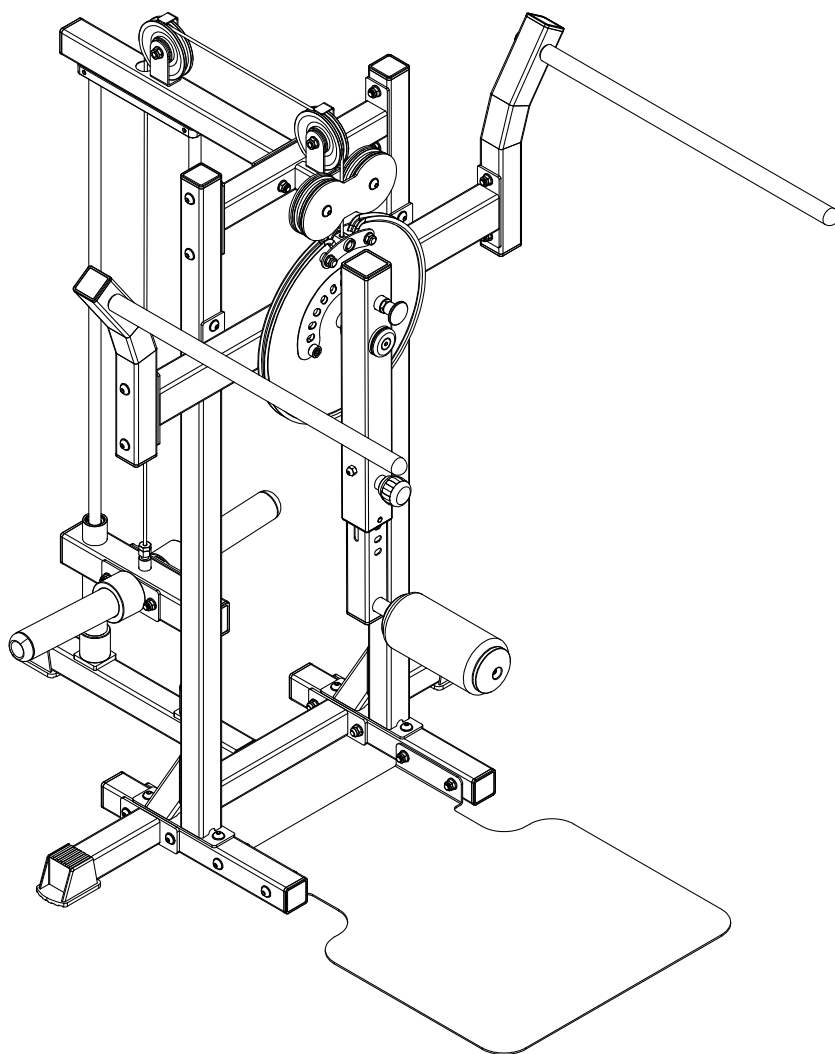


GMWD

ASSEMBLY INSTRUCTIONS



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

Assembly Caution	-----	3
Part List	-----	4
Hardware List	-----	5
Step 1	-----	6
Step 2	-----	7
Step 3	-----	8
Step 4	-----	9
Step 5	-----	10
Step 6	-----	11
Step 7	-----	12
Step 8	-----	13
Step 9	-----	14
Step 10	-----	15
Step 11	-----	16
Step 12	-----	17
After-Sale Information	-----	18

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



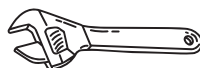
If you are missing any parts, or otherwise have any warranty issues, please contact us first.
support@gmwdfitness.com

Shortcut: A Lot of People Doing That Way

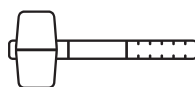
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

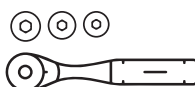
Adjustable wrenches



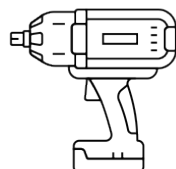
Rubber hammers



Socket set



Electric Wrench



WARNING



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

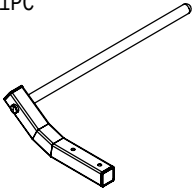
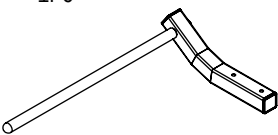
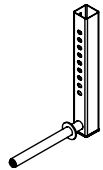
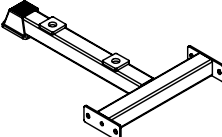
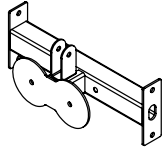
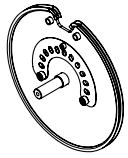
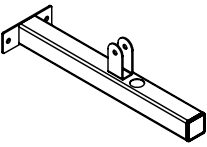
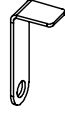
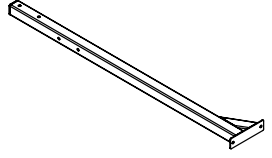
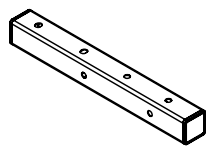
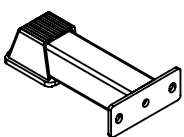
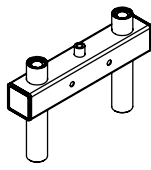
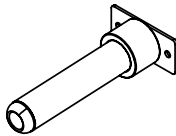
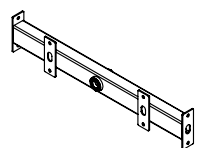
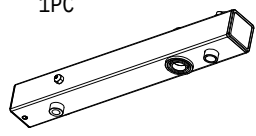
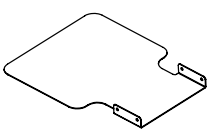
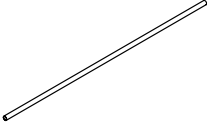
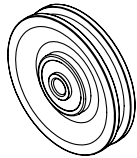
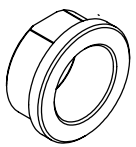
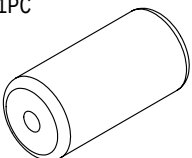
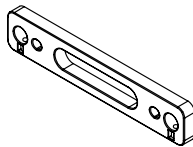
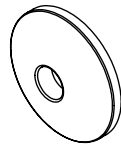
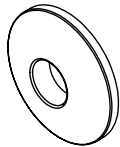
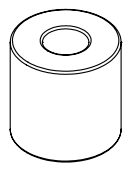
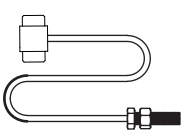
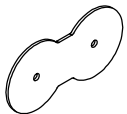
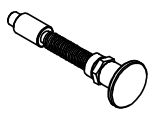
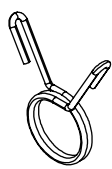


Sharp objects may be involved. Use precaution and protection.

