

## Bodycraft 54033-W

# YORK 54033-W Counter Balanced Smith Machine User Manual

Model: 54033-W | Brand: Bodycraft

## 1. INTRODUCTION

Thank you for choosing the YORK 54033-W Counter Balanced Smith Machine. This manual provides essential information for the safe and effective use, assembly, and maintenance of your new fitness equipment. Designed for comprehensive strength training, this machine offers a secure and controlled environment for various exercises. Please read this manual thoroughly before operating the machine.

## 2. SAFETY INSTRUCTIONS

Your safety is paramount. Adhere to the following guidelines to prevent injury and ensure proper operation:

- Consult a physician before beginning any exercise program.
- Always inspect the machine for loose parts, damage, or wear before each use. Do not use if any components are compromised.
- Ensure the weight bar is securely engaged or racked before adding or removing weight plates.
- The weight bar can be instantly secured by a simple twist of the wrist, engaging the safety hooks into the uprights.
- Always utilize the adjustable safety spotters. Position them slightly below your lowest intended range of motion to provide an extra measure of security in case of muscle failure.
- Maintain proper form during all exercises. If you experience pain or discomfort, stop immediately.
- Keep children and pets away from the machine during operation.
- Do not exceed the maximum weight capacity of the machine (refer to specifications).
- Wear appropriate athletic footwear and clothing.

## 3. COMPONENTS OVERVIEW

The YORK 54033-W Smith Machine is engineered for durability and smooth performance. Key components include:

- **Linear Bearings:** Mounted on 1 1/2-inch, case-hardened shafts, these ensure exceptionally smooth vertical movement of the weight bar.

- **Weight Bar:** Angled at 5 degrees for ergonomic movement, it features knurling for secure grip and safety hooks for racking.
- **Adjustable Safety Spotters:** These provide a critical safety net, allowing you to set a minimum height for the weight bar.
- **Weight Plate Storage:** Integrated pegs on the frame allow for convenient storage of Olympic-sized weight plates.
- **Walk-Through Design:** Facilitates easy access to the exercise area.



This image displays the complete YORK 54033-W Counter Balanced Smith Machine, showcasing its robust white frame, the central weight bar, and the integrated weight plate storage on the side. The safety spotters and linear bearing tracks are also visible.

## 4. SETUP AND ASSEMBLY

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While specific assembly instructions are typically provided with the packaging, here are general considerations for setting up your Smith Machine:

- **Location:** Choose a flat, stable surface with ample space around the machine for safe operation and movement. The machine dimensions are approximately 86 1/4 inches (Length) x 40 1/4 inches (Width) x 91 1/2 inches (Height). Ensure adequate overhead clearance.
- **Unpacking:** Carefully unpack all components and verify against the parts list provided in your assembly guide.
- **Assembly:** Follow the step-by-step instructions in your dedicated assembly manual. Typically, this involves assembling the main frame, installing the linear bearing shafts, attaching the weight bar, and securing the safety spotters.
- **Tools:** Ensure you have the necessary tools as specified in the assembly guide (e.g., wrenches, Allen keys).
- **Tightening:** Securely tighten all bolts and nuts after assembly. Periodically check and re-tighten as needed.

## 5. OPERATING INSTRUCTIONS

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The YORK 54033-W Smith Machine is designed for intuitive use, accommodating users of all abilities with its low starting resistance.

1. **Adjusting the Weight Bar:** To set the starting height, simply lift the weight bar slightly, rotate it to disengage from the uprights, and slide it up or down to the desired position. Rotate it back to engage the safety hooks into the nearest slot.
2. **Setting Safety Spotters:** Position the adjustable safety spotters to a height just below your lowest intended range of motion for the exercise. This acts as a fail-safe.
3. **Loading Weights:** Carefully slide Olympic-sized weight plates onto the weight bar. Ensure an even distribution of weight on both sides to maintain balance.
4. **Performing Exercises:** Once weights are loaded and safety spotters are set, unrack the bar by lifting and rotating it slightly. Perform your exercise with controlled movements.
5. **Racking the Bar:** To re-rack the bar, lift it to the desired height, rotate your wrists to engage the safety hooks into the uprights, and gently lower the bar onto the hooks.
6. **Multi-functionality:** The machine's design allows for a variety of exercises, including squats, bench presses, shoulder presses, and more, providing a versatile workout experience.

