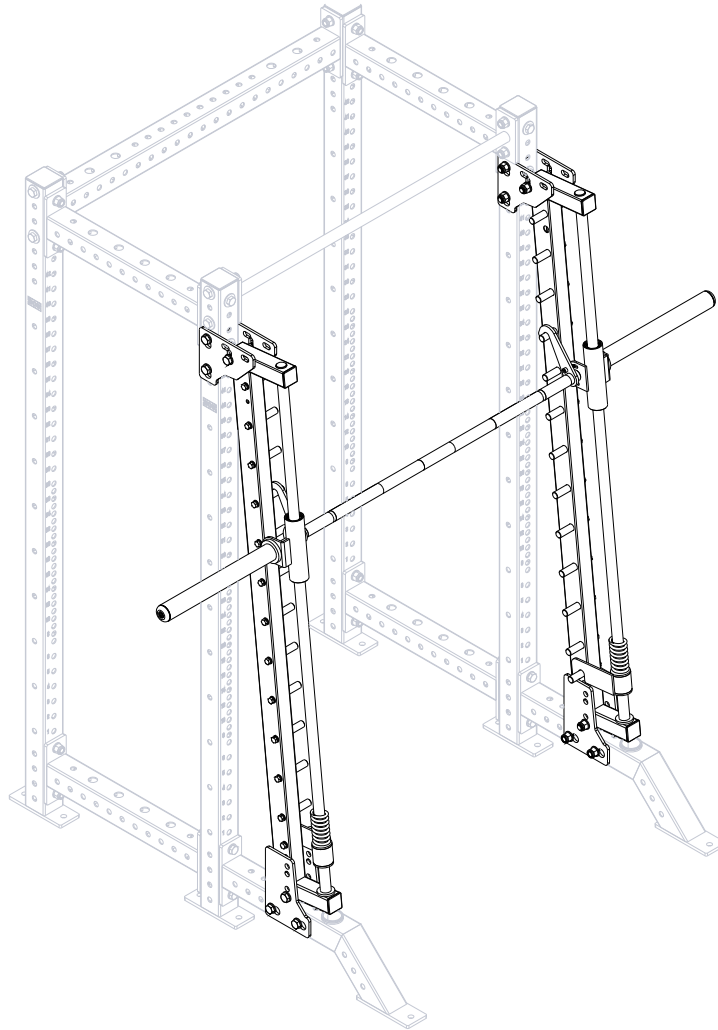




# SMITH MACHINE ATTACHMENT

## ASSEMBLY MANUAL A

BYOB-SMTH-HDRMTC-SET  
BAR-SMTH-HDRMTC-SET



BellsOfSteel

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## A GUIDE TO SAFETY

---

We know you are excited to use your new Bells of Steel gear, but please read through this Guide to Safety to ensure you do not hurt yourself or others while exercising. It is your responsibility to ensure that all users of the equipment are informed of all warnings and instructions in this manual. **TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING IMPORTANT PRECAUTIONS BEFORE USING YOUR BELLS OF STEEL PRODUCT.**

- 1 Before starting any exercise program consult your physician. Be aware of your body's signals. Incorrect or excessive exercise can be damaging to your health. **STOP EXERCISING IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS: PAIN, TIGHTNESS IN YOUR CHEST, IRREGULAR HEARTBEAT, SHORTNESS OF BREATH, LIGHTEADEDNESS, DIZZINESS, OR FEELINGS OF NAUSEA. IF YOU EXPERIENCE ANY OF THESE SYMPTOMS, STOP EXERCISING IMMEDIATELY AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING WITH YOUR EXERCISE PROGRAM.**
- 2 It is your responsibility to ensure there is enough space around the product for the intended exercise. Use the product on a flat surface and ensure at least 2 feet (60 cm) of free space around it.
- 3 Children and pets must not be let on or near the product. Moving parts and heavy features of the product can be dangerous and cause serious injury.
- 4 Read all instructions in this manual before using the product and use the product only as described in this manual.
- 5 It is your responsibility to ensure that all users of the product are adequately informed of all precautions, have read and understand all warnings, and are informed how to use the product properly.
- 6 Keep hands and feet from moving parts. Do not lean or rest on the product.
- 7 Wear athletic shoes for foot protection while exercising.
- 8 Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas.
- 9 This product is designed for indoor use only.
- 10 Ensure that any weight pins that may be included with your product are completely inserted into an appropriate weight plate.
- 11 Ensure that any handles that may be included with your product are attached securely before using the product.
- 12 Ensure that any nuts and bolts that may be included with your product are securely tightened before use. Regularly re-tighten nuts and bolts.
- 13 Ensure any cables that may be included with your product always remain attached to their proper pulleys. If a cable bind occurs during exercise, stop immediately and inspect the part to ensure any interference is fixed.
- 14 Do not overexert yourself during any exercise program. Operate the product as intended.
- 15 The product should be anchored where required or whenever possible. The product should be secured when not in use.
- 16 The product is very heavy. Improper use or assembly can lead to serious injury or death.
- 17 **SAVE AND REVIEW THESE INSTRUCTIONS.**

**Now...**

**LET THE GAINZ BEGIN**





## Welcome to Bells of Steel.

Kaevon started Bells of Steel in 2010 out of the need for competition-grade kettlebells. Finding them was difficult, the quality was inconsistent, and the prices were insane, so Kaevon made his own in small batches for himself and his friends. Soon, requests for other equipment started to pile up. Clearly, there was a community of home gym enthusiasts who needed access to high-quality equipment that worked with their space and budget. So, Kaevon started this company selling gear from the trunk of his \$500 1991 Ford Festiva— and the rest, as they say, is history.

While we've grown and expanded from our humble ~~trunk~~ roots, the core values remain the same. We're not just a company; we're part of a community of fitness enthusiasts dedicated to making strength training approachable.

