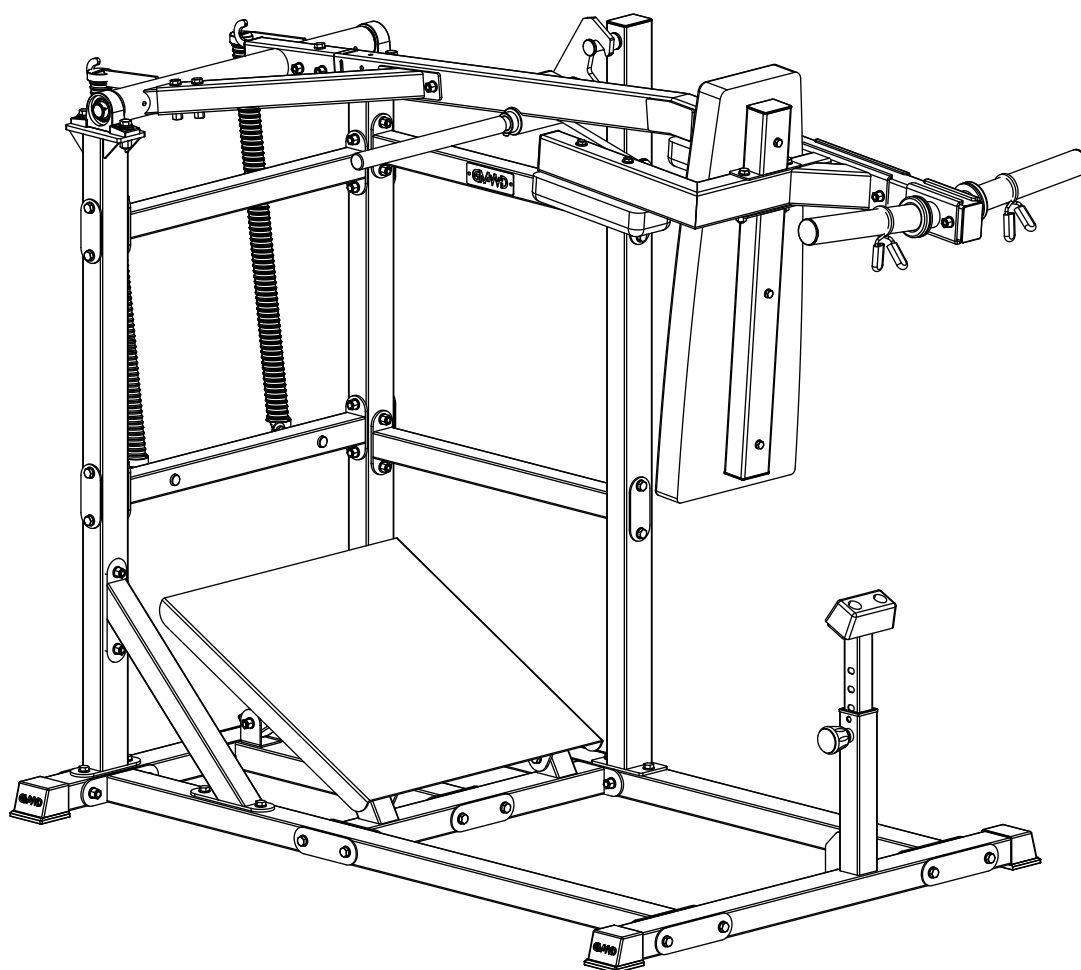


GMWD

ASSEMBLY INSTRUCTIONS



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

Assembly Caution	3
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Hardware List	7
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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



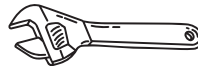
If you are missing any parts, or otherwise have any warranty issues, please contact us first.
support@gmwdfitness.com

Shortcut: A Lot of People Doing That Way

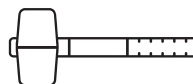
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

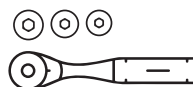
- Adjustable wrenches



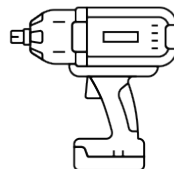
- Rubber hammers



- Socket set



- Electric Wrench



WARNING



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



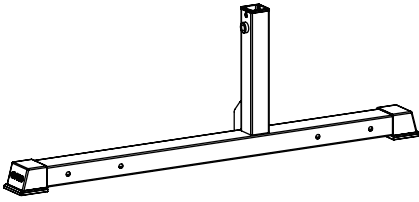
Sharp objects may be involved. Use precaution and protection.



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

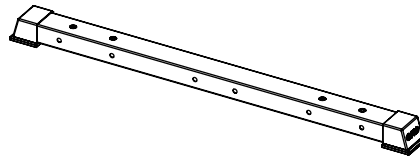
CARTON 1

3



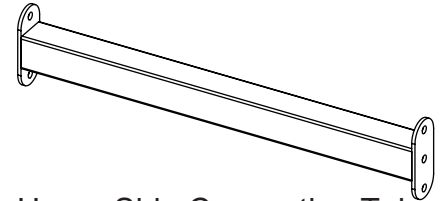
Rear Base Frame - 1 pc

4



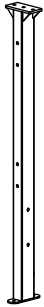
Front Base Frame - 1 pc

11



Upper Side Connecting Tube - 2 pcs

7



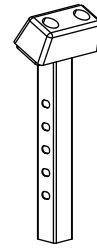
Left Upright Tube - 1 pc

8



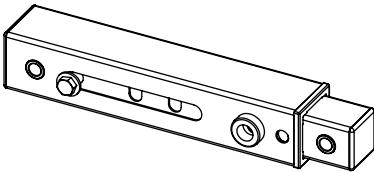
Right Upright Tube - 1 pc

14



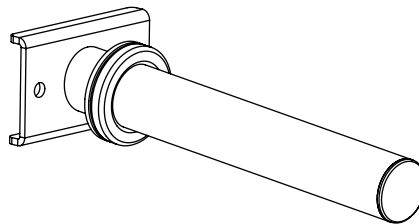
Safety Tube - 1pc

15



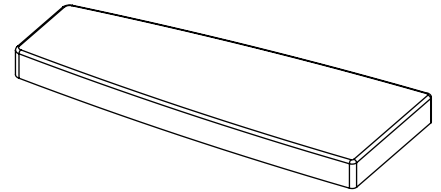
Foot Pedal Adjustable Frame - 1 pc

24



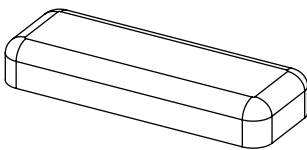
Weight Holder Pin - 2 pcs

25



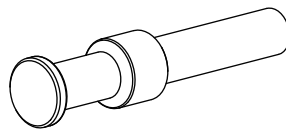
Backrest - 1 pc

26



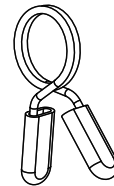
Shoulder Pad - 2 pcs

32



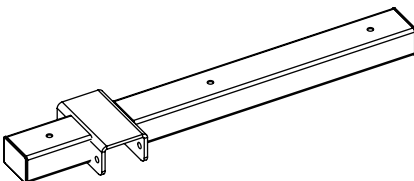
Limit Shaft - 2 pcs

36



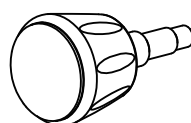
Spring Clip - 2 pcs

38



Backrest Tube - 1 pc

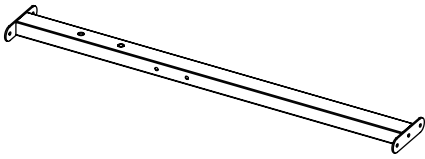
27



Knob - 2 pcs

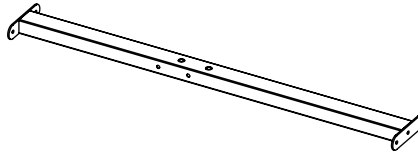
CARTON 2

1



Left Base Tube - 1 pc

2



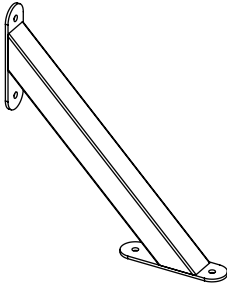
Right Base Tube - 1 pc

9



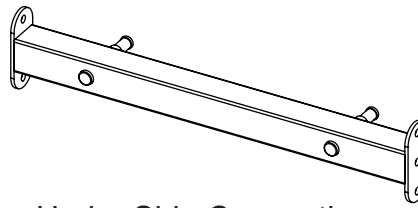
Side Upright Tube - 1 pc

10



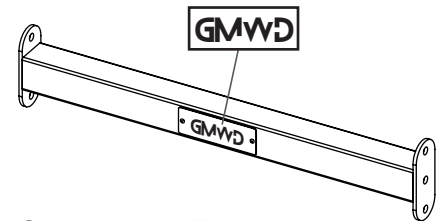
Side Supporting Tube - 1 pc

12



Under Side Connecting Tube - 1 pc

13



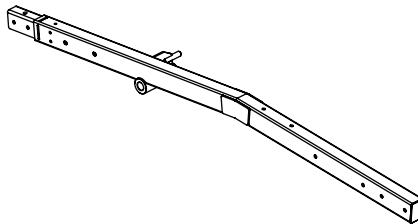
Connecting Tube With Logo - 1 pc

18



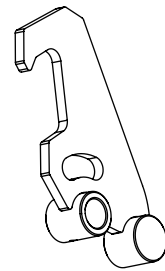
Upper Side Reinforced Tube - 1 pc

19



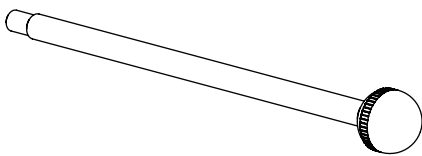
Main Frame -1 pc

21



Hook - 1 pc

22



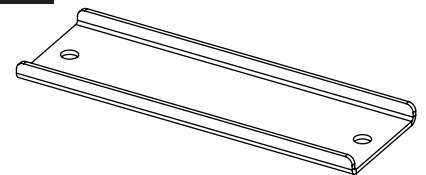
Hand Shake Pin - 1 pc

30



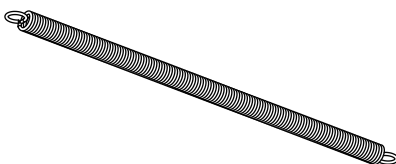
Reinforcement Plate 120 - 8 pcs

31



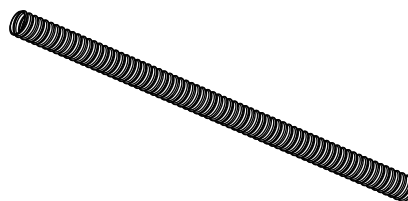
U Reinforcement Plate - 1 pc

33



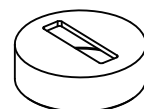
Spring - 2 pcs

34



Spring Cover - 2 pcs

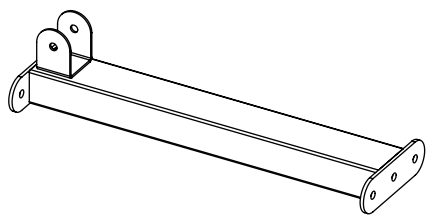
35



Spring Cap - 4 pcs

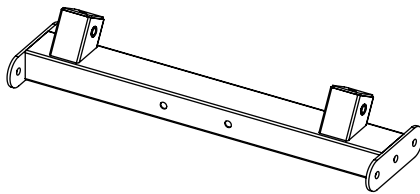
CARTON 3

5



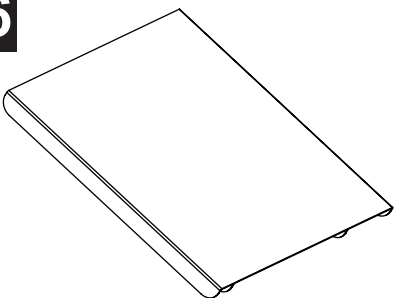
Base Connecting Tube - 1 pc

6



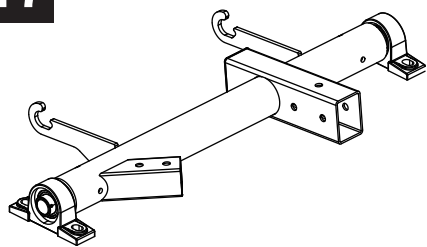
Base Connecting Frame - 1 pc

16



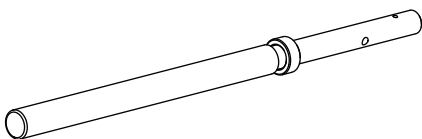
Foot Pedal - 1 pc

17



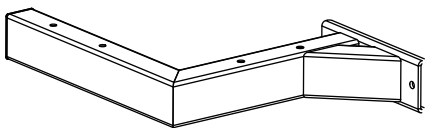
Cross Rod Frame - 1 pc

20



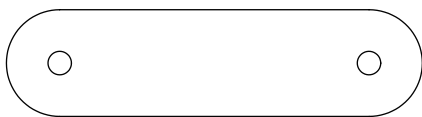
Handlebar - 1 pc

23



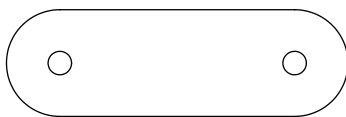
Backrest Frame - 1 pc

28



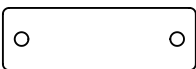
Reinforcement Plate 195
- 5 pcs

29

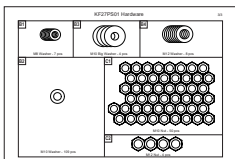
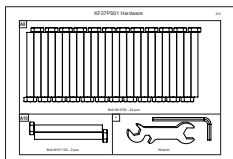
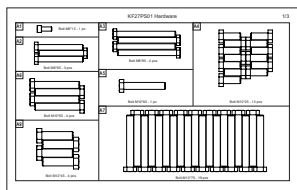


