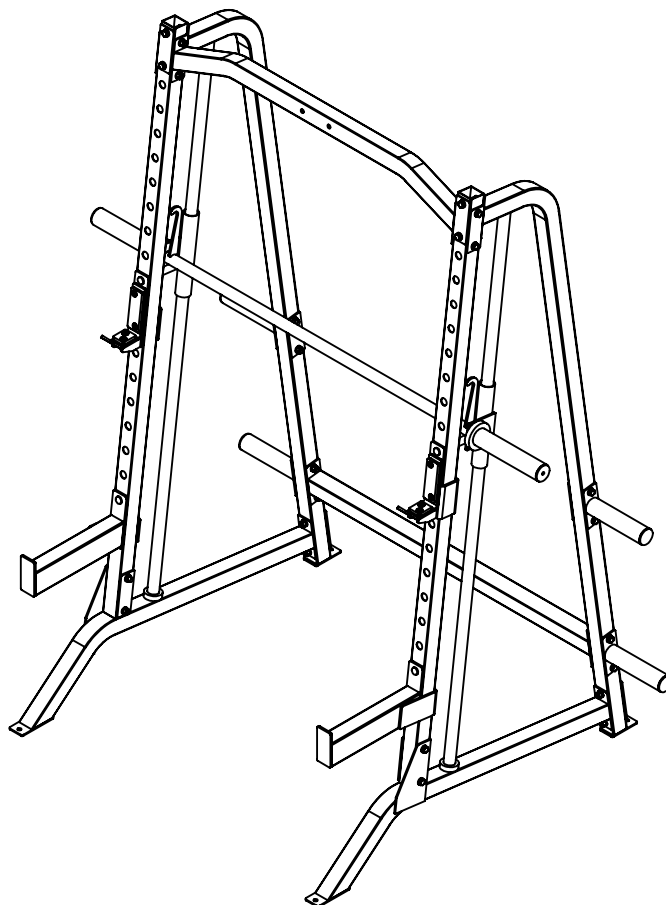


POWERLINE®

by *Body-Solid*

PSM200 SMITH MACHINE

Owner's Manual



WWW.BODYSOLID.COM

Ver. PSM200-20231009

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

1. Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for signs of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing.
- FAILURE TO FOLLOW THESE RULES MAY RESULT IN SERIOUS INJURY.**
2. Keep clear of the cables and all moving parts when the machine is in use.
3. Always make sure all Snap Links are closed when doing any cable/pulley/strap exercises.
4. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
5. It is recommended that you should workout with a training partner.
6. Do not allow children or minors to play on or around this equipment.
7. If unsure of proper use of equipment, call your local Body-Solid distributor or the Body-Solid customer service department at 1-800-556-3113.
8. **WARNING:** Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction. RAL8-6-03 WC-54

MAINTENANCE SCHEDULE		D	W
Check the function and integrity of the following components. As noted, inspect equipment before each workout. Replace all damaged, broken or worn components immediately.		A	E
		I	L
		L	L
		Y	Y
Cables:	Check tension, end fittings, and coating	✓	
	Check that locking nut at weight stack is tight		✓
Upholstery:	Wipe down and dry	✓	
	Clean and condition		✓
Frame:	Wipe down and dry	✓	
	Polish / Wax		✓
Chrome:	Wipe down and dry	✓	
	Polish / Lubricate		✓
Nuts / Bolts / Fasteners:	Tighten and / or adjust as needed		✓
Guide Rods:	Lubricate and clean		✓
Linear Rods:	Lubricate and clean		✓
Seat Sleeves:	Lubricate and clean		✓
Adjustments / Locking Pins / Tightening Knobs			✓
Weight Stack Pins			✓
Warning Instruction Labels			✓
Springs / Pop Pins		✓	
Anti Skid Surfaces			✓
Hand Grips / Rollers			✓

For Body-Solid Customer Service
Call 1-800-556-3113
#MSSTKR0803

PSM200

TABLE OF CONTENTS

- SAFETY INSTRUCTIONS..... PAGE 4
- PREPARATION..... PAGE 5
- PART/HARDWARE LIST..... PAGE 6
- HARDWARE ILLUSTRATION..... PAGE 7
- ASSEMBLY INSTRUCTIONS..... PAGE 8
- EXPLODED VIEW..... PAGE 16
- CONTACT PAGE..... PAGE 18

PSM200

SAFETY INSTRUCTIONS

When using exercise equipment, you should always take basic precautions including the following:

- Read all instructions before using the PSM200. 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 PSM200 on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The PSM200 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 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

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.

