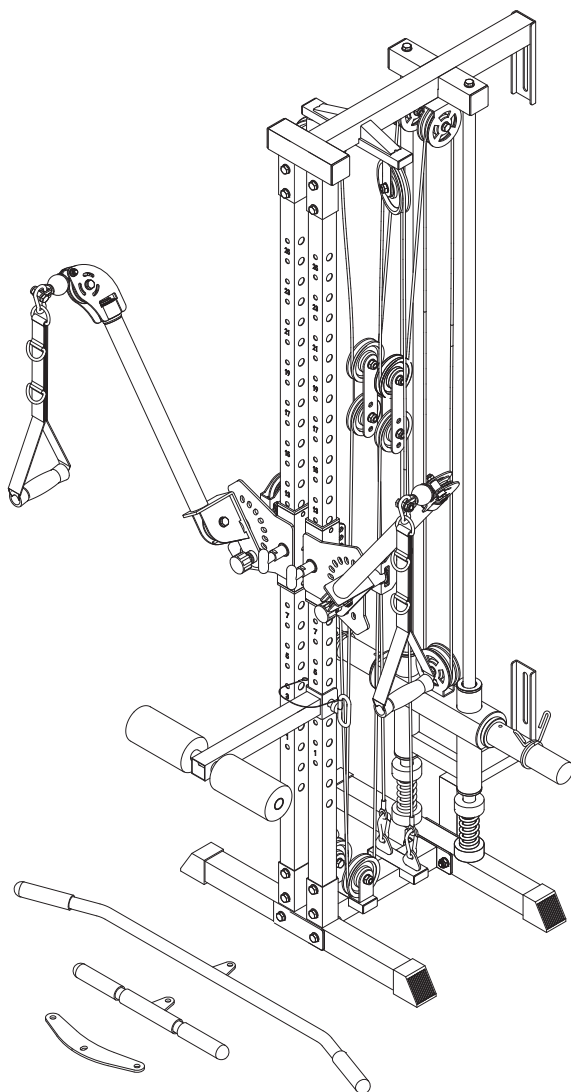


GMWD

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



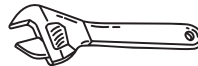
If you are missing any parts, or otherwise have any warranty issues, please contact us first.
support@gym-mikolo.com

Shortcut: A Lot of People Doing That Way

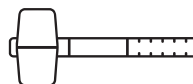
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

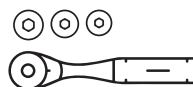
- Adjustable wrenches



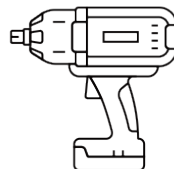
- Rubber hammers



- Socket set



- Electric Wrench



WARNING



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

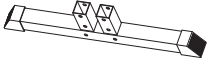
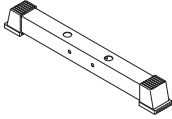
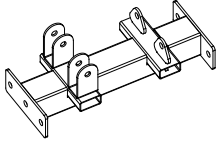
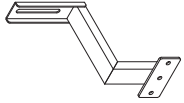
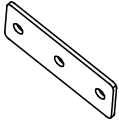
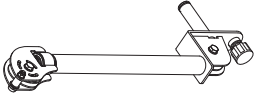
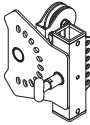
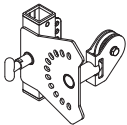
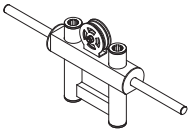
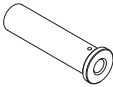
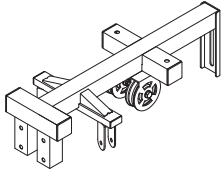
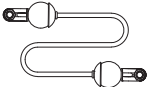


Sharp objects may be involved. Use precaution and protection.

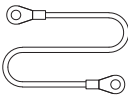
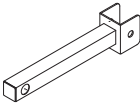
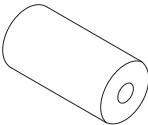
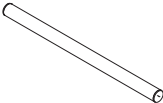
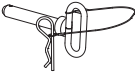
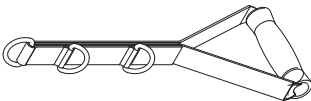
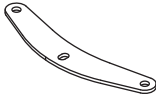
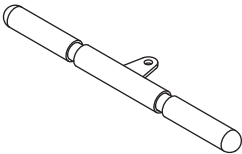
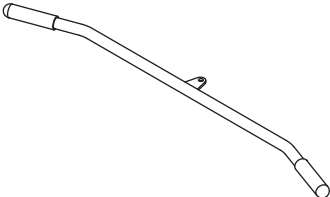


Heavy object. Use lifting aids and proper lifting techniques when moving

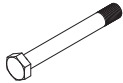
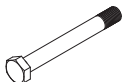
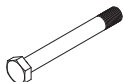
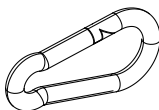
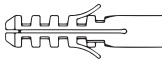
PART LIST

A1. Front Base Tube 1 PC 	A2. Rear Base Tube 1 PC 	A3. Base Connecting Frame 1 PC 	A4. Base Bracket 1 PC 
A5. Plate 1 PC 	B1. Upright Tube 2 PC 	B2. Guide Rod 2 PCS 	B3. Shock Pad 4 PCS 
B4. Spring 2 PCS 	B5. Radial Arm Frame 2 PCS 	B6. Pulley Trolley Left 1 PC 	B10. Pulley Trolley Right 1 PC 
B7. Weight Holder 1 PC 	B8. Olympic Adapter 2 PCS 	B9. 2" Spring Clamp 2 PCS 	C1. Upper Frame 1 PC 
C2. Pulley(115mm) 2 PCS 	C3. Cable A 354.3Inch 1 PC 	C4. Towing Hook 1 PC 	C5. Pulley(90mm) 6 PCS 

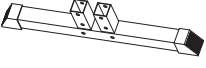
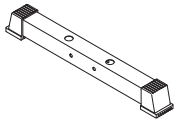
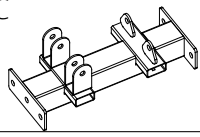
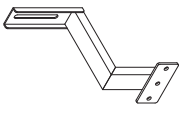
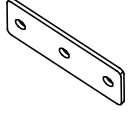
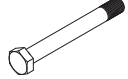
PART LIST

