

# ITF8721

## VERTICAL SMITH

### OWNER'S MANUAL

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251

**CAUTION!** Read all precautions and instructions in this manual before using this equipment.

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## CAUTION!

Read all precautions and instructions in this manual before using this equipment.

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# Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.  
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.  
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.6 meters space around the product.  
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.  
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.  
Do not attempt to lift more weight than you can control safely.  
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.  
Never drop or insert anything into any opening in the equipment.  
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.  
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.  
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

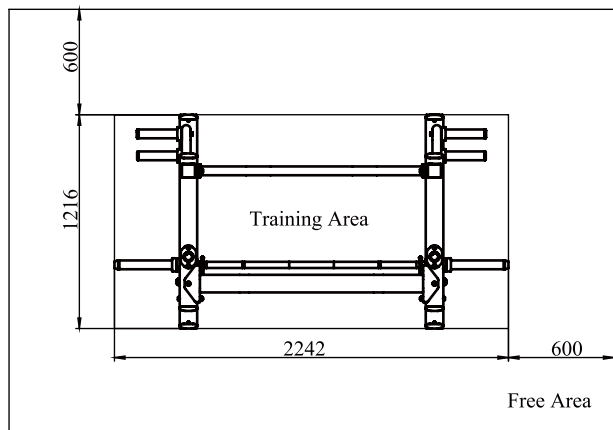
# Important Safety Instructions

## Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

## Training Area and Free Area



## Specifications

Class: S

Maximum User Weight: 150kg/ 330lbs

Maximum Training Load: 125kg\*2/ 275lbs\*2

Maximum Weight Load For Each Storage Horn: 100kg/ 220lbs

Product Dimension: 2242\*1216\*2309mm

Product Total Surface: 2242\*1216mm

# Instructions

Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

## Tools Required



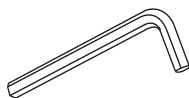
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

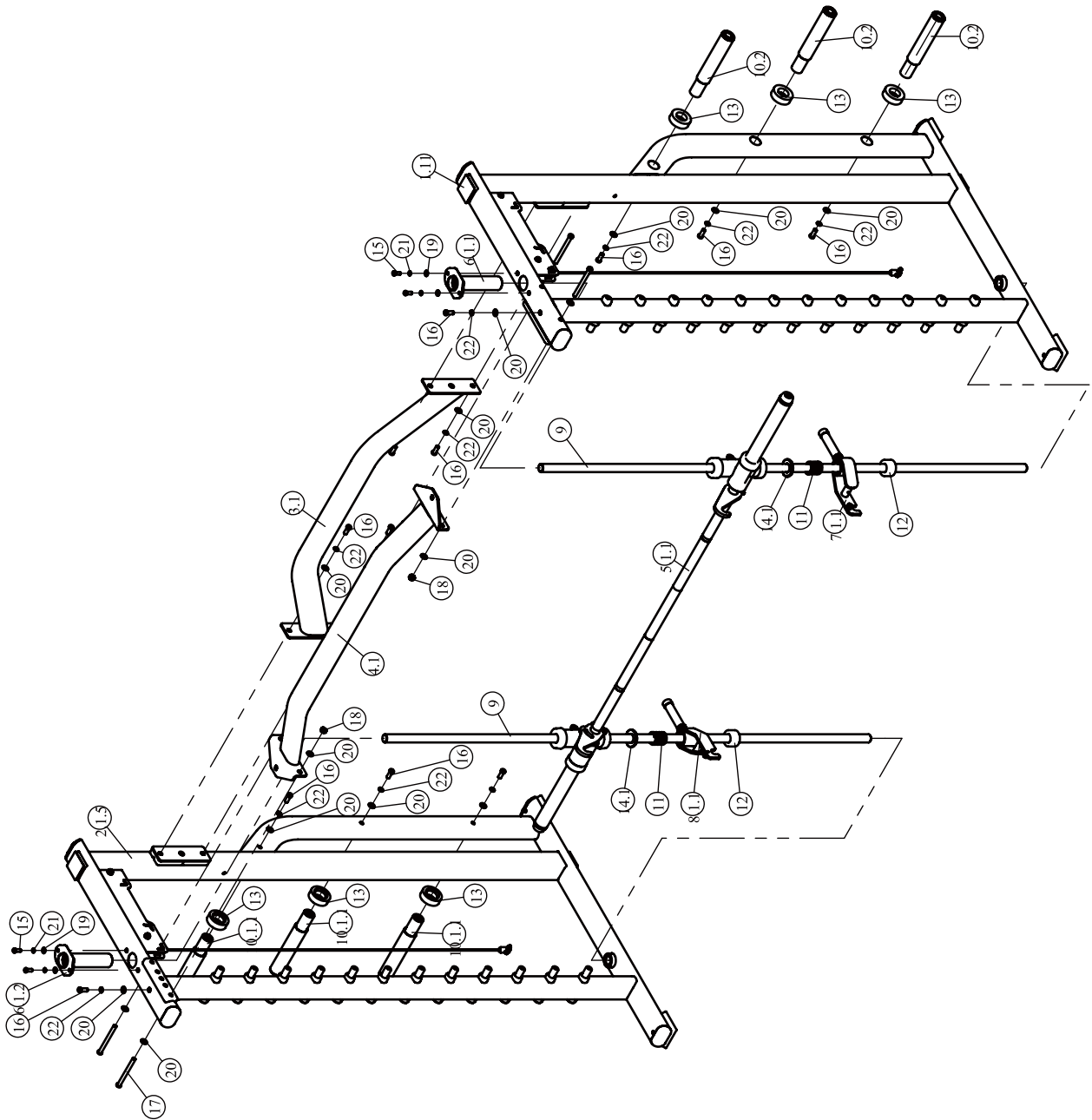
# Exploded View and Parts List

## Overall

ItemNo.	Part No.	Description	QTY
1	ITF872101ASSY	Side Stand Frame I ASSY	1
2	ITF872102ASSY	Side Stand FrameIIASSY	1
3	ITF87210700	Rear Connecting Frame	1
4	ITF87210800	Upper Connecting Frame	1
5	ITF872103ASSY	Olympic Barbell Bar ASSY	1
6	ITF872104ASSY	Guide rod fixing ASSY	2
7	ITF872105ASSY	Safety Hook I ASSY	1
8	ITF872106ASSY	Safety HookIIASSY	1
9	ITF87212300	Guide Rod	2
10	ITF820204ASSY	Barbell Bar Rack ASSY	6
11	CWP324007-101	Damping Spring	2
12	IT7001B1500	φ60 Bump Rubber	2
13	IT7001B1500	φ76 Bump Rubber	6
14	CWP324005-101	Spacing Ring	2
15	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	4
16	GB70BTM12*30DN18	Socket Head Cap Screw M12*30	12
17	GB70BTM12*135DN18	Socket Head Cap Screw M12*135	4
18	NM12DN2	Nylon Lock Nut M12	4
19	GB9510DN2	Flat Washer φ11*φ20*2	4
20	GB9512DN2	Flat Washer φ13*φ24*2.5	20
21	GB9310N19	Spring Washer φ10	4
22	GB9312N19	Spring Washer φ12	12
23	NBS6DHS	Hex Key S=6	1
24	NBS8DHS	Hex Key S=8	1
25	NBS0.188DHS	Hex Key S=3/16"	1

