



# CORE SMITH MACHINES

## ASSEMBLY GUIDE



### IMPORTANT - READ FIRST

Resistance training, gymnastics training and activities at height are potentially dangerous and may lead to severe injury or even death. This equipment must only be used by competent and responsible persons, or under the direct and visual control of a competent and responsible person. Use common sense when training, obtain instruction to ensure safe execution of movements.

Obtaining instruction in appropriate techniques and methods of use is your own responsibility. You assume all risks and responsibilities for all damage injury or death which may occur during or following incorrect use of this equipment in any matter whatsoever. AlphaFit bears no liability beyond the replacement value of the equipment in question.

It is the responsibility of the owner to ensure that all users of this product are adequately informed of all precautions. The safety and integrity designed into the equipment can only be maintained when it is regularly examined for damage and repaired. It is the responsibility of the user/owner to ensure that regular maintenance is performed. Inspect and properly tighten all parts regularly. Replace any worn or damaged parts immediately and do not use until the equipment has been repaired.

Both AlphaFit and buyer disclaim any express or implied warranty, including, without limitation, warranties or merchantability and/or fitness for a particular purpose with respect to the equipment.

**WARNING: MISUSE OF THIS EQUIPMENT CAN RESULT IN SEVERE INJURY OR DEATH. BUYER ASSUMES ALL LIABILITY IN USAGE OF EQUIPMENT.**

**ALPHAFIT**

1x

1x

8x

4/6x

2x



- 19mm Socket & Socket Spanner
- 4mm Hex Key
- 5mm Hex Key
- 6mm Hex Key

Read this entire guide before attempting to build or use this machine. This guide contains step by step instructions for proper assembly. **AlphaFit recommends a minimum of three (3) people to assemble the Core Smith Machine.**

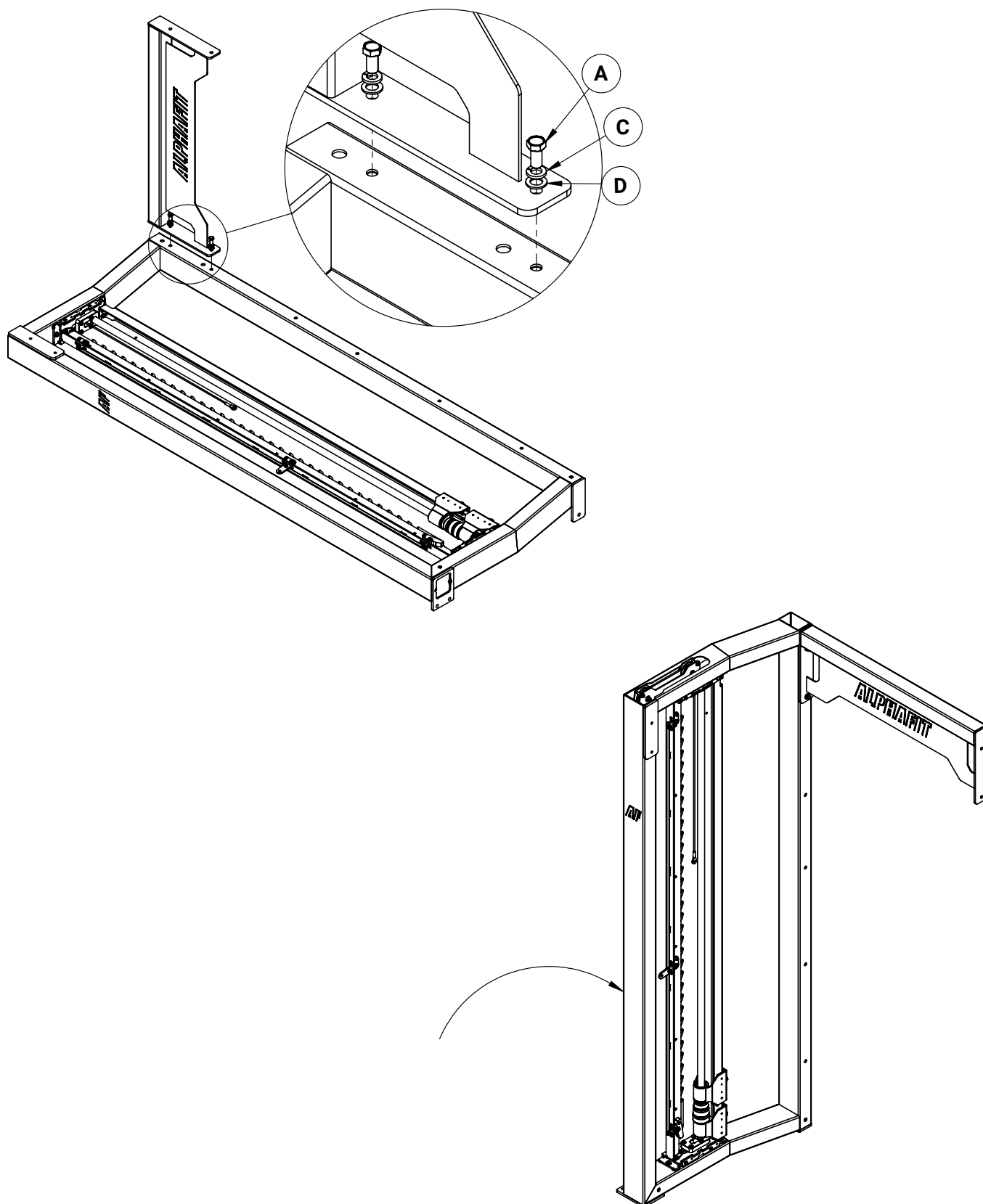
Use the parts list included in this guide to verify that all parts are accounted for before assembly. If any parts are missing, contact AlphaFit on 1300 257 428 or [admin@alphafit.com.au](mailto:admin@alphafit.com.au).

