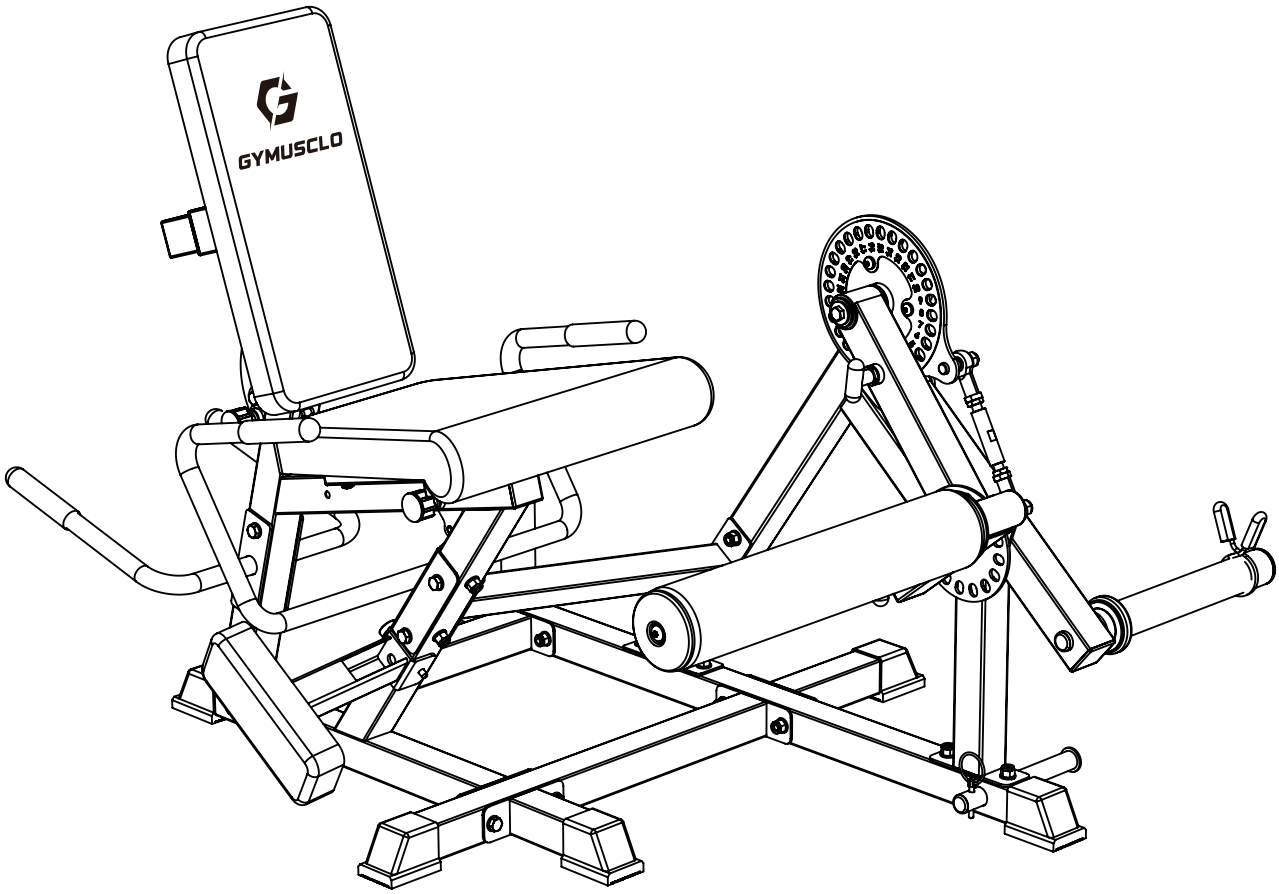
ASSEMBLY INSTRUCTIONS

SKU# DJ1398



Installation Video
Vidéo d'installation

https://vimeo.com/1212837835

⚠ 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

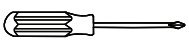
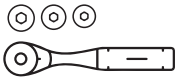
To reduce the risk of injury, read and follow all of the warnings, precautions, and instructions in this manual before you use the equipment. Warnings and instructions for care, maintenance, and use of this equipment are included to promote safe enjoyable use of this equipment.

⚠ WARNING

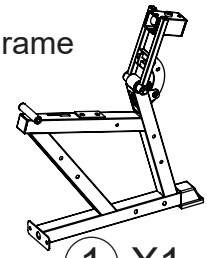
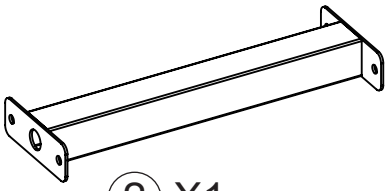
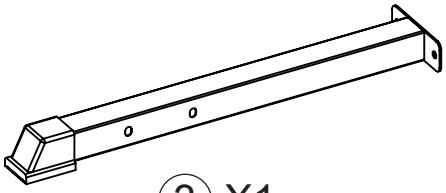
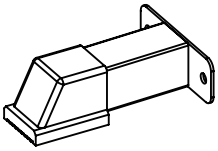
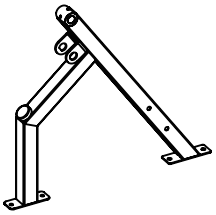
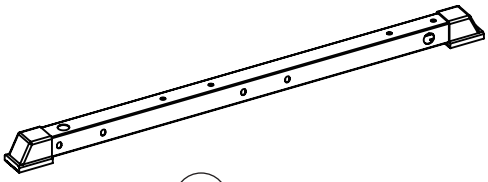
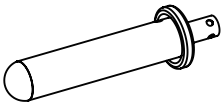
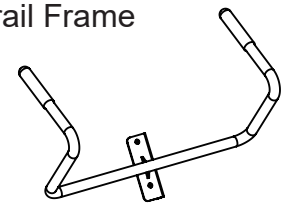
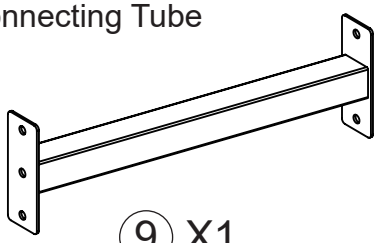
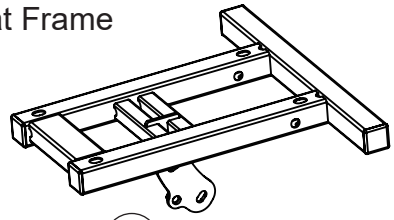
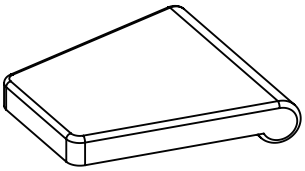
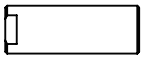
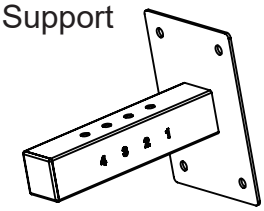
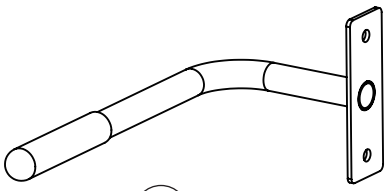
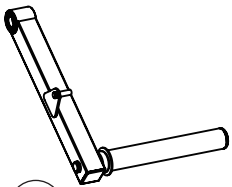
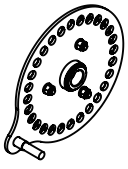
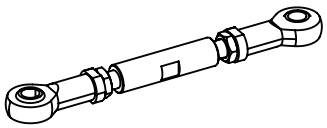
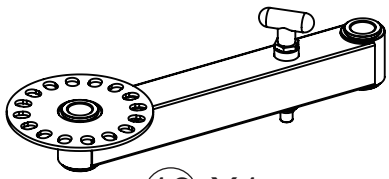
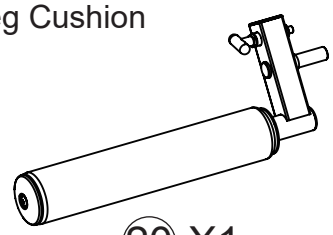
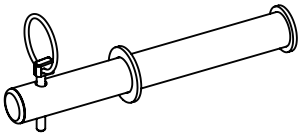
- Any use of this product other than that intended may lead to serious injury.
- Prior to use, read the instructions carefully and comply with all warnings and instructions.
- Do not let children use this appliance, keep children and pets away from it. Teenagers must be supervised.
- You must replace 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

