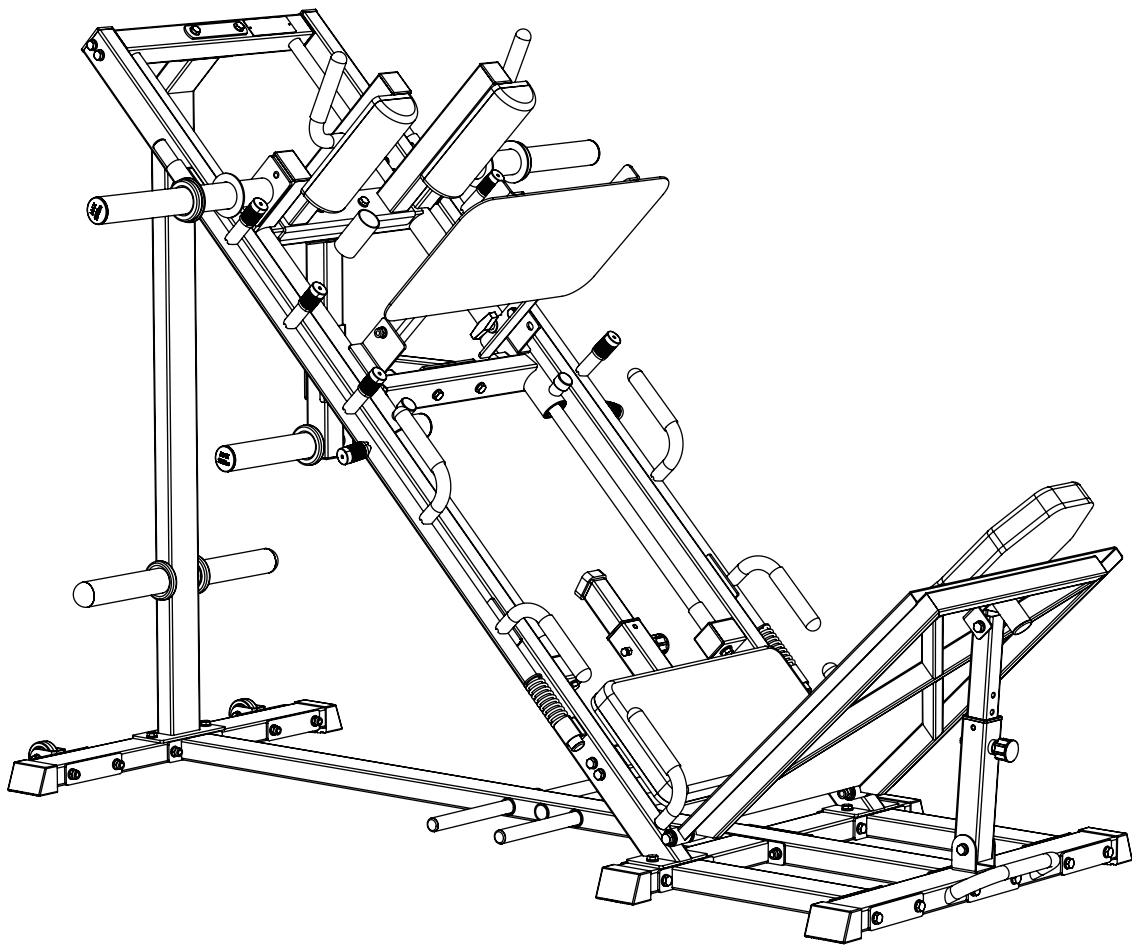


SYEDEFEE

ASSEMBLY INSTRUCTIONS



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

Assembly Caution	3
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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

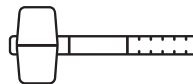
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

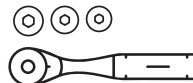
- Adjustable wrenches



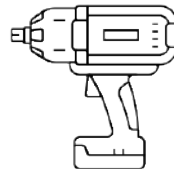
- Rubber hammers



- Socket set



- Electric Wrench



WARNING



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



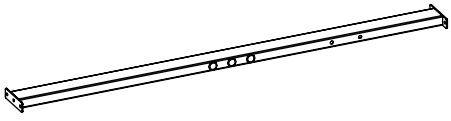
Sharp objects may be involved. Use precaution and protection.



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

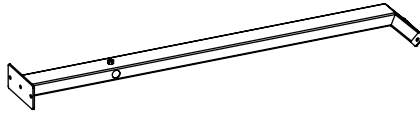
CARTON 1

3



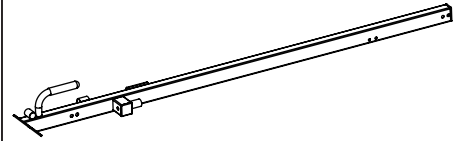
Middle Connecting Tube - 1 pc

7



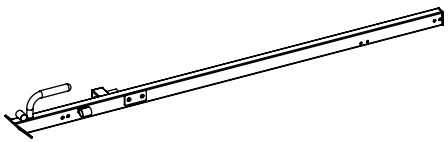
Support Frame - 1 pc

8



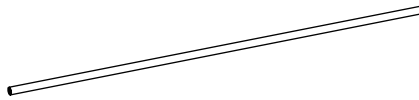
Left Frame - 1 pc

9



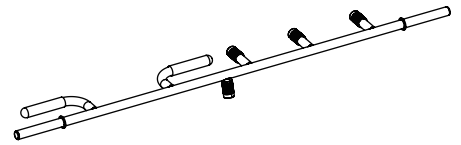
Right Frame - 1 pc

11



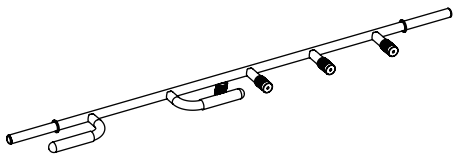
Guide Rod - 2 pcs

14



Stopper Handle Left - 1 pc

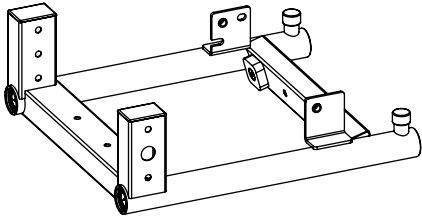
15



Stopper Handle Right - 1 pc

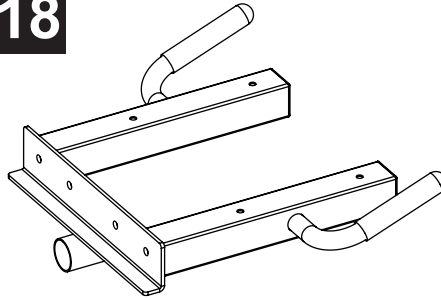
CARTON 2

12



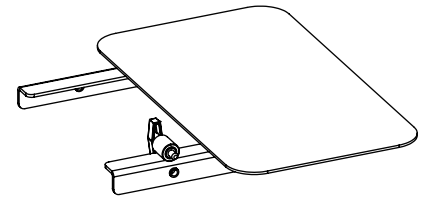
Slide Frame - 1 pc

18



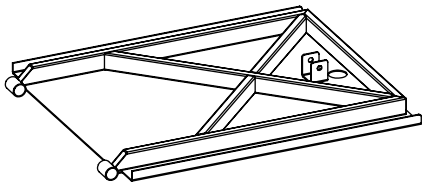
Handrail Frame - 1 pc

21



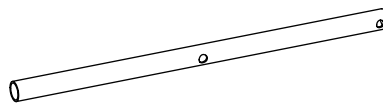
Leg Press Pedal - 1 pc

23



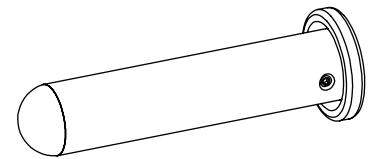
Hack Squat Pedal - 1 pc

29



Weight Storage Pin - 1 pc

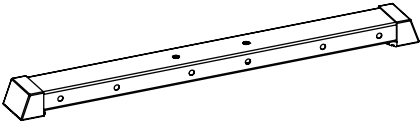
30



Olympic Adapter - 2 pcs
(Pre-installed on Part 29)

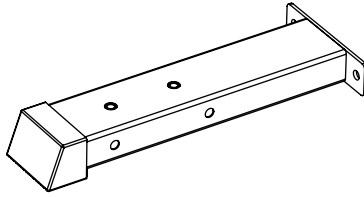
CARTON 3

1



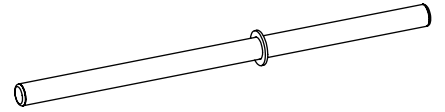
Rear Base Tube - 1 pc

2



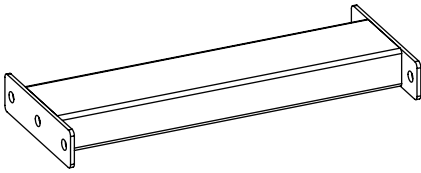
Middle Base Tube - 2 pcs

4



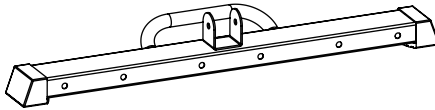
Band Peg - 2 pcs

5



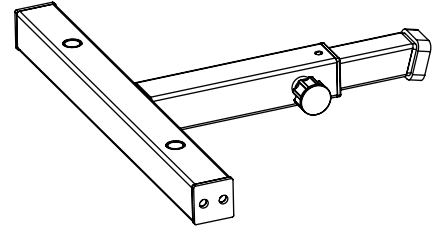
Front Base Tube - 2 pcs

6



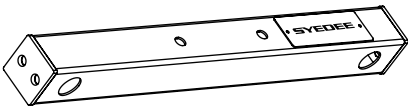
Handle Frame Base - 1 pc

10



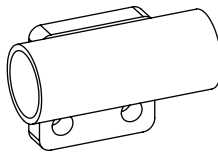
Safety Limited Frame - 1 pc

13



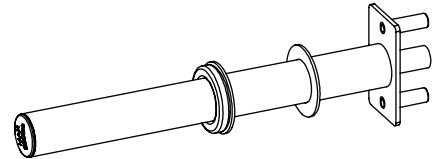
Upper Connecting Tube - 1 pc

16



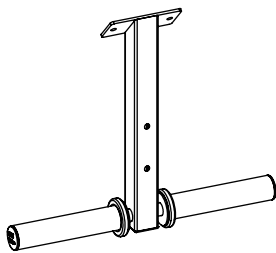
Slider Frame - 2 pcs

17



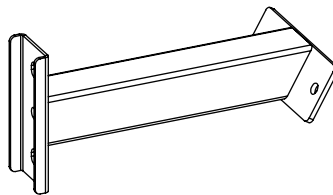
Upper Weight Holder - 2 pcs

19



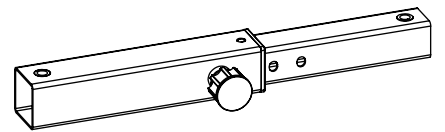
Below Weight Holder - 1 pc

20



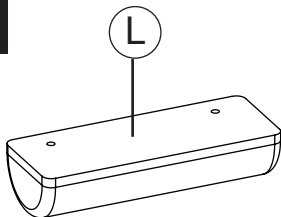
Short Connecting Tube - 1 pc

22



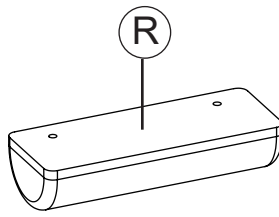
Adjustable Frame - 1 pc

24-1



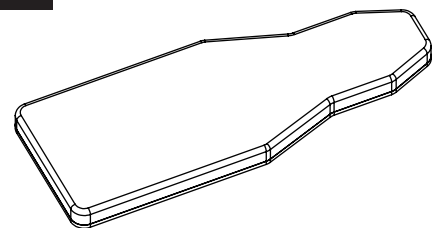
Left Shoulder Cushion - 1 pc

24-2



Right Shoulder Cushion - 1 pc

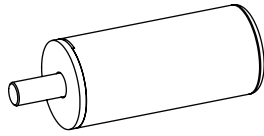
25



Back Cushion - 1 pc

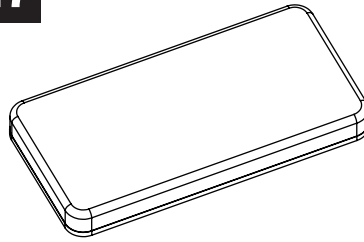
CARTON 3

26



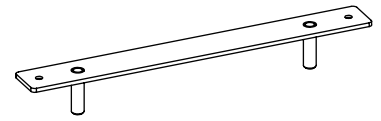
Cushion Fixed Tube - 1 pc

27



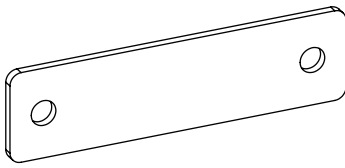
Seat Cushion - 1 pc

28



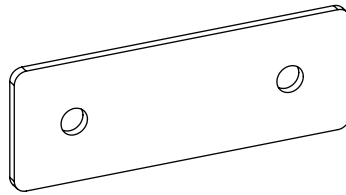
Seat Cushion Supporting Frame - 1 pc

31



Reinforcement Plate 40 - 8 pcs

32



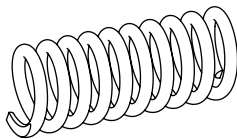
Reinforcement Plate 50 - 1 pc

33



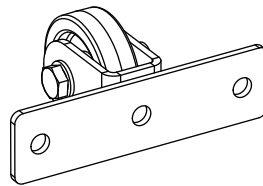
Reinforcement Plate 30 - 1 pc

34



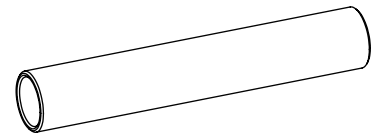
Spring - 2 pcs

35

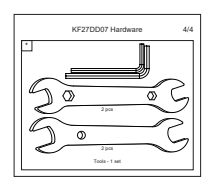
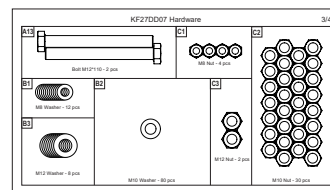
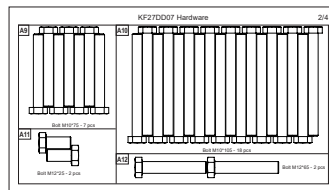
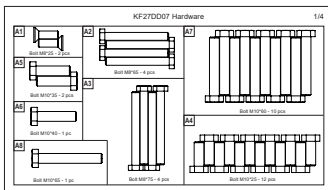


