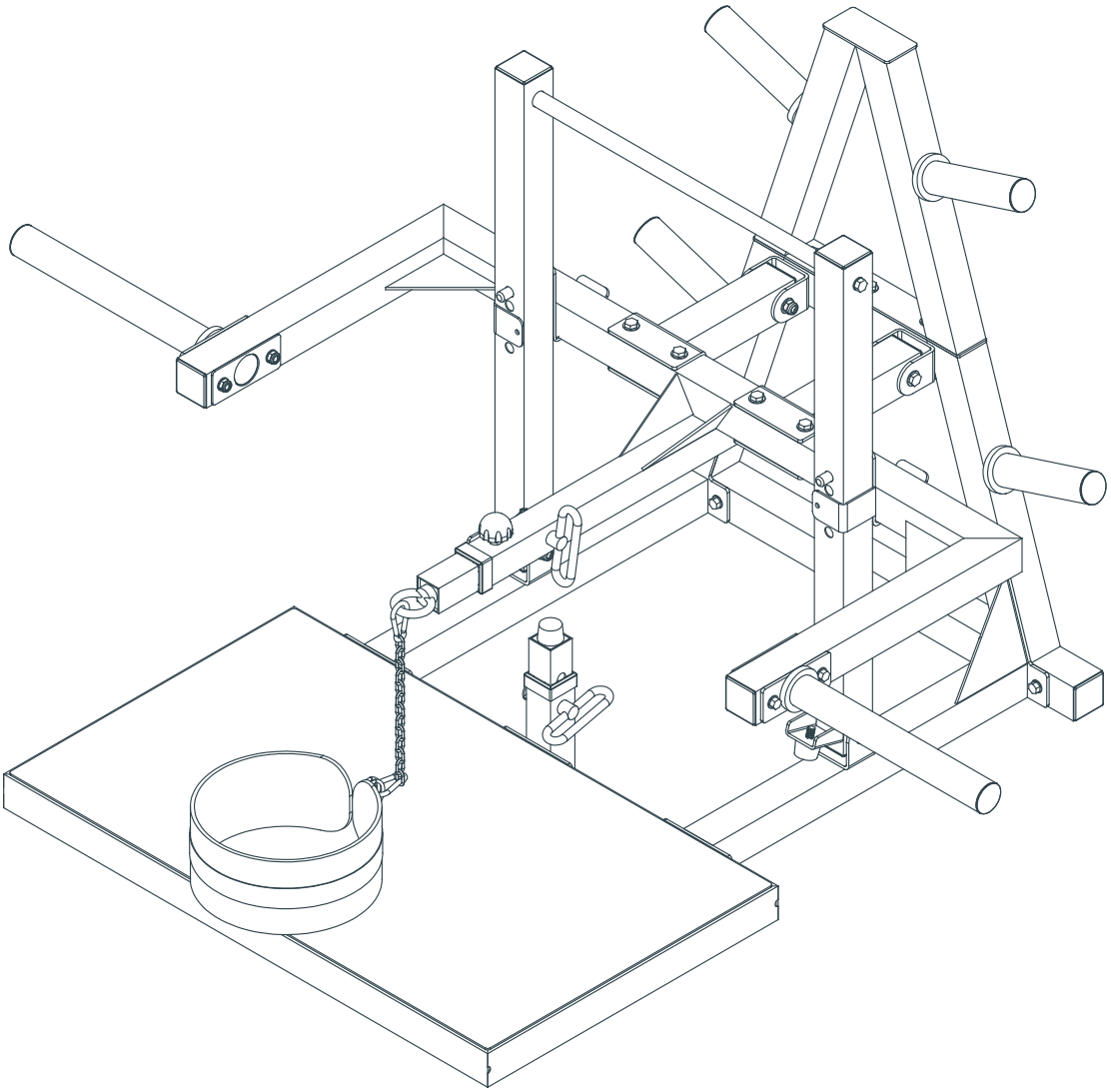
MIKOLO

ASSEMBLY INSTRUCTIONS



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

Assembly Caution ---------- 3

Part List ---------- 4-5

Hardware List ---------- 6

Step 1 ---------- 7

Step 2 ---------- 8

Step 3 ---------- 9

Step 4 ---------- 10

Step 5 ---------- 11

Step 6 ---------- 12

Step 7 ---------- 13

Installation Is Complete ---------- 14

After-Sale Information ---------- 15-16

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

STOP

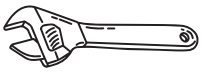
If you are missing any parts, or otherwise
have any warranty issues, please contact us first.
after-sale@gym-mikolo.com

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

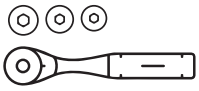
- Adjustable wranches



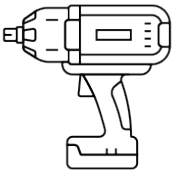
- Rubber hammers



- Socket set



- Electric Wrench



WARNING



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



Sharp objects may be involved. Use precaution and protection.

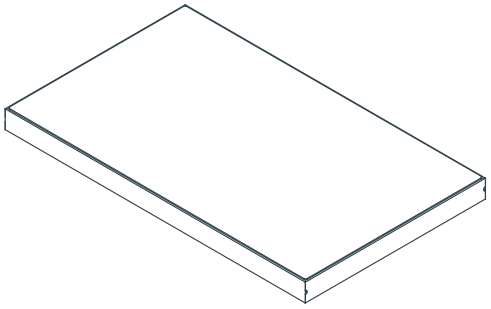


Heavy object. Use lifting aids and proper lifting techniques when moving

CARTON 1

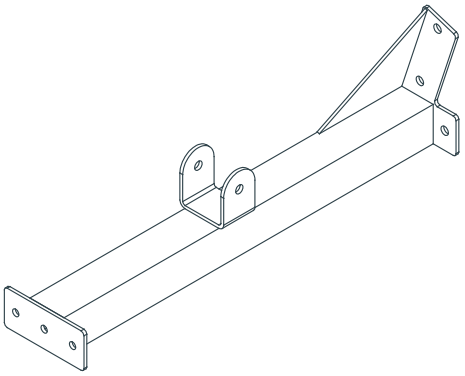
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Base Frame
1PC



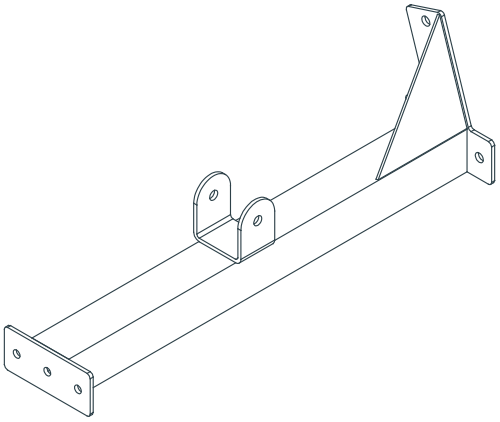
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Left Connect Tube
1PC



