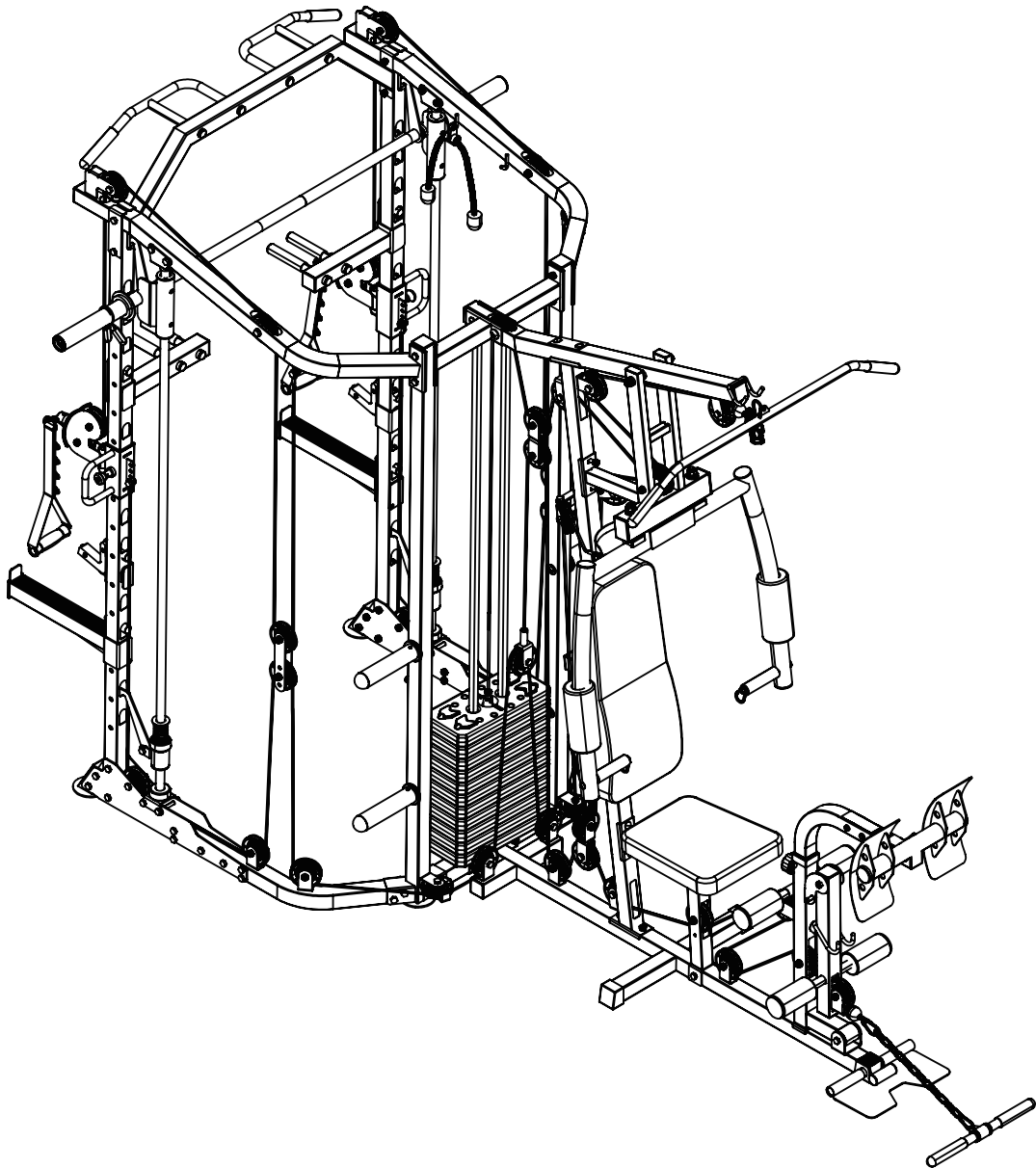


# MIKOLO

## ASSEMBLY INSTRUCTIONS



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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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**



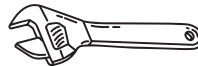
If you are missing any parts, or otherwise have any warranty issues, please contact us first.

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

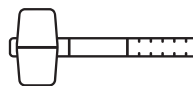
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

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

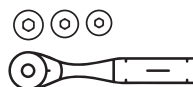
- Adjustable wrenches



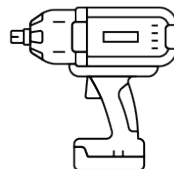
- Rubber hammers



- Socket set



- Electric Wrench



## **WARNING**



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

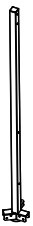

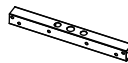
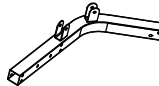
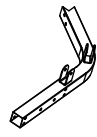

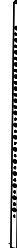



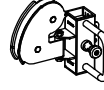











Sharp objects may be involved. Use precaution and protection.


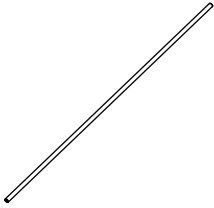



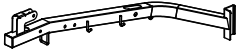
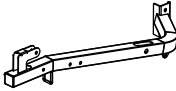
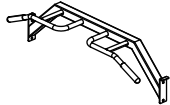
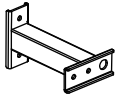
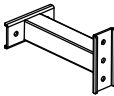
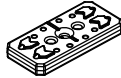
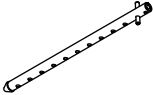

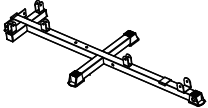
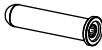







Heavy object. Use lifting aids and proper lifting techniques when moving



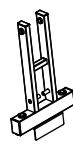

# PART LIST 1

<p><b>A1</b></p> <p>Middle Upright Tube Right 1 PC</p> 	<p><b>A2</b></p> <p>Middle Upright Tube Left 1 PC</p> 	<p><b>A3</b></p> <p>Guide Rod Base 1 PC</p> 	<p><b>A4</b></p> <p>Base Frame Right 1 PC</p> 
<p><b>A5</b></p> <p>Base Frame Left 1 PC</p> 	<p><b>A6</b></p> <p>Standard Base Foot 2 PCS</p> 	<p><b>A7</b></p> <p>Upright Tube Right 1 PC</p> 	<p><b>A8</b></p> <p>Upright Tube Left 1 PC</p> 
<p><b>A9</b></p> <p>Base Plate 4 PCS</p> 	<p><b>A10</b></p> <p>Pulley Sliding Sleeve Right 1 PC</p> 	<p><b>A11</b></p> <p>Pulley Sliding Sleeve Left 1 PC</p> 	<p><b>A12</b></p> <p>Guide Rod 2 PCS</p> 
<p><b>B1</b></p> <p>Smith Guide Rod 2 PCS</p> 	<p><b>B2</b></p> <p>Safety Hook Sleeve 2 PCS</p> 	<p><b>B3</b></p> <p>Smith Bar Shock Pad 2 PCS</p> 	<p><b>B4</b></p> <p>2" Spring Clip 2 PCS</p> 
<p><b>B5</b></p> <p>Shock Pad 6 PCS</p> 	<p><b>B6</b></p> <p>Large Washer 4 PCS</p> 	<p><b>B7</b></p> <p>Spring 2 PCS</p> 	<p><b>B8</b></p> <p>Smith Bar Sleeve 2 PCS</p> 


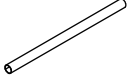




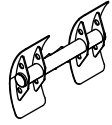
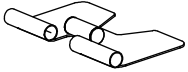

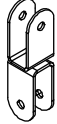

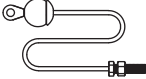




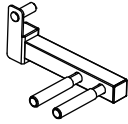

# PART LIST 2

<p><b>B9</b></p> <p>Smith Bar 1 PC</p> 	<p><b>B10</b></p> <p>Smith Bar Rod 1 PC</p> 	<p><b>B11</b></p> <p>Smith Bar Adapter 2 PCS</p> 	<p><b>C1</b></p> <p>Smith Guide Rod Connector 2 PCS</p> 
<p><b>C2</b></p> <p>L Reinforcement Plate 2 PCS</p> 	<p><b>C3</b></p> <p>Upper Frame Right 1 PC</p> 	<p><b>C4</b></p> <p>Upper Frame Left 1 PC</p> 	<p><b>C5</b></p> <p>Pull-Up Frame 1 PC</p> 
<p><b>C6</b></p> <p>Upper Connecting Frame Right 1 PC</p> 	<p><b>C7</b></p> <p>Upper Connecting Frame Left 1 PC</p> 	<p><b>C8</b></p> <p>Weight Plate 11 PC</p> 	<p><b>C9</b></p> <p>Weight Selector Rod 1 PC</p> 
<p><b>C10</b></p> <p>Base Reinforcement Plate 1 PC</p> 	<p><b>C11</b></p> <p>Station Base Frame 1 PC</p> 	<p><b>D1</b></p> <p>Olympic Adapter 4 PCS</p> 	<p><b>D2</b></p> <p>Weight Storage Pin 4 PCS</p> 
<p><b>D3</b></p> <p>Station Upright Frame 1 PC</p> 	<p><b>D4</b></p> <p>L-Spring Pin 1 PC</p> 	<p><b>D5</b></p> <p>Support Tube 1 PC</p> 	<p><b>D6</b></p> <p>Moving Pulley 2 PCS</p> 


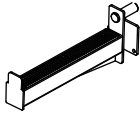
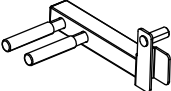
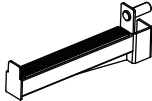


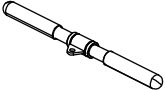



# PART LIST 3

<p><b>D7</b></p> <p>Cable A (3900mm,153.5inch) 2 PCS</p> 	<p><b>D8</b></p> <p>Cable Lock Head 2 PCS</p> 	<p><b>D9</b></p> <p>Pulley 33 PCS</p> 	<p><b>D10</b></p> <p>Bushing (L=12mm) 8 PCS</p> 
<p><b>D11</b></p> <p>Seat Supporting Frame 1 PC</p> 	<p><b>D12</b></p> <p>Knob 3 PCS</p> 	<p><b>D13</b></p> <p>Reinforcement Plate 3 PCS</p> 	<p><b>E1</b></p> <p>Station Upper Frame 1 PC</p> 
<p><b>E2</b></p> <p>Right Arm 1 PC</p> 	<p><b>E3</b></p> <p>Left Arm 1 PC</p> 	<p><b>E4</b></p> <p>Handle 2 PCS</p> 	<p><b>E5</b></p> <p>Arm Foam Pad 2 PCS</p> 
<p><b>E6</b></p> <p>Clip 8 PCS</p> 	<p><b>E7</b></p> <p>Jammer Arm Frame 1 PC</p> 	<p><b>E8</b></p> <p>Triceps Rope 1 PC</p> 	<p><b>E9</b></p> <p>Front Insert Tube 1PC</p> 
<p><b>F1</b></p> <p>Backrest 1 PC</p> 	<p><b>F2</b></p> <p>Seat 1 PC</p> 	<p><b>F3</b></p> <p>Seat Frame 1 PC</p> 	<p><b>F4</b></p> <p>Backrest Frame 1 PC</p> 

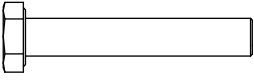
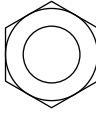
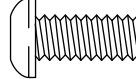
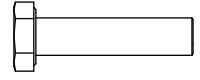
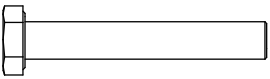


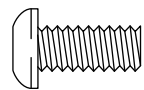

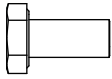

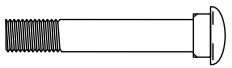
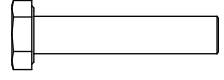
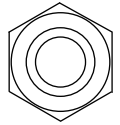
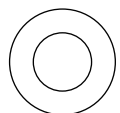

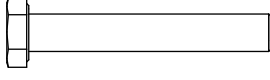
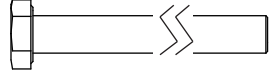
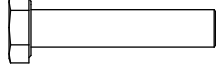

# PART LIST 4

<p><b>F5</b></p> <p>Pin</p> <p>2 PC</p> 	<p><b>F6</b></p> <p>Foam Sleeve Column</p> <p>2 PCS</p> 	<p><b>F7</b></p> <p>End Cap</p> <p>4 PCS</p> 	<p><b>F8</b></p> <p>Foam Sleeve Column</p> <p>4 PCS</p> 
<p><b>F9</b></p> <p>Leg Extension Arm</p> <p>1 PC</p> 	<p><b>G1</b></p> <p>Leg Press Pedal Frame</p> <p>1 PC</p> 	<p><b>G2</b></p> <p>Pedal Connecting Rod</p> <p>1 PC</p> 	<p><b>G3</b></p> <p>Footboard Connecting Rod</p> <p>1PC</p> 
<p><b>G4</b></p> <p>Foot Pedal</p> <p>1 PC</p> 	<p><b>G5</b></p> <p>Pulley Stand-A</p> <p>1 PC</p> 	<p><b>G6</b></p> <p>Pulley Stand-B</p> <p>1 PC</p> 	<p><b>G7</b></p> <p>Pulley Stand-C</p> <p>1 PC</p> 
<p><b>G8</b></p> <p>Cable B (3610mm,142inch)</p> <p>1 PC</p> 	<p><b>G9</b></p> <p>Cable C (3050 mm,120inch)</p> <p>1 PC</p> 	<p><b>H1</b></p> <p>Cable D (4630 mm,182inch)</p> <p>1 PC</p> 	<p><b>H2</b></p> <p>Cable E (8930 mm,351.5inch)</p> <p>1PC</p> 
<p><b>H3</b></p> <p>Anti-Jumper</p> <p>2 PCS</p> 	<p><b>H4</b></p> <p>Pulley Bushing</p> <p>4 PCS</p> 	<p><b>H5</b></p> <p>Dip Bar Right</p> <p>1PC</p> 	<p><b>H6</b></p> <p>Cable Handle</p> <p>2PCS</p> 


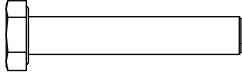

# PART LIST 5

<p><b>H7</b></p> <p>J Hook Right</p> <p>1PC</p> 	<p><b>H8</b></p> <p>Spotter Arm Right</p> <p>1PC</p> 	<p><b>H9</b></p> <p>Dip Bar Left</p> <p>1PC</p> 	<p><b>I1</b></p> <p>Spotter Arm Left</p> <p>1PC</p> 
<p><b>I2</b></p> <p>J Hook Left</p> <p>1PC</p> 	<p><b>I3</b></p> <p>Lat Pull Down Bar</p> <p>1PC</p> 	<p><b>I4</b></p> <p>Cable Bar</p> <p>1PC</p> 	<p><b>I5</b></p> <p>Chain</p> <p>2PCS</p> 
<p><b>I6</b></p> <p>Bushing (L=10mm)</p> <p>2 PCS</p> 	<p><b>I7</b></p> <p>Pulley Stand</p> <p>2 PCS</p> 		

# HARDWARE LIST 1

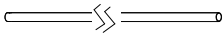
<p><b>1</b></p> <p>M10×70mm Bolt</p> <p>45 PCS</p> 	<p><b>2</b></p> <p>M10 Locknut</p> <p>99 PCS</p> 	<p><b>3</b></p> <p>M10×25mm Bolt</p> <p>6 PCS</p> 	<p><b>4</b></p> <p>M10×45mm Bolt</p> <p>23 PCS</p> 
<p><b>5</b></p> <p>M10×80mm Bolt</p> <p>5 PCS</p> 	<p><b>6</b></p> <p>Large M10 Washer</p> <p>6 PCS</p> 	<p><b>7</b></p> <p>M10 Split Washer</p> <p>2 PCS</p> 	<p><b>8</b></p> <p>M10×30mm Bolt</p> <p>6 PCS</p> 
<p><b>9</b></p> <p>M10 Washer</p> <p>6 PCS</p> 	<p><b>10</b></p> <p>M10×20mm Bolt</p> <p>4 PCS</p> 	<p><b>11</b></p> <p>M10 x 65mm Carriage Bolt</p> <p>2 PCS</p> 	<p><b>12</b></p> <p>M10 x 70mm Carriage Bolt</p> <p>8 PCS</p> 
<p><b>13</b></p> <p>M10×50mm Bolt</p> <p>2 PCS</p> 	<p><b>14</b></p> <p>M16 Locknut</p> <p>2 PCS</p> 	<p><b>15</b></p> <p>M16 Washer</p> <p>2 PCS</p> 	<p><b>16</b></p> <p>M8 x 20mm Bolt</p> <p>8 PCS</p> 
<p><b>17</b></p> <p>M10×75mm Bolt</p> <p>1 PC</p> 	<p><b>18</b></p> <p>M10×155mm Bolt</p> <p>1 PC</p> 	<p><b>19</b></p> <p>M10×60mm Bolt</p> <p>1 PC</p> 	<p><b>20</b></p> <p>M12 Washer</p> <p>1 PC</p> 

# HARDWARE LIST 2

21	22	23	
<p>Shaft 1 PC</p> 	<p>M10×65mm Bolt 5 PCS</p> 	<p>M10 Washer (D10.5*D26*2.5) 2 PCS</p> 	

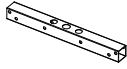
# STEP: 1

A12



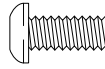
Guide Rod - 2pcs

A3

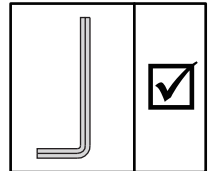
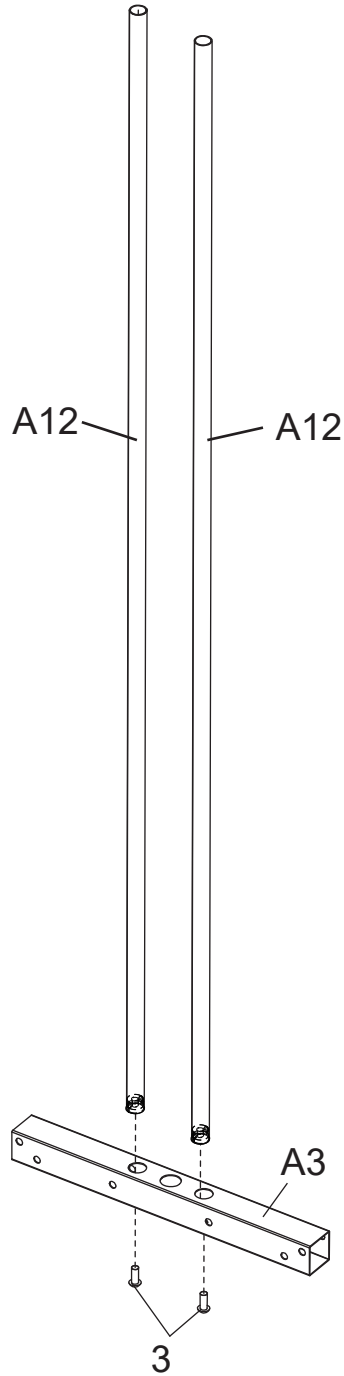


