

NOTE:
Please read all instructions
carefully before using this
product

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Model
WB 101 PRO

Retain This
Manual for
Reference

04-24-19

OWNER'S
MANUAL



Olympic Smith Bench WB 101 PRO

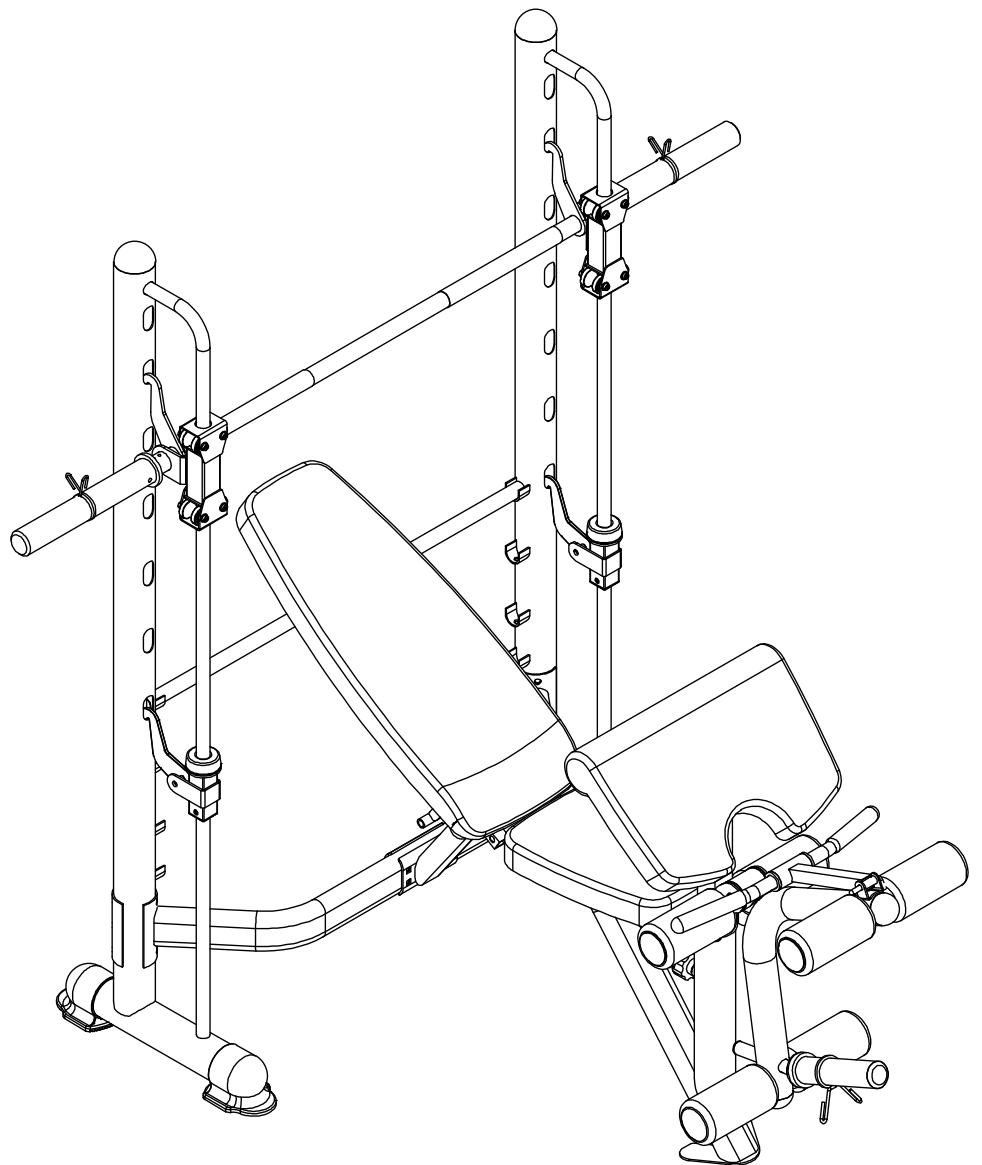


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BEFORE YOU BEGIN

Thank you for selecting the Olympic Smith Bench WB 101 PRO. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction.

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. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. A spotter is recommended during exercise.

