

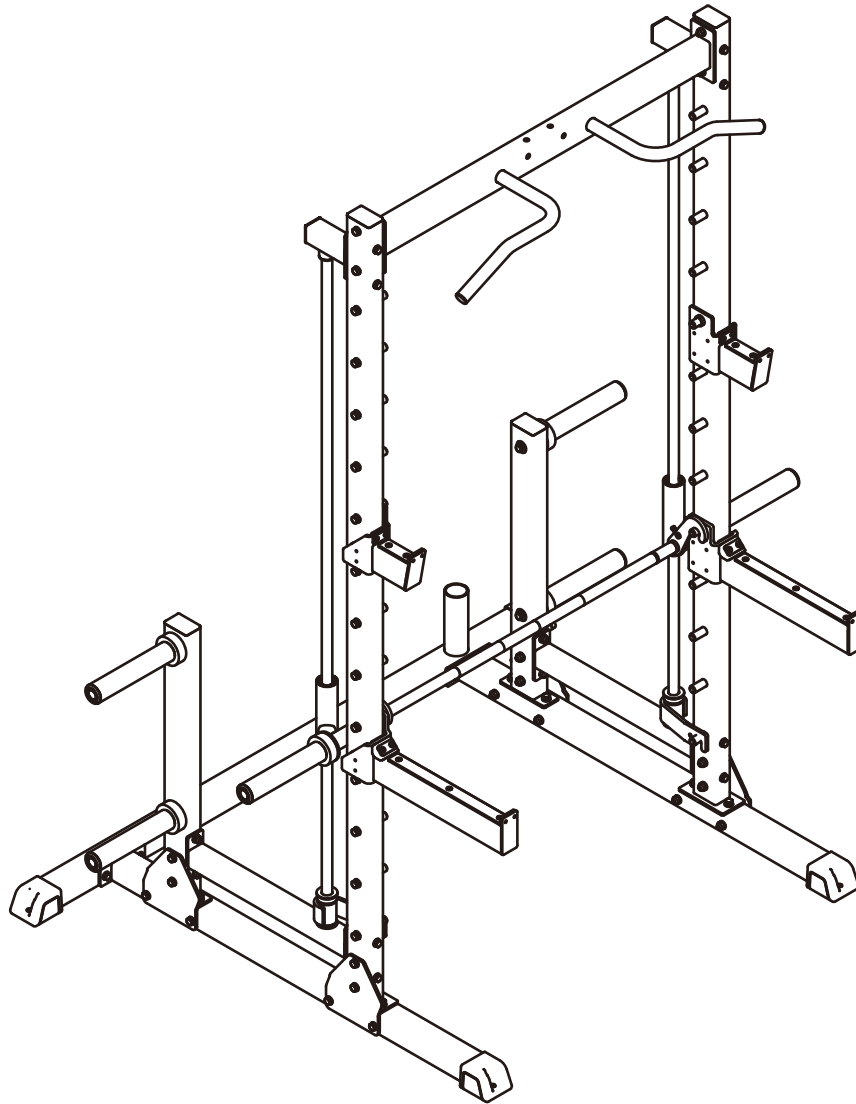
## **Инструкция**

### **Силовая рама / Машина Смита 2 в 1 Impulse IFP1721**

Полезные ссылки:

[Силовая рама / Машина Смита 2 в 1 Impulse IFP1721 - смотреть на сайте](#)

[Силовая рама / Машина Смита 2 в 1 Impulse IFP1721 - читать отзывы](#)



# IFP1721

## HALF CAGE / SMITH MACHINE

### OWNER'S MANUAL

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23M

**CAUTION!** Read all precautions and instructions in this manual before using this equipment.

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## CAUTION!

Read all precautions and instructions in this manual before using this equipment.

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# Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.  
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.  
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.6 meters space around the product.  
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.  
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.  
Do not attempt to lift more weight than you can control safely.  
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.  
Never drop or insert anything into any opening in the equipment.  
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.  
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.  
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

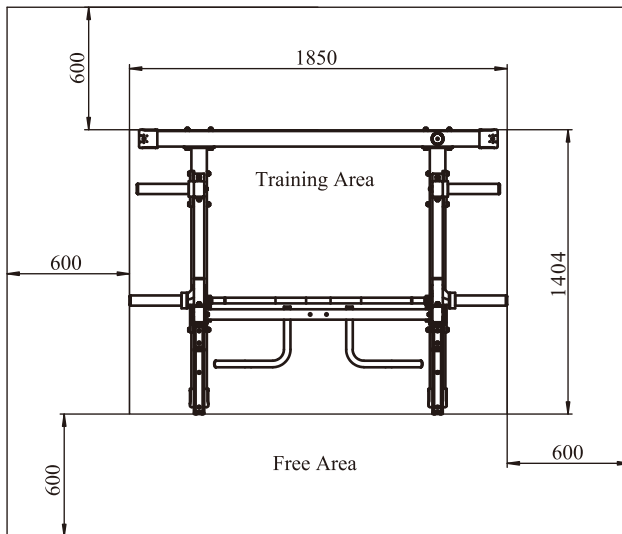
# Important Safety Instructions

## Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

## Training Area and Free Area



## Specifications

Class: S

Maximum Wt. Capacity: 2\*100kg/ 220lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1850\*1404\*2343mm

Product Total Surface: 1850\*1404mm

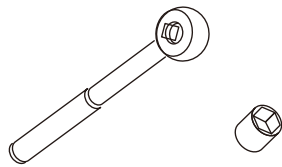
Product Total Mass:

# Instructions

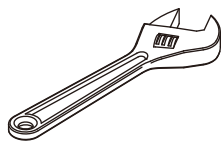
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

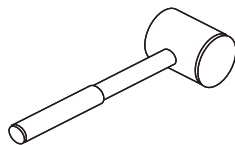
## Tools Required



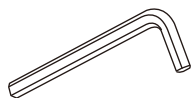
Ratchet Wrench and Socket



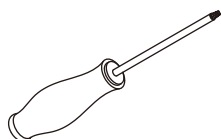
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

