



SMITH MACHINE PL06 UNPACKING & ASSEMBLY INSTRUCTIONS

The Smith Machine PL06 comes disassembled. Follow the steps below to assemble it.



WARNING: ASSEMBLING THE SMITH MACHINE PL06 REQUIRES AT LEAST THREE PEOPLE. COMPONENTS OF THIS MACHINE ARE LARGE AND HEAVY. USE CAUTION WHEN ASSEMBLING THIS MACHINE.

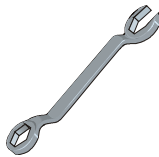
MATERIALS AND TOOLS REQUIRED FOR UNPACKING AND ASSEMBLY



5/32" Hex
head wrench



1/2", & 9/16"
Socket
wrench



3/8", 7/8" &
9/16"
Combination
wrench



Rubber mallet

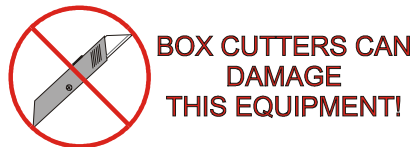
You will also need a ladder.

ASSEMBLY TIME

Three people can accomplish this assembly in approximately 1 hour.

UNPACKING

Follow the steps below when unpacking the components of the crate. Keep in mind that the sides of the PL06 are large and heavy. This machine requires three people to uncrate.



1. Remove the shipping wrapper.

NOTE: DO NOT REMOVE THE FOUR HOLLOW TUBE BUMPERS (SHOWN IN UNPACKING FIGURE 1) UNTIL YOU HAVE COMPLETED ASSEMBLY OF THE PL06. THESE BUMPERS ARE FOUND ABOVE AND BELOW THE BEARINGS ON THE BAR CARRIAGES. REMOVAL OF BUMPERS PRIOR TO INSTALLATION OF THE BAR MAY RESULT IN SEVERE DAMAGE TO THE LINEAR BEARINGS.



Unpacking Figure 1. Leave the hollow tube bumpers until the bar has been installed.

2. Remove the loose parts. Remove all parts other than the sides of the PL06 in the order shown below:

- A. Remove the packaging on the bar carriages as shown in Unpacking Figure 1. The parts in the box are shown in the back of these instructions in the section *HARDWARE*.
- B. Starting at the bottom and working upward, remove the packing from the bar. It is strapped to the plate horns as shown in Unpacking Figure 2. Remove the bar and set it aside.

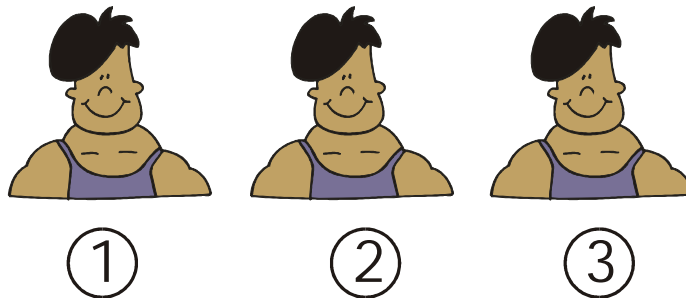


Unpacking Figure 2. Remove the bar.

- C. Remove the back brace and front brace using a 9/16" socket. They are lagged to the bottom cross brace board as shown in Unpacking Figure 3.



Unpacking Figure 3. Remove the front and back brace lag screws.



Person 1- Holds right side
Person 2- Holds left side
Person 3- Moves around and assembles

At this stage, three people are required to uncrate the PL06 because the sides are very heavy and not stable until they are bolted to the front and back braces. Throughout these instructions, Person 1 refers to the person who holds the right side. Person 2 refers to the person who holds the left side. Person 3 refers to the person who moves around and uncrates.



