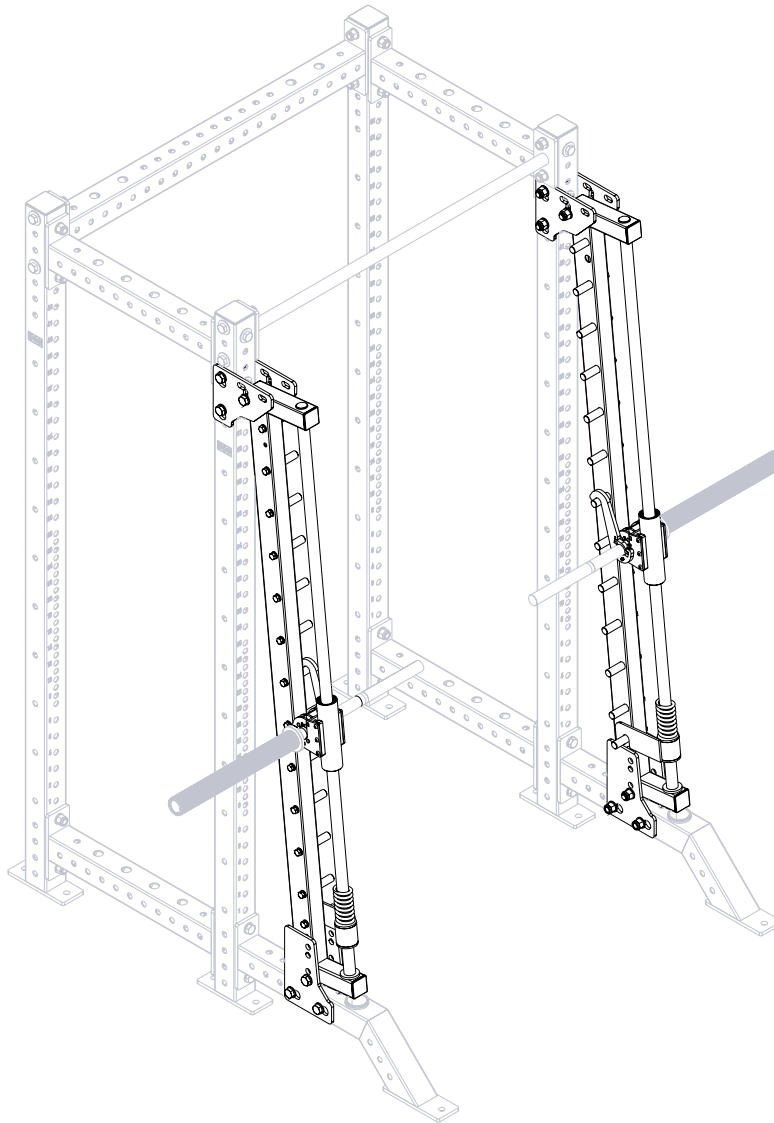




**ANVIL HANDLES
(PAIR - HANDLES ONLY)**
SKU: ANVL-HNDL
PO:



ASSEMBLY INSTRUCTIONS



Stuck? Scan the QR code for the assembly video

www.bellsofsteel.com | www.bellsofsteel.us | Telephone: 1-888-718-7997



BUILDING STRENGTH, ONE BOLT AT A TIME.



Welcome to Bells of Steel, you've made an excellent choice.

First off I want to say thank you for supporting my small business.

I've put significant thought into designing this product to enhance your lifting experience and help you reach your full potential. I hope you love it!

I've done my best to keep the setup of your new gear simple. If you find yourself needing a bit more assistance than the included instructions, check our youtube page for assembly videos or feel free to email us for troubleshooting guidance.

Kaevon Khoozani



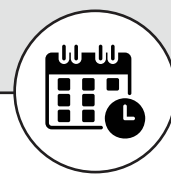
Crush your Gains! Subscribe to our YouTube for workouts & how-to's.

@BELLSOFSTEEL



Warranty & returns? We got you covered—check here:

bellsofsteel.com/pages/warranty



Changed your mind? No sweat. 30-day refund guarantee:

bellsofsteel.com/policies/refund-policy



Let us know how we've done

Love it? Leave a review! Hate it? We still read it. Help us get better by reviewing our products.



