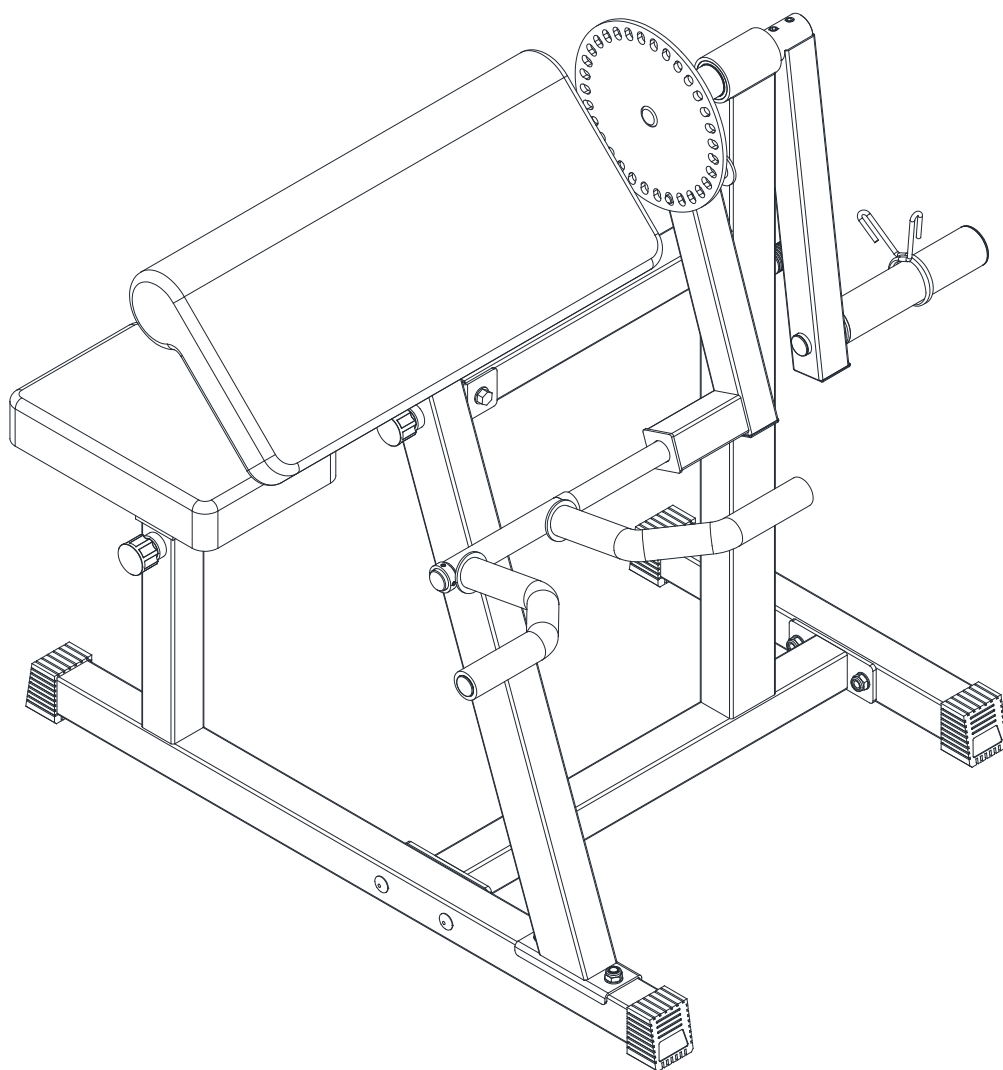


GMWD

ASSEMBLY INSTRUCTIONS



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

Assembly Caution	-----	3
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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



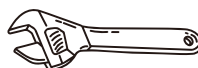
If you are missing any parts, or otherwise have any warranty issues, please contact us first.
support@gmwdfitness.com

