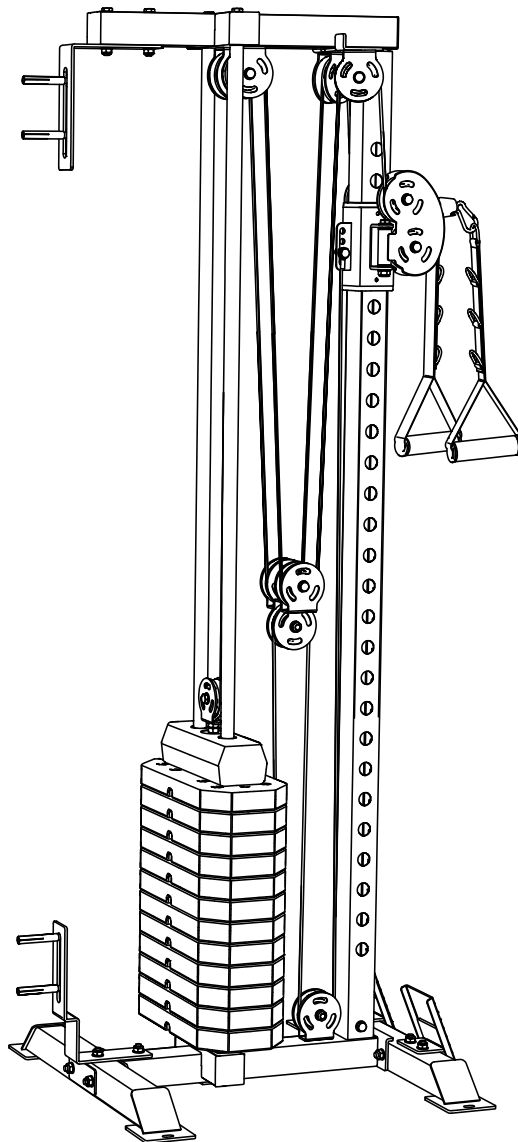


MIKOLO

ASSEMBLY INSTRUCTIONS



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

Assembly Caution	-----	3
Part List	-----	4/5
Hardware List	-----	6
Step 1	-----	7
Step 2	-----	8
Step 3	-----	9
Step 4	-----	10
Step 5	-----	11
Step 6	-----	12
Step 7	-----	13
Step 8	-----	14
Step 9	-----	15
Step 10	-----	16
Step 11	-----	17
Step 12	-----	18
Step 13	-----	19
Step 14	-----	20
Step 15	-----	21
Step 16	-----	22
After-Sale Inforamtion	-----	23/24

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



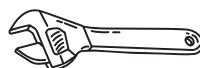
If you are missing any parts, or otherwise have any warranty issues, please contact us first.
after-sale@gym-mikolo.com

Shortcut: A Lot of People Doing That Way

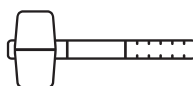
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

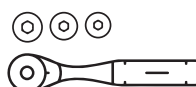
- Adjustable wrenches



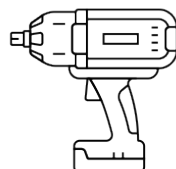
- Rubber hammers



- Socket set



- Electric Wrench



WARNING



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

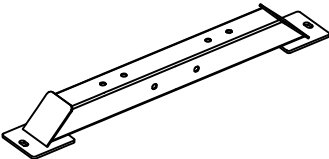
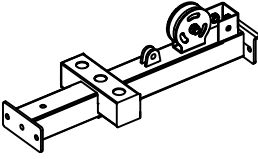
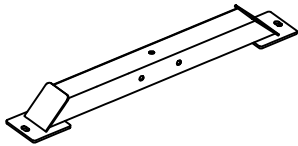
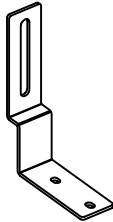
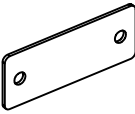
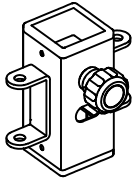
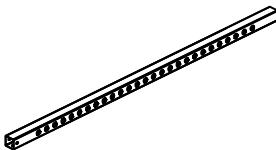
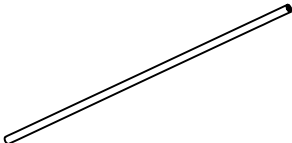
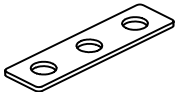
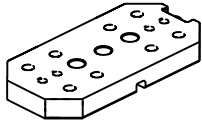
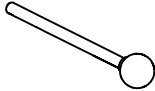


Sharp objects may be involved. Use precaution and protection.



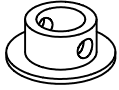
Heavy object. Use lifting aids and proper lifting techniques when moving

PARTS LIST

A1  Pedal—2pcs	A2  Front Base—1pcs	A3  Base Frame—1pcs
A4  Rear Base—1pcs	A5  Lower Wall Mount Bracket—1pcs	A6  Reinforcement Plate—2pcs
A7  Pulley Trolley—1pcs	A8  Trolley Pulley Set—2pcs	A9  Main Upright Tube—1pcs
A10  Guide Rod—2pcs	B1  Shock Pad—2pcs	B2  Guide Rod Retaining Plate—1pcs
B3  Weight Plates—12pcs	B4  Ball Knob Selector Pin—1pcs	B5  Selector Rod—1pcs

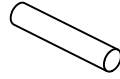
PARTS LIST

B6



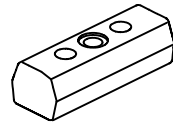
Bushing —1pcs

B7



Retaining Pin —1pcs

B8



Top Weight Plate —1pcs

B9



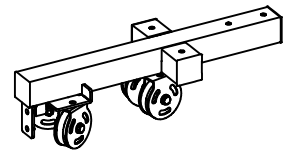
Weight Stack Top Pulley —1pcs

B10



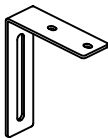
Big Washer 3* $\varnothing$ 46—1pcs

C1



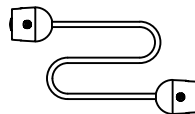
Upper Frame—1pcs

C2



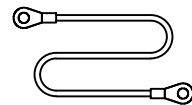
Upper Wall Mount Bracket—1pcs

C3



Cable A 7820mm (307.9")—1pcs

C4



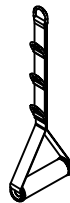
Cable B 3100mm (122.0")—1pcs

C5



Clip—2pcs

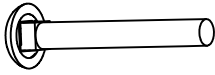
C6



Cable Handle—2pcs

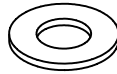
HARDWARE LIST

1



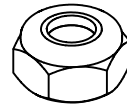
Bolt M10*80—6pcs

2



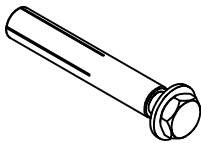
M10 Washer—35pcs

3



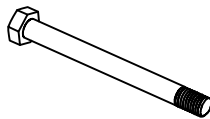
M10 Nut—16pcs

4



Bolt M12*95—4pcs

5



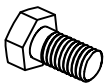
Bolt M10*85—4pcs

6



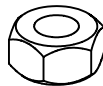
Bolt M10*100—2pcs

7



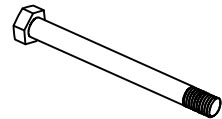
Bolt M10*20—8pcs

8



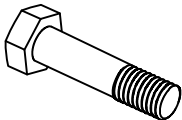
M12 Nut—1pcs

9



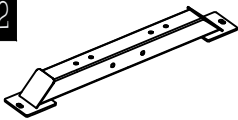
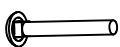
Bolt M10*80—4pcs

