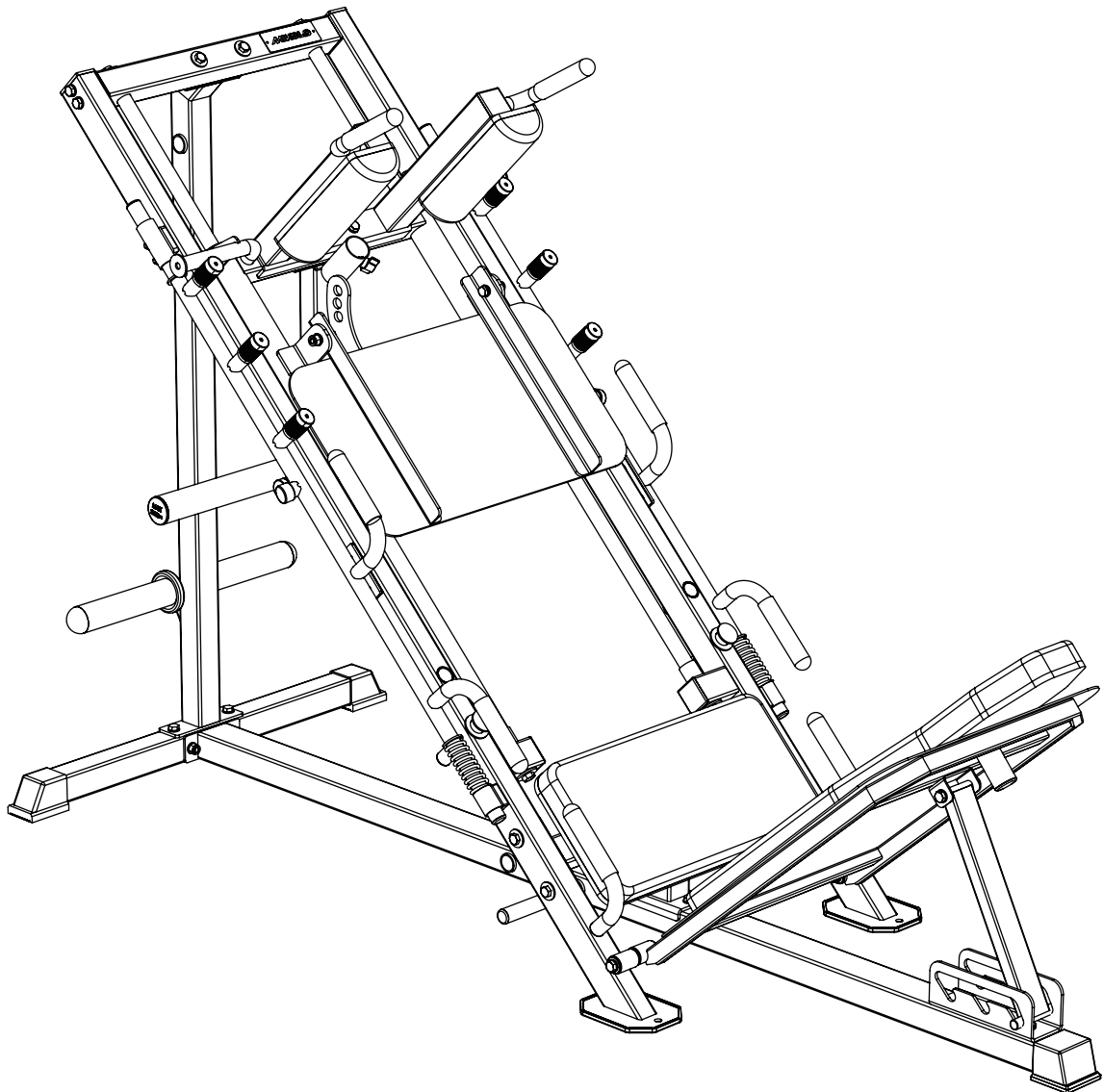


MIKOLO

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



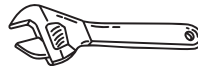
If you are missing any parts, or otherwise have any warranty issues, please contact us first.
after-sale@gym-mikolo.com

Shortcut: A Lot of People Doing That Way

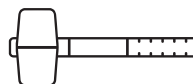
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

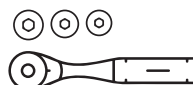
- Adjustable wrenches



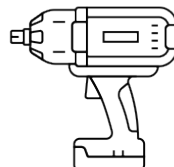
- Rubber hammers



- Socket set



- Electric Wrench



WARNING



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



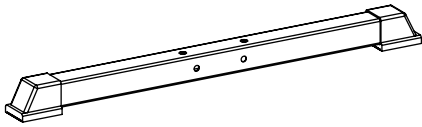
Sharp objects may be involved. Use precaution and protection.



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

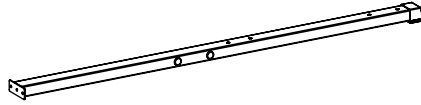
CARTON 1

1



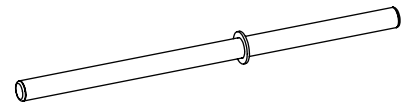
Rear Base Tube - 1 pc

2



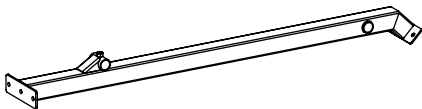
Middle Connecting Tube - 1 pc

3



Band Peg - 1 pc

5



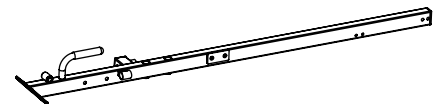
Support Frame - 1 pc

7



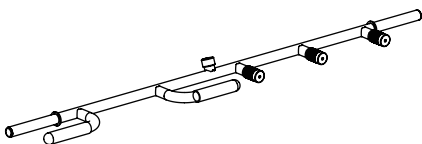
Left Frame - 1 pc

8



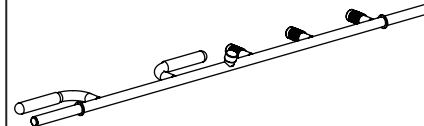
Right Frame - 1 pc

9



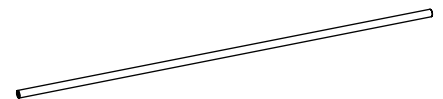
Stopper Handle Left - 1 pc

10



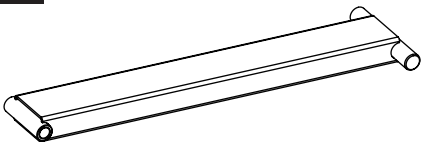
Stopper Handle Right - 1 pc

14



Guide Rod - 2 pcs

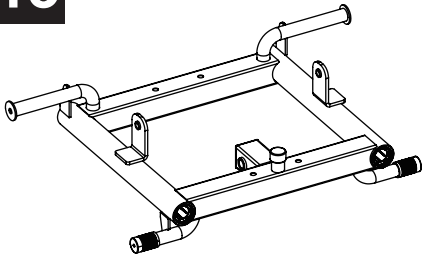
24



Pedal Adjuster - 1 pc

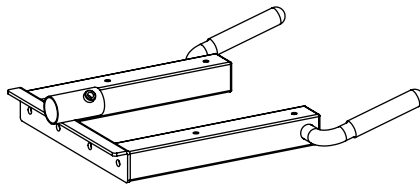
CARTON 2

13



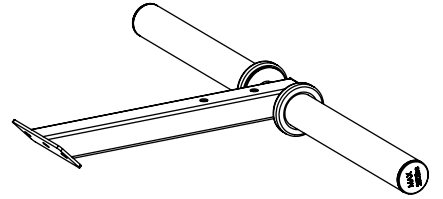
Slider Frame - 1 pc

15



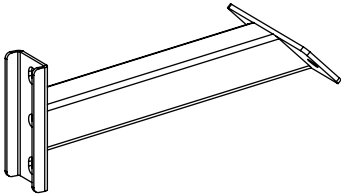
Handrail Frame - 1 pc

16



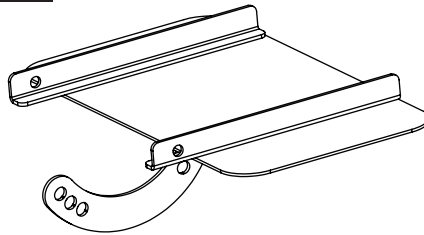
Weight Holder Frame - 1 pc

17



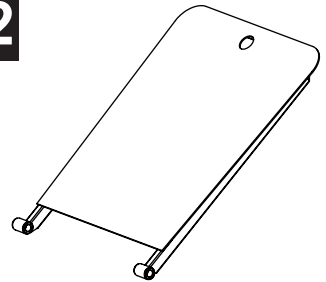
Short Connecting Tube - 1 pc

18



Leg Press Pedal - 1 pc

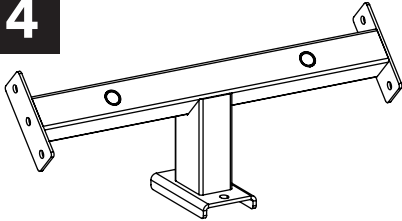
22



Hack Squat Pedal- 1 pc

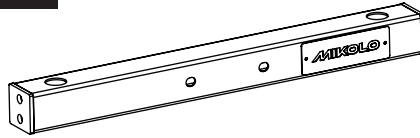
CARTON 3

4



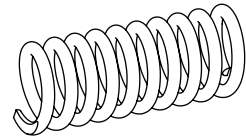
Underside Connecting Frame
- 1 pc

6



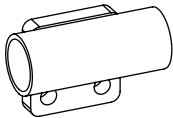
Upper Connecting Tube - 1 pc

11



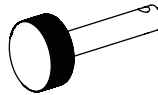
Spring - 2 pcs

12



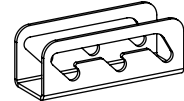
Stopper Handle Frame - 2 pcs

19



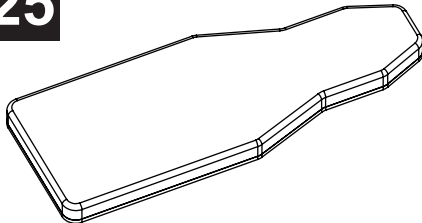
Magnetic Hitch Pin - 1 pc

21



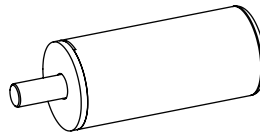
Serrated Frame - 1 pc

25



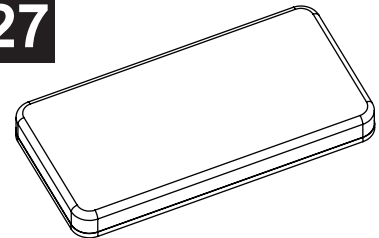
Back Cushion - 1 pc

26



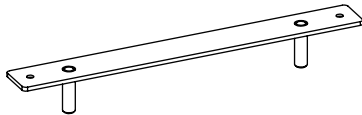
Cushion Fixed Tube - 1 pc

27



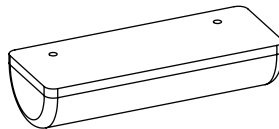
Seat Cushion - 1 pc

28



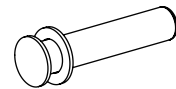
Seat Cushion Supporting Frame
- 1 pc

29



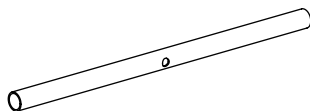
Shoulder Cushion - 2 pcs

30



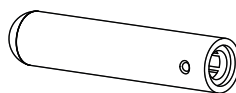
Locator - 2 pcs

31



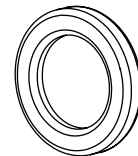
Weight Storage Pin - 1 pc

32

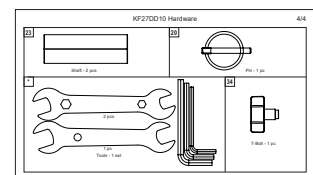
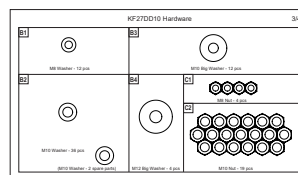
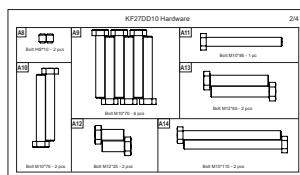
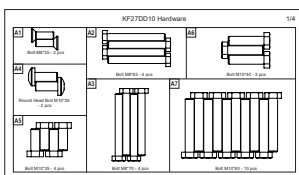


Olympic Adapter - 2 pcs

33



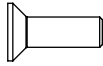
Buffer Ring - 2 pcs



Hardware Blister Pack - 4 pcs

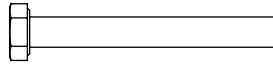
HARDWARE LIST

A1



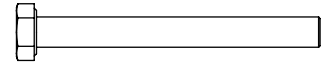
Bolt M8*25 - 2 pcs

A2



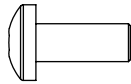
Bolt M8*65 - 4 pcs

A3



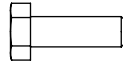
Bolt M8*70 - 4 pcs

A4



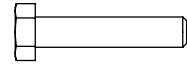
Round Head Bolt M10*25
- 2 pcs

A5



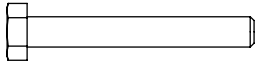
Bolt M10*25 - 4 pcs

A6



Bolt M10*40 - 3 pcs

A7



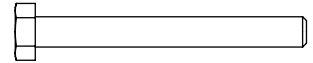
Bolt M10*60 - 10 pcs

A8



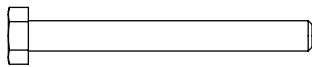
Bolt M8*10 - 2 pcs

A9



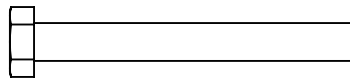
Bolt M10*70 - 6 pcs

A10



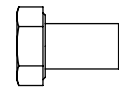
Bolt M10*75 - 2 pcs

A11



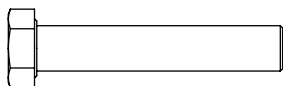
Bolt M10*85 - 1 pc

A12



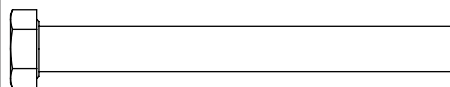
Bolt M12*25 - 2 pcs

A13



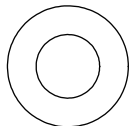
Bolt M12*65 - 2 pcs

A14



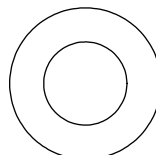
Bolt M10*110 - 2 pcs

B1



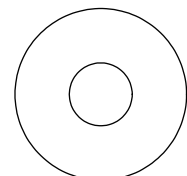
M8 Washer - 12 pcs

B2



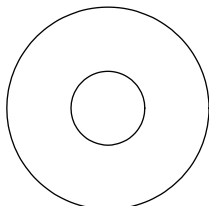
M10 Washer - 38 pcs
(2 spare parts)