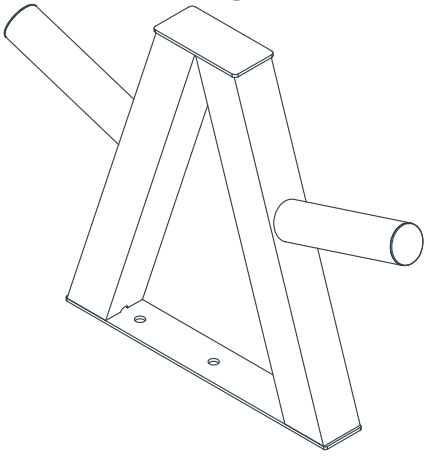
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Right Connect Tube
1PC



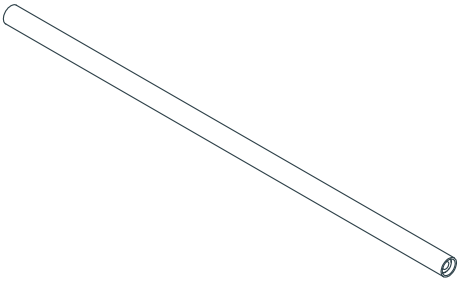
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Upper Bracket
1PC



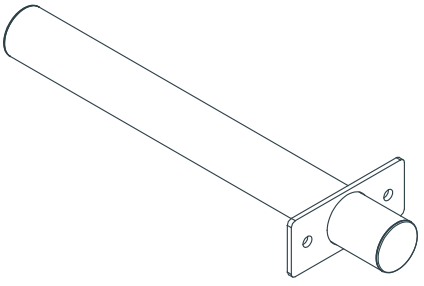
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Straight Tube
1PC

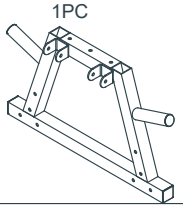
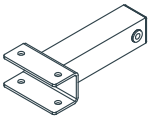
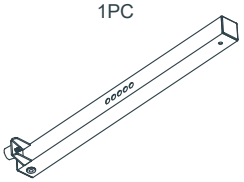
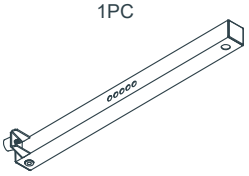
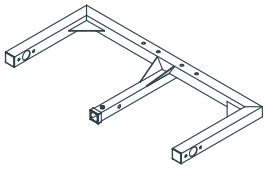
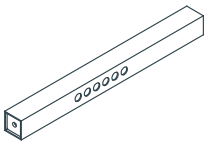
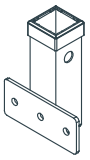
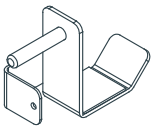
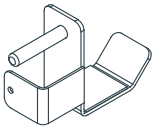
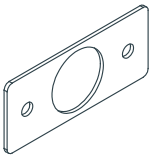
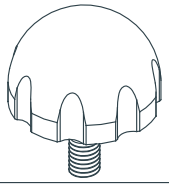
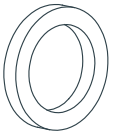
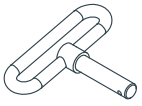
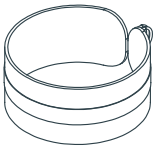
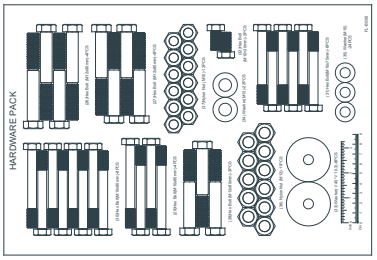


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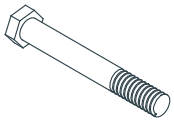
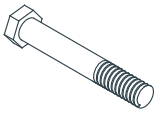
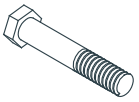
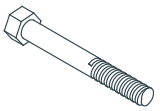
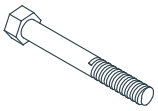
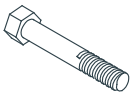
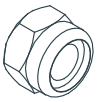
Weight Plate Holder
2PCS



