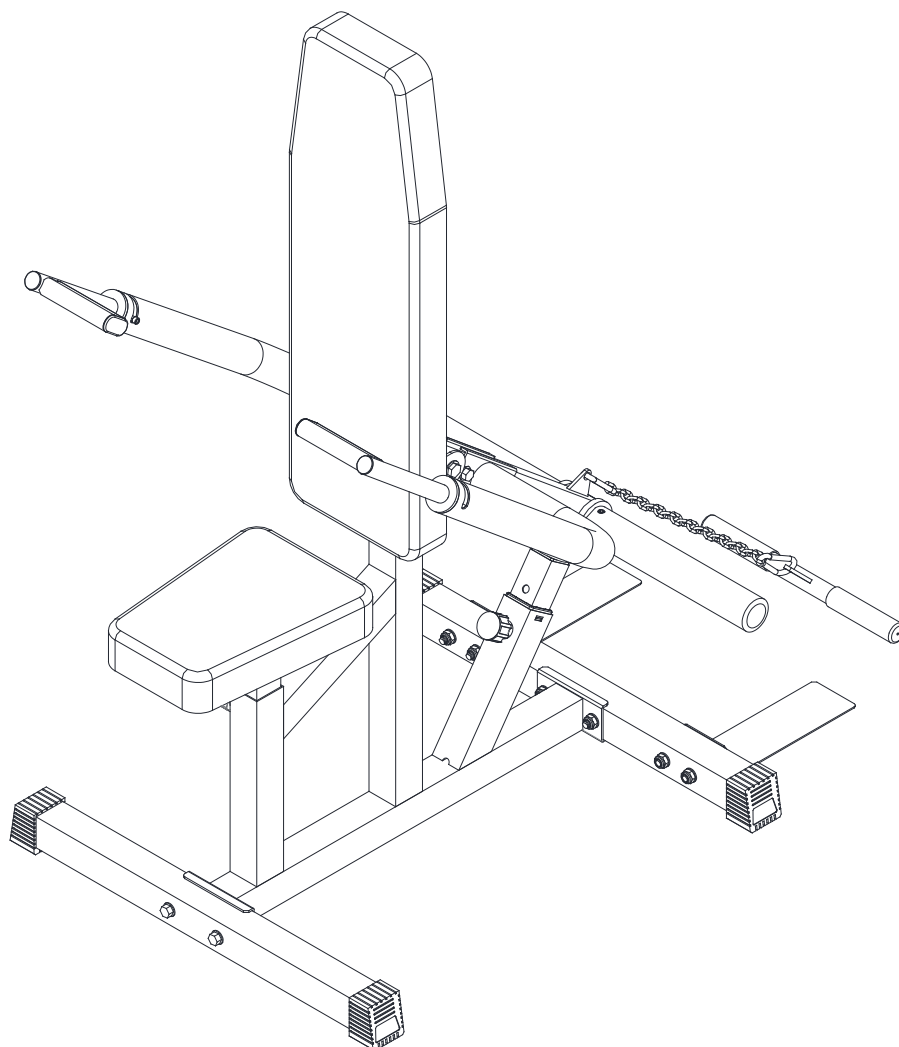


# MIKOLO

## ASSEMBLY INSTRUCTIONS



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

|                          |       |       |
|--------------------------|-------|-------|
| Assembly Caution         | ----- | 3     |
| Part List                | ----- | 4     |
| Hardware List            | ----- | 5     |
| Step 1                   | ----- | 6     |
| Step 2                   | ----- | 7     |
| Step 3                   | ----- | 8     |
| Step 4                   | ----- | 9     |
| Step 5                   | ----- | 10    |
| Installation Is Complete | ----- | 11    |
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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**



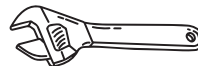
If you are missing any parts, or otherwise have any warranty issues, please contact us first.  
[after-sale@gym-mikolo.com](mailto:after-sale@gym-mikolo.com)

## ***Shortcut: A Lot of People Doing That Way***

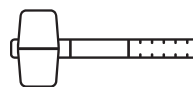
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

