MAJOR FITNESS D3SMS-BK

MAJOR FITNESS Drone3 Smith Machine User Manual

Model: D3SMS-BK

Brand: MAJOR FITNESS

1. Setup and Assembly

This section provides detailed instructions for assembling your MAJOR FITNESS Drone3 Smith Machine. Ensure all components are present before beginning assembly.

1.1 Tools Required

- Electric screwdrivers
- Hexagon wrench sets
- Wrench sets and adjustable wrenches
- Rubber Hammer
- Lubricant

1.2 Important Notes for Assembly

- Hand-tighten all bolts and nuts during assembly. Fully tighten all hardware only after the entire unit has been completely assembled.
- Regularly check if the screws are loose, and if they are, tighten them quickly to ensure safety and stability.
- When installing the rear riser, pay attention to the large circular hole above the rear riser (D) and install it with the side of the large circular hole facing backwards.
- Pay attention to the left/right orientation when installing reinforcement tubes (U1 and U2). U1 is for the left side, U2 for the right side.
- When installing upper pulley fixing tubes (H1, H2, I1, I2), note that parts H1 and I1 differ in length from H2 and I2. Install the longer ones (I1-I2) on the inside and the shorter ones (H1-H2) on the outside.
- Pay attention to the direction of the fixing plate during installation of the barbell bar lifting sleeve (Q), and install the fixing plates on the guide pillar (X) parts on both sides facing outward.
- When installing the barbell bar rotating sleeve (R), the long end of the one-way should face inward and the short end should face outward.
- Bolts vary in length; ensure the correct bolt is used for each step as indicated in the detailed assembly diagrams.

1.3 Assembly Overview

The following video provides a comprehensive guide to the assembly process for the Drone3 Smith Machine. Follow each step carefully.

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Video: MAJOR FITNESS Drone3 Smith Machine Installation Guide. This video demonstrates the step-by-step assembly of the smith machine, including component identification and fastening procedures.

1.4 Key Components and Dimensions



Image: Overall dimensions of the MAJOR FITNESS Drone3 Smith Machine. The footprint is 78.1"W x 45.9"D x 85.3"H, optimizing space while providing a full-body workout station.

