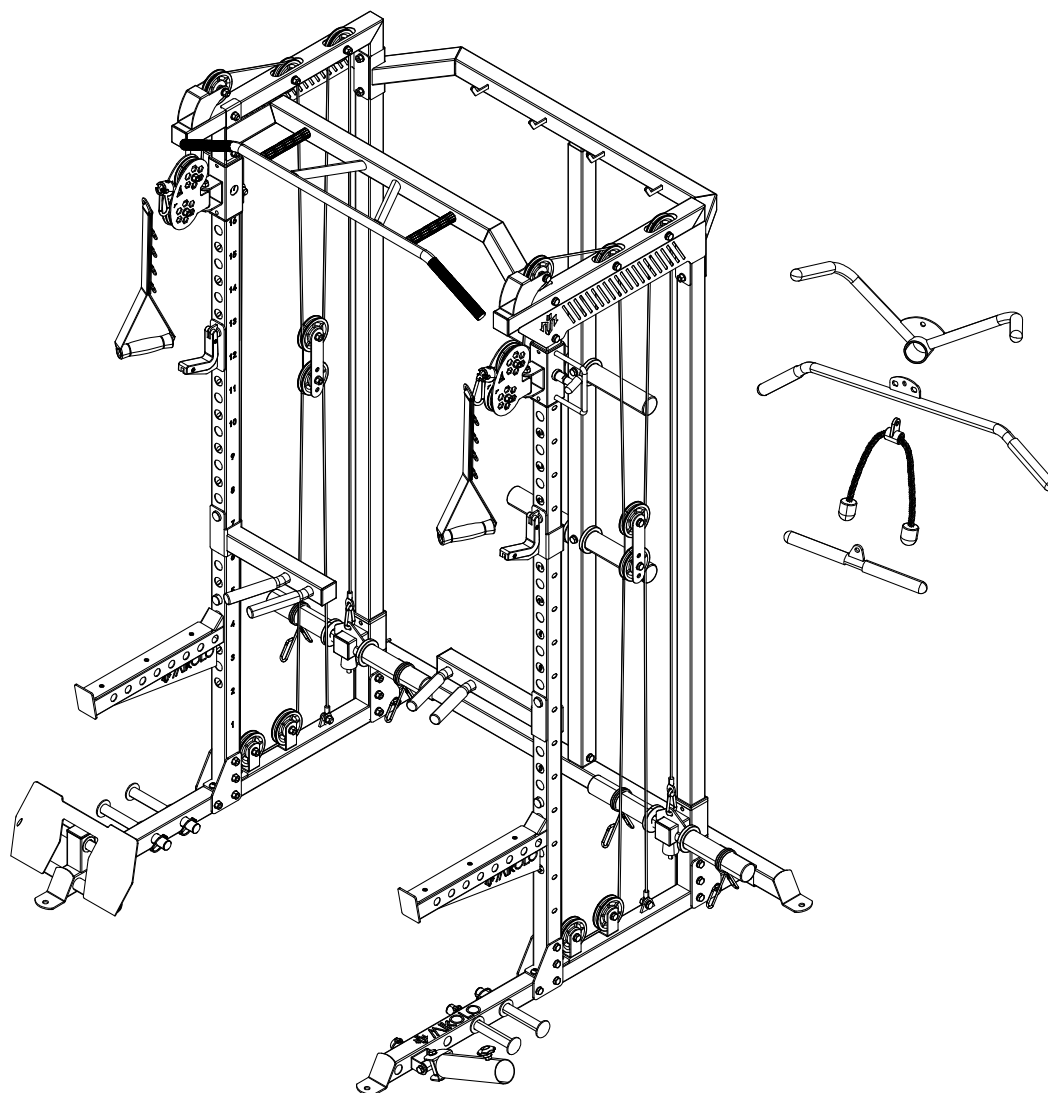




ASSEMBLY INSTRUCTIONS



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



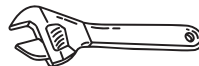
If you are missing any parts, or otherwise have any warranty issues, please contact us first.

Shortcut: A Lot of People Doing That Way

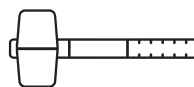
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

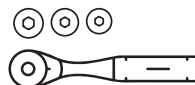
- Adjustable wrenches



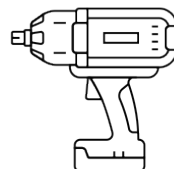
- Rubber hammers



- Socket set



- Electric Wrench



WARNING



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

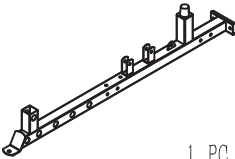
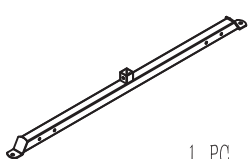
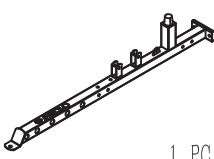
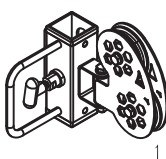
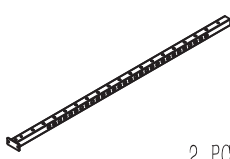
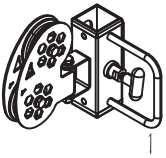
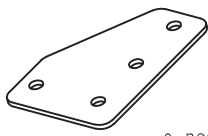
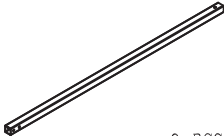
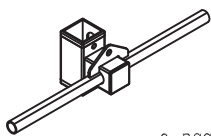
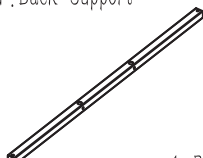
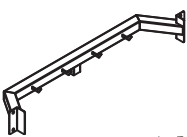
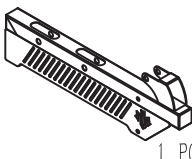
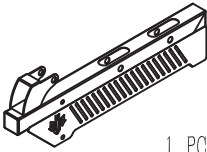
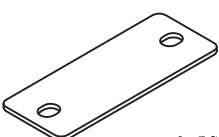
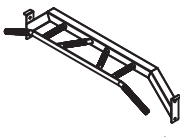
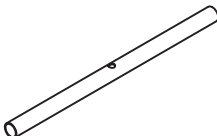
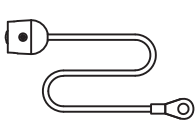
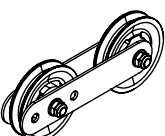
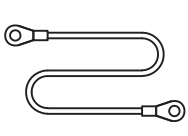
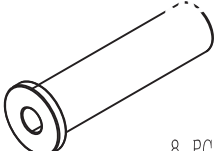
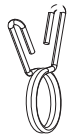
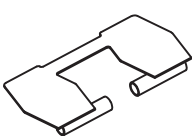
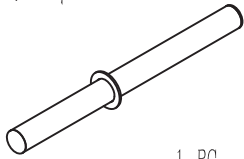
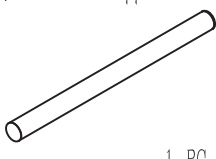
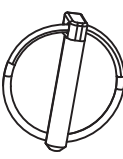
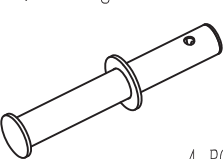
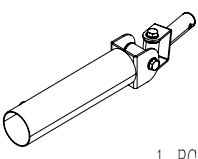
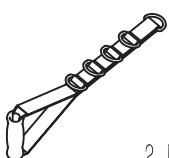
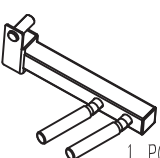
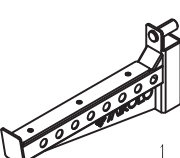
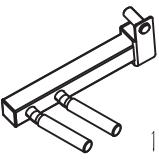
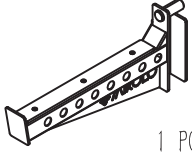
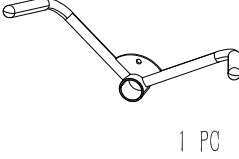
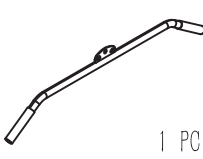


Sharp objects may be involved. Use precaution and protection.