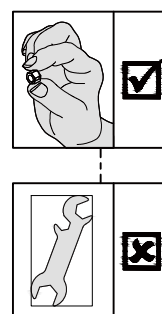
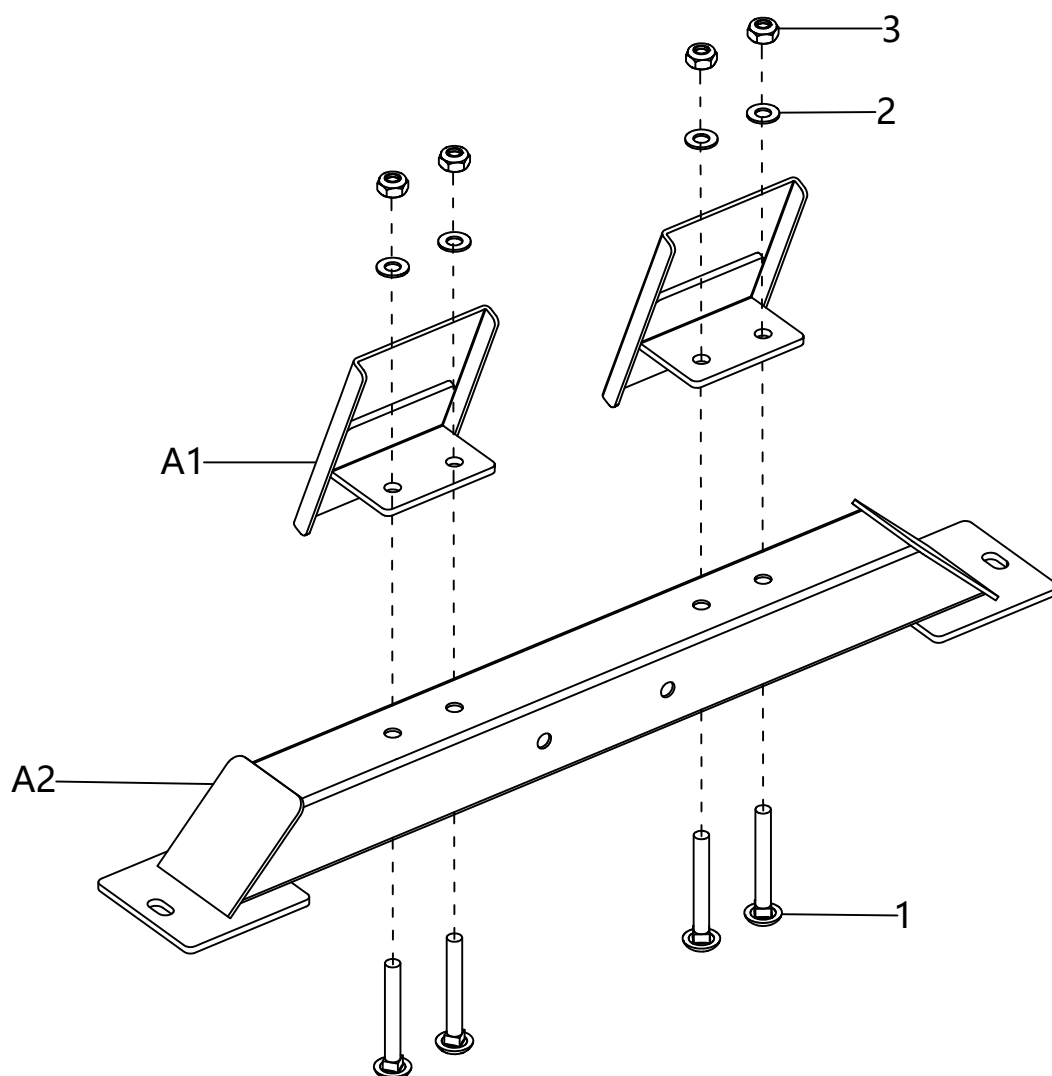
10



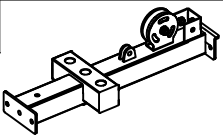
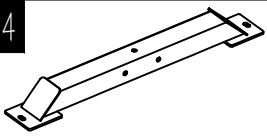
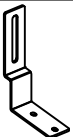
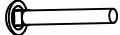
Bolt M10*45—1pcs

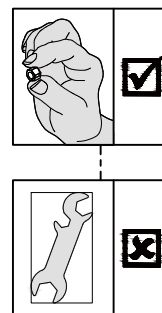
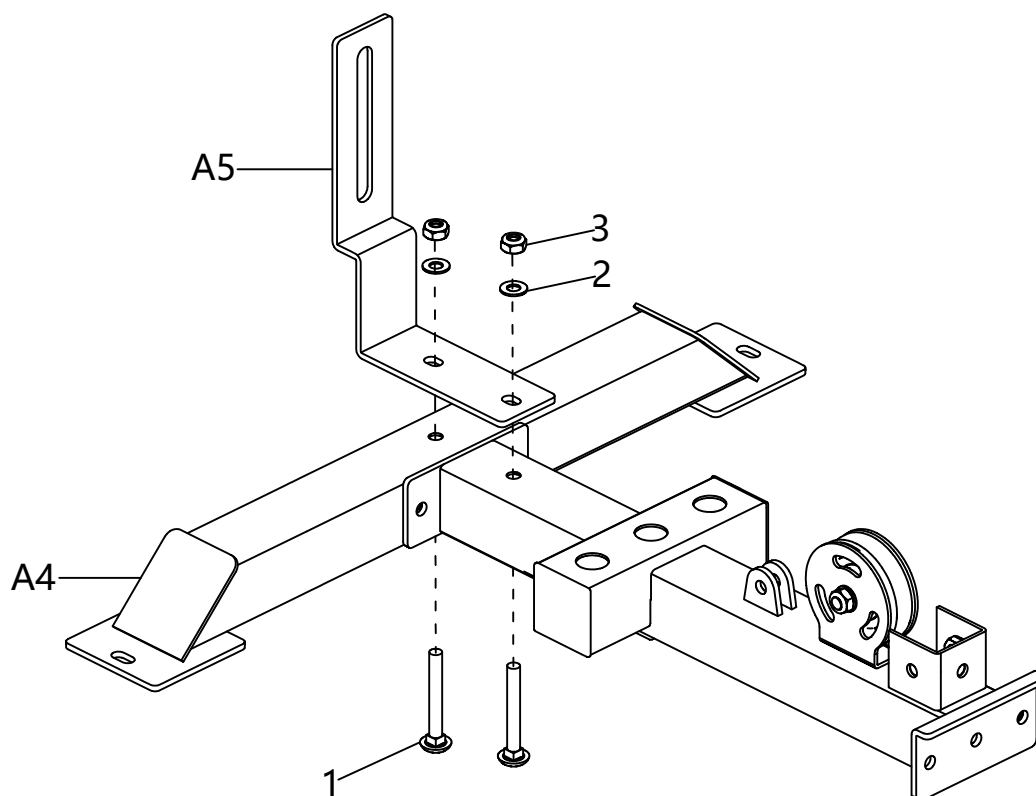
STEP: 1

A1  Pedal—2pcs	A2  Front Base—1pcs	1  Bolt M10*80—4pcs	2  M10 Washer—4pcs
3  M10 Nut—4pcs			

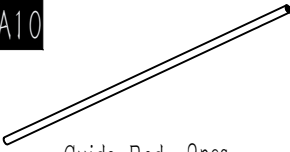
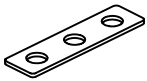


