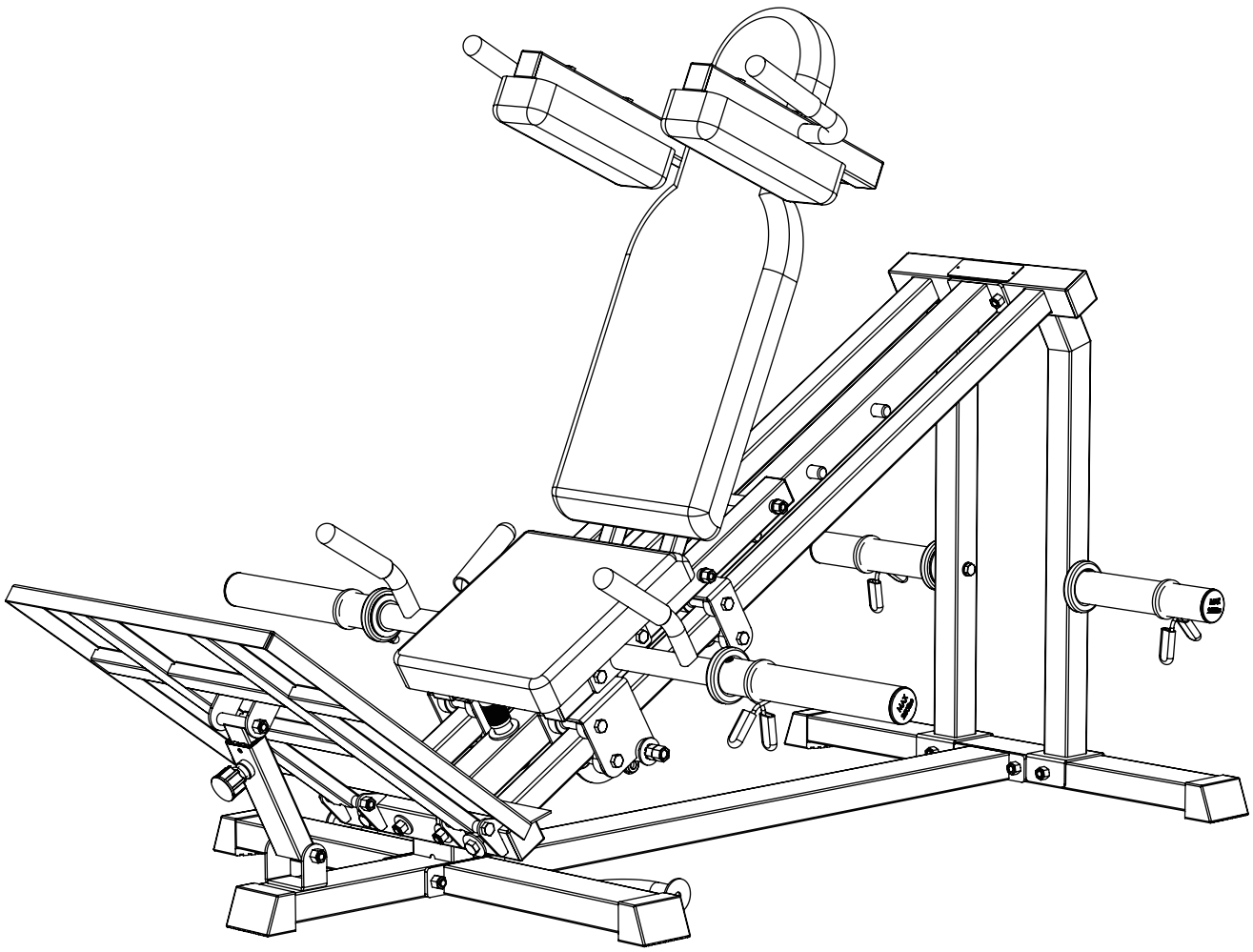
MIKOLO

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

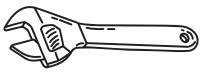
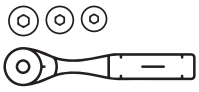
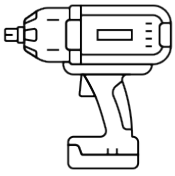
STOP

If you are missing any parts, or otherwise
have any warranty issues, please contact us first.
after-sale@gym-mikolo.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 wranches  ☑
- Rubber hammers 
- Socket set  ☑
- Electric Wrench  ☑

WARNING



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



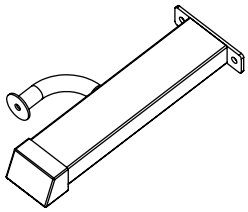
Sharp objects may be involved. Use precaution and protection.



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

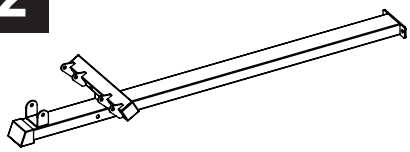
CARTON 1

1



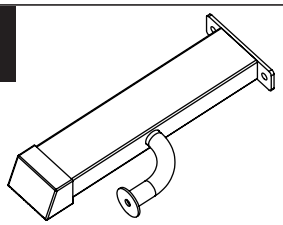
right front base - 1 pc

2



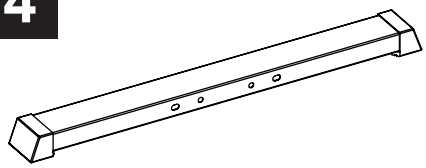
main base tube - 1 pc

3



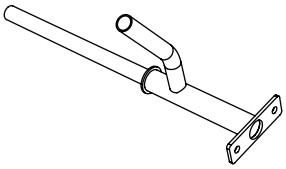
left front base - 1 pc

4



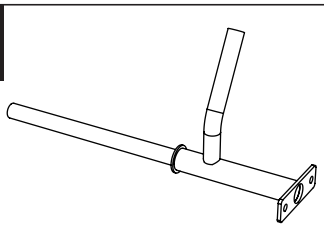
base tube - 1 pc

5



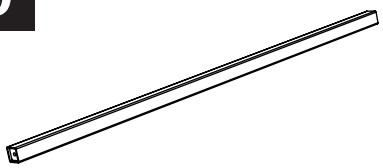
right handle - 1 pc

7



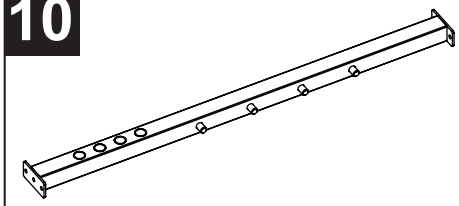
left handle - 1 pc

9



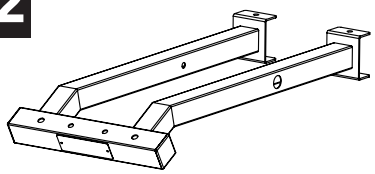
guide rod - 2 pcs

10



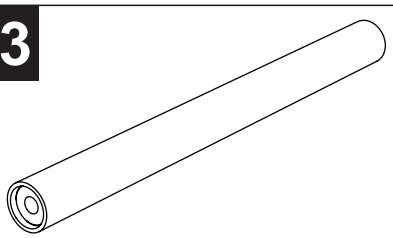
main frame - 1 pc

12



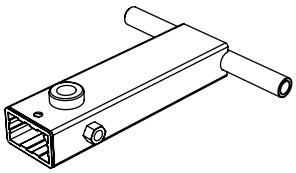
rear support frame - 1 pc

13



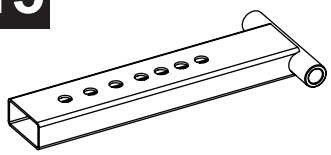
storage tube - 2 pcs

14



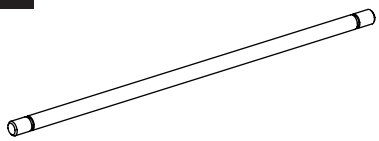
back support - 1 pc

15



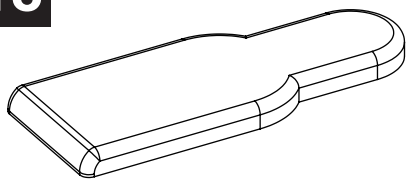
back adjustor - 1 pc

17



shaft - 2 pcs

18



back cushion - 1 pc

24

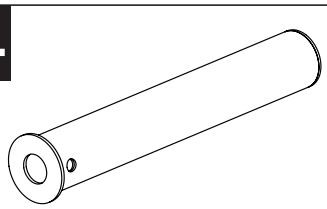
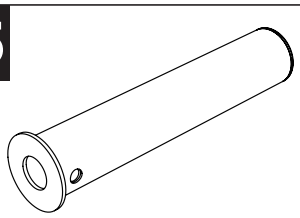
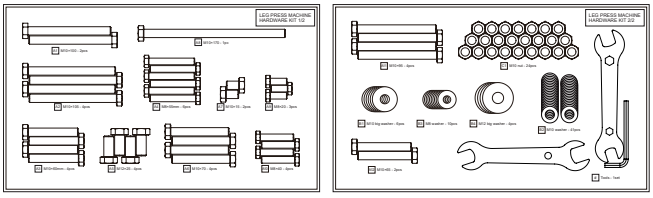


plate adapter - 2 pcs

25



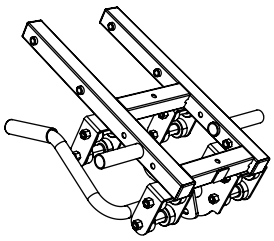
storage plate adapter - 2 pcs



hardware kit

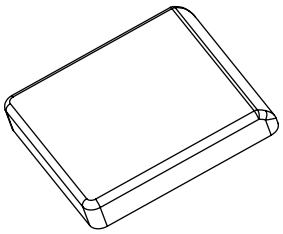
CARTON 2

6



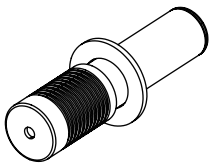
sliding seat - 1 pc

8



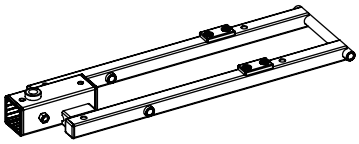
seat cushion - 1 pc

11



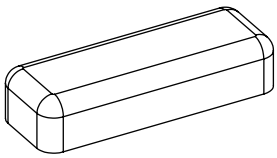
locator - 1 pc

16



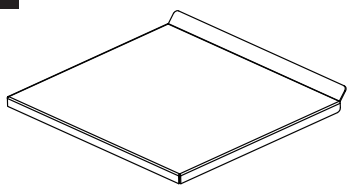
backrest support - 1 pc

19



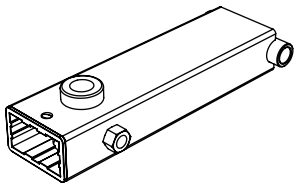
shoulder cushion - 2 pcs

20



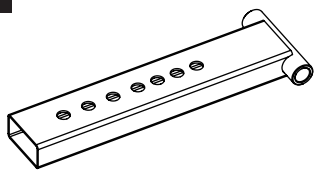
leg press backrest - 1 pc

21



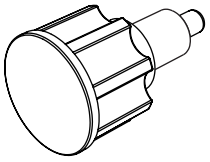
pedal support - 1 pc

22



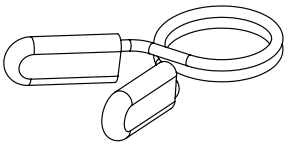
pedal adjustor - 1 pc

23



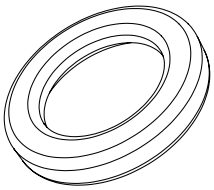
latch - 3 pcs

26



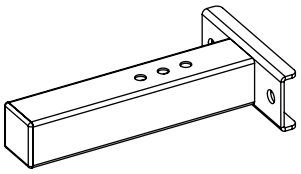
spring clip - 4 pcs

27



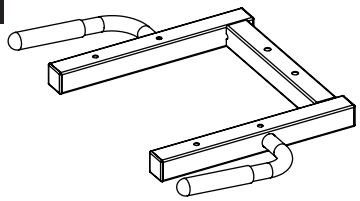
buffer ring - 4 pcs

28



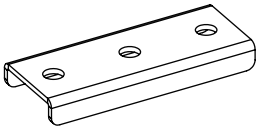
shoulder adjustor - 1 pc

29



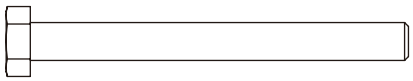
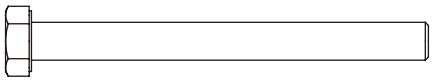
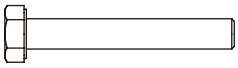
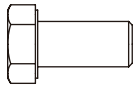
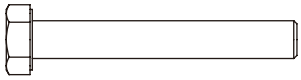
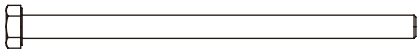
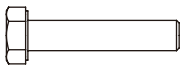
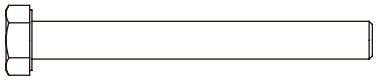
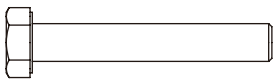
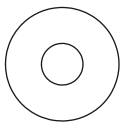
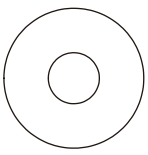
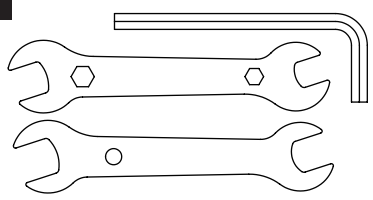
shoulder frame - 1 pc