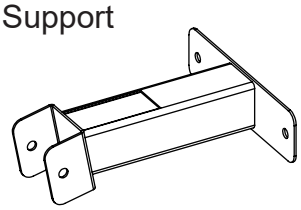
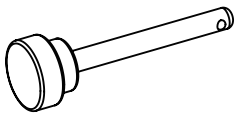
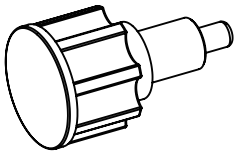
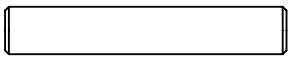
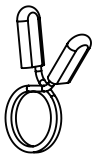
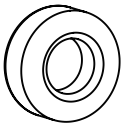
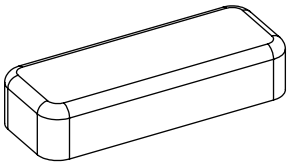
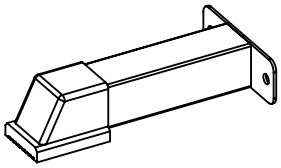
- It is recommended to assemble the product by two adults.
- Due to its weight and size, the product should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the product as you assemble it.
- Use gloves to protect your hands from pinch points 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

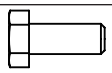
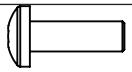
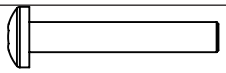
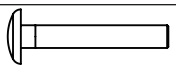
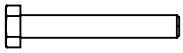
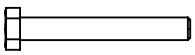
Parts List

Main Frame  ① X1	Rear Base Tube  ② X1	Front Base Tube  ③ X1
Short Base Tube  ④ X1	Side Frame  ⑤ X1	Side Base Tube  ⑥ X1
Weight Storage Tube  ⑦ X1	Handrail Frame  ⑧ X1	Connecting Tube  ⑨ X1
Seat Frame  ⑩ X1	Seat Cushion  ⑪ X1	Shaft  ⑫ X1
Backrest Support  ⑬ X1	Backrest  ⑭ X1	Handle Tube  ⑮ X2
Weight Holder  ⑯ X1	Adjusting Disc  ⑰ X1	Connecting  ⑱ X2
Leg Frame  ⑲ X1	Leg Cushion  ⑳ X1	Band Peg  ㉑ X1

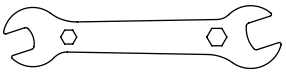
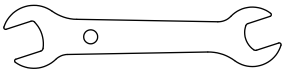
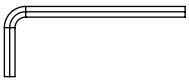
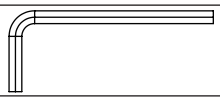
Parts List

Leg Support  22 X1	Pin  23 X1	Plug  24 X2
Long Axis  25 X1	Spring Clip  26 X1	Small Spring Clip  27 X1
Small Buffer Ring  28 X1	Leg Cushion  29 X1	Long Base Tube  30 X1

Hardware List

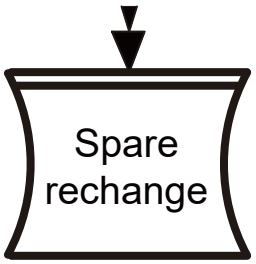
No.	Code	Diagram	Description	Quantity	Spare
1	**A1**		Cap	1	
2	**B1**		Bolt M8x15mm	1	
3	**B2**		Bolt M10x195mm	1	
4	**B3**		Bolt M8x20mm	1	
5	**B4**		Bolt M8x25mm	6	
6	**B5**		Bolt M8x50mm	4	
7	**B6**		Bolt M10x20mm	6	2
8	**B7**		Bolt M10x65mm	4	
9	**B8**		Bolt M10x70mm	10	3
10	**B9**		Bolt M10x75mm	6	2
11	**C1**		M8 Washer	10	2
12	**C2**		M10 Washer	39	8
13	**C3**		M10 Big Washer	5	2
14	**C4**		M12 Washer	2	
15	**D1**		M12 Nut	2	
16	**D2**		M10 Nut	21	4

Hardware List

No.	Code	Diagram	Description	Quantity	Spare
19	*		Wrench	1	
			Wrench	1	
			S4x74mm	1	
			S5x85mm	1	
			S6x96mm	1	

Spare parts are packed together in one package.

