

NF NEWTON
.FITNESS

FSM-500

Multi-function Smith

Owner's Manual

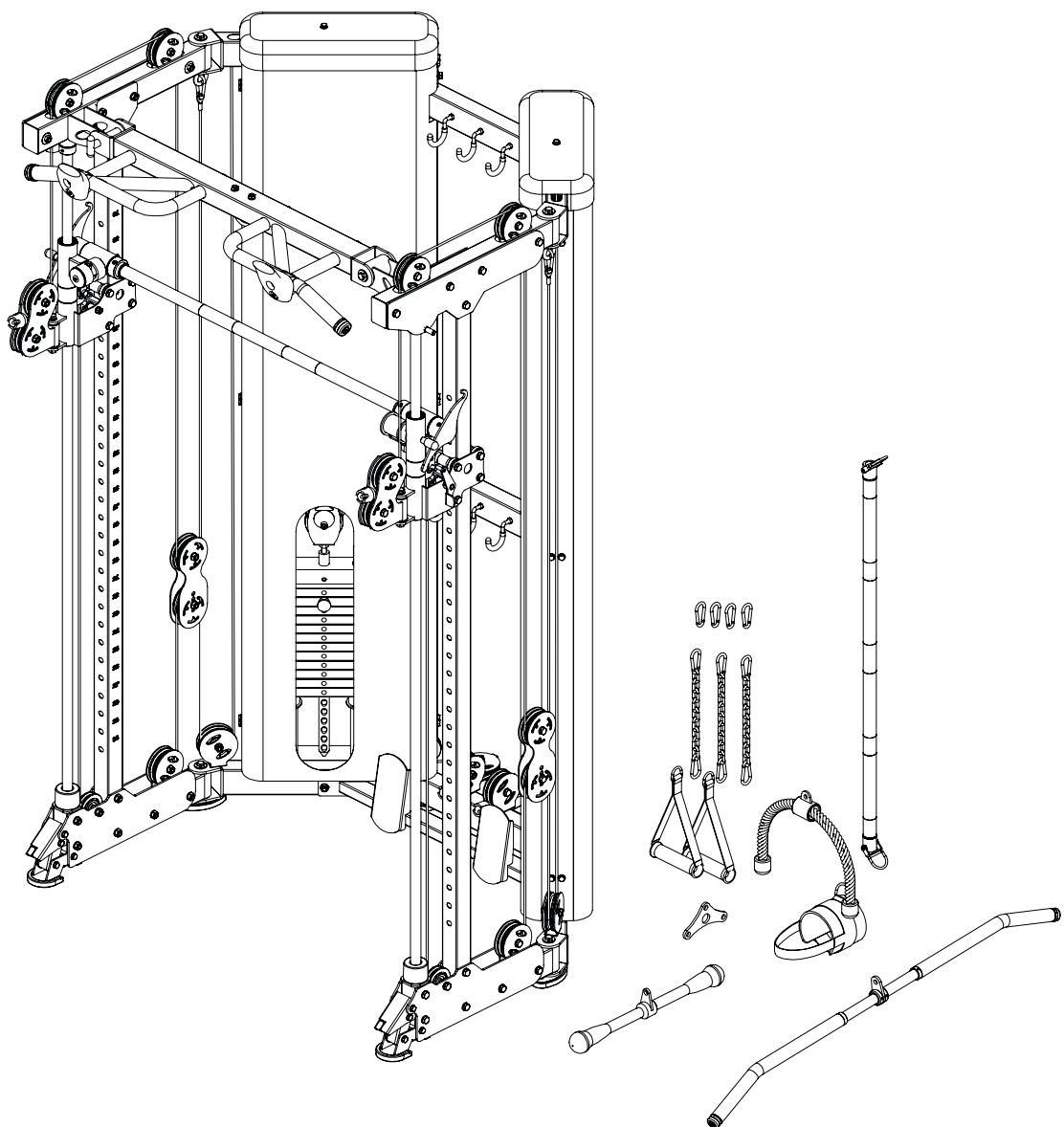


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PARTS LIST

NO.	DESCRIPTION	NOTE	QTY
1	Upright Frame-Right		1
2	Upright Frame-Left		1
3	Down Side Link Tube		2
4	Hexagon Bolt(Black)	M10*20	6
5	Big Flat Washer	$\phi 30 * \phi 10 * 3$	22
6	Internal Thread Axle	$\Phi 20 * 85$	5
7	Hexagon Socket Button Head Screws	M10*25	3
8	Flat Washer(Black)	$\phi 10$	90
9	Down Back Link Tube		1
10	Middle Link Tube		2
11	Hexagon Bolt	M10*70	14
12	Lock Nut	M10	52
13	Spring Washer	$\phi 10$	17
14	Hexagon Bolt	M10*25	16
15	Leg Press		1
16	Hexagon Bolt	M10*75	20
17	Down Fixing Plate		4
18	Front Standing Tube-Right		1
19	Feet Cover		2
20	Internal Thread Axle	$\phi 12 * 59.5$	4
21	Front Standing Tube-Left		1
22	Sliding Frame-Right		1
23	Sliding Frame-Left		1
24	Hexagon Bolt	M8*16	34
25	Flat Washer	$\phi 8$	34
26	Rubber Block	$\phi 60 * \phi 26 * 45$	2
27	Sliding Sleeve-Right		1
28	Guide Rod	$\phi 25 * 1850$	2
29	Rubber Block	$\phi 48 * \phi 25.5 * 42$	2
30	Lock Sleeve	$\phi 40 * \phi 25.5 * 35$	2
31	Headless Hexagon Socket Bolt	M8*10	2
32	Sliding Sleeve-Left		1
33	Thread Pin		2
34	Chin Up Frame		1

PARTS LIST

NO.	DESCRIPTION	NOTE	QTY
35	Up Fixing Plate		2
36	Up Side Link Tube		1
37	Up Side Link Tube-Left		1
38	Back Fixing Plate		2
39	Ring	M10	2
40	T Shape Pin	$\varphi 12 \times 110$	1
41	Barbell Bar		1
43	Aluminum Cap		1
44	Hexagon Socket Button Head Screws	M10*20	1
45	Locking Spring Knob	M16	1
46	Weight Support Tube		4
47	Rubber Block	$\varphi 60 \times \varphi 27 \times 42$	4
48	Selector Rod		2
49	Weight Plate		2
50	Magnetic Pin	$\varphi 60 \times 100$	2
51	Open Hollow Pin	10*60	2
52	Pulley Holder		2
53	Stainless Steel Rod		4
54	Hexagon Bolt	M10*45	14
55	Pulley	$\varphi 92$	12
56	Pulley Cover		2
57	Powder Metallurgy	20* $\varphi 16 \times \varphi 10.5 \times 15$	20
58	Hexagon Bolt	M10*65	10
59	Powder Metallurgy	20* $\varphi 16 \times \varphi 10.5 \times 20.5$	4
60	Pulley	$\varphi 75$	12
61	Rotating Pulley Holder		2
62	Fly-Bird Cable		2
63	Carabiner		6
64	Weight Cable		2
65	Ring Pull Pin	$\varphi 10 \times 45$	2
66	Top Cover		2
67	Inner Shield-Right		1
68	Outer Shield-Right		1
69	Inner Shield-Left		1