Wheel Frame - 2 pcs

36



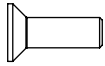
Shaft - 2 pcs



Hardware Blister Pack - 4 pcs

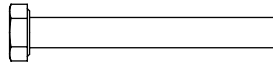
HARDWARE LIST

A1



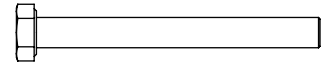
Bolt M8*25 - 2 pcs

A2



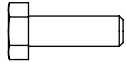
Bolt M8*65 - 4 pcs

A3



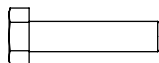
Bolt M8*75 - 4 pcs

A4



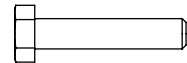
Bolt M10*25 - 12 pcs

A5



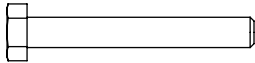
Bolt M10*35 - 2 pcs

A6



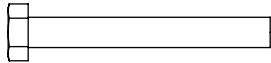
Bolt M10*40 - 1 pc

A7



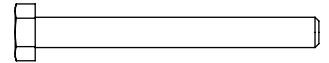
Bolt M10*60 - 10 pcs

A8



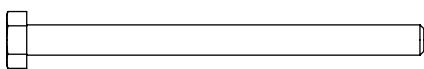
Bolt M10*65 - 1 pc

A9



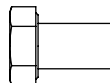
Bolt M10*75 - 7 pcs

A10



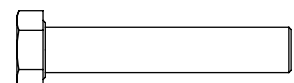
Bolt M10*105 - 18 pcs

A11



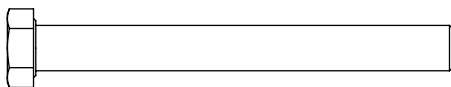
Bolt M12*25 - 2 pcs

A12



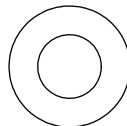
Bolt M12*65 - 2 pcs

A13



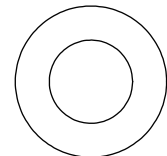
Bolt M12*110 - 2 pcs

B1



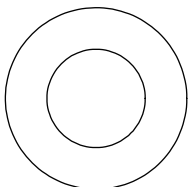
M8 Washer - 12 pcs

B2



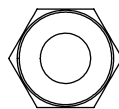
M10 Washer - 80 pcs

B3



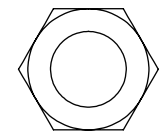
M12 Washer - 8 pcs

C1



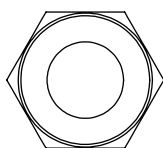
M8 Nut - 4 pcs

C2

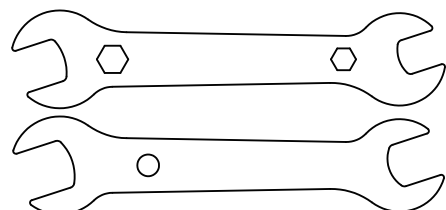


M10 Nut - 30 pcs

C3



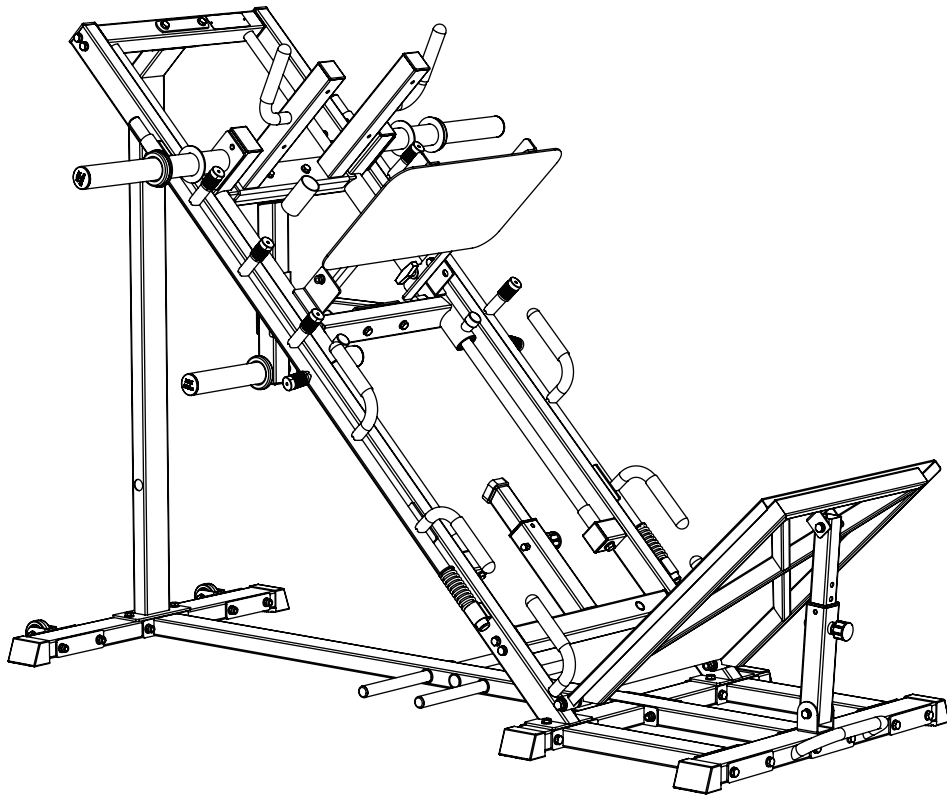
M12 Nut - 2 pcs



2 pcs

2 pcs

Tools - 1 set

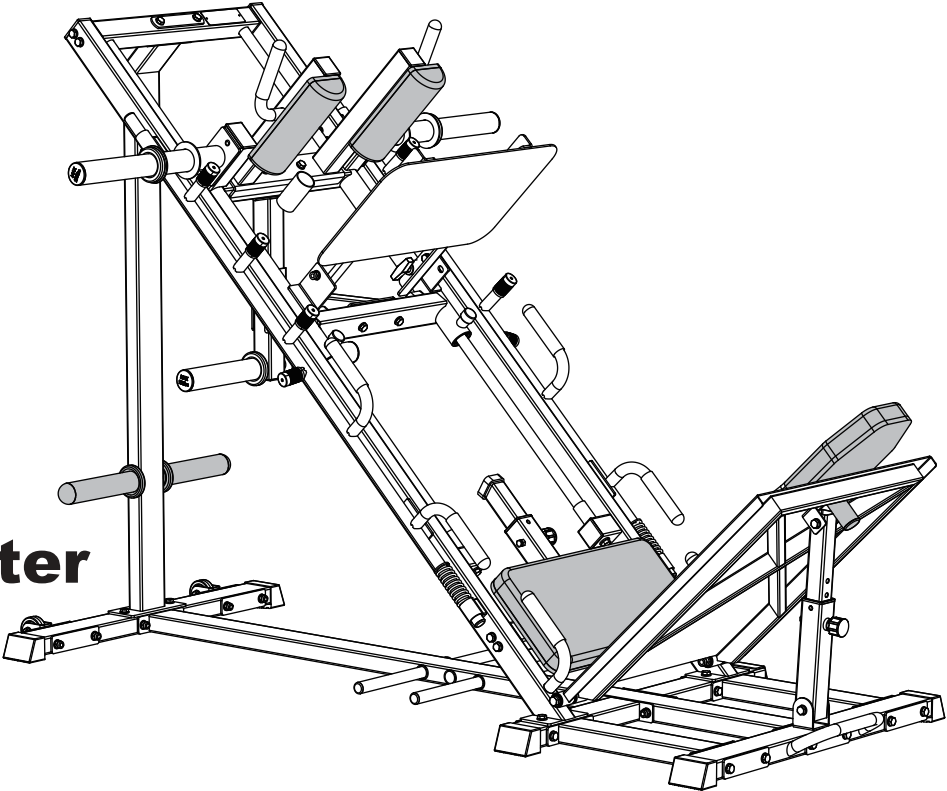


**STEP
1-18**

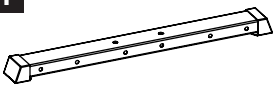
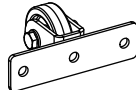

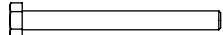


**Bulid Basic
Framework**

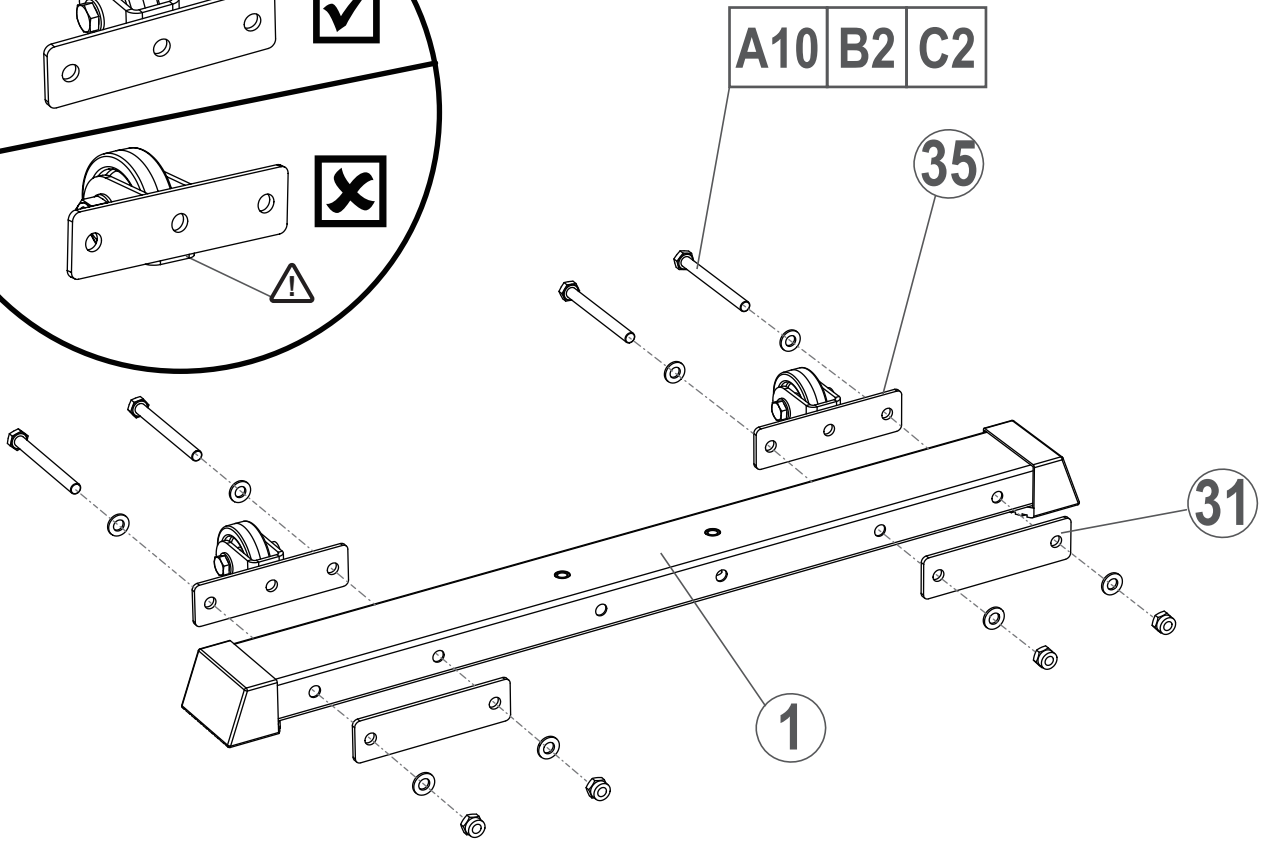
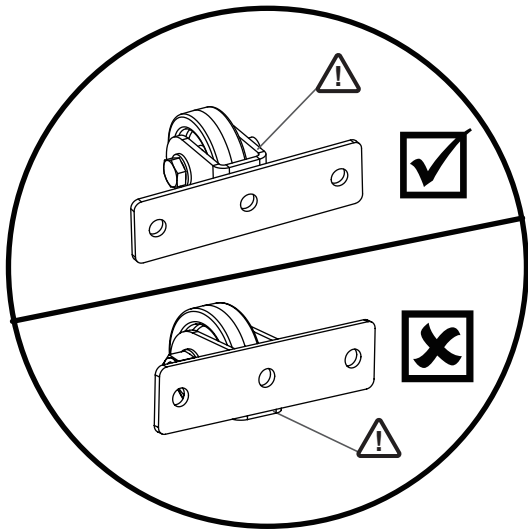
**STEP
19-23**

**Add On
Board &
Olympic Adapter**

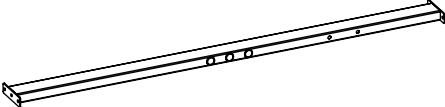

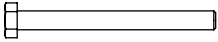




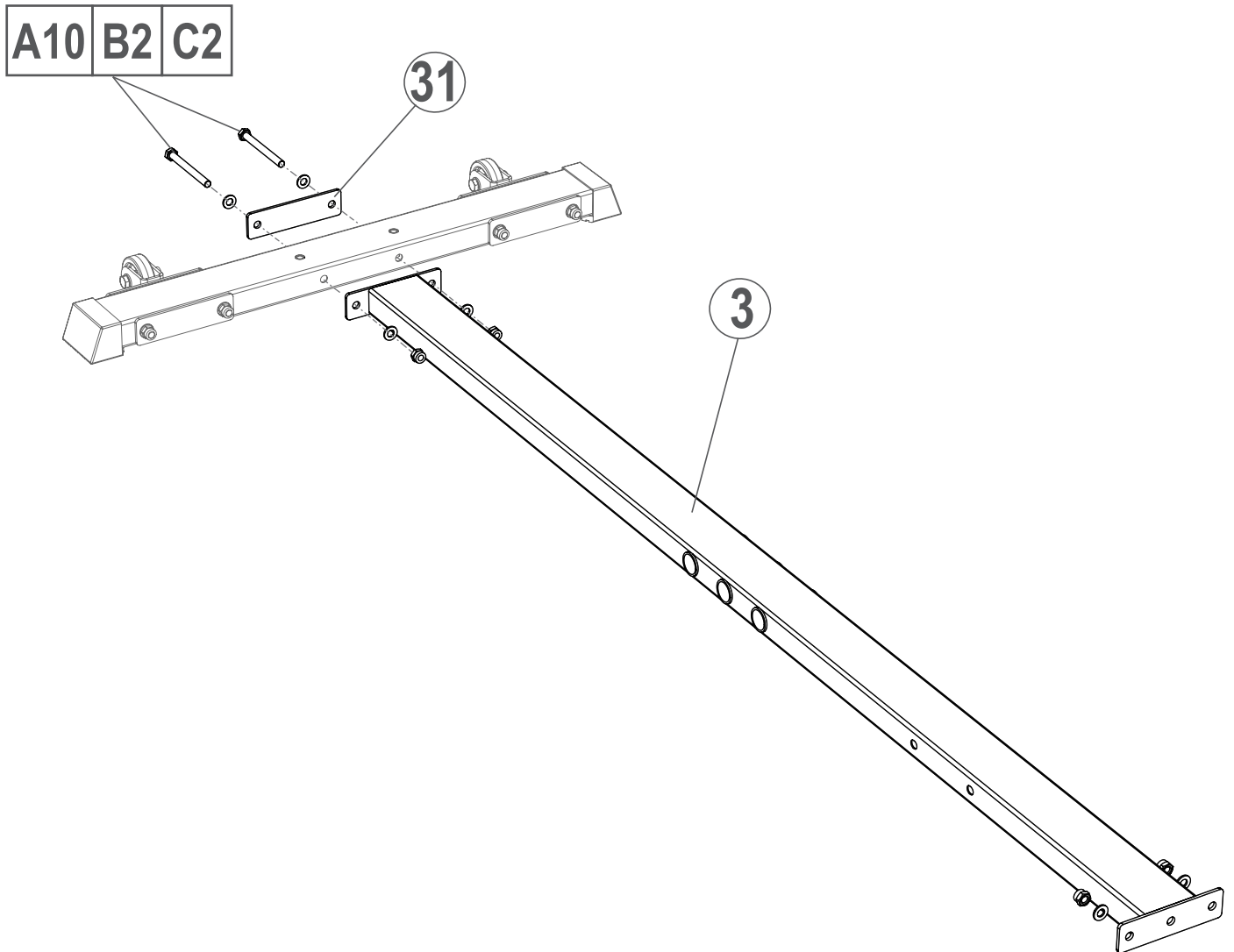
STEP 1

1  Rear Base Tube - 1 pc	35  Wheel Frame - 2 pcs	31  Reinforcement Plate 40 - 2 pcs	A10  Bolt M10*105 - 4 pcs
C2  M10 Nut - 4 pcs	B2  M10 Washer - 8 pcs		



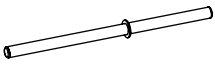
STEP 2

3  Middle Connecting Tube - 1 pc	31  Reinforcement Plate 40 - 1 pc	A10  Bolt M10*105 - 2 pcs
C2  M10 Nut - 2 pcs	B2  M10 Washer - 4 pcs	

