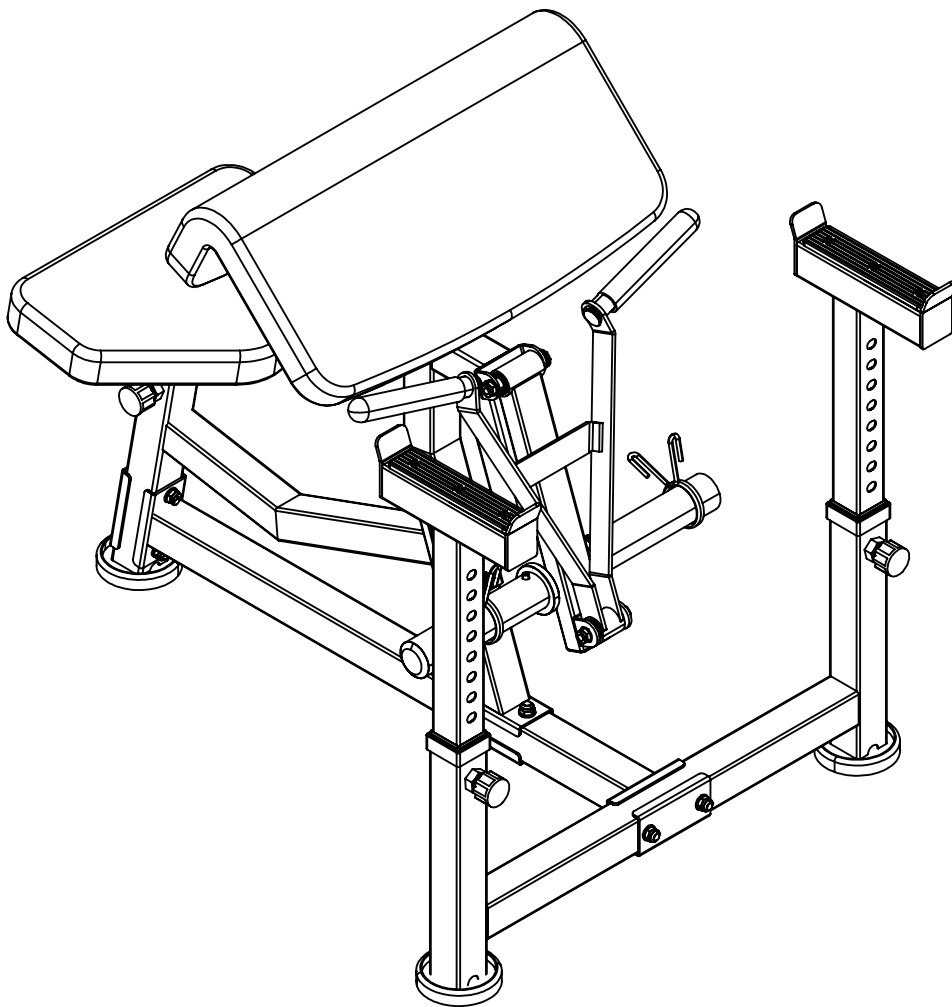


MIKOLO

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



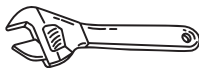
If you are missing any parts, or otherwise have any warranty issues, please contact us first.
after-sale@gym-mikolo.com

Shortcut: A Lot of People Doing That Way

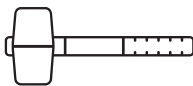
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

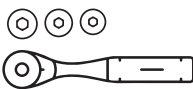
Adjustable wrenches



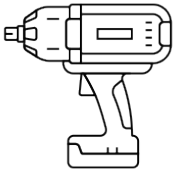
Rubber hammers



Socket set



Electric Wrench



WARNING



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

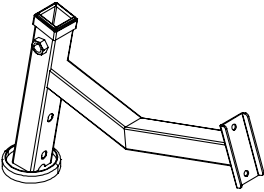
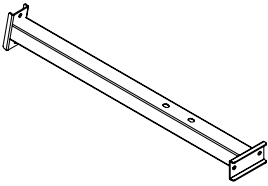
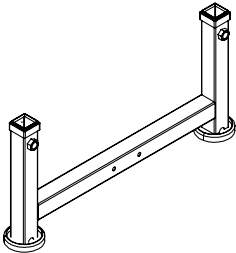
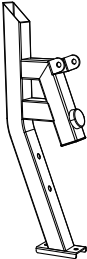
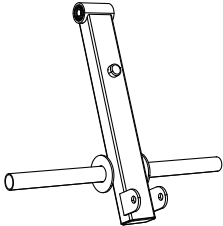
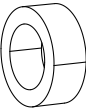
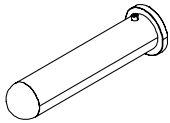
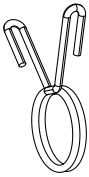
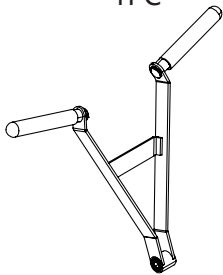
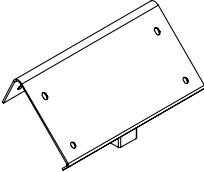
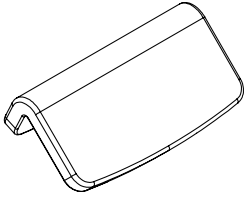
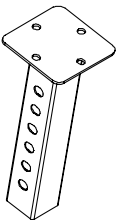
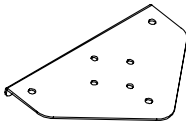
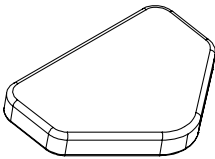
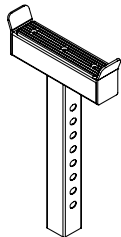
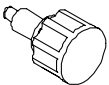


Sharp objects may be involved. Use precaution and protection.