## THE KAEVON GUARANTEE

We are so confident that you'll love your new Bells of Steel gear that we're willing to put our money where our mouth is and provide a refund if you don't love our Bells of Steel brand products **within 30 days from the day that you receive your products.**

## BELLS OF STEEL WARRANTY

- Structural Welds: Limited Lifetime Warranty
- Frames: Limited Lifetime Warranty
- Upholstery and Grips: 90 Day Warranty
- Wheels: 90 Day Warranty
- Wood Items: 90 Day Warranty
- Barbells: Limited Lifetime
- Pins, Handles, Cables, Pulleys: 90 Day Warranty

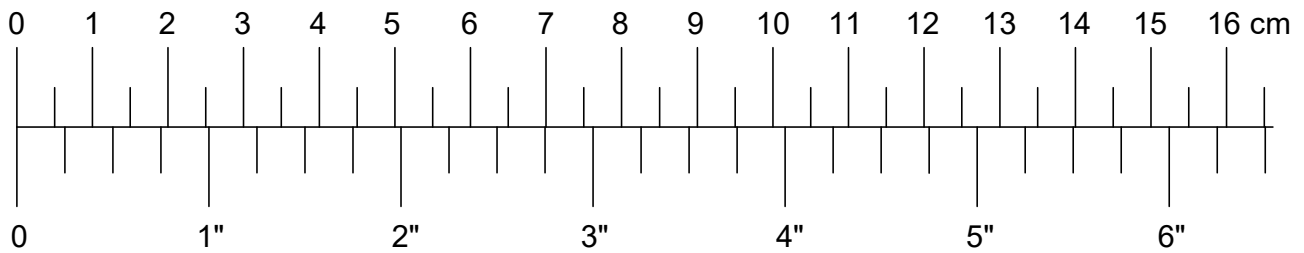
# PARTS LIST: BAR INCLUDED SMITH ATTACHMENT

## BAR-SMTH-HDRMTC-SET

- Hardware Package**

No.	Description	QTY	PLACE
1	M24 x 130 bolt	8	BOX 2_4
2	M16 x 120 bolt	12	
3	M10 x 16 bolt	26	
4	M24 nut	8	
5	M16 nut	12	
6	∅24 washer	16	
7	∅16 washer	24	
8	∅10 washer	26	
9	∅24 spring washer	8	
10	∅16 spring washer	12	
11	∅10 spring washer	26	
12	∅16-22-8 spacer	8	

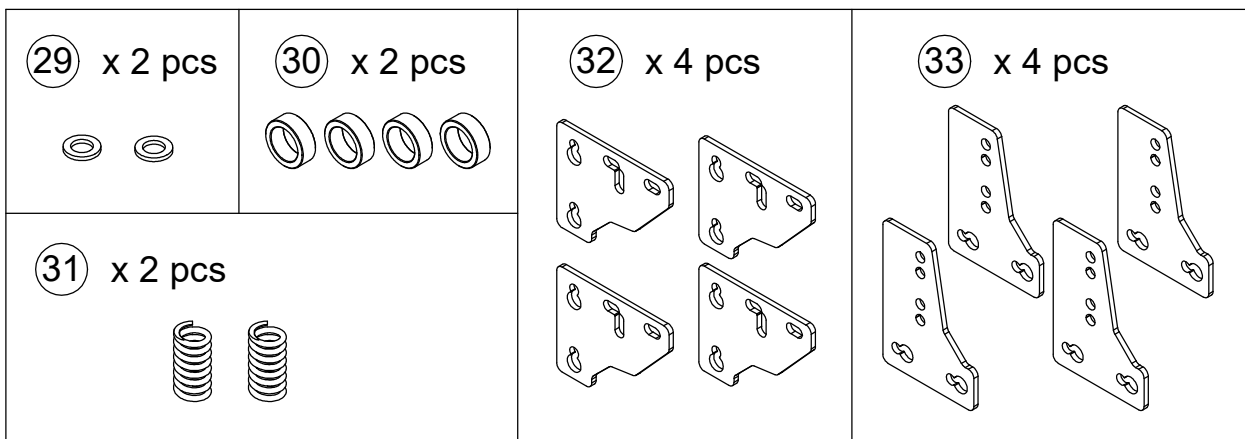
No.	Description	QTY	PLACE
13	M10 x 25 hexagon socket head blot	2	BOX 4_4
14	M8 x 30 hexagon socket head blot	2	
15	∅26-32-16 spacer	2	