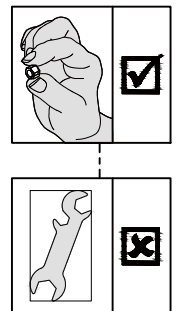
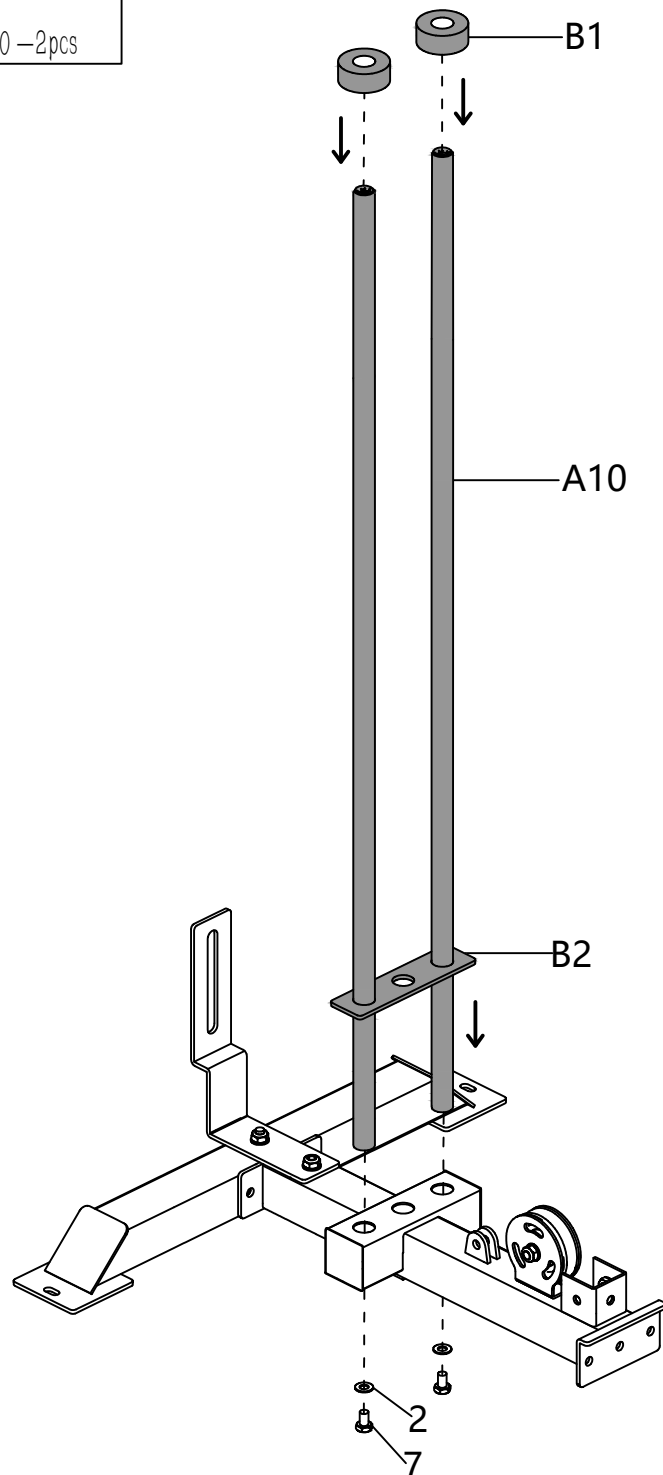
STEP: 2

A3  Base Frame —1pcs	A4  Rear Base —1pcs	A5  Base Connecting Frame —1pcs	1  Bolt M10*80 —2pcs
2  M10 Washer —2pcs	3  M10 Nut —2pcs		

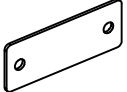
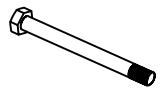


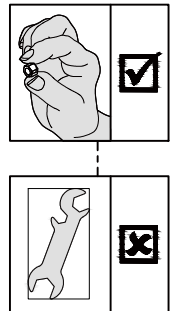
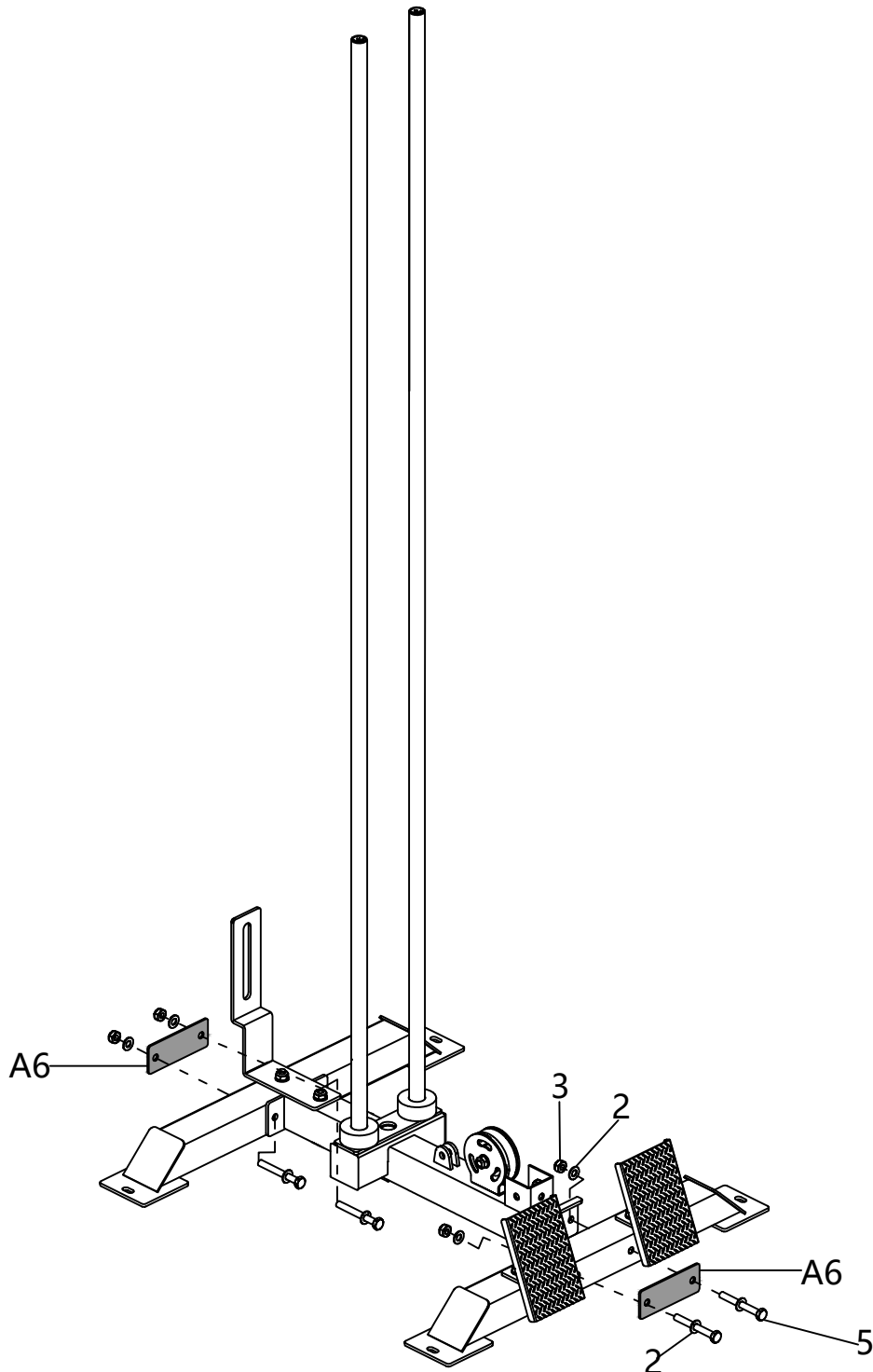
STEP: 3

A10  Guide Rod—2pcs	B1  Shock Pad—2pcs	B2  Positioning Piece—1pcs	2  M10 Washer—2pcs
7  Bolt M10*20—2pcs			

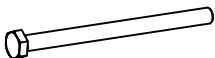


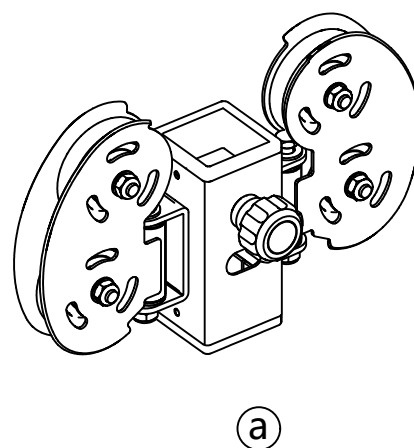
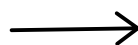
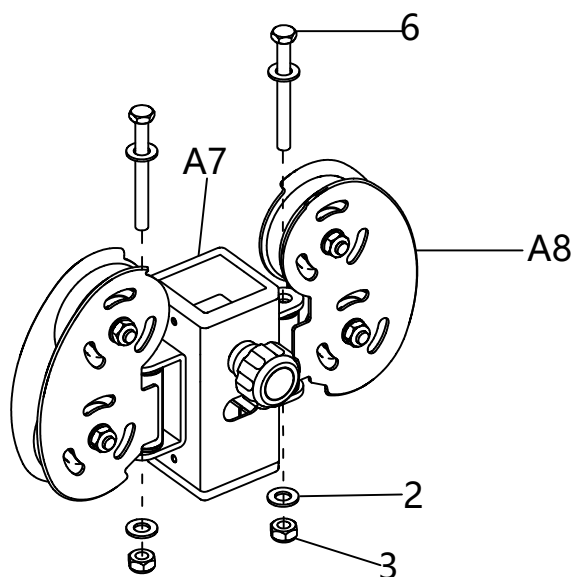
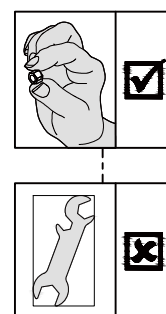
STEP: 4

