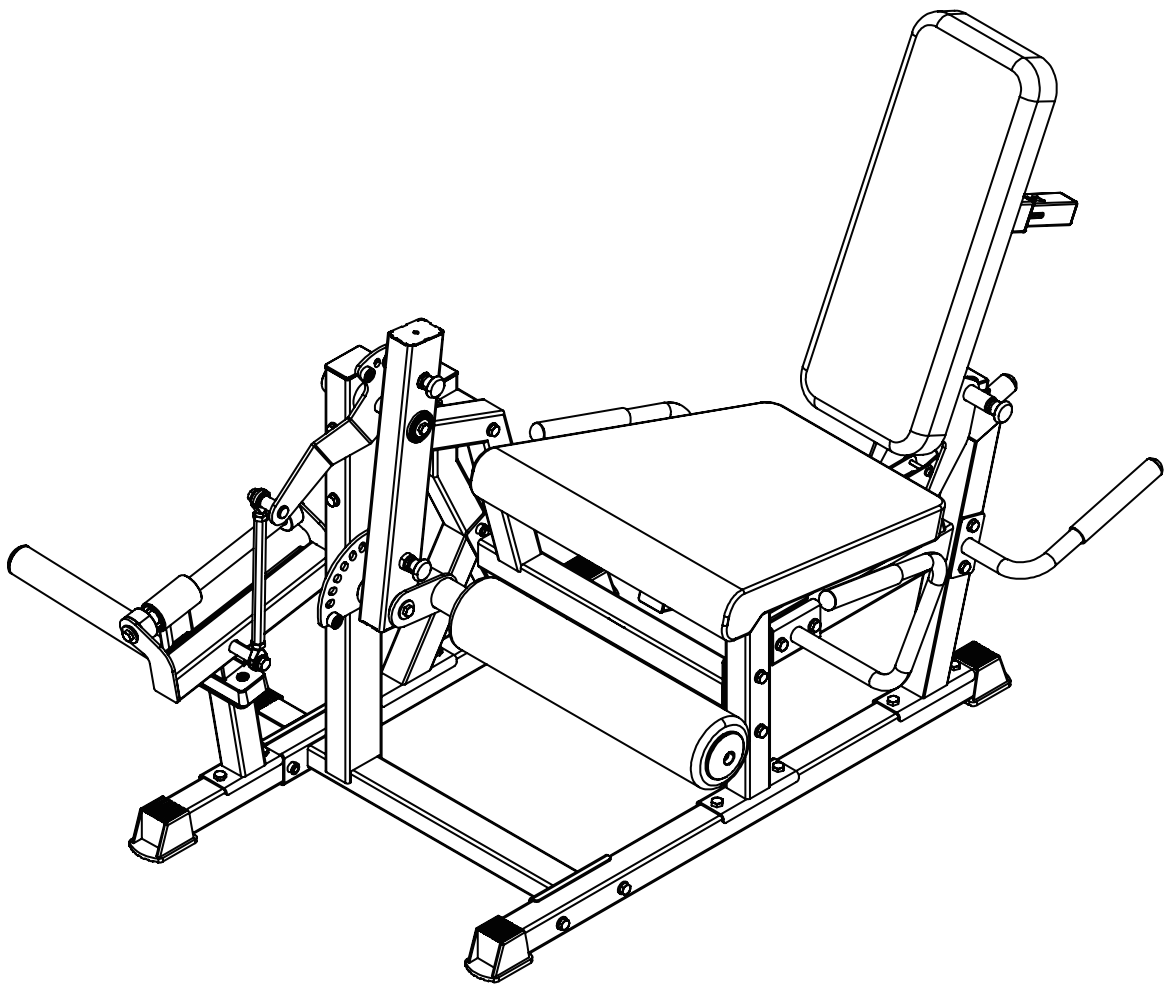


# MIKOLO

## 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**



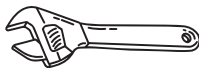
If you are missing any parts, or otherwise have any warranty issues, please contact us first.  
**[after-sale@gym-mikolo.com](mailto:after-sale@gym-mikolo.com)**

## Shortcut: A Lot of People Doing That Way

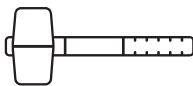
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

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

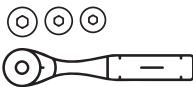
Adjustable wrenches



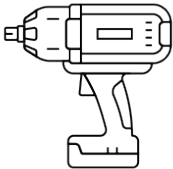
Rubber hammers



Socket set



Electric Wrench



## WARNING



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

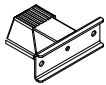
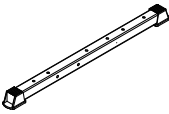
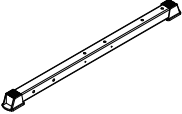
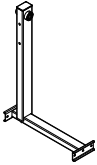
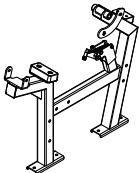
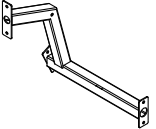
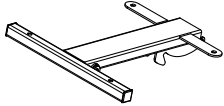
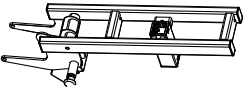
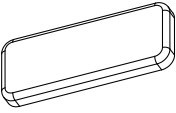
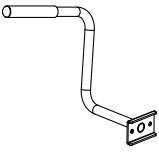
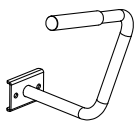
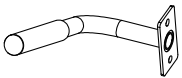
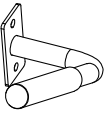
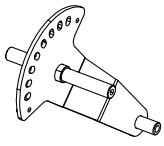
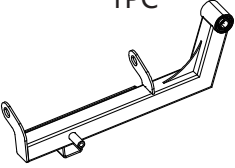
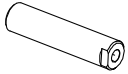
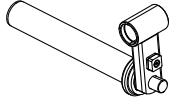
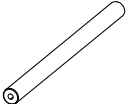
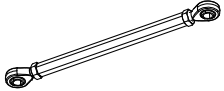
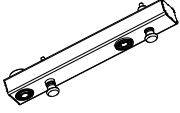
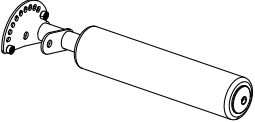


Sharp objects may be involved. Use precaution and protection.

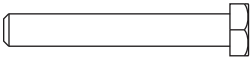
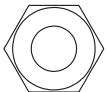
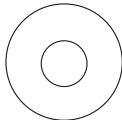
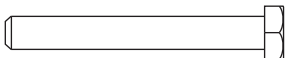
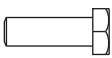
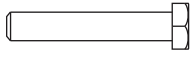
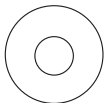
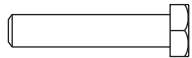
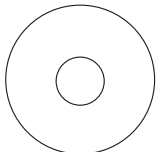
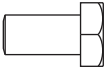


Heavy object. Use lifting aids and proper lifting techniques when moving

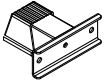
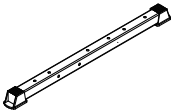
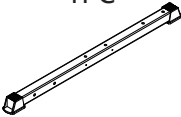
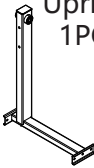
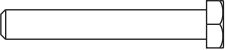
# PART LIST

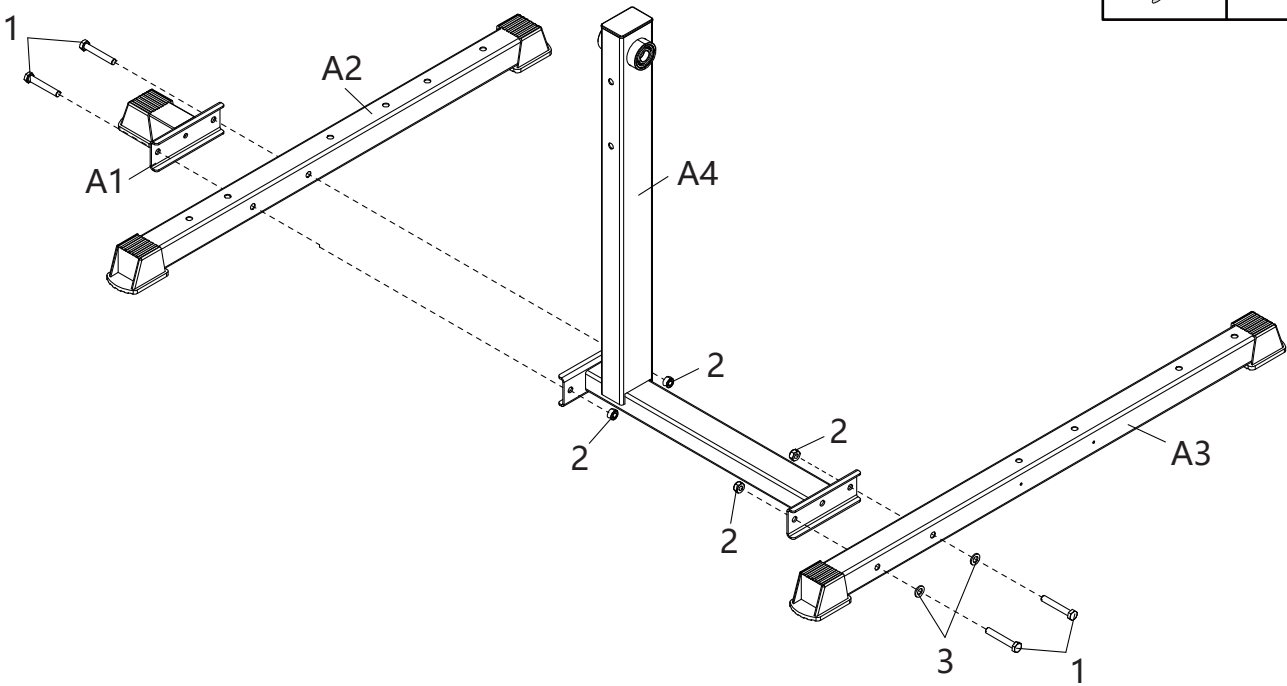
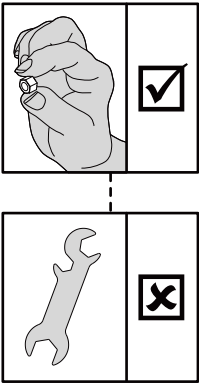
|                                                                                                                             |                                                                                                                                |                                                                                                                                |                                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
| <b>A1</b><br>Support Tube<br>1PC<br>       | <b>A2</b><br>Right Base<br>1PC<br>            | <b>A3</b><br>Left Base<br>1PC<br>            | <b>A4</b><br>Upright<br>1PC<br>            |
| <b>A5</b><br>Side Support Frame<br>1PC<br> | <b>A6</b><br>Support Tube<br>1PC<br>          | <b>A7</b><br>Main Frame<br>1PC<br>           | <b>A8</b><br>Side Support Frame<br>1PC<br> |
| <b>A9</b><br>Seat Frame<br>1PC<br>         | <b>B1</b><br>Backrest Frame<br>1PC<br>        | <b>B2</b><br>Seat Cushion Pad<br>1PC<br>     | <b>B3</b><br>Back Cushion Pad<br>1PC<br>   |
| <b>B4</b><br>Adjustment Frame<br>1PC<br> | <b>B5</b><br>Right Handle (long)<br>1PC<br> | <b>B6</b><br>Left Handle (long)<br>1PC<br> | <b>B7</b><br>Right Handle<br>1PC<br>     |
| <b>B8</b><br>Left Handle<br>1PC<br>      | <b>B9</b><br>Adjustment Plate<br>1PC<br>    | <b>C1</b><br>Weight Frame<br>1PC<br>       | <b>C2</b><br>Short Axis<br>2PCS<br>      |
| <b>C3</b><br>Weight Tube<br>1PC<br>      | <b>C4</b><br>Long Axis<br>1PC<br>           | <b>C5</b><br>Shockpad<br>2PCS<br>          | <b>C6</b><br>Connecting Rod<br>1PC<br>   |
| <b>C7</b><br>Leg Lever<br>1PC<br>        | <b>C8</b><br>Leg Pad<br>1PC<br>             |                                                                                                                                |                                                                                                                               |