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



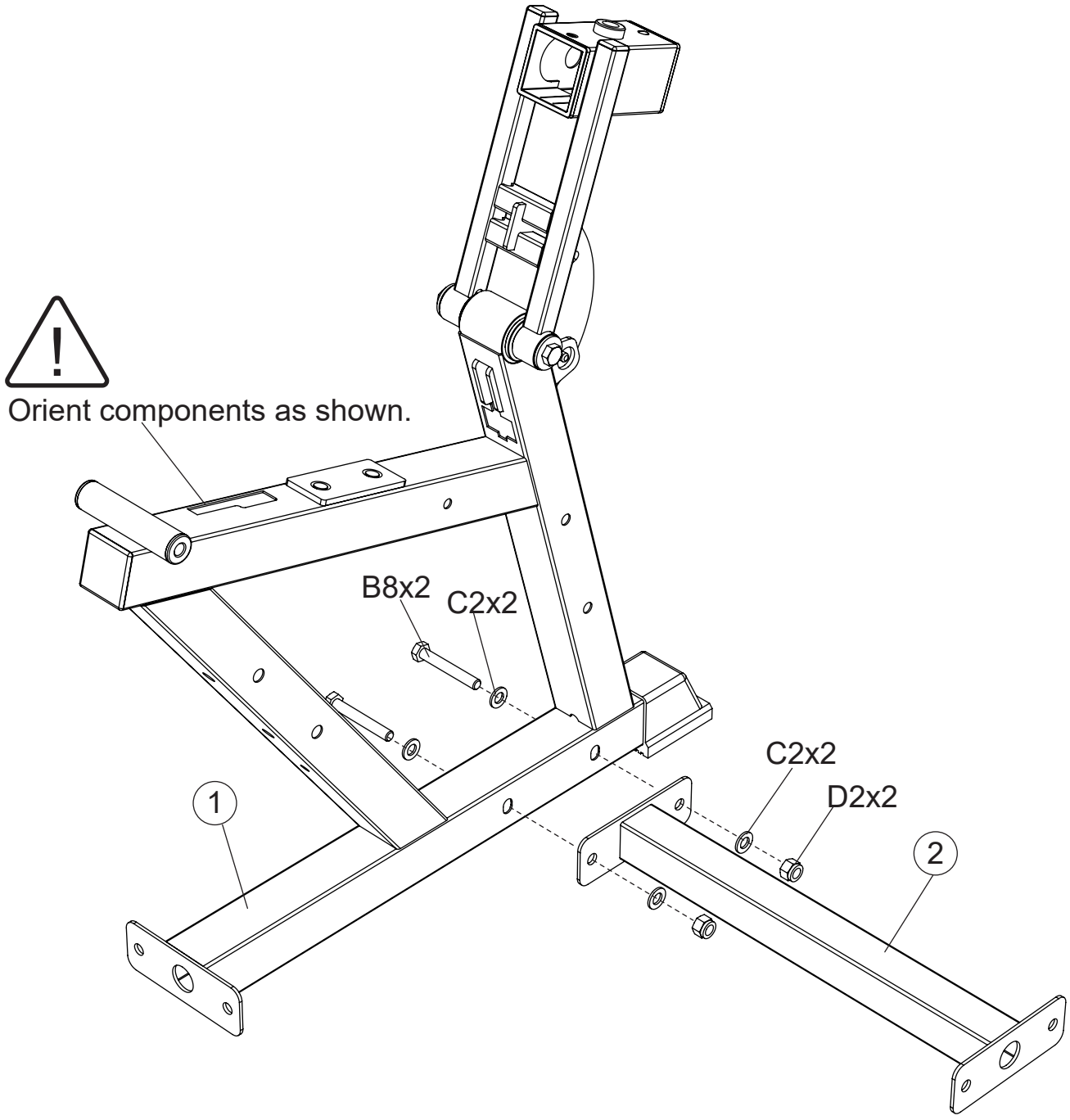
THE SPARE BAG INCLUED EXTRA HARDWARE FOR DAMAGED OR MISSING SMALL HARDWARE WHILE YOU ARE ASSEMBLING

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

Assemble

Step 1

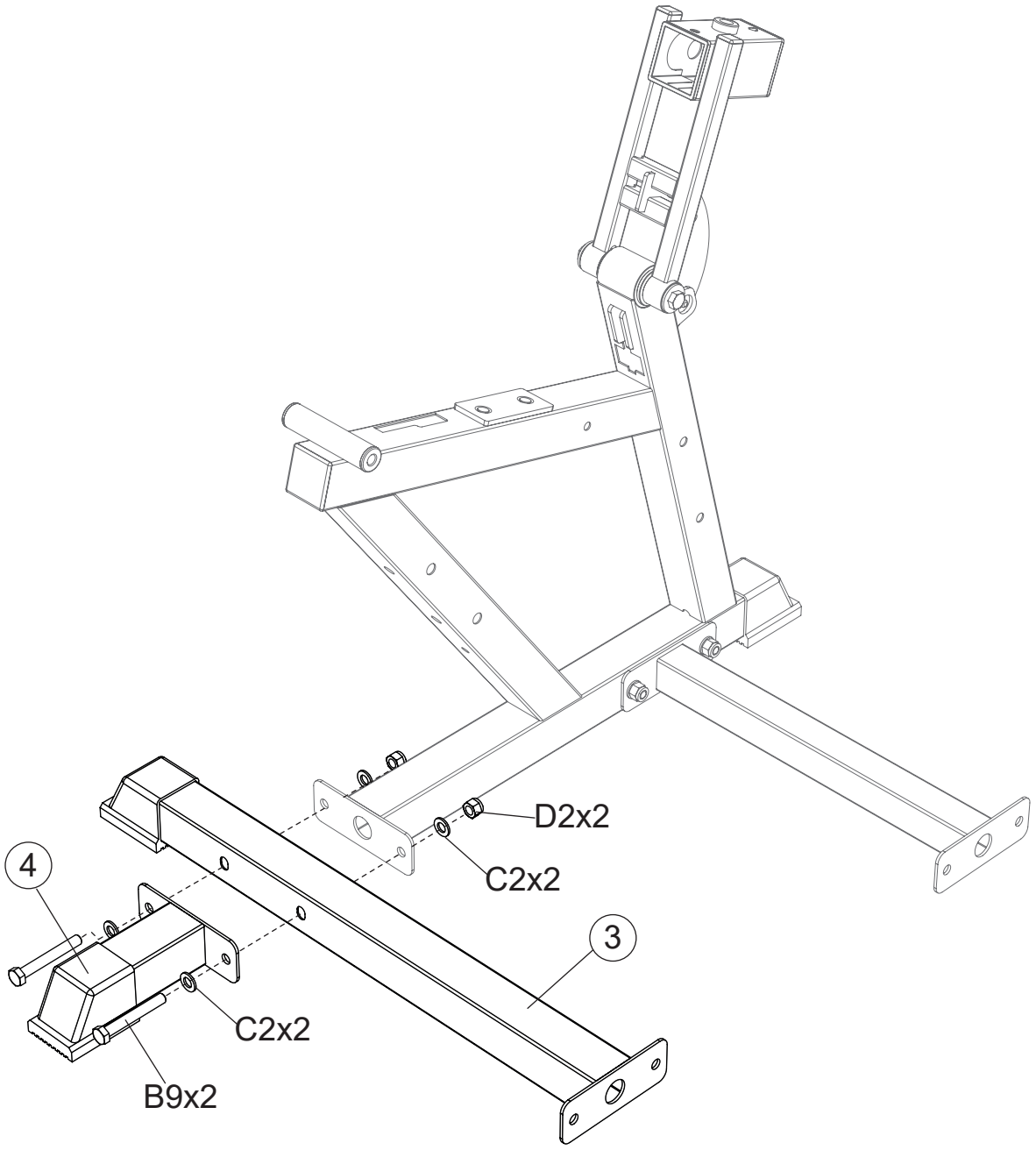
Bolt M10x70mm		M10 Washer		M10 Nut			
B8	2PCS	C2	4PCS	D2	2PCS		