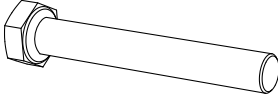
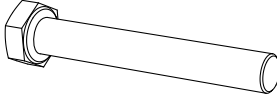
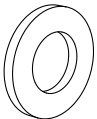
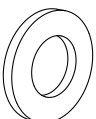
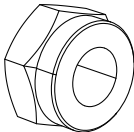
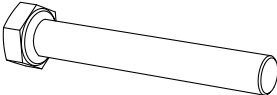


Heavy object. Use lifting aids and proper lifting techniques when moving

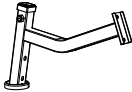
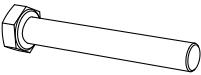
CARTON 1

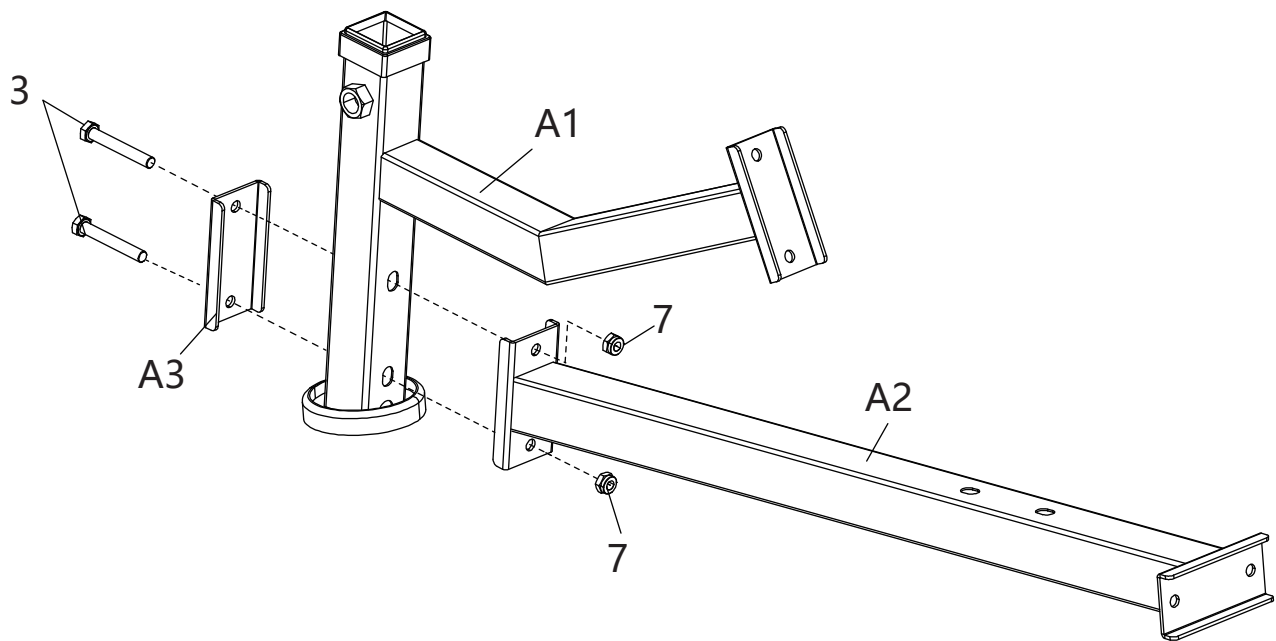
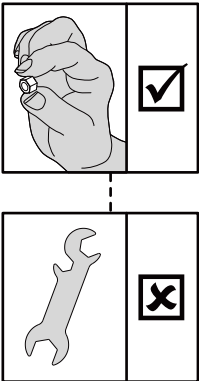
A1 Seat Base 1PC 	A2 Conncting Base 1PC 	A3 Connecting Piece 4PCS 	A4 Front Base 1PC 
A5 Curl Base 1PC 	A6 Curl Tube 1PC 	A7 Fixed Plug 4PCS 	A8 Sleeve 2PCS 
A9 Clip 2PCS 	B1 Bicep Curl Handle 1PC 	B2 Pad Base 1PC 	B3 Curl Pad 1PC 
B4 Seat Tube 1PC 	B5 Cushion Base 1PC 	B6 Seated Cushion 1PC 	B7 Barbell Holeder 2PCS 
B8 Knob 3PCS 			

HARDWARE LIST

1 M8×25mm Bolt 13PCS 	2 M10×25mm Bolt 2PCS 	3 M10×70mm Bolt 8PCS 	4 M10×100mm Bolt 1PC 
5 M8 Washer 13PCS 	6 M10mm Washer 2PCS 	7 M10 Locknut 10PCS 	8 Spacer 4PCS 
9 M10×75mm Bolt 1PC 			

