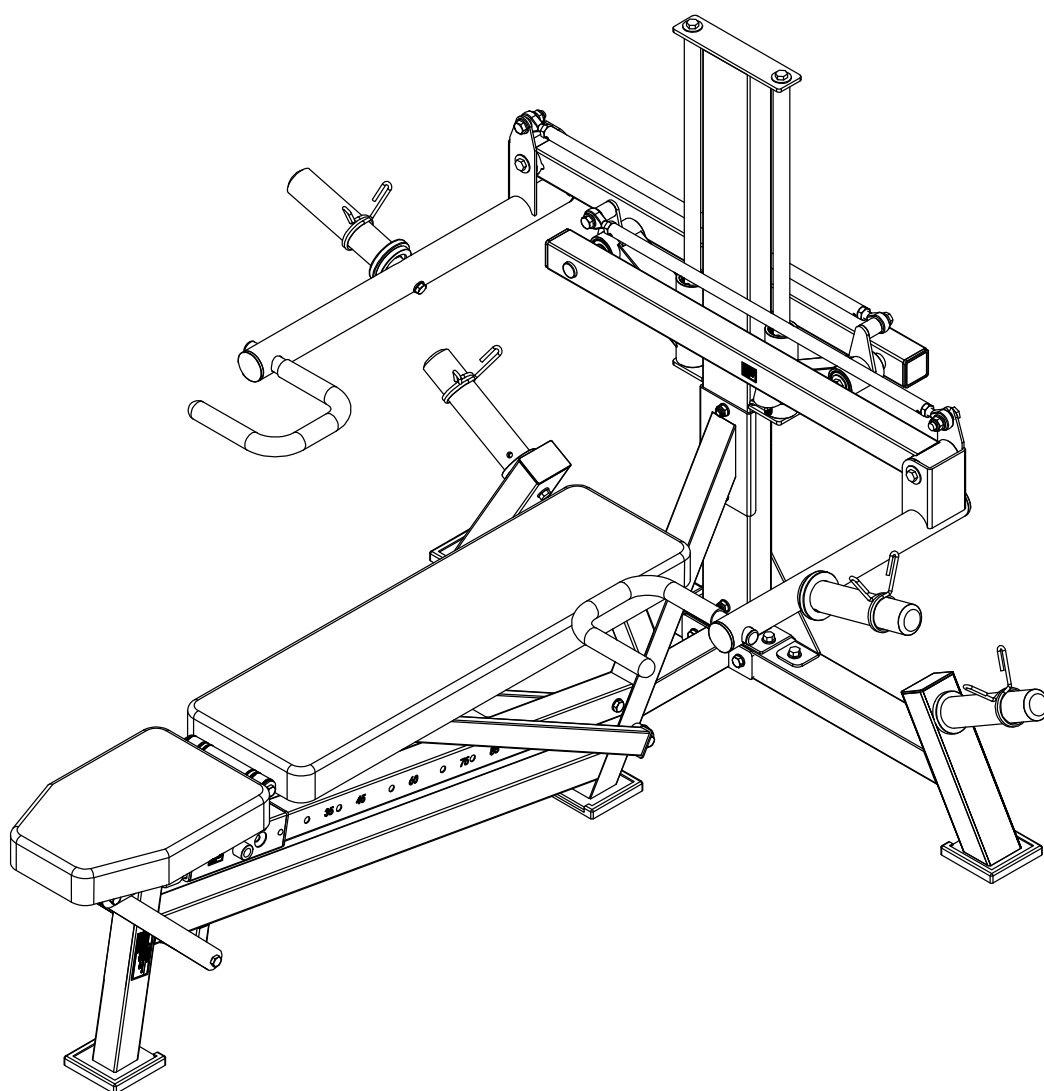


GMWD

ASSEMBLY INSTRUCTIONS



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



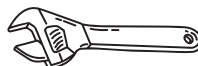
If you are missing any parts, or otherwise have any warranty issues, please contact us first.
support@gmwdfitness.com

Shortcut: A Lot of People Doing That Way

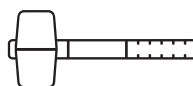
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

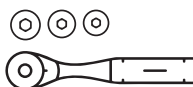
- Adjustable wrenches



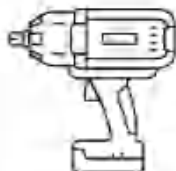
- Rubber hammers



- Socket set



- Electric Wrench



WARNING



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

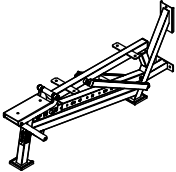
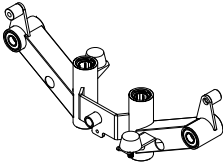
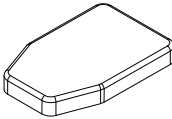
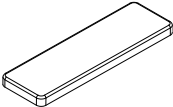


Sharp objects may be involved. Use precaution and protection.

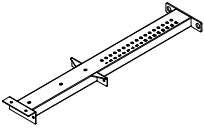
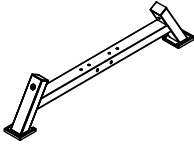
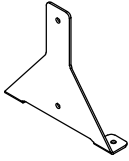
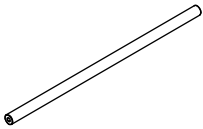
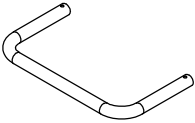
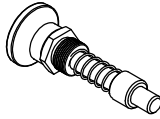
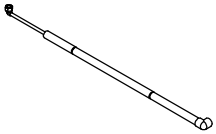
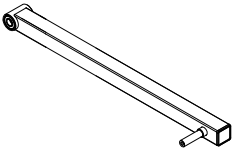
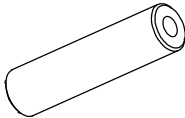
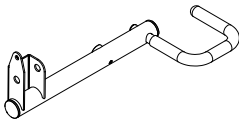
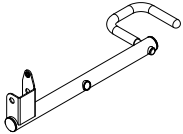
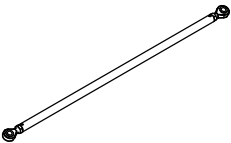
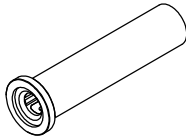
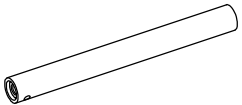


Heavy object. Use lifting aids and proper lifting techniques when moving

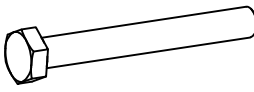
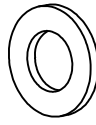
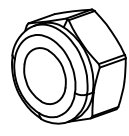
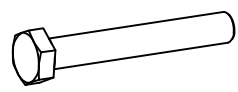
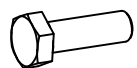
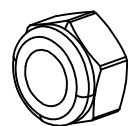
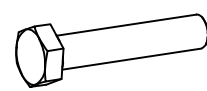
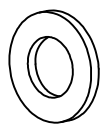
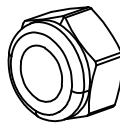
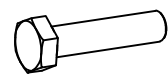
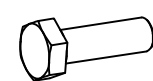
CARTON 1

A1Main frame1PC 	A7Sliding Frame1PC 	C2Seat Cushion1PC 	C3Backrest Cushion1PC 

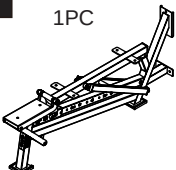
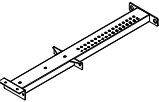
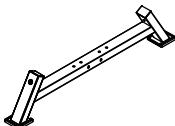
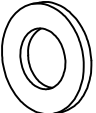
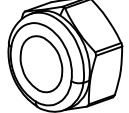
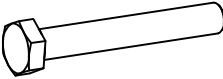
CARTON 2

