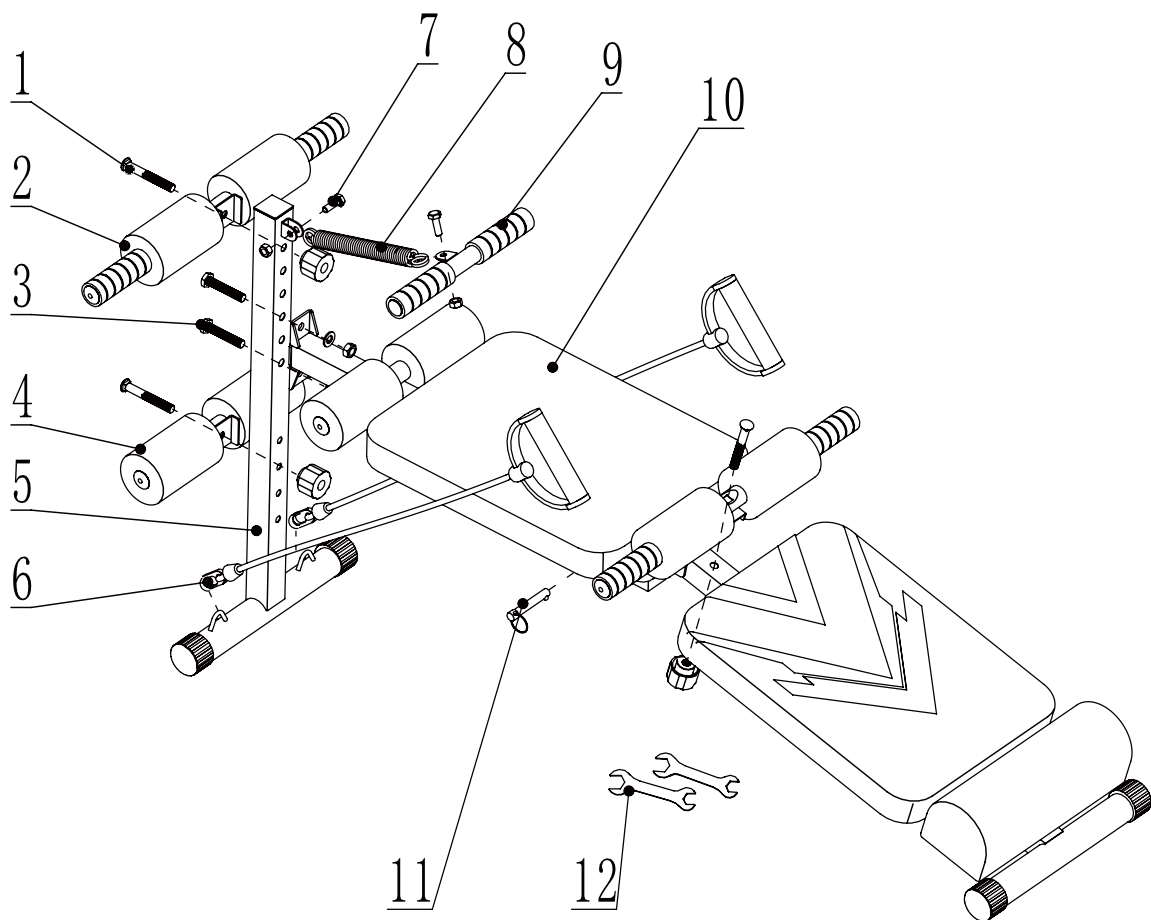


Please read all the instructions in the manual carefully before installing and using the product, and keep the instructions properly

