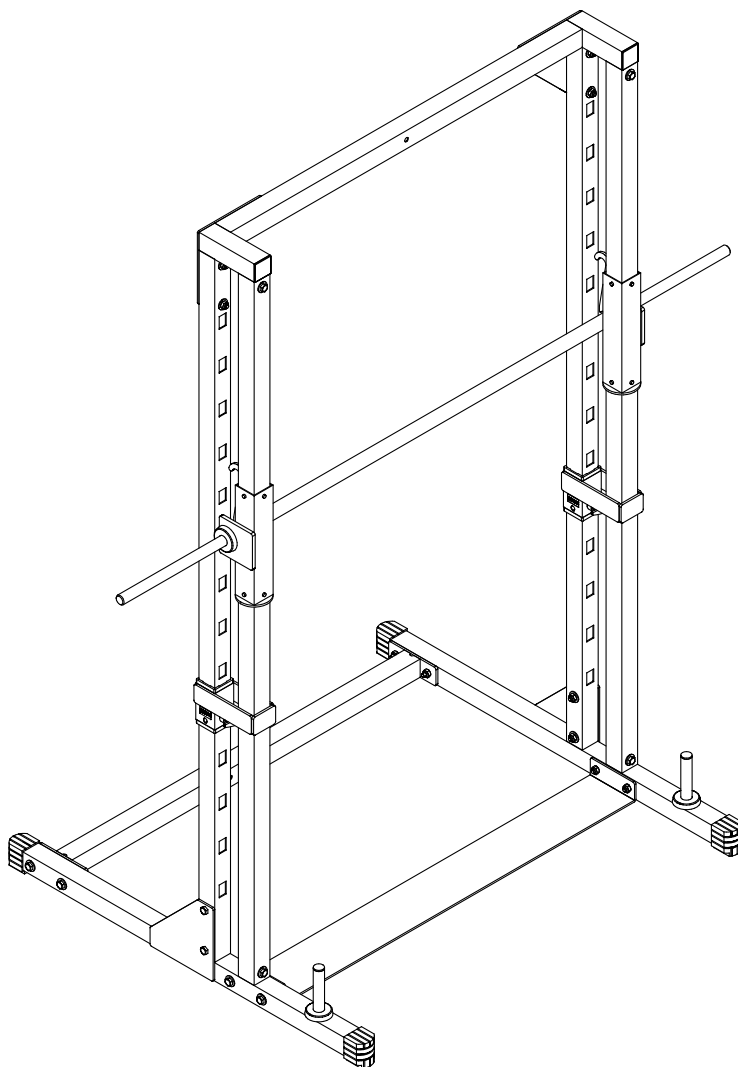


# PSM-144X

## SMITH MACHINE

### OWNER'S MANUAL



Архангельск (8182)63-90-72  
Астана (7172)727-132  
Астрахань (8512)99-46-04  
Барнаул (3852)73-04-60  
Белгород (4722)40-23-64  
Брянск (4832)59-03-52  
Владивосток (423)249-28-31  
Волгоград (844)278-03-48  
Вологда (8172)26-41-59  
Воронеж (473)204-51-73  
Екатеринбург (343)384-55-89  
Иваново (4932)77-34-06

Ижевск (3412)26-03-58  
Иркутск (395)279-98-46  
Казань (843)206-01-48  
Калининград (4012)72-03-81  
Калуга (4842)92-23-67  
Кемерово (3842)65-04-62  
Киров (8332)68-02-04  
Краснодар (861)203-40-90  
Красноярск (391)204-63-61  
Курск (4712)77-13-04  
Липецк (4742)52-20-81  
Киргизия (996)312-96-26-47

Магнитогорск (3519)55-03-13  
Москва (495)268-04-70  
Мурманск (8152)59-64-93  
Набережные Челны (8552)20-53-41  
Нижний Новгород (831)429-08-12  
Новокузнецк (3843)20-46-81  
Новосибирск (383)227-86-73  
Омск (3812)21-46-40  
Орел (4862)44-53-42  
Оренбург (3532)37-68-04  
Пенза (8412)22-31-16  
Казахстан (772)734-952-31

