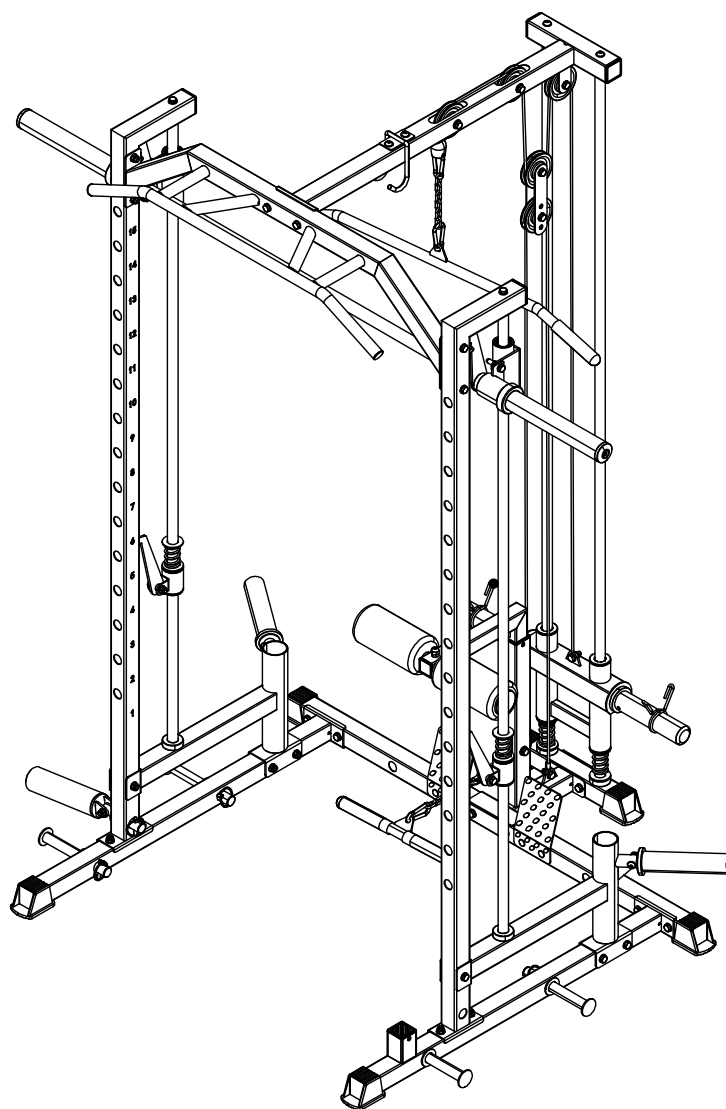


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ASSEMBLY INSTRUCTIONS



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

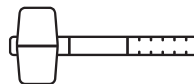
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

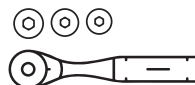
- Adjustable wrenches



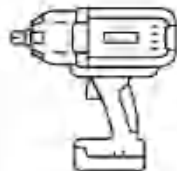
- Rubber hammers



- Socket set



- Electric Wrench



WARNING



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

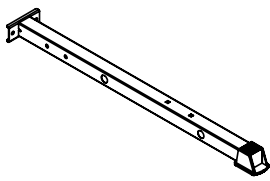
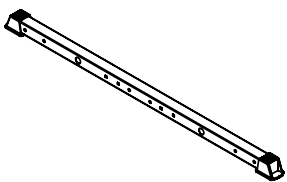
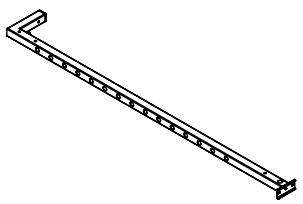
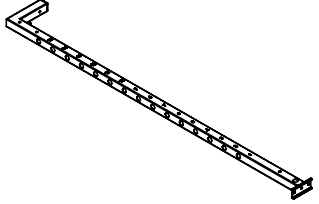
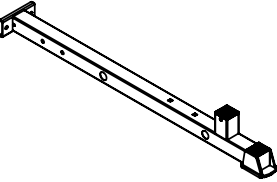
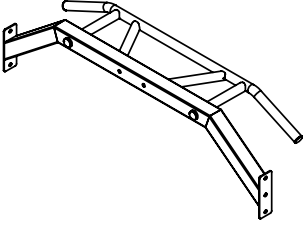
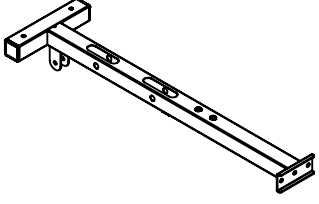
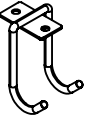
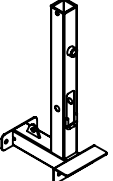
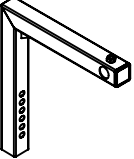
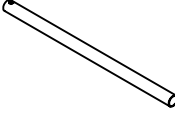
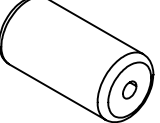
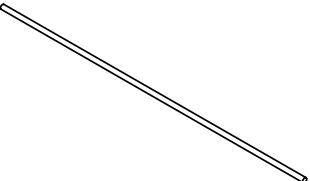
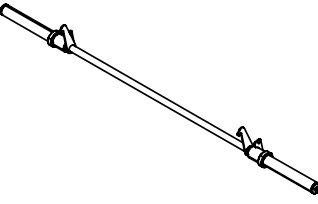
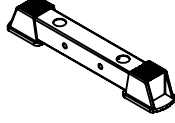
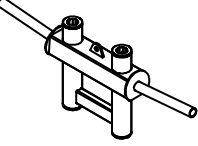
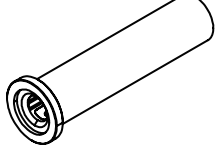
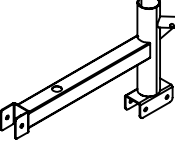
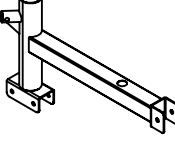


Sharp objects may be involved. Use precaution and protection.

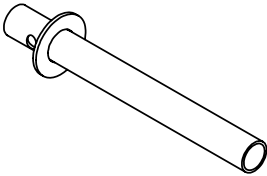
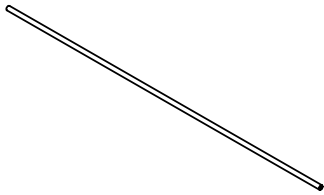
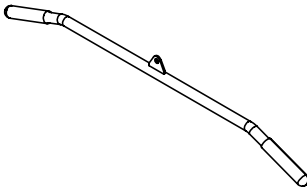
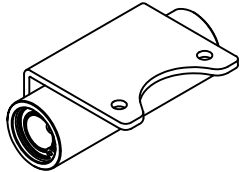
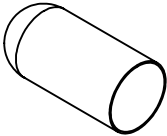
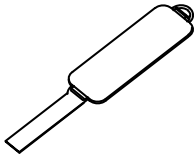
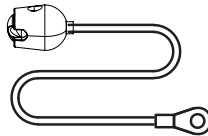
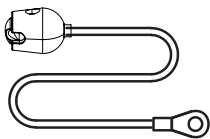
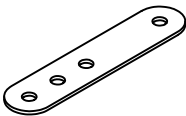
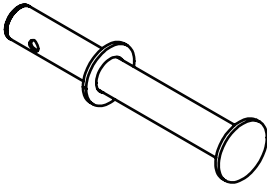
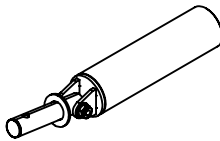
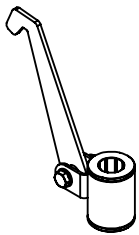
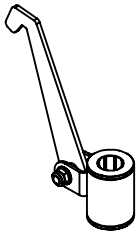
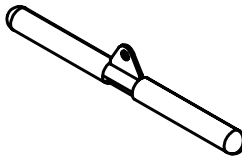
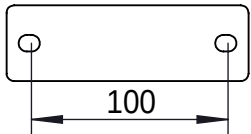
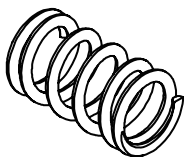
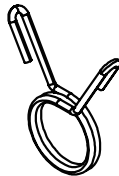
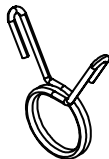