Customer Notice

If you are missing any parts, or otherwise have any warranty issues/shipping damages, please file a warranty claim on our website.

Before discarding the box, please take clear photos of the box and shipping labels, as these may be required if parts are missing or the item is damaged.

BEFORE WE BEGIN, LET'S STAY SAFE.



A GUIDE TO SAFETY

We know you are excited to use your new Bells of Steel gear, but please read through this Guide to Safety to ensure you do not hurt yourself or others while exercising. It is your responsibility to ensure that all users of the equipment are informed of all warnings and instructions in this manual. TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING IMPORTANT PRECAUTIONS BEFORE USING YOUR BELLS OF STEEL PRODUCT.

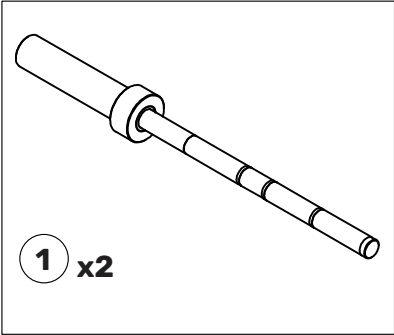
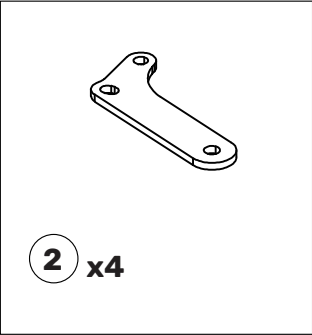
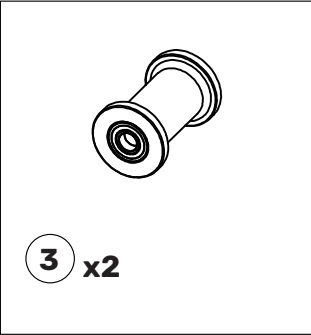
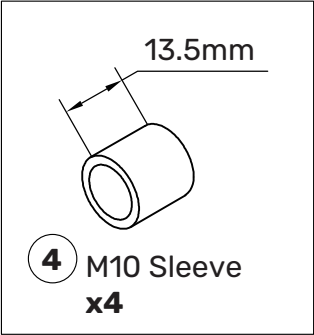
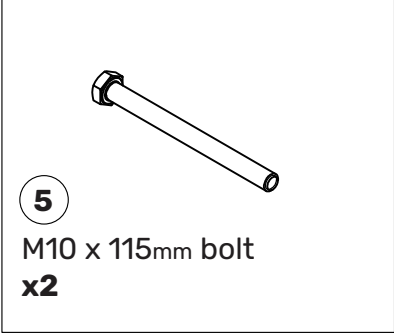
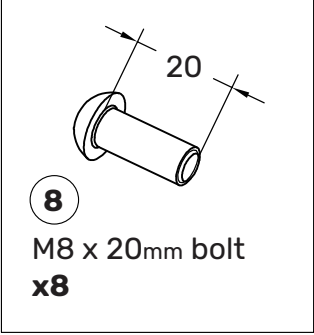
- ① Before starting any exercise program consult your physician. Be aware of your body's signals. Incorrect or excessive exercise can be damaging to your health. STOP EXERCISING IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS: PAIN, TIGHTNESS IN YOUR CHEST, IRREGULAR HEARTBEAT, SHORTNESS OF BREATH, LIGHTEADEDNESS, DIZZINESS, OR FEELINGS OF NAUSEA. IF YOU EXPERIENCE ANY OF THESE SYMPTOMS, STOP EXERCISING IMMEDIATELY AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING WITH YOUR EXERCISE PROGRAM.
- ② It is your responsibility to ensure there is enough space around the product for the intended exercise. Use the product on a flat surface and ensure at least 2 feet (60 cm) of free space around it.
- ③ Children and pets must not be let on or near the product. Moving parts and heavy features of the product can be dangerous and cause serious injury.
- ④ Read all instructions in this manual before using the product and use the product only as described in this manual.
- ⑤ It is your responsibility to ensure that all users of the product are adequately informed of all precautions, have read and understand all warnings, and are informed how to use the product properly.
- ⑥ Keep hands and feet from moving parts. Do not lean or rest on the product.
- ⑦ Wear athletic shoes for foot protection while exercising.
- ⑧ Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas.
- ⑨ This product is designed for indoor use only.
- ⑩ Ensure that any weight pins that may be included with your product are completely inserted into an appropriate weight plate.
- ⑪ Ensure that any handles that may be included with your product are attached securely before using the product.
- ⑫ Ensure that any nuts and bolts that may be included with your product are securely tightened before use. Regularly re-tighten nuts and bolts.
- ⑬ Ensure any cables that may be included with your product always remain attached to their proper pulleys. If a cable bind occurs during exercise, stop immediately and inspect the part to ensure any interference is fixed.
- ⑭ Do not overexert yourself during any exercise program. Operate the product as intended.
- ⑮ The product should be anchored where required or whenever possible. The product should be secured when not in use.
- ⑯ The product is very heavy. Improper use or assembly can lead to serious injury or death.
- ⑰ SAVE AND REVIEW THESE INSTRUCTIONS.

