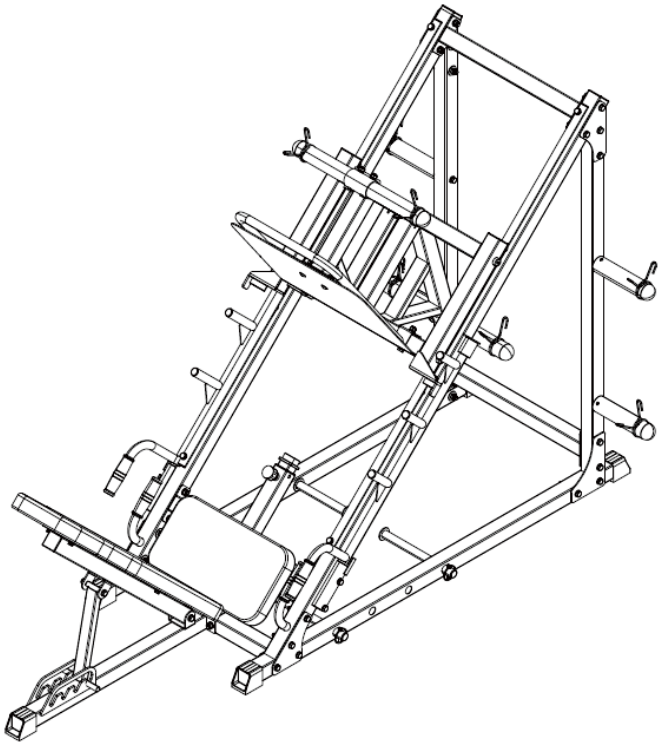
MIKOLO

ASSEMBLY INSTRUCTIONS

LP05



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

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

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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

STOP

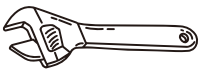
If you are missing any parts, or otherwise
have any warranty issues, please contact us first.

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

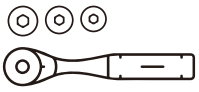
- Adjustable wranches



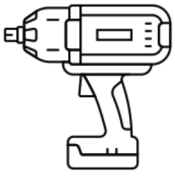
- Rubber hammers



- Socket set



- Electric Wrench



WARNING



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

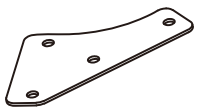
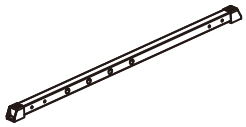
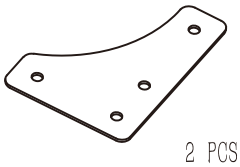
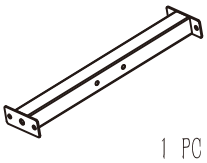
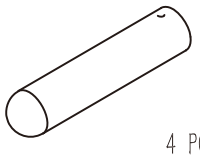
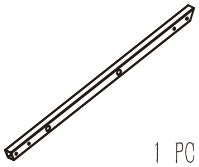
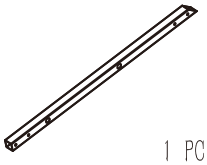
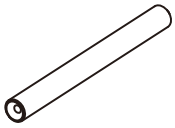
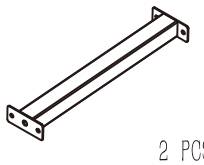
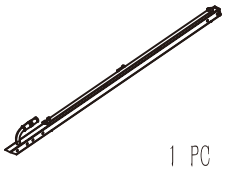
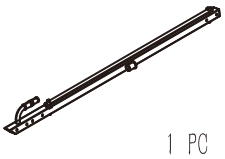
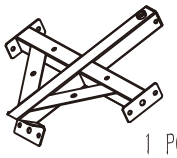
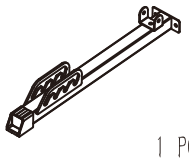
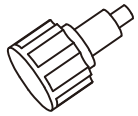
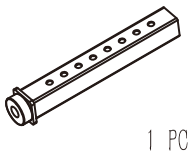
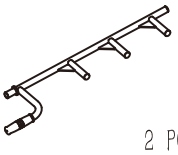
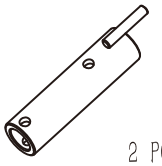
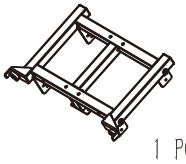
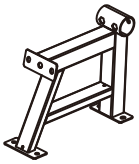
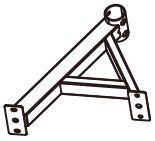
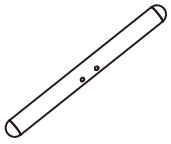
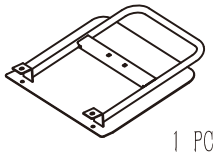
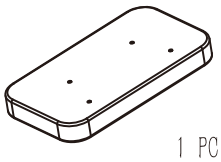
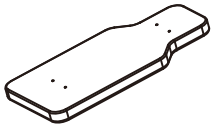
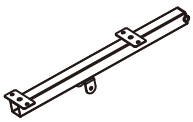
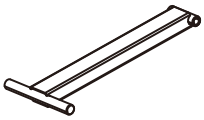
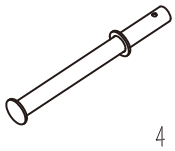
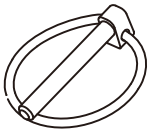


Sharp objects may be involved. Use precaution and protection.

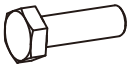
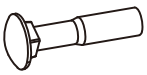
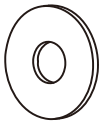
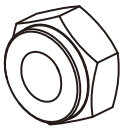


Heavy object. Use lifting aids and proper lifting techniques when moving

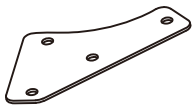
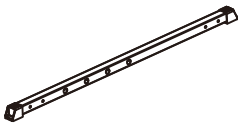
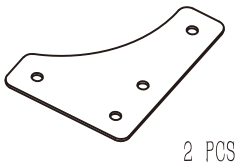
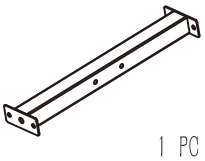
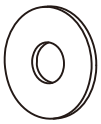
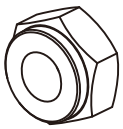
PARTS LIST

