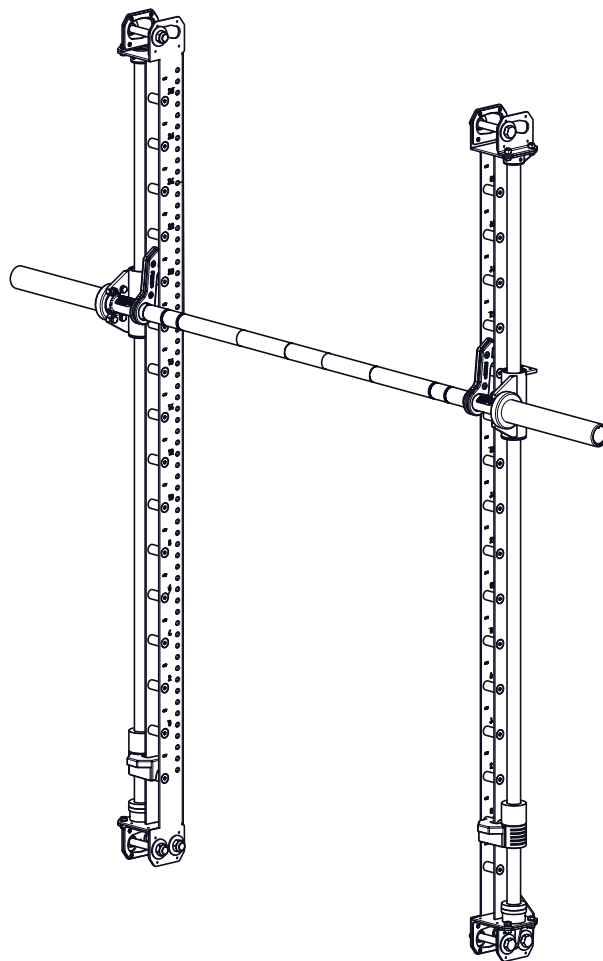


REP[®]



CONFIGURATION GUIDE

SMITH MACHINE PRA-5770-BASE



STILL NEED HELP WITH ASSEMBLY?
VISIT OUR ASSEMBLY LIBRARY HERE:
HELP.REPFITNESS.COM



PRA-5770-BASE

WWW.REPFITNESS.COM

45-010064-A

SAFETY

REP FITNESS EQUIPMENT IS HEAVY AND ALL ASSEMBLY SHOULD BE DONE BY PARTIES OF TWO (2) OR MORE ADULTS.

THIS EQUIPMENT IS INTENDED FOR USE IN AN INDOOR SETTING OR ENVIRONMENT.

ASSEMBLY AND USE OF THIS EQUIPMENT SHOULD ONLY OCCUR ON A FLAT, EVEN SURFACE. THE USE OF MATS OR OTHER PROTECTIVE FLOORING MEASURES MAY BE NECESSARY TO PROTECT YOUR FLOORING FROM DAMAGE. FLOOR OR WALL ANCHORING MAY BE REQUIRED FOR SOME EQUIPMENT.

ALWAYS KEEP YOUR EQUIPMENT ASSEMBLY AND WORKOUT AREAS FREE FROM DEBRIS, SPILLS, OBSTRUCTIONS, AND HAZARDS. KEEPING YOUR WORKOUT AREA CLEAN AND PROPERLY STORING LOOSE EQUIPMENT IN A SAFE LOCATION CAN REDUCE THE CHANCE OF ACCIDENT OR INJURY.

DESCRIPTIONS OF LEFT AND RIGHT ORIENTATIONS REFER TO THE PERSPECTIVE OF THE USER STANDING IN FRONT OF AND FACING THE EQUIPMENT FOR STRENGTH EQUIPMENT, AND THE PERSPECTIVE OF THE USER ON THE EQUIPMENT IN THE PRIMARY USE POSITION FOR CARDIO EQUIPMENT.

KEEP CLOTHING, JEWELRY, AND HAIR AWAY FROM MOVING PARTS DURING BOTH ASSEMBLY AND USE OF THE EQUIPMENT.

KEEP CHILDREN AND PETS AWAY FROM THE EQUIPMENT. REP FITNESS EQUIPMENT IS INTENDED FOR USE BY INDIVIDUALS 14 YEARS OF AGE OR OLDER. USERS UNDER THE AGE OF 18 SHOULD ONLY USE THE EQUIPMENT UNDER ADULT SUPERVISION.

REP FITNESS RECOMMENDS ALL USERS SEEK THE ADVICE OF THEIR PHYSICIAN BEFORE BEGINNING OR MODIFYING THEIR WORKOUT ROUTINE. PROPER INSTRUCTION SHOULD BE OBTAINED PRIOR TO USE OF THIS EQUIPMENT. SERIOUS INJURY LEADING UP TO AND INCLUDING DEATH CAN OCCUR IF EQUIPMENT IS ASSEMBLED OR USED IMPROPERLY.

ONLY USE ATTACHMENTS SOLD BY OR RECOMMENDED BY REP FITNESS WITH THIS EQUIPMENT. MODIFICATIONS TO YOUR EQUIPMENT, INCLUDING THE ADDITION OR SUBSTITUTION OF UNAUTHORIZED ACCESSORIES OR EQUIPMENT, MAY VOID YOUR CLAIMS TO WARRANTY AND CAN INCREASE THE RISK OF INJURY INVOLVED WITH USING THE EQUIPMENT.

LOOK FOR AND BE AWARE OF ANY SAFETY WARNINGS AFFIXED DIRECTLY TO THE EQUIPMENT. FOLLOW ALL GUIDANCE ON SUCH SAFETY WARNINGS. DO NOT REMOVE ANY SAFETY WARNINGS AFFIXED TO THE EQUIPMENT.

REFER TO THE "USAGE" AND "MAINTENANCE" SECTIONS OF THIS GUIDE FOR ADDITIONAL CONSIDERATIONS SPECIFIC TO THE EQUIPMENT INCLUDED IN THIS PACKAGING.

RETAIN THESE INSTRUCTIONS TO SERVE AS FUTURE REFERENCE IF THE EQUIPMENT REQUIRES ATTENTION.

AFTER ASSEMBLY AND PRIOR TO USE, THE EQUIPMENT SHOULD BE INSPECTED TO ENSURE THE ASSEMBLY IS COMPLETE AND THE EQUIPMENT FUNCTIONS CORRECTLY. IF YOU SUSPECT YOUR ASSEMBLY IS INCORRECT OR THE EQUIPMENT IS MALFUNCTIONING, FIRST REVISIT THIS ASSEMBLY INSTRUCTIONS GUIDE AND COMPLETELY REASSEMBLE THE EQUIPMENT. IF ISSUES PERSIST, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT. DO NOT USE EQUIPMENT IF ANY PARTS ARE NOT FUNCTIONING PROPERLY, ARE MISSING, OR IF ANY PARTS APPEAR BROKEN, LOOSE, OR WORN. REGULARLY INSPECT YOUR EQUIPMENT TO ENSURE CONTINUED SAFE FUNCTIONALITY.

THIS PRODUCT MAY BE COVERED BY ONE OR MORE PATENTS, PATENTS PENDING, TRADEMARKS, OR LICENSING AGREEMENTS. FOR MORE INFORMATION, VISIT: [HTTPS://REPFITNESS.COM/PAGES/PATENT-AND-TRADEMARK](https://repfitness.com/pages/patent-and-trademark)

REP FITNESS CUSTOMER SERVICE CAN BE REACHED AT [INFO@REPFITNESS.COM](mailto:info@repfitness.com) OR 720-420-1731.

DISCLAIMER: THE USE OF ANY EXERCISE EQUIPMENT INVOLVES THE RISK OF PERSONAL INJURY. REP FITNESS INC. AND ITS AFFILIATES ASSUME NO RESPONSIBILITY FOR ANY AND ALL INJURIES, DAMAGES, AND LOSSES WHICH MAY OCCUR AS A RESULT OF USE OF THIS EQUIPMENT, WHETHER OR NOT THE CAUSES OF ACTION MAY BE DIRECTLY ATTRIBUTED TO THE EQUIPMENT IN QUESTION. BY USING THIS EQUIPMENT, YOU ACCEPT AND ASSUME FULL RESPONSIBILITY FOR ANY AND ALL INJURIES, DAMAGES (BOTH ECONOMIC AND NON-ECONOMIC), AND LOSSES OF ANY TYPE, WHICH MAY OCCUR, AND YOU FULLY AND FOREVER RELEASE AND DISCHARGE REP FITNESS INC., ITS INSURERS, AFFILIATES, EMPLOYEES, OFFICERS, DIRECTORS, ASSOCIATES, AND AGENTS FROM ANY AND ALL CLAIMS, DEMANDS, DAMAGES, RIGHTS OF ACTION, OR CAUSES OF ACTION, PRESENT OR FUTURE, WHETHER THE SAME BE KNOWN OR UNKNOWN, ANTICIPATED, OR UNANTICIPATED, RESULTING FROM OR ARISING OUT OF THE USE OF THIS EQUIPMENT.

 WARNING! CALIFORNIA PROPOSITION 65: CANCER AND REPRODUCTIVE HARM; PLEASE VISIT WWW.P65WARNINGS.CA.GOV

MIND THE FOLLOWING ICONS DURING ASSEMBLY:



= IMPORTANT INFORMATION



= ASSEMBLY MAY VARY FROM THIS POINT



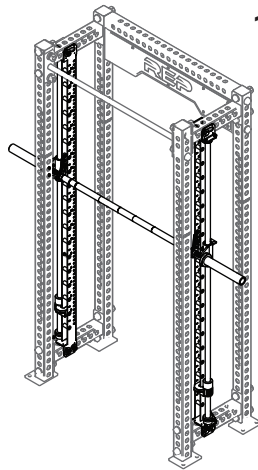
= ALERT! POTENTIAL DANGER



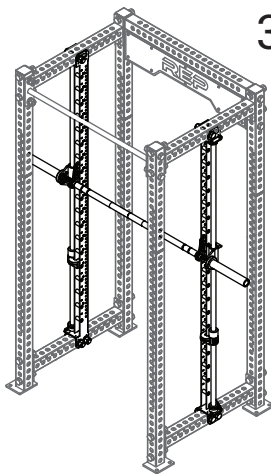
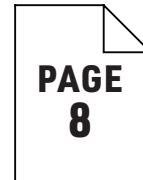
= HELPFUL TIPS & USEFUL INFORMATION

DIFFERENT CONFIGURATIONS

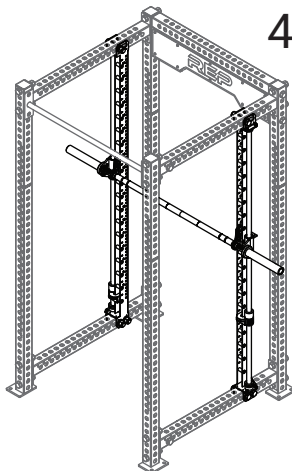
4-POST RACKS (PR-4000 & PR-5000 HAVE THE SAME GUIDELINES)