PSM200

PREPARATION

Required tools

The basic tools that you must obtain before assembling the PSM200 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 PSM200:

Set up the PSM200 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.

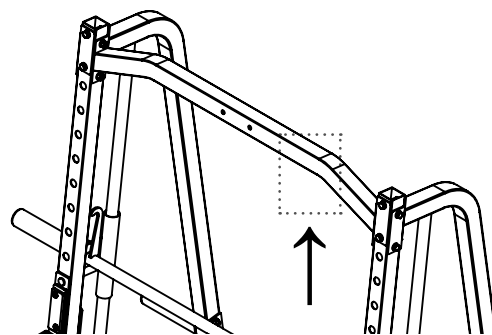
While you may be able to assemble the PSM200 using the illustrations only, important safety notes and other tips may be included in the text.

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 PSM200 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.



YOUR S/N # CAN
BE FOUND HERE

PSM200

PART LIST

Part #	QTY	DESCRIPTION
A	1	LEFT BASE FRAME
B	1	RIGHT BASE FRAME
C	2	FRONT UPRIGHT
D	2	CHROME GUIDE ROD
E	2	REAR UPRIGHT
F	1	TOP FRAME
G	1	REAR BASE FRAME
H	1	WEIGHT BAR
J	10	STEEL BRACKET
K	1	RIGHT SAFETY CATCH
L	1	LEFT SAFETY CATCH
M	1	LEFT J CUP
N	1	RIGHT J CUP
P	4	WEIGHT HORN
1	24	HEX HEAD BOLT, M10x75mm
2	8	FLAT HEAD CAP SCREW, M8x15mm
3	48	FLAT WASHER, M10
4	24	NYLON LOCK NUT, M10
5	4	PLASTIC ROUND BUSHING, $\phi 32 \times \phi 38$
6	12	PROTECTIVE FILM
7	2	PAD, 40x120mm
8	2	PAD, 40x40mm
9	2	RUBBER STOPPER, $\phi 32 \times \phi 50 \times 15 \text{mm}$
10	2	RUBBER DONUT, $\phi 50 \times \phi 80 \times 15 \text{mm}$

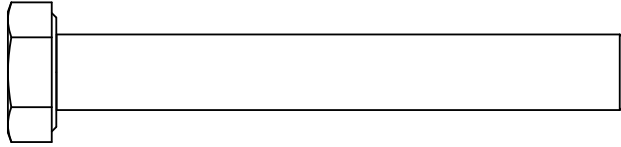
PSM200

HARDWARE ILLUSTRATION

Part #1

M10x75mm HEX HEAD BOLT

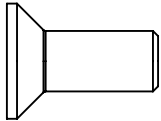
QTY. 24



Part #2

M8X15mm FLAT HEAD CAP SCREW

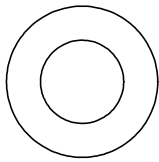
QTY. 8



Part #3

M10 WASHER

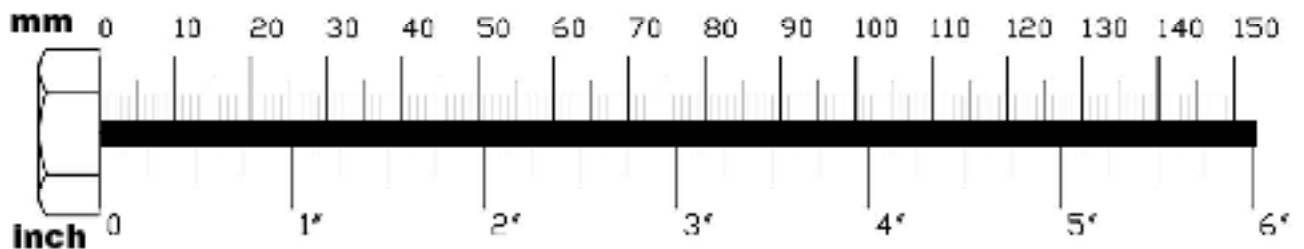
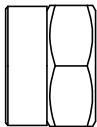
QTY. 48