## 6. MAINTENANCE

Regular maintenance will prolong the life of your Smith Machine and ensure safe operation:

- **Cleaning:** Wipe down the frame and weight bar with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically apply a silicone-based lubricant to the linear bearing shafts to maintain smooth operation. Consult your assembly manual for specific recommendations.
- **Inspection:** Regularly check all bolts, nuts, and moving parts for tightness. Re-tighten any loose fasteners. Inspect cables (if applicable) and pulleys for fraying or wear.
- **Storage:** Store the machine in a dry, climate-controlled environment to prevent rust and damage.

## 7. TROUBLESHOOTING

If you encounter issues with your Smith Machine, consider the following common solutions:

- **Weight Bar Sticking/Rough Movement:** Ensure the linear bearing shafts are clean and adequately lubricated. Check for any obstructions in the tracks.
- **Unusual Noises:** Inspect all bolted connections for tightness. Loose fasteners can cause squeaking or rattling. Lubricate moving parts as necessary.
- **Safety Hooks Not Engaging:** Ensure the weight bar is properly aligned with the uprights and that the hooks are not bent or obstructed.
- **Machine Instability:** Verify that the machine is on a flat, level surface and that all frame bolts are securely tightened.

If problems persist, refer to the warranty section for support contact information.

## 8. SPECIFICATIONS

Feature	Detail
Model Number	54033-W
Brand	Bodycraft

Manufacturer	Body Craft
Dimensions (L x W x H)	86 1/4" x 40 1/4" x 91 1/2"
Weight Bar Angle	5 degrees
Shaft Diameter	1 1/2" case hardened
ASIN	B01MYFU7D8
Date First Available	February 4, 2017

## 9. WARRANTY INFORMATION

The YORK 54033-W Counter Balanced Smith Machine comes with a comprehensive warranty to ensure your peace of mind:

- **Residential Warranty:** Lifetime coverage on the frame and all parts.


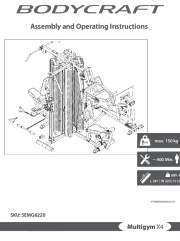
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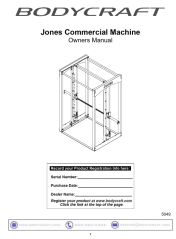
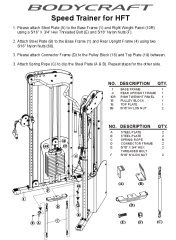

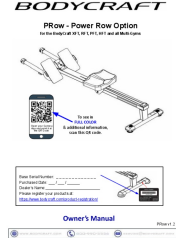
- This warranty applies to defects in materials and workmanship for the original owner only.
- It does not cover normal wear and tear, misuse, or damage resulting from improper assembly or maintenance.
- For full details and specific terms, please refer to the complete warranty document provided with your purchase.

## 10. CUSTOMER SUPPORT

Should you require assistance with your YORK 54033-W Counter Balanced Smith Machine, including questions about assembly, operation, parts, or warranty claims, please contact the manufacturer, Bodycraft, directly. Refer to your purchase documentation or the Bodycraft official website for the most current contact information.

### Related Documents - 54033-W

	<p><a href="#">BODYCRAFT GT Strength Training System Owner's Manual</a></p> <p>Comprehensive owner's manual for the BODYCRAFT GT Strength Training System, covering safety, assembly, maintenance, and warranty information. Includes details on machine options and dimensions.</p>
	<p><a href="#">BodyCraft Multigym X4 Assembly and Operating Instructions</a></p> <p>Comprehensive assembly and operating instructions for the BodyCraft Multigym X4 (SEMG6220), detailing setup, safe usage, maintenance, and troubleshooting for home fitness enthusiasts.</p>

	<p><a href="#">BodyCraft Jones Commercial Machine Owners Manual</a></p> <p>Owners manual for the BodyCraft Jones Commercial Machine, providing comprehensive assembly instructions, safety guidelines, parts list, and important usage tips for this versatile strength training equipment.</p>
	<p><a href="#">BODYCRAFT Speed Trainer for HFT Assembly and Parts Guide</a></p> <p>This document provides assembly instructions and a detailed parts list for the BODYCRAFT Speed Trainer for HFT, a home fitness strength training machine.</p>
	<p><a href="#">BodyCraft PL1000 Lever Gym: Exercise Guide and Workout Chart</a></p> <p>Comprehensive guide to performing exercises on the BodyCraft PL1000 Lever Gym, featuring detailed descriptions of each movement and general fitness advice for safe and effective workouts.</p>
	<p><a href="#">BODYCRAFT PRow Power Row Option Owner's Manual and Assembly Guide</a></p> <p>Comprehensive owner's manual for the BODYCRAFT PRow Power Row Option, detailing assembly instructions, safety precautions, parts lists, maintenance, warranty information, and customer support contacts.</p>