Shortcut: A Lot of People Doing That Way

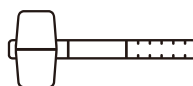
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

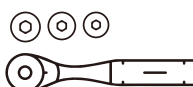
- Adjustable wrenches



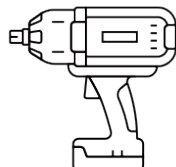
- Rubber hammers



- Socket set



- Electric Wrench



WARNING



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

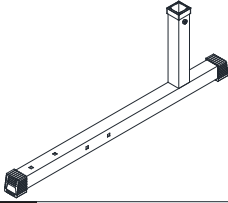
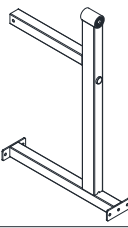
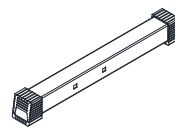
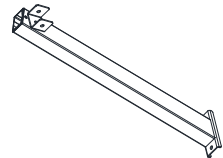
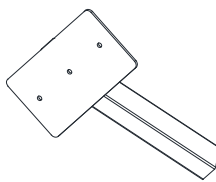
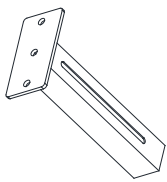
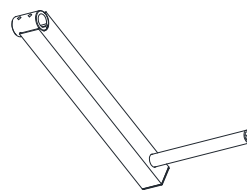
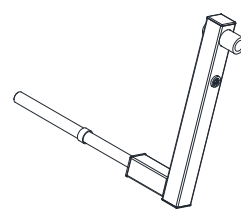
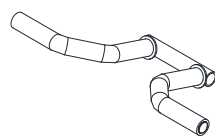
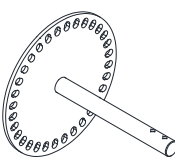
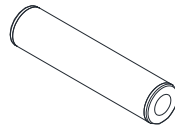
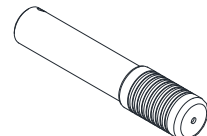
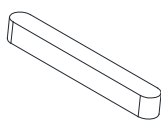
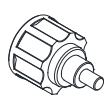
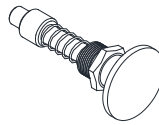
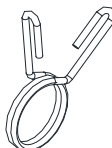
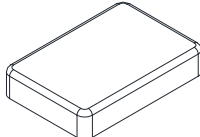
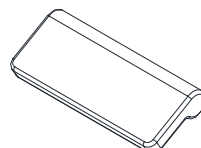
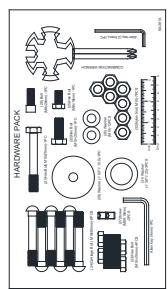


Sharp objects may be involved. Use precaution and protection.

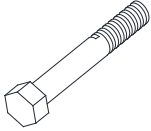
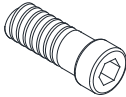
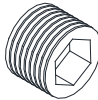
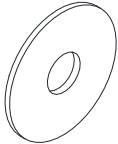
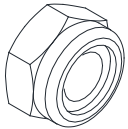


Heavy object. Use lifting aids and proper lifting techniques when moving

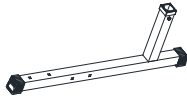
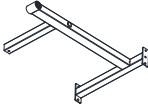
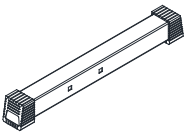
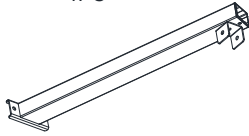
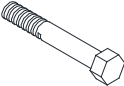
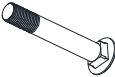
PART LIST

