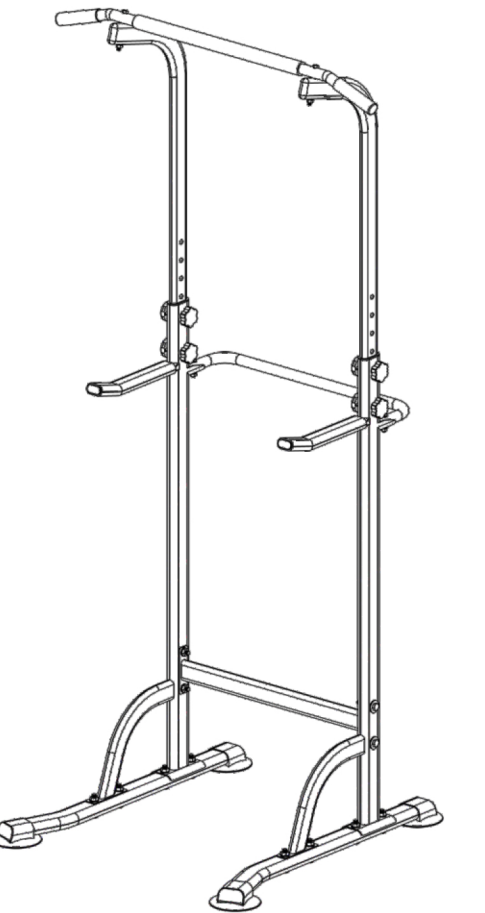




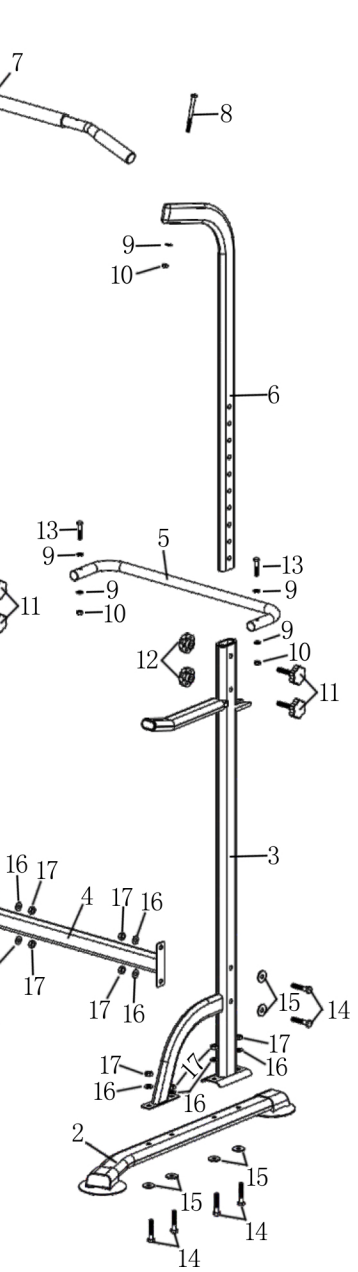
Precautions (required reading before use)

1. Strictly follow the installation steps and methods of the assembly instructions;
2. Before use, please check whether all parts are properly installed and whether screws and nuts are screwed in place;
3. Carry out irregular mechanical inspection and carry out maintenance if abnormal or loose phenomena are found;
4. Choose to place machinery on the horizontal floor, and ensure that there is no sharp devices around to avoid accidentally falling over and injuring the body or others;
5. It is better to consult the fitness instructor before use and follow the guidance of the fitness instructor to use the machine;
6. It is prohibited for pregnant women and those with heart, hypertension or physical defects.

- A. Reasonably arrange the time to use the machine and the length and frequency of exercise according to the individual's physical fitness;
- B. During the use, high-risk actions and unreasonable use methods are strictly prohibited;
- C. It is recommended to consult a doctor or fitness instructor if there is any physical discomfort during use

- Warm reminder
1. Select the horizontal floor and suitable space to place the instrument to ensure that there are no sundry and sharp objects around the instrument.
 2. Do not modify the equipment by yourself.
 3. Children and the elderly need to be supervised by adults
 4. Rational use of equipment to ensure the safety of individuals and others.

