



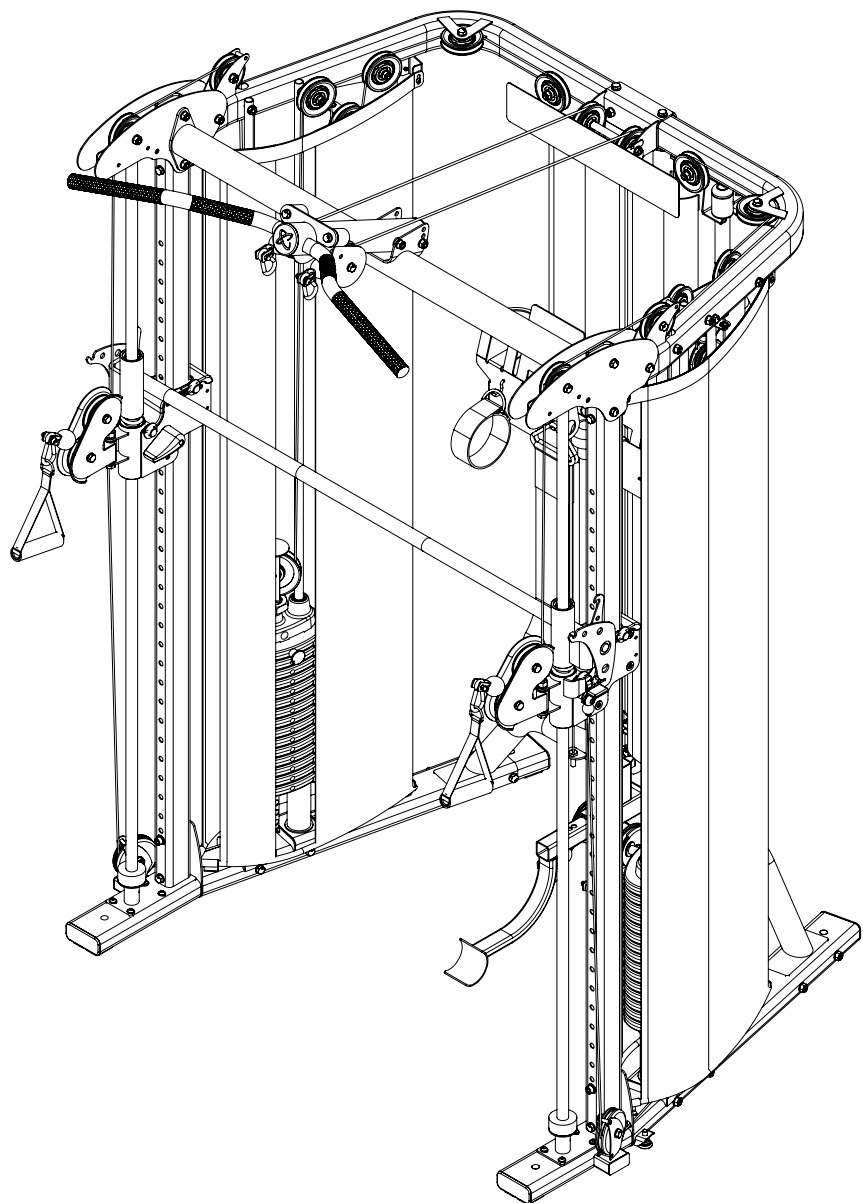
Model: SF6C4.1
ITM. / ART .

USER MANUAL

SF6

SMITH FUNCTIONAL TRAINER

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY



SCAN FOR MANUALS,
VIDEOS, AND SUPPORT

Record Serial Number Here

MADE IN CHINA
80461-EN-V2025-11-01

WELCOME

Welcome to Centr and thanks for your purchase. We're happy to have you. Please inspect your product and contact us right away if anything is missing or damaged.

Your equipment also comes with access to Centr's digital membership, unlocking tools that will fuel your active lifestyle and well-being. The Centr wellness system aligns your movement, meals and mind with expert-led programs and advice made to work together to deliver you the best results and lifelong healthy habits. Get moving with limitless ways to fuel your routine and reach your goals!

NEED HELP? WE'RE HERE FOR YOU.

US CUSTOMERS

If you have questions or issues with your equipment, please contact our US Customer Service team. Support is provided in English and Spanish.



EMAIL

support@centr.com



PHONE

877-738-1729 (US Only)

+1 714-738-1729 (Global)

Mon-Fri 8am-5pm PT - UTC-7h/8

Support is provided in English and Spanish



GLOBAL CUSTOMERS

(OUTSIDE OF US)

If you have any questions or issues with your equipment, please contact the store where your purchase was made.

PRODUCT WARRANTY

Scan the QR code to register your product and view full warranty details.



AUSTRALIA

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Our goods and services come with guarantees that cannot be excluded under the Australian Consumer Law. For major failures with the service, you are entitled:

- to cancel your service contract with us;
- to a refund for the unused portion, or to compensation for its reduced value.

You are also entitled to choose a refund or replacement for major failures with goods. If a failure with the goods or a service does not amount to a major failure, you are entitled to have the failure rectified in a reasonable time. If this is not done you are entitled to a refund for the goods and to cancel the contract for the service and obtain a refund of any unused portion. You are also entitled to be compensated for any other reasonably foreseeable loss or damage from a failure in the goods or service.

TABLE OF CONTENTS

PRODUCT WARRANTY.....	3
IMPORTANT SAFETY NOTICE.....	6
LABEL LOCATIONS.....	7
HARDWARE PACK (NOT TO SCALE).....	8
ASSEMBLY.....	12
LIVE AREA.....	31
PRODUCT DIMENSIONS.....	32
ACCESSORIES INCLUDED.....	33
MAINTENANCE.....	33
EXPLODED VIEW.....	34
PARTS LIST.....	35

IMPORTANT SAFETY NOTICE

PRECAUTIONS

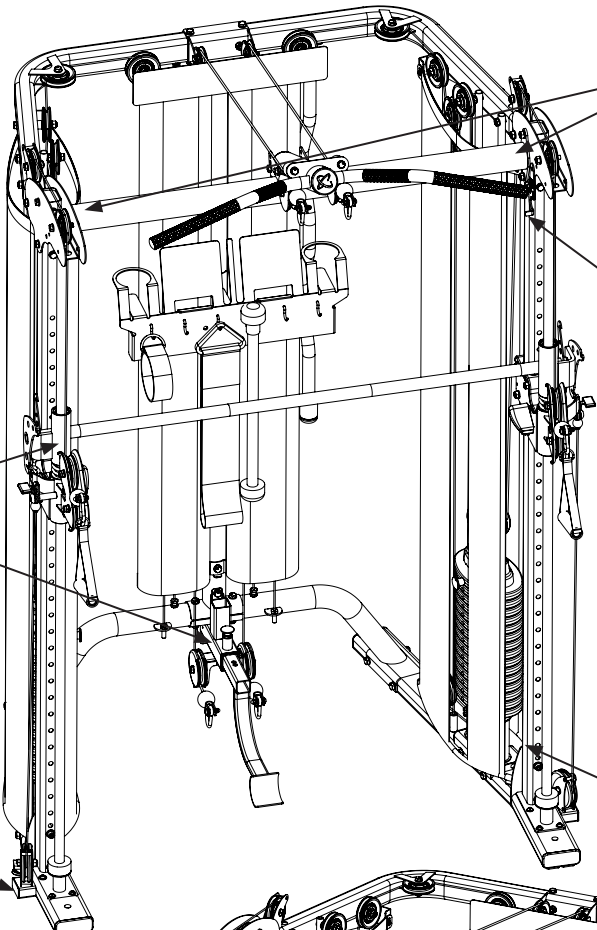
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. Please note the following safety precautions:

1. **Consult a physician prior to commencing an exercise program.**
2. Always keep children and pets away from the machine. **DO NOT** leave children unattended in the same room with the machine. The cabling and moving parts on this machine can cause serious injury or death if used improperly.
3. Never allow children on selectorized strength equipment (unless the equipment is designed for the sole use of children) and to supervise the use of selectorized strength equipment by individuals age 13 to 17.
4. Only one person at a time should use the machine.
5. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
6. Position the machine on a clear, leveled surface. **DO NOT** use the machine near water or outdoors.
7. Keep hair, body and clothing free and clear of all moving parts.
8. Always wear appropriate workout clothing when exercising. **DO NOT** wear robes or other loose clothing that could become caught in the machine. Running or training shoes are also required when using the machine.
9. Use the machine only for its intended use as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.
10. Never use the machine for support during stretching or to attach and use resistance straps, ropes, or other means unless allowed by the manufacturer.
11. Do not place any sharp objects around the machine.
12. Disabled persons should not use the machine without a qualified person or physician in attendance.
13. Before using the machine to exercise, always do stretching exercises to properly warm up.
14. Inspect the machine before use, including ropes, belts, or chains and their connections. Do not use if the machine or any component is worn, damaged, or inoperable.
15. The SF6 Machine is designed for home use only. Therefore, it does not have a weight stack cover. This means the following for the user:
 - Only one person may use the SF6 Machine at the same time.
 - The person must also ensure that no other person is in the exercise area of the SF6 Machine. Persons who are in the room at the same time as the trainee must maintain a distance of at least 5 ft / 1.5 meters from the exercise equipment.
 - After using the device, it must be secured in such a way that no unauthorized person has access to it.
 - Be certain that the weight pin is completely inserted (for selectorized strength equipment that employ weight stacks). Never pin the weight stack or top plate in an elevated position. A machine must never be used if found in this condition (for selectorized strength equipment that employ weight stacks). To incrementally increase the weight resistance, use only incremental resistance means provided by the manufacturer.

Proper and regular maintenance is important to the lifetime and function of your machine. Refer to the Care and Maintenance section on page 35

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. Health In Motion, LLC. DOES NOT ASSUME ANY RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

LABEL LOCATIONS



WARNING - AVERTISSEMENT - ADVERTENCIA

- SERIOUS INJURY CAN OCCUR ON THIS MACHINE IF THE LIFTING BAR IS NOT SECURED PROPERLY AND FALLS.
- USER MUST BE TRAINED ON USE OF, AND SECURING THE LIFTING BAR OVERHEAD.
- VISUALLY AND PHYSICALLY INSPECT BOTH BEHOOCS TO ENSURE THEY ARE COMPLETELY ENGAGED ON THE FRAME AND THAT THE LOCKING PIN IS IN THE LOCKED POSITION BEFORE LEAVING THE MACHINE.
- CETTE MACHINE PEUT CAUSER DES BLESSURES GRAVES SI LA BARRE DE SÈLEVEMENT EST MAL FIXÉE ET QU'ELLE TOMBE.
- L'UTILISATEUR DOIT AVOIR UNE FORMATION SUR L'UTILISATION ET LA FIXATION DE LA BARRE AU-DESSUS DE LA TÊTE.
- INSPECTEZ PHYSIQUEMENT ET VISEUELLEMENT LES DEUX CROCHETS ROUGES POUR S'ASSURER QU'ILS SONT BIEN ENGAGÉS SUR LE CADRE ET QUE LA COUILLÉE DE VERROUILLAGE EST EN POSITION VERROUILLÉE AVANT DE QUITTER LA MACHINE.
- PUEDEN OCURRIR LESIONES GRAVES EN ESTA MÁQUINA SI LA BARRA DE LEVANTAMIENTO NO ESTA FIJADA CORRECTAMENTE Y SE CAE.
- EL USUARIO DEBE SABER COMO USAR Y FIJAR LA BARRA DE LEVANTAMIENTO POR ENCIMA DE LA CABEZA.
- INSPECCION VISUAL Y FÍSICAMENTE AMBOS GANCHOS ROJOS PARA ASEGURARSE DE QUE ESTÉN CONECTADOS POR COMPLETO A LA ESTRUCTURA Y DE QUE EL PASADOR DE BLOQUEO ESTE EN LA POSICIÓN DE BLOQUEO ANTES DE DEJAR LA MÁQUINA.

80146-EN-65-FR-V2024-09-04

ENGAGE SAFETY LATCH WHEN BAR IS IN UP STOWED POSITION

80169-V2024-06-16

WARNING - AVERTISSEMENT - ADVERTENCIA

PINCH POINTS - POINTS DE PINCEMENT - PUNTO DE PELLIZCO

HEALTH IN MOTION, LLC
1800 HANCOCK STREET, SUITE 100, WILSON, CA, USA 94095

SERIAL NO. / NO DE SERIE / N.º DE SERIE:
XXXXX-XXX-XX-XX-XXXXXX

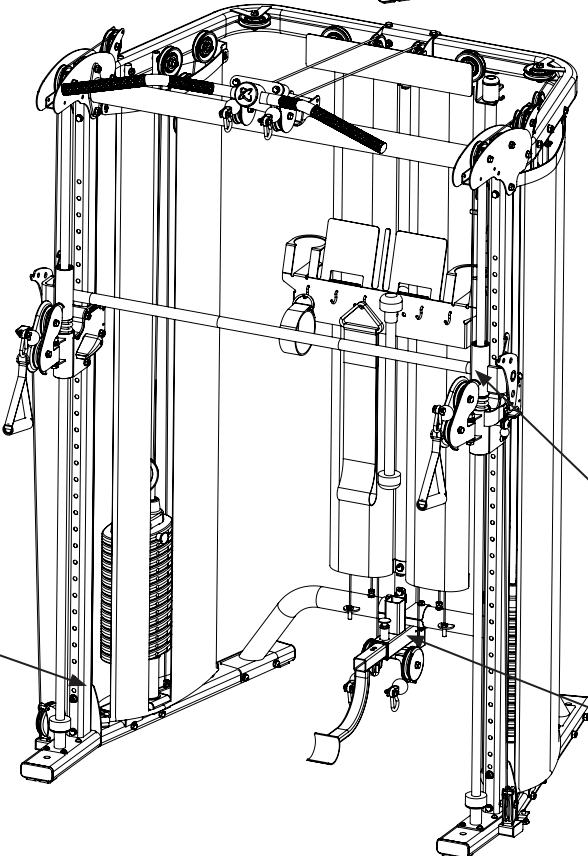
MODEL / MODELE / MODELO: XXXXX SALES AND SERVICE / VENTES Y SERVICIO / VENTAS Y SERVICIO: +1 714-738-1729

MADE IN CHINA / FABRIQUÉ EN CHINE / HECHO EN CHINA
V2024-06-16

NOTICE / AVIS / AVISO

This Centr product is not intended for commercial use. Ce produit Centr n'est pas destiné à un usage commercial. Este producto Centr no está destinado al uso comercial.

FUNCTION / FONCTION / FUNCIÓN	ENGLISH	SPANISH	FRENCH	GERMAN	ITALIAN	PORTUGUESE	RUSSIAN	CHINESE
Assembly	X							
Disassembly								
Use								
Maintenance								
Transportation								
Storage								
Accessories								
Warranty								
Technical specifications								
Parts list								
Electrical safety								
Fire safety								
First aid								
Emergency								
Other								



WARNING - AVERTISSEMENT - ADVERTENCIA

USE ONLY GENUINE CENTR PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN INJURY. THESE ARE A RISK ASSIGNED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK, ALWAYS FOLLOW THESE RULES:

1. READ AND UNDERSTAND INSTRUCTIONS BEFORE USE. BEFORE EQUIPMENT IS USED, ALWAYS CHECK FOR DAMAGED PARTS BEFORE USE. FAILURE TO DO SO MAY RESULT IN INJURY.
2. FOLLOW MAINTENANCE SCHEDULE ON THE "NOTICE" TAGS.
3. CONSULT A PROFESSIONAL BEFORE CHANGING ANY EXISTING PROGRAM. NUMBER OF REPS, LOADS, SPEEDS, PROGRAMS, AND SO ON HOLD YOURSELF. STOP IMMEDIATELY IF YOU FEEL PAIN.
4. TO PREVENT SERIOUS INJURY, KEEP FEET ON ALL FOOTPLATES. FEET MUST BE FULLY PLACED ON FOOTPLATES.
5. TO USE EQUIPMENT, FEET MUST BE FULLY PLACED ON FOOTPLATES. CHECKS SHOULD BE MADE TO ENSURE FEET ARE FULLY PLACED ON FOOTPLATES. FEET MUST BE FULLY PLACED ON FOOTPLATES. FEET MUST BE FULLY PLACED ON FOOTPLATES.
6. CALL AUTHORISED CENTR SERVICE FOR ANY QUESTIONS OR PROBLEMS. ALWAYS USE THE SERVICE PROVIDED BY CENTR.
7. ALWAYS USE PROPER TECHNIQUE AND SAFETY EQUIPMENT. ALWAYS USE PROPER TECHNIQUE AND SAFETY EQUIPMENT. ALWAYS USE PROPER TECHNIQUE AND SAFETY EQUIPMENT.
8. ALWAYS USE PROPER TECHNIQUE AND SAFETY EQUIPMENT. ALWAYS USE PROPER TECHNIQUE AND SAFETY EQUIPMENT. ALWAYS USE PROPER TECHNIQUE AND SAFETY EQUIPMENT.
9. ALWAYS USE PROPER TECHNIQUE AND SAFETY EQUIPMENT. ALWAYS USE PROPER TECHNIQUE AND SAFETY EQUIPMENT. ALWAYS USE PROPER TECHNIQUE AND SAFETY EQUIPMENT.
10. ALWAYS USE PROPER TECHNIQUE AND SAFETY EQUIPMENT. ALWAYS USE PROPER TECHNIQUE AND SAFETY EQUIPMENT. ALWAYS USE PROPER TECHNIQUE AND SAFETY EQUIPMENT.