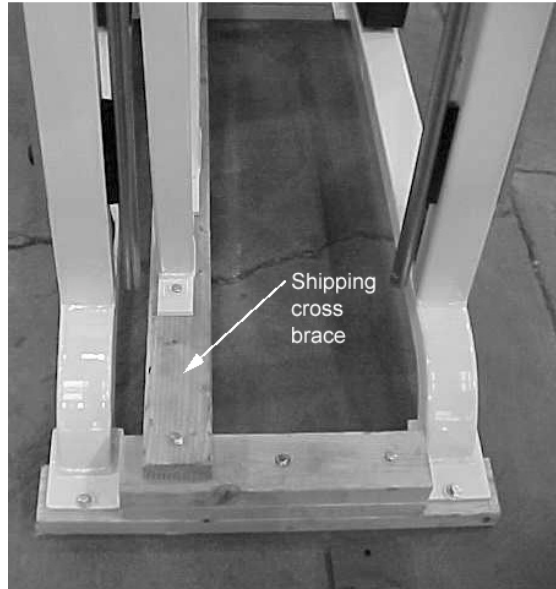
WARNING: THE STEP BELOW REQUIRES THREE PEOPLE. SOMEONE NEEDS TO BE HOLDING EACH SIDE OF THE PL06 UNTIL THE BACK AND FRONT BRACES HAVE BEEN SECURED TO THE SIDES. THE SIDES WILL BE LOOSE AND FREE TO FALL WHEN THE LAG BOLTS FROM THE SHIPPING CRATE HAVE BEEN REMOVED.

3. Remove the upper shipping board. With Person 1 holding the right side and Person 2 holding the left side, Person 3 will remove the upper shipping board (shown in Unpacking Figure 4) using a ½" socket wrench. Discard the board, lag bolts, and the protective fabric scraps.



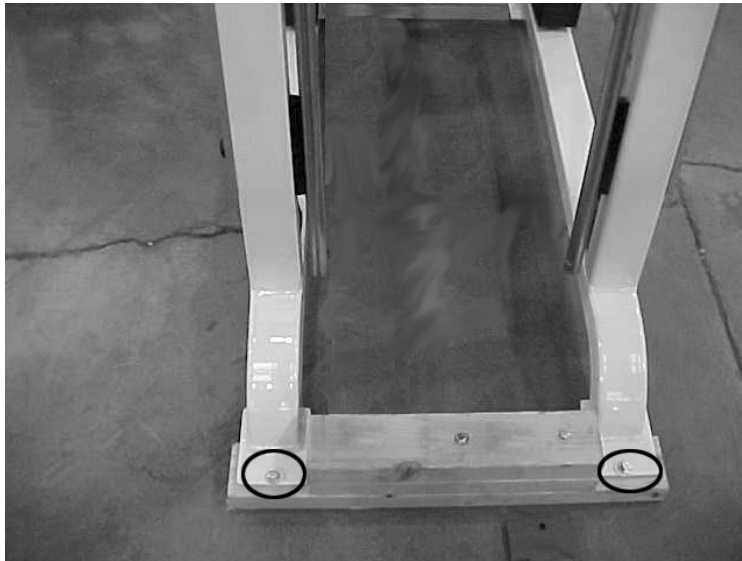
Unpacking Figure 4. Removing the upper shipping board.

4. Remove the bottom shipping cross brace (with Person 1 holding the right side and Person 2 holding the left side). The shipping cross brace spans the PL06 as shown Unpacking Figure 5. Use a 1/2" socket wrench.



Unpacking Figure 5. Shipping cross brace.

