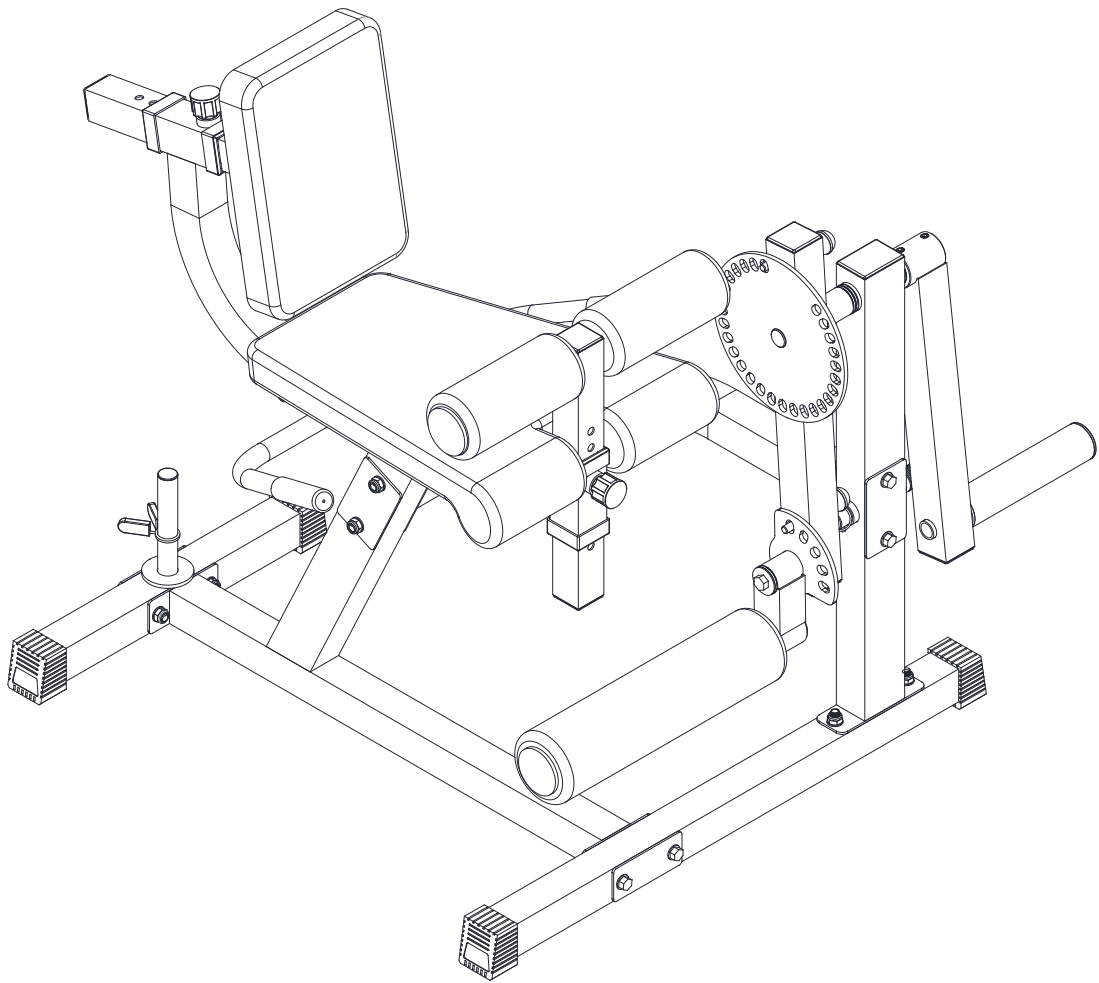


GMWD

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



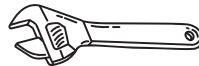
If you are missing any parts, or otherwise have any warranty issues, please contact us first.

Shortcut: A Lot of People Doing That Way

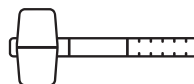
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

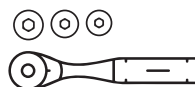
- Adjustable wrenches



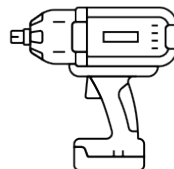
- Rubber hammers



- 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.