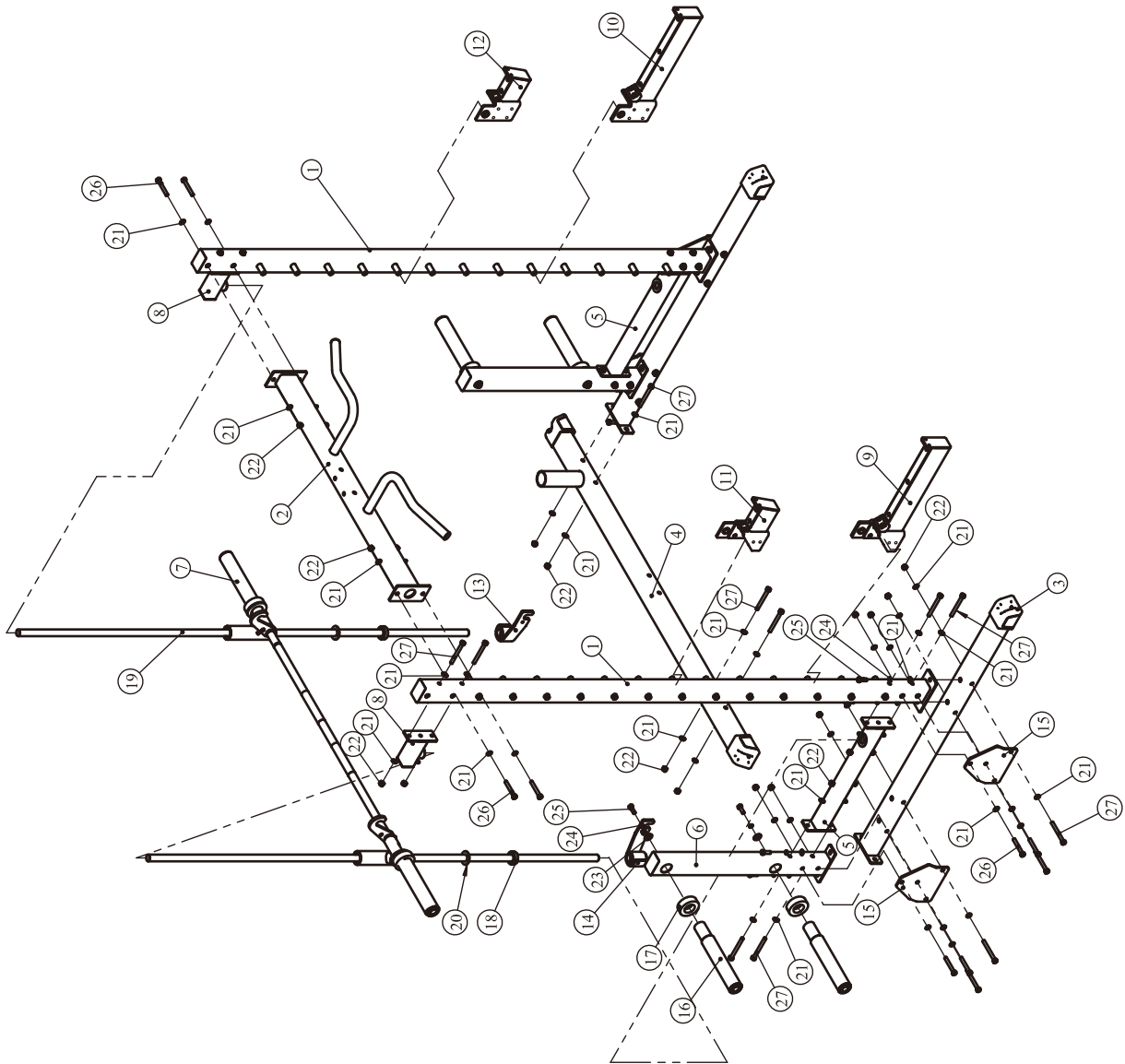
# Exploded View and Parts List

## Overall

Item No.	Part No.	Description	QTY
1	IFP172101ASSY	Upright Frame ASSY	2
2	IFP172103ASSY	Handle Frame ASSY	1
3	IFP172104ASSY	Bottom Frame ASSY	2
4	IFP172105ASSY	Back Bottom Frame ASSY	1
5	IFP17210600	Short Connect Frame	2
6	IFP172108ASSY	Back Upright Frame ASSY	2
7	IFP172111ASSY	Olympic Bar ASSY	1
8	IFP172112ASSY	Upper Connection Frame ASSY	2
9	IFP172113ASSY	Safety Frame I ASSY	1
10	IFP172114ASSY	Safety Frame II ASSY	1
11	IFP172115ASSY	Hook Frame I ASSY	1
12	IFP172116ASSY	Hook Frame II ASSY	1
13	IFP172117ASSY	Safety Hook Frame I ASSY	1
14	IFP172118ASSY	Safety Hook Frame II ASSY	1
15	IFP17212100	Triangle Plate	4
16	IFP161316ASSY	Barbell Frame ASSY	4
17	HF985A1500	Bumper $\Phi 76 \times \Phi 42 \times 25$	4
18	KPSHCS2600	Bumper $\Phi 48 \times \Phi 26 \times 15$	2
19	CXT-1251200	Guide $\Phi 25 \times 2020$	2
20	PBA20096	Baffle Ring	2
21	GB9510DHS2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	80
22	NM10DHS2	Nylon Lock Nut M10	36
23	DQ10DHS2C	Flat Washer $\Phi 11 \times \Phi 30 \times 2$	4
24	GB9310DHS12	Spring Washer $\Phi 10$	12
25	GB5781M10*30DHS20	Hex Head Cap Screw M10*30	12
26	GB5780M10*75DHS20	Hex Head Cap Screw M10*75	12
27	GB5780M10*100DHS20	Hex Head Cap Screw M10*100	24

# Exploded View and Parts List

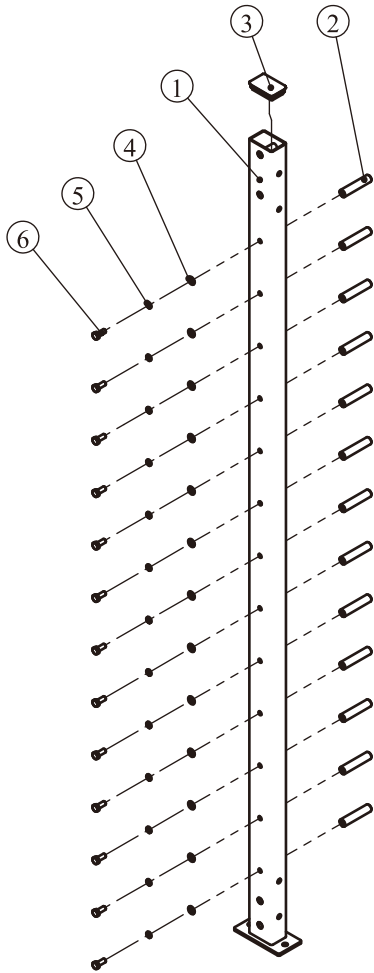
## Overall



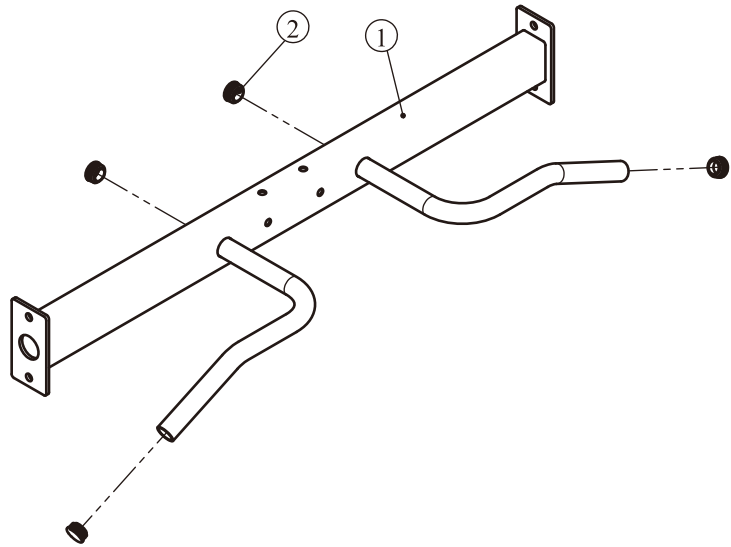


# Exploded View and Parts List

## Upright Frame ASSY



## Handle Frame ASSY



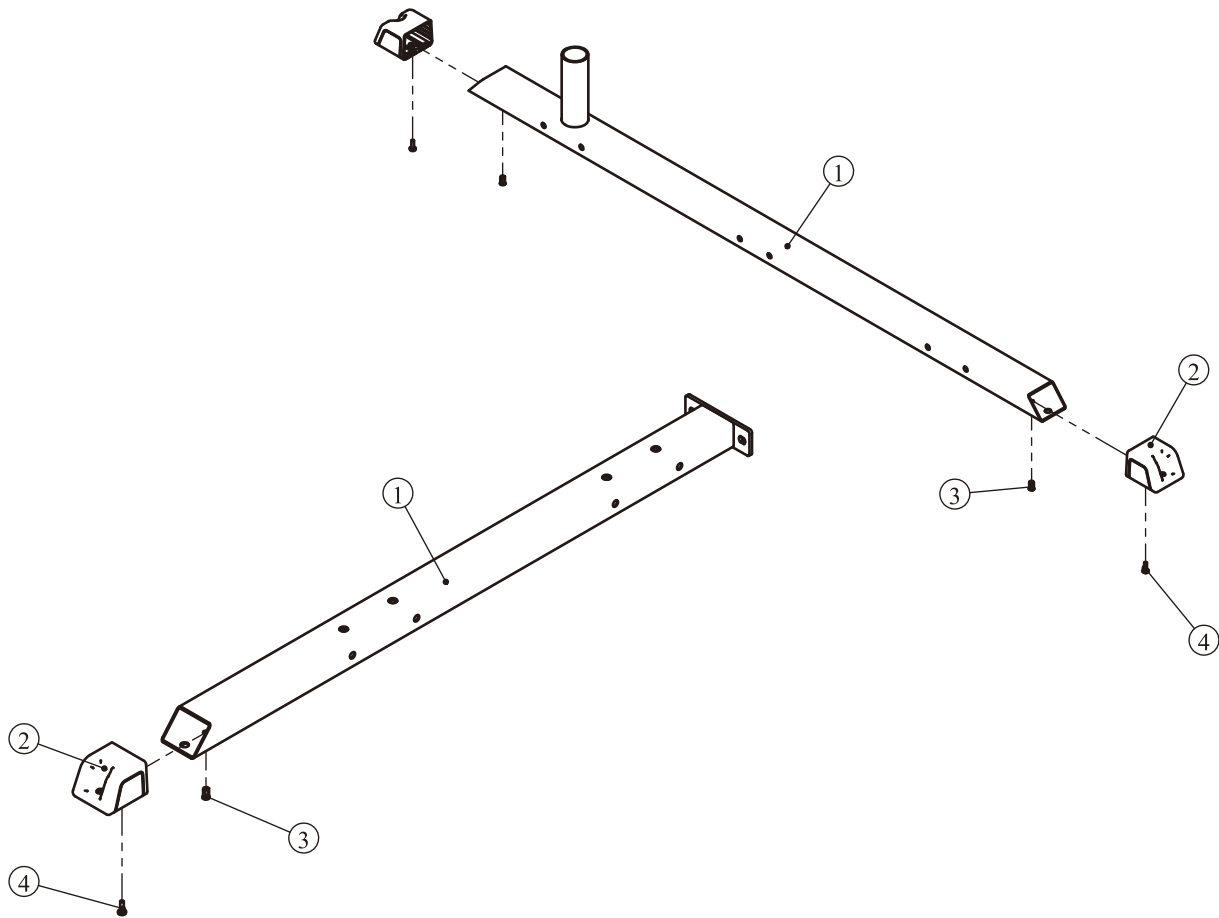
Grade No.	Part No.	Description	QTY
1.1	IFP17210100	Upright Frame	1
1.2	CHFPR1402V1	Connector Bar	13
1.3	KPSFID2800	Plug □50.8*76.2	1
1.4	GB9510DHS2	Flat Washer Φ11*Φ20*2	13
1.5	GB9310DHS12	Spring Washer Φ10	13
1.6	GB5781M10*25DHS20	Hex Head Cap Screw M10*25	13