16" CROSSMEMBER



30" CROSSMEMBER

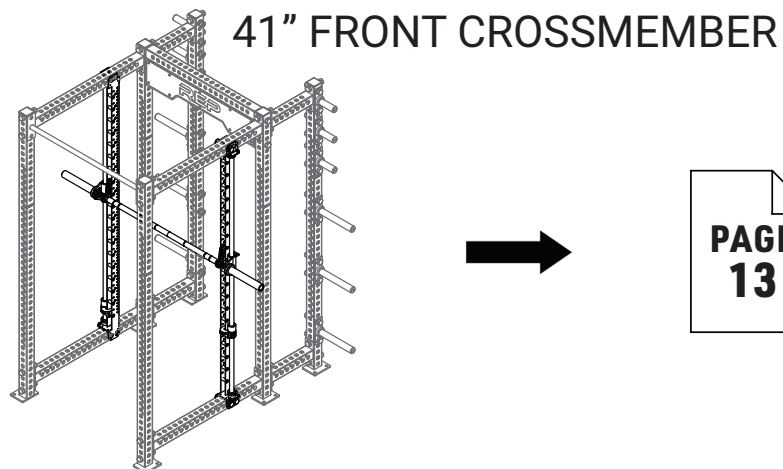
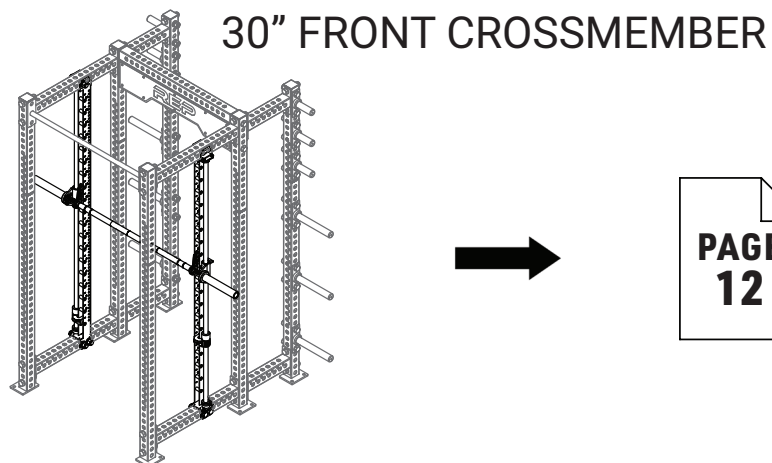
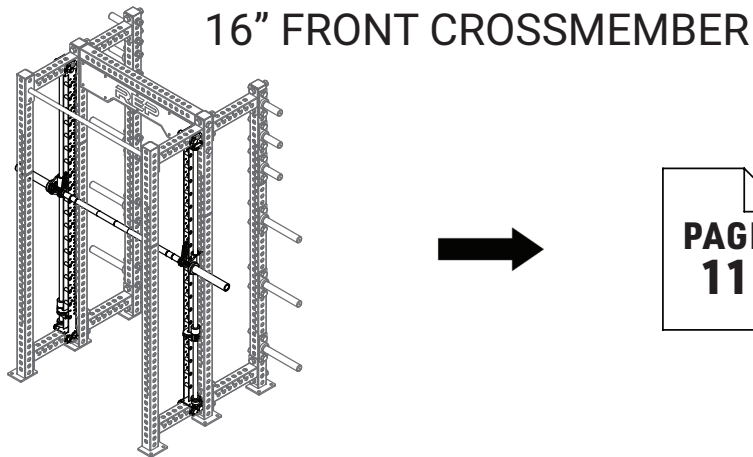


41" CROSSMEMBER



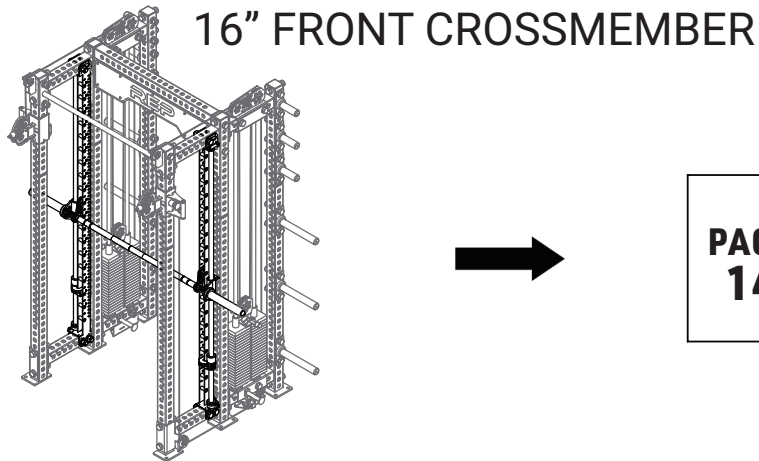
DIFFERENT CONFIGURATIONS

6-POST RACKS - NO CABLE ATTACHMENTS (PR-4000 & PR-5000 HAVE THE SAME GUIDELINES)

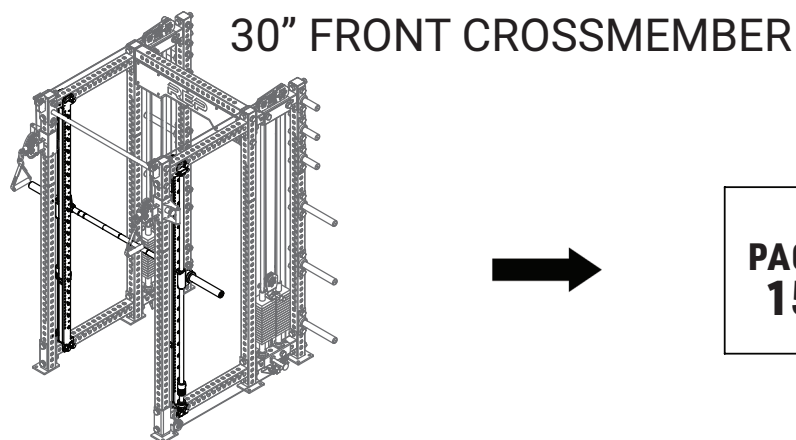


DIFFERENT CONFIGURATIONS

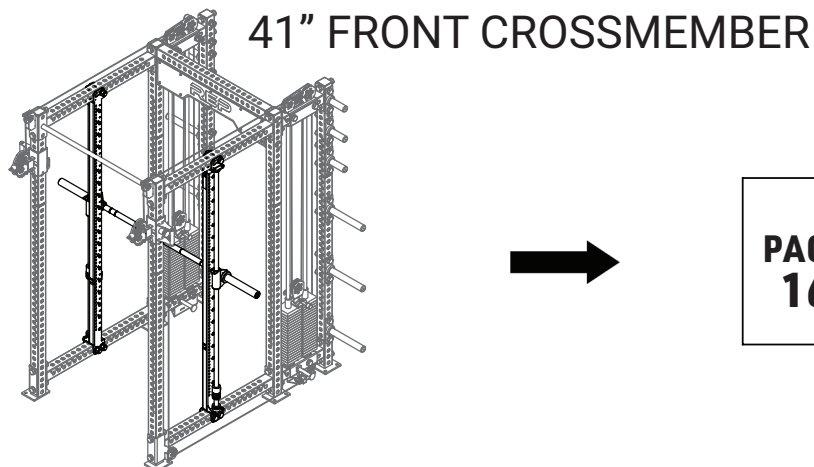
6-POST RACKS - ATHENA ATTACHMENT (PR-5000)



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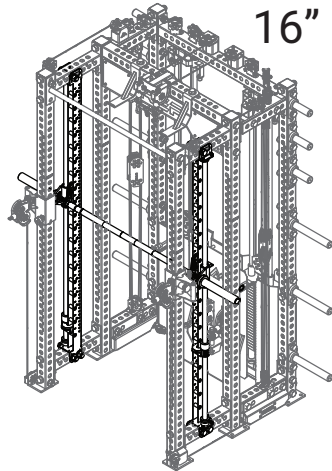
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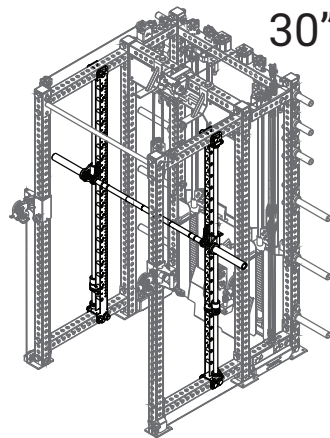
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DIFFERENT CONFIGURATIONS

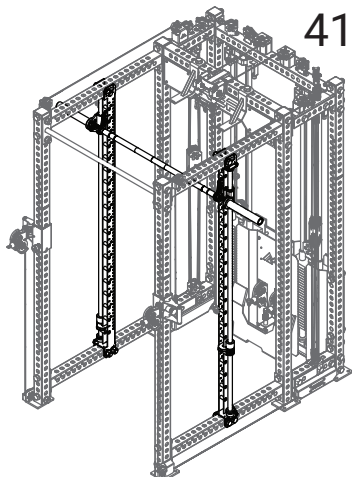
6-POST RACKS - ARES 2.0 ATTACHMENT (PR-5000)



16" FRONT CROSSMEMBER



30" FRONT CROSSMEMBER

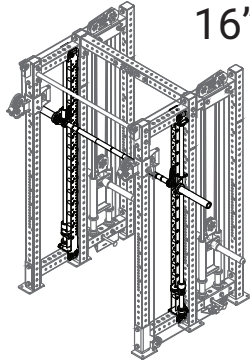


41" FRONT CROSSMEMBER



DIFFERENT CONFIGURATIONS

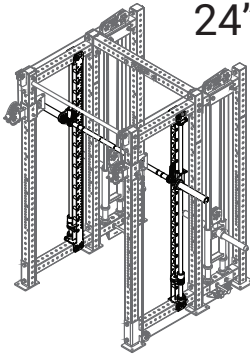
6-POST RACKS - ATHENA ATTACHMENT (PR-4000)



16" FRONT CROSSMEMBER



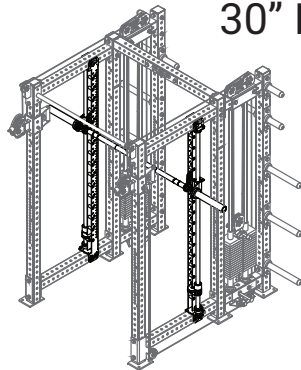
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24" FRONT CROSSMEMBER



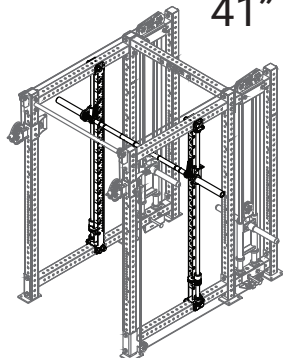
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30" FRONT CROSSMEMBER



**PAGE
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41" FRONT CROSSMEMBER

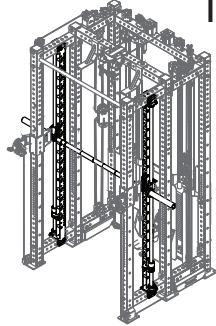


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23**

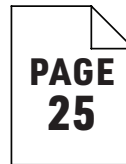
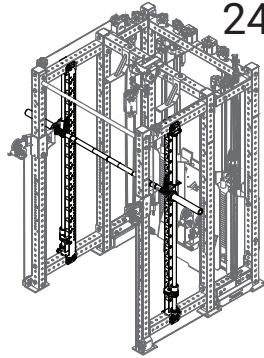
DIFFERENT CONFIGURATIONS

6-POST RACKS - ARES 2.0 ATTACHMENT (PR-4000)

