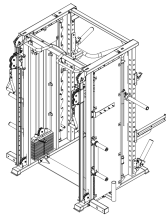


# 8509 · Smith & Functional Trainer and Power Rack Combo

INSTALLATION MANUAL



## Before Installation

### Before You Start

- 01
- Read these instructions carefully before installation. Check that all parts and quantities are complete. If any part is missing or damaged in transit, contact after-sales service immediately. Assemble the equipment according to these instructions.
- 02
- After assembly, learn all functions before use. Stop using the equipment immediately if any problem occurs to avoid injury or equipment damage. Check these instructions for the cause; if the problem cannot be resolved, contact after-sales service.

### Tools Required

- Rubber Mallet

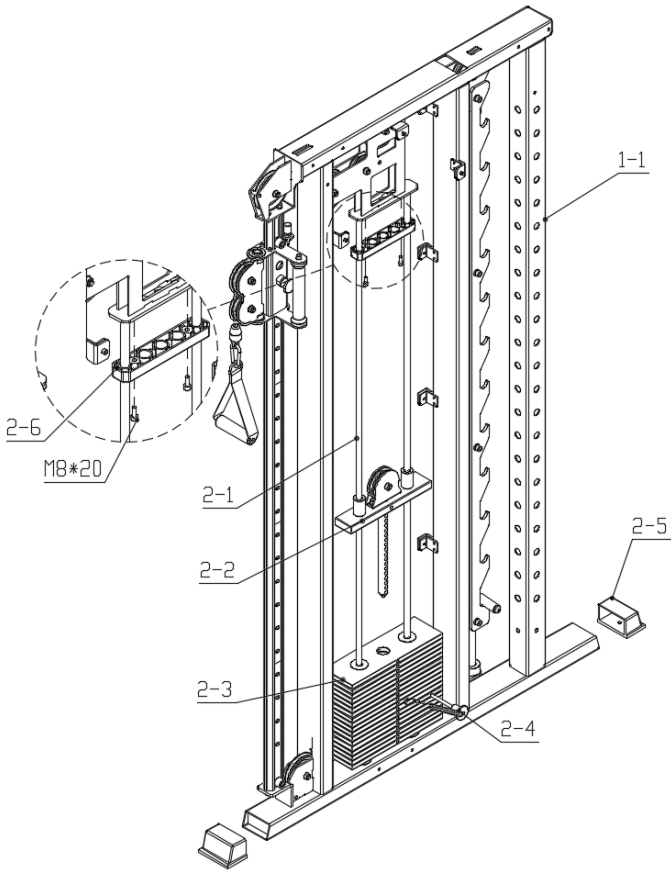
• Spirit Level

• Hex Keys
- Snap-Ring Pliers

• Adjustable Wrench

• 2 People

## Assembly



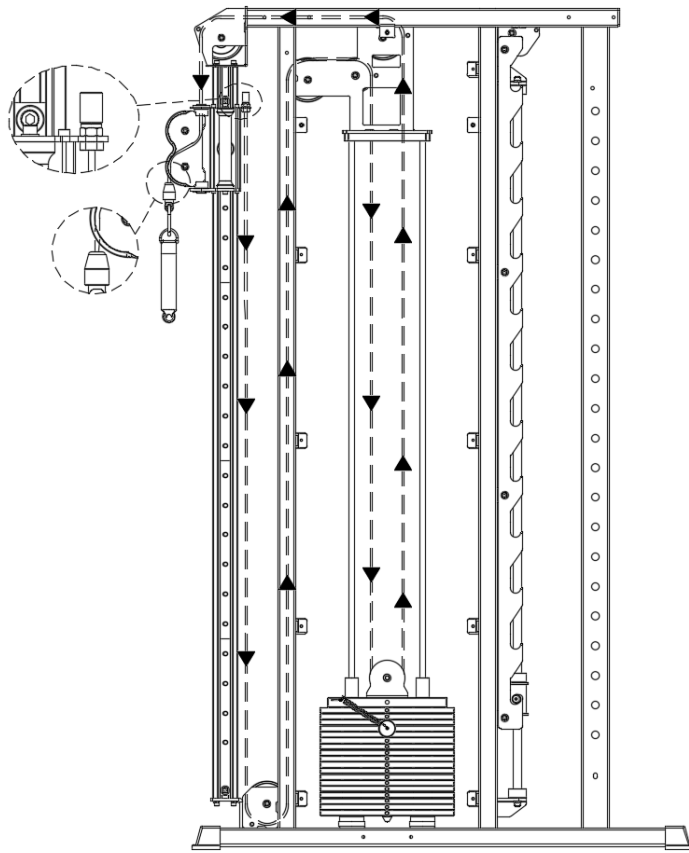
### STEP 1 & 2

**STEP 1**  
Install two foot caps (2-5) on the left side frame (1-1).

| HARDWARE                |     |
|-------------------------|-----|
| • Left side frame (1-1) | × 1 |
| • Foot cap (2-5)        | × 2 |

