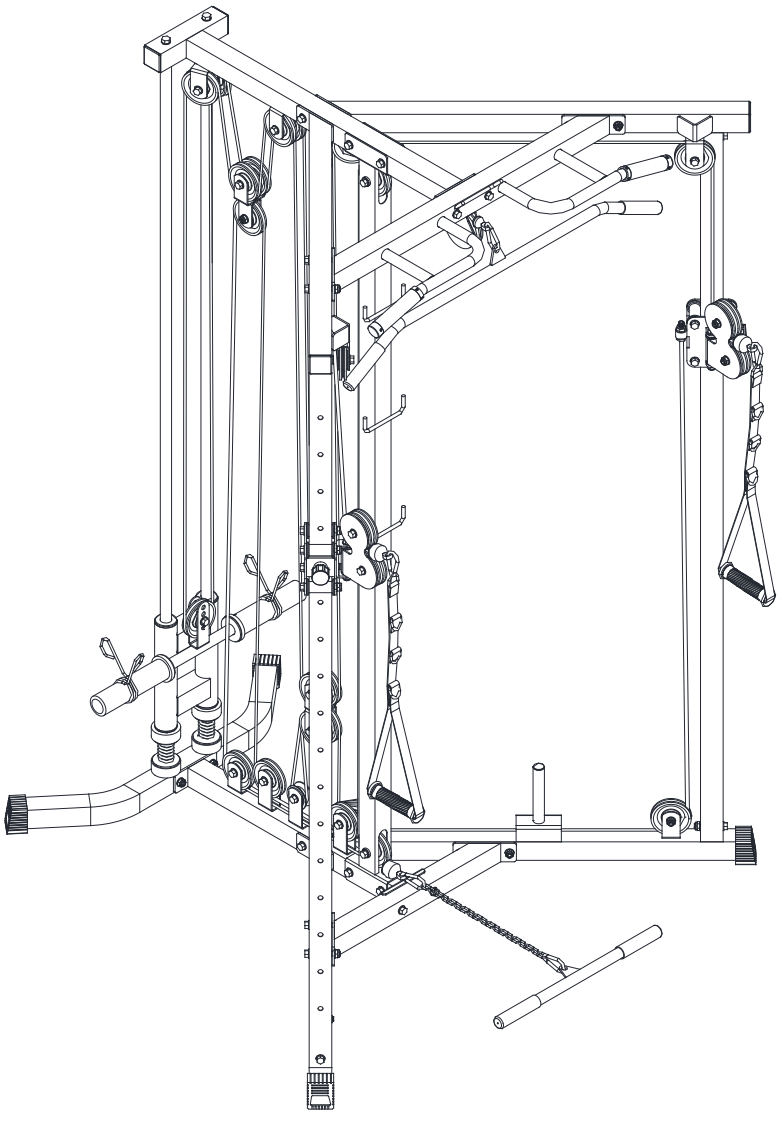
MIKOLO

ASSEMBLY INSTRUCTIONS



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

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

Part List ---------- 4-5

Hardware List ---------- 6

Step 1 ---------- 7

Step 2 ---------- 8

Step 3 ---------- 9

Step 4 ---------- 10

Step 5 ---------- 11

Step 6 ---------- 12

Step 7 ---------- 13

Step 8 ---------- 14

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Step 11 ---------- 17

Installation Is Complete ---------- 18

After-Sale Information ---------- 19-20

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

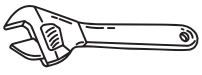
If you are missing any parts, or otherwise
have any warranty issues, please contact us first.
after-sale@gym-mikolo.com

Shortcut: A Lot of People Doing That Way

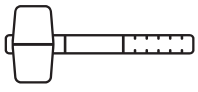
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

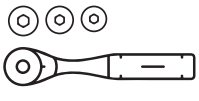
- Adjustable wranches



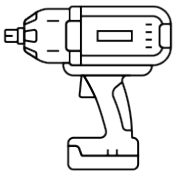
- Rubber hammers



- 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.

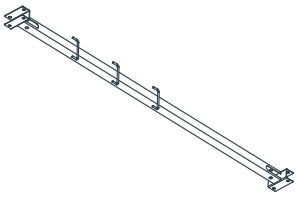


Heavy object. Use lifting aids and proper lifting techniques when moving

CARTON 1

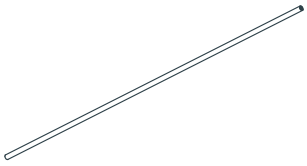
6

Middle Upright
1PC



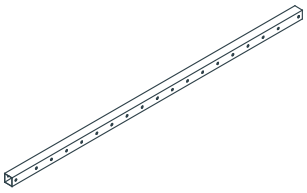
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Guide Rod
2PCS



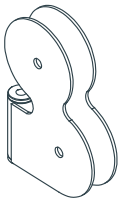
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Main Rod
2PCS



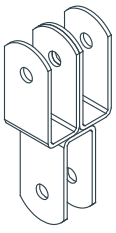
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Sliding Pulley Bracket
2PCS



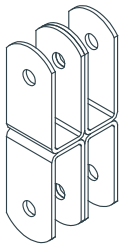
18

3 Pulley Bracket
1PC



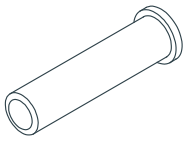
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4 Pulley Bracket
1PC



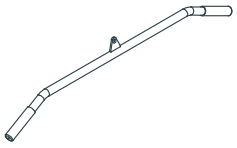
20

Olympic Adapter
2PCS



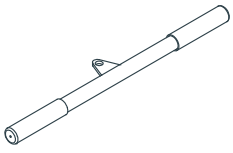
21

Lat Pull Down Bar
1PC



22

Lat Bar
1PC



23

Cable (247 INCH)
1PC



24

Cable (494.5 INCH)
1PC



25

Cable (240 INCH)
1PC



27

Position Handle
2PCS

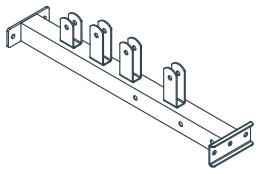
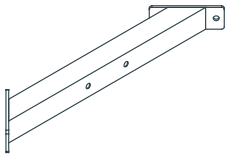
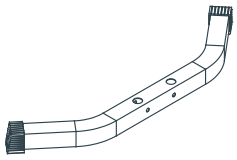
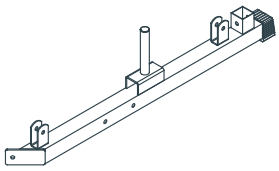
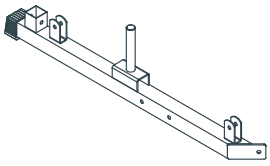
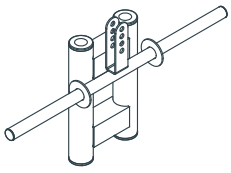
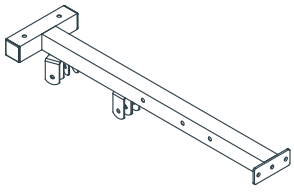
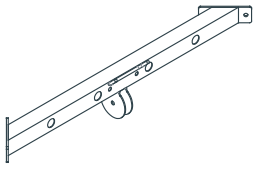
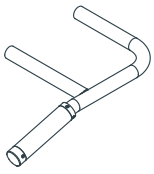
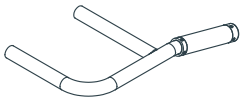
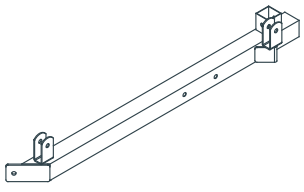
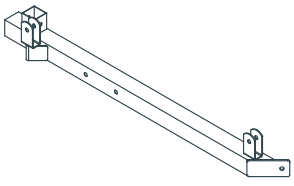
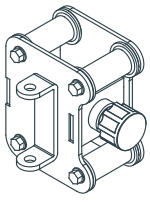
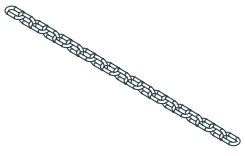
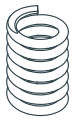
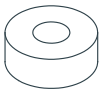
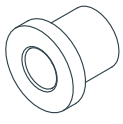
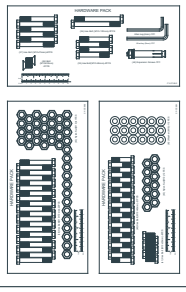


