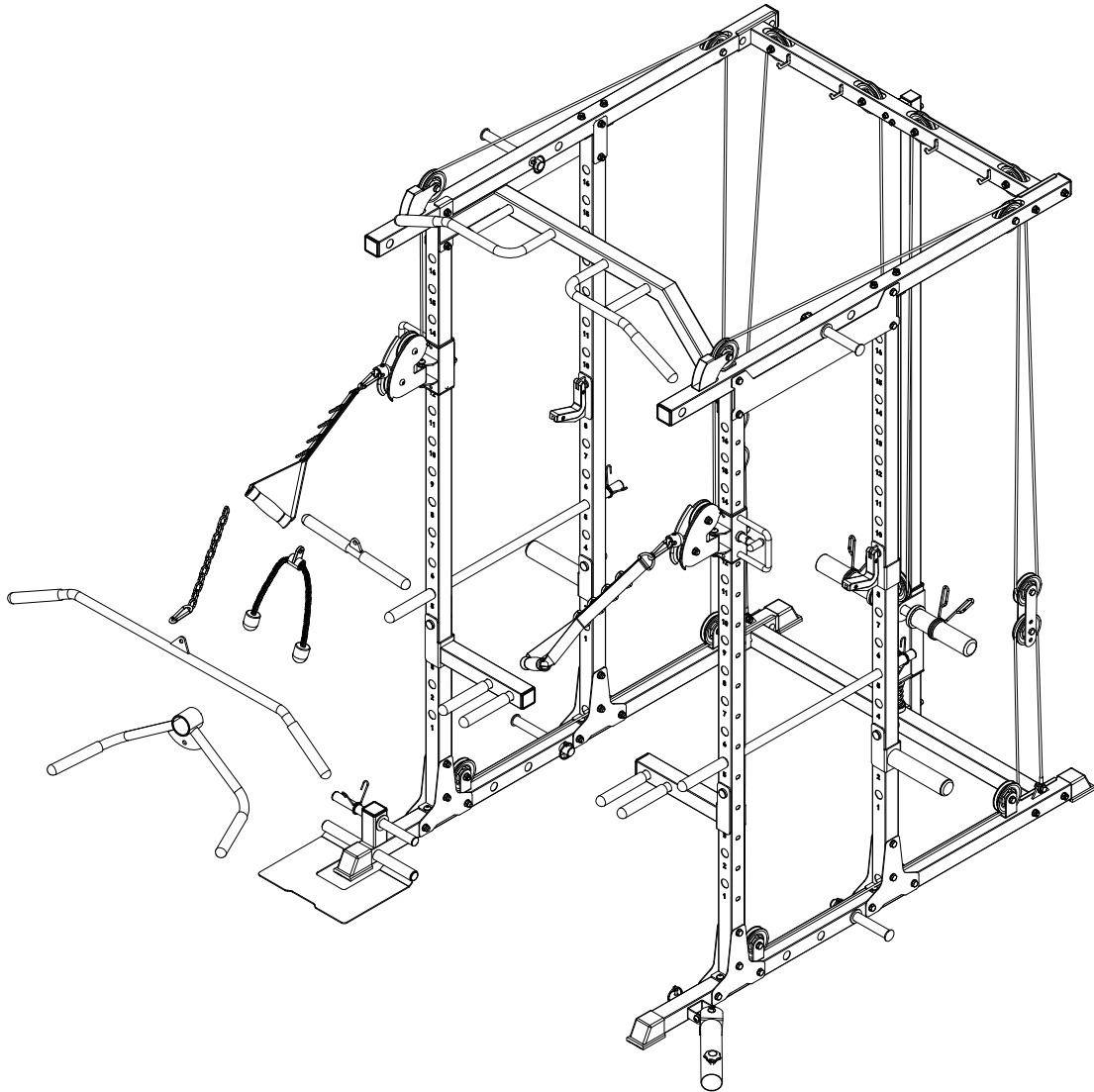


MIKOLO

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



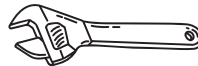
If you are missing any parts, or otherwise have any warranty issues, please contact us first.
after-sale@gym-mikolo.com

Shortcut: A Lot of People Doing That Way

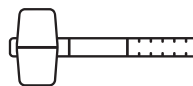
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

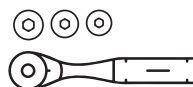
- Adjustable wrenches



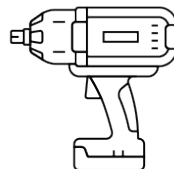
- Rubber hammers



- Socket set



- Electric Wrench



WARNING



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

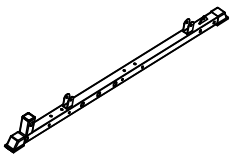
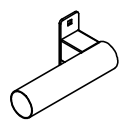
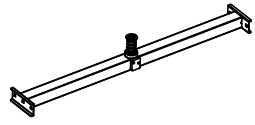
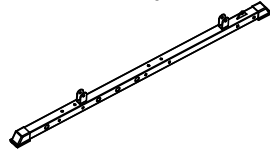
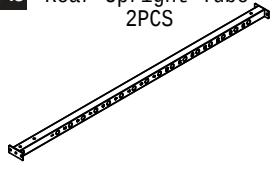
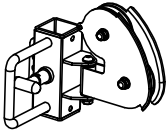
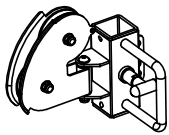
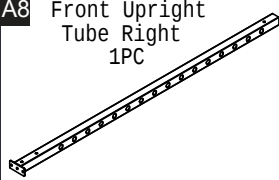
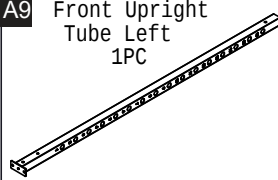
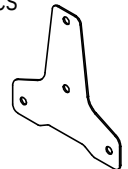
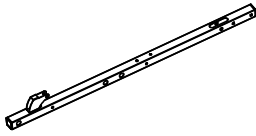
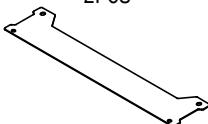
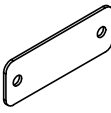
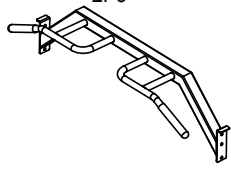
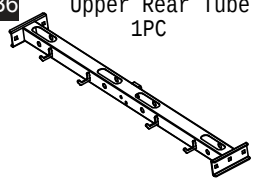
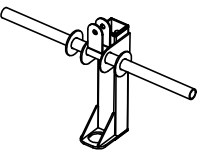
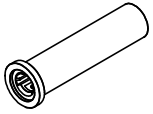
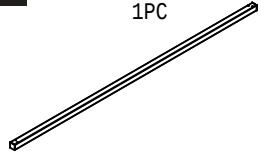
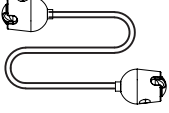
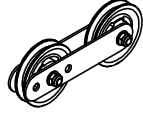
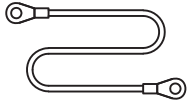
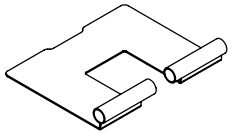
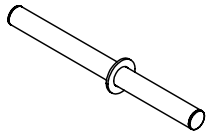
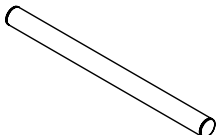
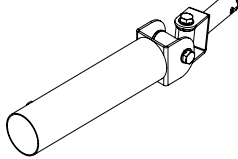
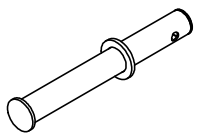
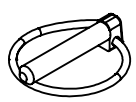
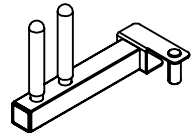
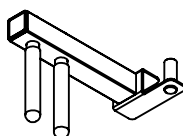
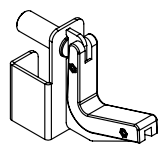
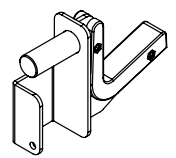
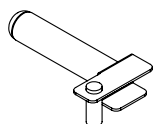
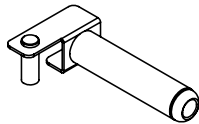
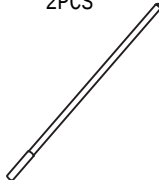
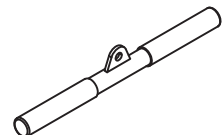
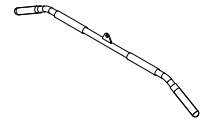


Sharp objects may be involved. Use precaution and protection.

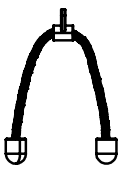
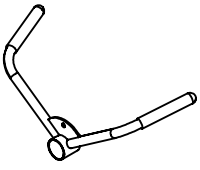
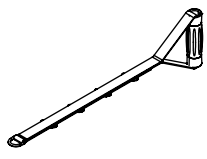
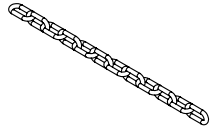
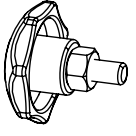
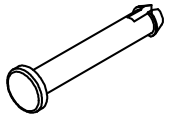


Heavy object. Use lifting aids and proper lifting techniques when moving

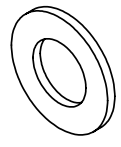
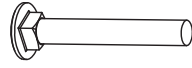
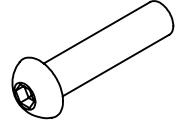
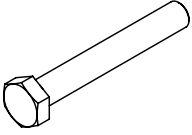
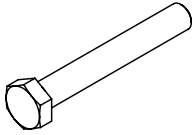
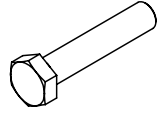
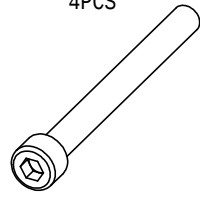
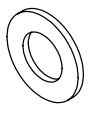
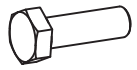
PARTS LIST

A1 Base Tube Right 1PC 	A2 Barbell Storage Rack 1PC 	A3 Base Cross Tube 1PC 	A4 Base Tube Left 1PC 	A5 Rear Upright Tube 2PCS 
A6 Pulley Sliding Sleeve Left 1PC 	A7 Pulley Sliding Sleeve Right 1PC 	A8 Front Upright Tube Right 1PC 	A9 Front Upright Tube Left 1PC 	B1 Triangular Fixing 8PCS 
B2 Upper side tube 2PCS 	B3 Decorative Plate Left 2PCS 	B4 Reinforcement Plate 2PCS 	B5 Pull-UP Frame 1PC 	B6 Upper Rear Tube 1PC 
B7 Weight Holder 1PC 	B8 Storage Sleeve 2PCS 	B9 Pulley 13PCS 	C1 48 spring clip 2PCS 	C2 Guide Tube 1PC 
C3 Bushing 12PCS 	C4 Cable A (12610mm) 1PC 	C5 Moving Pulley 2PCS 	C6 Cable B (3920mm) 2PCS 	C7 Foot Pedal 1PC 
C8 Foot Pedal Support Column 1PC 	C9 Foot Pedal Connecting Column 1PC 	D1 25 Spring Clip 3PCS 	D2 Landmine 1PC 	D3 Band Peg 4PCS 
D4 Ring pin 5PCS 	D5 Dip Bar Left 1PC 	D6 Dip Bar Right 1PC 	D7 J Hook Right 1PC 	D8 J Hook Left 1PC 
D9 Plate Storage Pin Left 1PC 	E1 Plate Storage Pin Right 1PC 	E2 Safety Bar 2PCS 	E3 Cable Bar 1PC 	E4 Lat Pull Down Bar 1PC 