## ***The following tools might help you improve your installation experience***

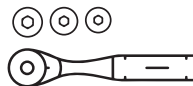
- Adjustable wrenches



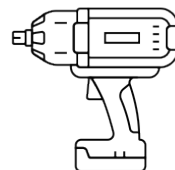
- Rubber hammers



- Socket set



- Electric Wrench



## **WARNING**



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

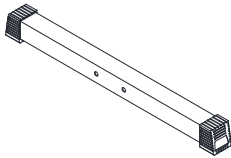
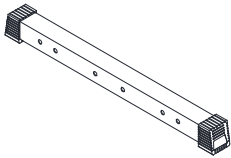
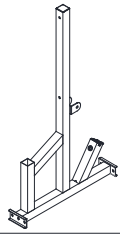
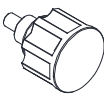
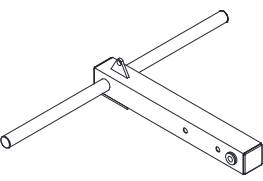
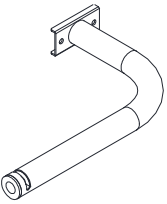
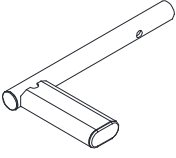
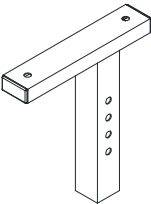
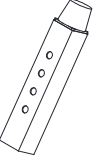
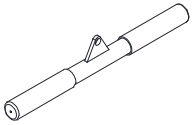
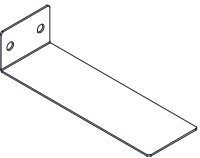
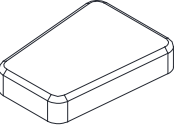
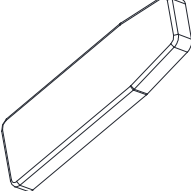
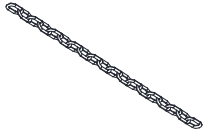
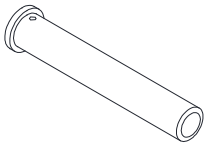
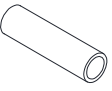
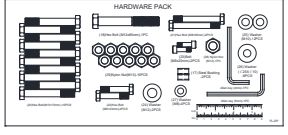


Sharp objects may be involved. Use precaution and protection.

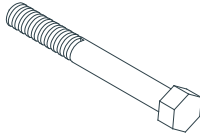
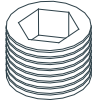
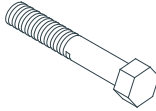
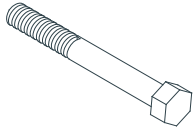
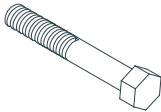
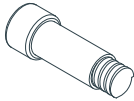
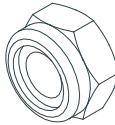


Heavy object. Use lifting aids and proper lifting techniques when moving

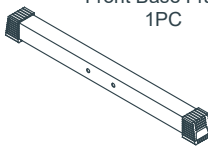
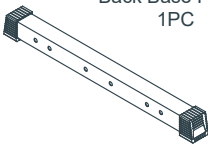
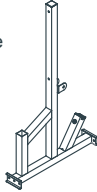
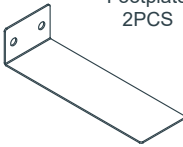
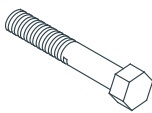
# PART LIST