Reinforcement Plate 160
- 4 pcs

37



Reinforcement Plate - 1 pc



Hardware

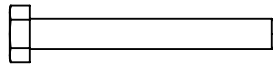
HARDWARE LIST

A1



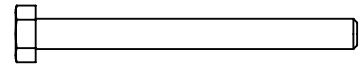
Bolt M6*15 - 1 pcs

A2



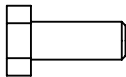
Bolt M8*65 - 3 pcs

A3



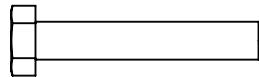
Bolt M8*85 - 4 pcs

A4



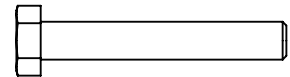
Bolt M10*25 - 13 pcs

A5



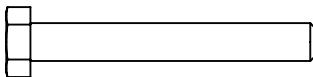
Bolt M10*60 - 1 pc

A6



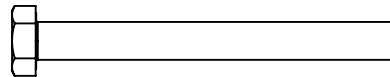
Bolt M10*65 - 4 pcs

A7



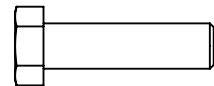
Bolt M10*75 - 19 pcs

A8



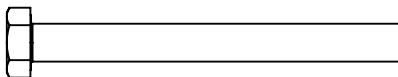
Bolt M10*95 - 24 pcs

A9



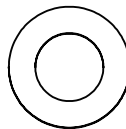
Bolt M12*45 - 4 pcs

A10



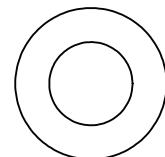
Bolt M10*100 - 2 pcs

B1



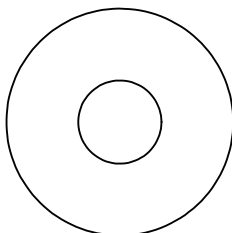
M8 Washer - 7 pcs

B2



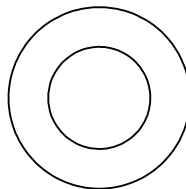
M10 Washer - 109 pcs

B3



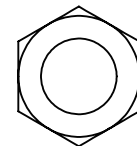
M10 Big Washer - 4 pcs

B4



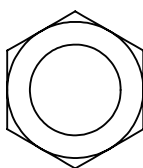
M12 Washer - 8 pcs

C1

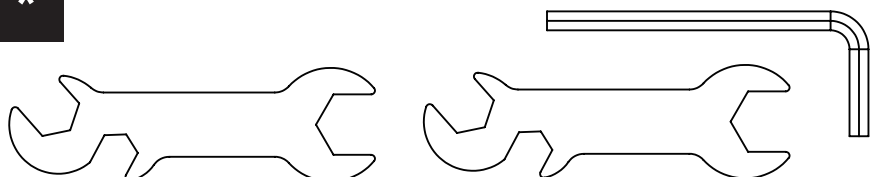


M10 Nut - 50 pcs

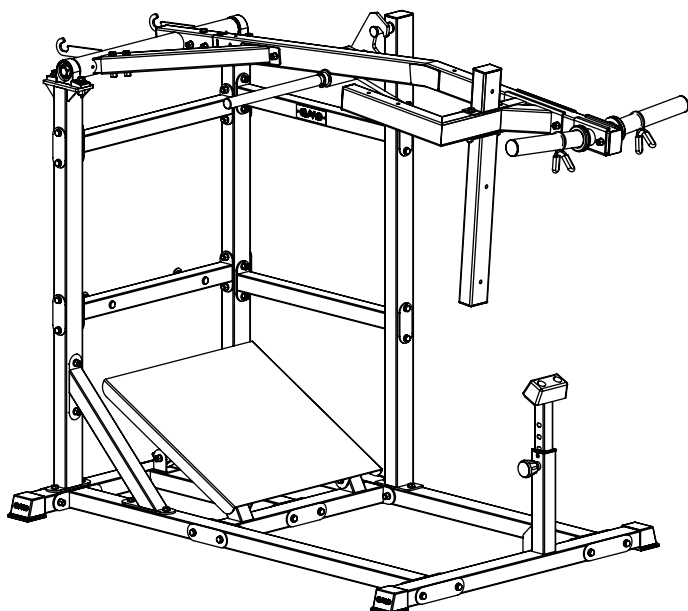
C2



M12 Nut - 4 pcs



Wrench - 3 pcs

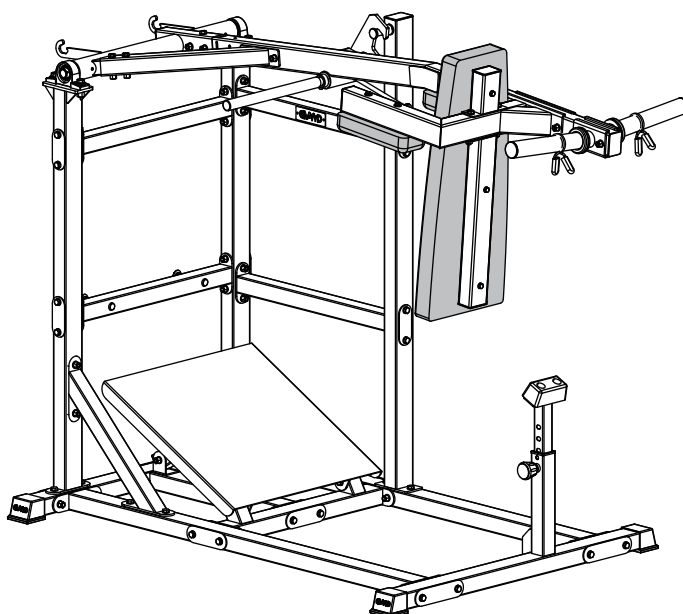


**STEP
1-16**

**Build Basic
Frame work**

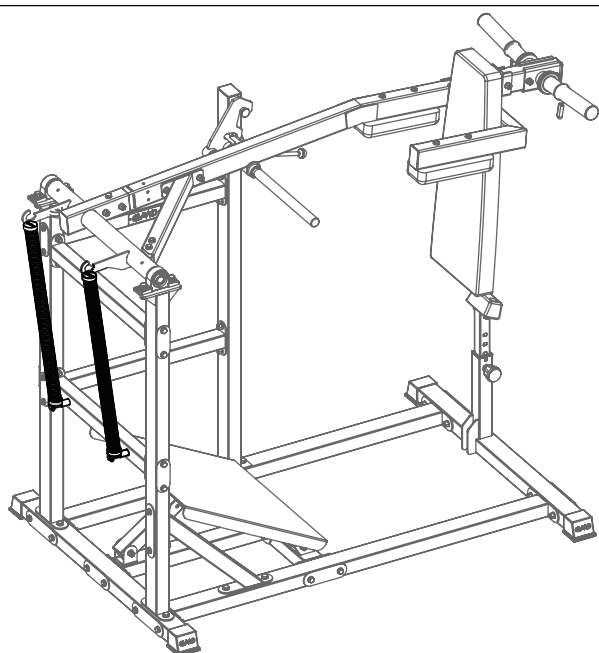
**STEP
17-18**

Add On Board

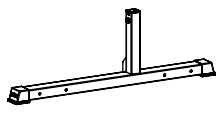
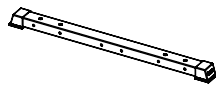
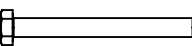


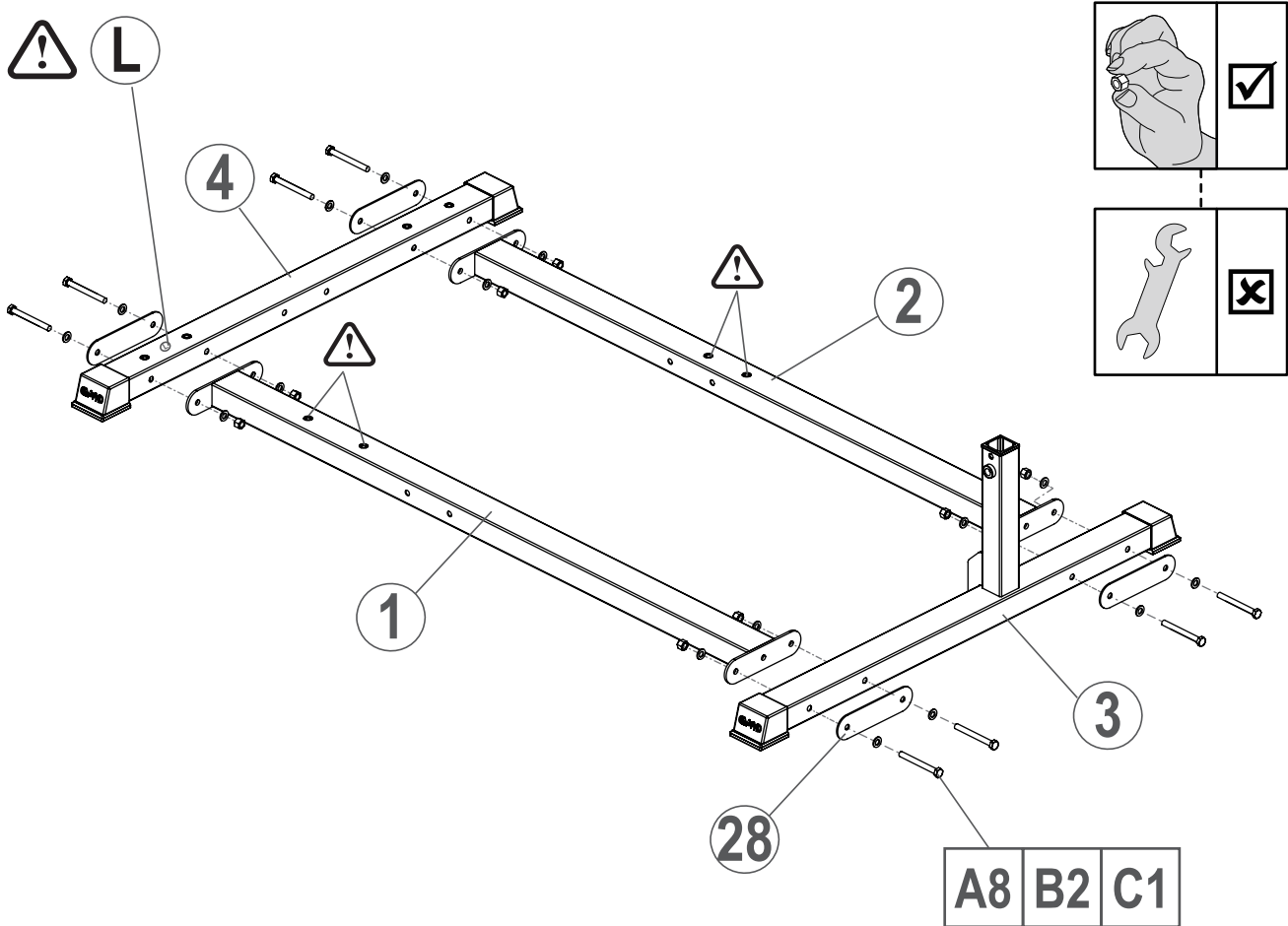
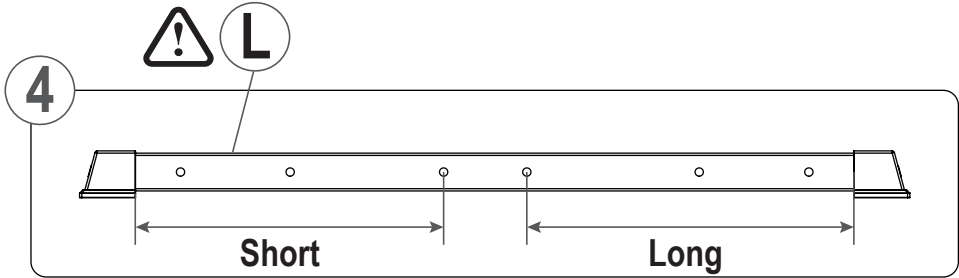
**STEP
19**

Add Spring

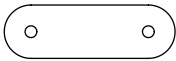
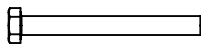