A6		5		3		2	
Reinforcement Plate—2pcs		Bolt M10*85—4pcs		M10 Nut—4pcs		M10 Washer—8pcs	

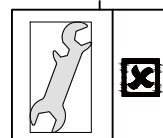
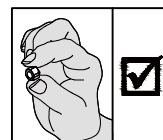
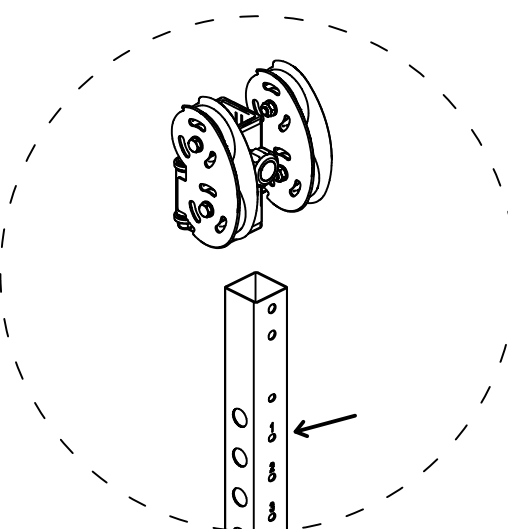
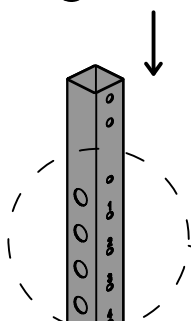
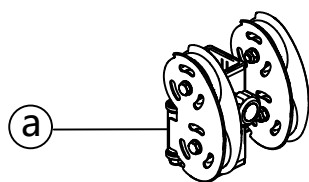
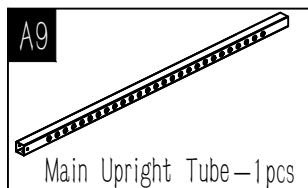


STEP: 5

A7  Pulley Sliding Sleeve—1pcs	A8  飞鸟滑轮组件—2pcs	6  Bolt M10*100—2pcs	2  M10 Washer—4pcs
3  M10 Nut—2pcs			

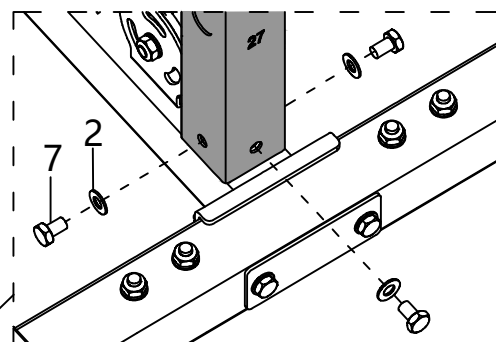
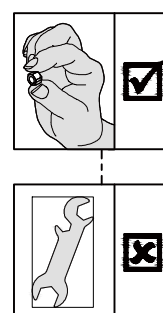
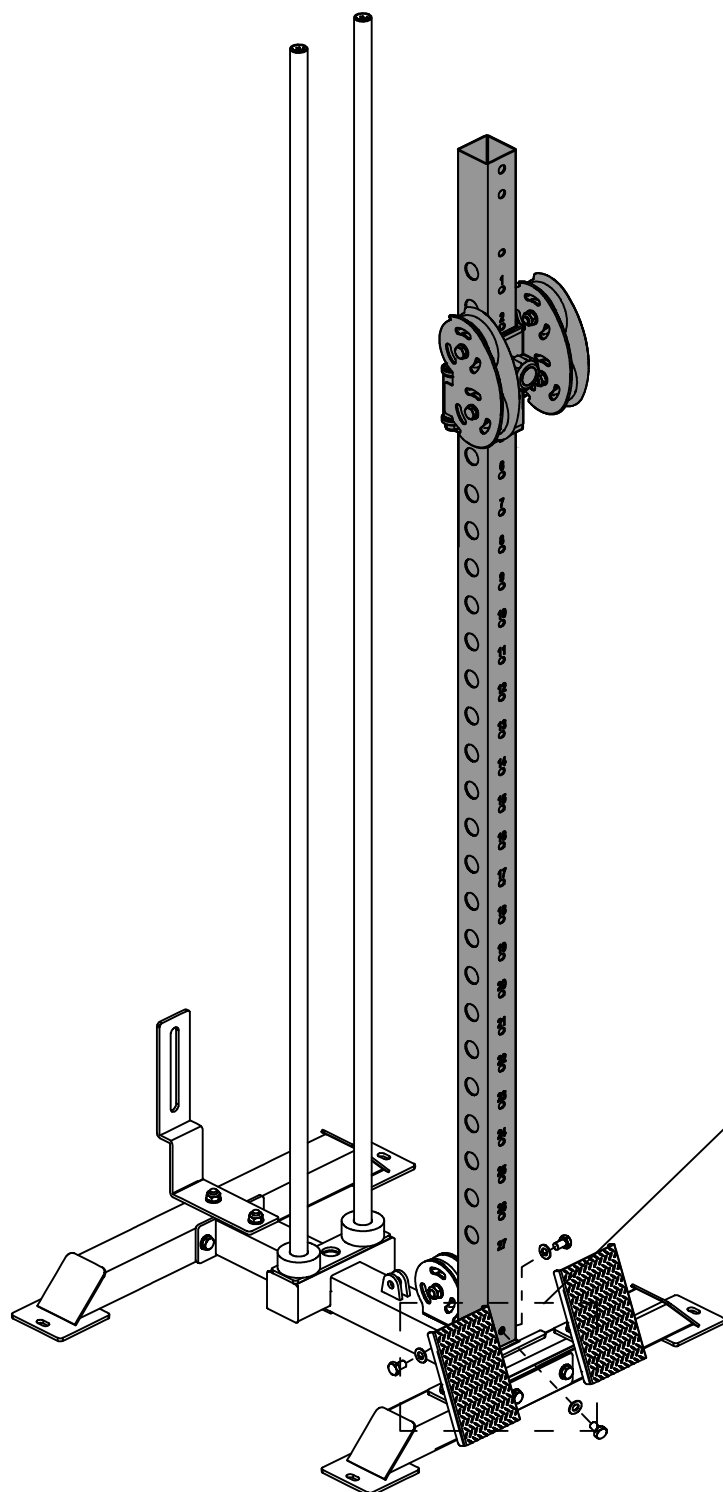