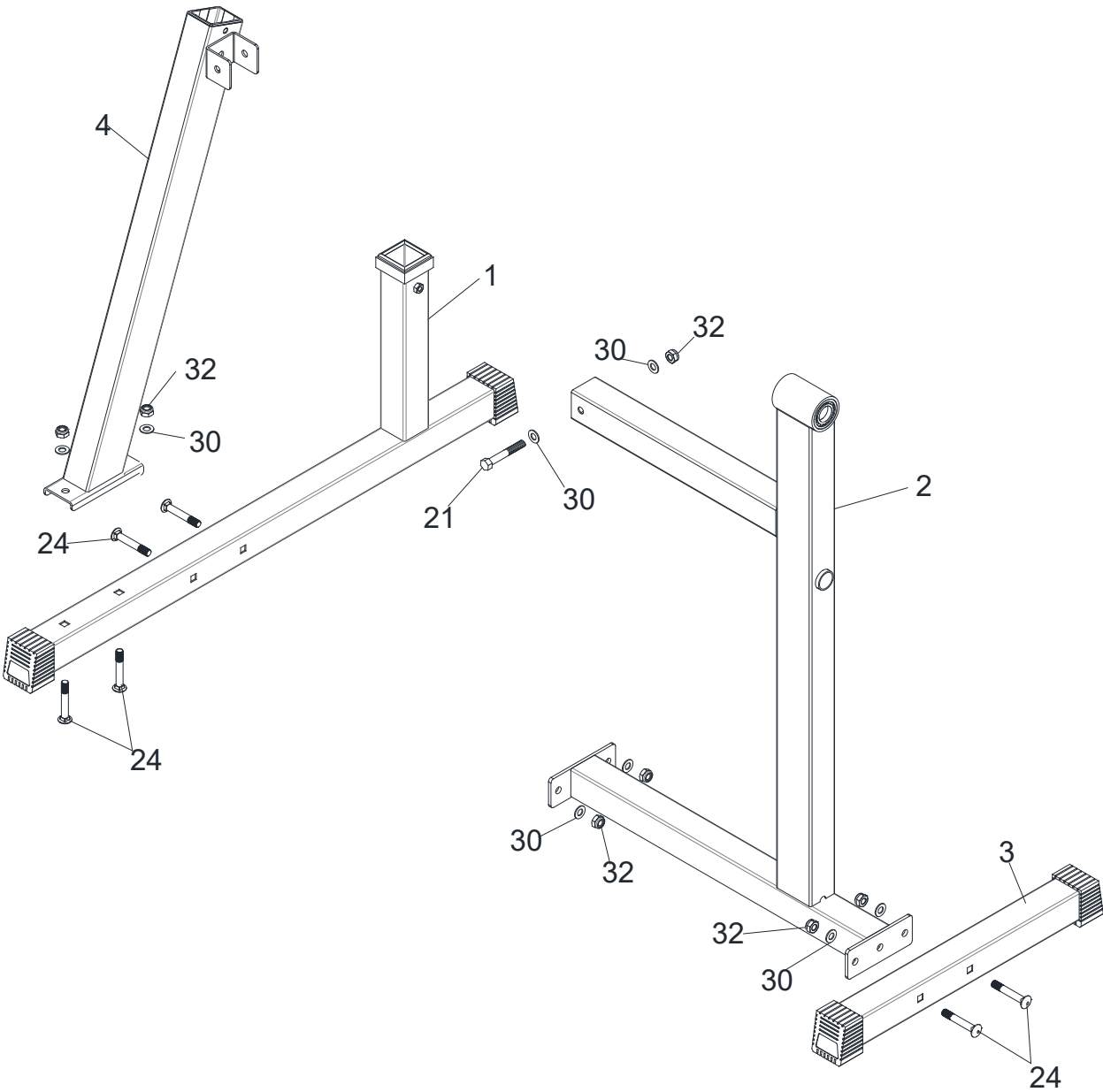
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5 Arm Cushion Frame 1PC 	6 Seat Cushion Frame 1PC 	7 Weight Holder Frame 1PC 	8 Connect Frame 1PC 	
9 Hdnale Frame 1PC 	10 Sundial Frame 1PC 	11 Olympic Adapter 1PC 	12 Limiter 1PC 	
13 Parallel Keys 1PC 	14 Spring Knob 2PCS 	15 Spring Pin Knob 1PC 	16 Detent Pin 1PC 	
17 Shaft Collar 1PC 	18 2" Spring Clip 1PC 	19 Seat Cushion 1PC 	20 Arm Cushion 1PC 	Hardware Bag 1PC 