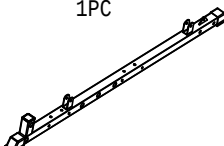
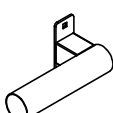
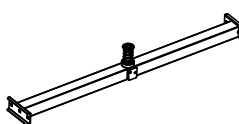
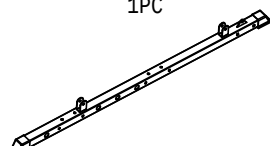
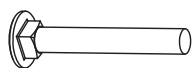
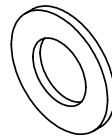
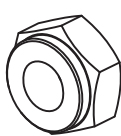
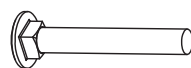
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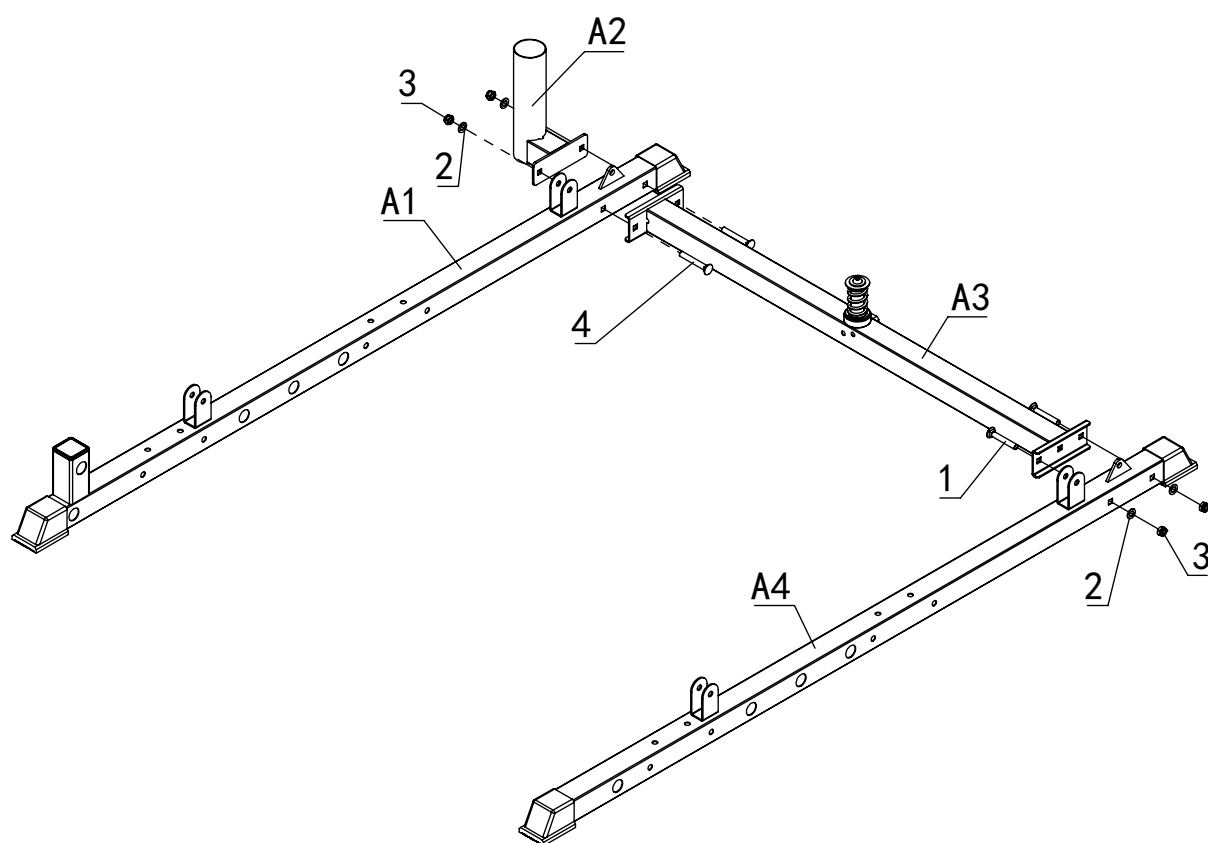
E5 Tricep Rope 1PC 	E6 T-Bar 1PC 	E7 Cable Handle 2PCS 	E8 Hook 4PCS 	E9 Chain 1PC 
F1 Chain 1PC 	F2 Stop pin 2PCS 			

HARDWARE LIST

1 Bolt (M10*65) 6PCS 	2 Washer (M10) 94PCS 	3 Lucknut (M10) 53PCS 	4 Bolt (M10*70) 2PCS 	5 Bolt (M10*60) 8PCS 
6 Bolt (M10*70) 24PCS 	7 Bolt (M10*65) 10PCS 	8 Bolt (M10*45) 7PCS 	9 Bolt (M8*115) 4PCS 	10 Washer (M8) 8PCS 
11 Lucknut (M8) 4PCS 	12 Bolt (M10*25) 4PCS 			

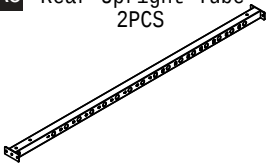
STEP: 1

A1 Base Tube Right 1PC 	A2 Barbell Storage Rack 1PC 	A3 Base Cross Tube 1PC 	A4 Base Tube Left 1PC 	1 Bolt (M10*65) 2PCS 
2 Washer (M10) 4PCS 	3 Lucknut (M10) 4PCS 	4 Bolt (M10*70) 2PCS 		

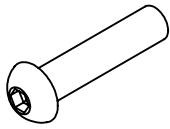


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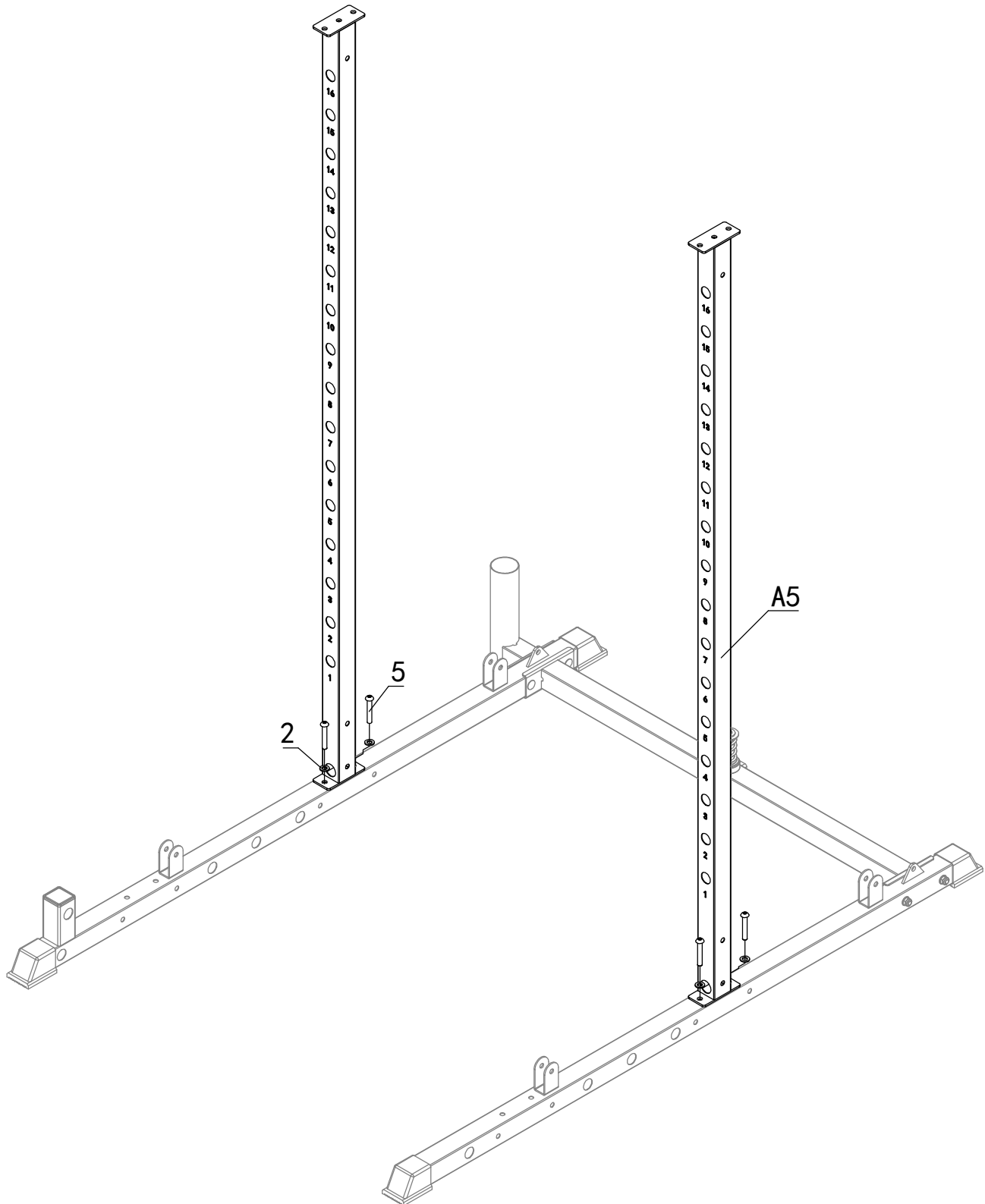
A5 Rear Upright Tube
2PCS



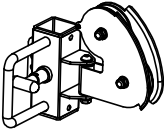
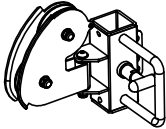
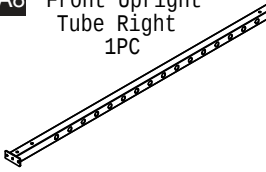
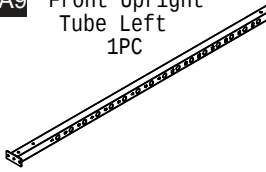
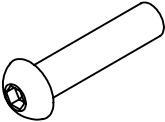
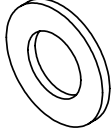
5 Bolt (M10*60)
4PCS

