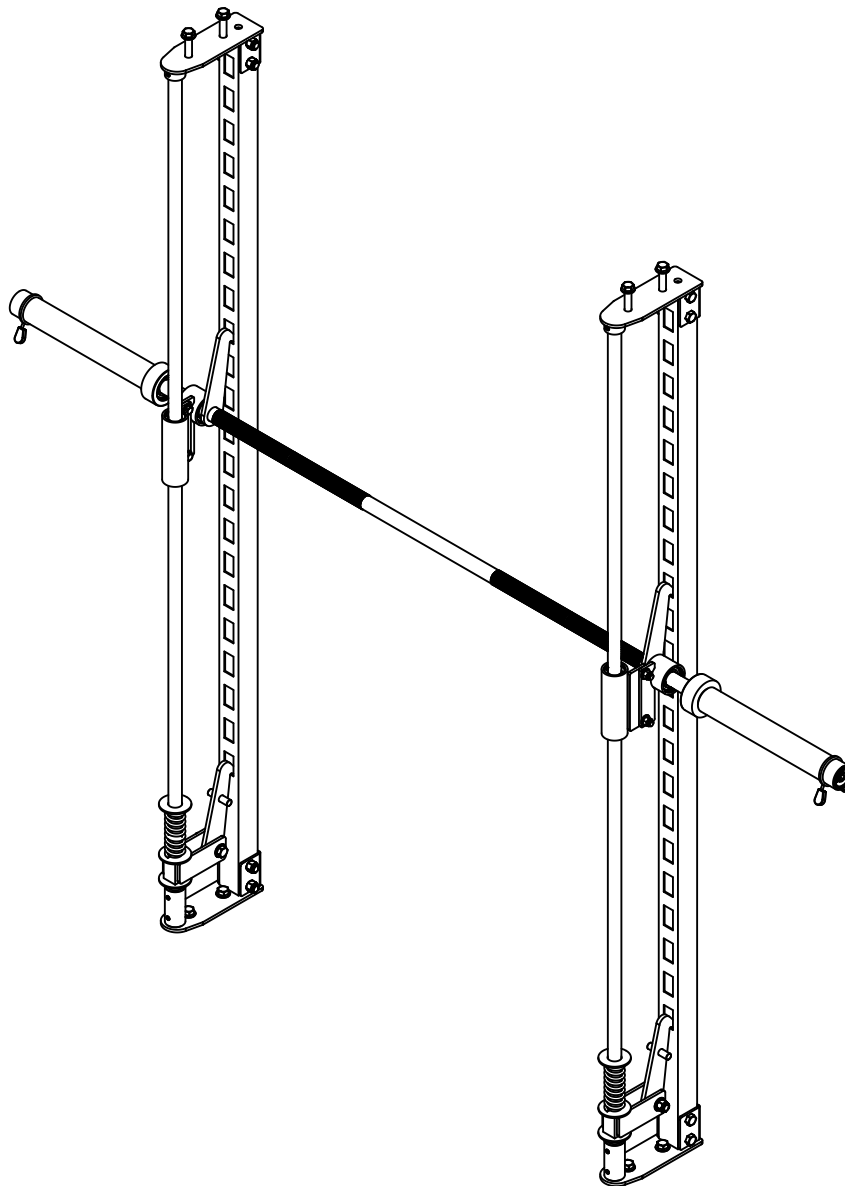


# ATTAIN

## SMITH FOR SUPER GYM 1 OWNER'S MANUAL



Model No. SMITH FOR SG1  
MK20769  
ATTAIN FITNESS

Fitness Authority Industrial Co., LTD.  
No. 15, Xiangxue Rd., Dali Dist.,  
Taichung City 41275, Taiwan.

## **Congratulations and Thank You!**

Thank you for selecting the **ATTAIN FITNESS SMITH FOR SUPER GYM 1**. The **ATTAIN FITNESS SMITH FOR SG1** offers an impressive array of strength training exercises to develop every major muscle group of the body. Whether your goal is cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the **ATTAIN FITNESS SMITH FOR SG1** will help you achieve the results you want. For your safety and benefit, read this manual and the accompanying literature before using the **ATTAIN FITNESS SMITH FOR SG1**. Keep this manual for future reference. If you have additional questions, please call your local **ATTAIN FITNESS** dealer.

[www.atainfitnessusa.com](http://www.atainfitnessusa.com)

## **Important Safety Notes**

There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. **ATTAIN FITNESS** assumes no responsibility for personal injury or property damage sustained by or through use of this product.

