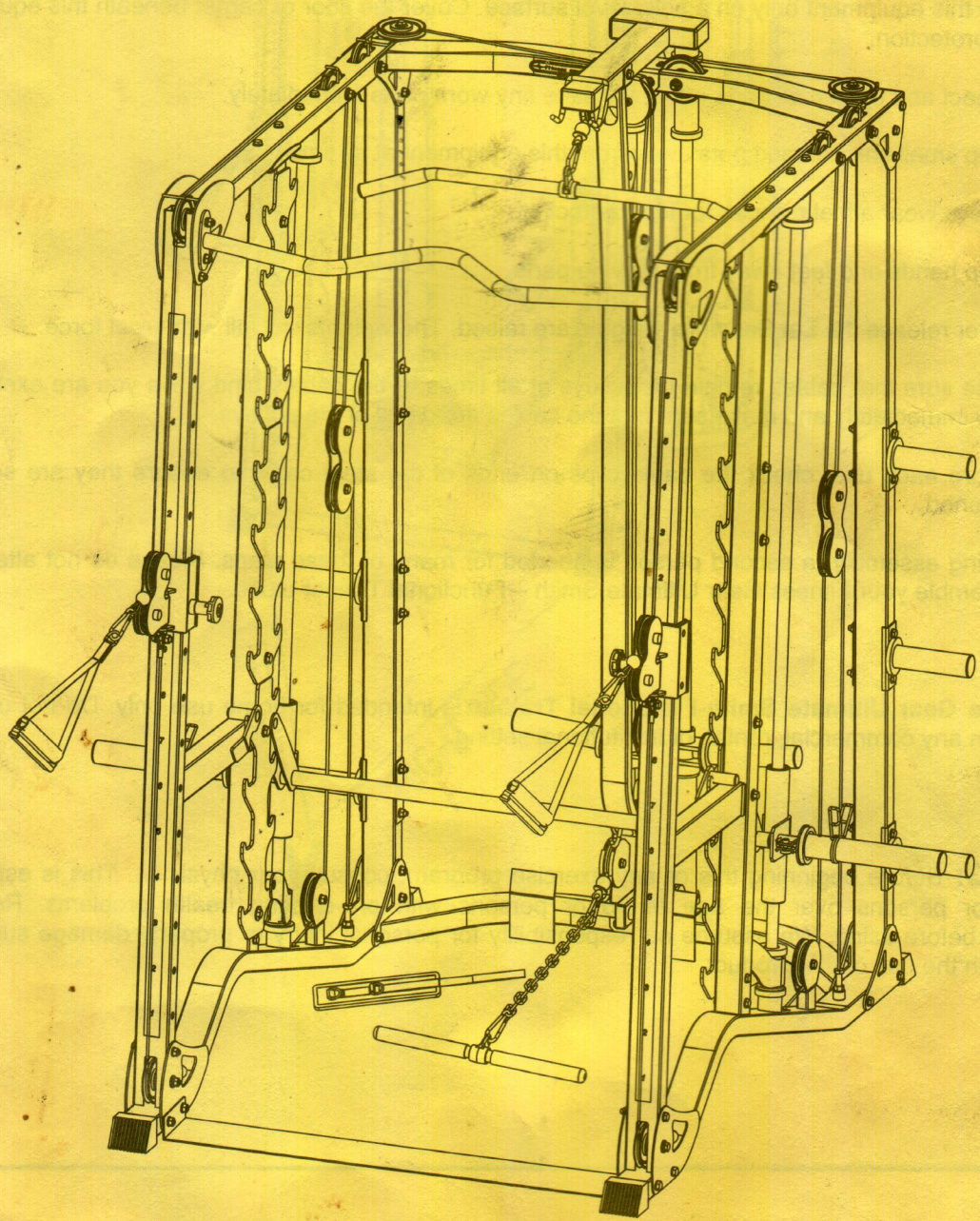


fitness gear<sup>®</sup>

# Fitness Gear Ultimate Smith- Functional Trainer

*Assembly Instructions  
Illustrations &  
Parts List*



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## IMPORTANT PRECAUTIONS

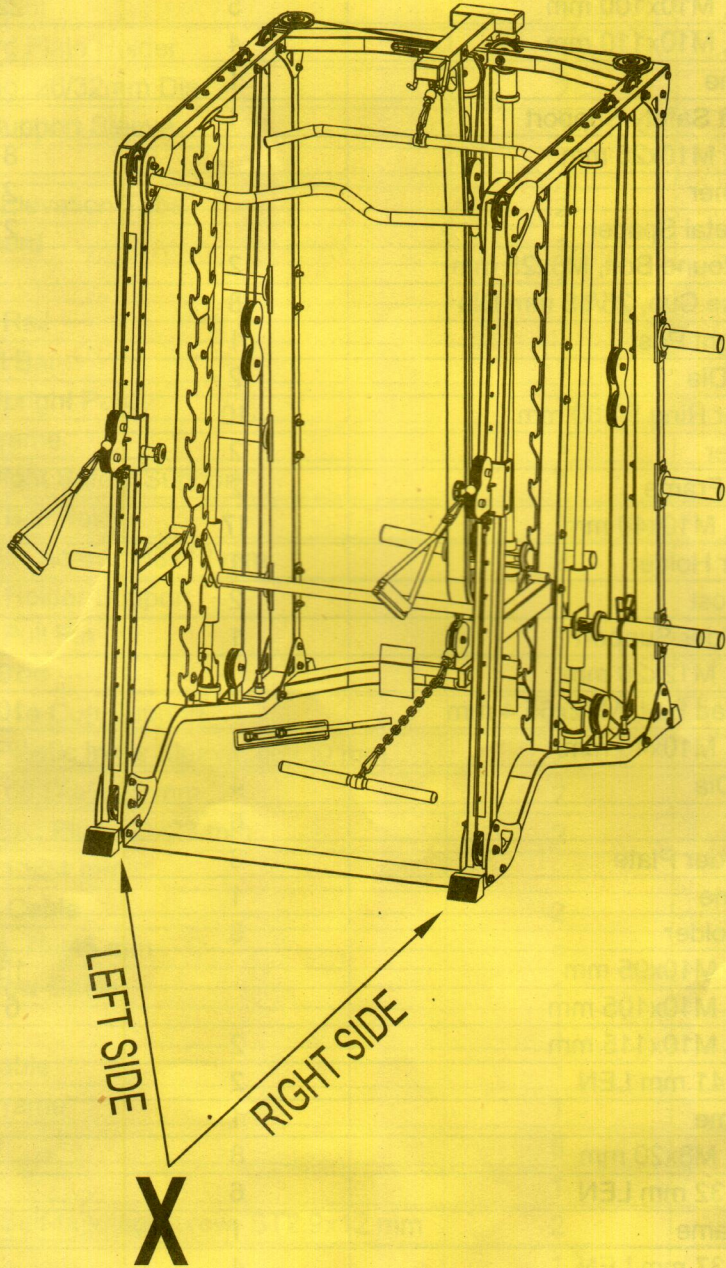
**WARNING:** To reduce the risk of serious injury, please read the following precautions before using the **Fitness Gear Ultimate Smith-Functional Trainer**.

