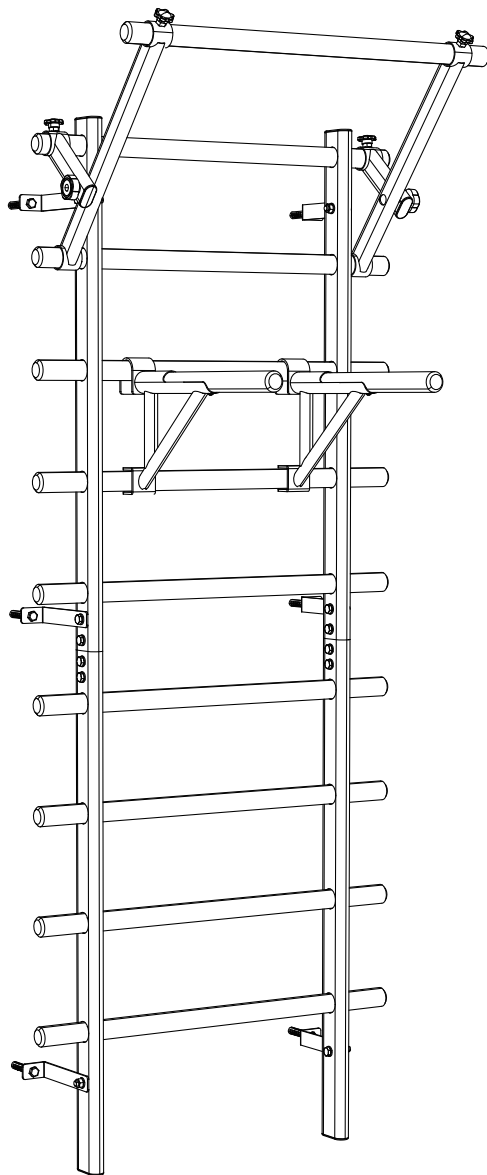


GMWD

ASSEMBLY INSTRUCTIONS



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

| | |
|------------------------|----|
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| Part List | 4 |
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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



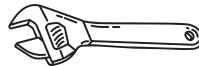
If you are missing any parts, or otherwise have any warranty issues, please contact us first.
support@gmwdfitness.com

Shortcut: A Lot of People Doing That Way

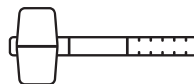
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

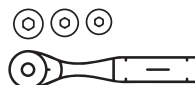
Adjustable wrenches



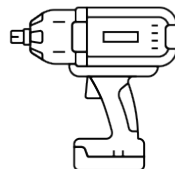
Rubber hammers



Socket set



Electric Wrench



WARNING



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

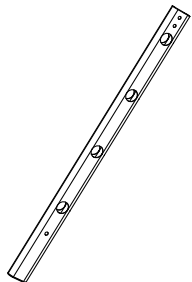
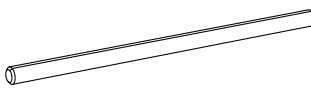
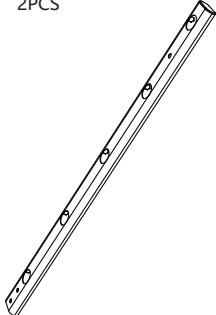
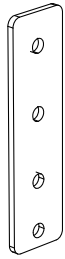
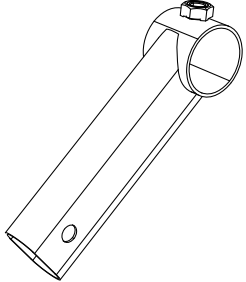
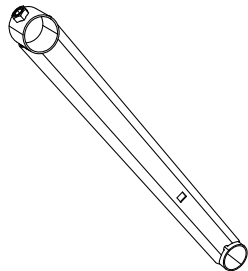
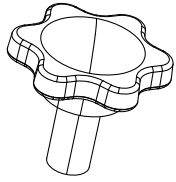
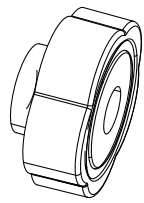
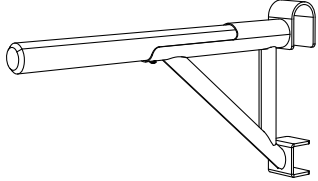
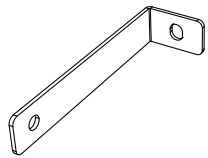


Sharp objects may be involved. Use precaution and protection.

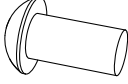
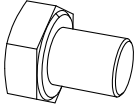
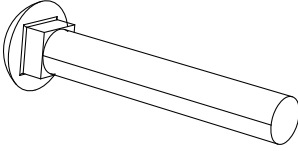
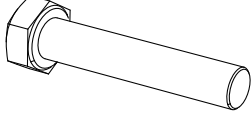

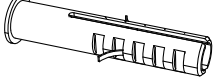
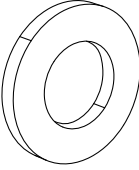
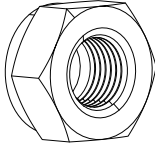
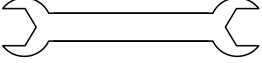



Heavy object. Use lifting aids and proper lifting techniques when moving

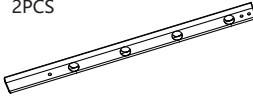
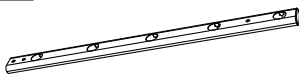
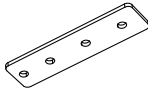
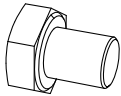
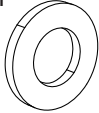
CARTON 1

