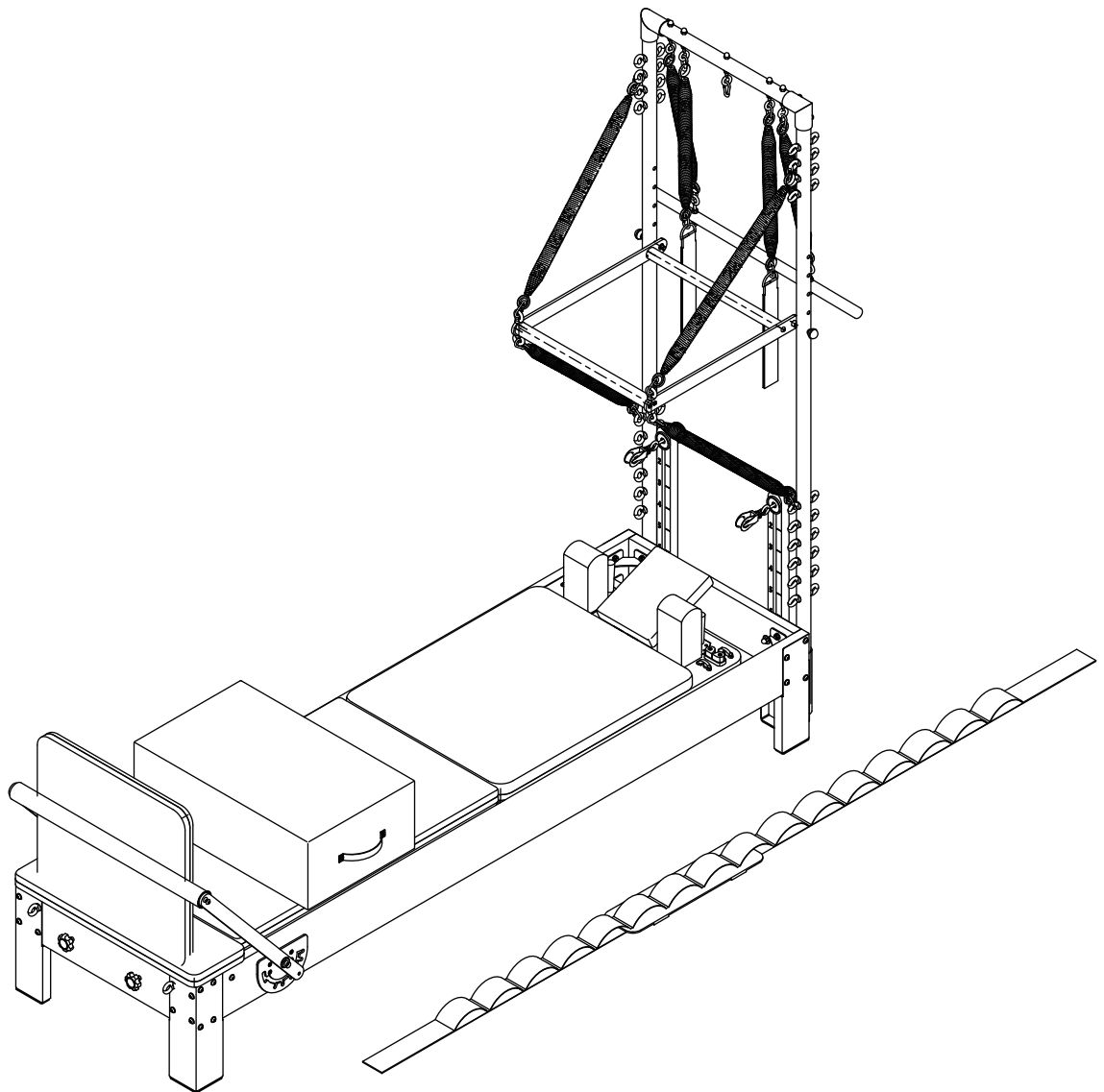


# ORMAISE

## ASSEMBLY INSTRUCTIONS



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

Assembly Caution	-----	3
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After-Sale Information	-----	29

# 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**



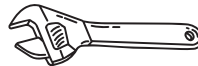
If you are missing any parts, or otherwise have any warranty issues, please contact us first.

## ***Shortcut: A Lot of People Doing That Way***

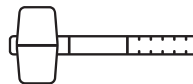
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

## ***The following tools might help you improve your installation experience***

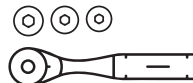
- Adjustable wrenches



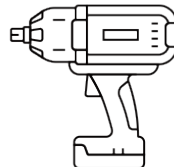
- Rubber hammers



- Socket set



- Electric Wrench



## **WARNING**



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



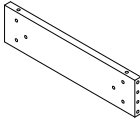
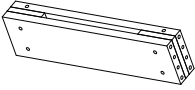

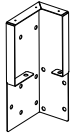
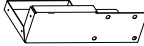
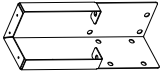
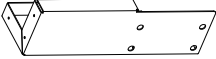
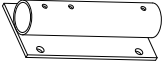


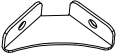
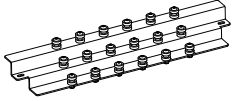
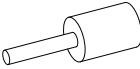
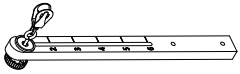






Sharp objects may be involved. Use precaution and protection.

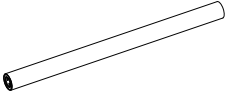


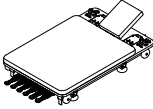
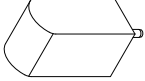

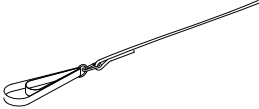
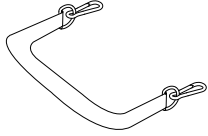
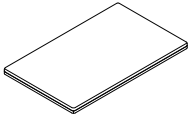
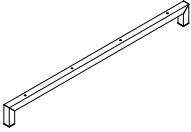
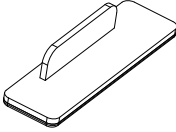
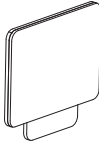
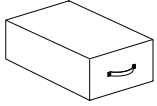
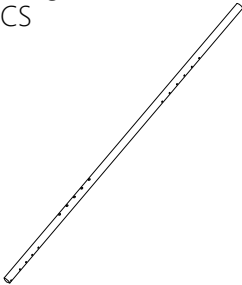
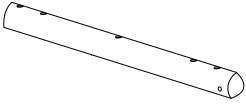




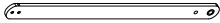


Heavy object. Use lifting aids and proper lifting techniques when moving

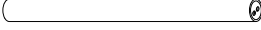








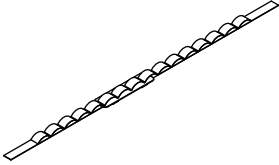


# PART LIST

<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 2 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. Rope 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 2 PCS</p> 

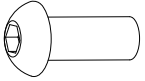

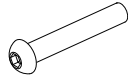
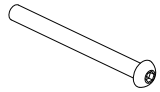

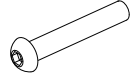
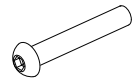
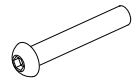

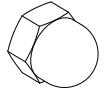
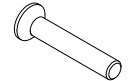
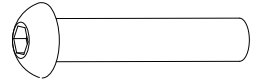

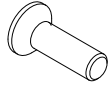




# PART LIST

<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 1 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 2 PCS</p> 	<p>E2. Short Horizontal Tube 1 PC</p> 	<p>E3. Right-angle Elbow 2 PCS</p> 
<p>E4. Long Suspension Ring 7 PCS</p> 	<p>E5. Screw Rod 20 PCS</p> 	<p>E6. Grooved Suspension Ring 40 PCS</p> 	<p>E7. Support Flat Steel 2 PCS</p> 


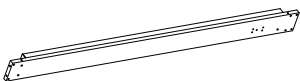
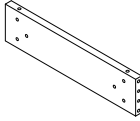


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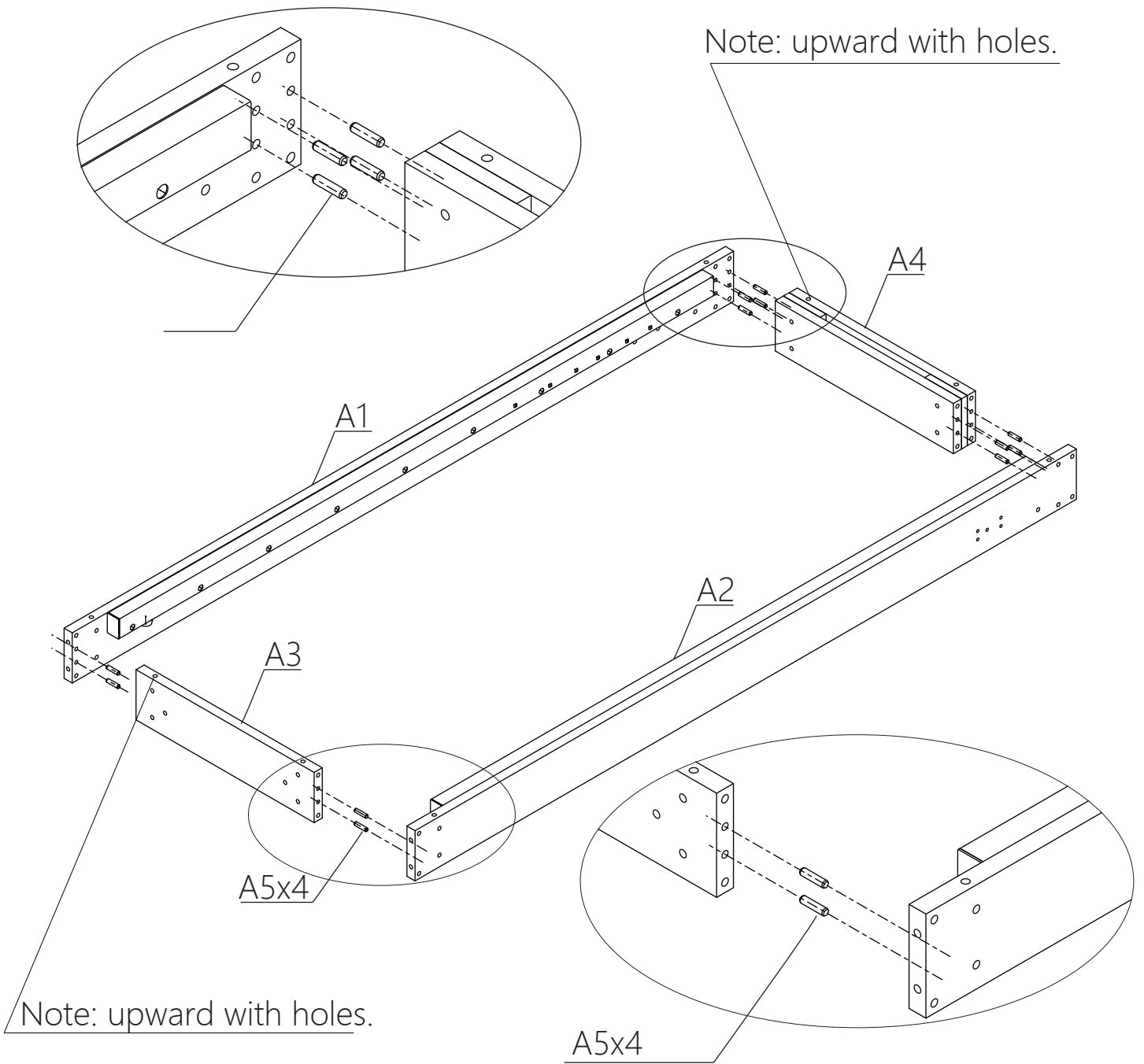
<p>E8. Support Round Tube-A 1 PC</p> 	<p>E9. Support round tube-B 1 PC</p> 	<p>F1. Ball-Headed Pin 2 PCS</p> 	<p>F2. Wooden Round Rod 1 PC</p> 
<p>F3. Spring (Yellow) 2 PCS (606mm)</p> 	<p>F4. Spring (Yellow) 2 PCS (606mm)</p> 	<p>F5. Spring (Green) 2 PCS (466mm)</p> 	<p>F6. Spring (Green) 2 PCS (466mm)</p> 
<p>F7. Strap 2 PCS</p> 	<p>F8. Waist Support Strap 1 PC</p> 	<p>F9. Buckle 17 PCS</p> 	<p>E10. Trough Suspension Ring With Screw (M6) 4 PCS</p> 

