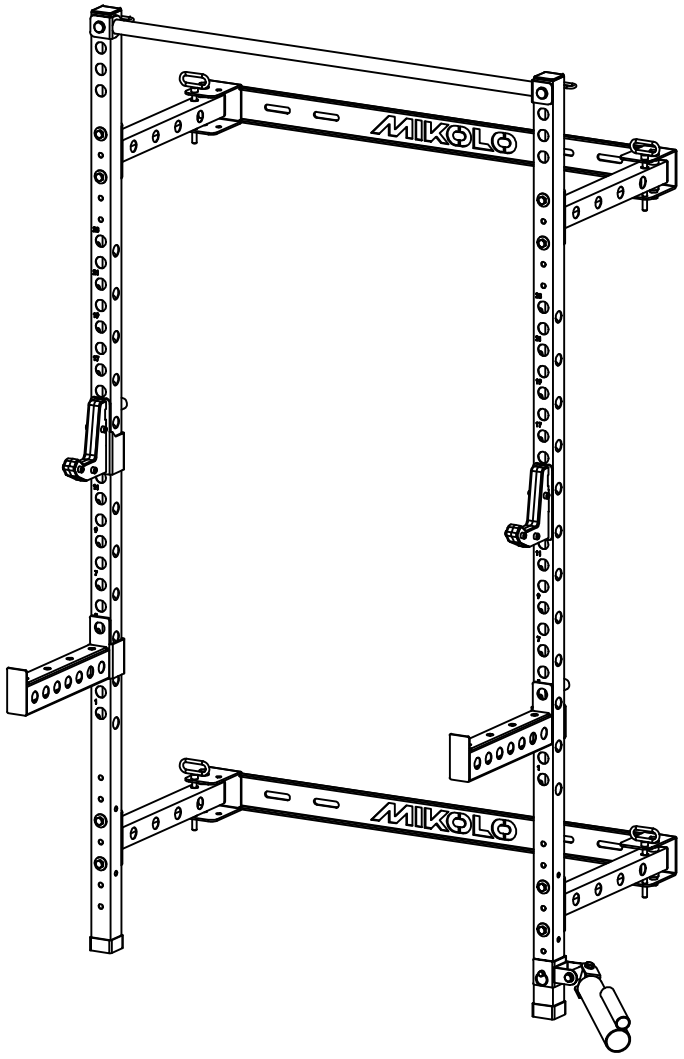
MIKOLO

ASSEMBLY INSTRUCTIONS

QJ



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

Assembly Caution ---------- 3

Part List ---------- 4

Step 1 ---------- 5

Step 2 ---------- 6

Step 3 ---------- 7

Step 4 ---------- 8

After-Sale Information ---------- 9

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

STOP

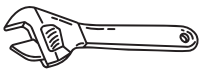
If you are missing any parts, or otherwise
have any warranty issues, please contact us first.

Shortcut: A Lot of People Doing That Way

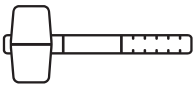
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