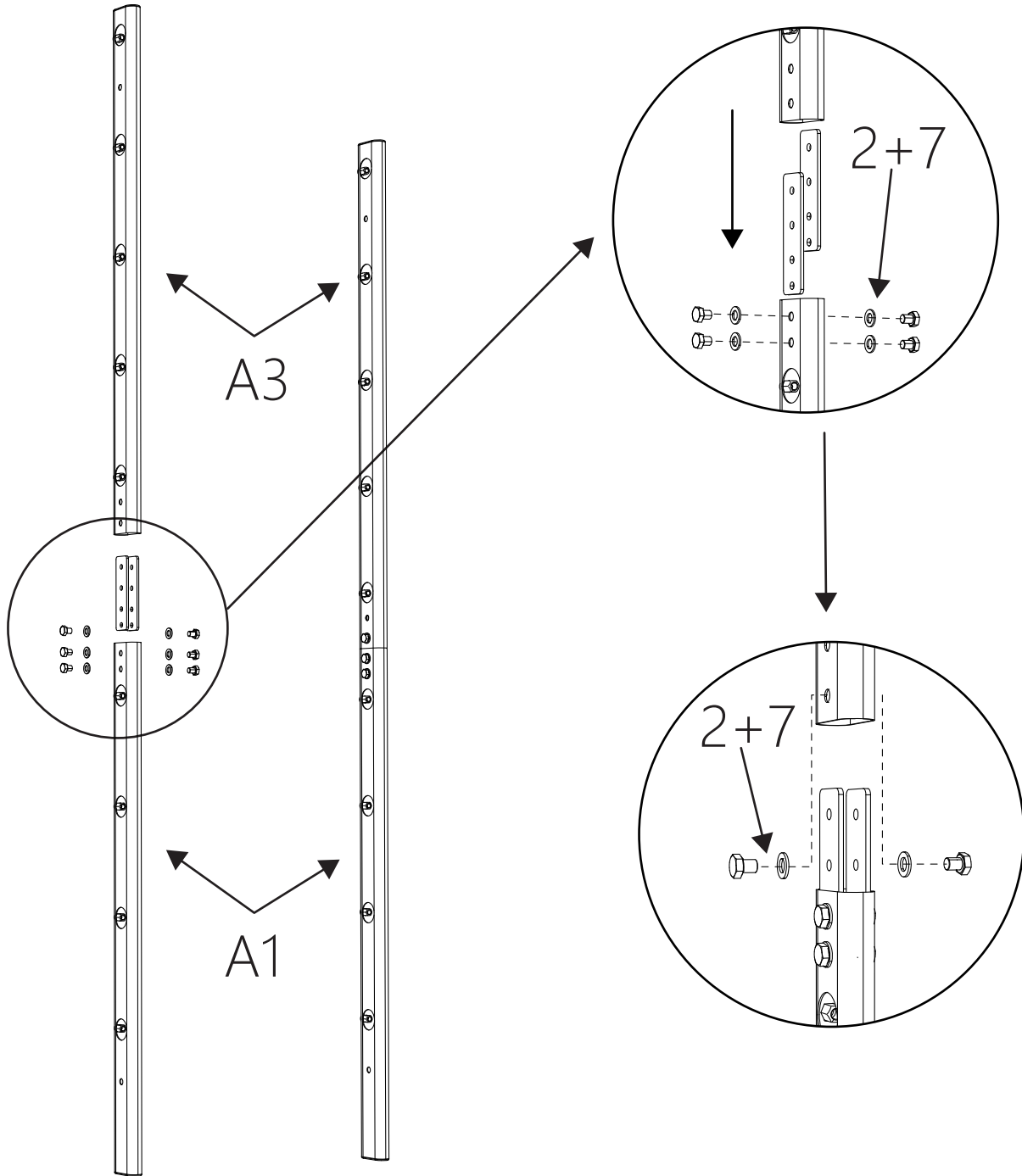
| | | | |
|--|---|---|---|
| <p>A1 Base Upright Tube 2PCS</p>  A long, thin metal tube with four circular holes spaced evenly along its length. | <p>A2 Wooden Rod 10PCS</p>  A simple, smooth wooden rod of uniform thickness. | <p>A3 Upper Upright Tube 2PCS</p>  A long, thin metal tube with four circular holes, similar to the base upright tube but shorter. | <p>A4 Reinforcement Plate 4PCS</p>  A rectangular metal plate with four circular holes arranged vertically in the center. |
| <p>A5 Connecting Tube 2PCS</p>  A metal tube with a larger diameter section at one end, featuring a small circular hole on the side of the larger section. | <p>A6 Pull Up Frame 2PCS</p>  A metal tube with a larger diameter section at one end, similar to the connecting tube but with a different hole placement. | <p>A7 Star Knob 4PCS</p>  A star-shaped knob with five points and a central cylindrical stem. | <p>A8 Knob Head 2PCS</p>  A circular knob head with a textured, ring-like surface and a central hole. |
| <p>A9 Dip Bar 2PCS</p>  A metal bar with a hook-like end and a small protrusion at the other end. | <p>B1 Wall Bracket 6PCS</p>  An L-shaped metal bracket with two circular holes, one on each leg. | | |
| | | | |
| | | | |

HARDWARE LIST


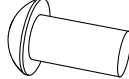
| | | | |
|---|---|---|--|
| <p>1 M10×20 Bolt 18PCS</p>  | <p>2 M10×12 Bolt 16PCS</p>  | <p>3 M10×65 Bolt 2PCS</p>  | <p>4 M10×50 Bolt 4PCS</p>  |
| <p>5 M10×70 Bolt 6PCS</p>  | <p>6 Expansion Pipe 6PCS</p>  | <p>7 M10 Washer 20PCS</p>  | <p>8 M10 Nut 4PCS</p>  |
| <p>9 Wrench 2PCS</p>  | <p>10 Hex Wrench 1PC</p>  | | |
| | | | |
| | | | |