# PART LIST

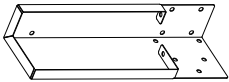



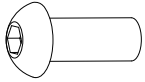

<p>1. Bolt (M8*20mm) 34 PCS</p> 	<p>2. Washer(8mm) 66 PCS</p> 	<p>3. Bolt (M8*50mm) 18 PCS</p> 	<p>4. Bolt (M8*90mm) 2 PCS</p> 
<p>5. Locknut(M8) 20 PCS</p> 	<p>6. Bolt (M8*45mm) 10 PCS</p> 	<p>7. Bolt (M8*75mm) 2 PCS</p> 	<p>8. Bolt (M8*70mm) 2 PCS</p> 
<p>9. Washer(24*8.5mm) 12 PCS</p> 	<p>10. Nut With Cap(M8) 11 PCS</p> 	<p>11. Bolt (M6*35mm) 8 PCS</p> 	<p>12. Bolt (M8*65mm) 2 PCS</p> 
<p>13. Bolt (M8*10mm) 4 PCS</p> 	<p>14. Bolt (M6*16mm) 4 PCS</p> 	<p>15. Bolt (M8*25mm) 2 PCS</p> 	<p>16. Bolt (M8*40mm) 2 PCS</p> 
<p>17. Flange Nut (M8) 7 PCS</p> 	<p>18. Washer(6mm) 24 PCS (Standby)</p> 		

# STEP: 1

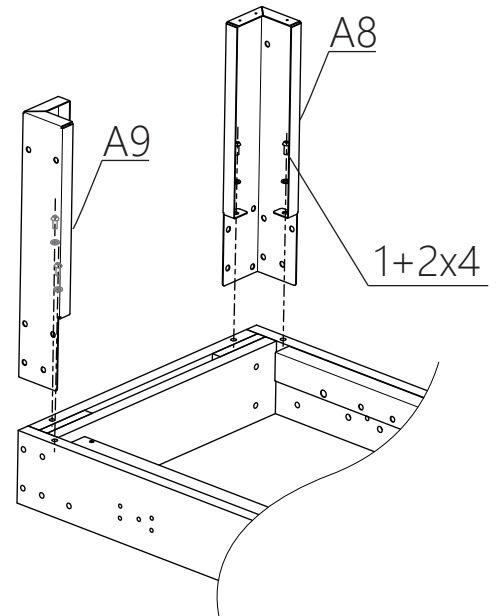
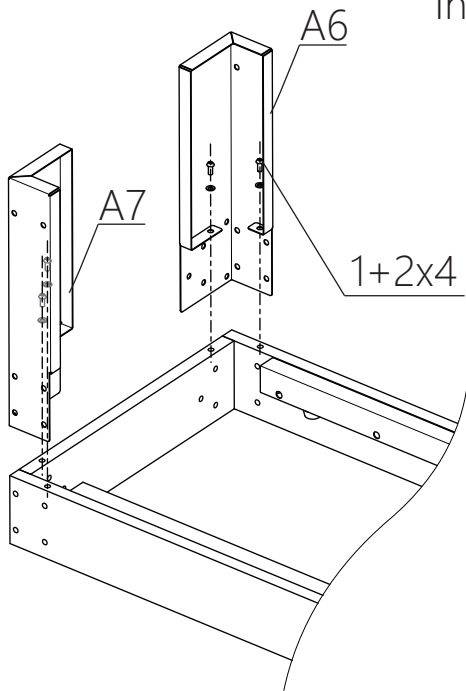
A1. Left Main Frame 1 PC 	A2. Right Main Frame 1 PC 	A3. Front Main Frame 1 PC 	A4. Rear Main Frame 1 PC 
A5. Positioning Pins 12 PCS 			



# STEP: 2



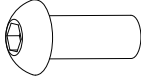

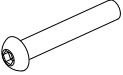
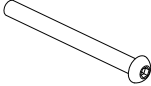

A6. Front Left Support Leg 1 PC 	A7. Front Right Support Leg 1 PC 	A8. Rear Left Support Leg 1 PC 	A9. Rear Right Support Leg 1 PC 
1. Bolt (M8*20mm) 8 PCS 	2 .Washer(8mm) 8 PCS 		

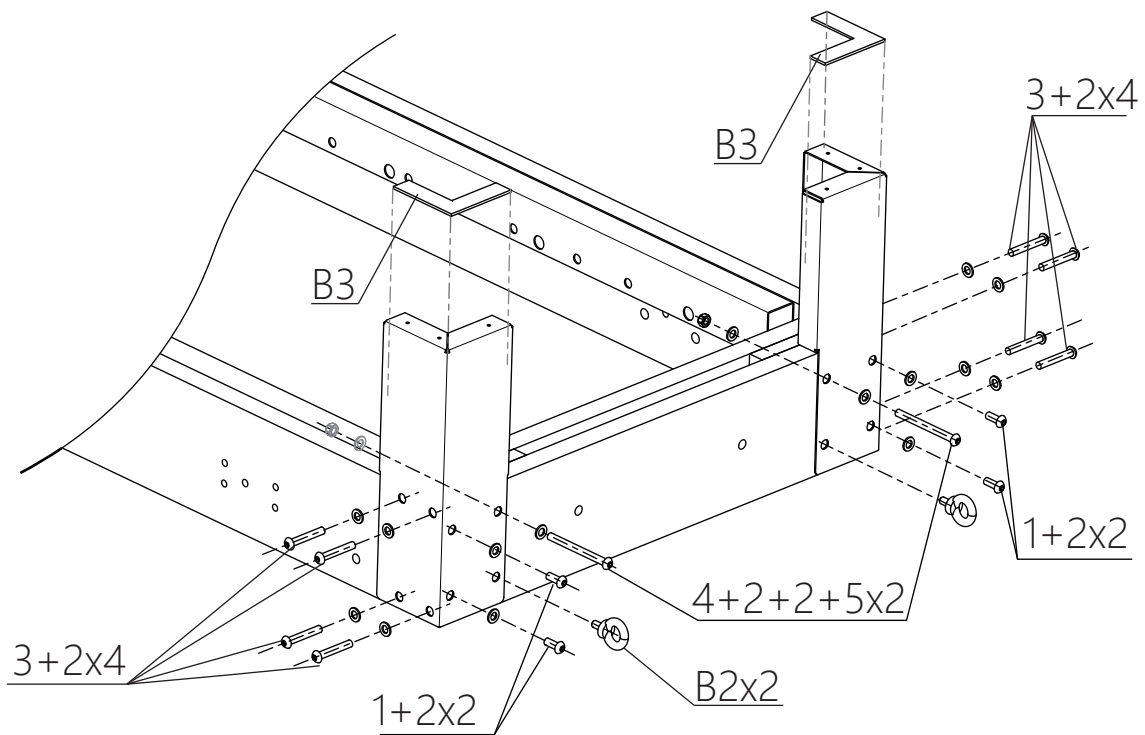
Install the left and right sides in the same way





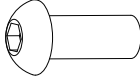

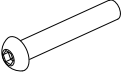


Install the left and right sides in the same way

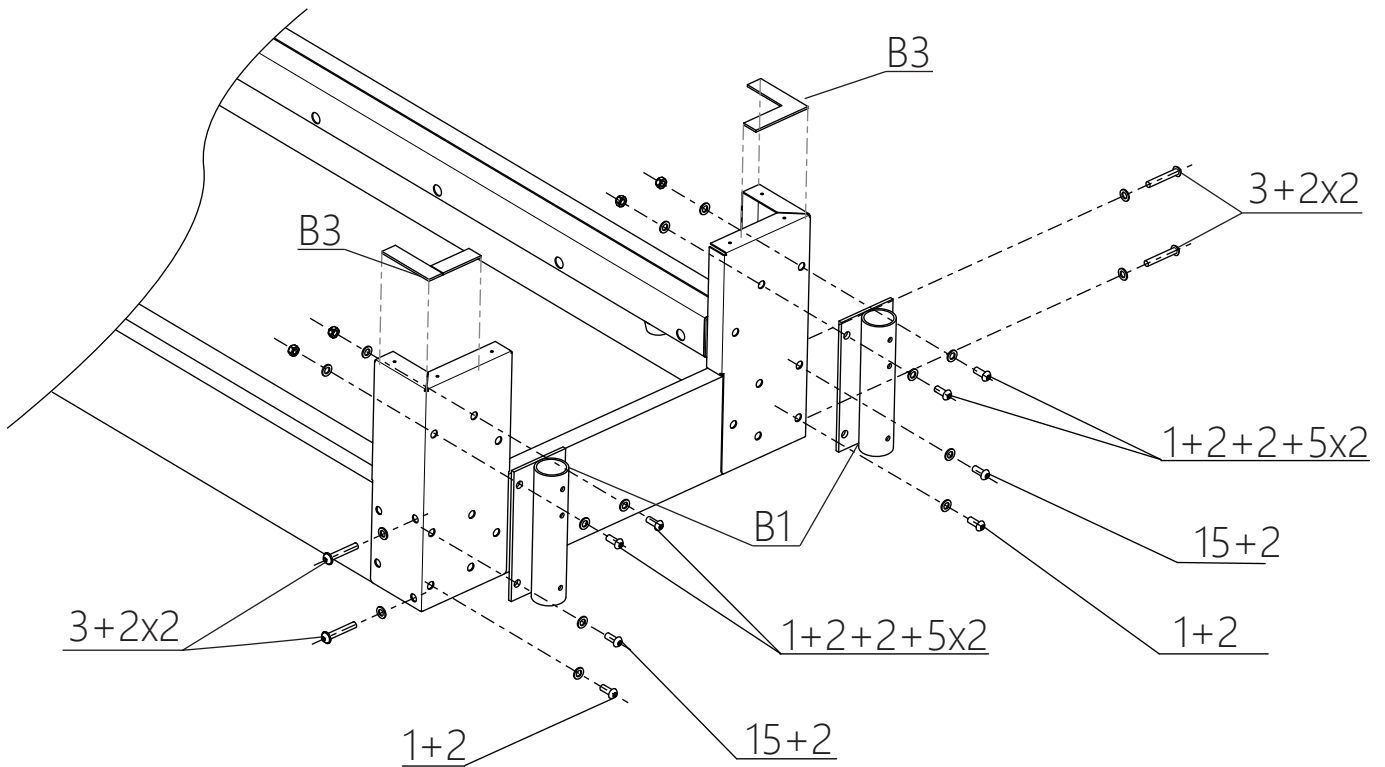
# STEP: 3

<p>B2. Suspension Rings (M8) 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) 8 PCS</p> 	<p>4. Bolt (M8*90mm) 2 PCS</p> 	<p>5. Locknut(M8) 2 PCS</p> 	


