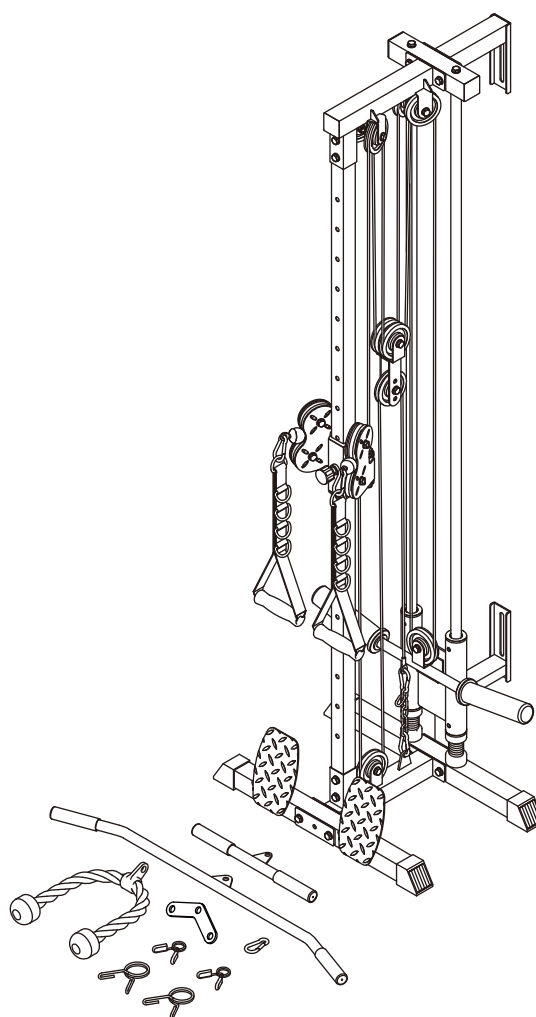




ASSEMBLY INSTRUCTIONS

ER-01



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

Assembly Caution	-----	4
Part List	-----	5
Hardware List	-----	6
Step 1	-----	7
Step 2	-----	8
Step 3	-----	9
Step 4	-----	10
Step 5	-----	11
CABLE DIAGRAM 5	-----	12
Step 6	-----	13
Step 7	-----	14
Step 8	-----	15
Step 9	-----	16

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

Step 10	-----	17
Step 11	-----	18
Step 12	-----	19
Step 13	-----	20
Step 14	-----	21
ADJUSTMENT	-----	22
After-Sale Information	-----	25

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

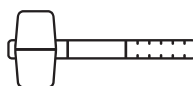
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

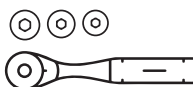
- Adjustable wrenches



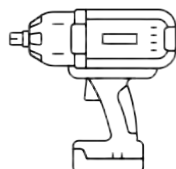
- Rubber hammers



- Socket set



- Electric Wrench



WARNING



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

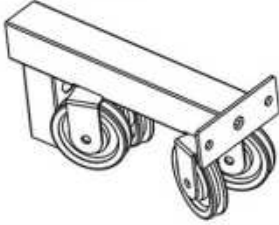
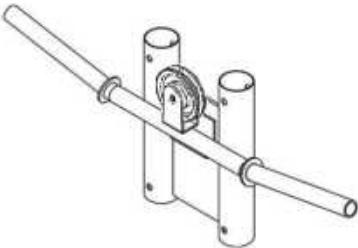
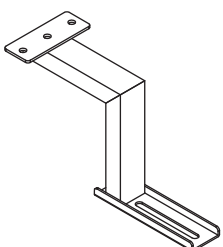
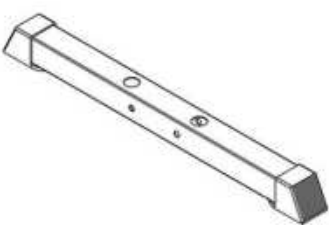
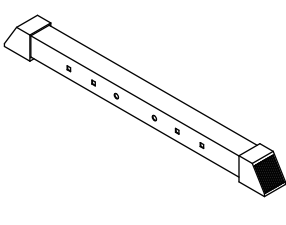
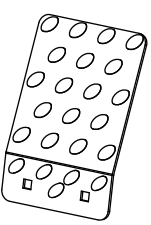
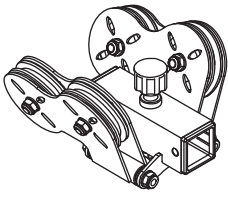
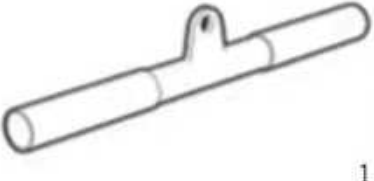
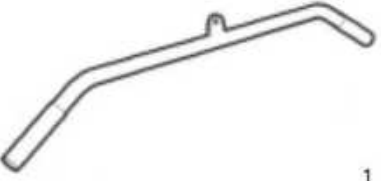
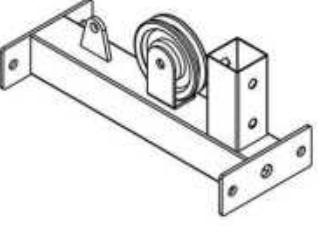
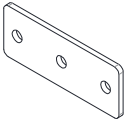
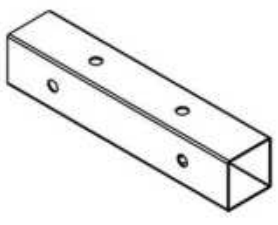
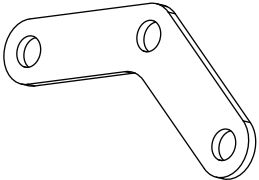


Sharp objects may be involved. Use precaution and protection.

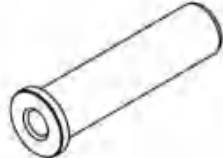
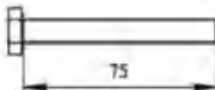
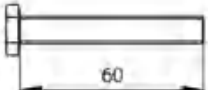
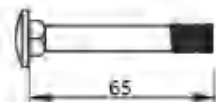
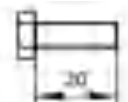
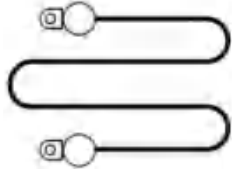
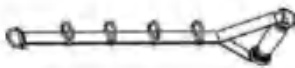


Heavy object. Use lifting aids and proper lifting techniques when moving

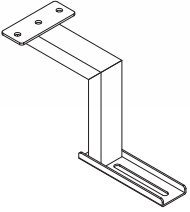
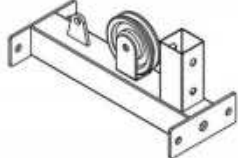
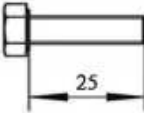
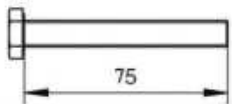
PART LIST

1 Top Frame  1	2 Top Bracket  1	3 Guide Rod  2
4 Main Upright Tube  1	5 Moving Pulley  1	6 Weight Holder  1
7 Bottom Bracket  1	8 Rear Base  1	9 Front Base  1
10 Foot Pedal  2	11 Sliding Pulley Set  1	12 Cable Bar  1
13 Lat Pull Down Bar  1	14 Guide Rod Base  1	15 Plate  1
16 Rear Upper Tube  1	37 Bracket  1	

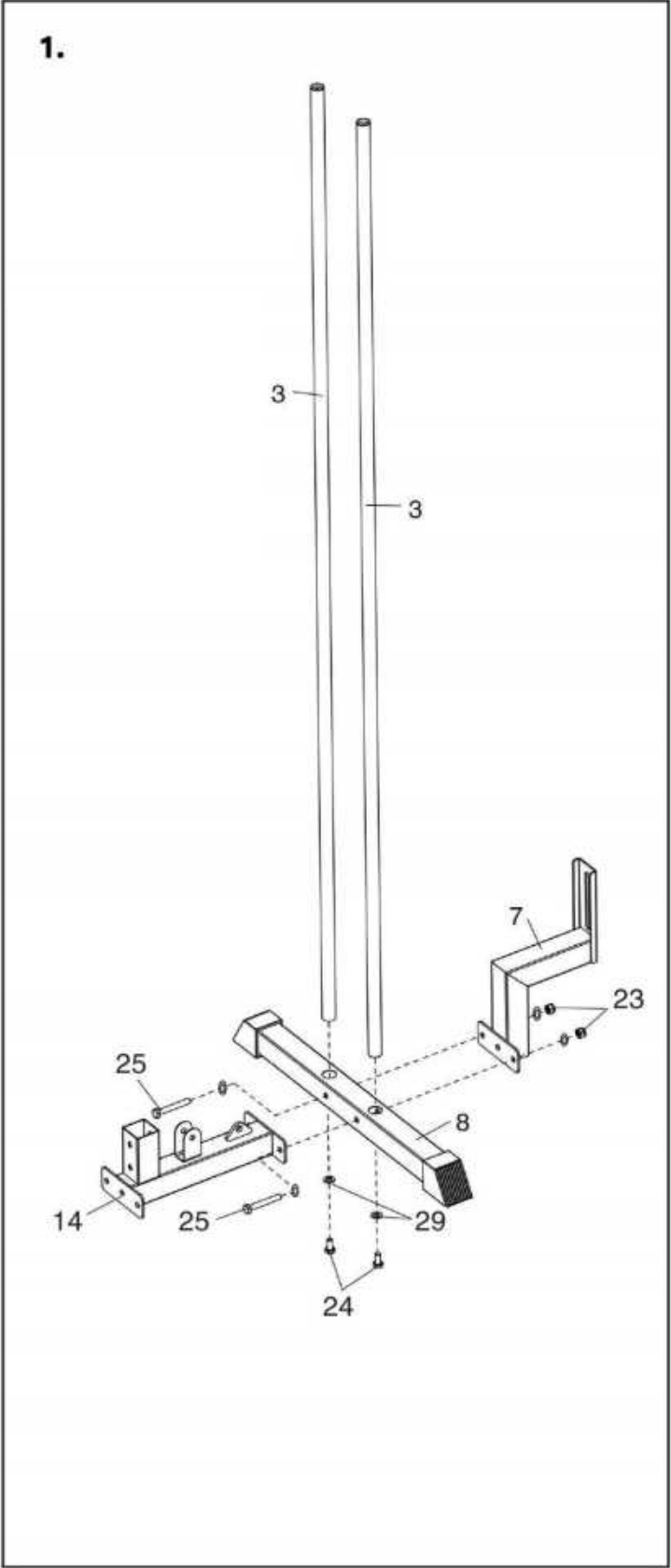
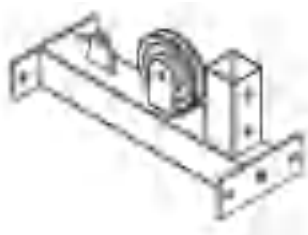
HARDWARE LIST