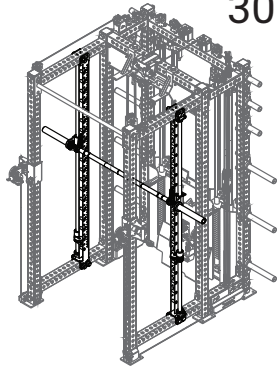
16" FRONT CROSSMEMBER



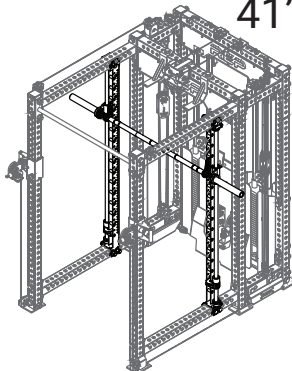
24" FRONT CROSSMEMBER



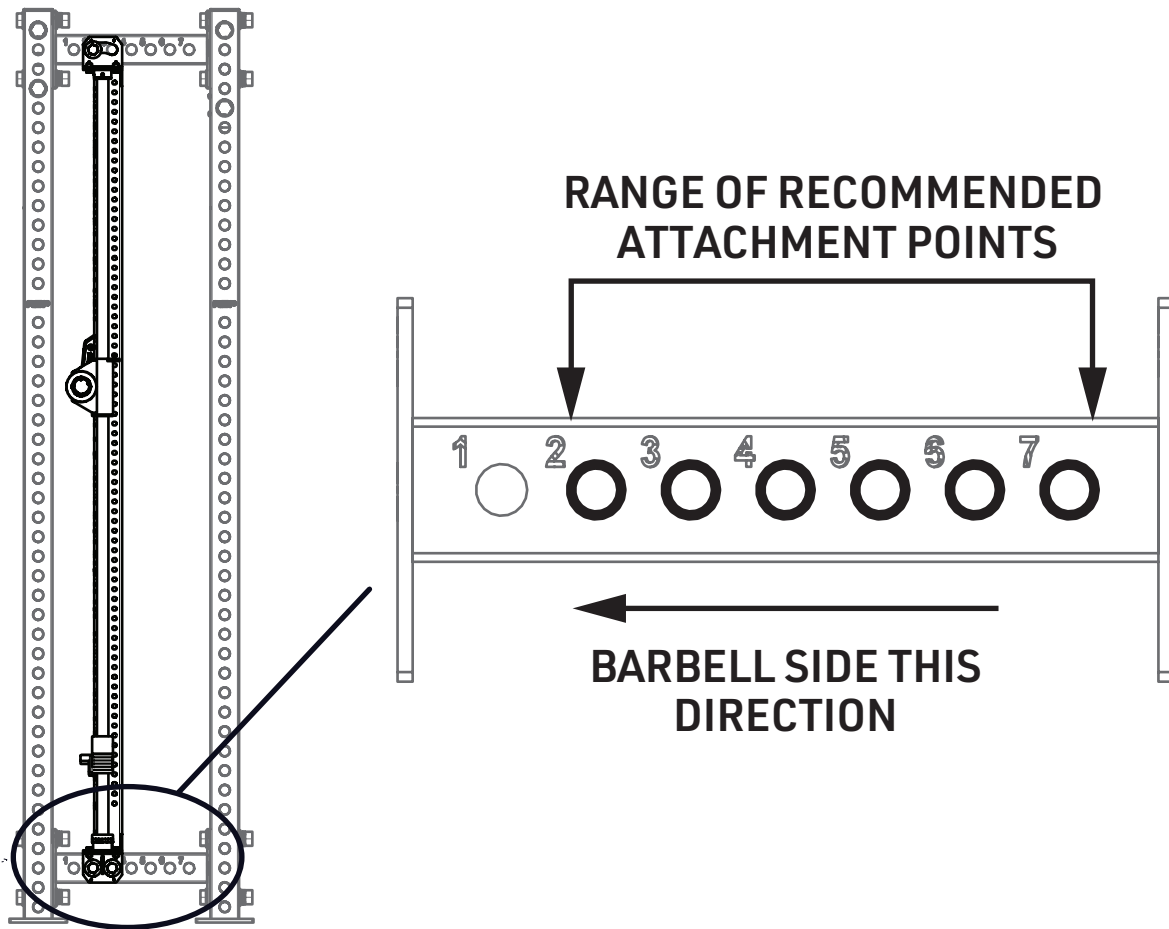
30" FRONT CROSSMEMBER



41" FRONT CROSSMEMBER

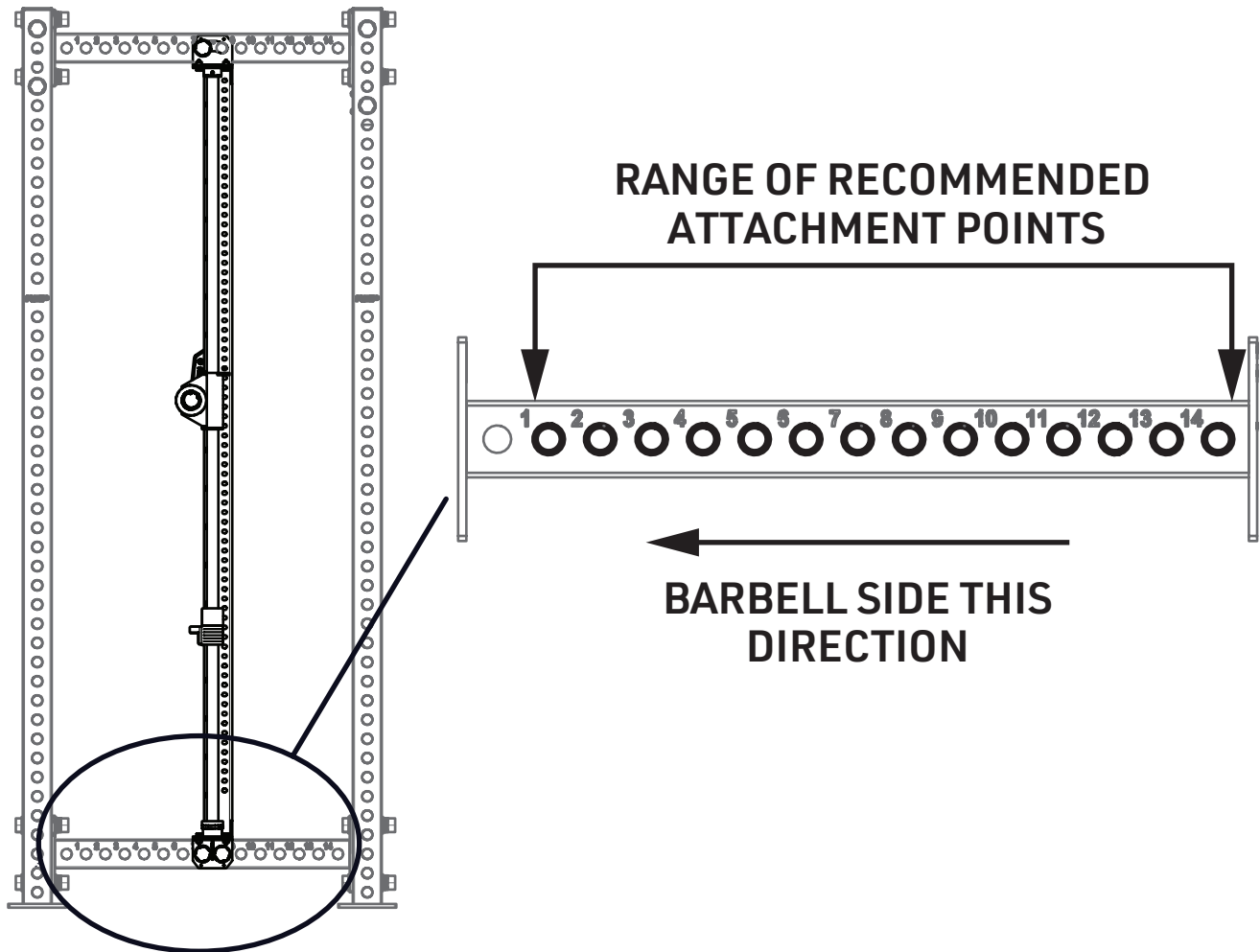


4-POST, 16" CROSSMEMBERS



MOST COMMON ATTACHMENTS <u>NOT</u> COMPATIBLE BASED ON POSITION OF SMITH MACHINE	
INSIDE RACK ANY CABLE SYSTEM MULTI-GRIP PULL-UP BAR WEIGHT HORNS	OUTSIDE RACK ANY CABLE SYSTEM SPOTTER ARMS

4-POST, 30" CROSSMEMBERS



**MOST COMMON ATTACHMENTS NOT COMPATIBLE
BASED ON POSITION OF SMITH MACHINE**

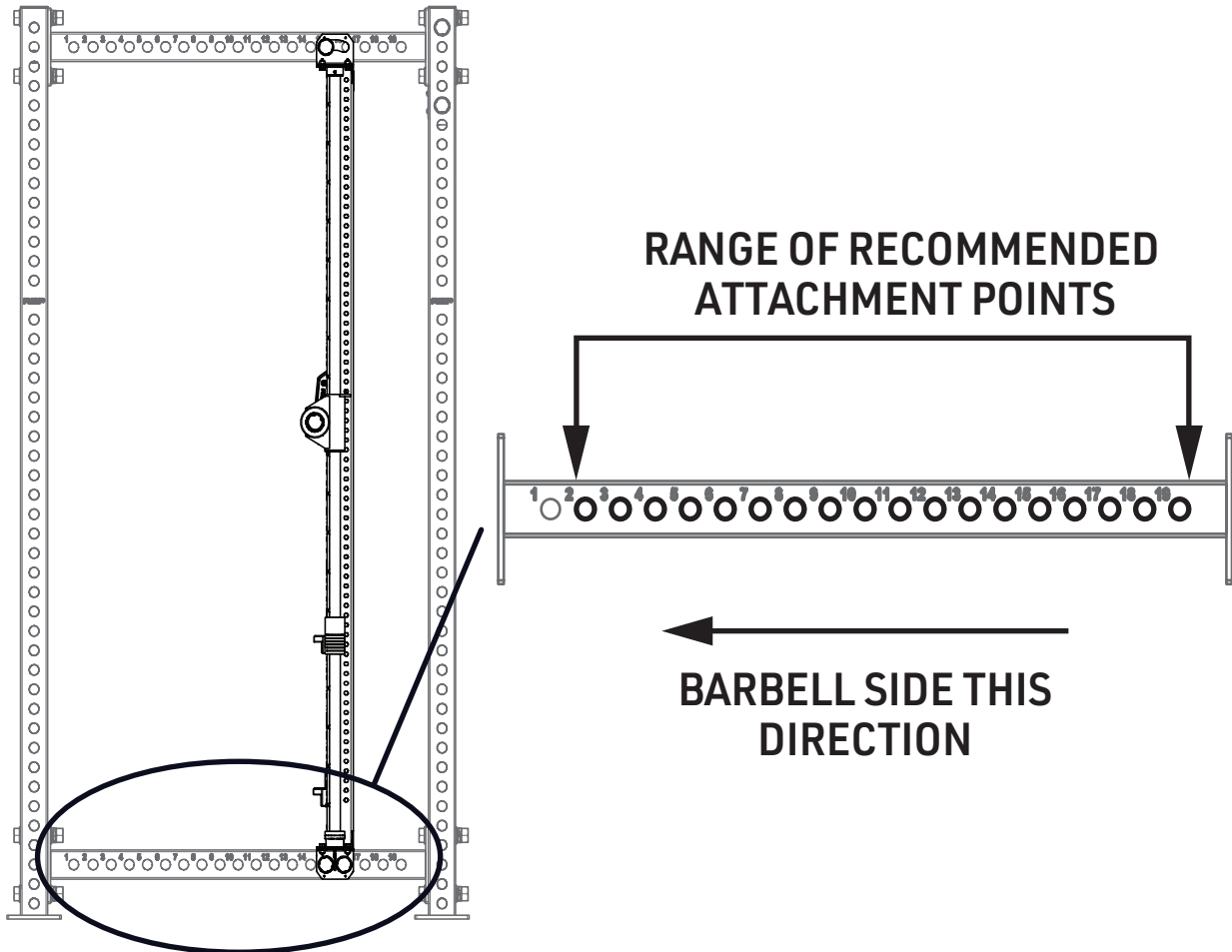
INSIDE RACK

- ANY CABLE SYSTEM
- WEIGHT HORNS (UNLESS MOUNTED TOWARD FRONT OF RACK. NEEDS 18 INCHES OF CLEARANCE)
- STRAP SAFETIES
- FLIP-DOWN SAFETIES
- PIN-PIPE SAFETIES

OUTSIDE RACK

- ANY CABLE SYSTEM
- SPOTTER ARMS

4-POST, 41" CROSSMEMBERS



**MOST COMMON ATTACHMENTS NOT COMPATIBLE
BASED ON POSITION OF SMITH MACHINE**

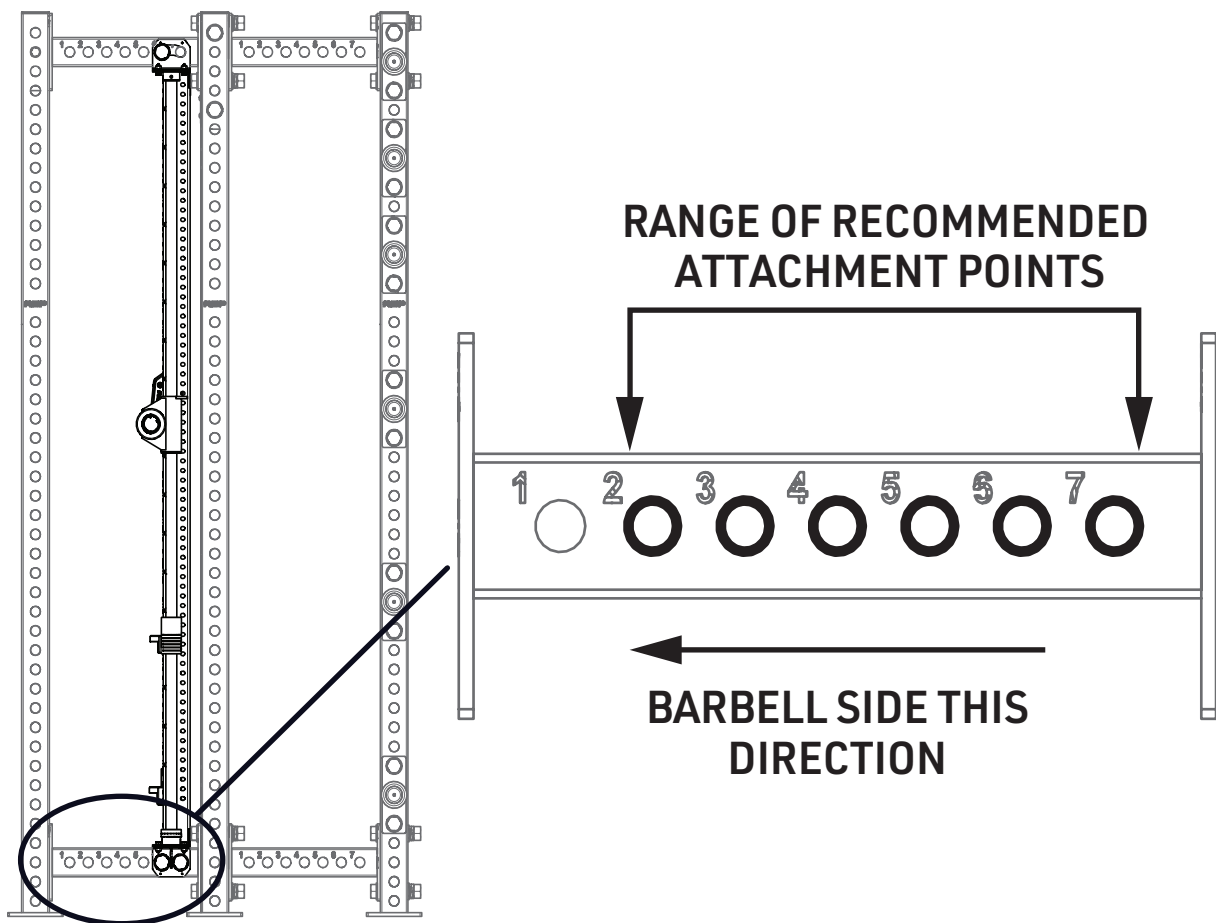
INSIDE RACK

- ANY CABLE SYSTEM
- WEIGHT HORNS (UNLESS MOUNTED TOWARD FRONT OF RACK. NEEDS 18 INCHES OF CLEARANCE)
- STRAP SAFETIES
- FLIP-DOWN SAFETIES
- PIN-PIPE SAFETIES

