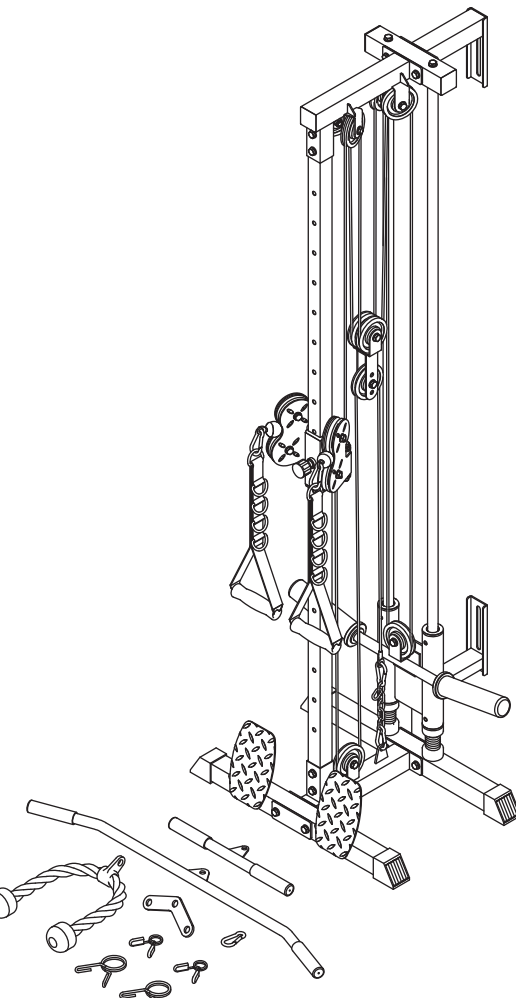


MIKOLO

ASSEMBLY INSTRUCTIONS

G3



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

Assembly Caution

Part List

Hardware List

Step 1

Step 2

Step 3

Step 4

Step 5

CABLE DIAGRAM 5

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Step 7

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

Step 10

Step 11

Step 12

Step 13

Step 14

ADJUSTMENT

After-Sale Information

17

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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 wrenches

Rubber hammers

Socket set

Electric Wrench

WARNING

Check for sharp edges. Small parts may be present. Use caution when handling. Do not touch the face of the equipment. Do not touch the face of the equipment.

Do not touch the face of the equipment. Do not touch the face of the equipment.

Do not touch the face of the equipment. Do not touch the face of the equipment.

PART LIST

1 Top Frame

2 Top Bracket

3 Guide Rod

4 Main Upright Tube

5 Moving Pulley

6 Weight Holder

7 Bottom Bracket

8 Rear Base

9 Front Base

10 Foot Pedal

11 Sliding Pulley Set

12 Cable Bar

13 Lat Pull Down Bar

14 Guide Rod Base

15 Plate

16 Rear Upper Tube

17 Top Frame

18 Tricep Rope

19 2" Barbell Clamps

20 Clip

21 Olympic Adapter

22 Shock Pad

23 M10 Jam Nut

24 M10x25mm Bolt

25 M10x75mm Bolt

26 M10x60mm Bolt

27 M8x65mm Bolt

28 M10x20mm Bolt

29 M10 Washer

30 M25 Washer

31 Cable A 7800mm

32 Wood Screws M10x80mm Bolt

33 Spring

34 Cable Handle

35 Cable B 3420mm

36 Link Chain

37 M8 Jam Nut

38 M8 Washer

HARDWARE LIST

17 1" Barbell Clamps

18 Tricep Rope

19 2" Barbell Clamps

20 Clip

21 Olympic Adapter

22 Shock Pad

23 M10 Jam Nut

24 M10x25mm Bolt

25 M10x75mm Bolt

26 M10x60mm Bolt

27 M8x65mm Bolt

28 M10x20mm Bolt

29 M10 Washer

30 M25 Washer

31 Cable A 7800mm

32 Wood Screws M10x80mm Bolt

33 Spring

34 Cable Handle

35 Cable B 3420mm

36 Link Chain

37 M8 Jam Nut

38 M8 Washer

STEP1:

1. Guide Rod

2. Rear Base

3. Main Upright Tube

4. Front Base

5. Moving Pulley

6. Weight Holder

7. Bottom Bracket

8. Rear Base

9. Front Base

10. Foot Pedal

11. Sliding Pulley Set

12. Cable Bar

13. Lat Pull Down Bar

14. Guide Rod Base

15. Plate

16. Rear Upper Tube

17. Top Frame

18. Tricep Rope

19. 2" Barbell Clamps

20. Clip

21. Olympic Adapter

22. Shock Pad

23. M10 Jam Nut

24. M10x25mm Bolt

25. M10x75mm Bolt

26. M10x60mm Bolt

27. M8x65mm Bolt

28. M10x20mm Bolt

29. M10 Washer

30. M25 Washer

31. Cable A 7800mm

32. Wood Screws M10x80mm Bolt

33. Spring

34. Cable Handle

35. Cable B 3420mm

36. Link Chain

37. M8 Jam Nut

38. M8 Washer

STEP2:

1. Front Base

2. Foot Pedal

3. Guide Rod Base

4. Plate

5. M10 Jam Nut

6. M10x25mm Bolt

7. M10x75mm Bolt

8. M10x60mm Bolt

9. M8x65mm Bolt

10. M10x20mm Bolt

11. M10 Washer

12. M25 Washer

13. Cable A 7800mm

14. Wood Screws M10x80mm Bolt

15. Spring

16. Cable Handle

17. Cable B 3420mm

18. Link Chain

19. M8 Jam Nut

20. M8 Washer

STEP3:

1. Guide Rod

2. Rear Base

3. Main Upright Tube

4. Front Base

5. Moving Pulley

6. Weight Holder

7. Bottom Bracket

8. Rear Base

9. Front Base

10. Foot Pedal

11. Sliding Pulley Set

12. Cable Bar

13. Lat Pull Down Bar

14. Guide Rod Base

15. Plate

16. Rear Upper Tube

17. Top Frame

18. Tricep Rope

19. 2" Barbell Clamps

20. Clip

21. Olympic Adapter

22. Shock Pad

23. M10 Jam Nut

24. M10x25mm Bolt

25. M10x75mm Bolt

26. M10x60mm Bolt

27. M8x65mm Bolt

28. M10x20mm Bolt

29. M10 Washer

30. M25 Washer

31. Cable A 7800mm

32. Wood Screws M10x80mm Bolt

33. Spring

34. Cable Handle

35. Cable B 3420mm

36. Link Chain

37. M8 Jam Nut

38. M8 Washer

STEP4:

1. Main Upright Tube

2. Sliding Pulley Set

3. Guide Rod

4. Rear Base

5. Front Base

6. Moving Pulley

7. Weight Holder

8. Bottom Bracket

9. Rear Base

10. Front Base

11. Foot Pedal

12. Sliding Pulley Set

13. Cable Bar

14. Lat Pull Down Bar

15. Guide Rod Base

16. Plate

17. Rear Upper Tube

18. Top Frame

19. Tricep Rope

20. 2" Barbell Clamps

21. Clip

22. Olympic Adapter

23. Shock Pad

24. M10 Jam Nut

25. M10x25mm Bolt

26. M10x75mm Bolt

27. M10x60mm Bolt

28. M8x65mm Bolt

29. M10x20mm Bolt

30. M10 Washer

31. M25 Washer

32. Cable A 7800mm

33. Wood Screws M10x80mm Bolt

34. Spring

35. Cable Handle

36. Cable B 3420mm

37. Link Chain

38. M8 Jam Nut

39. M8 Washer

STEP5:

1. Top Frame

2. Top Bracket

3. Guide Rod

4. Main Upright Tube

5. Moving Pulley

6. Weight Holder

7. Bottom Bracket

8. Rear Base

9. Front Base

10. Foot Pedal

11. Sliding Pulley Set

12. Cable Bar

13. Lat Pull Down Bar

14. Guide Rod Base

15. Plate

16. Rear Upper Tube

17. Top Frame

18. Tricep Rope

19. 2" Barbell Clamps

20. Clip

21. Olympic Adapter

22. Shock Pad

23. M10 Jam Nut

24. M10x25mm Bolt

25. M10x75mm Bolt

26. M10x60mm Bolt

27. M8x65mm Bolt

28. M10x20mm Bolt

29. M10 Washer

30. M25 Washer

31. Cable A 7800mm

32. Wood Screws M10x80mm Bolt

33. Spring

34. Cable Handle

35. Cable B 3420mm

36. Link Chain

37. M8 Jam Nut

38. M8 Washer

CABLE DIAGRAM 5:

The diagram below shows the proper routing of the cables. The numbers in each drawing show the proper route of that cable.