17 1 " Barbell Clamps  2	18 Tricep Rope  1	19 2 " Barbell Clamps  2	20 Clip  5
21 Olympic Adapter  2	22 Shock Pad  4	23 M10 Jam Nut  10	24 M10x25mm Bolt  4
25 M10x75mm Bolt  6	26 M10x60mm Bolt  4	27 M8x65mm Bolt  4	28 M10x20mm Bolt  1
29 M10 Washer  26	30 M25 Washer  2	31 Cable A 7800mm  1	32 Wood Screws M10*70mm Bolt  2
33 Spring  2	34 Cable Handle  2	35 Cable B 3420mm  1	36 Link Chain  1
37 M8 Jam Nut  4	38 M8 Washer  4		

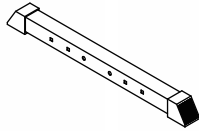
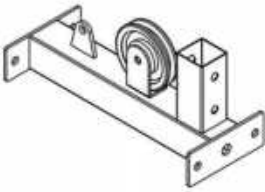
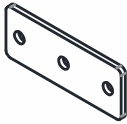
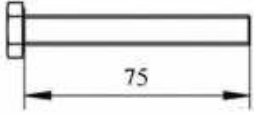
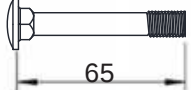
STEP1:

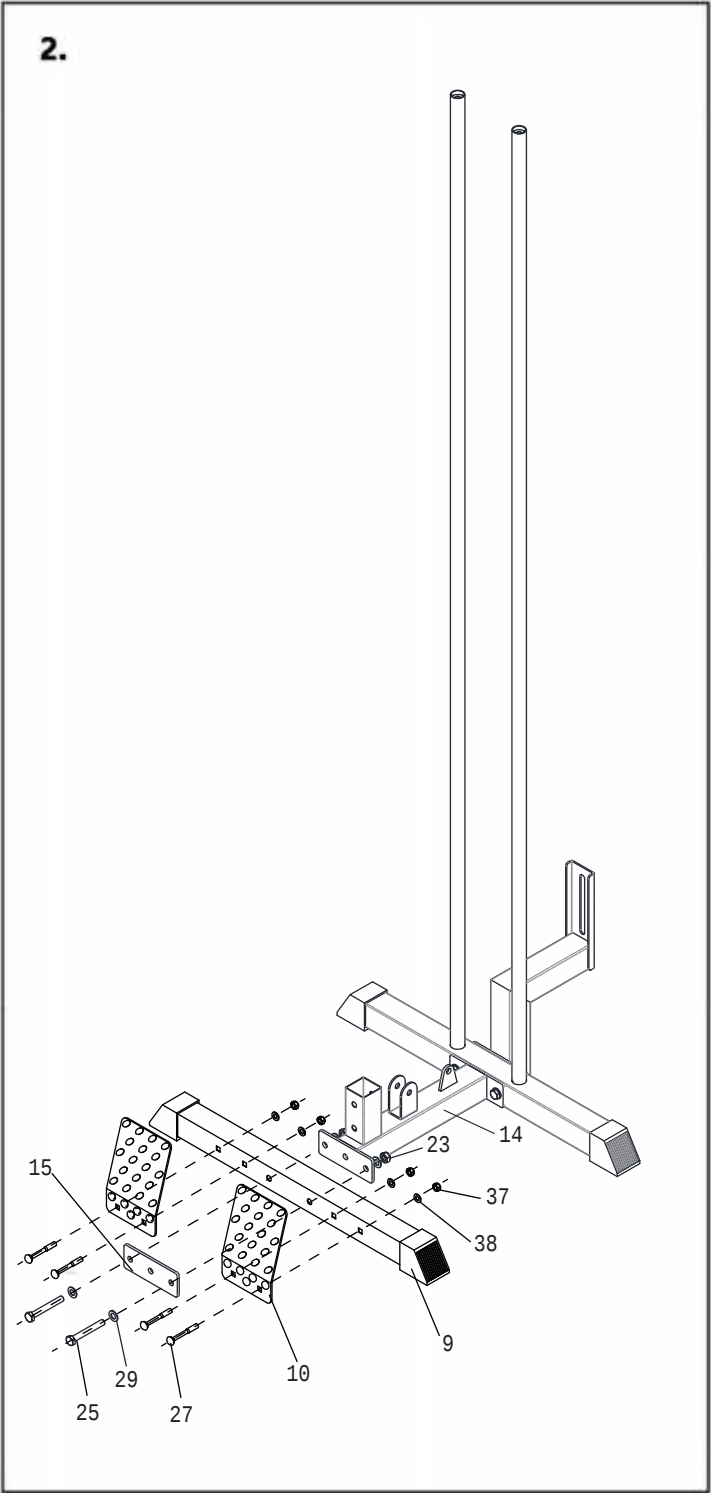
3 Guide Rod  2	7 Bottom Bracket  1
8 Rear Base  1	14 Guide Rod Base  1
23 M10 Jam Nut  2	24 M10 x 25mm Bolt  2
25 M10 x 75mm Bolt  2	29 M10 Washer  6

During installation, please remove the pulley of part 14 and keep the relevant bolts and washers.

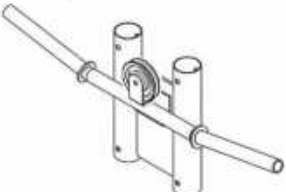
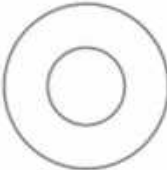


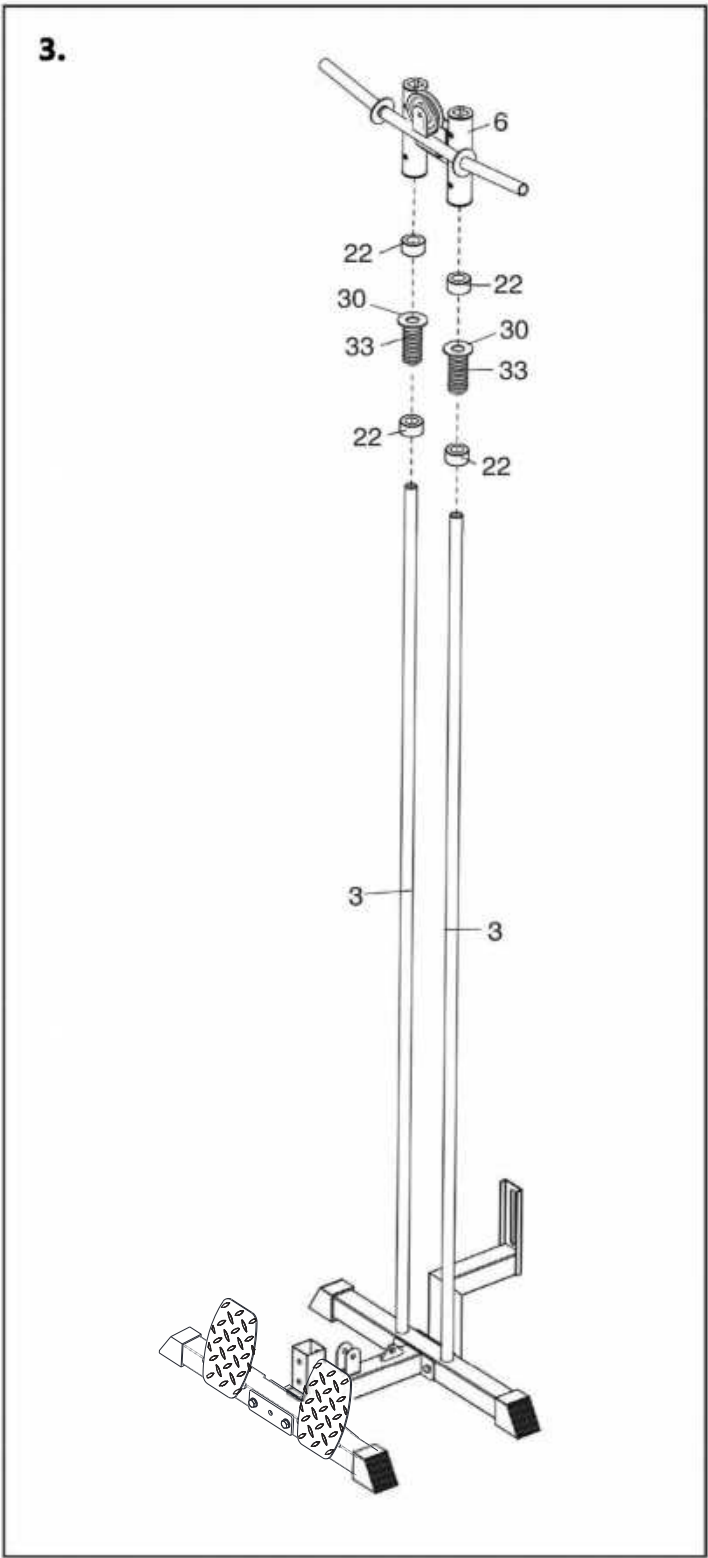
STEP2:

9 Front Base  1	10 Foot Pedal  2
14 Guide Rod Base  1	15 Plate  1
23 M10 Jam Nut  2	25 M10 x 75mm Bolt  2
27 M8x65mm Bolt  4	29 M10 Washer  4
37 M8 Jam Nut  4	38 M8 Washer  4

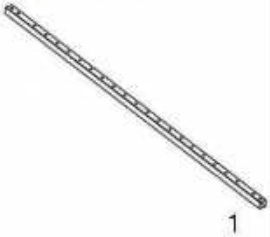
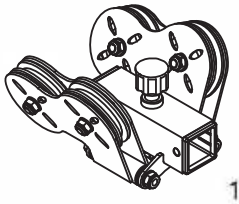
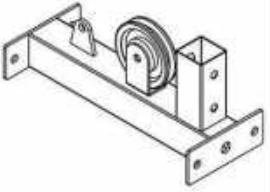
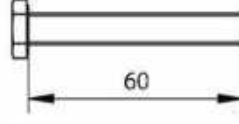


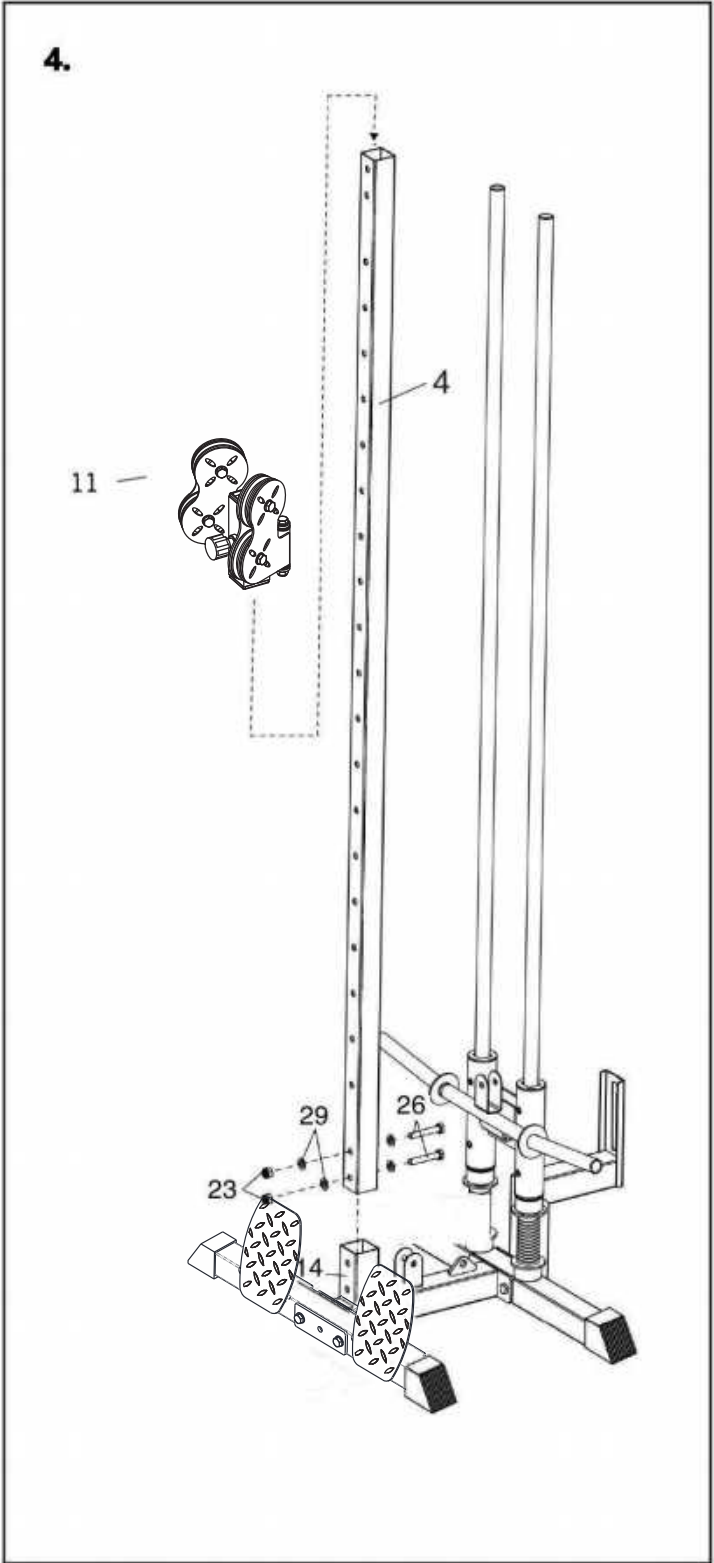
STEP3:

3 Guide Rod  2	6 Weight Holder  1
33 Spring  2	22 Shock Pad  4
30 M25 Washer  2	

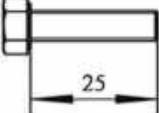
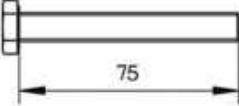
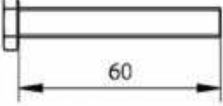
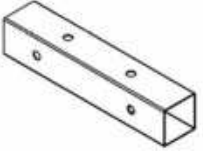


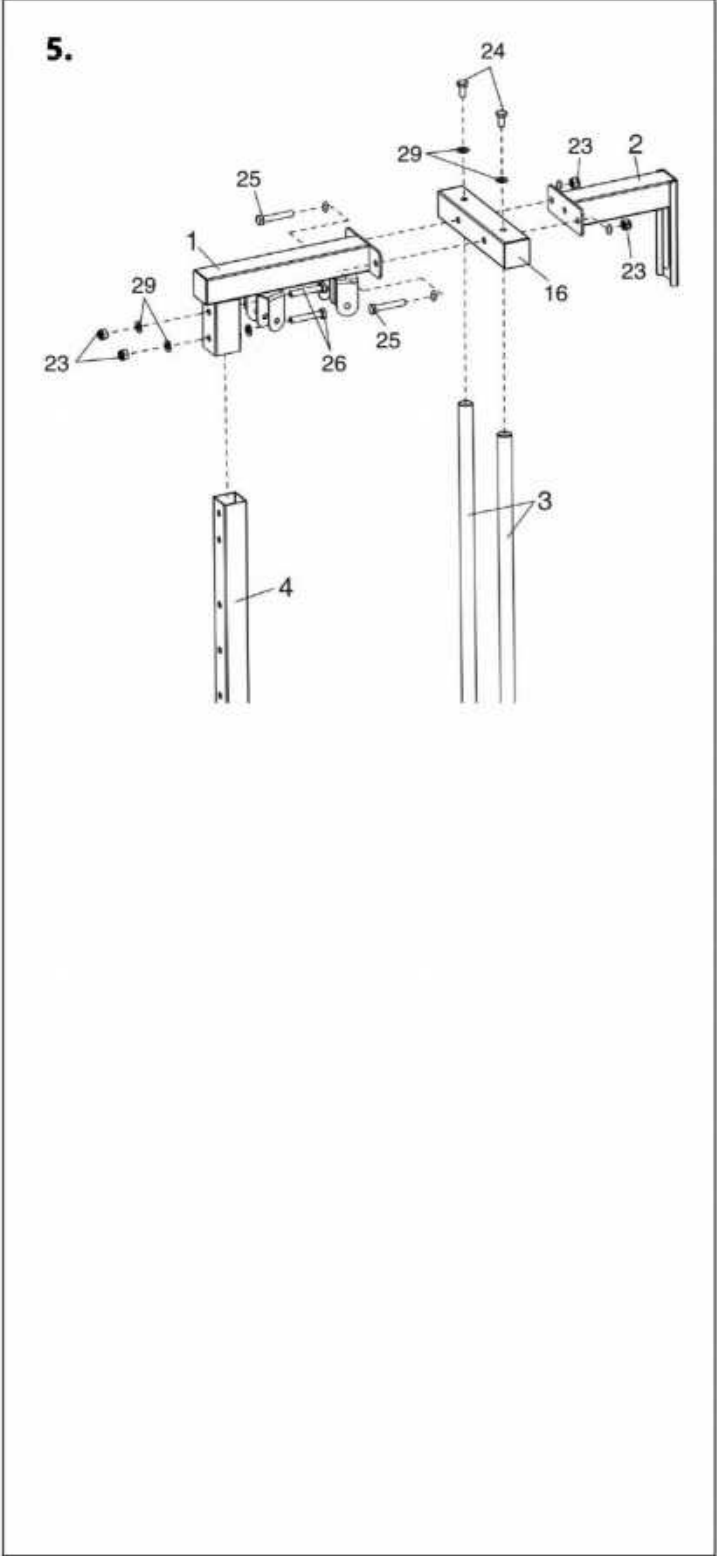
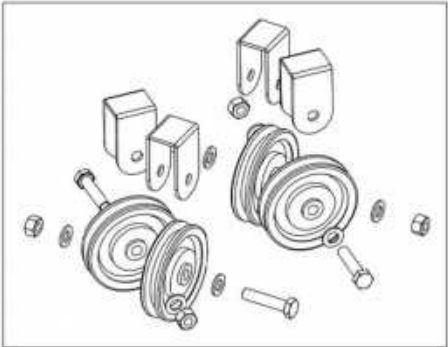
STEP4:

4 Main Upright Tube  1	11 Sliding Pulley Set  1
14 Guide Rod Base  1	23 M10 Jam Nut  2
26 M10 X 60mm Bolt  2	29 M10 Washer  4



