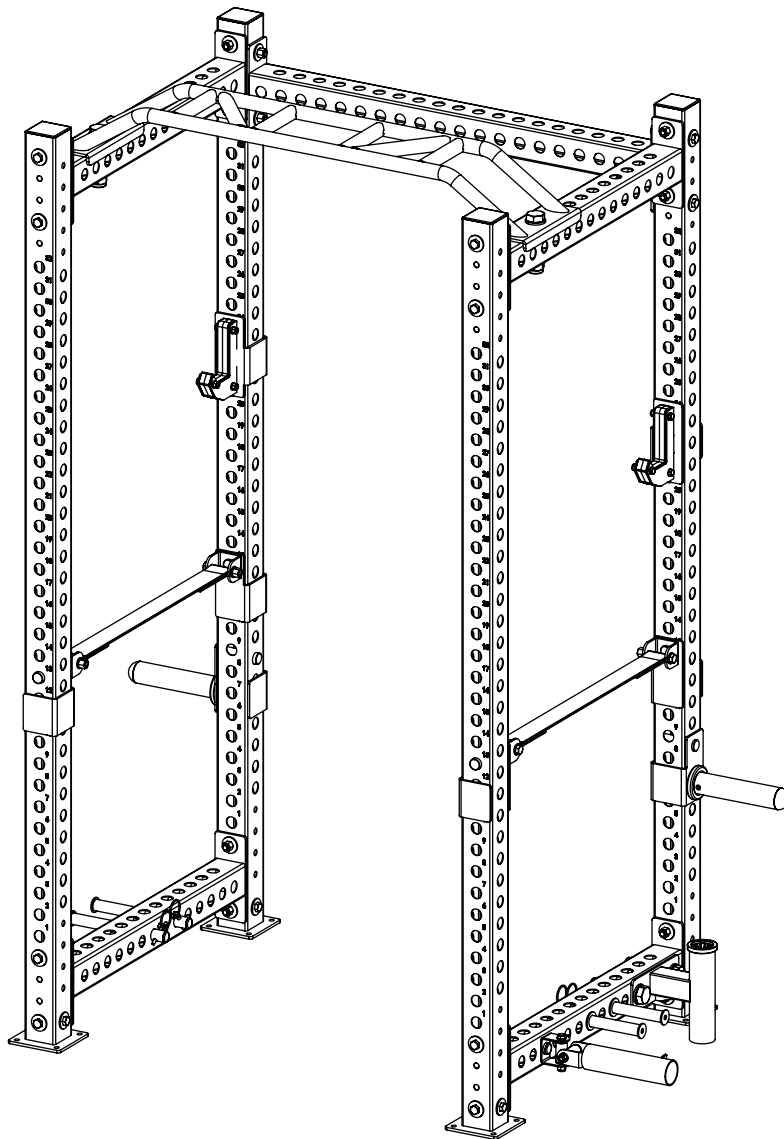


# MIKOLO

## ASSEMBLY INSTRUCTIONS



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

|                         |       |    |
|-------------------------|-------|----|
| Assembly Caution        | ----- | 3  |
| Part List               | ----- | 4  |
| Step 1                  | ----- | 7  |
| Step 2                  | ----- | 8  |
| Step 3                  | ----- | 9  |
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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**



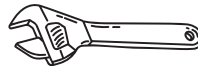
If you are missing any parts, or otherwise have any warranty issues, please contact us first.  
[after-sale@gym-mikolo.com](mailto:after-sale@gym-mikolo.com)

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

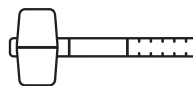
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

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

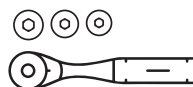
- Adjustable wrenches



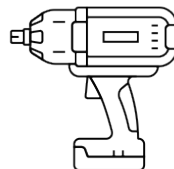
- Rubber hammers



- Socket set



- Electric Wrench



## **WARNING**



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



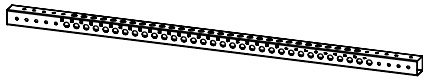
Sharp objects may be involved. Use precaution and protection.