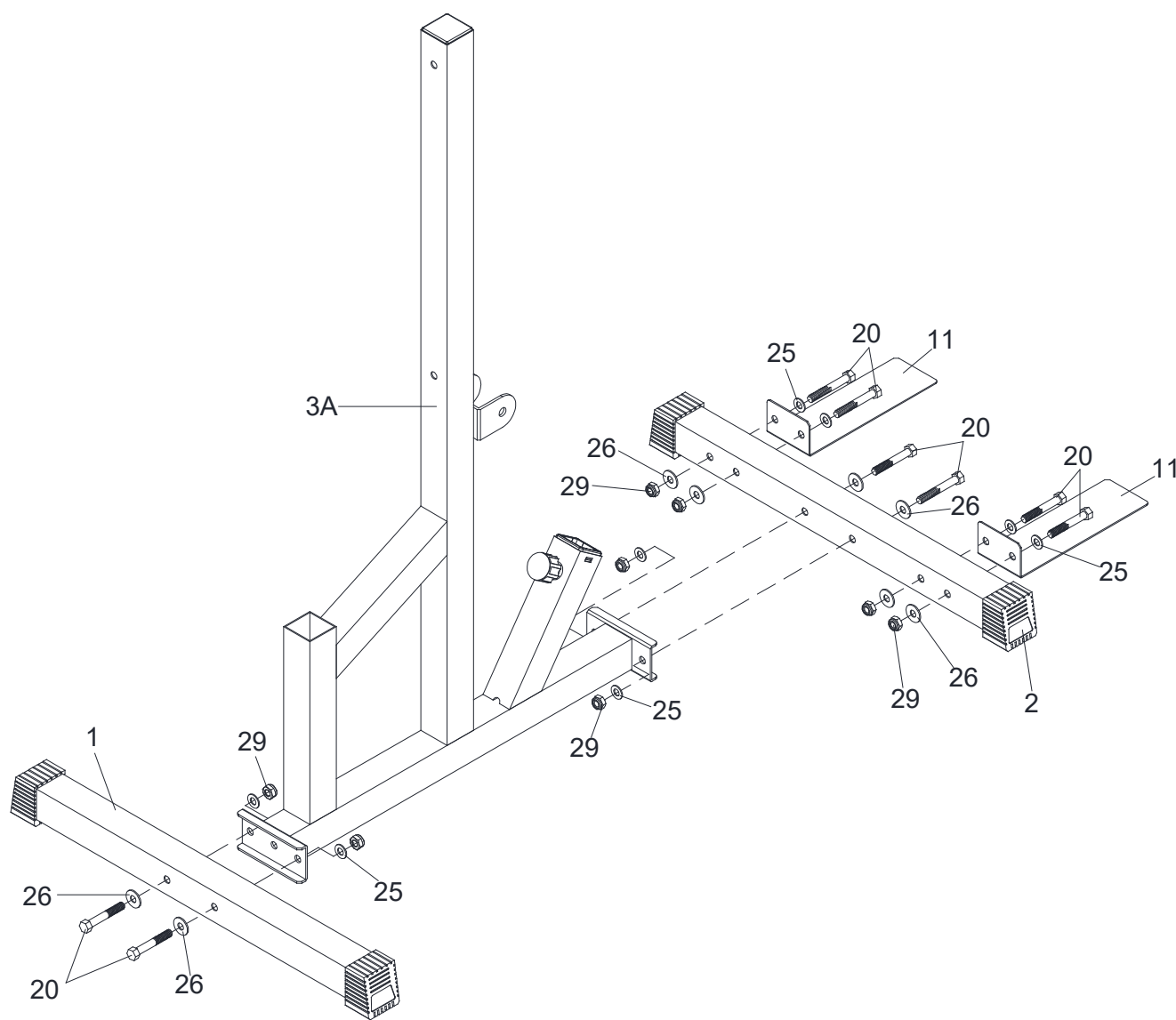
|                                                                                                                           |                                                                                                                             |                                                                                                                             |                                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| <b>1</b><br>Front Base Frame<br>1PC<br>  | <b>2</b><br>Back Base Frame<br>1PC<br>     | <b>3A</b><br>Main Frame<br>1PC<br>        | <b>3B</b><br>Quick Knob<br>2PCS<br>  |
| <b>4</b><br>Support Frame<br>1PC<br>     | <b>5</b><br>Right Butterfly Arm<br>1PC<br> | <b>6</b><br>Left Butterfly Arm<br>1PC<br> | <b>7</b><br>Handle Tube<br>2PCS<br>  |
| <b>8</b><br>Seat Base Frame<br>1PC<br> | <b>9</b><br>Adjustable Frame<br>1PC<br>  | <b>10</b><br>Low Bar<br>1PC<br>         | <b>11</b><br>Footplate<br>2PCS<br> |
| <b>12</b><br>Seat Cushion<br>1PC<br>   | <b>13</b><br>Backrest Cushion<br>1PC<br> | <b>14</b><br>Chain<br>1PC<br>           | <b>15</b><br>Pothook<br>2PCS<br>   |
| <b>16</b><br>OB Tube<br>2PCS<br>       | <b>17</b><br>Steel Bushing<br>2PCS<br>   | <b>HARDWARE BAG</b><br>2PCS<br>         |                                                                                                                         |

# HARDWARE LIST

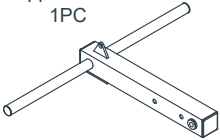
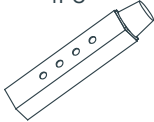
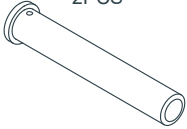
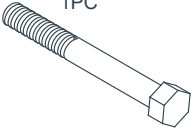
|                                                                                                                                                      |                                                                                                                         |                                                                                                                               |                                                                                                                              |
|------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| <b>18</b><br>M12X85mm Hex Bolt<br>1PC<br>                           | <b>19</b><br>Screw M8X10mm<br>2PCS<br> | <b>20</b><br>M10X70mm Hex Bolt<br>10PCS<br> | <b>21</b><br>M8X65mm Hex Bolt<br>2PCS<br> |
| <b>22</b><br>M8X40mm Hex Bolt<br>2PCS<br>                           | <b>23</b><br>M6X20mm Bolt<br>2PCS<br>  | <b>24</b><br>Washer M12<br>2PCS<br>         | <b>25</b><br>Washer M10<br>12PCS<br>      |
| <b>26</b><br>$\varnothing 25^* \varnothing 10$ Washer<br>8PCS<br> | <b>27</b><br>Washer M8<br>4PCS<br>   | <b>28</b><br>Nylon Nut M12<br>1PC<br>     | <b>29</b><br>Nylon Nut M10<br>10PCS<br> |