Assemble

Step 2

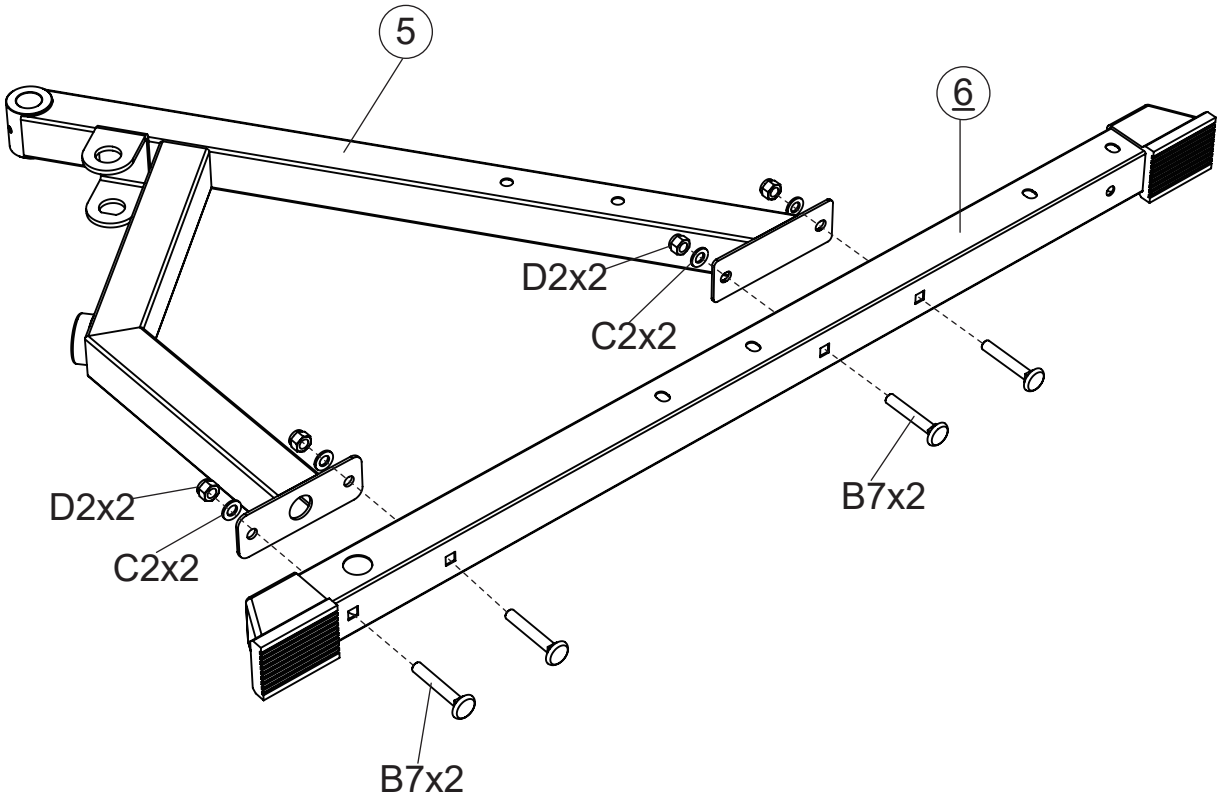
Bolt M10x75mm		M10 Washer		M10 Nut				
B9	2PCS	C2	4PCS	D2	2PCS			



Assemble

Step 3

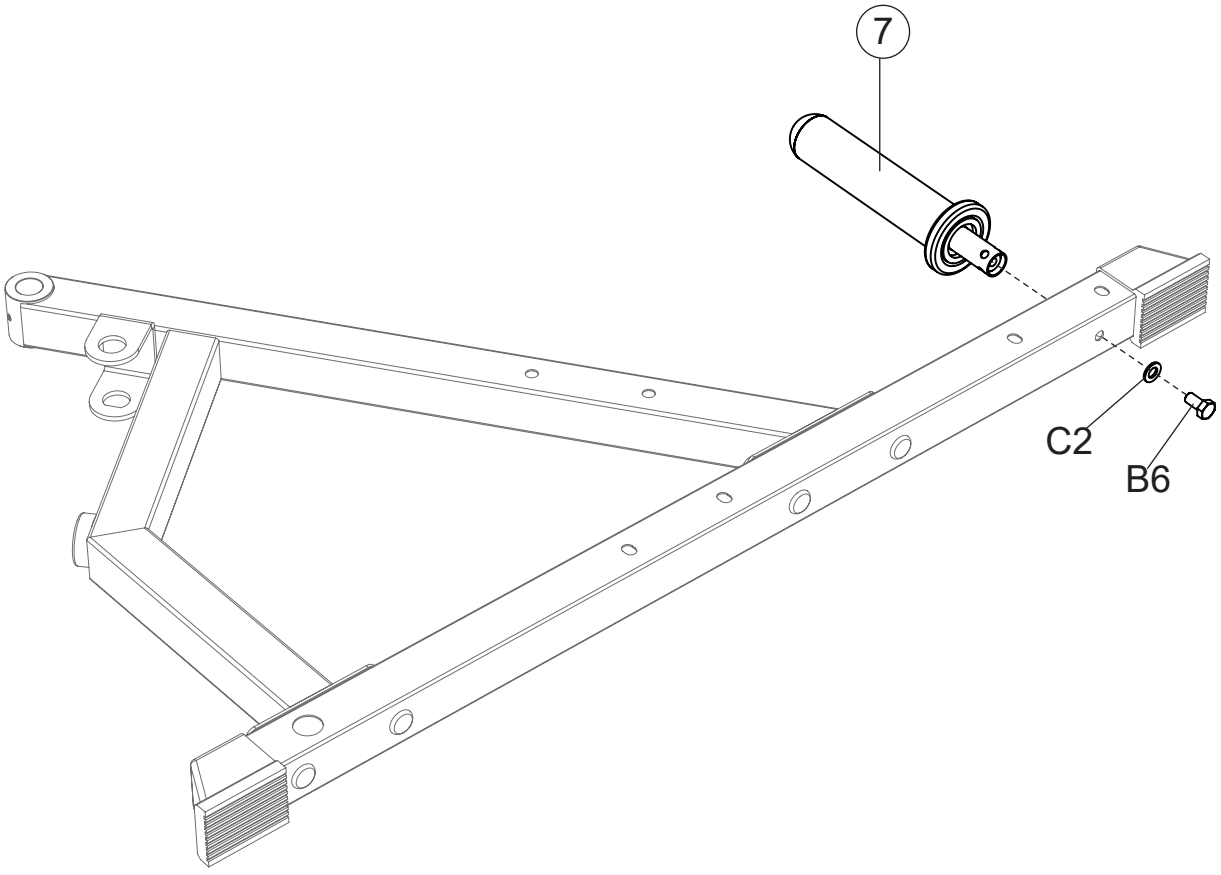
Bolt M10x65mm		M10 Washer		M10 Nut				
B7	4PCS	C2	4PCS	D2	4PCS			



