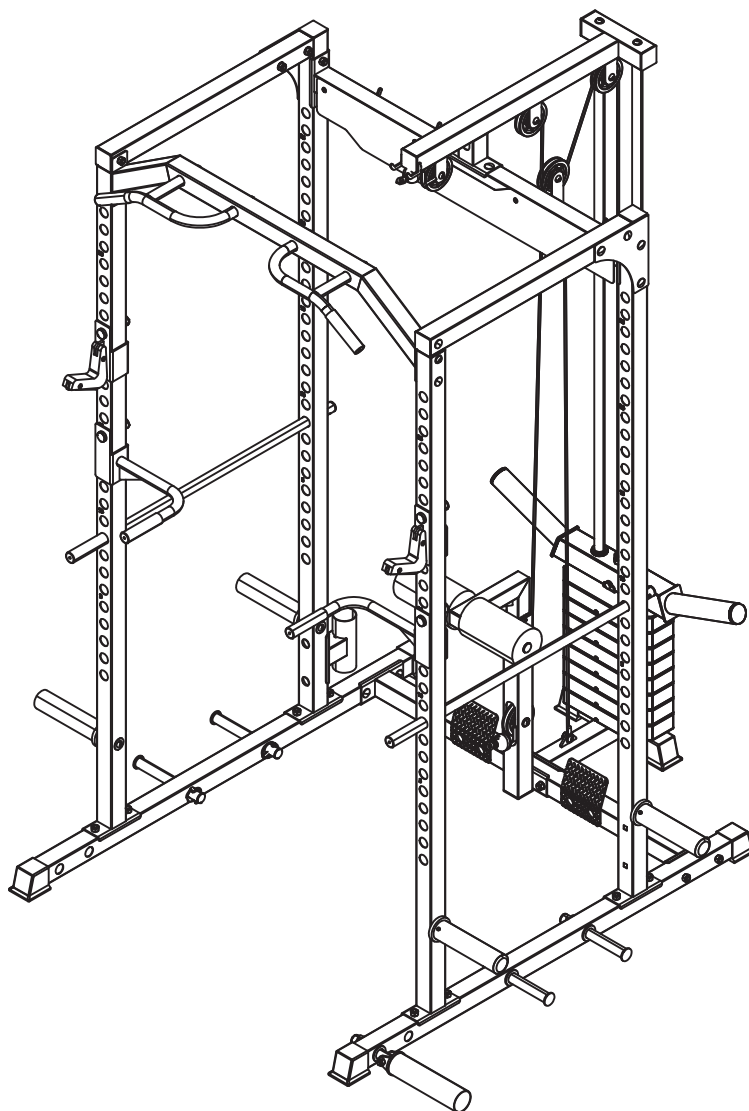


MIKOLO

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

Shortcut: A Lot of People Doing That Way

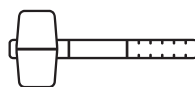
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

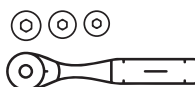
- Adjustable wrenches



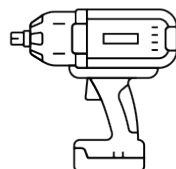
- Rubber hammers



- Socket set



- Electric Wrench



WARNING



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

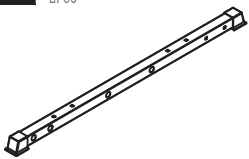
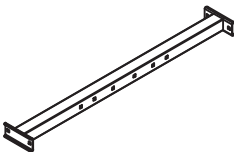
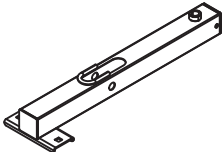
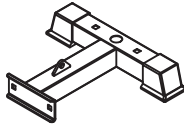
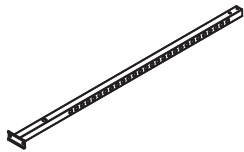
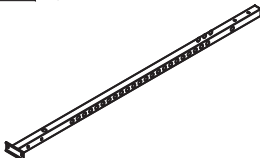
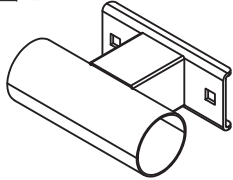
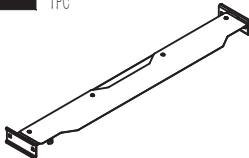
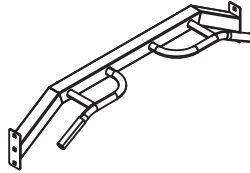
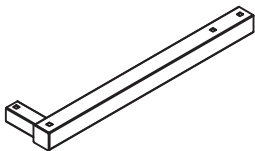
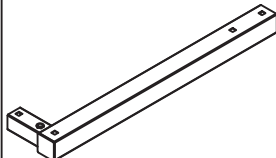
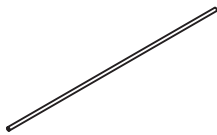
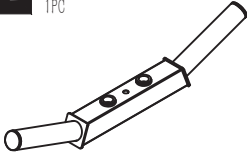
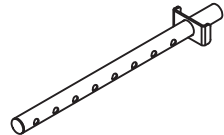
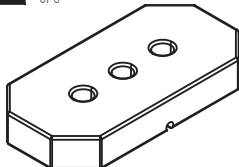
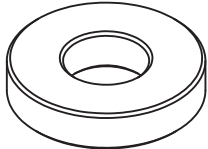
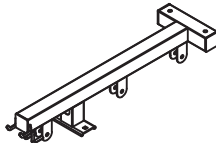
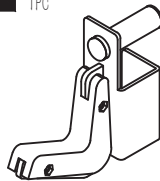
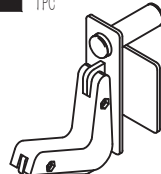
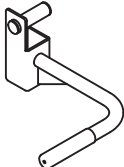
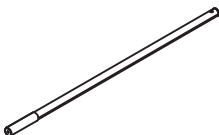
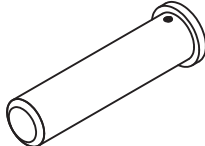
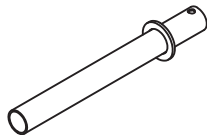
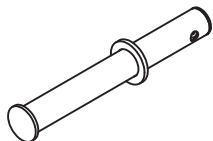
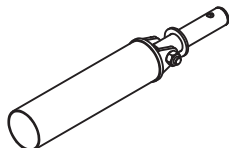
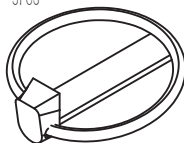
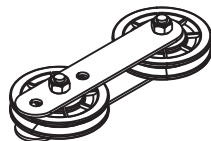
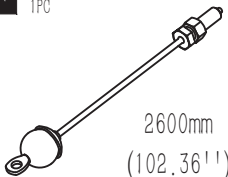
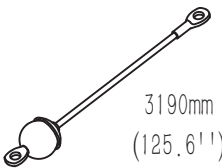
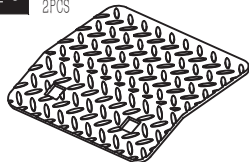
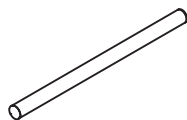
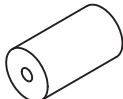
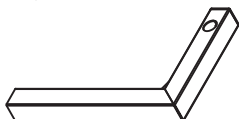
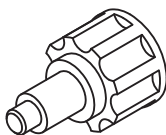


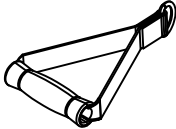
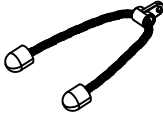
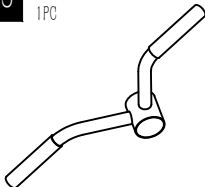
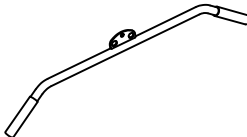
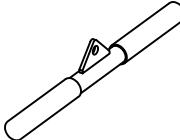
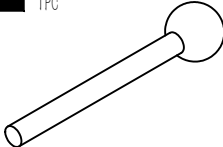
Sharp objects may be involved. Use precaution and protection.