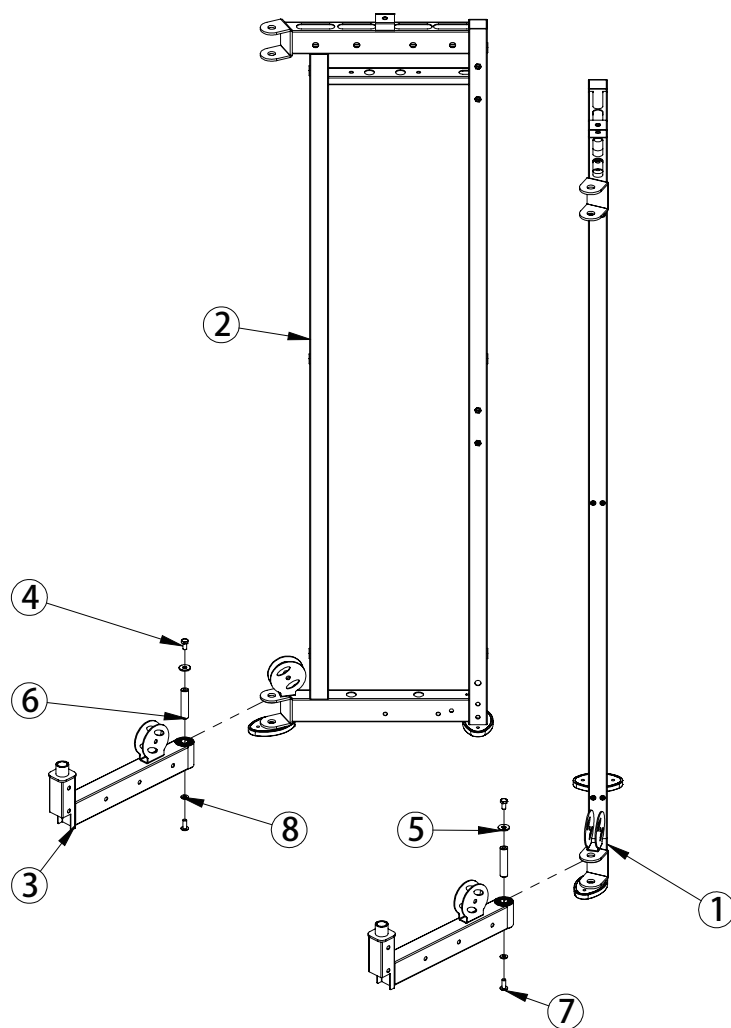
PARTS LIST

NO.	DESCRIPTION	NOTE	QTY
70	Outer Shield-Left		1
71	Hook		6
72	Plastic Handle		2
73	Triceps Rope		1
74	Short Straight Bar		1
75	Triangle Plate		1
76	Carabiner And Chain		3
77	Ankle Cuff		1
78	Lat Pull-Down Bar		1
79	Long Straight Bar		1

Measuring For Bolt Length

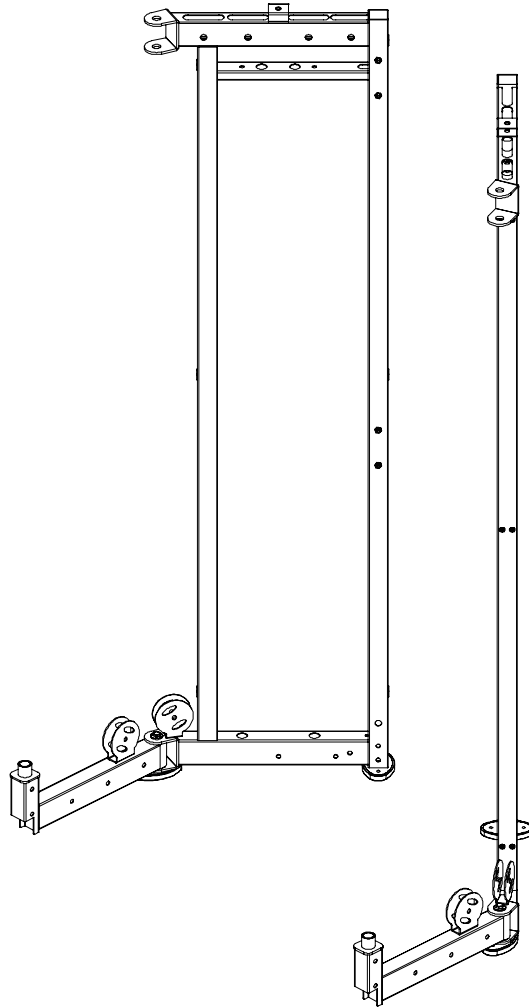


ASSEMBLY STEP 1



NO.	DESCRIPTION	NOTE	QTY
1	Upright Frame-Right		1
2	Upright Frame-Left		1
3	Down Side Link Tube		2
4	Hexagon Bolt	M10*20	2
5	Big Flat Washer	$\phi 30 * \phi 10 * 3$	2
6	Internal Thread Axle	$\phi 20 * 85$	2
7	Hexagon Socket Button Head Screws	M10*25	2
8	Flat Washer	$\phi 10$	2

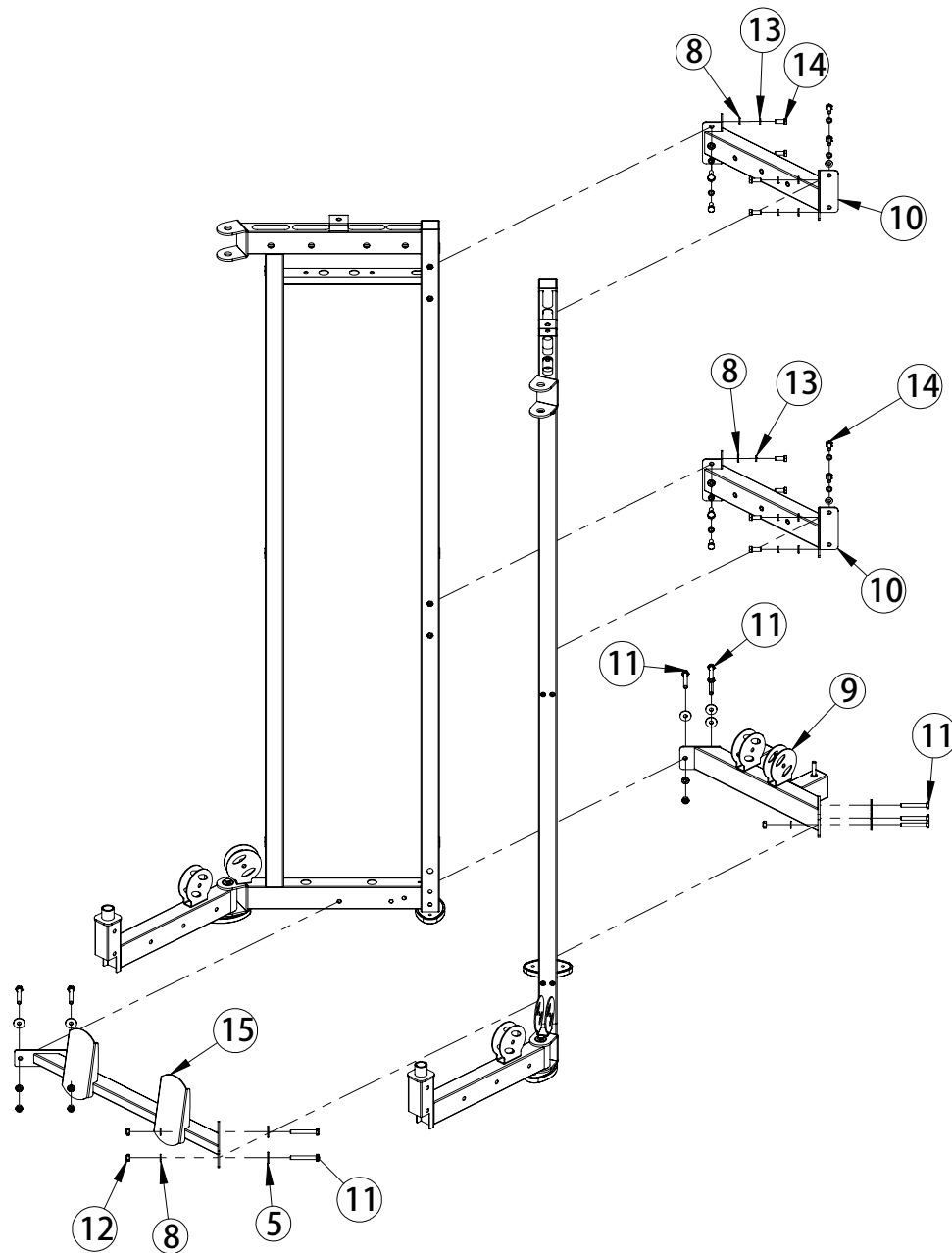
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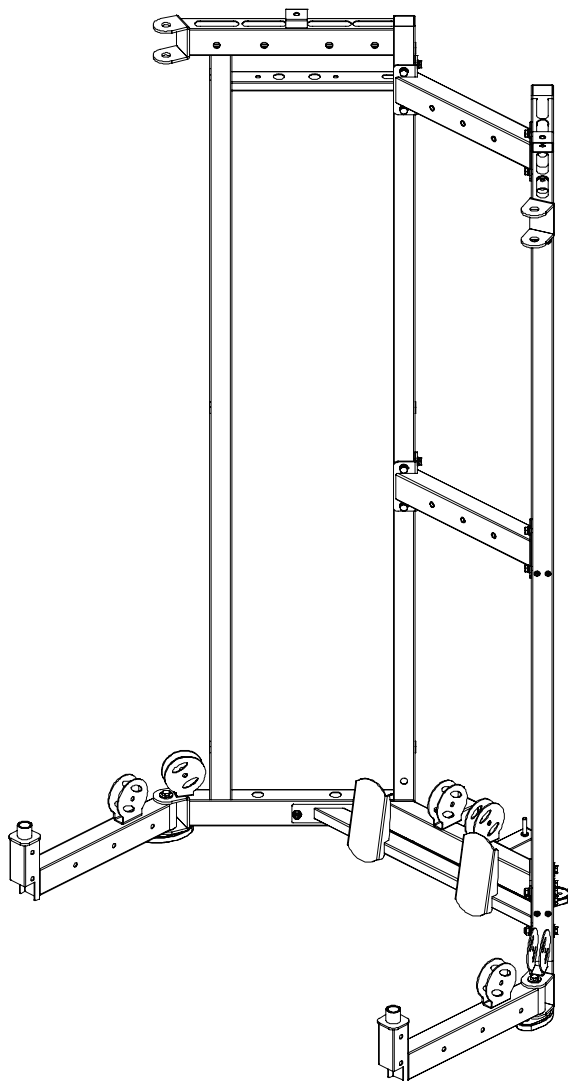
- 1 Fix upright frame-right-1 and down side link tube-3 use M10*20 hexagon bolt-4, $\varphi 30 \times \varphi 10 \times 3$ big flat washer-5, $\varphi 20 \times 85$ internal thread axle-6, M10*25 hexagon socket button head screws-7 and $\varphi 10$ flat washer-8.
- 2 Fix upright frame-left-2 and down side link tube-3 use M10*20 hexagon bolt-4, $\varphi 30 \times \varphi 10 \times 3$ big flat washer-5, $\varphi 20 \times 85$ internal thread axle-6, M10*25 hexagon socket button head screws-7 and $\varphi 10$ flat washer-8.