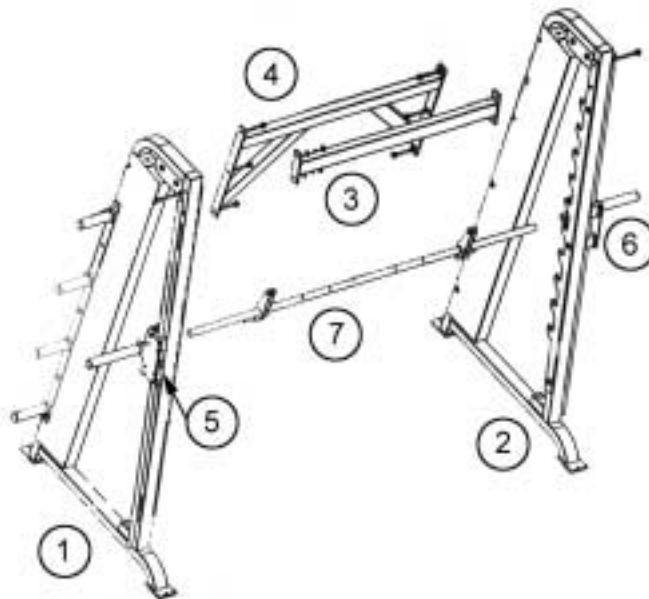
6. Remove the bottom shipping boards. WITH PERSON 1 HOLDING THE RIGHT SIDE AND PERSON 2 HOLDING THE LEFT SIDE, have Person 3 remove the four lag bolts from the feet as shown in Unpacking Figure 6 using a 1/2" socket wrench. Slide the boards away from the sides of the PL06.



Unpacking Figure 6. Remove the bottom shipping boards.

7. Slide the left side around the right side and place it four feet away. The sides of the PL06 are packed reversed from how they will be assembled. Have Person 3 assist in lifting or sliding the left side (packed on the right) around the other side. Remove the tape from the PVC support pipes (attached to the bar horns) and pull apart the sides evenly so that the PVC pipe comes off more easily.

When assembled, the sides will be four feet apart and will appear as shown in Unpacking Figure 7.



Unpacking Figure 7. Smith Machine PL06 main components.

- | | |
|----------------|-----------------------|
| 1. left side | 5. left bar carriage |
| 2. right side | 6. right bar carriage |
| 3. front brace | 7. bar |
| 4. back brace | |

ASSEMBLY

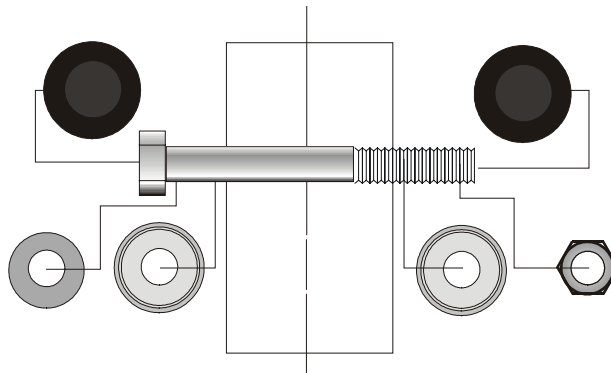
1. **Attach the front (small) brace.** With Person 2 holding the left side and Person 3 holding the right side, secure the front brace (shown in Assembly Figure 1) by sliding the two bottom bolts through the bottom holes in the front brace (circled in Assembly Figure 1). Make sure the Life Fitness nameplate is positioned toward the outside of the machine as shown in Assembly Figure 1. The two bolts have already been inserted through the sides of the PL06. Tighten these two bolts to stabilize the PL06. *Loosely tighten* the nuts on the bolts to make attaching the back brace easier.

Insert two 4-1/4" bolts into the top two holes from the *outside* of the machine and loosely tighten them. The flat washers and end cap washers need to go onto the bolts in the top holes using the configuration shown in Assembly Figure 2.



Assembly Figure 1. Attach the front brace.

NOTE: The two lower bolts on the front brace will **NOT** have washers or end caps on the head of the bolt.



Assembly Figure 2. Bolt, flat washer, nut, end cap washer and end cap configuration (typical for both 4" and 4-1/4" bolts).

- 2. Attach the back (large) brace.** Insert the back brace with the warning label facing inward (circled on right in Assembly Figure 3) by first placing the two 4" bolts into the top holes of the sides as shown in Assembly Figure 3. On the back brace, the bolts go on from the inside of the machine. Put the four 4-1/4" bolts into the four remaining holes. Tighten the back brace securely using a 9/16" socket and box wrench.