FOR CONSUMER USE ONLY. THIS PRODUCT IS NOT INTENDED FOR COMMERCIAL USE. THIS PRODUCT IS NOT INTENDED FOR COMMERCIAL USE. THIS PRODUCT IS NOT INTENDED FOR COMMERCIAL USE.

WARNING - AVERTISSEMENT - ADVERTENCIA

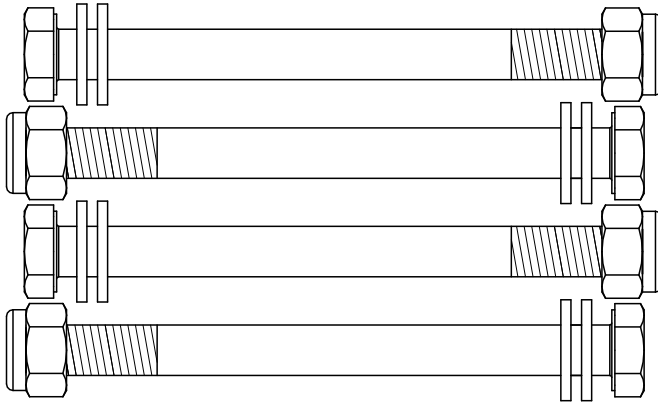
PINCH POINTS - POINTS DE PINCEMENT - PUNTO DE PELLIZCO

HARDWARE PACK (NOT TO SCALE)

HARDWARE 1/4

ITM. / ART:

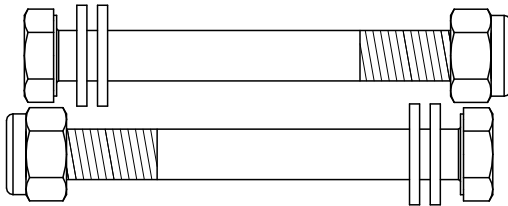
STEP 1



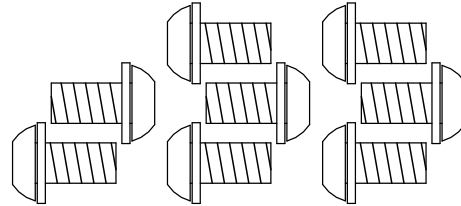
- 4 x BOLT, M10X120 (78)
- 8 x WASHER, FLAT, M10 (97)
- 4 x NUT, LOCK, M10 (98)

- 1 x ALLEN KEY, 6mm
- 2 x ALLEN KEY, 5mm
- 1 x ALLEN KEY, 4mm
- 1 x ALLEN KEY, 8mm
- 1 x ALLEN KEY, 3mm

STEP 2

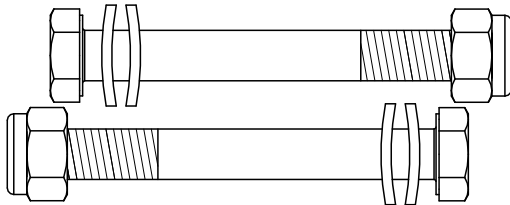


- 2 x BOLT, M10x90 (80)
- 4 x WASHER, FLAT, M10 (97)
- 2 x NUT, LOCK, M10 (98)

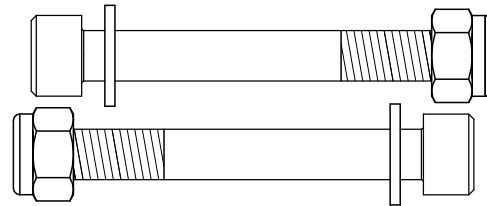


- 8 x BOLT, M8X16 (84)
- 8 x WASHER, FLAT, M8 (100)

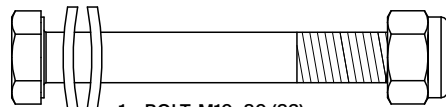
STEP 3



- 2 x BOLT, M10x85 (89)
- 4 x WASHER, CURVED, M10 (99)
- 2 x NUT, LOCK, M10 (98)

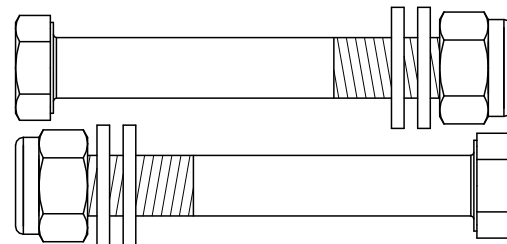


- 2 x BOLT, M10x80 (79)
- 2 x WASHER, FLAT, M10 (97)
- 2 x NUT, LOCK, M10 (98)



- 1 x BOLT, M10x80 (83)
- 2 x WASHER, CURVED, M10 (99)
- 1 x NUT, LOCK, M10 (98)

STEP 4



- 2 x BOLT, M12x85 (85)
- 4 x WASHER, FLAT, M12 (74)
- 2 x NUT, LOCK, M12 (93)



- 2 x BOLT, M5x8 (44)



- 4 x SCREW, M6x5 (107)

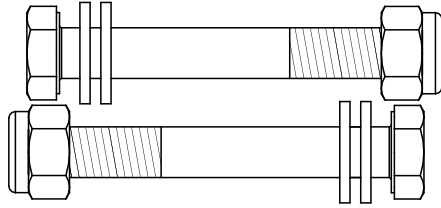
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HARDWARE PACK (NOT TO SCALE)

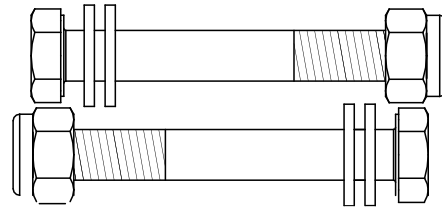
HARDWARE 2/4

ITM. / ART:

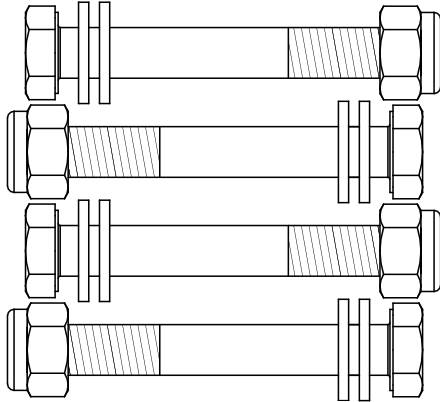
STEP 6



- 2 x BOLT, M10X75 (82)
- 4 x WASHER, FLAT, M10 (97)
- 2 x NUT, LOCK, M10 (98)



- 2 x BOLT, M10X90 (80)
- 4 x WASHER, FLAT, M10 (97)
- 2 x NUT, LOCK, M10 (98)

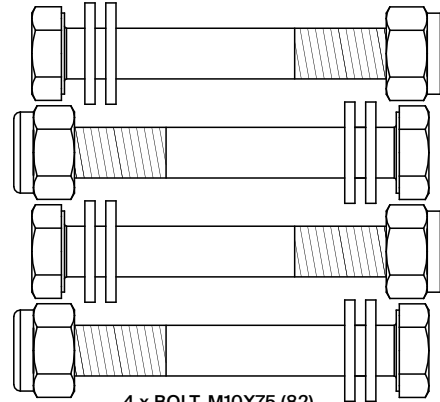


- 4 x BOLT, M10X95 (91)
- 8 x WASHER, FLAT, M10 (97)
- 4 x NUT, LOCK, M10 (98)

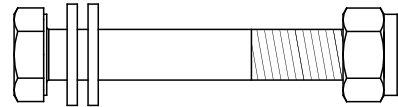
- 2 x BOLT, M10X70 (81)
- 4 x WASHER, FLAT, M10 (97)
- 2 x NUT, LOCK, M10 (98)



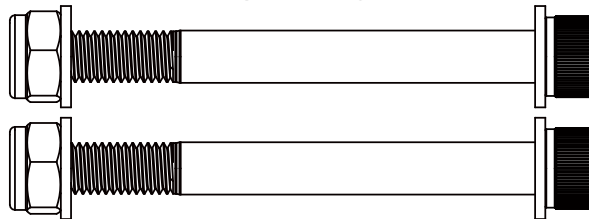
STEP 7



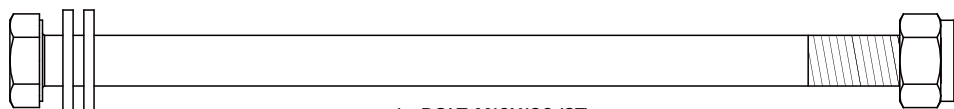
- 4 x BOLT, M10X75 (82)
- 8 x WASHER, FLAT, M10 (97)
- 4 x NUT, LOCK, M10 (98)



STEP 8



- 2 x BOLT, M10X105 (88)
- 4 x WASHER, FLAT, M10 (97)
- 2 x NUT, LOCK, M10 (98)



- 1 x BOLT, M10X180 (87)
- 2 x WASHER, FLAT, M10 (97)
- 1 x NUT, LOCK, M10 (98)

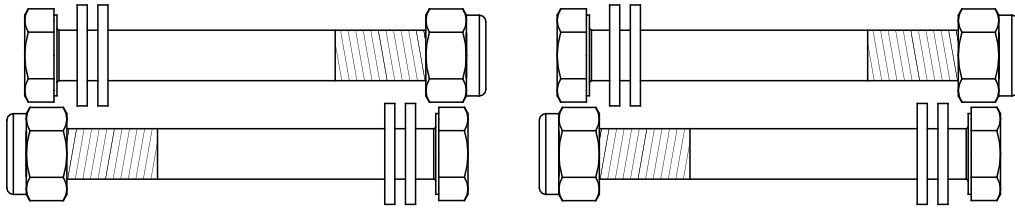
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HARDWARE PACK (NOT TO SCALE)

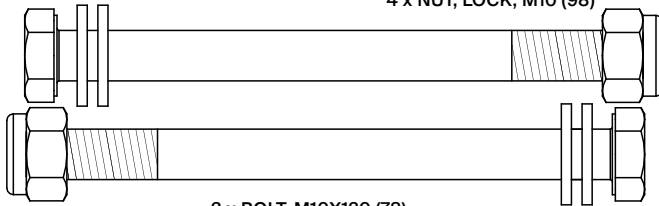
HARDWARE 3/4

ITM. / ART:

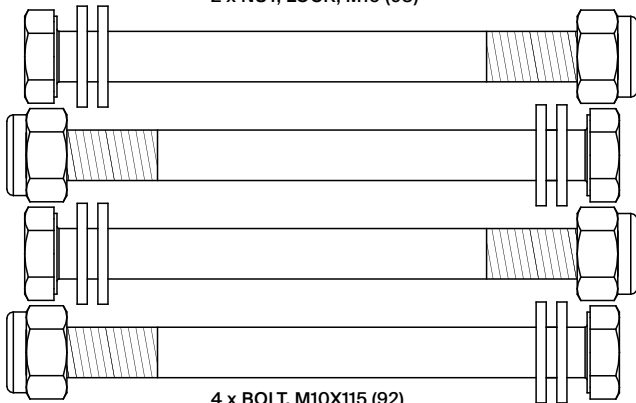
STEP 9



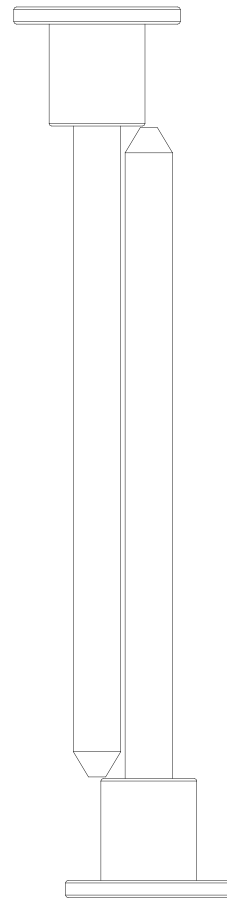
- 4 x BOLT, M10X85 (89)
- 8 x WASHER, FLAT, M10 (97)
- 4 x NUT, LOCK, M10 (98)



- 2 x BOLT, M10X120 (78)
- 4 x WASHER, FLAT, M10 (97)
- 2 x NUT, LOCK, M10 (98)

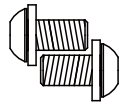


- 4 x BOLT, M10X115 (92)
- 8 x WASHER, FLAT, M10 (97)
- 4 x NUT, LOCK, M10 (98)



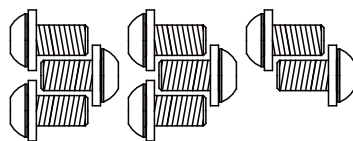
SELECTOR PIN (2PCS)

STEP 14

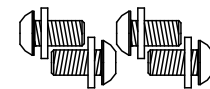


- 2 x BOLT, M6X12 (95)
- 2 x WASHER, Flat, M6 (101)

STEP 15



- 8 x BOLT, M6X12 (95)
- 8 x WASHER, FLAT, M6 (101)



- 4 x BOLT, M5X10 (96)
- 4 x WASHER, FLAT, M5 (102)

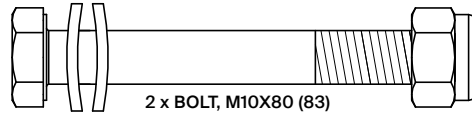
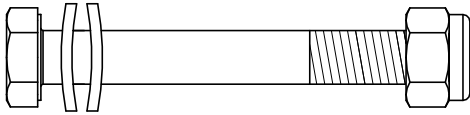
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HARDWARE PACK (NOT TO SCALE)

HARDWARE 4/4

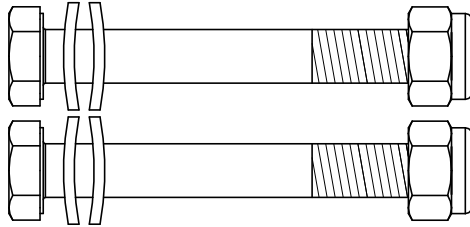
ITM. / ART:

STEP 16

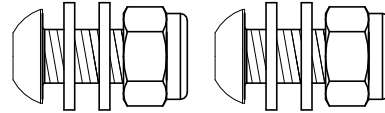


- 2 x BOLT, M10X80 (83)
- 4 x WASHER, CURVED, M10 (99)
- 2 x NUT, LOCK, M10 (98)

STEP 17



- 2 x BOLT, M10X80 (83)
- 4 x WASHER, CURVED, M10 (99)
- 2 x NUT, LOCK, M10 (98)