# CORE SMITH MACHINE ASSEMBLY

**ALPHA FIT**

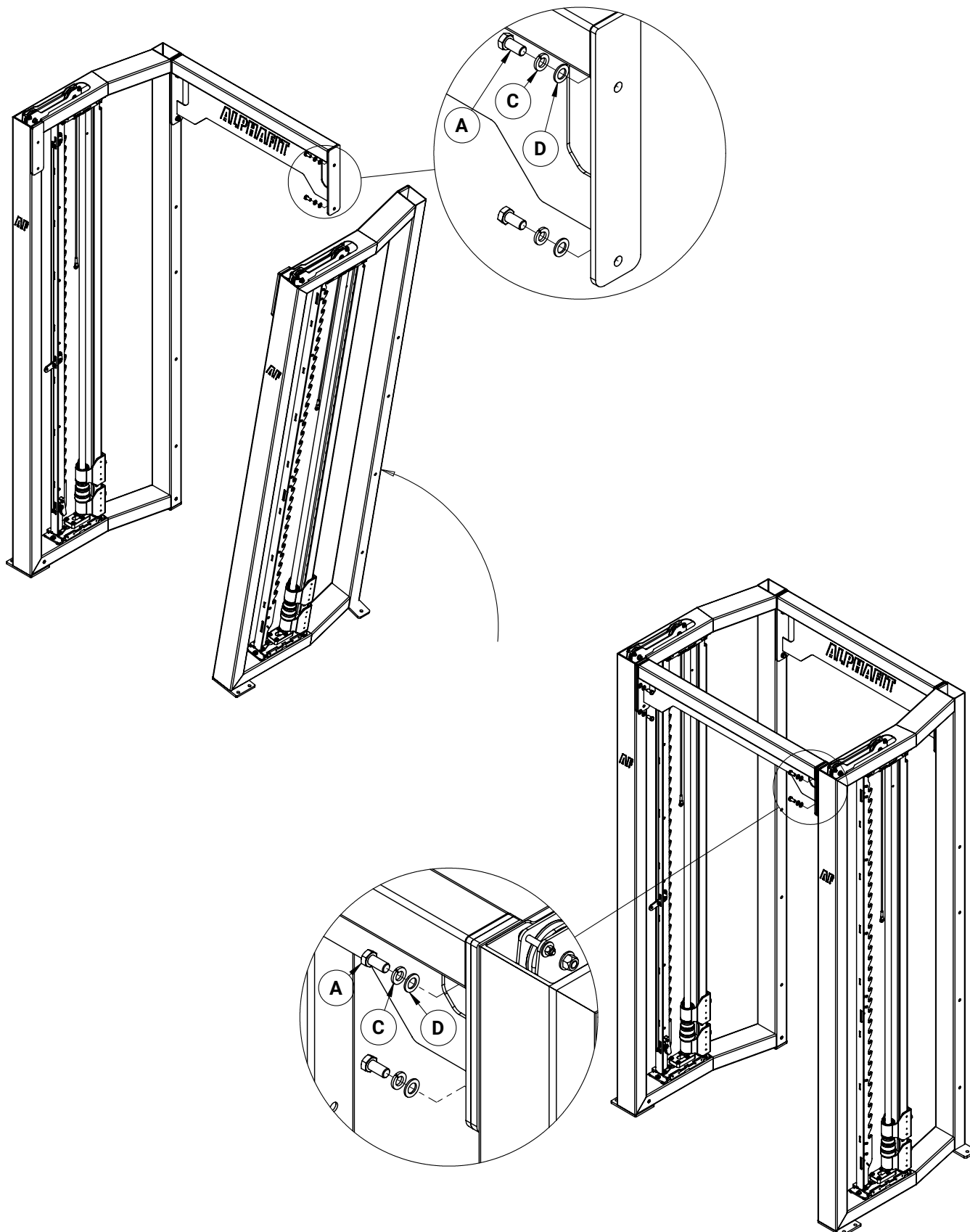
## STEP 1: ATTACH REAR CROSSBEAM TO FRAME

With frame laying down on the floor, bolt on rear crossbeam. *Letters denote appropriate fasteners.*  
Stand frame up and hold in position ready to attach remaining frame.



## STEP 2: ATTACH REMAINING FRAME & FRONT CROSSBEAM

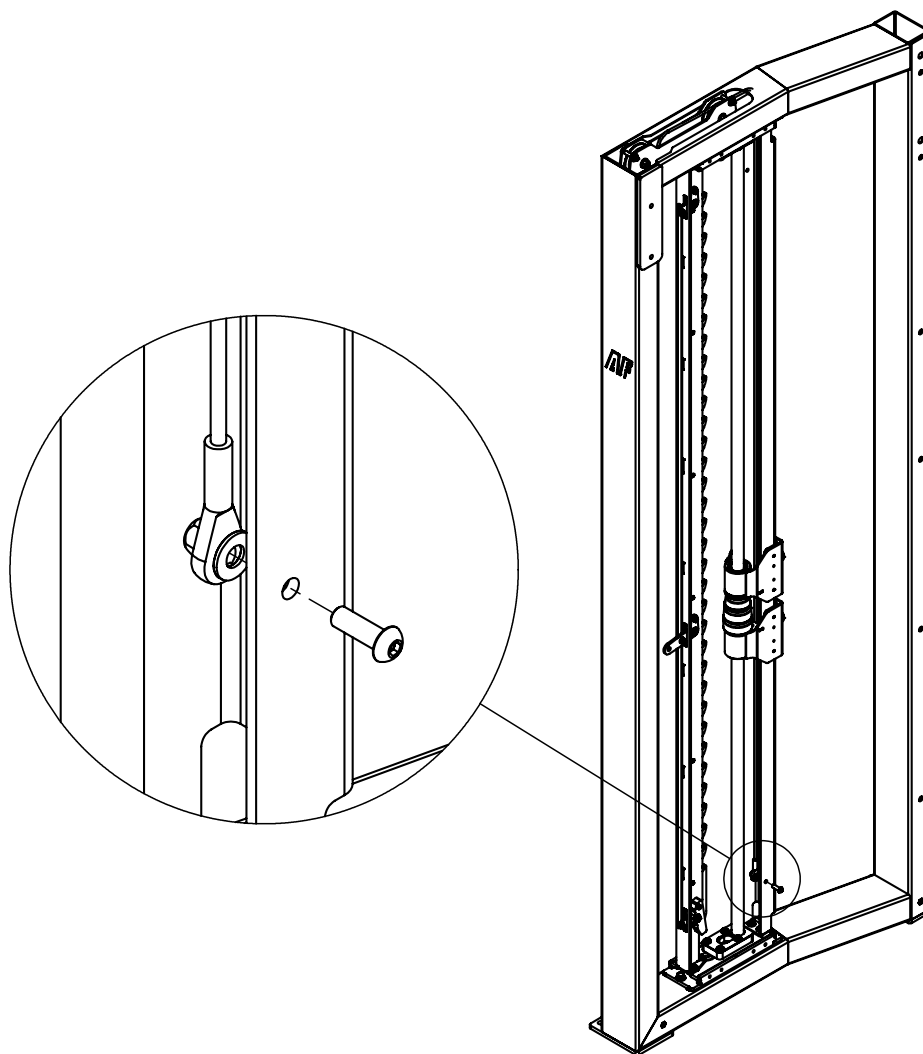
Stand remaining frame up into position and bolt to rear crossbeam. Bolt front crossbeam to frames. *Letters denote appropriate fasteners.*