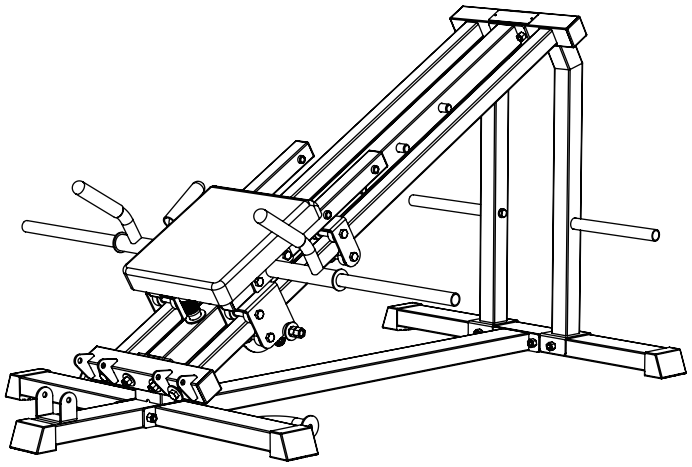
30



reinforcement plate - 1 pc

HARDWARE LIST

A1  bolt M10×100 - 2 pcs	**A2**  bolt M10×105 - 4 pcs	**A3**  bolt M10×60 - 4 pcs
A4  bolt M8×55 - 6 pcs	**A5**  bolt M12×25 - 4 pcs	**A6**  bolt M10×70 - 4 pcs
A7  bolt M10×15 - 2 pcs	**A8**  bolt M10×170 - 1 pc	**A9**  bolt M8×20 - 3 pcs
A10  bolt M8×40 - 4 pcs	**A11**  bolt M10×95 - 4 pcs	**A12**  bolt M10×65 - 2 pcs
B1  M10 big washer - 6 pcs	**B2**  M10 washer - 41 pcs	**B3**  M8 washer - 10 pcs
B4  M12 big washer - 4 pcs	**C1**  M10 nut - 24 pcs	*****  Tools - 1 set

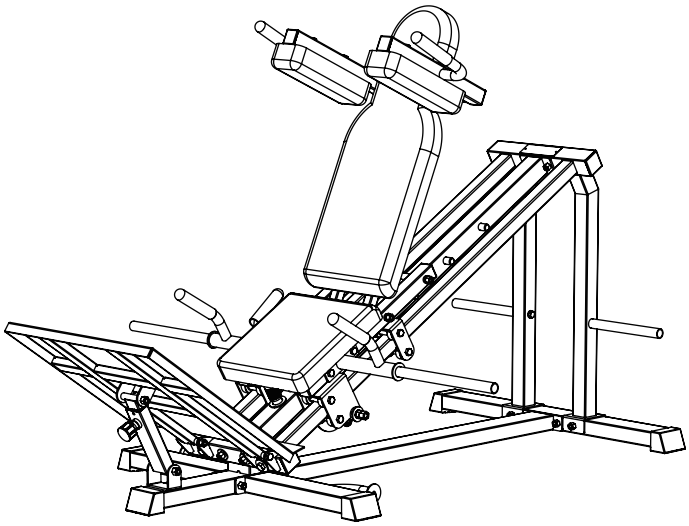


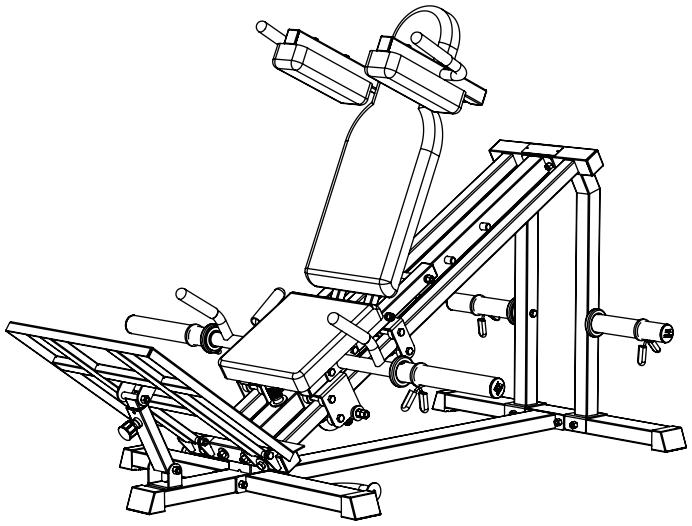
STEP 1-7

Main Frame Assembly

STEP 8-16

Active Part Assembly

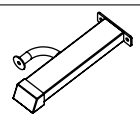
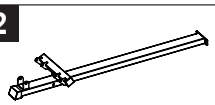
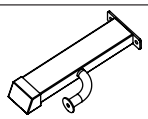
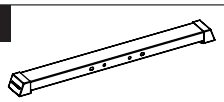
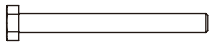
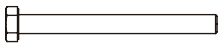


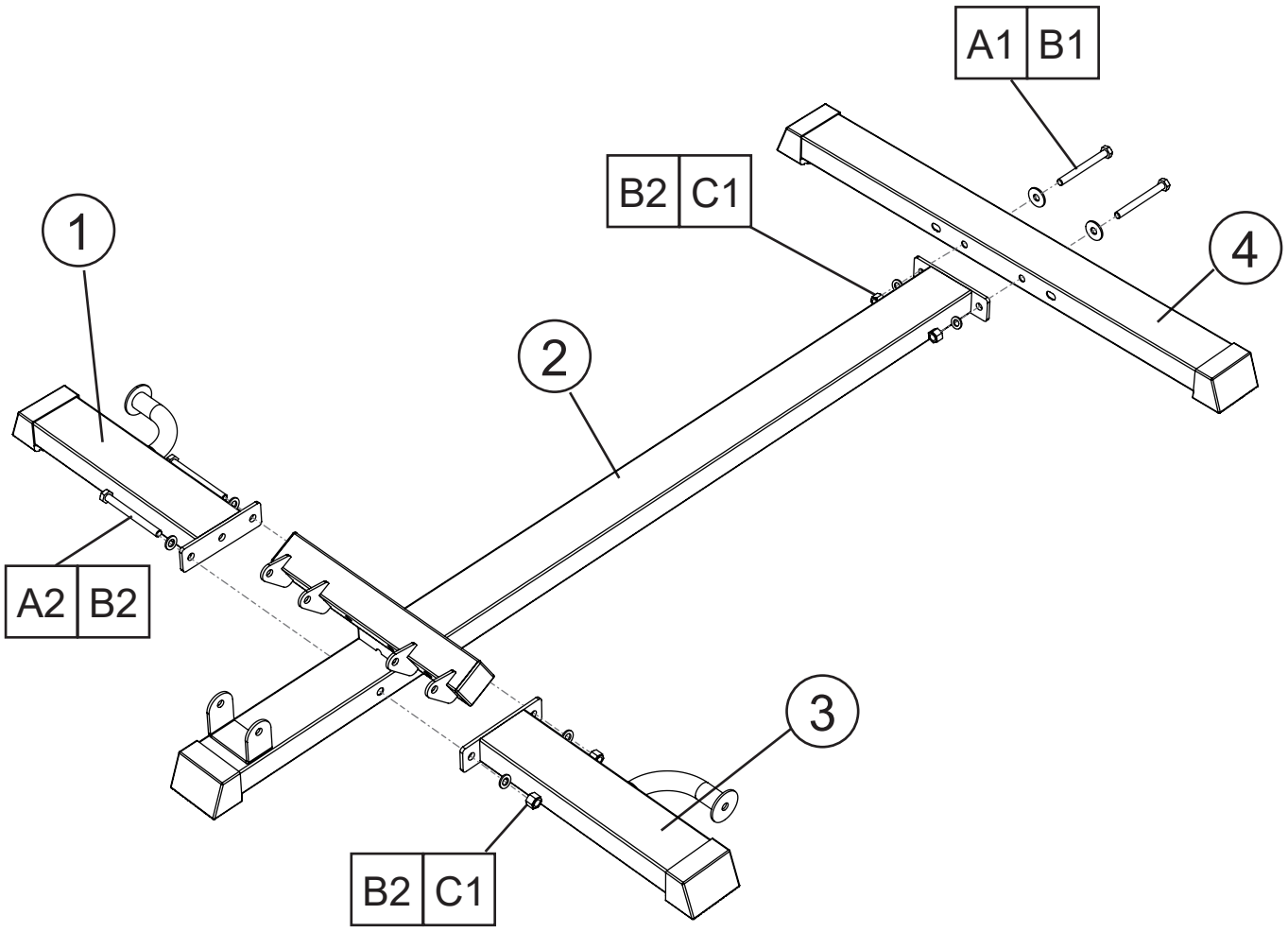


STEP 17-18

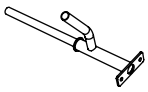
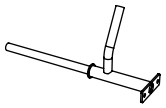
Adapter Assembly

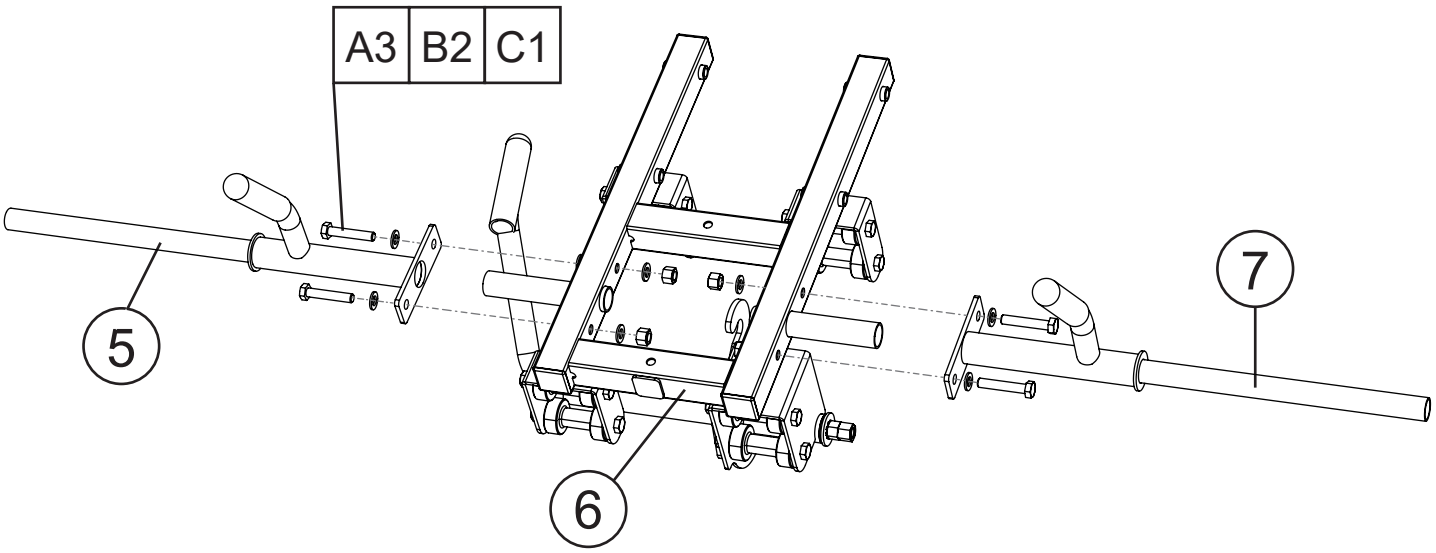
STEP 1

1  right front base - 1 pc	2  main base tube - 1 pc	3  left front base - 1 pc	4  base tube - 1 pc
A1  bolt M10×100 - 2 pcs	A2  bolt M10×105 - 2 pcs	B1  M10 big washer - 2 pcs	C1  M10 nut - 4 pcs
B2  M10 washer - 6 pcs			