B3



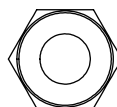
M10 Big Washer - 12 pcs

B4



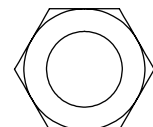
M12 Big Washer - 4 pcs

C1



M8 Nut - 4 pcs

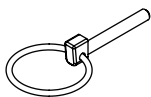
C2



M10 Nut - 19 pcs

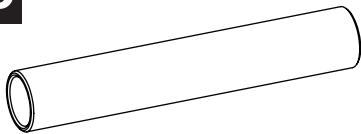
HARDWARE LIST

20



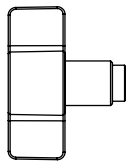
Pin - 1 pc

23



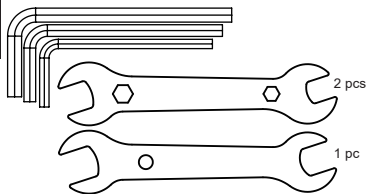
Shaft - 2 pcs

34

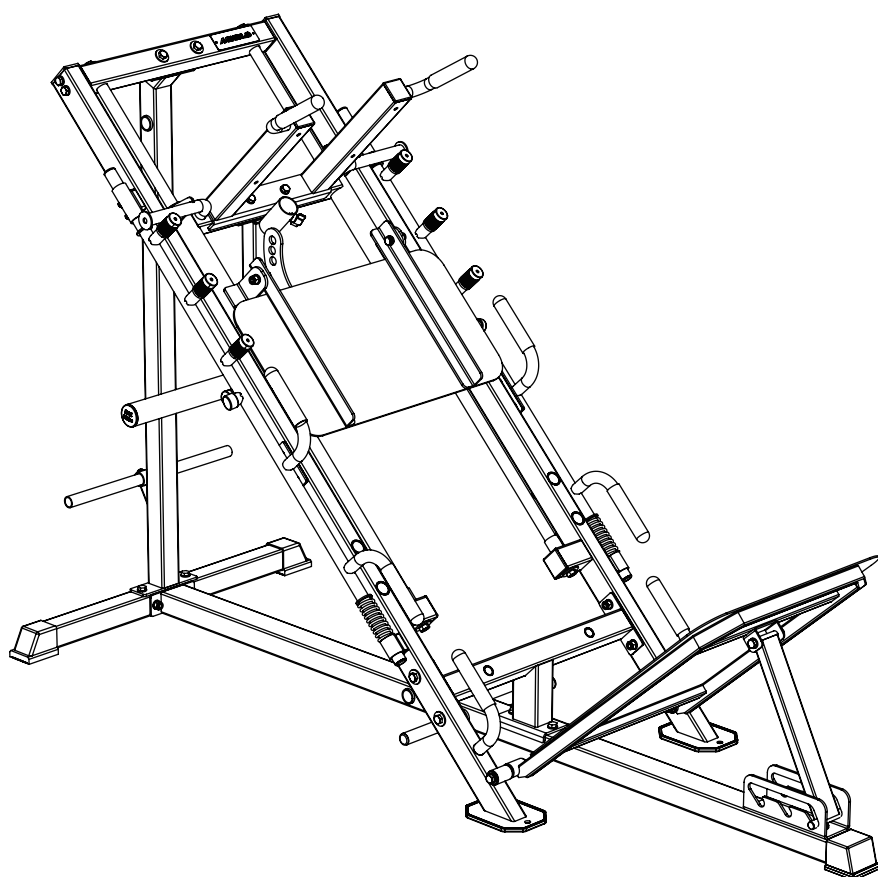


T-Bolt - 1 pc

*



Tools - 1 set

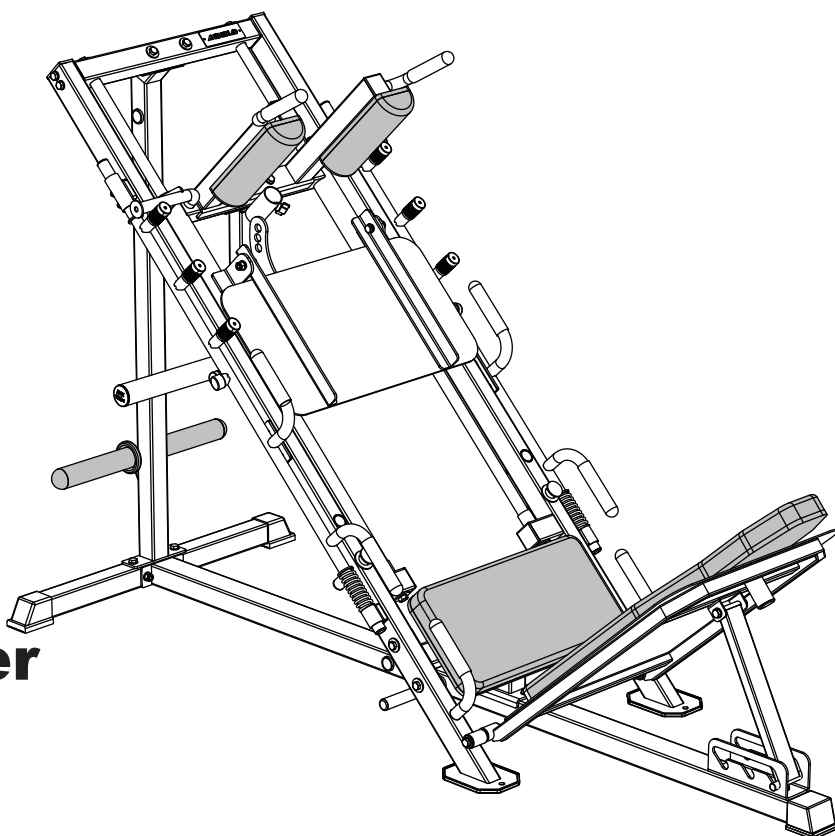


**STEP
1-17**

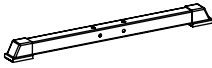
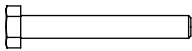
**Bulid Basic
Framework**

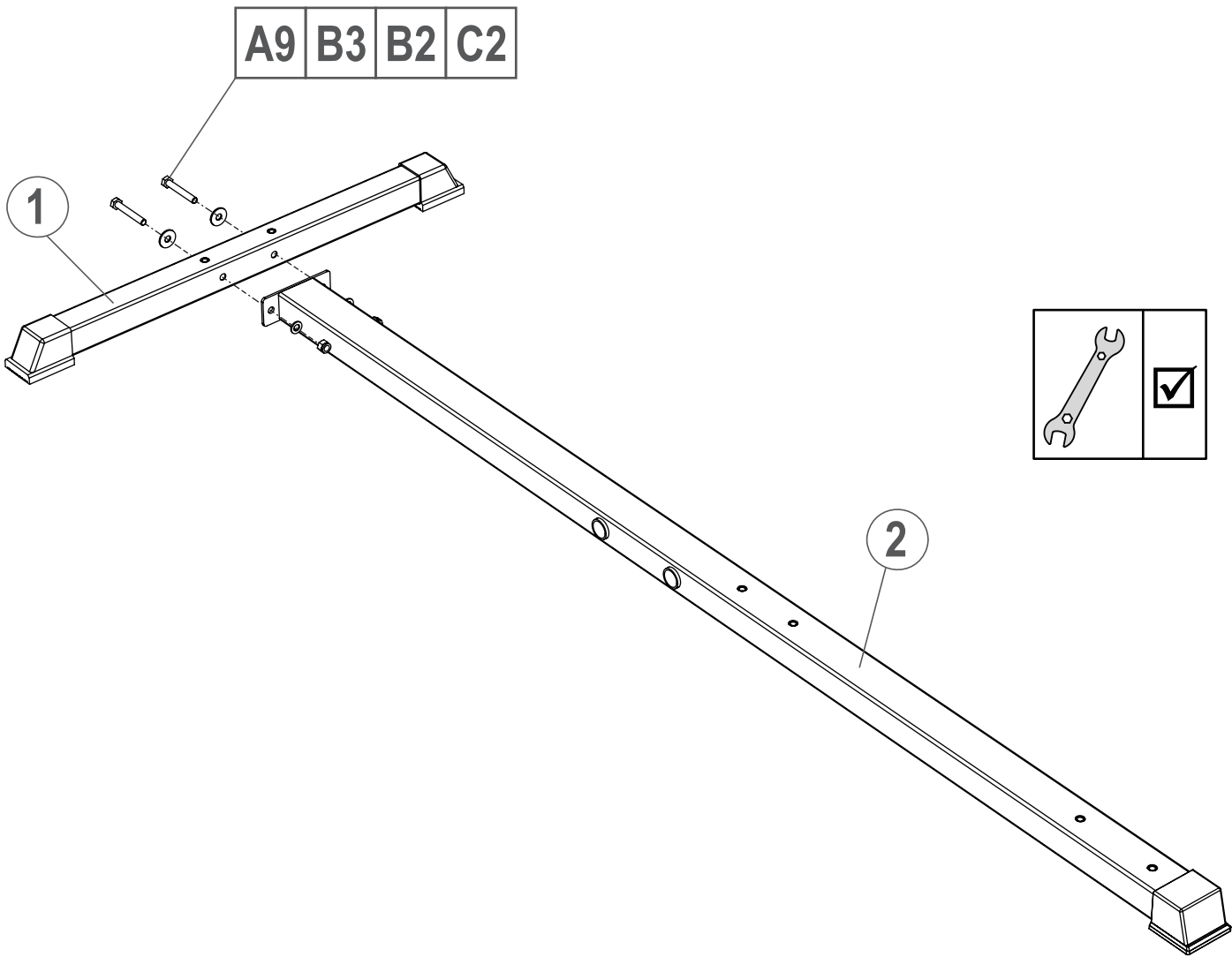
**STEP
18-23**

**Add On
Board &
Olympic Adapter**

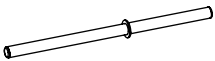


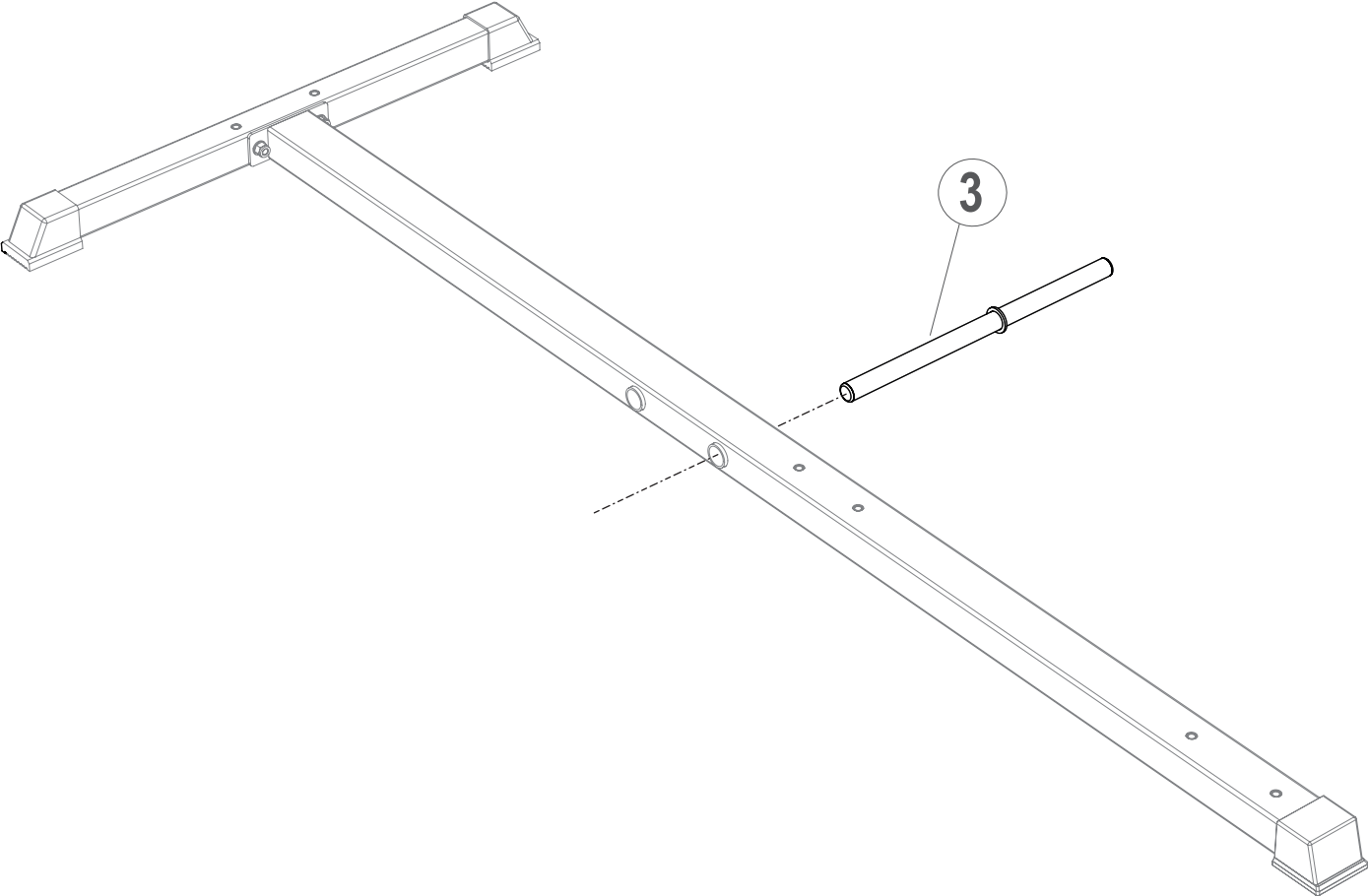
STEP 1

1  Rear Base Tube - 1 pc	2  Middle Connecting Tube - 1 pc	A9  Bolt M10*70 - 2 pcs	B3  M10 Big Washer - 2 pcs
C2  M10 Nut - 2 pcs	B2  M10 Washer - 2 pcs		