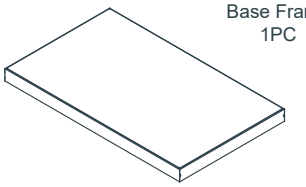
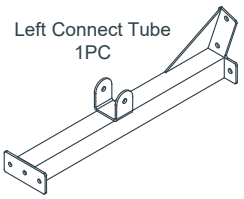
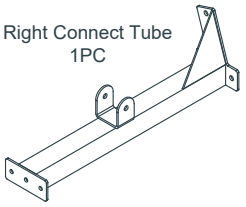
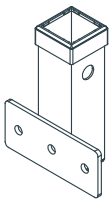
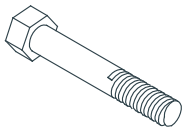
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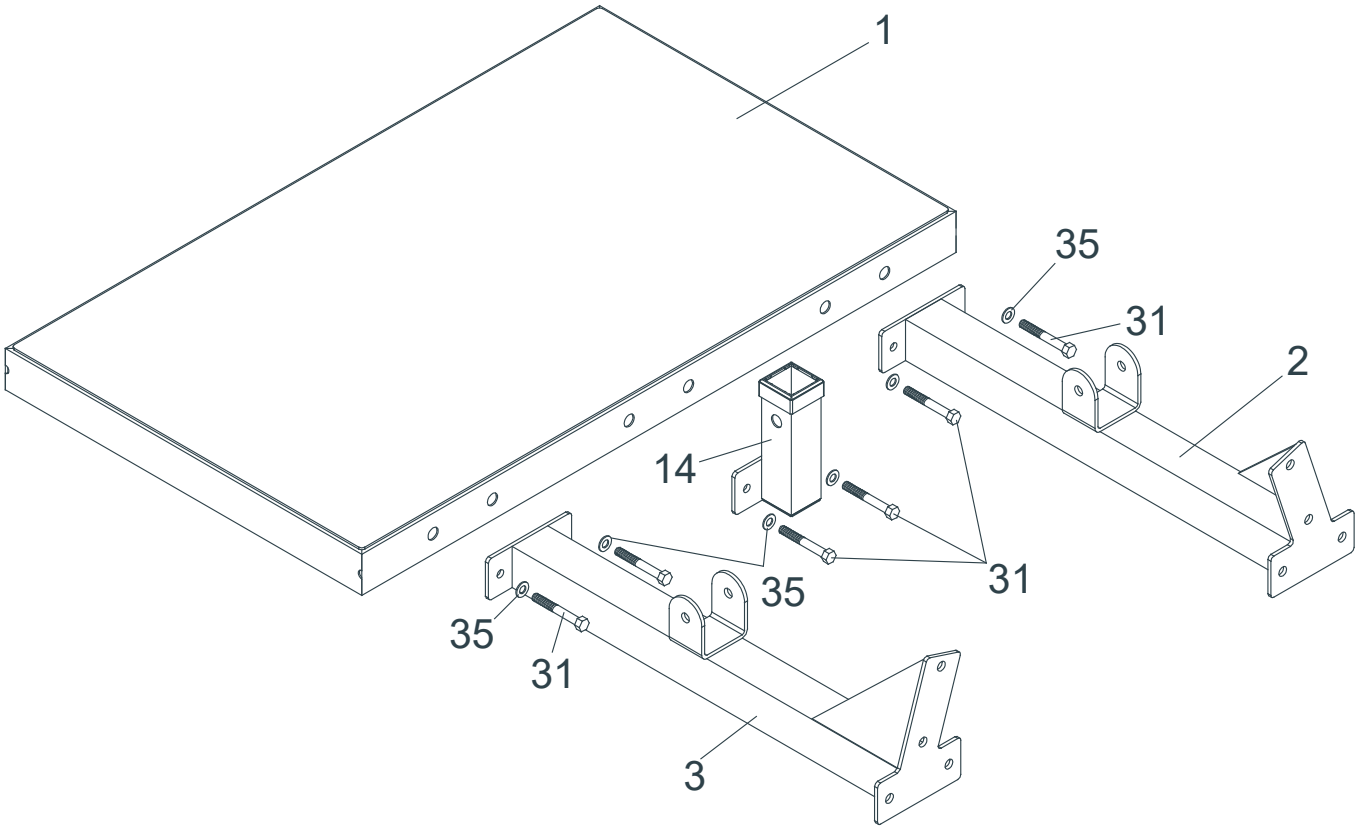
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8 Left Brace Tube 1PC 	10 Weight Frame 1PC 	12 Regulating Tube 1PC 
13 Adjusting Inner Tube 1PC 	14 Adjusting Outer Tube 1PC 	15 Left J Hook 1PC 
16 Right J Hook 1PC 	17 Connect Plate 2PCS 	18 Ring Bolt 1PC 
19 Handle Nut 1PC 	20 Shock Pad 6PCS 	21 Latch 2PCS 
22 Safety Pin 2PCS 	23 M7 Clip 2PCS 	24 Chain 1PC 
25 Belt 1PC 		HARDWARE BAG 1PC

HARDWARE LIST

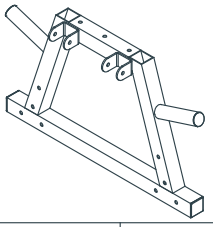
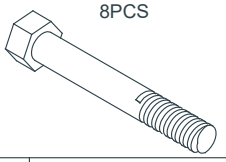
26 M12X90mm Hex Bolt 4PCS 	27 M12X85mm Hex Bolt 4PCS 	28 M12X80mm Hex Bolt 3PCS 	29 M10X85mm Hex Bolt 4PCS 
30 M10X80mm Hex Bolt 8PCS 	31 M10X75mm Hex Bolt 6PCS 	32 M10X20mm Hex Bolt 2PCS 	33 ¢45X¢10.3X3T Washer 8PCS 
34 M12 Washer 22PCS 	35 M10 Washer 24PCS 	36 M12 Nylon Nut 11PCS 	37 M10 Nylon Nut 12PCS 