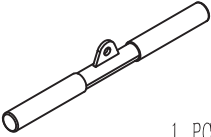
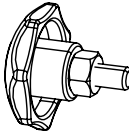
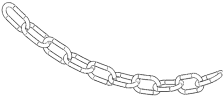


Heavy object. Use lifting aids and proper lifting techniques when moving

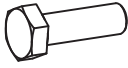
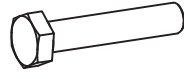
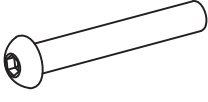
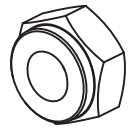
PARTS LIST

A1.Right Base Rod  1 PC	A2.Rear Base Rod  1 PC	A3.Left Base Rod  1 PC	B1.Pulley Sliding Sleeve Right  1 PC	B2.Front Upright Rod  2 PCS
B3.Pulley Sliding Sleeve Left  1 PC	B4.Reinforcement Plate  8 PCS	C1.Rear Upright Rod  2 PCS	C2.Weight Holder  2 PCS	D1.Back Support  1 PC
E1.Back Beam  1 PC	F1.Right Beam  1 PC	F2.Left Beam  1 PC	F3.Connecting Piece  2 PCS	G1.Pull-Up Frame  1 PC
H1.Weight Storage Pin  2 PCS	I1.Bushing  12 PCS	I2.Pulley  10 PCS	I3.Cable A  2 PCS	I4.Double Pulley Set  2 PCS
I5.Cable B  2 PCS	I6.Clip  3 PCS	J1.Plastic Sleeve  8 PCS	J2.Weight Holder Clip  4 PCS	K1.Footboard  1 PC
K2.Footplate Limit Pole  1 PC	K3.Footboard Support Tube  1 PC	K4.Latch  5 PCS	K5.Band Peg  4 PCS	K6.Landmine  1 PC
L1.Cable Handle  2 PCS	L2.J Hook Right  1 PC	L3.Dip Bar Right  1 PC	L4.Safety Catch Right  1 PC	L5.J Hook Left  1 PC
L6.Dip Bar Left  1 PC	L7.Safety Catch Left  1 PC	L8.T Bar  1 PC	L9.Lat Pull-Down Bar  1 PC	L10.Tricep Rope  1 PC

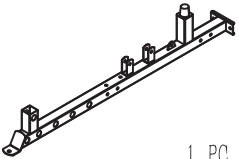
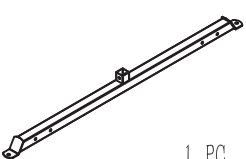
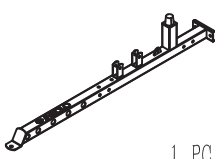
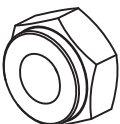
PARTS LIST

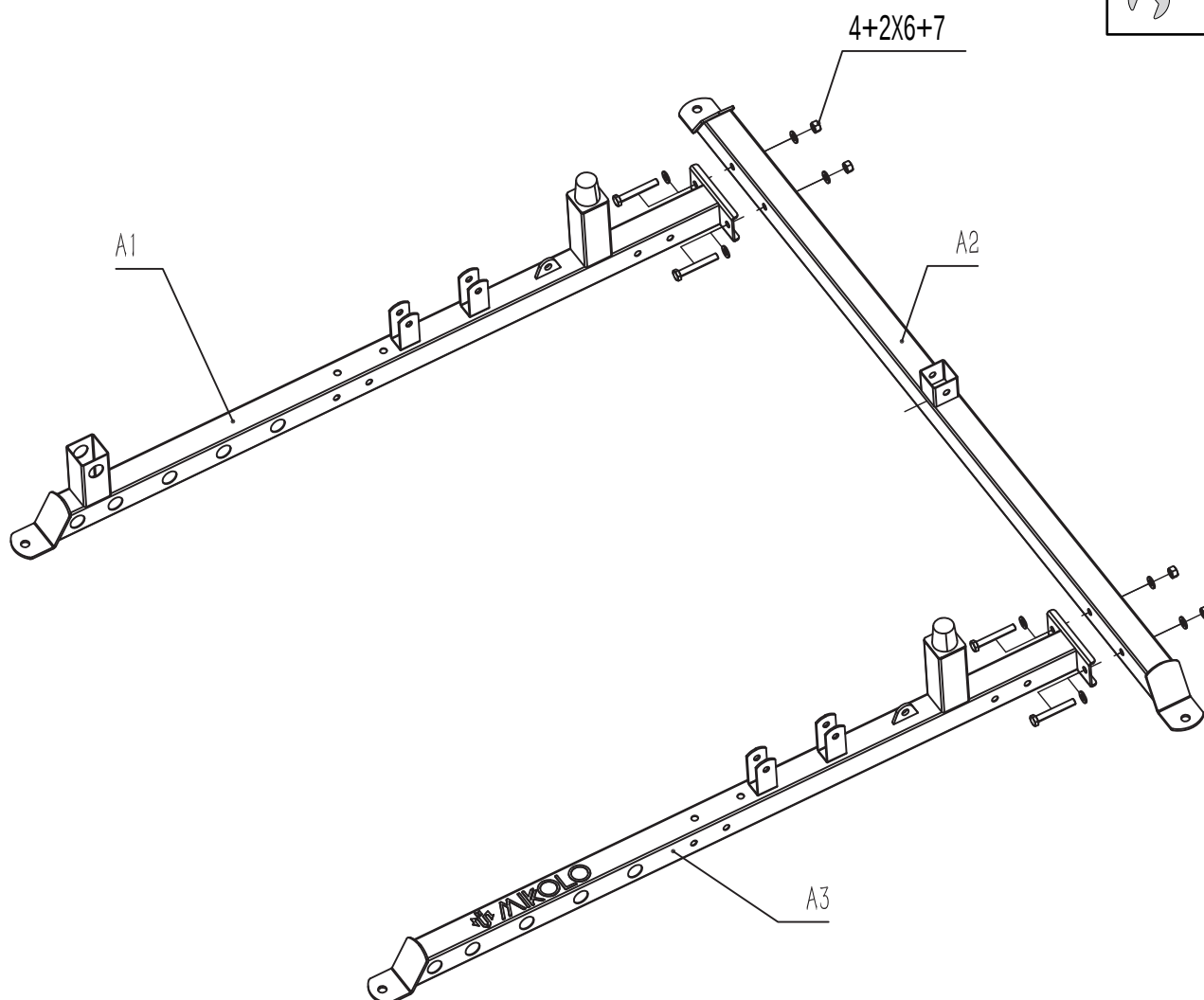
L11, Cable Bar  1 PC	L12, Knob  1 PC	L13 Handle Chain  1 PC		
---	--	---	--	--

HARDWARE LIST

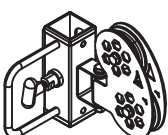
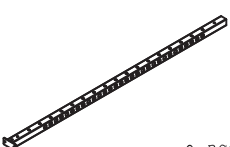
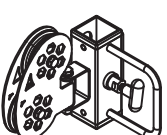
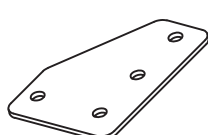
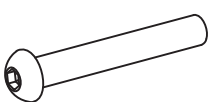
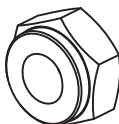
1. Bolt(M10 × 25)  6 PCS	2. BOLT(M10X45)  4 PCS	3. BOLT(M10X65)  4 PCS	4. BOLT(M10X70)  34 PCS	5. BOLT(M10X60)  4 PCS
6. Washer(M10X φ 20)  100PCS	7. Locknut(M10)  48 PCS			