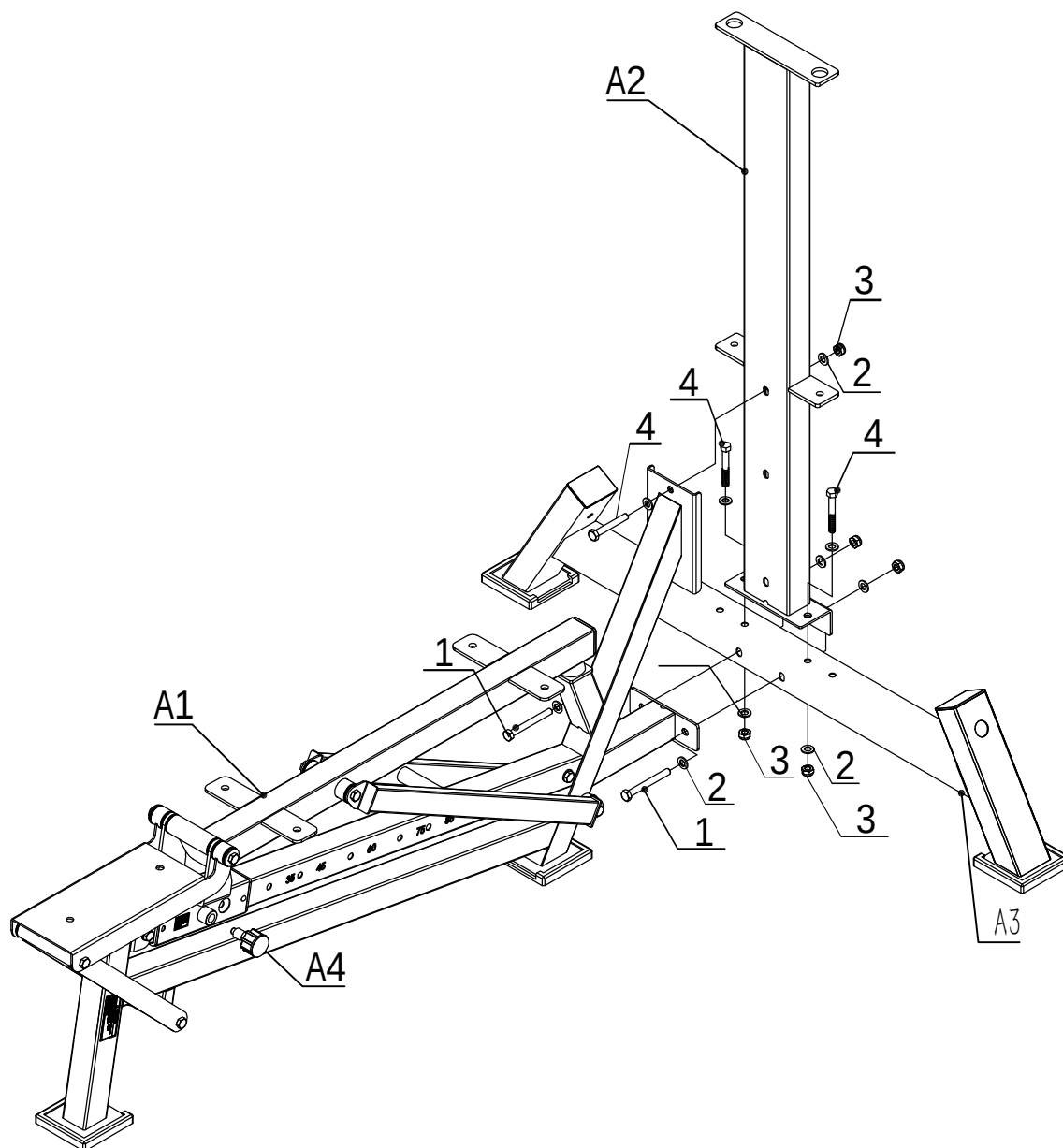
A2 Upright Supporting Tube 1PC 	A3 Rear Base Frame 1PC 	A4 Spring Knob 1PC 	A5 Triangular Reinforcement Plate 1PC 
A6 Guide Rod 2PCS 	A8 Handle Bar 1PC 	A9 Spring Pin Knob 1PC 	B1 Gas Spring 1PC 
B2 Handle Connecting Frame 2PCS 	B3 Shaft A D20*79.5 2PCS 	B4 Handle Frame Left 1PC 	B5 Handle Frame Right 1PC 
B6 Connecting Rod 2PCS 	B7 48mm Spring Clips 4PCS 	B8 Olympic Adapter 4PCS 	B9 Weight Storage Pin 4PCS 
C1 Shock Pad 2PCS 			

HARDWARE LIST (CARTON 2)

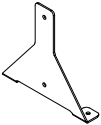
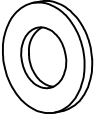
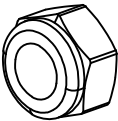
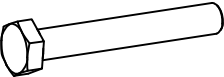
1 M10X95mm Bolt 2PCS 	2 M10 Washer 30PCS 	3 M10 Lock Nut 9PCS 	4 M10X70mm Bolt 7PCS 
5 M10X20mm Bolt 20PCS 	6 Washer (big) 10PCS 	7 M8 Lock Nut 1PC 	8 M12X45mm Bolt 2PCS 
9 M12 Washer 6PCS 	10 M12 Lock Nut 2PCS 	11 M12X30mm Bolt 2PCS 	12 M10X30mm Bolt 2PCS 

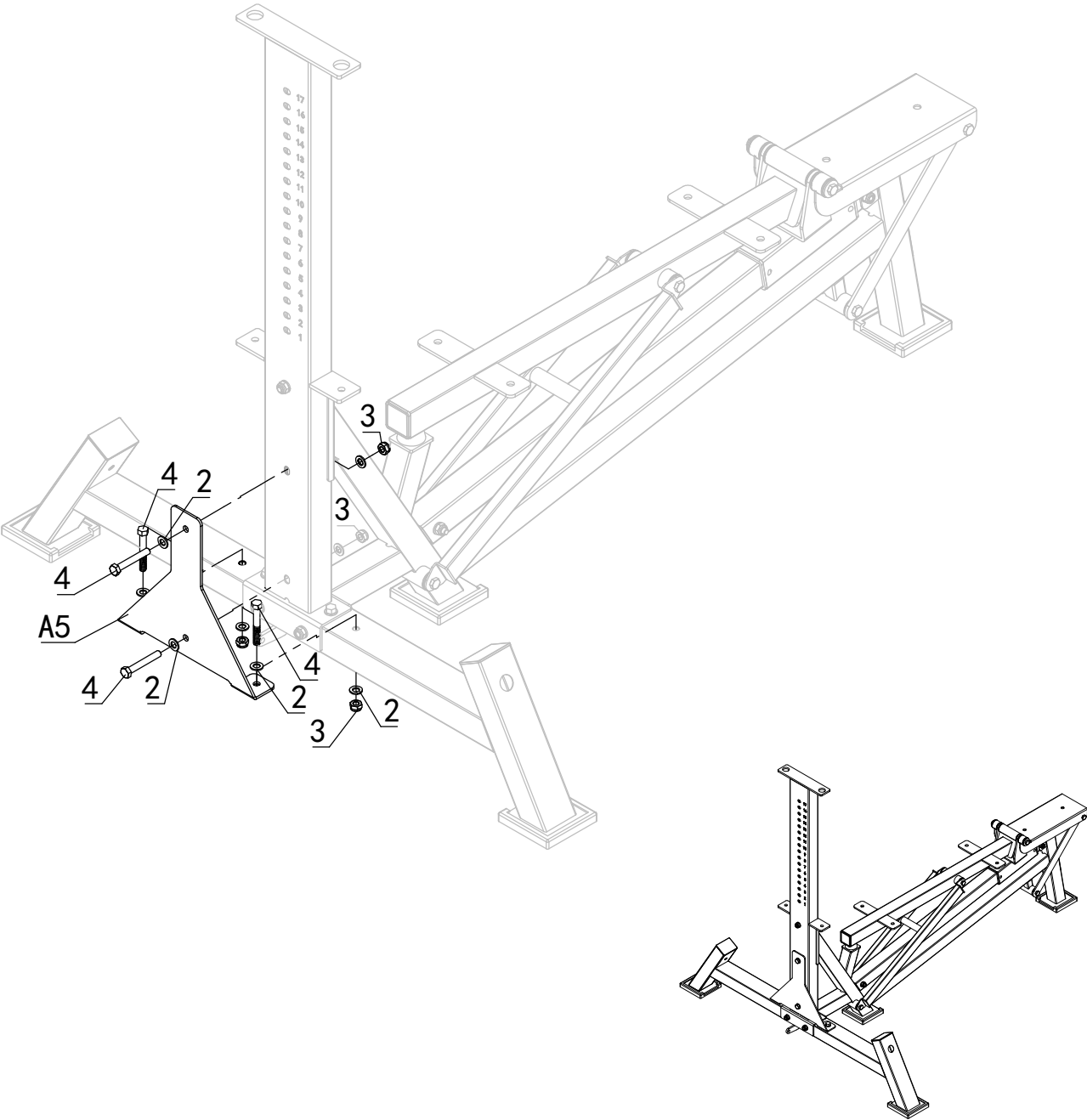
STEP: 1

A1 Main frame 1PC 	A2 Upright Supporting Tube 1PC 	A3 Rear Base Frame 1PC 	A4 Spring Knob 1PC 	1 M10X95mm Bolt 2PCS 
2 M10 Washer 10PCS 	3 M10 Lock Nut 5PCS 	4 M10X70mm Bolt 3PCS 		