## STEP 3: REMOVE CABLE SHIPPING BOLTS

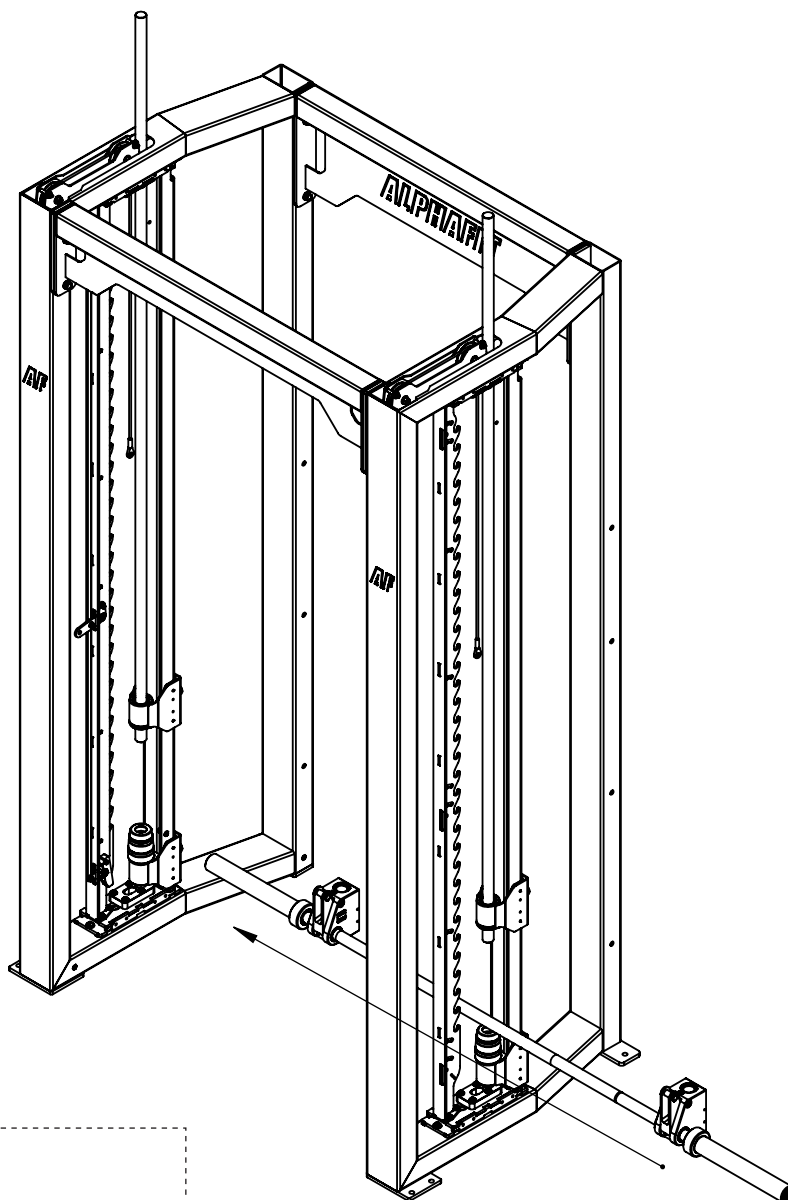
Remove bolts retaining cable during shipping.

**IMPORTANT:** Cable will be under tension, carefully guide it up to top of the frame.

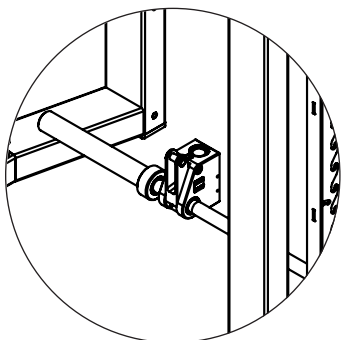


## STEP 4: INSTALL BARBELL

Lift linear rods up through side frames and slide barbell through frame like illustrated below. Re-insert linear rods through bearings in barbell carriage, bump stop and drop stop.



### PRO TIP



Ensure when installing barbell to leave wrapping around catch arms intact and they are facing towards the front of the machine, like orientation shown.