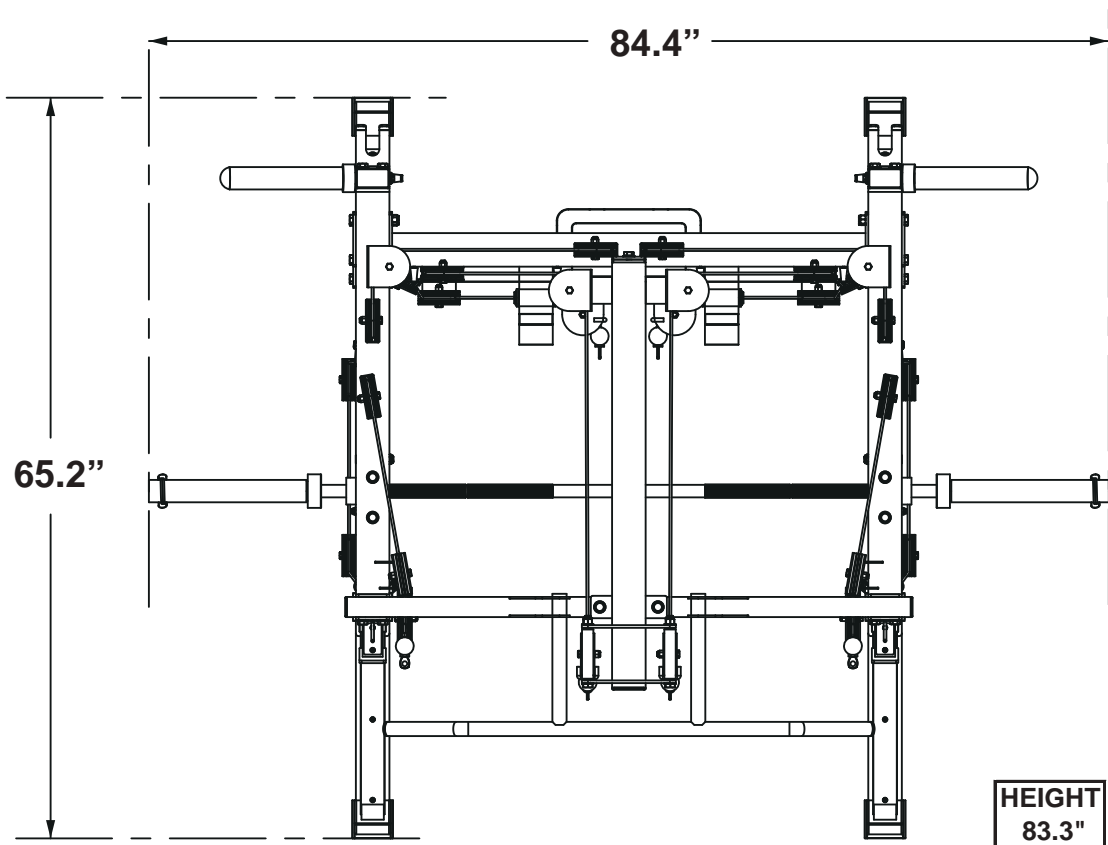
- 1. This product must be assembled on a flat, level surface to assure its proper function.**
- 2. Clean pads and frame on a regular basis. ATTAIN FITNESS recommends warm, soapy water. Do not use harsh or abrasive chemicals.**
- 3. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.**
- 4. Keep children away from the ATTAIN FITNESS SMITH FOR SG1 at all times.**
- 5. Keep your hands away from cables and pulleys during operation.**
- 6. Keep your hands away from moving parts other than the designated handles.**
- 7. Make certain all cables are seated within the pulleys before every use.**
- 8. Exercise with care to avoid injury.**
- 9. If you are unsure about the proper use of the ATTAIN FITNESS SMITH FOR SG1, call your local ATTAIN FITNESS dealer or our customer service department.**

## **QUESTIONS?**

As a quality exercise equipment supplier, we are committed to your complete satisfaction. If you have questions, or find missing or damaged parts, we will guarantee your complete satisfaction through our authorized dealer service centers or our home office customer service department. Please call your local dealer for assistance or **ATTAIN FITNESS** at +1 877-551-7484 and [info@atainfitnessusa.com](mailto:info@atainfitnessusa.com).