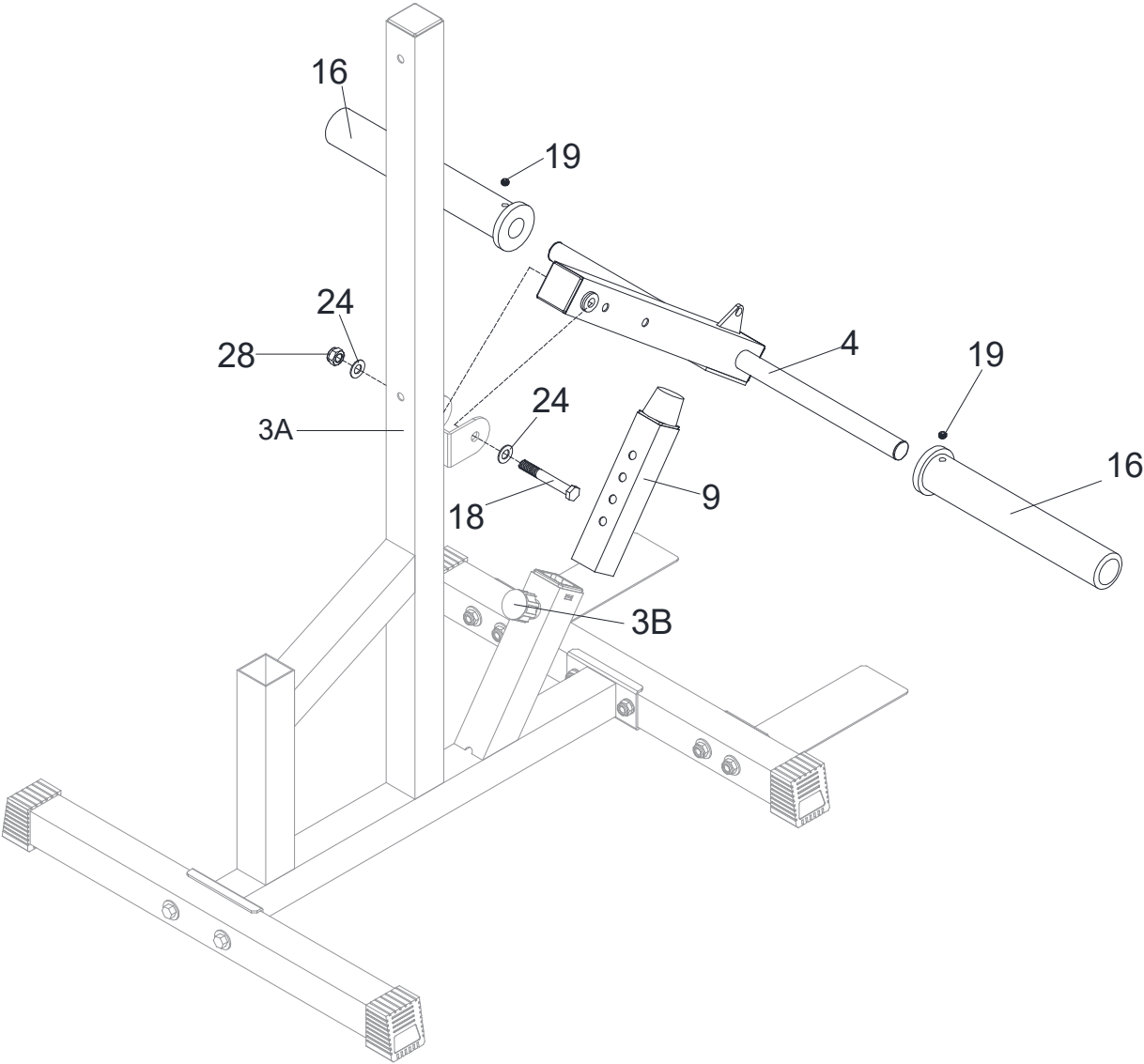
# STEP: 1

|                                                                                                                             |                                                                                                                         |                                                                                                                               |                                                                                                                           |
|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| <b>1</b><br>Front Base Frame<br>1PC<br>    | <b>2</b><br>Back Base Frame<br>1PC<br> | <b>3A</b><br>Main Frame<br>1PC<br>          | <b>11</b><br>Footplate<br>2PCS<br>     |
| <b>20</b><br>M10X70mm Hex Bolt<br>8PCS<br> | <b>25</b><br>Washer M10<br>8PCS<br>    | <b>26</b><br>Ø 25* Ø 10.3 Washer<br>8PCS<br> | <b>29</b><br>Nylon Nut M10<br>8PCS<br> |

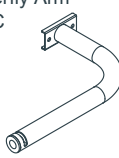
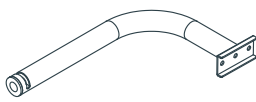
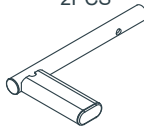
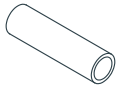
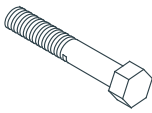
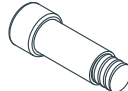