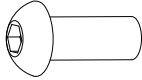

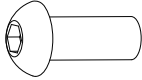

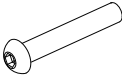


# STEP: 4

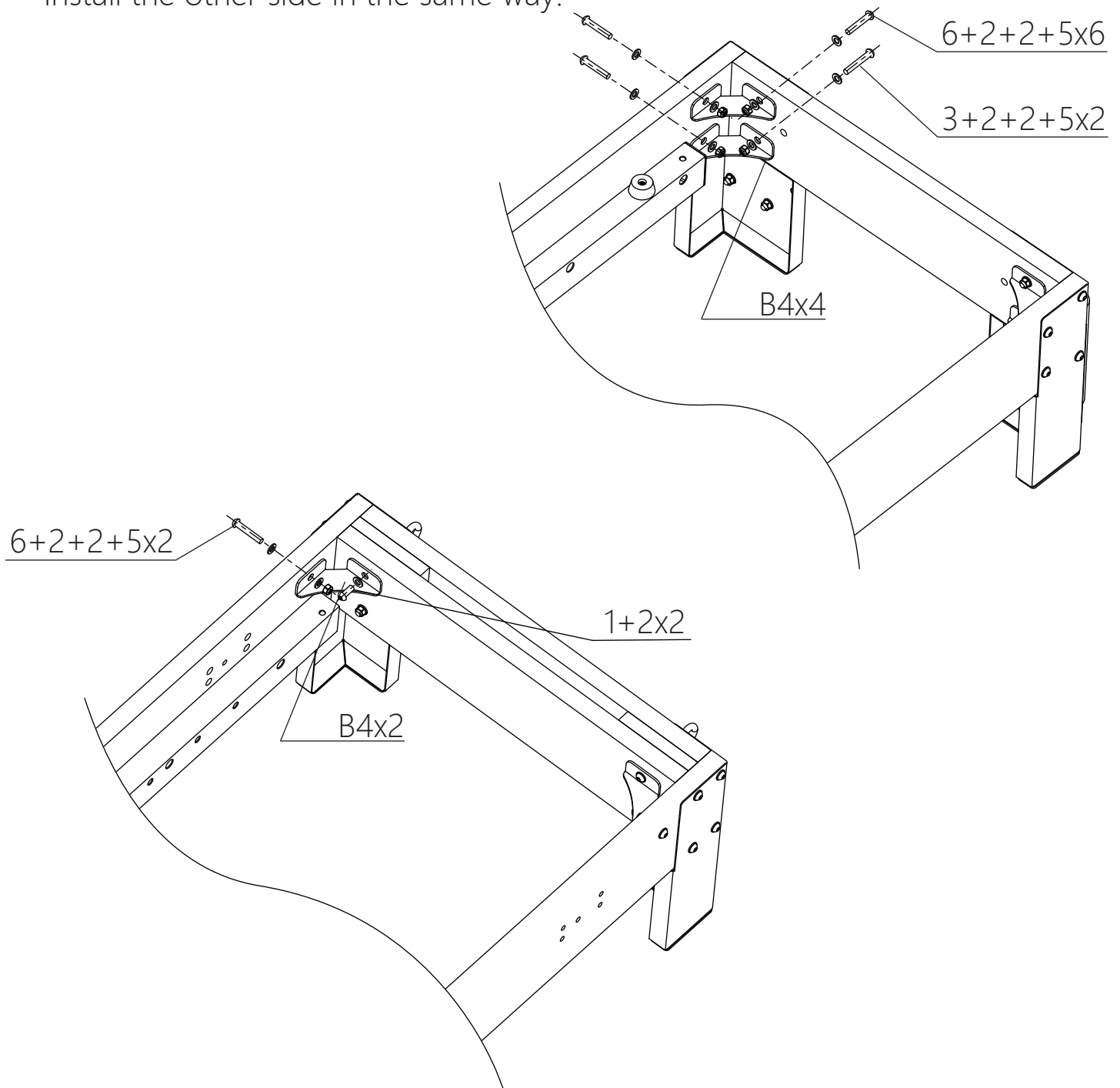
<p>B1. T-shaped Plates 2 PCS</p> 	<p>B3. Anti-slip Mats 2 PCS</p> 	<p>1. Bolt (M8*20mm) 6 PCS</p> 	<p>2. Washer(8mm) 16 PCS</p> 
<p>3. Bolt (M8*50mm) 4 PCS</p> 	<p>5. Locknut(M8) 4 PCS</p> 	<p>15. Bolt (M8*25mm) 2 PCS</p> 	



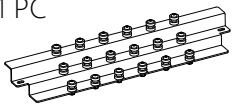
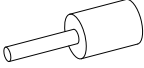
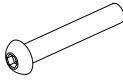


# STEP: 5

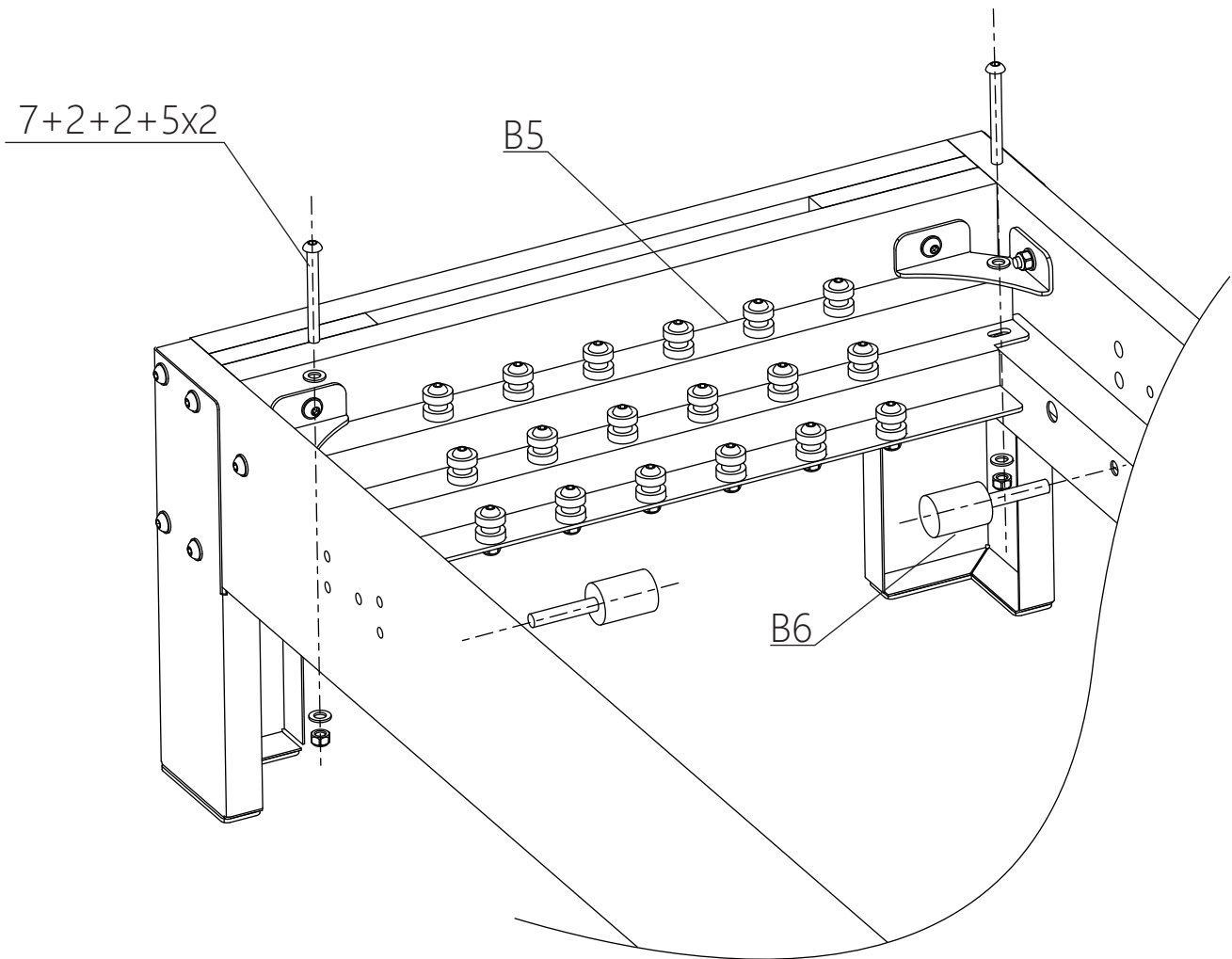
B4. Reinforcement Iron Pieces 6 PCS 	1. Bolt (M8*20mm) 2 PCS 	2. Washer(8mm) 22 PCS 	3. Bolt (M8*50mm) 2 PCS 
5. Locknut(M8) 10 PCS 	6. Bolt (M8*45mm) 8 PCS 		

Install the other side in the same way.


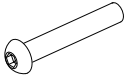


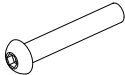


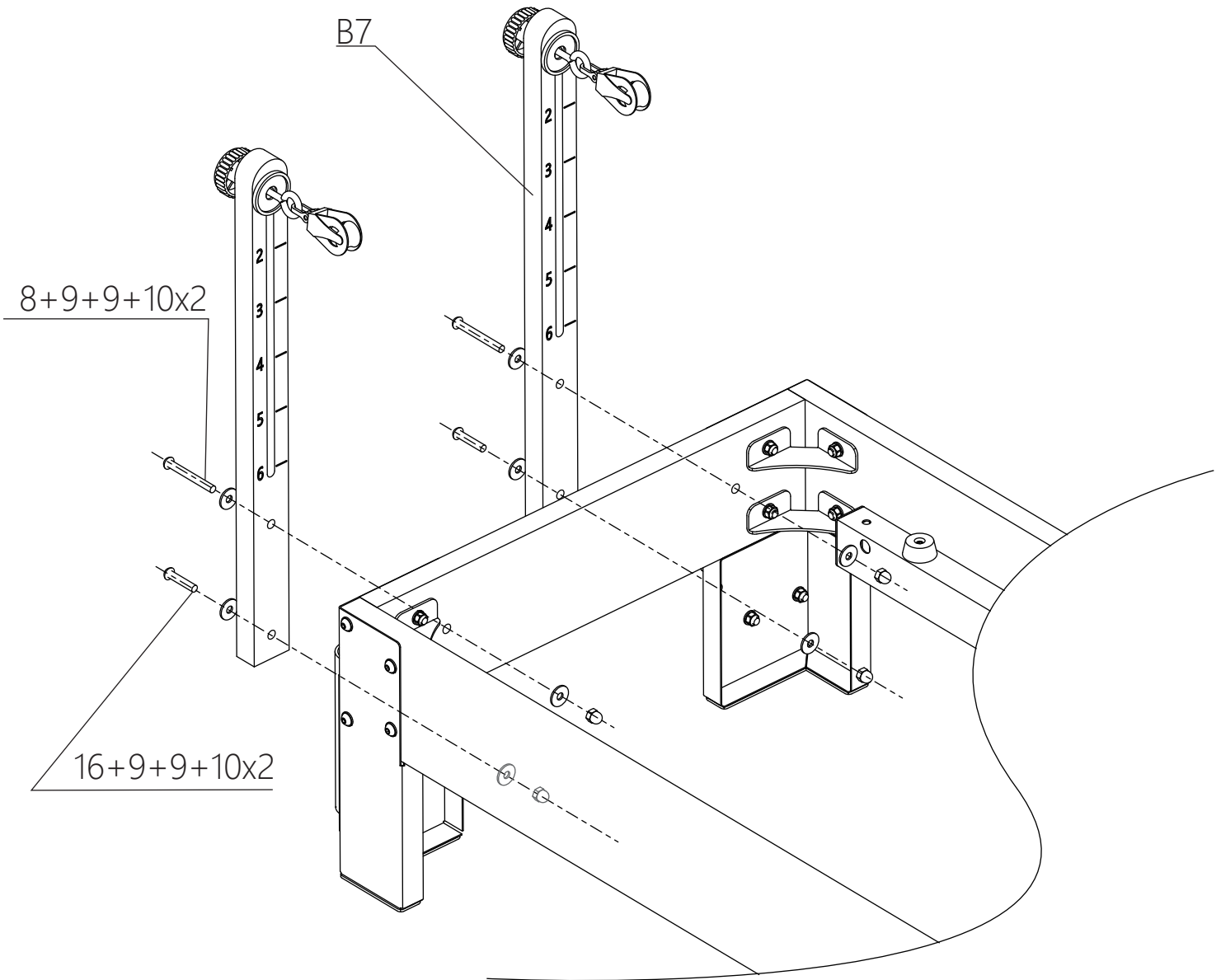
# STEP: 6

B5. Spring Fixing Iron Piece 1 PC 	B6 .Limit Block 2 PCS 	7. Bolt (M8*75mm) 2 PCS 	2 .Washer(8mm) 4 PCS 
5 .Locknut(M8) 2 PCS 			