Grade No.	Part No.	Description	QTY
2.1	IFP17210300	Handle Frame	1
2.2	BNH0573	Plug Φ32	4

# Exploded View and Parts List

## Bottom Frame ASSY

## Back Bottom Frame ASSY



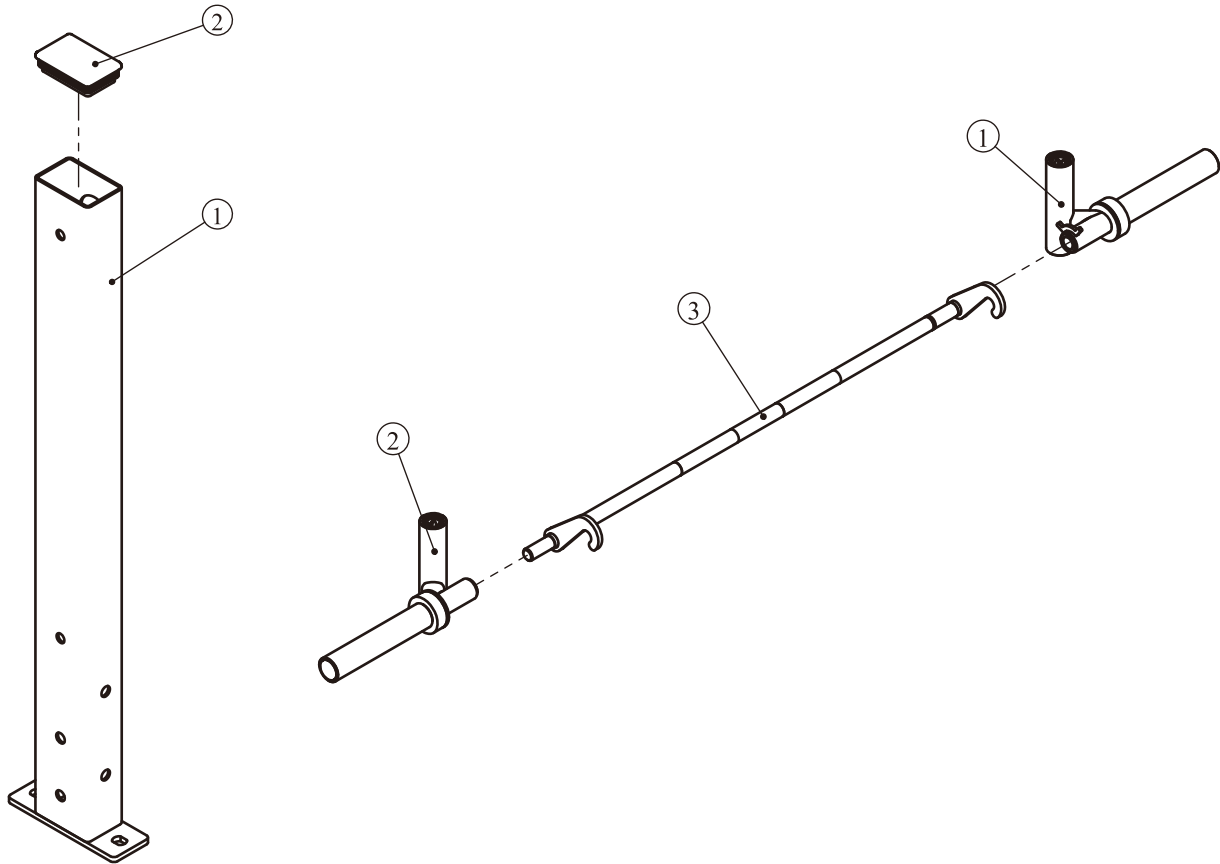
Grade No.	Part No.	Description	QTY
3.1	IFP17210400	Bottom Frame	1
3.2	IFP12013300	Bottom Foot Plug	1
3.3	GB17880.5M6*16.5DS17	Rivet Nut M6	1
3.4	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	1

Grade No.	Part No.	Description	QTY
4.1	IFP17210500	Back Bottom Frame	1
4.2	IFP12013300	Bottom Foot Plug	2
4.3	GB17880.5M6*16.5DS17	Rivet Nut M6	2
4.4	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	2

# Exploded View and Parts List

## Back Upright Frame ASSY

## Olympic Bar ASSY

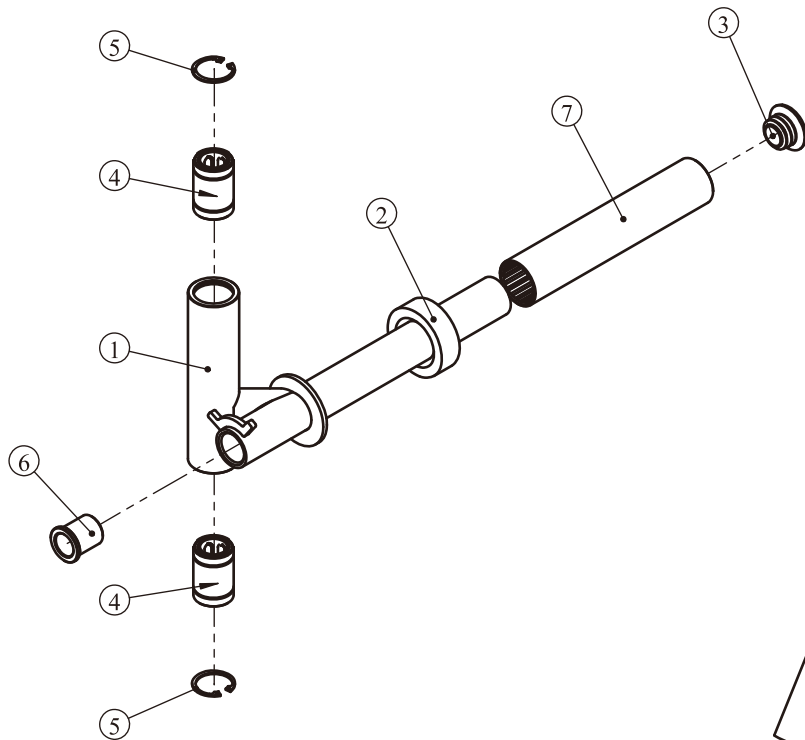


Grade No.	Part No.	Description	QTY
6.1	IFP17210800	Back Upright Frame	1
6.2	KPSFID2800	Plug □50.8*76.2	1

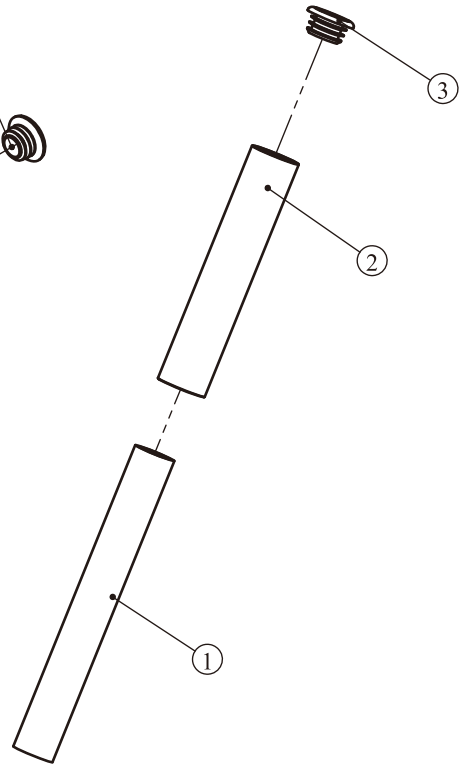
Grade No.	Part No.	Description	QTY
7.1	IFP172109ASSY	Bar Support Frame I ASSY	1
7.2	IFP172110ASSY	Bar Support Frame II ASSY	1
7.3	IFP17211100	Olympic Bar	1