# HARDWARE LIST

|                                                                                                                           |                                                                                                                          |                                                                                                                           |                                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| <b>1</b> M10 x 70mm Bolt<br>12PCS<br>    | <b>2</b> M10 Locknut<br>18PCS<br>       | <b>3</b> M10 Washer<br>11PCS<br>        | <b>4</b> M10 x 55mm Bolt<br>10PCS<br>   |
| <b>5</b> M10 x 95mm Bolt<br>2PCS<br>     | <b>6</b> M10 x 120mm Bolt<br>1PC<br>    | <b>7</b> M10 x 140mm Bolt<br>1PC<br>    | <b>8</b> M10x160mm Bolt<br>1PC<br>      |
| <b>9</b> M8x20mm Bolt<br>5PCS<br>      | <b>10</b> M8x45mm Bolt<br>2PCS<br>    | <b>11</b> M8 Washer<br>4PCS<br>       | <b>12</b> M10 x 50mm Bolt<br>2PCS<br> |
| <b>13</b> M10 Large Washer<br>8PCS<br> | <b>14</b> M10 x 20mm Bolt<br>8PCS<br> | <b>15</b> M12 x 30mm Bolt<br>2PCS<br> |                                                                                                                            |
|                                                                                                                           |                                                                                                                          |                                                                                                                           |                                                                                                                            |

# STEP: 1

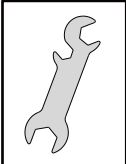
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|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| <b>A1</b><br>Support Tube<br>1PC<br> | <b>A2</b><br>Right Base<br>1PC<br> | <b>A3</b><br>Left Base<br>1PC<br> | <b>A4</b><br>Upright<br>1PC<br> |
| <b>1</b> M10 x 70mm Bolt<br>4PCS<br> | <b>2</b> M10 Locknut<br>4PCS<br>   | <b>3</b> M10 Washer<br>2PCS<br>   |                                                                                                                    |

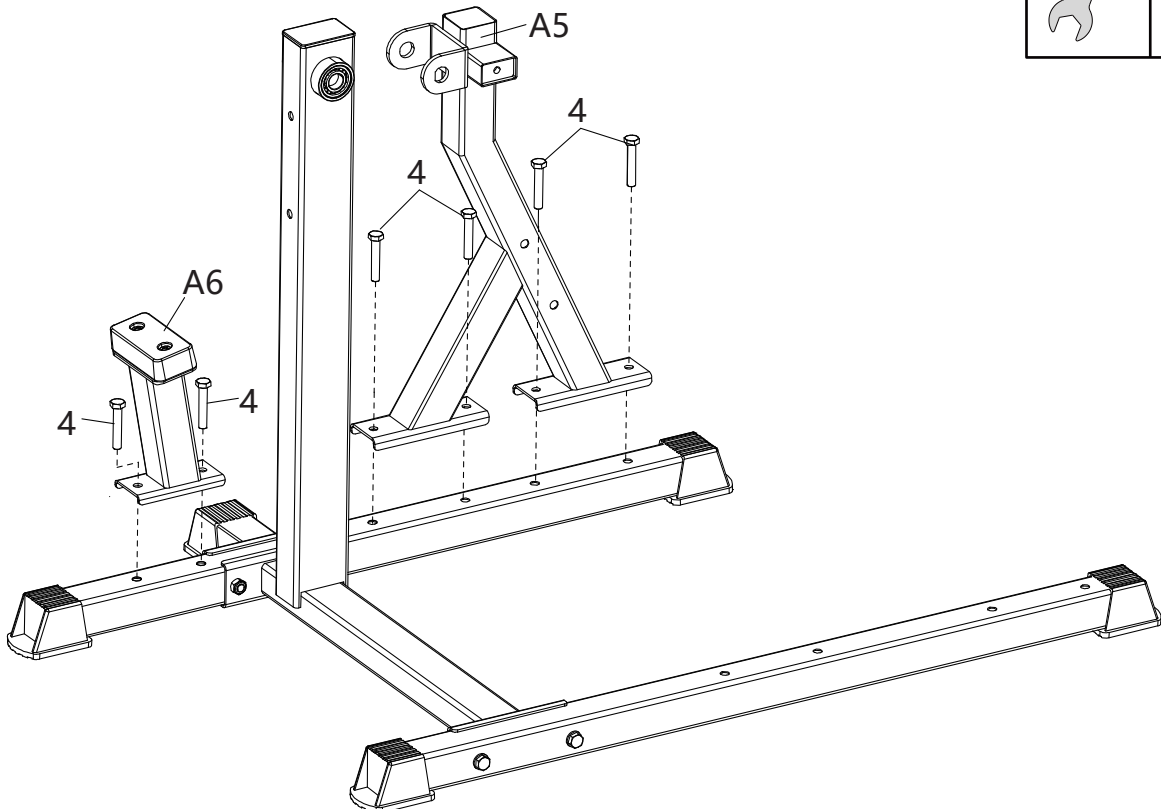


# STEP: 2

|           |                           |           |                     |          |                         |
|-----------|---------------------------|-----------|---------------------|----------|-------------------------|
| <b>A5</b> | Side Support Frame<br>1PC | <b>A6</b> | Support Tube<br>1PC | <b>4</b> | M10 x 55mm Bolt<br>6PCS |
|           |                           |           |                     |          |                         |



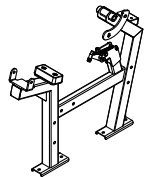




# STEP: 3

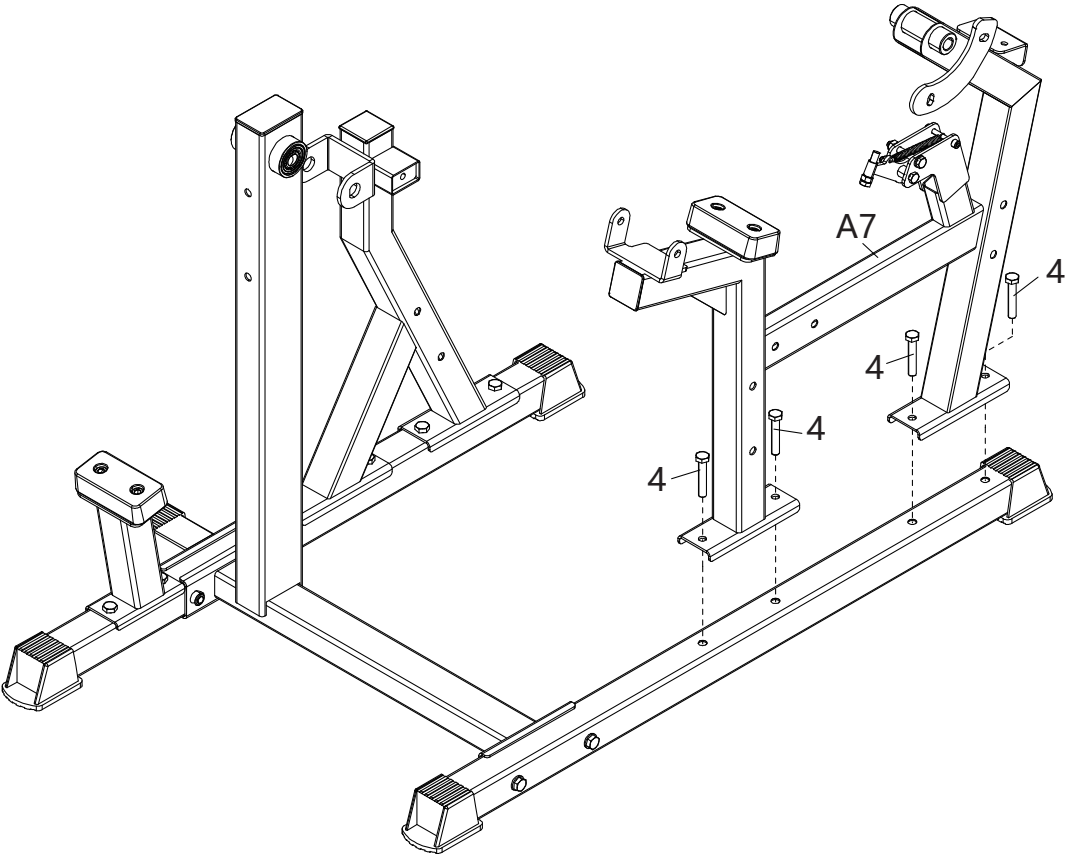
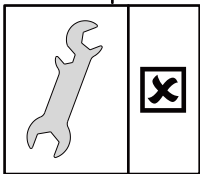
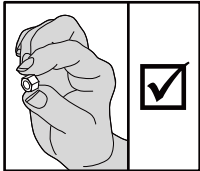
A7