Guide Rod Base -1 pc

3



M10 x 25mm Bolt - 2pcs



# STEP: 2

**A1**



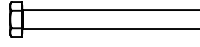
Middle Upright Tube Right - 1 pc

**A2**



Middle Upright Tube Left - 1 pc

**1**

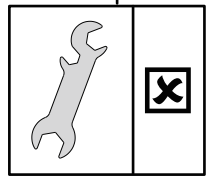
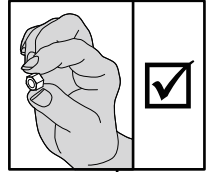
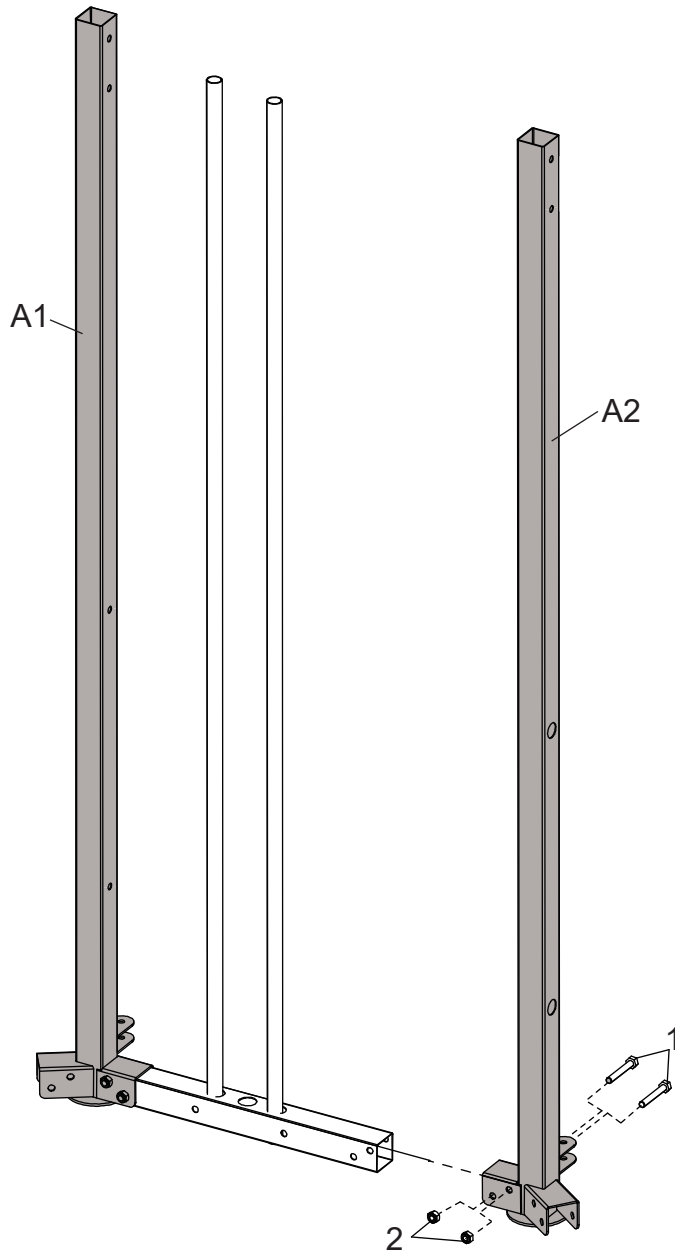


M10 x 70mm Bolt - 4 pcs

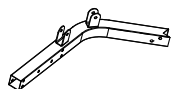
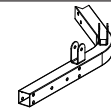
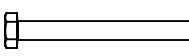

**2**

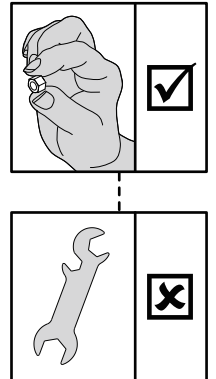
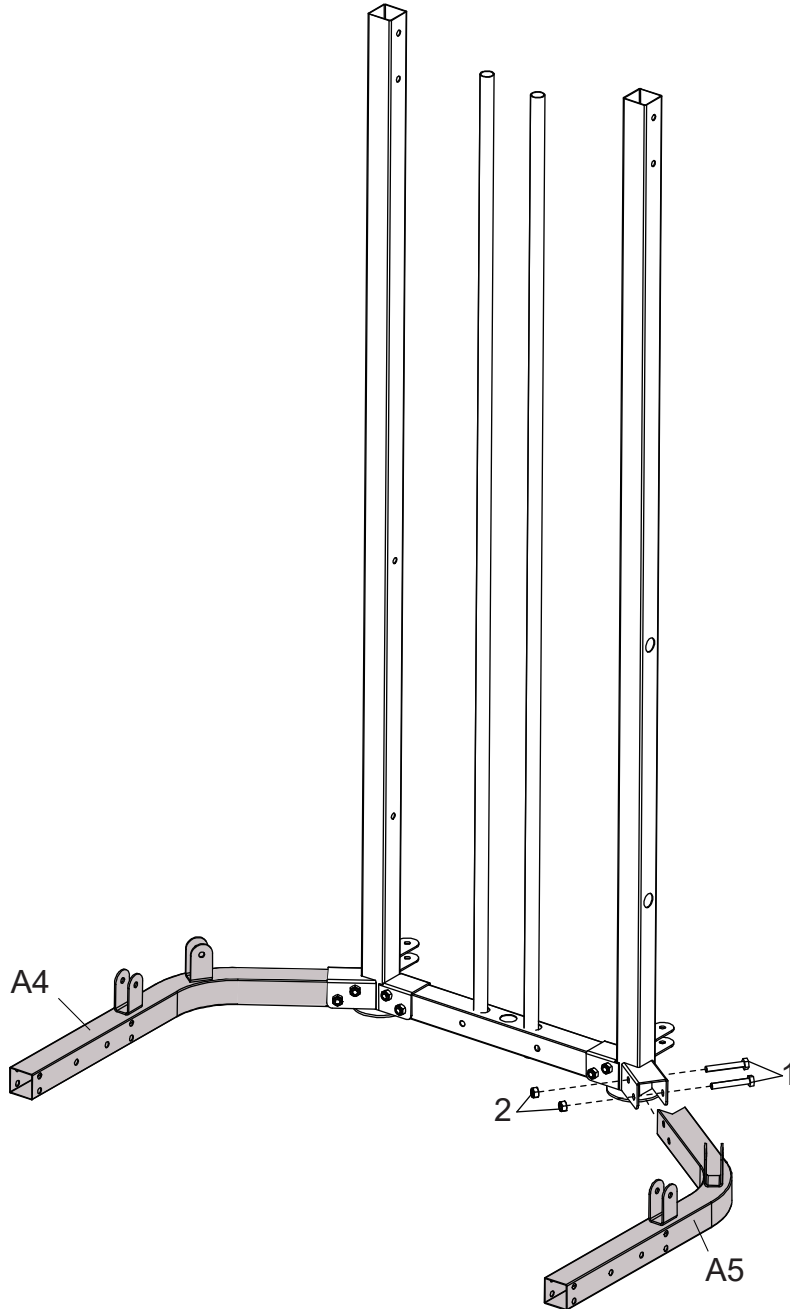


M10 Locknut - 4 pcs


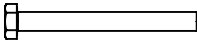



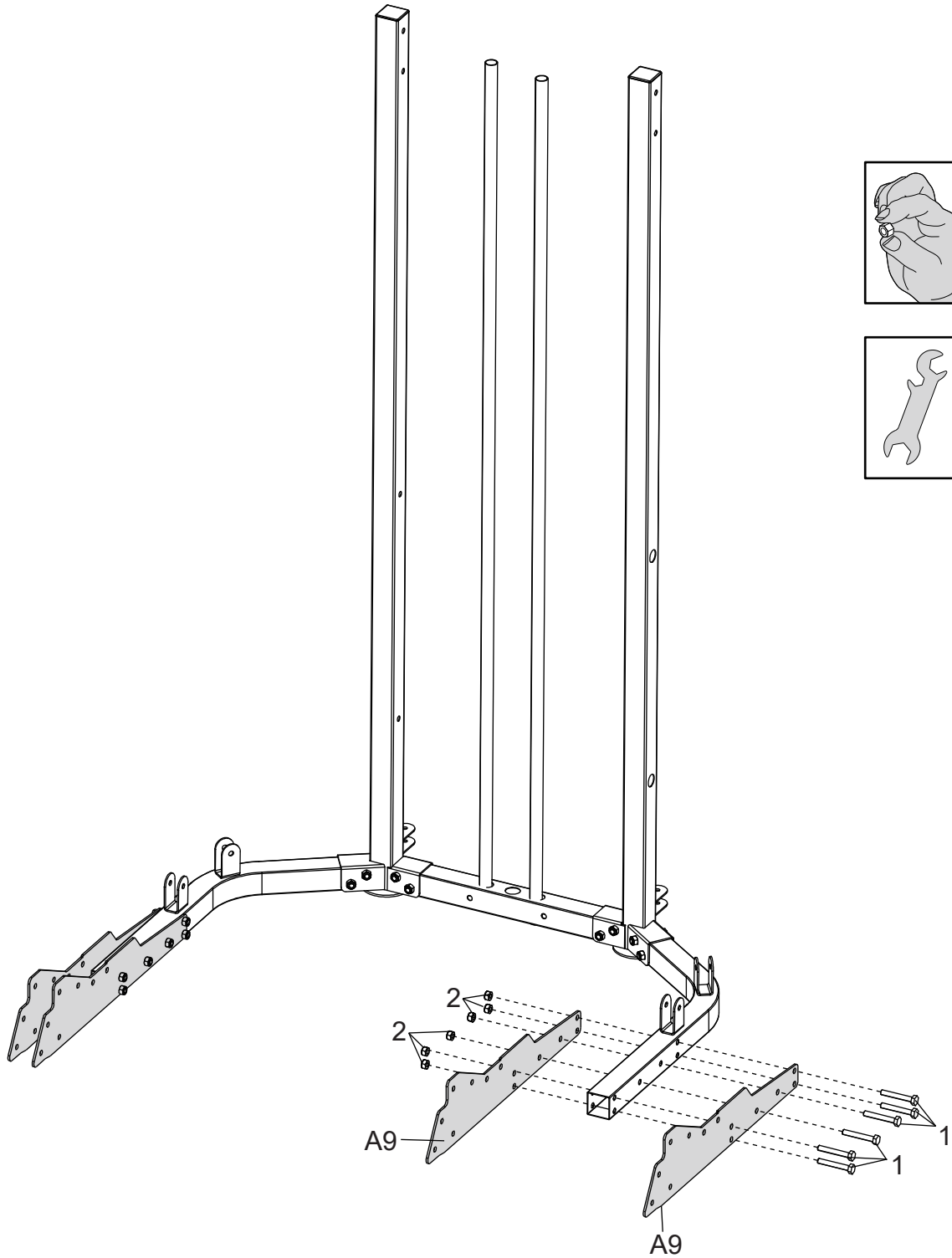
# STEP: 3

<b>A4</b>  Base Frame Right - 1 pc	<b>A5</b>  Base Frame Left - 1pc	<b>1</b>  M10 x 70mm Bolt - 4 pcs	<b>2</b>  M10 Locknut - 4 pcs
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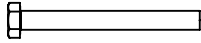



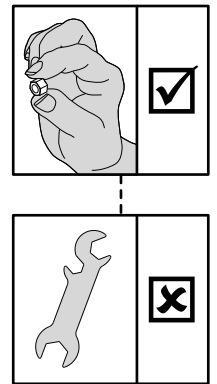
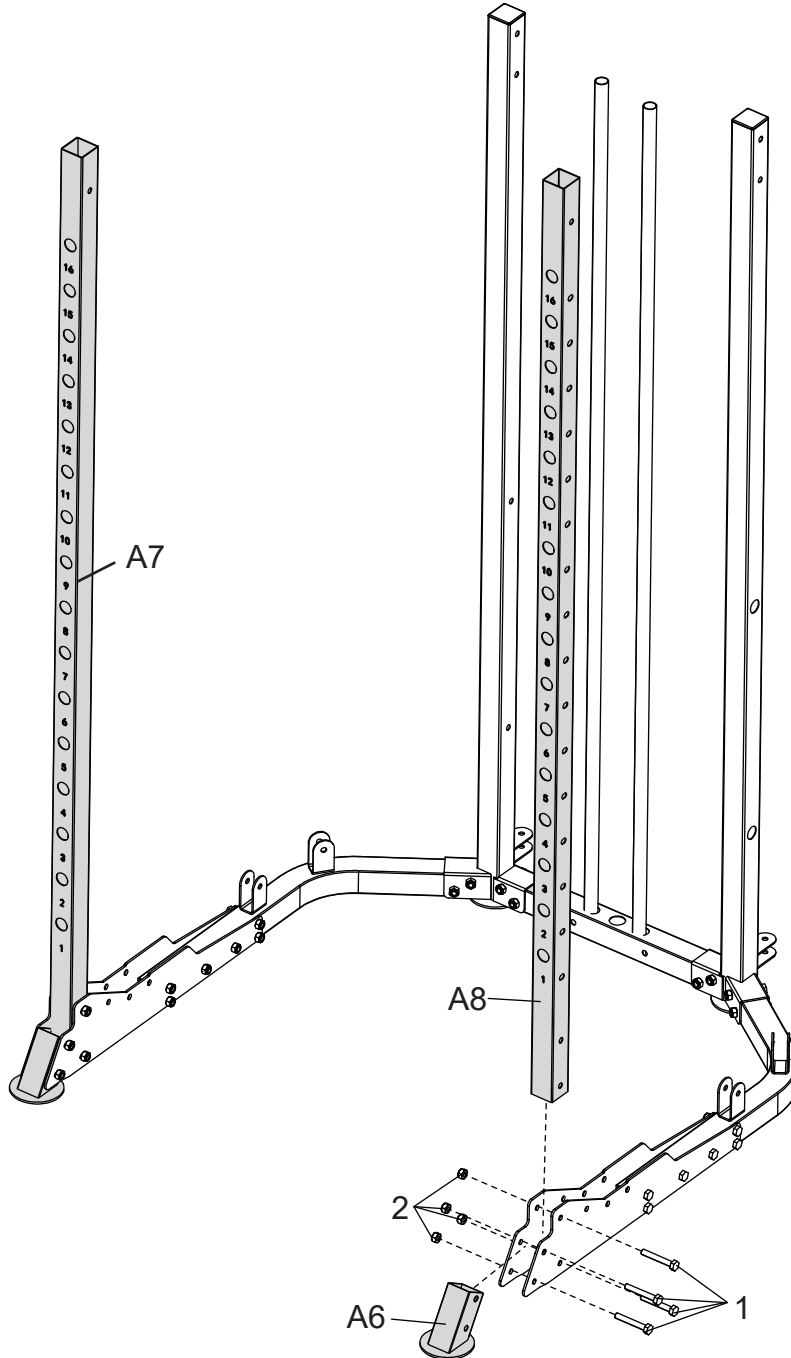
# STEP: 4

<b>A9</b>  Base Plate - 4 pcs	<b>1</b>  M10 x 70mm Bolt - 12 pcs	<b>2</b>  M10 Locknut - 12 pcs
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# STEP: 5

<b>A6</b>  Standard Base Foot - 2 pcs	<b>A7</b>  Upright Tube Right - 1 pc	<b>A8</b>  Upright Tube Left - 1 pc	<b>1</b>  M10 x 70mm Bolt - 8 pcs
<b>2</b>  M10 Locknut - 8 pcs			