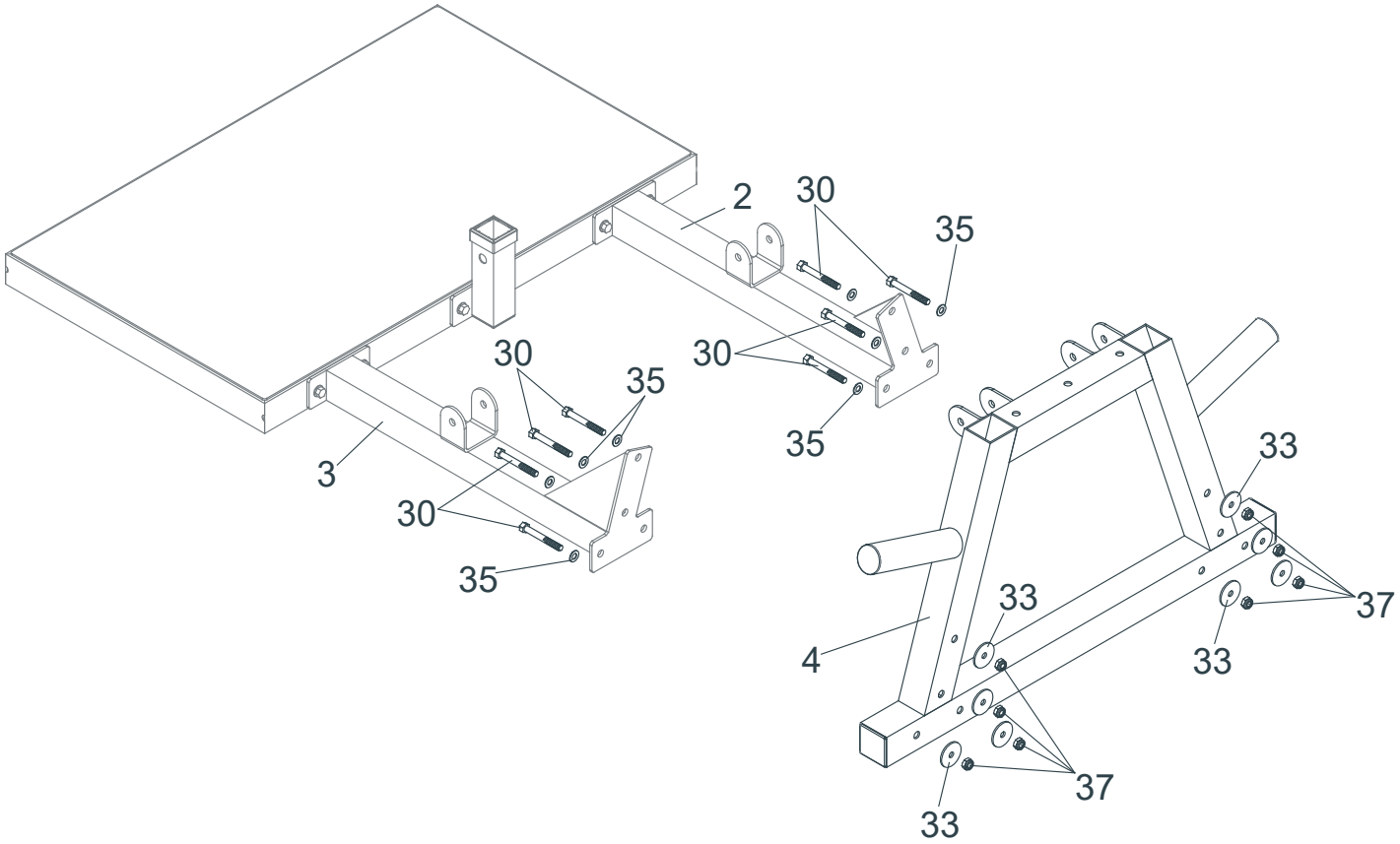
STEP: 1

1 Base Frame 1PC 	2 Left Connect Tube 1PC 	3 Right Connect Tube 1PC 
14 Adjusting Outer Tube 1PC 	31 M10X75mm Hex Bolt 6PCS 	35 M10 Washer 6PCS 

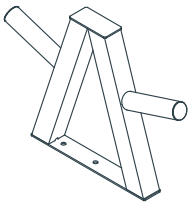
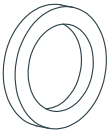
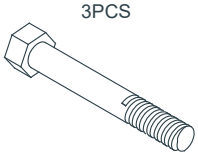
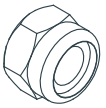


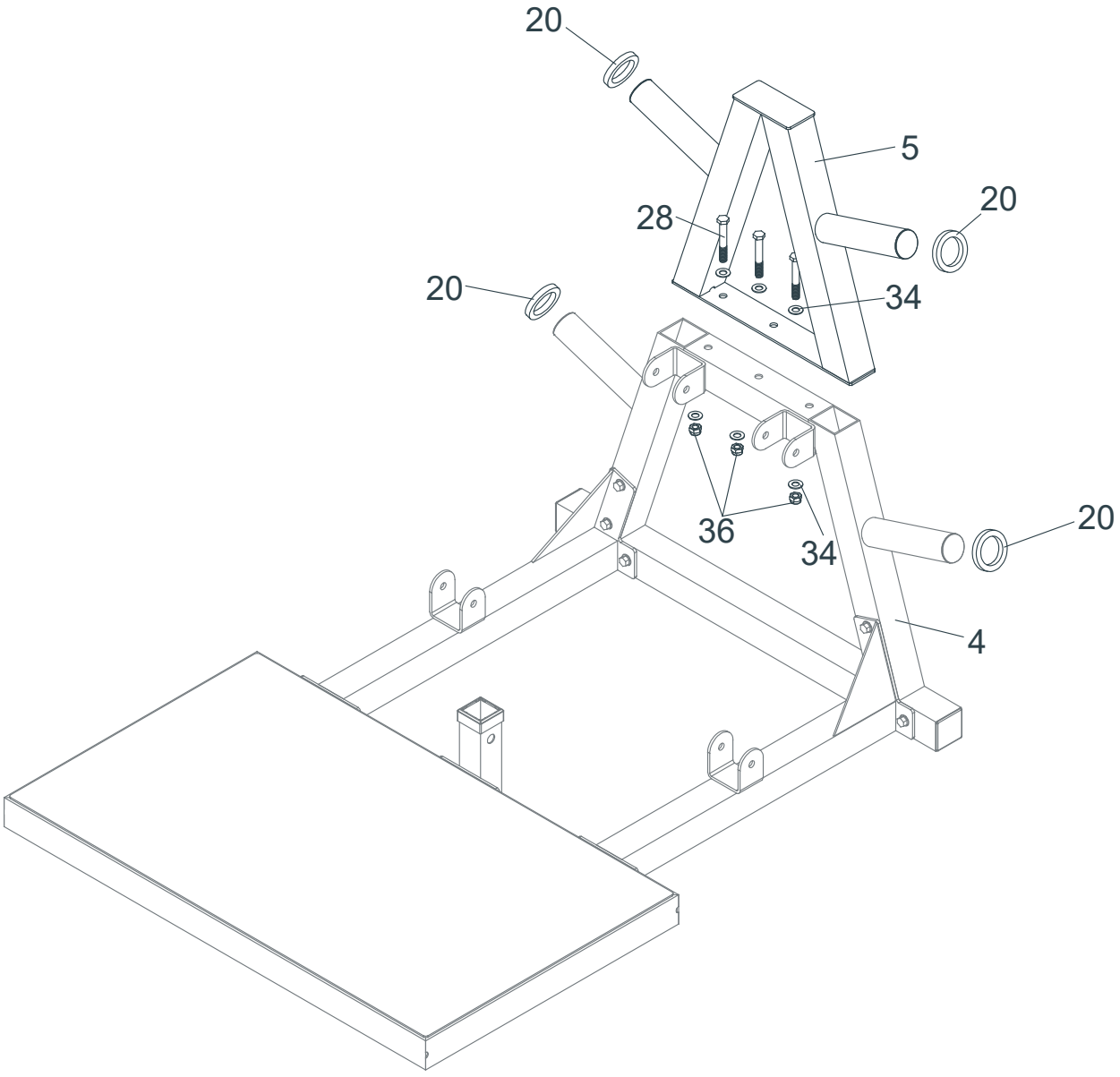
STEP: 2

4 Bottom Bracket 1PC 	30 M10X80mm Hex Bolt 8PCS 	
33 ¢45X¢10.3X3T Washer 8PCS 	35 M10 Washer 8PCS 	37 M10 Nylon Nut 8PCS 

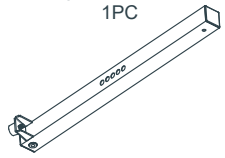
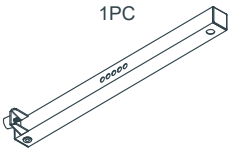
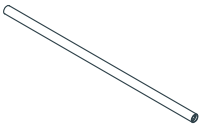
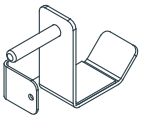
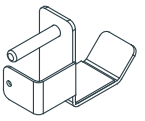
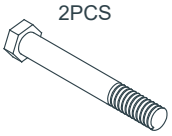
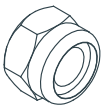