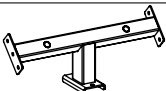


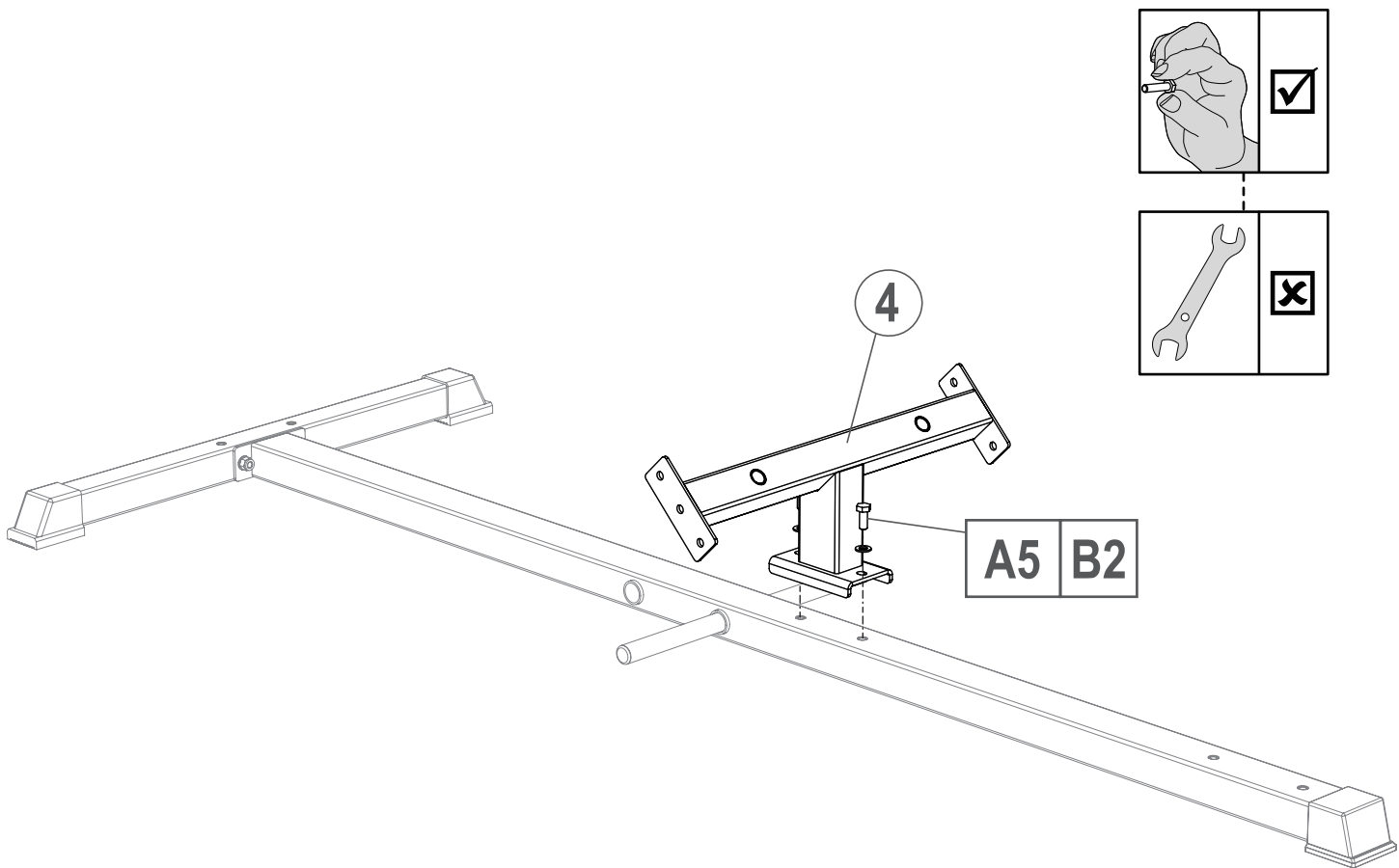
STEP 2

3  Band Peg - 1 pc			
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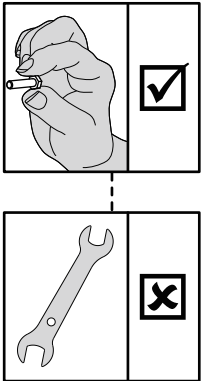
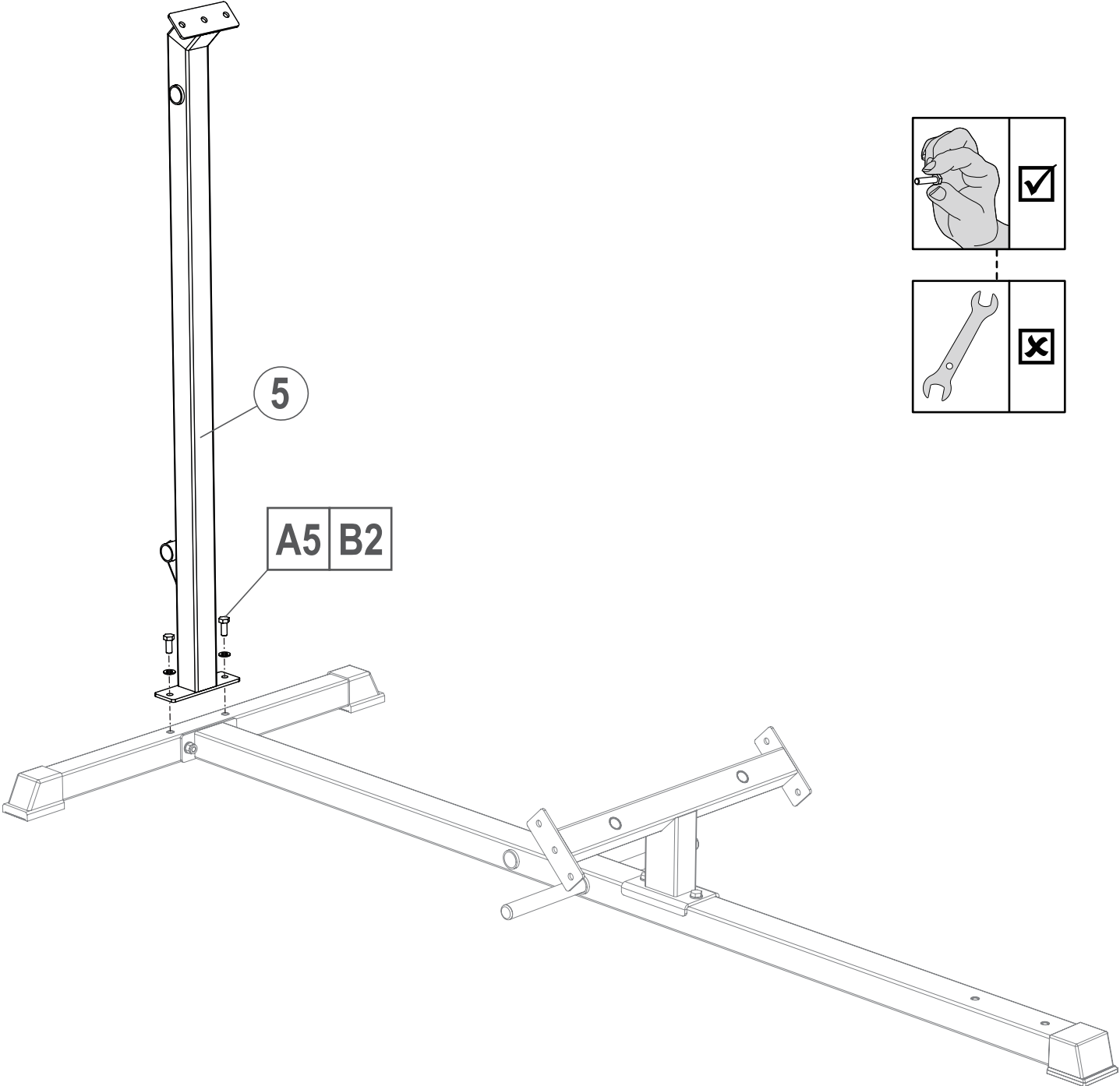
STEP 3

4  Underside Connecting Frame - 1 pc	A5  Bolt M10*25 - 2 pcs	B2  M10 Washer - 2 pcs	
--	---	--	--

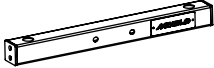
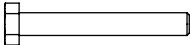


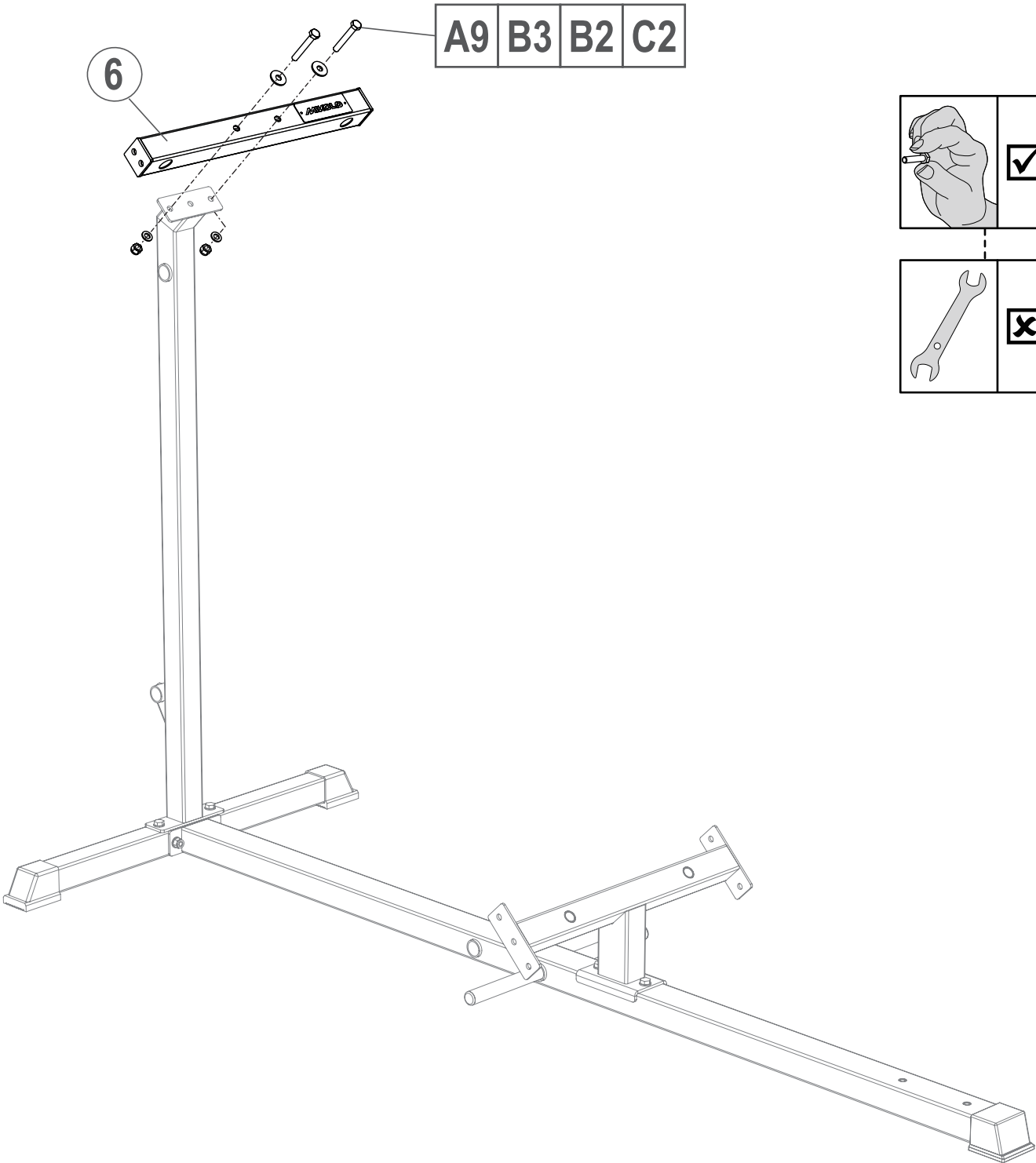
STEP 4

5  Support Frame - 1 pc	A5  Bolt M10*25 - 2 pcs	B2  M10 Washer - 2 pcs	
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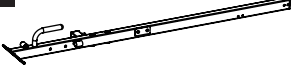
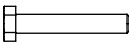


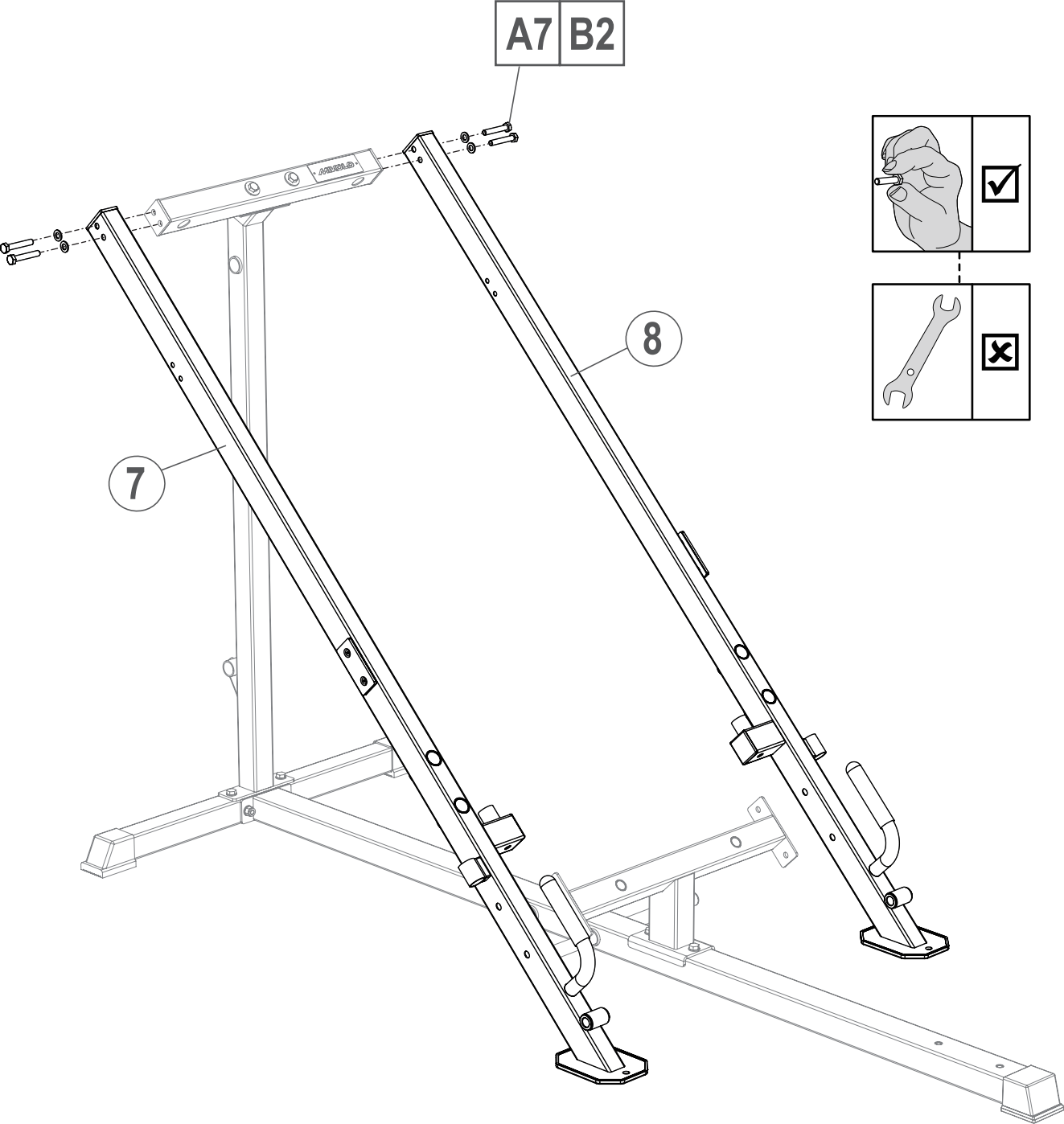
STEP 5

6  Upper Connecting Tube - 1 pc	A9  Bolt M10*70 - 2 pcs	B3  M10 Big Washer - 2 pcs	C2  M10 Nut - 2 pcs
B2  M10 Washer - 2 pcs			

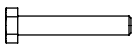


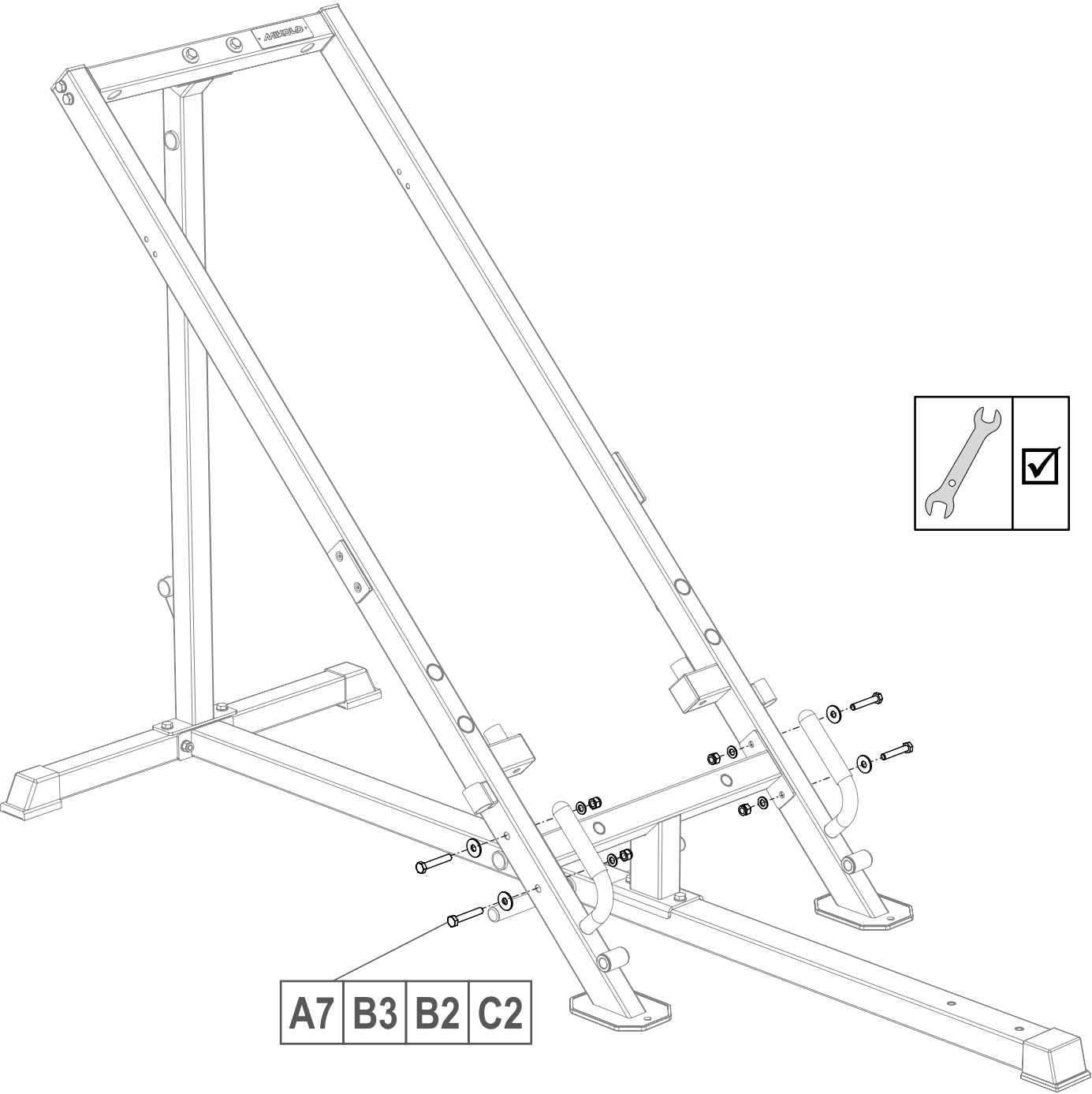
STEP 6

7  Left Frame - 1 pc	8  Right Frame - 1 pc	A7  Bolt M10*60 - 4 pcs	B2  M10 Washer - 4 pcs
--	---	--	--

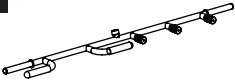
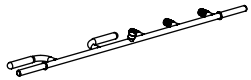
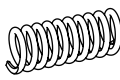