Assemble

Step 4

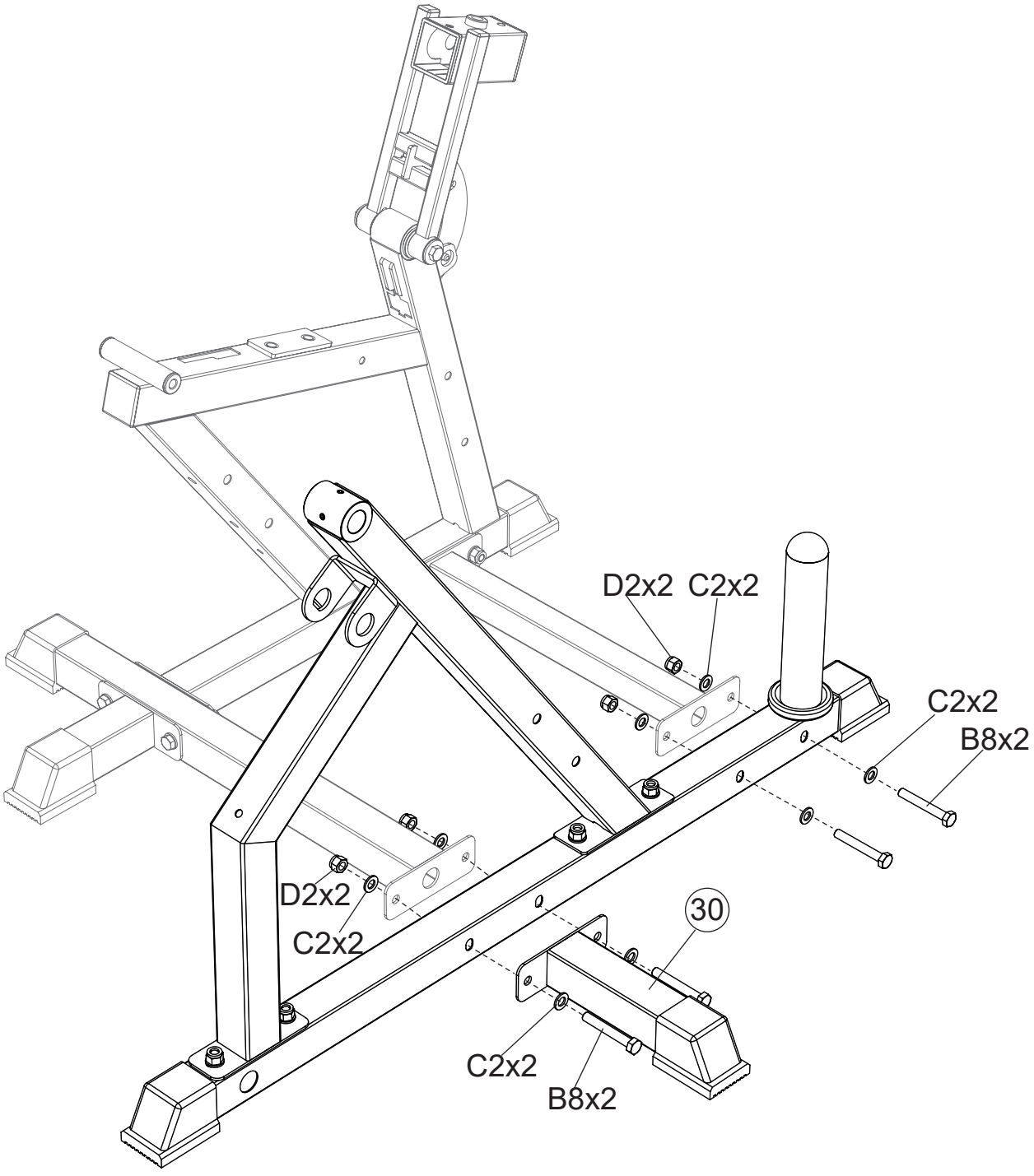
Bolt M10x20mm		M10 Washer						
B6	1PC	C2	1PC					



Assemble

Step 5

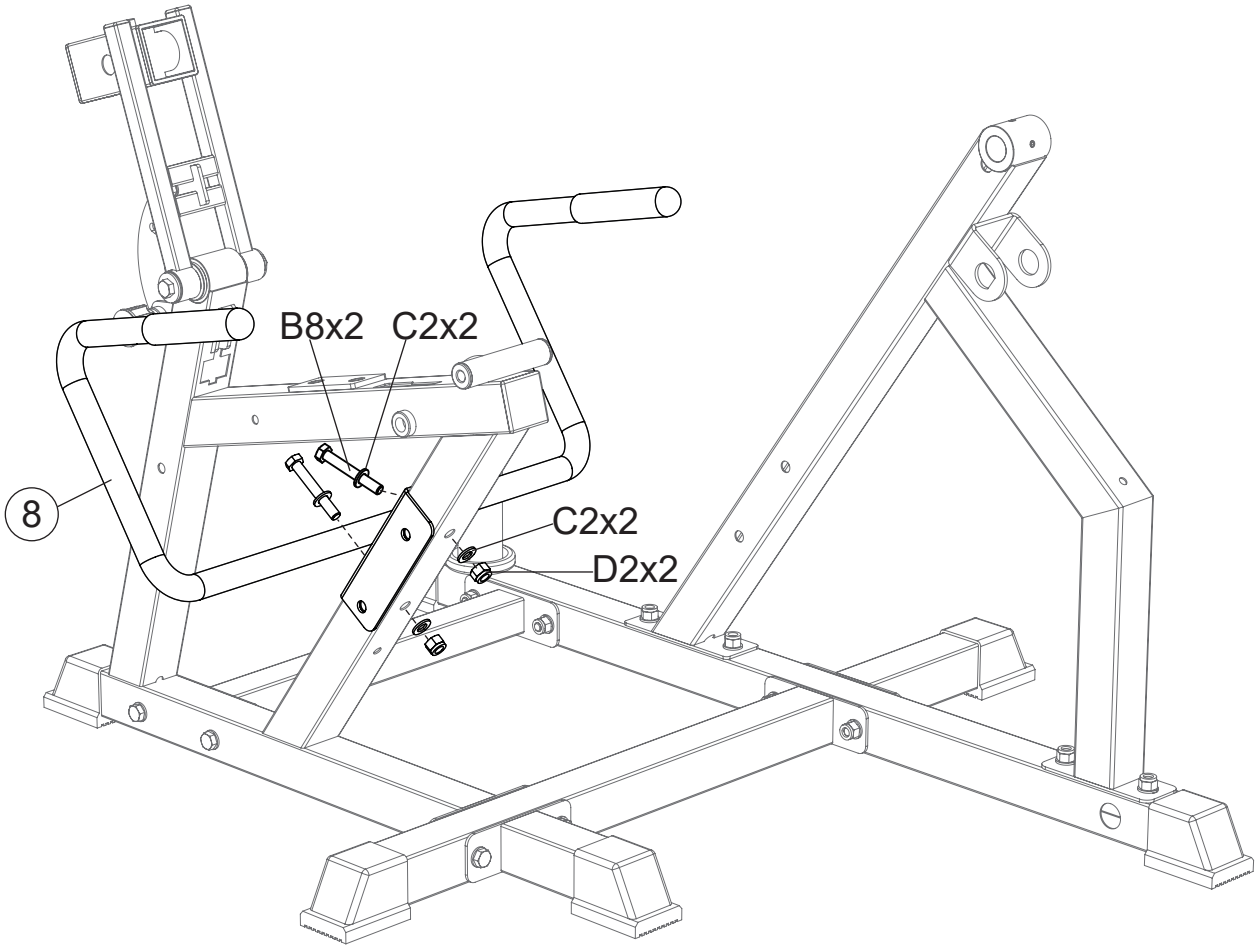
Bolt M10x70mm		M10 Washer		M10 Nut				
B8	4PCS	C2	8PCS	D2	4PCS			