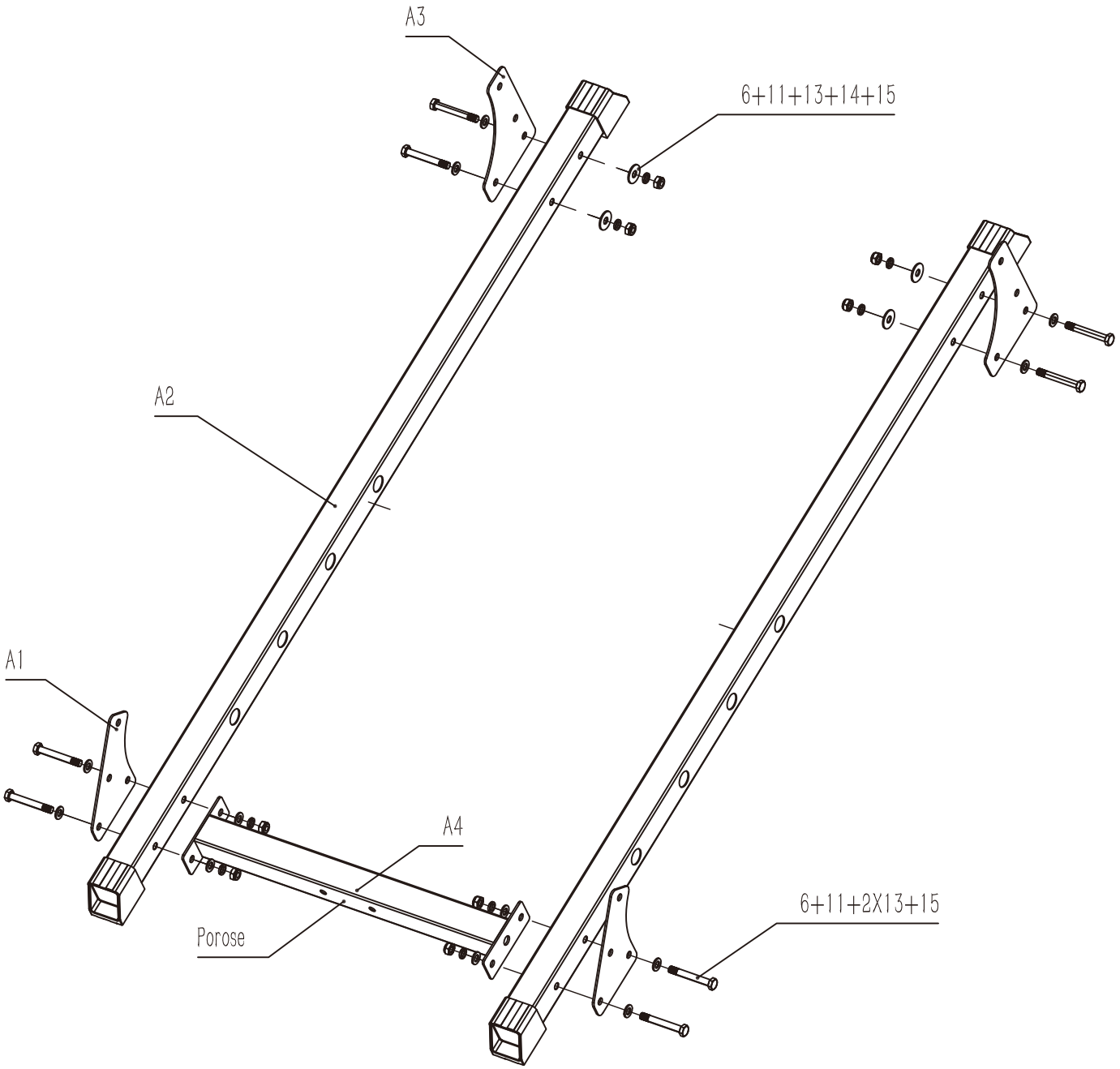
A1.Beverl Fix Plate  4 PCS	A2.Main Base  2 PCS	A3.Fix Plate  2 PCS	A4.Rear Base  1 PC	B1.Ring Pin  8 PCS
B2.Olympic Adapter  4 PCS	B3.Left Upright Frame  1 PC	B4.Right Upright Frame  1 PC	B5.Weight Storage Bar  4 PCS	B6.Top Frame  2 PCS
C1.left Frame  1 PC	C2.Right Frame  1 PC	D1.Seat Support  1 PC	D2.Backrest Base  1 PC	D3.Adjuast Pin  1 PC
D4.Adjustable Tube  1 PC	E1.Holder Bar  2 PCS	E2.Assembly Block  2 PCS	F1.Sled  1 PC	F2.Limited Wheel  4 PCS
G1.Foot Plate Support  1 PC	G2.Weight Support  1 PC	H1.Weight Pin  2 PCS	I1.Foot Plate  1 PC	J1.Seat Cushion  1 PC
K1.Back Cushion  1 PCS	K2.Back Frame  1 PC	K3.Back Support  1 PC	L1. Band Peg  4 PCS	L2. Pin  4 PCS

HARDWARE LIST

1. BOLT(M8 × 25)  7 PCS	2. BOLT(M8 × 75)  2 PCS	3. BOLT(M10 × 25)  6 PCS	4. BOLT(M10 × 45)  4 PCS	5. BOLT(M10 × 70)  4 PCS
6. BOLT(M10 × 75)  32 PCS	7. BOLT(M10 × 90)  2 PCS	8. BOLT(M10 × 100)  4 PCS	9. BOLT(M10 × 45)  2 PCS	10. Spring Washer(M8)  8 PCS
11. Spring Washer(M10)  52 PCS	12. Washer(M8)  8 PCS	13. Washer(M10Xϕ20)  82 PCS	14. Washer(M10Xϕ30)  8 PCS	15. Locknut(M10)  50 PCS
16. Washer(M10Xϕ15)  4 PCS				

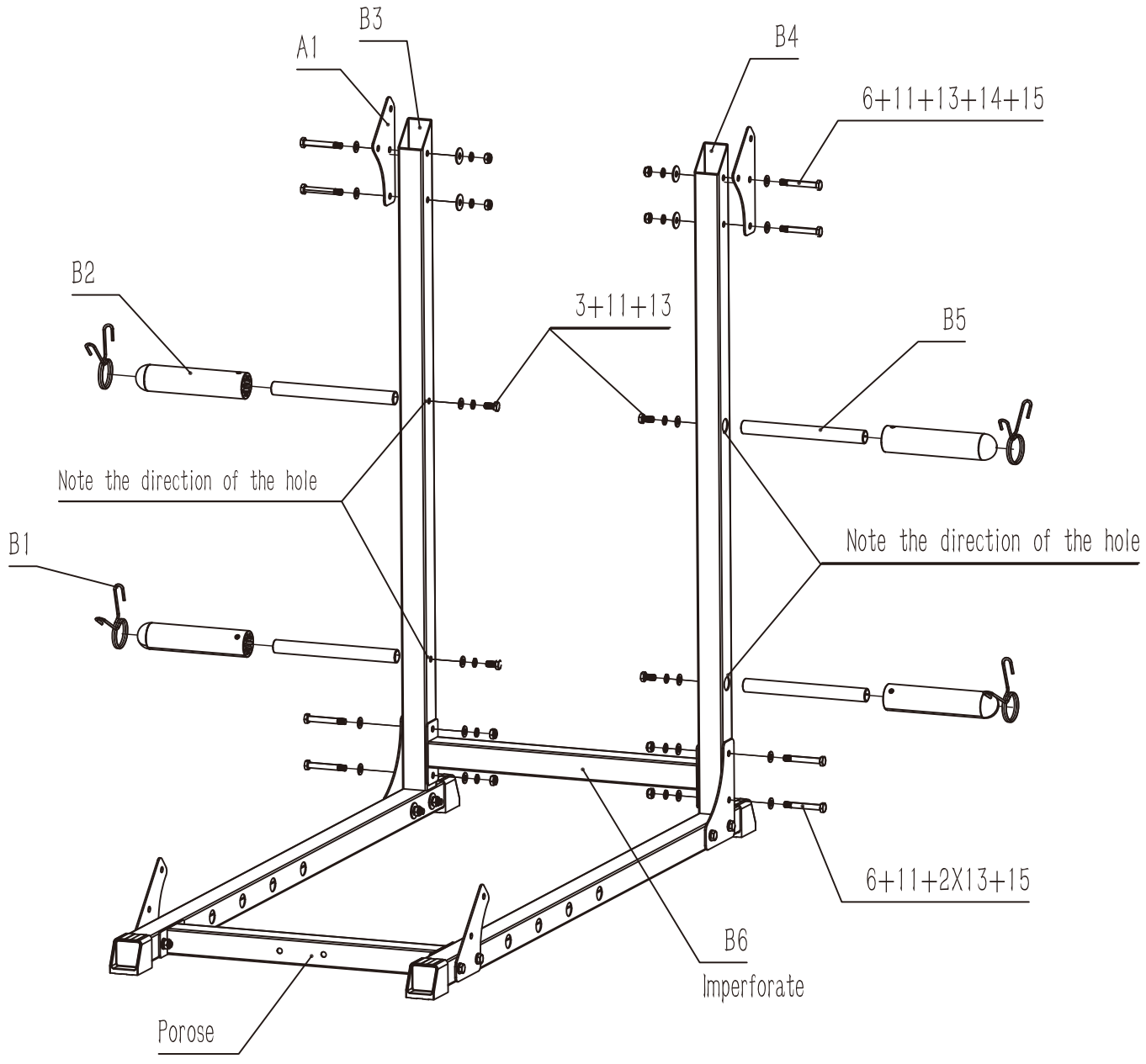
STEP1:

A1.Beverl Fix Plate  2 PCS	A2.Main Base  2 PCS	A3.Fix Plate  2 PCS	A4.Rear Base  1 PC	6.BOLT(M10×75)  8 PCS
11.Spring Washer(M10)  8 PCS	13.Washer(M10Xϕ20)  12 PCS	14.Washer(M10Xϕ30)  4 PCS	15.Locknut(M10)  8 PCS	

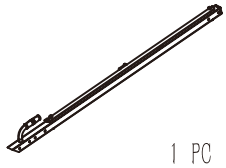
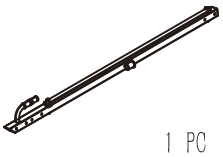
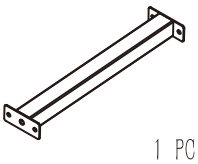
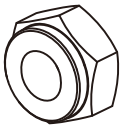


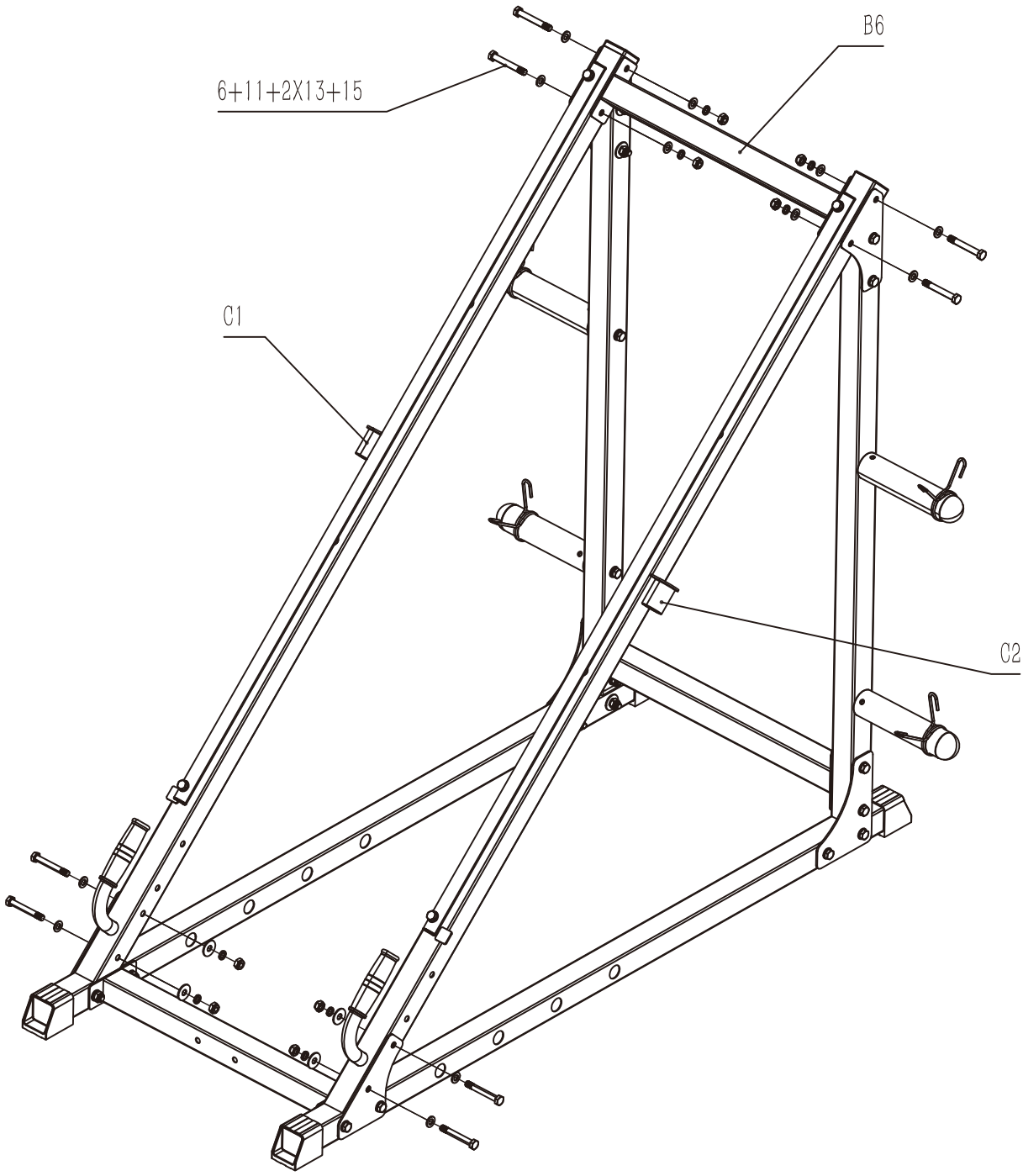
STEP2:

B1.Ring Pin 4 PCS	B2.Olympic Adapter 4 PCS	B3.Left Upright Frame 1 PC	B4.Right Upright Frame 1 PC	B5.Weight Storage Bar 4 PCS
B6.Top Frame 1 PC	A1.Beverl Fix Plate 2 PCS	3.BOLT(M10×25) 4 PCS	6.BOLT(M10×75) 8 PCS	11.Spring Washer(M10) 12 PCS
13.Washer(M10Xϕ20) 10 PCS	14.Washer(M10Xϕ30) 4 PCS	15.Locknut(M10) 8 PCS		

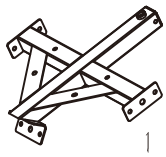
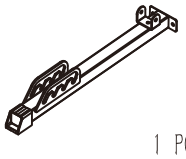
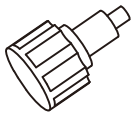
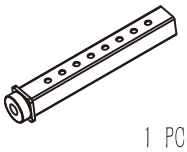
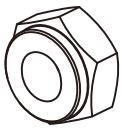


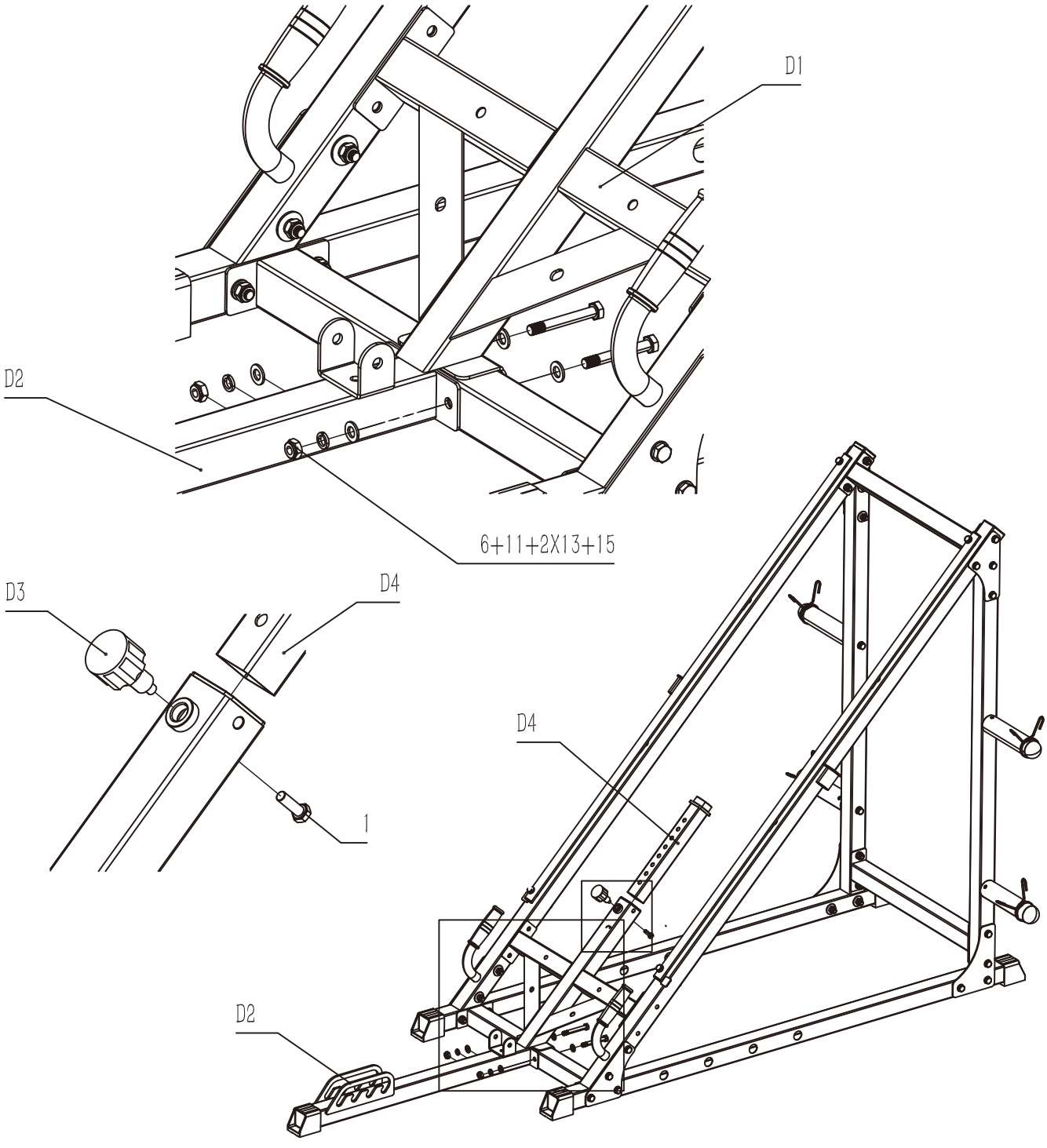
STEP3:

C1.left Frame  1 PC	C2.Right Frame  1 PC	B6.Top Frame  1 PC	6.BOLT(M10×75)  8 PCS	11.Spring Washer(M10)  8 PCS
13.Washer(M10Xϕ20)  16 PCS	15.Locknut(M10)  8 PCS			

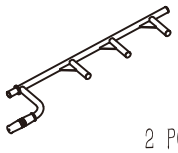
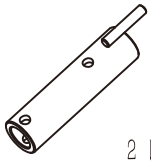


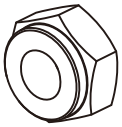
STEP4:

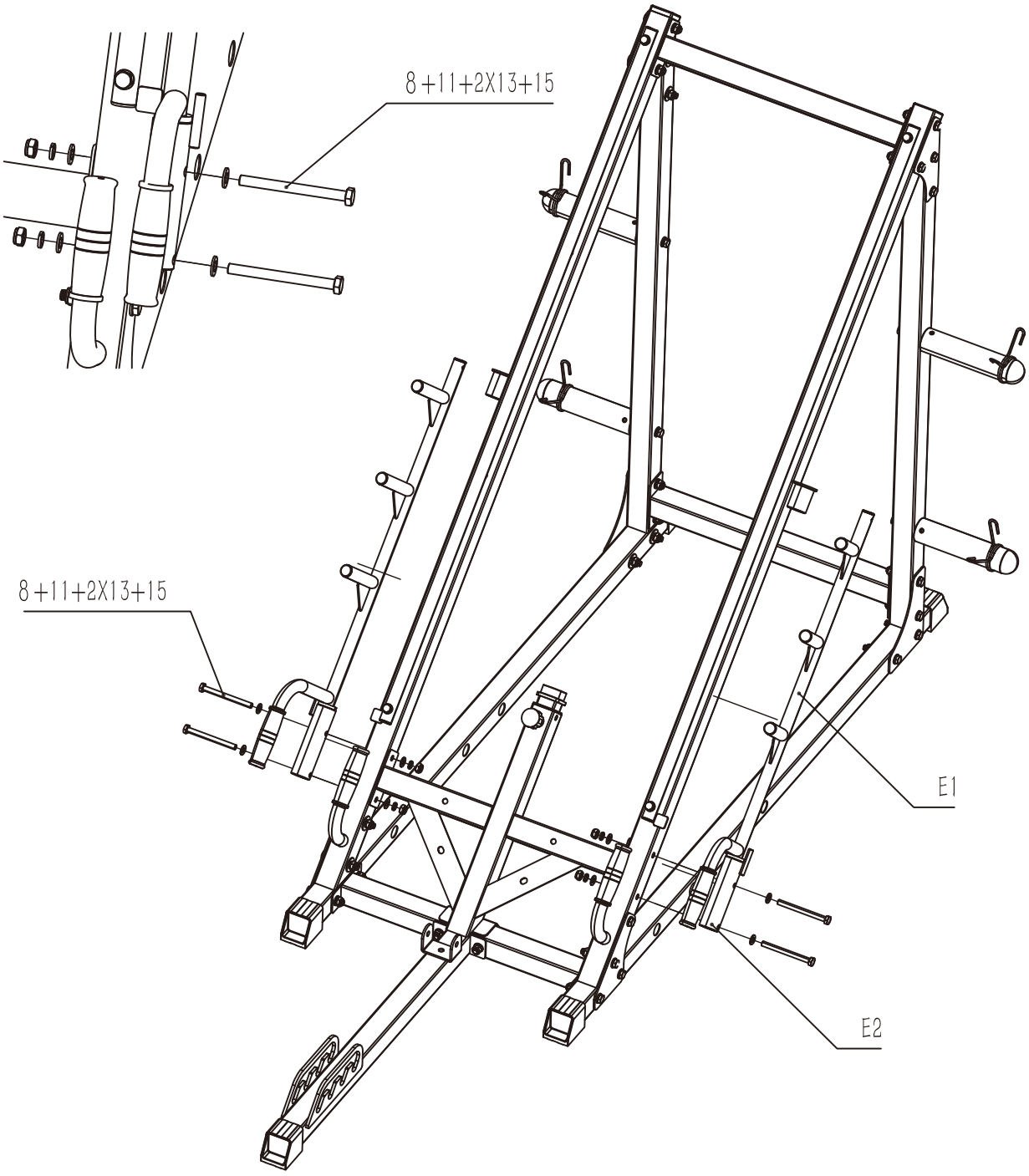
D1.Seat Support  1 PC	D2.Backrest Base  1 PC	D3.Adjuast Pin  1 PC	D4.Adjustable Tube  1 PC	1.BOLT(M8×25)  1 PC
6.BOLT(M10×75)  2 PCS	11.Spring Washer(M10)  2 PCS	13.Washer(M10Xϕ20)  4 PCS	15.Locknut(M10)  2 PCS	



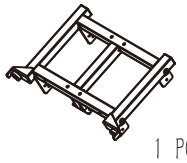
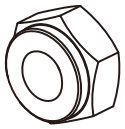
STEP5:

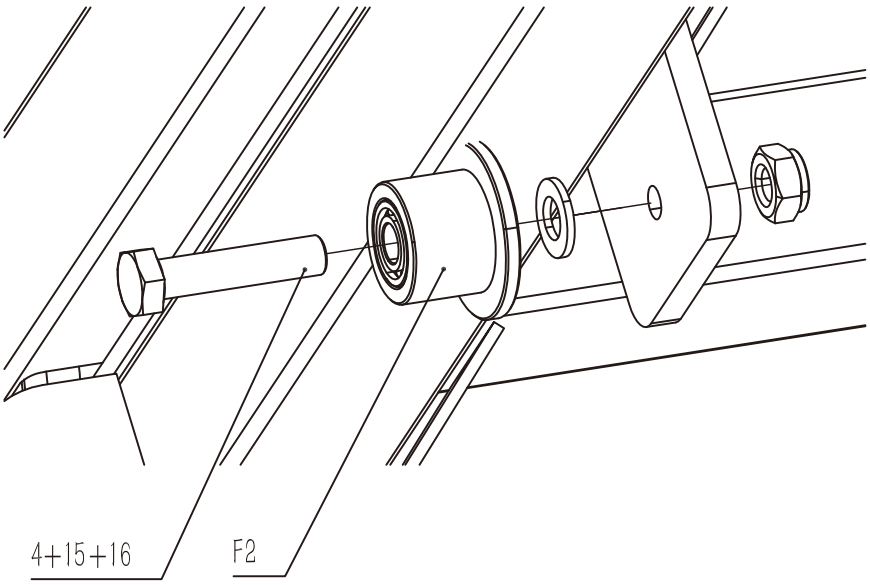
E1.Holder Bar	E2.Assembly Block	8.BOLT(M10×100)	11.Spring Washer(M10)	13.Washer(M10Xϕ20)
 2 PCS	 2 PCS	 4 PCS	 4 PCS	 8 PCS

