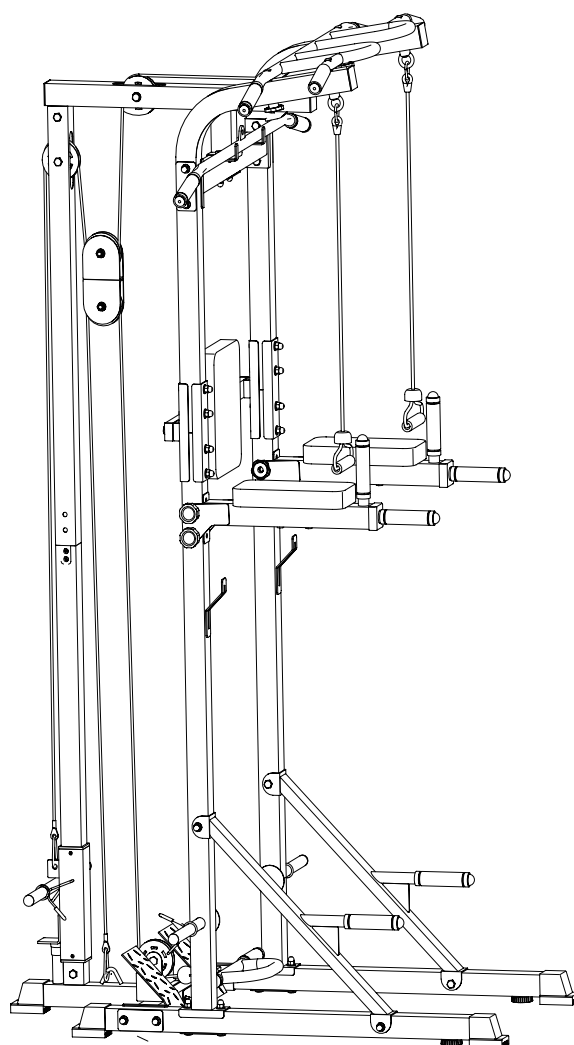




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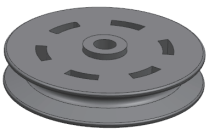

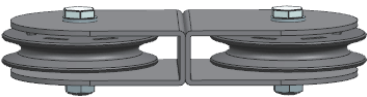
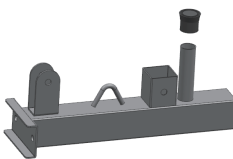

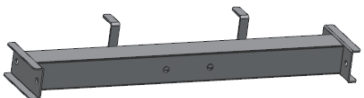

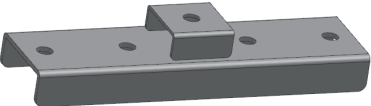
Please read all the instructions in the manual carefully before installing and using the product, and keep the instructions properly

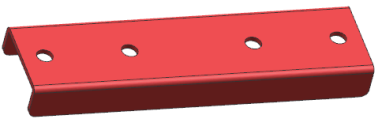
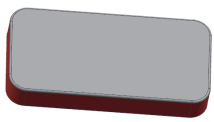
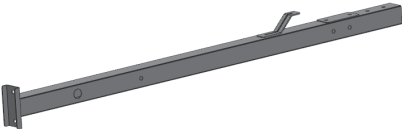

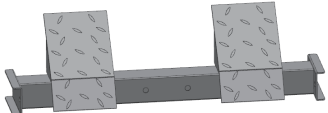

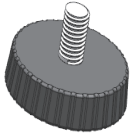
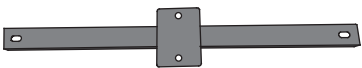
IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