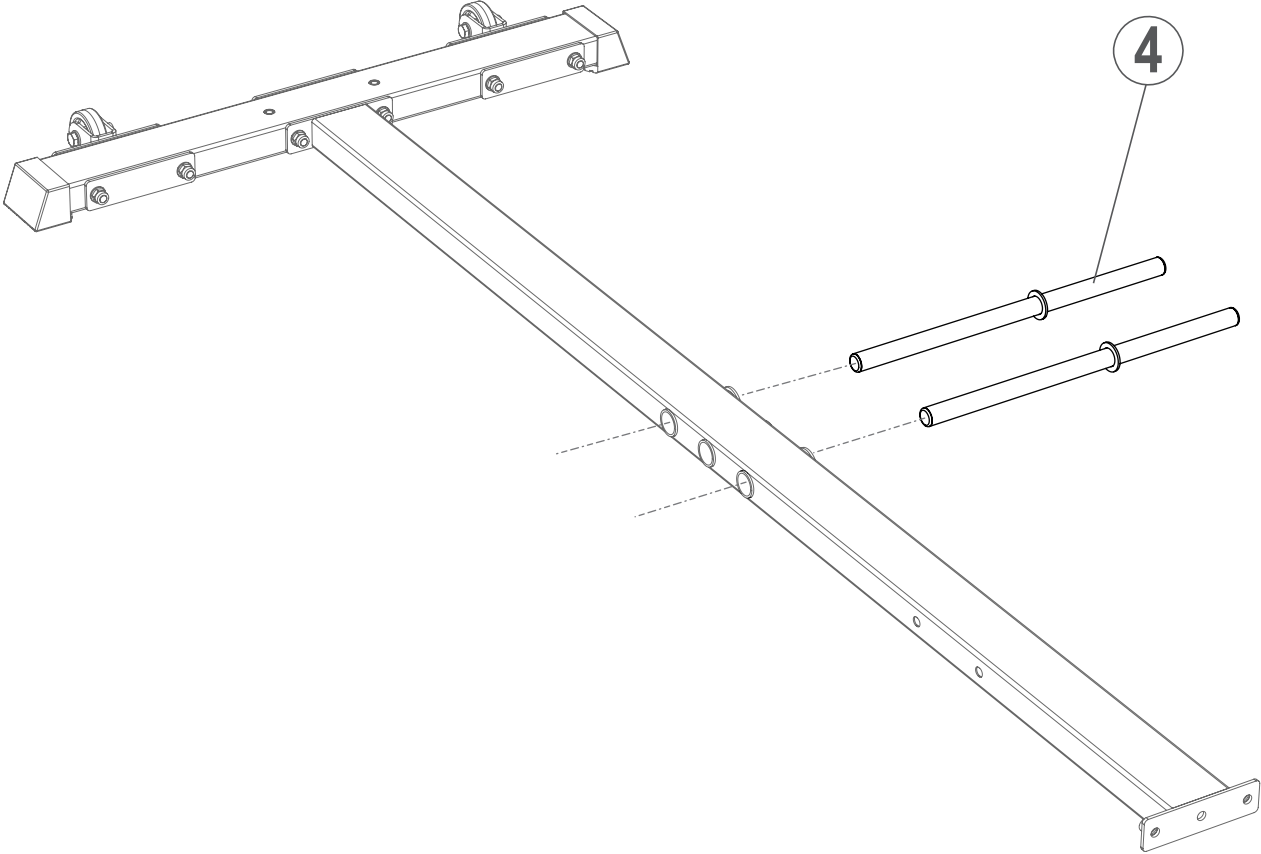


STEP 3

4

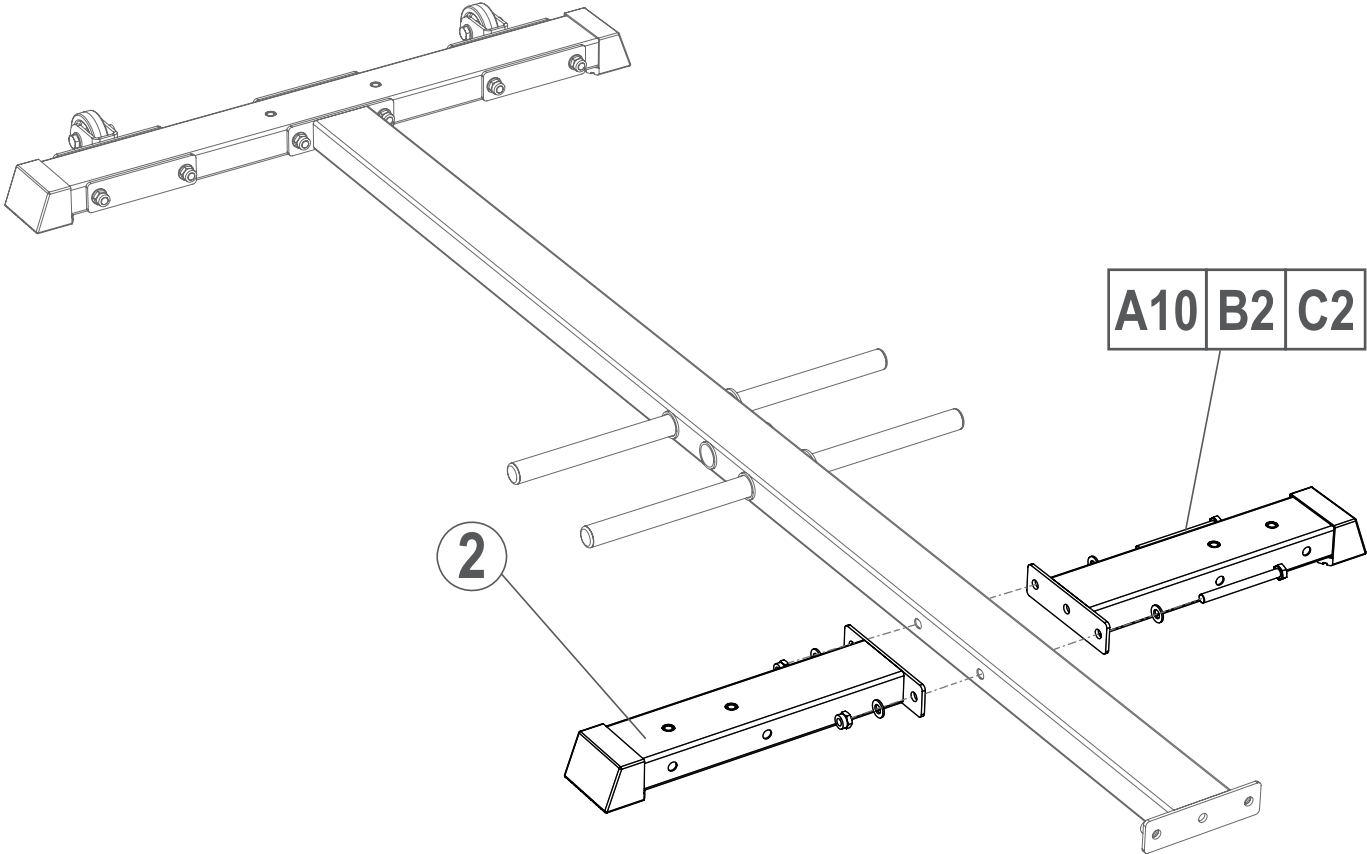


Band Peg - 2 pcs


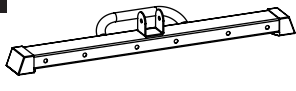

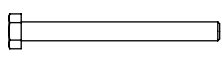




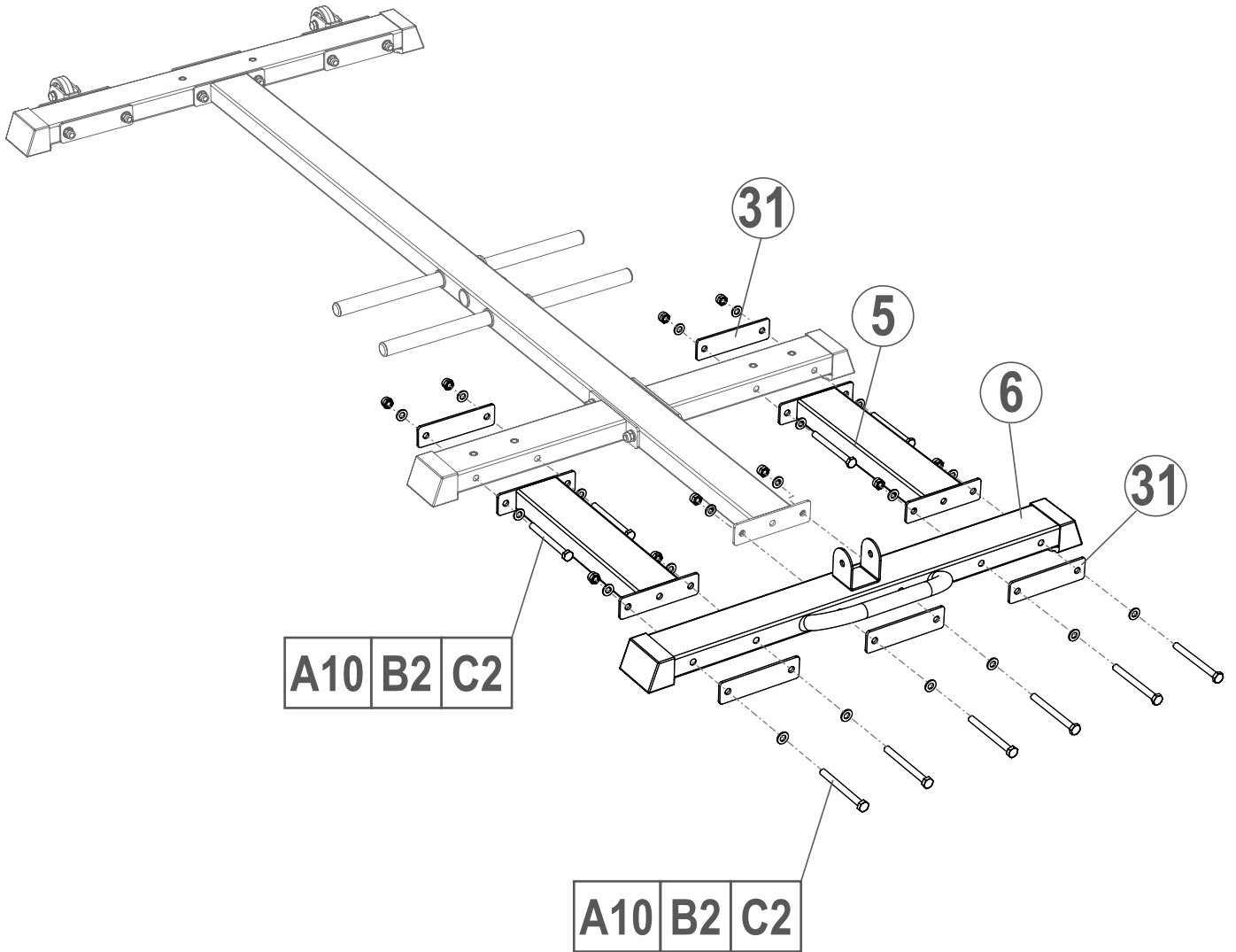
STEP 4

2  Middle Base Tube - 2 pcs	A10  Bolt M10*105 - 2 pcs	C2  M10 Nut - 2 pcs	B2  M10 Washer - 4 pcs
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STEP 5

5  Front Base Tube - 2 pcs	6  Handle Frame Base - 1 pc	31  Reinforcement Plate 40 - 5 pcs	A10  Bolt M10*105 - 10 pcs
C2  M10 Nut - 10 pcs	B2  M10 Washer - 20 pcs		



STEP 6

7



Support Frame - 1 pc

A4

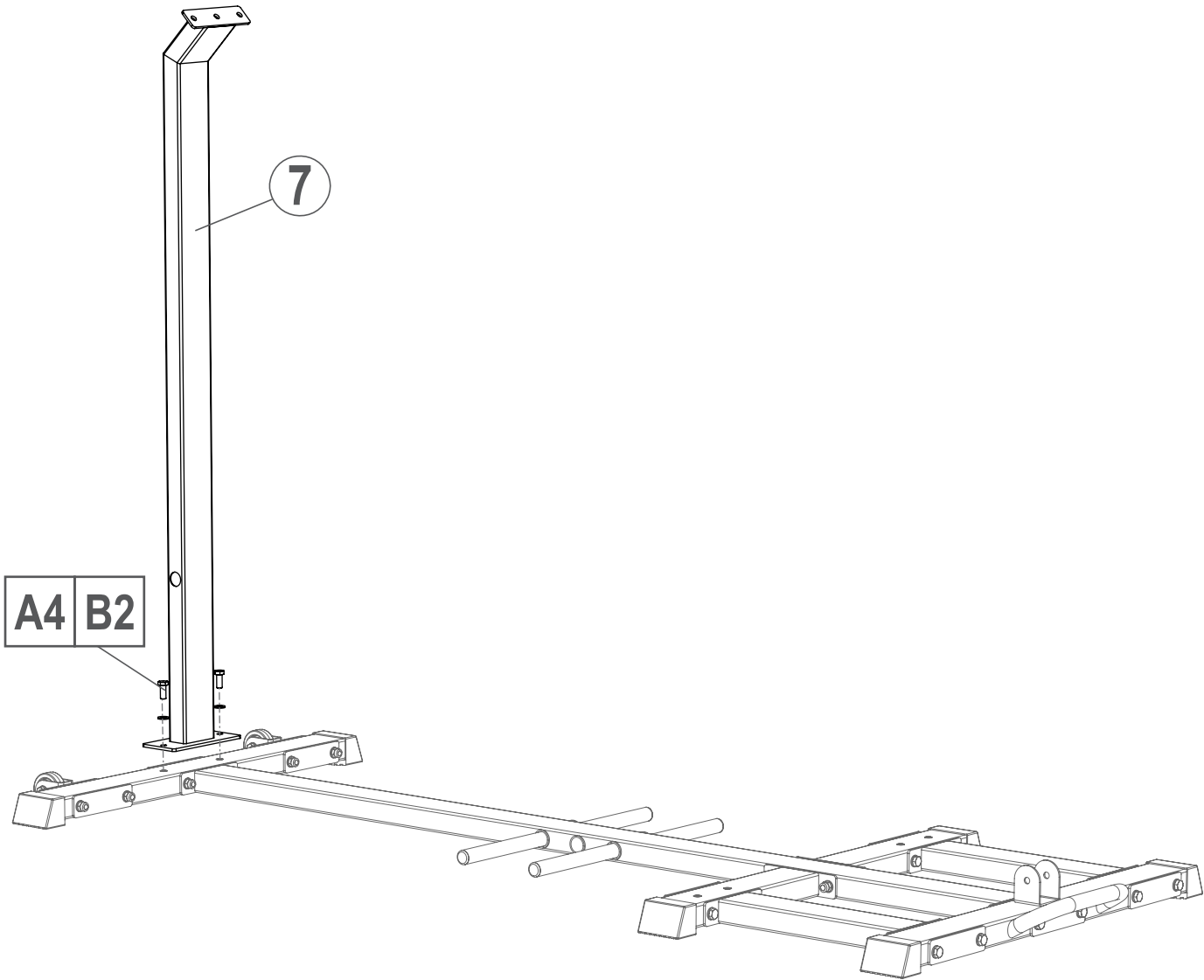


Bolt M10*25 - 2 pcs


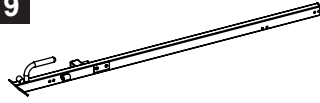
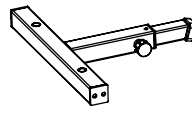
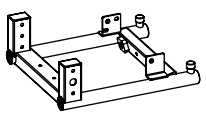
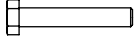