# Exploded View and Parts List

## Bar Support Frame I ASSY



## Barbell Frame ASSY



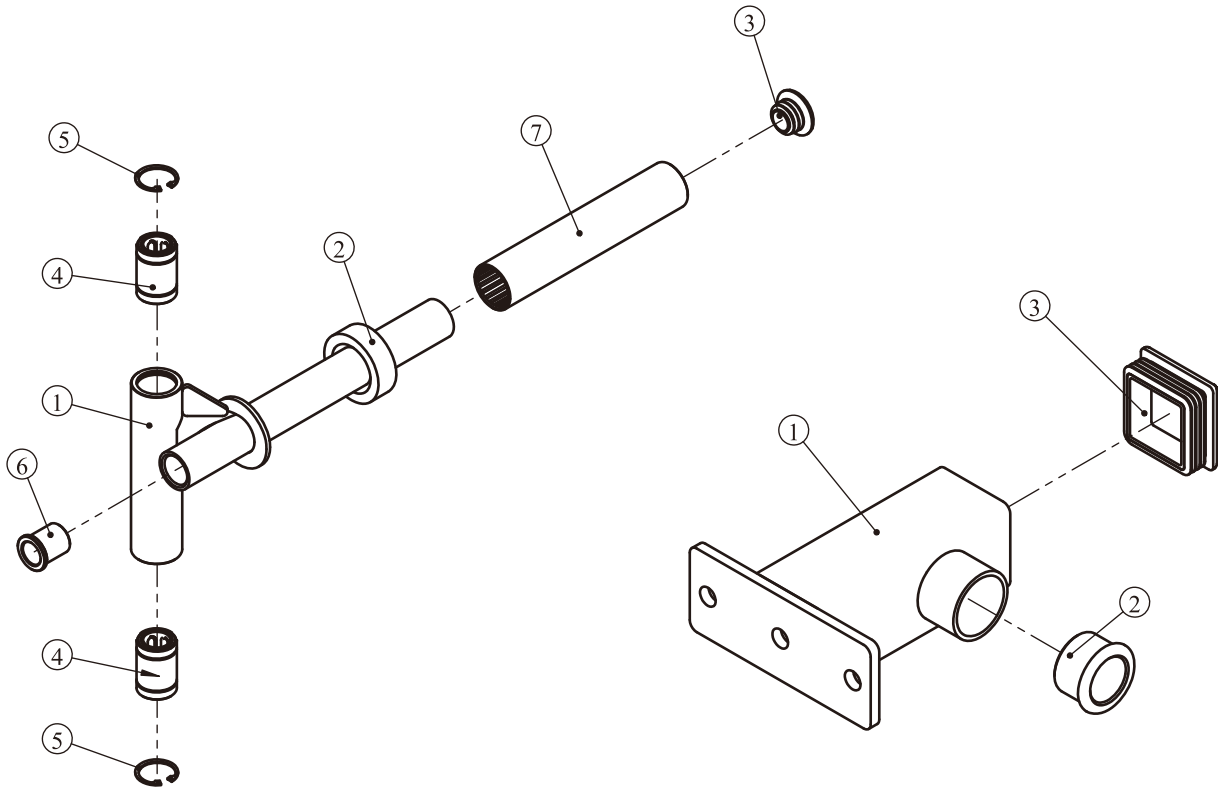
Grade No.	Part No.	Description	QTY
7.1.1	IFP17210900	Bar Support Frame I	1
7.1.2	HF985A1500	Bumper $\Phi 76 * \Phi 42 * 25$	1
7.1.3	IFP16053100	Plug $\Phi 49$	1
7.1.4	LM25UU	Linear Bearing	2
7.1.5	GB893.140FH12	Circlip for Hole	2
7.1.6	IN-S51304500	Barbell Plug Bumper	1
7.1.7	IFP12013400	Weight Horn Sleeve	1

Grade No.	Part No.	Description	QTY
16.1	IFP16131600	Barbell Frame	1
16.2	IFP12013400	Weight Horn Sleeve	1
16.3	IFP12013500	Plug $\Phi 49$	1

# Exploded View and Parts List

## Bar Support Frame II ASSY

## Upper Connection Frame ASSY

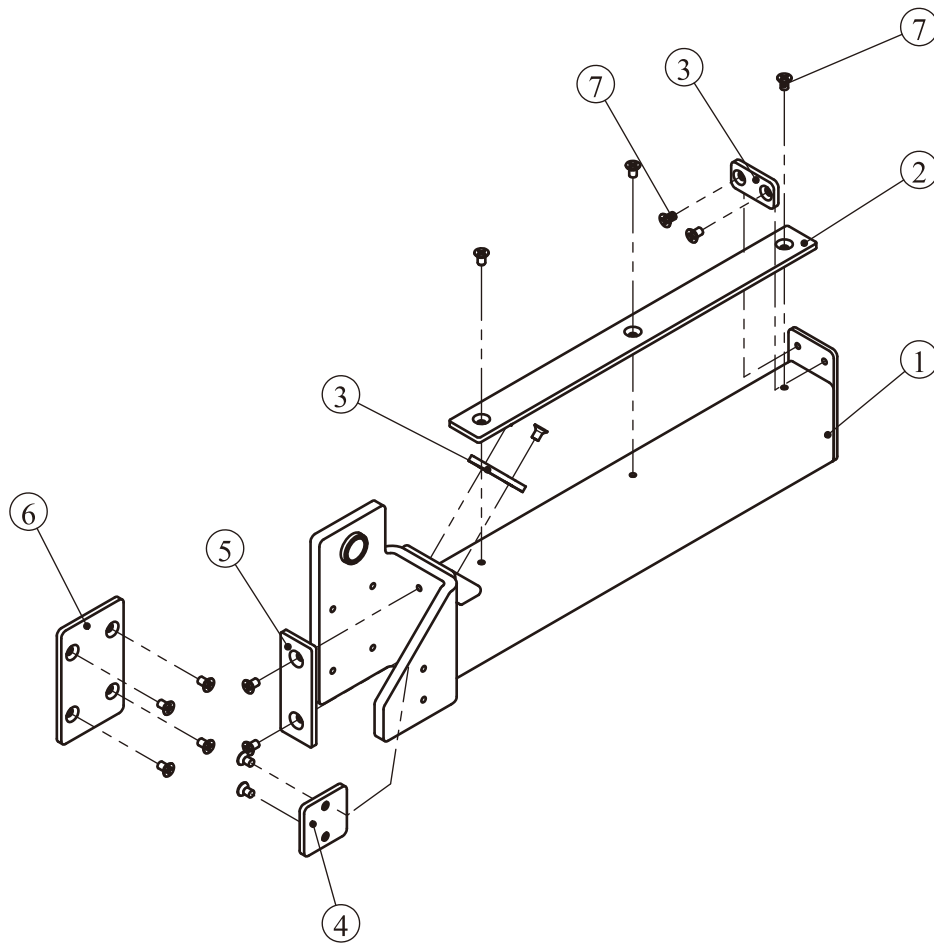


Grade No.	Part No.	Description	QTY
7.2.1	IFP17210900	Bar Support Frame II	1
7.2.2	HF985A1500	Bumper $\Phi 76 * \Phi 42 * 25$	1
7.2.3	IFP16053100	Plug $\Phi 49$	1
7.2.4	LM25UU	Linear Bearing	2
7.2.5	GB893.140FH12	Circlip for Hole	2
7.2.6	IN-S51304500	Barbell Plug Bumper	1
7.2.7	IFP12013400	Weight Horn Sleeve	1

Grade No.	Part No.	Description	QTY
8.1	IFP17211200	Upper Connection Frame	1
8.2	KPSHCS2700	Rubber Sleeve	1
8.3	KPSFID3000	Plug $\square 50.8$	1

# Exploded View and Parts List

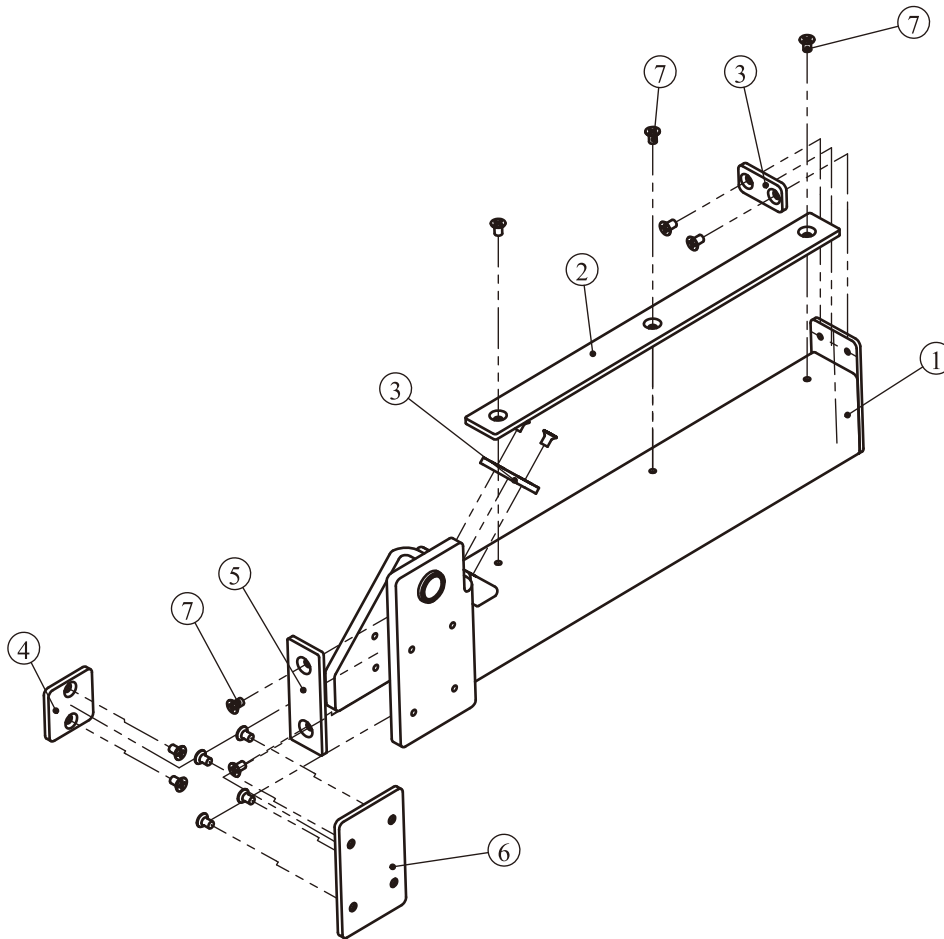
## Safety Frame I ASSY



Grade No.	Part No.	Description	QTY
9.1	IFP17211300	Safety Frame I	1
9.2	KFHC2200	Nylon Plate	1
9.3	SL70383300	Plastic Plate II	2
9.4	SL70383200	Plastic Plate I	1
9.5	ES20003500	Short Plastic Plate	1
9.6	HSPR013200	Plastic Plate	1
9.7	GB819M6*10DHS2	Cross Recessed Countersunk Head Screw M6*10	15

