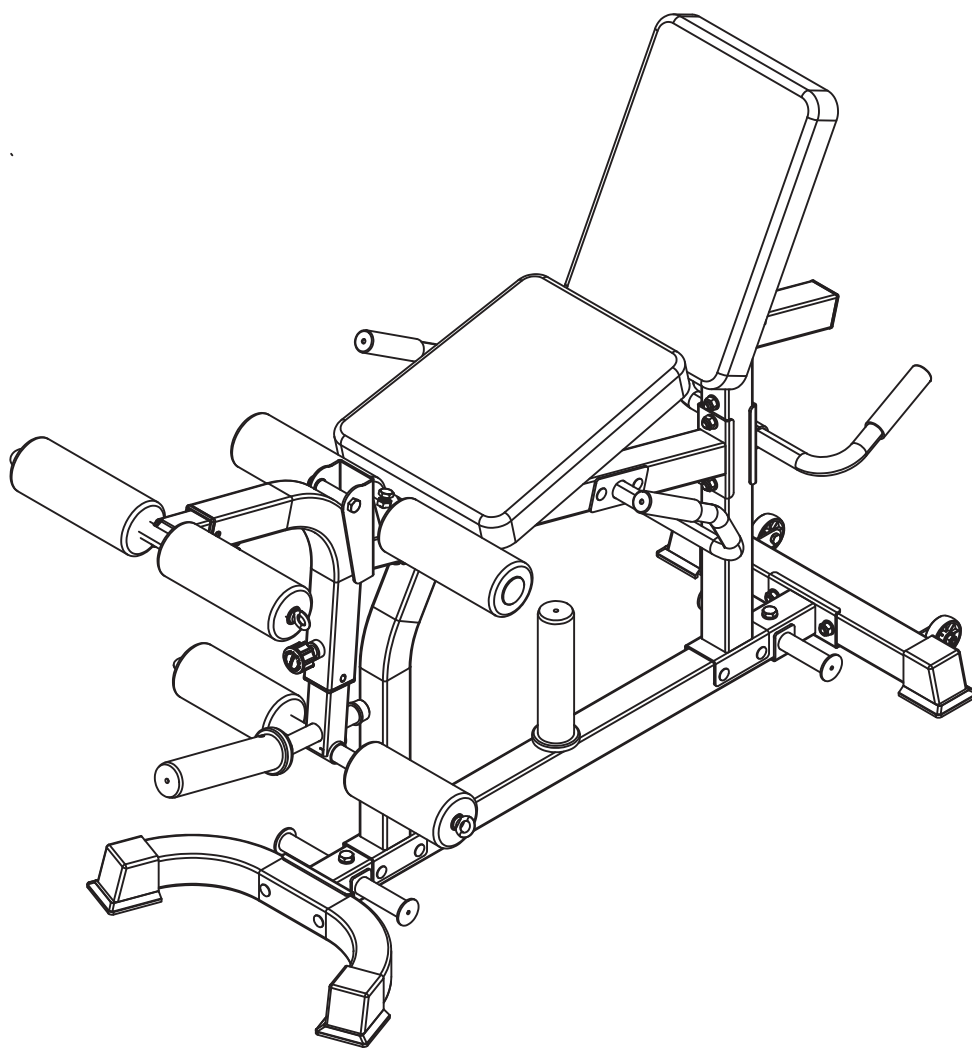


MIKOLO

ASSEMBLY INSTRUCTIONS



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

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ASSEMBLY CAUTION

Please carefully read the following information before installation

Assembling requires at least two people

Do not tighten all screws before assembly is complete

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



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

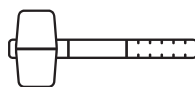
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

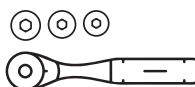
- Adjustable wrenches



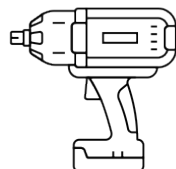
- Rubber hammers



- Socket set



- Electric Wrench



WARNING



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

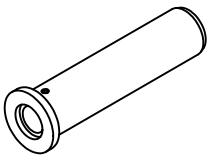
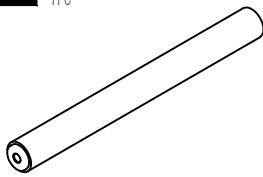
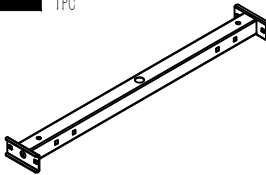
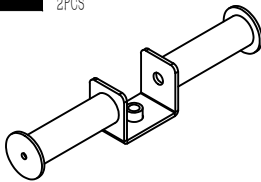
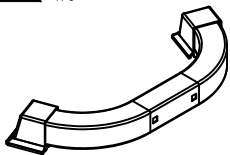
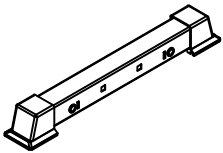
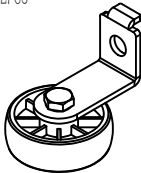
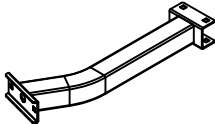
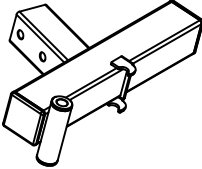
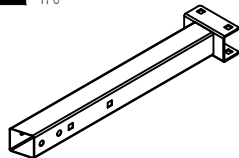
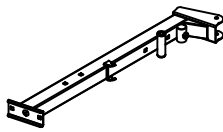
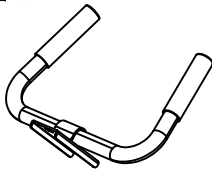
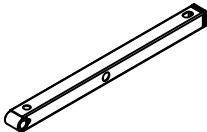
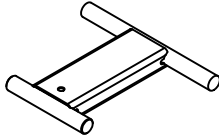
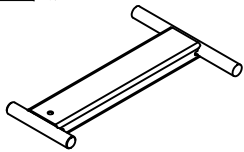
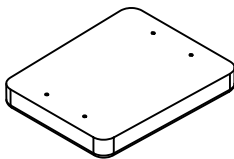
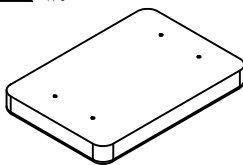
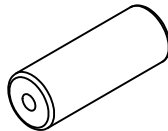
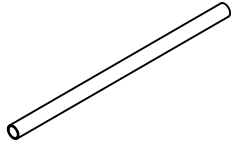
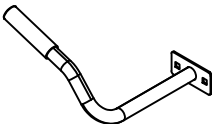
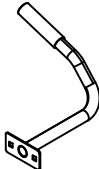
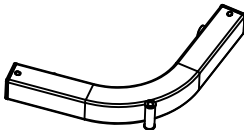
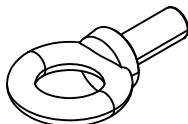
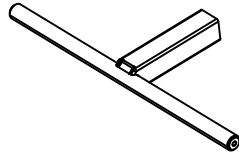
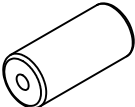
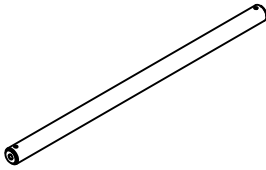
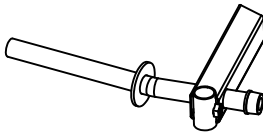
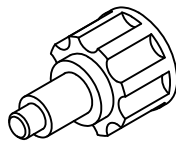


Sharp objects may be involved. Use precaution and protection.