B2

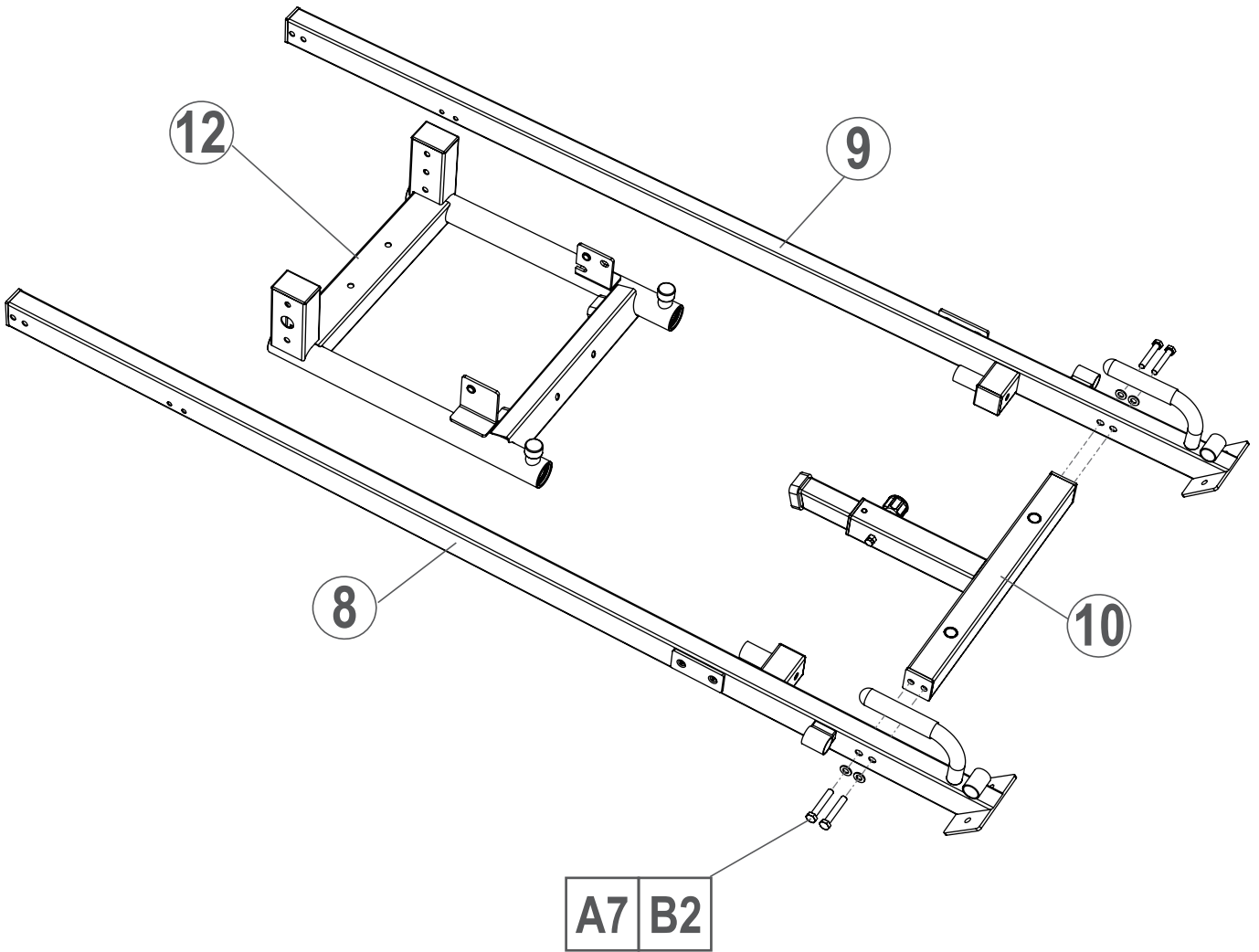


M10 Washer - 2 pcs



STEP 7

8  Left Frame - 1 pc	9  Right Frame - 1 pc	10  Safety Limited Frame - 1 pc	12  Slide Frame - 1 pc
A7  Bolt M10*60 - 4 pcs	B2  M10 Washer - 4 pcs		



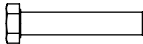
STEP 8

11



Guide Rod - 2 pcs

A12

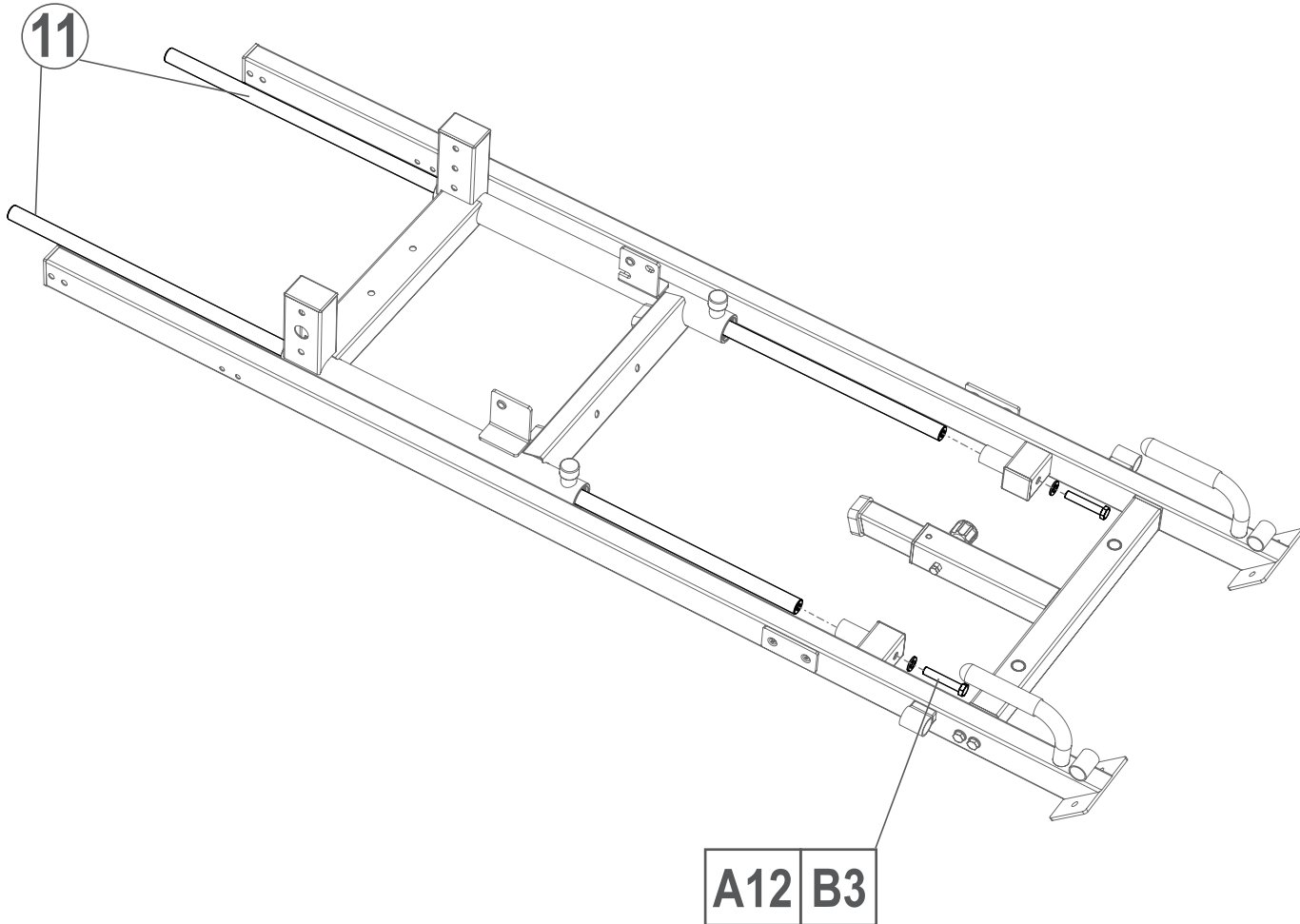


Bolt M12*65 - 2 pcs

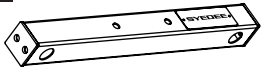

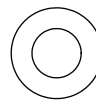
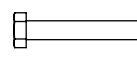

B3

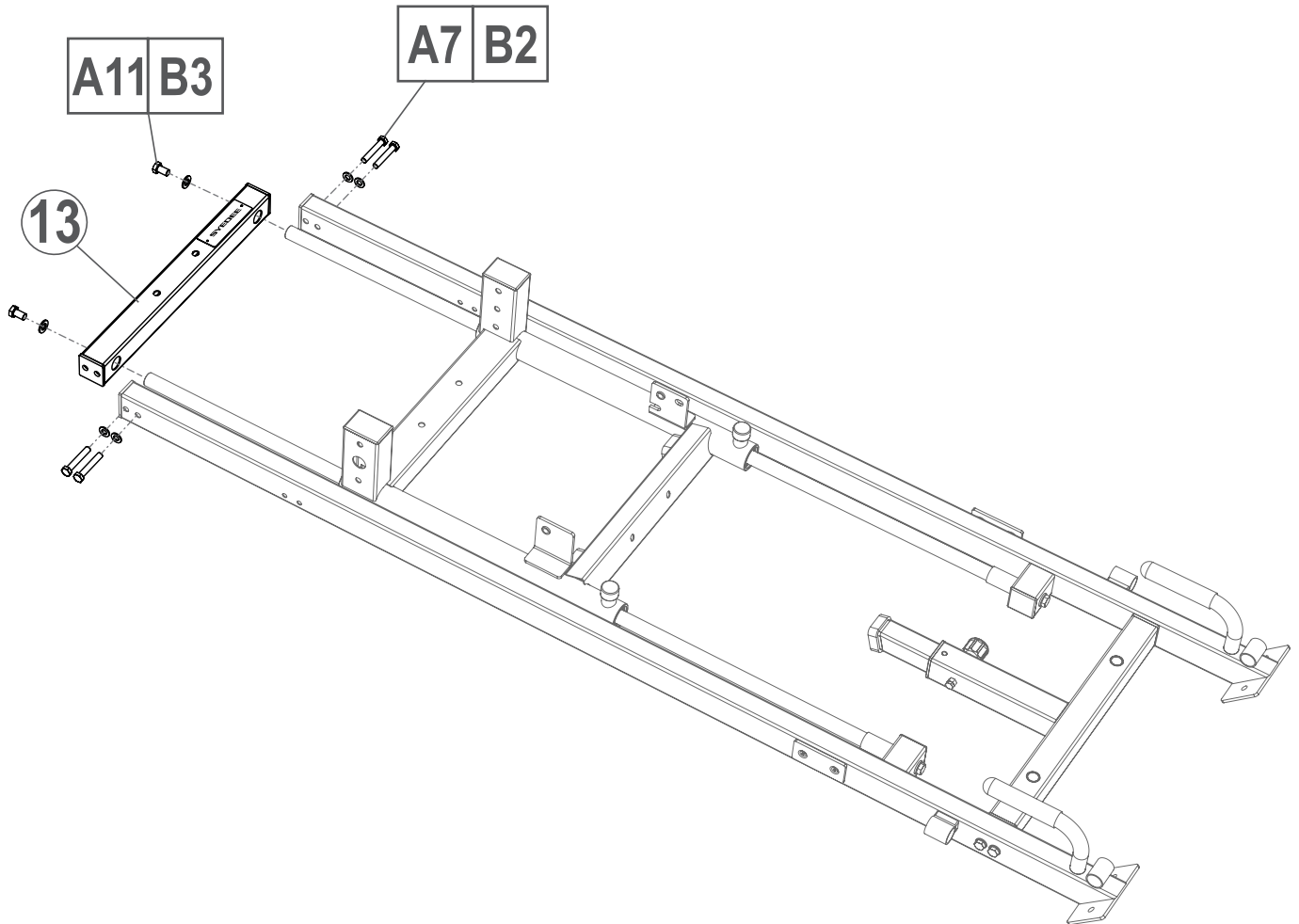


M12 Washer - 2 pcs


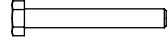





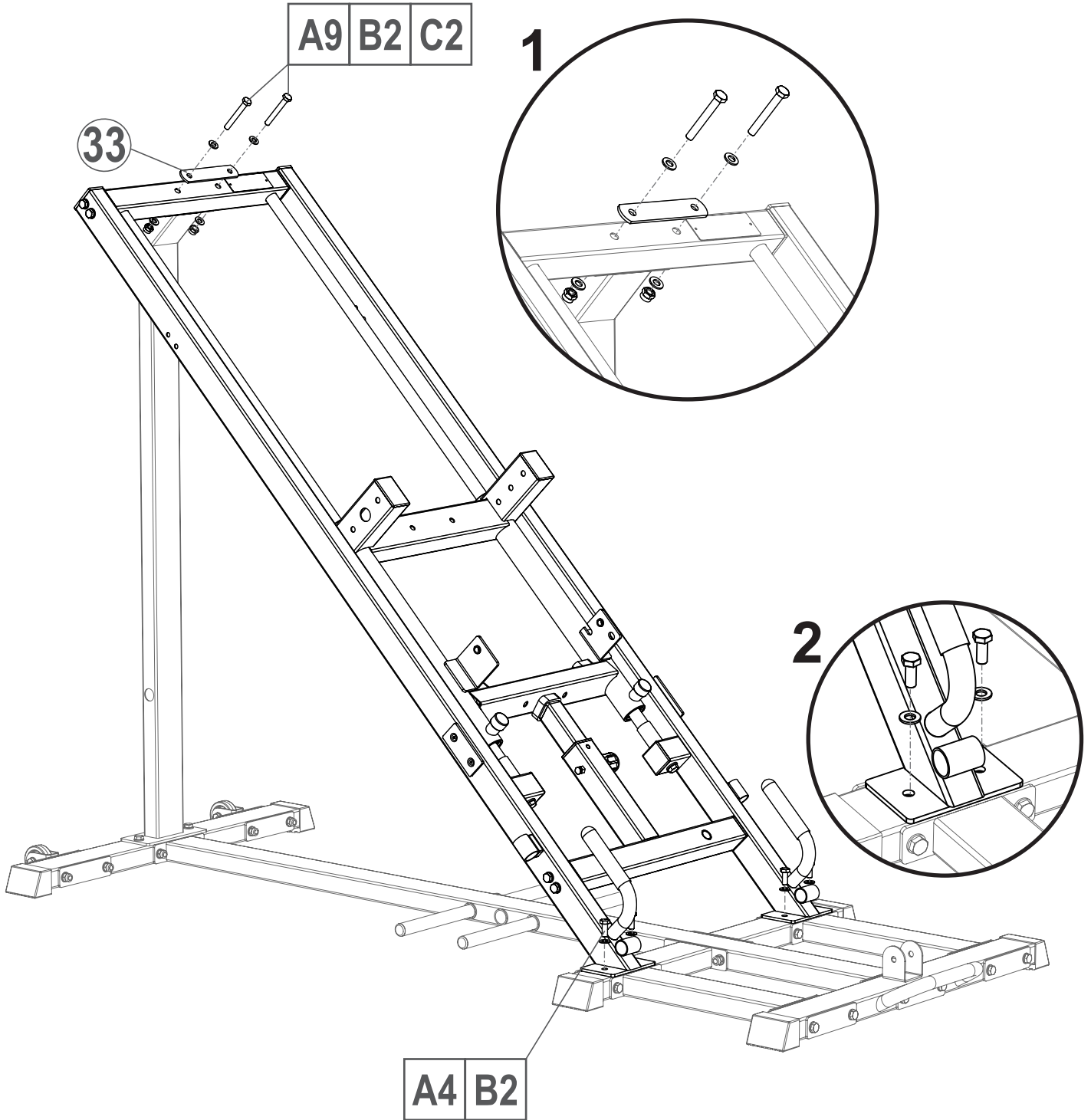
STEP 9

13  Upper Connecting Tube - 1 pc	A11  Bolt M12*25 - 2 pcs	B3  M12 Washer - 2 pcs	A7  Bolt M10*60 - 4 pcs
B2  M10 Washer - 4 pcs			



STEP 10

33  Reinforcement Plate 30 - 1 pc	A9  Bolt M10*75 - 2 pcs	B2  M10 Washer - 8 pcs	C2  M10 Nut - 2 pcs
A4  Bolt M10*25 - 4 pcs			



STEP 11

14

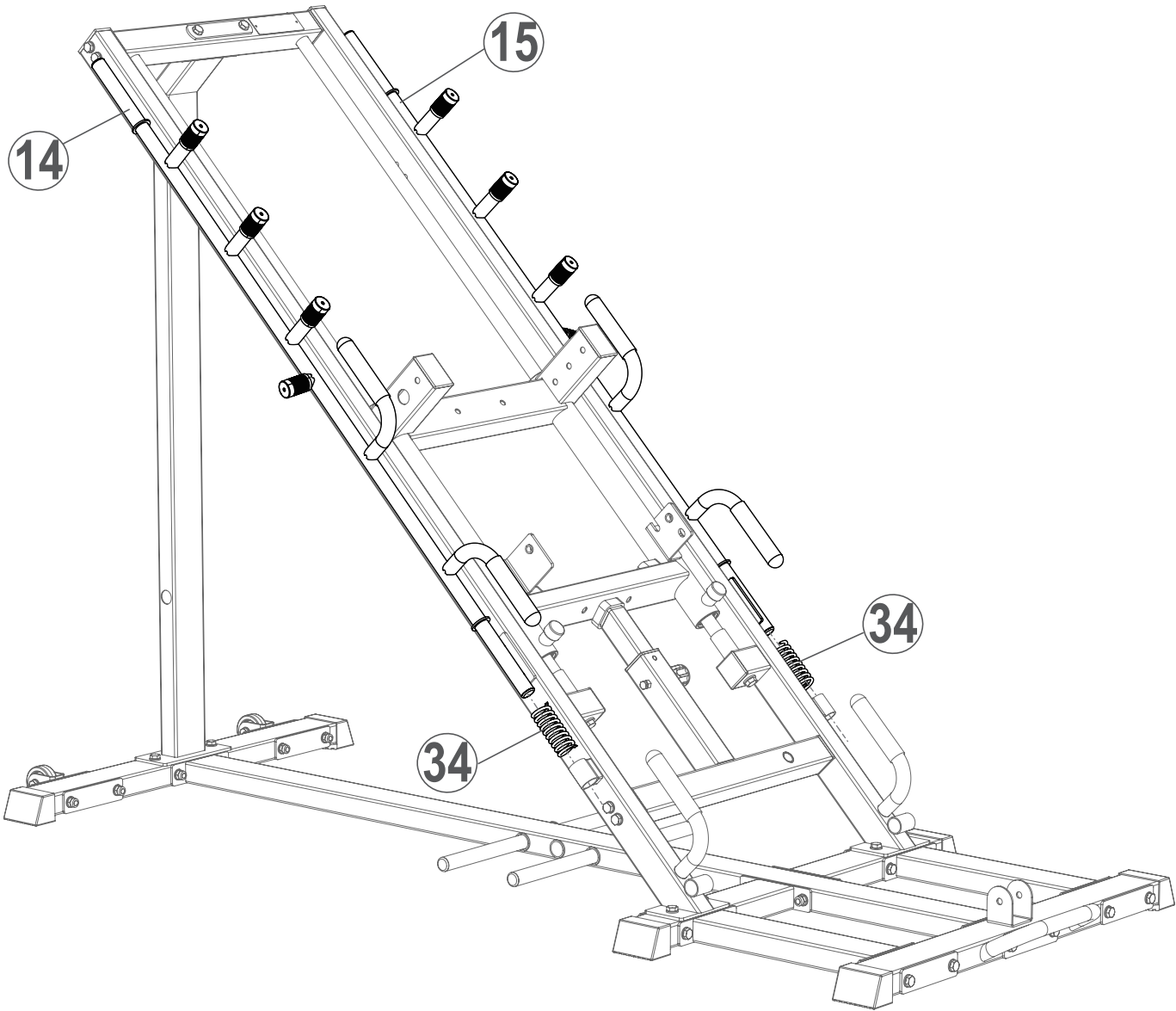
Stopper Handle Left -1 pc

15

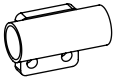
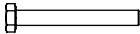


