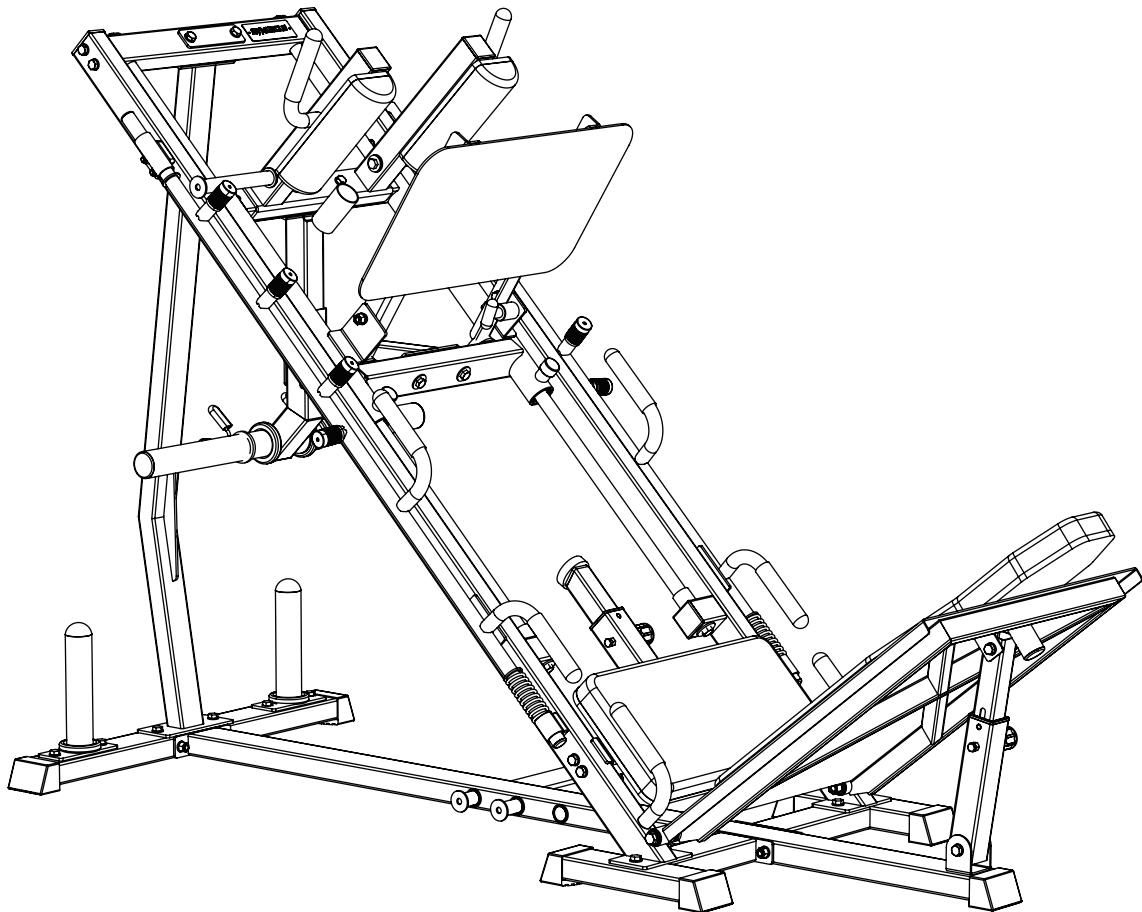


ASSEMBLY INSTRUCTIONS

SKU# DJZH1351



⚠ SAFETY TIPS:

Static charge may cause dust on foam-clean with a dry or damp cloth. Small foam strands may be present-handle gently and dispose of properly. Do not burn or incinerate. Check local recycling guideline.

Have an assembly question or need a replacement part?
Please contact with our customer service.

Warnings

To reduce the risk of injury, read and follow all of the warnings, precautions, and instructions in this manual before you use the equipment. Warnings and instructions for care, maintenance, and use of this equipment are included to promote safe enjoyable use of this equipment.

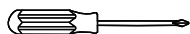
⚠ WARNING

- Any use of this product other than that intended may lead to serious injury.
- Prior to use, read the instructions carefully and comply with all warnings and instructions.
- Do not let children use this appliance, keep children and pets away from it. Teenagers must be supervised.
- You must replace the sticker if it is damaged, illegible or missing.
- Keep your body, clothing, and hair free and clear of all moving parts. Tie long hair back so that it does not get in the way when exercising.
- Not suitable for therapeutic purposes.
- Do not exceed weight capacity.
- Always use the security devices.
- It is the responsibility of the owner to ensure that all users of the weight training system are adequately informed of all precautions.
- Always consult a physician before beginning any exercise program. This is especially important if you are over 35 or have experienced health problems before.
- Always wear sports shoes for foot protection while using the weight training system.
- Before each use, make sure your product is locked (pins engaged). Inspect and properly tighten all parts and replace any worn parts immediately.
- Users are responsible for maintaining the product in good condition after setting it up and before each use.
- This product is intended for home use only. Do not use the product in a commercial, rental or institutional environment.
- The equipment must be placed on a flat, stable surface.
- Leave enough space around the apparatus in order to exercise in complete safety.
- For your own safety, regularly inspect your product.
- Remove any jewellery that you're wearing.
- Over exercising may result in serious injury or death. If you experience dizziness, nausea, chest pain or any other abnormal symptoms, immediately stop your workout and see your doctor.

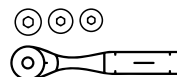
Adult assembly required

- It is recommended to assemble the product by two adults.
- Due to its weight and size, the product should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the product as you assemble it.
- Use gloves to protect your hands from pinch points during assembly.
- We've provided tools to help with assembly, but you're more than welcome to use your own tools.

- one Phillips screwdriver



- Socket set

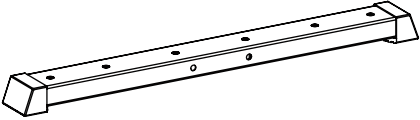
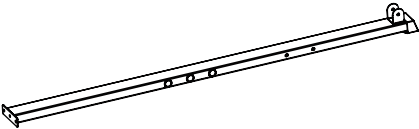
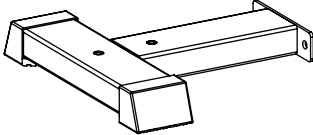
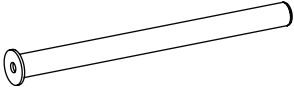
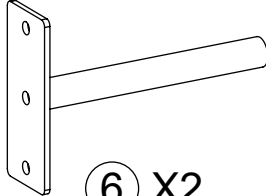
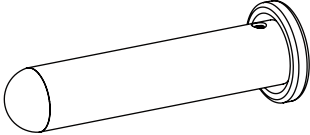
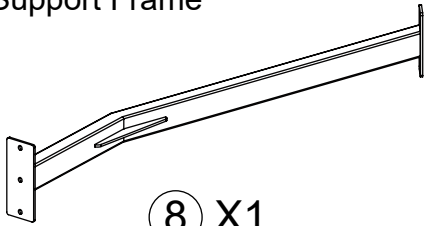
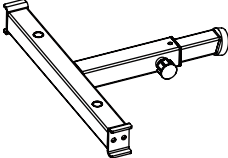
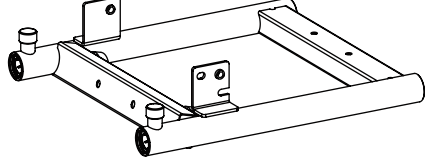
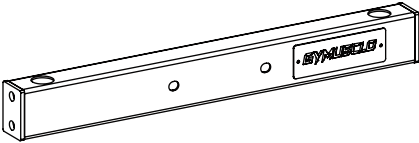
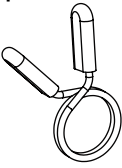
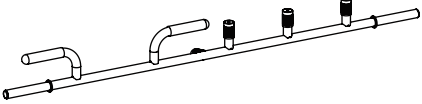
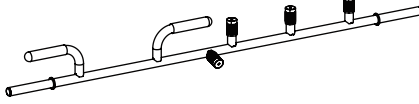
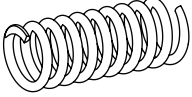
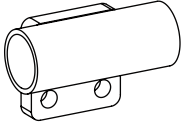
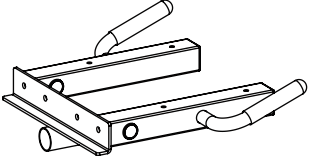
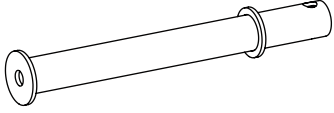


- Adjustable wrenches



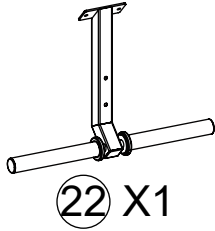
- Electric Wrench

Parts List

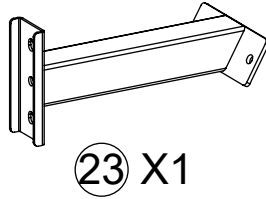
Rear Base Tube  ① X1	Middle Connecting Tube  ② X1	Reinforcement Plate 40  ③ X2
Middle Base Tube  ④ X2	Band Peg  ⑤ X2	Weight Storage Tube  ⑥ X2
Olympic Adapter  ⑦ X2	Support Frame  ⑧ X1	Left Frame  ⑨ X1
Right Frame  ⑩ X1	Safety Limited Frame  ⑪ X1	Slide Frame  ⑫ X1
Guide Rod  ⑬ X2	Upper Connecting Tube  ⑭ X1	Spring Clip  ⑮ X2
Stopper Handle Left  ⑯ X1	Stopper Handle Right  ⑰ X1	Spring  ⑱ X2
Slider Frame  ⑲ X2	Handrail Frame  ⑳ X1	Upper Weight Holder  ㉑ X2

Parts List

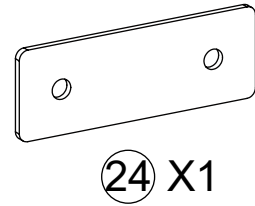
Below Weight Holder



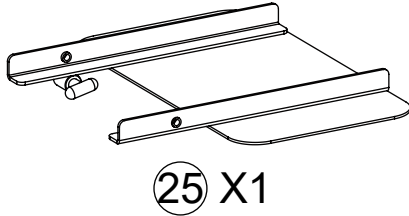
Short Connecting Tube



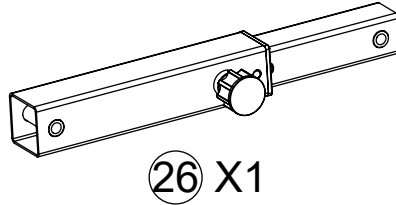
Reinforcement Plate 50



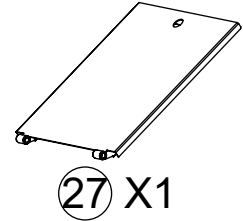
Leg Press Pedal



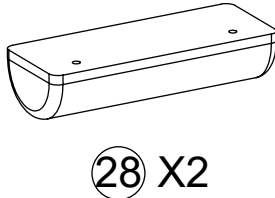
Adjustable Frame



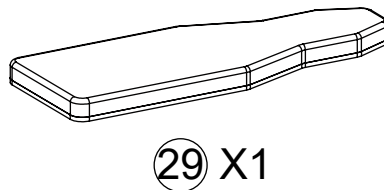
Hack Squat Pedal



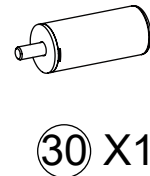
Shoulder Cushion



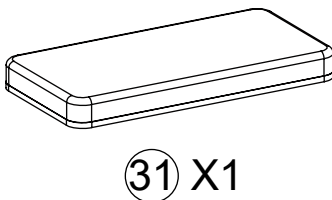
Back Cushion



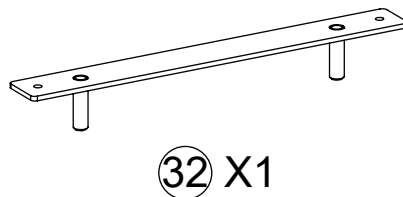
Cushion Fixed Tube



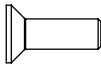
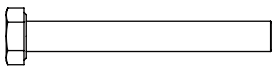
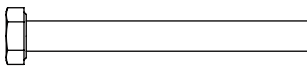
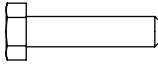
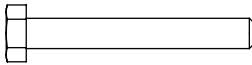
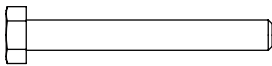
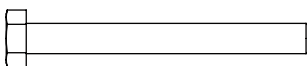
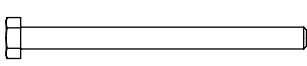
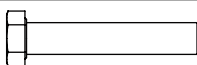
Seat Cushion