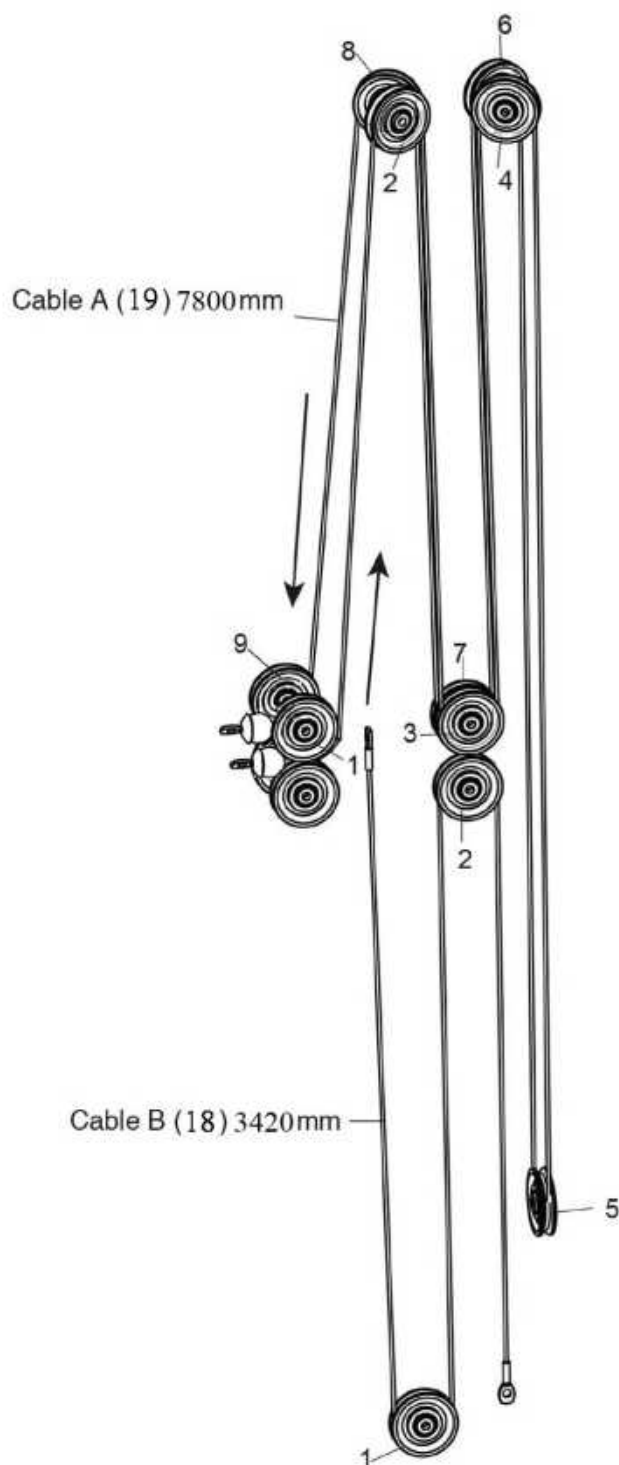
STEP5:

1 Top Frame  1	2 Top Bracket  1
3 Guide Rod  2	4 Main Upright Tube  1
23 M10 Jam Nut  4	24 M10 x 25mm Bolt  2
25 M10 x 75mm Bolt  2	26 M10 X 60mm Bolt  2
29 M10 Washer  10	16 Rear Upper Rod  1

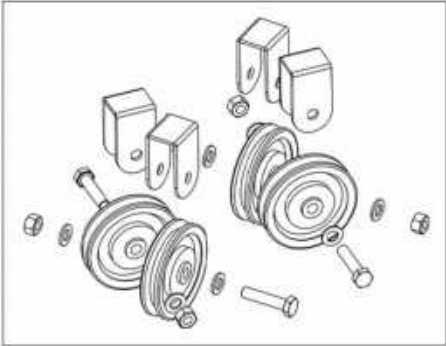
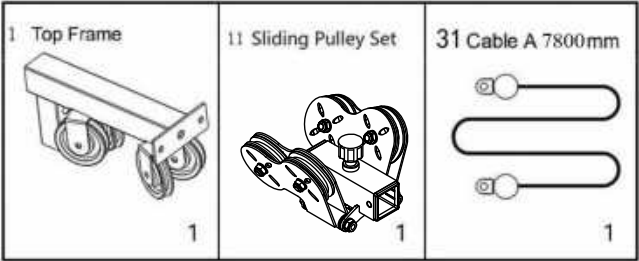


CABLE DIAGRAM 5:

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

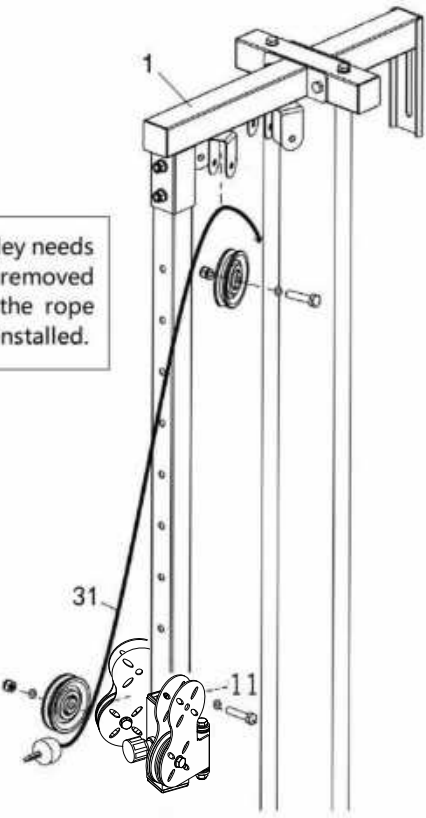


STEP6:

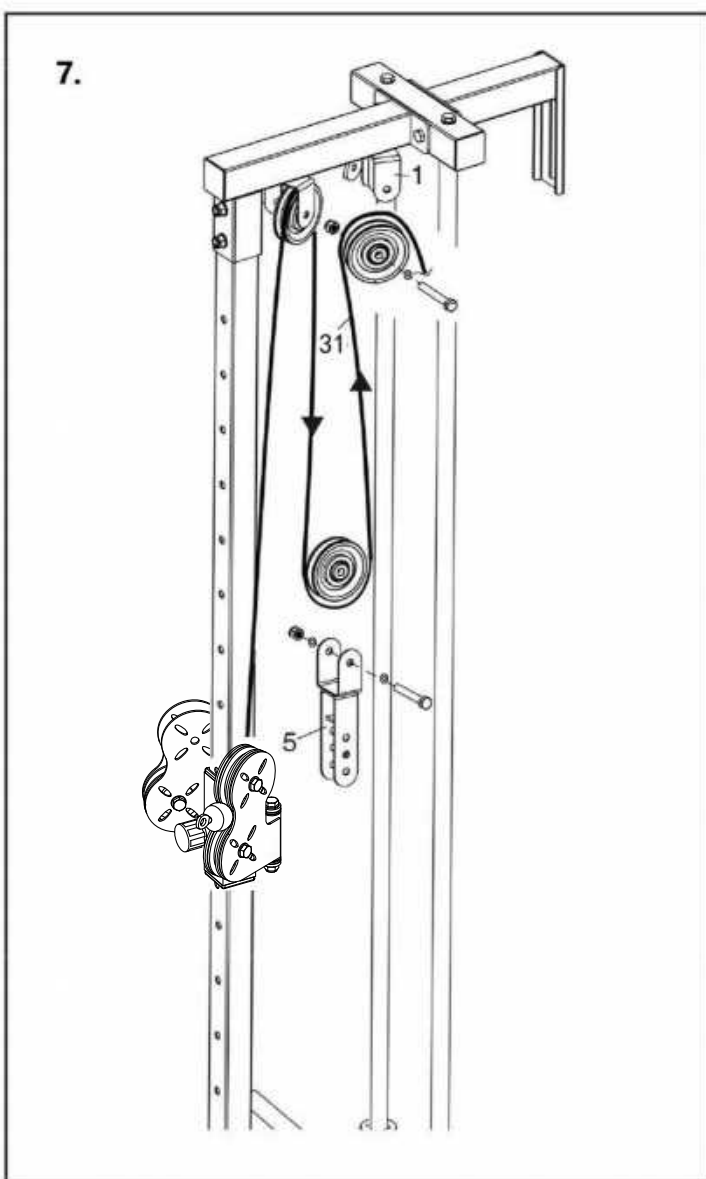
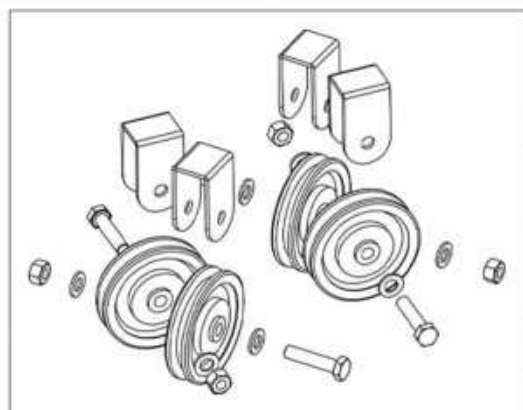
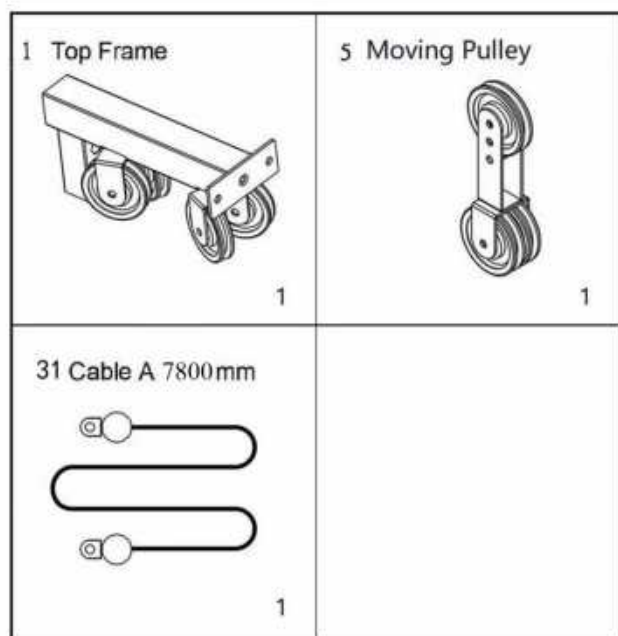


6.