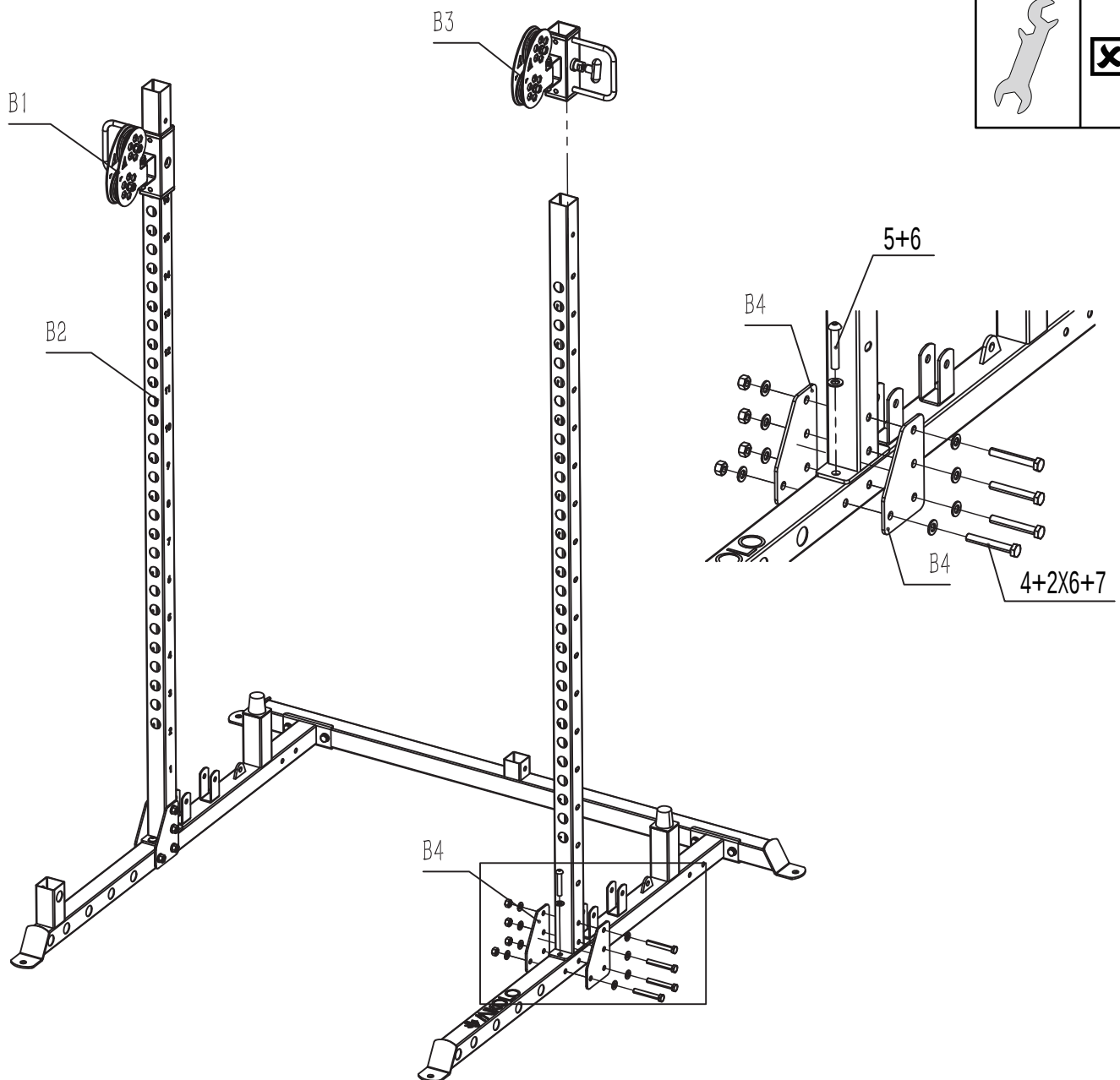
STEP1:

A1 .Right Base Rod  1 PC	A2 .Rear Base Rod  1 PC	A3 .Left Base Rod  1 PC	4. BOLT(M10X70)  4 PCS	6. Washer(M10X φ 20)  8 PCS
7. Locknut(M10)  4 PCS	 ☒  ☐			



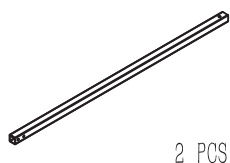
STEP2:

B1. Pulley Sliding Sleeve Right  1 PCS	B2. Front Upright Rod  2 PCS	B3. Pulley Sliding Sleeve Left  1 PCS	B4. Reinforcement Plate  4 PCS	4. BOLT(M10X70)  8 PCS
5. BOLT(M10X60)  4 PCS	6. Washer(M10X φ 20)  20 PCS	7. Locknut(M10)  8 PCS	 ☒  ☐	



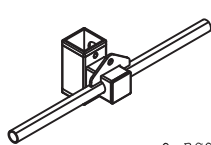
STEP3:

C1.Rear Upright Rod



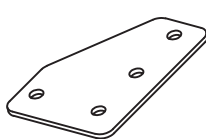
2 PCS

C2.Weight Holder



2 PCS

B4.Reinforcement Plate



4 PCS

4. BOLT(M10X70)



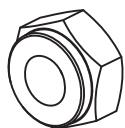
8 PCS

6. Washer(M10X φ 20)

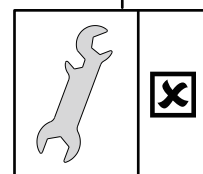
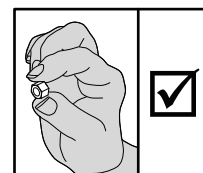
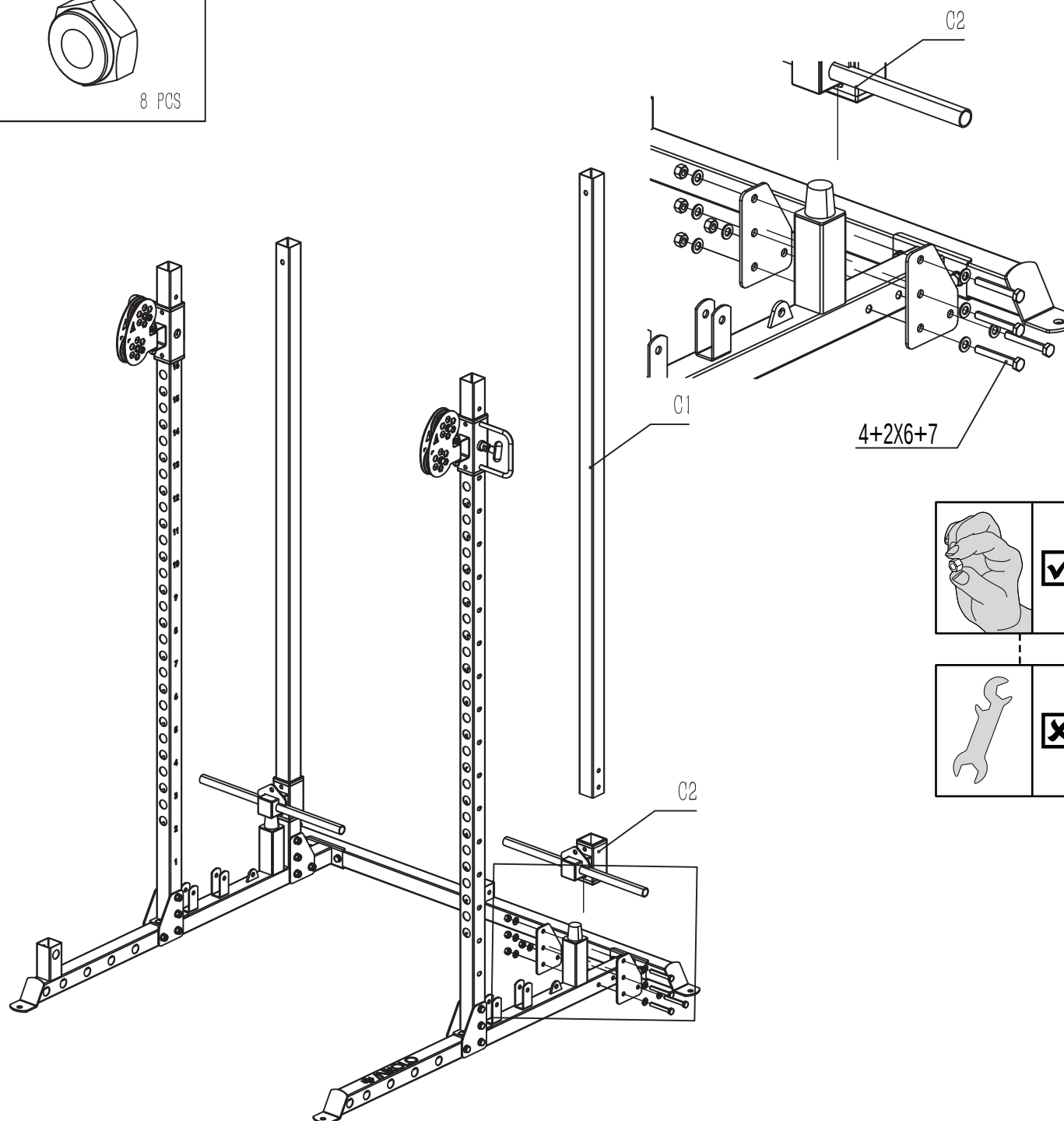


