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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.

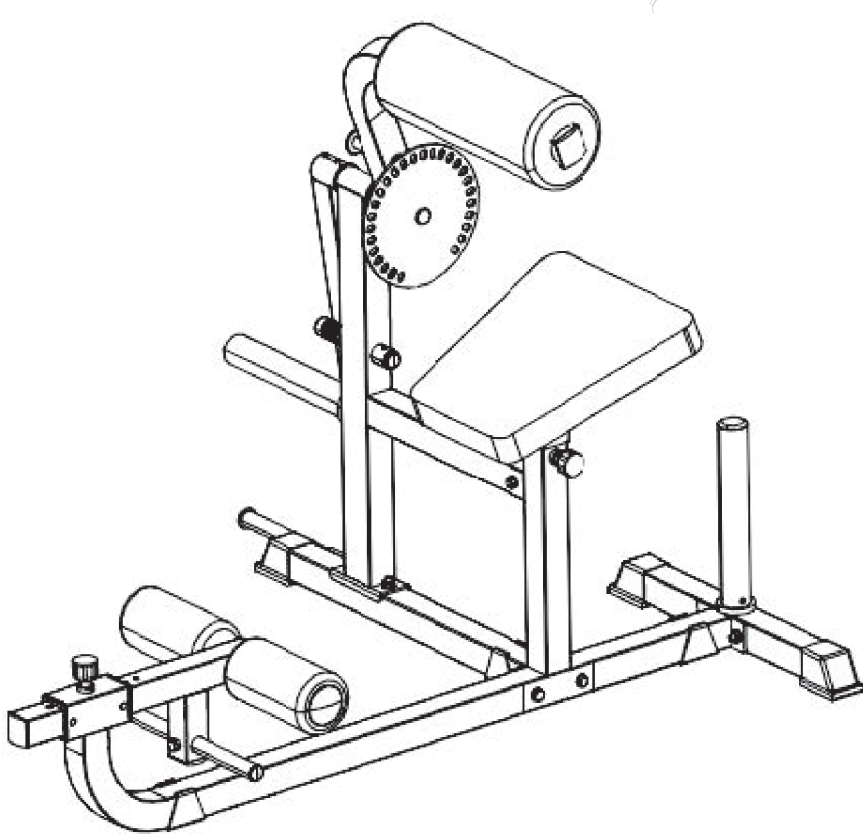
**NEED HELP?
CONTACT US FIRST.**

support@syedeegym.com

SYEDEE

ASSEMBLY INSTRUCTIONS

JF01



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GHT

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

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FORMAT OF AFTER-SALE EMAIL

Draft saved

Recipients

Amazon-1234567890-Package Lost SUBJECT EXAMPLE

Platform-Order Number-Issue

Describe your issue here

Welcome to attach the pictures to help us get more understands with your issue

Sans Serif T B I U A - [Icons]

Send [Icons]