- Attached for Frames**

3	M10 x 16 bolt	2
8	∅10 washer	2
16	50 tube	4
17	LM30AJ bearing	4
18	∅45 bearing lock ring	4

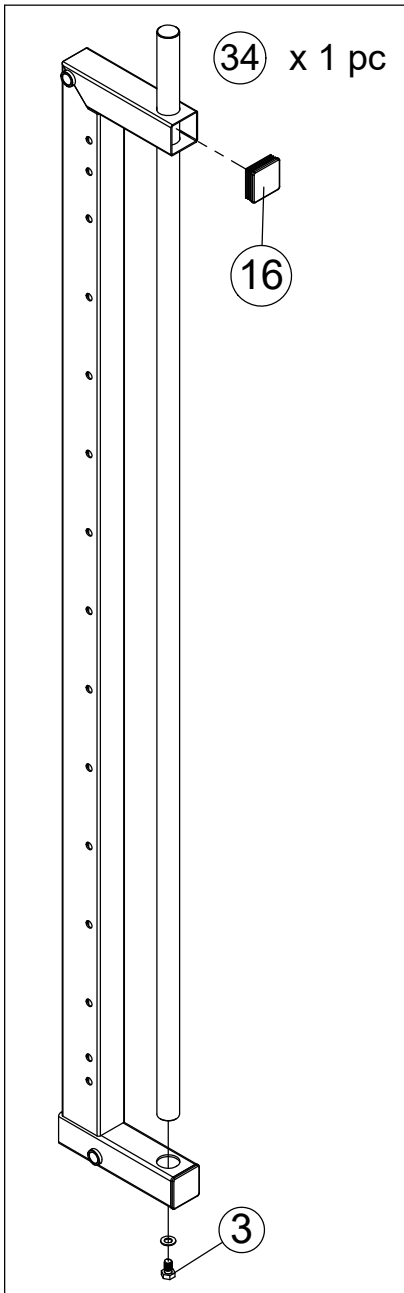
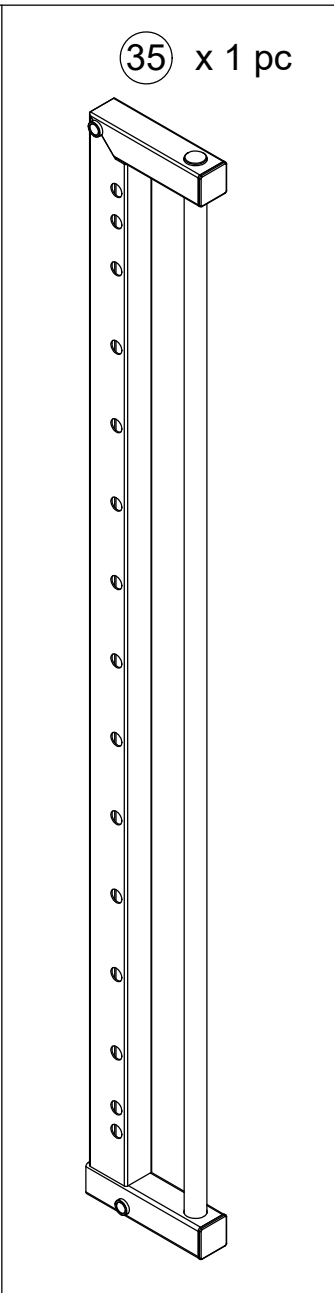
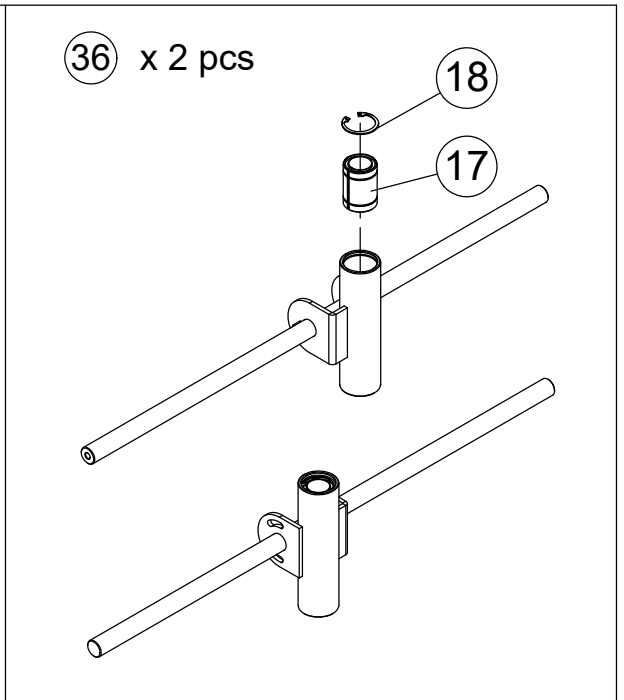
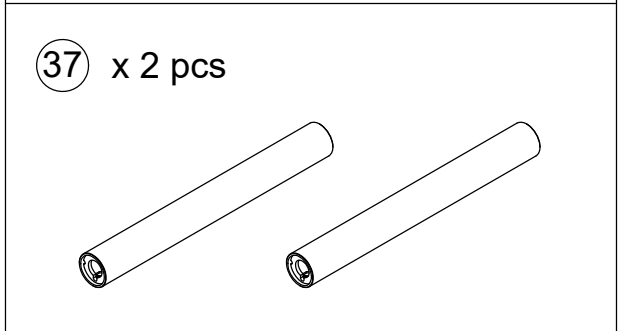
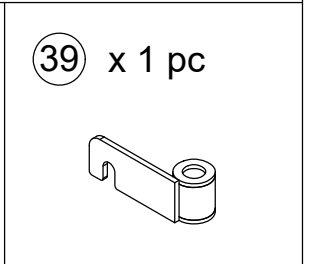
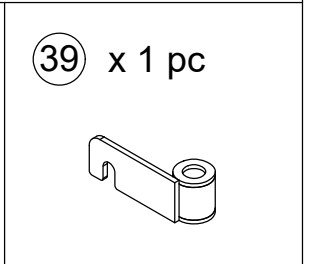
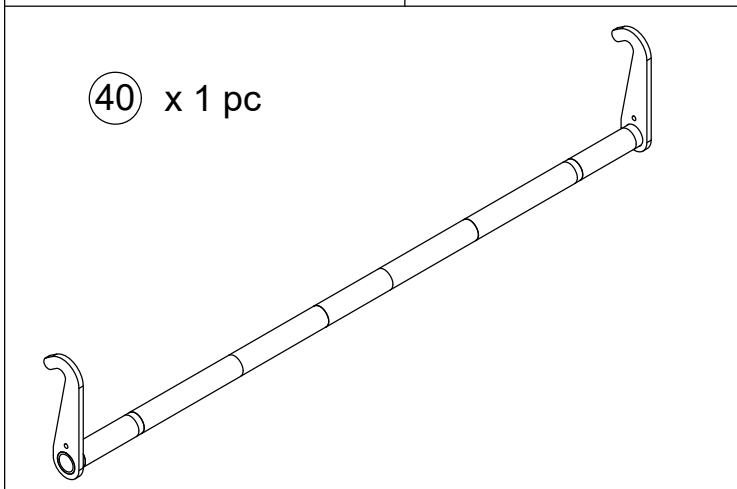
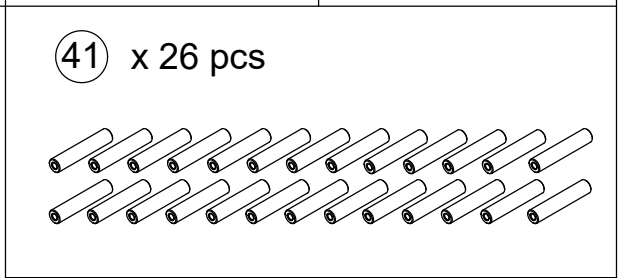
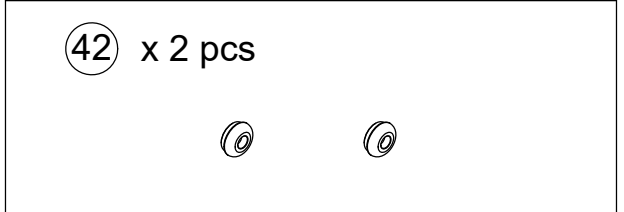
- Packed in Box**