NOTE: YOU MAY NEED TO USE A MALLET TO FORCE THE BOLTS ON THE BACK BRACE THROUGH THE FRAME OF THE PL06. ADDITIONALLY THE BAR HORNS MAY BE BOWED OUTWARD REQUIRING A SECOND PERSON TO HOLD THEM IN WHILE SOMEONE TIGHTENS THE BOLTS.



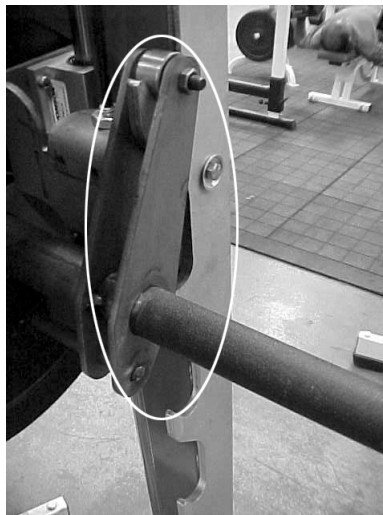
Assembly Figure 3. Attach the back brace with label (circled right) facing inward.

- 3. Tighten the bolts on the front brace.** Tighten the four bolts on the front brace using a 9/16" socket and box wrench.
- 4. Put end caps on all the bolt heads and the nuts.** Snap the end caps (part number C in Hardware Figure 1) onto the end cap washers.



Assembly Figure 5. Remove the right bar carriage.

5. **Remove the right bar carriage.** Have one person take the bar carriage and pull it down from the top of the PL06. This person will also need to hold down the cable that the carriage is bolted onto. Have a second person remove the carriage by loosening the eight bolts (shown in Assembly Figure 5) using a 3/8" combination wrench and a 5/32" hex key wrench. You may also remove the bar carriage entirely by removing the cable jam nuts shown in Assembly Figure 8.
6. **Insert the bar into the right side carriage.** Swing the carriage out by pulling down on the cable and slide the bar into the right side carriage. Make sure the bar hooks are positioned upward as shown in Assembly Figure 6. Insert the bar carriage into the bar hook as shown in Assembly Figure 6 to hold the bar in place. Retighten the eight bolts inserting a washer under the bolt.

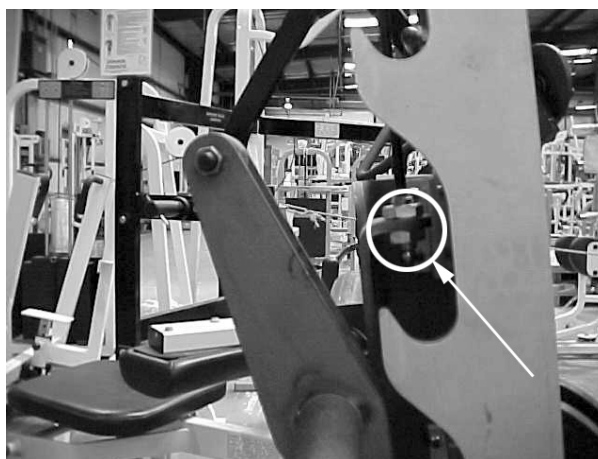


Assembly Figure 6. Insert the bar into the right carriage and place on bar hook.

7. **Insert the bar into the left side carriage.** Repeat Steps 5 and 6 above for the left side carriage. Remove the carriage bolts and slide the left bar carriage onto the bar and secure it to the sliders. *Loosely tighten* the hex cap screws using a 5/32" hex key and 3/8" combination wrench.
8. **Secure the cables to the carriages.** The cables are attached with cable nuts (see Assembly Figure 8). Hold the bar on your shoulder as shown in Assembly Figure 7 and twist it out of the hook plate. With the bar around chest height (or lower), use a 7/8" combination wrench to tighten the cable nuts to the cables as shown in Assembly Figure 8.