ASSEMBLY INSTRUCTION

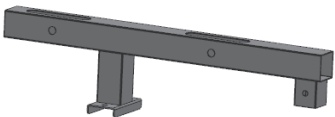

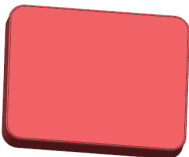


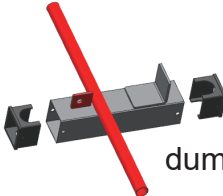

PACKING DETAILS:TOTAL 2 BOXES

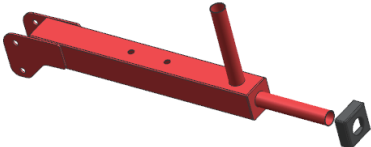



BOX-1/2

NO.	PARTS	QTY
4.	 pulley	4
6.	 rear upper column	1
7.	 pulley seat	1
16.	 rear chassis	1
18.	 top handle	1
21.	 upper connector	1
23.	 dumbbell handle	1
24.	 mid-range backrest mount	2



NO.	PARTS	QTY
25.	 fixed connecting piece	2
27.	 elbow pads	2
29.	 column tube	2
35.	 strengthen the connecting piece	8
36.	 chassis connector	1
39.	 dumbbell lower handle frame	1
40.	 foot pad	2
41.	 TOOL	1

BOX-2/2

NO.	PARTS	QTY
1.	 top frame	1
3.	 upper main column tube	2
8.	 mid-range back rest	1
13.	 rear column tube	1
14.	 wire rope $\phi 7 \times 3060$	2
15.	 dumbbell rack	1
22.	 elastic drawstring $\phi 10 \times 800$	2

NO.	PARTS	QTY
26.	 mid-range handle	2
33.	 support frame	2
34.	 spare dumbbell rack	2
38.	 chassis	2
	Big Hardware	1
	Small Hardware	1