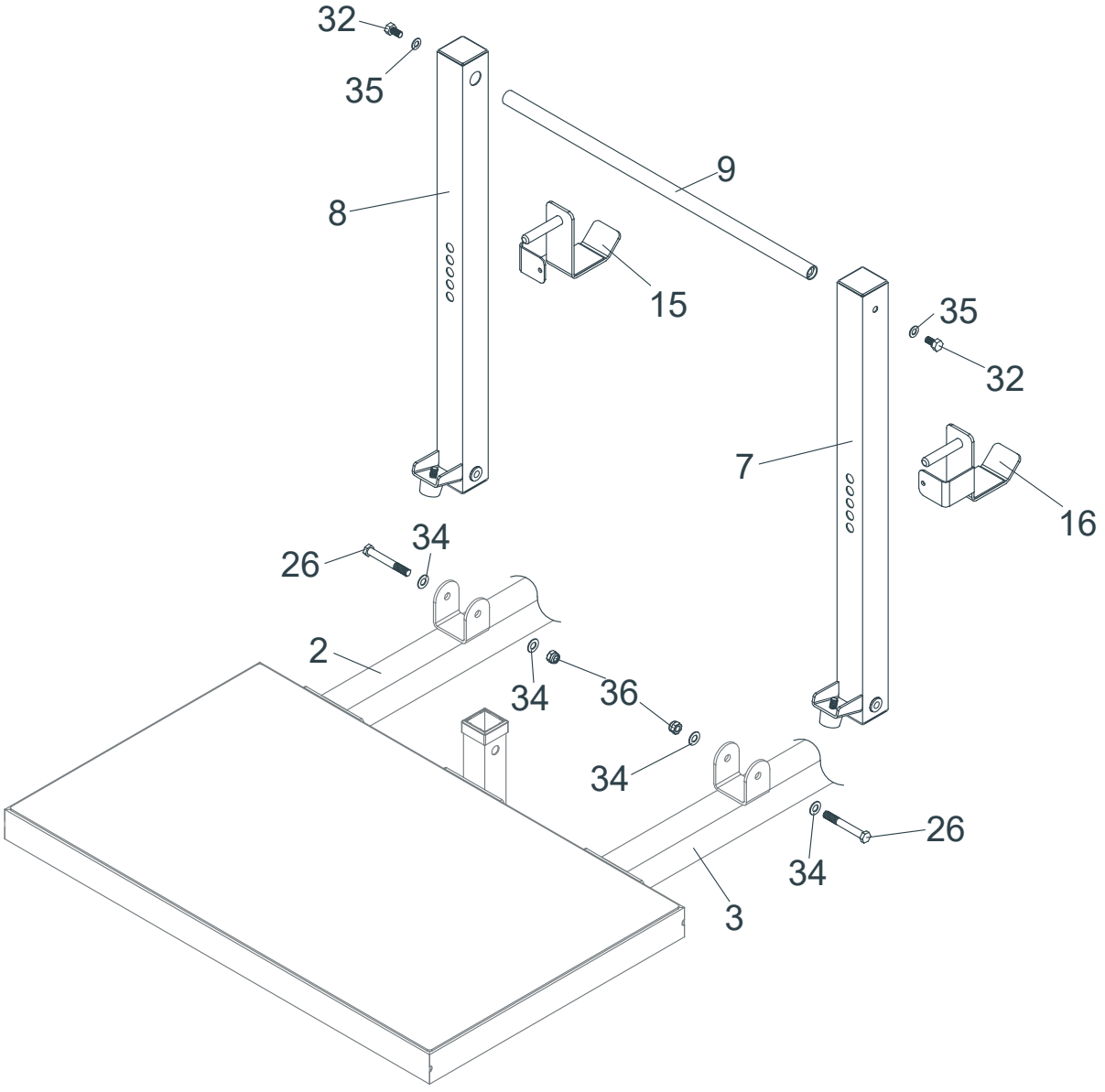
STEP: 3

5 Upper Bracket 1PC 	20 Shock Pad 4PCS 	
28 M12X80mm Hex Bolt 3PCS 	34 M12 Washer 6PCS 	36 M12 Nylon Nut 3PCS 

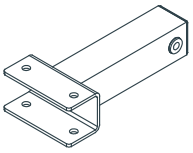
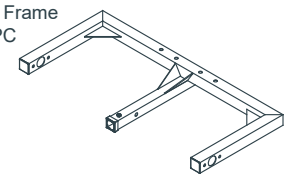
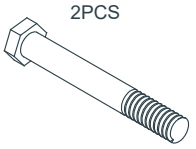
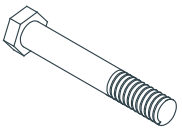
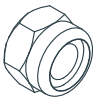