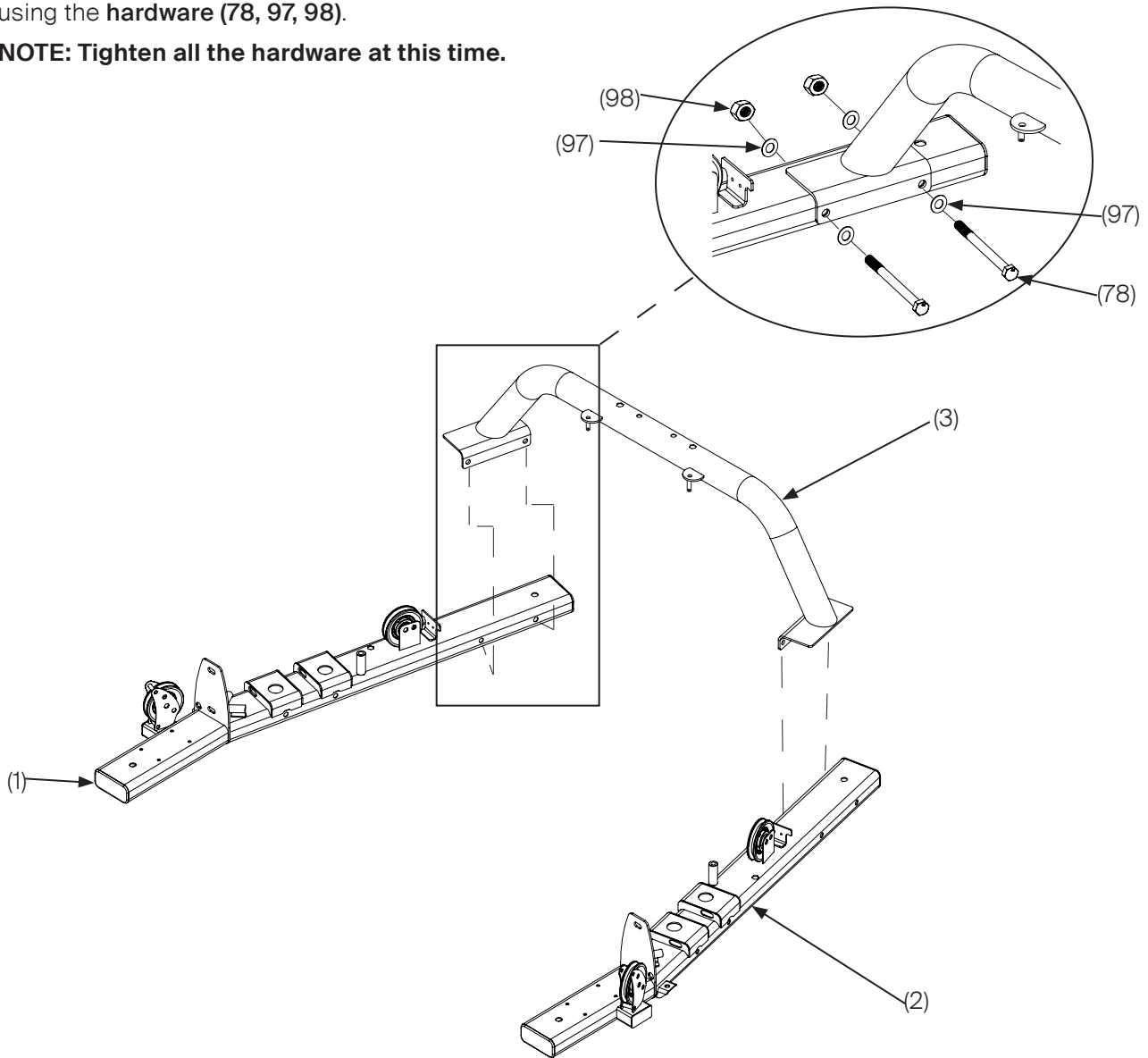
- 2 x BOLT, M10X20 (94)
- 4 x WASHER, FLAT, M10 (97)
- 2 x NUT, LOCK, M10 (98)

80627-EN-V2025-11-03

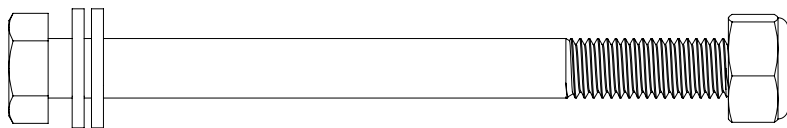
ASSEMBLY

STEP 1: Attach the **Rear Cross Brace (3)** to the **Right Main Base (1)** followed by the **Left Main Base (2)** using the **hardware (78, 97, 98)**.

NOTE: Tighten all the hardware at this time.



HARDWARE REQUIRED:



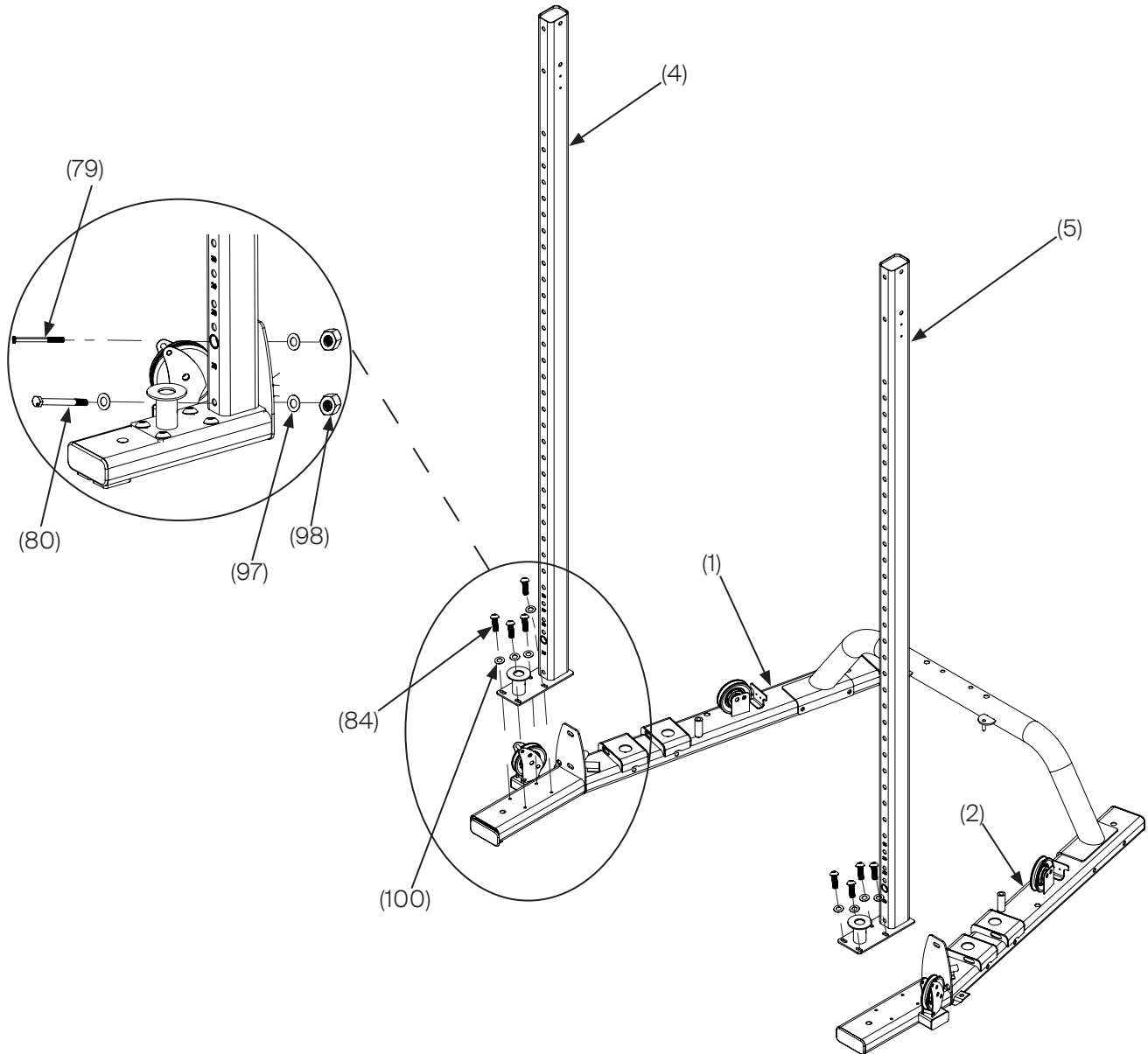
4 x BOLT, M10X120 (78)

8 x WASHER, FLAT, M10 (97)

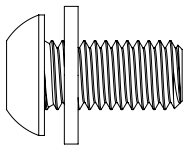
4 x NUT, LOCK, M10 (98)

STEP 2: Attach the **Right Front Upright (4)** to the **Right Main Base (1)** and the **Left Front Upright (5)** to the **Left Main Base (2)** using the Hardware (84, 100, 80, 97, 98, 79).

NOTE: Only finger tighten the hardware at this stage.



HARDWARE REQUIRED:



8 x BOLT, M8X16 (84)
8 x WASHER, FLAT, M8 (100)

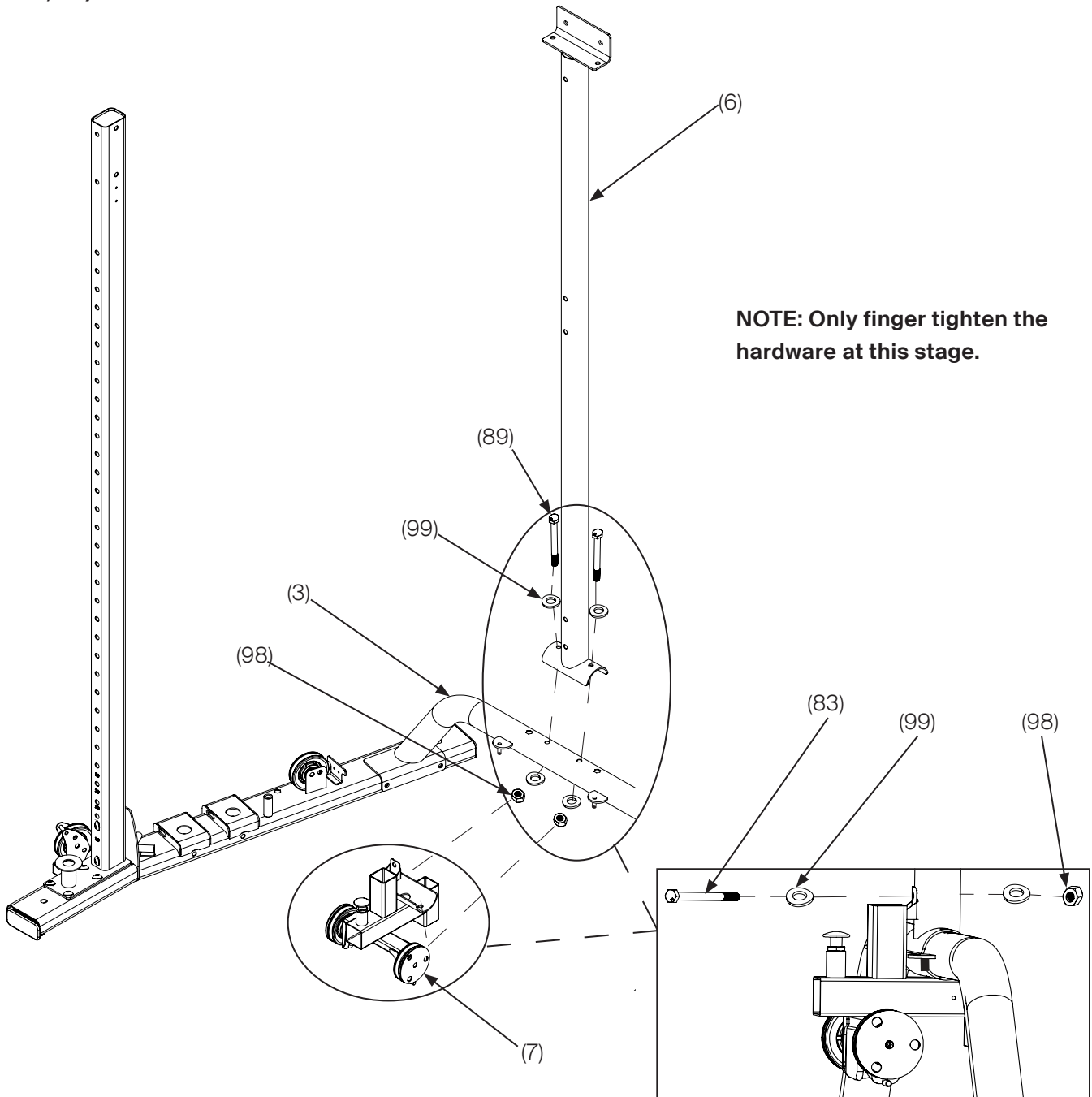


2 x BOLT, M10x90 (80)
4 x WASHER, FLAT, M10 (97)
2 x NUT, LOCK, M10 (98)

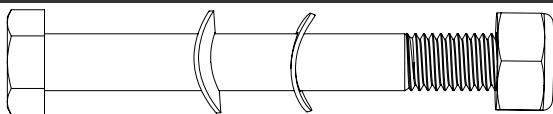


2 x BOLT, M10x80 (79)
2 x WASHER, FLAT, M10 (97)
2 x NUT, LOCK, M10 (98)

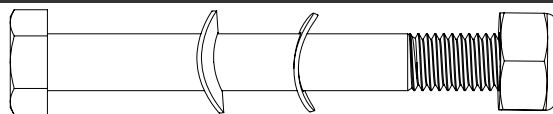
STEP 3: Attach the **Rear Upright (6)** and the **Rear Pulley Mount (7)** to the **Rear Cross Brace (3)** using **Hardware (89, 99, 98)**. Next, fix the **Rear Pulley Mount (7)** to the **Rear Upright (6)** using **Hardware (83, 99, 98)**.



HARDWARE REQUIRED:

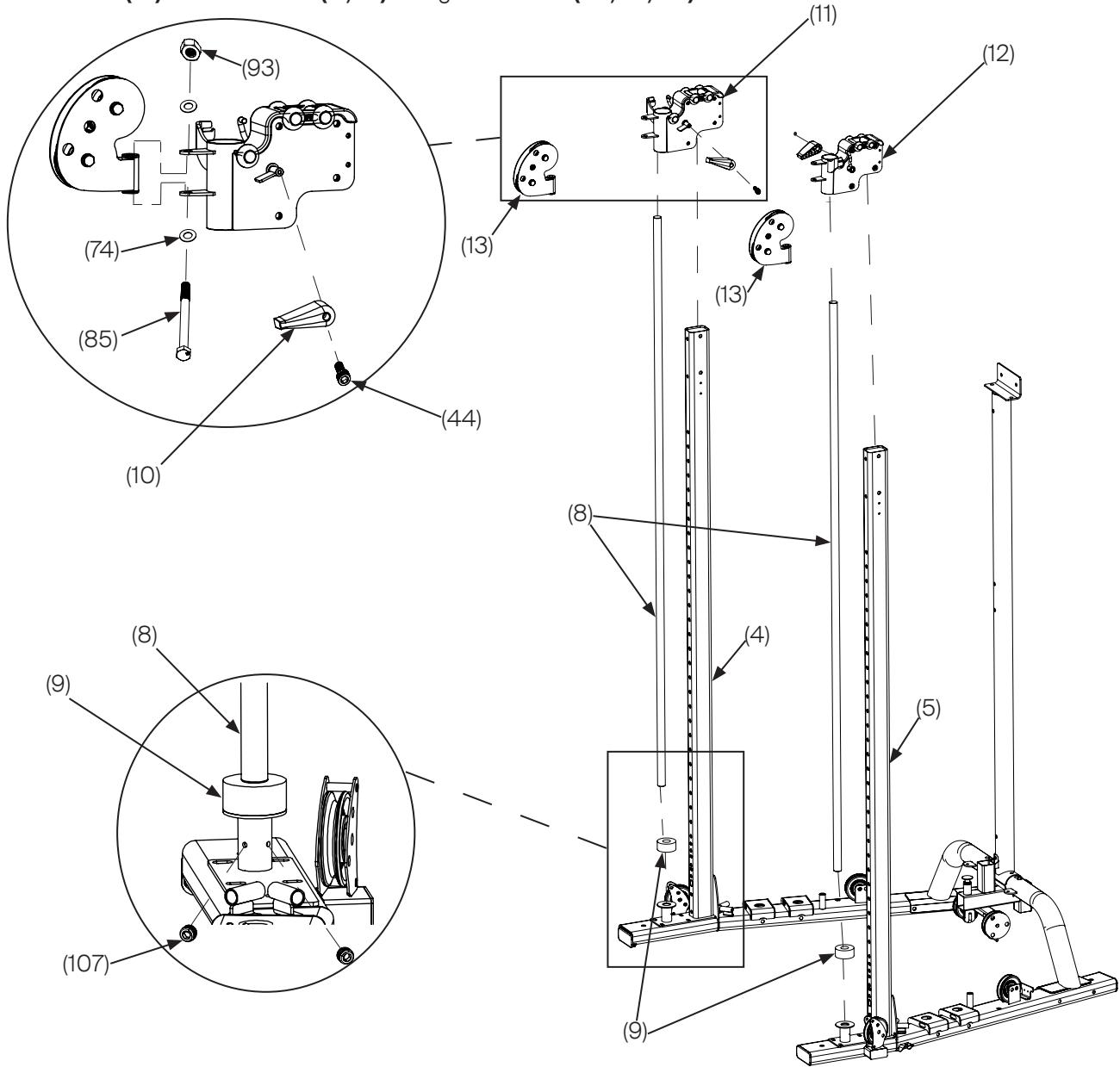


2 x BOLT, M10x85 (89)
4 x WASHER, CURVED, M10 (99)
2 x NUT, LOCK, M10 (98)

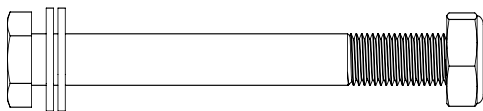


1 x BOLT, M10x80 (83)
2 x WASHER, CURVED, M10 (99)
1 x NUT, LOCK, M10 (98)

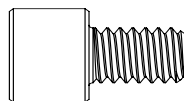
STEP 4: Install the **Linear Bearing Shafts (8)** into the collars at the base of the **Front Uprights (4, 5)** and secure using **Hardware (107)**. Slide a **Rubber Donut (9)** onto each **Shaft (8)**. Attach the **Slider Adjustment Knob (10)** to the **Right (11) and Left Sliders (12)**, and secure using **Hardware (44)**. Now, slide both **Sliders (11, 12)** down the **Linear Bearing Shafts (8)** and **Front Uprights (4, 5)**. Now, attach the **Slider Pulley Swivels (13)** to the **Sliders (11, 12)** using **Hardware (85, 74, 93)**.