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

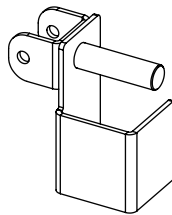
## CARTON 1

**2**



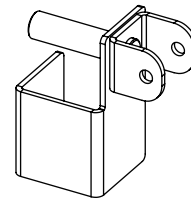
Front Upright Tube - 4 pcs

**10**



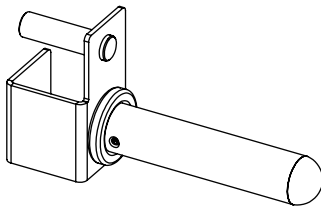
Left Safety Belt Hook - 2 pcs

**11**



Right Safety Belt Hook - 2 pcs

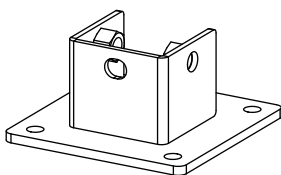
**12**



Barbell Holder - 2 pcs

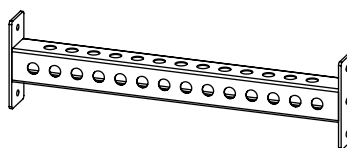
## CARTON 2

**1**



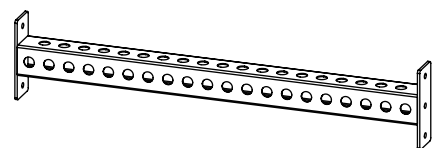
Foot Pad - 2 pcs

**3**



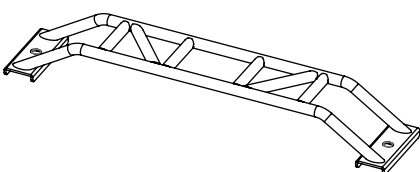
Side Base - 4 pcs

**4**



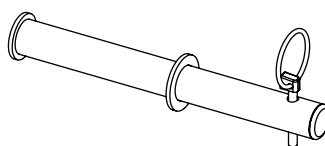
Upper Side Frame - 1 pc

**5**



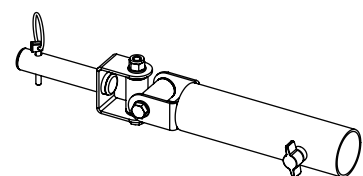
Pull-up Bar - 1 pc

**6**



Band Peg - 4 pcs

**7**

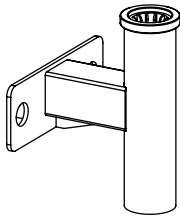


Landmine Attachment - 1 pc



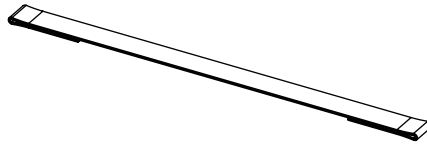
## CARTON 2

8



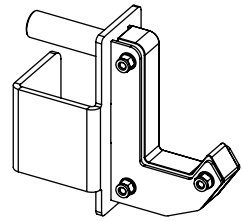
Barbell Storage Tube - 1 pc

9



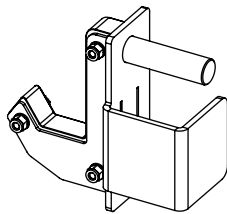
Safety Belt - 2 pcs

13



Right J Hook - 1 pc

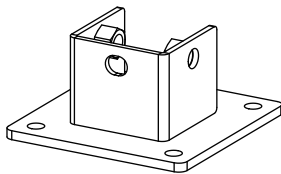
14



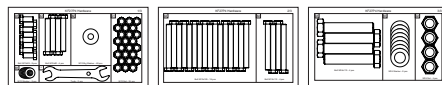
Left J Hook - 1 pc

## CARTON 3

1



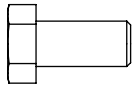
Foot Pad - 2 pcs



Hardware

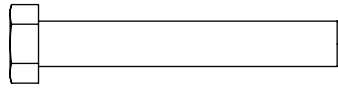
# HARDWARE LIST

**A1**



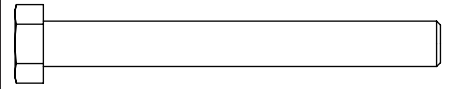
Bolt M12x25 - 8 pcs

**A2**



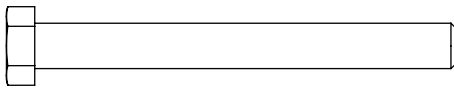
Bolt M12x80 - 4 pcs

**A3**



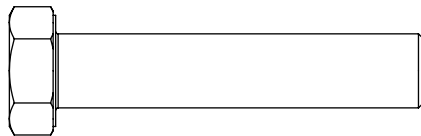
Bolt M12x105 - 16 pcs

**A4**



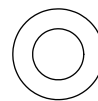
Bolt M12x110 - 4 pcs

**A5**



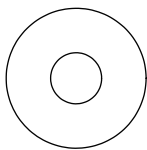
Bolt M24x110 - 4 pcs

**B1**



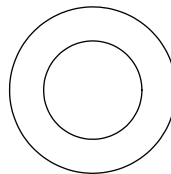
M12 Washer - 8 pcs

**B2**



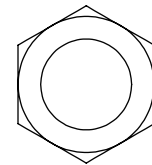
M12 Big Washer - 48 pcs

**B3**



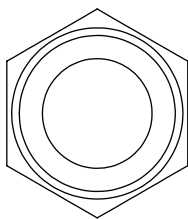
M24 Washer - 8 pcs

**C1**



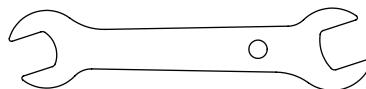
M12 Nut - 24 pcs

**C2**



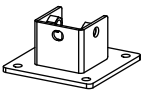
M24 Nut - 4 pcs

**\***

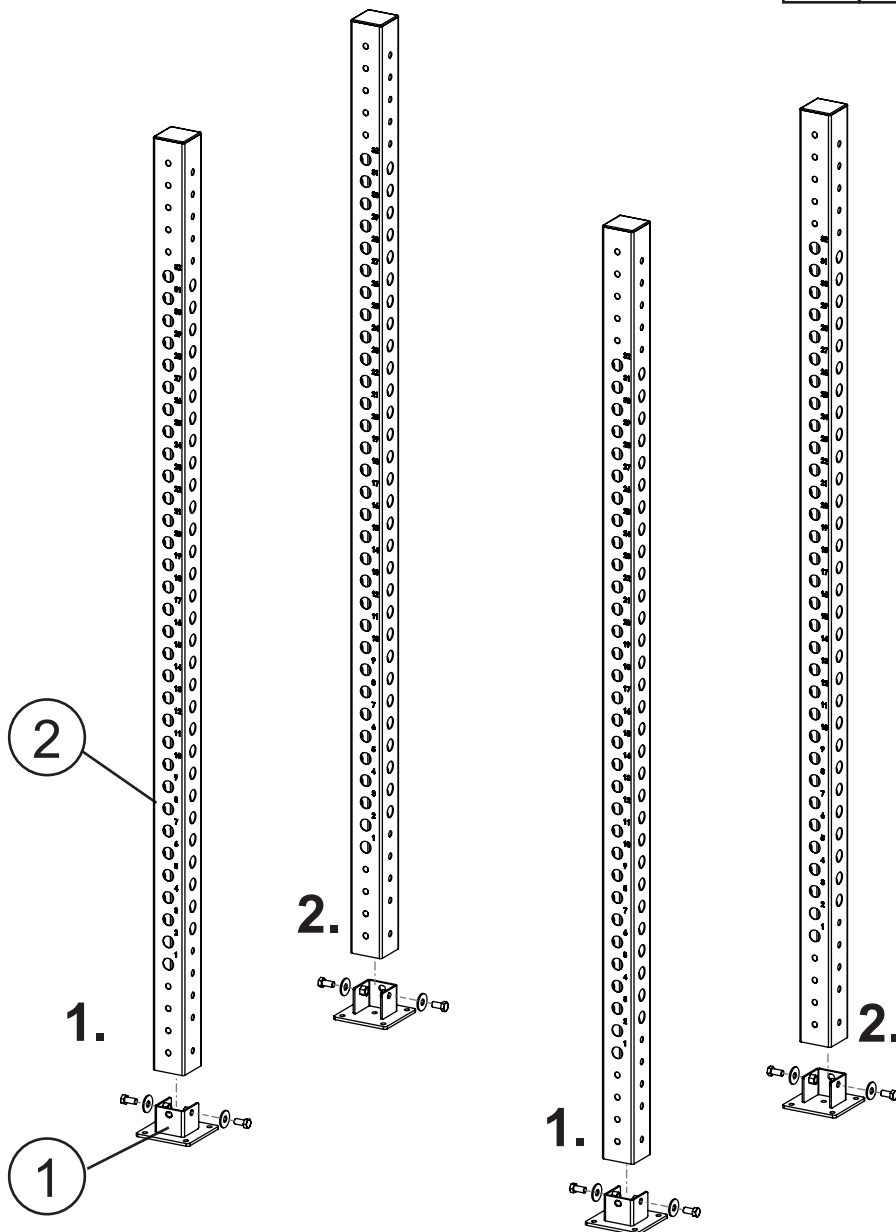
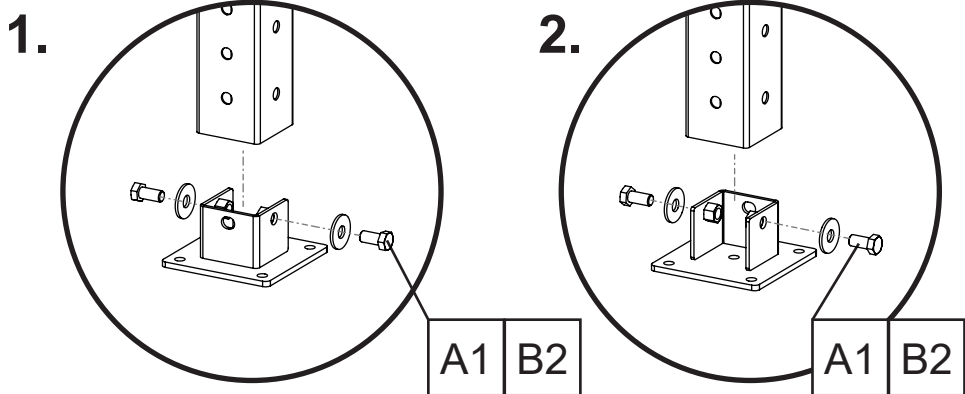