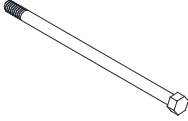

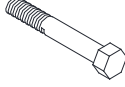







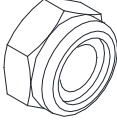



Heavy object. Use lifting aids and proper lifting techniques when moving

PART LIST

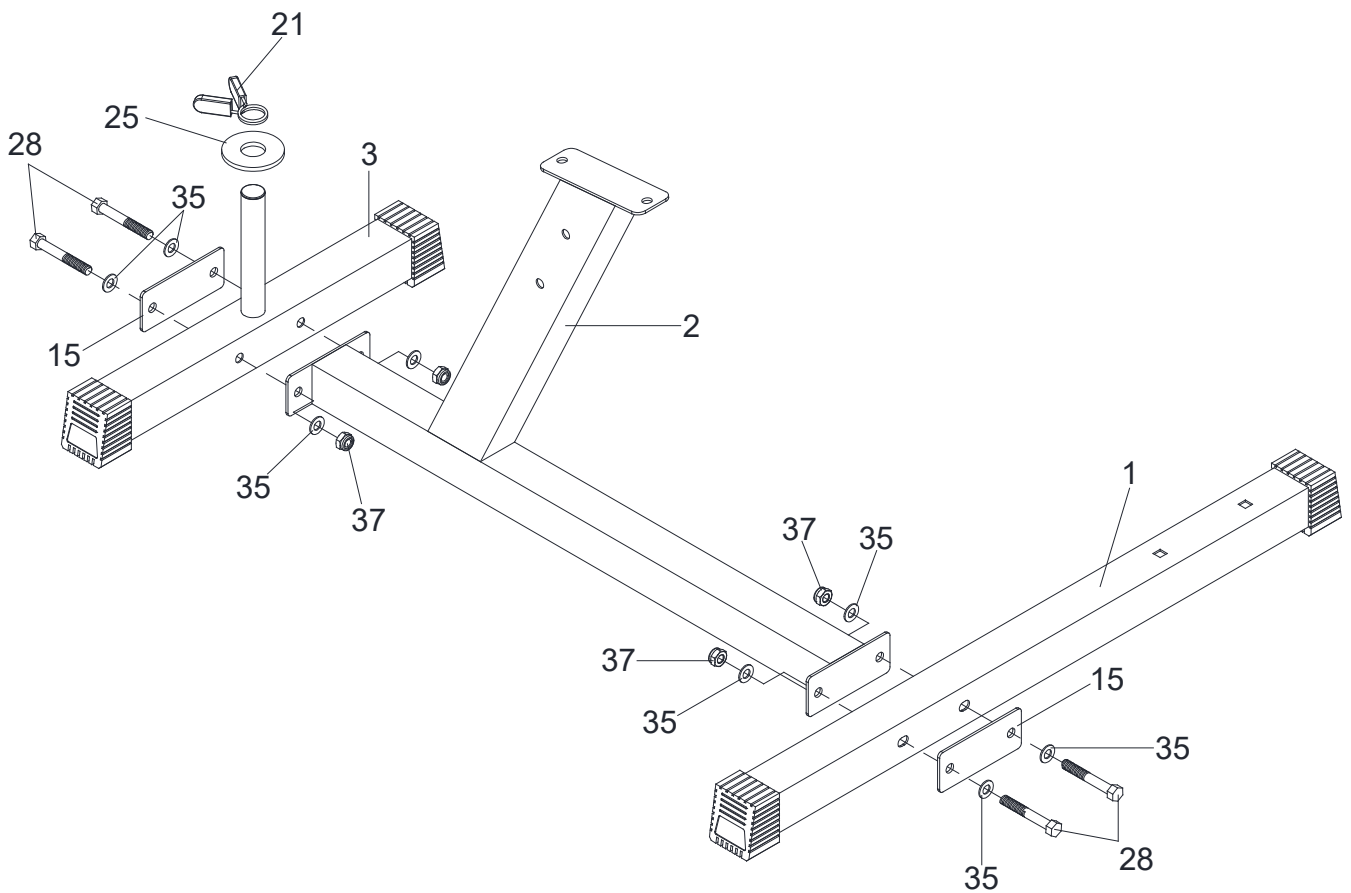
<p>1</p>  <p>Front Base Frame 1PC</p>	<p>2</p>  <p>Base Frame 1PC</p>	<p>3</p>  <p>Back Base Frame 1PC</p>	<p>4</p>  <p>Front Support Frame 1PC</p>	<p>5</p>  <p>Leg Extension Frame 1PC</p>
<p>6</p>  <p>Connect Frame 1PC</p>	<p>7</p>  <p>Main Frame 1PC</p>	<p>8</p>  <p>Seat Frame 1PC</p>	<p>9</p>  <p>Handle Tube (Right) 1PC</p>	<p>10</p>  <p>Handle Tube (Left) 1PC</p>
<p>11</p>  <p>Foam Tube 1PC</p>	<p>12</p>  <p>Backrest Support 1PC</p>	<p>13</p>  <p>OB Tube 1PC</p>	<p>14</p>  <p>Stop Axis 1PC</p>	<p>15</p>  <p>Connecting Piece (small) 2PCS</p>
<p>16</p>  <p>Connecting Piece (big) 2PCS</p>	<p>17</p>  <p>Seat Cushion 1PC</p>	<p>18</p>  <p>Backrest Cushion 1PC</p>	<p>19</p>  <p>Insert Pin (long) 1PC</p>	<p>20</p>  <p>Insert Pin (short) 1PC</p>
<p>21</p>  <p>1" Barbell Spring Clip 1PC</p>	<p>22</p>  <p>Sponge Shaft (small) 2PCS</p>	<p>23</p>  <p>Sponge Shaft (big) 1PC</p>	<p>24</p>  <p>End Cap 3PCS</p>	<p>25</p>  <p>Shock Pad 1PC</p>
 <p>HARDWARE BAG 1PC</p>				

HARDWARE LIST

<p>26</p>  <p>M10X195mm Hex Bolt 1PC</p>	<p>27</p>  <p>φ 38X25X0.5T Washer 2PCS</p>	<p>28</p>  <p>M10X70mm Hex Bolt 12PCS</p>	<p>29</p>  <p>M10X25mm Hex Bolt 1PC</p>	<p>30</p>  <p>M10X20mm Hex Bolt 1PC</p>
<p>31</p>  <p>Carriage Bolt M10X70mm 2PCS</p>	<p>32</p>  <p>M8X45mm Hex Bolt 4PCS</p>	<p>33</p>  <p>M8X16mm Hex Bolt 4PCS</p>	<p>34</p>  <p>φ 38X10.5X3T Washer 1PC</p>	<p>35</p>  <p>M10 Washer 28PCS</p>
<p>36</p>  <p>M8 Washer 8PCS</p>	<p>37</p>  <p>M10 Nylon Nut 15PCS</p>	<p>38</p>  <p>φ 50X10.5X3T Washer 1PC</p>		

