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MAJOR FITNESS D3SMS

MAJOR FITNESS Drone3 Smith Machine Instruction Manual

Model: D3SMS

Brand: MAJOR FITNESS

1. Introduction

Welcome to the MAJOR FITNESS Drone3 Smith Machine. This all-in-one home gym solution is designed to provide a comprehensive strength training experience, combining a power cage, cable crossover, squat rack, and pull-up station. Built with commercial-grade steel, it offers exceptional stability and durability for a wide range of exercises. Please read this manual thoroughly before assembly and use to ensure safe and effective operation.

2. Safety Information

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

- Consult a physician before starting any exercise program.
- Ensure all bolts and nuts are securely tightened before each use. Regularly check for loose hardware and tighten as needed.
- Do not exceed the maximum weight capacities specified for each component.
- Always use safety spotters or safety arms when performing heavy lifts, especially with the Smith machine or free weights.
- Keep children and pets away from the equipment during use.
- Inspect the machine regularly for any signs of wear, damage, or fraying cables. Replace damaged parts immediately.
- Use the equipment on a flat, stable surface to prevent tipping.

3. Setup and Assembly

Proper assembly is crucial for the safety and functionality of your Drone3 Smith Machine. Follow the detailed instructions provided in the installation video and diagrams.

Your browser does not support the video tag.

Video: Drone3 Smith Machine Installation Guide. This video provides a step-by-step guide for assembling the MAJOR FITNESS Drone3 Smith Machine. It covers connecting the base, uprights, and various components, ensuring a secure and functional setup.

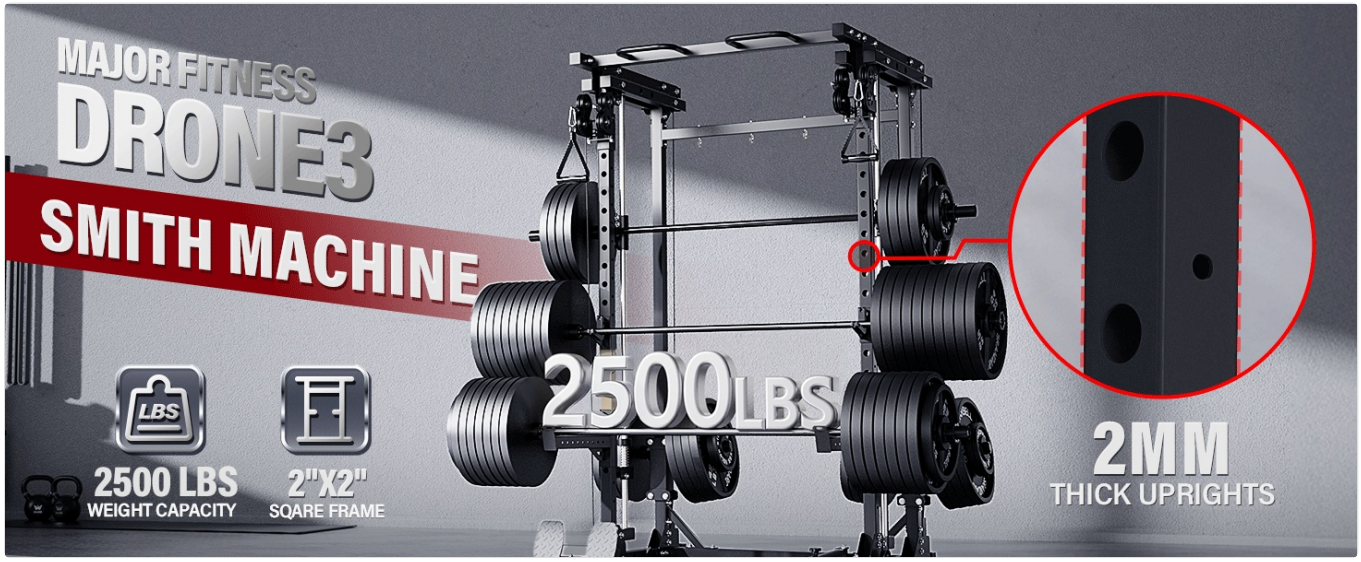


Image: Overall structure of the Drone3 Smith Machine. This image provides a visual reference of the fully assembled machine, highlighting its robust design and integrated components.

