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> Hipicute Smith Machine Home Gym Instruction Manual, Model ikAShmn7pzMMoSaeob1dQAjuAA7Z

## Hipicute ikAShmn7pzMMoSaeob1dQAjuAA7Z

# Hipicute Smith Machine Home Gym Instruction Manual

Model: ikAShmn7pzMMoSaeob1dQAjuAA7Z

## 1. INTRODUCTION AND SAFETY INFORMATION

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This manual provides essential instructions for the safe assembly, operation, and maintenance of your Hipicute Smith Machine Home Gym. Please read this manual thoroughly before use and retain it for future reference. Proper use and maintenance are crucial for your safety and the longevity of the equipment.

### 1.1 Product Overview

The Hipicute Smith Machine Home Gym is a multi-functional workout station designed for comprehensive strength training. It integrates a squat rack, cable machine, power rack, butterfly clip chest arms, and a pull-up station, offering a wide range of exercises for various muscle groups.



Image 1.1: Overview of the Hipicute Smith Machine Home Gym with included accessories.

## 1.2 Safety Guidelines

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure all bolts, nuts, and connections are securely tightened before each use. Regularly inspect the equipment for wear or damage.
- Use the safety limiters and safety arms provided, especially during heavy lifts or when exercising alone.
- Maintain a clear area around the equipment to prevent accidents.
- Do not exceed the maximum weight capacity of 2,000 lbs.
- Children and pets must be kept away from the equipment during operation.
- Wear appropriate athletic footwear and clothing.

# SAFETY ASSURANCE



Image 1.2: Illustration of safety limiters for Smith machine exercises.

# SAFETY ASSURANCE

## 2 IN 1 SAFETY ARM

- As a safety guard for ordinary barbells.
- As a base support for the included seat cushion.

Provides safety protection for Smith Barbell

Image 1.3: Detail of the 2-in-1 safety arm, functioning as a safety guard for barbells and a base for the seat cushion.

## 2. PRODUCT COMPONENTS

The Hipicute Smith Machine Home Gym includes the following main components and accessories:

- Smith Machine frame
- Lat bar
- Tricep rope

- Cable bar
- Cable handles (D-handles)
- Weight storage pins (8 total)
- J-hooks
- Removable landmine attachment
- Footplate
- Strap pins (Band pegs)
- Safety bar (Safety limiters)
- Barbell shoulder pad
- Practical seat pad
- Pull-up bar
- Butterfly clip chest arms

# ALL IN ONE FOR ALL



Image 2.1: Labeled diagram of the Smith Machine Home Gym components.

# TRY EVERYTHING



Image 2.2: Included accessories for versatile training.

## 3. SETUP INSTRUCTIONS

The Hipicute Smith Machine Home Gym is shipped in three separate packages. Ensure all packages have arrived before beginning assembly. While detailed step-by-step assembly instructions are typically provided in a separate guide, this section outlines general considerations.

### 3.1 Unpacking and Inspection

- Carefully unpack all components from the three boxes.
- Verify that all parts listed in the packing list (usually found in one of the boxes) are present and undamaged. Contact customer support immediately if any parts are missing or damaged.
- Lay out all components in an organized manner to facilitate assembly.

### **3.2 Assembly Area Preparation**

- Choose a flat, stable surface for assembly and placement of the gym.
- Ensure sufficient space around the assembled unit for safe operation and movement. The assembled dimensions are approximately 61.81"D x 70.87"W x 85.83"H.



Image 3.1: Assembled dimensions and shipping information.

### 3.3 General Assembly Tips

- Follow the step-by-step instructions provided in the dedicated assembly manual.
- Do not fully tighten all bolts until instructed, as some flexibility may be needed during later steps.
- It is recommended to have at least two people for assembly due to the size and weight of some components.

## 4. OPERATING INSTRUCTIONS

The Hipicute Smith Machine Home Gym offers a variety of exercises. Familiarize yourself with the machine's functions and adjustments before beginning your workout.