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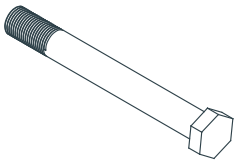
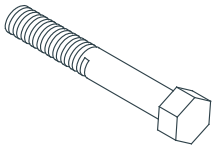
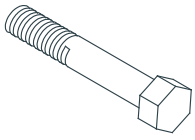
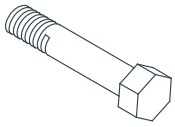
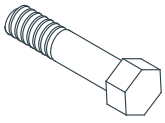
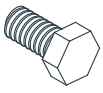
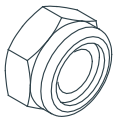
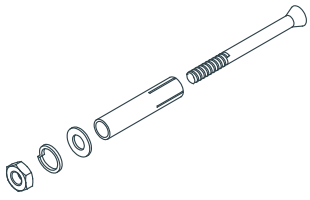
¢ 90 Pulley
30PCS



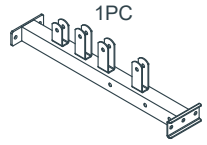
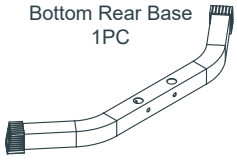
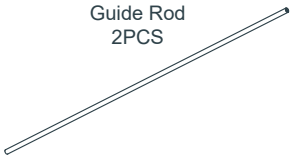
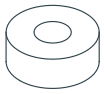
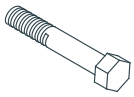
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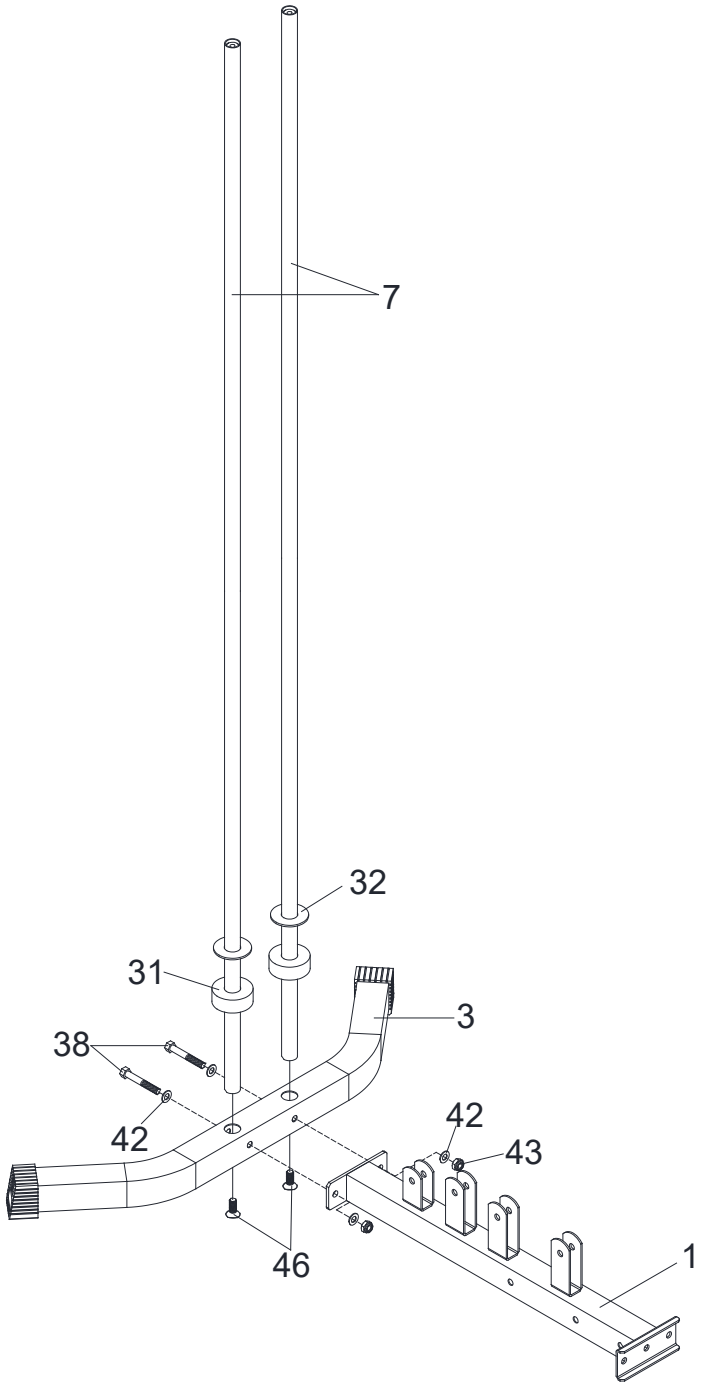
1 Bottom Main Base 1PC 	2 Bottom Side Base 1PC 	3 Bottom Rear Base 1PC 	4 Right Base 1PC 
5 Left Base 1PC 	8 Weight Holder 1PC 	9 Upper Frame 1PC 	10 Lat Pull Down Frame 1PC 
11 Left Lat Handle 1PC 	12 Right Lat Handle 1PC 	13 Right Upper Side Rod 1PC 	14 Left Upper Side Rod 1PC 
16 Sliding Pulley Rack 2PCS 	26 Chain 1PC 	28 Spring 2PCS 	29 Spring Collar 2PCS 	30 M7 Clip 5PCS 
31 Shock Pad 4PCS 	32 Washer 4PCS 	34 ¢60 Pulley 1PC 	35 Pulley Bushing 4PCS 	HARDWARE BAG 3PCS 

HARDWARE LIST

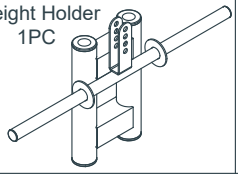
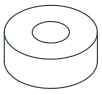
36 M10X100mm Hex Bolt 2PCS 	37 M10X75mm Hex Bolt 6PCS 	38 M10X70mm Hex Bolt 20PCS 	39 M10X65mm Hex Bolt 4PCS 
40 M10X42mm Hex Bolt 21PCS 	41 M10X20mm Hex Bolt 6PCS 	42 M10 Washer 112PCS 	43 M10 Nylon Nut 53PCS 
44 Expansion Screws 1SET 	45 Screw M8X10mm 2PCS 	46 M10X20mm Bolt 2PCS 	

