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Super Alphago

Super Alphago JL006 Multi Functional Smith Machine



Product Information

Specifications

- Product Name: Multi-Functional Smith Machine JL006
- Maximum Training Load: 120kg (limited to 100kg body use)
- Assembly Recommendation: Two or more people

SAFETY PRECAUTIONS




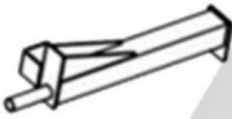

WARNING: Read all instructions before using this machine. To ensure your safety, read the following precautions before using this product.






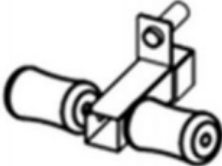



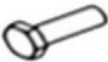













1. Please read Safety Precautions before using it. Study and understand the instructions and all warning labels are necessary. (It is recommended to be familiar with the normal operation and use of the device before using this product. Relevant information is available in the specification and local retailers.)
2. Please keep this specification, and ensure that all warning labels are clear and complete.

3. This product recommends that more than two people install.
4. Please consult your doctor for advice if it is for rehabilitation training.
5. Before you start exercising. Please ensure you keep children away from this product.
6. Please check all cables regularly. And do not use if there is any wear and tear, as it may cause a certain risk to you.
7. Please maintain the extensibility of your hands, limbs, and clothes, so that you can safely use this product.
8. Please pay attention to any possible signs of machinery, including wear and tear of parts, loosening of hardware and welding cracks. If any of the above signs are found, stop using this device immediately and contact our after-sales service department.
9. You can use the internal hexagonal wrench to complete the assembly.
10. Maximum training load of this instrument: 120kg is limited to 100kg body use.
11. The final interpretation of the company is owned by the company, products are subject to change without prior notice.

PART LIST

<p>1. BASE (LEFT & RIGHT)</p>  <p>2 pcs</p>	<p>2. REAR CROSS BASE</p> 	<p>3. REAR BEAM</p> 	<p>4. BACK UPRIGHT (LEFT)</p> 
<p>5. BACK UPRIGHT (RIGHT)</p> 	<p>6. SIDE MIDDLE BEAM (LEFT & RIGHT)</p>  <p>2 pcs</p>	<p>7. MIDDLE UPRIGHT (LEFT)</p> 	<p>8. MIDDLE UPRIGHT (RIGHT)</p> 
<p>9. FRONT STAINLESS UPRIGHT</p>  <p>2 pcs</p>	<p>10. SILVER PEG</p>  <p>20 pcs</p>	<p>11. SIDE TOP BEAM (LEFT & RIGHT)</p>  <p>2 pcs</p>	<p>12. FRONT TOP BEAM</p> 
<p>13 Small protective frame. - Left</p> 	<p>14 Small protective frame. - Right</p> 	<p>15. BARBELL STORAGE</p> 	<p>16. WEIGHT STACK ROD</p>  <p>2 pairs</p>
<p>17. BOTTOM STEEL BOARD</p>  <p>4 pcs</p>	<p>18. UPPER STEEL BOARD</p>  <p>4 pcs</p>	<p>19. PLATE HOLDER INNER SLEEVE</p>  <p>6 pcs</p>	<p>20. WEIGHT STACK PULLEY WHEEL</p>  <p>2 pcs</p>
<p>21. WEIGHT STACK ADJUSTABLE ROD</p>  <p>2 pcs</p>	<p>22. IRON PLATE (HOLE SPACING 90MM)</p>  <p>7 pcs</p>	<p>23. IRON PLATE (HOLE SPACING 110MM)</p>  <p>4 pcs</p>	<p>24. IRON PLATE (HOLE SPACING 160MM)</p>  <p>2 pcs</p>
<p>25. WEIGHT STACK SHIELD</p>  <p>2 pcs</p>	<p>26. SMITH BAR</p> 	<p>27. SMITH SLIDER</p>  <p>2 pcs</p>	<p>28. SMITH CATCH (LEFT)</p> 

<p>29. SMITH CATCH (RIGHT)</p> 	<p>30. PULLEY SLIDER</p>  <p>2 pcs</p>	<p>31. PULLEY SWIVEL</p>  <p>2 pcs</p>	<p>32. Hard pull handle</p> 
<p>33. FOORBOARD</p>  <p>2 pcs</p>	<p>34. FOOTBOARD SHAFT</p> 	<p>35. CHIN UP BAR (LEFT)</p> 	<p>36. CHIN UP BAR (RIGHT)</p> 
<p>37. SAFETY CATCH (LEFT)</p> 	<p>38. SAFETY CATCH (RIGHT)</p> 	<p>39. SMITH BAR SLEEVE</p>  <p>2 pcs</p>	<p>40. LANDMINE SEAT</p> 
<p>41. STRAIGHT BAR</p> 	<p>42. TOP WEIGHT STACK</p>  <p>2 pcs</p>	<p>43. WEIGHT STACK</p>  <p>24 pcs</p>	<p>44. PLASTIC SLEEVE</p>  <p>6 pcs</p>
<p>45. LANDMINE BARBELL HOLDER</p> 	<p>46. PLATE COLLAR</p>  <p>8 pcs</p>	<p>47. SHOCK PAD</p>  <p>6 pcs</p>	<p>48. RUBBER GASKET (BIG)</p>  <p>12 pcs</p>
<p>49. RUBBER GASKET (SMALL)</p>  <p>8 pcs</p>	<p>50. TRIANGULAR SUPPORT</p>  <p>2 pcs</p>	<p>51. DIP BAR (LEFT)</p> 	<p>52. DIP BAR (RIGHT)</p> 
<p>53. WIRE CABLE</p>  <p>2 pcs</p>	<p>54. PULLEY WHEEL (LARGE)</p>  <p>4 pcs</p>	<p>55. PULLEY WHEEL (SMALL)</p>  <p>14 pcs</p>	<p>56. LAT BAR</p> 