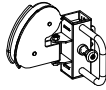
# STEP: 6

**A10**

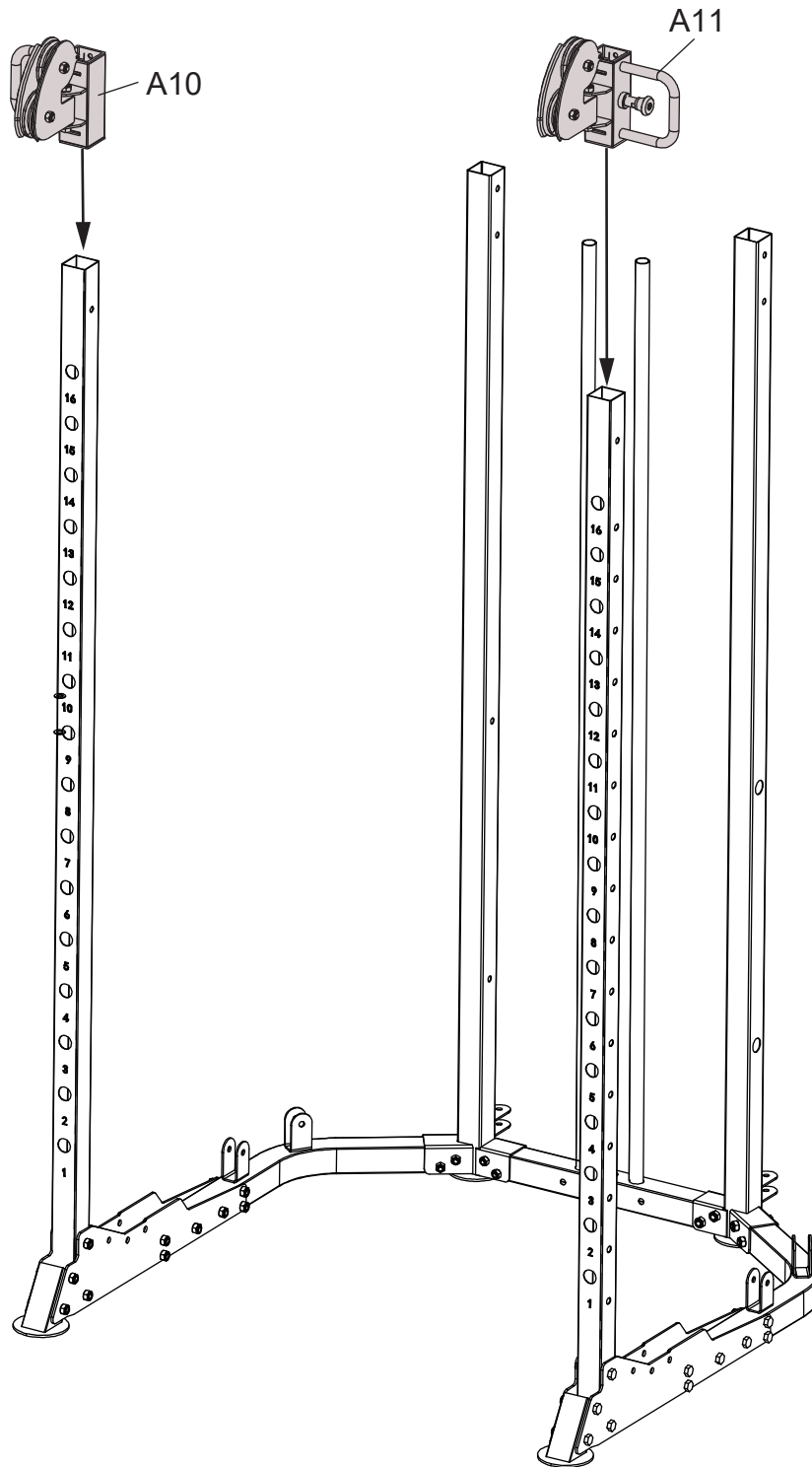


Pulley Sliding Sleeve Right - 1 pc



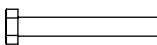
**A11**

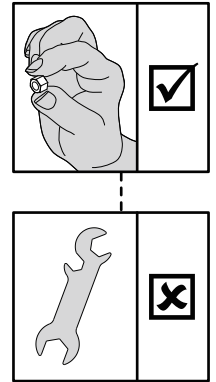
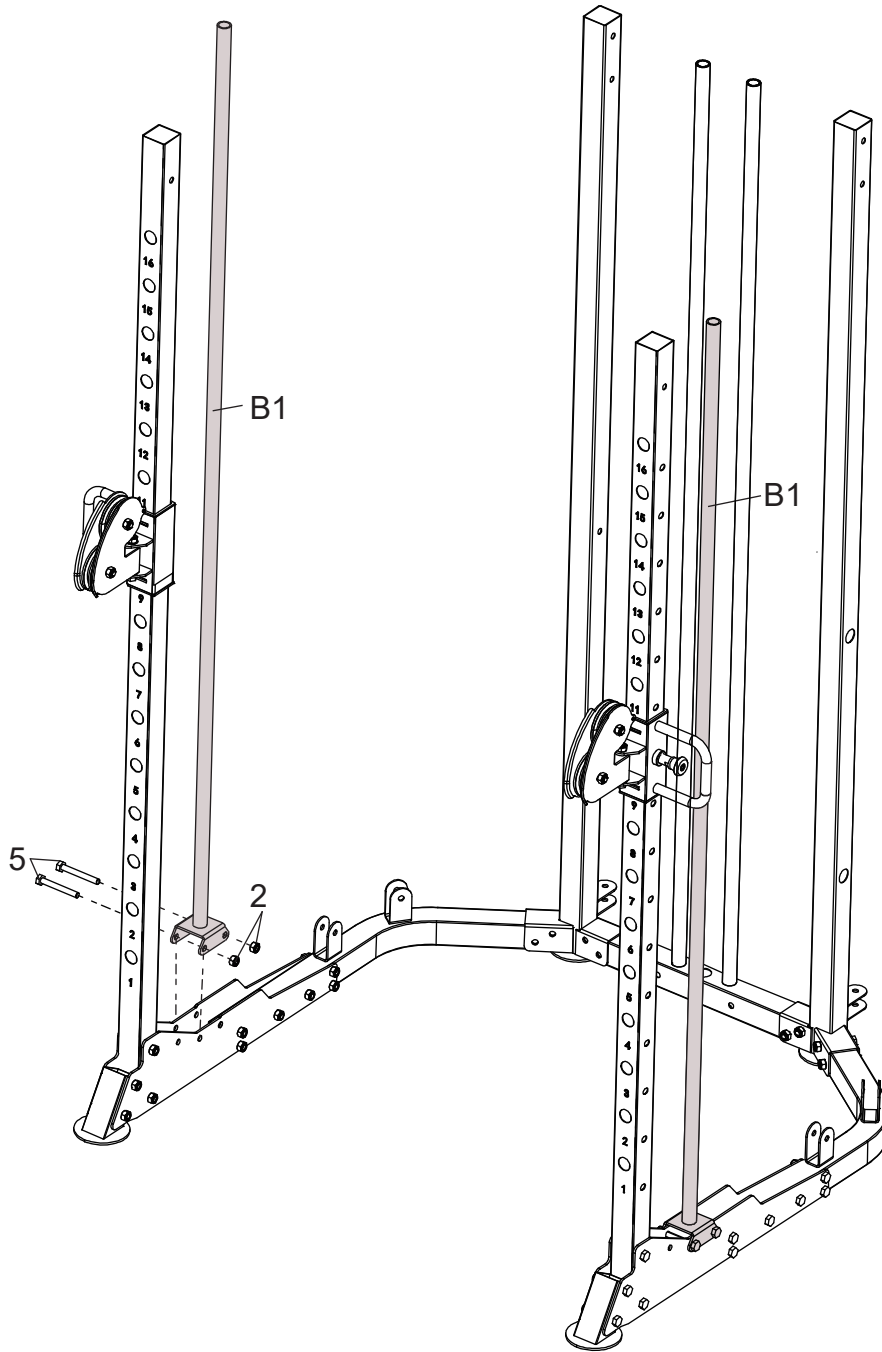


Pulley Sliding Sleeve Left - 1 pc








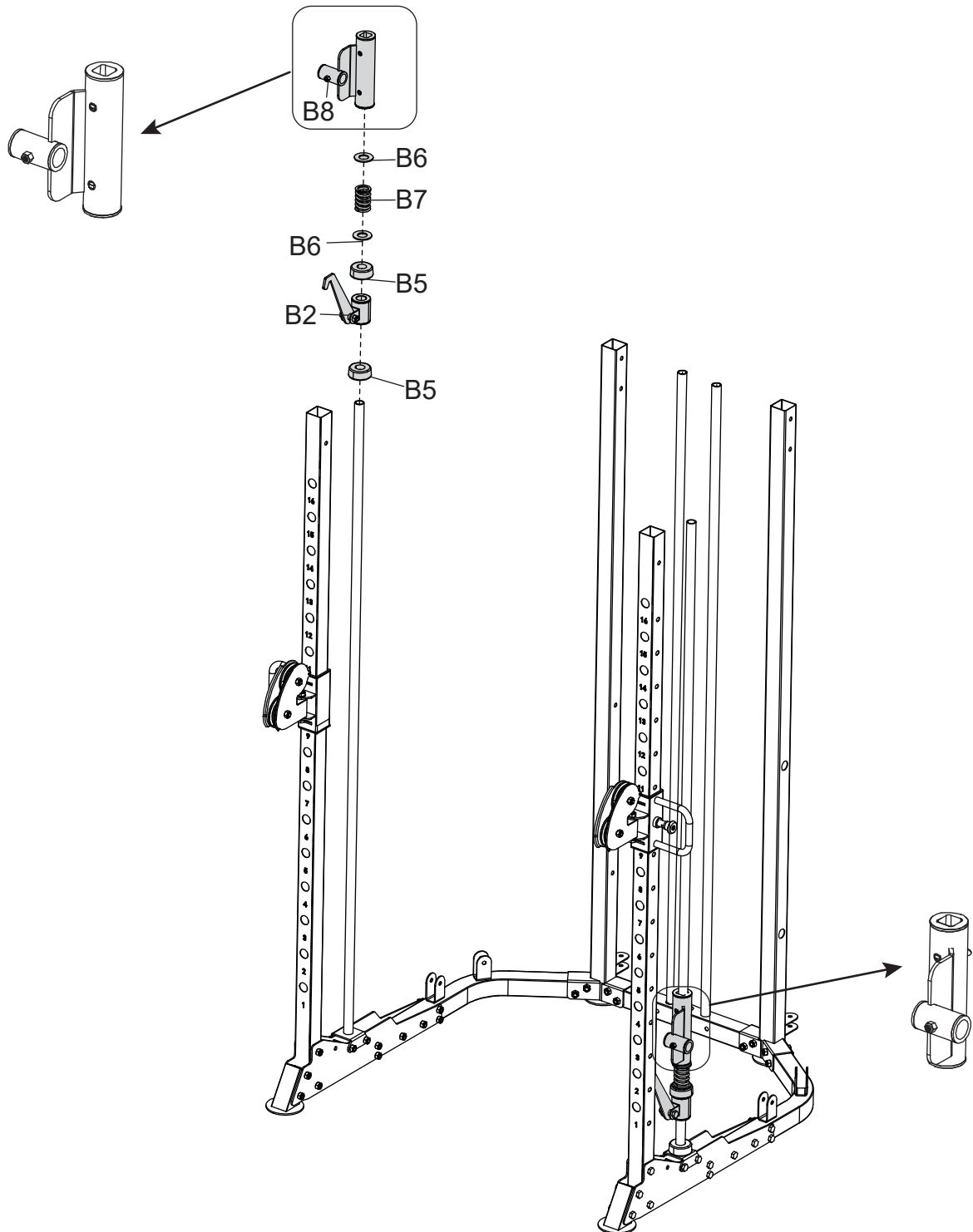
# STEP: 7

<b>B1</b>  Smith Guide Rod 2 pcs	<b>2</b>  M10 Locknut - 4 pcs	<b>5</b>  M10 x 80mm Bolt - 4 pcs
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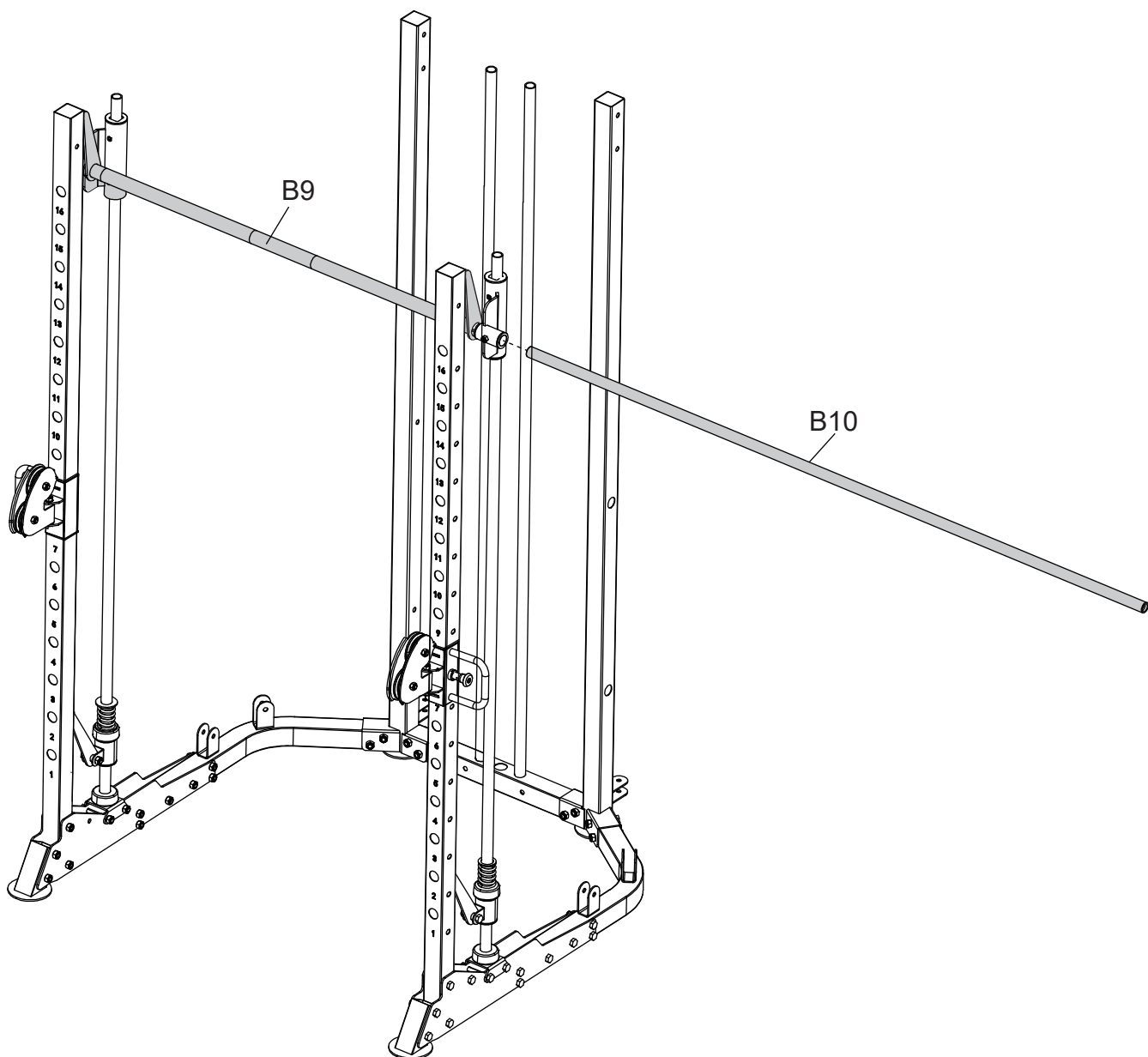
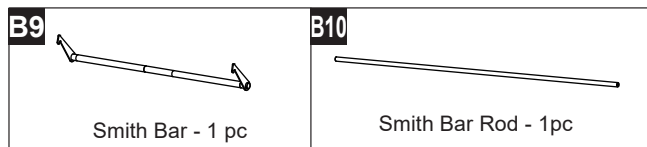


# STEP: 8





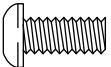
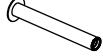
<b>B2</b>  Safety Hook Sleeve 2 pcs	<b>B5</b>  Shock Pad - 4 pcs	<b>B6</b>  Large Washer - 4 pcs	<b>B7</b>  Spring - 2 pcs
<b>B8</b>  Smith Bar Sleeve - 2 pcs			

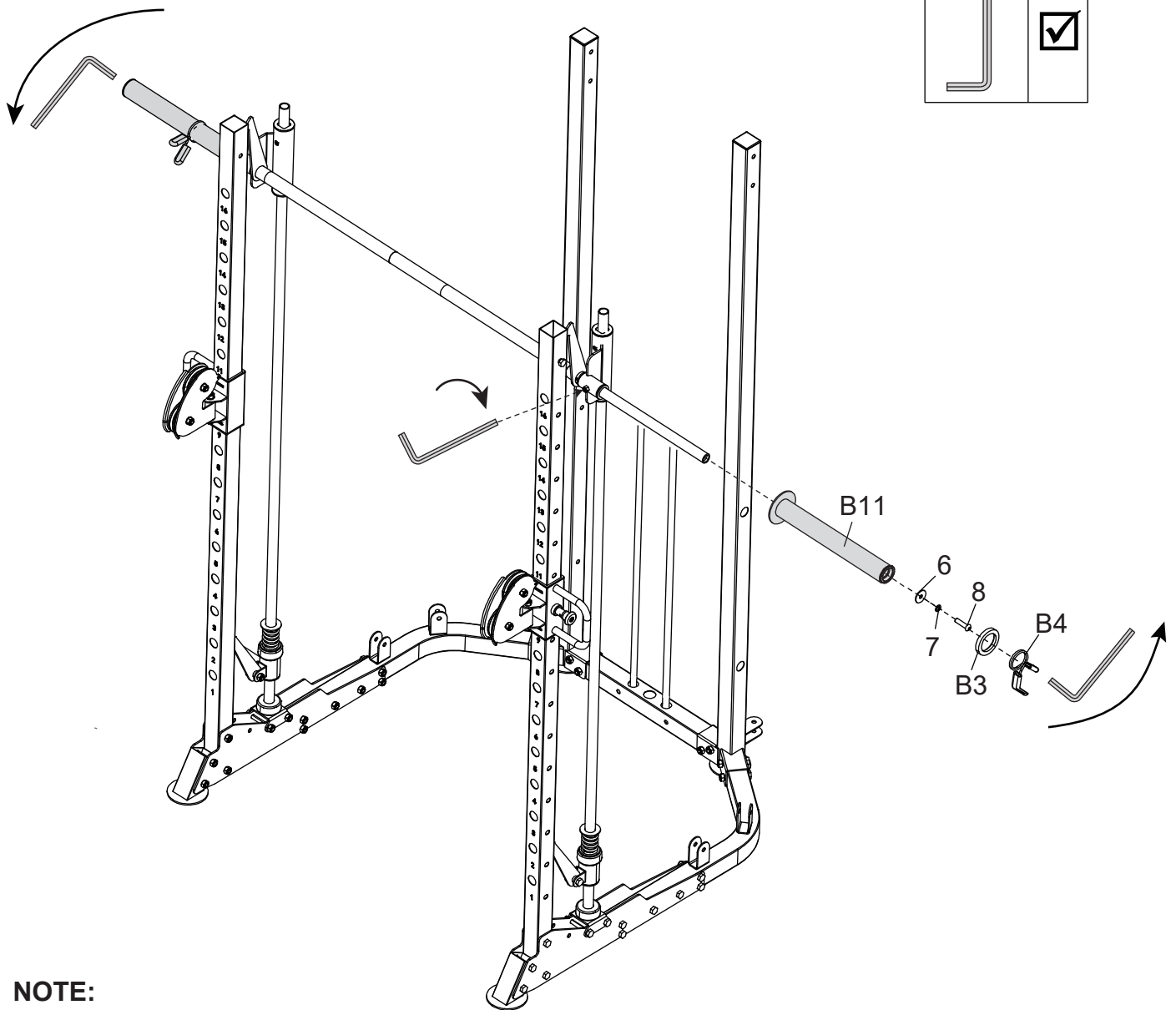


# STEP: 9



# STEP: 10

<b>B3</b>  Smith Bar Shock Pad - 2 pcs	<b>B4</b>  2" Spring Clip - 2 pcs	<b>6</b>  Large M10 Washer - 2 pcs	<b>7</b>  M10 Split Washer - 2 pcs
<b>8</b>  M10 x 30mm Bolt - 2 pcs	<b>B11</b>  Smith Bar Adapter - 2 pcs		



**NOTE:**

The bolt (8) needs to be tightened by two peoples at the same time, then tighten Set Screw in the Smith Bar Sleeve.