Small Hardware





NO.	PARTS	QTY
10.	 10*70	24
		24

NO.	PARTS	QTY
		24

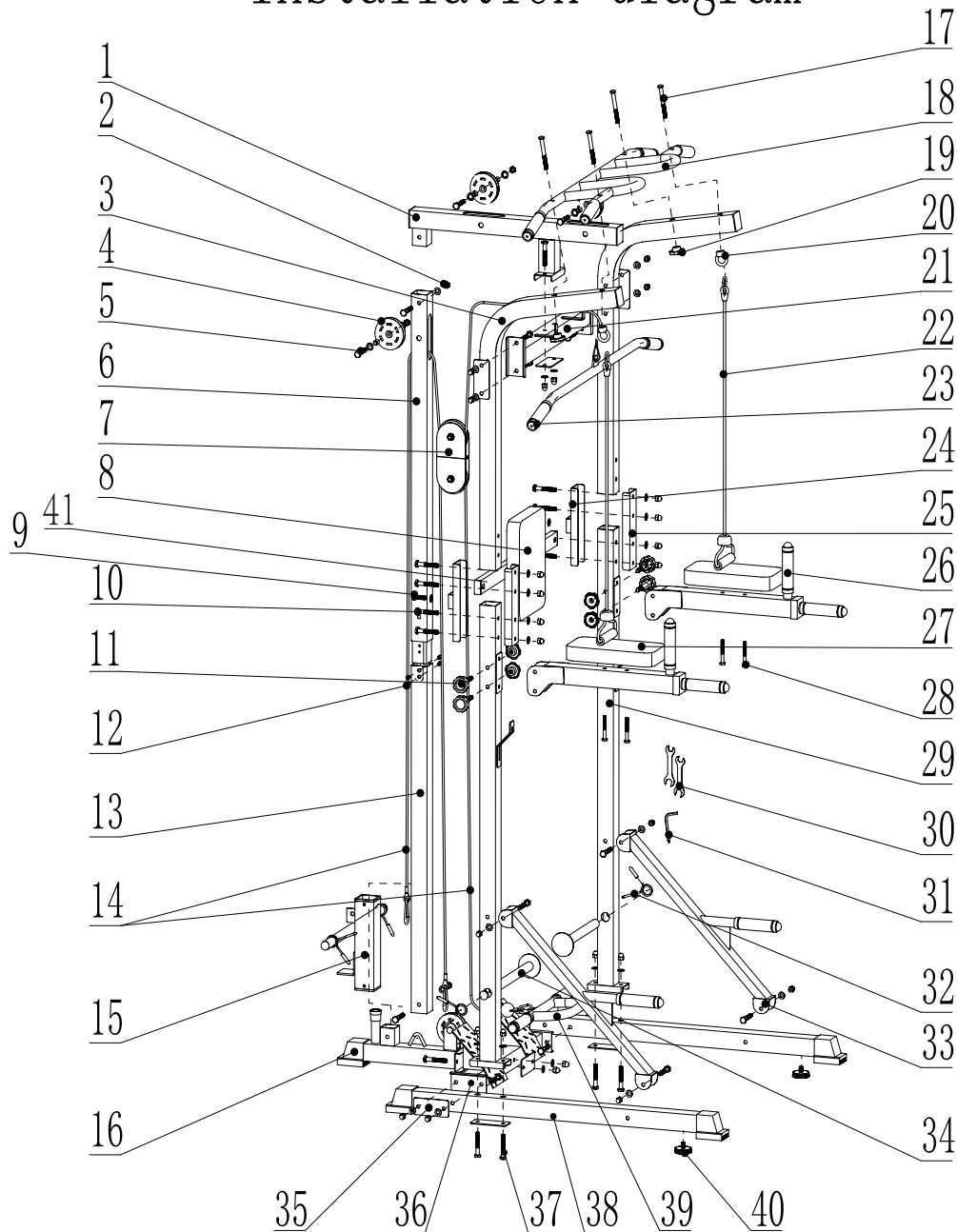
Big Hardware

NO.	PARTS	QTY
40.		2
12.	 6*14	4
20.		2
	 10*70	5
5.		6

NO.	PARTS	QTY
28.	 8*60	4
30.	 14-17#	2
11.		4
		6
32.		4

NO.	PARTS	QTY
		4
9.	 10*35	1
17.	 10*90	1
31.		1

Installation diagram



- | | | |
|---|----------------------------------|---|
| 1, top frame (1) | 13, rear column tube (1) | 28, hex bolt M8*60 (4) |
| 2, hexagonal bolt M10*65
M10 locknut Ø10 flat pad (2) | 14, wire rope Ø7*2915 (2) | 29, column tube (2) |
| 3, upper main column tube (2) | 15, dumbbell rack (1) | 30, wrench 14-17# (2) |
| 4, pulley (4) | 16, rear chassis (1) | 31, Hexagon Phillips screwdriver (1) |
| 5, hexagonal bolt M10*65
M10 locknut, steel sleeve, Ø14 washer (3) | 17, carriage bolt M10*90 (4) | 32, dumbbell circlip (4) |
| 6, rear upper column (1) | 18, top handle (1) | 33, support frame (2) |
| 7, pulley seat (1) | 19, plum nut M10 (6) | 34, spare dumbbell rack (2) |
| 8, mid-range backrest (1) | 20, eye nut M10 (2) | 35, strengthen the connecting piece (8) |
| 9, hexagonal bolt M10*35, Ø10 flat pad (2) | 21, upper connector (1) | 36, chassis connector (1) |
| 10, hex bolt M10*70
M10 cap nut Ø10 flat pad (8) | 22, elastic drawstring (2) | 37, hex bolt M10*6
M10 cap nut Ø10 flat pad (20) |
| 11, injection head bolt M10*65 (4) | 23, dumbbell handle (1) | 38, chassis (2) |
| 12, cross countersunk head bolt M6*14 (4) | 24, mid-range backrest mount (1) | 39, dumbbell lower handle frame (1) |
| | 25, fixed connecting piece (2) | 40, foot pad (2) |
| | 26, mid-range handle (2) | |
| | 27, elbow pads (2) | |

Installation steps:

Step 1:

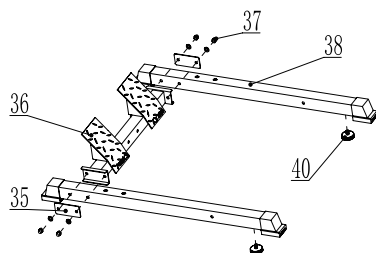
Reinforcing the connecting piece (35) with the chassis (38) and the chassis connecting member (36)

Use hexagon bolts M10*65, M10 cap nut, Ø10 flat washer (37)

Connection fixed

Twist the foot pad (40) onto the chassis (38)

You can

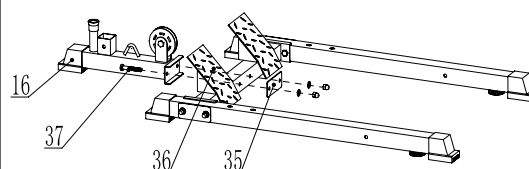


Step 2:

Reinforcing the connecting piece (35) with the rear chassis (16) and the chassis connecting member (36)

Use hexagon bolts M10*65, M10 cap nut, Ø10 flat washer (37)

Connection fixed

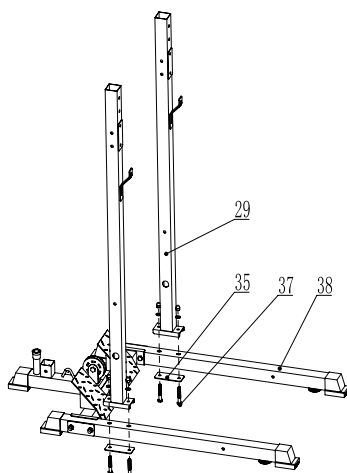


Step 3:

Reinforce the connecting piece (35) with the column tube (29) and the chassis (38)

Use hexagon bolts M10*65, M10 cap nut, Ø10 flat washer (37)

Connection fixed

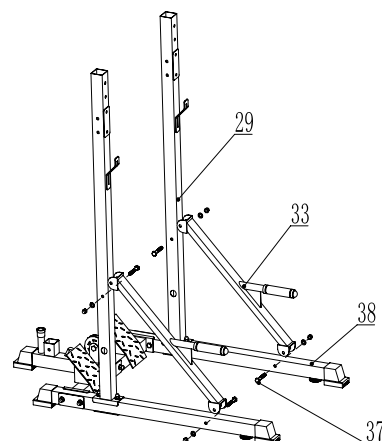


Step 4:

Support frame (33) and column tube (29) chassis (38)

Use hexagon bolts M10*65, M10 cap nut, Ø10 flat washer (37)

Connection fixed

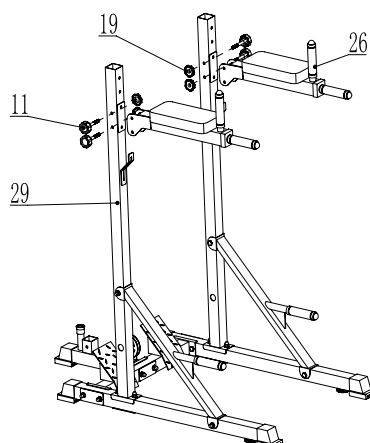


Step 5:

Mid-range handle (26) and column tube (29)

Injection head bolt M10*65 (11) plum nut M10 (19)

Connection fixed

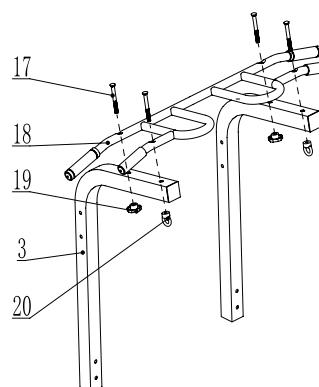


Step 6:

Place the top handle (18) with the upper main column tube (3)

With carriage bolt M10*90 (17) plum nut (19) eye nut (20)

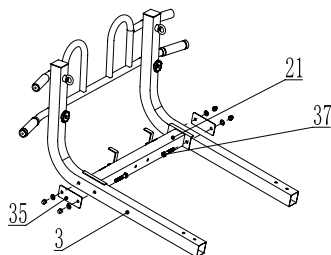
Temporarily put the nut on it and wait for the next step.