Note: Do not fully tighten all bolts until the entire unit has been completely assembled. Hand-tighten bolts and nuts during initial assembly, then secure all hardware once the unit is stable and correctly aligned.

4. Key Features and Components

4.1. Robust & Stable Design

The Drone3 Smith Machine is built with 2x2-inch commercial-grade steel uprights, providing unmatched stability and durability for all your workouts. With a 2,500-lb static capacity, this power cage handles your toughest routines and is adaptable to most standard gym accessories.



Image: The robust construction of the Drone3 Smith Machine, featuring 2x2-inch square steel uprights and a 2,500 lbs weight capacity.

4.2. All-in-One Home Gym

This multi-functional system combines a power cage, cable crossover, squat rack, and pull-up station, allowing for full-body workouts without leaving home.



Image: An overview of the Drone3 Smith Machine highlighting its various integrated workout stations, including the power cage, cable crossover, and pull-up bars.

4.3. Advanced Cable Crossover System

Featuring a dual-pulley system and four flying bird swing frames, the Drone3 power rack allows you to customize your training. Pulling a single frame provides a 2:1 gravity ratio for flexibility, while pulling two gives you a 1:1 ratio for boosting explosive power. The pulley system offers 21 adjustable height settings, ranging from 11 to 73 inches, ensuring adaptability for various

exercises and user heights.

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Video: Drone3 Smith Machine Explanation Video. This video provides a detailed explanation of the dual-pulley cable system, demonstrating how to adjust the resistance ratio (2:1 or 1:1) and pulley height for different exercises.