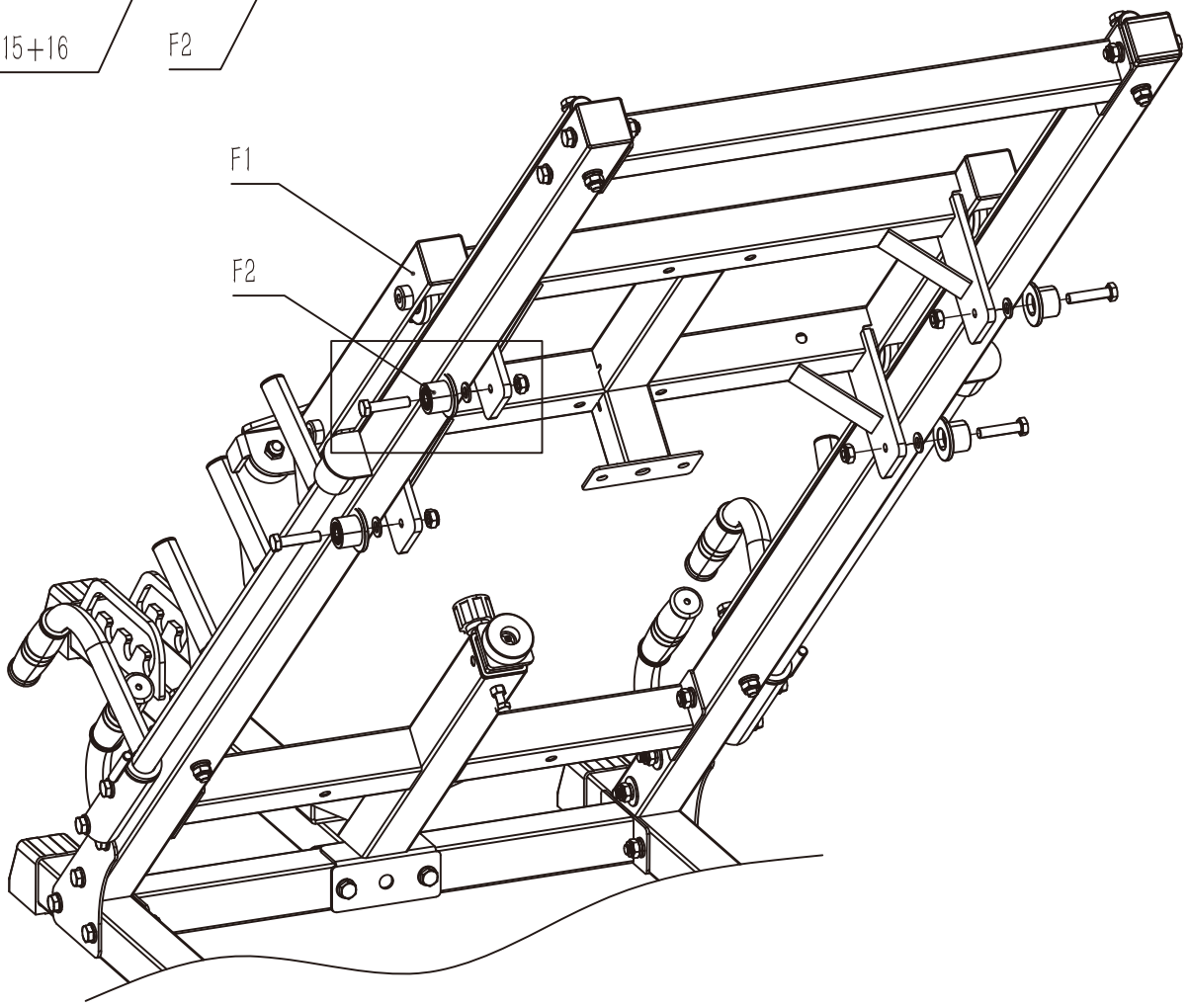
15.Locknut(M10)
 4 PCS



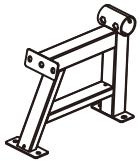
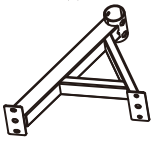
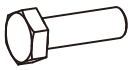
STEP6:

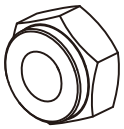
F1.Sled	F2.Limited Wheel	4.BOLT(M10×45)	15.Locknut(M10)	16.Washer(M10Xϕ15)
 1 PC	 4 PCS	 4 PCS	 4 PCS	 4 PCS

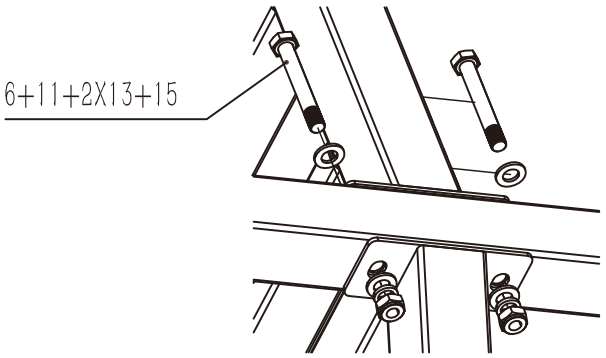




STEP7:

G1.Foot Plate Support	G2.Weight Support	3.BOLT(M10×25)	6.BOLT(M10×75)	11.Spring Washer(M10)
 1 PC	 1 PC	 2 PCS	 4 PCS	 6 PCS