1. It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of all precautions.
2. Read all instructions in this manual and in the accompanying literature and follow them carefully before using the equipment.
3. If you feel pain or dizziness at any time while exercising, stop immediately and consult your physician.
4. Use this equipment only on a solid level surface. Cover the floor or carpet beneath this equipment for protection.
5. Inspect and tighten all parts often. Replace any worn parts immediately.
6. Keep small children and pets away from this equipment at all times.
7. Always wear athletic shoes for foot protection.
8. Keep hands and feet away from moving parts.
9. Never release the Lat Bar while weights are raised. The weights will fall with great force.
10. Make sure that cables remain on pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on all of the pulleys.
11. Before each use, check the cable clips on ends of the steel cable to ensure they are securely fastened.
12. During assembly, a second person is needed for many of these steps. Please do not attempt to assemble your Fitness Gear Ultimate Smith – Functional Trainer alone.

This **Fitness Gear Ultimate Smith-Functional Trainer** is intended for home use only. Do not use this equipment in any commercial, rental, or institutional setting.

**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.

**Note:** In this manual when referring to Left and Right side of the unit, the left and right perspectives are from the outside, facing the front of the unit (As below in the figure):



# FITNESS GEAR ULTIMATE SMITH-FUNCTIONAL TRAINER PRODUCT PARTS LIST

Part#	Description	Pre-assembled	Hardware Pack	Total Qty
1	Foot Plate	1		1
2	Nylon Lock Nut, M10	34	49	83
3	Flat Washer, 10/20 mm	65	104	169
4	Pulley Spacer, 36 mm LEN	6		6
5	Pulley, 103 mm Dia	26		26
6	Hex Head Bolt, M10x100 mm	5	22	27
7	Hex Head Bolt, M10x110 mm	4		4
8	Left Base Frame	1		1
9	Weight Bar Left Safety Support	1		1
10	Hex Head Bolt, M10x25 mm		8	8
11	Wide Flat Washer		2	2
12	Iron Powder Metal Spacer		2	2
13	Socket Head Round Bolt, M8x25 mm	2		2
14	Guide Rod Base Cup, 25/65 mm Dia	8		8
15	Left Front Upright Post	1		1
16	Spring Clip 50 Dia	2		2
17	Rubber Bumper Ring 50/80 mm	10		10
18	Olympic Adapter	2		2
19	Middle Upright Frame	2		2
20	Hex Head Bolt, M10x40 mm	17		17
21	Left Weight Bar Holder	1		1
22	Rear Upright Post	2		2
23	Left Barbell Holder Support	1		1
24	Hex Head Bolt, M12x20 mm		10	10
25	Hex Flange Head Bolt, M12x65.4 mm		10	10
26	Hex Head Bolt, M10x45 mm	4		4
27	Pulley, 90mm Dia	4		4
28	Pulley Housing	6		6
29	Weight Bar Holder Plate	6		6
30	Left Slider Frame	1		1
31	Weight Plate Holder	6		6
32	Hex Head Bolt, M10x95 mm		13	13
33	Hex Head Bolt, M10x105 mm		6	6
34	Hex Head Bolt, M10x115 mm	2		2
35	Pulley Spacer, 41 mm LEN	2		2
36	Left Upper Frame	1		1
37	Hex Head Bolt, M8x20 mm	8		8
38	Pulley Spacer, 32 mm LEN	6		6
39	Right Upper Frame	1		1
40	Pulley Spacer, 37 mm LEN	4		4
41	Hex Head Bolt, M10x65 mm		8	8
42	Hex Head Bolt, M10x35 mm	1		1
43	Upper Cross Brace	1		1
44	Lat Support Rail	1		1
45	Carabinier Ring	5		5
46	Rectangular End Plug, 75x45 mm	7		7