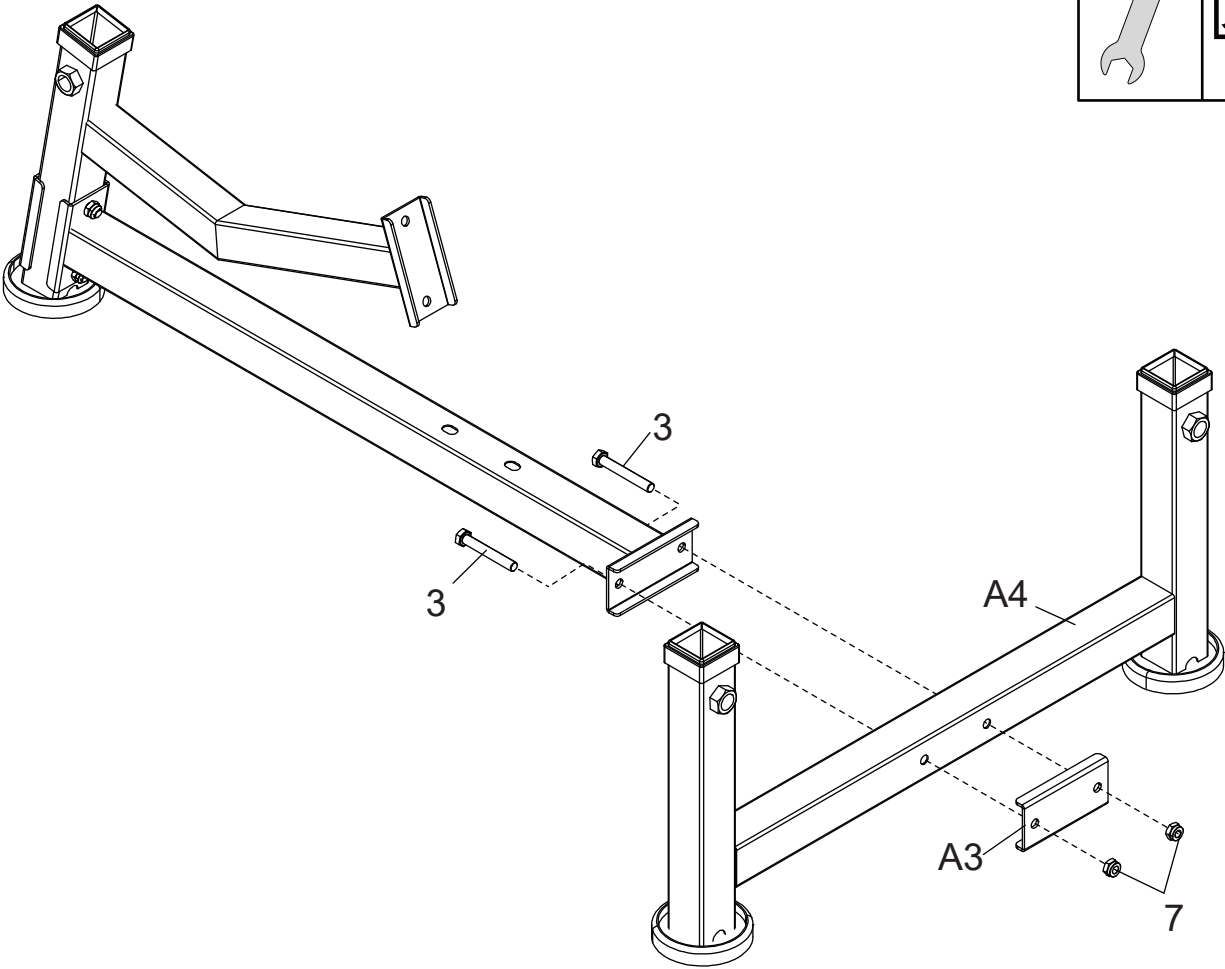
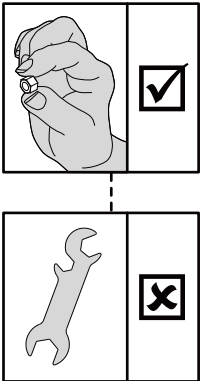
STEP: 1

A1 Seat Base 1PC 	A2 Conncting Base 1PC 	A3 Connecting Piece 1PC 
3 M10×70mm Bolt 2PCS 	7 M10 Locknut 2PCS 	



STEP: 2

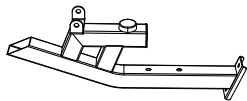
A4	Front Base 1PC	A3	Connecting Piece 1PC	3	M10×70mm Bolt 2PCS
7	M10 Locknut 2PCS				