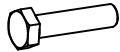
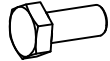
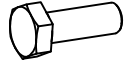
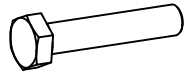
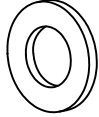
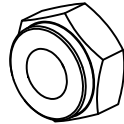
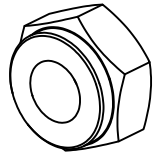


Heavy object. Use lifting aids and proper lifting techniques when moving

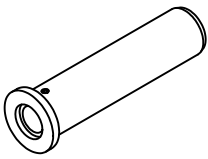
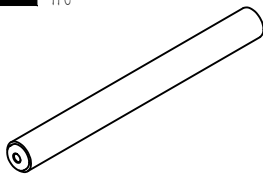
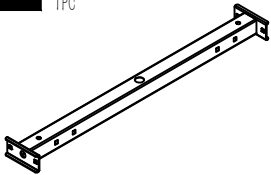
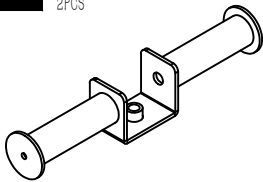
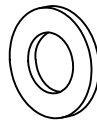
PARTS LIST

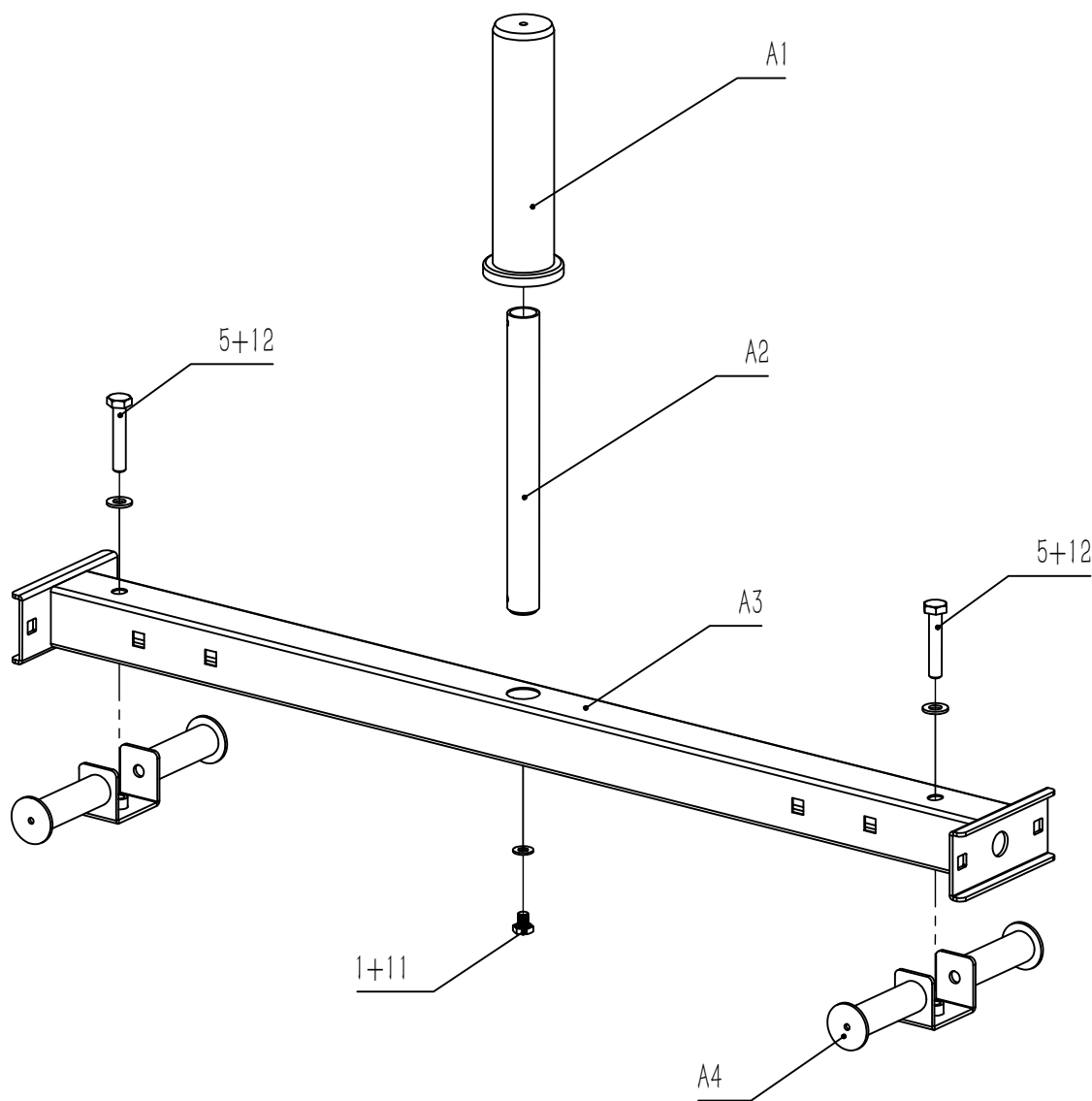
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B2 Rear Base Tube 1PC 	B3 Roller 2PCS 	C1 Front Upright Tube 1PC 	C2 Backrest Frame 1PC 	C3 Rear Upright Tube 1PC 
D1 Main Frame 1PC 	D2 Handlebar Frame 1PC 	E1 Seat Frame 4PCS 	E2 Seat Support 1PC 	E3 Backrest Support 1PC 
F1 Seat Cushion 1PC 	F2 Backrest Cushion 1PC 	G1 Foam Plug 2PCS 	G2 Foam Sleeve(Long) 4PCS 	G3 Foam Sleeve Roller 1PC 
G4 Left Handle 1PC 	G5 Right Handle 1PC 	H1 Curved Frame 1PC 	I1 Ring Hook 4PCS 	I2 Leg Curl Frame 1PCS 
I3 Foam Sleeve(Short) 2PCS 	I4 Leg Extension Tube 1PC 	I5 Leg Extension Frame 1PCS 	J1 Knob 2PCS 	