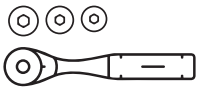
- Adjustable wranches



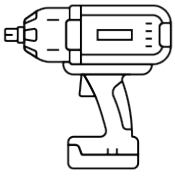
- Rubber hammers



- Socket set



- Electric Wrench



WARNING



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

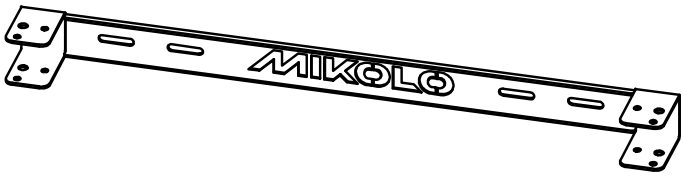
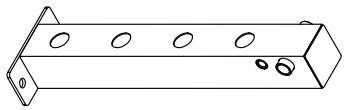
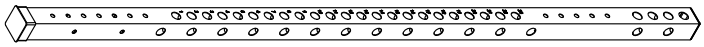
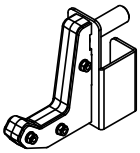
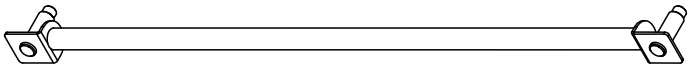
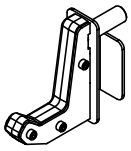
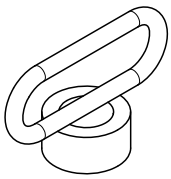
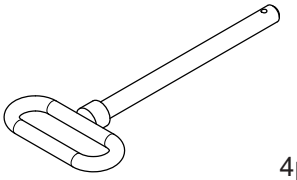
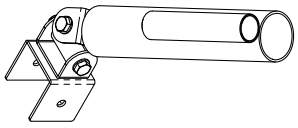
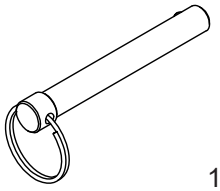
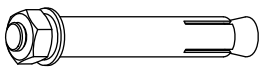
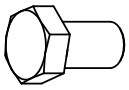
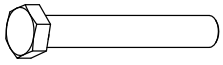
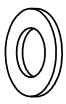
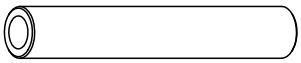
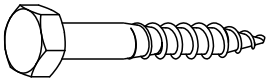
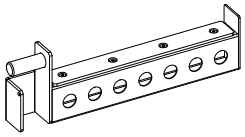
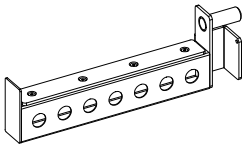


Sharp objects may be involved. Use precaution and protection.



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

PARTS LIST

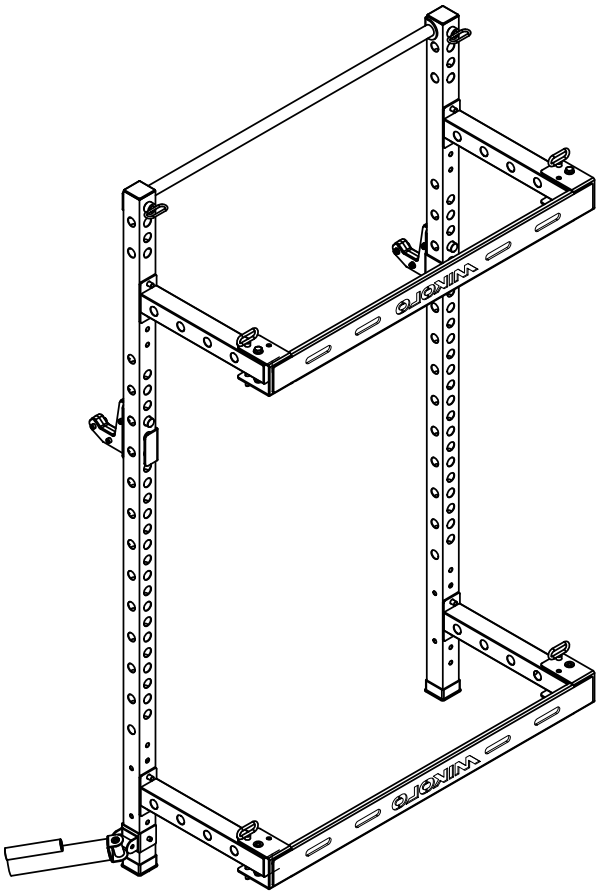
1.Back Board  2pcs		2.Support Tube  4pcs	
3.Column  2pcs		6.J-Hook L  1pc	
4.Pull-up Bar  1pc		7.J-Hook R  1pc	
5.Fixing Nut  2pcs	8.Fixing Pin  4pcs		9.Barbell Holder  1pc
10.Pin  1pc	11.M10*100 Expansion Screw  4pcs	12.M12*20 Bolt  8pcs	13.M10*70 Bolt  8pcs
14.M12 Washer  8pcs	15.M10 Big Washer  8pcs	15A.M10 Washer  8pcs	16.M10 Nut  8pcs
17.Axle  4pcs	18.M10*70 Wooden Screw  4pcs	19.Left Safety Arm  1pc	20.Right Safety Arm  1pc