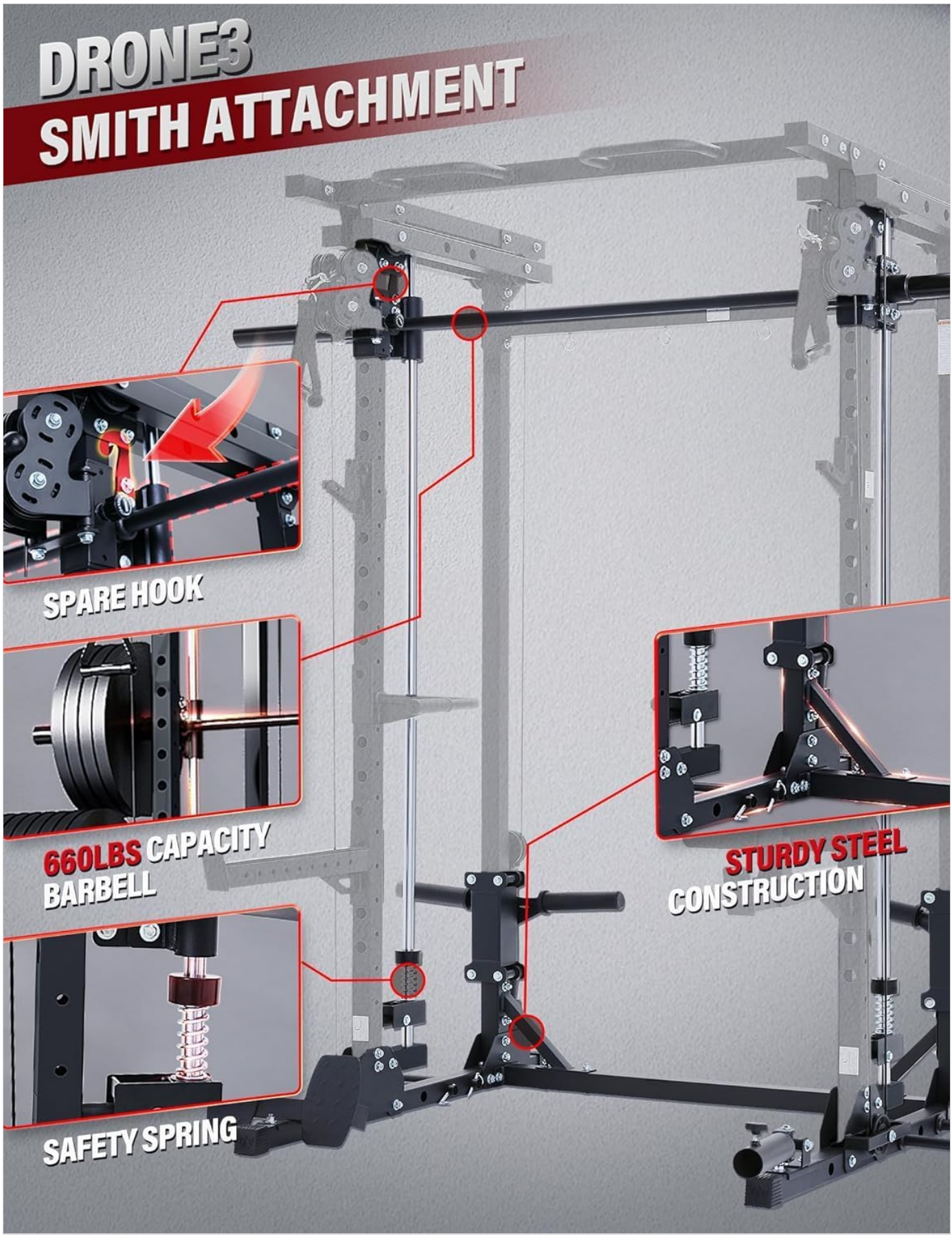


Image: Detailed view of the Drone3 Smith Attachment, highlighting the spare hook, 660lbs capacity barbell, sturdy steel construction, and safety spring mechanism.

2. Operating Instructions

The MAJOR FITNESS Drone3 Smith Machine is a versatile all-in-one home gym designed for a wide range of exercises. This section details how to operate its various features.

2.1 Cable Crossover System

The advanced dual-pulley system offers two distinct gravity ratios for customized training:

- **2:1 Gravity Ratio:** Achieved by pulling a single flying bird swing frame, providing flexibility and refined weight adjustment for controlled resistance.
- **1:1 Gravity Ratio:** Achieved by pulling two flying bird swing frames, boosting explosive power with increased resistance.

The pulley system offers 21 adjustable height settings, ranging from 11 to 73 inches, ensuring adaptability for various exercises and user heights. Adjusting between modes is simple by changing the number of cables in use.

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Video: Demonstration of the pulley ratio adjustment on the Drone3 Smith Machine. This video illustrates how to switch between 2:1 and 1:1 pulley ratios for different training needs.