ASSEMBLY STEP 2



NO.	DESCRIPTION	NOTE	QTY
5	Big Flat Washer	$\phi 30 * \phi 10 * 3$	10
8	Flat Washer	$\phi 10$	22
9	Down Back Link Tube		1
10	Middle Link Tube		2
11	Hexagon Bolt	M10*70	10
12	Lock Nut	M10	6
13	Spring Washer	$\phi 10$	16
14	Hexagon Bolt	M10*25	16
15	Leg Press		1

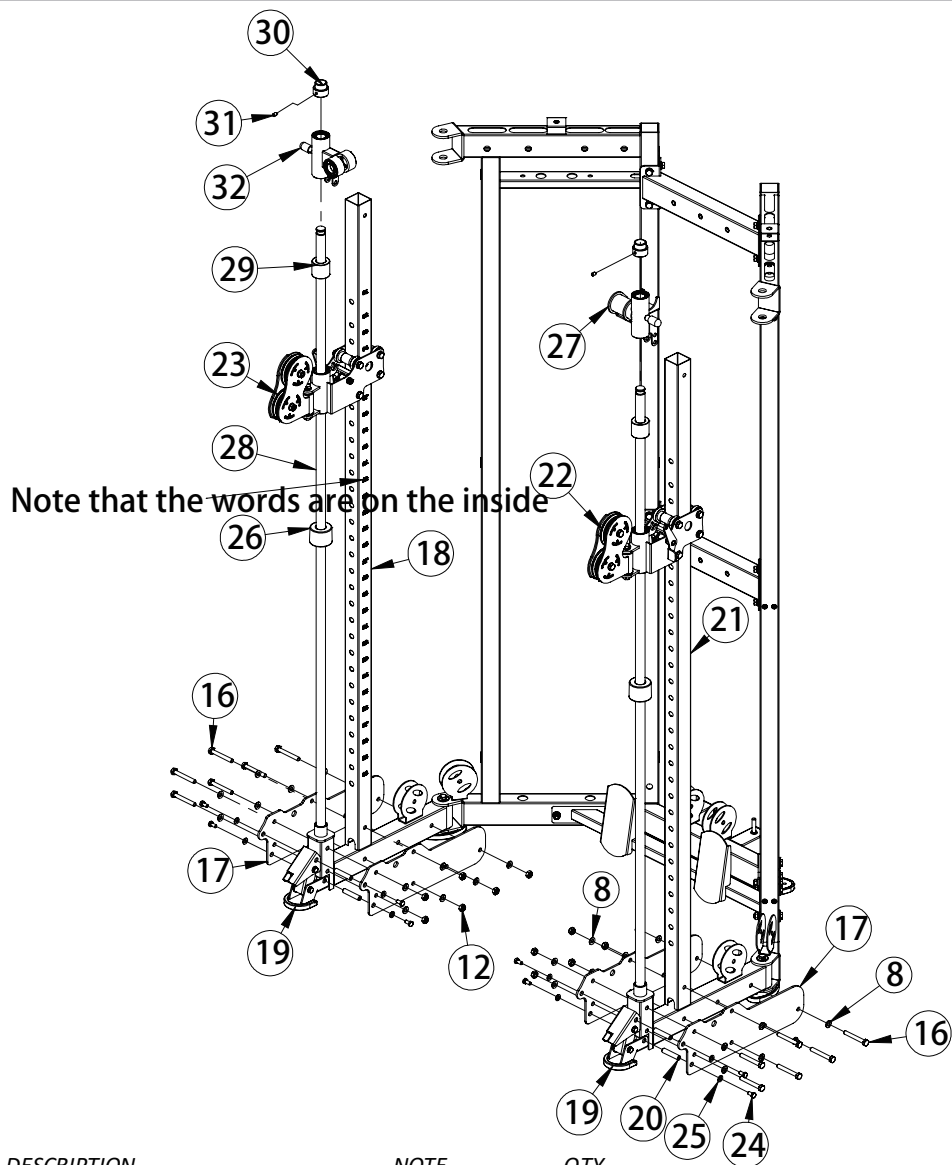
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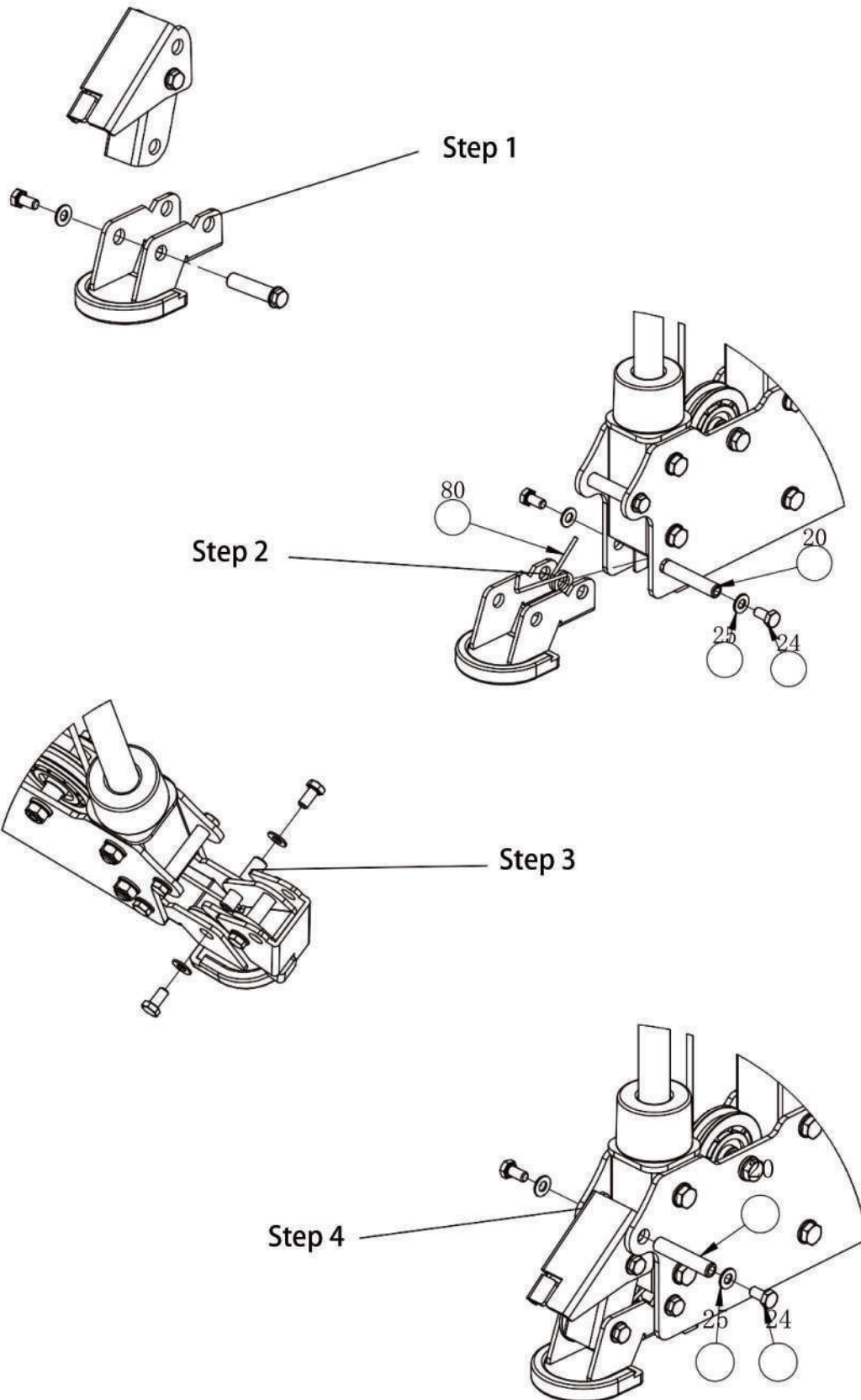
- 1 Fix down back link tube-9 on main frame use M10*70 hexagon bolt-11, $\phi 30 \times \phi 10 \times 3$ big flat washer-5, $\phi 10$ flat washer-8 and M10 lock nut-12.
- 2 Fix leg press-15 on main frame use M10*70 hexagon bolt-11, $\phi 30 \times \phi 10 \times 3$ big flat washer-5, $\phi 10$ flat washer-8 and M10 lock nut-12.
- 3 Fix middle link tube-10 on main frame use M10*25 hexagon bolt-14, $\phi 10$ spring washer-13 and $\phi 10$ flat washer-8.