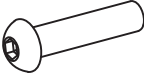
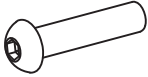
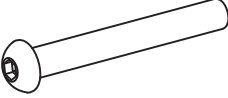
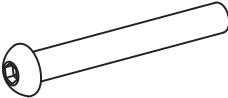
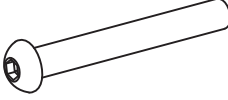


Heavy object. Use lifting aids and proper lifting techniques when moving

PARTS LIST

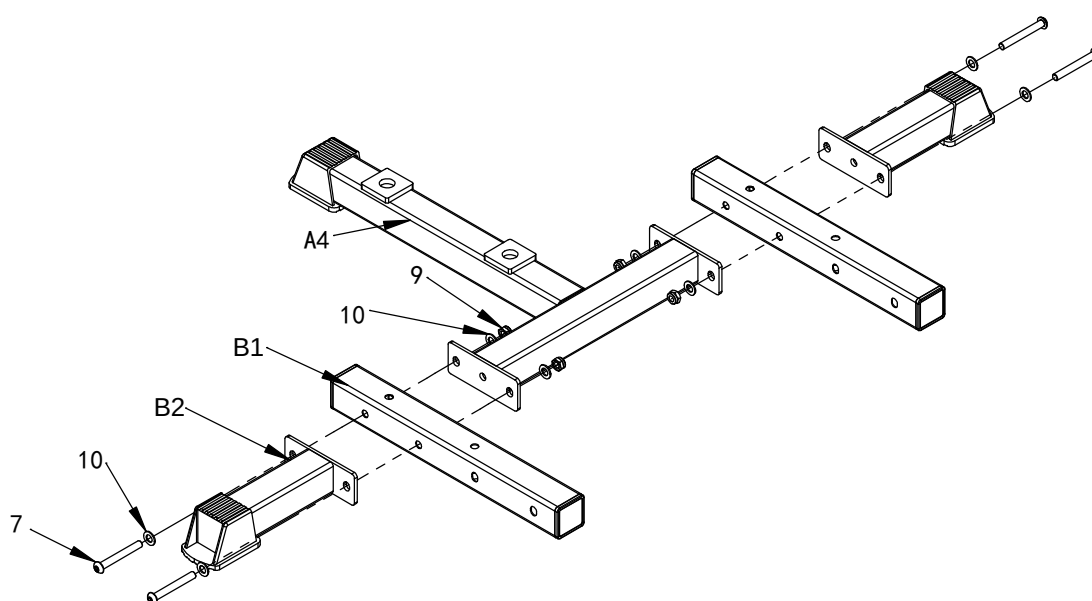
A1 Left Handle Frame 1PC 	A2 Right Handle Frame 1PC 	A3 Leg Foam Adjustment Frame 1PC 	A4 Rear Base Frame 1PC 	A5 Upper Connecting Frame 1PC 
A6 Sundial Frame 1PC 	A7 Connecting Piece 2PCS 	A8 Rear Top Tube 1PC 	A9 Cable Anti-trip Clamp 2PCS 	A10 Upright Tube 2PCS 
B1 Base Cross Tube 2PCS 	B2 Base Tube 2PCS 	B3 Weight Holder Frame 1PC 	B4 Weight Pin 2PCS 	B5 Leg Foam Frame 1PC 
B6 Leg Foam Adjustment Tube 1PC 	B7 Foot Pedal 1PC 	B8 Guide Rod 2PCS 	B9 Pulley 4PCS 	B10 Bushing 2PCS 
C1 Leg Foam Pad 1PC 	C2 Guide Rod Fixing Plate 1PC 	C3 Aluminum End Cap 2PCS 	C4 Foam End Cap 1PC 	C5 Inside Foam End Cap 1PC 
C6 Shock Pad 2PCS 	C7 Cable 1PC 	C8 Pulley Fixing Plate 1PC 	C9 Locking Pin 1PC 	C10 Pin 1PC 
D1 2'' Clip 2PCS 				

HARDWARE LIST

1 Bolt(M8 x20) 1PC 	2 Bolt(M10 x 20) 2PCS 	3 Bolt(M10 x 35) 2PCS 	4 Bolt(M10 x45) 6PCS 	5 Bolt(M10 x 55) 4PCS 
6 Bolt(M10 x 70) 18PCS 	7 Bolt(M10 x 75) 4PCS 	8 Bolt(M10 x 85) 2PCS 	9 Lock nut(M10) 30PCS 	10 Washer(M10) 62PCS 
11 Washer(M8) 1PC 				

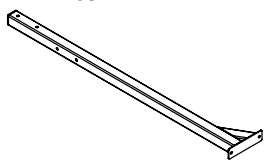
STEP1:

A4 Rear Base Frame 1PC	B1 Base Cross Tube 2PCS	B2 Base Tube 2PCS	7 Bolt(M10 x 75) 4PCS	9 Lock nut(M10) 4PCS
10 Washer(M10) 8PCS				

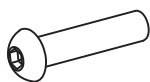


STEP2.