Stopper Handle Right -1 pc

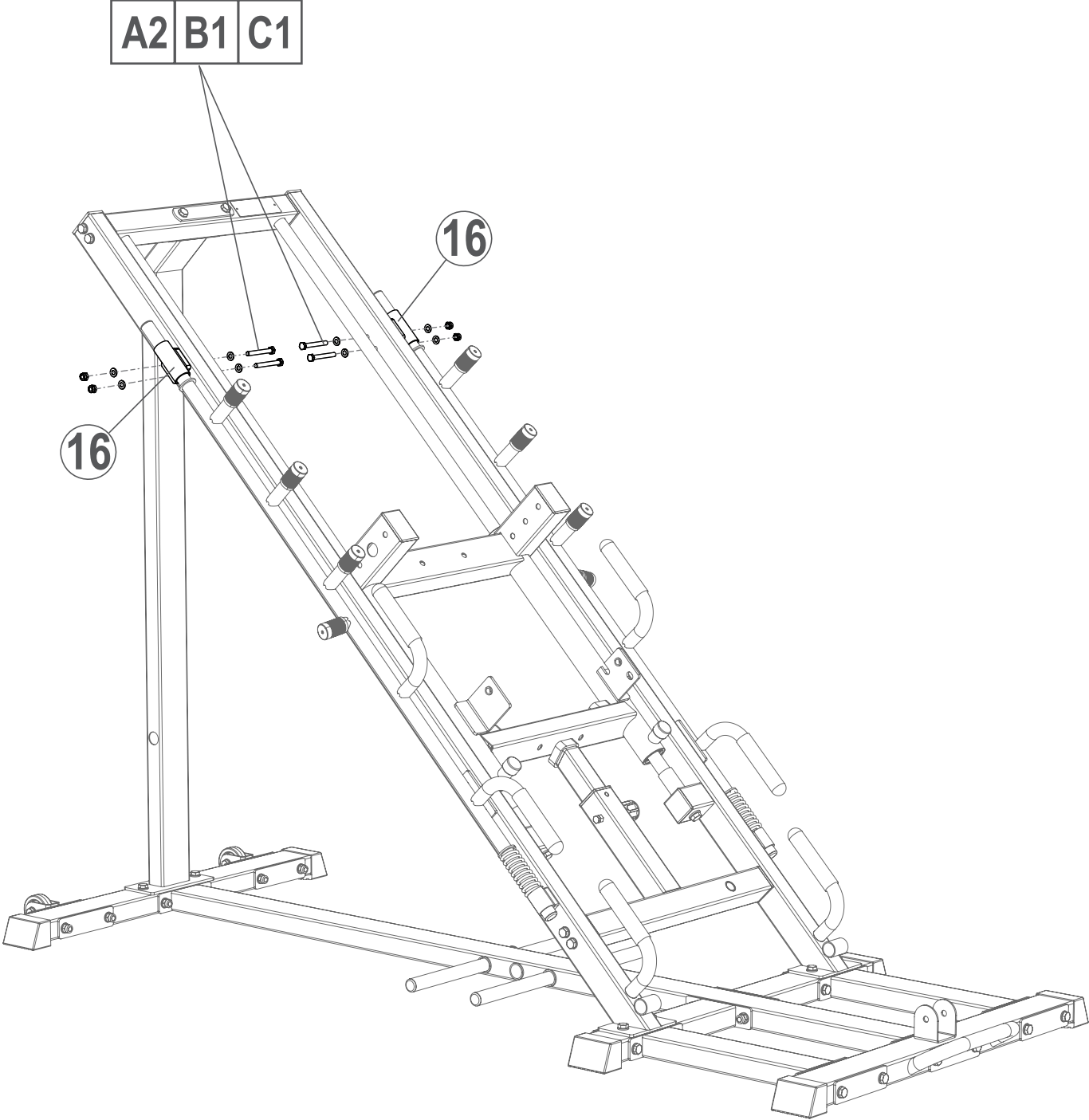
34

Spring - 2 pcs



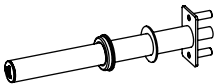
STEP 12

16  Slider Frame - 2 pcs	A2  Bolt M8*65 - 4 pcs	B1  M8 Washer - 8 pcs	C1  M8 Nut - 4 pcs
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STEP 13

17



Upper Weight Holder - 2 pcs

A4

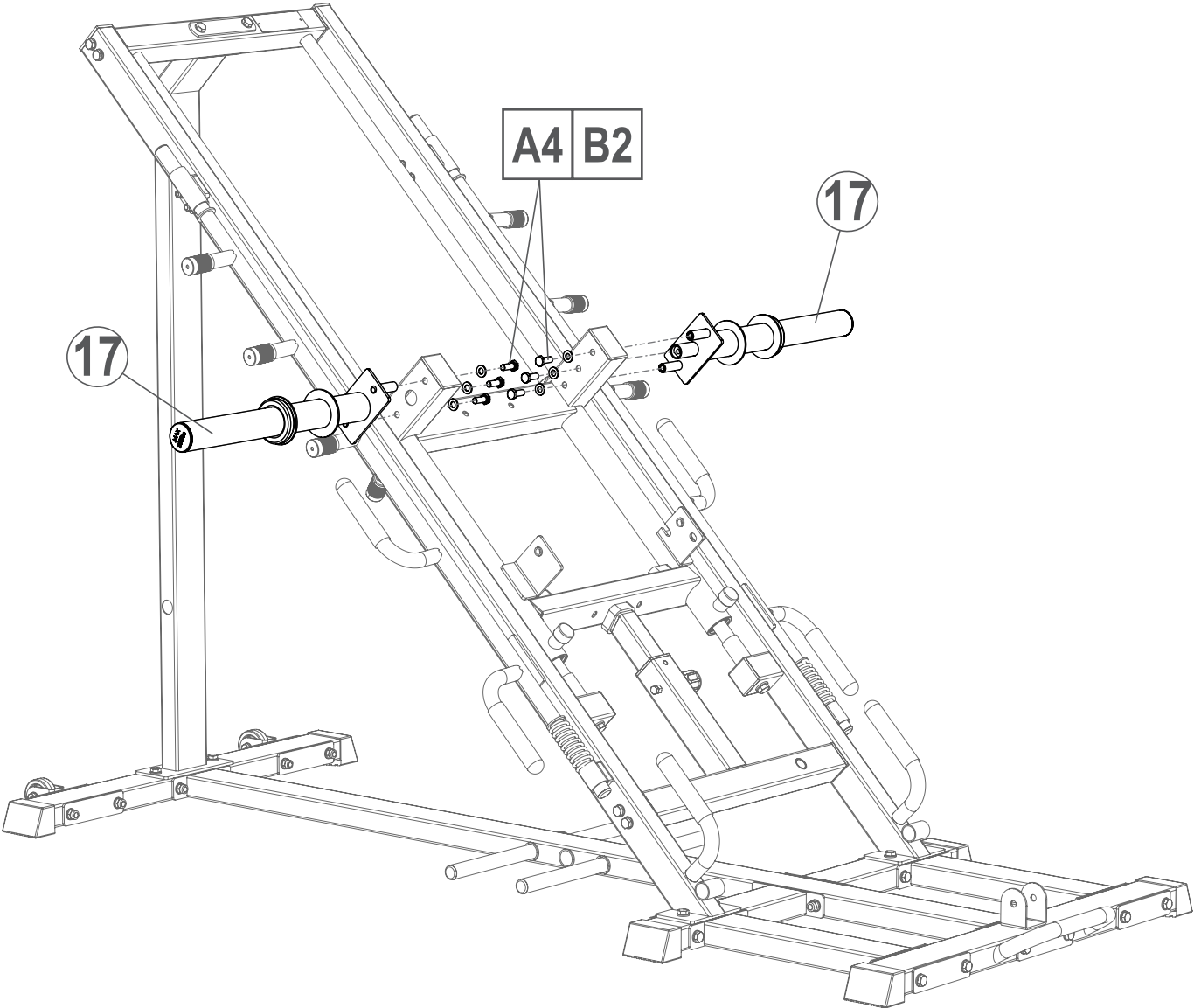


Bolt M10*25 - 6 pcs

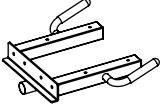
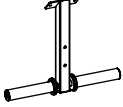



B2

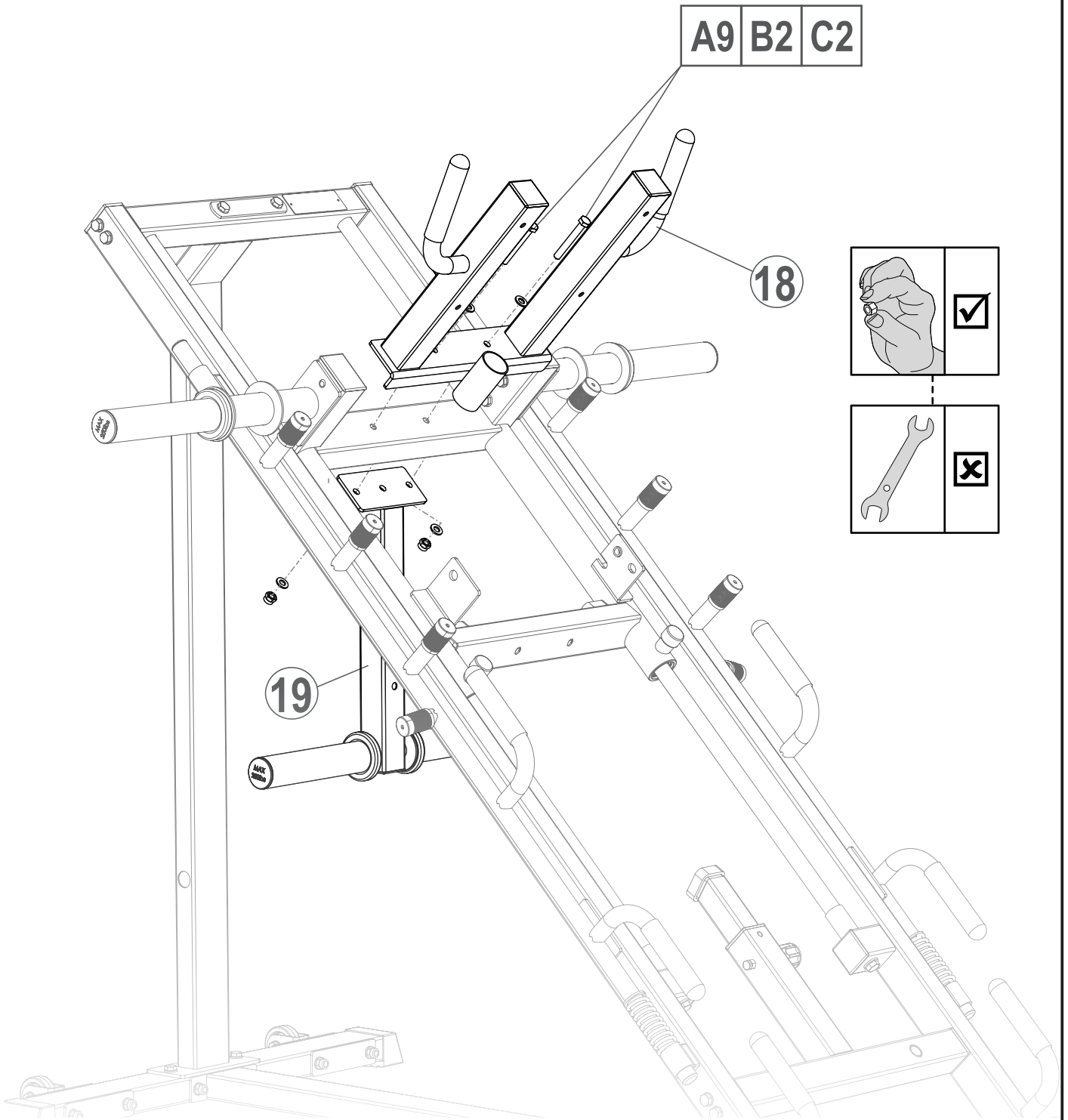


M10 Washer - 6 pcs



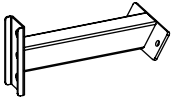
STEP 14

18  Handrail Frame - 1 pc	19  Below Weight Holder - 1 pc	A9  Bolt M10*75 - 2 pcs	B2  M10 Washer - 4 pcs
C2  M10 Nut - 2 pcs			