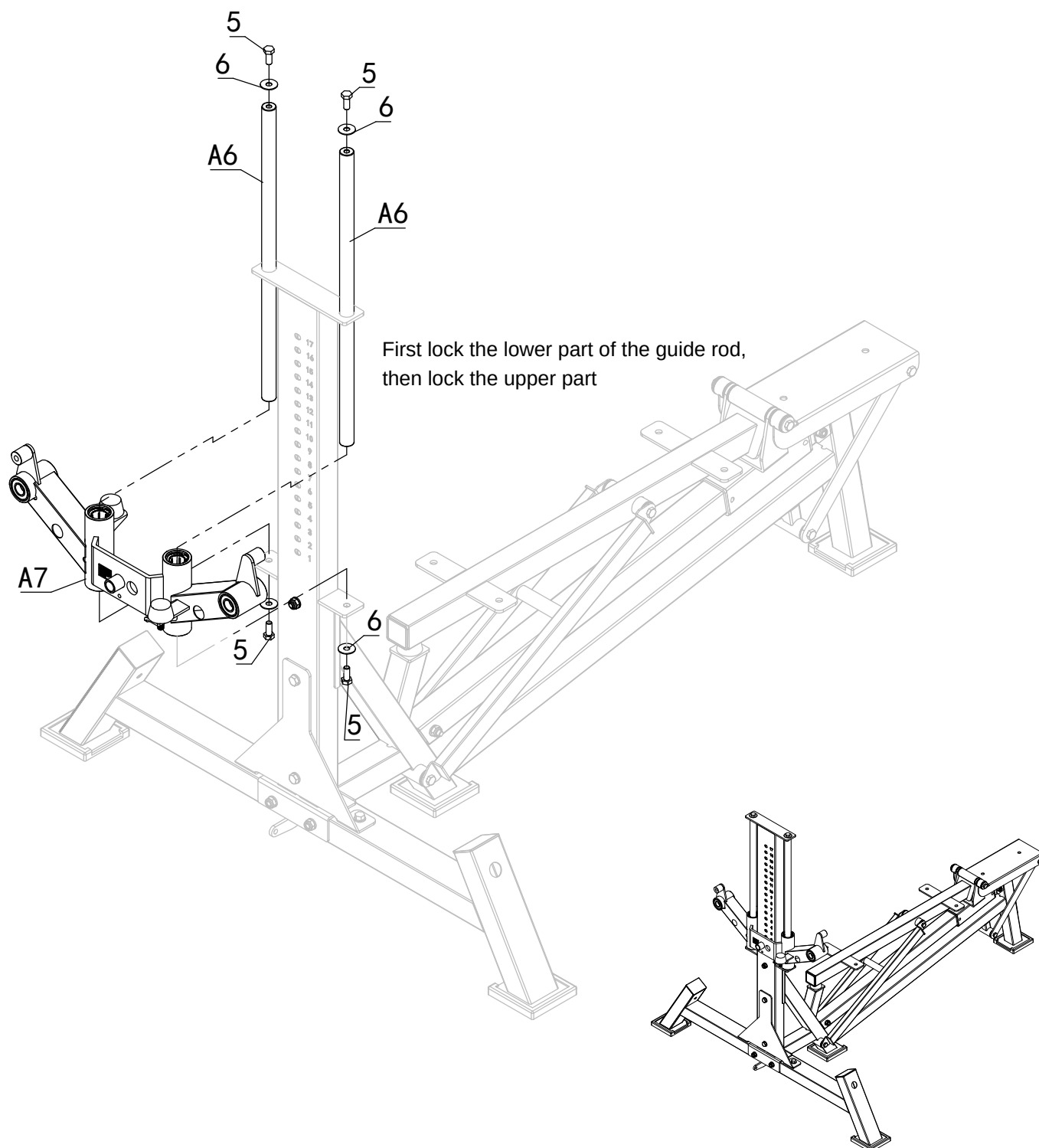
STEP: 2

A5	Triangular Reinforcement Plate 1PC	2	M10 Washer 8PCS	3	M10 Lock Nut 4PCS	4	M10X70mm Bolt 4PCS
							



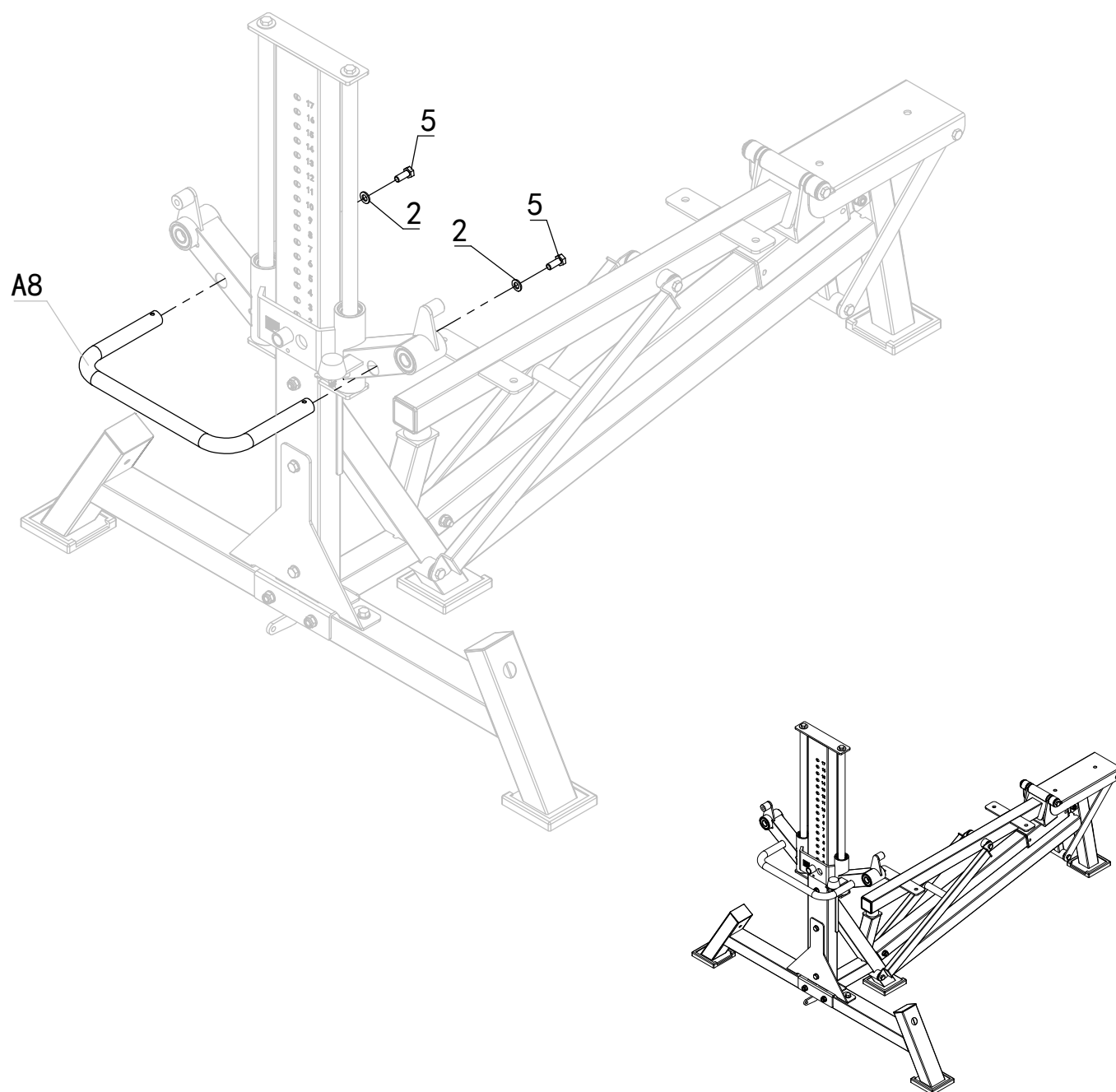
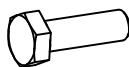
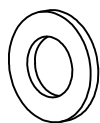
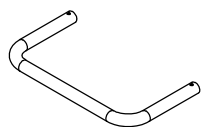
STEP: 3

