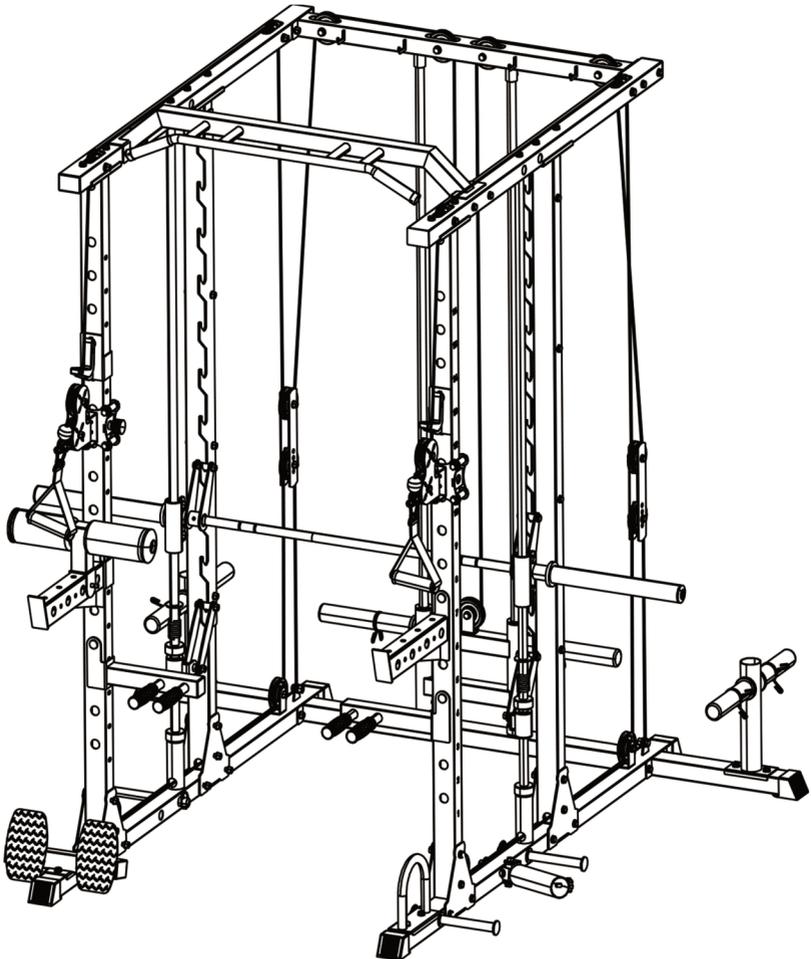


rpm  power[®]

Crossover Multi-Gym with Smith Bar





Thank you for choosing RPM Power! We appreciate your trust in our products and hope you enjoy using your new piece of equipment. For step-by-step assembly videos, exercise guides and product details, visit:

rpm CARE



care.rmpower.com

If you have any questions or need assistance with assembly or usage, please don't hesitate to reach out to us via the contact details below. Our team will be happy to assist you:



info@rmpower.com



+353 504 23969



RPM Power, Nenagh Rd, Thurles, Tipperary, E41 Y512 Ireland



@RPM Power



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We highly recommend watching the assembly video for this product, which can be found on the care.rmpower.com website.

PLEASE KEEP A COPY OF THIS MANUAL FOR FUTURE REFERENCE.

SPECIFICATIONS:

Product size: 223cm (H) x 220cm (W) x 190cm (D)

Number of vertical bar adjustment positions: 11

Smith Bar Weight Capacity: 150kg

Spotter Arm Capacity: 150kg

J-Hook Weight Capacity: 150kg

Pull-Up Bar Weight Capacity: 150kg

Dip Bar Weight Capacity: 150kg

Lifting method: Plate-loaded

Multi-gym weight capacity: 250kg

Multi-gym cable system weight capacity: 120kg

Suitable for use with 2200mm and 2000mm Olympic barbells

Suitable for use with 2" Olympic weight plates

User age recommendation: 16 years+

Safety & Usage Guidelines for Crossover Multi-Gym with Smith Bar

SAFETY

1. Safety before use:

- Inspect packaging upon arrival:** Before opening any package, inspect it for any visible damage or signs of tampering. If the packaging is damaged, contact RPM Power immediately.
- Remove and dispose of packaging correctly:** Leaving any product packaging lying around your home could potentially be a hazard to you and others. Packaging, such as plastic bags, can also present a choking hazard to small children and pets. It is your responsibility to remove and dispose of all packaging correctly. RPM Power is not liable for any injury or damage that may occur as a result of packaging misuse.

2. Safety during assembly:

- Read the user manual:** Always read and understand the user manual and instructions that come with the product. Familiarise yourself with the equipment's features and any specific safety precautions. Request help from another person if the product manual or assembly video suggests it or if you have any doubt that you may not be able to correctly and safely assemble the product by yourself.
- Be aware of any weight or age restrictions:** Take note of any age or weight restrictions associated with the product. Make sure the equipment is suitable for the intended user.
- Ensure the intended usage space is suitable:** Familiarise yourself with the product dimensions as well as any specific product requirements (e.g. recommended floor type, recommended ceiling height, etc.). You should only ever set up the product in a space that is safe and suitable for use. If the product needs to be attached or fixed to another surface, such as a wall, ensure that the surface area is sturdy enough to support the weight of the product and the user. Always check for piping and electrical wiring before drilling into any wall or flooring.
- Ensure flooring is suitable for use:** Proper flooring is paramount for user safety. Make sure that the flooring you use is level and free from any obstacles. Position heavy products correctly, so that they don't cause damage to your floor. Always use products on non-slip flooring only.
- Check for missing parts:** Ensure that all the components and parts listed in the manual are included in the product package. Contact RPM Power if anything is missing.
- Use proper tools:** Use the recommended tools and equipment specified in the manual for assembly. Do not use any makeshift tools that may compromise safety.
- Ask a friend:** If the product contains any parts that are heavy or difficult to handle, ask for assistance from a friend or family member to avoid straining yourself.