Heavy object. Use lifting aids and proper lifting techniques when moving

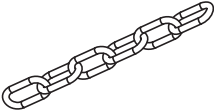
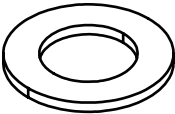
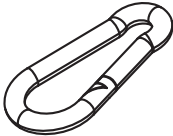
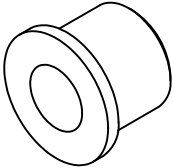
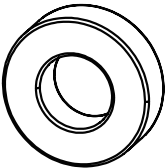
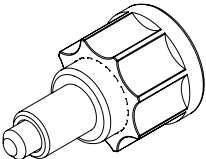
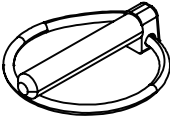
PARTS LIST

A1 Right Base 1PC 	A2 Horizontal Base Tube 1PC 	A3 Upright Tube Left 1PC 	A4 Upright Tube Right 1PC 
A5 Left Base 1PC 	A6 Pull-UP Frame 1PC 	A7 Top Frame 1PC 	A8 Storage Hooks 1PC 
A9 Leg Holder Attachment Frame 1PC 	A10 Leg Holder Attachment Adjustment components 1PC 	B1 Foam Tube 1PC 	B2 Foam 2PCS 
B3 End Cap 2PCS 	B4 Smith Bar Guide Rod 2PCS 	B5 Smith Bar 1PC 	B6 Guide Rod Base 1PC 
B7 Weight Holder 1PC 	B8 Olympic Adapter 4PCS 	B9 Base Storage Rack Left 1PC 	B10 Base Storage Rack Right 1PC 

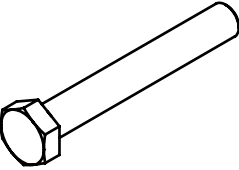
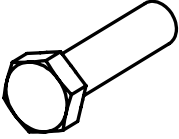
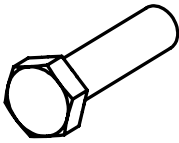
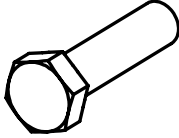
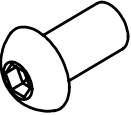
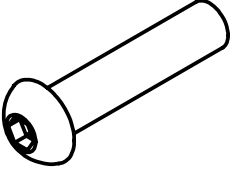
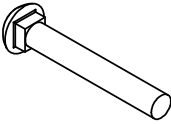
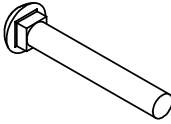
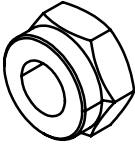
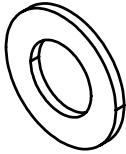
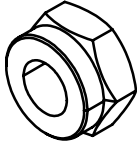
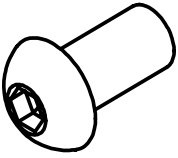
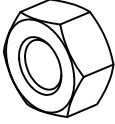
PARTS LIST

C1 Weight Plates Storage Tube 2PCS 	C2 Guide Rod 2PCS 	C3 Lat Pull Down Bar 1PC 	C4 Smith Bar Sliding Sleeve 2PCS 
C5 Protective Sleeve 2PCS 	C6 Ankle Strap 1PC 	C7 CableA(3410mm) 1PC (134in) 	C8 CableB(2785mm) 1PC (109in) 
C9 Pulley Connector 2PCS 	C10 Band Peg 4PCS 	D1 Landmine Attachment 1PC 	D2 Foot Pedal 2PCS 
D3 Smith Bar Safety Catch Left 1PC 	D4 Smith Bar Safety Catch Right 1PC 	D5 Cable Bar 1PC 	D6 Reinforcement Plate 1PC 
D7 Pulley 6PCS 	D8 Spring 4PCS 	D9 Barbell Clamps(Ø50) 2PCS 	D10 Barbell Clamps(Ø48) 2PCS 

PARTS LIST

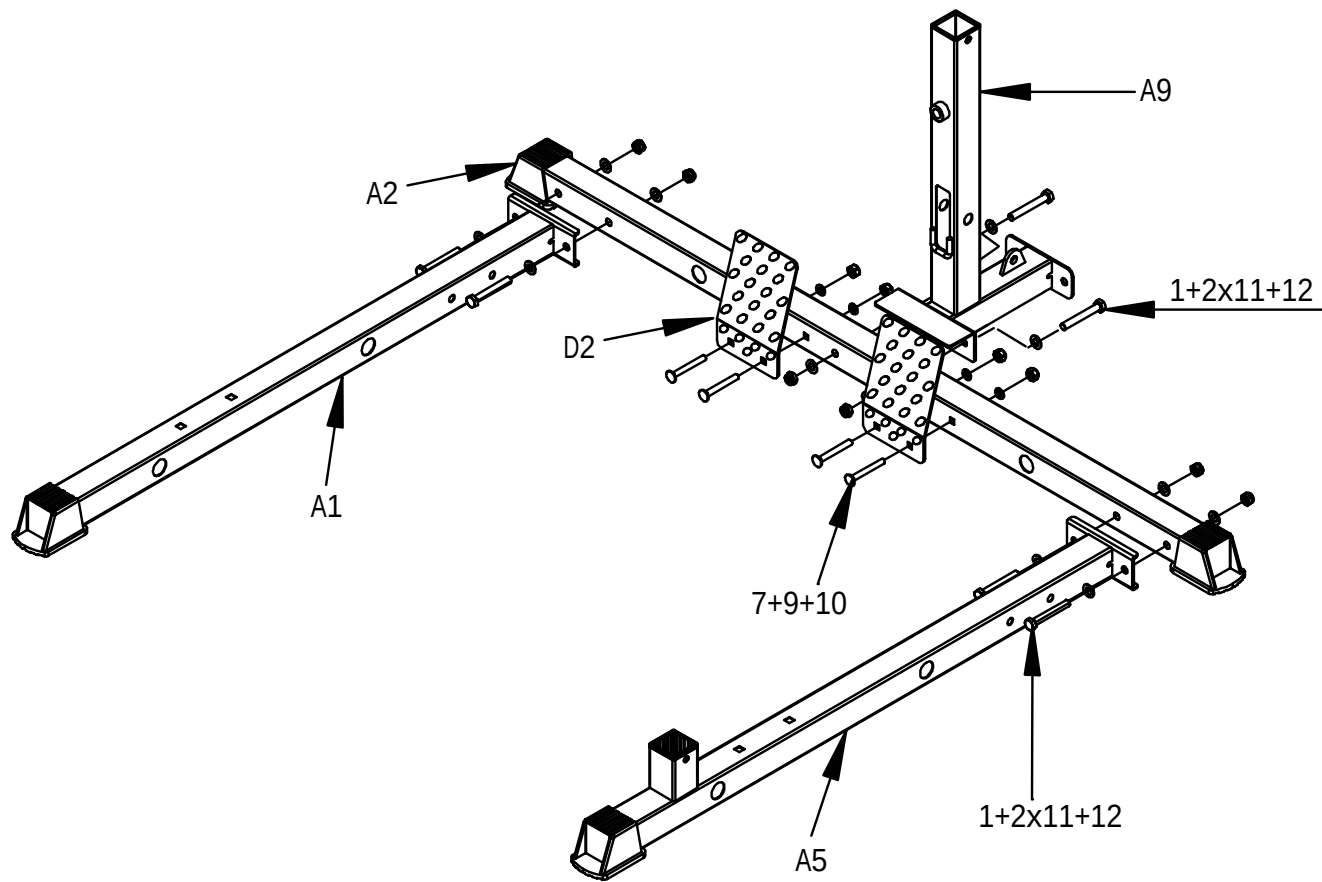
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<div>E5</div> <div>Shock Pad 4PCS</div> <div></div>	<div>E6</div> <div>Knob 1PC</div> <div></div>	<div>E7</div> <div>Detent Pin 5PCS</div> <div></div>	

