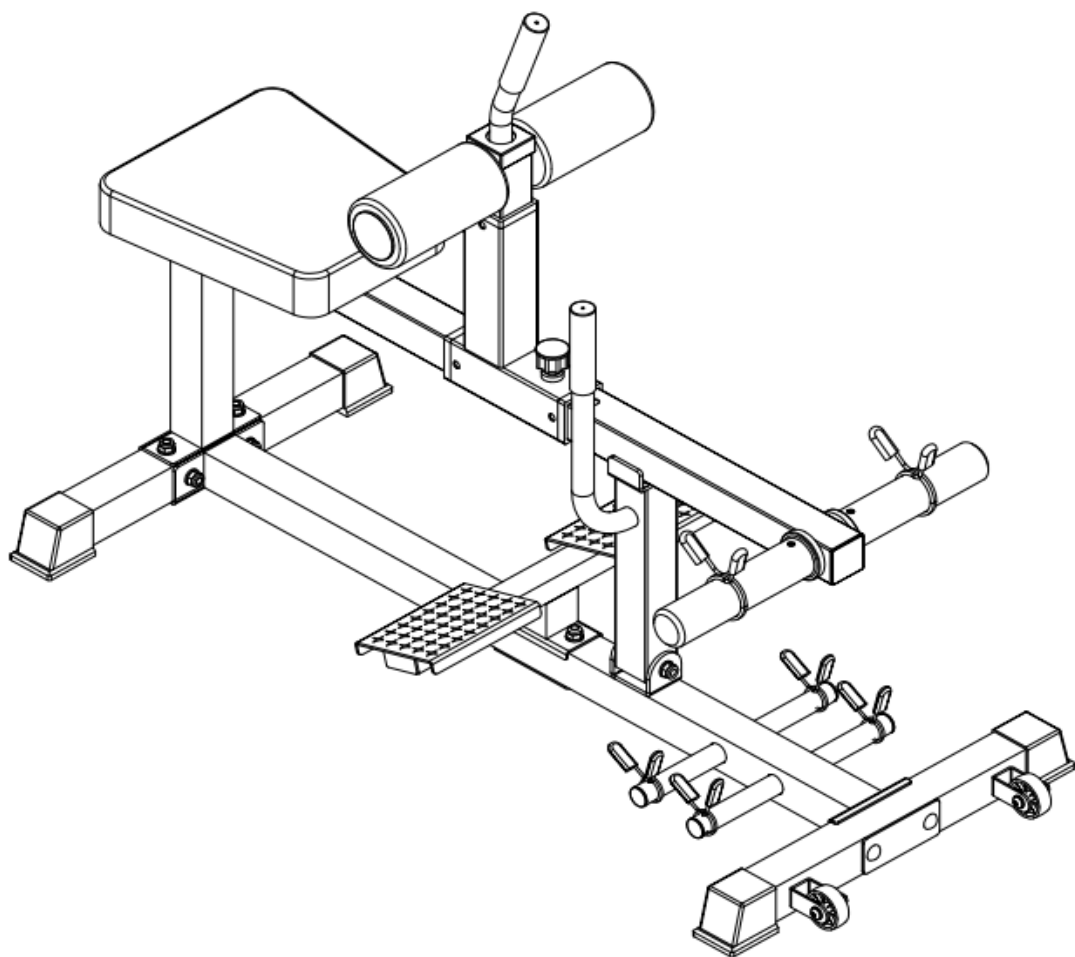


GMWD

ASSEMBLY INSTRUCTIONS



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

Assembly Caution	-----	3
Part List	-----	4
Hardware List	-----	5
Step 1	-----	6
Step 2	-----	7
Step 3	-----	8
Step 4	-----	9
Step 5	-----	10
Step 6	-----	11
Step 7	-----	12
Step 8	-----	13
Step 9	-----	14
After-Sale Information	-----	19

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



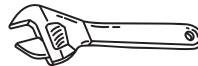
If you are missing any parts, or otherwise have any warranty issues, please contact us first.

