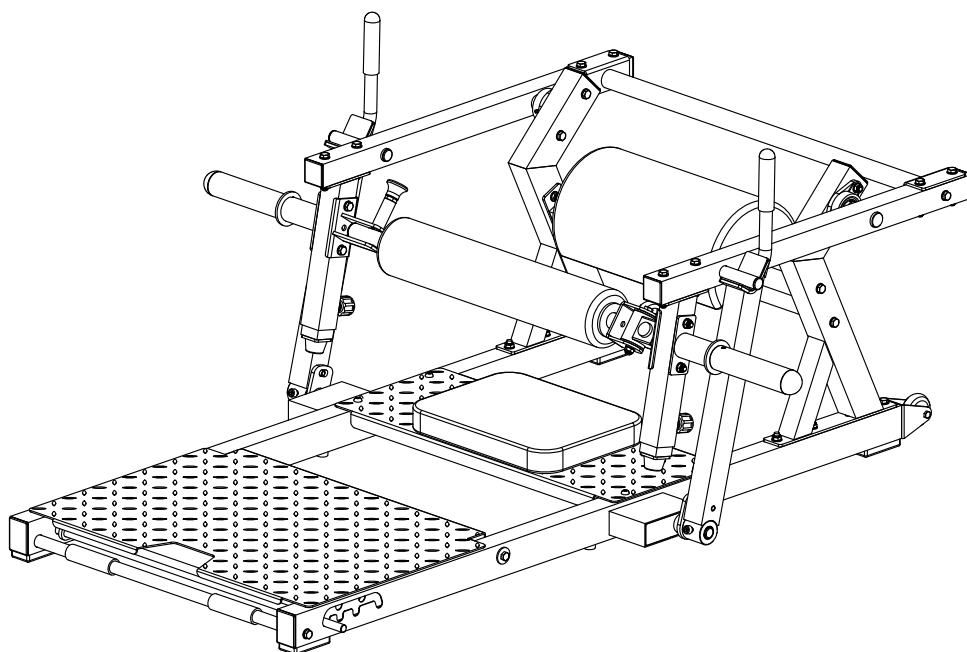


GMWD

ASSEMBLY INSTRUCTIONS

HR-TQ



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

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ASSEMBLY CAUTION

Make Things Easier for Yourself

Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. However, it is important to realize that the versatile weight system has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight system, make sure all parts are oriented as shown in the drawings.
- ***For help identifying small parts, refer to the PART IDENTIFICATION CHART on page 5.***

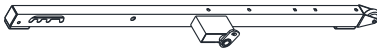
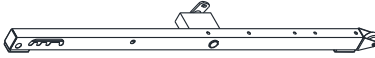
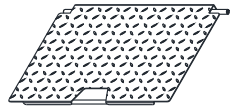
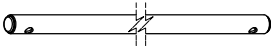
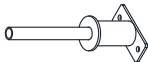
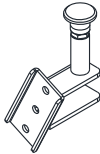
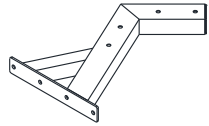
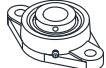
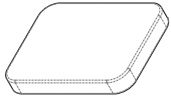
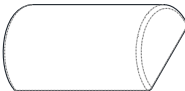
The following tools (not included) are required for assembly:

- Two adjustable wrenches
- One rubber mallet
- One standard screwdriver
- One Phillips screwdriver
- Lubricant, such as grease or petroleum jelly, and soapy water.

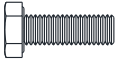
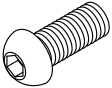
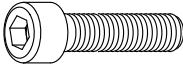
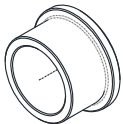
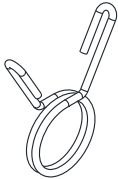


Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

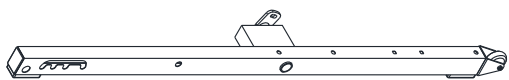
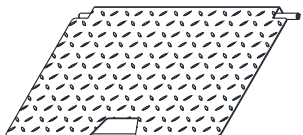
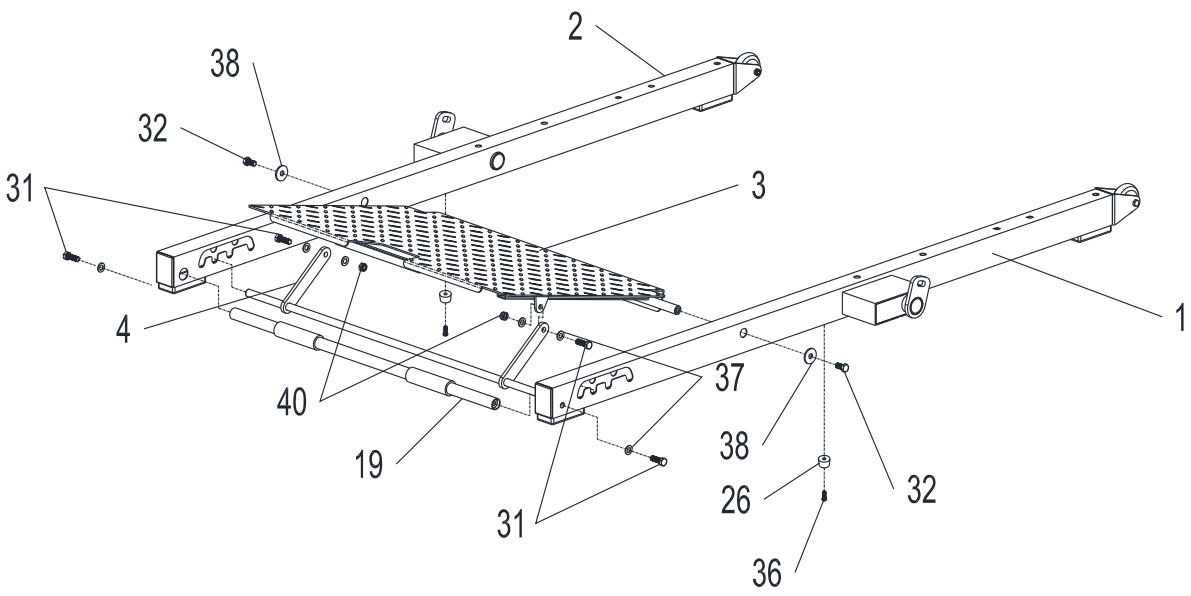
PARTS LIST

