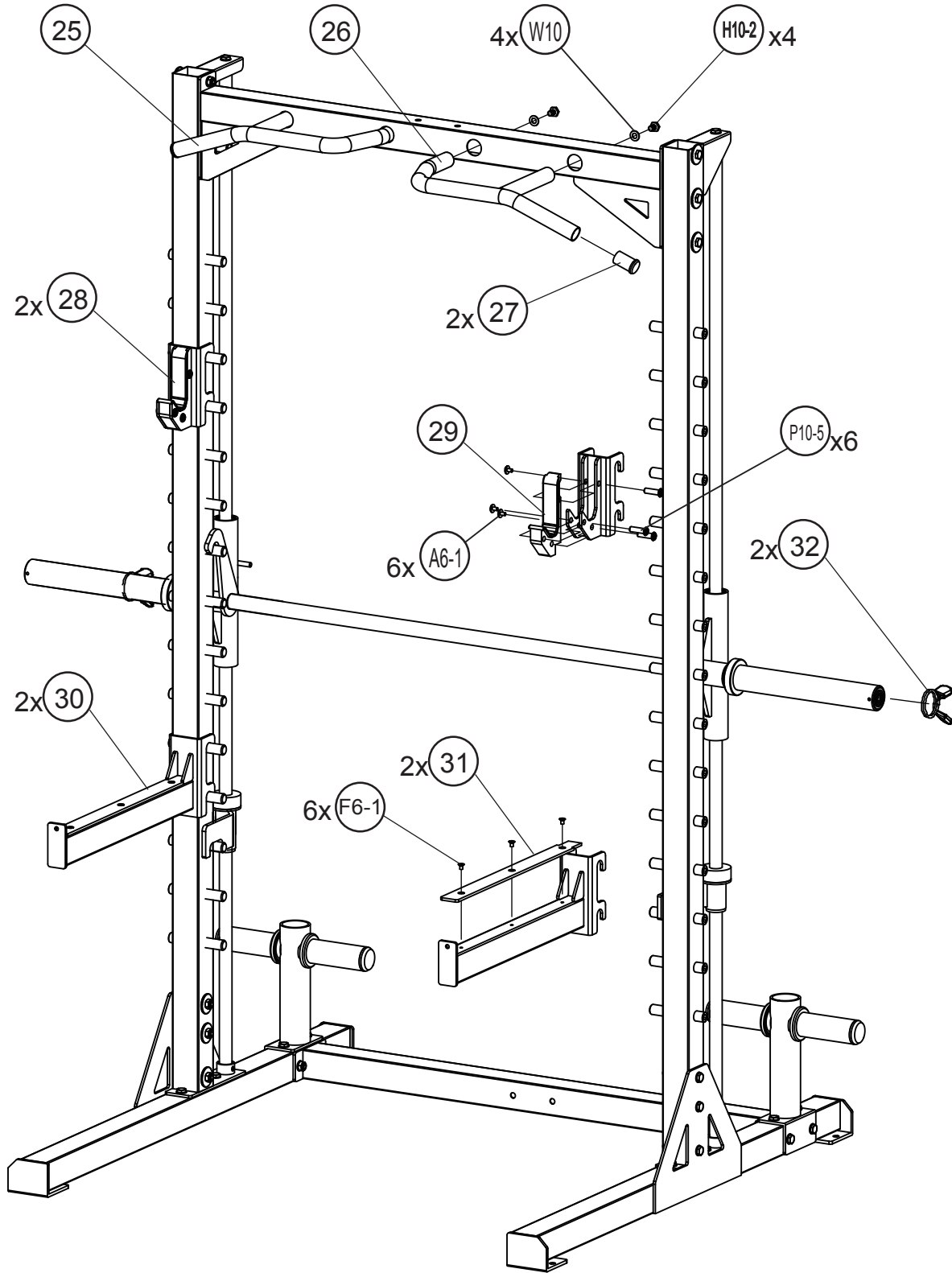
Assembly Instructions

STEP 2



Assembly Instructions

STEP 3



Assembly Instructions

Parts & Hardware List

| Part# | Description | Qty | Remark |
|-------|---------------------------------|-----|---------------|
| 1 | Right Front Upright Frame | 1 | |
| 2 | Right Bottom Frame | 1 | |
| 3 | Front Guide Rod | 2 | |
| 4 | Retaining Ring | 4 | Pre-assembled |
| 5 | Right Bearing Housing | 1 | |
| 6 | Copper Cover | 4 | Pre-assembled |
| 7 | Linear Bearing | 4 | Pre-assembled |
| 8 | Rubber Bumper | 2 | |
| 9 | Right Weight Bar Safety Support | 1 | |
| 10 | Bar Safety Support Sleeve | 2 | Pre-assembled |
| 11 | Short Axis | 32 | |
| 12 | Long Axis | 32 | |
| 13 | Weight Bar | 1 | |
| 14 | Left Front Upright Frame | 1 | |
| 15 | Left Bearing Housing | 1 | |
| 16 | Weight Bar Olympic Sleeve | 2 | |
| 17 | Pan Washer | 2 | |
| 18 | Left Weight Bar Safety Support | 1 | |
| 19 | Olympic Bar Holder | 2 | |
| 20 | Rubber Bumper | 4 | Pre-assembled |
| 21 | Dia48 mm Inner Cap | 4 | Pre-assembled |
| 22 | Left Bottom Frame | 1 | |
| 23 | Bottom Cross Frame | 1 | |
| 24 | Top Cross Frame | 1 | |
| 25 | Right Handle | 1 | |
| 26 | Left Handle | 1 | |
| 27 | Dia30 mm Inner Cap | 2 | Pre-assembled |
| 28 | J-Hook | 2 | |
| 29 | Holder | 2 | Pre-assembled |
| 30 | Spotting Arm | 2 | |
| 31 | Big Rubber Pad | 2 | Pre-assembled |
| 32 | Olympic Spring Clip | 2 | |

Assembly Instructions **Parts & Hardware List**

| Part# | Description | Qty | Remark |
|--------|-------------------------|-----|---------------|
| A6-1 | Allen Bolt M6x10 | 6 | Pre-assembled |
| F6-1 | Flat Head Bolt M6x10 | 6 | Pre-assembled |
| S8-1 | Screw Set M8x10 | 2 | |
| P10-5 | Positioning Bolt M10x35 | 6 | Pre-assembled |
| H10-2 | Hex Head Bolt M10x20 | 14 | |
| H10-14 | Hex Head Bolt M10x80 | 12 | |
| H10-15 | Hex Head Bolt M10x85 | 4 | |
| CH12-3 | Cheese Head Bolt M12x25 | 2 | |
| | | | |
| BW10 | Big M10 Washer | 12 | |
| W10 | M10 Washer | 34 | |
| N10 | M10 Nut | 16 | |
| | | | |
| | | | |

Limited Warranty

We warrants this product to be free from defects in workmanship and materials under normal use and conditions for a period of **1 year FROM THE DATE OF ORIGINAL PURCHASE**. This Limited Warranty is not transferable and is available only for the original purchaser of the product. The company's obligation under this warranty is limited to replacing or repairing the product, at the discretion of the company.

This Limited Warranty is void if the product is:

Damaged through improper use, negligence, abuse, misuse, transportation damage, act of nature, or accident, include failure to follow the assembly and or operation instructions supplied with the product.

Used in commercial or rental applications.

Modified or repaired by anyone not authorized by the company.

This Limited Warranty does not cover expendable items including but not limited to: Batteries, light bulbs, fuses, accessories, and other items that experience wear as a result of normal use.