Shortcut: A Lot of People Doing That Way

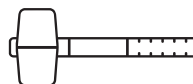
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

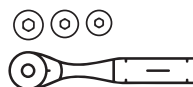
- Adjustable wrenches



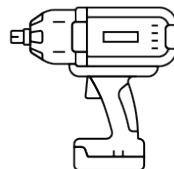
- Rubber hammers



- Socket set



- Electric Wrench



WARNING



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

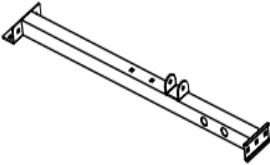
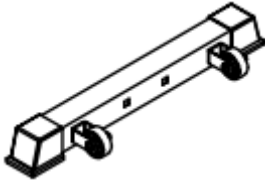
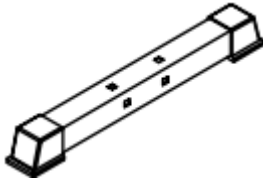
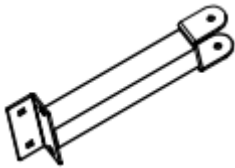
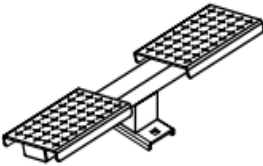
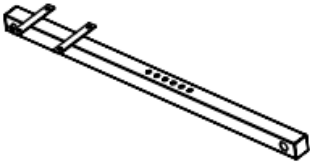
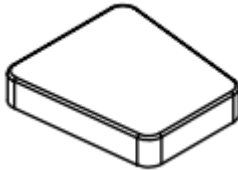
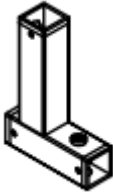
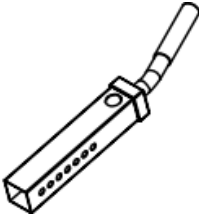
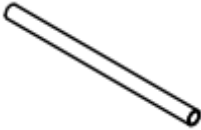
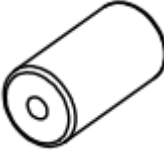
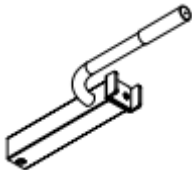
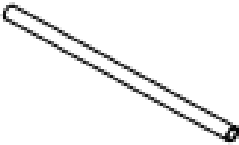
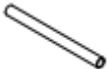


Sharp objects may be involved. Use precaution and protection.



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

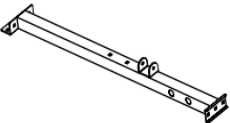
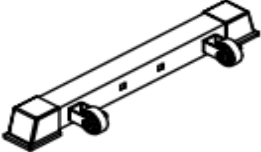
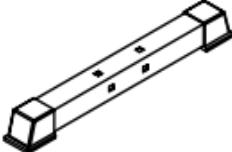
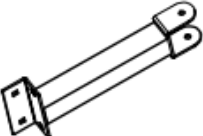
PART LIST 1