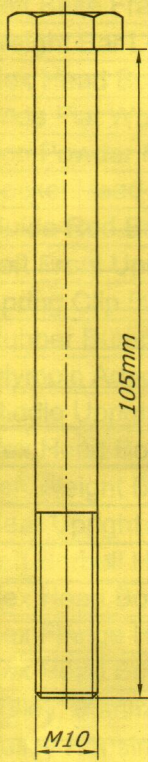
# FITNESS GEAR ULTIMATE SMITH-FUNCTIONAL TRAINER PRODUCT PARTS LIST

Part #	Description	Pre-assembled	Hardware Pack	Total Qty
47	Lat Pull Bar	1		1
48	Chin-up Bar	1		1
49	Guide Rod Washer	4		4
50	Rear Guide Rod	2		2
51	Lat Support Post	1		1
52	Sliding Weight Plate Holder	1		1
53	Nylon Bushing, 26/32mm Dia	2		2
54	Weight Bar Support Sleeve	1		1
55	Weight Bar	1		1
56	Plate Holder Elevation Tube	2		2
57	Rear Foot Board	1		1
58	Chain	1		1
59	Lower Cross Rail	1		1
60	Low Row Pull Bar	1		1
61	Right Front Upright Post	1		1
62	Right Base Frame	1		1
63	Weight Bar Right Safety Support	1		1
64	Right Weight Bar Holder	1		1
65	Hex Socket Set Screw, M8x12 mm	2		2
66	Right Barbell Holder Support	1		1
67	Screw Down Pull Pin	3		3
68	Smith Guide Rod	2		2
69	Guide Rod Base Cup Support	2		2
70	Rectangular Plastic Inner Sleeve, 60x30 mm	2		2
71	Rubber Disk, 60 Dia x 25 mm	2		2
72	Rectangular End Plug, 53x23 mm	2		2
73	Flat Washer, 13/24 mm		10	10
74	Side Balance Cable	2		2
75	Foot End Cap, 75x45 mm	4		4
76	Middle Low Row Cable	1		1
77	Lat Cable	1		1
78	Side Cross Cable	1		1
79	Right Slider Frame	1		1
80	Backing Plate	6		6
81	Medallion	1		1
82	Countersunk Self-tapping Screw, ST2.9x12 mm	2		2
83	Free Pulley	1		1
84	Handgrip Assembly	2		2
85	Ankle Cuff Strap	1		1
86	Rectangular Plastic Inner Sleeve, 75x45 mm	4		4
87	Plastic Inner Sleeve, 25x2 mm	4		4
88	Guide Rod Spacer Tube	2		2
89	Rubber Bumper, 50 Dia x 25 mm	2		2
90	Nut Plastic Sleeve	8		8

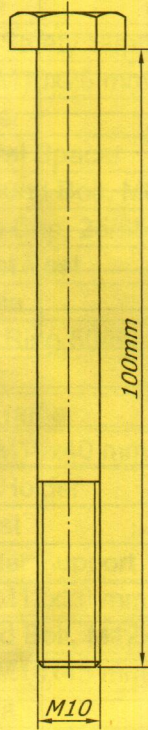
# Bolts & Nuts Size Chart

(only in the hardware pack)

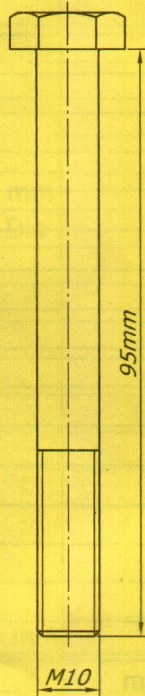
**#33**  
Qty: 6



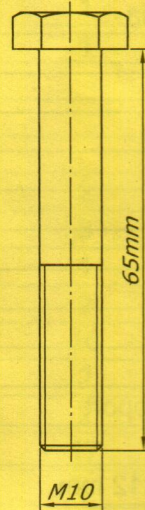
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Qty: 22



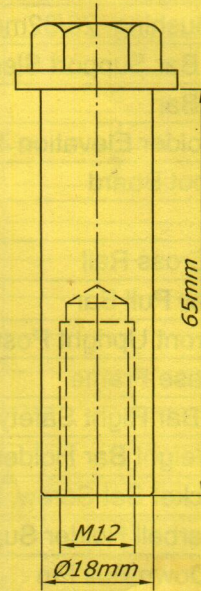
**#32**  
Qty: 13



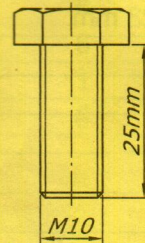
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Qty: 8