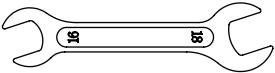
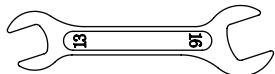
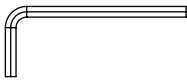
Seat Cushion Supporting Frame



Hardware List

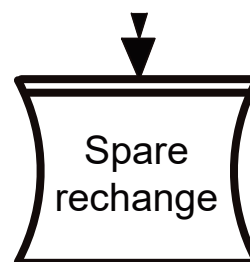
No.	Code	Diagram	Description	Quantity	Spare
1	A1		Shaft	2	
2	B1		Bolt M8x25mm	2	
3	B2		Bolt M8x65mm	4	
4	B3		Bolt M8x70mm	4	
5	B4		Bolt M10x25mm	12	2
6	B5		Bolt M10x40mm	2	
7	B6		Bolt M10x60mm	10	2
8	B7		Bolt M10x65mm	5	
9	B8		Bolt M10x75mm	3	
10	B9		Bolt M10x105mm	4	
11	B10		Bolt M12x25mm	2	
12	B11		Bolt M12x65mm	2	
13	B12		Bolt M12x115mm	2	
14	C1		M8 Washer	12	2
15	C2		M10 Washer	48	6
16	C3		M10 Big Washer	4	
17	C4		M12 Washer	4	
18	C5		M12 Big Washer	4	
19	D1		M8 Nut	4	
20	D2		M10 Nut	16	2
21	D3		M12 Nut	2	

Hardware List

No.	Code	Diagram	Description	Quantity	Spare
22	*		Wrench	2	
			Wrench	2	
			S5x85mm	1	
			S4x74mm	1	

Spare parts are
packed together
in one package.

Les pièces de rechange
sont emballées ensemble
dans un seul colis.

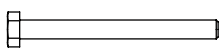
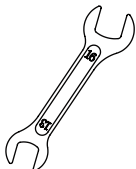


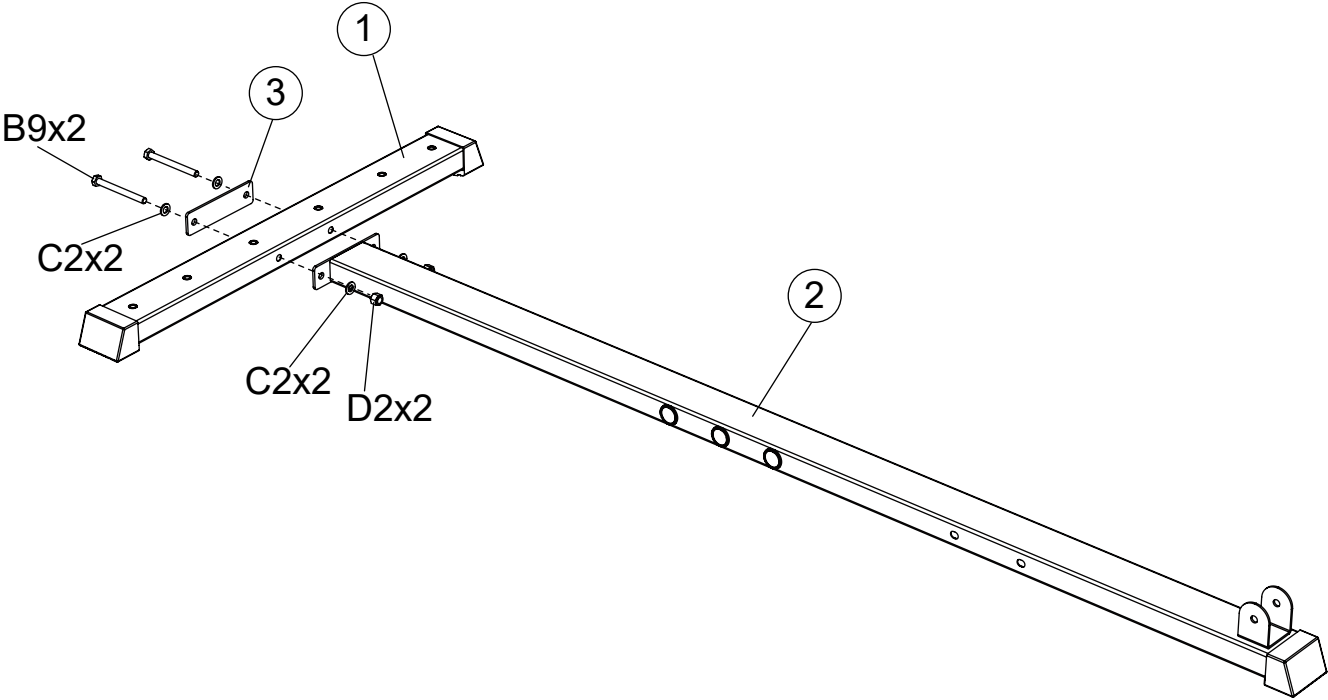
THE SPARE BAG INCLUDED EXTRA HARDWARE FOR DAMAGED OR
MISSING SMALL HARDWARE WHILE YOU ARE ASSEMBLING

Le sac de pièces de rechange contient du matériel supplémentaire pour le
petit matériel endommagé ou manquant lors de votre assemblage.

Assemble

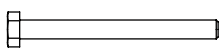
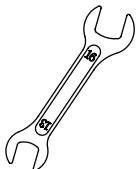
Step 1

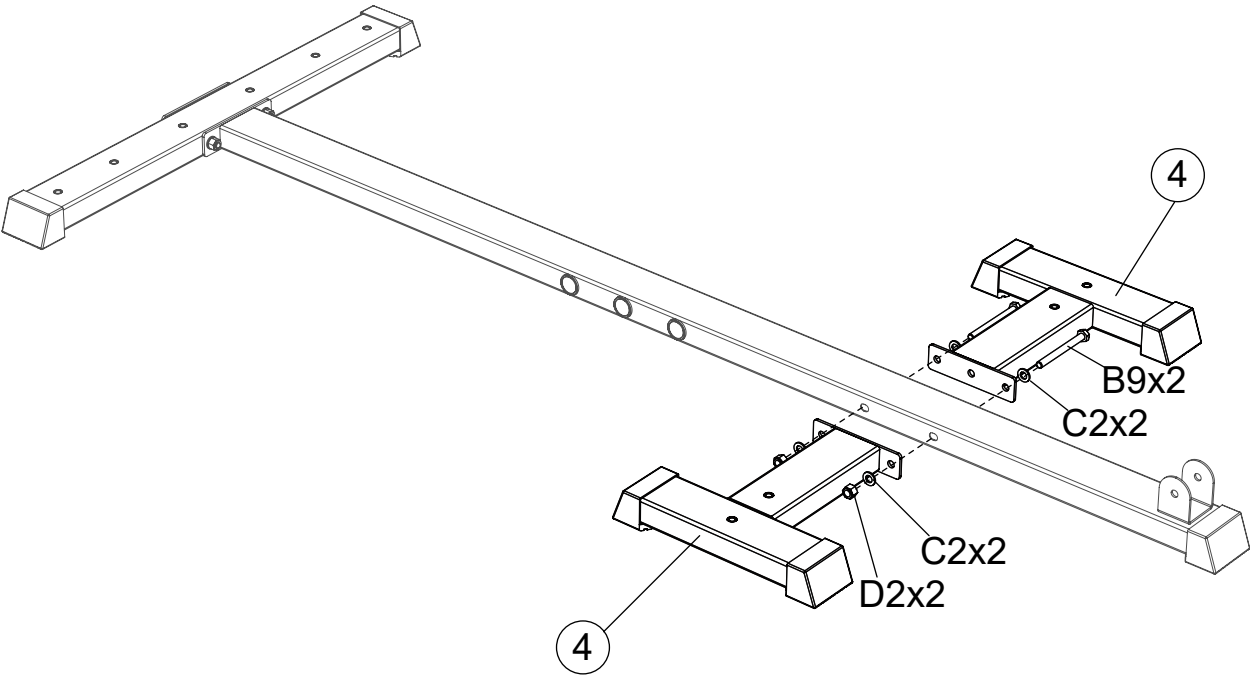
 Bolt M10*105mm		 M10 Washer		 M10 Nut				 
B9	2PCS	C2	4PCS	D2	2PCS			