16 PCS

7.Locknut(M10)

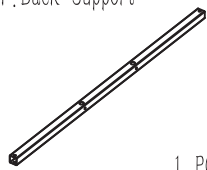


8 PCS



STEP4:

D1 .Back Support



1 PC

3. BOLT(M10X65)



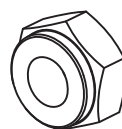
1 PC

6. Washer(M10X ϕ 20)

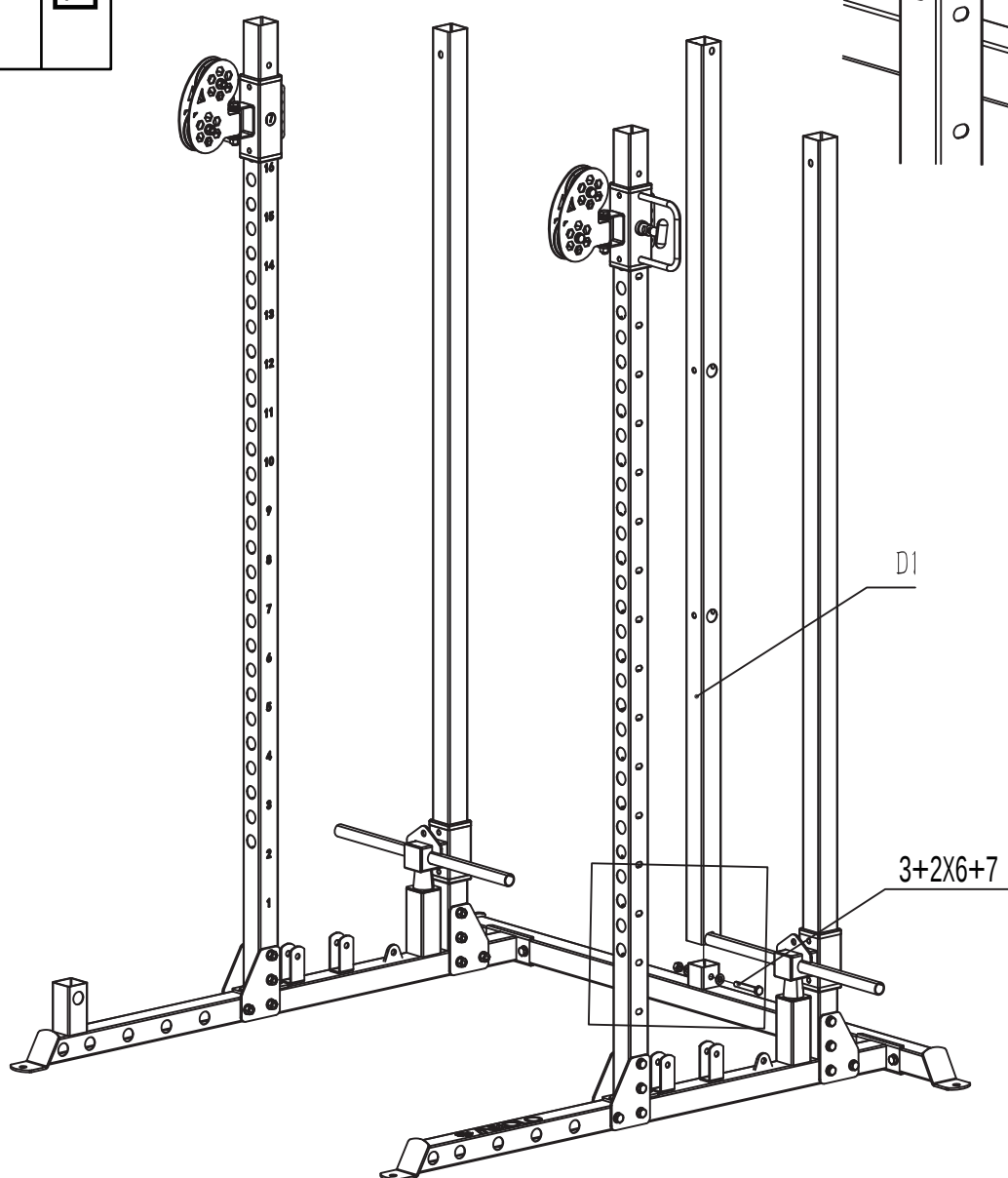
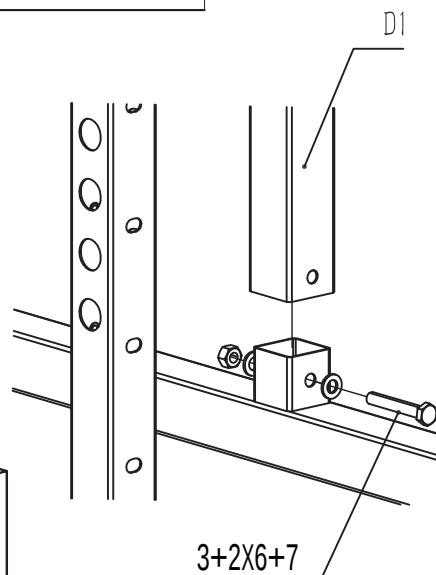
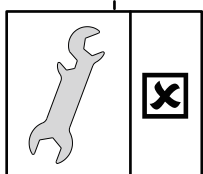
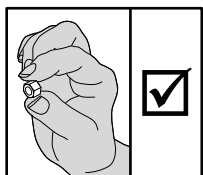


2 PCS

7. Locknut(M10)

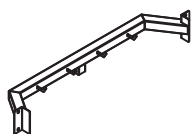


1 PC



STEP5:

E1 .Back Beam



1 PC

3、 BOLT(M10X65)



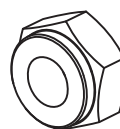
1 PC

6、 Washer(M10X ϕ 20)