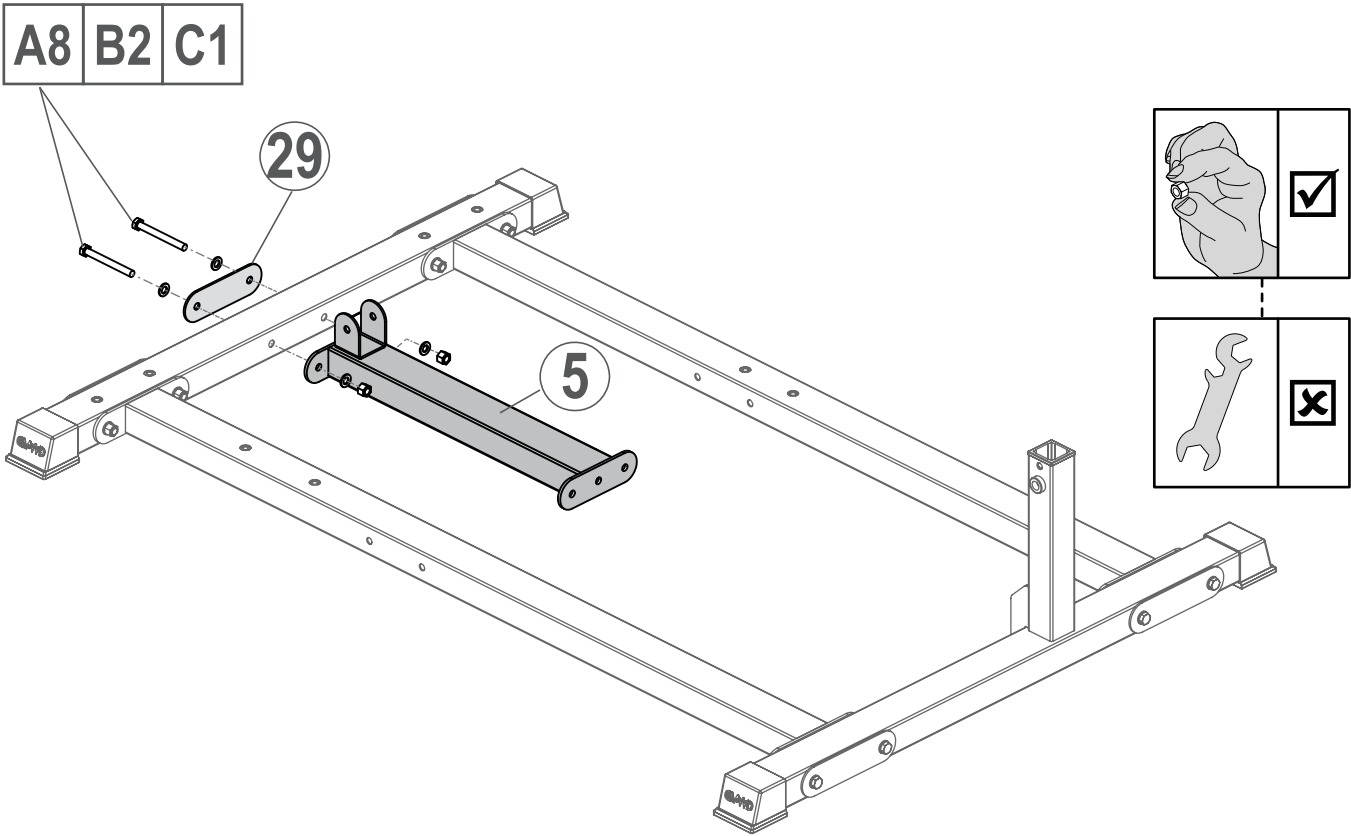
STEP: 1

1  Left Base Tube - 1 pc	2  Right Base Tube - 1 pc	3  Rear Base Frame - 1 pc	4  Front Base Frame - 1 pc
A8  Bolt M10*95 - 8 pcs	B2  M10 Washer - 16 pcs	C1  M10 Nut - 8 pcs	28  Reinforcement Plate 195 - 4 pcs

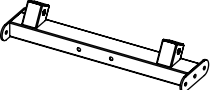
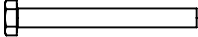


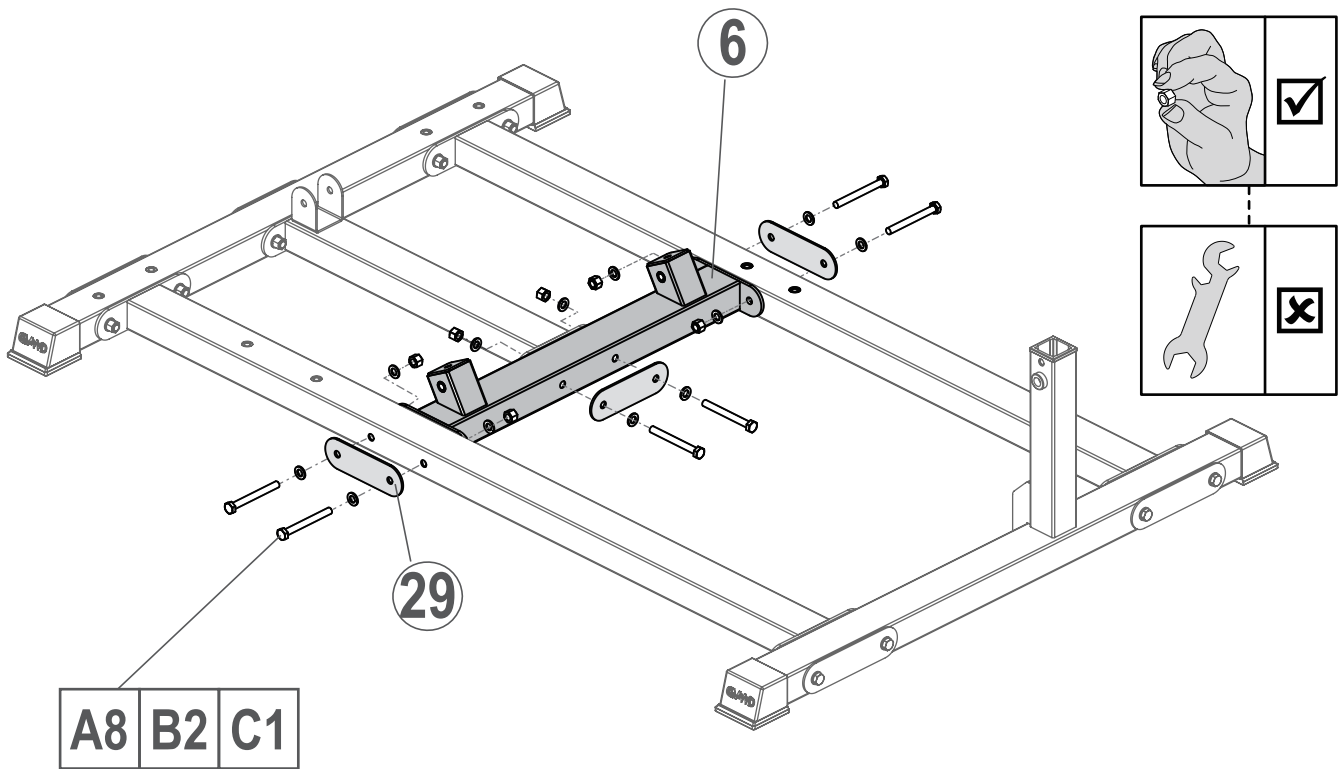
STEP: 2

5  Base Connecting Tube - 1 pc	29  Reinforcement Plate 160 - 1 pc	A8  Bolt M10*95 - 2 pcs	B2  M10 Washer - 4 pcs
C1  M10 Nut - 2 pcs			



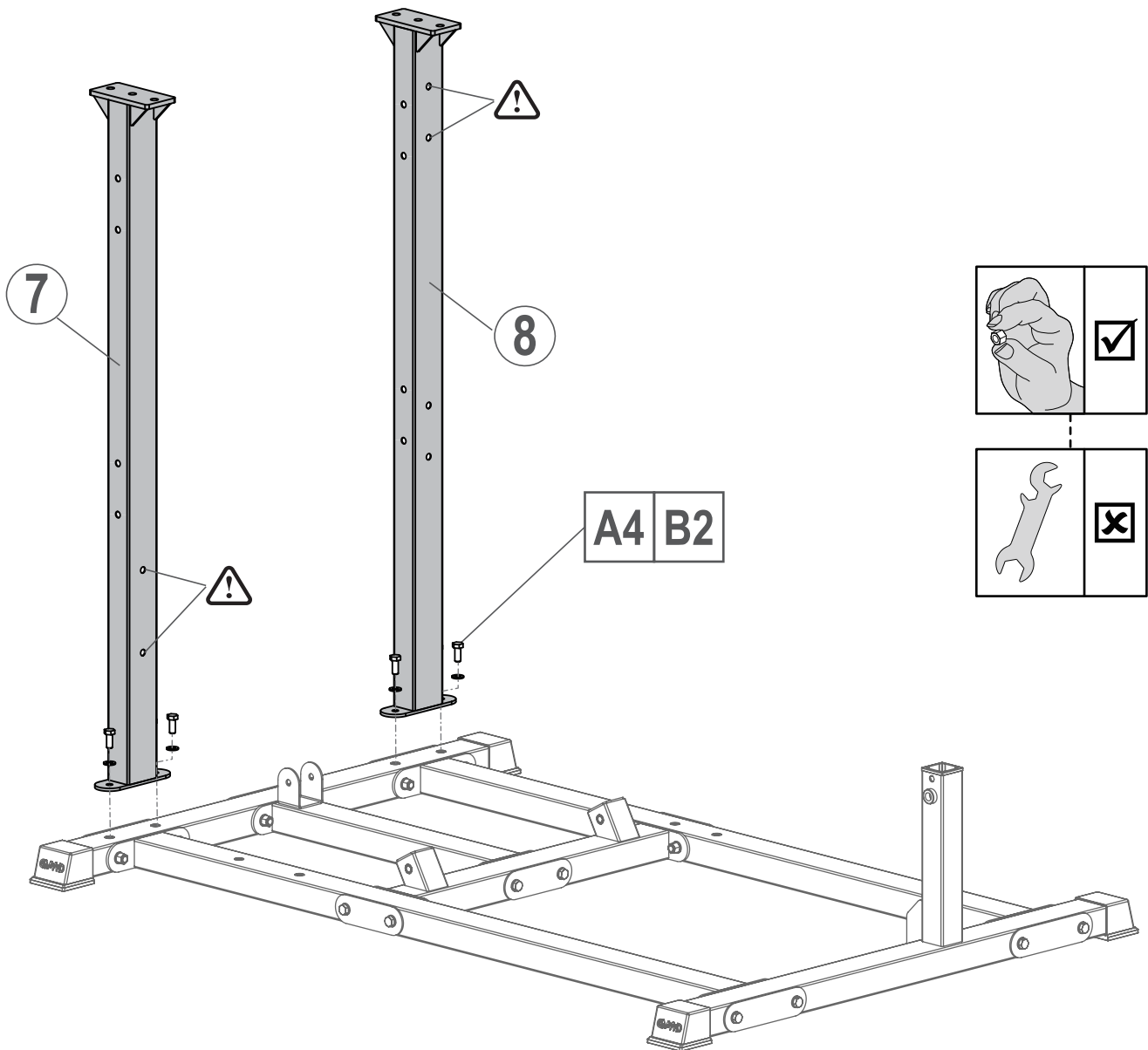
STEP: 3

6  Base Connecting Frame - 1 pc	29  Reinforcement Plate 160 - 3 pcs	A8  Bolt M10*95 - 6 pcs	B2  M10 Washer - 12 pcs
C1  M10 Nut - 6 pcs			

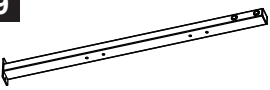
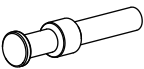
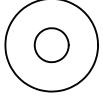