Assemble

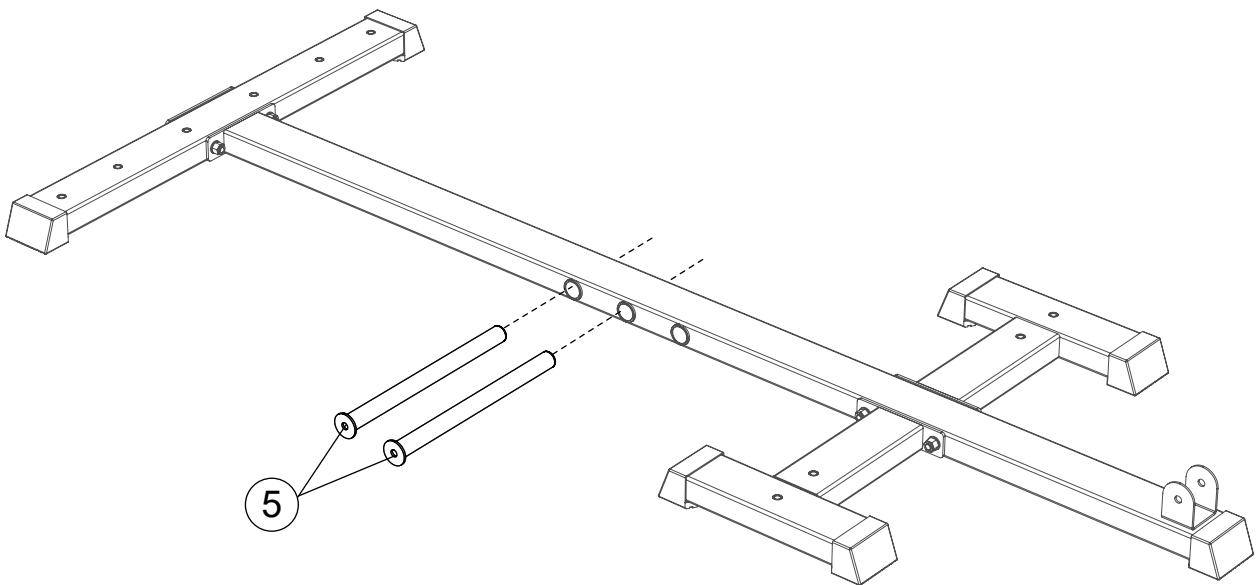
Step 2

 Bolt M10*105mm		 M10 Washer		 M10 Nut		 	
B9	2PCS	C2	4PCS	D2	2PCS		



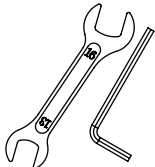
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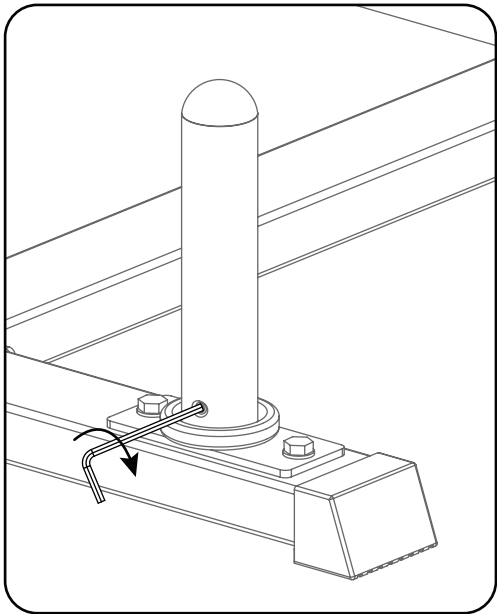
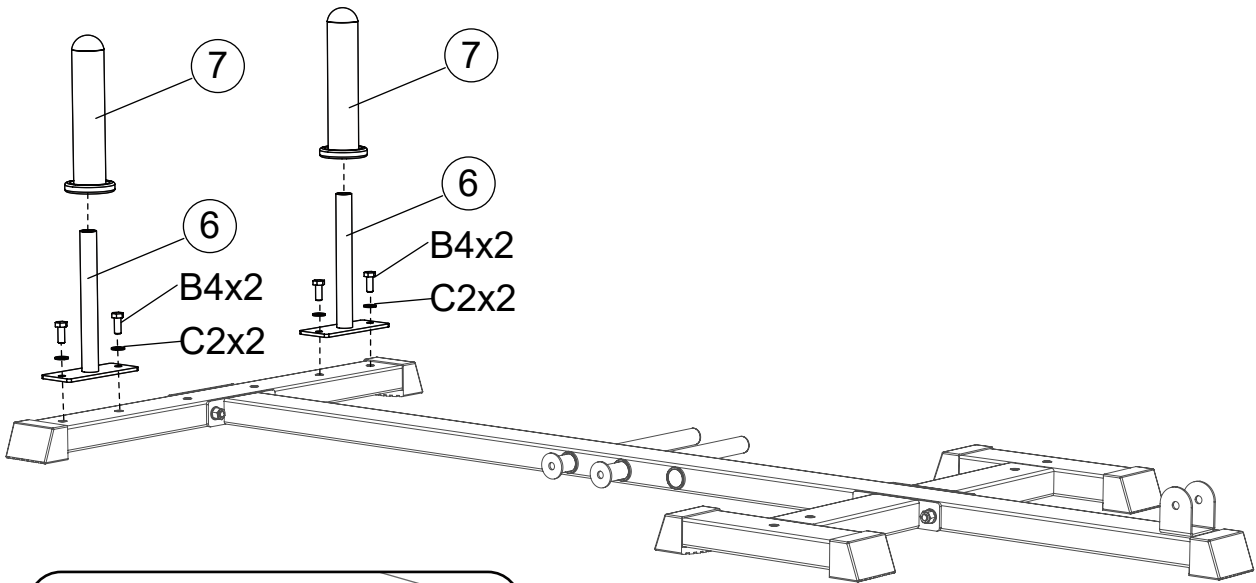
Step 3



Assemble

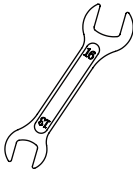
Step 4

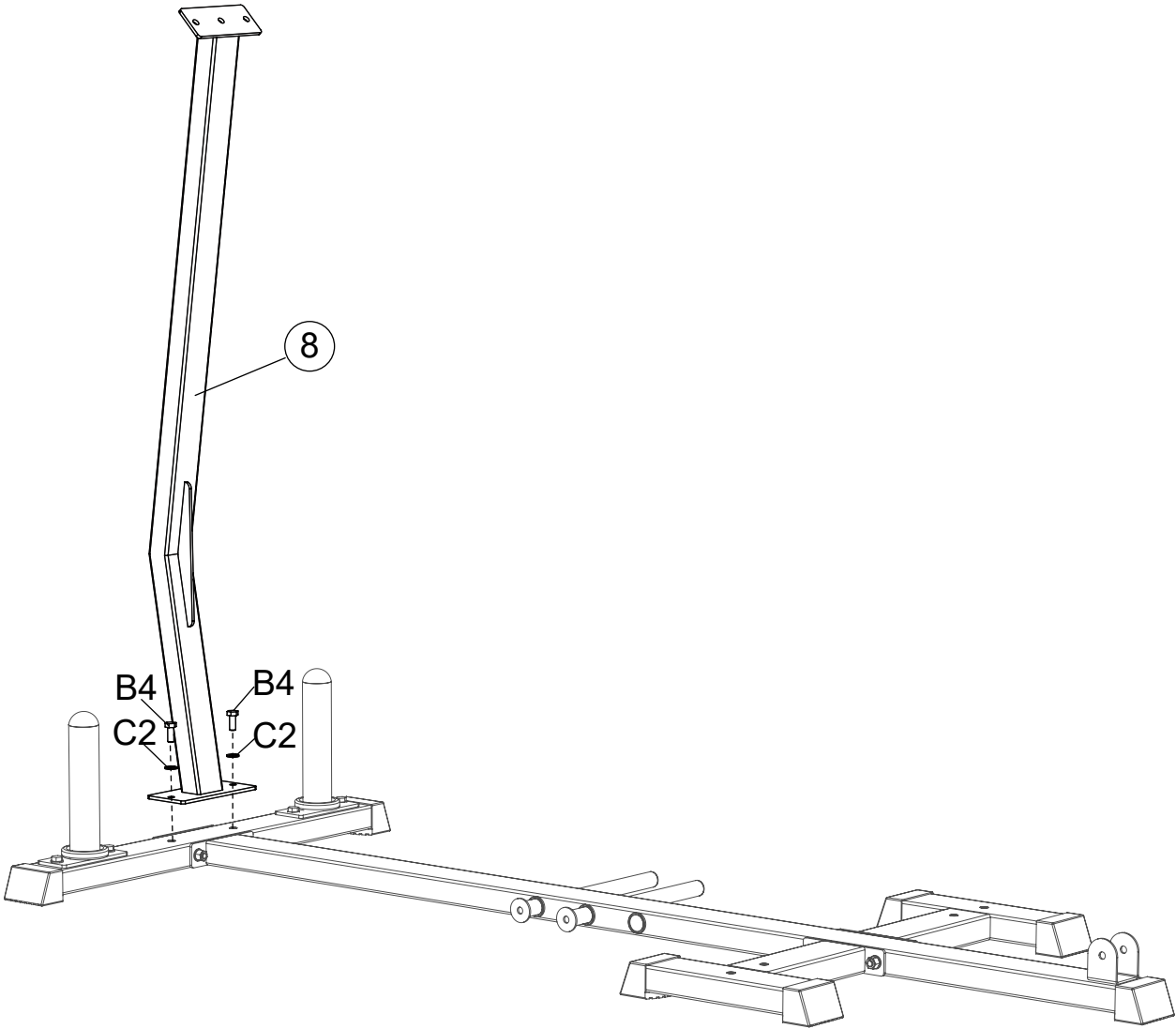
 Bolt M10*25mm		 M10 Washer						 +	
B4	4PCS	C2	4PCS						



Assemble

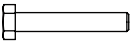
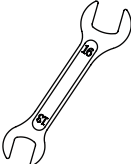
Step 5

 Bolt M10*25mm		 M10 Washer						 
B4	2PCS	C2	2PCS					

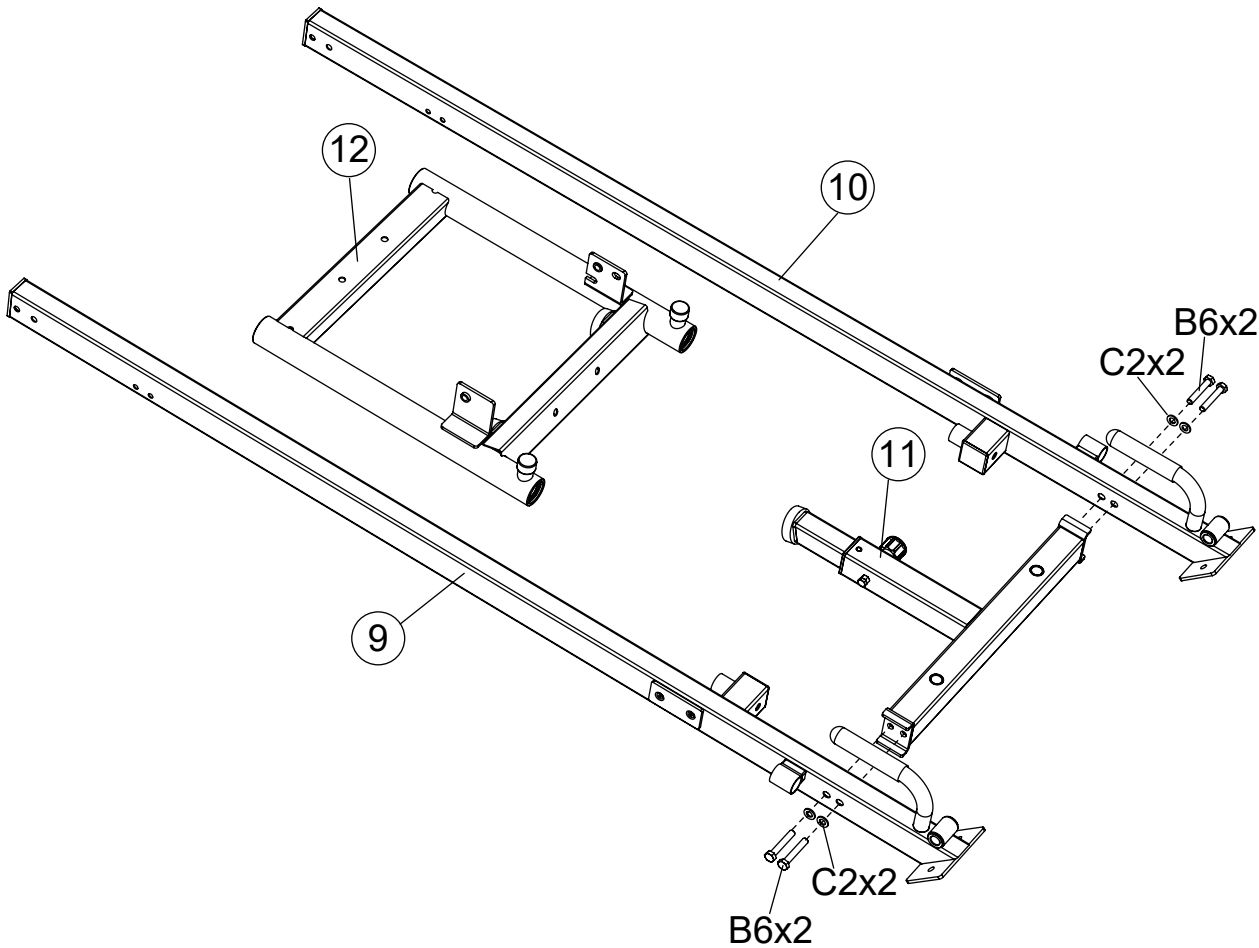


Assemble

Step 6

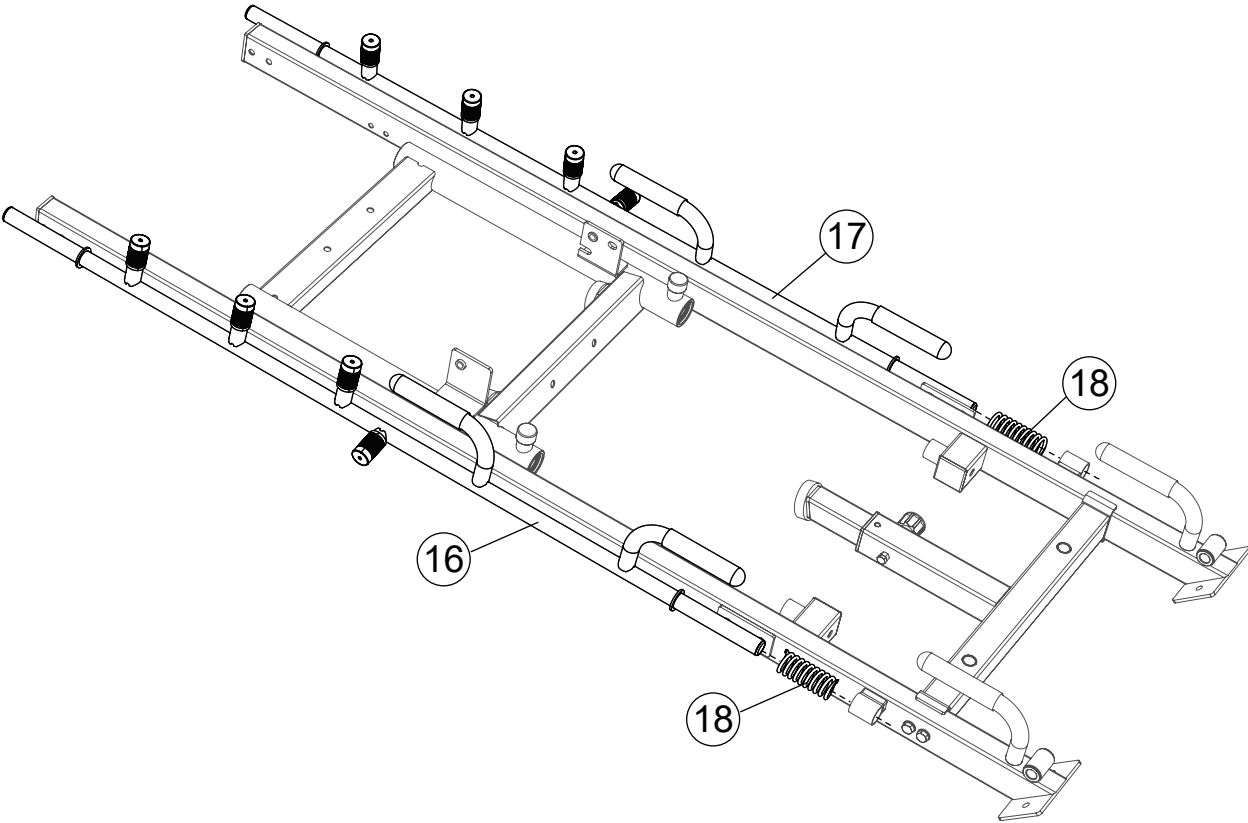
 Bolt M10*60mm		 M10 Washer						 
B6	4PCS	C2	4PCS					

Place all parts on a flat surface. Ensure there's enough space around for easy access.
Check for all components. Verify that you have the guide rod, linear bearing, and any other necessary parts.