HARDWARE LIST

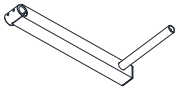
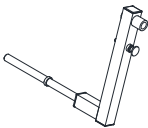
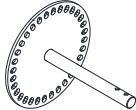
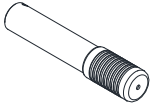
21 M10×70mm Hex Bolt 1PC 	22 M10×25mm Hex Bolt 1PC 	23 M10×20mm Hex Bolt 4PCS 	24 Carriage Bolt M10×65mm 6PCS 
25 M8×16mm Hex Bolt 1PC 	26 M8×20mm Bolt 1PC 	27 Screw M8×10mm 2PCS 	28 Screw M5×5mm 2PCS 
29 $\varnothing 50 \times \varnothing 10.3$ Washer 1PC 	30 M10 Washer 12PCS 	31 $\varnothing 38 \times \varnothing 25.5$ Washer 3PCS 	32 M10 Nylon Nut 7PCS 

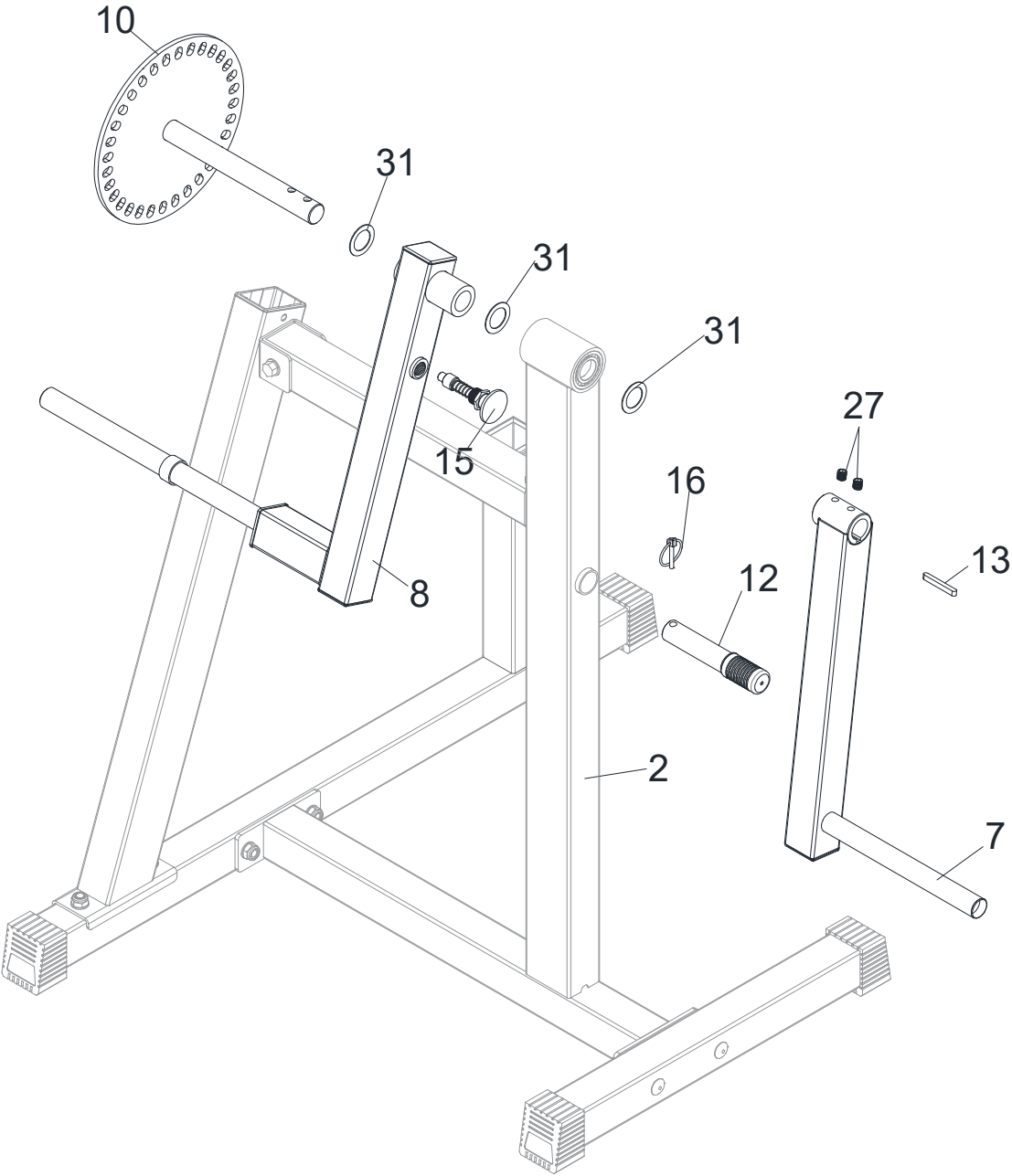
STEP: 1

1 Base Frame 1PC 	2 Front Support Frame 1PC 	3 Side Base Tube 1PC 	4 Support Tube 1PC 
21 M10×70mm Hex Bolt 1PC 	24 Carriage Bolt M10×65mm 6PCS 	30 M10 Washer 8PCS 	32 M10 Nylon Nut 7PCS 