ASSEMBLY STEP 3

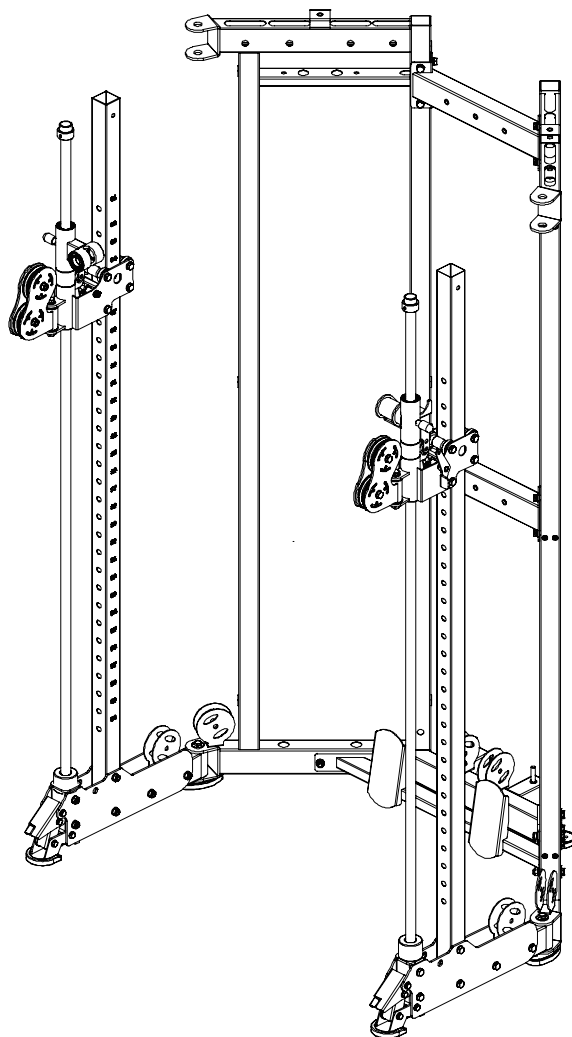


NO.	DESCRIPTION	NOTE	QTY
8	Flat Washer	$\phi 10$	24
12	Lock Nut	M10	12
16	Hexagon Bolt	M10*75	12
17	Down Fixing Plate		4
18	Front Standing Tube-Right		1
19	Feet Cover		2
20	Internal Thread Axle	$\phi 12*59.5$	4
21	Front Standing Tube-Left		1
22	Sliding Frame-Right		1
23	Sliding Frame-Left		1
24	Hexagon Bolt	M8*16	8
25	Flat Washer	$\phi 8$	8
26	Rubber Block	$\phi 60*\phi 26*45$	2
27	Sliding Sleeve-Right		1
28	Guide Rod	$\phi 25*1850$	2
29	Rubber Block	$\phi 48*\phi 25.5*42$	2
30	Lock Sleeve	$\phi 40*\phi 25.5*35$	2
31	Headless Hexagon Socket Bolt	M8*10	2
32	Sliding Sleeve-Left		1

Feet Cover assembly detail



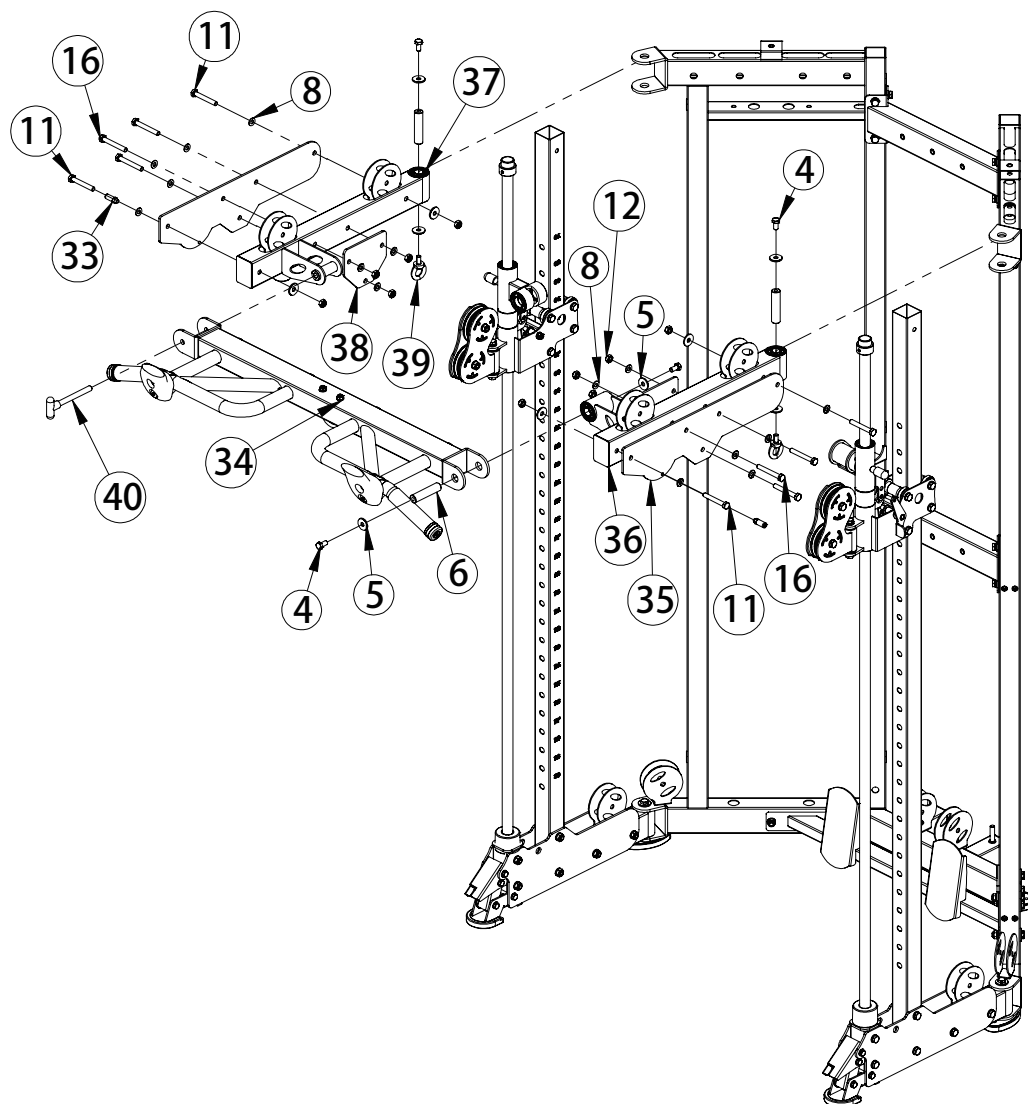
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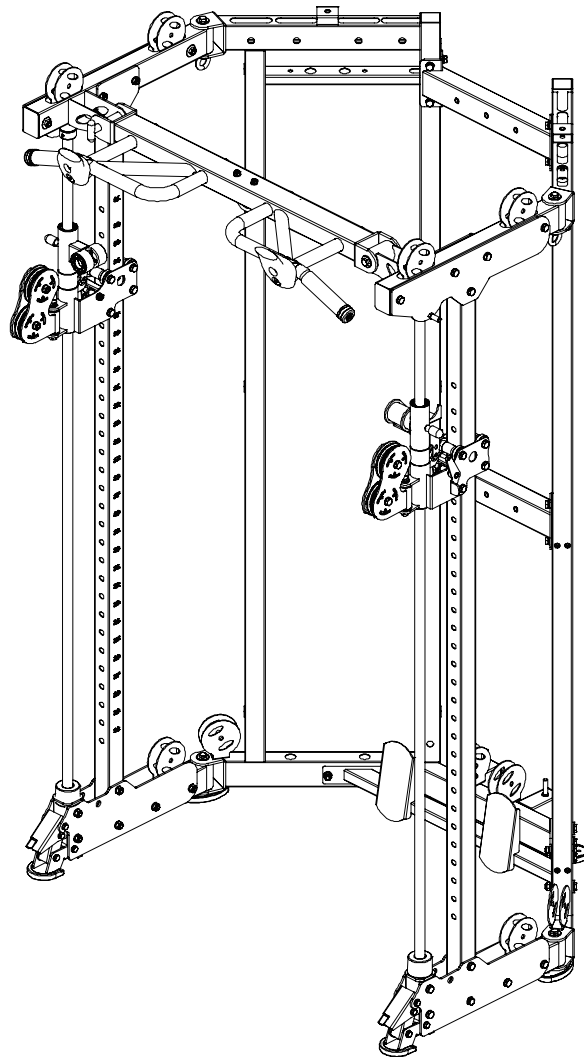
- 1 Fix down fixing plate-17 on main frame use M10*75 hexagon bolt-16, $\phi 10$ flat washer-8 and M10 lock nut-12.
- 2 Fix front standing tube-right-18 and front standing tube-left-21 on down fixing plate-17 use M10*75 hexagon bolt-16, $\phi 10$ flat washer-8 and M10 lock nut-12.
- 3 Fix feet cover-19 on down fixing plate-17 use M8*16 hexagon bolt-24, $\phi 8$ flat washer-25 and $\phi 12 \times 59.5$ Internal thread axle-20.
- 4 Put guide rod-28 through $\phi 60 \times \phi 26 \times 45$ rubber block-26, sliding frame-right-22, sliding frame-left-23, $\phi 48 \times \phi 25.5 \times 42$ Rubber block-29, sliding sleeve-right-27, sliding sleeve-left-32 and lock sleeve-30 in turn, lock M8*10 headless hexagon socket bolt-31 on lock sleeve-30.