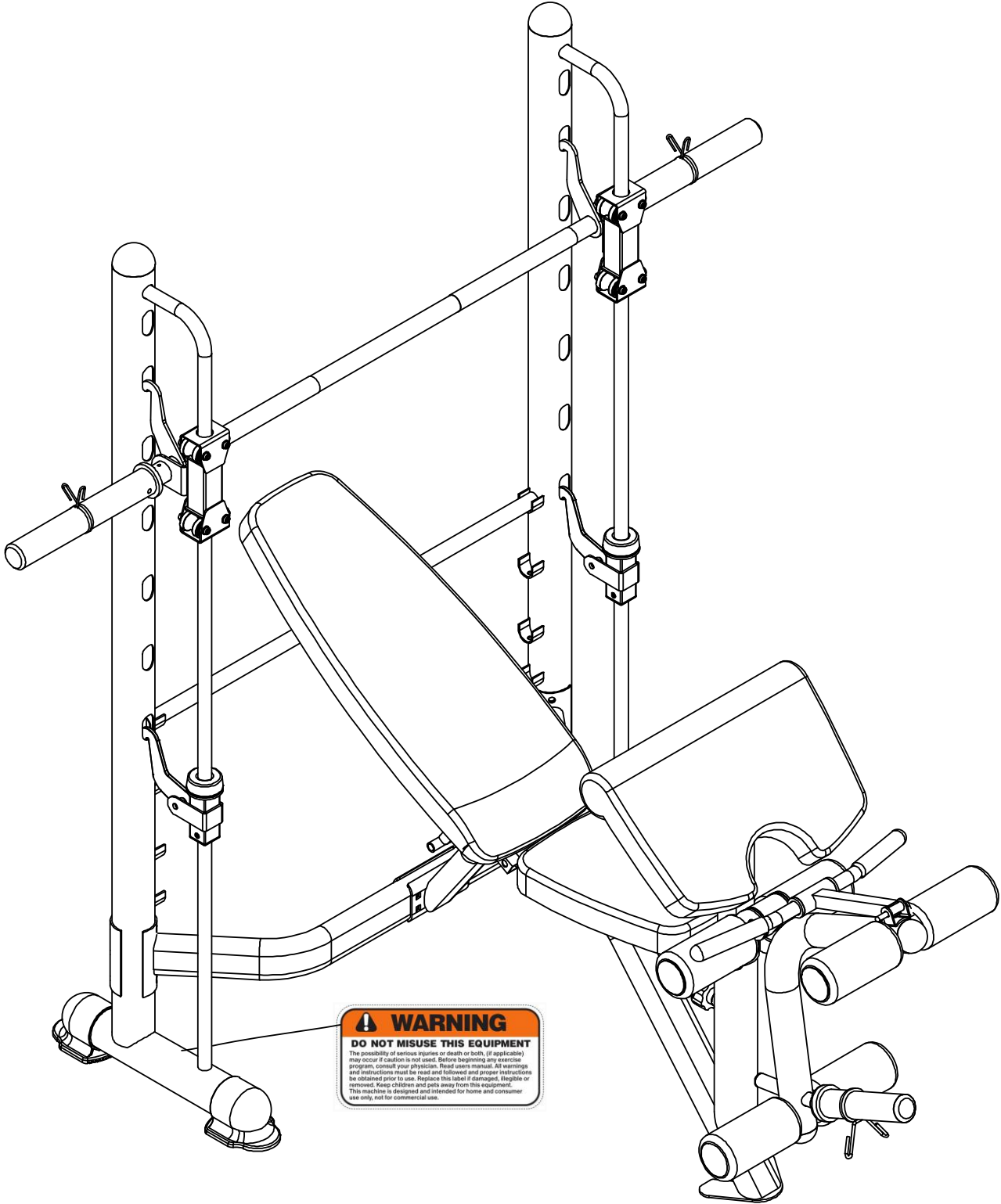
CARE AND MAINTENANCE

1. Inspect and tighten all parts before using the machine.
2. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.

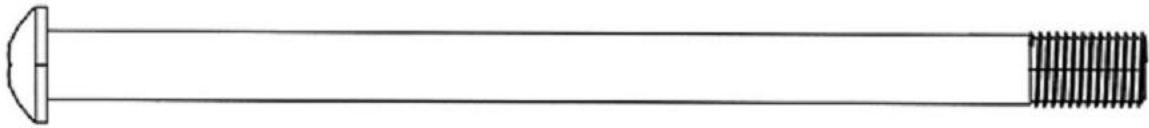
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

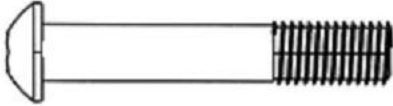
WARNING LABEL PLACEMENT



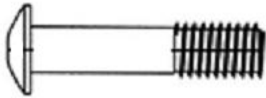
HARDWARE PACK



#53 M12 x 7 1/2" Allen Bolt (Qty 1)



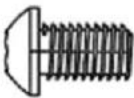
#51 M10 x 2 3/8" Allen Bolt (Qty 4)