STEP: 1

NO.	PART NAME	SPECIFICATION	NUMBER
1	Front Base Frame		1
2	Base Frame		1
3	Back Base Frame		1
15	Connecting Piece	small	2
21	Barbell Spring Clip	1"	1
25	Shock Pad		1
28	Hex Bolt	M10X70mm	4
35	Washer	M10	8
37	Nylon Nut	M10	4

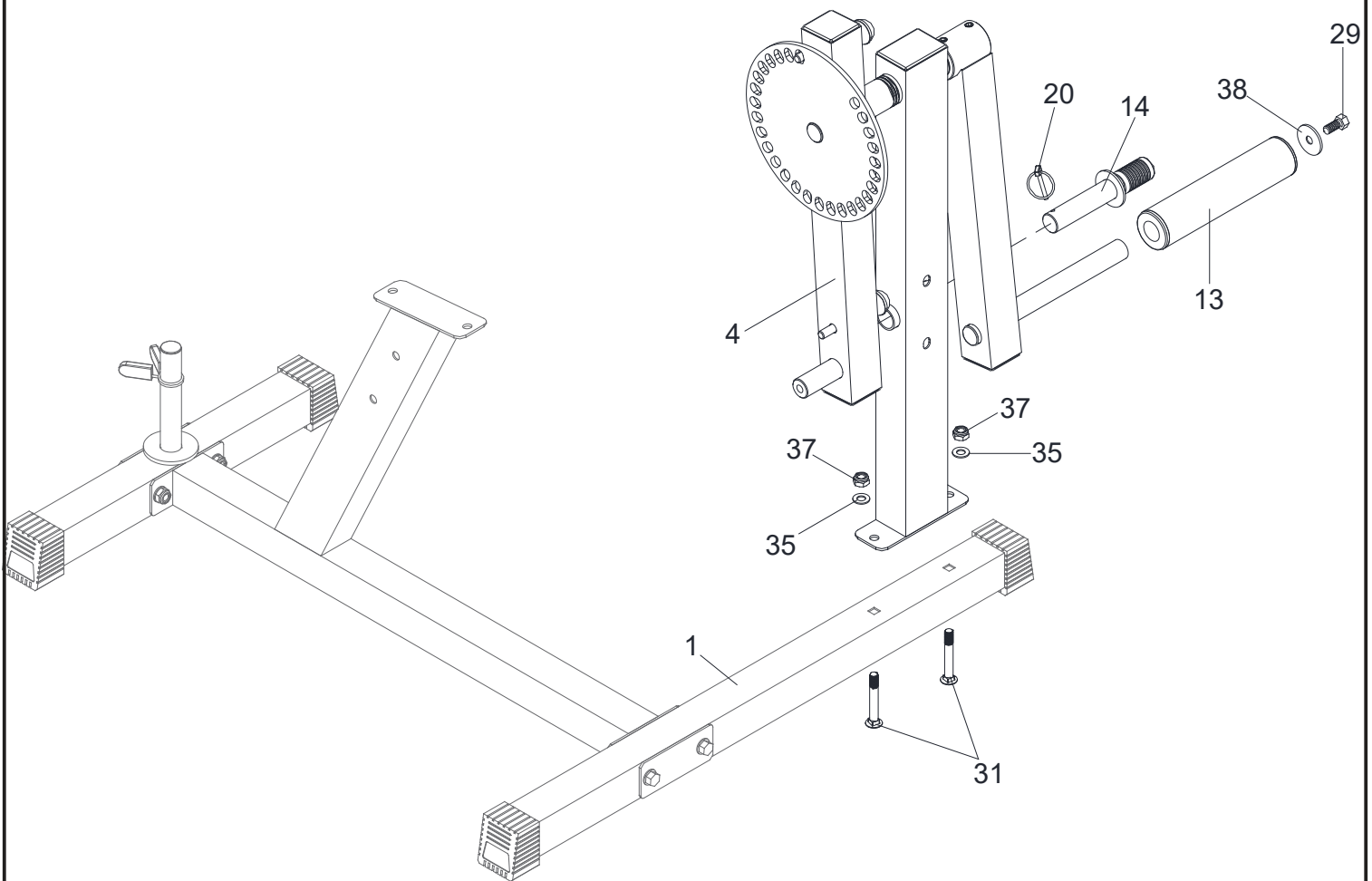


STEP 1:

1. Attach the Front Base Frame (1), Back Base Frame (3) and two Connecting Pieces (small) (15) to the Base Frame (2), using four M10X70mm Hex Bolts (28), eight M10 Washers (35) and four M10 Nylon Nuts (37).
2. Slide one Shock Pad (25) and one 1" Barbell Spring Clip (21) onto the Back Base Frame (3).