STEP: 3

A5

Curl Base
1PC



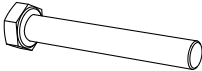
A3

Connecting Piece
2PCS



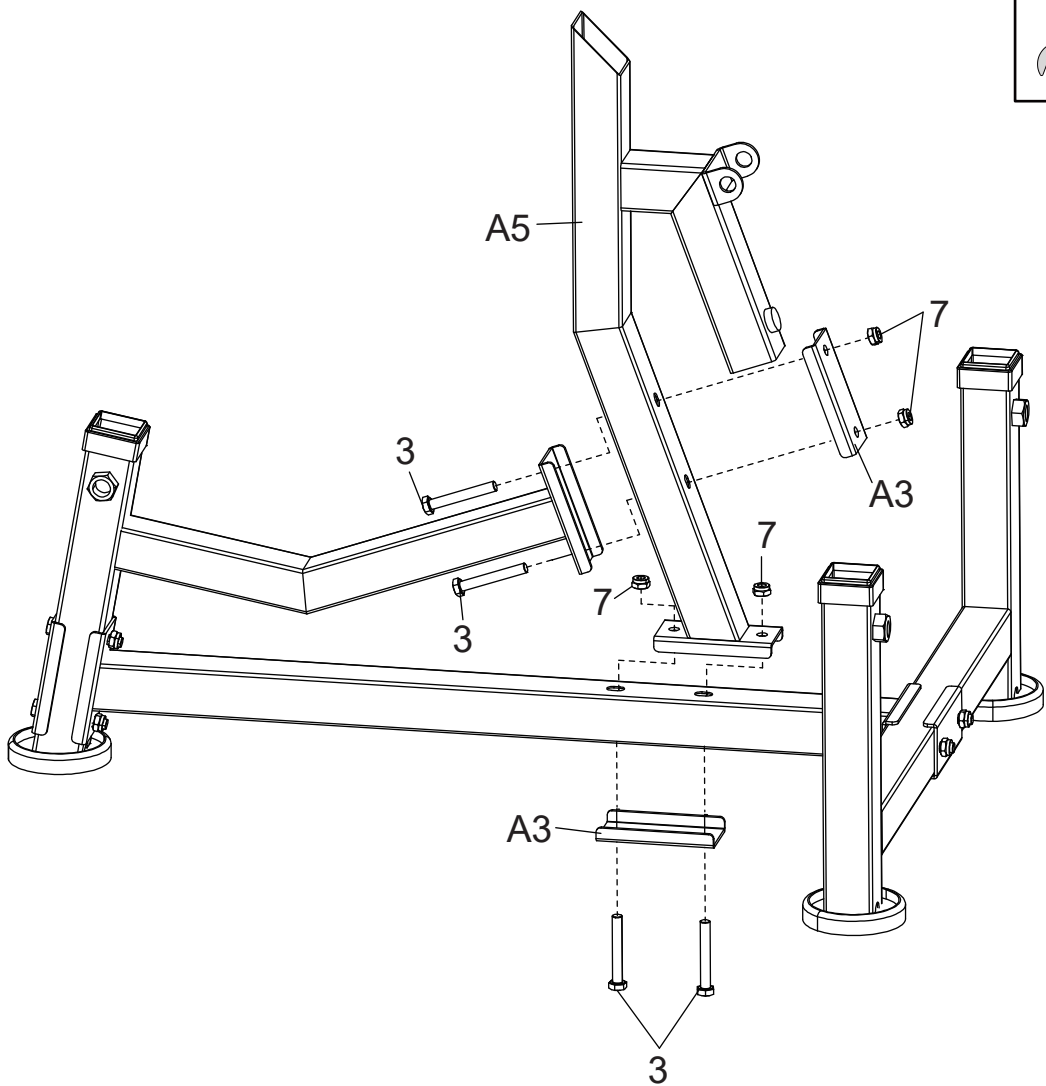
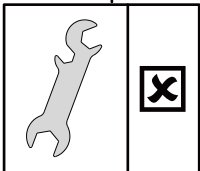
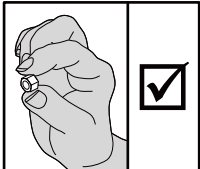
3

M10×70mm Bolt
4PCS

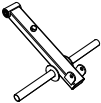
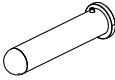
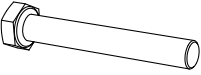