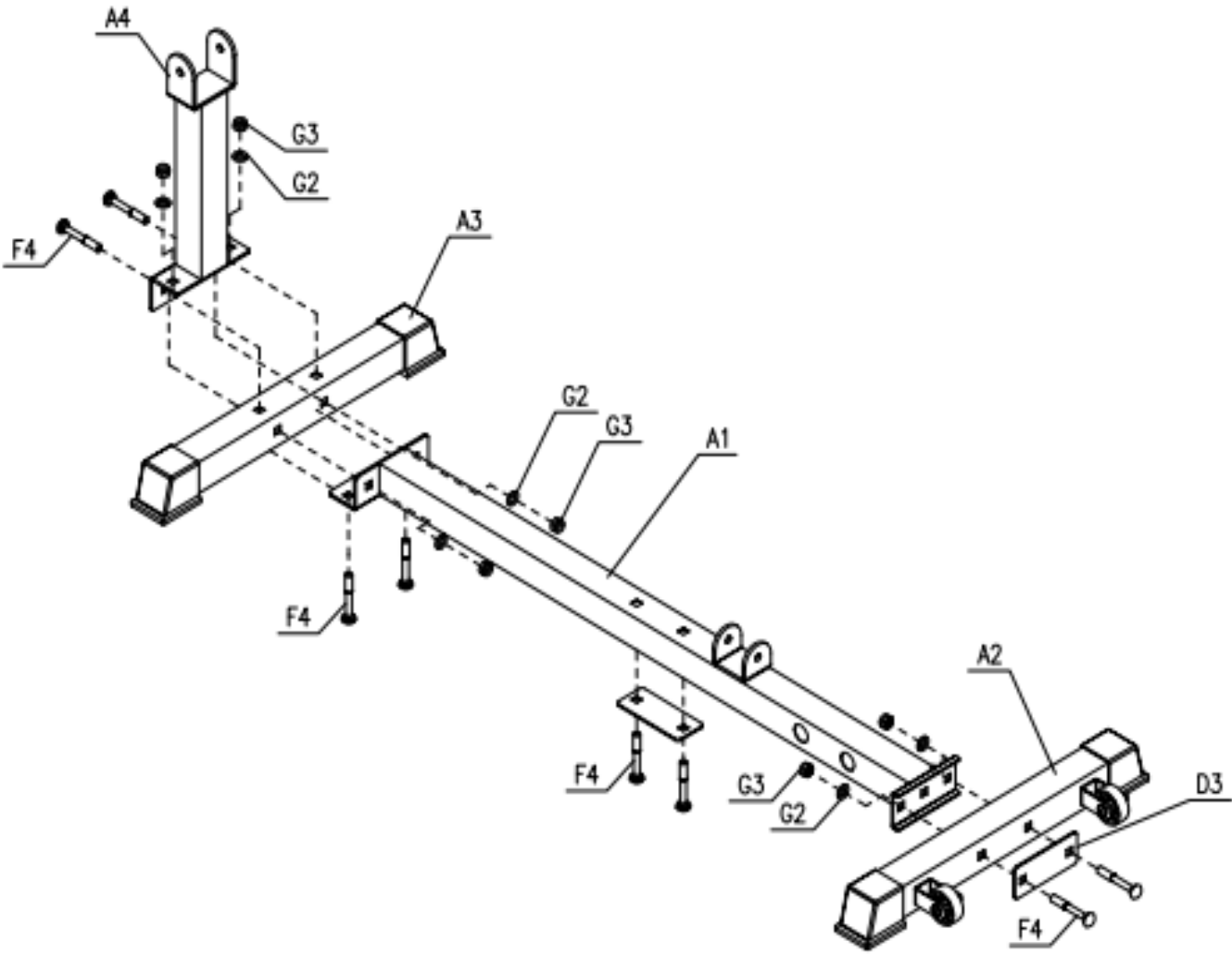
(A1) Base Connecting Tube 1PC 	(A2) Front Base Tube 1PC 	(A3) Rear Base Tube 1PC 	(A4) Cushion Connecting Tube 1PC 
(B1) Foot Board 1PC 	(B2) Cushion Connecting Rod 1PC 	(B3) Cushion 1PC 	(B4) Handle Connecting Frame 1PC 
(C1) Handle 1PC 	(C2) Sponge Pads Connecting Rod (Ø25X1.5X390) 1PC 	(C3) Leg Sponge Pads 2PCS 	(C4) Linner Cap 2PCS 
(D1) Supporting Handle 1PC 	(D2) Weight Holder (Ø25X1.5X478) 1PC 	(D3) Connecting Piece 2PCS 	(D4) Knob 2PCS 
(E1) Barbell Clamp (Ø50) 2PCS 	(E2) Barbell Clamp (Ø25) 4PCS 	(E3) 2PCS 	(E4) (Ø25X1.5X300) 2PCS 

HARDWARE LIST

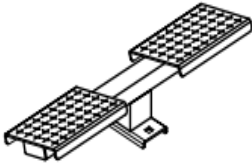
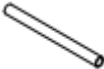
F1 M8X20 Bolts 4PCS 	F2 M10X75 Bolts 1PC 	F3 M10X95 Bolts 1PC 	F4 M10X70 Bolts 8PCS 
G1 M8 Washers 4PCS 	G2 M10 Washers 12PCS 	G3 M10 Nuts 10PCS 	