57. WEIGHT STACK PLUG  2 pcs	58. CHAIN  3 pcs	59. CARABINER  8 pcs	60. LANDMINE KNOB  2 pcs
61. D-HANDLE  2 pcs		LEG HOLDER  	
70. M10 x 95 mm BOLT  4 pcs	71. M10 x 90 mm BOLT  5 pcs	73. M10 x 75 mm BOLT  10 pcs	74. M10 x 70 mm BOLT  50 pcs
77. M10 x 45 mm BOLT  8 pcs	78. M8 x 16 mm BOLT  8 pcs	79. M10 x 20 mm BOLT  15 pcs	80. M10 x 110 mm BOLT  2 pcs
81. M8 x 80 mm BOLT  8 pcs	83. M10 NUT  80 pcs	84. M8 NUT  16 pcs	85. $\Phi 10$ WASHER  191 pcs
86. $\Phi 8$ WASHER  32 pcs	90. SMITH ROD  2 pcs	91. SMITH ROD SEAT  2 pcs	92. SMITH ROD UPPER COVER  2 pcs
93. IRON PLATE SUPPORT  4 pcs	94.		

ASSEMBLY INSTRUCTION

- Do not tighten the bolts until all installation are completed.

- The gasket shall be placed at both ends of the bolts (against the bolt head and nuts), unless otherwise stated.
- Some spare parts have been pre-assembled.
- It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.
- As the product is constantly updated and reformed, if there is any discrepancy between the manual and the actual material, please refer to the actual material.





FYI: PLEASE ENSURE NOT TO OVER TIGHTEN THE SCREWS UNTIL THE MACHINE IS FULLY ASSEMBLED.

Installation Steps

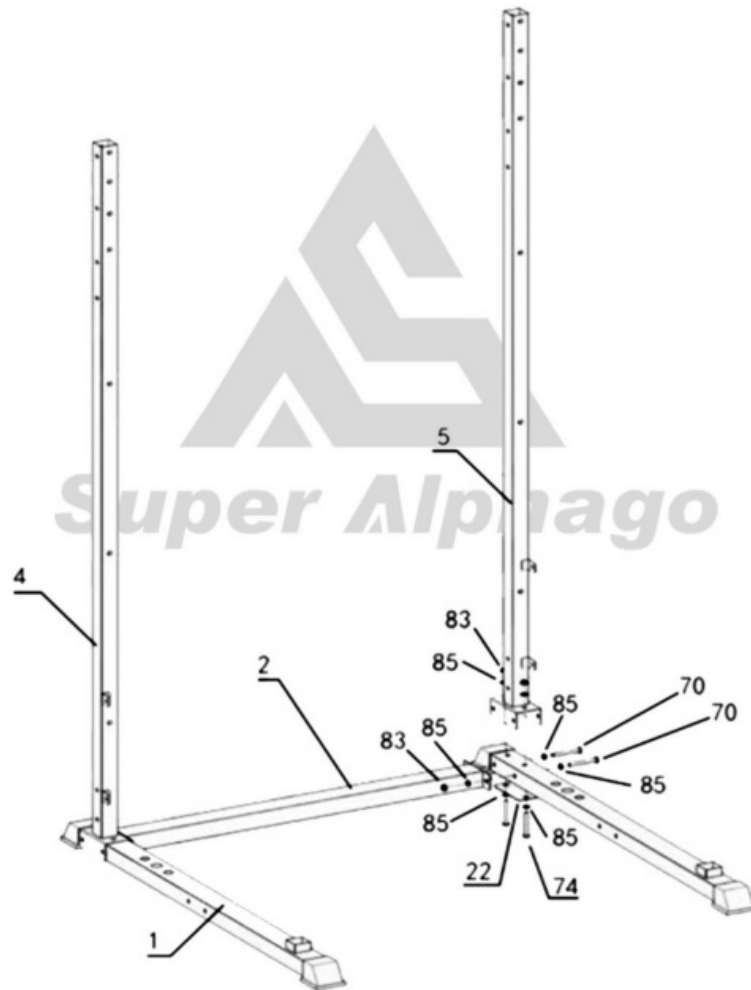
STEP 1

Connect Left & Right Base with Part 2. Then stack Part 4&5 onto both bases. Make sure the L Shape Connector forward and outward.

Screw both corners a bit tighter, but not too tight.

70 M10 X 95  4 pcs	74 M10 X 70  4 pcs	85 Ø10  16 pcs	83 M10  8 pcs	
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NOTE: Except for pre installing the hardware you need

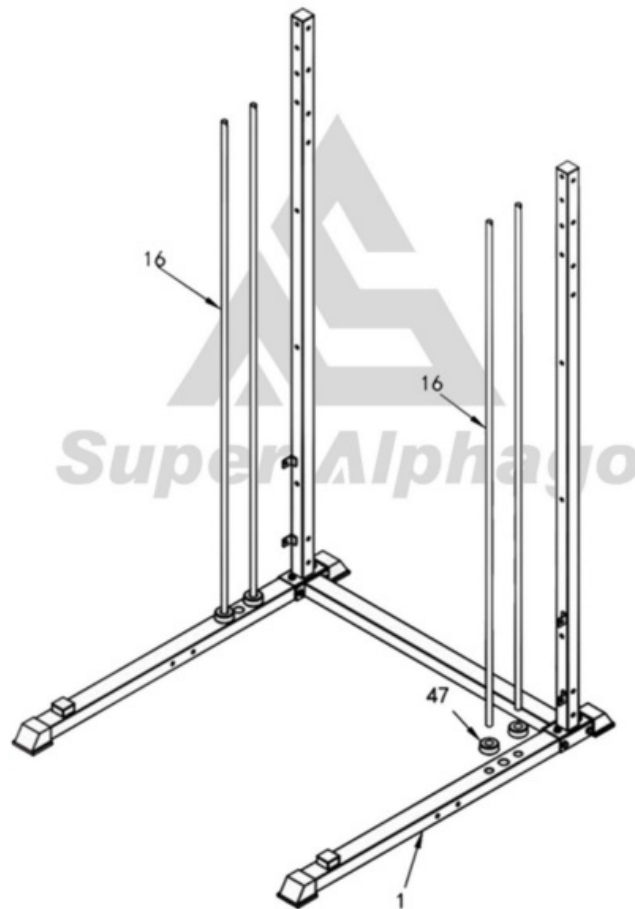


STEP 2

Stack Part 16 onto Both Bases. Then stack Part 47 onto all rods.