ASSEMBLY STEP 4



NO.	DESCRIPTION	NOTE	QTY
4	Hexagon Bolt	M10*20	4
5	Big Flat Washer	$\phi 30 * \phi 10 * 3$	10
6	Internal Thread Axle	$\phi 20 * 85$	3
8	Flat Washer	$\phi 10$	16
11	Hexagon Bolt	M10*70	4
12	Lock Nut	M10	10
16	Hexagon Bolt	M10*75	6
33	Thread Pin		2
34	Chin Up Frame		1
35	Up Fixing Plate		2
36	Up Side Link Tube		1
37	Up Side Link Tube-Left		1
38	Back Fixing Plate		2
39	Ring	M10	2
40	T Shape Pin	$\phi 12 * 110$	1

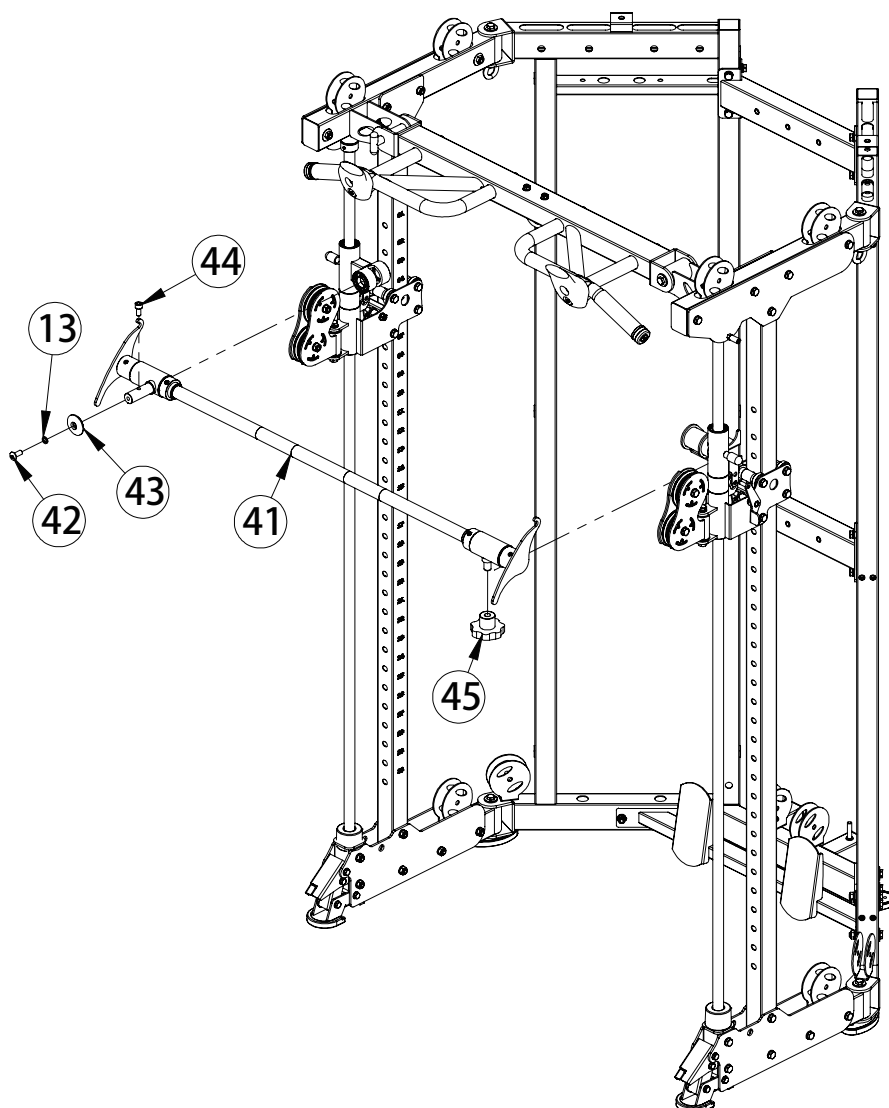
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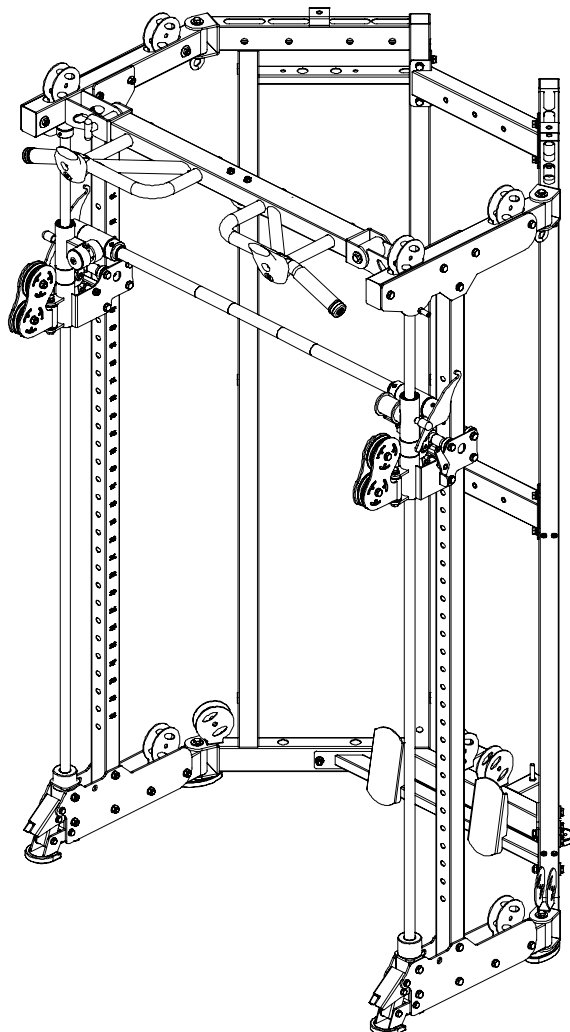
- 1 Fix up side link tube-36 and up side link tube-left-37 on main frame use M10*20 hexagon bolt-4, $\phi 30*\phi 10*3$ big flat washer-5, $\phi 20*85$ internal thread axle-6, ring-39.
- 2 Fix up fixing plate-35 and back fixing plate-38 on main frame use M10*75 hexagon bolt-16, M10*70 hexagon bolt-11, $\phi 10$ flat washer-8, $\phi 30*\phi 10*3$ big flat washer-5 and M10 lock nut-12.
- 3 Install thread pin-33 on up fixing plate-35.
- 4 Fix chin up frame-34 on main frame use M10*20 hexagon bolt-4, $\phi 30*\phi 10*3$ big flat washer-5, $\phi 20*85$ internal thread axle-6, and lock use t shape pin-40.