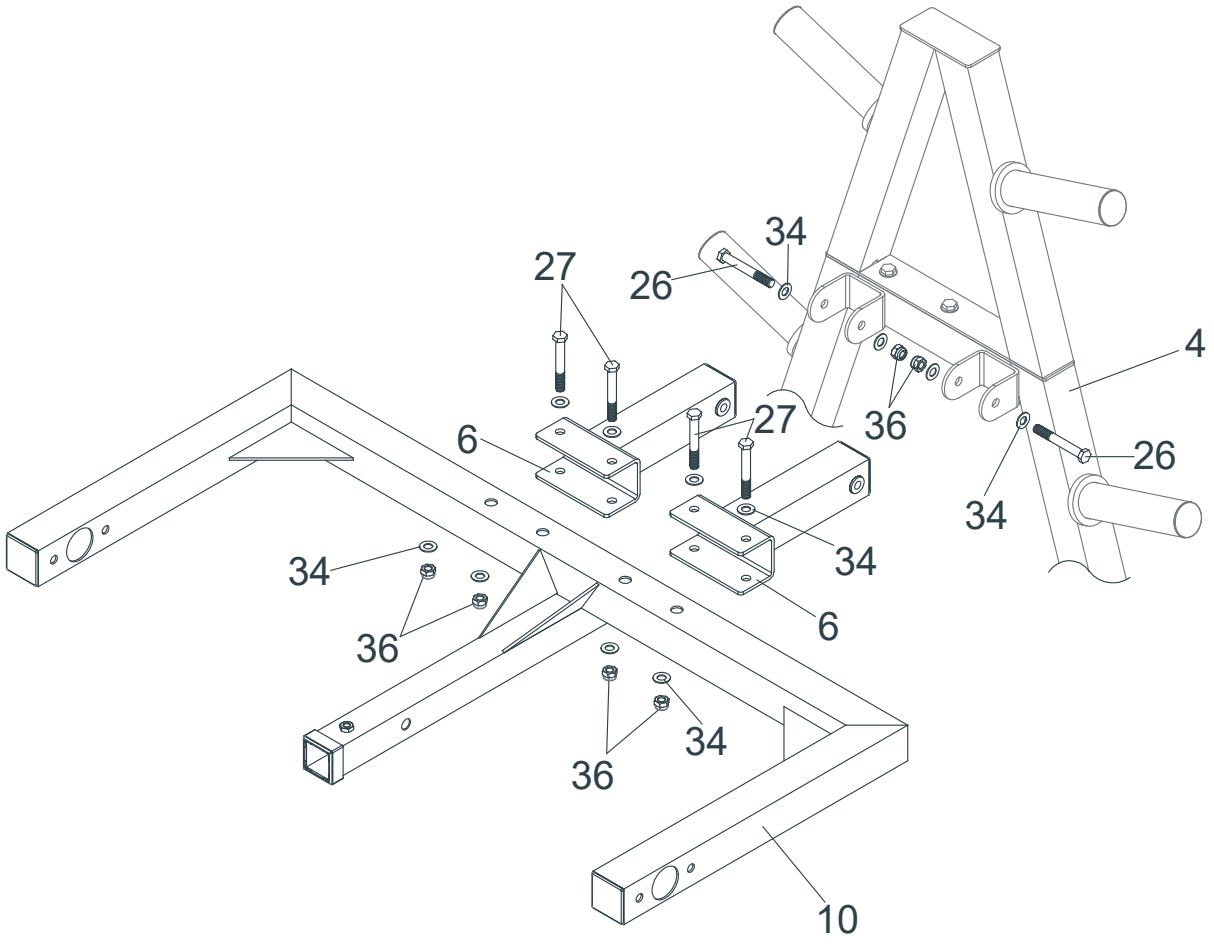
STEP: 4

7 Right Brace Tube 1PC 	8 Left Brace Tube 1PC 	9 Straight Tube 1PC 	15 Left J Hook 1PC 	16 Right J Hook 1PC 
26 M12X90mm Hex Bolt 2PCS 	32 M10X20mm Hex Bolt 2PCS 	34 M12 Washer 4PCS 	35 M10 Washer 2PCS 	36 M12 Nylon Nut 2PCS 

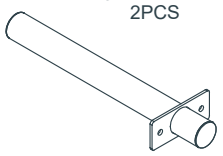
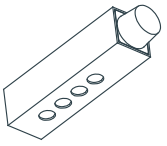
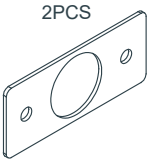
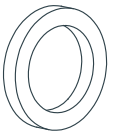
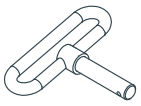
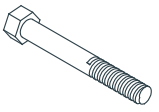


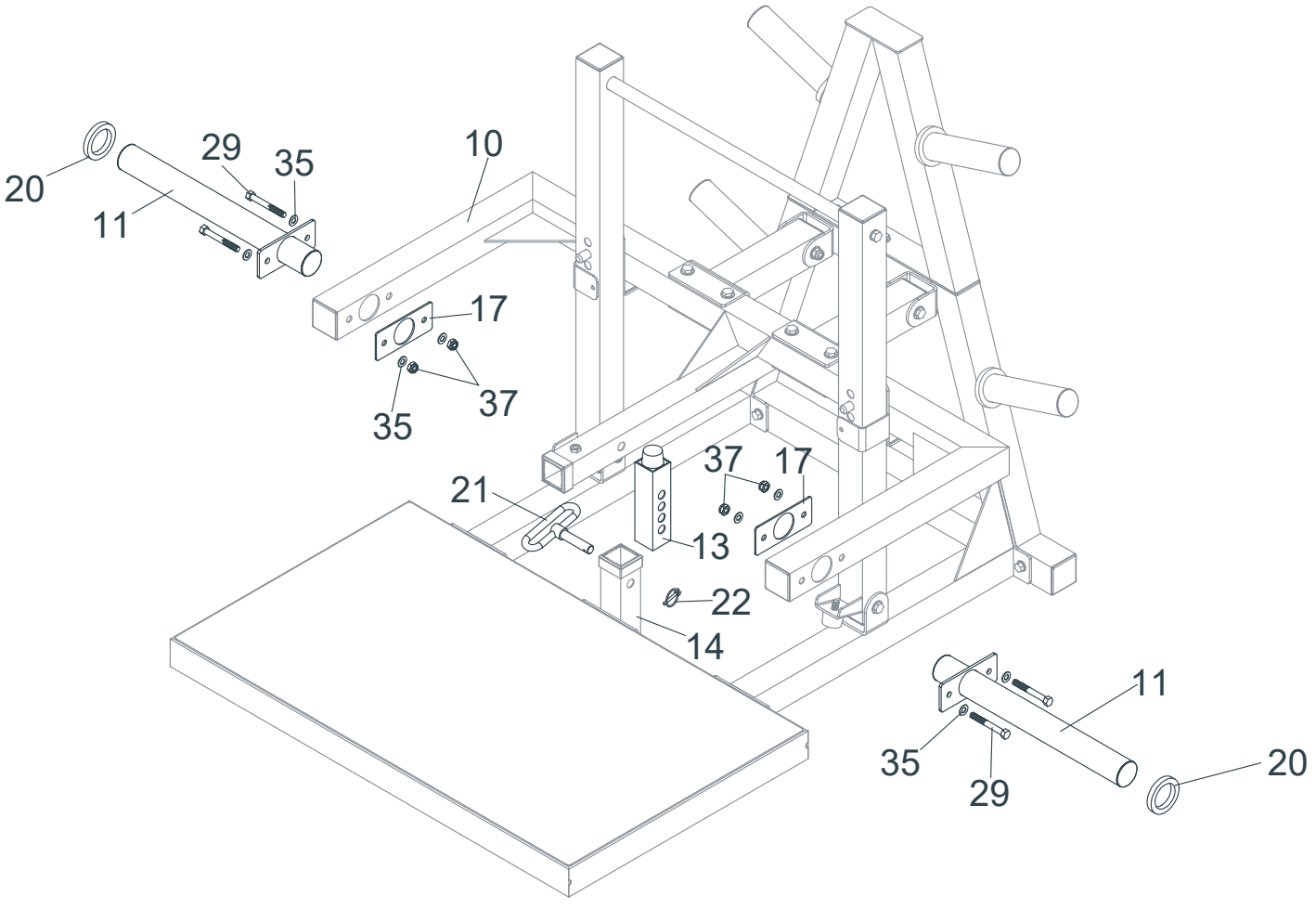
STEP: 5

6 Middle Connect Tube 2PCS 	10 Weight Frame 1PC 	26 M12X90mm Hex Bolt 2PCS 
27 M12X85mm Hex Bolt 4PCS 	34 M12 Washer 12PCS 	36 M12 Nylon Nut 6PCS 