Installation steps:

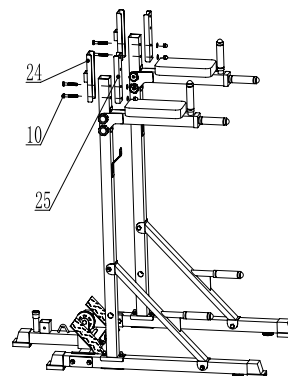
Step 7:

Reinforcing the connecting piece (35) with the upper connecting piece (21) and the upper main column tube (3)
Use hexagon bolts M10*65, M10 cap nut, Ø10 flat washer (37)
Connection fixed and tightened in the previous step



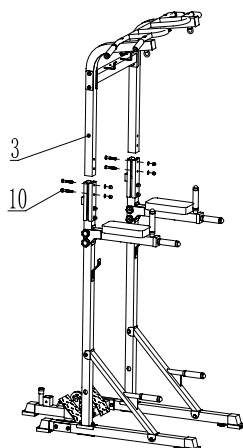
Step 8:

Fix the connecting piece of the mid-range backrest (24) (25)
Use hexagon bolts M10*70, M10 cover nut, Ø10 flat washers (10)
Temporarily put the nut on it and wait for the next step.



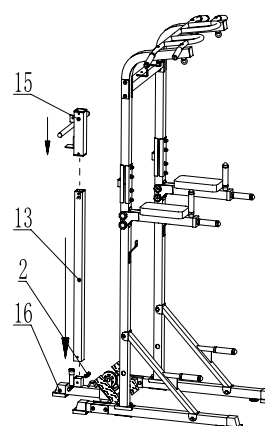
Step 9:

Insert the upper main column tube (3) into the eighth step
Use hexagon bolts M10*70, M10 cover nut, Ø10 flat washers (10)
Connection fixed and tightened in the previous step



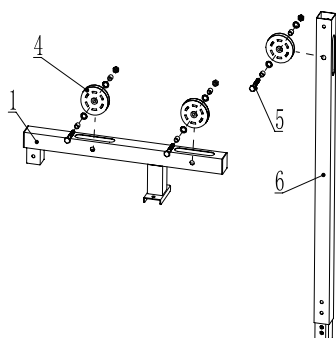
Step 10:

1. Insert the rear main column tube (13) into the rear chassis (16)
Use hexagon bolts M10*65, M10 locknuts, Ø10 flat washers (2)
Connection fixed
2. put the dumbbell frame (15) into the rear column tube (13)



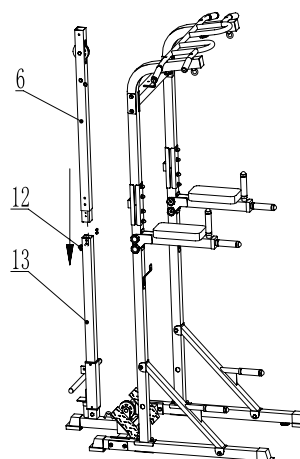
Step 11:

Use the hexagonal bolt 10*65, steel sleeve, Ø14 washer, M10 locknut (5) for the pulley (4)
1, fixed on the top frame (1)
2, fixed to the rear upper column (6)



Step 12:

Insert the rear upper main column (6) into the rear column tube (13)
With a countersunk head bolt M6*14 (12)
Connection fixed