13.Washer(M10Xϕ20)	15.Locknut(M10)
 12 PCS	 6 PCS

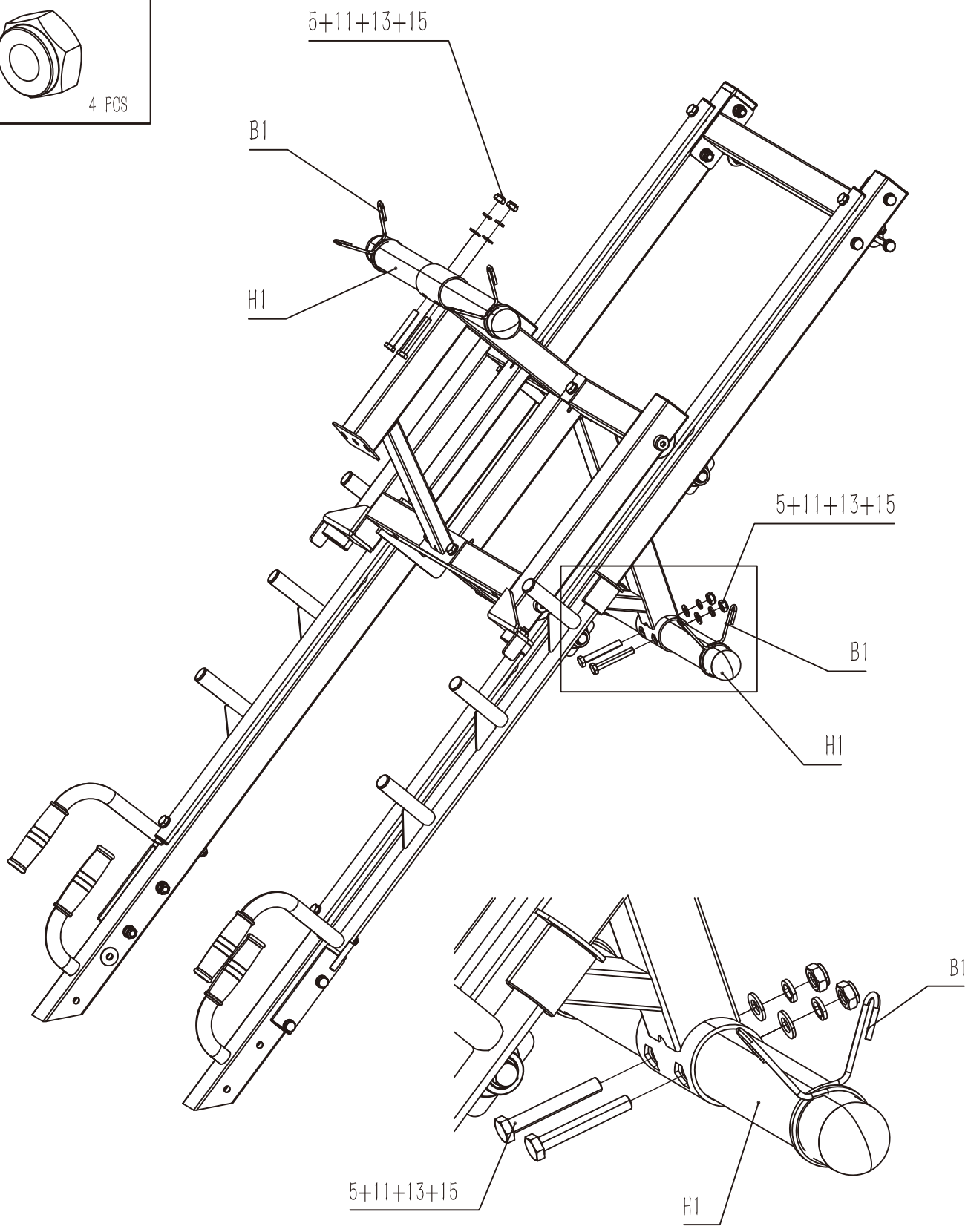


STEP8.

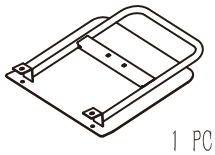
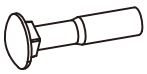
H1.Weight Pin	B1.Ring Pin	5.BOLT(M10×70)	11.Spring Washer(M10)	13.Washer(M10Xϕ20)
2 PCS	4 PCS	4 PCS	4 PCS	4 PCS

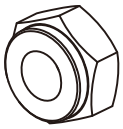
15.Locknut(M10)

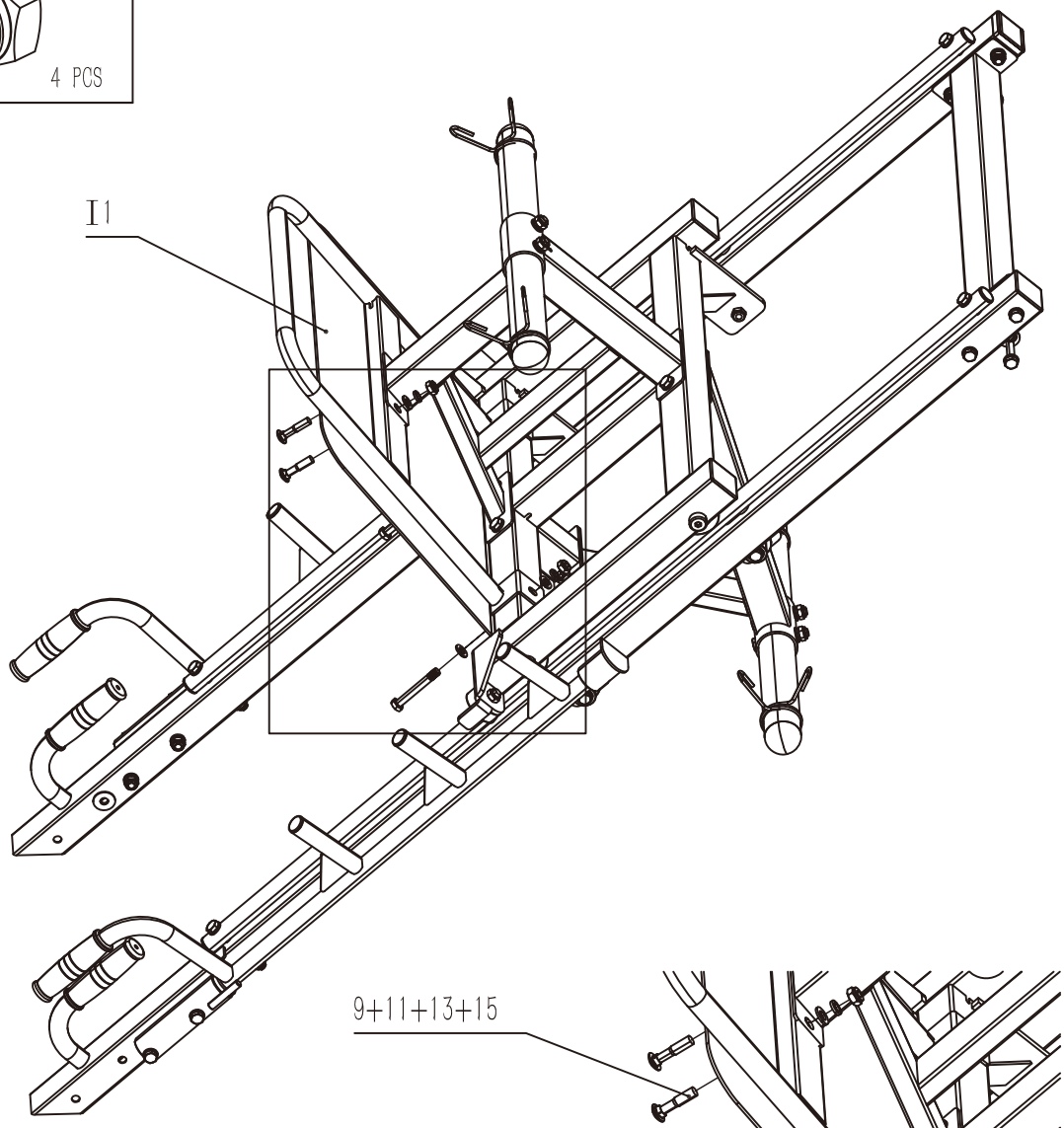
4 PCS

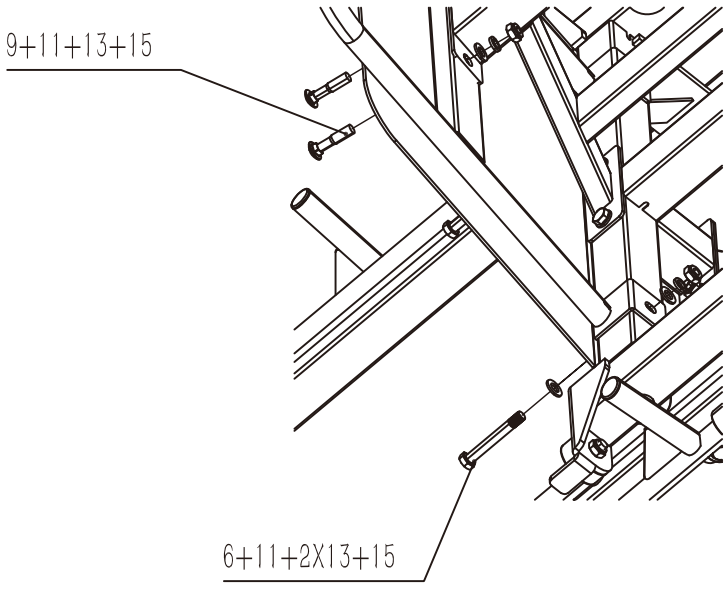


STEP9:

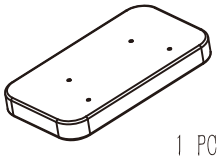
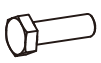
I1.Foot Plate	C.BOLT(M10×75)	9.BOLT(M10×45)	11.Spring Washer(M10)	13.Washer(M10XΦ20)
 1 PC	 2 PCS	 2 PCS	 4 PCS	 6 PCS