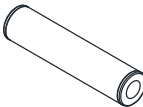


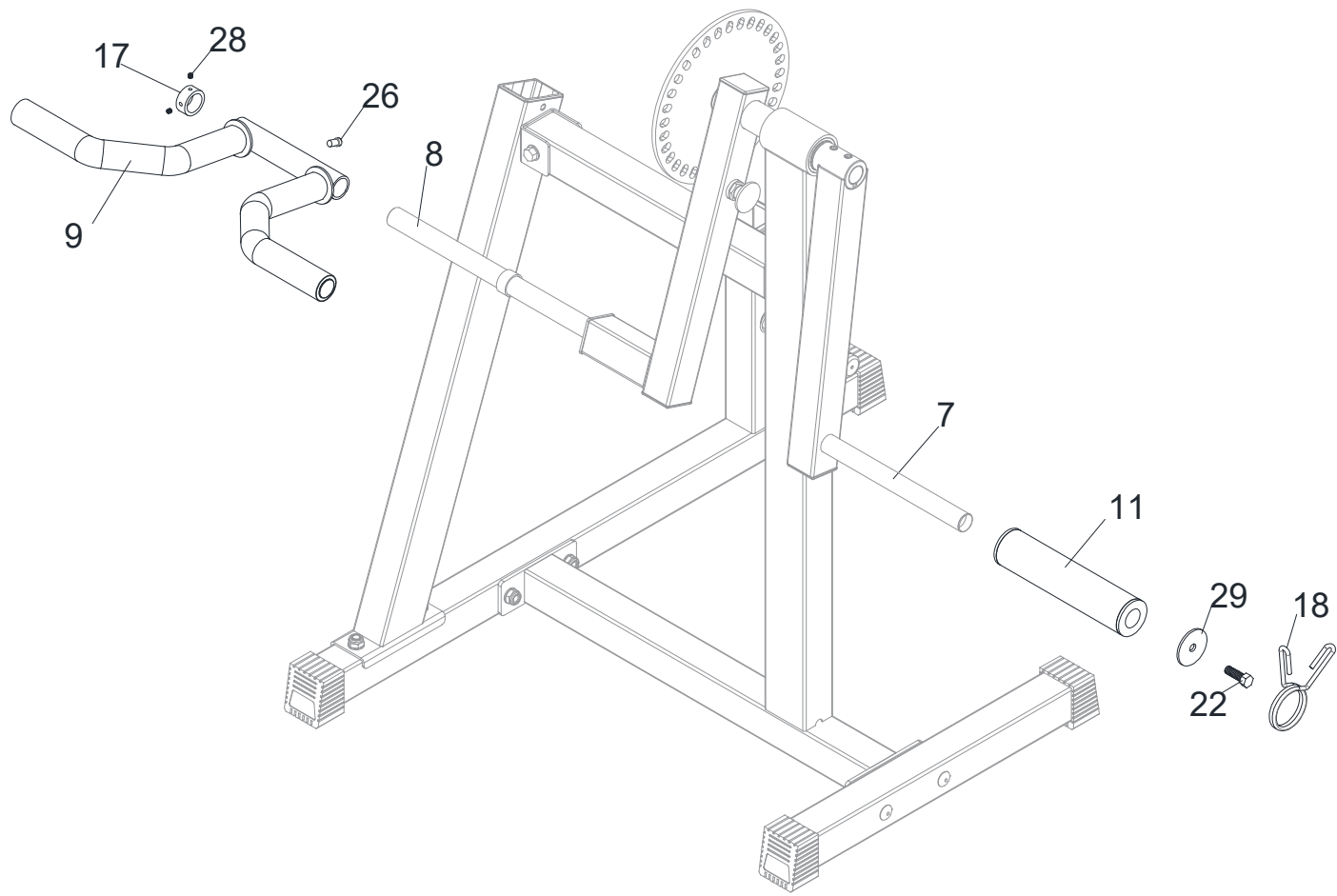
STEP: 2

7 Weight Holder Frame 1PC 	8 Connect Frame 1PC 	10 Sundial Frame 1PC 	12 Limiter 1PC 
13 Parallel Keys 1PC 	15 Spring Pin Knob 1PC 	16 Detent Pin 1PC 	27 Screw M8×10mm 2PCS 
		31 Φ 38× Φ 25.5 Washer 3PCS 	

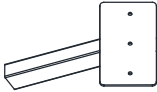
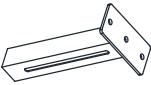
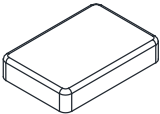
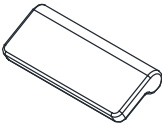