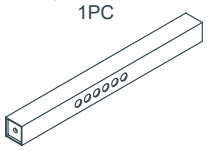
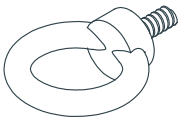
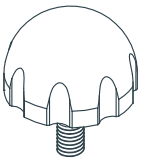
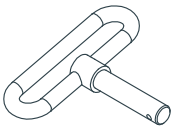
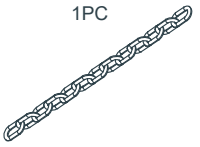


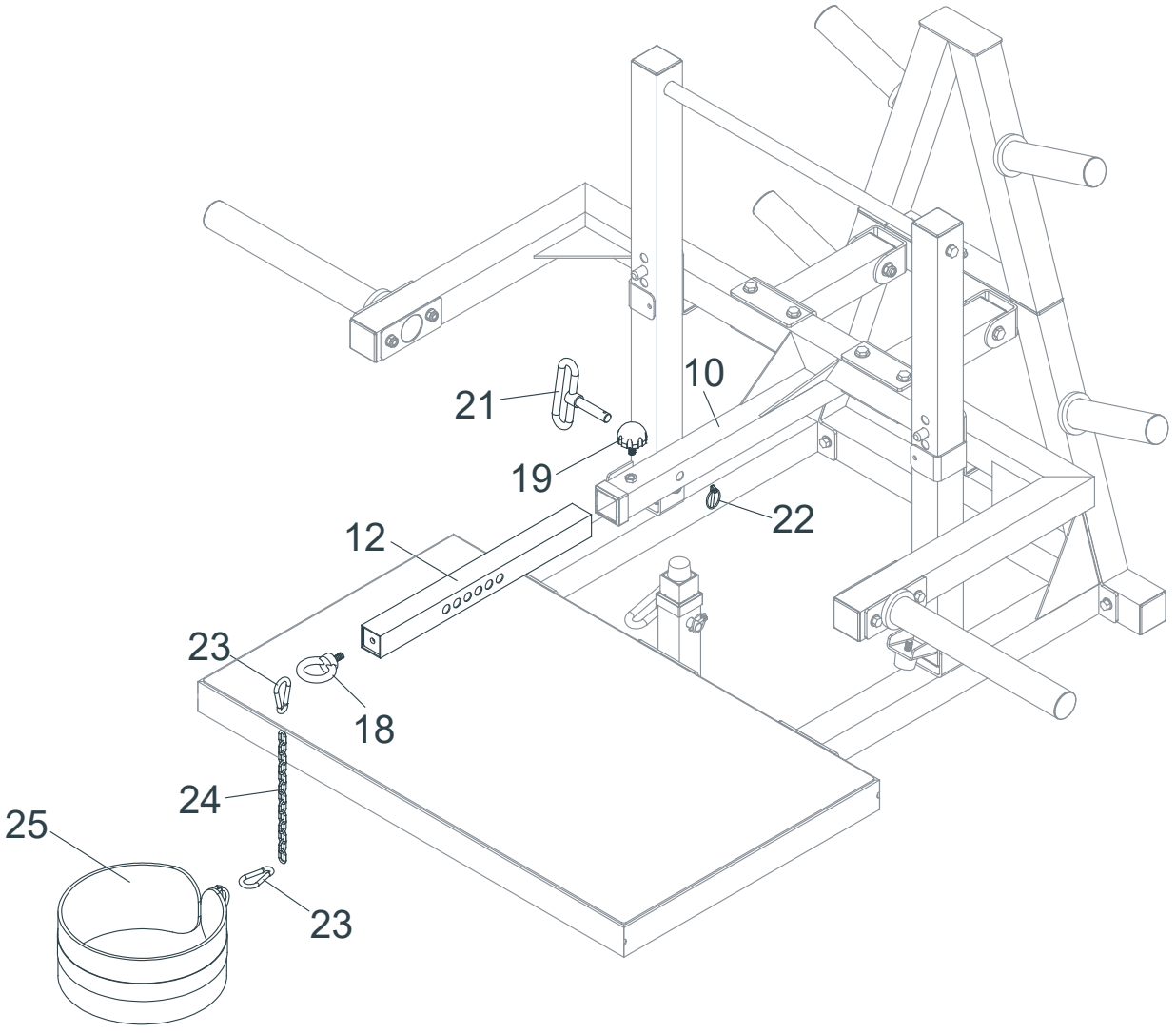
STEP: 6

11 Weight Plate Holder 2PCS 	13 Adjusting Inner Tube 1PC 	17 Connect Plate 2PCS 	20 Shock Pad 2PCS 	
21 Latch 1PC 	22 Safety Pin 1PC 	29 M10X85mm Hex Bolt 4PCS 	35 M10 Washer 8PCS 	37 M10 Nylon Nut 4PCS 