HARDWARE LIST

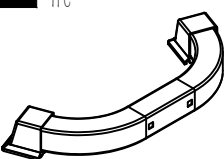
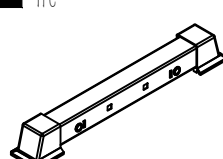
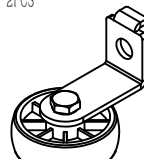
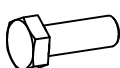
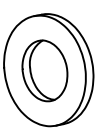
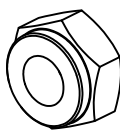
1 Bolt(M8 × 10) 1PC 	2 Bolt(M8 × 40) 8PCS 	3 Bolt(M10 × 16) 2PCS 	4 Bolt(M10 × 20) 2PCS 	5 Bolt(M10 × 55) 2PCS 
6 Bolt(M10 × 65) 2PCS 	7 Bolt(M10 × 75) 1PC 	8 Bolt(M12 × 150) 2PCS 	9 Bolt(M10 × 65) 6PCS 	10 Bolt(M10 × 70) 8PCS 
11 Washer(M8) 9PCS 	12 Washer(M10) 21PCS 	13 Locknut(M10) 17PCS 	14 Locknut(M12) 2PCS 	

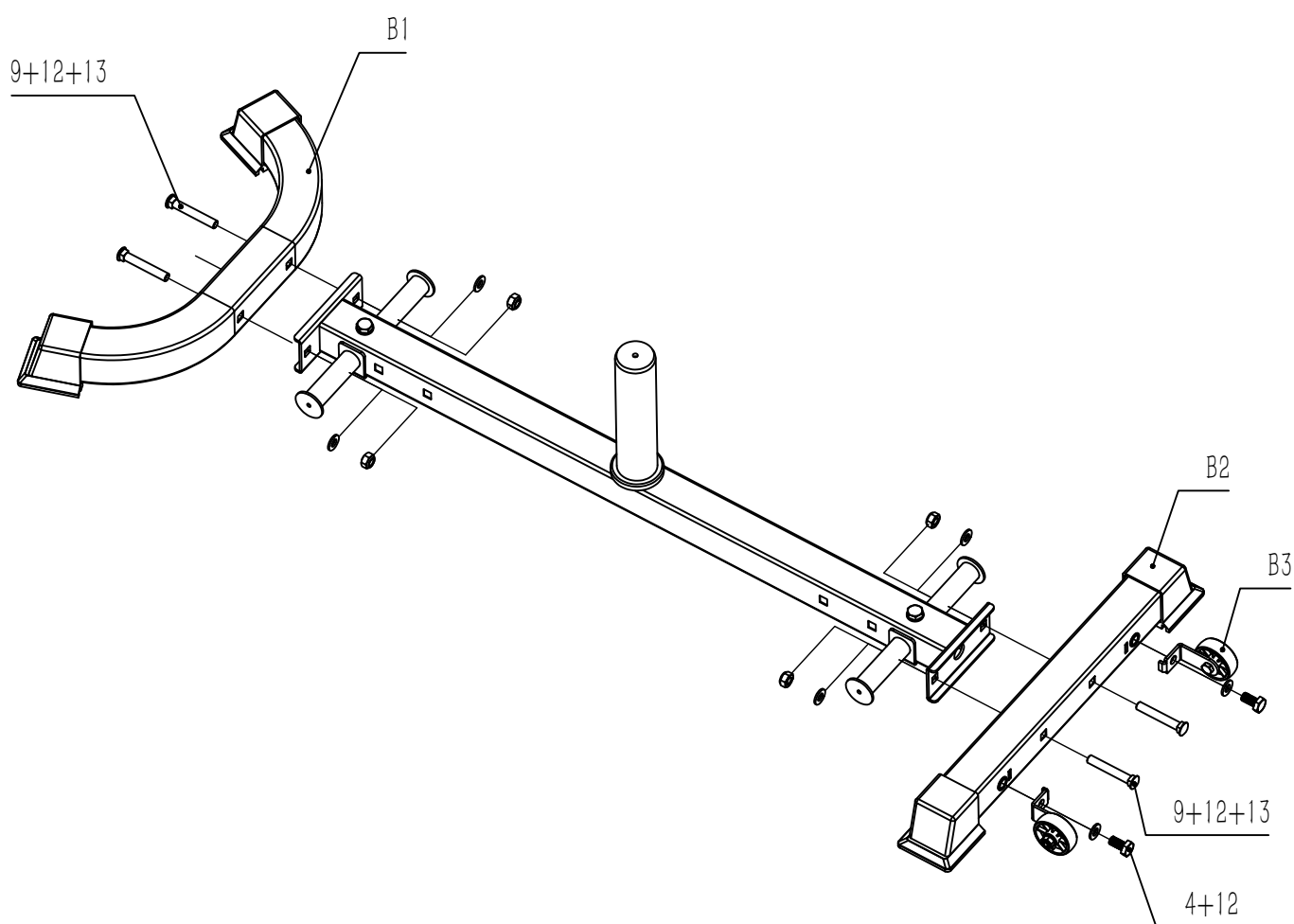
STEP1:

A1 Olympic Adapter 1PC 	A2 Plate Storage Tube 1PC 	A3 Long Base Tube 1PC 	A4 Resistance Band Peg 2PCS 	1 Bolt(M8 x 10) 1PC 
5 Bolt(M10 x 55) 2PCS 	11 Washer(M8) 1PC 	12 Washer(M10) 2PCS 		