### PRO TIP

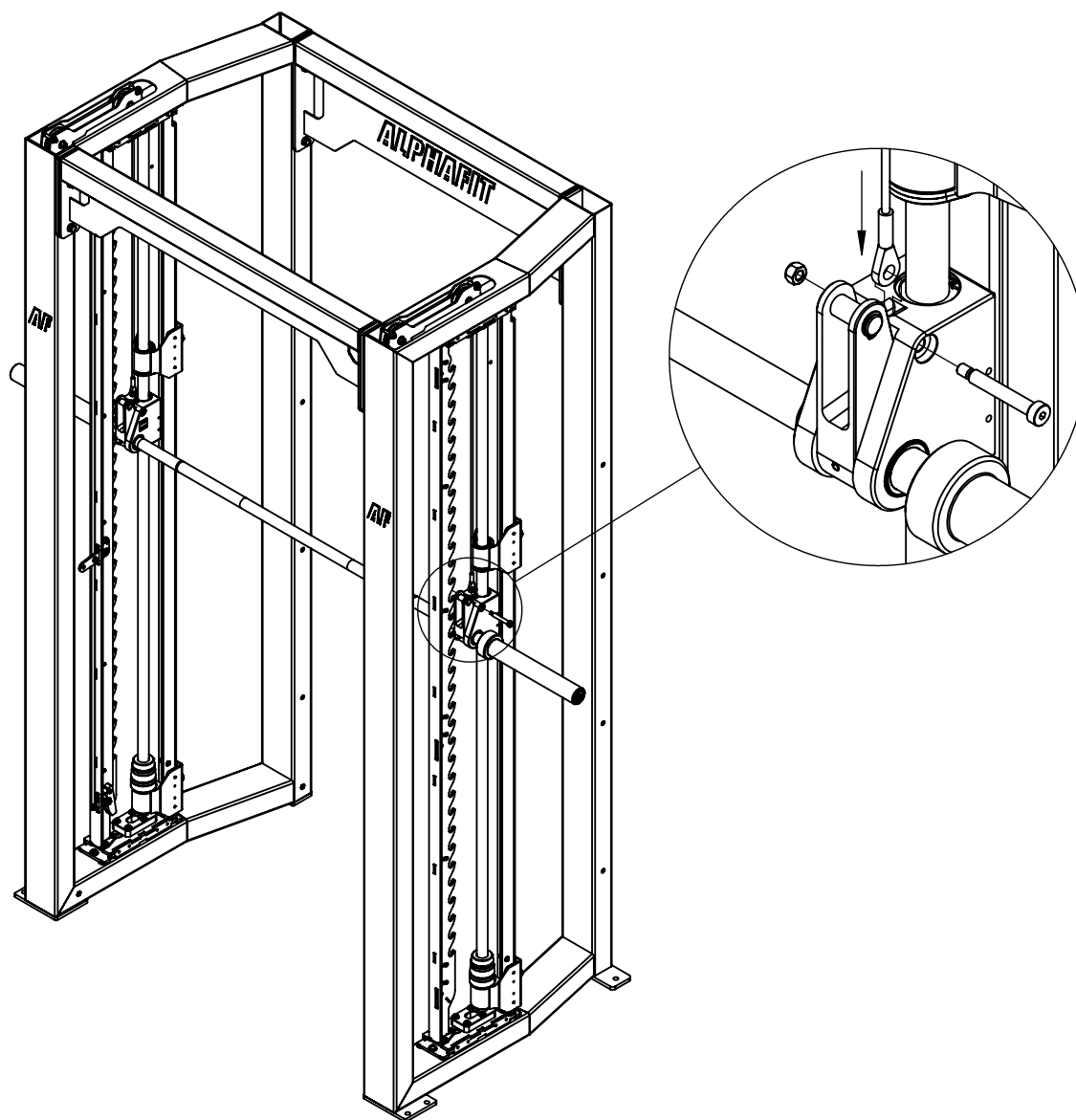
When installing linear rods through the barbell carriage, rods should slide smoothly through bearings, do not force rods through.

If this cannot be achieved, check frame is aligned properly, then loosen the mount block bolts described in steps 7 and 8 to add play to the system and repeat the barbell installation process.

## STEP 5: ATTACH COUNTERWEIGHT CABLE

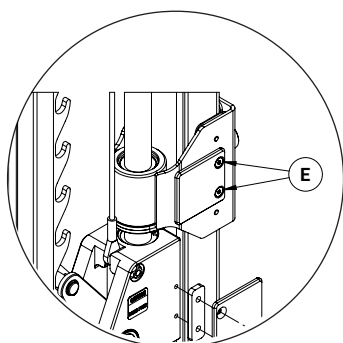
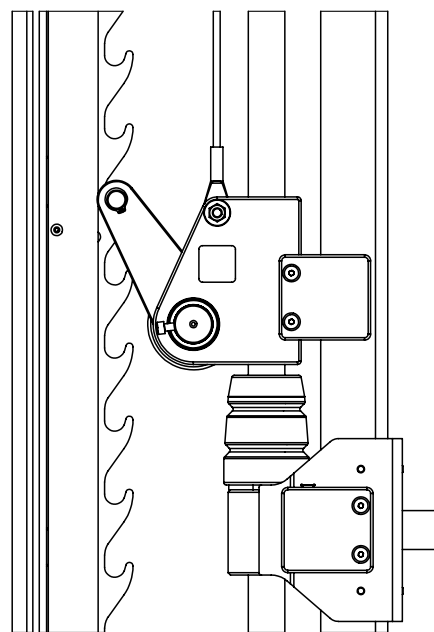
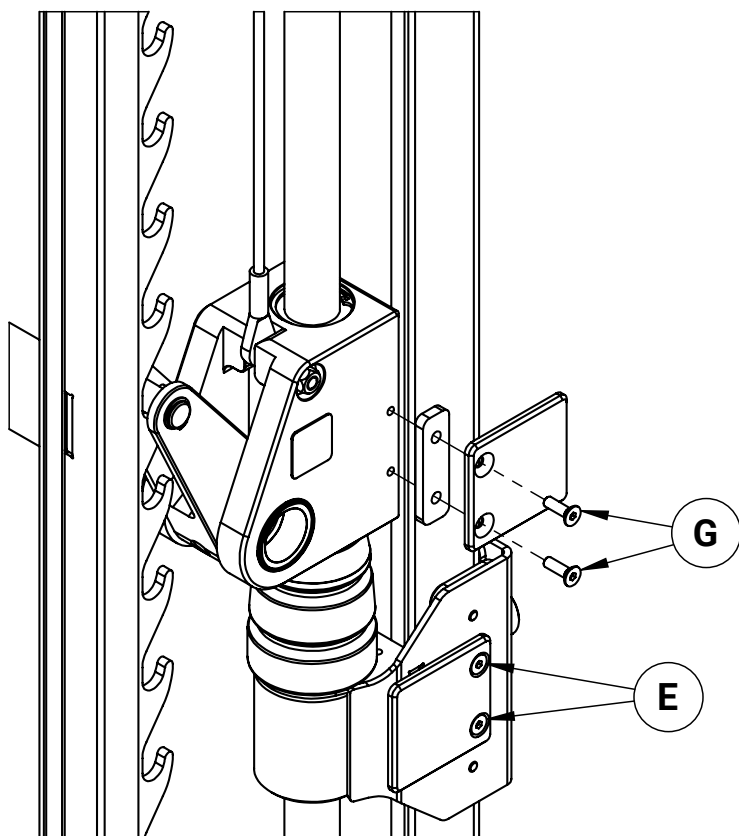
Remove pre-assembled shoulder bolts from barbell. Pull counterweight cable eye down and into the barbell carriage centre slot. Re-insert shoulder bolts and tighten.