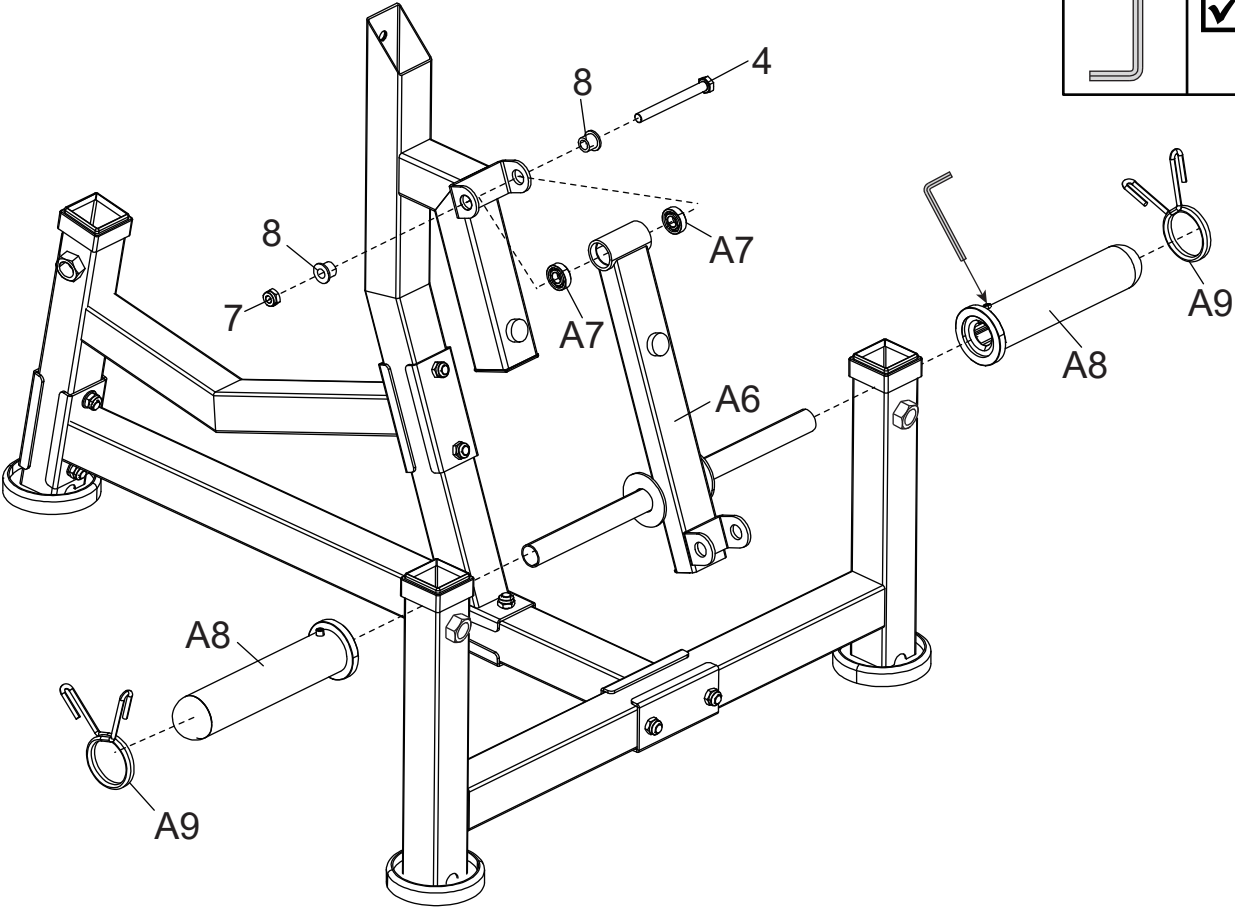
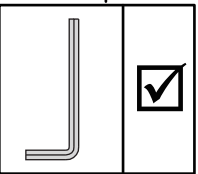
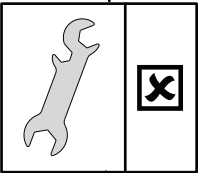
7

M10 Locknut
4PCS



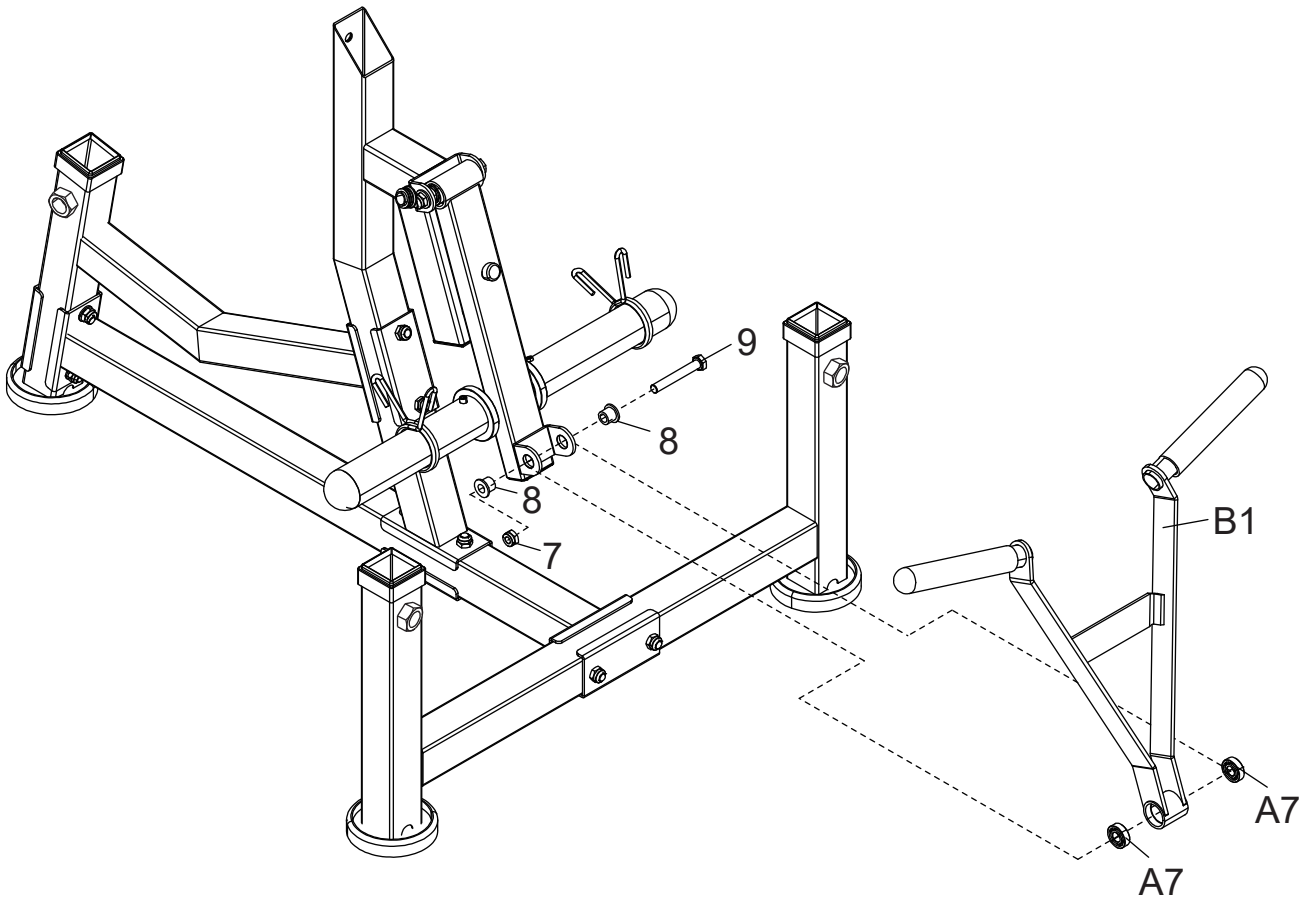
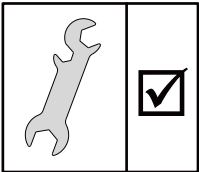
STEP: 4

