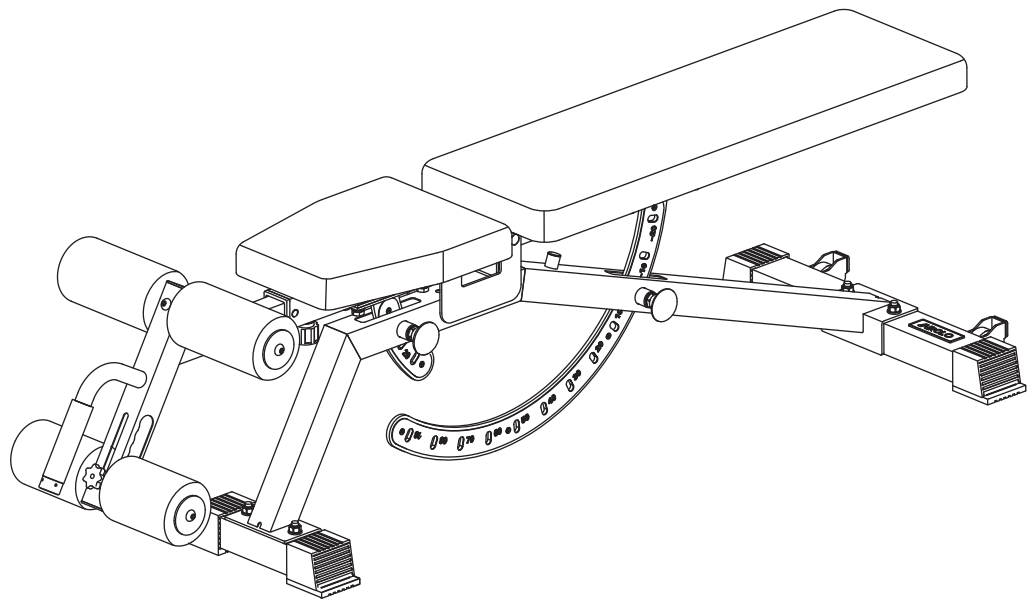




ASSEMBLY INSTRUCTIONS

WB00



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

Assembly Caution	-----	3
Part List	-----	4
Part List	-----	5
Step1	-----	6
Step2	-----	7
Step3	-----	8
Step4	-----	9
Step5	-----	10
Function introduction	-----	11
After-Sale Information	-----	12

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



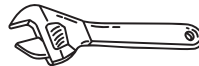
If you are missing any parts, or otherwise have any warranty issues, please contact us first.

Shortcut: A Lot of People Doing That Way

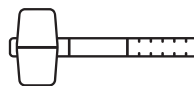
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

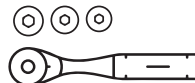
- Adjustable wrenches



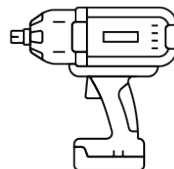
- Rubber hammers



- Socket set



- Electric Wrench



WARNING



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

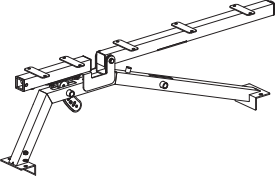
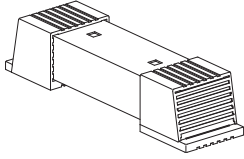
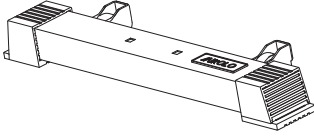

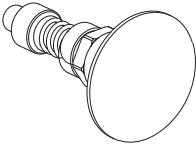
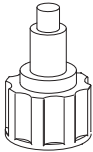
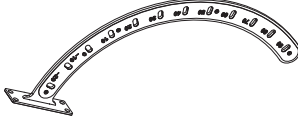

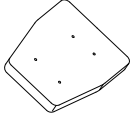
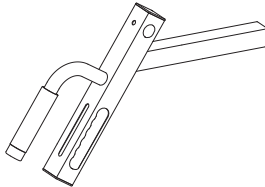


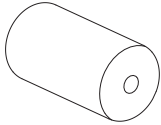
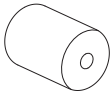


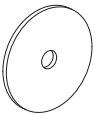
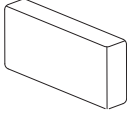


Sharp objects may be involved. Use precaution and protection.





