MAJOR LUTIE SML01

Major Fitness Power Rack SML01 Instruction Manual

Model: SML01 (D30) | Brand: MAJOR LUTIE

1. Safety Information

Before assembling or using the Major Fitness Power Rack, please read and understand all instructions. Failure to follow these instructions may result in serious injury or property damage.

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure all bolts, nuts, and connections are securely tightened before each use.
- Do not exceed the maximum weight capacities:
  - Max user weight: 400 lbs.
  - Max Capacity Smith Machine Bar: 500 lbs.
  - Max capacity on Safety catches: 500 lbs.
  - Max capacity on cable: 400 lbs.
  - Overall weight capacity of power cage: up to 1600 lbs.
- Keep children and pets away from the equipment during use.
- Use the equipment on a flat, stable surface.
- Perform regular inspections for wear and tear on cables, pulleys, and structural components. Replace worn parts immediately.
- Do not modify the equipment.
- Always use spotters when lifting heavy weights, especially during free weight exercises.
- Wear appropriate athletic footwear during workouts.

This product contains Proposition 65 warnings. For more information, please refer to the product packaging or manufacturer's website.

2. Product Overview

The MAJOR LUTIE SML01 Power Rack is a multifunctional fitness system designed for comprehensive full-body workouts. It integrates a Power Tower, Smith Barbell, and Squat Rack, offering a wide range of exercises without requiring

multiple separate machines. Constructed from durable 50x70mm commercial steel with a 2mm thickness, it ensures stability and safety during intense training sessions.

Figure 2.1: Overview of the Major Fitness Power Rack SML01.

Key Features:

- **Multifunctional Design:** Combines Power Tower, Smith Barbell, and Squat Rack.
- **High Weight Capacity:** Up to 1600 lbs for the power cage.
- **Durable Construction:** Made of 50 X 70mm commercial steel square frame with 2mm thickness.
- **Integrated Cable Pulley System:** Nylon-coated cables with 9 adjustable heights, suitable for various exercises.
- **Included Attachments:** Cable Bar, Pin/Pipe Safety Set, J-Hooks, Landmine, Dip Bars, T-bar, LAT Bar attachment, and extra standard barbell holder.
- **Exercise Versatility:** Supports Wide & Narrow LAT Pull-down, Landmine Movements, Seated cable row, Bench

press, Squat, Deadlifts, Bicep Curl, Triceps Extensions, Pull-ups, Chin-ups, Dips, and more.

Figure 2.2: Detailed view of all components and their labels.

Figure 2.3: Product dimensions: 60" L x 61" W x 83" H.

Figure 2.4: The power rack boasts a 1600 lbs weight capacity and includes three free fitness rods.

3. Setup and Installation

This section provides a step-by-step guide for assembling your Major Fitness Power Rack. It is recommended to have at least two people for assembly. Ensure you have an adjustable wrench (not included) and other necessary tools.

Installation Video Guide:

Your browser does not support the video tag.

Video 3.1: Installation guide for a similar Major Lutie Smith Machine (PLS01), demonstrating the general assembly process for this type of power rack.

Step-by-Step Assembly:

1. **Install Base Frame:** Assemble the base frame, ensuring the big foot board, 360° landmine, and weight plate holder sections are correctly oriented.

2. **Install Support Columns:** Attach the support columns to the base frame. Distinguish between front and back columns. Bolts should be installed from the bottom.
3. **Install Stop Lever:** Secure the stop levers to the columns. Tighten with an Allen key.
4. **Install Cable Crossover Components:** Insert the limit latches for the cable crossover system.
5. **Install Weight Plate Holders:** Attach the weight plate holders to the frame. Tighten with bolts at the front.
6. **Install Lifting Frame:** Fix the stainless steel rod for the lifting frame.
7. **Install Front Slide Bar:** Put in the buffer ring and then install the Smith bar (front slide bar).
8. **Install Top Frame:** Install the left and right sides of the top frame first, then the front and rear frames.
9. **Install Top Pulley:** Attach the top pulleys to the upper frame.
10. **Install Lower Pulley:** Attach the lower pulleys to the base frame.
11. **Install Cable A / Moving Pulley & Cable Handle Bar:** Route Cable A through the designated pulleys and attach the cable handle bar.
12. **Install Cable B:** Route Cable B through its designated pulleys.
13. **Install J-Hooks:** Place the J-Hooks onto the desired height settings on the uprights.
14. **Install Dip Handles:** Put the two Dip handles on the appropriate hole positions.
15. **Install Barbell Holders:** Place the two barbell holders on the appropriate hole positions.