[www.atainfitnessusa.com](http://www.atainfitnessusa.com)

## Gym Placement Planner

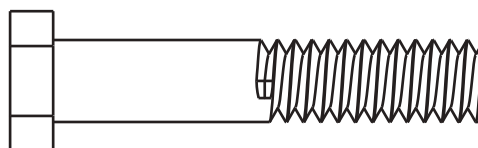


### Recommended Tools for Assembly

Ratchet  
 9/16" Socket  
 3/4" Socket  
 9/16" Combination Wrench  
 3/4" Combination Wrench  
 Adjustable Wrench  
 Rubber Mallet  
 Metric Allen Key Set

### Important Notes and Tips:

1. Do not tighten bolts until instructed.
2. Two people are required for the safe assembly of this product.
3. Use window cleaner or water to assist with sliding roller pads on to tubes.
4. Apply silicone lubricant onto guide rods prior to weight plate installation.
5. Please allow plastic parts to acclimate to room temperature before installation or they may be damaged.
6. Carefully install plastic caps using a rubber mallet.
7. When measuring bolt lengths, only measure the shank, as shown below.



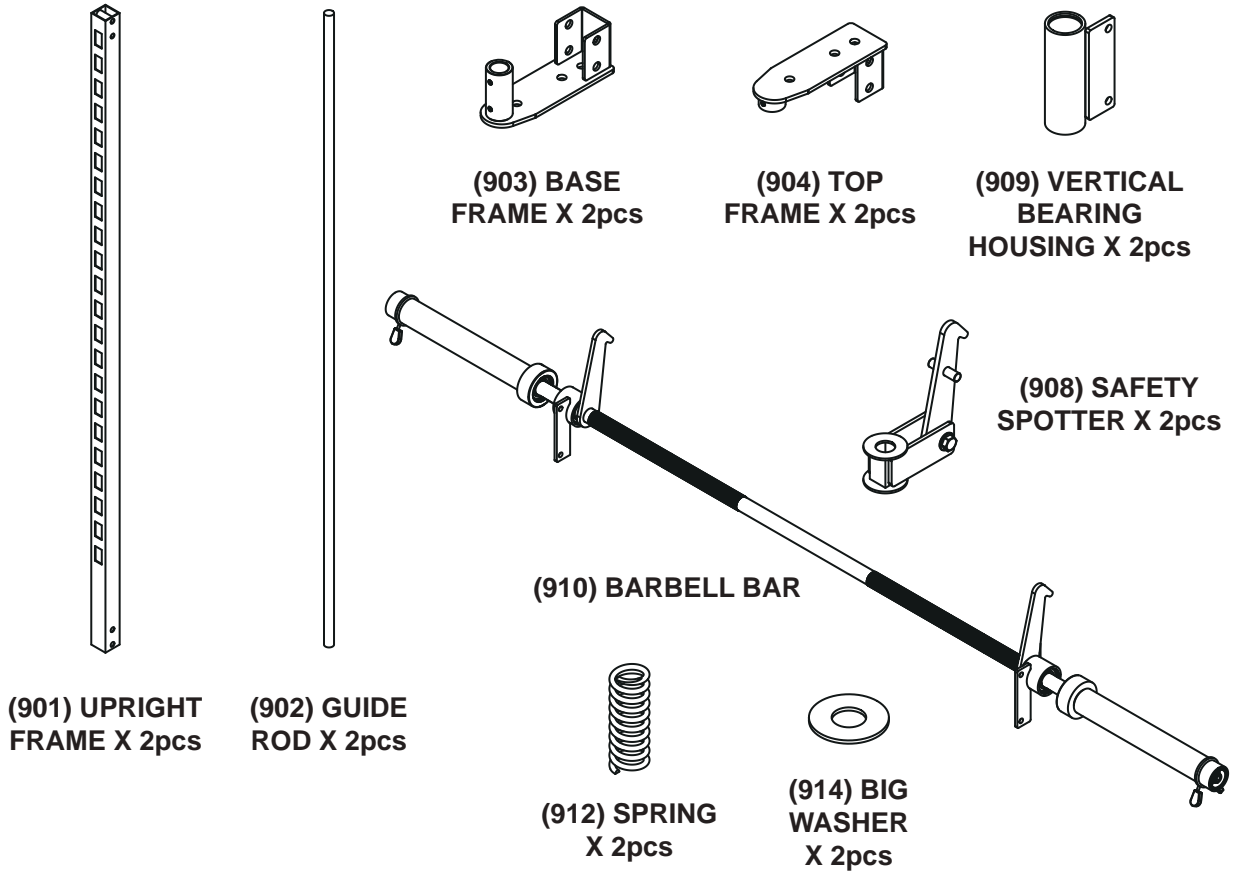
i.e. 2-1/4" Hex Bolt



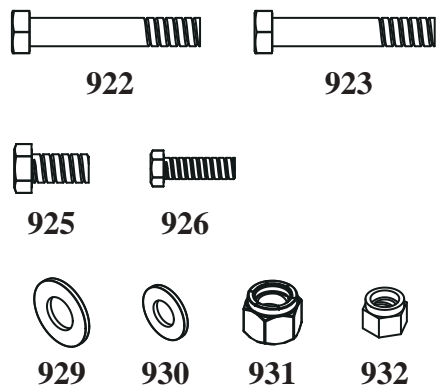
# SMITH FOR SG1 PARTS LIST 1

 **NOTE:** If you are missing a listed part, it likely has been pre-installed in our factory for quality control purposes. Please continue with assembly.