NOW...

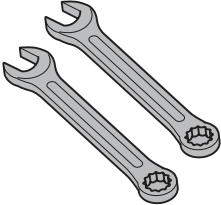
LET THE GAINZ BEGIN

PARTS LIST

• Hardware Package

 1 x2	 2 x4	 3 x2	 4 M10 Sleeve x4
 5 M10 x 115mm bolt x2	 6 M10 Washer x4	 7 M10 Nut x2	 8 M8 x 20mm bolt x8
 9 M8 Anti-slip washer x8			
012345678910111213141516 cm 01"2"3"4"5"6"			

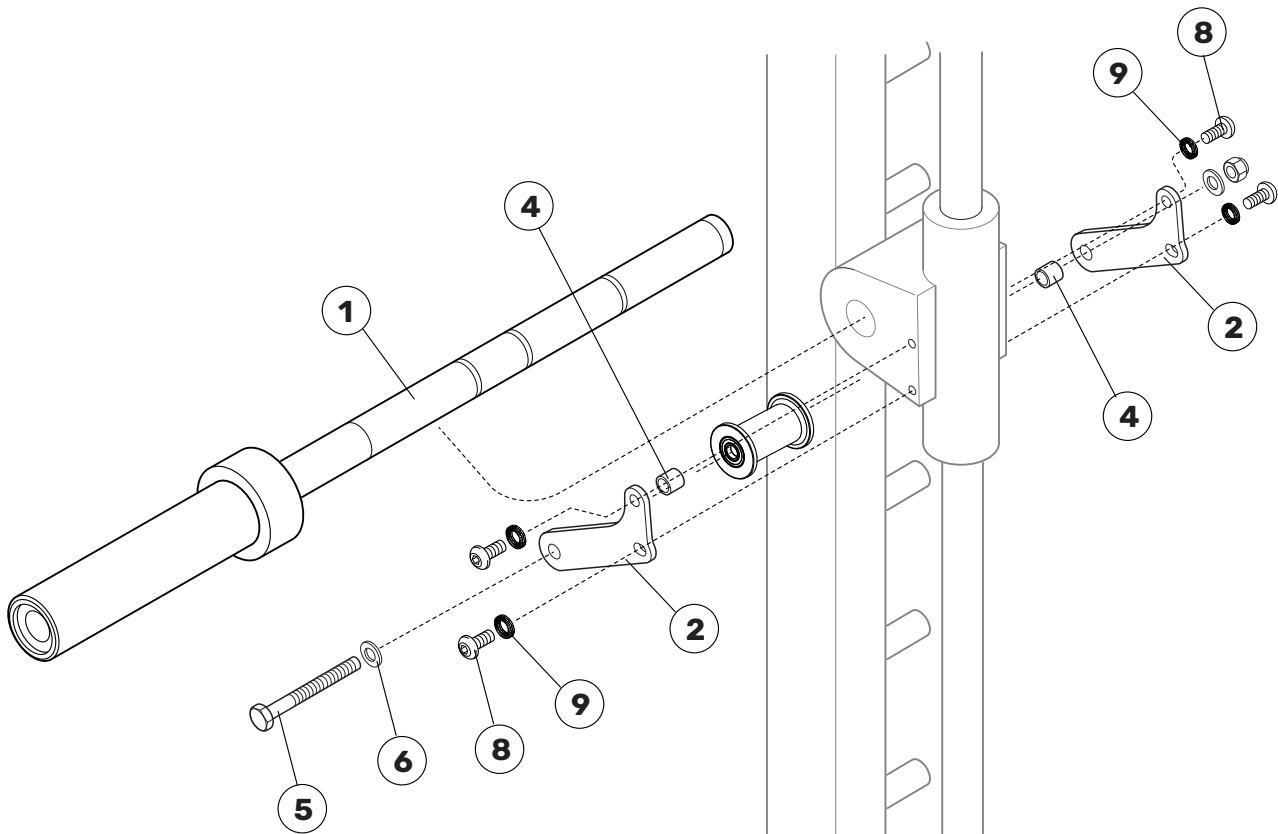
TOOLS REQUIRED

 17mm Box wrench (x2)	Ruler	(Included with BYOB Smith) Wrench Hex keys