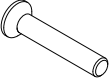


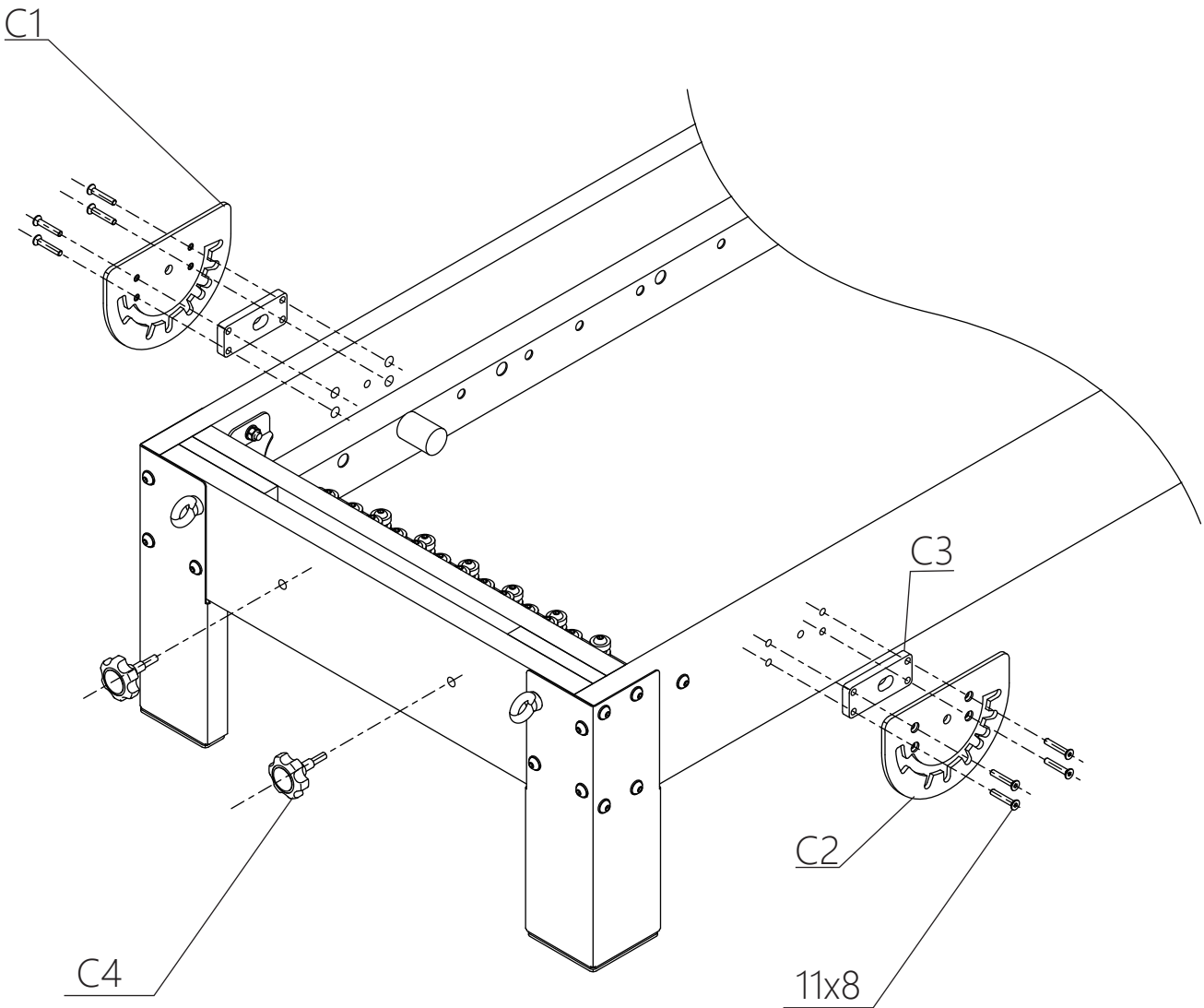
# STEP: 7

<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>16. Bolt (M8*40mm) 2 PCS</p> 			

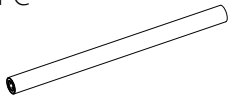


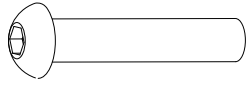
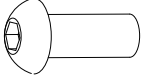




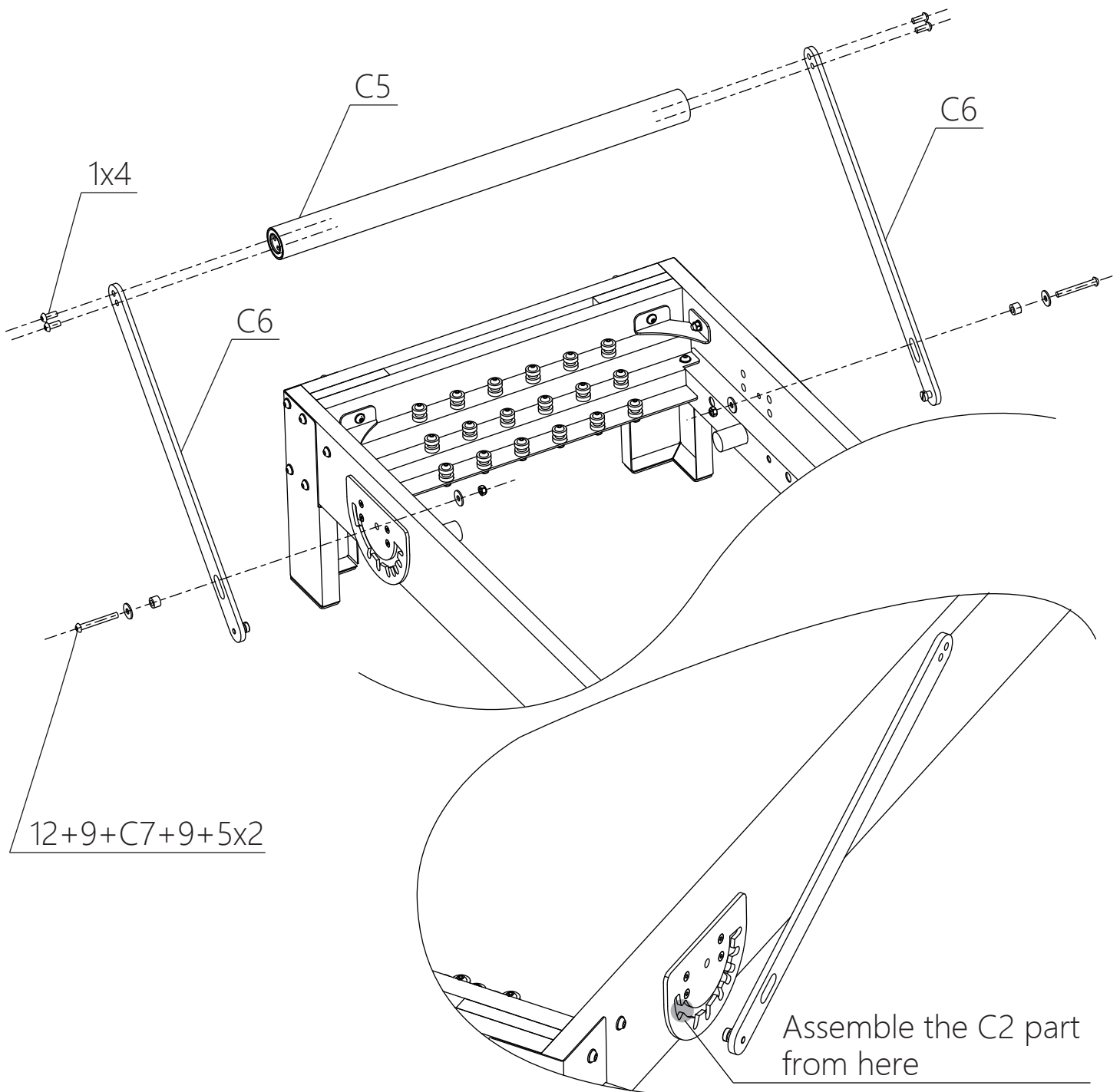
# STEP: 8

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



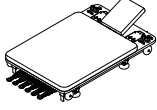
# STEP: 9

<p>C5. Foot bar 1 PC</p> 	<p>C6 .Footbar Connecting Rod 2 PCS</p> 	<p>C7. Insert Tube 2 PCS</p> 	<p>12. 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> 	