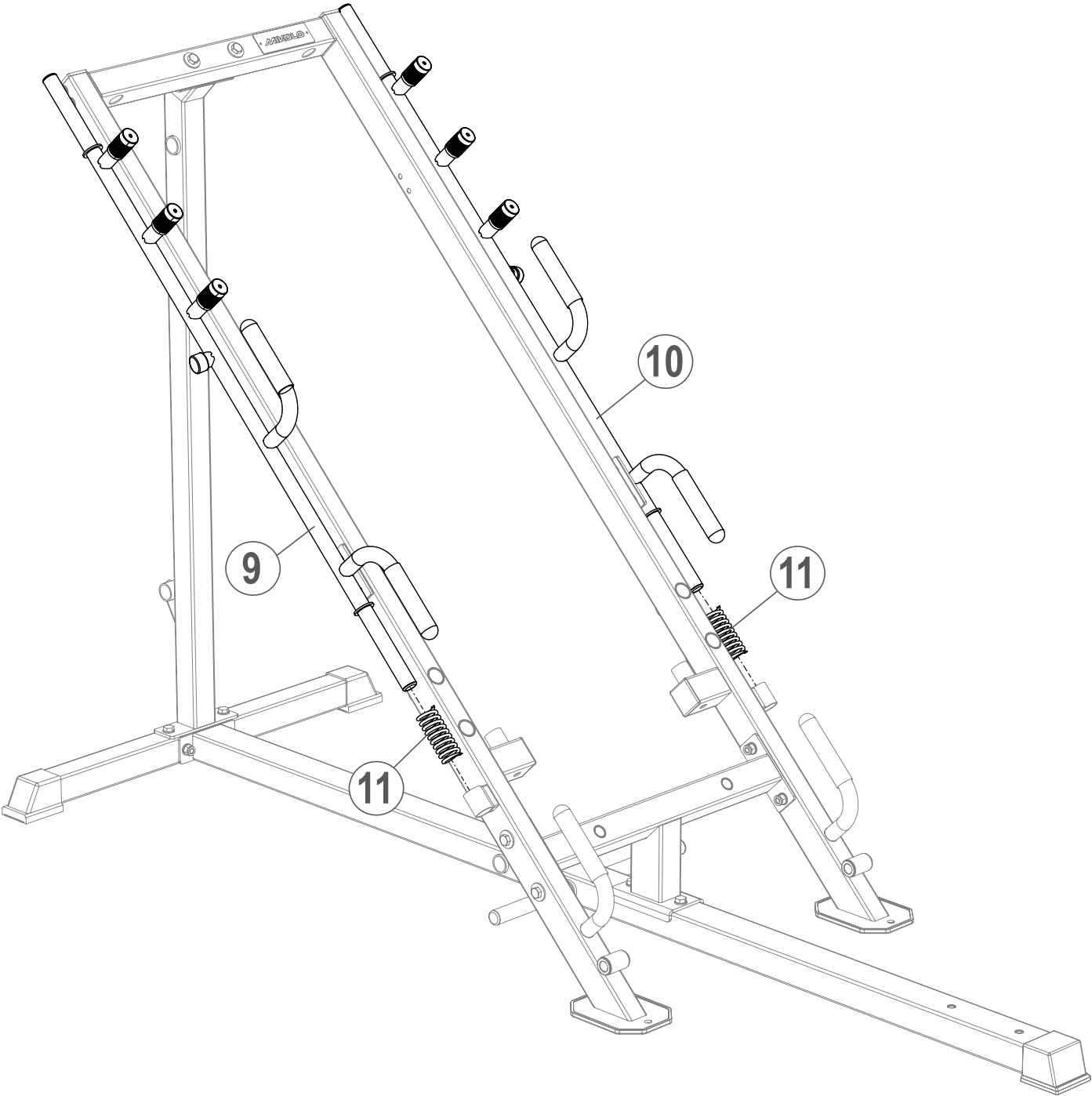
STEP 7

A7  Bolt M10*60 - 4 pcs	B3  M10 Big Washer - 4 pcs	B2  M10 Washer - 4 pcs	C2  M10 Nut - 4 pcs
---	--	--	---



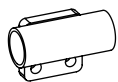
STEP 8

9  Stopper Handle Left -1 pc	10  Stopper Handle Right -1 pc	11  Spring - 2 pcs	
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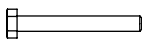
STEP 9

12



Stopper Handle Frame - 2 pcs

A2



Bolt M8*65 - 4 pcs

B1

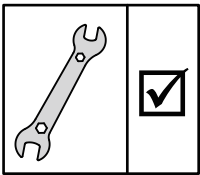
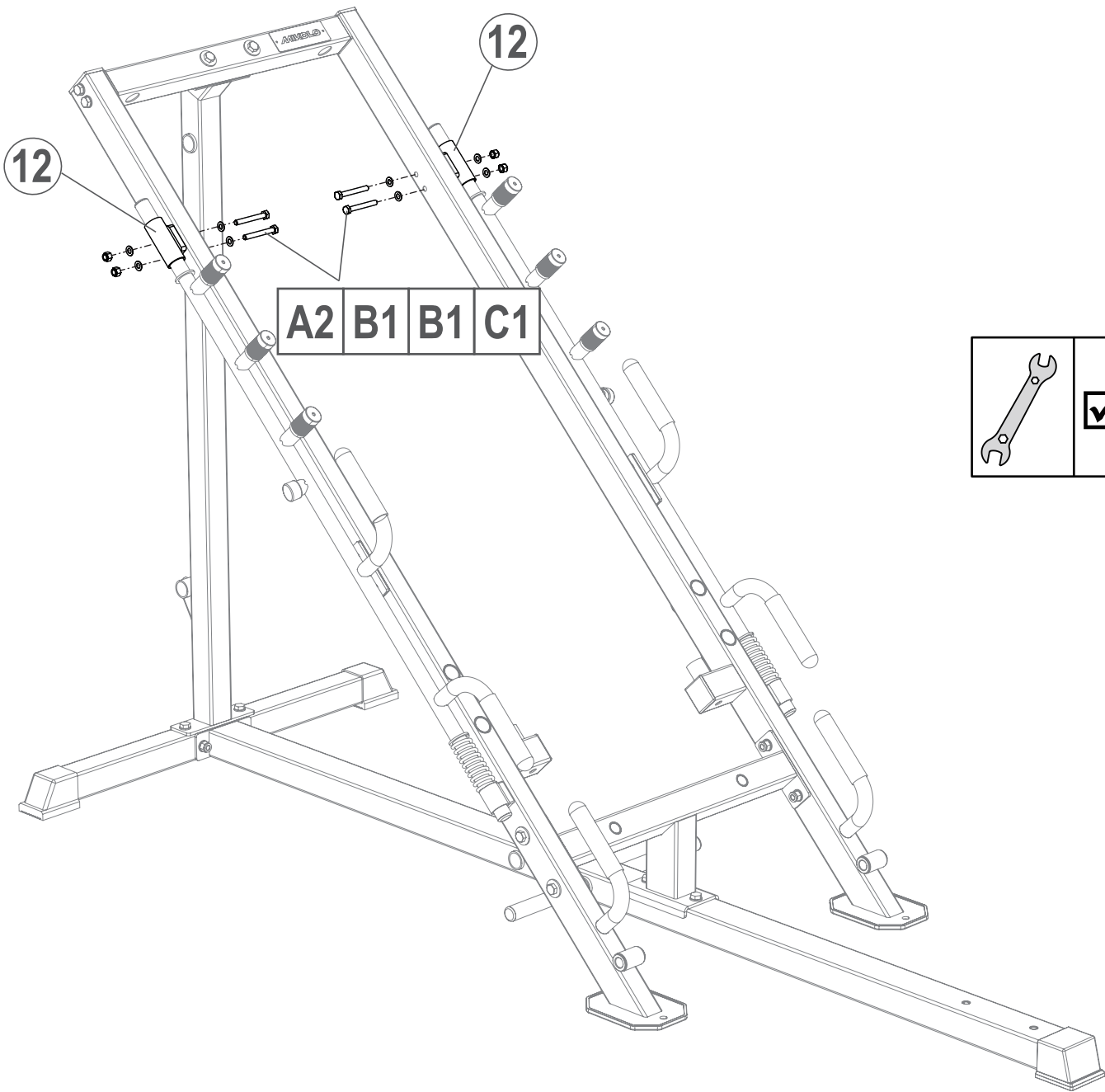


M8 Washer - 8 pcs

C1

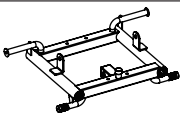


M8 Nut - 4 pcs

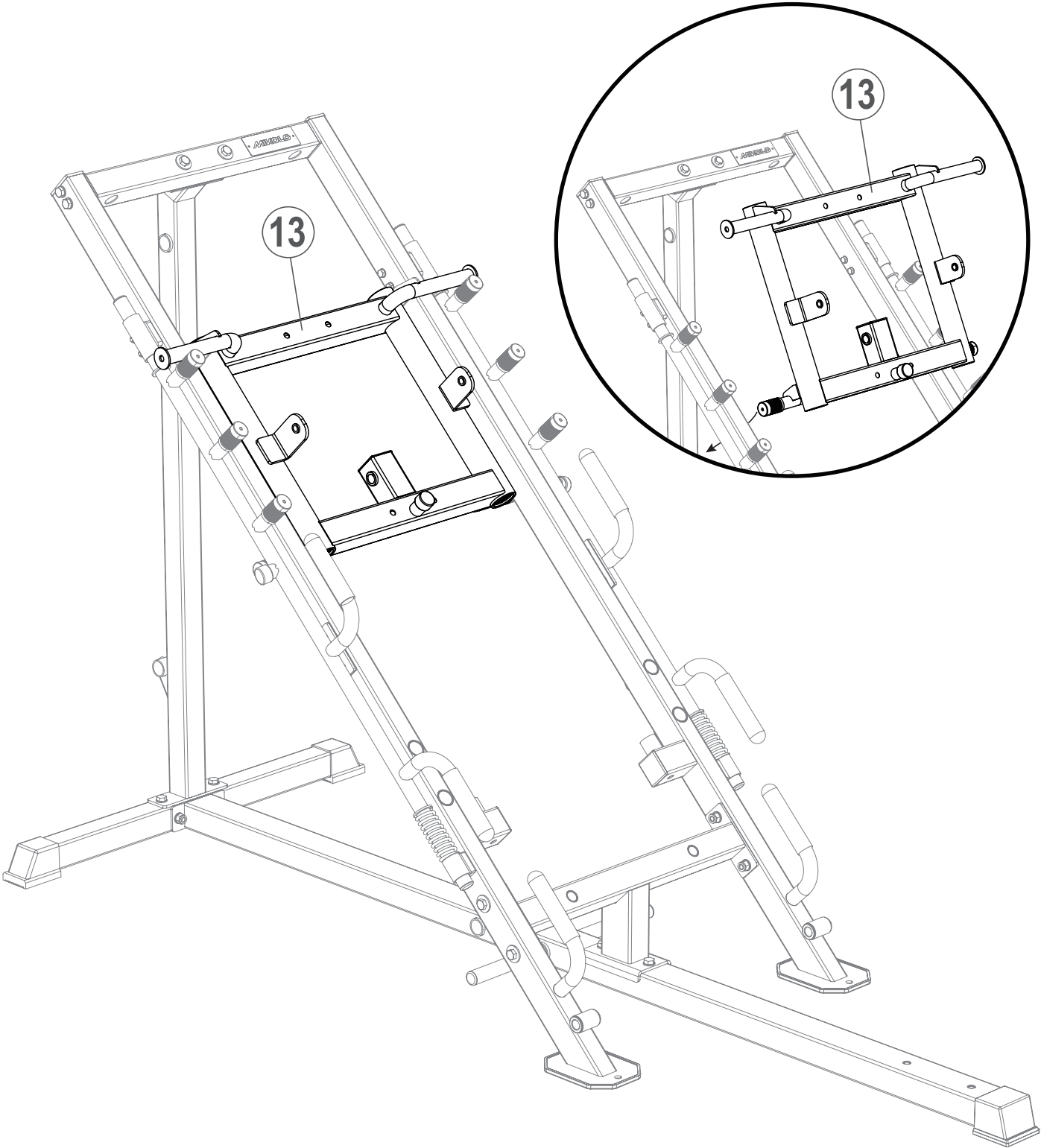


STEP 10

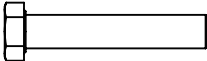
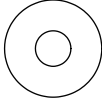
13



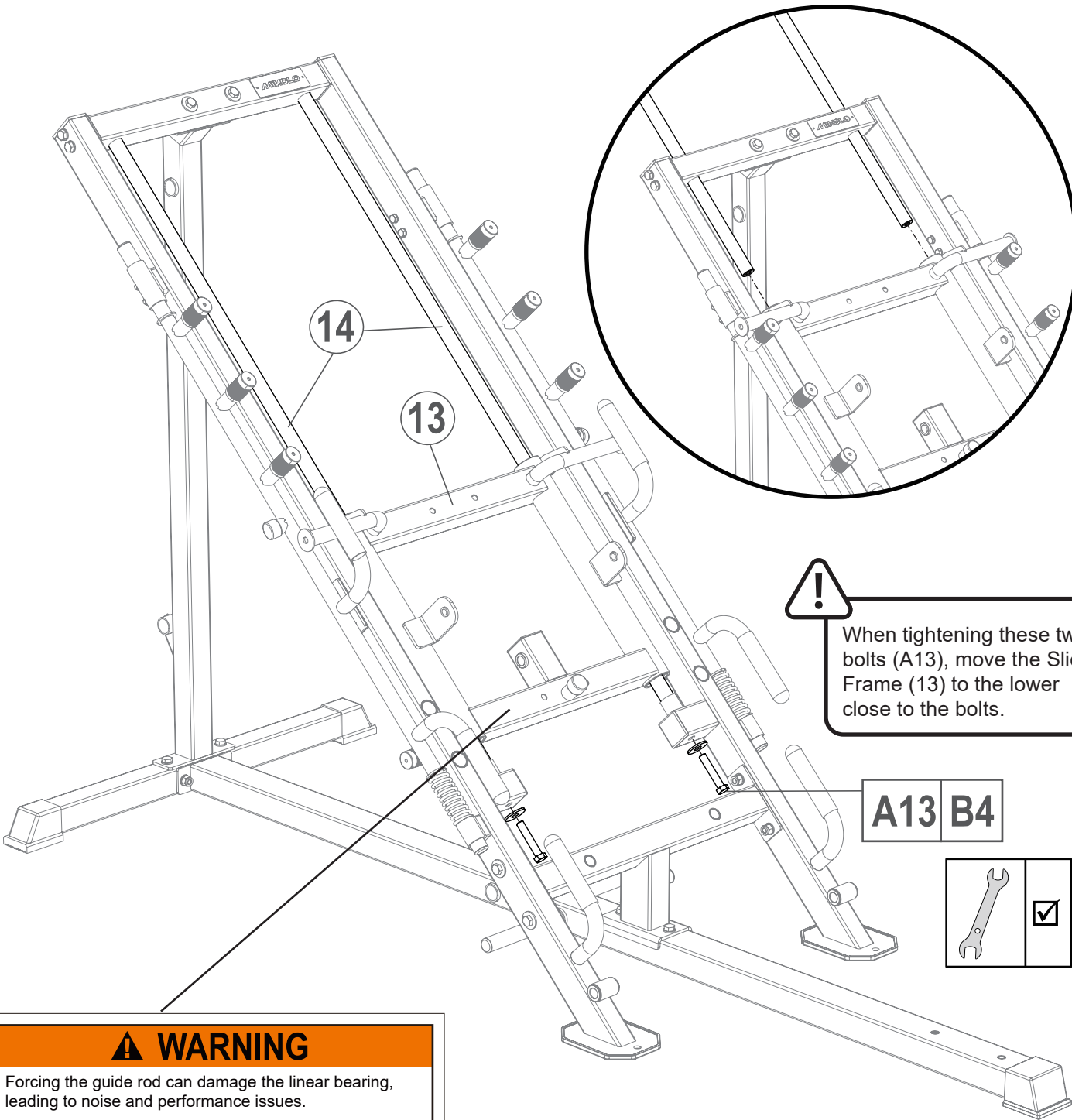
Slider Frame - 1 pc



STEP 11

14  Guide Rod - 2 pcs	A13  Bolt M12*65 - 2 pcs	B4  M12 Big Washer - 2 pcs	
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Gently insert the guide rod. Use your hands to slowly push the guide rod into the linear bearing. Secure the lower ends with two Bolts M12*65 (A13) and two M12 Big Washers (B4).