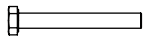
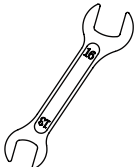
Assemble

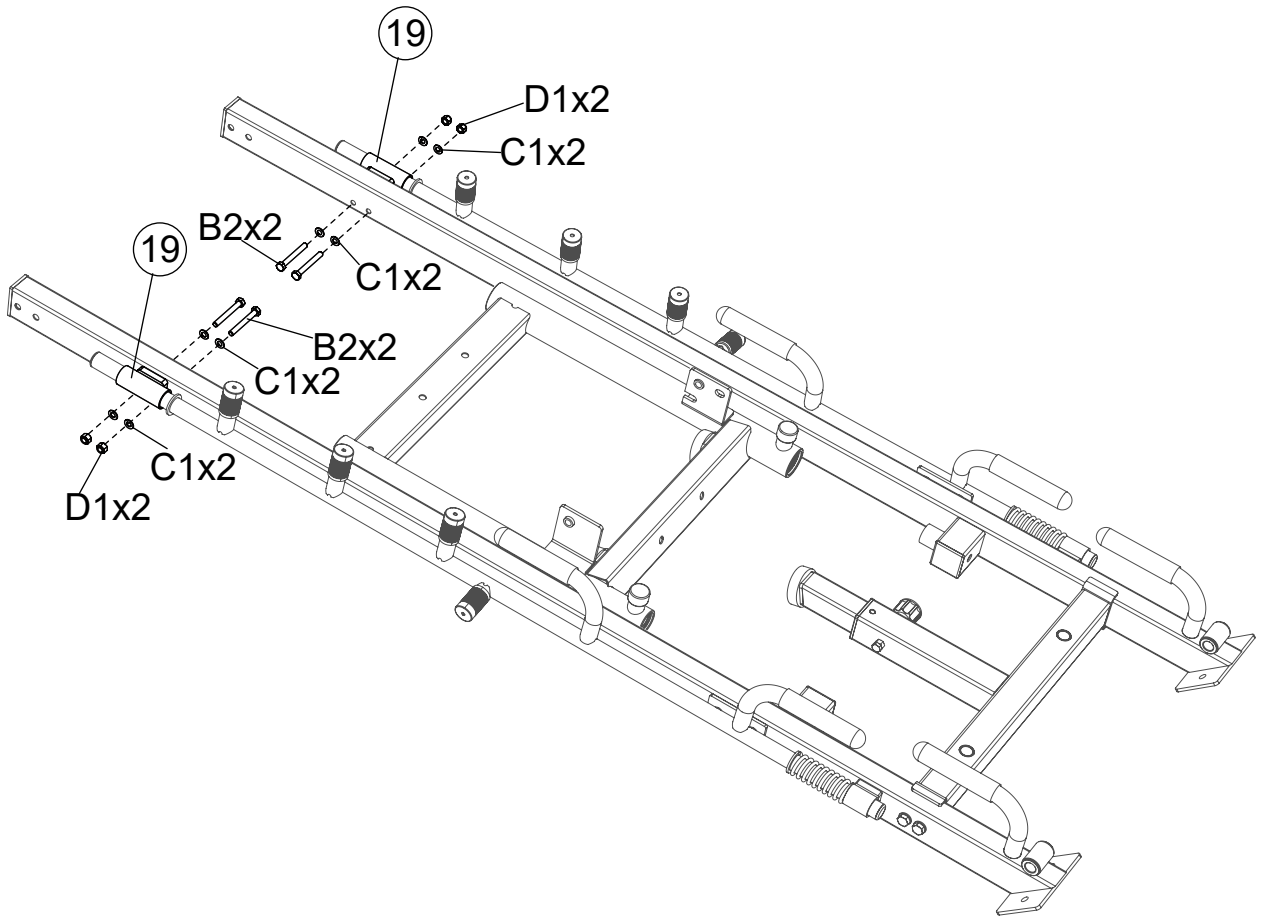
Step 7



Assemble

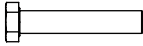
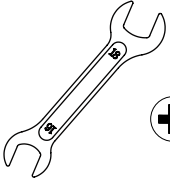
Step 8

 Bolt M8*65mm		 M8 Washer		 M8 Nut		 	
B2	4PCS	C1	8PCS	D1	4PCS		



Assemble

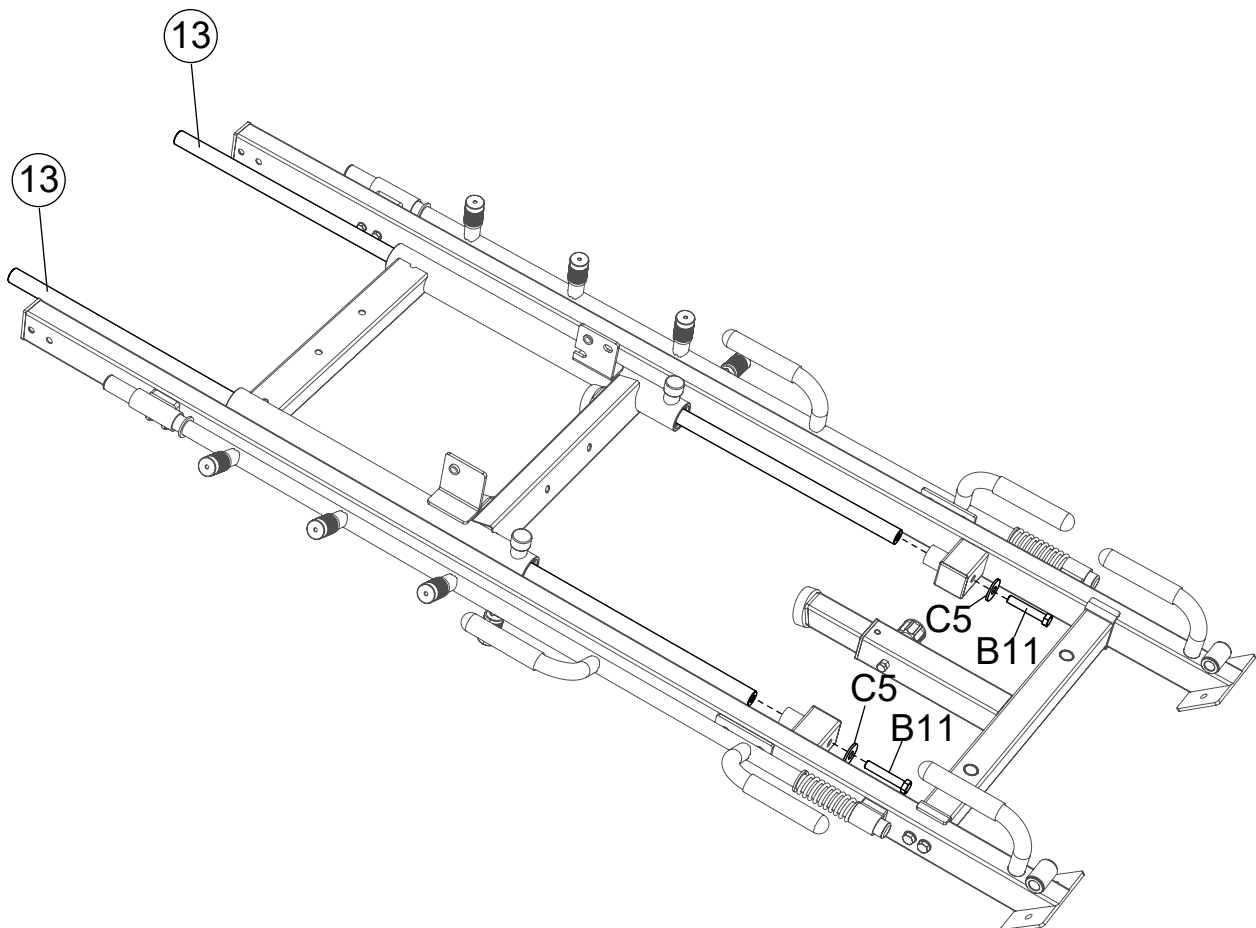
Step 9

 Bolt M12*65mm		 M12 Big Washer						 +	
B11	2PCS	C5	2PCS						

Locate the linear bearing, and align the guide rod with the track.
Make sure the end of the guide rod fits perfectly into the opening of the track.

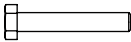
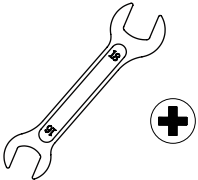
Gently insert the guide rod. Use your hands to slowly push the guide rod into the linear bearing. Important: The guide rod should slide in smoothly and horizontally. Avoid forcing it!

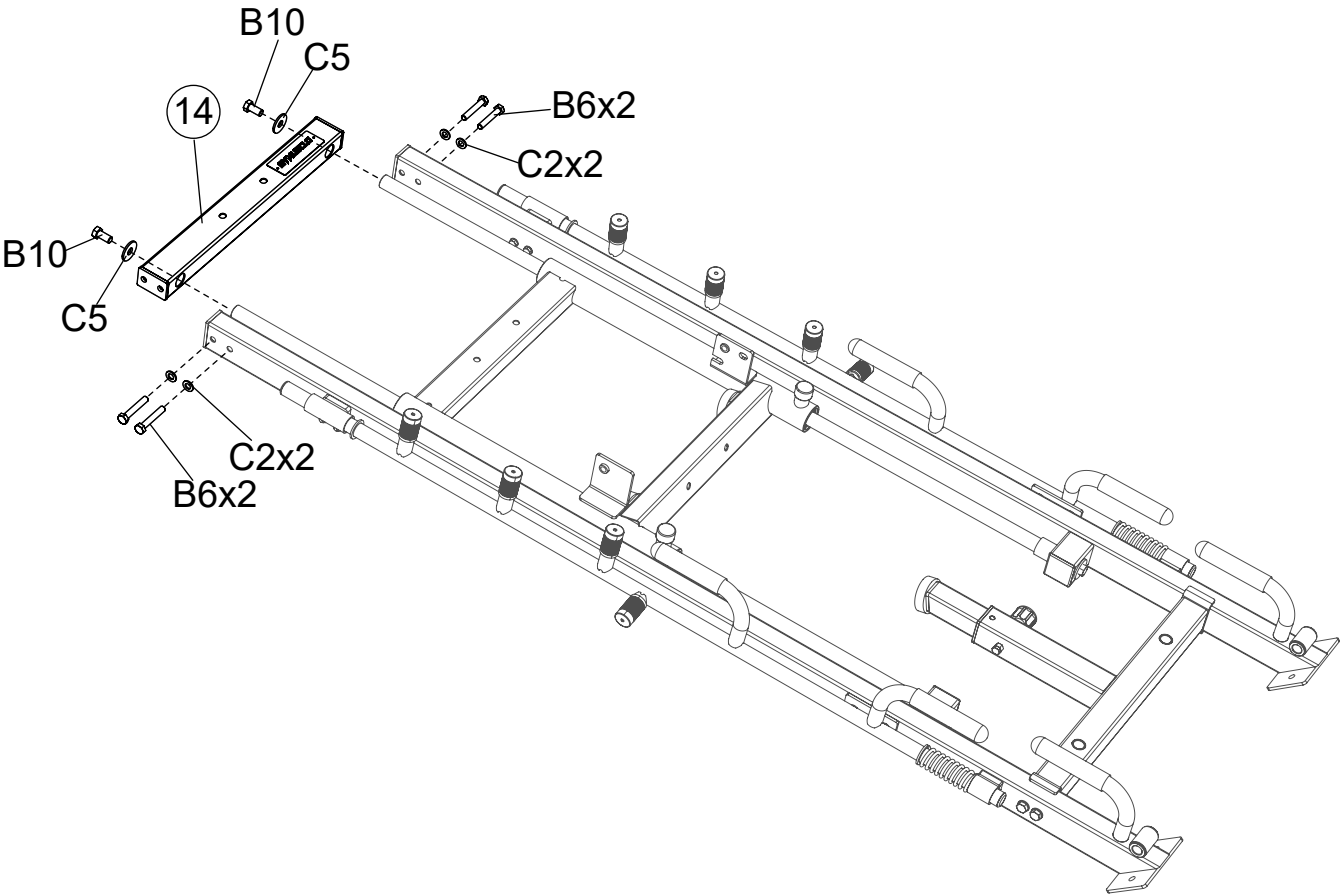
Tip: If insertion is difficult, double-check the alignment of the guide rod and track.
Confirm complete insertion. Ensure the end of the guide rod is fully inside the track and isn't crooked.