- Clear your workspace:** Ensure you have a clear and well-lit workspace with enough room to move around while assembling the equipment. Ensure all parts are clearly laid out and remove any tripping hazards, such as packaging.
- Follow the assembly instructions correctly:** Strictly follow the assembly instructions provided step by step. Do not skip any steps or rush through the process. If you are uncertain about any steps in the assembly process, do not proceed and instead reach out to us at RPM Power for assistance.
- Be cautious with small parts:** Clearly categorise and lay out any small parts, so that they are accounted for during the assembly process. It is important to keep any small components like screws and bolts away from children and animals, as they can be a potential choking hazard.

3. Safety during use:

- Ensure all bolts are checked for tightness and subsequently tightened where needed before each use.**
- Warm up properly before exercising:** Always warm up before starting any exercise routine to prevent injuries from occurring.
- Ensure you have enough space:** Before you use the product, ensure you have enough space around you to move freely without causing damage or harm to people, furniture or other surrounding elements.
- Always wear suitable footwear and clothing:** Wear appropriate footwear designed for the specific activity and ensure shoes are properly laced or fastened. Do not wear loose clothing or jewellery which could potentially get caught in moving or sharp elements.
- Supervise children and pets:** This product is not suitable for children. Ensure children and pets are supervised at all times when the machine is both idle and in use, and keep them away from any moving or sharp elements.
- Follow weight limits:** Adhere to weight limits specified for the equipment to prevent overloading, potential structural damage or injury.
- Follow age limits:** Adhere to age limits specified for the equipment to prevent injury to yourself or others.
- Stay hydrated:** Drink plenty of water while exercising in order to stay hydrated.
- Be aware of proper form:** Always do your research before attempting any exercise, particularly those involving barbells and weights. Practicing proper form is crucial to staying injury-free.
- Know your own limits:** Do not push yourself beyond your physical capabilities. Start with appropriate exercise intensities and progress gradually.
- Emergency procedures:** Familiarise yourself with emergency procedures and safety features on the equipment.
- Be mindful of any heavy or sharp components:** Be careful when adjusting heavy objects, such as weight plates. Keep your fingers away from moving parts or sharp elements and watch your head when walking under the machine's frame.
- Cool down after exercising:** Always remember to cool down and stretch properly after exercising. This will lower your chances of incurring injury after using the equipment.

4. Safety through ongoing product maintenance:

- Regularly check all parts are secure:** Any equipment with moving parts, such as bolts and screws, should be checked regularly for stability and tightness. Do not continue to exercise with a product if you find any parts are loose or unstable, as doing so may cause injury.
- Do not ignore unusual sounds or "sticking" components:** If any parts are visually or audibly damaged or not functioning as they should be, cease using the product and get in touch with RPM Power for guidance. We will be happy to assist you and can provide you with spare parts for your equipment if available.

- Familiarise yourself with maintenance procedures:** Take note of any maintenance requirements and continue to perform these over time. Product-specific maintenance recommendations will be outlined in the product manual or can be found on <https://care.rmpower.com/>.
- Ensure all bolts are regularly checked for tightness and subsequently tightened where needed.**

Additional safety guidelines for all multi-gym and squat racks:

Safety catches: Always use safety catches or spotter arms when lifting heavy weights. Adjust them to the appropriate height for your exercise to prevent injury in case you can't complete a lift.

Safety keys: If your product utilises safety keys, always ensure these are positioned correctly.

Weight limits: Do not exceed the weight limits specified for your power rack and its components. Overloading can damage the equipment or your floor.

Barbell and weight collars: Secure the barbell with appropriate weight collars to prevent weight plates from sliding during exercise. Ensure the bar is centered before lifting.

Commercial use: The Crossover Multi-Gym with Smith Bar is not suitable for commercial use and should be used in home settings only. If this product is used in a commercial setting of any kind, the warranty is no longer valid.

Exercising: Always ensure you are aware of proper technique and form before performing any exercise with this product. Never exercise in a compromising position, i.e. where there is a risk of falling into or on the product, or exercising in a way which may cause injury.

MAINTENANCE

Regular inspection: Conduct a visual inspection of the entire product before each use. Look for any signs of wear, damage or loose components. Address any issues immediately or contact RPM Power for support.

Tighten bolts and screws: Check and tighten all bolts, screws and nuts regularly. Pay particular attention to those used in critical areas like safety catches, bar holders and frame connections. Loose fasteners can compromise safety, so it is critical that they are all securely in place.

Cable inspection: Inspect cables and cable connections for fraying, kinks, or any signs of wear. If you notice any issues, replace the cables immediately. Videos on cable replacement can be found on <https://care.rmpower.com/>.

Weight stack maintenance: Clean the weight stack regularly and ensure that weight plates are securely attached. Check for any damage or signs of wear on weight stack components.

Cleaning: Keep the product clean by wiping it down regularly with a damp cloth to remove dust, sweat and any debris which may have accumulated over time. Avoid using abrasive cleaners that may damage the finish.

Lubrication: Apply a silicone-based lubricant to moving parts, such as pulleys, guide rods, and weight stack pins if you notice any parts are "squeaking" or "sticking", or in general, not performing as they should. Lubrication helps maintain smooth movement and reduces wear.

Upholstery inspection: Examine any upholstery features on the product, such as seat cushions and backrests. Check for any tears, cracks, or signs of wear. Repair or replace damaged upholstery promptly.

Remember that proper maintenance is crucial not only for the longevity of your multi-gym power rack but also for the safety of users. Consistent upkeep will ensure that the equipment remains in good working condition and reduces the risk of accidents or injuries during workouts.

WARRANTY

The RPM Power Crossover Multi-Gym with Smith Bar comes with a 2-year home-use guarantee on non-wearable parts and a 1-year home-use guarantee on wearable parts. The guarantee period commences when the item has been delivered to the purchaser or user.

What is covered during the guarantee period?

- Malfunction defects that are a direct result of a manufacturing issue(s)
- Spare parts free of charge provided the purchaser can provide sufficient, timely evidence of missing/defective parts
- Products purchased directly through the RPM Power® website

RPM Power reserves the right to determine what constitutes manufacturing defects as well as wear and tear. A guarantee does not cover products for commercial use and is non-transferable to a third party.