Tools - 2 pcs

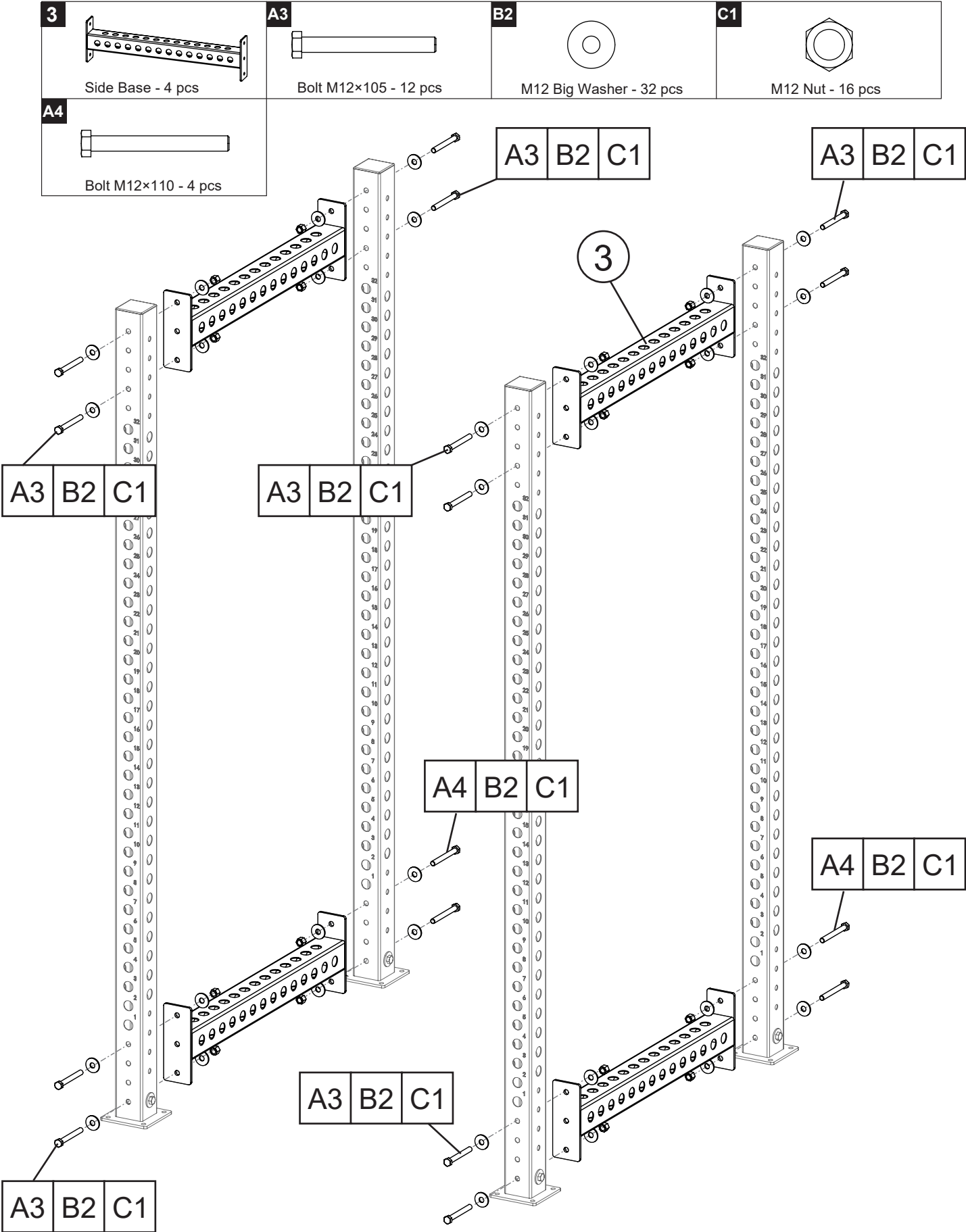
# STEP 1

|                                                                                                                   |                                                                                                                             |                                                                                                                       |                                                                                                                            |
|-------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| <b>1</b><br><br>Foot Pad - 4 pcs | <b>2</b><br><br>Front Upright Tube - 4 pcs | <b>A1</b><br><br>Bolt M12×25 - 8 pcs | <b>B2</b><br><br>M12 Big Washer - 8 pcs |
|-------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|

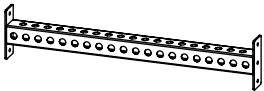
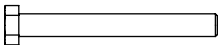
 Make sure the numbers are facing forward.

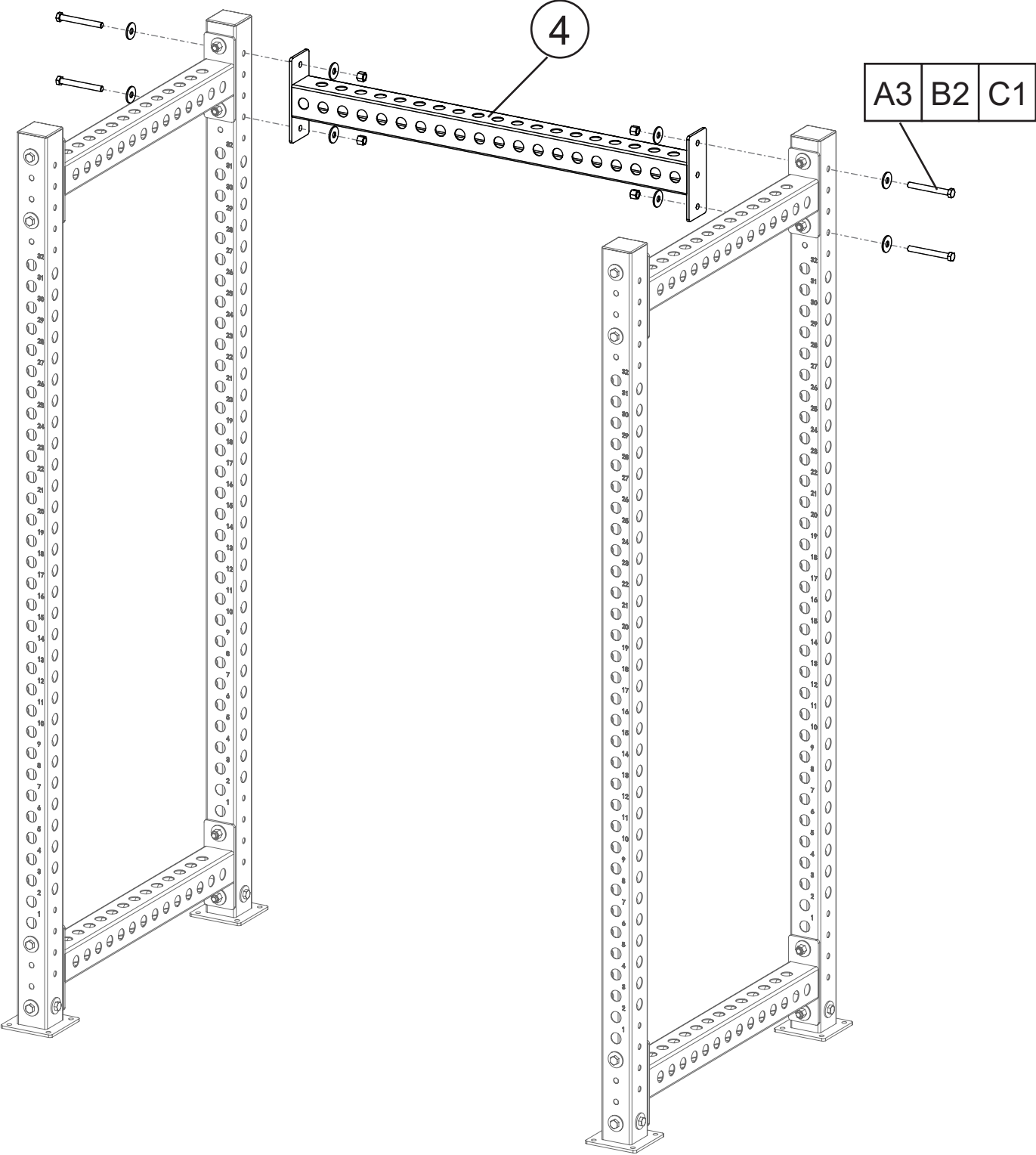


# STEP 2

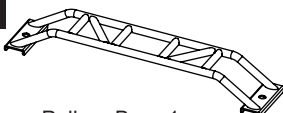
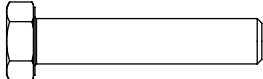