Main Frame  
1PC



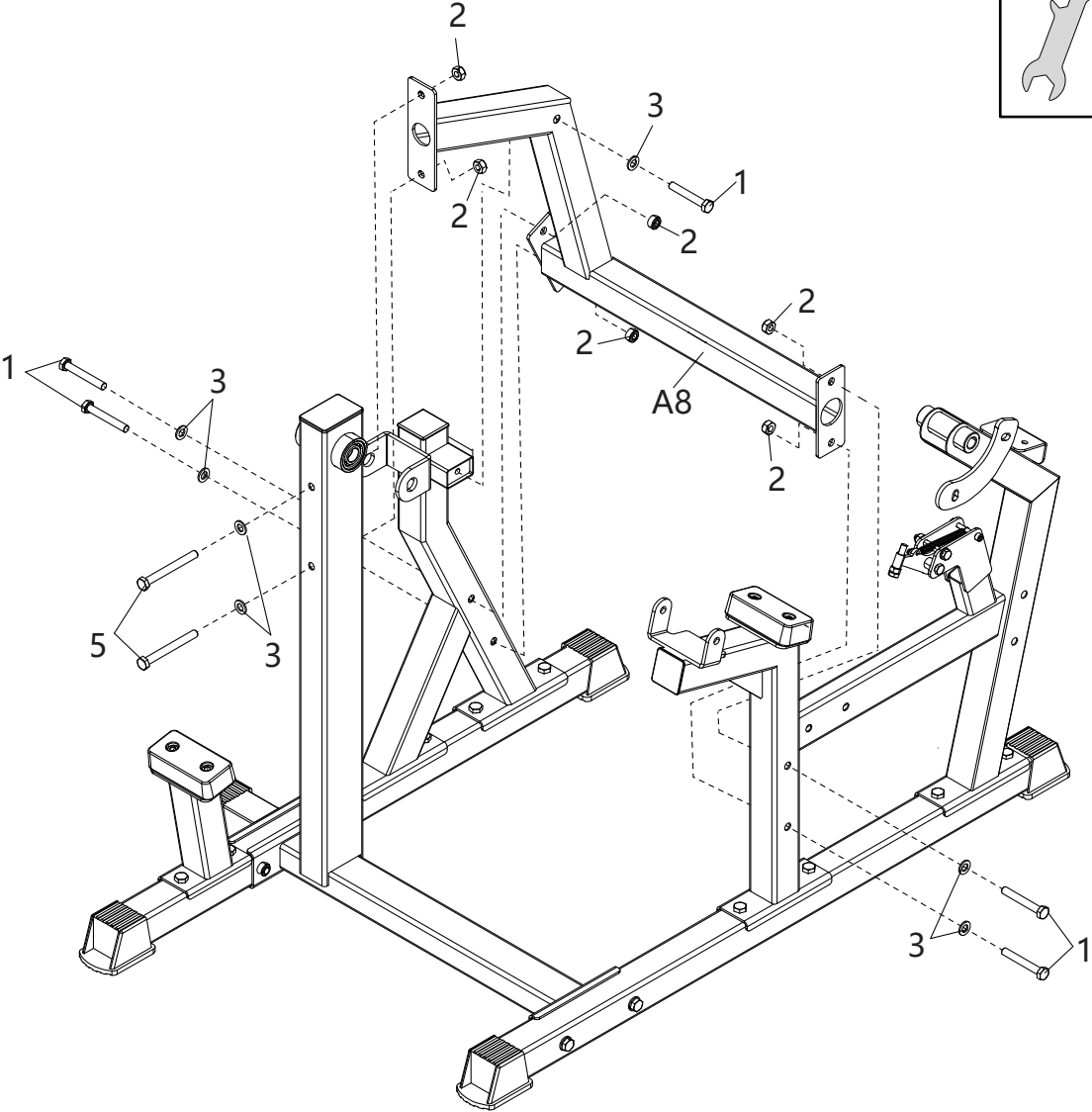
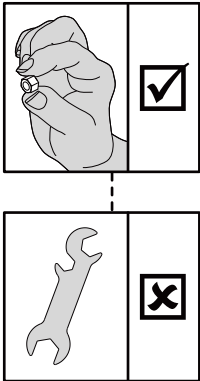
4

M10 x 55mm Bolt  
4PCS

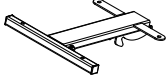
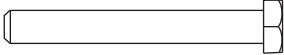


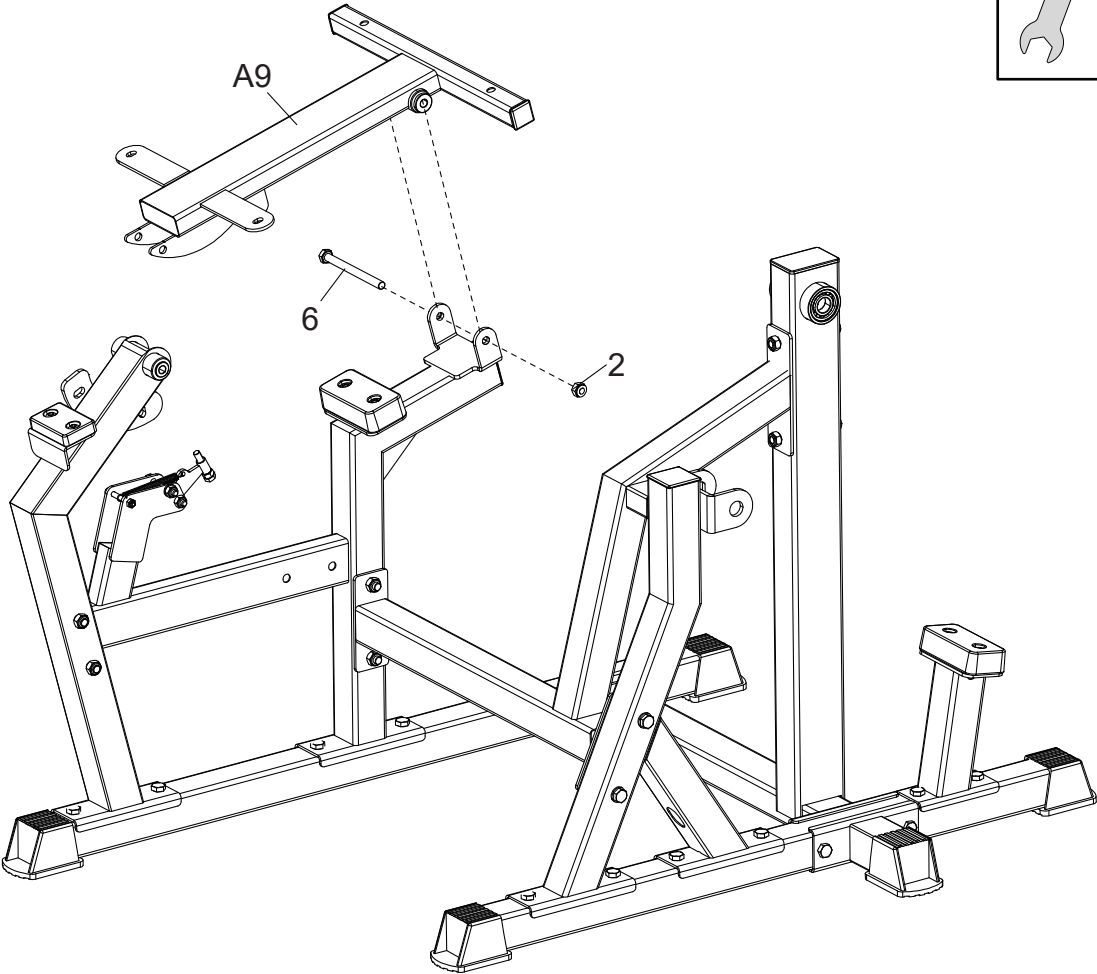
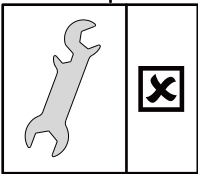
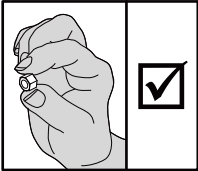
# STEP: 4

|           |                       |          |                         |          |                     |
|-----------|-----------------------|----------|-------------------------|----------|---------------------|
| <b>A8</b> | Crossbar Frame<br>1PC | <b>1</b> | M10 x 70mm Bolt<br>5PCS | <b>2</b> | M10 Locknut<br>6PCS |
| <b>3</b>  | M10 Washer<br>7PCS    | <b>5</b> | M10 x 95mm Bolt<br>2PCS |          |                     |



# STEP: 5

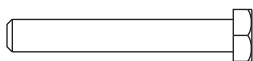
|                                                                                   |                   |                                                                                   |                    |                                                                                     |                         |
|-----------------------------------------------------------------------------------|-------------------|-----------------------------------------------------------------------------------|--------------------|-------------------------------------------------------------------------------------|-------------------------|
| <b>A9</b>                                                                         | Seat Frame<br>1PC | <b>2</b>                                                                          | M10 Locknut<br>1PC | <b>6</b>                                                                            | M10 x 120mm Bolt<br>1PC |
|  |                   |  |                    |  |                         |