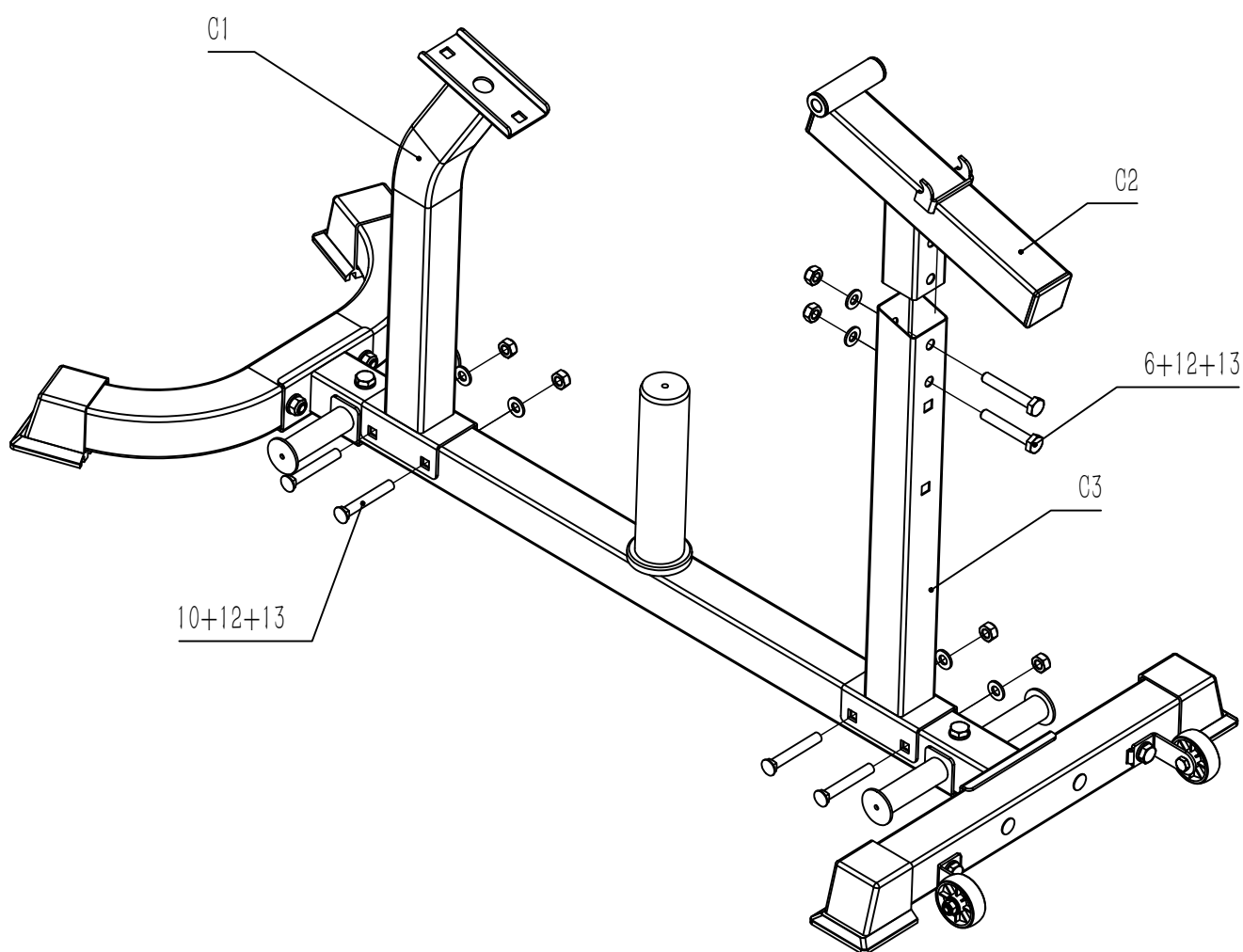
STEP2:

B1 Front Base Tube 1PC 	B2 Rear Base Tube 1PC 	B3 Roller 2PCS 	4 Bolt(M10 × 20) 2PCS 	9 Bolt(M10 × 65) 4PCS 
12 Washer(M10) 6PCS 	13 Locknut(M10) 4PCS 			

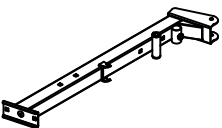
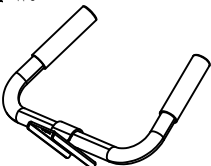
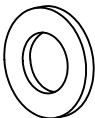
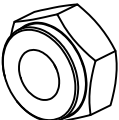


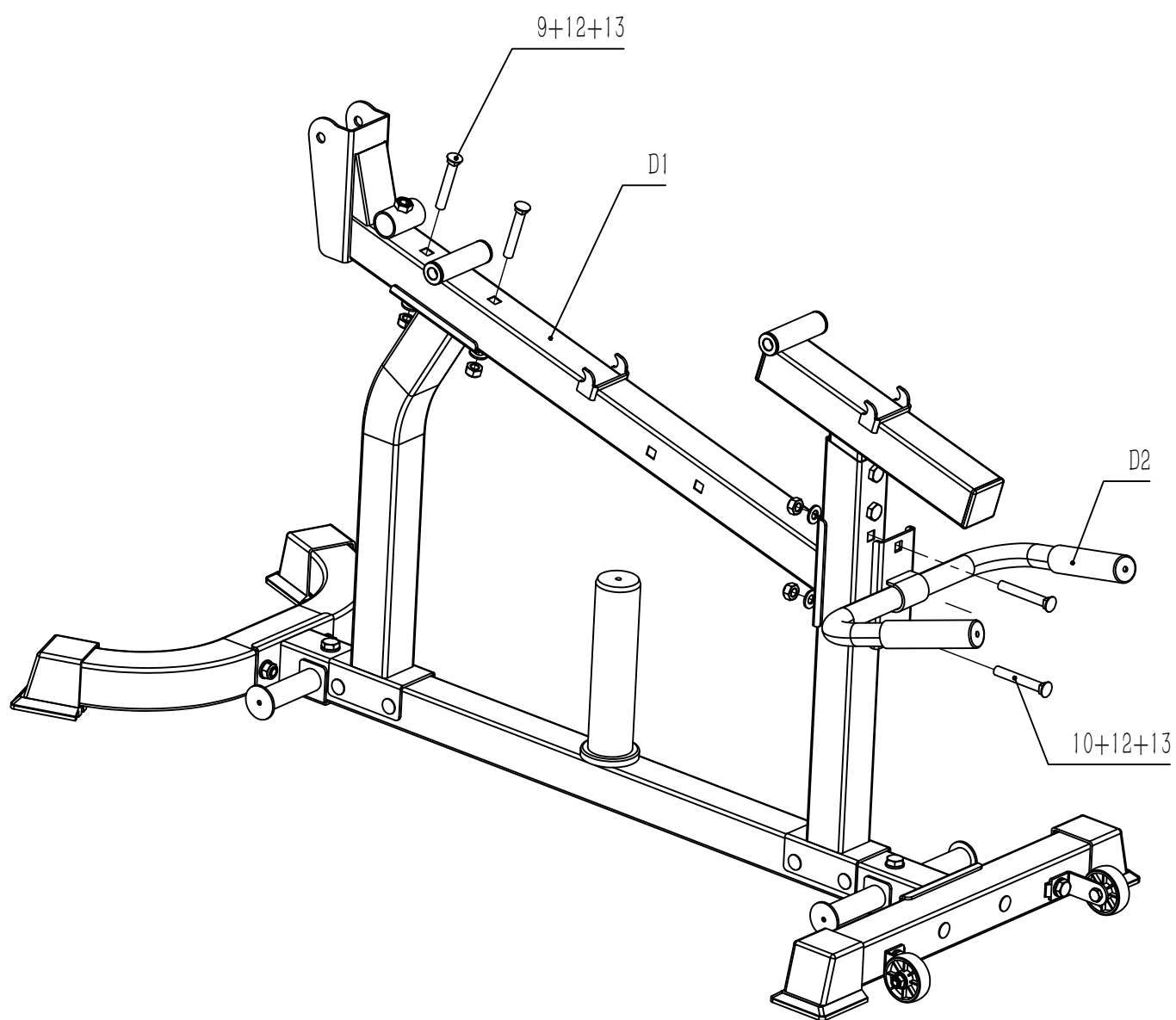
STEP3:

C1 Front Upright Tube 1PC	C2 Backrest Frame 1PC	C3 Rear Upright Tube 1PC	6 Bolt(M10 × 65) 2PCS	10 Bolt(M10 × 70) 4PCS
12 Washer(M10) 6PCS	13 Locknut(M10) 6PCS			



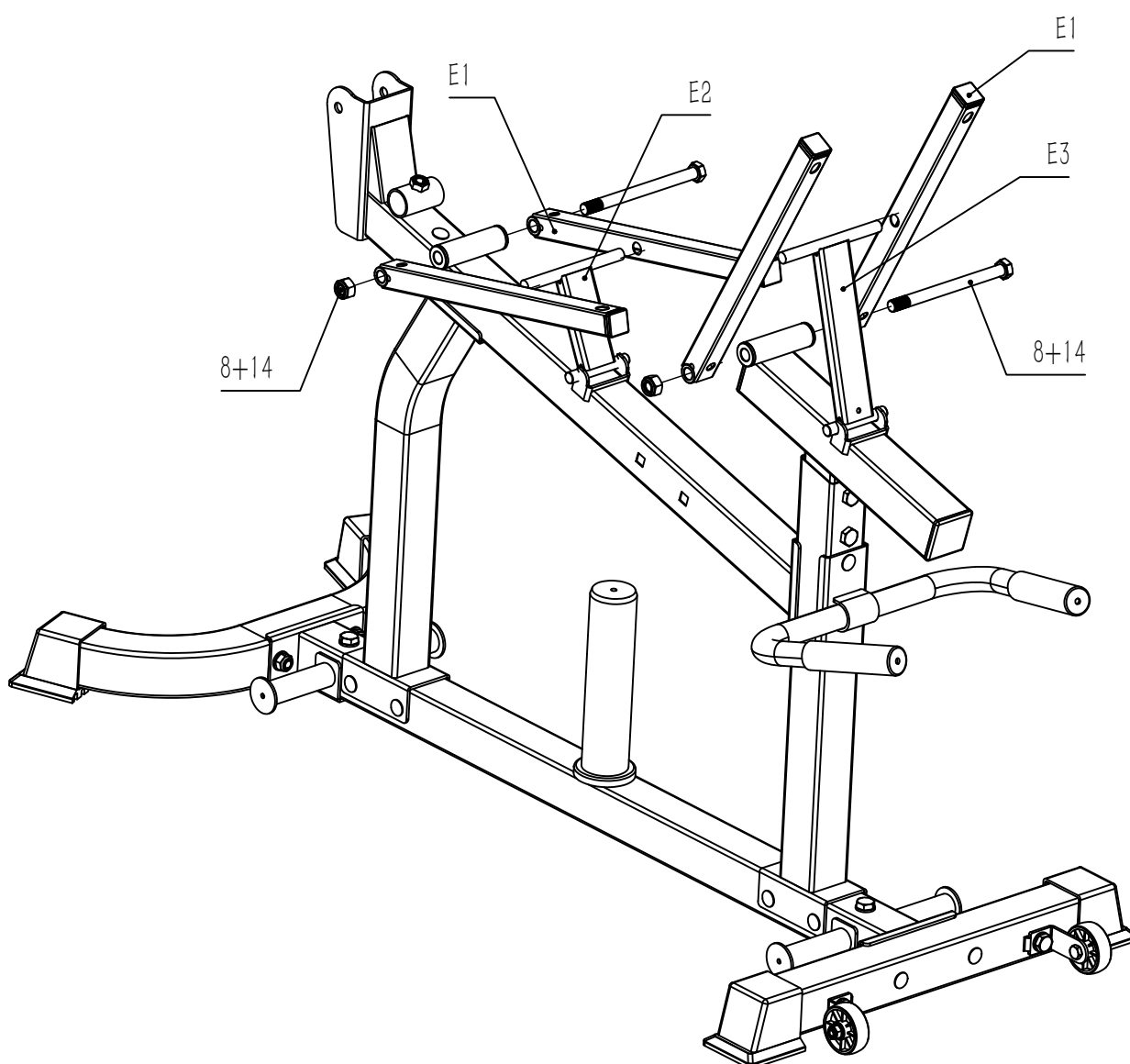
STEP4:

D1 Main Frame 1PC 	D2 Handlebar Frame 1PC 	9 Bolt(M10 × 65) 2PCS 	10 Bolt(M10 × 70) 2PCS 	12 Washer(M10) 4PCS 
13 Locknut(M10) 4PCS 				



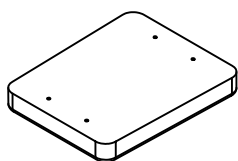
STEP5:

E1 Seat Frame 4PCS	E2 Seat Support 1PC	E3 Backrest Support 1PC	8 Bolt(M12 x 150) 2PCS	14 Locknut(M12) 2PCS
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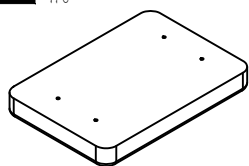


STEP6:

F1 Seat Cushion
1PC



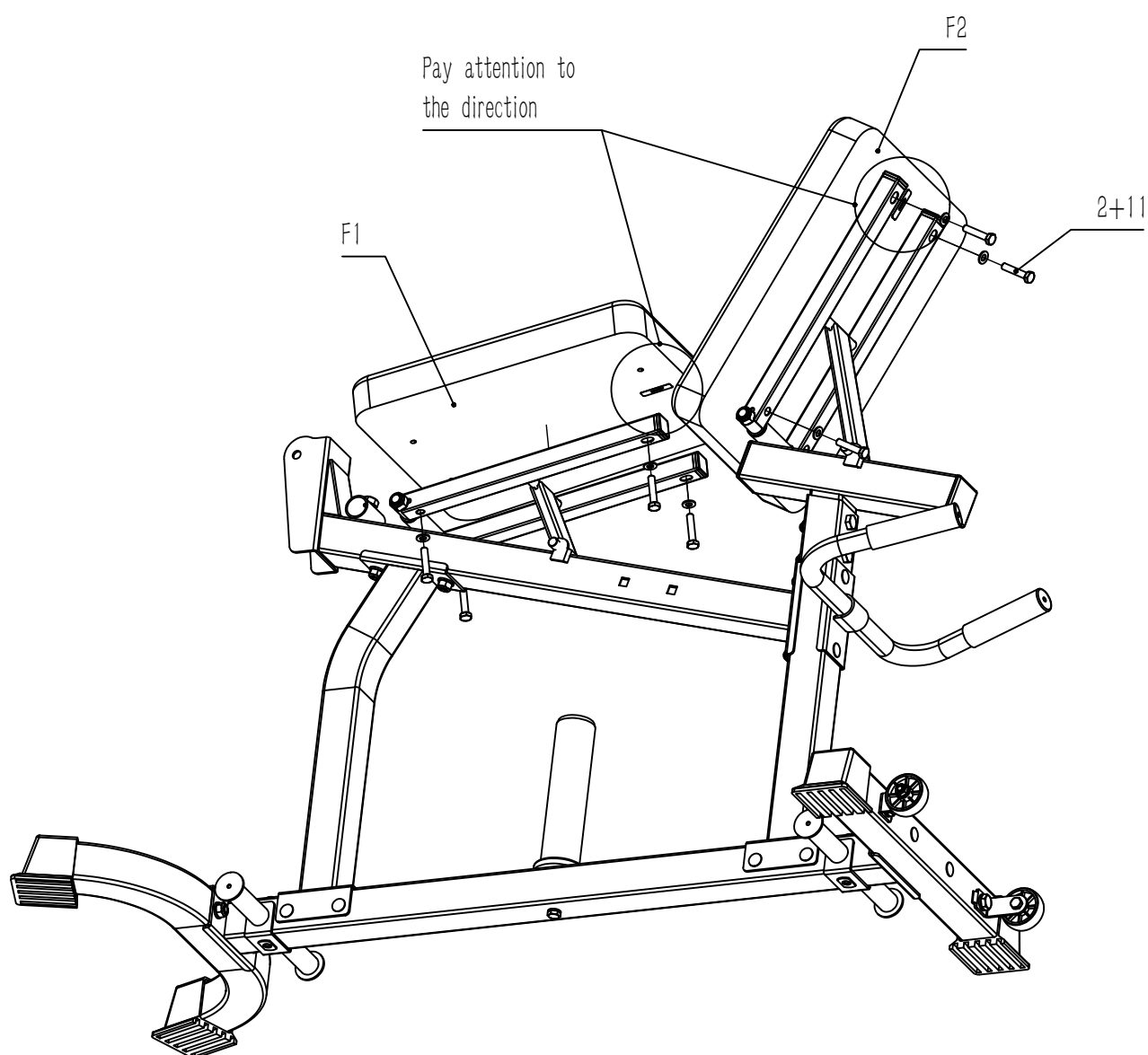
F2 Backrest Cushion
1PC



2 Bolt(M8 x 40)
8PCS

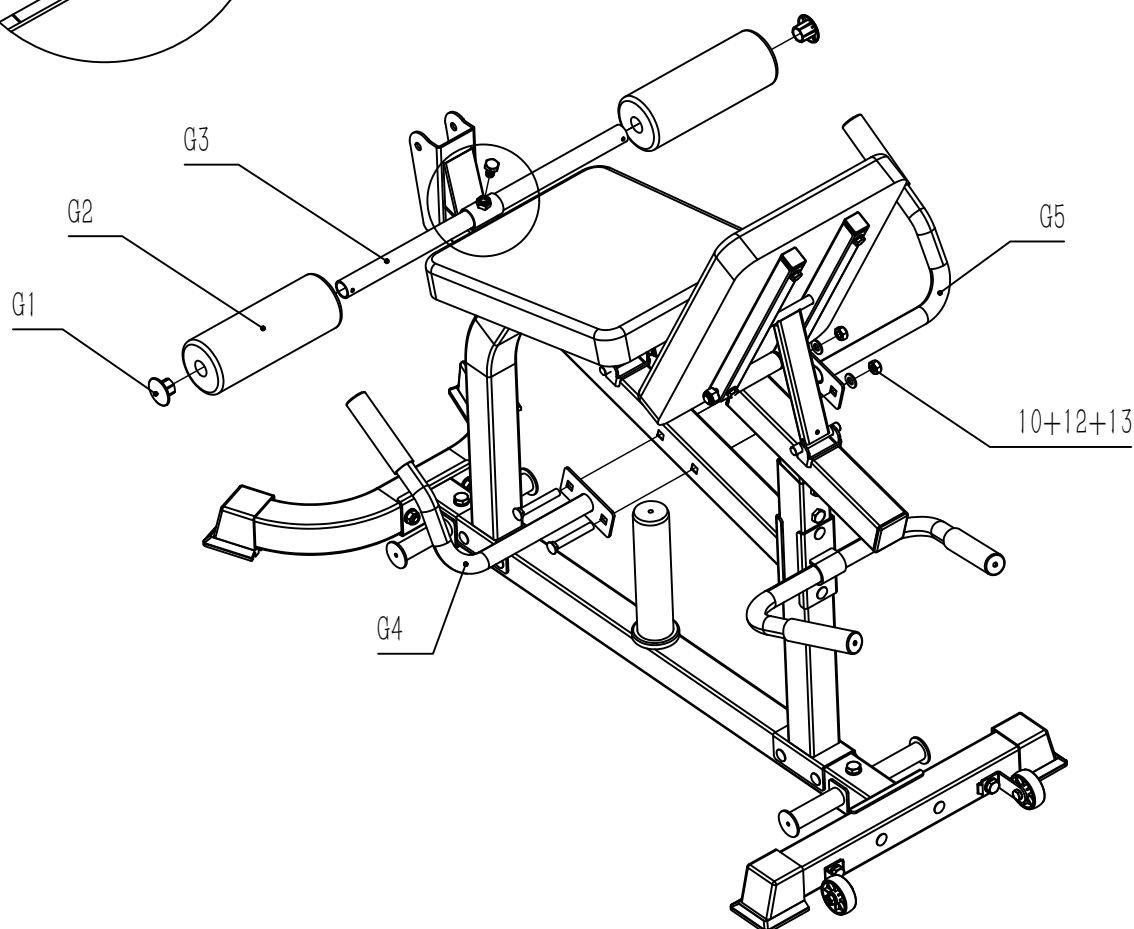
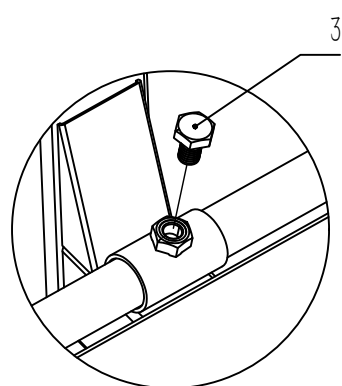