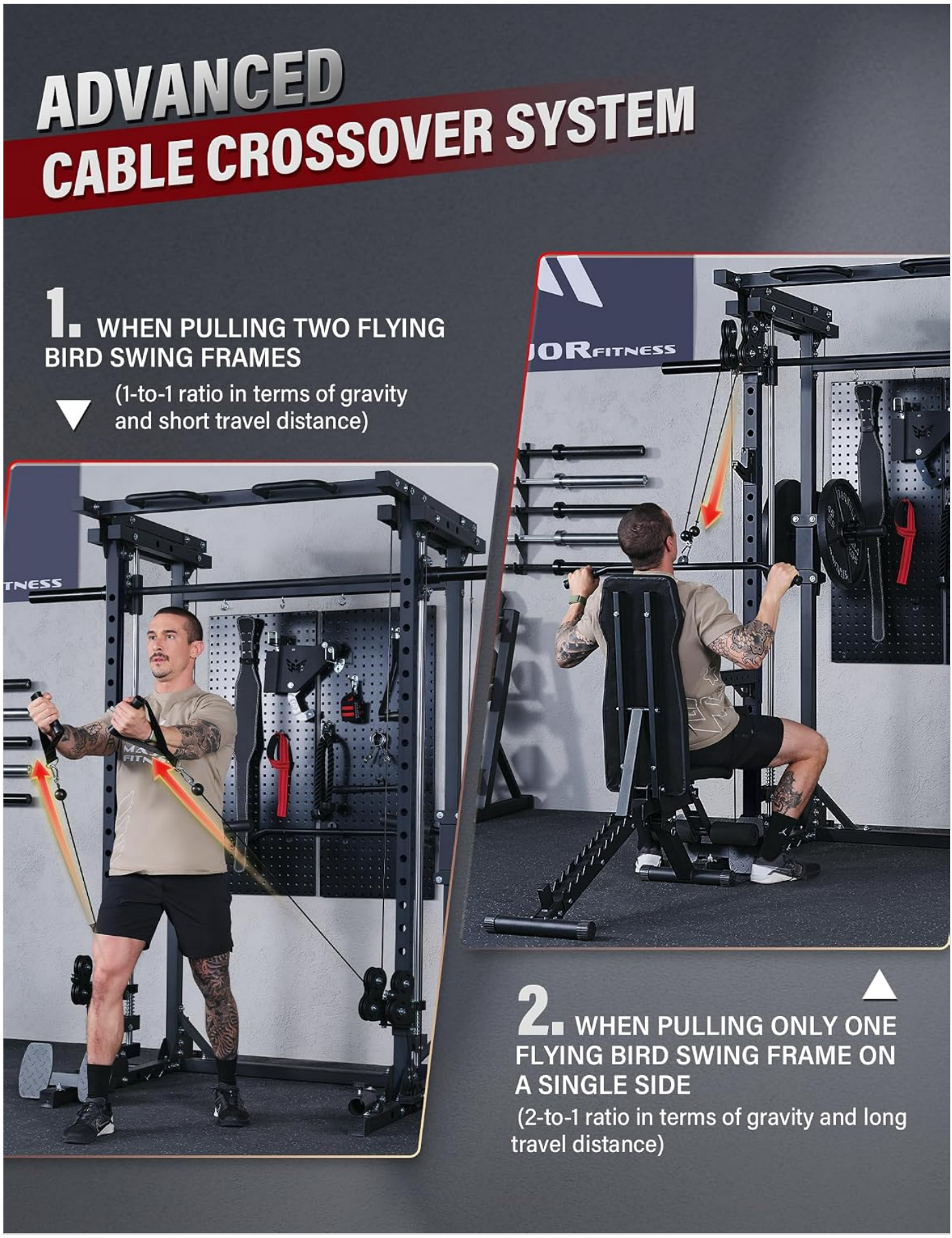


Image: Visual guide to the Advanced Cable Crossover System, showing the difference between pulling one or two flying bird swing frames for varied resistance.

2.2 Smith Machine Operation

The Smith machine features linear bearings for smooth bar movement and a professional spring protection system for safety. The dynamic load capacity of the Smith bar is 400 lbs. When not in use, the Smith bar can be hooked into the top

storage hook to keep your workout space clear.

2.3 Integrated Attachments

The Drone3 Smith Machine includes several integrated attachments for a comprehensive workout:

- **Pull-Up Bars:** Wide and narrow grip options for various pull-up exercises.
- **J-Hooks:** Can hold up to 1000 lbs, providing total confidence during heavy lifts.
- **360° Landmine Attachment:** For versatile landmine exercises.
- **4 Weight Plate Holders:** For organized storage of weight plates.
- **Dip Attachments:** Supports up to 400 lbs for dip exercises.
- **Leg Attachment:** An adjustable leg holder that can be placed in 9 positions on the safety arms using a pin lock system, making it versatile for various leg exercises.
- **Large Footboard:** Provides stability for seated exercises.
- **12 Storage Hooks:** For organizing accessories.
- **Resistance Band Pegs:** Adjustable system to customize your training with resistance bands.