The pulley needs to be removed before the rope can be installed.



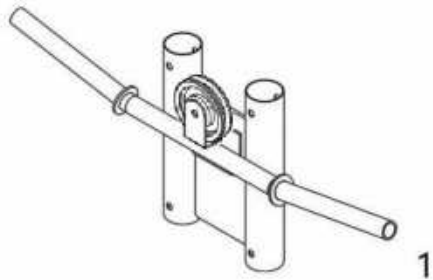
STEP7:



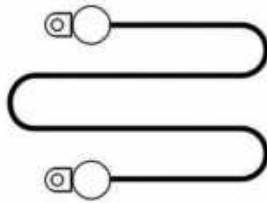
The pulley needs to be removed before the rope can be installed.

STEP8:

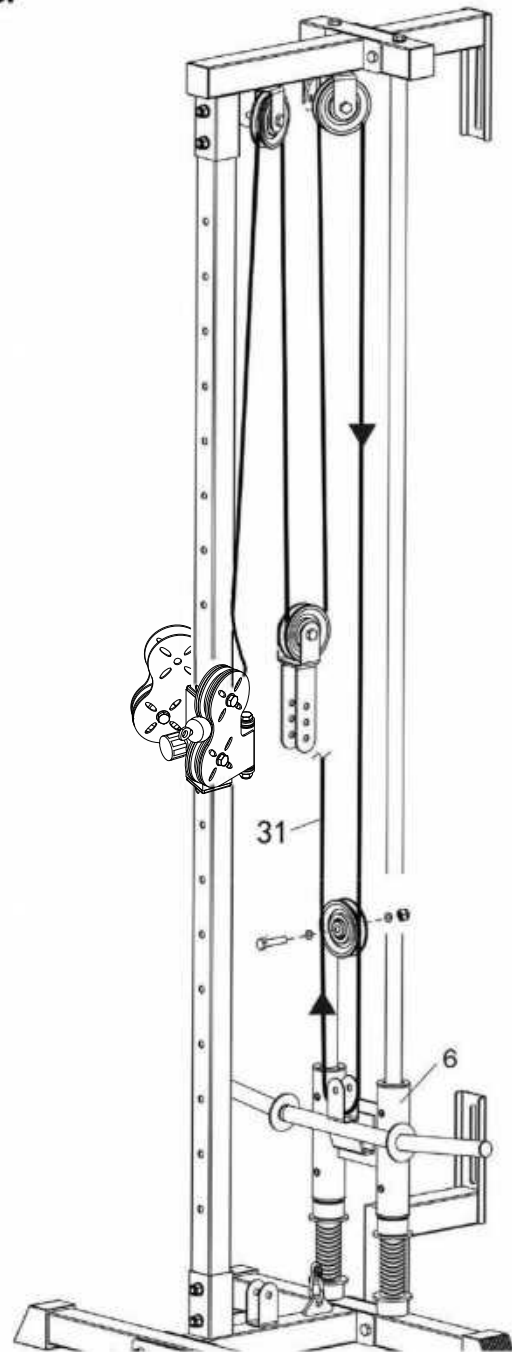
6 Weight Holder



31 Cable A 7800 mm

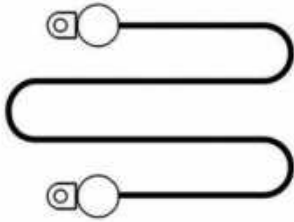


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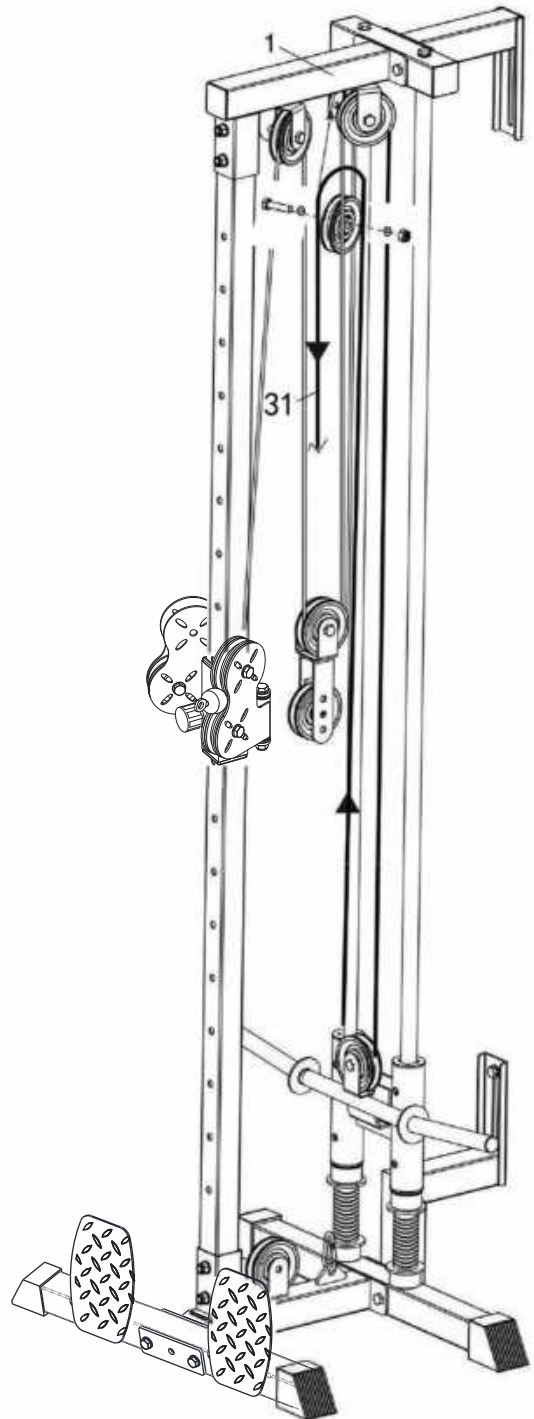


STEP9:

31 Cable A 7800 mm



9.



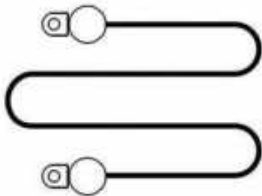
STEP10:

5 Moving Pulley



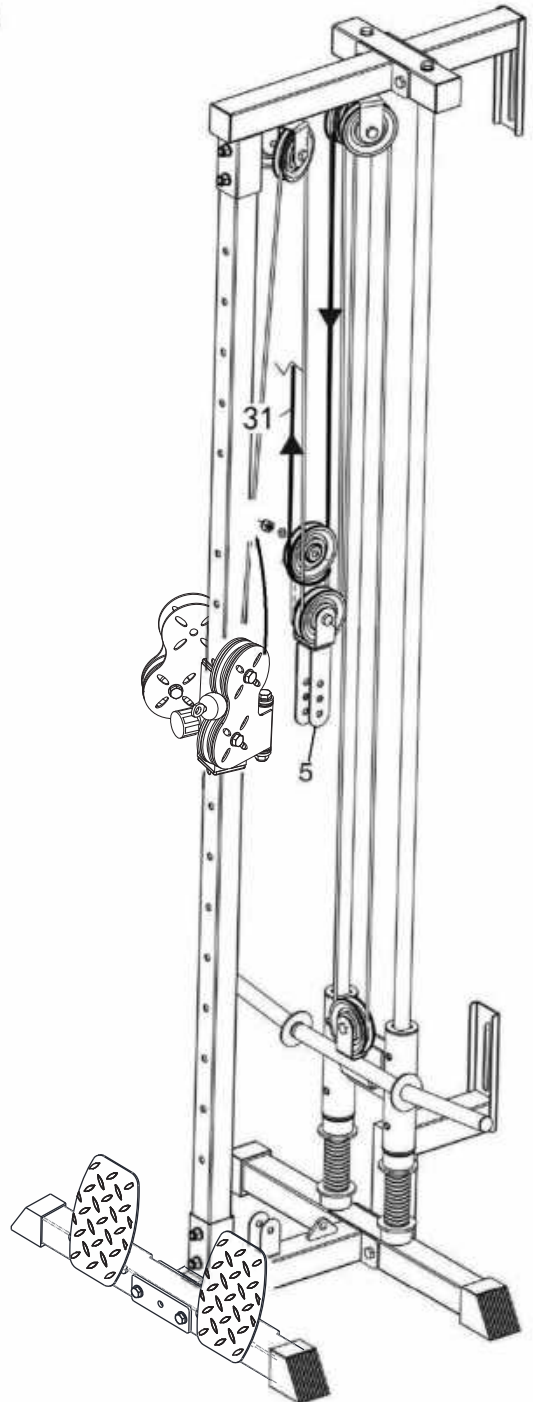
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31 Cable A 7800 mm



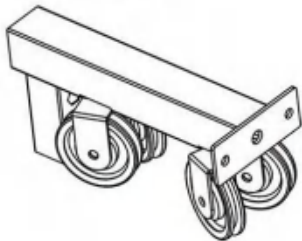
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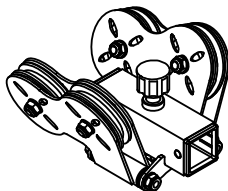
STEP11:

1 Top Frame



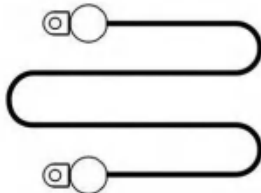
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11 Sliding Pulley Set



