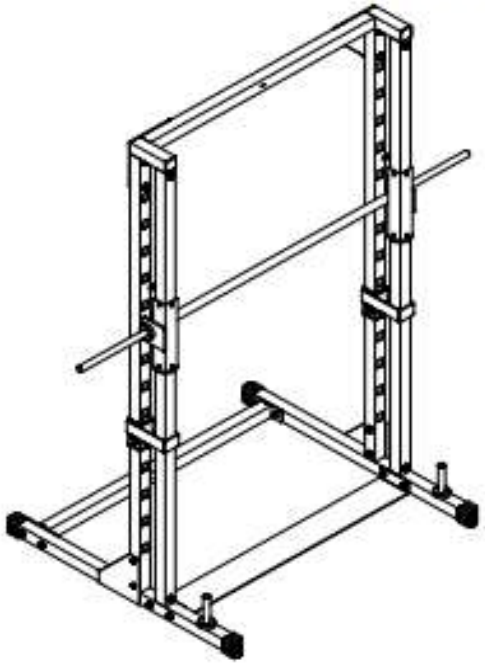
*PSM144 Maintenance



POWERLINE USA
by Body-Solid

PSM-144X
SMITH MACHINE

OWNER'S MANUAL



* Customers can put some grease on pivot points(red circle place), with brass or gunmetal bushings.





* Let's maintain your machine!

PSM-144X
HARDWARE LIST

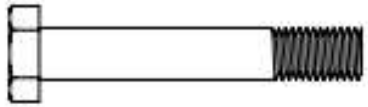
PART #	SIZE	DESCRIPTION	QUANTITY
1	M10X75mm	HEX HEAD BOLT	4 PCS.
2	M10X70mm	HEX HEAD BOLT	12 PCS.
3	M10X65mm	HEX HEAD BOLT	4 PCS.
4	M10	NYLON LOCK NUT	20 PCS.
5	M10	WASHER	24 PCS.
6	60X50mm	NYLON BUSHING	4 PCS.
7	2"X2"	FOOT CAP	4 PCS.
8	2"X2"	END CAP	2 PCS.
9	2 1/2"	RUBBER DOUNT	4 PCS.
10	1"	ROUND END CAP	2 PCS.
11	8mm	ROUND END CAP	16 PCS.

PSM-144X
HARDWARE ILLUSTRATION

PART #1 M10X75MM HEX HEAD BOLT QTY. 4



PART #2 M10X70MM HEX HEAD BOLT QTY. 12



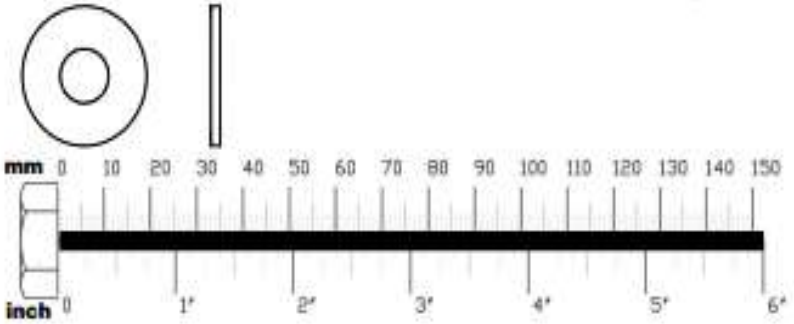
PART #3 M10X65MM HEX HEAD BOLT QTY. 4



PART #4 M10 NYLON LOCK NUT QTY. 20



PART #5 M10 WASHER QTY. 24



PSM-144X
HARDWARE ILLUSTRATION CONT.