A6 Guide Rod 2PCS	A7 Sliding Frame 1PC	5 M10X20mm Bolt 4PCS	6 Washer (big) 4PCS
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STEP: 4

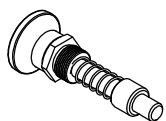
- | | | | | | |
|-----------|-------------------|----------|--------------------|----------|-----------------------|
| A8 | Handle Bar
1PC | 2 | M10 Washer
2PCS | 5 | M10X20mm Bolt
2PCS |
|-----------|-------------------|----------|--------------------|----------|-----------------------|



STEP: 5

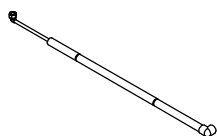
A9

Spring Pin Knob
1PC



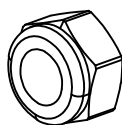
B1

Gas Spring
1PC

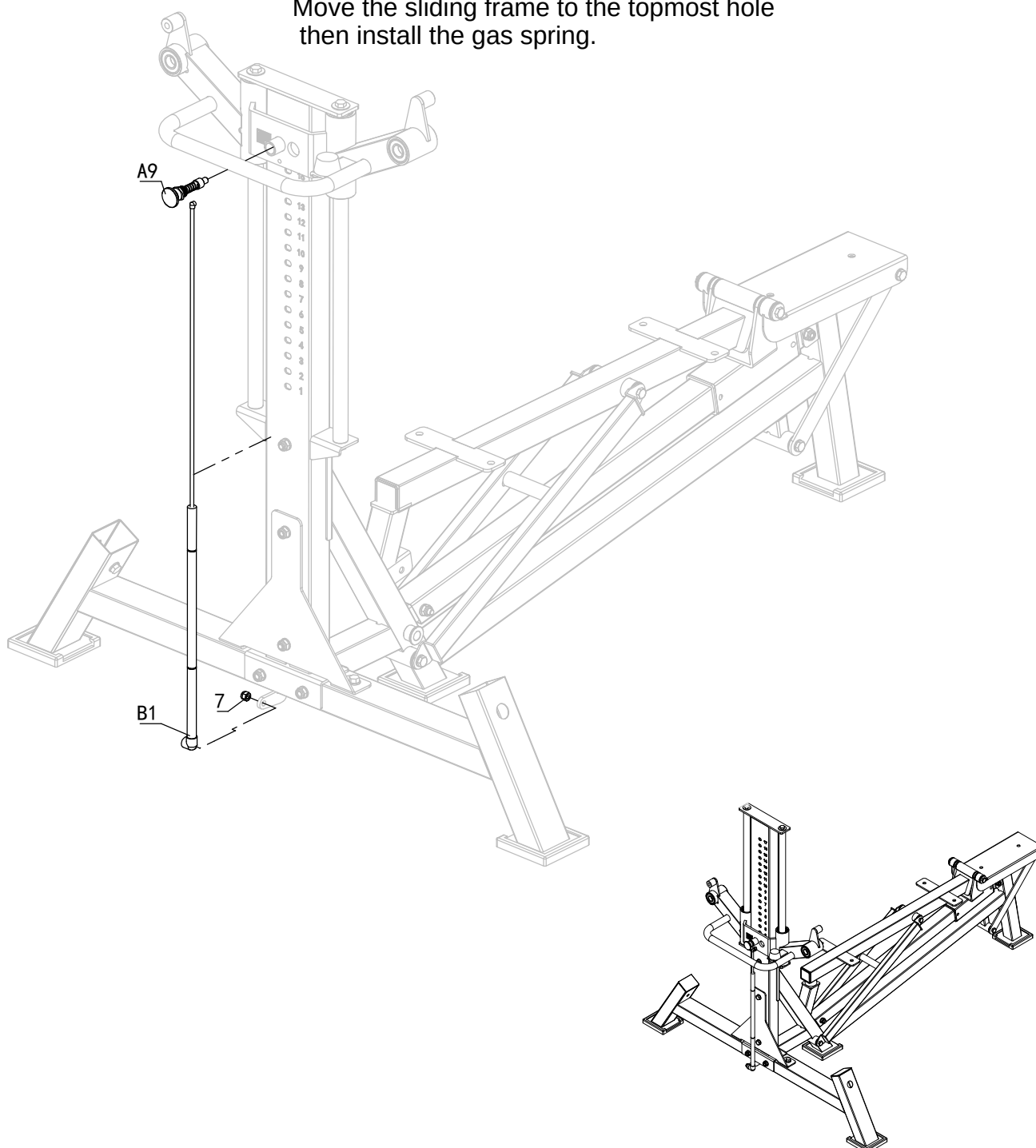


7

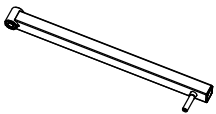
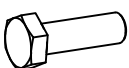
M8 Lock Nut
1PC

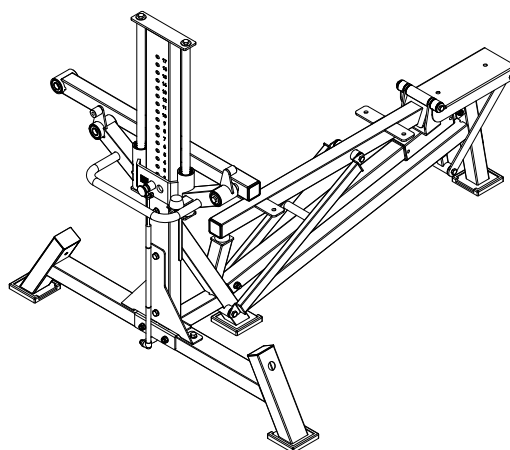
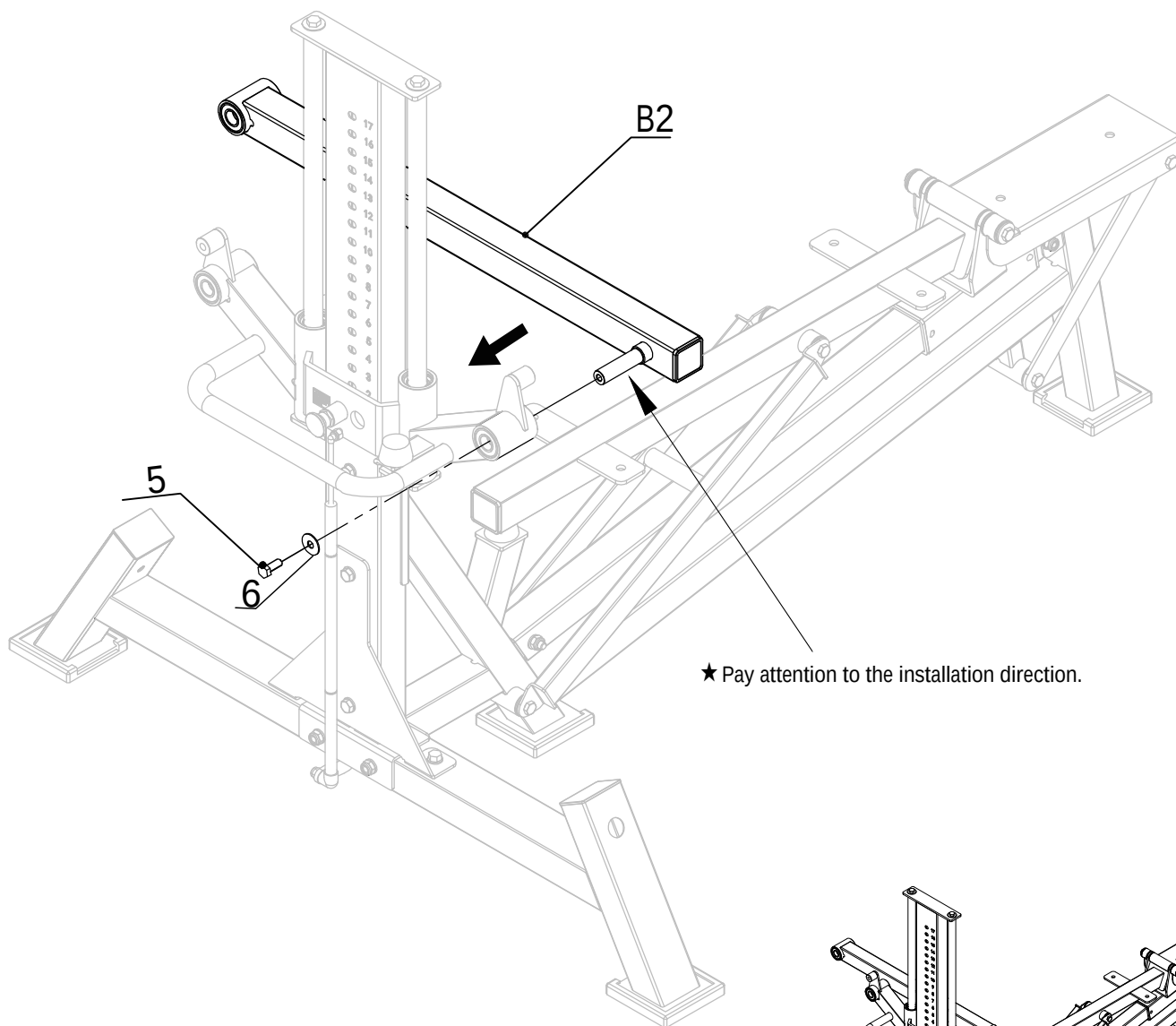