1 Left Base Tube  1pc	2 Right Base Tube  1pc	3 Large Foot Pedal  1pc	
4 Pedal Adjusting Frame  1pc	5 Small Foot Pedal  1pc	6 Backrest Connecting Tube  1pc	7 Left Handle  1pc
8 Right Handle  1pc	9 Base Connecting Rod  1pc	10L/R Side Linkage Arm  1/1 pc	11 Weight Storage Pin  2pcs
12 Right Connector  1pc	13 Foam Fixing Rod  1pc	14 Left Connector  1pc	15 Rear Side Supporting Frame  2pcs
16 Side Support Tube  2pcs	17 Side Adjustable Tube  2pcs	18 Rear Connecting Rod  1pc	19 Base Handle  1pc
20 Bearing  2pcs	21 Shock Pad  1pc	22 Backrest  1pc	23 Olympic Adapter  2pcs
26 φ25 Bumper  2pcs			

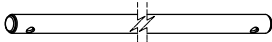
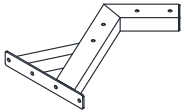
HARDWARE LIST

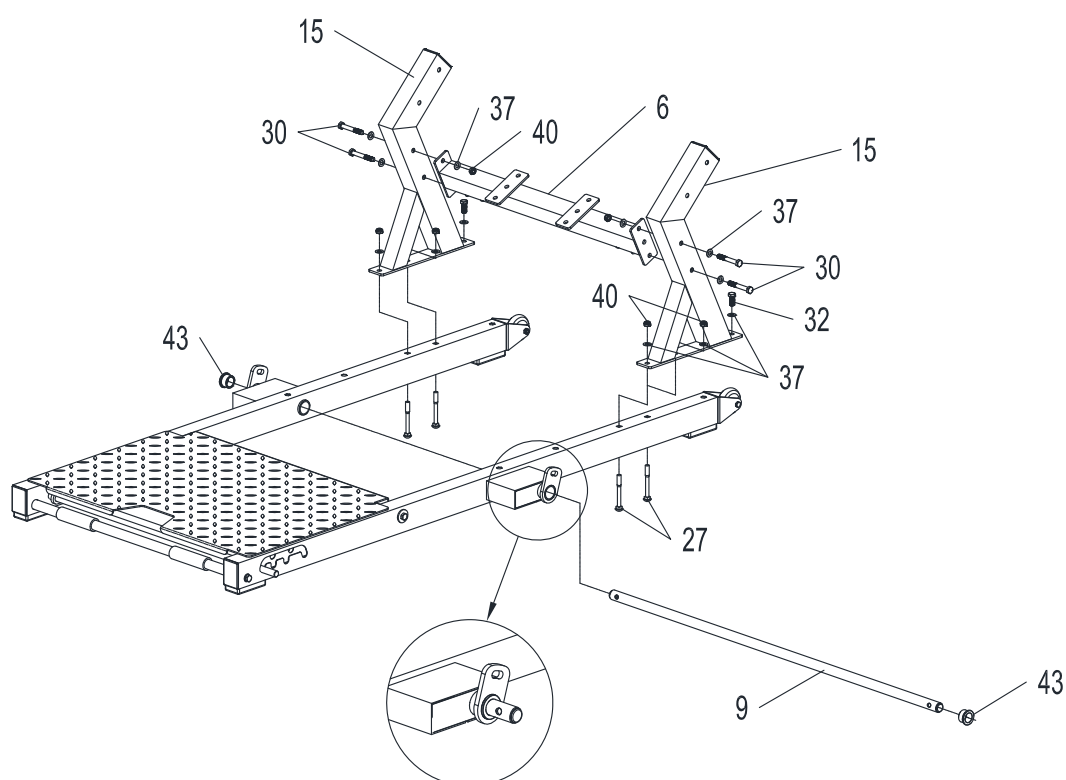
27 M10X90 Bolt  4pcs	28 M10X95 Bolt  1pc	29 M10X75 Bolt  8pcs	30 M10X70 Bolt  14pcs
31 M10X30 Bolt  4pcs	32 M10X20 Bolt  4pcs	33 M8X30 Bolt  4pcs	34 M8X20 Bolt  2pcs
35 M10X20 Bolt  4pcs	36 M6X20 Bolt  2pcs	37 M10 Washer  60pcs	38 M10 Big Washer  2pcs
39 M8 Washer  6pcs	40 M10 Nut  27pcs	41 M10X40 BOLT  2pcs	
43 Bushing  2pcs	44 φ50 Spring Clip  2pcs		

STEP1:

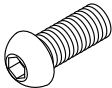
1 Left Base Tube  1pc		2 Right Base Tube  1pc	
3 Large Foot Pedal  1pc	4 Pedal Adjusting Frame  1pc	19 Base Handle  1pc	
26 φ25 Bumper  2pcs	31 M10X30 Bolt  4pcs	32 M10X20 Bolt  2pcs	
36 M6X20 Bolt  2pcs	37 M10 Washer  6pcs	38 M10 Big Washer  2pcs	40 M10 Nut  2pcs
			