PART #6	60X50MM NYLON BUSHING	QTY. 4
PART #7	2"X2" FOOT CAP	QTY. 4
PART #8	2"X2" END CAP	QTY. 2
PART #9	2 1/2" DIAMETER RUBBER DOUNT	QTY. 4
PART #10	1" DIAMETER ROUND END CAP	QTY. 2
PART #11	8MM DIAMETER BUTTON NYLON BUSHING	QTY. 16
PART #12	T-SHAPED POP PIN	QTY. 2

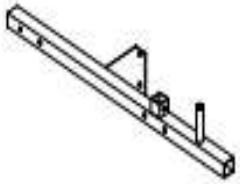




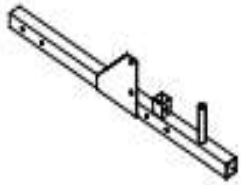




PSM-144X
PART ILLUSTRATION



PART A
RIGHT SIDE FRAME
[1 PCS]



PART B
LEFT SIDE FRAME
[1 PCS]



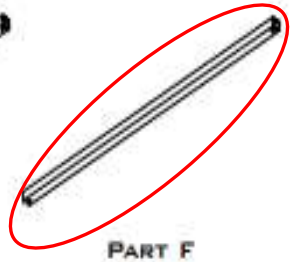
PART C
BACK FRAME
[1 PCS]



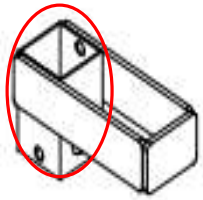
PART D
BASE PLATE
[1 PCS]



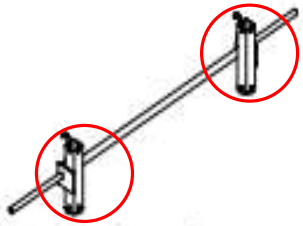
PART E
GUIDE POST
[2PCS]



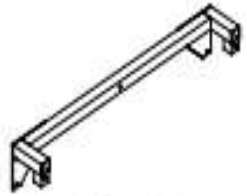
PART F
GUIDE ROD
[2PCS]



PART G
GUIDE FRAME
[2PCS]



PART H
WEIGHT CARRIAGE
[1PCS]



PART I
TOP FRAME
[1 PCS]

PSM-144X
STEP 1

BE CAREFUL TO ASSEMBLE ALL COMPONENTS IN THE SEQUENCE THAT THEY ARE PRESENTED.

NOTE:

FINGER TIGHTEN ALL HARDWARE IN THIS STEP. DO NOT WRENCH TIGHTEN UNTIL THE LAST STEP. SOME COMPONENTS MAY BE PRE-ASSEMBLED. NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

1A. ATTACH RIGHT SIDE FRAME (A) TO BACK FRAME (C) USING:
- 2 - (#1) M10X75MM HEX HEAD BOLT
- 2 - (#5) M10 WASHER
- 2 - (#4) M10 NYLON LOCK NUT

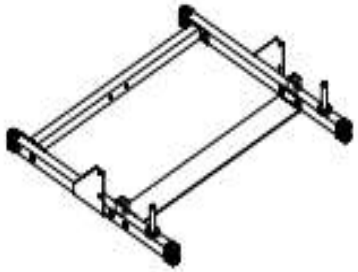
1B. ATTACH RIGHT SIDE FRAME (A) TO BASE PLATE (D) USING:
- 2 - (#2) M10X70MM HEX HEAD BOLT
- 2 - (#5) M10 WASHER
- 2 - (#4) M10 NYLON LOCK NUT

1C. ATTACH LEFT SIDE FRAME (B) TO BACK FRAME (C) AND BASE PLATE (D) USING A TOTAL OF:
- 2 - (#1) M10X75MM HEX HEAD BOLT
- 2 - (#2) M10X70MM HEX HEAD BOLT
- 4 - (#5) M10 WASHER
- 4 - (#4) M10 NYLON LOCK NUT