HARDWARE LIST

1 M10X70 Bolt 25PCS 	2 M10X45 Bolt 3PCS 	3 M10X40 Bolt 2PCS 	4 M10X25 Bolt 4PCS 
5 M10X20 Bolt 4PCS 	6 M10X45 Bolt 2PCS 	7 M8X65 Bolt 4PCS 	8 M10X65 Bolt 4PCS 
9 M8 Washer 4 PCS 	10 M8 Nut 4PCS 	11 M10 Washer 80 PCS 	12 M10 LockNut 38PCS 
13 M10X25 Bolt 3PCS 	14 M10 Nut 1PC 		

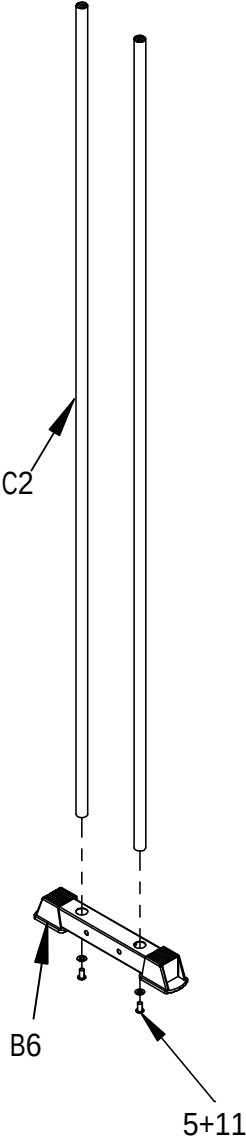
STEP: 1

A1 Right Base 1PC	A2 Horizontal Base Tube 1PC	A5 Left Base 1PC	A9 Leg Holder Attachment Frame 1PC	D2 Foot Pedal 2PCS
1 M10X70 Bolt 6PCS	7 M8X65 Bolt 4PCS	9 M8 Washer 4PCS	10 M8 Nut 4PCS	11 M10 Washer 12PCS
12 M10 LockNut 6PCS				

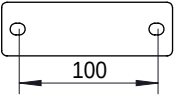
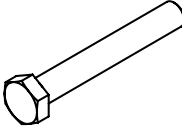
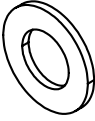
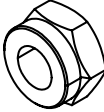


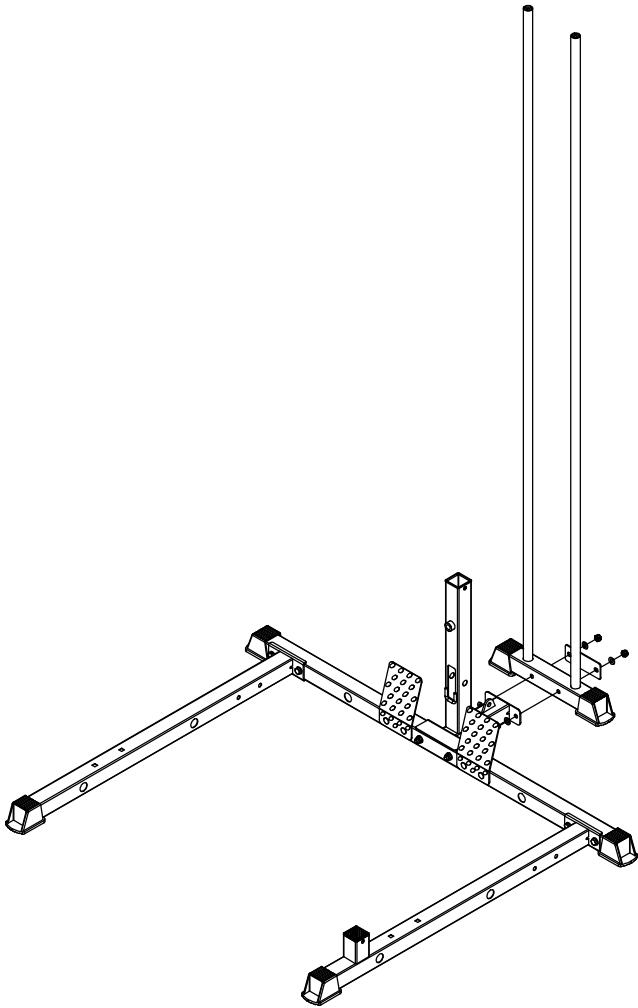
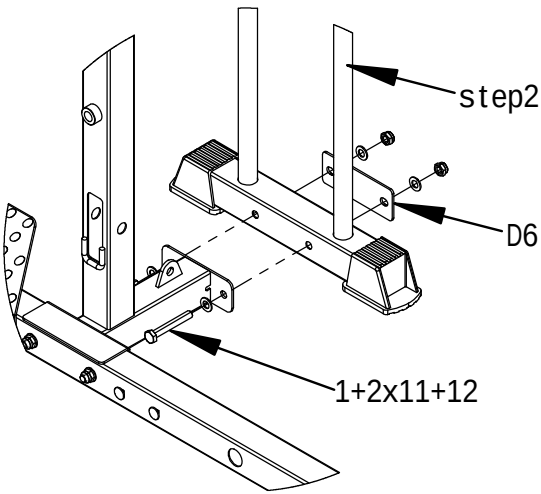
STEP: 2

B6	Guide Rod Base 1PC	C2	Guide Rod 2PCS	5	M10X20 Bolt 2PCS	11	M10 Washer 2PCS	

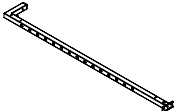
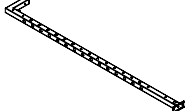
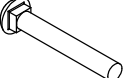
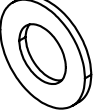
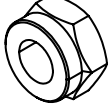


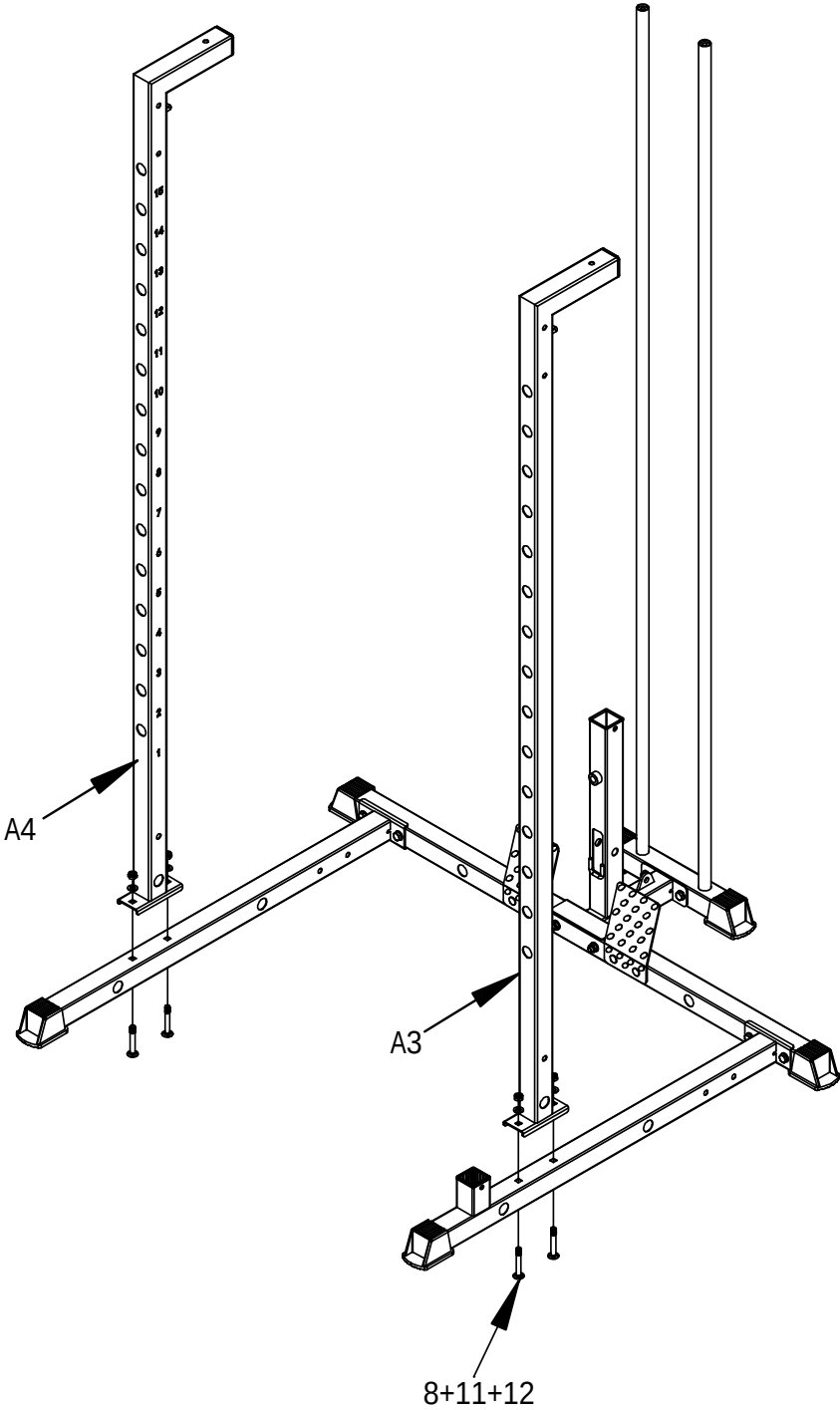
STEP: 3

D6 Reinforcement Plate 1PC	1 M10X70 Bolt 2PCS	11 M10 Washer 4PCS	12 M10 LockNut 2PCS	
				