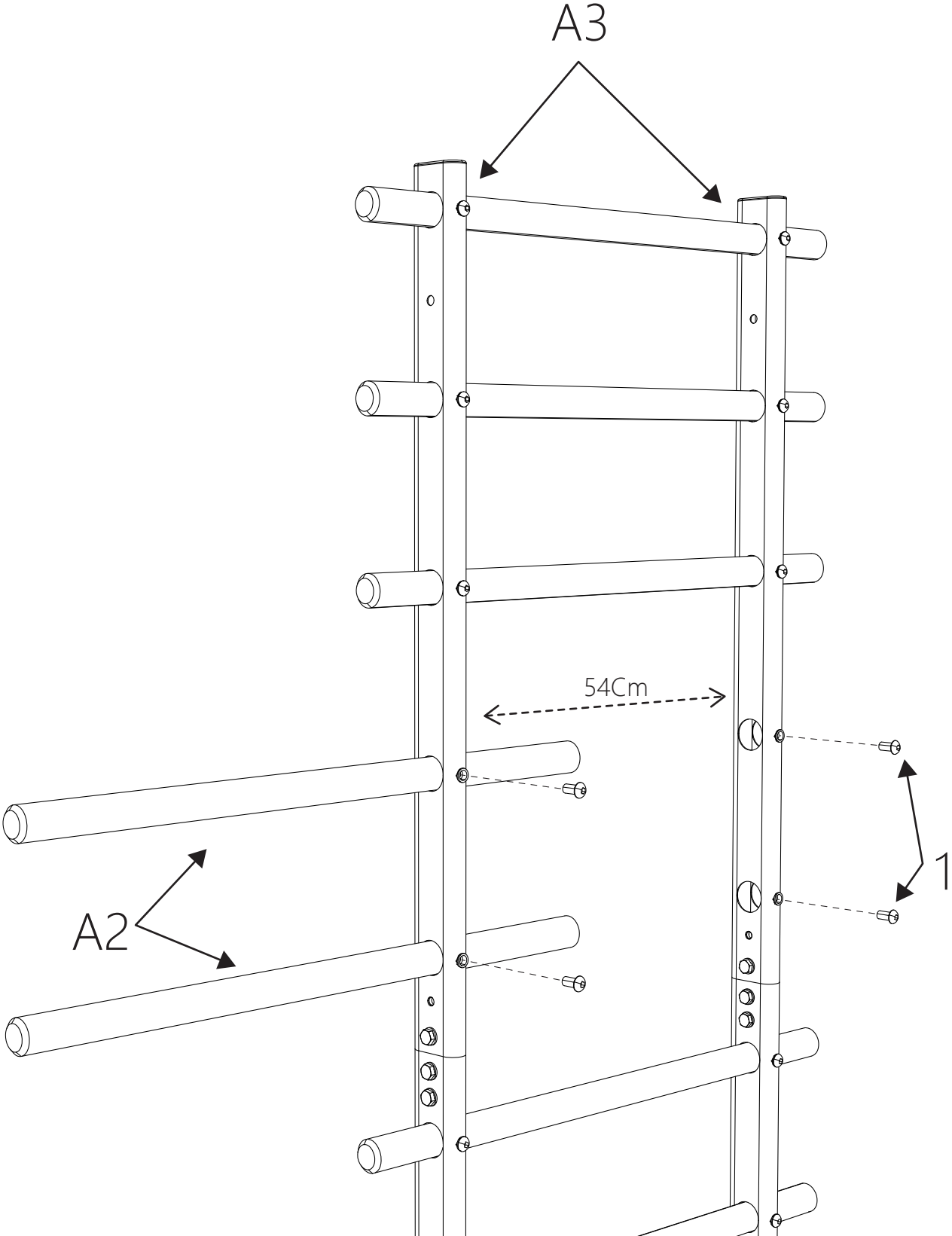
STEP: 1

| | | | |
|--|---|---|--|
| A1 Base Upright Tube 2PCS  | A3 Upper Upright Tube 2PCS  | A4 Reinforcement Plate 4PCS  | 2 M10x12 Bolt 12PCS  |
| 7 M10 Washer 12PCS  | | | |



STEP: 2

| | |
|---|--|
| A2 Wooden Rod 5PCS  | 1 M10x20 Bolt 10PCS  |
|---|--|

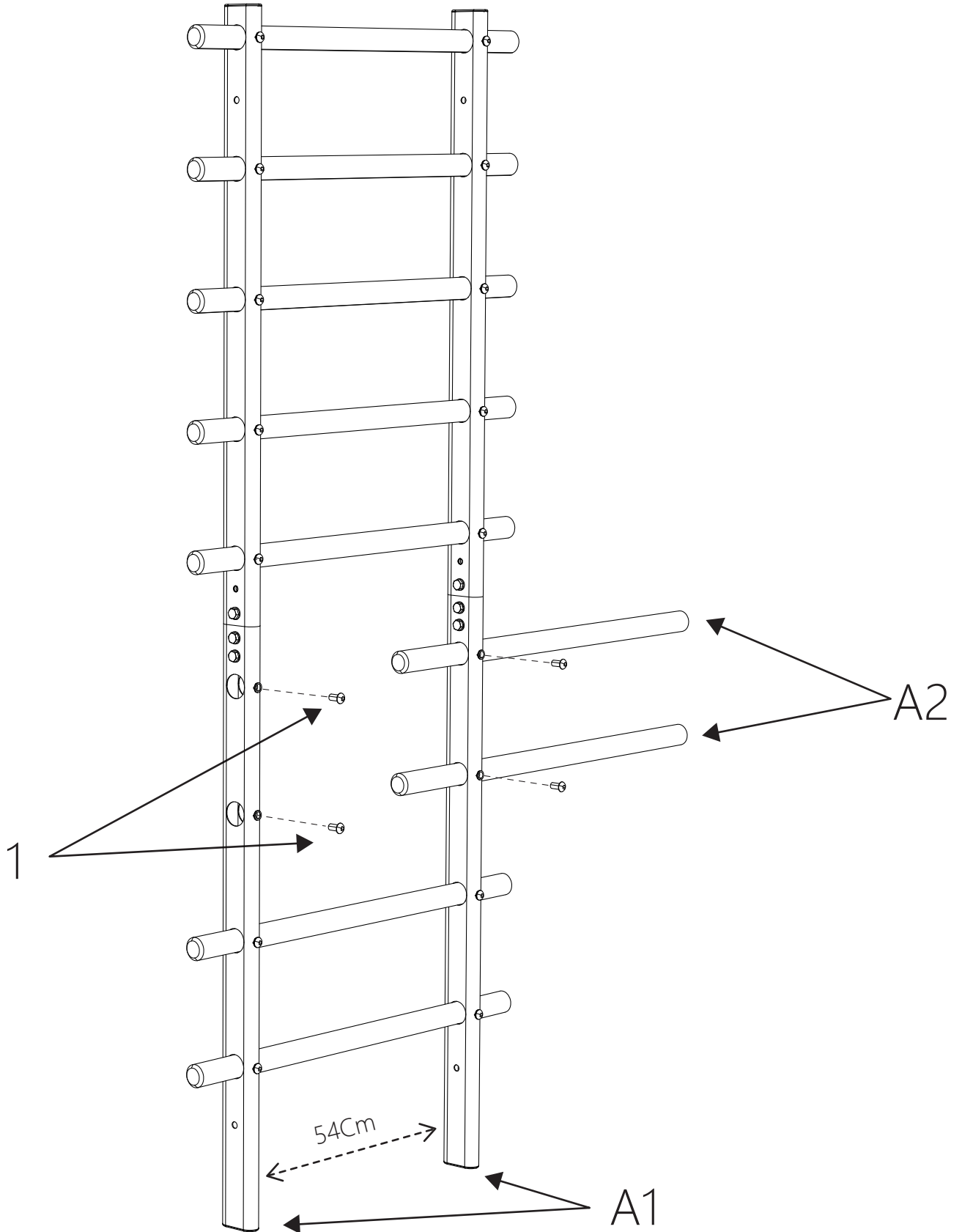
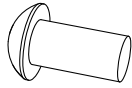


