MAJOR FITNESS Drone MAX V

Major Fitness Drone MAX V Smith Machine User Manual

Model: Drone MAX V

Introduction

This manual provides detailed instructions for the safe assembly, operation, and maintenance of your Major Fitness Drone MAX V Smith Machine. Please read this manual thoroughly before use to ensure proper function and safety. This all-in-one home gym solution integrates a power rack, Smith machine, dual lat pulldown/low row stations, and a multi-grip pull-up bar into a single unit.

Safety Information

WARNING: Serious injury or death can occur if safety precautions are not followed. Consult a physician before starting any exercise program. Always use a spotter when lifting heavy weights.

- Ensure all bolts and nuts are securely tightened before each use.
- Inspect the equipment for wear and tear, especially cables and pulleys, before each workout.
- Do not exceed the maximum weight capacities: Smith bar 400 lbs dynamic / 750 lbs static, overall rack 2500 lbs.
- Keep children and pets away from the equipment during operation.
- Use the safety catches on the Smith machine at all times.
- Wear appropriate athletic footwear and clothing.
- Perform exercises with controlled movements.
- Maintain a clear space around the machine during use.

Package Contents

The Major Fitness Drone MAX V package includes the following components:

- Power Rack Frame
- Smith Machine Bar
- Dual Lat Pulldown/Low Row Stations
- Multi-Grip Pull-Up Bar
- Integrated Weight Stacks
- Adjustable J-Cups (18 positions)

- Cable System (18 pulley positions)
- Assembly Hardware
- Instruction Manual
- *Note: Additional accessories like an Elite Bench or specific weight plates may be included depending on your purchased package variant.*

Setup and Assembly

Assembly of the Major Fitness Drone MAX V requires careful attention to detail. It is recommended to have at least two people for assembly. A detailed manual and installation video are available from Major Fitness support.