# STEP: 11

C1



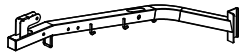
Smith Guide Rod Connector - 2 pcs

2



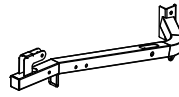
M10 Locknut - 4 pcs

C3



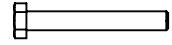
Upper Frame Right - 1 pc

C4

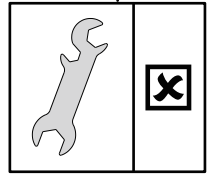
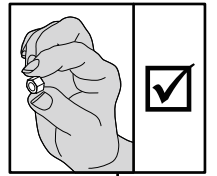
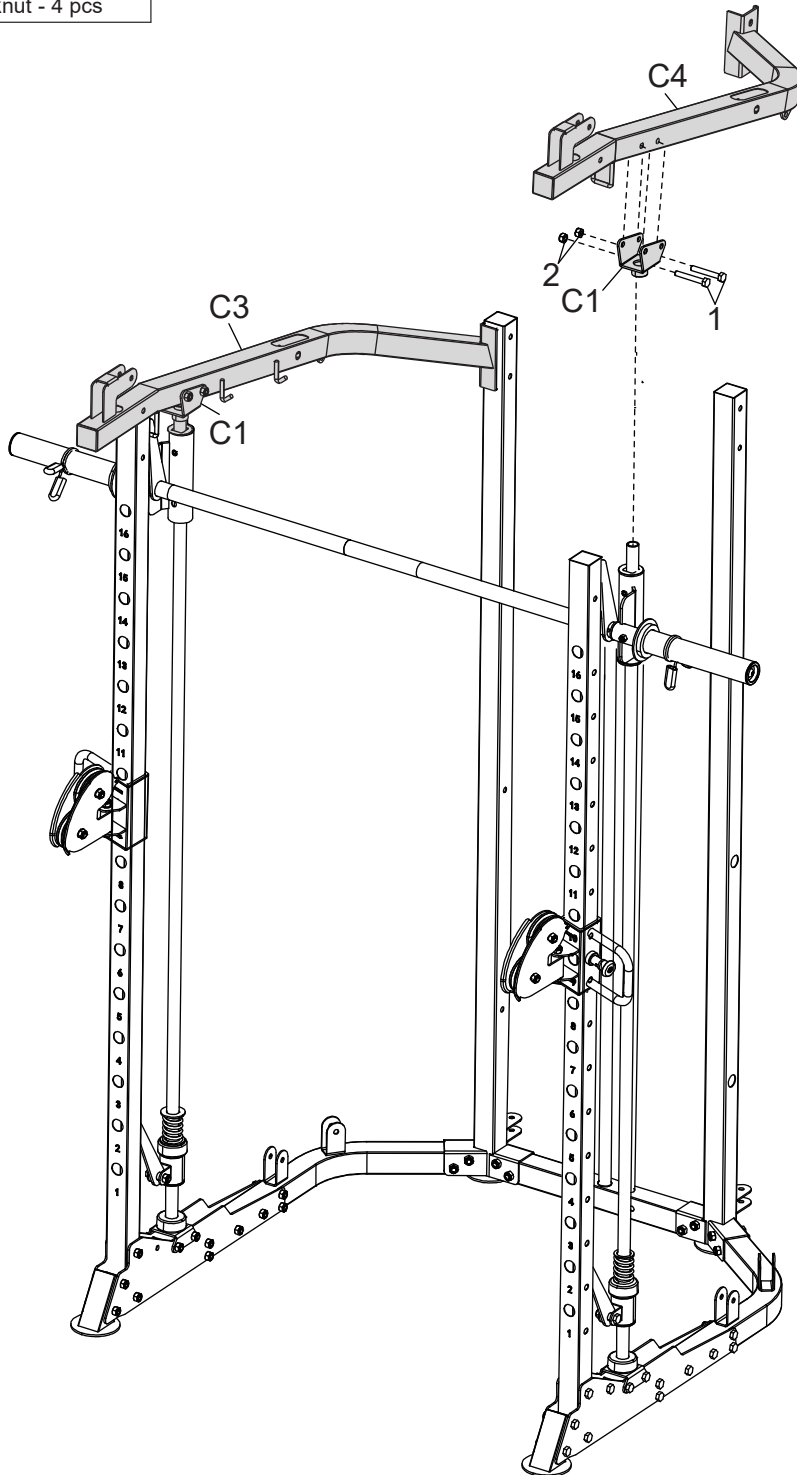


Upper Frame Left - 1 pc

1



M10 x 70mm - 4 pcs



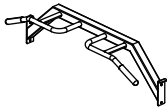
# STEP: 12

C2



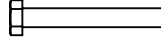
L Reinforcement Plate- 2 pcs

C5



Pull-Up Frame 1 pc

1

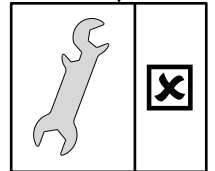
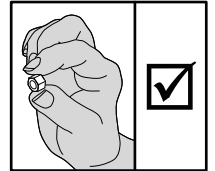
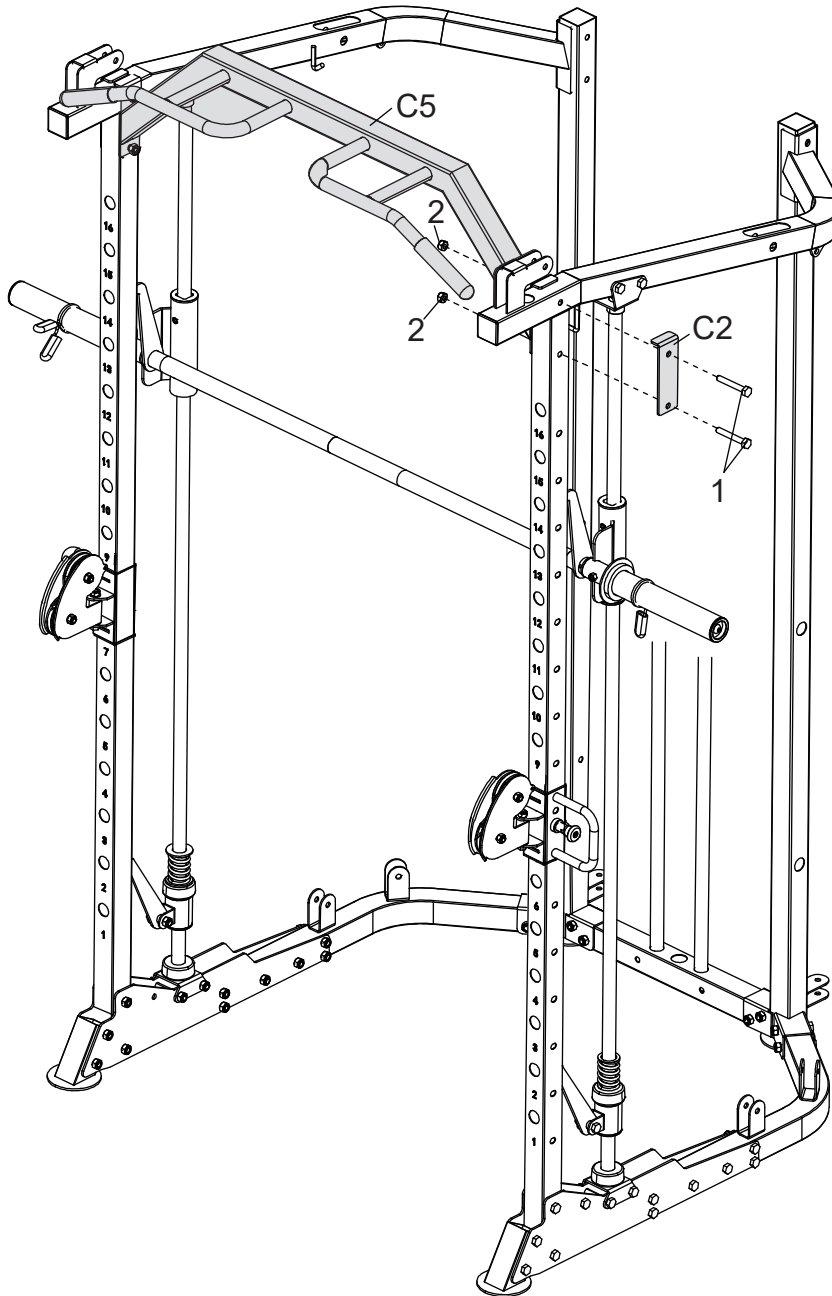


M10 x 70mm - 4 pcs

2



M10 Locknut - 4 pcs



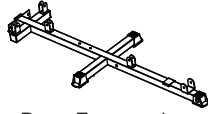
# STEP: 13

C10



Base Reinforcement Plate - 1pc

C11



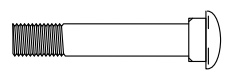
Station Base Frame - 1pc

2



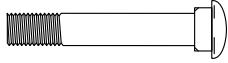
M10 Locknut - 2 pcs

11

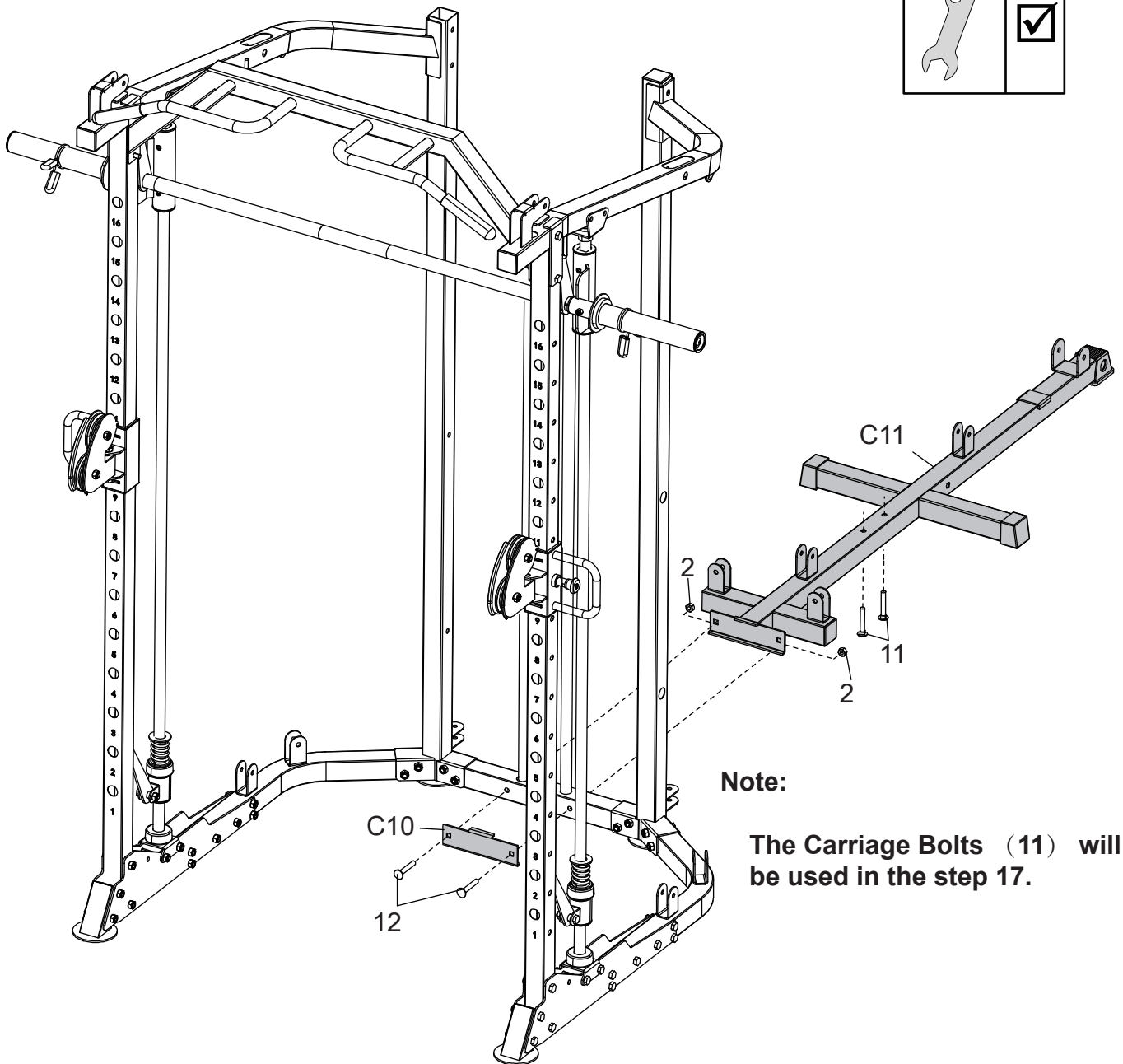
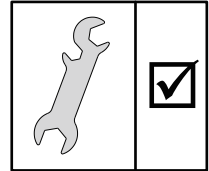


M10 x 65mm Carriage Bolt - 2pcs

12



M10 x 70mm Carriage Bolt - 2pcs

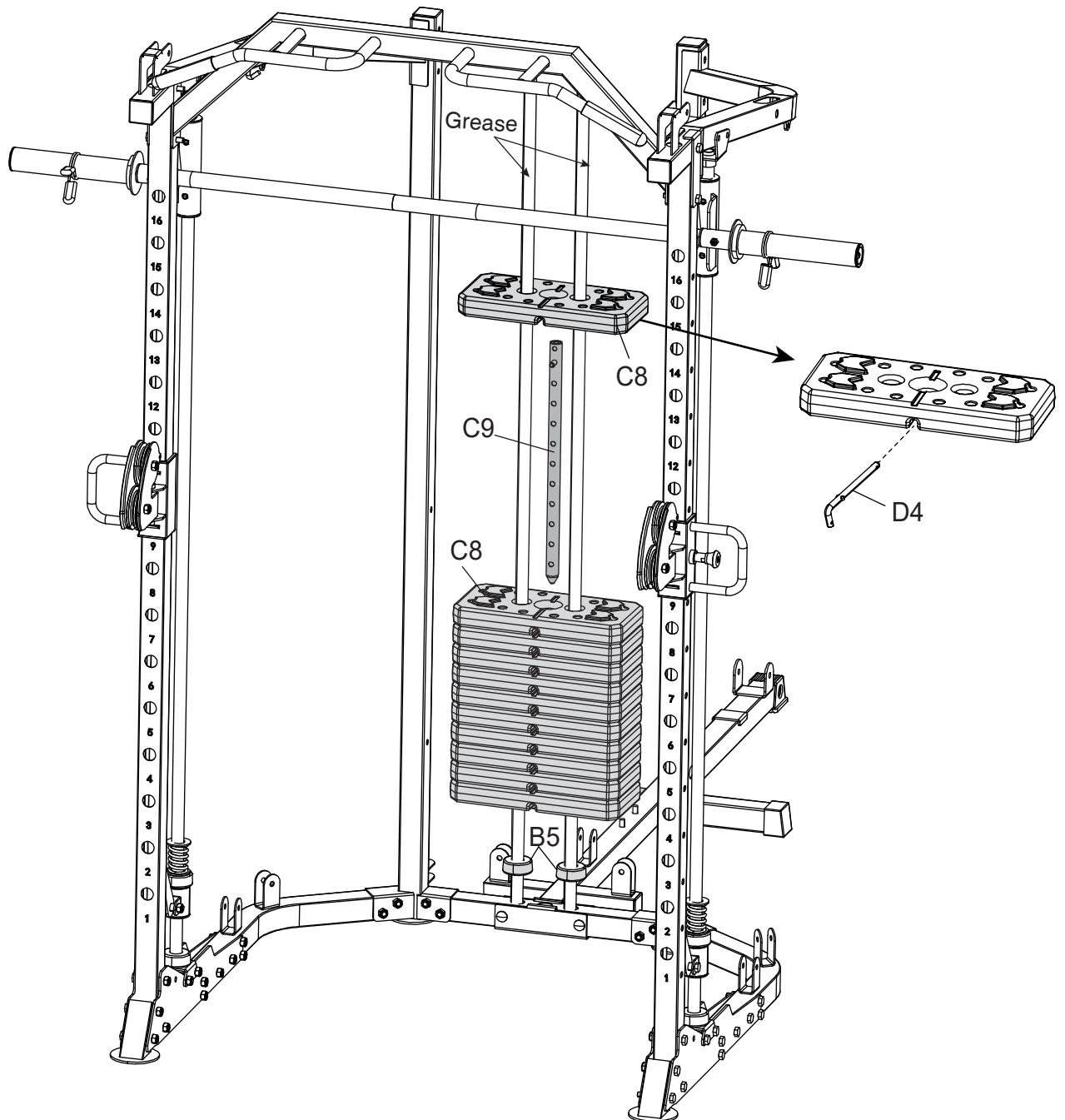


Note:

The Carriage Bolts (11) will be used in the step 17.