47. SHOCK PAD  4 pcs				
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NOTE: Except for pre-installing the hardware you need

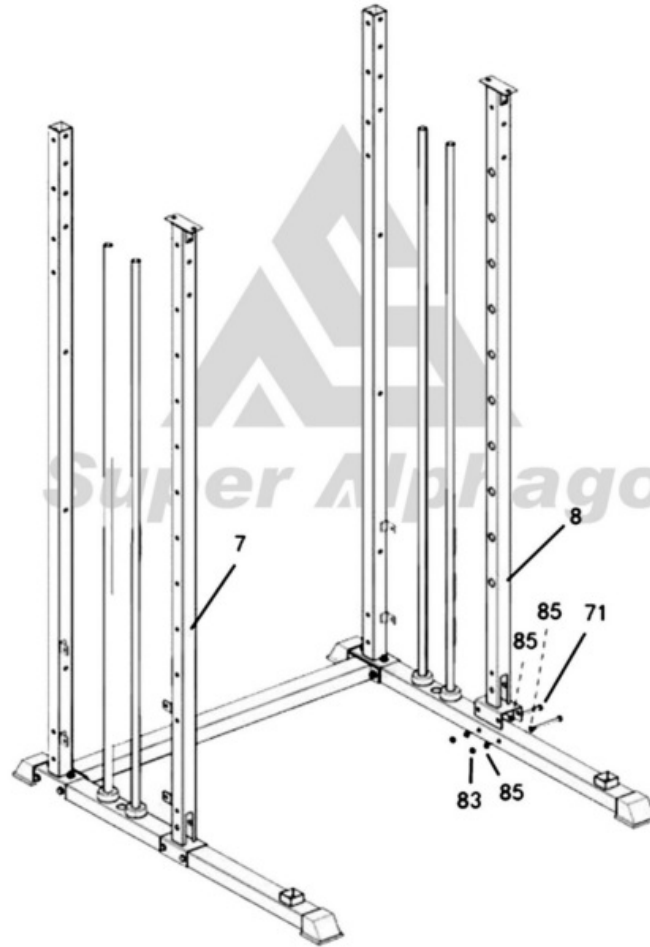


STEP 3

Stack Part 7&8 onto both bases. Make sure the L Shape Connector backward and outward.

71 M10 X 90  4 pcs	85 Ø10  8 pcs	83 M10  4 pcs		
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NOTE: Except for pre-installing the hardware you need



STEP 4

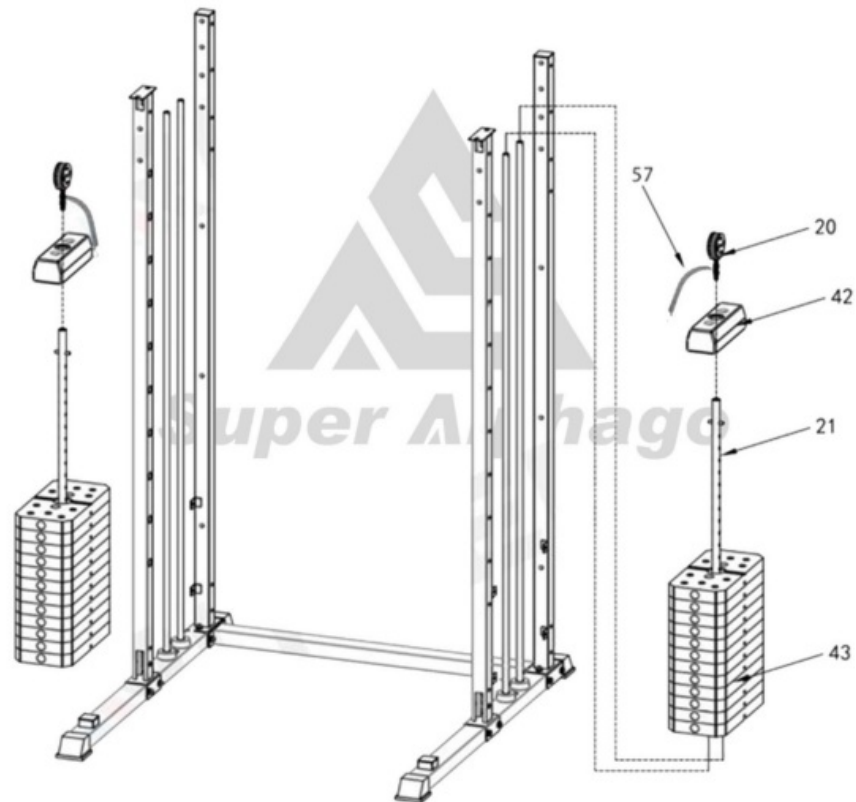
Connect Part 20, 57, 42, 21 in order.

Stack 2 boxes of Weight Stacks onto each side.

Insert the Connection Part into the middle of the Weight Stacks.

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NOTE: Except for pre-installing the hardware you need.