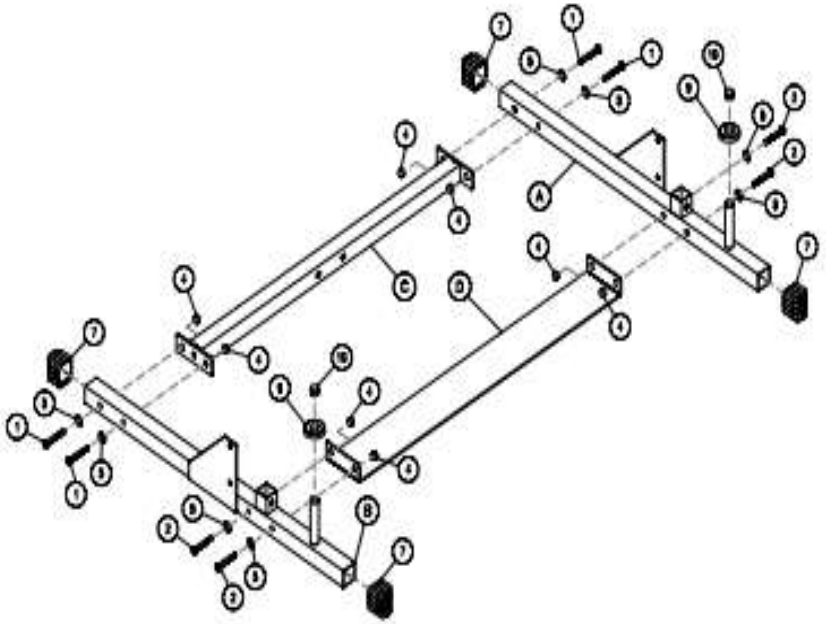
1D. INSERT RUBBER DONUT FOLLOWED BY ROUND END CAP INTO FRONT POST OF RIGHT SIDE FRAME (A) AND LEFT SIDE FRAME (B) USING:
- 2 - (#9) 2 1/2" RUBBER DOUNT
- 2 - (#10) 1" ROUND END CAP

1E. INSERT FOOT CAP ONTO BOTH ENDS OF RIGHT SIDE FRAME (A) AND LEFT SIDE FRAME (B) USING:
- 4 - (#7) 2"X2" FOOT CAP

PSM-144X
STEP 1



ABOVE SHOWS STEP 1 ASSEMBLED AND COMPLETED



PSM-144X
STEP 2

BE CAREFUL TO ASSEMBLE ALL COMPONENTS IN THE SEQUENCE THAT THEY ARE PRESENTED.

NOTE:

FINGER TIGHTEN ALL HARDWARE IN THIS STEP. DO NOT WRENCH TIGHTEN UNTIL THE LAST STEP. SOME COMPONENTS MAY BE PRE-ASSEMBLED. NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

2A. ATTACH A GUIDE ROD (F) TO RIGHT SIDE FRAME (A) AND LEFT SIDE FRAME (B) USING:
- 2 - (#3) M10X65MM HEX HEAD BOLT
- 4 - (#5) M10 WASHER
- 2 - (#4) M10 NYLON LOCK NUT

2B. ATTACH A GUIDE POST (E) TO RIGHT SIDE FRAME (A) AND LEFT SIDED FRAME (B) USING A TOTAL OF: NOTE THE WAY THEY FACE.
- 4 - (#2) M10X70MM HEX HEAD BOLT
- 4 - (#5) M10 WASHER
- 4 - (#4) M10 NYLON LOCK NUT

