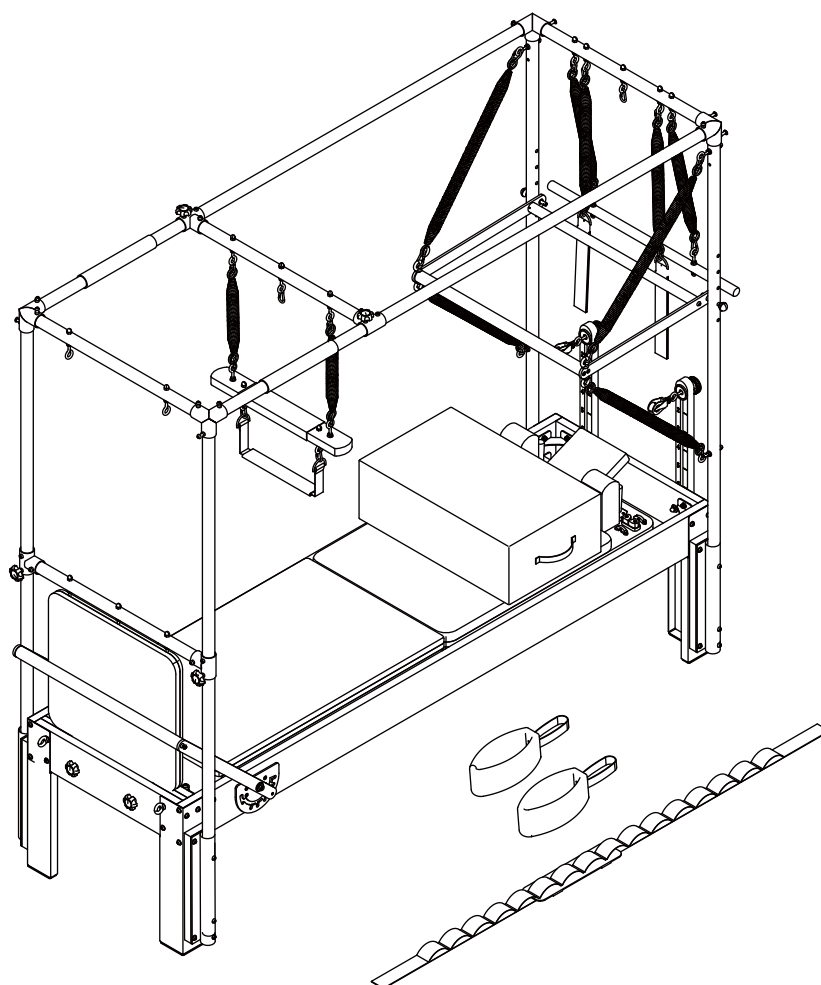


SYEDEFEE

ASSEMBLY INSTRUCTIONS



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

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Step1-Step24	-----	8-31
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ASSEMBLY CAUTION

Please carefully read the following information before installation

Assembling requires at least two people

Do not tighten all screws before assembly is complete

Ensure that all accessories are complete. If not, please contact us via email



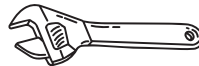
If you are missing any parts, or otherwise have any warranty issues, please contact us first.

Shortcut: A Lot of People Doing That Way

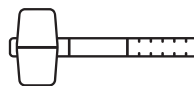
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

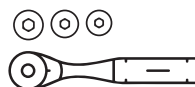
- Adjustable wrenches



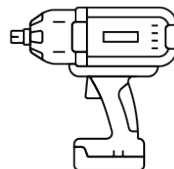
- Rubber hammers



- Socket set



- Electric Wrench



WARNING



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



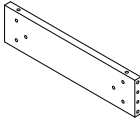
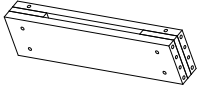

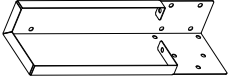



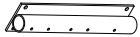



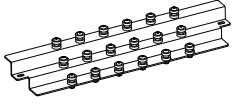
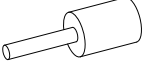
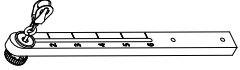

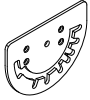




Sharp objects may be involved. Use precaution and protection.

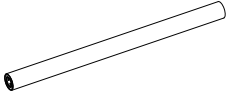


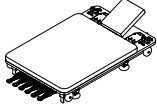
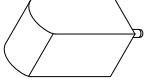

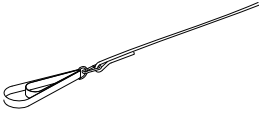
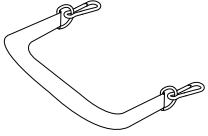
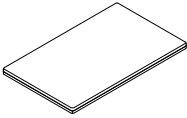
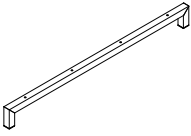
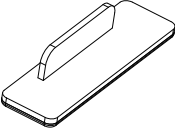
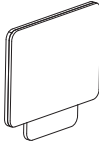
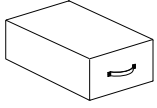
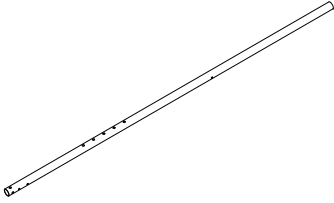
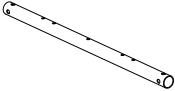


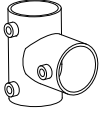
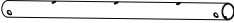



Heavy object. Use lifting aids and proper lifting techniques when moving

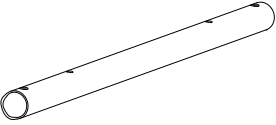
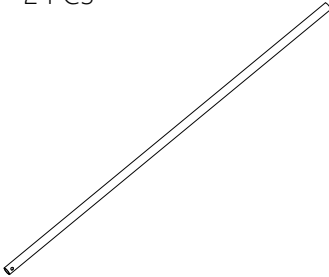
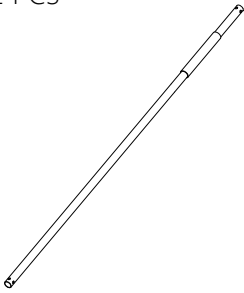


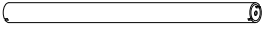

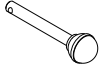

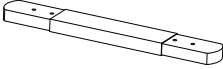








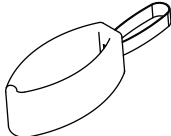
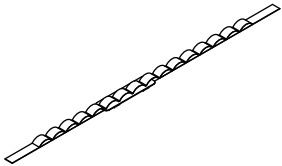
PART LIST

<p>A1. Left Main Frame 1 PC</p> 	<p>A2. Right Main Frame 1 PC</p> 	<p>A3. Front Main Frame 1 PC</p> 	<p>A4. Rear Main Frame 1 PC</p> 
<p>A5. Positioning Pins 12 PCS</p> 	<p>A6. Front Left Support Leg 1 PC</p> 	<p>A7. Front Right Support Leg 1 PC</p> 	<p>A8. Rear Left Support Leg 1 PC</p> 
<p>A9. Rear Right Support Leg 1 PC</p> 	<p>B1. T-shaped Plates 4 PCS</p> 	<p>B2. Suspension Rings (M8) 2 PCS</p> 	<p>B3. Anti-slip Mats 4 PCS</p> 
<p>B4. Reinforcement Iron Pieces 6 PCS</p> 	<p>B5. Spring Fixing Iron Piece 1 PC</p> 	<p>B6. Limit Block 2 PCS</p> 	<p>B7. Eope Riser 2 PCS</p> 
<p>C1. Left Adjustment Iron Plate 1 PC</p> 	<p>C2. Right Adjustment Iron Plate 1 PC</p> 	<p>C3. Spacer Block 2 PCS</p> 	<p>C4. Knob(Long) 2 PCS</p> 

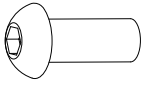

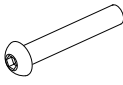
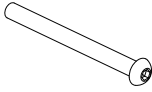

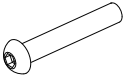
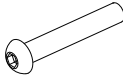
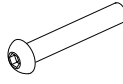


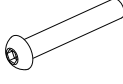
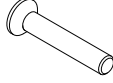
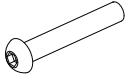
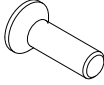

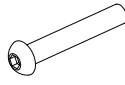

PART LIST

<p>C5. Foot Bar 1 PC</p> 	<p>C6 .Footbar Connecting Rod 2 PCS</p> 	<p>C7. Insert Tube 2 PCS</p> 	<p>D1 .Carriage Bed 1 PC</p> 
<p>D2. Shoulder Rest 2 PCS</p> 	<p>D3 .Strap Handle 2 PCS</p> 	<p>D4.Loop Handle 2 PCS</p> 	<p>D5. Foot Strap 2 PC</p> 
<p>D6. Board Cushion 1 PC</p> 	<p>D7. Board Cushion Support Tube 2 PCS</p> 	<p>D8. Foot Board 1 PC</p> 	<p>D9. Jump Board 1 PC</p> 
<p>D10. Reformer Box 1 PC</p> 	<p>E1. Long Vertical Tube-A 2 PCS</p> 	<p>E2. Short Horizontal Tube-A 1 PC</p> 	<p>E3. Corner Tee 4 PCS</p> 
<p>E4. Long Suspension Ring 23 PCS</p> 	<p>E5. Right Angle tee 4 PCS</p> 	<p>E6. Short Horizontal Tube-B 2 PCS</p> 	<p>E7. Knok(Short) 4 PCS</p> 



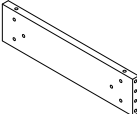


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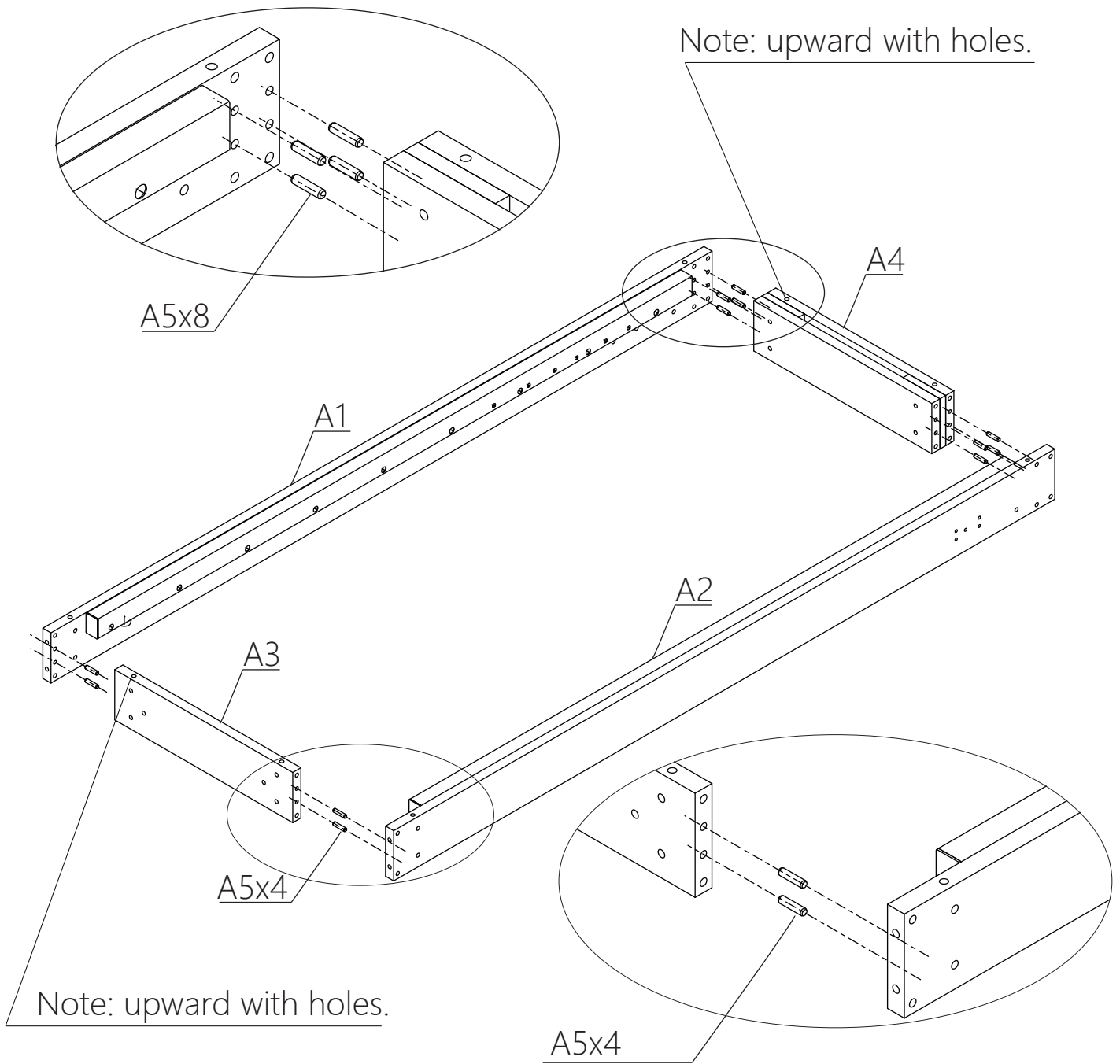
<p>E8. Short Horizontal Tube-C 1 PC</p> 	<p>F1. Long Vertical Tube-B 2 PCS</p> 	<p>F2. Long Vertical Tube-C 2 PCS</p> 	<p>F3. Support Flat Steel 2 PCS</p> 
<p>F4. Support Round Tube-A 1 PC</p> 	<p>F5. Support Round Tube-B 1 PC</p> 	<p>F6. Trough Suspension Ring With Screw (M6) 4 PCS</p> 	<p>F7. Ball-Headed Pin 2 PCS</p> 
<p>F8. Wooden Round Rod 1 PC</p> 	<p>F9. Wooden Square Bar 1 PC</p> 	<p>G1. Spring (Yellow) 2 PCS(606mm)</p> 	<p>G2. Spring (Green) 2 PCS(606mm)</p> 
<p>Gloves with wool handle</p>			
<p>G3. Buckle 25 PCS</p> 	<p>G4. Strap 2 PCS</p> 	<p>G5. Spring (Red) 2 PCS</p> 	<p>B8. T-plate Bottom Plate 4 PCS</p> 
<p>G6. Spring (Yellow) 2 PCS(466mm)</p> 	<p>G7. Spring (Green) 2 PCS(466mm)</p> 	<p>G8. Gloves With Wool Handle 2 PCS</p> 	<p>G9. Waist Support Strap 1 PC</p> 