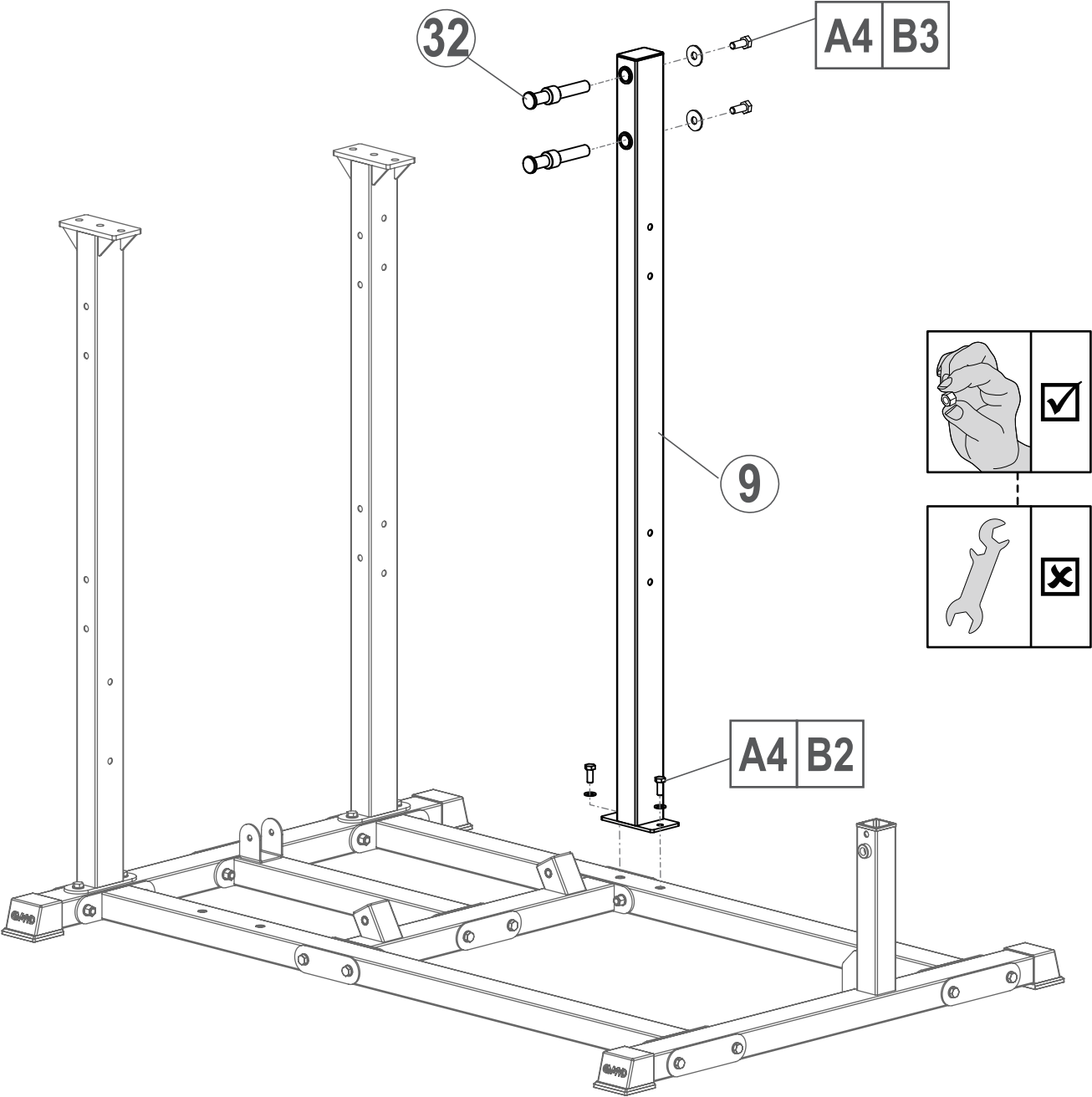
STEP: 4

7  Left Upright Tube - 1 pc	8  Right Upright Tube - 1 pc	A4  Bolt M10*25 - 4 pcs	B2  M10 Washer - 4 pcs
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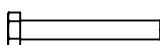


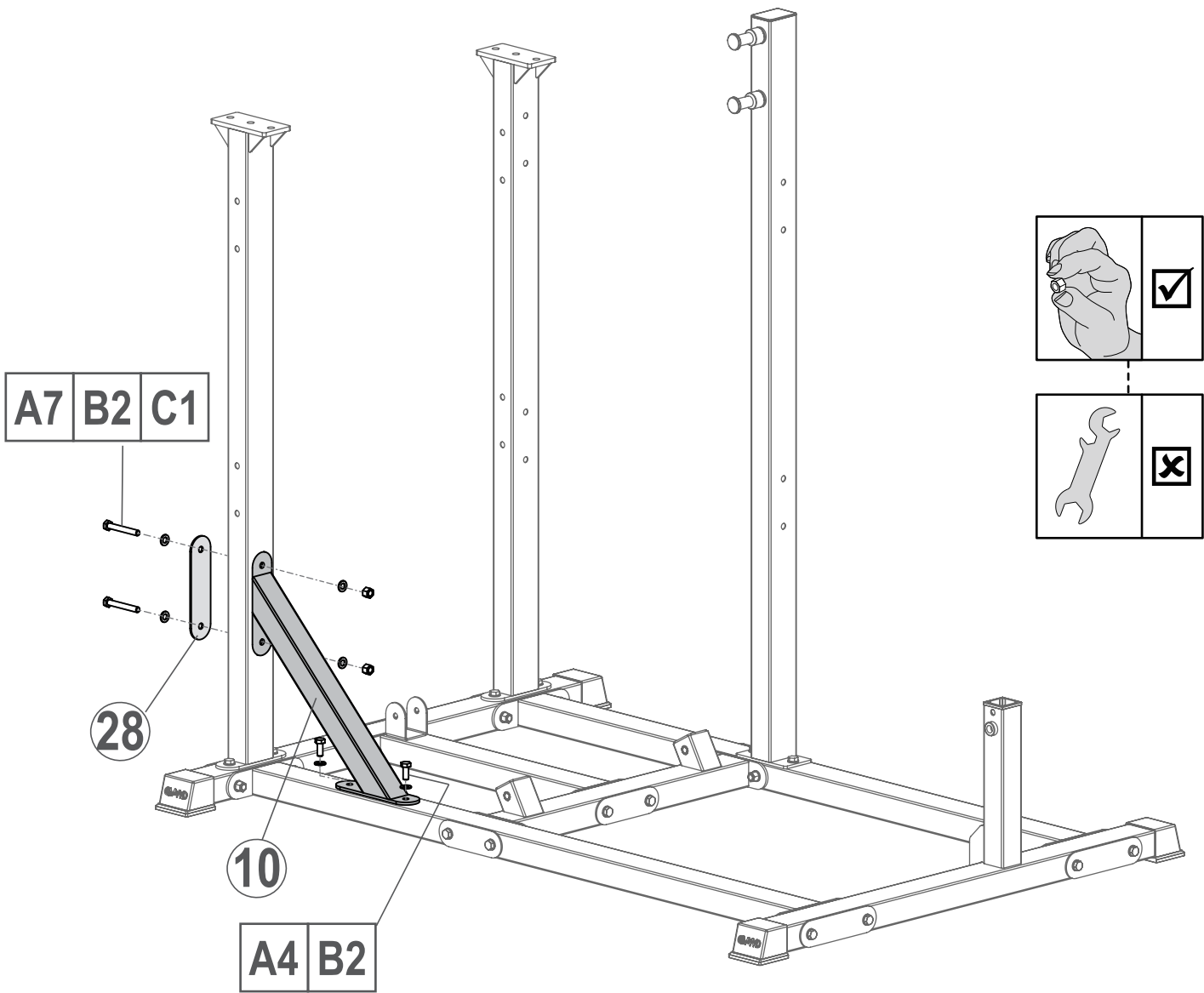
STEP: 5

9  Side Upright Tube - 1 pc	32  Limit Shaft - 2 pcs	A4  Bolt M10*25 - 4 pcs	B2  M10 Washer - 2 pcs
B3  M10 Big Washer - 2 pcs			

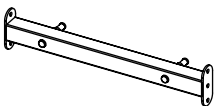
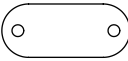
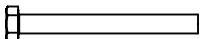


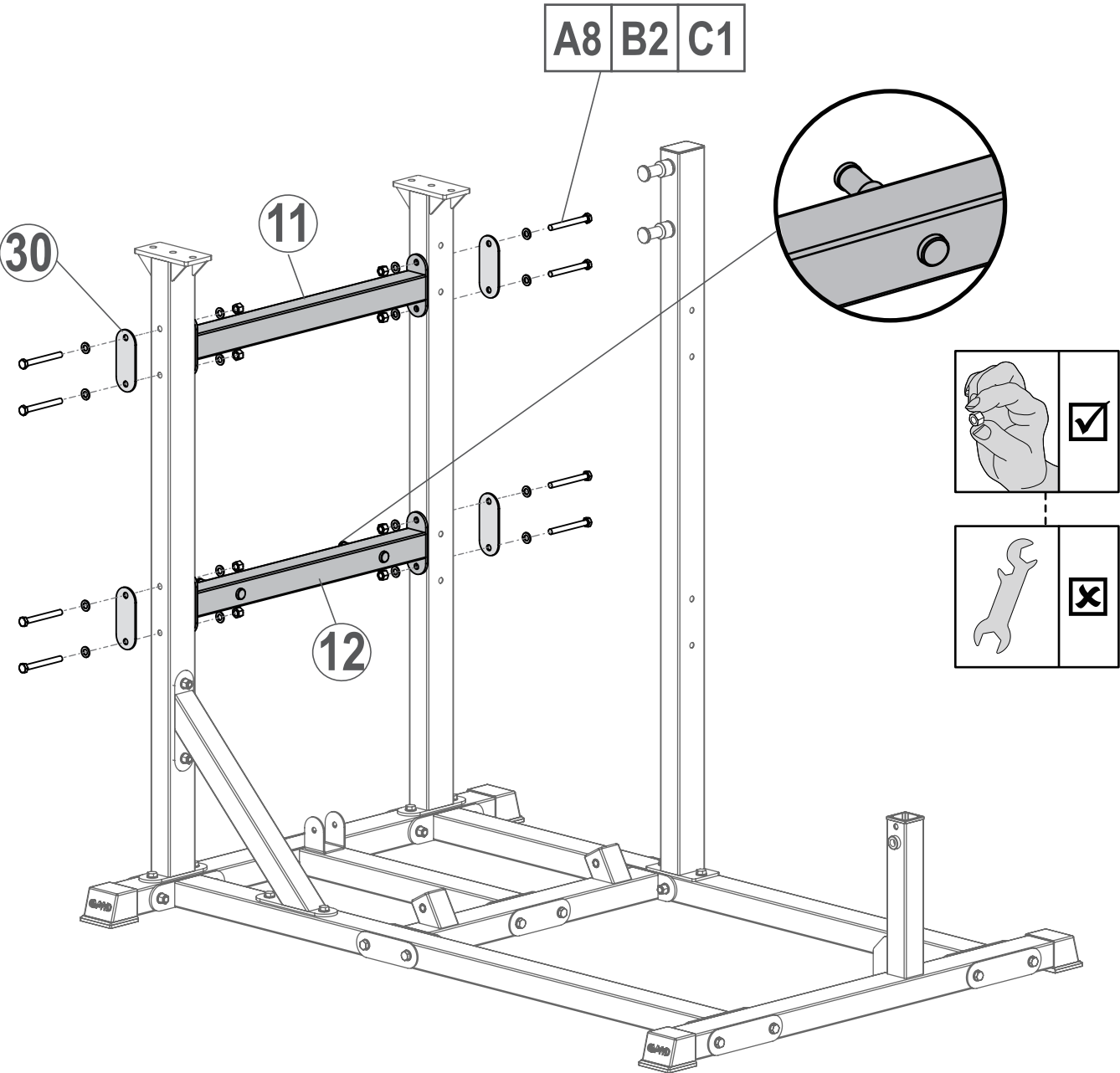
STEP: 6

10  Side Supporting Tube - 1 pc	28  Reinforcement Plate 195 - 1 pc	A4  Bolt M10*25 - 2 pcs	A7  Bolt M10*75 - 2 pcs
B2  M10 Washer - 6 pcs	C1  M10 Nut - 2 pcs		

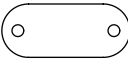
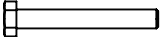


STEP: 7

11  Upper Side Connecting Tube - 1 pc	12  Under Side Connecting Tube - 1 pc	30  Reinforcement Plate 120 - 4 pcs	A8  Bolt M10*95 - 8 pcs
B2  M10 Washer - 16 pcs	C1  M10 Nut - 8 pcs		