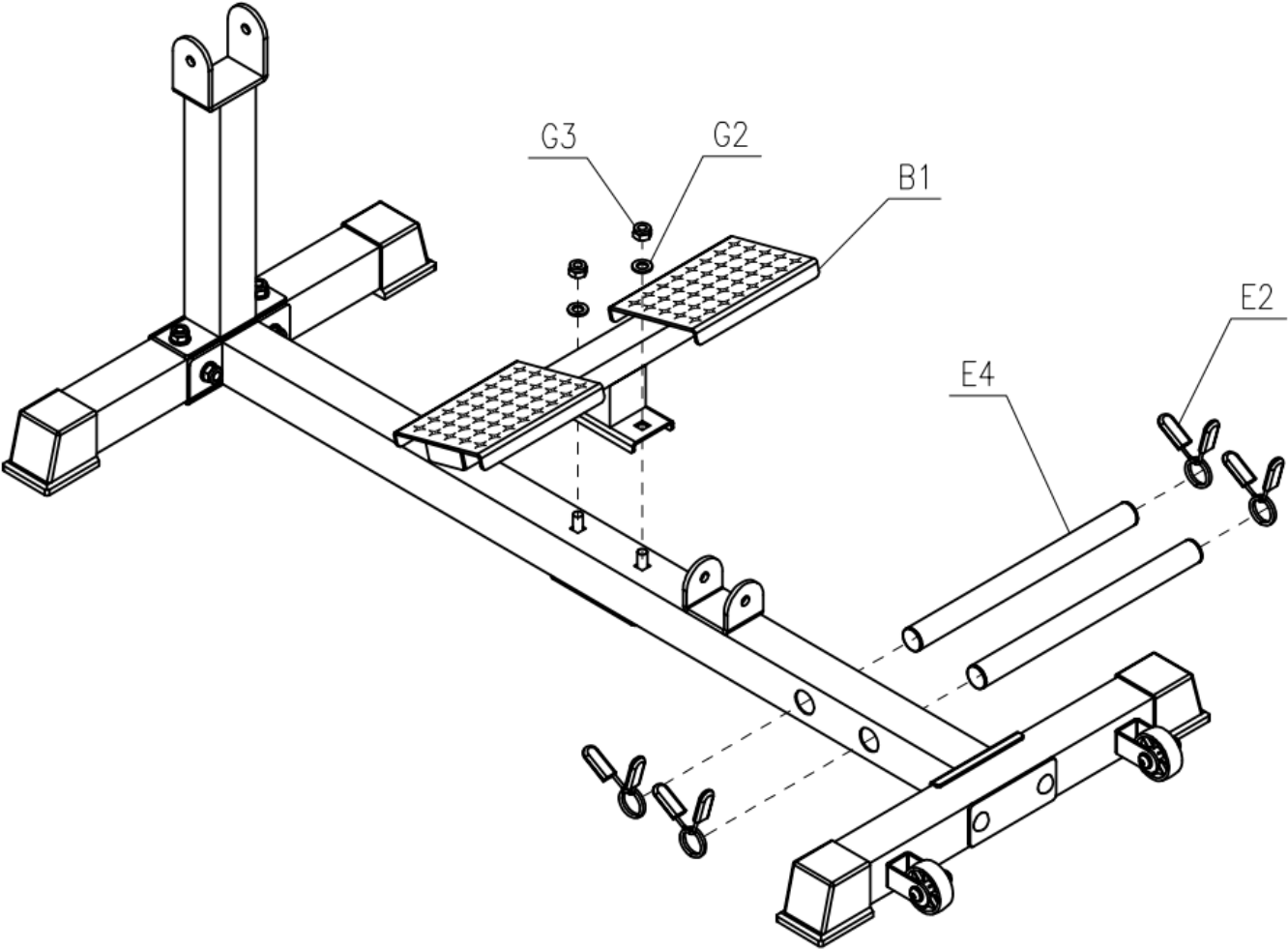
STEP: 1

A1 ase Connecting Tube1PCS 1PC 	A2 Front Base Tube 1PC 	A3 Rear Base Tube 1PC 	A4 Cushion Connecting Tube 1PC 
D3 Connecting Piece 2PCS 	F4 M10X70 Bolts 8PCS 	G2 M10 Washers 6PCS 	G3 M10 Nuts 6PCS 