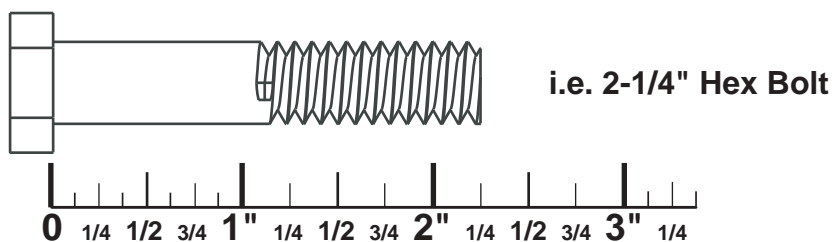
\*Parts images are not to scale.



NO.	DESCRIPTION	QTY.
922	1/2" X 3" HEX BOLT	8
923	1/2" X 2-3/4" HEX BOLT	4
925	1/2" X 1" HEX THREADED BOLT	4
926	3/8" X 1-1/4" HEX THREADED BOLT	4
929	1/2" WASHER	28
930	3/8" WASHER	8
931	1/2" NYLON NUT	12
932	3/8" NYLON NUT	4

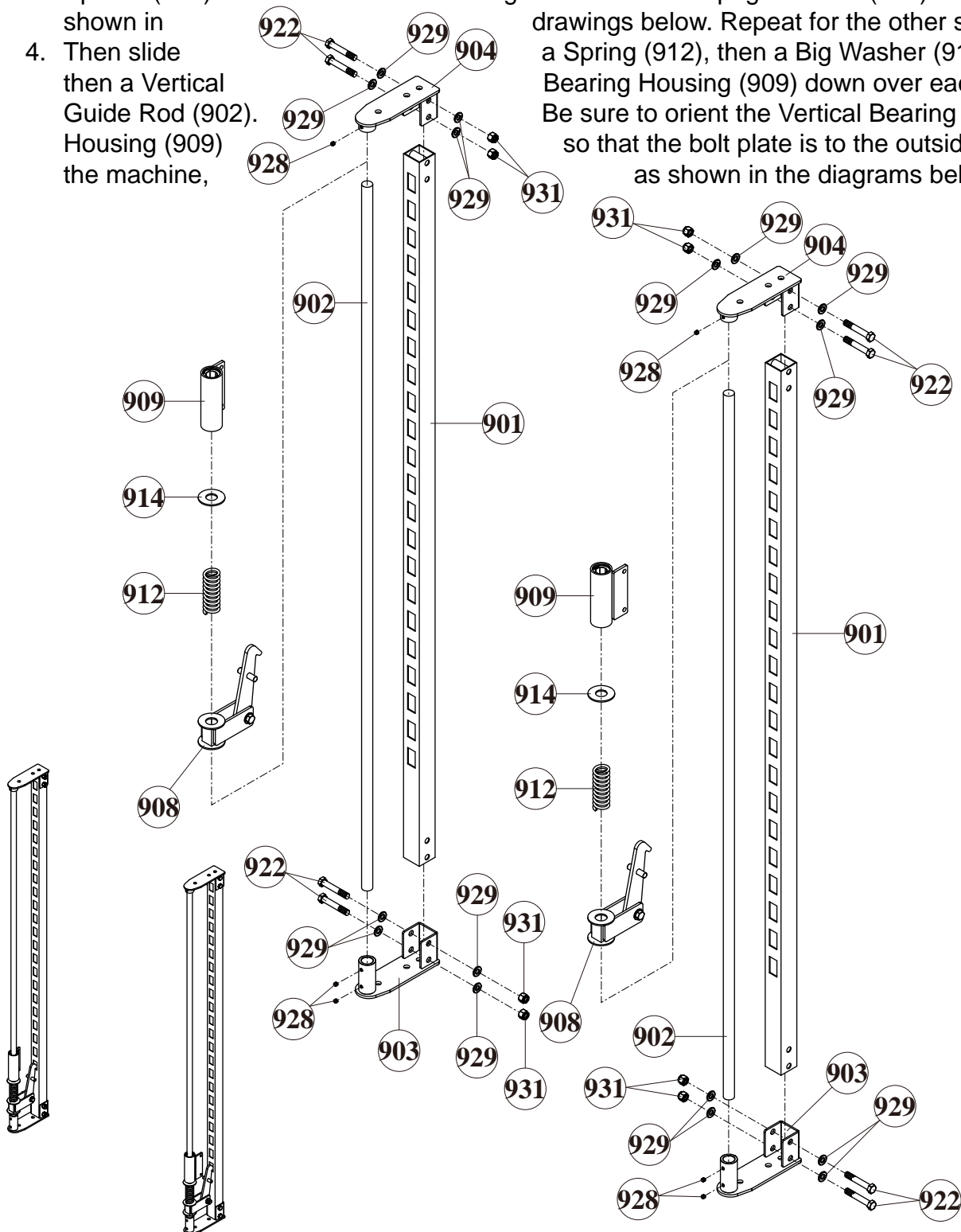


When measuring bolt lengths, only measure the shank.