**IMPORTANT:** Do not over tighten.



## STEP 6: INSTALL ID BACKING PLATES

Bolt ID backing plates to drop stops. Bolt remaining ID backing plates to the barbell carriage with spacer as illustrated below. Letters denote appropriate fasteners.



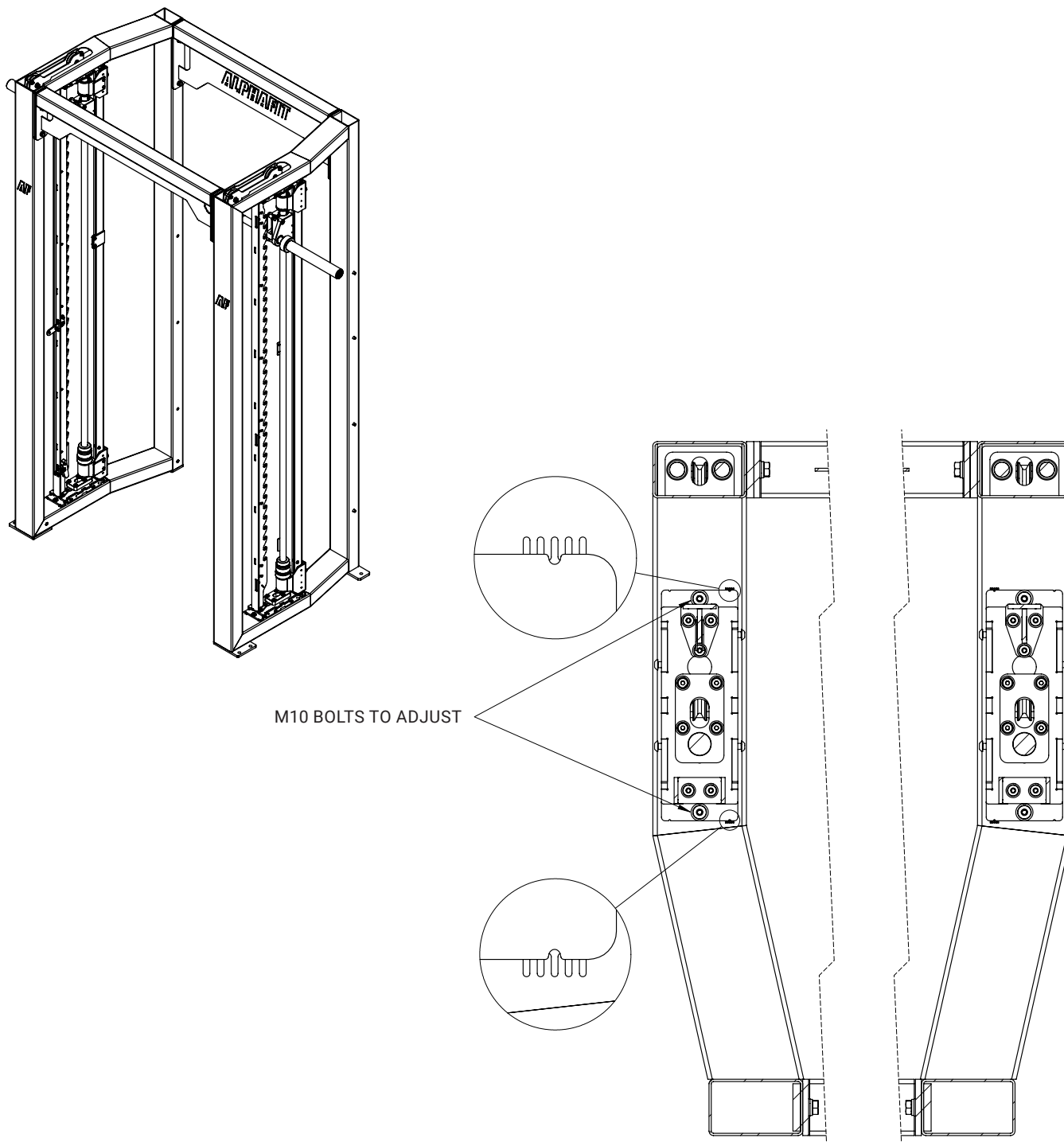
### PRO TIP

If assembling a smith machine version with top stops you will have received extra ID backing plates to install. Bolt these to the top stops like you did to the drop stop.



## STEP 7: BARBELL ALIGNMENT TOP

Loosen the 8×M10 bolts fixing the mount blocks at the top and bottom of the frames. Raise the barbell to it's highest position. Tighten the top 4×M10 bolts on the mount blocks using the guide indicators to ensure the adjustment is even between both sides.