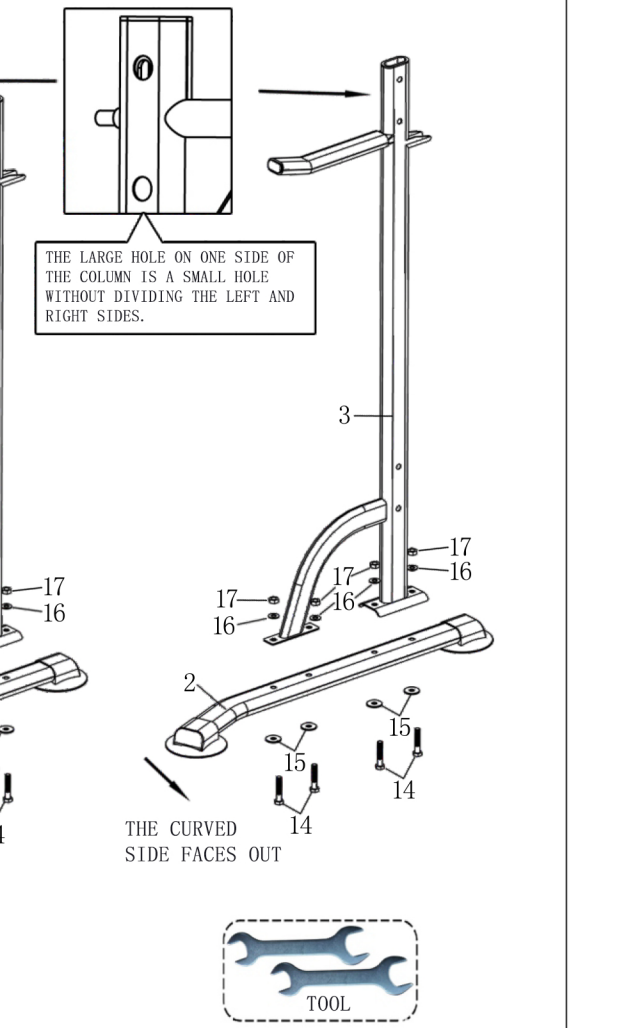
Distribution map of parts



Parts list:

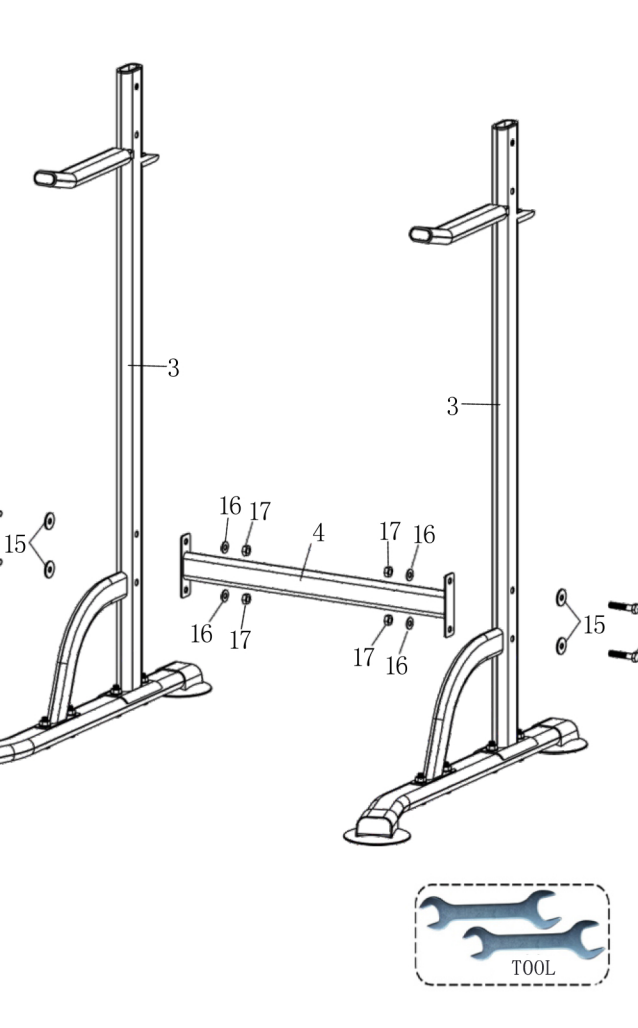
number	designation	quantity	
1	Left the base	1	
2	right the base	1	
3	The main frame	2	
4	Connecting rod	1	
5	Backrest rod	1	
6	Height adjusting lever	2	
7	The high bar	1	
8	Screw M8 by 90	2	
9	Φ 8 gasket	6	
10	Nut M8	4	
11	Plum screw	4	
12	Plum nut	4	
13	Screw M8 x 45	2	
14	Screw M10 x 45	12	
15	Φ 10 gasket	12	
16	Φ 10 gasket	12	
17	Nut M10	12	
18			
19			
20			
21			
22			
23			