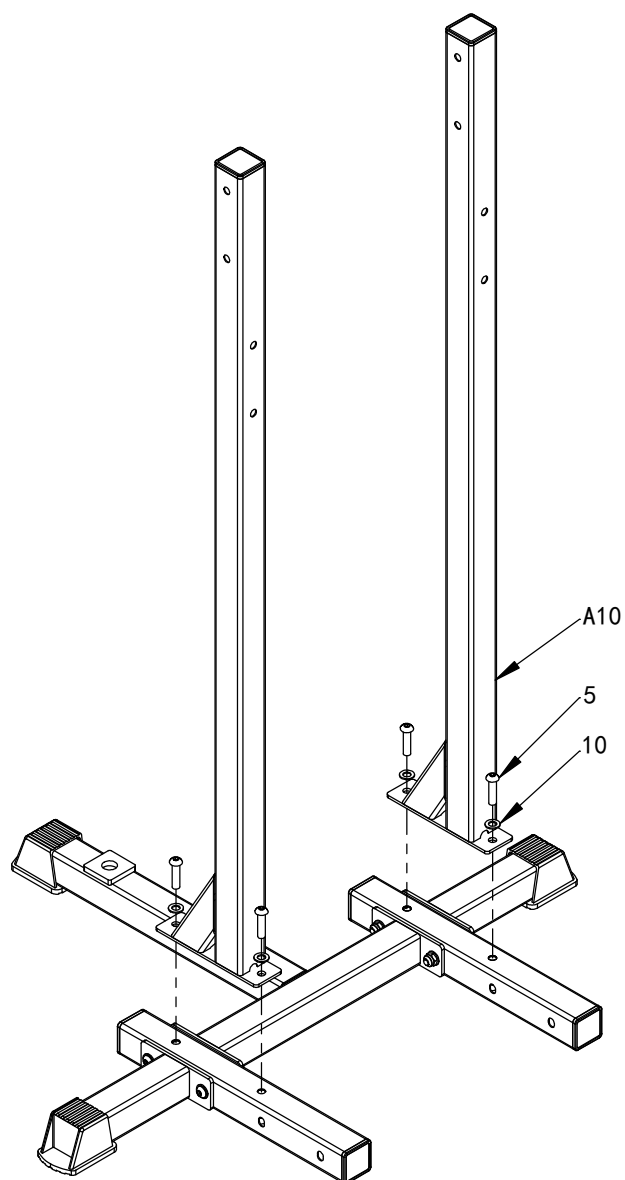
A10 Upright Tube
2PCS



5 Bolt (M10 x 55)
4PCS

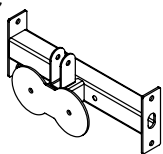


10 Washer (M10)
4PCS

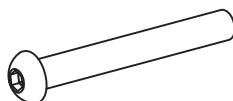


STEP3:

A5 Upper Connecting
Frame
1PC



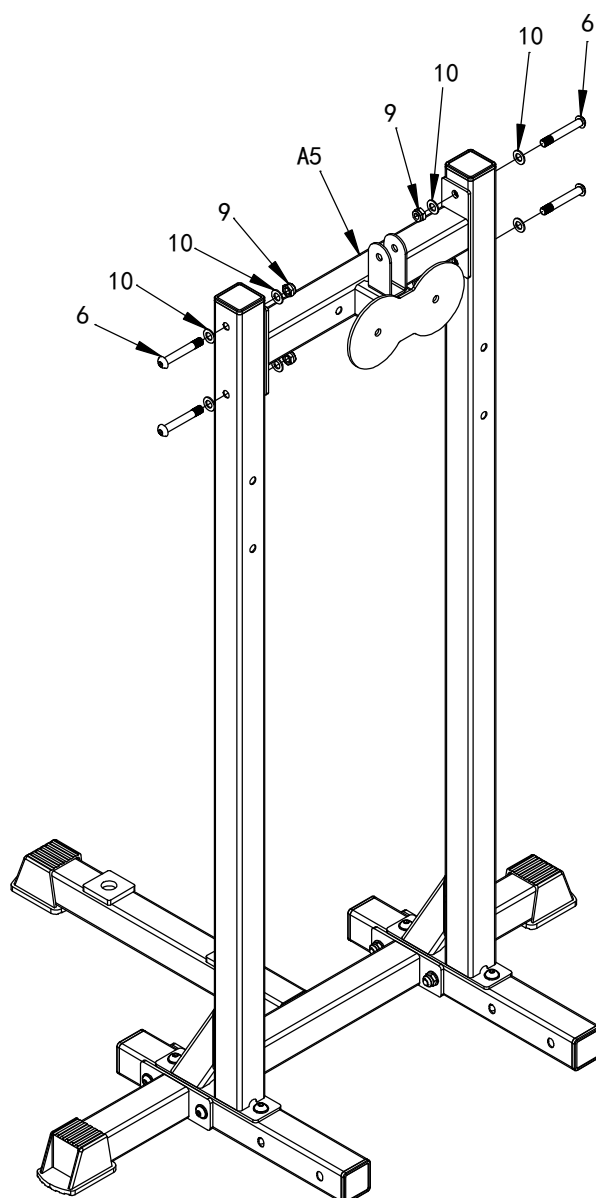
6 Bolt(M10 x 70)
4PCS



9 Lock nut(M10)
4PCS

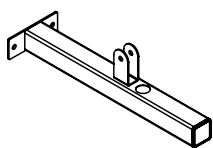


10 Washer (M10)
8PCS

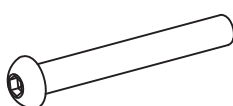


STEP4:

A8 Rear Top Tube
1PC



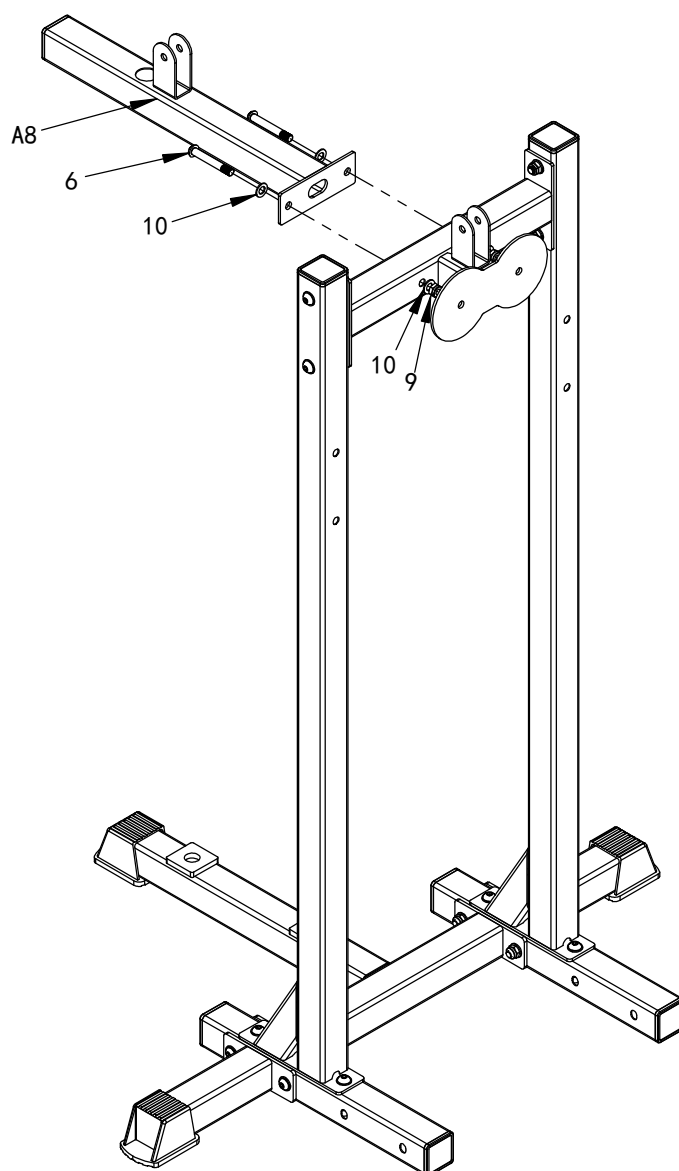
6 Bolt (M10 x 70)
2PCS



9 Lock nut (M10)
2PCS

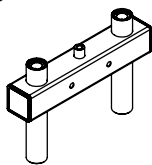


10 Washer (M10)
4PCS

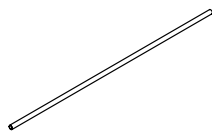


STEP5.

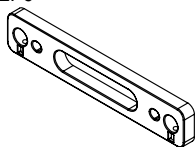
B3 Weight Holder Frame
1PC



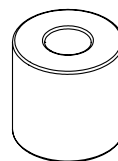
B8 Guide Rod
2PCS



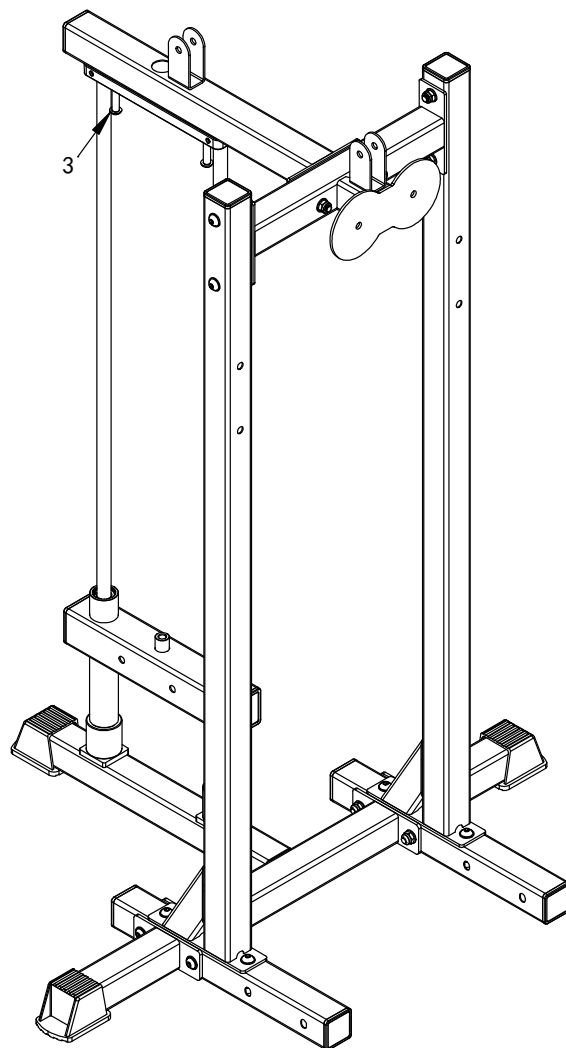
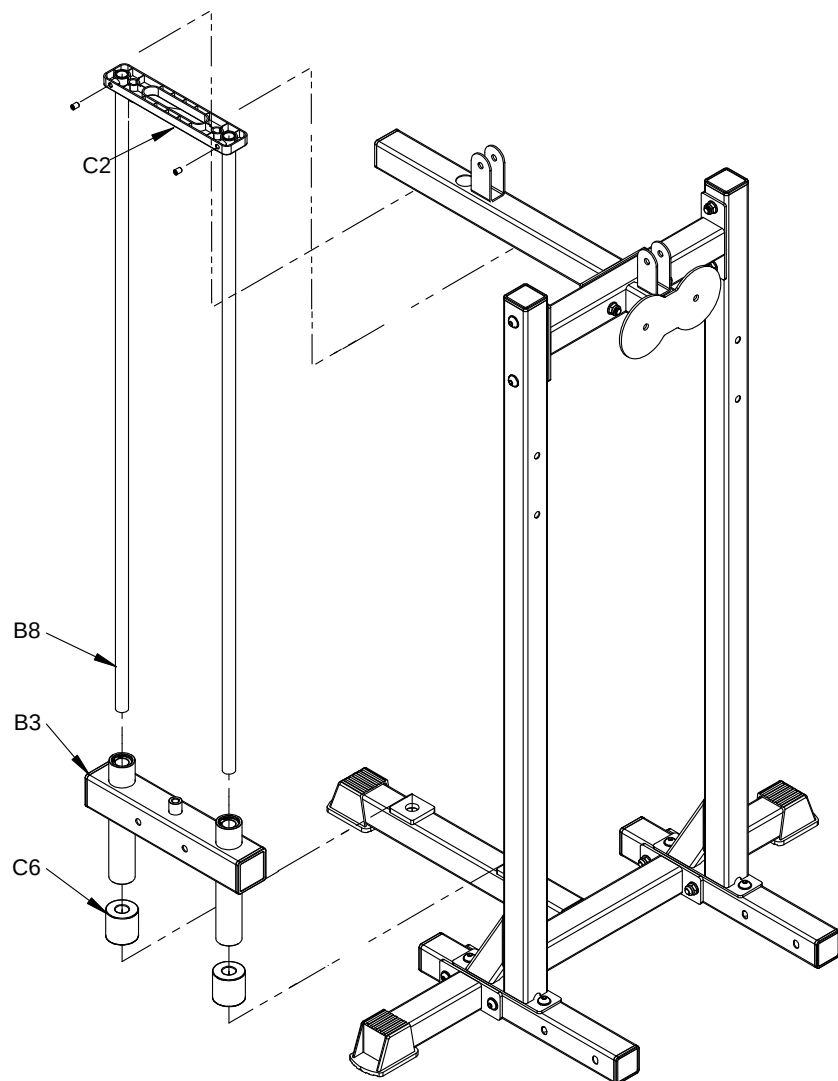
C2 Guide Rod Fixing
Plate
1PC



C6 Shock Pad
2PCS

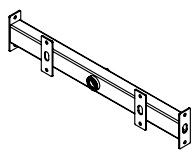


3 Bolt(M10 x 35)
2PCS

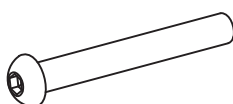


STEP6.