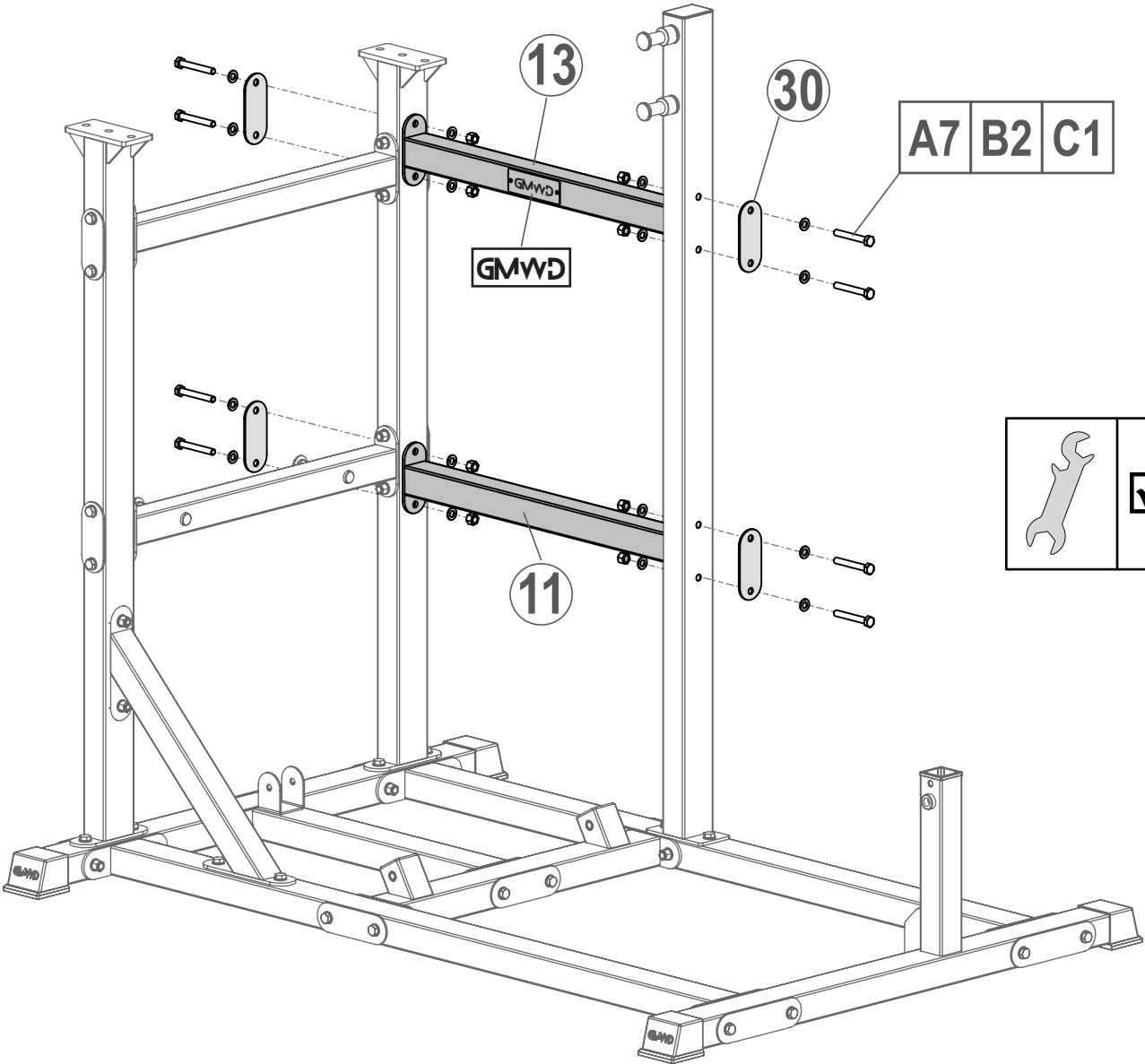


STEP: 8

11  Upper Side Connecting Tube - 1 pc	13  Connecting Tube With Logo - 1 pc	30  Reinforcement Plate 120 - 4 pcs	A7  Bolt M10*75 - 8 pcs
B2  M10 Washer - 16 pcs	C1  M10 Nut - 8 pcs		

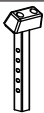


Finger tighten the nuts (C1) first.
Then tighten all the nuts from step 1-8.



STEP: 9

14

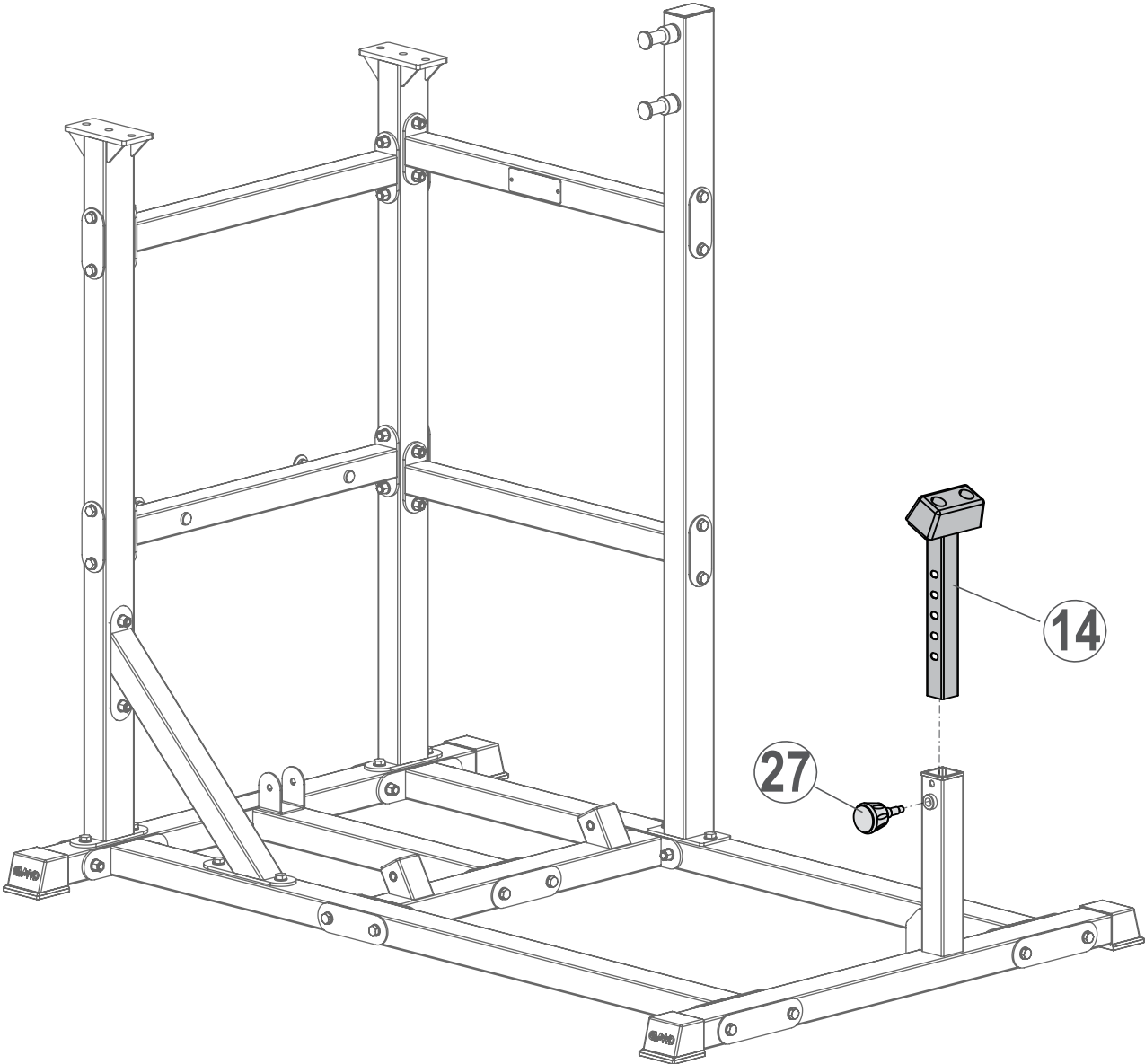


Safety Tube - 1pc

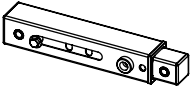
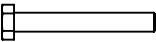
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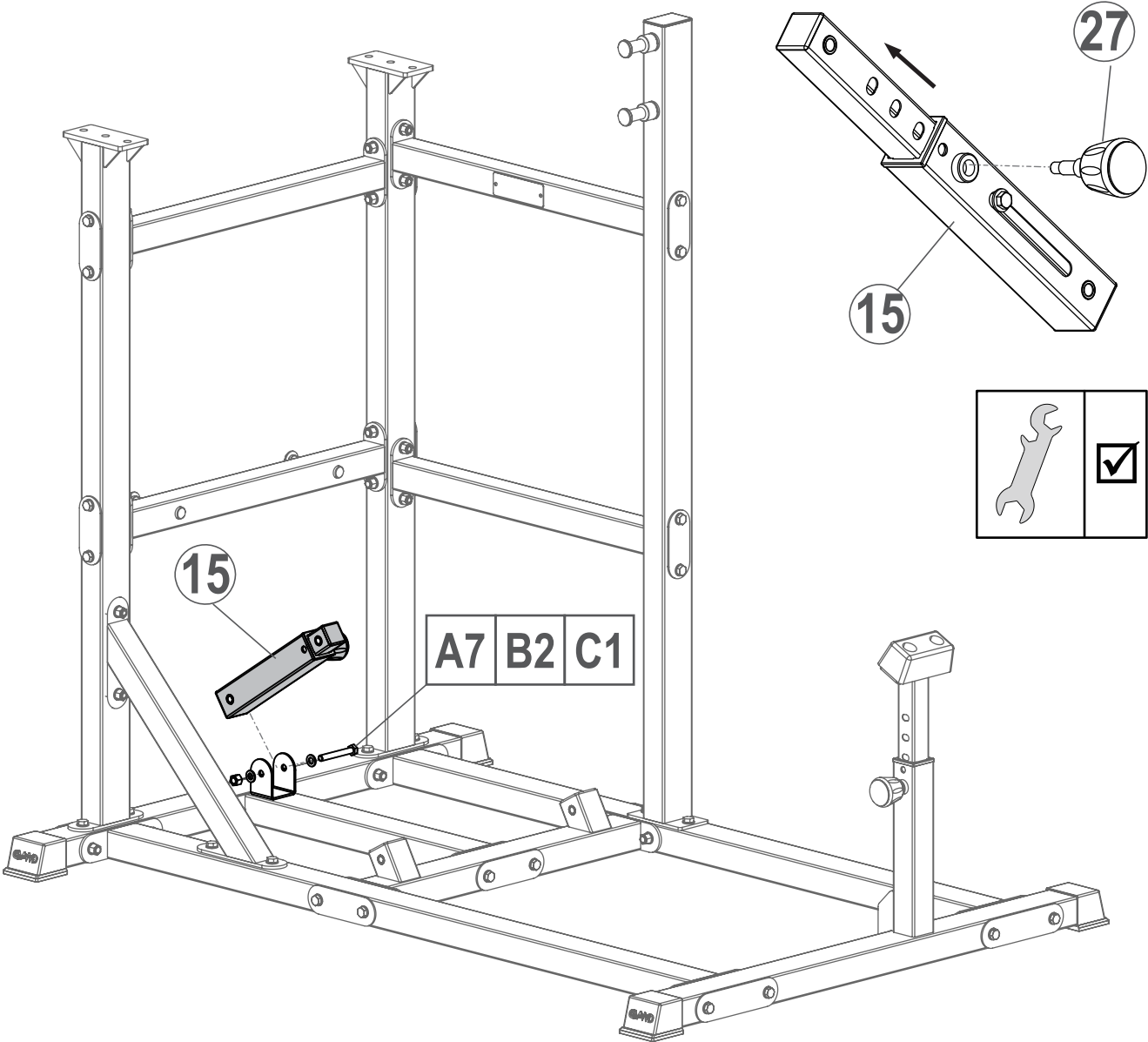


Knob - 1 pc

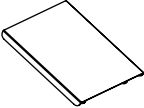
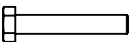
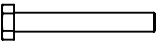


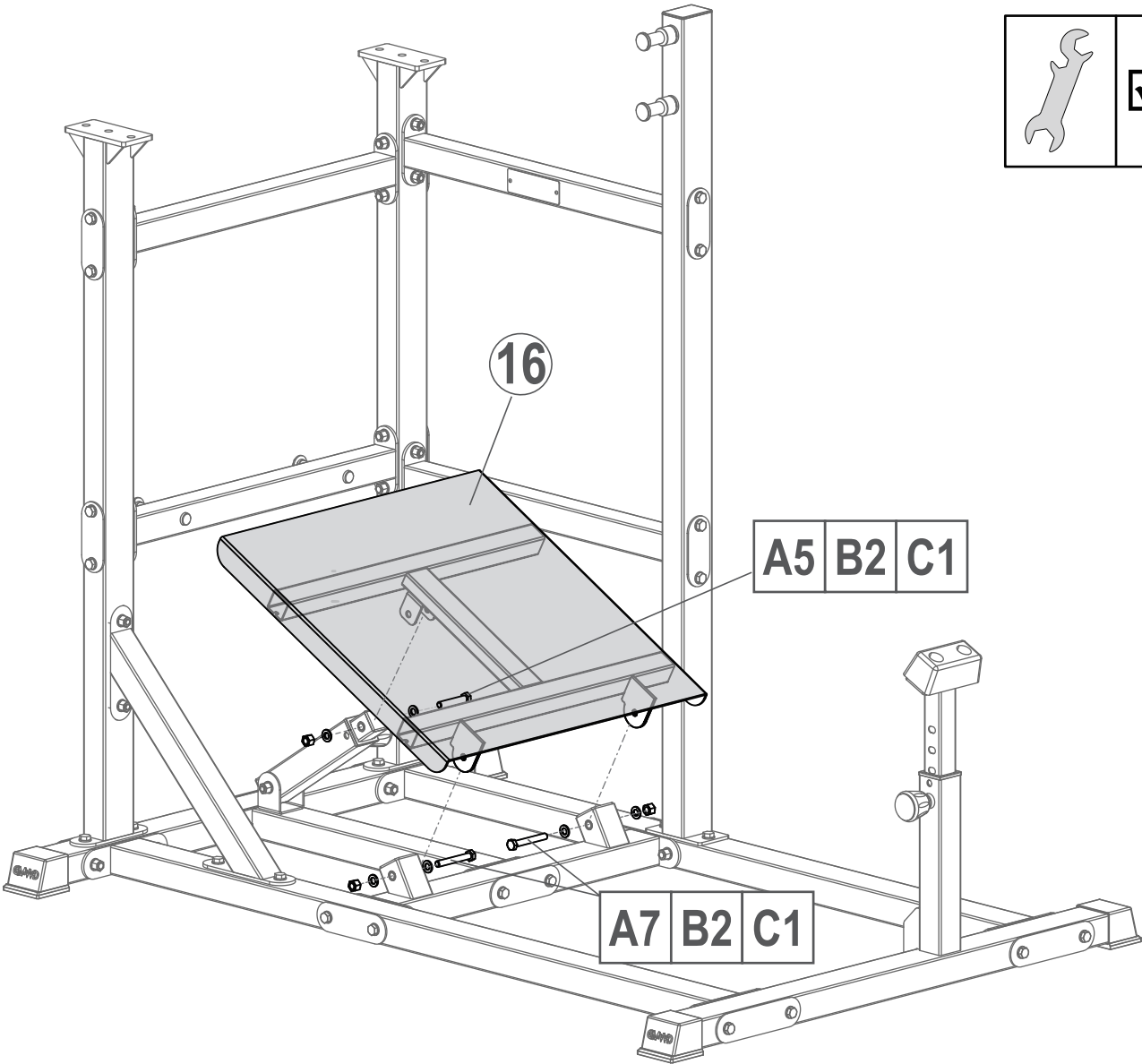
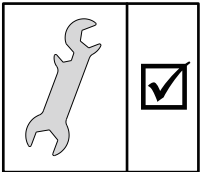
STEP: 10