OUTSIDE RACK

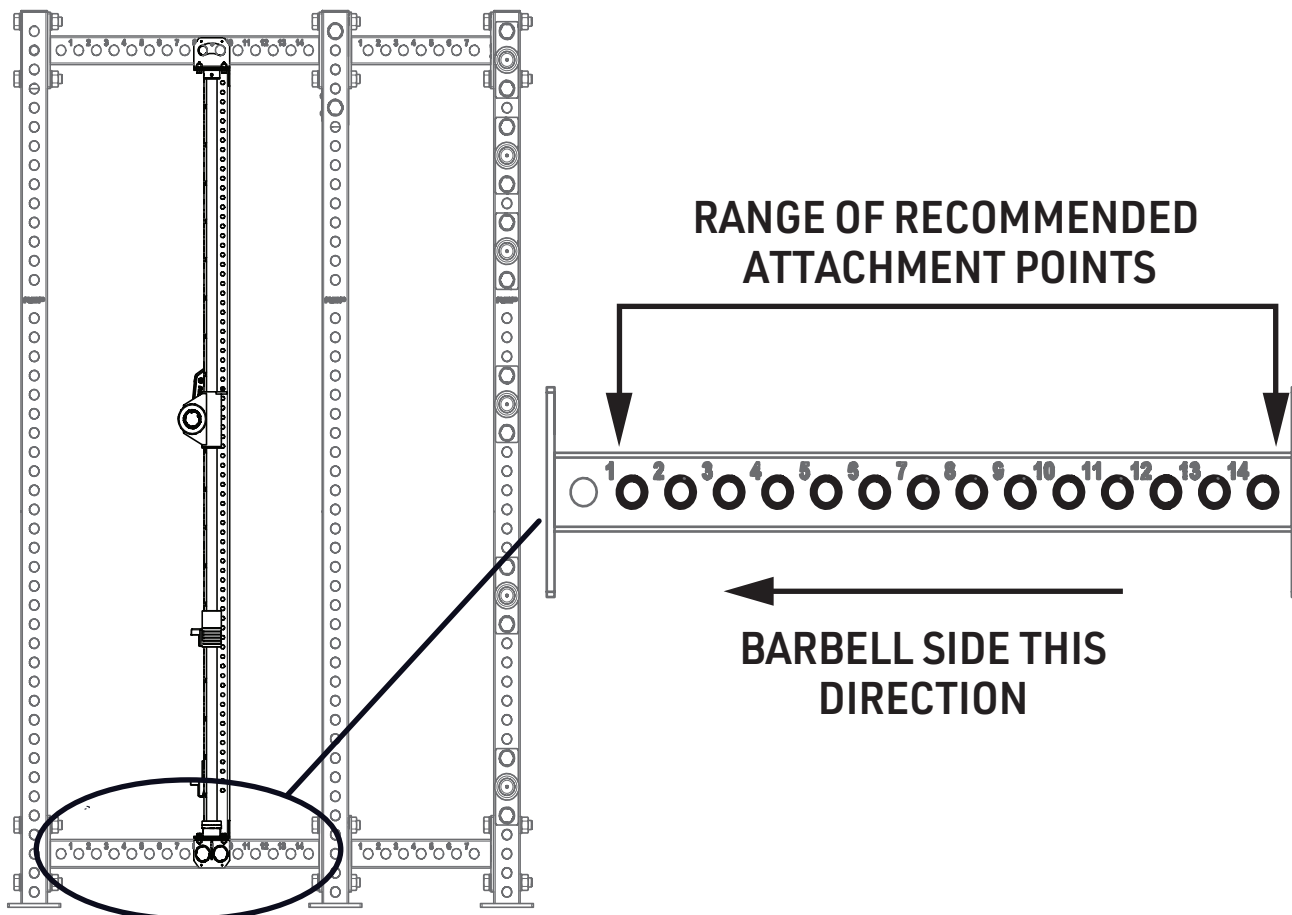
- ANY CABLE SYSTEM
- SPOTTER ARMS

6-POST, 16" FRONT CROSSMEMBERS, BASE RACK



MOST COMMON ATTACHMENTS NOT COMPATIBLE BASED ON POSITION OF SMITH MACHINE	
<p>INSIDE RACK</p> <ul style="list-style-type: none"> - MULTI-GRIP PULL-UP BAR 	<p>OUTSIDE RACK</p> <ul style="list-style-type: none"> - ANY CABLE SYSTEM - SPOTTER ARMS