ASSEMBLY STEP 5



NO.	DESCRIPTION	NOTE	QTY
13	Spring Washer	$\phi 10$	1
41	Barbell Bar		1
7	Hexagon Socket Button Head Screws	M10*25	1
43	Aluminum Cap		1
44	Hexagon Socket Button Head Screws	M10*20	1
45	Locking Spring Knob	M16	1

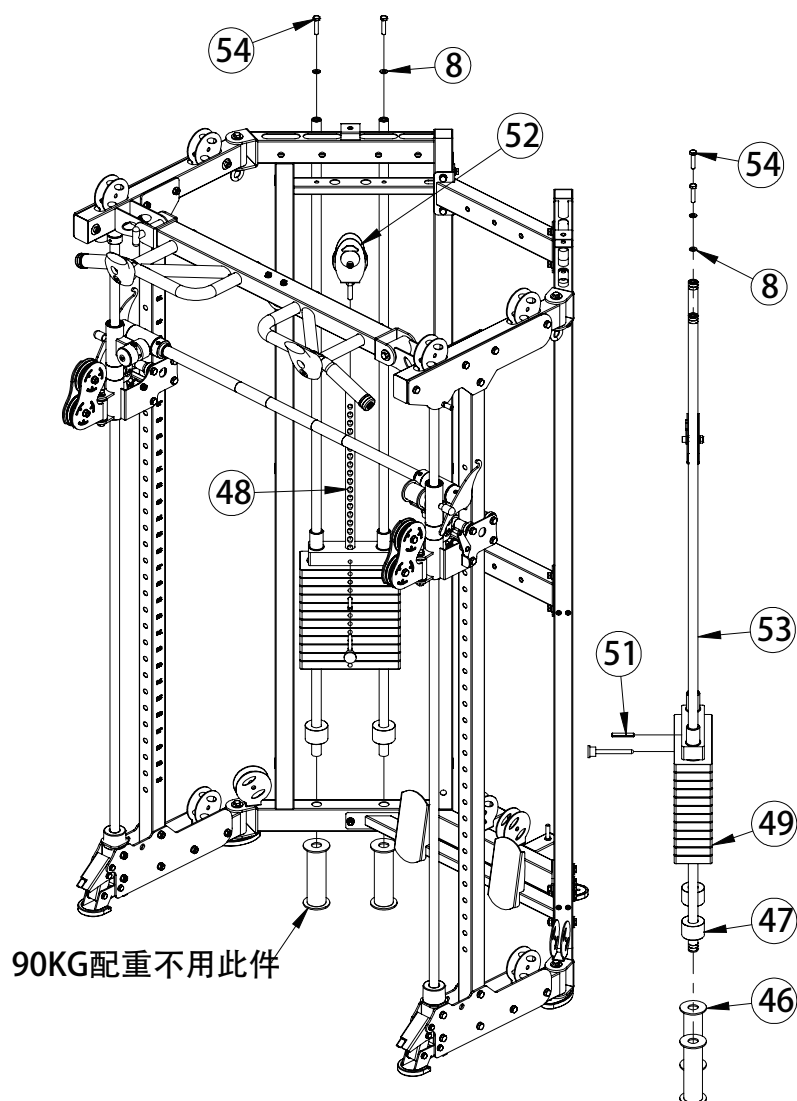
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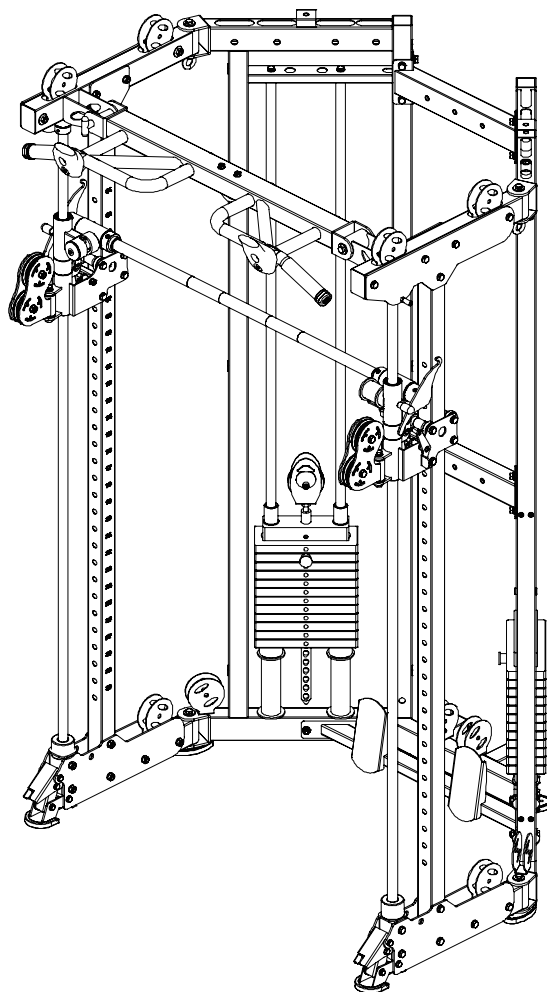
- 1 Fix barbell bar-41 on sliding frame-left use M10*25 hexagon socket button head screws-7, ϕ 10 spring washer-13 and aluminum cap-43.
- 2 Fix m 10*20 hexagon socket button head screw on barbell bar-41.
- 3 Connect barbell bar-41 and sliding frame use locking spring knob-45.

ASSEMBLY STEP 6



NO.	DESCRIPTION	NOTE	QTY
8	Flat Washer	$\phi 10$	4
46	Weight Support Tube		4
47	Rubber Block	$\phi 60 * \phi 27 * 42$	4
48	Selector Rod		2
49	Weight Plate		2
50	Magnetic Pin	$\phi 60 * 100$	2
51	Open Hollow Pin	$10 * 60$	2
52	Pulley Holder		2
53	Stainless Steel Rod		4
54	Hexagon Bolt	$M10 * 45$	4