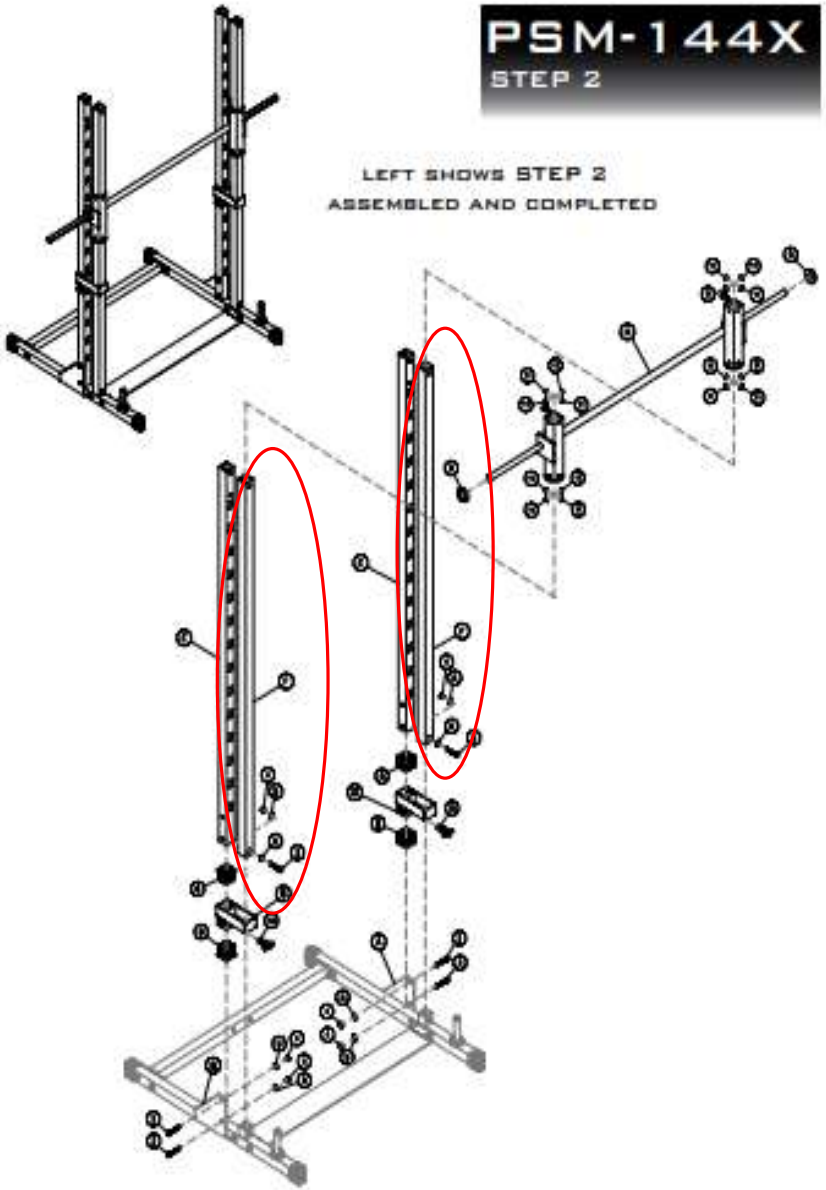
2C. INSERT A NYLON BUSHING INTO BOTH ENDS OF BOTH GUIDE FRAMES (G), THEN SLIDE ONTO GUIDE ROD (F) AND GUIDE POST (E) AND SECURE USING A POP PIN ON BOTH SIDES, USE:
- 4 - (#8) 60X50MM NYLON BUSHING
- 2 - (#12) T-SHAPED POP PIN

2D. USING A PAIR OF PLIERS PRESS ROUND END CAPS INTO ALL SIDES OF WEIGHT CARRIAGE (H), MAKE SURE FLAT SURFACE OF CAPS ARE ON THE INSIDE OF THE CARRIAGE AND THEN SLIDE THE CARRIAGE ONTO BOTH GUIDE ROD (F) USING:
- 16 - (#11) 8MM DIAMETER BUTTON NYLON BUSHING

2E. INSERT A RUBBER DOUNT ONTO EACH END OF WEIGHT CARRIAGE (H) USING A TOTAL OF:
- 2 - (#9) 2 1/2" RUBBER DOUNT

PSM-144X
STEP 2

LEFT SHOWS STEP 2 ASSEMBLED AND COMPLETED



PSM-144X
STEP 3

BE CAREFUL TO ASSEMBLE ALL COMPONENTS IN THE SEQUENCE THAT THEY ARE PRESENTED.