STEP: 2

NO.	PART NAME	SPECIFICATION	NUMBER
4	Front Support Frame		1
13	OB Tube		1
14	Stop Axis		1
20	Insert Pin	short	1
29	Hex Bolt	M10X25mm	1
31	Carriage Bolt	M10X70mm	2
35	Washer	M10	2
37	Nylon Nut	M10	2
38	Washer	∅ 50X10.5X3T	1

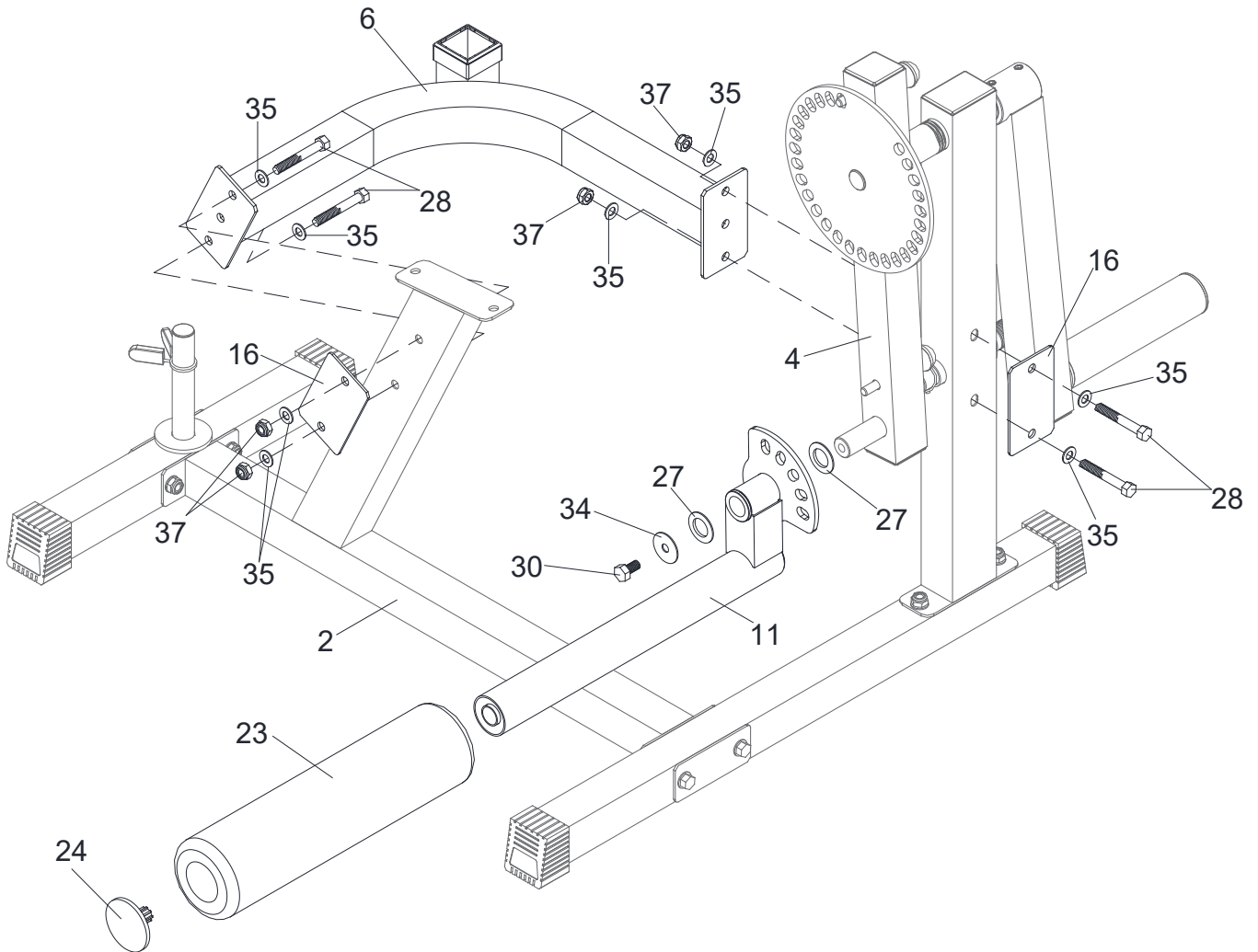


STEP 2:

1. Attach the Front Support Frame (4) to the Front Base Frame (1), using two M10X70mm Carriage Bolts (31), two M10 Washers (35) and two M10 Nylon Nuts (37).
2. Insert the OB Tube (13) into the Front Support Frame (4), using one M10X25mm Hex Bolt (29) and one ∅ 50X10.5X3T Washers (38).
3. Insert the Stop Axis (14) into the Front Support Frame (4), using one Insert Pin (short) (20).

STEP: 3

NO.	PART NAME	SPECIFICATION	NUMBER
6	Connect Frame		1
11	Foam Tube		1
16	Connecting Piece	big	2
23	Sponge Shaft	big	1
24	End Cap		1
27	Washer	∅ 38X25X0.5T	2
28	Hex Bolt	M10X70mm	4
30	Hex Bolt	M10X20mm	1
34	Washer	∅ 38X10.5X3T	1
35	Washer	M10	8
37	Nylon Nut	M10	4