PART LIST

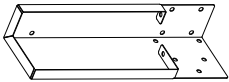



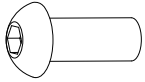

<p>1. Bolt (M8*20mm) 32 PCS</p> 	<p>2. Washer(8mm) 76 PCS</p> 	<p>3. Bolt (M8*50mm) 30 PCS</p> 	<p>4. Bolt (M8*90mm) 2 PCS</p> 
<p>5. Locknut(M8) 26 PCS</p> 	<p>6. Bolt (M8*75mm) 4 PCS</p> 	<p>7. Bolt (M8*80mm) 6 PCS</p> 	<p>8. Bolt (M8*70mm) 2 PCS</p> 
<p>9. Washer(24*8.5mm) 12</p> 	<p>10. Nut With Cap(M8) 27 PCS</p> 	<p>11. Bolt (M8*40mm) 2 PCS</p> 	<p>12. Bolt (M6*35mm) 8 PCS</p> 
<p>13. Bolt (M8*65mm) 2 PCS</p> 	<p>14. Bolt (M6*20mm) 4 PCS</p> 	<p>15. Bolt (M8*10mm) 12 PCS</p> 	<p>16. Bolt (M8*45mm) 12 PCS</p> 
<p>17. Flange Nut (M8) 23 PCS</p> 			

STEP: 1

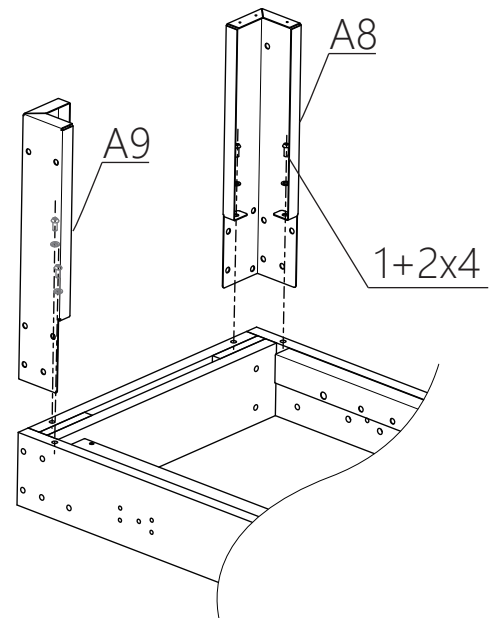
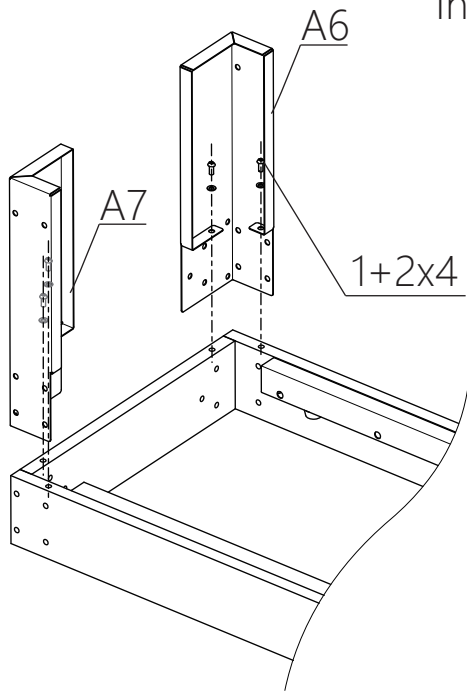
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A5. Positioning Pins 12 PCS 			



STEP: 2

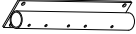



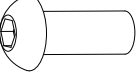

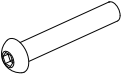
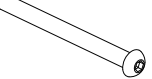

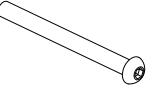
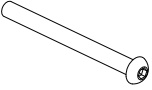
A6. Front Left Support Leg 1 PC 	A7. Front Right Support Leg 1 PC 	A8. Rear Left Support Leg 1 PC 	A9. Rear Right Support Leg 1 PC 
1. Bolt (M8*20mm) 8 PCS 	2. Washer(8mm) 8 PCS 		

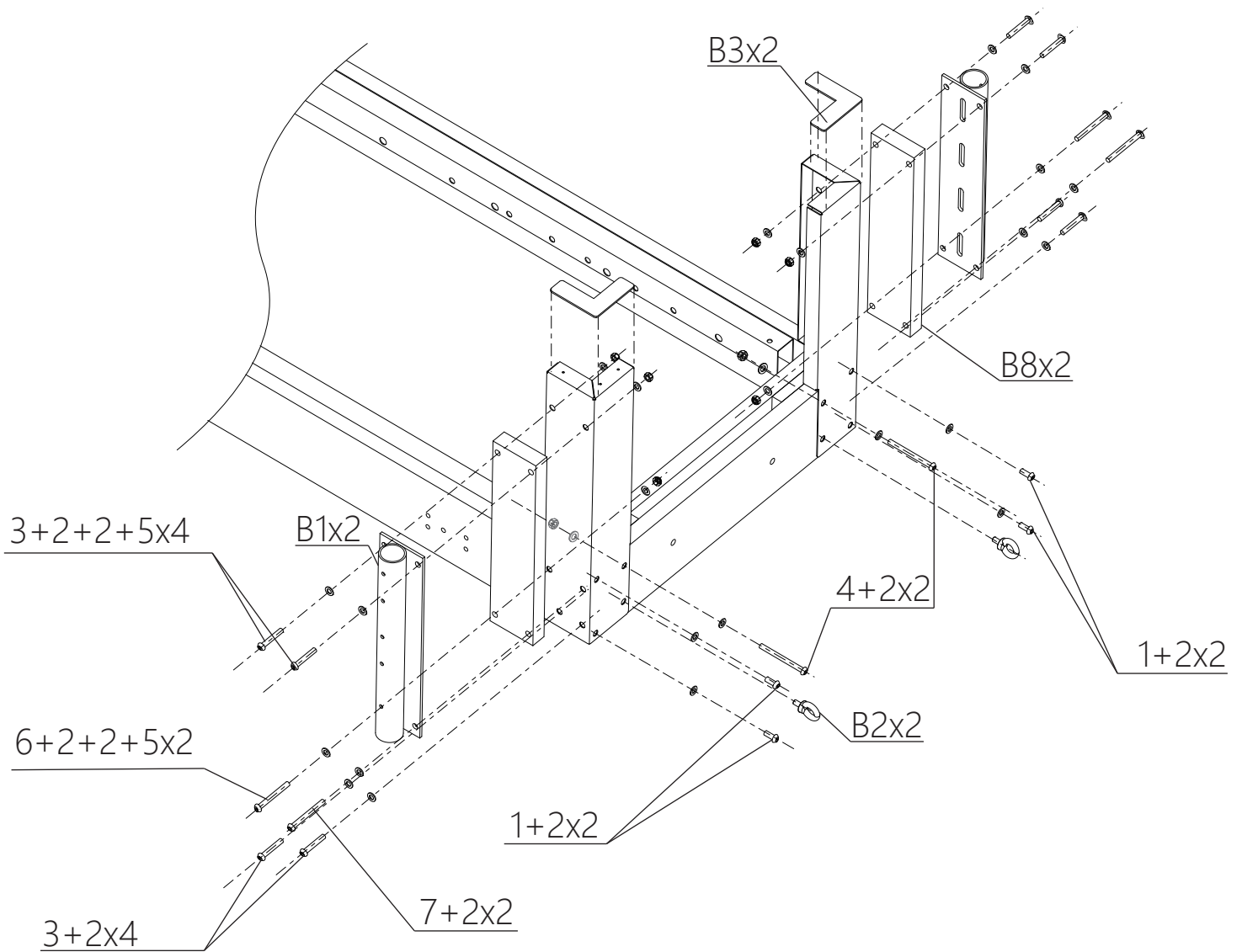
Install the left and right sides in the same way



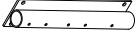


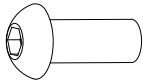

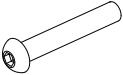

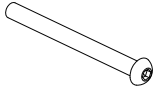
Install the left and right sides in the same way

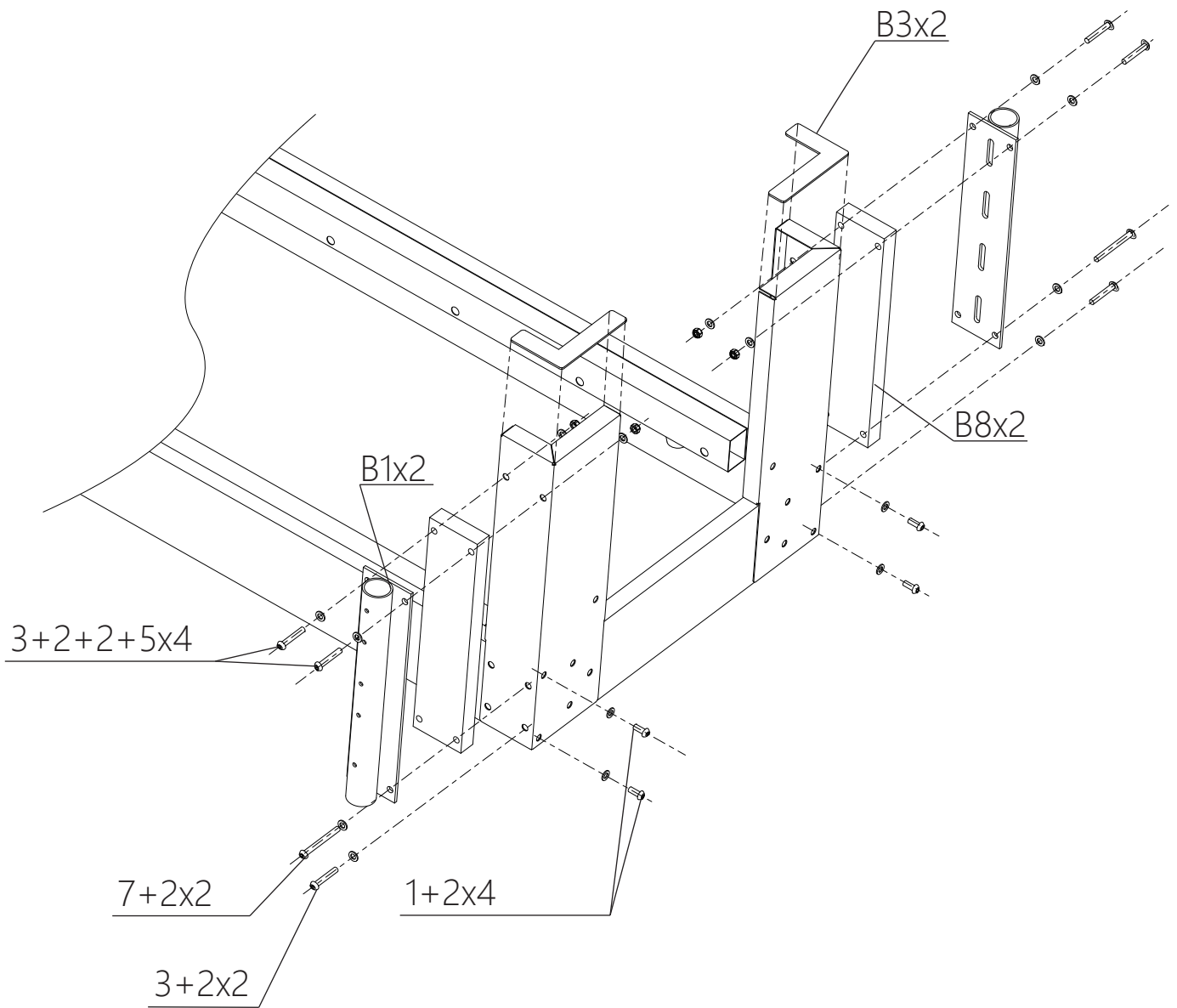
STEP: 3

<p>B1. T-shaped Plates 2 PCS</p> 	<p>B2. Suspension Rings (M8) 2 PCS</p> 	<p>B8. T-plate Bottom Plate 2 PCS</p> 	<p>B3. Anti-Slip Mats 2 PCS</p> 
<p>1. Bolt (M8*20mm) 4 PCS</p> 	<p>2. Washer(8mm) 26 PCS</p> 	<p>3. Bolt (M8*50mm) 8 PCS</p> 	<p>4. Bolt (M8*90mm) 2 PCS</p> 
<p>5. Locknut(M8) 8 PCS</p> 	<p>6. Bolt (M8*75mm) 2 PCS</p> 	<p>7. Bolt (M8*80mm) 2 PCS</p> 	


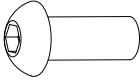


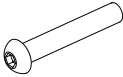
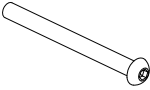


STEP: 4

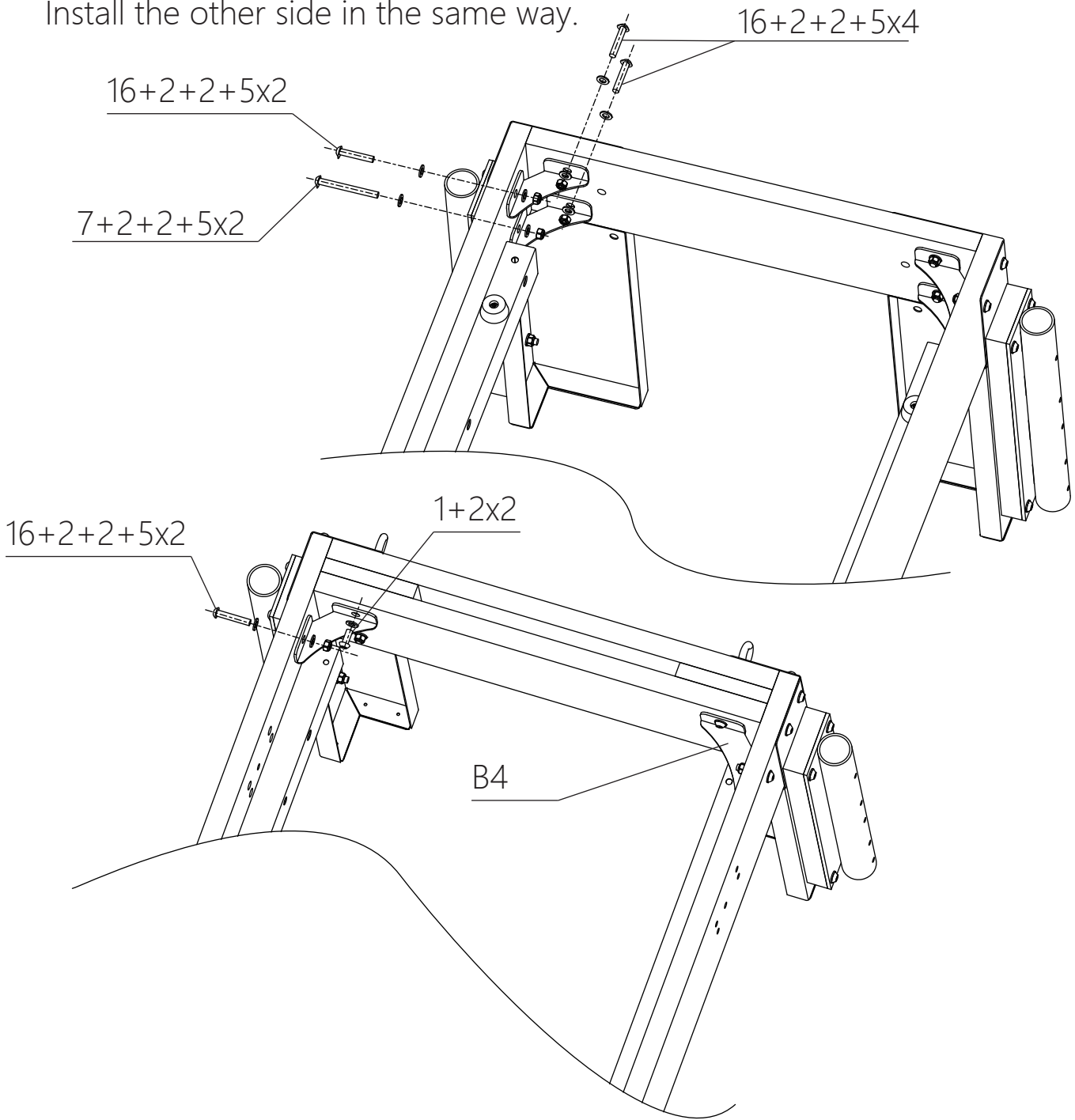
<p>B1. T-shaped Plates 2 PCS</p> 	<p>B8. T-plate Bottom Plate 2 PCS</p> 	<p>B3. Anti-Slip Mats 2 PCS</p> 	<p>1. Bolt (M8*20mm) 4 PCS</p> 
<p>2. Washer(8mm) 16 PCS</p> 	<p>3. Bolt (M8*50mm) 6 PCS</p> 	<p>5. Locknut(M8) 4 PCS</p> 	<p>7. Bolt (M8*80mm) 2 PCS</p> 