 **WARNING**

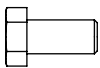
Forcing the guide rod can damage the linear bearing, leading to noise and performance issues.

If you encounter any problems, stop and seek assistance.



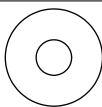
STEP 12

A12



Bolt M12*25 - 2 pcs

B4

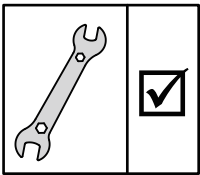
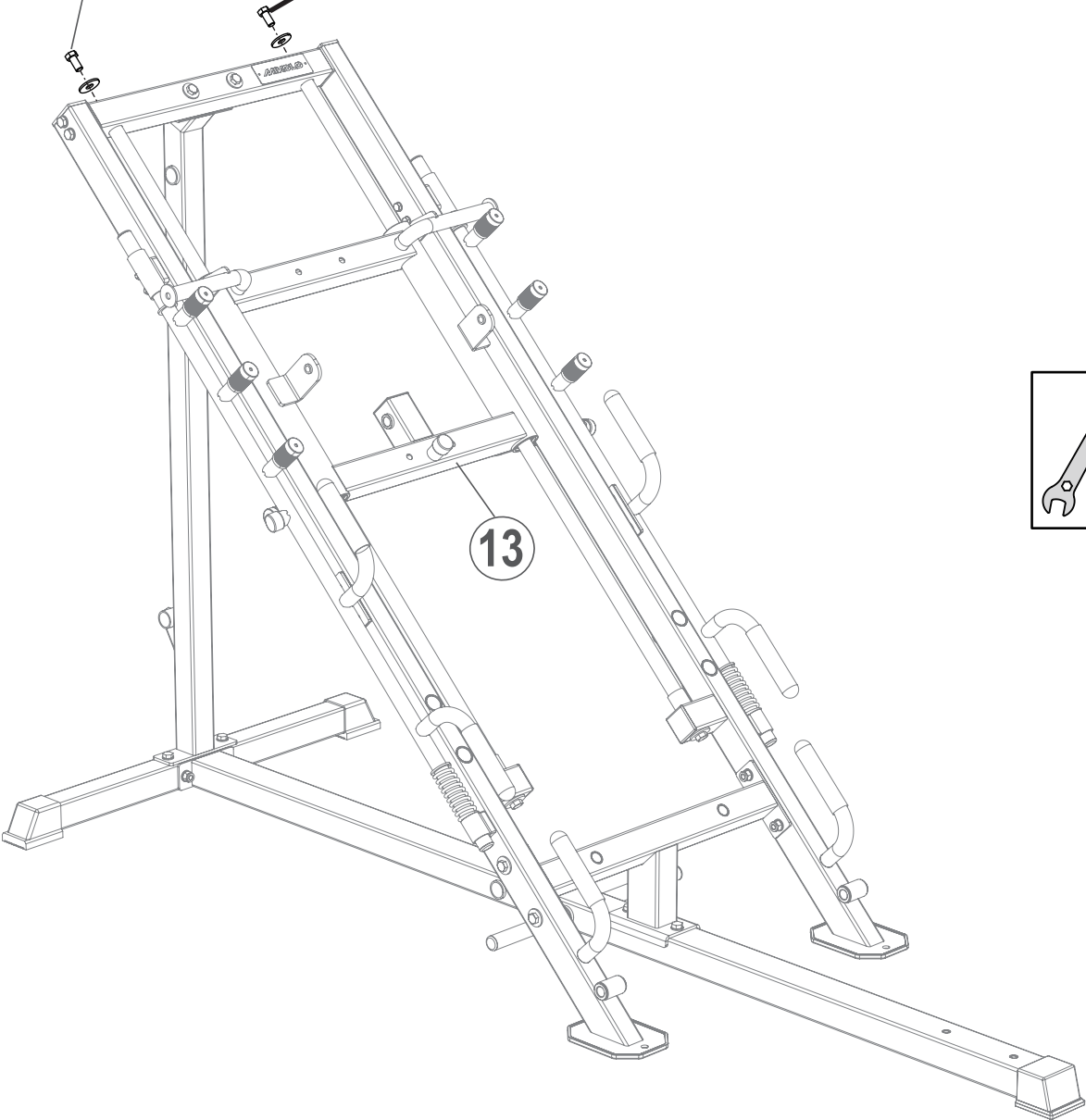


M12 Big Washer - 2 pcs

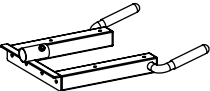
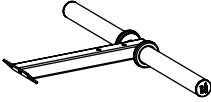
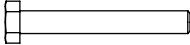


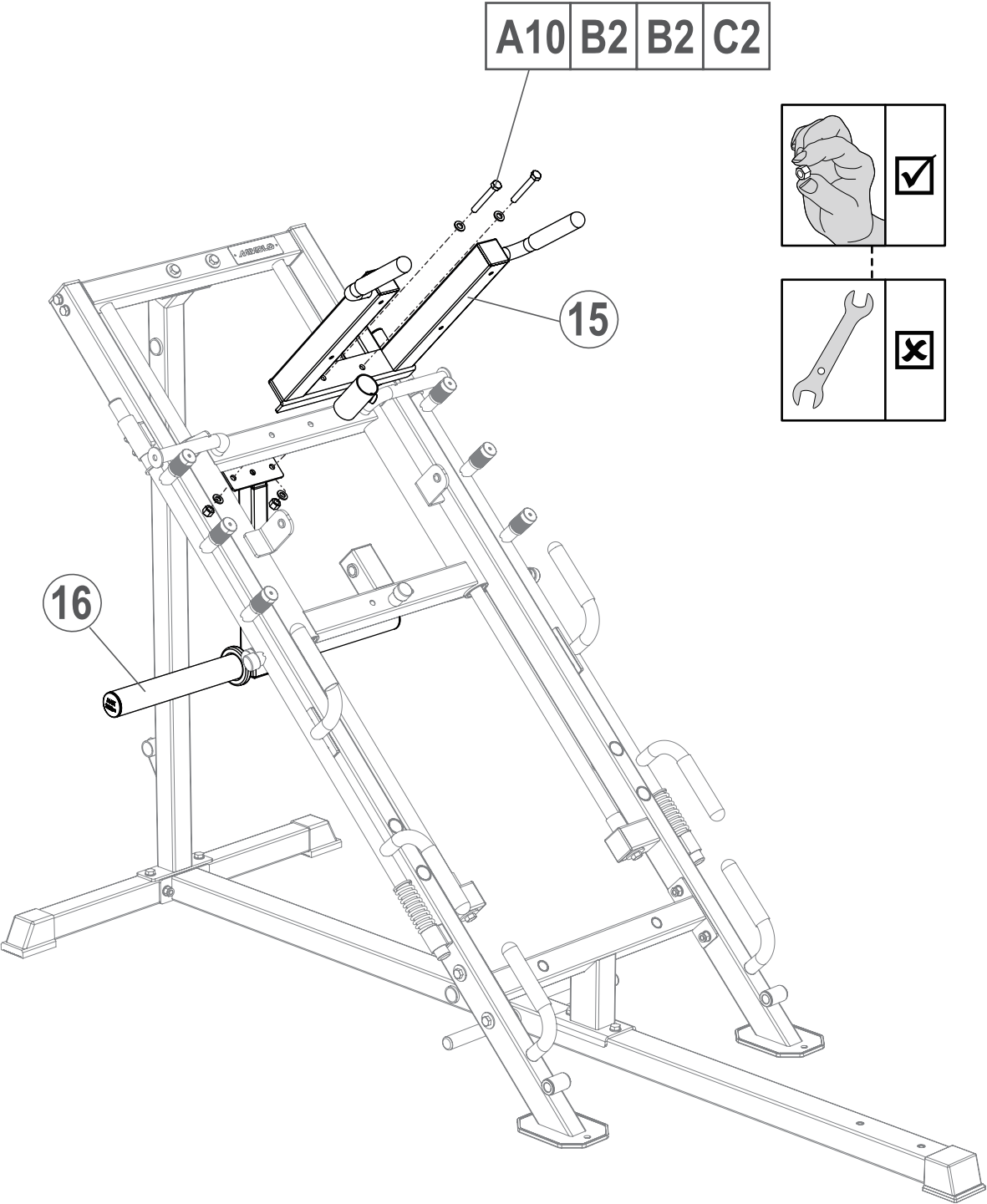
When tightening these two bolts (A12), move the Slider Frame (13) to the top close to the bolts.

A12 B4

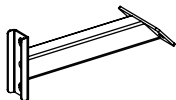
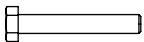
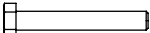
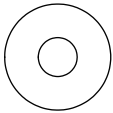


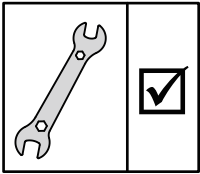
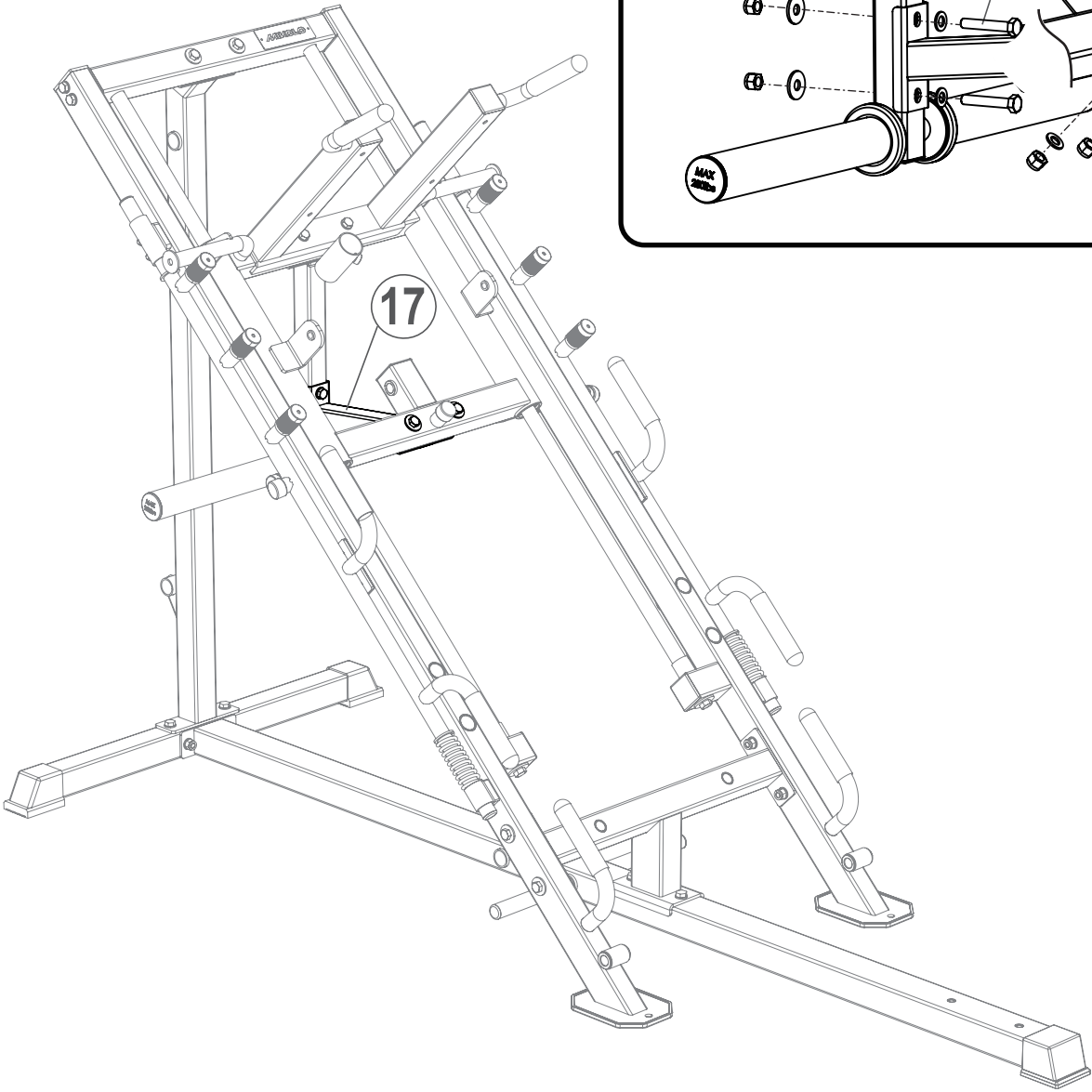
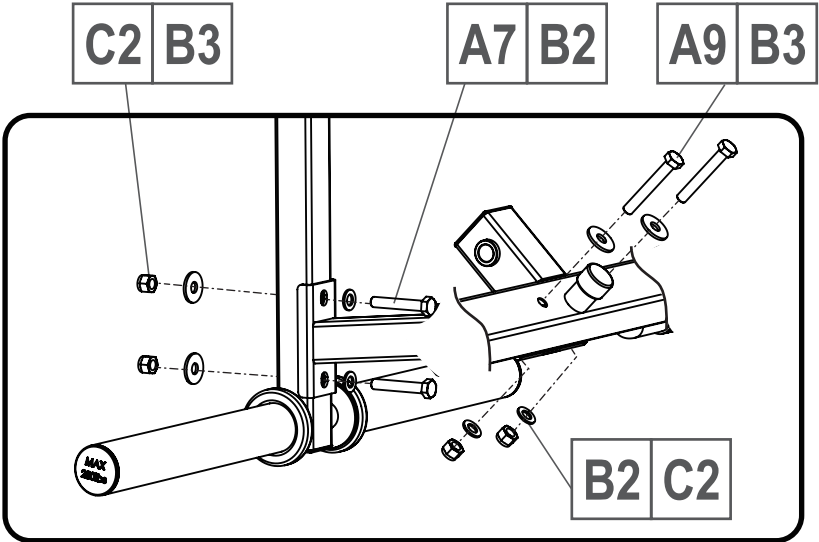
STEP 13

15  Handrail Frame - 1 pc	16  Weight Holder Frame - 1 pc	A10  Bolt M10*75 - 2 pcs	B2  M10 Washer - 4 pcs
C2  M10 Nut - 2 pcs			

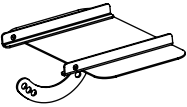
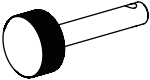
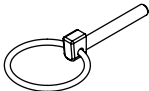
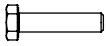


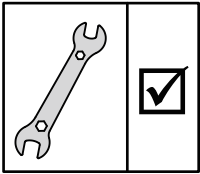
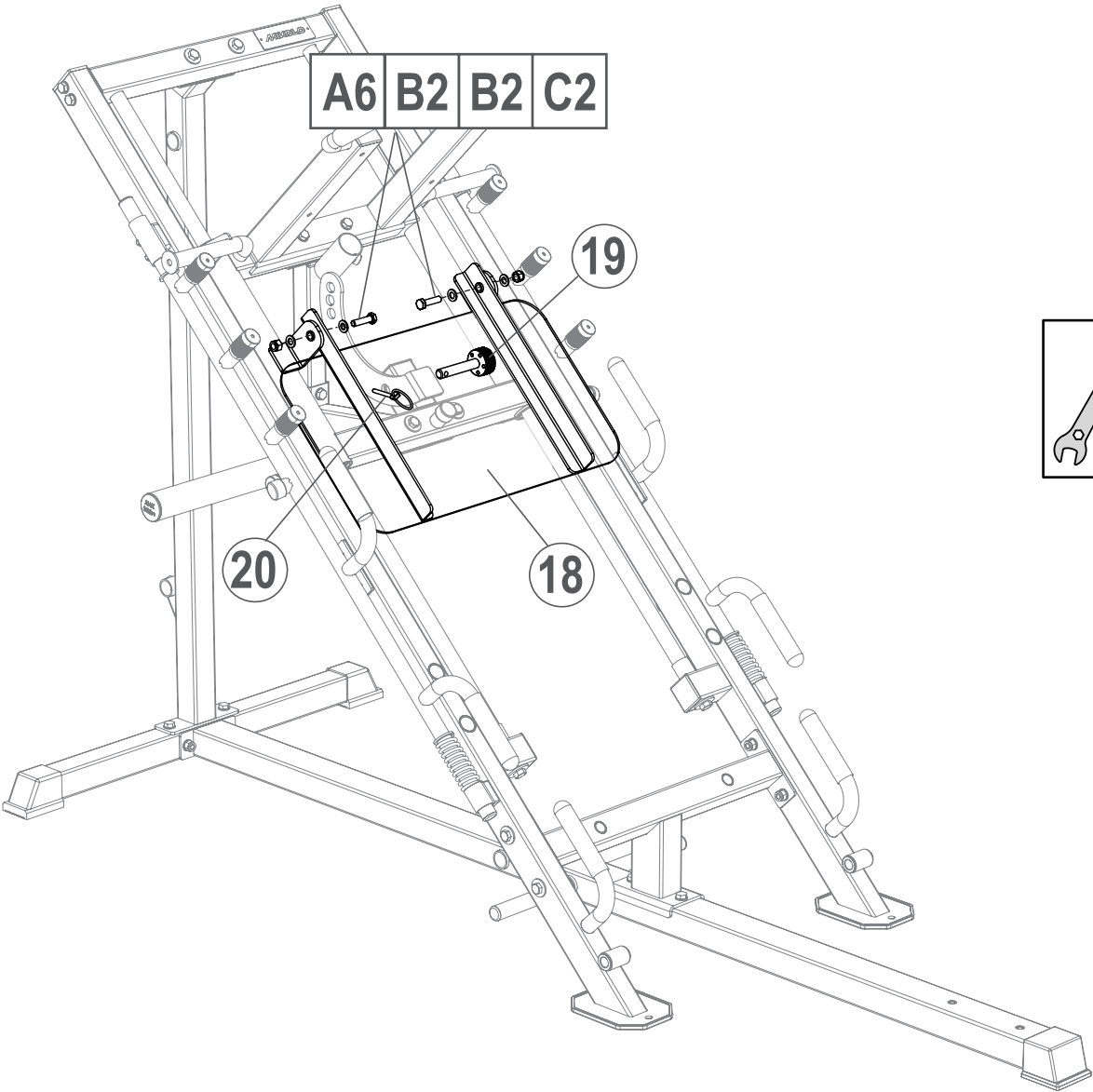
STEP 14