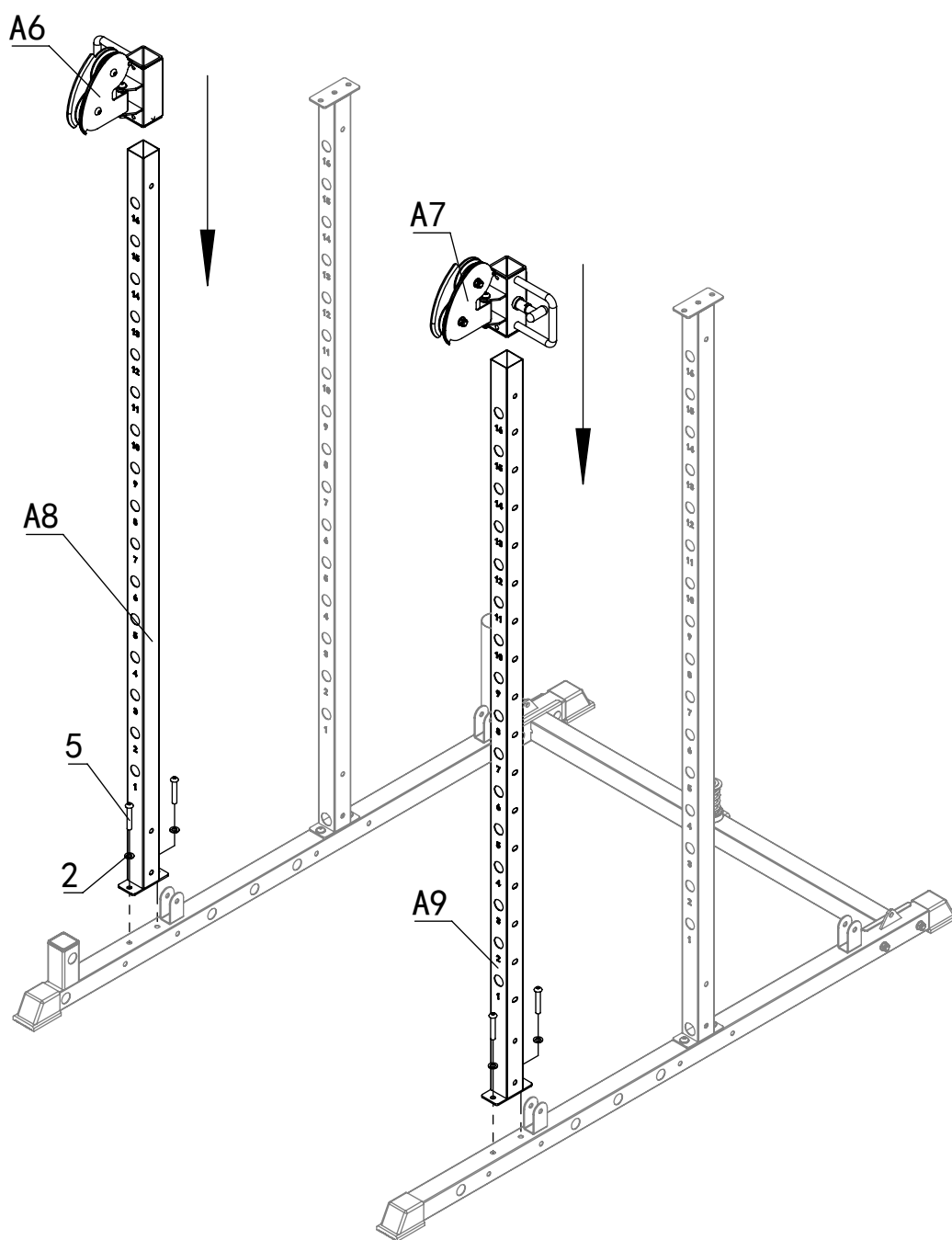


2 Washer (M10)
4PCS



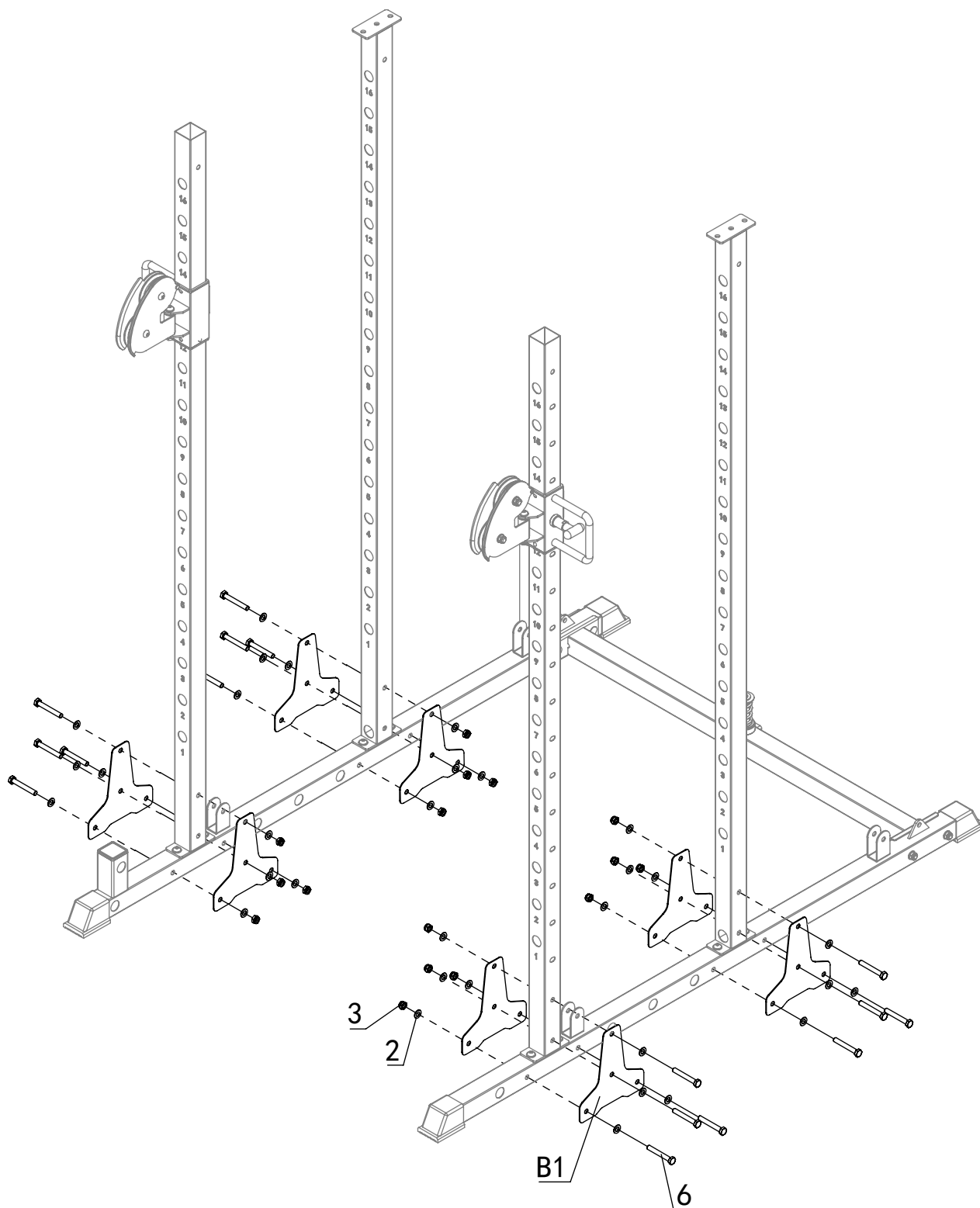
STEP: 3

A6 Pulley Sliding Sleeve Left 1PC 	A7 Pulley Sliding Sleeve Right 1PC 	A8 Front Upright Tube Right 1PC 	A9 Front Upright Tube Left 1PC 	5 Bolt (M10*60) 4PCS 
2 Washer (M10) 4PCS 				

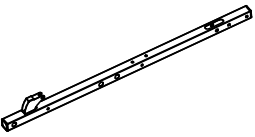
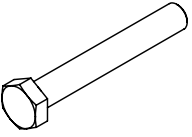
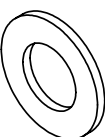
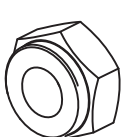