LIABILITY DISCLAIMER

RPM Power strongly encourages the safe and proper use of our exercise machines, including this Multi-Gym. Please read and follow all safety instructions and guidelines provided in this manual. By assembling, installing, or using this product, the user acknowledges and agrees to the following:

Assumption of risk: The use of this exercise equipment involves inherent risks, including but not limited to the risk of injury or death. The user voluntarily assumes all risks associated with the assembly, installation, and use of our products.

Proper assembly and installation: The user acknowledges that proper assembly and installation are critical to the safety and functionality of the exercise equipment. It is the user's responsibility to follow the assembly and installation instructions provided in this manual accurately. Any errors or negligence in assembly and installation may result in injury or damage.

Proper use and supervision: RPM Power strongly recommends consulting a qualified fitness professional or physician before beginning any exercise programme with the this multi-gym. Users should always ensure they are in sufficient physical health before using the machine. Users should exercise caution and common sense when using the equipment. Users are responsible for ensuring proper supervision, especially when minors (16-18 years) or inexperienced individuals use the equipment.

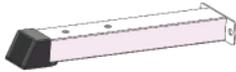
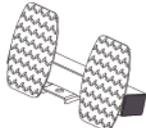
Exclusion of liability: To the fullest extent permitted by applicable law, RPM Power disclaims all liability for any direct, indirect, incidental, consequential, special, or punitive damages, or any other loss or injury arising out of or in connection with the assembly, installation, or use of its products. This disclaimer includes but is not limited to injuries, property damage, or any other harm sustained while using the exercise equipment.

Limited warranty: RPM Power provides a limited warranty for its products, as outlined in the warranty section of this manual. Any claims under the warranty must be made in accordance with the terms and conditions specified therein.

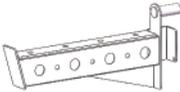
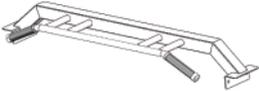
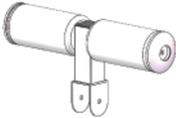
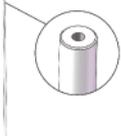
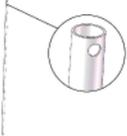
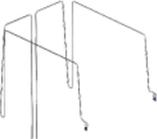
By using RPM Power exercise machines, the user acknowledges and agrees to these terms and conditions. RPM Power reserves the right to modify or update this liability disclaimer at any time. It is the user's responsibility to review this disclaimer periodically for any changes on the **RPM Care website: care.rpmpower.com**. If you do not agree to these terms, please refrain from assembling, installing, or using our products.

ASSEMBLY INSTRUCTIONS

Parts List-1

					
NO. 1	50 butterfly clip *6pcs	NO. 2	80 round shank pin *1pc	NO. 3	J hook Left and right
					
NO. 4	Safety hook left and right	NO. 5	Safety buckle *2pcs	NO. 6	Spring *2pcs
					
NO. 7	Bottom tube *2pcs	NO. 8	Fall block *2pcs	NO. 9	Short bottom pipe *2pcs
					
NO. 10	Barbell placement accessories *2pcs	NO. 11	26 increase the flat pad *2pcs	NO. 12	Hook plate *2pcs
					
NO. 13	Rear column *2pcs	NO. 14	Backplate *8pcs	NO. 15	Sliding bush left and right
					
NO. 16	Pedal *1pc	NO. 17	Laba *2pcs	NO. 18	Gun barrel *1pc

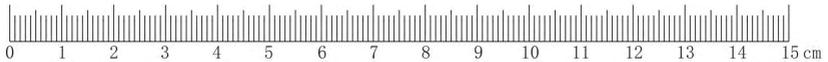
Parts List-2

					
NO. 19	Long protective bar left and right	NO. 20	Standing rope ring *1pc	NO. 21	Ring pin *5pcs
					
NO. 22	Pull-ups *1pc	NO. 23	Bend leg muscles *1pc	NO. 24	Lower transverse tube *1pc
					
NO. 25	Bending blind tube left and right	NO. 26	Smith barbell *1pc	NO. 27	Smith guide sliding sleeve *2pcs
					
NO. 28	Smith guide rail *2pcs	NO. 29	Counterweight guide tube *2pcs	NO. 30	Rope tube *4pcs
					
NO. 31	Upper transverse tube *1pcs	NO. 32	Upper bracing tube *2pcs	NO. 33	Front column *2pcs
					