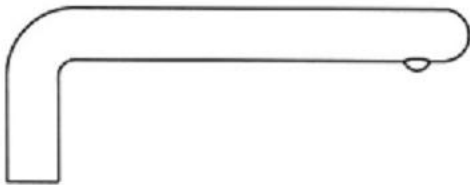
#54 M8 x 1 5/8" Allen Bolt (Qty 4)



#52 M10 x 1" Allen Bolt (Qty 4)



#55 M8 x 5/8" Allen Bolt (Qty 6)

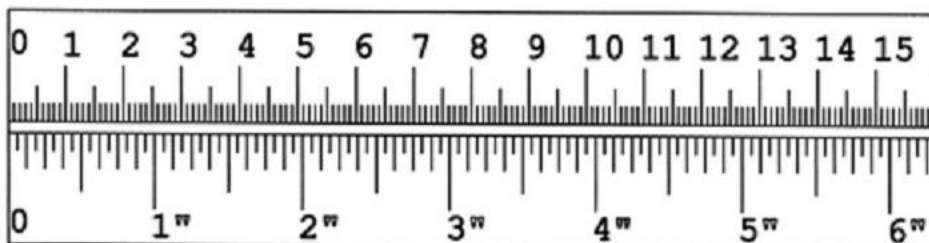


#26 L-shaped Lock Pin
(Qty 1)

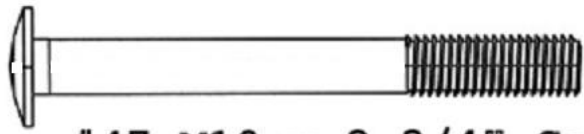


#27 Spring Clip
(Qty 3)

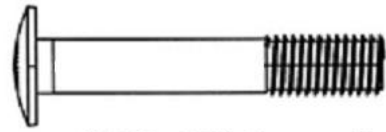
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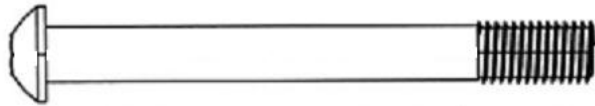
HARDWARE PACK



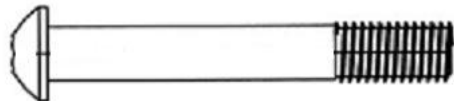
#47 M10 x 3 3/4" Carriage Bolt (Qty 4)



#48 M10 x 2 3/8" Carriage Bolt (Qty 4)



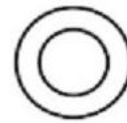
#49 M10 x 3 3/4" Allen Bolt (Qty 2)



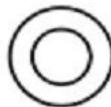
#50 M10 x 2 3/4" Allen Bolt (Qty 1)



#28 Axle (Qty 1)



#60 Ø 1" Washer
(Qty 2)



#59 Ø 3/4" Washer
(Qty 22)



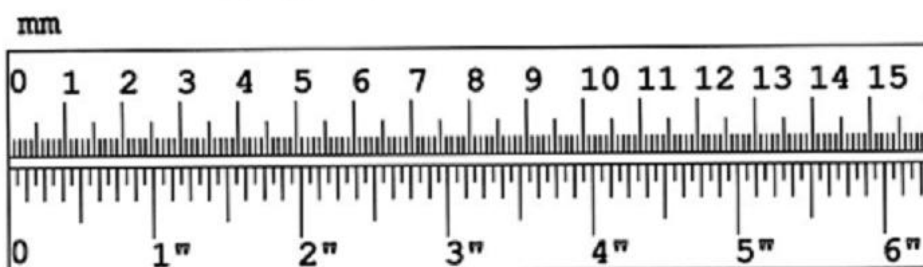
#58 Ø 5/8" Washer
(Qty 10)



#45 M12 Aircraft Nut
(Qty 1)



#46 M10 Aircraft Nut
(Qty 11)