# PARTS LIST: BAR INCLUDED SMITH ATTACHMENT

## BAR-SMTH-HDRMTC-SET

- Packed in the Box

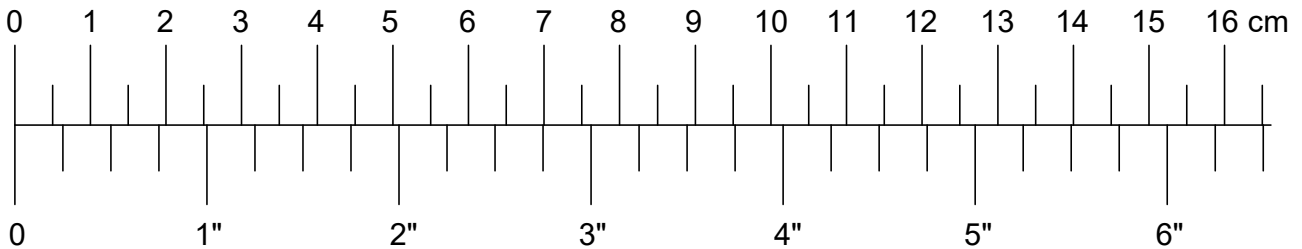
 <p>34 x 1 pc</p> <p>16</p> <p>3</p>	 <p>35 x 1 pc</p>	 <p>36 x 2 pcs</p> <p>18</p> <p>17</p>
		 <p>37 x 2 pcs</p>
	 <p>38 x 1 pc</p>	 <p>39 x 1 pc</p>
 <p>40 x 1 pc</p>		 <p>41 x 26 pcs</p>
		 <p>42 x 2 pcs</p>

# PARTS LIST: BYOB SMITH ATTACHMENT

## BYOB-SMTH-HDRMTC-SET

- Hardware package**

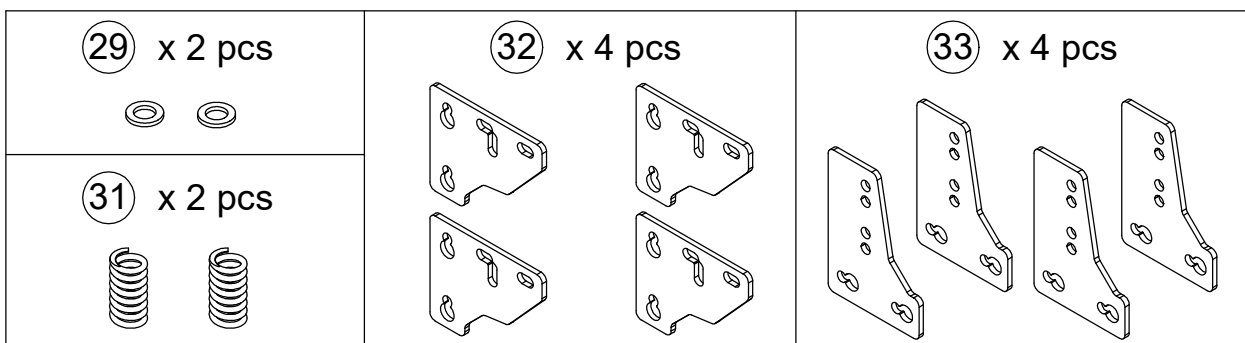
No.	Description	QTY
1	M24 x 130 bolt	8
2	M16 x 120 bolt	12
3	M10 x 16 bolt	26
4	M24 nut	8
5	M16 nut	12
6	∅24 washer	16
7	∅16 washer	24
8	∅10 washer	26
9	∅24 spring washer	8
10	∅16 spring washer	12
11	∅10 spring washer	26
12	∅16-22-8 spacer	8



- Attached for Frames**

3	M10 x 16 bolt	2
8	∅10 washer	2
16	50 tube	4
17	LM30AJ bearing	4
18	∅45 bearing lock ring	4
19	M8 x 16 hexagon cup head blot	12
20	M6 x 12 hexagon socket head bolt	6
21	M6 x 16 hexagon socket head bolt	4
22	M6 x 20 hexagon socket head bolt	6
23	M6 x 12 tightening bolt	2
24	NATR6PP bearing	16
25	∅6 x 25 slotted pin	12
26	∅6 x 30 slotted pin	4
27	∅6 circlip	16
28	∅6 x 11 - 5 spacer	4

- Packed in Box**





## **TOOLS REQUIRED:**

Hydra - 2x24mm wrenches, 5mm allen key (BYOB), 6mm + 8mm allen key (3 Piece) 17mm wrench, tape measure/ruler