6-POST, 30" FRONT CROSSMEMBERS, BASE RACK



MOST COMMON ATTACHMENTS **NOT** COMPATIBLE BASED ON POSITION OF SMITH MACHINE

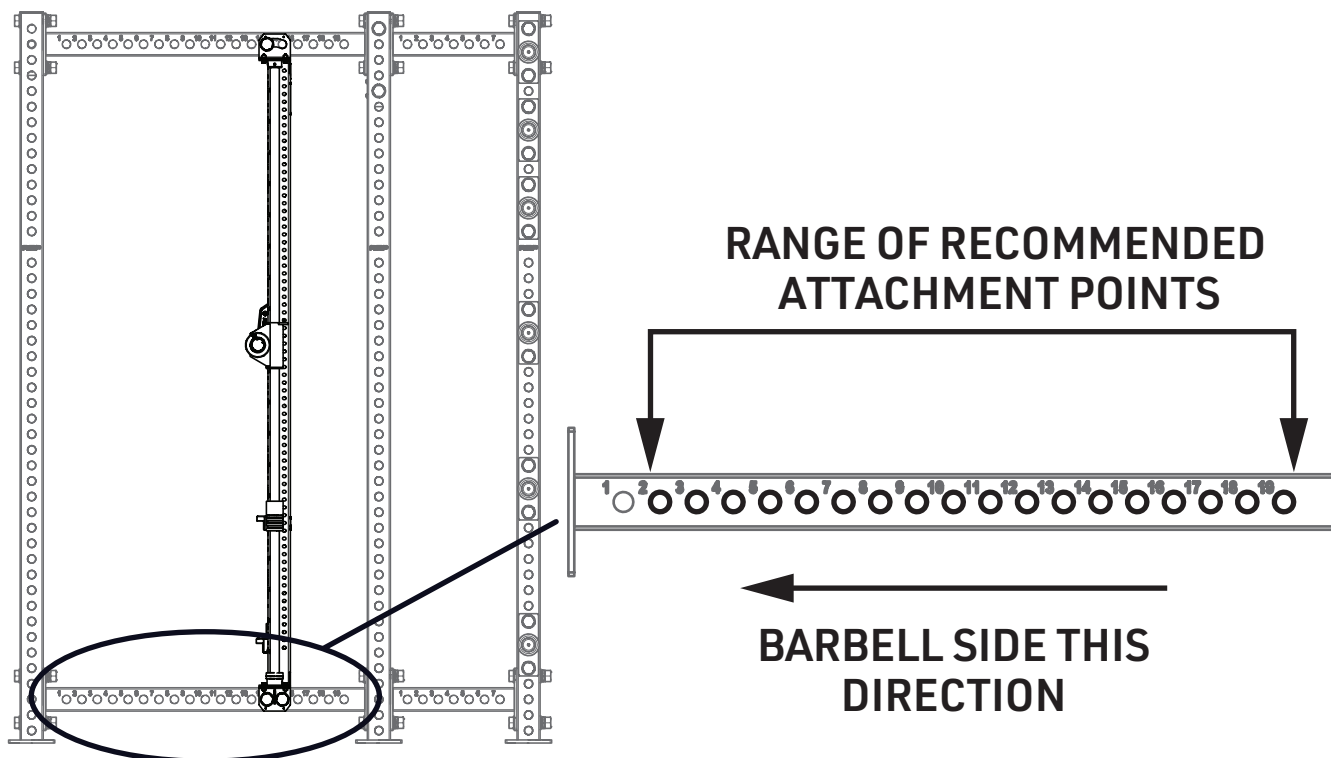
INSIDE RACK

- STRAP SAFETIES
- FLIP-DOWN SAFETIES
- PIN-PIPE SAFETIES

OUTSIDE RACK

- ANY CABLE SYSTEM
- SPOTTER ARMS

6-POST, 41" FRONT CROSSMEMBERS, BASE RACK



**MOST COMMON ATTACHMENTS NOT COMPATIBLE
BASED ON POSITION OF SMITH MACHINE**

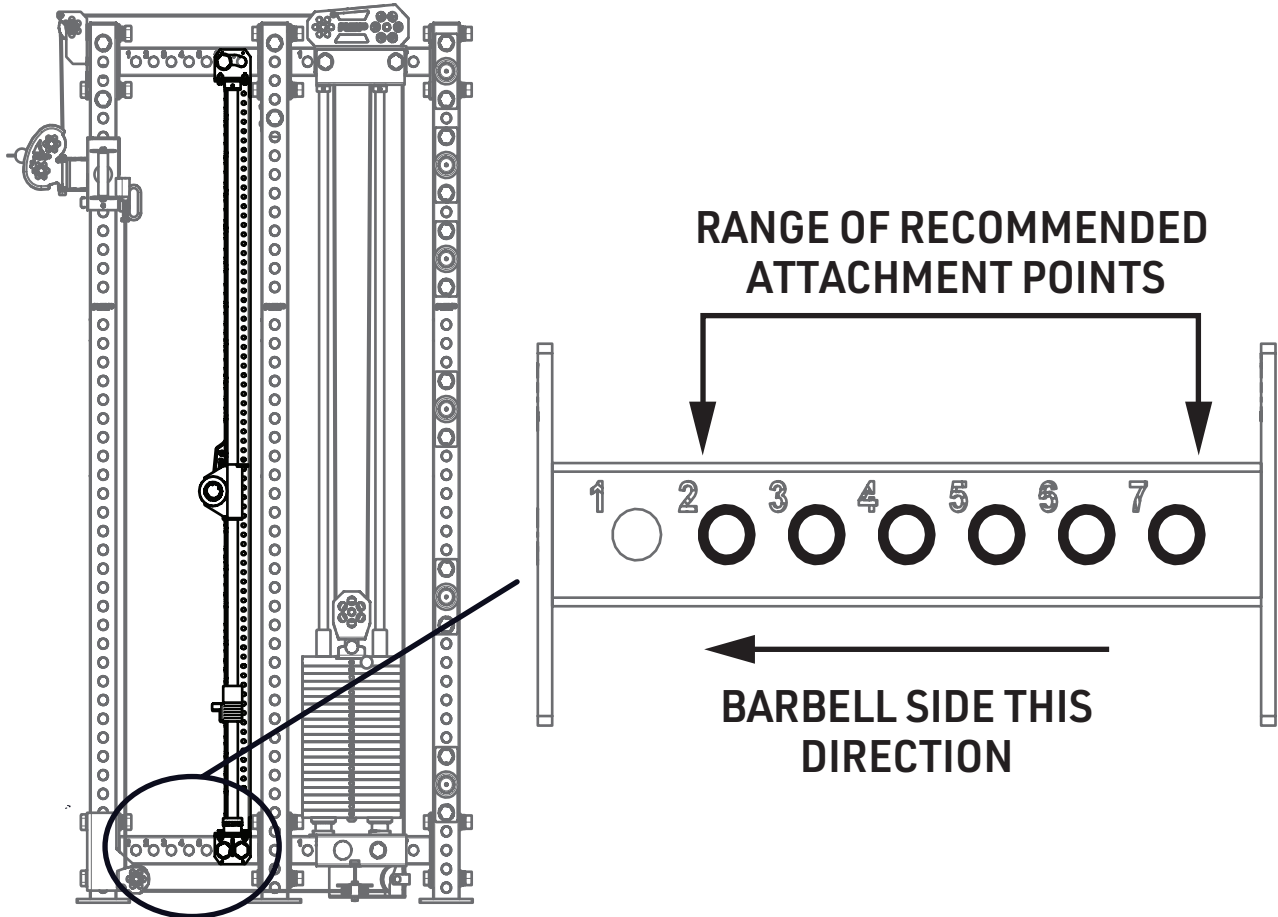
INSIDE RACK

- STRAP SAFETIES
- FLIP-DOWN SAFETIES
- PIN-PIPE SAFETIES

OUTSIDE RACK

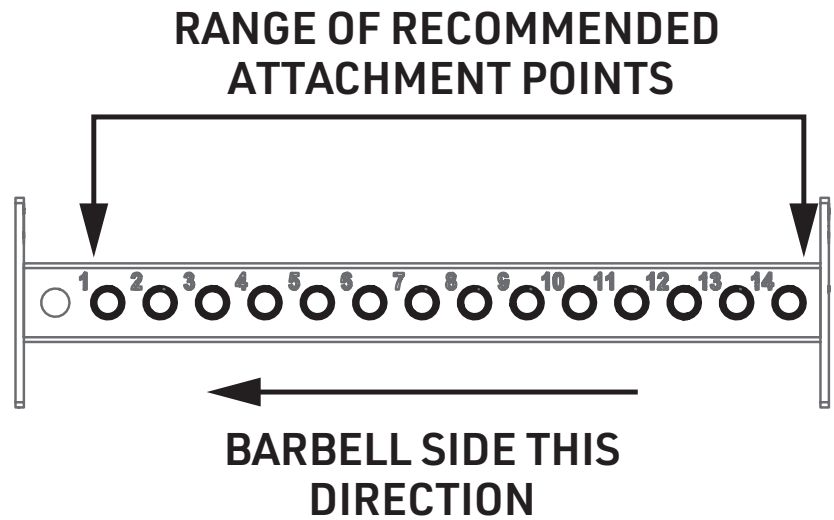
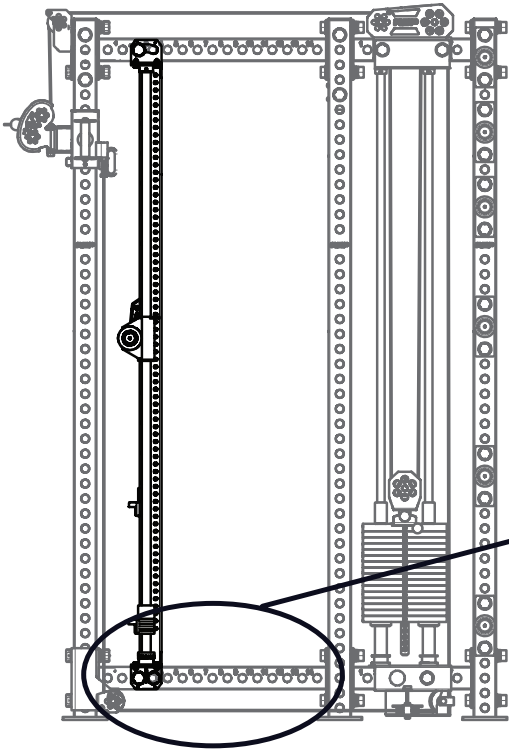
- ANY CABLE SYSTEM
- SPOTTER ARMS

6-POST, 16" FRONT CROSSMEMBERS, PR-5000, WITH ATHENA



<p style="text-align: center;">MOST COMMON ATTACHMENTS <u>NOT</u> COMPATIBLE</p> <p style="text-align: center;">BASED ON POSITION OF SMITH MACHINE</p>	
<p>INSIDE RACK</p> <ul style="list-style-type: none"> - MULTI-GRIP PULL-UP BAR 	<p>CANNOT MOUNT OUTSIDE RACK</p>

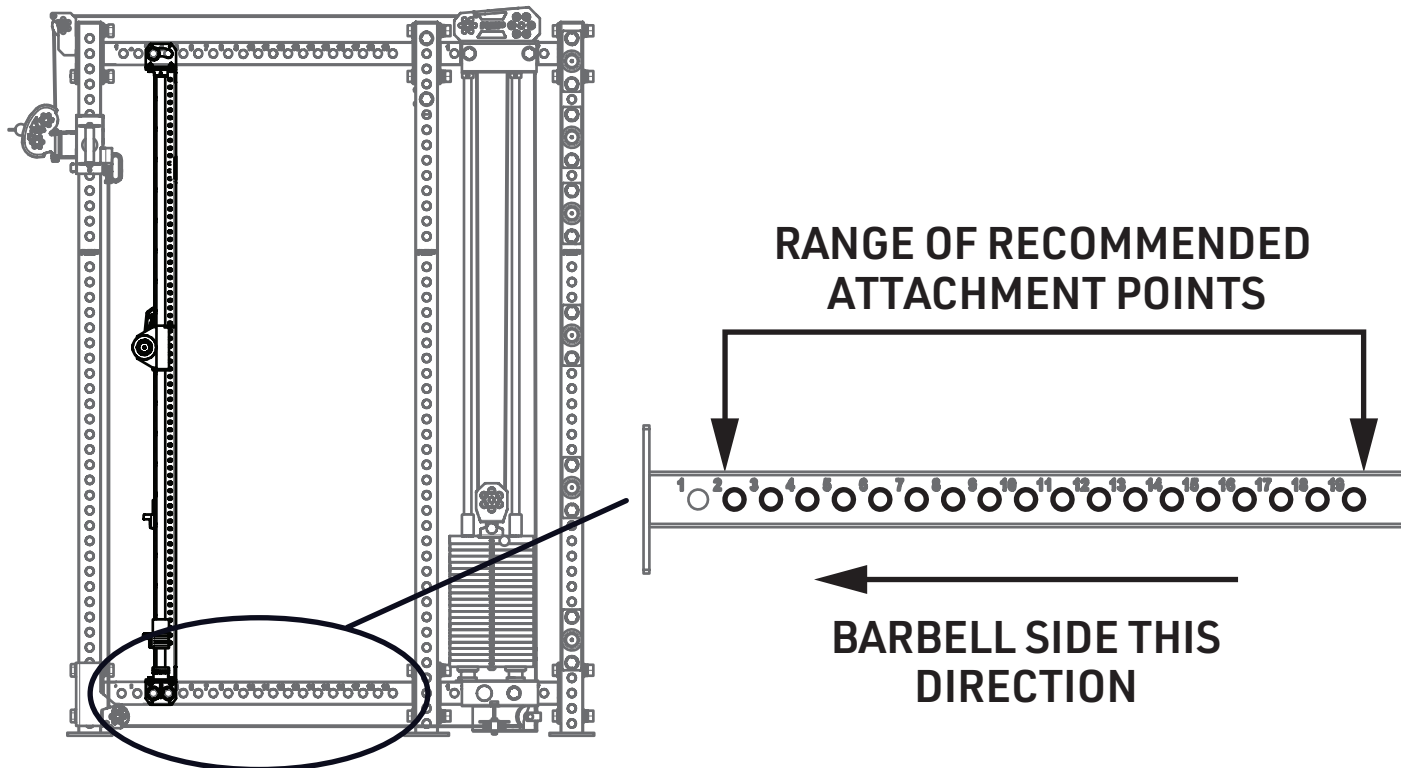
6-POST, 30" FRONT CROSSMEMBERS, PR-5000, WITH ATHENA



**MOST COMMON ATTACHMENTS NOT COMPATIBLE
BASED ON POSITION OF SMITH MACHINE**

<p>INSIDE RACK</p> <ul style="list-style-type: none"> - STRAP SAFETIES - FLIP-DOWN SAFETIES - PIN-PIPE SAFETIES 	<p>CANNOT MOUNT OUTSIDE RACK</p>
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6-POST, 41" FRONT CROSSMEMBERS, PR-5000, WITH ATHENA