STEP: 6



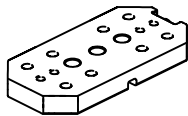
STEP: 7

2		7	
M10 Washer—3pcs		Bolt M10*20—3pcs	

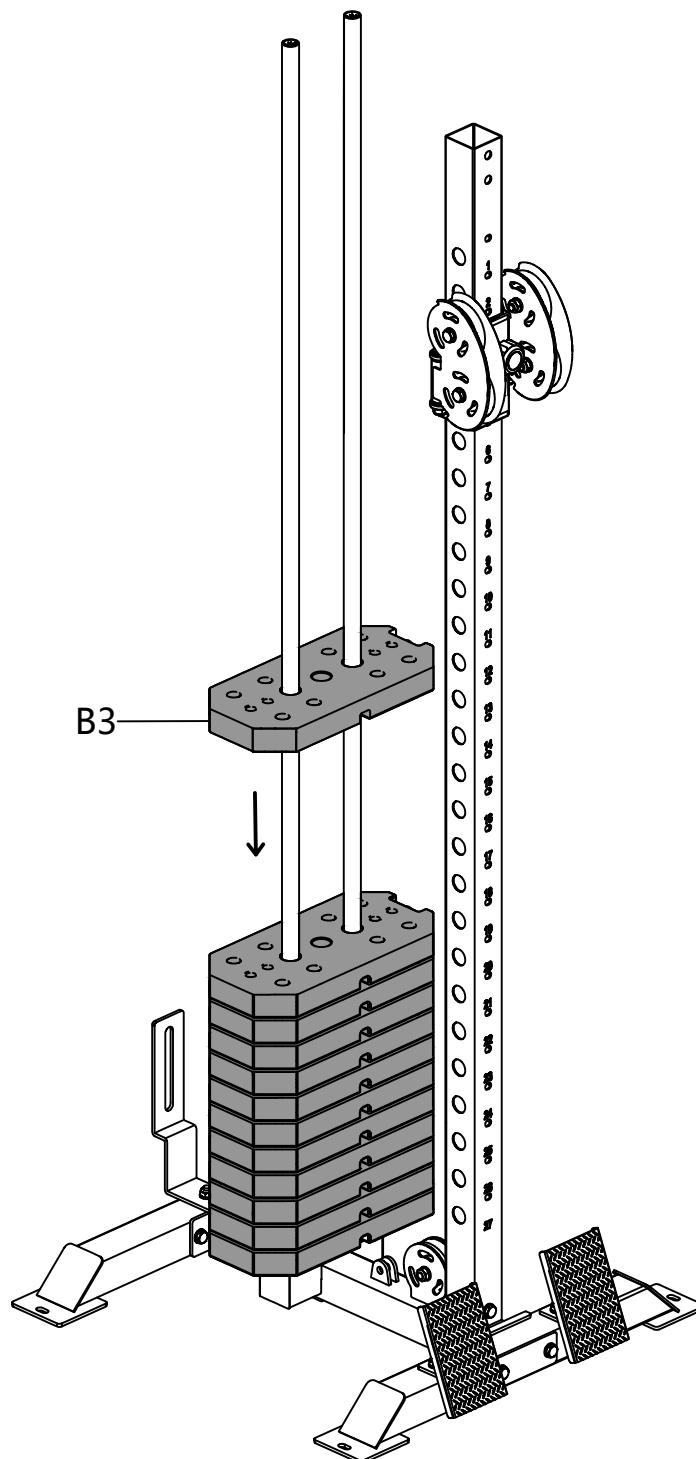


STEP: 8

B3

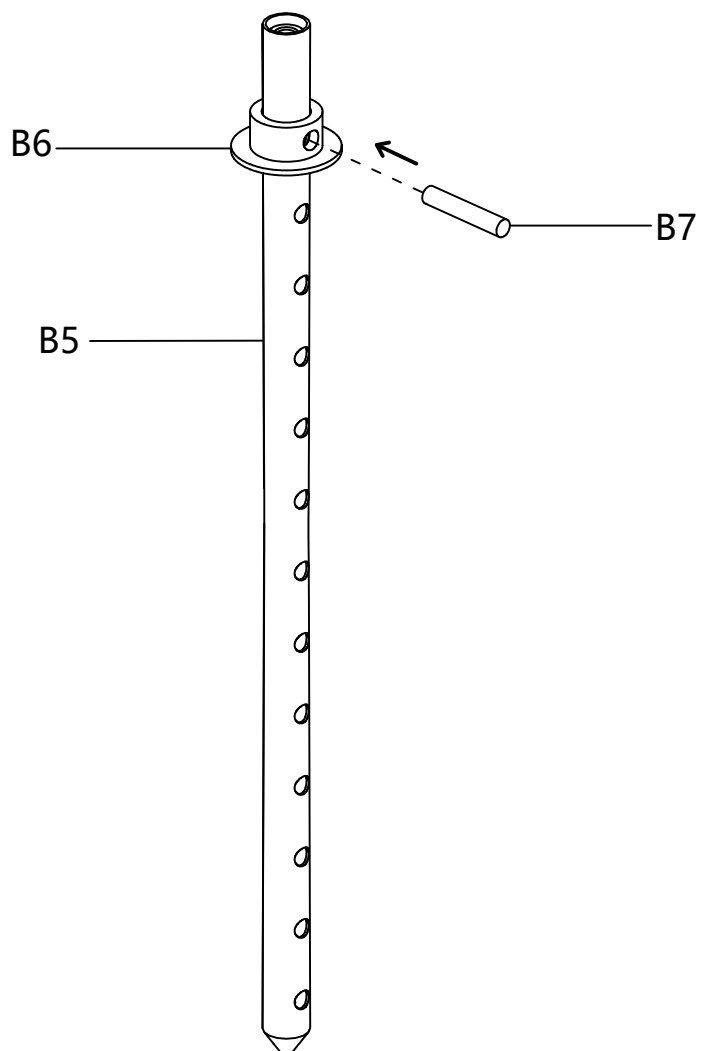


Weight Plates—12pcs



STEP: 9

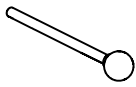
B5  Weights Guide Rod—1pcs	B6  Fixed Bushing—1pcs	B7  Stabilizer Pin—1pcs
--	--	---



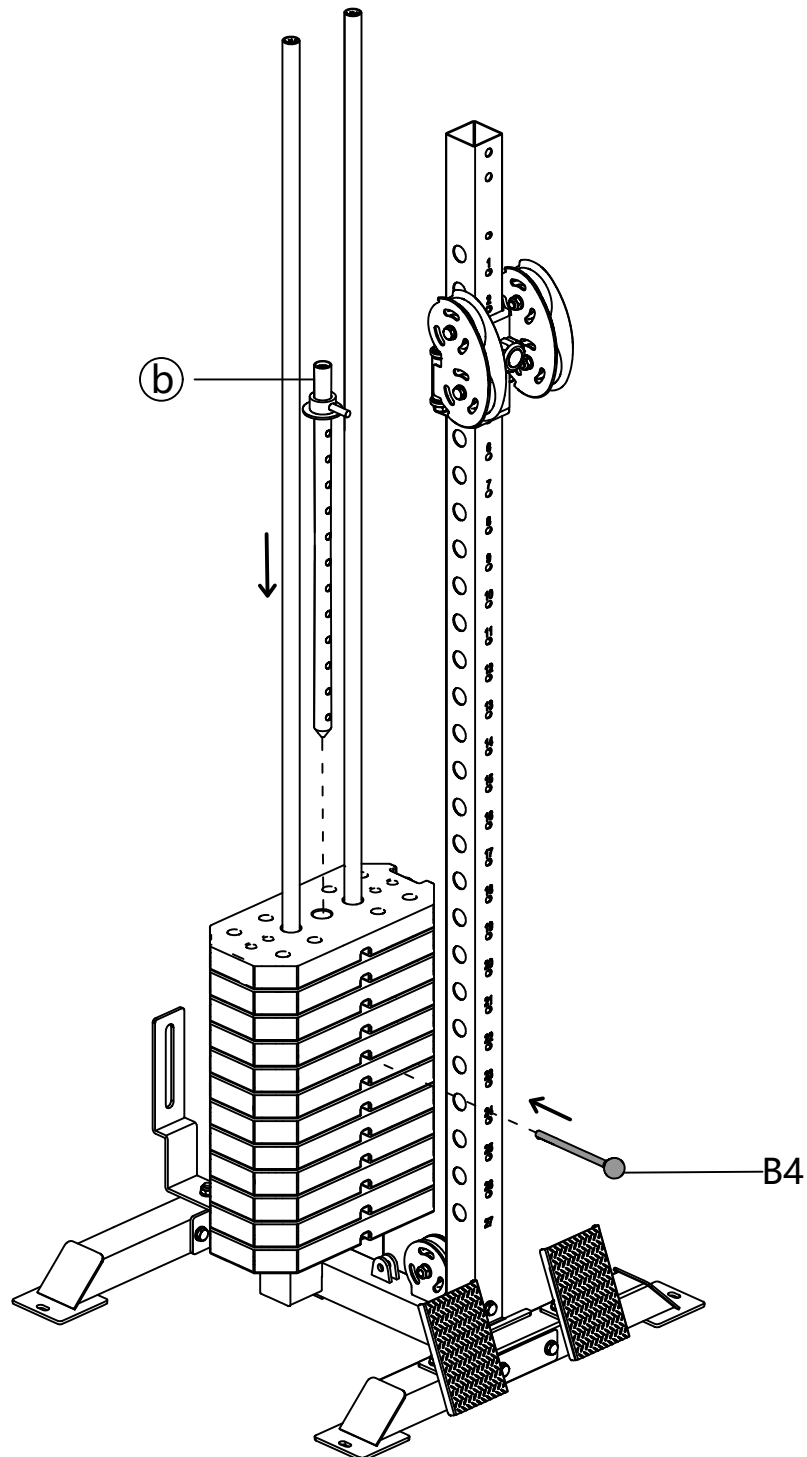
(b)