STEP: 3

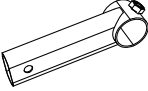
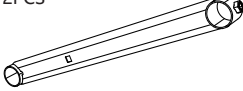

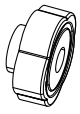
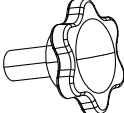
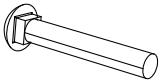
A2 Wooden Rod
4PCS

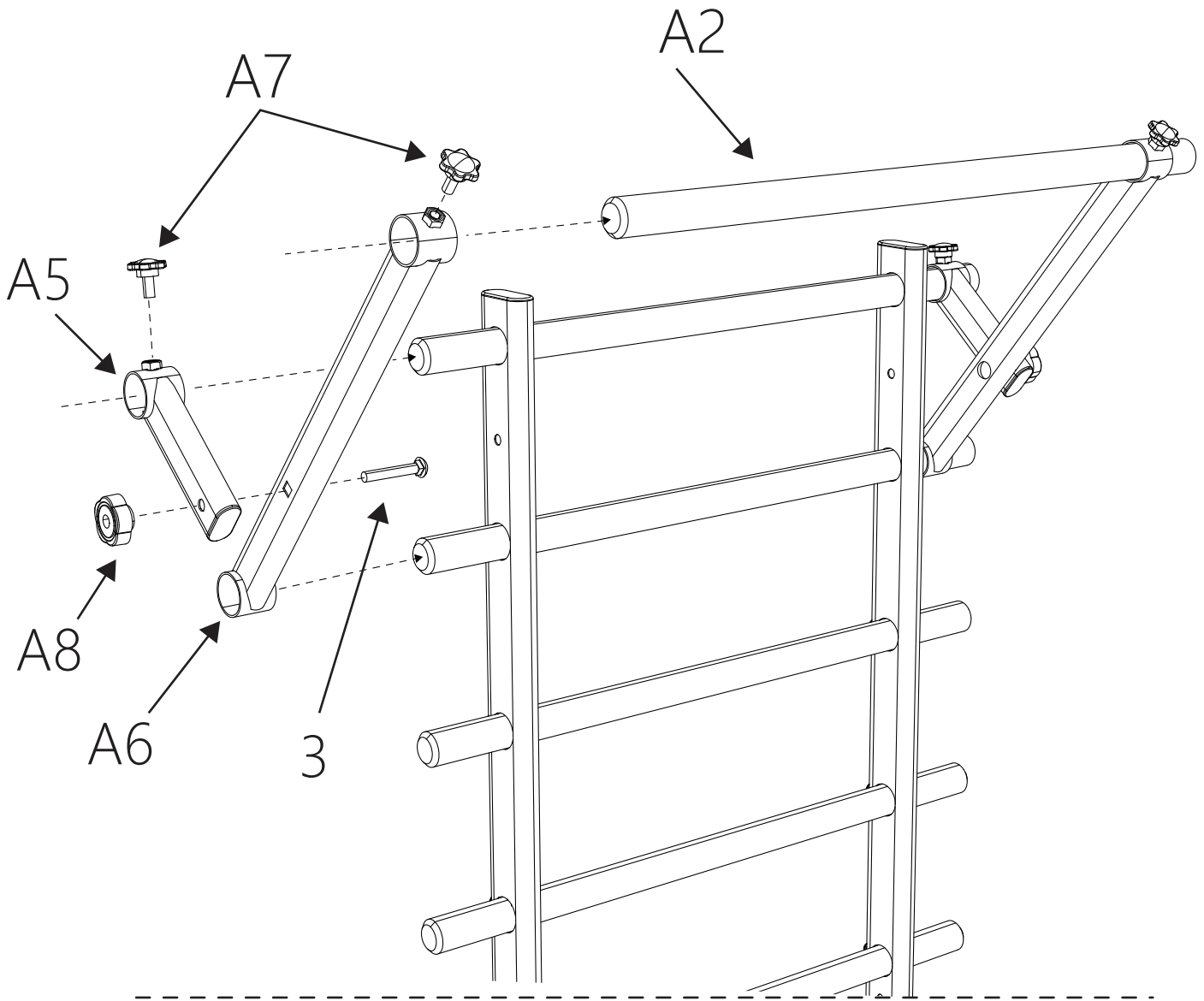