Move the sliding frame to the topmost hole
then install the gas spring.

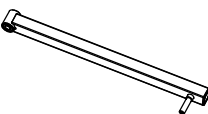
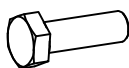


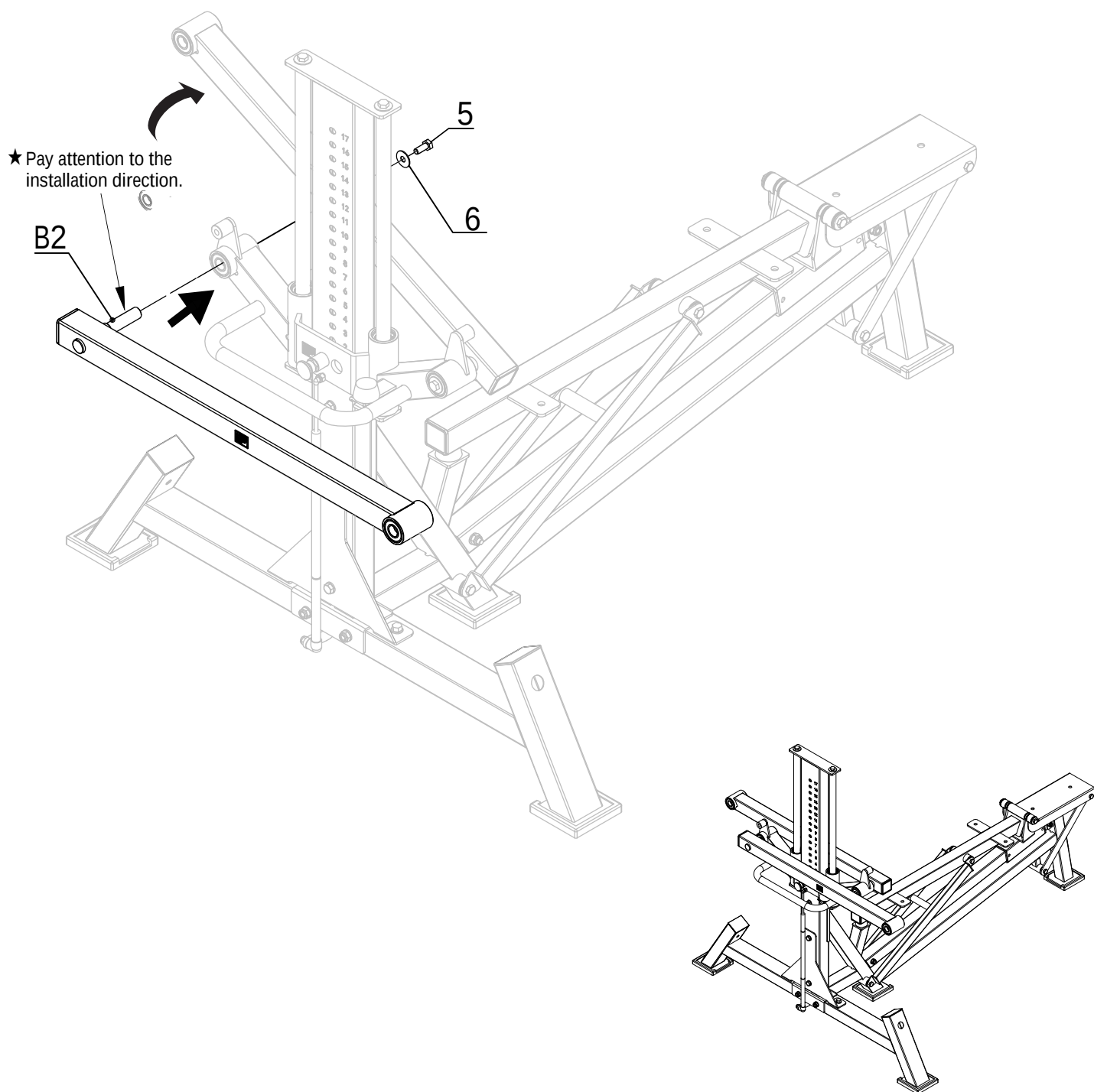
STEP: 6

B2	Handle Connecting Frame 1PC	5	M10X20mm Bolt 1PC	6	Washer (big) 1PC
					



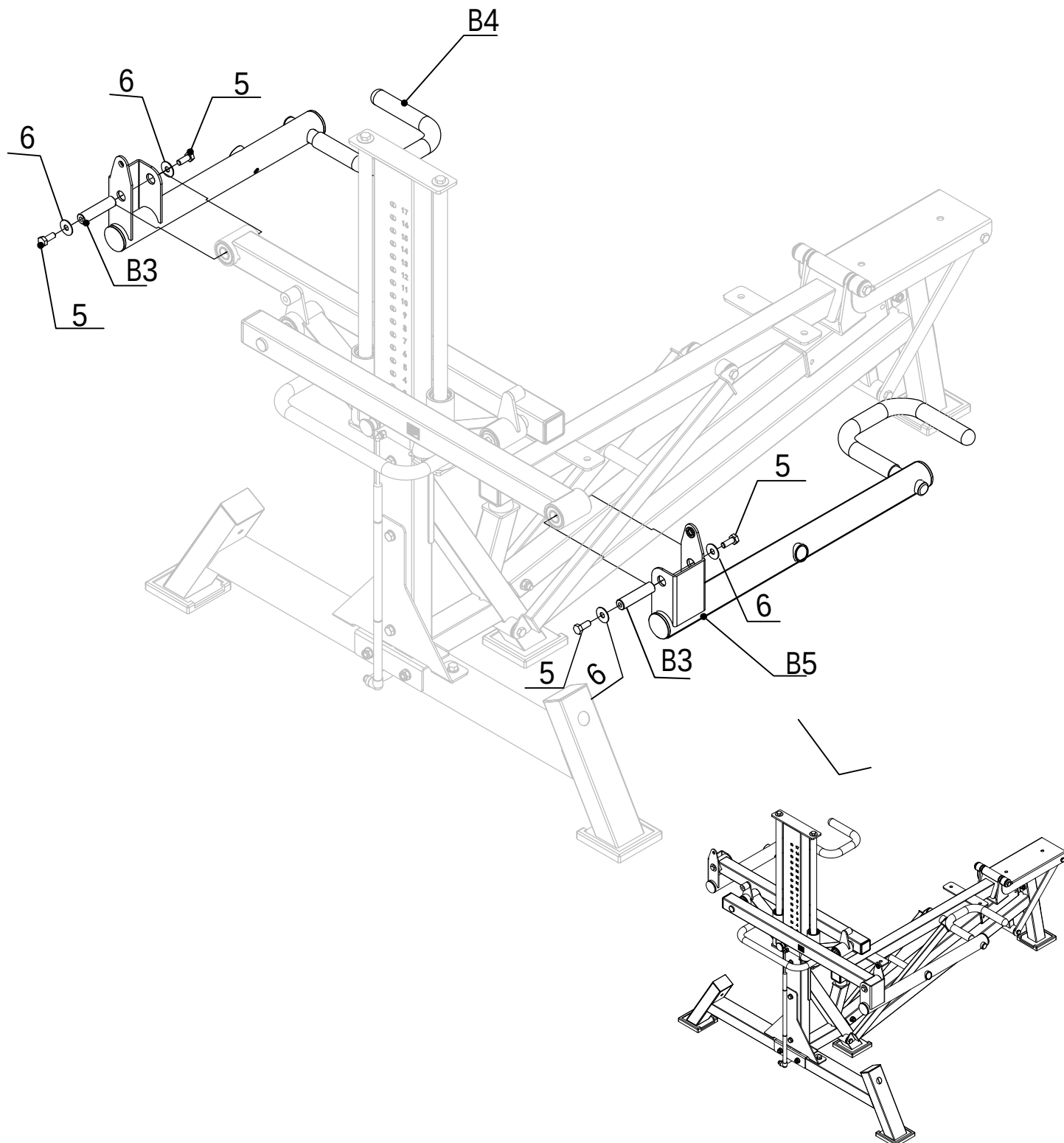
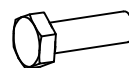
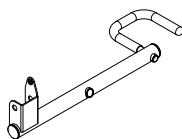
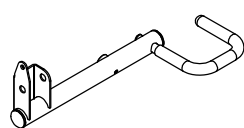
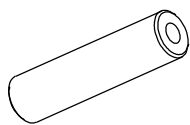
STEP: 7