HARDWARE REQUIRED:



2 x BOLT, M12x85 (85)
4 x WASHER, FLAT, M12 (74)
2 x NUT, LOCK, M12 (93)

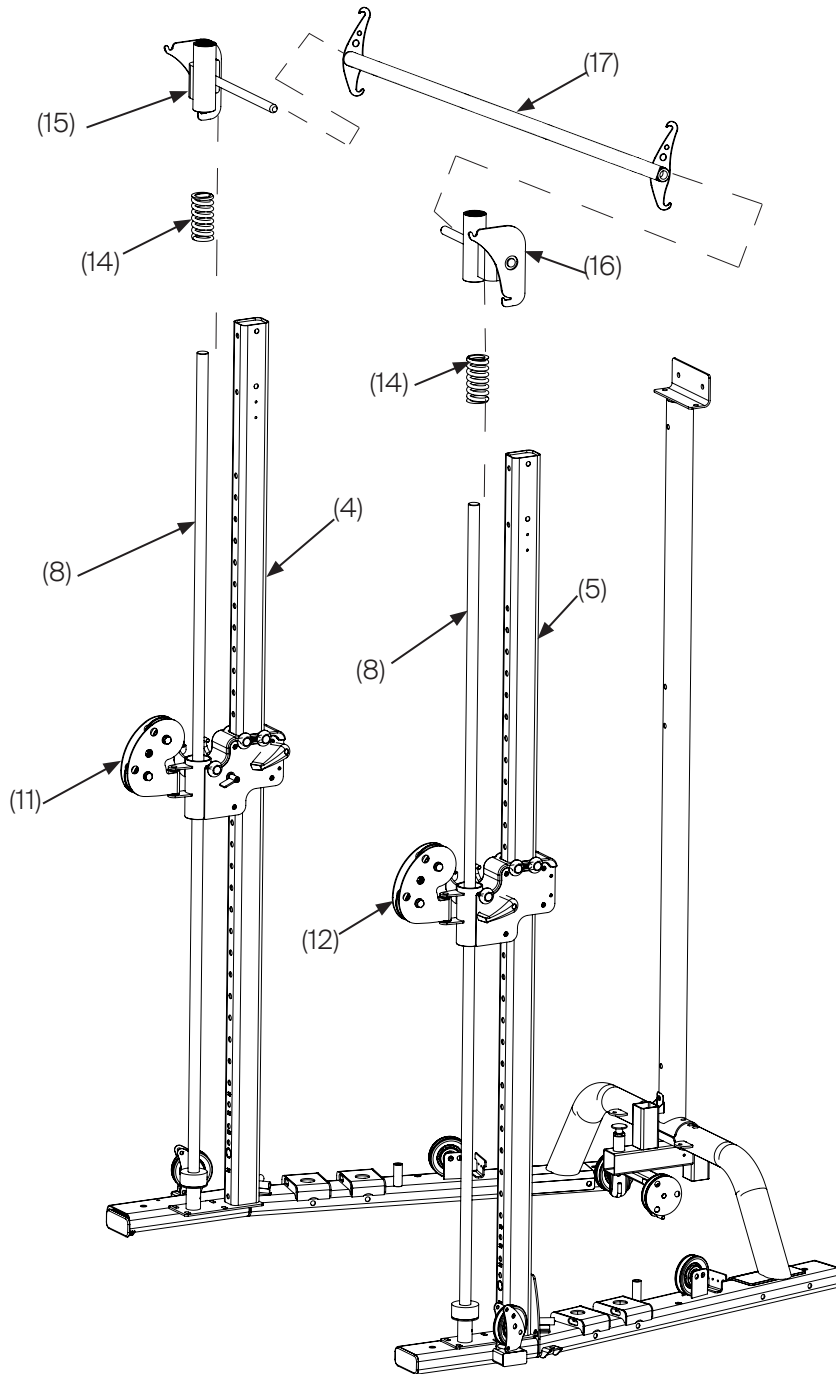


2 x BOLT, M5x8 (44)

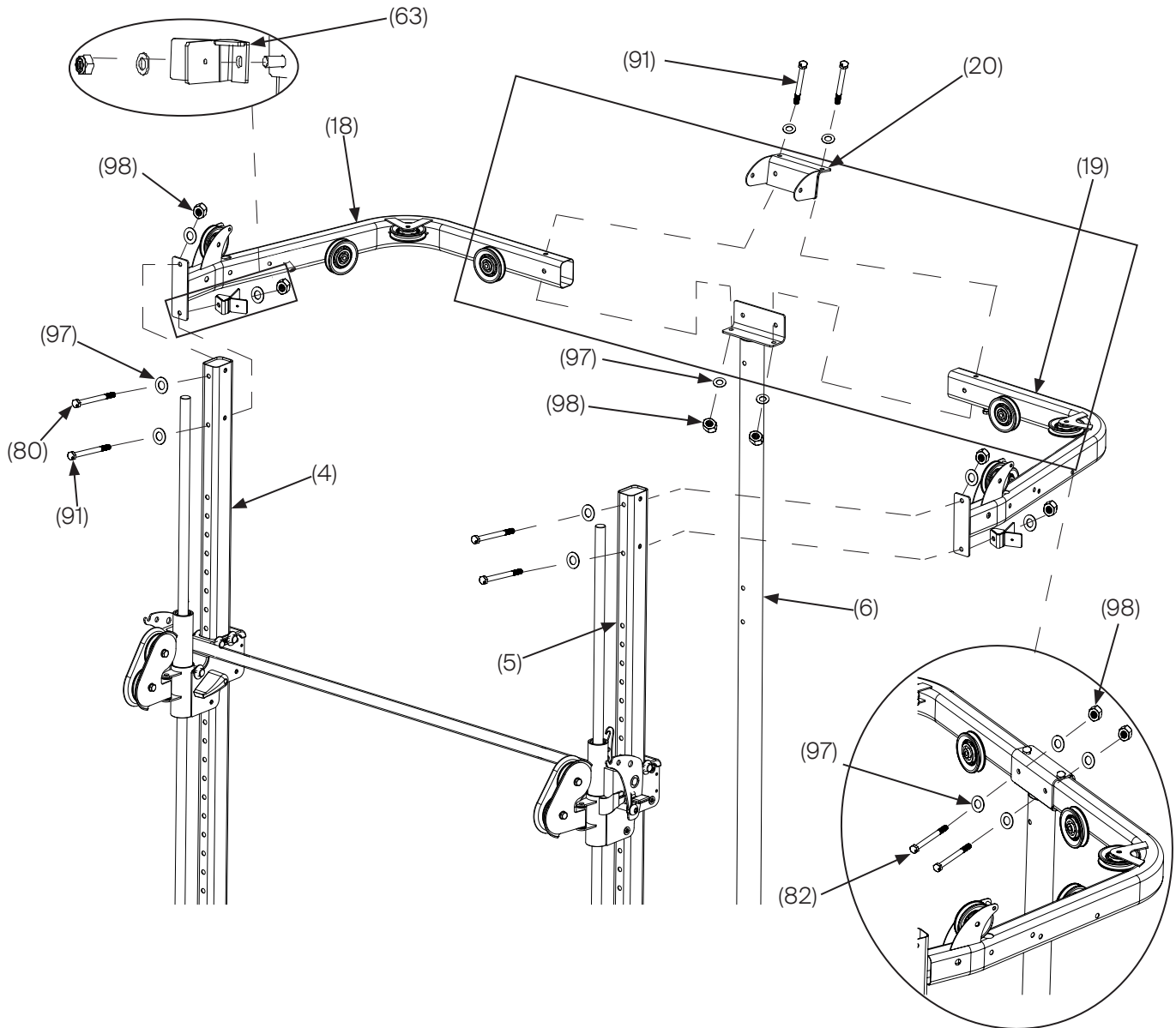


4 x SCREW, M6x5 (107)

STEP 5: Place the **Right and Left Sliders (11, 12)** at the same number position on each **Front Upright (4, 5)**. Slide the **Shock Absorbing Spring (14)** over each **Linear Bearing Shaft (8)** and rest on the **Sliders (11, 12)**. Connect **Smith Bar Sliders (15, 16)** to the **Smith Bar (17)**. Lower the **Smith Bar (17)** onto **Linear Bearing Shafts (8)**, keeping it level to avoid binding or damage. Rest the **Smith Bar (17)** with **Sliders (15, 16)** on **Springs (14)** atop **Sliders (11, 12)**.



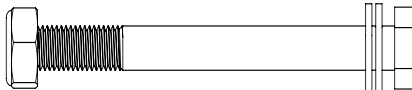
STEP 6: Attach the **Right, Left Top Beams (18, 19)** and the **Front Shroud Mount Brackets (63)** to the **Right and Left Front Uprights (4,5)** using the **hardware (80, 91, 97, 98)**. Next attach the **Right and Left Top Beams (18, 19)** to the **Rear Upright (6)** and **Pulley & Beam mount (20)** using the **hardware (91, 82, 97, 98)**. **Only finger tighten at this time.**



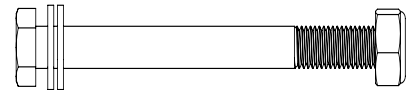
HARDWARE REQUIRED:



2 x BOLT, M10X75 (82)
4 x WASHER, FLAT, M10 (97)
2 x NUT, LOCK, M10 (98)



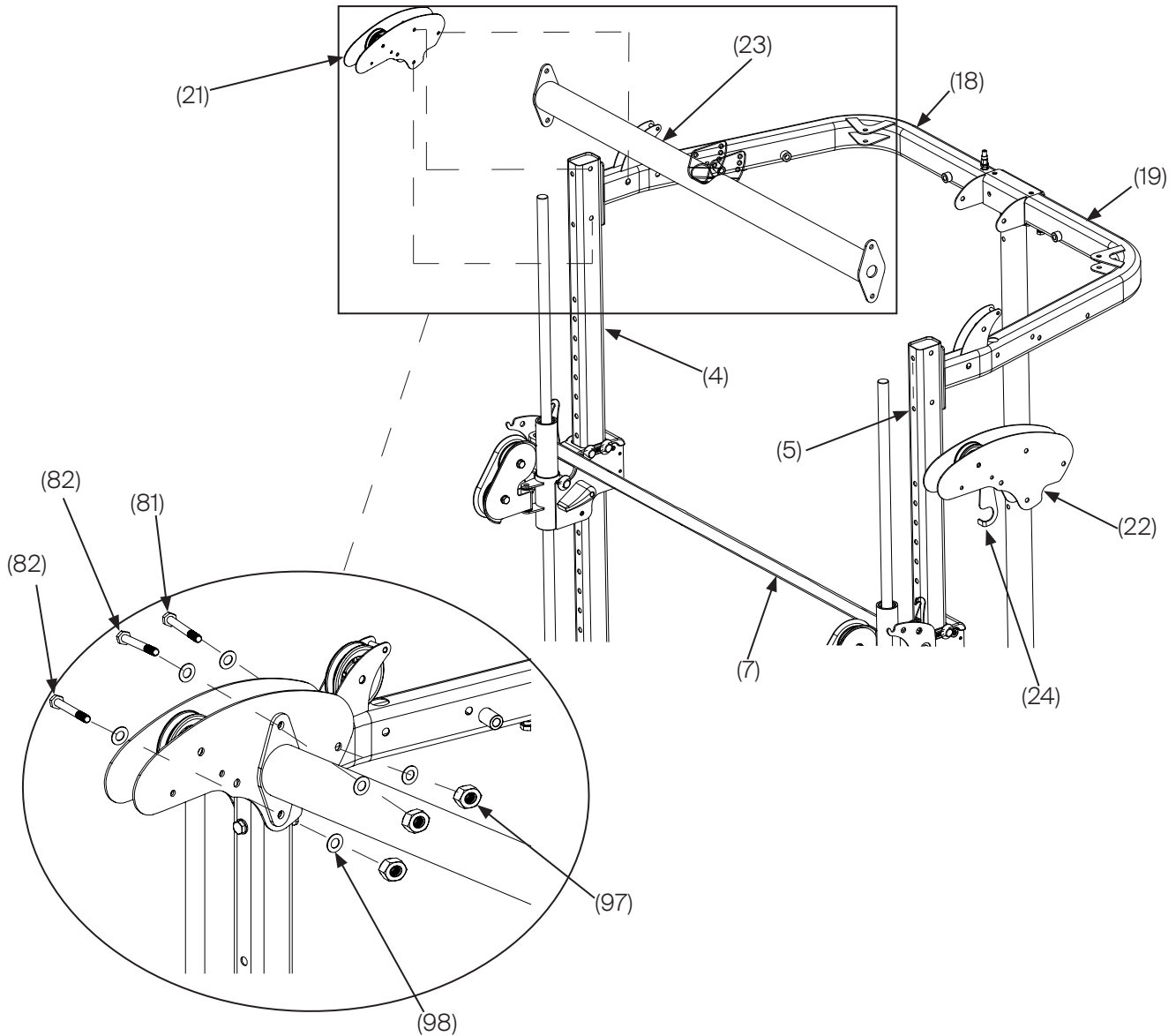
2 x BOLT, M10X90 (80)
4 x WASHER, FLAT, M10 (97)
2 x NUT, LOCK, M10 (98)



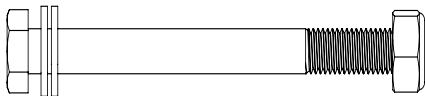
4 x BOLT, M10X95 (91)
8 x WASHER, FLAT, M10 (97)
4 x NUT, LOCK, M10 (98)

CENTR

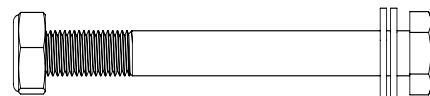
STEP 7: Attach **Top Beam Plates (21, 22)**, **Front Cross Brace (23)** to **Uprights (4,5)** using **Hardware (81, 82, 97, 98)**. Latch stays inside, latch bolts outside. Next, lower the **Smith Bar (7)**, ensure it rotates freely. If not, adjust bottom of the **Uprights (4,5)** on the Bases and retighten Step 2 bolts. Raise **Smith Bar (7)** to latch bolts, hook and lock with the **Swivel Safety Latch (24)**, then **tighten all bolts from Steps 6 & 7**.