Пермь (342)205-81-47  
Ростов-на-Дону (863)308-18-15  
Рязань (4912)46-61-64  
Самара (846)206-03-16  
Санкт-Петербург (812)309-46-40  
Саратов (845)249-38-78  
Севастополь (8692)22-31-93  
Симферополь (3652)67-13-56  
Смоленск (4812)29-41-54  
Сочи (862)225-72-31  
Ставрополь (8652)20-65-13  
Таджикистан (992)427-82-92-69

Сургут (3462)77-98-35  
Тверь (4822)63-31-35  
Томск (3822)98-41-53  
Тула (4872)74-02-29  
Тюмень (3452)66-21-18  
Ульяновск (8422)24-23-59  
Уфа (347)229-48-12  
Хабаровск (4212)92-98-04  
Челябинск (351)202-03-61  
Череповец (8202)49-02-64  
Ярославль (4852)69-52-93

# PSM-144X

## SAFETY INSTRUCTIONS

**WHEN USING EXERCISE EQUIPMENT,  
YOU SHOULD ALWAYS TAKE BASIC  
PRECAUTIONS INCLUDING THE  
FOLLOWING:**

- Read all instructions before using the PSM-144X. These instructions are written to ensure your safety and to protect the unit.
- **Do not remove any safety labels from the machine.**
- Do not allow children on or near the equipment.
- 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 serious injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Keep hands, limbs, loose clothing, and long hair well out of the way of all moving parts
- Use care when getting on or off the unit.
- Do no overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects 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.
- Do not use the equipment outdoors or near water.

**PERSONAL SAFETY DURING ASSEMBLY**

- Before beginning assembly, please take the time to read the instructions thoroughly.
- 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 PSM-144X on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The PSM-144X 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 your Powerline Smith Machine.

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 the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.

**OBTAINING SERVICE**

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from this Owner's Manual. Use only Powerline by Body Solid replacement parts when servicing this machine. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, check out the official Powerline website at [www.bodysolid.com](http://www.bodysolid.com) or contact an authorized Powerline dealer or a Powerline factory-authorized service company or contact Body-Solid customer service at one of the following:

Toll Free: 1-800-556-3113  
Phone: 1-708-427-3555  
Fax: 1-708-427-3556  
Email: [service@bodysolid.com](mailto:service@bodysolid.com)

Or write to: Body-Solid, Inc.  
Service Department  
1900 S. Des Plaines Ave.  
Forest Park, IL 60130 USA

**RETAIN THIS OWNER'S MANUAL FOR  
FUTURE REFERENCE. PART NUMBERS  
ARE REQUIRED WHEN ORDERING PARTS.**

# PSM-144X

## PREPARATION

### REQUIRED TOOLS

The basic tools that you must obtain before assembling the PSM-144X include but are not limit to:

- Standard Wrench Set
- Metric Wrench Set
- Adjustable Wrench
- Standard / Metric Allen Key Set

### INSTALLATION REQUIREMENTS

Follow these installation requirements when assembling the PSM-144X:

Set up the PSM-144X on a solid, flat surface. A smooth, flat surface under the machine helps keep it level.

Provide ample space around the machine. Open space around the machine allows for easier access.

For aesthetic purposes, insert all bolts in the same direction unless specified (in text or illustrations) to do otherwise.

Leave room for adjustments. Tighten fasteners such as bolts, nuts, and screws so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so.

Fill out and mail the warranty card.

### ORDERING REPLACEMENT PARTS

If you need to order replacement parts please be prepared to provide the following information when contacting us so that we can assist you better.

1. Model Number
2. Place of Purchase
3. Serial Number (S/N)
4. Part # and Description

### ASSEMBLY TIPS

Read all “Notes” on each page before beginning each step.