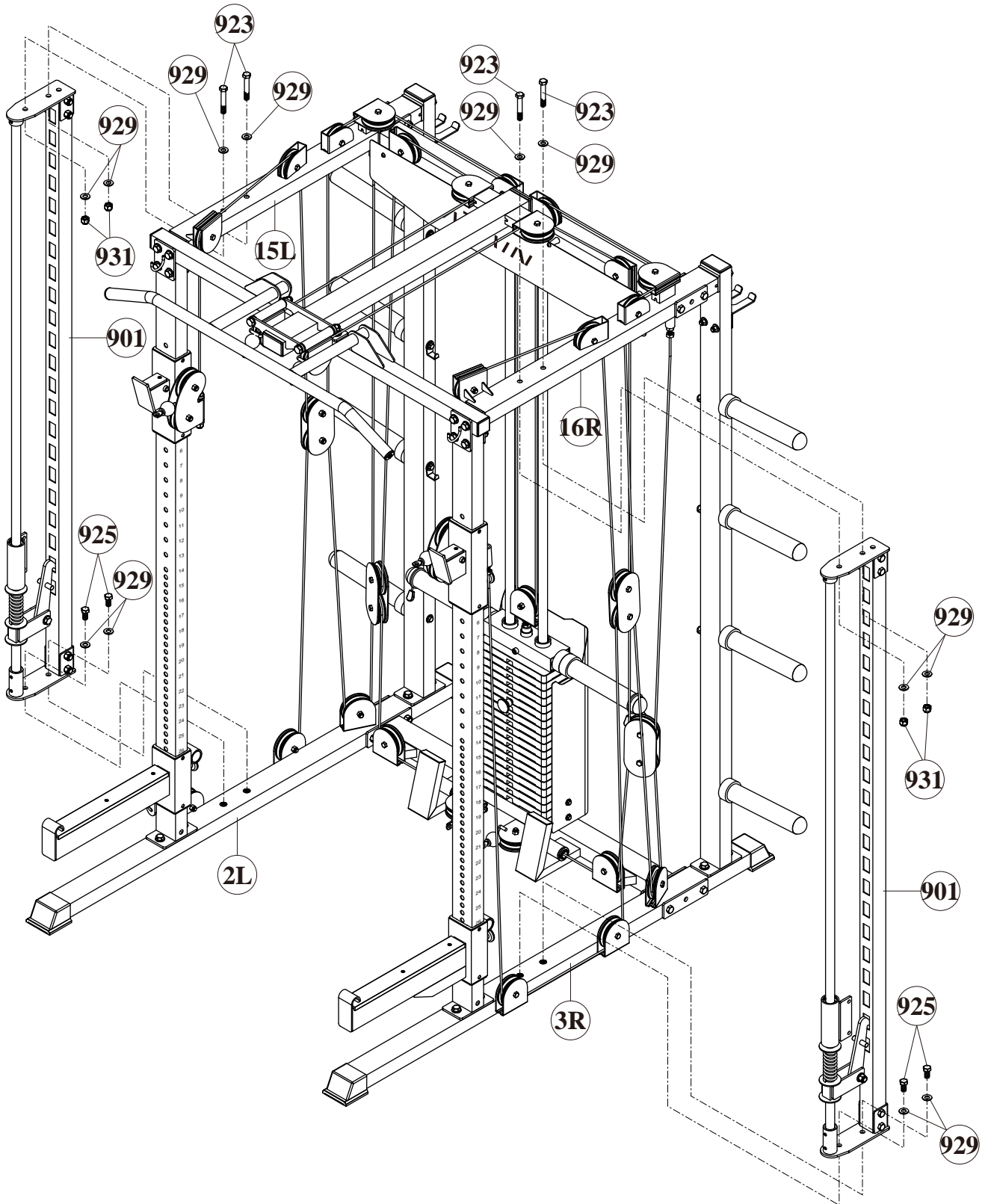
# STEP 1

1. Attach two Upright Frames (901) to two Base & Top Frames (903 & 904) using eight 1/2" X 3" Hex Bolts (922), sixteen 1/2" Washers (929) and eight 1/2" Nylon Nuts (931).
2. Attach two Guide Rods (902) to two Base & Top Frames (903 & 904) using six 5/16" X 1/4" Inner Hex Screws (928).
3. Slide a Safety Spotter (908) down over Guide Rod (902). Be sure to orient the Safety Spotter (908) so that the hook aligns with holes in Upright Frame (901) as shown in drawings below. Repeat for the other side.