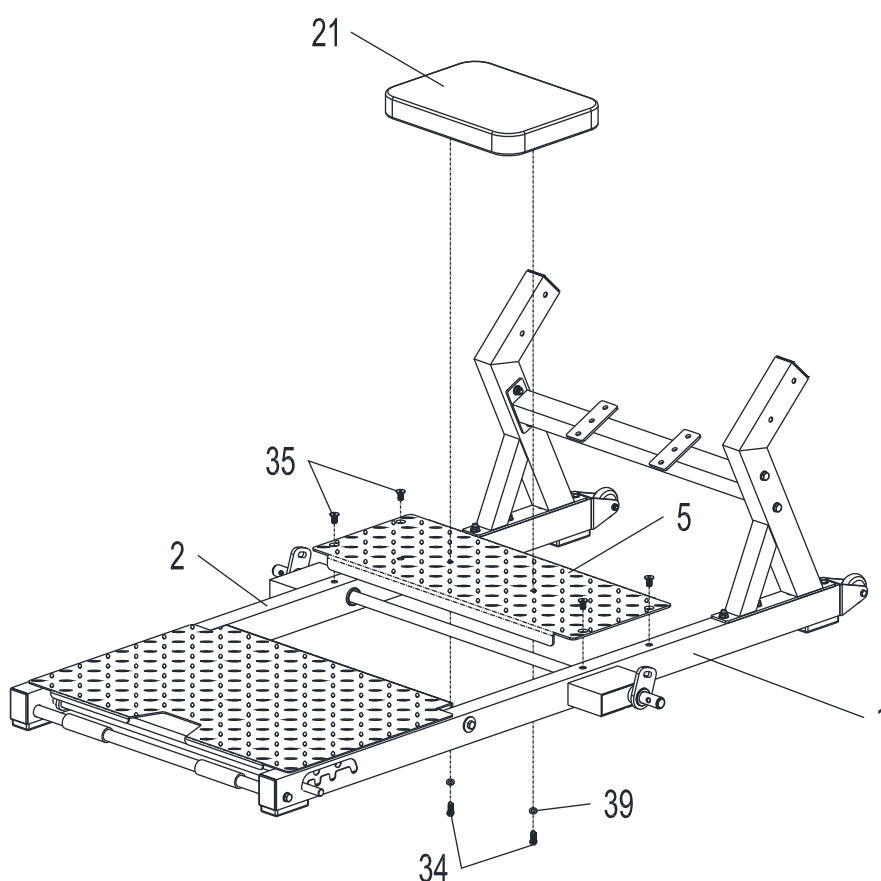
STEP2:

6 Backrest Connecting tube  1pc	9 Base Connecting Rod  1pc	15 Rear Side Supporting Frame  2pcs
27 M10X90 Bolt  4pcs	30 M10X70 Bolt  4pcs	32 M10X20 Bolt  2pcs
37 M10 Washer  14pcs	40 M10 Nut  8pcs	43 Bushing  2pcs

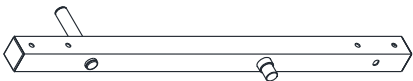
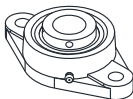


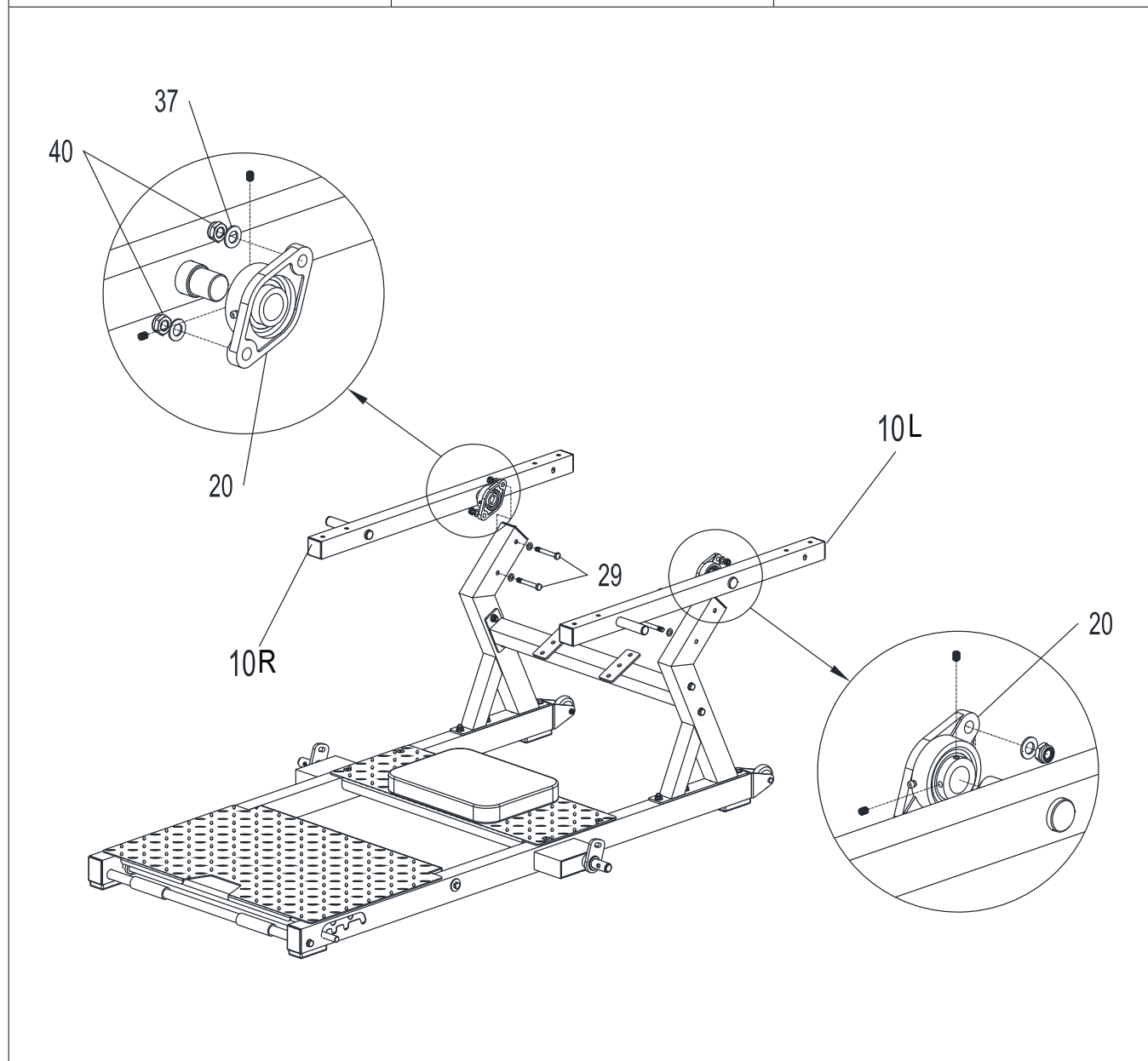
STEP 3:

5 Small Foot Pedal  1pc	21 Shock Pad  1pc	34 M8X20 Bolt  2pcs
35 M10X20 Bolt  4pcs	39 M8 Washer  2pcs	

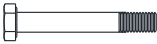


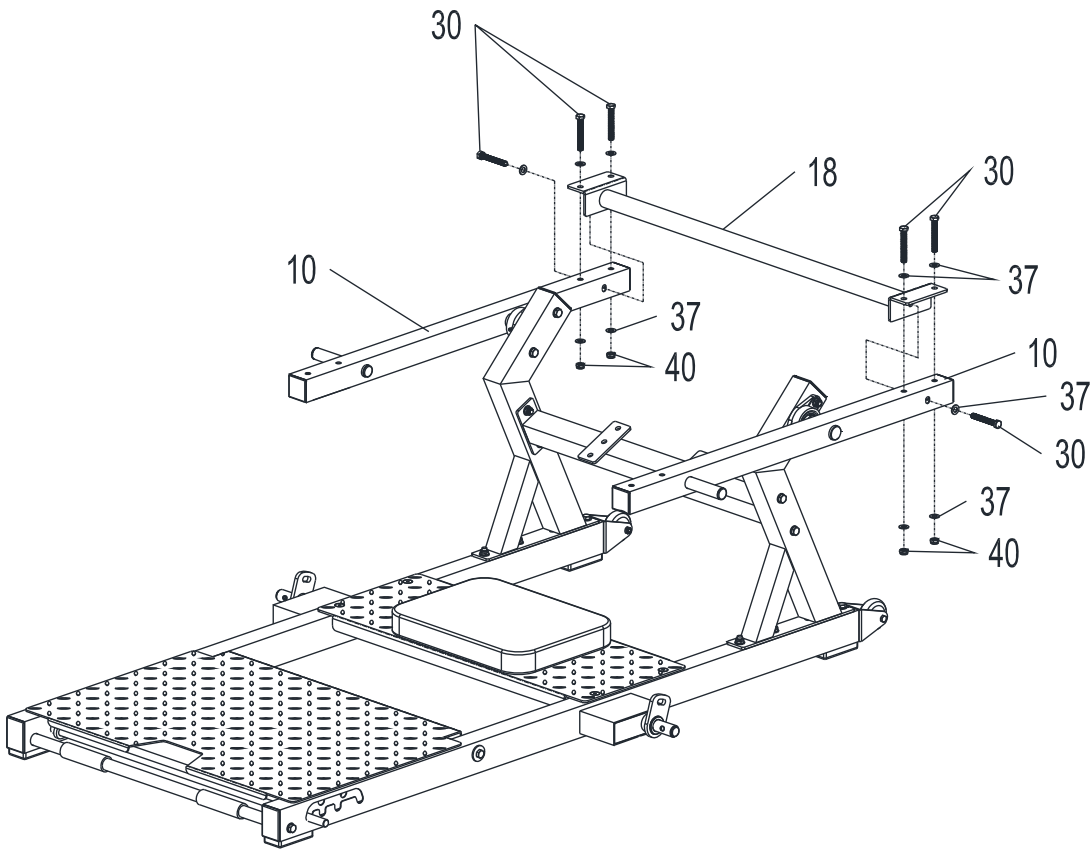
STEP4:

10L/R Side Linkage Arm  1/1 pc	20 Bearing  2pcs	29 M10X75 Bolt  4pcs
37 M10 Washer  8pcs	40 M10 Nut  4pcs	