# Exploded View and Parts List

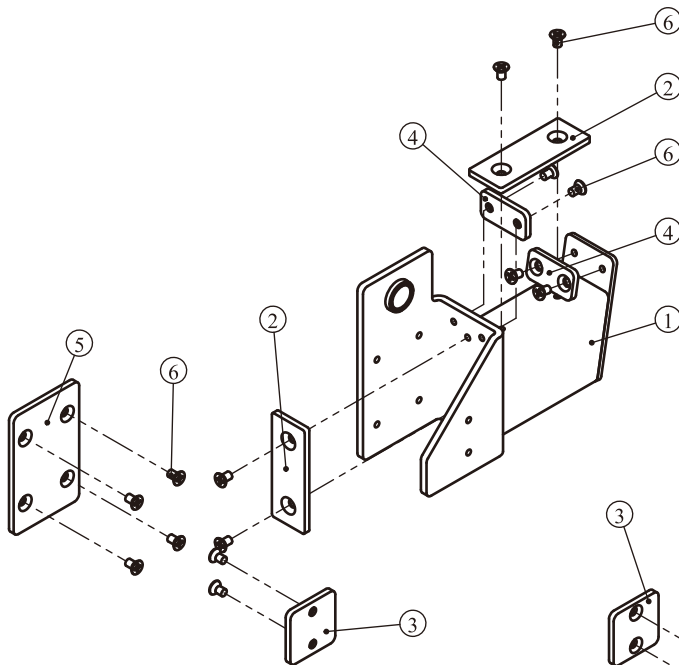
## Safety Frame II ASSY



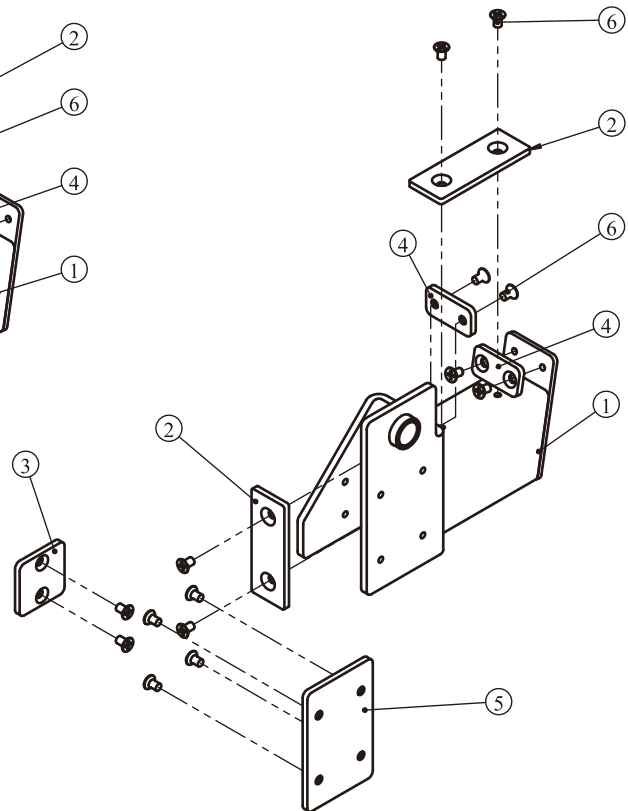
Grade No.	Part No.	Description	QTY
10.1	IFP17211400	Safety Frame II	1
10.2	KFHC2200	Nylon Plate	1
10.3	SL70383300	Plastic Plate II	2
10.4	SL70383200	Plastic Plate I	1
10.5	ES20003500	Short Plastic Plate	1
10.6	HSPR013200	Plastic Plate	1
10.7	GB819M6*10DHS2	Cross Recessed Countersunk Head Screw M6*10	15

# Exploded View and Parts List

## Hook Frame I ASSY



## Hook Frame II ASSY



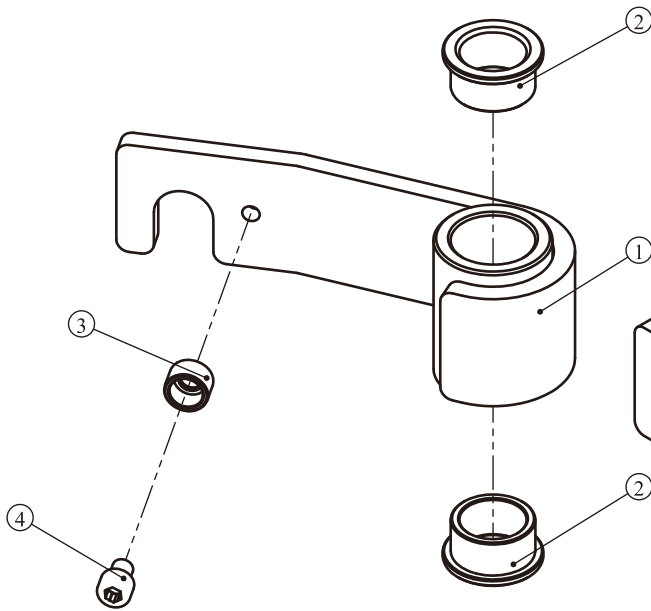
Grade No.	Part No.	Description	QTY
11.1	IFP17211500	Hook Frame I	1
11.2	ES20003500	Short Plastic Plate	2
11.3	SL70383200	Plastic Plate I	1
11.4	SL70383300	Plastic Plate II	2
11.5	HSPR013200	Plastic Plate	1
11.6	GB819M6*10DHS2	Cross Recessed Countersunk Head Screw M6*10	14

Grade No.	Part No.	Description	QTY
12.1	IFP17211600	Hook Frame II	1
12.2	ES20003500	Short Plastic Plate	2
12.3	SL70383200	Plastic Plate I	1
12.4	SL70383300	Plastic Plate II	2
12.5	HSPR013200	Plastic Plate	1
12.6	GB819M6*10DHS2	Cross Recessed Countersunk Head Screw M6*10	14

