

HAJEX HX-C80

HAJEX Commercial Smith Machines

MULTIFUNCTIONAL TRAINING SYSTEMS - INSTRUCTION MANUAL

Introduction

This manual provides essential information for the safe and effective use of your HAJEX Commercial Smith Machine. Designed to revolutionize your workout experience, this multifunctional unit combines various essential exercise functions, offering a comprehensive fitness solution for both beginners and advanced fitness enthusiasts. Please read this manual thoroughly before assembly and operation to ensure proper usage and longevity of your equipment.

Safety Information

Always consult with a healthcare professional before starting any new exercise program. Failure to follow these safety instructions may result in serious injury or damage to the equipment.

- Ensure all bolts and nuts are securely tightened before each use.
- Do not allow children or pets near the machine during operation.
- Use the machine only on a flat, stable surface.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum weight capacity of the machine.
- Always use safety catches and spotters when performing heavy lifts.
- Inspect the machine for worn or damaged parts before each use. Do not use if damaged.
- Keep hands and feet clear of moving parts.

Components Overview

Your HAJEX Commercial Smith Machine is comprised of several key components designed for versatility and durability.



Figure 1: Full view of the HAJEX Commercial Smith Machine, showcasing its robust frame, integrated smith bar, and various pulley systems.

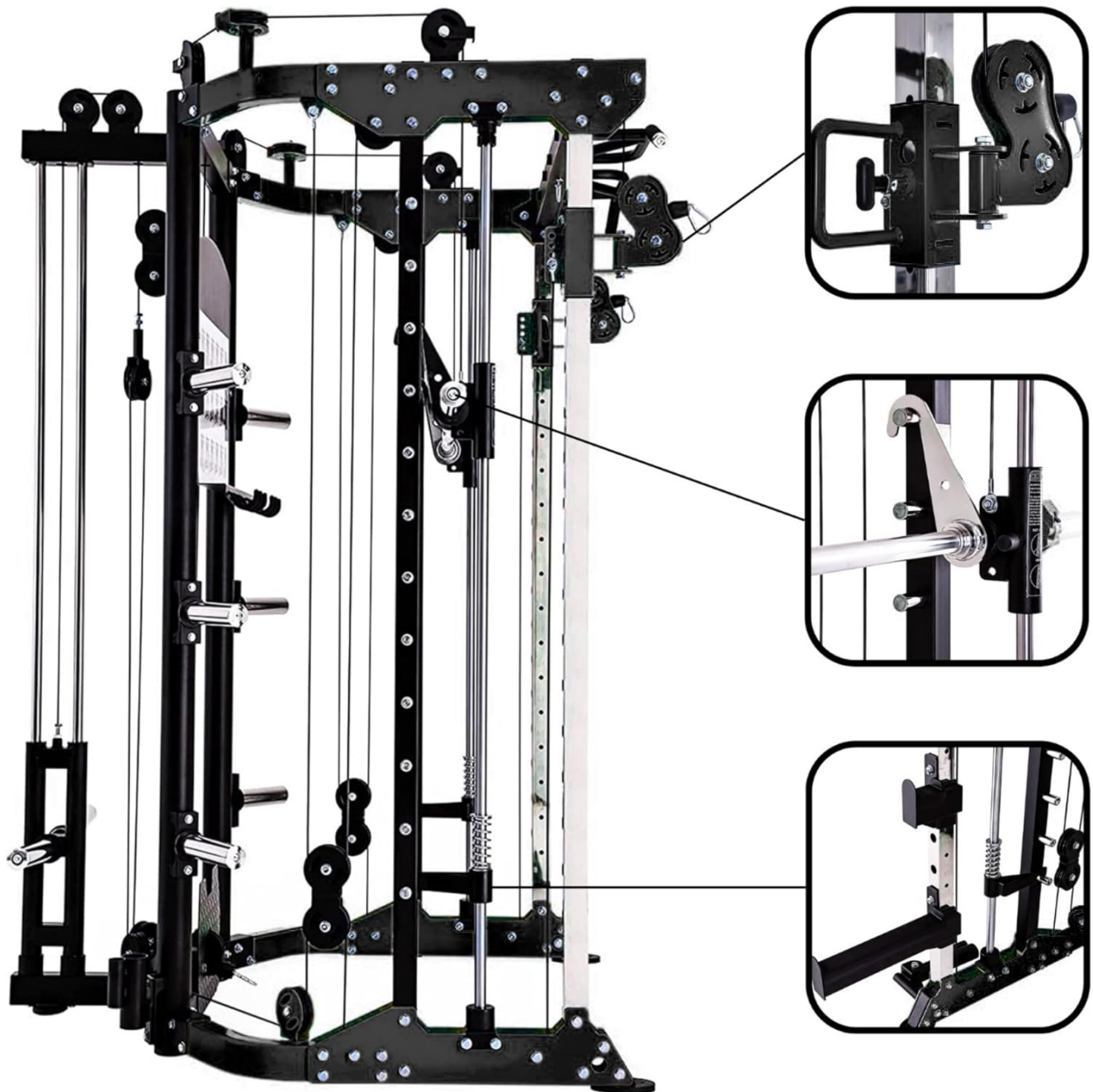


Figure 2: Detailed view highlighting key components such as the counterweight adjustment mechanism, barbell hooks, and safety catches.

- **Smith Bar:** Features a smooth gliding system for controlled movements.
- **Adjustable Barbell Hooks & Safety Catches:** For performing various exercises safely.
- **Counterweight System:** Utilizes a strong magnetic bolt for convenient and safe adjustment.
- **Wire Wheels (Pulleys):** Made of high-quality PA material with national standard bearings for quiet and smooth operation.
- **Steel Pulley Cable:** Durable, wear-resistant 6mm diameter steel wire wrapped with a PU layer.

Setup and Assembly