Assemble

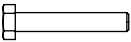
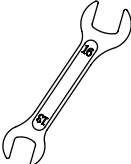
Step 10

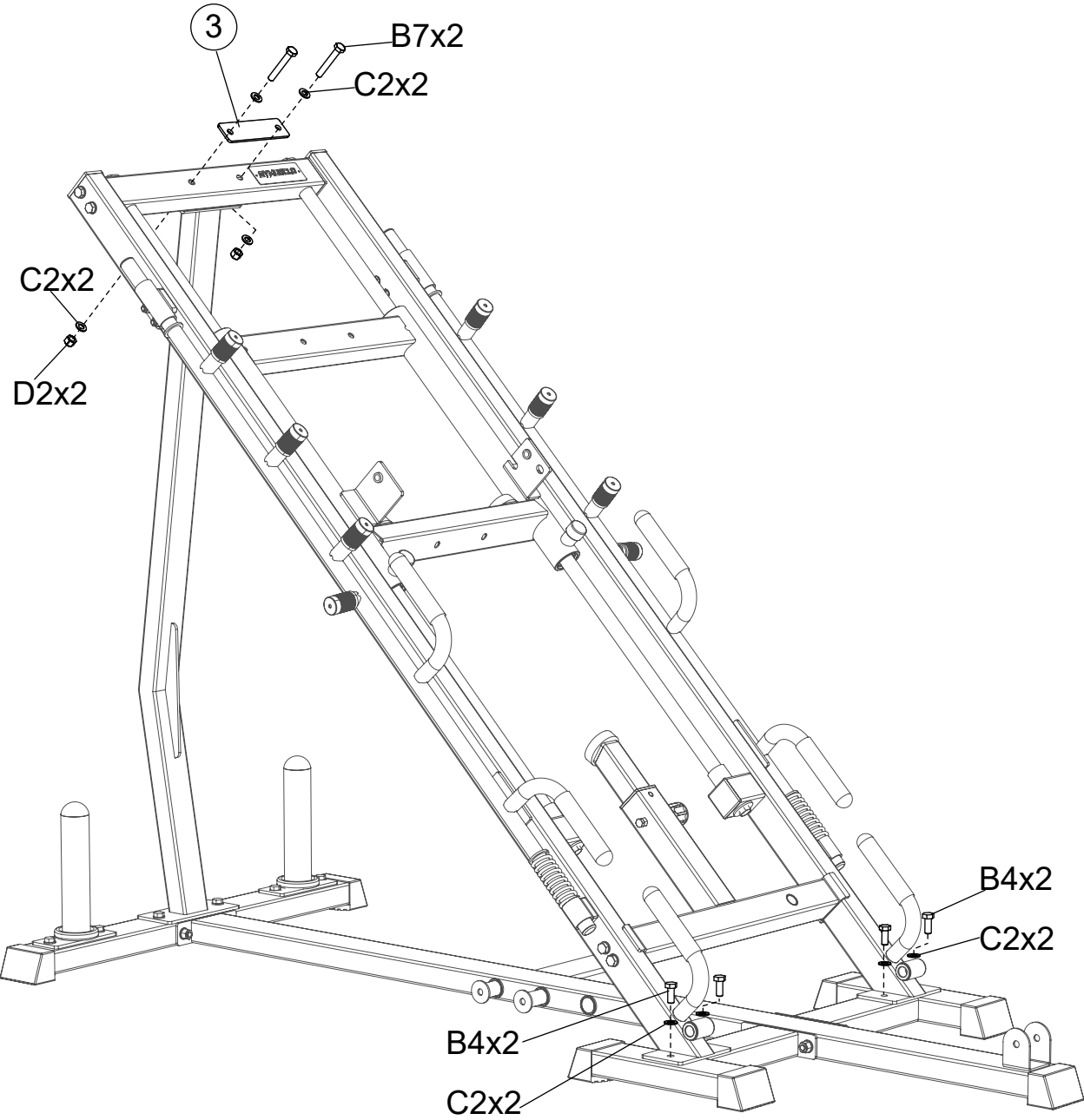
									
B10	2PCS	C5	2PCS	B6	4PCS	C2	4PCS		



Assemble

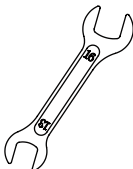
Step 11

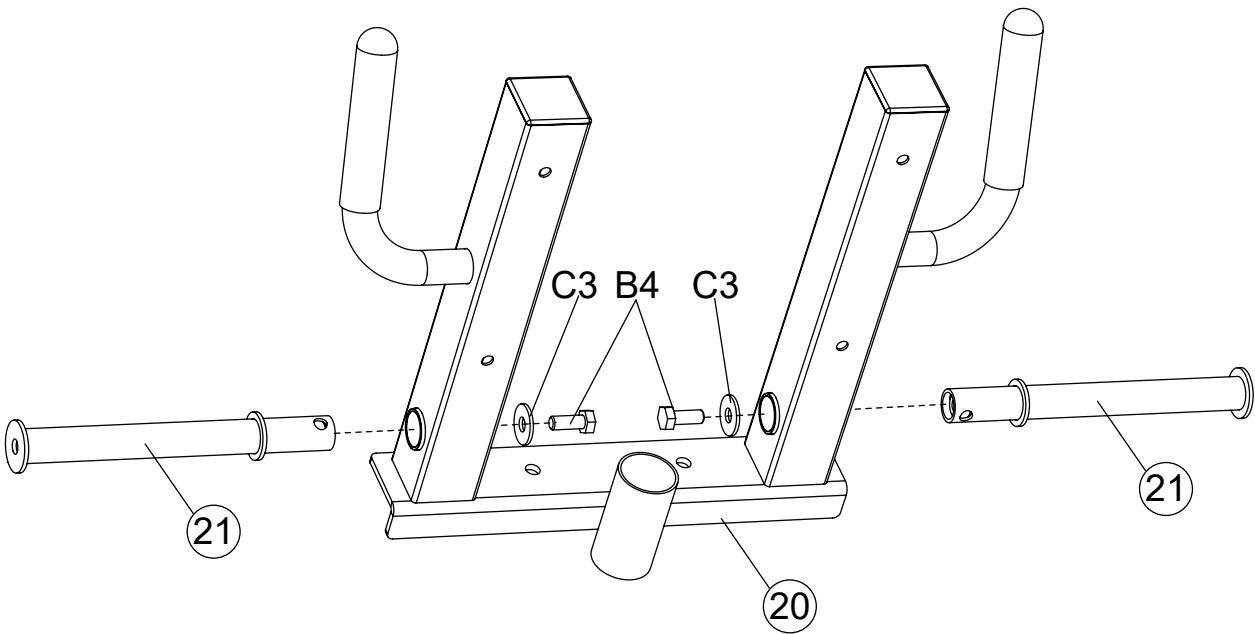
					
Bolt M10*65mm	M10 Washer	M10 Nut	Bolt M10*25mm		
B7	2PCS	C2	8PCS	D2	2PCS
B4	4PCS				



Assemble

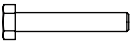
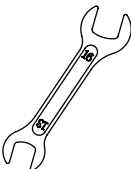
Step 12

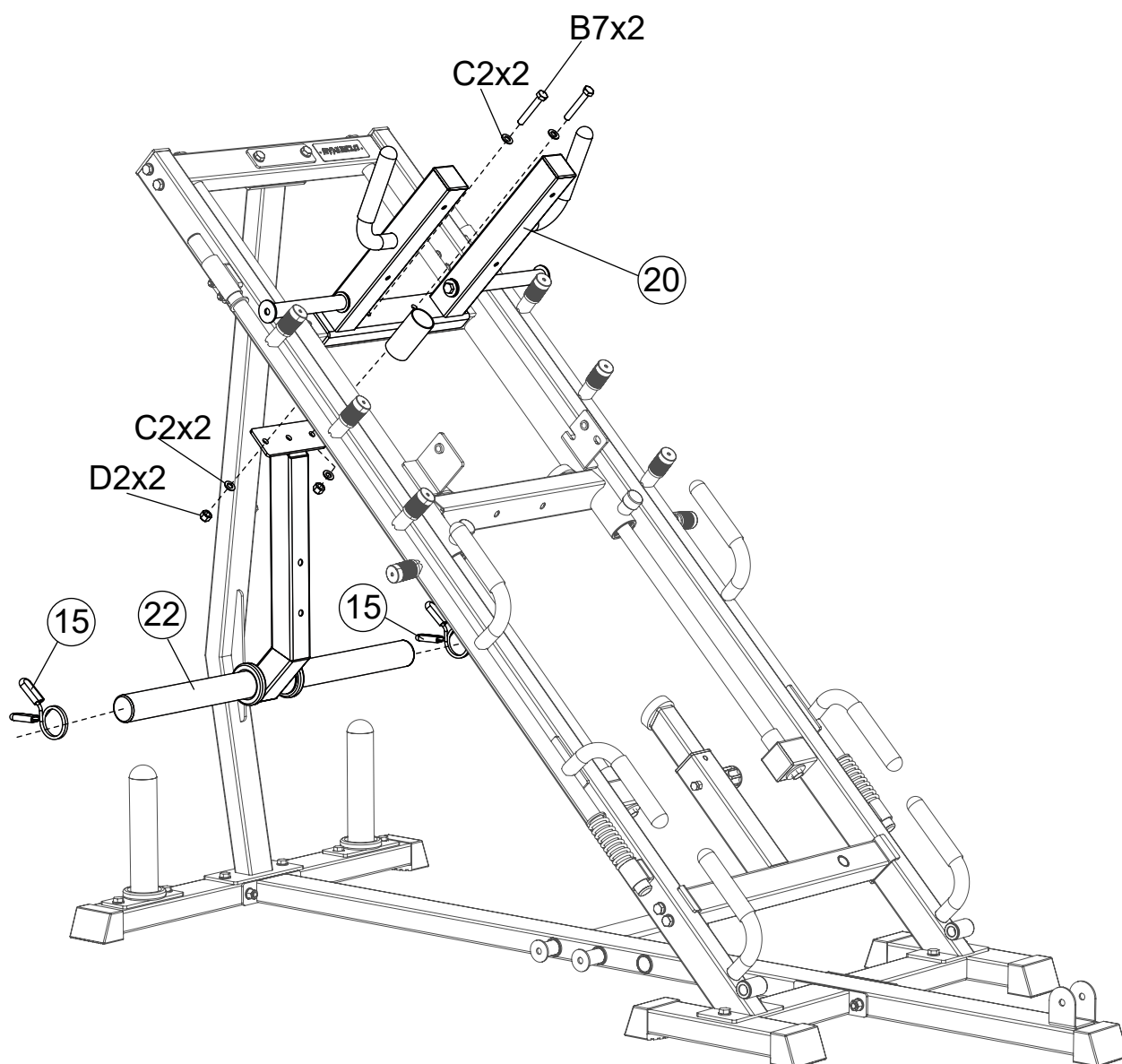
								 
Bolt M10*25mm		M10 Big Washer						
B4	2PCS	C3	2PCS					



Assemble

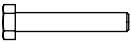
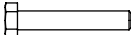
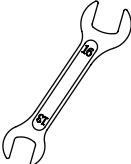
Step 13