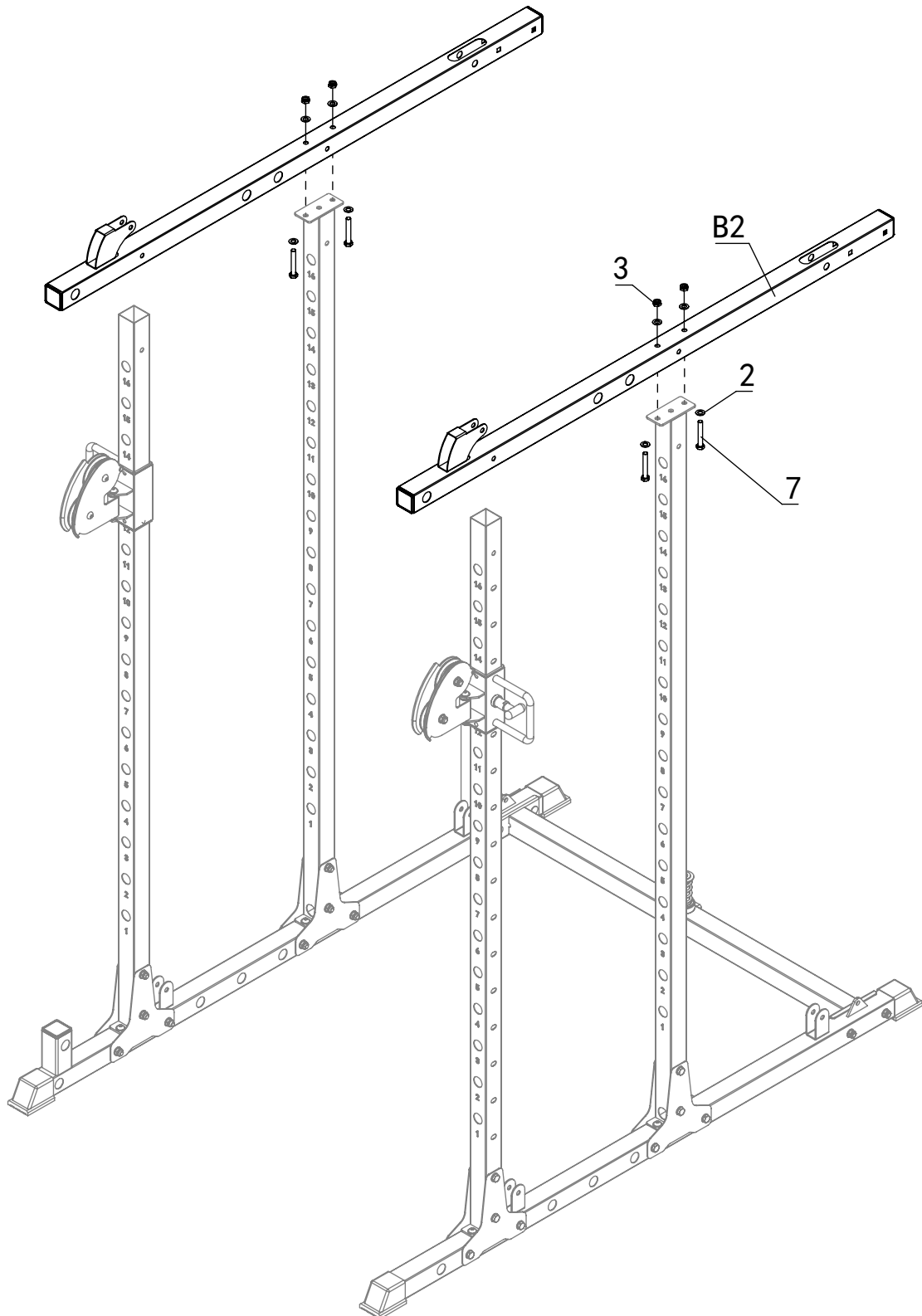
STEP: 4

B1 Triangular Fixing 8PCS	6 Bolt (M10*70) 16PCS	2 Washer (M10) 32PCS	3 Lucknut (M10) 16PCS
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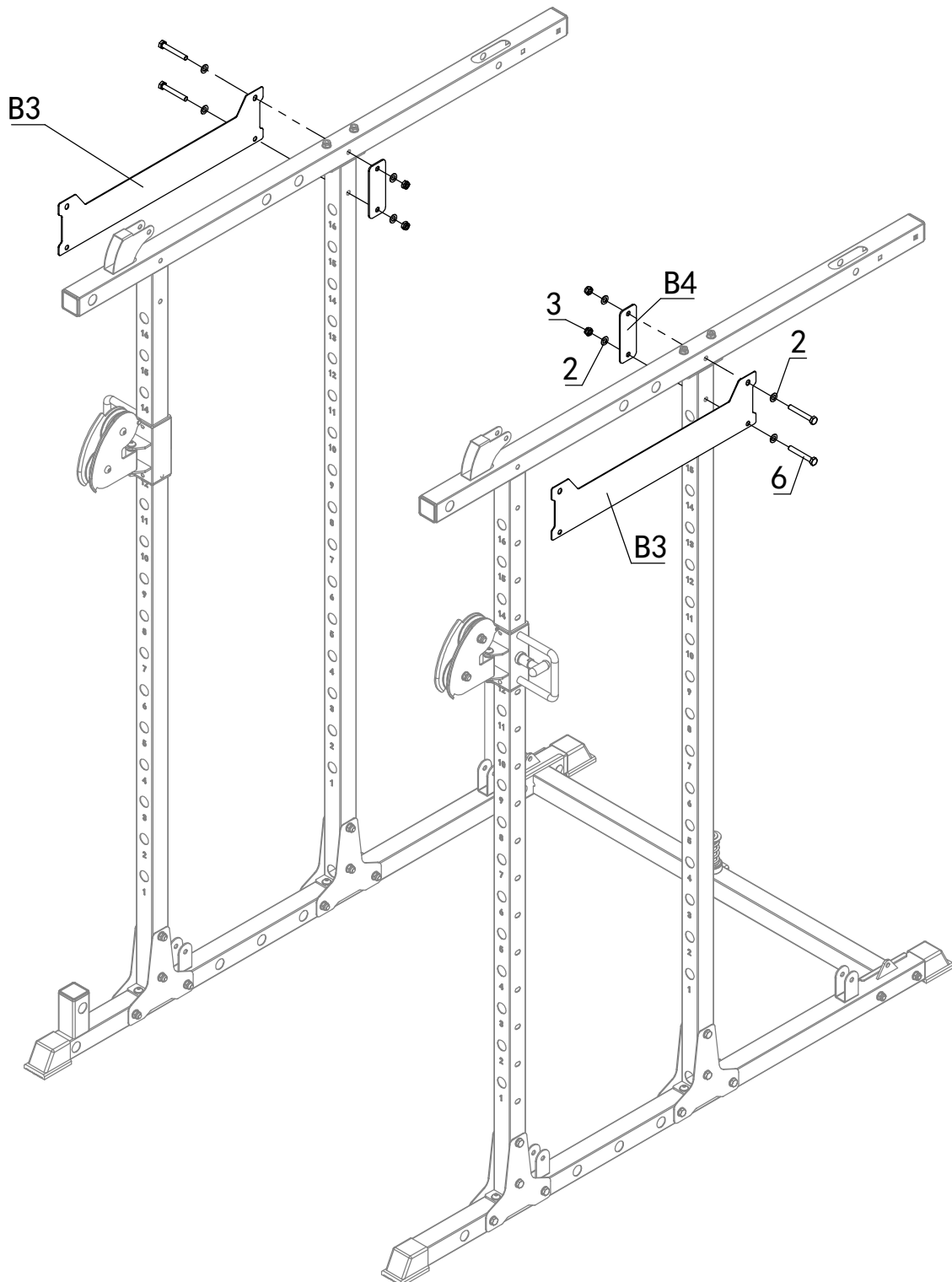
STEP:5

B2 Upper side tube 2PCS 	7 Bolt(M10*65) 4PCS 	2 Washer(M10) 8PCS 	3 Lucknut(M10) 4PCS 
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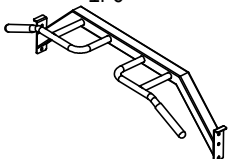
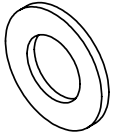
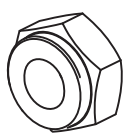
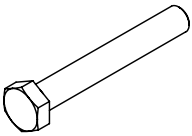


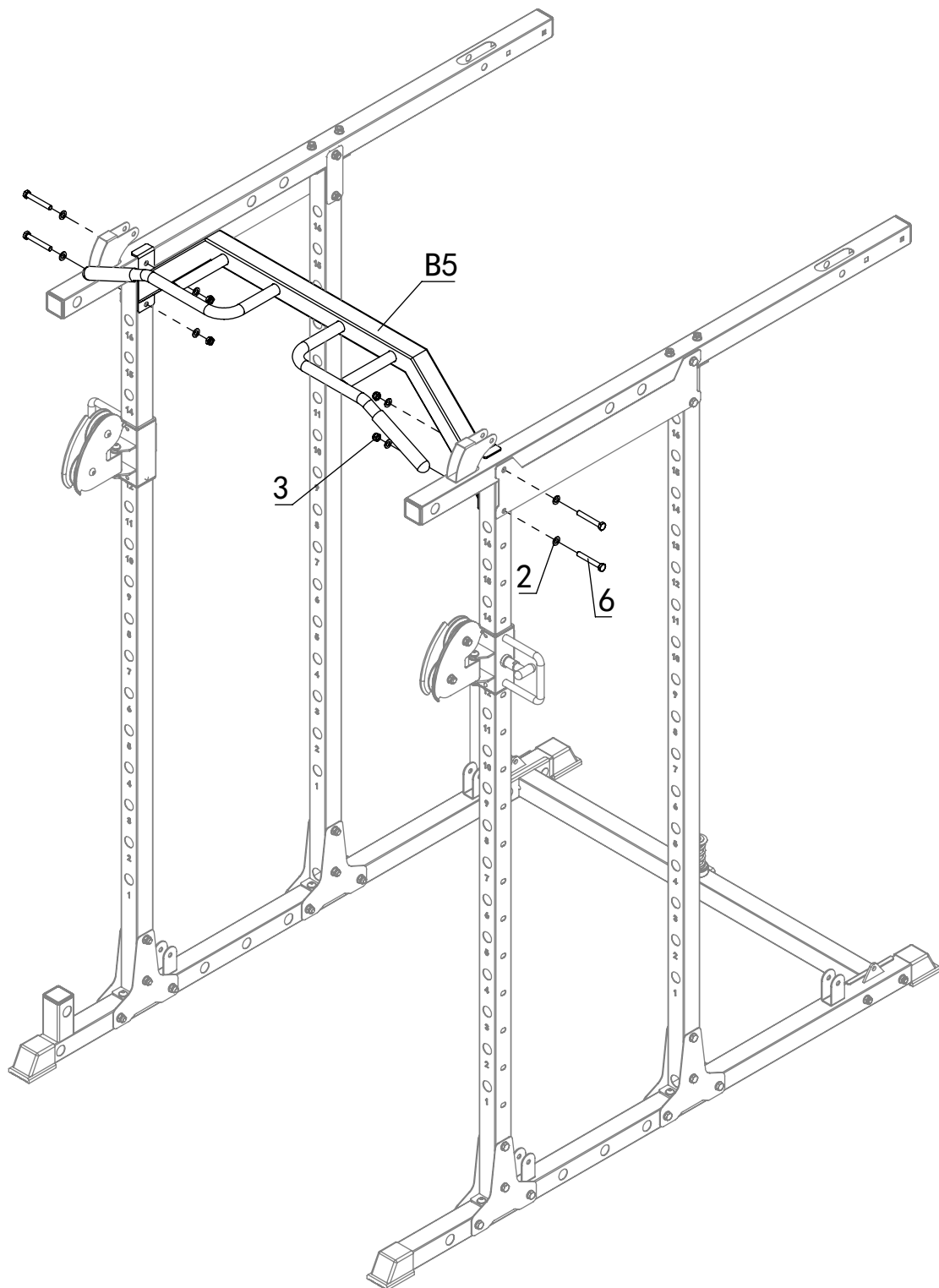
STEP: 6

B3 Decorative Plate Left 2PCS	B4 Reinforcement Plate 2PCS	2 Washer (M10) 8PCS	3 Locknut (M10) 4PCS	6 Bolt (M10*70) 4PCS
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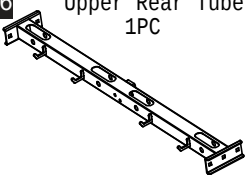
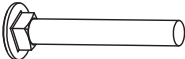
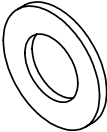
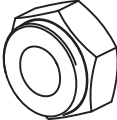


STEP: 7

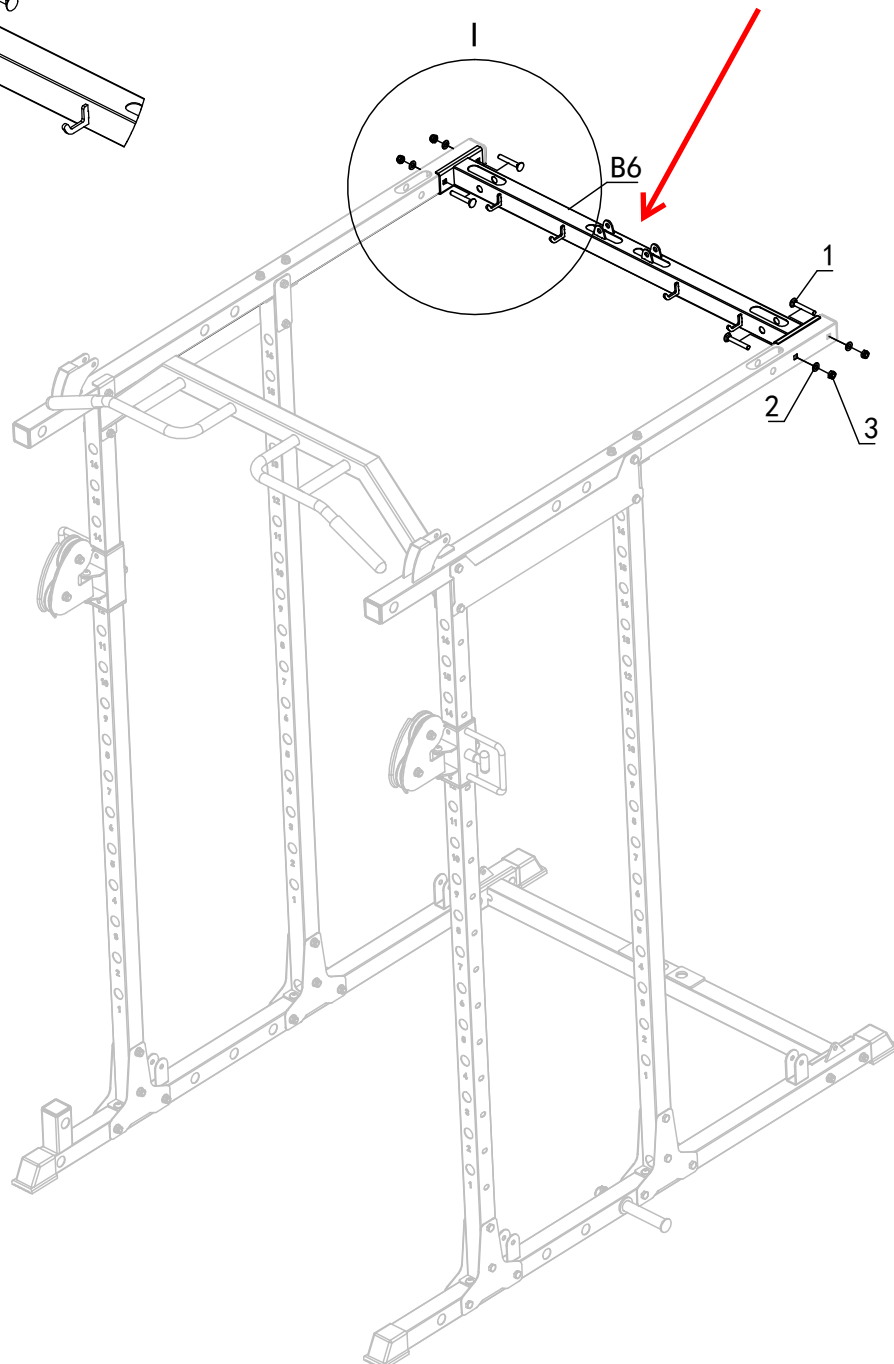
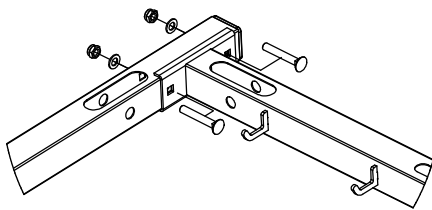
B5	Pull-UP Frame 1PC	2	Washer (M10) 8PCS	3	Locknut (M10) 4PCS	6	Bolt (M10*70) 4PCS
							