11 Washer(M8)
8PCS



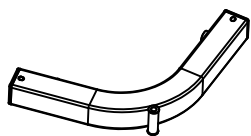
STEP7:

G1 Foam Plug 2PCS	G2 Foam Sleeve(Long) 2PCS	G3 Foam Sleeve Roller 1PC	G4 Left Handle 1PC	G5 Right Handle 1PC
3 Bolt(M10 × 16) 1PC	10 Bolt(M10 × 70) 2PCS	12 Washer(M10) 2PCS	13 Locknut(M10) 2PCS	



STEP8:

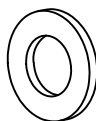
H1 Curved Frame
1PC



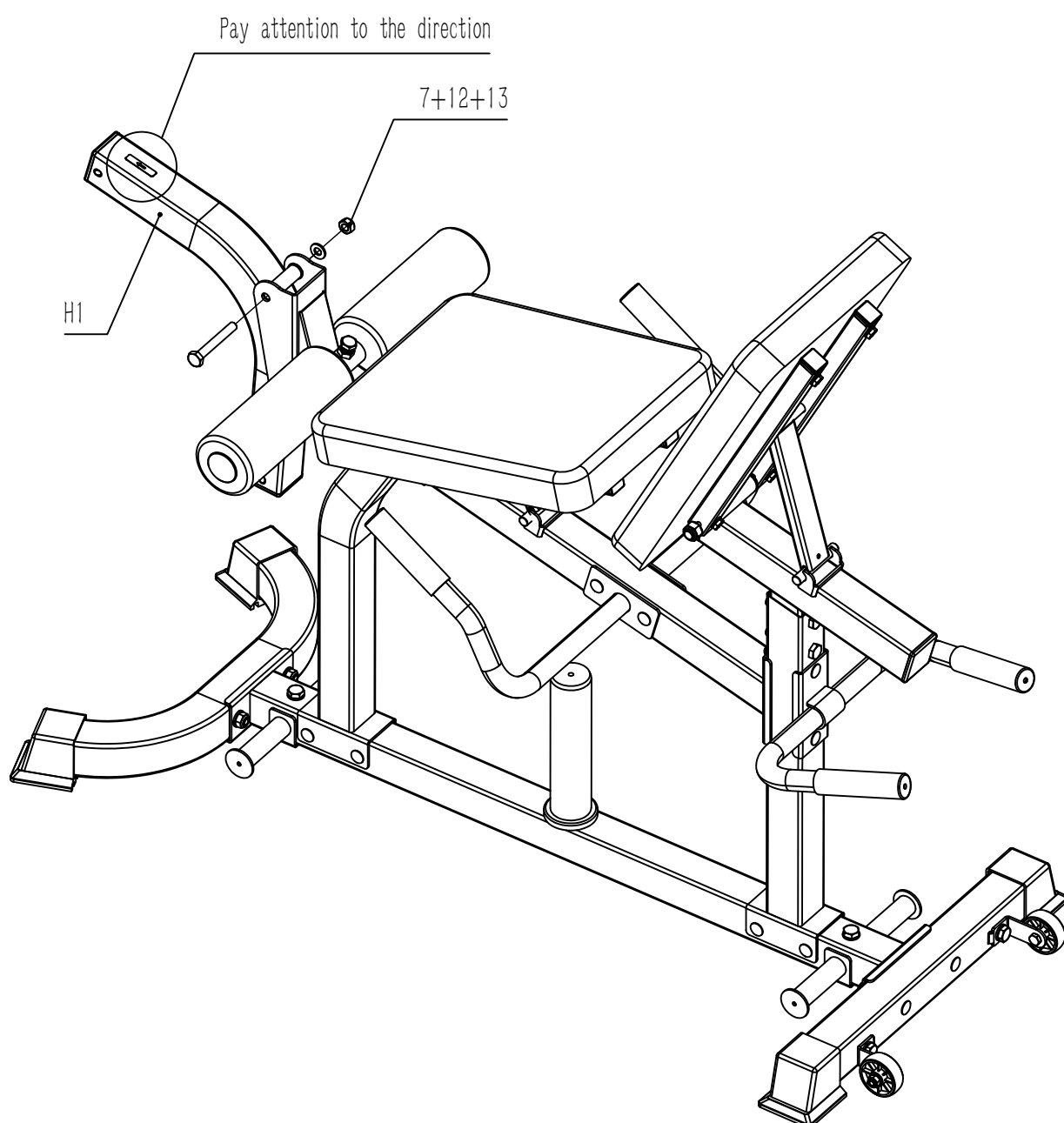
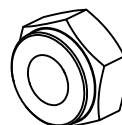
7 Bolt(M10 x 75)
1PC



12 Washer(M10)
1PC

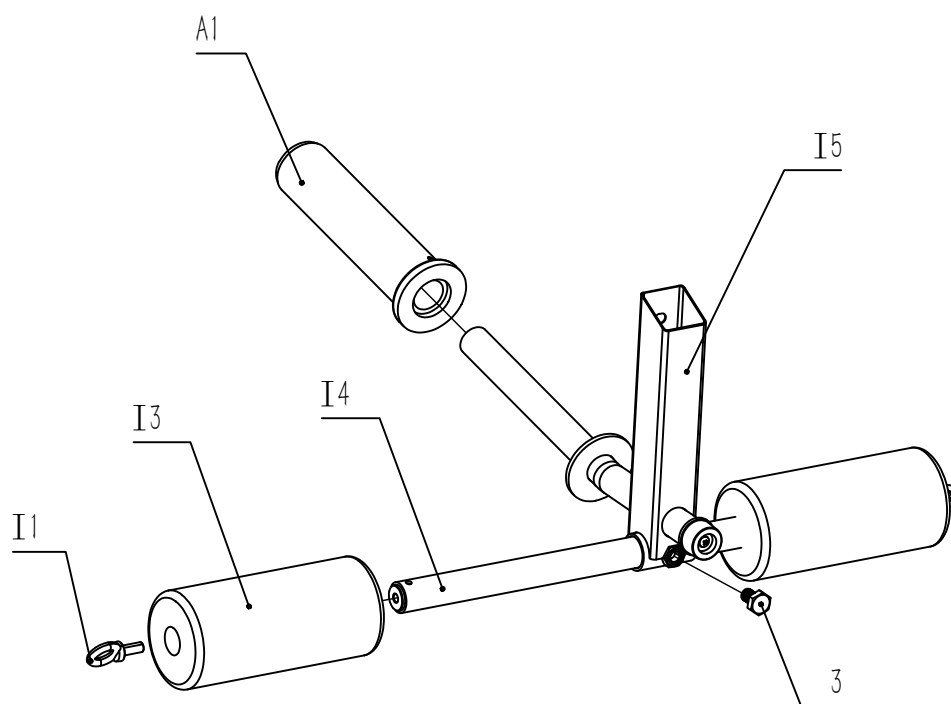
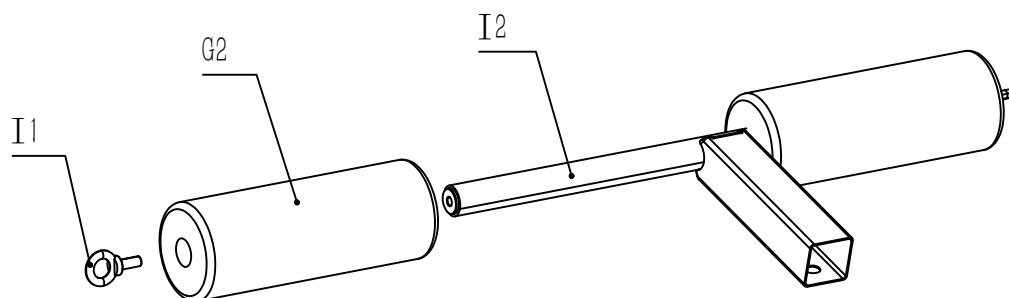