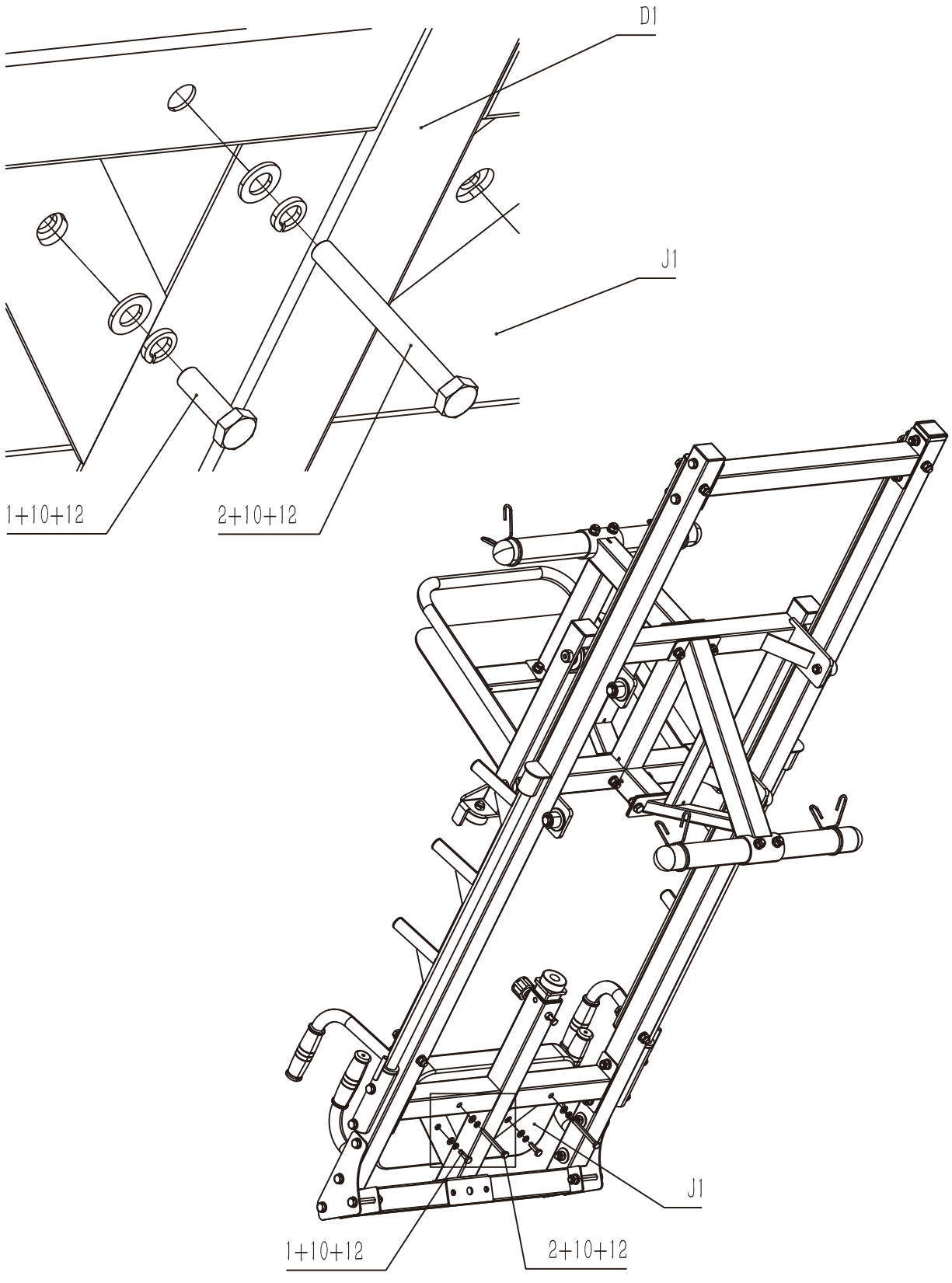
15.Locknut(M10)
 4 PCS



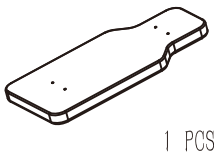
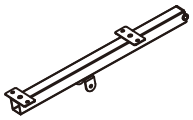
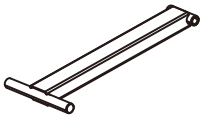
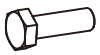
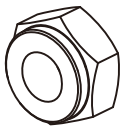


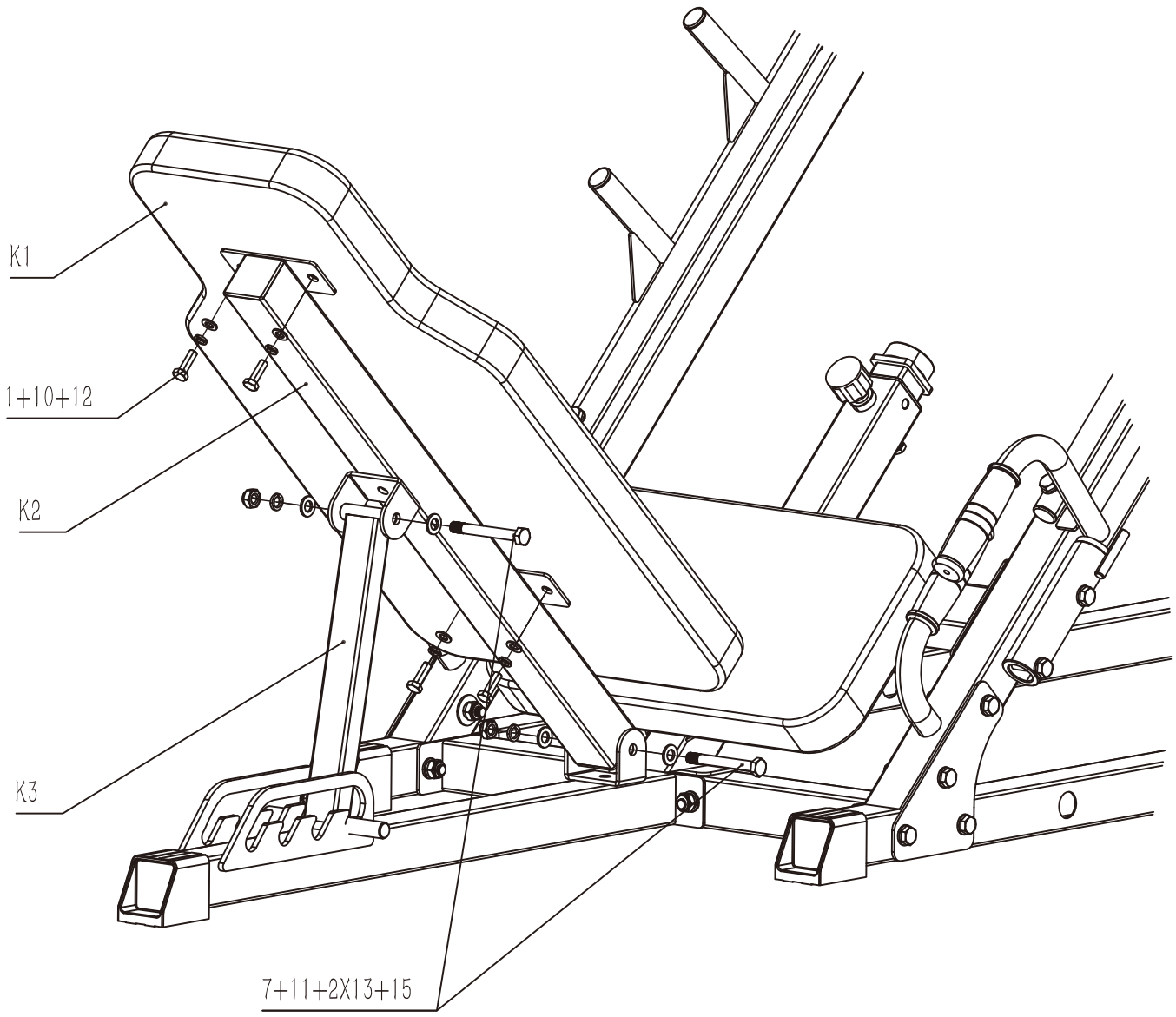
STEP10.