NO. 34	Counterweight slider *1pc		No.1 rope		No.2 rope

Parts List-3

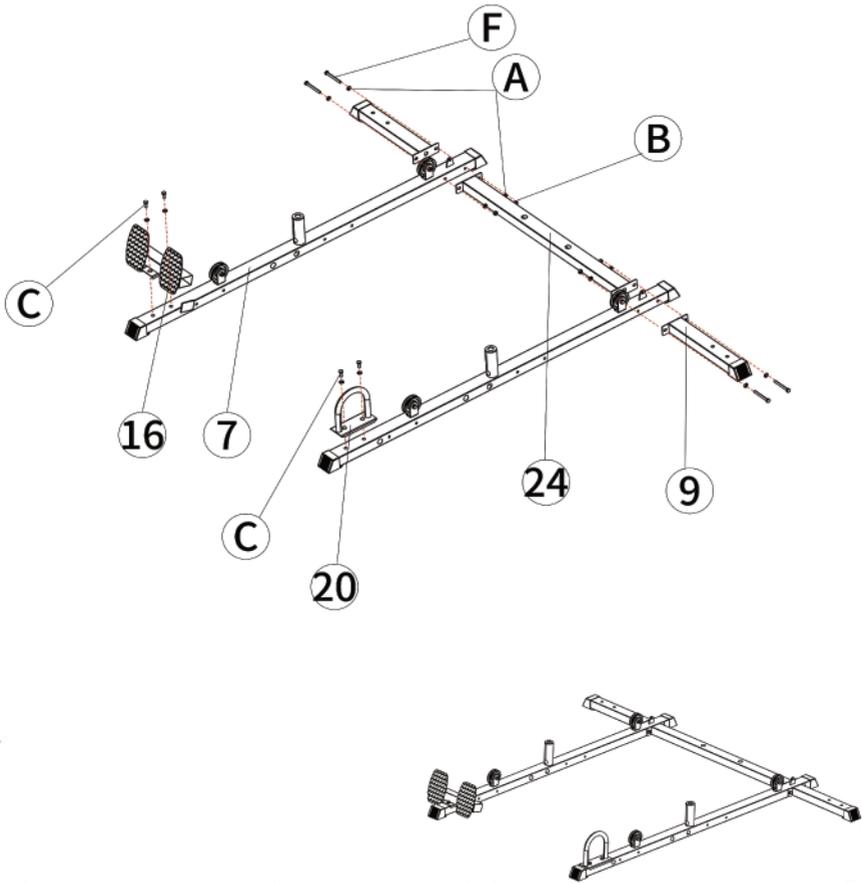
					
A	M10 washer *110pcs	B	M10 nut *50pcs	C	M10X25 *14pcs
					
D	M10X65 *2pcs	E	M10X70 *8pcs	F	M10X90 *20pcs
					
G	M10X100 *16pcs				

Bolt length Measurement Table



Stage 1 - Main Frame

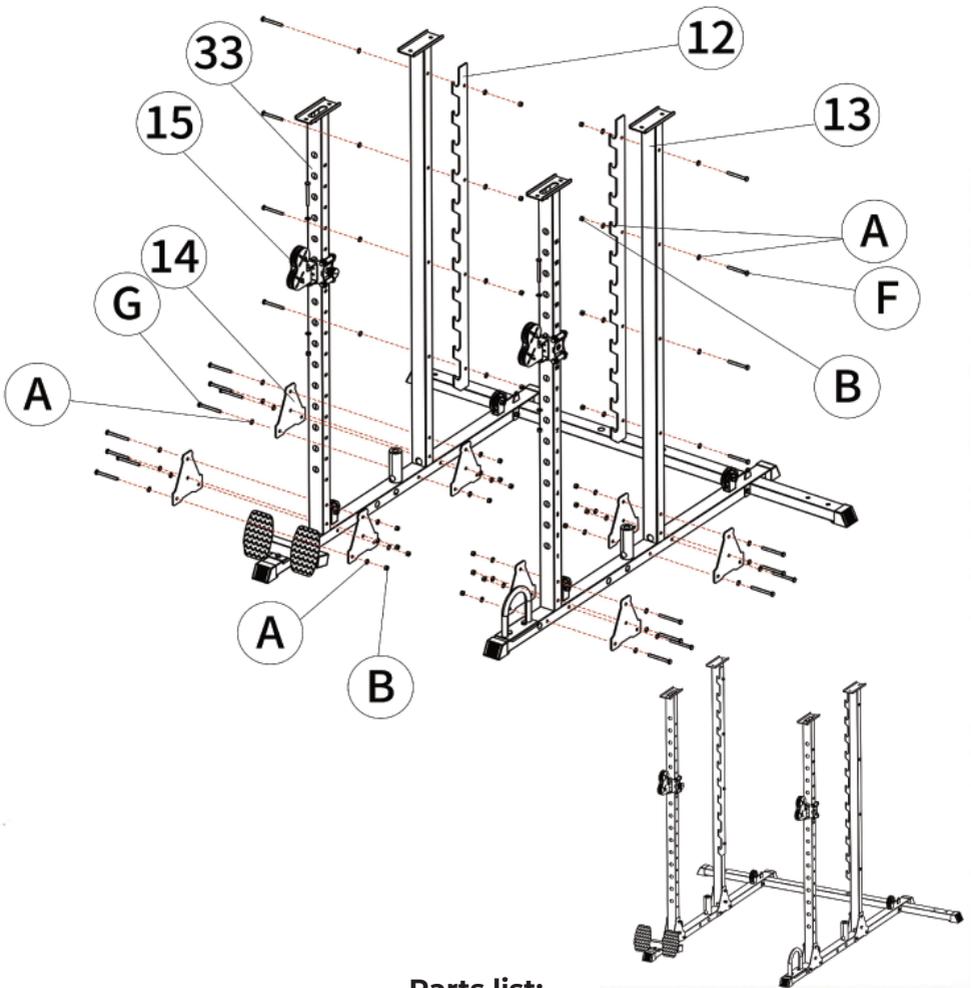
Visit care.rmpower.com for the step-by-step assembly video



Parts required:						
Step NO	Item NO	Name	Qty	Item NO	Name	Qty
1	7	Bottom tube	2	A	M10 washer	12
	9	Short bottom pipe	2	B	M10 nut	4
	16	Pedal	1	C	M10X25	4
	20	Standing rope ring	1	F	M10X90	4
	24	Lower transverse tube	1			

1. After unboxing your Crossover Multi-Gym with Smith Bar, lay all of the foundational pieces out clearly on the ground. Required tools: **Spanners (sizes 17 and 14), an impact driver, or suitable wrenches.**
2. Lay the two bottom tubes (part 7) and lower traverse tube (part 24) on the ground.
3. Insert M10x90mm bolts (part F) to connect parts 7 and 24.
4. Place two short bottom pipes (part 9) against the base and onto the bolts.
5. Secure with washers (part A) and nuts (part B).
6. Repeat the process on the opposite side.
7. Tighten all bolts halfway—do not fully tighten at this stage.
8. Locate the bolt holes inside the rack base.
9. Align **two backplates (part 14)** with the bolt holes beside the **idler pulley.**
10. Secure with **M10x90mm bolts (part F), washers (part A), and nuts (part B).**
11. Repeat with the other two plates beside the holes at the **Smith bar tube.**
12. Repeat steps 9-11 on the other side of the rack base frame.
13. Leave bolts only partially tightened for adjustment.