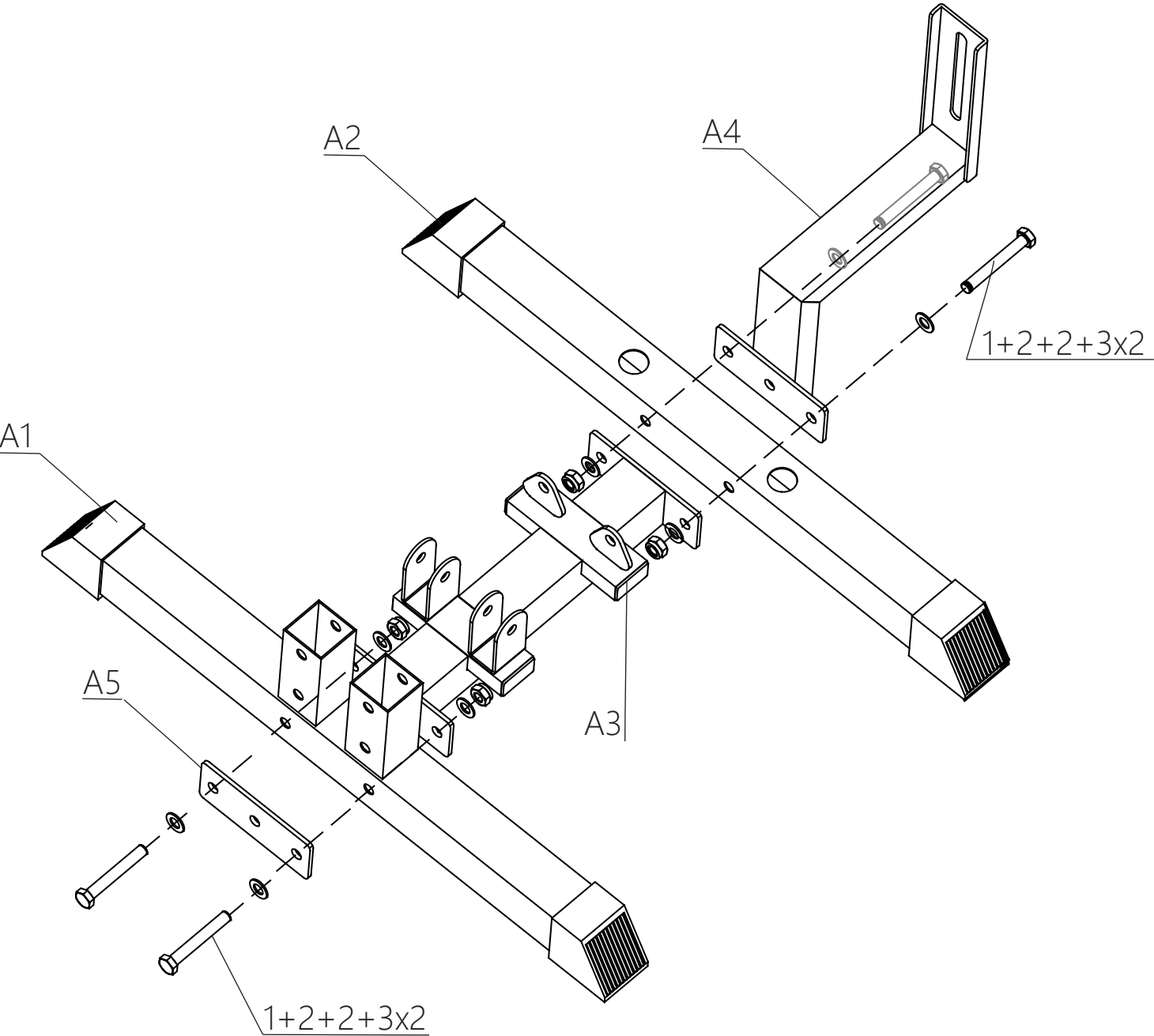
C6 .Cable B 118.1 Inch 2 PCS 	C7 .Leg Holder Frame 1 PC 	C8. Sponge Roller 2 PCS 	C9. Sponge Roller Rod 1 PC 
C10. Pulley Adjusting Plate 4PCS 	D1 .Leg Holder Pin 1 PC 	D2. Cable Handles 2 PCS 	D4. Bracket 1 PC 
D5. Cable Bar 1 PC 	D6. Lat Pull-down Bar 1 PC 		

PART LIST

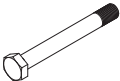
1. Bolt (M10*75mm) 4 PCS 	2. Washer (M10) 52PCS 	3. Locknut(M10) 22PCS 	5. Bolt(M10*60mm) 8 PCS 
6. Bolt(M10*25mm) 6 PCS 	7. Washer(46*26mm) 2 PCS 	8. Washer(40*28.5mm) 2 PCS 	9. Circlip 4 PCS (2 for spare) 
10. Bolt (M10*45mm) 8 PCS 	11.Clips 5 PCS 	12. Expansion Screw 4 PCS 	13. Wooden Screw 4 PCS 

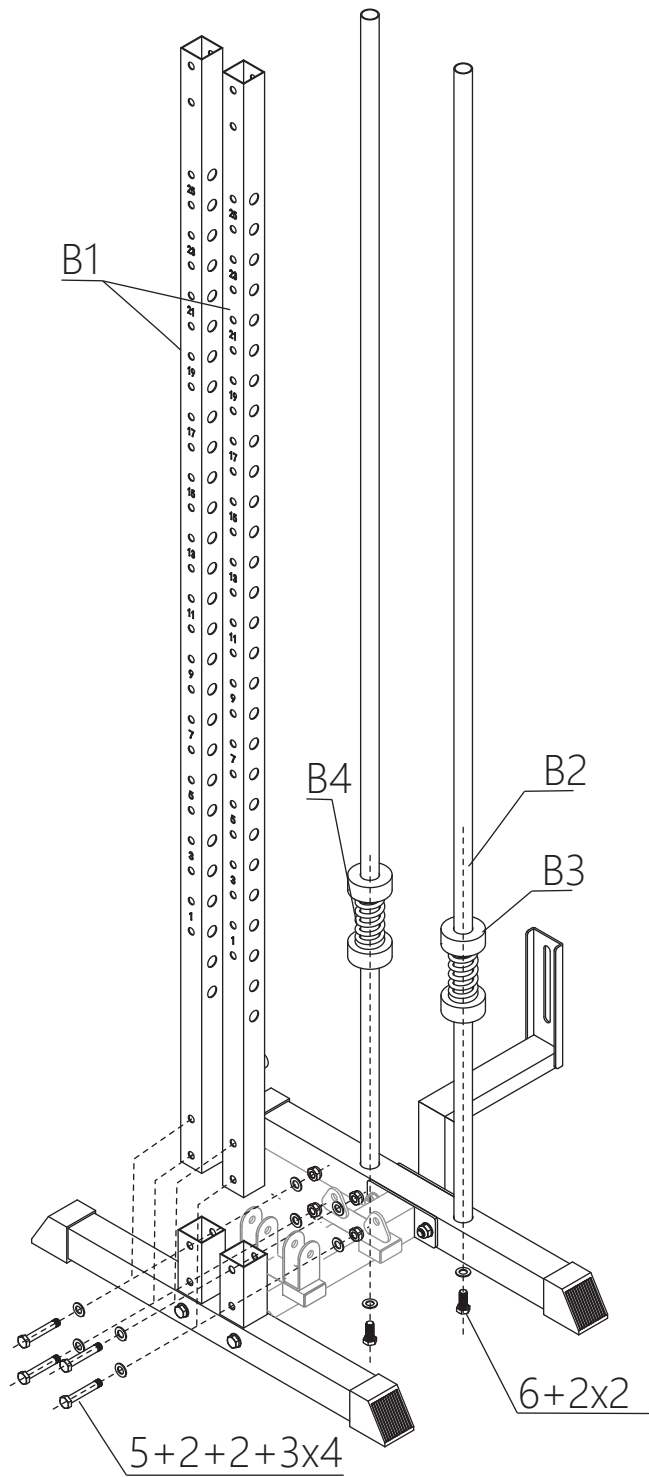
STEP: 1

A1. Front Base Tube 1 PC 	A2. Rear Base Tube 1 PC 	A3. Base Connecting Frame 1 PC 	A4. Base Bracket 1 PC 
A5. Plate 1 PC 	1. Bolt (M10*75mm) 4 PCS 	2. Washer (M10) 8 PCS 	3. Locknut(M10) 4 PCS 

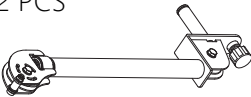
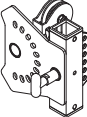
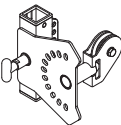