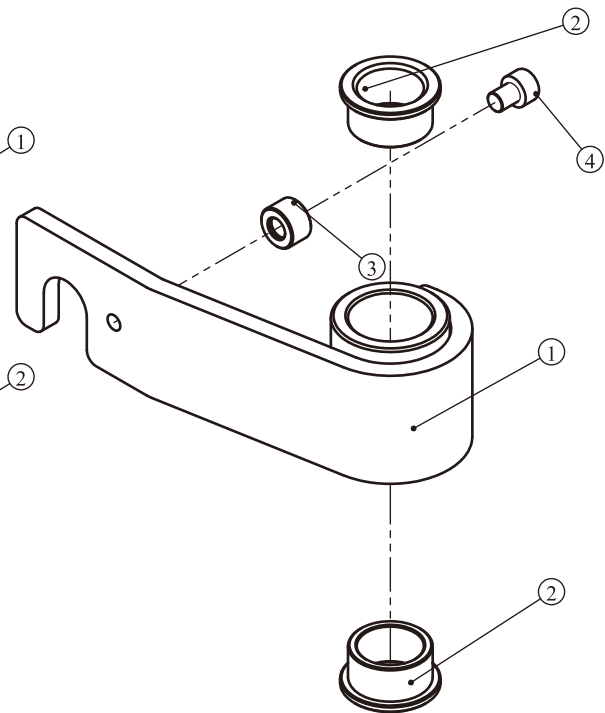


# Exploded View and Parts List

## Safety Hook Frame I ASSY



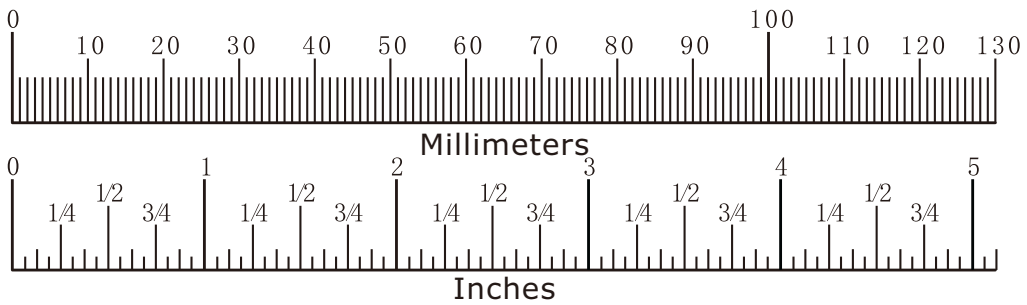
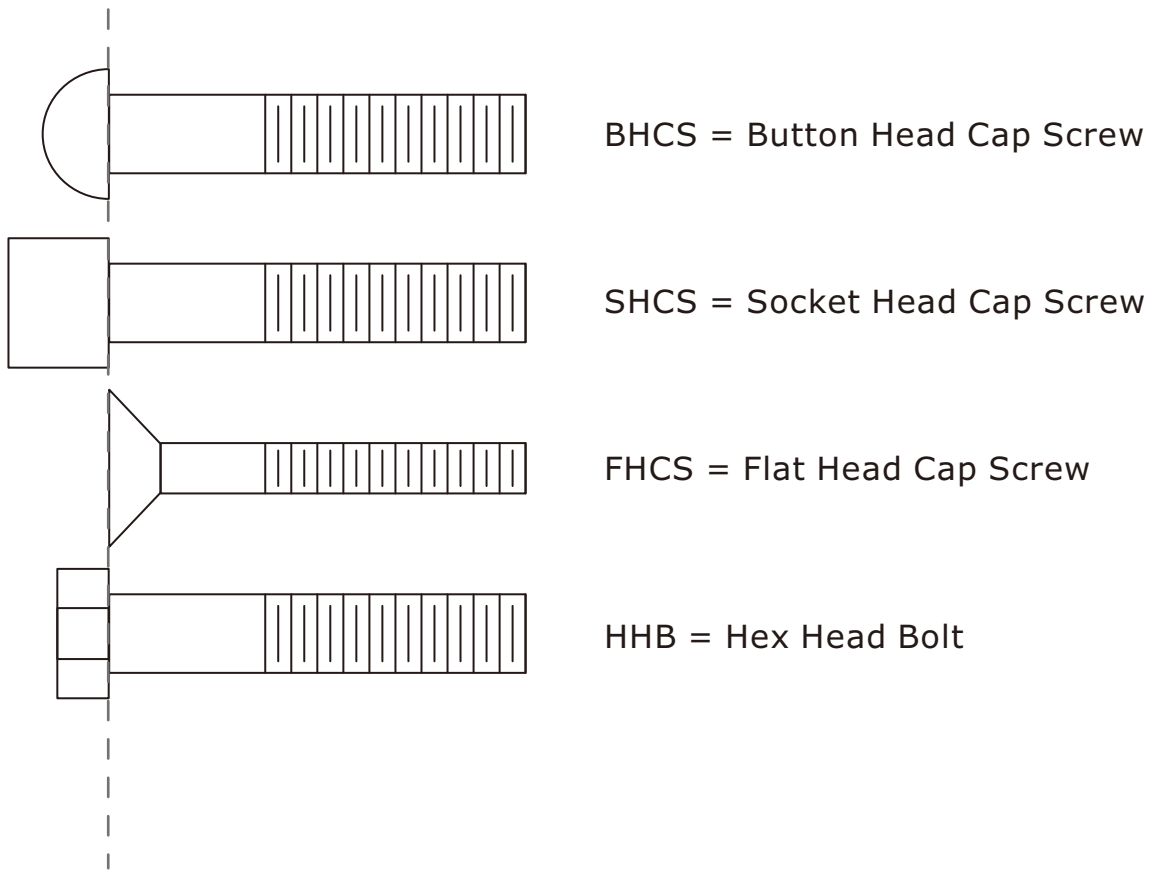
## Safety Hook Frame II ASSY



Grade No.	Part No.	Description	QTY
13.1	IFP17211700	Safety Hook Frame I	1
13.2	ES20003400	Nylon Bushing	2
13.3	IN-S10111200	Stop Collar	1
13.4	GB70M8*10DY20	Socket Head Cap Screw M8*10	1

Grade No.	Part No.	Description	QTY
14.1	IFP17211800	Safety Hook Frame II	1
14.2	ES20003400	Nylon Bushing	2
14.3	IN-S10111200	Stop Collar	1
14.4	GB70M8*10DY20	Socket Head Cap Screw M8*10	1

# Measurement Guide



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

# Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

## **NOTE**

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

# Assembly

## STEP 1

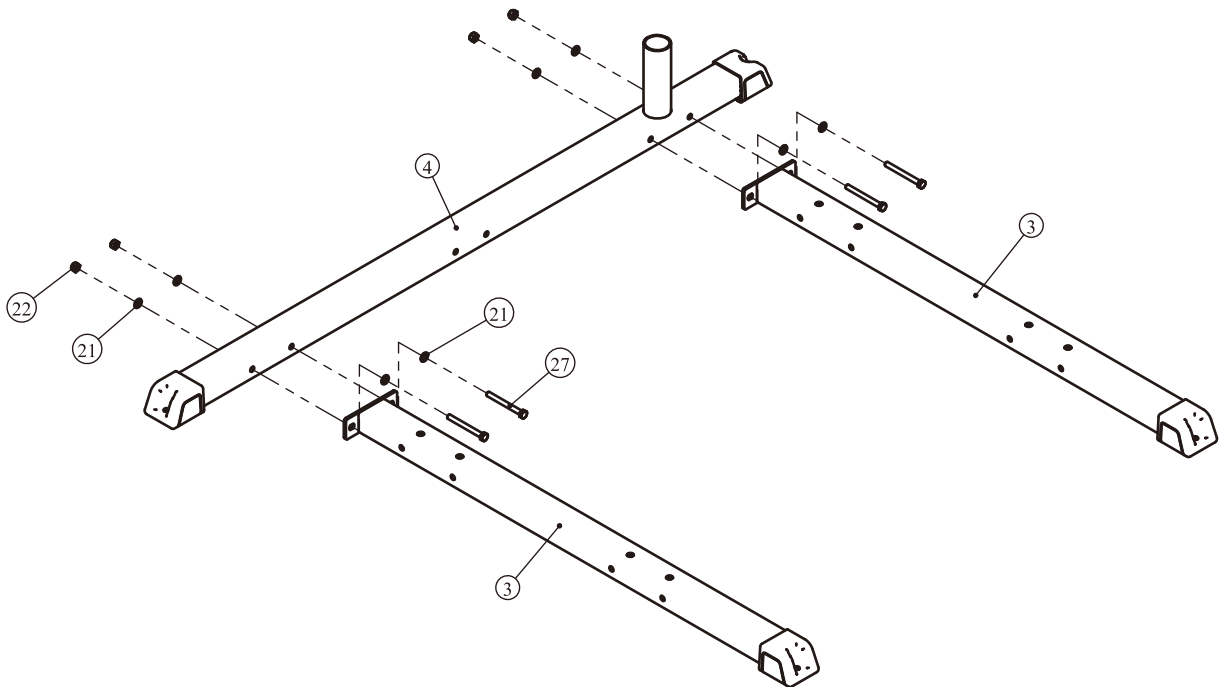
Attach the Back Bottom Frame ASSY (#4) to two Bottom Frame ASSY (#3) using:

four M10\*100 HHB (#27)

eight  $\Phi 11*\Phi 20*2$  Flat Washer (#21)

four Nylon Lock Nut M10 (#22)