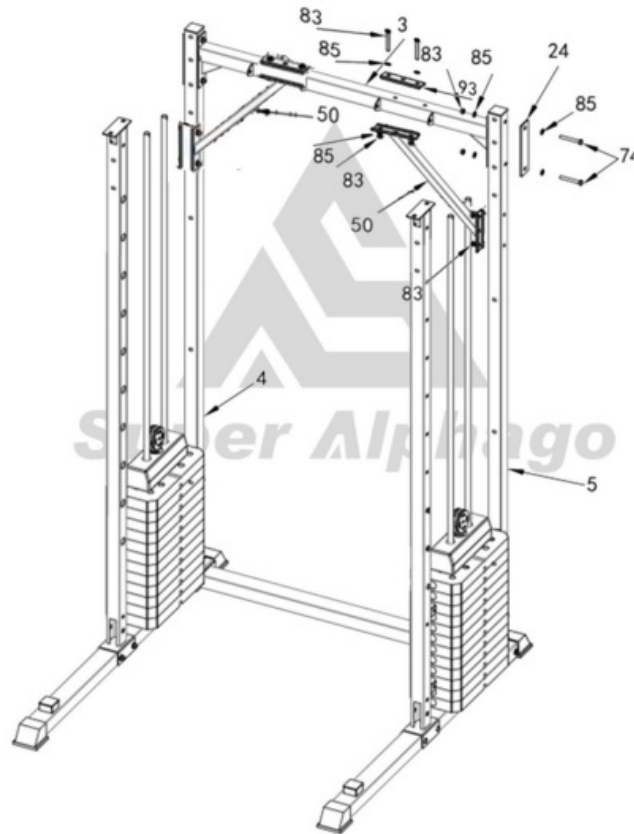


STEP 5

Connect Part 4&5 with Part 3 with same size washers on both sides. Stack Part 50 onto each corner with C Shape Washer on each side.

74 M10 X 70  4PCS	85 Ø10  8PCS	83 M10  4PCS		
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NOTE: Except for pre-installing the hardware you need



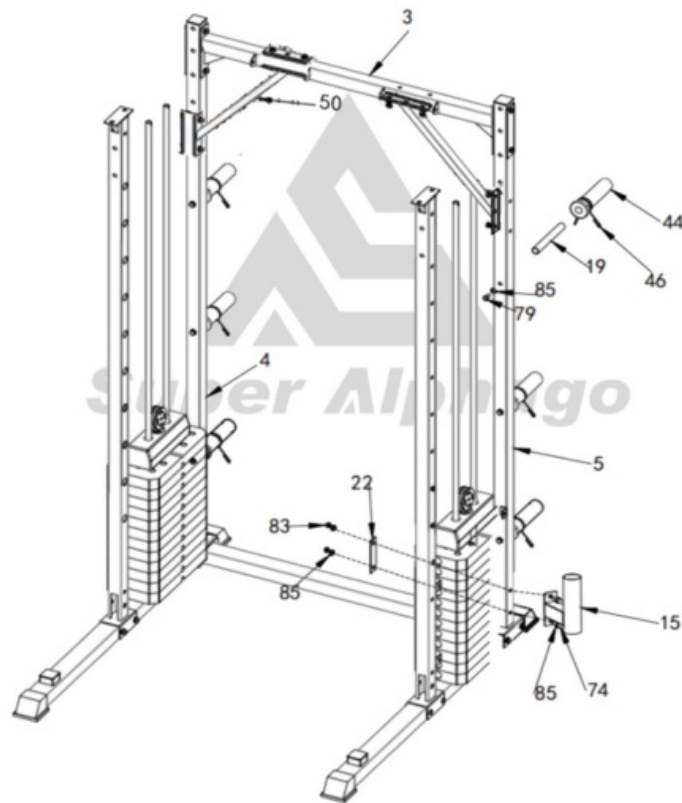
STEP 6

Stack Part 15 on either left side or right side with a same size washer on the other end.

Put Part 19 in first then lock Part 44 with allen key onto Part 19.




74 M10 X 70  2 pcs	79 M10 X 20  6 pcs	83 M10  2 pcs	85 Φ 10  10 pcs	
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NOTE: Except for pre-installing the hardware you need

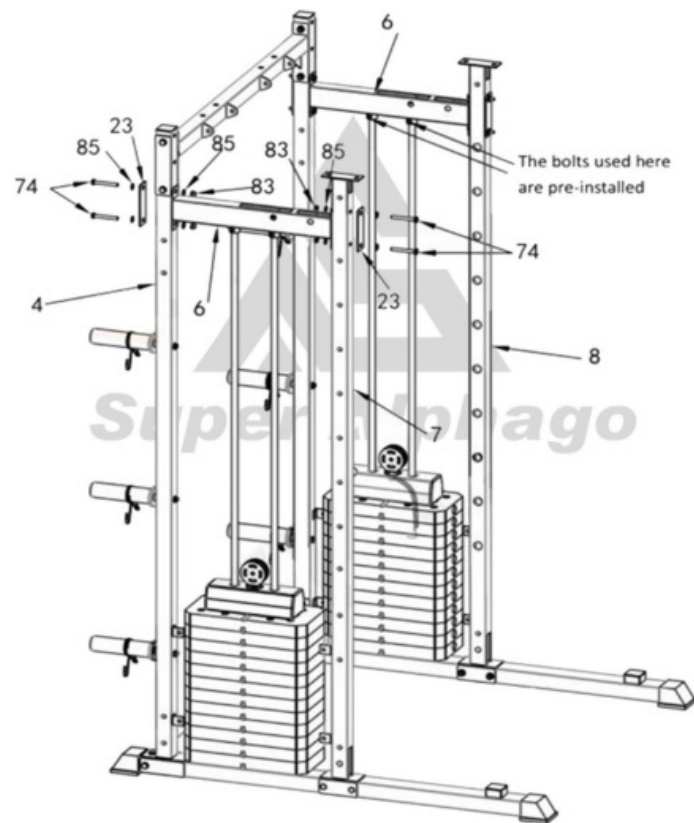


STEP 7

Connect the front and back frame with Part 6 and same size washer on all ends. Drag the weight stack poles up, then screw tight.