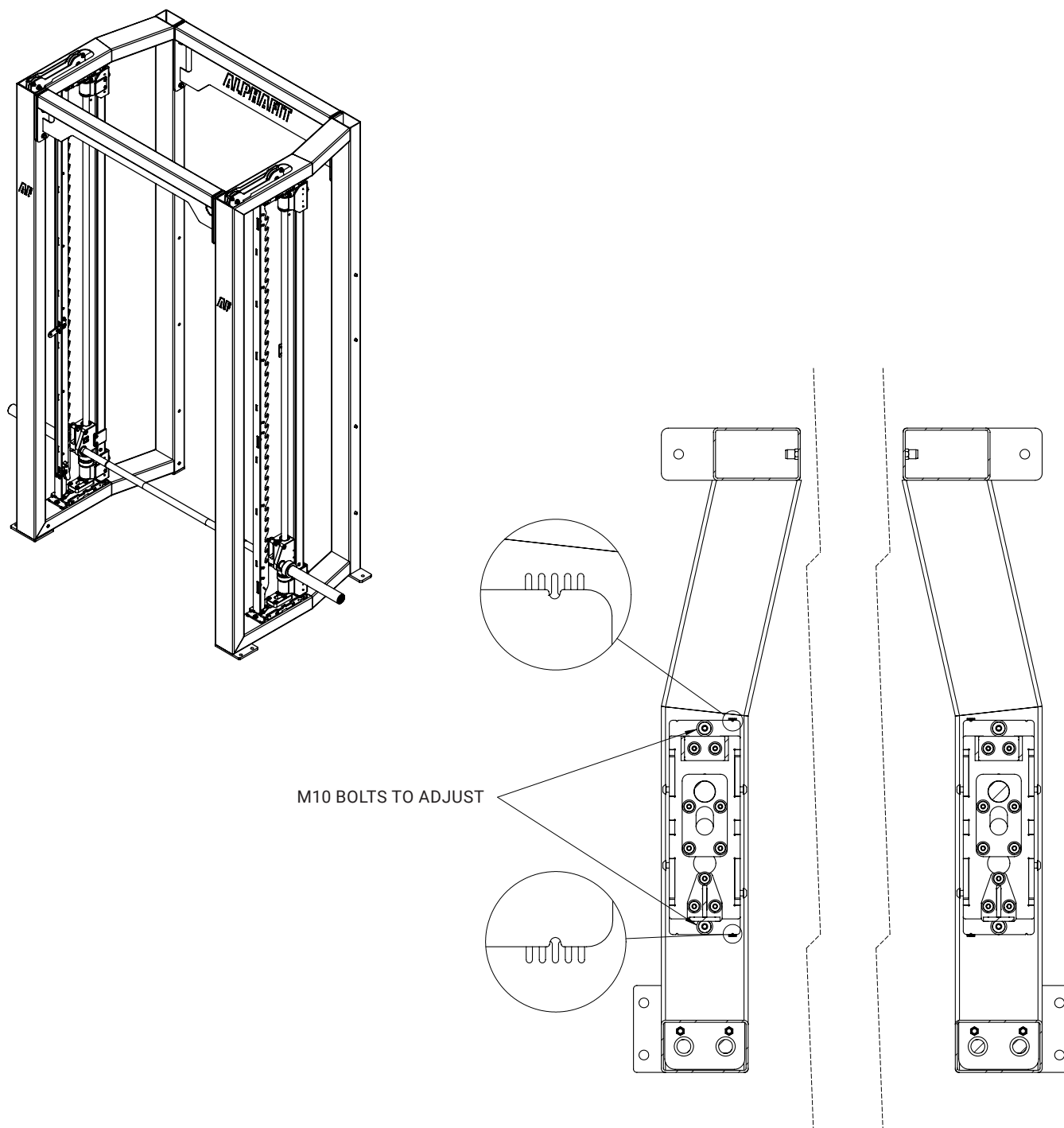
### PRO TIP

#### FOR BEST ALIGNMENT:

Using the guide indicators try to keep the mount blocks position evenly between the front and rear indicators. Try to mirror the indicators on the opposing frame. The mount blocks do not need to be aligned to the centre indicator.

## STEP 8: BARBELL ALIGNMENT BOTTOM

Position drop stops and barbell to their lowest position. Repeat the process from step 6 to complete alignment.



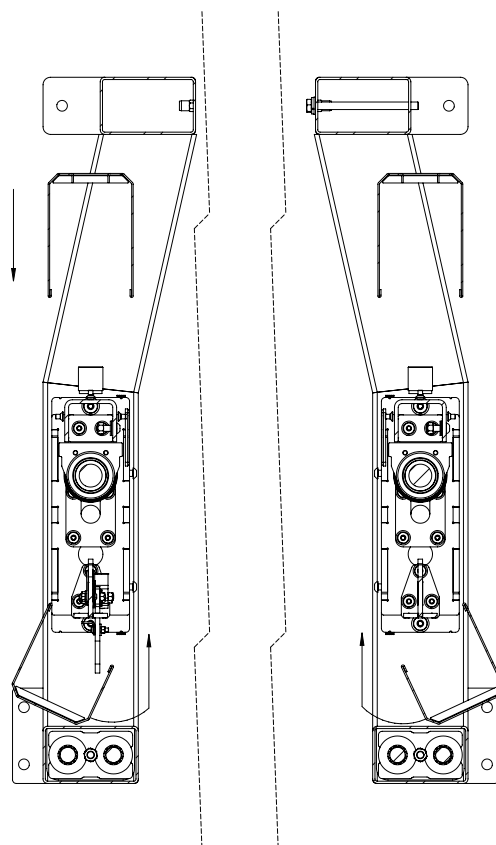
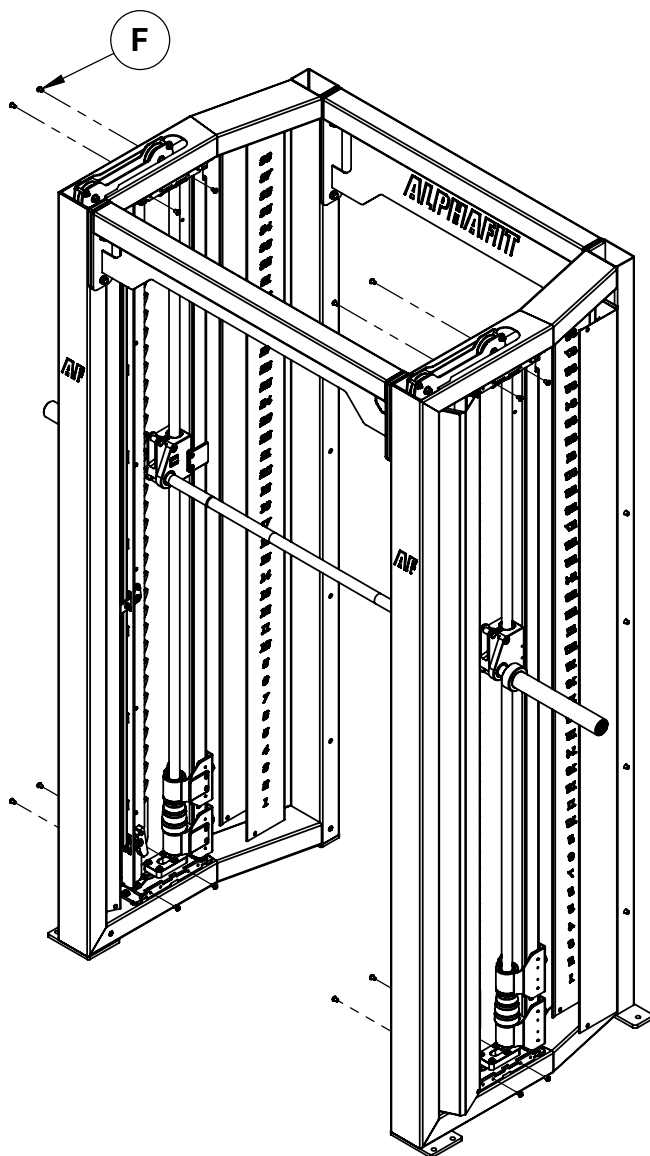
### PRO TIP

#### FOR BEST ALIGNMENT:

Once completed both top and bottom alignments check the barbell moves smoothly along the rods. If not repeat steps 6 and 7.