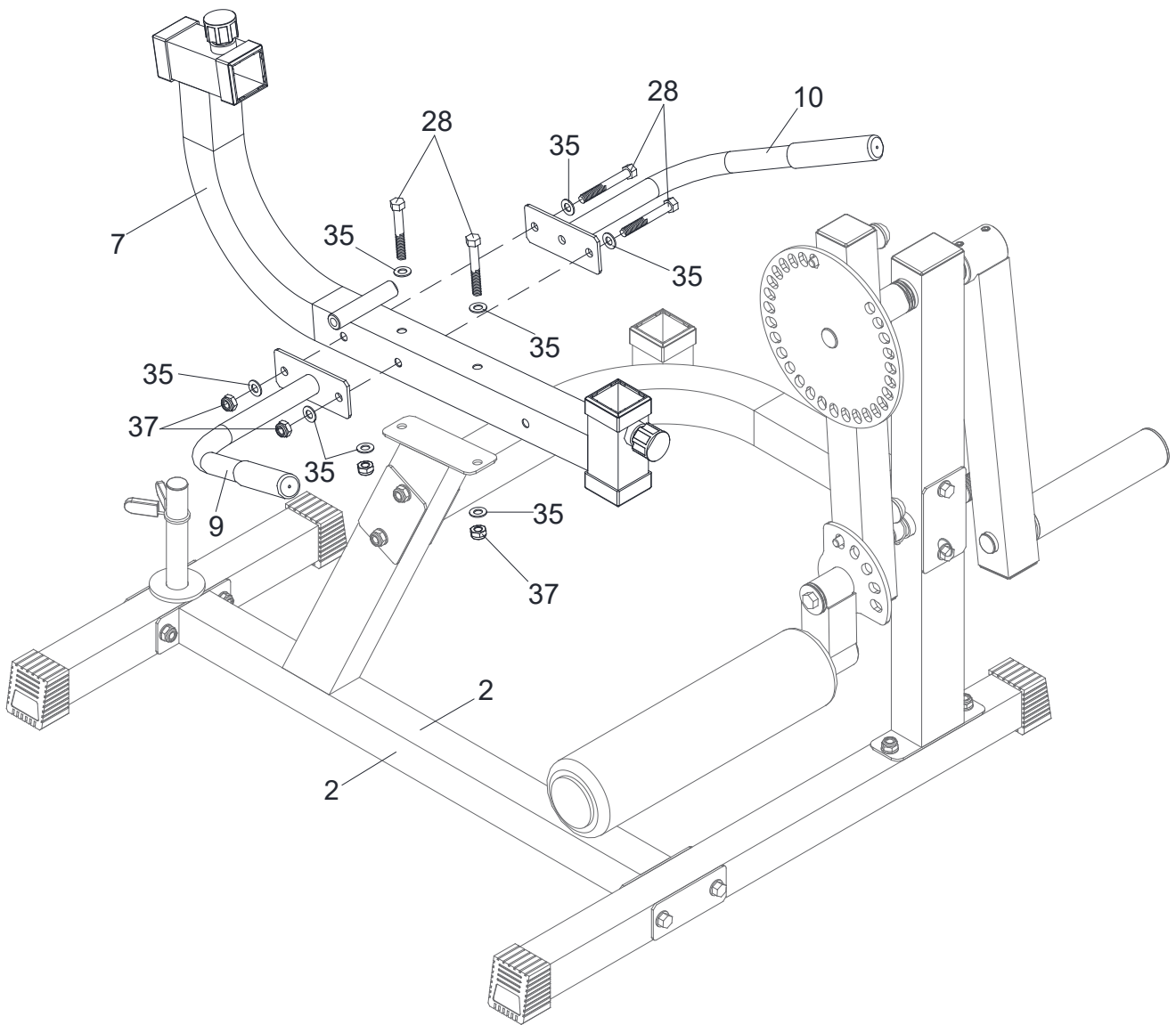


STEP 3:

1. Attach the Connect Frame (6) and two Connecting Pieces (big) (16) to the Front Support Frame (4) and Base Frame (2), using four M10X70mm Hex Bolts (28), eight M10 Washers (35) and four M10 Nylon Nuts (37).
2. Attach the Foam Tube (11) to the Front Support Frame (4), using two ∅ 38X25X0.5T Washers (27), one M10X20mm Hex Bolt (30) and one ∅ 38X10.5X3T Washer (34).
3. Slide Sponge Shaft (big) (23) and End Cap (24) onto the Foam Tube (11).

STEP: 4

NO.	PART NAME	SPECIFICATION	NUMBER
7	Main Frame		1
9	Handle Tube	Right	1
10	Handle Tube	Left	1
28	Hex Bolt	M10X70mm	4
35	Washer	M10	8
37	Nylon Nut	M10	4