1 M10x20 Bolt
8PCS



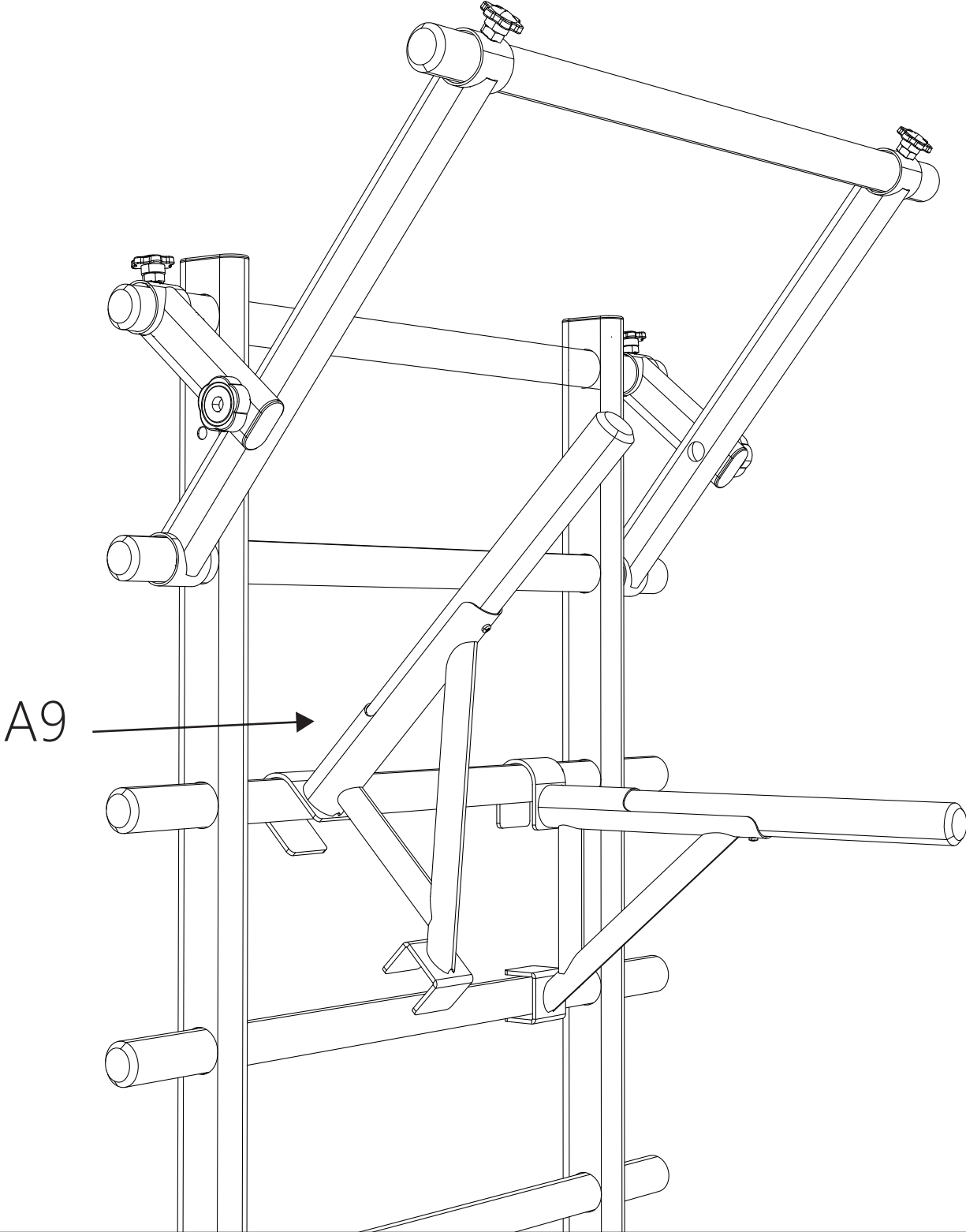
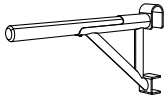
STEP: 4

| | | | |
|--|--|---|--|
| A5 Connecting Tube 2PCS  | A6 Pull Up Frame 2PCS  | A2 Wooden Rod 1PC  | A8 Knob Head 2PCS  |
| A7 Star Knob 4PCS  | 3 M10×65 Bolt 2PCS  | | |