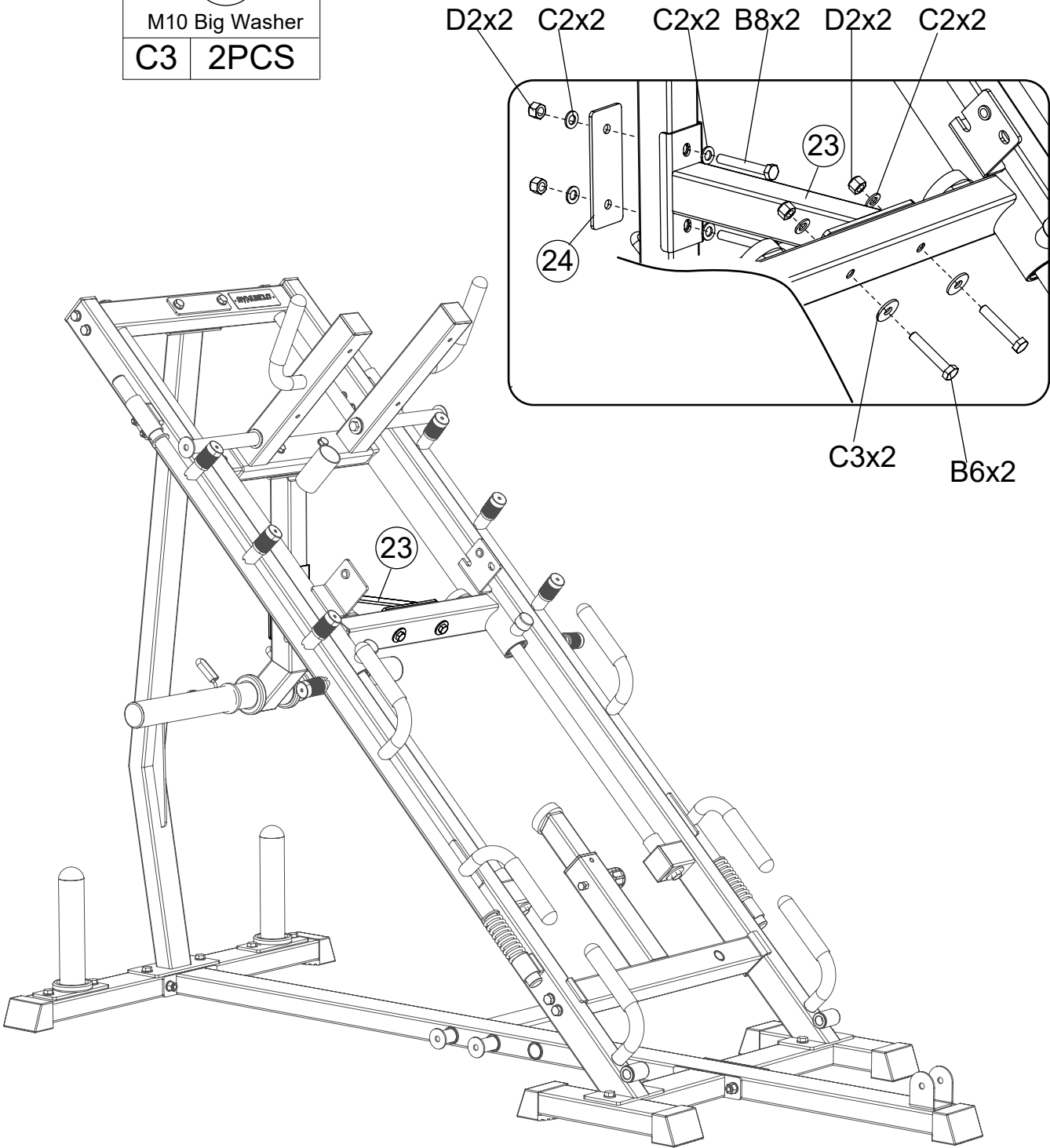
 Bolt M10*65mm		 M10 Washer		 M10 Nut		 	
B7	2PCS	C2	4PCS	D2	2PCS		



Assemble

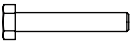
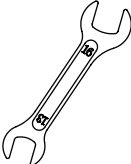
Step 14

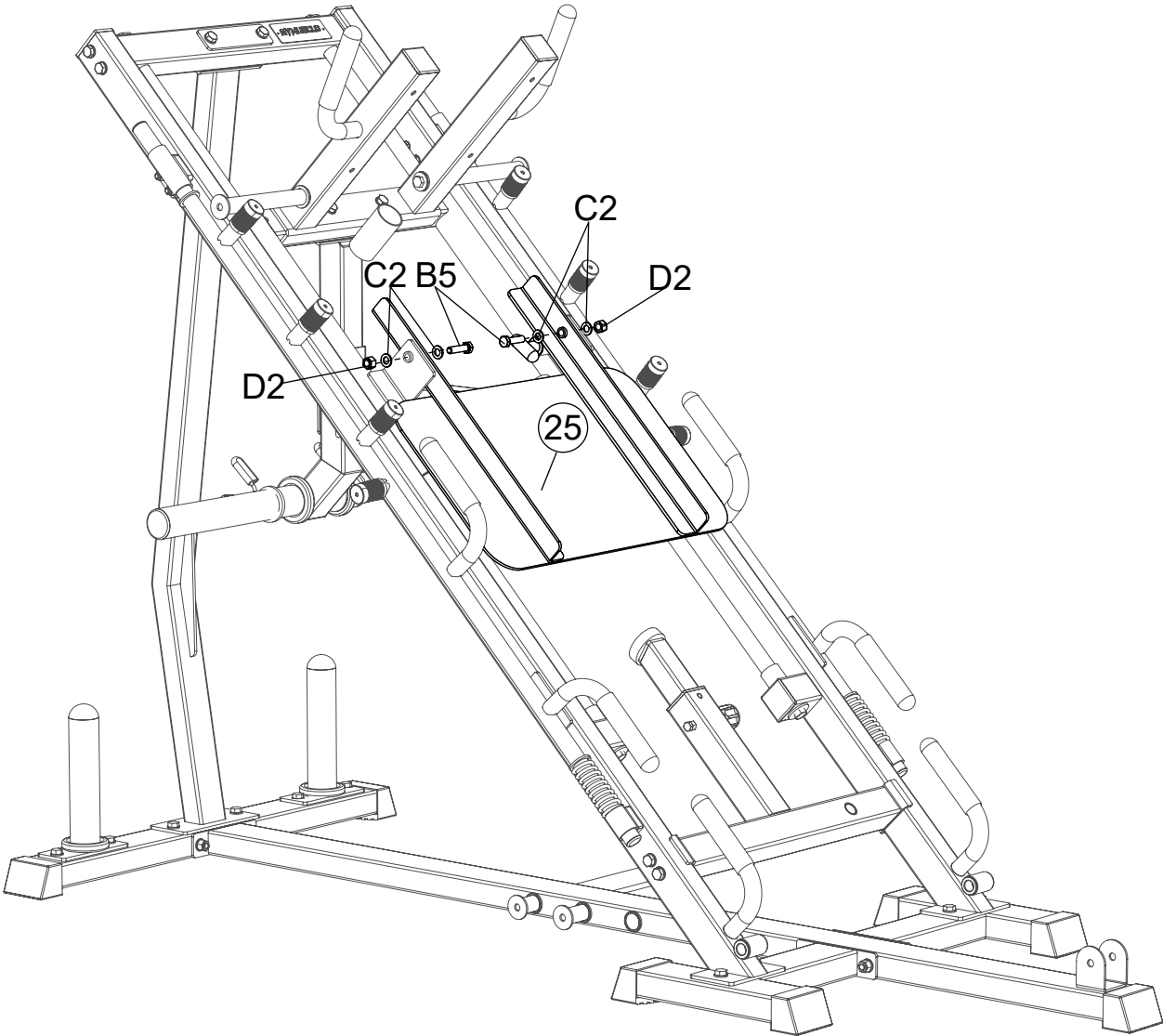
 Bolt M10*75mm B8 2PCS	 M10 Washer C2 6PCS	 M10 Nut D2 4PCS	 Bolt M10*60mm B6 2PCS	 
 M10 Big Washer C3 2PCS				



Assemble

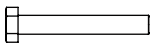
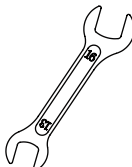
Step 15

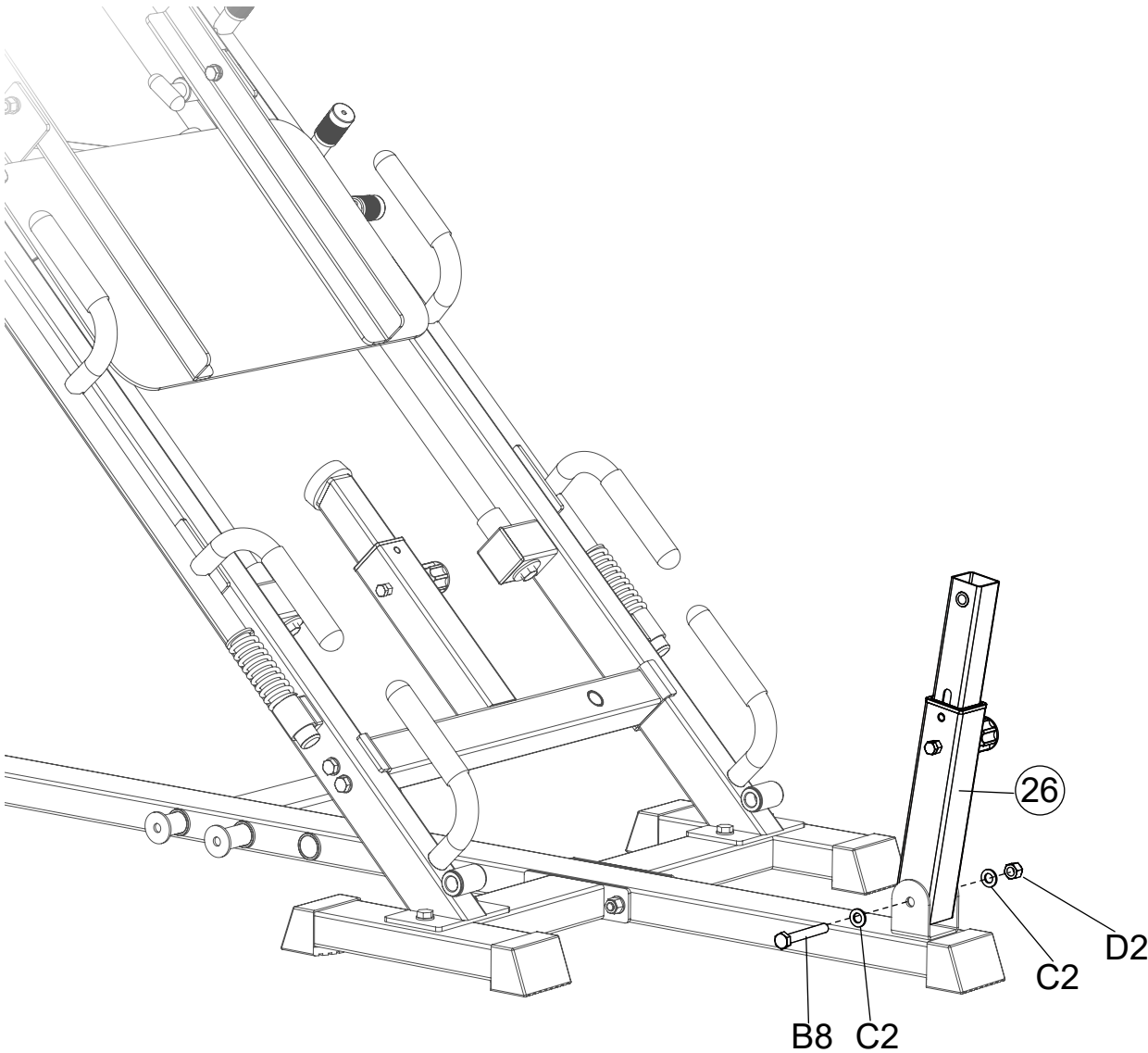
 Bolt M10*40mm		 M10 Washer		 M10 Nut				 
B5	2PCS	C2	4PCS	D2	2PCS			



Assemble

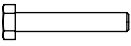
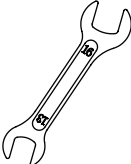
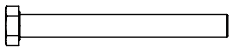
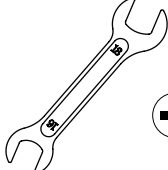
Step 16