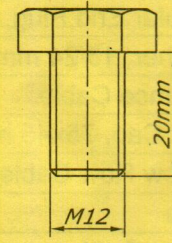
**#25**  
Qty: 10



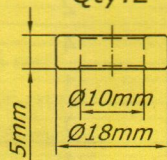
**#10**  
Qty: 8



**#24**  
Qty: 10

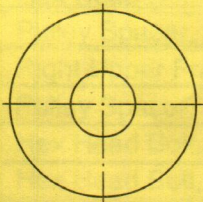


**#12**  
Qty: 2



Spacer

**#11**  
Qty: 2



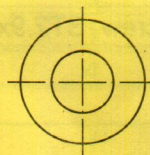
10/20 mm

**#2**  
Qty: 49



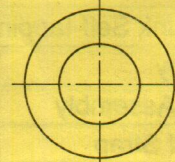
M10

**#3**  
Qty: 104



10/20 mm

**#73**  
Qty: 10



13/24 mm

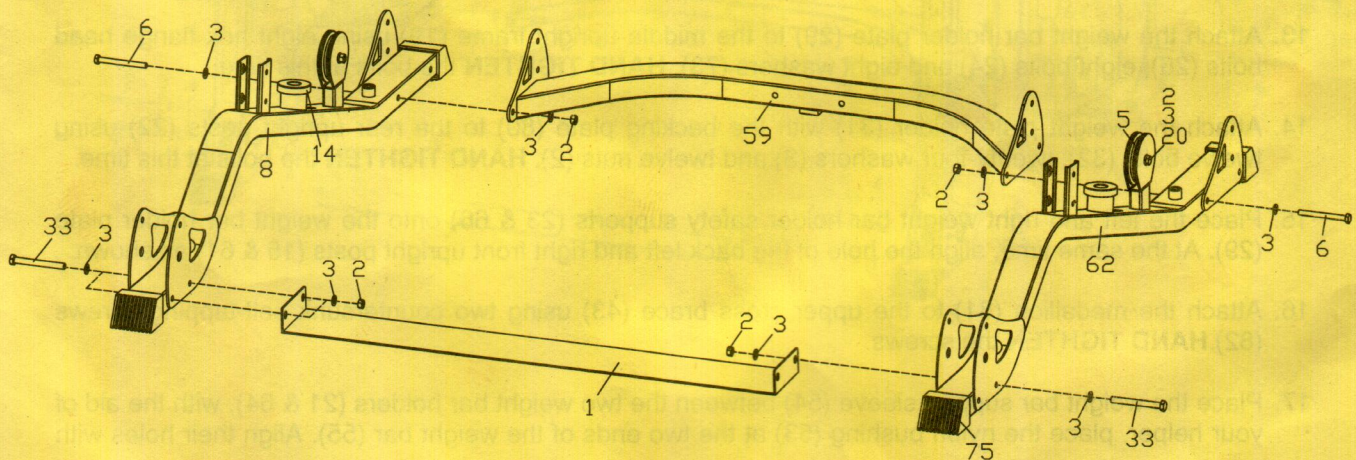
## Assembly Instructions for the *Fitness Gear Ultimate Smith-Functional Trainer*

- A flat area of 9' x 9' will be required to assemble and properly use the *Fitness Gear Ultimate Smith-Functional Trainer*.
- You will need the following tools to complete the assembly:
  - 14 mm Box Wrench
  - 17 mm Box Wrench
  - 19 mm Box Wrench
  - 4 mm Allen Wrench
  - 6 mm Allen Wrench
  - Cross Screwdriver
- Floor padding, such as cardboard, to avoid scratching your floor during assembly.
- A good pair of scissors will be helpful in separating parts from one another while removing from the cartons.
- Because of precision machining, the *Fitness Gear Ultimate Smith-Functional Trainer* uses several different lengths of bolts. Be careful to use the right length of bolt called for at each step of assembly. Refer to the illustration and sizing charts provided.
- Some parts in the following diagrams have been assembled on the unit prior to shipment. They are shown in the drawings for reference only in the event replacement parts are needed.

### STEP # 1 Base Rail Assembly

1. Attach the left and right base frames (8 & 62) to the foot plate (1) using four bolts (33), eight washers (3) and four nuts (2). **HAND TIGHTEN** the bolts at this time.
2. Attach the left and right base frames (8 & 62) to the lower cross rail (59) using four bolts (6), eight washers (3) and four nuts (2). **HAND TIGHTEN** the bolts at this time.
3. **Tighten the bolts and nuts used for assembly in previous steps at this time.** This may take two people to perform the task.

