



warm tips :please read the instruction carefully before using the product and keep it properly.

READ AND SAVE THESE INSTRUCTIONS FOR FUTURE USE

**ASSEMBLY INSTRUCTION**

Installation diagram

Complete installation: as show in the figure



Thank you for purchasing this product. in order to use this product correctly, please read this instruction carefully.

### Safety

#### CAUTION

- Do not use when you are sick
- Children should be accompanied by adults to prevent accidents
- When using, please wear comfortable clothes, please avoid wearing slippers, skirts, etc
- Excessive exercise may affect the health of the body, begin with the most appropriate amount of exercise
- This product maximum user weight is 120KG, the overload will cause failure
- Before use, please check that all parts are properly installed and that the screw caps are screwed in place
- IT is best to consult a fitness instructor before using the equipment
- In the process of use, it is strictly prohibited to use high-risk movements and unreasonable methods of use

## Pay attention

- This product is a general household appliance, please avoid commercial use
- Please avoid using in places with fire
- When exercising, please go to spacious places where nobody is around and away from dangerous goods
- If this product is not used, it may hurt the floor surface. Be sure to use it after covering a layer










If not in use, please do not put in the following places:

- A. a place that overheated and super cooled
- B. direct sunlight outside the house
- C. gas furnace, near the fire
- D. cool and humid places
- E. places where children can touch
- F. the place where lampblack and water vapor
- This product should be used in a flat way



## Installation diagram

Step 1: open the package and confirm the product assembly base

FRAME BASE		2 PIECES
MAIN FRAME		2 PIECES
EXTENSIO N TUBE		2 PIECES
CONNECTI ON TUBE		1 PIECE
reinforcin g		2 PIECES
parallel bars		2 PIECES
backrest lever		1 PIECE
horizontal bar		1 PIECE
FOOT COVER		4 PIECES

## Installation diagram

### toolkit accessories

semicircle head square neck screw <b>M8*40 (4 PCS)</b>	half-round head screw <b>M8*80 (2 PCS)</b>	hexagonal screw <b>M8*15 (2 PCS)</b>
		
hexagonal screw <b>(10 PCS)</b>	Plastic handle screw <b>M8*45 (4 PCS)</b>	plastic handle nut <b>(4 PCS)</b>
		
nut <b>M8 (16 PCS)</b>	hexagonal screw post <b>M6*20 (2PCS)</b>	hexagonal screw <b>M6*15 (2 PCS)</b>
		
arc gasket <b>(8PCS)</b>	Circular gasket <b>(6PCS)</b>	Reinforced iron sheet <b>(2 PCS)</b>
		
External six angle wrench <b>(1 PCS)</b>  inner hexagon spanner <b>(2 PCS)</b>		

## Installation diagram

Step 2: install four foot

- 1) four foot cover respectively into the foot tube (note that the foot cover parallel to the ground)



Step 3: install the main

- 1) tighten the connecting piece of the main pipe with the M8 nut of the pin tube through the lower side with the semicircle head square neck screw



## Installation diagram

Step 4: install the main frame

- 1) with four hexagon M8\*40 screws on the strengthening plate, and from the outside through, tighten with M8 nuts



Step 5: install the reinforcing

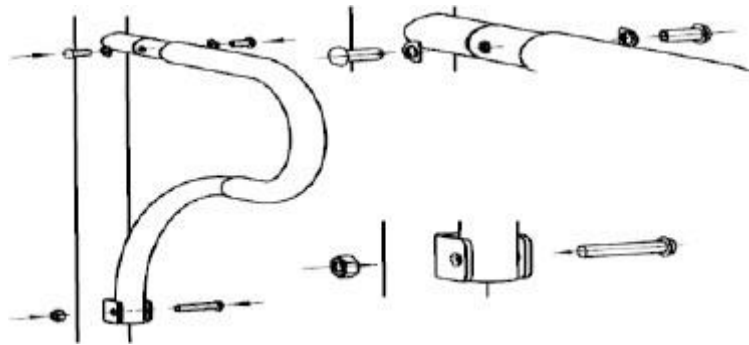
- 1) use four hexagonal M8\*40 screws to insert from the outside, and tighten with M8 nuts