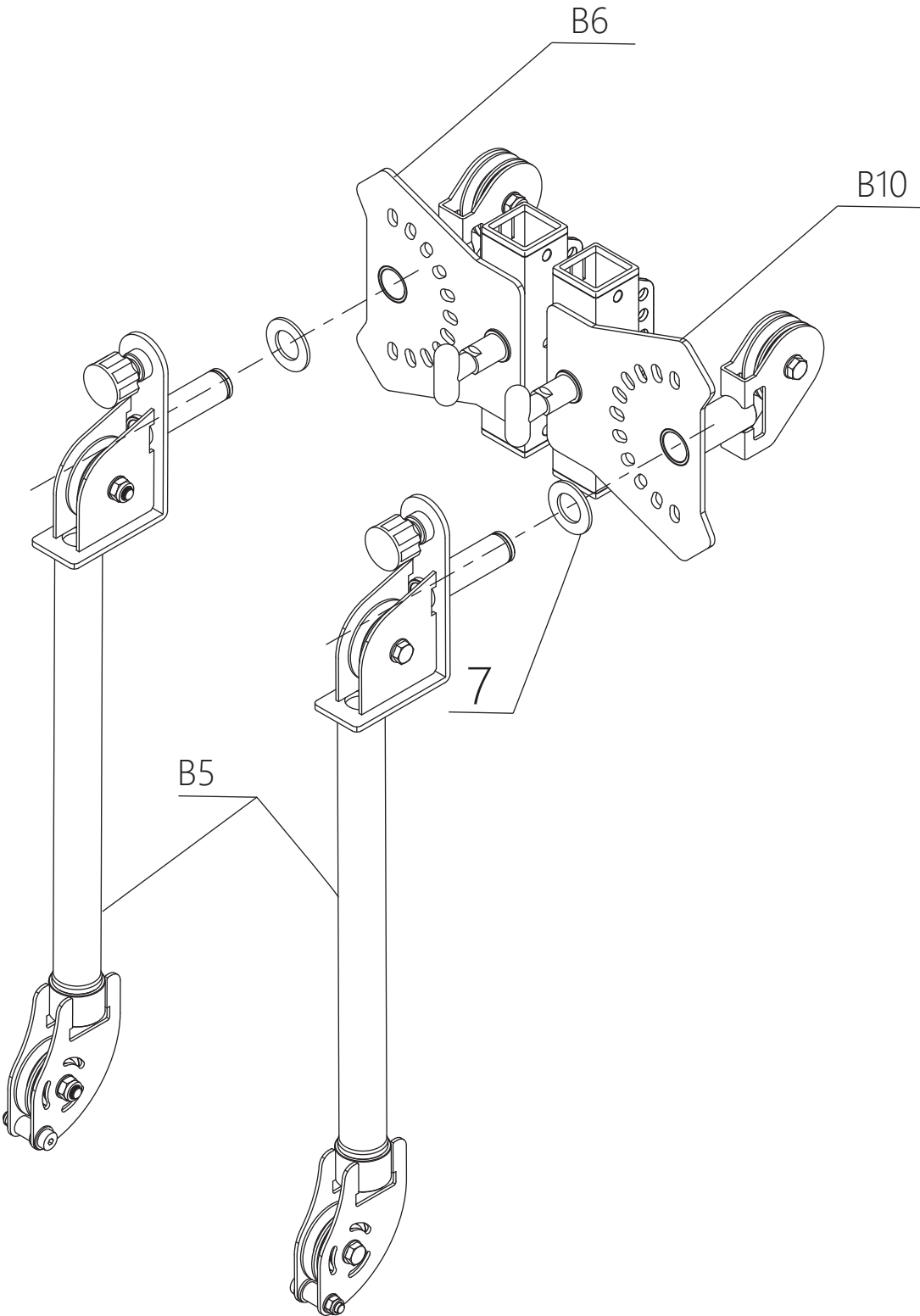
STEP: 2

B1. Upright Tube 2 PCS 	B2. Guide Rod 2 PCS 	B3. Shock Pad 4 PCS 	B4. Spring 2 PCS 
5. Bolt(M10*60mm) 4 PCS 	6. Bolt(M10*25mm) 2 PCS 	2. Washer(M10) 10 PCS 	3. Locknut(M10) 4 PCS 



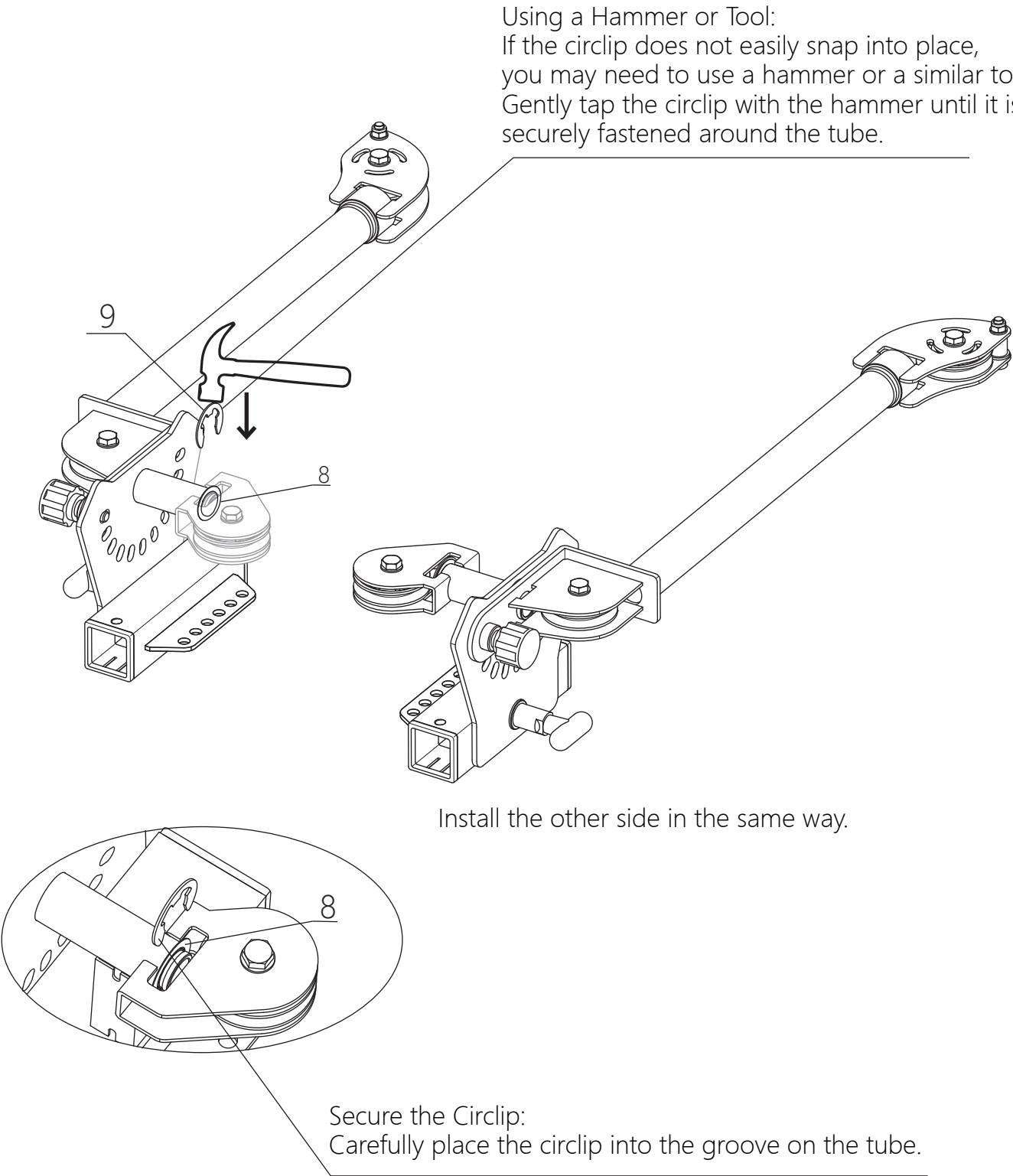
STEP: 3

B5. Radial Arm Frame 2 PCS	B6 .Pulley Trolley Left 1 PC	B10 .Pulley Trolley Right 1 PC	7. Washer(46*26mm) 2 PCS
			