#### **4.1 Smith Machine Operation**

- The Smith bar operates on linear bearings and solid hard chrome-plated steel rails for smooth movement.
- It features 15 adjustable height positions. To adjust, lift the bar slightly, rotate it to disengage from the safety hooks, and slide it to the desired height. Rotate back to engage the hooks.
- Always use the safety limiters to prevent the bar from descending below a safe point during exercises like squats and bench presses.

# SMITH ATTACHMENT

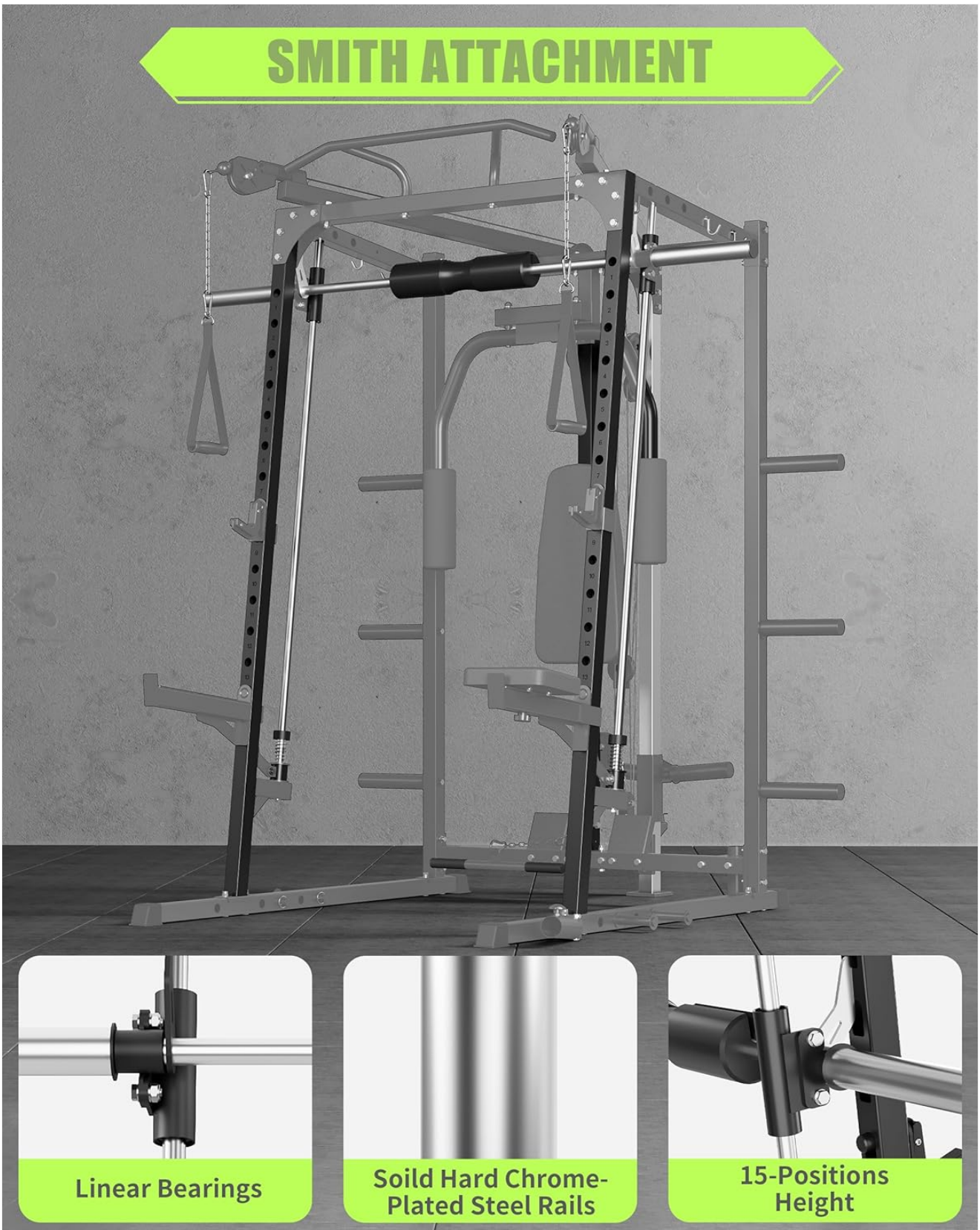
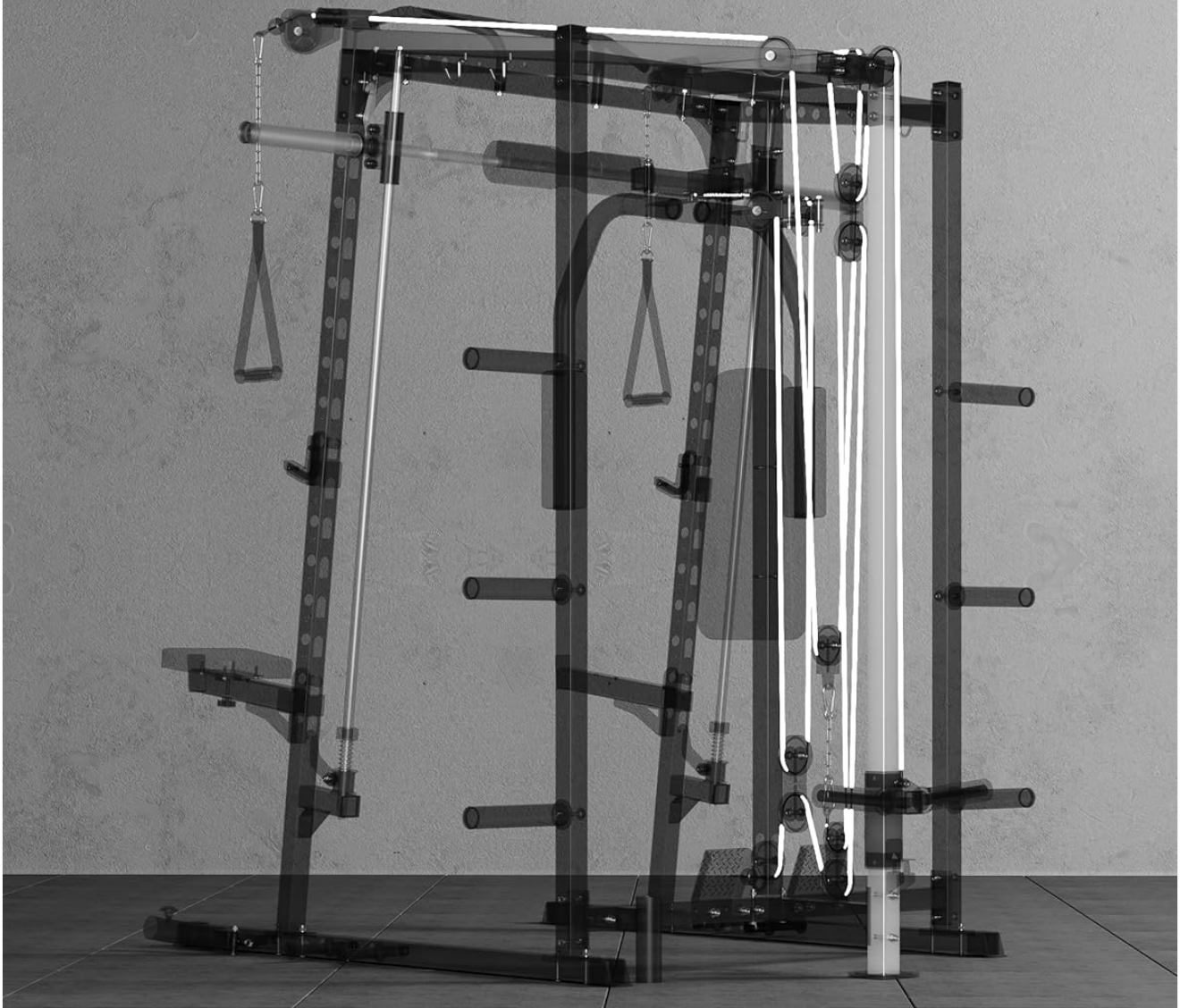


Image 4.1: Details of the Smith machine's smooth operation and adjustable positions.