A6 Curl Tube 1PC 	A7 Fixed Plug 2PCS 	A8 Sleeve 2PCS 	A9 Clip 2PCS 
4 M10×100mm Bolt 1PC 	7 M10 Locknut 1PC 	8 Spacer 2PCS 	 



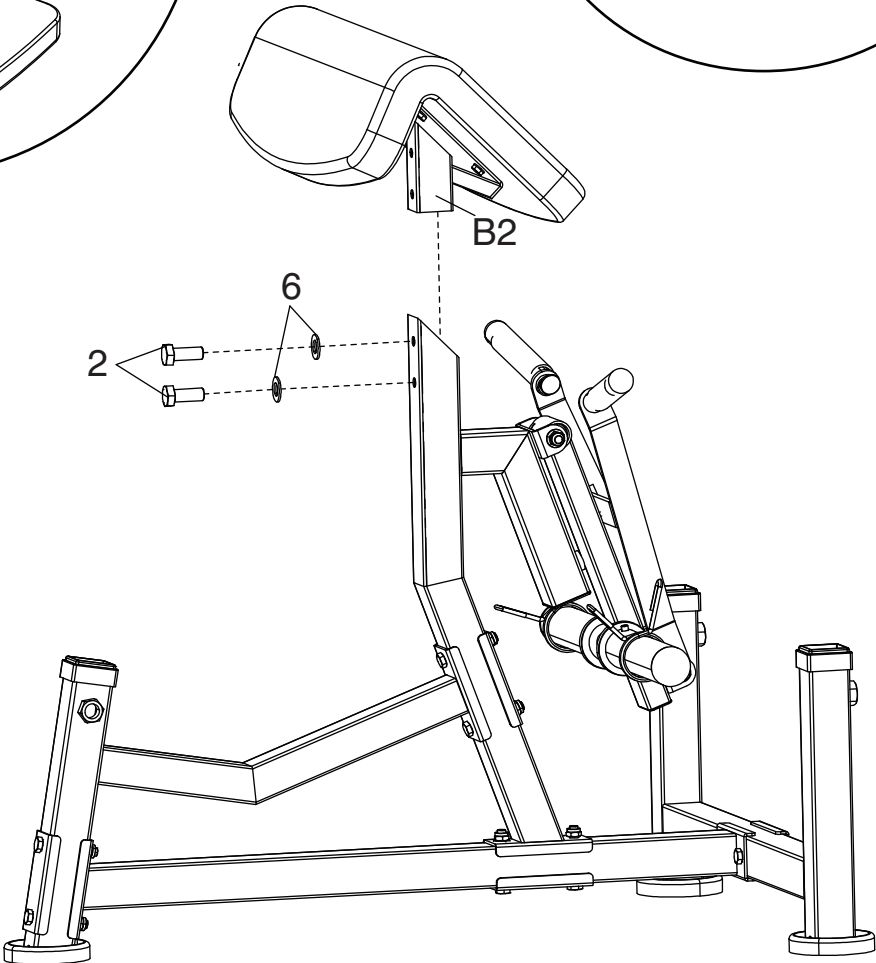
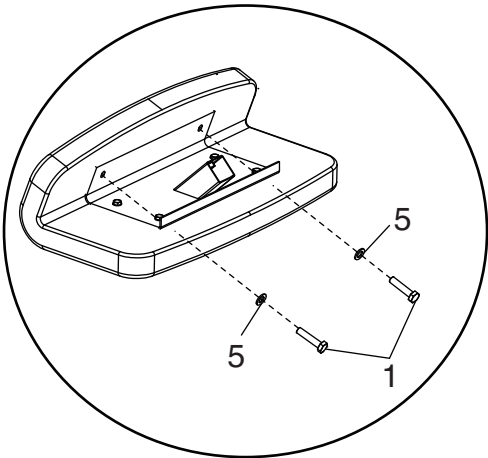
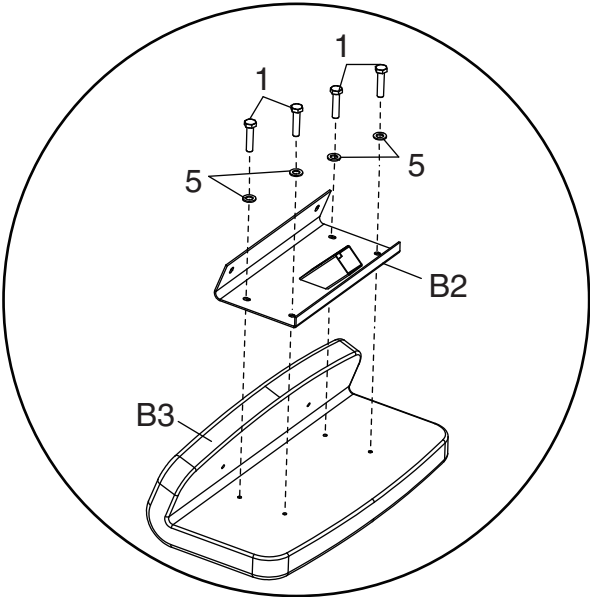
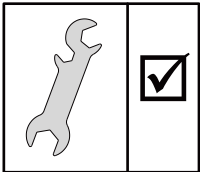
STEP: 5