# Exploded View and Parts List

## Overall



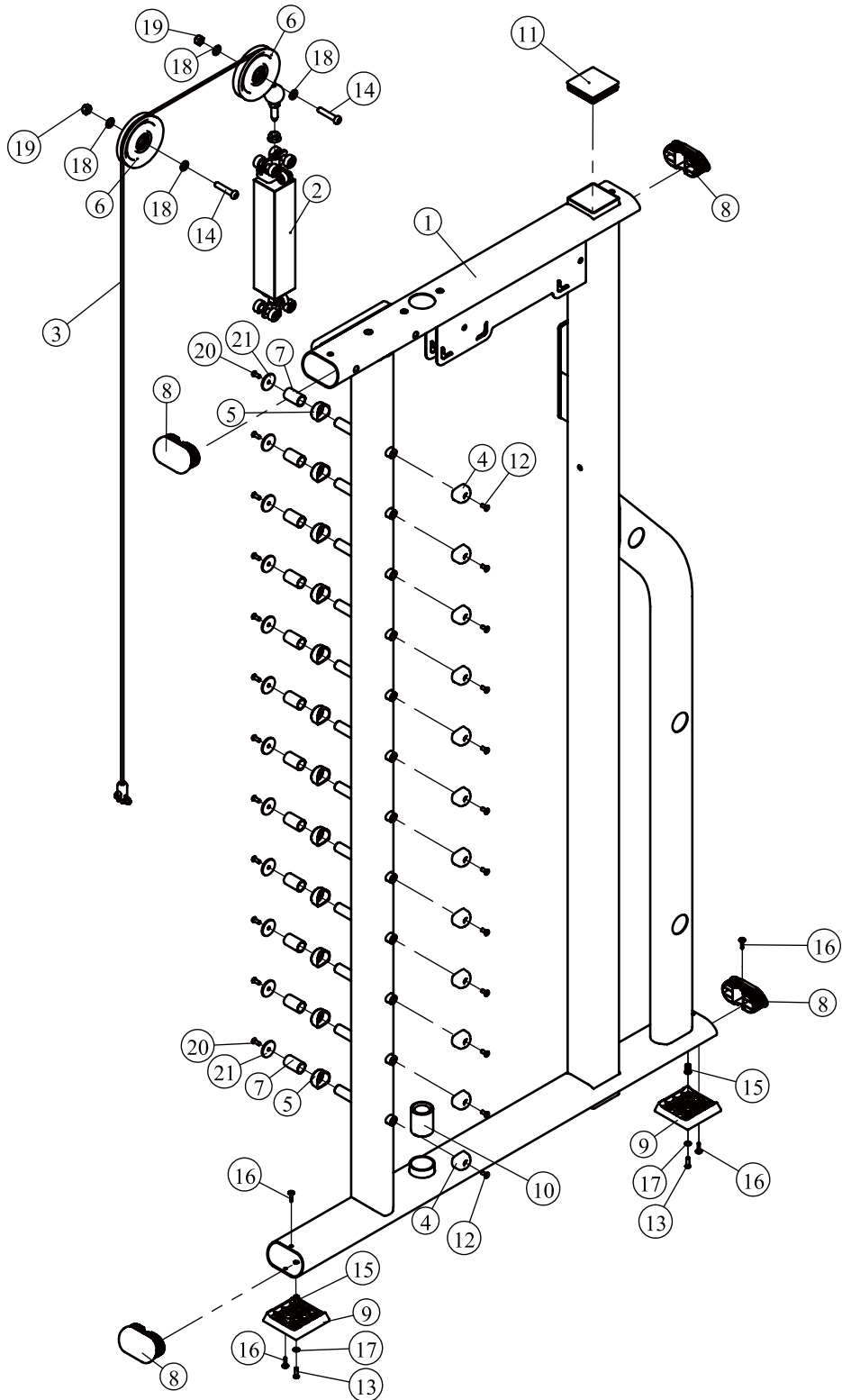
# Exploded View and Parts List

## Side Stand Frame I ASSY

Grade No.	Part No.	Description	QTY
1.1	ITF87210100	Side Stand Frame I	1
1.2	ITF872111ASSY	Counter Weight	1
1.3	ITF872133ASSY	Steel cable ASSY	1
1.4	ITF87213200	Closing Spacer Sleeve	12
1.5	ITF87213300	Spacer Sleeve	12
1.6	SG500110400V7	Φ114 Pulley	2
1.7	ECP7212500	Protective Sleeve	12
1.8	ITF88013100	Slanted Plug	4
1.9	ITF88023100	Rubber Foot	2
1.10	ECP7213700	Rubber Tension Sleeve	1
1.11	PBF30013	End Cap □75	1
1.12	CNLM6*15DS20NL	Flat Head Cap Screw M6*15	12
1.13	PNLM6*20DHS20	Button Head Cap Screw M6*20	2
1.14	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	2
1.15	GB17880.5M6*16.5DS17	Rivet Nut M6	2
1.16	GB9074ST4.2*22DHS	Cross Disc Self Tapping Screw ST4.2*22	4
1.17	GB956DHS2	Flat Washer Φ6.6*Φ12*1.6	2
1.18	GB9510DN2	Flat Washer Φ11*Φ20*2	4
1.19	NM10DN2	Flat Washer Φ13*Φ24*2.5	2
1.20	PNLM6*15DN20NL	Button Head Cap Screw M6*15	12
1.21	DQ6DN2B	Flat Washer Φ6.6*Φ35*3	12