15  Foot Pedal Adjustable Frame - 1 pc	27  Knob - 1 pc	A7  Bolt M10*75 - 1 pc	B2  M10 Washer - 2 pcs
C1  M10 Nut - 1 pc			

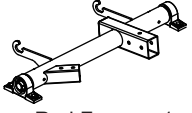
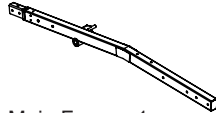
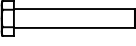
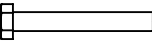


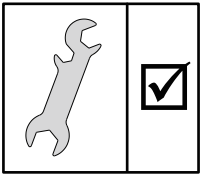
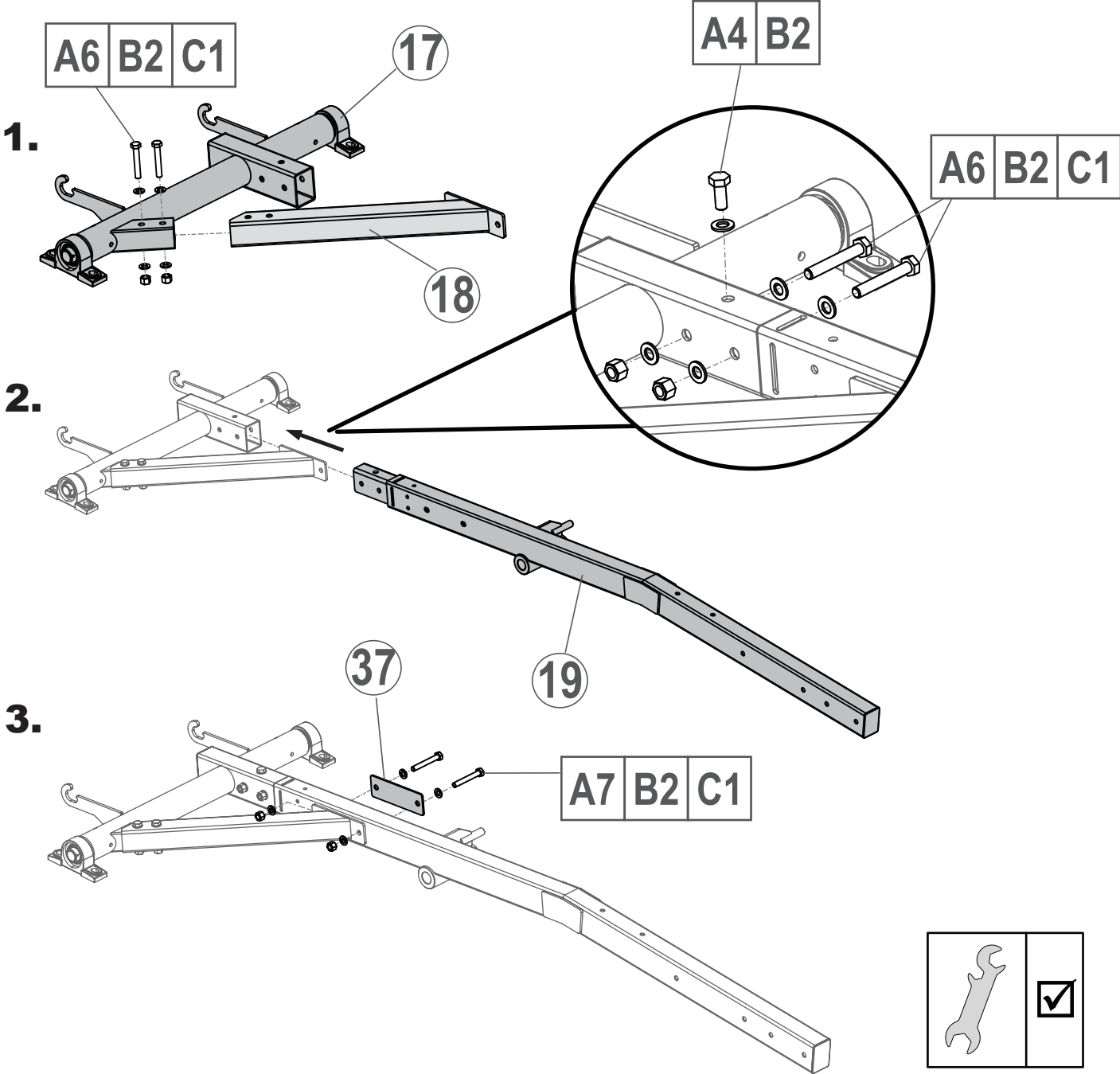
STEP: 11

16  Foot Pedal - 1 pc	A5  Bolt M10*60 - 1 pc	A7  Bolt M10*75 - 2 pcs	B2  M10 Washer - 6 pcs
C1  M10 Nut - 3 pcs			

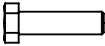


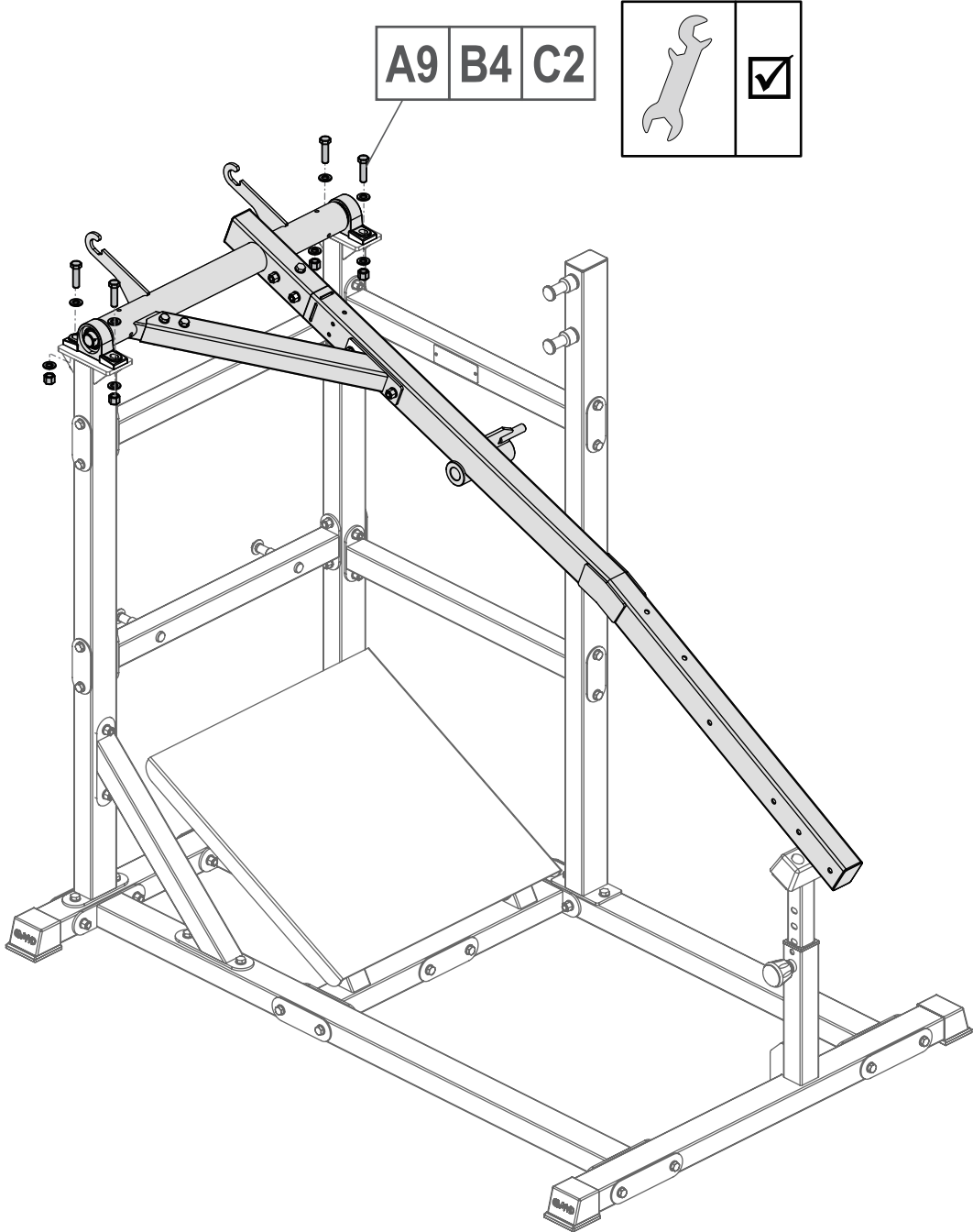
STEP: 12

17  Cross Rod Frame - 1 pc	18  Upper Side Reinforced Tube - 1 pc	19  Main Frame -1 pc	37  Reinforcement Plate - 1 pc
A4  Bolt M10*25 - 1 pcs	A6  Bolt M10*65 - 4 pcs	A7  Bolt M10*75 - 2 pcs	B2  M10 Washer - 13 pcs
C1  M10 Nut - 6 pcs			

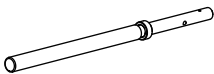
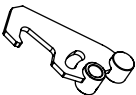
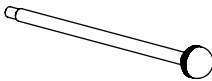


STEP: 13

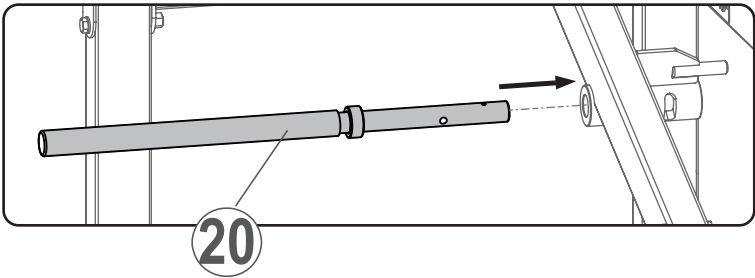
A9  Bolt M12*45 - 4 pcs	B4  M12 Washer - 8 pcs	C2  M12 Nut - 4 pcs	
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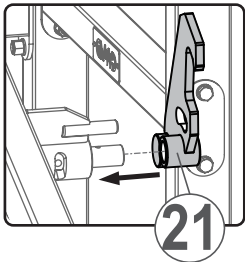
STEP: 14