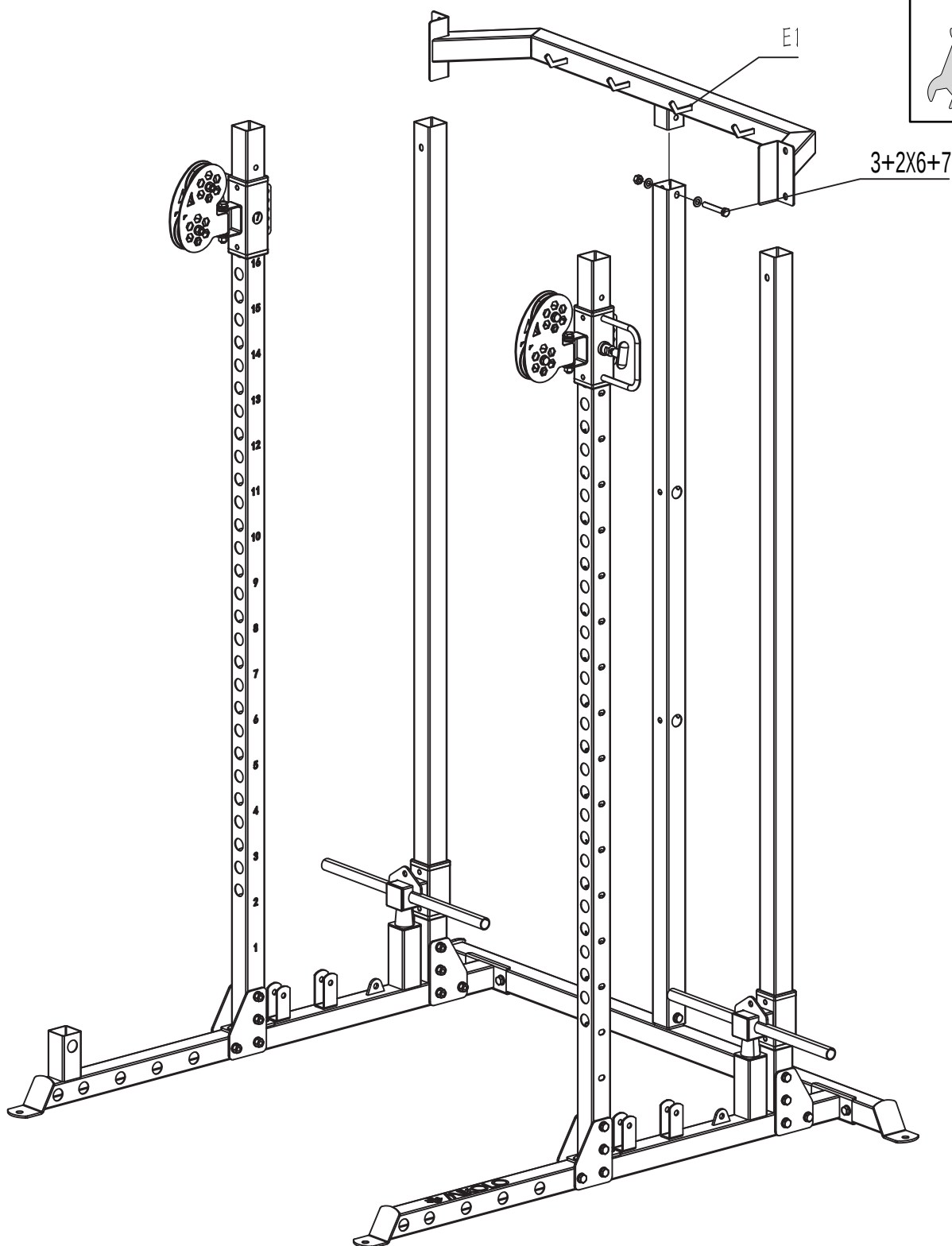
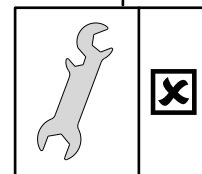
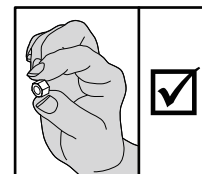


2 PCS

7、 Locknut(M10)

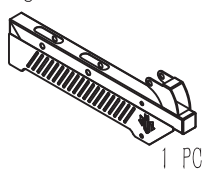


1 PC



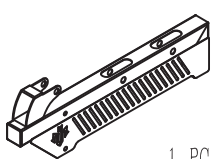
STEP6:

F1.Right Beam



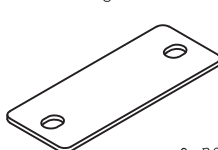
1 PC

F2.Left Beam



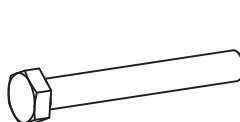
1 PC

F3.Connecting Piece



2 PCS

4. BOLT(M10X70)



4 PCS

6. Washer(M10X φ 20)

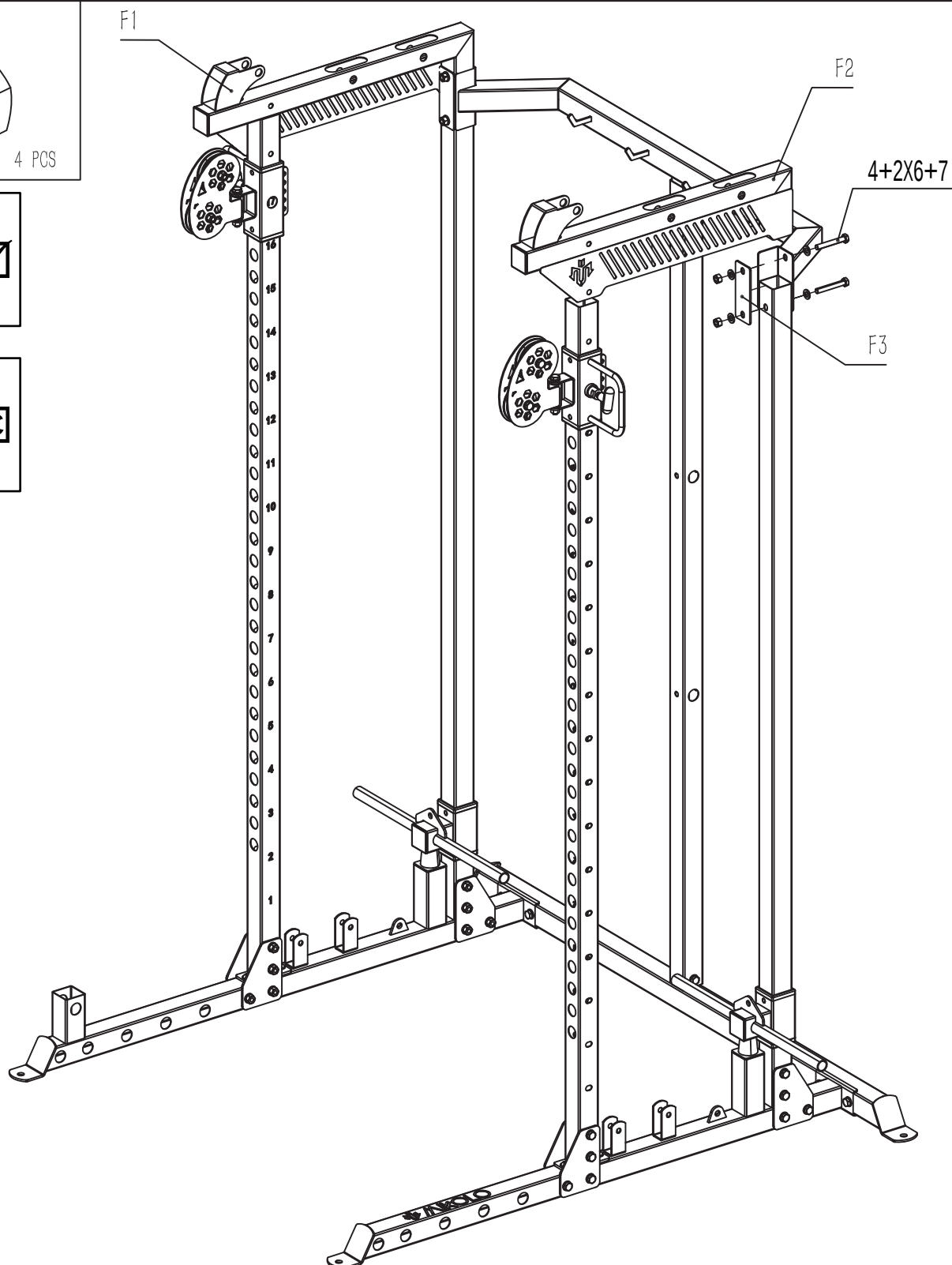
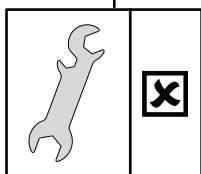
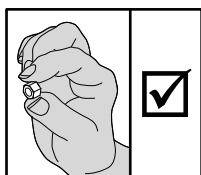


8 PCS

7.Locknut(M10)

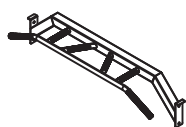


4 PCS



STEP7:

G1, Pull-Up Frame



1 PCS

4, BOLT(M10X70)



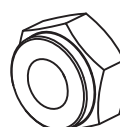
4 PCS

6, Washer(M10X ϕ 20)