Figure 1



## STEP # 2 Uprights and Weight Bar Assembly

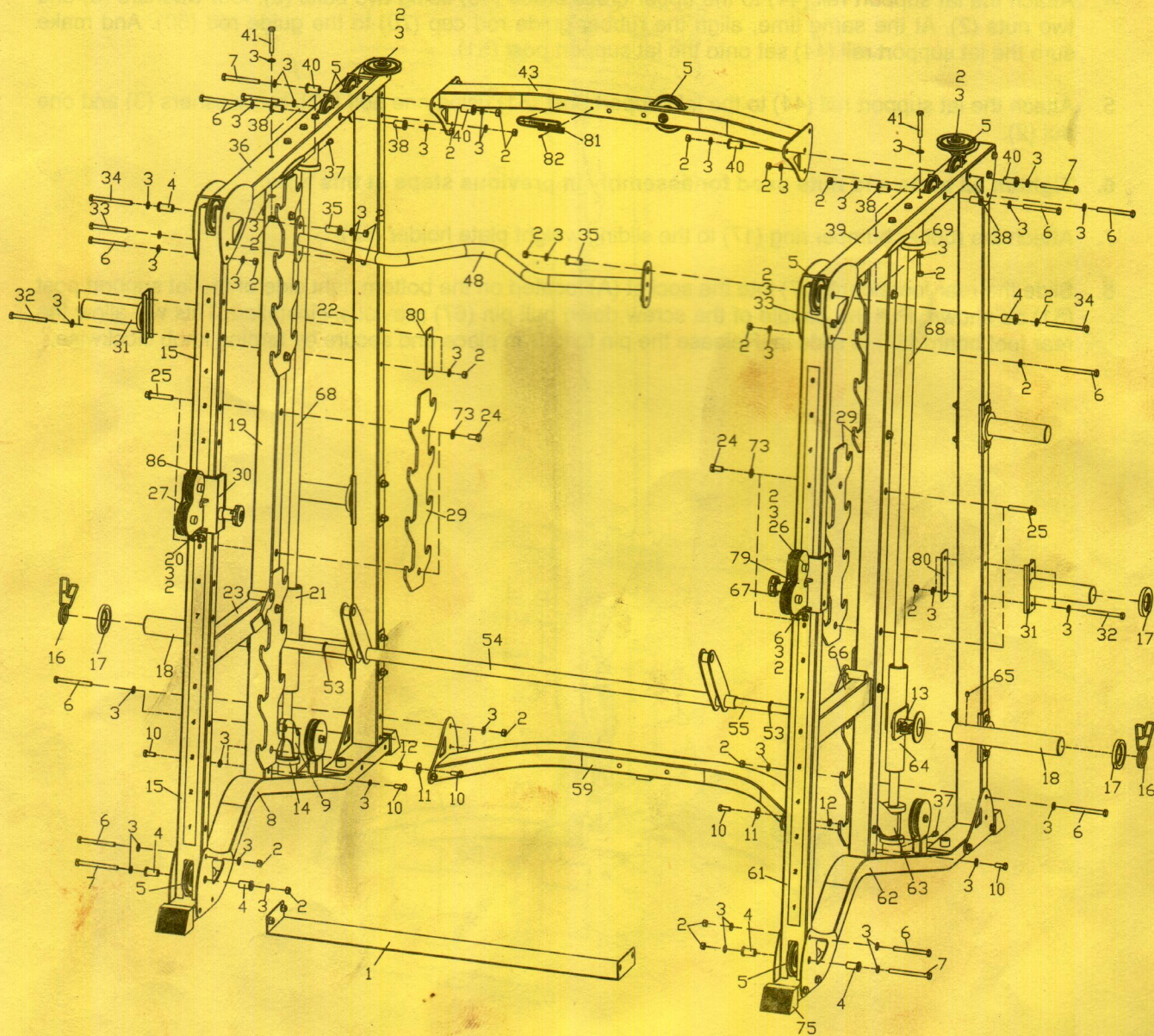
1. Attach the left and right front upright posts (15 & 61) to the left and right base frames (8 & 62) using two bolts (7), two bolts (6), eight washers (3), four pulley spacers (4) and four nuts (2). **HAND TIGHTEN** the bolts at this time.
2. Attach the two rear upright posts (22) to the left and right base frames (8 & 62) using four bolts (6), eight washers (3) and four nuts (2). **HAND TIGHTEN** the bolts at this time.
3. Attach the middle upright frame (19) to the left and right base frames (8 & 62) using six bolts (10), six washers (3). At this time, attach two weight bar support plates (29) to the two middle upright frames (19), using two hex flange head bolts (25), two bolts (24), two washers (73) and two bolts (10), two washers (3), two wide flat washers (11) and two iron powder metal spacers (12) as shown.
4. Insert both of the smith guide rods (68) down into guide rod base cups (14), **HAND TIGHTEN** the bolts (37).
5. With the aid of your helper slide the weight bar safety supports (9 & 63) and the weight bar holders (21 & 64) onto the weight bar cup (14) as shown. Hook the weight bar holder (21 & 64) onto the weight bar holder plate (29). **Make sure the parts used are on the correct side.**
6. Attach the guide rod base cup support (69) to the left and right upper frames (36 & 39) using four bolts (41), eight washers (3) and four nuts (2). **HAND TIGHTEN** the bolts.
7. Slide the left and right slider frames (30 & 79) onto left and right front upright posts (15 & 61). adjusting the screw down pull pin (67) can let the left and right slider frames (30 & 79) slide freely.
8. Connect the left upper frame (36) and the upper cross brace (43) to the rear upright post (22) using three bolts (6), six washers (3), three nuts (2) and two pulley spacers (40), two washers (3), one nut (2) as shown. **At this time, make sure the guide rod base cup support (69) aligns to the top of the smith guide rod (68).** This may take two people to perform the task.
9. Connect the right upper frame (39) and the upper cross brace (43) to the rear upright post (22) using three bolts (6), six washers (3), three nuts (2) and two pulley spacers (40), two washers (3), one nut (2) as shown. **At this time, make sure the guide rod base cup (69) aligns to the top of the smith guide rod (68).** This may take two people to perform the task.
10. Connect the left/right upper frames (36 & 39) and the chin-up bar (48) to the left and right front upright posts (15 & 61) using two bolts (34), two bolts (33), two bolts (6), two pulley spacers (4), twelve washers (3) and six nuts (2) as shown. This may take two people to perform the task.
11. Attach the left and right upper frames (36 & 39) to the middle upright frame (19) using four bolts (41), eight washers (3) and four nuts (2).
12. **Tighten all bolts and nuts used for assembly in previous steps at this time.**
13. Attach the weight bar holder plate (29) to the middle upright frame (19) using eight hex flange head bolts (25), eight bolts (24) and eight washers (73). **HAND TIGHTEN** the bolts at this time.
14. Attach the weight plate holder (31) with the backing plate (80) to the rear upright posts (22) using twelve bolts (32), twenty-four washers (3) and twelve nuts (2). **HAND TIGHTEN** the bolts at this time.
15. Place the left and right weight bar holder safety supports (23 & 66) onto the weight bar holder plate (29). At the same time, align the hole of the back left and right front upright posts (15 & 61) as shown,
16. Attach the medallion (81) to the upper cross brace (43) using two countersunk self-tapping screws (82). **HAND TIGHTEN** the screws.
17. Place the weight bar support sleeve (54) between the two weight bar holders (21 & 64), with the aid of your helper, place the nylon bushing (53) at the two ends of the weight bar (55). Align their holes with



the side holes in the weight bar holder (21 & 64). Then insert the weight bar through all the holes as shown.

18. Center the weight bar (55) and slide the Olympic adapter (18) onto the two ends of the weight bar (55), and attach the Olympic adapter (18) to the weight bar (55) using two hex socket set screw (65), Hook the weight bar support sleeve (54) onto the weight bar holder plate (29). **HAND TIGHTEN** the socket round bolt (13) and the set screw (65).
19. Attach the rubber bumper ring (17) and the spring clip (16) to the Olympic adapter (18).
20. Tighten all the bolts and nuts used for assembly in previous steps at this time.