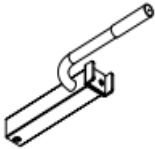


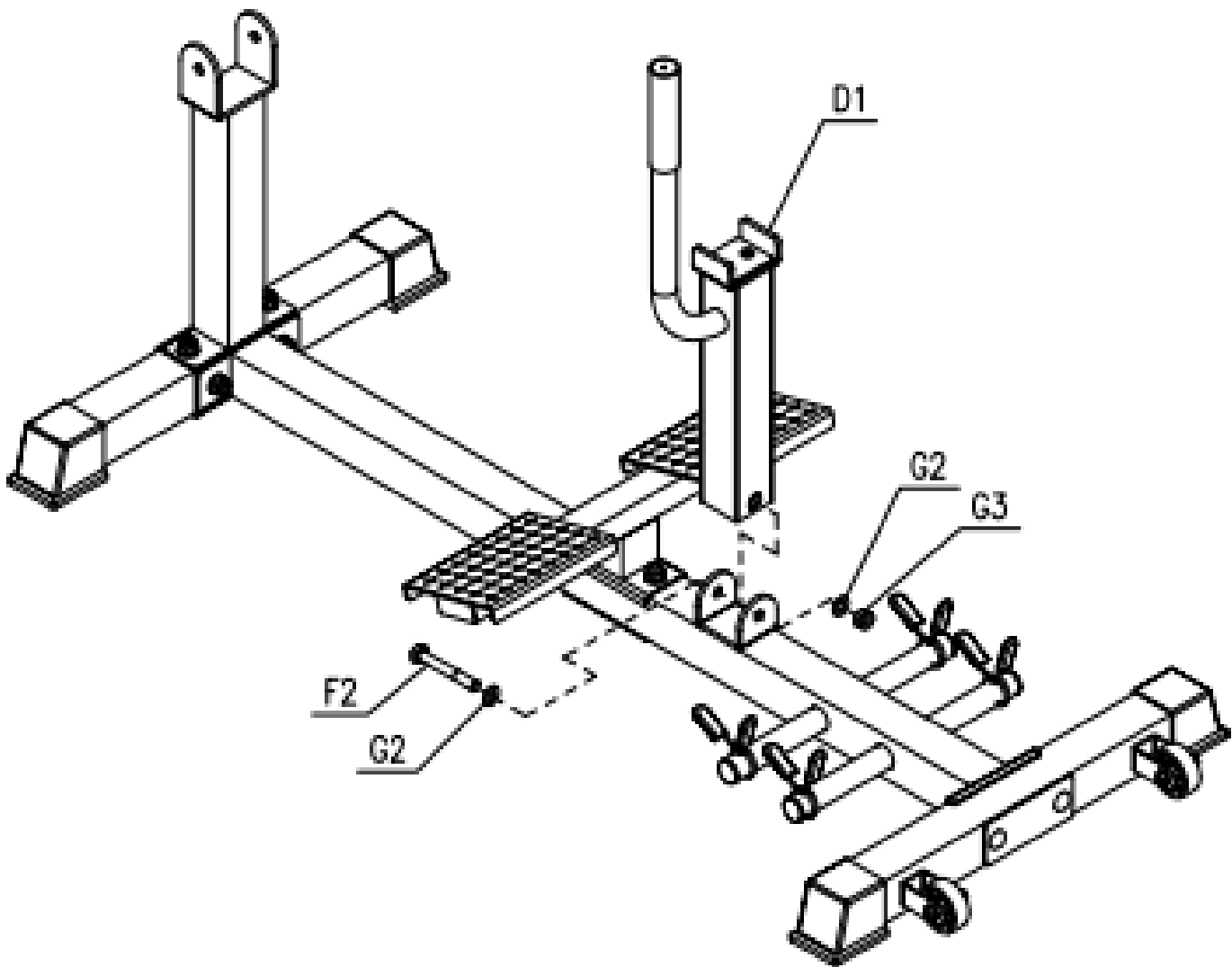
STEP: 2

B1 Foot Board 1PC 	E2 Barbell Clamp (Ø25) 4PCS 	E4 产品名称 (Ø25X1. 5X300) 2PCS 	G2 M10 Washers 2PCS 
G3 M10 Nuts 2PCS 			

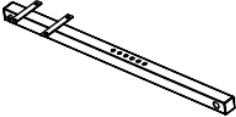
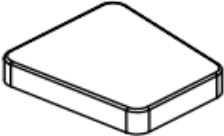


