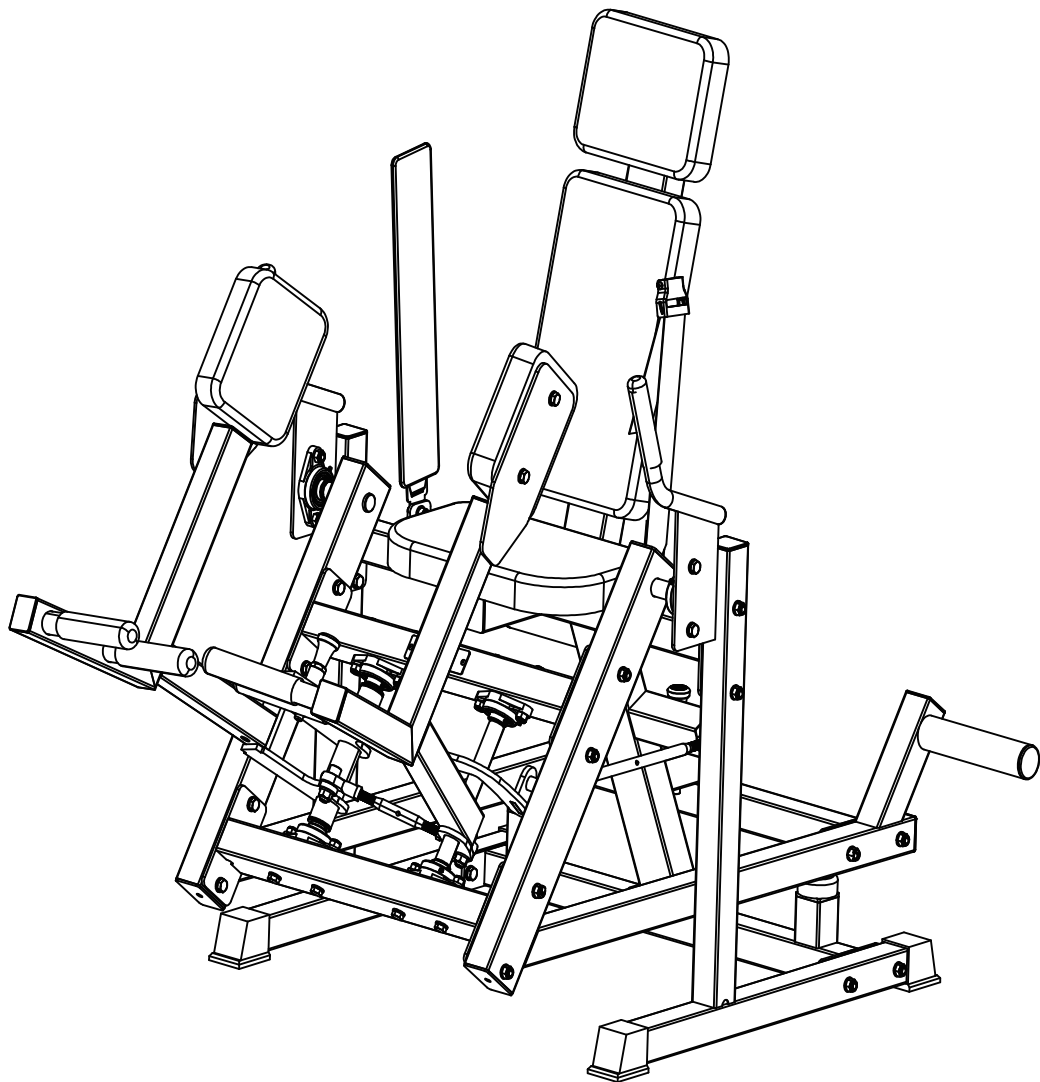


GMWD

ASSEMBLY INSTRUCTIONS



Read all precautions and instructions in this manual before using this equipment

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ASSEMBLY CAUTION

Please carefully read the following information before installation

Assembling requires at least two people

Do not tighten all screws before assembly is complete

Ensure that all accessories are complete. If not, please contact us via email



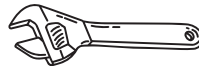
If you are missing any parts, or otherwise have any warranty issues, please contact us first.
support@gmwdfitness.com

Shortcut: A Lot of People Doing That Way

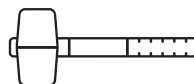
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

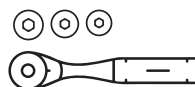
- Adjustable wrenches



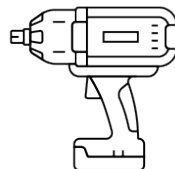
- Rubber hammers



- Socket set



- Electric Wrench



WARNING



Choking hazard. Small parts-Please exercise caution if small children or pets are present.

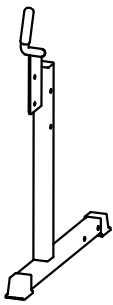
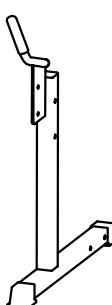
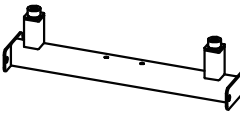
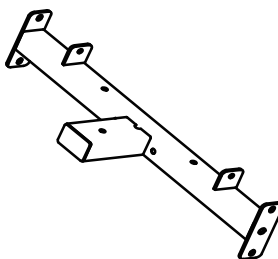
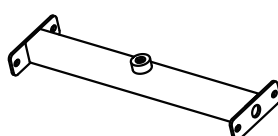
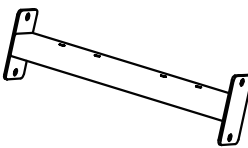
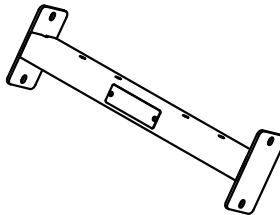
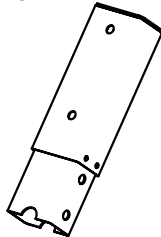
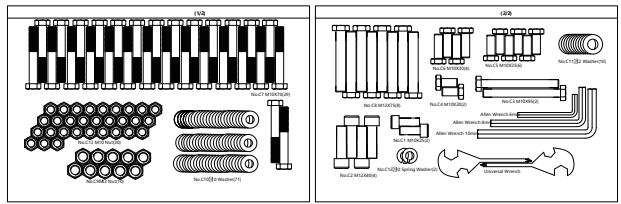


Sharp objects may be involved. Use precaution and protection.

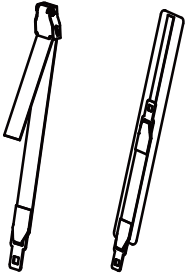
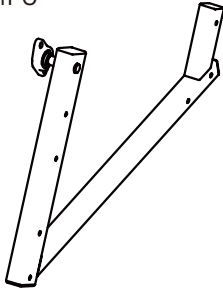
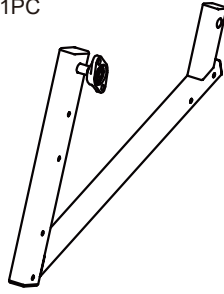
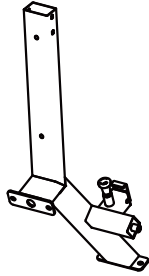
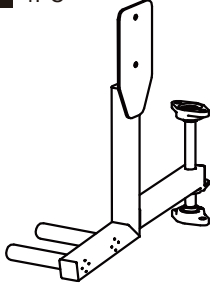
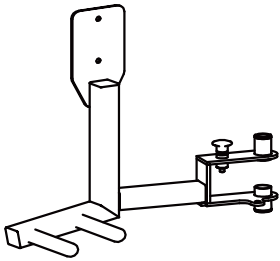
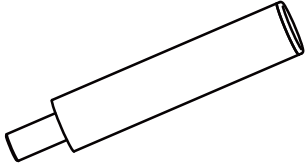
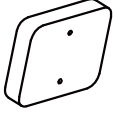
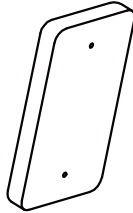
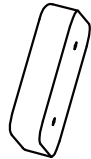