74 M10 X 70  8 pcs	83 M10  8 pcs	85 Φ10  16 pcs		
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NOTE: Except for pre-installing the hardware you need

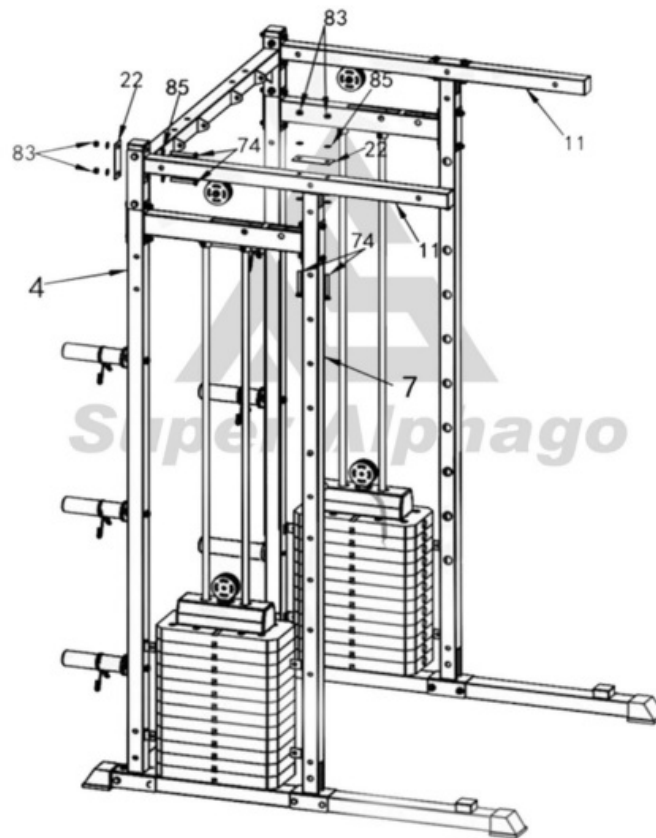


STEP 8

Connect the frames with Part 11 and same size washer at back and top.





74 M10 X 70  8 pcs	83 M10  8 pcs	85 Ø10  16 pcs		
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NOTE: Except for pre-installing the hardware you need.

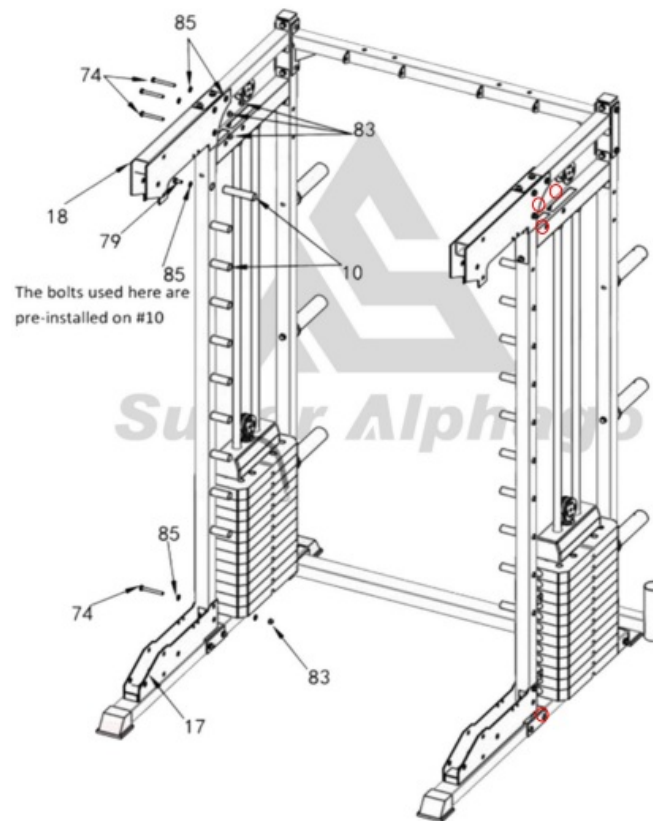


STEP 9

Put Part 17 at the bottom, Part 18 at the top. Only needs to insert bolts in the red circle. Insert all Part 10s to the front frame.

74 M10 X 70  8 pcs	79 M10 X 20  20 pcs	85 Ø10  36 pcs	83 M10  8 pcs	
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M10 (Except for pre-installing the hardware you need)

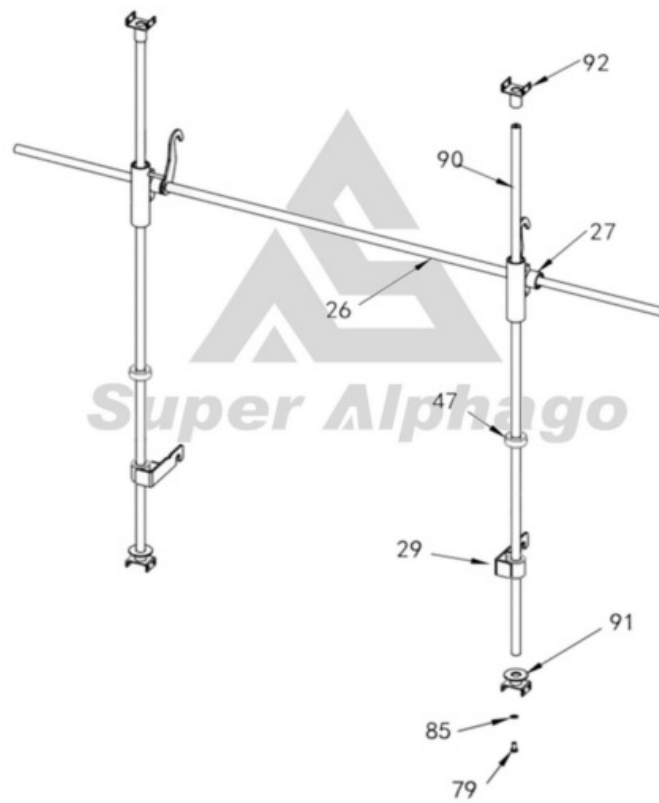


STEP 10

Connect Part 92, 90, 27, 47, 29, 91 in order, then lock at the bottom. (Caution: Part 29 should have the hooks facing down; Part 27 should connect with the long side.) Insert both connection parts onto Part 26, make sure the hooks of Part 29 facing inward.