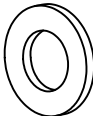
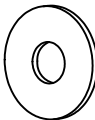
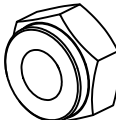
Heavy object. Use lifting aids and proper lifting techniques when moving

PARTS LIST

A1 Side Base Rod 2PCS 	A2 Base Cross Tube 1PC 	B1 Leg Press Sleeve 1PC 	B2 Guide Rod Base 1PC 	C1 Front Upright Tube 2PCS 
C2 Rear Upright Tube 2PCS 	C3 Barbell Storage Rack 1PC 	D1 Upper Cross Tube 1PC 	D2 Link Piece 2PCS 	E1 Pull-Up Frame 1PC 
E2 Upper Side Tube Left 1PC 	E3 Upper Side Tube Right 1PC 	F1 Guide Tube 2PCS 	F2 Weight Holder 1PC 	F3 Counterweight Center Rod 1PC 
F4 Weight Stack Block 8PC 	F5 Shock Pad 2PCS 	G1 Upper Pulley Frame 1PC 	H1 J Hook Left 1PC 	H2 J Hook Right 1PC 
H3 Dip Bar Left 1PC 	H4 Dip Bar Right 1PC 	H5 Safety Bar 2PCS 	H6 Olympic Adapter 4PCS 	H7 Storage Pin 4PCS 
H8 Band Peg 4PCS 	H9 Landmine Attachment 1PC 	H10 Detent Pin 5PCS 	I1 Pulley 4PCS 	I2 Moving Pulley Block 1PC 
I3 Bushing 2PCS 	I4 Cable A 1PC 2600mm (102.36'') 	I5 Cable B 1PC 3190mm (125.6'') 	I6 Foot Pedal 2PCS 	J1 Foam Sleeve Roller 1PC 
J2 Foam Sleeve 2PCS 	J3 Leg Extension Arm 1PC 	J4 Knob 1PC 	K1 Spring Clip 2PCS 	K2 CLip 3PCS 

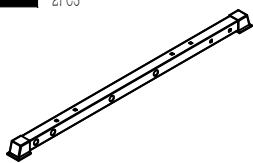
K3 Cable Handle 2PCS 	K4 Tricep Rope 1PC 	K5 T Bar 1PC 	K6 Lat Pull Down Bar 1PC 	K7 Cable Bar 1PC 
K8 Chain 1PC 	K9 Weight Stack Pin 1PC 			

HARDWARE LIST

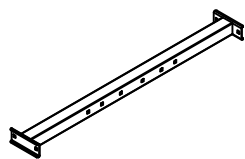
1 Bolt(M10 × 20) 7PCS 	2 Bolt(M10 × 45) 3PCS 	3 Bolt(M10 × 65) 2PCS 	4 Bolt(M10 × 70) 1PC 	5 Bolt(M10 × 65) 30PCS 
6 Bolt(M10 × 70) 6PCS 	7 Washer(M10) 48PCS 	8 Washer(M10X ϕ 30) 4PCS 	9 Locknut(M10) 39PCS 	

STEP1:

A1 Side Base Rod
2PCS



A2 Base Cross Tube
1PC



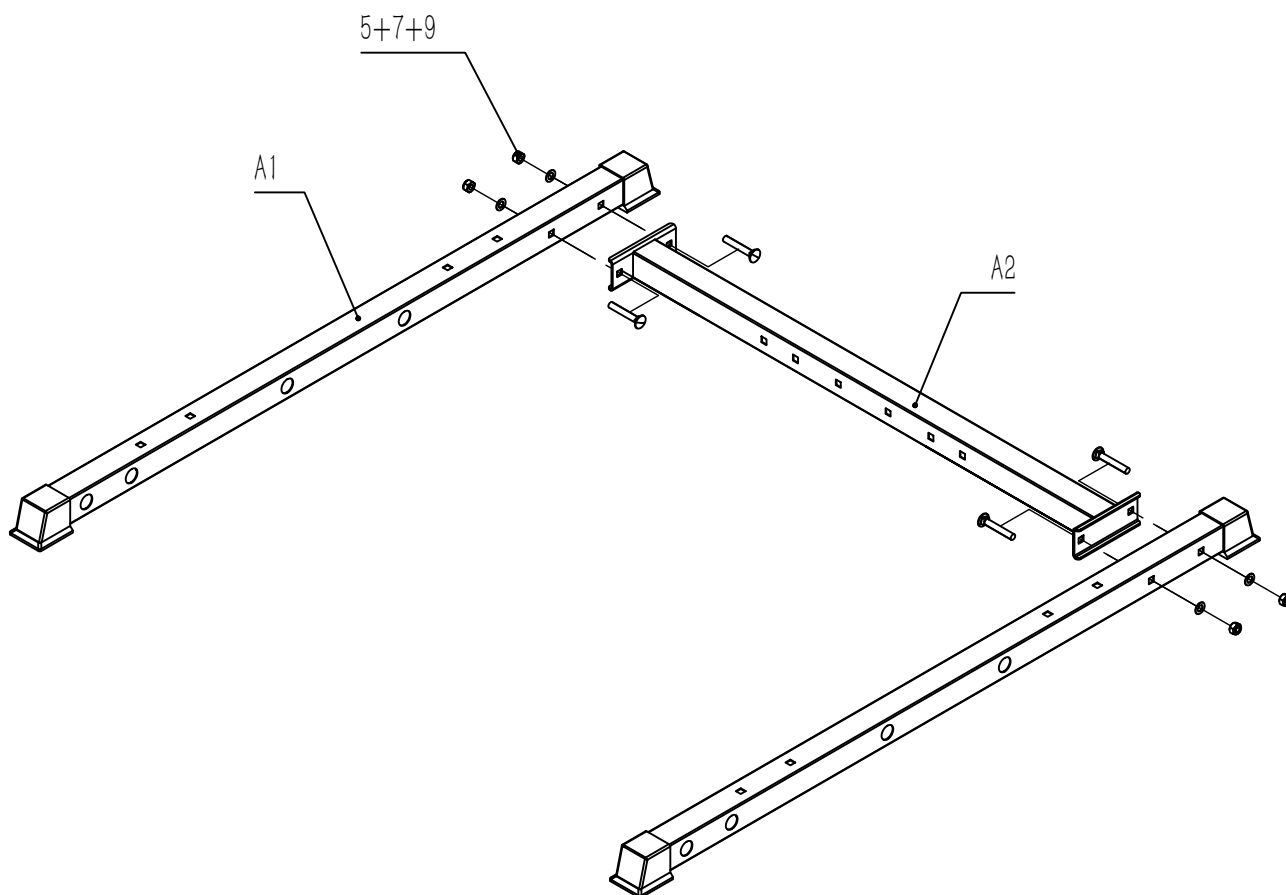
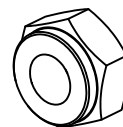
5 Bolt(M10 x 65)
4PCS



7 Washer(M10)
4PCS

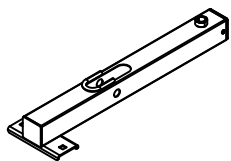


9 Locknut(M10)
4PCS

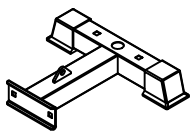


STEP2:

B1 Leg Press Sleeve
1PC



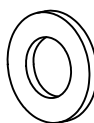
B2 Guide Rod Base
1PC



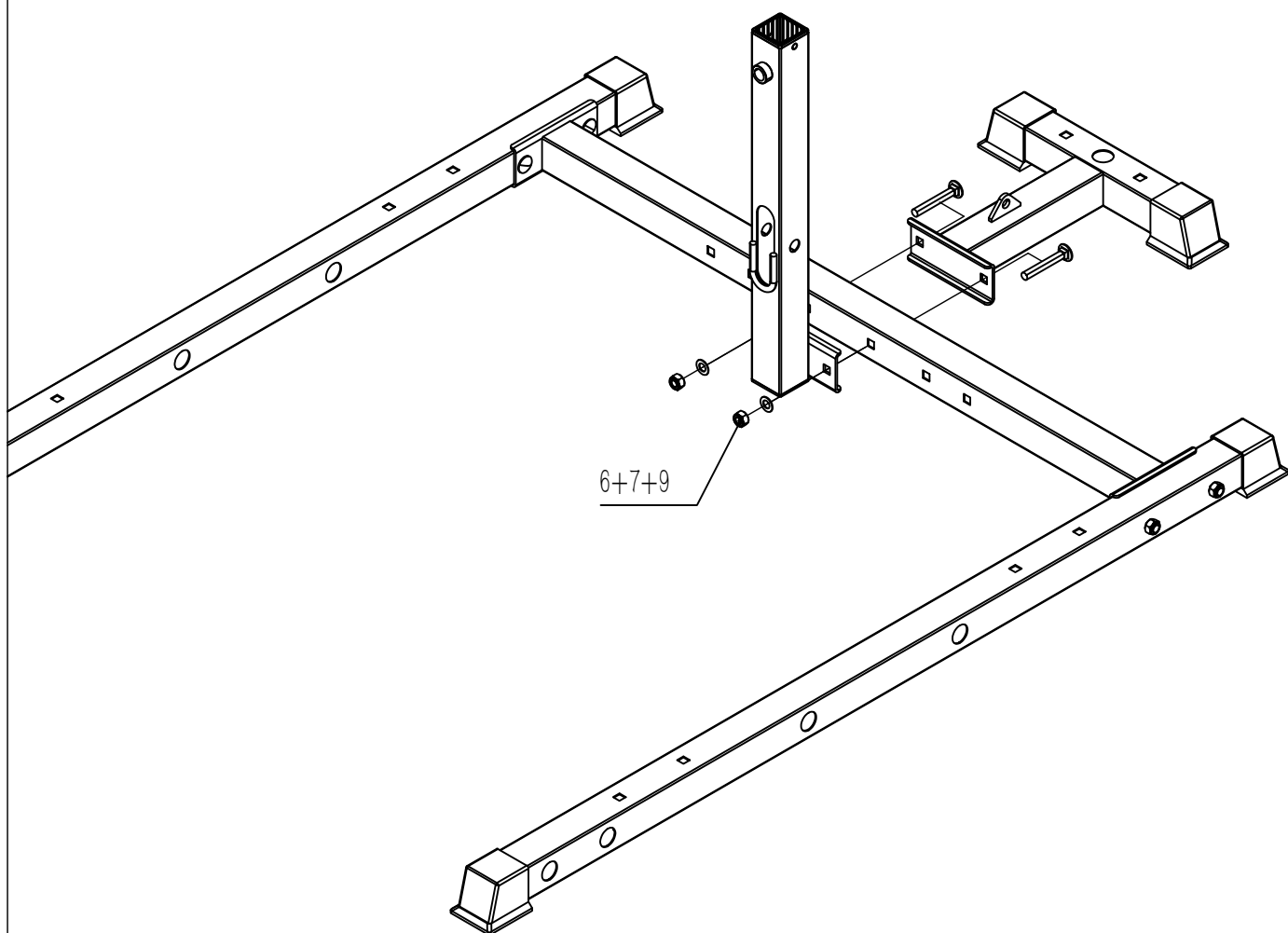
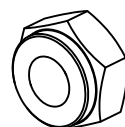
5 Bolt(M10 × 65)
2PCS



7 Washer(M10)
2PCS

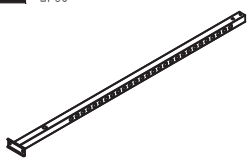


9 Locknut(M10)
2PCS

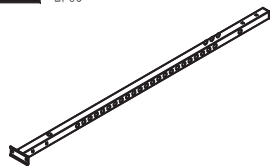


STEP3:

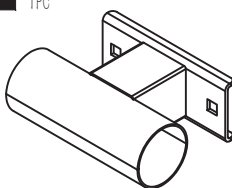
C1 Front Upright Tube
2PCS



C2 Rear Upright Tube
2PCS



C3 Barbell Storage Rack
1PC



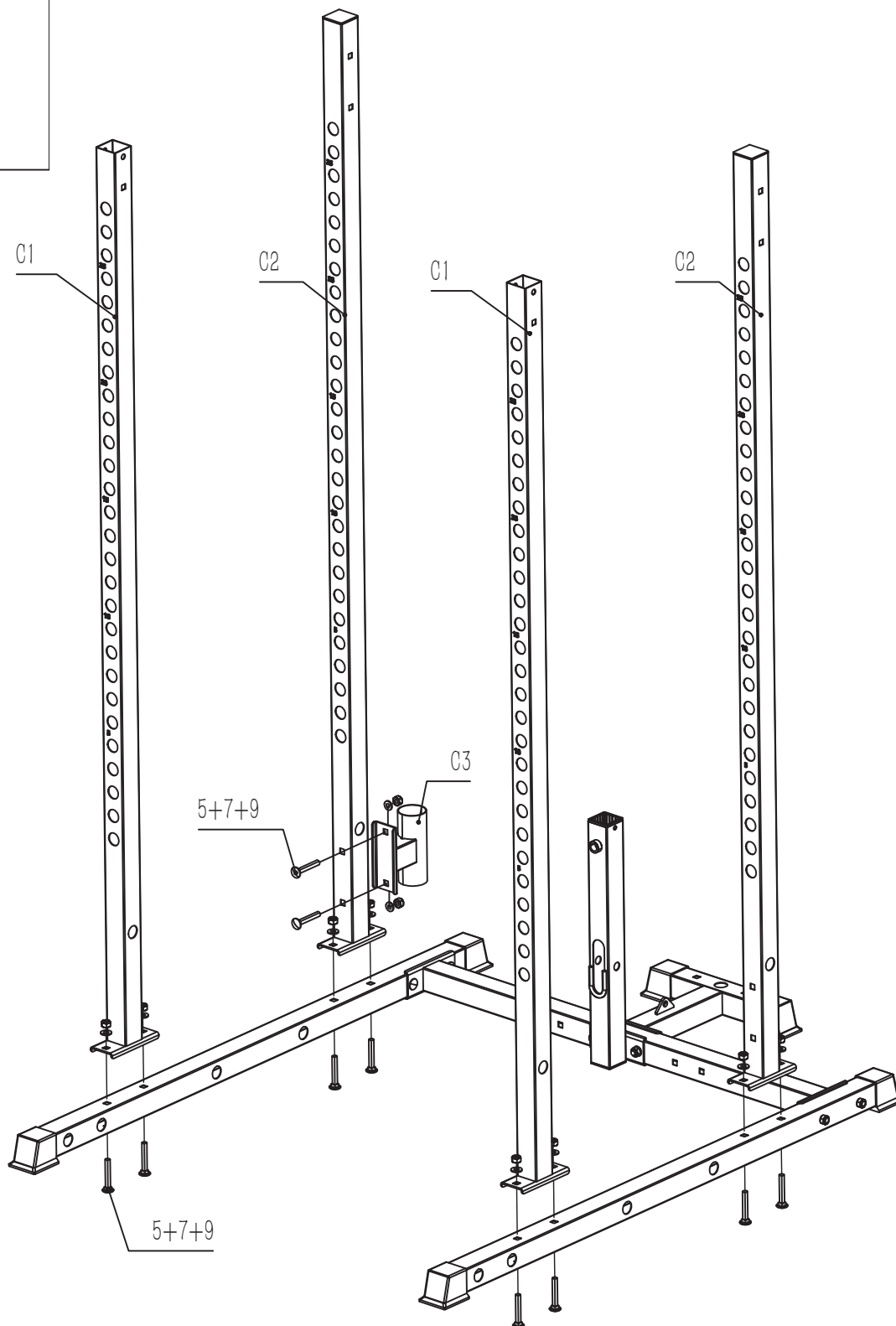
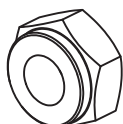
5 Bolt(M10 x 65)
10PCS