Heavy object. Use lifting aids and proper lifting techniques when moving

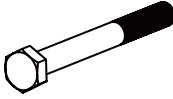
CARTON 1

A1 Right Handle Frame 1PC	A2 Left Handle Frame 1PC	A3 Base Connecting Tube 1PC	A4 Belts Frame 1PC
			
A5 Rear Connecting Tube 1PC	A6 Front Connecting Tube 1PC	A7 Logo Cross Tube 1PC	A8 Head Cushion Frame 1PC
			
A9 HARDWARE KIT 2PCS			
			

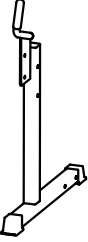
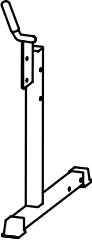
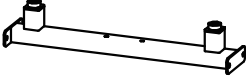
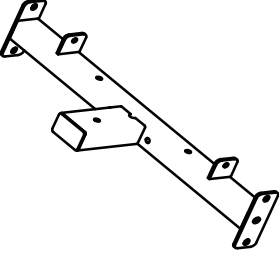
CARTON 2

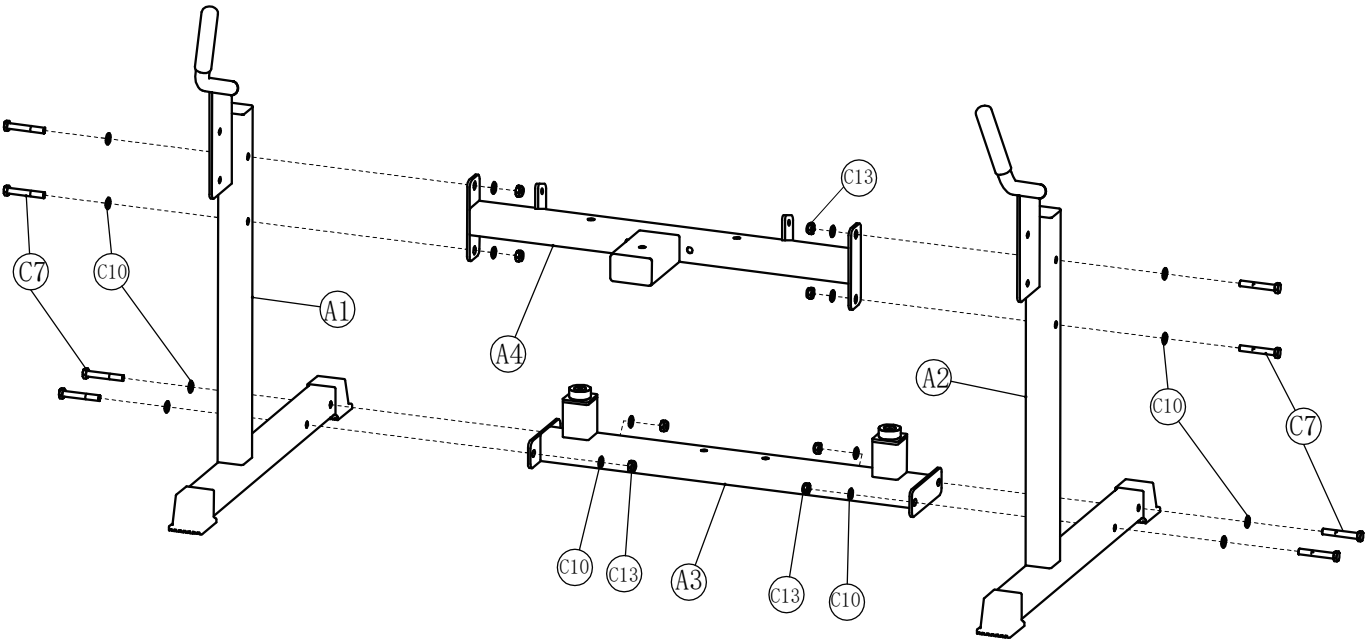
B1 Safety Belt 1PC	B2 Right Frame 1PC	B3 Left Frame 1PC	B4 Backrest Supporting Frame 1PC
			
B5 Left Pedal Frame 1PC	B6 Right Pedal Frame 1PC	B7 Pedal Connecting Frame 1PC	B8 Axis (280mm) 1PC
			
B9 Bearing 2PCS	B10 Gas Spring Frame (Short) 1PC	B11 Gas Spring Frame (Long) 1PC	B12 Weight Holder Pin 2PCS
			
B13 Head Cushion 1PC	B14 Back Cushion 1PC	B15 Leg Cushion 2PCS	B16 Seat Cushion 1PC
			

HARDWARE LIST

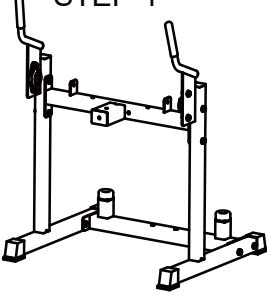
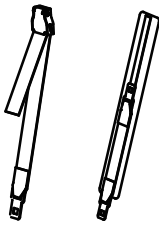
C1 Hex Socket Cap Screw (M10*25) 2PCS 	C2 Hex Socket Cap Screw (M12*40) 4PCS 	C3 Bolt M10 * 95 2PCS 	C4 Bolt M10*20 2PCS 
C5 Bolt M10*25 6PCS 	C6 Bolt M10*30 4PCS 	C7 Bolt M10*70 29PCS 	C8 Bolt M12*75 8PCS 
C9 M12 Locknut 10PCS 	C10 M10 Washers 71PCS 	C11 M12 Washers 10PCS 	C12 Spring Washers 2PCS 
C13 M10 Locknut 30PCS 			

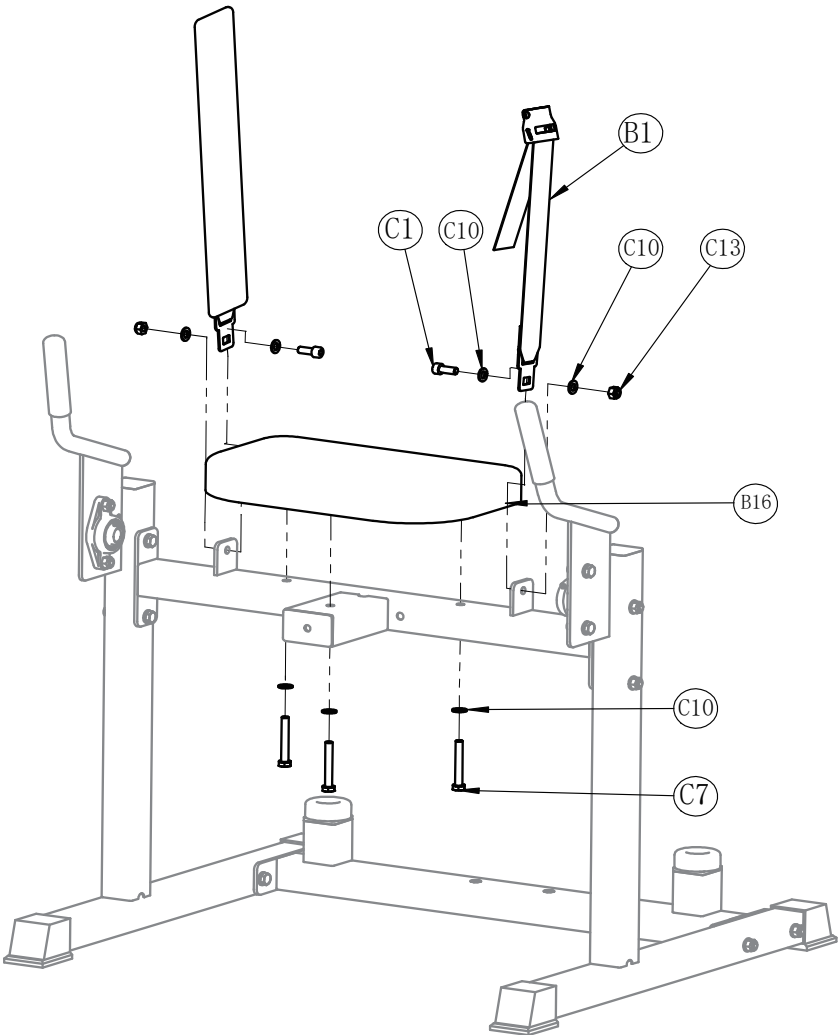
STEP: 1

A1 Right Handle Frame 1PC	A2 Left Handle Frame 1PC	A3 Base Cross Tube 1PC	A4 Belts Frame 1PC
			