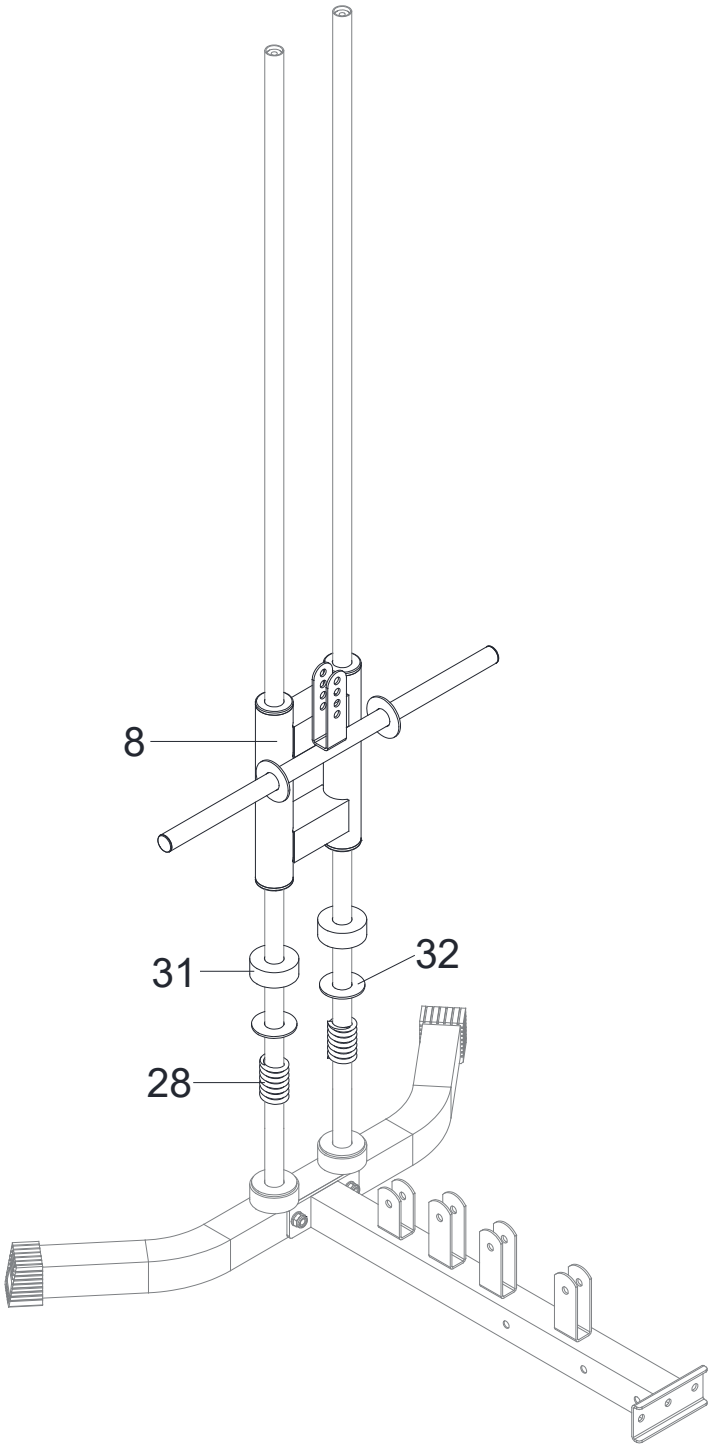
STEP: 1

1 Bottom Main Base 1PC 	3 Bottom Rear Base 1PC 	7 Guide Rod 2PCS 	31 Shock Pad 2PCS 	32 Washer 2PCS 
38 M10X70mm Hex Bolt 2PCS 	42 M10 Washer 4PCS 	43 M10 Nylon Nut 2PCS 	46 M10X20mm Bolt 2PCS 	

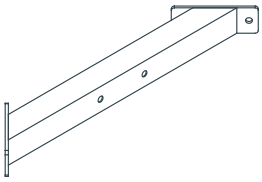
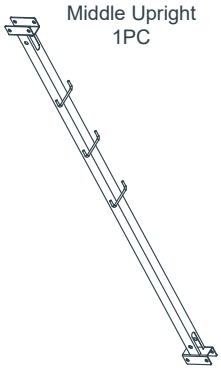
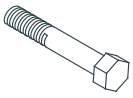


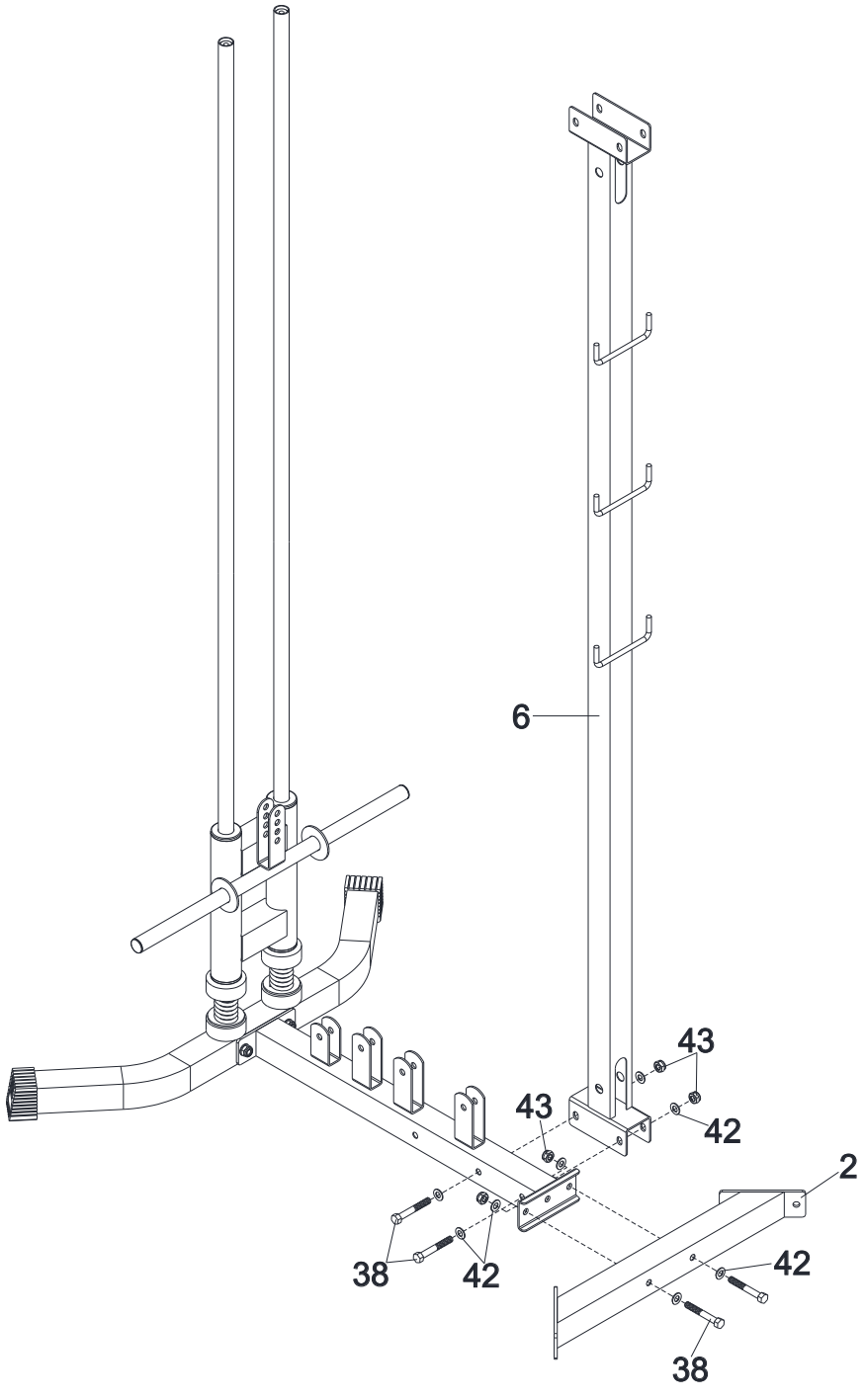
STEP: 2

8	28	31	32
Weight Holder 1PC 	Spring 2PCS 	Shock Pad 2PCS 	Washer 2PCS 

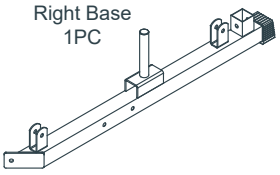
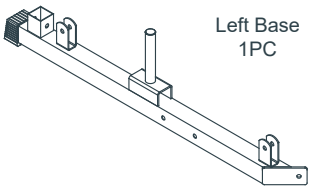
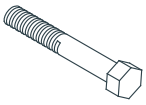
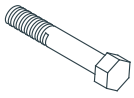