7 Washer(M10)
10PCS

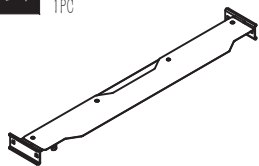


9 Locknut(M10)
10PCS



STEP4:

D1 Upper Cross Tube
1PC



D2 Link Piece
2PCS



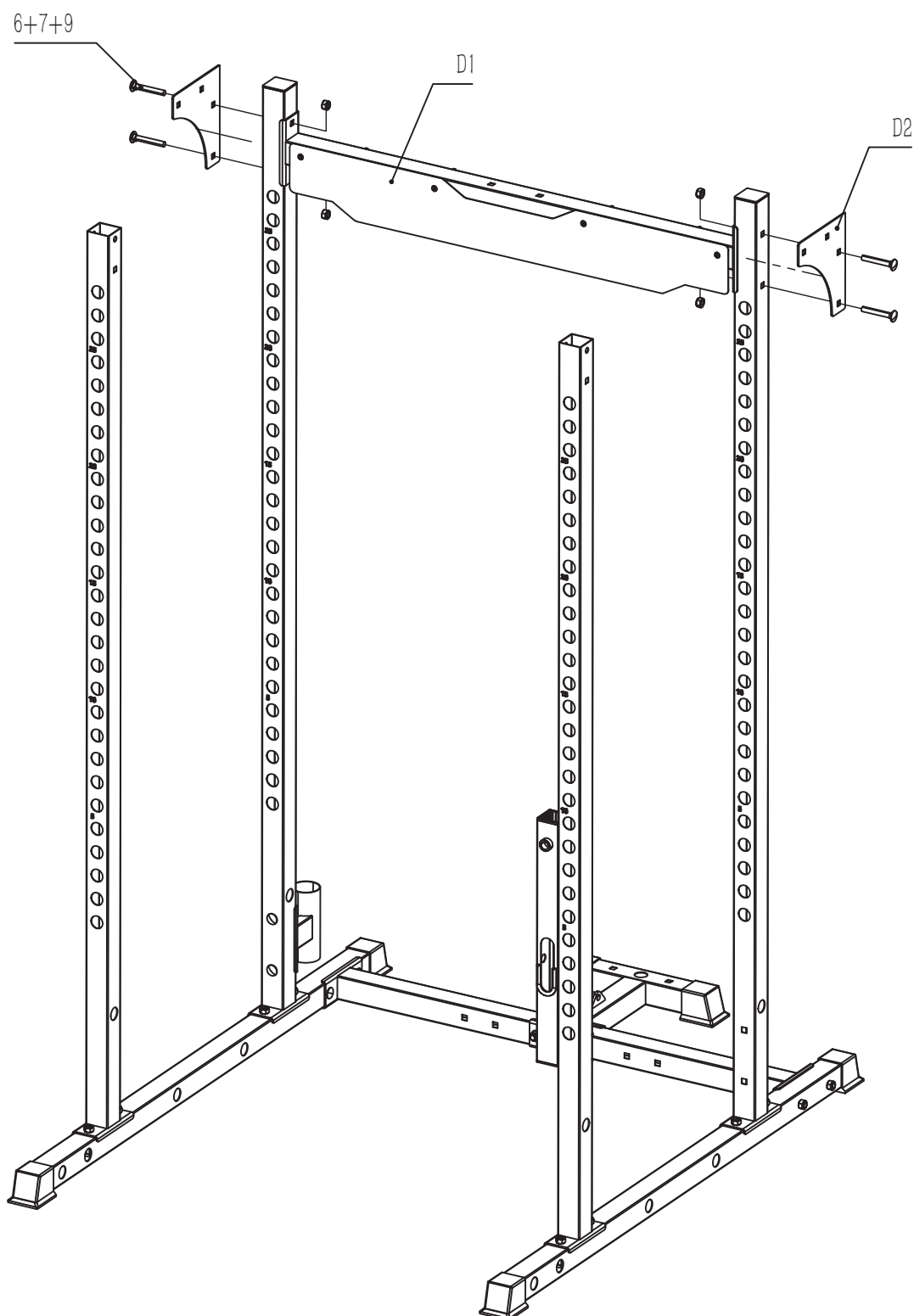
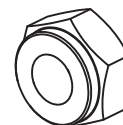
6 Bolt(M10 x 70)
4PCS



7 Washer(M10)
4PCS

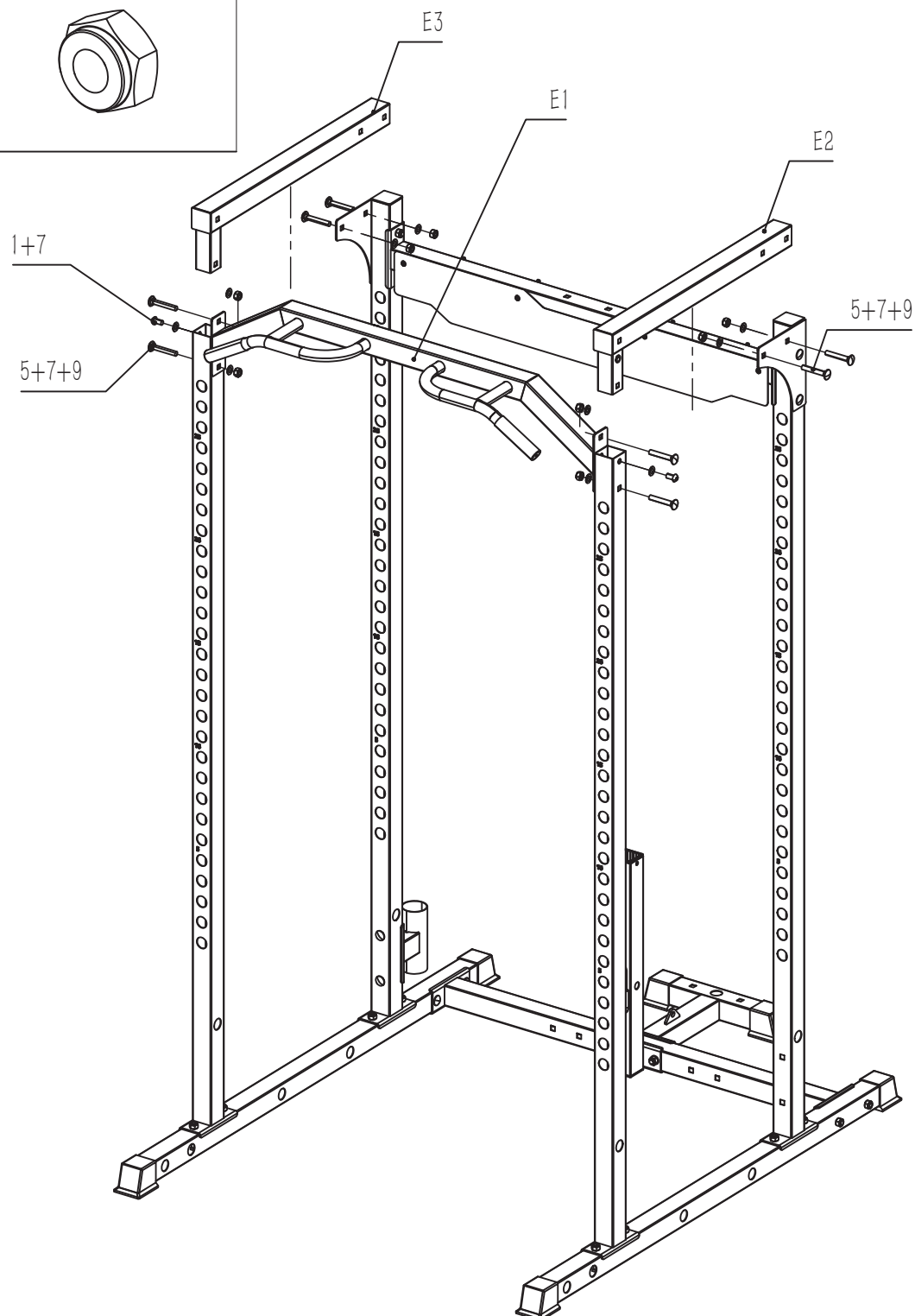


9 Locknut(M10)
4PCS



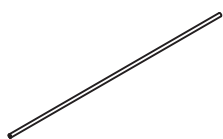
STEP5:

E1 Pull-Up Frame 1PC	E2 Upper Side Tube Left 1PC	E3 Upper Side Tube Right 1PC	1 Bolt(M10 x 20) 2PCS	5 Bolt(M10 x 65) 8PCS
7 Washer(M10) 10PCS	9 Locknut(M10) 8PCS			

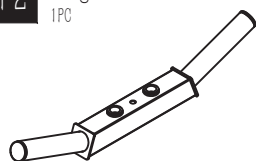


STEP6:

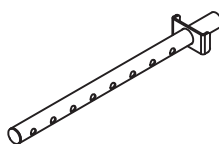
F1 Guide Tube
2PCS



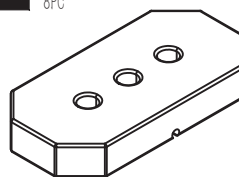
F2 Weight Holder
1PC



F3 Counterweight Center Rod
1PC



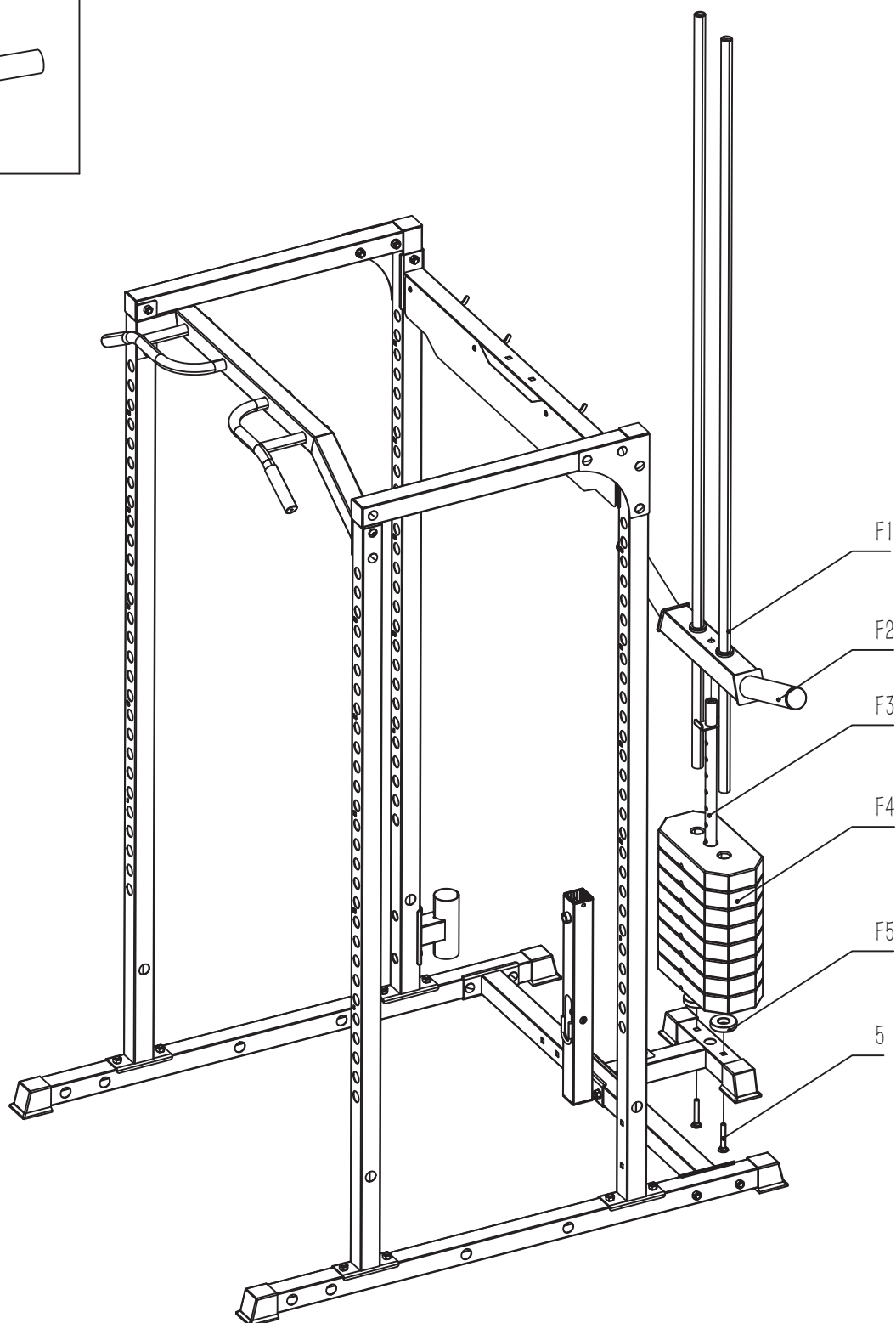
F4 Weight Stack Block
8PCS



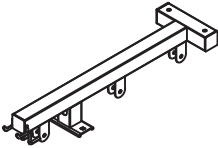
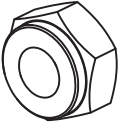
F5 Shock Pad
2PCS