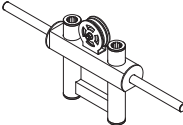
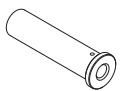


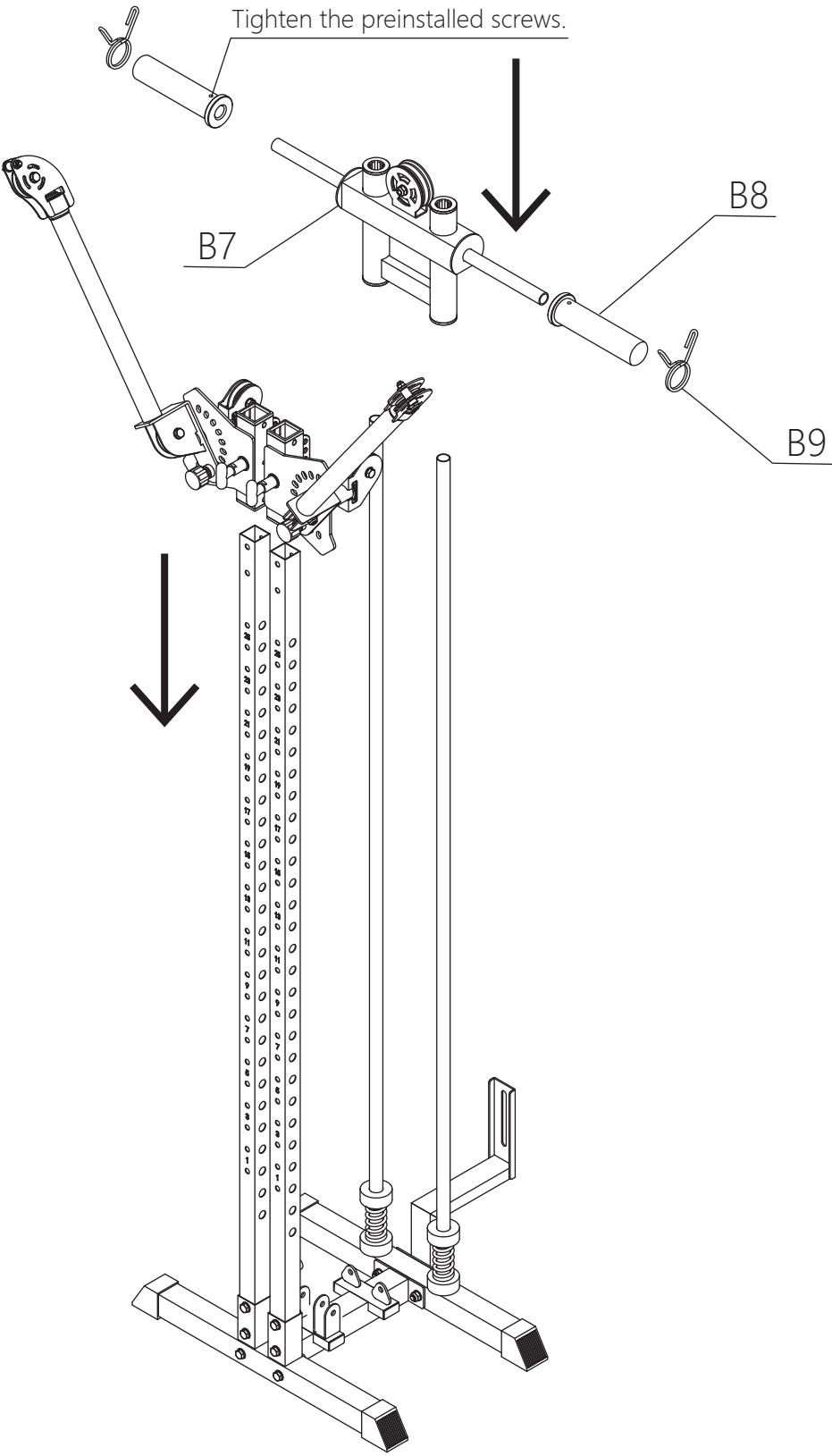
STEP: 4

8. Washer(40*28.5mm) 2 PCS	9. Circlip 4 PCS (2 for spare)		
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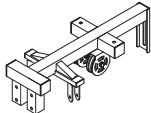
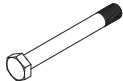