Assemble

Step 6

Bolt M10x70mm		M10 Washer		M10 Nut				
B8	2PCS	C2	4PCS	D2	2PCS			

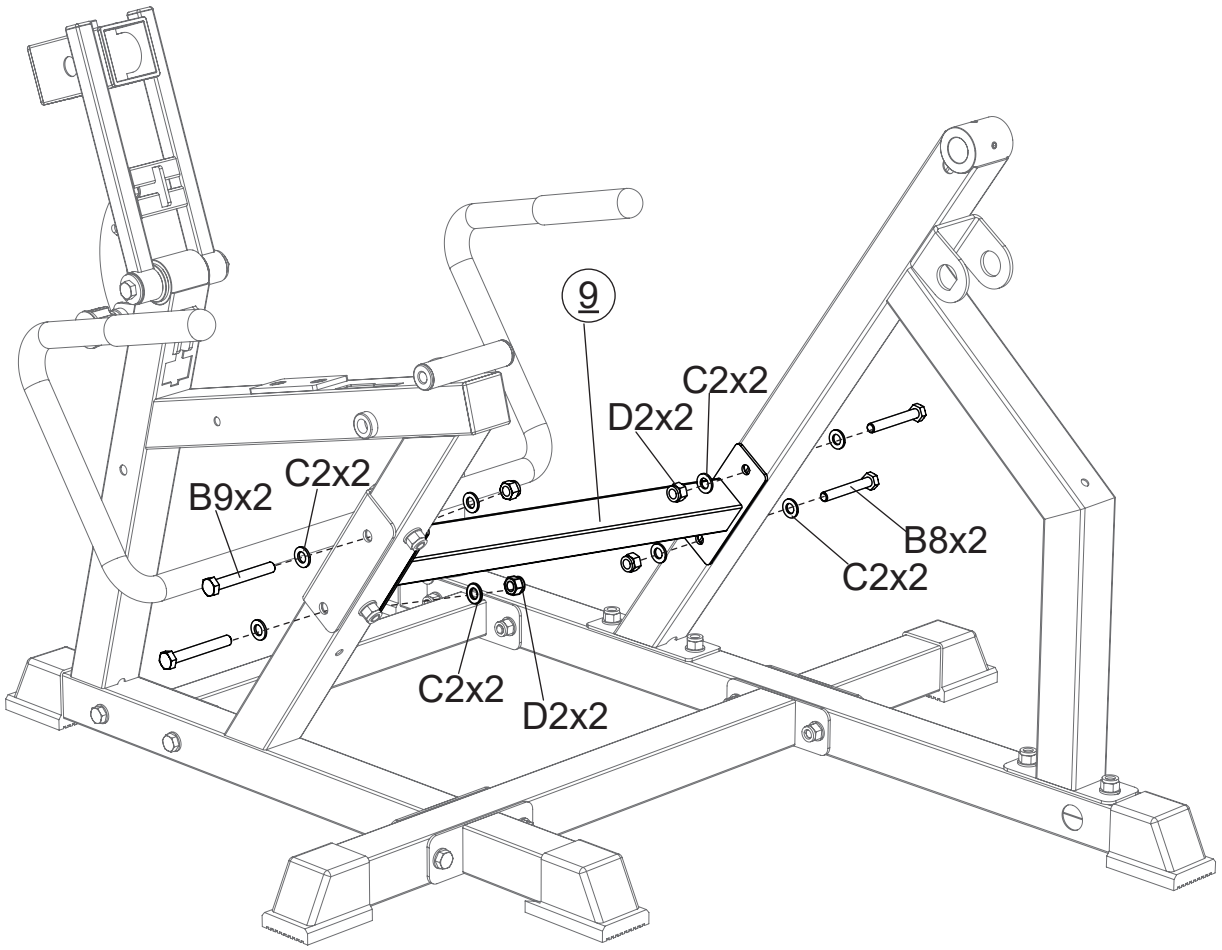


Assemble

Step 7

Bolt M10x75mm		M10 Washer		M10 Nut		Bolt M10x70mm		
B9	2PCS	C2	8PCS	D2	4PCS	B8	2PCS	

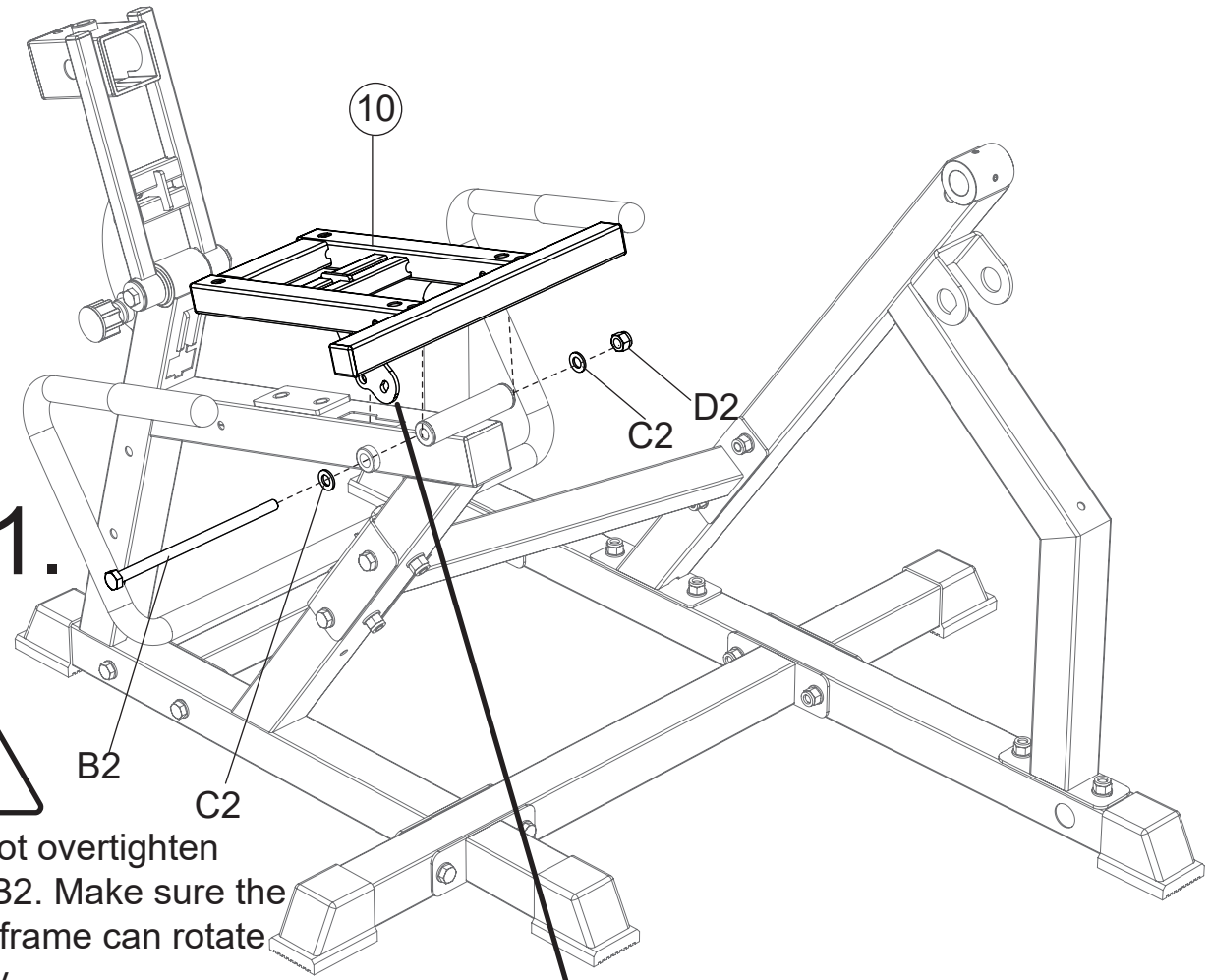
Tighten all bolts in steps 5 and 7 with the wrenches.