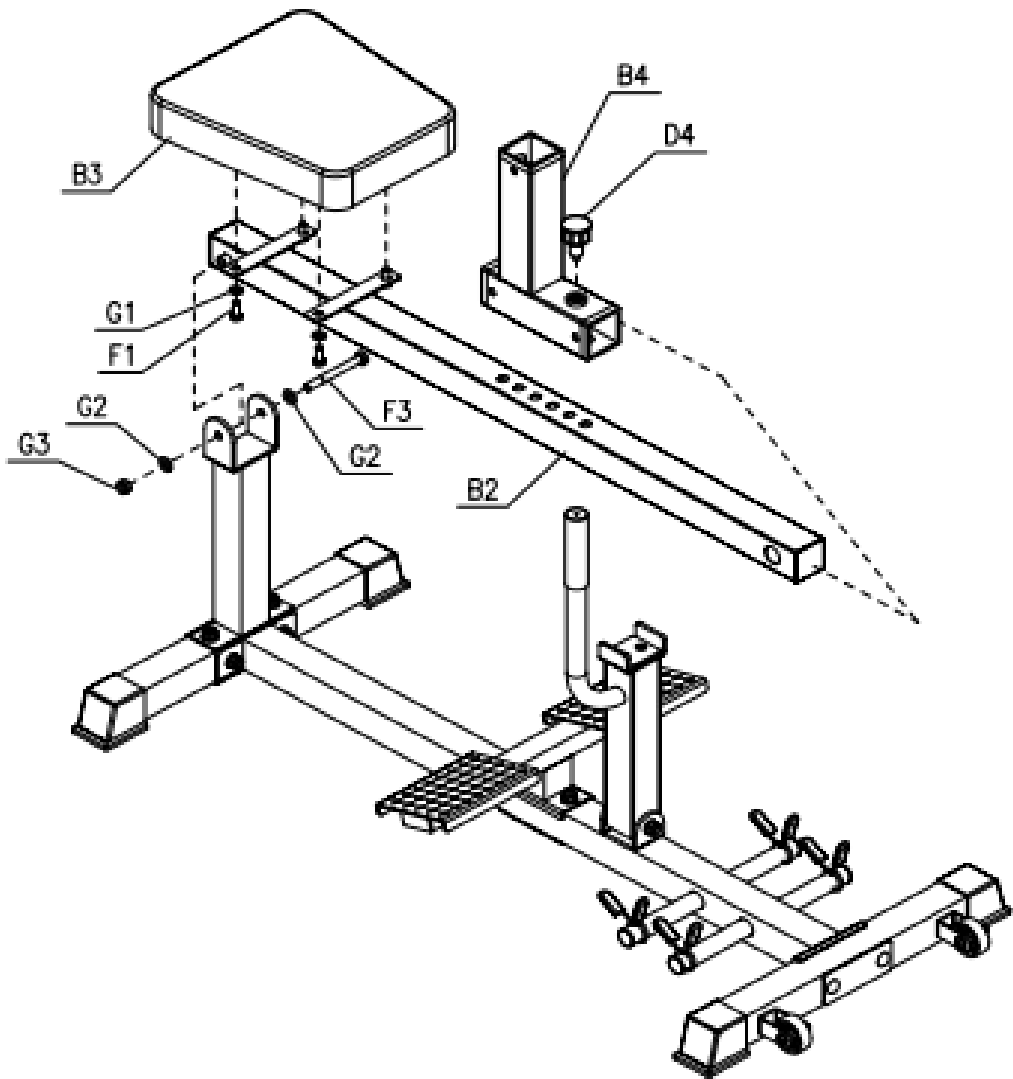
STEP: 3

D1 Supporting Handle 1PC 	F2 M10X75 Bolts 1PC 	G2 M10 Washers 2PCS 	G3 M10 Nuts 1PCS 
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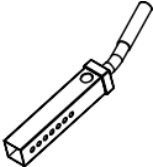
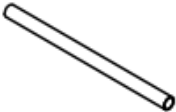
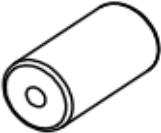