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ASSEMBLY

- 1** Remove the bottom 2 #19 (Refer to Smith Machine manual part numbers for these parts). Install 2 x #2 Brackets in the open spaces and tighten down with 4 x #8 bolts and 4 x 9 washers.

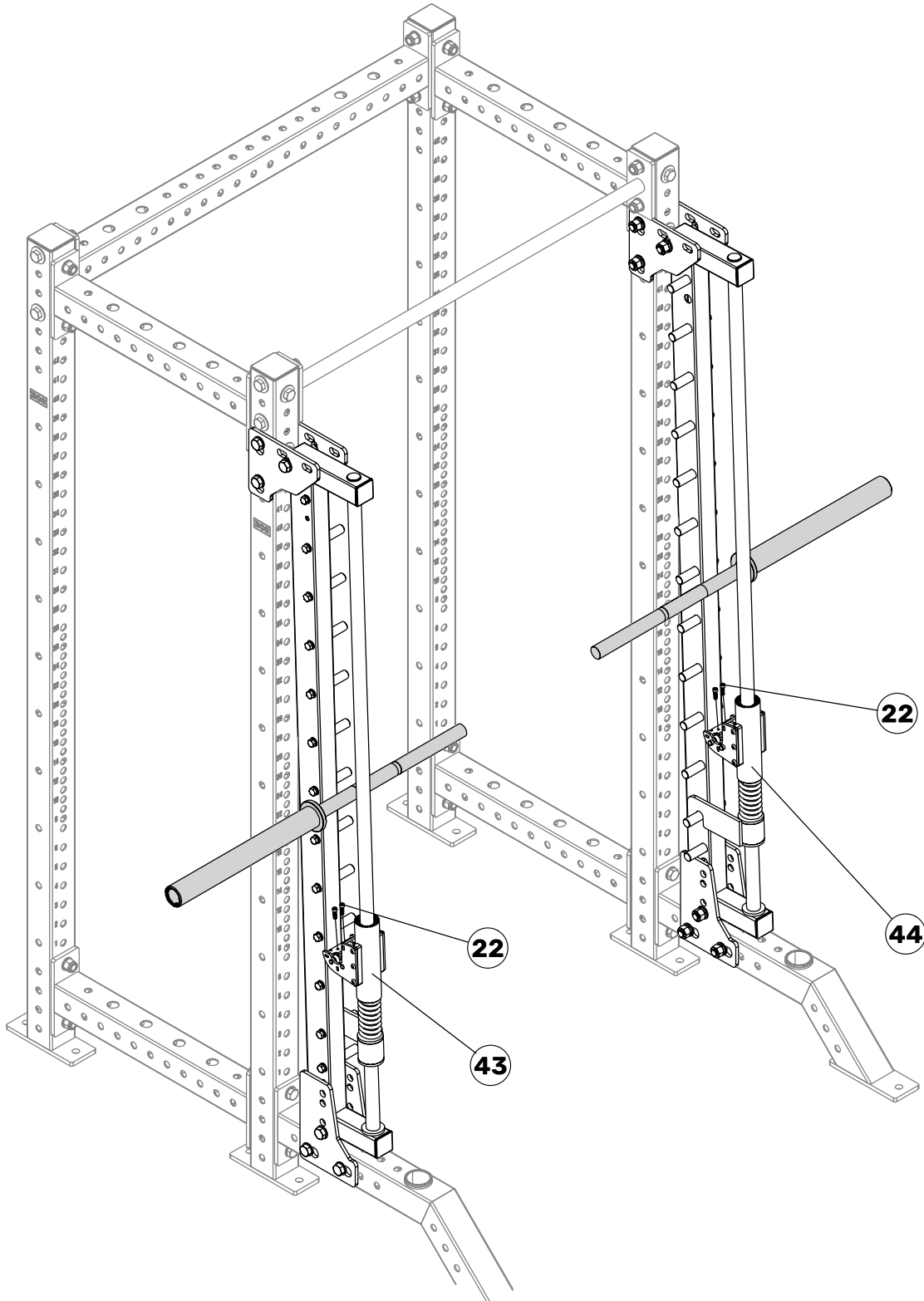
Next install the roller #3 using 1 x #5, 2 x #6 and 1 x #7, placing 1 x #4 sleeve on each side of the roller between the brackets.