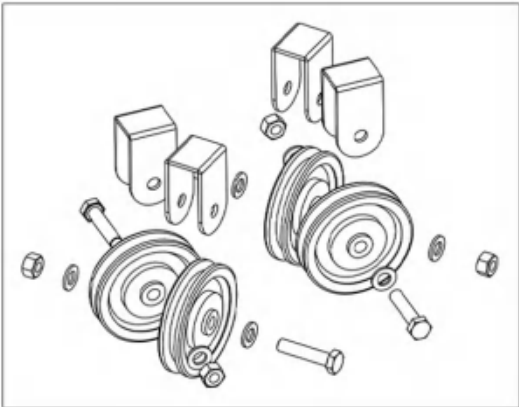
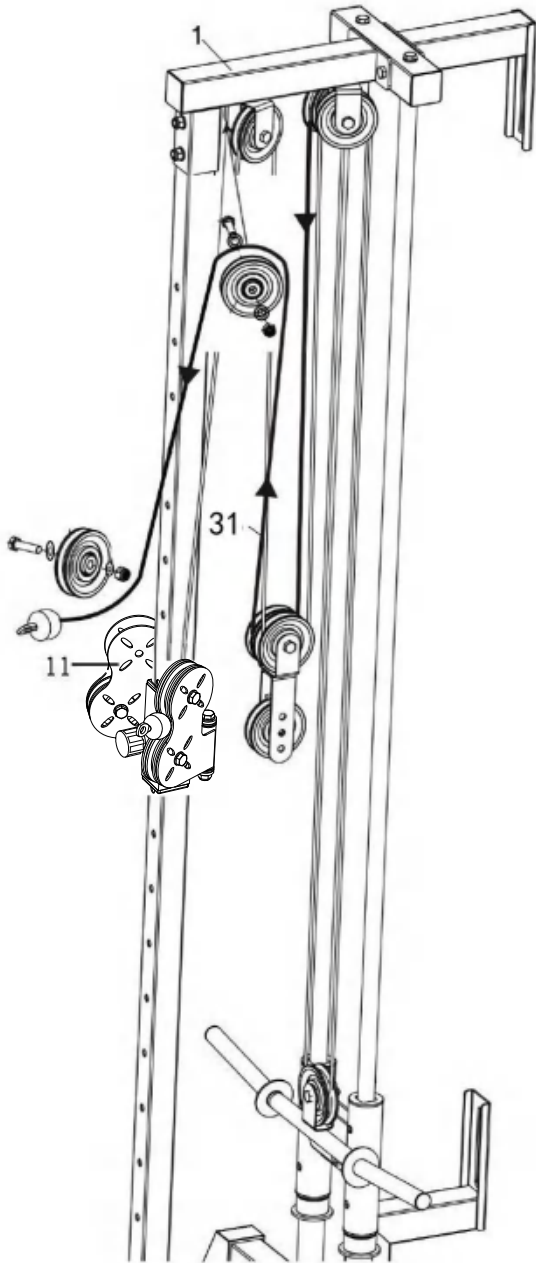
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31 Cable A7800mm

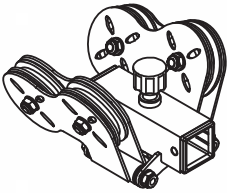
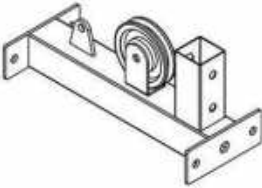
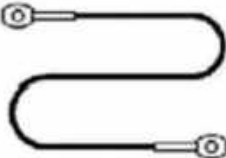
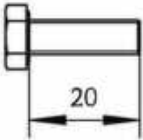
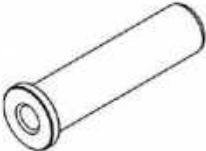


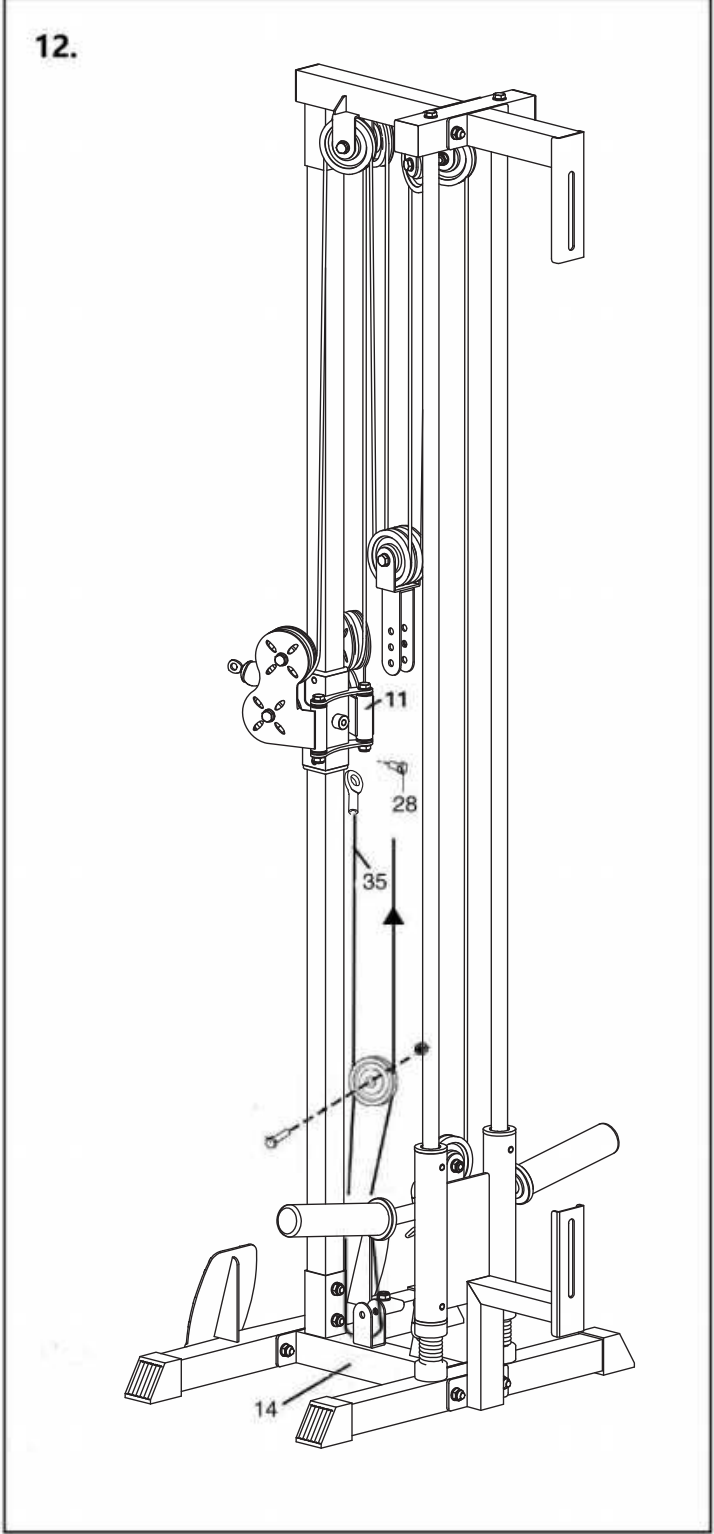
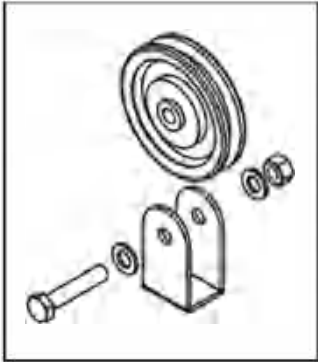
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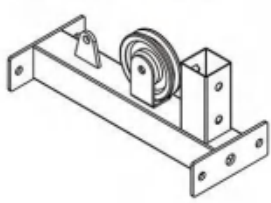
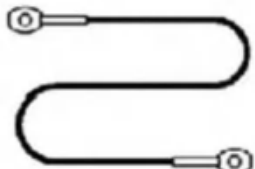
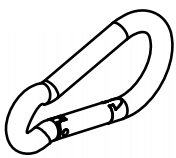