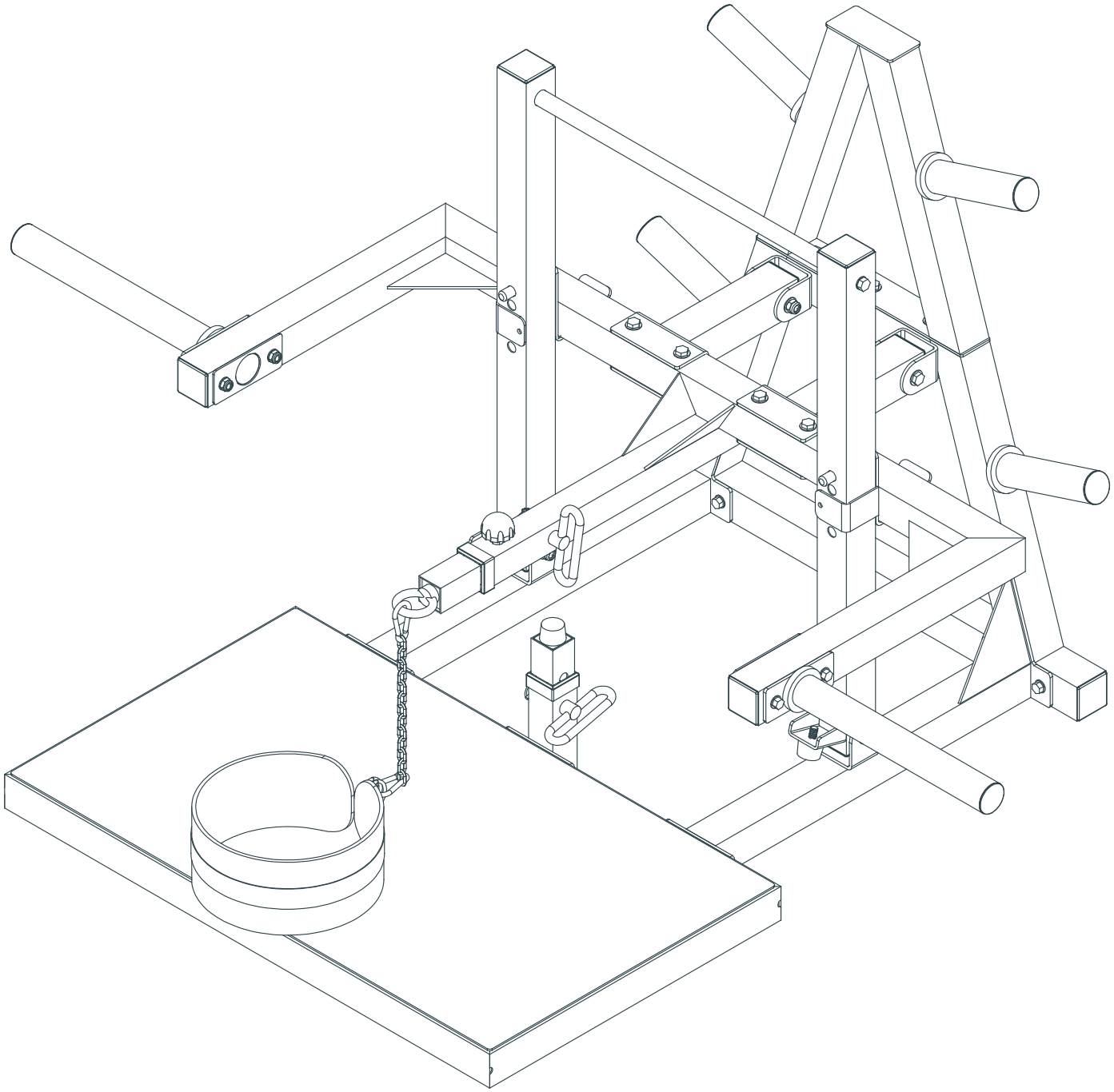


STEP: 7

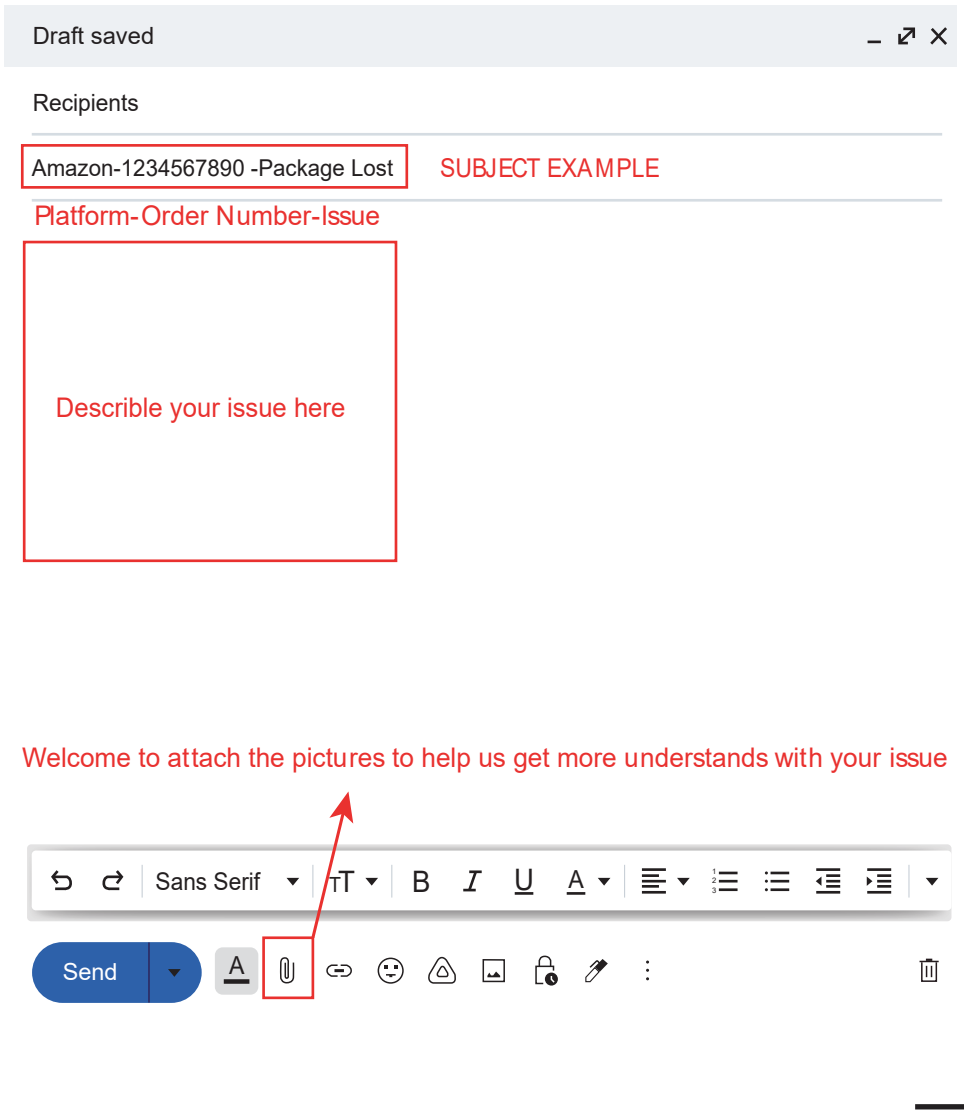
12 Regulating Tube 1PC 	18 Ring Bolt 1PC 	19 Handle Nut 1PC 	21 Latch 1PC 
22 Safety Pin 1PC 	23 M7 Clip 2PCS 	24 Chain 1PC 	25 Belt 1PC 



INSTALLATION IS COMPLETE



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.

after-sale@gym-mikolo.com