Part #4

M10 NYLON LOCK NUT

QTY. 24



PSM200

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 one Front Upright (C) to the Left Base Frame (A) using:

- 2 - (#1) m10x75mm hex head bolt
- 4 - (#3) m10 flat washer
- 2 - (#4) m10 nylon lock nut
- 1 - (J) steel bracket

1B. Attach another Front Upright (C) to the Right Base Frame (B) using:

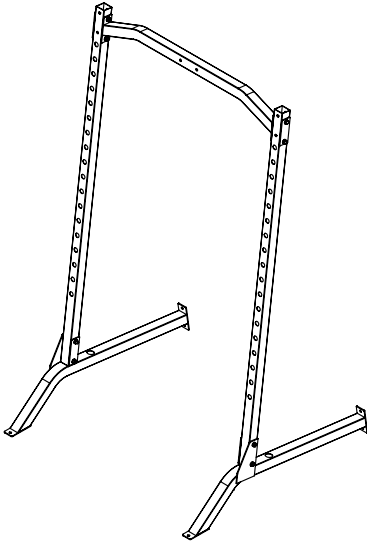
- 2 - (#1) m10x75mm hex head bolt
- 4 - (#3) m10 flat washer
- 2 - (#4) m10 nylon lock nut
- 1 - (J) steel bracket

1C. Attach Top Frame (F) to the Front Uprights (C) using:

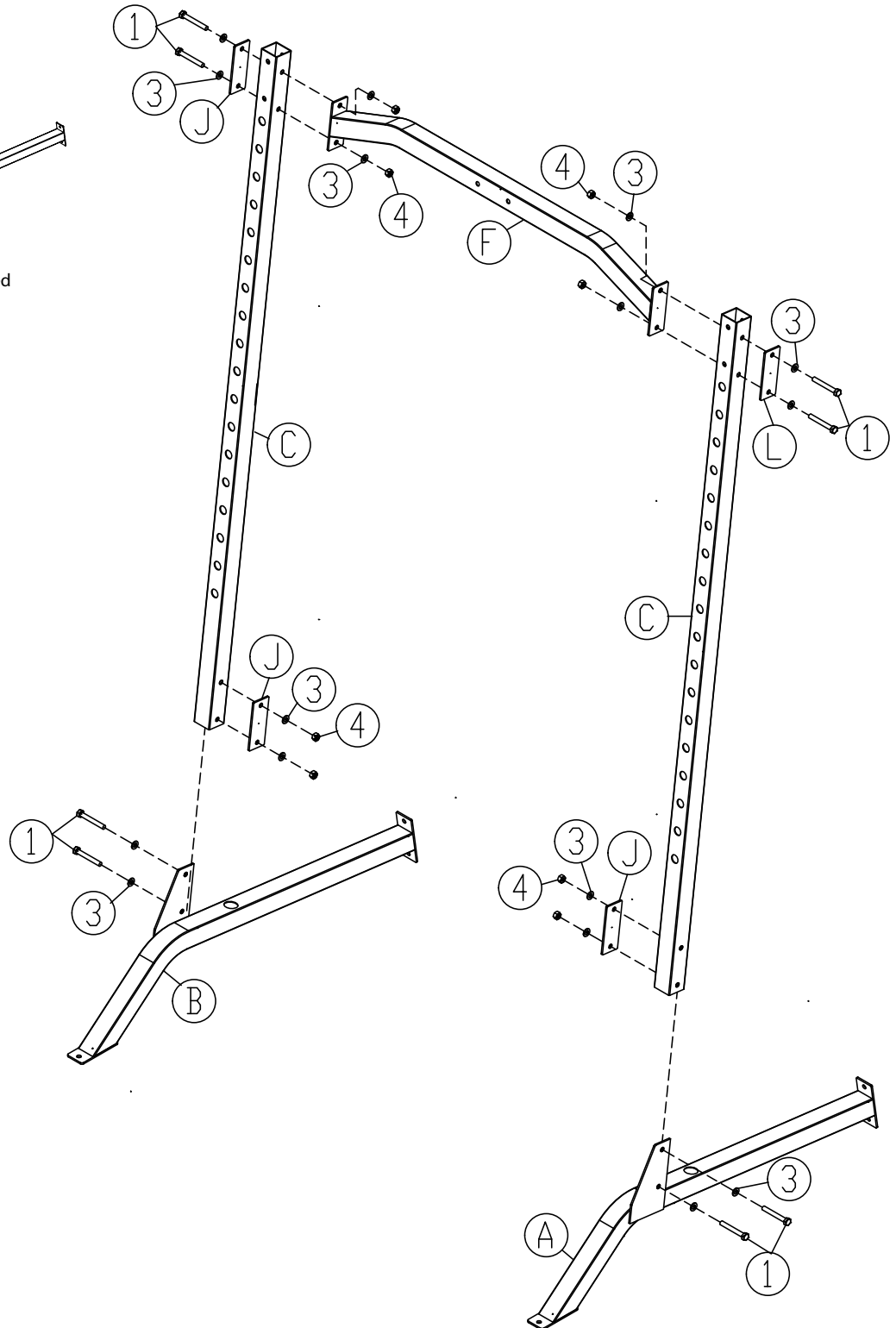
- 4 - (#1) m10x75mm hex head bolt
- 8 - (#3) m10 flat washer
- 4 - (#4) m10 nylon lock nut
- 2 - (J) steel bracket