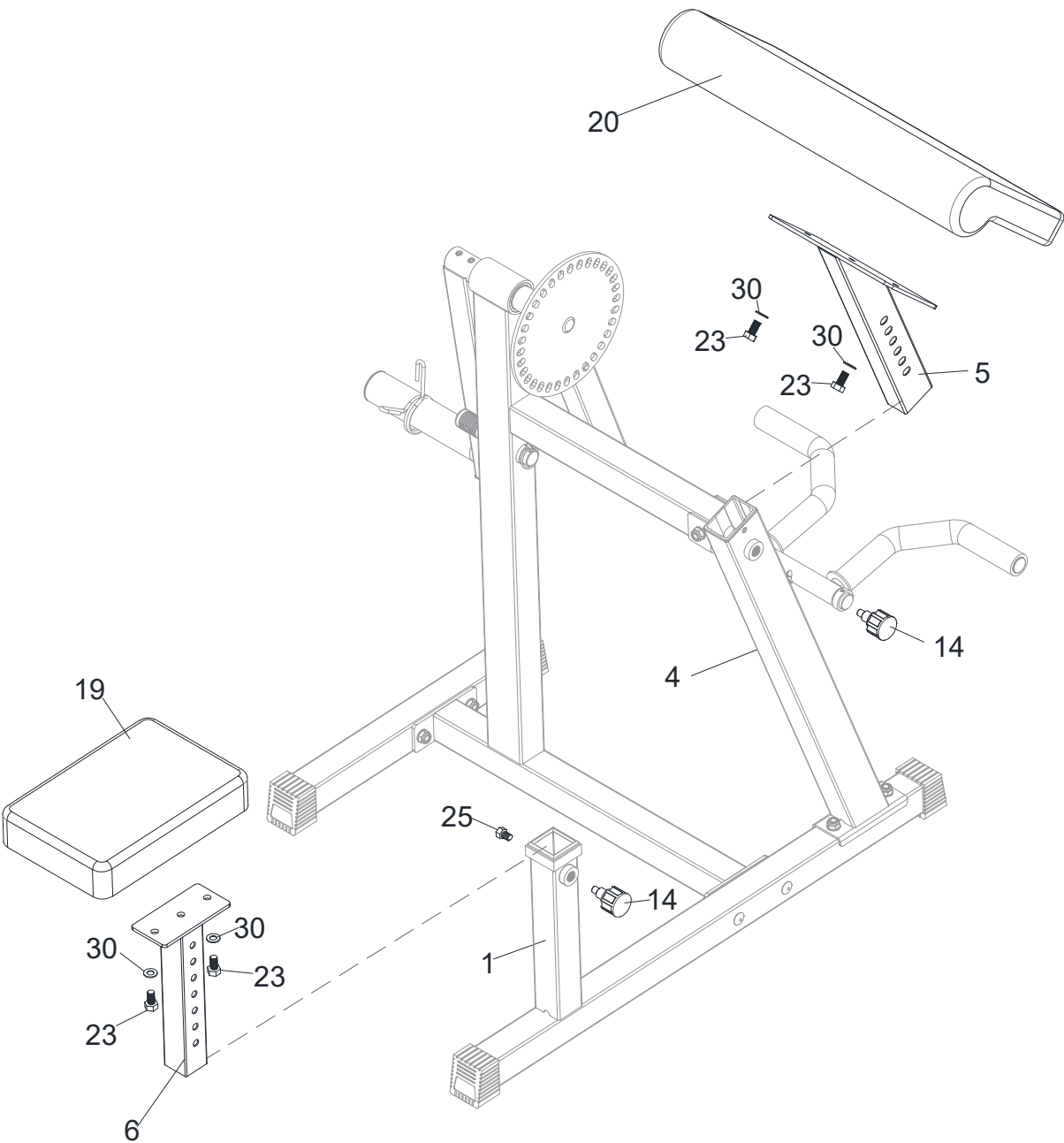
STEP: 3

9 Hdnale Frame 1PC 	11 Olympic Adapter 1PC 	17 Shaft Collar 1PC 	18 2" Spring Clip 1PC 
22 M10×25mm Hex Bolt 1PC 	26 M8×20mm Bolt 1PC 	28 Screw M5×5mm 2PCS 	29 ϕ 50× ϕ 10.3 Washer 1PC 