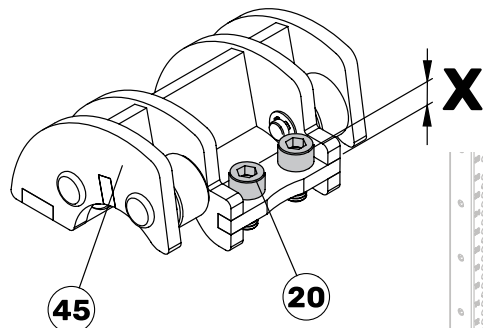
ASSEMBLY

All parts numbers on the next steps are from the Smith Machine Manual.
Please refer to Smith Manual for parts

- 2** Remove the 4 bolts (22) and put them in a safe place. Place your barbell on (43) & (44).

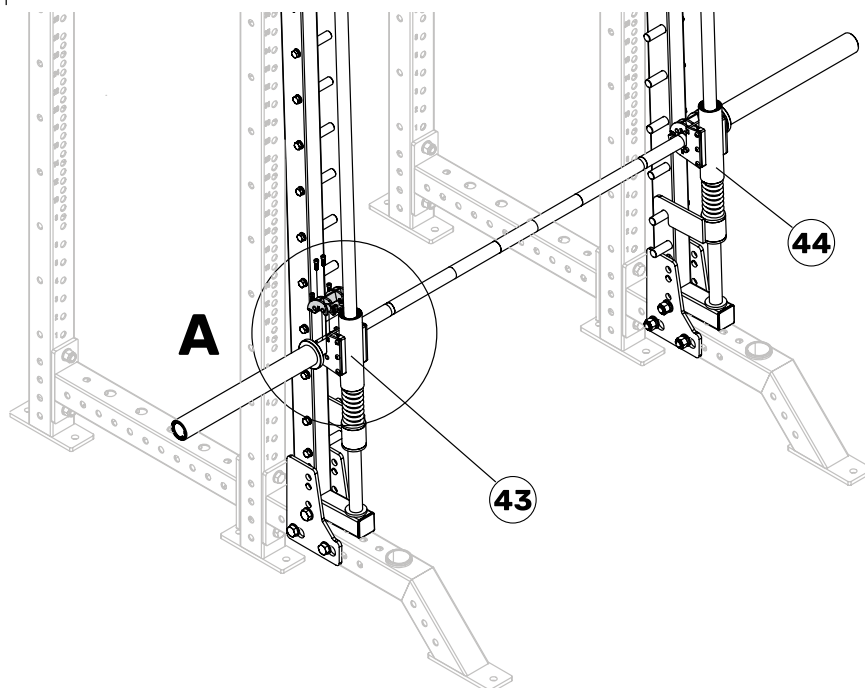


- 3** Set the screws at the back of the (45) to the designated length on the chart. The measurement for the length is from the top of the set screw to the point of insertion as outlined in the diagram next to the chart and is determined by the shaft diameter of your barbell.