C7 Bolt M10*70 8 PCS	C10 M10 Washers 16 PCS	C13 M10 Locknut 8PCS	
			



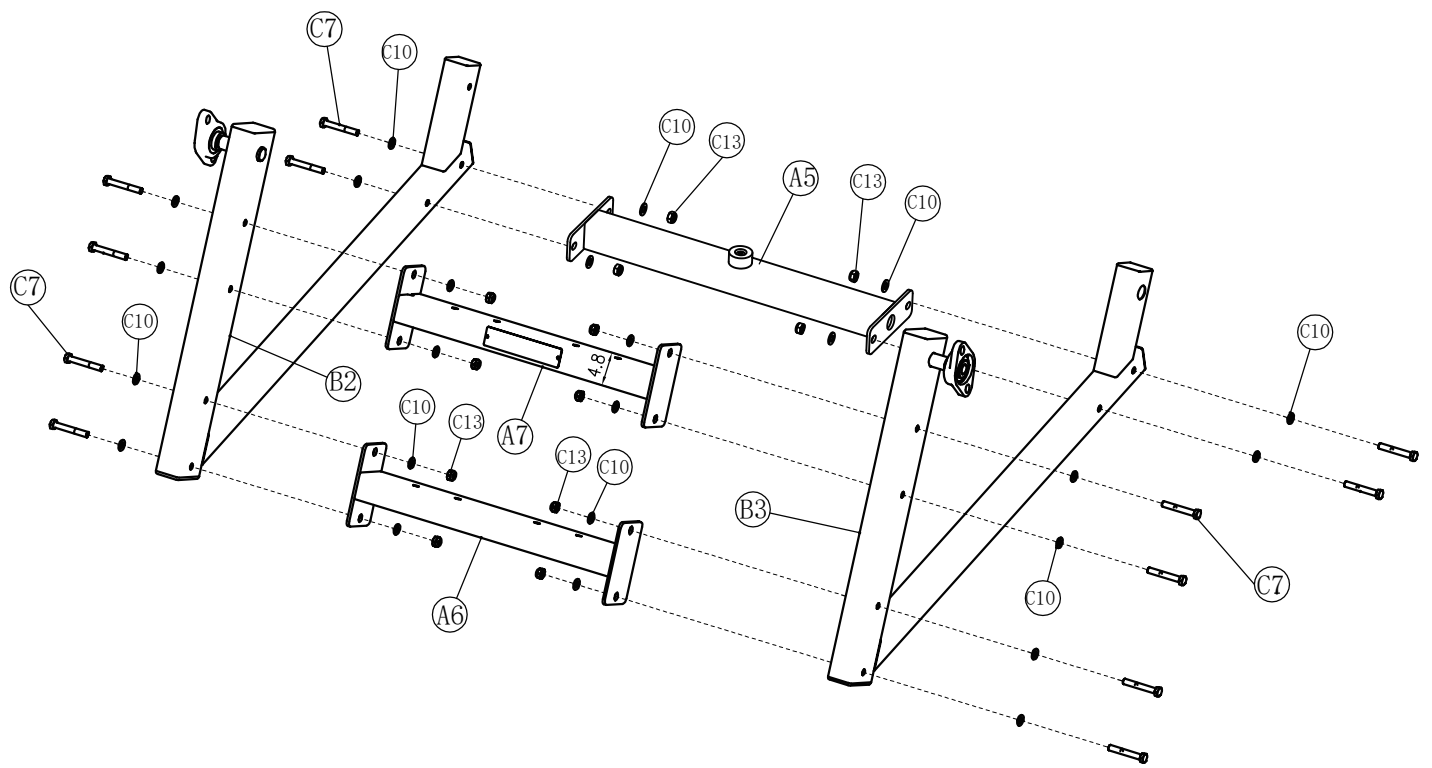
STEP: 2

STEP-1 	B1 Safety Belt 1PC 	B16 Seat Cushion 1PC 	C7 Bolt M10*70 3PCS 
C1 Hex Socket Cap Screw (M10*25) 2PCS 	C10 M10 Washers 7PCS 	C13 M10 Locknut 2PCS 	

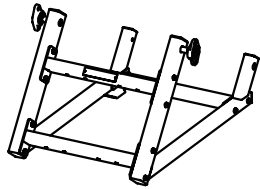
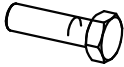