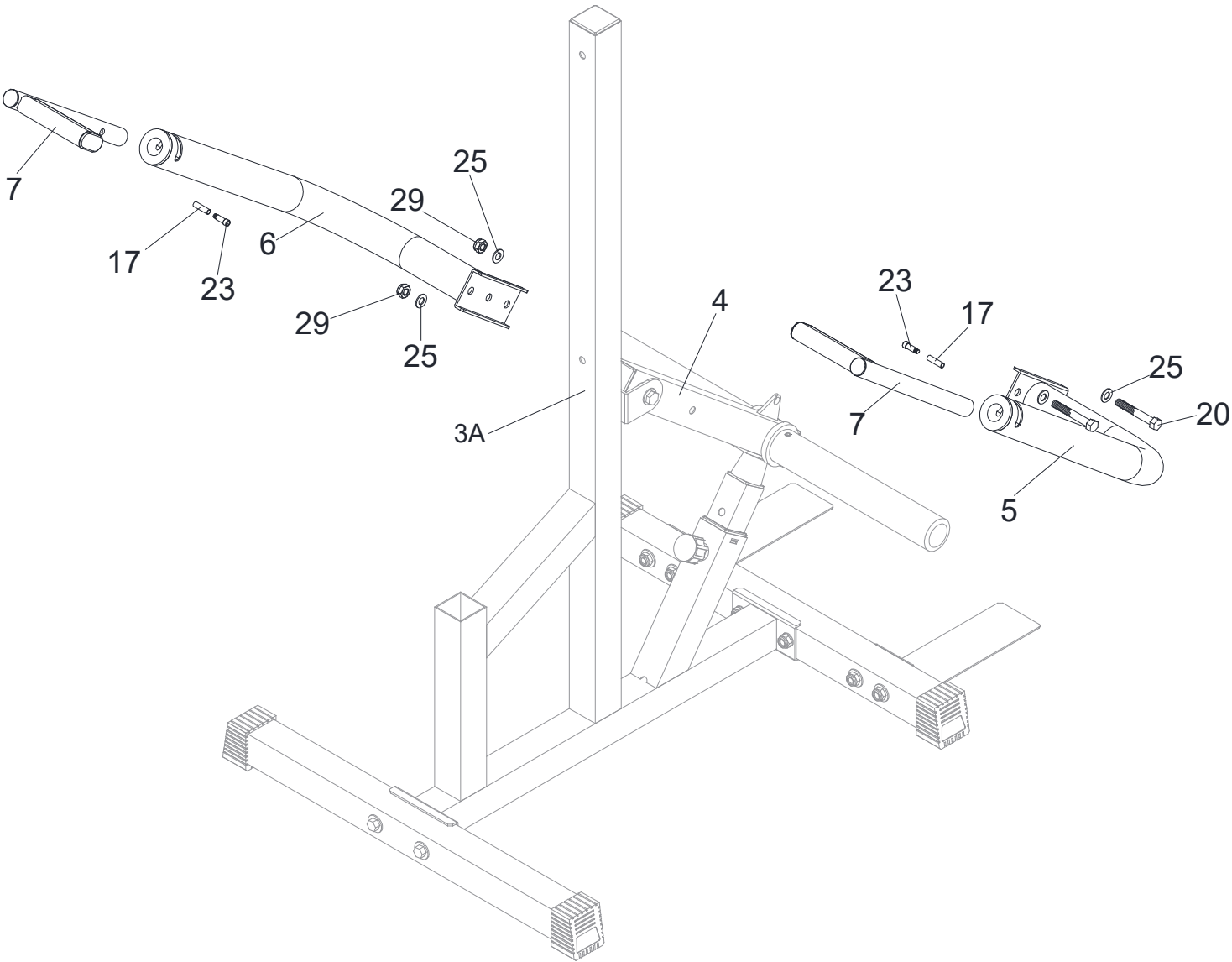
# STEP: 2

|                                                                                                                                                                          |                                                                                                                                              |                                                                                                                                                |                                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <div>3B</div> <div>Quick Knob<br/>1PC</div> <div></div> <div>Pre-installd on 3A #</div> | <div>4</div> <div>Support Frame<br/>1PC</div> <div></div>   | <div>9</div> <div>Adjustable Frame<br/>1PC</div> <div></div> | <div>16</div> <div>OB Tube<br/>2PCS</div> <div></div>      |
| <div>18</div> <div>M12X85mm Hex Bolt<br/>1PC</div> <div></div>                          | <div>19</div> <div>Screw M8X10mm<br/>2PCS</div> <div></div> | <div>24</div> <div>Washer M12<br/>2PCS</div> <div></div>      | <div>28</div> <div>Nylon Nut M12<br/>1PC</div> <div></div> |

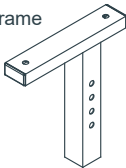
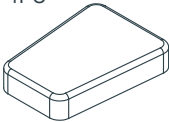
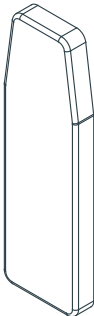
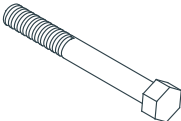
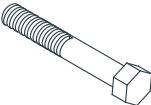