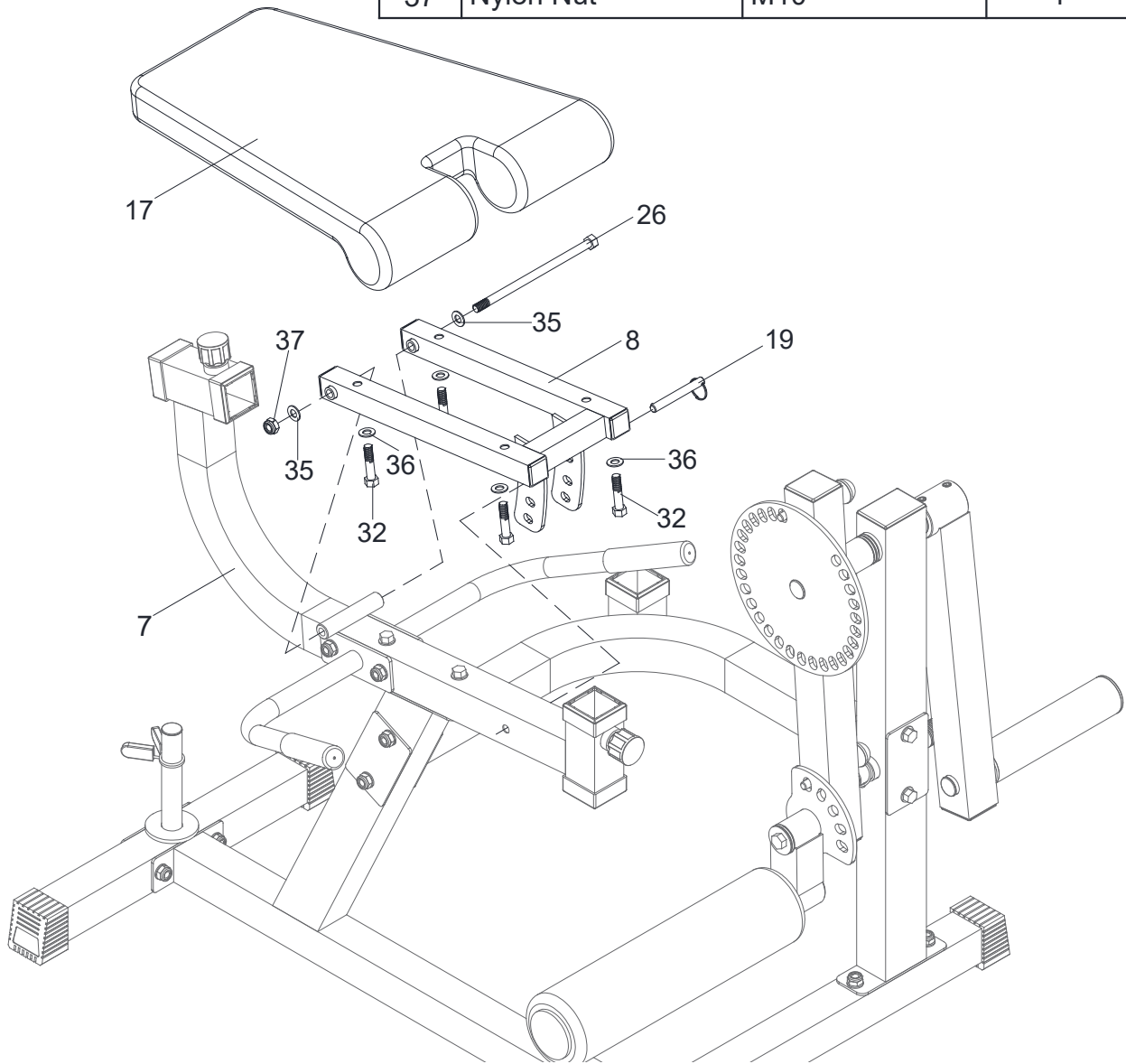


STEP 4:

1. Attach the Main Frame (7) to the Base Frame (2), using two M10X70mm Hex Bolts (28), four M10 Washers (35) and two M10 Nylon Nuts (37).
2. Attach the Handle Tube (Right & Left) (9&10) to the Main Frame (7), using two M10X70mm Hex Bolts (28), four M10 Washers (35) and two M10 Nylon Nuts (37).

STEP: 5

NO.	PART NAME	SPECIFICATION	NUMBER
8	Seat Frame		1
17	Seat Cushion		1
19	Insert Pin	long	1
26	Hex Bolt	M10X195mm	1
32	Hex Bolt	M8X45mm	4
35	Washer	M10	2
36	Washer	M8	4
37	Nylon Nut	M10	1