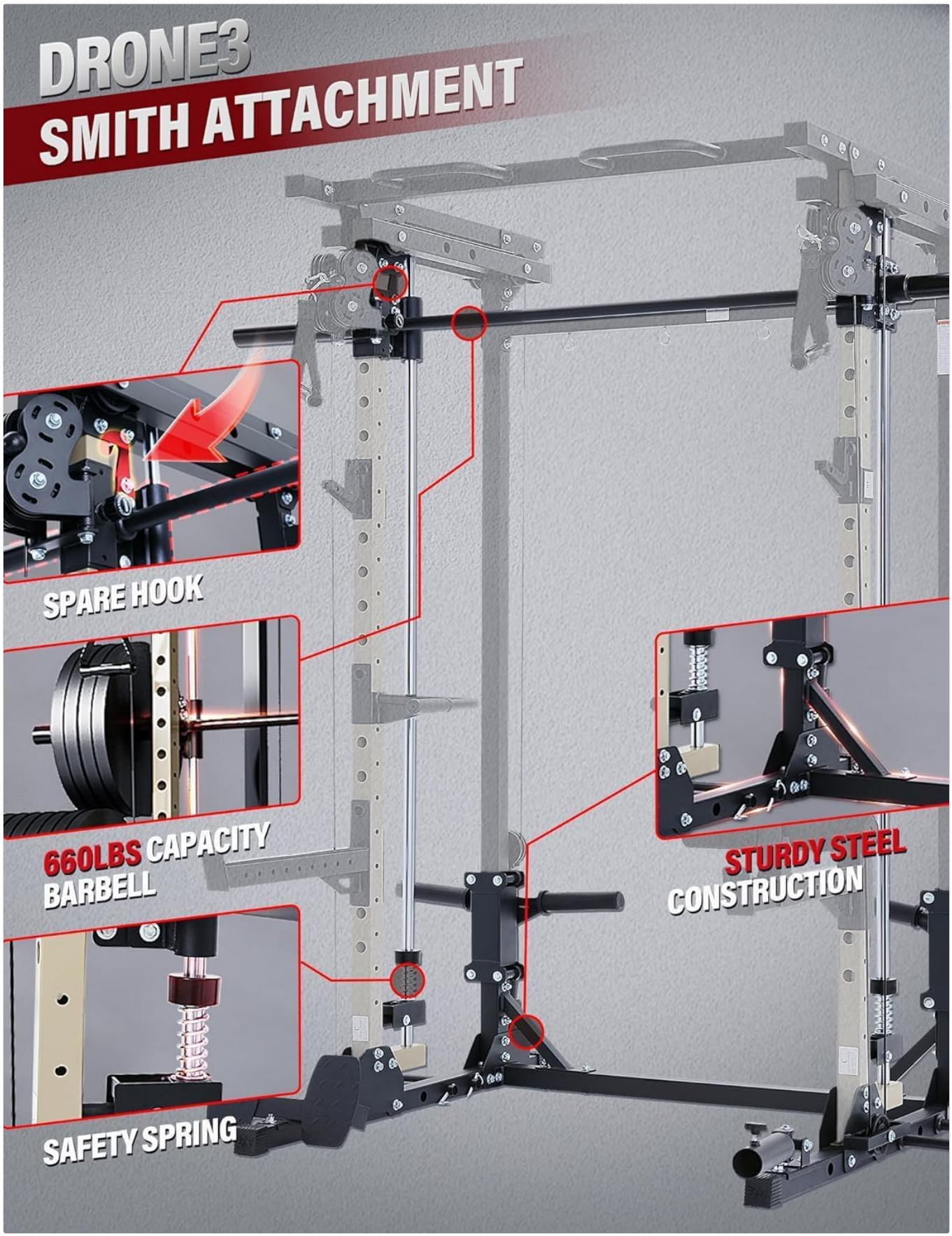


Image: A user performing cable crossover exercises, illustrating the versatility and range of motion provided by the dual-pulley system.

4.4. Precision-Engineered Smith System

The Smith machine features linear bearings for smooth bar movement and a professional spring protection system for safety. With 19 height settings spaced at 3.11 inches, you can easily find the perfect position for every exercise. The Smith bar has a dynamic load capacity of 400 lbs.