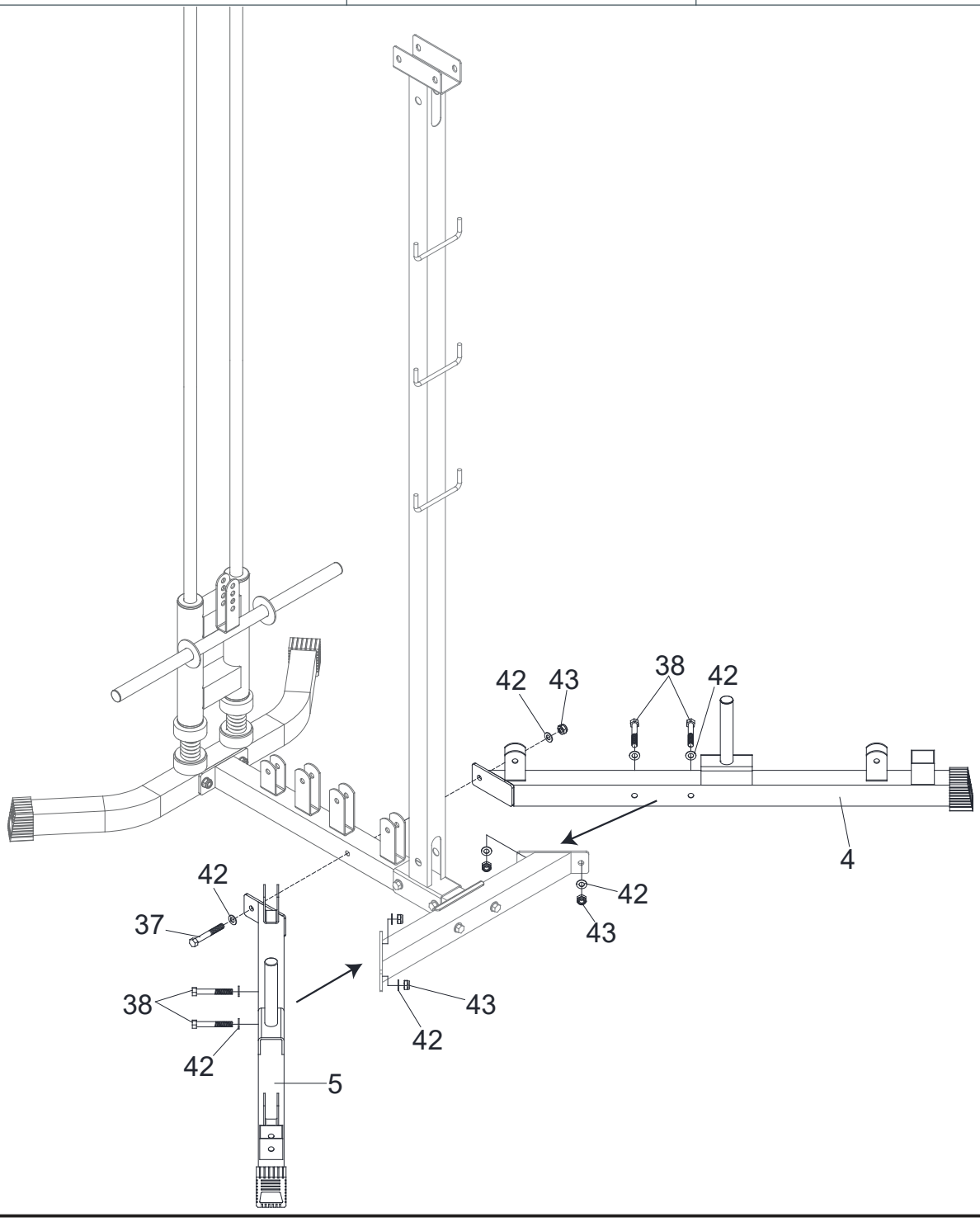
STEP: 3

2 Bottom Side Base 1PC 	6 Middle Upright 1PC 	38 M10X70mm Hex Bolt 4PCS 
		42 M10 Washer 8PCS 
		43 M10 Nylon Nut 4PCS 

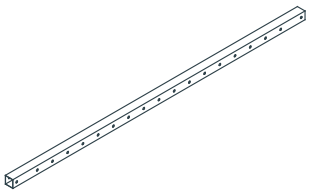
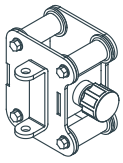
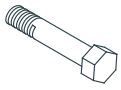


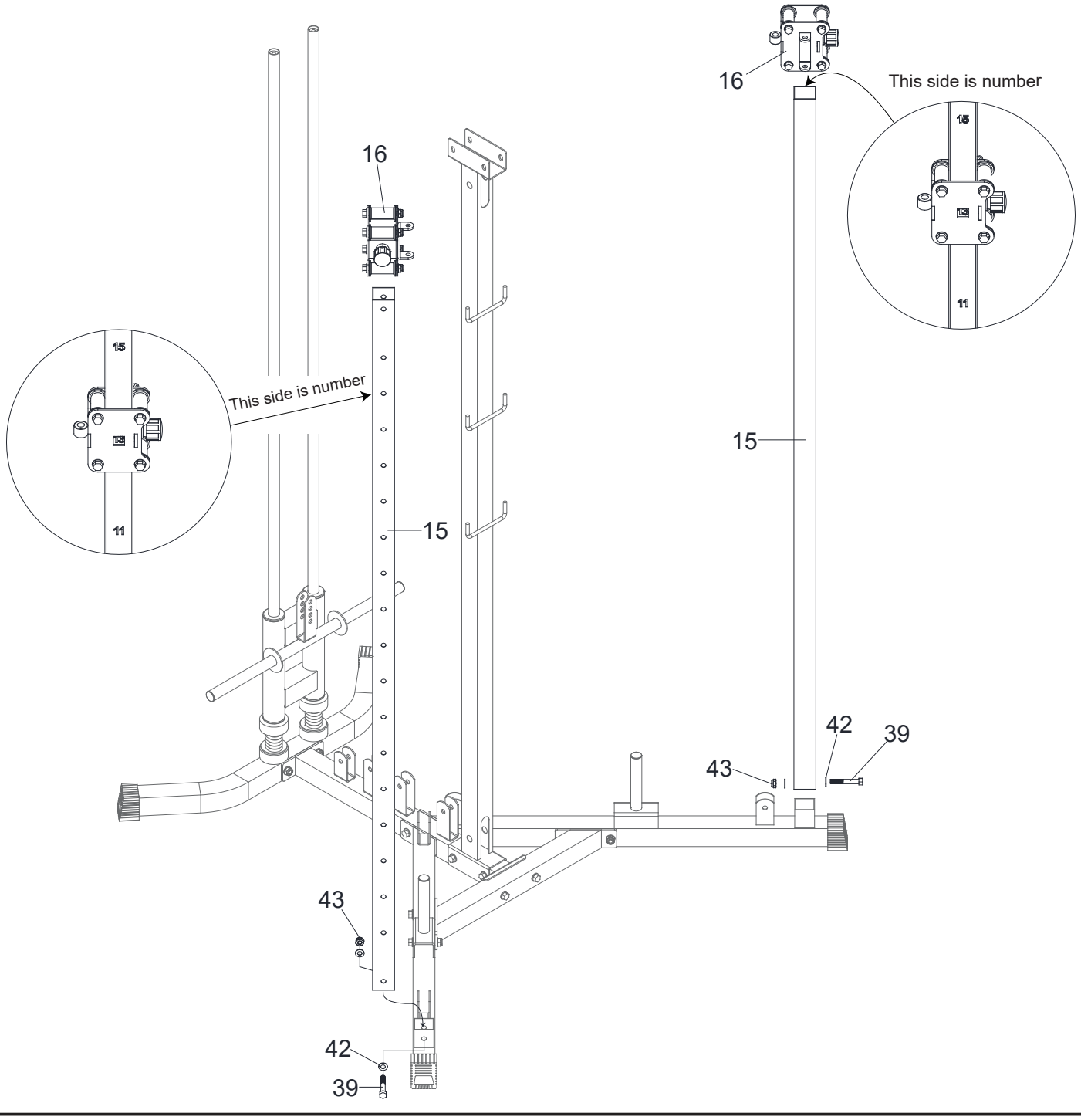
STEP: 4

4 Right Base 1PC 	5 Left Base 1PC 	37 M10X75mm Hex Bolt 1PC 
38 M10X70mm Hex Bolt 4PCS 	42 M10 Washer 10PCS 	43 M10 Nylon Nut 5PCS 