READ AND SAVE THESE INSTRUCTIONS FOR FUTURE USE

# ASSEMBLY INSTRUCTION

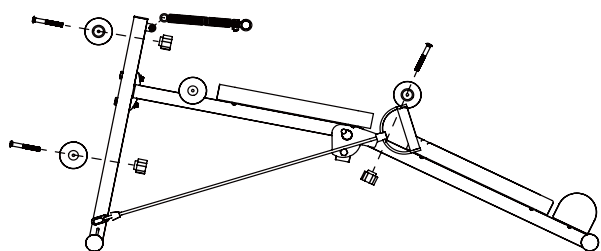
# Installation diagram



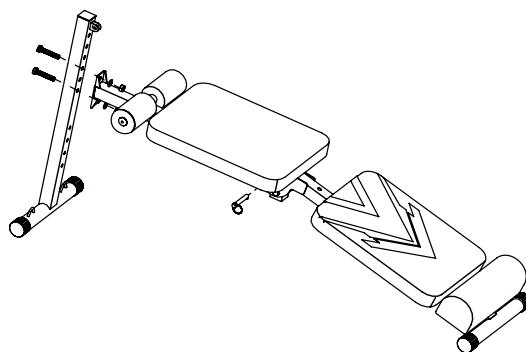
- |   |   |
|---|---|
| 1. Carriage bolt M10 * 75, plum twist(3)              | 7. Outer hexagonal bolt M8 * 20,<br>M8 loose nut(2) |
| 2. Long rubber cotton(2)                              | 8. Rae(1)   |
| 3. Outer hexagonal bolt M10 * 50,<br>nut, flat pad(2) | 9. Help handle(1)                                   |
| 4. Short rubber cotton(1)                             | 10. Main panel(1)                                   |
| 5. T frame(1)   | 11. bolt $\varnothing 10 * 60(1)$                   |
| 6. Pull rope(2)                                       | 12. Wrench 14-17mm(2)                               |

## Removal steps:

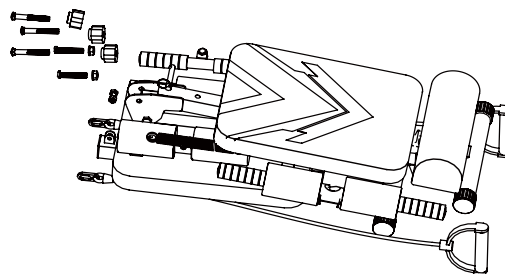
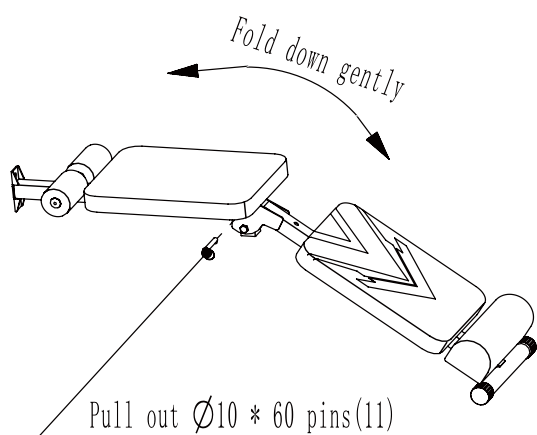
Loosen loose nut(7) with wrench(12)  
Remove pull spring(8), help handle(9)  
Loosen Plum Nut(1)  
Remove long rubber cotton(2), short rubber cotton(4)  
Pull rope (6)



Release nut (3) with wrench(12)  
Remove T-Frame (5)



Remove complete box  
preservation



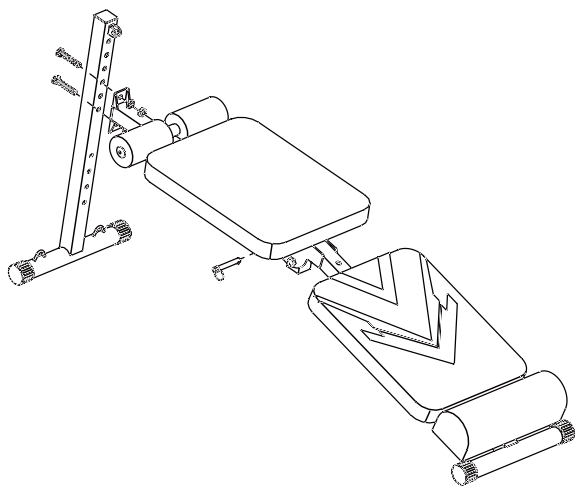
# Installation steps:

## Step 1

T frame(5) and main frame(10)

Use outer hexagonal M10 \* 50, flat pad, nut(3)

Connection Fixed

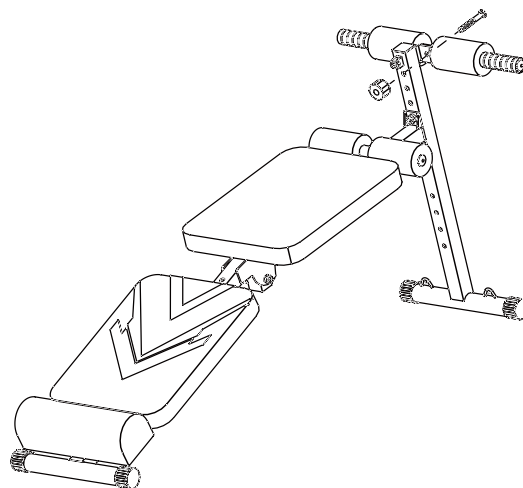


## Step 2

Place long rubber cotton(2) and T-frame(5)

With carriage bolt M10 \* 75, plum twist(1)

Connection Fixed

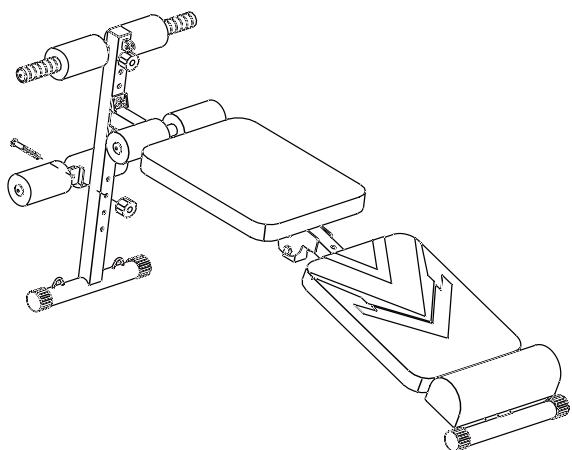


## Step 3

Put short rubber cotton(4) and T frame(5)

With carriage bolt M10 \* 75, plum twist(1)

Connection Fixed

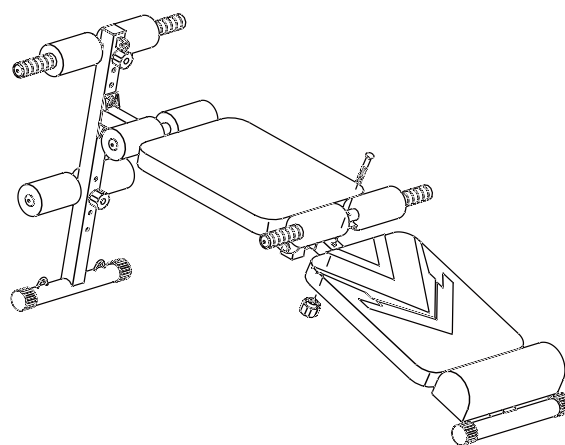


## Step 4

Place long rubber cotton(2) and main frame(10)

With carriage bolt M10 \* 75, plum twist(1)

Connection Fixed



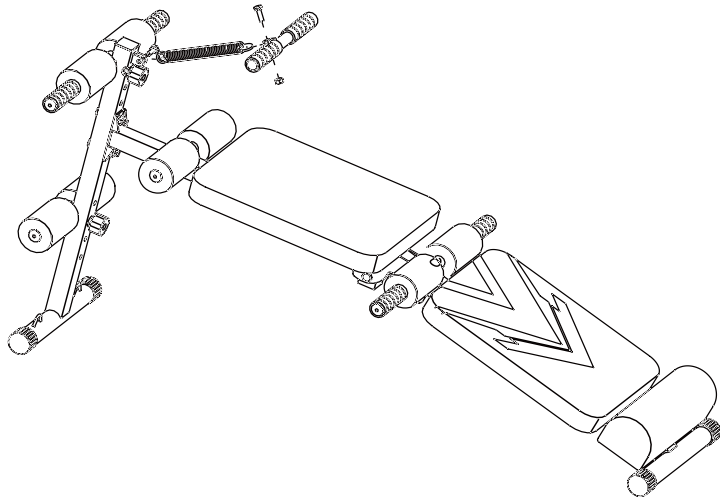
## Installation steps:

### Step 5

Pull the spring(8) and the T-frame(5) to help the handle(9)

Use outer hexagonal bolt M8 \* 20, M8 loose nut(7)

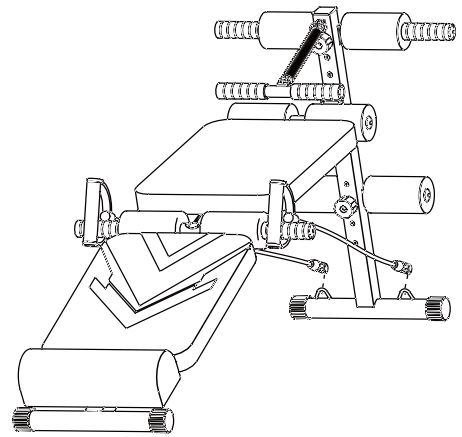
Connection Fixed



### Step 6

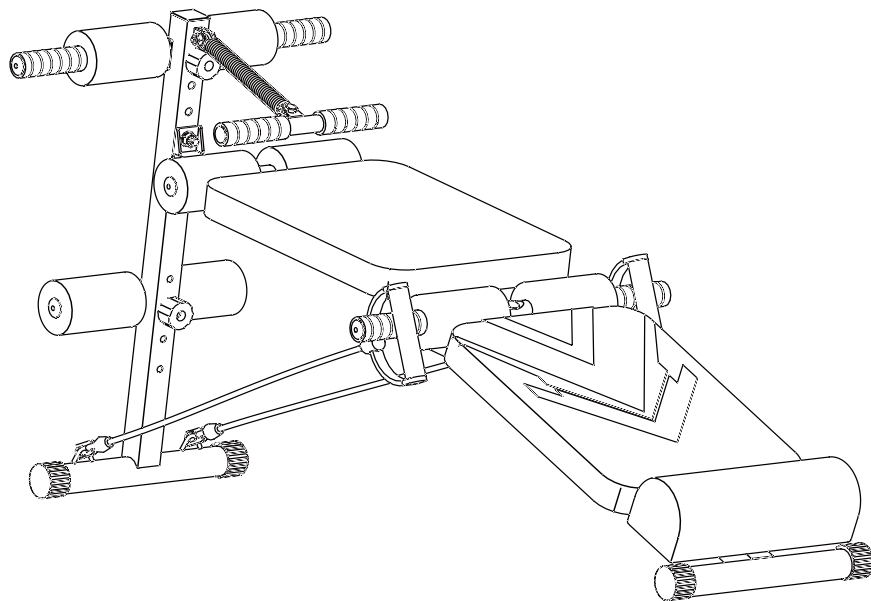
Hang cable(6) into T-rack(5)

Can



Installation complete

Enjoy your workout.



# Safety knowledge

1, Before assembling and using the training equipment, it is very important to read carefully all the contents of the instruction manual. Only the correct installation, maintenance and use of the training equipment can achieve a safe and effective training effect. It is important to ensure that all users are familiar with all the warnings and precautions of the training equipment

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2, Before using the training equipment, the user should consult a doctor according to his own physical condition to prevent health or safety accidents during the training process so that normal training can not be carried out. If the user is undergoing medication and the treatment affects heart rate, blood pressure, and cholesterol indicators, be sure to follow the doctor's advice before training.