## STEP 9: ATTACH COVERS

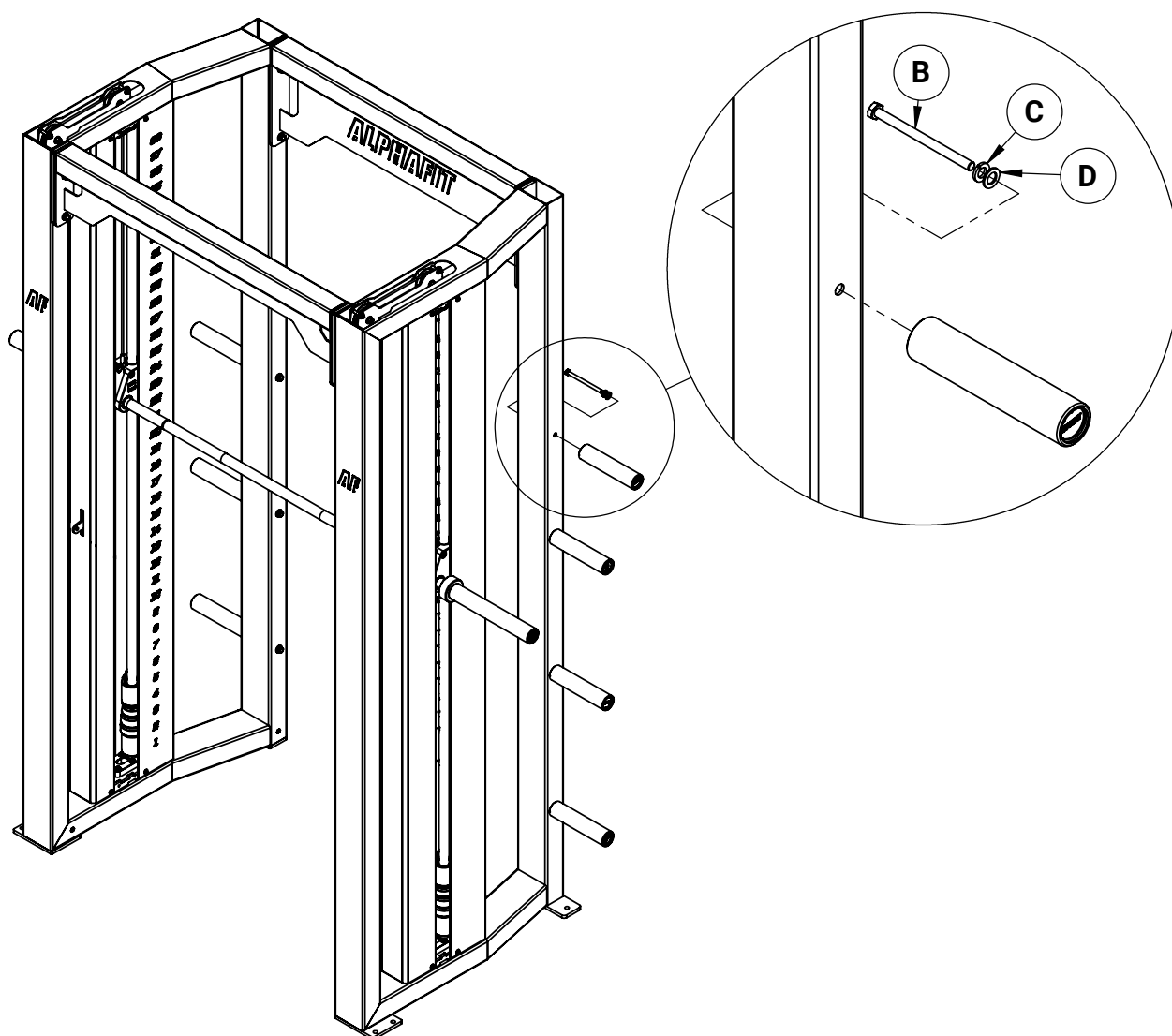
Bolt the 4 covers as illustrated below. Letters denote appropriate fasteners.



## STEP 10: ATTACH STORAGE PINS

Bolt storage pins onto the rear of the machine as illustrated below. *Letters denote appropriate fasteners.*