**Note: DO NOT tighten the hardware.**

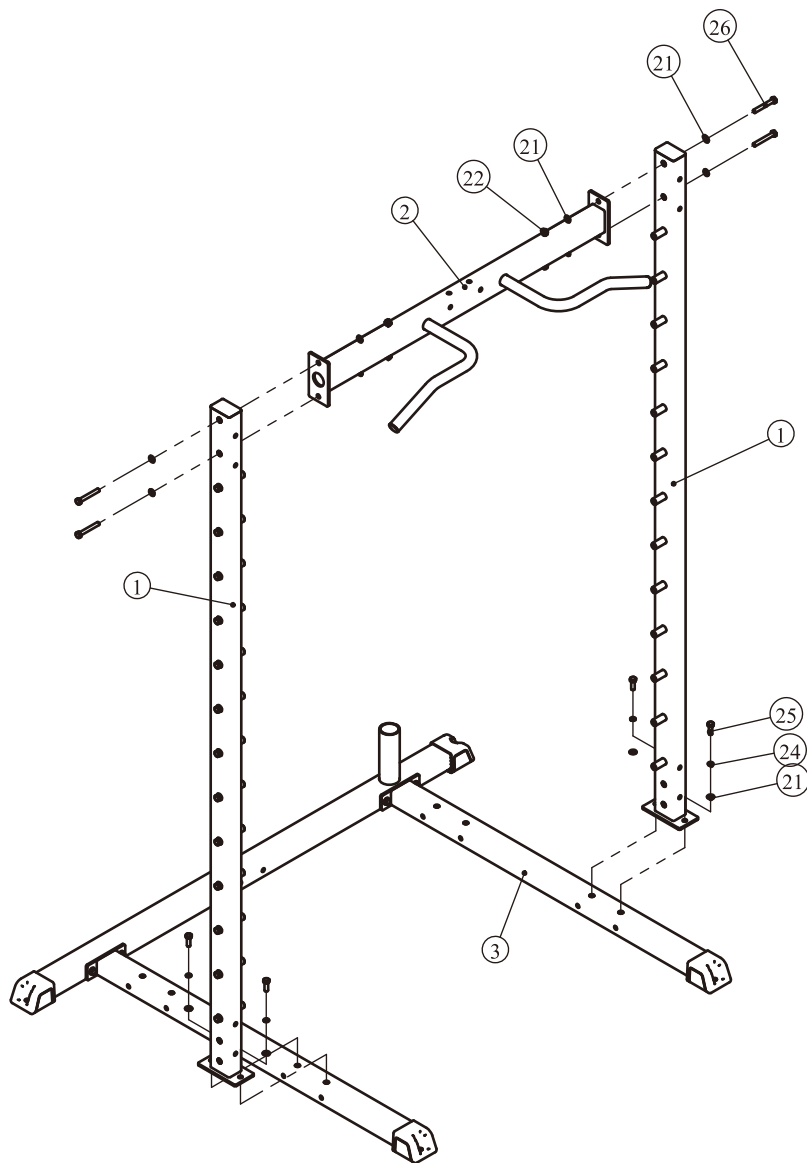


# Assembly

## STEP 2

1. Attach two Upright Frame ASSY (#1) to two Bottom Frame ASSY (#3) Using:  
four M10\*30 HHB (#25)  
four  $\Phi 11*\Phi 20*2$  Flat Washer (#21)  
four Spring Washer  $\Phi 10$  (#24)
2. Attach the Handle Frame ASSY (#2) to the Upright Frame ASSY (#1) Using:  
four M10\*75 HHB (#26)  
eight  $\Phi 11*\Phi 20*2$  Flat Washer (#21)  
four Nylon Lock Nut M10 (#22)

**Note: DO NOT tighten the hardware.**

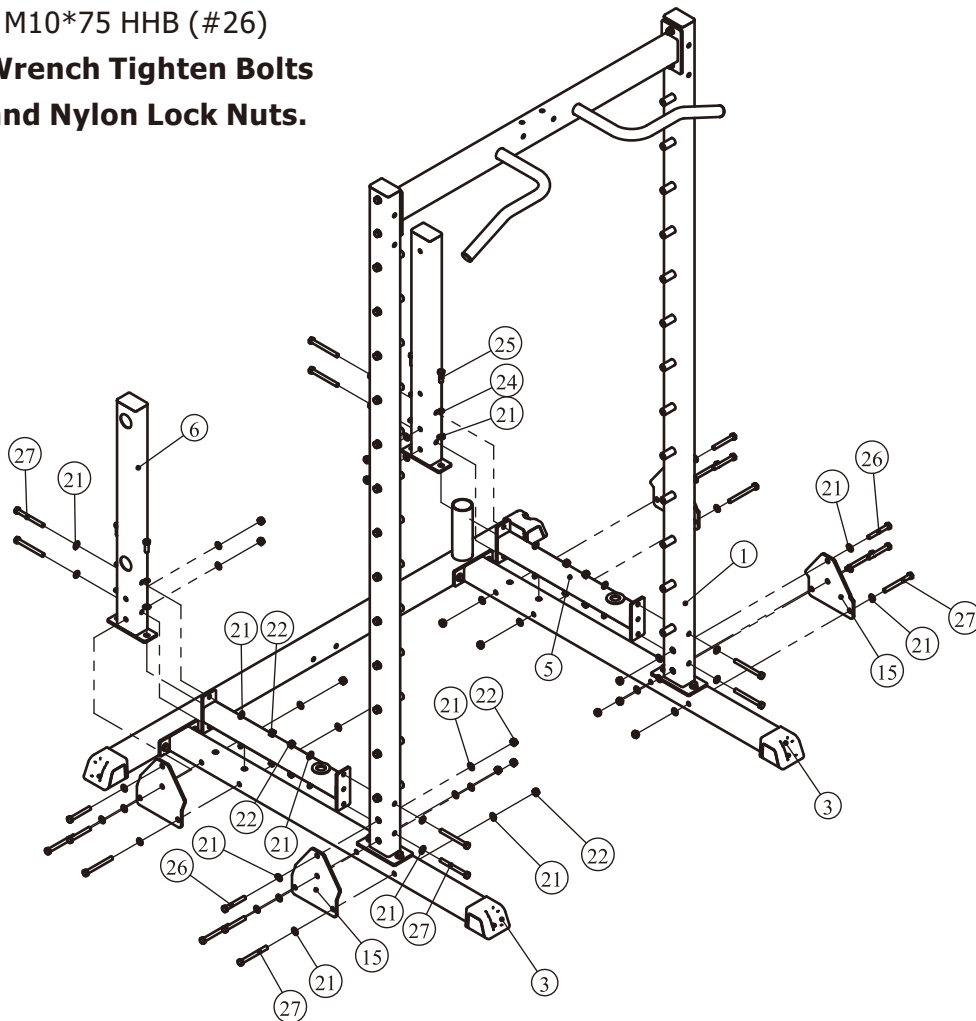


# Assembly

## STEP 3

1. Attach two Back Upright Frame ASSY (#6) to two Bottom Frame ASSY (#3) Using:  
four M10\*30 HHB (#25)  
four  $\Phi 11*\Phi 20*2$  Flat Washer (#21)  
four Spring Washer  $\Phi 10$  (#24)
2. Attach two Short Connect Frame ASSY (#5) to the Back Upright Frame ASSY (#6) and the Upright Frame ASSY (#1) Using:  
eight M10\*100 HHB (#27)  
sixteen  $\Phi 11*\Phi 20*2$  Flat Washer (#21)  
eight Nylon Lock Nut M10 (#22)
3. Attach four Triangle Plate (#15) to two Bottom Frame ASSY (#3) Using:  
eight M10\*100 HHB (#27)  
thirty-two  $\Phi 11*\Phi 20*2$  Flat Washer (#21)  
sixteen Nylon Lock Nut M10 (#22)  
eight M10\*75 HHB (#26)

**Note: Wrench Tighten Bolts and Nylon Lock Nuts.**

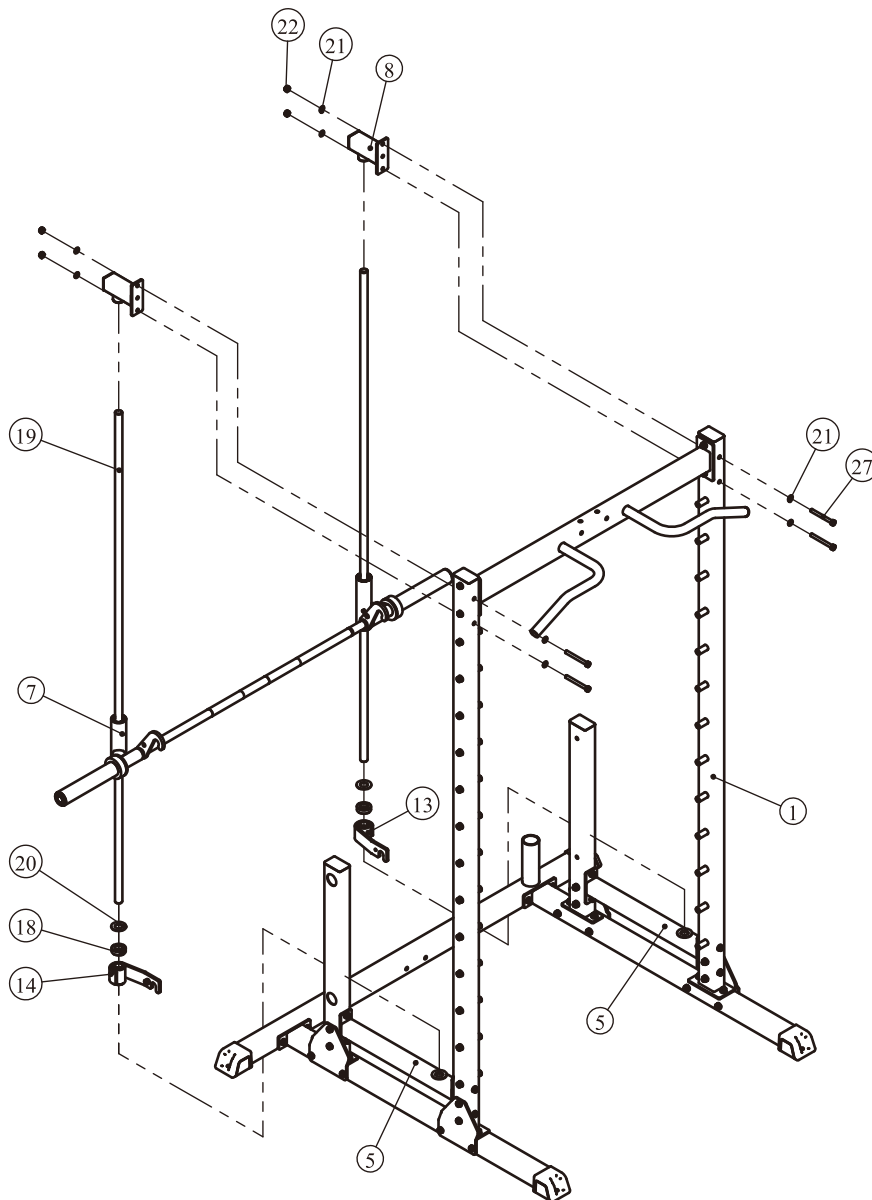


# Assembly

## STEP 4

1. Attach two Guide (#19), two Baffle Ring (#20), two Bumper (#18), one Safety Hook Frame I ASSY (#13), one Olympic Bar ASSY (#7) and the Safety Hook Frame II ASSY (#14) to two Short Connect Frame (#5).
2. Attach two Upper Connection Frame ASSY (#8) to the Upright Frame ASSY (#1) Using:  
four M10\*100 HHB (#27)  
eight  $\Phi 11*\Phi 20*2$  Flat Washer (#21)  
four Nylon Lock Nut M10 (#22)