## 4.2 Cable Machine Operation (Crossover System)

- The cable crossover system utilizes commercial-grade 7-strand cables wrapped in wear- and stretch-resistant PU for durability and smooth performance.
- Attach desired cable handles (lat bar, tricep rope, D-handles, etc.) to the carabiners on the cable ends.
- Adjust the weight plates on the weight stack or load free weights onto the plate-loaded posts, depending on the specific cable system configuration.

# CABLE CROSSOVER SYSTEM



Commercial-grade  
7-strand cable



Wear-and stretch-  
resistant PU



High impact  
resistance

Image 4.2: Features of the cable crossover system.

## 4.3 Example Exercises

This machine supports a wide array of exercises. Here are a few examples:

- **Deep Squat:** Using the Smith bar with safety limiters.
- **Cable Crossover:** Utilizing the dual cable system.
- **Seated Row:** With the low pulley and appropriate attachment.
- **Bench Press:** With the Smith bar and safety limiters, or with a free barbell on J-hooks.

- **Butterfly Press:** Using the integrated butterfly arms.
- **Pull-Up:** Using the multi-grip pull-up bar.
- **LAT Pulldown:** Using the high pulley and lat bar.
- **T-Bar Row:** Using the landmine attachment.



Image 4.3: Examples of exercises possible with the Hipcute Smith Machine Home Gym.

## 5. MAINTENANCE

Regular maintenance ensures the safety and longevity of your Hipicute Smith Machine Home Gym.

- **Daily:** Wipe down the machine with a damp cloth after each use to remove sweat and dust.
- **Weekly:** Inspect all cables, pulleys, and moving parts for signs of wear, fraying, or damage. Ensure smooth operation of the Smith bar and cable system.
- **Monthly:** Check all nuts, bolts, and fasteners for tightness. Re-tighten as necessary. Lubricate moving parts (e.g., Smith bar rails, pulley axles) with a silicone-based lubricant if squeaking or stiffness occurs.
- **Annually:** Perform a thorough inspection of the entire frame for any structural integrity issues. Replace any worn or damaged parts immediately.

Do not use abrasive cleaners or solvents, as these can damage the finish and components.

## 6. TROUBLESHOOTING

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

- **Issue: Smith bar movement is not smooth.**  
**Solution:** Check the linear bearings and steel rails for debris. Clean them thoroughly and apply a light coat of silicone lubricant to the rails.
- **Issue: Cables are stiff or making noise.**  
**Solution:** Inspect cables for fraying or damage. Ensure pulleys are clean and free of obstructions. Lubricate pulley axles if necessary.
- **Issue: Equipment feels unstable or wobbly.**  
**Solution:** Re-check all assembly bolts and nuts to ensure they are fully tightened. Ensure the machine is on a flat, level surface.
- **Issue: Missing or damaged parts upon delivery.**  
**Solution:** Contact Hipicute customer support immediately with your purchase details and a description of the issue.

For issues not covered here, please contact customer support.

## 7. SPECIFICATIONS

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Feature	Detail
Brand	Hipicute
Model Name	ikAShmn7pzMMoSaeob1dQA7Z
Material	Carbon Steel
Color	Black
Product Dimensions (LxWxH)	61.81" x 70.87" x 85.83"
Item Weight	126.1 Pounds

Tension Level (Max Capacity)	2000 lbs
UPC	199108675088
Smith Bar Positions	15 adjustable positions
Included Components	Smith machine, lat bar, tricep rope, cable bar, cable handles, weight storage pins, J-hooks, removable landmine attachment, footplate, strap pins, safety bar, barbell shoulder pad, seat pad

## 8. WARRANTY AND SUPPORT

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### 8.1 Warranty Information

Hipicute offers dedicated after-sales support for this product. For specific warranty terms and conditions, please refer to the documentation included with your purchase or contact Hipicute customer service.

### 8.2 Customer Support

If you have any questions regarding assembly, operation, maintenance, or require assistance with missing/damaged parts, please contact Hipicute customer support. Our professional team is available to assist you.

For further assistance, you may visit the [Hipicute brand store on Amazon](#) or refer to the contact information provided in your product packaging.