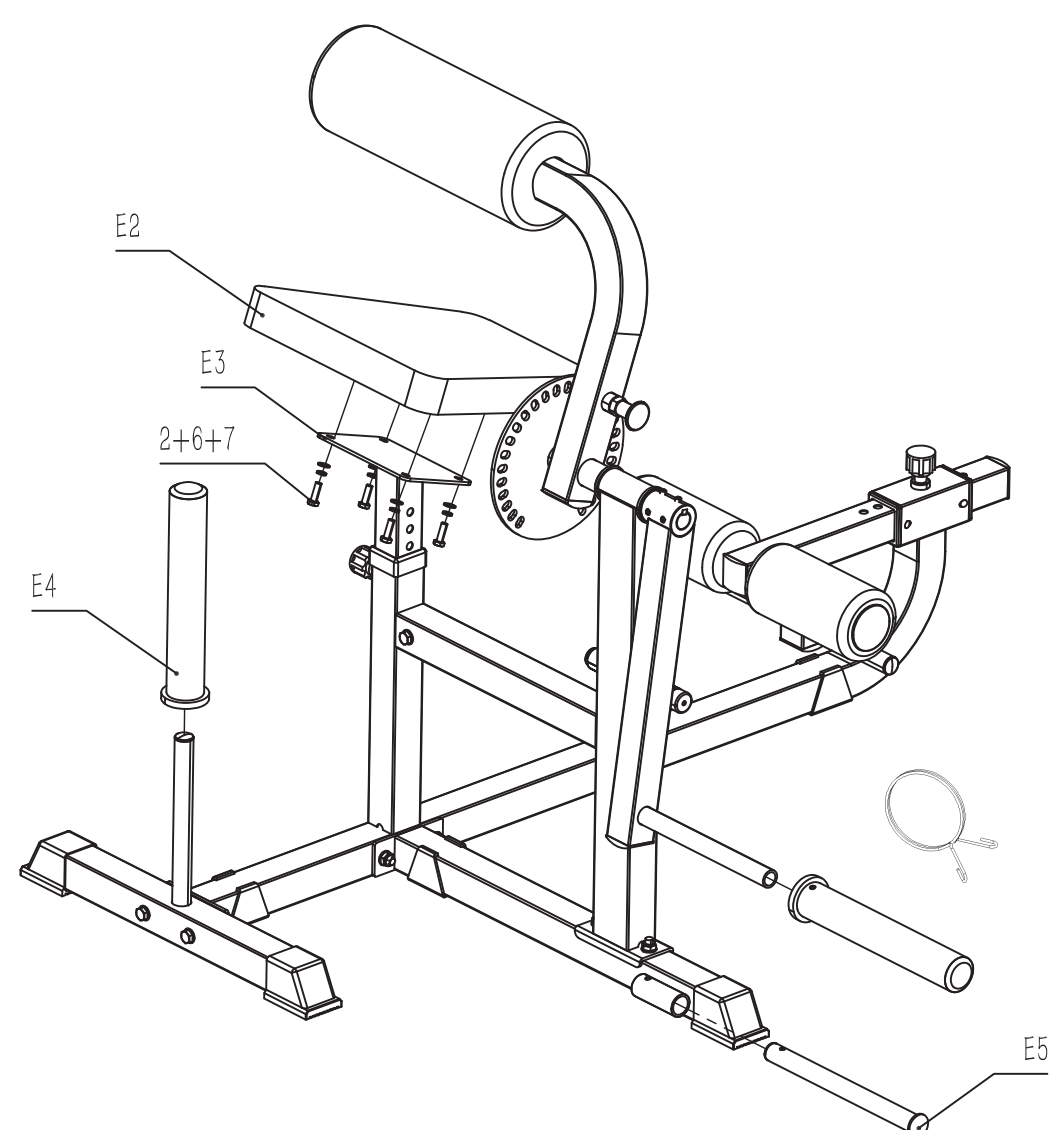
Welcome to send us some pictures to describe your problem, which will help us better and faster understand your current situation, and thus provide you with the best solution.

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STEP5:

E2, Seat Cushion 1 PC	E3, Cushion Adjustable Frame 1 PC	E4, Olympic Adapter 2 PCS	E5, Bend Peg 1 PC	2, BOLT(M6 x 25) 4 PCS
6, Spring washer(M6) 4 PCS	7, Washer(M6) 4 PCS	Gifts, Spring Clamp 1 PC		