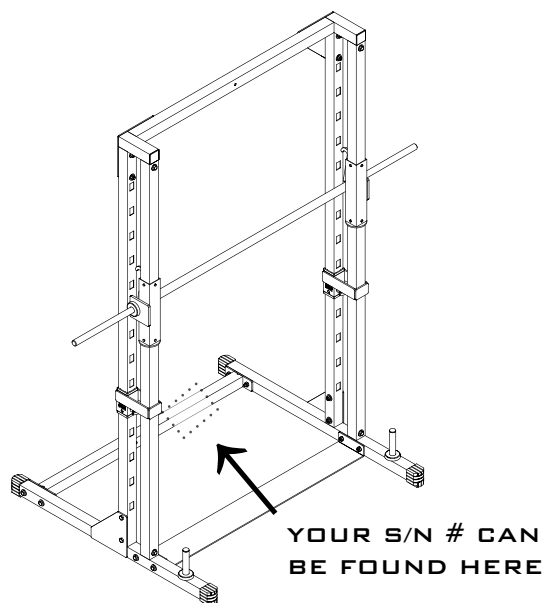
While you may be able to assemble the PSM-144X using the illustrations only, important safety notes and other tips may be included in the text.

Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

**NOTE:** With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for adjustments.

**NOTE:** The bottles that are marked “Poison” is your touch up paint. Keep away from children.

**CAUTION:** Obtain assistance! If you feel like you can’t assemble the PSM-144X by yourself then do not attempt to do so as this could result in injury. Review the Installation Requirements before proceeding with the following steps.



# PSM-144X

## HARDWARE LIST

<u>PART #</u>	<u>SIZE</u>	<u>DESCRIPTION</u>	<u>QUANTITY</u>
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.

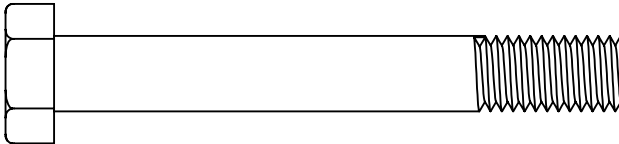
# PSM-144X

## HARDWARE ILLUSTRATION

**PART #1**

**M10X75MM HEX HEAD BOLT**

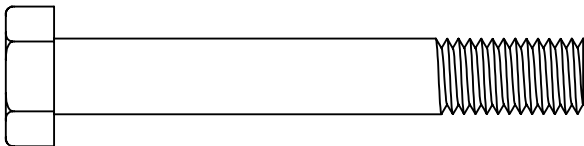
**QTY. 4**



**PART #2**

**M10X70MM HEX HEAD BOLT**

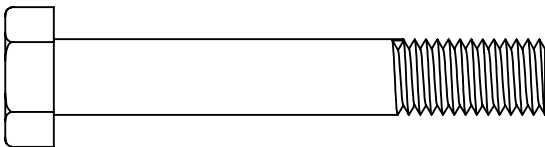
**QTY. 12**



**PART #3**

**M10X65MM HEX HEAD BOLT**

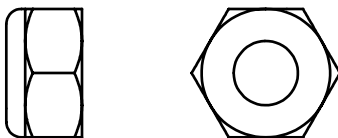
**QTY. 4**



**PART #4**

**M10 NYLON LOCK NUT**

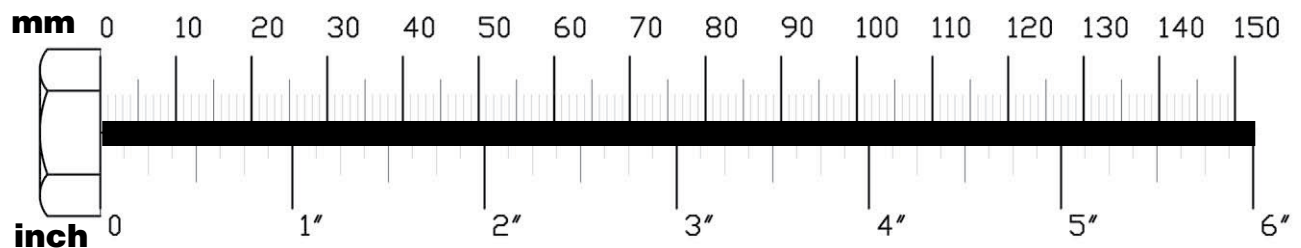
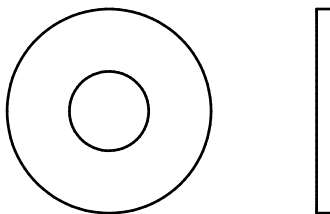
**QTY. 20**