# STEP: 6

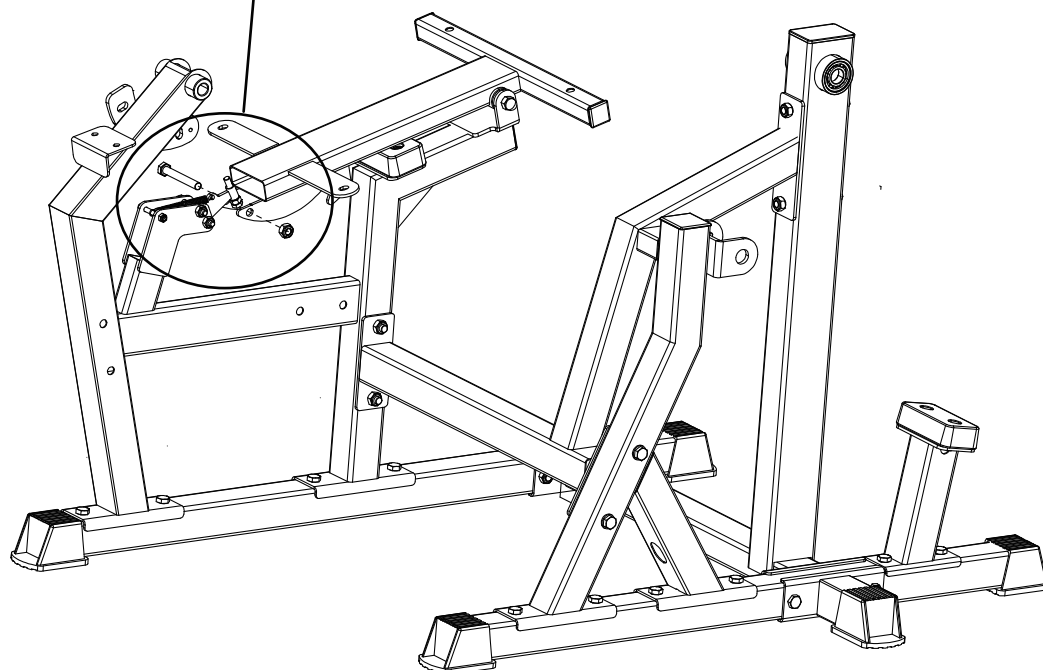
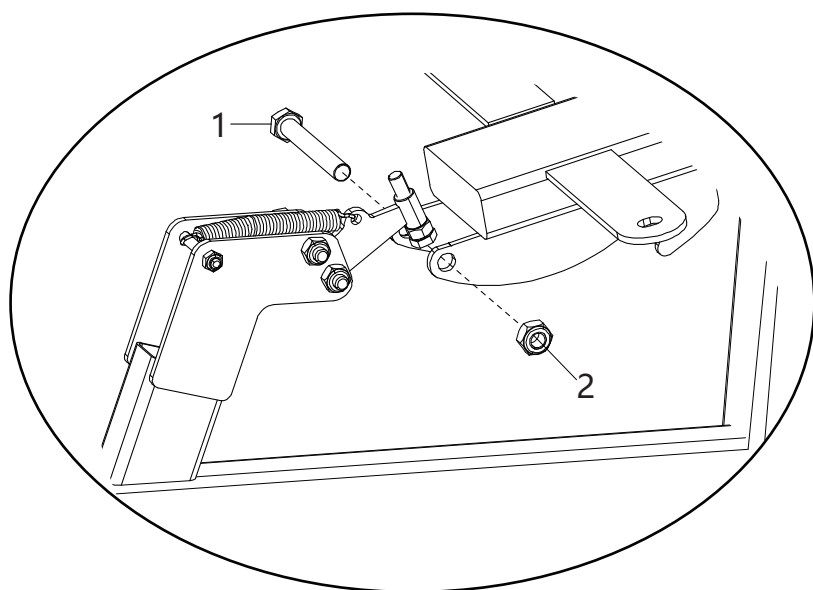
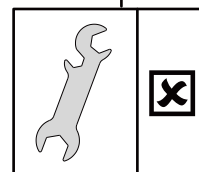
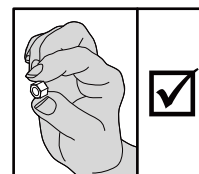
1

M10 x 70mm Bolt  
1PC

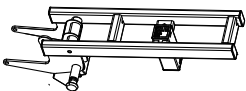
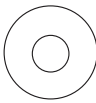
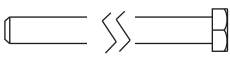


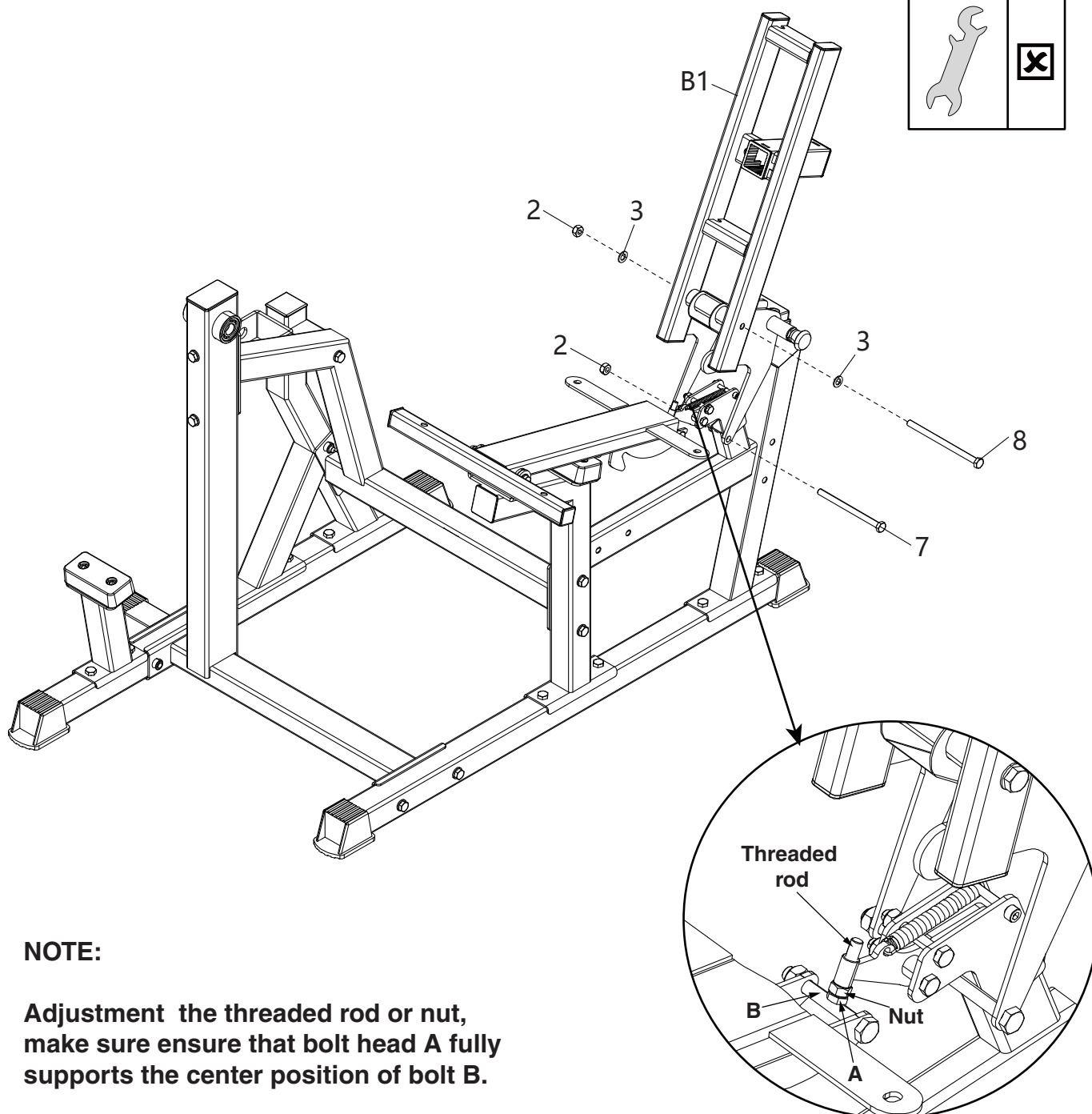
2

M10 Locknut  
1PC



# STEP: 7

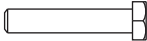
|                                                                                                                       |                                                                                                                                                                                                                                                                                                                            |                                                                                                                   |                                                                                                                         |
|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| <b>B1</b> Backrest Frame<br>1PC<br>  | <b>2</b> M10 Locknut<br>2PCS<br>                                                                                                                                                                                                          | <b>3</b> M10 Washer<br>2PCS<br> | <b>7</b> M10 x 140mm Bolt<br>1PC<br> |
| <b>8</b> M10 x 160mm Bolt<br>1PC<br> | <div data-bbox="1260 432 1460 600">  <input checked="" type="checkbox"/> </div> <div data-bbox="1260 638 1460 806">  <input type="checkbox"/> </div> |                                                                                                                   |                                                                                                                         |

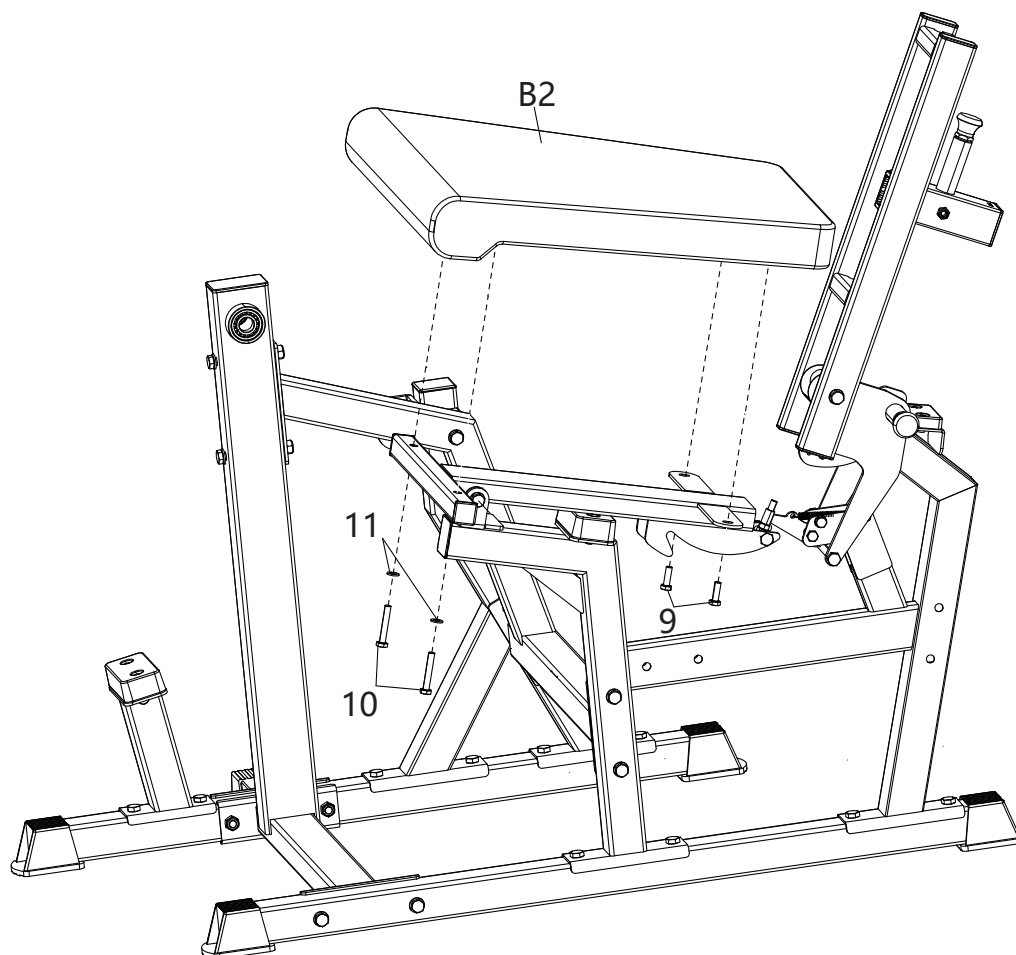
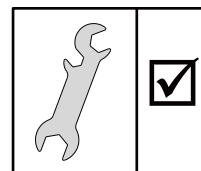


## NOTE:

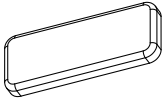
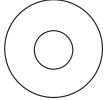
Adjustment the threaded rod or nut, make sure ensure that bolt head A fully supports the center position of bolt B.