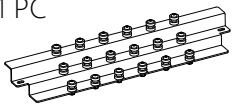
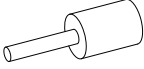
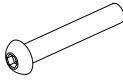


STEP: 5

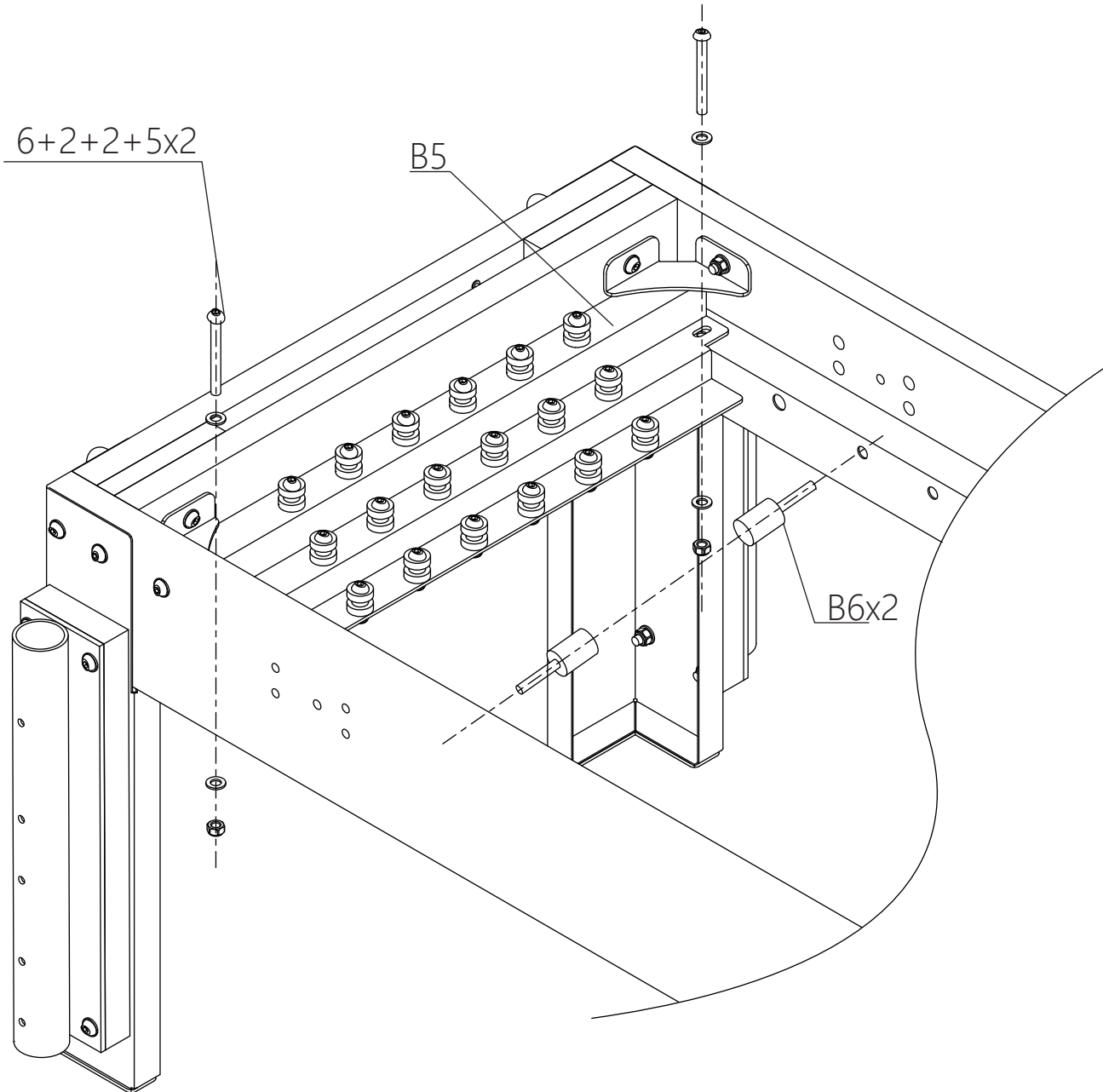
<p>B4. Reinforcement Iron Pieces 6 PCS</p> 	<p>1. Bolt (M8*20mm) 2 PCS</p> 	<p>2. Washer(8mm) 22 PCS</p> 	<p>5. Locknut(M8) 10 PCS</p> 
<p>16. Bolt (M8*45mm) 8 PCS</p> 	<p>7. Bolt (M8*80mm) 2 PCS</p> 		

Install the other side in the same way.

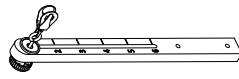
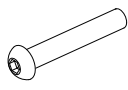

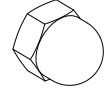
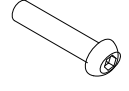


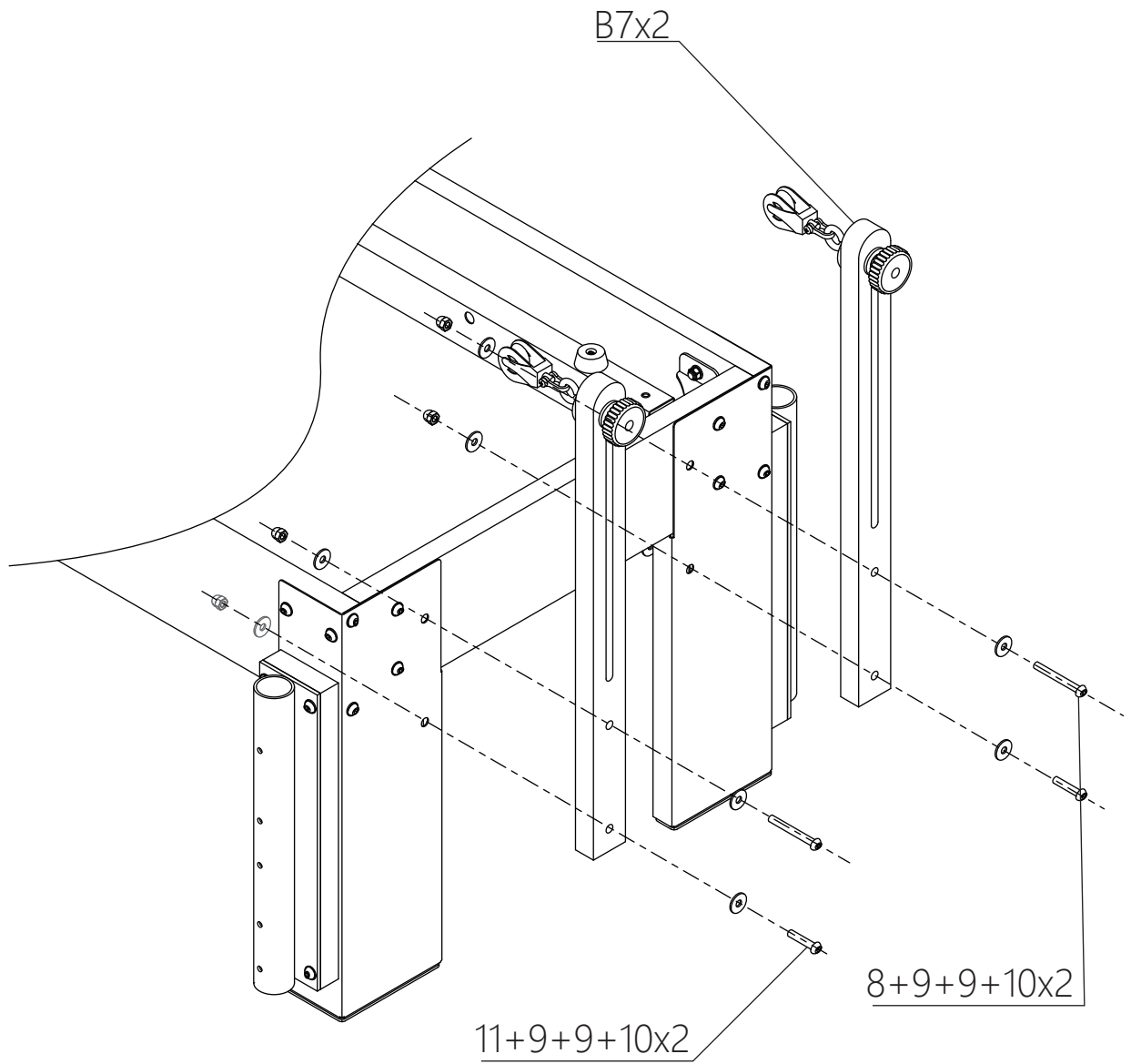
STEP: 6

B5. Spring Fixing Iron Piece 1 PC 	B6 .Limit Block 2 PCS 	6. Bolt (M8*75mm) 2 PCS 	2 .Washer(8mm) 4 PCS 
5 .Locknut(M8) 2 PCS 			





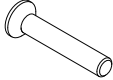


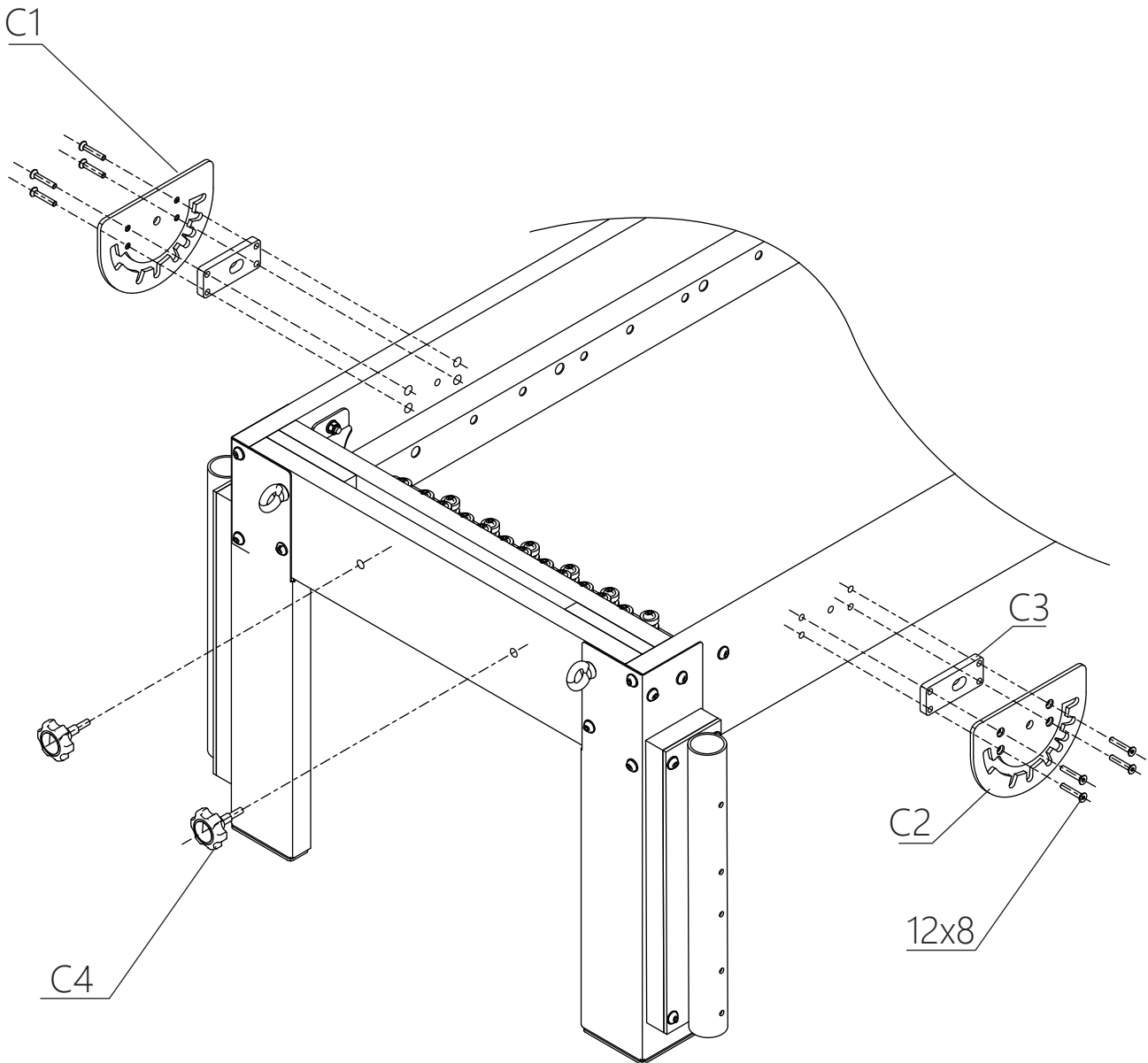
STEP: 7

<p>B7 .Eope Riser 2 PCS</p> 	<p>8. Bolt (M8*70mm) 2 PCS</p> 	<p>9 .Washer(24*8.5mm) 8 PCS</p> 	<p>10. Nut With Cap(M8) 4 PCS</p> 
<p>11. Bolt(M8*40mm) 2 PCS</p> 			

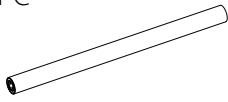


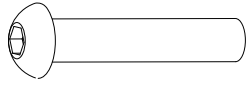
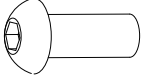