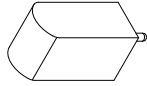


# STEP: 10

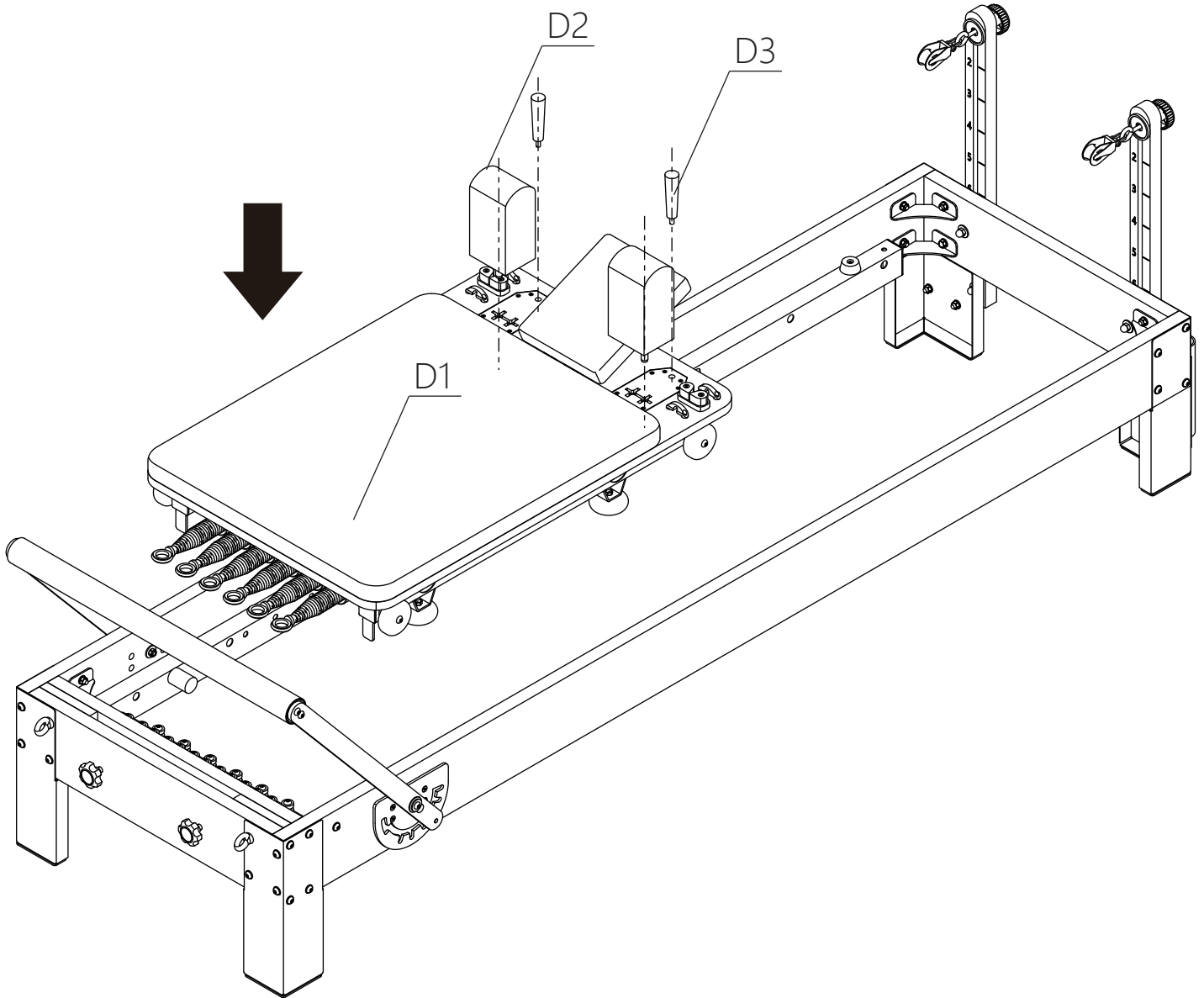
D1 .Carriage Bed  
1 PC



D2. Shoulder Rest  
2 PCS

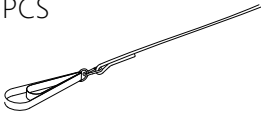


D3 .Strap Handle  
2 PCS

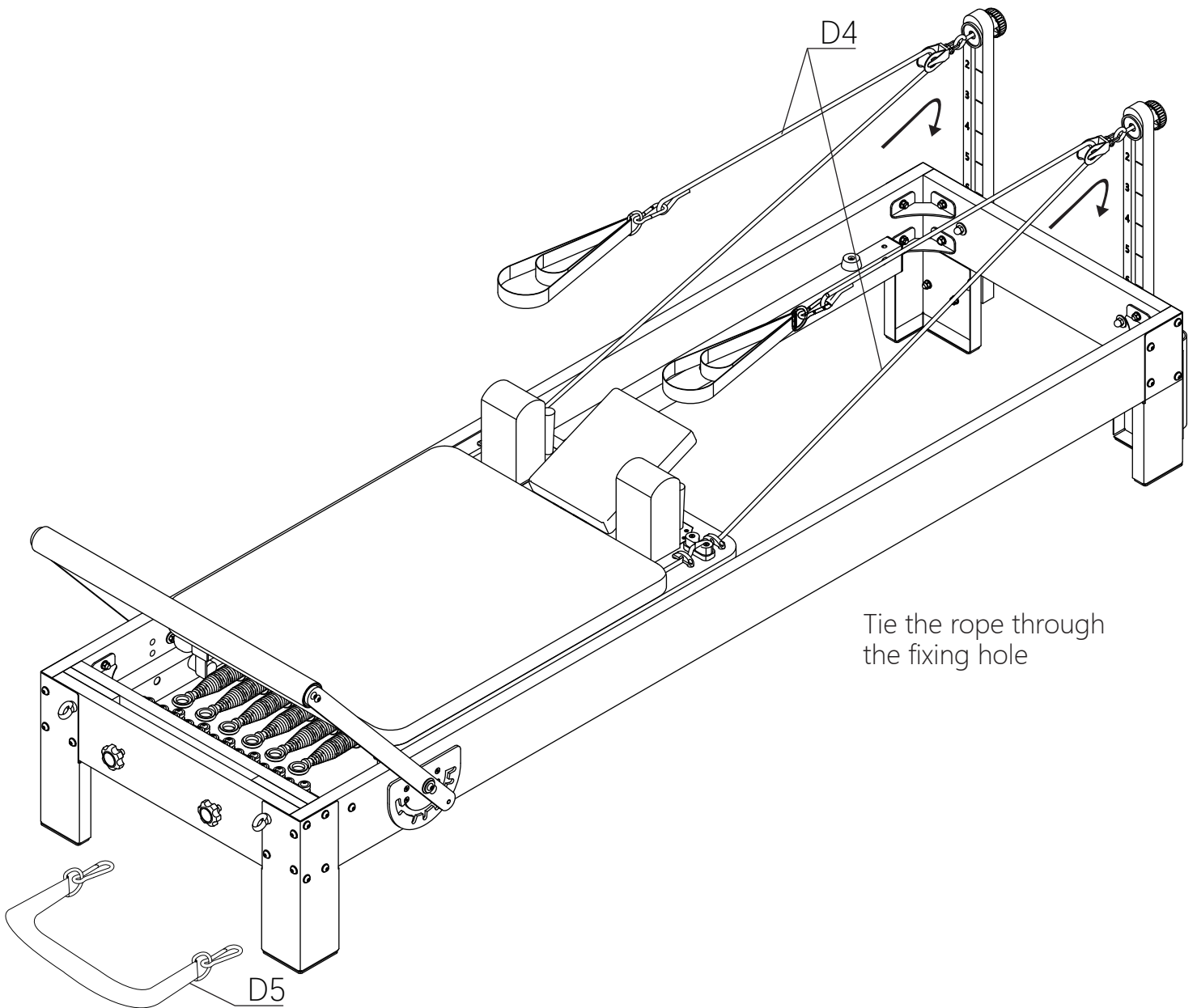
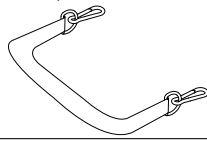


# STEP: 11

D4. Loop Handle  
2 PCS

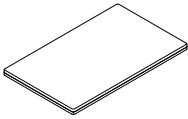
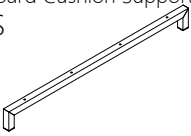
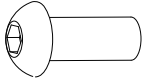


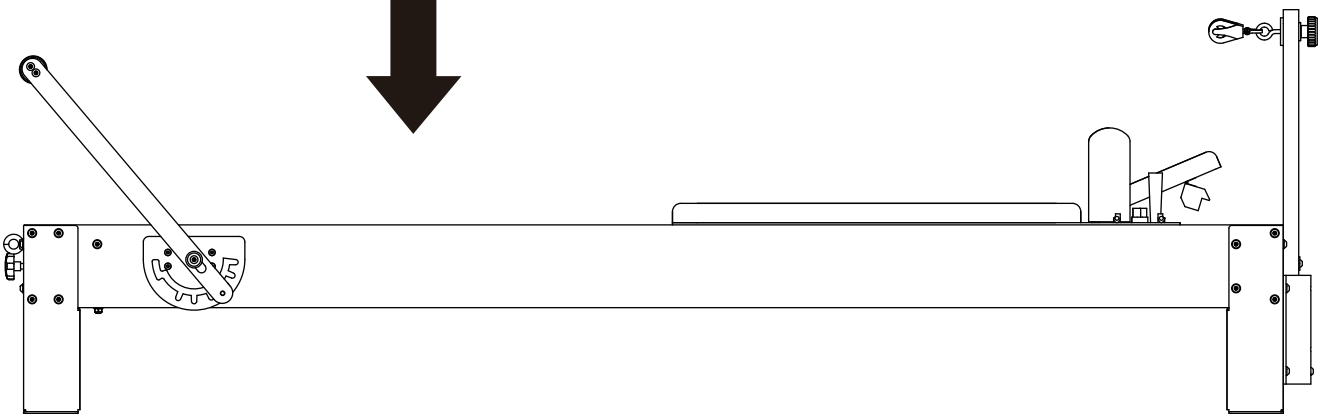
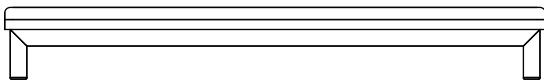
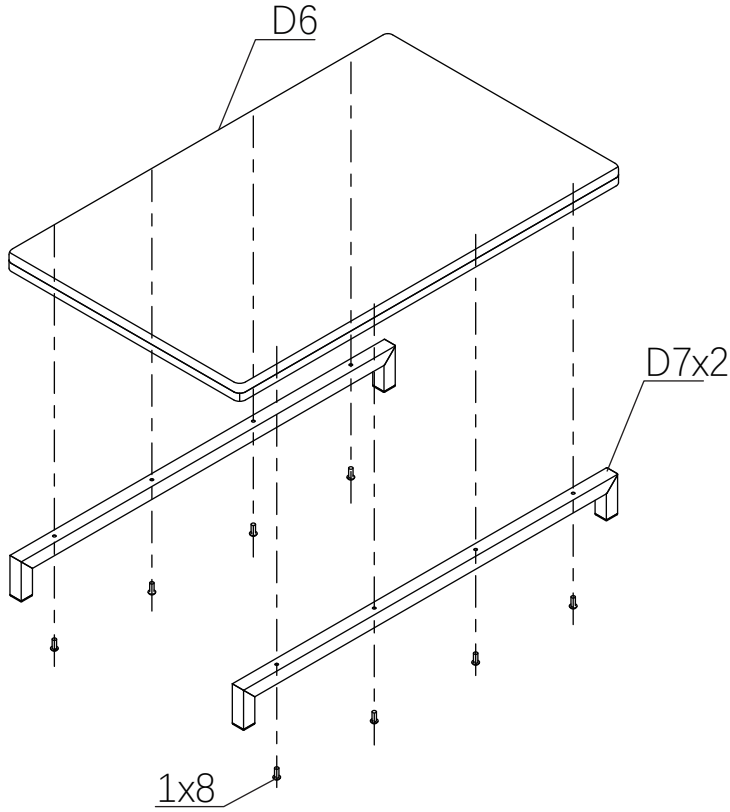
D5. Foot Strap  
1 PC



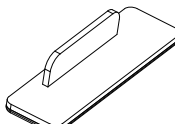
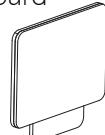
Tie the rope through the fixing hole

# STEP: 12

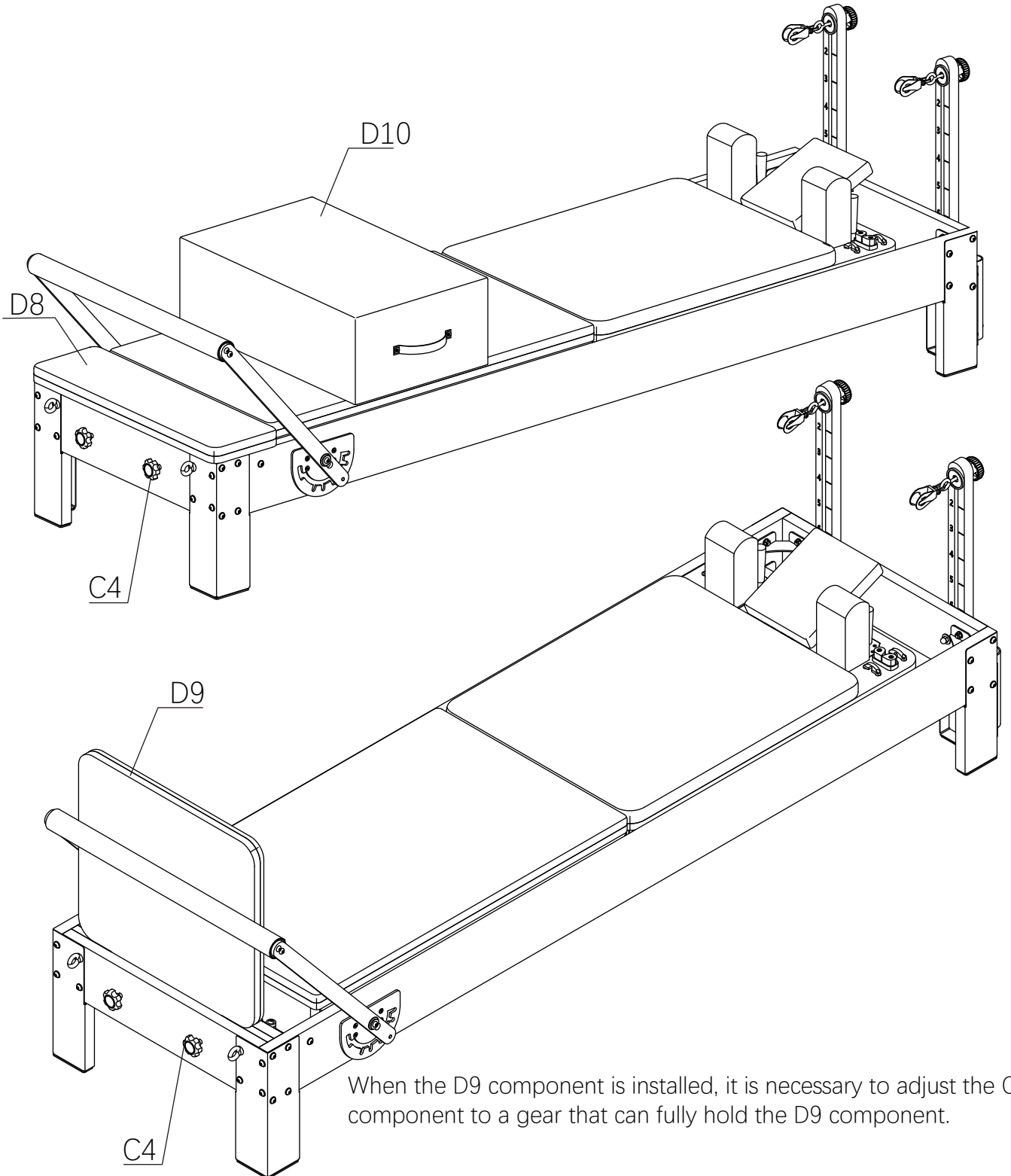
<p>D6. Board Cushion 1 PC</p> 	<p>D7. Board Cushion Support Tube 2 PCS</p> 	<p>1 Bolt (M8*20mm) 8 PCS</p> 	
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# STEP: 13