20  Handlebar - 1 pc	21  Hook - 1 pc	22  Hand Shake Pin - 1 pc	A1  Bolt M6*15 - 1 pcs
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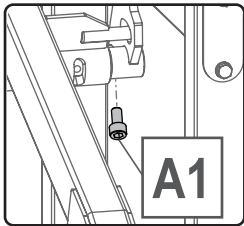
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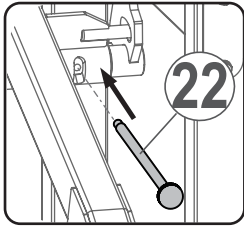
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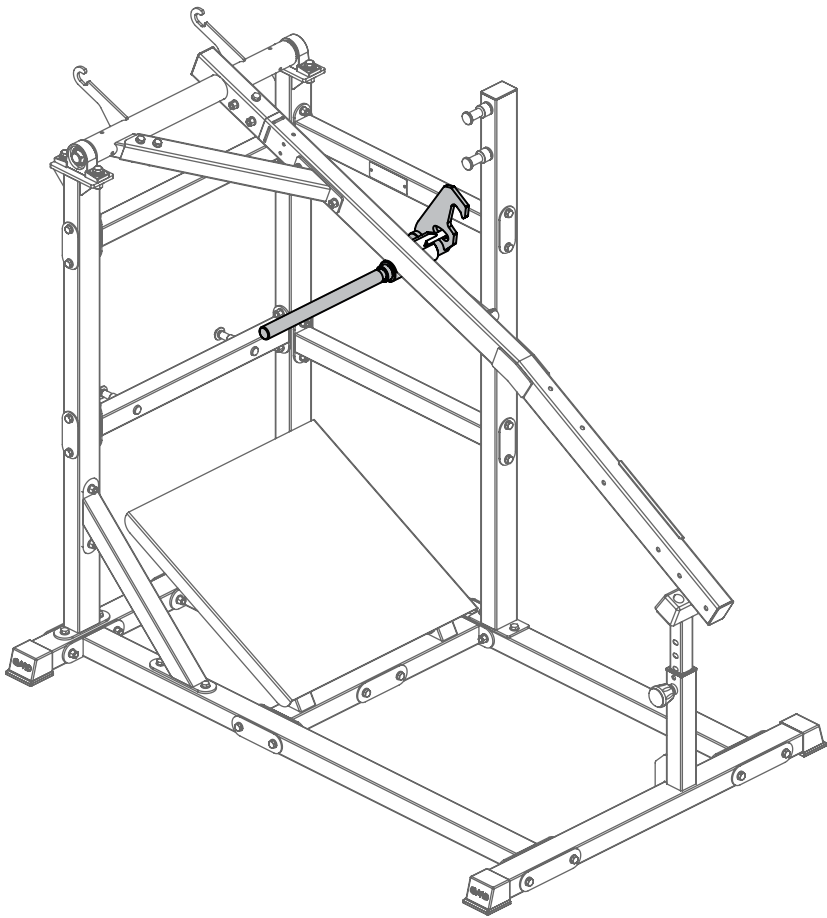
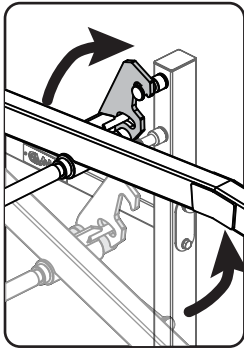
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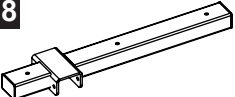
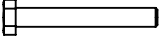
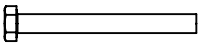
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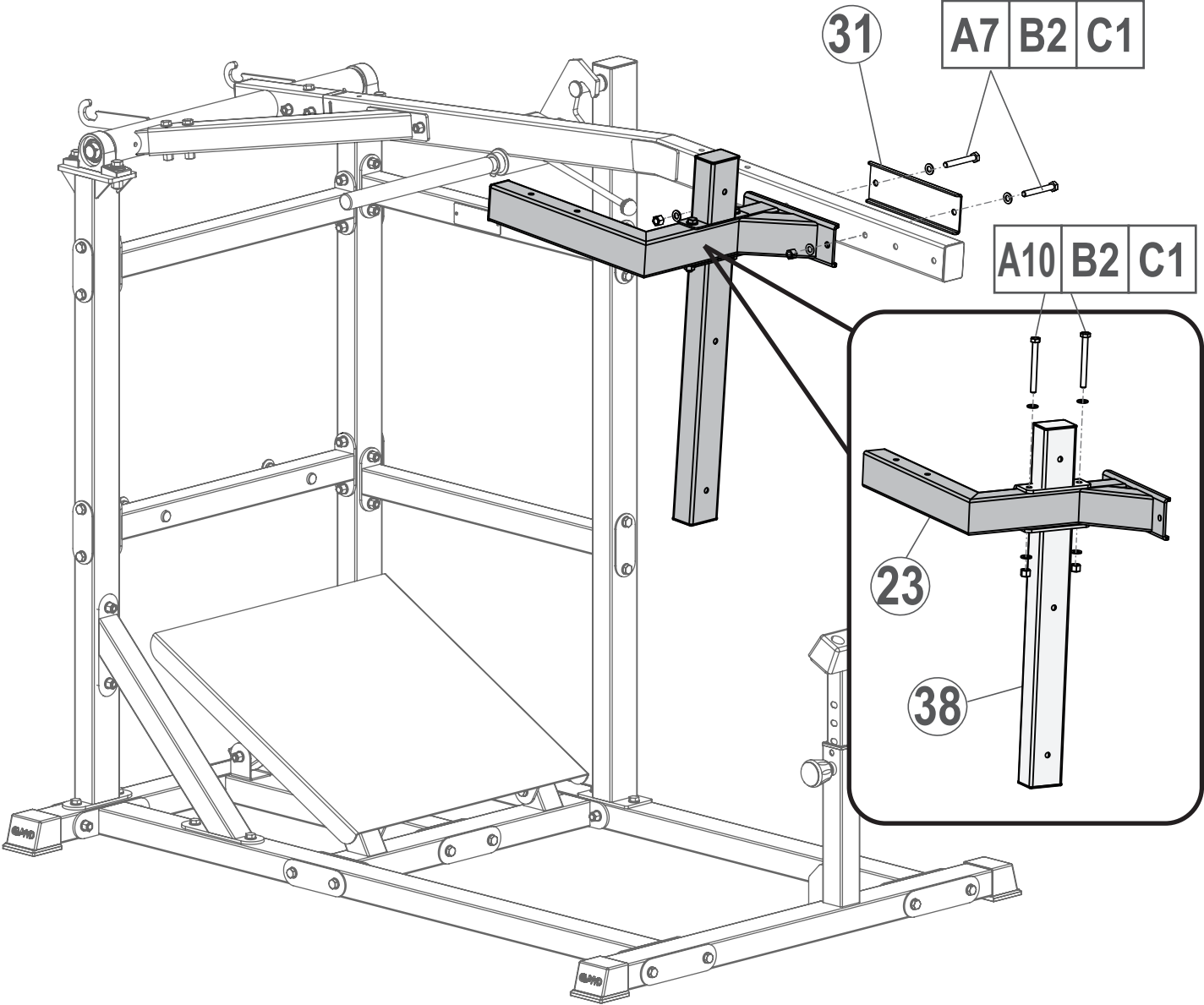
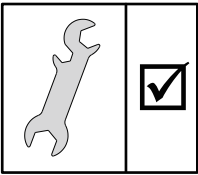


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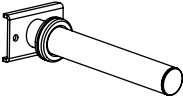
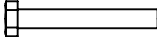


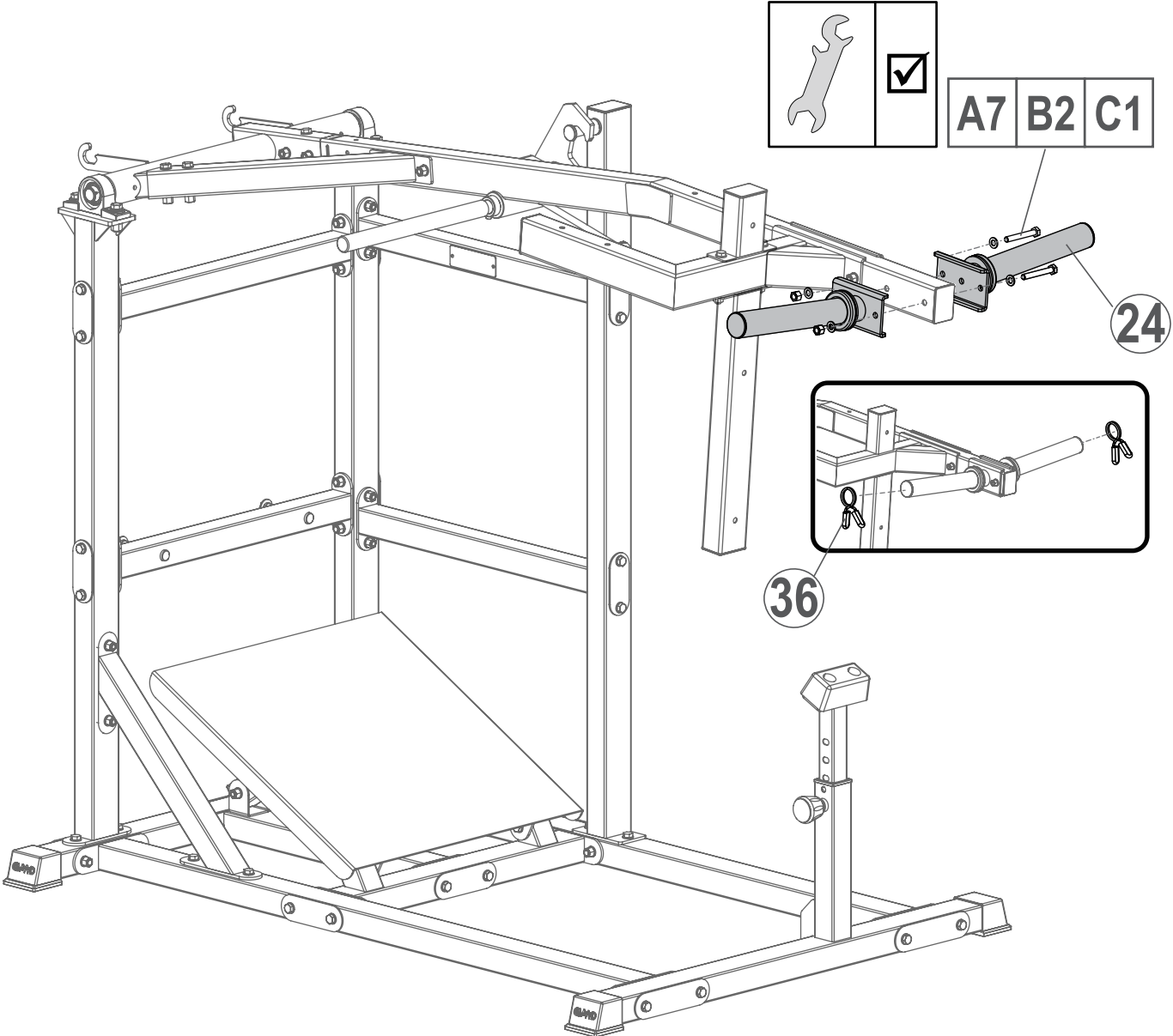
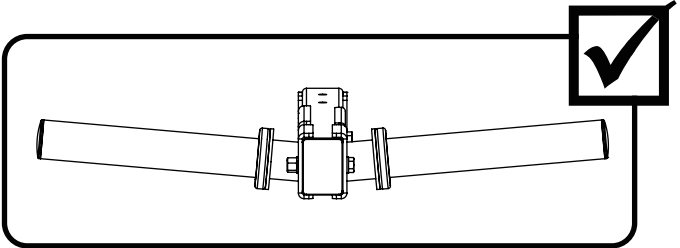
STEP: 15

38  Backrest Tube - 1 pc	23  Backrest Frame - 1 pc	31  U Reinforcement Plate - 1 pc	
A7  Bolt M10*75 - 2 pcs	A10  Bolt M10*100 - 2 pcs	B2  M10 Washer - 8 pcs	C1  M10 Nut - 4 pcss

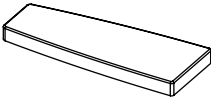
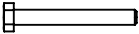