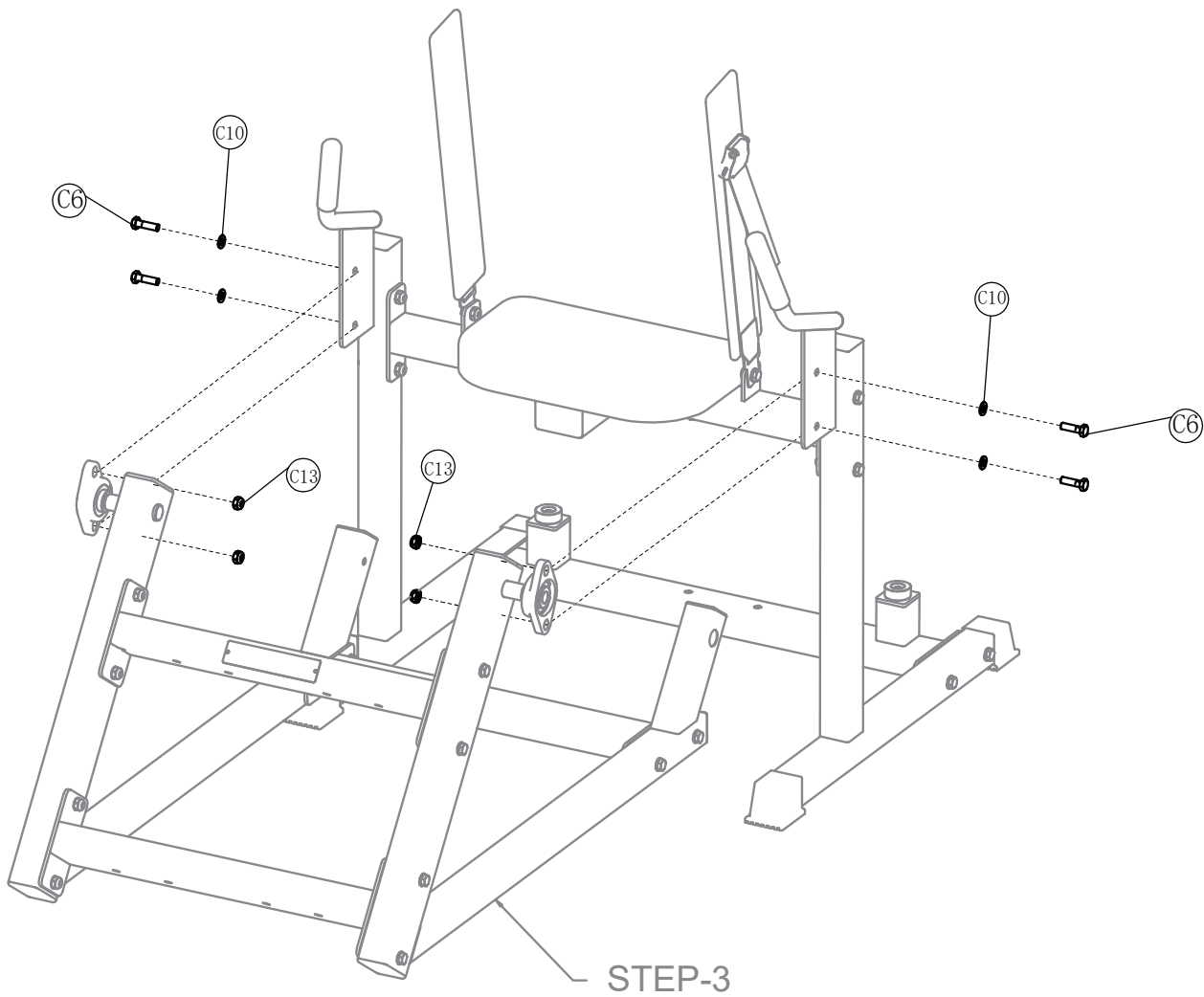
STEP: 3

B2 Right Frame 1PC	B3 Left Frame 1PC	A5 Rear Connecting Tube 1PC	A7 Logo Cross Tube 1PC
A6 Front Connecting Tube 1PC	C7 Bolt M10*70 12PCS	C10 M10 Washers 24PCS	C13 M10 Locknut 12PCS