B5 Leg Foam Frame
1PC



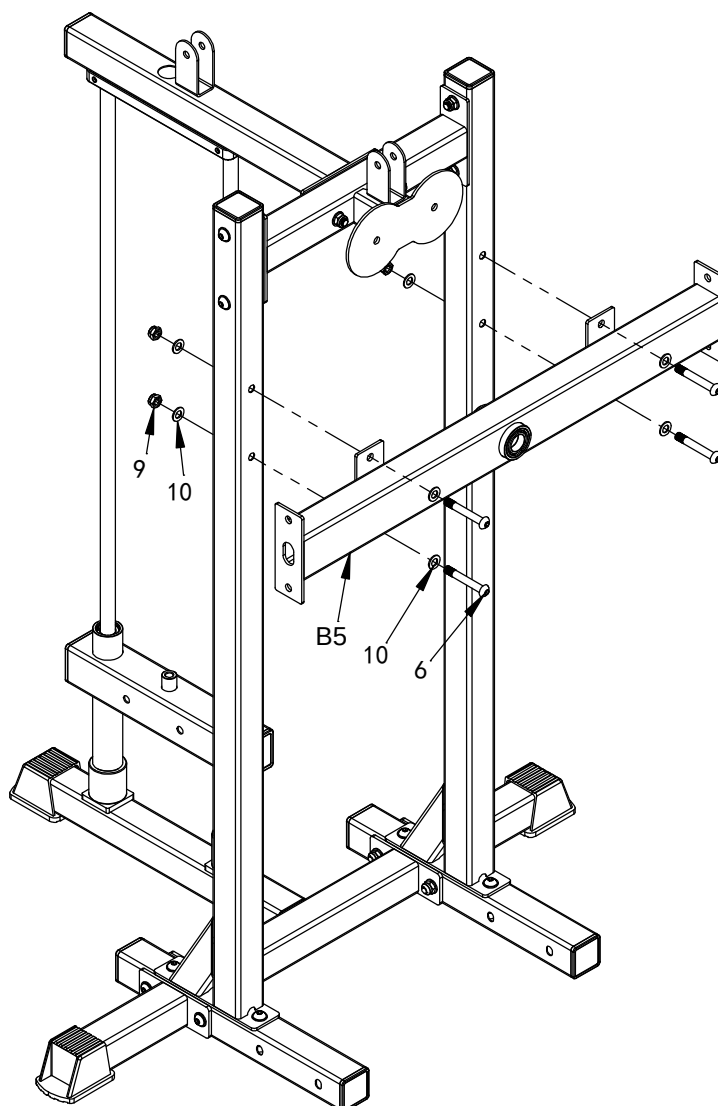
6 Bolt(M10 x 70)
4PCS



9 Lock nut(M10)
4PCS

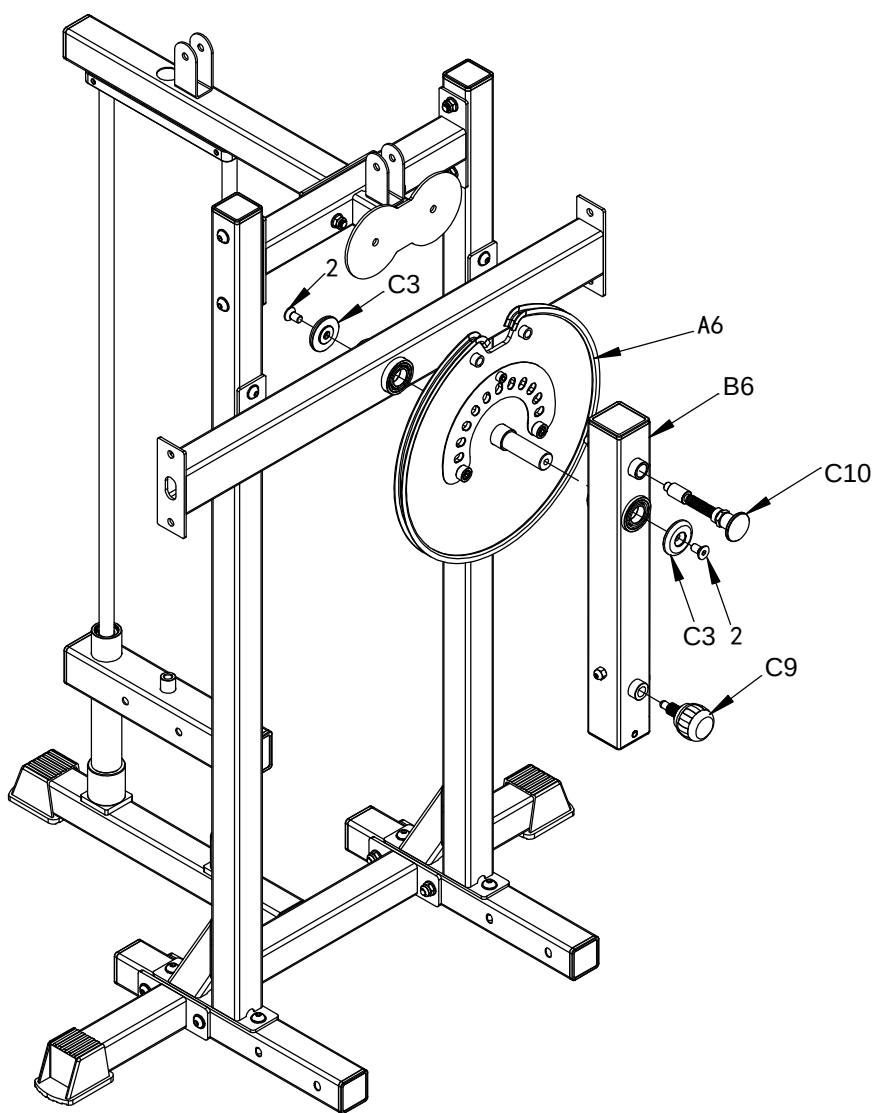


10 Washer (M10)
8PCS



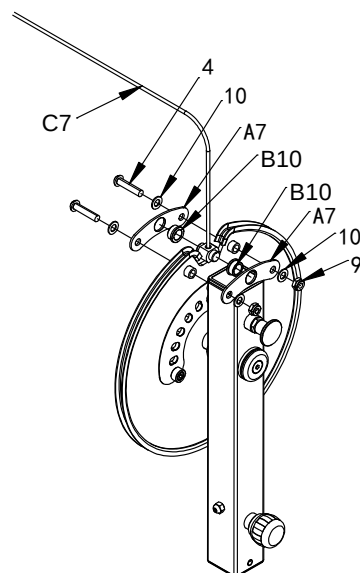
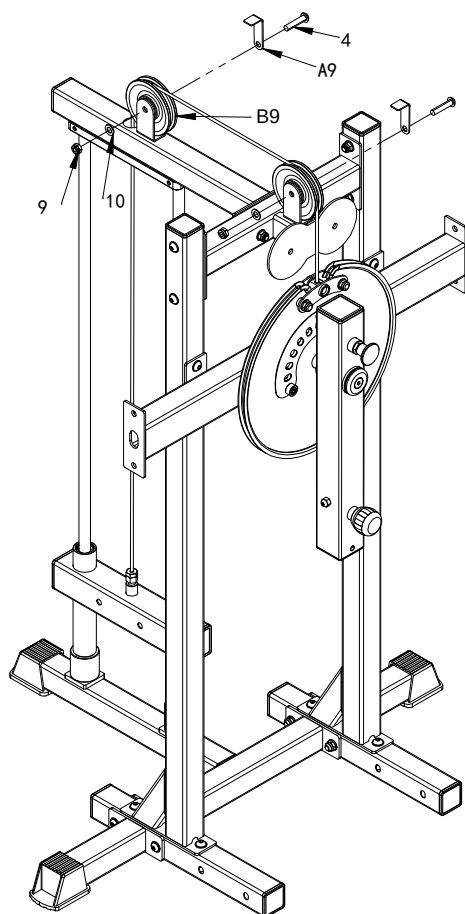
STEP7:

A6 Sundial Frame 1PC	B6 Leg Foam Adjustment Tube 1PC	C3 Aluminum End Cap 2PCS	C9 Locking Pin 1PC	C10 Pin 1PC
2 Bolt(M10 x 20) 2PCS				



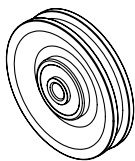
STEP8:

A7 Connecting Piece 2PCS	A9 Cable Anti-trip Clamp 2PCS	B9 Pulley 2PCS	B10 Bushing 2PCS	C7 Cable 1PC
4 Bolt(M10 x45) 4PCS	9 Lock nut(M10) 4PCS	10 Washer(M10) 6PCS		

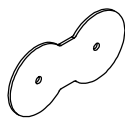


STEP9:

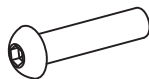
B9 Pulley
2PCS



C8 Pulley Fixing Plate
1PC



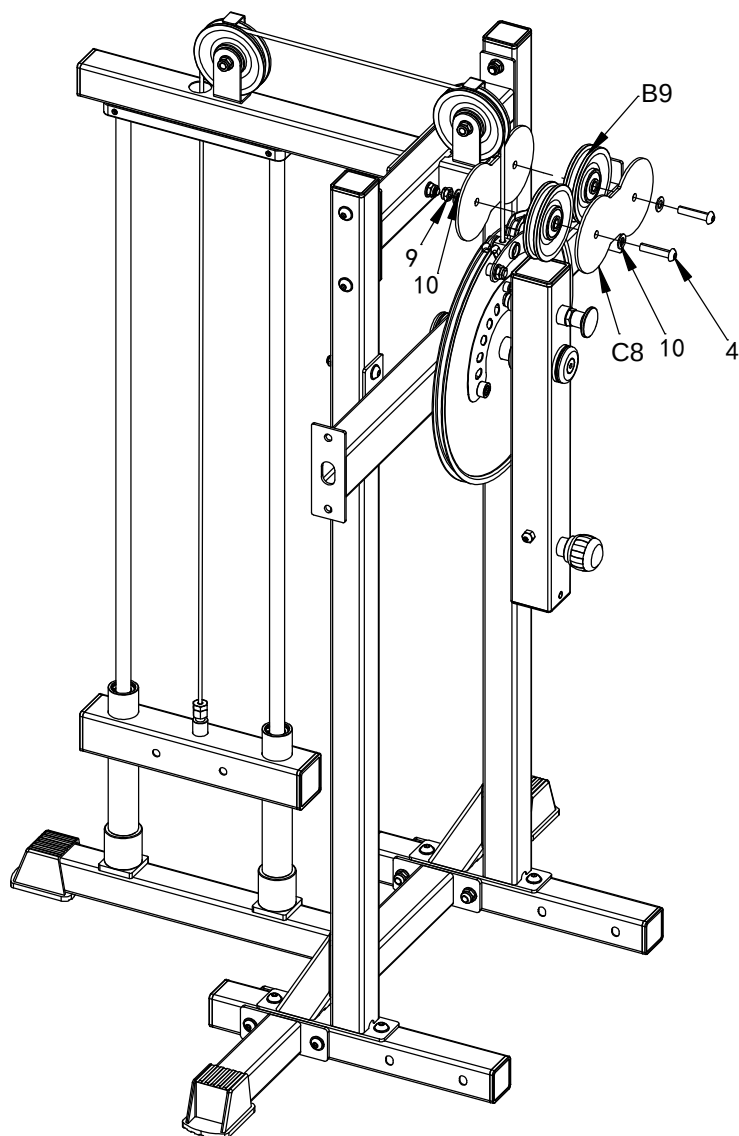
4 Bolt(M10 x45)
2PCS



9 Lock nut(M10)
2PCS

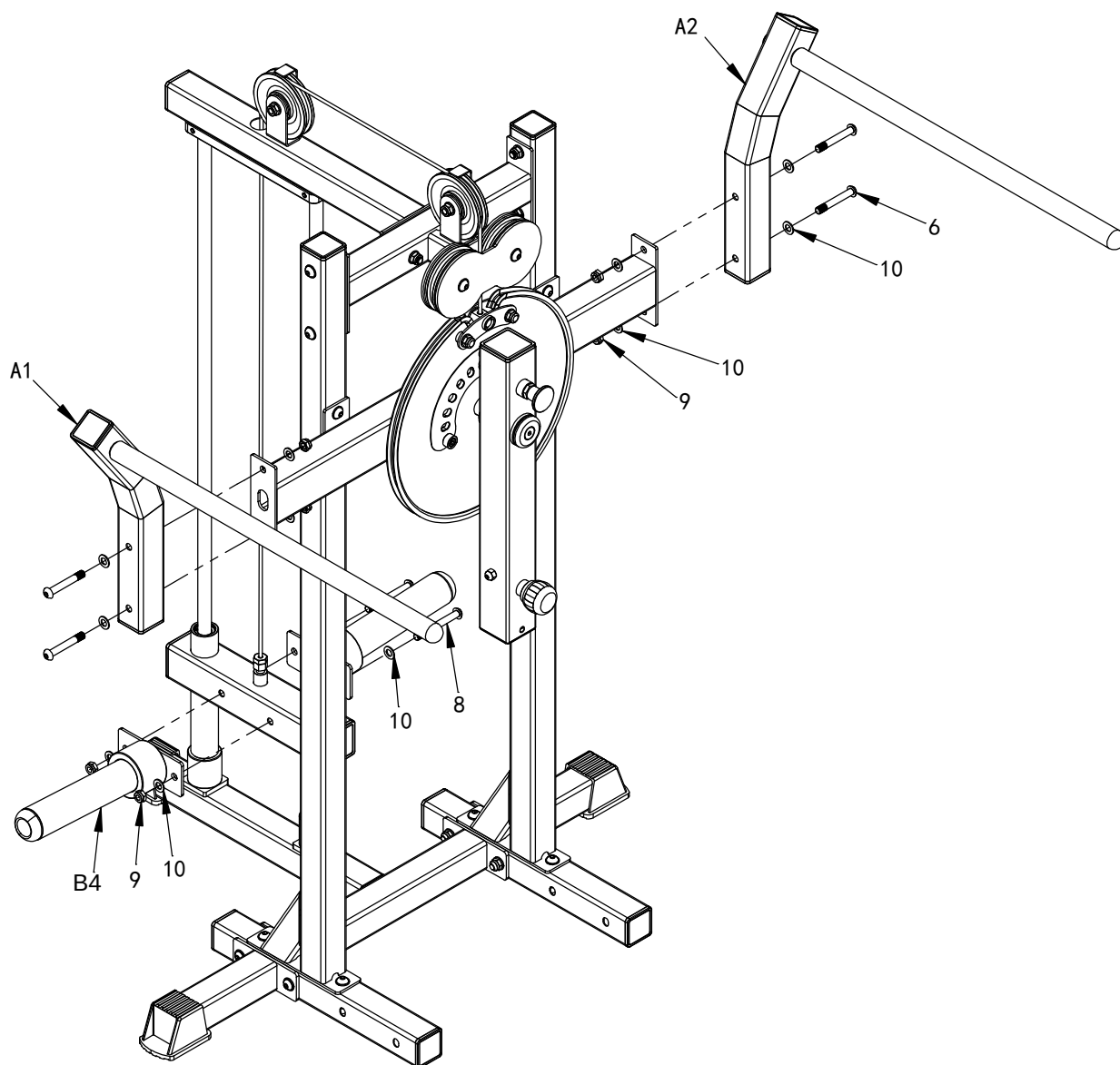


10 Washer(M10)
4PCS



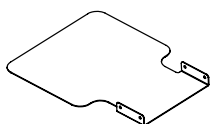
STEP10:

A1 Left Handle Frame 1PC	A2 Right Handle Frame 1PC	B4 Weight Pin 2PCS	6 Bolt(M10 x 70) 4PCS	8 Bolt(M10 x 85) 2PCS
9 Lock nut(M10) 6PCS	10 Washer (M10) 12PCS			

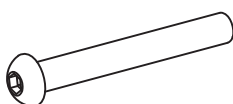


STEP11:

B7 Foot Pedal
1PC



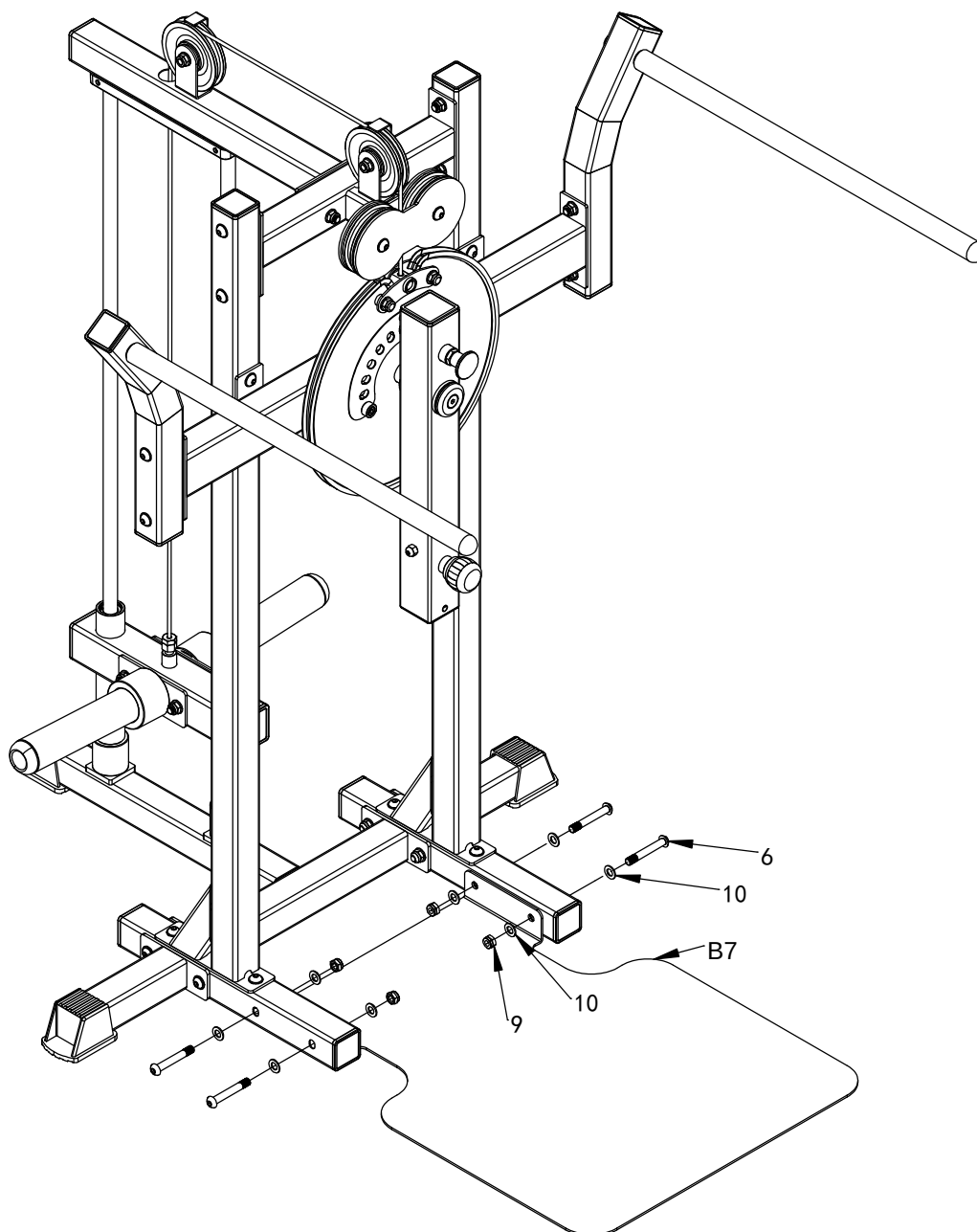
6 Bolt (M10 x 70)
4PCS



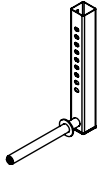
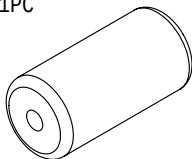
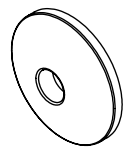
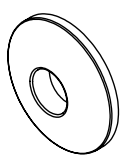
9 Lock nut (M10)
4PCS

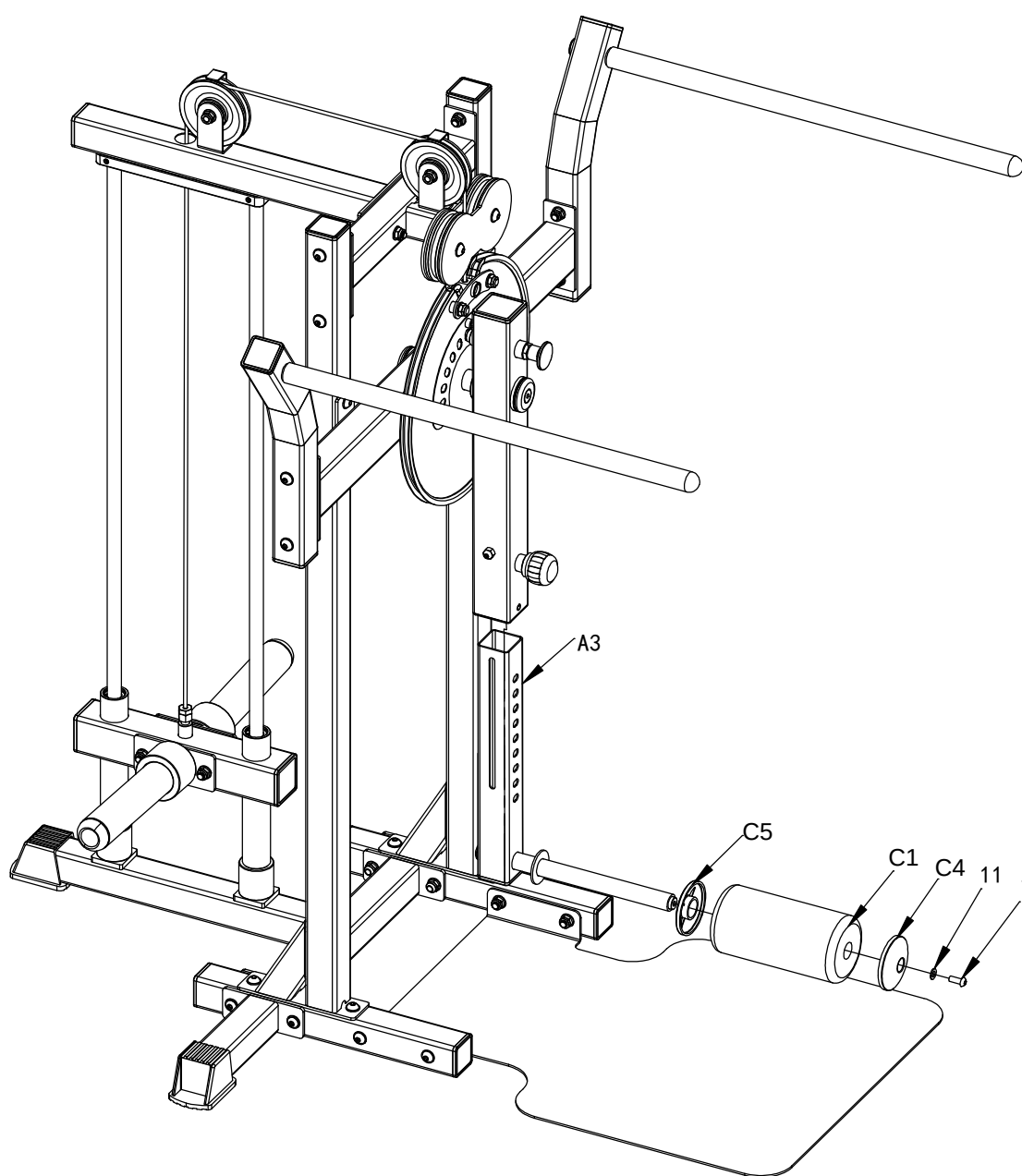


10 Washer (M10)
8PCS



STEP12:

A3 Leg Foam Adjustment Frame 1PC 	C1 Leg Foam Pad 1PC 	C4 Foam End Cap 1PC 	C5 Inside Foam End Cap 1PC 	1 Bolt(M8 x20) 1PC 
11 Washer(M8) 1PC 				



FORMAT OF AFTER-SALE EMAIL

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

- Header:** "Draft saved" with a close icon.
- Recipients:** A field containing "Amazon-1234567890-Package Lost" (highlighted with a red box) and "SUBJECT EXAMPLE".
- Subject:** "Platform-Order Number-Issue".
- Body:** A large text area with the placeholder "Describe your issue here" (highlighted with a red box).
- Footer:** A message "Welcome to attach the pictures to help us get more understands with your issue" (highlighted with a red box).
- Toolbar:** A rich text editor toolbar with various icons. The "Attach" icon (a paperclip) is highlighted with a red box, and a red arrow points from the footer message to it.

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