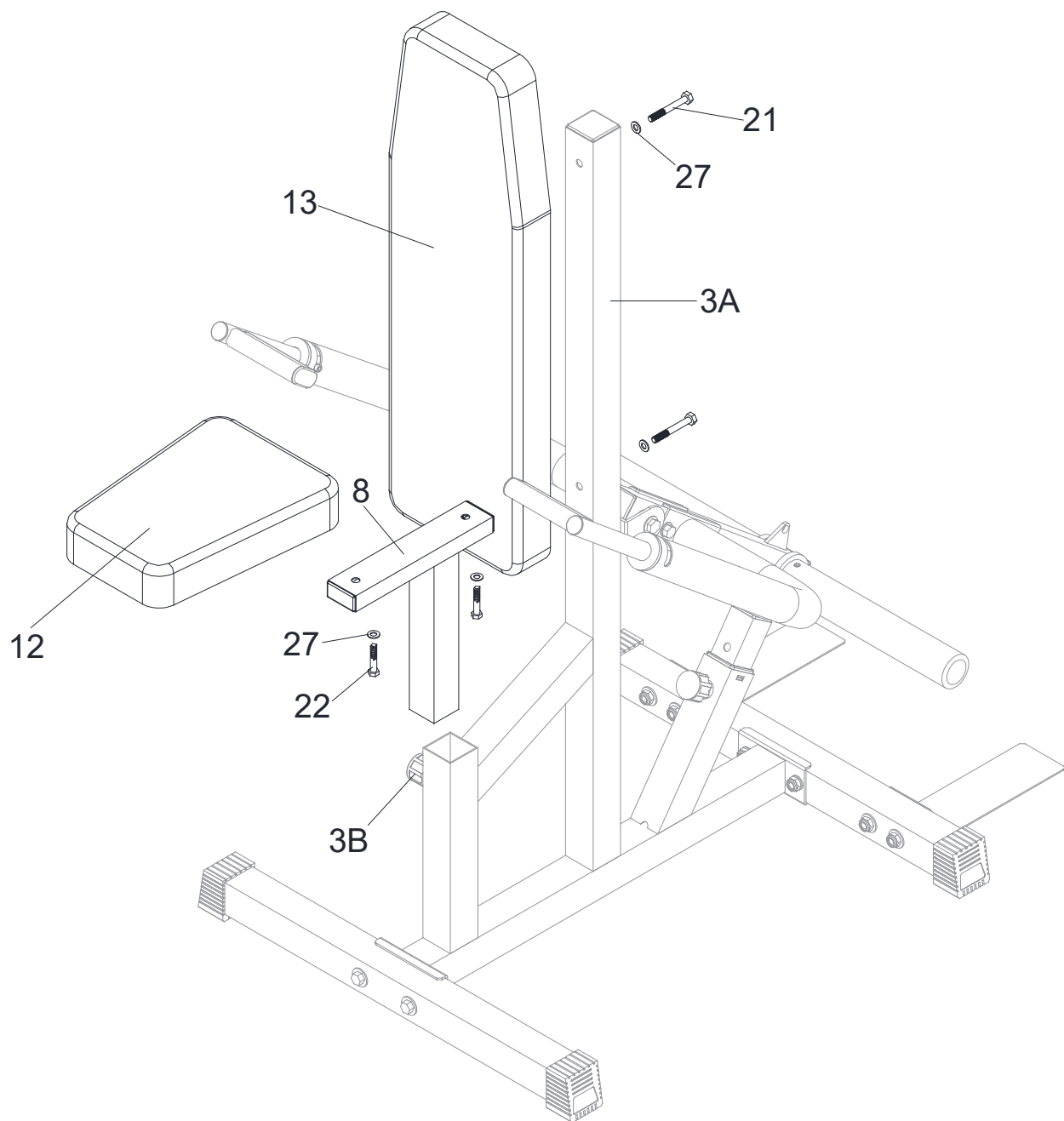
# STEP: 3

|                                                                                                                             |                                                                                                                            |                                                                                                                       |                                                                                                                           |
|-----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| <b>5</b><br>Right Butterfly Arm<br>1PC<br> | <b>6</b><br>Left Butterfly Arm<br>1PC<br> | <b>7</b><br>Handle Tube<br>2PCS<br> | <b>17</b><br>Steel Bushing<br>2PCS<br> |
| <b>20</b><br>M10X70mm Hex Bolt<br>2PCS<br> | <b>23</b><br>M6X20mm Bolt<br>2PCS<br>     | <b>25</b><br>Washer M10<br>4PCS<br>  | <b>29</b><br>Nylon Nut M10<br>2PCS<br> |