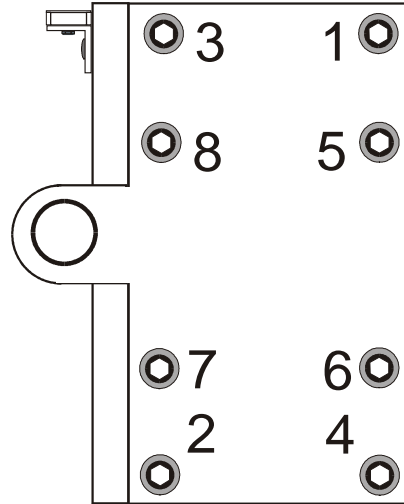
Assembly Figure 7. Remove the bar from the hook plate.



Assembly Figure 8. Tighten upper and lower cable nuts.

Repeat this step for the other side of the carriage.

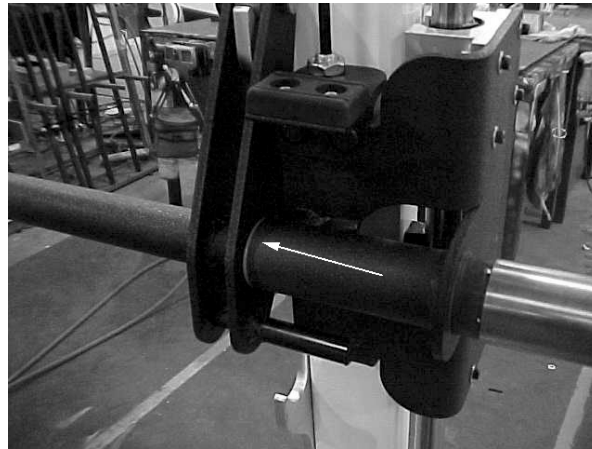
9. **Tighten the bolts on the carriage.** Using a 5/32" hex head driver and 3/8" combination wrench, securely tighten the eight hex head bolts on each bar carriage. Bar adjustments may be made by loosening the carriage bolts and tightening them one at a time in the order shown in Assembly Figure 9 below. Start in the top right corner and move to the top right corner. Continue the pattern of top left to bottom right as shown in Assembly Figure 9.



Assembly Figure 9. Carriage bolt tightening pattern.