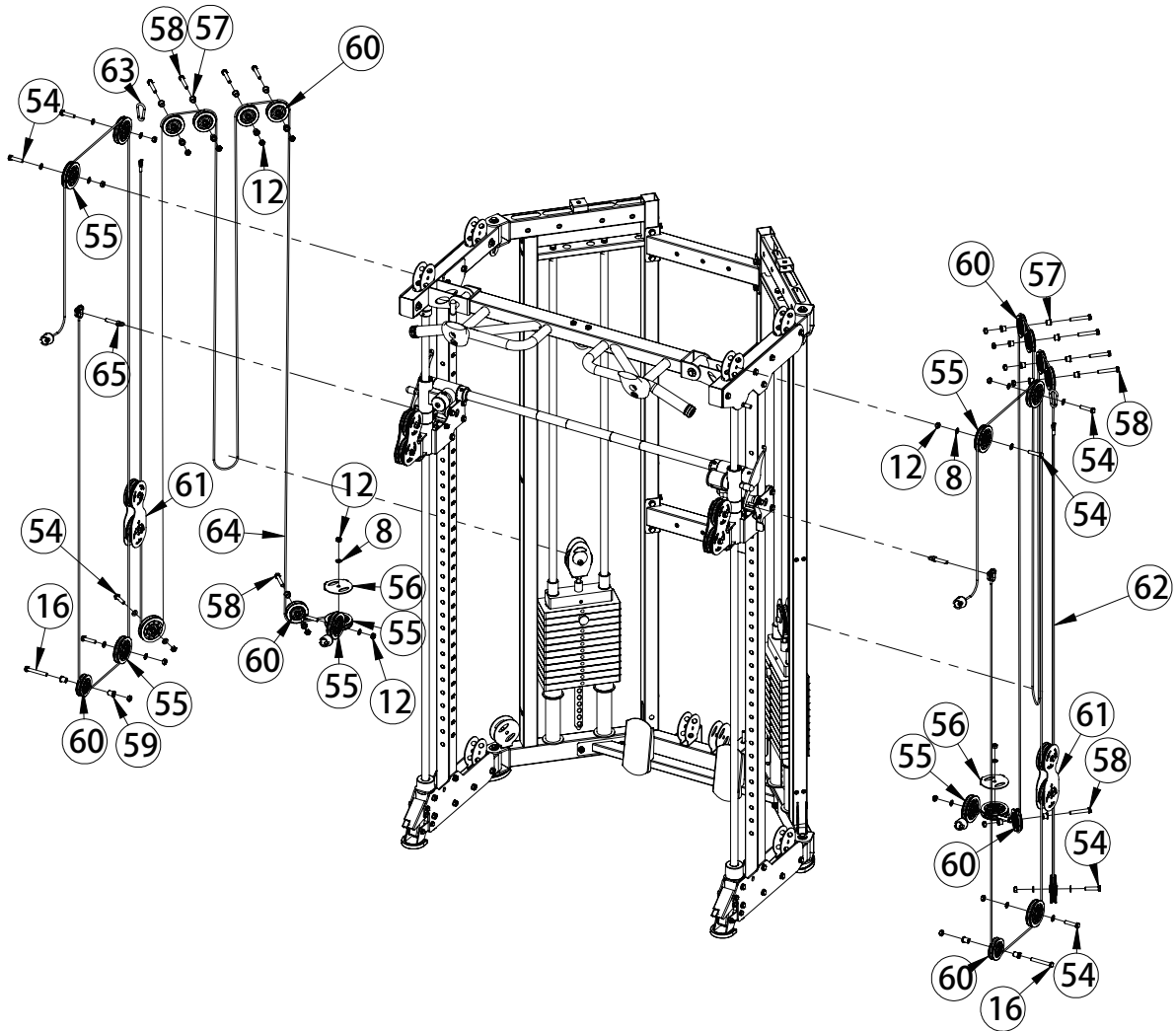
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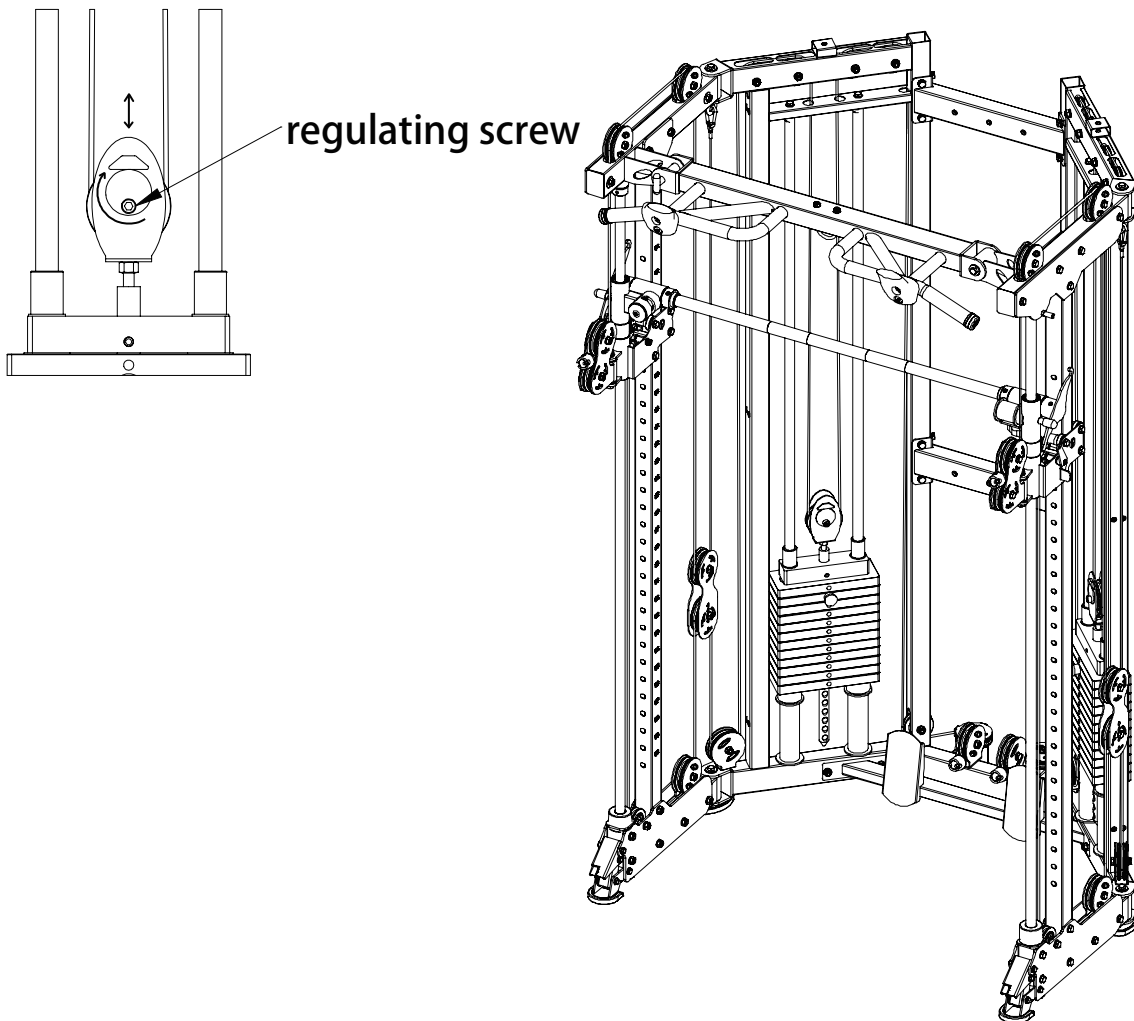
- 1 Put stainless steel rod-53 through weight support tube-46, $\phi 60 \times \phi 27 \times 42$ rubber block and weight plate-49 in turn, then fix them on main frame use M10*45 hexagon bolt-54 and flat washer-8.
- 2 Fix selector rod-48 on weight plate-49 use open hollow pin-51, then insert magnetic pin-50.
- 3 Install pulley holder-52 on up selector rod-48.

ASSEMBLY STEP 7



NO.	DESCRIPTION	NOTE	QTY
8	Flat Washer	$\phi 10$	22
12	Lock Nut	M10	24
16	Hexagon Bolt	M10*75	2
54	Hexagon Bolt	M10*45	10
55	Pulley	$\phi 92$	12
56	Pulley Cover		2
57	Powder Metallurgy	$\phi 20 * \phi 16 * \phi 10.5 * 15$	20
58	Hexagon Bolt	M10*65	10
59	Powder Metallurgy	$\phi 20 * \phi 16 * \phi 10.5 * 20.5$	4
60	Pulley	$\phi 75$	12
61	Rotating Pulley Holder		2
62	Fly-Bird Cable		2
63	Carabiner		2
64	Weight Cable		2
65	Ring Pull Pin	$\phi 10 * 45$	2