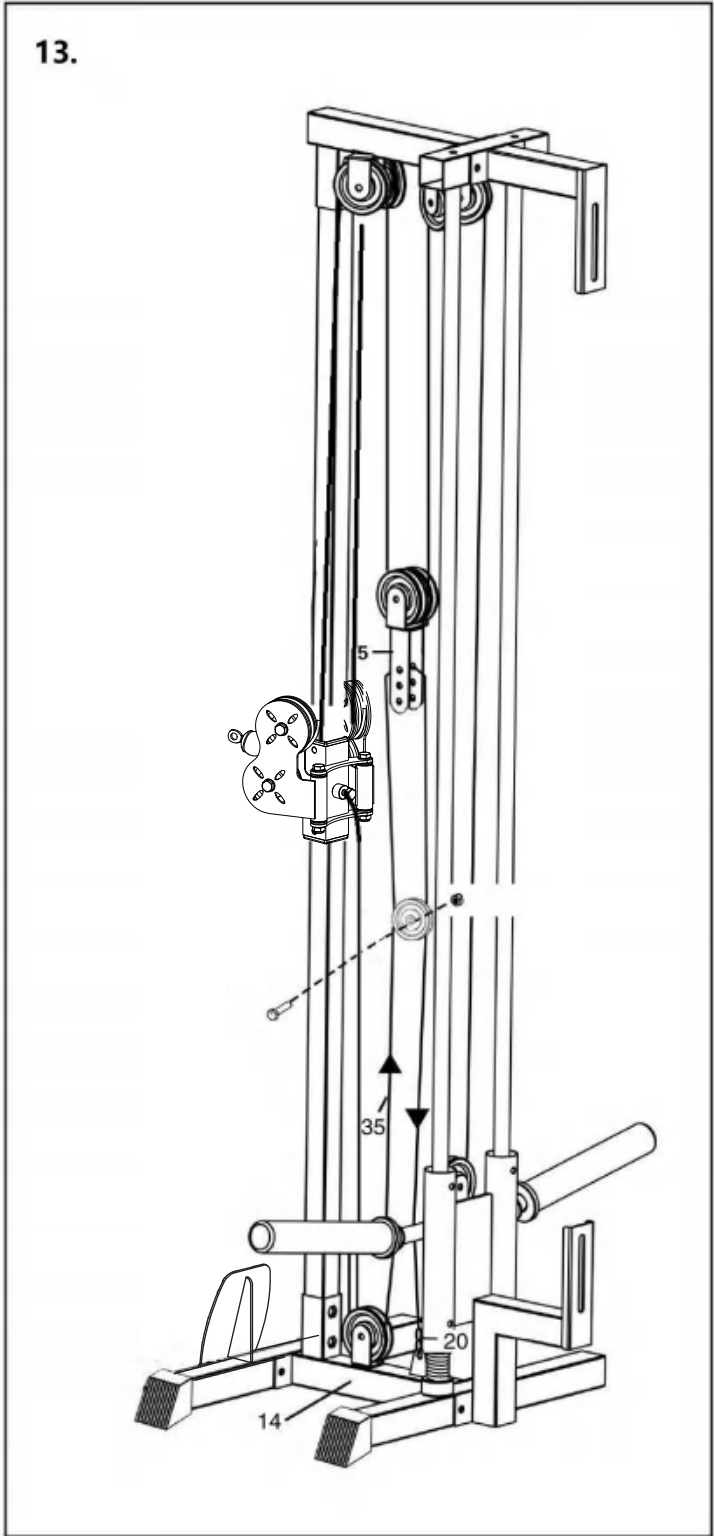
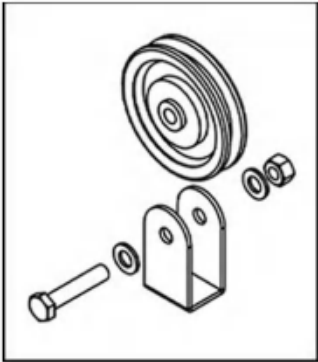
STEP12:

11 Sliding Pulley Set  1	14 Guide Rod Base  1
35 Cable B3420 mm  1	28 M10 x 20mm Bolt  1
21 Olympic Adapter  2	

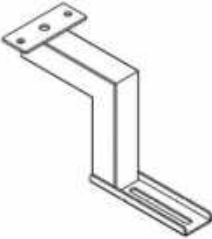


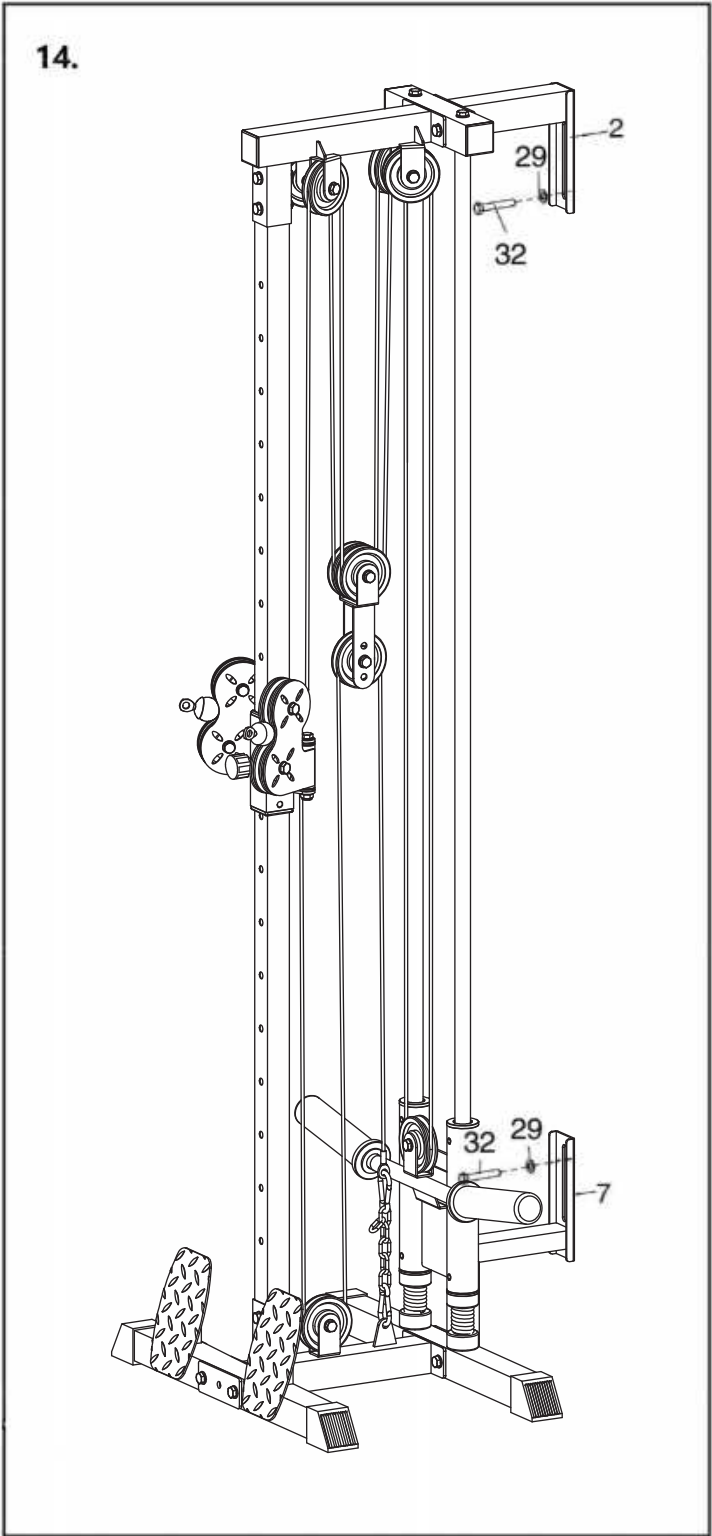
STEP13:

5 Moving Pulley  1	14 Guide Rod Base  1
35 Cable B 3420 mm  1	20 Clip  2
36 Link Chain  1	

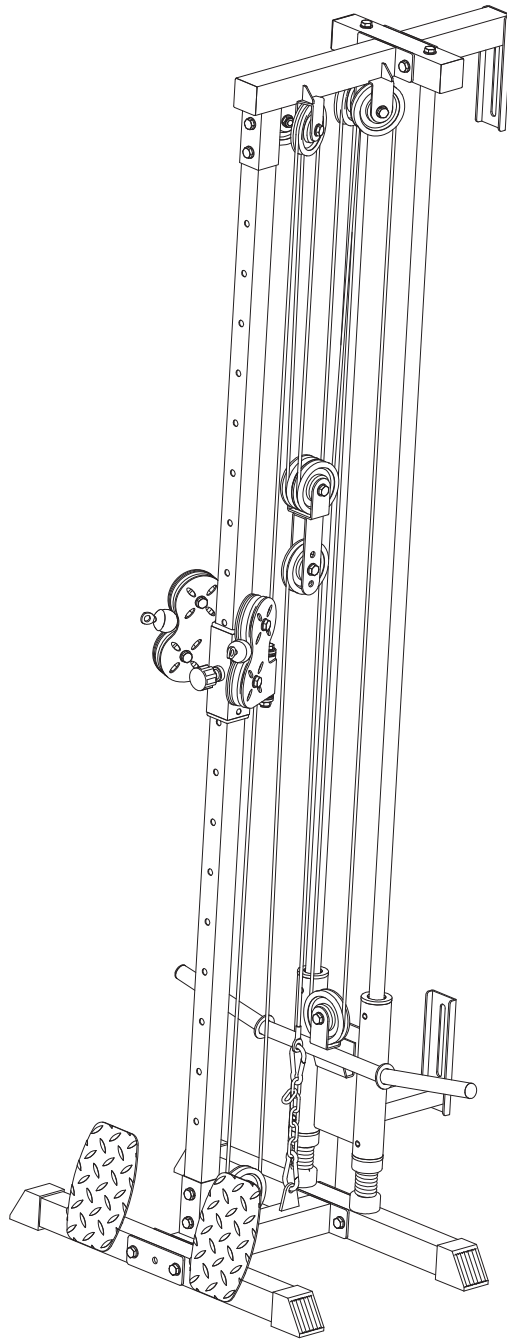


STEP14:

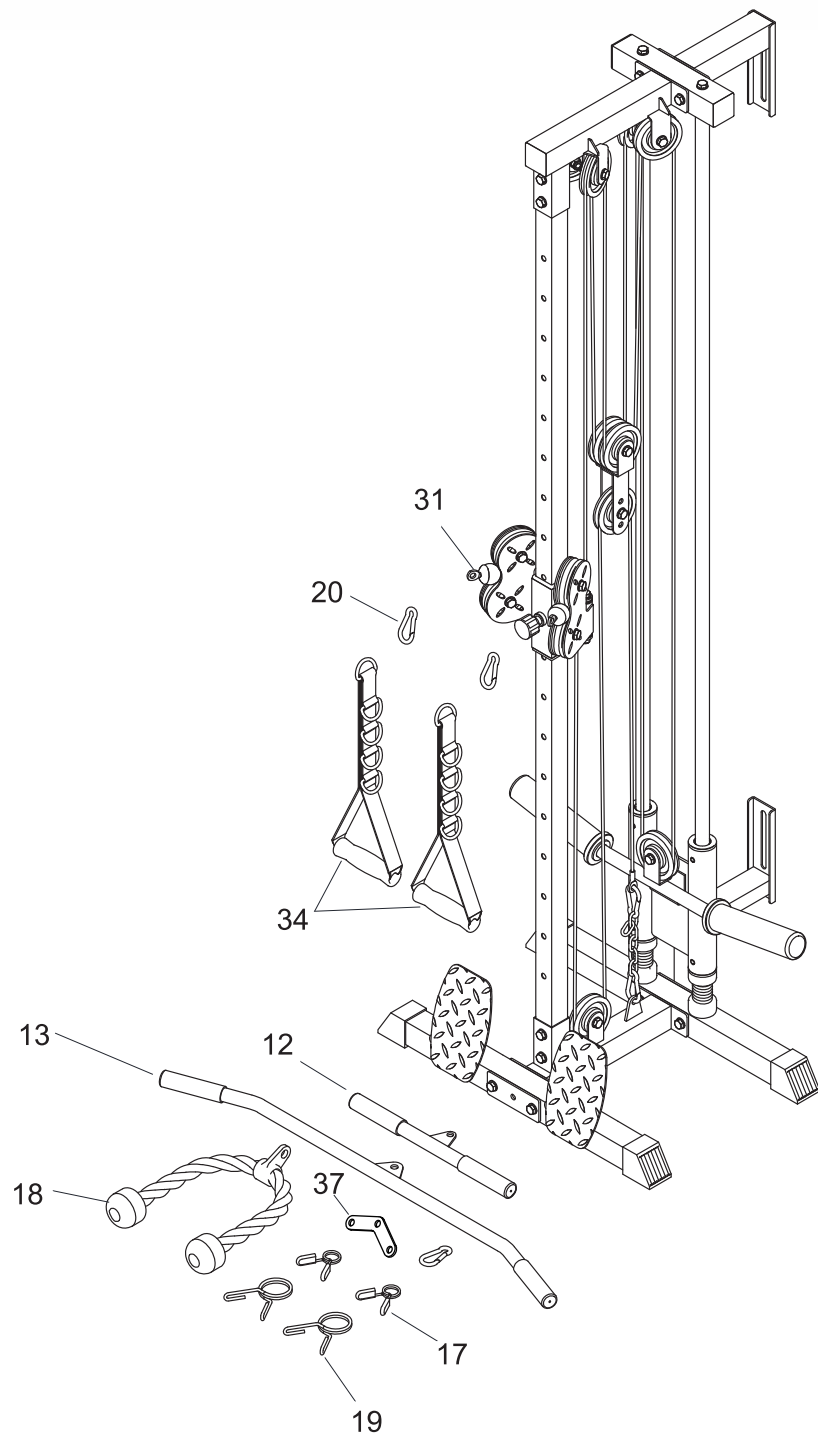
2 Top Bracket  1	7 Bottom Bracket  1
29 M10 Washer  2	32 Wood screws M10 x 70mm Bolt  2



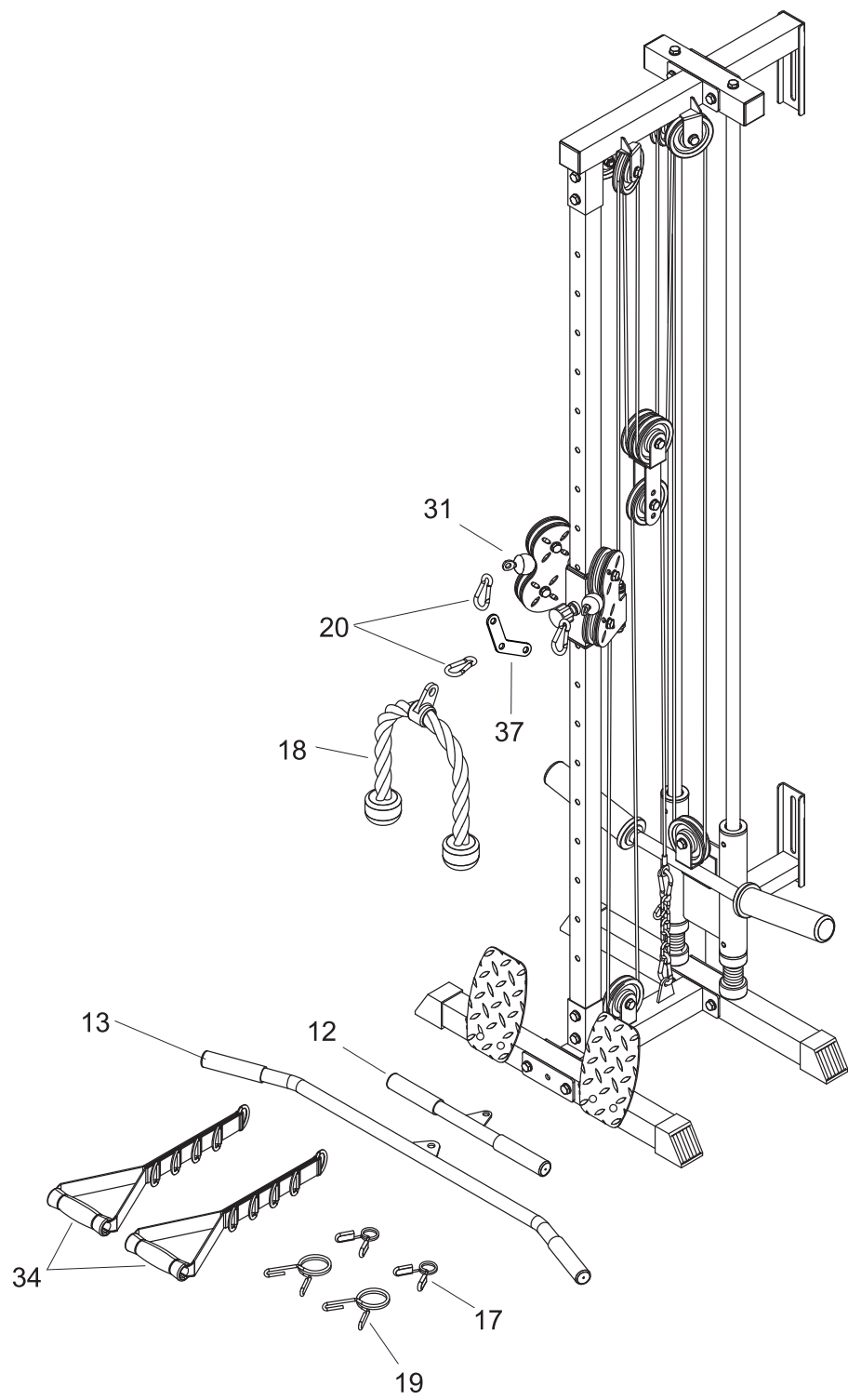
ADJUSTMENT



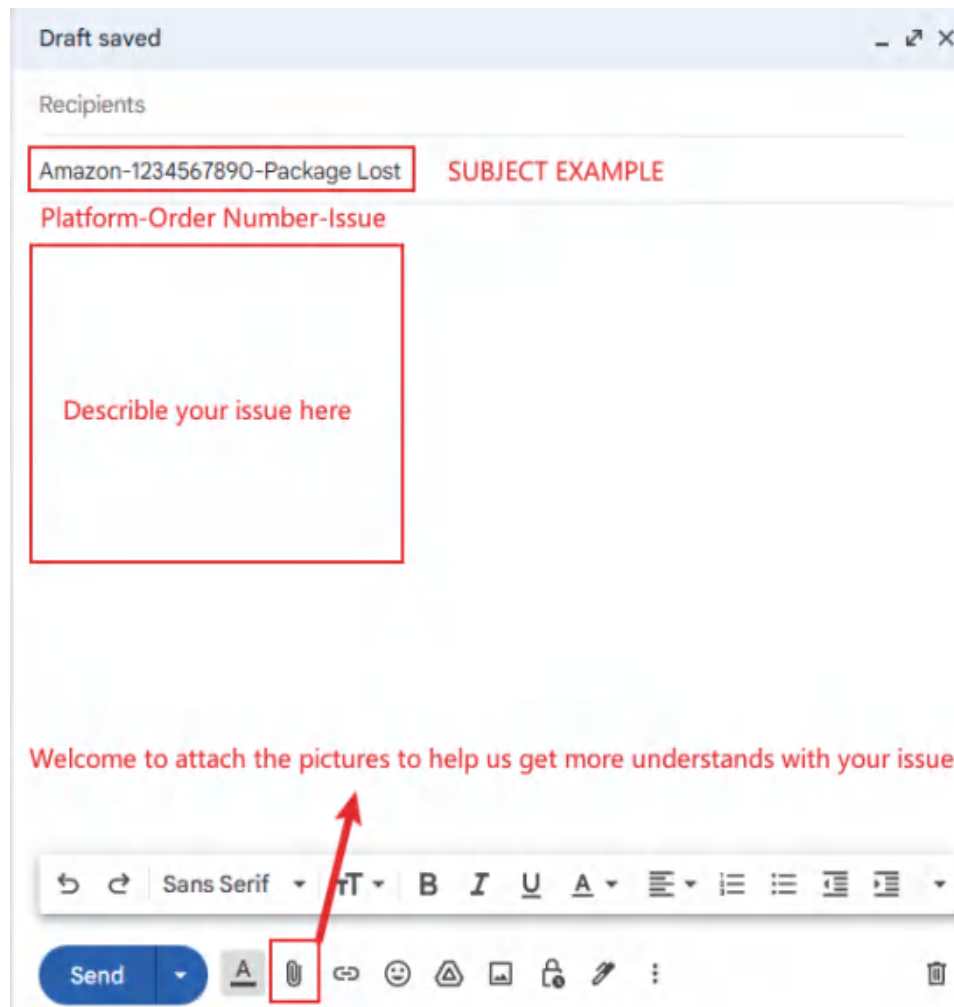
ADJUSTMENT



ADJUSTMENT



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 arrow points to the "Attach" icon (a paperclip) in the toolbar.

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