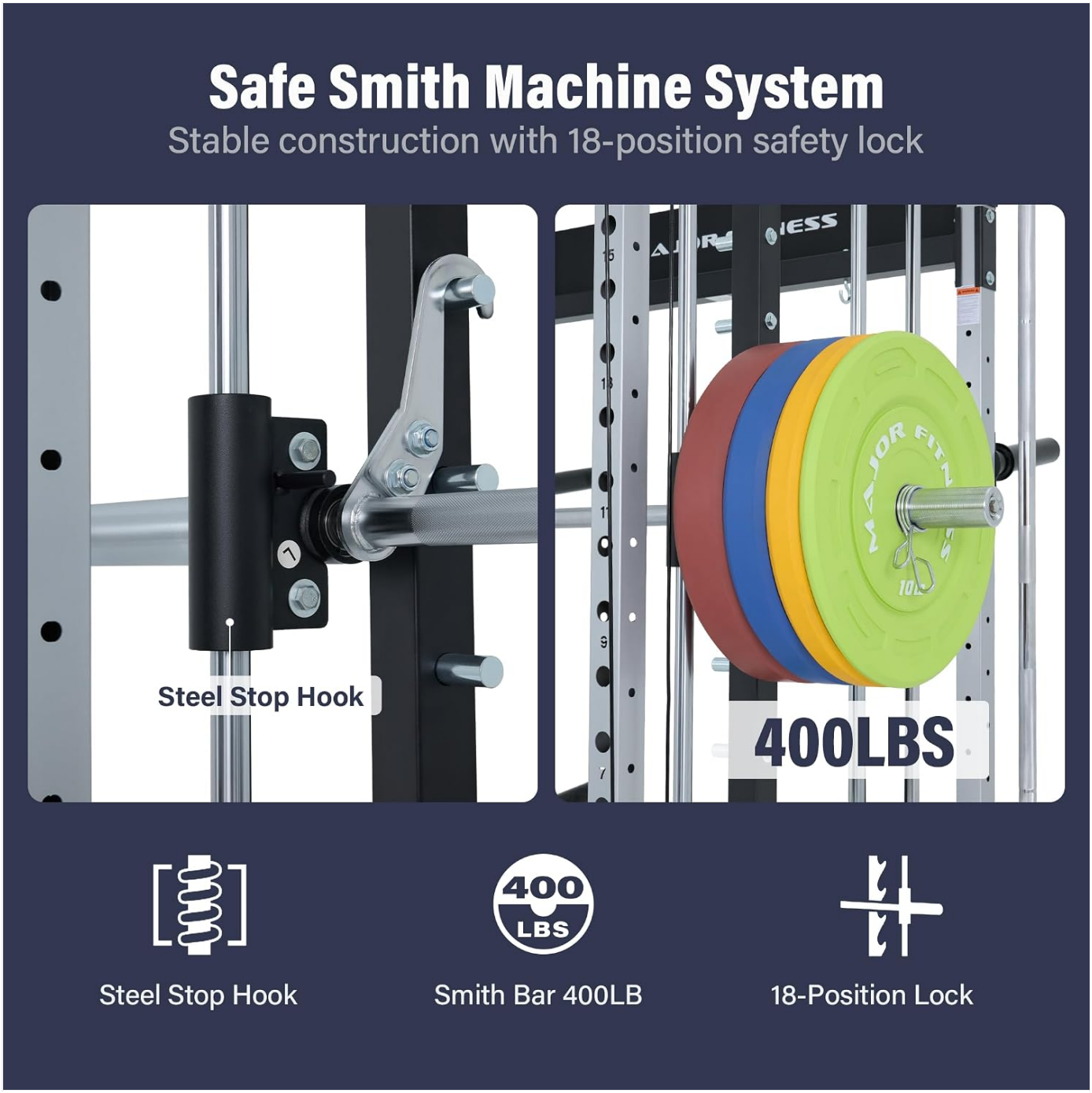
1. **Unpack Components:** Carefully remove all parts from the packaging and verify against the parts list provided in the separate assembly guide.
2. **Prepare Workspace:** Ensure you have a clear, level area for assembly, allowing sufficient space around the unit for future use.
3. **Assemble Base Frame:** Begin by assembling the main base frame components, ensuring all connections are finger-tight before final tightening.
4. **Install Uprights:** Attach the vertical uprights to the base frame.
5. **Mount Crossmembers and Pull-Up Bar:** Secure the top crossmembers and the multi-grip pull-up bar.
6. **Install Smith Machine:** Carefully install the Smith machine bar and its guide rails, ensuring smooth movement.
7. **Set Up Pulley System:** Install the dual-ratio aluminum pulley system, threading the cables according to the assembly diagram. Ensure all pulleys move freely.
8. **Attach Weight Stacks:** Securely attach the weight stacks to the cable system.
9. **Final Tightening:** Once all components are in place, systematically tighten all bolts and nuts using the provided tools.
10. **Functionality Check:** Test all moving parts, including the Smith machine bar, cable system, and adjustment mechanisms, to ensure they operate smoothly and safely.

For visual guidance, refer to the official Major Fitness installation video.

Operating Instructions

The Major Fitness Drone MAX V offers multiple training functions. Familiarize yourself with each component before beginning your workout.

Smith Machine Operation



This image shows the steel stop hook mechanism and weight plates on the Smith machine bar, illustrating its 18-position safety lock system.

1. **Loading Weights:** Place standard Olympic weight plates onto the sleeves of the Smith machine bar.
2. **Adjusting Safety Stops:** Position the adjustable safety stops (J-Cups) to a height that prevents the bar from descending too low during an exercise, providing a safety net. The cage features 18 adjustable J-Cup positions.
3. **Engaging/Disengaging Bar:** To lift the bar, rotate it slightly to disengage it from the safety hooks. To re-rack, lift the bar, rotate it back, and lower it onto the hooks.
4. **Safety:** Always use the safety stops, especially when lifting heavy or training alone.