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

STOP 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

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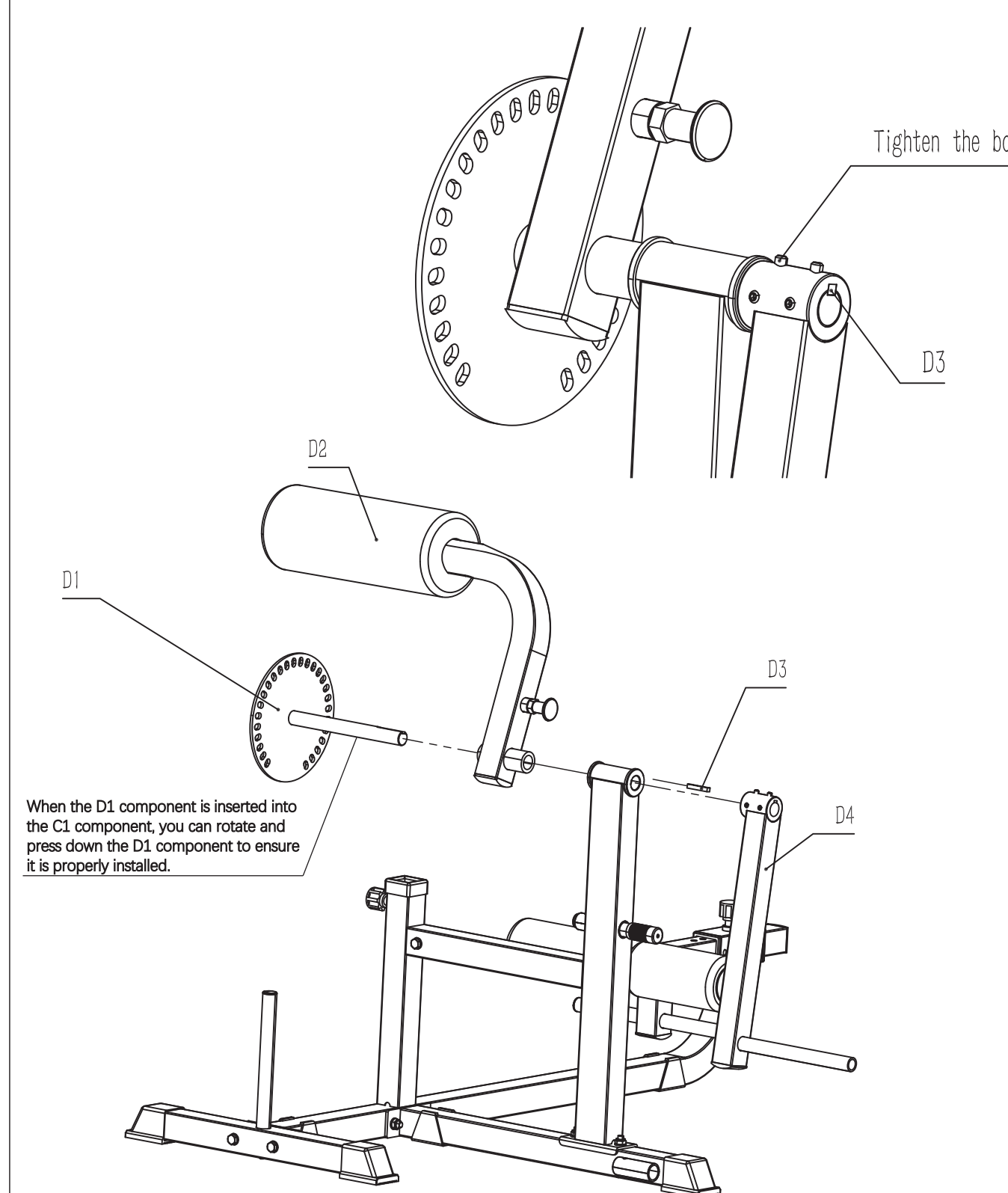
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PARTS LIST

A1, Weight Storage Pin 1 PC	A2, Base Tube 1 PC	B1, Base Frame 1 PC	B2, Adjustable Frame 1 PCS	B3, Foam Tube(490mm) 1 PCS
B4, Foam Cylinder 2 PCS	B5, End Cap 2 PCS	C1, Supporting Frame 1 PC	C2, Stopper 1 PC	C3, Base Side Tube 1 PC
C4, Plate 1 PC	D1, Sundial Frame 1 PC	D2, Bent Tube Frame 1 PC	D3, Flat Key 1 PC	D4, Rocker Arm Frame 1 PC
E2, Seat Cushion 1 PC	E3, Cushion Adjustable Frame 1 PC	E4, Olympic Adapter 2 PCS	E5, Bend Peg 1 PC	Gifts, Spring Clamp 1 PC

STEP4:

D1, Sundial Frame 1 PC	D2, Bent Tube Frame 1 PC	D3, Flat Key 1 PC	D4, Rocker Arm Frame 1 PC
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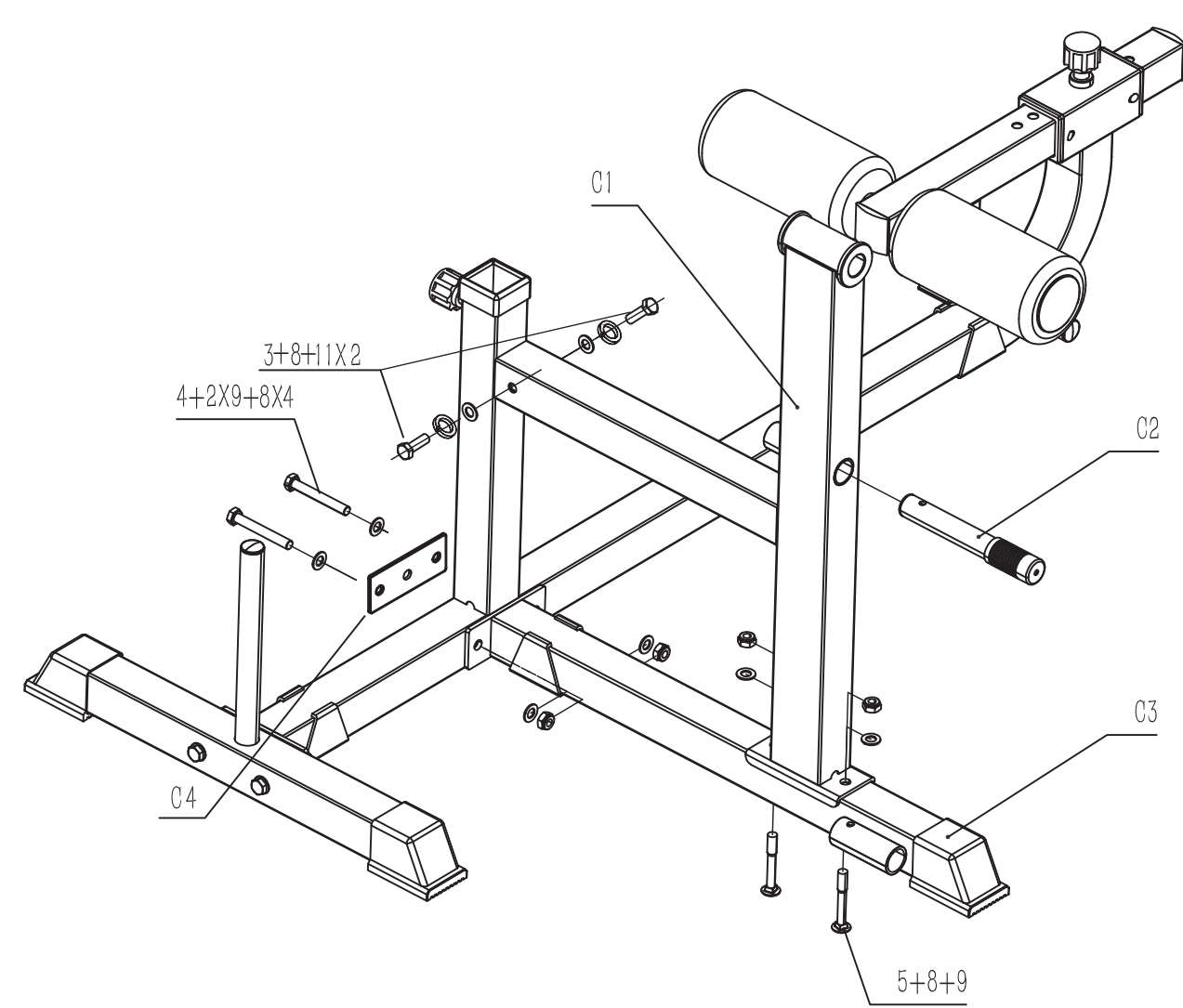


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STEP3:

C1, Supporting Frame 1 PC	C2, Stopper 1 PC	C3, Base Side Tube 1 PC	C4, Plate 1 PC	3, BOLT(M10 x 20) 2 PCS
4, BOLT(M10 x 75) 2 PCS	5, BOLT(M10 x 65) 2 PCS	6, Washer(M10) 2 PCS	9, Locknut(M10) 4 PCS	11, Spring washer(M10) 2 PCS