# STEP: 4

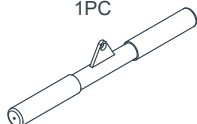
|                                                                                                                                                                           |                                                                                                                                                 |                                                                                                                                             |                                                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>3B</div> <div>Quick Knob<br/>1PC</div> <div></div> <div>Pre-installde on 3A #</div> | <div>8</div> <div>Seat Base Frame<br/>1PC</div> <div></div>    | <div>12</div> <div>Seat Cushion<br/>1PC</div> <div></div> | <div>13</div> <div>Backrest Cushion<br/>1PC</div> <div></div> |
| <div>21</div> <div>M8X65mm Hex Bolt<br/>2PCS</div> <div></div>                           | <div>22</div> <div>M8X40mm Hex Bolt<br/>2PCS</div> <div></div> | <div>27</div> <div>Washer M8<br/>4PCS</div> <div></div>    |                                                                                                                                                  |



# STEP: 5

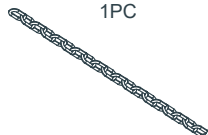
10

Low Bar  
1PC



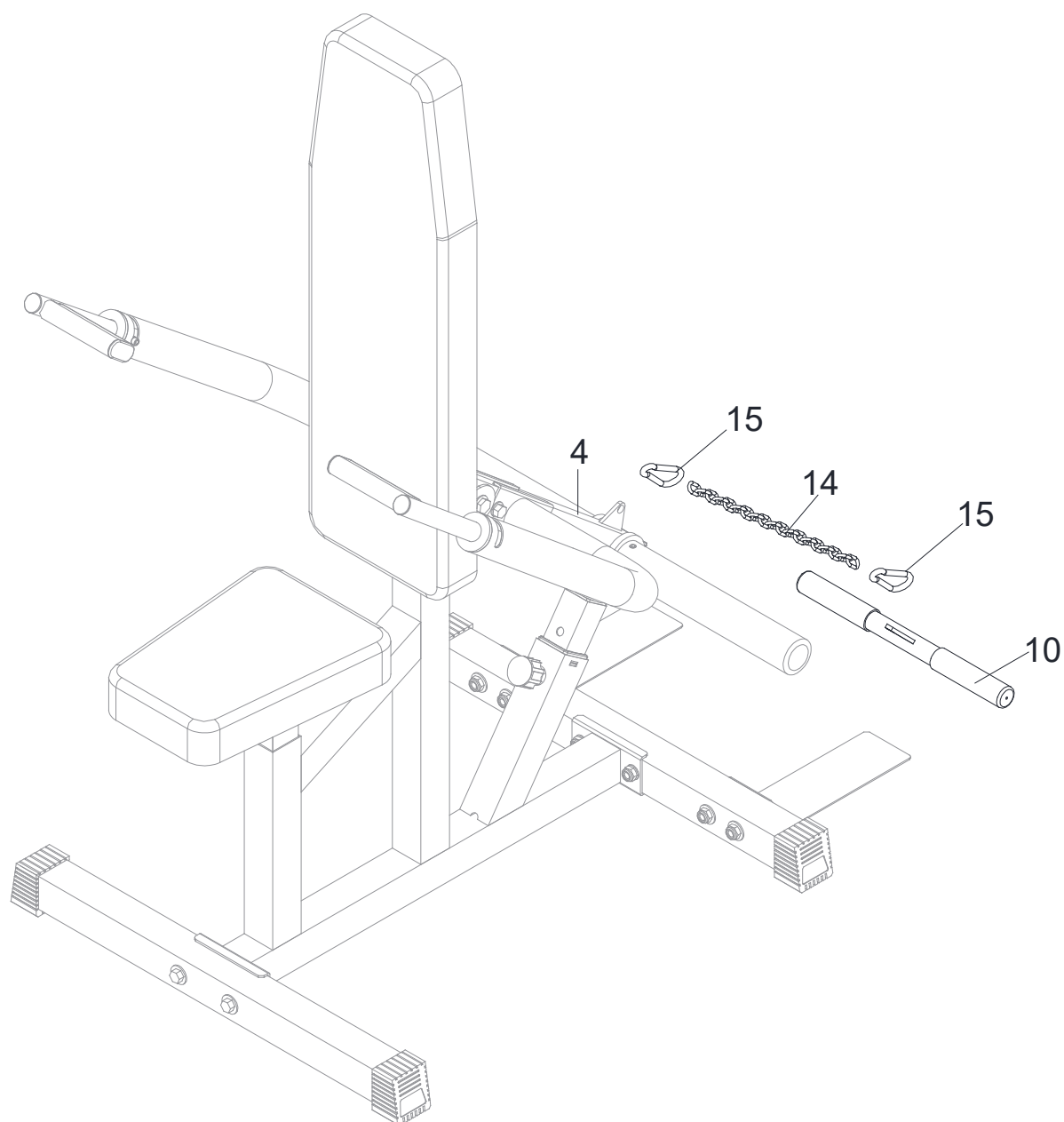
14

Chain  
1PC

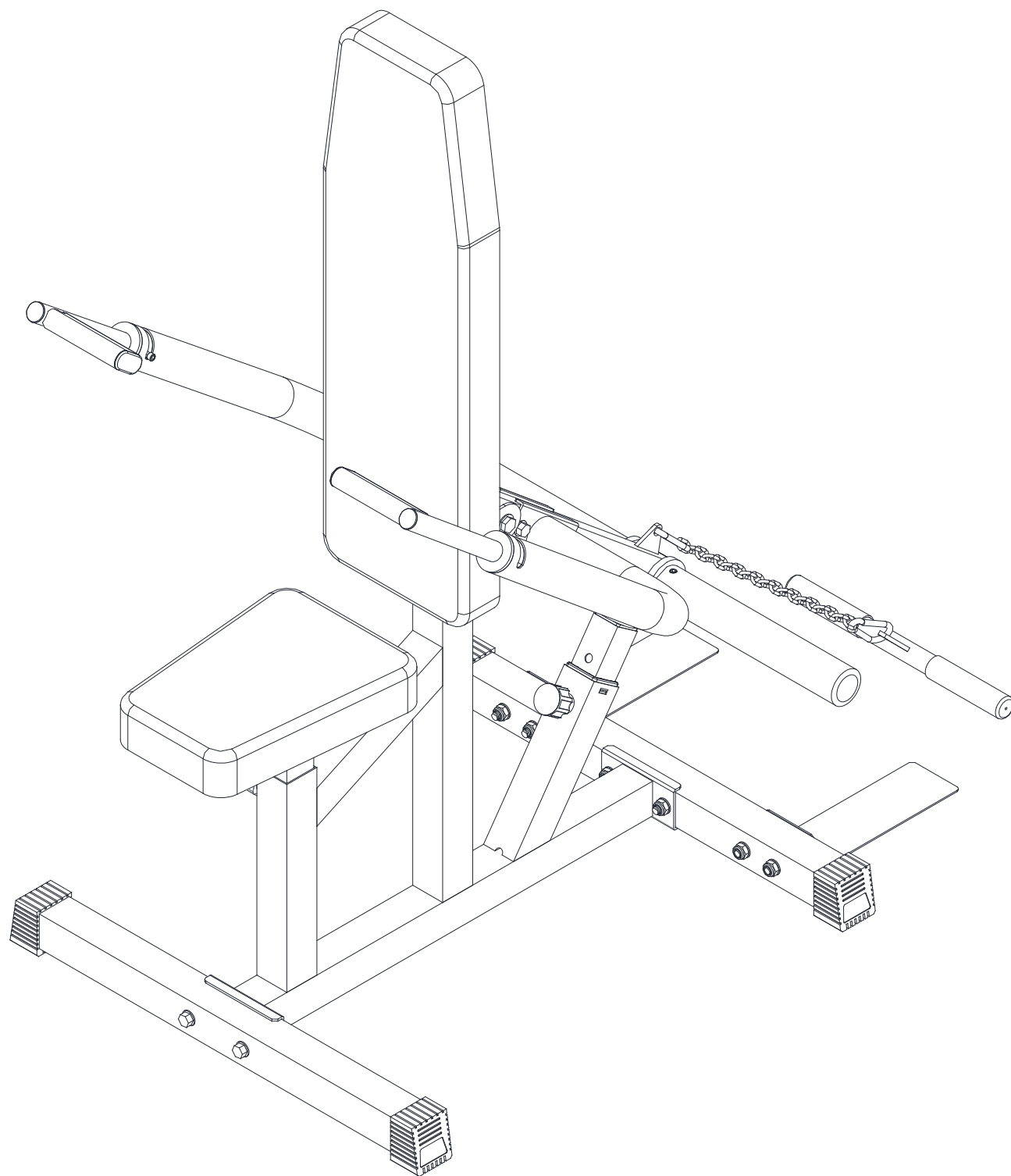


15

Pothook  
2PCS