B1 Bicep Curl Handle 1PC 	A7 Fixed Plug 2PCS 	7 M10 Locknut 1PC 	8 Spacer 2PCS 
9 M10×75mm Bolt 1PC 			

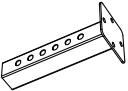
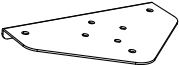
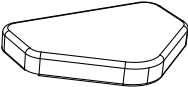


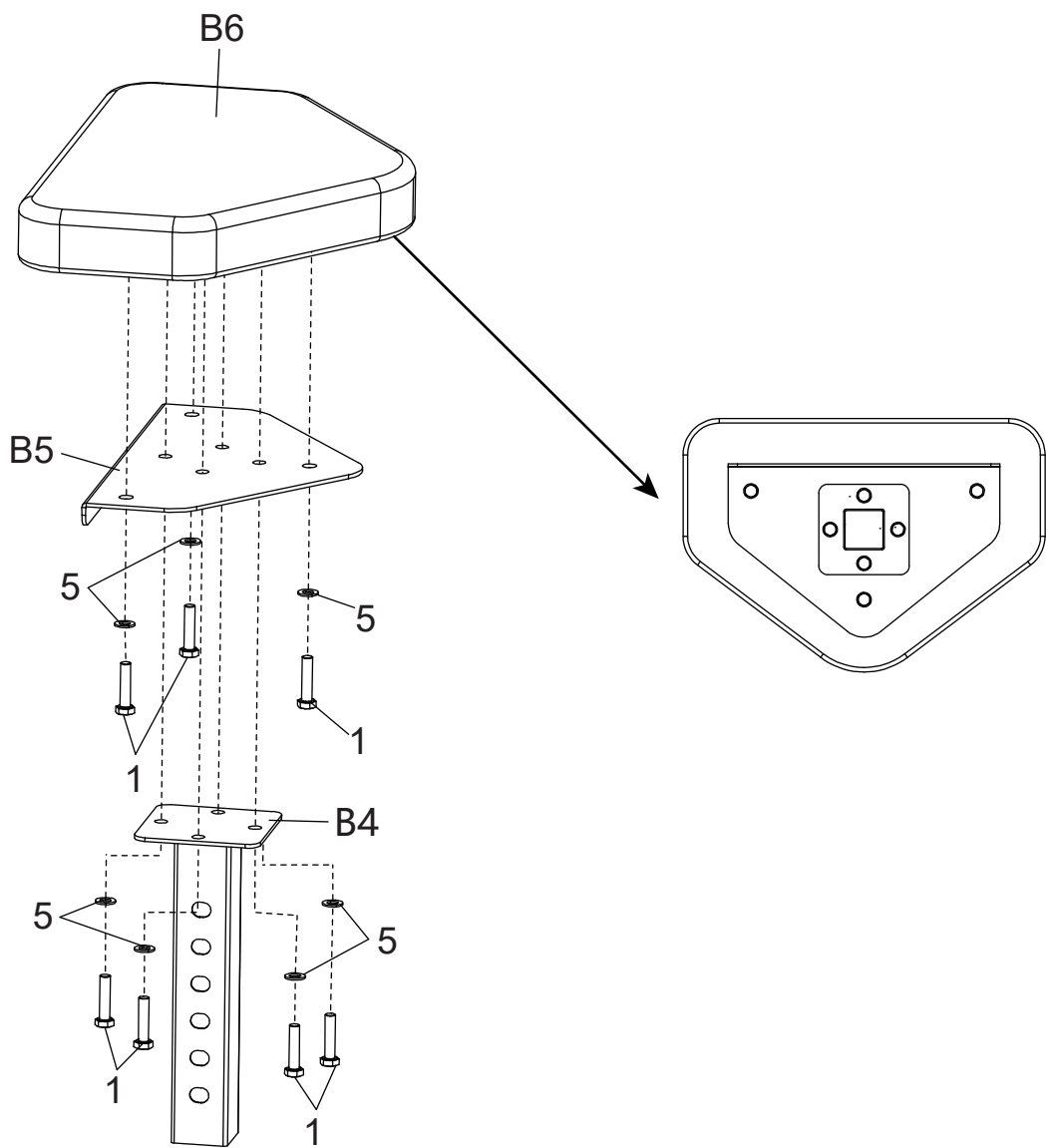
STEP: 6

B2	Pad Base 1PC	B3	Curl Pad 1PC	1	M8×25mm Bolt 6PCS	2	M10×25mm Bolt 2PCS
5	M8 Washer 6PCS	6	M10 Washer 2PCS				