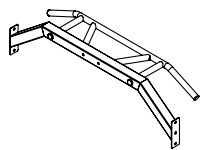
STEP: 4

A3 Upright Tube Left 1PC	A4 Upright Tube Right 1PC	8 M10X65 Bolt 4PCS	11 M10 Washer 4PCS	12 M10 LockNut 4PCS
				

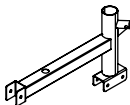


STEP: 5

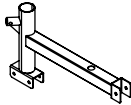
A6 Pull-UP Frame
1PC



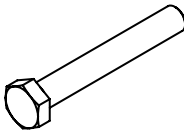
B9 Base Storage Rack Left
1PC



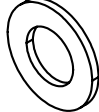
B10 Base Storage Rack Right
1PC



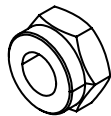
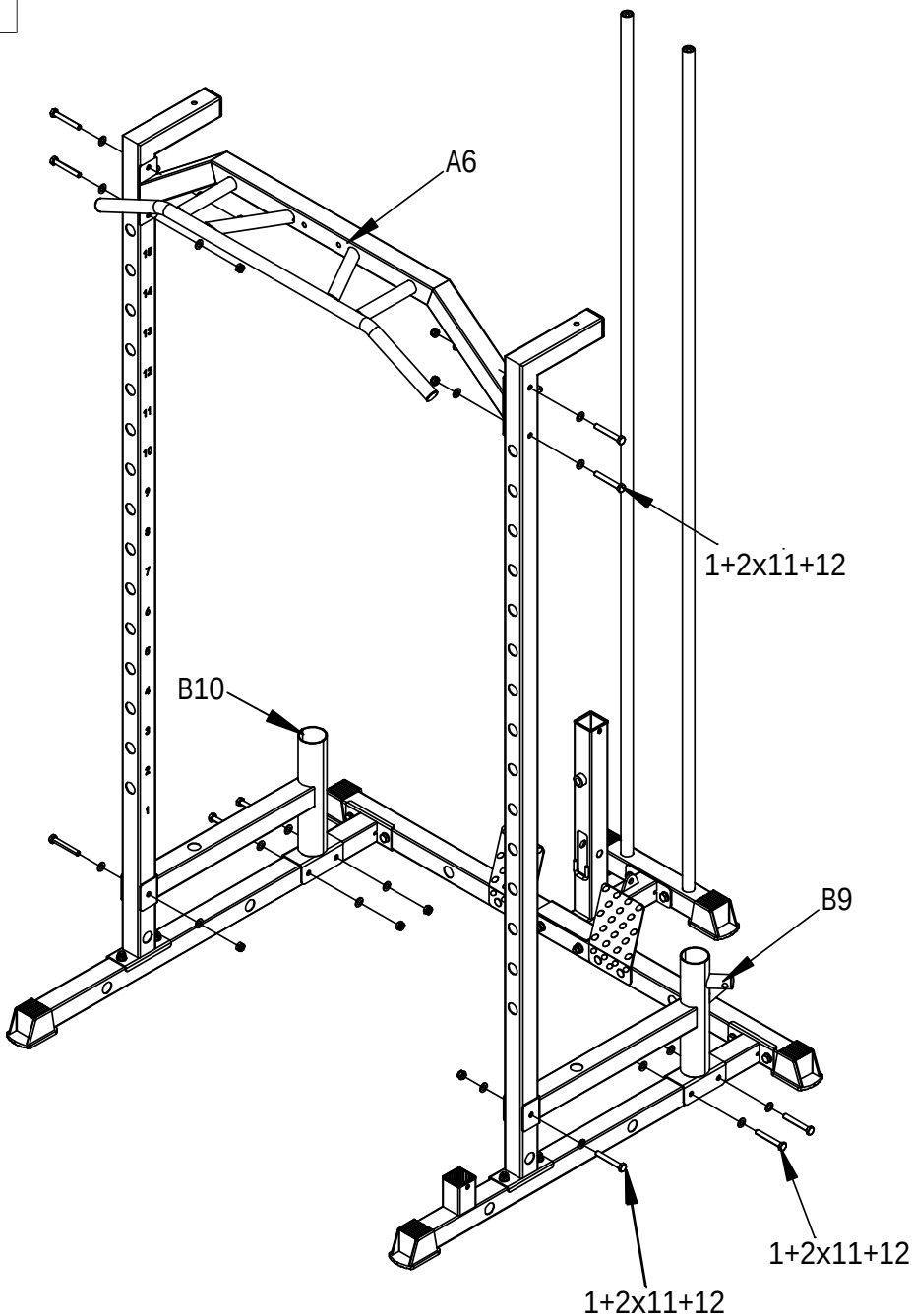
1 M10X70 Bolt
10PCS



11 M10 Washer
20PCS

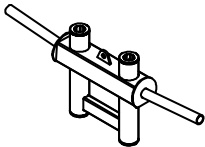


12 M10 LockNut
10PCS

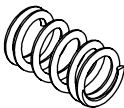


STEP: 6

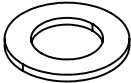
B7 Weight Holder
1PC



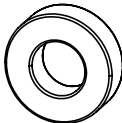
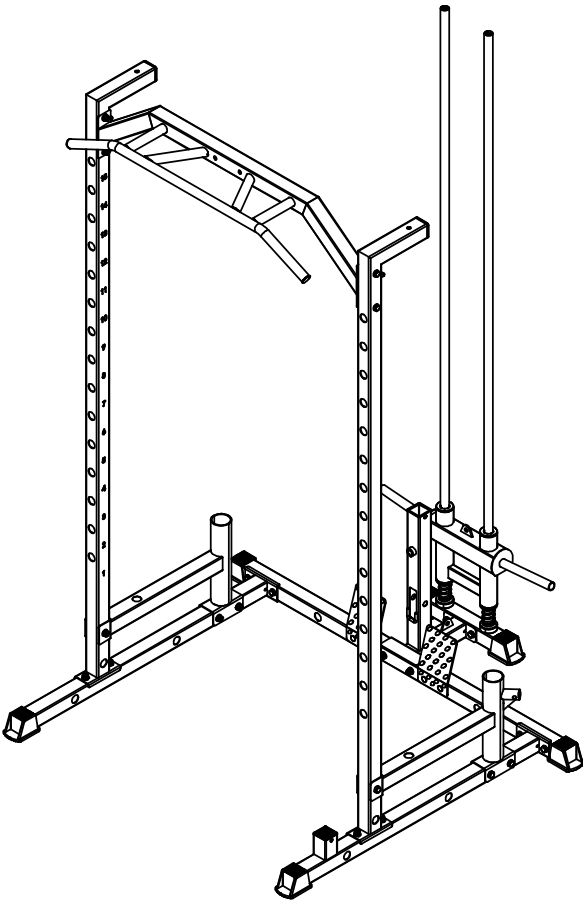
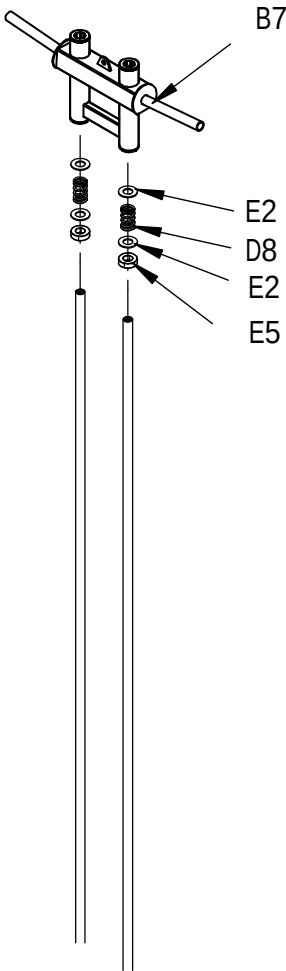
D8 Spring
2PCS