Assembly of the HAJEX Commercial Smith Machine requires careful attention to detail. It is recommended that two or more people assist with the assembly due to the size and weight of the components. Refer to the included assembly diagrams (not provided in this digital manual) for step-by-step instructions.

1. **Unpacking:** Carefully unpack all components and verify against the parts list. Report any missing or damaged parts

immediately.

2. **Base Frame Assembly:** Assemble the main base frame components, ensuring all connections are secure but not fully tightened until the entire frame is aligned.
3. **Upright Columns:** Attach the upright columns to the base frame.
4. **Top Frame & Crossbars:** Connect the top frame and any crossbars to the upright columns.
5. **Smith Bar & Guide Rods:** Install the smith bar and its guide rods, ensuring smooth vertical movement.
6. **Pulley Systems & Cables:** Route all cables through the designated pulleys. Ensure cables are not twisted and move freely.
7. **Attachments & Accessories:** Attach any included handles, weight plate holders, or other accessories.
8. **Final Tightening:** Once all components are in place and aligned, systematically tighten all nuts and bolts.
9. **Stability Check:** Gently rock the assembled machine to ensure stability. If any wobbling occurs, re-check all connections.

Operating Instructions

The HAJEX Commercial Smith Machine offers a wide range of exercises. Always warm up before exercising and cool down afterwards.

- **Smith Machine Bar Use:**

- To unrack the bar, rotate it slightly to disengage from the safety hooks.
- To re-rack, lift the bar to the desired height and rotate it back into the safety hooks.
- Adjust the safety catches to a height that prevents the bar from descending too low during your exercise, providing a safety stop.
- Examples of exercises: Bench Press, Squats, Shoulder Press, Lunges.

- **Cable Pulley System Use:**

- Attach desired handles or accessories to the cable ends.
- Adjust the counterweight using the magnetic bolt for desired resistance.
- Ensure smooth movement of the cable throughout the exercise.
- Examples of exercises: Cable Crossovers, Lat Pulldowns, Tricep Pushdowns, Cable Rows.

- **Resistance Training:** The machine is ideal for resistance training, enhancing core strength, balance, stability, and coordination. Focus on controlled movements and proper form.