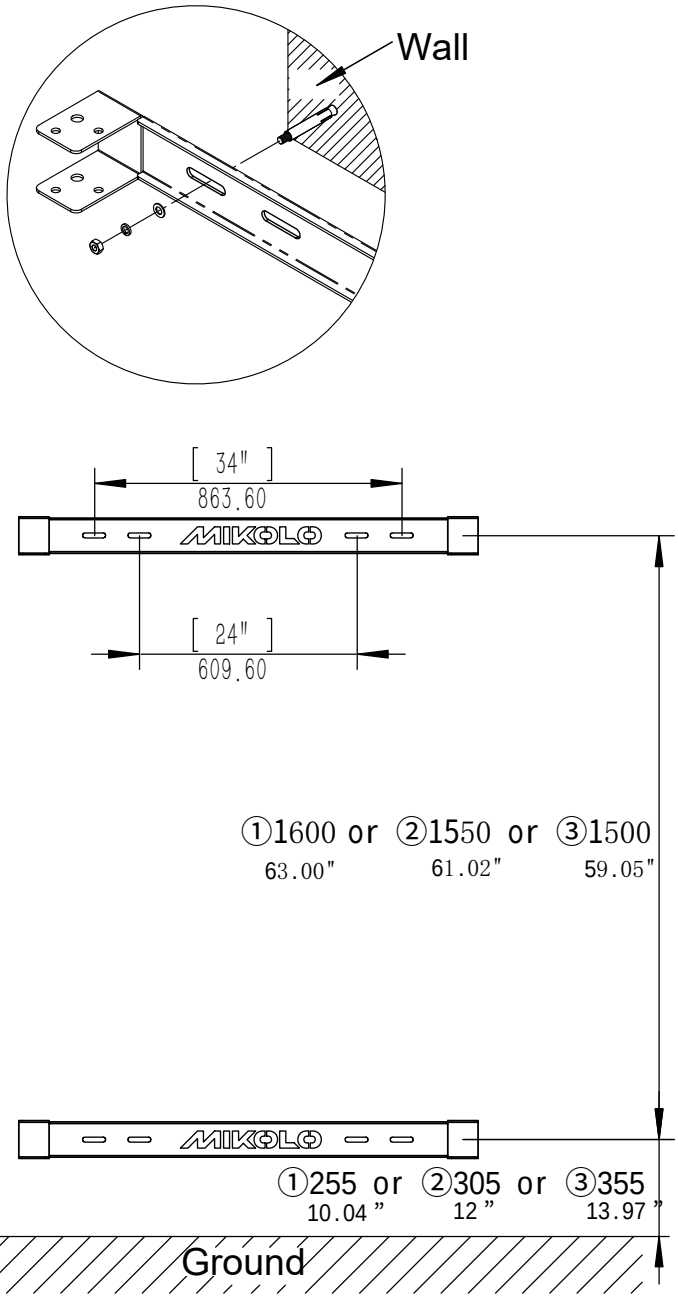
STEP: 1

The back board can be installed at three different heights to adapt to your homespace.

①According to the size marked below, c hoose the suitable height and create the hole for Expansion Screw on the wall in advance.(recommend per-building and test fitting before starting to drill)P.S: Keep the hole horizontal and vertical, diameter of the Expansion screw hole 14

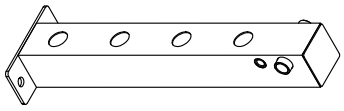
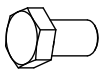
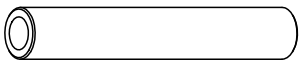
②Fasten the NO. 1 backboard to the wall using Expansion Screw.