79 M10 X 20	85 Φ10			
				
2 pcs	2 pcs			

NOTE: Except for pre-installing the hardware you need

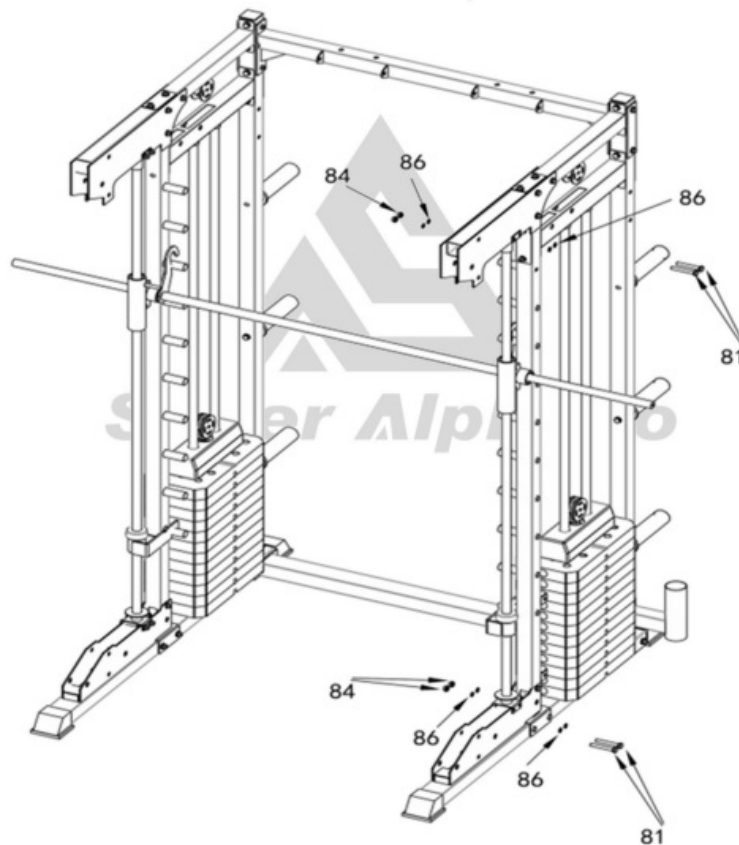


STEP 11

Insert STEP 10 onto the machine.

81 M8 X 80  8 pcs	86 ee  16 pcs	84 M8  8 pcs		
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NOTE: Except for pre-installing the hardware you need



STEP12

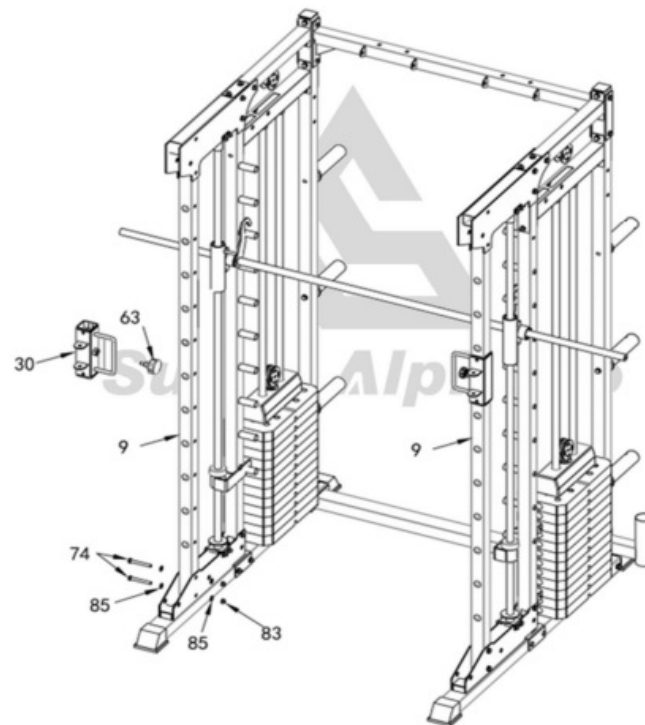
Connect the bottom of Part 9 and the base with one set of bolts first, make sure Part 9's big holes facing forward and small holes facing inward.

Insert Part 30 onto Part 9, make sure the handles of Part 30 facing inward, and connectors facing backward.

Push Part 9 into the machine, then connect insert all other bolts sets.

74 M10 X 70  4 pcs	85 ϕ 10  8 pcs	83 M10  4 pcs		
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NOTE: Except for pre-installing the hardware you need



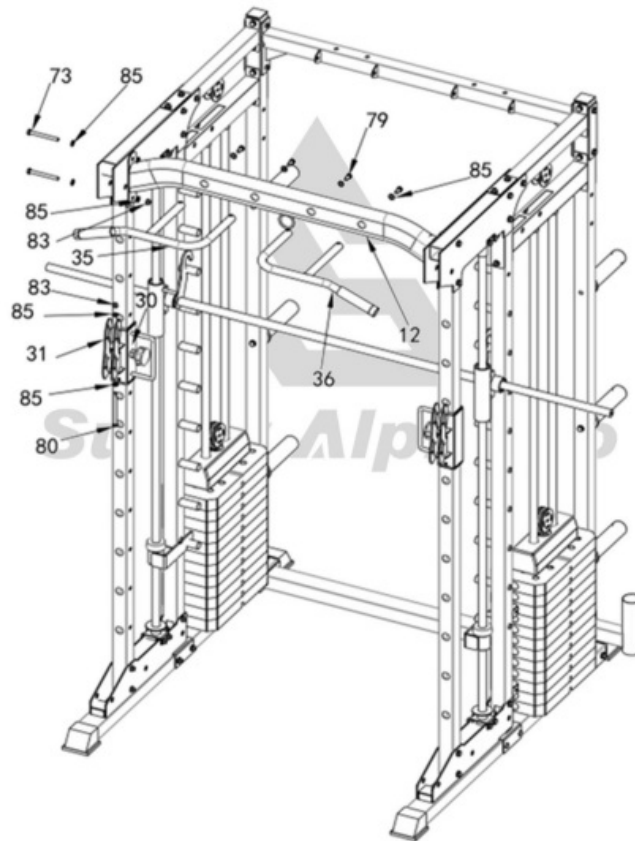
STEP 13

Connect Part 31 and Part 30 with the longest bolts.