**STEP 2**  
Place the preassembled guide rod assemblies (2-1) in the left side frame. Install the weight plates (2-3) with the separator plates facing up, then install the guide block assembly (2-2). Secure the guide rod assemblies with the M8×20 socket head cap screws. Tighten the bolts with a wrench before proceeding.

| HARDWARE                              |      |
|---------------------------------------|------|
| • Guide rod assembly (2-1)            | × 2  |
| • Weight plate (2-3)                  | × 14 |
| • Guide block assembly (2-2)          | × 1  |
| • Socket head cap screw M8×20 (M8×20) | × 2  |



### STEP 3, 4 & 5

#### STEP 3

Repeat Steps 1-2 for the right side frame (1-2).

#### HARDWARE

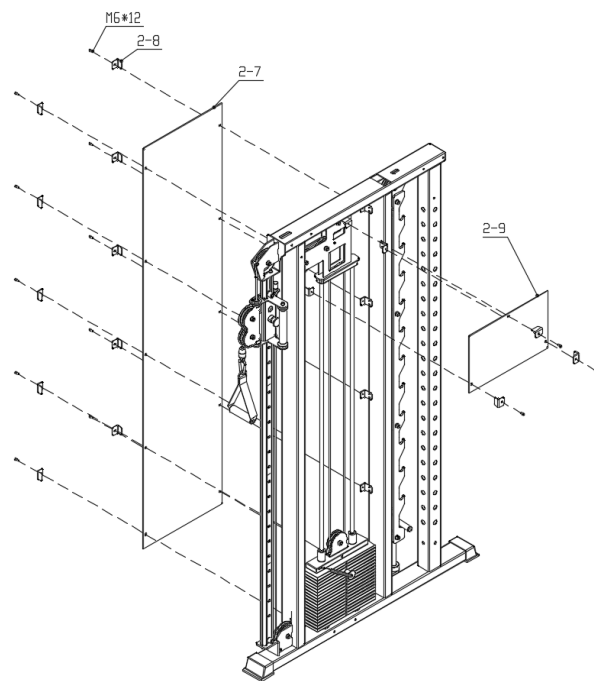
- Right side frame (1-2) × 1
- Foot cap (2-5) × 2
- Guide rod assembly (2-1) × 2
- Weight plate (2-3) × 14
- Guide block assembly (2-2) × 1
- Socket head cap screw M8×20 (M8×20) × 2

#### STEP 4

Release the preassembled pulleys, route the cables around the pulleys, then reinstall the pulleys.

#### STEP 5

Repeat the same cable routing procedure on the right side.



### STEP 6 & 7

#### STEP 6

Install the large shrouds (2-7) and small shroud (2-9) on the left side frame with the shroud mounting plates (2-8) and M6×12 socket head cap screws. Tighten the bolts with a wrench before proceeding.