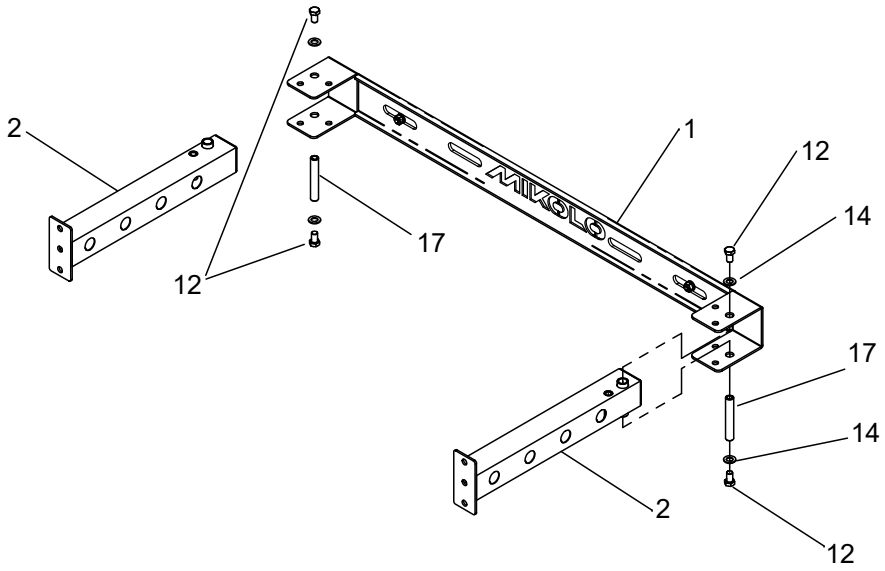


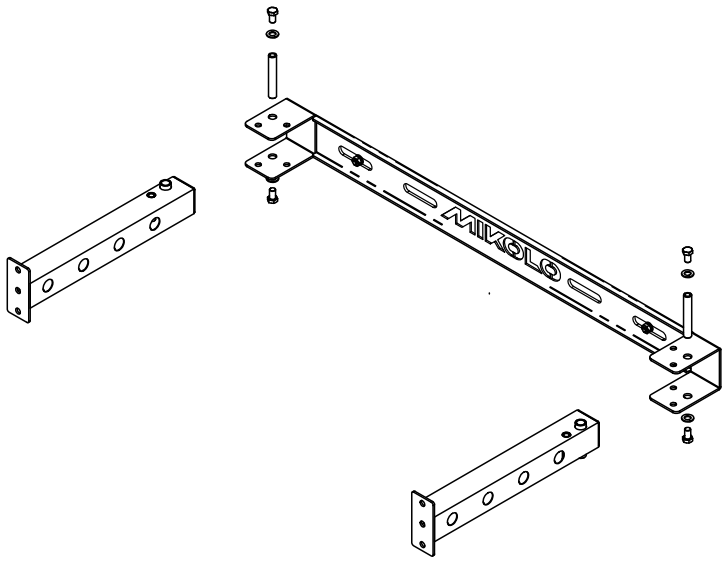


The size is for reference only, the height of the hole can readjusted, you can adjust the specific height at home.

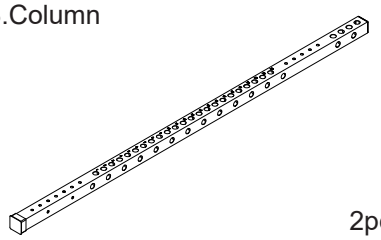
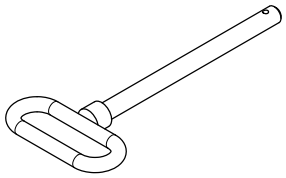
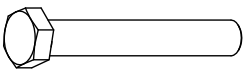
STEP: 2