# **WE ARE HERE TO HELP**

Try following along on with our assembly video



or call us at 1-888-718-7997



# SECTION A: COMMON COMPONENTS

ASSEMBLY FOR BOTH BYOB AND BAR INCLUDED SMITH MACHINES

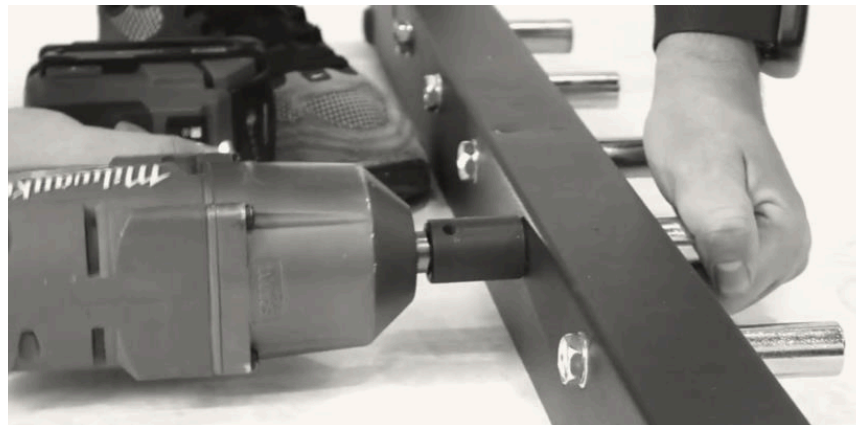
## Step 1:

Begin by laying out parts #34 and #35 (left and right side rail subassemblies) on the floor facing the same direction with some room to work in between.



## Step 2:

Install #41 (silver rungs) and bolts #3 onto #34/#35, Leave the top 2 and bottom holes empty for the time being as they may interfere with the mounting brackets depending on the install angle of the machine.



### Step 3:

Install the silver guide rods into the uprights.



### Step 4:

Install top (#32) and bottom (#33) brackets into the correct position on the rack, this may take some trial and error to get them lined up depending on specific rack configurations. (See subsection on bracket position)



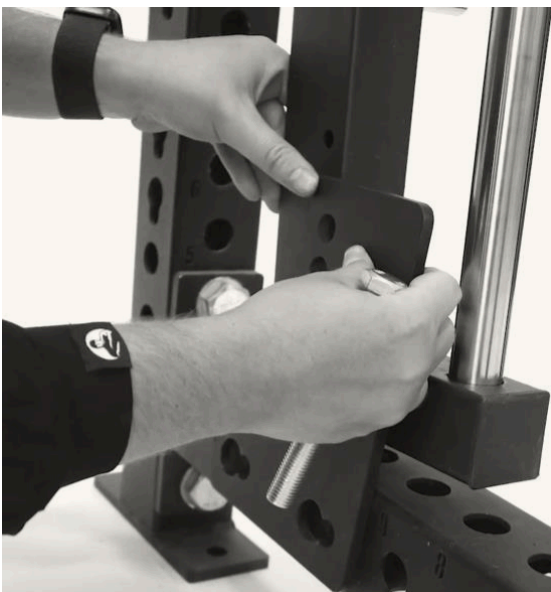
### Step 5:

Connect the top hole to the corresponding slot on the bracket with a #2 bolt, installing one spacer #12 on each side between the bracket and part #33/34. Make sure that the rungs are facing the inside of the rack ( Part #33 on the left side Part #34 on the right side if outside the rack, if inside the rack #33 right side #34 left side) Don't over-tighten the bolt as the #33/34 still need to be able to swivel and slide in the channel on bracket.



### Step 6:

Align the bottom hole on #33/#34 with the corresponding hole on the bracket, making sure to install the spacers on each side again. (If doing vertical install, depending on the configuration, you may have to undo this bolt later to tighten bottom bolt for guide rods once everything is on.) Tighten down both top and bottom connection bolts now that everything is in place.



## SECTION B: BYOB VERSION ONLY

SKIP TO SECTION C FOR BAR INCLUDED SMITH

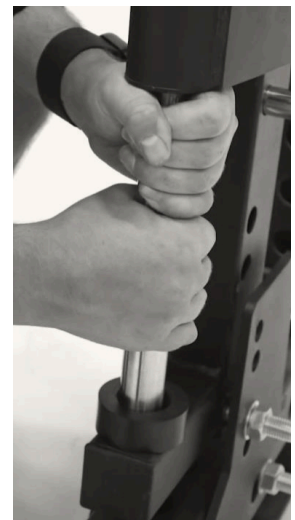
### Step 7A:

a) Slide each rod up through the top of #33/#34 (left and right side upright subassemblies), one at a time, until they are high enough to slide parts onto the rail from underneath.



### Step 7B:

LEFT: Slide on parts #43 (left side BYOB bottom subassembly), 1 x #31 (safety spring), and #38 (left side safety hook) in that order for #33. Add plastic stopper # 29 at the bottom.



### **Step 7C:**

RIGHT: #44, (right side BYOB bottom subassembly), 1 x #31 (safety spring), and #39 (right side safety hook) for #35. Add plastic stopper #29 at the bottom \*the plastic stopper used in this video is from a prototype version and production models will come with a thinner stopper.\*

The two little black spacers on #43/44 should be facing the inside of the rack and safeties will latch onto rungs if installed properly.

\*\*\* For vertical installs only, depending on the configuration you may need to undo the connecting bolt so the sides of the machine can be tilted back and the bolts that secure the guide rods can be tightened now.

