

## ***Fitness Gear Smith Machine Assembly Manual***

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### **Fitness Gear Smith Machine Assembly**

Several years ago my wife purchased a Fitness Gear Ultimate Smith-Functional Trainer Smith Machine Squat Rack for me from Dick's Sporting Goods. It has been a great piece of equipment for many, many years. I still use it to this day (you can see the original video I made below). Over the years ...

### **Fitness Gear Ultimate Smith-Functional Trainer PDF Manual ...**

I have the manual for the Fitness Gear Ultimate Smith - Functional Trainer. I believe it was the first version with this name, and the parts were actually made by Nautilus. If yours is the one in the first picture, and not the second, let me know: not I love mine. I use the power rack for all of my main lifts and use the Smith for leg pressing.

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