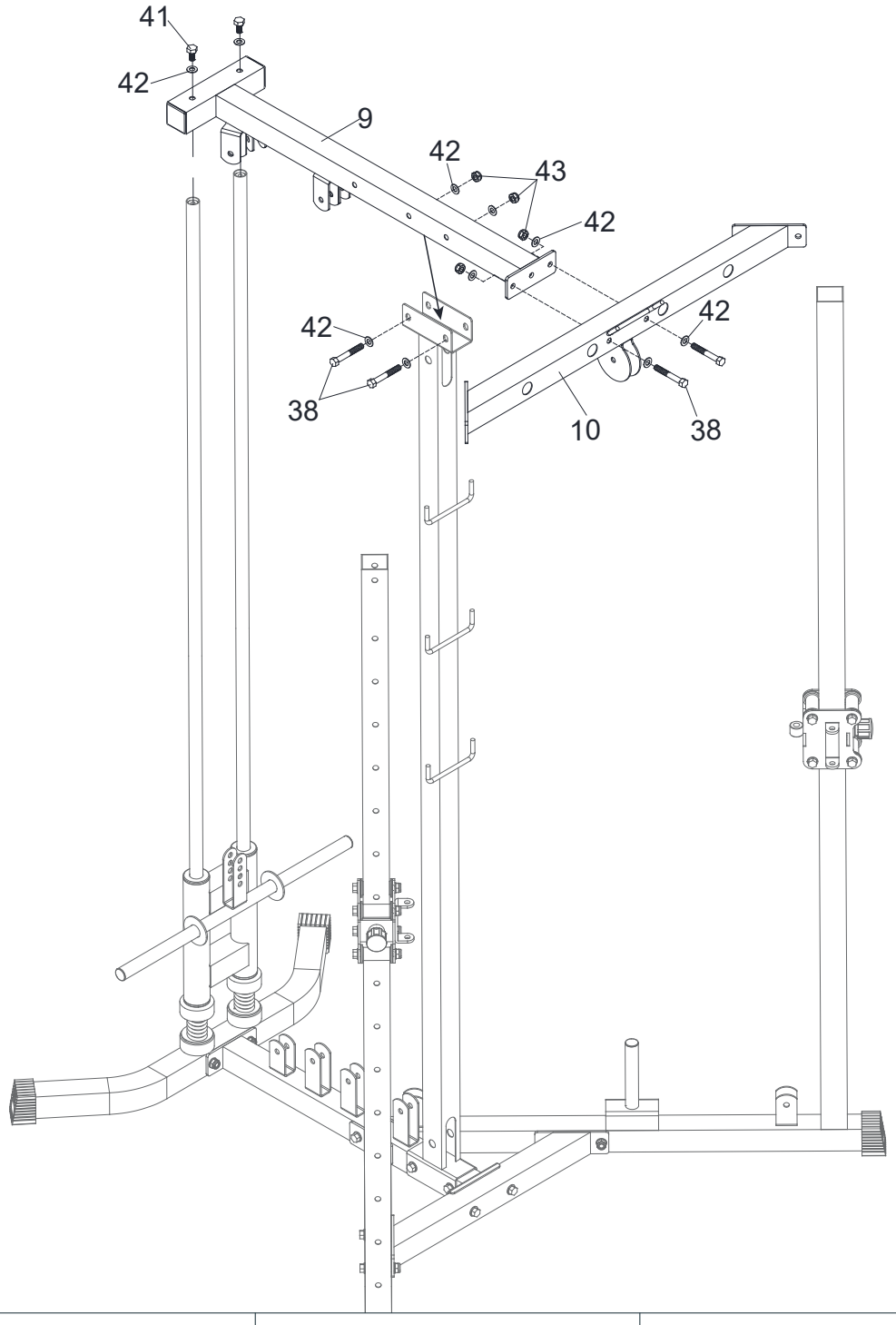


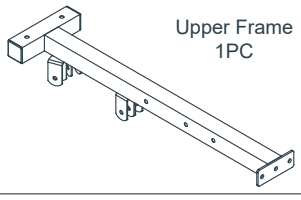
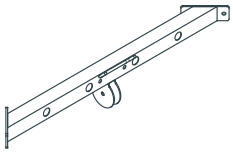
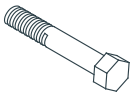
STEP: 5

15  Main Rod 2PCS		16  Sliding Pulley Rack 2PCS
39 M10X65mm Hex Bolt 2PCS 	42 M10 Washer 4PCS 	43 M10 Nylon Nut 2PCS 

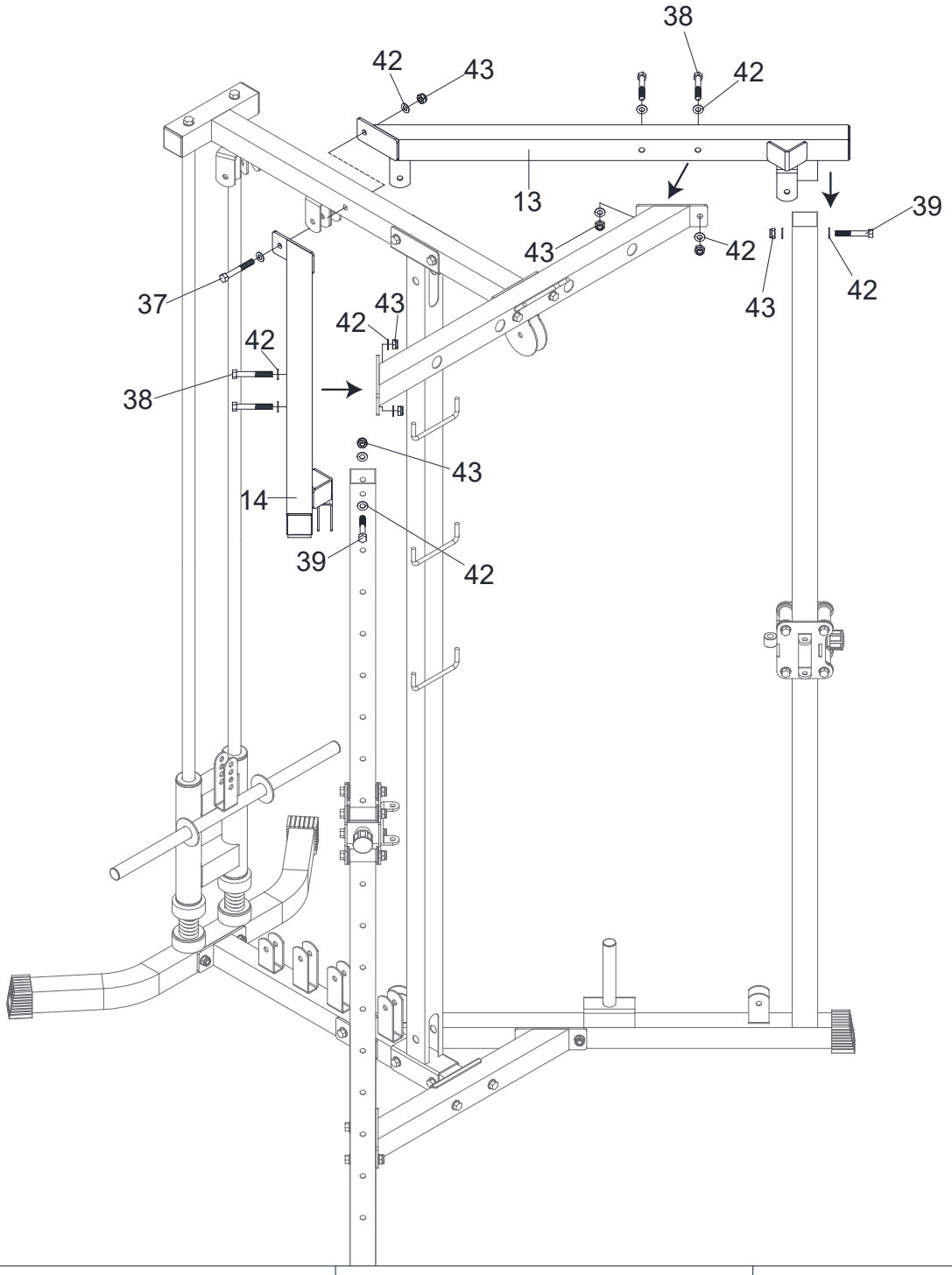


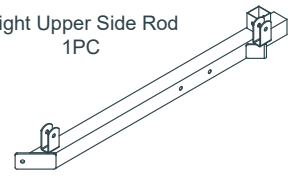
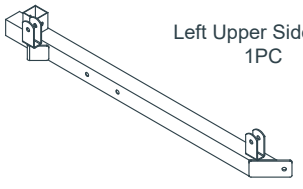
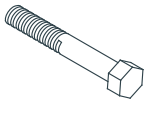
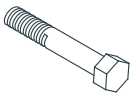
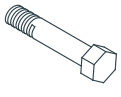
STEP: 6