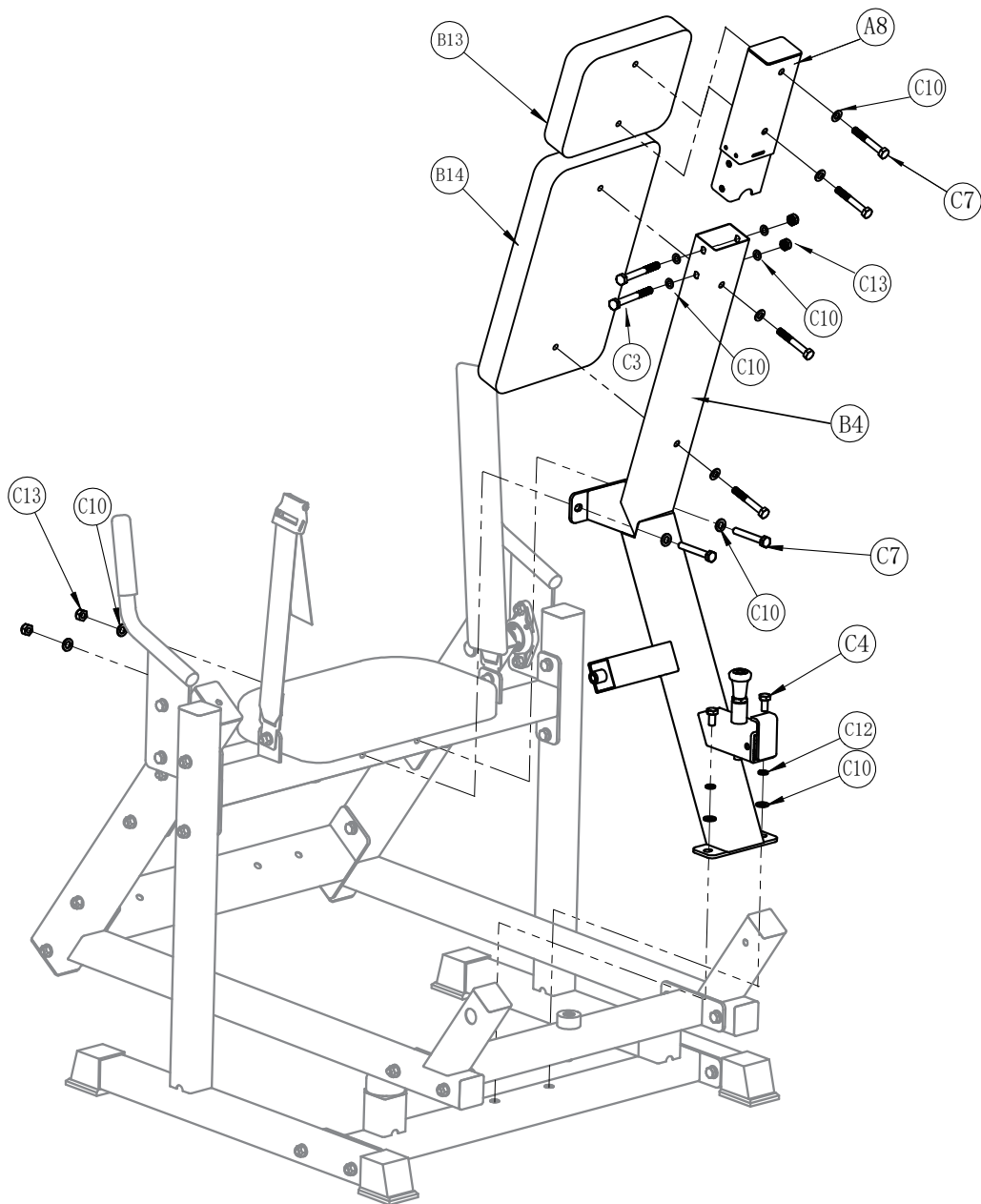
STEP: 4

STEP-3 1PC	C6 Bolt M10*30 4PCS	C10 M10 Washers 4PCS	C13 M10 Locknut 4PCS
			

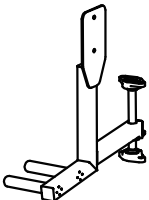


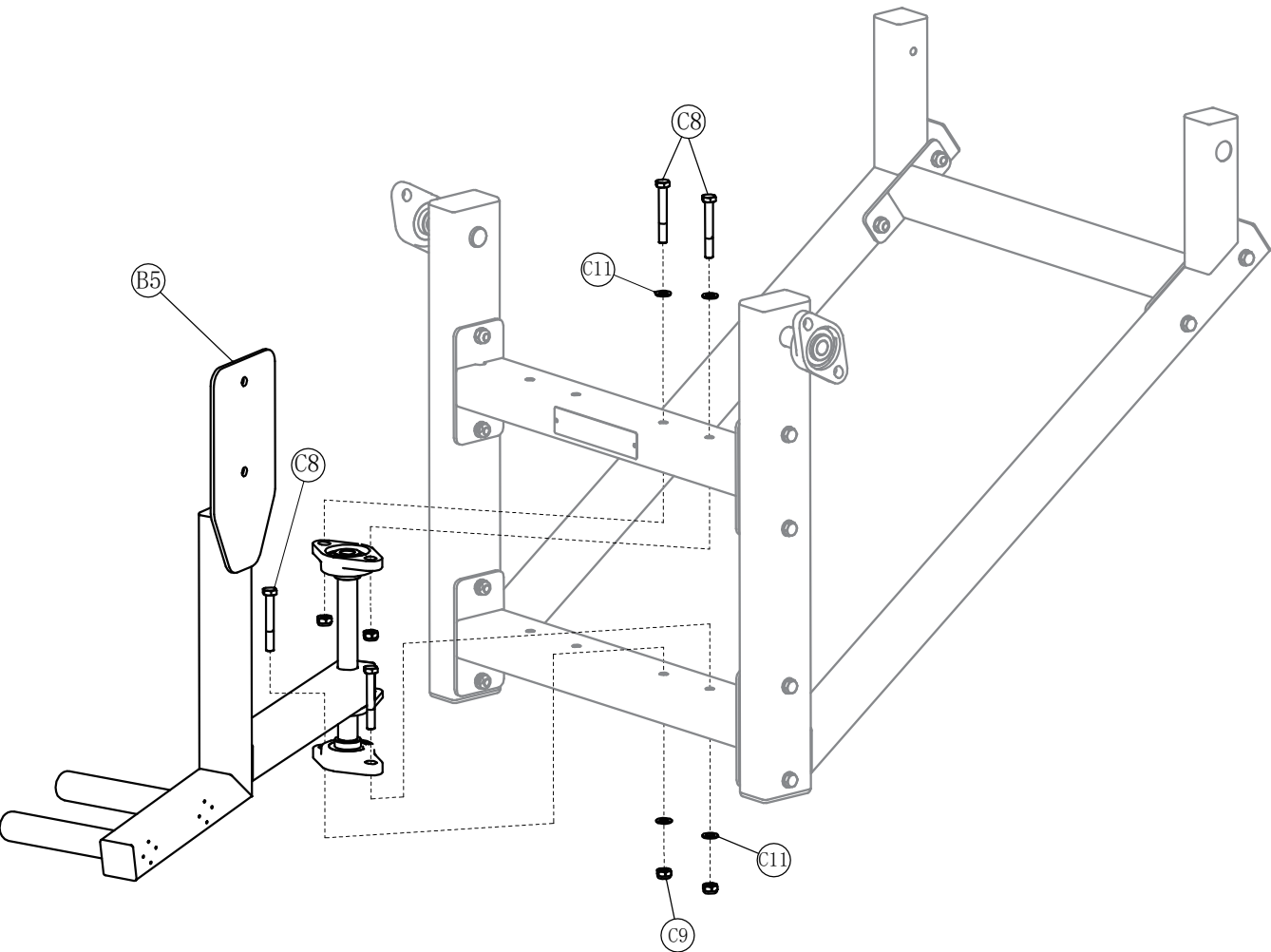
STEP: 5

B4 Backrest Supporting Frame 1PC	B13 Head Cushion 1PC	B14 Back Cushion 1PC	C7 Bolt M10*70 6PCS
C4 Bolt M10*25 2PCS	C12 Spring Washers 2PCS	C10 M10 Washers 14PCS	C13 M10 Locknut 4PCS
A8 Head Cushion Frame 1PC	C3 Bolt M10*95 2PCS		

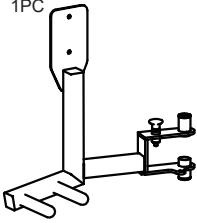


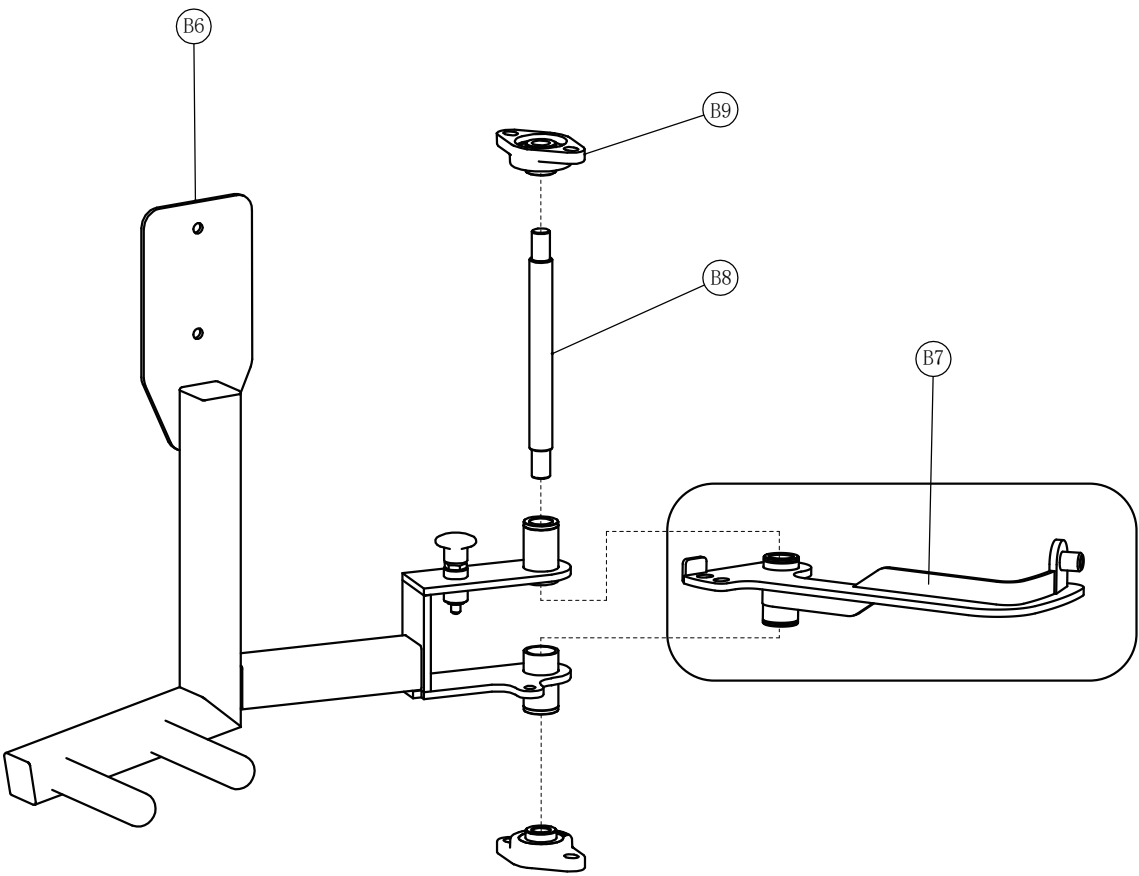
STEP: 6

B5	Left Pedal Frame 1PC	C8	Bolt M12*75 4PCS	C9	M12 Locknut 4PCS	C11	M12 Washers 4PCS
							