Image: Overview of the Ultimate Power Rack features, including wide & narrow pull-up bar, adjustable dual pulleys, J-hooks, 360° landmine attachment, 4 weight plate holders, and dip attachments.



Image: Further features of the Power Rack, showing the leg attachment, 19 levels of height options, large footboard, 12 storage hooks, and resistance band pegs.

2.4 Exercise Examples

The Drone3 Smith Machine supports a variety of full-body power training exercises:

- Seated Shoulder Press
- Bench Press
- Pull-Up
- Cable Crossover
- Lats Pull
- Chest Dips



Image: Examples of full-body power training exercises that can be performed using the Drone3 Smith Machine, including seated shoulder press, bench press, pull-up, cable crossover, lats pull, and chest dips.

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Video: Product overview and exercise demonstration for the MAJOR FITNESS Drone3 Smith Machine. This video showcases various exercises and features of the machine.

3. Maintenance

Proper maintenance ensures the longevity and safe operation of your MAJOR FITNESS Drone3 Smith Machine.

3.1 Regular Checks

- **Bolts and Nuts:** Regularly inspect all bolts and nuts. If any are loose, tighten them immediately to maintain structural integrity and prevent accidents.
- **Cables and Pulleys:** Check cables for fraying or wear and pulleys for smooth operation. Replace any damaged components promptly.
- **Moving Parts:** Ensure all moving parts, especially the linear bearings of the Smith bar, operate smoothly.

3.2 Lubrication

Apply lubricant to the guide rods of the Smith machine and any other moving parts as needed to ensure smooth and quiet operation.

3.3 Cleaning

Wipe down the machine regularly with a damp cloth to remove sweat and dust. Avoid using abrasive cleaners that could damage the finish.

4. Troubleshooting

This section addresses common issues you might encounter with your Drone3 Smith Machine.

4.1 Noise During Smith Bar Movement

The innovative design of the Smith machine integrates the weight stack with plastic rollers on the rear uprights to save space and reduce costs. While this maintains a smooth sliding experience, it may generate more noise during movement compared to traditional steel rods. Frequent users might need some time to adapt to this characteristic.

4.2 General Issues

- **Loose Components:** If any part feels wobbly or loose, refer to the assembly instructions and tighten all bolts and nuts.
- **Sticking Cables:** Check for any obstructions in the pulley system or fraying cables. Ensure cables are properly routed and lubricated.

5. Specifications

Feature	Detail
Brand	MAJOR FITNESS
Model	D3SMS-BK
Material	Alloy Steel (2x2-inch commercial-grade steel uprights, 12-gauge steel tubing)

Overall Dimensions (W x D x H)	78.1" x 45.9" x 85.3"
Total Weight Capacity	2500 lbs
Smith Bar Dynamic Load Capacity	400 lbs
J-Hook Capacity	1000 lbs
Cable System Dynamic Resistance	400 lbs
Dip Bar Capacity	400 lbs
Pulley Height Settings	21 adjustable settings (11 to 73 inches)
Front Upright Holes	19 holes (16 to 72 inches)
Color	Black
UPC	810178124435

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Video: Detailed feature overview and specifications of the MAJOR FITNESS Drone3 Smith Machine. This video highlights the robust construction, load capacities, and adjustable features.

6. Warranty and Support

6.1 Reliable Assurance

MAJOR FITNESS is committed to providing innovative, user-friendly home fitness equipment. If any component of your Drone3 Smith Machine requires replacement within the first year of purchase, assistance is available to ensure your equipment performs reliably.

6.2 Customer Support

For any questions, concerns, or assistance with your product, please contact MAJOR FITNESS customer support through the retailer's platform or the official MAJOR FITNESS website.

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.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

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