Stage 2 – Verticals



Parts list:

Assembly Steps						
Step NO	Item NO	Name	Qty	Item NO	Name	Qty
2	12	Hook plate	2	A	M10 washer	48
	13	Rear column	2	B	M10 nut	24
	14	Backplate	8	F	M10X90	8
	15	Sliding bush	2	G	M10X100	16
	33	Front column	2			

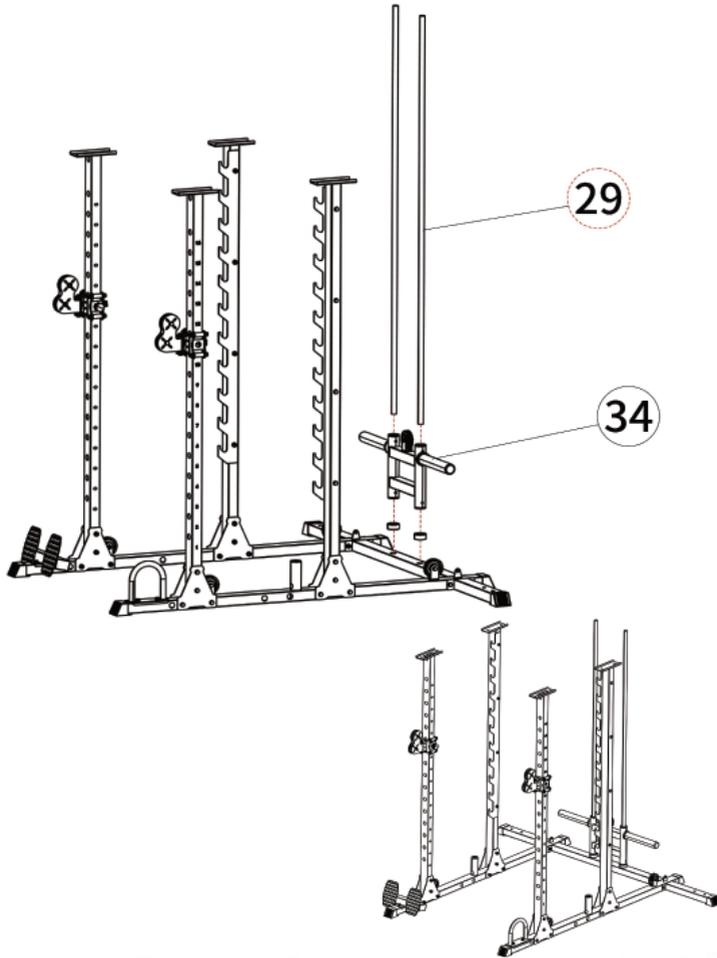
Step 1: Rear and Front Vertical Bars

1. Identify the two types of vertical bars:
 - **Rear vertical columns (part 13)** (no numbers).
 - **Front vertical columns (part 33)** (holes and numbers on the front).
2. Position **one rear vertical column (part 13)** between the backplates and secure with **M10x100mm bolt (part G), washers, and nuts** (leave bolts loose).
3. Attach **front vertical bars (part 33)** between the front plates, ensuring numbers face outward.
4. Slide the **pulley system (part 15)** onto the vertical bar and lock in place with the pull-pin.
5. Repeat for the opposite side.

Step 2: Installing Hook Plates

1. Align **hook plates (part 12)** (hooks facing upwards) with the rear vertical uprights.
2. Secure using **M10x90mm bolts (part F), washers, and nuts**.
3. Repeat on the other side and fully tighten.

Stage 3 - Plate-Loading System



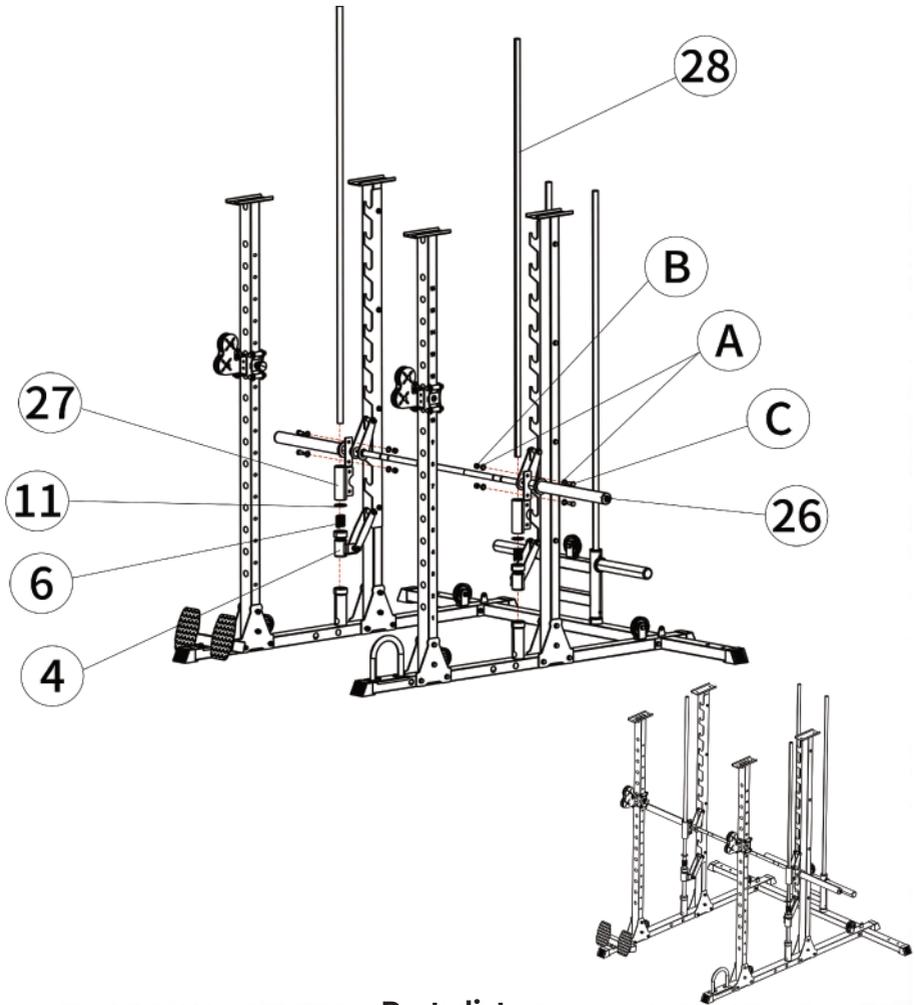
Parts list:

Assembly Steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
3	29	Counterweight guide tube	2			
	34	Counterweight slider	1			

1. Position two **rubber washers** on the **rear center frame**.
2. Place the **counterweight slider (part 34)** onto the rubber washers.
3. Insert **two counterweight guide tubes (parts 29)** into the slider and rack frame.
4. Ensure the structure remains upright.