17  Short Connecting Tube - 1 pc	A7  Bolt M10*60 - 2 pcs	A9  Bolt M10*70 - 2 pcs	B2  M10 Washer - 4 pcs
B3  M10 big Washer - 4 pcs	C2  M10 Nut - 4 pcs		



STEP 15

18  Leg Press Pedal - 1 pc	19  Magnetic Hitch Pin - 1 pc	20  Pin - 1 pc	A6  Bolt M10*40 - 2 pcs
B2  M10 Washer - 4 pcs	C2  M10 Nut - 2 pcs		



STEP 16

21



Serrated Frame - 1 pc

A4

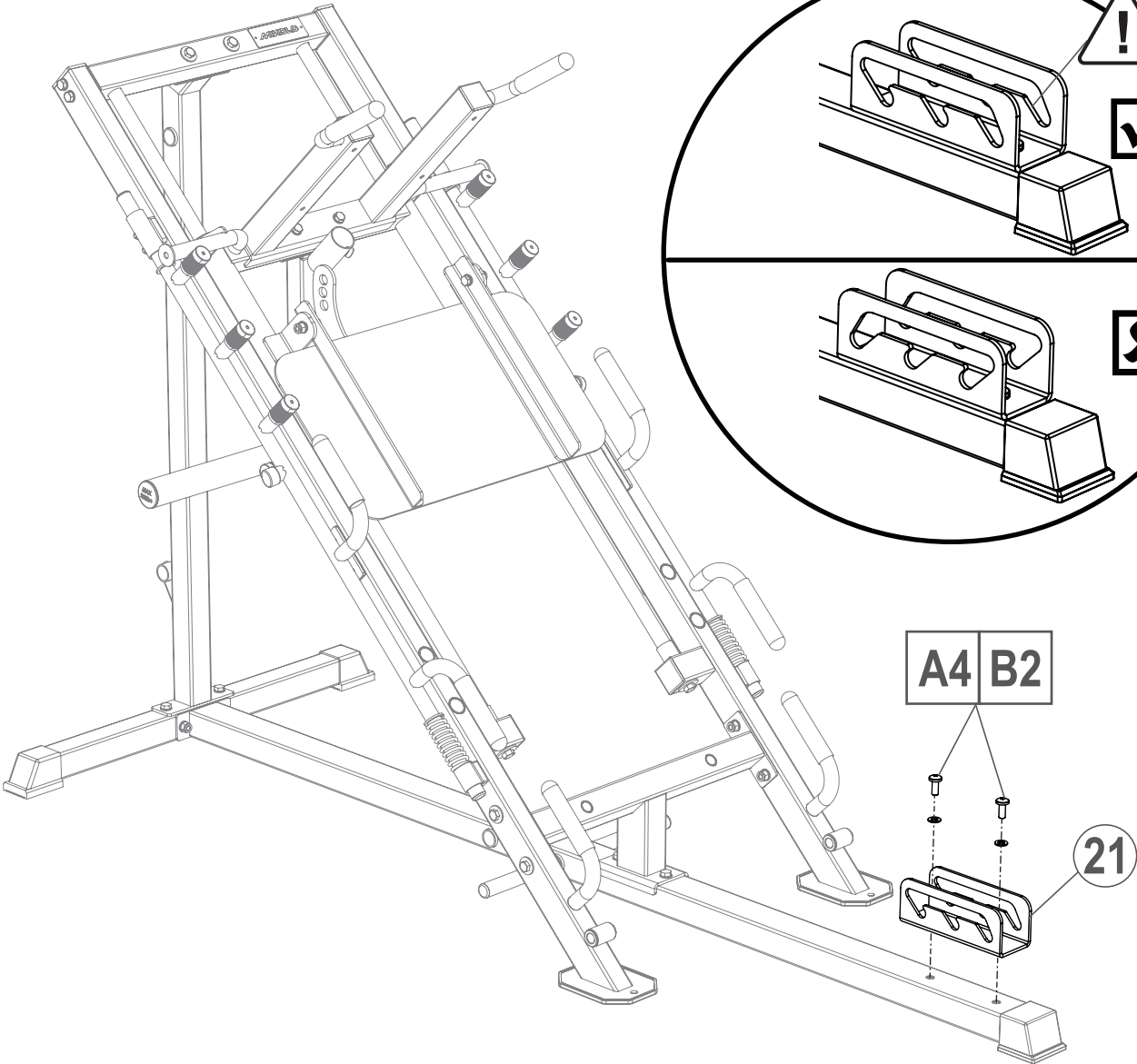
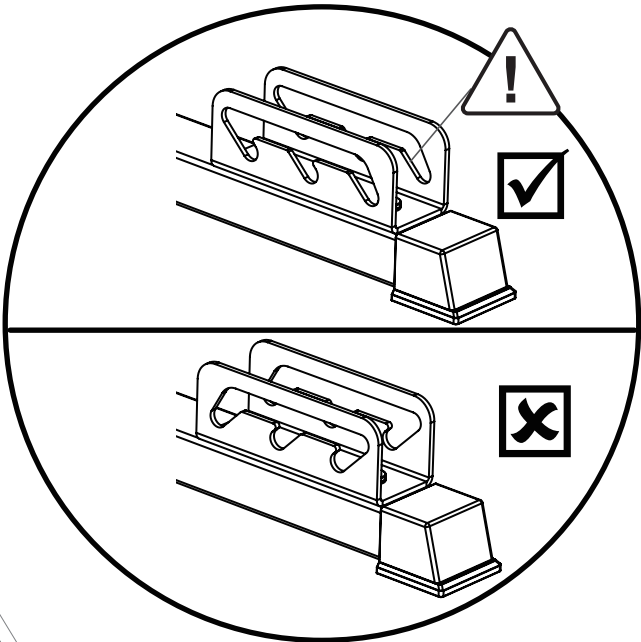
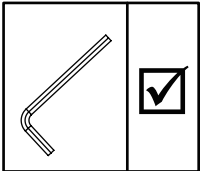


Round Head Bolt M10*25 - 2 pcs

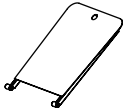
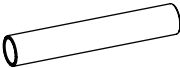
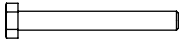
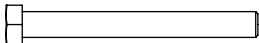
B2

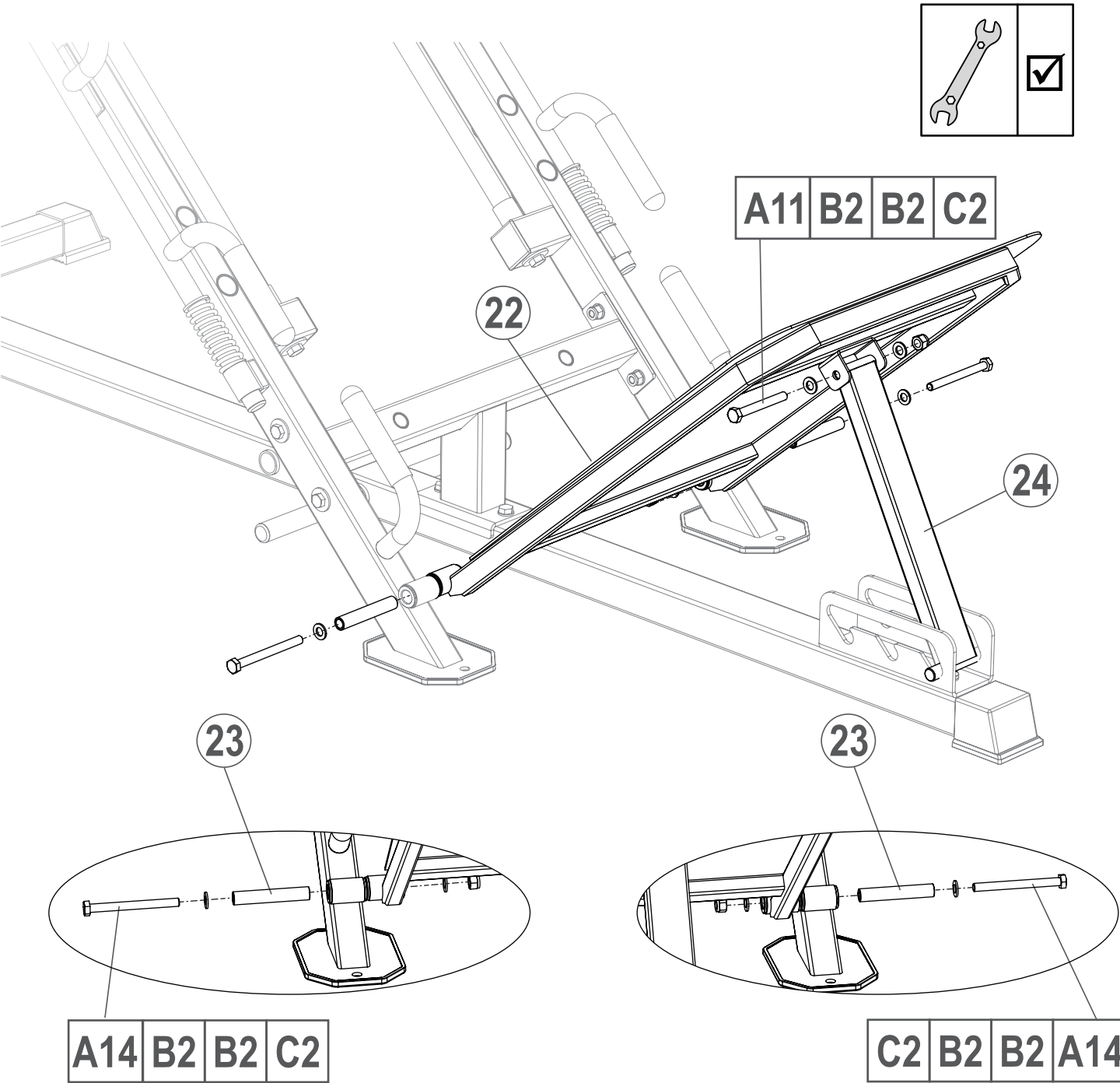


M10 Washer - 2 pcs



STEP 17

22  Hack Squat Pedal- 1 pc	23  Shaft - 2 pcs	A11  Bolt M10*85 - 1 pc	A14  Bolt M10*110 - 2 pcs
B2  M10 Washer - 6 pcs	C2  M10 Nut - 3 pcs	24  Pedal Adjuster- 1 pc	



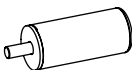
STEP 18

25

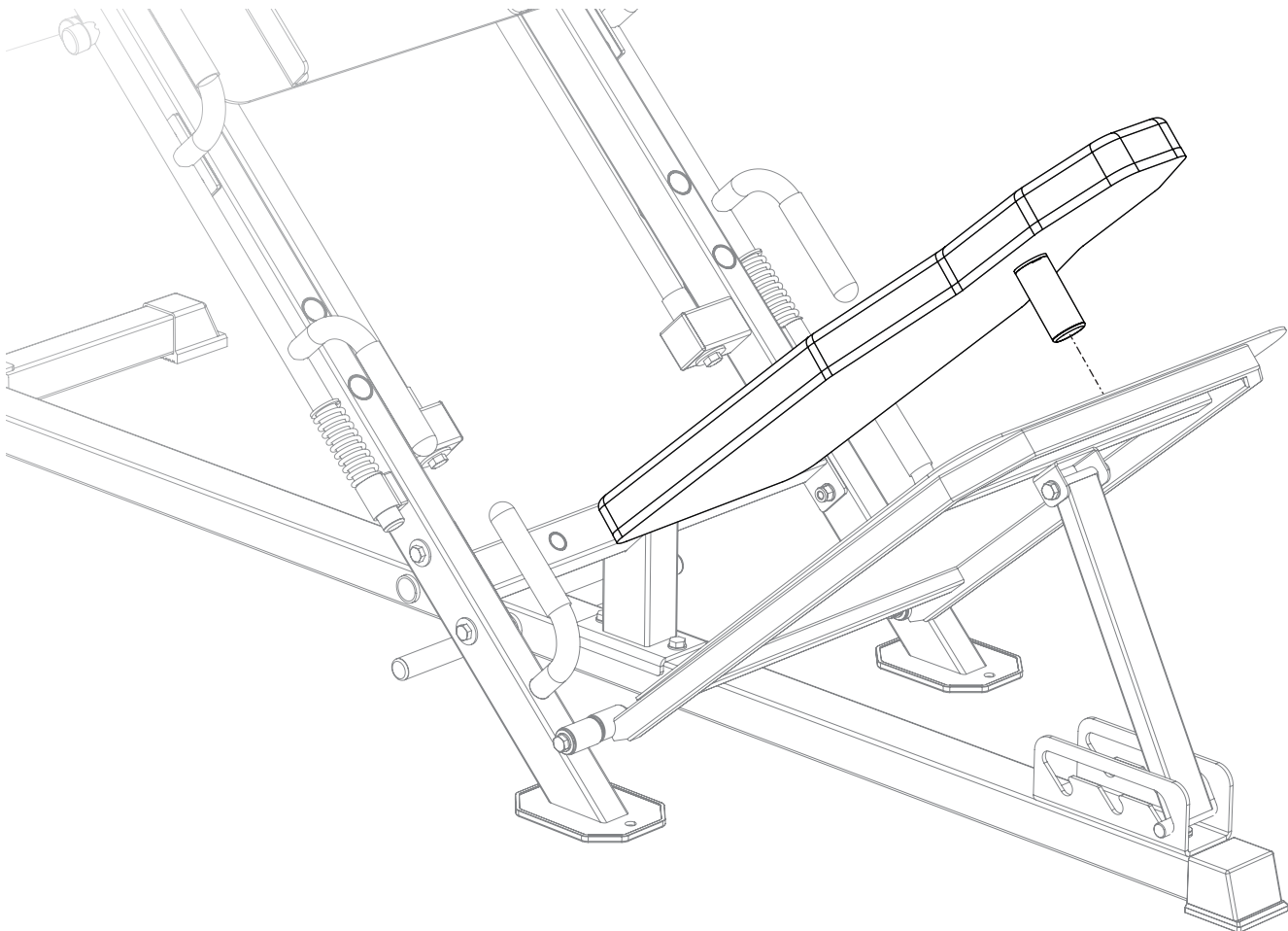
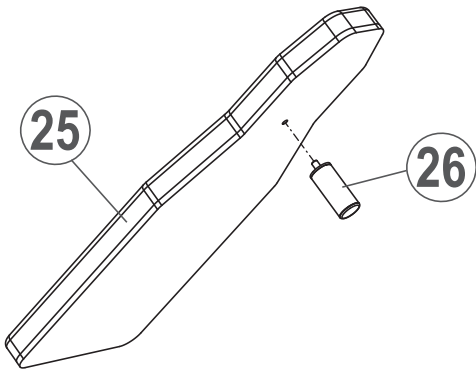