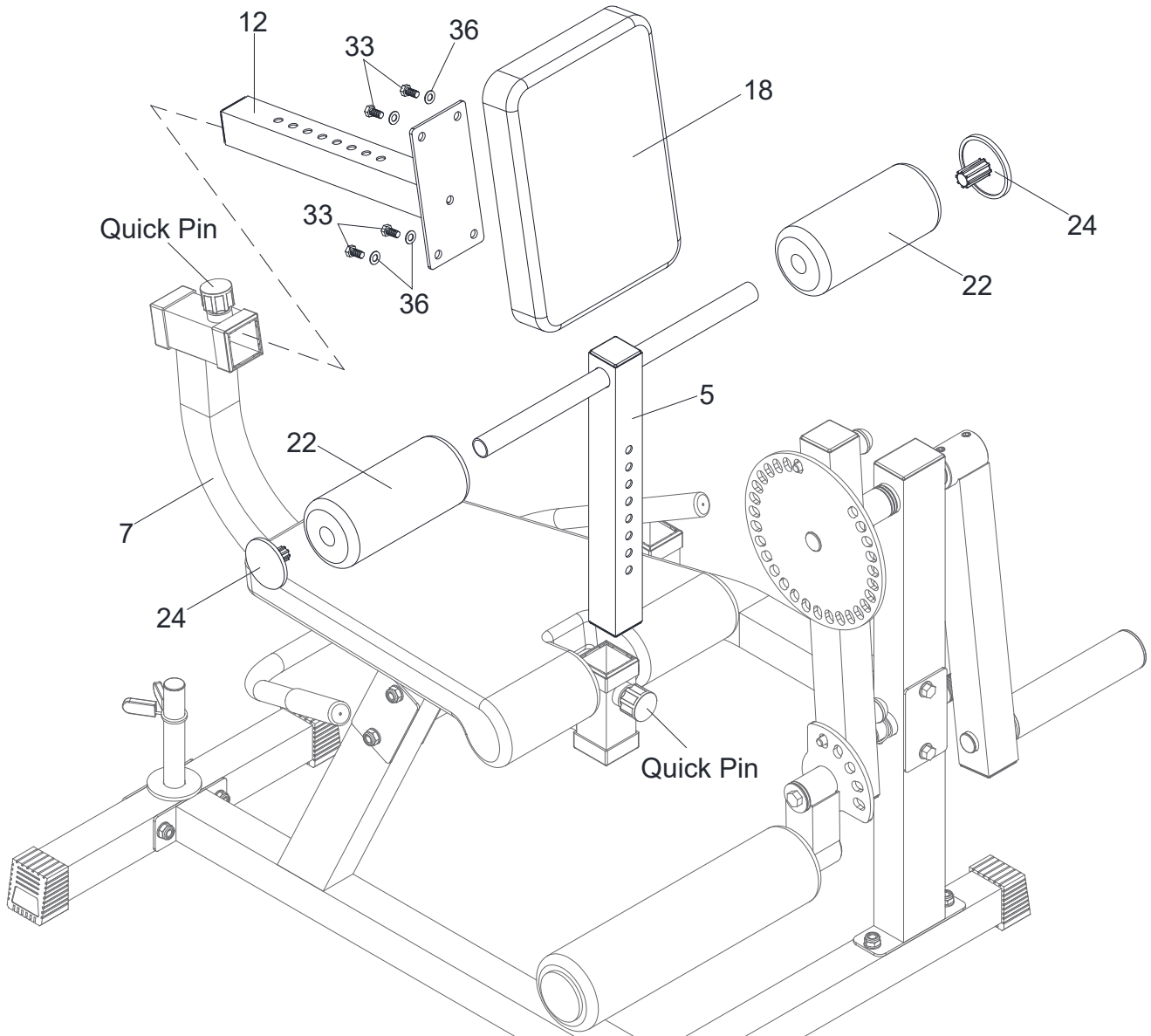


STEP 5:

1. Attach the Seat Frame (8) to the Main Frame (7), using one M10X195mm Hex Bolt (26), two M10 Washers (35) and one M10 Nylon Nut (37).
2. Attach the Seat Cushion (17) to the Seat Frame (8), using four M8X45mm Hex Bolts (32) and four M8 Washers (36).
3. Insert the Insert Pin (long) (19) into the Main Frame (7) and Seat Frame (8).

STEP: 6

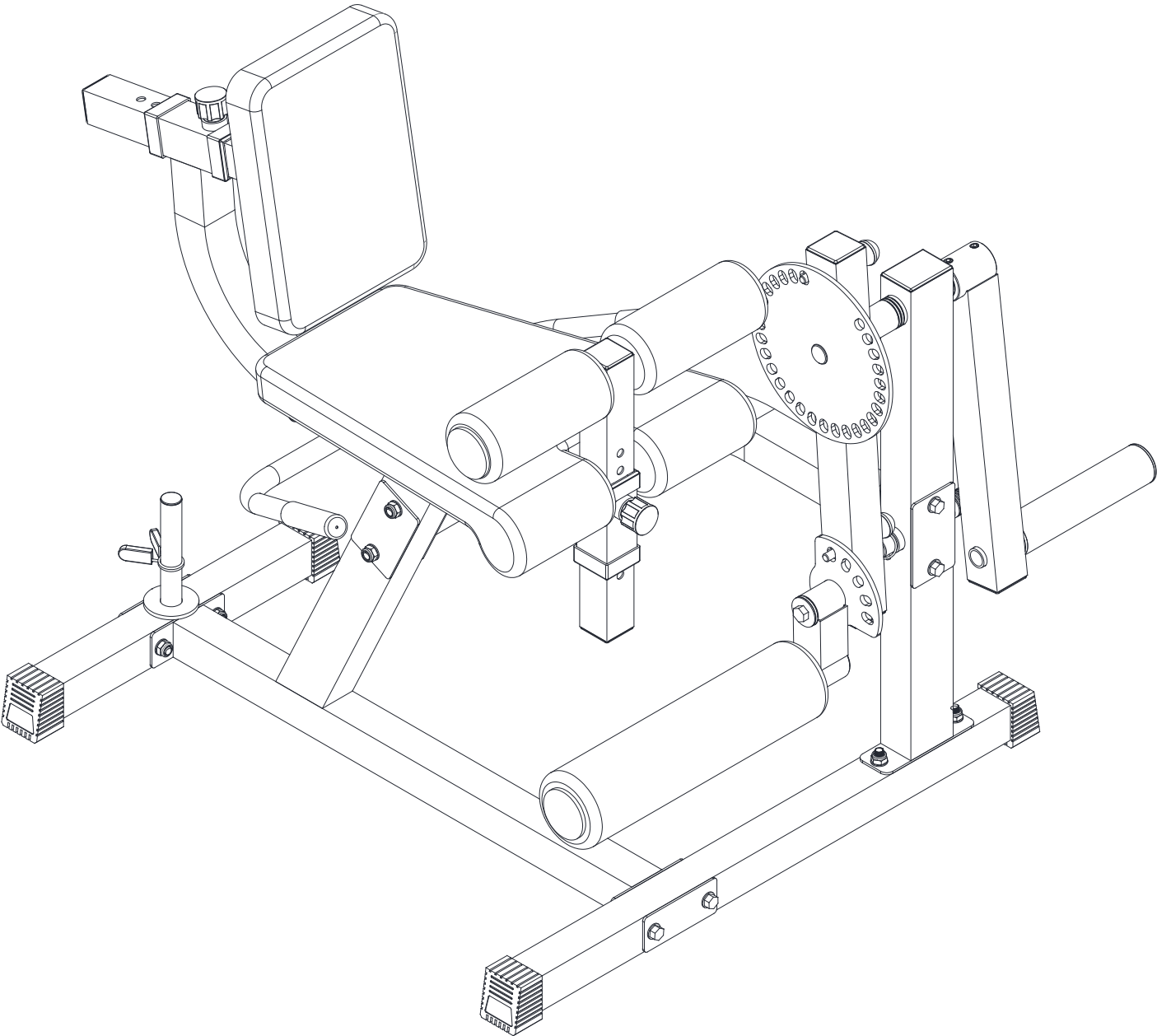
NO.	PART NAME	SPECIFICATION	NUMBER
5	Leg Extension Frame		1
12	Backrest Support		1
18	Backrest Cushion		1
22	Sponge Shaft	small	2
24	End Cap		2
33	Hex Bolt	M8X16mm	4
36	Washer	M8	4