Stage 4 – Smith Machine

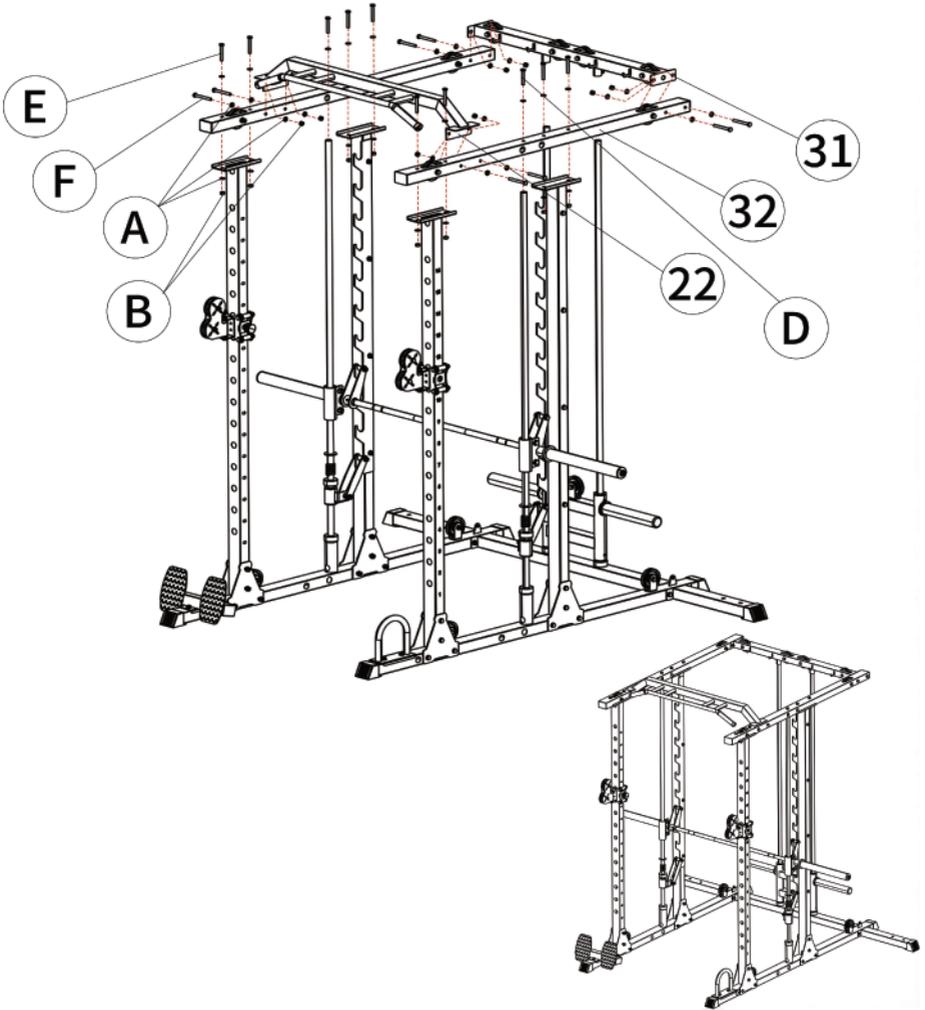


Parts list:

Assembly Steps						
Step NO	Item NO	Name	Qty	Item NO	Name	Qty
4	4	Safety hook	2	28	Smith guide rail	2
	6	Spring	2	A	M10 washer	8
	11	26 increase the flat pad	2	B	M10 nut	4
	26	Smith barbell	1	C	M10X25	4
	27	Smith guide sliding sleeve	2			

1. Attach the **Smith barbell (part 26)** to the **hook plates**.
2. Assemble the **safety hooks (parts 4)** with the following order:
 - **Rubber washer**
 - **Safety hook**
 - **Rubber washer**
 - **Spring (part 6)**
 - **Metal washer/flat pad (part 11)**
3. Insert the **Smith guide rail (parts 28)** into the **Smith barbell casing**, threading **M10x65 bolts and washers** at the top.
4. Attach the smaller elements to the end of the guide rod in order as listed above (starting with the metal washer).
5. Secure the **bottom of the guide rail** into the rack.
6. Repeat on the other side.
7. Use **lubricant (WD-40)** if needed for smooth adjustments.

Stage 5 – Top Frame



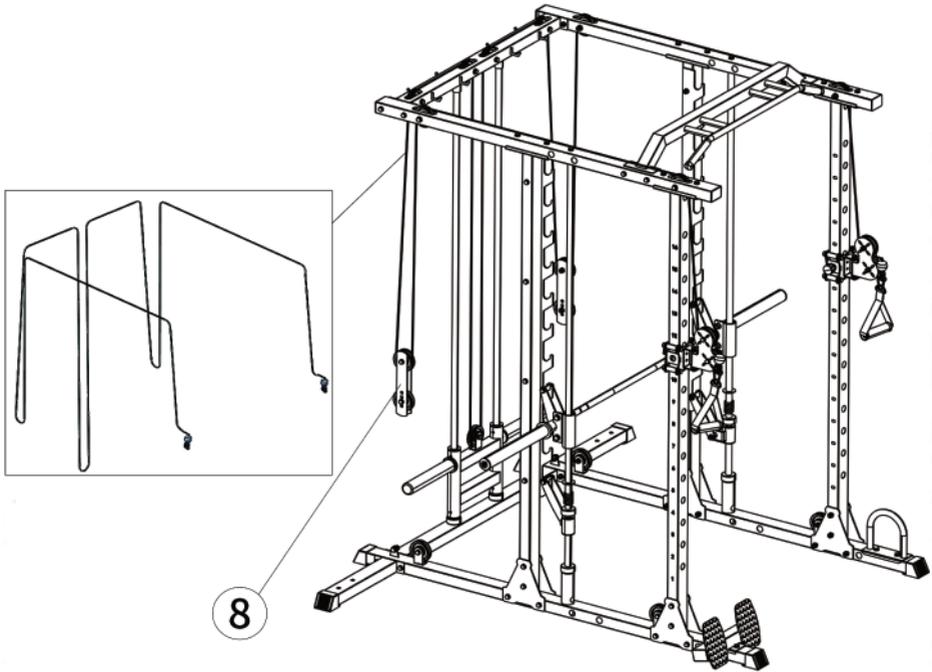
Assembly Steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
5	22	Pull-ups	1	A	M10 washer	34
	31	Upper transverse tube	1	B	M10 nut	16
	32	Upper bracing tube	2	D	M10X65	2
				E	M10X70	8
				F	M10X90	8