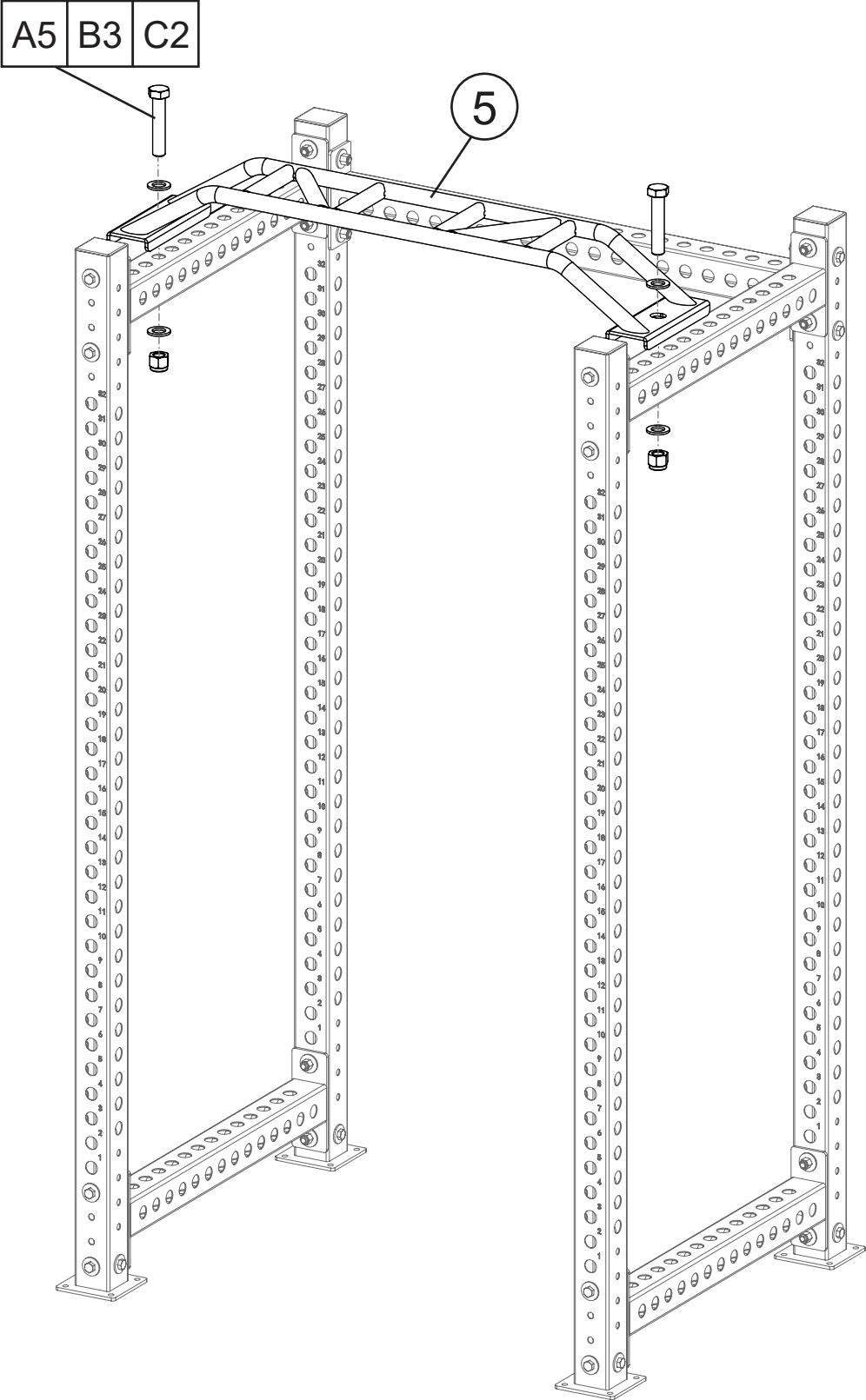
# STEP 3

|                                                                                                                          |                                                                                                                        |                                                                                                                          |                                                                                                                     |
|--------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| <b>4</b><br><br>Upper Side Frame - 1 pc | <b>A3</b><br><br>Bolt M12×105 - 4 pcs | <b>B2</b><br><br>M12 Big Washer - 8 pcs | <b>C1</b><br><br>M12 Nut - 4 pcs |
|--------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|



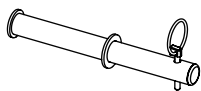
# STEP 4

|                                                                                                                     |                                                                                                                        |                                                                                                                      |                                                                                                                     |
|---------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| <b>5</b><br><br>Pull-up Bar - 1 pc | <b>A5</b><br><br>Bolt M24×110 - 2 pcs | <b>B3</b><br><br>M24 Washer - 4 pcs | <b>C2</b><br><br>M24 Nut - 2 pcs |
|---------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|