4. Then slide then a Vertical Guide Rod (902). Be sure to orient the Vertical Bearing Housing (909) so that the bolt plate is is to the outside of the machine, as shown in the diagrams below.



## STEP 2

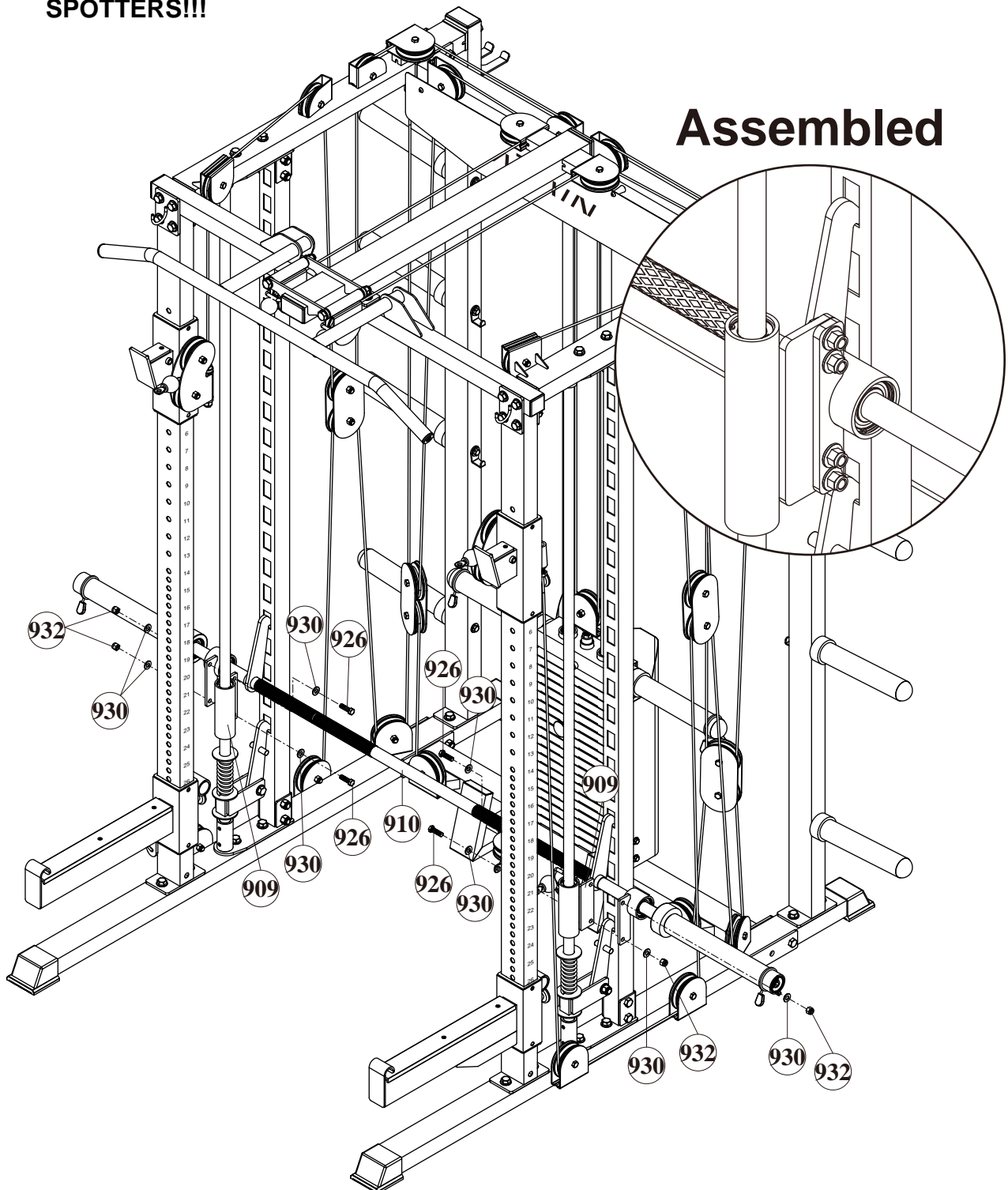
1. Attach Upright Frame (901) to Left Base & Top Frame (2L & 15L) using two 1/2" X 2-3/4" Hex Bolts (923), two 1/2" X 1" Hex Threaded Bolts (925), six 1/2" Washers (929) and two 1/2" Nylon Nuts (931).
2. Perform the same procedure for other side.