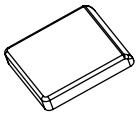


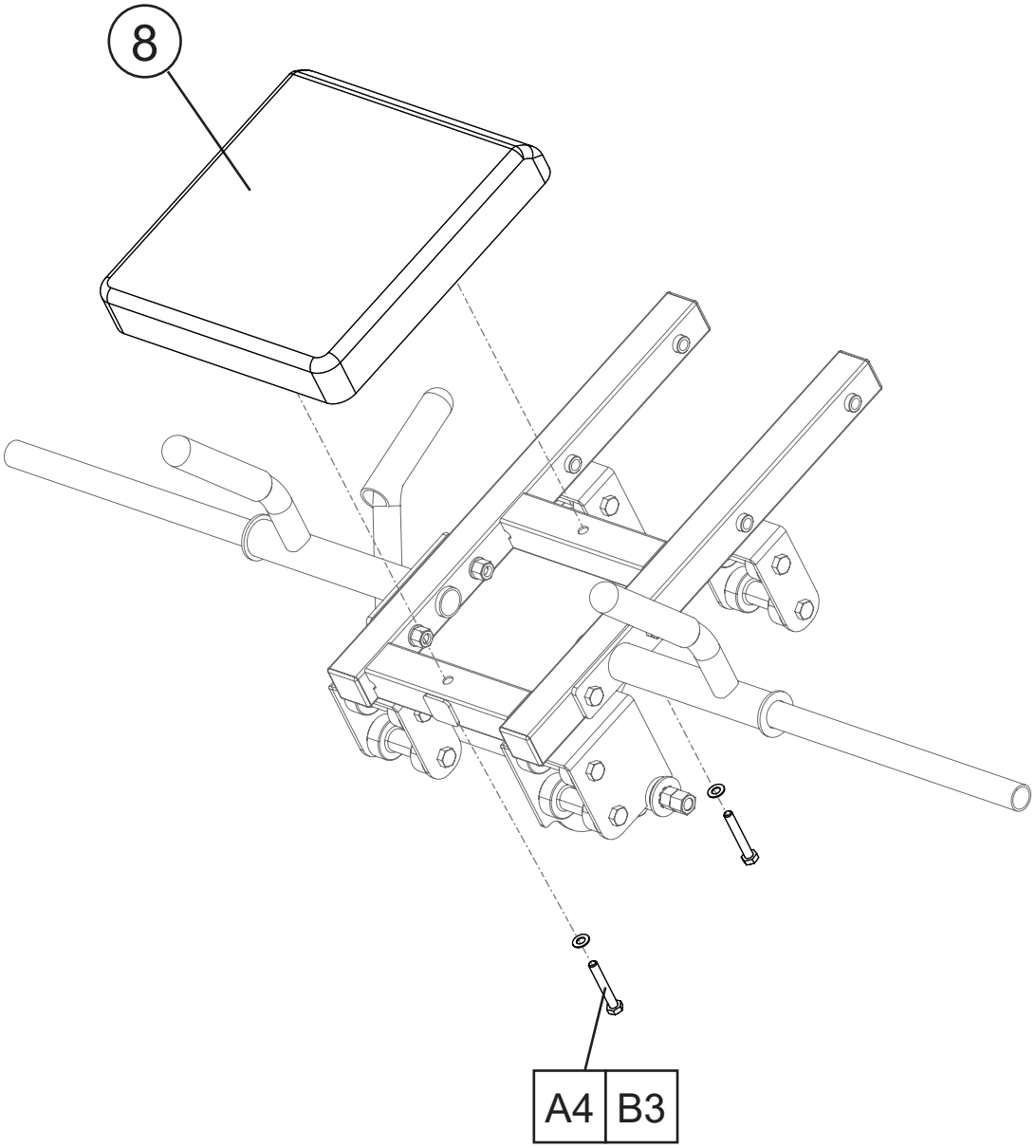
STEP 2

5  right handle - 1 pc	**6**  sliding seat - 1 pc	**7**  left handle - 1 pc	**A3**  bolt M10×60 - 4 pcs
B2  M10 washer - 7 pcs	**C1**  M10 nut - 3 pcs		

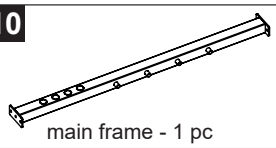
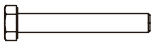


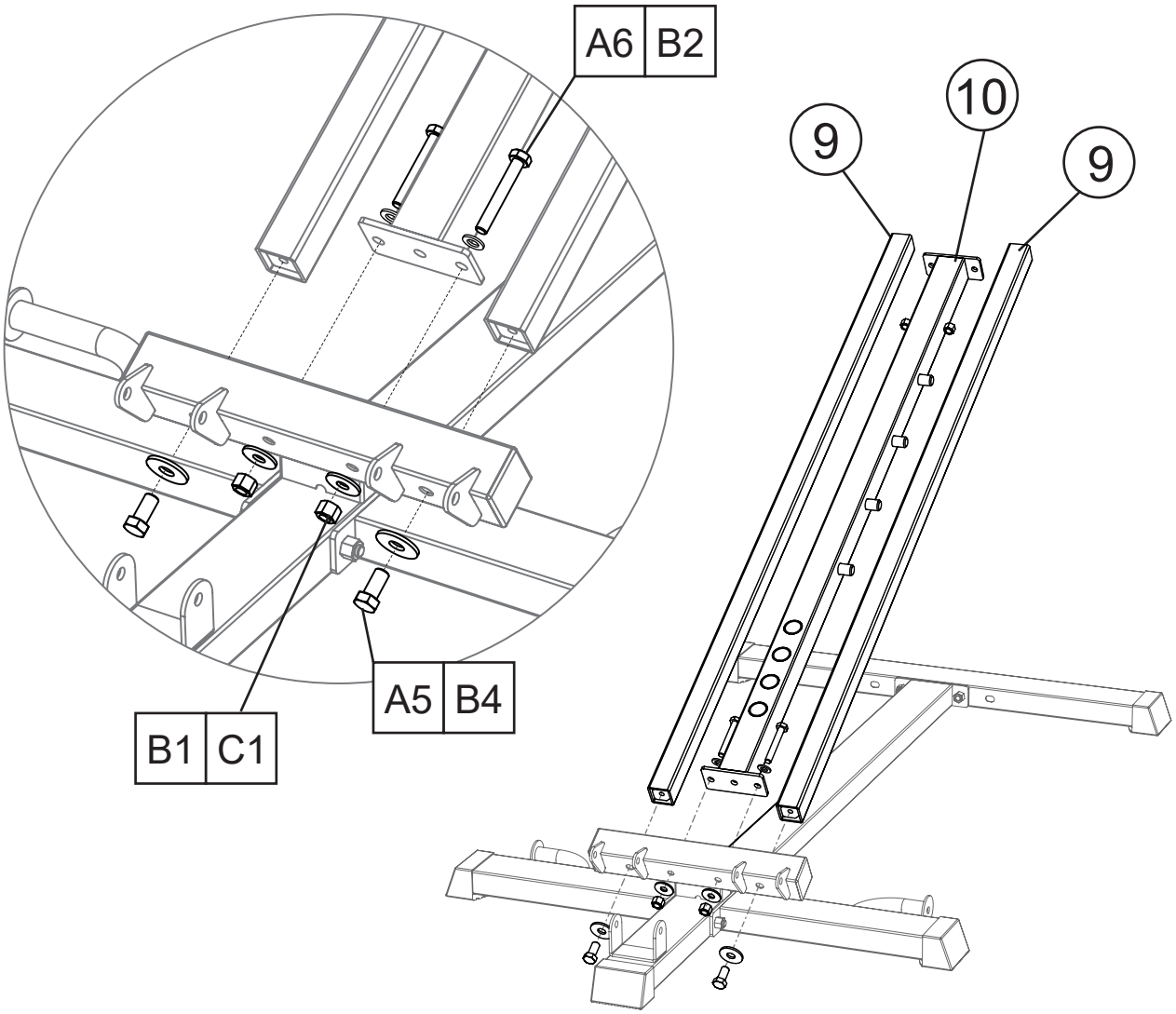
STEP 3

8	A4	B3	
			
seat cushion - 1 pc	bolt M8×55 - 2 pcs	M8 washer - 2 pcs	

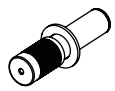
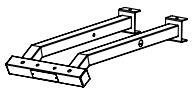


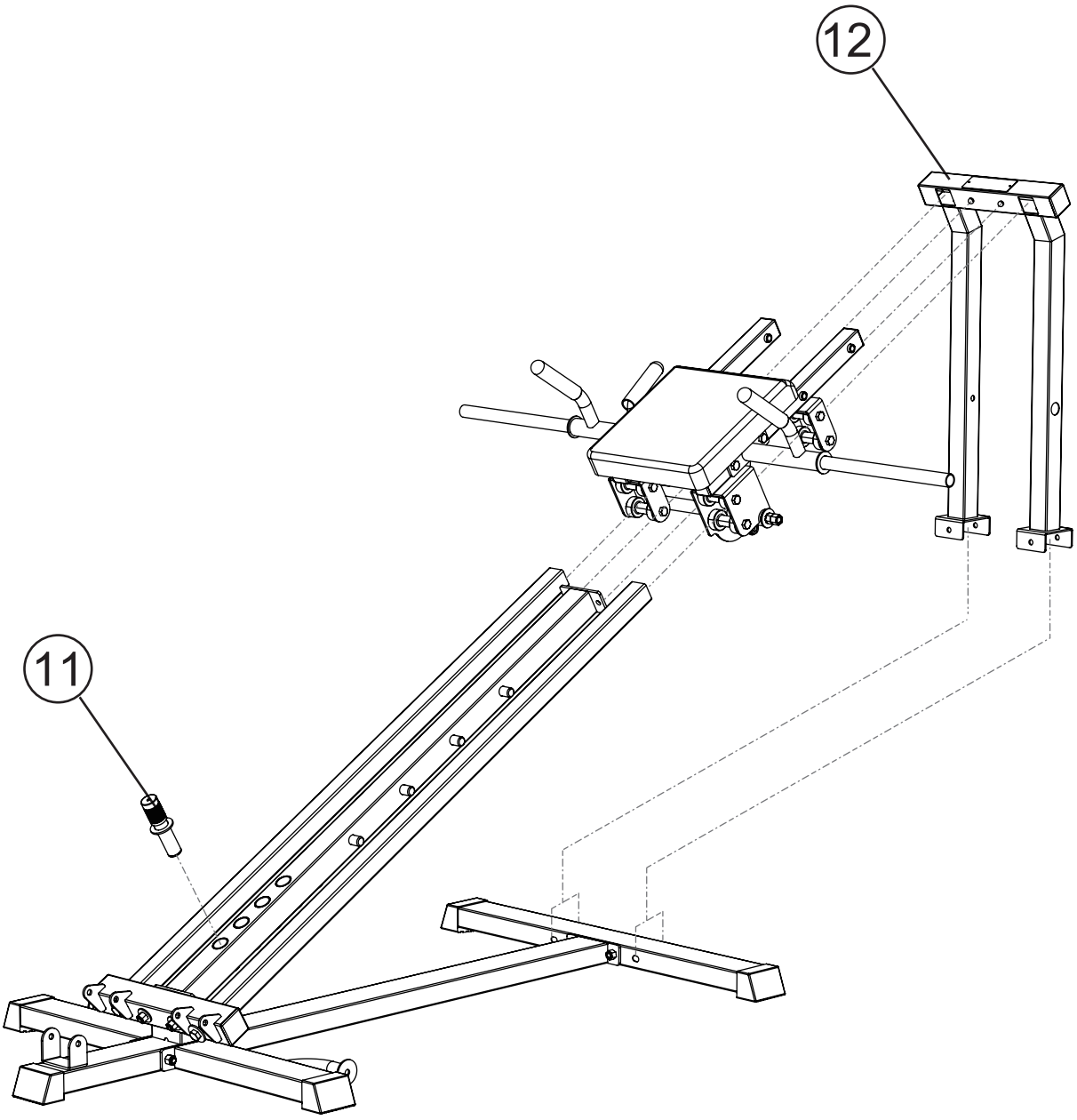
STEP 4

9  guide rod - 2 pcs	**10**  main frame - 1 pc	**A5**  bolt M12×25 - 2 pcs	**A6**  bolt M10×70 - 2 pcs
B1  M10 big washer - 2 pcs	**B4**  M12 big washer - 2 pcs	**C1**  M10 nut - 2 pcs	**B2**  M10 washer - 2 pcs