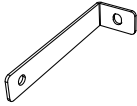
STEP: 5

A9 Dip Bar
2PCS

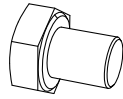


STEP: 6

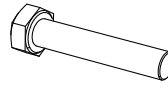
B1 Wall Bracket
6PCS



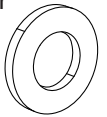
2 M10×12 Bolt
4PCS



4 M10×50 Bolt
4PCS



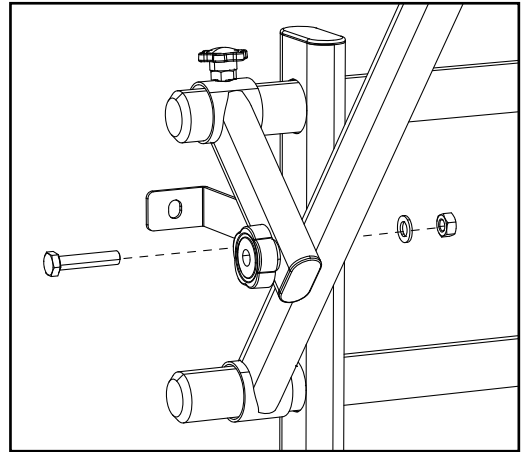
7 M10 Washer
8PCS



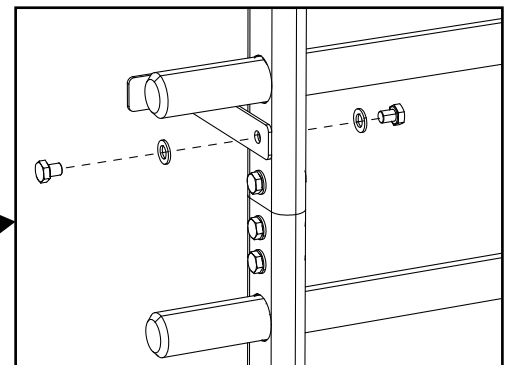
8 M10 Nut
4PCS



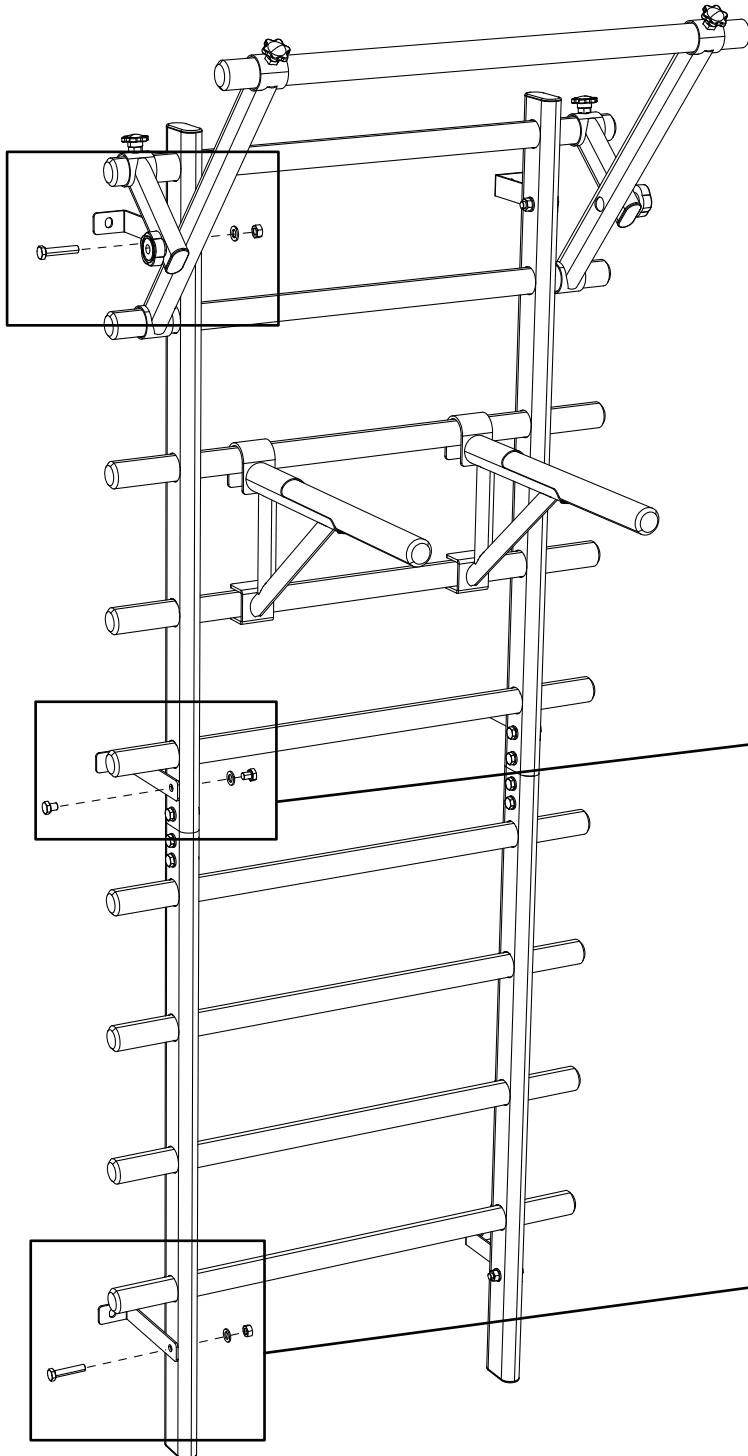
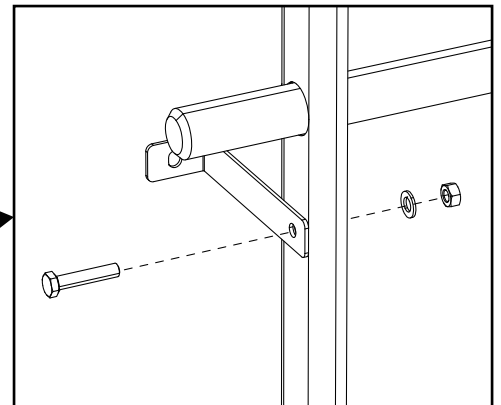
4+7+8