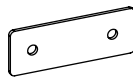
STEP 15

20



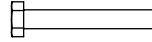
Short Connecting Tube - 1 pc

32



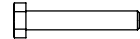
Reinforcement Plate 50 - 1 pc

A9



Bolt M10*75 - 2 pcs

A7



Bolt M10*60 - 2 pcs

B2

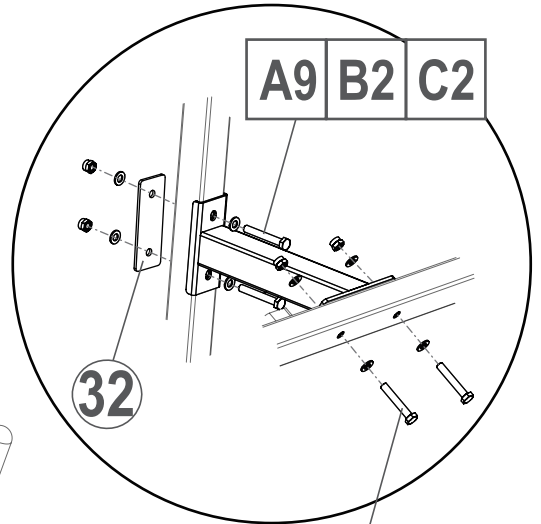


M10 Washer - 8 pcs

C2



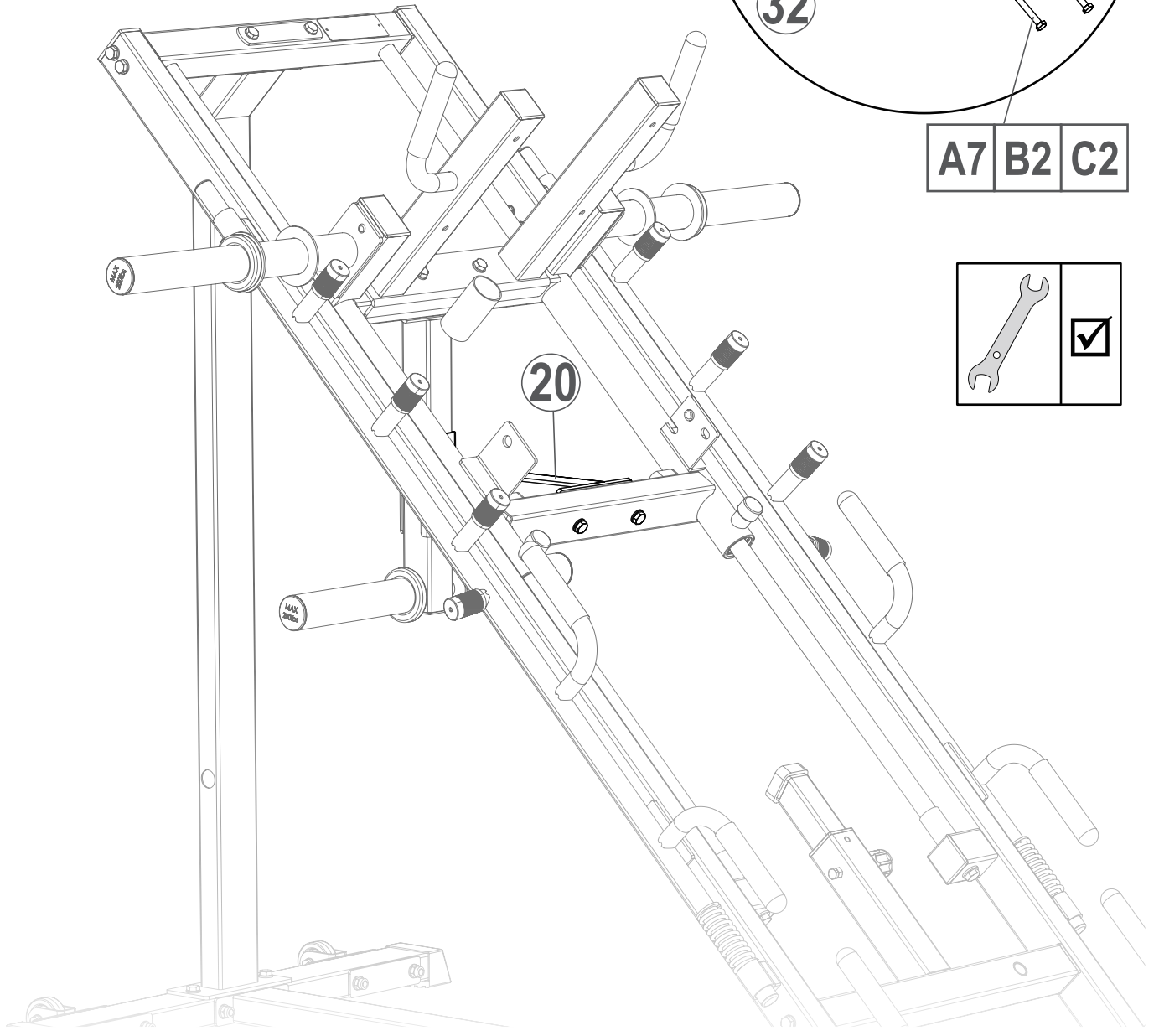
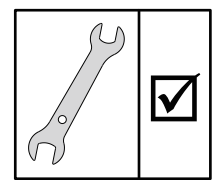
M10 Nut - 4 pcs



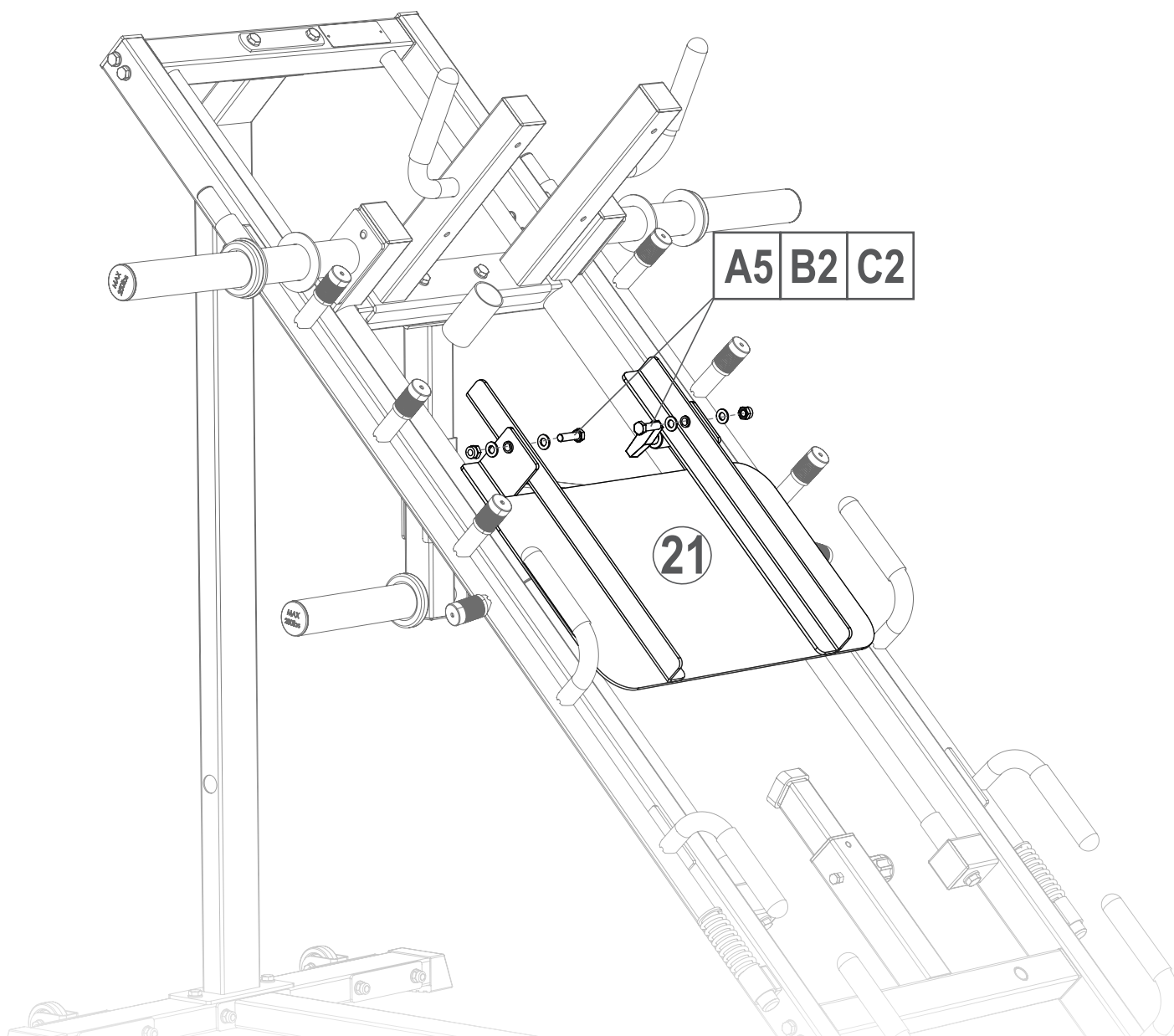
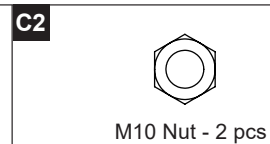
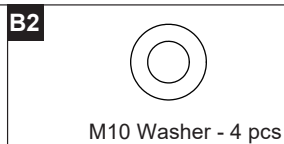
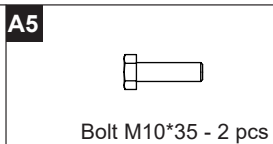
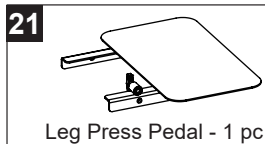
A9 B2 C2

32

A7 B2 C2

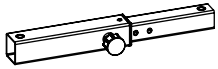


STEP 16



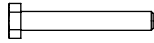
STEP 17

22



Adjustable Frame - 1 pc

A9



Bolt M10*75 - 1 pc

B2

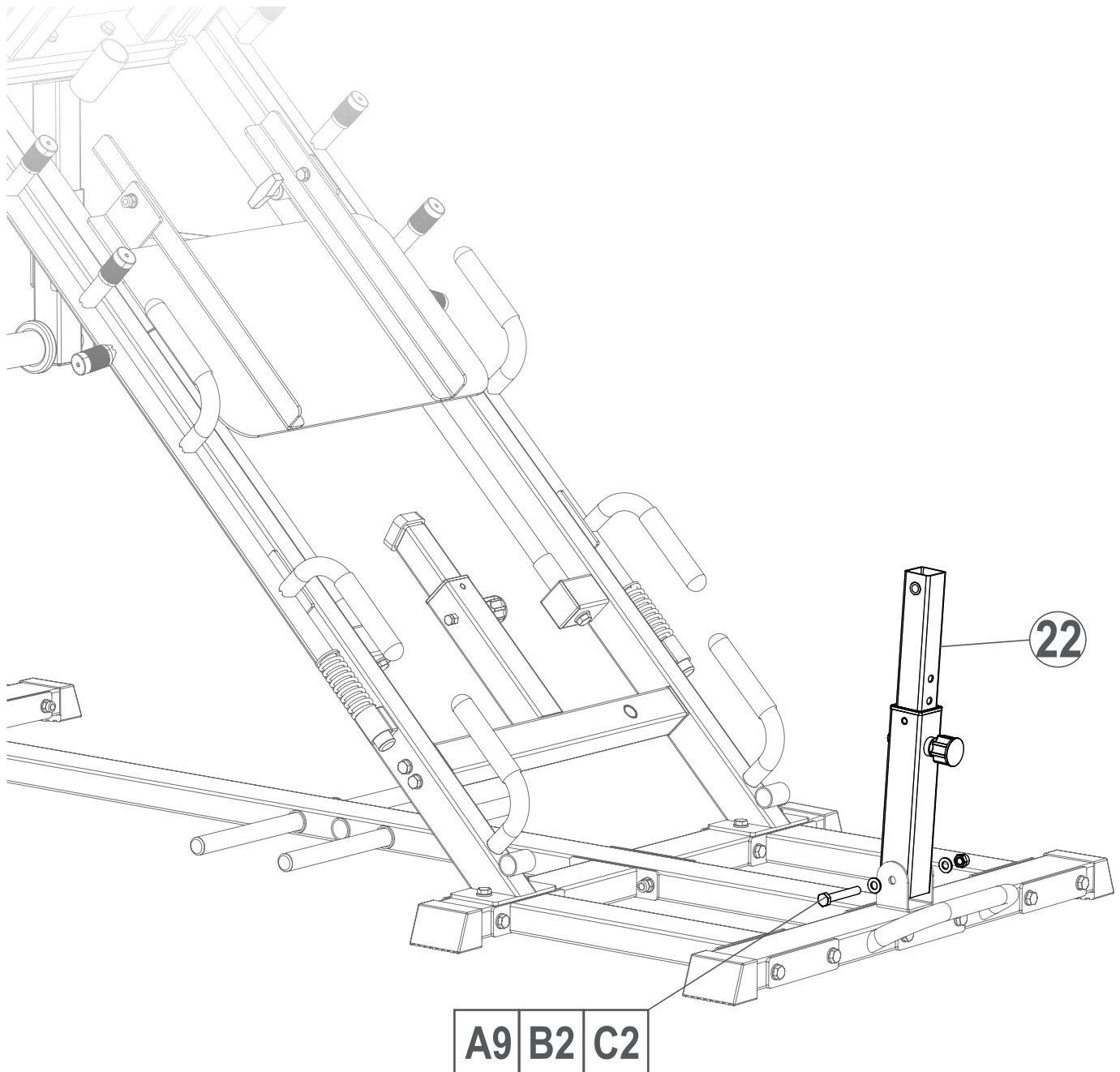


M10 Washer - 2 pcs

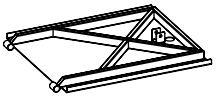

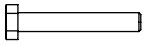
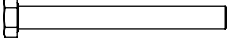




C2

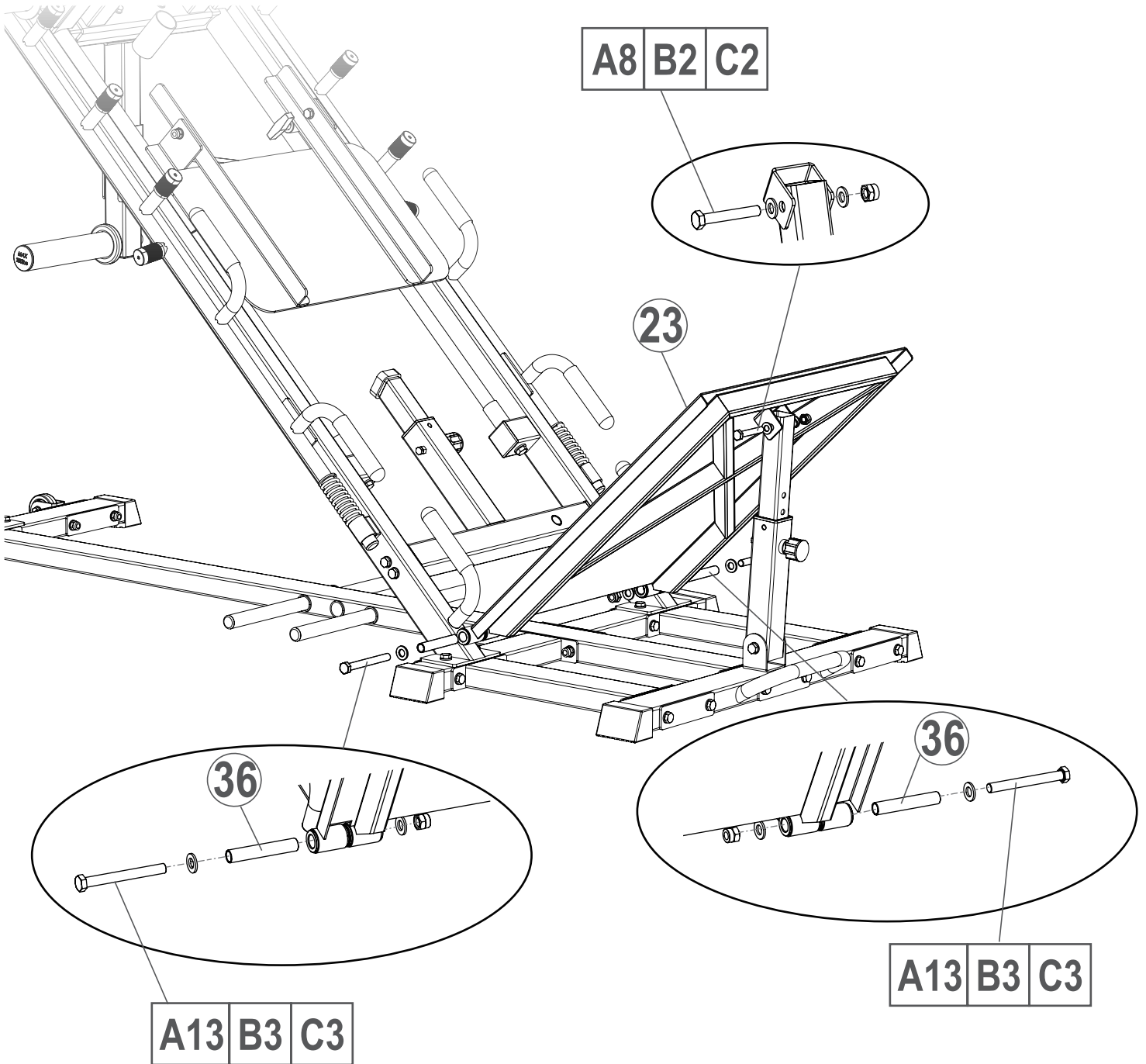


M10 Nut - 1 pc



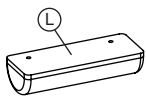
STEP 18

23  Hack Squat Pedal- 1 pc	36  Shaft - 2 pcs	A8  Bolt M10*65 - 1 pc	A13  Bolt M12*110 - 2 pcs
B2  M10 Washer - 2 pcs	C2  M10 Nut - 1 pc	B3  M12 Washer - 4 pcs	C3  M12 Nut - 2 pcs