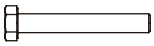


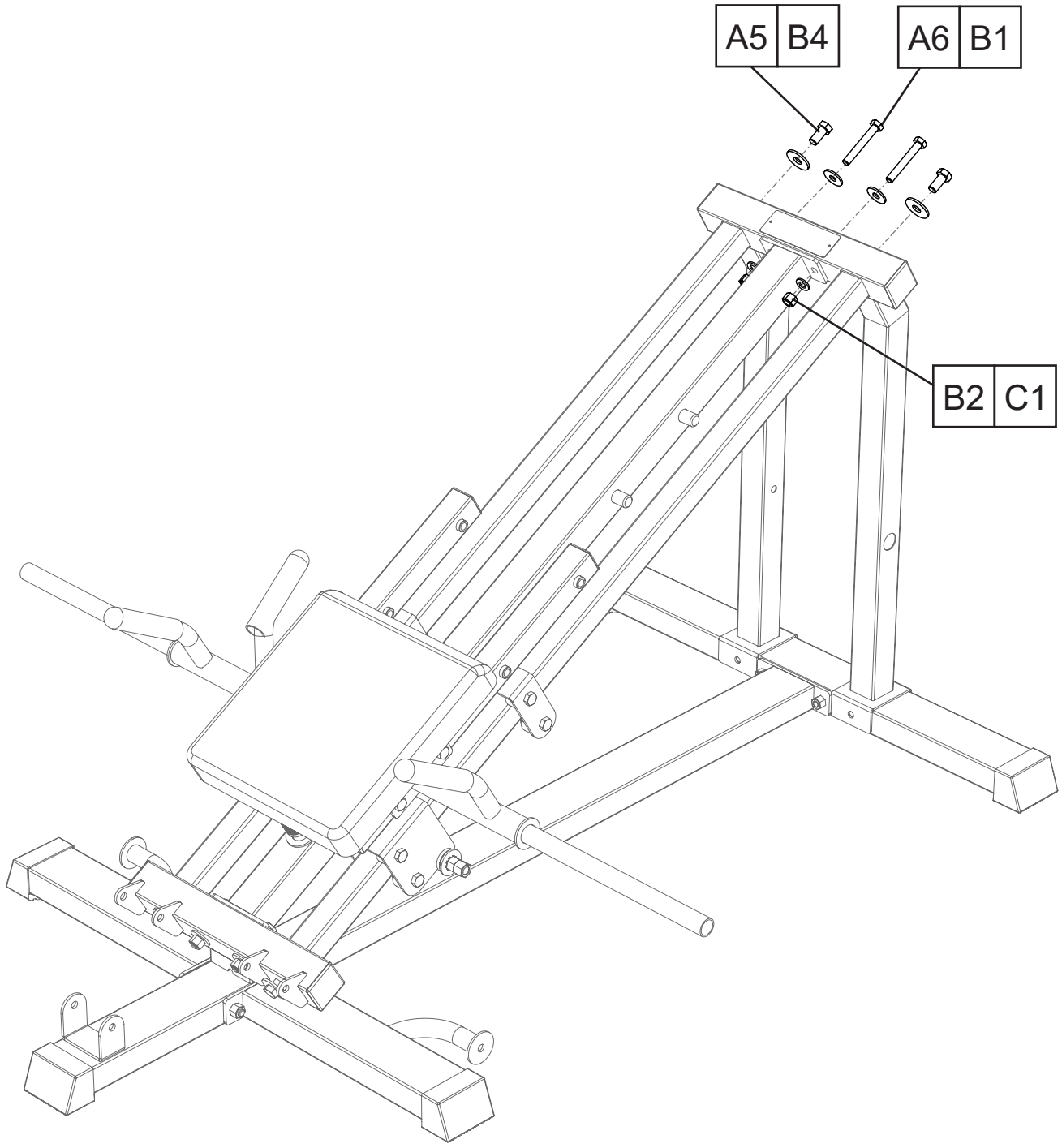
STEP 5

11  locator - 1 pc	**12**  rear support frame - 1 pc		

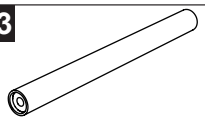
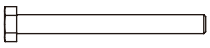


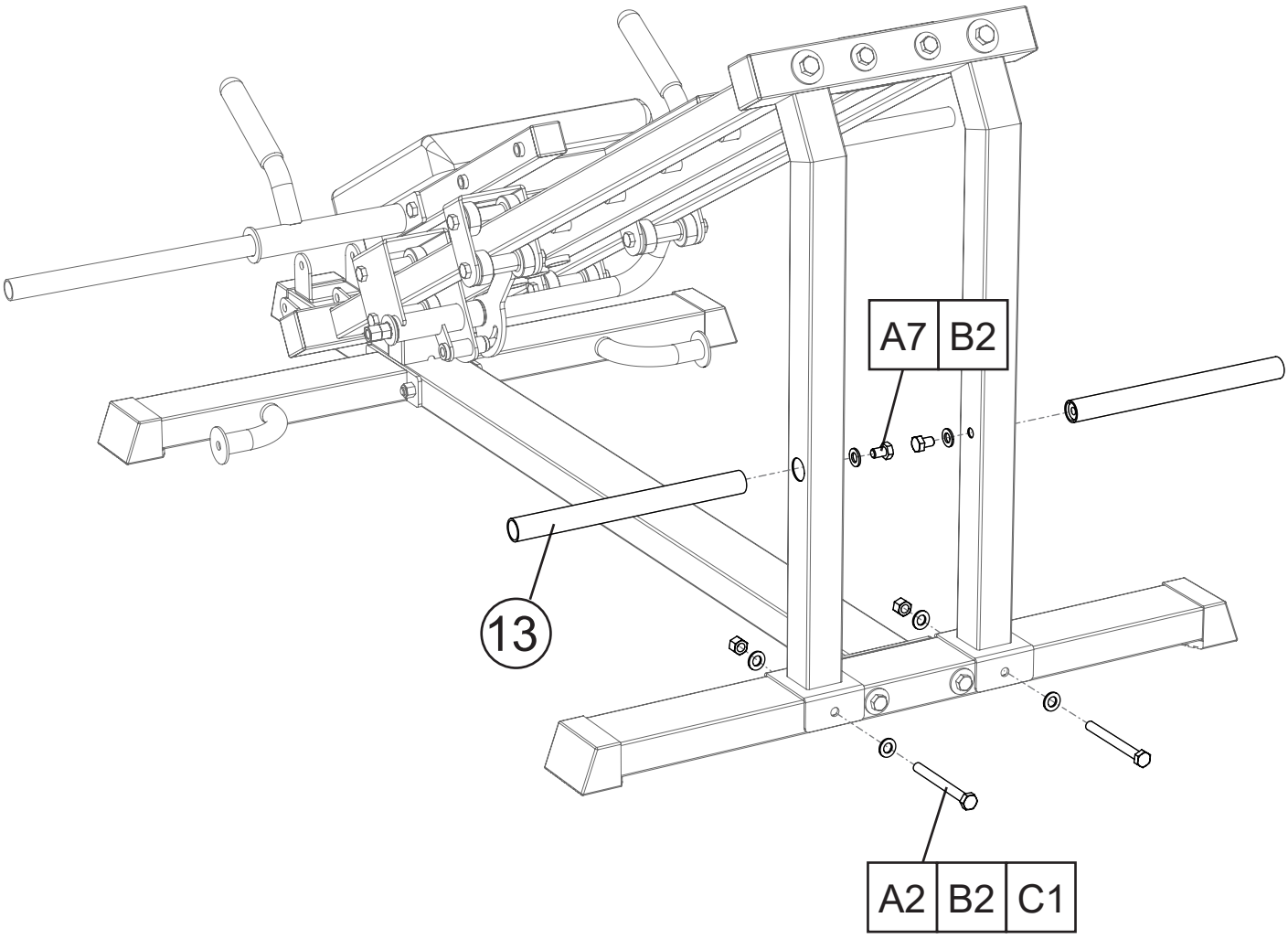
STEP 6

A5  bolt M12×25 - 2 pcs	**A6**  bolt M10×70 - 2 pcs	**B1**  M10 big washer - 2 pcs	**B4**  M12 big washer - 2 pcs
C1  M10 nut - 2 pcs	**B2**  M10 washer - 2 pcs		

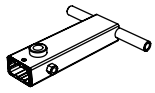
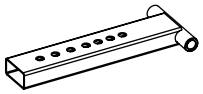
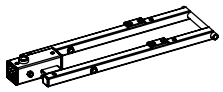
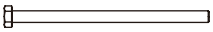


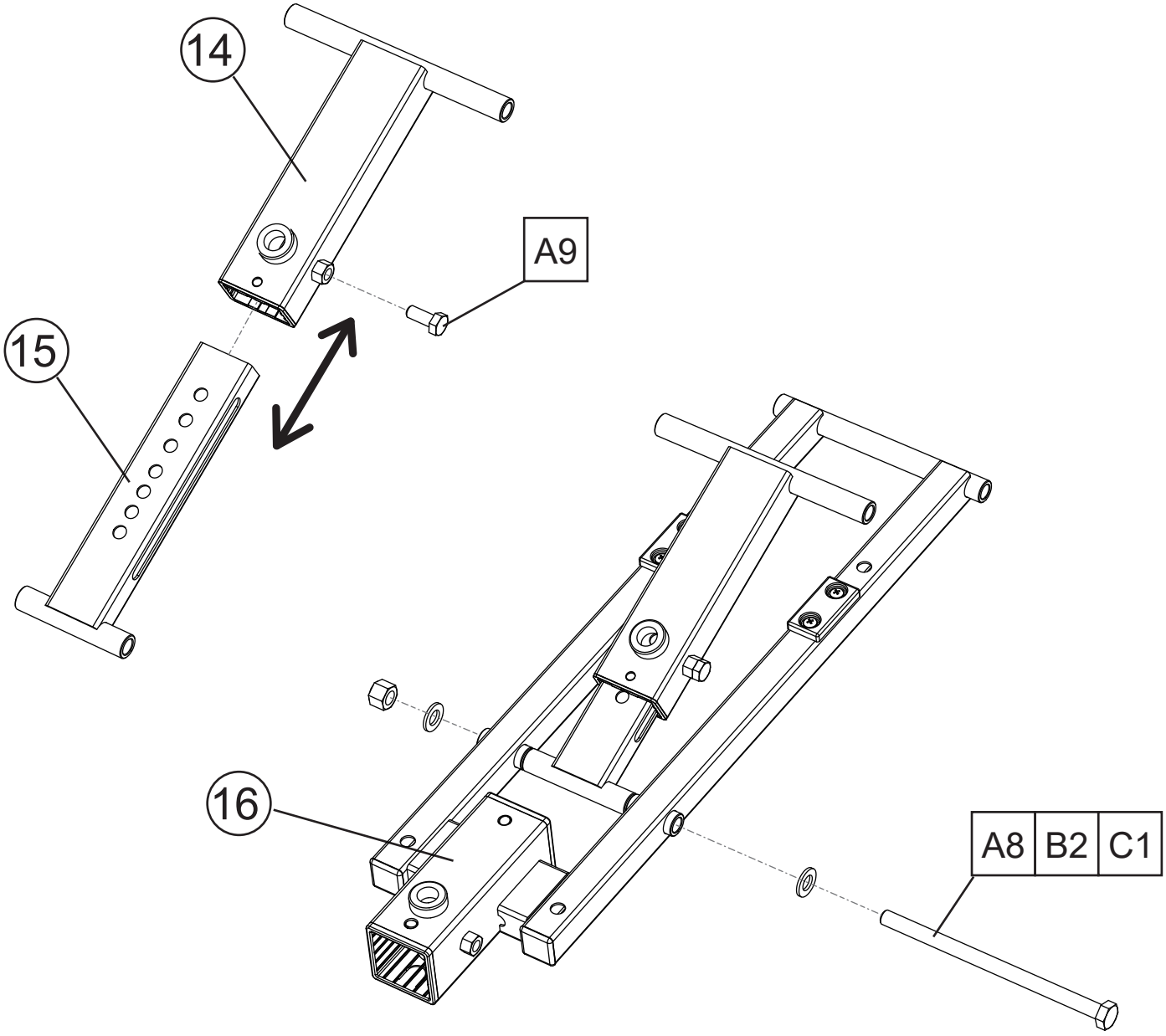
STEP 7

13  storage tube - 2 pcs	**A2**  bolt M10×105 - 2 pcs	**C1**  M10 nut - 2 pcs	**A7**  bolt M10×15 - 2 pcs
B2  M10 washer - 6 pcs			