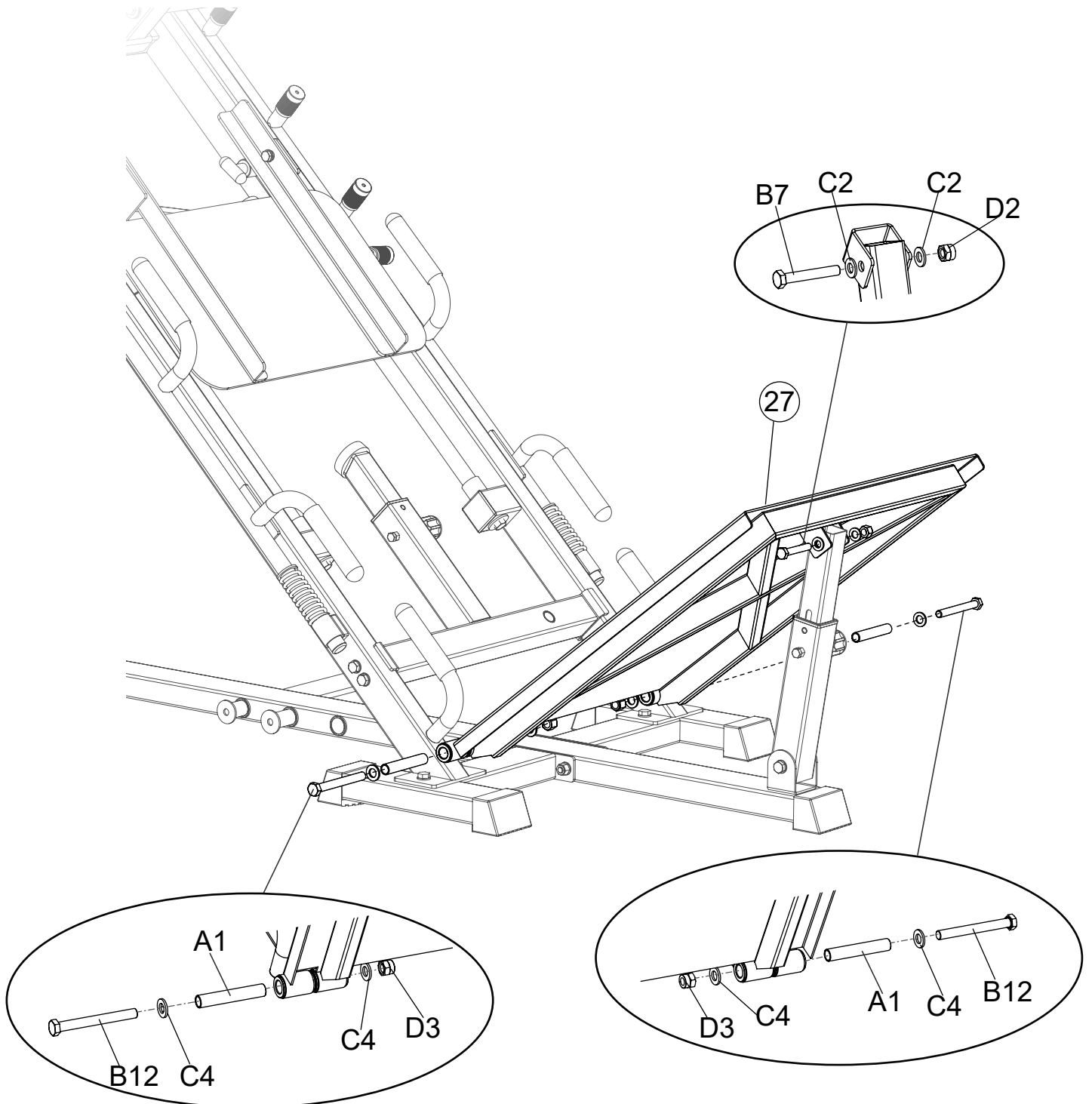
								 
Bolt M10*75mm		M10 Washer		M10 Nut				
B8	1PC	C2	2PCS	D2	1PC			



Assemble

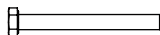
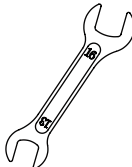
Step 17