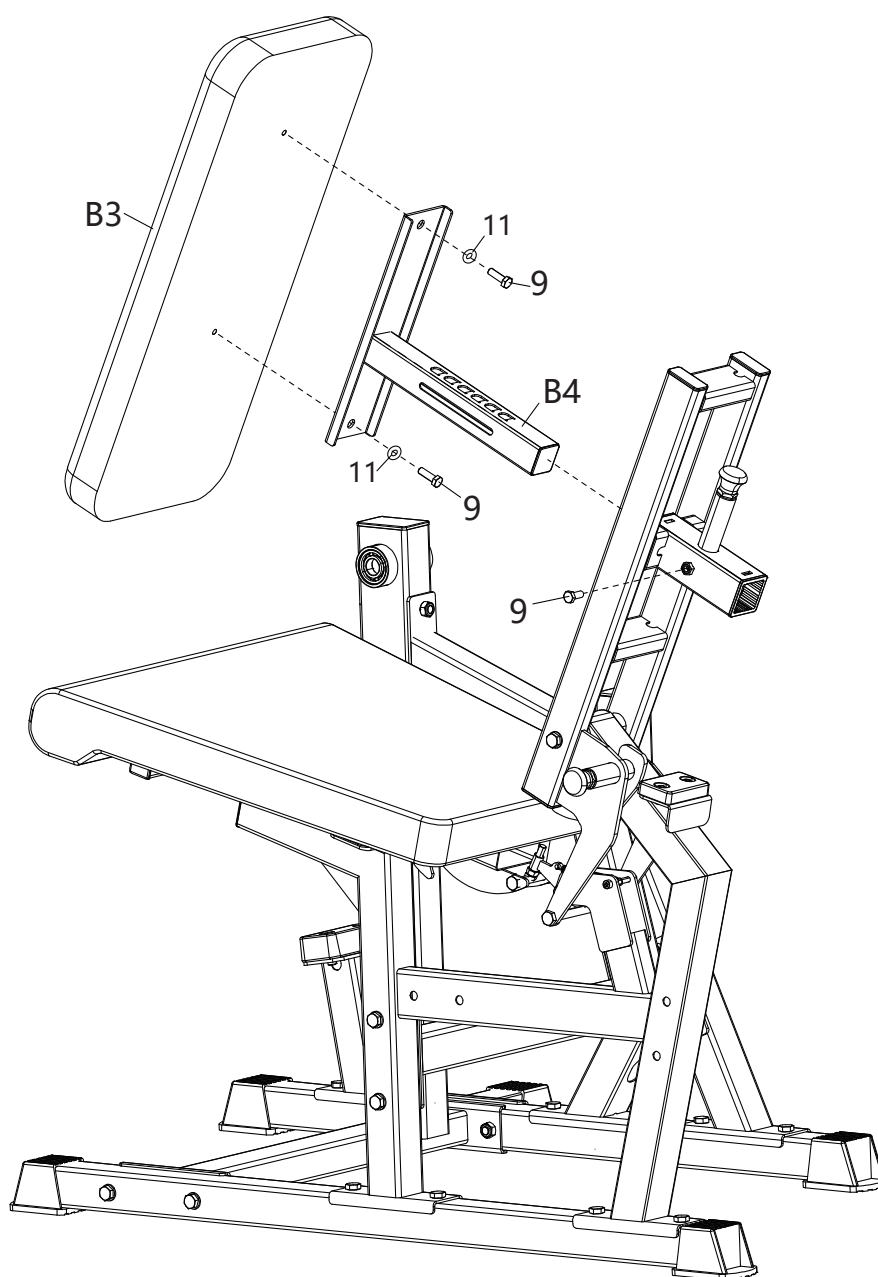
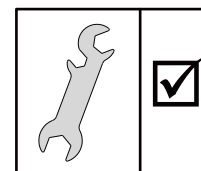
## STEP: 8

|                                                                                   |             |                                                                                   |                   |                                                                                    |                      |                                                                                     |                      |
|-----------------------------------------------------------------------------------|-------------|-----------------------------------------------------------------------------------|-------------------|------------------------------------------------------------------------------------|----------------------|-------------------------------------------------------------------------------------|----------------------|
| <b>B2</b>                                                                         | Seat<br>1PC | <b>11</b>                                                                         | M8 Washer<br>2PCS | <b>10</b>                                                                          | M8×45mm Bolt<br>2PCS | <b>9</b>                                                                            | M8×20mm Bolt<br>2PCS |
|  |             |  |                   |  |                      |  |                      |



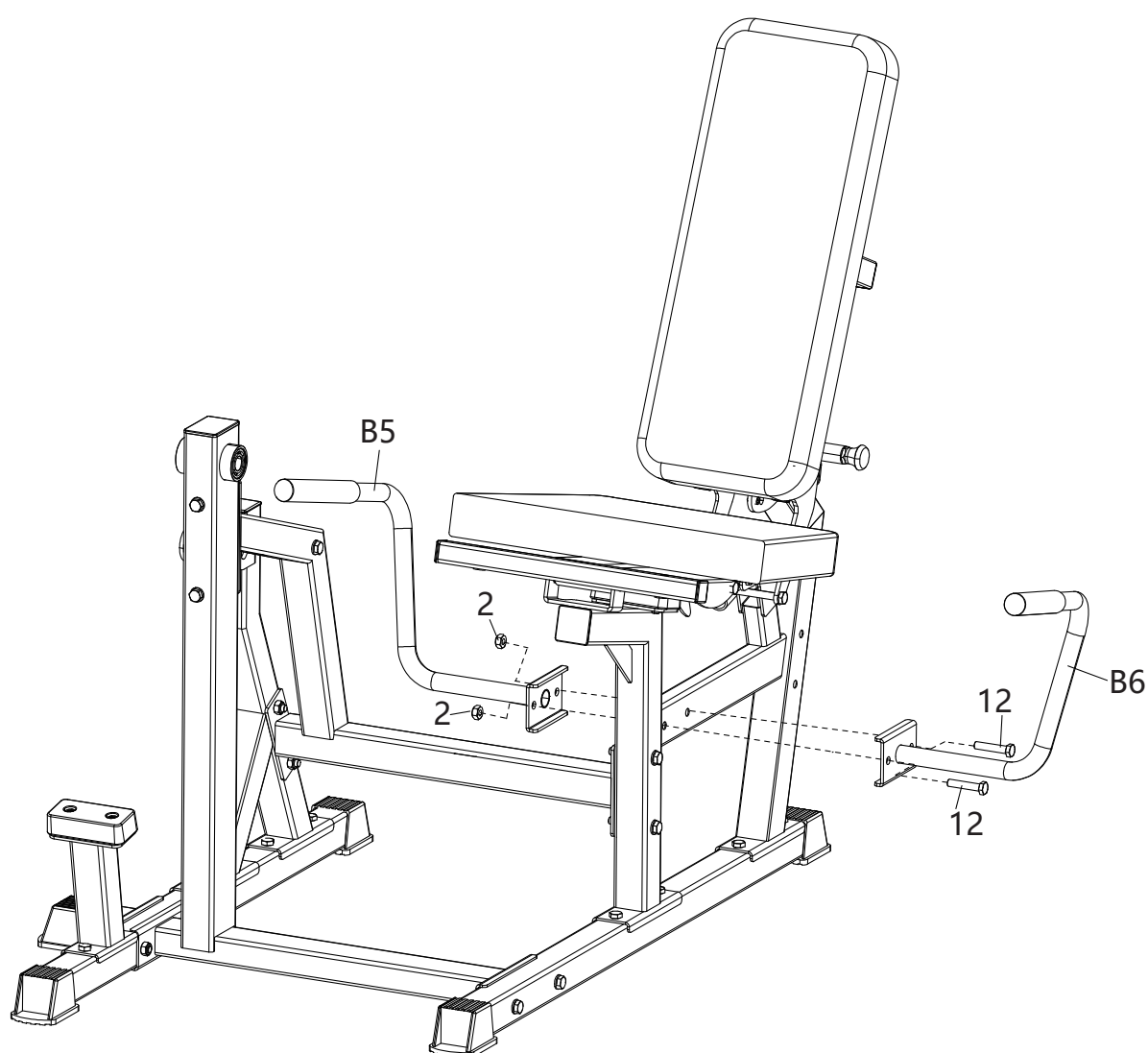
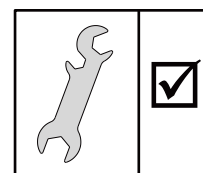
# STEP: 9

|           |                                                                                   |          |                                                                                   |           |                                                                                     |
|-----------|-----------------------------------------------------------------------------------|----------|-----------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| <b>B3</b> | Back Cushion Pad<br>1PC                                                           | <b>9</b> | M8×20mm Bolt<br>3PCS                                                              | <b>B4</b> | Ajustment Frame<br>1PC                                                              |
|           |  |          |  |           |  |
| <b>11</b> | M8 Washer<br>2PCS                                                                 |          |                                                                                   |           |                                                                                     |
|           |  |          |                                                                                   |           |                                                                                     |

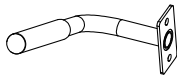
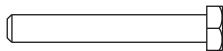