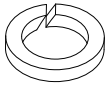






Heavy object. Use lifting aids and proper lifting techniques when moving

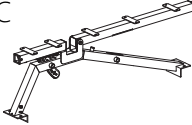
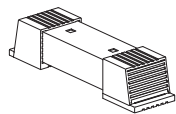
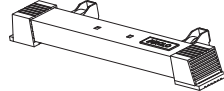

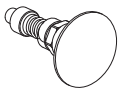

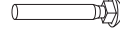


PART LIST

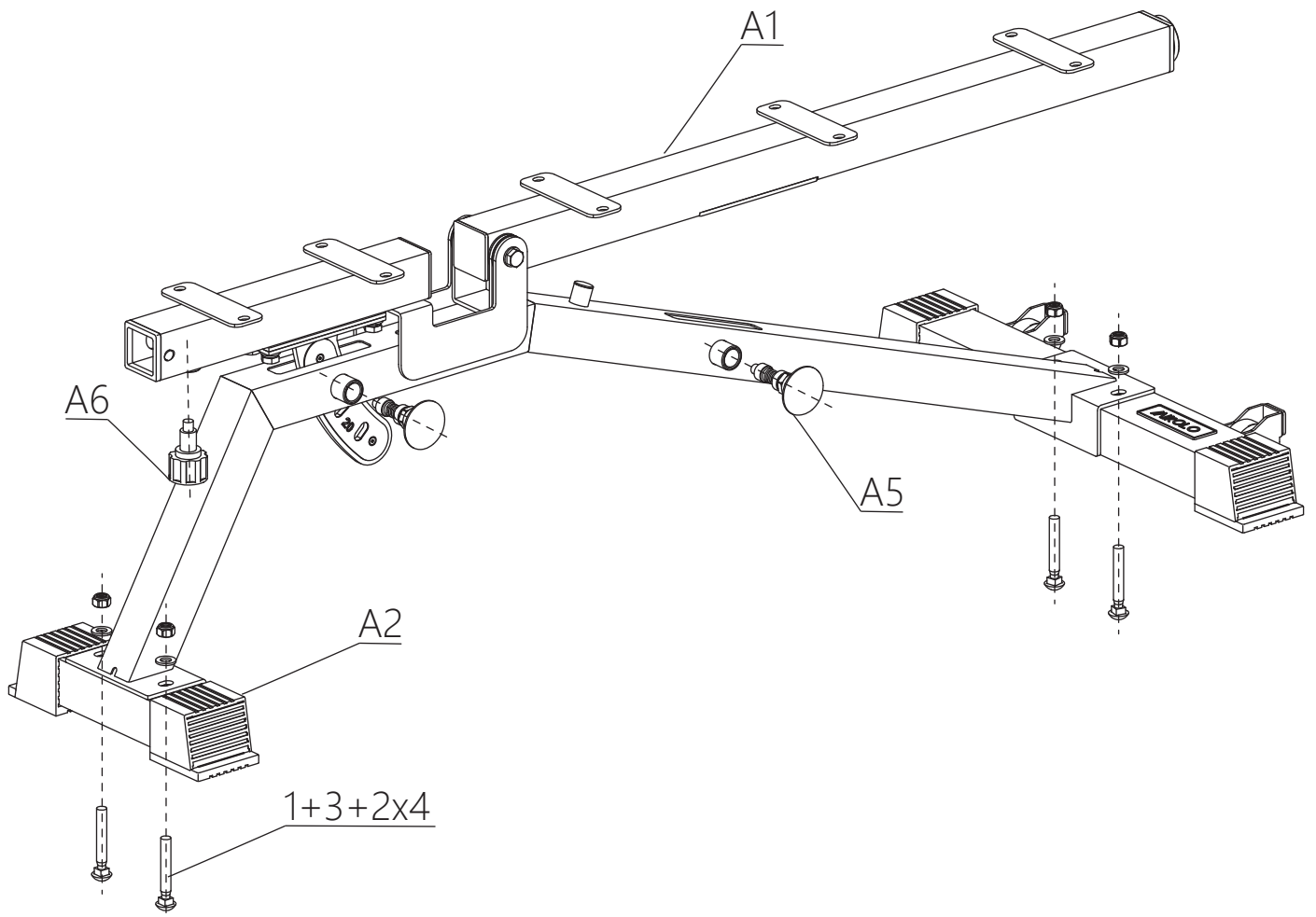
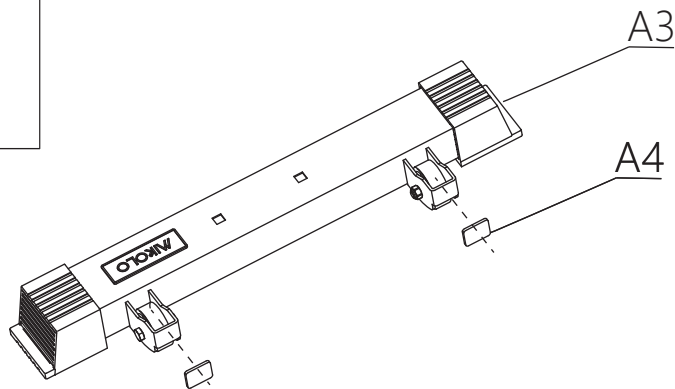
<p>A1. Main Frame 1 PC</p> 	<p>A2. Front Bottom Tube 1 PC</p> 	<p>A3. Rear Bottom Tube 1 PC</p> 	<p>A4. Foam Floor Mat 2 PCS</p> 
<p>A5 .Fixed Adjustable Pin 2 PCS</p> 	<p>A6 .Adjustable Pin 1 PC</p> 	<p>A7 .Gear Position Adjuster 1 PC</p> 	<p>A8. Back Cushion 1 PC</p> 
<p>A9 .Set Cushion 1 PC</p> 	<p>B1 .Leg Holder Bracket 1 PC</p> 	<p>B2. Leg Holder Support Rod-up 1 PC</p> 	<p>B3. Leg Holder Support Rod-down 1 PC</p> 
<p>B4. Foam Leg Roller-long 2 PCS</p> 	<p>B5. Foam Leg Roller-short 2 PCS</p> 	<p>B6. Knob 1 PC</p> 	<p>B7. Washer(28X9mm) 1 PC</p> 
<p>B8. Washer(60x10.5mm) 4PCS</p> 	<p>B9 .Cushion Pad 1 PC</p> 		