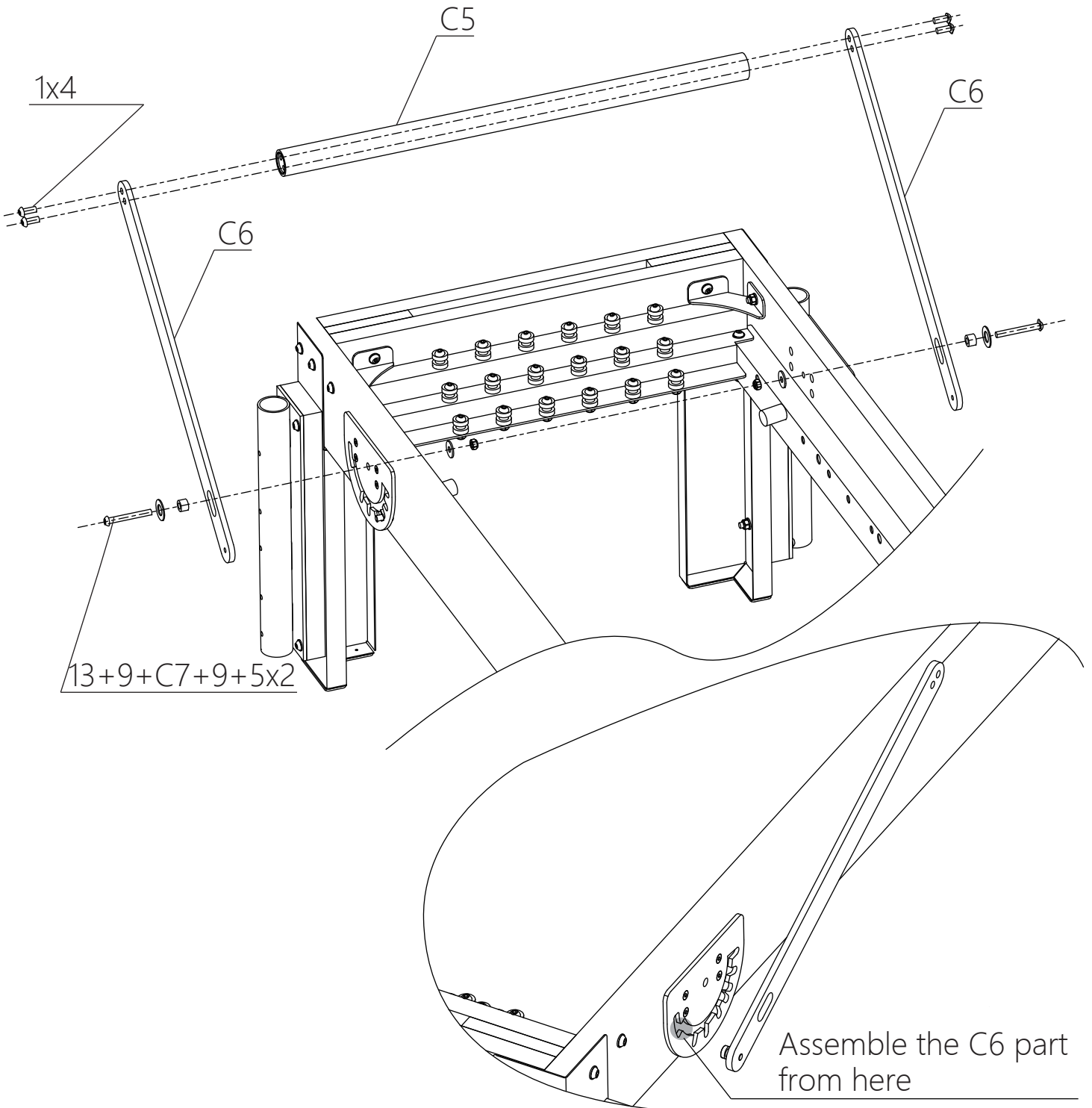
STEP: 8

C1 .Left Adjustment Iron Plate 1 PC 	C2. Right Adjustment Iron Plate 1 PC 	C3.Spacer Block 2 PCS 	C4. Knob(Long) 2 PCS 
12 .Bolt (M6*35mm) 8 PCS 			



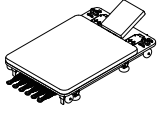
STEP: 9

<p>C5. Foot Bar 1 PC</p> 	<p>C6 .Footbar Connecting Rod 2 PCS</p> 	<p>C7. Insert Tube 2 PCS</p> 	<p>13. Bolt (M8*65mm) 2 PCS</p> 
<p>1. Bolt (M8*20mm) 4 PCS</p> 	<p>5 .Locknut(M8) 2 PCS</p> 	<p>9 .Washer(24*8.5mm) 4 PCS</p> 	

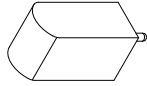


STEP: 10

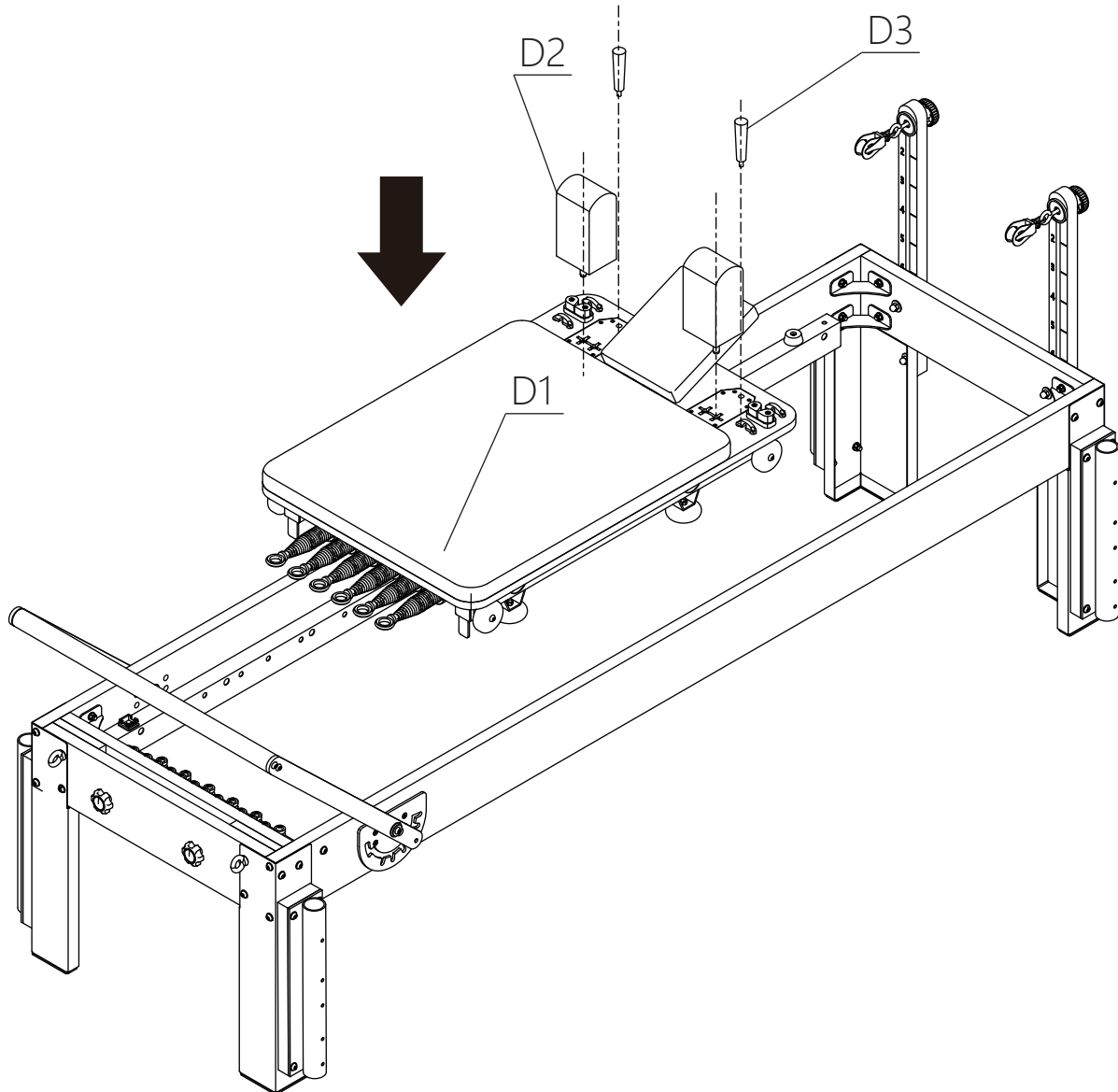
D1 .Carriage Bed
1 PC



D2. Shoulder Rest
2 PCS

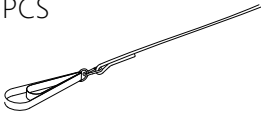


D3 .Strap Handle
2 PCS

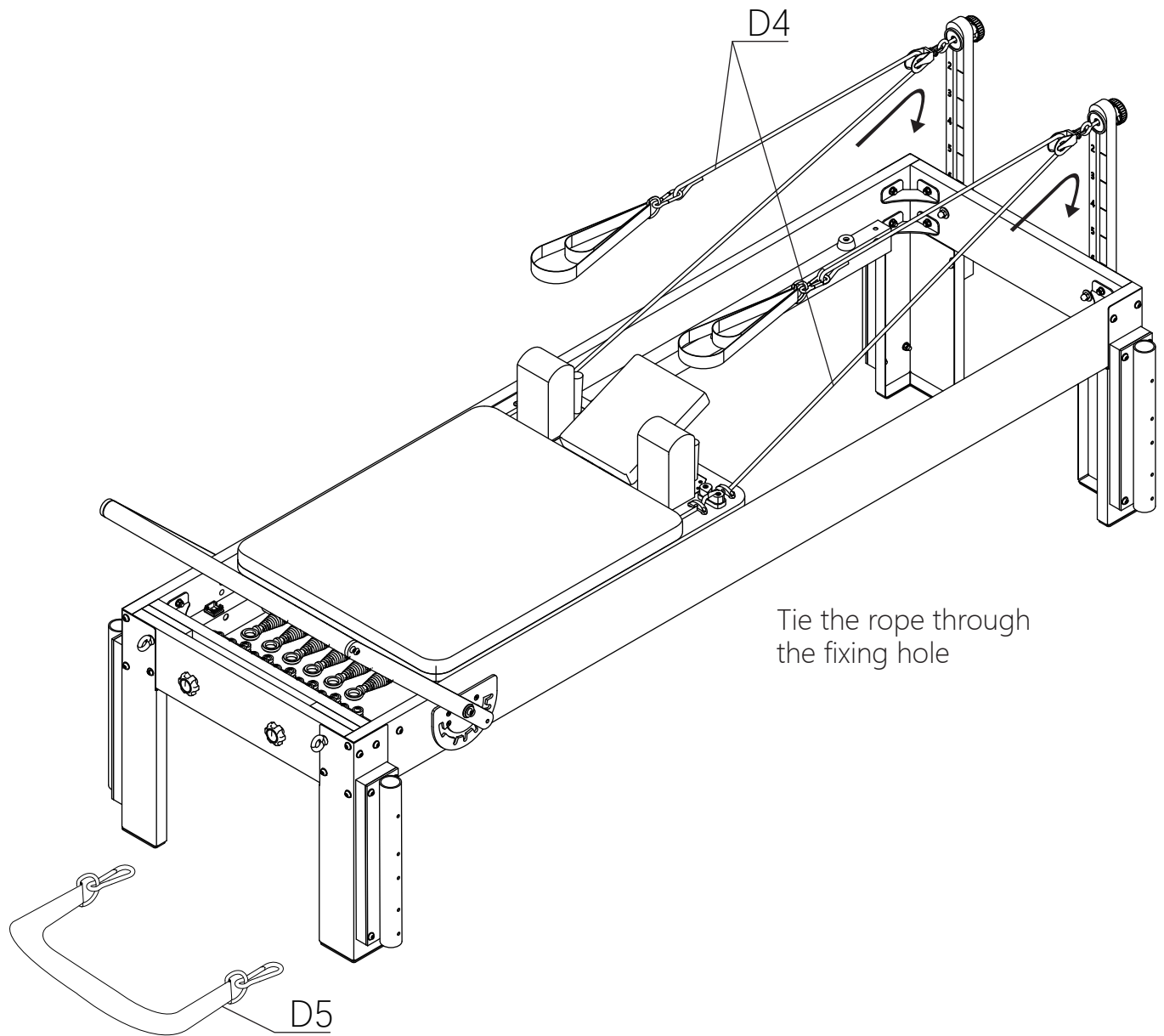
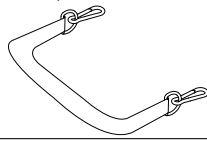


STEP: 11

D4. Loop handle
2 PCS

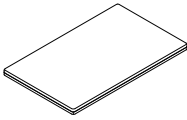
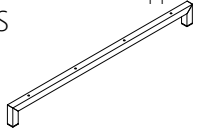
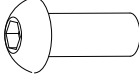


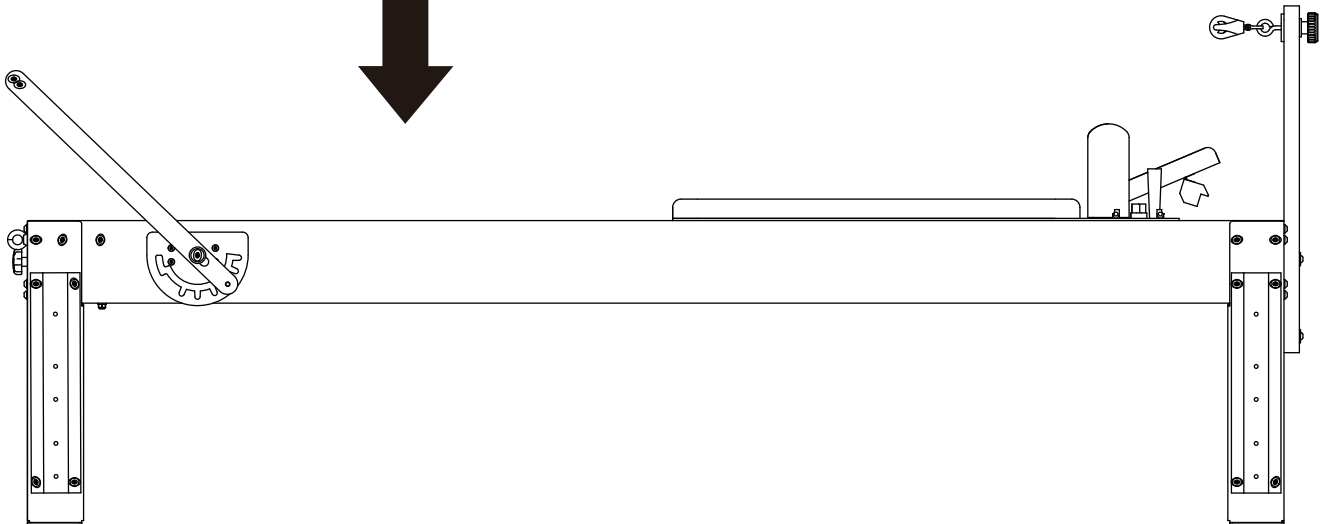
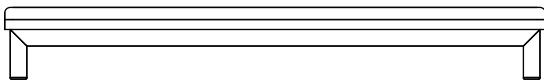
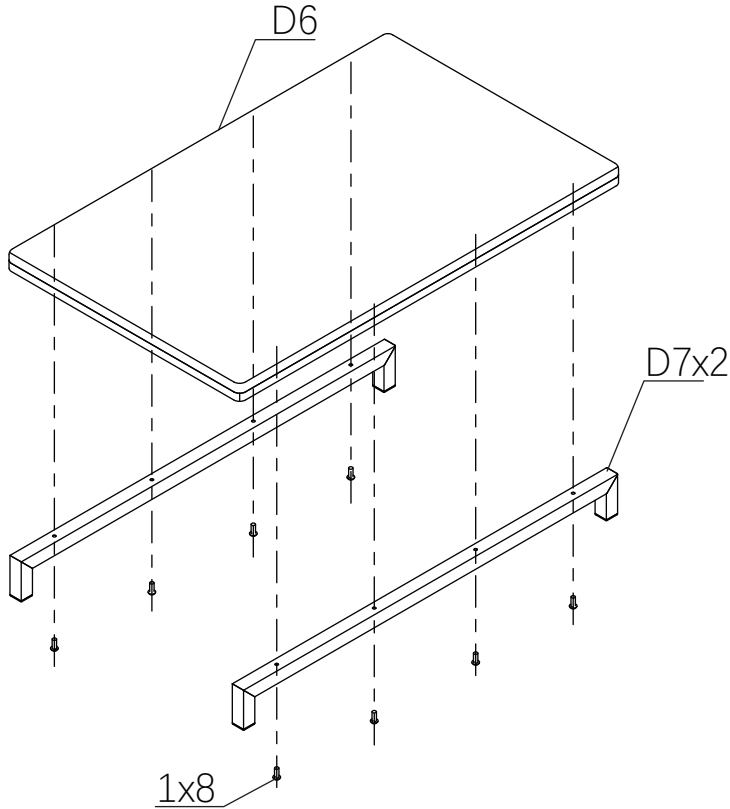
D5. Foot Strap
1 PC



