



Smith Machine Attachment

ASSEMBLY INSTRUCTIONS

VER-SMA-001 · Bolts onto your VERVE rack or rig



EST. TIME 45–60 min	PEOPLE 2 people	DIFFICULTY Moderate
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Before You Begin.

This is an **attachment, not a standalone machine** — it bolts onto the outside front or outside back of your existing VERVE rack or rig. It fits the VERVE Tori Functional Trainer, Zen Power Rack, Satori Power Rack, Commercial Power Rack, Commercial Half Rack (front only) and VERVE Rigs.

Before you start, confirm your rack or rig is already fully assembled, level and anchored to the floor per its own manual — these steps assume that's done. Read every step before you begin and use the hardware inventory on the next page to check nothing is missing. This job goes fastest with two people: one holding a guide rail plumb against the rack, the other starting the bolts.

Tools required.

- **Socket wrench set** — 24mm, 17mm sockets
- **Open-end spanner** — 24mm — to hold the M16 nylock nuts while tightening
- **Hex key** — 8mm — for the M10×20 cap screws down each rail
- **A second person** — the guide rails are long and need holding plumb while the first bolts go in

SAFETY INFORMATION

Only fit this attachment to a rack or rig that is already assembled, stable and anchored to the floor per its own manual.

Before every session, slide the bar and carriage through their full range of travel — the linear bushings must move freely, with no binding or grinding.

Confirm the safety catch on each rail engages and locks onto the rack upright before you load the bar. Never train without it engaged.

Do not load weight onto the bar until every bolt in Steps 1–3 is fitted and fully tightened.

This attachment must be fitted by adults only; keep hands clear of the bracket while the second person aligns the bolt holes.

ASSEMBLY TIPS

Finger-tighten every bolt first, then fully tighten once each step is complete.

The notation 'M16×110' means a metric bolt: 16mm diameter, 110mm length. This kit uses two different M10×20 bolts — a hex-head bolt and a socket-head cap screw — check the hardware inventory before fitting either.

Always fit a washer under the bolt head. Where a nut is used (Step 1 only), fit a second washer under the nut.

This product has no separate part numbers — the inventory and diagrams identify every bolt by its size, e.g. 'M16×110'.

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Hardware Inventory.

Check all items before assembly. Quantities below are grouped by the step they are used in and cover both guide rails. There are no separate part numbers on this product — every bolt is identified by its size. If anything is missing, contact VERVE support before you start.

Step 1 — Bolt the top mounting bracket to the rack.

☐	M16×110	Hex Bolt	×4	Longest, thickest bolt — through the top bracket and the rack upright, 2 per rail
☐	Φ16	Flat Washer	×8	2 per bolt — one under the head, one under the nut
☐	M16	Nylock Nut	×4	One per bolt, on the far side of the rack upright

Step 2 — Lock each rail to the rack along its length.

☐	M10×20	Cap Screw	×28	Socket-head screw — 14 per rail, threads into the rack's weld nuts down the full height
☐	Φ10-BIG	Flat Washer (Large)	×28	One under each cap screw

Step 3 — Bolt the base plate to the rack.

☐	M10×20	Hex Bolt	×4	Hex head (not the cap screw above) — 2 per rail, secures the base plate to the rack
☐	Φ10	Flat Washer (Small)	×4	One under each base plate bolt

Step 4 — Test before you load the bar.

No hardware — this step is a function and safety check of the carriage, catch and rack.

STEP 1 OF 4

Bolt the top mounting bracket to the rack.

Hardware: 4× M16×110 hex bolts, 8× Φ 16 washers, 4× M16 nylock nuts

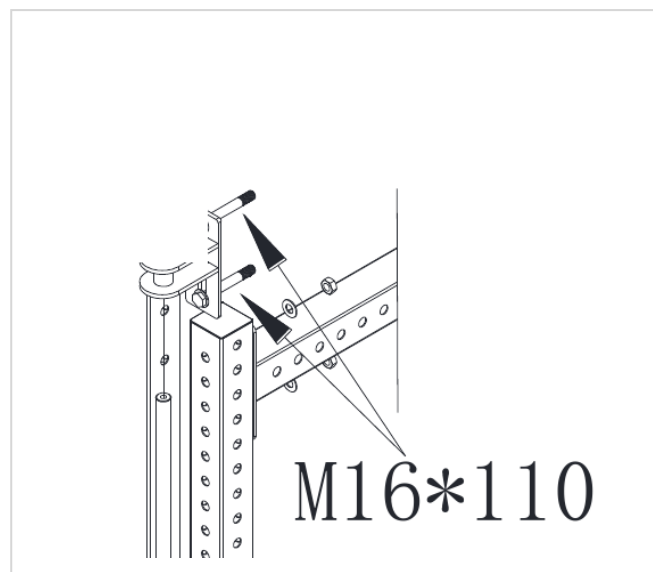
With a second person, lift each **guide rail** (the tall upright carrying the row of mounting holes) into place against the outside front or back of your rack upright.