# Exploded View and Parts List

## Side Stand Frame I ASSY



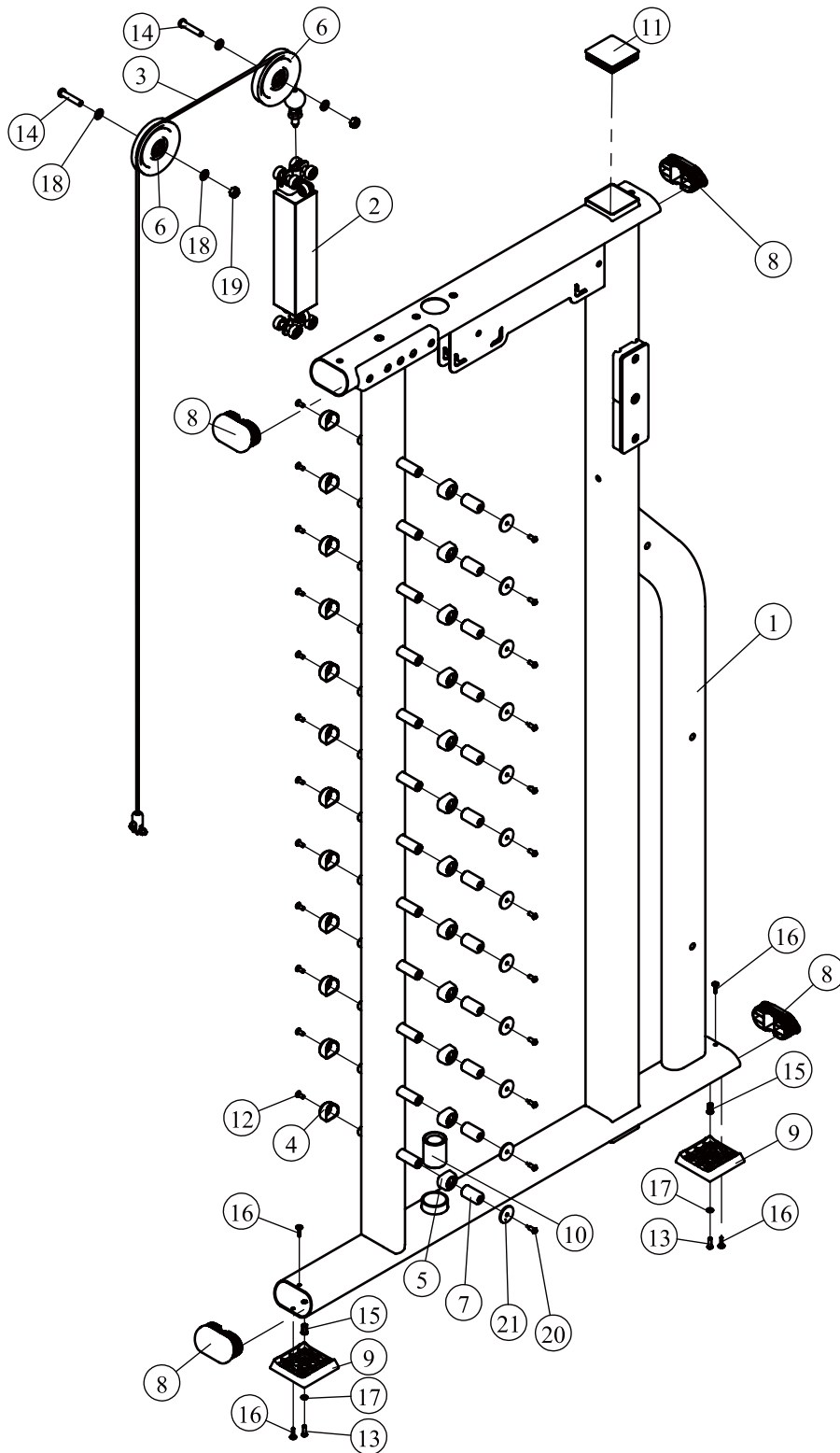
# Exploded View and Parts List

## Side Stand Frame II ASSY

Grade No.	Part No.	Description	QTY
2.1	ITF87210200	Side Stand Frame II	1
2.2	ITF872111ASSY	Counter Weight	1
2.3	ITF872133ASSY	Steel cable ASSY	1
2.4	ITF87213200	Closing Spacer Sleeve	12
2.5	ITF87213300	Spacer Sleeve	12
2.6	SG500110400V7	Φ114 Pulley	2
2.7	ECP7212500	Protective Sleeve	12
2.8	ITF88013100	Slanted Plug	4
2.9	ITF88023100	Rubber Foot	2
2.10	ECP7213700	Rubber Tension Sleeve	1
2.11	PBF30013	End Cap □75	1
2.12	CNLM6*15DS20NL	Flat Head Cap Screw M6*15	12
2.13	PNLM6*20DHS20	Button Head Cap Screw M6*20	2
2.14	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	2
2.15	GB17880.5M6*16.5DS17	Rivet Nut M6	2
2.16	GB9074ST4.2*22DHS	Cross Disc Self Tapping Screw ST4.2*22	4
2.17	GB956DHS2	Flat Washer Φ6.6*Φ12*1.6	2
2.18	GB9510DN2	Flat Washer Φ11*Φ20*2	4
2.19	NM10DN2	Flat Washer Φ13*Φ24*2.5	2
2.20	PNLM6*15DN20NL	Button Head Cap Screw M6*15	12
2.21	DQ6DN2B	Flat Washer Φ6.6*Φ35*3	12