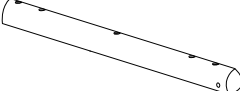


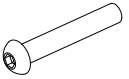


D8. Foot Board 1 PC 	D9. Jump Board 1 PC 	D10. Reformer Box 1 PC 	
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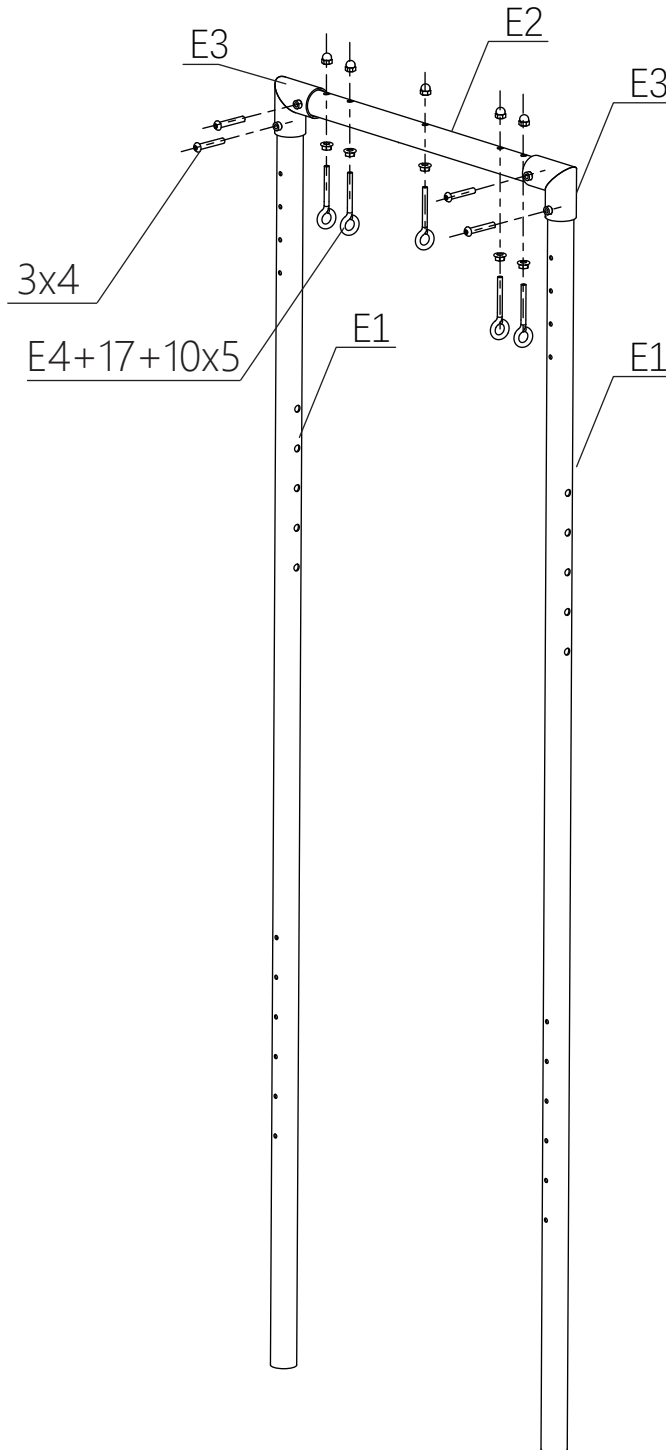
When the D8 or D9 component is installed, tighten the C4 component.



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

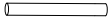
# STEP: 14

<p>E1. Long Vertical Tube 2 PCS</p> 	<p>E2. Short Horizontal Tube 1 PC</p> 	<p>E3. Right-Angle Elbow 2 PCS</p> 	<p>E4. Long Suspension Ring 5 PCS</p> 
<p>3. Bolt (M8*50) 4 PCS</p> 	<p>10. Nut With Cap(M8) 5 PCS</p> 	<p>17. Flange Nut (M8) 5 PCS</p> 	



# STEP: 15

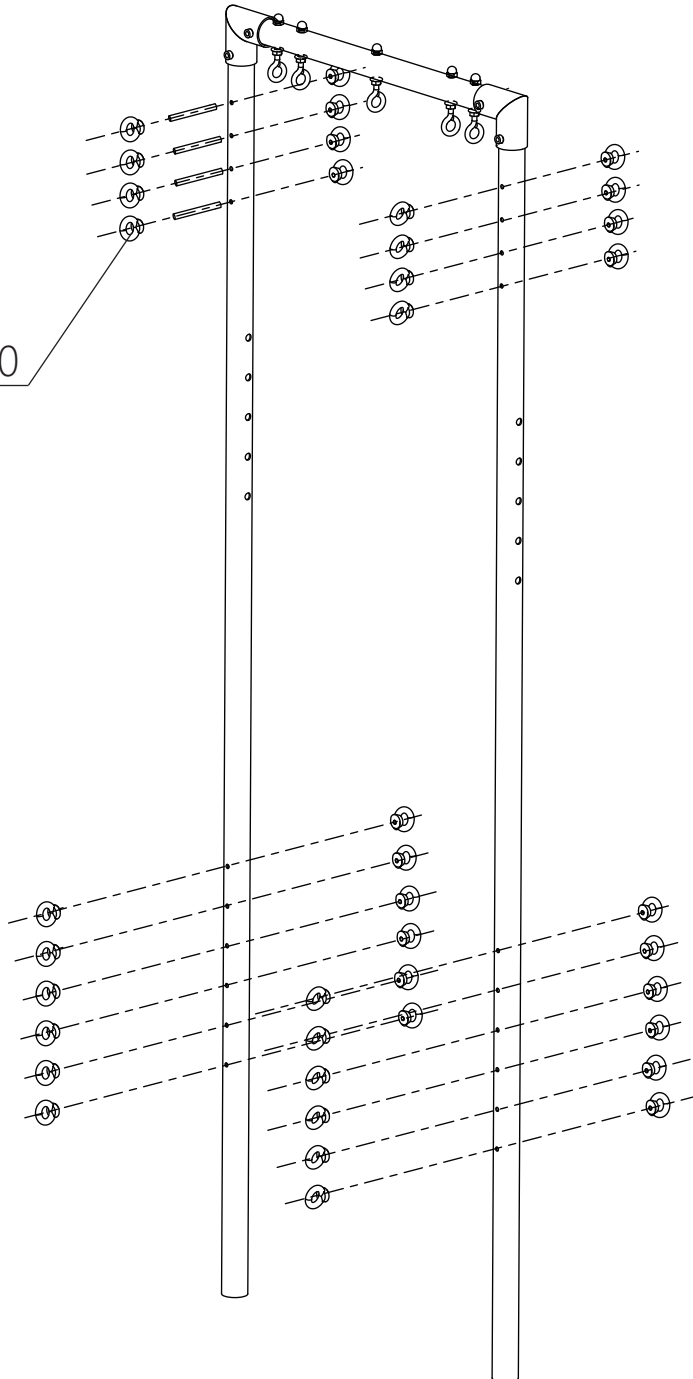
E5. Screw Rod (M6\*55mm)  
20 PCS



E6. Grooved Suspension Ring  
40 PCS



E6+E5+E6x20



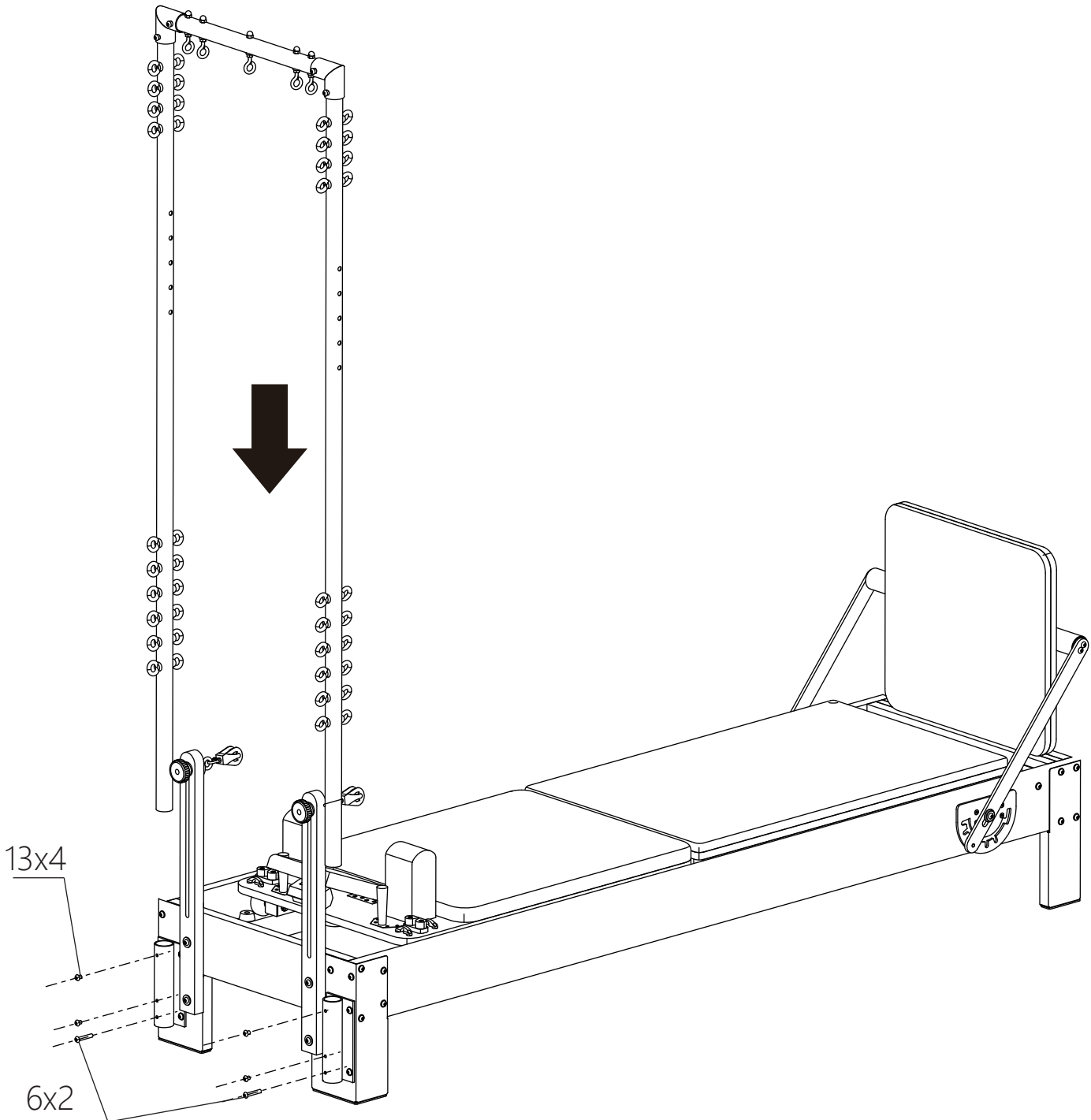
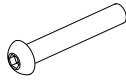
The orientation of the E6 component can be adjusted with the included gasket to keep the E6 component in the vertical direction;

# STEP: 16

13. Bolt (M8\*10mm)  
4 PCS



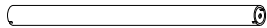

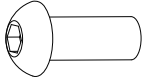
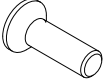