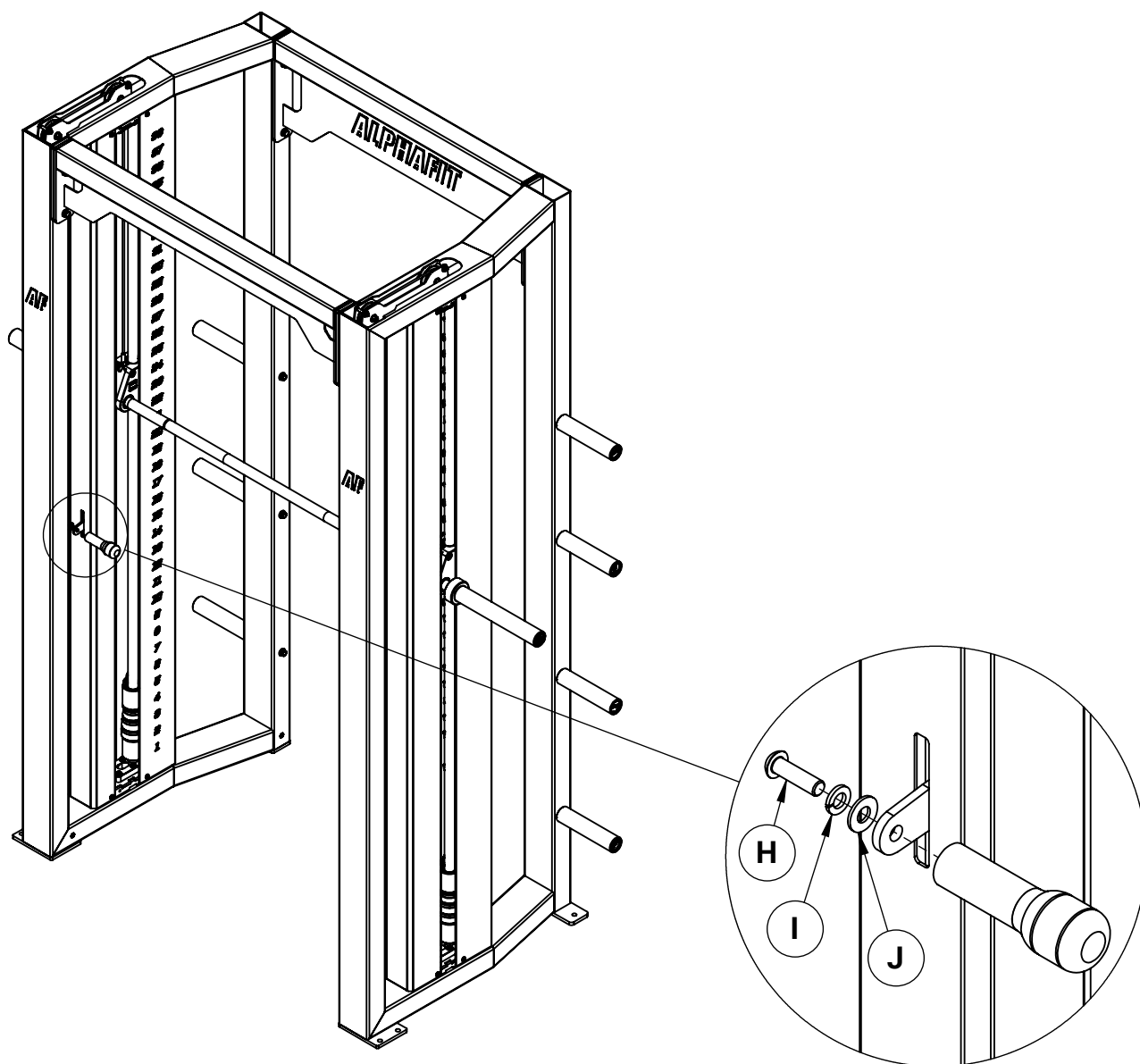
**Note:** discard of M12×125mm bolts packaged with the storage pins and use the M12×150mm bolts and washers supplied.



## STEP 11: ATTACH LOCKOUT HANDLE

Remove the bolt from the lockout handle. Attach the handle to the lockout arm extending through the cover and re-bolt.

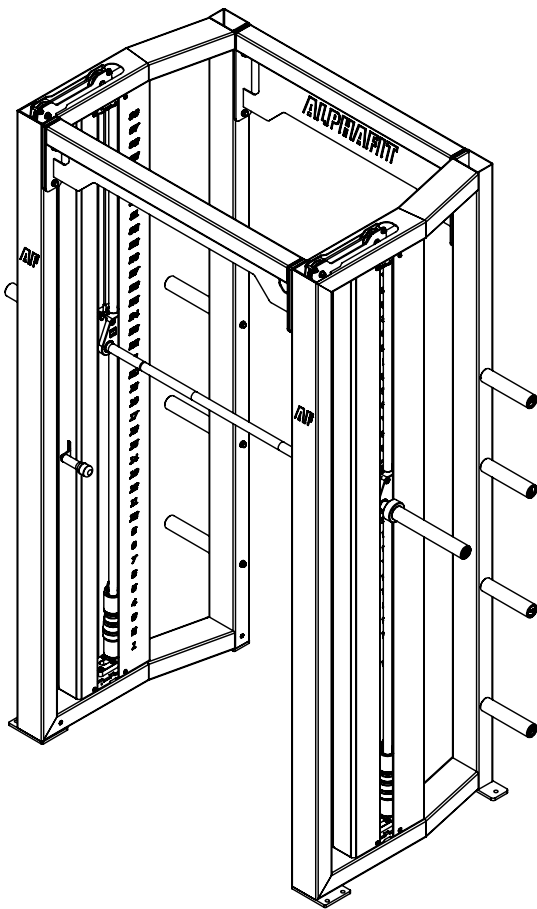
**IMPORTANT:** This step is only for smith machines with the optional lockout system included.



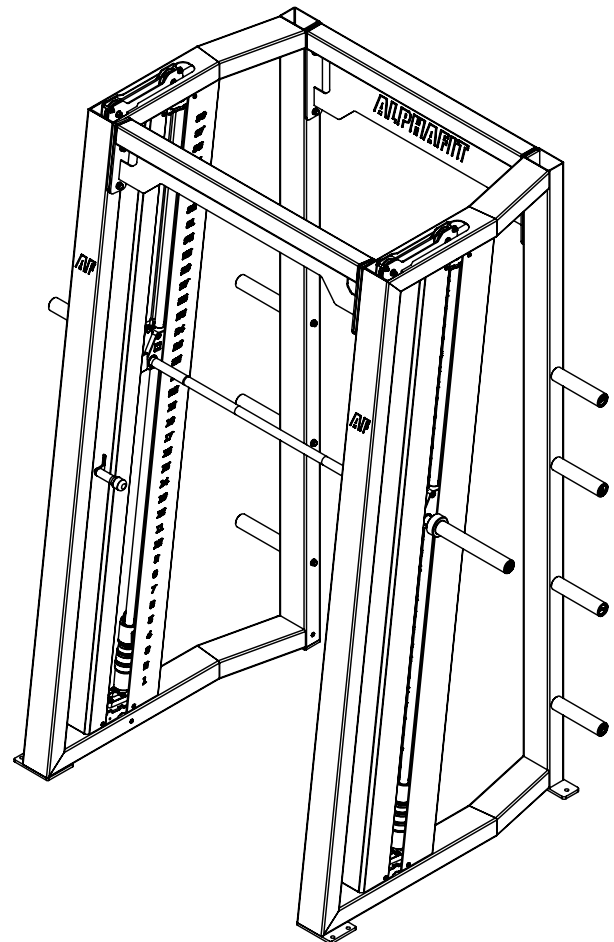
# CORE SMITH MACHINE ASSEMBLY

**ALPHAFIT**

FULLY ASSEMBLED



Core Vertical Smith Machine



Core Incline Smith Machine