# Exploded View and Parts List

## Side Stand Frame II ASSY



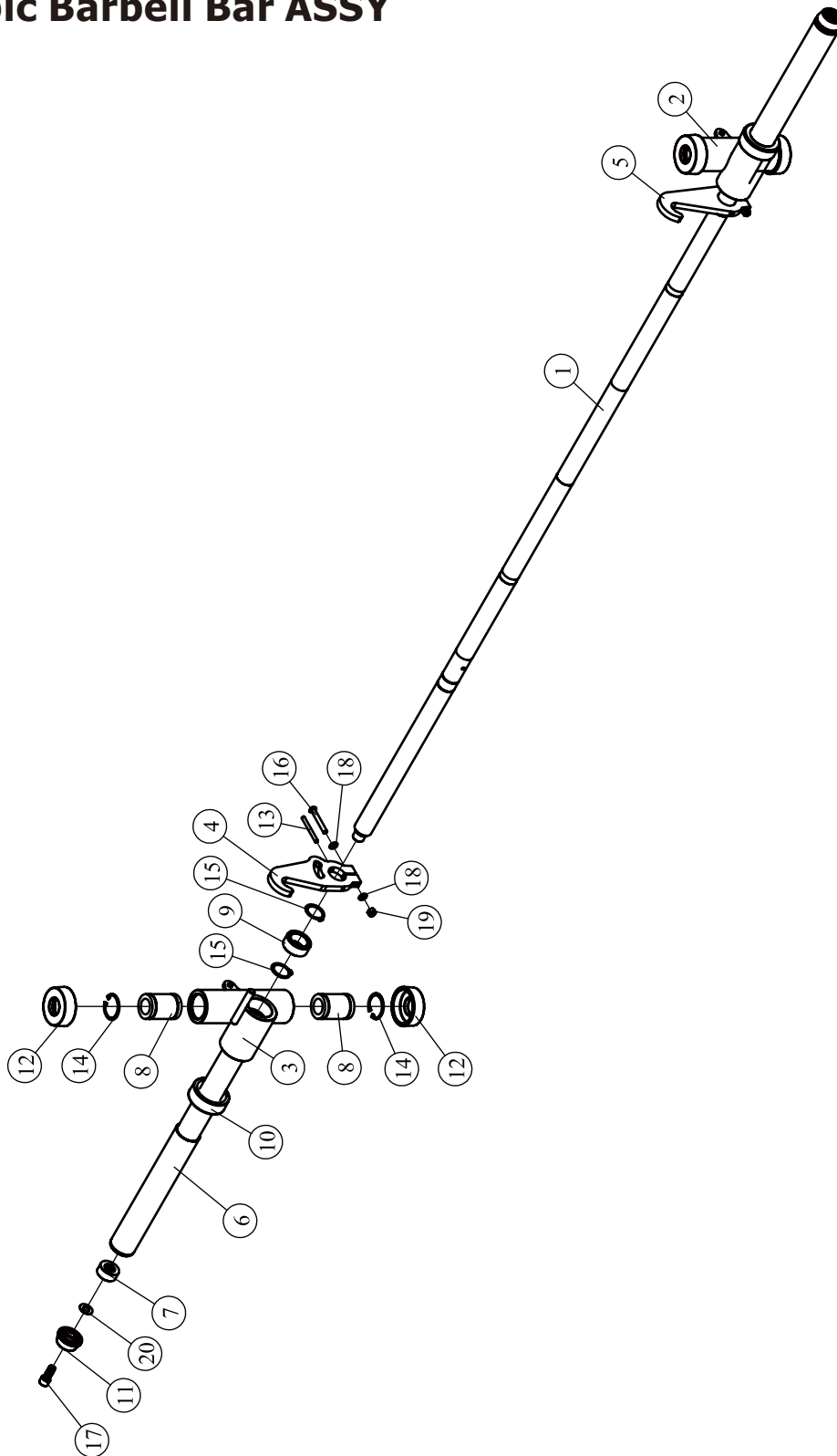
# Exploded View and Parts List

## Olympic Barbell Bar ASSY

Grade No.	Part No.	Description	QTY
5.1	ECP7210700	Olympic Barbell Bar	1
5.2	ECP7211700	Barbell Sliding Rack I	1
5.3	ECP7211800	Barbell Sliding RackII	1
5.4	ECP7212200	Hook Plate I	1
5.5	ECP7212300	Hook PlateII	1
5.6	HSPCF482000V1	Long Barbell Casing	2
5.7	NA4922	Needle Bearingφ22	2
5.8	LMES30UU	Linear Bearing φ30	4
5.9	NKI35/20	Needle Bearingφ35	2
5.10	PL1301600	Rubber Bumper	2
5.11	SL70012000	Plastic Cap	2
5.12	VST600-PL621400	Safety Bumper	2
5.13	GB8796*65N19	Elastic Cylindrical Pin	2
5.14	GB893.147FH12	Circlips for holes φ47	4
5.15	GB894.135FH12	Circlips for shaft φ35	4
5.16	PNLM8*55DS20	Button Head Cap Screw M8*55	2
5.17	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	2
5.18	GB958DN2	Flat Washer φ9*φ16*1.6	4
5.19	NM8DN2	Nylon Lock Nut M8	2
5.20	DQ12DHS2B	Flat Washer φ13*φ26*2	2