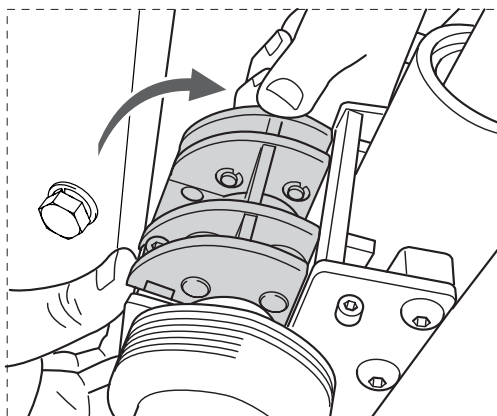


Reference size: (mm)

Bar Dia.	Ø 25	Ø 28	Ø 28.5	Ø 29
X	12.5	8.5	7	6

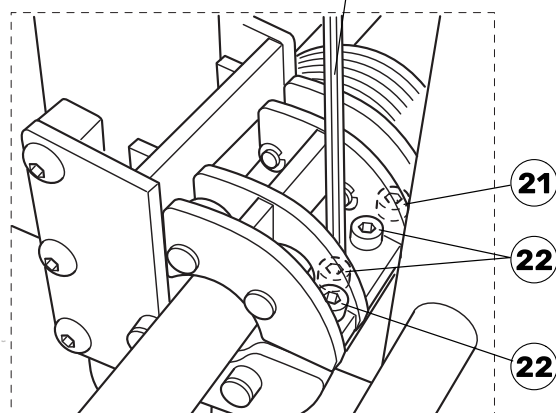


- 4** Take part (45) and while lifting the bar up, tuck the side with the two screws you adjusted earlier underneath, repeat for the other side.

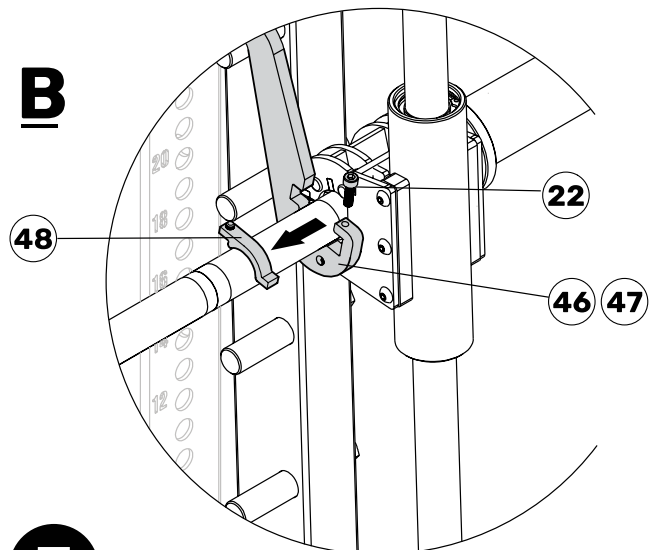


- 5** Reinsert bolts (22) into (45) and tighten back down until it is clamped snugly around the bar. The bar should still spin but not move laterally in the clamp. Once desired tightness is reached, tighten down bolts (21) to lock the clamp in place.

Hex key



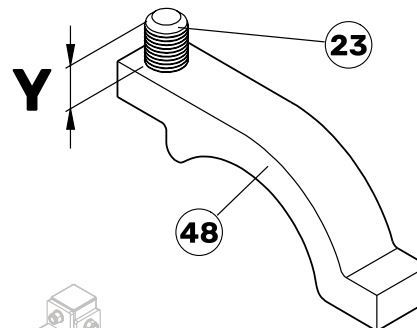
- 6** Loosen the bolt (22) and remove part (48) from (46) and (47). Adjust the bolt (23) to the approximate position.