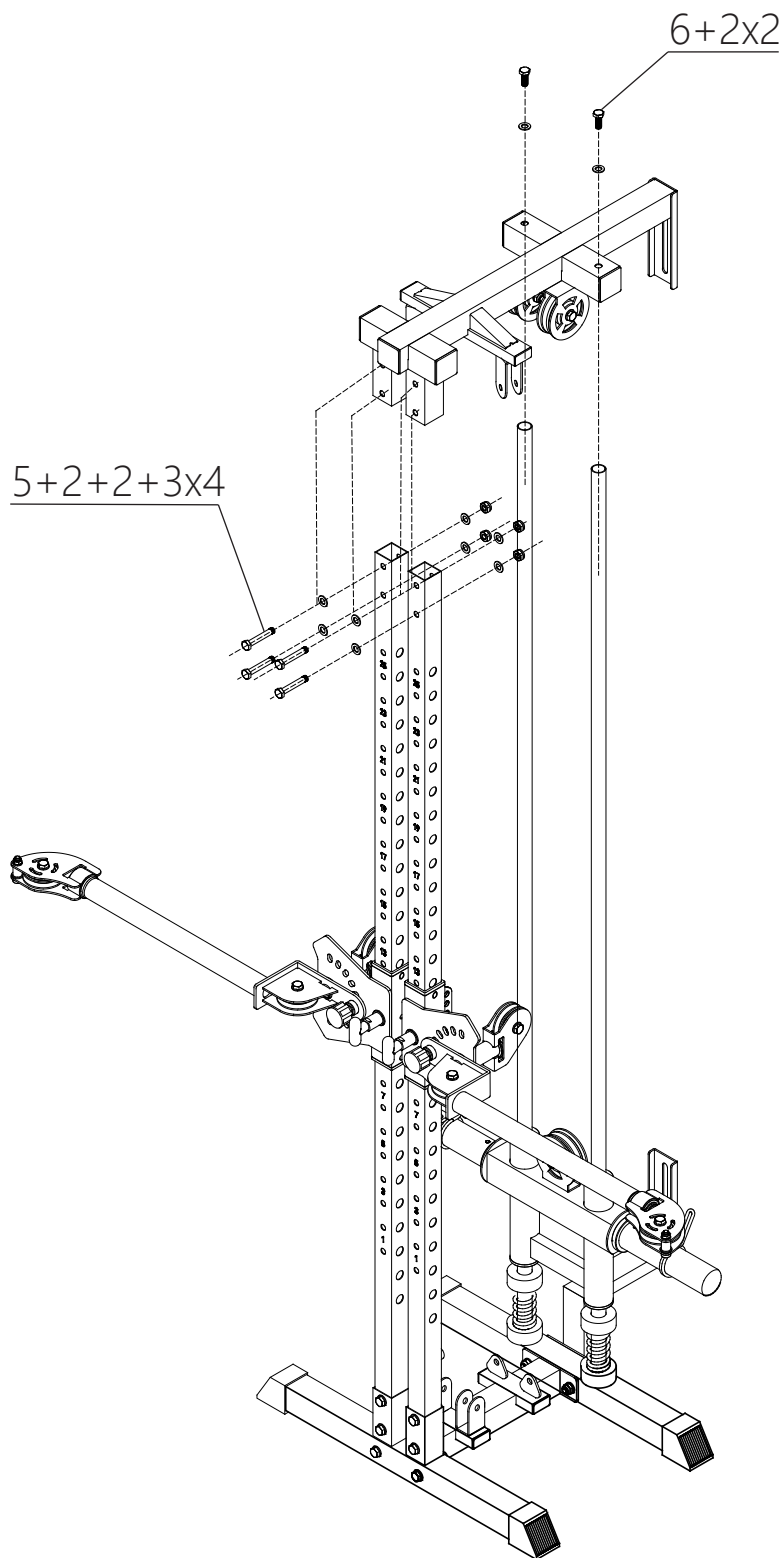
STEP: 5

B7. Weight Holder 1 PC 	B8. Olympic Adapter 2 PCS 	B9. 2" Spring Clamp 2 PCS 	
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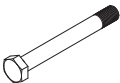


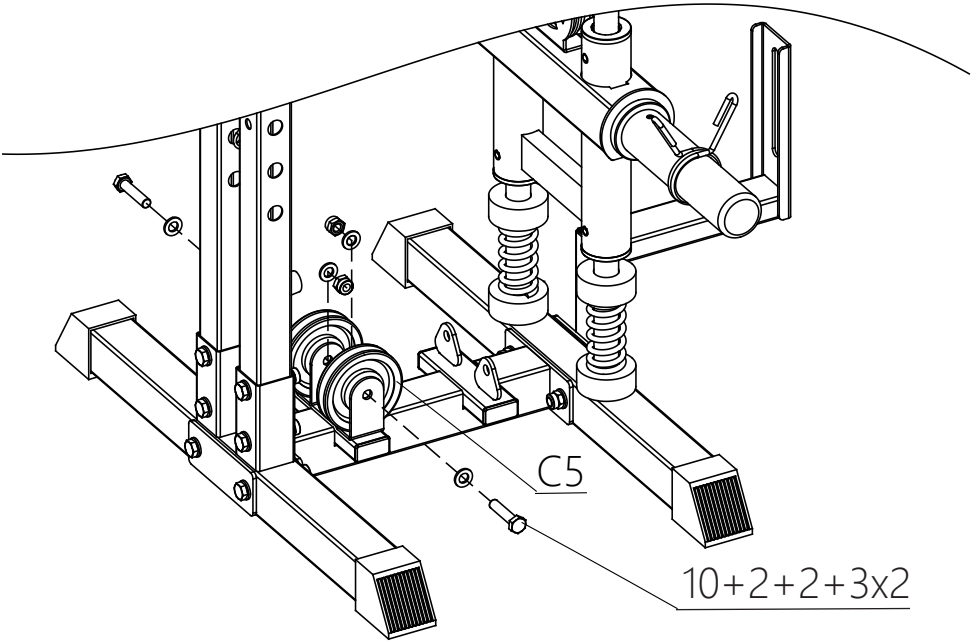
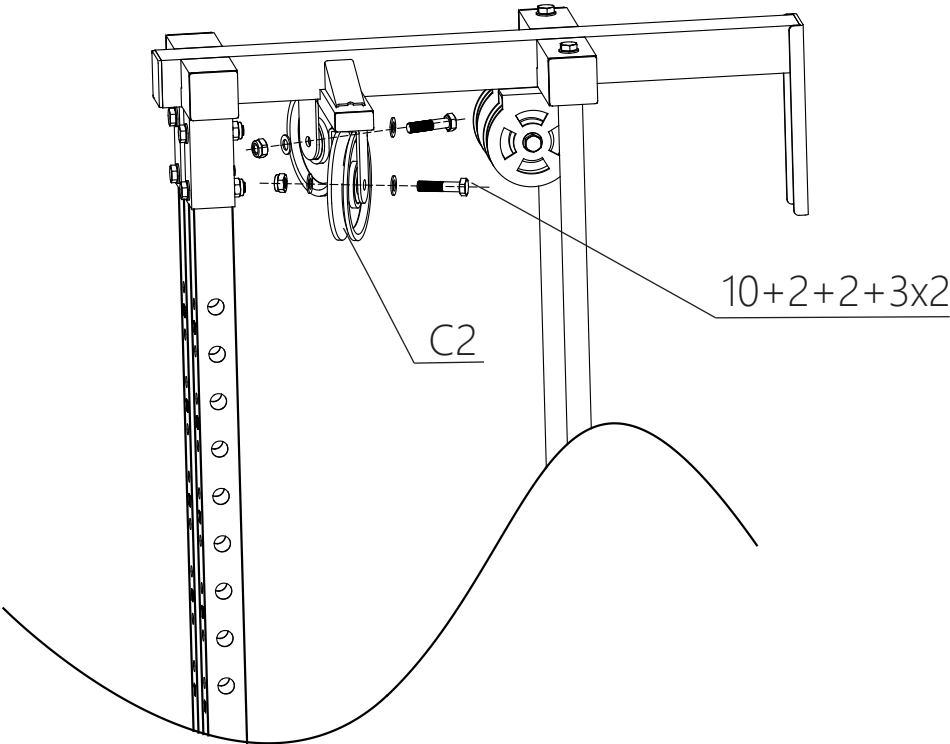
STEP: 6

C1. Upper Frame 1 PC 	5. Bolt (M10*60mm) 4 PCS 	6. Bolt (M10*25mm) 2 PCS 	2. Washer(M10) 10 PCS 
3. Locknut(M10) 4 PCS 			

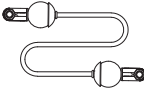
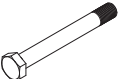


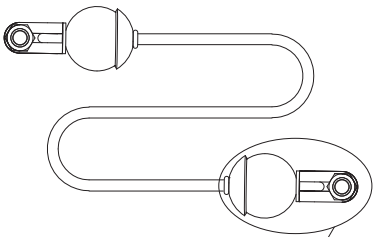
STEP: 7

C2. Pulley(115mm) 2 PCS 	10. Bolt (M10*45mm) 4 PCS 	2. Washer(M10) 8 PCS 	3. Locknut(M10) 4 PCS 
C5 .Pulley(90mm) 2 PCS 			



STEP: 8

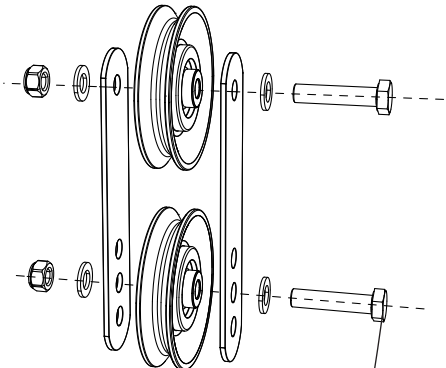
C3 .Cable A 354.3 Inch 1 PC 	C4 .Towing Hook 1 PC 	C5 .Pulley 4 PCS 	2. Washer(M10) 8 PCS 
3. Locknut(M10) 4 PCS 	10. Bolt (M10*45mm) 4 PCS 	C10. Pully Adjusting Plate 4PCS 	