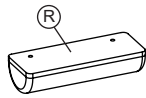
STEP 19

24-1



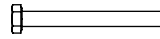
Left Shoulder Cushion - 1 pc

24-2



Right Shoulder Cushion - 1 pc

A3

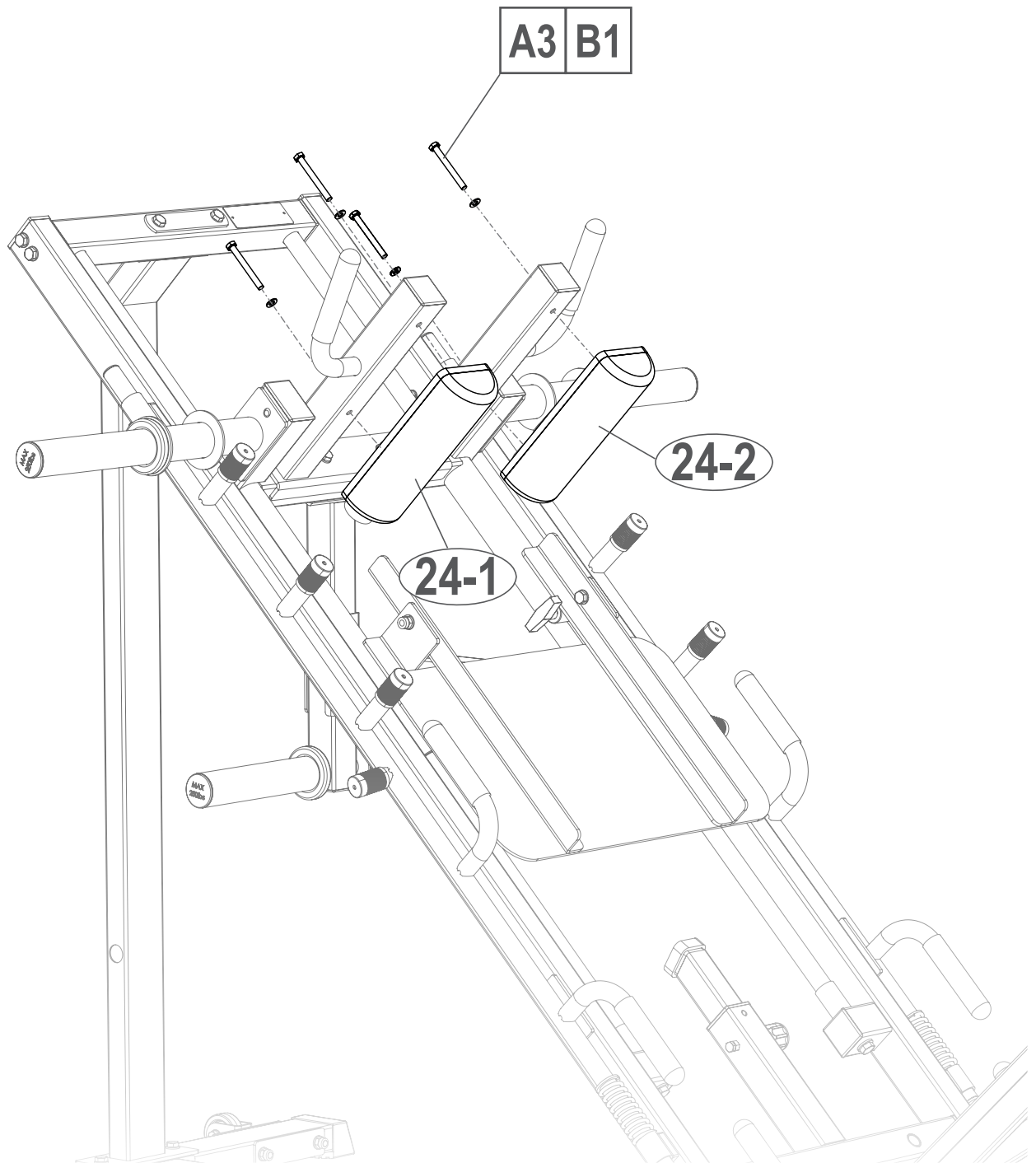


Bolt M8*75 - 4 pcs

B1

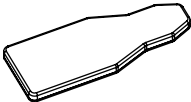


M8 Washer - 4 pcs



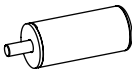
STEP 20

25

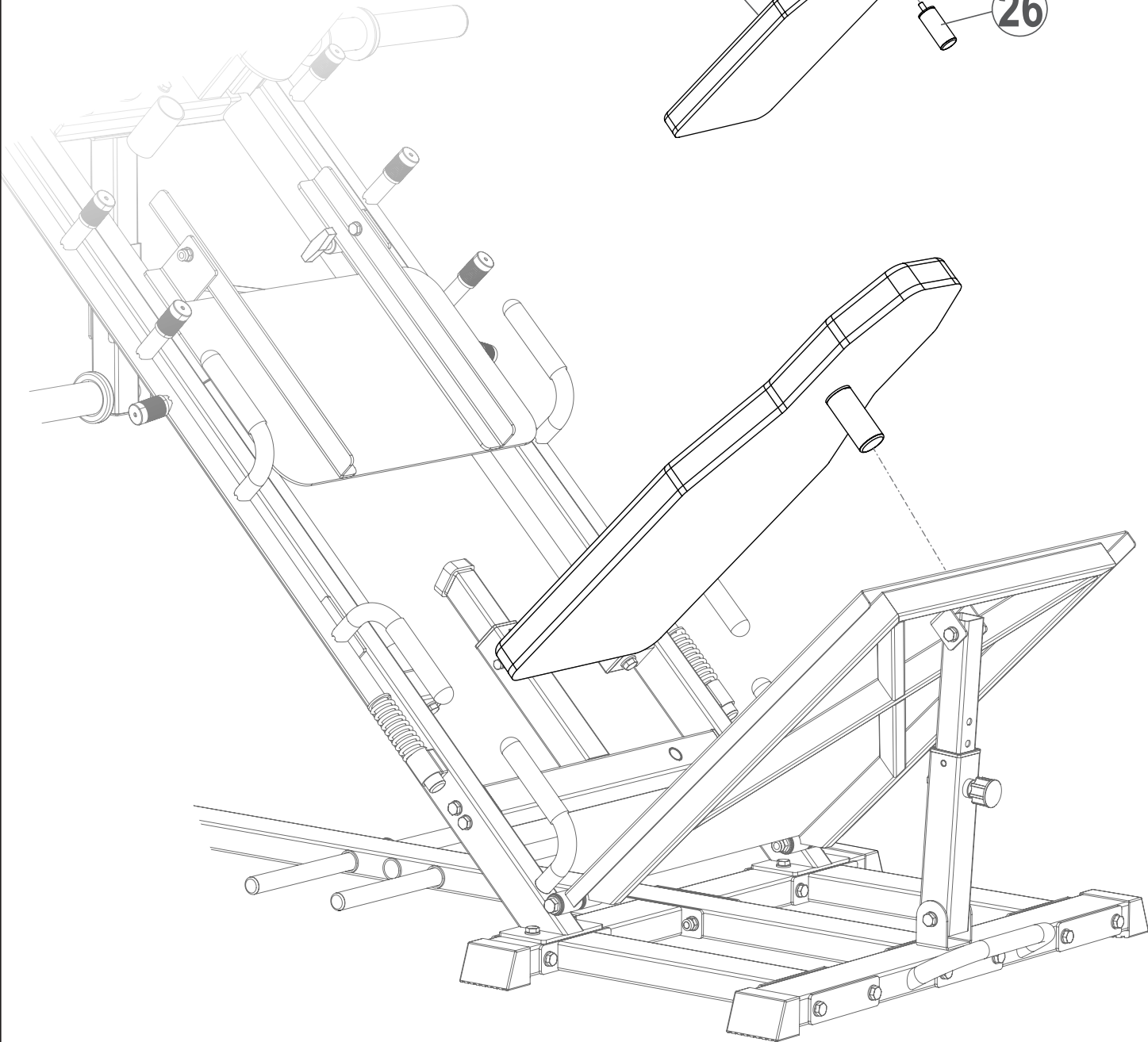
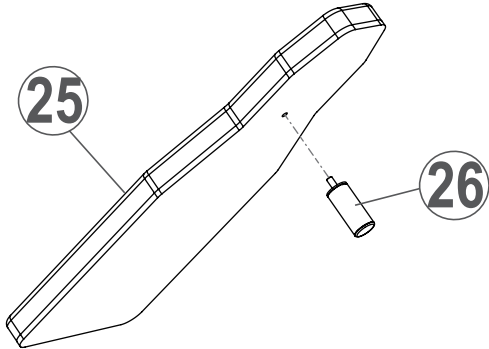