13 Locknut(M10)
1PC



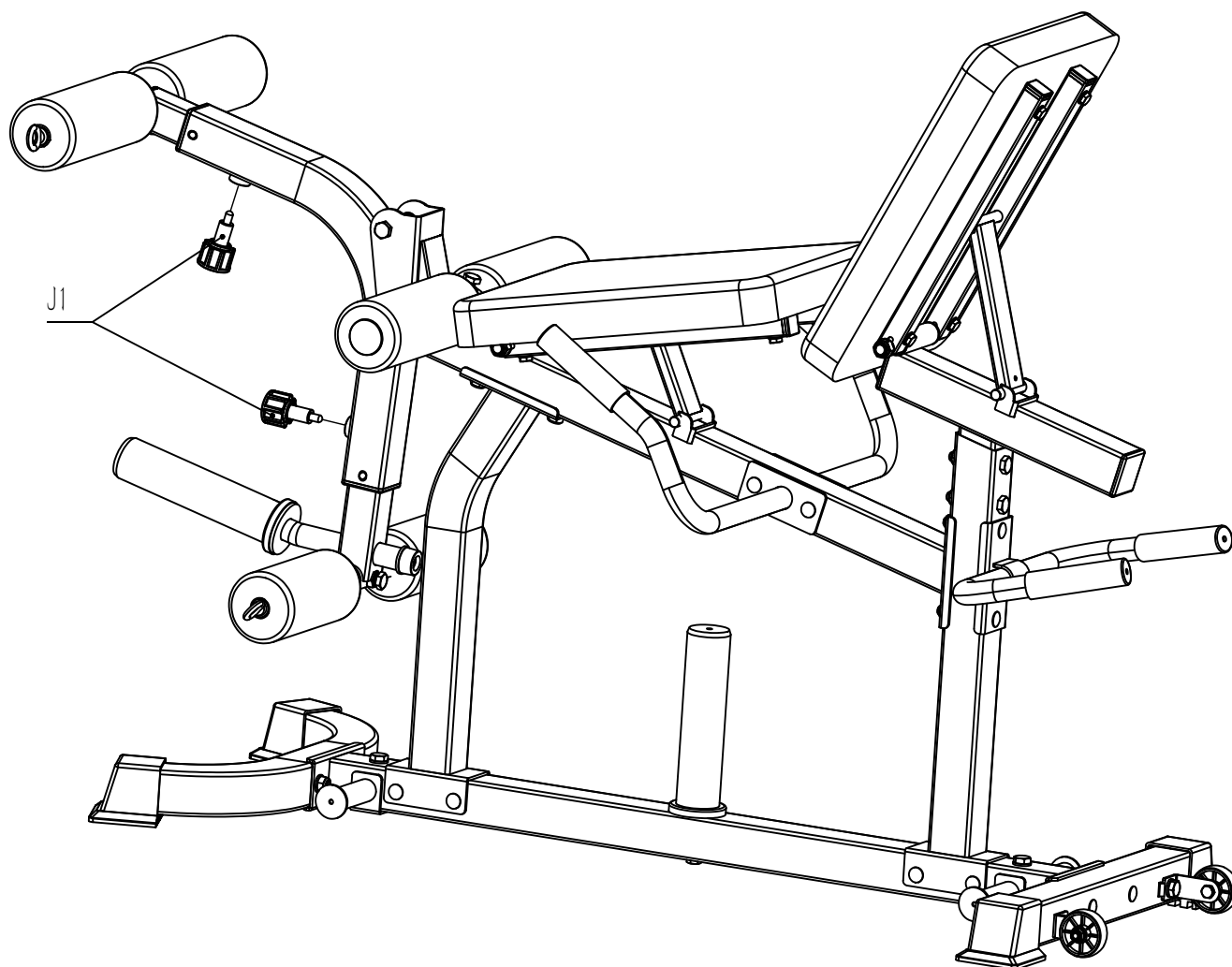
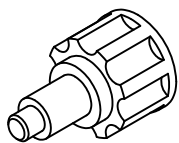
STEP9:

I1 Ring Hook 4PCS	I2 Leg Curl Frame 1PCS	I3 Foam Sleeve(Short) 2PCS	I4 Leg Extension Tube 1PC	I5 Leg Extension Frame 1PCS
A1 Olympic Adapter 1PC	G2 Foam Sleeve(Long) 2PCS	3 Bolt(M10 × 16) 1PC		



STEP10:

J1 Knob
2PCS



FORMAT OF AFTER-SALE EMAIL

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

- Header:** "Draft saved" with a close button.
- Recipients:** A field containing "Amazon-1234567890-Package Lost" and "SUBJECT EXAMPLE".
- Subject:** "Platform-Order Number-Issue".
- Body:** A large text area with the placeholder "Describe your issue here".
- Footer:** A message "Welcome to attach the pictures to help us get more understands with your issue" and a rich text editor toolbar.

The rich text editor toolbar includes buttons for undo, redo, font face (Sans Serif), font size (12), bold (B), italic (I), underline (U), text color (A), background color, bulleted list, numbered list, link, unlink, image, video, and a trash icon. A red arrow points to the "Attach" icon (a paperclip) in the toolbar.

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