PART LIST

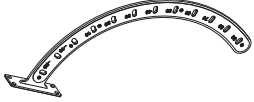


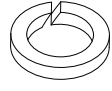
<p>1. Carriage Bolts (M10*70mm) 4 PCS</p> 	<p>2. Locknut (M10) 4 PCS</p> 	<p>3. Washer (10mm) 8 PCS</p> 	<p>4. Bolt (M10*16mm) 4 PCS</p> 
<p>5. Lock Washer (10mm) 4 PCS</p> 	<p>6. Bolt (M8*20mm) 10 PCS</p> 	<p>7. Washer (8mm) 10 PCS</p> 	<p>8. Bolt (M10*30mm) 4 PCS</p> 
<p>9. Bolt (M10*16mm) 1 PC</p> 			

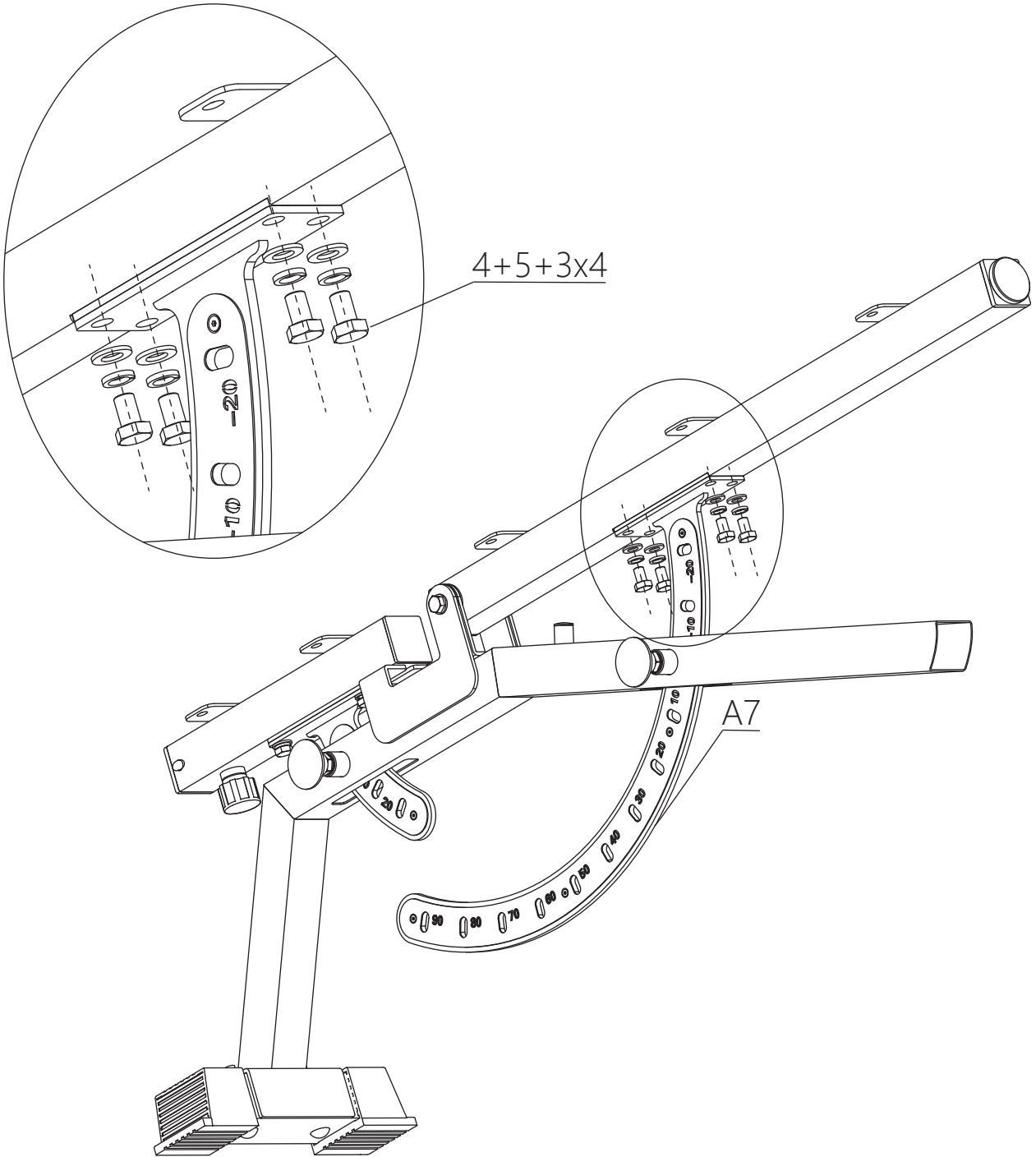
STEP: 1

<p>A1. Main Frame 1 PC</p> 	<p>A2. Front Bottom Tube 1 PC</p> 	<p>A3. Rear Bottom Tube 1 PC</p> 	<p>A4. Foam Floor Mat 2 PCS</p> 
<p>A5 .Fixed Adjustable Pin 2 PCS</p> 	<p>A6 .Adjustable Pin 1 PC</p> 	<p>1.Carriage Bolts (M10*70mm) 4 PCS</p> 	<p>2. Locknut(M10) 4 PCS</p> 
<p>3. Washer (10mm) 4 PCS</p> 			

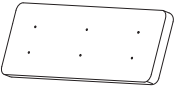
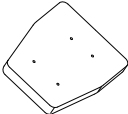