STEP: 10

B4

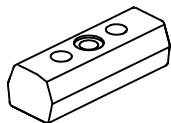


Round Head Pin—1pcs

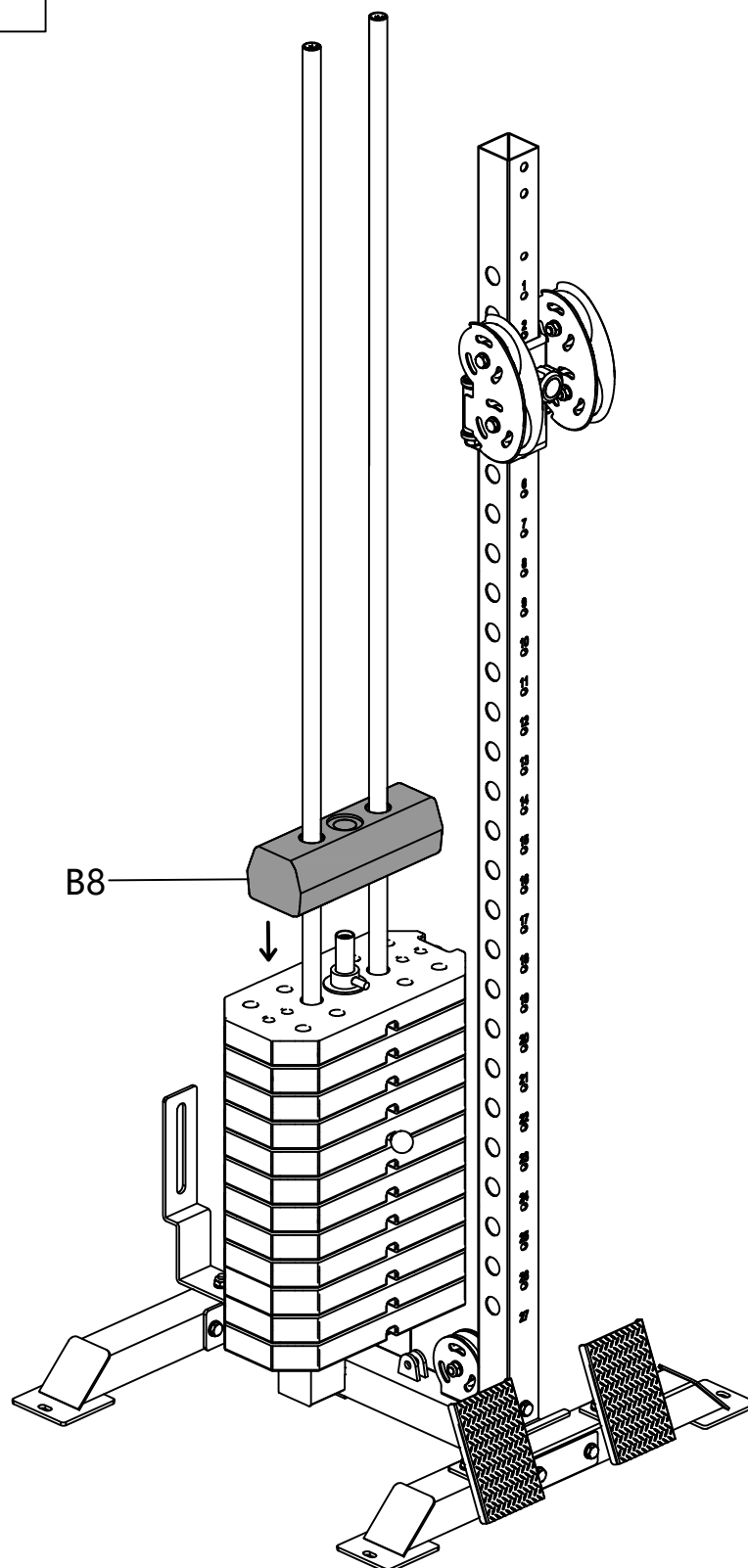


STEP:11

B8

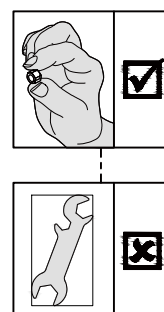
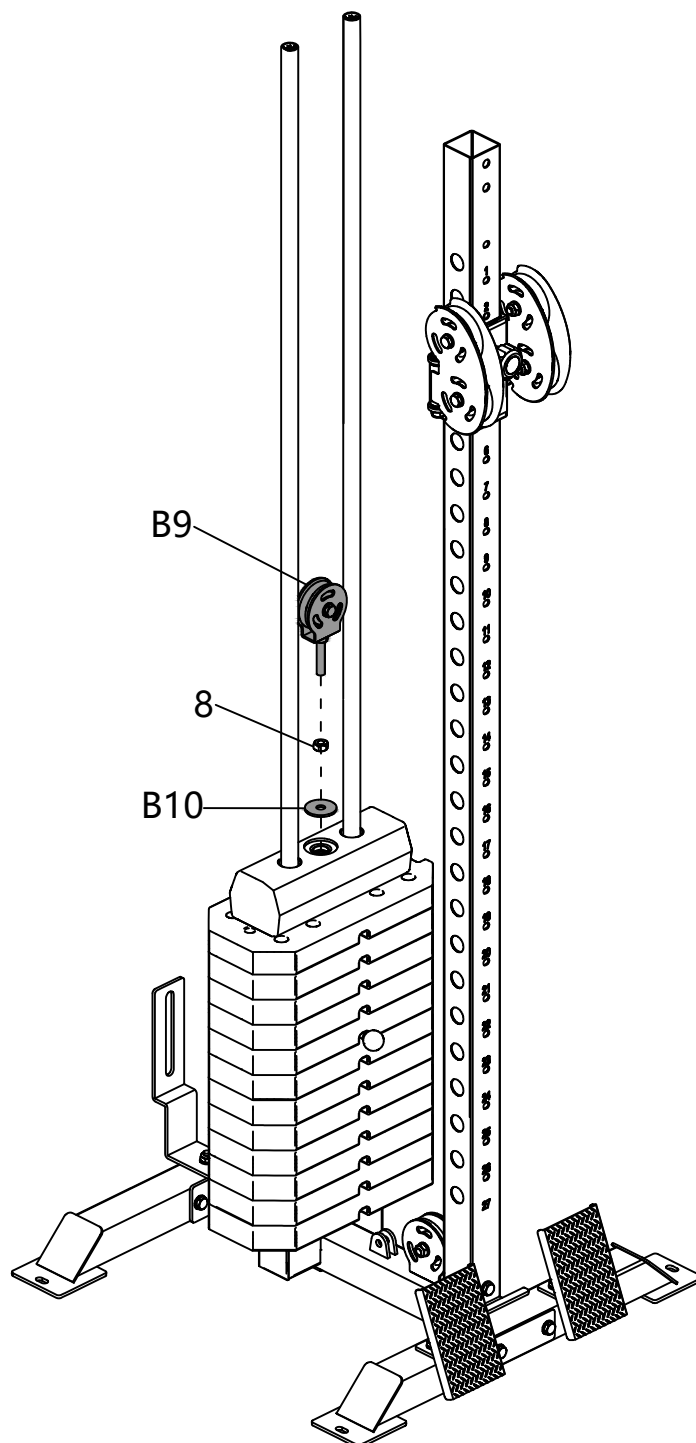


Weight Fixer-1pcs

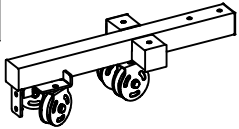
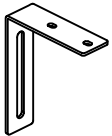
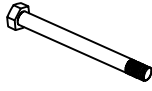