Figure 2

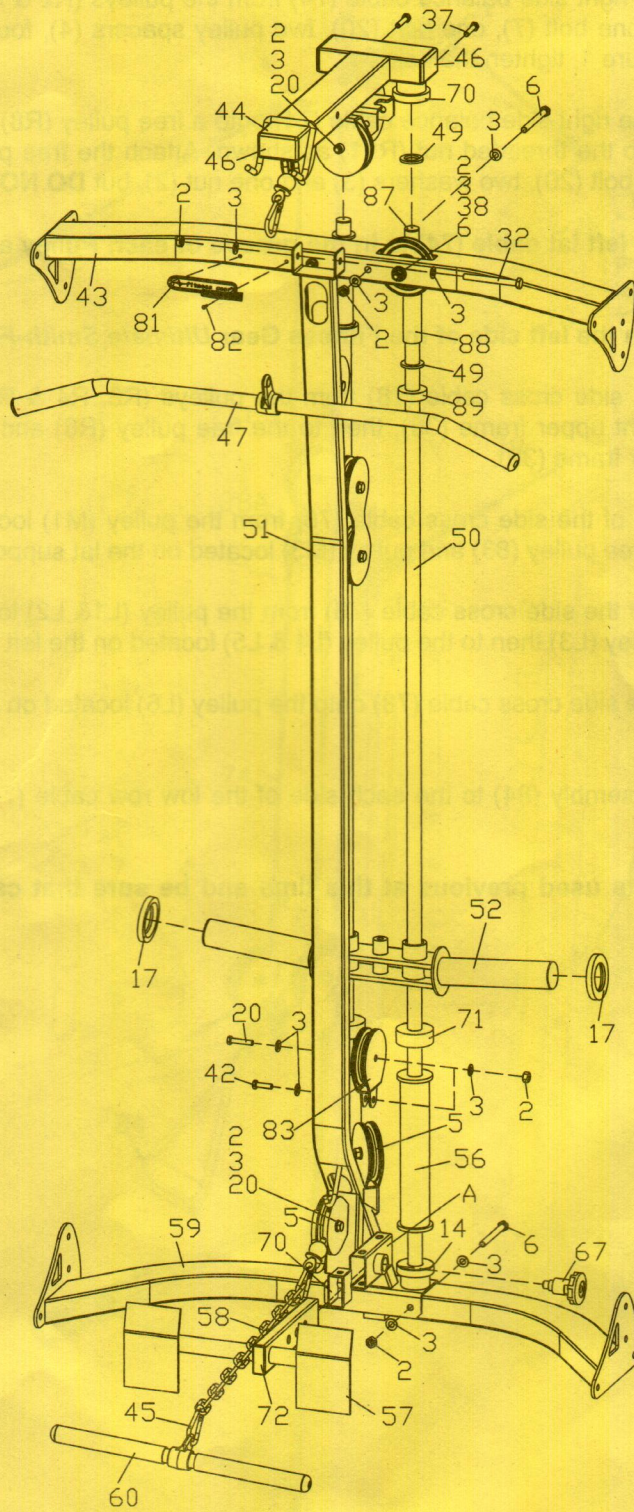


## STEP # 3 Lat Support Rail and Lat Support Post Assembly

1. Attach the lat support post (51) to the lower cross rail (59) using two bolts (6), four washers (3) and two nuts (2). **HAND TIGHTEN** the bolts at this time.
2. Insert the rear guide rod (50) into each of the rubber guide rod cups (70), slide the plate holder elevation tube (56) onto the rear guide rod (50) and carefully slide them to the bottom. Then slide the rubber disk (71) onto the top of the plate holder elevation tube (56). Slide the sliding weight plate holder (52) onto the rear guide rod (50) and carefully slide it to the top of the rubber disk (71). **NOTE: Make sure the rear guide rods (50) angle upwards.** Insert two bolts (37) into the thread holes on backside of the guide rod cup pocket. Tighten securely.
3. Slide the rubber bumper (89), the guide rod washer (49) and guide rod spacer tube (88) onto the top of the guide rod (50) in turn as shown. **Make sure these parts are pushed compactly to each other at the highest point of the guide rod (50) after the machine is full assembled.**
4. Attach the lat support rail (44) to the upper cross brace (43) using two bolts (6), four washers (3) and two nuts (2). At the same time, align the rubber guide rod cup (70) to the guide rod (50). And make sure the lat support rail (44) set onto the lat support post (51).
5. Attach the lat support rail (44) to the lat support post (51) using one bolt (32), two washers (3) and one nut (2).
6. **Tighten all bolts and nuts used for assembly in previous steps at this time.**
7. Attach the rubber bumper ring (17) to the sliding weight plate holder (52).
8. Slide the rear foot board (57) into the socket (A) located on the bottom right side of the lat support post (51) as shown. Pull the handle of the screw down pull pin (67) previously installed. This will allow the rear foot board (57) to slide in. Release the pin to lock in place and secure by turning knob clockwise.

**NOTE: Make sure the direction of the bolts (20 & 42) is right as shown on figure 3 while free pulley (83) is assembled.**