Back Cushion - 1 pc

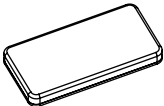
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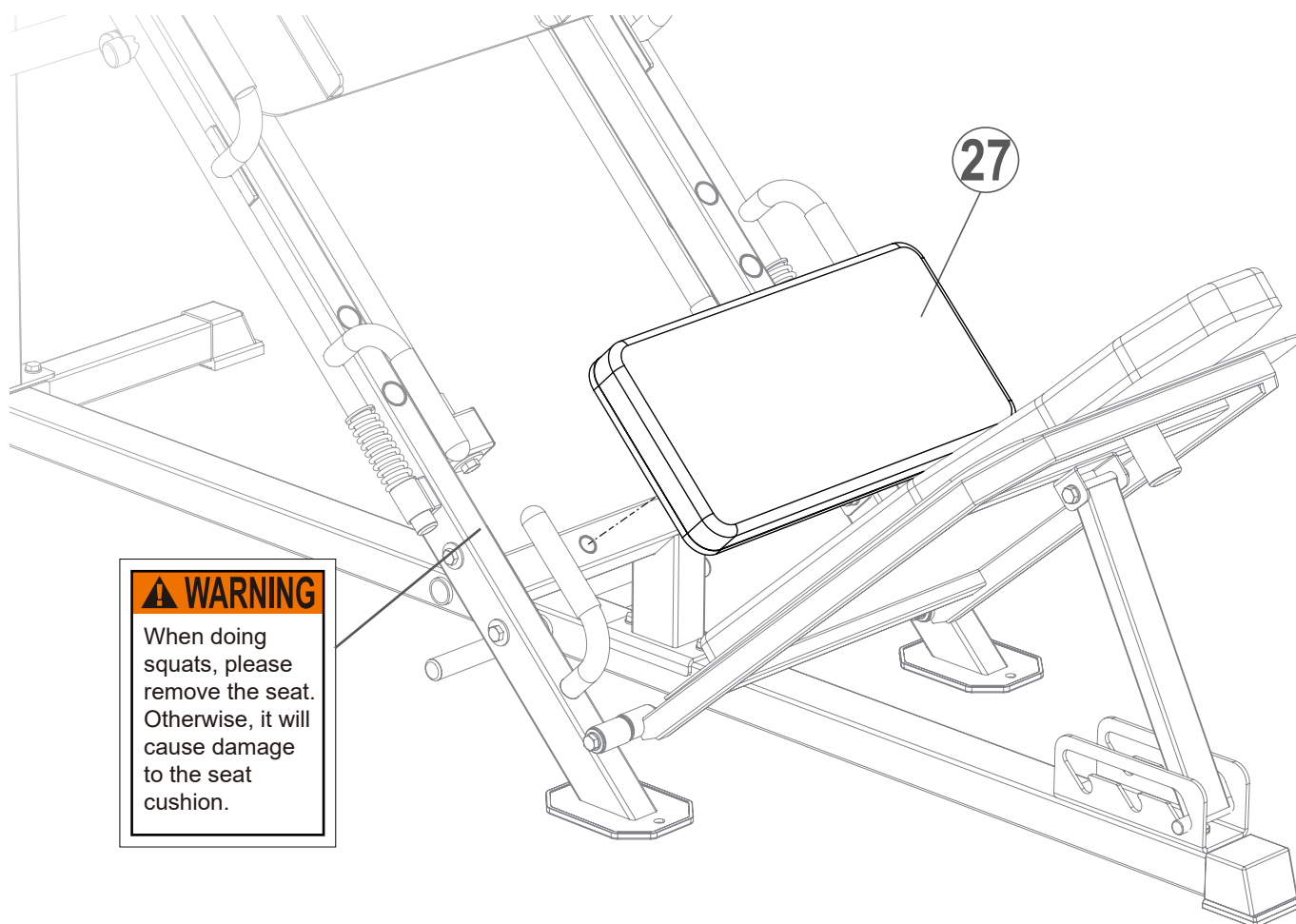
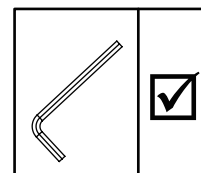
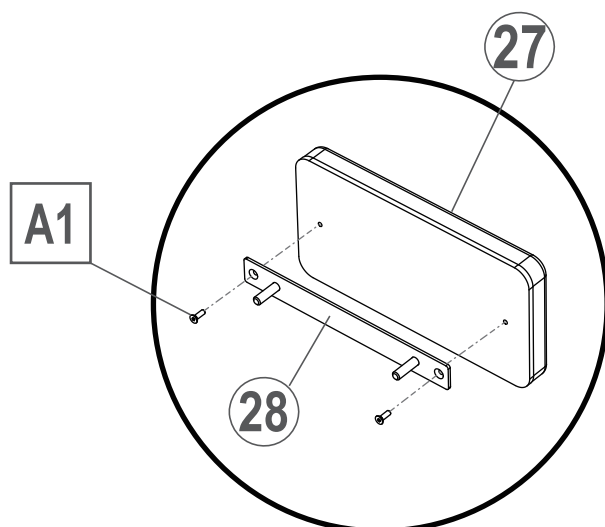


Cushion Fixed Tube - 1 pc



STEP 19

27  Seat Cushion - 1 pc	28  Seat Cushion Supporting Frame - 1 pc	A1  Bolt M8*25 - 2 pcs	
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⚠ WARNING

When doing squats, please remove the seat. Otherwise, it will cause damage to the seat cushion.

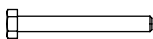
STEP 20

29



Shoulder Cushion - 2 pcs

A3

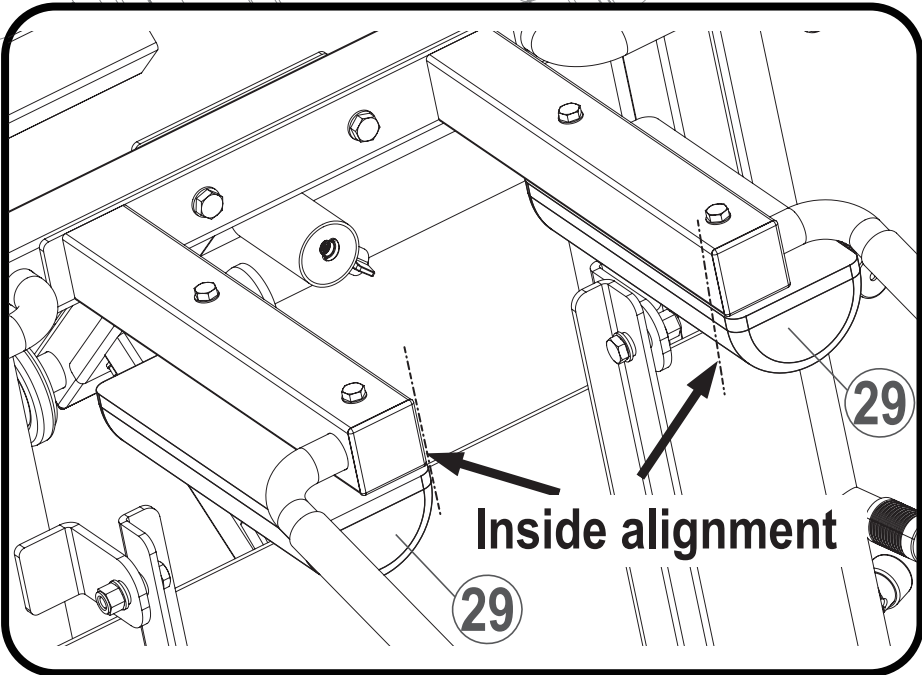
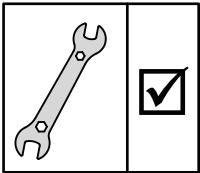
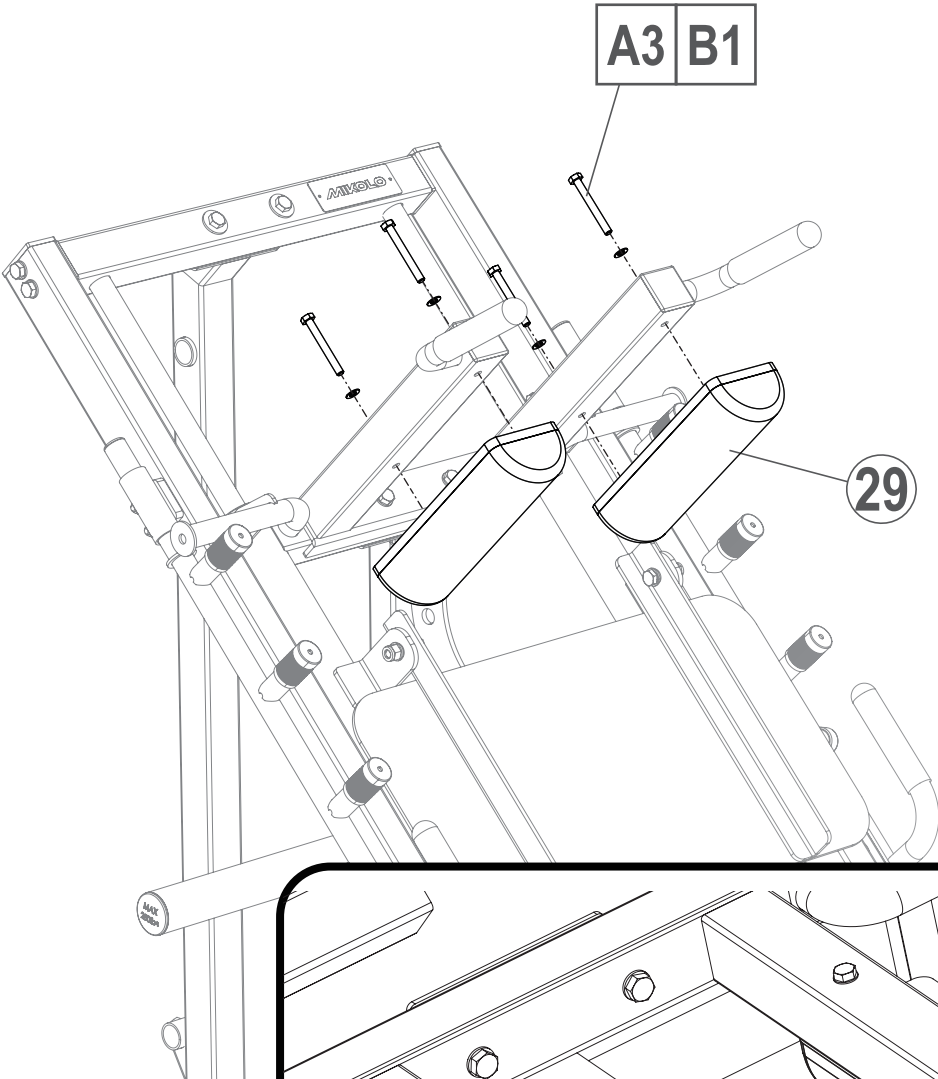