HARDWARE REQUIRED:

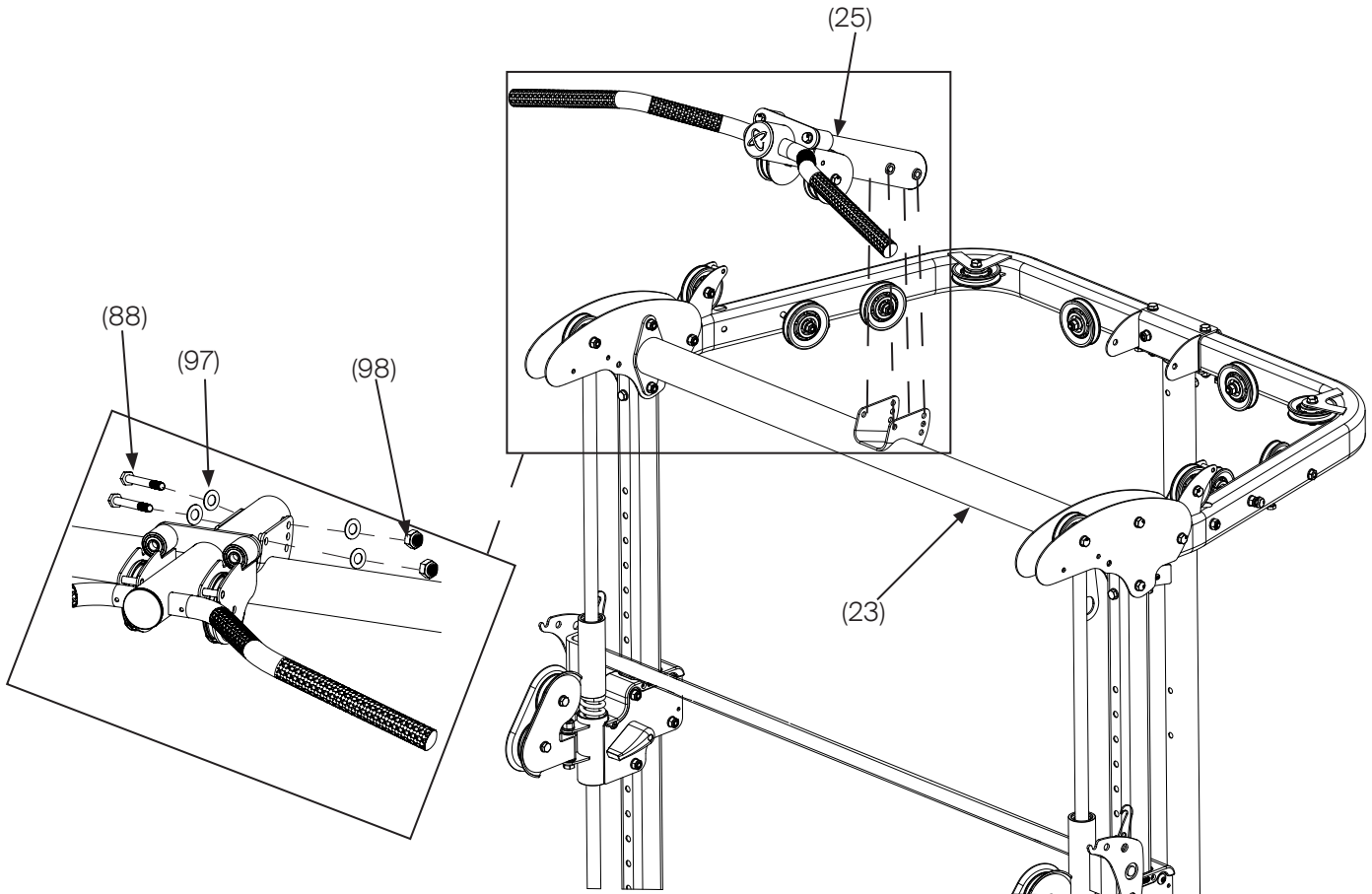


4 x BOLT, M10X75 (82)
8 x WASHER, FLAT, M10 (97)
4 x NUT, LOCK, M10 (98)

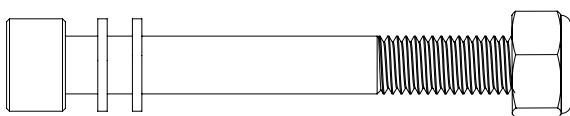


2 x BOLT, M10X70 (81)
4 x WASHER, FLAT, M10 (97)
2 x NUT, LOCK, M10 (98)

Step 8: Attach the **Lat Beam (25)** to the **Front Cross Brace (23)** using the **Hardware (88, 97, 98)**, aligning the top flange slot and selecting a hole in the lat beam tube to set the pull-up bar height.



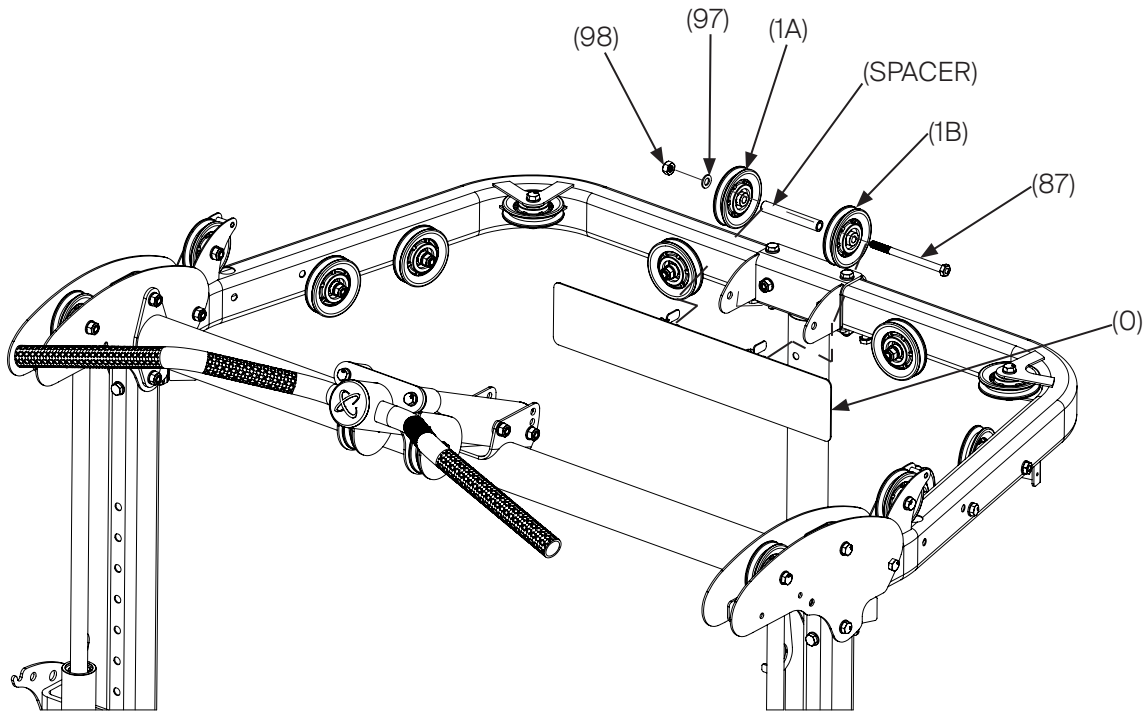
HARDWARE REQUIRED:



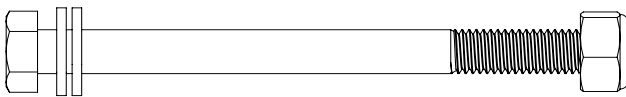
- 2 x BOLT, M10X105 (88)
- 4 x WASHER, FLAT, M10 (97)
- 2 x NUT, LOCK, M10 (98)

CENTR

Step 8 Cont: the plate in place, and tighten the hardware completely. Attach the **2 pulleys (1A, 1B)** and the **Branding Plate (Choose either Centr or Inspire branded) (0)** using **Hardware (87, 97, 98)**.

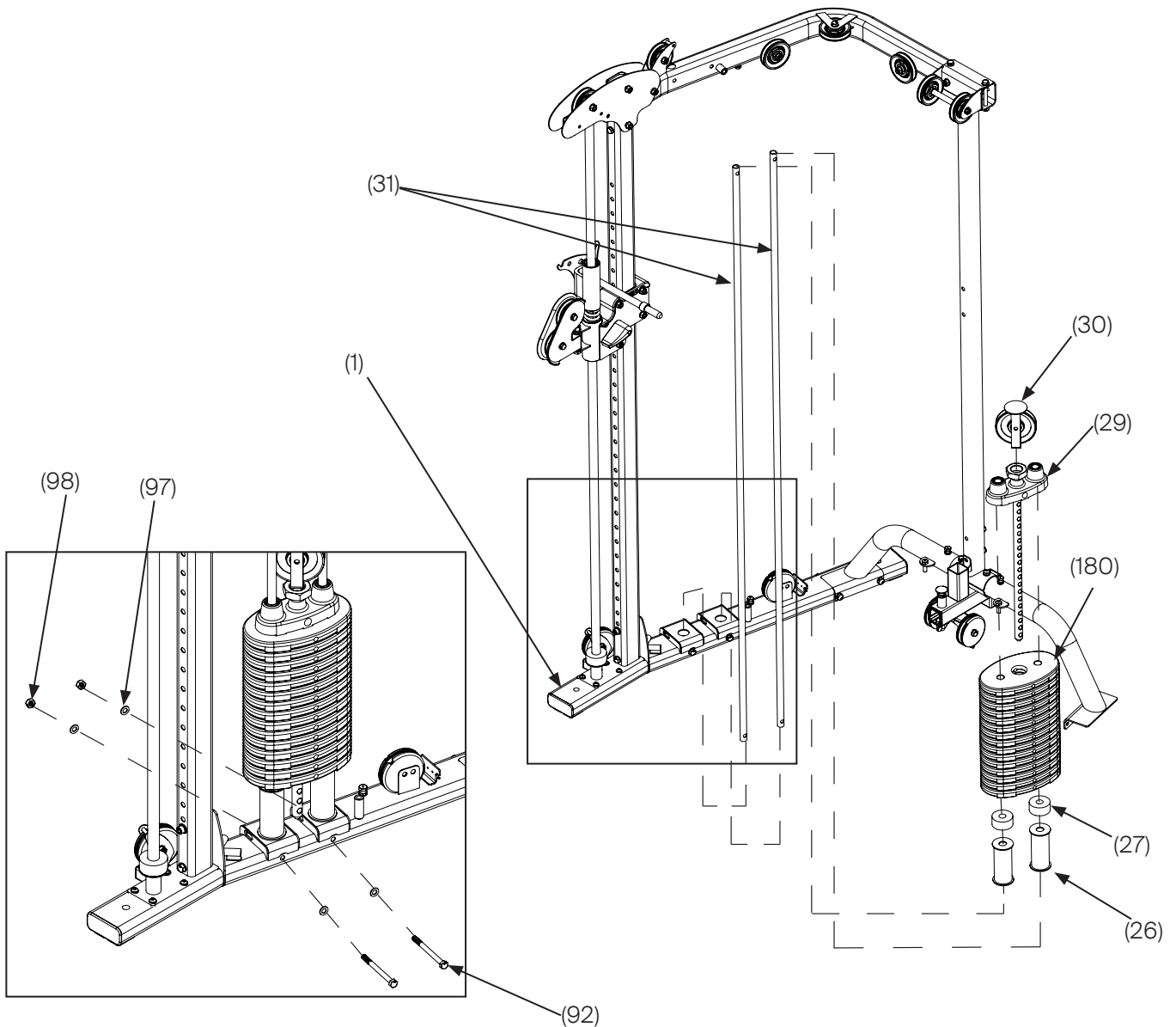


HARDWARE REQUIRED:

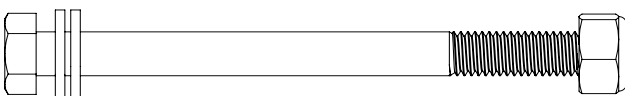


- 1 x BOLT, M10X180 (87)
- 2 x WASHER, FLAT, M10 (97)
- 1 x NUT, LOCK, M10 (98)

Step 9A: Insert the two **Guide Rods (31)** in the cavity at the **Right Main Base (1)**. Now, attach the **Hardware (92, 97, 98)** to hold the guide rods in place, **only finger tighten at this time**. Next, if needed, angle the guide rods towards the inside, in the following order slide the **Weight Stack Risers (26)**, **Rubber Donuts (27)**, **Weight Plates (180)**, **Selector Stem (29)**, and **Pulley Bracket Assembly (30)** by screwing it onto the Selector Stem (29). **Repeat the same for the Left side.**



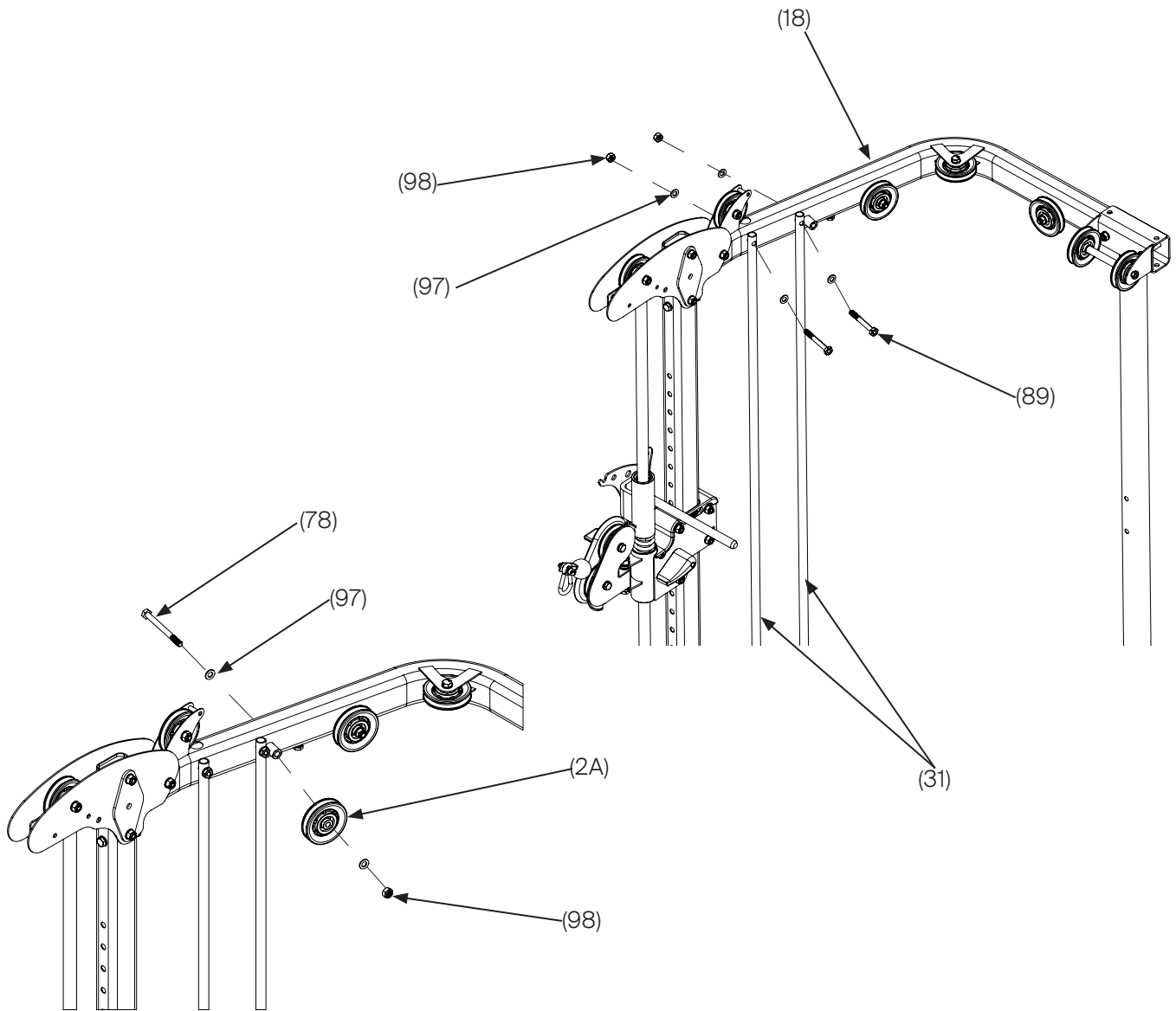
HARDWARE REQUIRED:



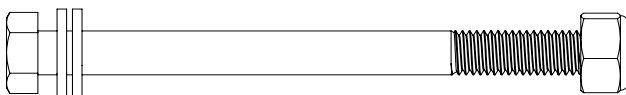
- 4 x BOLT, M10X115 (92)
- 8 x WASHER, FLAT, M10 (97)
- 4 x NUT, LOCK, M10 (98)

CENTR

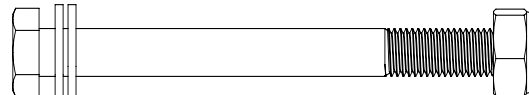
Step 9B: Fix the **Guide Rods (31)** to the **Right Top Beam (18)** using the **Hardware (89, 97, 98)**. Next, attach the **Pulley (2A)** to the **Right Top Beam (18)** using **Hardware (78, 97, 98)**. Repeat the same for the **Left side**. **Tighten all the hardware from step 9A and 9B.**



HARDWARE REQUIRED:



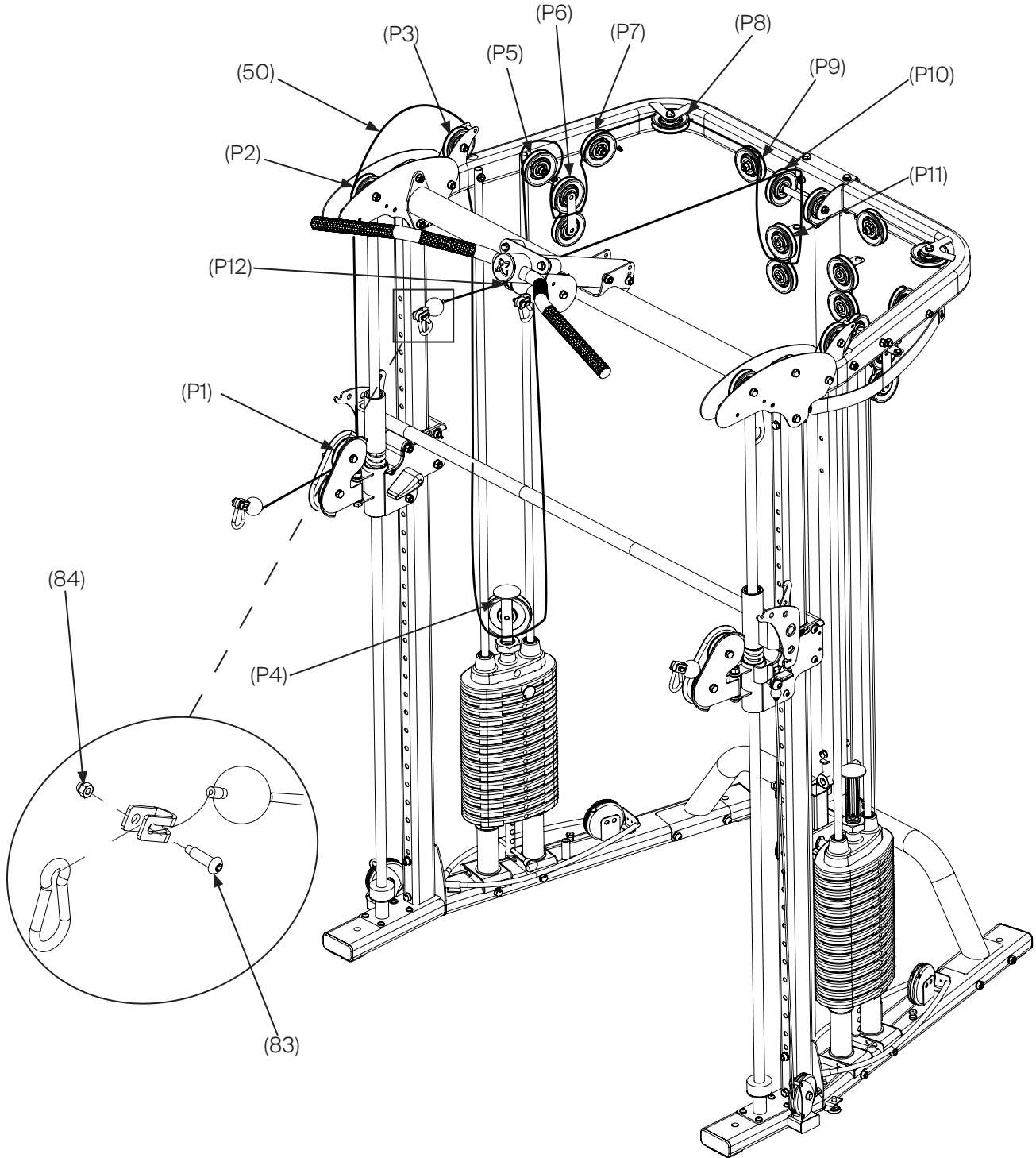
2 x BOLT, M10X120 (78)
4 x WASHER, FLAT, M10 (97)
2 x NUT, LOCK, M10 (98)



4 x BOLT, M10X85 (89)
8 x WASHER, FLAT, M10 (97)
4 x NUT, LOCK, M10 (98)

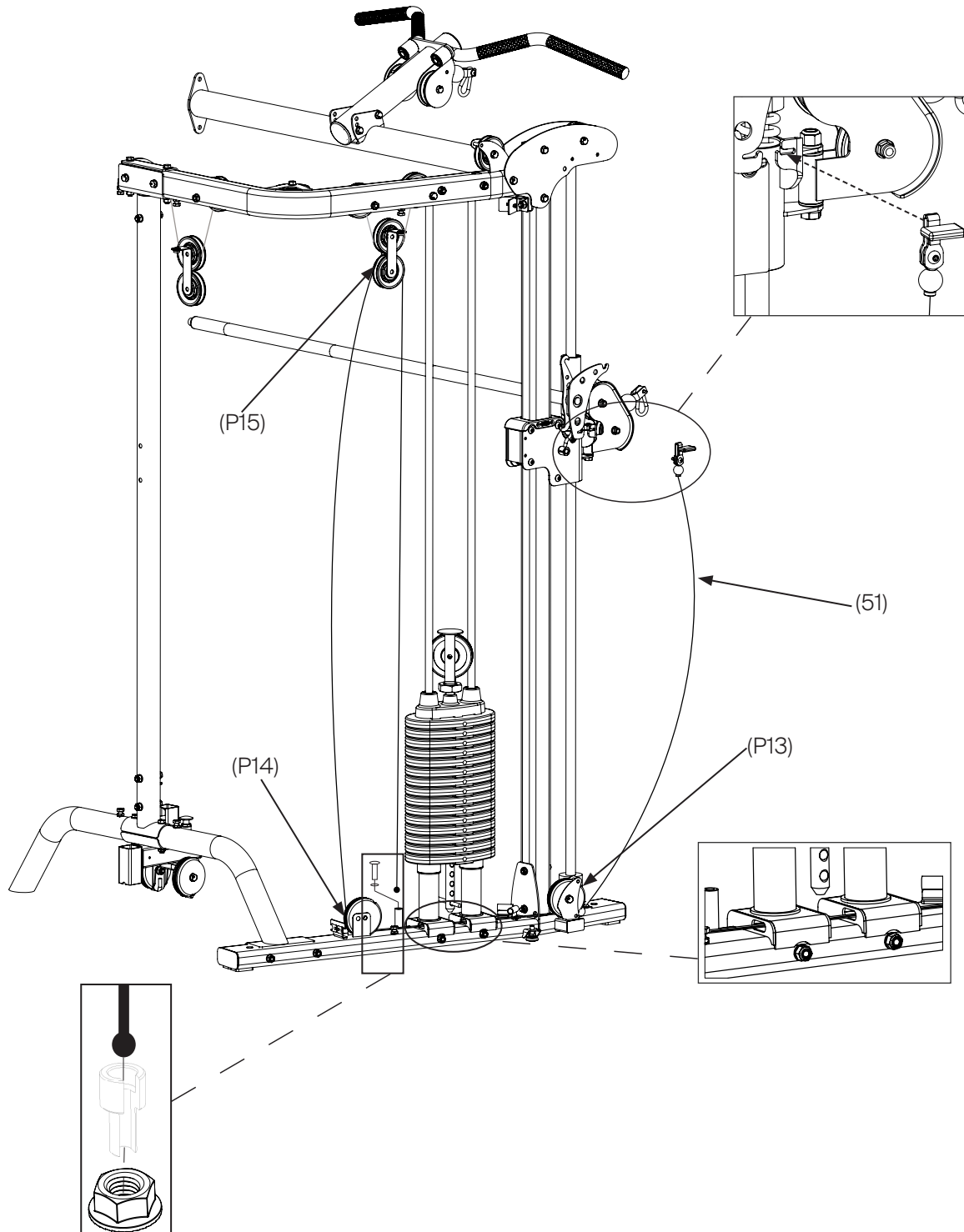
Step 10: To route the **(695-500-002) Upper Cable (50)** start with the small swage end without the ball at **Pulley (P1)**. Once the cable routing is complete **slide the cable ball over the swage of the cable end at Pulley (P12)**, next **slide it through the U-bracket** and place the carabiner between the U-bracket and use the **Hardware (83, 84)** to hold it in place.

Repeat the same process for Upper Cable Routing on the other side.

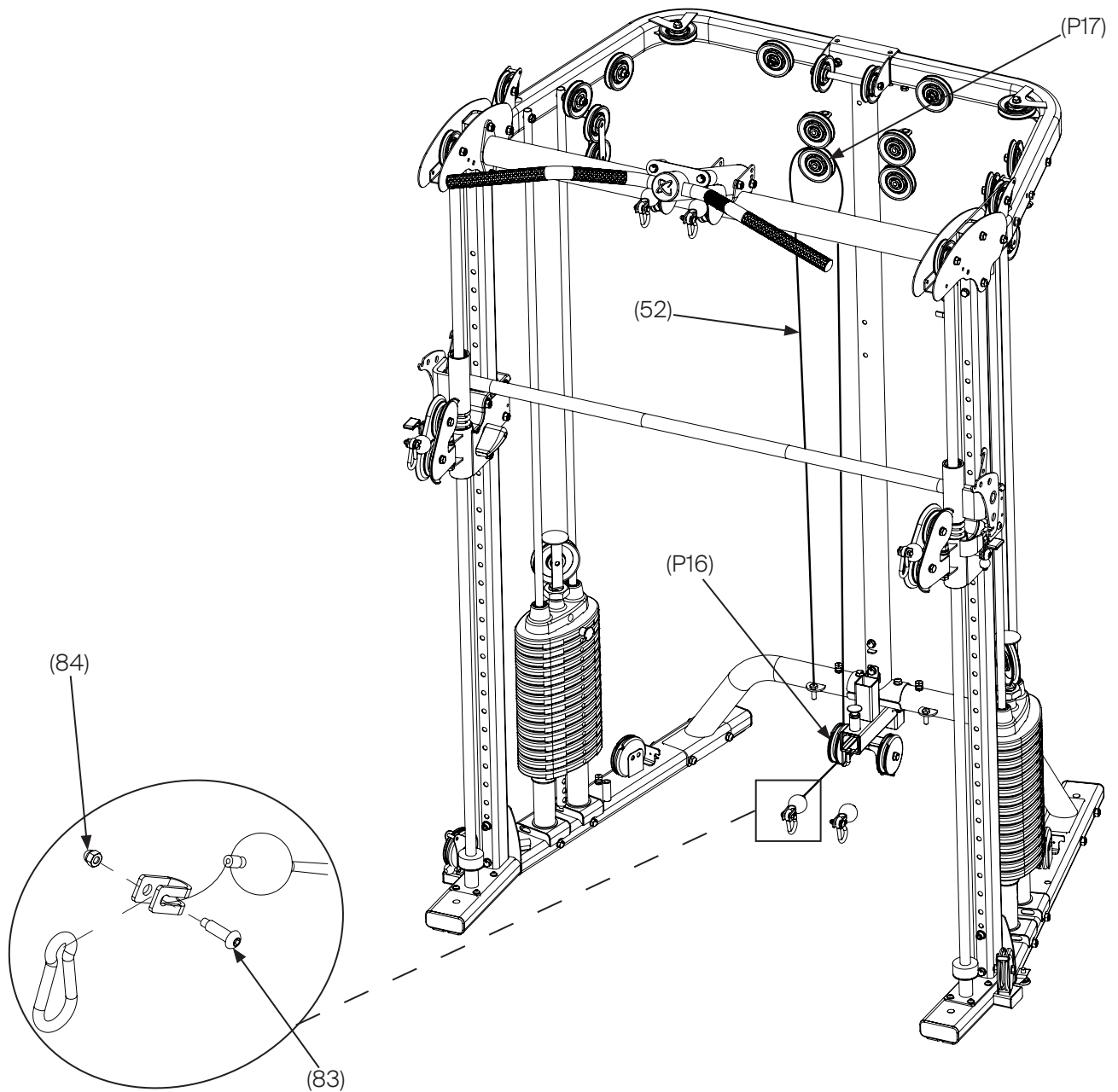


Step 11: Route the **(695-500-001) Lower Cable (51)** starting with the **small swage end** under the **Pulley (P13)**, follow the diagram for the lower cable routing. Once the cable routing is complete, **thread the flange nut onto the slotted cable adjustment bolt** so that the swage is at the bottom of the bolt. Next, **thread the bolt into the threaded riser on the base**.

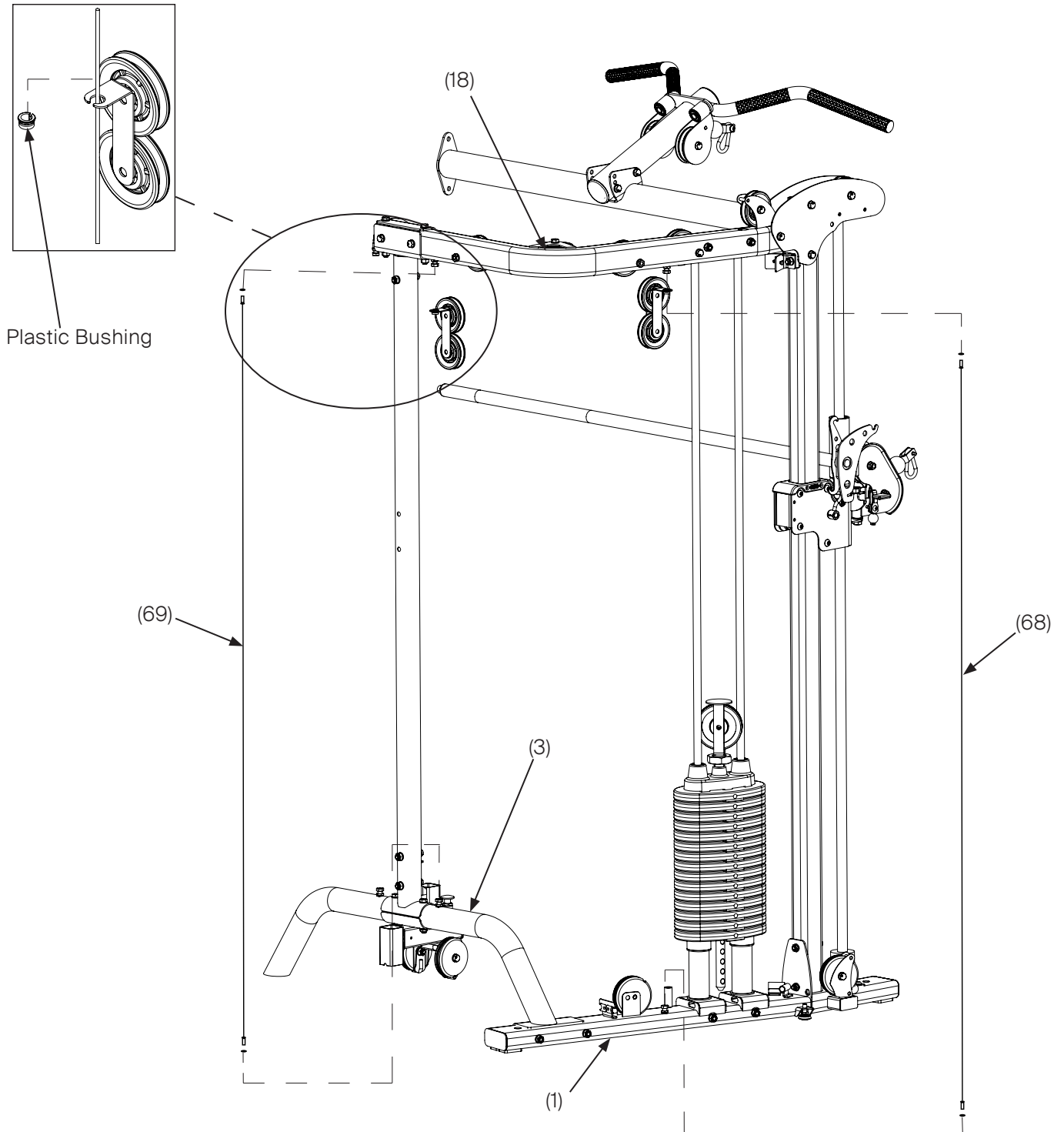
Repeat the same process for Lower Cable Routing on the other side.