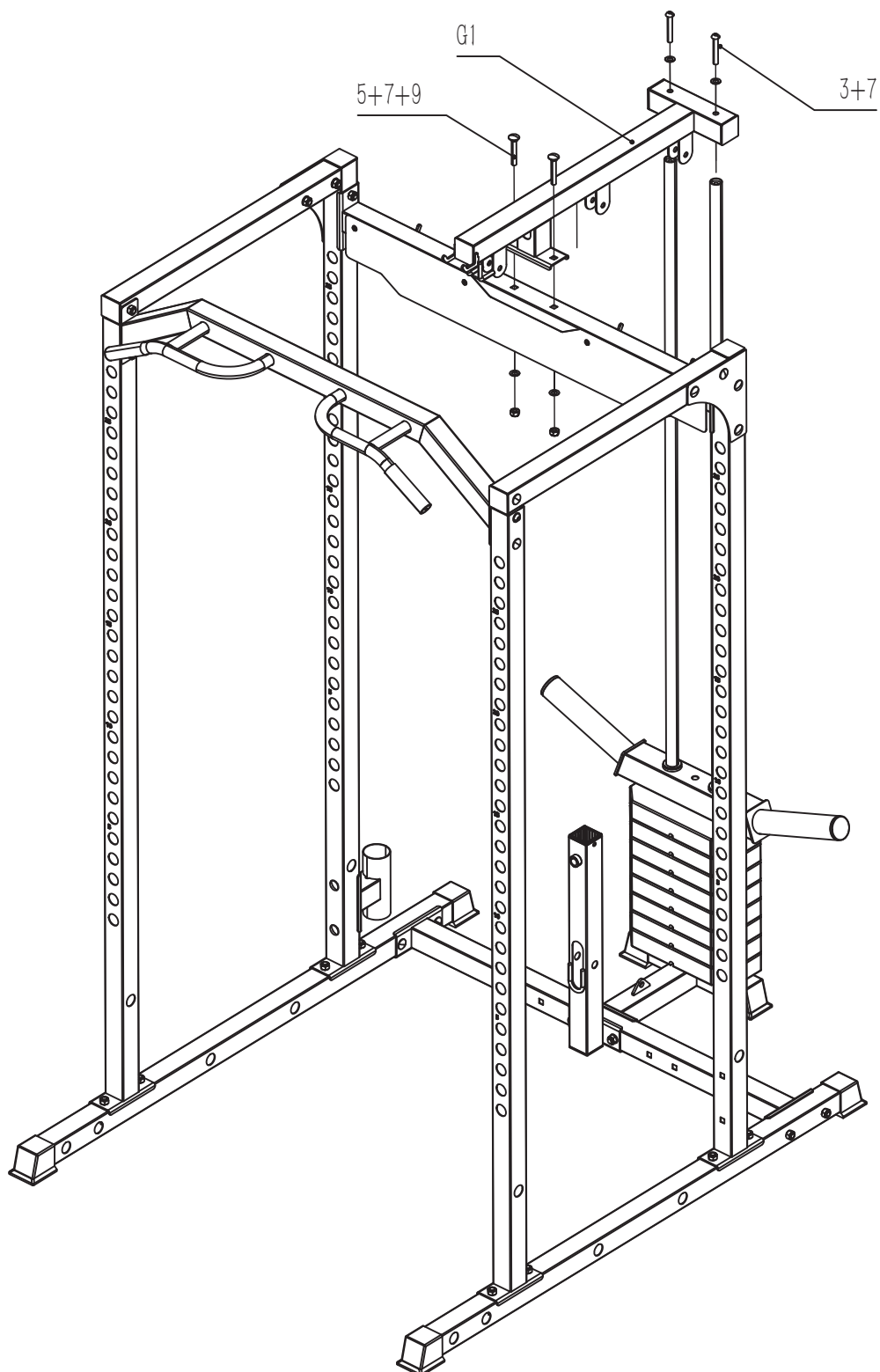


5 Bolt(M10 x 65)
2PCS

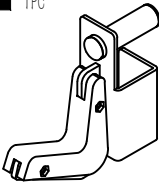
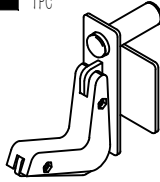
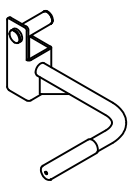
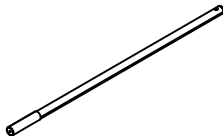
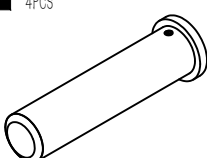
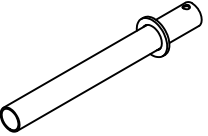
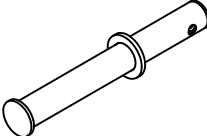
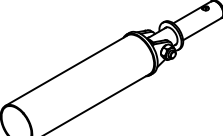
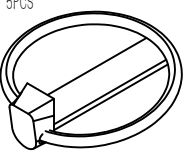
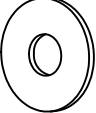


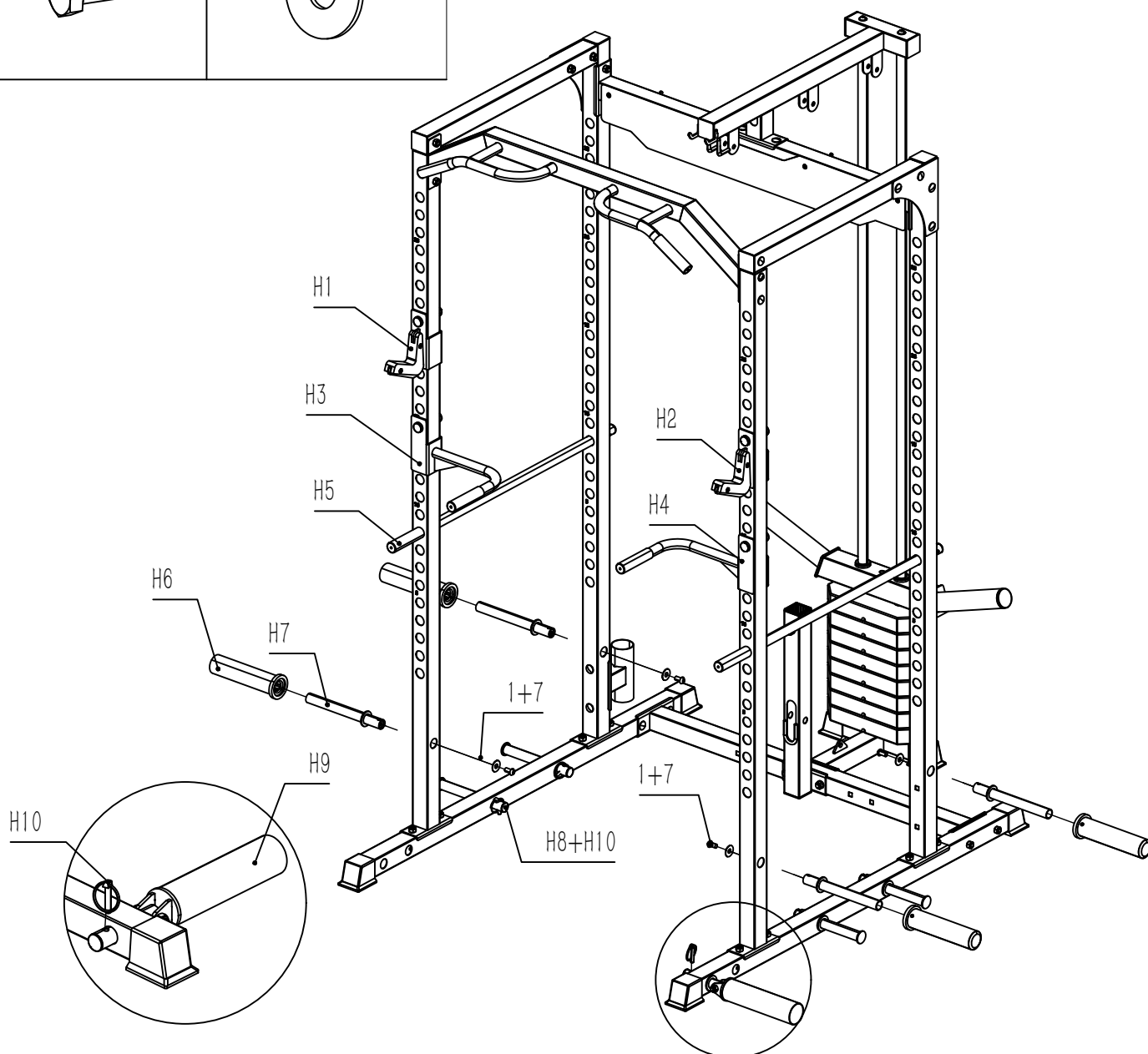
STEP7:

G1 Upper Pulley Frame 1PC	3 Bolt(M10 × 65) 2PCS	5 Bolt(M10 × 65) 2PCS	7 Washer(M10) 4PCS	9 Locknut(M10) 2PCS
				

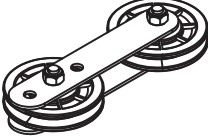
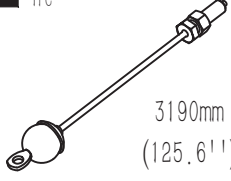
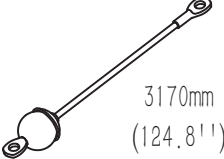
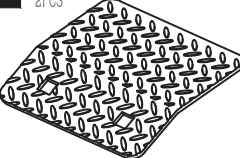