# STEP: 14


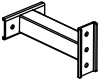
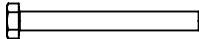

<b>B5</b>  Shock Pad - 2pcs	<b>C8</b>  Weight Plate - 11pcs	<b>C9</b>  Weight Selector Rod - 1 pc	<b>D4</b>  L-Spring Pin - 1pc
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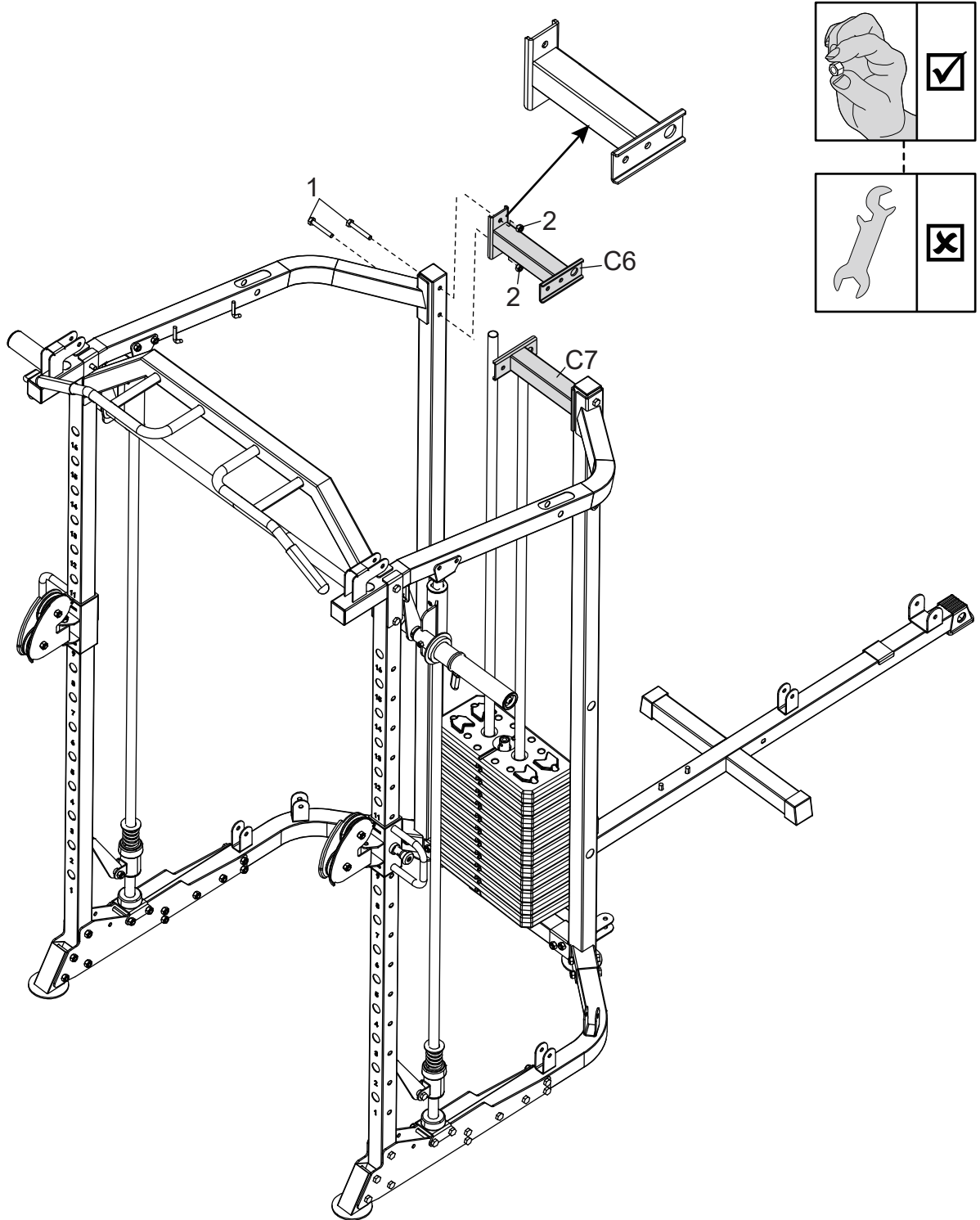


**NOTE :**


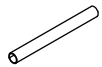

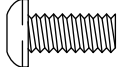
Orient eleven Weight Plates (C8) so that the pin holes are in the SMITH face position shown.

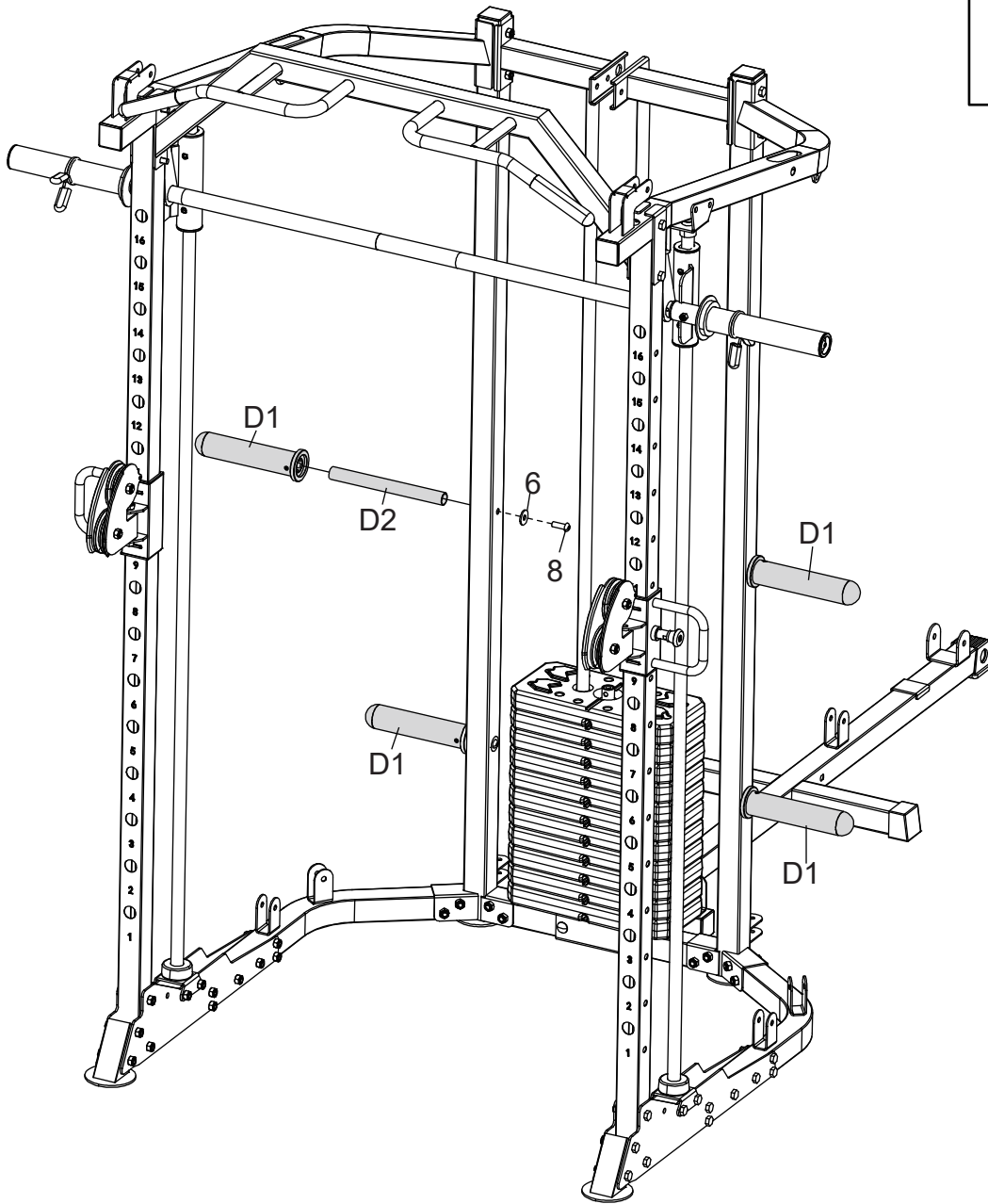
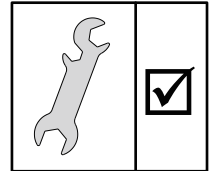
# STEP: 15

<b>C6</b>  Upper Connecting Frame Right - 1pc	<b>C7</b>  Upper Connecting Frame Left- 1pc	<b>1</b>  M10 x 70mm Bolt - 4 pcs	<b>2</b>  M10 Locknut - 4 pcs
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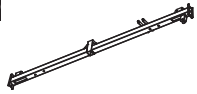
# STEP: 16

<b>D1</b>  Olympic Adapter - 4 pcs	<b>D2</b>  Weight Storage Pin - 4 pcs	<b>6</b>  Large M10 Washer 4 pcs	<b>8</b>  M10 x 30mm Bolt - 4 pcs
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# STEP: 17

D3



Station Upright Frame - 1pc

D5



Support Tube - 1pc

D13



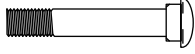
Reinforcement Plate - 1pc

2

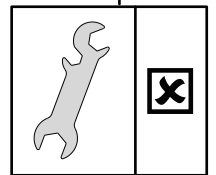
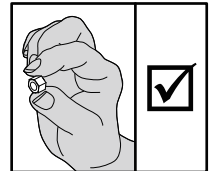
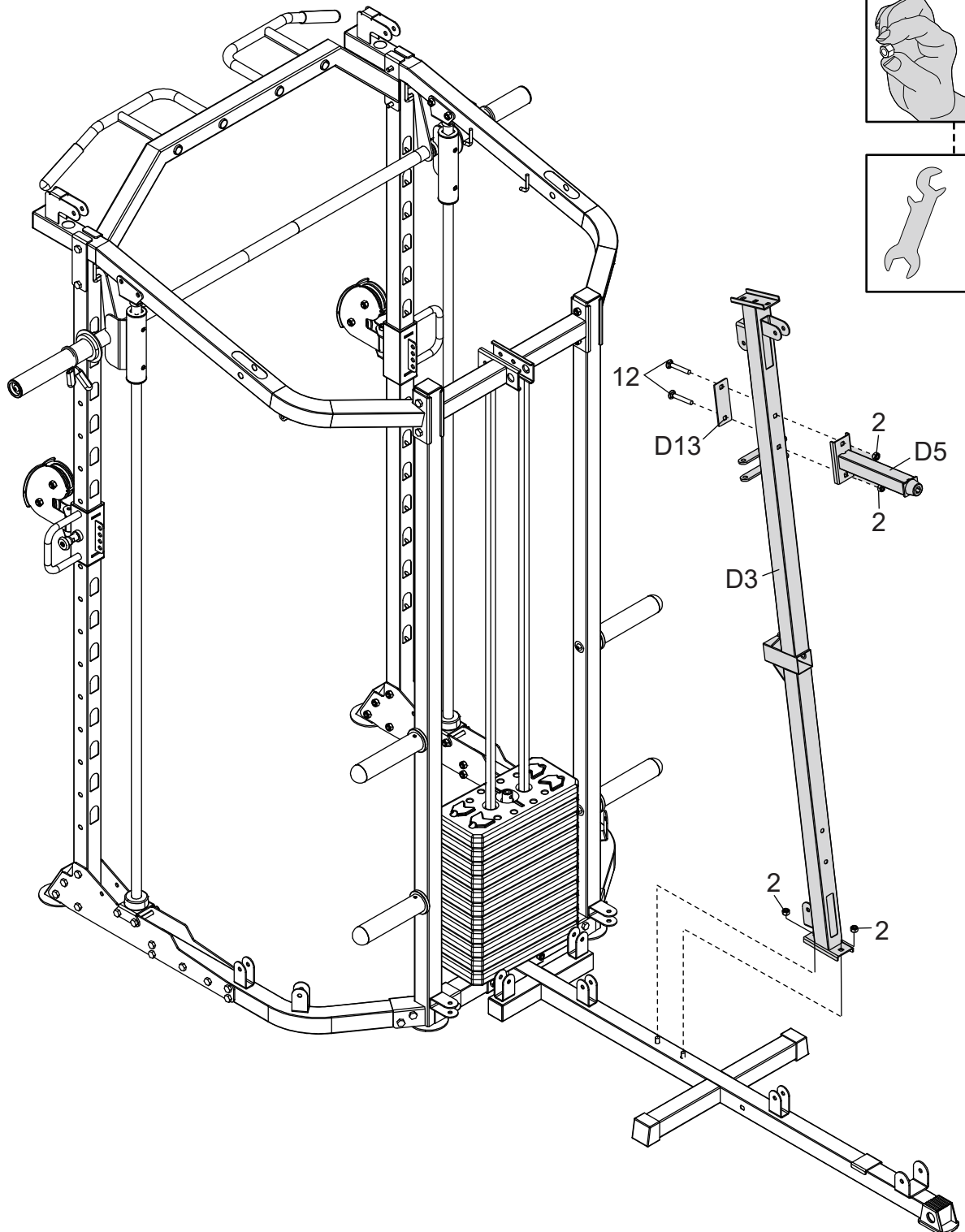


M10 Locknut - 4 pcs

12



M10 x 70mm Carriage Bolt  
2 pcs



# STEP: 18

D11



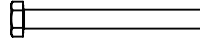
Seat Supporting Frame - 1pc

D13



Reinforcement Plate - 1pc

1



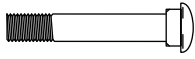
M10 x 70mm Bolt - 1 pc

2

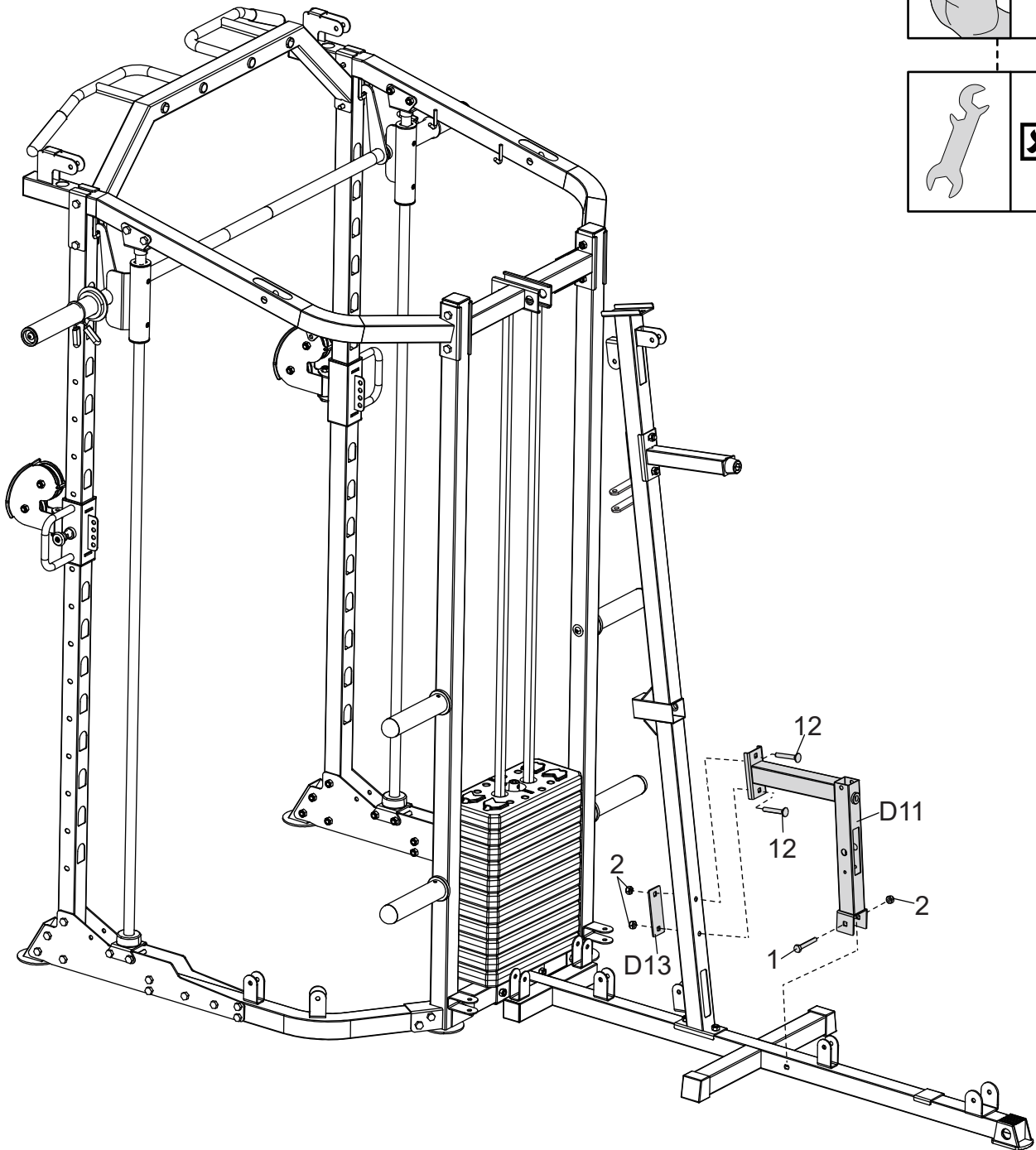
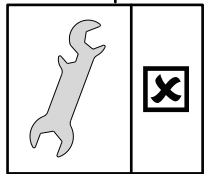
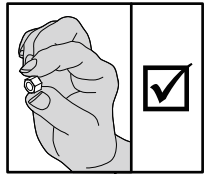


M10 Locknut - 3 pcs

12

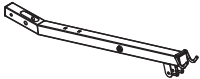


M10 x 70mm Carriage Bolt  
2 pcs



# STEP: 19

E1



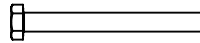
Stajon Upper Frame - 1pc

D13



Reinforcement Plate - 1 pc

1



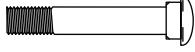
M10 x 70mm Bolt - 1 pc

2

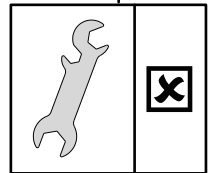
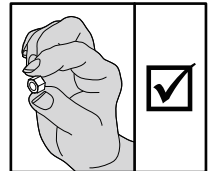
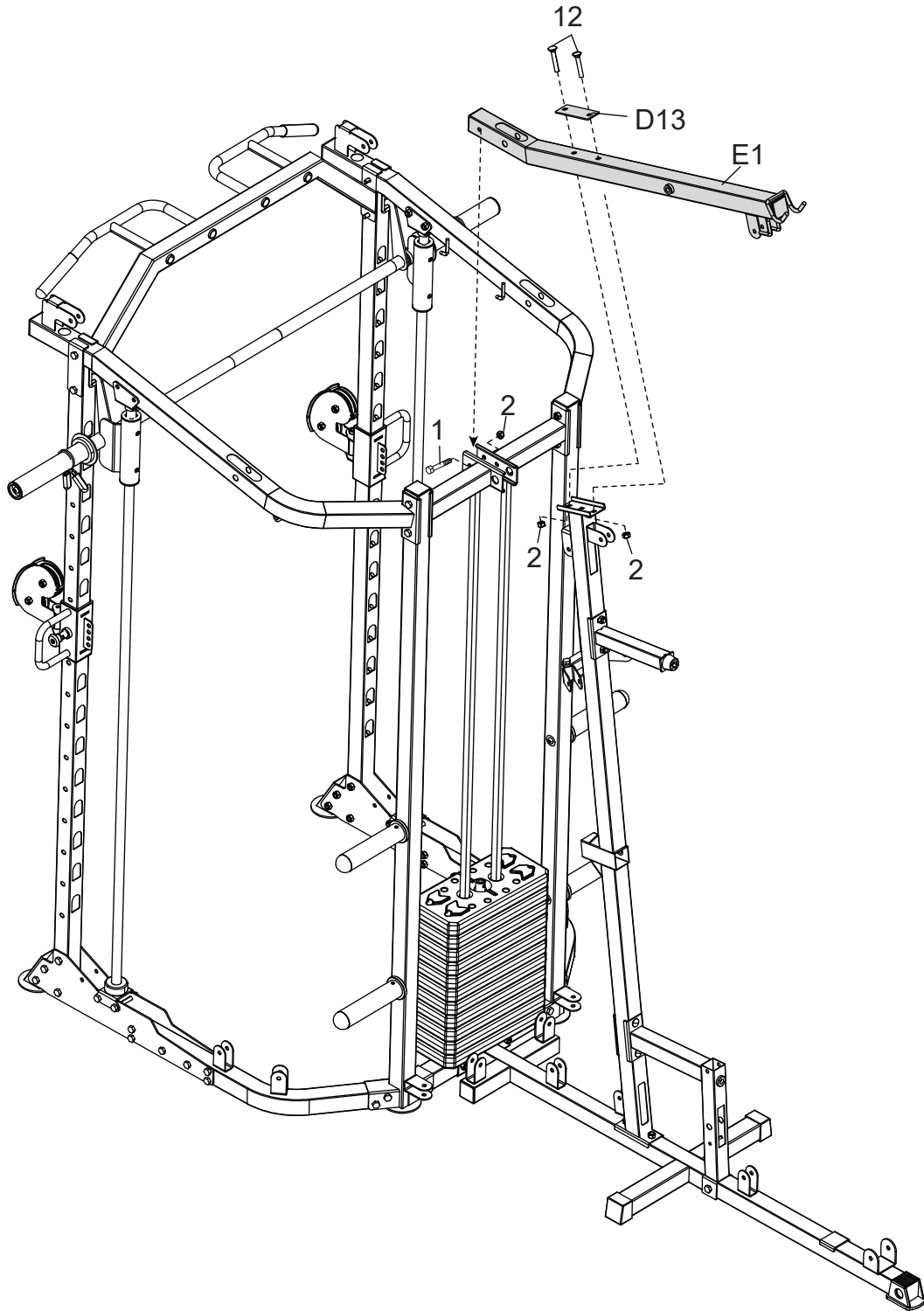