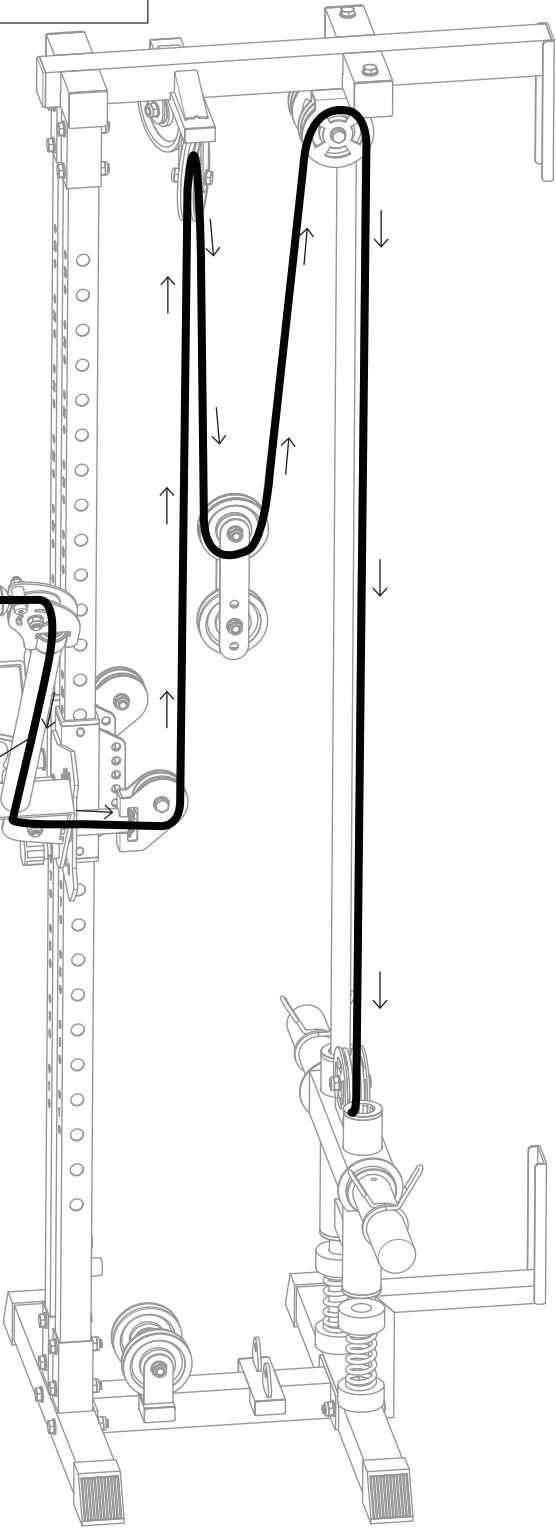
Remove the head parts before installation (please keep them)

Start →

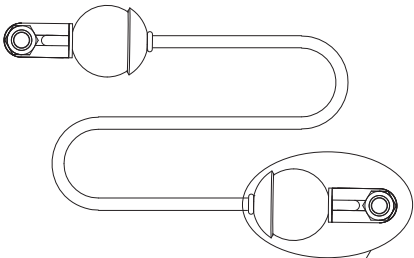
C4 traction can be used when the C3 component passes through the B5 component.



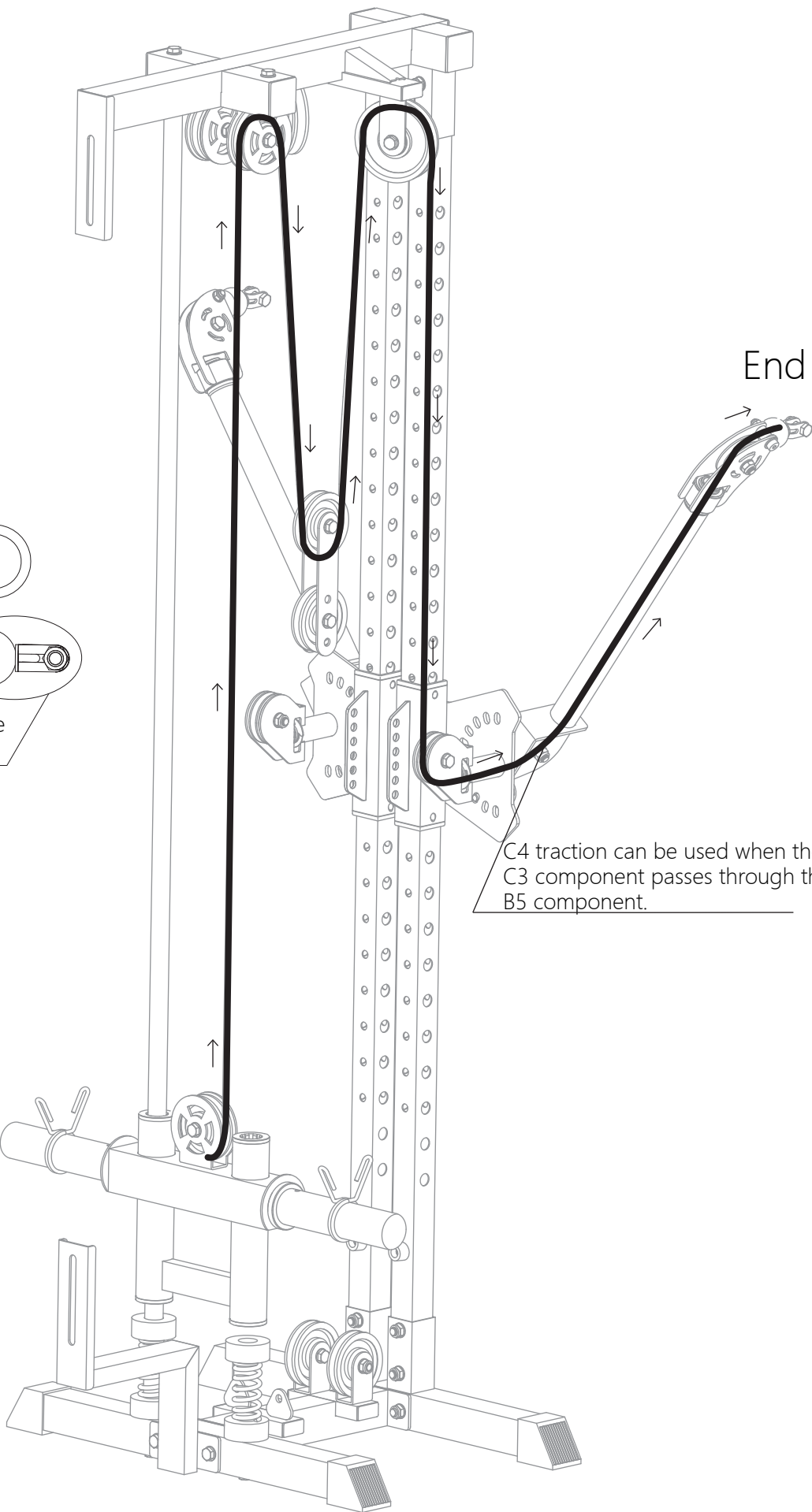
$10+2+2+3 \times 2$



STEP: 9

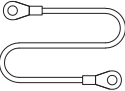
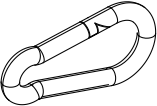