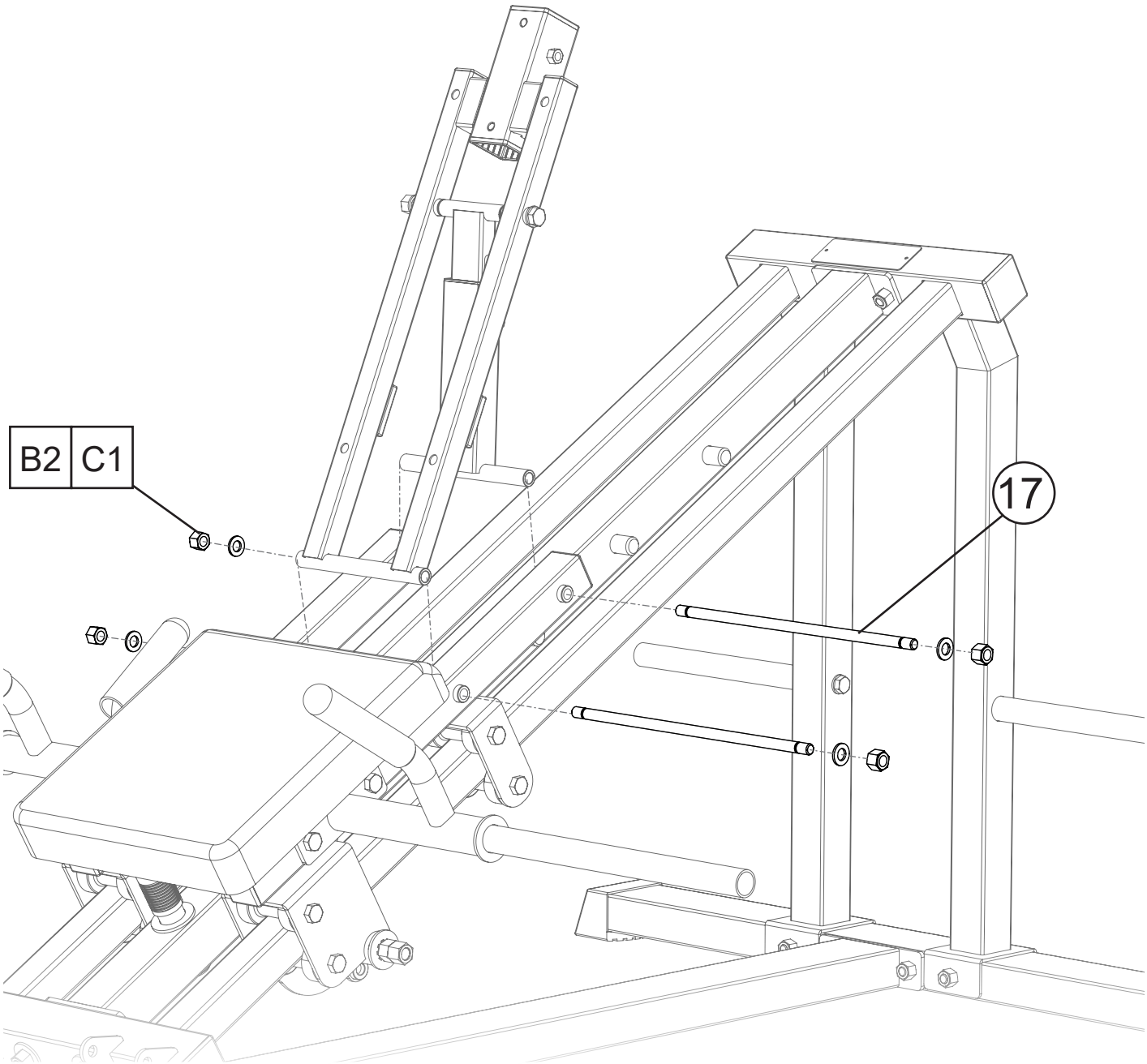
STEP 8

14  back support - 1 pc	**15**  back adjustor - 1 pc	**16**  backrest support - 1 pc	**A9**  bolt M8×20 - 1 pc
A8  bolt M10×170 - 1 pc	**B2**  M10 washer - 2 pcs	**C1**  M10 nut - 1 pc	

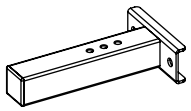


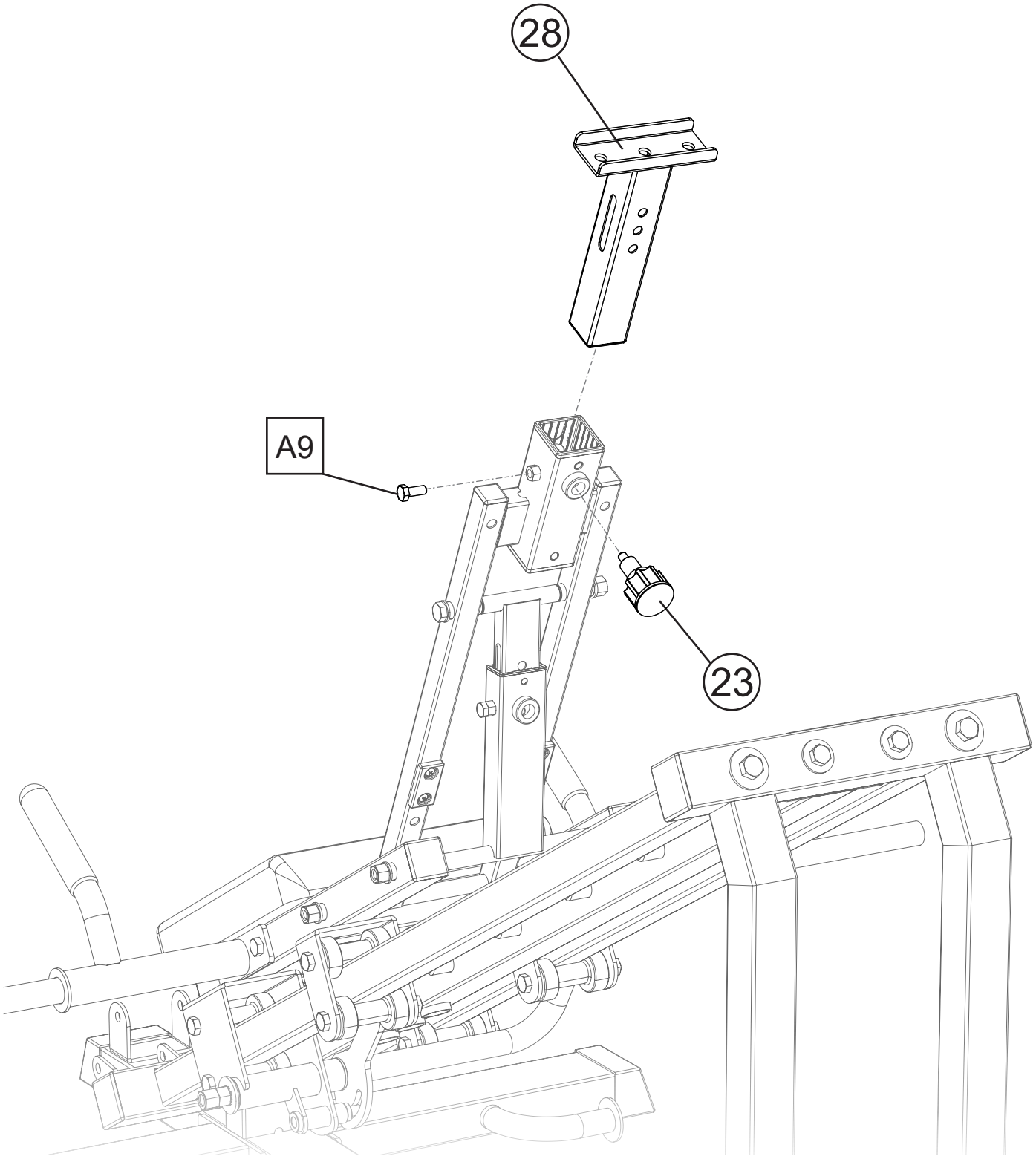
STEP 9

17	B2	C1	
shaft - 2 pcs	M10 washer - 4 pcs	M10 nut - 4 pcs	

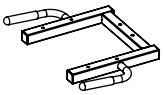
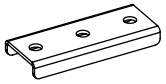
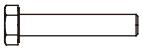