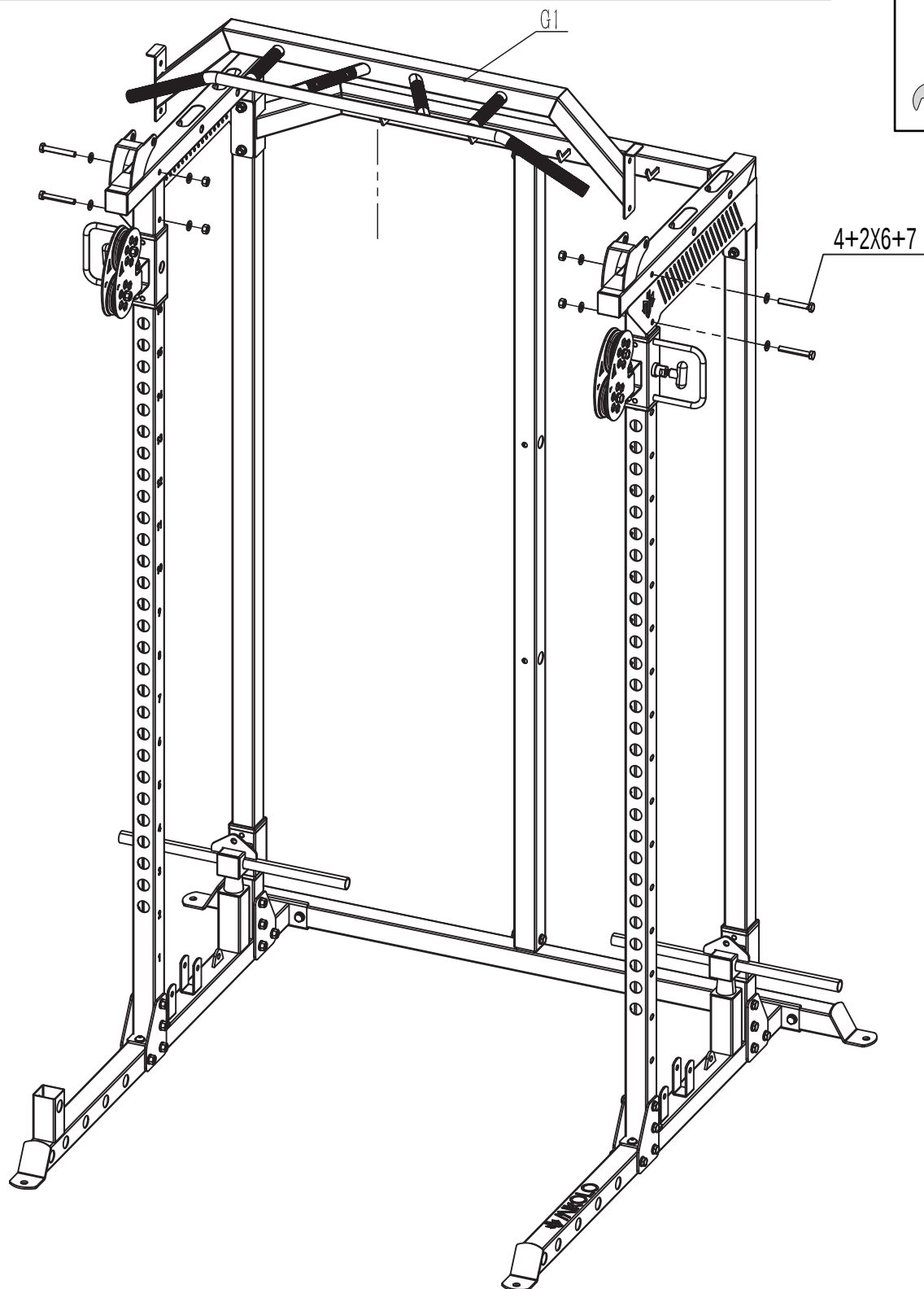
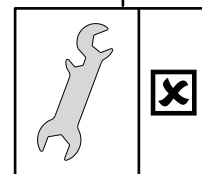
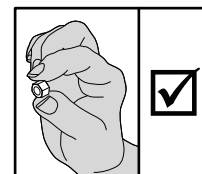


8 PCS

7, Locknut(M10)

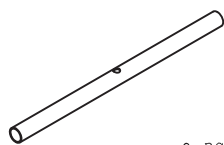


4 PCS



STEP8:

H1. Weight Storage Pin



2 PCS

3. BOLT(M10X65)



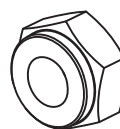
2 PCS

6. Washer(M10X ϕ 20)

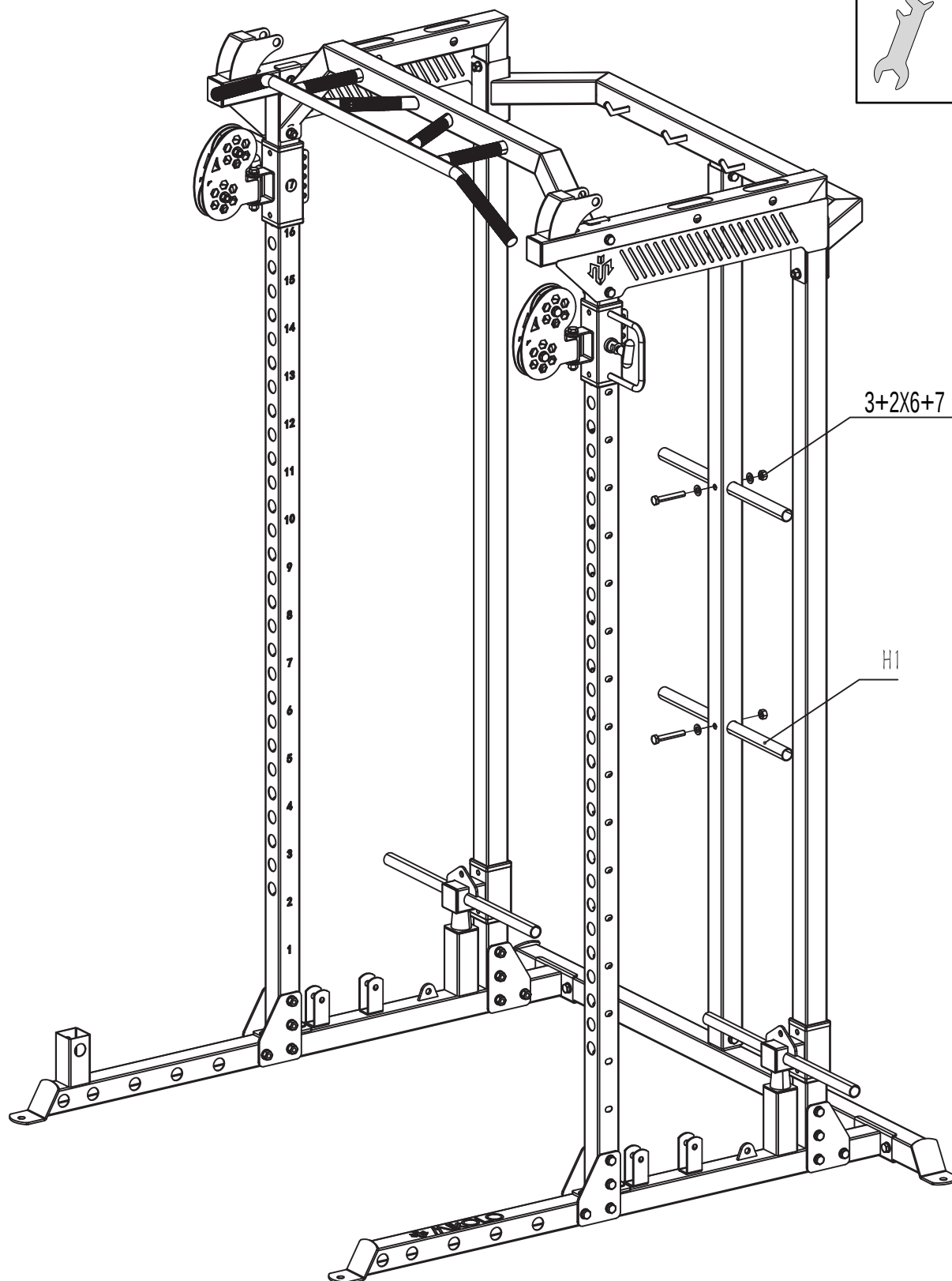
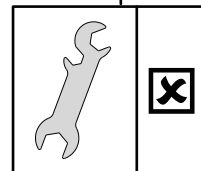
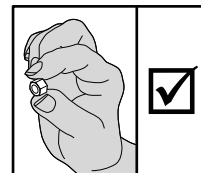