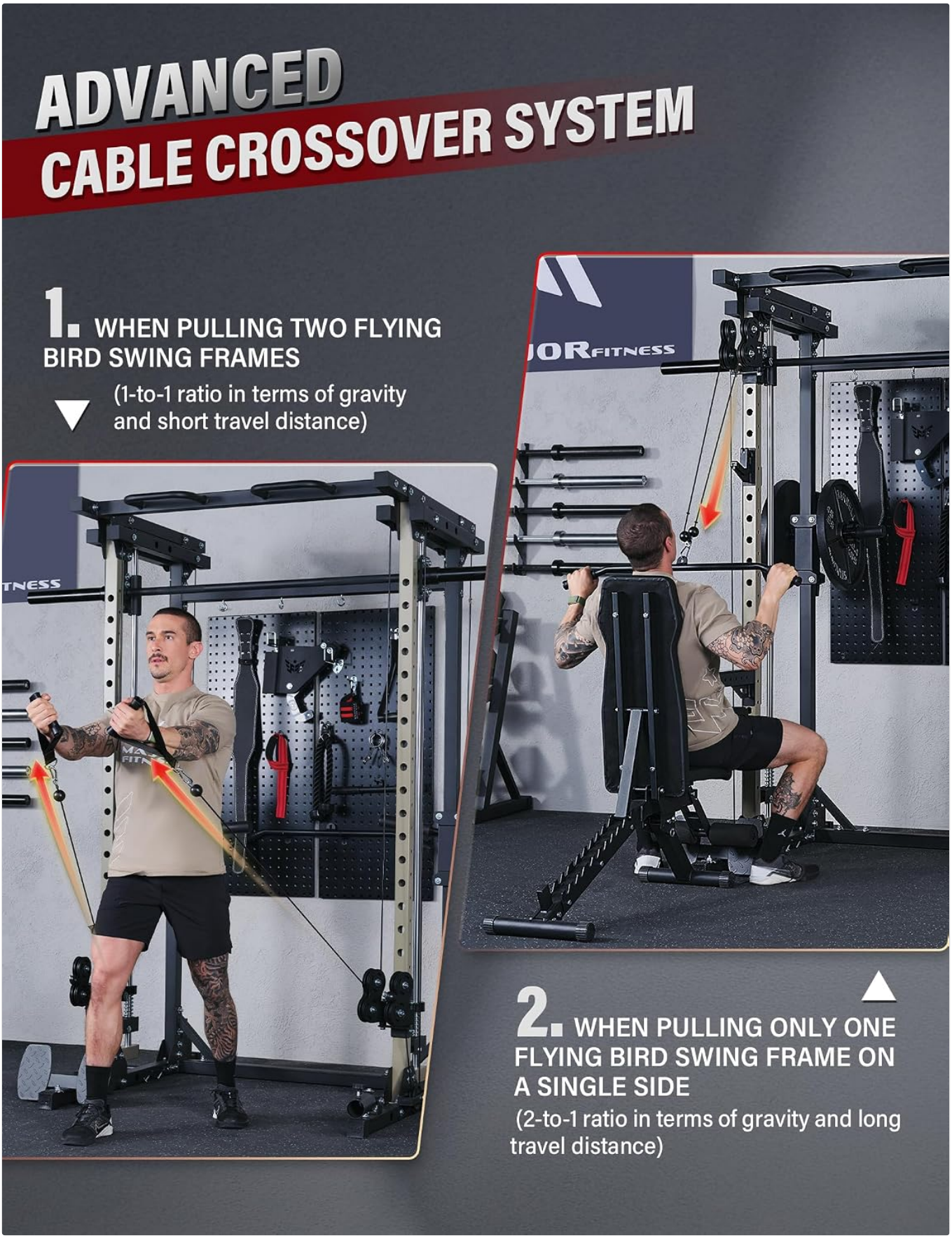


Image: A close-up view of the Smith machine's linear bearings and spring protection system, ensuring smooth and safe bar movement during exercises.

4.5. Integrated Accessories

Your Drone3 Smith Machine comes fully equipped with a variety of accessories to unlock endless workout possibilities:

- **J-Hooks:** Can easily hold up to 1000 lbs, providing total confidence during heavy lifts.
- **Dip Attachments:** Built to support 400 lbs for effective chest and triceps workouts.
- **360° Landmine Attachment:** For versatile rotational exercises.
- **Pull-Up Bars:** High and low pull-up bars, and a chest pull-up bar for varied grip positions.
- **Leg Holder:** Adjustable leg holder with a 9-position pin lock system for lat pulldowns and other exercises.
- **Weight Plate Holders:** 4 integrated holders to keep your gear organized.
- **Storage Hooks:** 12 storage hooks for various attachments.
- **Resistance Band Pegs:** Adjustable system to customize your training.



Image: An array of accessories such as J-hooks, a 360° landmine attachment, and weight plate holders, enhancing the machine's versatility.