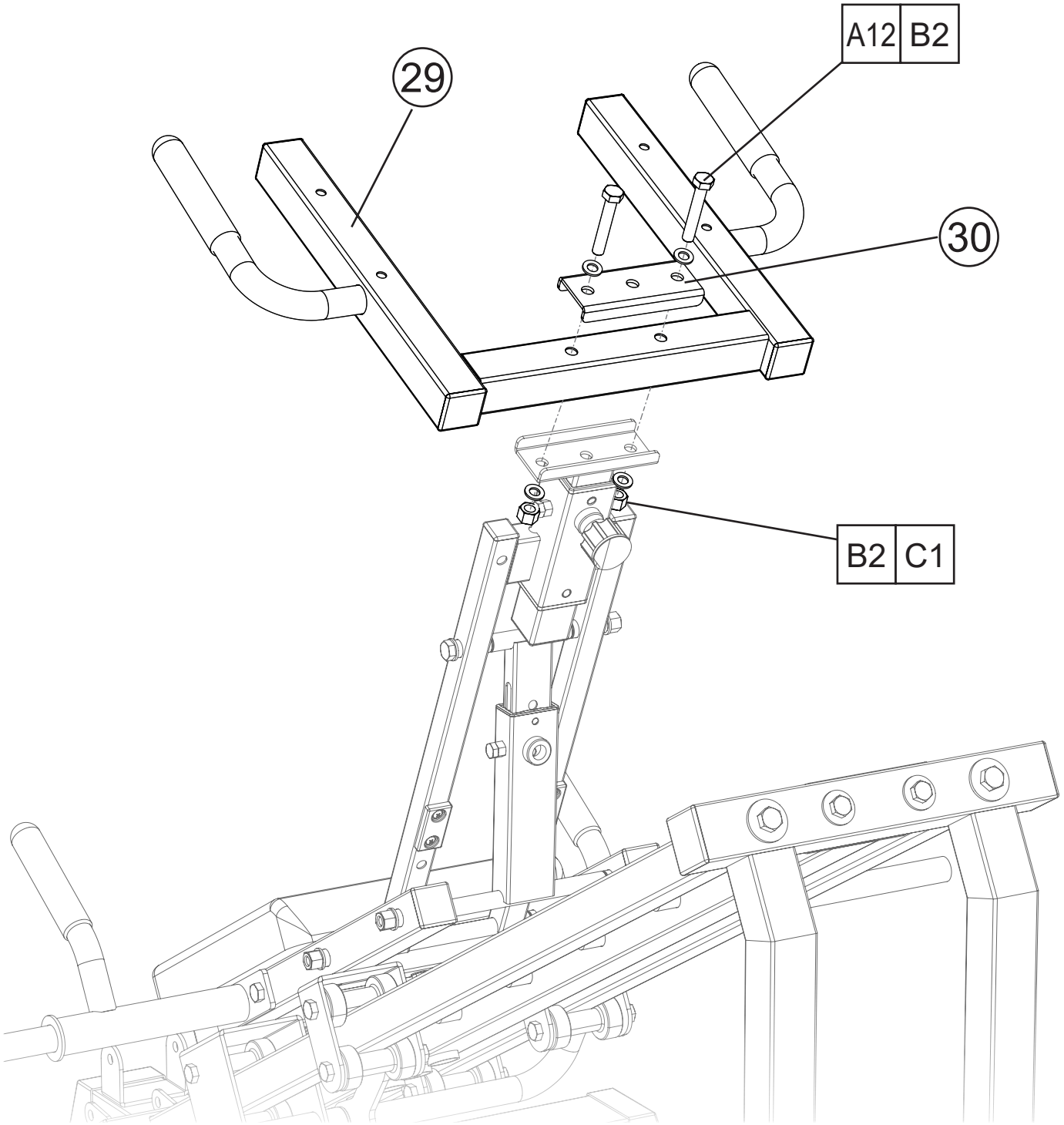
STEP 10

28  shoulder adjustor - 1 pc	23  latch - 1 pc	A9  bolt M8×20 - 1 pc	



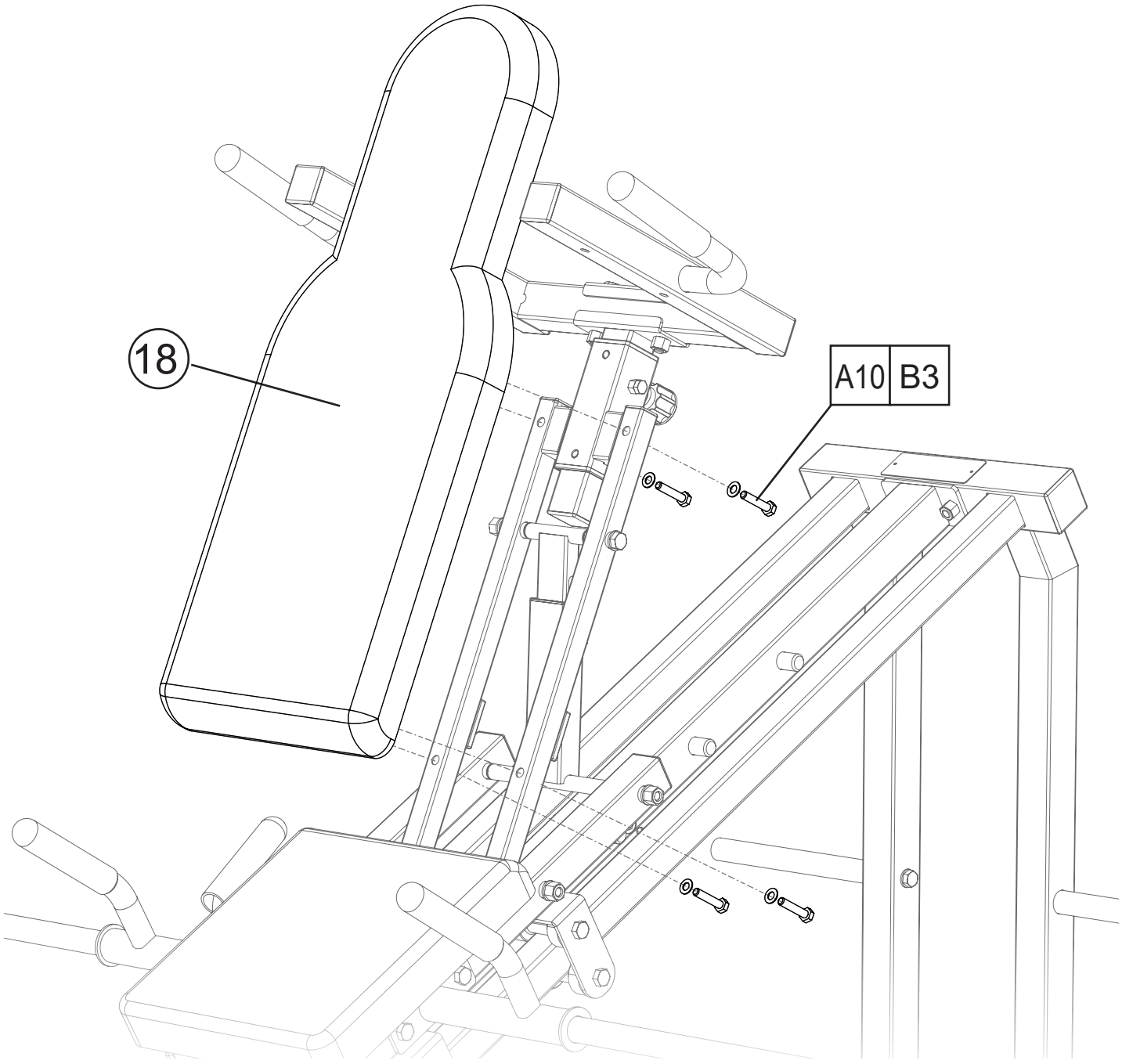
STEP 11

29  shoulder frame - 1 pc	**30**  reinforcement plate - 1 pc	**A12**  bolt M10×65 - 2 pcs	**C1**  M10 nut - 2 pcs
B2  M10 washer - 4 pcs			

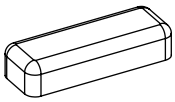


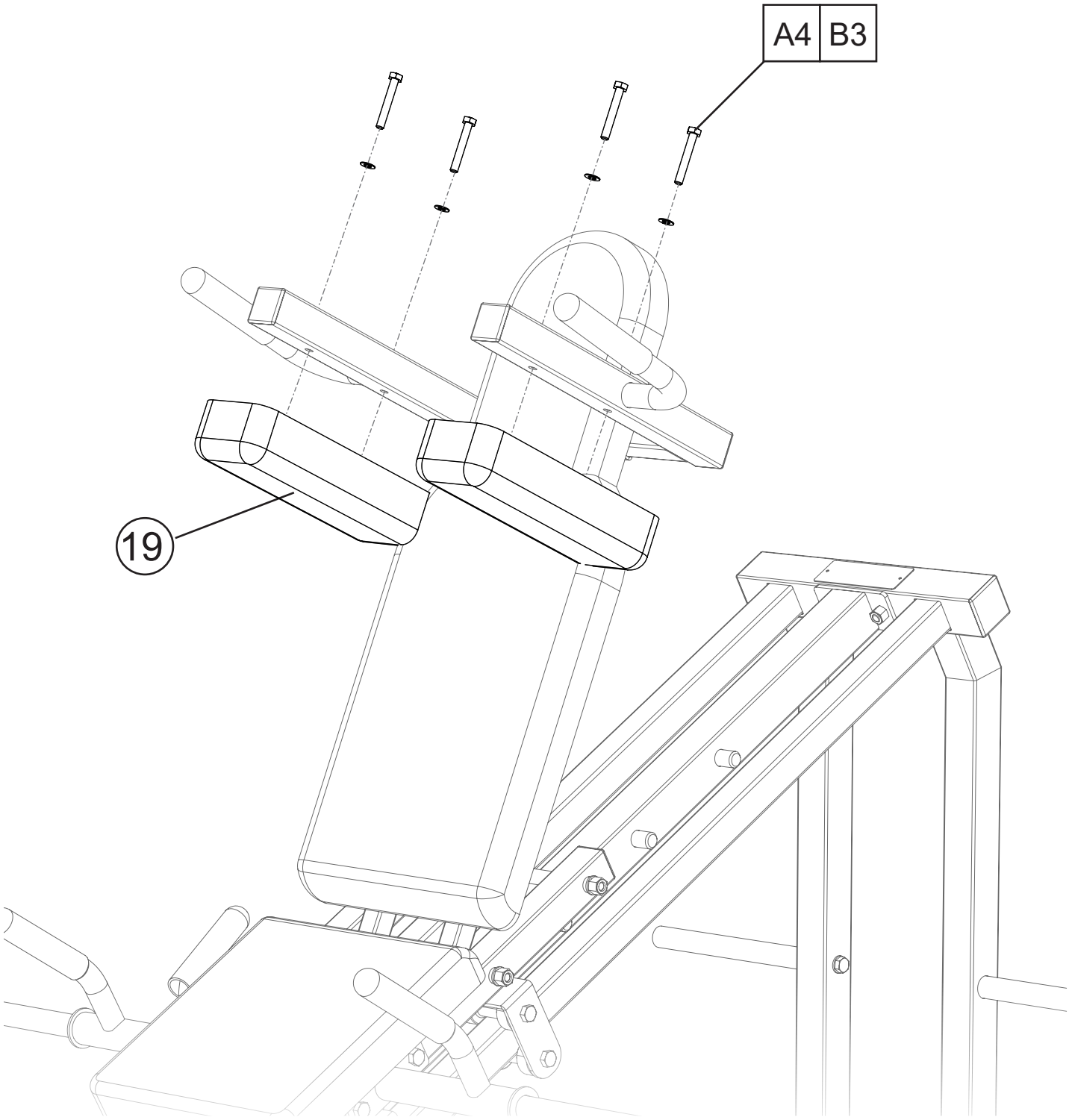
STEP 12

18	A10	B3	
back cushion - 1 pc	bolt M8×40 - 4 pcs	M8 washer - 4 pcs	

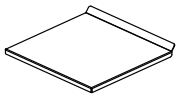


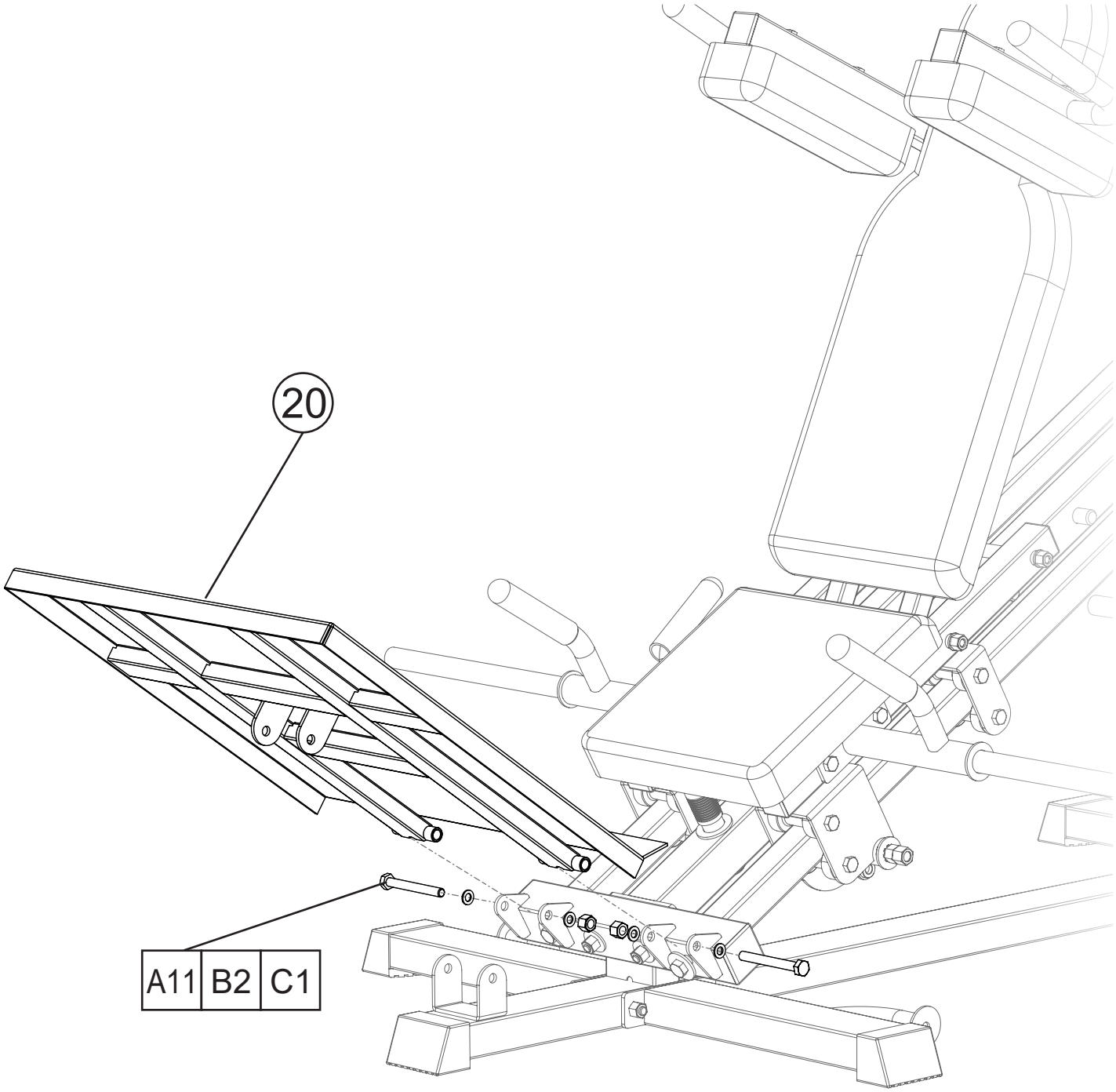
STEP 13

19  shoulder cushion - 2 pcs	**A4**  bolt M8×55 - 4 pcs	**B3**  M8 washer - 4 pcs	