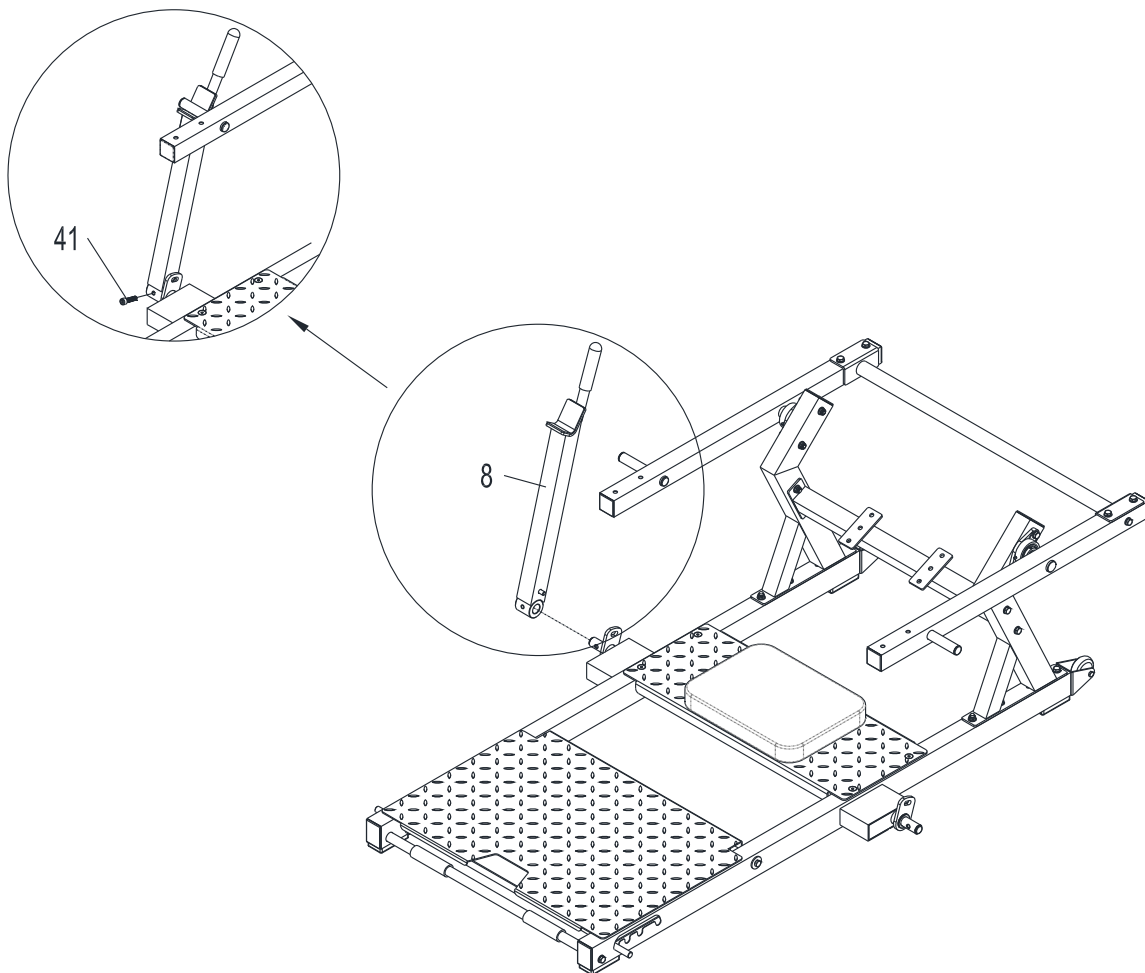
STEP 5:

18 Rear Connecting Rod  1pc	30 M10X70 Bolt  6pcs	37 M10 Washer  10pcs
40 M10 Nut  4pcs		



STEP 6:

8 Right Handle	41 M10X40 BOLT	
		
1pc	1pc	



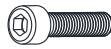
STEP 7:

7 Left Handle

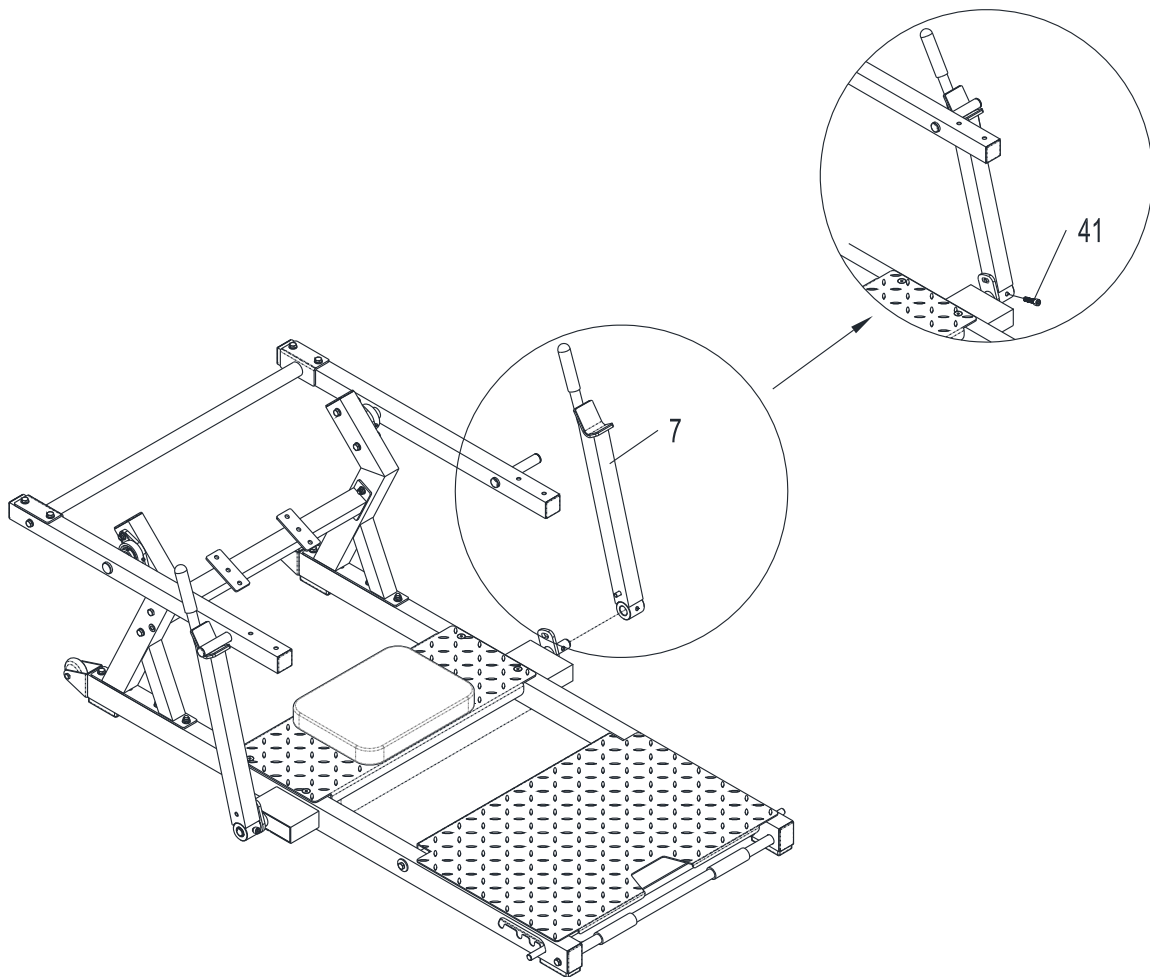


1pc

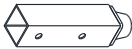
41 M10X40 BOLT

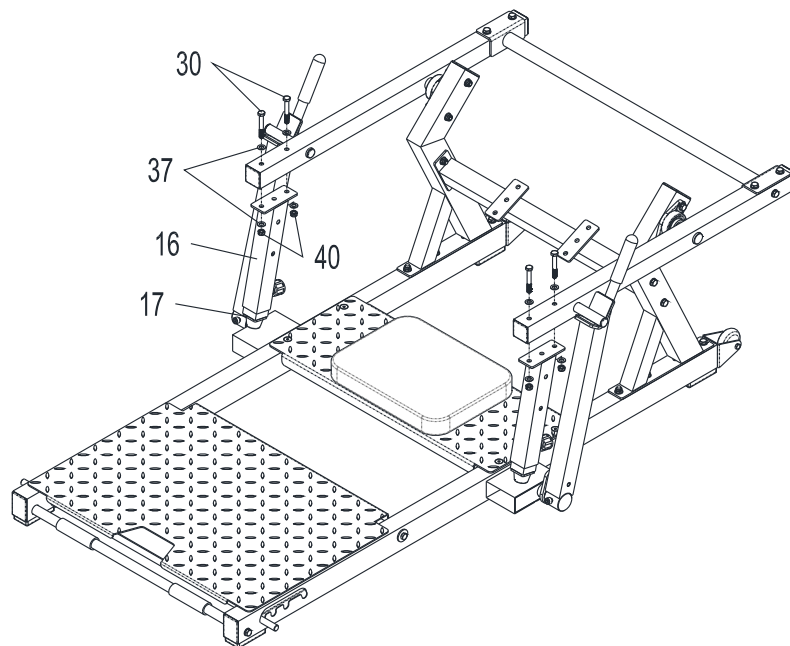


1pc

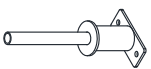
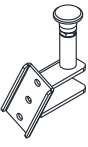


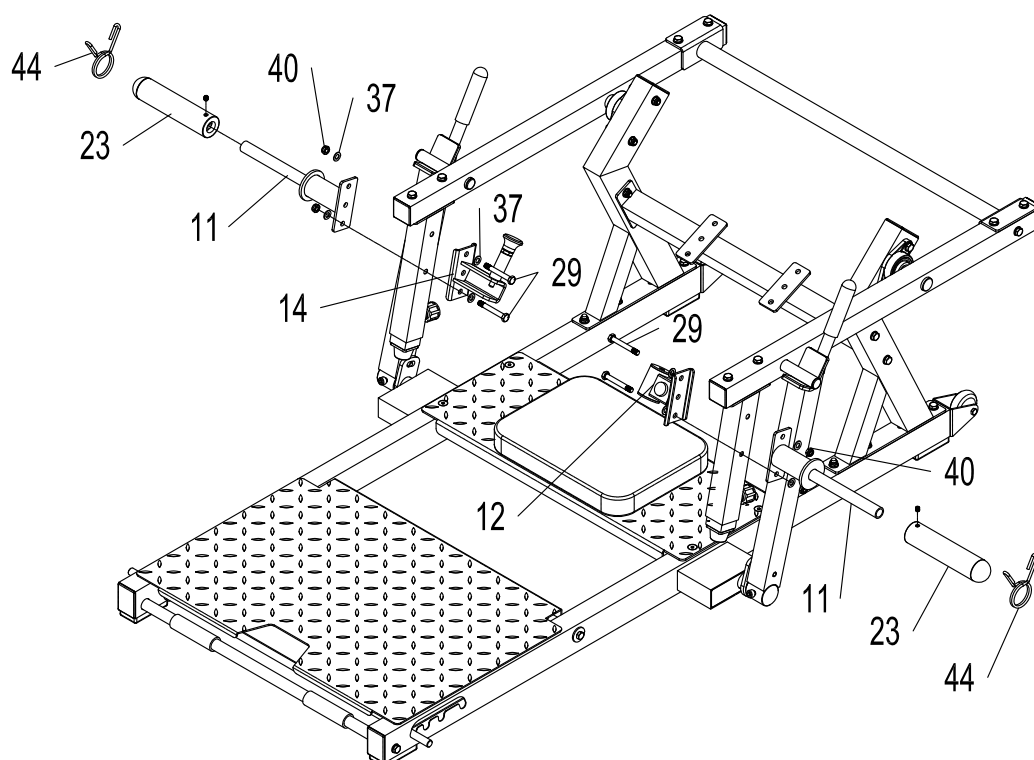
STEP8:

16 Side Support Tube  2pcs	17 Side Adjustable Tube  2pcs	30 M10X70 Bolt  4pcs
37 M10 Washer  8pcs	40 M10 Nut  4pcs	

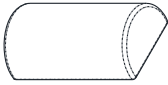
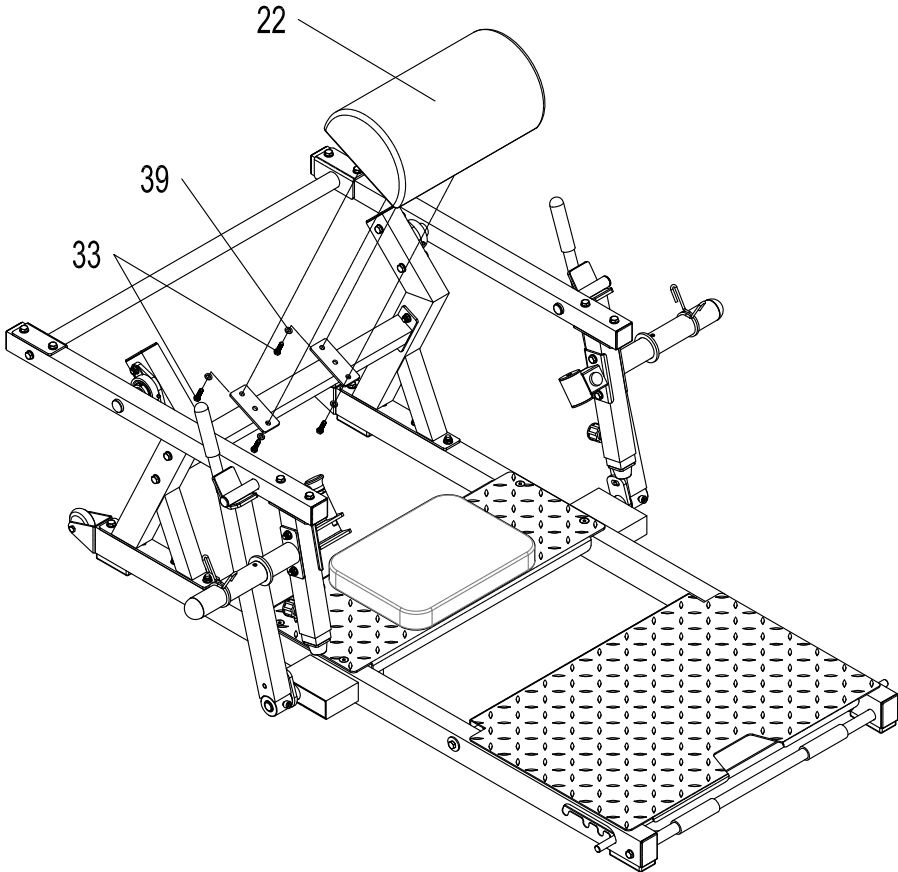


STEP9:

11 Weight Storage Pin  2pcs	12 Right Connector  1pc	14 Left Connector  1pc
23 Olympic adapter  2pcs	29 M10X75 Bolt  4pcs	37 M10 Washer  8pcs
40 M10 Nut  4pcs	44 ϕ50 Spring Clip  2pcs	