#### HARDWARE

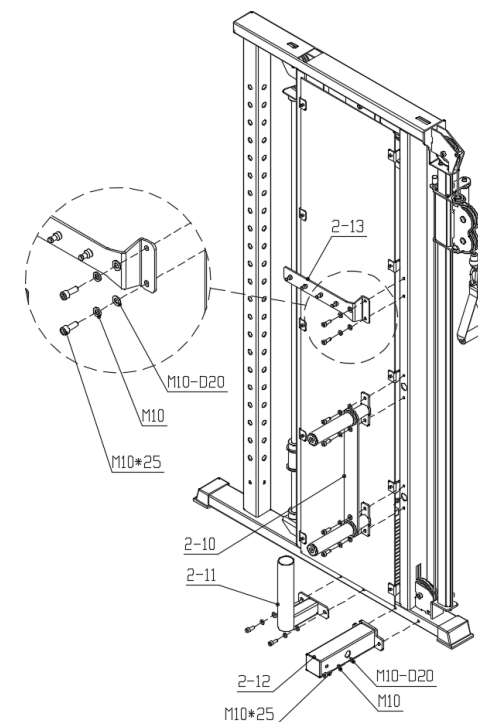
- Large shroud (2-7) × 2
- Small shroud (2-9) × 1
- Shroud mounting plate (2-8) × 13
- Socket head cap screw M6×12 (M6×12) × 13

#### STEP 7

Repeat Step 6 to install the right-side shrouds.

#### HARDWARE

- Large shroud (2-7) × 2
- Small shroud (2-9) × 1
- Shroud mounting plate (2-8) × 13
- Socket head cap screw M6×12 (M6×12) × 13



### STEP 8

#### ACTION

Install the hook support plate (2-13), storage sleeve rack (2-10), lower bracket 1 (2-12), and lower bracket 2 (2-11) on the left side frame using the M10×25 socket head cap screws, M10 spring washers, and M10-D20 flat washers. Tighten the bolts with a wrench before proceeding.

#### HARDWARE

- Hook support plate (2-13) × 1
- Storage sleeve rack (2-10) × 1
- Lower bracket 1 (2-12) × 1
- Lower bracket 2 (2-11) × 1
- Socket head cap screw M10×25 (M10×25) × 10
- Spring washer M10 (M10) × 10
- Flat washer M10-D20 (M10-D20) × 10

### STEP 9 & 10

#### STEP 9

Repeat Step 8 on the right side frame.

#### HARDWARE

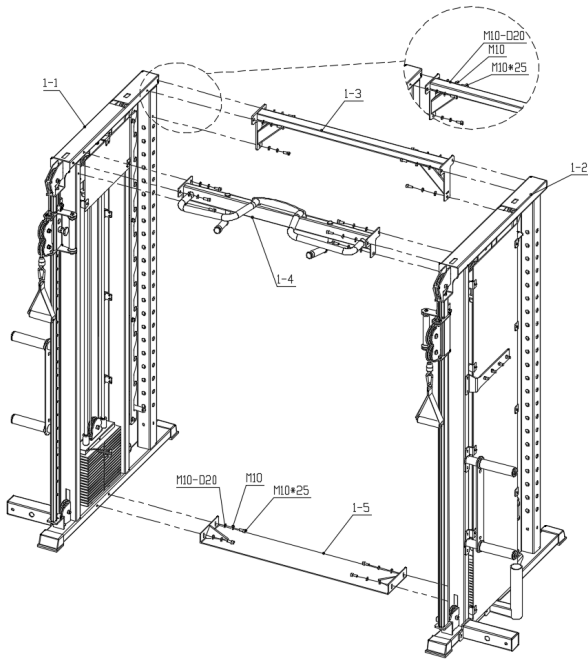
- Hook support plate (2-13) × 1
- Storage sleeve rack (2-10) × 1
- Lower bracket 1 (2-12) × 1
- Lower bracket 2 (2-11) × 1
- Socket head cap screw M10×25 (M10×25) × 10
- Spring washer M10 (M10) × 10
- Flat washer M10-D20 (M10-D20) × 10

#### STEP 10

Connect the left side frame (1-1) and right side frame (1-2) with the connecting frame (1-3) and upper crossbeam (1-4). Use the M10×25 socket head cap screws, M10 spring washers, and M10-D20 flat washers. Tighten the bolts with a wrench before proceeding.