B2	Handle Connecting Frame 1PC	5	M10X20mm Bolt 1PC	6	Washer (big) 1PC
					



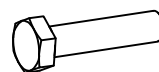
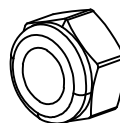
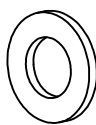
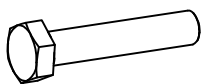
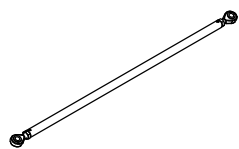
STEP: 8

B3	Shaft A D20*79.5 2PCS	B4	Handle Frame Left 1PC	B5	Handle Frame Right 1PC	5	M10X20mm Bolt 4PCS	6	Washer (big) 4PCS
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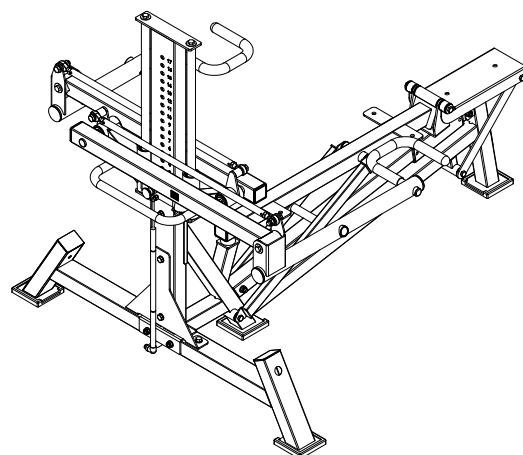
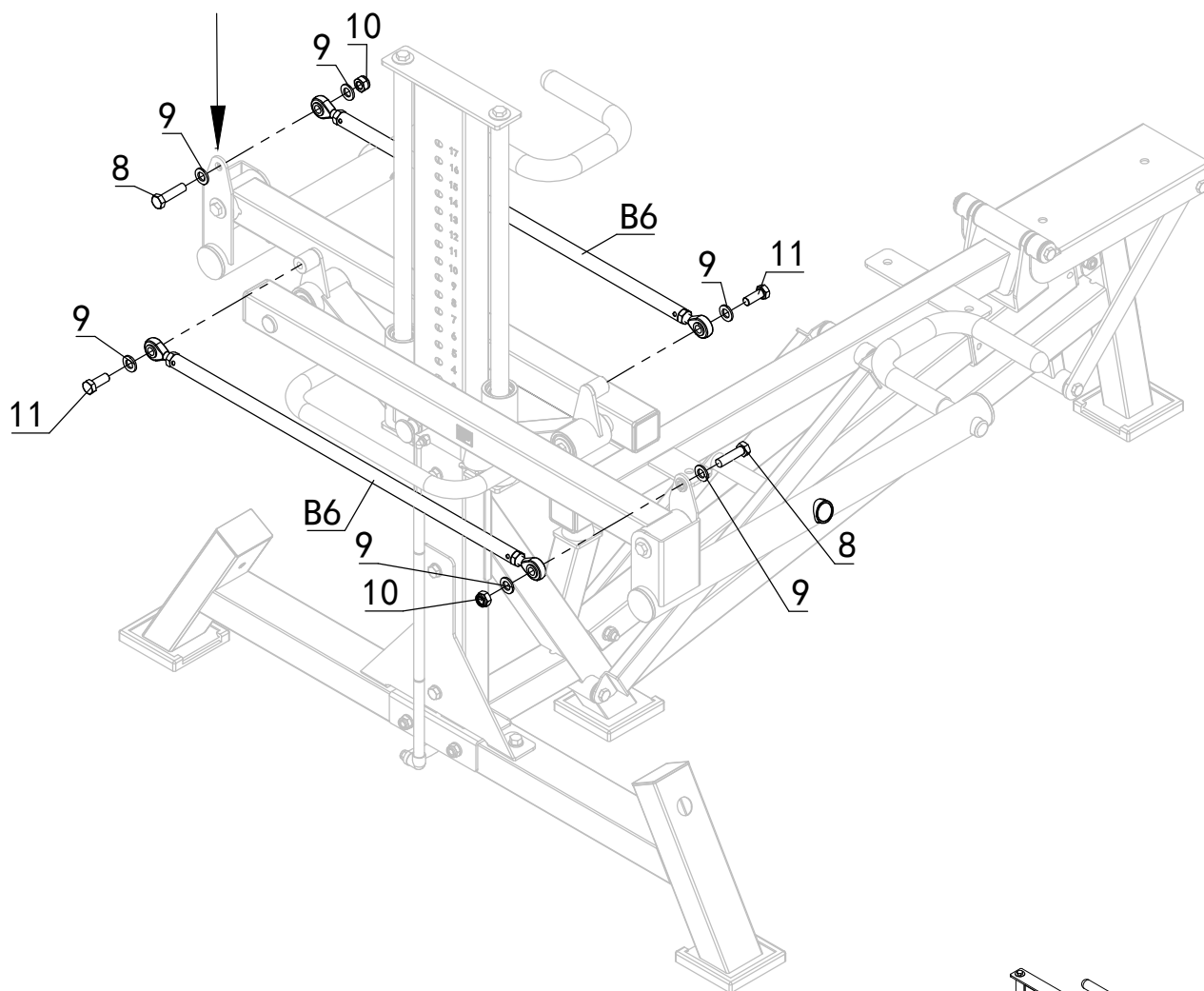