PSM200

STEP 1



Above shows step 1 assembled and completed



PSM200

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. Insert each Chrome Guide Rods (D) into Left and Right Base Frames (A &B).

2B. Insert Rubber Stoppers (#9) into each Chrome Guide Rods (D).

2C. Insert Weight Bar (H) into each Chrome Guide Rods (D).

2D. Insert Chrome Guide Rods (D) into the Rear Uprights (E)

2E. Attach one Rear Upright (E) to Left Base Frame (A) using:

- 2 - (#1) m10x75mm hex head bolt
- 4 - (#3) m10 flat washer
- 2 - (#4) m10 nylon lock nut
- 1 - (J) steel bracket

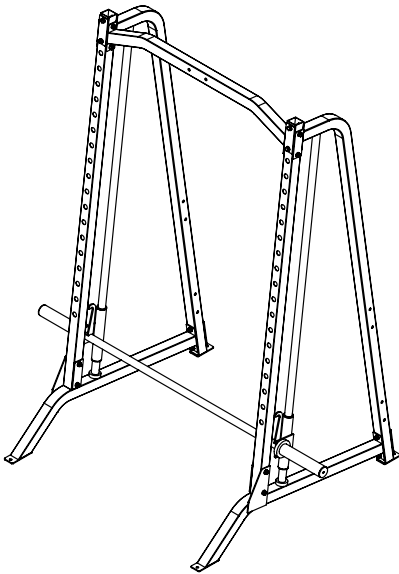
2F. Attach the Rear Upright (E) to the left side of the Front Upright (C) using:

- 2 - (#1) m10x75mm hex head bolt
- 4 - (#3) m10 flat washer
- 2 - (#4) m10 nylon lock nut
- 1 - (J) steel bracket