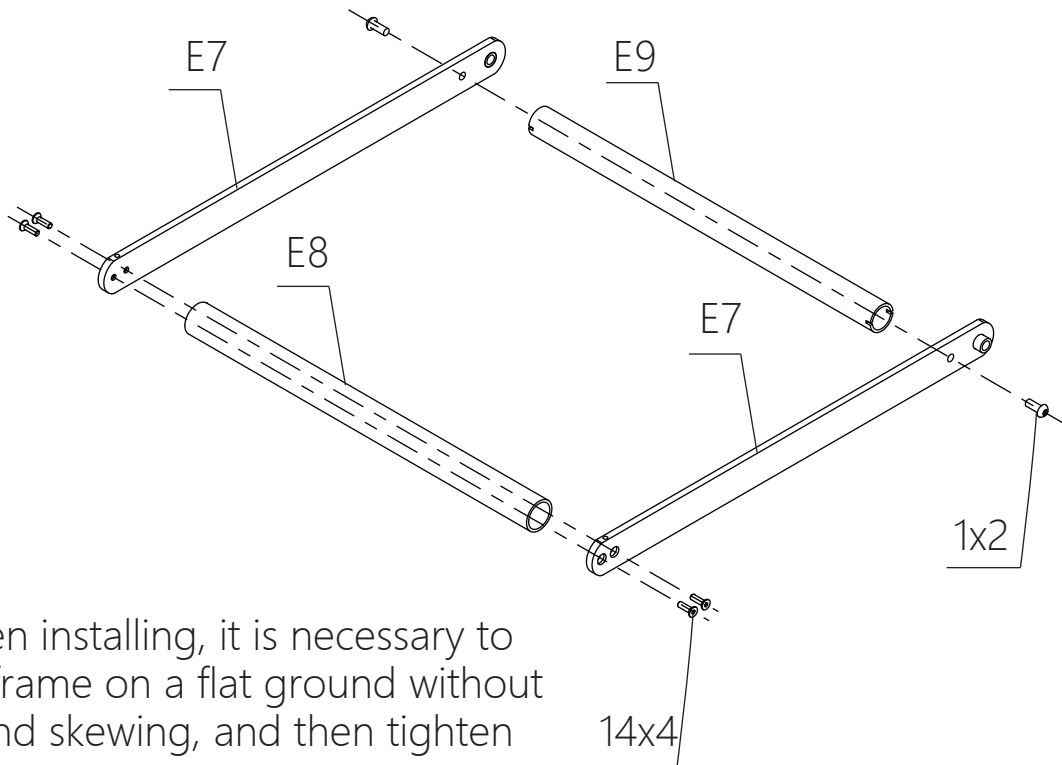
6. Bolt (M8\*45mm)  
2 PCS



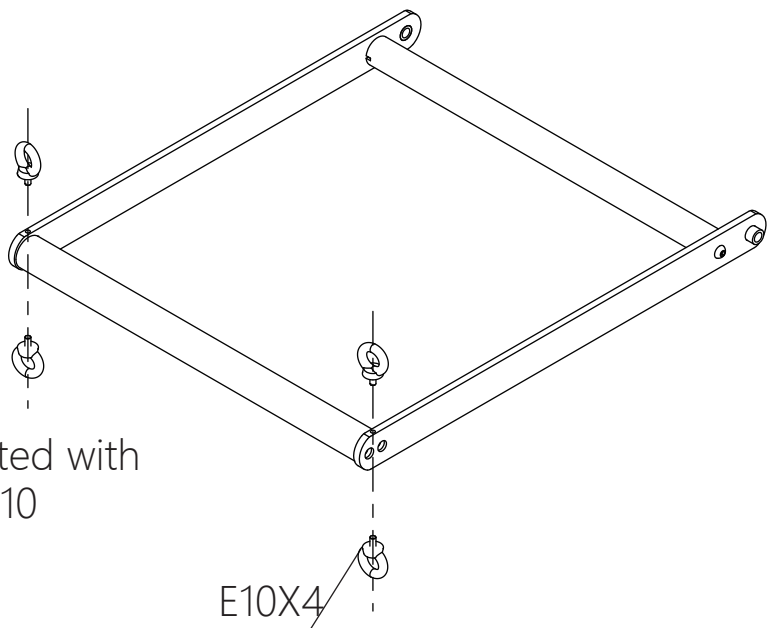
Install the 6 screw first, and then insert the assembled parts in the previous step

# STEP: 17

<p>E7. Support Flat Steel 2 PCS</p> 	<p>E8. Support Round Tube-A 1 PC</p> 	<p>E9. Support Round Tube-B 1 PC</p> 	<p>E10. 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> 		



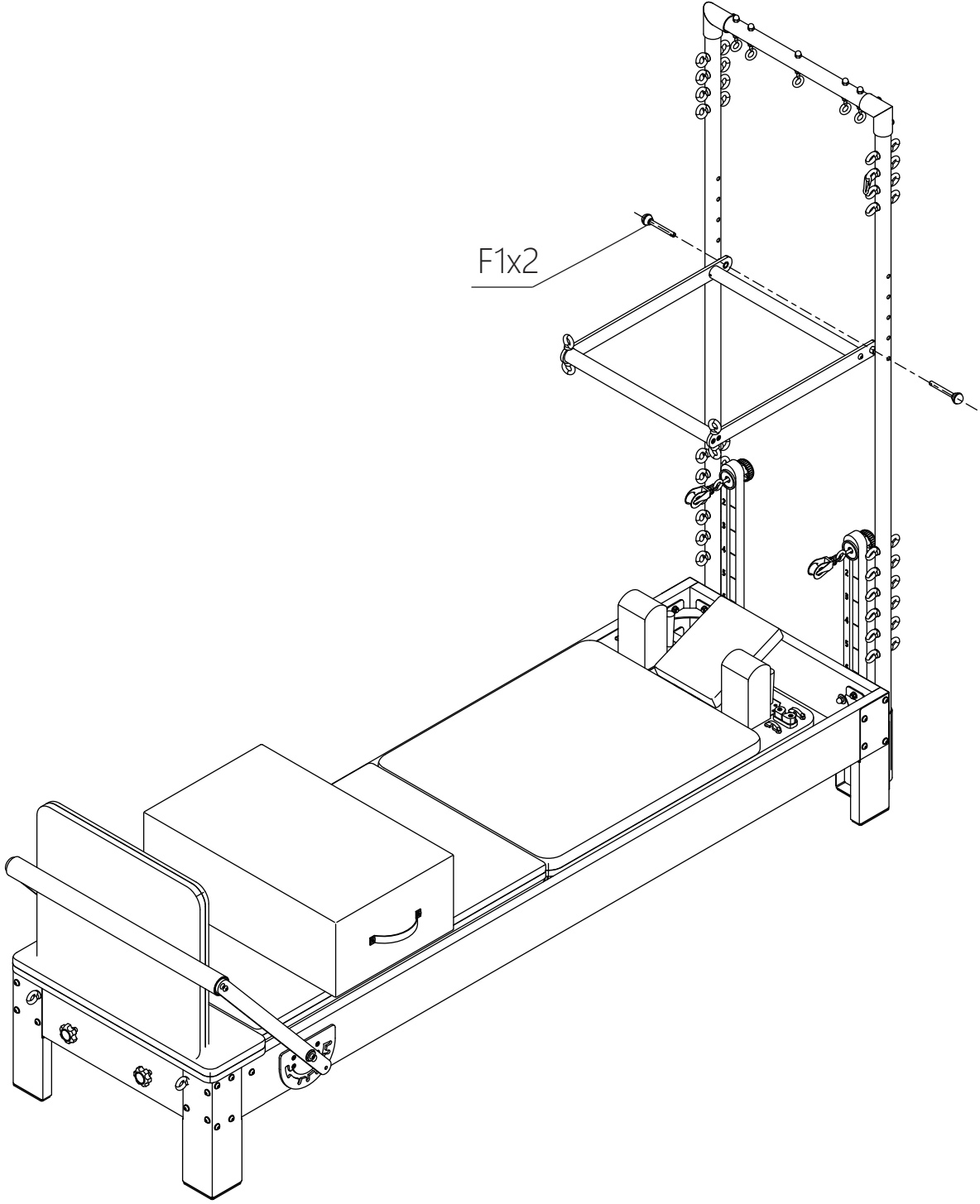
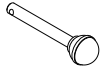
Note: When installing, it is necessary to place the frame on a flat ground without warping and skewing, and then tighten the screws.







The E10 component can be adjusted with the included gasket to keep the E10 component horizontal;