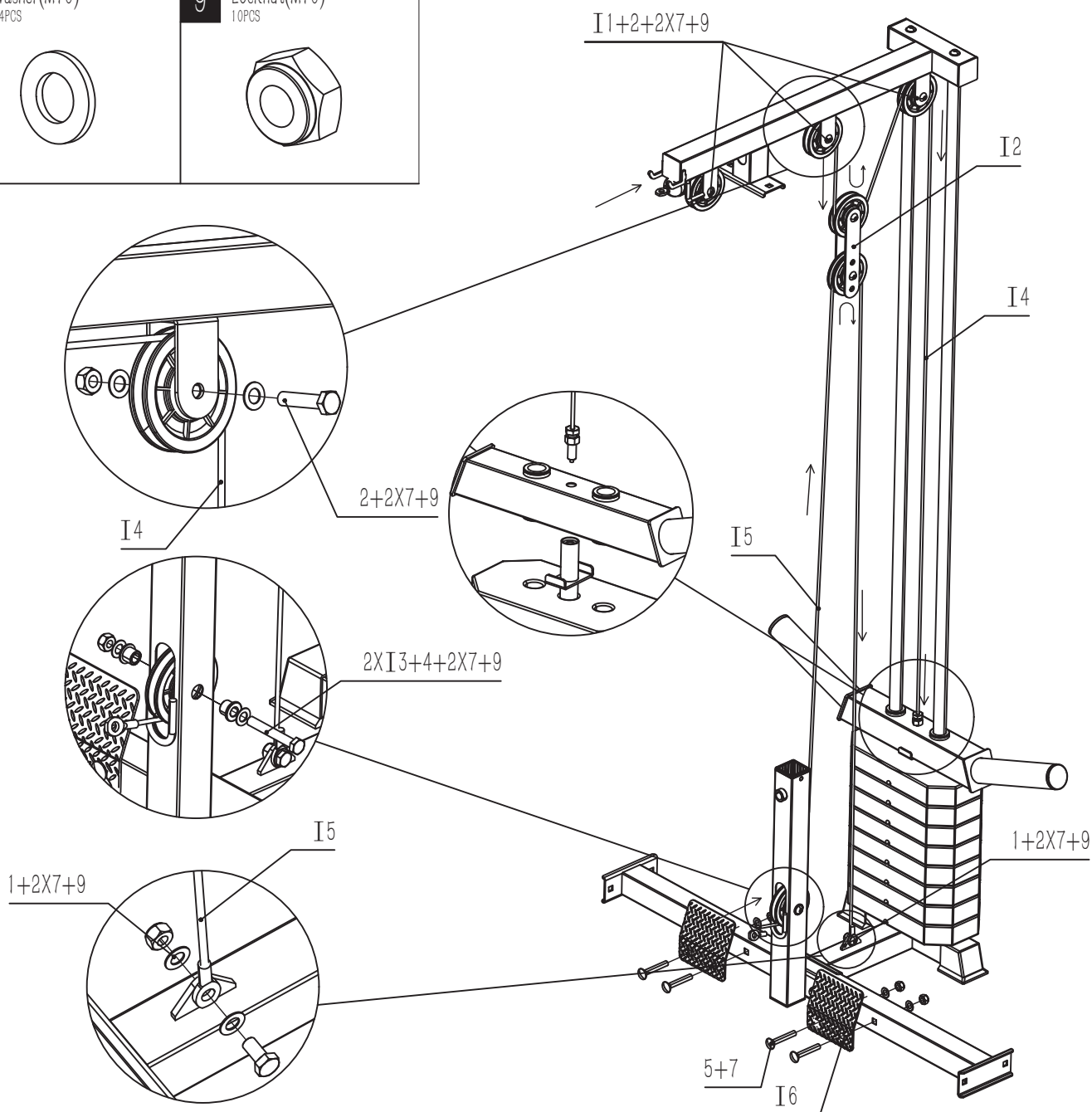
STEP8:

H1 J Hook Left 1PC 	H2 J Hook Right 1PC 	H3 Dip Bar Left 1PC 	H4 Dip Bar Right 1PC 	H5 Safety Bar 2PCS 
H6 Olympic Adapter 4PCS 	H7 Storage Pin 4PCS 	H8 Band Peg 4PCS 	H9 Landmine Attachment 1PC 	H10 Detent Pin 5PCS 
1 Bolt(M10 x 20) 4PCS 	8 Washer(M10XΦ30) 4PCS 			



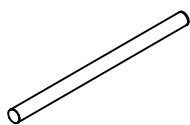
STEP9:

I1 Pulley 4PCS 	I2 Moving Pulley Block 1PC 	I3 Bushing 2PCS 	I4 Cable A 1PC  3190mm (125.6")	I5 Cable B 1PC  3170mm (124.8")
I6 Foot Pedal 2PCS 	1 Bolt(M10 × 20) 2PCS 	2 Bolt(M10 × 45) 3PCS 	4 Bolt(M10 × 70) 1PC 	5 Bolt(M10 × 65) 4PCS 
7 Washer(M10) 14PCS 	9 Locknut(M10) 10PCS 			

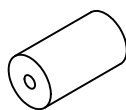


STEP10:

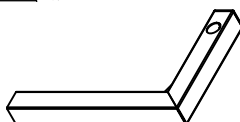
J1 Foam Sleeve Roller
1PC



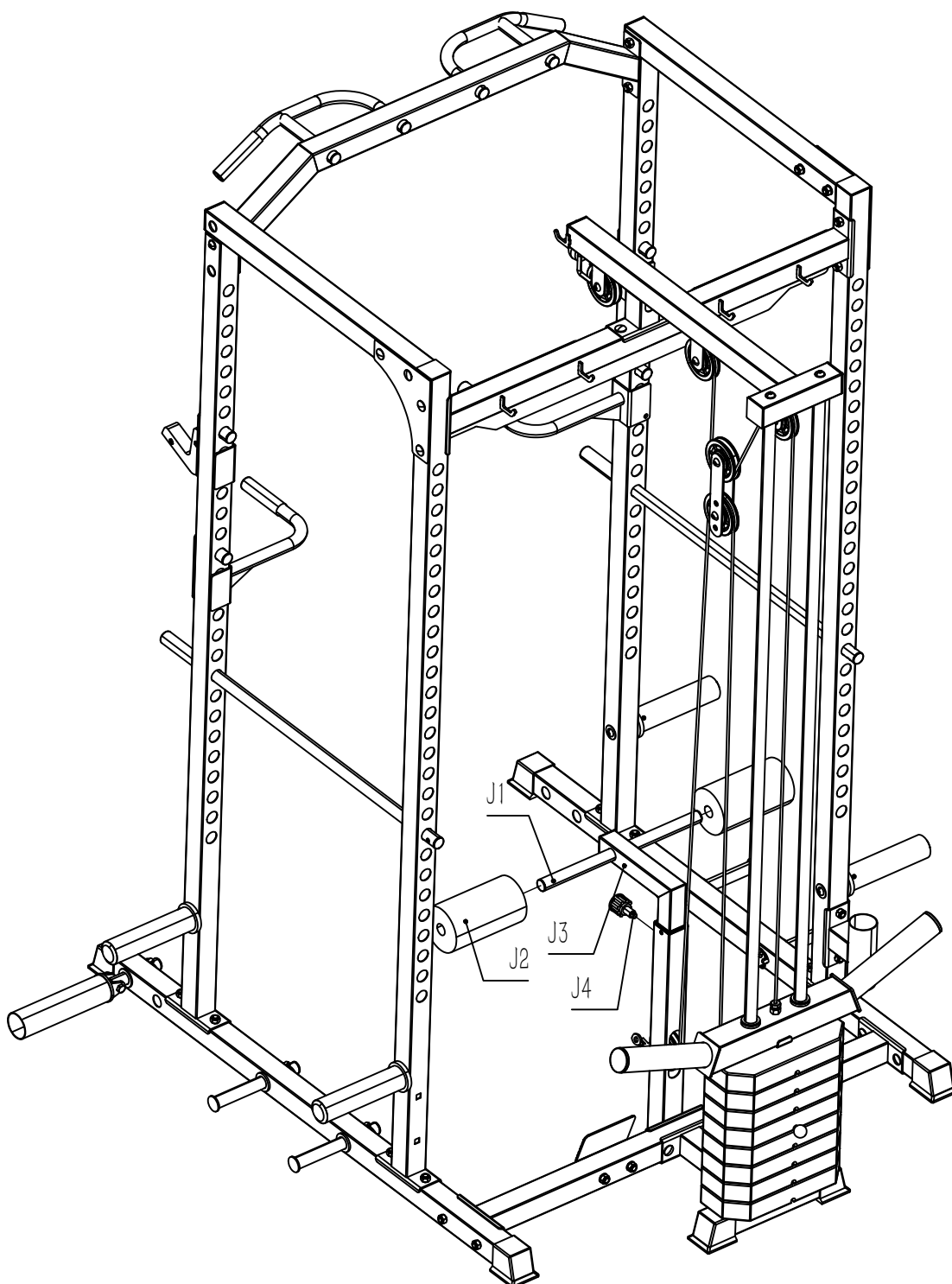
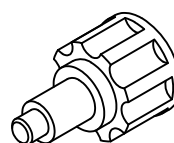
J2 Foam Sleeve
2PCS