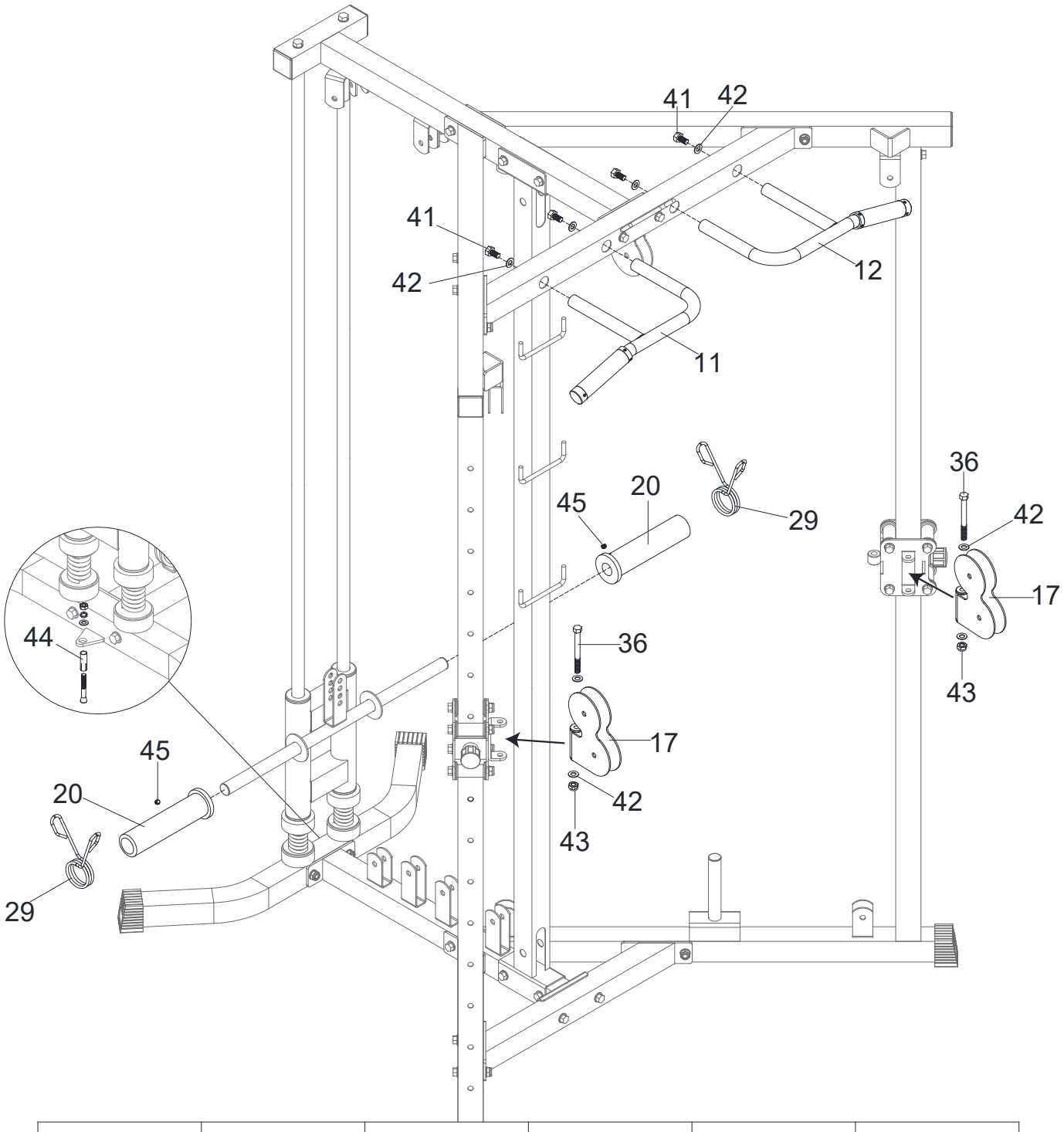
9  Upper Frame 1PC	10  Lat Pull Down Frame 1PC	38 M10X70mm Hex Bolt 4PCS 
41 M10X20mm Hex Bolt 2PCS 	42 M10 Washer 10PCS 	43 M10 Nylon Nut 4PCS 

STEP: 7



13 Right Upper Side Rod 1PC 	14 Left Upper Side Rod 1PC 	37 M10X75mm Hex Bolt 1PC 
38 M10X70mm Hex Bolt 4PCS 	39 M10X65mm Hex Bolt 2PCS 	42 M10 Washer 14PCS 
43 M10 Nylon Nut 7PCS 		

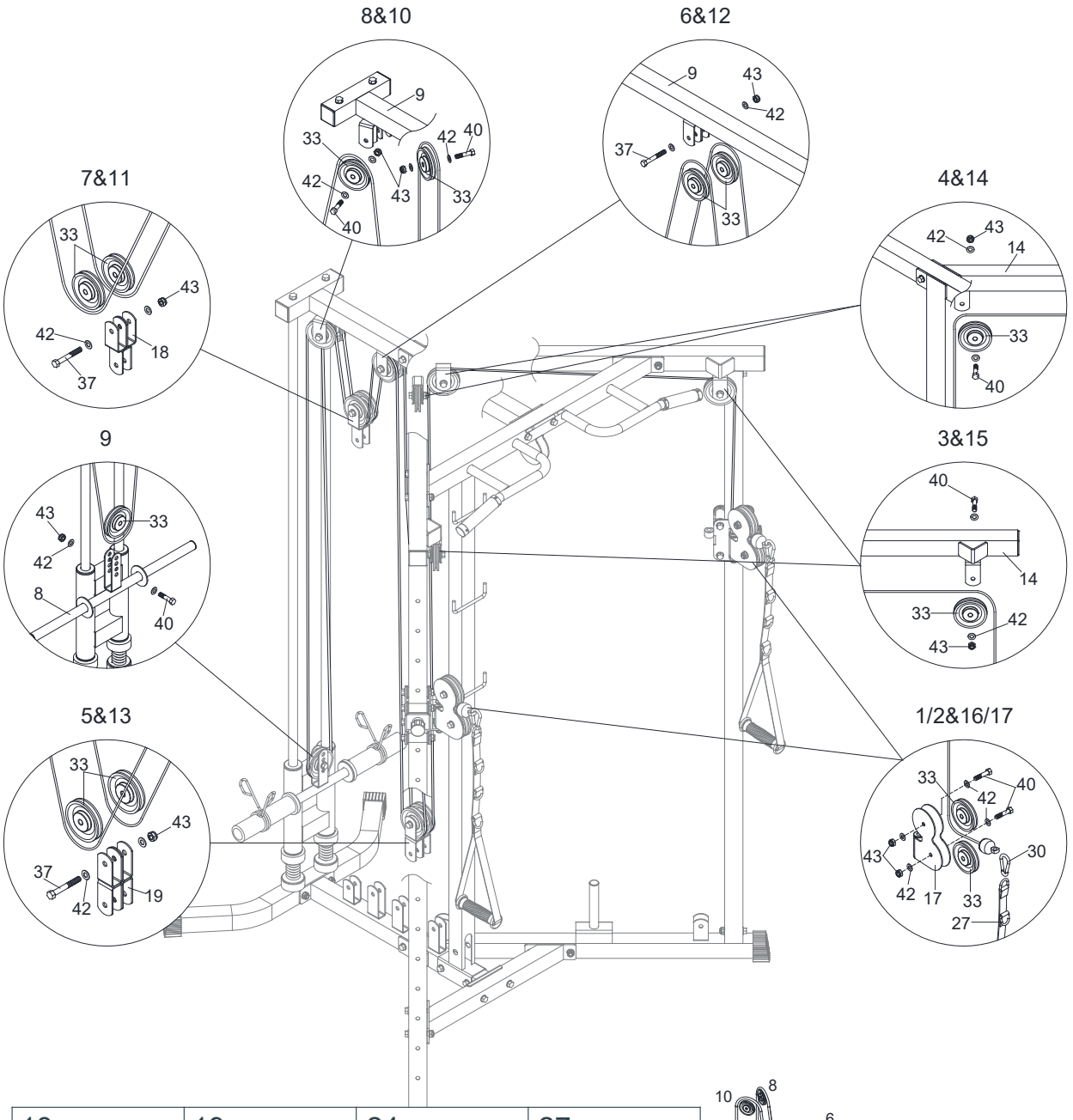
STEP: 8



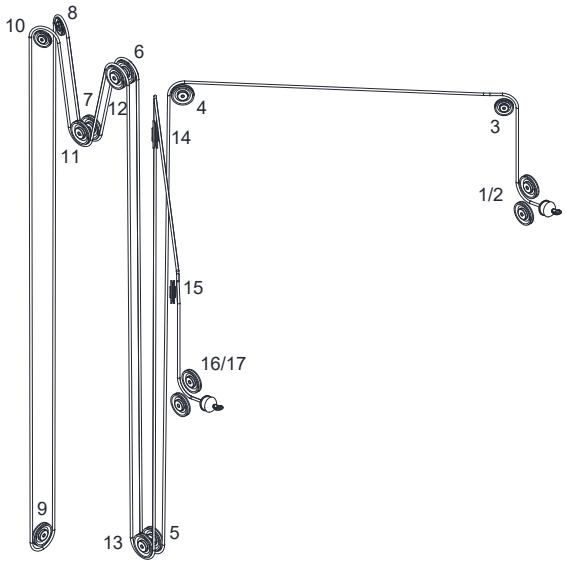
11 Left Lat Handle 1PC	12 Right Lat Handle 1PC	17 Sliding Pulley Bracket 2PCS	20 Olympic Adapter 2PCS	29 Spring Collar 2PCS	36 M10X100mm Hex Bolt 2PCS
41 M10X20mm Hex Bolt 4PCS	42 M10 Washer 8PCS	43 M10 Nylon Nut 2PCS	44 Expansion Screws 1SET		45 Screw M8X10mm 2PCS