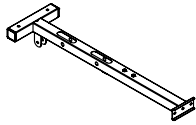
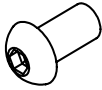
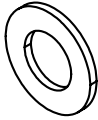
E2 Buffer Washer
4PCS

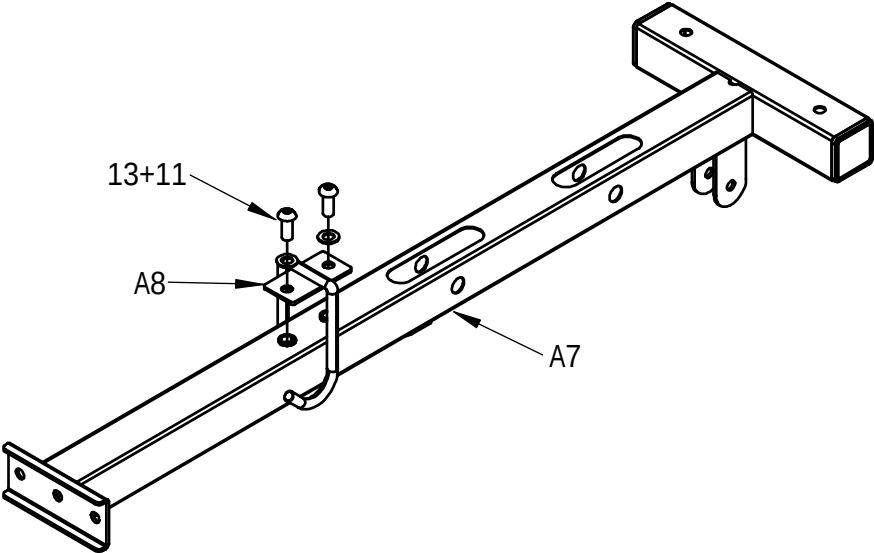


E5 Shock Pad
2PCS

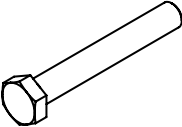
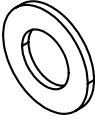


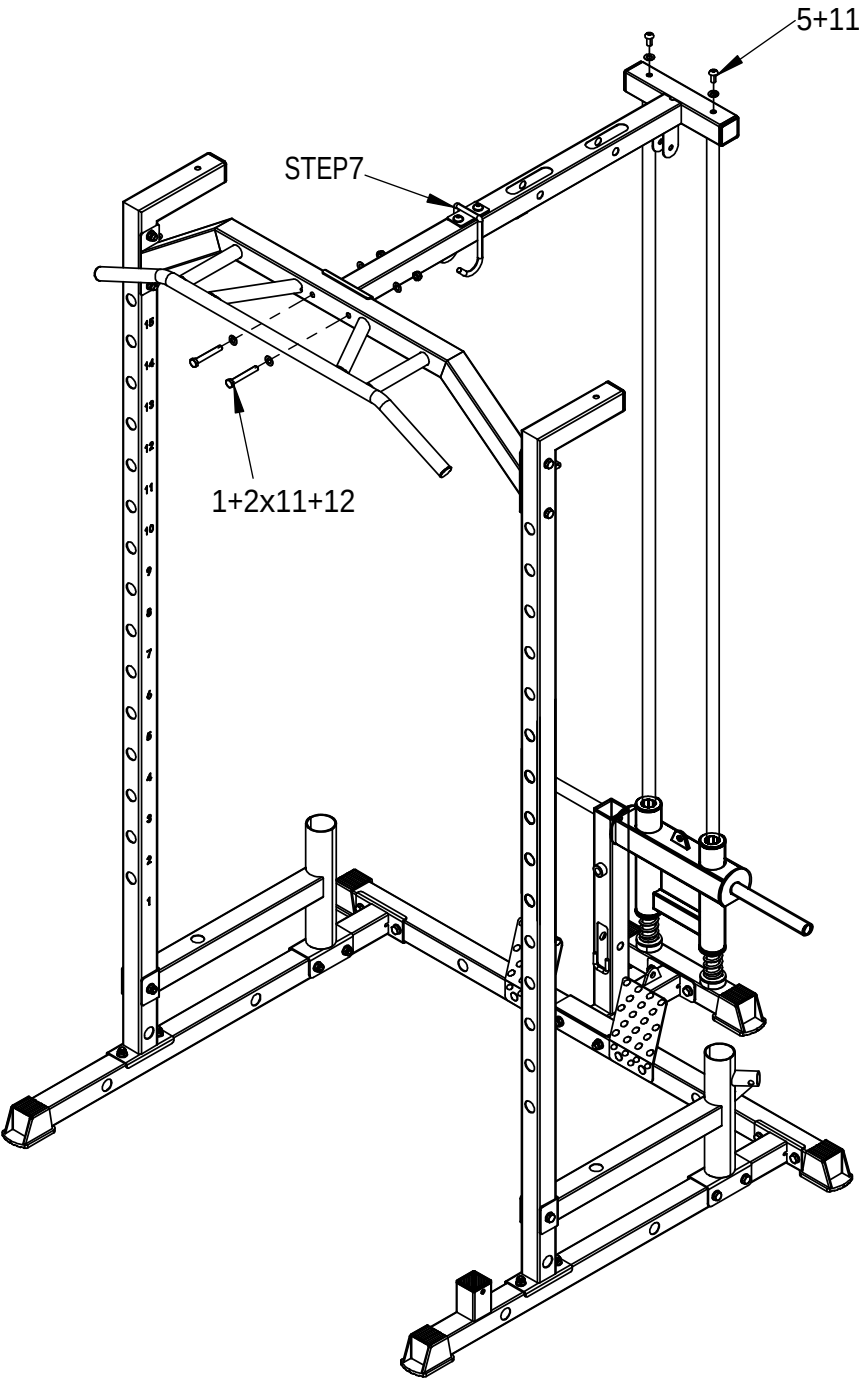
STEP: 7

A7 Top Frame 1PC	A8 Storage Hooks 1PC	13 M10X25 Bolt 2PCS	11 M10 Washer 2PCS	
				

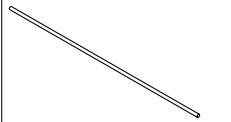
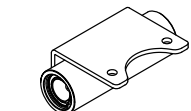
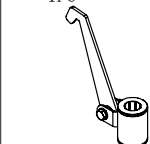
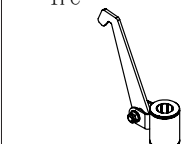
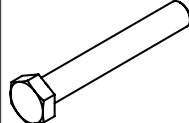