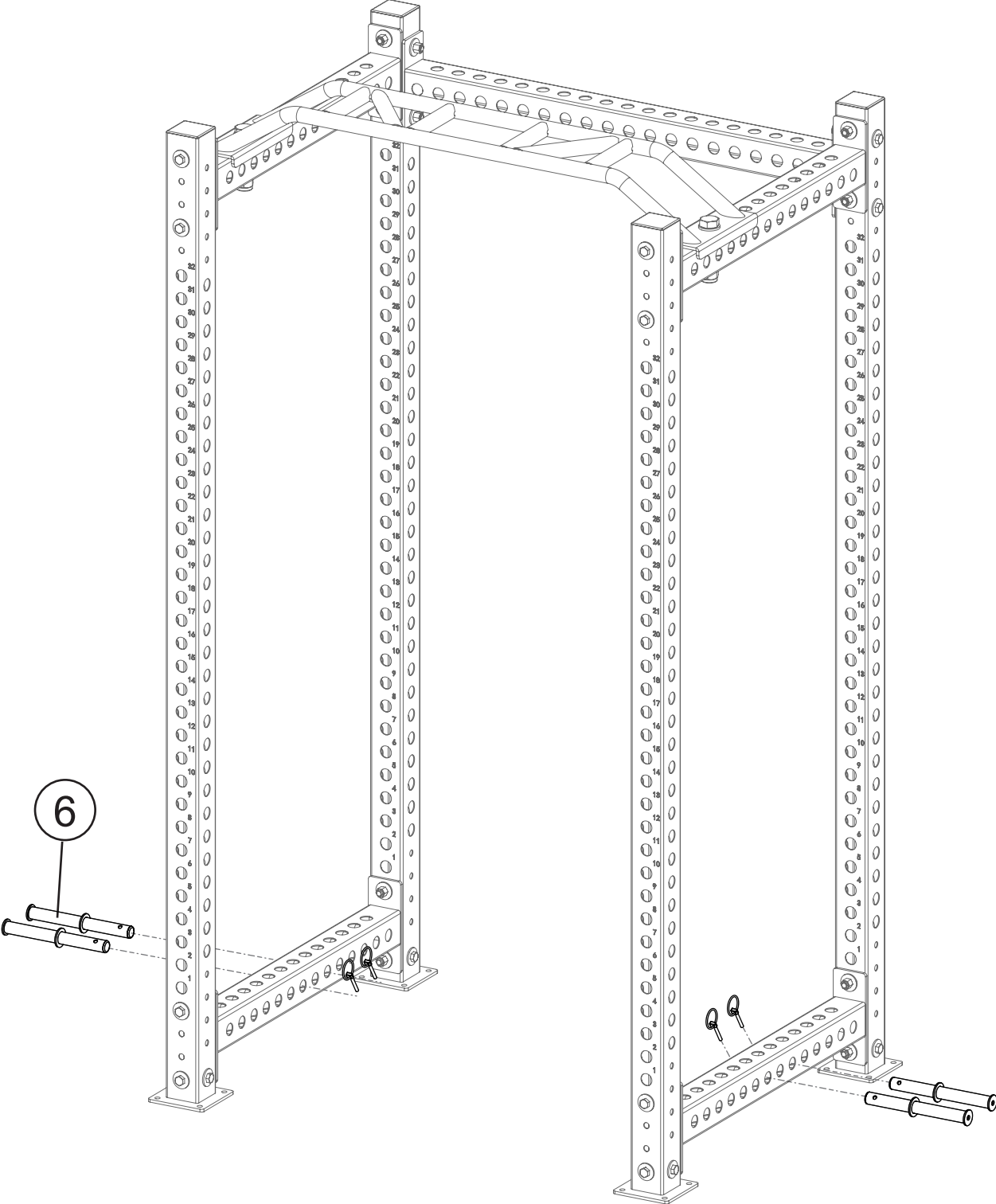


# STEP 5

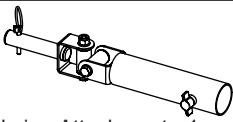
6

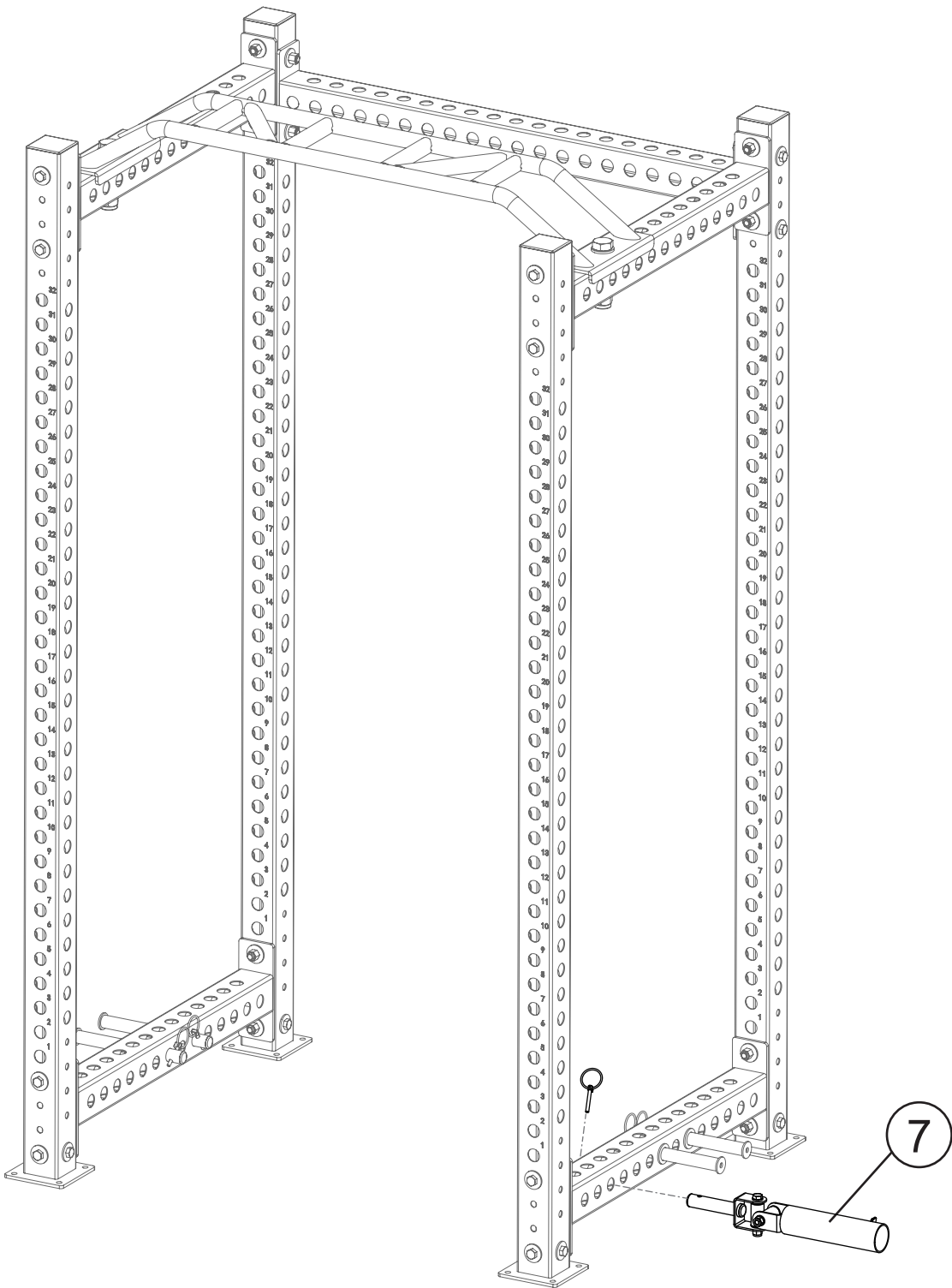


Band Peg - 4 pcs



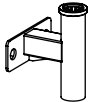
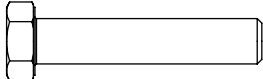
# STEP 6