STEP: 9

1. Start with the Cable (494.5 INCH) (24).

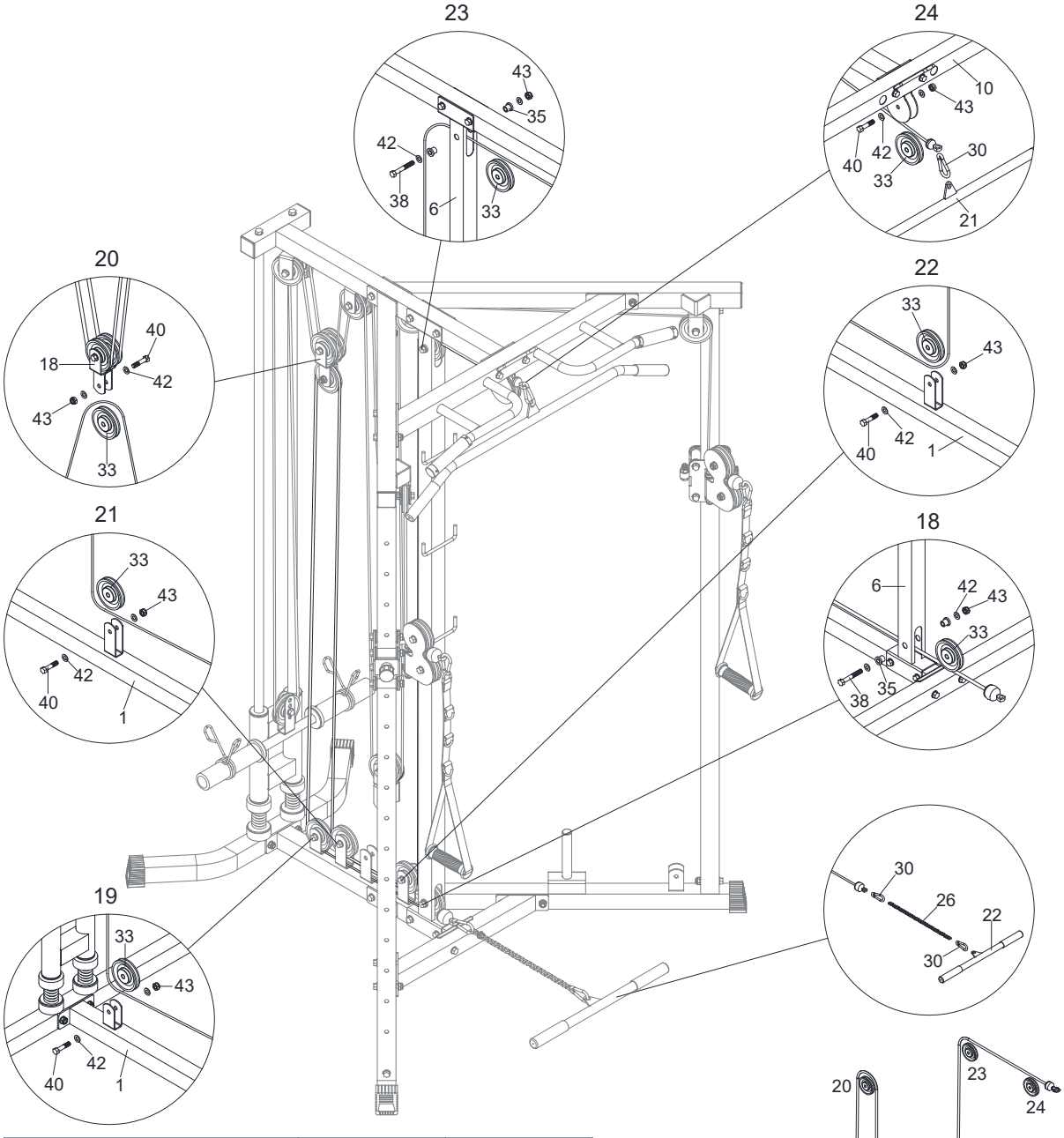


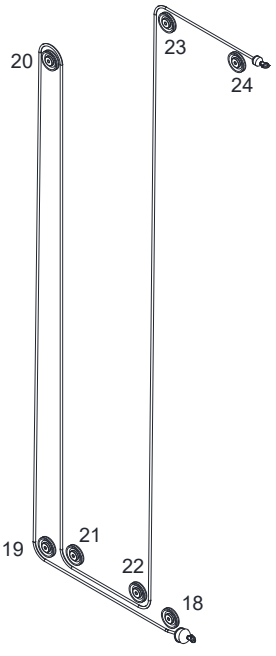
18 3 Pulley Bracket 1PC	19 4 Pulley Bracket 1PC	24 Cable (494.5 INCH) 1PC	27 Position Handle 2PCS
30 M7 Clip 2PCS	33 ∅90 Pulley 17PCS	37 M10X75mm Hex Bolt 3PCS	40 M10X42mm Hex Bolt 11PCS
42 M10 Washer 28PCS	43 M10 Nylon Nut 14PCS		



STEP: 10

2. Start with the Cable (247 INCH) (23).



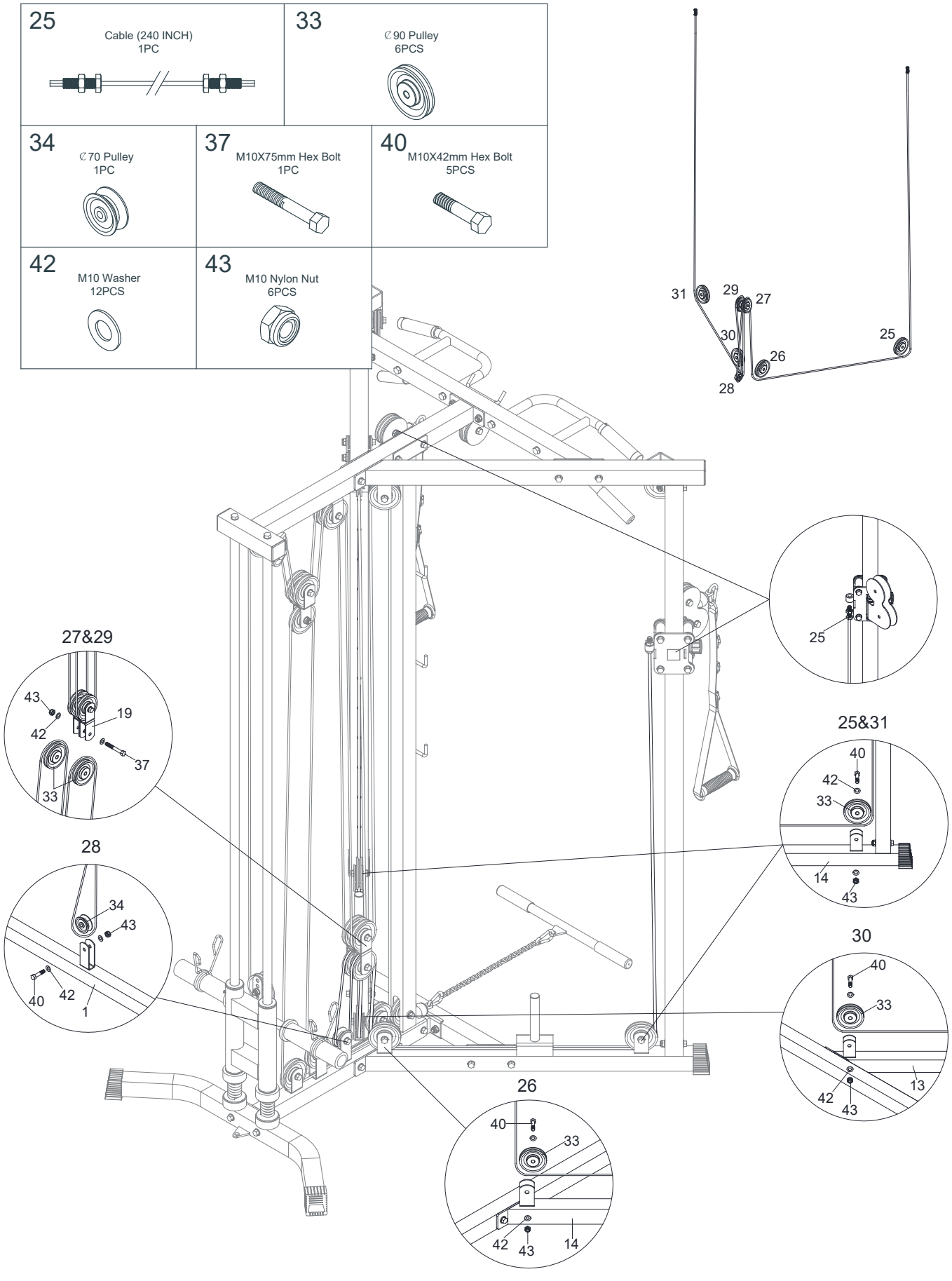


21 Lat Pull Down Bar 1PC		22 Lat Bar 1PC	23 Cable (247 INCH) 1PC
26 Chain 1PC	30 M7 Clip 3PCS	33 ℄90 Pulley 7PCS	35 Pulley Bushing 4PCS
38 M10X70mm Hex Bolt 2PCS	40 M10X42mm Hex Bolt 5PCS	42 M10 Washer 14PCS	43 M10 Nylon Nut 7PCS