1. Get another person to help you position the upper **bracing tube (part 32)** onto the vertical uprights.
2. Secure the **upper bracing tube** using **M10x70 bolts (part E), washers, and nuts.**
3. Repeat on the other side of the rack.
4. Repeat the process for the **upper traverse tube (part 31)**, ensuring the logo faces into the rack. Secure it in place with **M10x70 bolts (part E), washers, and nuts.**
5. Gather the two bolts which have heads compatible with an Allen key. Insert them into the top of the guide rods and secure everything in place.
6. Attach the **pull-up bar (part 22)** to the **front vertical uprights** with **M10x90 bolts (part F), washers and nuts.**
7. Now it's time to go over all bolts and fully tighten them. Use a **spirit level** to ensure the frame is straight if needed.

Stage 6 - Cable System

Long Cable System

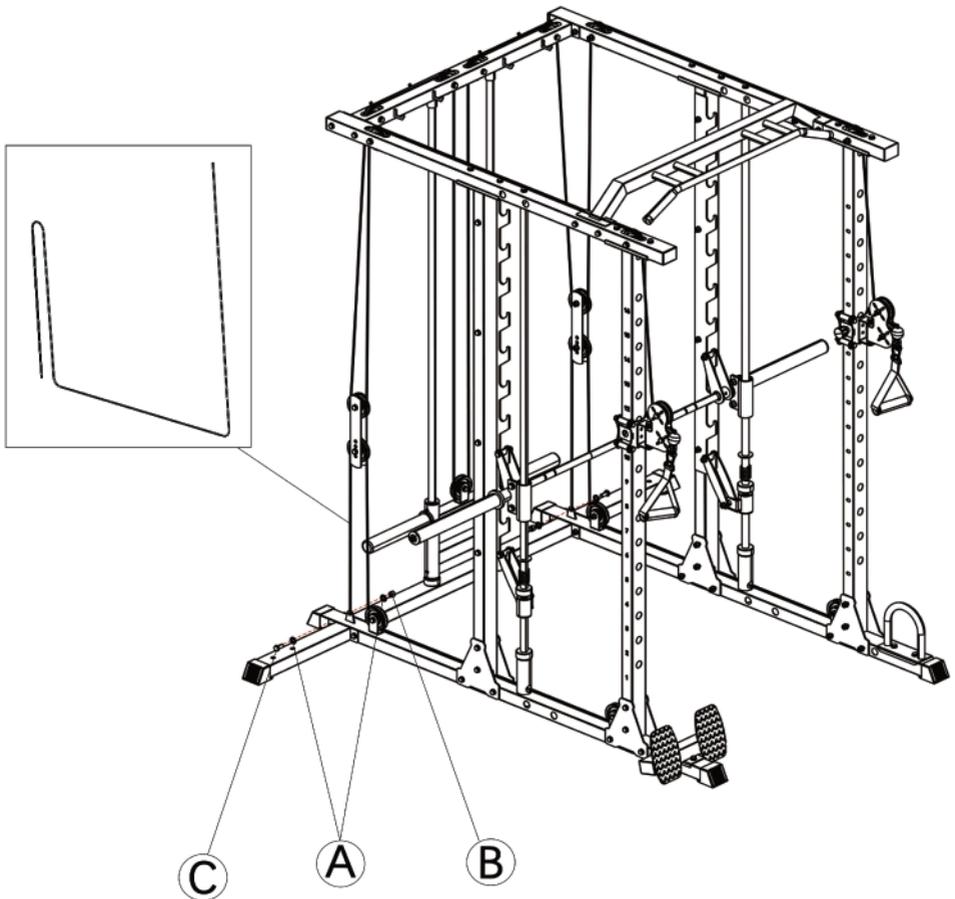


Long Cable Installation

1. Moving onto the cable system, we will begin with the longer of the two cables. Use an Allen key to completely remove the carabiner end piece from the cable.
2. Unravel the cable completely and taking the naked end, start by guiding it through the adjustable pulley system on the vertical upright.
3. Bring it upwards, through the space in the top frame. Always ensure the cable is sitting neatly inside the groove of each pulley wheel it passes through.
4. Guide the cable across the top frame and down into the pulley wheel sitting at the rear of the frame. You will find two fall blocks (part 8) in the set up. Take one and guide the cable through the two wheels. The wheel with the adjustment holes should hang in the lower position.
5. Carefully leave the fall block suspended in the air and continue to guide the cable upwards and through the next pulley wheel at the rear of the rack frame. Run the cable across the rear frame and down into the middle of the two pulley wheels located at the centre of the frame.
6. Bring the cable all the way down until it reaches the counterweight slider.
7. Run it under the pulley wheel on the slider and back up to the second wheel at the centre of the top rear frame.
8. Reverse the process and guide the cable to the next pulley wheel at the corner of the top frame.

9. Run it down through this pulley wheel towards the base. From here, insert the cable into the next fall block. Leave this suspended as you run the cable up towards the top frame again, through the back rear pulley and across the frame to the front of the rack.
10. Now insert it into the front pulley wheel and into the middle of the two wheels on the adjustable system.
11. Reattach the carabiner to the end of the cable again. Start with the washer, followed by the metal plate, spacer and cable end piece. It is very important that the cable is inserted all the way into the metal end piece and is securely tightly in place by fully tightening the bolts. You cannot damage the cable here, so please ensure these bolts are extremely secure.
12. Make sure both hanging fall blocks are level with each other on either side of the rack.