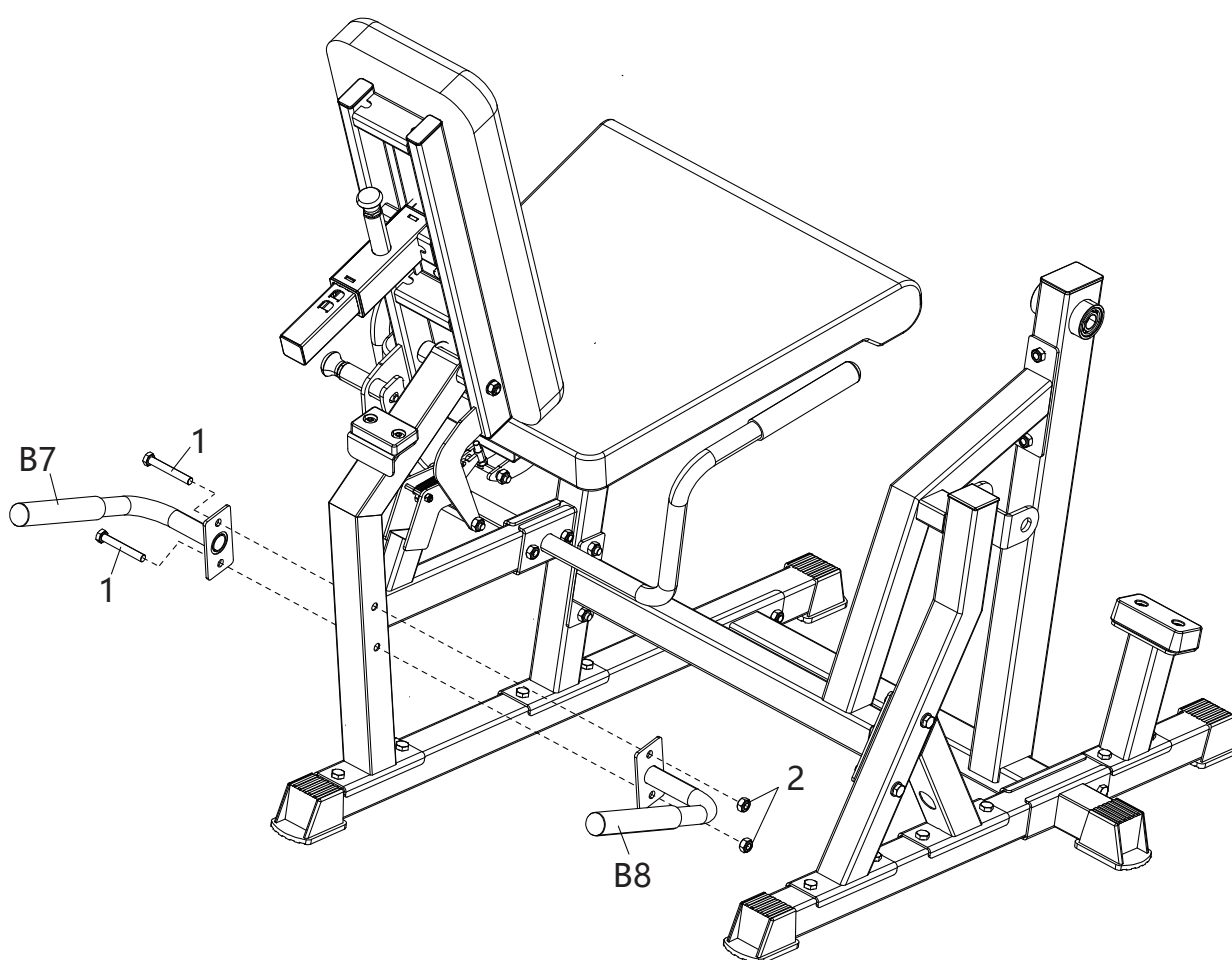
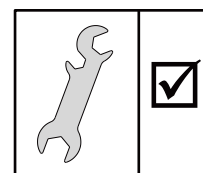
## STEP: 10

|                                      |                                     |                              |                                   |
|--------------------------------------|-------------------------------------|------------------------------|-----------------------------------|
| <b>B5</b> Right Handle (long)<br>1PC | <b>B6</b> Left Handle (long)<br>1PC | <b>2</b> M10 Locknut<br>2PCS | <b>12</b> M10 x 50mm Bolt<br>2PCS |
|--------------------------------------|-------------------------------------|------------------------------|-----------------------------------|

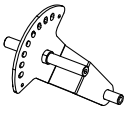
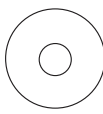


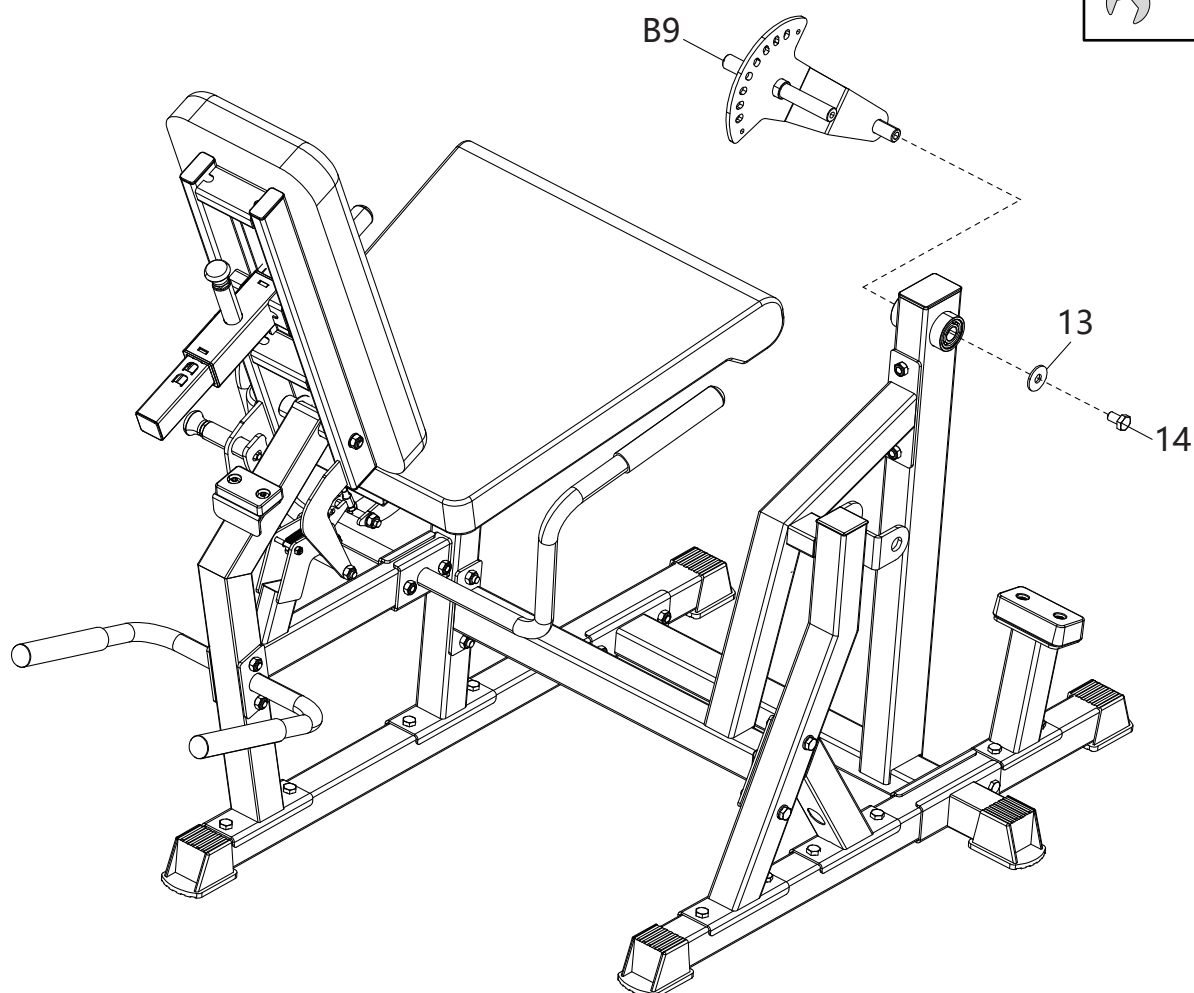
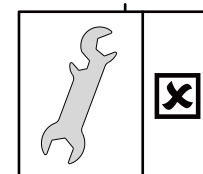
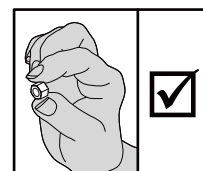
# STEP: 11

|                                                                                   |                     |                                                                                   |                    |                                                                                    |                     |                                                                                     |                         |
|-----------------------------------------------------------------------------------|---------------------|-----------------------------------------------------------------------------------|--------------------|------------------------------------------------------------------------------------|---------------------|-------------------------------------------------------------------------------------|-------------------------|
| <b>B7</b>                                                                         | Right Handle<br>1PC | <b>B8</b>                                                                         | Left Handle<br>1PC | <b>2</b>                                                                           | M10 Locknut<br>2PCS | <b>1</b>                                                                            | M10 x 70mm Bolt<br>2PCS |
|  |                     |  |                    |  |                     |  |                         |

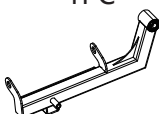
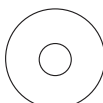
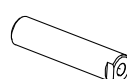