NOTE:

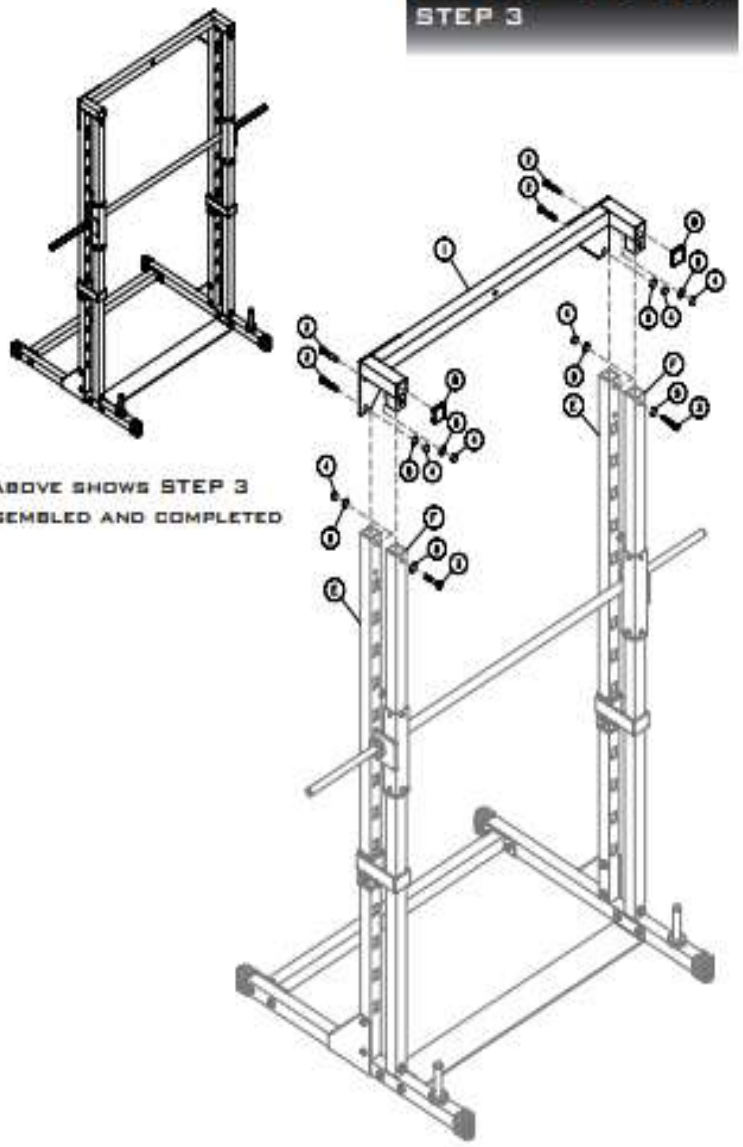
FINGER TIGHTEN ALL HARDWARE FIRST IN THIS STEP. WRENCH TIGHTEN ALL BOLTS AT THE END OF THIS STEP. SOME COMPONENTS MAY BE PRE-ASSEMBLED. NYLON LOCK NUTS WILL NOT FULLY SCREW ONTO BOLTS, MUST WRENCH TIGHTEN.

3A. ATTACH TOP FRAME (I) TO GUIDE POST (E), WHILE MAKING SURE YOU HAVE INSERTED IT INTO GUIDE ROD (F) USING A TOTAL OF:
- 4 - (#2) M10X70MM HEX HEAD BOLT
- 4 - (#5) M10 WASHER
- 4 - (#4) M10 NYLON LOCK NUT

3B. ATTACH TOP FRAME (I) TO GUIDE ROD (F) USING A TOTAL OF:
- 2 - (#3) M10X65MM HEX HEAD BOLT
- 4 - (#5) M10 WASHER
- 2 - (#4) M10 NYLON LOCK NUT