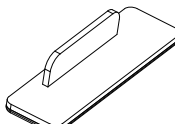
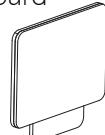
Tie the rope through
the fixing hole

STEP: 12

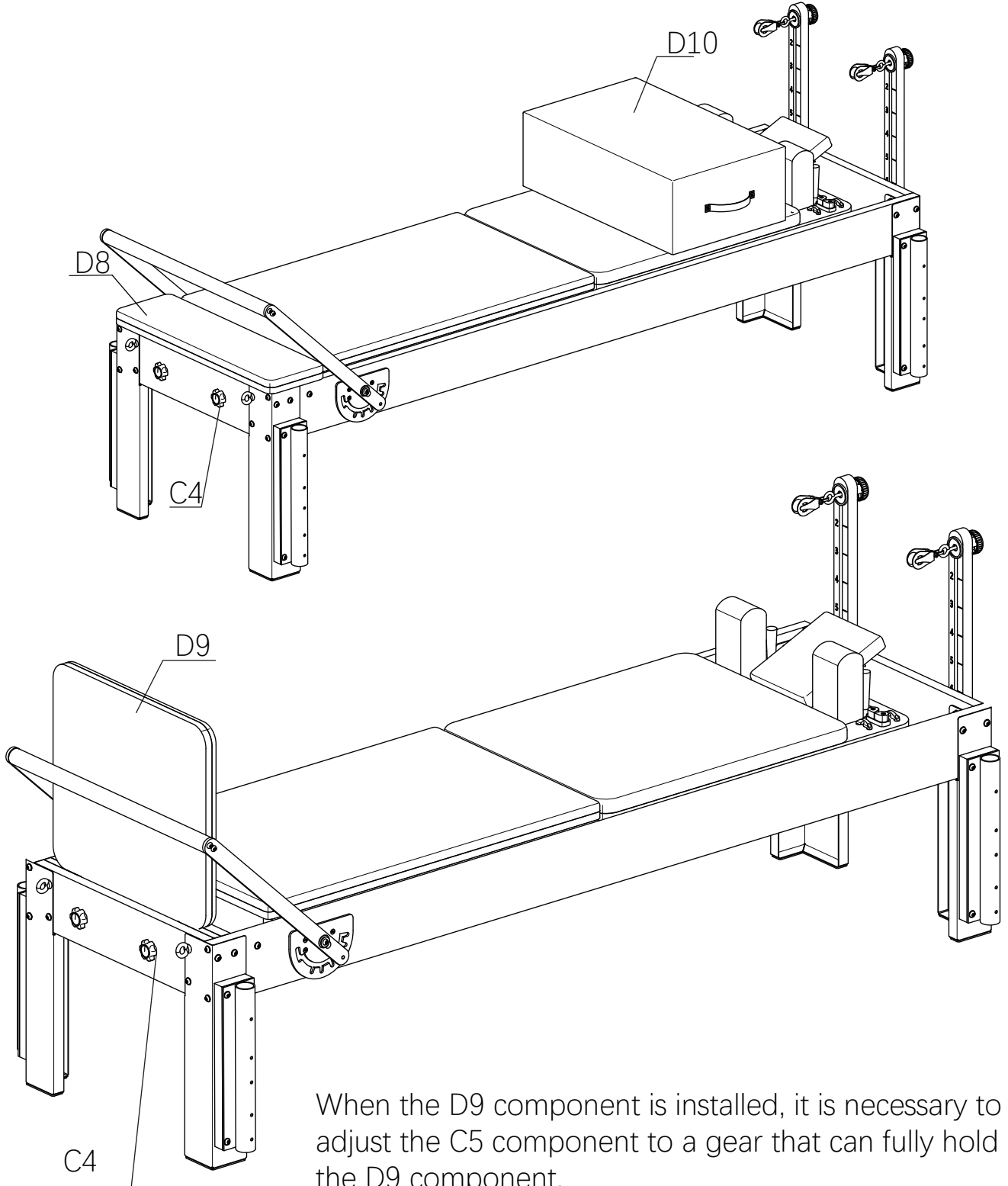
<p>D6. Board Cushion 1 PC</p> 	<p>D7. Board Cushion Support Tube 2 PCS</p> 	<p>1 .Bolt (M8*20mm) 8 PCS</p> 	
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STEP: 13

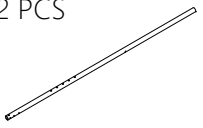
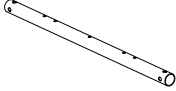


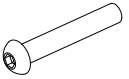


D8. Foot Board 1 PC 	D9. Jump Board 1 PC 	D10. Reformer Box 1 PC 	
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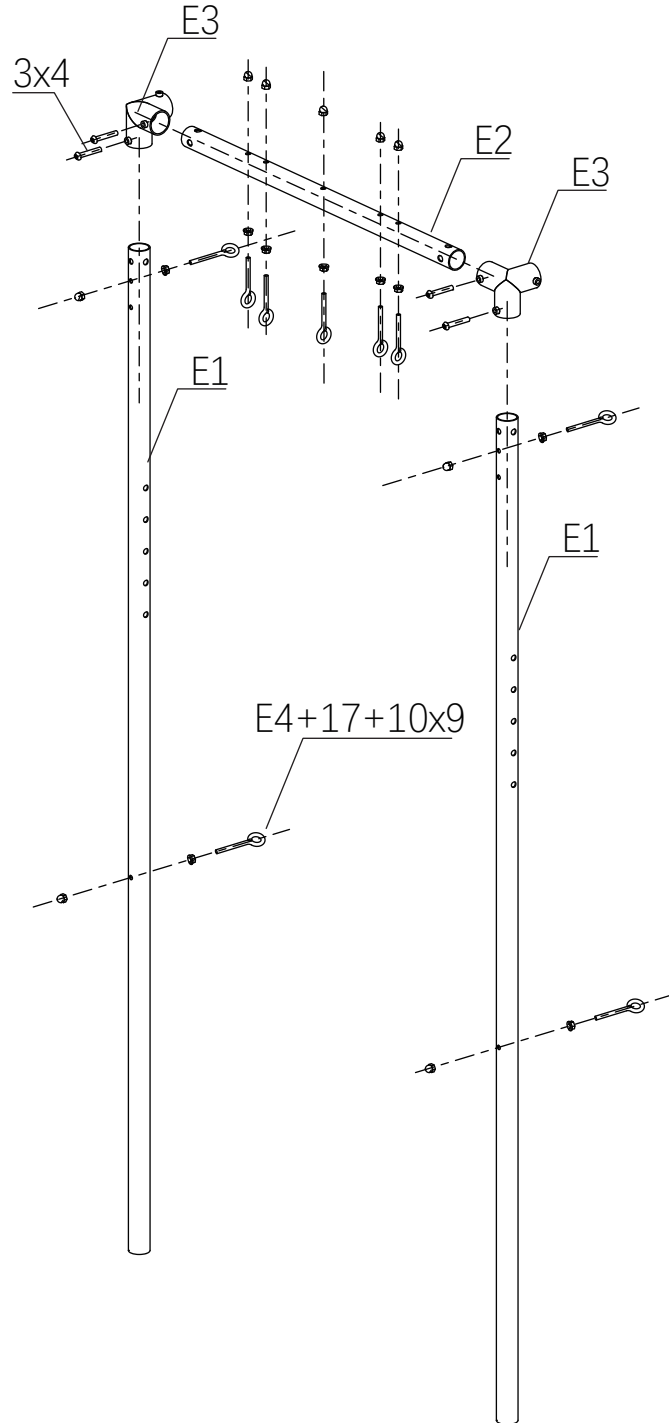
When the D8 or D9 component is installed, tighten the C4 component.



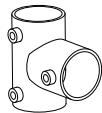
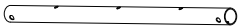

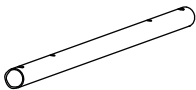
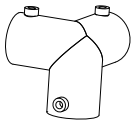

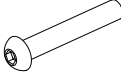



When the D9 component is installed, it is necessary to adjust the C5 component to a gear that can fully hold the D9 component.

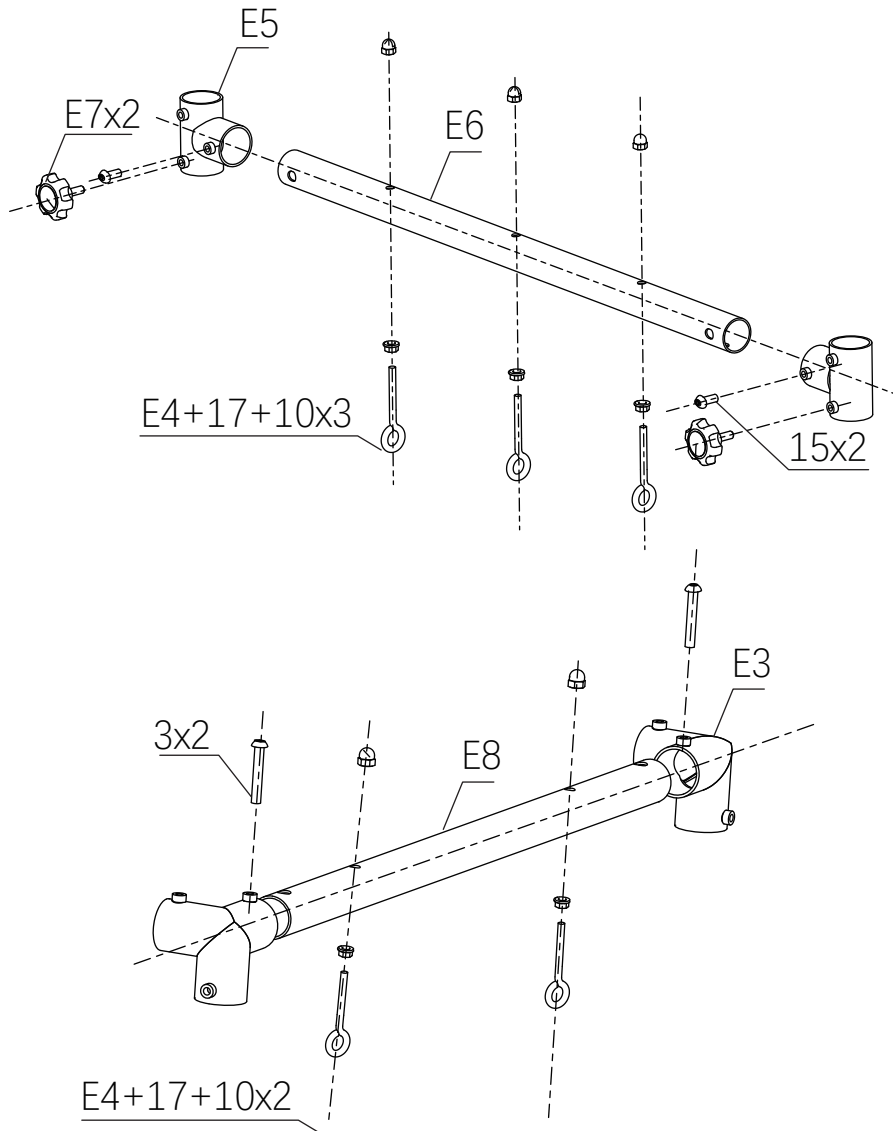
STEP: 14

<p>E1. Long Vertical Tube-A 2 PCS</p> 	<p>E2. Short Horizontal Tube-A 1 PC</p> 	<p>E3. Corner Tee 2 PCS</p> 	<p>E4. Long Suspension Ring 9 PCS</p> 
<p>3. Bolt (M8*50) 4 PCS</p> 	<p>10. Nut With Cap(M8) 9 PCS</p> 	<p>17. Flange Nut (M8) 9 PCS</p> 	



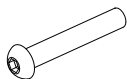
STEP: 15

<p>E5. Right Angle tee 2 PCS</p> 	<p>E6. Short Horizontal Tube-B 1 PC</p> 	<p>E7. Knok(Short) 2 PCS</p> 	<p>E8. Short Horizontal Tube-C 1 PC</p> 
<p>E3. Corner Tee 2 PCS</p> 	<p>E4. Long Suspension Ring 5 PCS</p> 	<p>3. Bolt (M8*50) 2 PCS</p> 	<p>10. Nut With Cap(M8) 5 PCS</p> 
<p>15. Bolt (M8*10mm) 2 PCS</p> 	<p>17. Flange Nut (M8) 5 PCS</p> 		