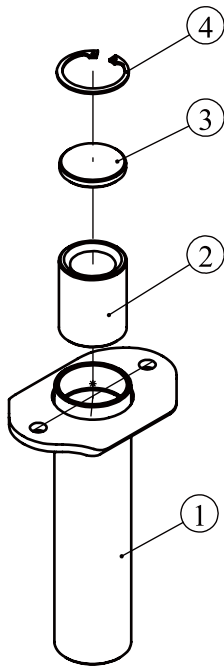
# Exploded View and Parts List

## Olympic Barbell Bar ASSY

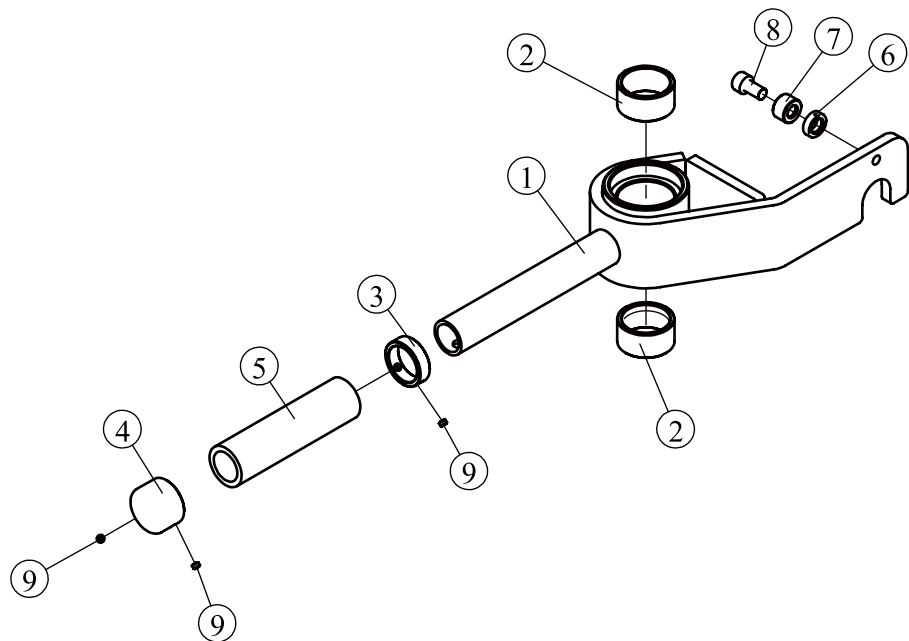


# Exploded View and Parts List

## Guide rod fixing ASSY



## Safety Hook I ASSY



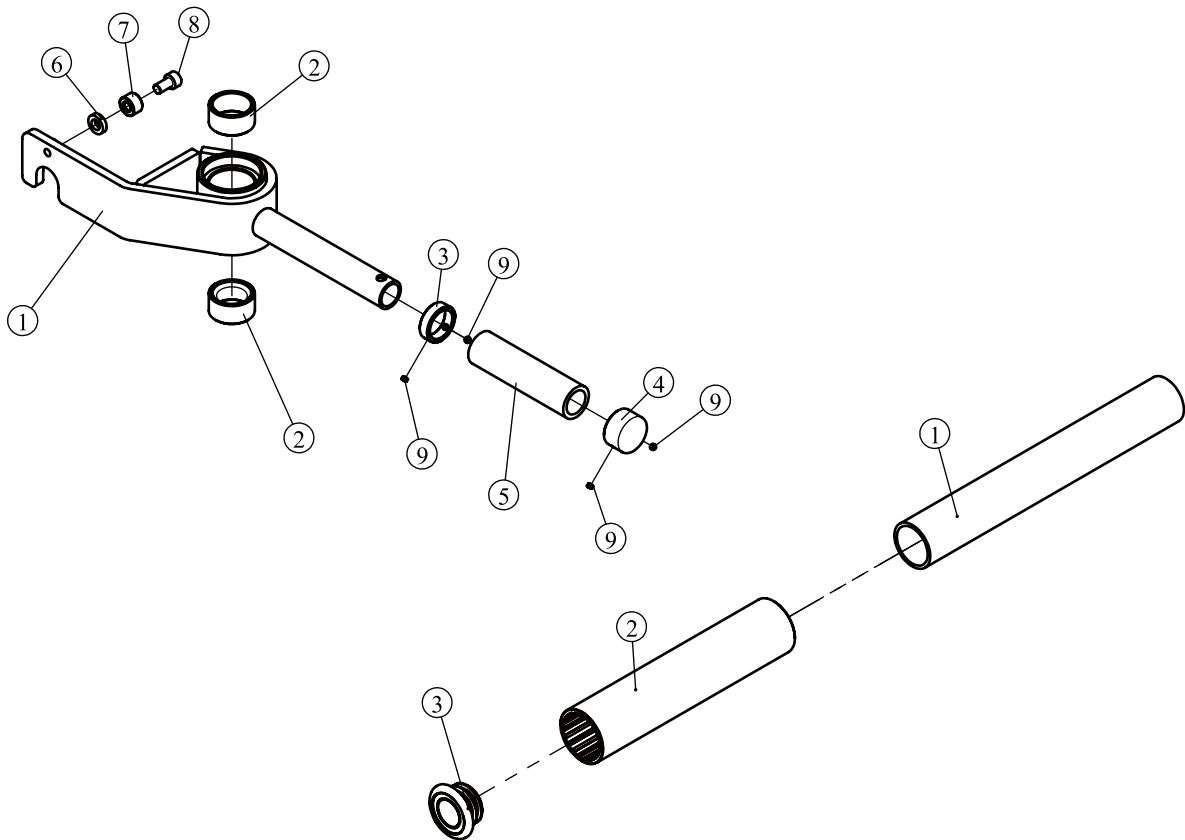
Grade No.	Part No.	Description	QTY
6.1	ITF87210400	Guide rod fixing Frame	1
6.2	ECP7213700	Rubber Tension Sleeve	2
6.3	ECP7214004	Close Plate	2
6.4	GB893.145FH12	Cirdlips for holes $\phi 45$	2

Grade No.	Part No.	Description	QTY
7.1	ITF87210500	Safety Hook I	1
7.2	CWP324001-101	Plastic Bushing	2
7.3	V39500	Aluminum Grip Ring	1
7.4	V39600	Aluminum Grip Cap	1
7.5	026-01PL0206-5	Grip ST $\phi 31*\phi 24*111$	1
7.6	OZ71001400	Sealing Gasket	1
7.7	IN-S10111200	Rubber Sleeve $\phi 17*10.5$	1
7.8	GB70M8*15DHS20NL	Socket Head Cap Screw M8*10	1
7.9	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	4