M10 Locknut - 3 pcs


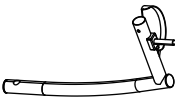




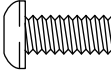

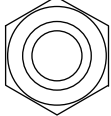

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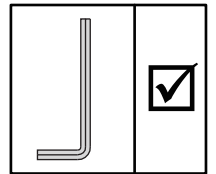
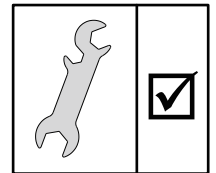
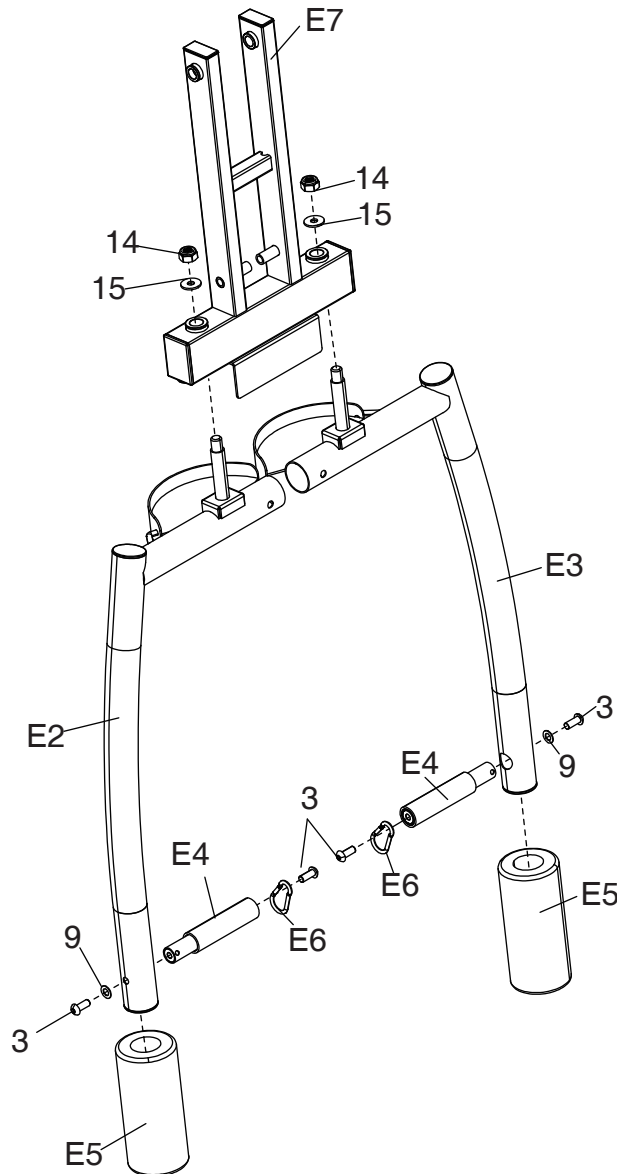


M10 x 70mm Carriage Bolt 2 pcs



# STEP: 20

<b>E2</b>  Right Arm - 1pc	<b>E3</b>  Left Arm - 1 pc	<b>E4</b>  Handle - 2 pc	<b>E5</b>  Arm Foam Pad 2 pcs
<b>E6</b>  Clip - 2 pcs	<b>E7</b>  Jammer Arm Frame -1 pc	<b>3</b>  M10 x 25mm Bolt - 4 pcs	<b>9</b>  M10 Washer - 2 pcs
<b>14</b>  M16 Locknut - 2 pcs	<b>15</b>  M16 Washer - 2 pcs		



# STEP: 21

E7



Jammer Arm Frame's combination 1 set

21



Shaft - 1 pc

23

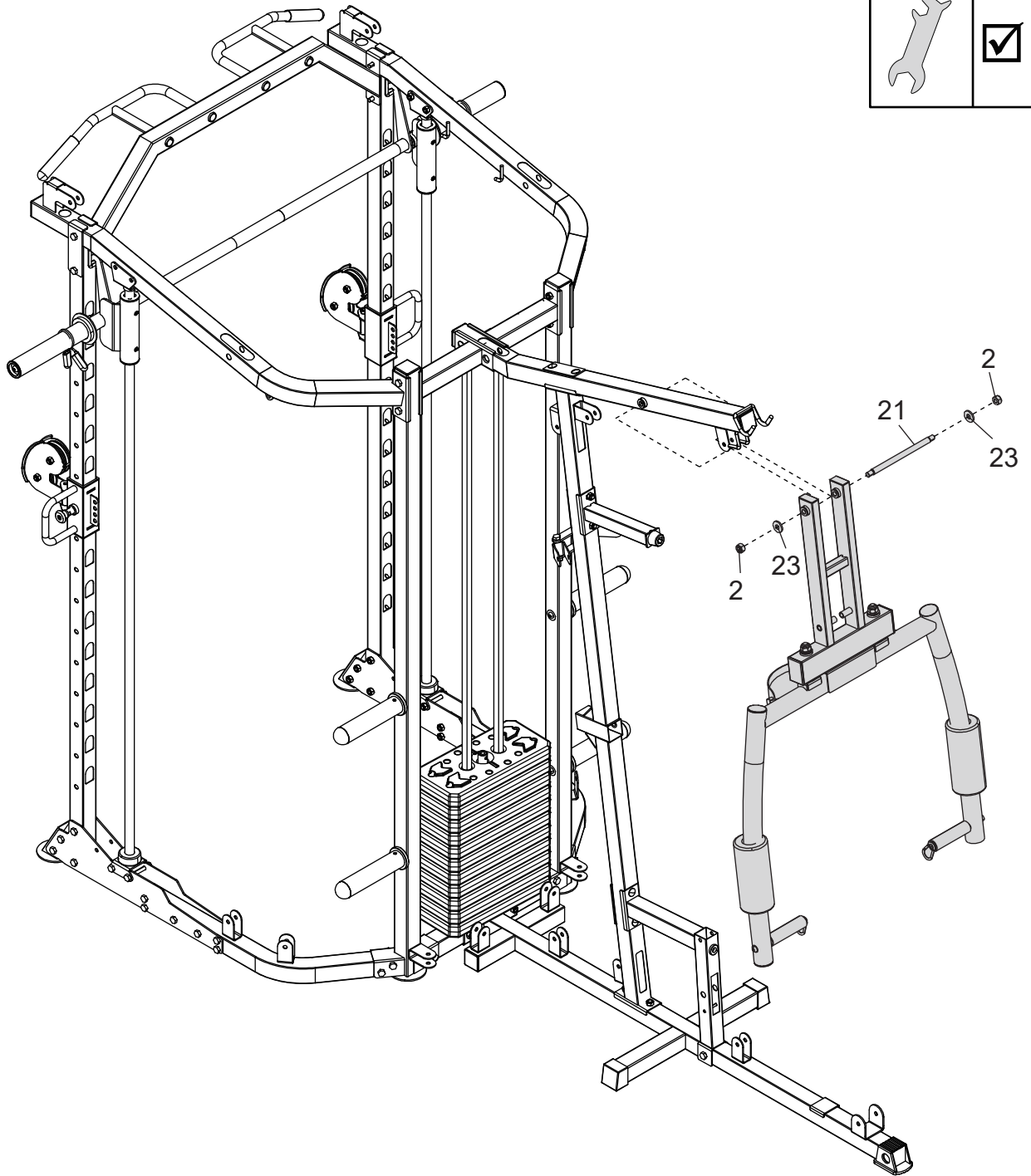
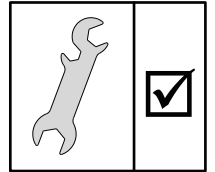


M10 Washer (D10.5\*D26\*2.5)  
2 pcs






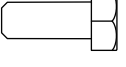
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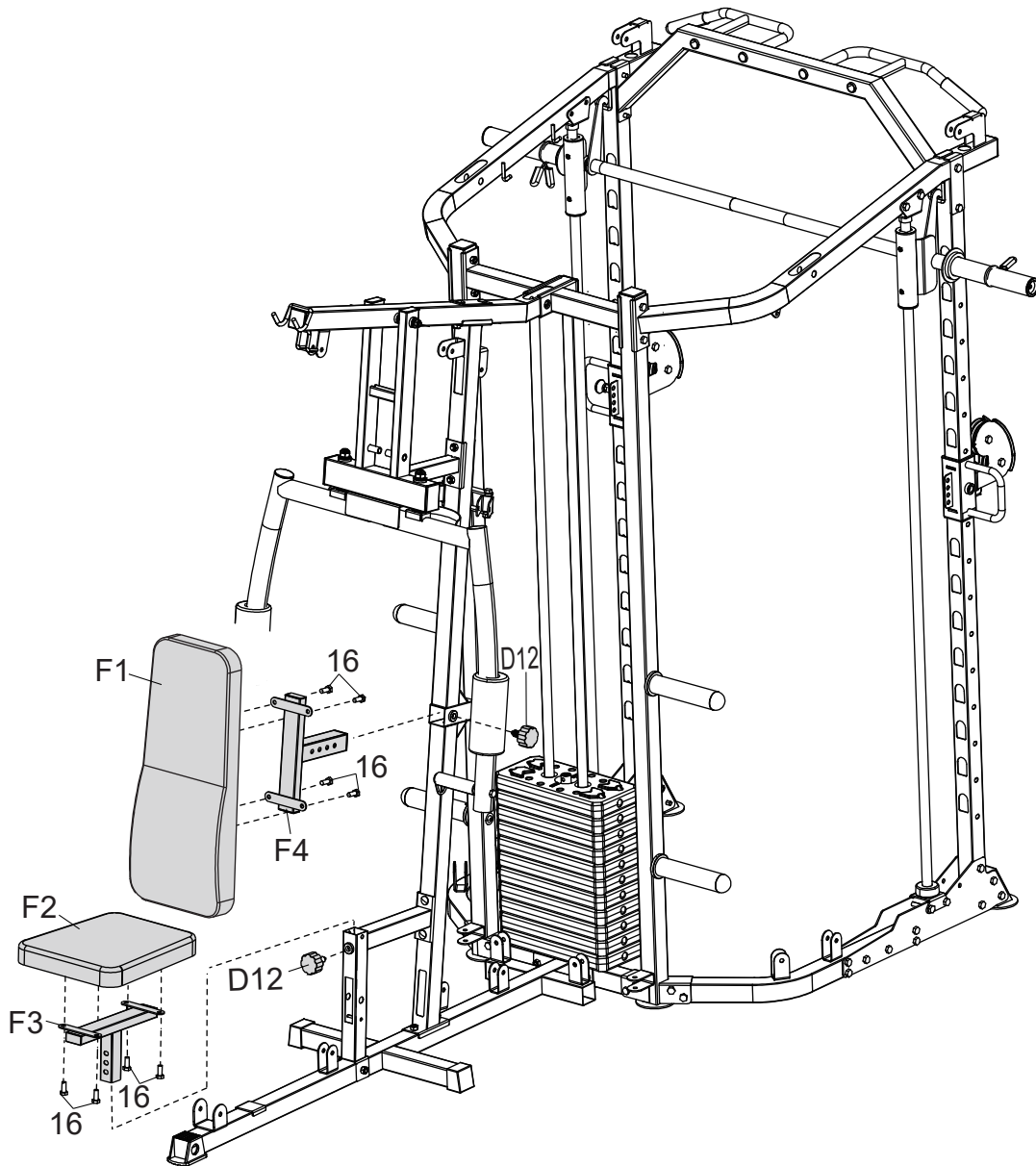
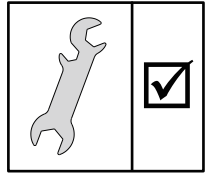


M10 Locknut - 2 pcs



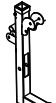
# STEP: 22

<b>F1</b>  Backrest - 1pc	<b>F2</b>  Seat - 1pc	<b>F3</b>  Seat Frame - 1 pc	<b>F4</b>  Backrest Frame - 1pc
<b>D12</b>  Knob -2 pcs	<b>16</b>  M8 x 20mm Bolt - 8 pcs		



# STEP: 23

E9



Front Insert Tube - 1pc

F9



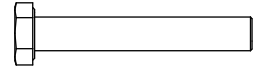
Leg Extension Arm - 1 pc

2



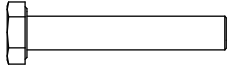
M10 Locknut - 2pc

5

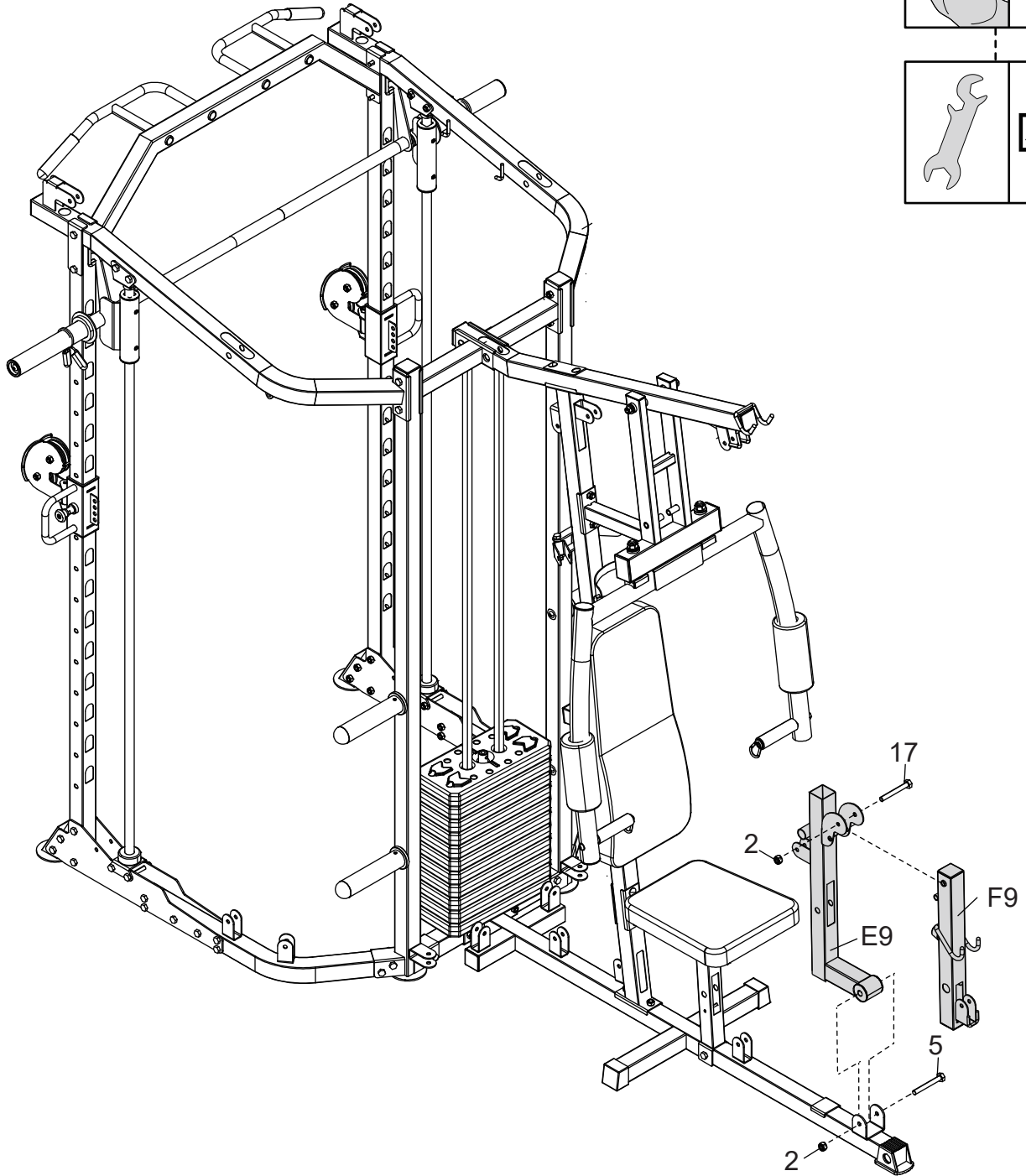
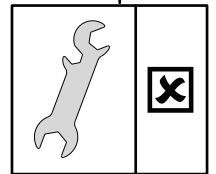
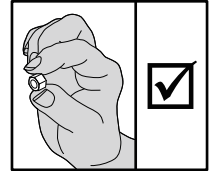