J1.Seat Cushion	1.BOLT(M8 × 25)	2.BOLT(M8 × 75)	10.Spring Washer(M8)	12.Washer(M8)
 1 PC	 2 PCS	 2 PCS	 4 PCS	 4 PCS

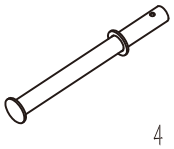
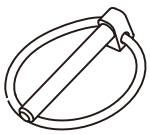


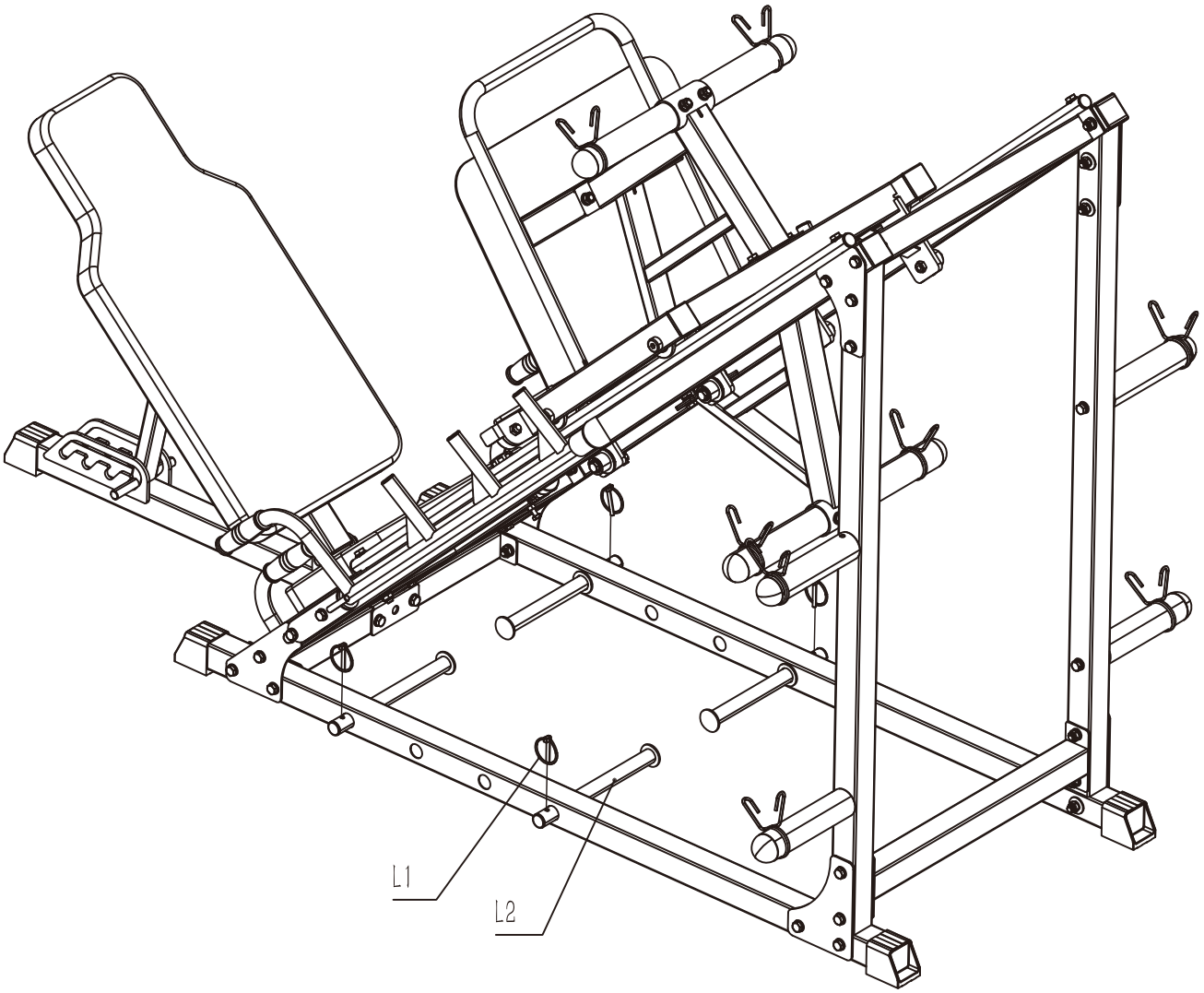
STEP11:

K1.Back Cushion  1 PCS	K2.Back Frame  1 PC	K3.Back Support  1 PC	1.BOLT(M8×25)  4 PCS	7.BOLT(M10×90)  2 PCS
10.Spring Washer(M8)  4 PCS	11.Spring Washer(M10)  2 PCS	12.Washer(M8)  4 PCS	13.Washer(M10Xϕ20)  4 PCS	15.Locknut(M10)  2 PCS

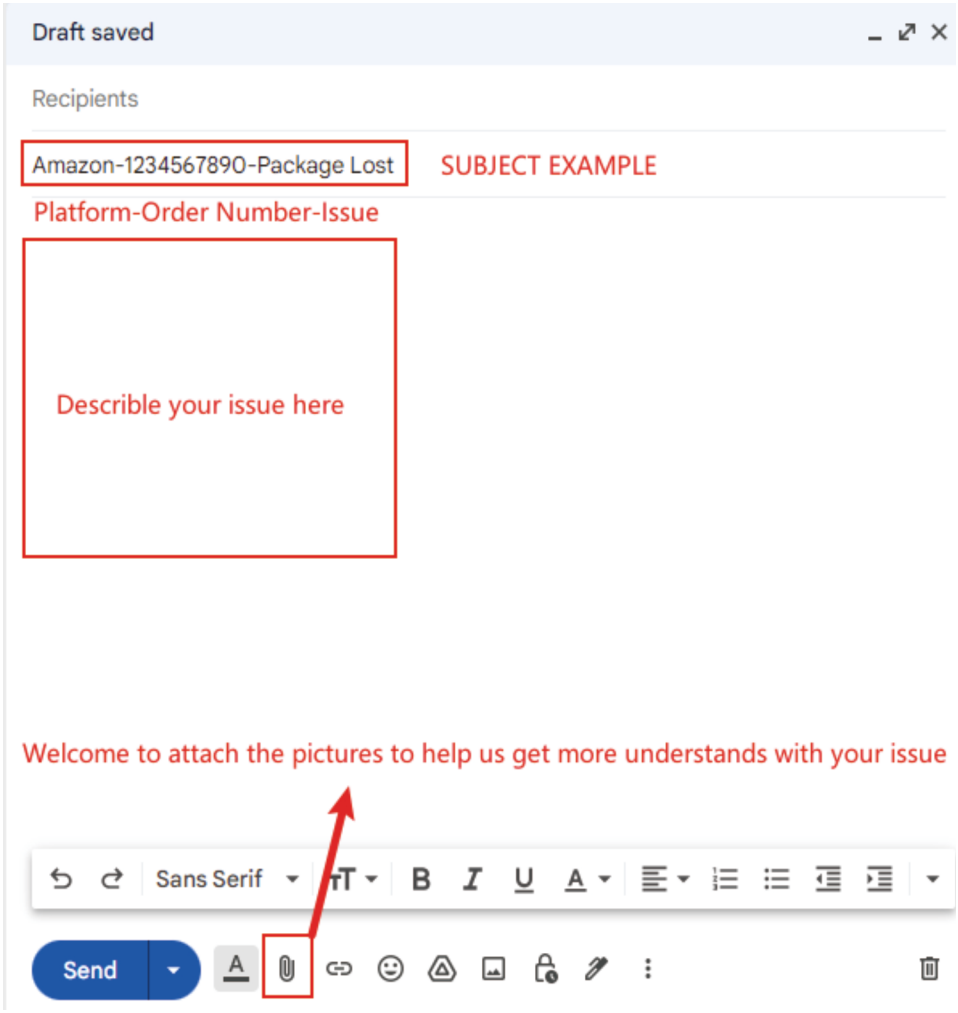


STEP12:

L1. Band Peg	L2. Pin
	
4 PCS	4 PCS



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