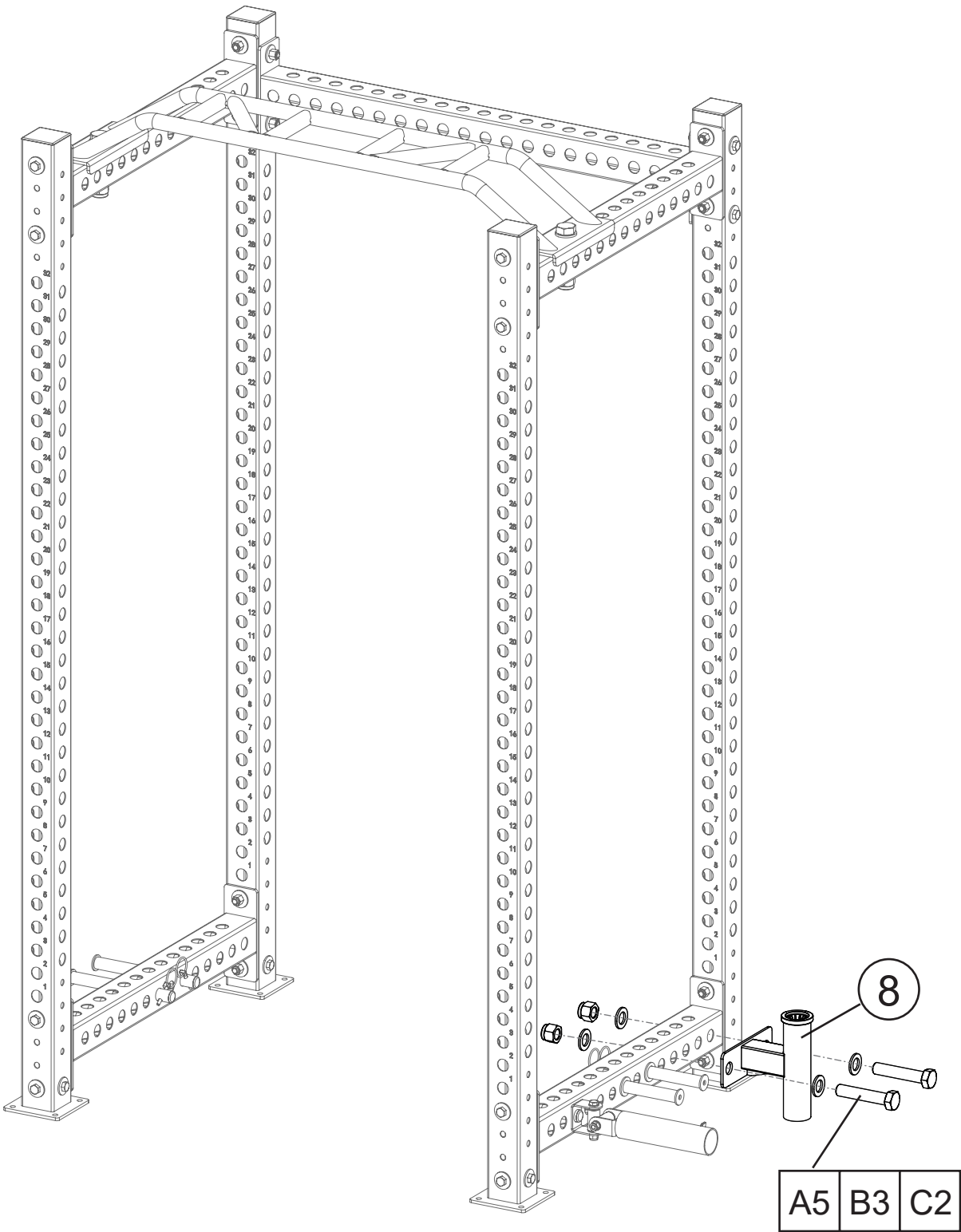
|                                                                                                                                                                                                                                     |  |  |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|
| <div data-bbox="129 232 161 271">7</div> <div data-bbox="188 232 422 353"></div> <div data-bbox="142 344 418 369">Landmine Attachment - 1 pc</div> |  |  |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|





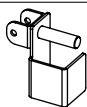
# STEP 7

|                                                                                                                              |                                                                                                                        |                                                                                                                      |                                                                                                                     |
|------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| <b>8</b><br><br>Barbell Storage Tube - 1 pc | <b>A5</b><br><br>Bolt M24×110 - 2 pcs | <b>B3</b><br><br>M24 Washer - 4 pcs | <b>C2</b><br><br>M24 Nut - 2 pcs |
|------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|



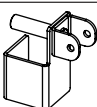
# STEP 8

10



Left Safety Belt Hook - 2 pcs

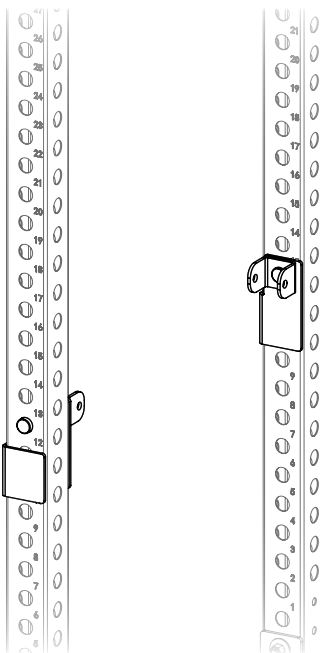
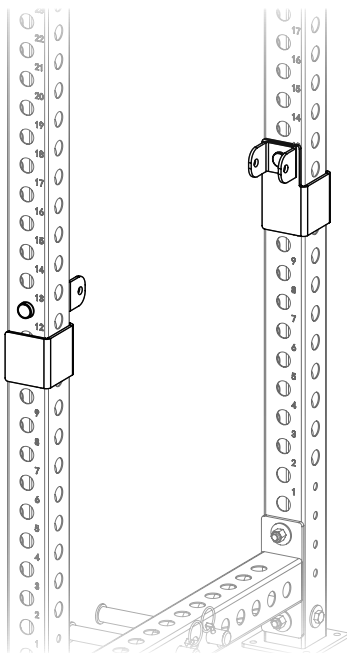
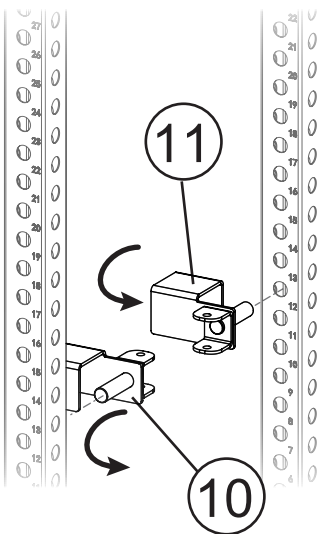
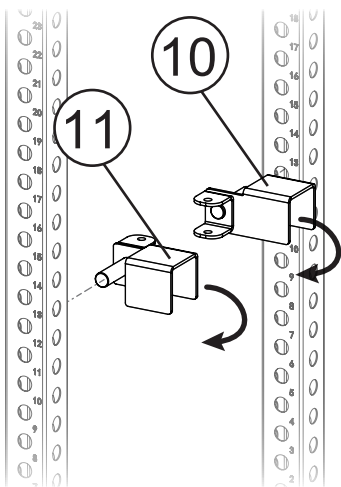
11



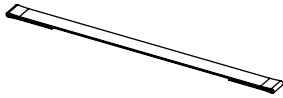
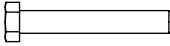
Right Safety Belt Hook - 2 pcs