STEP : 8

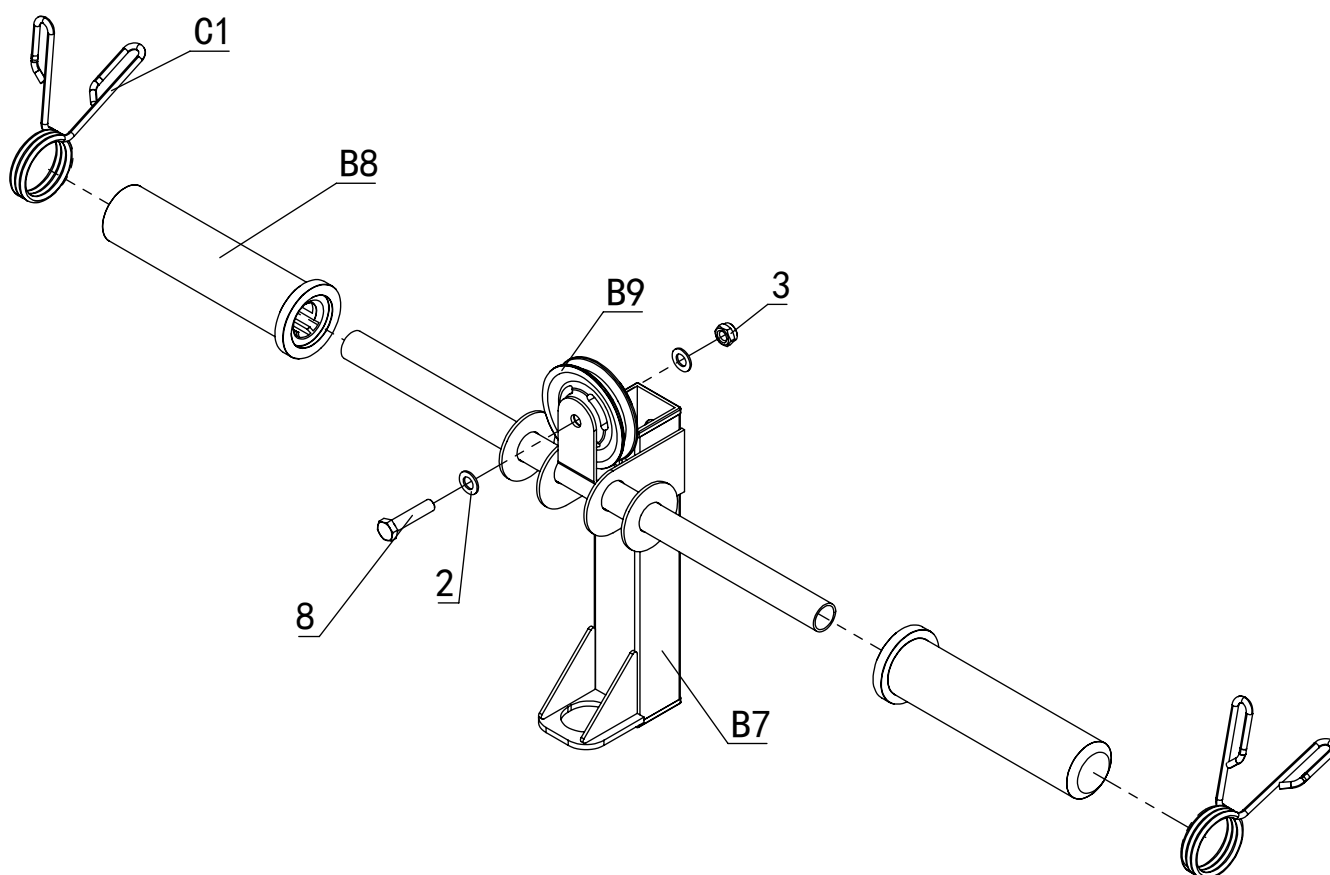
B6	Upper Rear Tube 1PC	1	Bolt (M10*65) 4PCS	2	Washer (M10) 4PCS	3	Locknut (M10) 4PCS
							

Caution: The hook must face toward the pull-up bar.



STEP: 9

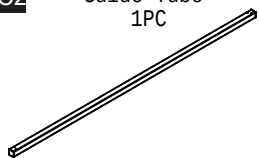
B7 Weight Holder 1PC	B8 Storage Sleeve 2PCS	B9 Pulley 1PC	C1 48 spring clip 2PCS	2 Washer (M10) 2PCS
3 Lucknut (M10) 1PCS	8 Bolt (M10*45) 1PC			



STEP: 10

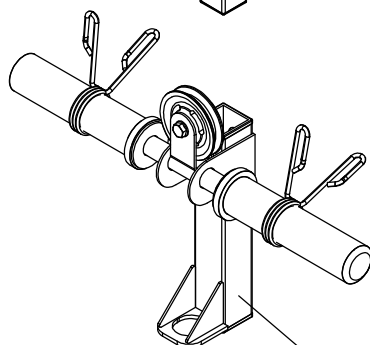
C2

Guide Tube
1PC



Attention to direction

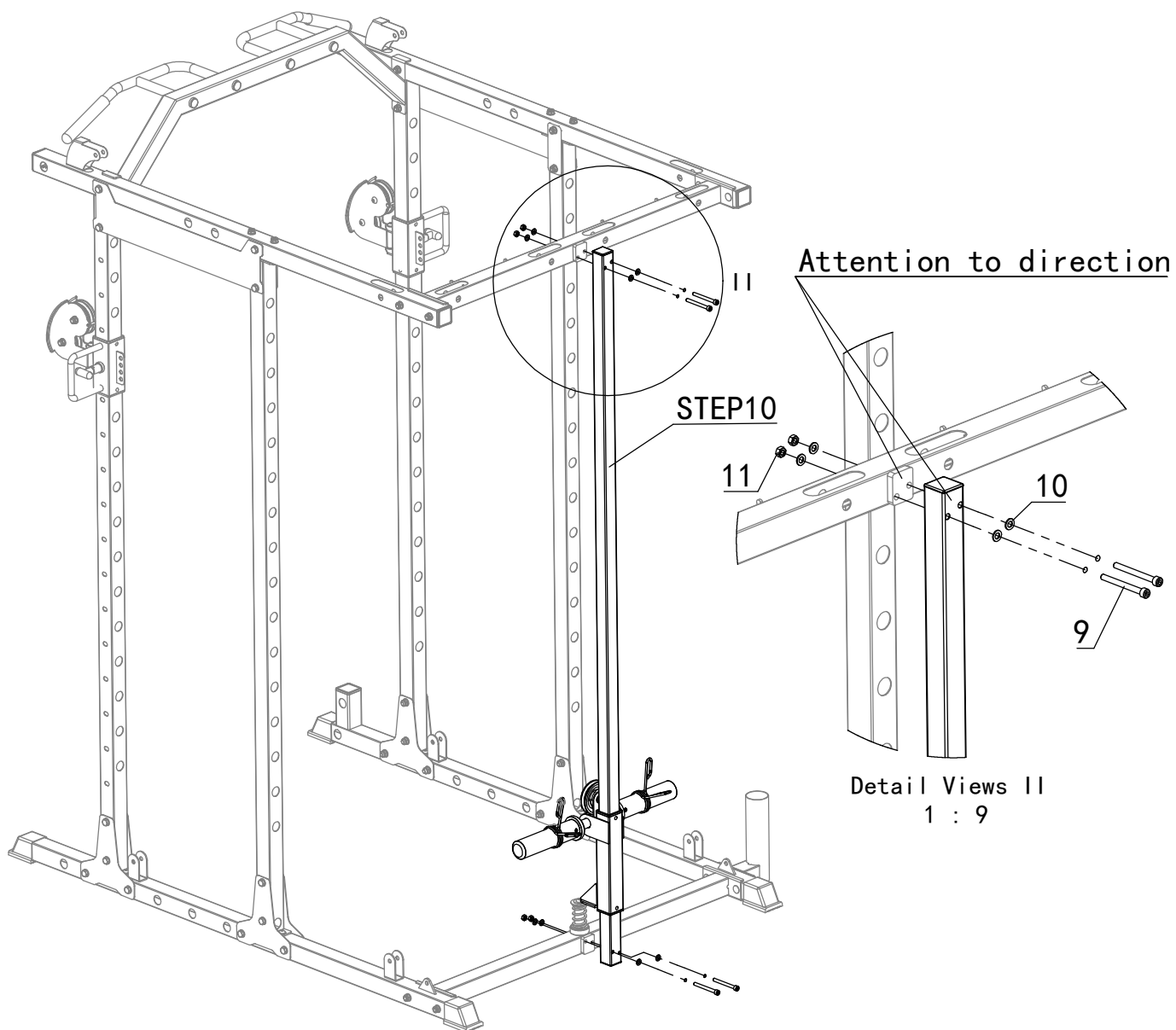
C2



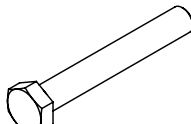
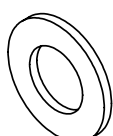
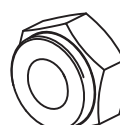
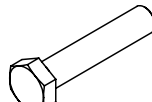
STEP 9

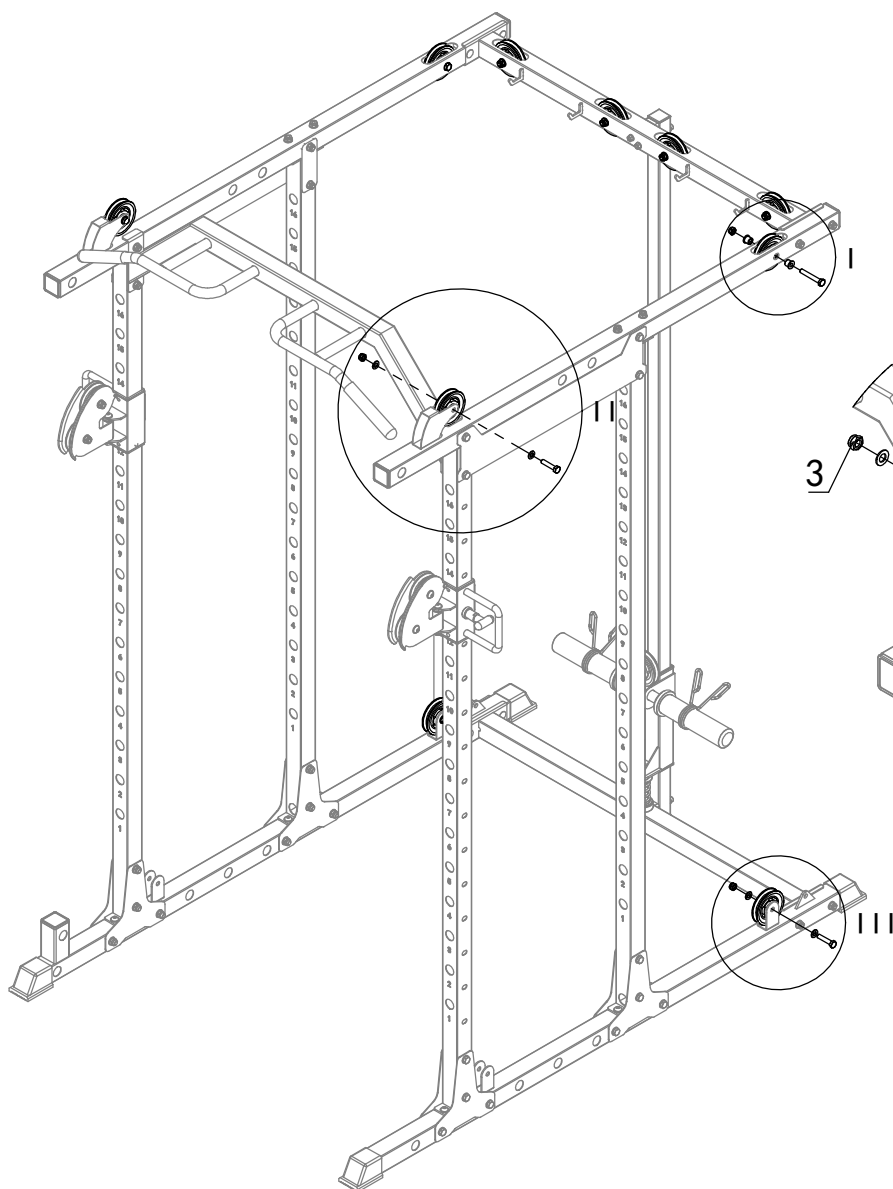
STEP: 11

9	Bolt (M8*115) 4PCS	10	Washer (M8) 8PCS	11	Locknut (M8) 4PCS
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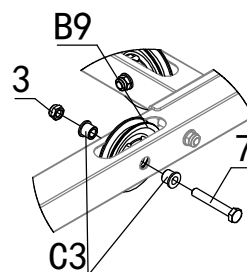