# Exploded View and Parts List

## Safety Hook II ASSY

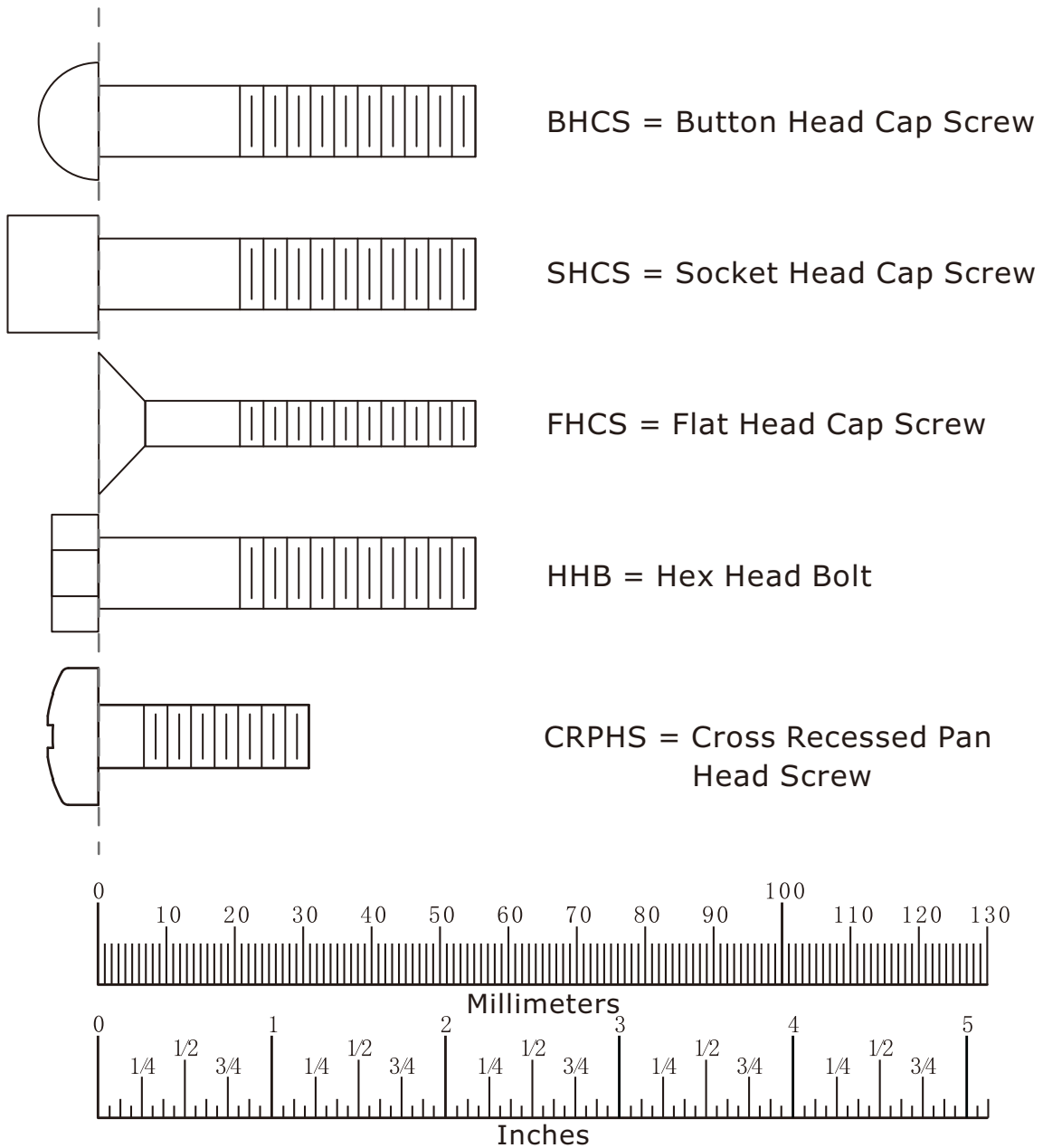
## Barbell Bar Rack ASSY



Grade No.	Part No.	Description	QTY
8.1	ITF87210600	Safety Hook I	1
8.2	CWP324001-101	Plastic Bushing	2
8.3	V39500	Aluminum Grip Cap	1
8.4	V39600	Aluminum Grip Ring	1
8.5	026-01PL0206-5	Grip ST $\phi$ 31* $\phi$ 24*111	1
8.6	OZ71001400	Sealing Gasket	1
8.7	IN-S10111200	Rubber Sleeve $\phi$ 17*10.5	1
8.8	GB70M8*15DHS20NL	Socket Head Cap Screw M8*10	1
8.9	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	4

Grade No.	Part No.	Description	QTY
10.1	ITF82020400	Barbell Bar Rack	1
10.2	BB-SQ3900	Barbell sleeve	1
10.3	IFP12013500	Circular Tube Plug	1

# Measurement Guide



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

# Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

## **NOTE**

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

# Assembly

## STEP 1

Attach the Side Stand Frame I ASSY (#1), Side Stand Frame II ASSY (#2), Rear Connecting Frame (#3) and Upper Connecting Frame (#4), using:

Six M12\*30 SHCS (#16)

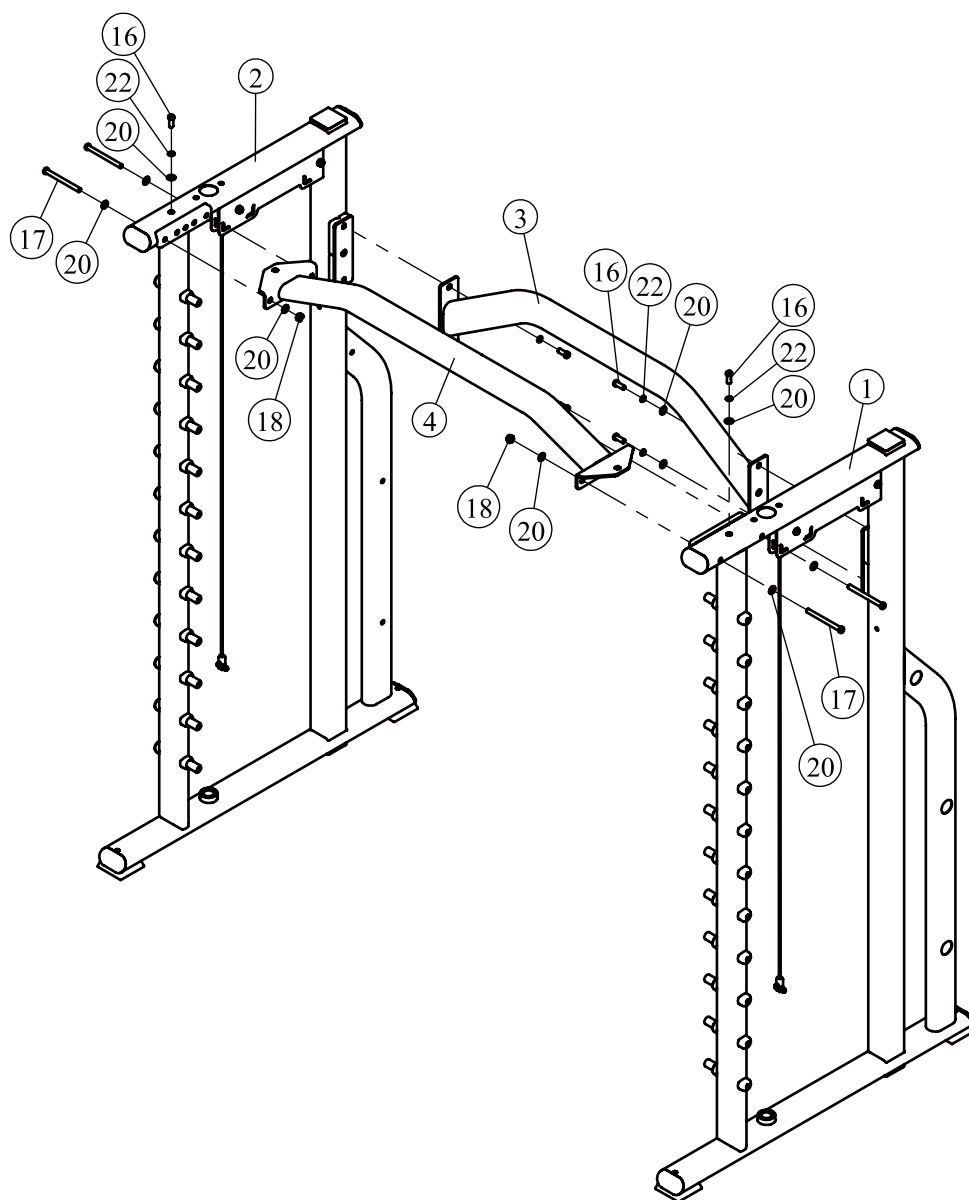
Four M12\*135 (#17)