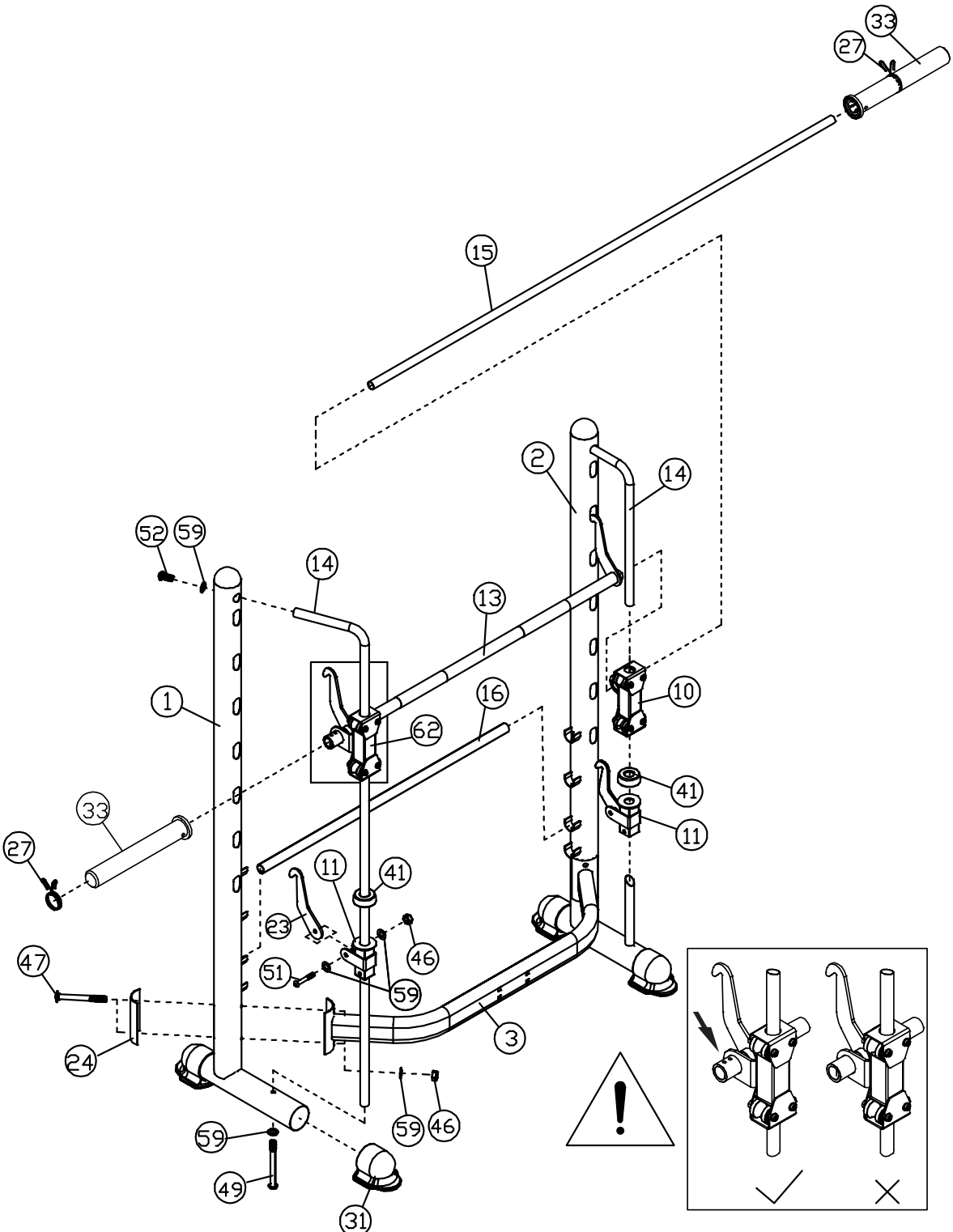
ASSEMBLY INSTRUCTION

Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches. NOTE: It is strongly recommended two or more people assembling this machine to avoid possible injury.

STEP 1 (See Diagram 1)

- A.) Push four $\varnothing 3$ " End Caps (#31) onto the bases of Right & Left Upright Beams (#1 & #2).
- B.) Connect the Left & Right Upright Beams (#1 & #2) by a Cross Brace (#3) in the mid-span. Align the holes and secure each end with two M10 x 3 $\frac{3}{4}$ " Carriage Bolts (#47), one 5 $\frac{1}{2}$ " x 3 $\frac{3}{8}$ " Bent Bracket (#24), two $\varnothing \frac{3}{4}$ " Washers (#59), and two M10 Aircraft Nuts (#46).
- C.) Place the Backrest Adjustment Bar (#16) onto the selected slot on the Upright Beams.
- D.) Slide the Right Sliding Support (#10) onto a Guide Rod (#14) from the bottom.
- E.) Slide a Rubber Bumper (#41) onto a Guide Rod (#14) from the bottom.
- F.) Slide a Safety Hook Bracket (#11) onto the Guide Rod from the bottom. Attach a Safety Catch Hook (#23) to the Safety Stop. Secure it with one M10 x 2 $\frac{3}{8}$ " Allen Bolt (#51), two $\varnothing \frac{3}{4}$ " Washers (#59), and one M10 Aircraft Nut (#46).
- G.) Attach and secure the top of the Guide Rod to the Right Upright Beam (#1) with one M10 x 1" Allen Bolt (#52) and $\varnothing \frac{3}{4}$ " Washer (#59). Secure the bottom to the base with one M10 x 3 $\frac{3}{4}$ " Allen Bolt (#49) and $\varnothing \frac{3}{4}$ " Washer (#59).
- H.) Repeat Procedures D, E, F and G above to install the other side.
- I.) NOTE: Help of another person to install the Weight Bar in this step is strongly recommended. Place the Lifting Sleeve (#13) in between the Left Sliding Support (#10) and Right Sliding Support (#62). Align the holes and insert the Weight Bar (#15) into the Glider from one end through the Lifting Sleeve to the other Glider on the opposite side. Secure the Weight Bar with two M8 x $\frac{3}{8}$ " Allen Bolts (#56).
- J.) Attach two Long Olympic Sleeves (#33) onto the Weight Bar from both ends. Secure the Sleeve to the Weight Bar with the screw on the Sleeve. Attach a Spring Clip (#27) to each Sleeve.