STEP: 9

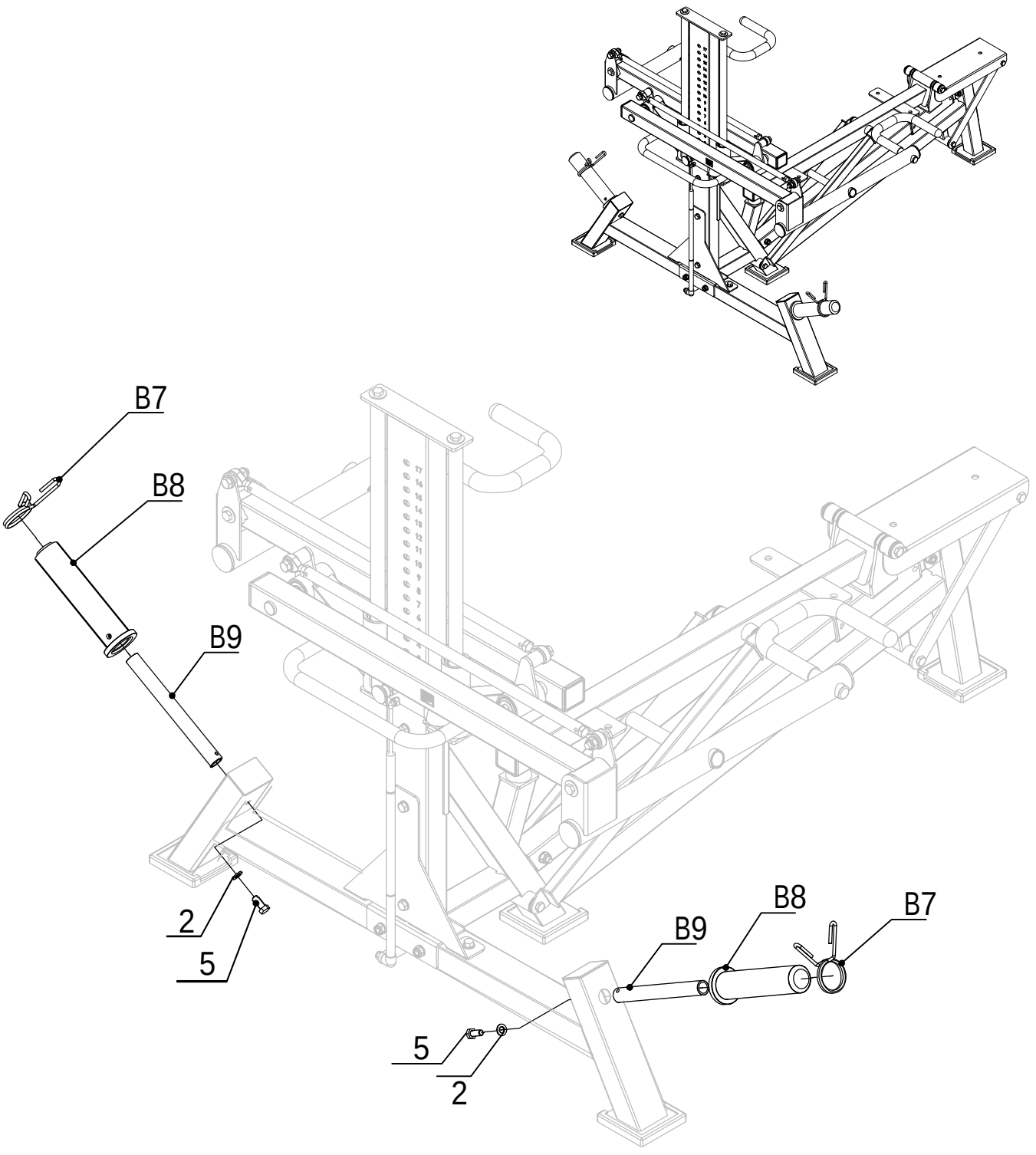
- | | | | | | | | | | |
|-----------|------------------------|----------|-----------------------|----------|--------------------|-----------|----------------------|-----------|-----------------------|
| B6 | Connecting Rod
2PCS | 8 | M12X45mm Bolt
2PCS | 9 | M12 Washer
6PCS | 10 | M12 Lock Nut
2PCS | 11 | M12X30mm Bolt
2PCS |
|-----------|------------------------|----------|-----------------------|----------|--------------------|-----------|----------------------|-----------|-----------------------|



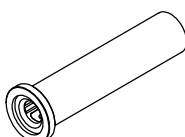
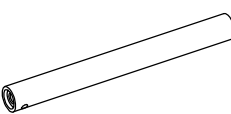
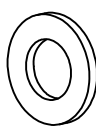
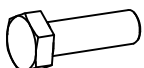
★If B4 and B5 are not perpendicular to the ground,
please adjust B6

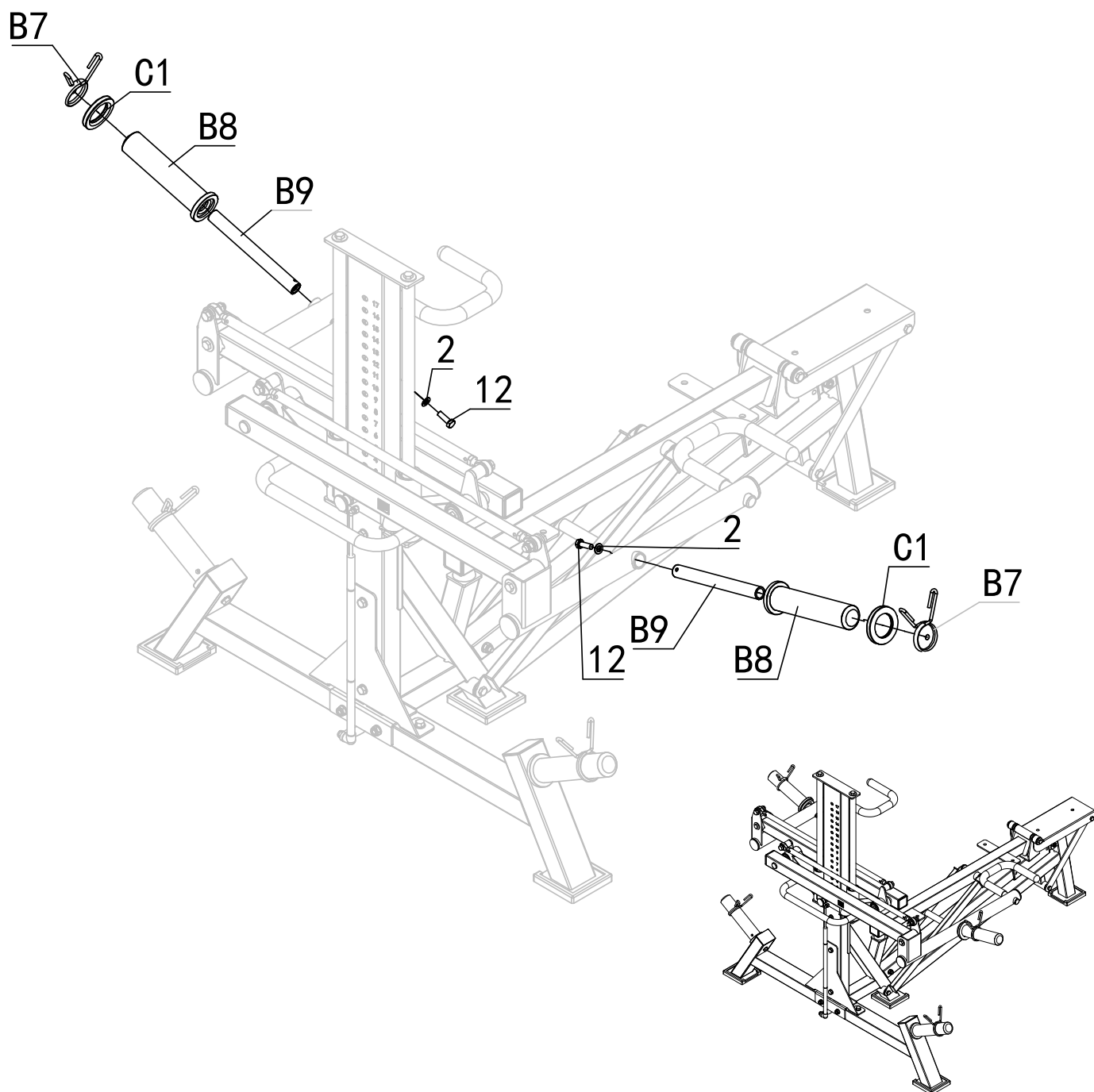


STEP: 10

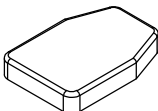
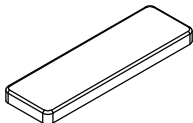
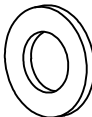
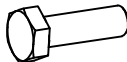
B7	48mm Spring Clips 2PCS	B8	Olympic Adapter 2PCS	B9	Weight Storage Pin 2PCS	2	M10 Washer 2PCS	5	M10X20mm Bolt 2PCS
									