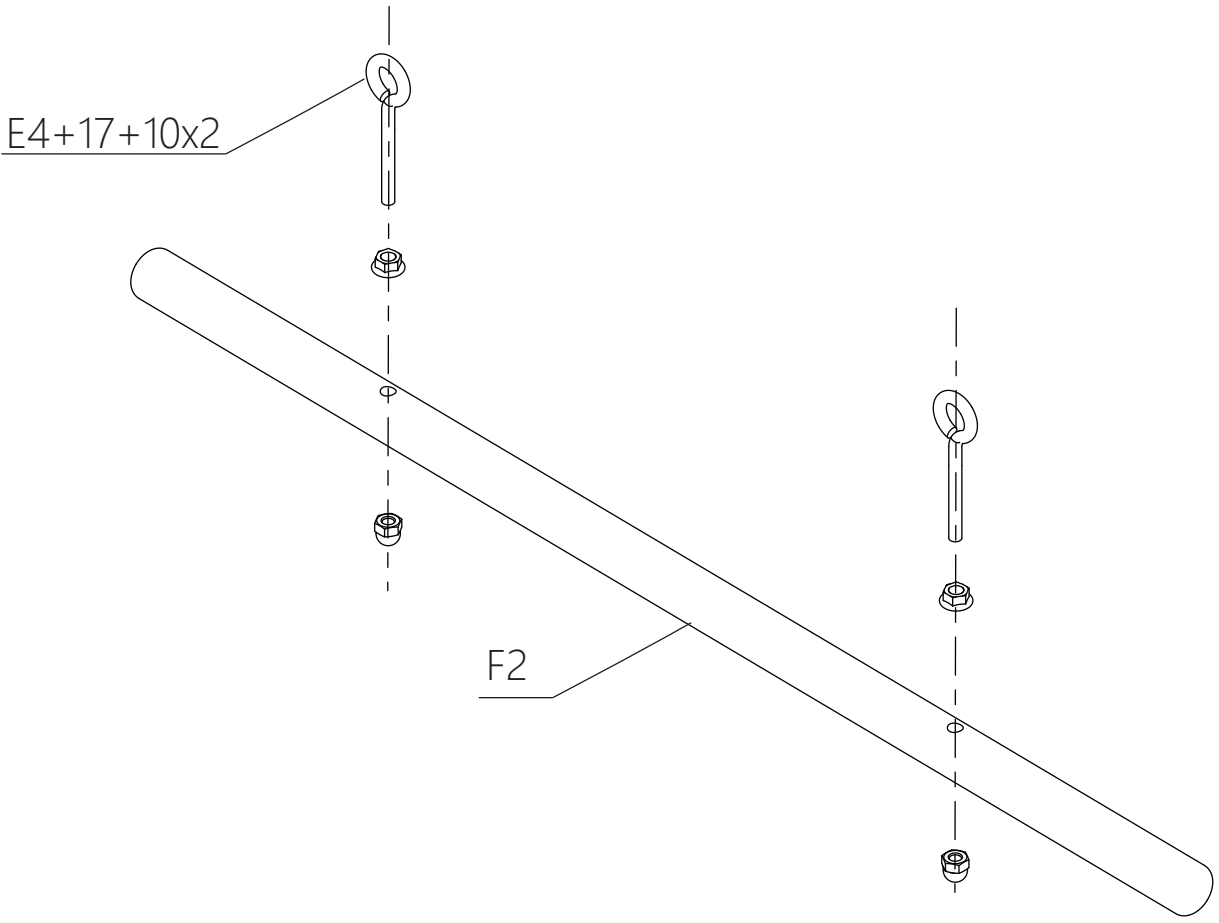
# STEP: 18

F1. Ball-headed Pin  
2 PCS









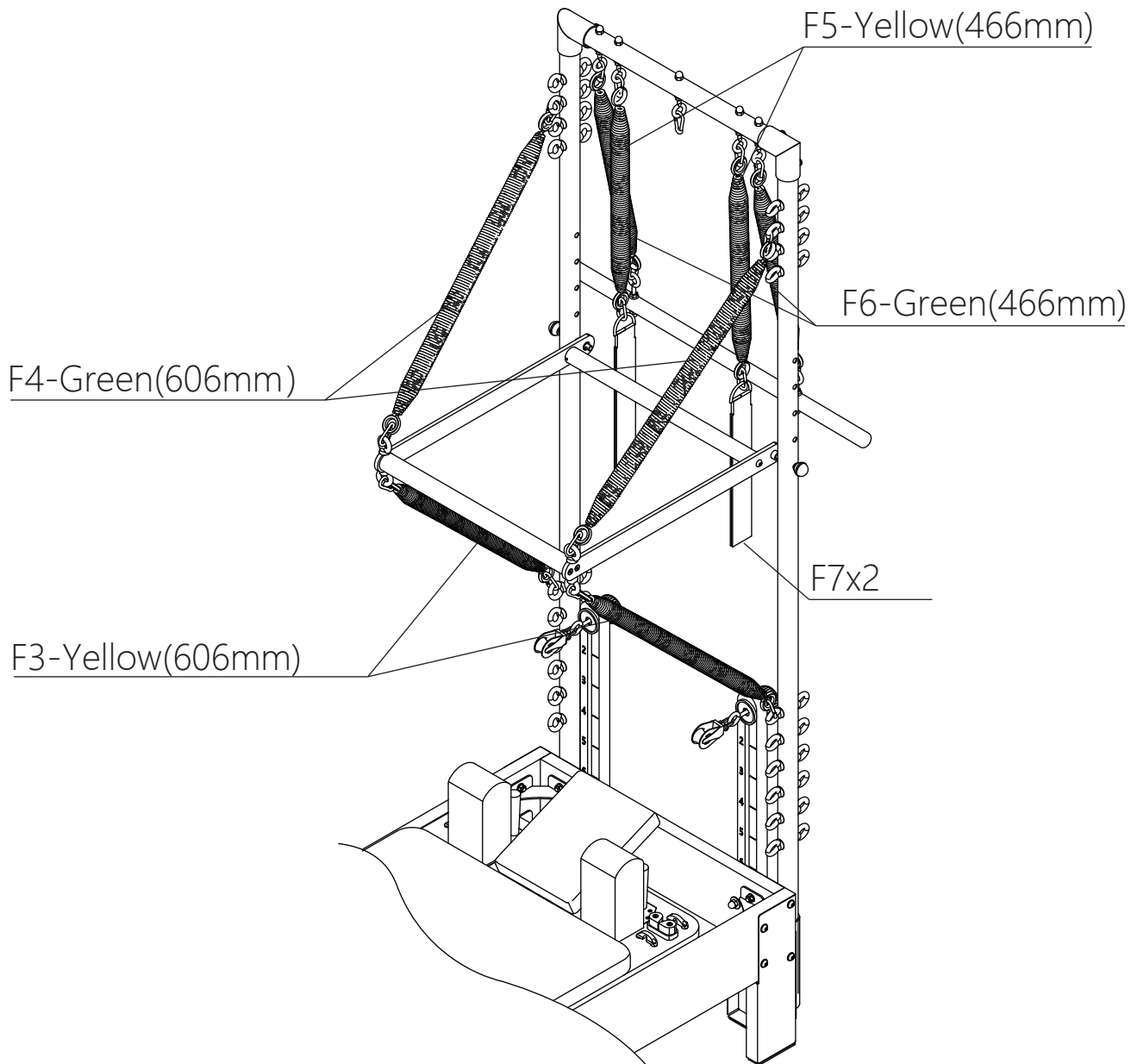
# STEP: 19

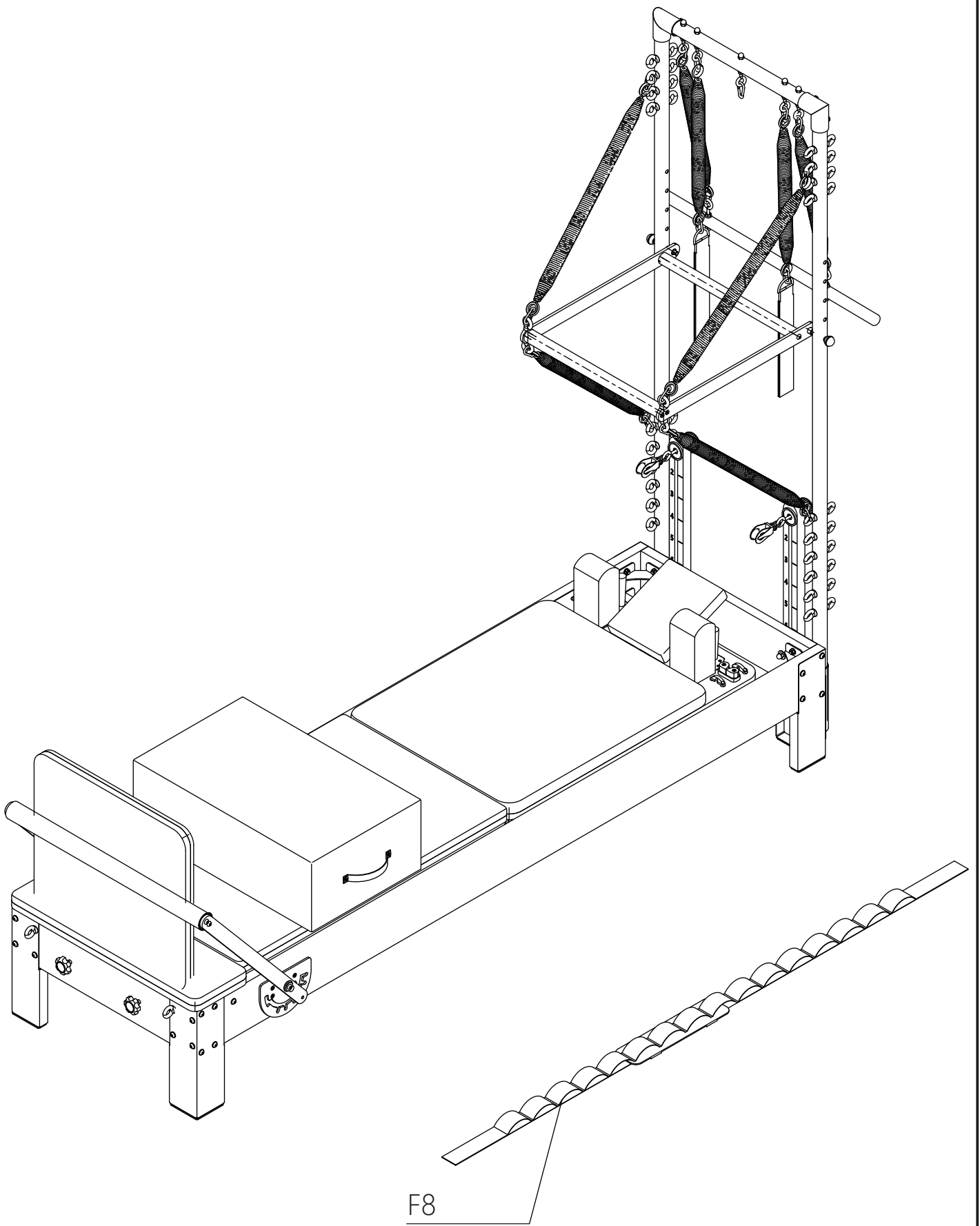
<p>F2. Wooden Round Rod 1 PC</p> 	<p>E4. Long Suspension Ring 2 PCS</p> 	<p>10. Nut With Cap(M8) 2 PCS</p> 	<p>17. Flange Nut (M8) 2 PCS</p> 
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# STEP: 20

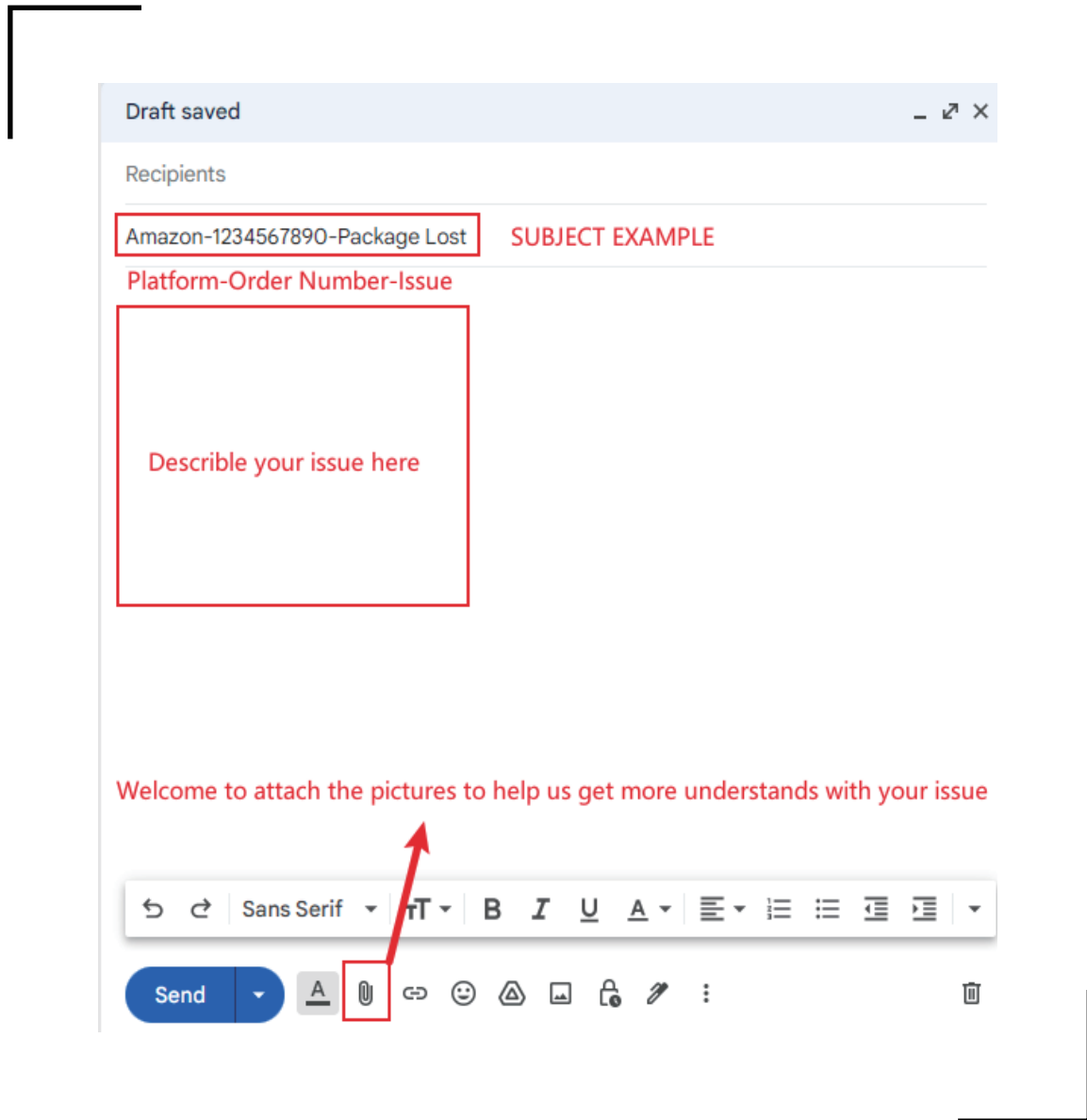
<p>F3. Spring (Yellow) 2 PCS (606mm)</p> 	<p>F4. Spring (Green) 2 PCS (606mm)</p> 	<p>F5. Spring (Yellow) 2 PCS (466mm)</p> 	<p>F6. Spring (Green) 2 PCS (466mm)</p> 
<p>F7. Strap 2 PCS</p> 	<p>F9. Buckle 17 PCS</p> 		





F8

# 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?**

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**ormaise\_gym1997@163.com**