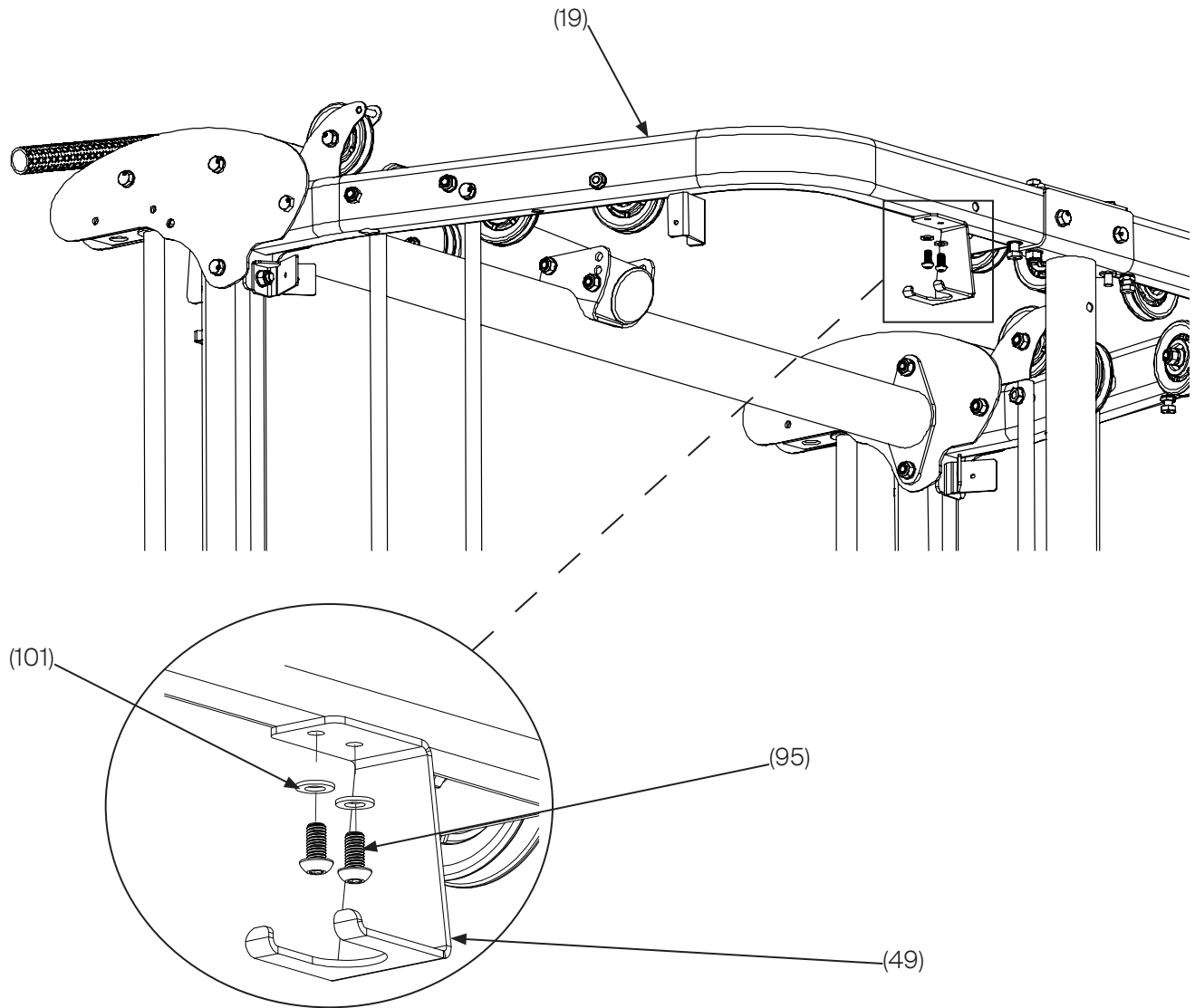
Step 12: Fix one end of the (695-500-004) **Rear Cable (52)** onto the **Rear Cross Brace (3)**, next, route the **Rear Cable starting with the swage end (no ball stop)** around **Pulley (17)**, then down and through **Pulley (16)** as shown. **Slide Cable Ball** onto the swage and insert into the 'U' Bracket Cable End. Place the carabiner between the U-bracket and use the Hardware (83, 84) to hold it in place. Repeat the same for the Left side.



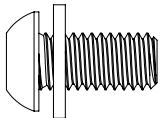
Step 13: Thread the **longer Side Guide Cable (68)** from the **Right Top Beam (18)** into the **Right Main Base (2)** until taut and tighten the jam nuts, then **repeat on the left side**. Do the same with the **Shorter Rear Guide Cable (69)**, threading from the **Right Top Beam (18)** to the **Rear Cross Brace (3)** until taut and securing jam nuts, then **repeat on the left**. Finally, **snap plastic bushings onto all four guide cables into the bracket tabs**.



Step 14: Attach the **Accessory Hanger Bracket (49)** to the bottom of the **Left Top Beam (19)** using **Hardware (95, 101)**.

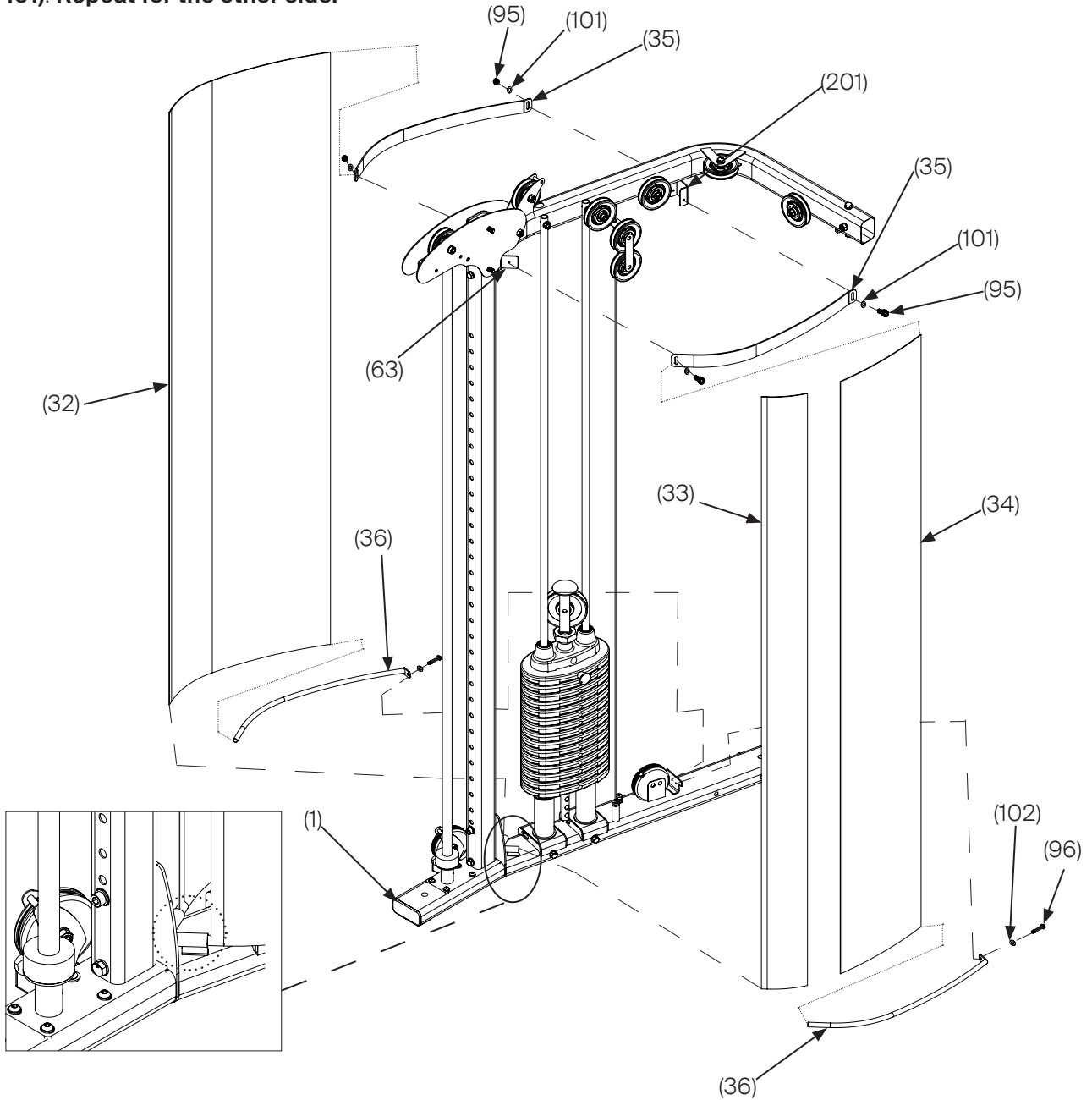


HARDWARE REQUIRED:

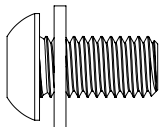


- 2 x BOLT, M6X12 (95)**
- 2 x WASHER, Flat, M6 (101)**

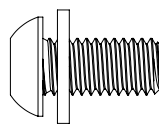
Step 15: Slide the **Lower Shroud Bracket (36)** through the **Outer Shroud Fabric (32)**, insert the front end into the flange at **Right Main Base (1)**, and secure the rear with **Hardware (96, 102)**. Repeat with the **Inner Shroud Fabrics (33, 34)**. Next, slide one **Upper Shroud Bracket (35)** through the **Outer Shroud (32)** and the **other** through the **Inner Shrouds (33, 34)**, then attach both to **Brackets (201, 63)** using **hardware (95, 101)**. Repeat for the other side.



HARDWARE REQUIRED:

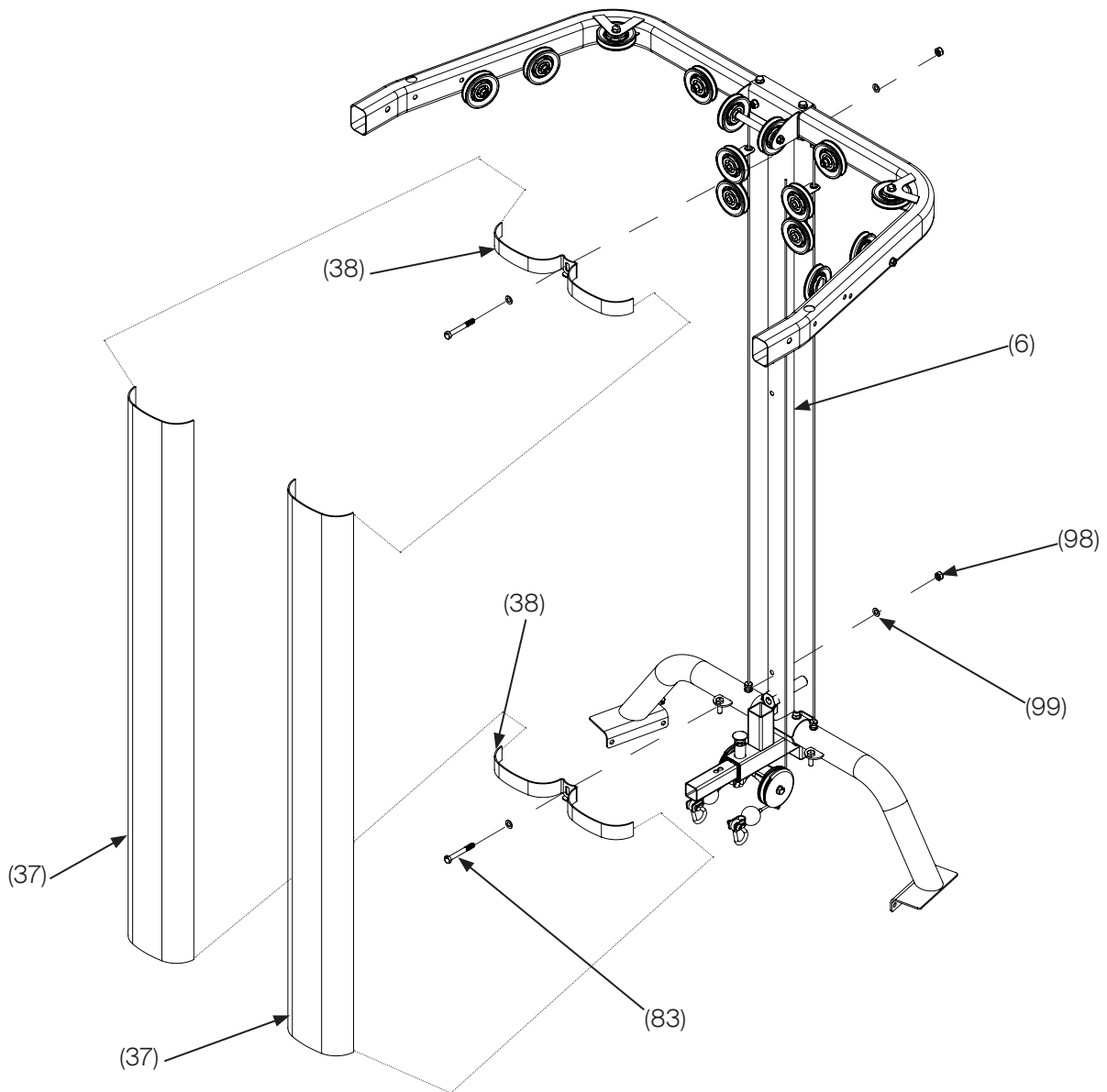


8 x BOLT, M6X12 (95)
8 x WASHER, FLAT, M6 (101)

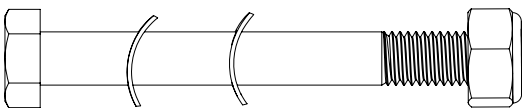


4 x BOLT, M5X10 (96)
4 x WASHER, FLAT, M5 (102)

Step 16: Attach **Rear Shroud Brackets (38)** to the **Rear Upright (6)** using **Hardware (83, 99, 98)**, only finger tighten at this stage. Slide **Rear Fabric Shrouds (37)** onto **Rear Shroud Brackets (38)**, align edges, then **push the top bracket up and tighten the hardware**. Push the **bottom bracket down** to tension the shrouds and tighten the hardware. Both bolts should now be secure with shrouds taut.

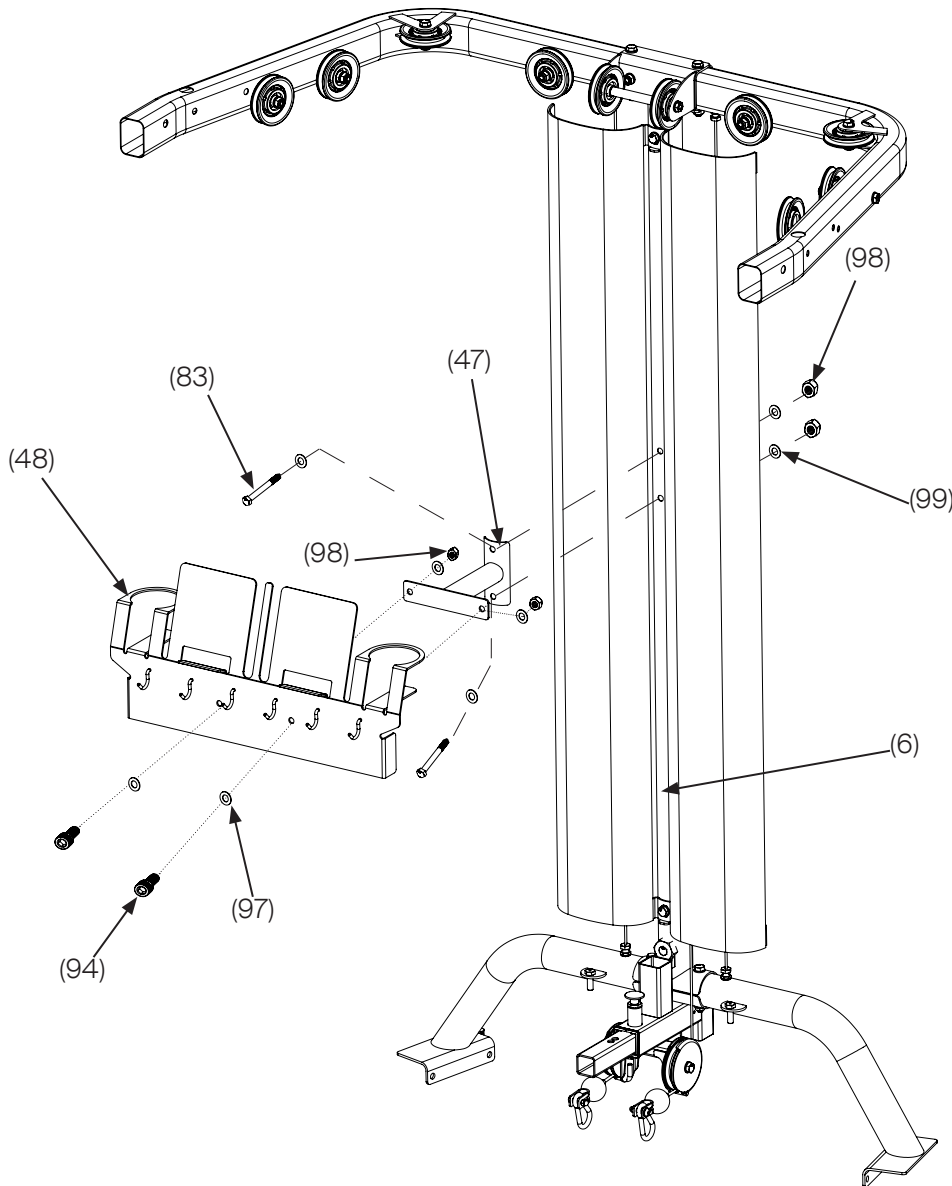


HARDWARE REQUIRED:

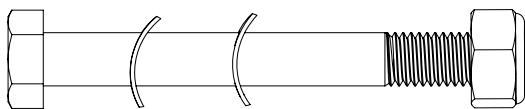


- 2 x BOLT, M10X80 (83)
- 4 x WASHER, CURVED, M10 (99)
- 2 x NUT, LOCK, M10 (98)

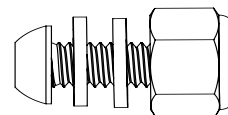
STEP 17: Attach the **Accessory Rack Support (47)** to the middle holes of the **Rear Upright (6)** using **hardware (83, 99, 98)**. Then secure the **Accessory Rack (48)** to the **Support (47)** using **hardware (94, 97, 98)**, tighten all bolts.