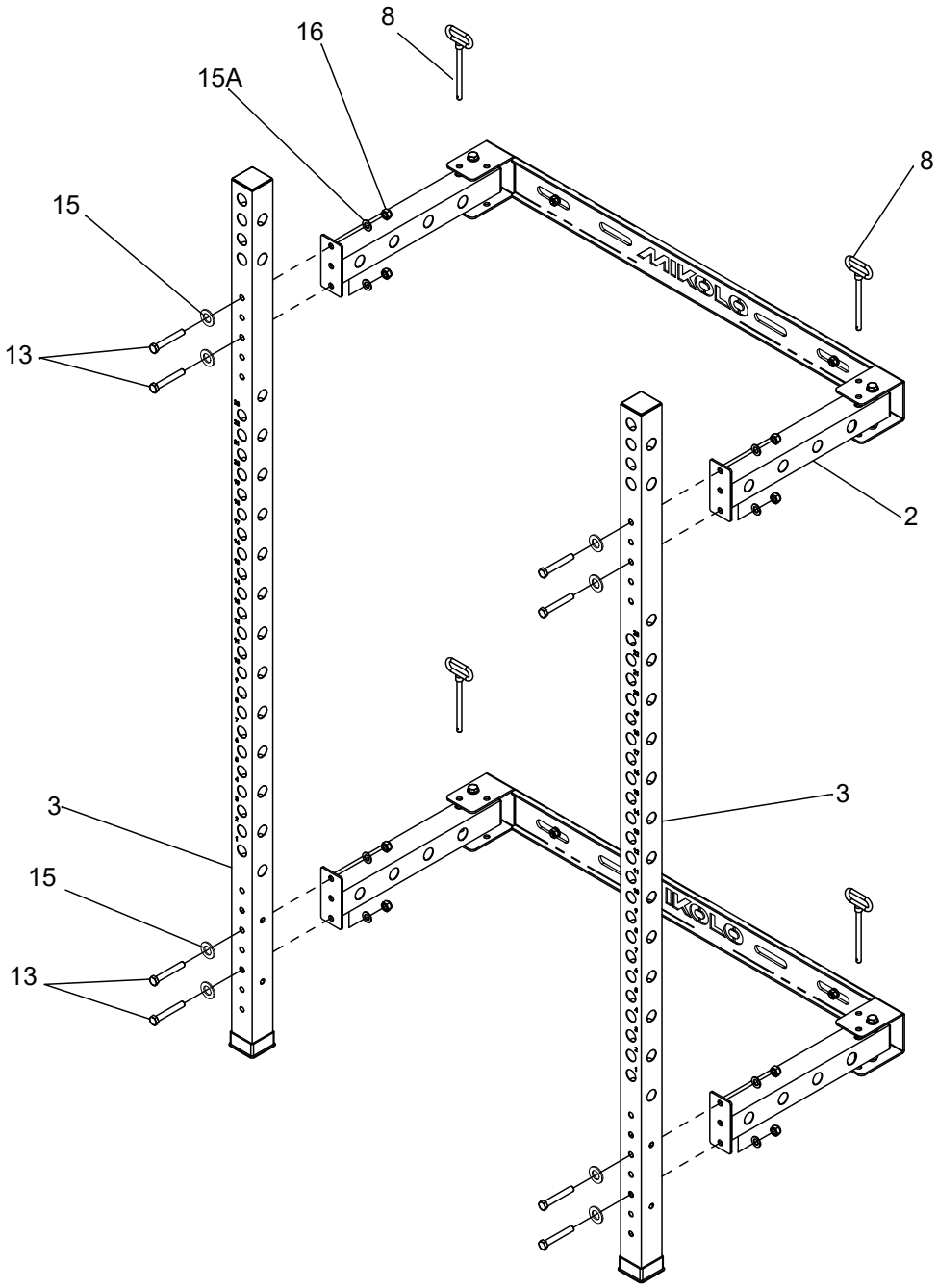
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14.M12 Washer  8pcs	17.Axle  4pcs	