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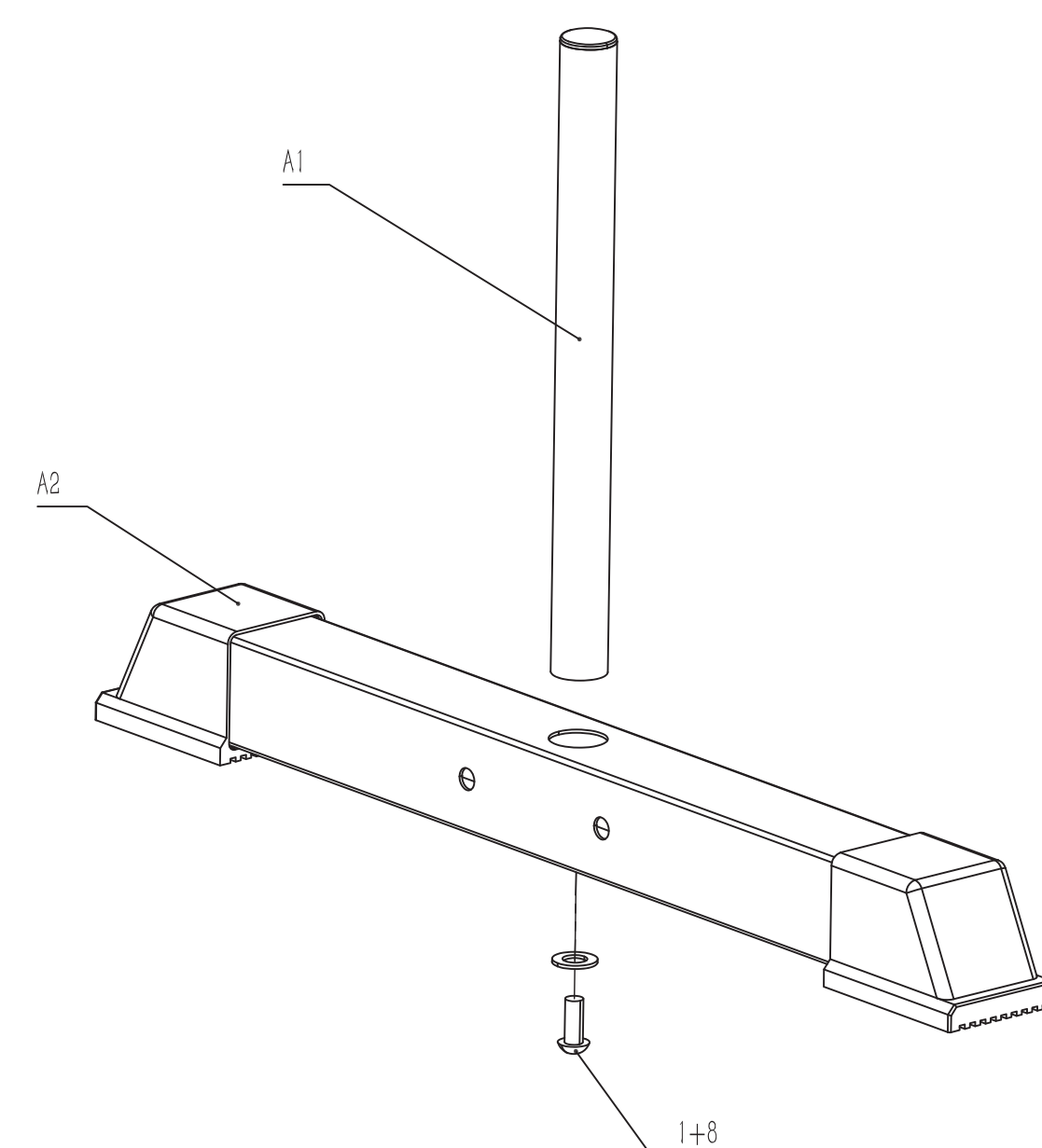
HARDWARE LIST

1, BOLT(M10 x 20) 1 PC	2, BOLT(M6 x 25) 4 PCS	3, BOLT(M10 x 20) 2 PCS	4, BOLT(M10 x 75) 2 PCS	5, BOLT(M10 x 65) 2 PCS
6, Spring washer(M6) 4 PCS	7, Washer(M6) 4 PCS	8, Washer(M10) 13 PCS	9, Locknut(M10) 6 PCS	10, BOLT(M10 x 25) 1 PC
11, Spring washer(M10) 2 PCS	12, BOLT(M10 x 70) 2 PCS			