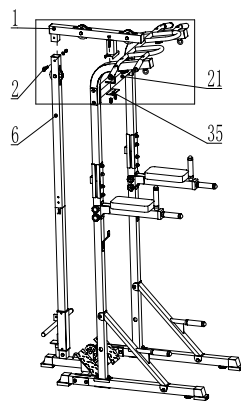
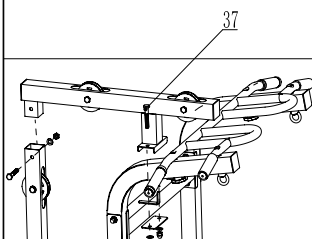


Installation steps:

Step 13:

Top frame (1) and rear upper column (6)
Upper connecting piece (21) reinforcing
connecting piece (35)

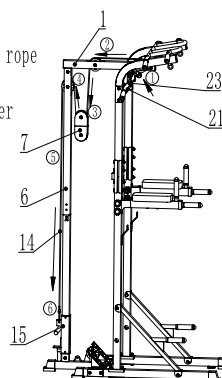
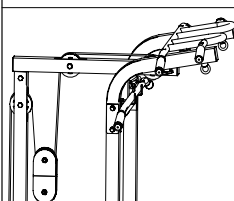
Use hexagon bolts M10*65,
M10 locknut, Ø10 flat pad (2)
M10 cap nut, Ø10 flat pad (37)
Connection fixed



Step 14:

In the order of the arrows

1. Pass the wire rope (14) into the top frame (1).
- 2, then put into the pulley seat (7) rear upper column (6)
- 3, hang into the dumbbell rack (15),
- 4, hang the dumbbell handle (23) on the wire rope hook (14)
- 5, then put the dumbbell handle into the upper connector hook (21)

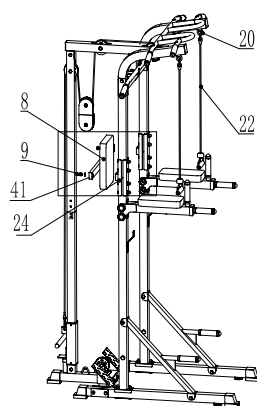
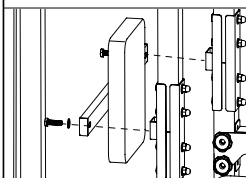


Step 15:

- 1, the mid-range backrest (8) and the mid-range backrest mount (24)

Use hexagon bolts M10*35, Ø10 flat washers (9)
Connection fixed

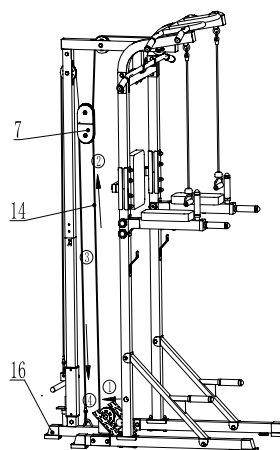
2. Attach the elastic drawstring (22) to the eyebolt nut (20)



Step 16:

In the order of the arrows

Pass the wire rope (14) into the rear chassis (16) pulley seat (7)
Hanging into the rear chassis (16)



Step 17:

- 1, will be spare dumbbell rack tube (34)

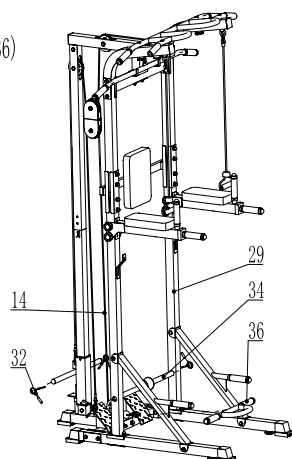
Insert the column tube (29)

Insert dumbbells, circlips with dumbbells (32)

Catch up

- 2, the dumbbell lower handle (36)

Hanging wire rope (14)



Step 18:

Be sure to be safe!

Please check the bolts and nuts again.

Are you all twisted and twisted in place?

Is the wire rope in the middle of the pulley?

Hooks and dumbbell circlips are in place.

The installation is complete

I wish you a happy workout!

Foot pad (40)
Fine tuning up and down
Guaranteed product
Smooth without shaking