Dual Lat Pulldown & Low Row System



This image highlights the dual aluminum pulleys and the integrated weight stacks, demonstrating the system's capacity for both 1:1 and 2:1 resistance ratios.

1. **Selecting Ratio:** The system offers both 1:1 and 2:1 pulley ratios. The 1:1 ratio provides true-weight resistance, while the 2:1 ratio allows for lifting heavier with lighter plates, ideal for high-volume training.
2. **Adjusting Pulley Height:** The cable system features 18 pulley positions, allowing you to adjust the height for various exercises such as lat pulldowns, cable crossovers, triceps pushdowns, and bicep curls.
3. **Attaching Accessories:** Use the carabiners to attach various cable accessories (e.g., lat bar, rope, single handles) to the cables.
4. **Weight Selection:** Adjust the pin on the weight stack to select your desired resistance.

Multi-Grip Pull-Up Bar



This image provides a detailed view of the multi-grip pull-up bar, showcasing its various grip options for different exercises.

The integrated multi-grip pull-up bar allows for a variety of upper body exercises, including wide-grip, close-grip, and neutral-grip pull-ups and chin-ups. Ensure the unit is stable before performing exercises.

Maintenance

Regular maintenance ensures the longevity and safe operation of your Major Fitness Drone MAX V.

- **Daily:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust.
- **Weekly:** Inspect all bolts, nuts, and connections for tightness. Tighten any loose fasteners.
- **Monthly:** Check cables and pulleys for signs of fraying, wear, or damage. Lubricate moving parts (e.g., Smith machine guide rods, pulley axles) with a silicone-based lubricant as needed.
- **Annually:** Perform a thorough inspection of the entire unit, including the frame, welds, and all functional components. Replace any worn or damaged parts immediately.

Troubleshooting

Problem	Possible Cause	Solution
Smith machine bar sticks or moves roughly.	Guide rods are dirty or lack lubrication.	Clean guide rods and apply a silicone-based lubricant. Check for any obstructions.
Cables feel rough or make noise.	Pulleys are dirty, misaligned, or cables are worn.	Inspect pulleys for debris and clean. Check cable routing. If cables are frayed, contact support for replacement.
Unit feels unstable or wobbles.	Loose bolts or uneven floor.	Check and tighten all assembly bolts. Ensure the unit is on a level surface; use shims if necessary.
Weight stack pin does not insert smoothly.	Pin or weight plates are misaligned.	Gently wiggle the weight plates to align the holes. Ensure the pin is not bent.

Specifications



This image displays the overall dimensions of the Drone MAX V, including width, depth, and height.

- **Model Name:** Drone MAX V
- **Brand:** MAJOR FITNESS
- **Material:** Alloy Steel (14-gauge, 2"x2" steel frame)
- **Color:** BLACK
- **Overall Dimensions (W x D x H):** Approximately 78.1" x 60.4" x 85.6"
- **Maximum Rack Capacity:** 2500 lbs
- **Smith Bar Dynamic Load:** 400 lbs
- **Smith Bar Static Load:** 750 lbs
- **Pulley System:** Dual-Ratio (1:1 & 2:1), Aluminum Pulleys
- **Adjustable J-Cup Positions:** 18
- **Adjustable Cable Pulley Positions:** 18
- **Included Components:** Power rack, Smith machine, Lat pulldown, Low row, Multi-grip pull-up bar, Weight stacks.
- **UPC:** 810178127399

Warranty and Support

Your Major Fitness Drone MAX V comes with a **1-Year Warranty** as specified by the manufacturer. Major Fitness also provides reliable lifetime after-sales support.
For any questions, technical assistance, or warranty claims, please contact Major Fitness customer service. Refer to your purchase documentation for specific contact details or visit the official Major Fitness website.
Customer Service: Available 24/7 for support.
Online Resources: Detailed manuals and installation videos are available to assist with setup and operation.

Important Notes

- Always consult a fitness professional for guidance on proper exercise techniques.
- Keep this manual for future reference.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

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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