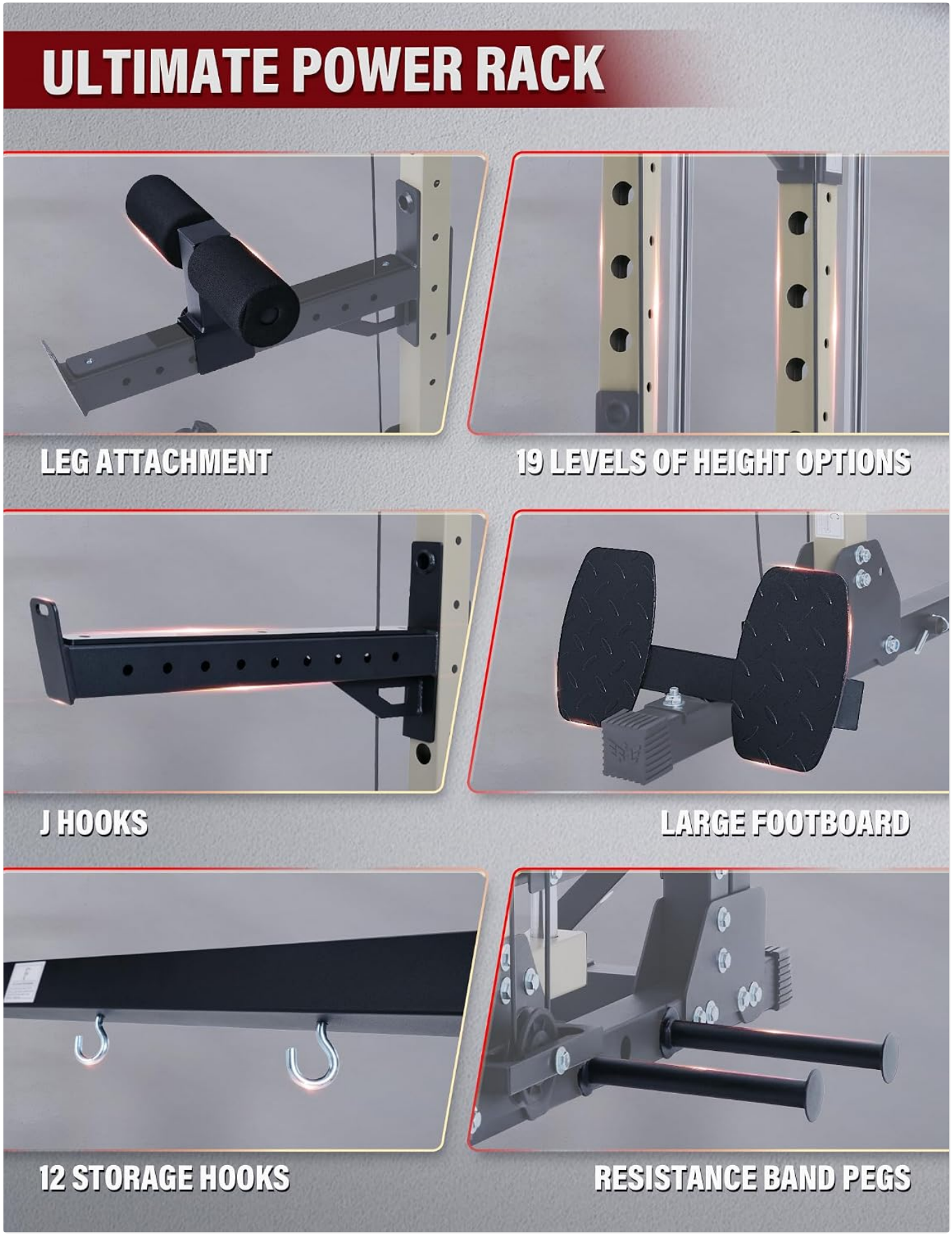


Image: Additional accessories including the leg attachment, 19 levels of height options for the Smith bar, and resistance band pegs.

5. Operating Instructions

5.1. Using the Smith Machine

To use the Smith machine, adjust the bar to your desired starting height by rotating and sliding it into one of the 19 available settings. Always ensure the safety catches are engaged before loading weights and beginning your exercise. For squats, position yourself centrally under the bar.



Image: A user performing squats on the Smith machine, demonstrating the stable and guided movement for lower body exercises.

5.2. Cable System Operation

The dual-pulley system allows for flexible resistance. For a 2:1 resistance ratio (lighter, more flexible movement), attach your handle to a single cable. For a 1:1 resistance ratio (heavier, more explosive power), attach your handle to both cables. Adjust the pulley height using the pin lock system to one of the 21 settings to suit your exercise.



Image: A user performing cable flyes, showcasing the smooth operation and adjustable nature of the cable system for chest workouts.

5.3. Pull-Up Bar Usage

Utilize the high and low pull-up bars for various grip positions (wide, narrow, neutral) to target different muscle groups in your back and arms.

5.4. Landmine Attachment

Insert one end of a standard barbell into the 360° landmine attachment. This allows for a variety of rotational and pressing exercises, such as T-bar rows and landmine presses.