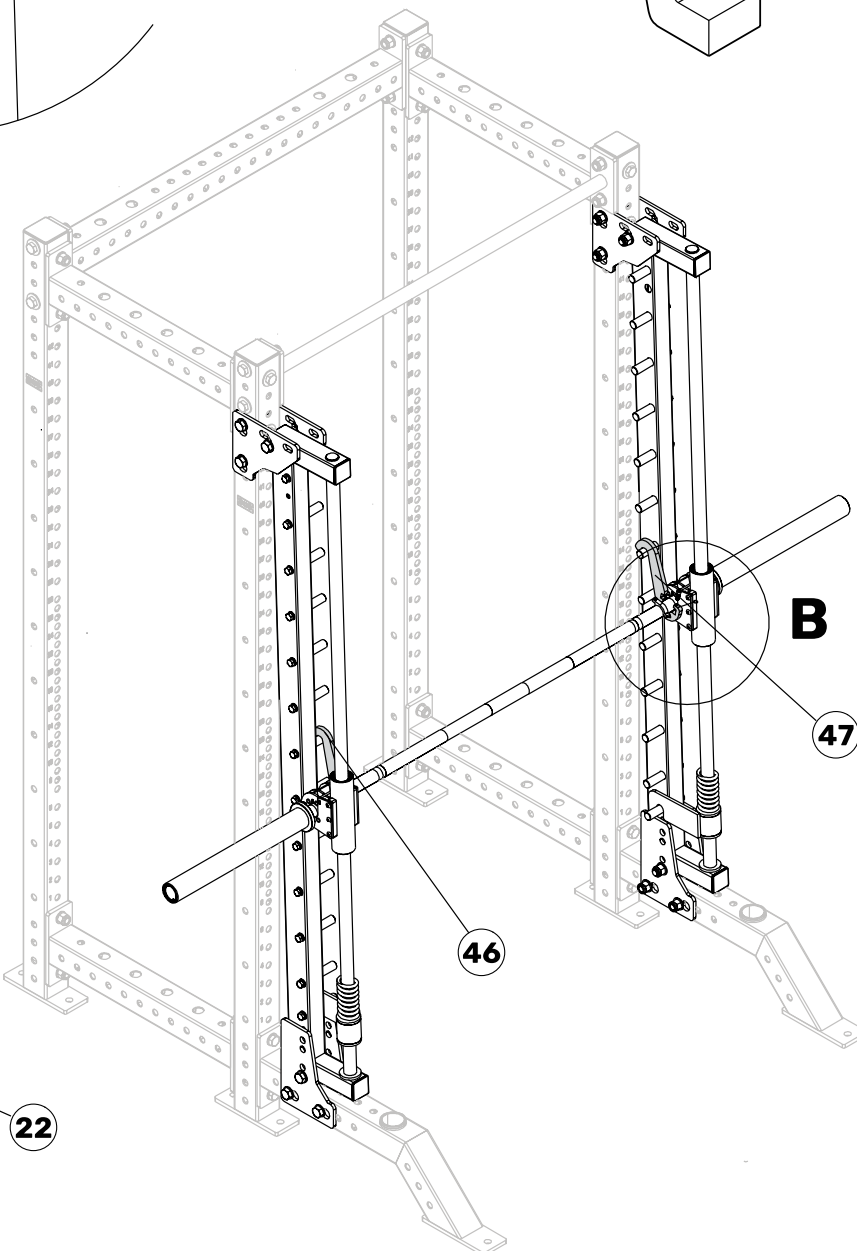
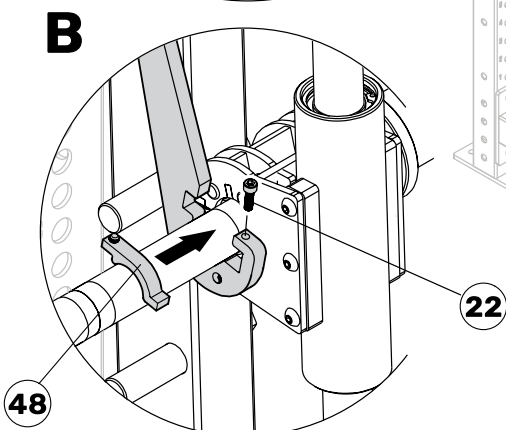
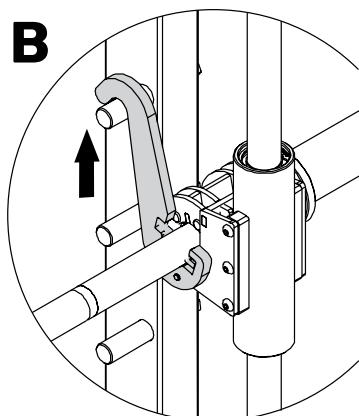
Tighten bolts (23) to the approximate Y distance on (48) for the barbell you are installing. Ensure equal height.

Reference size: (mm)

Bar Dia.	Ø 25	Ø 28	Ø 29	Ø 30
Y	6	3.5	2.2	0



- 7** Hang the bar on the gear pin with the parts (46) & (47). Insert part (48) into (46) & (47). Tighten the bolts (22).



YOU'RE FINISHED!

**WANT TO LEARN MORE ABOUT THE ANVIL HANDLES
(PAIR - HANDLES ONLY)? CHECK OUT THE OVERVIEW VIDEO:**



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