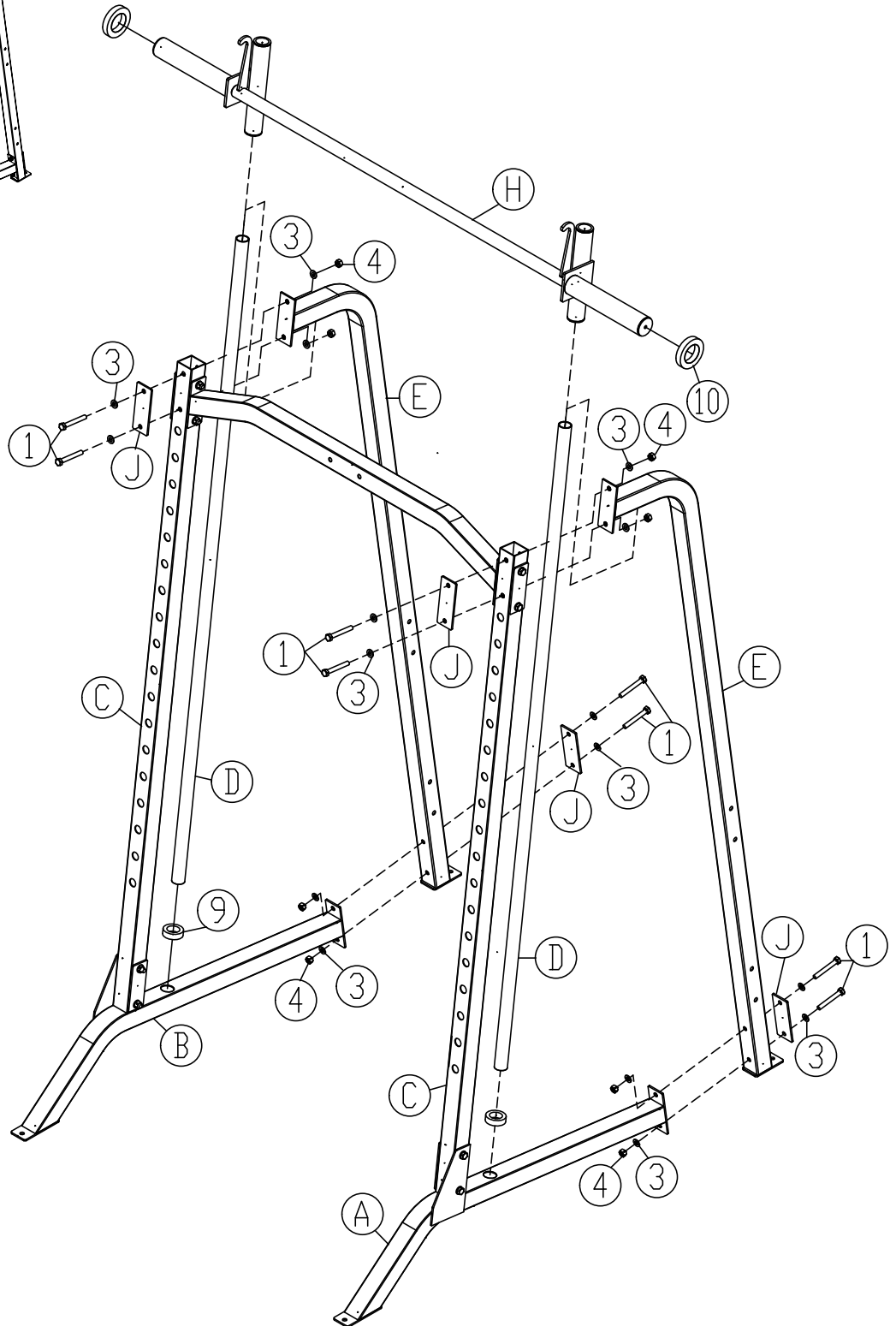
2G. Repeat the same steps (2E & 2F) on the Right side (B) of the machine.

PSM200

STEP 2



Above shows step 2 assembled and completed



PSM200

STEP 3

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

NOTE:

Wrench tighten all hardware at the end of Step 3B. some components may be pre-assembled. Nylon lock nuts will not fully screw onto bolts, must wrench tighten.

3A. Attach Rear Base Frame (G) and two Weight Horns (P) to the Rear Uprights (E) using:

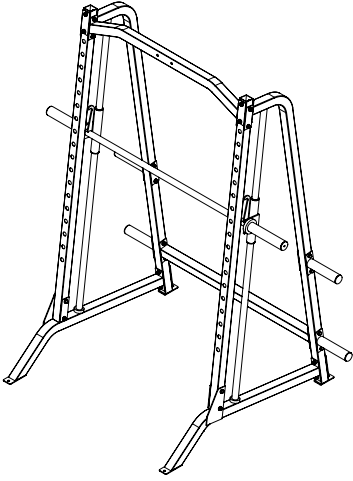
- 4 - (#1) m10x75mm hex head bolt
- 8 - (#3) m10 flat washer
- 4 - (#4) m10 nylon lock nut

3B. Attach another two Weight Horns (P) to Rear Uprights (E) using:

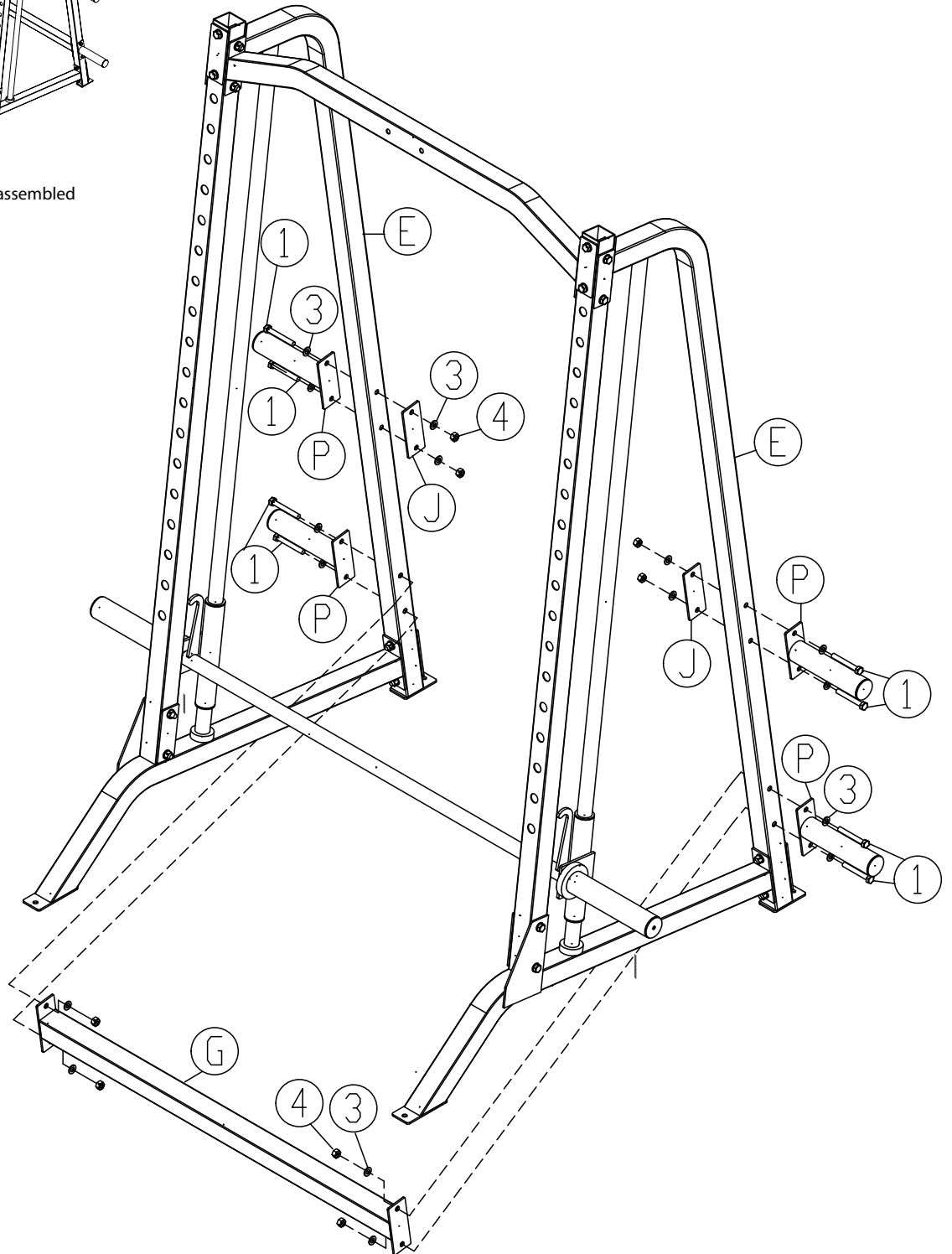
- 4 - (#1) m10x75mm hex head bolt
- 8 - (#3) m10 flat washer
- 4 - (#4) m10 nylon lock nut
- 2 - (J) steel bracket

PSM200

STEP 3



Above shows step 3 assembled and completed



PSM200

STEP 4

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

NOTE:

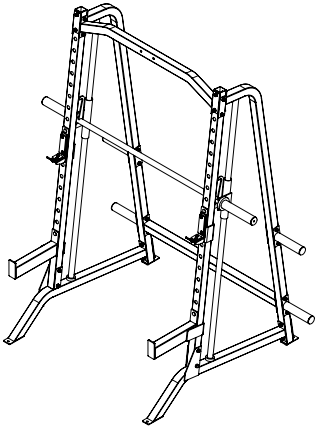
Some components may be pre-assembled. nylon lock nuts will not fully screw onto bolts, must wrench tighten.