STEP:12

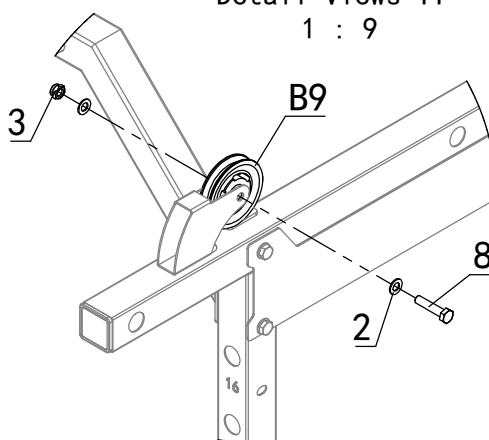
B9 Pulley 10PCS 	C3 Bushing 12PCS 	7 Bolt (M10*65) 6PCS 	2 Washer (M10) 8PCS 	3 Lucknut (M10) 10PCS 
8 Bolt (M10*45) 4PCS 				



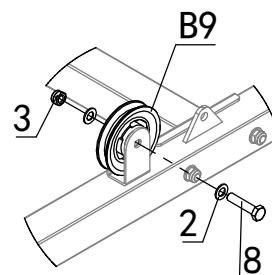
Detail Views I
1 : 9



Detail Views II
1 : 9

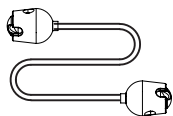


Detail Views III
1 : 9

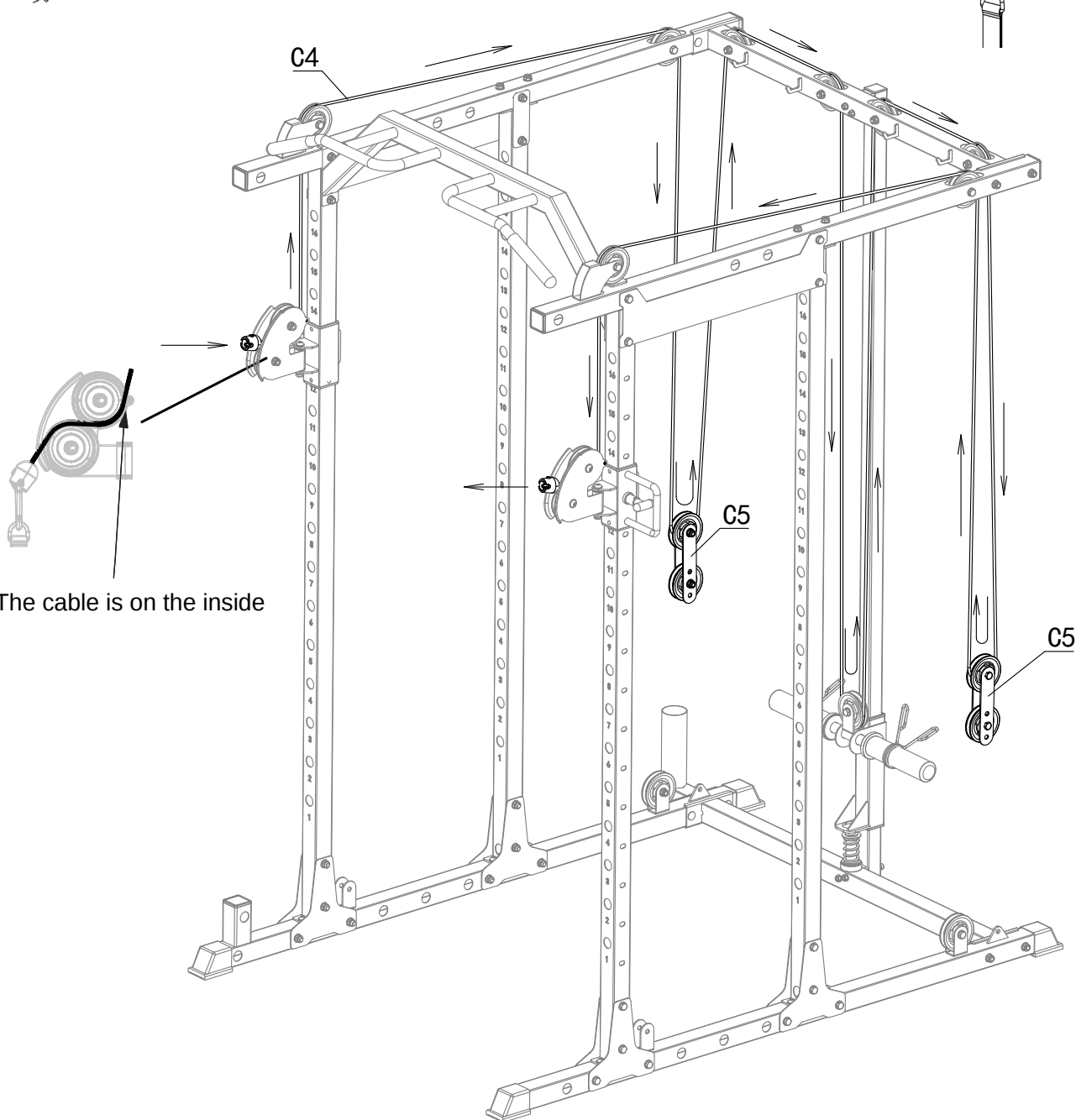
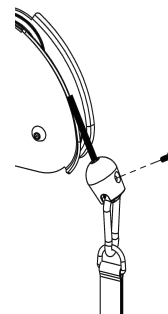
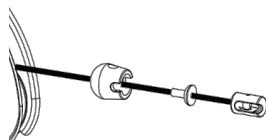
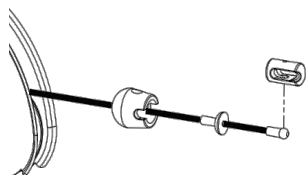


STEP:13

C4 Cable A (12610mm)
1PC



C5 Moving Pulley
2PCS

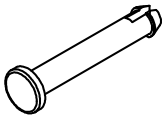


Note: The cable is on the inside

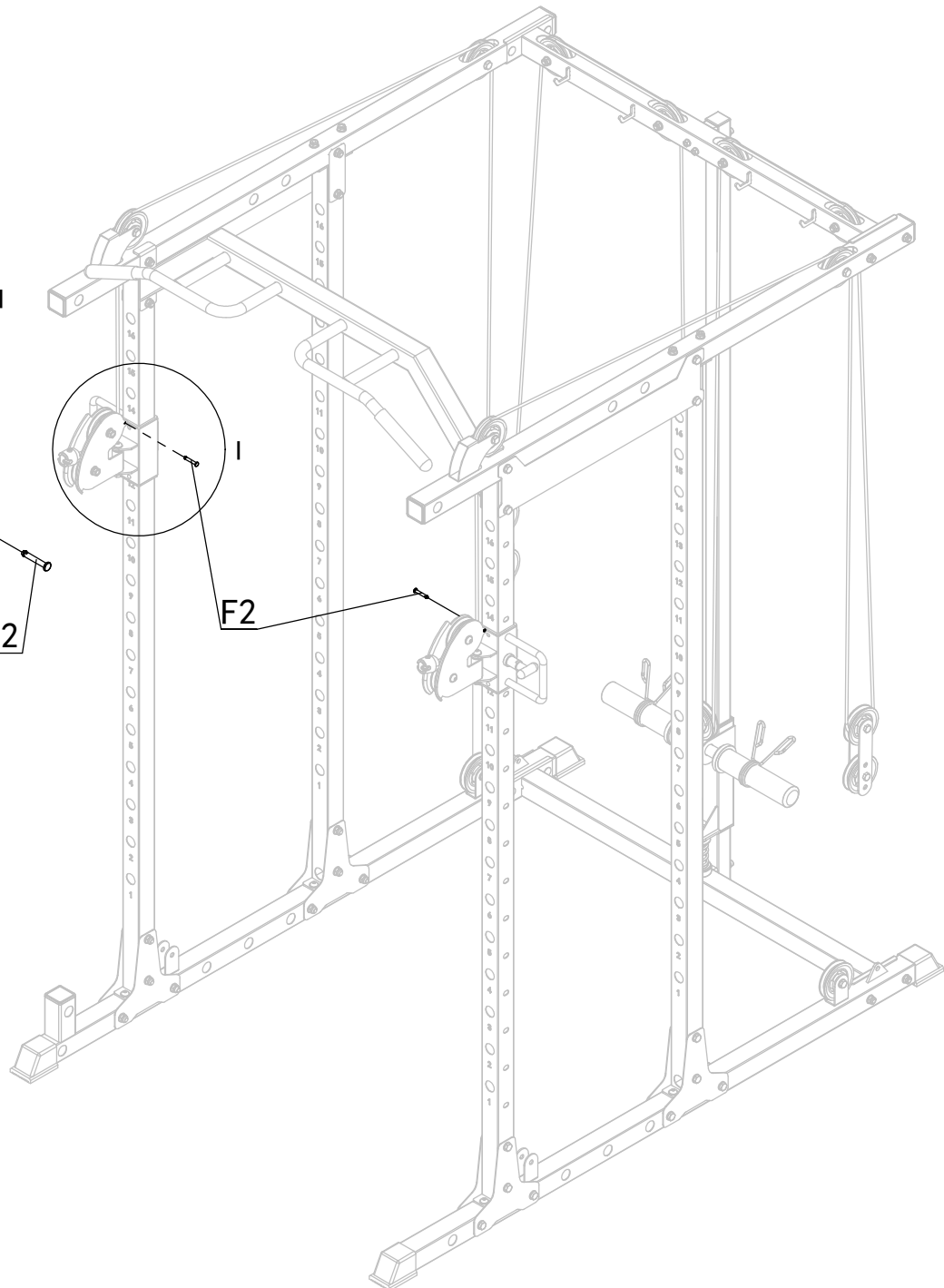
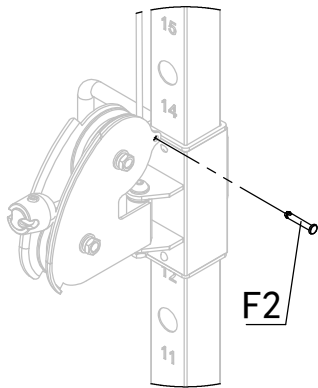
STEP:14