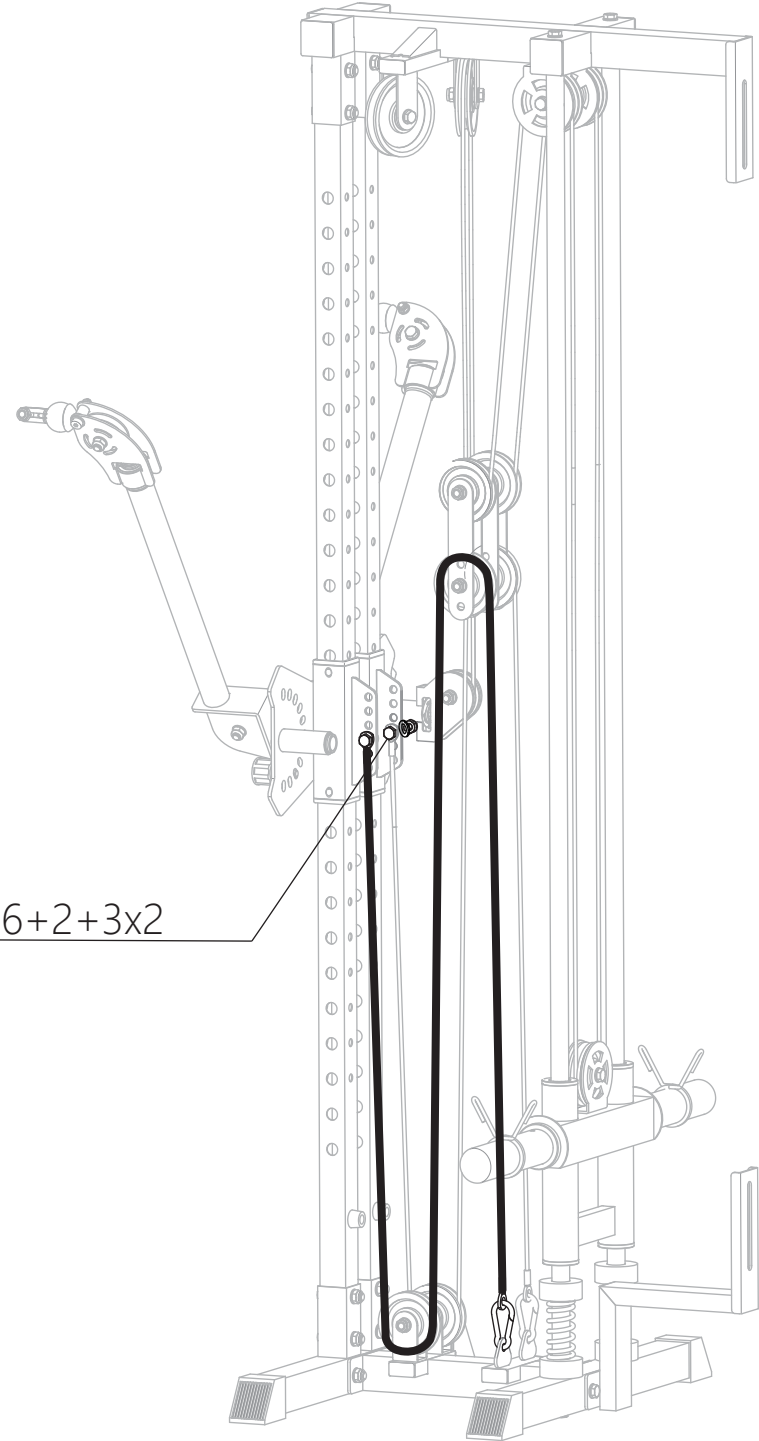
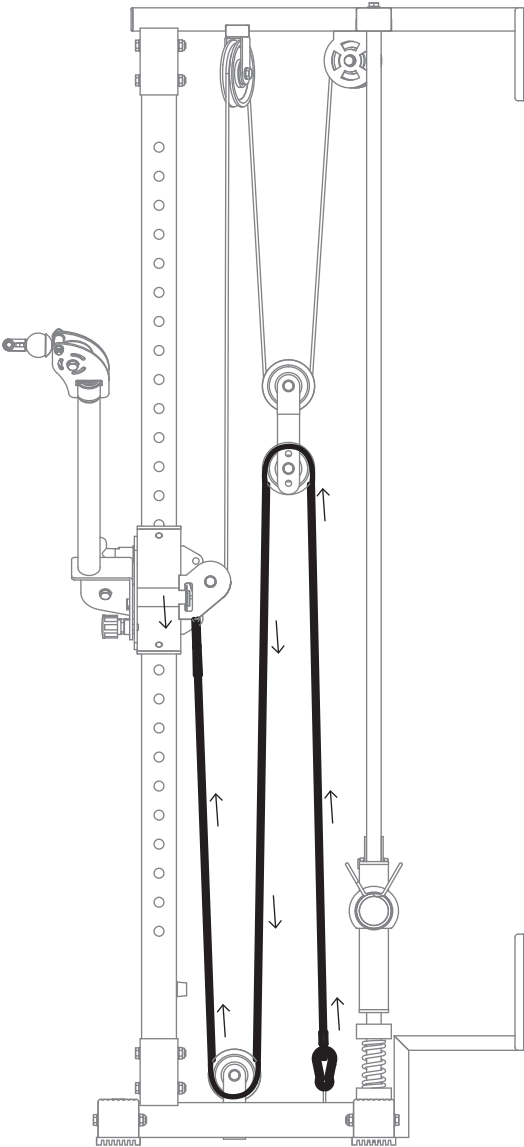
Install the parts removed in the previous step.



C4 traction can be used when the C3 component passes through the B5 component.

STEP: 10

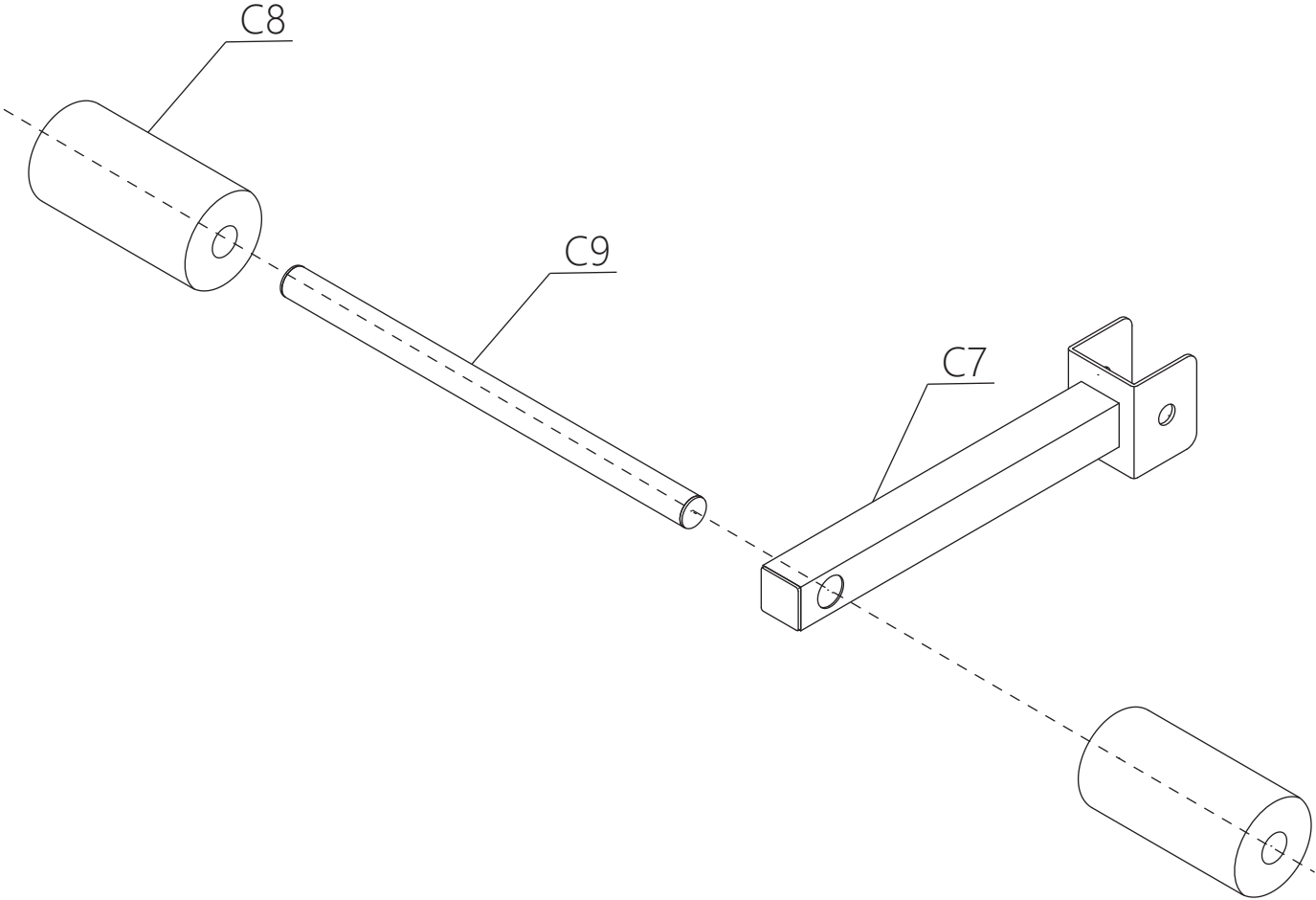
C6 .Cable B 118.1 Inch 2 PCS 	11.Clips 2 PCS 	2. Washer(M10) 2 PCS 	3. Locknut(M10) 2 PCS 
6. Bolt (M10*25mm) 2 PCS 			



