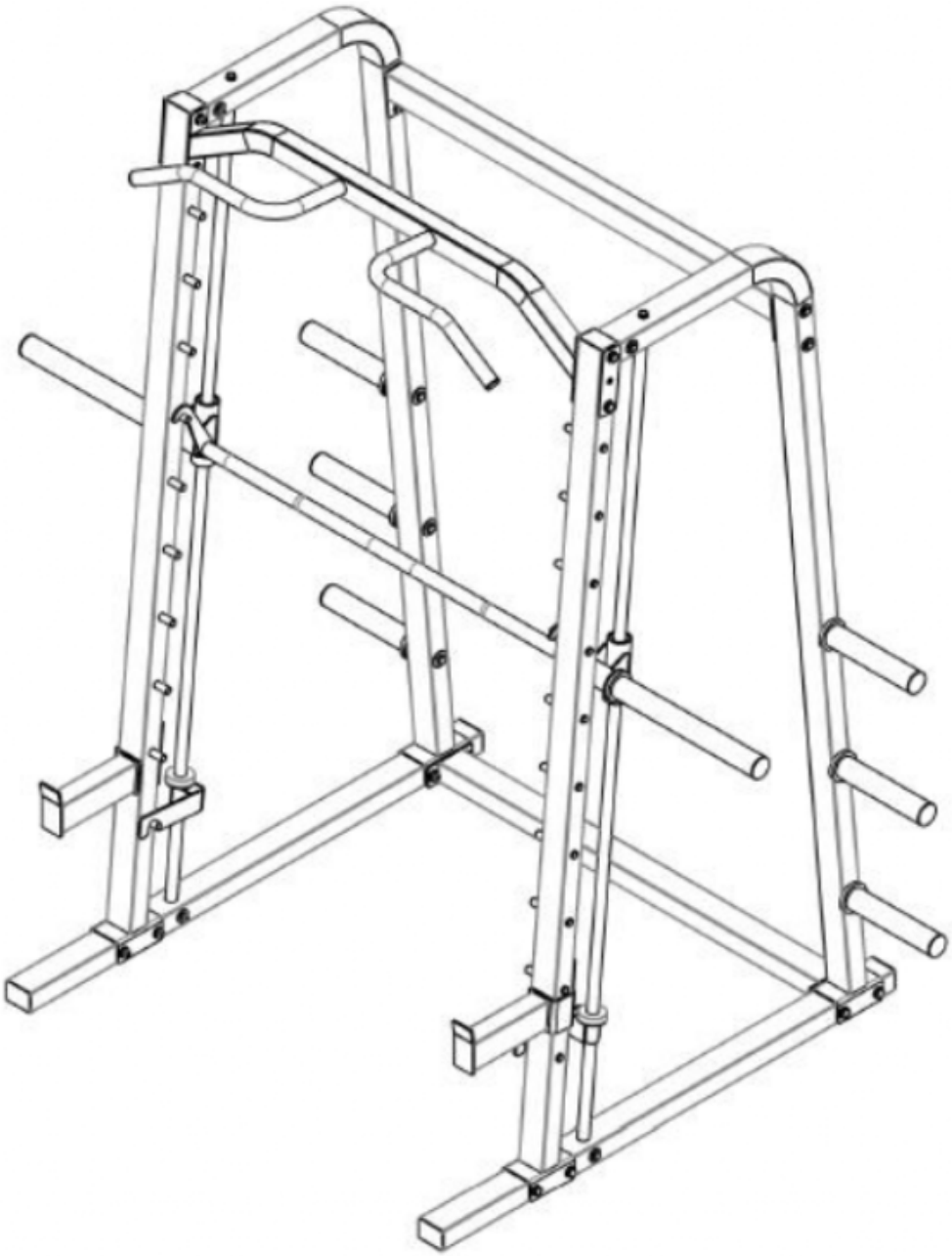
RECOIL

SMITH MACHINE



User guide

Important Safety Instruction

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1.Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.

2. Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.

3.The product should only be used on a level surface and is with 0.5 meters space around the product. Do not use the equipment outdoors.

4.Do not allow children on or near the equipment. And children are not allowed to use this equipment. Teenagers should use this equipment with adult supervision.