F2

Stop pin
2PCS

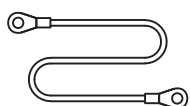


Detail Views I
2 : 15

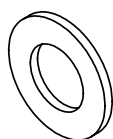


STEP:15

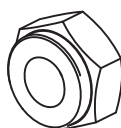
C6 Cable B (3920mm)
2PCS



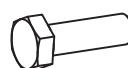
2 Washer (M10)
12PCS



3 Lucknut (M10)
6PCS



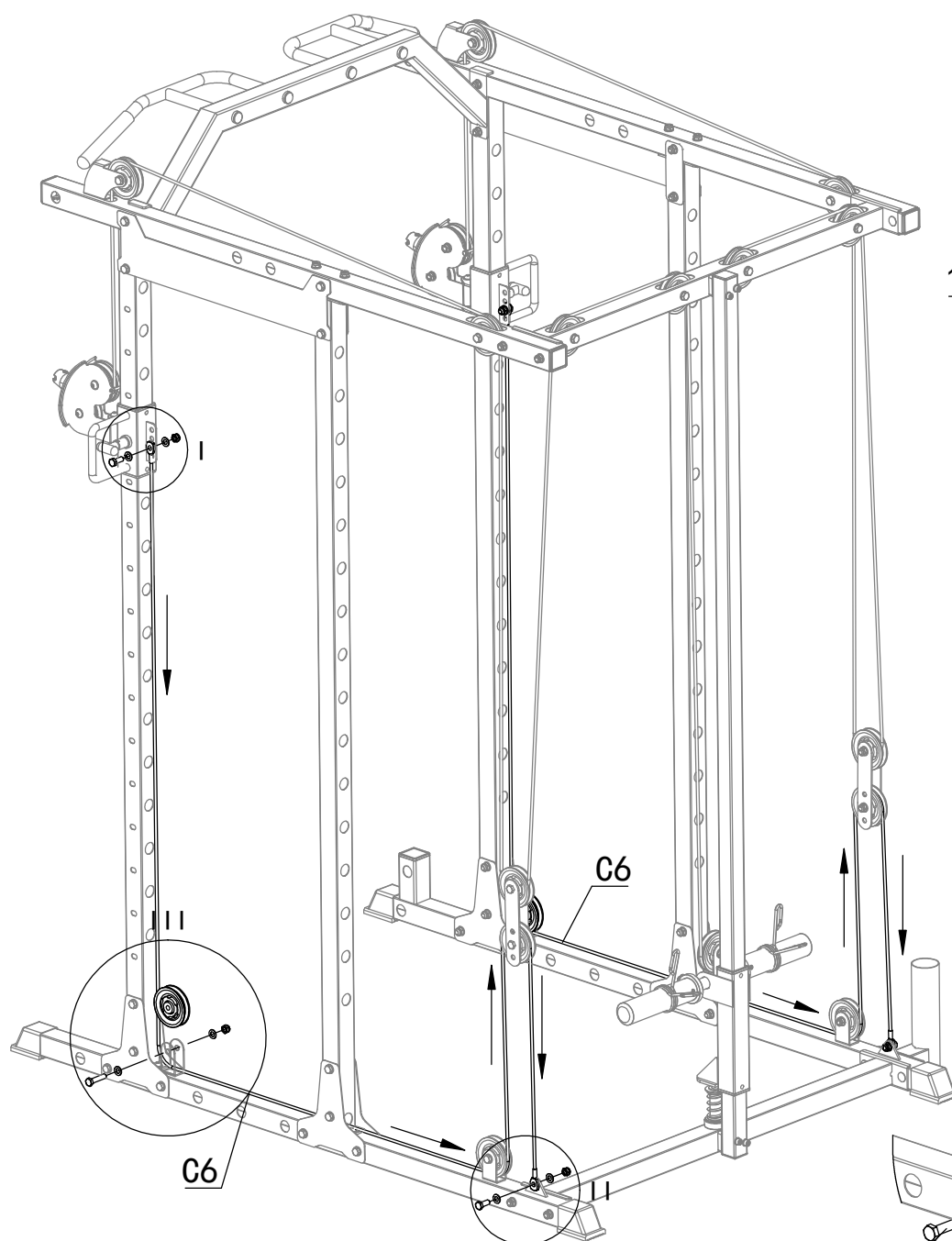
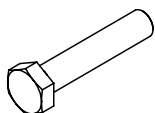
12 Bolt (M10*25)
4PCS



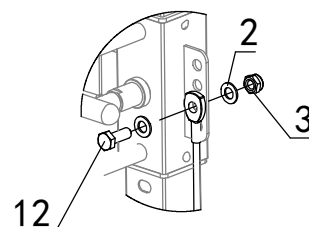
B9 Pulley
2PCS



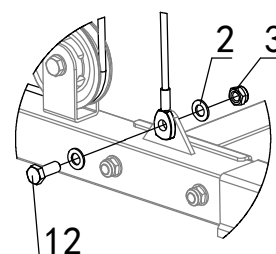
8 Bolt (M10*45)
2PCS



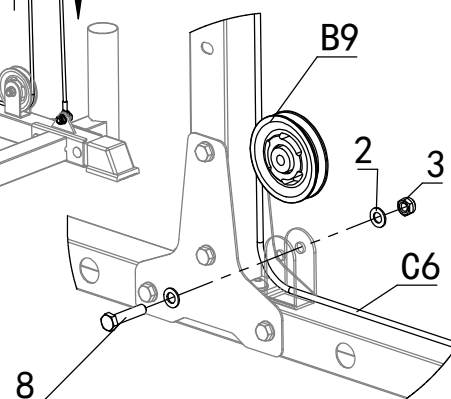
Detail views I
1 : 7



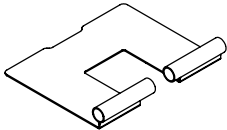
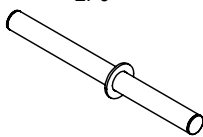
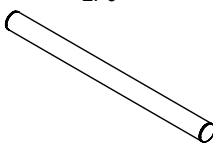
Detail views II
1 : 7

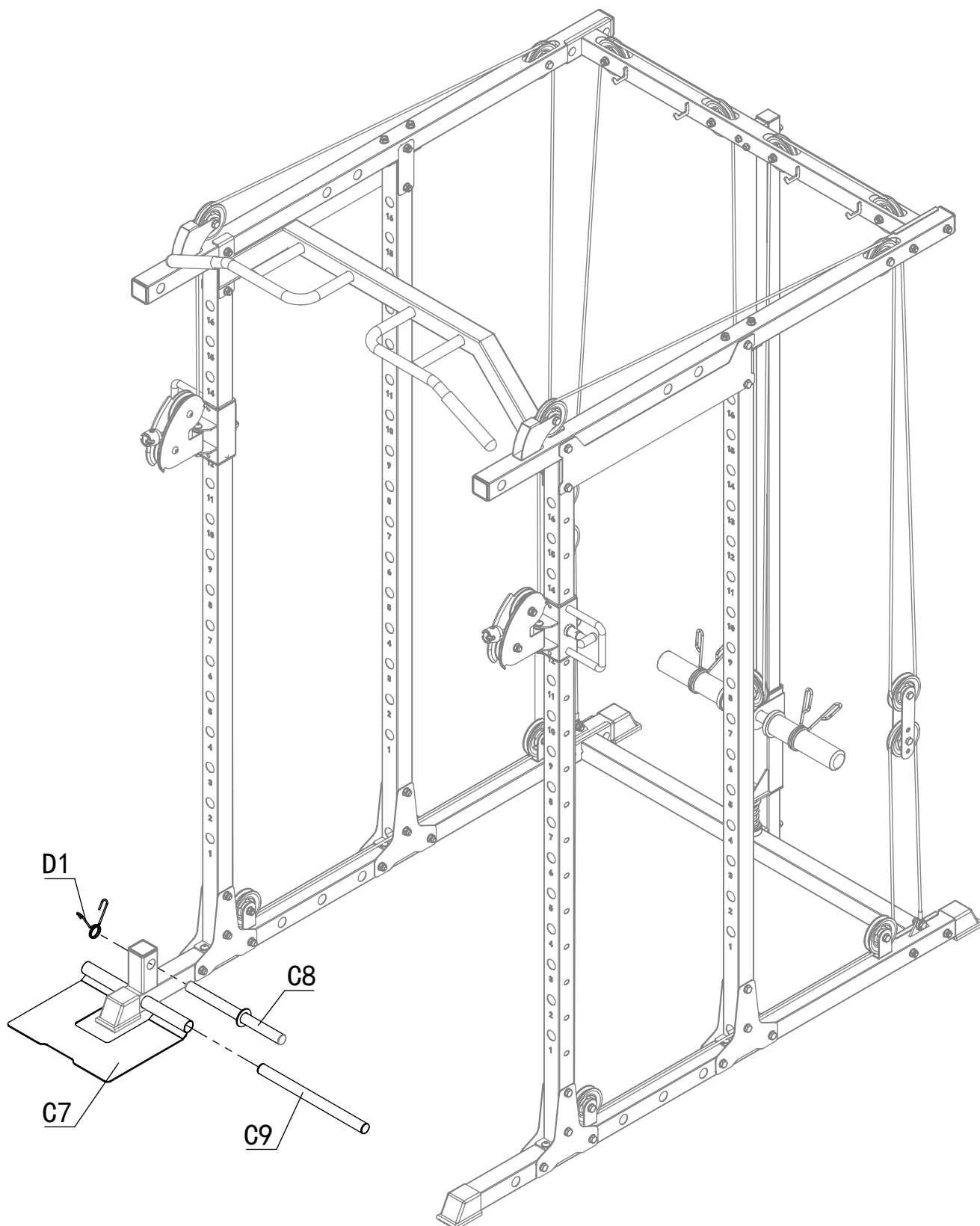


Detail views III
2 : 15

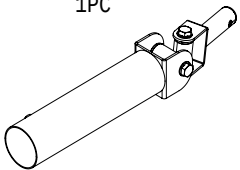
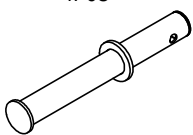
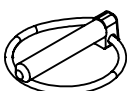
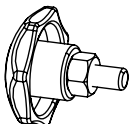


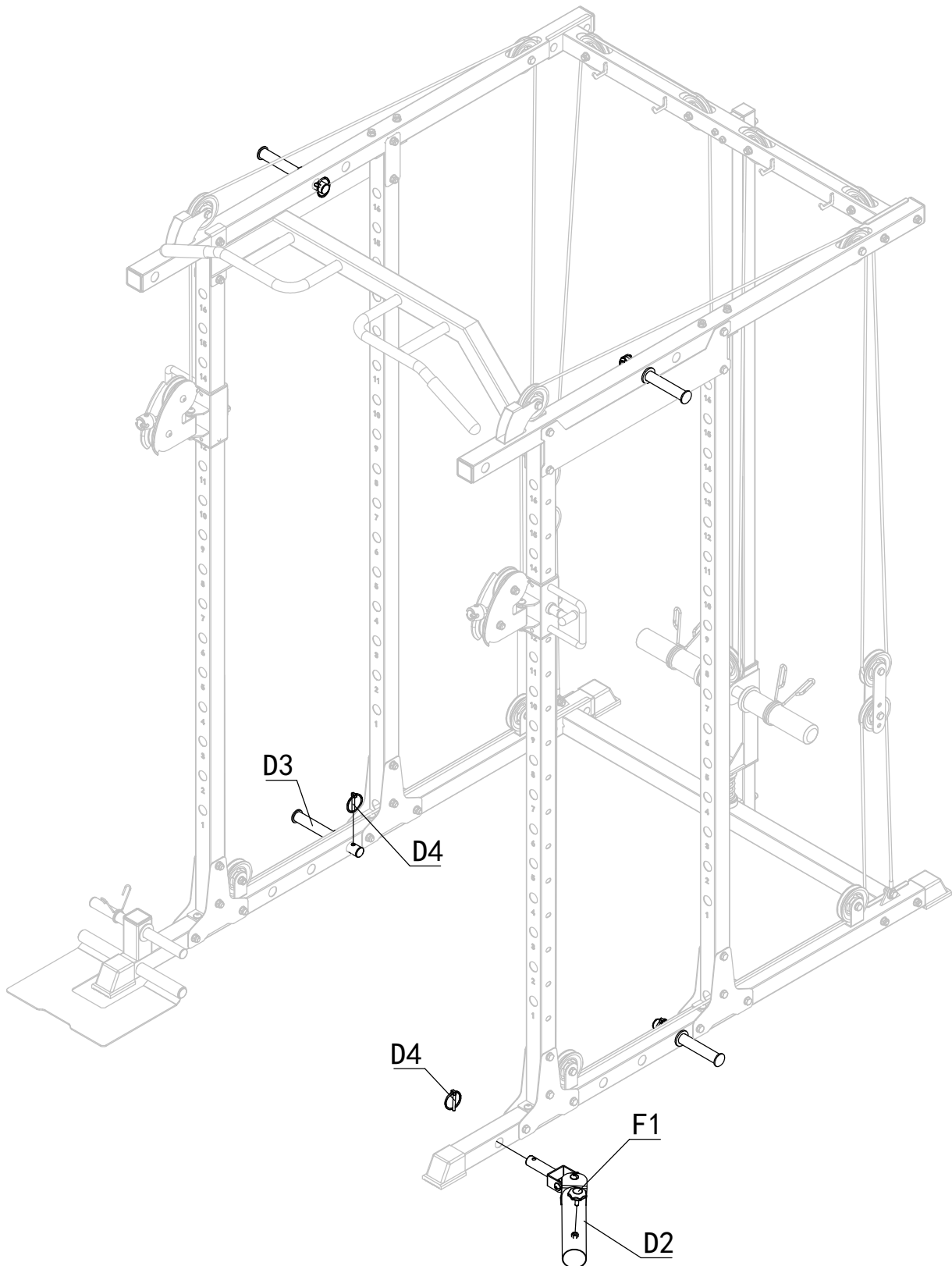
STEP: 16

C7	Foot Pedal 1PC	C8	Foot Pedal Support Column 1PC	C9	Foot Pedal Connecting Column 1PC	D1	25 Spring Clip 1PC
							