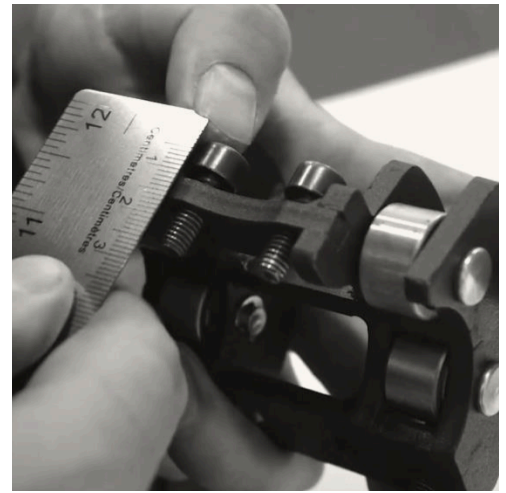
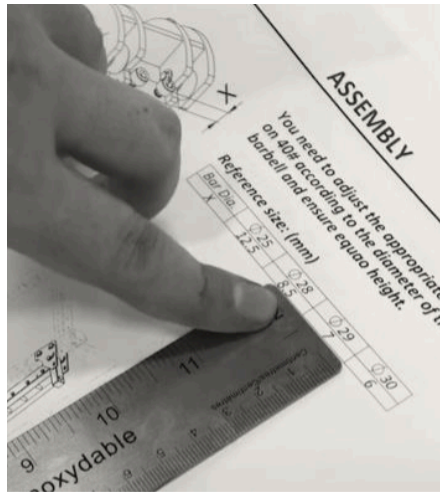
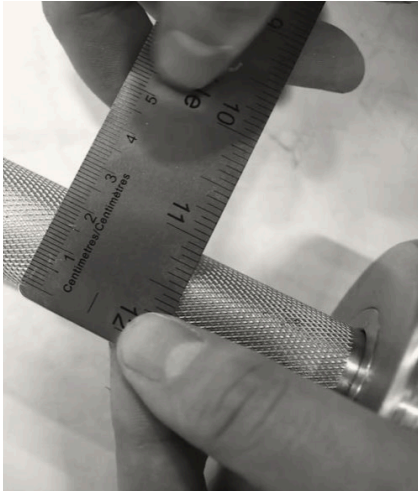
### **Step 8:**

Using the 5mm allen key, remove the two middle bolts (#22's) that connect the #45's (BYOB top subassembly) to #43 (left side bottom BYOB subassembly) and #44 (right side bottom BYOB subassembly) and remove part #45's. Keep them close by as you will need them for Step 12.



## Step 9:

Set the set screws at the back of the #45's to the designated length on the chart in the instruction manual. The measurement for the length is from the top of the set screw to the point of insertion as outlined in the diagram next to the chart and is determined by the shaft diameter of your barbell.



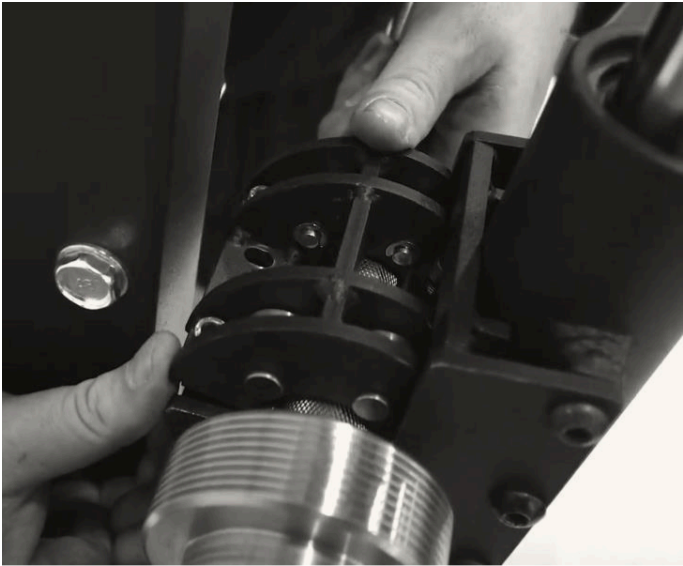
## Step 10:

At this point, you can set the safeties on each side to a higher spot if you are tired of sitting down. Just make sure they are the same height so you don't regret your life choices later. Then lay your bar down across the open faces of #43/44.



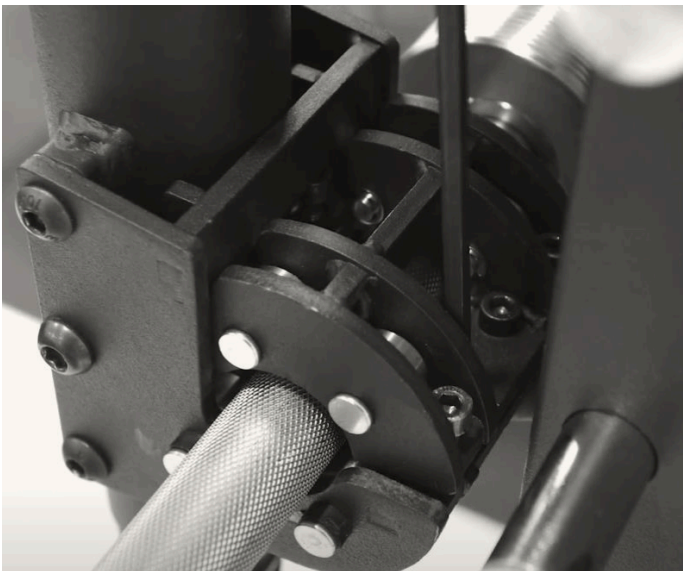
### Step 11:

Take part #45 and while lifting the bar up, slightly tuck the side with the two screws you adjusted earlier underneath, repeat for the other side.



### Step 12:

Reinsert bolts #22 into #45 and tighten back down until it is clamped snugly around the bar. **The bar should still spin but not move laterally in the clamp.** Once desired tightness is reached tighten down bolts #21 to lock the clamp in place.