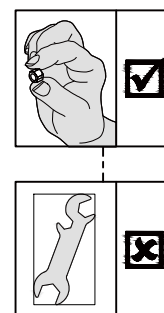
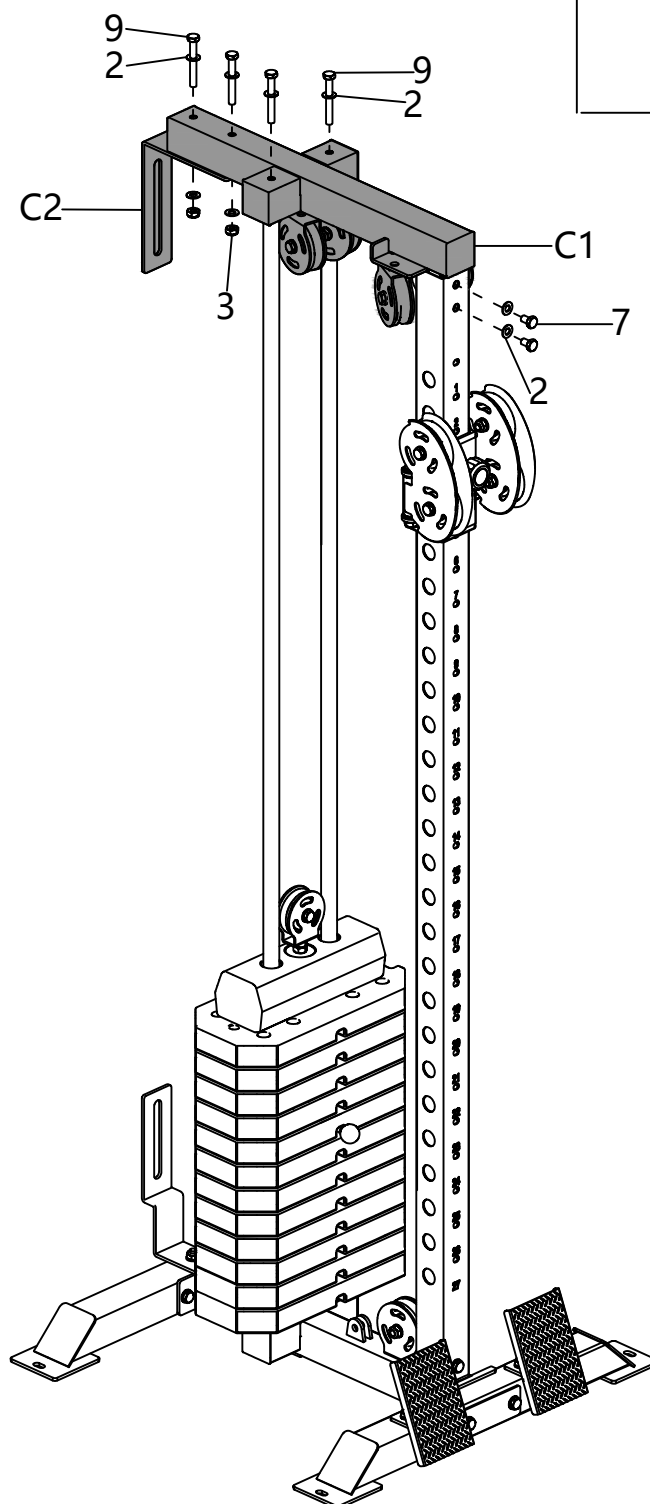
STEP: 12

B9  Single Pulley Set—1pcs	B10  Big Washer 3* $\varnothing$ 46—1pcs	8  M12 Nut—1pcs
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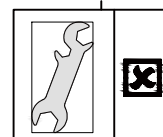
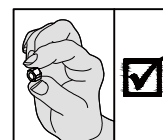
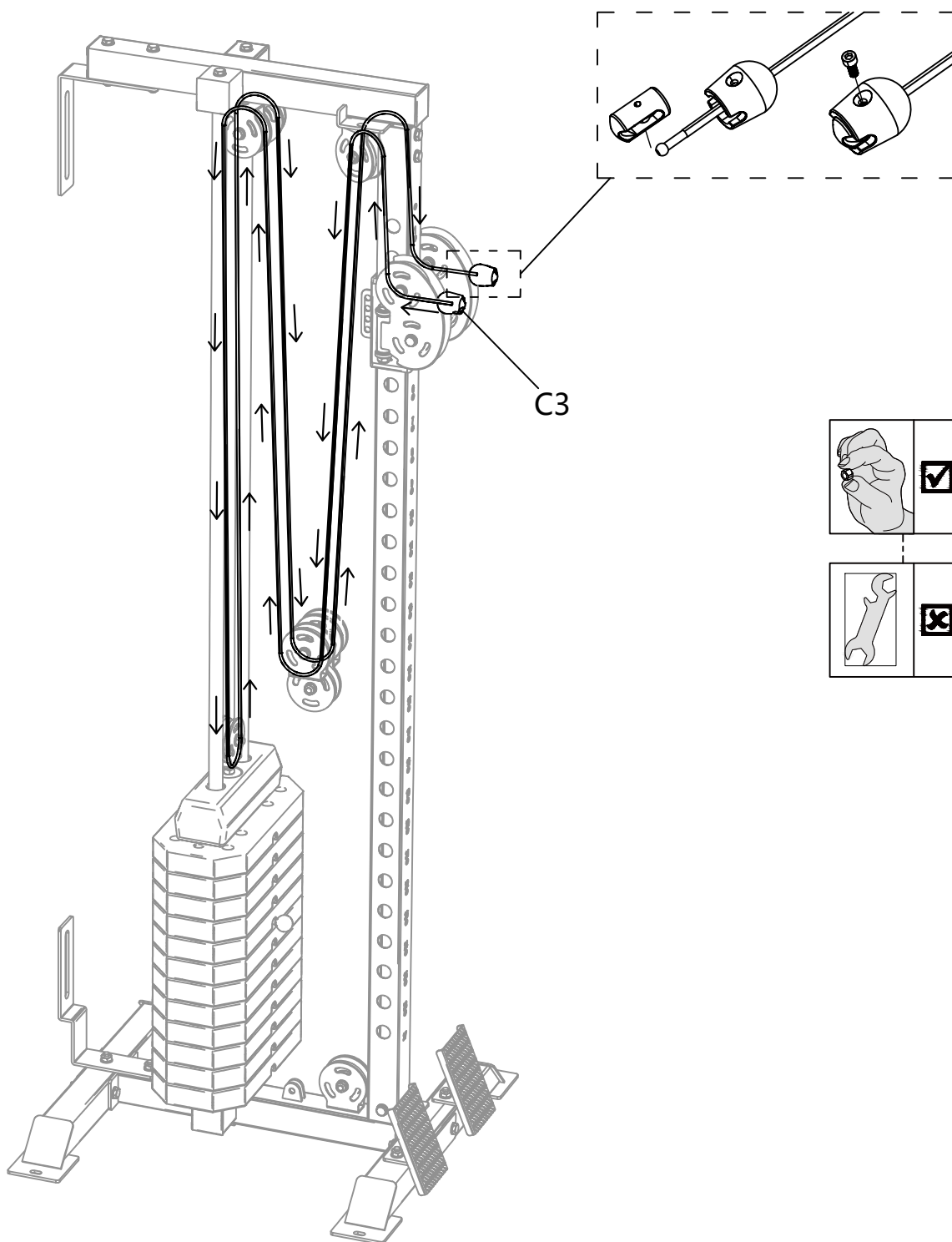
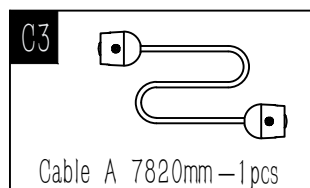


STEP: 13

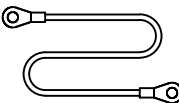
C1  Upper Frame—1pcs	C2  Upper Connecting Frame—1pcs	9  Bolt M10*80—4pcs	7  Bolt M10*20—2pcs
2  M10 Washer—8pcs		3  M10 Nut—2pcs	