## Installation diagram

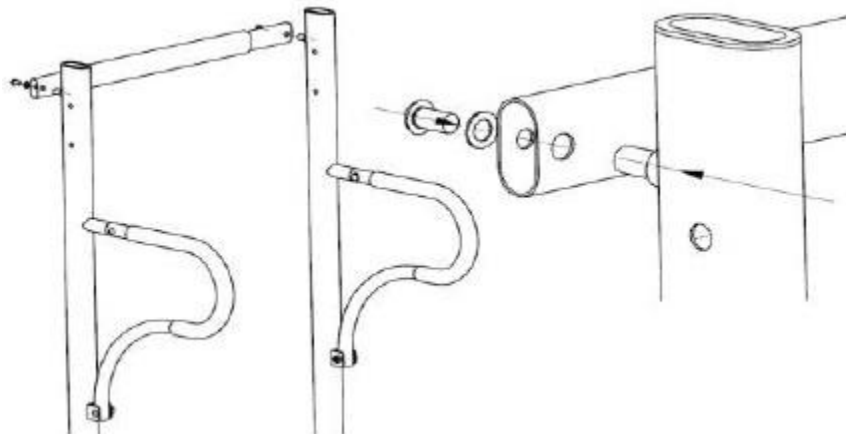
Step 6: install parallel bars

- 1) hole alignment, the top with M6\*20 screw through, place arc gasket, with M6\*15 hexagon screw fastenting
- 2) Bottom end fastened with M8\*40 hexagon screw through M8 nut



Step 7: install backrest lever

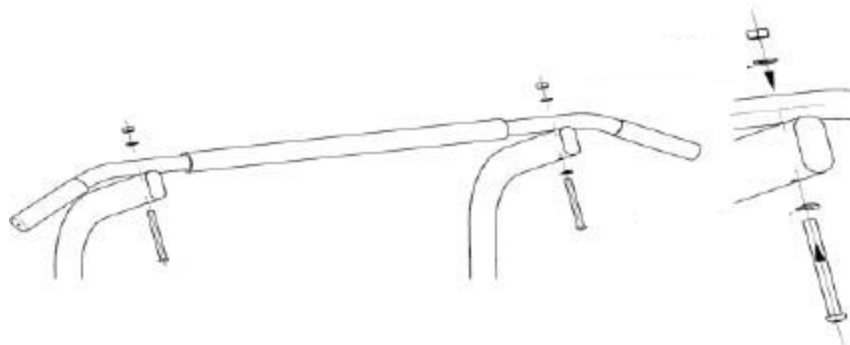
- 1) the size of the inner and outer hole of the backrest pipe is not consistent, the large hole is installed inwardly, with M8\*15 semicircle head screws into the fastening.



## Installation diagram

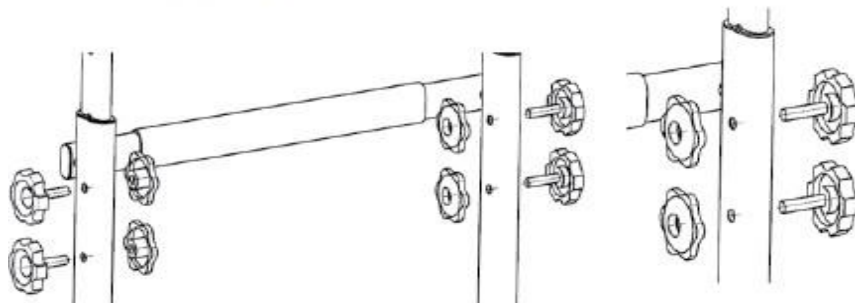
Step 8: install the horizontal bar

- 1) put the horizontal bar on the upper arm, hole alignment with a semicircle head M8\*90 screw from bottom through, tighten with M8 nuts



step 9: install the vice pipe, adjust the height suitable for their own

- 1) directly from the top of the main frame through the vice pipe, adjust to the appropriate height, the hole alignment
- 2) tighten M8\*45 plastic handle screw through the plastic handle nut of M8 in the main frame and auxiliary pipe



US



001-877-644-9366  
customerservice@aosom.com

CA



001-855-537-6088  
customerservice@aosom.ca

UK



0044-800-240-4004  
enquiries@mhstar.co.uk

DE



0049-(0)40-88307530  
service@aosom.de

FR



0033-1-84166106  
contact@aosom.fr

ES



0034-931294512  
atencioncliente@aosom.es

IT



0039-0249471447  
clienti@aosom.it