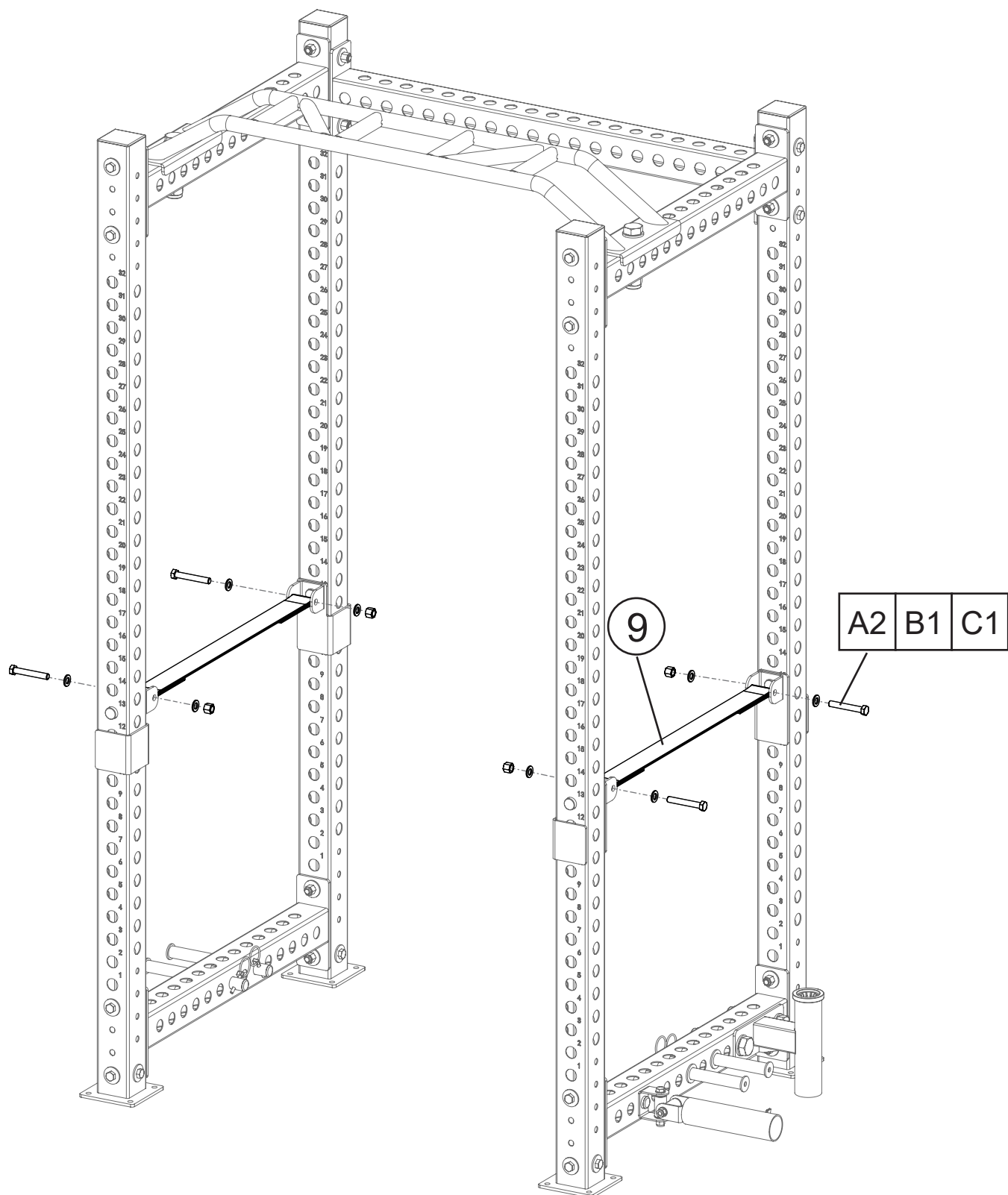


Make sure the safety belt hook are at the same height.



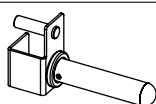
# STEP 9

|                                                                                                                      |                                                                                                                       |                                                                                                                      |                                                                                                                     |
|----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| <b>9</b><br><br>Safety Belt - 2 pcs | <b>A2</b><br><br>Bolt M12x80 - 4 pcs | <b>B1</b><br><br>M12 Washer - 8 pcs | <b>C1</b><br><br>M12 Nut - 4 pcs |
|----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|

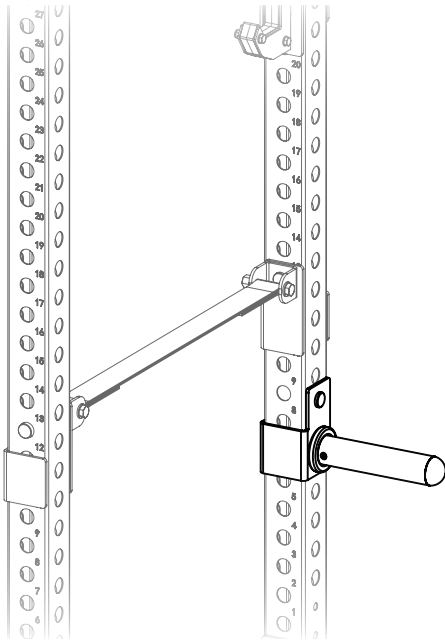
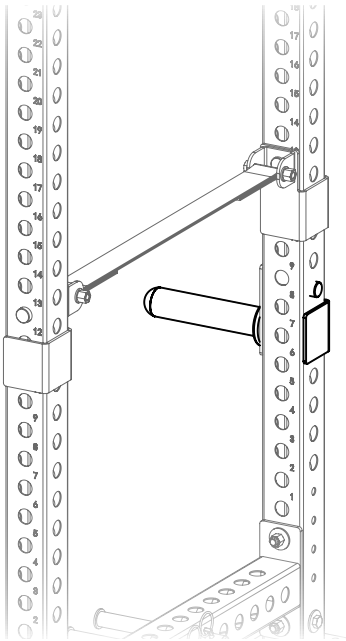
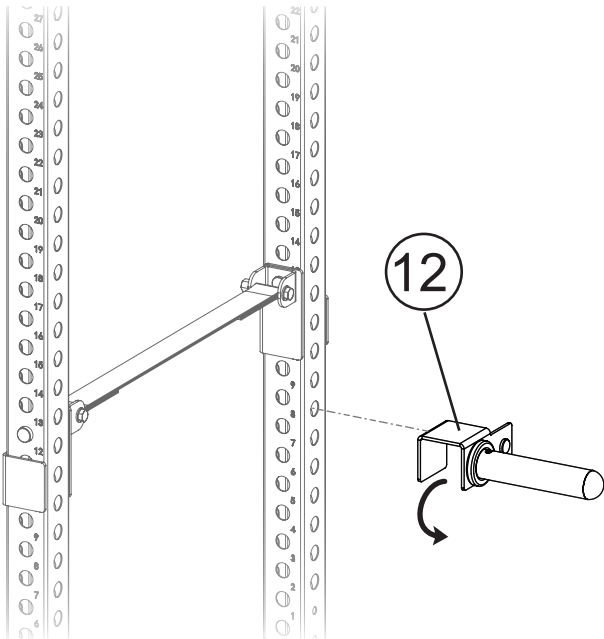
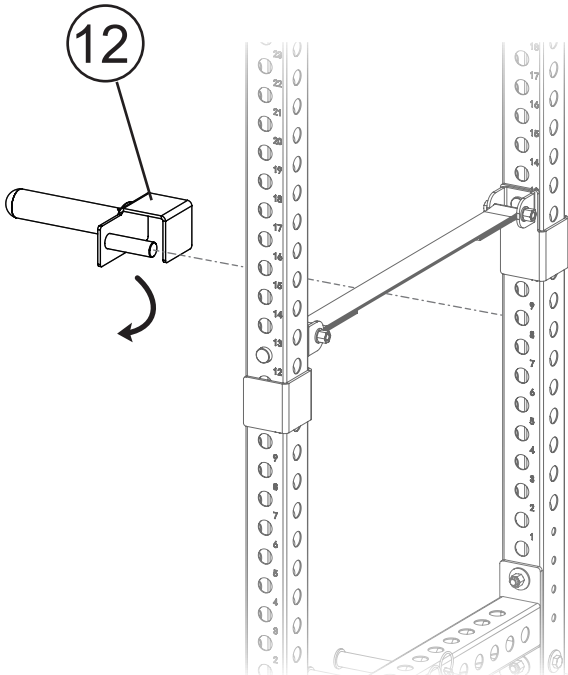