Installation steps: 1



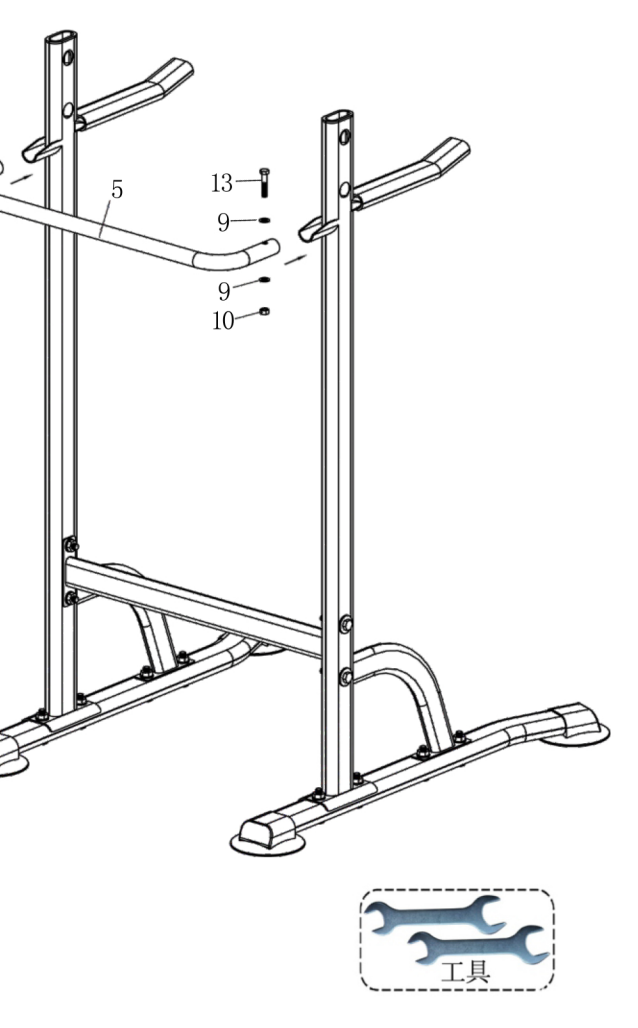
Assemble the left base (1), right base (2) and main frame (3) respectively with screws (14), large gaskets (15), gaskets (16) and nuts (17).
Note: Don't tighten the screws yet.