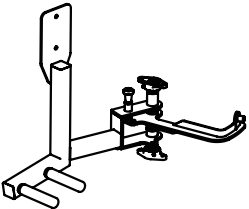


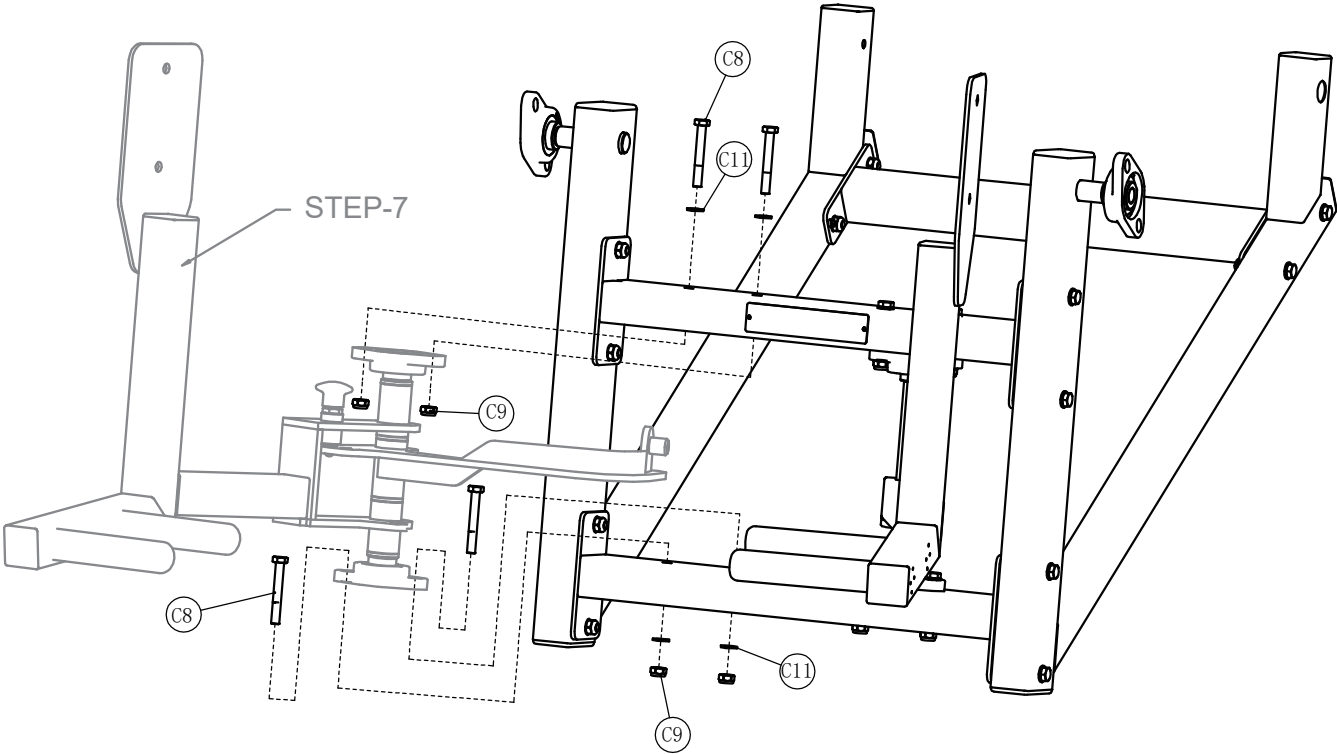
STEP: 7

B6 Right Pedal Frame 1PC	B7 Pedal Connecting Frame 1PC	B8 Axis (280mm) 1PC	B9 Bearing 2PCS
			



STEP: 8

STEP-7 	C8 Bolt M10*75 4PCS 	C9 M12 Locknut 4PCS 	C11 M12 Washers 4PCS 
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STEP: 9