5.Do not overexert yourself or work to exhaustion. Do not attempt to lift more weight than you can control safely. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

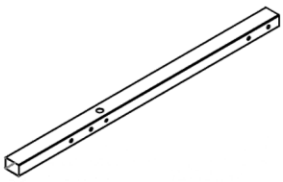
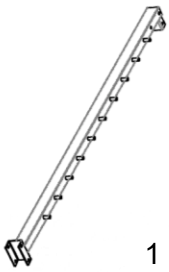
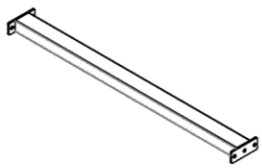
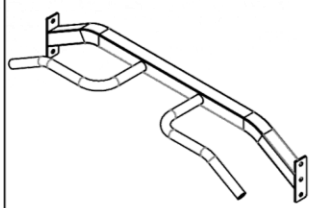
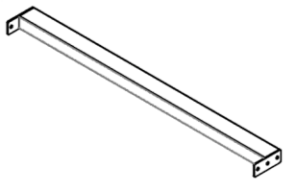
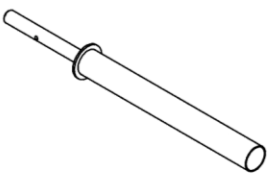
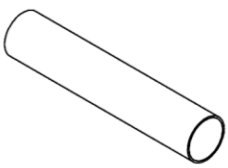
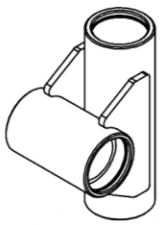
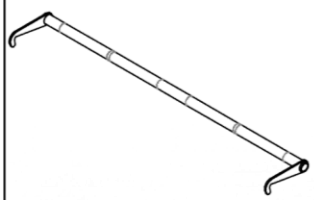
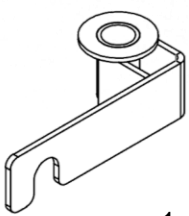
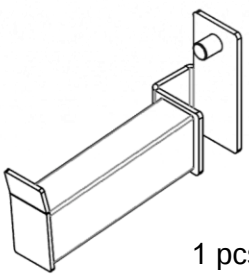
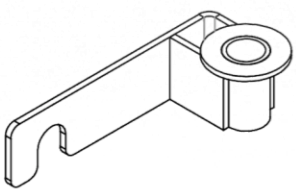
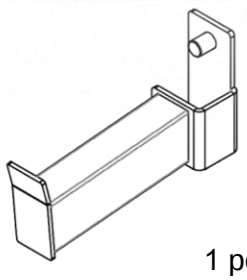
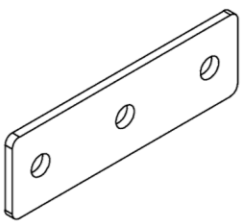
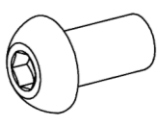
6.This equipment is not used as medical apparatus and instruments.

7.Never operate the unit when it has been dropped or damaged. Never drop or insert anything into any opening in the equipment. Always check the unit and its cables before each use. Make sure that all fasteners are secure and in good working condition. Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.

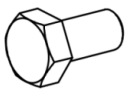
8. Be careful when getting on or off the equipment.

9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

Parts List

1	01-01	2	01-02	3	01-03	4	01-04
 2 pcs.		 1 pcs.		 2 pcs.		 1 pcs.	
5	01-05	6	01-06	7	01-07	8	01-08
 1 pcs.		 1 pcs.		 1 pcs.		 2 pcs.	
9	01-09	10	01-10	11	01-11	12	01-12
 2 pcs.		 6 pcs.		 2 pcs.		 1 pcs.	
13	01-13	14	01-14	15	01-15	16	01-16
 1 pcs.		 1 pcs.		 1 pcs.		 1 pcs.	
17	01-17	18	inner hexagon M8*16	19	washer Ø10	20	washer Ø12
 2 pcs.		 2 pcs.		 4 pcs.		 24 pcs.	

21	larged washer Ø10	22	larged washer Ø12	23	locknut M10	24	locknut M12
 14 pcs.		 6 pcs.		 6 pcs.		 12 pcs.	

25	hex bolts M12*100	26	hex bolts M10*20	27	hex bolts M10*20	28	hex bolts M10*85
 4 pcs.		 2 pcs.		 2 pcs.		 4 pcs.	