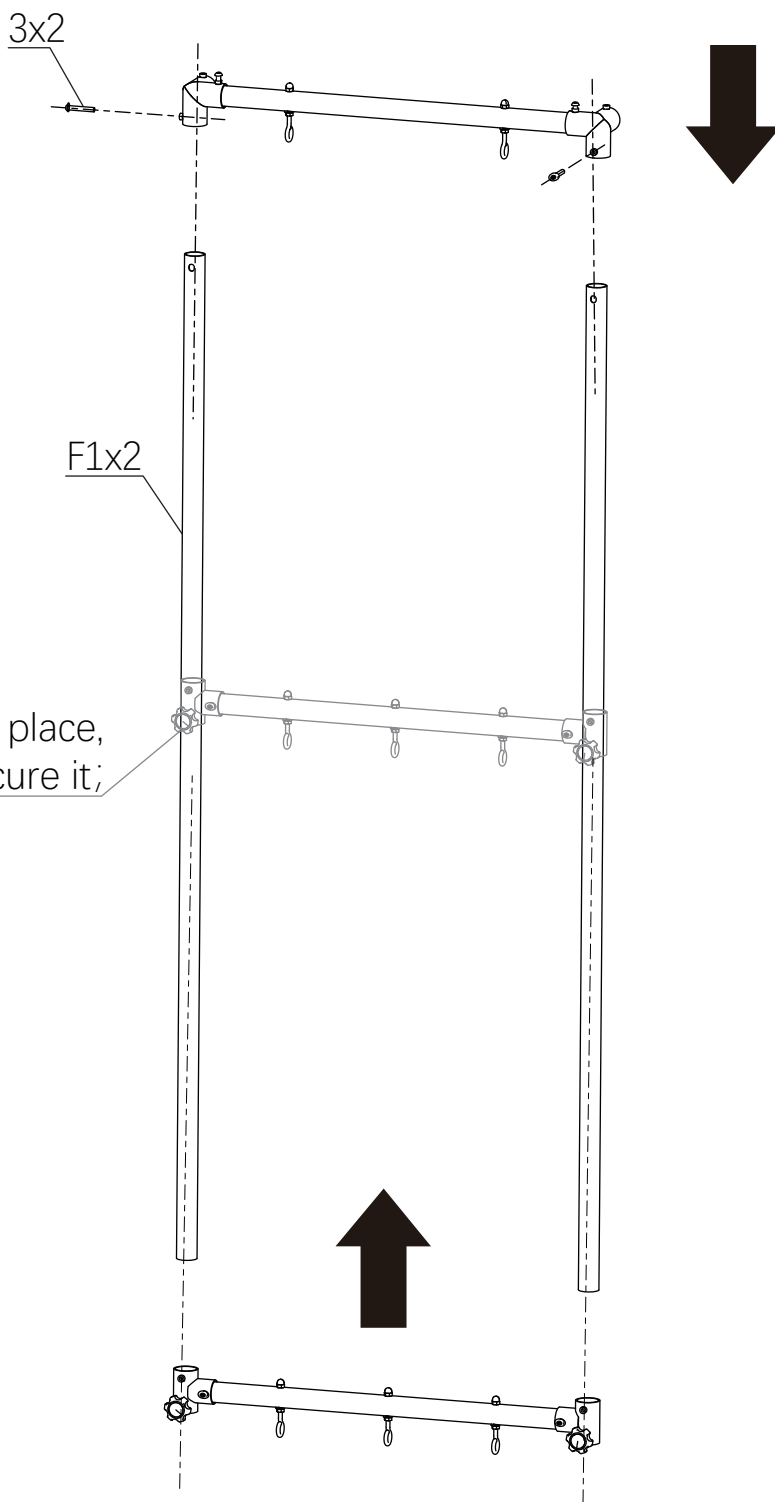


STEP: 16

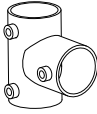
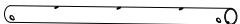


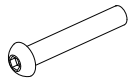

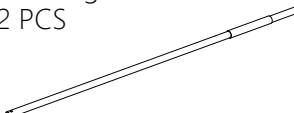

3. Bolt (M8*50)
2 PCS

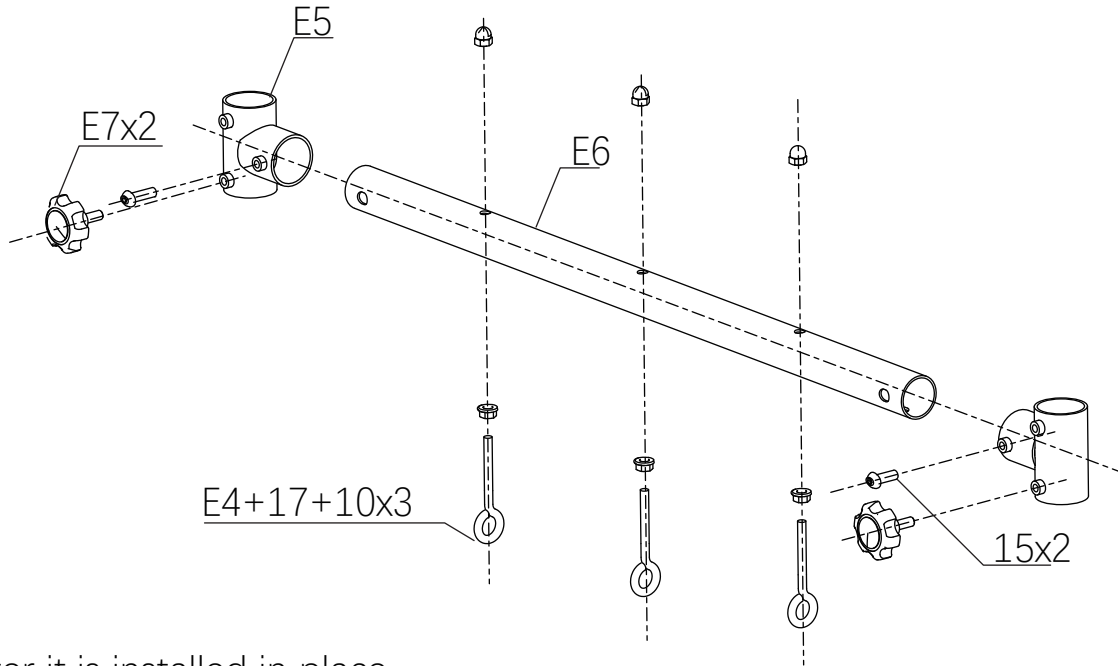


F1. Long Vertical Tube-B
2 PCS

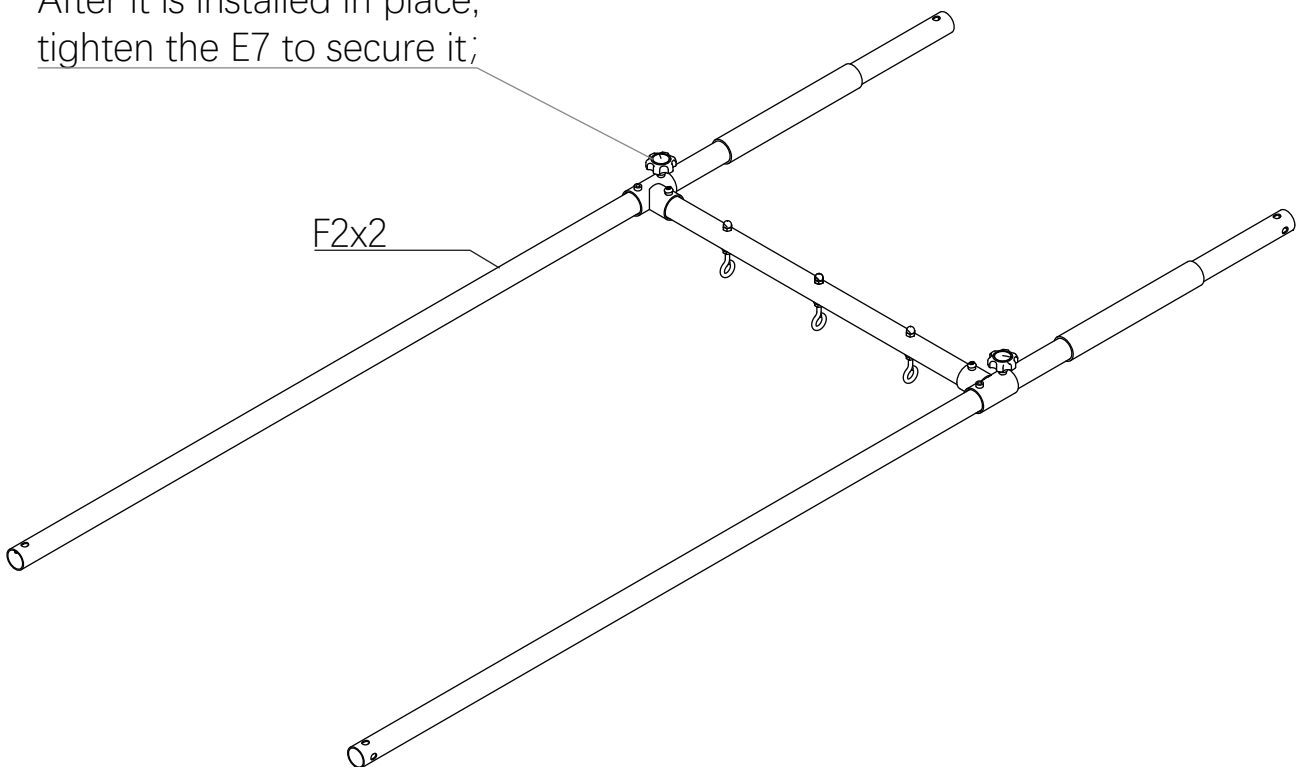


STEP: 17

<p>E5. Right Angle tee 2 PCS</p> 	<p>E6. Short Horizontal Tube-B 1 PC</p> 	<p>E7. Knok(Short) 2 PCS</p> 	<p>E4. Long Suspension Ring 3 PCS</p> 
<p>15. Bolt (M8*10) 2 PCS</p> 	<p>10. Nut With Cap(M8) 3 PCS</p> 	<p>F2. Long Vertical Tube-C 2 PCS</p> 	<p>17. Flange Nut (M8) 3 PCS</p> 

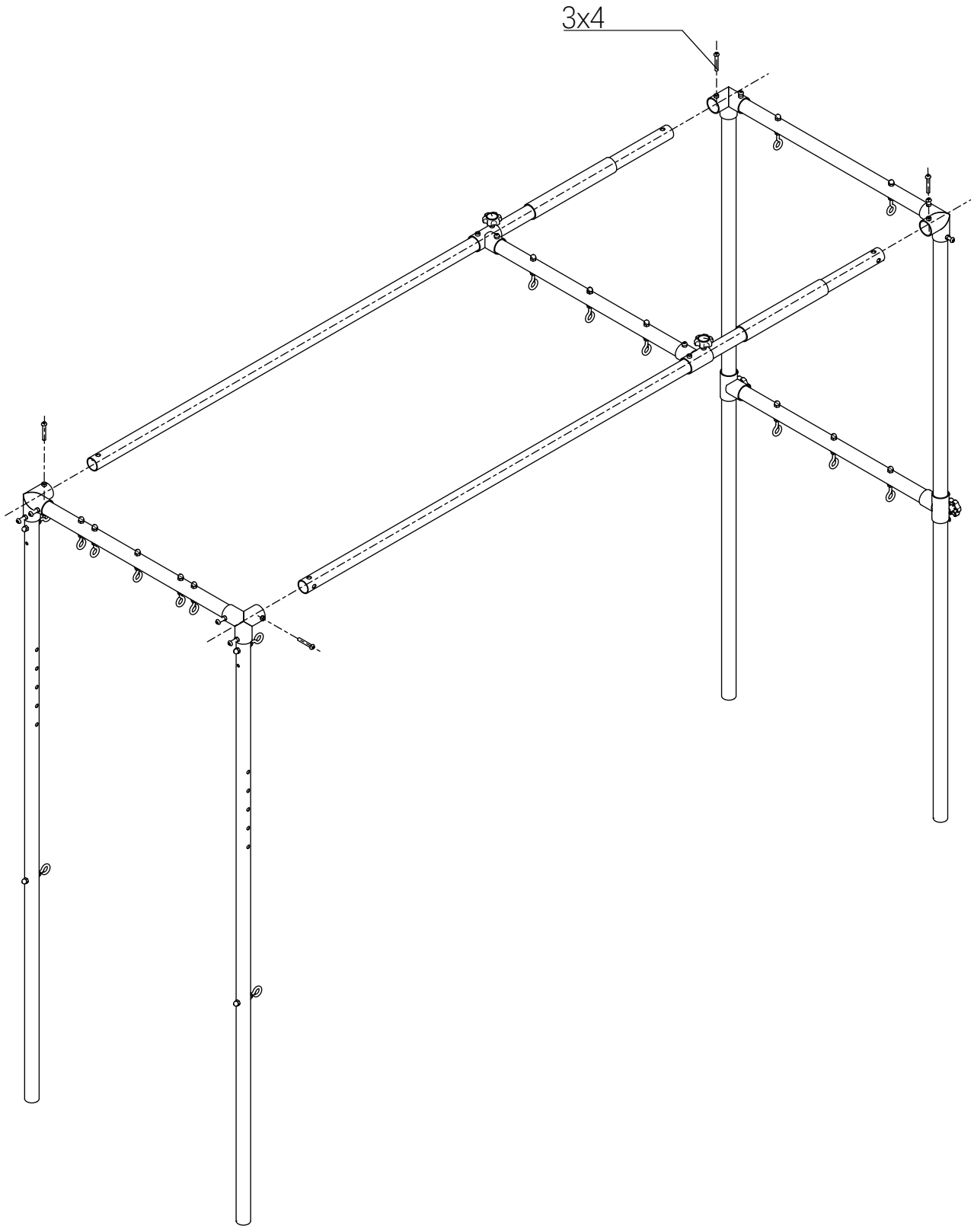
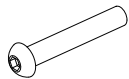


After it is installed in place,
tighten the E7 to secure it;


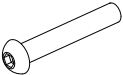


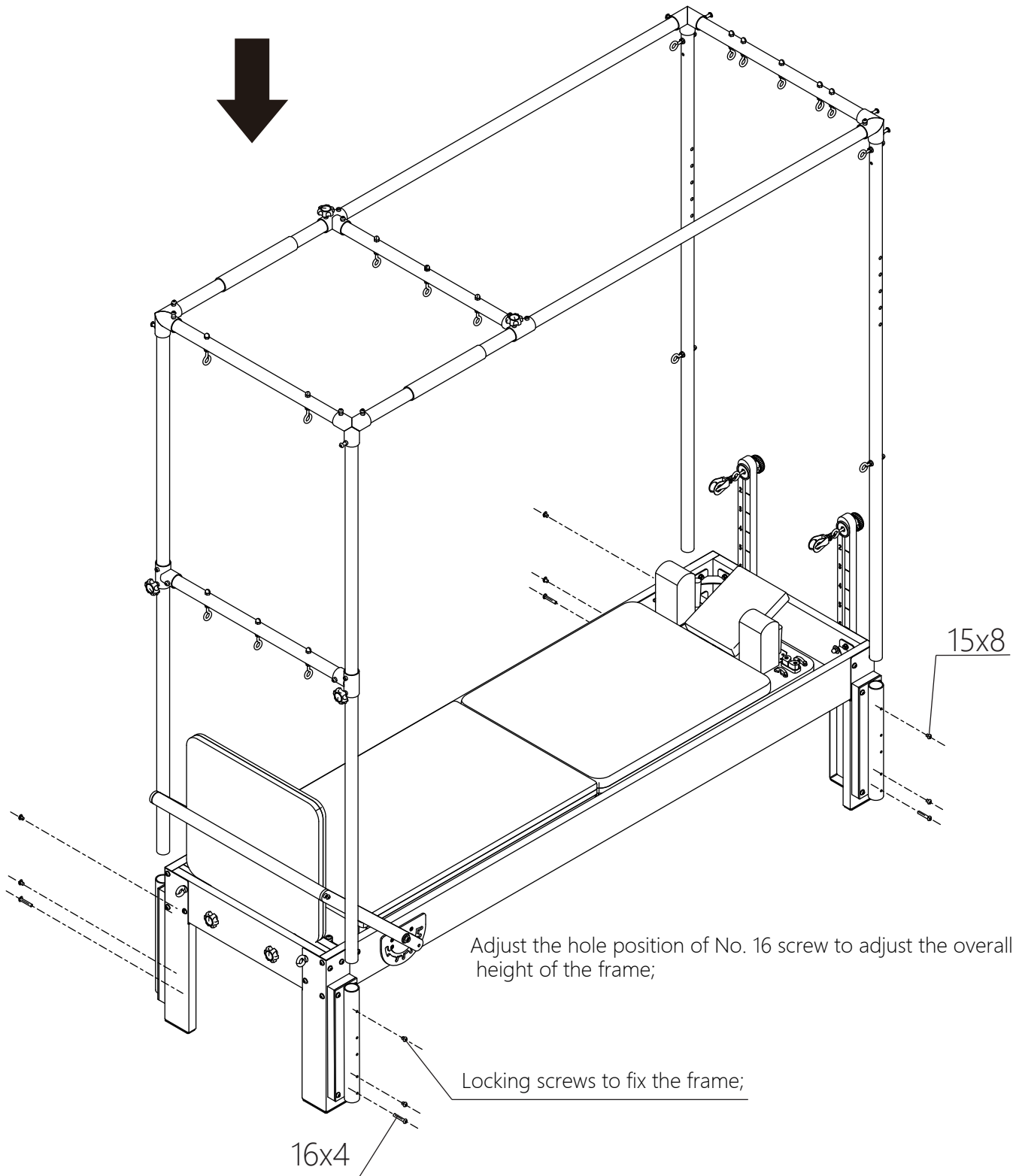
STEP: 18

3. Bolt (M8*50)
4 PCS


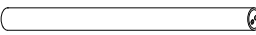
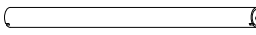