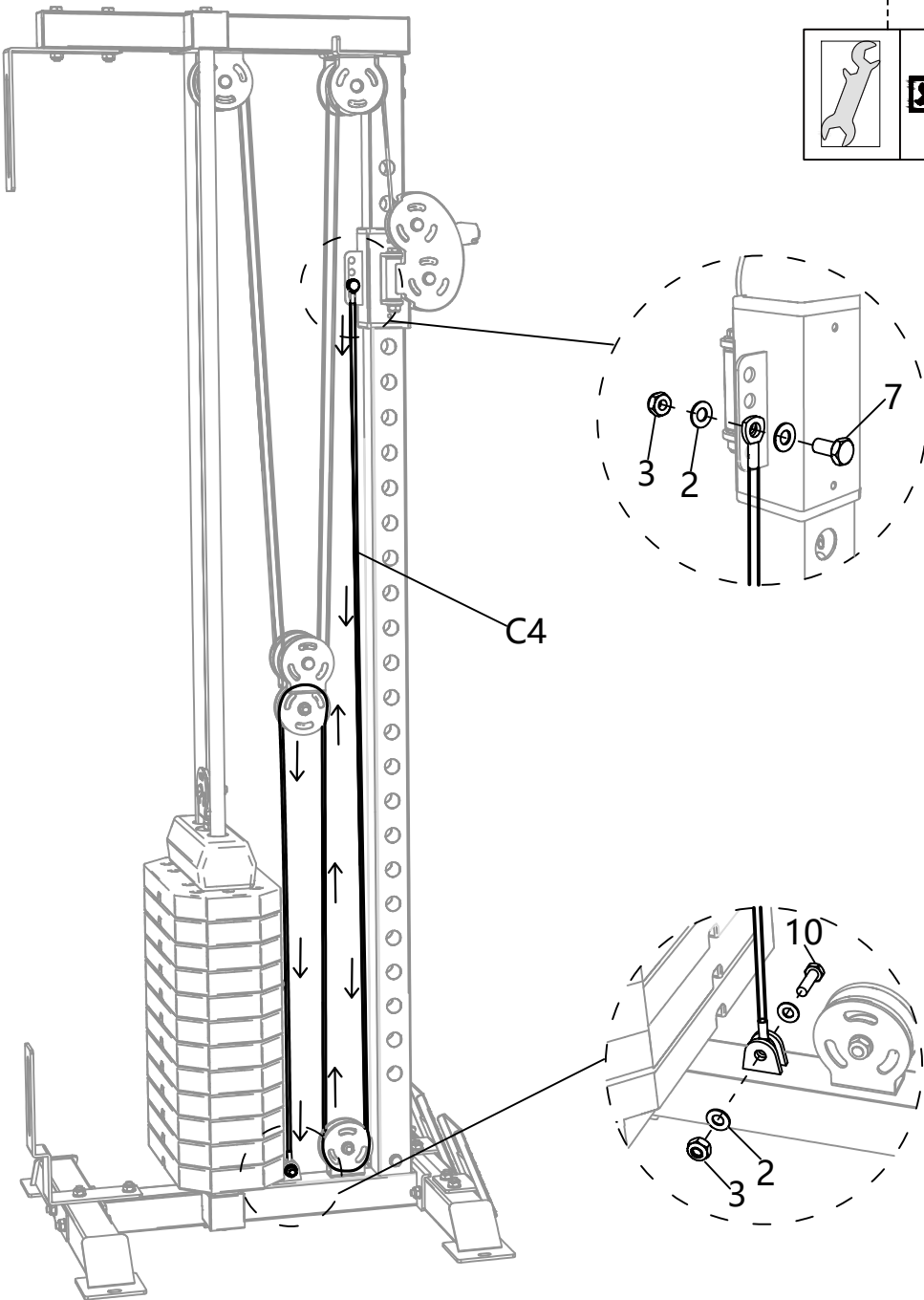
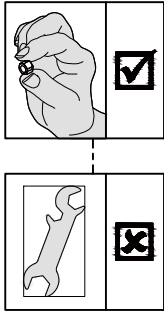
STEP: 14



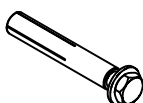
STEP: 15

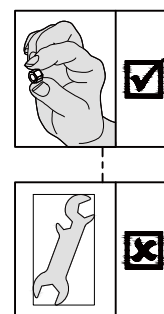
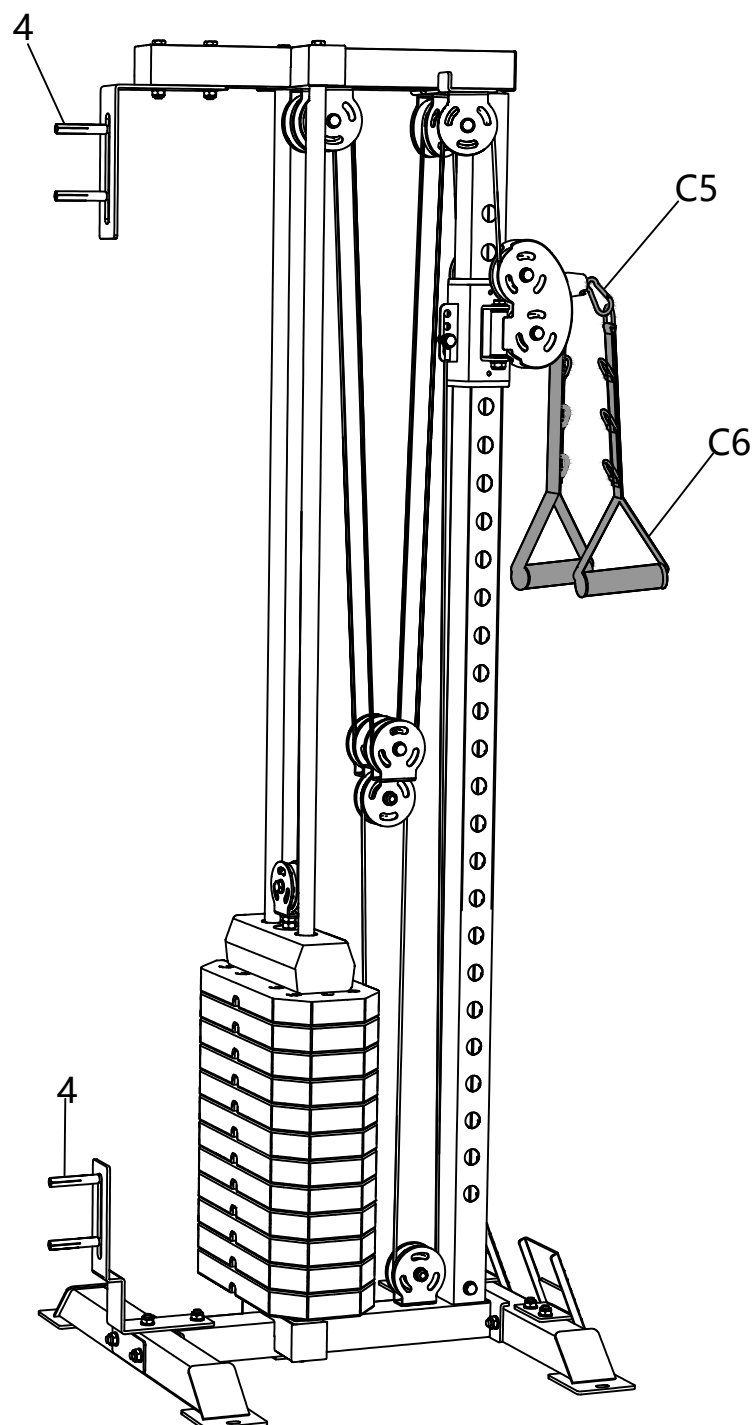
C4		7		10		3	
Cable B 3100mm-1pcs		Bolt M10*20-1pcs		Bolt M10*45-1pcs		M10 Nut-2pcs	
2							
M10 Washer-4pcs							





STEP: 16

4		C5		C6	
Bolt M12*95 -4pcs		Clip -2pcs		Cable Handle -2pcs	



FORMAT OF AFTER-SALE EMAIL

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

- Draft saved** header with a close button.
- Recipients** section.
- Subject:** "Amazon-1234567890-Package Lost" (highlighted with a red box) followed by "SUBJECT EXAMPLE".
- 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).
- Rich Text Editor:** A toolbar with various formatting options. The "Attach" icon (a paperclip) is highlighted with a red box, and a red arrow points to it from the footer message.
- Buttons:** A "Send" button and a "Cancel" button (represented by a trash can icon).

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