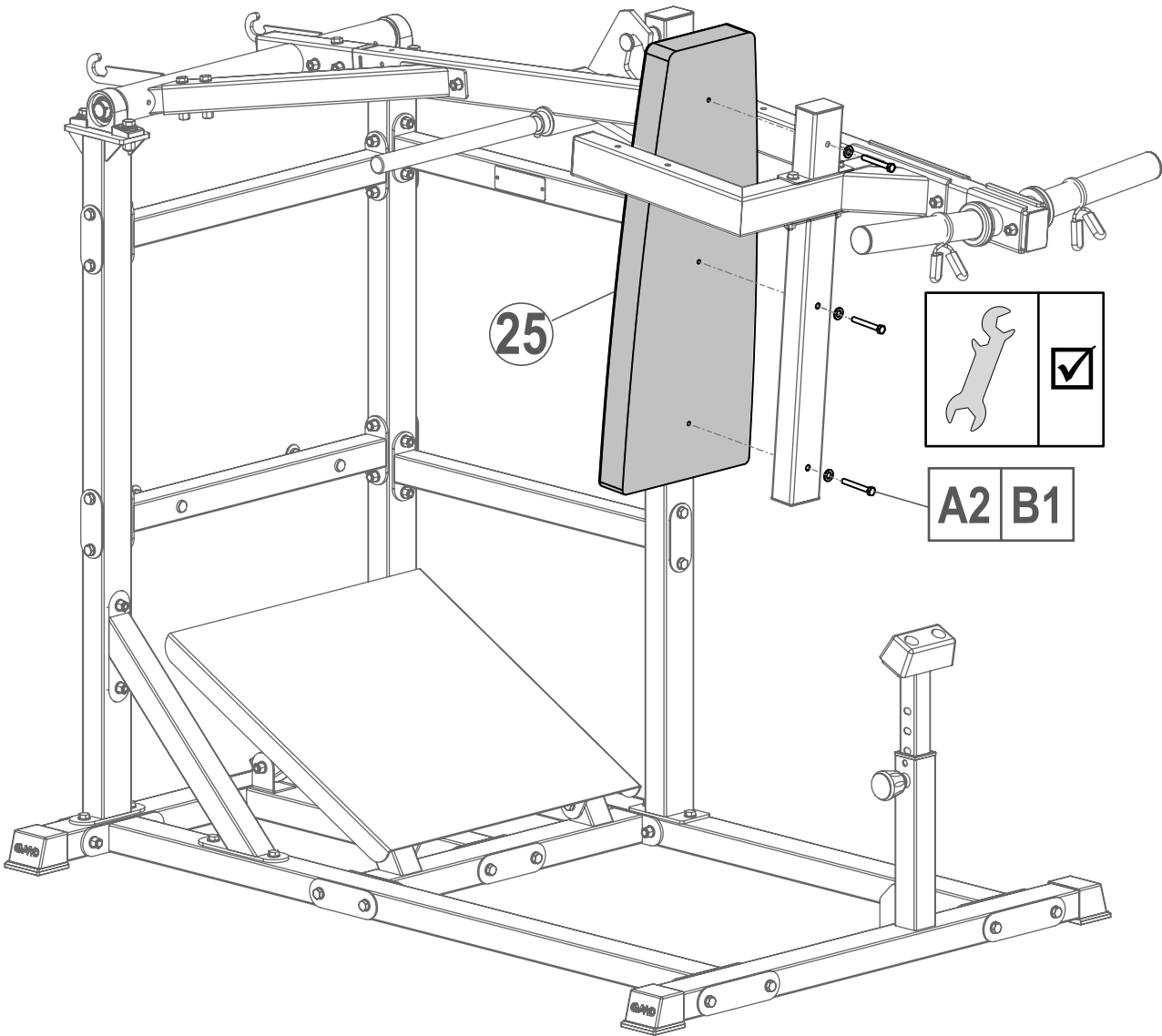
STEP: 16

24  Weight Holder Pin - 2 pcs	36  Spring Clip - 2 pcs	A7  Bolt M10*75 - 2 pcs	B2  M10 Washer - 4 pcs
C1  M10 Nut - 2 pcs			

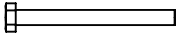


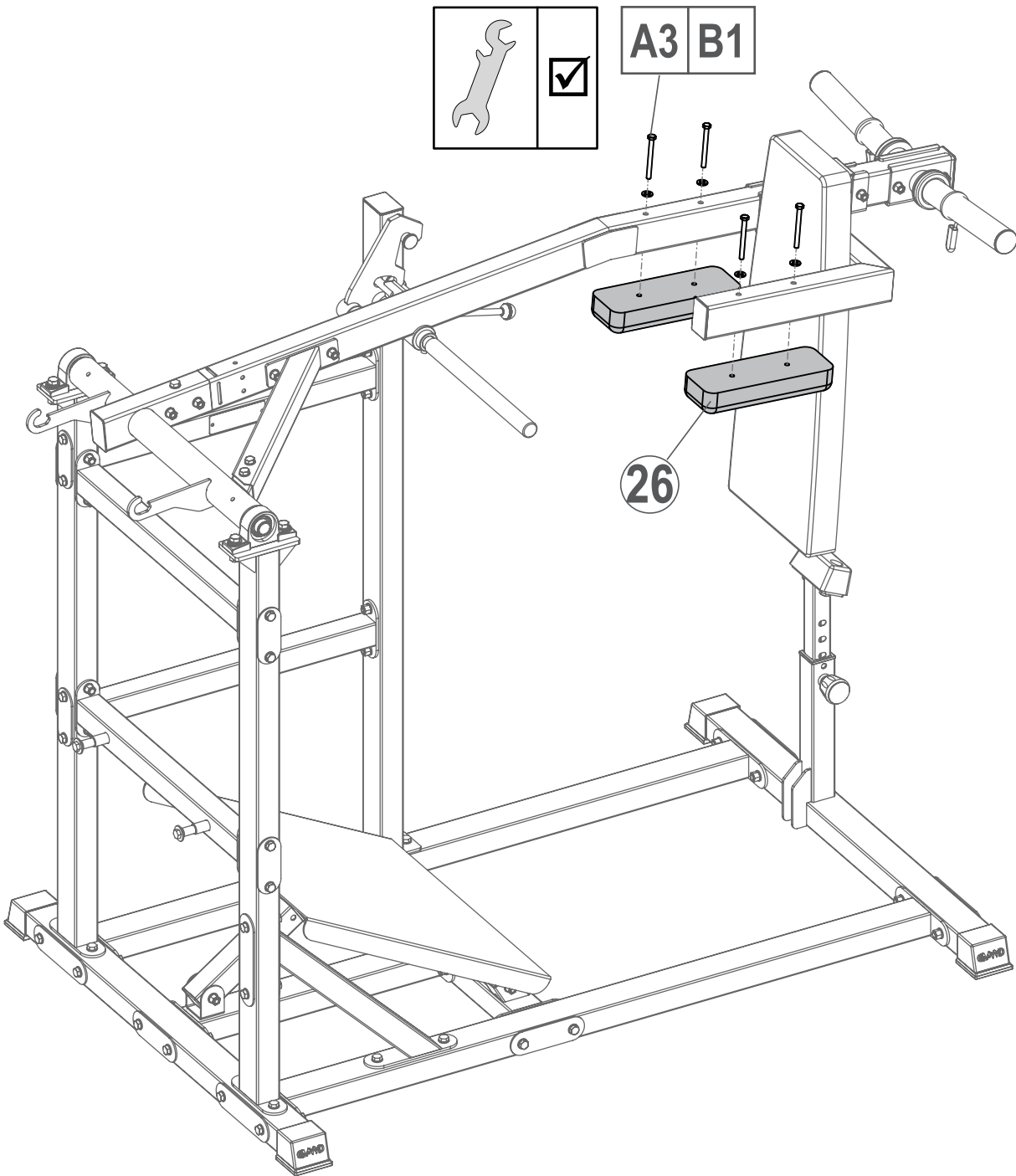
STEP: 17

25  Backrest - 1 pc	A2  Bolt M8*65 - 3 pcs	B1  M8 Washer - 3 pcs	
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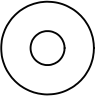


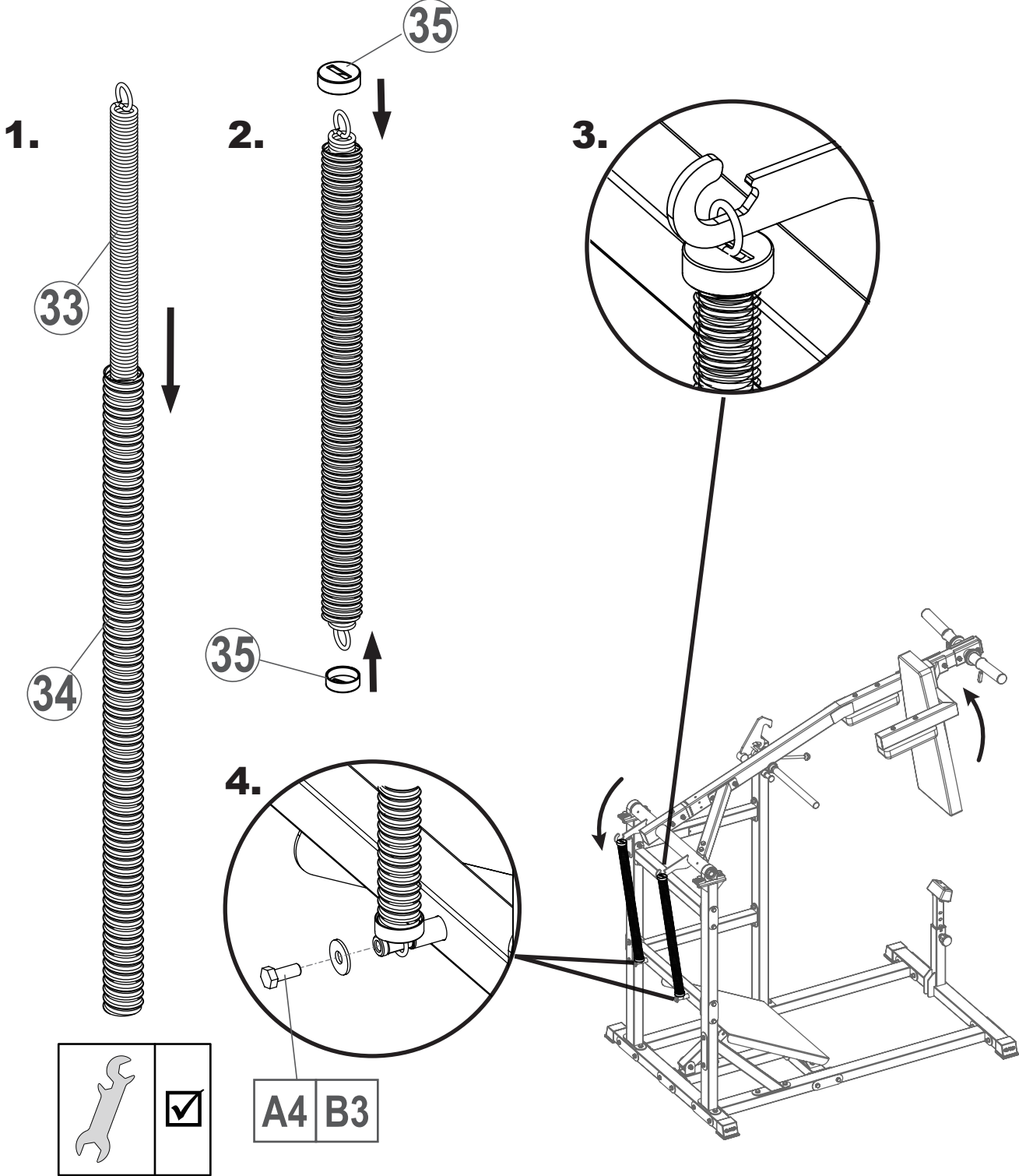
STEP: 18

26  Shoulder Pad - 2 pcs	A3  Bolt M8*85 - 4 pcs	B1  M8 Washer - 4 pcs	
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STEP: 19

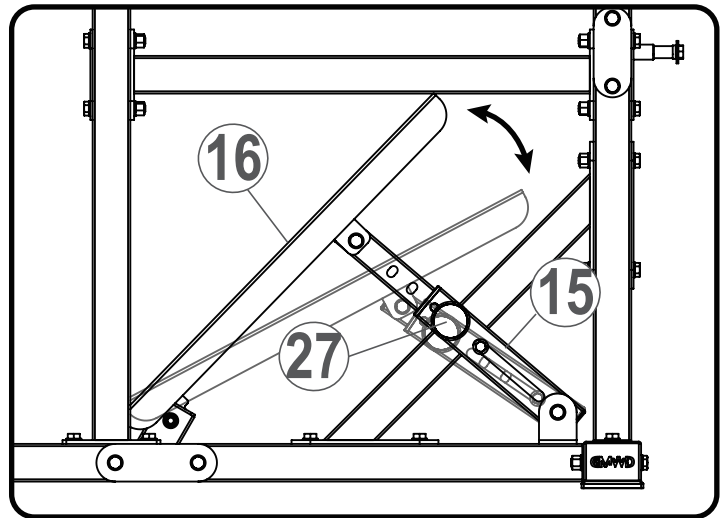
33  Spring - 2 pcs	34  Spring Cover - 2 pcs	35  Spring Cap - 4 pcs	A4  Bolt M10*25 - 2 pcs
B3  M10 Big Washer - 2 pcs			



ADJUSTMENT INSTRUCTIONS

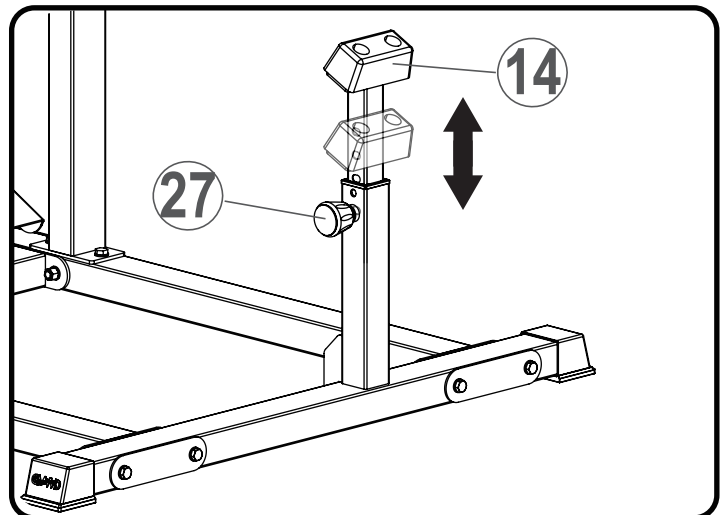
- **Adjust the angle of Footboard**

The Foot Pedal (16) can be used in different positions. To use at a comfortable Angle, remove the Knob (27) and adjust the Foot Pedal Adjustable Frame (15) up and down, then insert the Knob (27) into corresponding hole.



- **Adjust the height of Safety Tube (14)**

Remove the Knob (27) and adjust the Safety Tube (14) up and down, then insert the Knob (27) into corresponding hole.



FORMAT OF AFTER-SALE EMAIL

The screenshot shows an email draft interface. At the top, a status bar says "Draft saved" with a close button. Below is the "Recipients" field, which contains "Amazon-1234567890-Package Lost" (highlighted with a red box) and "SUBJECT EXAMPLE" in red text. Below the recipients is the "Platform-Order Number-Issue" field, which contains a large red box with the text "Describe your issue here". Below this is a red text prompt: "Welcome to attach the pictures to help us get more understands with your issue". At the bottom is a rich text editor toolbar with various icons. The "Attach" icon (a paperclip) is highlighted with a red box, and a red arrow points from it to the red text prompt above. The toolbar also includes a "Send" button, a text color picker, and various formatting options like bold, italic, underline, and list.

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.**

support@gmwdfitness.com