Install the other side in the same way.

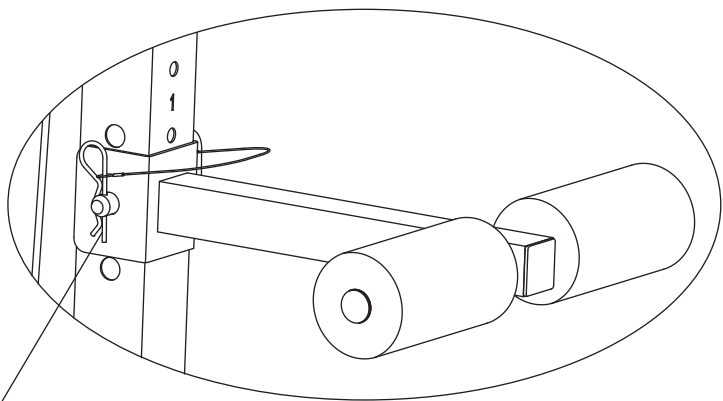
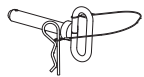
STEP: 11

C7 .Leg Holder Frame 1 PC	C8. Sponge Roller 2 PCS	C9. Sponge Roller Rod 1 PC	
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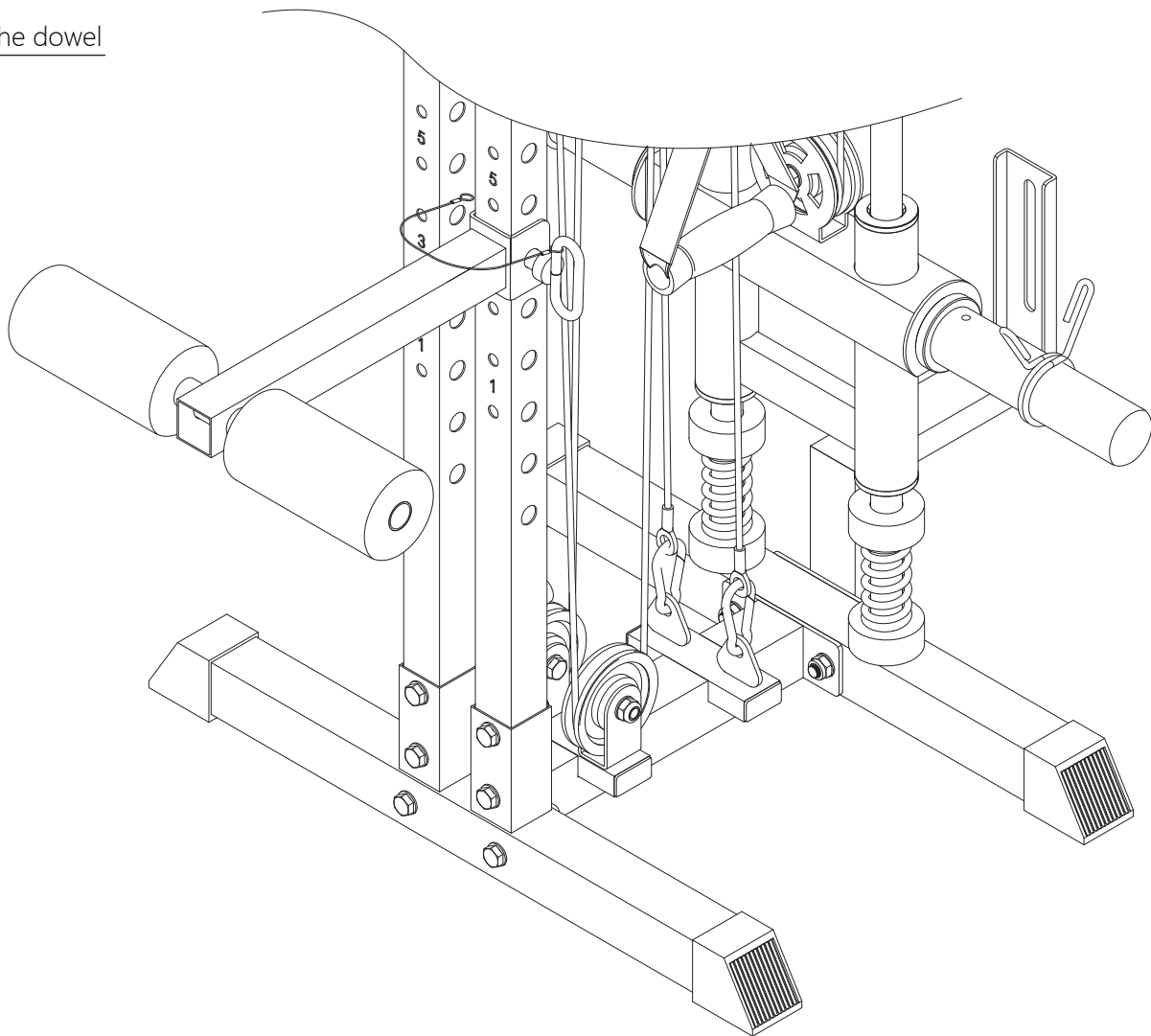


STEP: 12

D1 .Leg Holder Pin
1 PC



Insert the dowel



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" and "SUBJECT EXAMPLE". The "Body" field contains "Platform-Order Number-Issue" and a large text area with the placeholder "Describe your issue here". Below the text area, a red message 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 pointing to it. The toolbar also includes icons for undo, redo, font face, font size, bold, italic, underline, text color, background color, bulleted list, numbered list, link, unlink, image, video, and a trash icon.

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

Send

Rich text editor toolbar: Undo, Redo, Sans Serif, Font Size, Bold, Italic, Underline, Text Color, Background Color, Bulleted List, Numbered List, Link, Unlink, Image, Video, Trash.

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