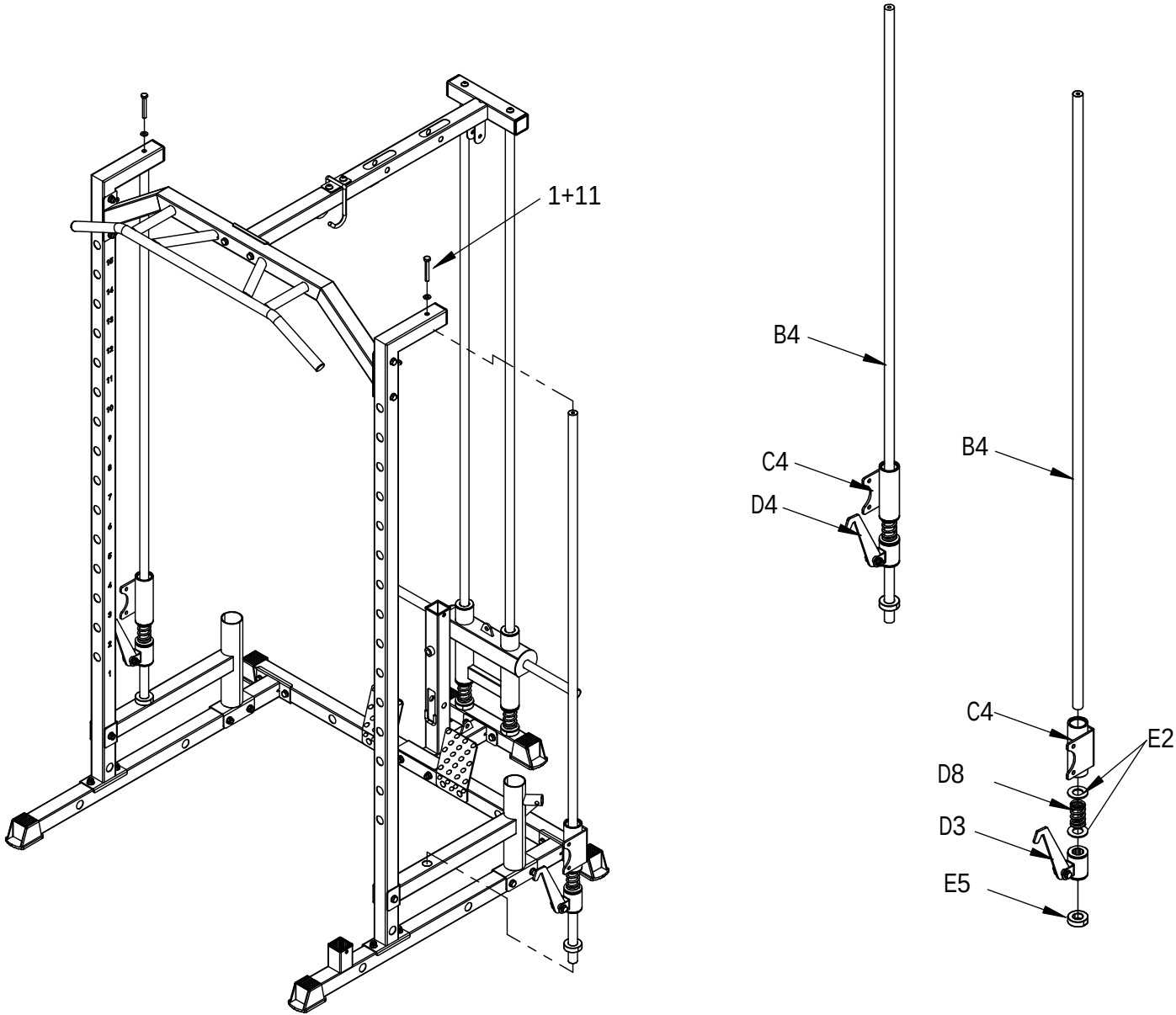
STEP: 8

1 M10X70 Bolt 2PCS	5 M10X20 Bolt 2PCS	11 M10 Washer 6PCS	12 M10 LockNut 2PCS	
				

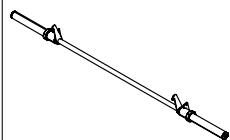
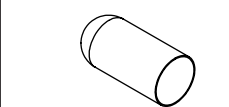
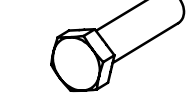
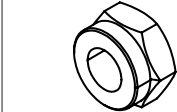


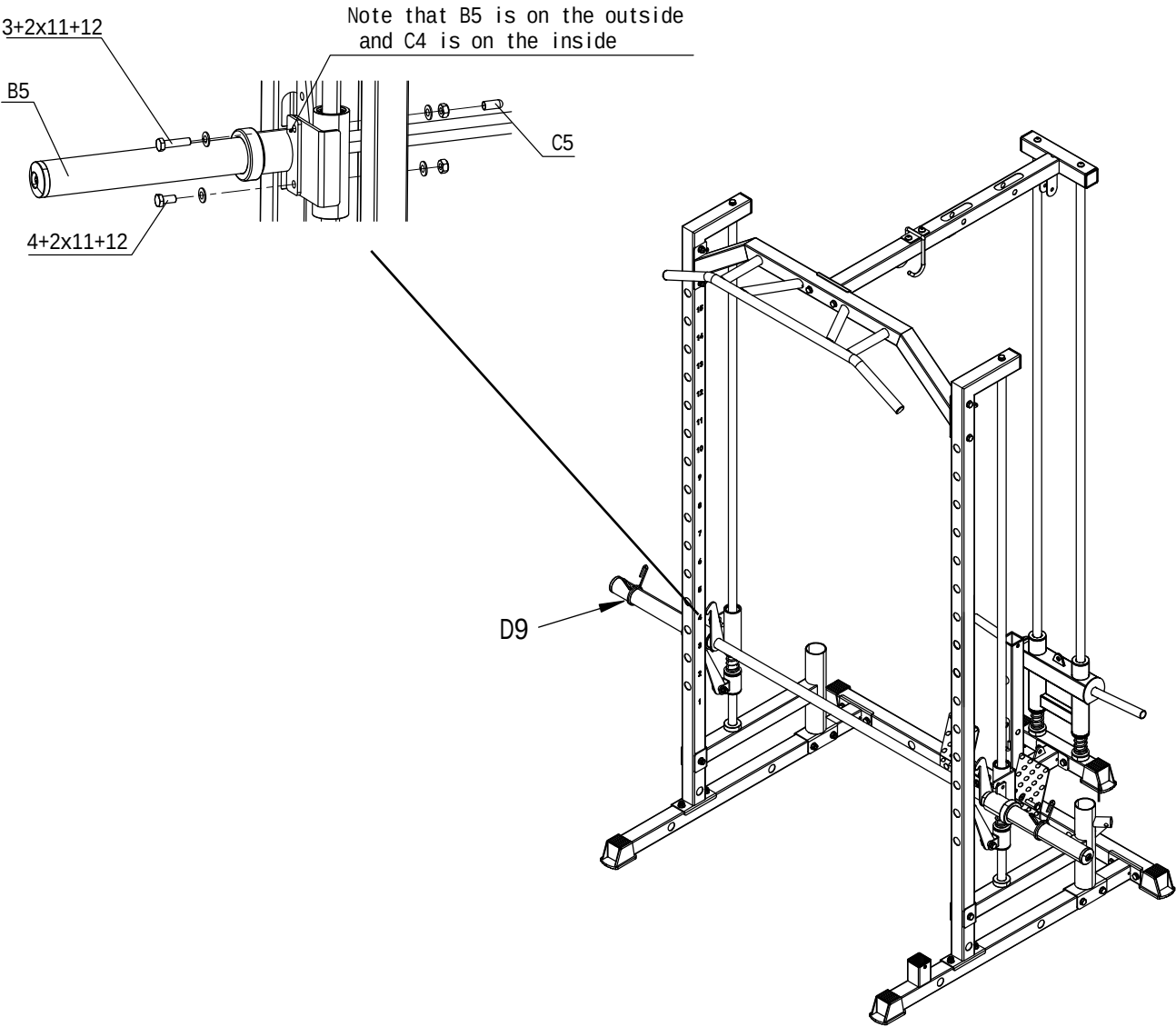
STEP: 9

B4 Smith Bar Guide Rod 2PCS	C4 Smith Bar Sliding Sleeve 2PCS	D3 Smith Bar Safety Catch Left 1PC	D4 Smith Bar Safety Catch Right 1PC	D8 Spring 2PCS
				
E2 Buffer Washer 4PCS	E5 Shock Pad 2PCS	1 M10X70 Bolt 2PCS	11 M10 Washer 2PCS	
				

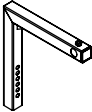
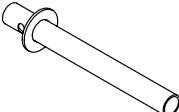
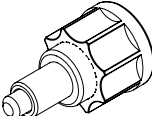
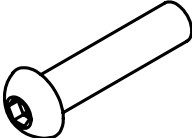
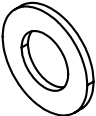
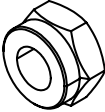