Connect Left side and right side with Part 12, insert Part 36 onto Part 12.



73 M10 X 75  4 pcs	79 M10 X 20  4 pcs	80 M10 X 110  2 pcs	83 M10  6 pcs	85 Φ 10  16 pcs
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NOTE: Except for pre-installing the hardware you need

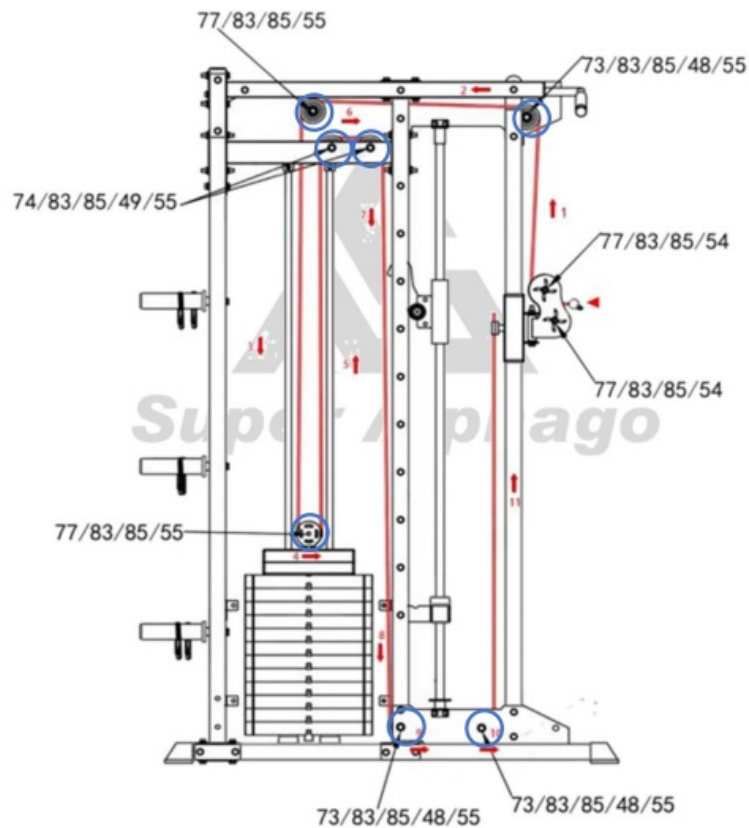


STEP 14

Insert big pulleys on Part 31; insert all other pulleys in the blue circles. Insert the Cable into each pulley in the direction shown in the picture.



73 M10 X 75  6 pcs	74 M10 X 70  4 pcs	77 M10 X 45  8 pcs	85 ϕ 10  36 pcs	83 M10  18 pcs
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NOTE: Except for pre-installing the hardware you need

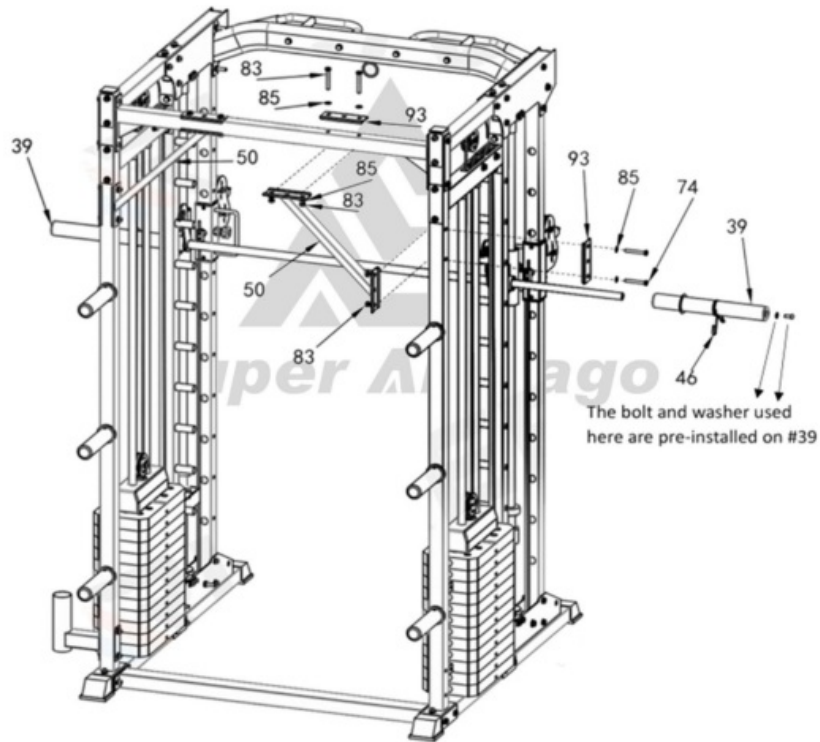


STEP 15 (Optional)

If your weights are all Olympic size 50mm, insert Part 39 onto the smith bar. If your weights are all standard size 25mm, you can go to the next step.








74 M10 X 70  8 pcs	85 ϕ 10  16 pcs	83 M10  8 pcs		
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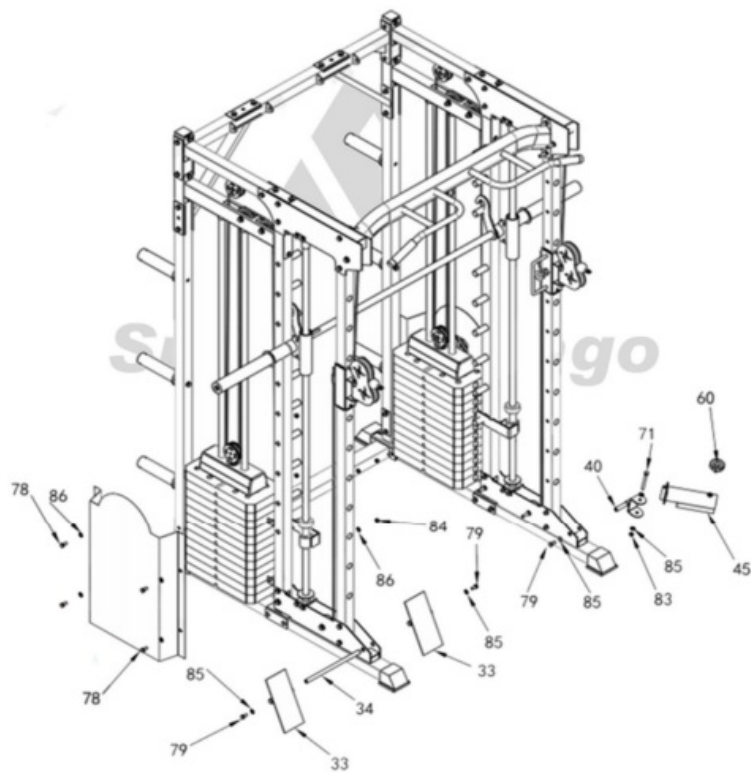
NOTE: Except for pre-installing the hardware you need