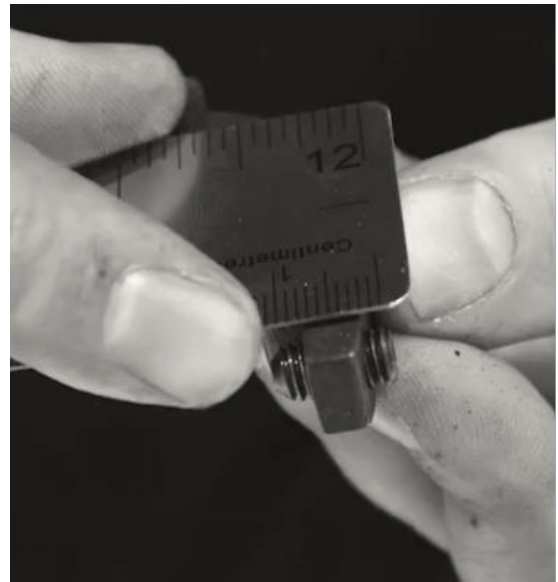
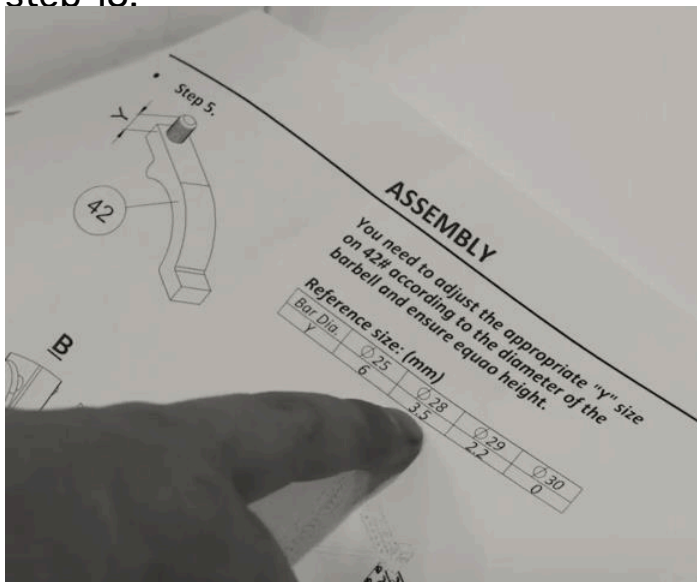


### Step 13:

Repeat for the other side.

### Step 14:

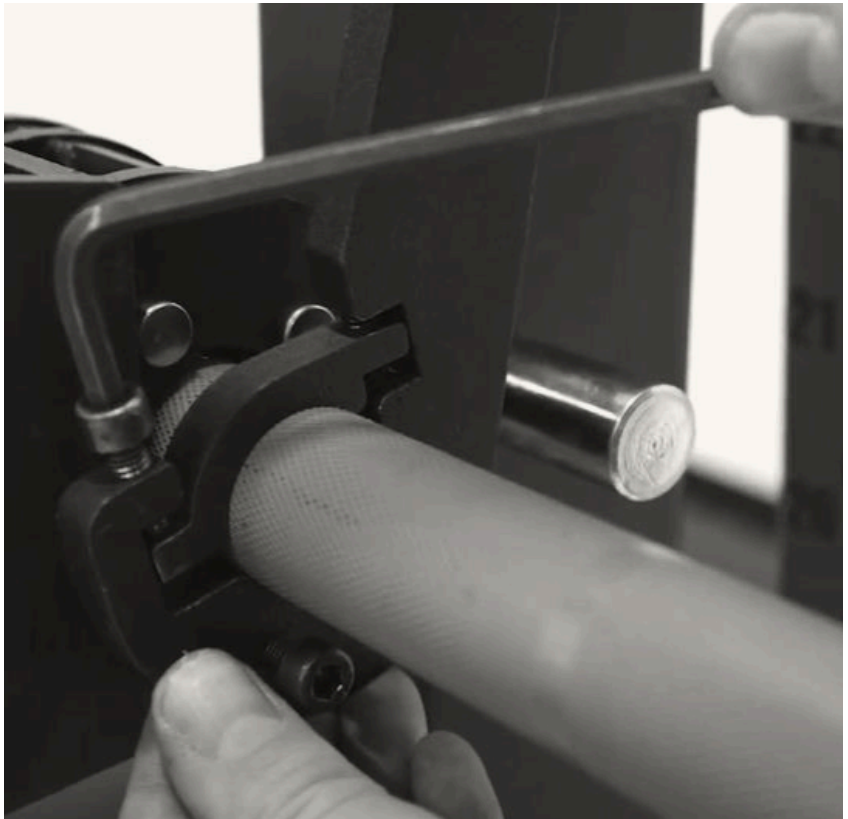
Remove Part 48 (bar hook closure) from #46 (left side bar hook) and #47 (right side bar hook) and adjust the set screw to the designated length outlined in the chart in the instruction manual based on the width of your barbell. Keep the #22 bolts handy as you will need them again for step 15.





**Step 15:**

Hang parts 46 and 47 (the threaded part of the screw on the side should be facing in towards the clamp assembly) on the appropriate rungs so that they can swing out and cradle the bar. Then reinstall part #48 back on each side by tightening the bolt #22 you removed in step 14.

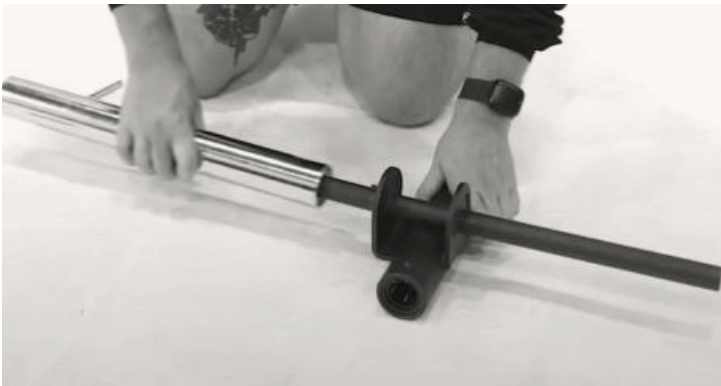
**Step 16:**

Give the bar a few test racks and reracks to make sure everything is set up properly and readjust safeties to the desired height and then you are ready to go.