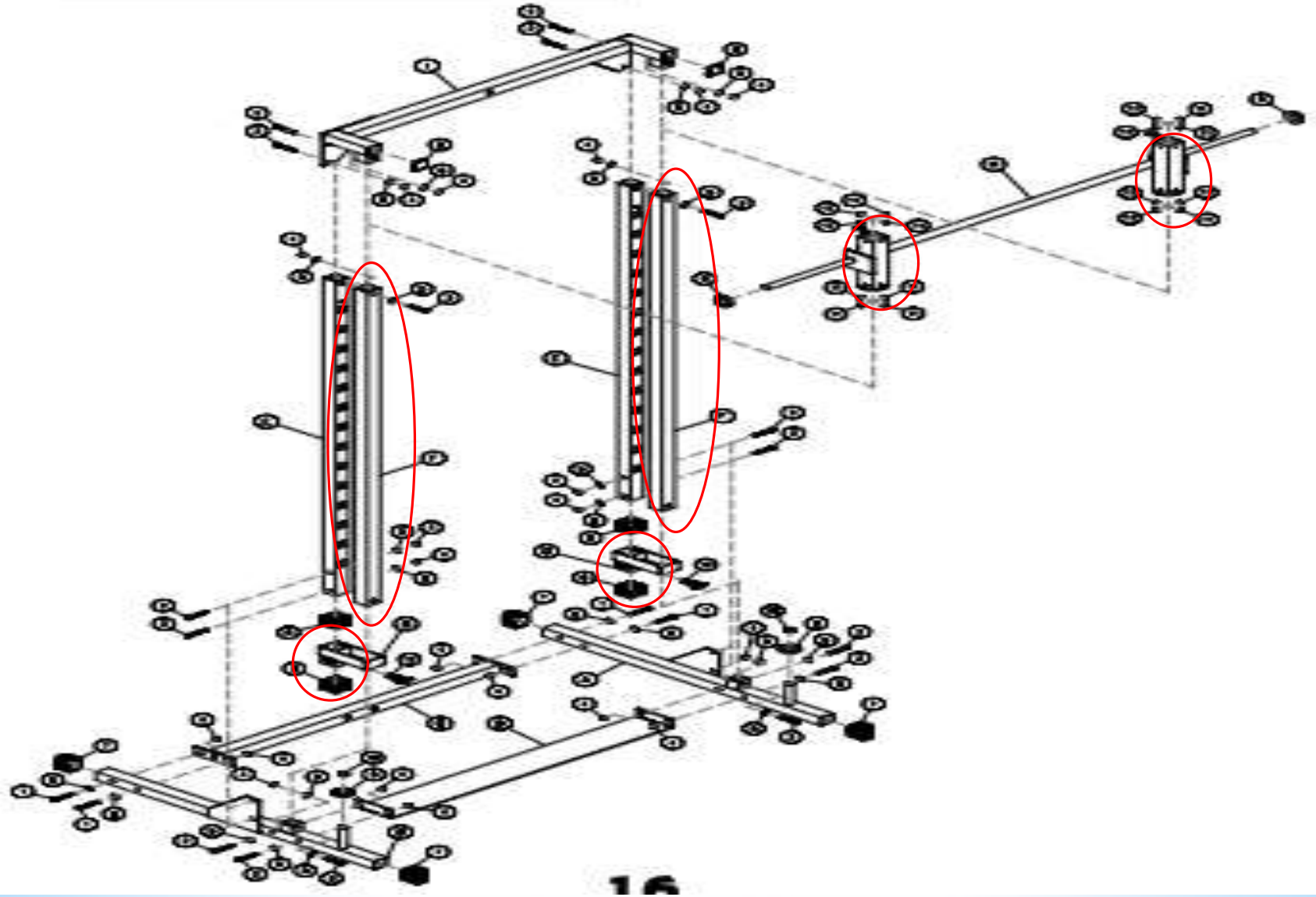
3C. INSERT END CAPS INTO BOTH ENDS OF TOP FRAME (I) USING:
- 2 - (#8) 2"X2" END CAP

PSM-144X
STEP 3



ABOVE SHOWS STEP 3 ASSEMBLED AND COMPLETED

PSM-144X
EXPLODED VIEW



*Well done!