HARDWARE REQUIRED:

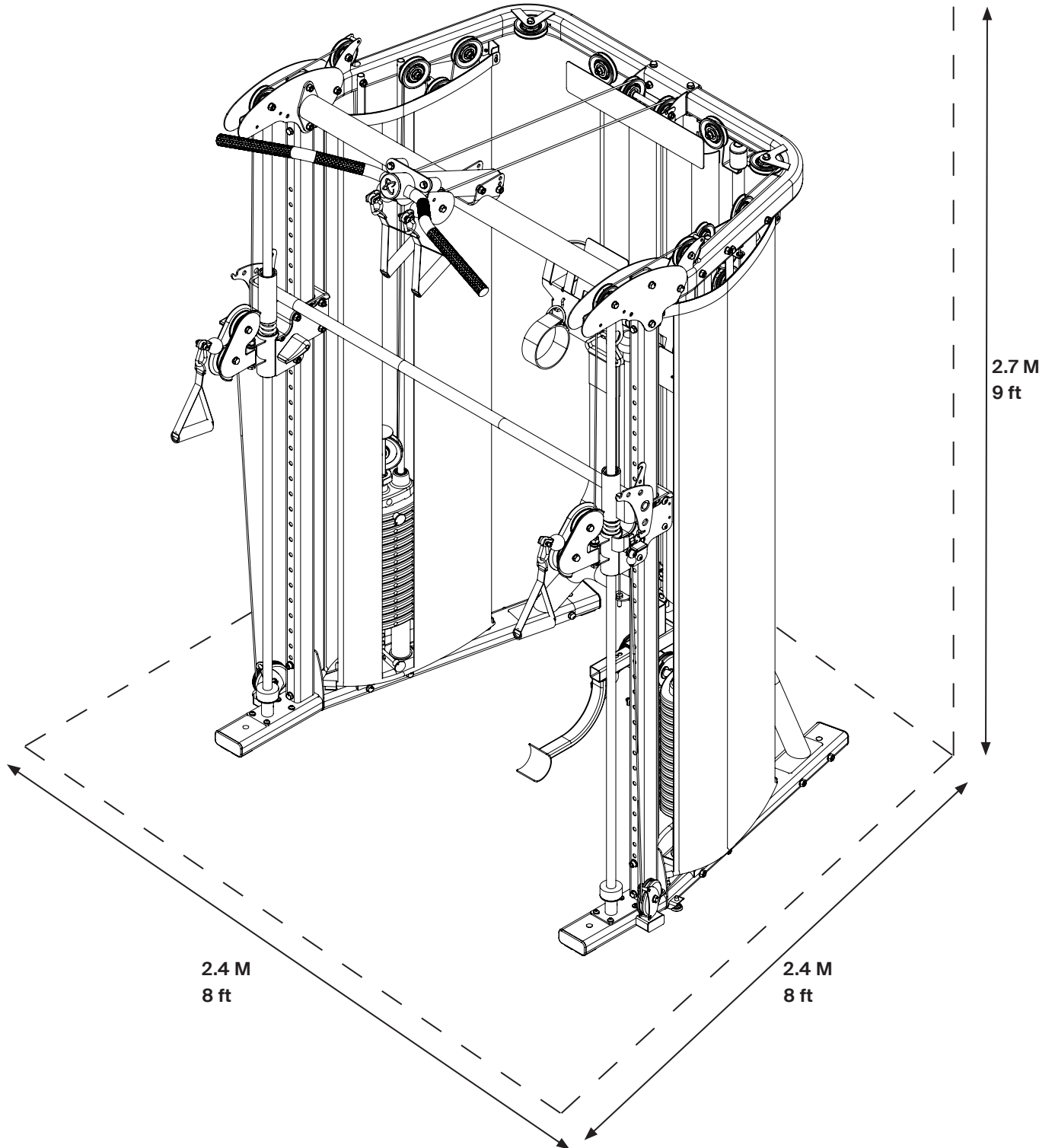


2 x BOLT, M10X80 (83)
4 x WASHER, CURVED, M10 (99)
2 x NUT, LOCK, M10 (98)

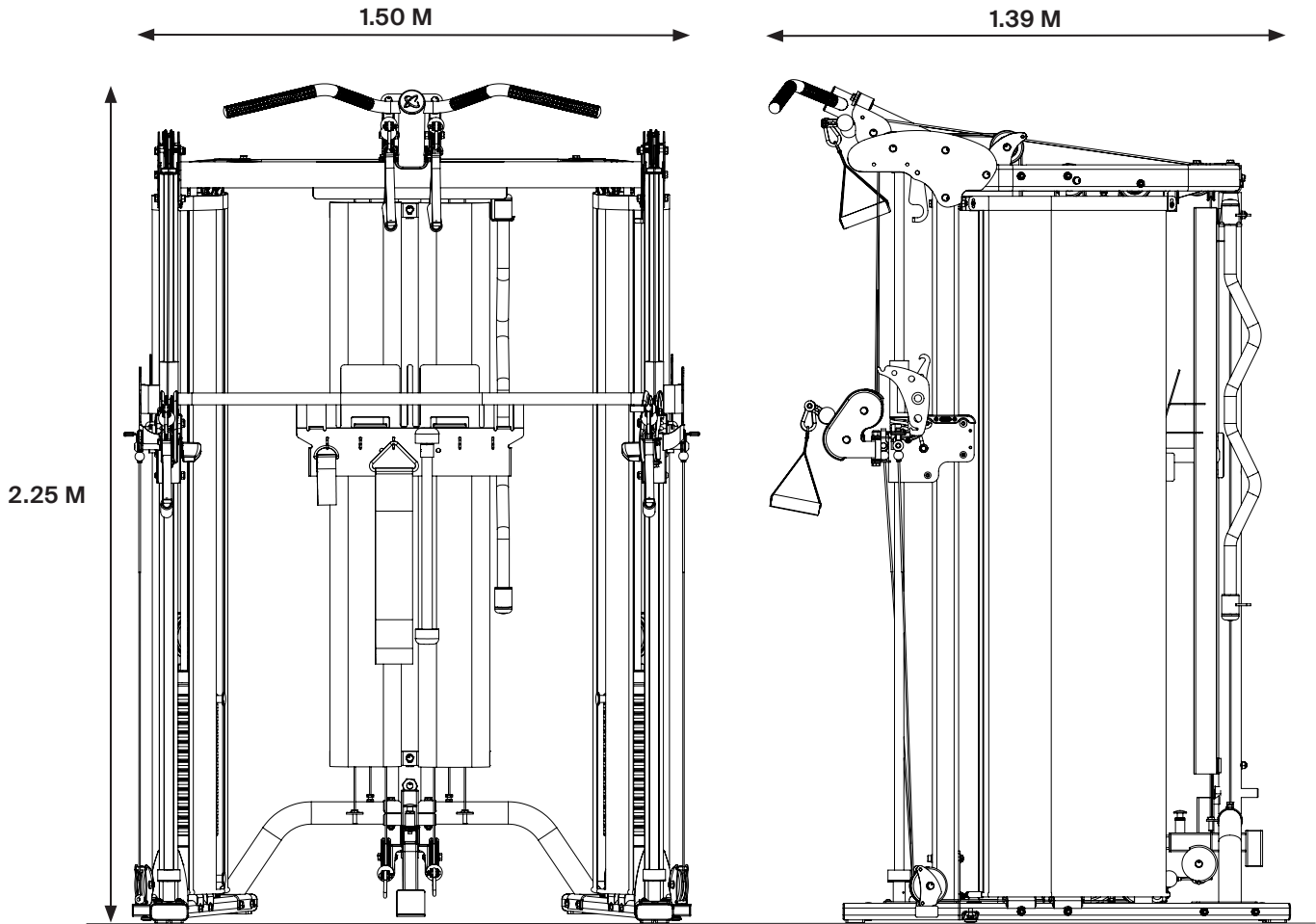


2 x BOLT, M10X20 (94)
4 x WASHER, FLAT, M10 (97)
2 x NUT, LOCK, M10 (98)

WORKOUT AREA



PRODUCT DIMENSIONS



ACCESSORIES INCLUDED

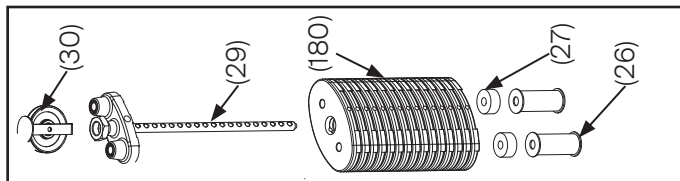
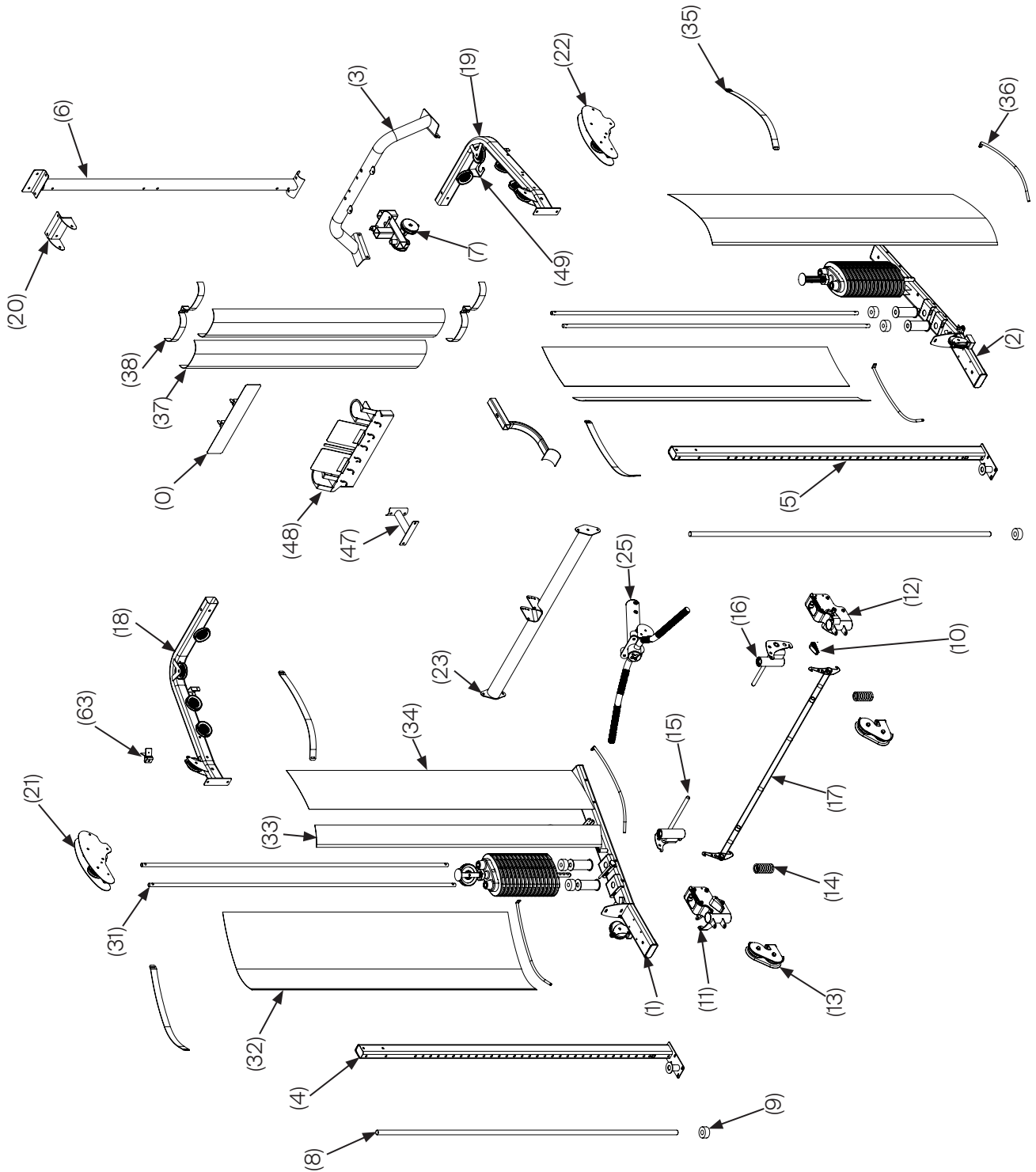
- Tricep Rope
- 2 X Rubber D-Handles
- Ez Curl Bar
- Ankle Strap
- Multi Function Belt
- Accessory Holder

MAINTENANCE

Proper and regular maintenance is important to the lifetime and function of your machine. Refer to the schedule of maintenance which is located as a label on your machine (Refer to page 7 for location)

- Periodically inspect the cables for splitting, cracking or fraying. Also watch for bulging or flat areas in the cable. **Pay particular attention to the cable ends.**
- Immediately replace cables at the first signs of damage or wear. Never use equipment with damaged or worn cables.
- Cables naturally stretch over time, so check cable slack periodically and adjust cable tension as needed.
- Regularly inspect product for loose hardware.
- Do not use or store equipment outdoors.
- Inspect snap links, swivels, handles and weight stack pin for wear or damage. If wear or damage exists, replace with Inspire Fitness parts only.
- Locate and familiarize yourself with all warning decals on the SF6 Smith Functional Trainer.
- Periodically wipe down guide rods with a dry cloth and re-apply a thin coat of a Teflon™ based lubricant.

EXPLODED VIEW



PARTS LIST

No.	Part Number	Description	Qty.
0	105962	BRANDING PLATE	1
1	106013	ASSY, RIGHT MAIN BASE	1
2	106014	ASSY, LEFT MAIN BASE	1
3	106012	WLDMT, REAR CROSS BRACE	1
4	106015	WLDMT, FRONT UPRIGHT	1
5	106015	WLDMT, FRONT UPRIGHT	1
6	106016	WLDMT, REAR UPRIGHT	1
7	106017	WLDMT, REAR PULLEY MOUNT	1
8	106018	TUBE, LINEAR BEARING SHAFT	2
9	106019	RUBBER DONUT	2
10	106021	SLIDER ADJUSTMENT KNOB	2
11	106020	RIGHT SLIDER	1
12	106022	ASSY, LEFT SLIDER	1
13	106023	ASSY, SWIVEL PULLEY	2
14	106024	SPRING	2
15	106025	ASSY, RIGHT SMITH BAR SLIDER	1
16	106026	ASSY, LEFT SMITH BAR SLIDER	1
17	106027	WLDMT, SMITH BAR	1
18	106028	ASSY, RIGHT TOP BEAM	1
19	106029	ASSY, LEFT TOP BEAM	1
20	106030	WLDMT, PULLEY AND BEAM MOUNT	1
21	106031	ASSY, RIGHT TOP BEAM PLATE	1
22	106032	ASSY, LEFT TOP BEAM PLATE	1
23	106034	WLDMT, FRONT CROSS BRACE	1
25	106033	ASSY, LAT BEAM ASSY	1
26	103583	WEIGHT STACK RISER	4
27	102582	RUBBER DONUT, GUIDE ROD	4
180	102626	WEIGHT PLATE, 10 LB	30
29	106038	SELECTOR STEM	2
30	106039	ASSY, PULLEY BRACKET	2
31	106040	GUIDE ROD	4
32	106041	OUTER SHROUD FABRIC	2
33	106043	SMALL INNER SHROUD FABRIC	2
34	106042	LARGE INNER SHROUD FABRIC	2
35	106044	UPPER SHROUD BRACKET	4
36	106045	WLDMT, LOWER SHROUD BRACKET	4
37	106047	REAR SHROUD	2
38	106046	WLDMT, REAR SHROUD BRACKET	2
47	106049	WLDMT, ACCESSORY RACK SUPPORT	1
48	106048	WLDMT, ACCESSORY RACK	1
49	106050	BRACKET, ACCESSORY HANGER	1
50	106052	UPPER CABLE (695-500-002)	2
51	106053	LOWER CABLE (695-500-001)	2
52	106054	REAR CABLE (695-500-004)	2
63	106120	FRONT SHROUD MOUNT BRACKET	2
64	80624	HARDWARE CARD 1	1
65	80625	HARDWARE CARD 2	1
66	80626	HARDWARE CARD 3	1
67	80627	HARDWARE CARD 4	1
68	106175	SIDE GUIDE CABLE	2
69	106174	REAR GUIDE CABLE	2

CENTR