Note: The installation sequence shown in the video is for reference only; please refer to the actual operation and included manual for precise instructions.

4. Operating Instructions

The Major Fitness Power Rack offers a versatile range of exercises. Always ensure proper form and technique to prevent injury.

Smith Machine:

- The Smith machine bar moves vertically along guide rods, providing a fixed path for exercises like squats, bench presses, and shoulder presses.
- To engage the safety hooks, rotate the bar to lock it into the desired height.
- Always use the safety catches (spotter arms) when performing heavy lifts.

Cable Crossover System:

- Adjust the height of the cable pulleys by pulling the pin and sliding the pulley mechanism to the desired position.
- Attach various cable attachments (e.g., D-handles, rope, straight bar) for exercises like cable crossovers, triceps pushdowns, bicep curls, and lateral raises.
- The system includes a LAT Bar for wide and narrow LAT pull-downs.

Landmine Attachment:

- Insert one end of a standard barbell into the landmine attachment.
- Use for rotational exercises, rows, presses, and squats. The 360° pivot allows for dynamic movements.

Dip Bars:

- Insert the dip bars into the appropriate holes on the uprights.
- Use for triceps dips and chest dips.

Pull-up Bar:

- The multi-grip pull-up bar allows for wide, narrow, and neutral grip pull-ups and chin-ups.

Figure 4.1: Illustrates the wide & narrow pull-up bar, 360° landmine, barbell/dumbbell plate holder, and high-quality barbell bar.

Figure 4.2: Shows two fitness handles, anti-falling frame (safety catches), two grip dip handles, and barbell plate holders.

Figure 4.3: Detailed view of the 360-degree landmine attachment for rotational exercises.

Figure 4.4: Close-up of the ergonomic dip handles for triceps and chest exercises.

5. Maintenance

Regular maintenance ensures the longevity and safe operation of your Major Fitness Power Rack.

- **Cleaning:** Wipe down the frame and components with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically apply a silicone-based lubricant to the guide rods of the Smith machine and the pulleys of the cable system to ensure smooth operation.
- **Inspection:**
  - Check all bolts, nuts, and fasteners regularly and tighten if necessary.
  - Inspect cables for fraying, kinks, or damage. Replace immediately if any damage is observed.
  - Examine pulleys for smooth rotation and wear.
  - Check all welds and structural components for cracks or deformation.
- **Storage:** Store the equipment in a dry, climate-controlled environment to prevent rust and corrosion.

6. Troubleshooting

This section addresses common issues you might encounter with your power rack.

Problem	Possible Cause	Solution
Smith machine bar is not smooth.	Lack of lubrication on guide rods; debris on rods.	Clean guide rods and apply silicone lubricant.
Cables are sticking or making noise.	Pulleys need lubrication; cable fraying; misaligned cables.	Lubricate pulleys. Inspect cables for damage and replace if necessary. Check cable routing.
Equipment feels unstable or wobbly.	Loose bolts; uneven floor.	Tighten all assembly bolts. Ensure equipment is on a flat, level surface.
Attachments do not fit properly.	Incorrect attachment for the hole; debris in hole.	Verify correct attachment usage. Clear any obstructions from the holes.

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

7. Specifications

Specification	Detail

Specification	Detail
Brand Name	MAJOR LUTIE
Model Name	SML01 (D30)
Material	Alloy Steel (Frame: 50x70mm commercial steel, 2mm thickness)
Color	Black
Item Dimensions (LxWxH)	60 x 61 x 83 inches
Package Weight	303 Pounds
Max User Weight	400 lbs
Max Capacity Smith Machine Bar	500 lbs
Max Capacity Safety Catches	500 lbs
Max Capacity Cable System	400 lbs
Overall Power Cage Capacity	1600 lbs
Included Components	SML01 Black Smith Machine (with Cable Bar, Pin/Pipe Safety Set, J-Hooks, Landmine, Dip Bars, T bar, LAT Bar attachment, standard barbell holder)

8. Warranty and Support

MAJOR LUTIE is committed to providing quality fitness equipment and excellent customer service.

- **Warranty:** This product comes with a 1 Year Warranty.
- **Components Replacement:** Enjoy a 10-month components replacement service.
- **Customer Support:** If you have any questions or require assistance, please contact MAJOR LUTIE customer support via email. They aim to reply within 12 hours.
- **Manufacturer:** MAJOR LUTIE
- **First Available Date:** August 1, 2022

For further information or to explore other products, visit theMAJOR LUTIE Store.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question