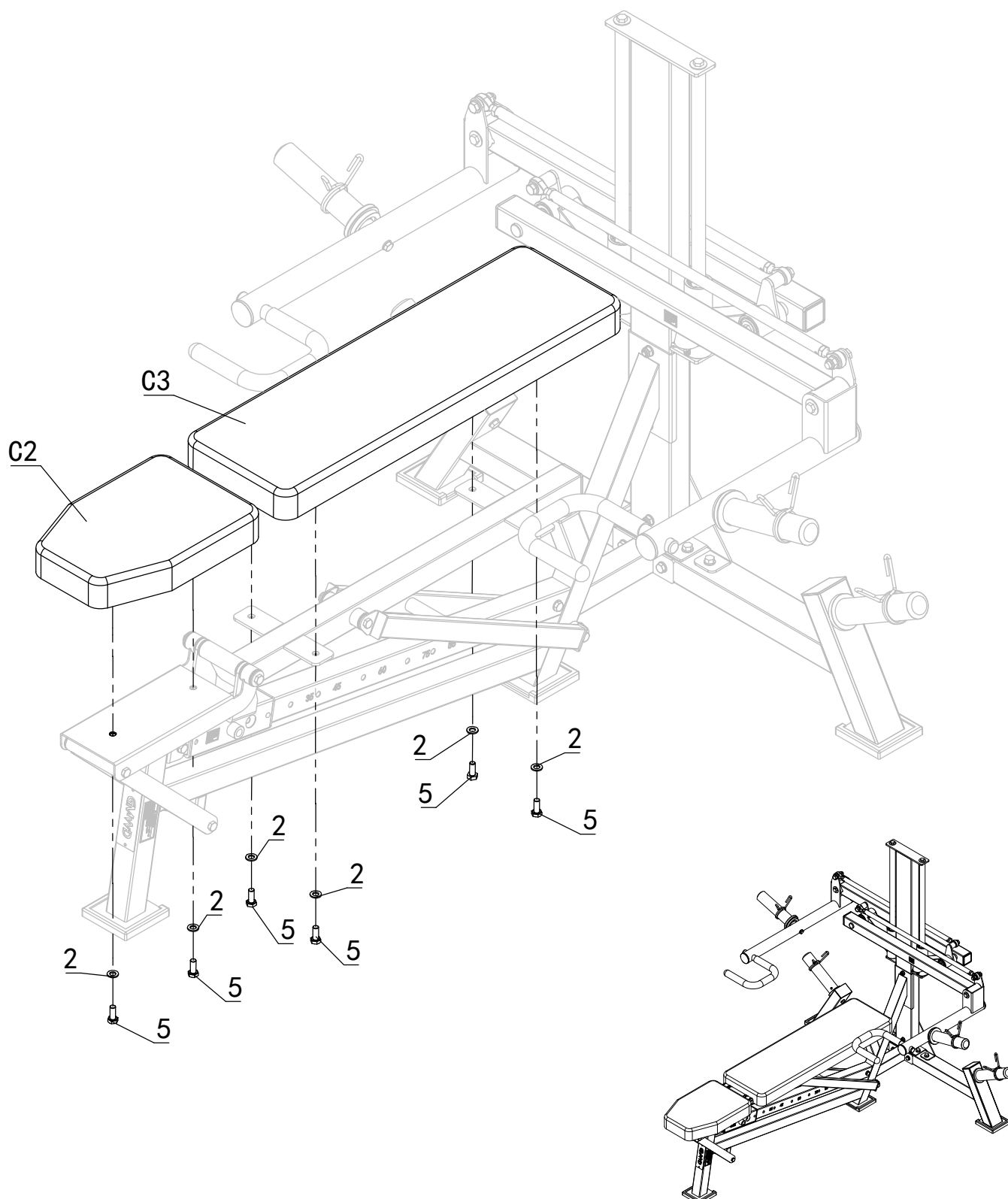
STEP: 11

B7 48mm Spring Clips 2PCS 	B8 Olympic Adapter 2PCS 	B9 Weight Storage Pin 2PCS 	C1 Shock Pad 2PCS 	2 M10 Washer 2PCS 
12 M10X30mm Bolt 2PCS 				

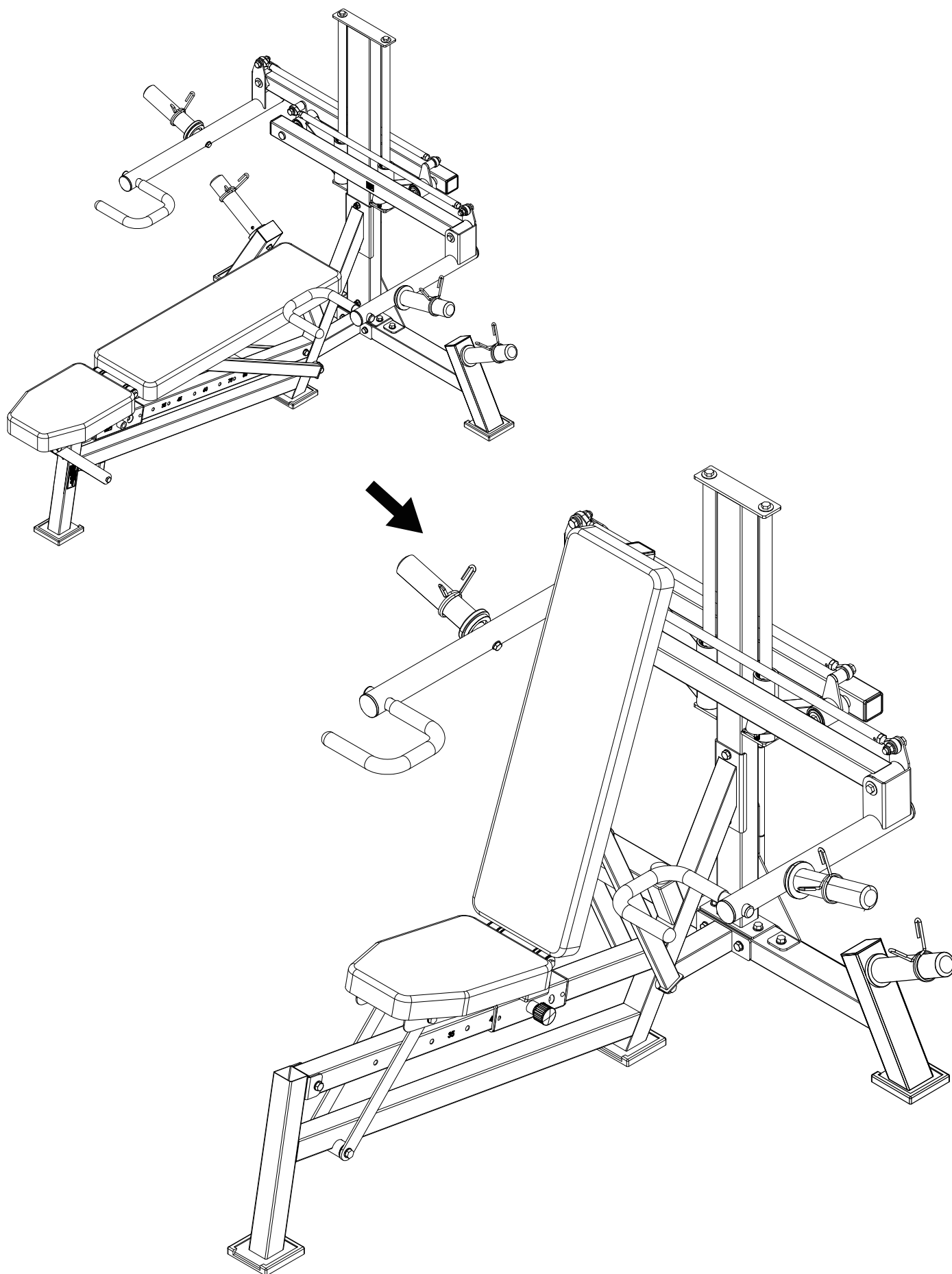


STEP: 12

C2	Seat Cushion 1PC	C3	Backrest Cushion 1PC	2	M10 Washer 6PCS	5	M10X20mm Bolt 6PCS
							



INSTALLATION IS COMPLETE



FORMAT OF AFTER-SALE EMAIL

The screenshot shows an email draft interface with the following elements:

- Header:** "Draft saved" with a close button.
- Recipients:** A field containing "Amazon-1234567890-Package Lost" and "SUBJECT EXAMPLE".
- Subject:** "Platform-Order Number-Issue".
- Body:** A large text area with the placeholder "Describe your issue here".
- Footer:** A message "Welcome to attach the pictures to help us get more understands with your issue" and a rich text editor toolbar.

The rich text editor toolbar includes buttons for undo, redo, font face (Sans Serif), 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, with a red arrow pointing to it from the text below.

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@gmwdfitness.com