3. Be aware of your physical condition at all times. Incorrect or excessive training can be detrimental to your health. If you have the following symptoms(including headache, chest, irregular heartbeat, shortness of breath, dizziness, dizziness, nausea, etc.), please stop training immediately and continue training only after the doctor has checked and confirmed that there is no problem

4. Keep your children and pets away from this training equipment, which is available for adults only.

5. Please place the training equipment in a solid, flat place, and place a protective layer on the floor and carpet surface to prevent ground damage. For your safety, please ensure that the distance between the perimeter of the training equipment and each obstacle is not less than 0.5 M.

6. Before using the training equipment, please check that all screws and nuts that need to be locked are locked to ensure that they can be used later.

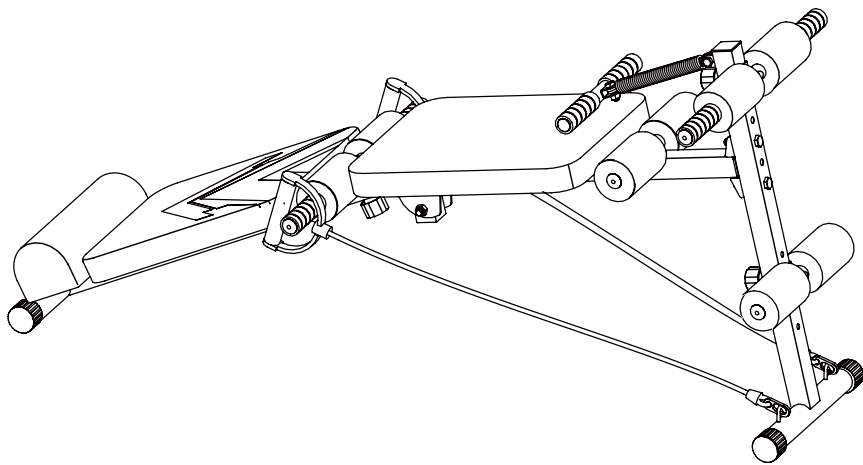
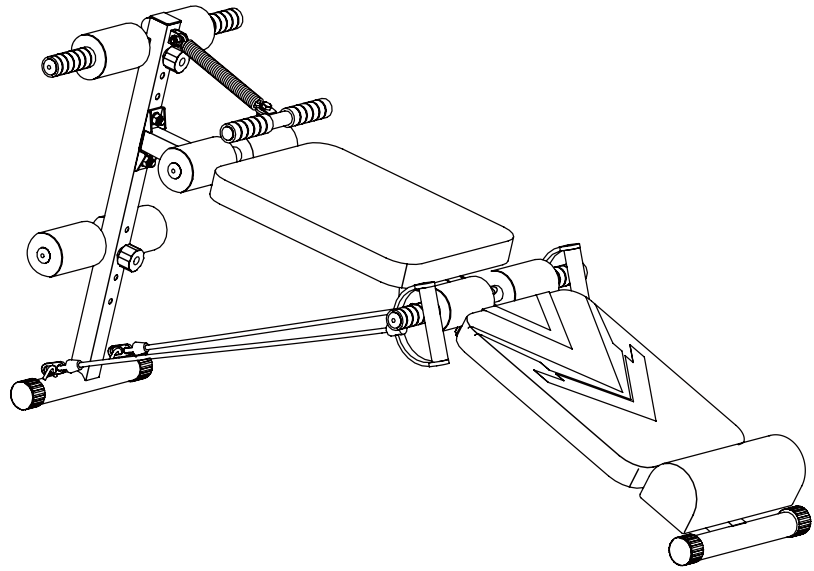
7. The safe use of the training equipment can only be ensured by frequent repair and maintenance of areas that are prone to damage, wear and breakage.

8. Please ensure that the equipment is used in the manner specified in the manual. When defective parts are found during assembly and repair, or noise is emitted during use, please stop operation and use immediately. Ensure that all directions are resolved before proceeding.

9. When using the training equipment, wear suitable training clothes and avoid wearing large clothes. Large clothes may be stuck by the machine, hinder operation and may be trapped on the equipment and can not be moved.

10. The training equipment is not suitable for medical equipment.

11. Be careful not to hurt your back while lifting or moving the training equipment. Use the correct method of movement, or with the assistance of others.



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