## SECTION C: BAR INCLUDED SMITH ONLY

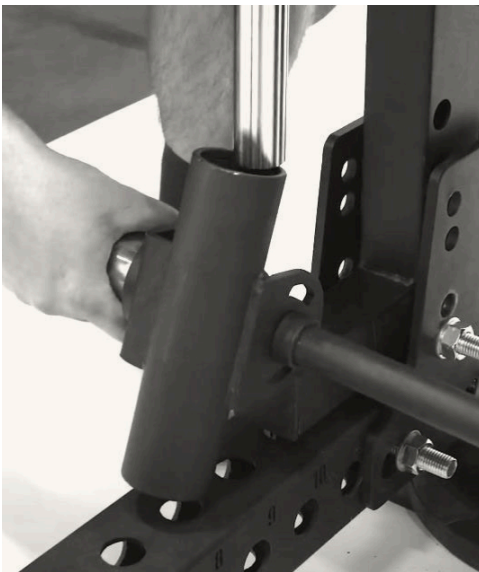
### Step 7:

Install sleeves (#37) onto parts #36 (bar trolleys) then install #42 (sleeve end caps) and tighten them down using the 8mm allen key. Then slide on #30 (rubber spacers) to the end of the sleeve.



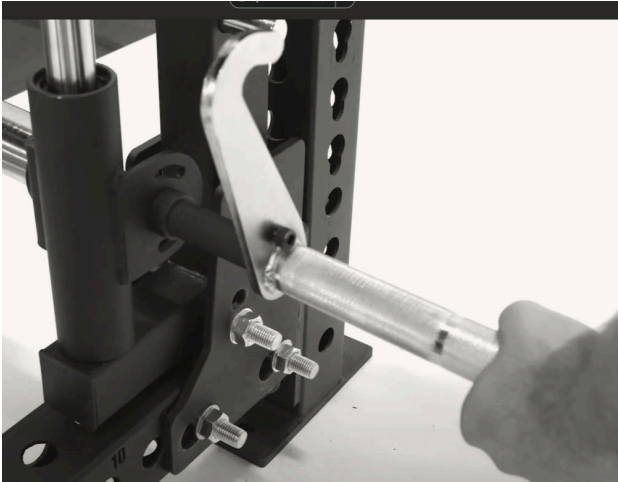
### Step 8:

Starting on one side, slide the rod up through the top of #34 (left side upright subassembly) or #35 (right side rail subassembly) high enough to slide parts underneath. Then slide on 1 x part #36 (bar trolley).



### Step 9:

Install spacer #15 on the open end of installed part #36 (bar trolley) and then slide the bar #40 (bar shaft) on. Next slide spacer #15 onto the other #36 (bar trolley) that hasn't been installed yet and then slide #36 (bar trolley) onto the open end of the bar.



### Step 10:

Lift the guide rod on the open side and slide the free end of the bar assembly underneath, lining up the opening on part #36 (bar trolley) and sliding the rod back down. You can then raise the bar assembly up and use the latches to hold it in place so you don't have to worry about it moving around while sliding on the rest of the parts.



### Step 11:

With the bar in latched position tighten bolts # 14 using a 6mm allen key, through the holes near the latches on #40 (bar shaft) and into the slots on the parts #36 (bar trolley).



### Step 12:

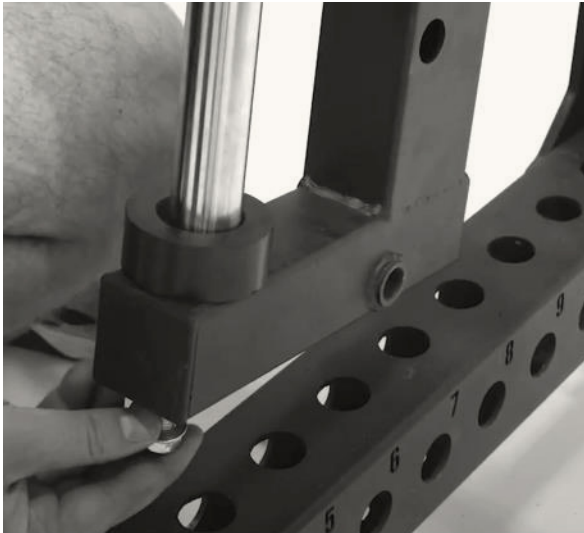
Next, lift up the guide rods to install #31 (springs), #38 (left side safety) on #34 (left side upright subassembly) & #39 (right side safety) on #35 (right side upright subassembly, and #29s (washers) on #34 and #35 each.



### **Step 13:**

Install Bolt #2 that secures the guide rods on the bottom of parts #34/#35.

\*\*\* For vertical installs only: depending on the configuration you may need to undo the connecting bolt so the sides of the machine can be tilted back and the bolts that secure the guide rods can be tightened now.



### **Notes, Tips, Tricks**

Installing the Smith Machine vertically inside of a rack with 84" uprights requires special special consideration. Proceed with the installation as instructed, but do not mount the top of the upright. Alignment must be done AFTER all parts are installed.

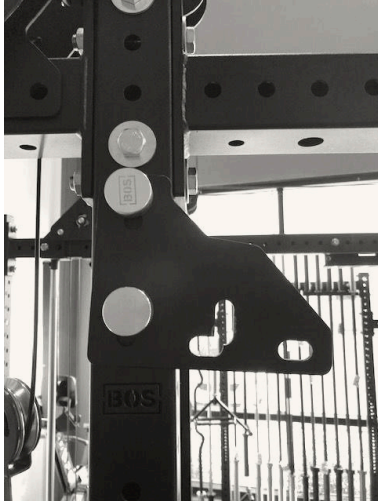
BYOB install can be done by a single person, additional help may be required with the 3 piece bar.

### **Installing on an angle inside 84" :**

You will need to remove the top crossmember to install, but the Smith Machine shouldn't interfere with tightening the bolt back down - the angle keeps it out of the way.

### **90" Hydra uprights:**

The Top Brackets will need to be flipped upside down to be able to get a set of holes to line up. You will also need to use the 1" holes on the bracket. Would just need bigger spacers to make up for the gap.



## **90" Hydra Bracket and Upright Hole Alignment:**



# **STILL LOST?**

Call us at: 1-888-718-7997  
we will walk you through it