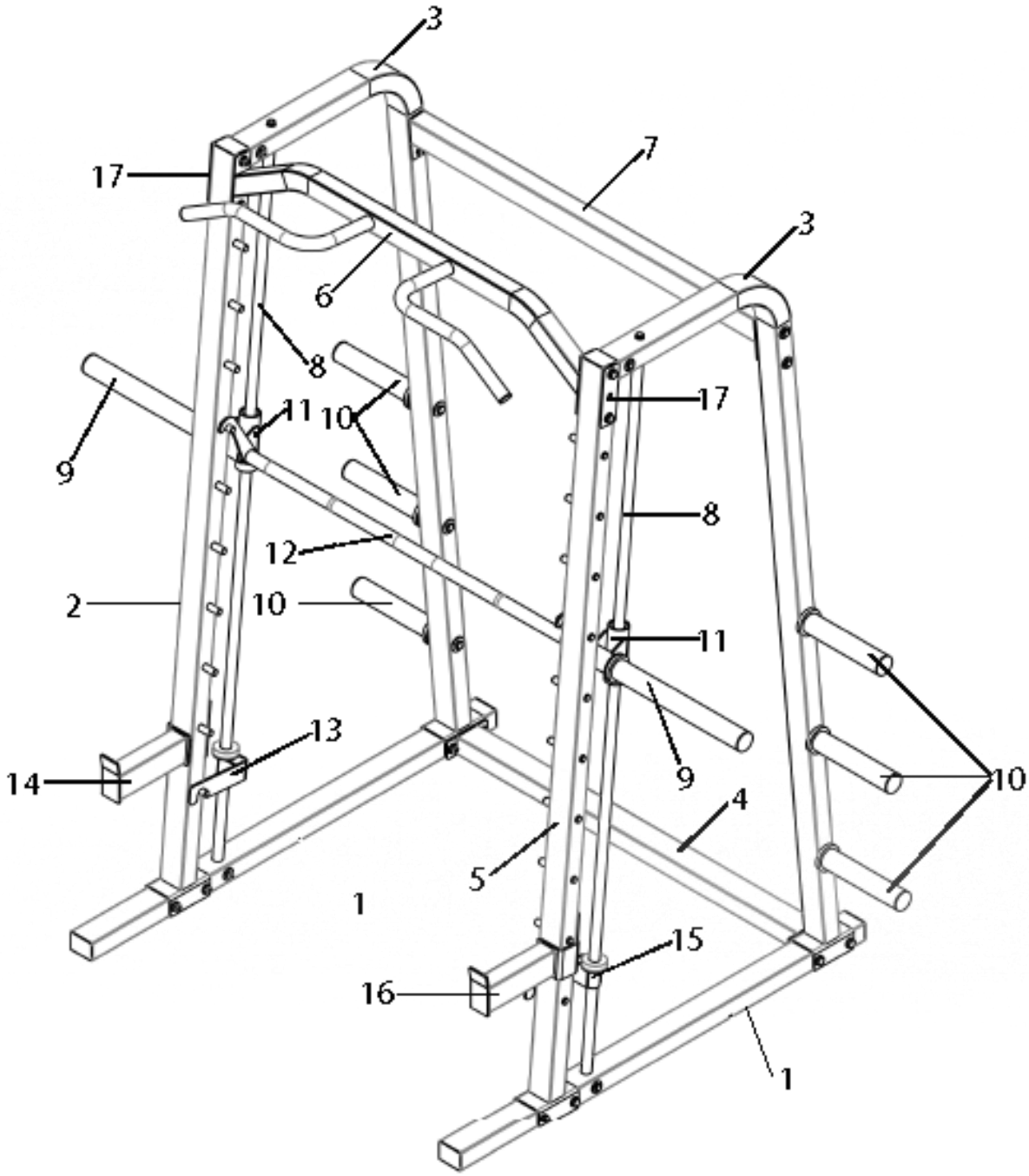
29	hex boltsM10*90	30	hex bolts M12*95
 4 pcs.		 14 pcs.	