Maintenance

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

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Use mild soap and water if necessary. Avoid abrasive cleaners.
- **Lubrication:** Periodically apply a silicone-based lubricant to the smith bar guide rods and pulley axles to ensure smooth operation. Do not over-lubricate.
- **Cable Inspection:** Regularly inspect all cables for fraying, kinks, or wear. Replace any damaged cables immediately.
- **Bolt & Nut Check:** Every 1-3 months, check all bolts and nuts for tightness. Re-tighten as necessary.
- **Pulley Inspection:** Ensure pulleys spin freely and are not obstructed. Clean any debris from around the pulleys.

Troubleshooting

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

Problem	Possible Cause	Solution
Smith bar sticks or moves roughly.	Lack of lubrication, debris on guide rods, loose components.	Clean guide rods and apply silicone lubricant. Check and tighten all bolts.
Cables are noisy or rough.	Dry pulleys, worn cable, debris in pulley mechanism.	Lubricate pulleys. Inspect cable for wear and replace if necessary. Clean pulleys.
Machine wobbles during use.	Uneven floor, loose assembly bolts.	Ensure machine is on a level surface. Re-tighten all assembly bolts.
Weight stack adjustment is difficult.	Pin misalignment, debris in holes.	Ensure the magnetic bolt is fully engaged. Clear any obstructions from the adjustment holes.

Specifications

Attribute	Detail
Model Number	HX-C80
Product Dimensions	170.18 x 195.58 x 220.98 cm
Item Weight	260 kg (573 Pounds)
Material	Alloy Steel
Handle Type	Fixed Handle
Strap Type	Adjustable, Shoulder
Manufacturer	HAJEX
Date First Available	June 21 2023

Warranty

HAJEX provides a **5-year warranty** for the Commercial Smith Machines. This warranty covers manufacturing defects and significant malfunctions under normal use. Please retain your proof of purchase for warranty claims. For detailed warranty terms and conditions, please contact HAJEX customer support.

Customer Support

For any questions, technical assistance, or warranty claims, please contact HAJEX customer support:

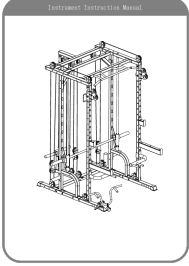
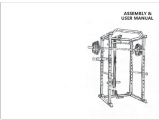




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Products are shipped from HAJEX Fitness Warehouses based in Montreal or British Columbia.

Related Documents - HX-C80

	<p>HAJEX Smith Machine X1 Assembly and Installation Manual</p> <p>Detailed assembly and installation instructions for the HAJEX Smith Machine X1, including part lists and step-by-step guidance for proper setup.</p>
	<p>HAJEX Power Rack Assembly and User Manual</p> <p>This manual provides comprehensive assembly instructions and user guidelines for the HAJEX Power Rack, models 16050-3A and 16050-3AB. It includes safety precautions, parts lists, and step-by-step assembly procedures for safe and effective use of your home gym equipment.</p>
	<p>Schneider Electric MiCOM C264/C264C Bay Computer Technical Guide</p> <p>Comprehensive technical guide for the Schneider Electric MiCOM C264/C264C Bay Computer, detailing specifications, functions, safety, installation, and maintenance for power system applications.</p>
	<p>HyperX Alloy Origins Keyboard User Manual</p> <p>Comprehensive user manual for the HyperX Alloy Origins Mechanical Gaming Keyboard, covering installation, function keys, specifications, software customization, console compatibility, and factory reset.</p>
	<p>HyperX Alloy Origins Keyboard User Manual</p> <p>Comprehensive user manual for the HyperX Alloy Origins mechanical gaming keyboard, covering specifications, installation, function keys, software customization with HyperX NGENUITY, console compatibility, and factory reset procedures.</p>
	<p>HyperX Alloy Origins Keyboard Installation and User Guide</p> <p>Comprehensive guide for the HyperX Alloy Origins Keyboard, covering installation, features, specifications, and software customization. Learn how to set up and optimize your gaming experience.</p>