Back Cushion - 1 pc

26

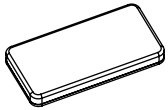


Cushion Fixed Tube - 1 pc



STEP 21

27



Seat Cushion - 1 pc

28

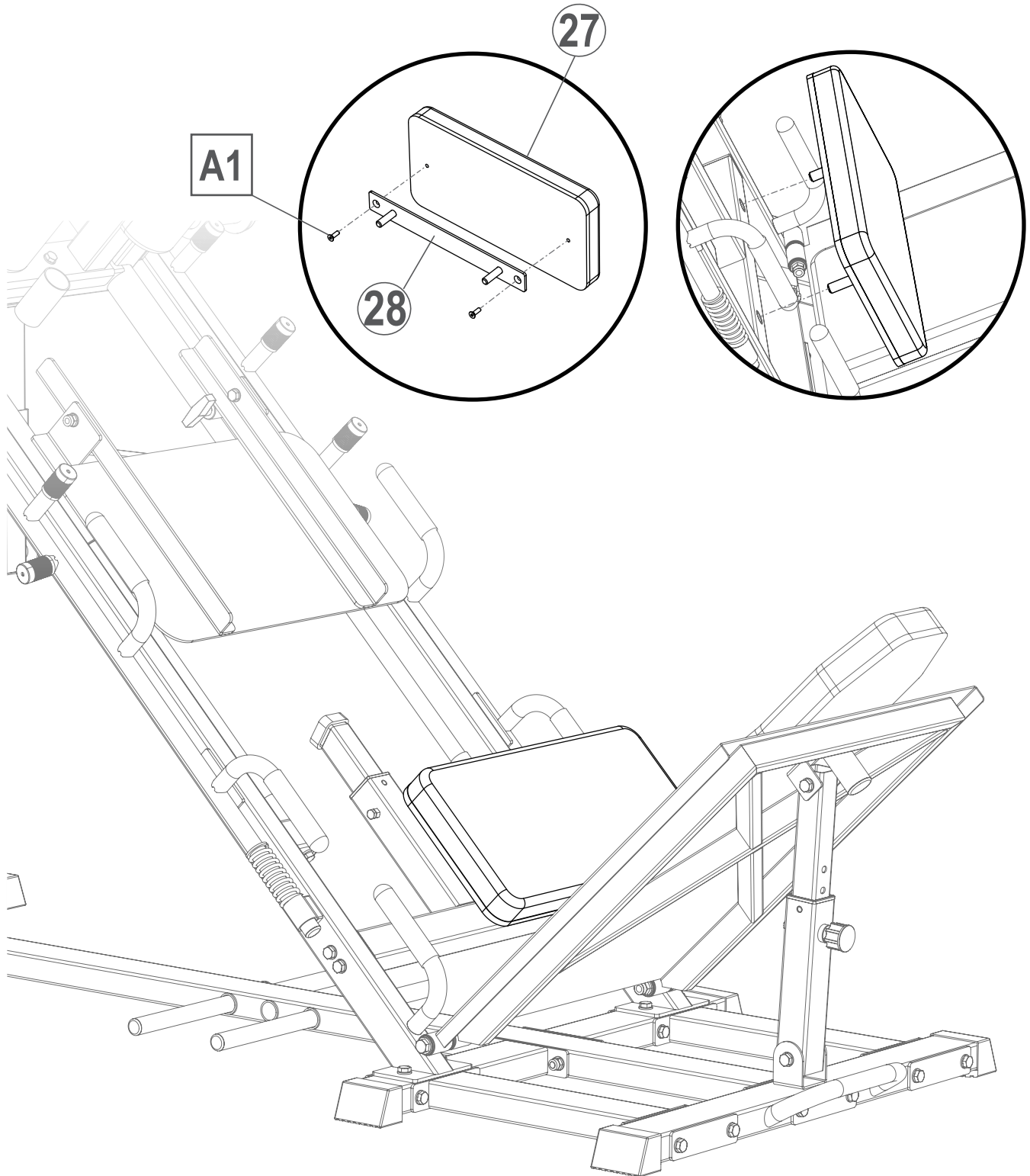


Seat Cushion Supporting Frame
- 1 pc

A1

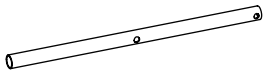


Bolt M8*25 - 2 pcs



STEP 22

29

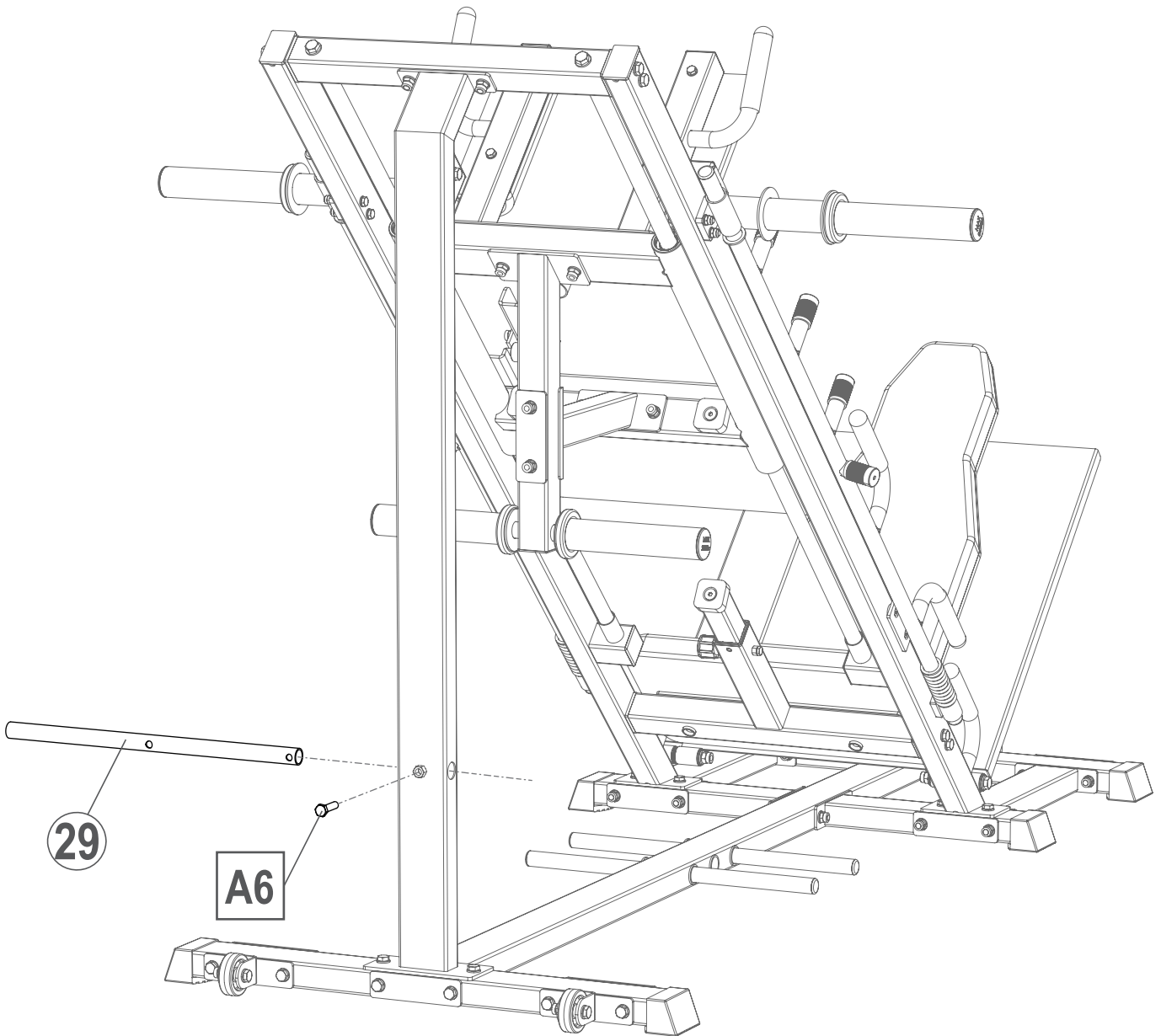


Weight Storage Pin - 1 pc

A6



Bolt M10*40 - 1 pc

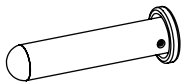


29

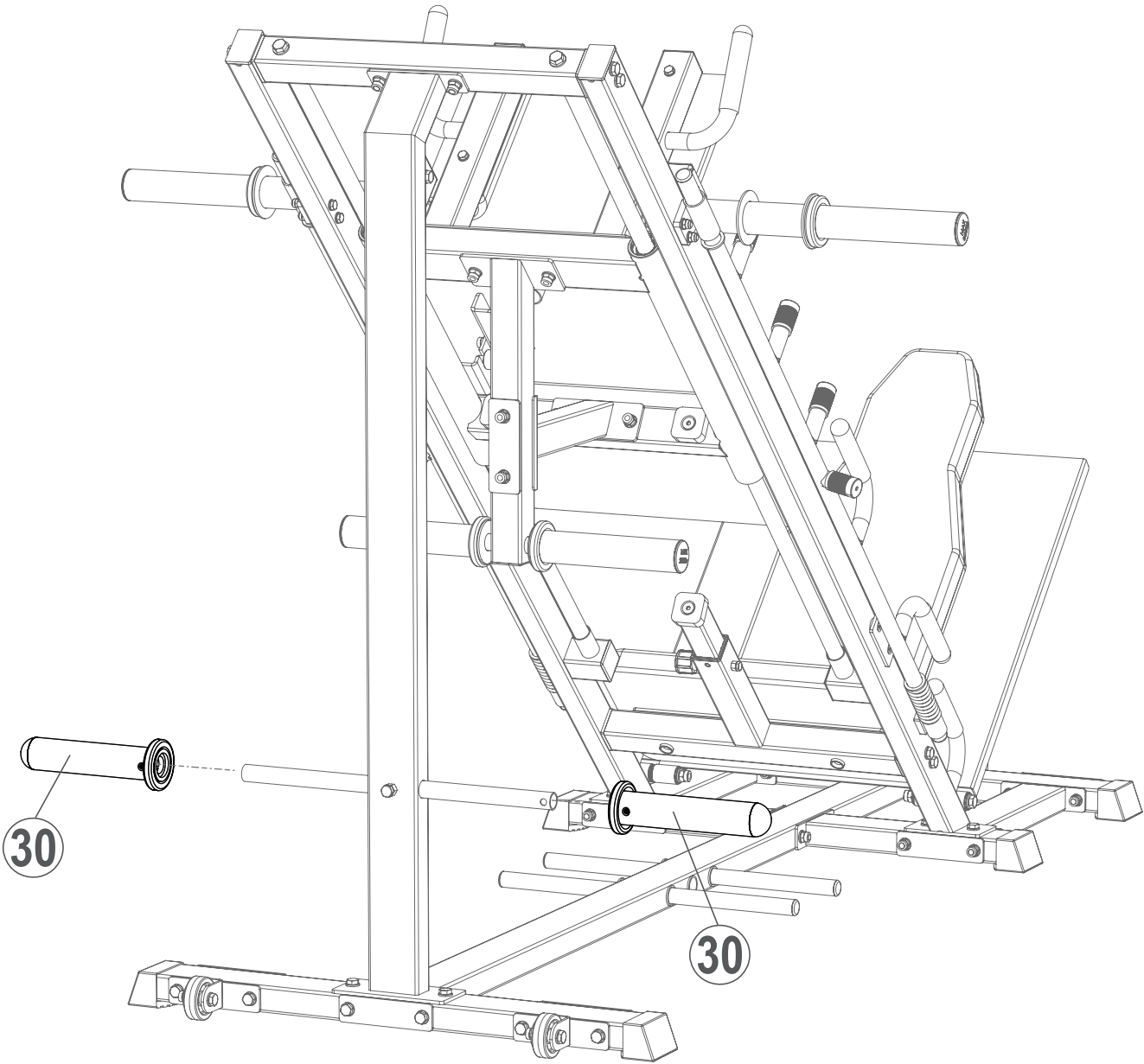
A6

STEP 23

30



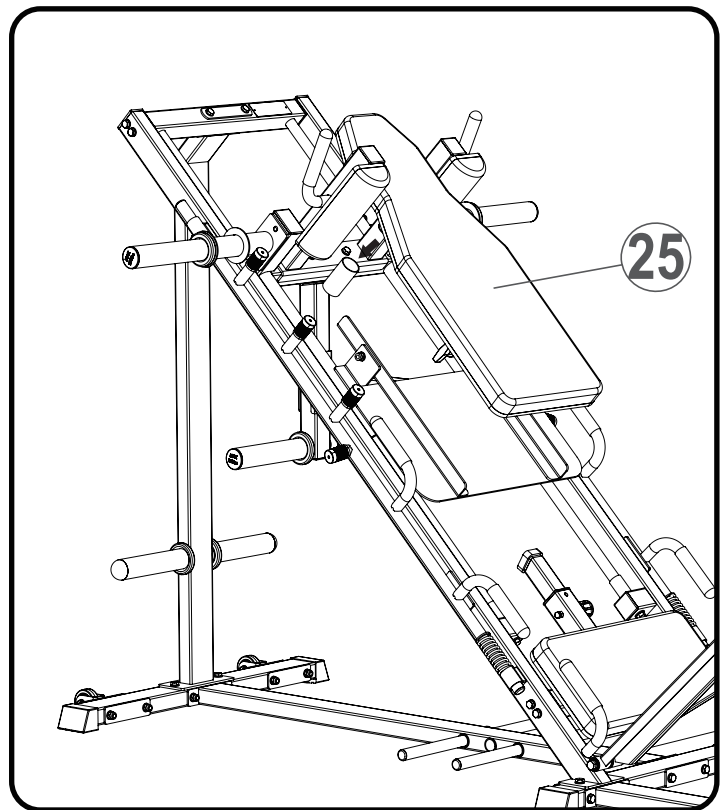
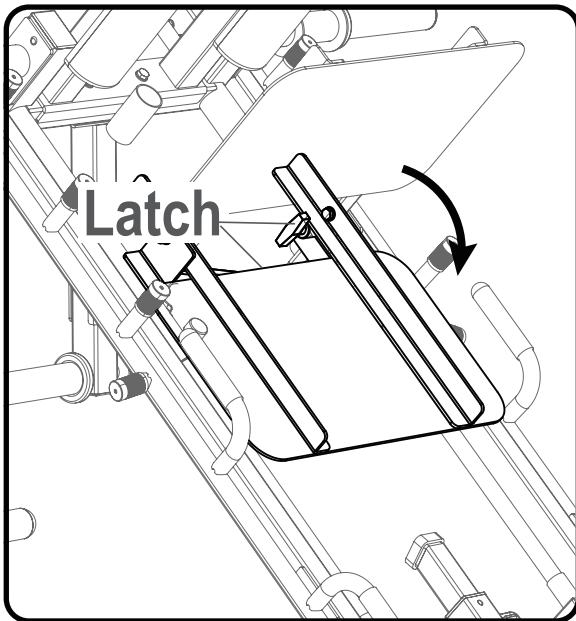
Olympic Adapter - 2 pcs



Adjustment Instructions

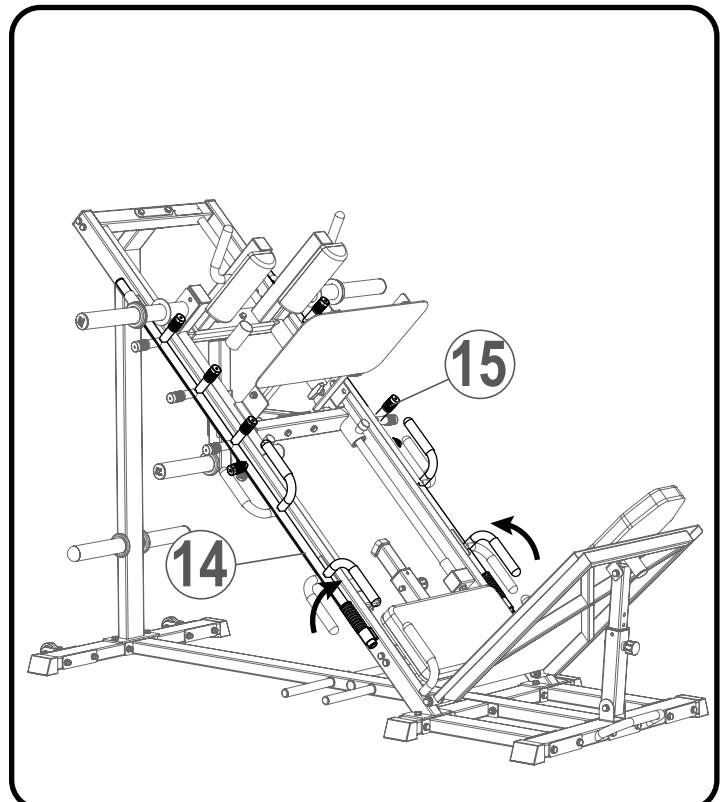
HACK SQUAT

To do the squat, pull out the latch, put the pedal down, and place the Back Cushion (25) in the position as shown.



- **Stop**

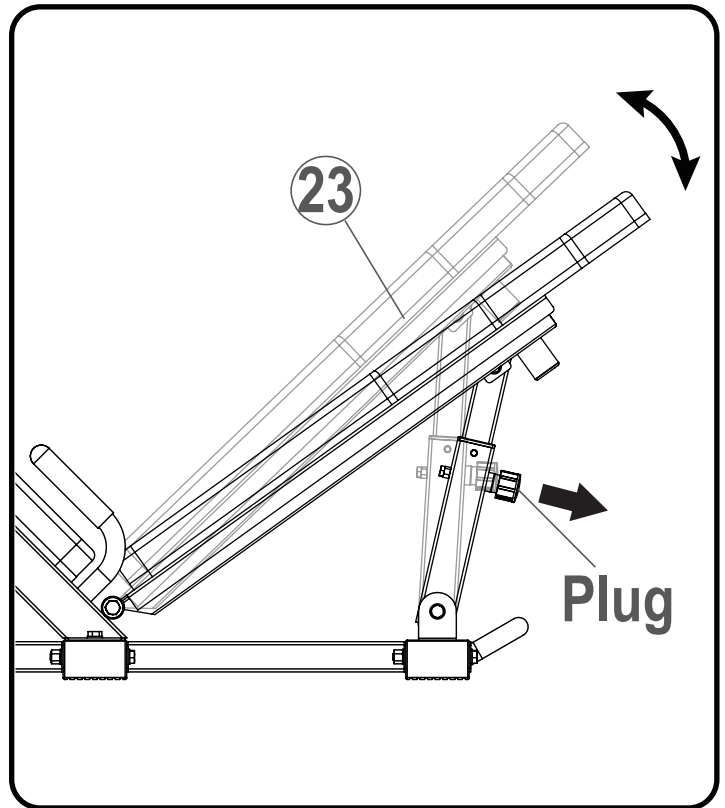
Rotate the Stopper Handle Left (14) and Stopper Handle Right (15) to stop exercising.



Adjustment Instructions

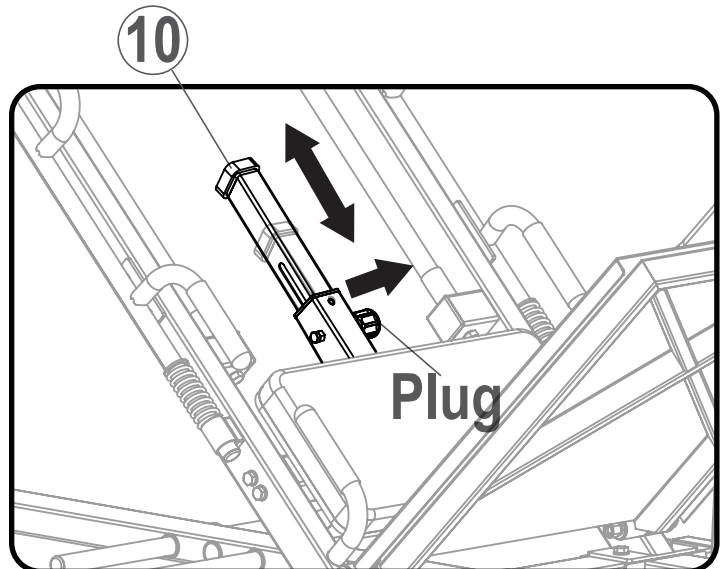
- **Adjust the Hack Squat Pedal**

Pull out the Plug, adjust the Hack Squat Pedal (23).

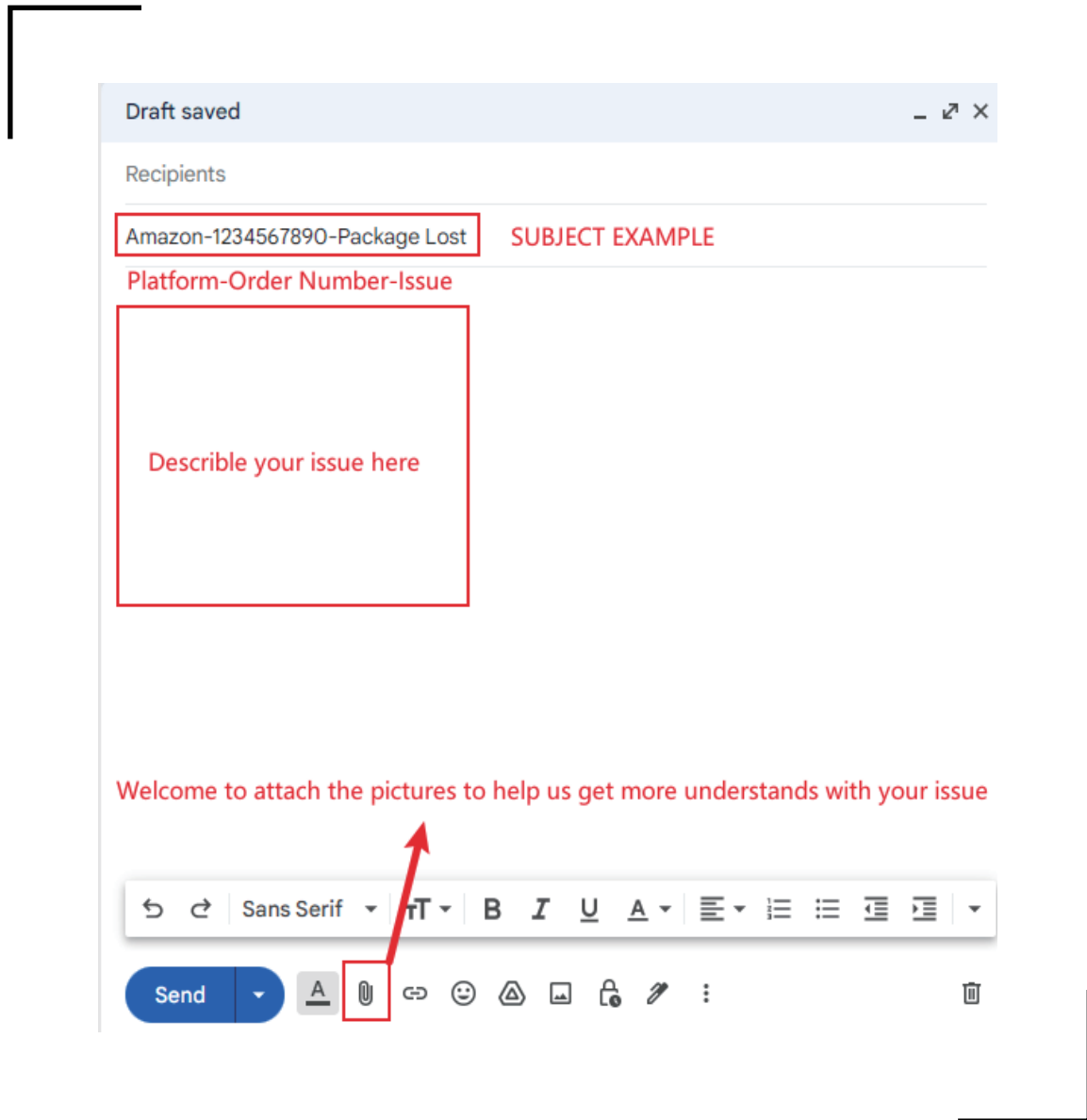


- **Adjust the Safety Limited Frame**

Pull out the Plug, adjust the Safety Limited Frame (10) to get a different point of the Slide Frame.



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.**

syedeegym@gmail.com