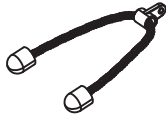
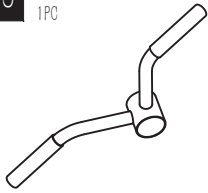
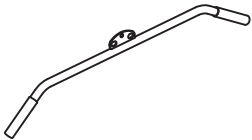
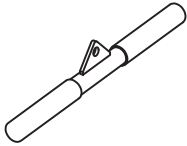
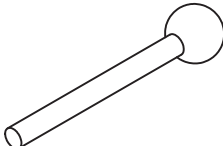
J3 Leg Extension Arm
1PC

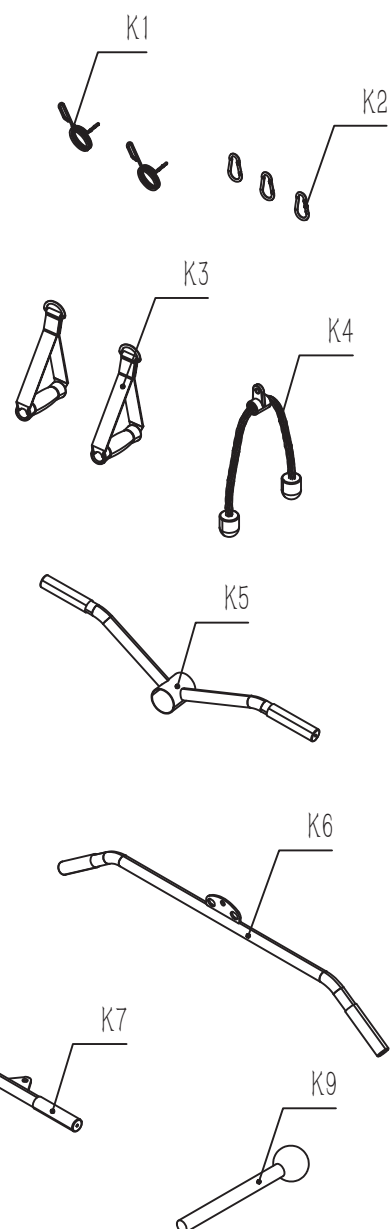
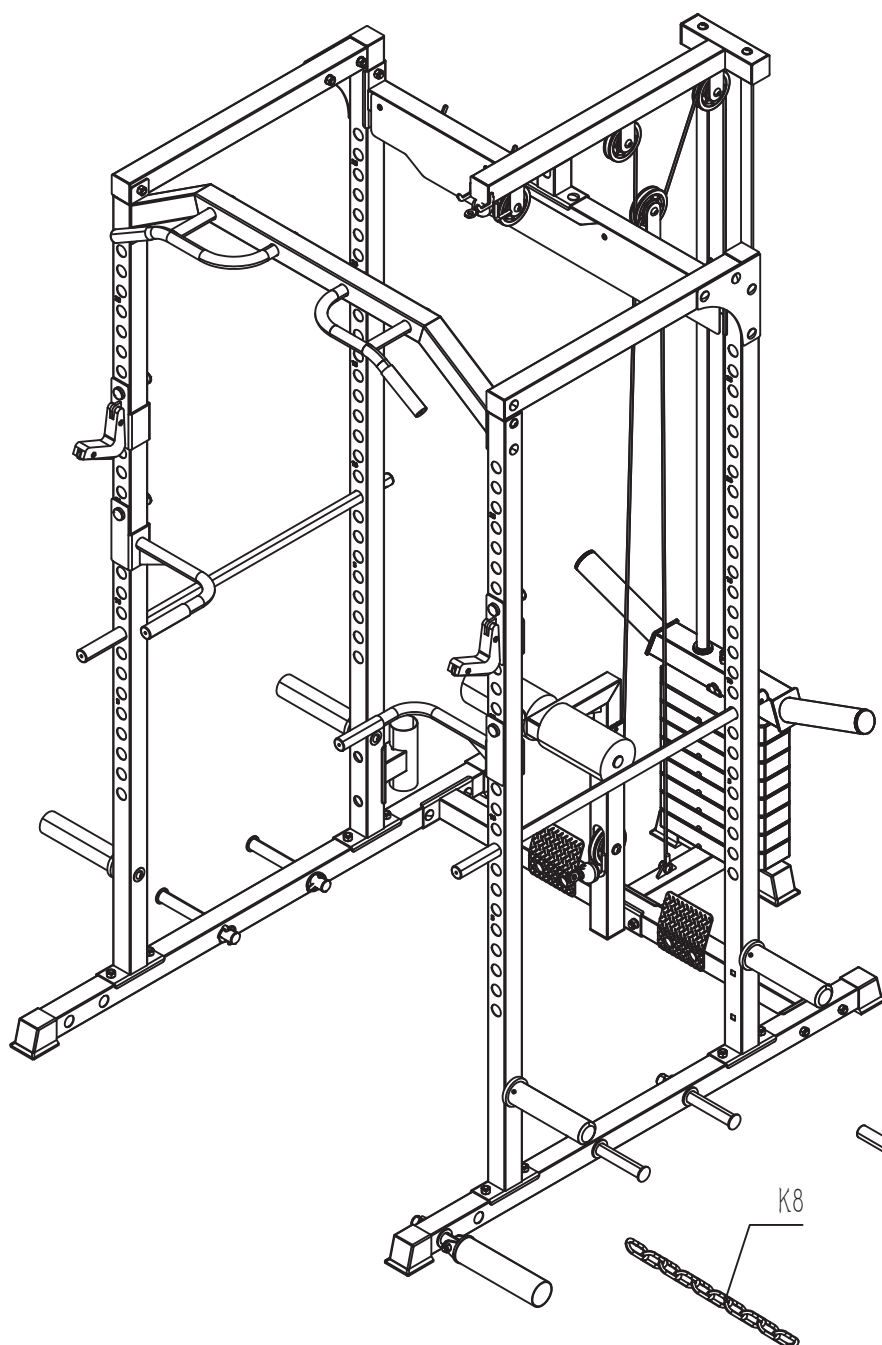


J4 Knob
1PC



STEP11:

K1 Spring Clip 2PCS	K2 Clip 3PCS	K3 Cable Handle 2PCS	K4 Tricep Rope 1PC	K5 T Bar 1PC
				
K6 Lat Pull Down Bar 1PC	K7 Cable Bar 1PC	K8 Chain 1PC	K9 Weight Stack Pin 1PC	
				



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" and "Platform-Order Number-Issue".
- Subject:** "SUBJECT EXAMPLE".
- Body:** A large text area with 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, font size, bold, italic, underline, text color, background color, bulleted list, numbered list, link, unlink, image, video, and a trash icon.

A red box highlights the "Amazon-1234567890-Package Lost" text in the Recipients field. Another red box highlights the "Describe your issue here" text in the body. A red arrow points from the "Attach" icon (paperclip) in the toolbar to the text "Welcome to attach the pictures to help us get more understands with your issue".

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