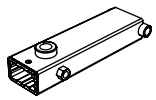
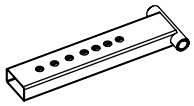
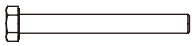


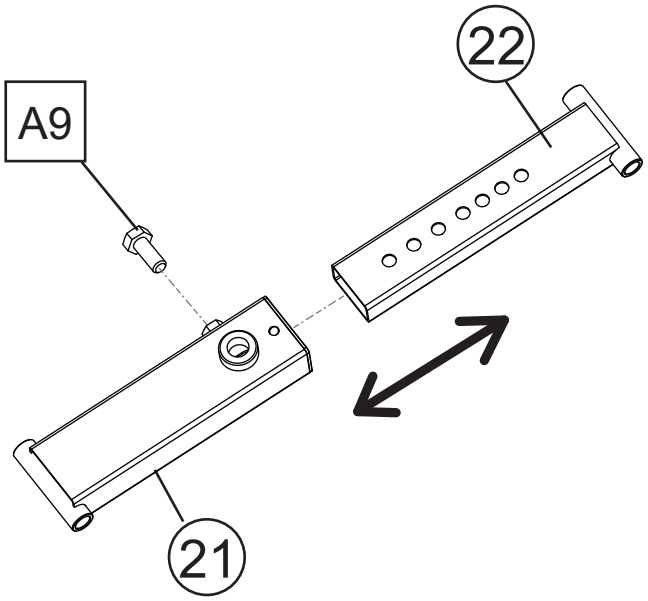
STEP 14

20	A11	C1	B2
			
leg press backrest - 1pc	bolt M10×95 - 2 pcs	M10 nut - 2 pcs	M10 washer - 4 pcs



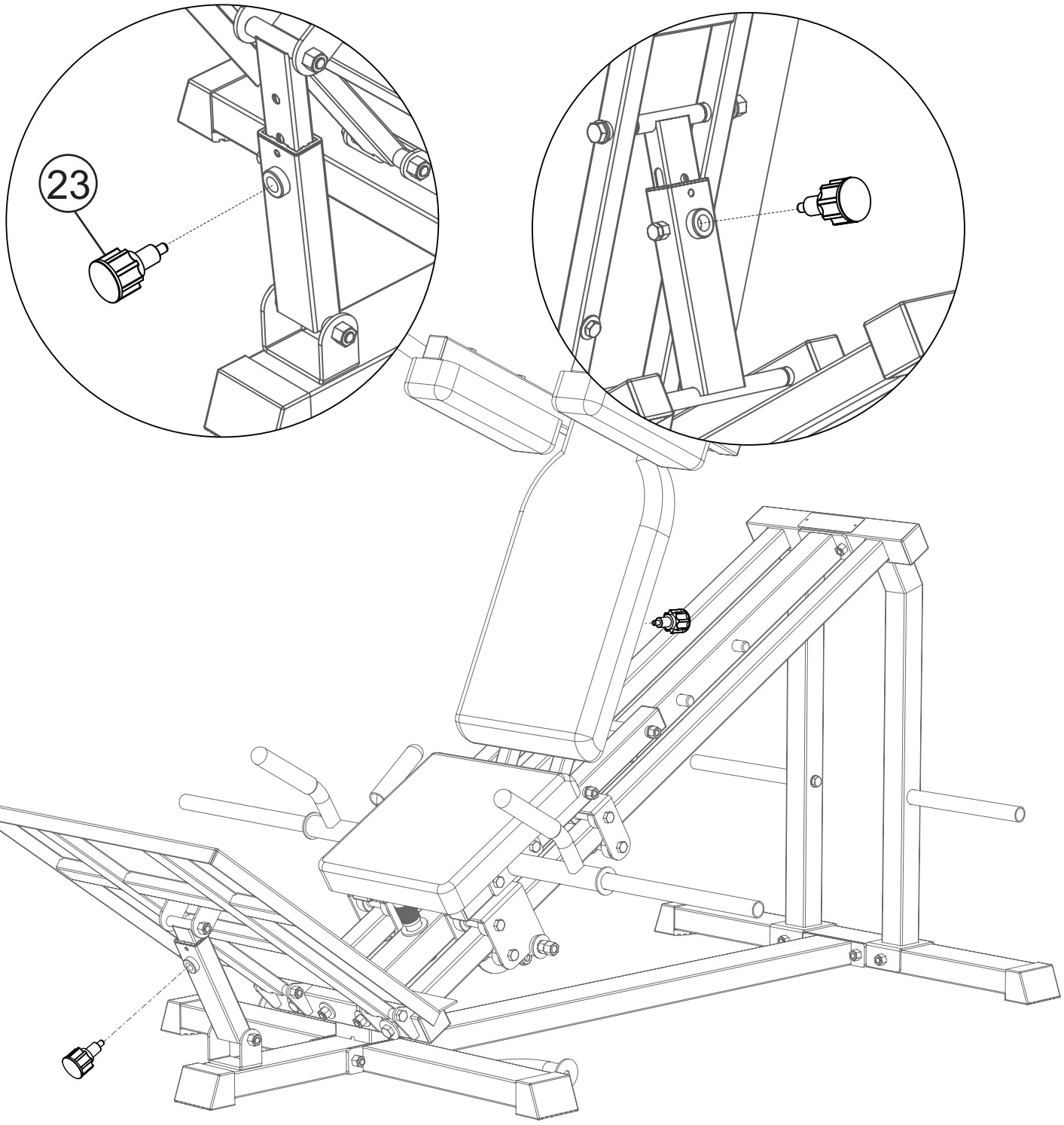
STEP 15

21  pedal support - 1 pc	**22**  pedal adjustor - 1 pc	**A9**  bolt M8×20 - 1 pc	**A11**  bolt M10×95 - 2 pcs
C1  M10 nut - 2 pcs	**B2**  M10 washer - 4 pcs		

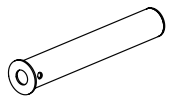
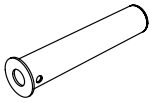


