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> York Barbell 54033 Counter Balanced Smith Machine User Manual

## York Barbell 54033

# York Barbell 54033 Counter Balanced Smith Machine User Manual

Model: 54033

## 1. PRODUCT OVERVIEW

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The York Barbell 54033 Counter Balanced Smith Machine is a robust piece of strength training equipment designed for a wide range of users. It features a counter-balanced weight bar for smooth operation and low starting resistance, making it suitable for individuals of all fitness levels. Its walk-through design ensures easy access, and adjustable stops provide safety and range limitation during exercises.



Figure 1: The York Barbell 54033 Counter Balanced Smith Machine. This image shows the full white frame of the machine, including the vertical guide rods, the horizontal weight bar, and the integrated weight plate storage pegs on the left side.

## 2. SAFETY INSTRUCTIONS

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Prior to assembly or use, read all instructions carefully. Failure to follow these instructions may result in serious injury or equipment damage.

- Consult a physician before starting any exercise program.
- Ensure all bolts, nuts, and connections are securely tightened before each use.
- Always use the safety stops and adjust them to the appropriate height for your exercise.
- Do not exceed the maximum weight capacity of the machine (refer to specifications).
- Keep children and pets away from the equipment during use.
- Perform a warm-up before exercising and cool-down afterwards.
- Inspect the machine for worn or damaged parts before each use. Do not use if damaged.
- Use proper lifting techniques and maintain control of the weight bar at all times.

## 3. SETUP AND ASSEMBLY

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Assembly of the York Barbell 54033 Smith Machine requires careful attention to detail. It is recommended that two or more people assist with assembly due to the size and weight of components.

### 3.1 Unpacking and Inspection

Carefully unpack all components and compare them against the parts list (not provided in this manual, refer to original packaging). Report any missing or damaged parts immediately to your retailer.

### 3.2 Assembly Steps (General Guidelines)

1. **Base Frame Assembly:** Connect the main base supports, ensuring they are level and stable.
2. **Upright Installation:** Securely attach the vertical uprights to the base frame. Ensure they are plumb and aligned.
3. **Guide Rods and Bearings:** Install the linear bearings onto the case-hardened shafts. Carefully mount these assemblies within the uprights, ensuring smooth movement.
4. **Weight Bar Attachment:** Attach the counter-balanced weight bar to the linear bearing assemblies. Verify that the bar moves freely and engages with the safety catches.
5. **Safety Stops and Accessories:** Install the adjustable safety stops and any other accessories like weight plate storage pegs.
6. **Final Check:** Double-check all bolts and nuts for tightness. Test the movement of the weight bar and the functionality of the safety catches and stops.

*Note: Specific assembly diagrams and detailed instructions are typically included with the product packaging. Always refer to those for precise steps.*

## 4. OPERATING INSTRUCTIONS

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The York Barbell 54033 Smith Machine is designed for safe and effective strength training. Follow these guidelines for proper operation.

### 4.1 Using the Weight Bar

- The weight bar is angled at 5 degrees, which may feel more natural for certain exercises.
- To unrack the bar, lift it slightly and rotate the bar handles to disengage from the safety catches.

- To re-rack the bar, lift it to the desired height and rotate the bar handles to engage with the nearest safety catch. Ensure it is fully locked.
- The counter-balanced system provides low starting resistance, making it easier to initiate movements.

## 4.2 Adjusting Safety Stops

- The adjustable stops act as range limiters, preventing the bar from descending below a safe point.
- Before starting an exercise, adjust the safety stops to a height that will catch the bar if you fail a lift, but still allows for a full range of motion.
- Ensure both safety stops are set at the same height.

## 4.3 Loading Weight Plates

- Load weight plates evenly on both sides of the bar to maintain balance and prevent uneven stress on the machine.
- Utilize the integrated weight plate storage pegs for convenient and organized storage when not in use.

## 5. MAINTENANCE

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Regular maintenance ensures the longevity and safe operation of your Smith Machine.

- **Daily:** Wipe down the machine with a damp cloth after each use to remove sweat and dust.
- **Weekly:** Inspect all bolts, nuts, and connections for tightness. Tighten any loose fasteners.
- **Monthly:** Check the linear bearings and shafts for smooth operation. Apply a light silicone-based lubricant if any friction is detected. Do not use oil-based lubricants as they can attract dust.
- **Periodically:** Inspect the structural frame for any signs of damage, cracks, or excessive wear.
- Keep the area around the machine clean and free of obstructions.

## 6. TROUBLESHOOTING

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This section addresses common issues you might encounter with your Smith Machine.

Problem	Possible Cause	Solution
Weight bar feels sticky or rough	Dust/debris on shafts, lack of lubrication, worn bearings.	Clean shafts thoroughly. Apply silicone lubricant to shafts. If issue persists, bearings may need replacement.
Machine wobbles or is unstable	Loose fasteners, uneven floor.	Check and tighten all bolts and nuts. Ensure the machine is on a level surface.
Safety catches not engaging properly	Misalignment, obstruction, worn mechanism.	Inspect the catch mechanism for obstructions. Ensure the bar is properly aligned. If worn, contact support for replacement parts.

If you encounter a problem not listed here or if the suggested solutions do not resolve the issue, please contact customer support.

## 7. SPECIFICATIONS

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Feature	Detail
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Feature	Detail
Model Number	54033
Brand	York Barbell
Color	White
Material	Alloy Steel
Weight Bar Angle	5 degrees
Bearing Type	Linear bearings on 1 1/2 inch case hardened shafts
Handle Type	Fixed Handle
Design	Walk-through layout for easy access
Safety Features	Adjustable stops act as range limiters
UPC	647367214154
ASIN	B01IC18MNK

*Note: Dimensions (H x W x L) were mentioned in the product description but were unclear ("915 H x 4025 W x 8625 L"). Please refer to the product packaging or official product page for accurate dimensions.*

## 8. WARRANTY INFORMATION

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York Barbell products are manufactured to high standards. For specific warranty details, including coverage period and terms, please refer to the warranty card included with your product or visit the official York Barbell website. Keep your proof of purchase for warranty claims.

## 9. CUSTOMER SUPPORT

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For technical assistance, replacement parts, or any questions regarding your York Barbell 54033 Counter Balanced Smith Machine, please contact York Barbell customer service. Contact information can typically be found on the official York Barbell website or on your product packaging.

When contacting support, please have your model number (54033) and proof of purchase readily available.