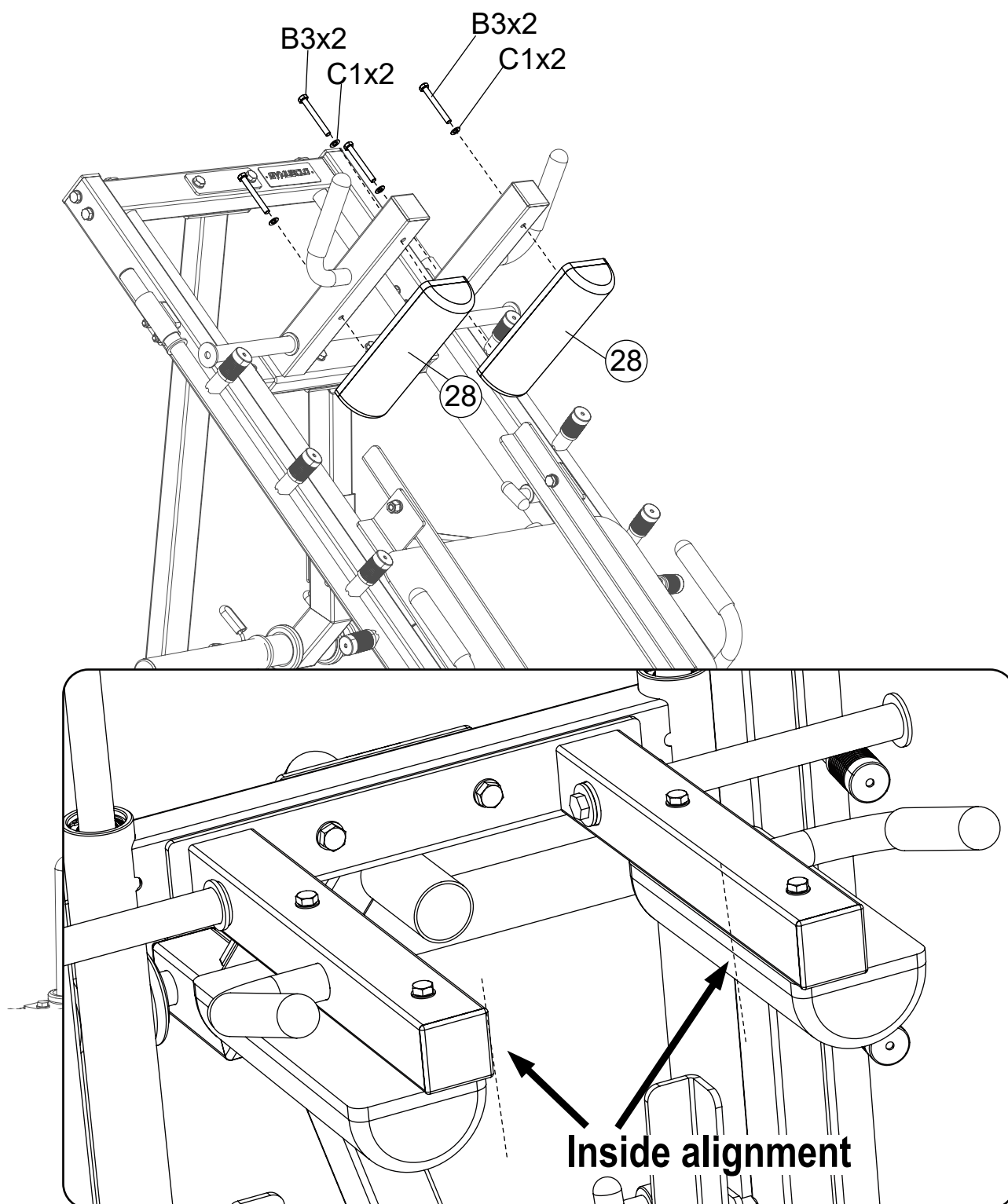
				
Bolt M10*65mm	M10 Washer	M10 Nut	Shaft	+
B7 1PC	C2 2PCS	D2 1PC	A1 2PCS	
				
Bolt M12*115mm	M12 Washer	M12 Nut		+
B12 2PCs	C4 4PCS	D3 2PCS		



Assemble

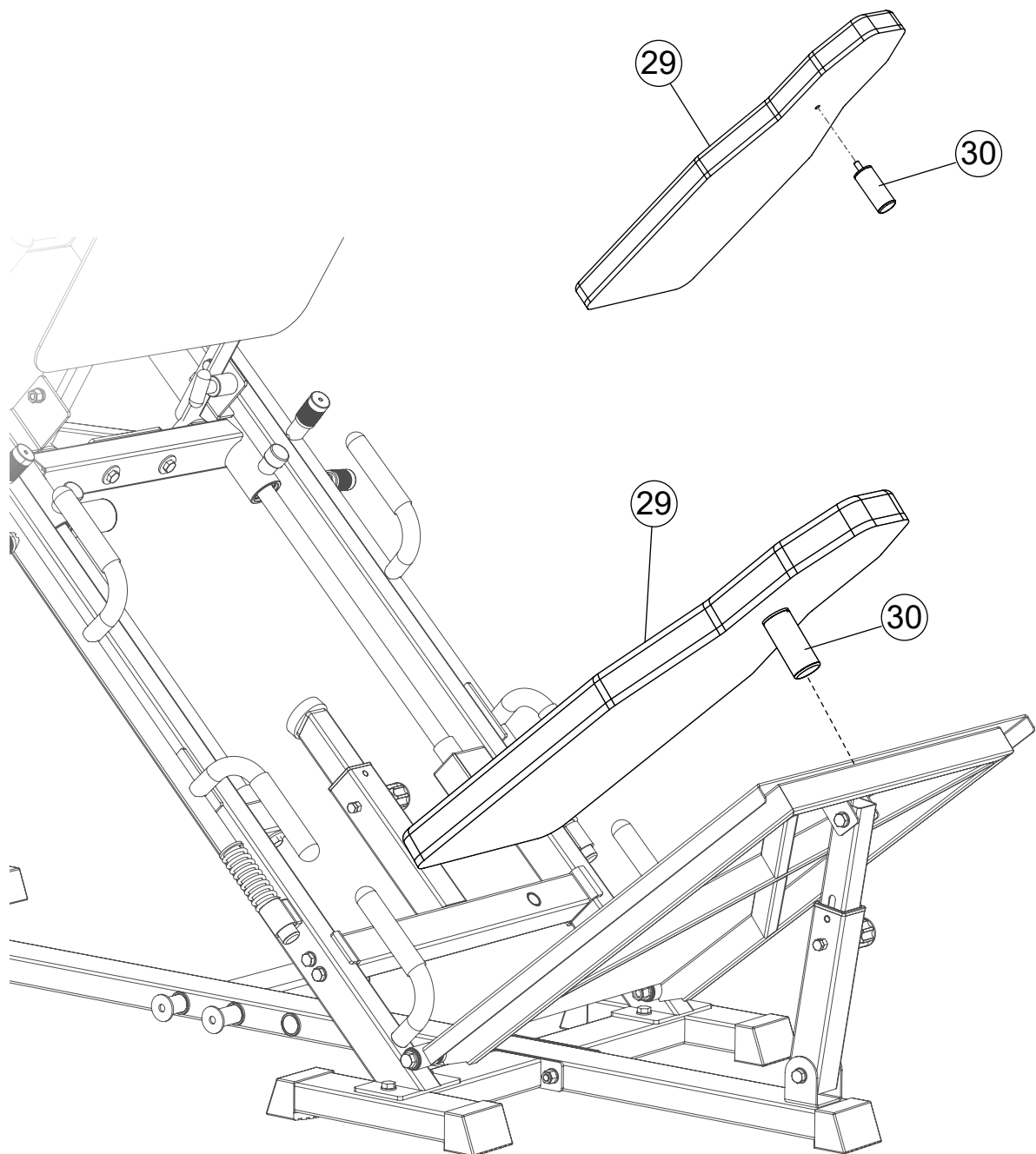
Step 18

 Bolt M8*70mm		 M8 Washer						 
B3	4PCS	C1	4PCS					



Assemble

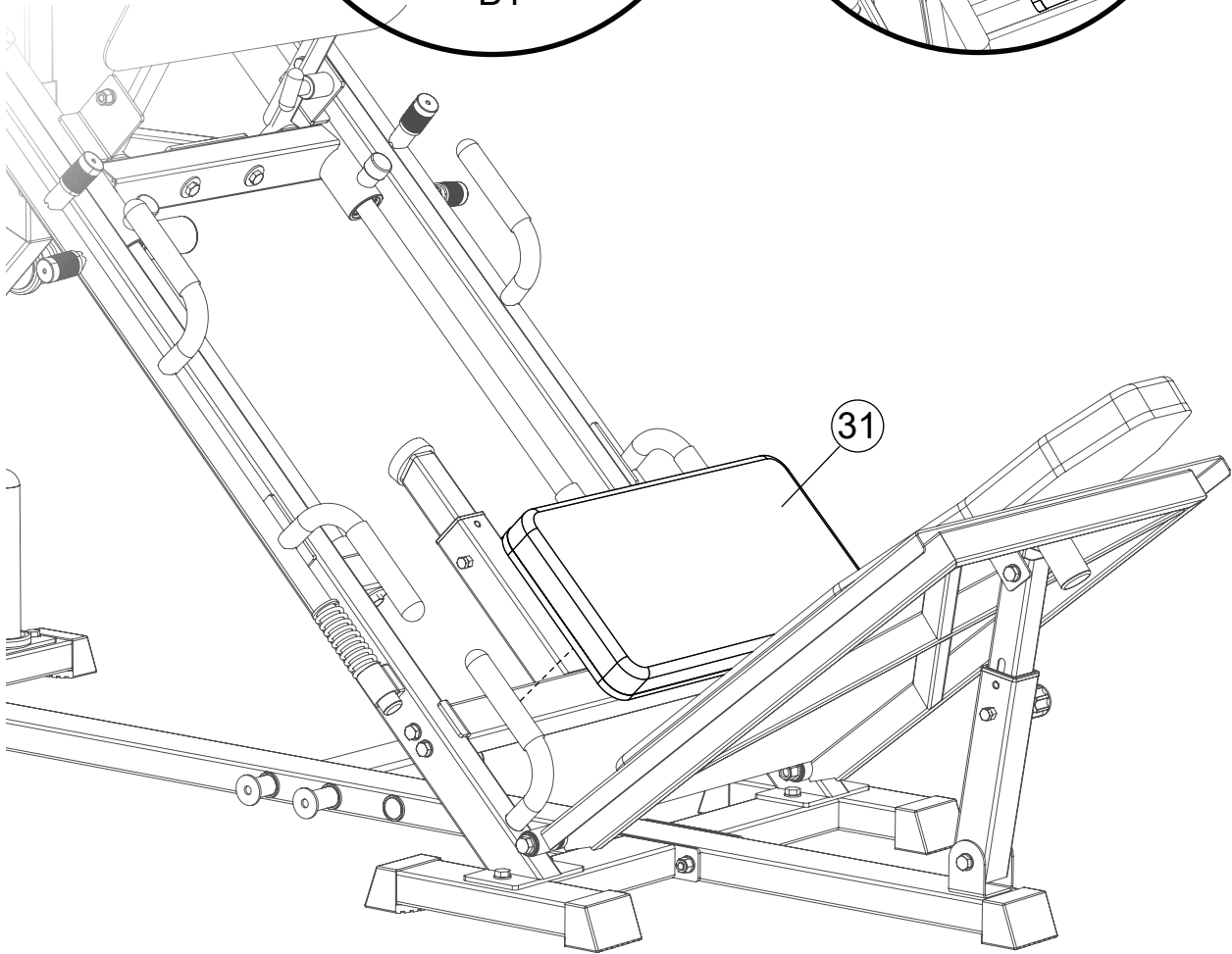
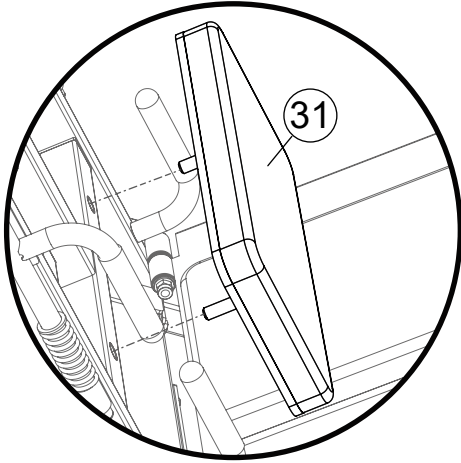
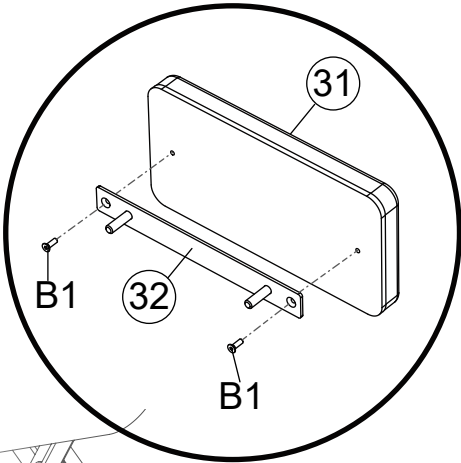
Step 19



Assemble

Step 20

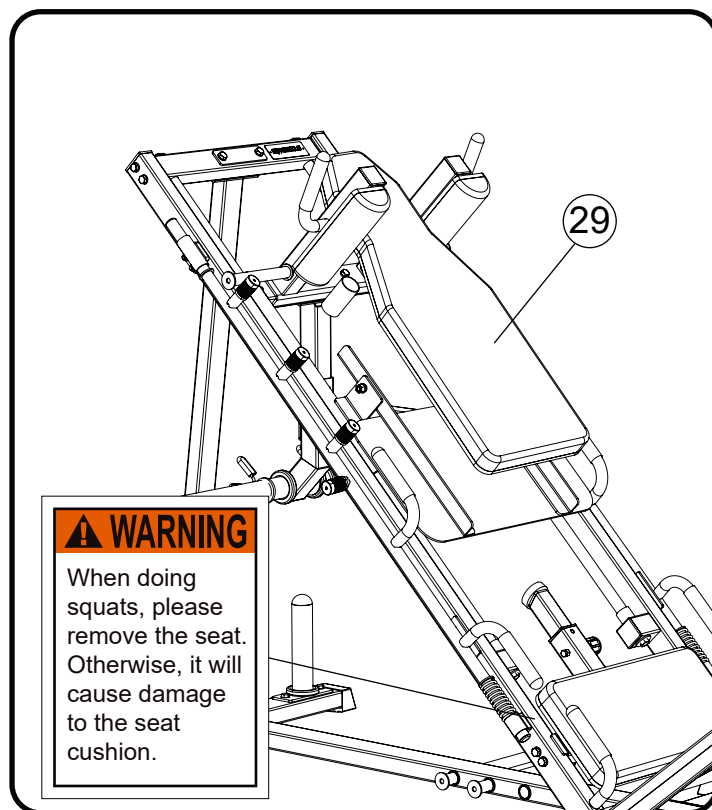
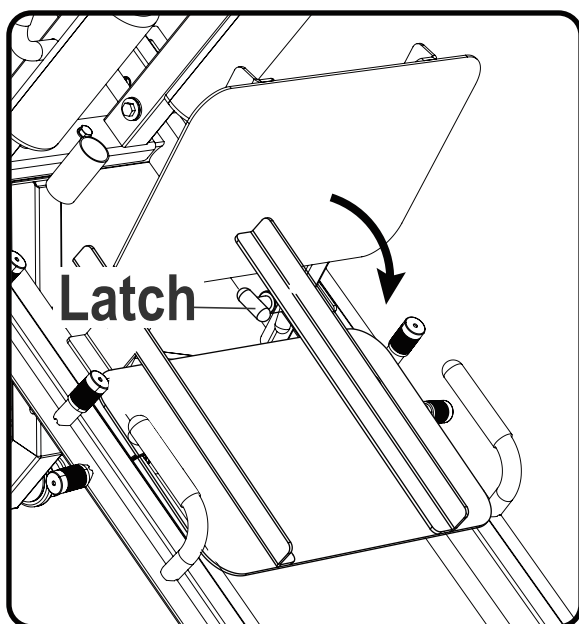
 Bolt M8*25mm								 ⊕
B1	2PCS							



Adjustment Instructions

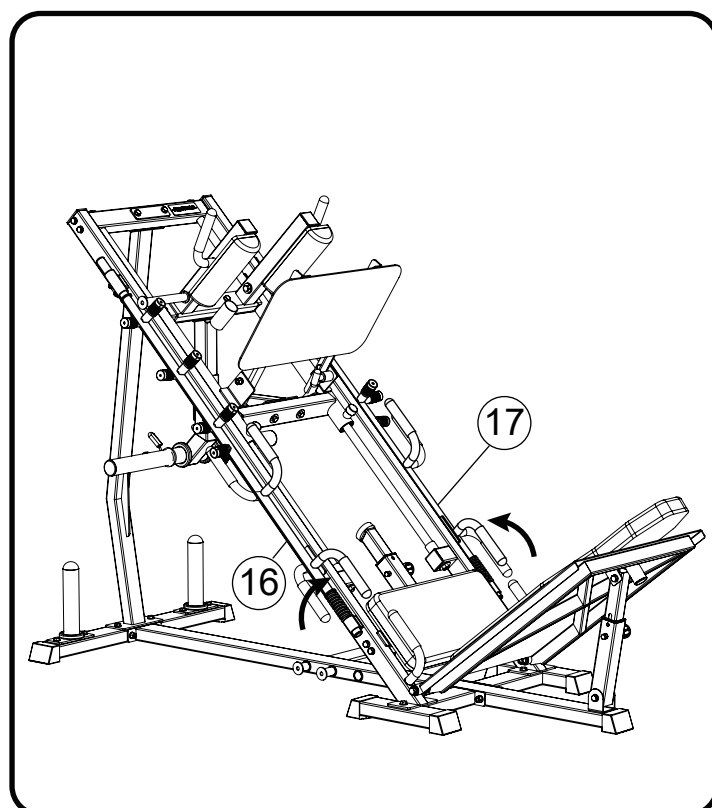
HACK SQUAT

To do the squat, pull out the latch, put the pedal down, and place the Back Cushion (29) in the position as shown.



• Stop

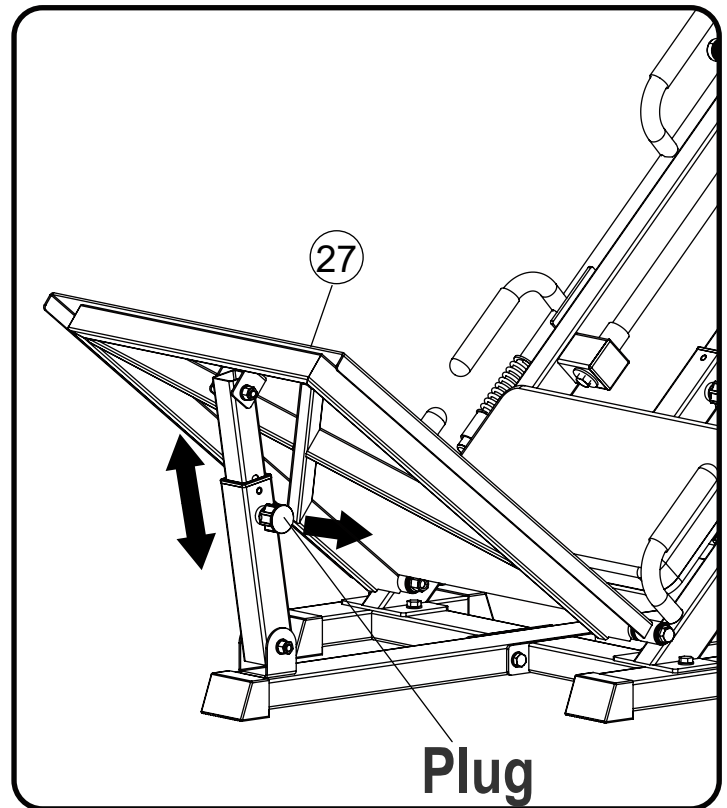
Rotate the Stopper Handle Left (16) and Stopper Handle Right (17) to stop exercising.



Adjustment Instructions

- **Adjust the Hack Squat Pedal**

Pull out the Plug, adjust the Hack Squat Pedal (27).



- **Adjust the Safety Limited Frame**

Pull out the Plug, adjust the Safety Limited Frame (11) to get a different point of the Slide Frame.