Four M12 Nylon Lock Nut (#18)

Fourteen  $\phi 13 \times \phi 24 \times 2.5$  Flat Washer (#20)

Six  $\phi 12$  Spring Washer (#22)

**Note: No Need To Tighten Bolts.**



# Assembly

## STEP 2

1. Attach the Olympic Barbell Bar ASSY (#5), two Guide rod fixing ASSY (#6), Safety Catch I ASSY (#7), Safety Catch 11II ASSY (#8), two Guide Rod (#9), two Damping Spring (#11), two  $\phi 60$  Bump Rubber (#12), two Spacing Ring (#14) to Side Stand Frame I ASSY (#1), Side Stand Frame II ASSY (#2), using:

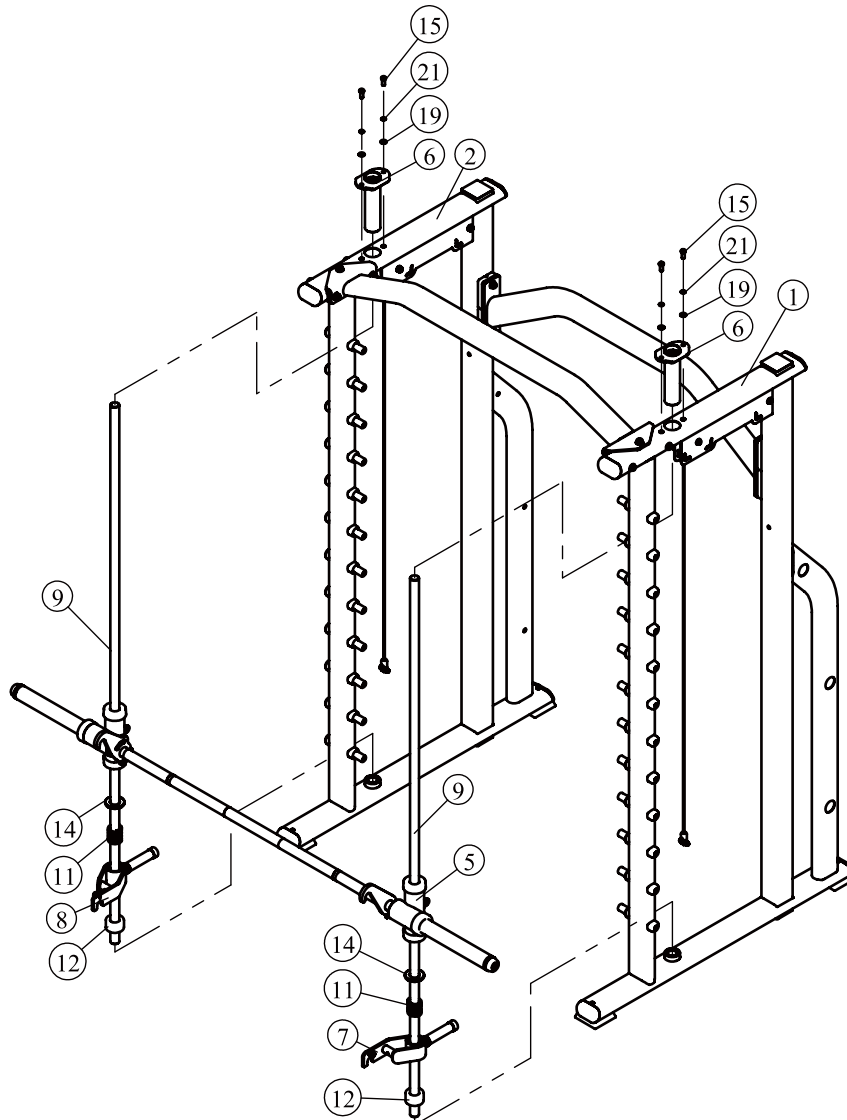
four M10\*30 SHCS (#15)

four  $\phi 11*\phi 20*2$  Flat Washer (#19)

four  $\phi 10$  Spring Washer (#21)

2. Attach the Steel cable ASSY to Olympic Barbell Bar ASSY (#5).

**Note: Wrench Tighten Bolts, Lower the Olympic barbell bar to its lowest position, cut the safety rope on Side Stand Frame.**