**PART #5**

**M10 WASHER**

**QTY. 24**



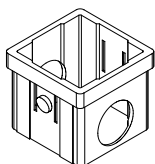
# PSM-144X

## HARDWARE ILLUSTRATION CONT.

**PART #6**

**60X50MM NYLON BUSHING**

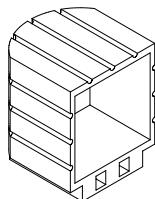
**QTY. 4**



**PART #7**

**2"X2" FOOT CAP**

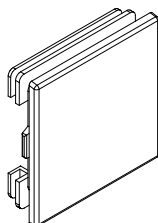
**QTY. 4**



**PART #8**

**2"X2" END CAP**

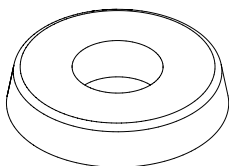
**QTY. 2**



**PART #9**

**2 1/2" DIAMETER RUBBER DOUNT**

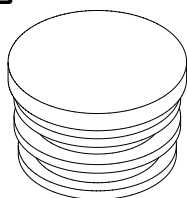
**QTY. 4**



**PART #10**

**1" DIAMETER ROUND END CAP**

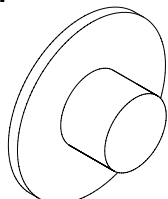
**QTY. 2**



**PART #11**

**8MM DIAMETER BUTTON NYLON BUSHING**

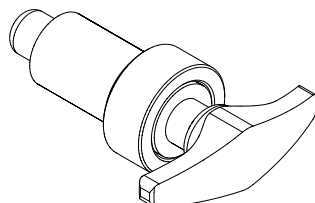
**QTY. 16**



**PART #12**

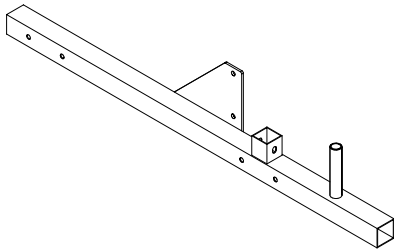
**T-SHAPED POP PIN**

**QTY. 2**

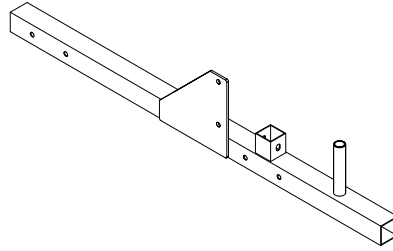


# PSM-144X

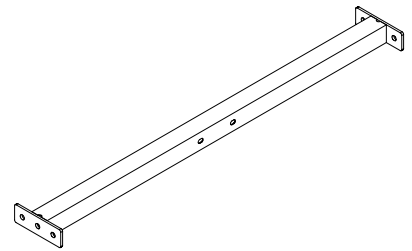
## PART ILLUSTRATION



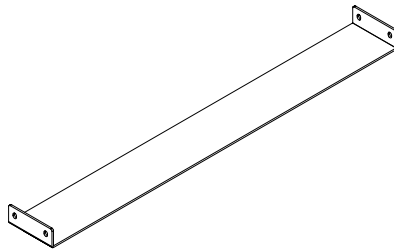
**PART A**  
RIGHT SIDE FRAME  
[1 PCS]



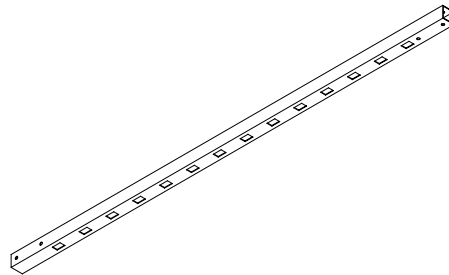
**PART B**  
LEFT SIDE FRAME  
[1 PCS]