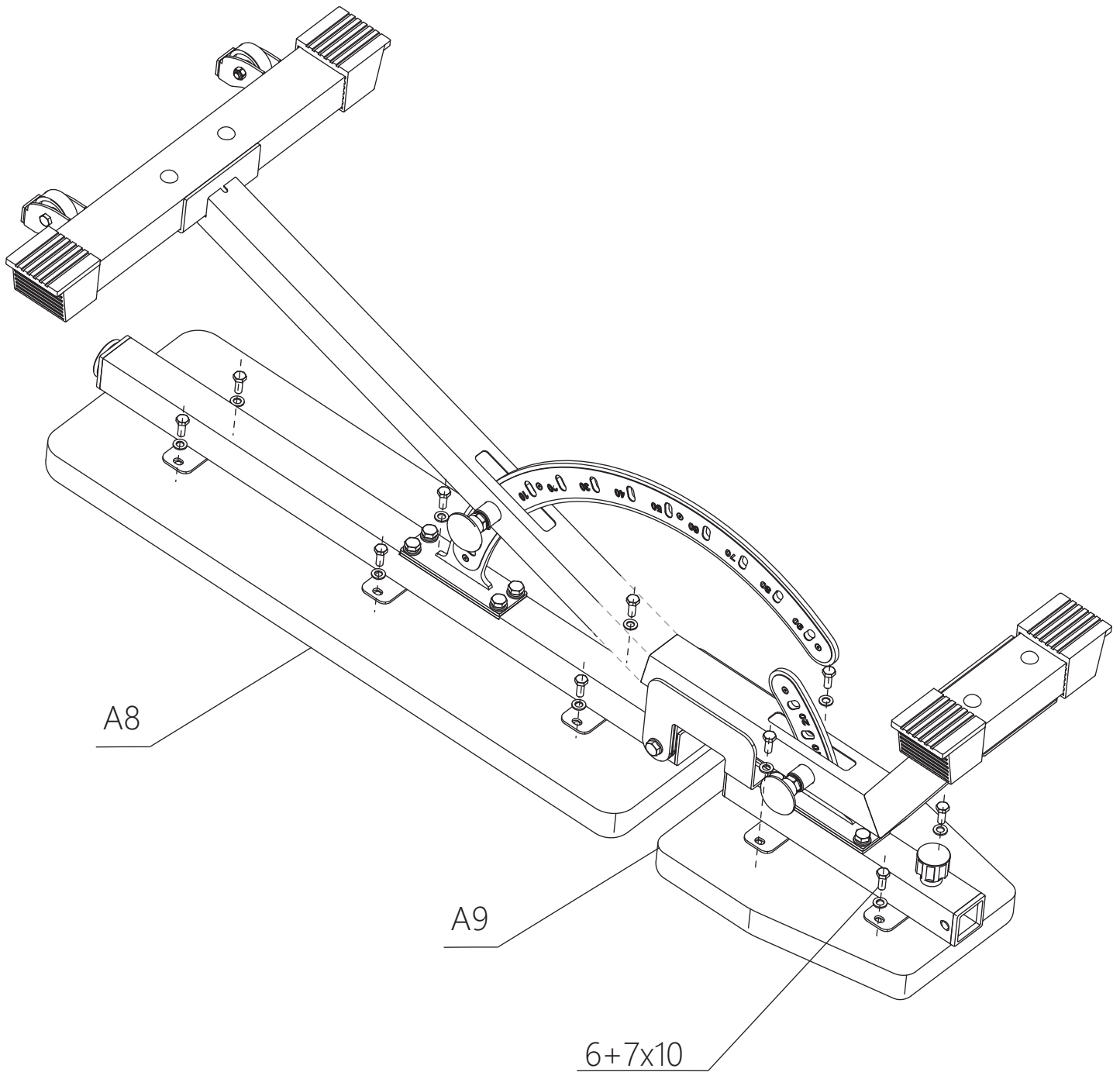
STEP: 2

<p>A7 .Gear Position Adjuster 1 PC</p> 	<p>3. Washer (10mm) 4 PCS</p> 	<p>4. Bolt(M10*16mm) 4 PCS</p> 	<p>5. Lock Washer(10mm) 4 PCS</p> 
--	---	--	---

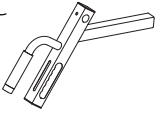


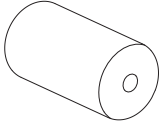
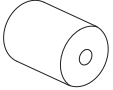