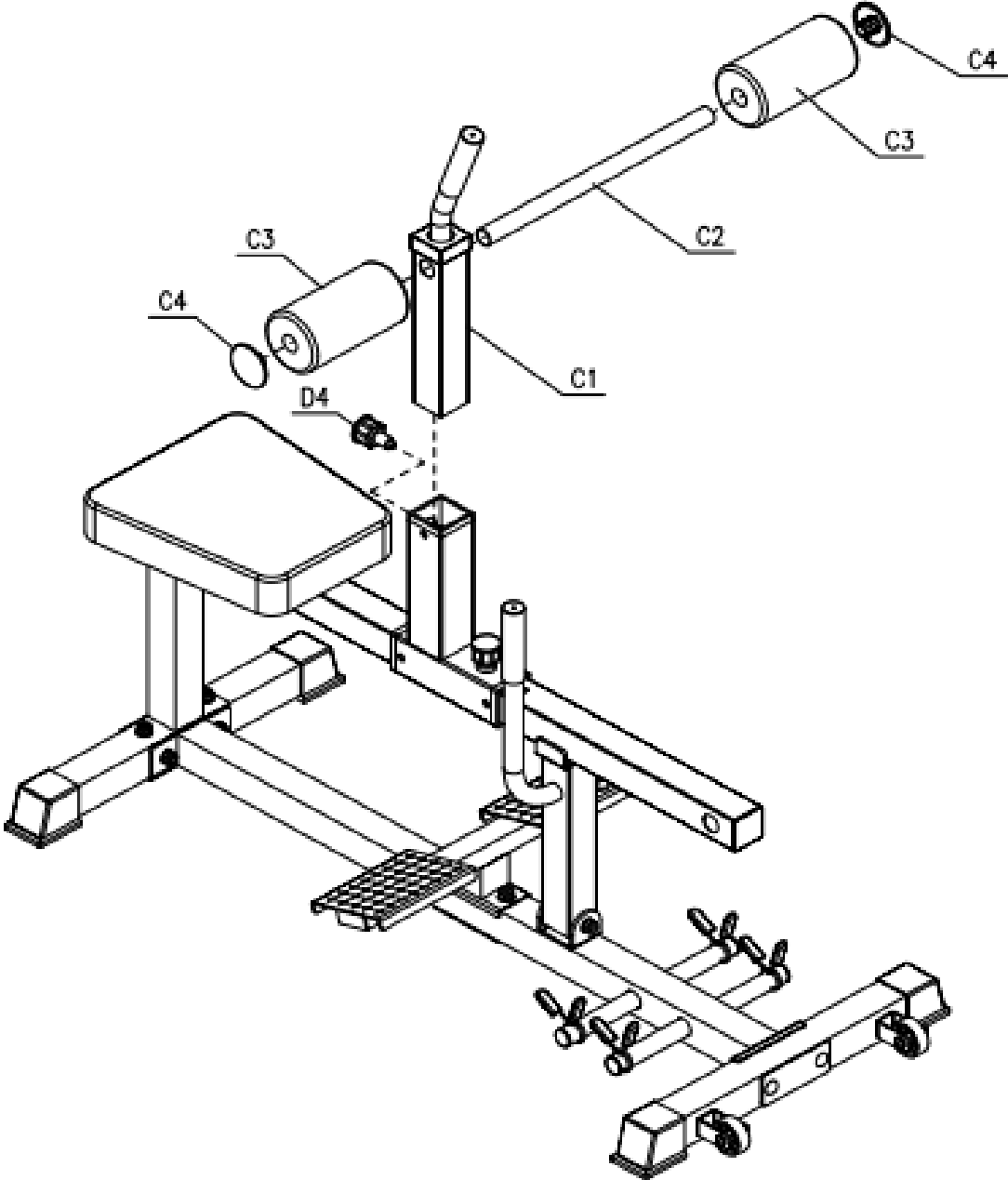
STEP: 4

B2 Cushion Connecting Rod 1PC 	B3 Cushion 1PC 	B4 Handle Connecting Frame 1PC 	D4 Knob 1PC 
F1 M8X20 Bolts 4PCS 	F3 M10X95 Bolts 1PC 	G1 M8 Washers 4PCS 	G2 M10 Washers 2PCS 
G3 M10 Nuts 1PCS 			