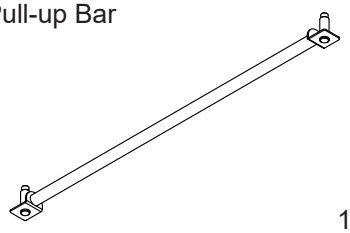
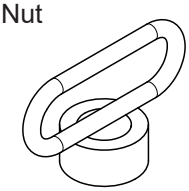
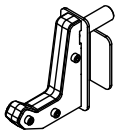
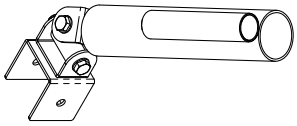
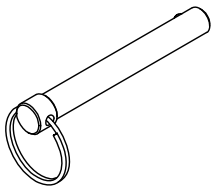
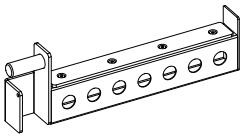
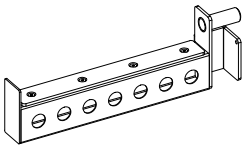


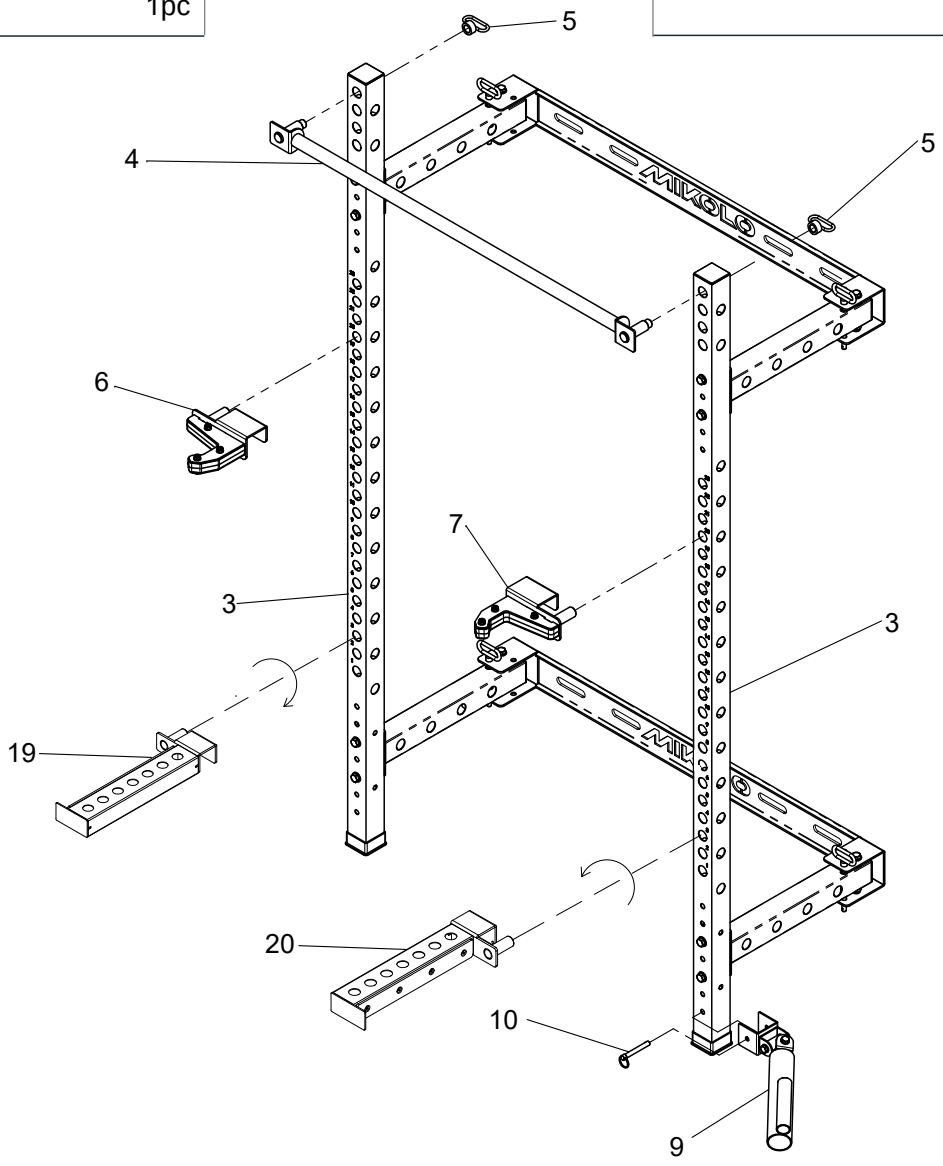
STEP: 3

3.Column  2pcs	8.Fixing Pin  4pcs	13.M10*70 Bolt  8pcs
15.M10 Big Washer  8pcs	15A.M10 Washer  8pcs	16.M10 Nut  8pcs