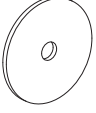




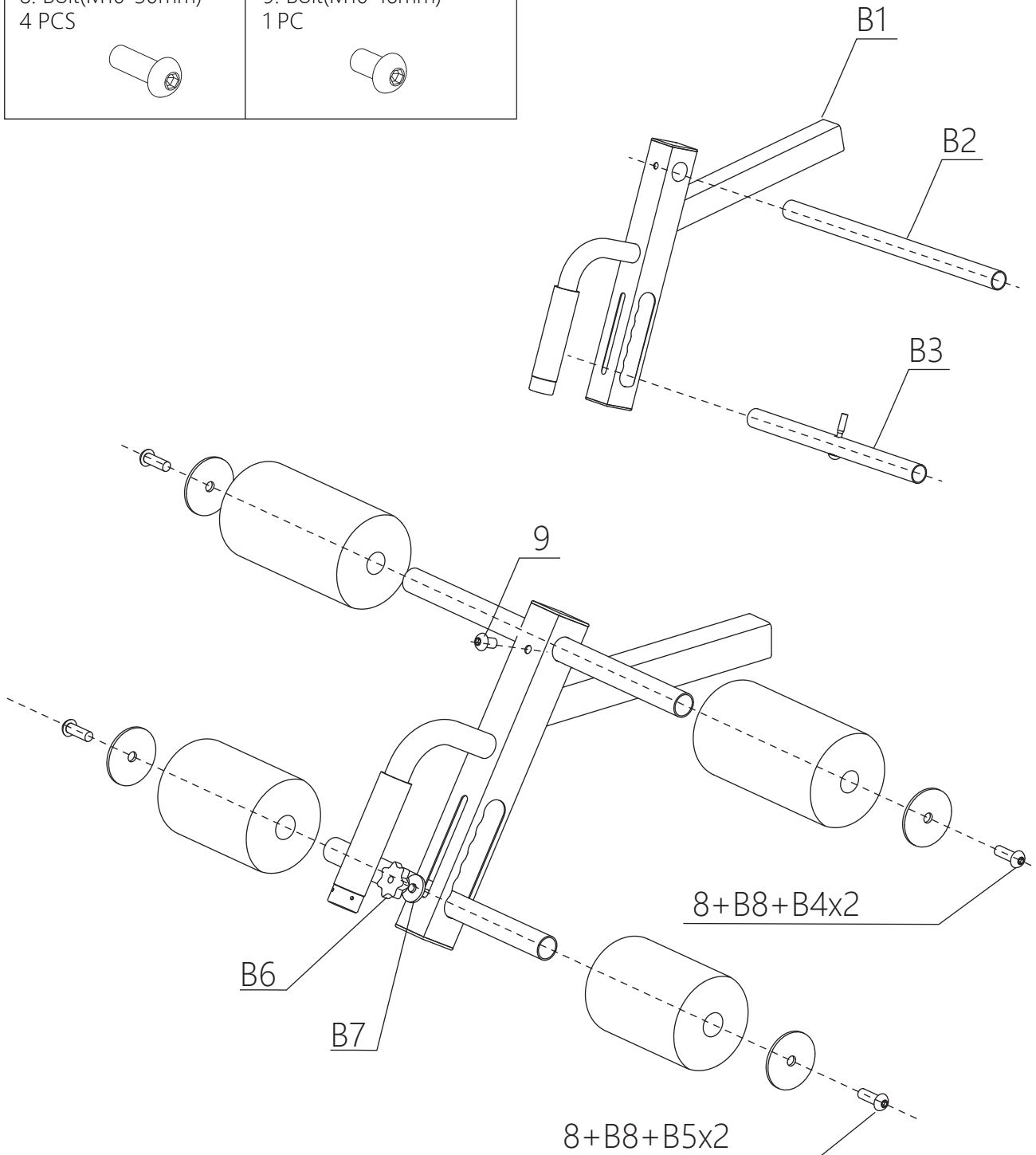
STEP: 3

A8. Back Cushion 1 PC 	A9 .Set Cushion 1 PC 	6. Bolt(M8*20mm) 10 PCS 	7. Washer (8mm) 10 PCS 
---	--	---	--