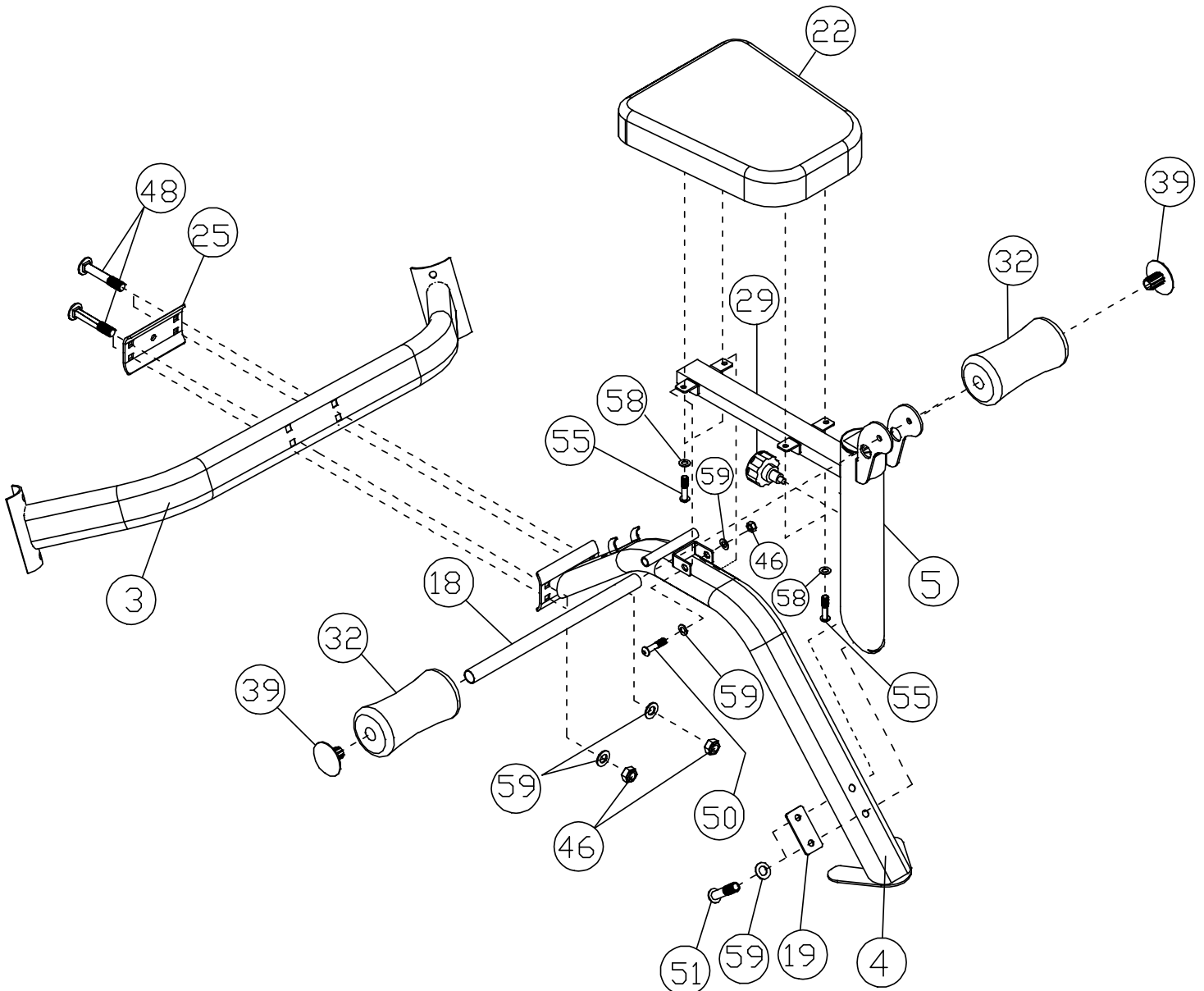
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach the Main Seat Support (#4) to the Cross Brace (#3). Secure it with one 5 1/2" x 3" Bent Bracket (#25), four M10 x 2 3/8" Carriage Bolts (#48), four Ø 3/4" Washers (#59) and four M10 Aircraft Nuts (#46).
- B.) Attach the seat support frame on the Leg Developer Holder (#5) to the bracket on the Main Seat Support (#4). Secure it with one M10 x 2 3/4" Allen Bolt (#50), two Ø 3/4" Washers (#59), and one M10 Aircraft Nut (#46). Do not tighten the Nut and Bolt yet.
- C.) Attach the bottom of Leg Developer Holder (#5) to the Main Seat Support. Secure it with one Bracket (#19), two M10 x 2 3/8" Allen Bolts (#51) and two Ø 3/4" Washers (#59). Securely tighten all the Nuts and Bolts previously installed.
- D.) Place the Seat (#22) onto the seat support frame on the Leg Developer Holder. Secure it with four M8 x 5/8" Allen Bolts (#55) and Ø 5/8" Washers (#58).
- E.) Thread the Lock Knob (#29) into the hole on the Leg Developer Holder.
- F.) Insert a Foam Tube halfway through the hole on the Leg Developer Holder. Push two Vinyl Foam Rolls (#32) onto the Tube from both ends. Push two Foam Roll End Caps (#39) into the ends.