#### HARDWARE

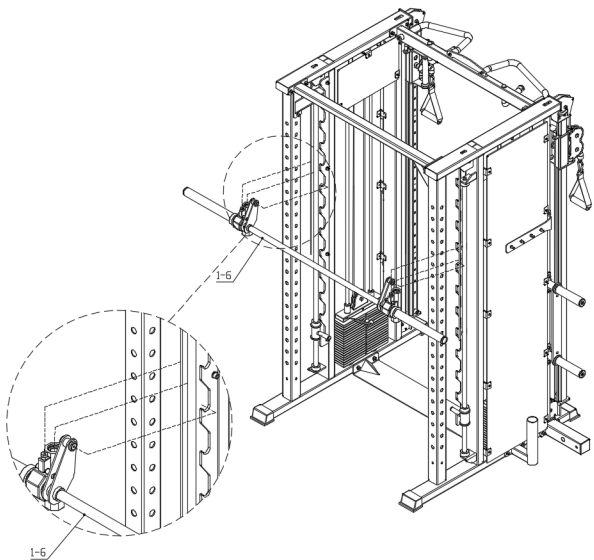
- Left side frame (1-1) × 1
- Right side frame (1-2) × 1
- Connecting frame (1-3) × 1
- Upper crossbeam (1-4) × 1
- Socket head cap screw M10×25 (M10×25) × 16
- Spring washer M10 (M10) × 16
- Flat washer M10-D20 (M10-D20) × 16



### STEP 11

#### ACTION

Release the preassembled slide rods on the side frames. Fit the barbell through the slide rods and place it on the hook plates. Connect one end of the cable to the barbell. Tighten the bolts with a wrench before proceeding.



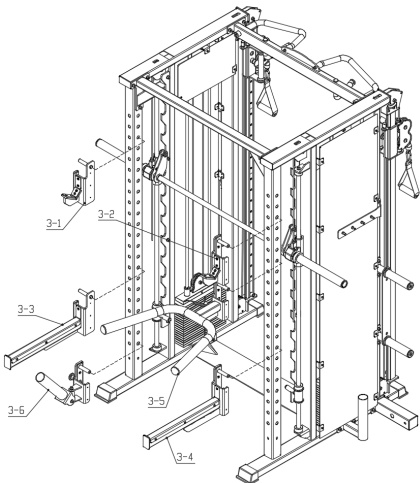
### STEP 12

#### ACTION

Optional: Install the left and right barbell support brackets 1 (3-1/3-2), left and right barbell support brackets 2 (3-3/3-4), handle support bracket (3-5), and landmine holder (3-6) on the side frames.

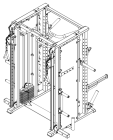
#### HARDWARE

- Left barbell support bracket 1 (3-1) × 1
- Right barbell support bracket 1 (3-2) × 1
- Left barbell support bracket 2 (3-3) × 1
- Right barbell support bracket 2 (3-4) × 1
- Handle support bracket (3-5) × 1
- Landmine holder (3-6) × 1



### FINAL CHECK

- 01 Assembly is complete. Check that the unit is level and plumb. Use a spirit level to check the guide rods in both directions. If they are not vertical, loosen the affected frame hardware, realign the frame, and retighten the bolts.



### Optional Parts

- 01 Left barbell support bracket 1 (3-1), ×1.
- 02 Right barbell support bracket 1 (3-2), ×1.
- 03 Left barbell support bracket 2 (3-3), ×1.
- 04 Right barbell support bracket 2 (3-4), ×1.
- 05 Handle support bracket (3-5), ×1.
- 06 Landmine holder (3-6), ×1.