At the top of each rail, line up the **mounting bracket** with the rack upright, near the rack's top crossbeam.

Push an **M16×110 bolt** through the bracket and the rack upright with a **Φ 16 washer** under the bolt head. Fit a second **Φ 16 washer** and an **M16 nylock nut** on the far side, then repeat for the second bolt on the same bracket.

Fit the opposite rail's bracket the same way — 4 bolts total, 2 per rail — then tighten with a 24mm socket while holding each nut with a 24mm spanner.

Tip: some VERVE racks use a widely spaced hole pattern rather than a continuous ladder (Zen and Satori Power Rack style) — the same M16×110 bolts and nuts pass straight through the rack tube on these models.



STEP 2 OF 4

Lock each rail to the rack along its length.

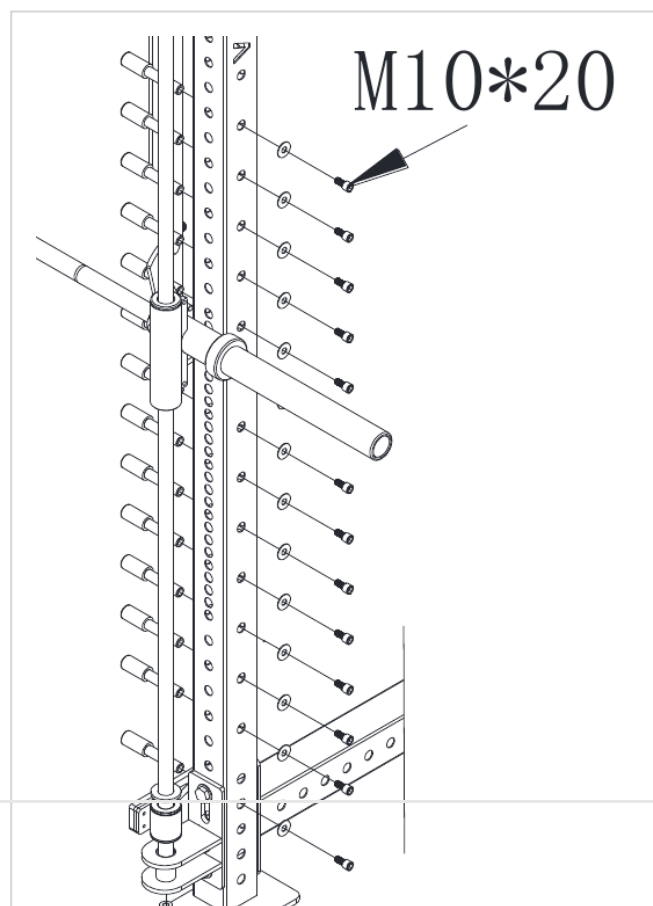
Hardware: 28× M10×20 cap screws, 28× Φ 10-BIG washers

Working down from the top bracket, fit an **M10×20 cap screw** with a **Φ 10-BIG washer** through each mounting hole in the rail and into the matching weld nut in the rack upright — 14 per side, 28 total.

Start every screw by hand before tightening any of them. This lets the rail settle flat against the rack instead of pulling in at one point.

Once every screw is started, tighten each one fully with an 8mm hex key.

Tip: check the rail sits flush against the rack along its whole length before you fully tighten the last few screws.



STEP 3 OF 4

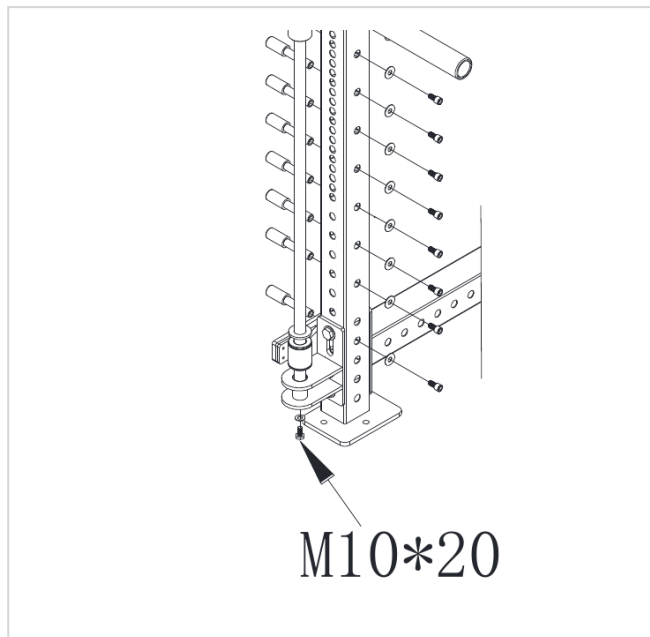
Bolt the base plate to the rack.