M10 x 80mm Bolt -1 pc

17

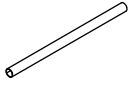


M10 x 75mm Bolt - 1 pc



# STEP: 24

F6



Foam Sleeve Column - 2pcs

F7

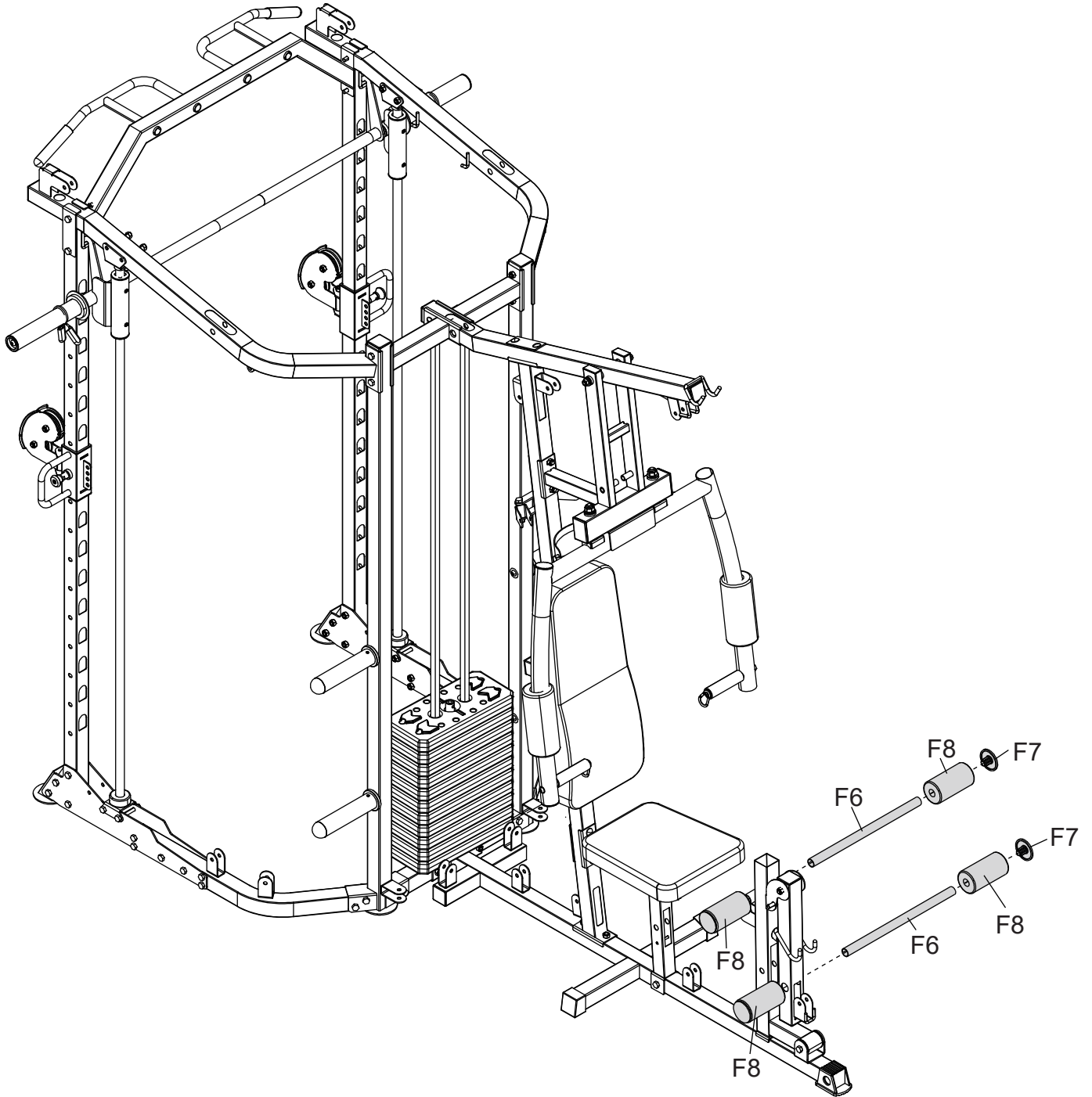


End Cap - 4pcs

F8

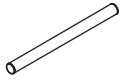


Foam Sleeve Column - 4 pcs



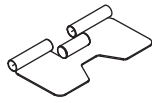
# STEP: 25

G3

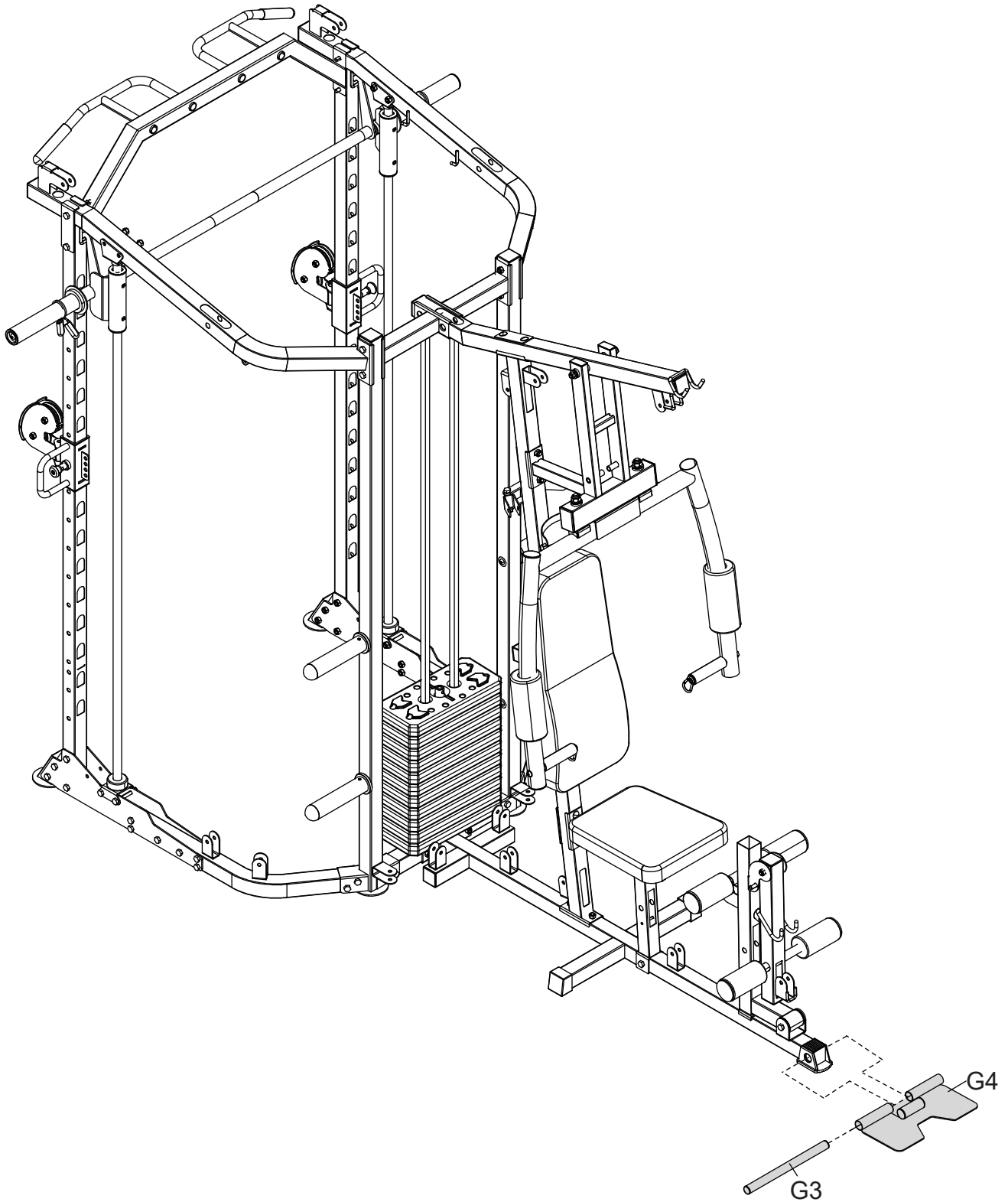


Footboard Connecting Rod  
1pc



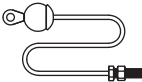

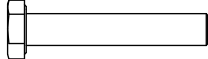

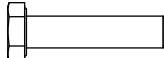

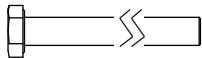

G4

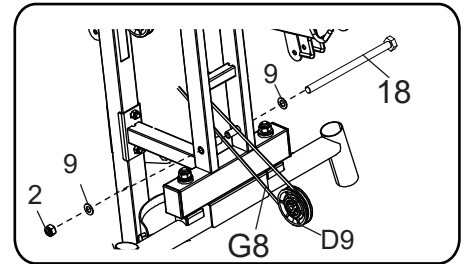
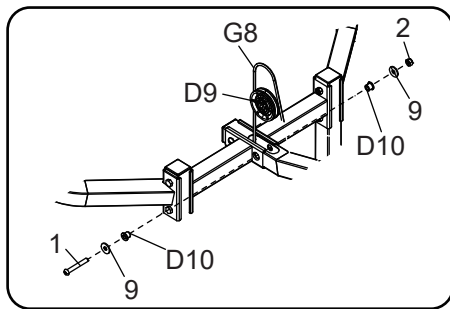


Foot Pedal - 1pc

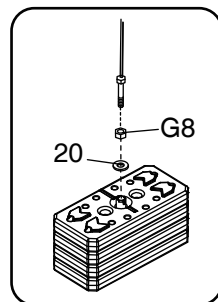


# STEP: 26

<b>D9</b>  Pulley - 6 pcs	<b>G7</b>  Pulley Stand-C - 1 pc	<b>G8</b>  Cable B (3610mm,142 inch) - 1 pc	<b>D10</b>  Longe Bushing - 2 pcs
<b>1</b>  M10 x 70mm Bolt -1 pc	<b>2</b>  M10 Locknut - 6 pcs	<b>4</b>  M10 x 45mm Bolt - 4 pcs	<b>9</b>  M10 Washer - 4 pcs
<b>18</b>  M10 x 155mm Bolt -1 pc	<b>20</b>  M12 Washer -1 pc		





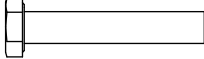

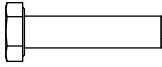


Adjusting the nut here can fine tune the wire rope.

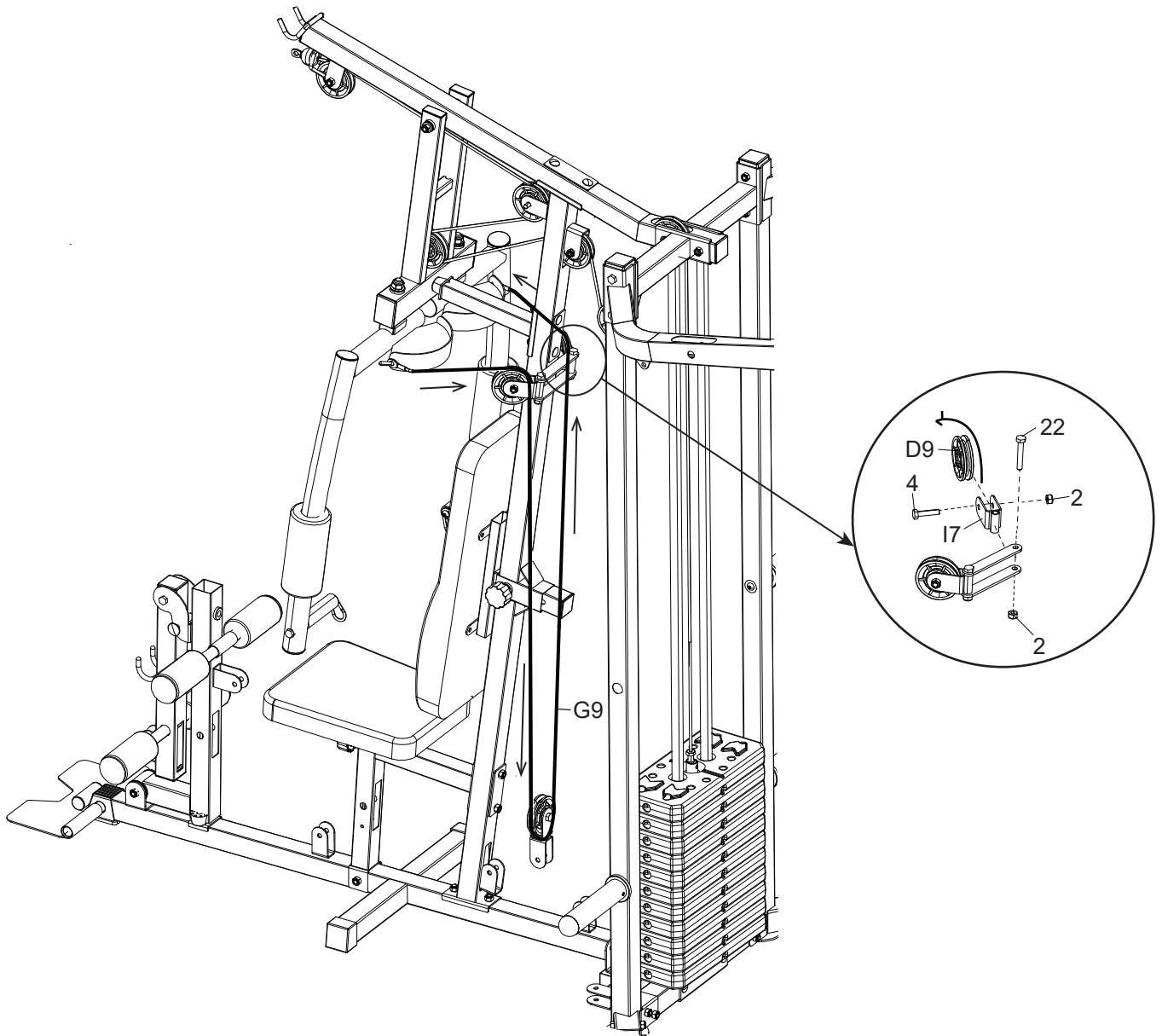


**Please make sure to route the cable over or under a pulley while you assemble the cables and the pulleys.**





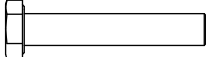

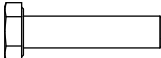



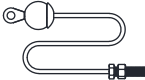
# STEP: 27

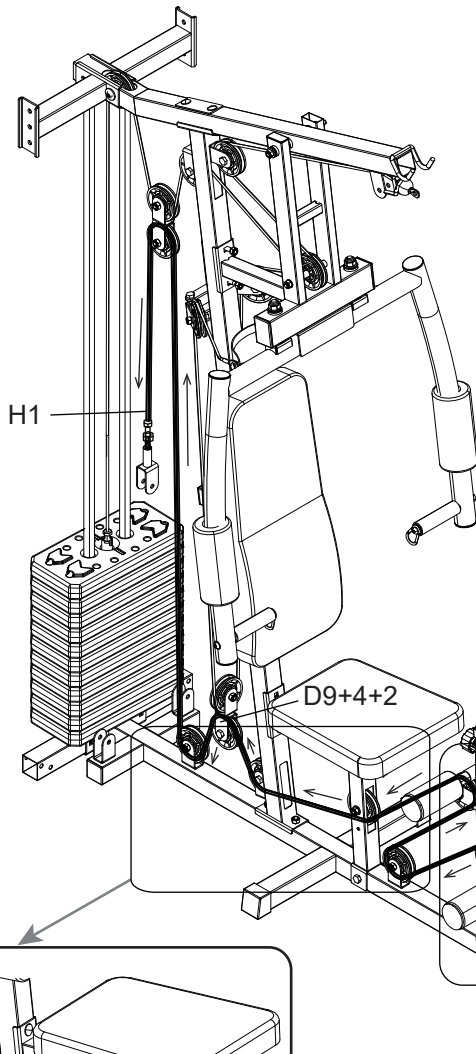
<b>D9</b>  Pulley - 3 pcs	<b>G6</b>  Pulley Stand-B - 1 pc	<b>G9</b>  Cable C (3050mm, 120 inch) - 1 pc	<b>I7</b>  Pulley Stand - 2 (pcs)
<b>22</b>  M10 x 65mm Bolt - 2pcs	<b>2</b>  M10 Locknut - 5 pcs	<b>4</b>  M10 x 45mm Bolt - 3 pcs	

**Please make sure to route the cable over or under a pulley while you assemble the cables and the pulleys.**

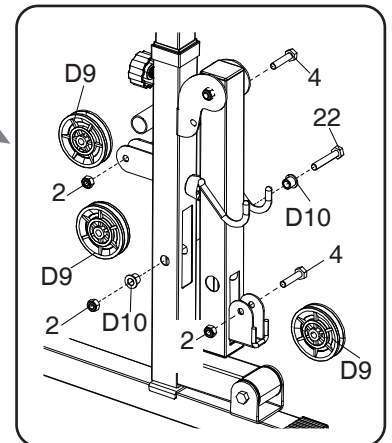
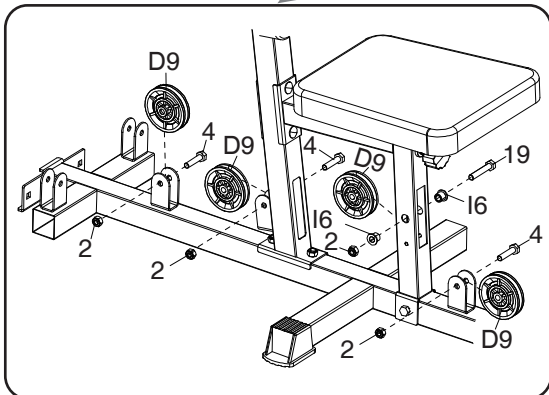


# STEP: 28


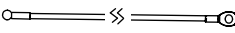




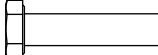

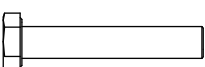
<b>D9</b>  Pulley - 9 pcs	<b>G5</b>  Pulley Stand-A - 1 pc	<b>G6</b>  Pulley Stand-B	<b>G7</b>  Pulley Stand-C
<b>22</b>  M10 x 65mm Bolt - 1 pc	<b>2</b>  M10 Locknut - 9pcs	<b>4</b>  M10 x 45mm Bolt - 7 pcs	<b>19</b>  M10 x 60mm Bolt - 1 pc
<b>D10</b>  Bushing (L=12mm) - 2pcs	<b>I6</b>  Bushing (L=10mm) - 2pcs	<b>H1</b>  Cable D (4630mm, 182 inch) - 1 pc	