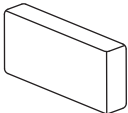
STEP: 4

<p>B1 .Leg Holder Bracket 1 PC</p> 	<p>B2. Leg Holder Support Rod-up 1 PC</p> 	<p>B3. Leg Holder Support Rod-down 1 PC</p> 	<p>B4. Foam Leg Roller-long 2 PCS</p> 
<p>B5. Foam Leg Roller-short 2 PCS</p> 	<p>B6. Knob 1 PC</p> 	<p>B7. Washer(28X9mm) 1 PC</p> 	<p>B8. Washer(60x10.5mm) 4PCS</p> 
<p>8. Bolt(M10*30mm) 4 PCS</p> 	<p>9. Bolt(M10*16mm) 1 PC</p> 		

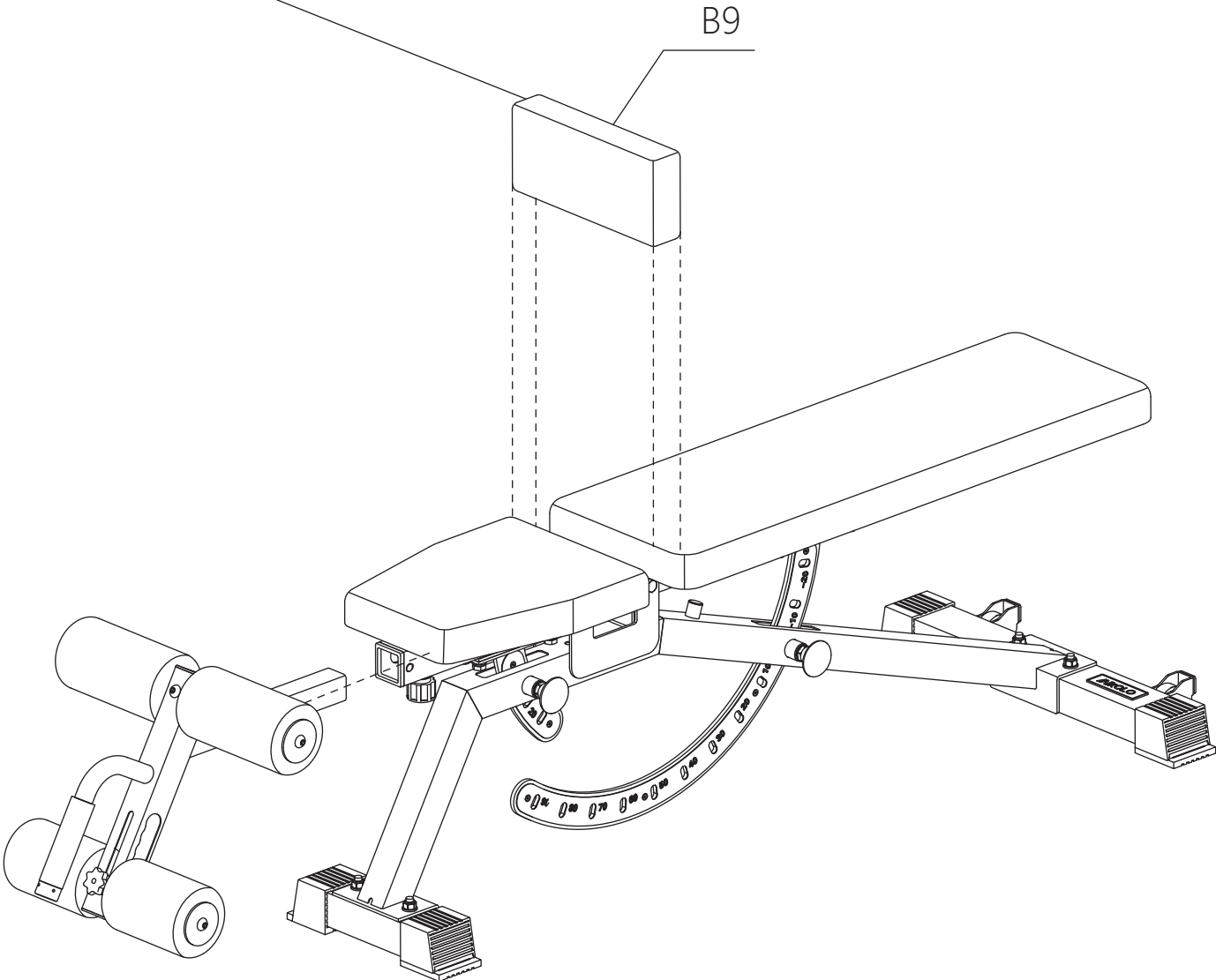


STEP: 5

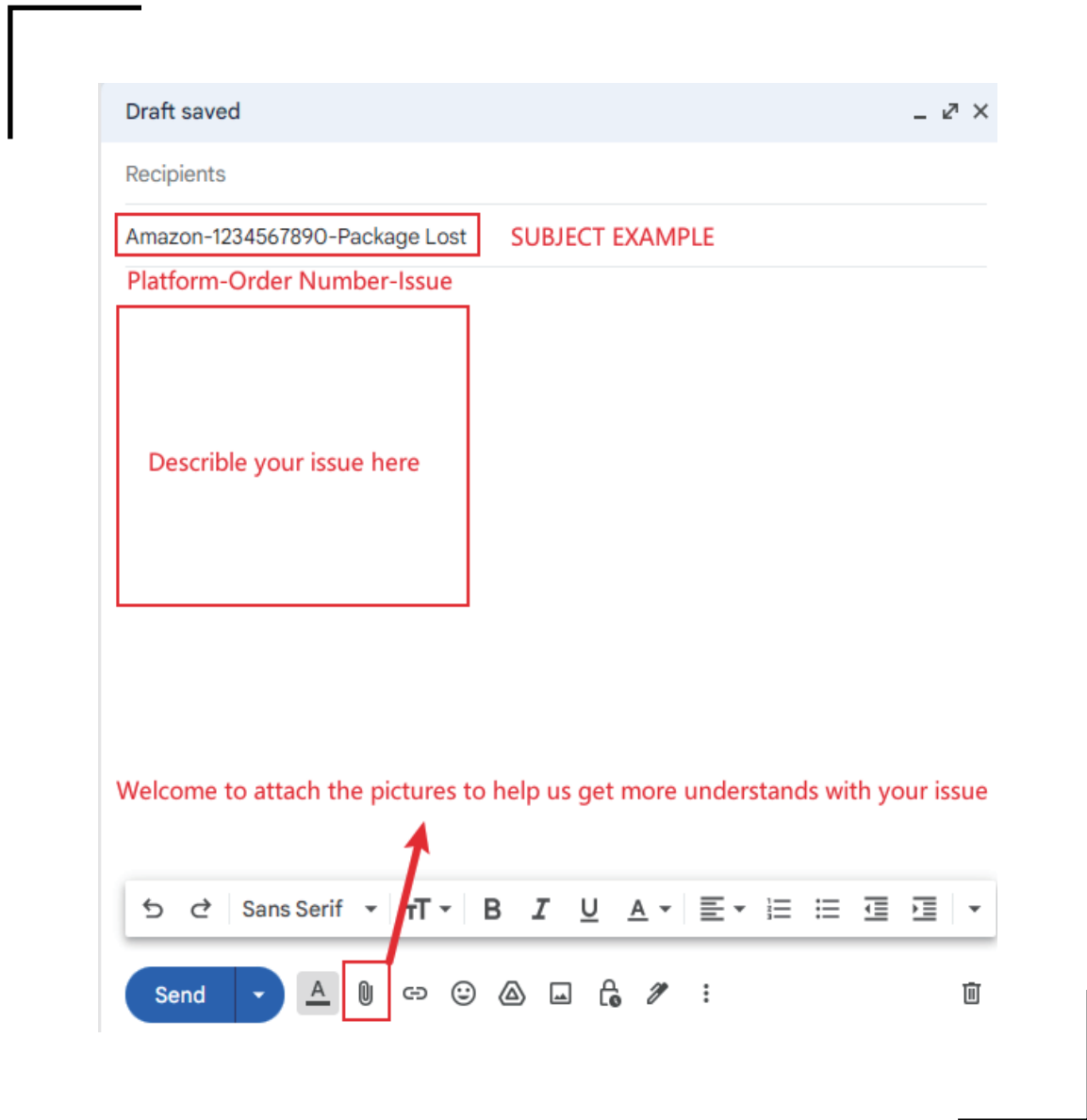
B9 .Cushion Pad
1 PC



The included pad can be inserted into the gaps as needed to further enhance the comfort of the product.



FORMAT OF AFTER-SALE EMAIL



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@gym-mikolo.com