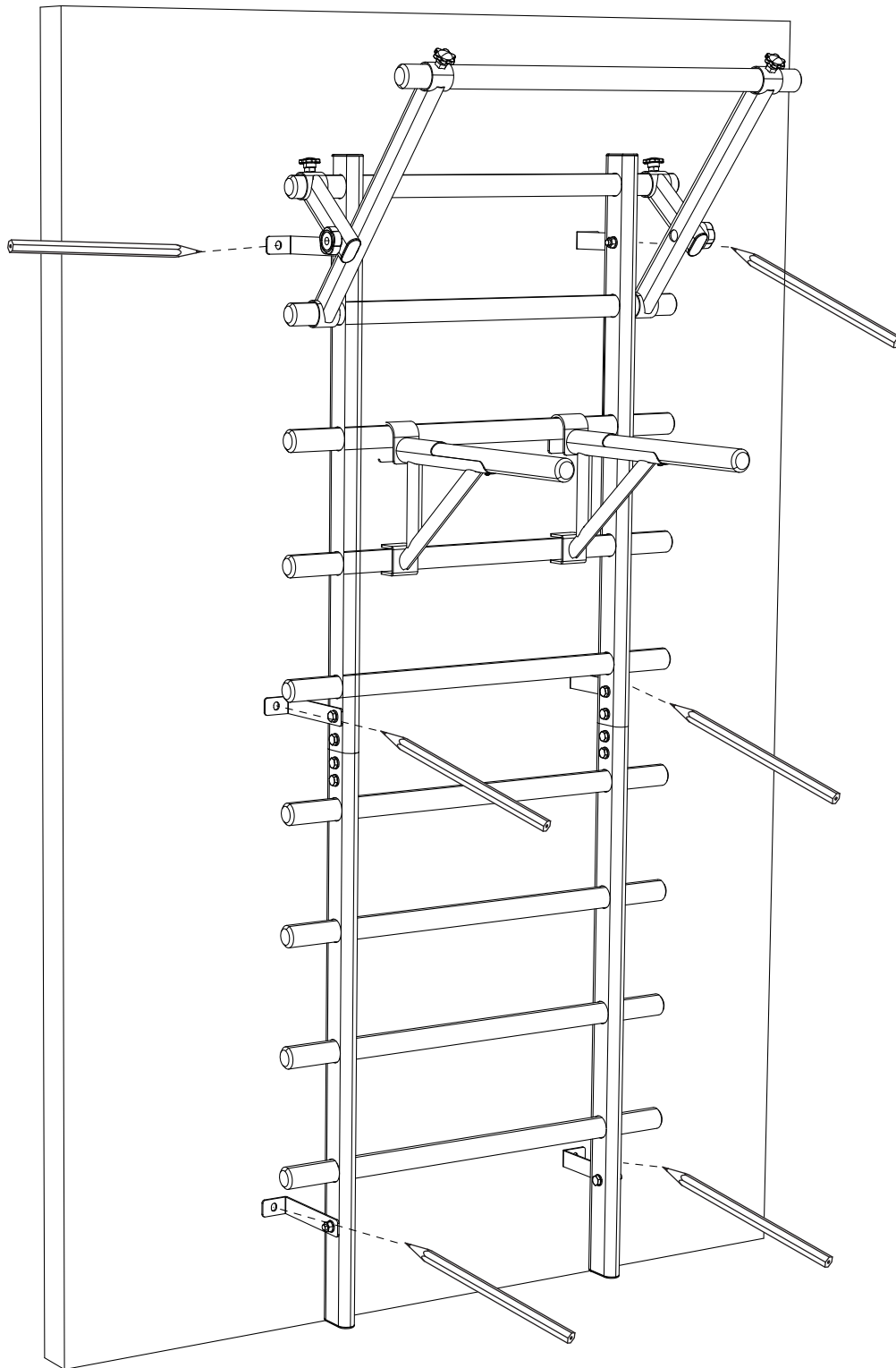
2×2+7×2



4+7+8



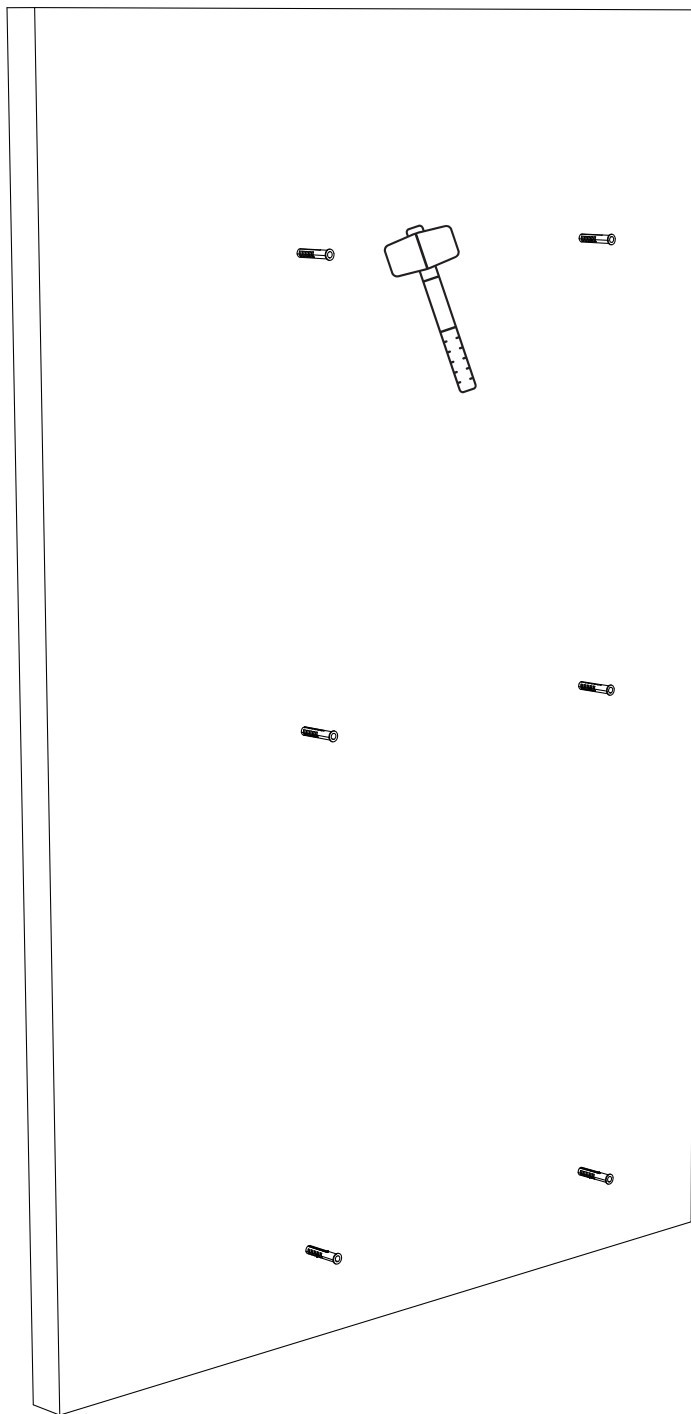
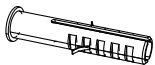
Fixed Instructions



Use a pencil to mark the holes on the wall.