## STEP 3

1. Hook the Barbell Bar (910) into holes #5 in the Upright Frame (901). Be certain the bolt tabs welded to the Vertical Bearing Housings (909) are to the inside of the bolt tabs on the Barbell Bar (910) as shown in drawing, then attach the Barbell Bar (910) to the Vertical Bearing Housings (909) using four 3/8" X 1-1/4" Hex Threaded Bolts (926), eight 3/8" Washers (930), and four 3/8" Nylon Nuts (932). Tighten these bolts.

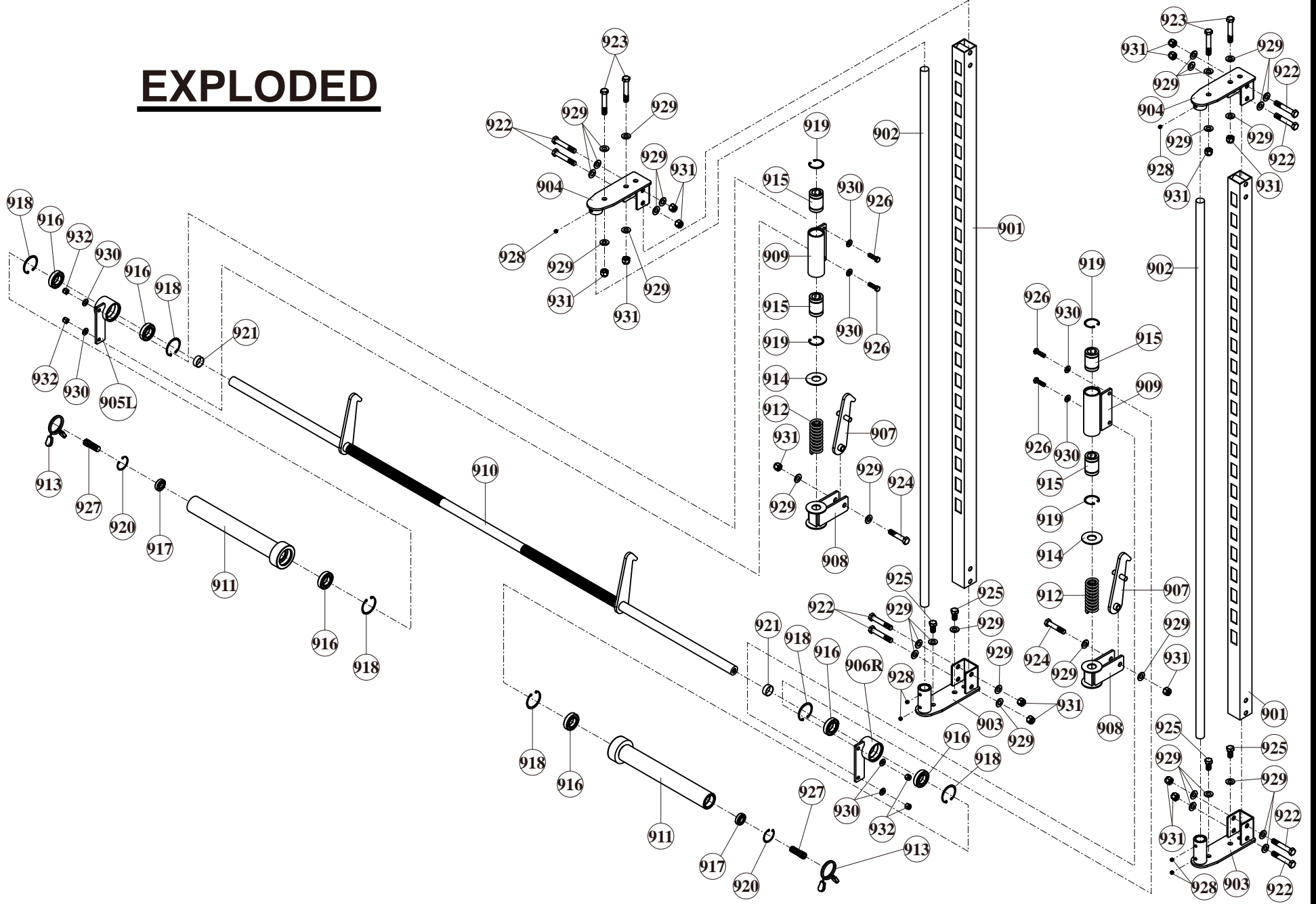
**SAFETY NOTE: ALWAYS USE BOTH SPRING COLLARS AND SAFETY SPOTTERS!!!**