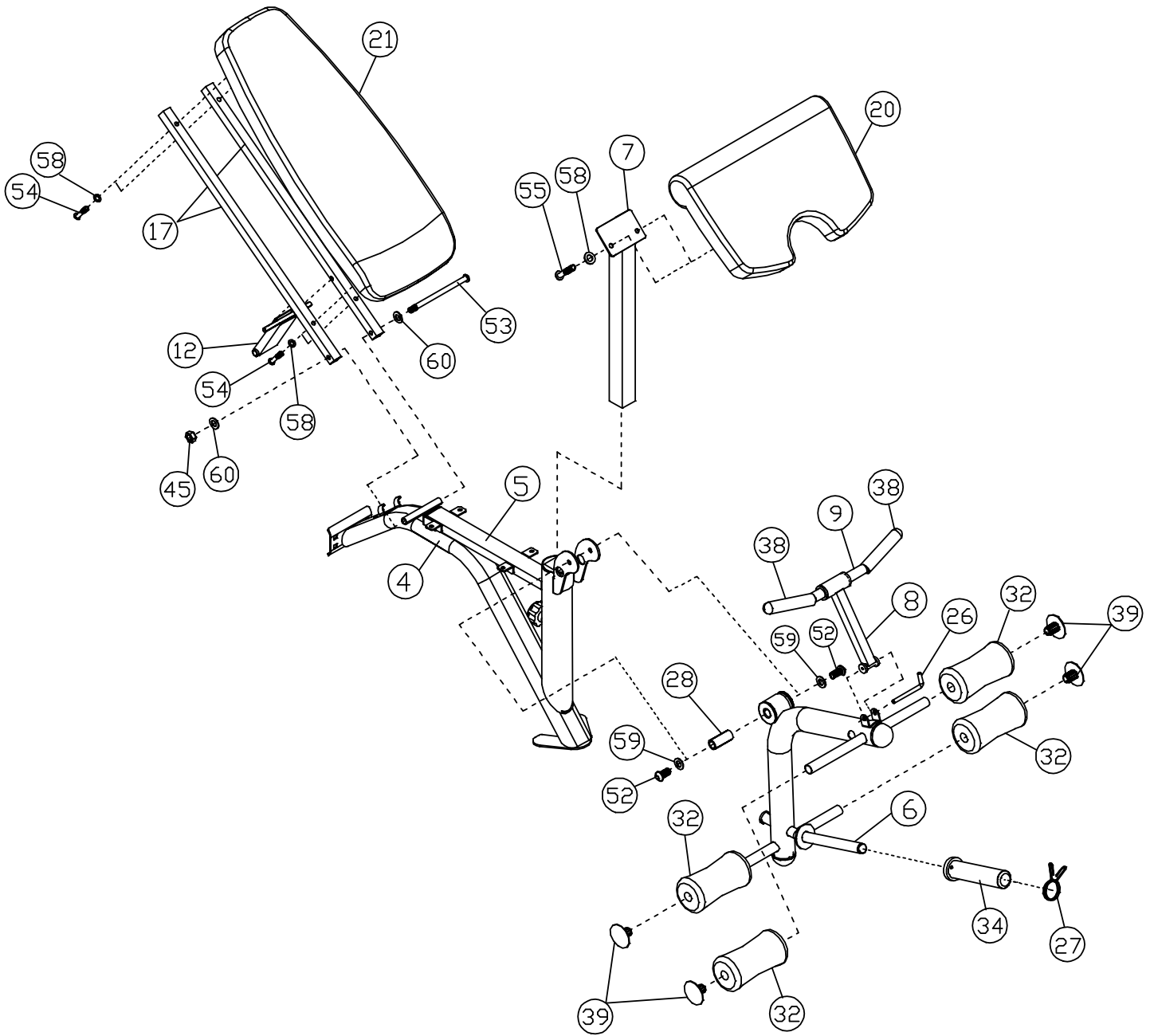
DIAGRAM 2