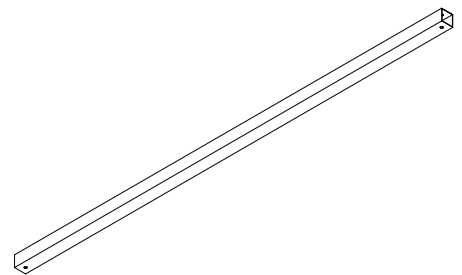
**PART C**  
BACK FRAME  
[1 PCS]



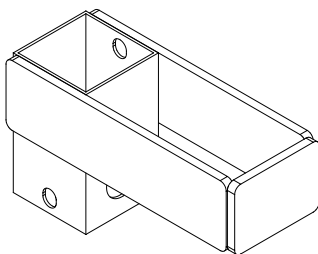
**PART D**  
BASE PLATE  
[1 PCS]



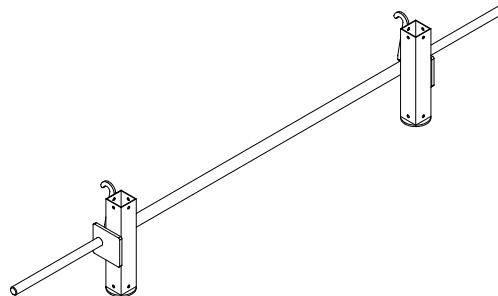
**PART E**  
GUIDE POST  
[2 PCS]



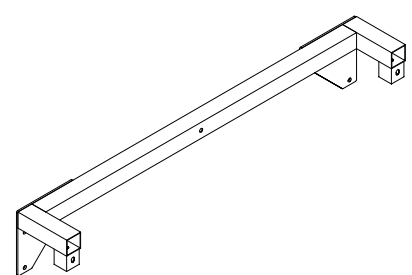
**PART F**  
GUIDE ROD  
[2 PCS]



**PART G**  
GUIDE FRAME  
[2 PCS]



**PART H**  
WEIGHT CARRIAGE  
[1 PCS]



**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.

**1 A. 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**

**1 B. 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**

**1 C. 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**

**1 D. 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**

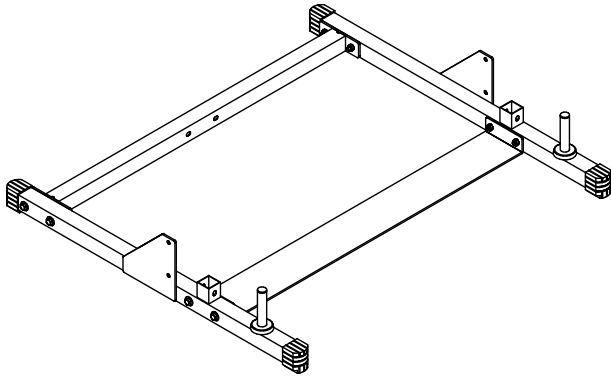
**1 E. INSERT FOOT CAP ONTO BOTH ENDS OF RIGHT SIDE  
FRAME (A) AND LEFT SIDE FRAME (B) USING:**