# Assembly

## STEP 3

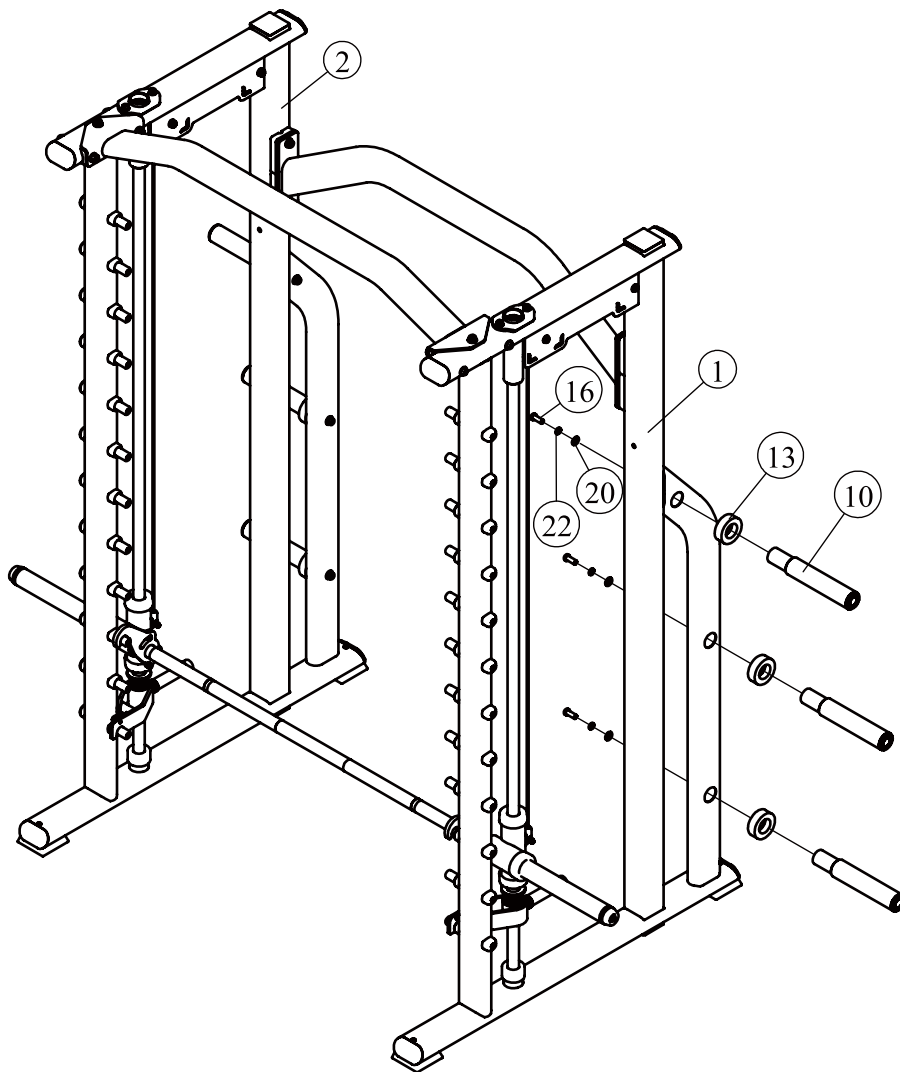
Attach six Barbell Bar Rack ASSY (#10), six  $\phi 76$  Bump Rubber (#13) to Side Stand Frame I ASSY (#1), Side Stand Frame II ASSY (#2), using:

Six M12\*30 SHCS (#16)

Six  $\phi 13*\phi 24*2.5$  Flat Washer (#20)

Six  $\phi 12$  Spring Washer (#22)

**Note: Wrench Tighten Bolts.**



# Exercise Instructions

## Weight Plate Installation Requirements

1. Please use Olympic Weight Plate which hole is greater than  $\Phi 50\text{mm}$  and external diameter is less than  $\Phi 450\text{mm}$ .
2. The total weight can not be greater than 250kg.
3. This equipment does not contains Weight Plate.

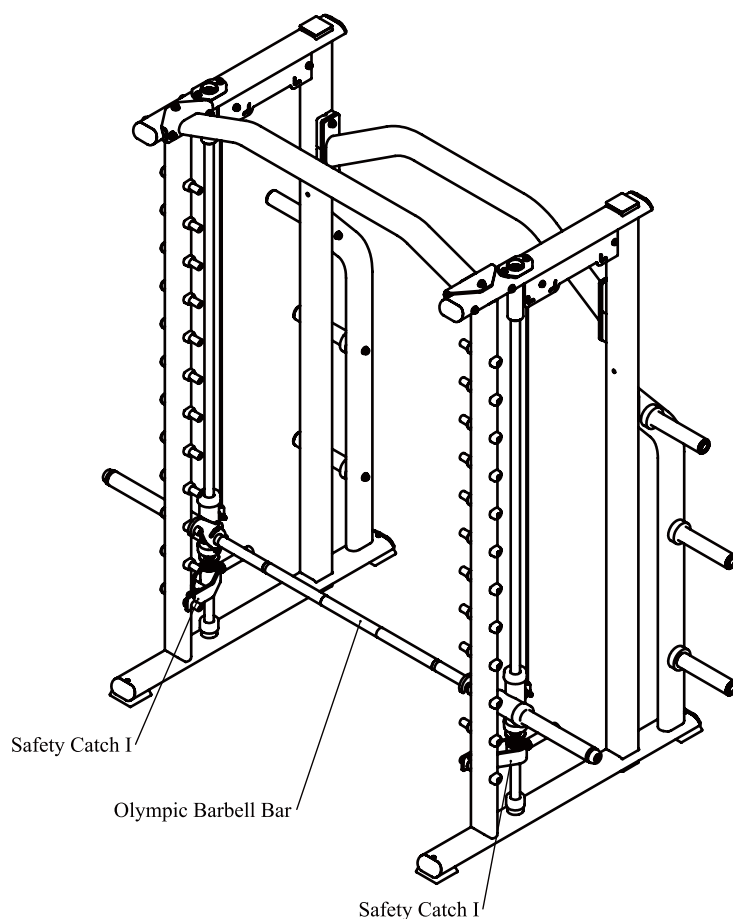
## Safety Catch Adjustment

1. Adjust Safety Catches to the desired position.
2. Make sure Safety Catch I and Safety Catch II are the same height.

**Note: Wrench Tighten Bolts.**

## Exercise Instructions

1. Adjust Olympic Bar and Safety Catches to the desired position.
2. Select an appropriate weight then do Weightlifting exercise.



# Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

*Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.*

# General Maintenance Information

## **Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:**

- \* Check all pieces for signs of visible wear or damage.
- \* Check springs in snap hooks and pull-pins for proper tension and alignment.
- \* If the spring sticks or has lost its rigidity, replace it immediately.

## **Upholstery:**

- \* To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- \* Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- \* Replace ripped or worn upholstery immediately.
- \* Keep sharp or pointed objects clear of all upholstery.

## **Decals:**

- \* Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

## **Nuts and Bolts:**

- \* Inspect all nuts and bolts for any loosening and tighten if needed.
- \* Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

## **Anti-Skid Surfaces:**

- \* These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

## **Belts and Cables:**

- \* We use only high quality belt, and mil-spec cables.
- \* Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- \* While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- \* Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

## **Belt and Cable Tension:**

- \* Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- \* Check slack in cables and re-adjust cable tension if needed.

## **Seat Sleeves, Guide Rods:**

- \* Wipe down adjusting tubes with a dust free rag before applying lubricant.
- \* Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

## **Linear Bearings:**

- \* Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

**PLEASE KEEP THIS FOR YOUR RECORDS**

# Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