Assemble

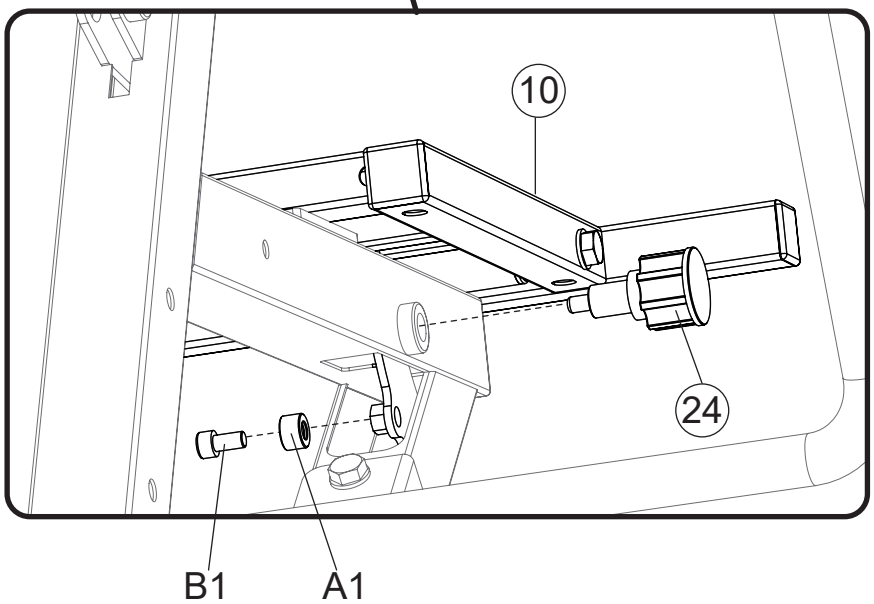
Step 8

Bolt M10x195mm		M10 Washer		M10 Nut		Bolt M8x15mm		S6
B2	1PC	C2	2PCS	D2	1PC	B1	1PC	



Do not overtighten bolt B2. Make sure the seat frame can rotate freely.

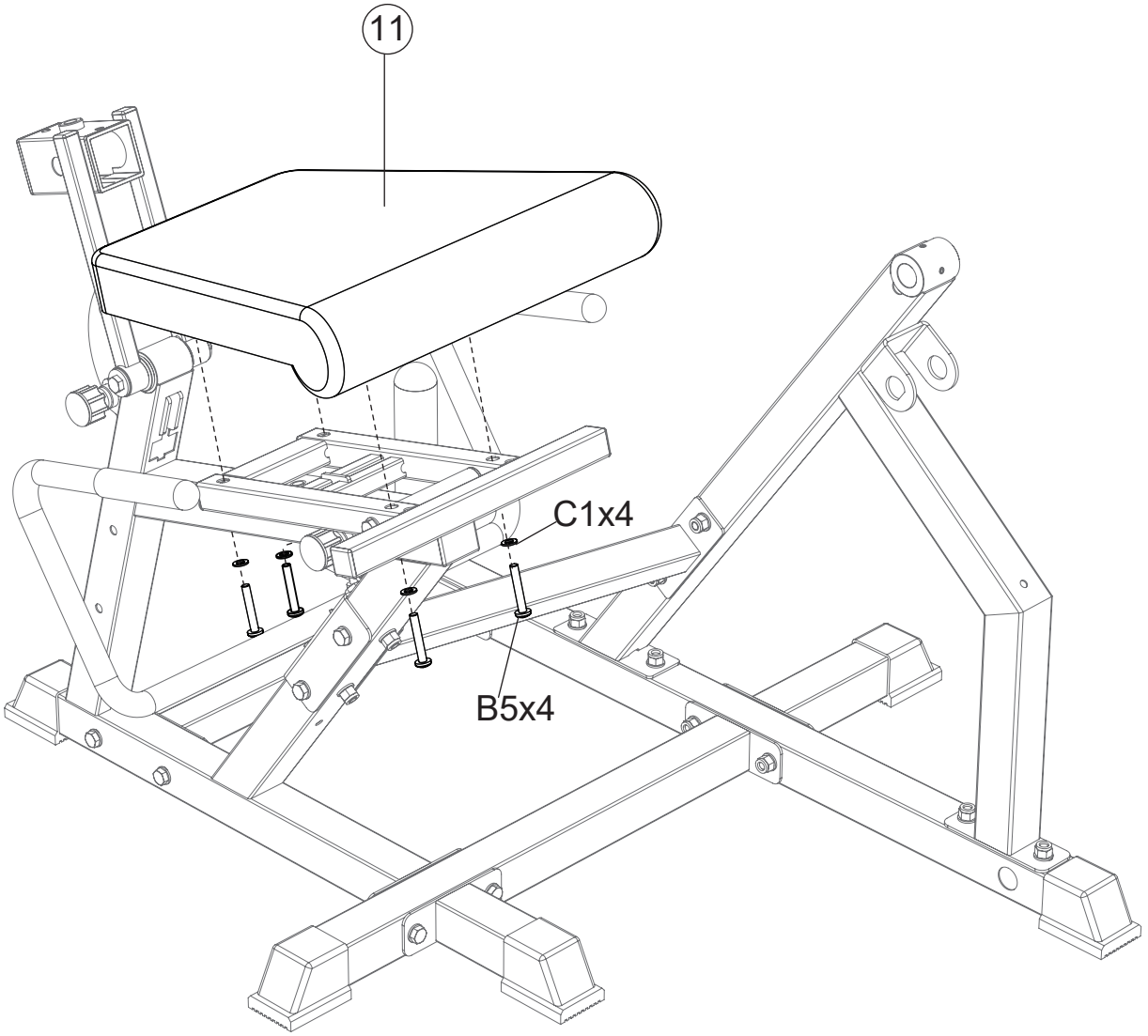
2.