# STEP 10

12

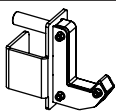


Barbell Holder - 2 pcs



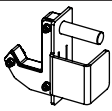
# STEP 11

13

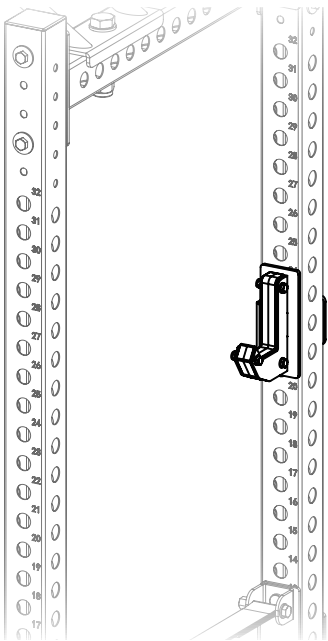
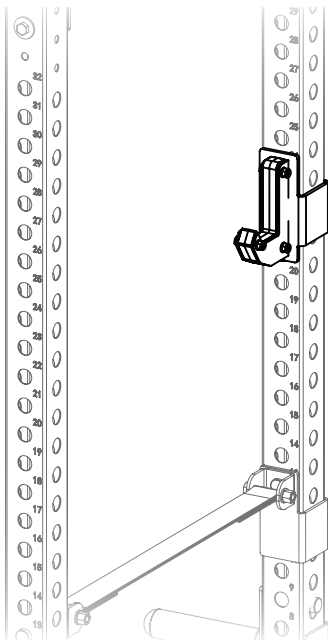
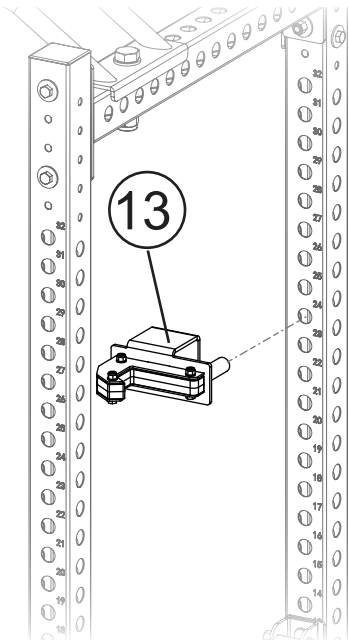
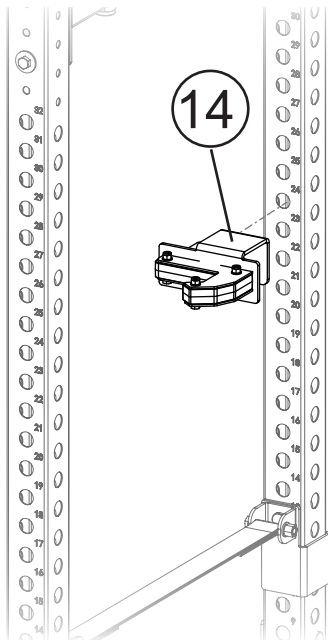


Right J Hook - 1 pc

14



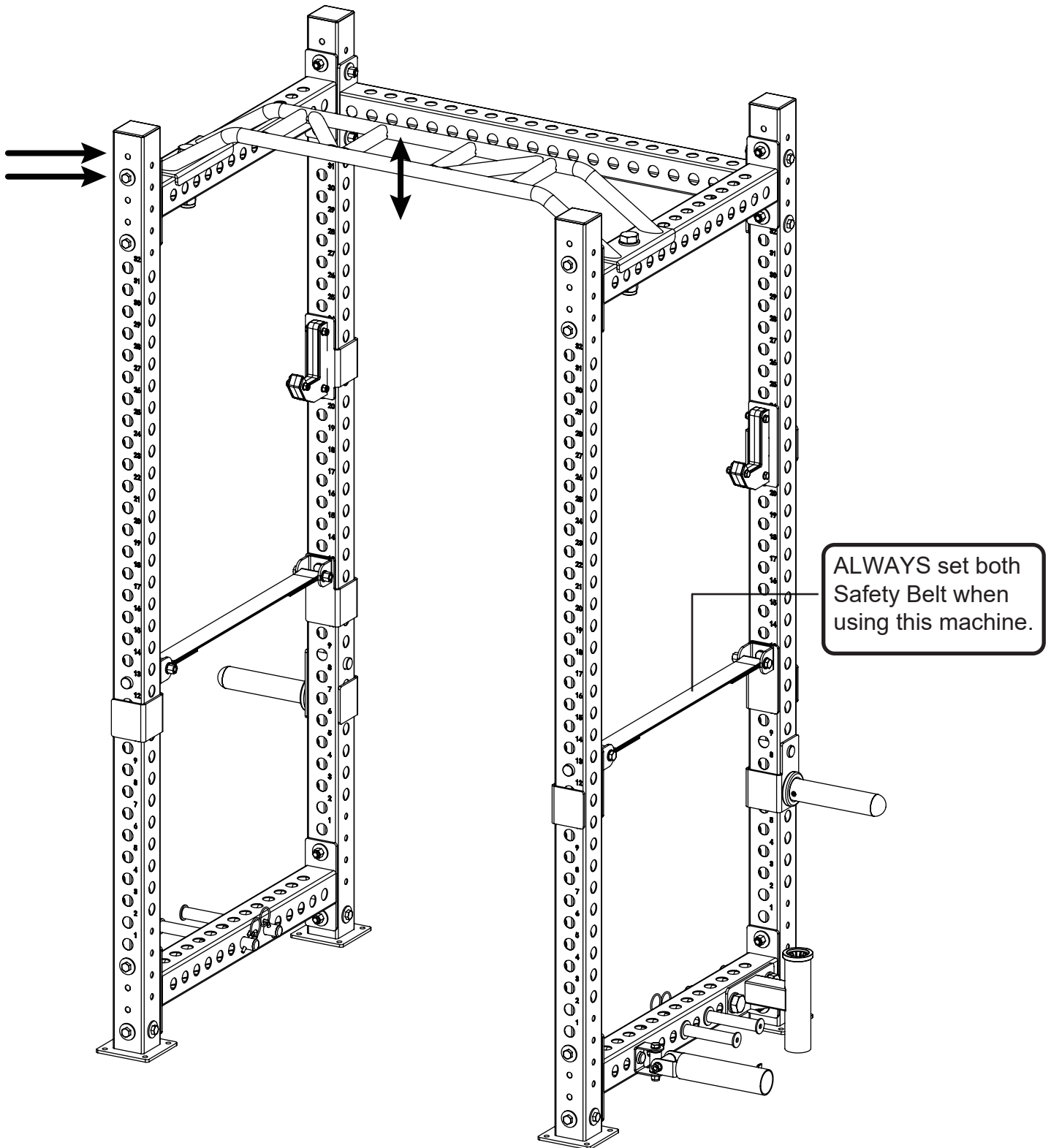
Left J Hook - 1 pc



# Adjustment Instructions

- Adjust the Pull-up Bar

You can adjust the Pull-up Bar height by mounting the side base in different holes.



# FORMAT OF AFTER-SALE EMAIL

The screenshot shows an email draft interface. At the top, a status bar says "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 message: "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 for undo, redo, font face, font size, bold, italic, underline, text color, background color, bulleted list, numbered list, link, unlink, image, video, and a trash icon. A red box highlights the "Attach" icon (a paperclip) in the toolbar, and a red arrow points from the text "Welcome to attach the pictures..." to the "Attach" icon.

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, excluding malfunctions or deterioration resulting from accidents or negligence. with this card, you are entitled to obtain service at any platform, such as Amazon, Walmart, and our own website.

Please provide your Platform and Order Number to us in the email subject.

**NEED HELP?  
CONTACT US FIRST.**

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