4 PCS

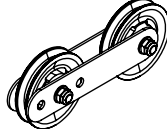
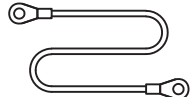
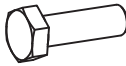
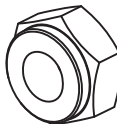
7. Locknut(M10)

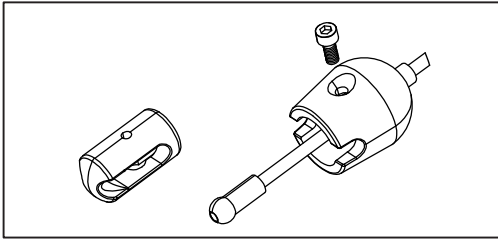
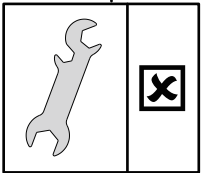
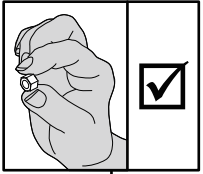


2 PCS

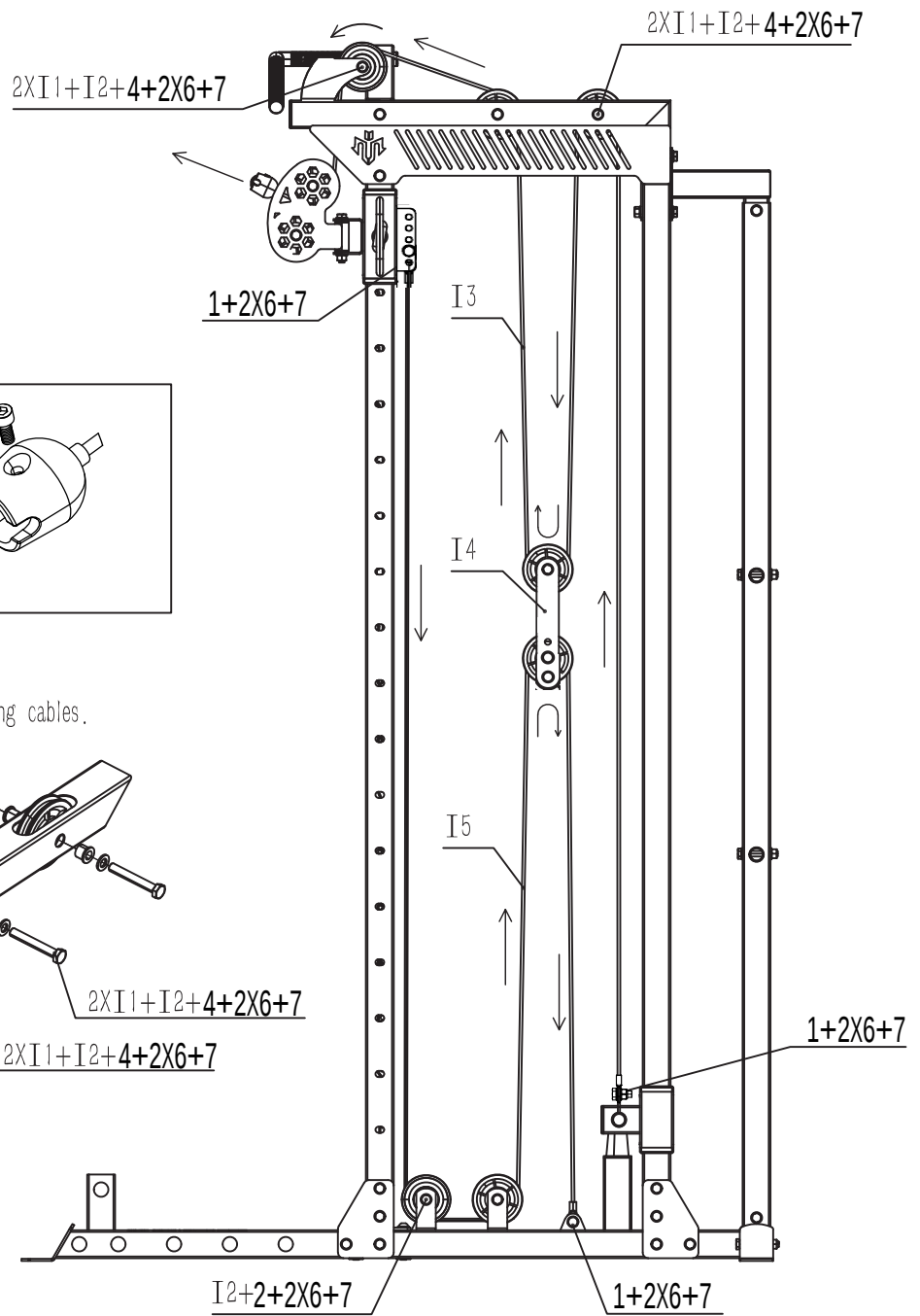
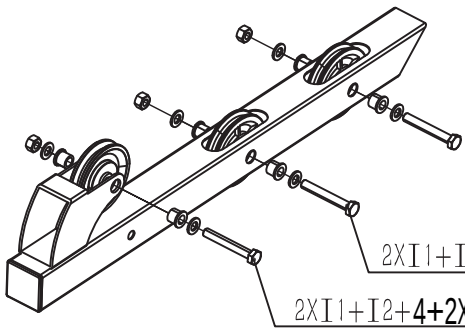


STEP9:

I1. Bushing  12 PCS	I2. Pulley  10 PCS	I3. Cable A  2 PCS	I4. Double Pulley Set  2 PCS	I5. Cable B  2 PCS
1. Bolt(M10 x 25)  6 PCS	2. BOLT(M10X45)  4 PCS	4. BOLT(M10X70)  6 PCS	6. Washer(M10X φ 20)  32 PCS	7. Locknut(M10)  16 PCS

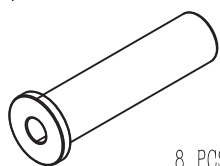


Install pulleys while threading cables.



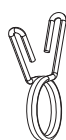
STEP10:

J1.Plastic Sleeve

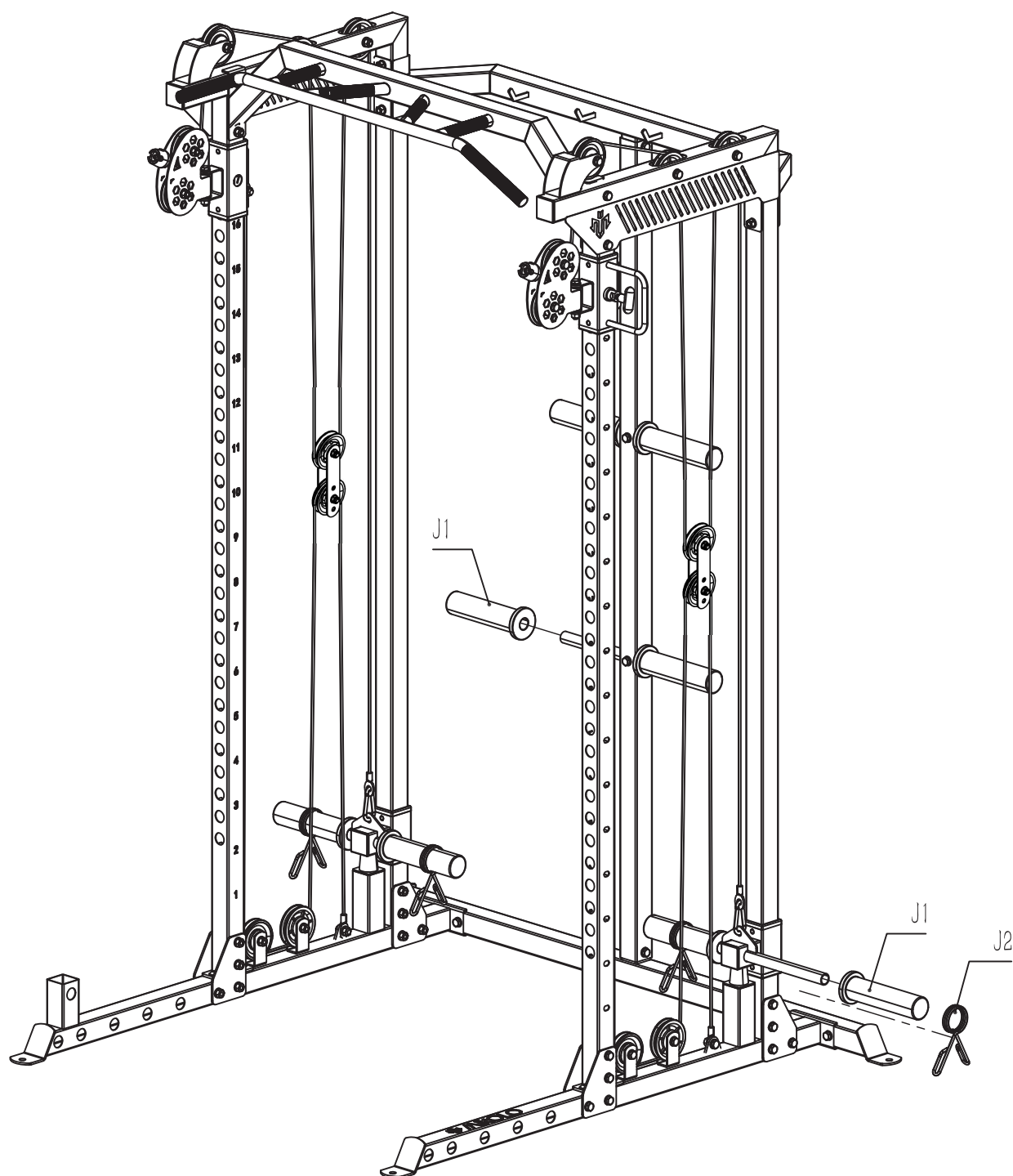


8 PCS

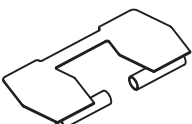
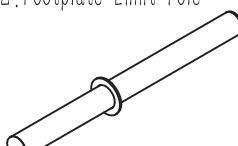
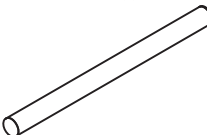
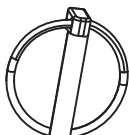
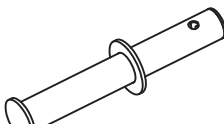
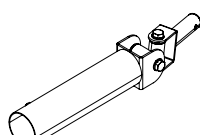
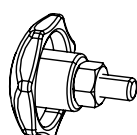
J2.Weight Holder Clip

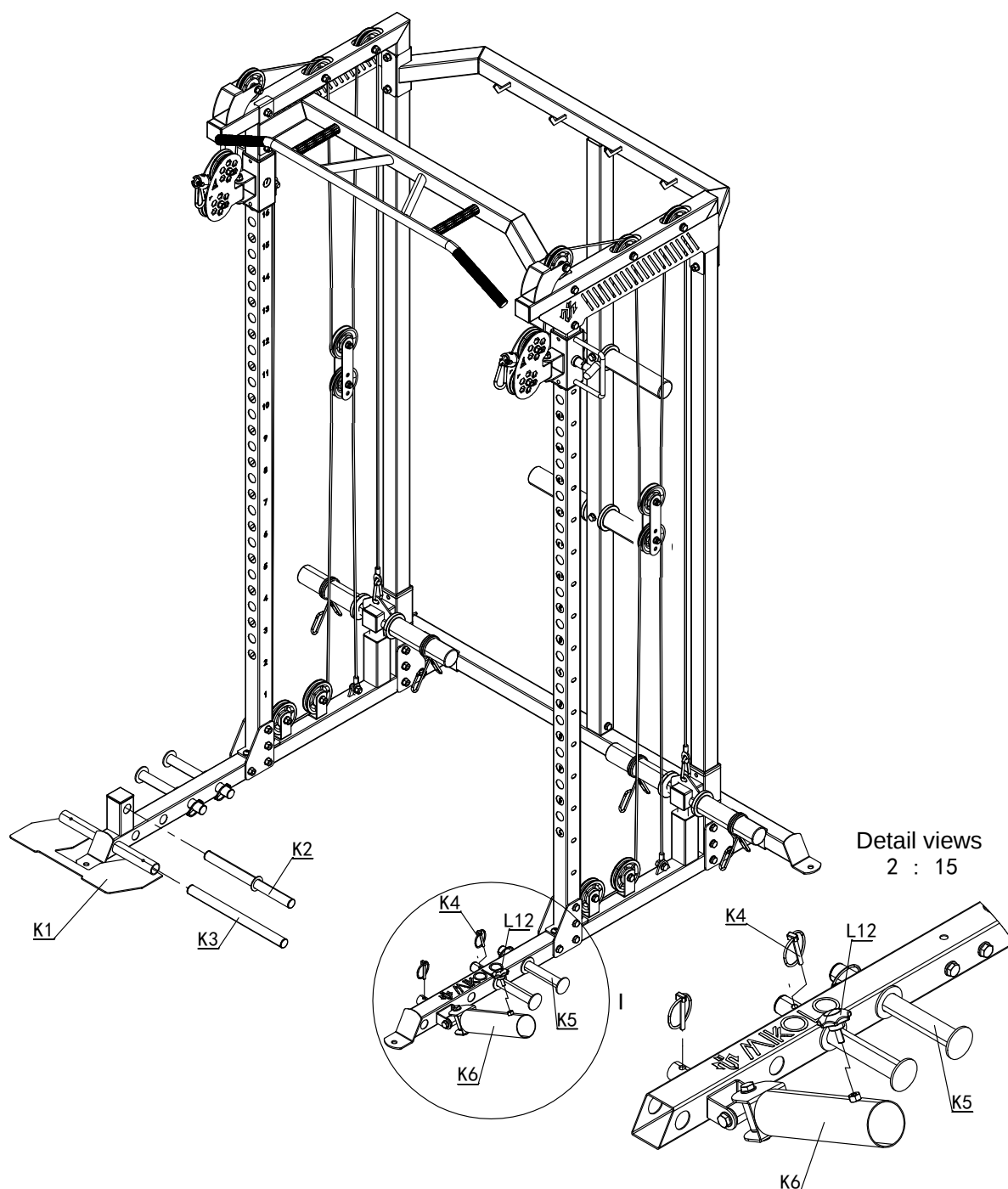


4 PCS

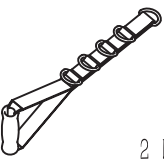
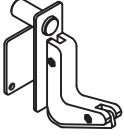
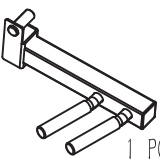
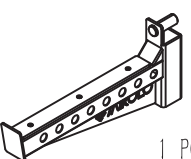
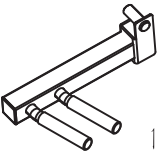
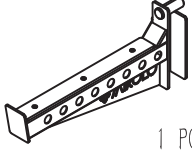
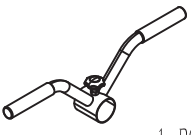
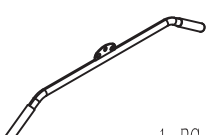
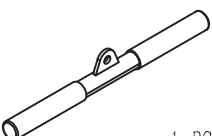


STEP11:

K1.Footboard  1 PC	K2.Footplate Limit Pole  1 PC	K3.Footboard Support Tube  1 PC	K4.Latch  5 PCS	K5.Band Peg  4 PCS
K6.Landmine  1 PC	L12、Knob  1 PC			



STEP12:

L1.Cable Handle  2 PCS	L2.J Hook Right  1 PC	L3.Dip Bar Right  1 PC	L4.Safety Catch Right  1 PC	L5.J Hook Left  1 PC
L6.Dip Bar Left  1 PC	L7.Safety Catch Left  1 PC	L8.T Bar  1 PC	L9.Lat Pull-Down Bar  1 PC	L10.Tricep Rope  1 PC
L11.Cable Bar  1 PC	I6.CLip  3 PCS	