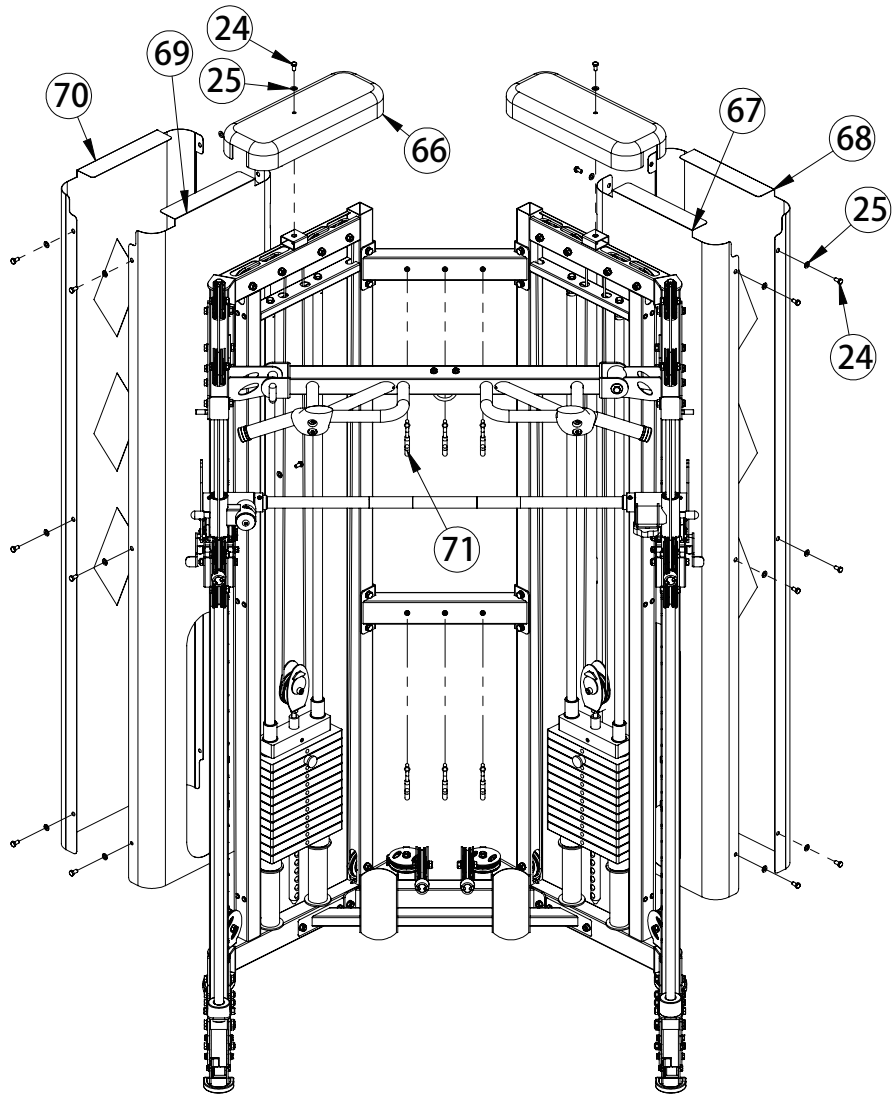
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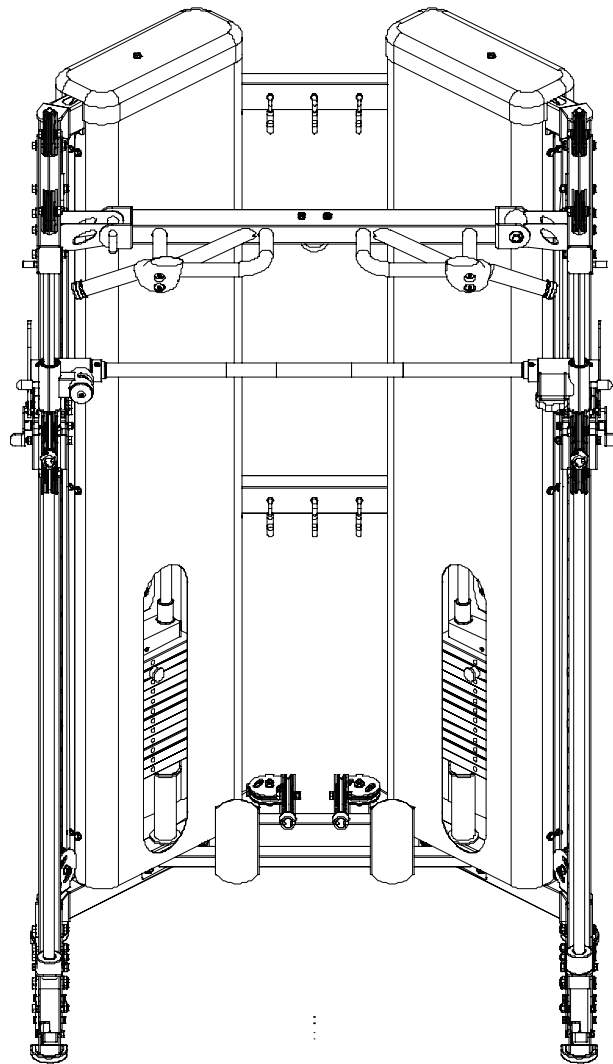
- 1 As shown in figure fix $\phi 92$ pulley-55 and $\phi 75$ pulley-60 on main frame use $\phi 10$ flat washer-8, M10 lock nut-12, M10*75 hexagon bolt-16, M10*45 hexagon bolt-54, pulley cover-56, $\phi 20 \times \phi 16 \times \phi 10.5 \times 15$ Powder metallurgy-57, M10*65 hexagon bolt-58, $\phi 20 \times \phi 16 \times \phi 10.5 \times 20.5$ Powder metallurgy-59.
- 2 Fix fly-bird cable-62 and weight cable-64 on main frame use carabiner-63 and rotating pulley holder-61.
- 3 Fix ring pull pin-65 on sliding frame.

ASSEMBLY STEP 8



NO.	DESCRIPTION	NOTE	QTY
24	Hexagon Bolt	M8*16	26
25	Flat Washer	φ8	26
66	Top Cover		2
67	Inner Shield-Right		1
68	Outer Shield-Right		1
69	Inner Shield-Left		1
70	Outer Shield-Left		1
71	Hook		6

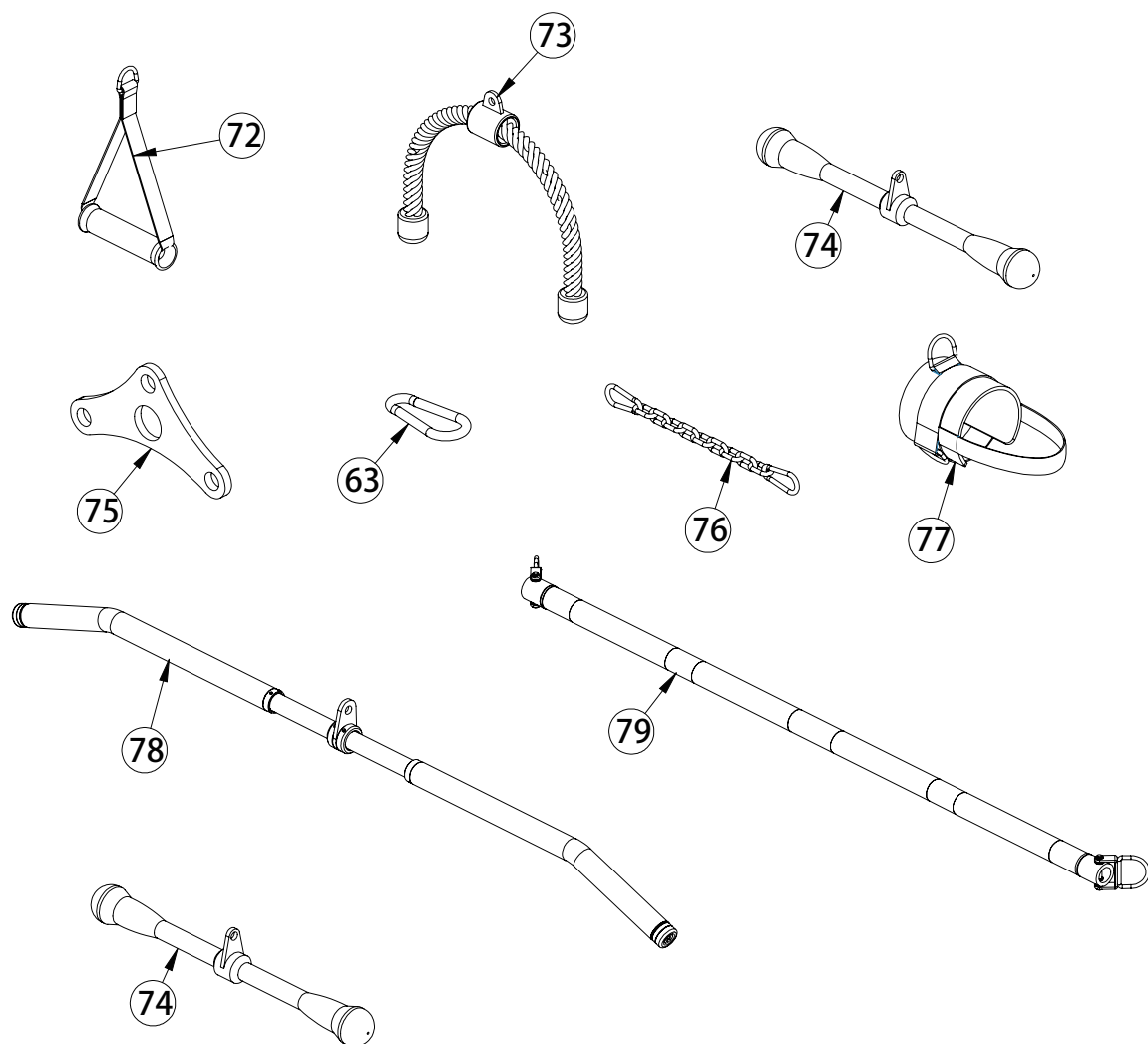
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- 1 Fix inner shield-right-67, outer shield-right-68, inner shield-left-69 and outer shield-left-70 on main frame use M8*16 hexagon bolt-24 and $\phi 8$ flat washer-25.
- 2 Fix top cover-66 on main frame use M8*16 hexagon bolt-24 and $\phi 8$ flat washer-25.
- 3 As shown in figure install hook-71 on main frame.

ASSEMBLY DRAWING



NO.	DESCRIPTION	NOTE	QTY
63	Carabiner		4
72	Plastic Handle		2
73	Triceps Rope		1
74	Short Straight Bar		1
75	Triangle Plate		1
76	Carabiner And Chain		3
77	Ankle Cuff		1
78	Lat Pull-Down Bar		1
79	Long Straight Bar		1