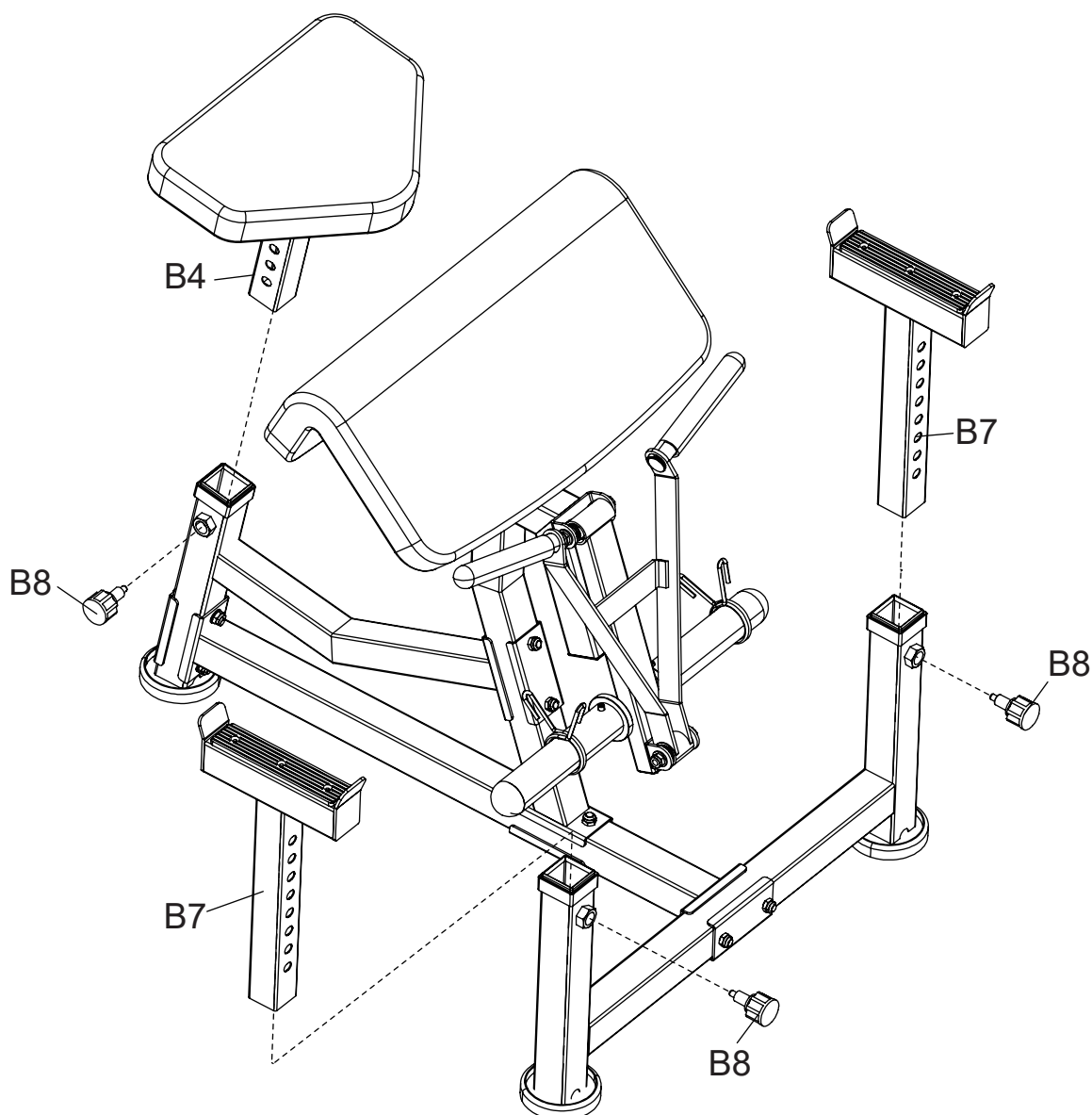
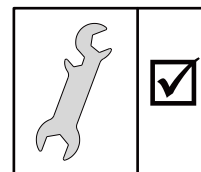
STEP: 7

B4 Seat Tube 1PC 	B5 Cushion Base 1PC 	B6 Seated Cushion 1PC 	1 M8×25mm Bolt 7PCS 
5 M8 Washer 7PCS 	 		



STEP: 8

B8	Knob 3PCS	B7	Barbell Holeder 2PCS
			



NOTE:

Make sure that all parts are properly tightened before you use the Preacher Curl Bench.

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" (highlighted with a red box) and "SUBJECT EXAMPLE".
- Subject:** "Platform-Order Number-Issue".
- Body:** A large text area with the placeholder "Describe your issue here" (highlighted with a red box).
- Footer:** A message "Welcome to attach the pictures to help us get more understands with your issue" (highlighted with a red box).
- Toolbar:** A rich text editor toolbar with various icons. The "Attach" icon (a paperclip) is highlighted with a red box, and a red arrow points from it to the footer message.

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