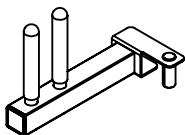
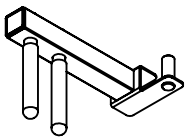
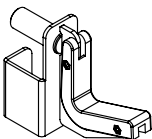
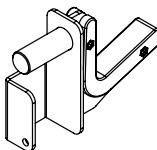
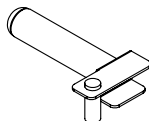
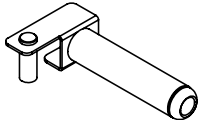
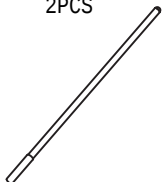


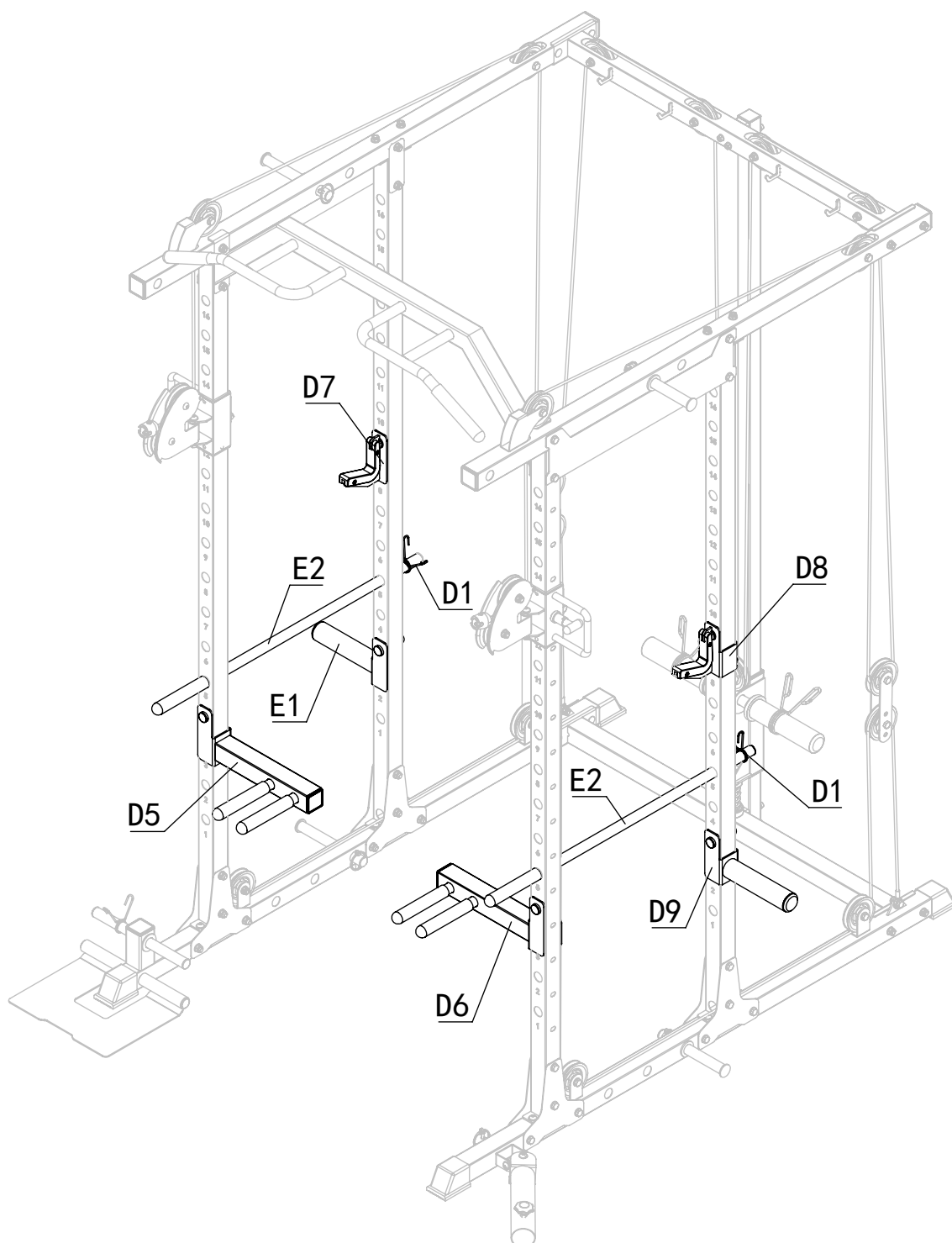
STEP:17

D2	Landmine 1PC	D3	Band Peg 4PCS	D4	Ring pin 5PCS	F1	Chain 1PC
							

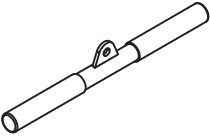
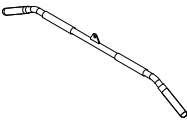
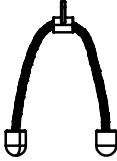
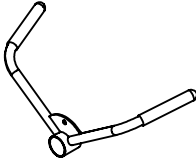
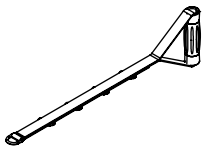
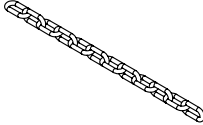


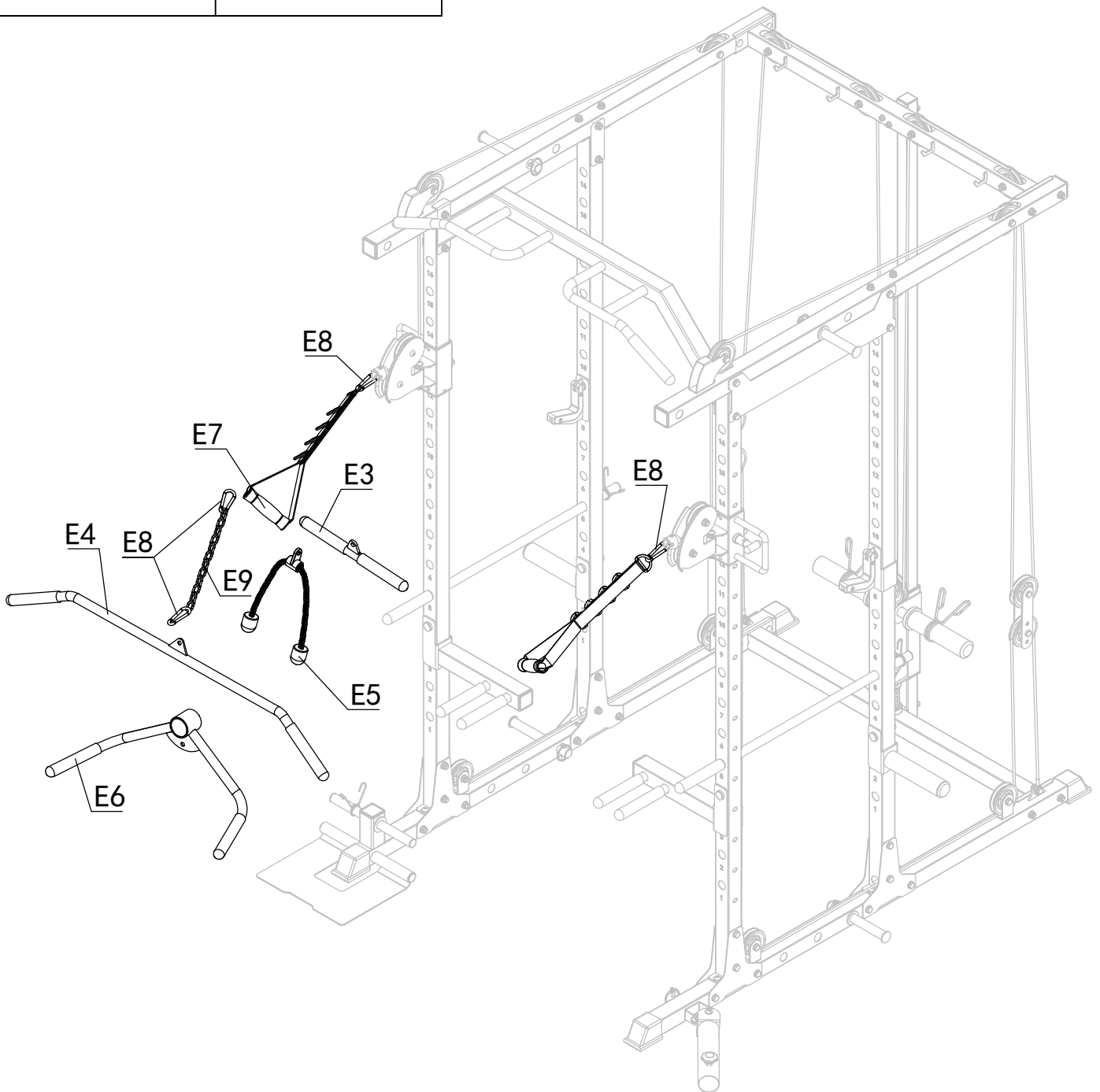
STEP: 18

D5 Dip Bar Left 1PC 	D6 Dip Bar Right 1PC 	D7 J Hook Right 1PC 	D8 J Hook Left 1PC 	D9 Pin Left 1PC 
E1 Plate Storage Pin Right 1PC 	E2 Safety Bar 2PCS 	D1 25 Spring Clip 2PCS 		



STEP: 19

E3 Cable Bar 1PC	E4 Lat Pull Down Bar 1PC	E5 Tricep Rope 1PC	E6 T-Bar 1PC	E7 Cable Handle 2PCS
				
E8 Hook 4PCS	E9 Chain 1PC			
				



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 is the "Recipients" section. The "To" field contains "Amazon-1234567890-Package Lost" (highlighted with a red box) and "SUBJECT EXAMPLE" (in red text). The "Subject" field contains "Platform-Order Number-Issue". Below the subject is a large text area with the placeholder "Describe your issue here" (highlighted with a red box). Below the text area is a red text prompt: "Welcome to attach the pictures to help us get more understands with your issue". Below this 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 bottom of the interface has a "Send" button and a row of icons including a text color picker, a link icon, a smiley face, a share icon, a lock icon, a pencil icon, and a trash icon.

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