**Note: Wrench Tighten Bolts and Nylon Lock Nuts.**

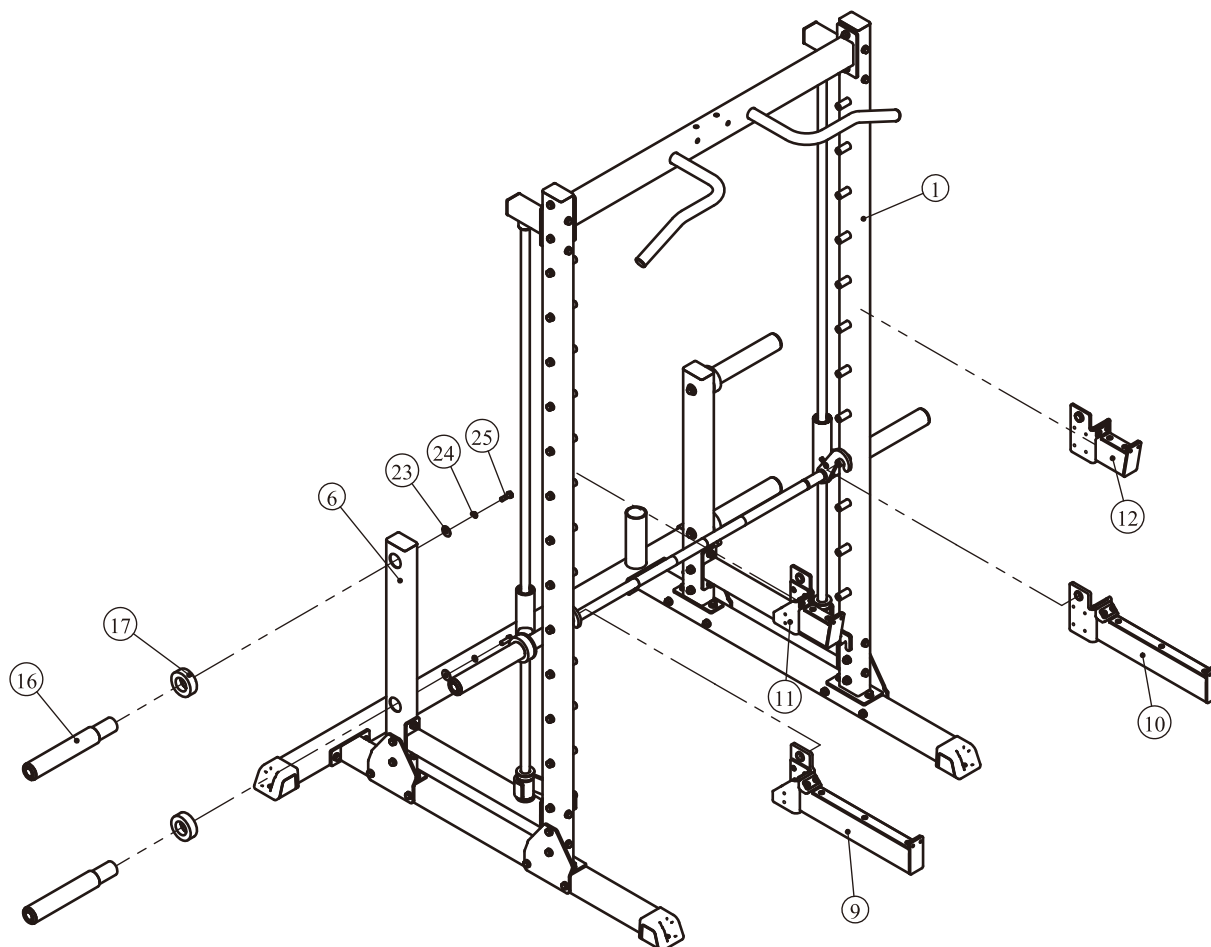


# Assembly

## STEP 5

1. Attach four Barbell Frame ASSY (#16) to the Back Upright Frame ASSY (#6) Using:  
four M10\*30 HHB (#25)  
four  $\Phi 11*\Phi 30*2$  Flat Washer (#23)  
four Spring Washer  $\Phi 10$  (#24)  
four Bumper  $\Phi 76*\Phi 42*25$  (#17)
2. Attach the Safety Frame I ASSY (#9), the Safety Frame II ASSY (#10), the Hook Frame I ASSY (#11) and the Hook Frame II ASSY (#12) to the Upright Frame ASSY (#1).

**Note: Wrench Tighten Bolts and Nylon Lock Nuts.**





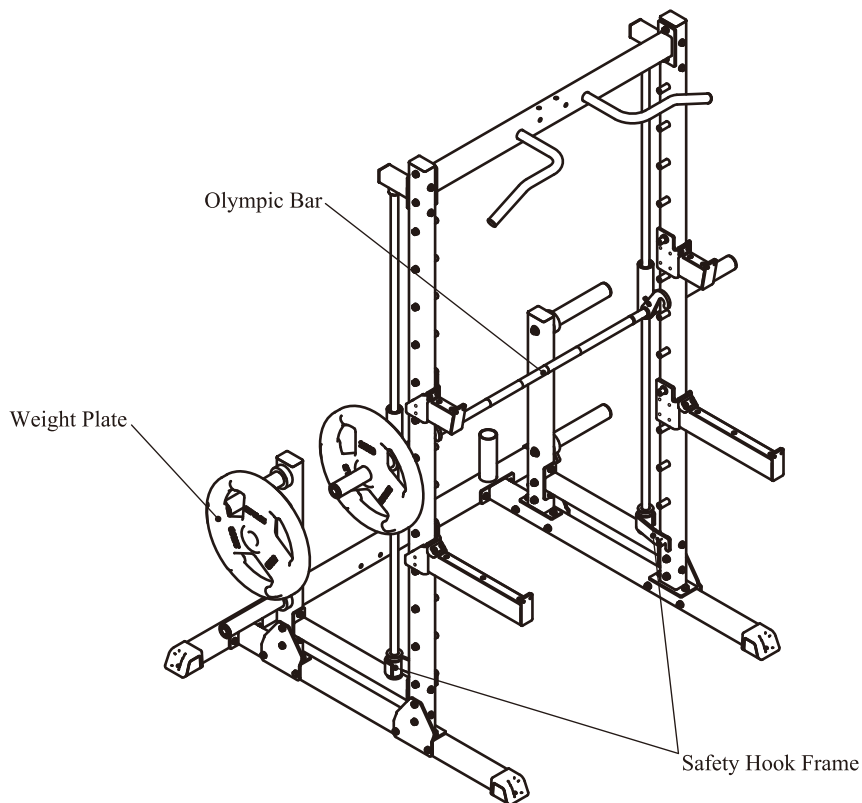
# Adjust and Exercise Instruction

## Weight Plate Installation Requirements

1. Please use Olympic Weight Plate which hole is greater than  $\Phi 50\text{mm}$  and external diameter is less than  $\Phi 450\text{mm}$ .
2. The total weight of one side cannot be greater than 100kg.
3. This equipment does not contain Weight Plate.

## Safety Hook Frame Adjustment

1. Pull two Safety Hook Frame to desired position.
2. Make sure the Safety Hook Frame gets caught in the hole completely.



# Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

*Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.*

# General Maintenance Information

## **Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:**

- \* Check all pieces for signs of visible wear or damage.
- \* Check springs in snap hooks and pull-pins for proper tension and alignment.
- \* If the spring sticks or has lost its rigidity, replace it immediately.

## **Upholstery:**

- \* To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- \* Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- \* Replace ripped or worn upholstery immediately.
- \* Keep sharp or pointed objects clear of all upholstery.

## **Decals:**

- \* Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

## **Nuts and Bolts:**

- \* Inspect all nuts and bolts for any loosening and tighten if needed.
- \* Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

## **Anti-Skid Surfaces:**

- \* These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

## **Belts and Cables:**

- \* We use only high quality belt, and mil-spec cables.
- \* Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- \* While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- \* Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

## **Belt and Cable Tension:**

- \* Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- \* Check slack in cables and re-adjust cable tension if needed.

## **Seat Sleeves, Guide Rods:**

- \* Wipe down adjusting tubes with a dust free rag before applying lubricant.
- \* Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

## **Linear Bearings:**

- \* Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

**PLEASE KEEP THIS FOR YOUR RECORDS**

# Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