B10 Gas Spring Frame
(Short)
1PC



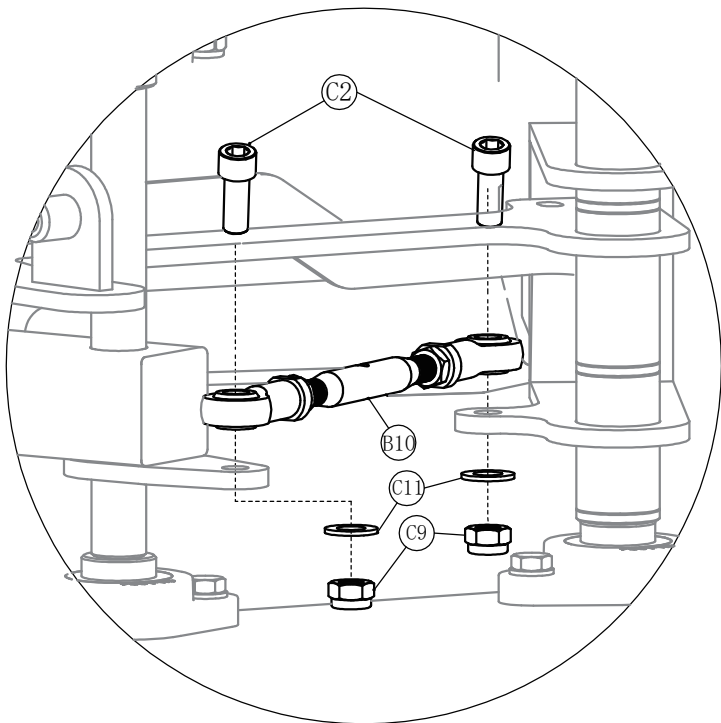
C2 Hex Socket Cap Screw
(M12*40)
2PCS



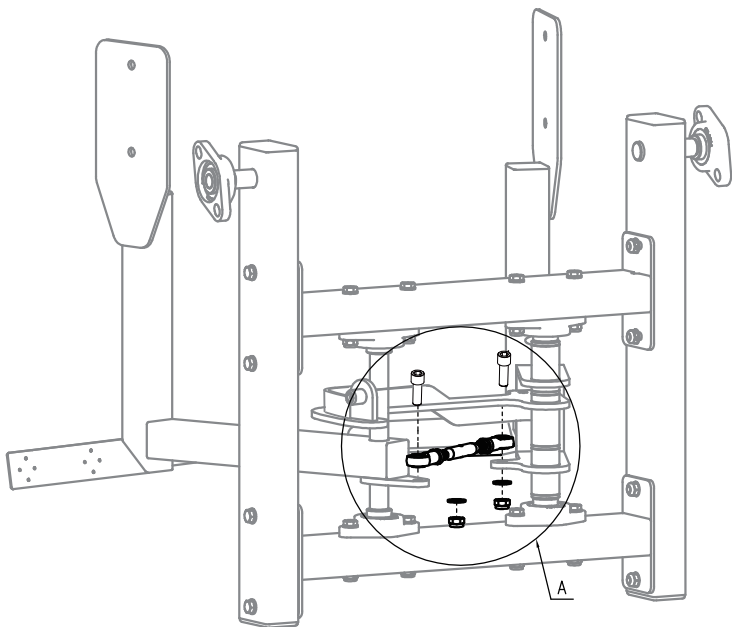
C9 M12 Locknut
2PCS



C11 M12 Washers
2PCS

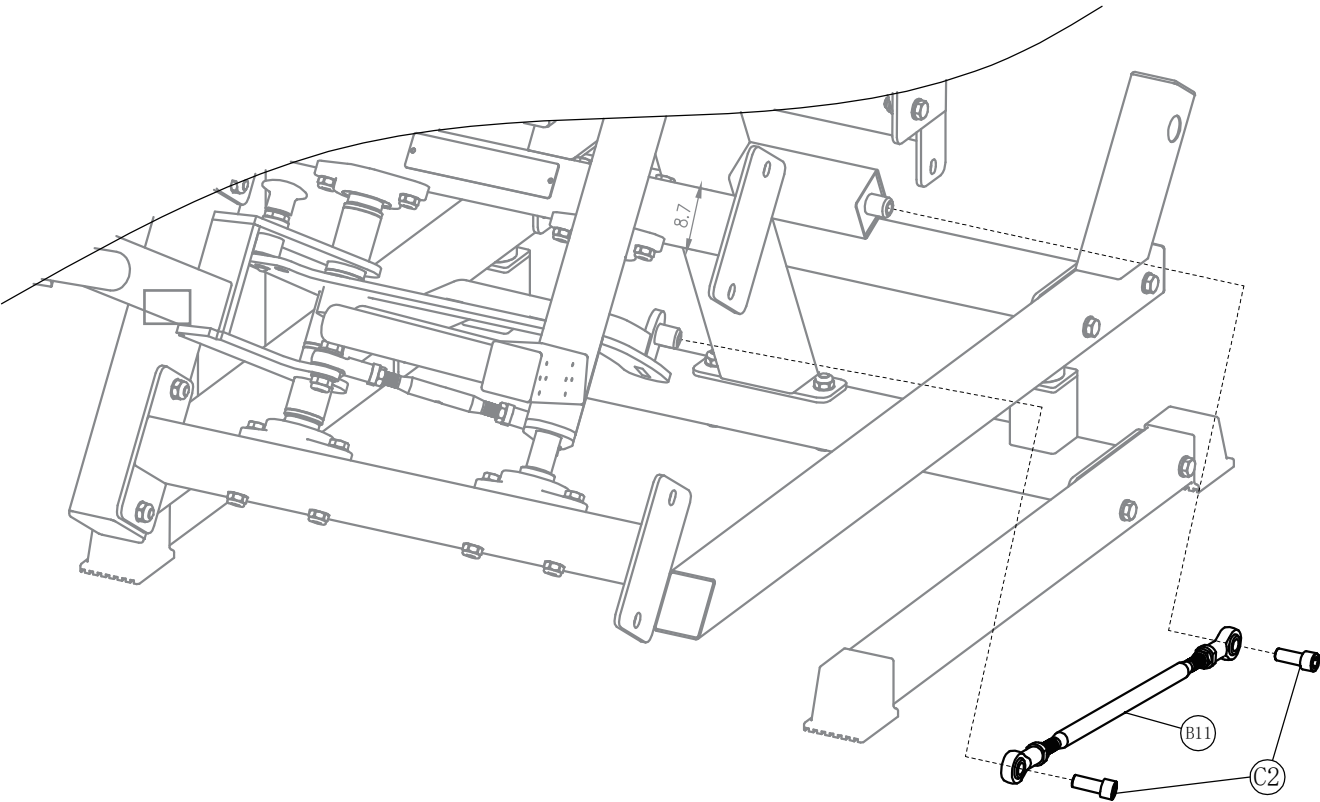


A
1:2.5



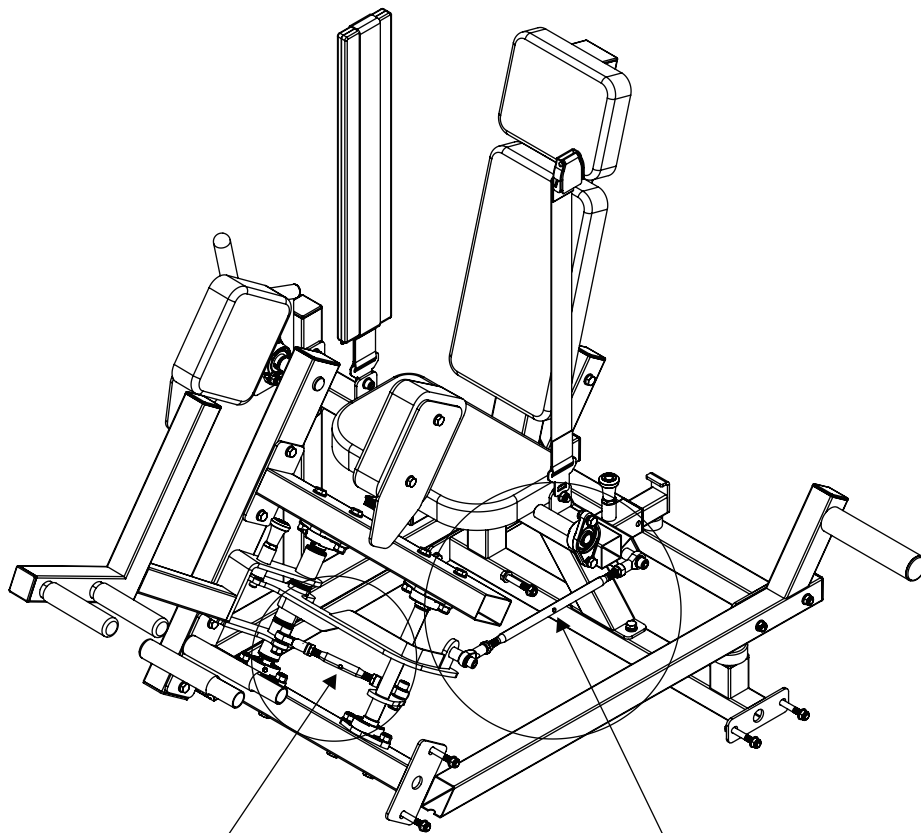
STEP: 10

B11 Gas Spring Frame (Long) 1PC 	C2 Hex Socket Cap Screw M12*40 2PCS 		
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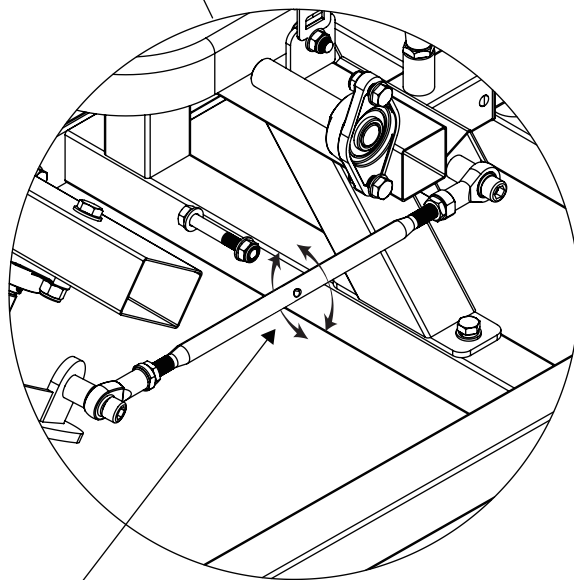
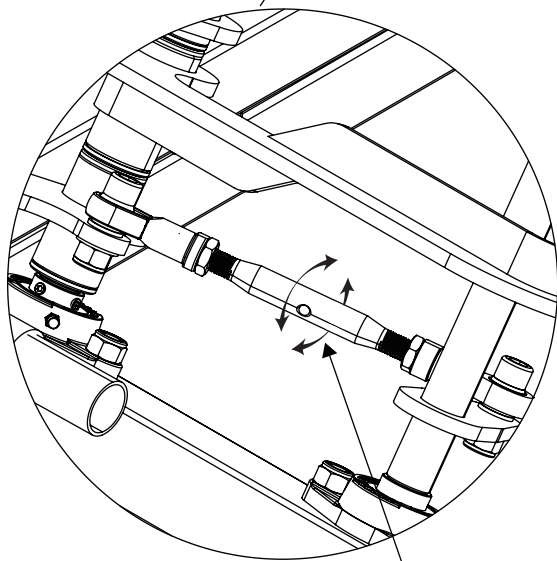


STEP: 11

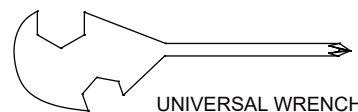
Adjust the length of the connecting rod to the destination position according to the graph.



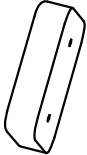
Start by loosening the nuts at both ends.