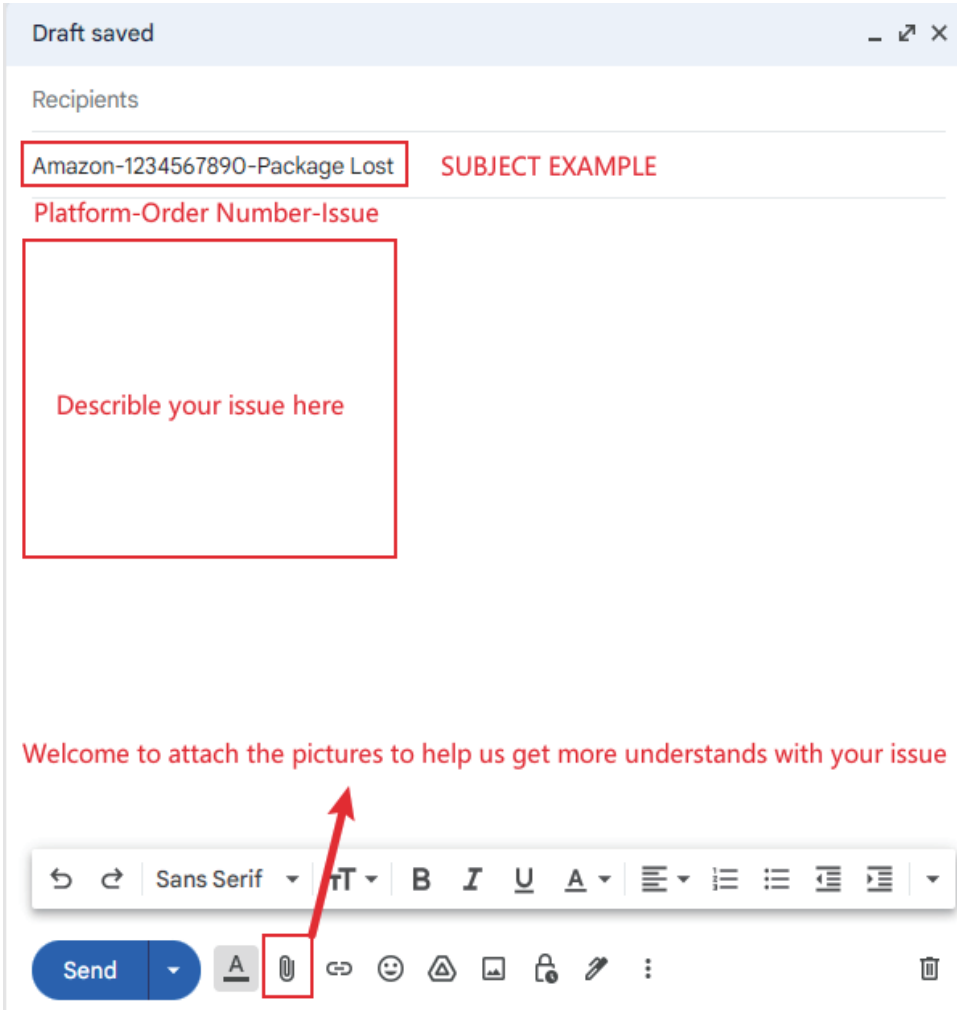


STEP: 4

4.Pull-up Bar  1pc	5.Fixing Nut  2pcs	6.J-Hook L  1pc
7.J-Hook R  1pc	9.Barbell Holder  1pc	10.Pin  1pc
19.Left Safety Arm  1pc		20.Right Safety Arm  1pc



FORMAT OF AFTER-SALE EMAIL



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