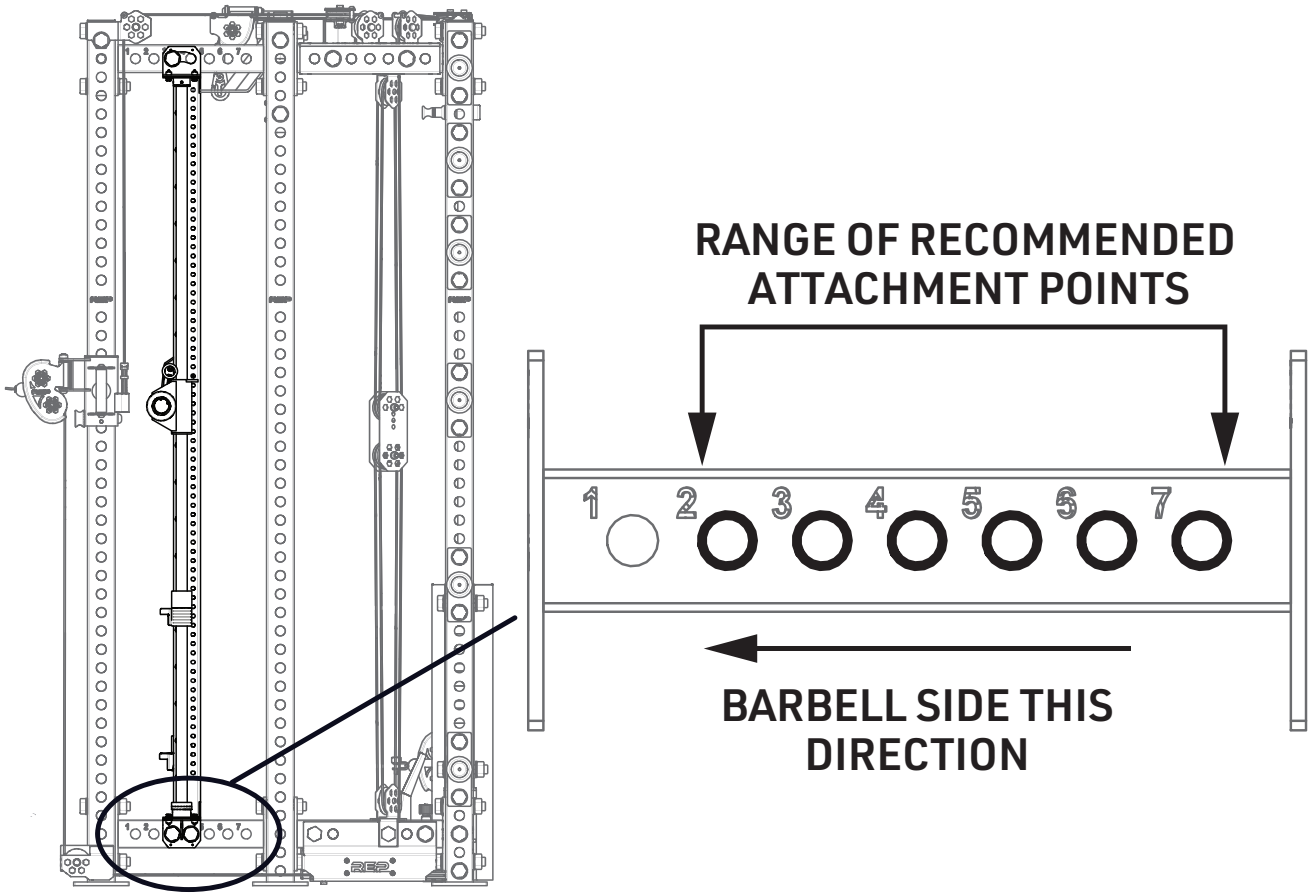
**MOST COMMON ATTACHMENTS NOT COMPATIBLE
BASED ON POSITION OF SMITH MACHINE**

INSIDE RACK

- STRAP SAFETIES
- FLIP-DOWN SAFETIES
- PIN-PIPE SAFETIES

CANNOT MOUNT OUTSIDE RACK

6-POST, 16" FRONT CROSSMEMBERS, PR-5000, WITH ARES 2.0



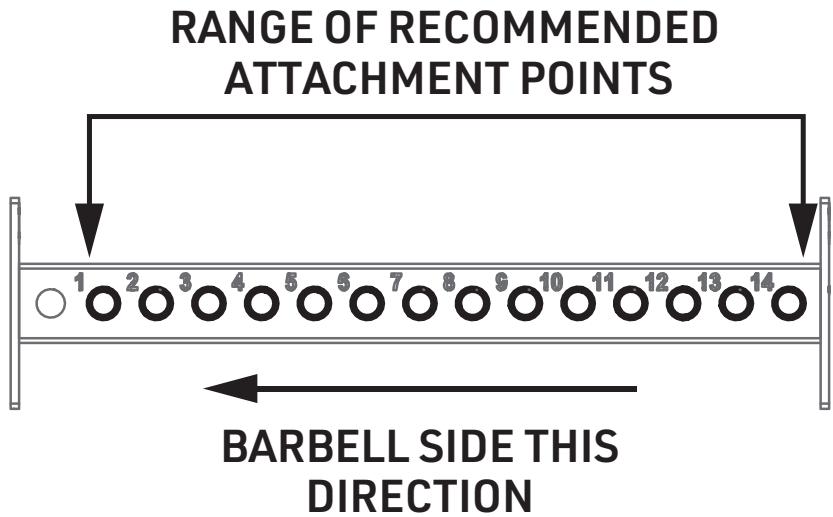
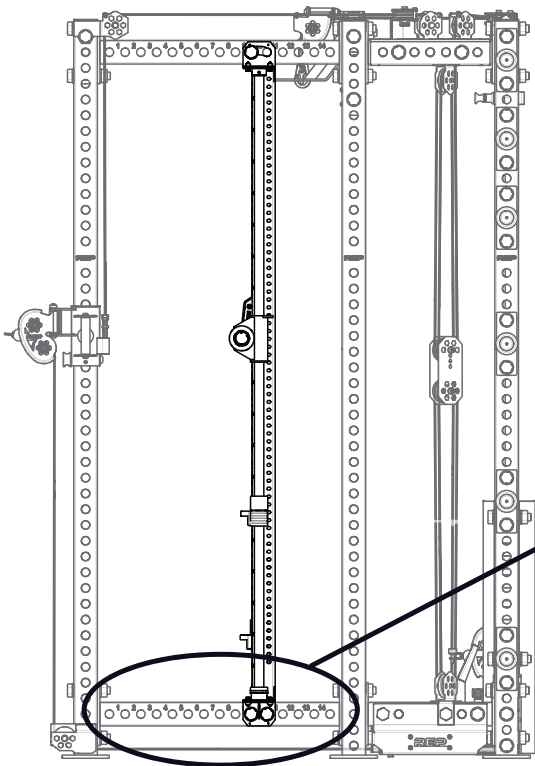
**MOST COMMON ATTACHMENTS NOT COMPATIBLE
BASED ON POSITION OF SMITH MACHINE**

INSIDE RACK

- MULTI-GRIP PULL-UP BAR

CANNOT MOUNT OUTSIDE RACK

6-POST, 30" FRONT CROSSMEMBERS, PR-5000, WITH ARES 2.0



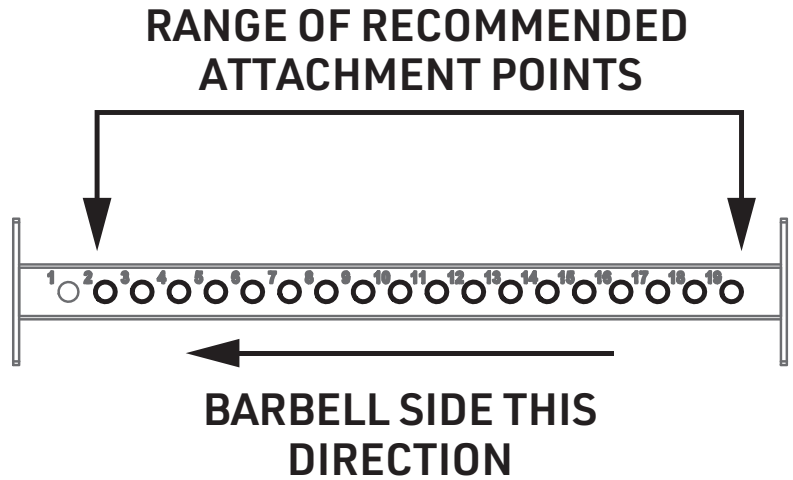
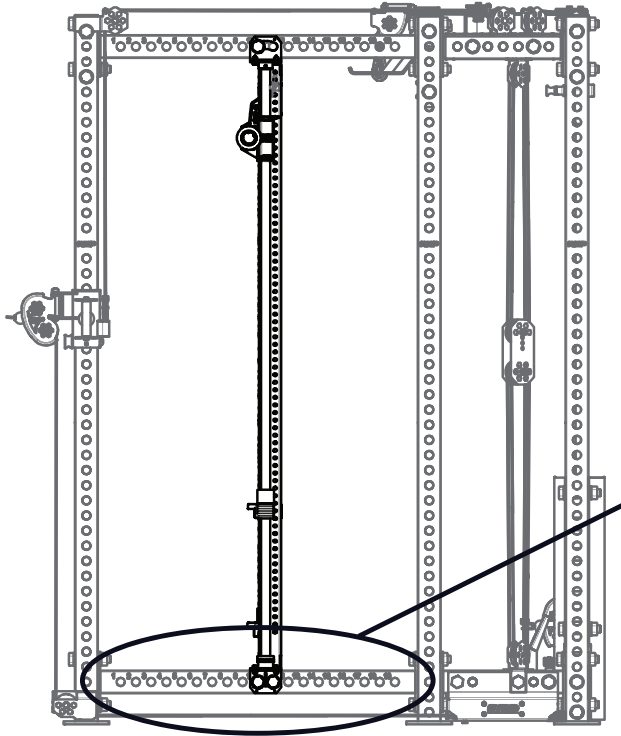
**MOST COMMON ATTACHMENTS NOT COMPATIBLE
BASED ON POSITION OF SMITH MACHINE**

INSIDE RACK

- STRAP SAFETIES
- FLIP-DOWN SAFETIES
- PIN-PIPE SAFETIES

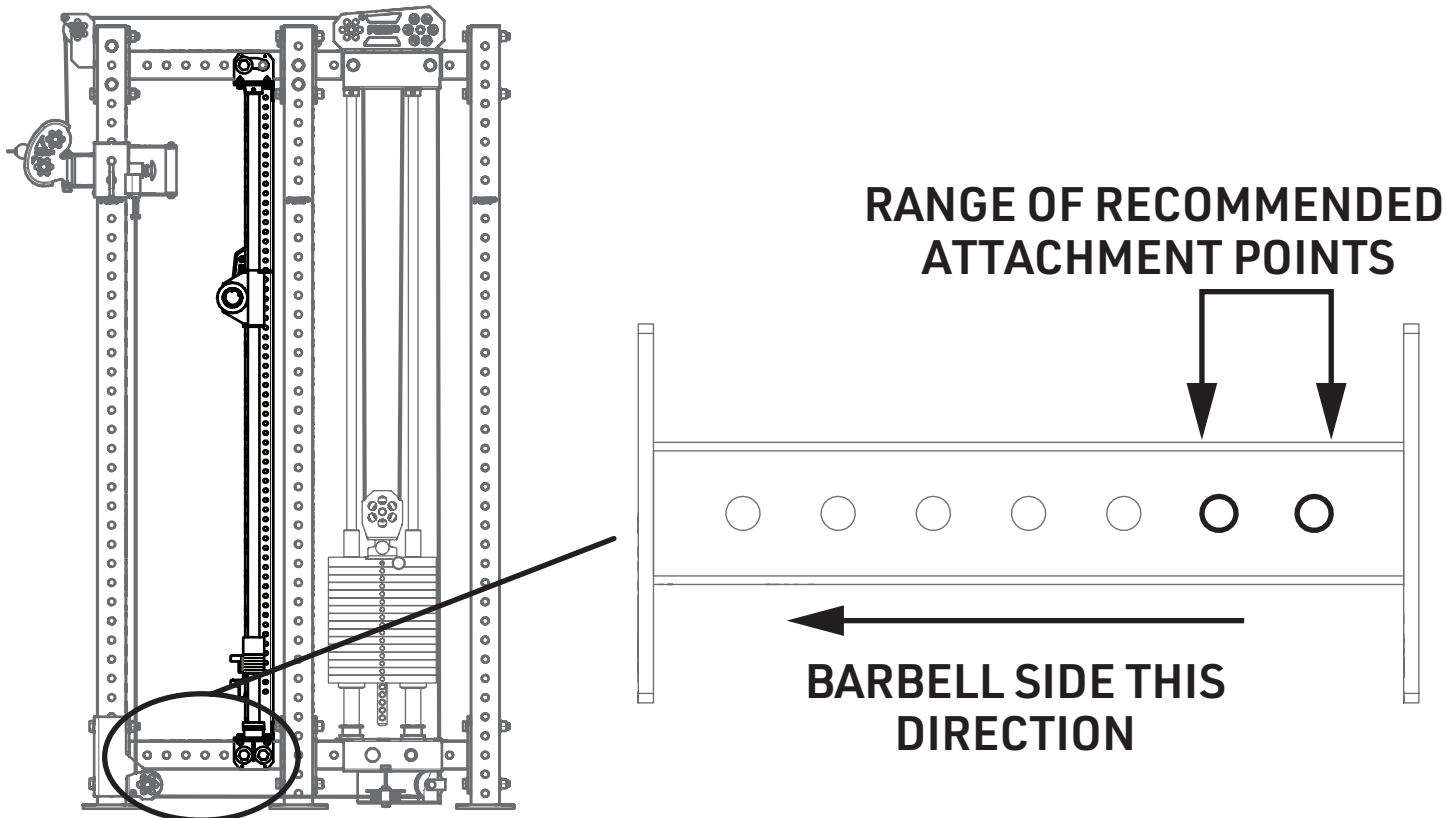
CANNOT MOUNT OUTSIDE RACK

6-POST, 41" FRONT CROSSMEMBERS, PR-5000, WITH ARES 2.0



MOST COMMON ATTACHMENTS <u>NOT</u> COMPATIBLE BASED ON POSITION OF SMITH MACHINE	
INSIDE RACK <ul style="list-style-type: none"> - STRAP SAFETIES - FLIP-DOWN SAFETIES - PIN-PIPE SAFETIES 	CANNOT MOUNT OUTSIDE RACK

6-POST, 16" FRONT CROSSMEMBERS, PR-4000, WITH ATHENA

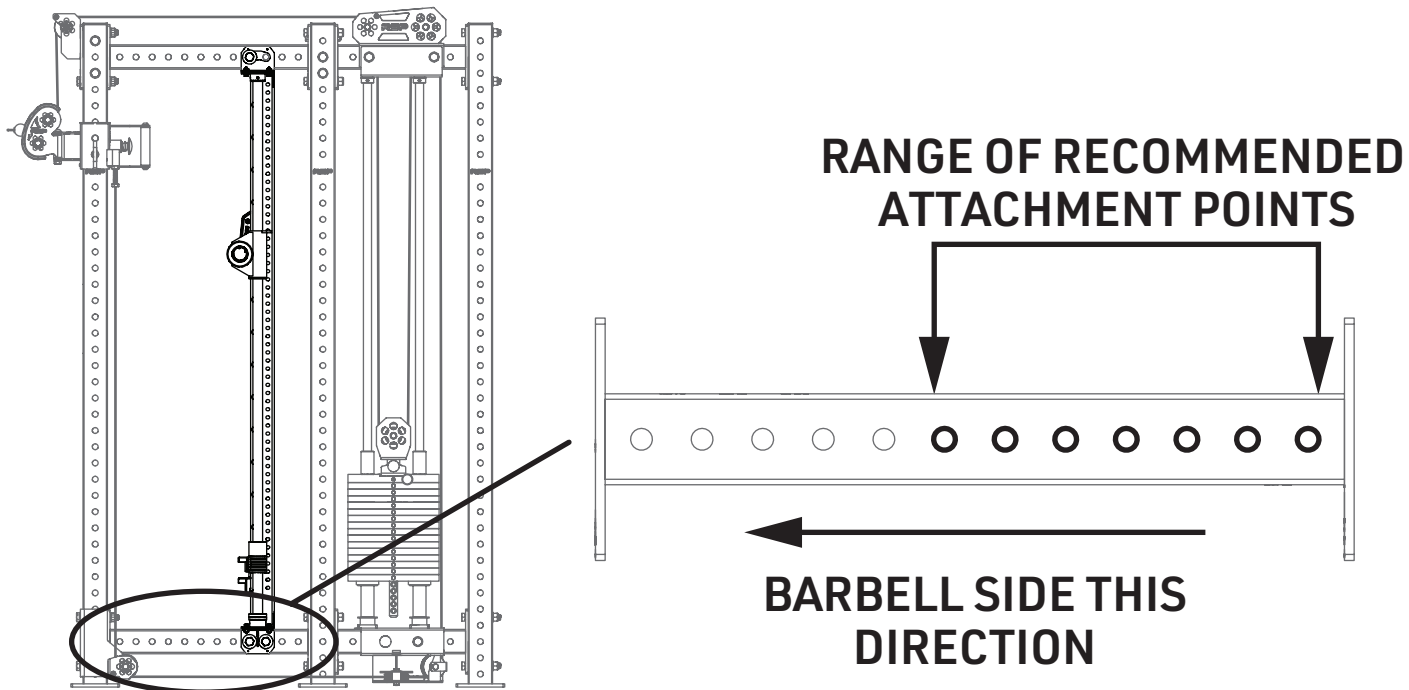


<p>MOST COMMON ATTACHMENTS <u>NOT</u> COMPATIBLE BASED ON POSITION OF SMITH MACHINE</p>	
<p>INSIDE RACK - MULTI-GRIP PULL-UP BAR</p>	<p>CANNOT MOUNT OUTSIDE RACK</p>



FOR PLATE-LOADED ATHENA, ENSURE YOU ONLY HAVE PLATES LOADED ON ONE RACK ATTACHMENT AT A TIME.