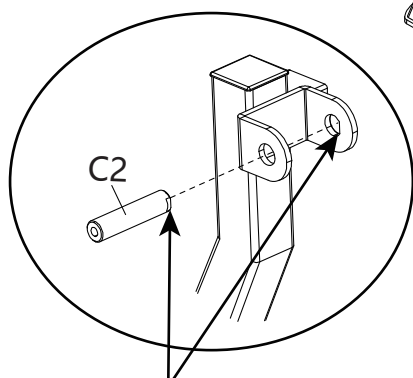
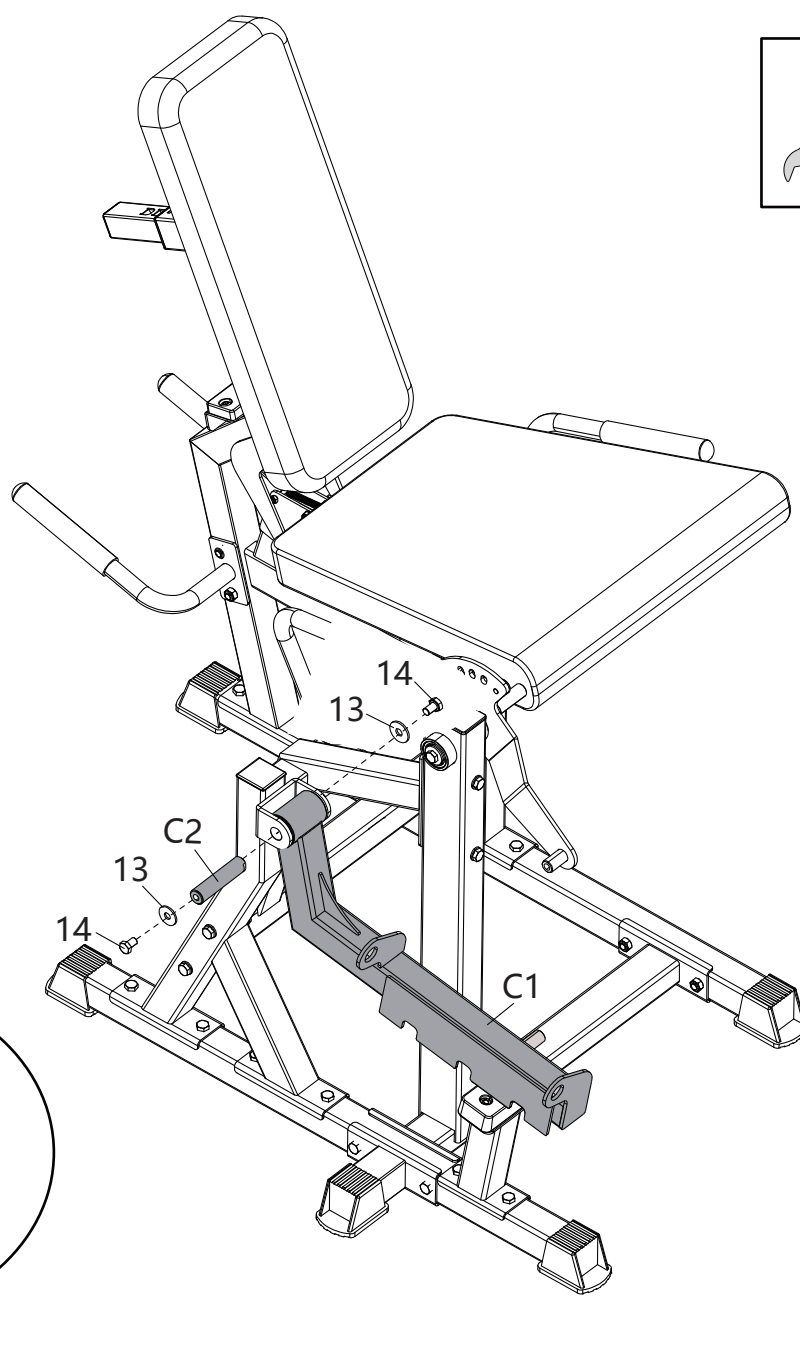
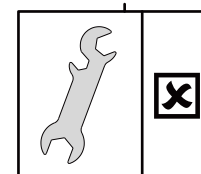
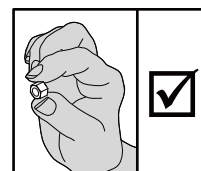
## STEP: 12

|           |                                                                                   |           |                                                                                   |           |                                                                                     |
|-----------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|
| <b>B9</b> | Adjustment Plate<br>1PC                                                           | <b>13</b> | M10 Large Washer<br>1PC                                                           | <b>14</b> | M10 x 20mm Bolt<br>1PC                                                              |
|           |  |           |  |           |  |



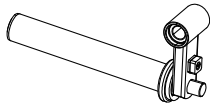
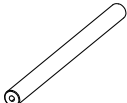
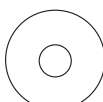
# STEP: 13

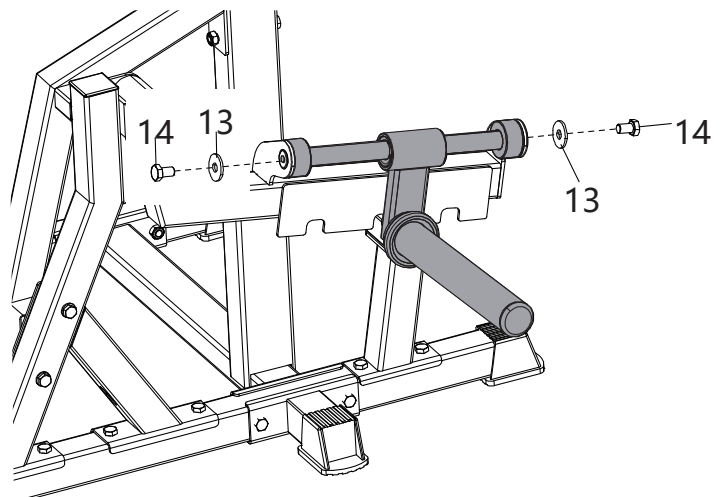
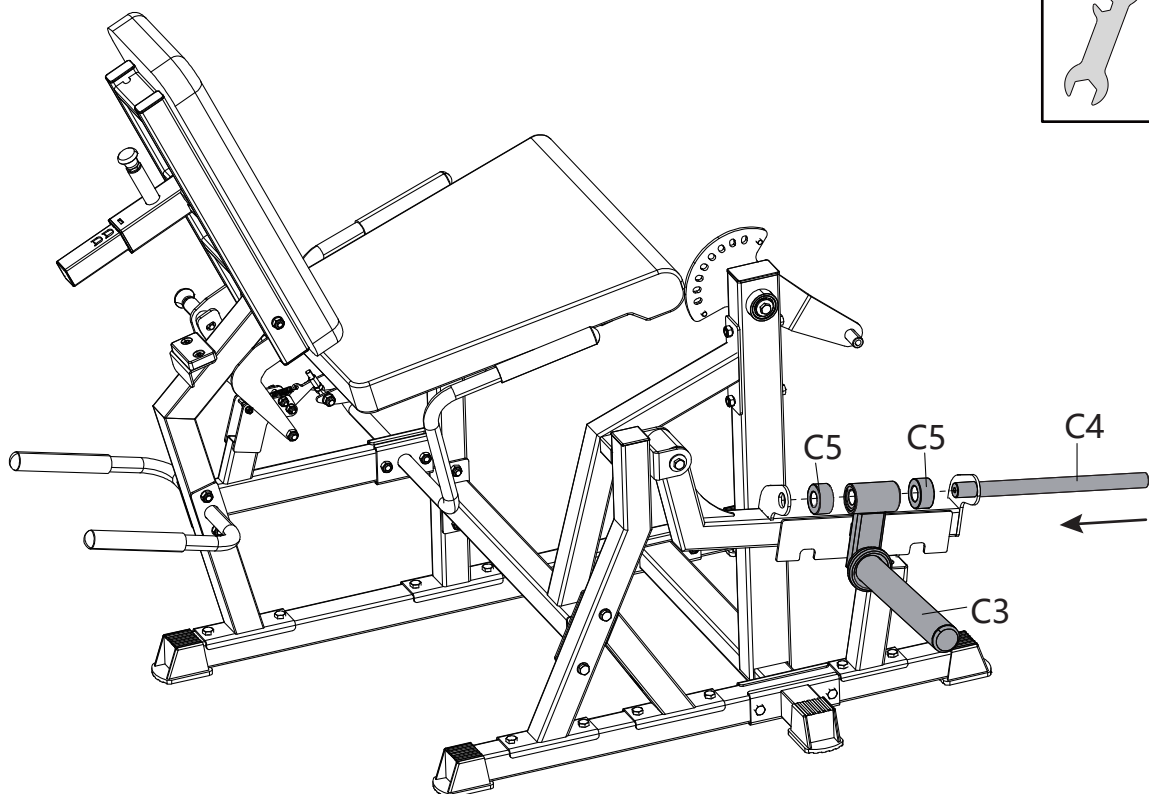
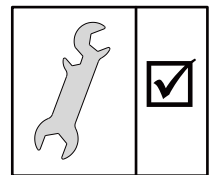
|                                                                                                                       |                                                                                                                            |                                                                                                                             |
|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| <b>C1</b><br>Weight Frame<br>1PC<br> | <b>13</b><br>M10 Large Washer<br>2PCS<br> | <b>14</b><br>M10 x 20mm Bolt<br>2PCS<br> |
| <b>C2</b><br>Short Axis<br>1PC<br>   |                                                                                                                            |                                                                                                                             |



Align the D-shaped end of the Short Axis (C2) with the corresponding D-shaped opening.

# STEP: 14

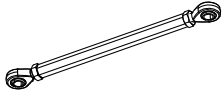
|                                                                                                                            |                                                                                                                           |                                                                                                                      |
|----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| <b>C3</b><br>Weight Tube<br>1PC<br>       | <b>C4</b><br>Long Axis<br>1PC<br>        | <b>C5</b><br>Shockpad<br>2PCS<br> |
| <b>13</b><br>M10 Large Washer<br>2PCS<br> | <b>14</b><br>M10 x 20mm Bolt<br>2PCS<br> |                                                                                                                      |