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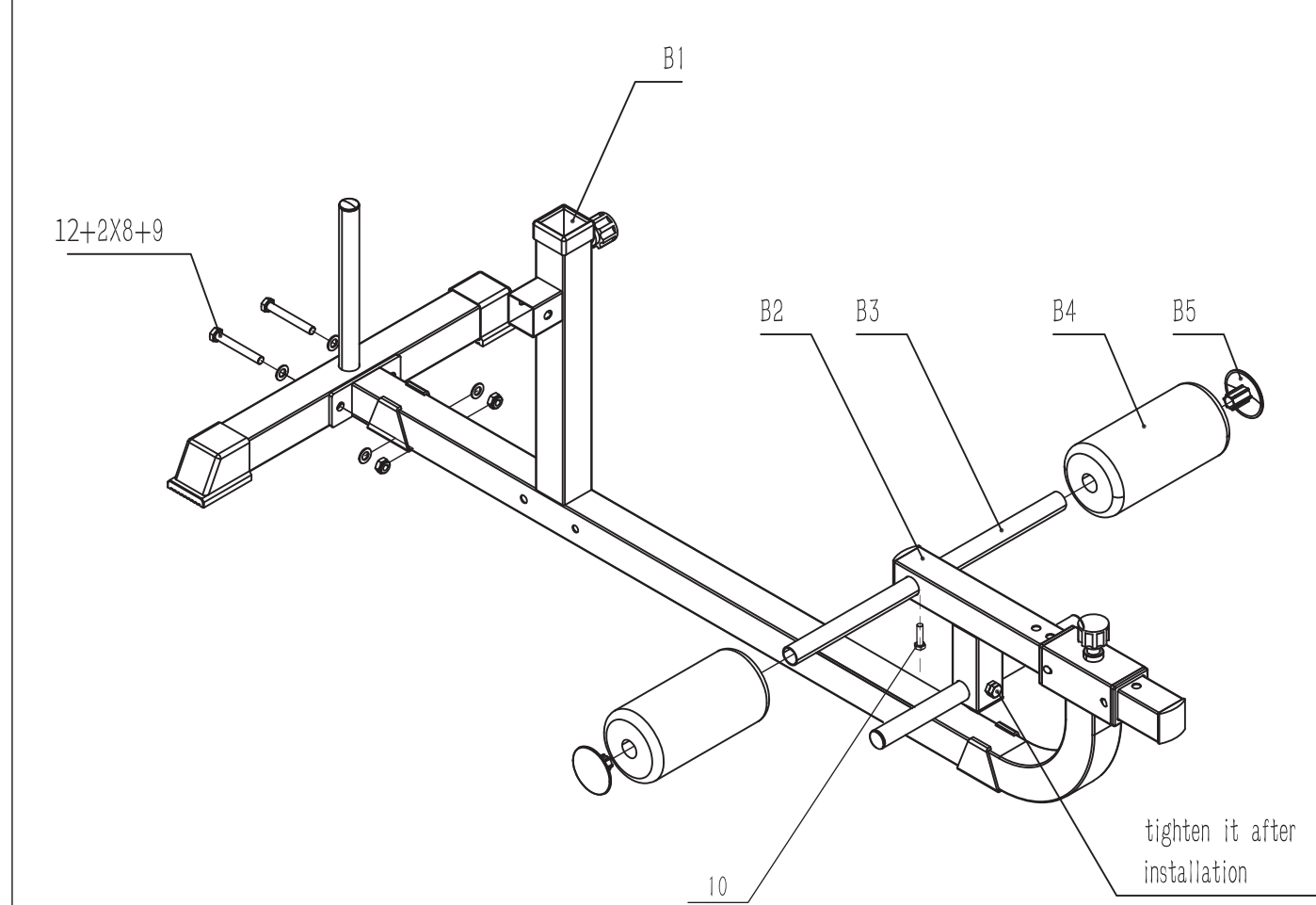
STEP1:

A1, Weight Storage Pin 1 PC	A2, Base Tube 1 PC	1, BOLT(M10 x 20) 1 PC	6, Washer(M10) 1 PC
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STEP2:

B1, Base Frame 1 PC	B2, Adjustable Frame 1 PCS	B3, Foam Tube(490mm) 1 PCS	B4, Foam Cylinder 2 PCS	B5, End Cap 2 PCS
12, BOLT(M10 x 70) 2 PCS	8, Washer(M10) 4 PCS	9, Locknut(M10) 2 PCS	10, BOLT(M10 x 25) 1 PC	



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