Adjustable J Cups & Safety Catches

- 4A. Attach Left and Right J Cups (M & N) to the Front Uprights (C).
- 4B. Attach Left and Right Safety Catches (L & K) to the Front Uprights (C).

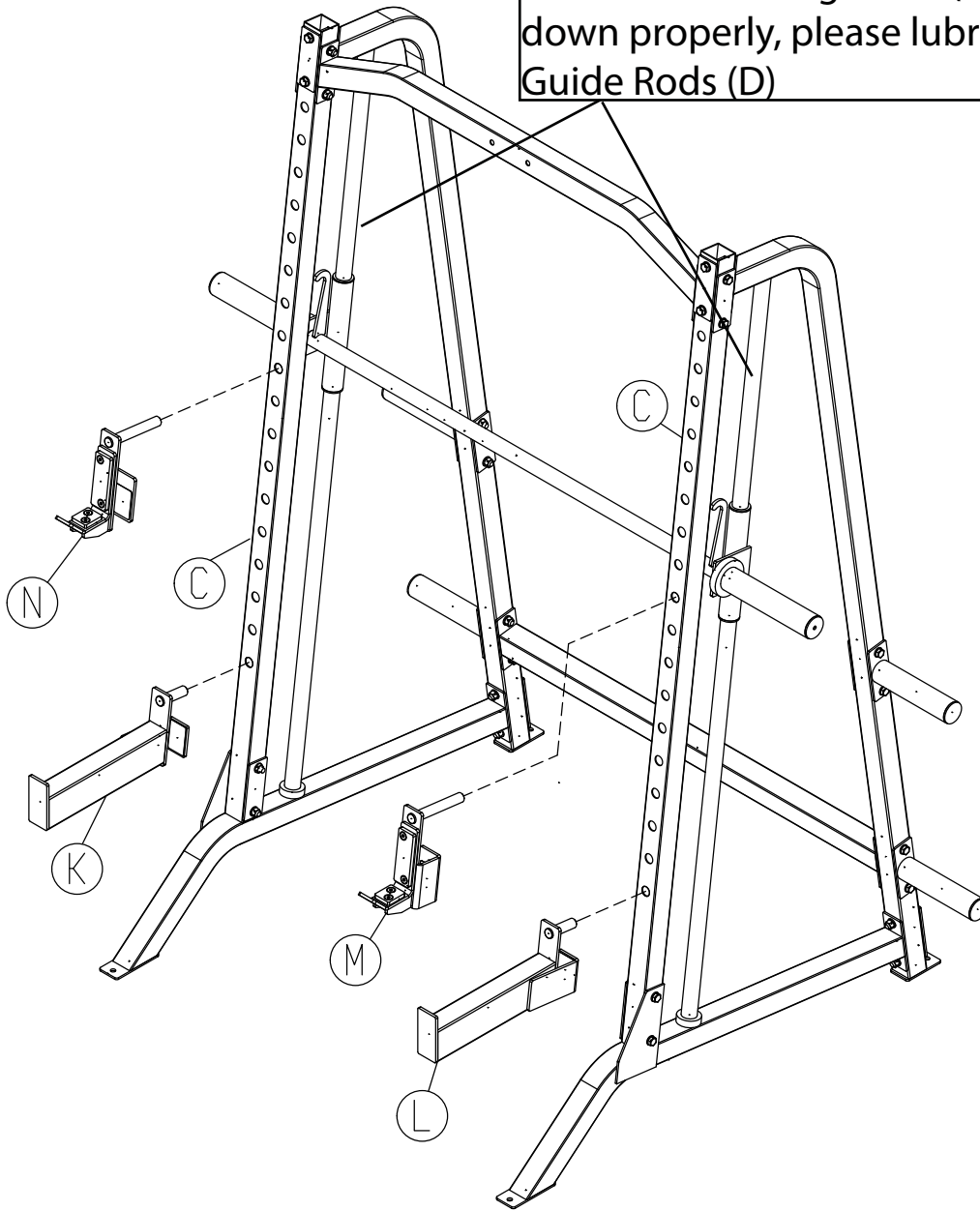
PSM200

STEP 4



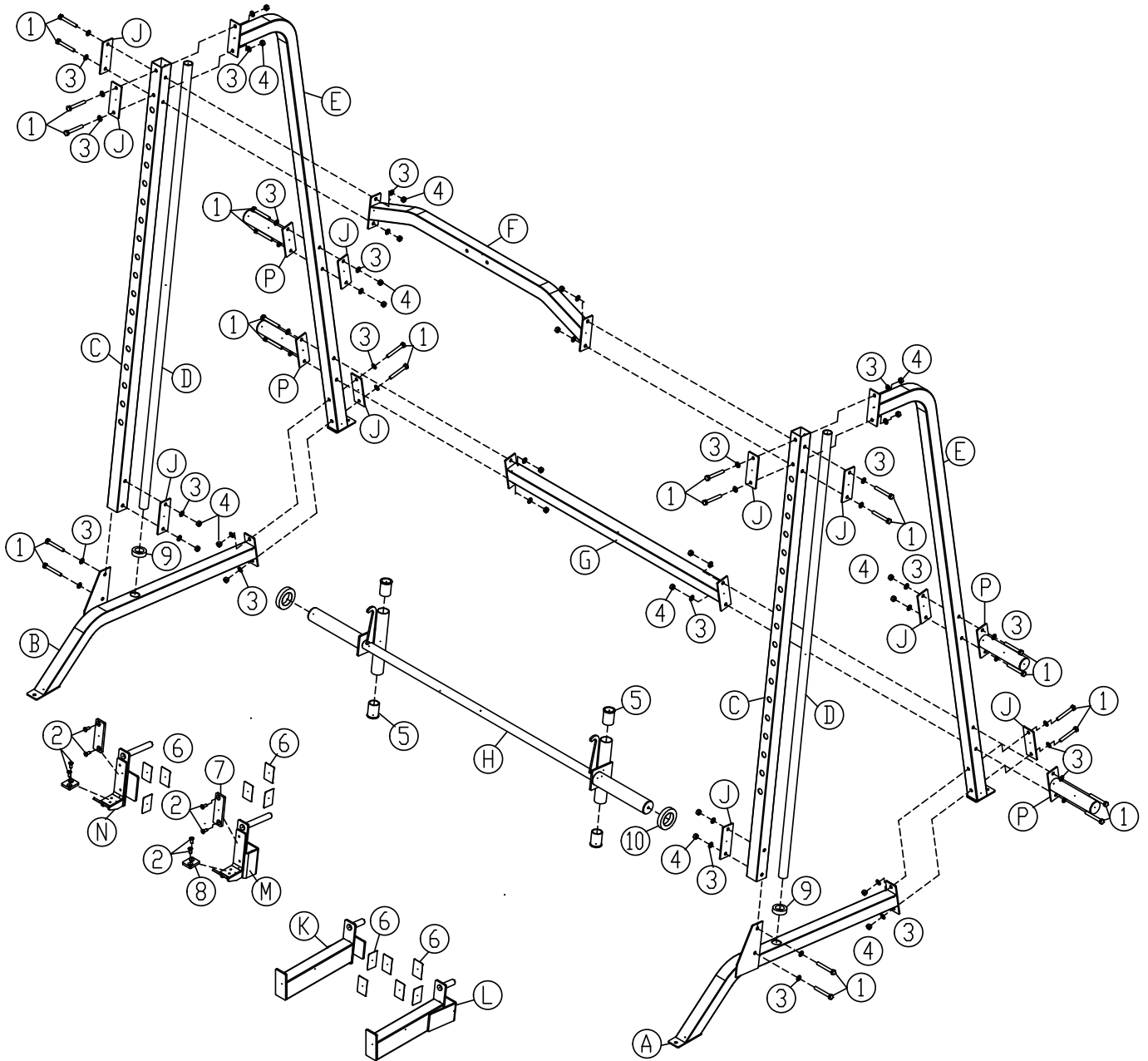
Above shows step 4 assembled and completed

IMPORTANT NOTE:
To make sure Weight Bar (H) sliding up and down properly, please lubricate the Chrome Guide Rods (D)



PSM200

EXPLODED VIEW



NOTE

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by *Body-Solid*

PSM200

please write your serial number in the boxes below

S/N # 017924-□□-□□-□□□□-□□□□

**1900 S. Des Plaines Ave.
Forest Park, IL 60130
Phone:(708)427-3555
Fax:(708)427-3556
Hours: M-F 8:30 - 5:00 CST**