- 4 - (#7) 2"X2" FOOT CAP**

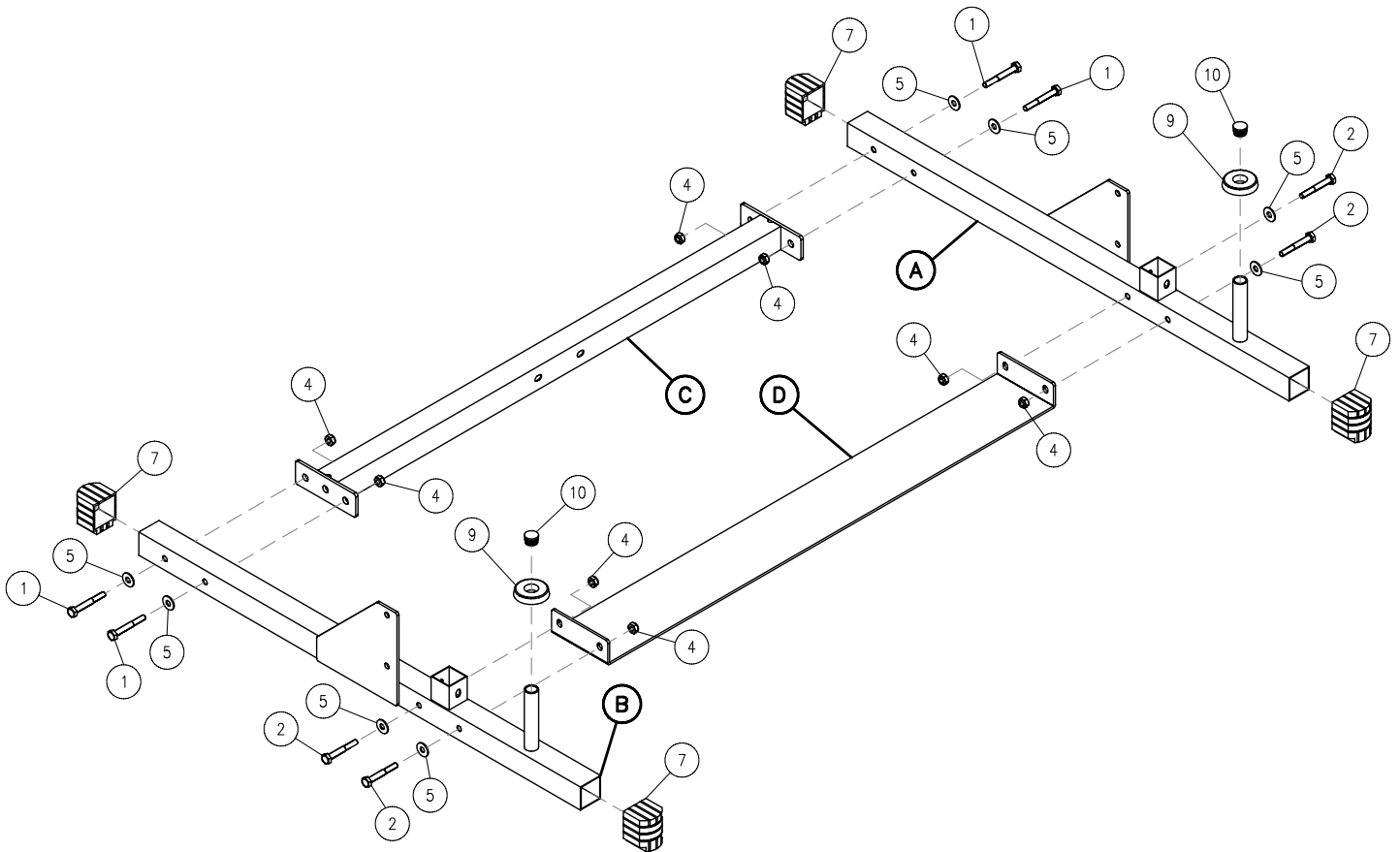


# PSM-144X

## 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**

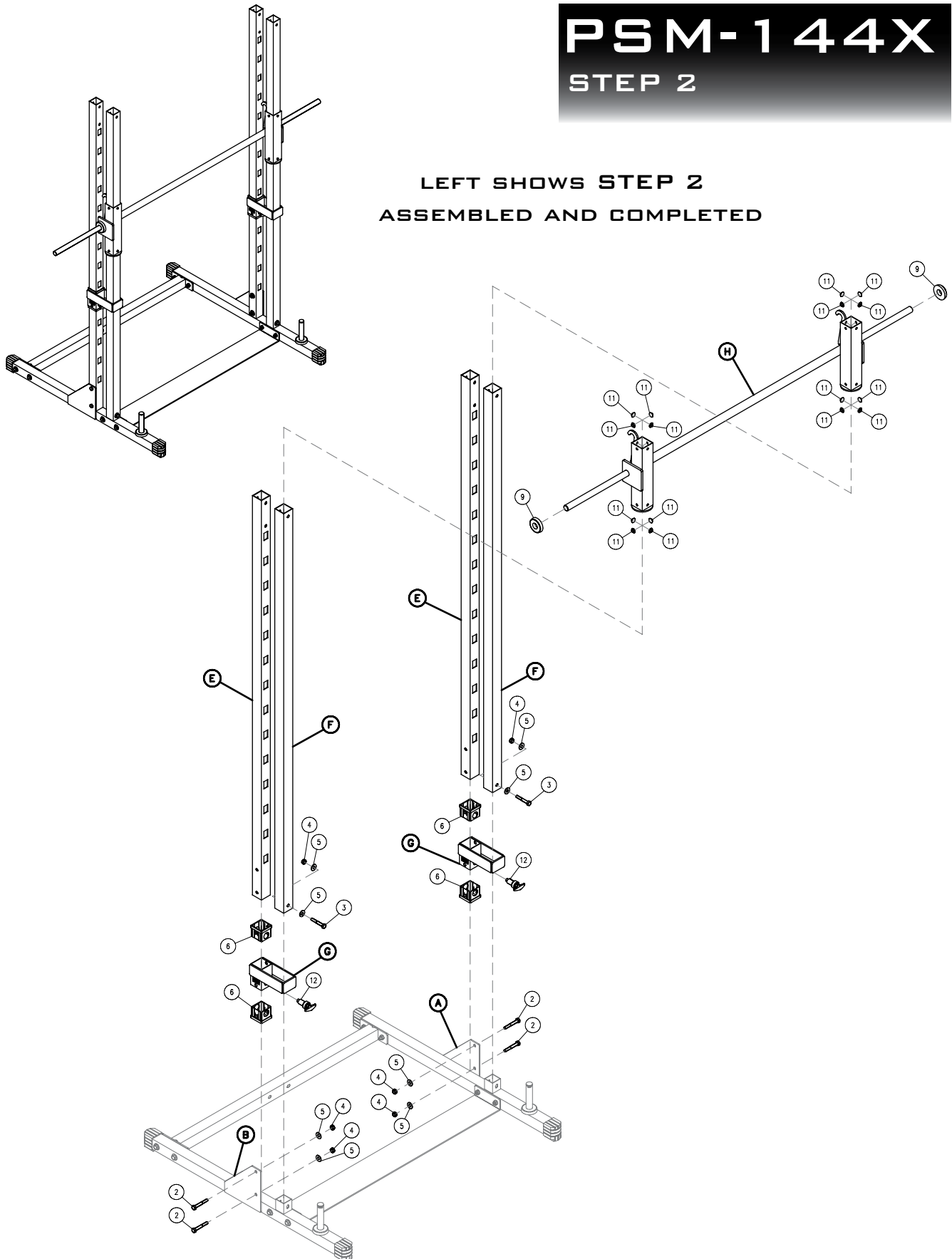
**2E. INSERT A RUBBER DOUNT ONTO EACH END OF WEIGHT  
CARRIAGE (H) USING A TOTAL OF:**

**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:**

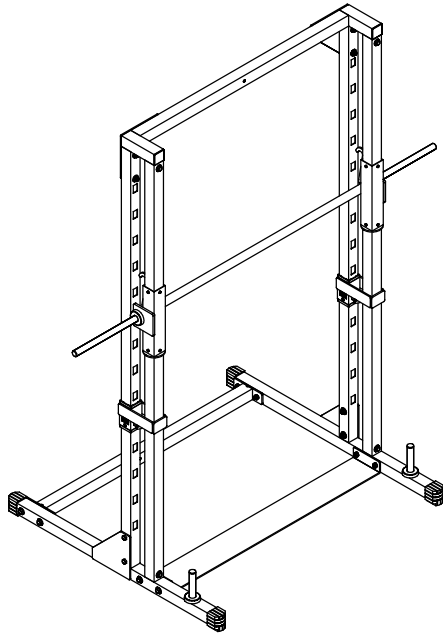
- 2 - (#3) M10X65MM HEX HEAD BOLT**
- 4 - (#5) M10 WASHER**
- 2 - (#4) M10 NYLON LOCK NUT**