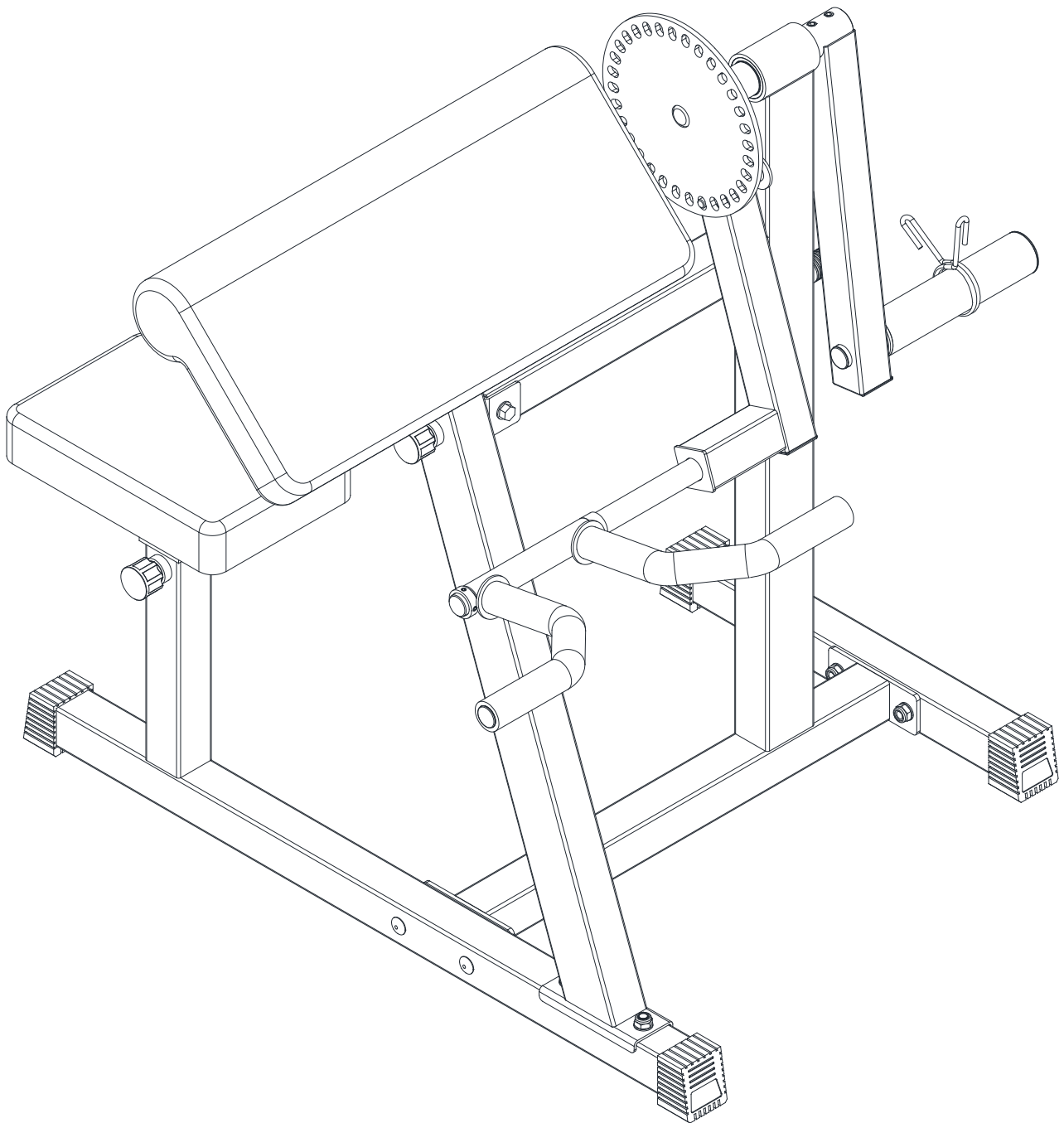


STEP: 4

5 Arm Cushion Frame 1PC 	6 Seat Cushion Frame 1PC 	14 Spring Knob 2PCS 	19 Seat Cushion 1PC 
20 Arm Cushion 1PC 	23 M10×20mm Hex Bolt 4PCS 	25 M8×16mm Hex Bolt 1PC 	30 M10 Washer 4PCS 



INSTALLATION IS COMPLETE



FORMAT OF AFTER-SALE EMAIL

Draft saved

Recipients

Amazon-1234567890 -Package Lost

SUBJECT EXAMPLE

Platform-Order Number-Issue

Describe your issue here

Welcome to attach the pictures to help us get more understands with your issue

↶ ↷ Sans Serif T B I U A

Send A

📎 🔗 😊 🗑️ 📷 🔒 ✎ ⋮

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.**

support@gmwdfitness.com