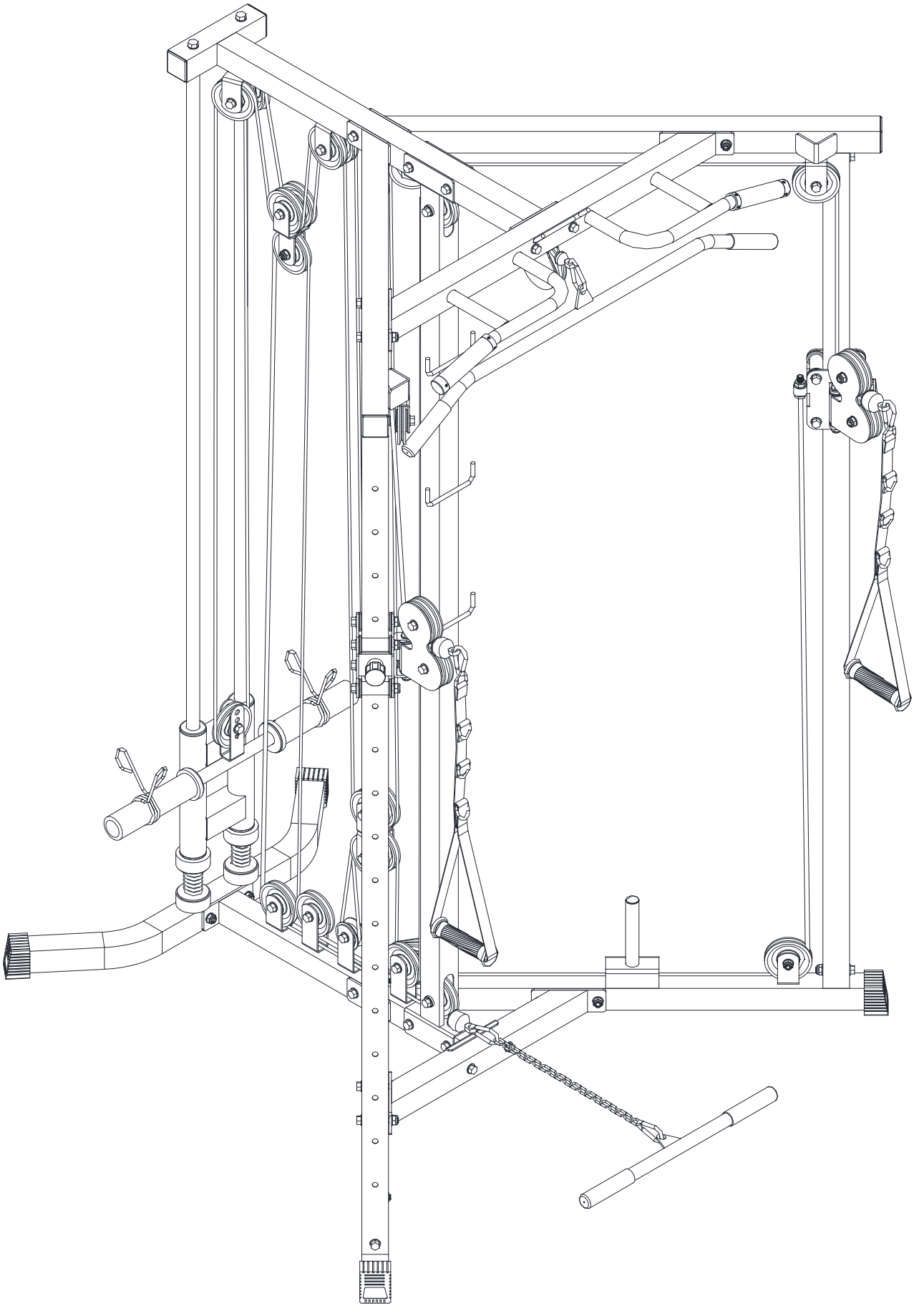
STEP: 11

3. Start with the Cable (240 INCH) (25).

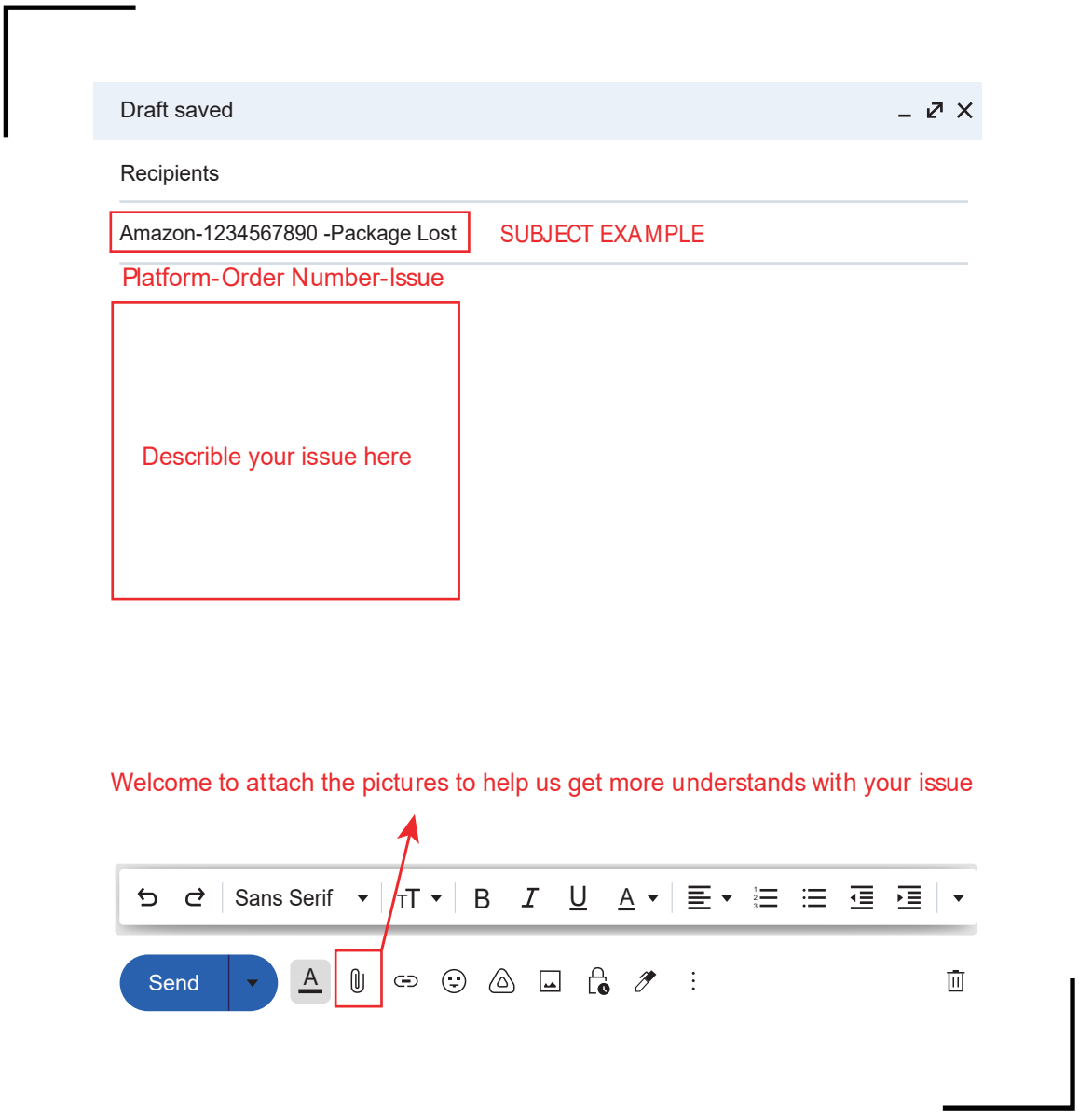
25 Cable (240 INCH) 1PC	33 ℄90 Pulley 6PCS
34 ℄70 Pulley 1PC	37 M10X75mm Hex Bolt 1PC
40 M10X42mm Hex Bolt 5PCS	
42 M10 Washer 12PCS	43 M10 Nylon Nut 6PCS



INSTALLATION IS COMPLETE



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