Personal Safety During Assembly

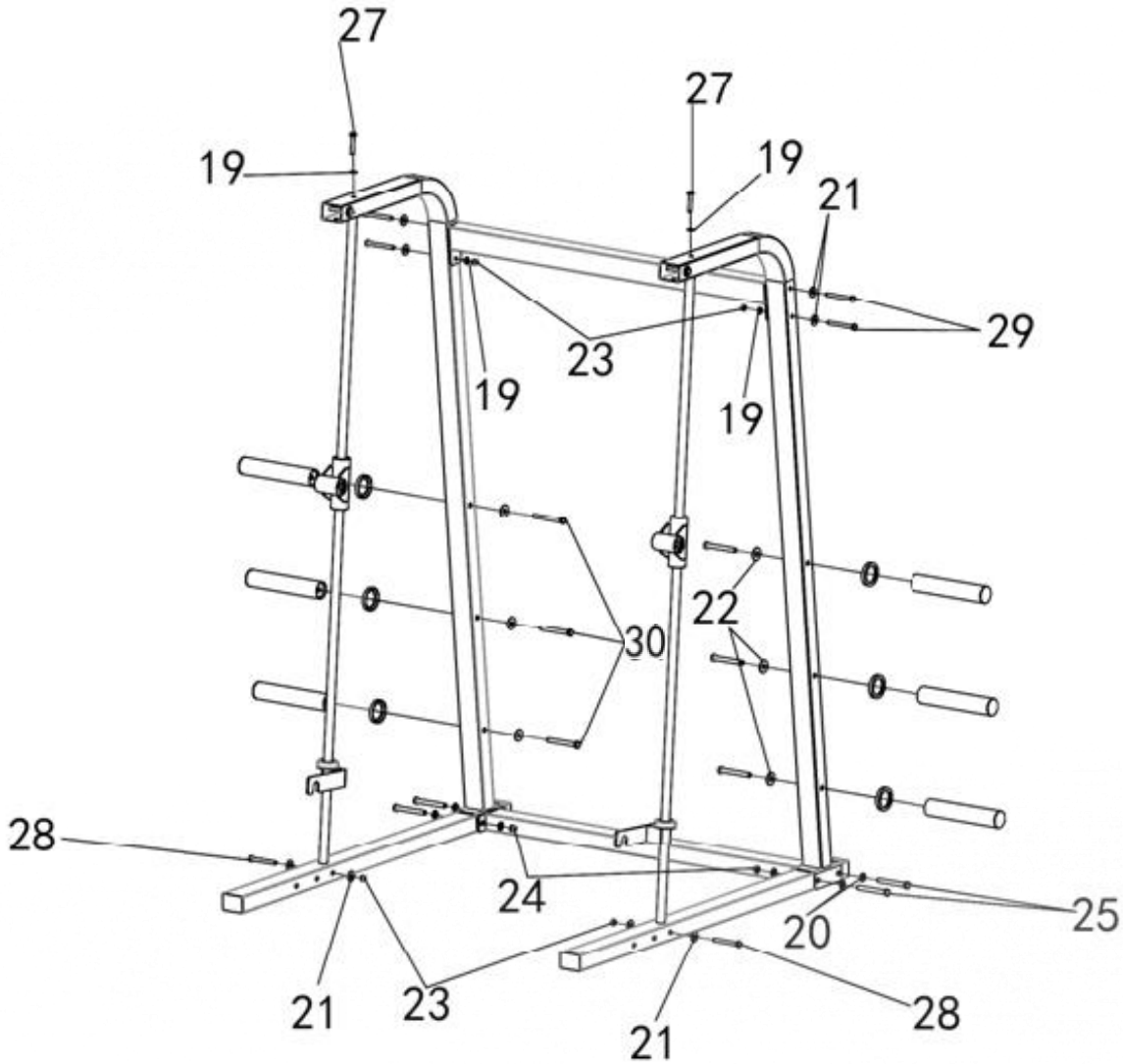
Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead.If you skip aheadmyou may learn later that you have to disassemble components and that you may have damaged the equipment. Assemble and operate the equipment on a solid, level surfave. Locate the unit a few feet from walls or furniture to provide easy access.The equipment is designed for your enjoyment.By following these precautions and using common sense,you will have many safe and pleasurable hours of healthful exercise with the equipment.