## STEP: 13

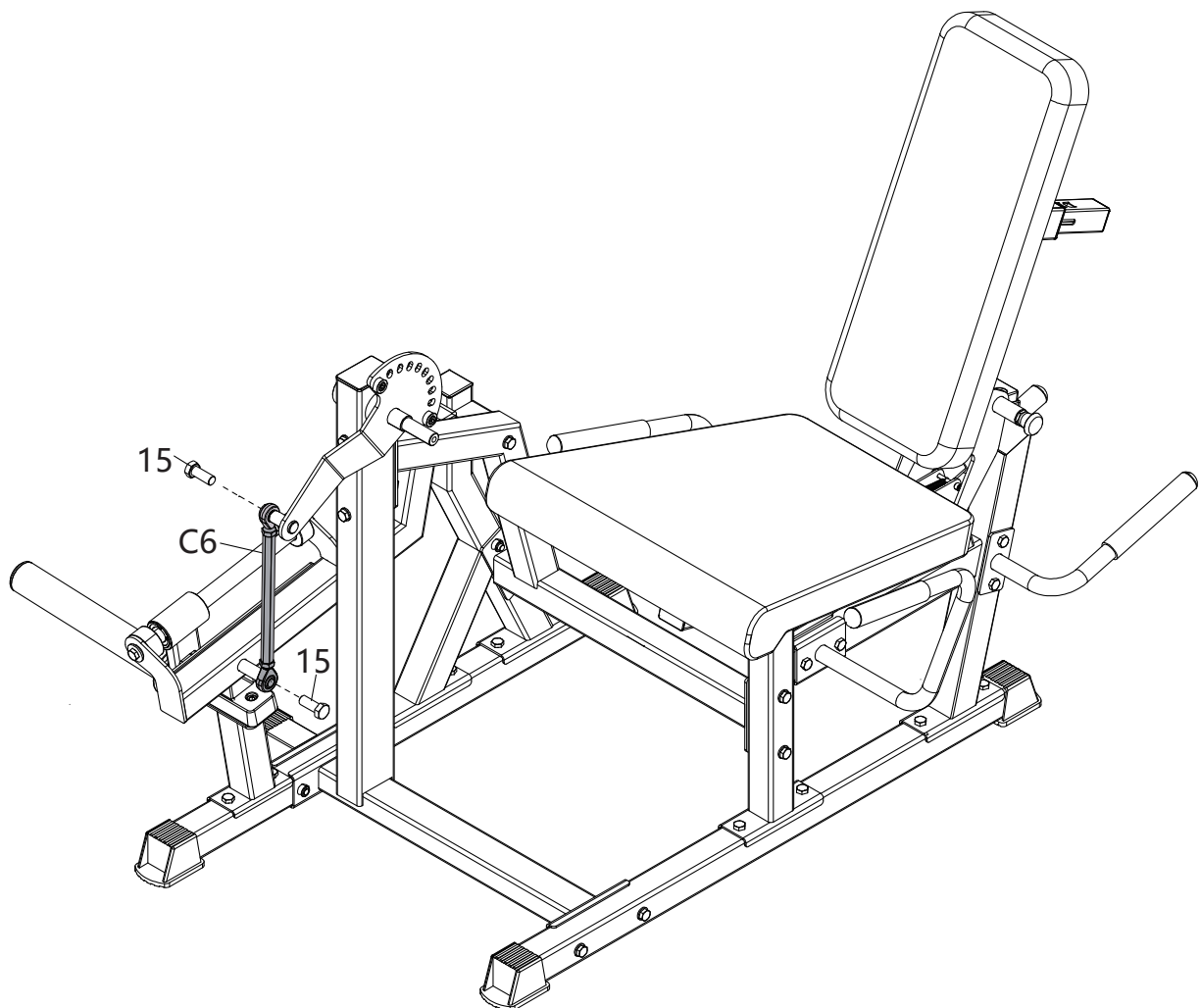
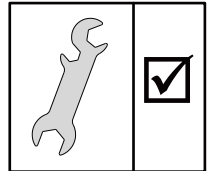
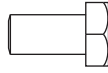
**C6**

Connecting Rod  
1PC

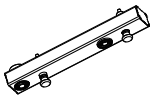
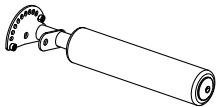
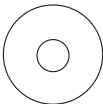


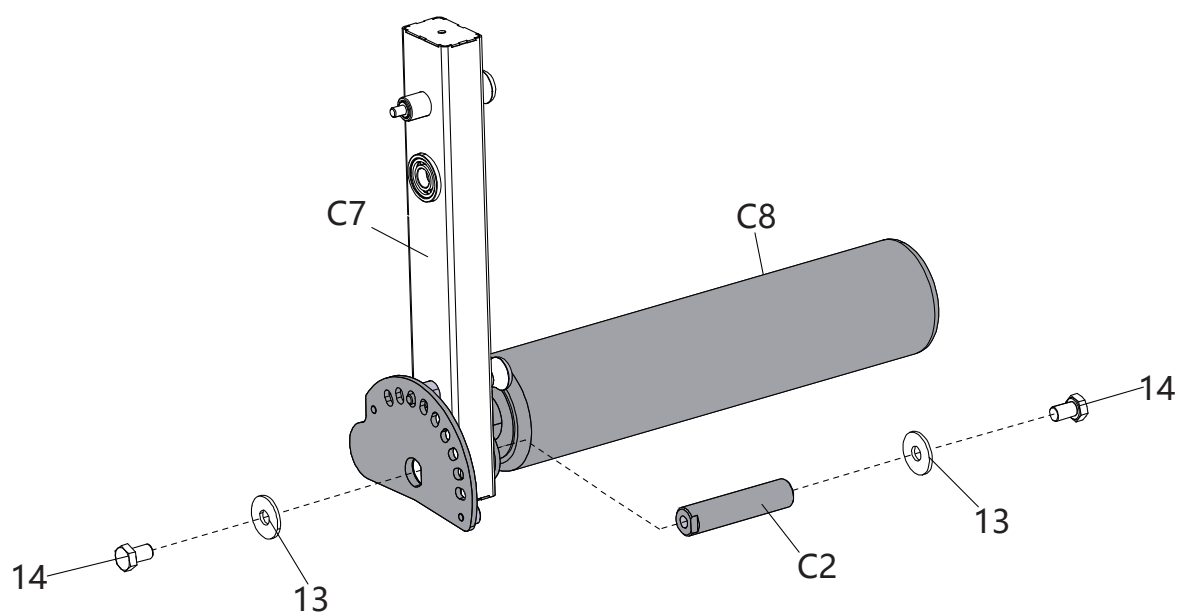
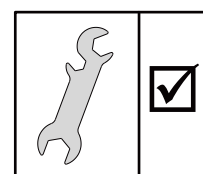
**15**

M12 x 30mm Bolt  
2PCS



# STEP: 16

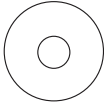
|                                                                                                                            |                                                                                                                           |                                                                                                                    |
|----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| <b>C2</b><br>Short Axis<br>1PC<br>        | <b>C7</b><br>Leg Lever<br>1PC<br>        | <b>C8</b><br>Leg Pad<br>1PC<br> |
| <b>13</b><br>M10 Large Washer<br>2PCS<br> | <b>14</b><br>M10 x 20mm Bolt<br>2PCS<br> |                                                                                                                    |

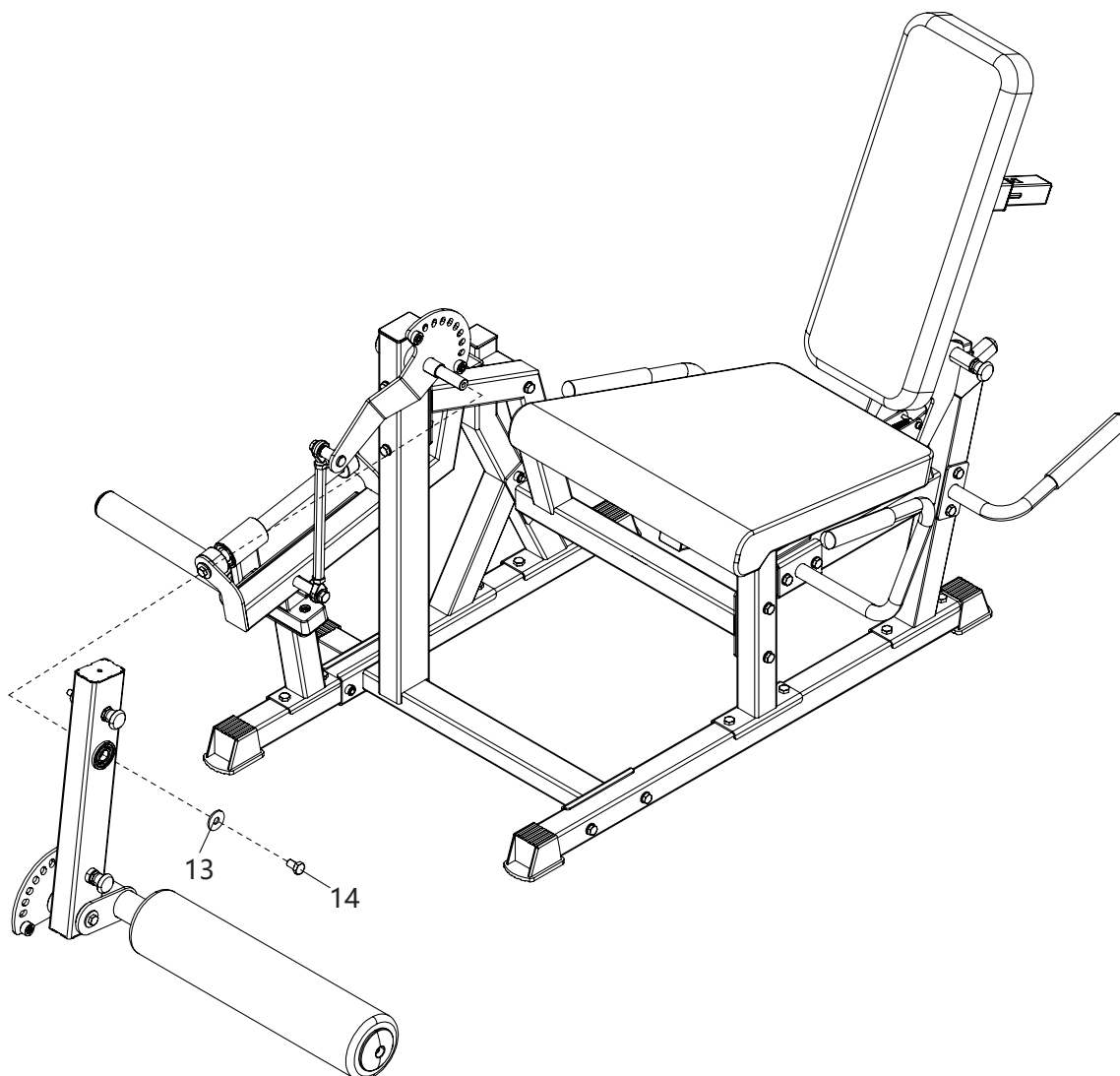
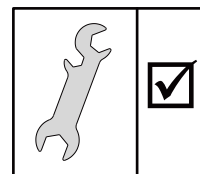


## NOTE:

Align the D-shaped end of the Short Axis (C2) with the corresponding D-shaped opening.

## STEP: 17

|           |                                                                                   |           |                                                                                   |
|-----------|-----------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------|
| <b>13</b> | M10 Large Washer<br>1PC                                                           | <b>14</b> | M10 x 20mm Bolt<br>1PC                                                            |
|           |  |           |  |



### NOTE:

Make sure that all parts are properly tightened before you use the Leg Extension and Curl Machine.

# FORMAT OF AFTER-SALE EMAIL

The screenshot shows an email draft interface with the following elements:

- Header:** "Draft saved" with a close button (X) and a refresh 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 a red border and the placeholder text "Describe your issue here".
- 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 for undo, redo, font face, size, bold, italic, underline, link, unlink, list, and image. The "Attach" icon (a paperclip) is highlighted with a red box and a red arrow pointing to it.
- Buttons:** A "Send" button and a "Cancel" button (represented by a red 'X' icon).

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](mailto:after-sale@gym-mikolo.com)**