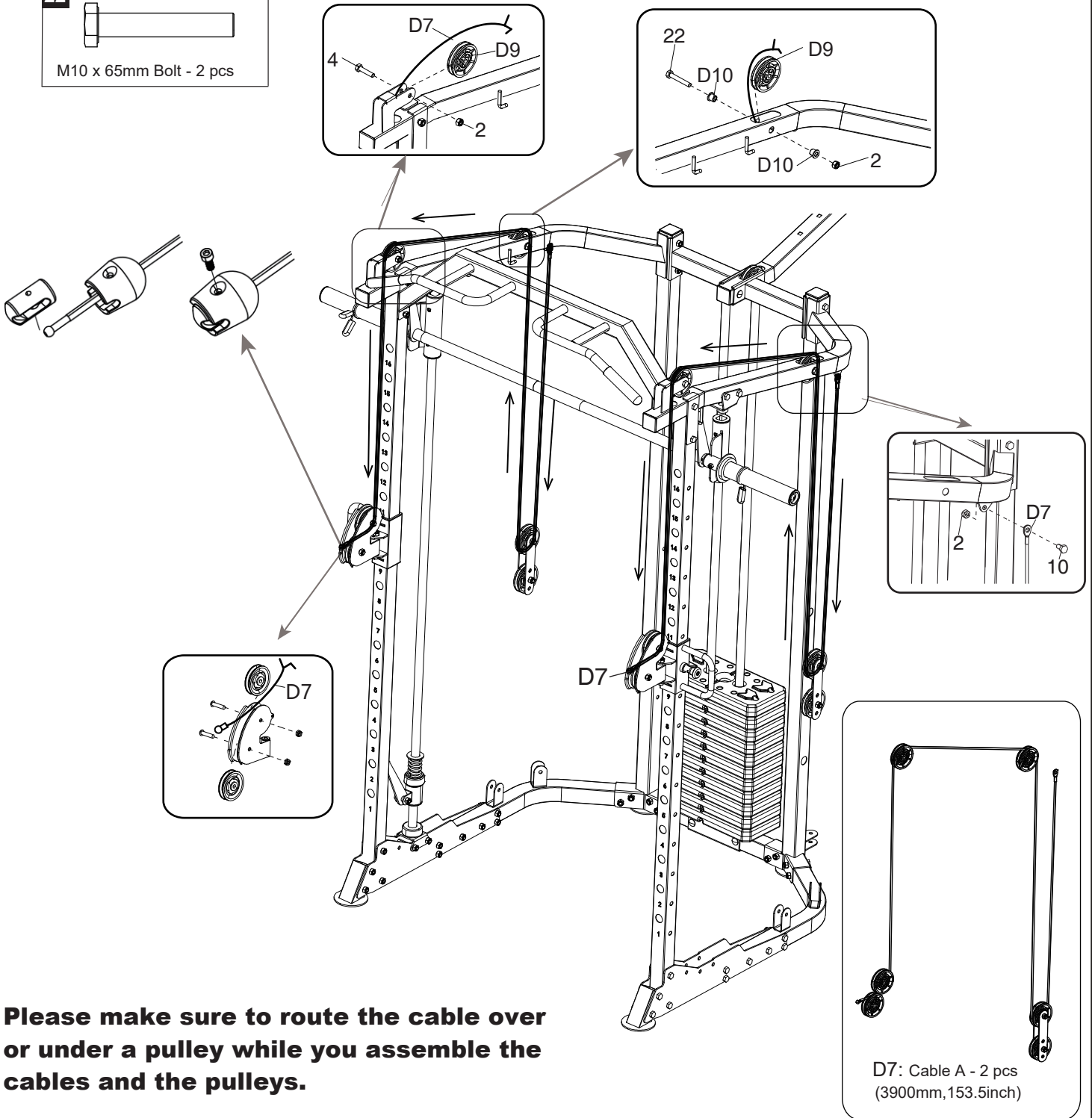


**Please make sure to route the cable over or under a pulley while you assemble the cables and the pulleys.**




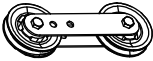




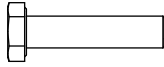
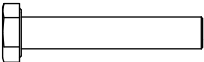
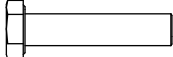

# STEP: 29

<b>D6</b>  Moving Pulley - 2 pcs	<b>D7</b>  Cable A - 2 pcs	<b>D8</b>  Steel lock head - 2 pcs	<b>D9</b>  Pulley - 4 pcs
<b>D10</b>  Bushing (L=12mm) - 4 pcs	<b>2</b>  M10 Locknut - 6 pcs	<b>4</b>  M10 x 45mm Bolt - 2 pcs	<b>10</b>  M10 x 20mm Bolt - 2 pcs
<b>22</b>  M10 x 65mm Bolt - 2 pcs			

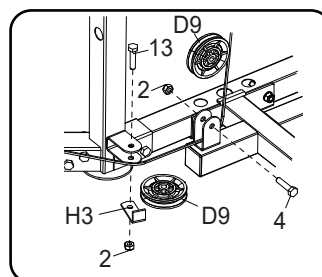
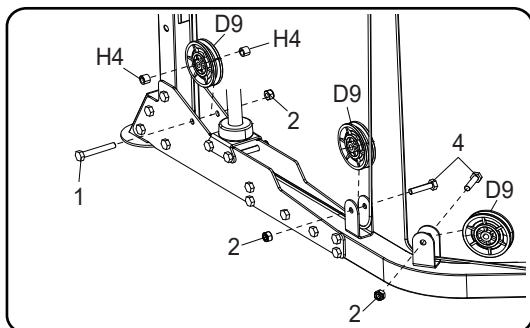
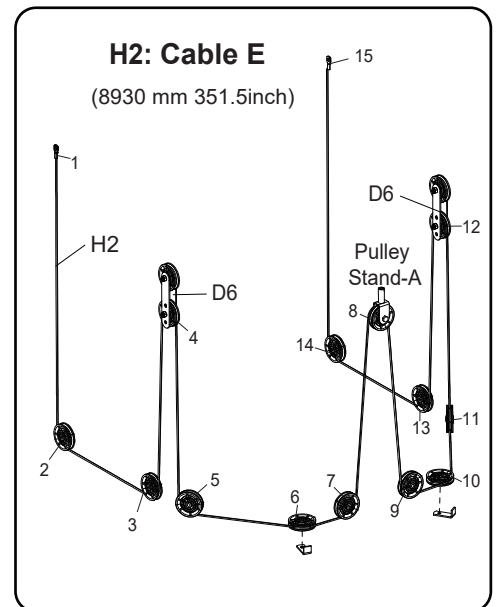
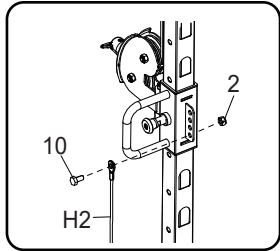
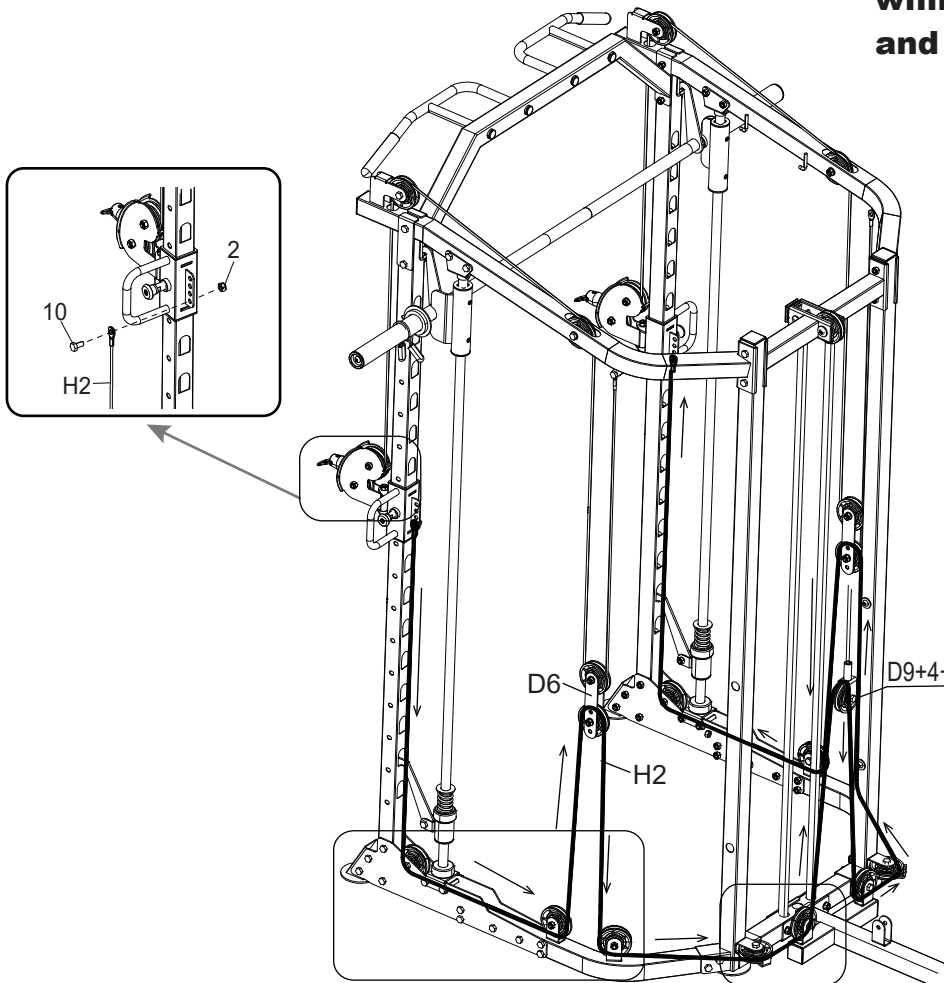


**Please make sure to route the cable over or under a pulley while you assemble the cables and the pulleys.**




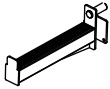
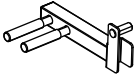
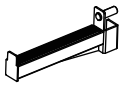


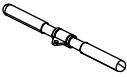



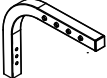
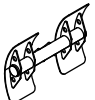


# STEP: 30

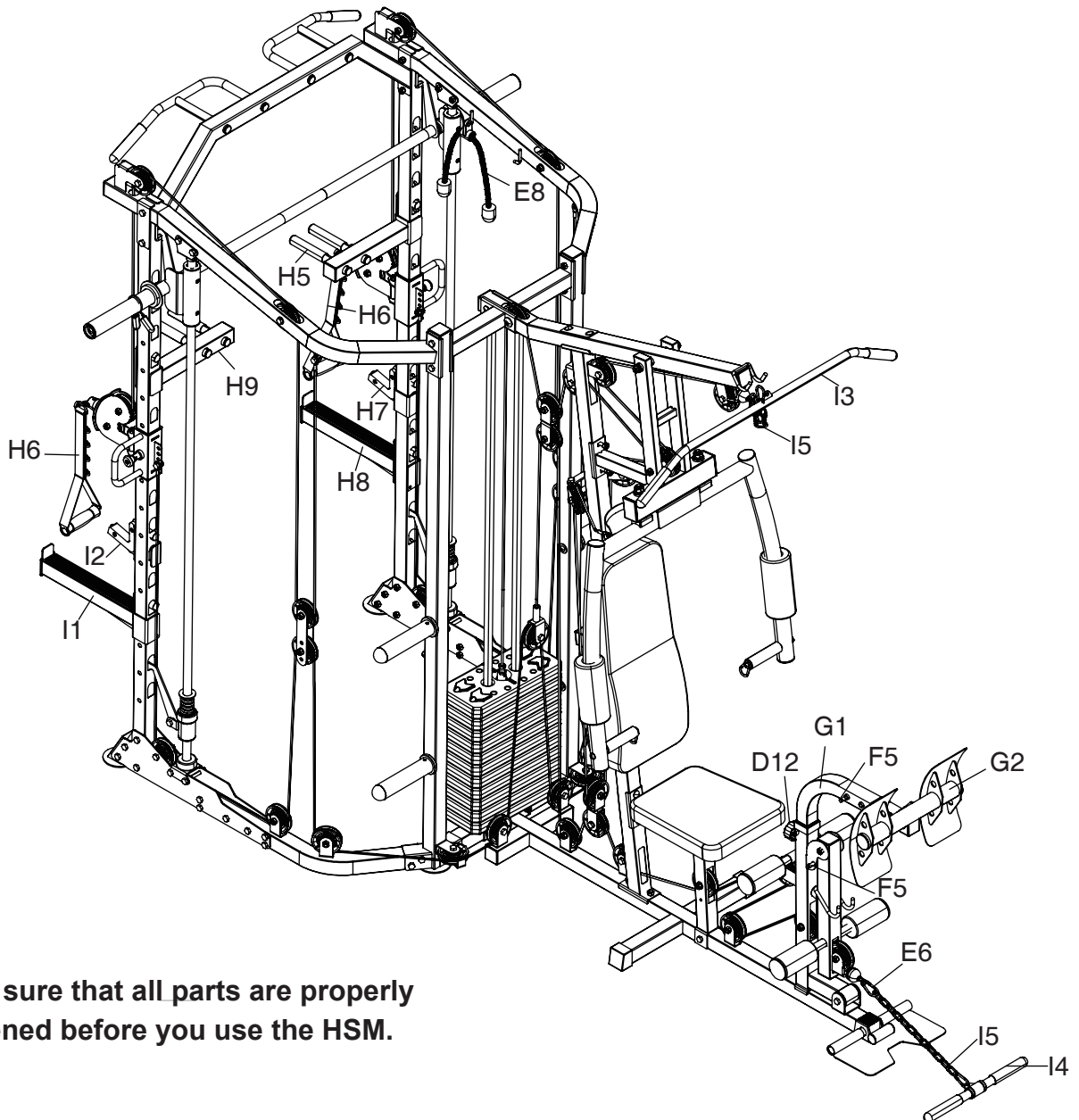
<b>D9</b>  Pulley - 11 pcs	<b>D6</b>  Moving pulley - 2 pcs	<b>H2</b>  Cable H2	<b>H3</b>  Anti-Jumper - 2 pcs
<b>H4</b>  Pulley Bushing - 4 pcs	<b>2</b>  M10 Locknut - 13 pcs	<b>4</b>  M10 x 45mm Bolt - 7 pcs	<b>1</b>  M10 x 70mm Bolt - 2 pcs
<b>13</b>  M10 x 50mm Bolt - 2 pcs	<b>10</b>  M10 x 20mm Bolt - 2 pcs		

**Please make sure to route the cable over or under a pulley while you assemble the cables and the pulleys.**



# STEP:31

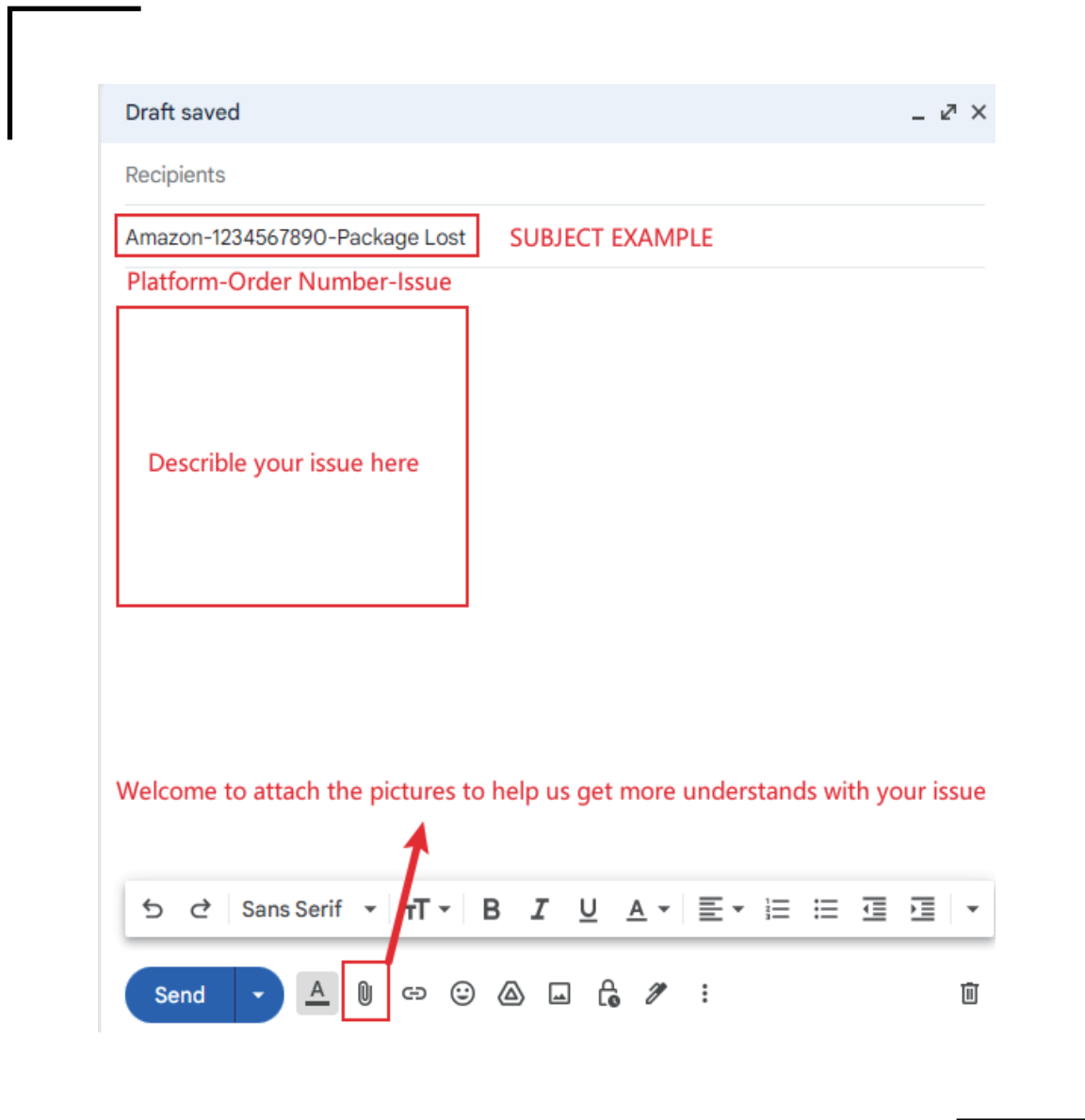
<b>H5</b>  Dip Bar Right - 1 pc	<b>H6</b>  Cable Handle - 2 pcs	<b>H7</b>  J Hook Right - 1 pc	<b>H8</b>  Spotter Arm Right - 1 pc
<b>H9</b>  Dip Bar Left - 1 pc	<b>I1</b>  Spotter Arm Left - 1pc	<b>I2</b>  J Hook Left - 1pc	<b>I3</b>  Lat Pull Down Bar -1pc
<b>I4</b>  Cable Bar 1pc	<b>I5</b>  Chain - 2pcs	<b>E6</b>  Cable Clip - 6pcs	<b>E8</b>  Rope - 1pc
<b>G1</b>  Leg Press Pedal Frame - 1pc	<b>G2</b>  Pedal Connecting Rod - 1pc	<b>F5</b>  Pin - 2pcs	<b>D12</b>  Knob -1 pc



**NOTE:**

Make sure that all parts are properly tightened before you use the HSM.

# FORMAT OF AFTER-SALE EMAIL



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.**

**support@gym-mikolo.com**