# EXPLODED

7





# PARTS CHART

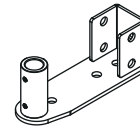
NO.	DESCRIPTION	QTY.
901	UPRIGHT FRAME	2
902	GUIDE ROD	2
903	BASE FRAME	2
904	TOP FRAME	2
905L	LEFT SAFETY CATCH	1
906R	RIGHT SAFETY CATCH	1
907	HOOK PLATE	2
908	SAFETY SPOTTER	2
909	VERTICAL BEARING HOUSING	2
910	BARBELL BAR	1
911	OLYMPIC WEIGHT SLEEVE	2
912	SPRING	2
913	OLYMPIC SPRING CLIP	2
914	BIG WASHER	2
915	BEARING	4
916	BEARING	6
917	BEARING	2
918	RING	6
919	RING	4
920	RING	2
921	SPACER	2
922	1/2" X 3" HEX BOLT	8
923	1/2" X 2-3/4" HEX BOLT	4
924	1/2" X 2-1/2" HEX BOLT	2
925	1/2" X 1" HEX THREADED BOLT	4
926	3/8" X 1-1/4" HEX THREADED BOLT	4
927	5/8" X 1-1/2" INNER HEX BOLT	2
928	5/16" X 1/4" INNER HEX SCREW	6
929	1/2" WASHER	32
930	3/8" WASHER	8
931	1/2" NYLON NUT	14
932	3/8" NYLON NUT	4



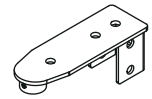
901



902



903



904



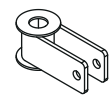
905L



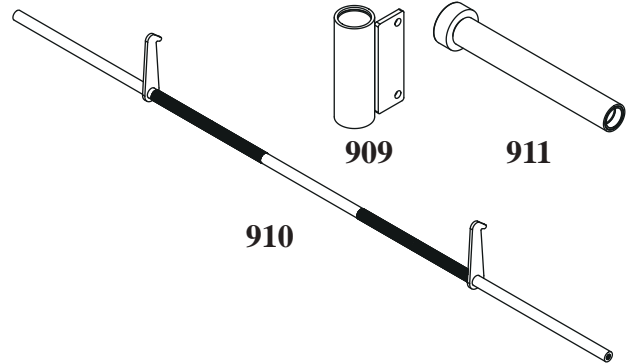
906R



907



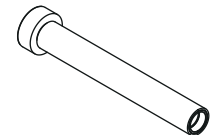
908



910



909



911



912



913



914



915



916



917



918



919



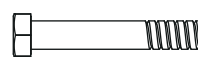
920



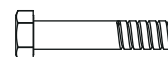
921



922



923



924



925



926



927



928



929



930



931



932

\*Parts images are not to scale.

**Assembly is complete! Please take the following steps before using the gym:**

1. Make certain all bolts are tightened securely.
2. Make certain all cables are seated into all pulley grooves. A cable rubbing against steel will peel the nylon coating, voiding warranty and resulting in a need for replacement.
3. Be aware the cables can loosen and slightly stretch upon initial use.
4. For better performance, apply a household lubricant (such as silicone) to any adjustable areas and to the **Guide Rods (6)**.
5. Enjoy many years of a Fit Lifestyle.

**Thank you for purchasing the ATTAIN FITNESS SMITH FOR SUPER GYM 1! If you have questions or comments, please contact our customer service department at +1 877-551-7484 and [info@attainfitnessusa.com](mailto:info@attainfitnessusa.com). [www.attainfitnessusa.com](http://www.attainfitnessusa.com)**