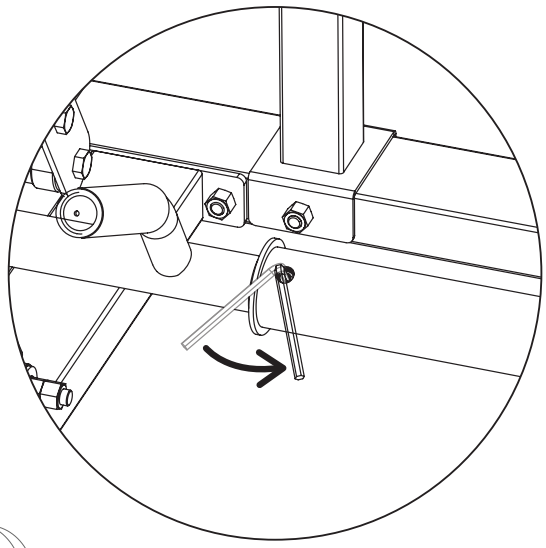
STEP 16

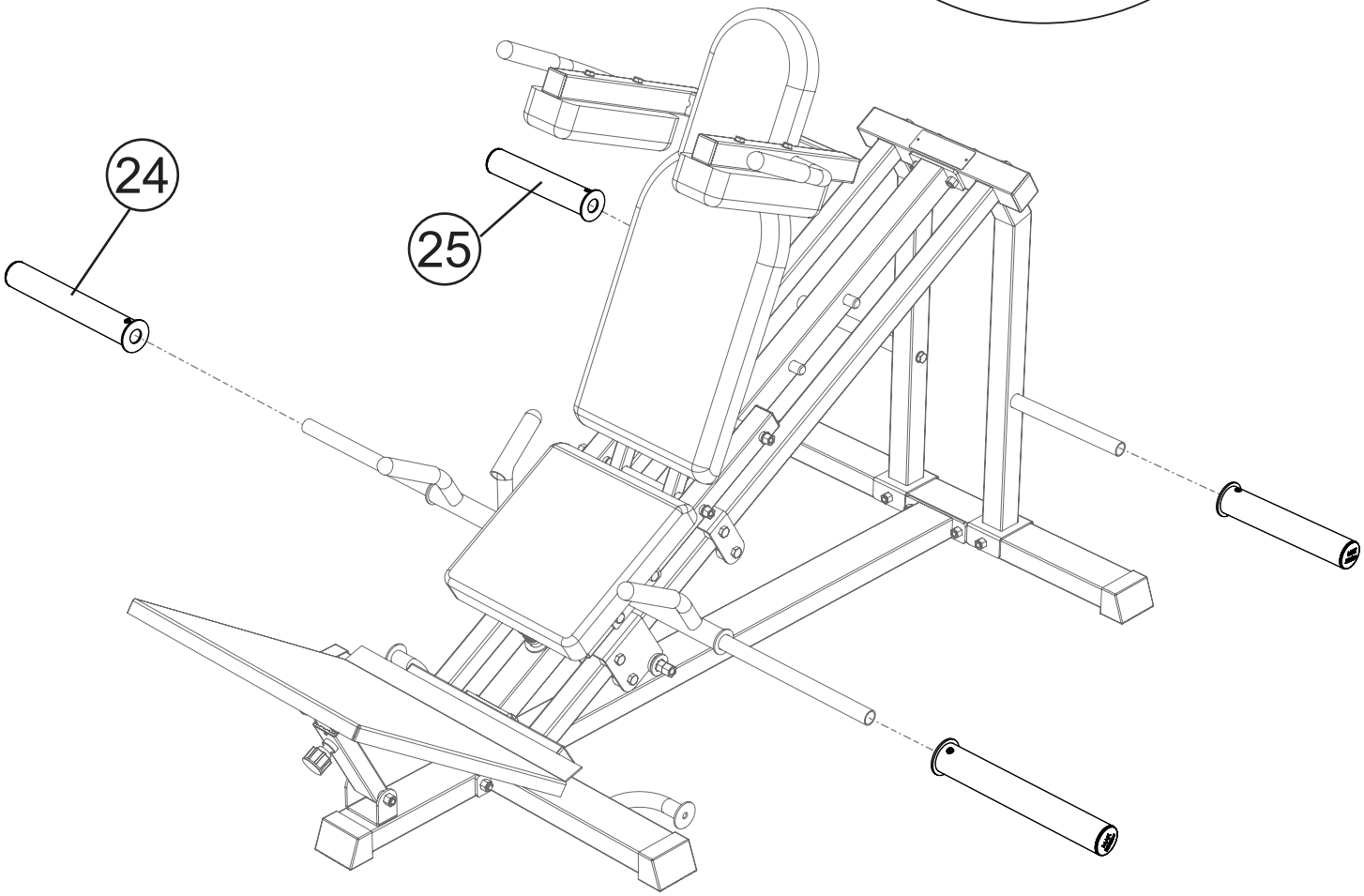
23  latch - 2 pcs			



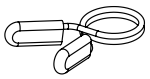
STEP 17

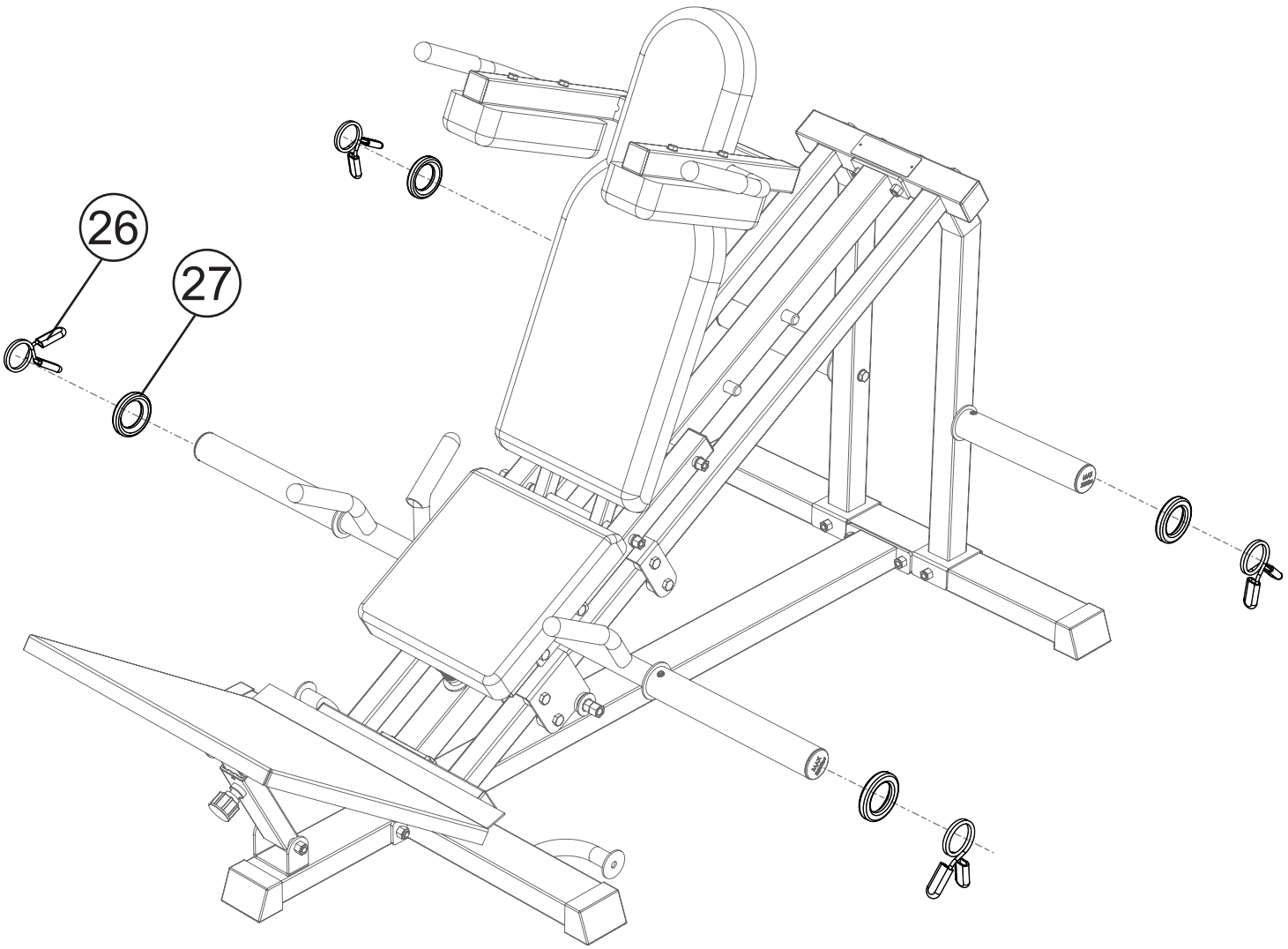
24  plate adapter - 2 pcs	**25**  storage plate adapter - 2 pcs		





STEP 18

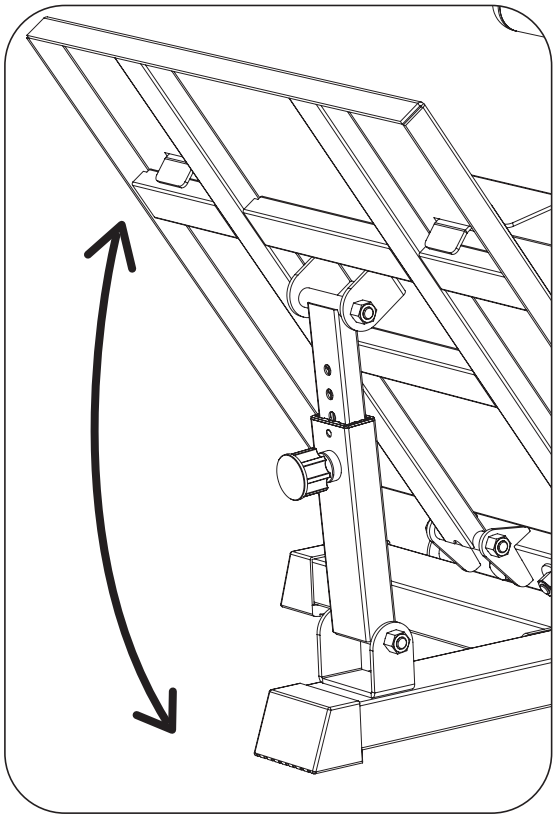
26  spring clip - 4 pcs	**27**  buffer ring - 4 pcs		

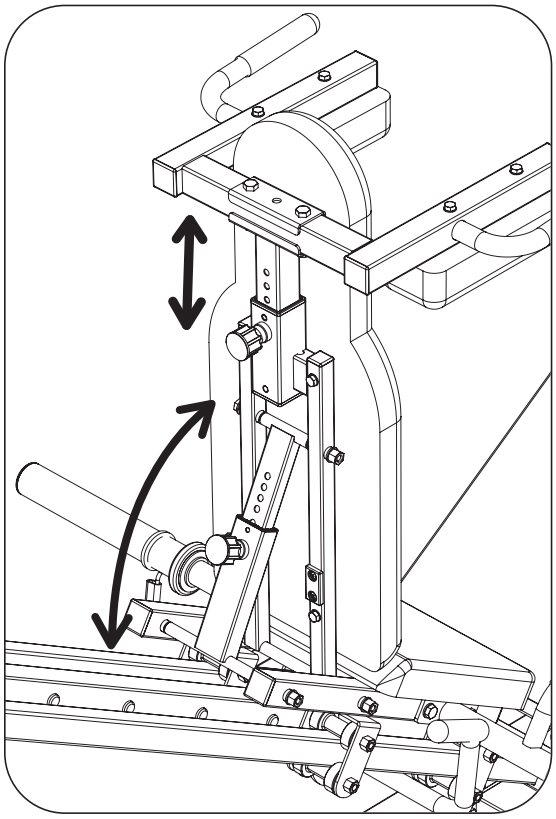


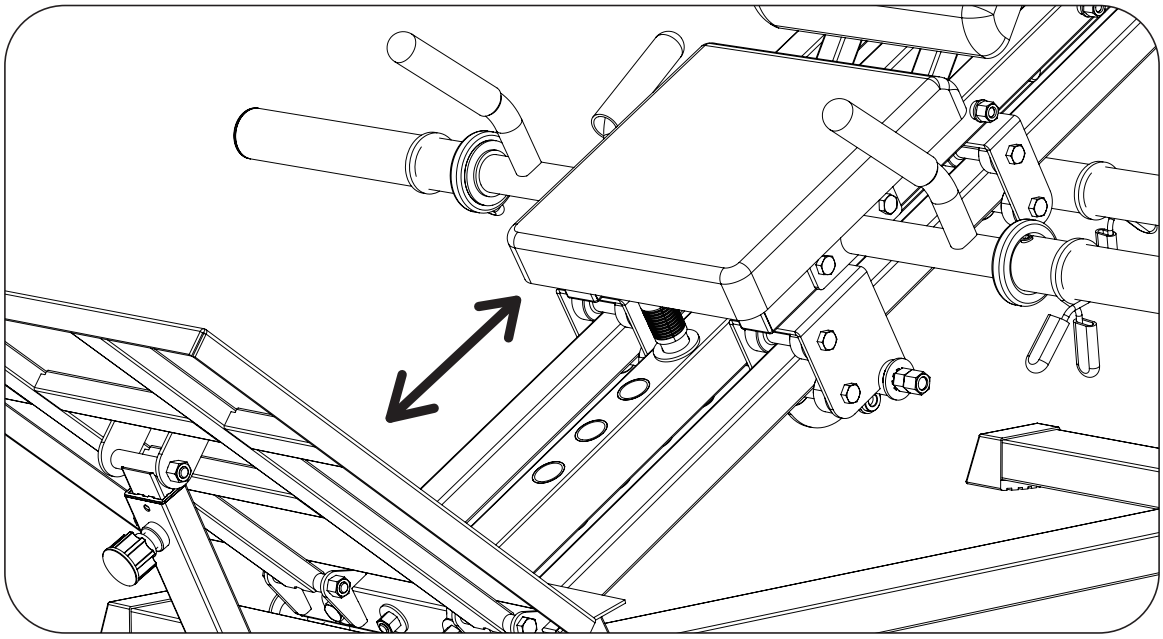
ADJUSTMENT INSTRUCTIONS

• Adjust the backrest, leg press backrest and the seat.

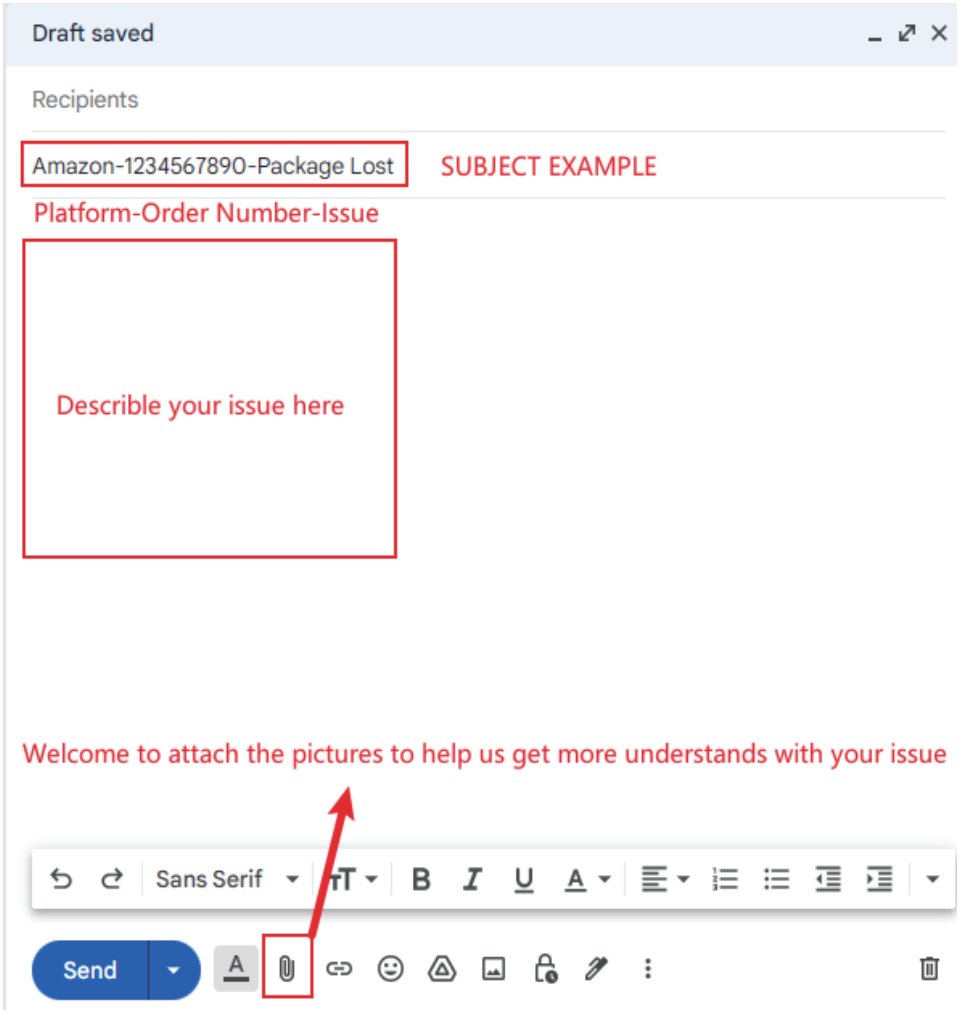
Loosen the latch(23) and locator(11), then adjust the backrest, leg press backrest, seat, shoulder and finally secure it.







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.

after-sale@gym-mikolo.com