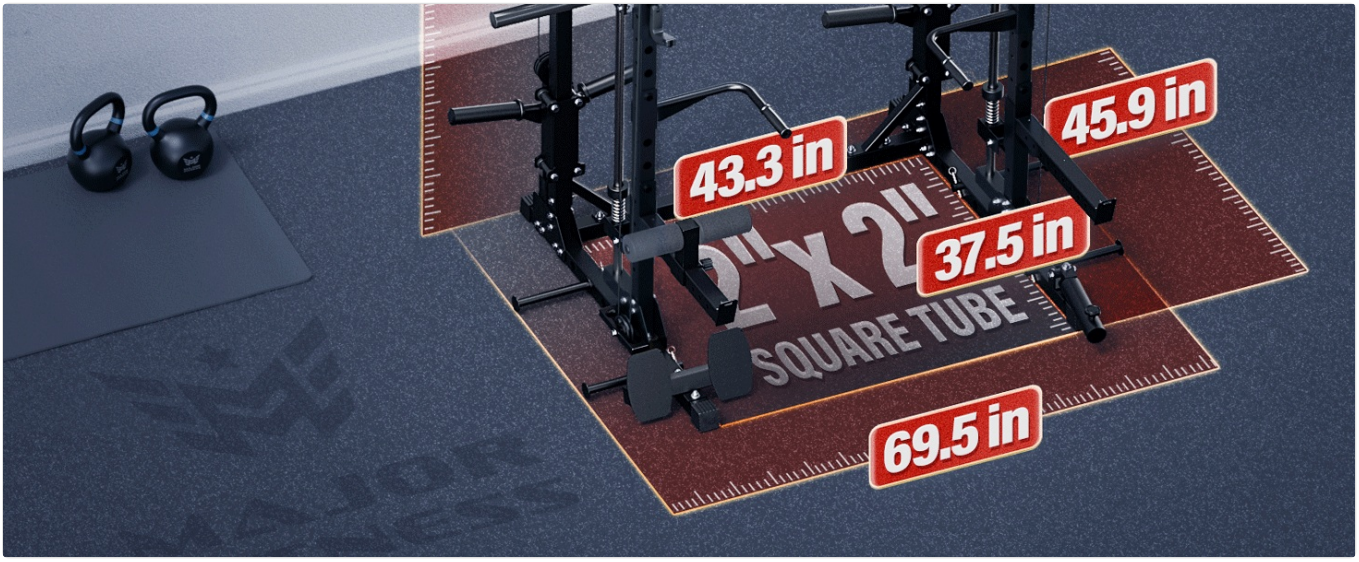


Image: A user demonstrating a landmine T-bar row, highlighting the versatility of the 360° landmine attachment for back exercises.

5.5. Dip Attachments

Securely attach the dip bars to the uprights at a comfortable height. Ensure they are firmly locked in place before performing dips for chest and triceps development.



Image: A user performing chest dips using the dip attachments, showcasing a bodyweight exercise option.

6. Maintenance

Regular maintenance ensures the longevity and safe operation of your Drone3 Smith Machine:

- **Check Fasteners:** Periodically inspect all bolts, nuts, and screws for tightness. Tighten any loose fasteners to maintain structural integrity.
- **Clean Equipment:** Wipe down the frame and moving parts with a damp cloth after each use. Avoid using abrasive cleaners or solvents that could damage the finish.
- **Lubrication:** Apply a silicone-based lubricant to the linear bearings of the Smith bar and the pulley system components as needed to ensure smooth operation.
- **Cable Inspection:** Regularly check all cables for signs of fraying, kinks, or wear. If any damage is observed, discontinue use immediately and replace the affected cables.
- **Component Wear:** Inspect all attachments and accessories for signs of wear or damage. Replace worn components to maintain safety and performance.

7. Troubleshooting

7.1. Noise During Smith Bar Movement

The plastic rollers on the Smith bar are designed for smooth sliding while compacting the overall footprint. However, they may generate more noise during movement compared to traditional steel guide rods. This is a characteristic of the design. Ensure the linear bearings are clean and adequately lubricated.

7.2. Instability or Wobbling

If the machine feels unstable, check all assembly bolts and nuts to ensure they are fully tightened. Verify that the machine is placed on a level and stable surface. The reinforced frame with triangular supports is designed for maximum stability, so any wobbling indicates a need for inspection.

8. Product Specifications

Brand	MAJOR FITNESS
Model	D3SMS
Material	Alloy Steel
Weight Capacity (Static)	2500 lbs
Weight Capacity (Smith Bar Dynamic)	400 lbs
Weight Capacity (J-Hooks)	1000 lbs
Weight Capacity (Cable System Dynamic)	400 lbs
Weight Capacity (Dip Bar)	400 lbs
Upright Size	2x2 inches, 12-gauge steel

Smith Bar Height Settings	19 (16-72 inches from ground)
Cable Pulley Height Settings	21 (11-73 inches from ground)
Footprint (W x D)	43 inches x 37.5 inches
Height	85 inches
UPC	810178124442

9. Warranty and Support

9.1. Warranty Information

The MAJOR FITNESS Drone3 Smith Machine comes with a 1-year warranty. If any component of your Drone3 power rack needs replacement within the first year, MAJOR FITNESS is available to provide assistance to keep your equipment performing reliably.

9.2. Customer Support

For further assistance, technical support, or to inquire about replacement parts, please visit the officialMAJOR FITNESS Store on Amazon or contact our customer service team. Our mission is to create innovative, user-friendly home fitness equipment for enthusiasts, and we are here to support your fitness journey.

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