BAR SPACERS

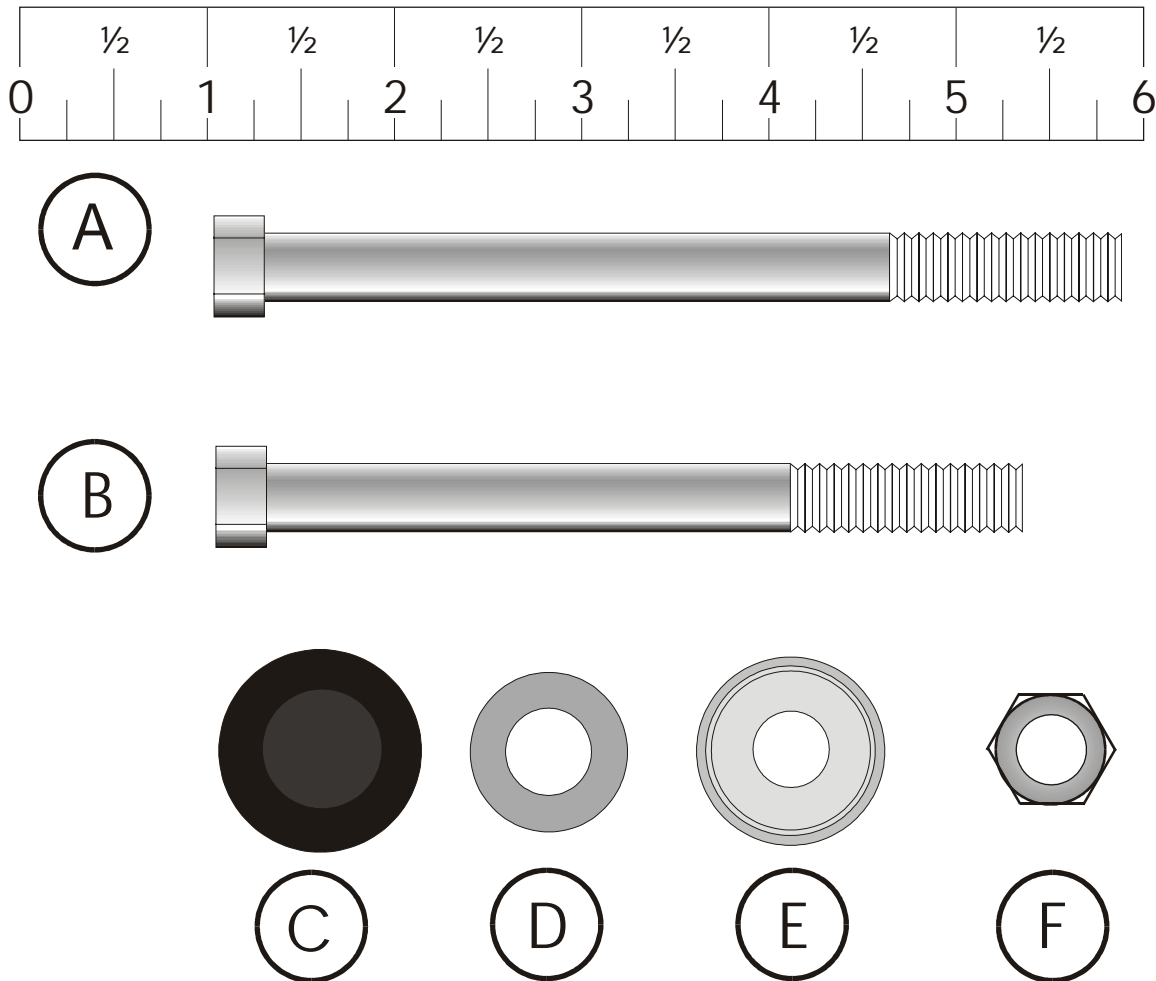
The PL06 includes plastic bar spacers that should be inserted between the bar and the bar carriages if there is extra play in the bar. The spacers are cut so that they can be easily slipped over the bar. Insert one on each side of the bar as shown in Assembly Figure 10.



Assembly Figure 10. Bar spacers.

HARDWARE

The parts bag holds the nuts, bolts, washers, end cap washers, and end caps. These are shown below.



Hardware Figure 1. Back and Front Brace Parts.

The parts shown in Hardware Figure 1 are used to bolt the front and back braces to the Smith Machine PL06. They are:

- A. 4-1/4" Hex head bolt (used to bolt the front and back supports to the sides) (6)
- B. 4" Hex head bolt (used as the top bolt on the back support) (2)
- C. End caps (bolt covers) (20)
- D. Flat washer (used to "shorten" bolt so end cap will fit on the nut) (10)
- E. End cap washers (end caps snap onto them) (20)
- F. 3/8" Locknut (10)

PARTS ORDER LIST

Use the list below if you need to order parts from Life Fitness.

Part #	ID	Description	Quantity
	Main components		
	1 and 2	Assembled sides	2
	3	Front (small) brace	1
	4	Back (large) brace	1
	5 and 6	Bar carriages (attached to cables on sides)	2
	7	Bar	1
	Front and back brace hardware		
0017-00101-1567	A	4-1/4" hex head bolt	6
0017-00101-1420	B	4" hex head bolt	2
0017-00042-0969	C	End caps	20
0017-00104-0313	D	Flat washer	10
0017-00104-0368	E	End cap washers	20
0017-00103-0217	F	3/8" locknut	10
	Carriage hardware		
0017-00101-1569		#10-24 x 1" Hex cap screw	16
0017-00104-0312		Hex cap washer	16
0017-00103-0227		Hex key nut	16
	Cable hardware		
0017-00103-0234		Cable jam nut	4
	Carriage hardware		
0017-00006-0180		Pillow block sliders	4
	Bar spacers		
PL06 MOU50-0000		Plastic bar spacers	2