6-POST, 24" FRONT CROSSMEMBERS, PR-4000, WITH ATHENA

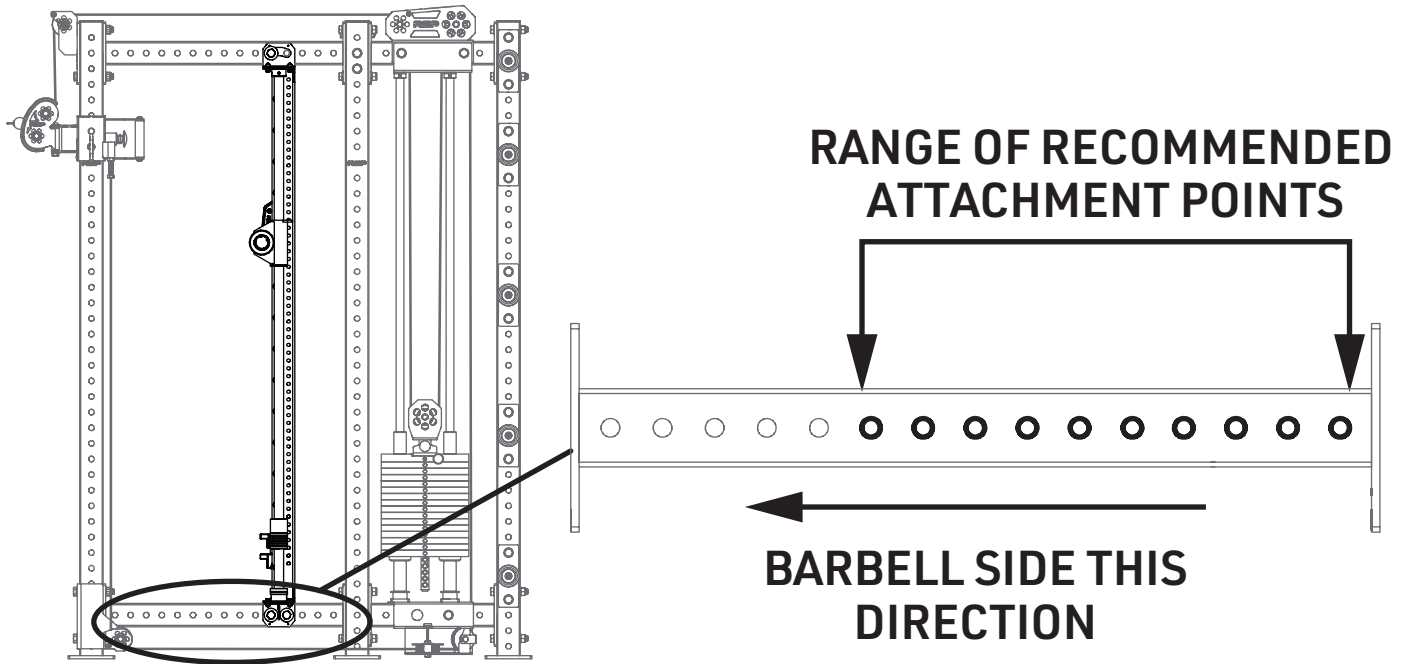


<p>MOST COMMON ATTACHMENTS <u>NOT</u> COMPATIBLE BASED ON POSITION OF SMITH MACHINE</p>	
<p>INSIDE RACK</p> <ul style="list-style-type: none"> - STRAP SAFETIES - FLIP-DOWN SAFETIES - PIN-PIPE SAFETIES 	<p>CANNOT MOUNT OUTSIDE RACK</p>



FOR PLATE-LOADED ATHENA, ENSURE YOU ONLY HAVE PLATES LOADED ON ONE RACK ATTACHMENT AT A TIME.

6-POST, 30" FRONT CROSSMEMBERS, PR-4000, WITH ATHENA

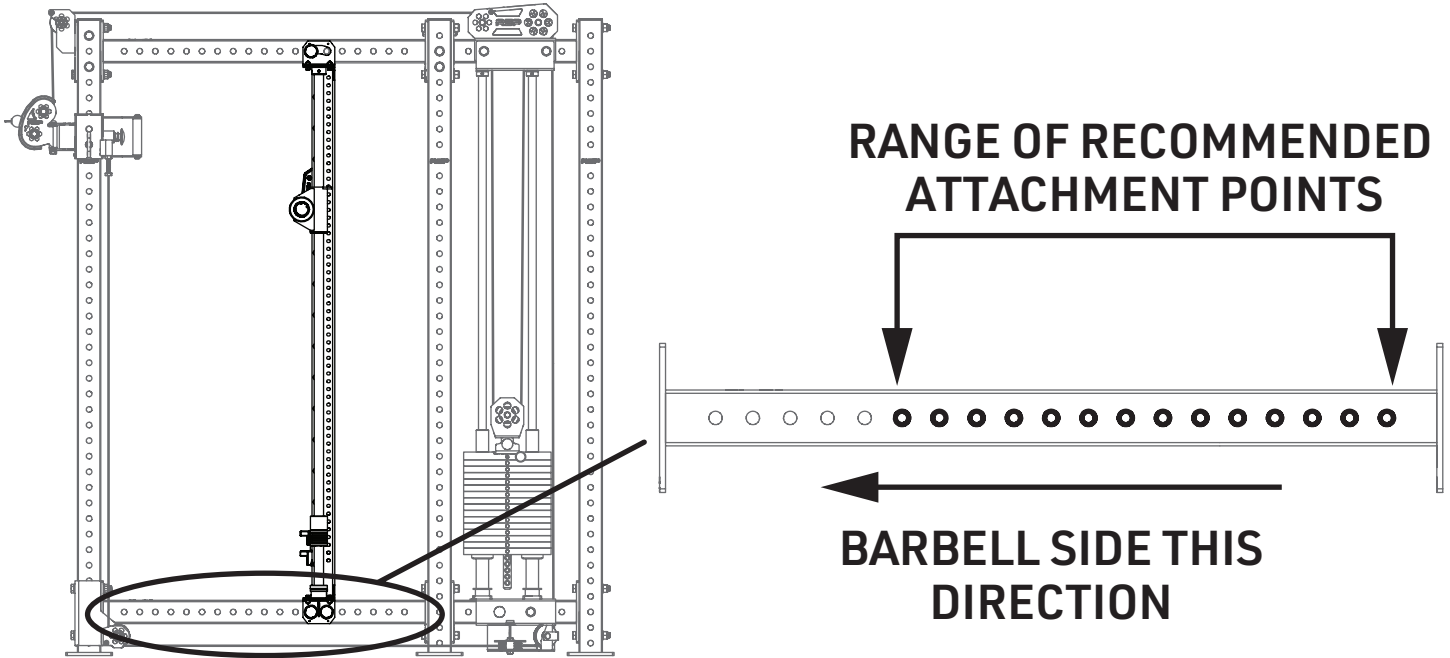


<p>MOST COMMON ATTACHMENTS <u>NOT</u> COMPATIBLE BASED ON POSITION OF SMITH MACHINE</p>	
<p>INSIDE RACK</p> <ul style="list-style-type: none"> - STRAP SAFETIES - FLIP-DOWN SAFETIES - PIN-PIPE SAFETIES 	<p>CANNOT MOUNT OUTSIDE RACK</p>



FOR PLATE-LOADED ATHENA, ENSURE YOU ONLY HAVE PLATES LOADED ON ONE RACK ATTACHMENT AT A TIME.

6-POST, 41" FRONT CROSSMEMBERS, PR-4000, WITH ATHENA

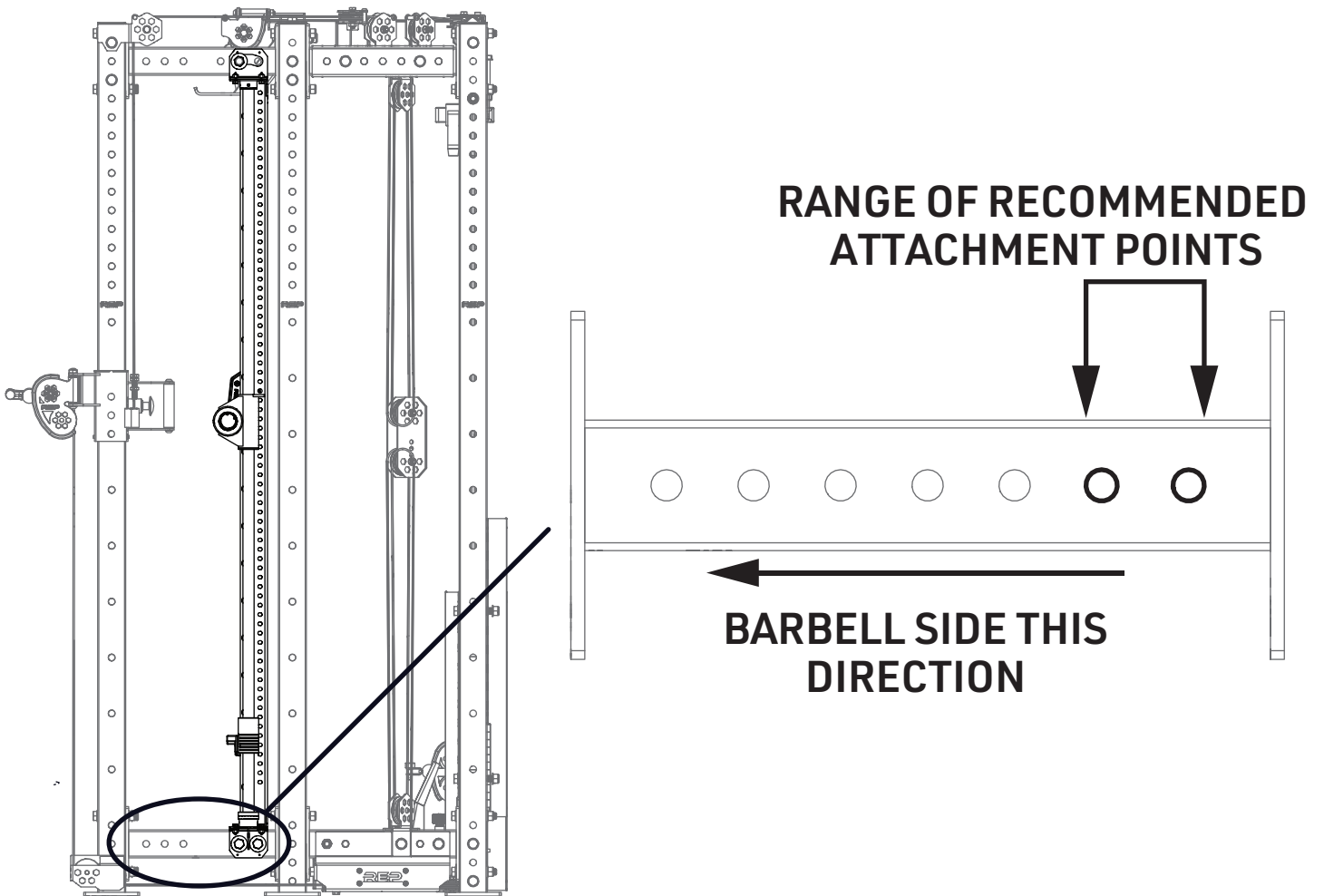


<p>MOST COMMON ATTACHMENTS <u>NOT</u> COMPATIBLE</p> <p>BASED ON POSITION OF SMITH MACHINE</p>	
<p>INSIDE RACK</p> <ul style="list-style-type: none"> - STRAP SAFETIES - FLIP-DOWN SAFETIES - PIN-PIPE SAFETIES 	<p>CANNOT MOUNT OUTSIDE RACK</p>