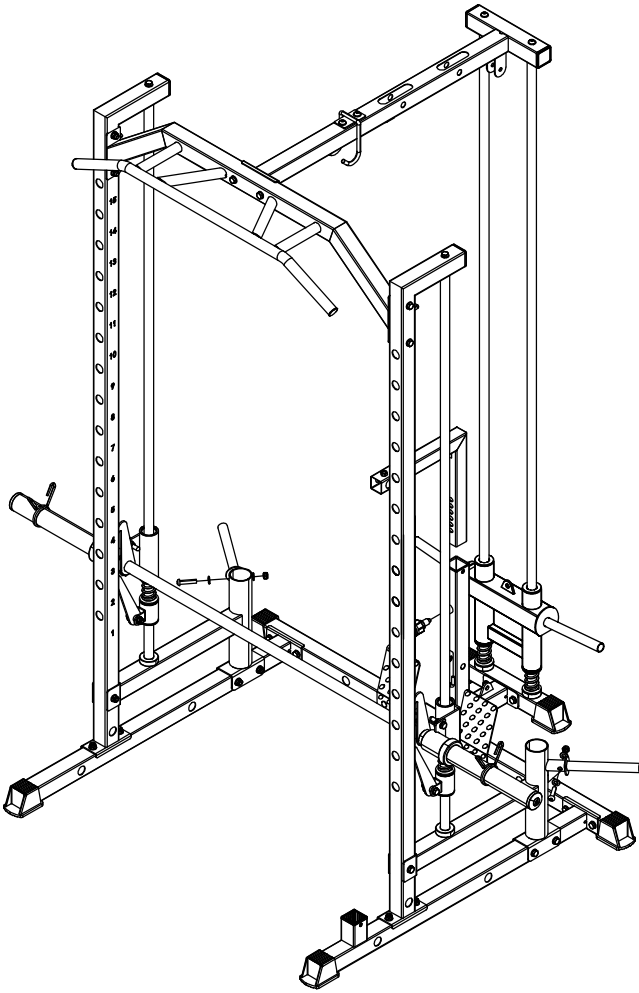
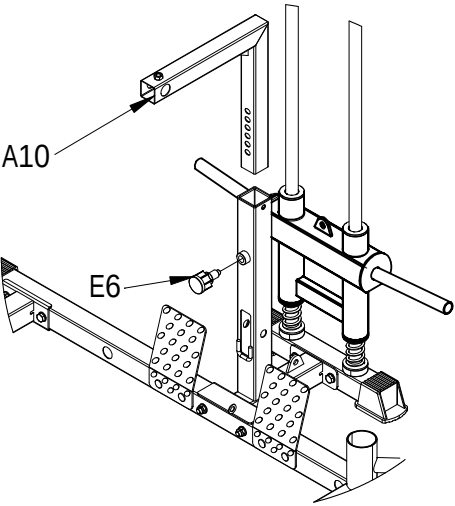
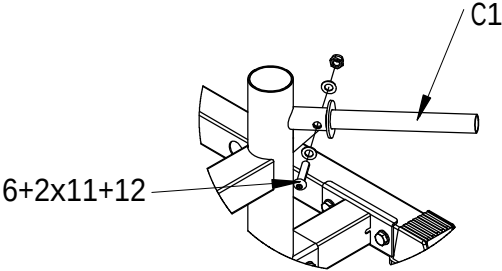
STEP: 10

B5 Smith Bar 1PC	C5 Protective Sleeve 2PCS	3 M10X40 Bolt 2PCS	4 M10X25 Bolt 2PCS	11 M10 Washer 8PCS
				
12 M10 LockNut 4PCS	D9 Barbell Clamps(Ø50) 2PCS			
				



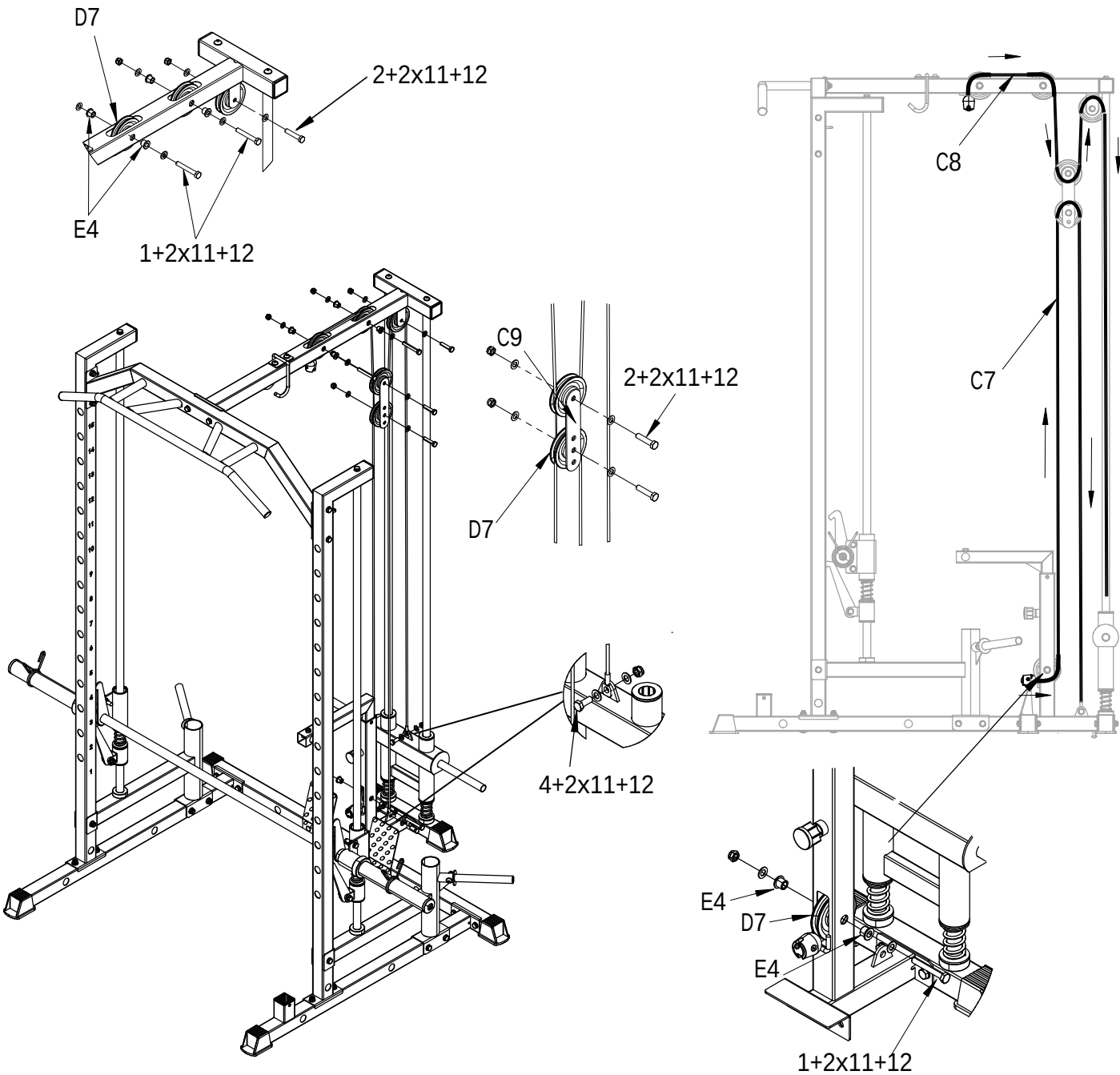
STEP: 11

A10 Leg Holder Attachment Adjustment components 1PC	C1 Weight Plates Storage Tube 2PCS	E6 Knob 1PC	6 M10X45 Bolt 2PCS	11 M10 Washer 4PCS
				
12 M10 LockNut 2PCS				
				

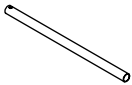
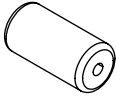
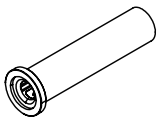
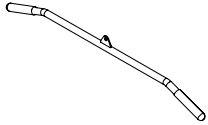
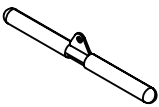
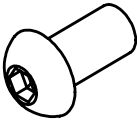