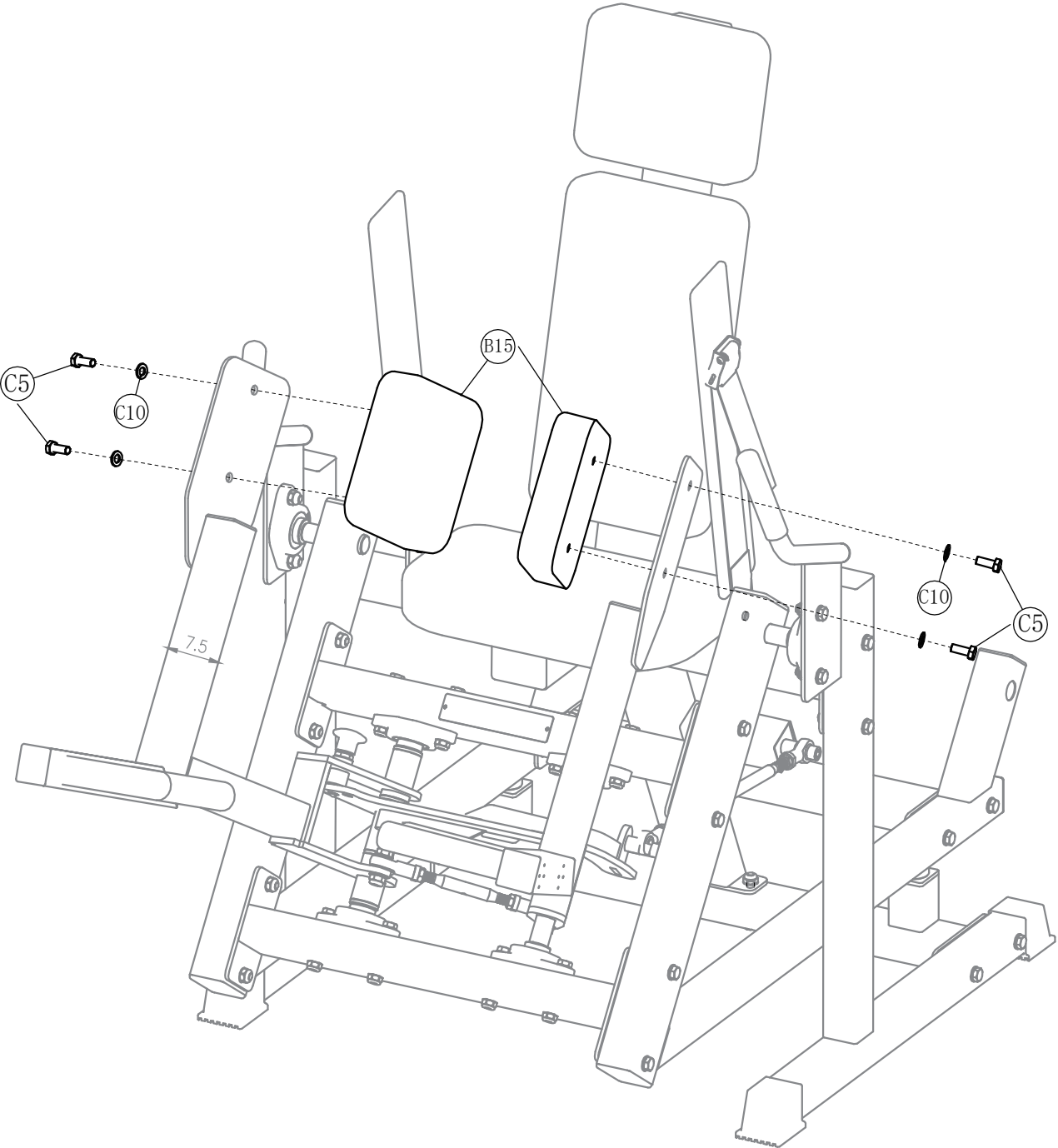


Then insert the tip of UNIVERSAL WRENCH into the hole at the arrow to turn the joint.

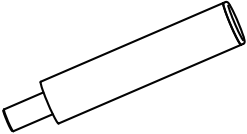


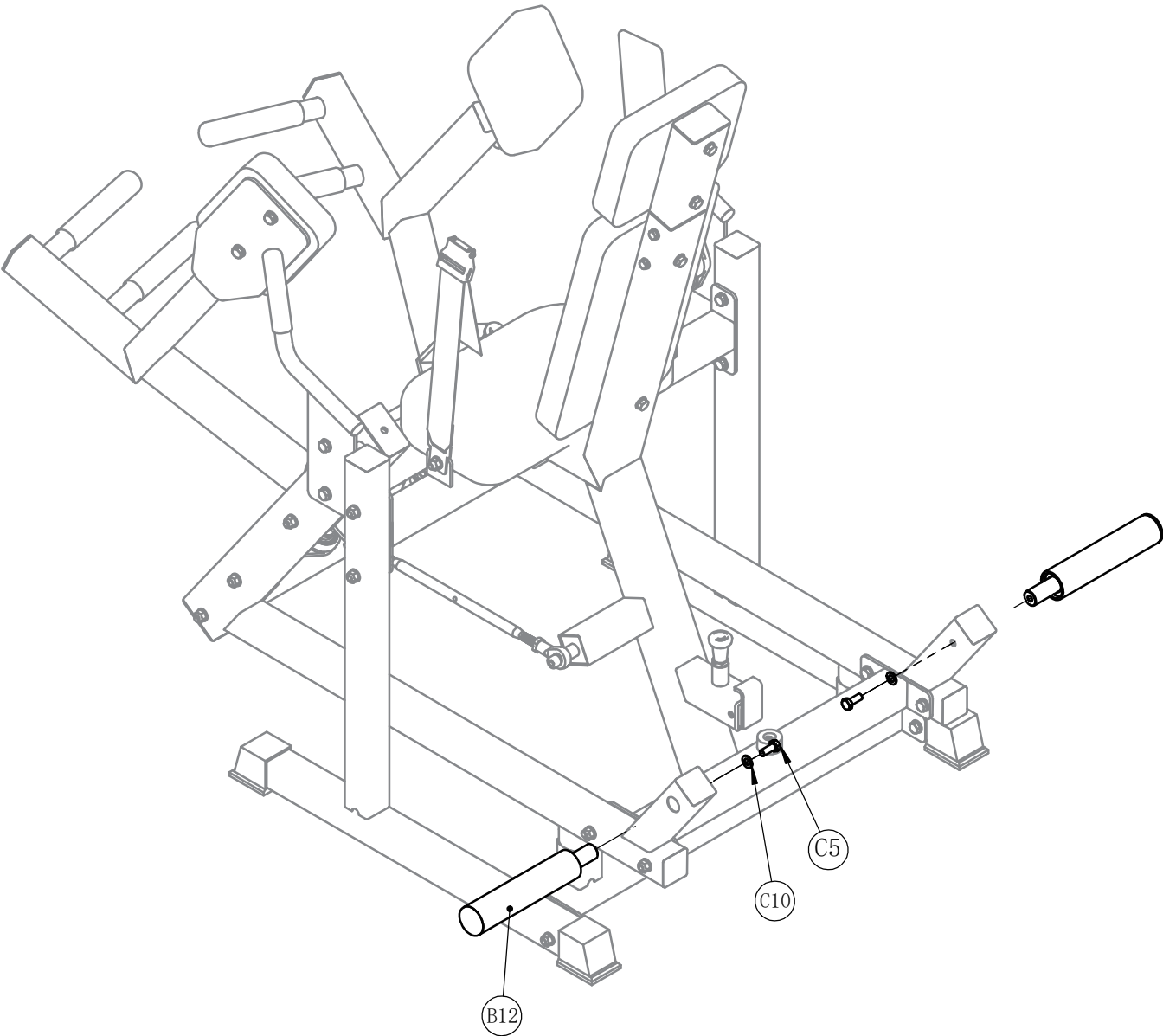
STEP: 12

B15 Leg Cushion 2PCS	C5 Bolt M10*25 4PCS	C10 M10 Washers 4PCS	
			



STEP: 13

B12 Weight Holder Pin 2PCS	C5 Bolt M10*25 2PCS	C10 M10 Washers 2PCS	
			



FORMAT OF AFTER-SALE EMAIL

The screenshot shows an email draft interface with the following elements:

- Header:** "Draft saved" with a close button (X) and a share icon.
- Recipients:** A field containing "Amazon-1234567890-Package Lost" and "SUBJECT EXAMPLE".
- Subject:** "Platform-Order Number-Issue".
- Body:** A large text area with the placeholder text "Describe your issue here".
- Footer:** A message that says "Welcome to attach the pictures to help us get more understands with your issue".
- Toolbar:** A rich text editor toolbar with options for font (Sans Serif), size (12), bold (B), italic (I), underline (U), text color (A), background color, bulleted list, numbered list, link, unlink, image, video, and a trash icon.
- Buttons:** A "Send" button and a "Attach" button (represented by a paperclip icon).

A red arrow points from the "Attach" button to the message in the footer, indicating that users should attach pictures to help describe their issue.

Welcome to send us some pictures to describe your problem, which will help us better and faster understand your current situation, and thus provide you with the best solution.

The machine you ordered has been carefully inspected and is fully guaranteed to be in perfect working order.

This lifetime warranty covers missing parts, damaged parts, package lost, all manufacturing and mechanical defects, excluding malfunctions or deterioration resulting from accidents or negligence. with this card, you are entitled to obtain service at any platform, such as Amazon, Walmart, and our own website.

Please provide your Platform and Order Number to us in the email subject.

**NEED HELP?
CONTACT US FIRST.**

support@gmwdfitness.com