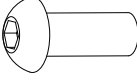
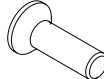


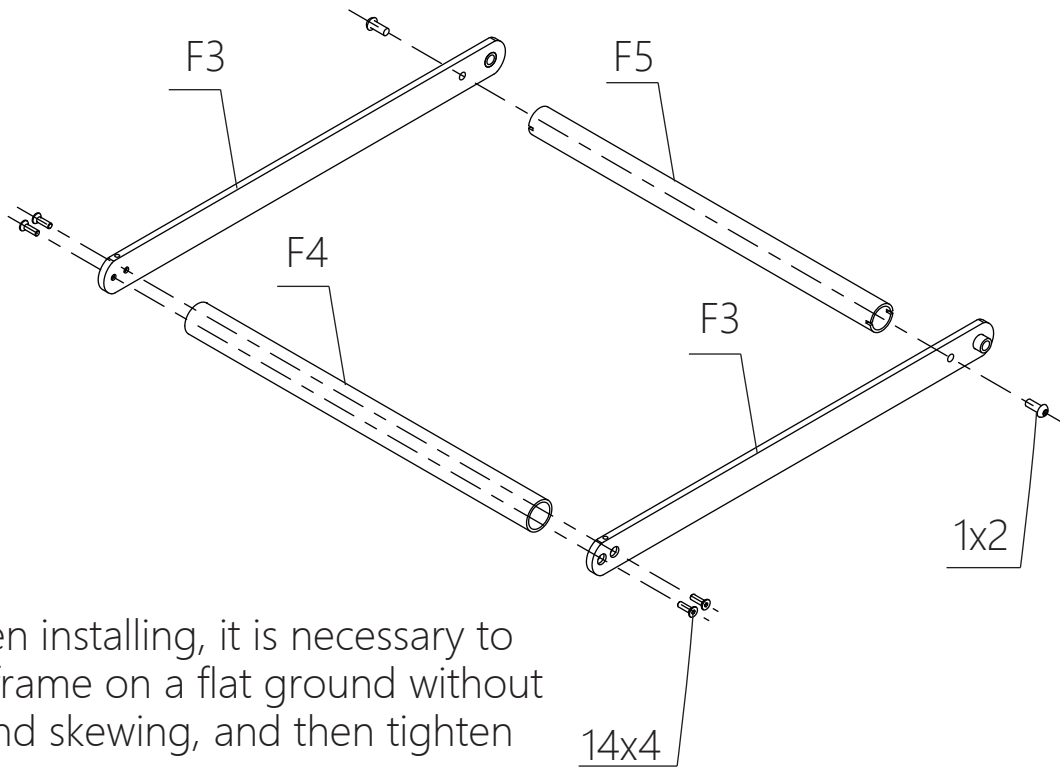
STEP: 19

15. Bolt (M8*10mm) 8 PCS 	16. Bolt (M8*45mm) 4 PCS 		
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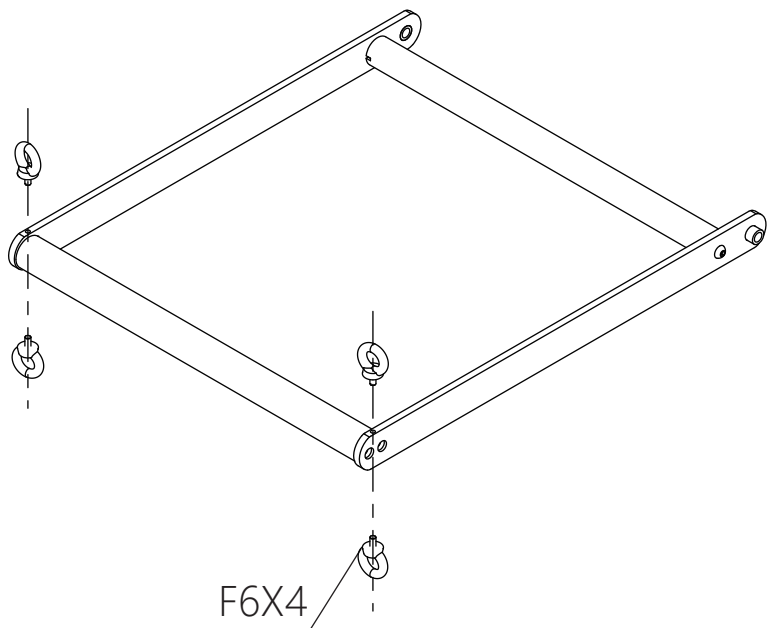


STEP: 20

<p>F3. Support Flat Steel 2 PCS</p> 	<p>F4. Support Round Tube-A 1 PC</p> 	<p>F5. Support Round Tube-B 1 PC</p> 	<p>F6. Trough Suspension Ring With Screw (M6) 4 PCS</p> 
<p>1. Bolt (M8*20mm) 2 PCS</p> 	<p>14. Bolt (M6*20mm) 4 PCS</p> 		

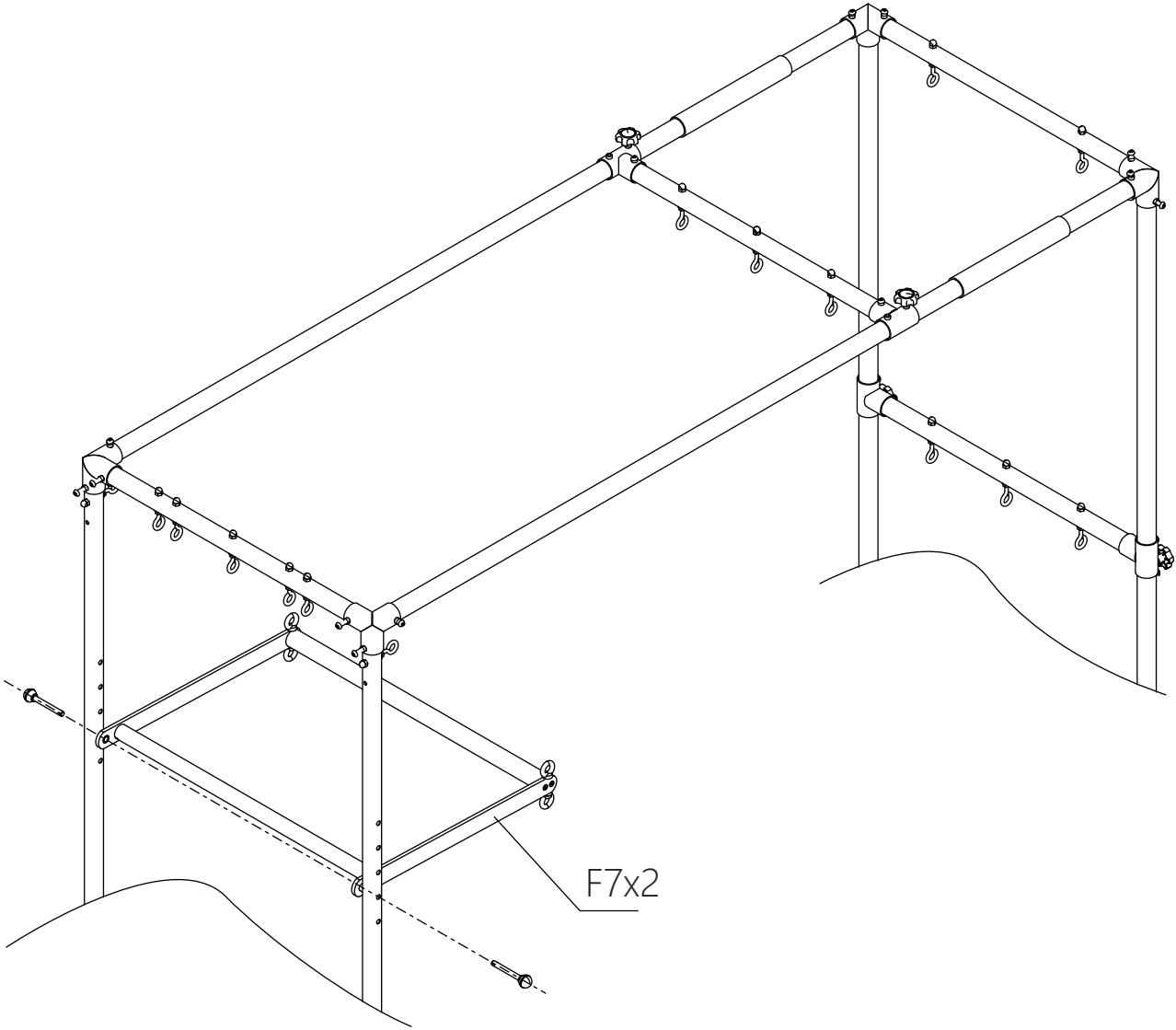
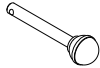


Note: When installing, it is necessary to place the frame on a flat ground without warping and skewing, and then tighten the screws.







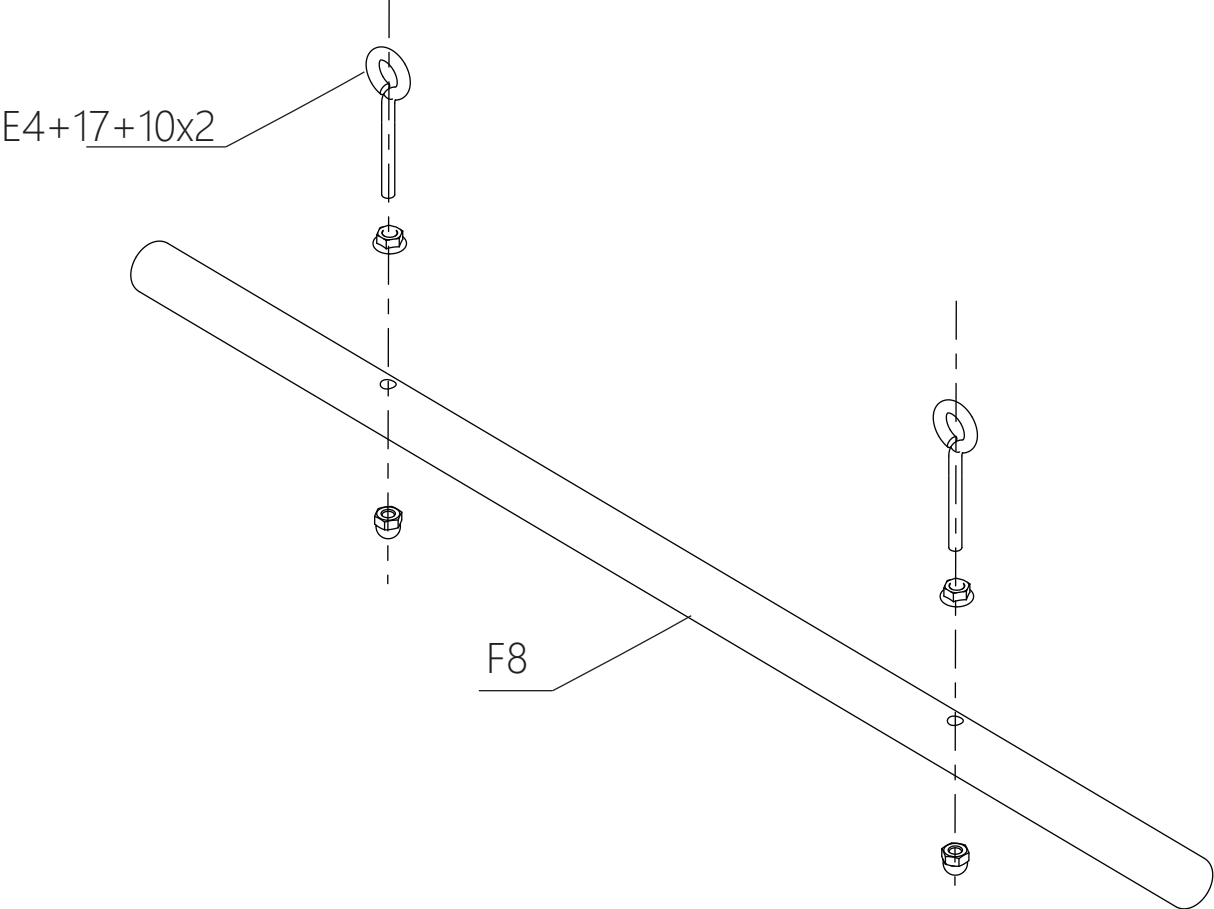
STEP: 21

F7. Ball-Headed Pin
2 PCS

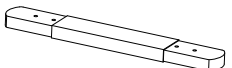
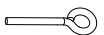