**3C. INSERT END CAPS INTO BOTH ENDS OF TOP FRAME (I) USING:**

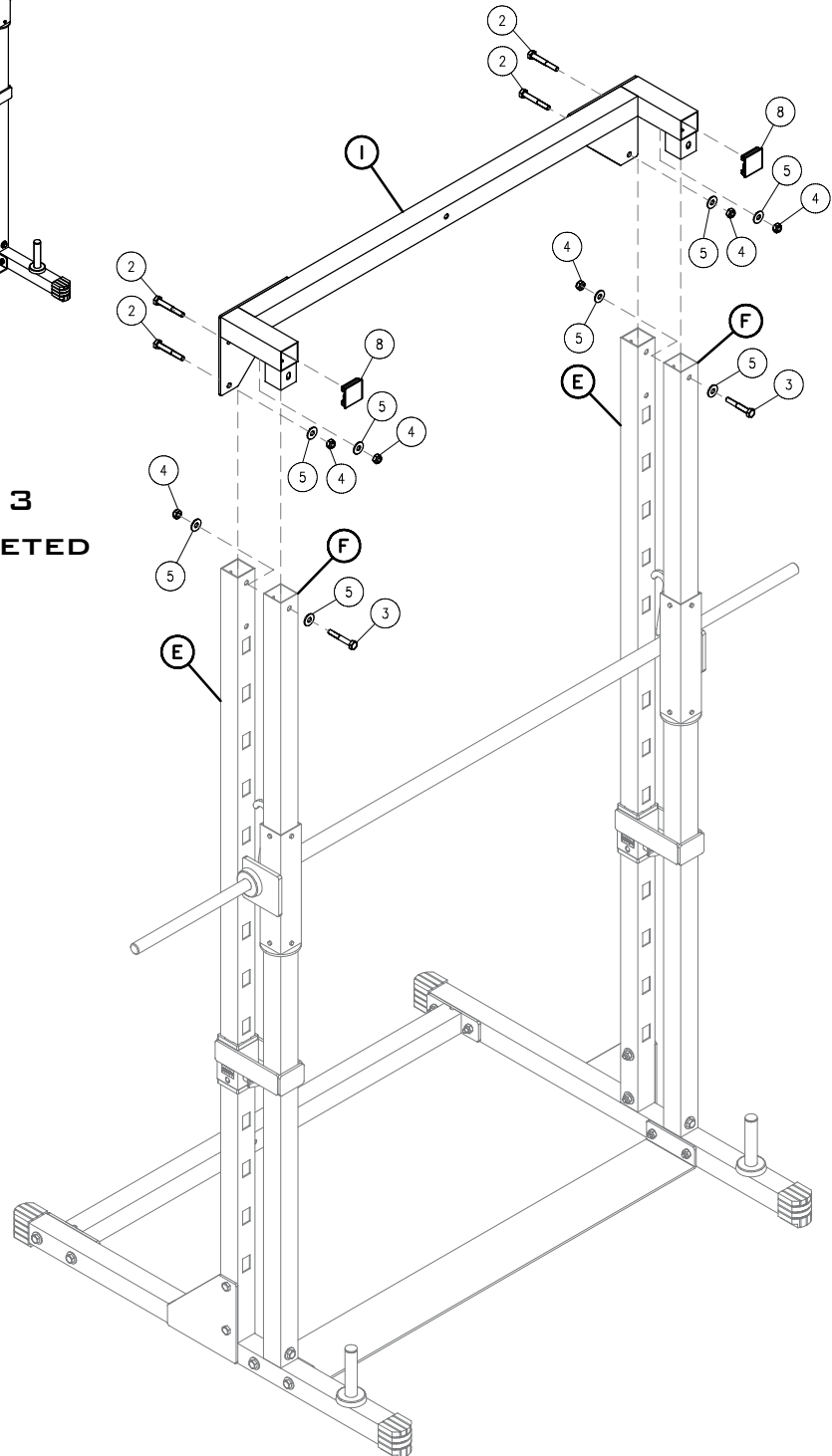
- 2 - (#8) 2"X2" END CAP**

# PSM-144X

## STEP 3



ABOVE SHOWS STEP 3  
ASSEMBLED AND COMPLETED



# PSM-144X

EXPLODED VIEW