Hardware: 4× M10×20 hex bolts, 4× Φ10 washers

At the bottom of each rail, line up the **base plate** with the matching holes on the rack.

Fit an **M10×20 hex bolt** with a **Φ10 washer** through each of the two holes in the base plate and into the rack — 2 per side, 4 total. Tighten with a 17mm socket.

Tip: once both base plates are down, go back over every bolt from Steps 1–3 and bring them up to firm, hand-tight-plus-a-quarter-turn.



STEP 4 OF 4

Test before you load the bar.

Slide the **bar and carriage** up and down the full length of both rails. It should move smoothly, with no binding, grinding or side-to-side play.

At several heights, engage the **safety catch** on each side and confirm it locks positively onto the rack upright before you let go of the bar.

Check the rack or rig itself is stable, sits flat and is anchored to the floor per its own manual — the Smith attachment loads the rack's upright directly, so the rack must be secure before you add weight.

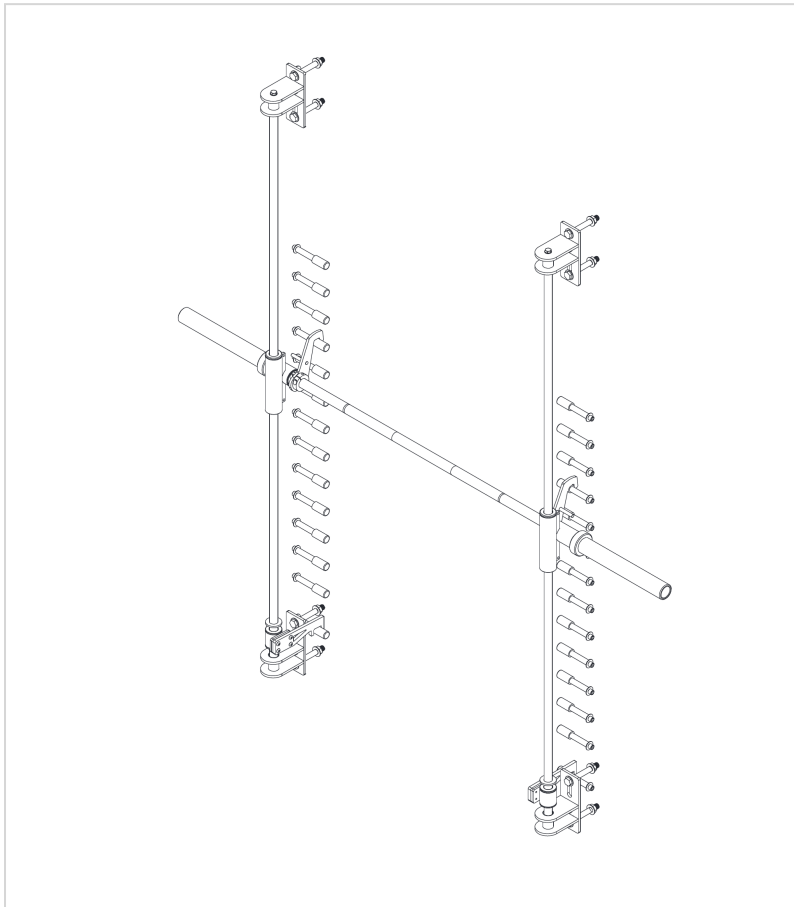
Tip: start with an empty bar to confirm smooth travel and a positive catch, then add plates.



ASSEMBLY COMPLETE

That's it — your Smith Machine Attachment is bolted to the rack. Run through the final checks on page 6 before your first session.

Parts Diagram.



CODE	PART	QTY
M16×110	Hex bolt	4
Φ16	Flat washer	8
M16	Nylock nut	4
M10×20	Cap screw	28
Φ10-BIG	Flat washer (large)	28
M10×20	Hex bolt	4
Φ10	Flat washer (small)	4

Final checks.

- ☐ All 36 bolts across the top brackets, rail spine and base plates are fitted and fully tightened.
- ☐ The bar and carriage slide the full length of both rails with no binding or side play.
- ☐ The safety catch on each rail engages and locks positively at your working height.
- ☐ The rack or rig is stable, sits flat, and is anchored to the floor per its own manual.
- ☐ Re-check every bolt after your first training session.

NEED HELP?

Missing parts, damaged components or assembly questions — we'll sort it fast.

Contact support@vervefitness.com or visit vervefitness.com/support