Figure 3

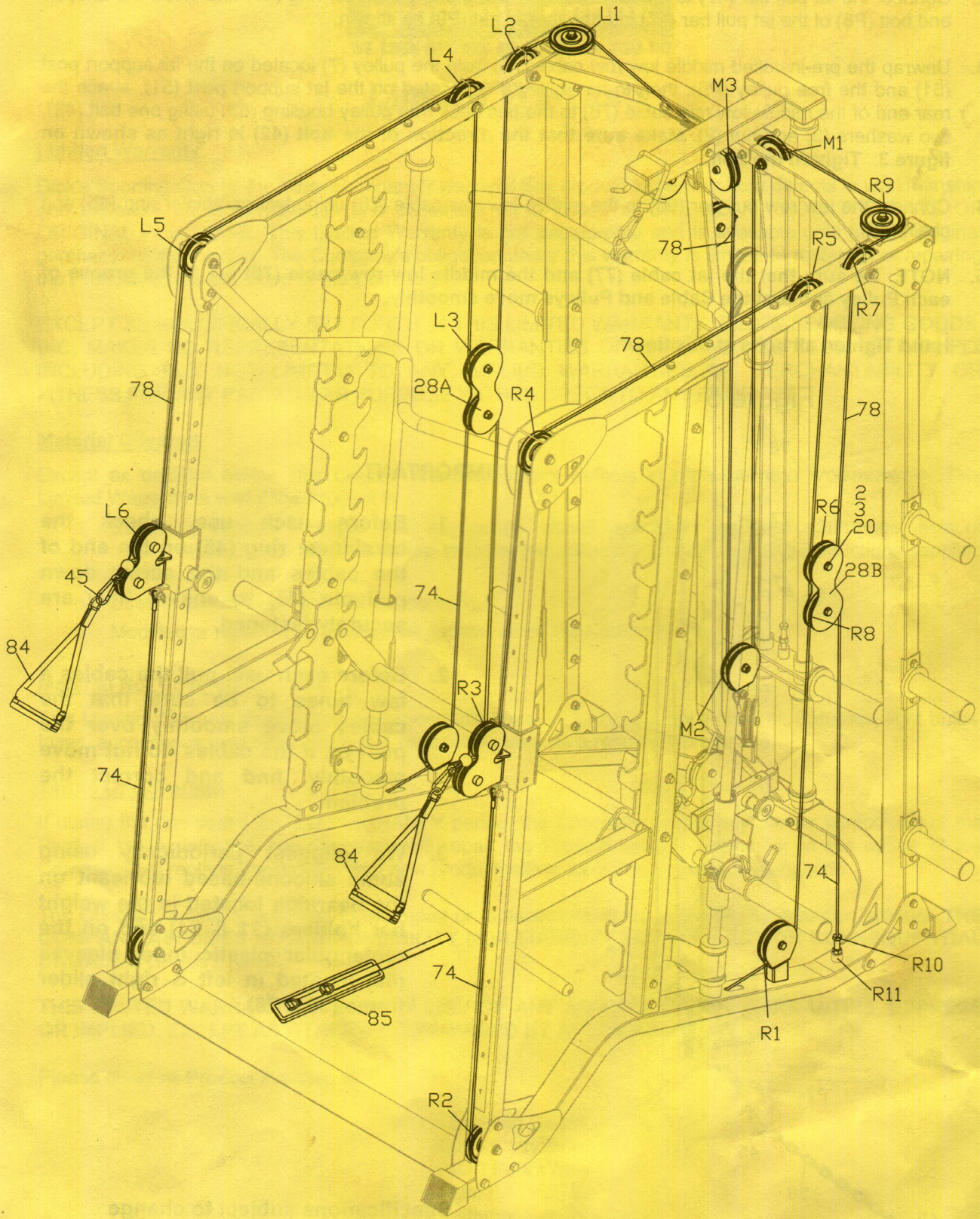


## STEP # 4 Side Cable Installation

It may be necessary to remove pulleys temporarily in the following steps, in order to lay cables in the correct position.

1. Unwrap the pre-installed right side balance cable (74) from the pulleys (R2 & R1) located on the right base frame (62). Using one bolt (7), one bolt (20), two pulley spacers (4), four washers (3), and two nuts (2). According to figure 1, tighten the bolts.
2. Lay the rear section of the right side balance cable (74) onto a free pulley (R8) so that the loose cable end bolt (R10) points into the threaded nut (R11) as shown. Attach the free pulley (R8) to the pulley housing (28B) using one bolt (20), two washers (3) and one nut (2), but **DO NOT TIGHTEN** the bolt.
3. **NOTE: Be sure that the left lat cable (74) is in the groove of each Pulley and that the Cable and Pulleys move smoothly.**
4. **Repeat the steps 1- 4 on the left side of the Fitness Gear *Ultimate Smith-Functional Trainer*.**
5. Unwrap the pre-installed side cross cable (78) from the pulleys (R3, R4 & R5) located on the right slider frame (79) and right upper frame (39), then to the free pulley (R6) and the pulleys (R7 & R9) located on the right upper frame (39).
6. Insert the middle section of the side cross cable (78) from the pulley (M1) located on the rear upper cross brace (43), to the free pulley (83) and pulley (M3) located on the lat support rail (44).
7. Insert the rear section of the side cross cable (78) from the pulley (L1& L2) located on the left upper frame (36) to the free pulley (L3), then to the pulley (L4 & L5) located on the left upper frame (36).
8. Lay the end section of the side cross cable (78) onto the pulley (L6) located on the left slider frame (30) as shown.
9. Connect the handgrip assembly (84) to the each side of the low row cable (74) using two carabinier ring (45).
10. **HAND TIGHTEN all bolts used previous at this time and be sure that cable and pulley move smoothly.**