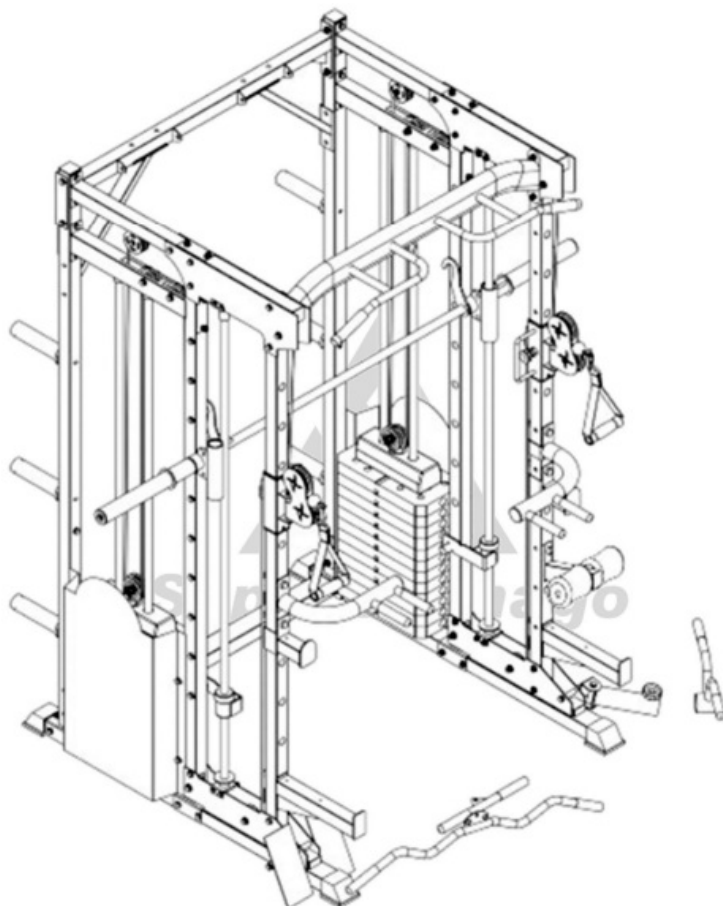
STEP 16

Cover each side weight stacks with Part 25; Connect Part 33, 34, 33 in order; Insert Part 60 onto Part 45, then connect the frame, Part 40, and Part 45 in order.

71 M10 X 90  1 pc	79 M10 X 20  3 pcs	77 M8 X 16  8 pcs	85 Ø10  5 pcs	83 M10  1 pc
NOTE: Except for pre-installing the hardware you need			86 Ø8  16 pcs	84 M8  8 pcs



Woo Hoo! Now you finished everything!



LAST STEP!

Install the remaining auxiliary parts in the position shown in the diagram and check to lock all bolts and nuts. Here your product installation is complete!

MAINTENANCE

In order to prolong the service life of the instrument, the parts and components must be lubricated on time. This product has already carried on the preliminary lubrication to the instrument before leaving the factory. However, the necessary lubrication and maintenance between the guide rod and the weight plate must be carried out after a certain period of use.

NOTE: Silicon oil/spray is recommended for lubrication. Do not use edible oil or butter. It is recommended to use sewing oil. Therefore, pulleys and cables should be regularly checked for signs of wear.

- Check and tighten all cables EVERY MONTH for LIGHT weights exercise.
- Check and tighten all cables EVERY TWO WEEKS for HEAVY weights exercise.
- Regularly check all moving parts and make sure there are no signs of wear and damage. If there is any problem, must stop immediately and contact our customer service.
- During inspection, it is necessary to make sure that all bolts and nuts are completely tightened. If any bolts or nuts connection are loosened, please lock it in time.
- Check for cracks in welds.
- Failure to perform daily maintenance may result in personal injury or equipment damage.
- Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.
- The machine can be kept clean by wiping it down using dry cloth.

EXERCISE GUIDE

ATTENTION: Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

- Exercising is great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.
- The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity.
- This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.
- Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.
- After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.
- Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post exercise problems.

WARRANTY

This machine has 3 years warranty for main frame and 1 year for all parts. No warranty is granted under any of the following circumstances:

- Out of warranty period.
- User modify the product structure by themselves.
- Damage caused by human factors or natural disasters.

Frequently Asked Questions

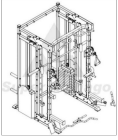
- **Q: What is the maximum training load for this machine?**

A: The maximum training load is 120kg, limited to 100kg body use.

- **Q: How many people are recommended for assembling the machine?**

A: It is strongly recommended that the machine be assembled by two or more people to avoid possible injury.

Documents / Resources

	Super Alphago JL006 Multi Functional Smith Machine [pdf] User Manual JL006 Multi Functional Smith Machine, JL006, Multi Functional Smith Machine, Functional Smith Machine, Smith Machine
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References

- [User Manual](#)

■ Super Alphago

◆ Functional Smith Machine, JL006, JL006 Multi Functional Smith Machine, Multi Functional Smith Machine, SMITH MACHINE, Super Alphago

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