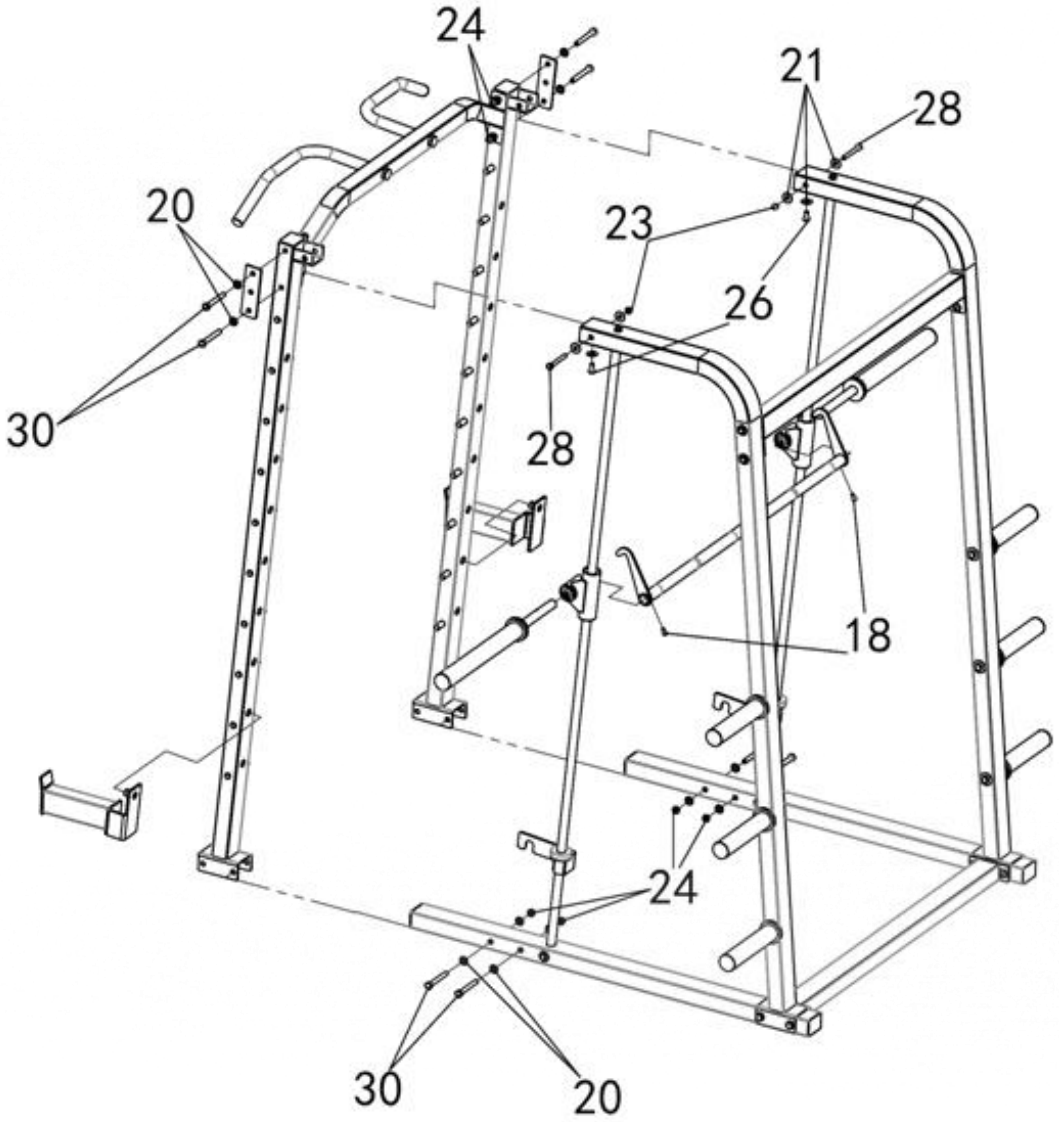
Assembly drawing



Assembly diagram



Assembly diagram



Skills of using fitness equipment

When using the exercise machine, please follow the following suggestions. To achieve maximum effect and avoid injury, please consult a fitness expert to help you make a training plan.
Be sure to consult your doctor before starting any procedure. Before you start exercising, learn the basic principle of strength training-without it, you can't successfully complete your plan.
First, define multiple goals and objectives for yourself. A correct start is the guarantee of success.
Before starting strength training, you should warm up well . Exercise, light running, yoga, stretching-this warm-up will help prepare the body for a heavier weight lifting load .
Before using heavy weights, learn how to complete the exercises correctly. The right technician can exercise the right muscle group to avoid injury.
Assess your abilities wisely and distribute your strength. If you have never trained Lili before, start kamps training with a long rest, start practicing at a slow speed and gradually increase the load.
Pay attention to breathing. When doing exhalation exercises, you should try your best. Never hold your breath.