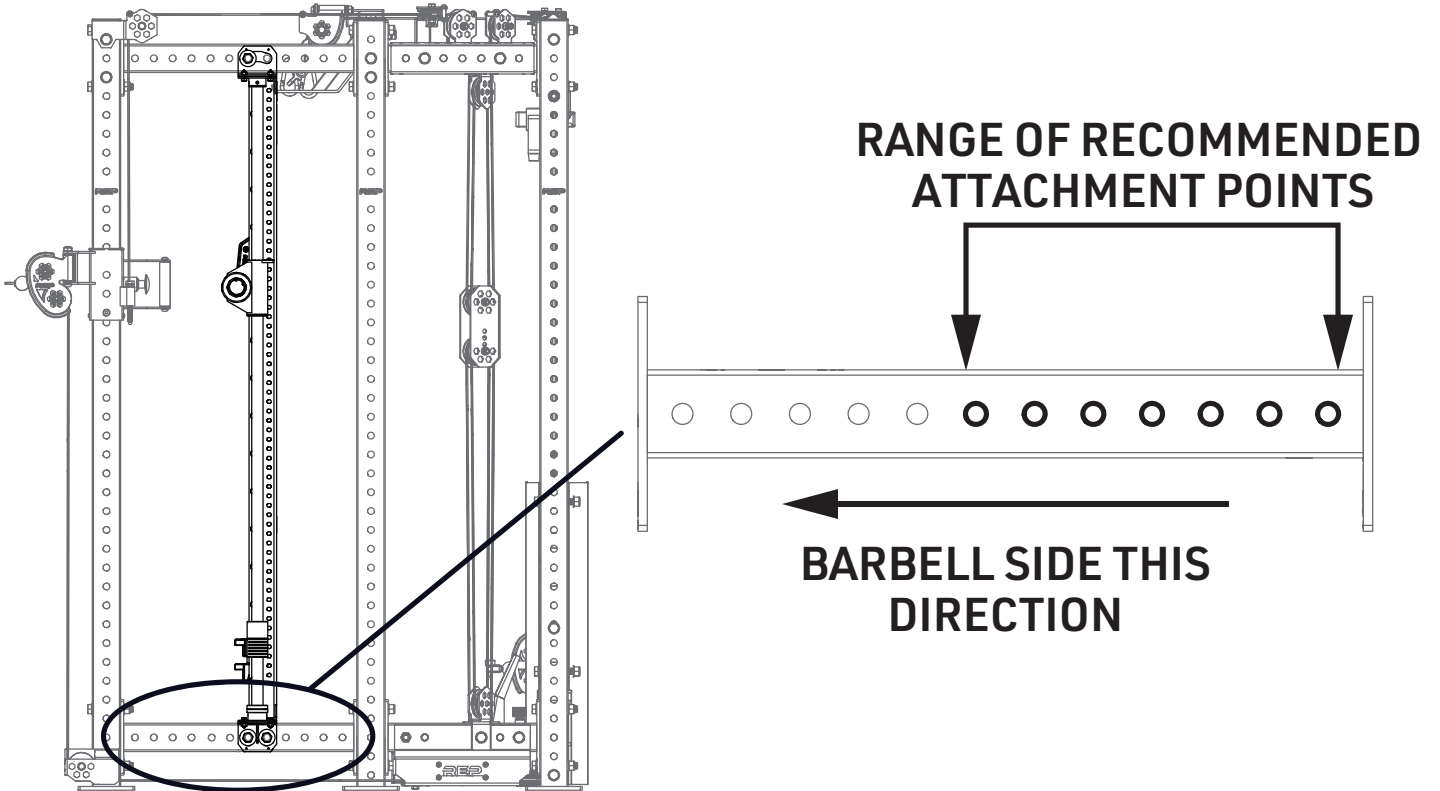
FOR PLATE-LOADED ATHENA, ENSURE YOU ONLY HAVE PLATES LOADED ON ONE RACK ATTACHMENT AT A TIME.

6-POST, 16" FRONT CROSSMEMBERS, PR-4000, WITH ARES 2.0



<p align="center">MOST COMMON ATTACHMENTS <u>NOT</u> COMPATIBLE BASED ON POSITION OF SMITH MACHINE</p>	
<p>INSIDE RACK - MULTI-GRIP PULL-UP BAR</p>	<p>CANNOT MOUNT OUTSIDE RACK</p>

6-POST, 24" FRONT CROSSMEMBERS, PR-4000, WITH ARES 2.0



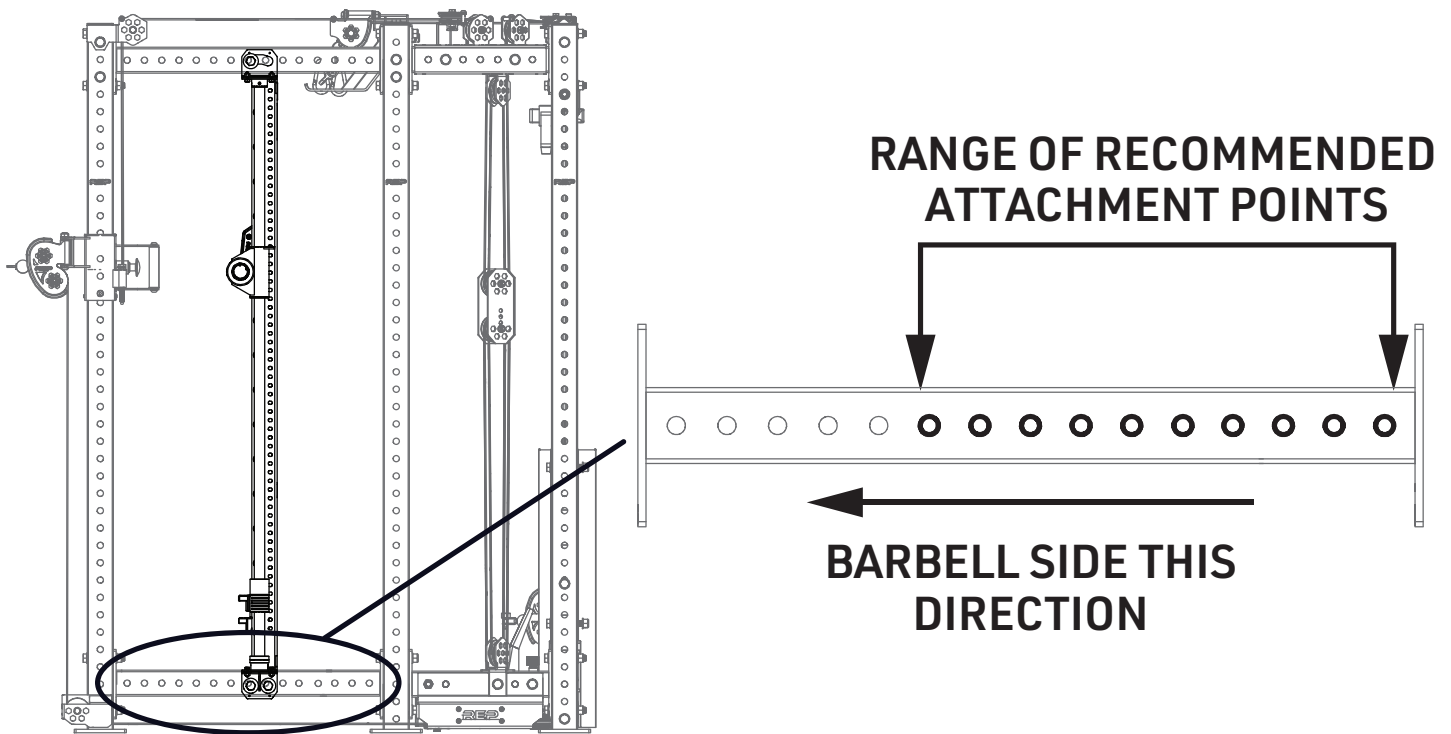
**MOST COMMON ATTACHMENTS NOT COMPATIBLE
BASED ON POSITION OF SMITH MACHINE**

INSIDE RACK

- STRAP SAFETIES
- FLIP-DOWN SAFETIES
- PIN-PIPE SAFETIES

CANNOT MOUNT OUTSIDE RACK

6-POST, 30" FRONT CROSSMEMBERS, PR-4000, WITH ARES 2.0



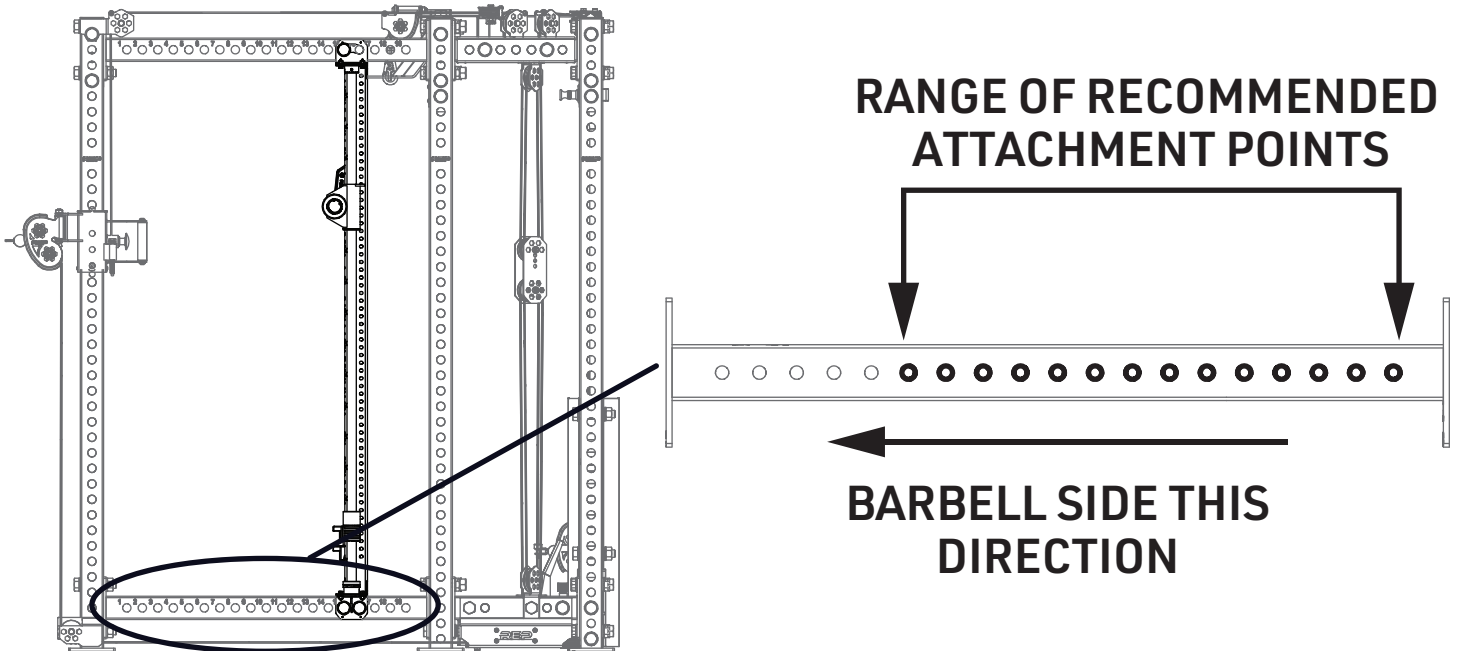
**MOST COMMON ATTACHMENTS NOT COMPATIBLE
BASED ON POSITION OF SMITH MACHINE**

INSIDE RACK

- STRAP SAFETIES
- FLIP-DOWN SAFETIES
- PIN-PIPE SAFETIES

CANNOT MOUNT OUTSIDE RACK

6-POST, 41" FRONT CROSSMEMBERS, PR-4000, WITH ARES 2.0



MOST COMMON ATTACHMENTS <u>NOT</u> COMPATIBLE BASED ON POSITION OF SMITH MACHINE	
INSIDE RACK <ul style="list-style-type: none"> - STRAP SAFETIES - FLIP-DOWN SAFETIES - PIN-PIPE SAFETIES 	CANNOT MOUNT OUTSIDE RACK