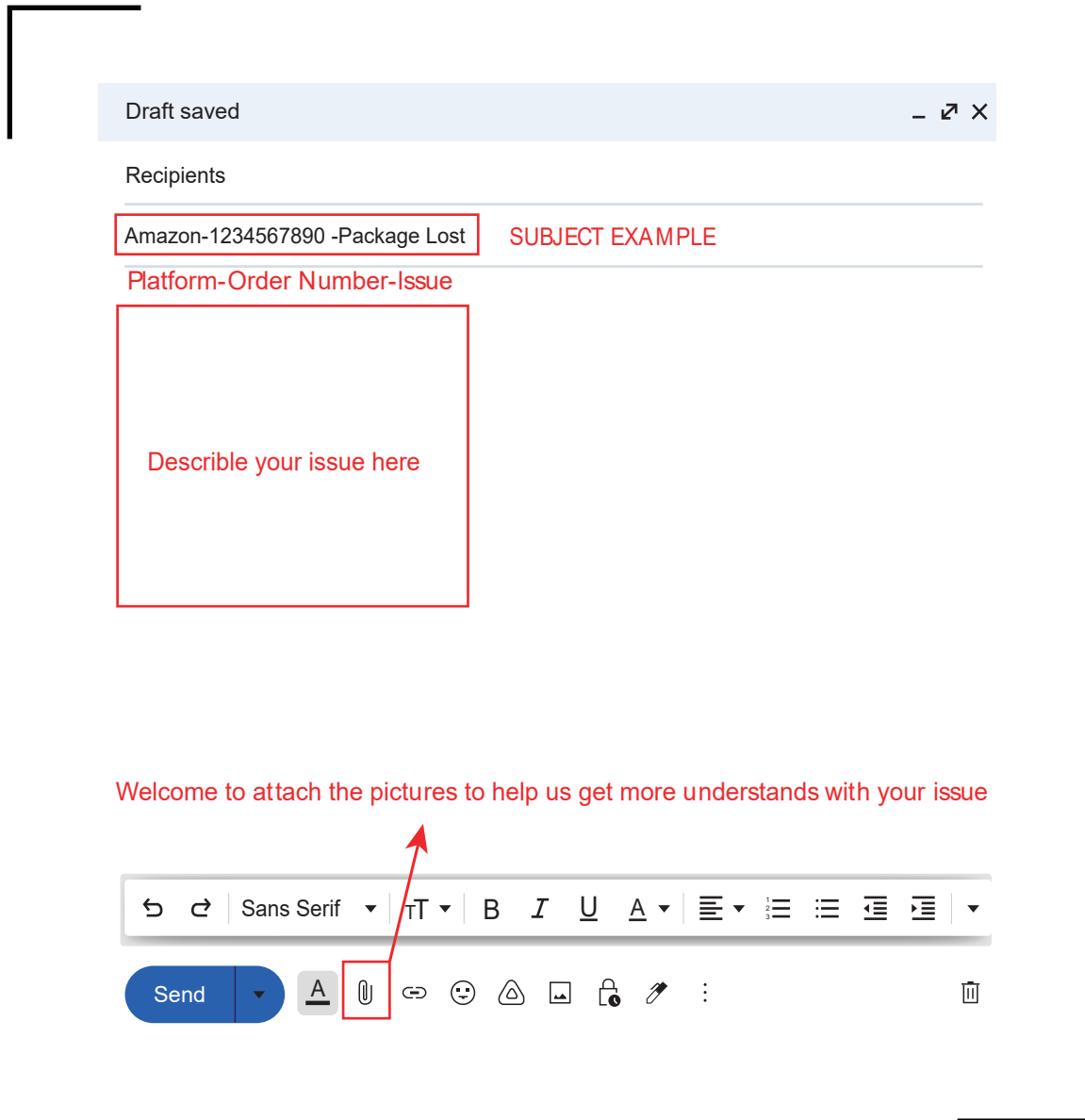
STEP 6:

1. Insert the Leg Extension Frame (5) into the Main Frame (7), using Quick Pin.
2. Slide two Sponge Shafts (small) (22) and two End Caps (24) onto the Leg Extension Frame (5).
3. Insert the Backrest Support (12) into the Main Frame (7), using Quick Pin.
4. Attach the Backrest Cushion (18) to the Backrest Support (12), using four M8X16mm Hex Bolts (33) and four M8 Washers (36).

INSTALLATION IS COMPLETE



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@gmwdfitness.com**