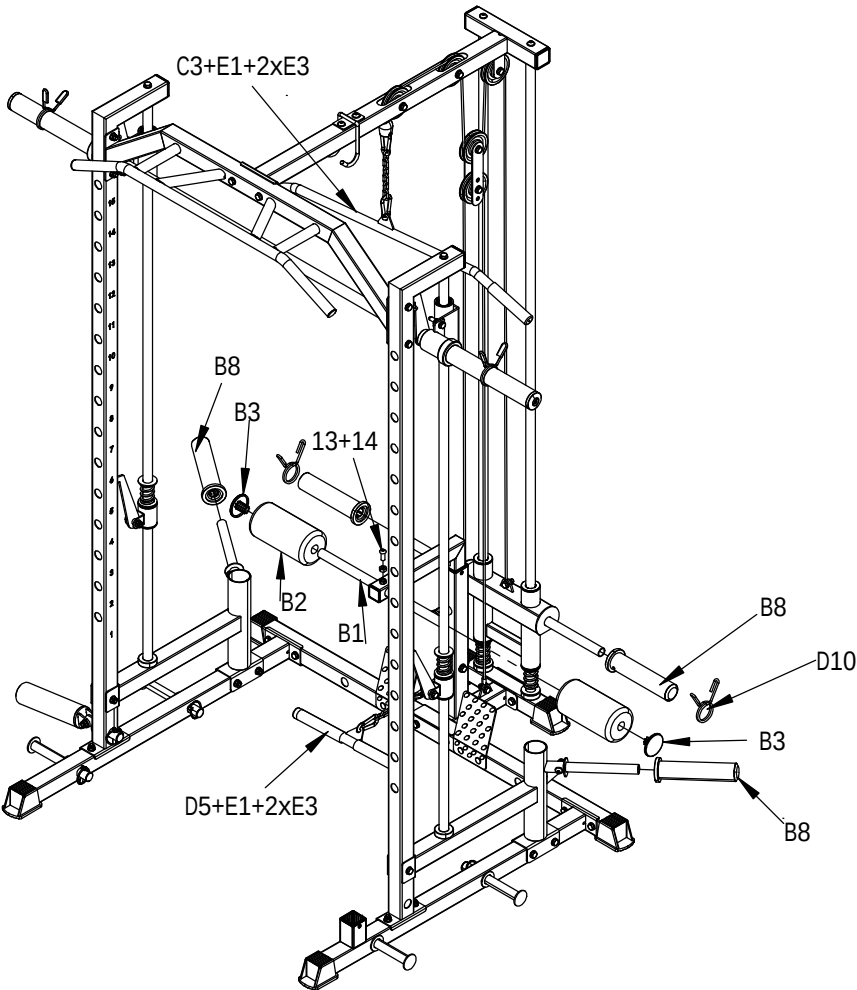
STEP: 12

D7 Pulley 6PCS	E4 Pulley Spacer Sleeve 6PCS	C7 CableA(3410mm) 1PC (134in)	C8 CableB(2785mm) 1PC (109in)	1 M10X70 Bolt 3PCS
2 M10X45 Bolt 3PCS	4 M10X25 Bolt 2PCS	11 M10 Washer 16PCS	12 M10 LockNut 8PCS	C9 Pulley Connector 2PCS

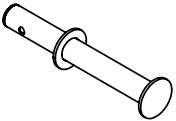
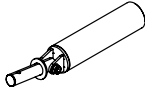
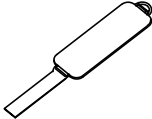


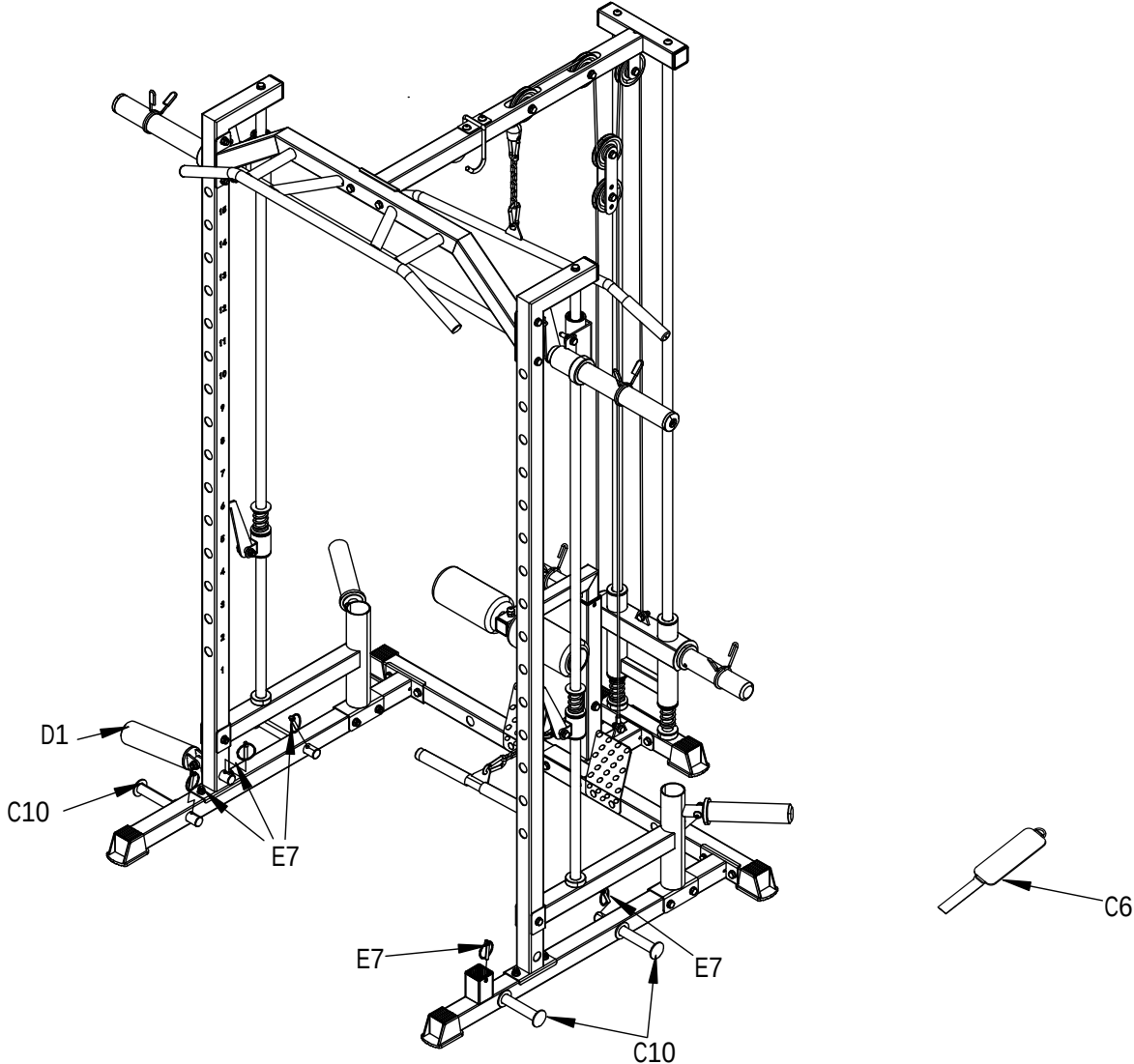
STEP: 13

B1 Foam Tube 1PC	B2 Foam 2PCS	B3 End Cap 2PCS	B8 Olympic Adapter 4PCS	C3 Lat Pull Down Bar 1PC
				
D5 Cable Bar 1PC	D10 Barbell Clamps(Ø48) 2PCS	E1 Chain(6) 2PCS	E3 Hook 4PCS	13 M10X25 Bolt 1PC
				
14 M10 Nut 1PC				
				



STEP: 14

C10 Band Peg 4PCS	D1 Landmine Attachment 1PC	C6 Ankle Strap 1PC	E7 Detent Pin 5PCS	
				



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:** A field containing "Platform-Order Number-Issue".
- Body:** A large text area with the placeholder "Describe your issue here" (highlighted with a red box).
- Footer:** A message that says "Welcome to attach the pictures to help us get more understands with your issue".
- 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