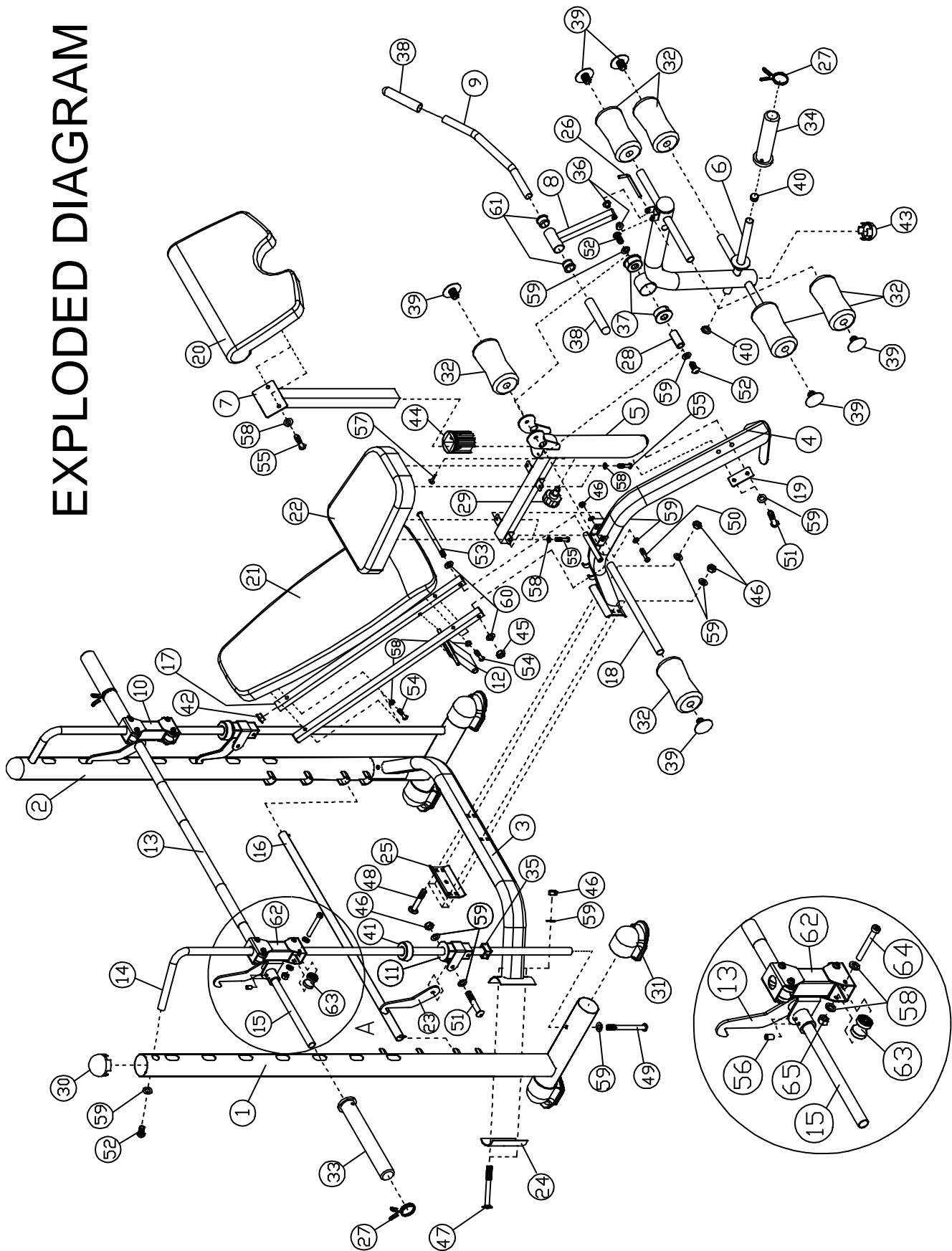
STEP 3 (See Diagram 3)