Fixed Instructions

6 Expansion Pipe
6PCS

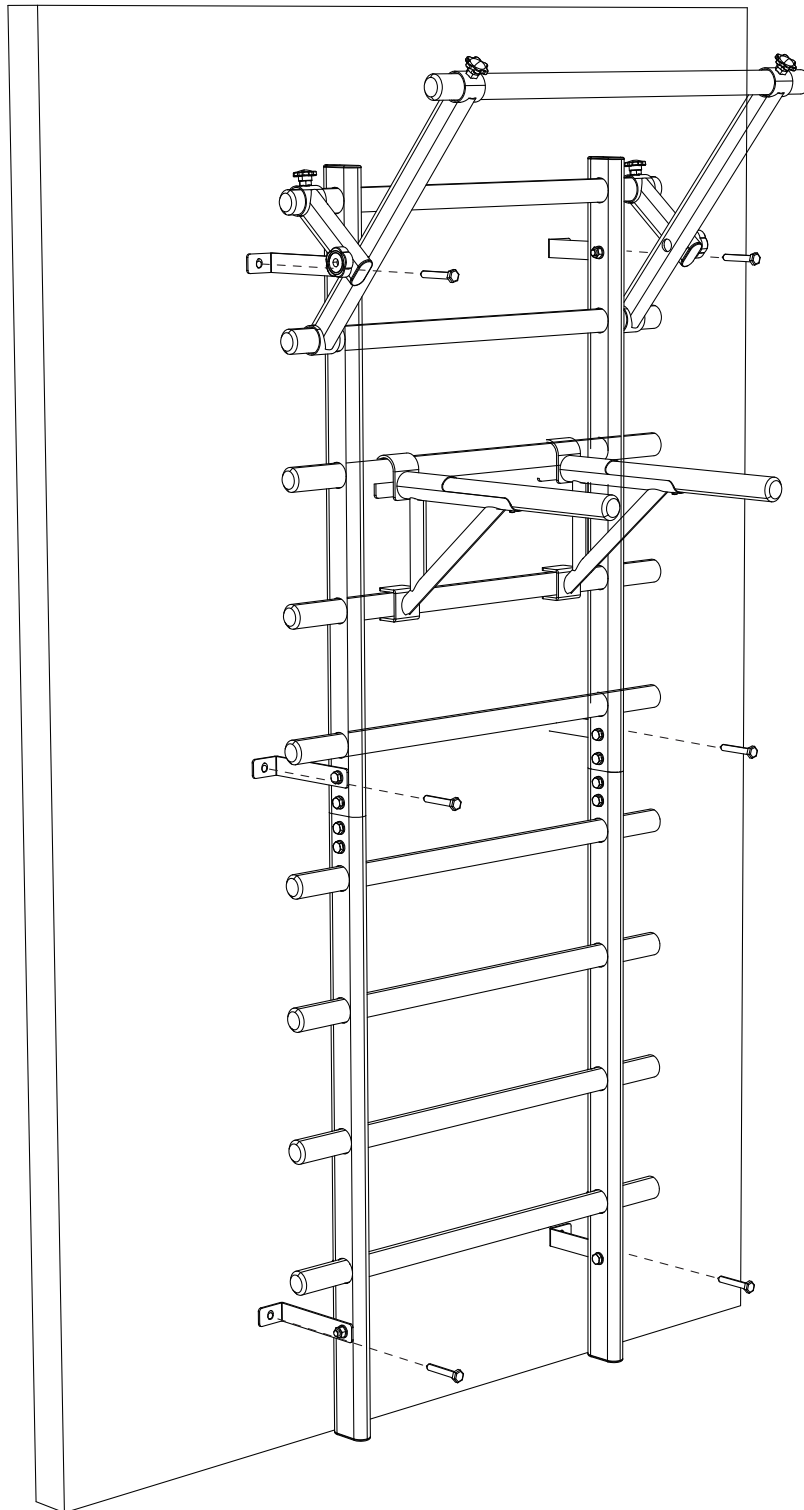


Then hammer expansion pipe into the wall.

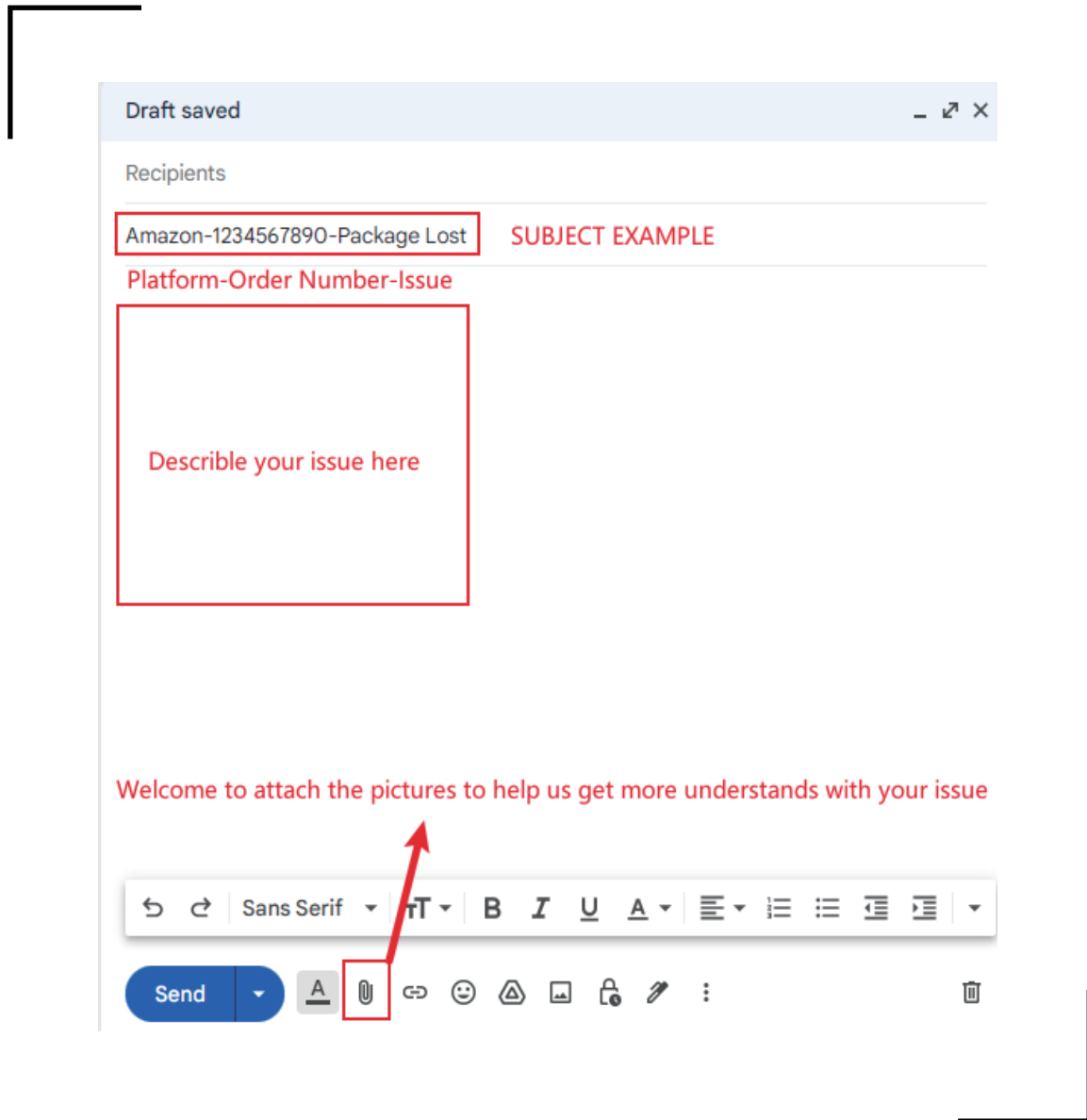
Fixed Instructions

5

M10×70 Bolt
6PCS



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. With this card, you are entitled to obtain service at any platform, such as Amazon, Walmart, and our own website.

Please provide your Platform and Order Number to us in the email subject.

**NEED HELP?
CONTACT US FIRST.**

support@gmwdfitness.com