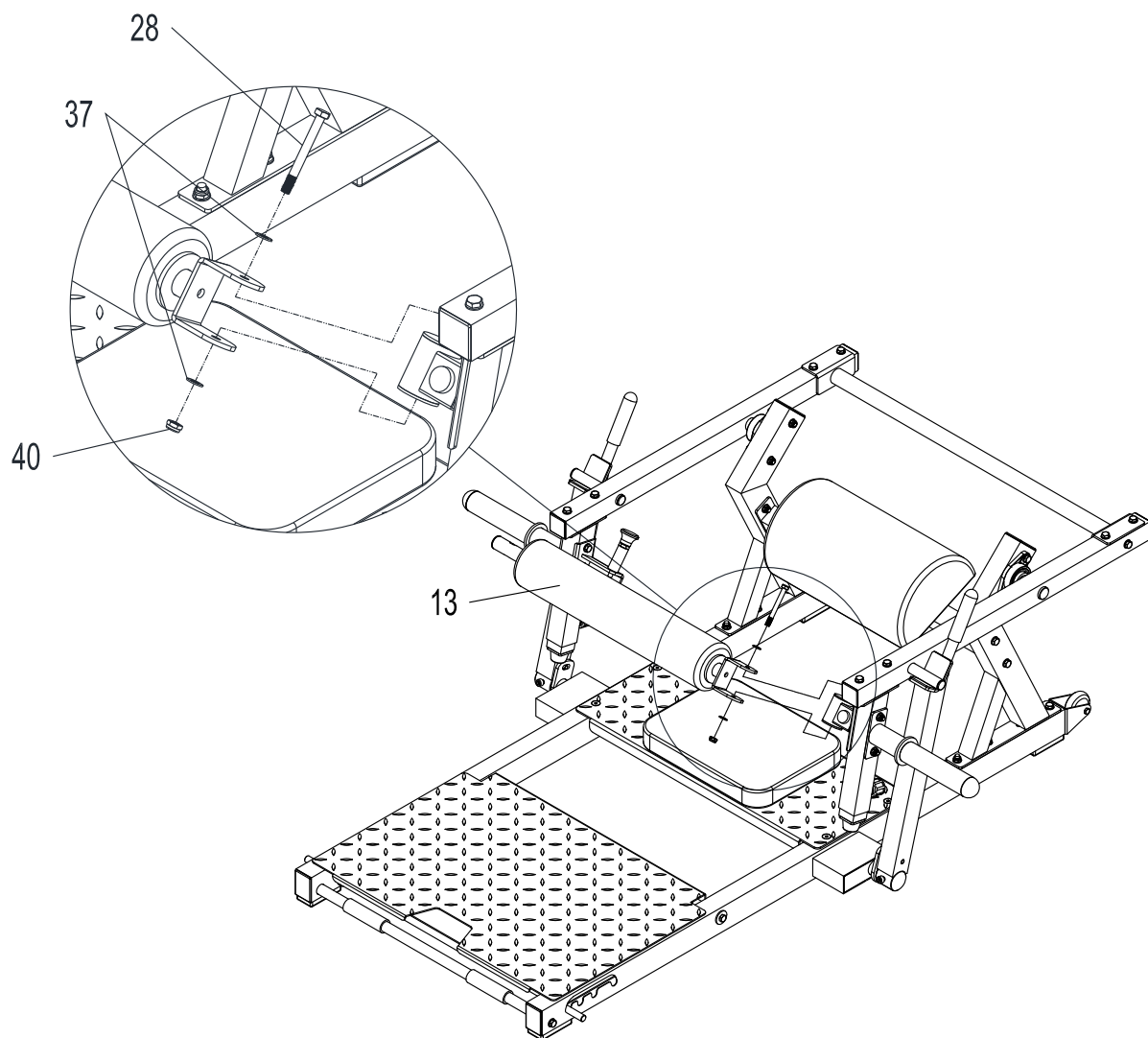


STEP10:

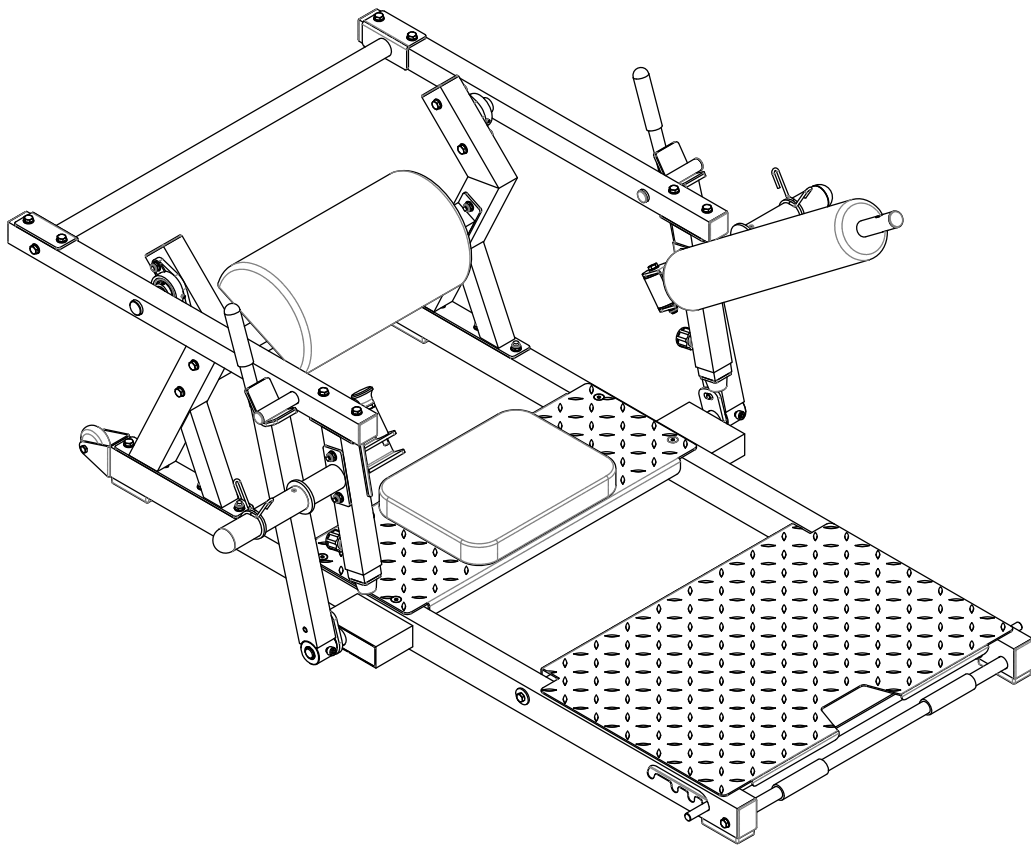
22 Backrest  1pc	33 M8X30 Bolt  4pcs	39 M8 Washer  4pcs
		

STEP11:

13 Foam Fixing Rod  1pc	28 M10X95 Bolt  1pc	37 M10 Washer  2pcs
40 M10 Nut  1pc		



STEP12:



FORMAT OF AFTER-SALE EMAIL

The screenshot shows an email draft interface. At the top, a status bar says "Draft saved" with a close icon. Below it, the "Recipients" field is empty. The "Subject" field contains "Amazon-1234567890-Package Lost" (highlighted with a red box) and "SUBJECT EXAMPLE" in red text. The "Body" field contains "Platform-Order Number-Issue" and a large red box with the text "Describe your issue here". Below the body, a red message says "Welcome to attach the pictures to help us get more understands with your issue". At the bottom, there 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 message above. The "Send" button is on the left, and a trash icon is on the right.

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

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