Bolt M8*70 - 4 pcs

B1

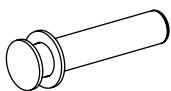


M8 Washer - 4 pcs

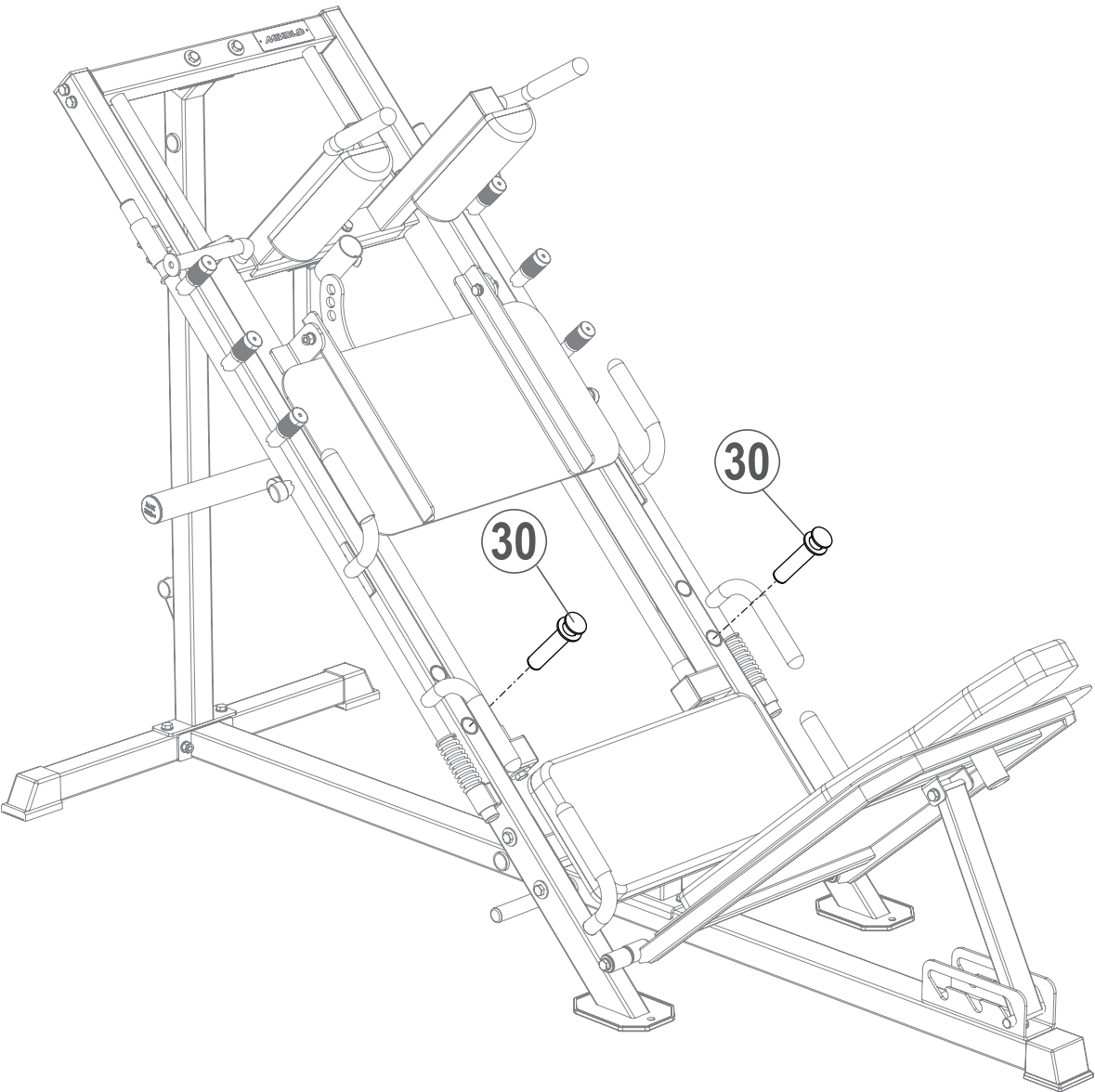


STEP 21

30

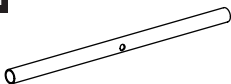


Locator - 2 pcs



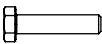
STEP 22

31

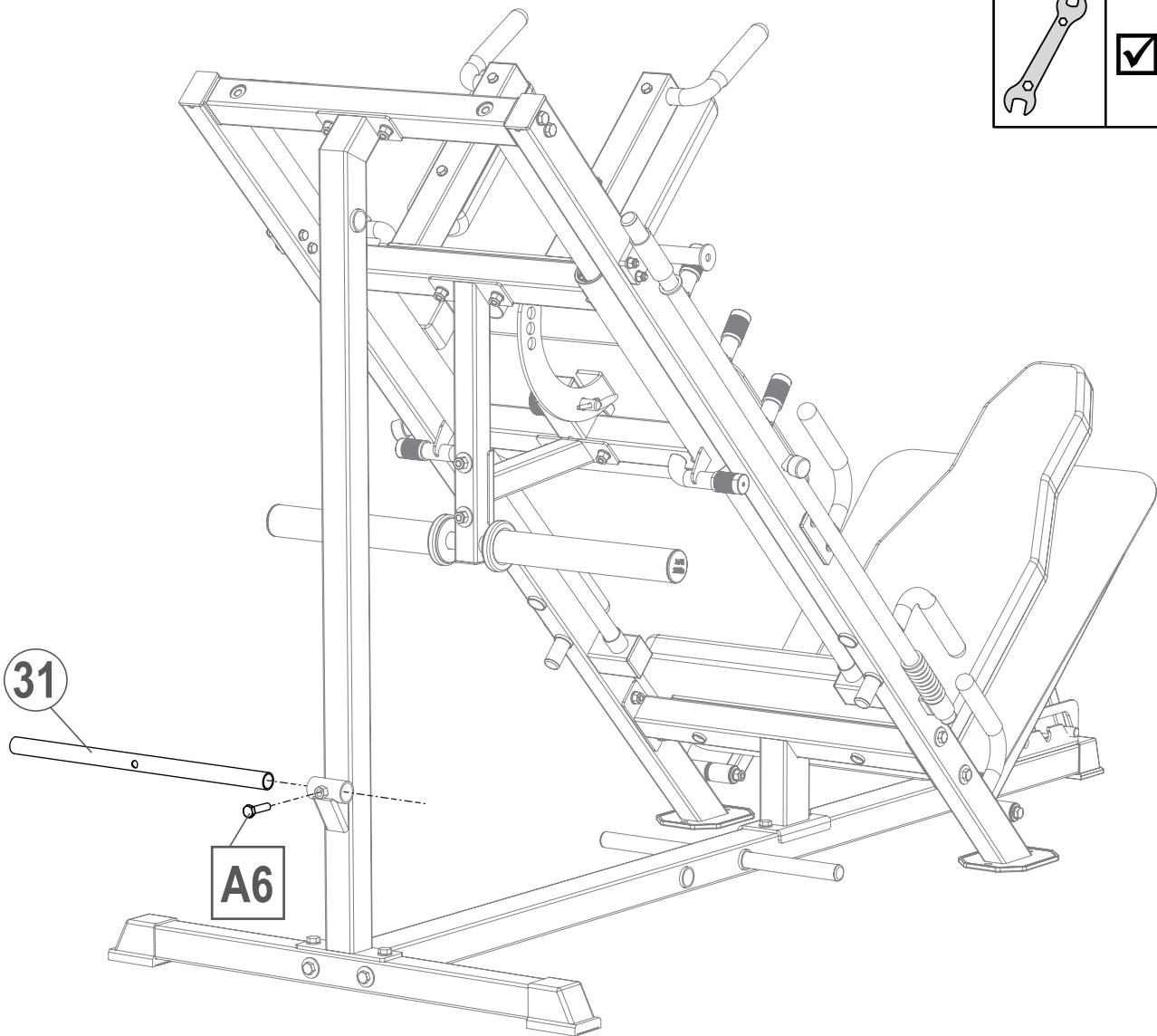
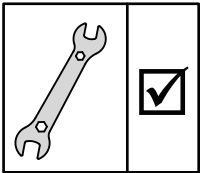


Weight Storage Pin - 1 pc

A6

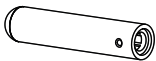


Bolt M10*40 - 1 pc



STEP 23

32



Olympic Adapter - 2 pcs

33

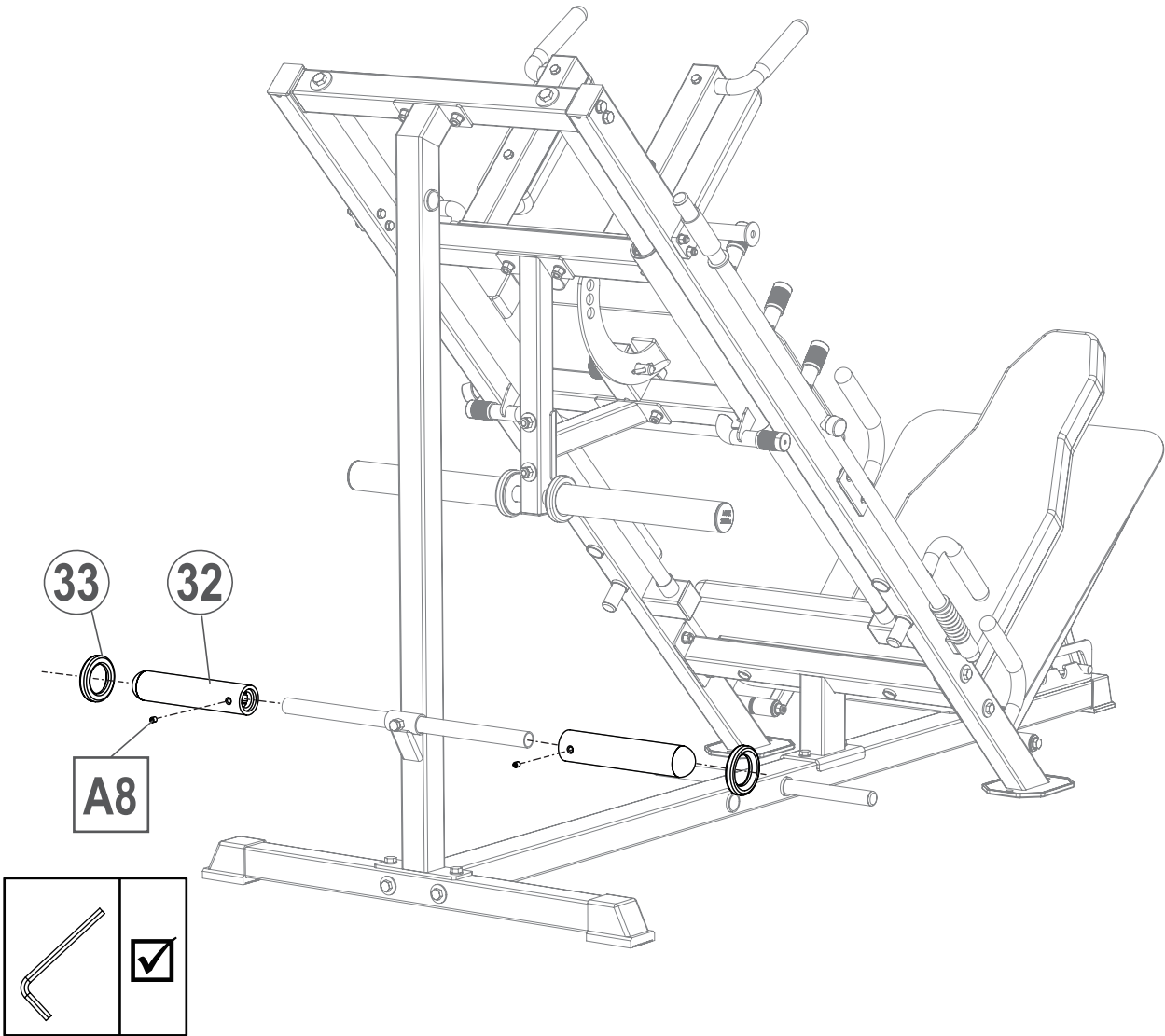


Buffer Ring - 2 pcs

A8



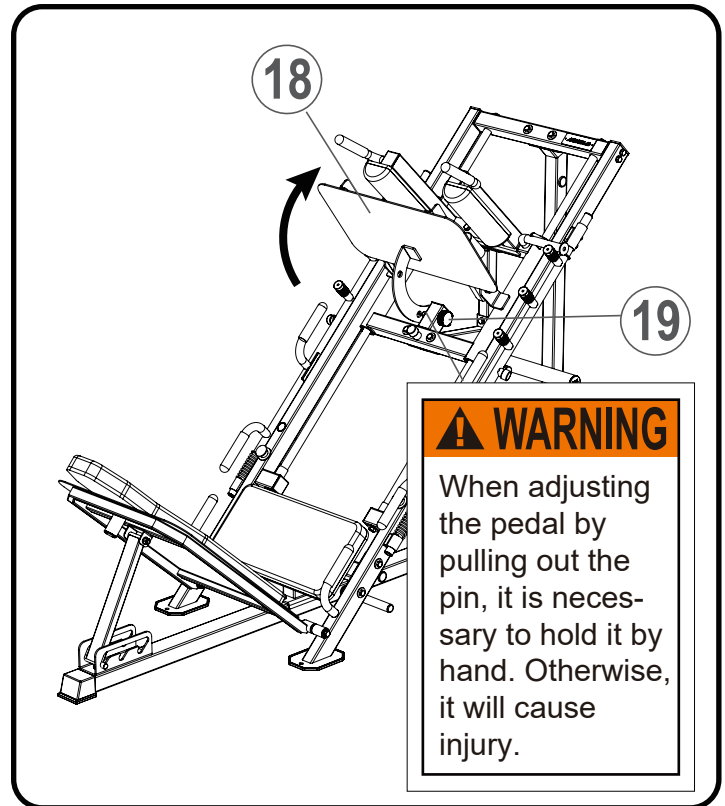
Bolt M8*10 - 2 pcs



Adjustment Instructions

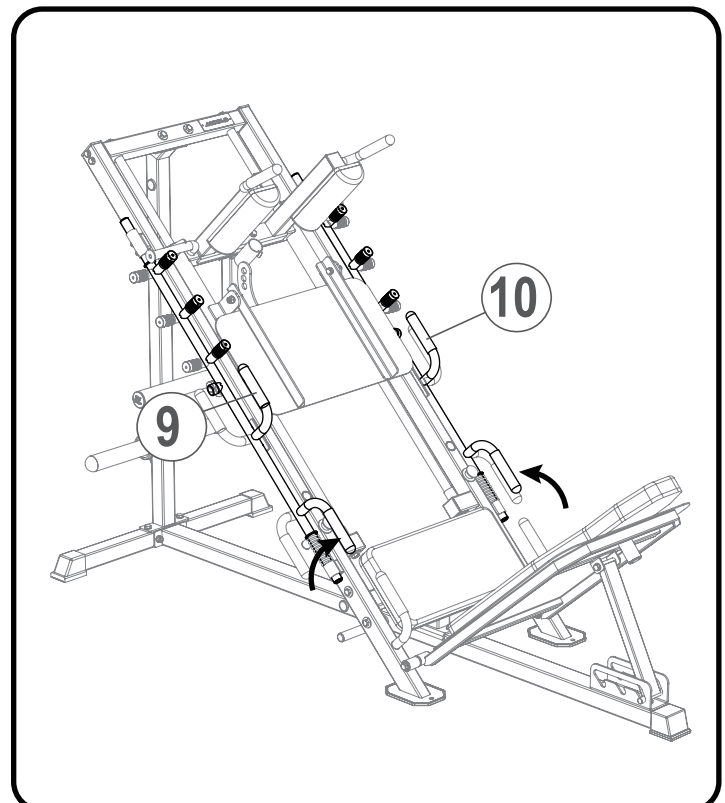
LEG PRESS

To do the leg press, pull out the Magnetic Hitch Pin (19), rotate the leg press pedal (18) up to the desired position, then secure with Magnetic Hitch Pin (19) and Pin (20).



• Stop

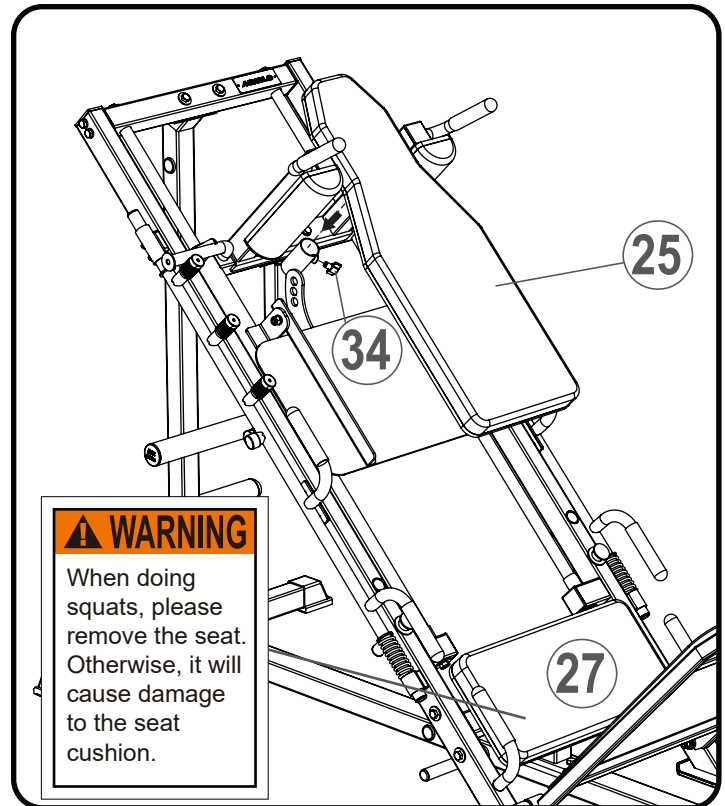
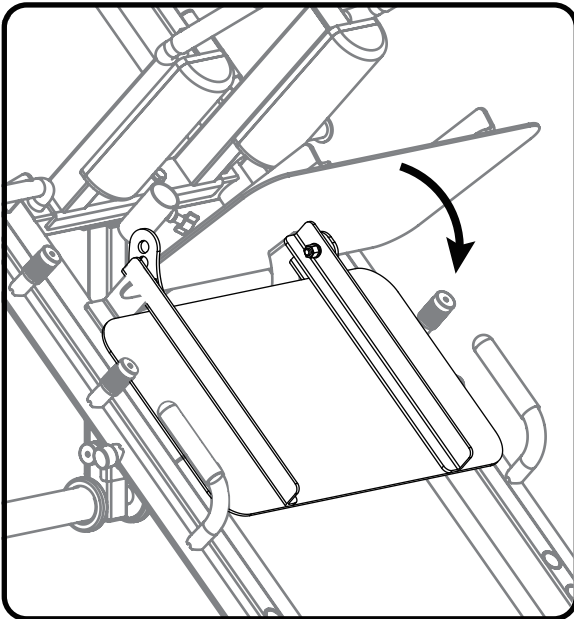
Rotate the Stopper Handle Left (9) and Stopper Handle Right (10) to stop exercising.



Adjustment Instructions

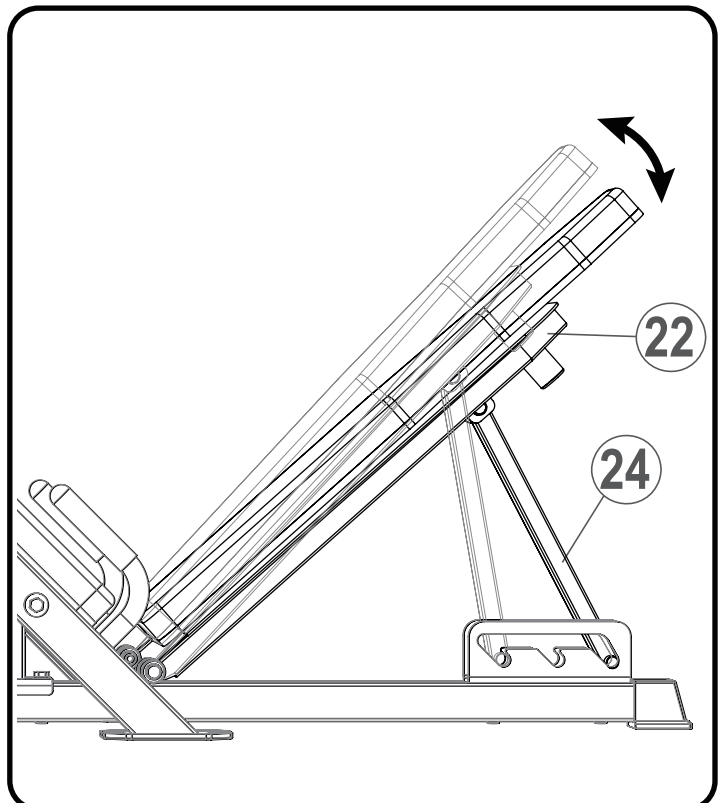
HACK SQUAT

To do the squat, put the pedal down, and place the Back Cushion (25) in the position as shown, then secure with the T-bolt (34). Remove the seat cushion (27).



• Adjust the Hack Squat Pedal

Place the Pedal Adjuster (24) at different positions to adjust the pedal (22) angle.



FORMAT OF AFTER-SALE EMAIL

The screenshot shows an email draft interface. At the top, a status bar says "Draft saved" with icons for undo, redo, and close. Below this is a "Recipients" field. The "To" field contains "Amazon-1234567890-Package Lost" and the "Subject" field contains "SUBJECT EXAMPLE". Below the subject is a large text area with the placeholder "Describe your issue here". Below the text area is a message: "Welcome to attach the pictures to help us get more understands with your issue". At the bottom is 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 "Attach" icon (a paperclip) in the toolbar, and a red arrow points from the text "Welcome to attach the pictures..." to the "Attach" 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

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