- A.) Attach the Backrest Incline Support (#12) in between the two side-holes on the Backrest Supports (#17). Attach the Backrest Supports(#17) to the pivot on the Main Seat Support (#4). Secure it with one M12 x 7 1/2" Allen Bolt (#53), two Ø 1" Washers (#60), and one M12 Aircraft Nut (#45).
- B.) Place the other end of Backrest Supports rest against the Backrest Adjustment Bar.
- C.) Place the Backrest Board (#21) onto the Backrest Supports (#17). Secure it with four M8 x 1 5/8" Allen Bolts (#54) and Ø 5/8" Washers (#58).
- D.) Attach the Leg Developer (#6) to the Leg Developer Holder (#5). Secure it with one Axle (#28), two M10 x 1" Allen Bolts (#52), and two Ø 3/4" Washers (#59).
- E.) Insert two Foam Tubes (#18) halfway through the holes on the Leg Developer. Push four Vinyl Foam Rolls (#32) onto the Tubes. Push four Foam Roll End Caps (#39) into the Tubes from both ends.
- F.) Attach a Short Olympic Sleeve (#34) to the weight post on the Leg Developer. Attach a Spring Clip (#27) to the Sleeve.
- G.) Attach the Curl Bar Handle (#9) to the bracket on the Leg Developer. Secure it with a L-shaped Lock Pin (#26).
- H.) Attach the Arm Curl Pad (#20) to the Arm Curl Stand (#7). Secure it with two M8 x 5/8" Allen Bolts (#55) and Ø 5/8" Washers (#58). Insert the Arm Curl Stand into the opening on top of Leg Developer Holder. Secure it with the Lock Knob.
- I.) Remove the Arm Curl Stand and Curl Bar Handle when doing Leg exercises.

DIAGRAM 3



EXPLODED DIAGRAM



A
1.5:1

PARTS LIST

KEY NO DESCRIPTION Q'ty

1	Right Upright Beam	1	50	M10 x 2 3/4" Allen Bolt	1
2	Left Upright Beam	1	51	M10 x 2 3/8" Allen Bolt	4
3	Cross Brace	1	52	M10 x 1" Allen Bolt	4
4	Main Seat Support	1	53	M12 x 7 1/2" Allen Bolt	1
5	Leg Developer Holder	1	54	M8 x 1 5/8" Allen Bolt	4
6	Leg Developer	1	55	M8 x 5/8" Allen Bolt	6
7	Arm Curl Stand	1	56	M8 x 3/8" Allen Bolt	4
8	Curl Bar Handle Support	1	57	Philips Screw	1
9	Curl Bar Handle	1	58	Ø 5/8" Washer	26
10	Left Sliding Support	1	59	Ø 3/4" Washer	22
11	Safety Hook Bracket	2	60	Ø 1" Washer	2
12	Backrest Incline Support	1	61	Ø 1 1/2" Bushing	2
13	Lifting Sleeve	1	62	Right Sliding Support	1
14	Guide Rod	2	63	Roller	8
15	Weight Bar	1	64	M8 x 2 1/2" Hexagon socket head cap screws	8
16	Backrest Adjustment Bar	1			
17	Backrest Support	2	65	M8 Aircraft Nut	8
18	Foam Tube	3			
19	Bracket	1		#4 Allen Wrench	1
20	Arm Curl Pad	1		#5 Allen Wrench	1
21	Backrest Board	1		#6 Allen Wrench	2
22	Seat	1		#8 Allen Wrench	1
23	Safety Catch Hook	2			
24	5 1/2" x 3 3/8" Bent Bracket	2			
25	5 1/2" x 3" Bent Bracket	1			
26	L-shaped Lock Pin	1			
27	Spring Clip	3			
28	Axle	1			
29	Lock Knob	1			
30	Ø 3" Con-shaped End Cap	2			
31	Ø 3" End Cap	4			
32	Vinyl Foam Roll	6			
33	Long Olympic Sleeve	2			
34	Short Olympic Sleeve	1			
35	1 1/2" Sleeve	2			
36	Bushing	2			
37	Axle Bushing	2			
38	Grip	2			
39	Foam Roll End Cap	6			
40	Ø 1" End Cap	2			
41	Rubber Bumper	2			
42	1" Square End Cap	2			
43	Ø 2 3/8" End Cap	2			
44	Ø 3" Sleeve	1			
45	M12 Aircraft Nut	1			
46	M10 Aircraft Nut	11			
47	M10 x 3 3/4" Carriage Bolt	4			
48	M10 x 2 3/8" Carriage Bolt	4			
49	M10 x 3 3/4" Allen Bolt	2			