Installation steps: 2



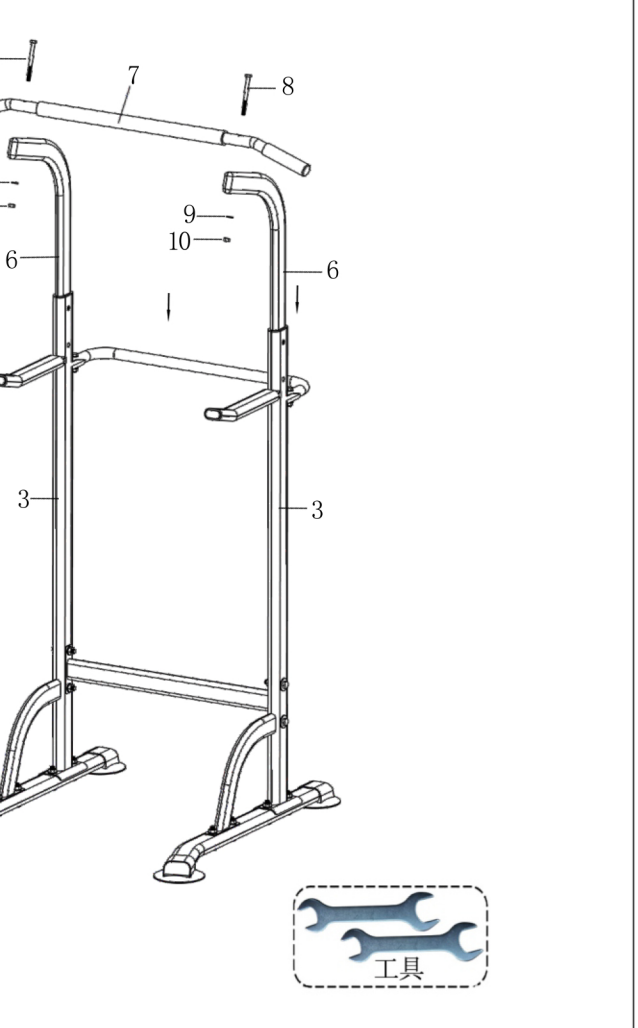
Assemble the connecting rod (4) and the main frame (3) with screws (14), large gaskets (15), gaskets (16) and nuts (17).
Note: Don't tighten the screws yet.

Installation steps: 3



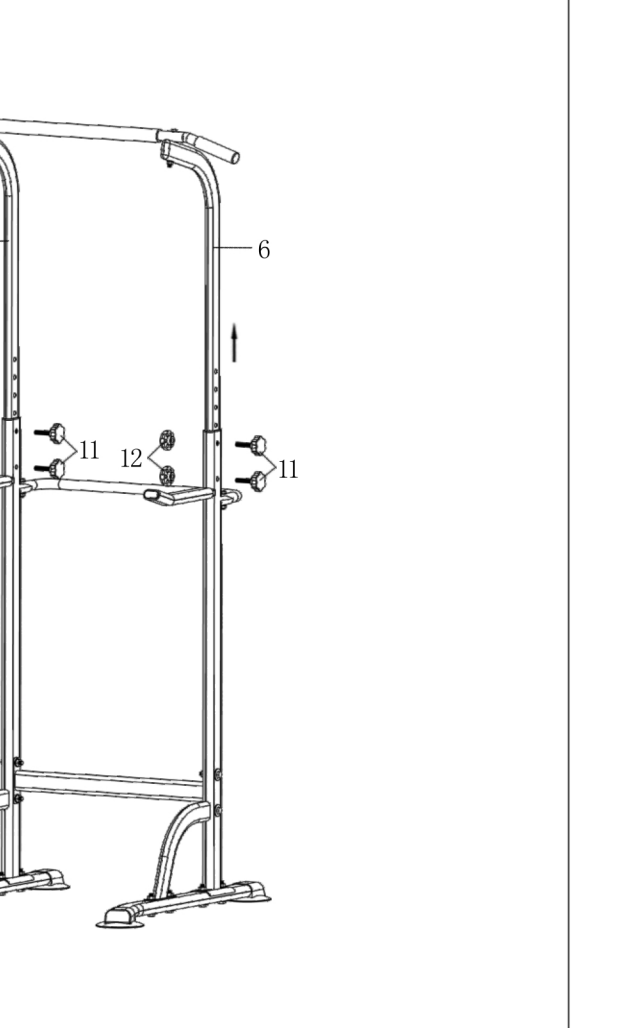
Connect the backrest rod (5) to the main frame (3) and fixit with screws (13), gaskets (9) and nuts (10).
Note: Screw first.

Installation steps: 4



1. Insert the height adjusting lever (6) into the main frame (3) respectively.
2. Assemble and fix the horizontal bar (7) and height adjusting bar (6) with screws (8), gaskets (9) and nuts (10).

Installation steps: 5



Lift the height adjustment lever (6) to the desired position and secure with the plum screw (11) and the plum nut.
Note: Lock all screws and complete installation.