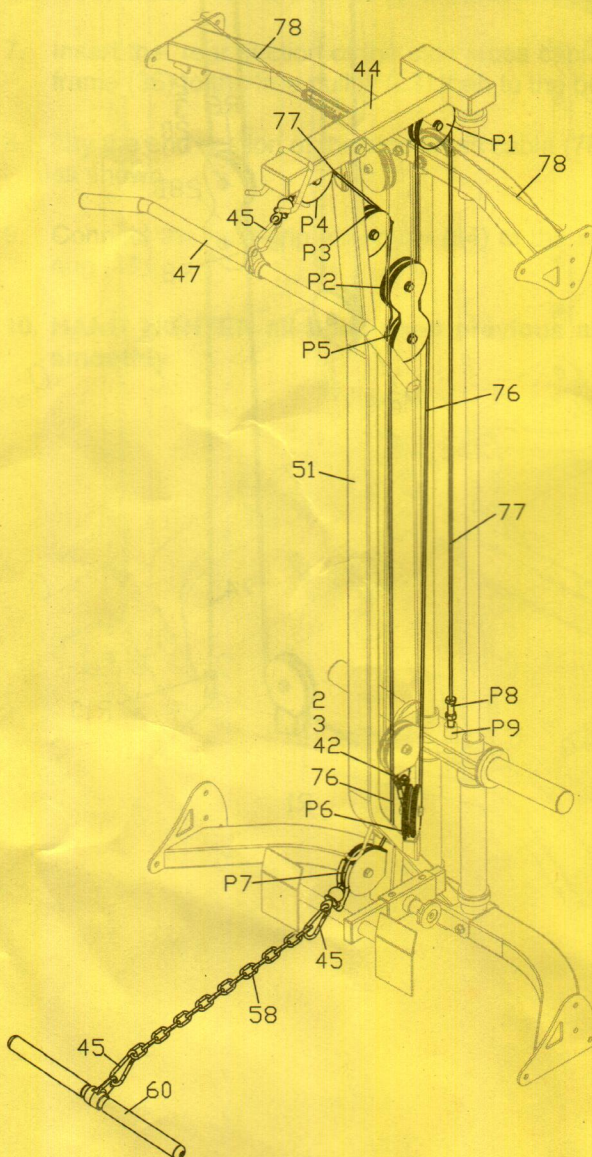
Figure 4



## STEP # 5 Lat Cables & Middle Low Row Cable Installation

1. Unwrap the pre-installed the lat cable (77) from the pulley (P1) located on the lat support rail (44) and the free pulley (P2) to the pulleys (P3 & P4) located on the lat support post (51).
2. Connect the lat pull bar (47) to the lat cable (77) using one carabinier ring (45) and insert the another end bolt (P8) of the lat pull bar (47) into the thread nut (P9) as shown.
3. Unwrap the pre-installed middle low row cable (76) from the pulley (7) located on the lat support post (51) and the free pulley (P5), then to the pulley (P6) located on the lat support post (51), attach the rear end of the middle low row cable (76) to the pec deck free pulley housing (83) using one bolt (42), two washers (3) and nut (2). **Make sure that the direction of the bolt (42) is right as shown on figure 3. Tighten the bolt.**
4. Connect the low row pull bar (60) to the middle low row cable (76) using two carabinier ring (45) and chain (58).
5. **NOTE: Be sure that the lat cable (77) and the middle low row cable (76) are in the groove of each Pulley and that the Cable and Pulleys move smoothly.**
6. **Hand Tighten all bolts at this time.**

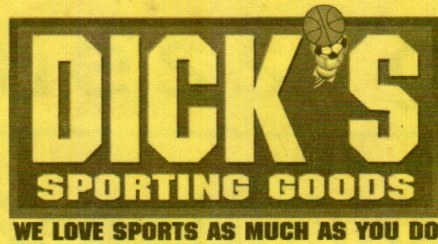
Figure 5



### IMPORTANT:

1. Before each use, check the carabineer ring (45) on the end of the cables and the screw down pull pin (67) to ensure they are securely fastened.
2. Before each use, pull the cables a few times to be sure that the cables move smoothly over the pulleys. If the cables do not move smoothly, find and correct the problem.
3. We suggest periodically using some silicone-based lubricant on the bearings located in the weight bar holders (21 & 64) and on the rectangular plastic inner sleeves (86) located in left & right slider frame (30 & 79).

Specifications subject to change without notice.



## Limited Warranty

### Limited Warranty

Dick's Sporting Goods, Inc. (the "Company") warrants this product to be free from defects in workmanship and materials under normal use and conditions for a period of ONE 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.

EXCEPT AS SPECIFICALLY SET FORTH IN THIS LIMITED WARRANTY, DICK'S SPORTING GOODS, INC. MAKES NO REPRESENTATIONS OR WARRANTIES OF ANY KIND, EXPRESS OR IMPLIED, INCLUDING BUT NOT LIMITED TO ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE WITH RESPECT TO ANY PRODUCT.

### Material Covered

Except as detailed below, this Limited Warranty covers defects in materials and workmanship. This Limited Warranty is void if the Product is:

- o Damaged through improper use, negligence, abuse, misuse, transportation damage, acts of nature, or accident, to include failure to follow the assembly and or operating instructions supplied with the Product.
- o Used in commercial or rental applications.
- o Modified or repaired by anyone not authorized by the Company.

### Material Not Covered

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.

### Terms Of Coverage

If during the one year LIMITED WARRANTY period, the Company deems any part or component of the Product to be defective, the Company will repair the Product without charge, or at the option of the Company, will replace the Product with new product, either the same or an equivalent item.

The Company's liability is limited to the repair or replacement, at its option of any defective product. **THE COMPANY ASSUMES NO RESPONSIBILITY NOR LIABILITY FOR INDIRECT OR CONSEQUENTIAL DAMAGES OF ANY KIND.**

**THIS LIMITED WARRANTY IS MADE IN LIEU OF ANY AND ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, EXCEPT AS OTHERWISE PROVIDED BY APPLICABLE LAW..**

Please direct all Product inquiries to:

Dick's Sporting Goods, Inc.  
300 Industry Drive  
RIDC Park West  
Pgh, PA 15275  
Customer Service  
1 866 677 4771  
[customer.service@dcsq.com](mailto:customer.service@dcsq.com)

Lat Cable Installation

THIS LIMITED WARRANTY IS MADE BY AND FOR THE COMPANY...  
OR IMPLIED, EXCEPT AS OTHERWISE PROVIDED BY APPLICABLE LAW...  
PLEASE CONTACT THE PRODUCT MANUFACTURER...



STH000LA0708290100