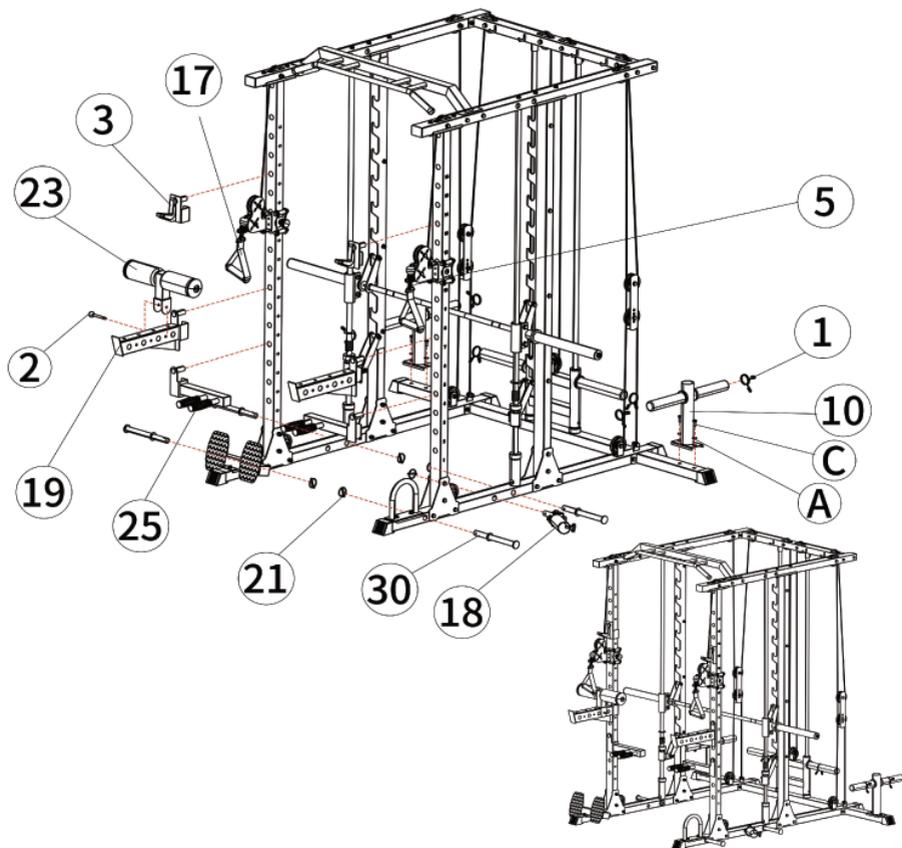
Short Cable



1. Next, fully unwind the second cable.
2. Taking bolt M10x25, a washer and a nut, secure the end of the cable to the small anchor point at the rear base of the rack frame.
3. Start by running the cable up through the suspended fall block and let it sit on the lower pulley wheel. Pull the cable all the way through.
4. Run the cable under the back pulley wheel and through the holes in the rear vertical upright and Smith bar holder.
5. From here, run it under the pulley wheel behind the front vertical upright and into the back of the adjustable pulley system. Tighten the bolts loosely here, as we will need to adjust the cable before tightening them fully.
6. Repeat this entire process with the second short cable on the other side of the rack. Again, do not fully tighten the bolts where the cable meets the adjustable pulley system.
7. You will know these two cables have the correct amount of tension if you lightly pull on one cable and it raises the counterweight slider – i.e. the plate-loading system – slightly off the ground. Tighten the cables in place fully with the Allen key.

Three types of cable attachments come with the Crossover Multi-Gym: 1 x short lat-pull-down bar, 1 x curved lat-pull-down bar and 2 x handles. You can simply clip these onto the rack cable system via the included karabiners.

Stage 7 - Additional Elements



Parts list:

Assembly Steps						
Step NO	Item NO	Name	Qty	Item NO	Name	Qty
8	1	50 butterfly clip	6	19	Long protective bar	2
	2	80 round shank pin	1	21	Ring pin	5
	3	J hook	2	23	Bend leg muscles	1
	5	Safety buckle	2	25	Bending blind tube	2
	10	Barbell placement accessories	2	30	Rope tube	4
	17	Laba	2	A	M10 washer	4
	18	Gun barrel	1	C	M10X25	4

There are a number of attachments included with the Crossover Multi-Gym:

Weight Plate Holders

1. Attach **short bottom pipes (part 9)** using **M10x90 bolts and washers**.
2. Position **plate holders (part 10)** onto the pipes and secure with **M10x25 bolts**.

Footplate & Battle Rope Anchor

1. Secure **footplate (part 16)** to the rack using **M10x25 bolts**.
2. Attach the **battle rope anchor (part 20)** on the opposite side with the same bolts.

Landmine Attachment

1. Insert the **landmine attachment (part 18)** into the **rack base hole**.
2. Secure with the **locking ring pin**.

Resistance Band Hooks

1. Slide **resistance band hooks (part 30)** into the rack base.
2. Lock them in place with **ring pins**.

J-Hooks & Spotter Arms

1. Attach **J-hooks (parts 3)** by slotting them into **vertical uprights** and twisting.
2. Mount **spotter arms (part 19) & dip bars** using the same method.
3. Ensure attachments are **level** for safety.

Cable Attachments

1. Attach **2 handles, 1 straight bar, and 1 lat pull-down bar** to the cables with **carabiners**.

Weight Plate Clips

1. Use the **plate holder clips** to secure weight plates on:
 - **Rear storage pegs**
 - **Pulley system**
 - **Smith machine**

Final Assembly Check

1. **Tighten all bolts** securely.
2. **Ensure all cables are correctly positioned** in pulley grooves.
3. **Verify the stability** of all attachments and components.
4. **Check the cable bolts** regularly for security.

Your Crossover Multi-Gym with Smith Bar is now ready for use!

Important notes:

- Before exercising with this piece of equipment, please ensure that all bolts and screws are securely tightened and that all pieces are stable.
- Always use the numbers on the vertical upright to keep both spotter arms and J-hooks at the same height on the rack and ensure your barbell remains secure.
- Remember to maintain your equipment by regularly checking the tightness of parts and ensuring the cables are in good condition, free from wear and damage. As a general rule of thumb, we recommend replacing the cables in your multi-gym once every one to two years, or more regularly depending on usage frequency.