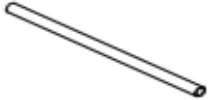


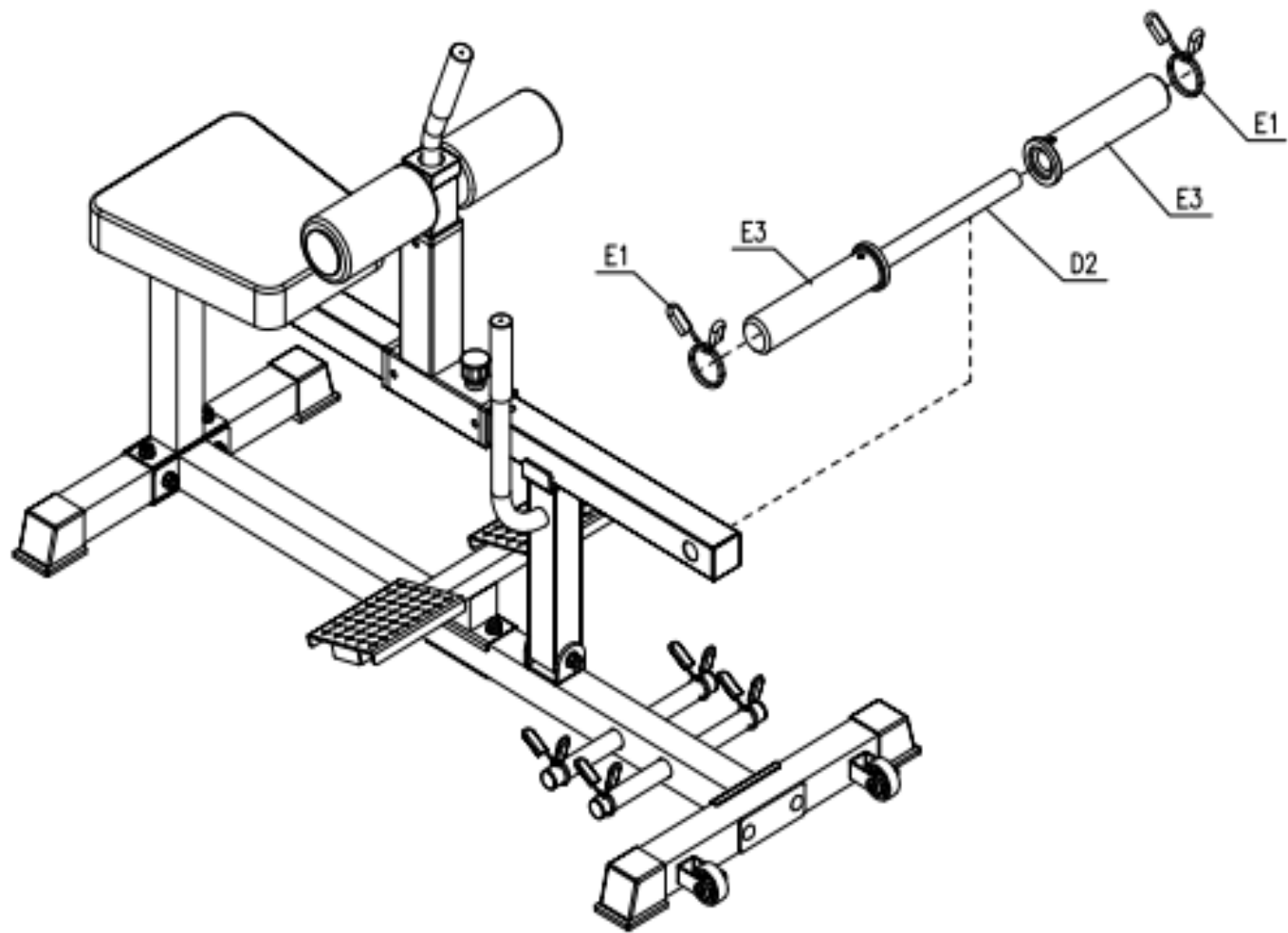
STEP: 5

C1 Handle 1PC 	C2 Sponge Pads Connecting Rod (Ø25X1.5X390) 4PCS 	C3 Leg Sponge Pads 2PCS 	C4 Linner Cap 2PCS 
D4 Knob 1PC 			



STEP: 6

D2 Weight Holder (Ø25X1.5X478) 1PC 	E1 Barbell Clamp (Ø50) 2PCS 	E3 2PCS 	
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FORMAT OF AFTER-SALE EMAIL

The screenshot shows an email draft interface. At the top, a status bar says "Draft saved" with a close icon. Below it, the "Recipients" field is empty. The "Subject" field contains "Amazon-1234567890-Package Lost" (highlighted with a red box) and "SUBJECT EXAMPLE" in red text. The "Body" field contains "Platform-Order Number-Issue" and a large red box with the text "Describe your issue here". Below the body field, a red text prompt says "Welcome to attach the pictures to help us get more understands with your issue". At the bottom, there is 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 red text prompt above. The "Send" button is on the left, and a trash icon is on the right.

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