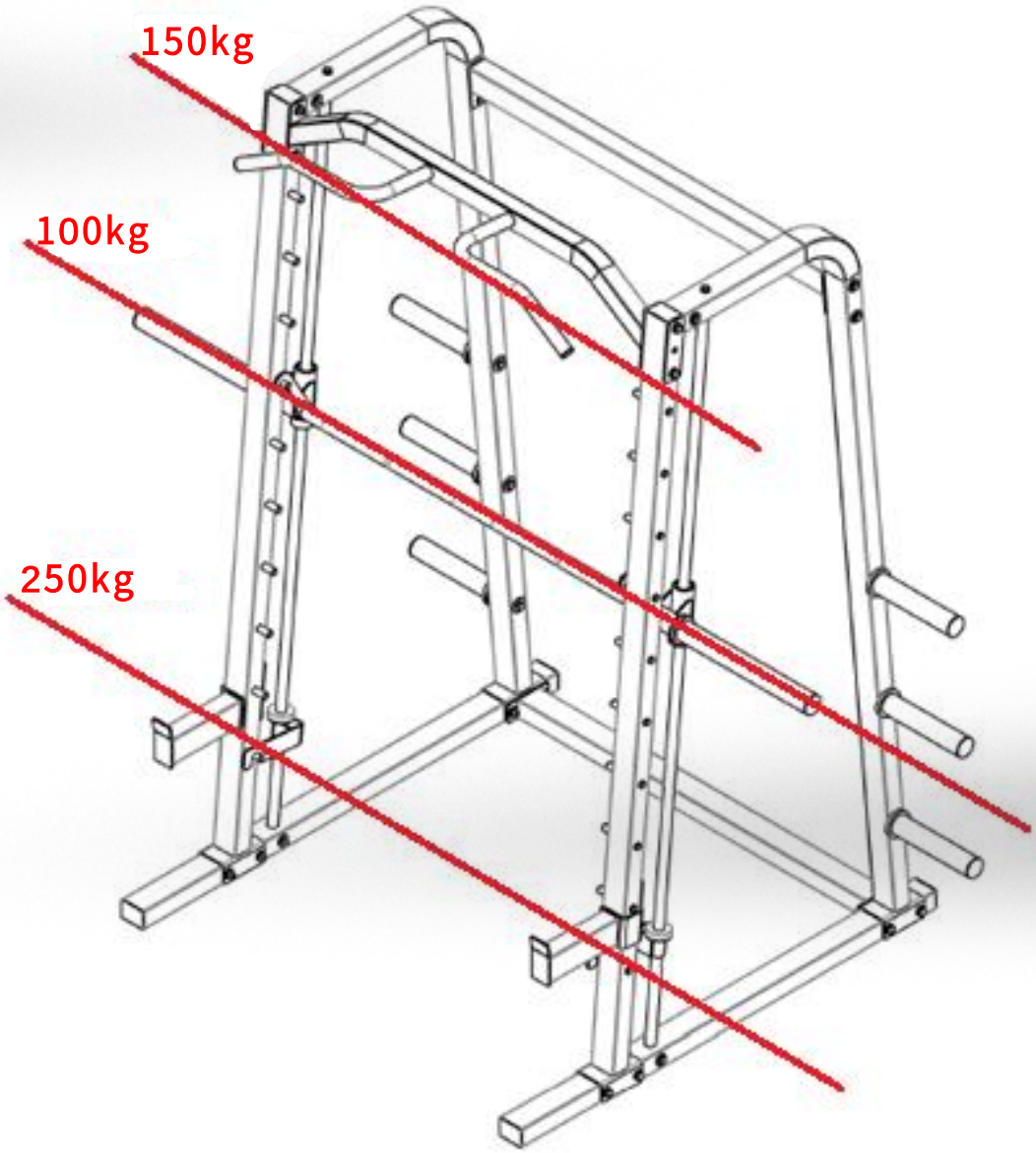
Nursing instructions of fitness equipment

Lubricate the movable joint of the exercise machine regularly after use.

Be careful not to damage the plastic/metal parts of the simulator with heavy objects or sharp objects.

Avoid moisture from entering the equipment, and wipe the exercise machine with a dry cloth.

Peak load



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