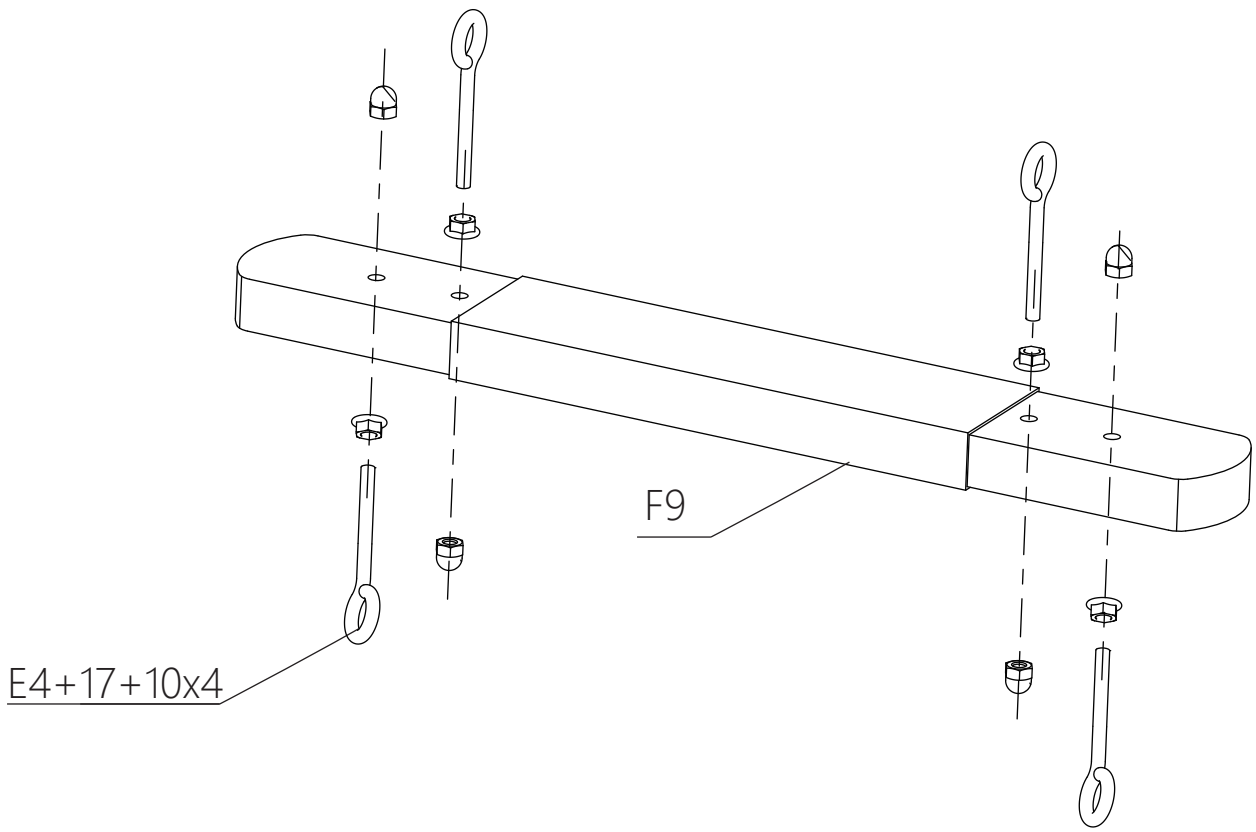
STEP: 22

F8. Wooden Round Rod 1 PC 	E4. Long Suspension Ring 2 PCS 	10. Nut With Cap(M8) 2 PCS 	17. Flange Nut (M8) 2 PCS 
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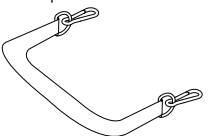




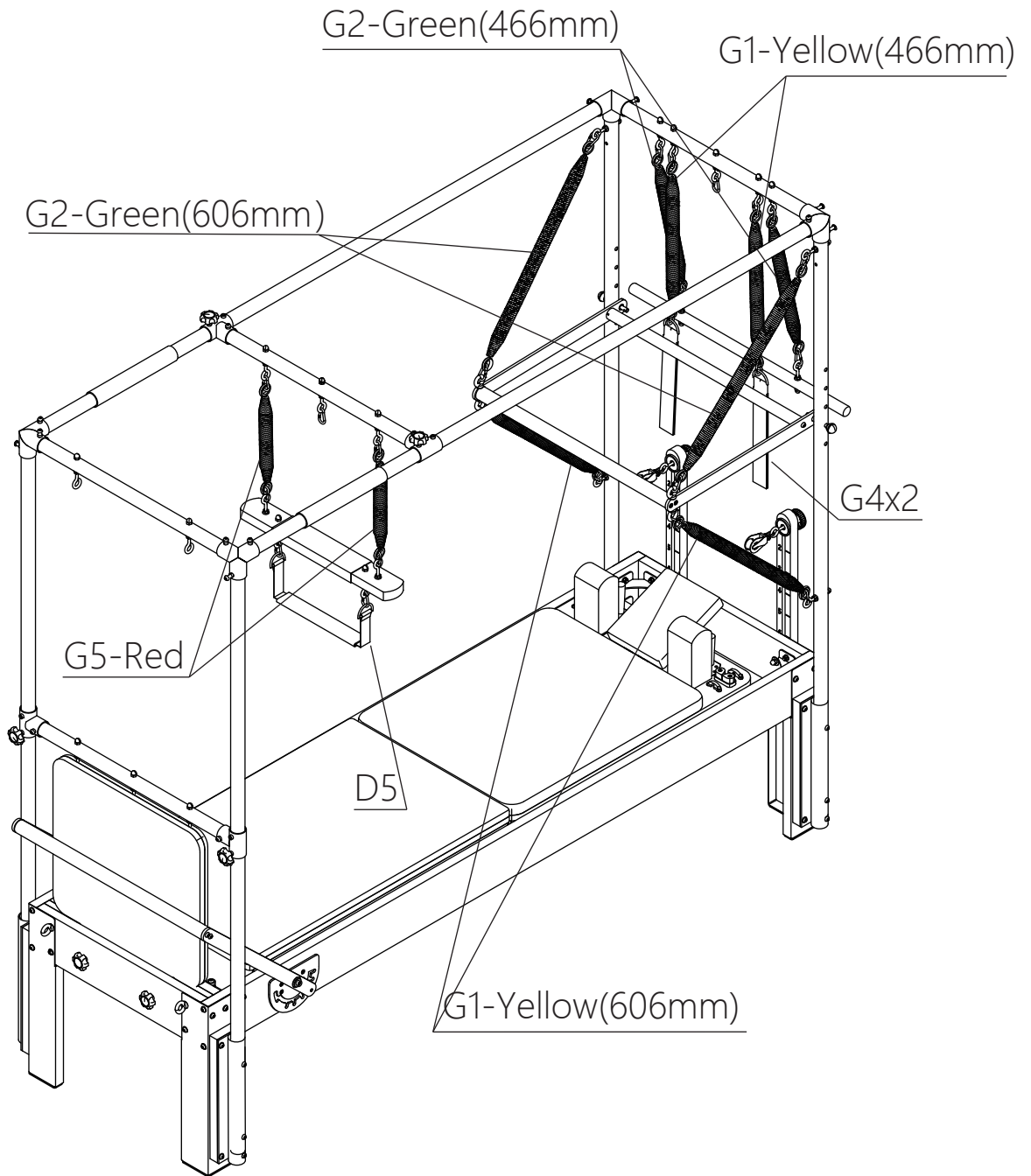
STEP: 23

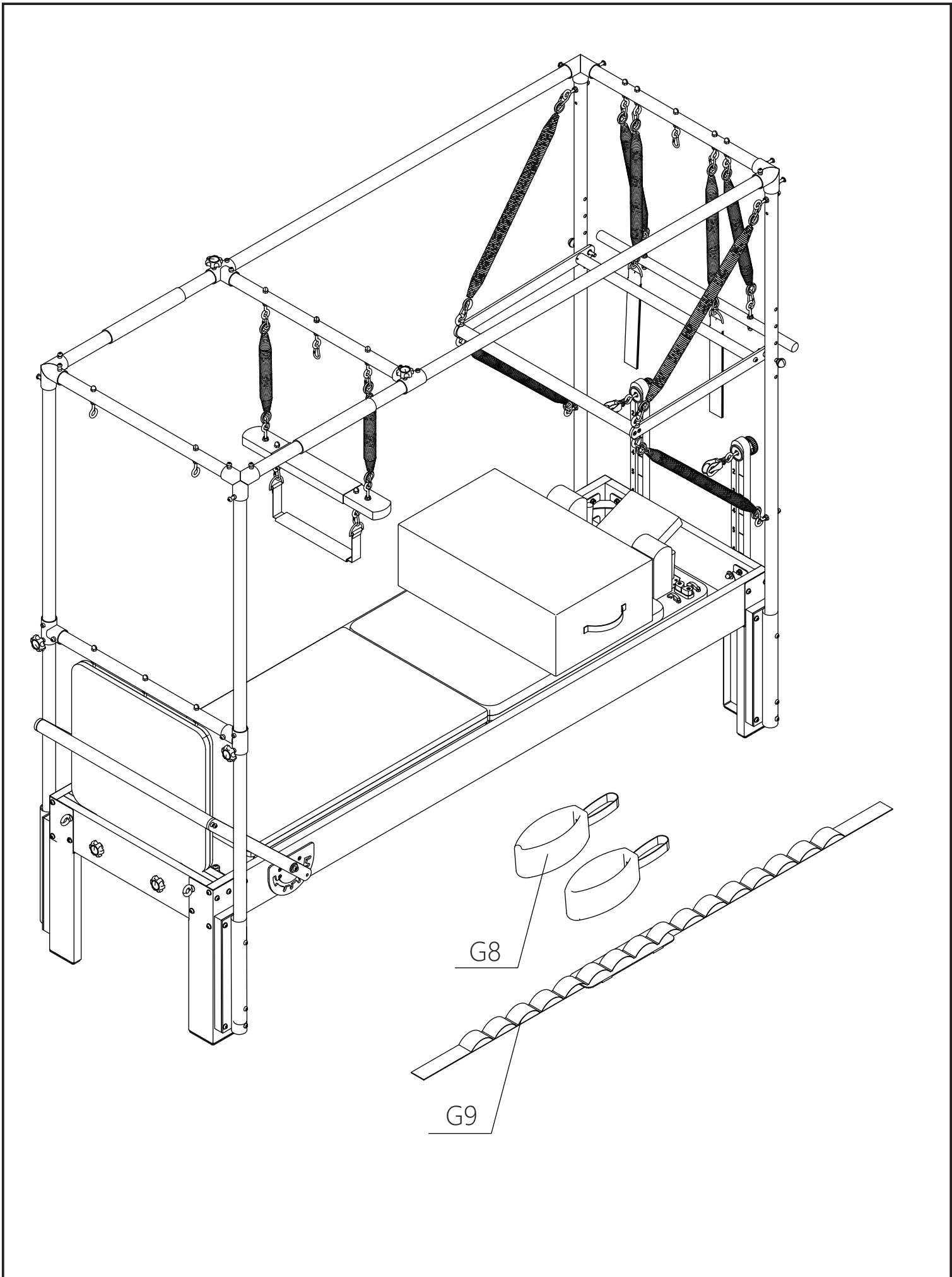
<p>F9. Wooden Square Bar 1 PC</p> 	<p>E4. Long Suspension Ring 4 PCS</p> 	<p>10. Nut With Cap(M8) 4 PCS</p> 	<p>17. Flange Nut (M8) 4 PCS</p> 
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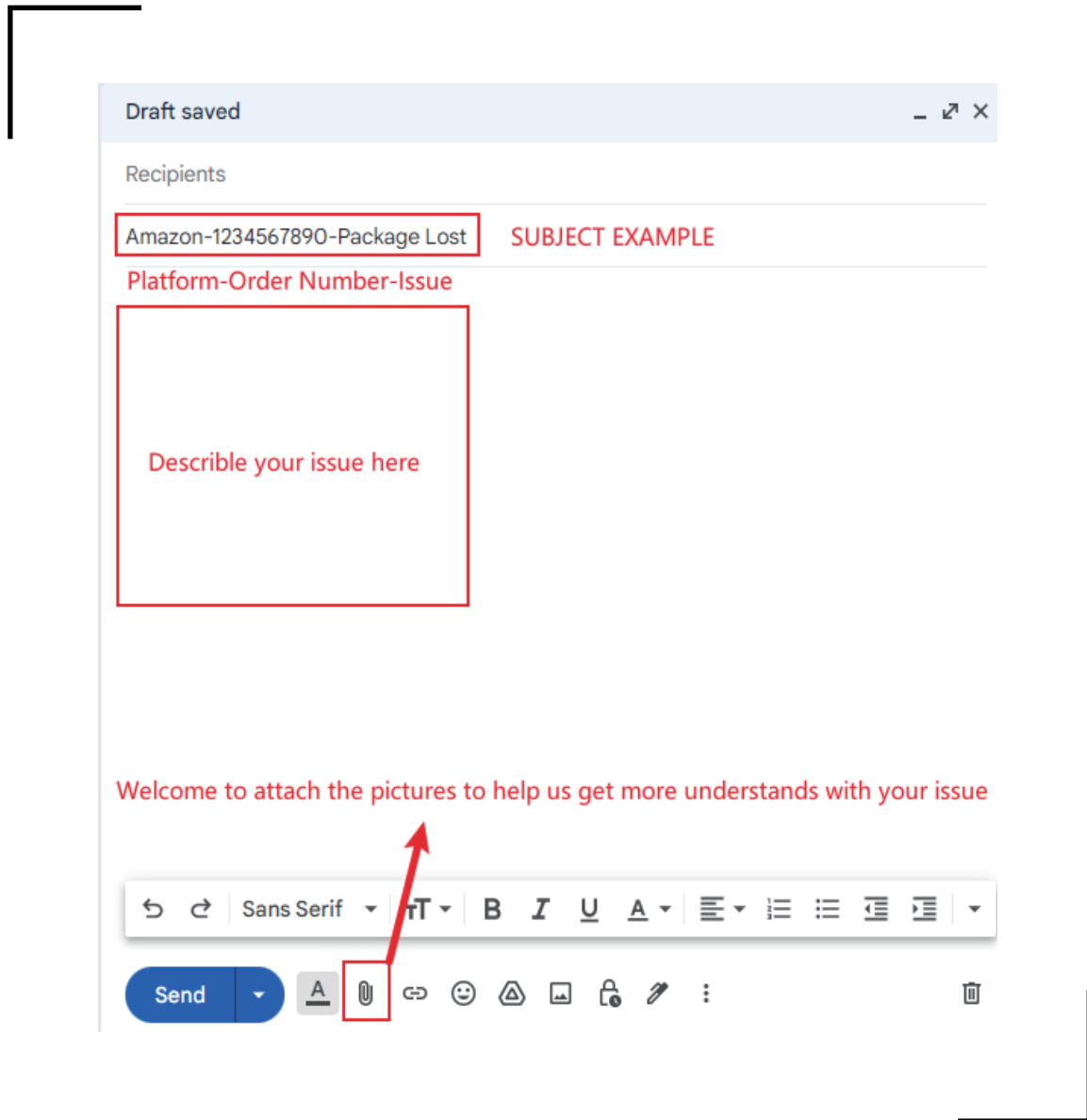
STEP: 24

<p>G1. Spring (Yellow) 2 PCS(606mm)</p> 	<p>G2. Spring (Green) 2 PCS(606mm)</p> 	<p>G3. Buckle 23 PCS</p> 	<p>G4. Strap 2 PCS</p> 
<p>G5. Spring (Red) 2 PCS</p> 	<p>D5. Foot Strap 1 PC</p> 	<p>G6. Spring (Yellow) 2 PCS(466mm)</p> 	<p>G7. Spring (Green) 2 PCS(466mm)</p> 





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.

**NEED HELP?
CONTACT US FIRST.
syedeegym@gmail.com**