# INSTALLATION IS COMPLETE



# FORMAT OF AFTER-SALE EMAIL

The screenshot shows an email draft interface. At the top, a status bar indicates "Draft saved" with icons for undo, redo, and close. Below this is a "Recipients" field. The "To" field contains "Amazon-1234567890 -Package Lost" and the "Subject" field contains "SUBJECT EXAMPLE". Below these fields is a large text area with the placeholder text "Describe your issue here". Below the text area is a red text prompt: "Welcome to attach the pictures to help us get more understands with your issue". Below the prompt is a rich text editor toolbar with various icons for undo, redo, font face, font size, bold, italic, underline, link, unlink, list, and more. Below the toolbar is a row of icons for text color, background color, link, unlink, emoji, image, video, and more. A red box highlights the "Attach" icon (a paperclip) in the bottom row, with a red arrow pointing to it from the red text prompt above.

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

Send

Rich text editor toolbar icons: Undo, Redo, Sans Serif, Font Size, Bold, Italic, Underline, Link, Unlink, List, More options.

Bottom row icons: Text color, Background color, Link, Unlink, Emoji, Image, Video, More options.

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 caused by GMWD Fitness, excluding malfunctions or deterioration result-ing 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.**

**[after-sale@gym-mikolo.com](mailto:after-sale@gym-mikolo.com)**