Cable A (19) 7800mm

Cable B (18) 3420mm

STEP6:

1. Top Frame

2. Top Bracket

3. Guide Rod

4. Main Upright Tube

5. Moving Pulley

6. Weight Holder

7. Bottom Bracket

8. Rear Base

9. Front Base

10. Foot Pedal

11. Sliding Pulley Set

12. Cable Bar

13. Lat Pull Down Bar

14. Guide Rod Base

15. Plate

16. Rear Upper Tube

17. Top Frame

18. Tricep Rope

19. 2" Barbell Clamps

20. Clip

21. Olympic Adapter

22. Shock Pad

23. M10 Jam Nut

24. M10x25mm Bolt

25. M10x75mm Bolt

26. M10x60mm Bolt

27. M8x65mm Bolt

28. M10x20mm Bolt

29. M10 Washer

30. M25 Washer

31. Cable A 7800mm

32. Wood Screws M10x80mm Bolt

33. Spring

34. Cable Handle

35. Cable B 3420mm

36. Link Chain

37. M8 Jam Nut

38. M8 Washer

STEP7:

1. Top Frame

2. Top Bracket

3. Guide Rod

4. Main Upright Tube

5. Moving Pulley

6. Weight Holder

7. Bottom Bracket

8. Rear Base

9. Front Base

10. Foot Pedal

11. Sliding Pulley Set

12. Cable Bar

13. Lat Pull Down Bar

14. Guide Rod Base

15. Plate

16. Rear Upper Tube

17. Top Frame

18. Tricep Rope

19. 2" Barbell Clamps

20. Clip

21. Olympic Adapter

22. Shock Pad

23. M10 Jam Nut

24. M10x25mm Bolt

25. M10x75mm Bolt

26. M10x60mm Bolt

27. M8x65mm Bolt

28. M10x20mm Bolt

29. M10 Washer

30. M25 Washer

31. Cable A 7800mm

32. Wood Screws M10x80mm Bolt

33. Spring

34. Cable Handle

35. Cable B 3420mm

36. Link Chain

37. M8 Jam Nut

38. M8 Washer

STEP8:

1. Weight Holder

2. Main Upright Tube

3. Guide Rod

4. Rear Base

5. Front Base

6. Moving Pulley

7. Weight Holder

8. Bottom Bracket

9. Rear Base

10. Front Base

11. Foot Pedal

12. Sliding Pulley Set

13. Cable Bar

14. Lat Pull Down Bar

15. Guide Rod Base

16. Plate

17. Rear Upper Tube

18. Top Frame

19. Tricep Rope

20. 2" Barbell Clamps

21. Clip

22. Olympic Adapter

23. Shock Pad

24. M10 Jam Nut

25. M10x25mm Bolt

26. M10x75mm Bolt

27. M10x60mm Bolt

28. M8x65mm Bolt

29. M10x20mm Bolt

30. M10 Washer

31. M25 Washer

32. Cable A 7800mm

33. Wood Screws M10x80mm Bolt

34. Spring

35. Cable Handle

36. Cable B 3420mm

37. Link Chain

38. M8 Jam Nut

39. M8 Washer

STEP9:

1. Cable A 7800 mm

2. Main Upright Tube

3. Guide Rod

4. Rear Base

5. Front Base

6. Moving Pulley

7. Weight Holder

8. Bottom Bracket

9. Rear Base

10. Front Base

11. Foot Pedal

12. Sliding Pulley Set

13. Cable Bar

14. Lat Pull Down Bar

15. Guide Rod Base

16. Plate

17. Rear Upper Tube

18. Top Frame

19. Tricep Rope

20. 2" Barbell Clamps

21. Clip

22. Olympic Adapter

23. Shock Pad

24. M10 Jam Nut

25. M10x25mm Bolt

26. M10x75mm Bolt

27. M10x60mm Bolt

28. M8x65mm Bolt

29. M10x20mm Bolt

30. M10 Washer

31. M25 Washer

32. Cable A 7800mm

33. Wood Screws M10x80mm Bolt

34. Spring

35. Cable Handle

36. Cable B 3420mm

37. Link Chain

38. M8 Jam Nut

39. M8 Washer

STEP10:

1. Moving Pulley

2. Cable A 7800mm

3. Main Upright Tube

4. Guide Rod

5. Rear Base

6. Front Base

7. Moving Pulley

8. Weight Holder

9. Bottom Bracket

10. Rear Base

11. Front Base

12. Foot Pedal

13. Sliding Pulley Set

14. Cable Bar

15. Lat Pull Down Bar

16. Guide Rod Base

17. Plate

18. Rear Upper Tube

19. Top Frame

20. Tricep Rope

21. 2" Barbell Clamps

22. Clip

23. Olympic Adapter

24. Shock Pad

25. M10 Jam Nut

26. M10x25mm Bolt

27. M10x75mm Bolt

28. M10x60mm Bolt

29. M8x65mm Bolt

30. M10x20mm Bolt

31. M10 Washer

32. M25 Washer

33. Cable A 7800mm

34. Wood Screws M10x80mm Bolt

35. Spring

36. Cable Handle

37. Cable B 3420mm

38. Link Chain

39. M8 Jam Nut

40. M8 Washer

STEP11:

1. Top Frame

2. Top Bracket

3. Guide Rod

4. Main Upright Tube

5. Moving Pulley

6. Weight Holder

7. Bottom Bracket

8. Rear Base

9. Front Base

10. Foot Pedal

11. Sliding Pulley Set

12. Cable Bar

13. Lat Pull Down Bar

14. Guide Rod Base

15. Plate

16. Rear Upper Tube

17. Top Frame

18. Tricep Rope

19. 2" Barbell Clamps

20. Clip

21. Olympic Adapter

22. Shock Pad

23. M10 Jam Nut

24. M10x25mm Bolt

25. M10x75mm Bolt

26. M10x60mm Bolt

27. M8x65mm Bolt

28. M10x20mm Bolt

29. M10 Washer

30. M25 Washer

31. Cable A 7800mm

32. Wood Screws M10x80mm Bolt

33. Spring

34. Cable Handle

35. Cable B 3420mm

36. Link Chain

37. M8 Jam Nut

38. M8 Washer

STEP12:

1. Sliding Pulley Set

2. Guide Rod Base

3. Cable A 7800mm

4. Cable B 3420mm

5. Main Upright Tube

6. Guide Rod

7. Rear Base

8. Front Base

9. Moving Pulley

10. Weight Holder

11. Bottom Bracket

12. Rear Base

13. Front Base

14. Foot Pedal

15. Sliding Pulley Set

16. Cable Bar

17. Lat Pull Down Bar

18. Guide Rod Base

19. Plate

20. Rear Upper Tube

21. Top Frame

22. Tricep Rope

23. 2" Barbell Clamps

24. Clip

25. Olympic Adapter

26. Shock Pad

27. M10 Jam Nut

28. M10x25mm Bolt

29. M10x75mm Bolt

30. M10x60mm Bolt

31. M8x65mm Bolt

32. M10x20mm Bolt

33. M10 Washer

34. M25 Washer

35. Cable A 7800mm

36. Wood Screws M10x80mm Bolt

37. Spring

38. Cable Handle

39. Cable B 3420mm

40. Link Chain

41. M8 Jam Nut

42. M8 Washer

STEP13:

1. Moving Pulley

2. Guide Rod Base

3. Cable A 7800mm

4. Cable B 3420mm

5. Main Upright Tube

6. Guide Rod

7. Rear Base

8. Front Base

9. Moving Pulley

10. Weight Holder

11. Bottom Bracket

12. Rear Base

13. Front Base

14. Foot Pedal

15. Sliding Pulley Set

16. Cable Bar

17. Lat Pull Down Bar

18. Guide Rod Base

19. Plate

20. Rear Upper Tube

21. Top Frame

22. Tricep Rope

23. 2" Barbell Clamps

24. Clip

25. Olympic Adapter

26. Shock Pad

27. M10 Jam Nut

28. M10x25mm Bolt

29. M10x75mm Bolt

30. M10x60mm Bolt

31. M8x65mm Bolt

32. M10x20mm Bolt

33. M10 Washer

34. M25 Washer

35. Cable A 7800mm

36. Wood Screws M10x80mm Bolt

37. Spring

38. Cable Handle

39. Cable B 3420mm

40. Link Chain

41. M8 Jam Nut

42. M8 Washer

STEP14:

1. Top Bracket

2. Bottom Bracket

3. M10 Washer

4. Wood Screws M10x80mm Bolt

5. Main Upright Tube

6. Guide Rod

7. Rear Base

8. Front Base

9. Moving Pulley

10. Weight Holder

11. Bottom Bracket

12. Rear Base

13. Front Base

14. Foot Pedal

15. Sliding Pulley Set

16. Cable Bar

17. Lat Pull Down Bar

18. Guide Rod Base

19. Plate

20. Rear Upper Tube

21. Top Frame

22. Tricep Rope

23. 2" Barbell Clamps

24. Clip

25. Olympic Adapter

26. Shock Pad

27. M10 Jam Nut

28. M10x25mm Bolt

29. M10x75mm Bolt

30. M10x60mm Bolt

31. M8x65mm Bolt

32. M10x20mm Bolt

33. M10 Washer

34. M25 Washer

35. Cable A 7800mm

36. Wood Screws M10x80mm Bolt

37. Spring

38. Cable Handle

39. Cable B 3420mm

40. Link Chain

41. M8 Jam Nut

42. M8 Washer

ADJUSTMENT

1. Main Upright Tube

2. Guide Rod

3. Rear Base

4. Front Base

5. Moving Pulley

6. Weight Holder

7. Bottom Bracket

8. Rear Base

9. Front Base

10. Foot Pedal

11. Sliding Pulley Set

12. Cable Bar

13. Lat Pull Down Bar

14. Guide Rod Base

15. Plate

16. Rear Upper Tube

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18. Tricep Rope

19. 2" Barbell Clamps

20. Clip

21. Olympic Adapter

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23. M10 Jam Nut

24. M10x25mm Bolt

25. M10x75mm Bolt

26. M10x60mm Bolt

27. M8x65mm Bolt

28. M10x20mm Bolt

29. M10 Washer

30. M25 Washer

31. Cable A 7800mm

32. Wood Screws M10x80mm Bolt

33. Spring

34. Cable Handle

35. Cable B 3420mm

36. Link Chain

37. M8 Jam Nut

38. M8 Washer

ADJUSTMENT

1. Weight Holder

2. Main Upright Tube

3. Guide Rod

4. Rear Base

5. Front Base

6. Moving Pulley

7. Weight Holder

8. Bottom Bracket

9. Rear Base

10. Front Base

11. Foot Pedal

12. Sliding Pulley Set

13. Cable Bar

14. Lat Pull Down Bar

15. Guide Rod Base

16. Plate

17. Rear Upper Tube

18. Top Frame

19. Tricep Rope

20. 2" Barbell Clamps

21. Clip

22. Olympic Adapter

23. Shock Pad

24. M10 Jam Nut

25. M10x25mm Bolt

26. M10x75mm Bolt

27. M10x60mm Bolt

28. M8x65mm Bolt

29. M10x20mm Bolt

30. M10 Washer

31. M25 Washer

32. Cable A 7800mm

33. Wood Screws M10x80mm Bolt

34. Spring

35. Cable Handle

36. Cable B 3420mm

37. Link Chain

38. M8 Jam Nut

39. M8 Washer

ADJUSTMENT

1. Cable A 7800 mm

2. Main Upright Tube

3. Guide Rod

4. Rear Base

5. Front Base

6. Moving Pulley

7. Weight Holder

8. Bottom Bracket

9. Rear Base

10. Front Base

11. Foot Pedal

12. Sliding Pulley Set

13. Cable Bar

14. Lat Pull Down Bar

15. Guide Rod Base

16. Plate

17. Rear Upper Tube

18. Top Frame

19. Tricep Rope

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21. Clip

22. Olympic Adapter

23. Shock Pad

24. M10 Jam Nut

25. M10x25mm Bolt

26. M10x75mm Bolt

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30. M10 Washer

31. M25 Washer

32. Cable A 7800mm

33. Wood Screws M10x80mm Bolt

34. Spring

35. Cable Handle

36. Cable B 3420mm

37. Link Chain

38. M8 Jam Nut

39. M8 Washer

FORMAT OF AFTER-SALE EMAIL

Draft saved

Recipients

Amazon (2445790) Package List

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

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