Assemble

Step 9

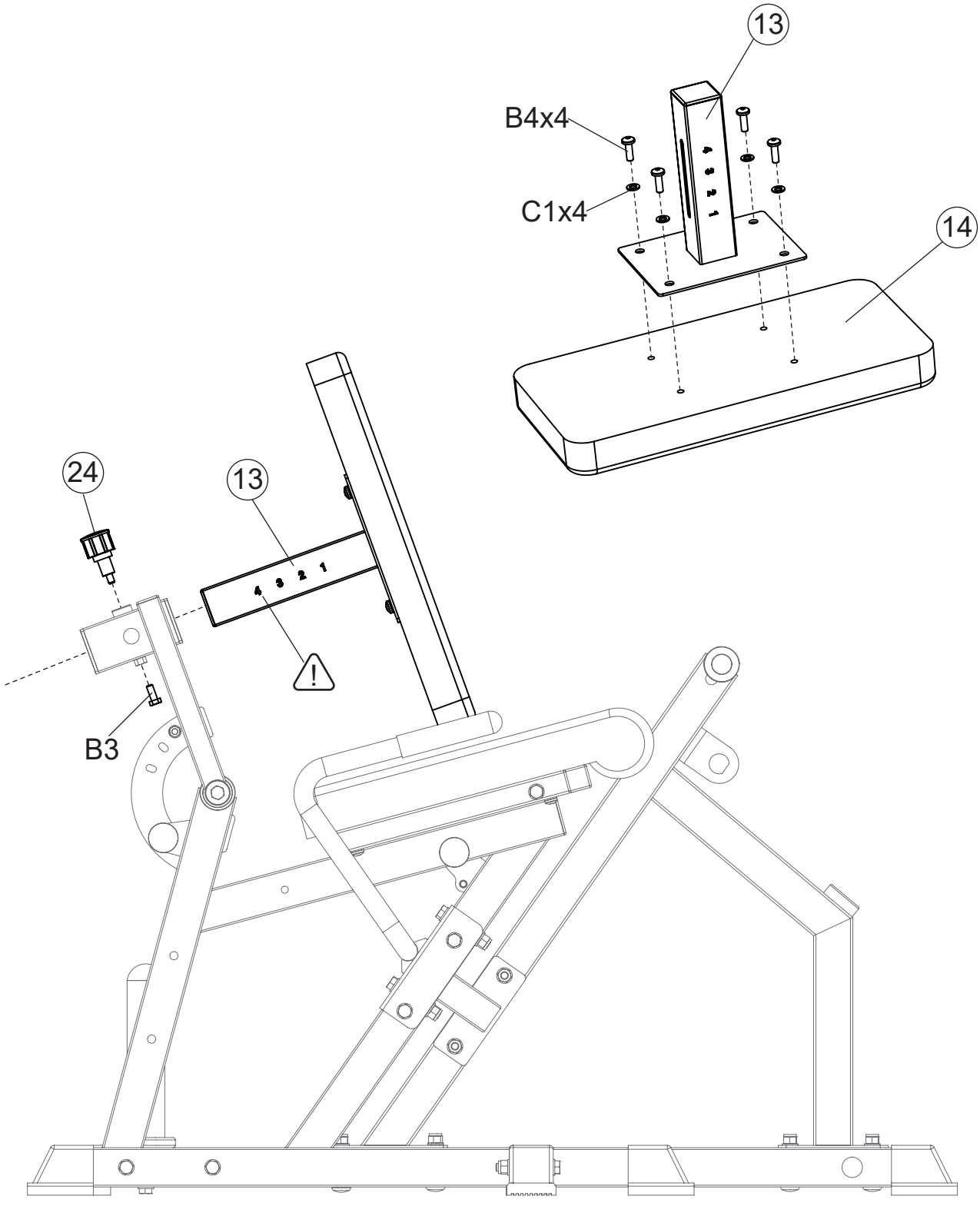
Bolt M8x50mm		M8 Washer						S5
B5	4PCS	C1	4PCS					



Assemble

Step 10

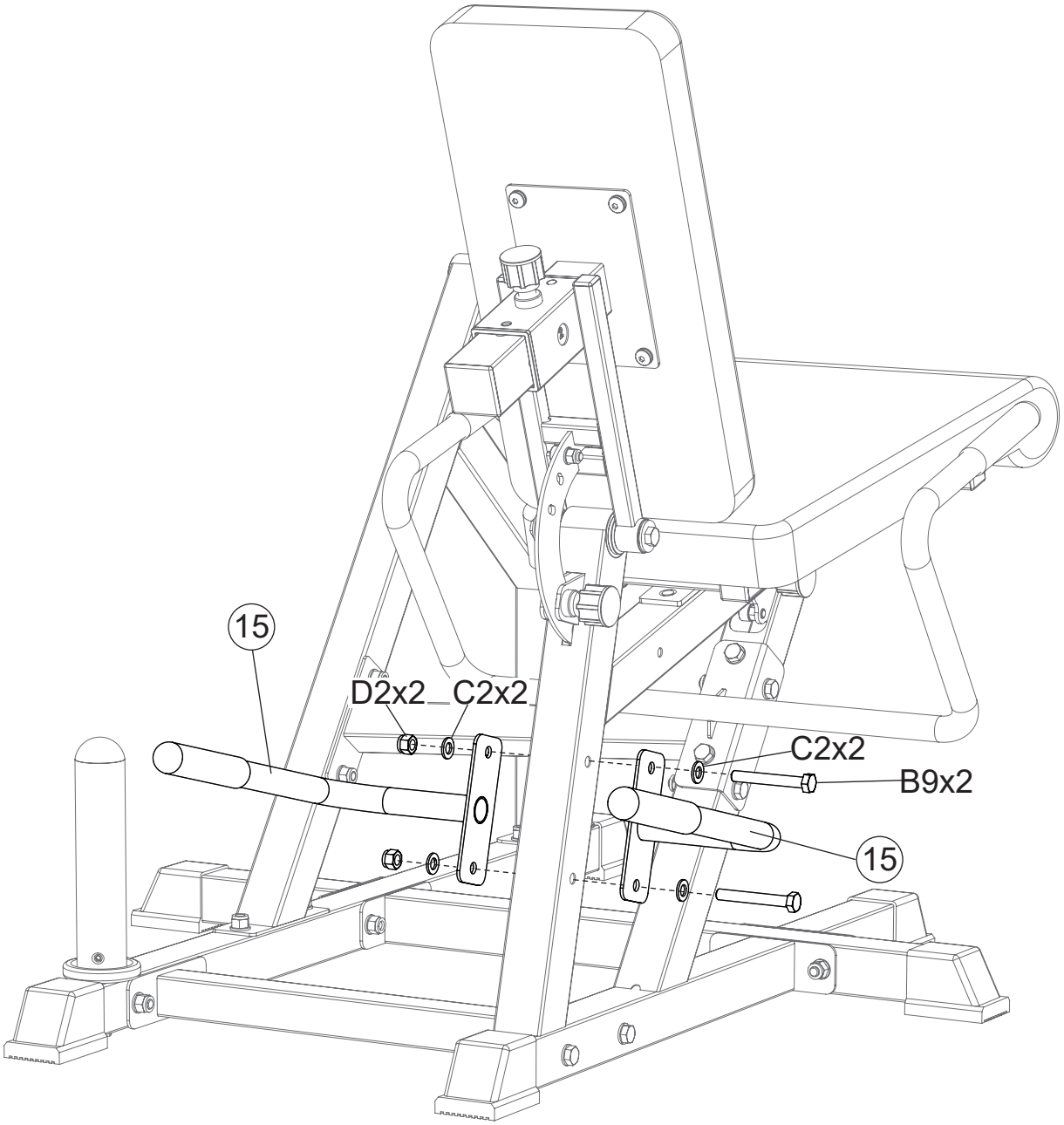
Bolt M8x25mm		M8 Washer		Bolt M8x20mm				
B4	4PCS	C1	4PCS	B3	1PC			S6



Assemble

Step 11

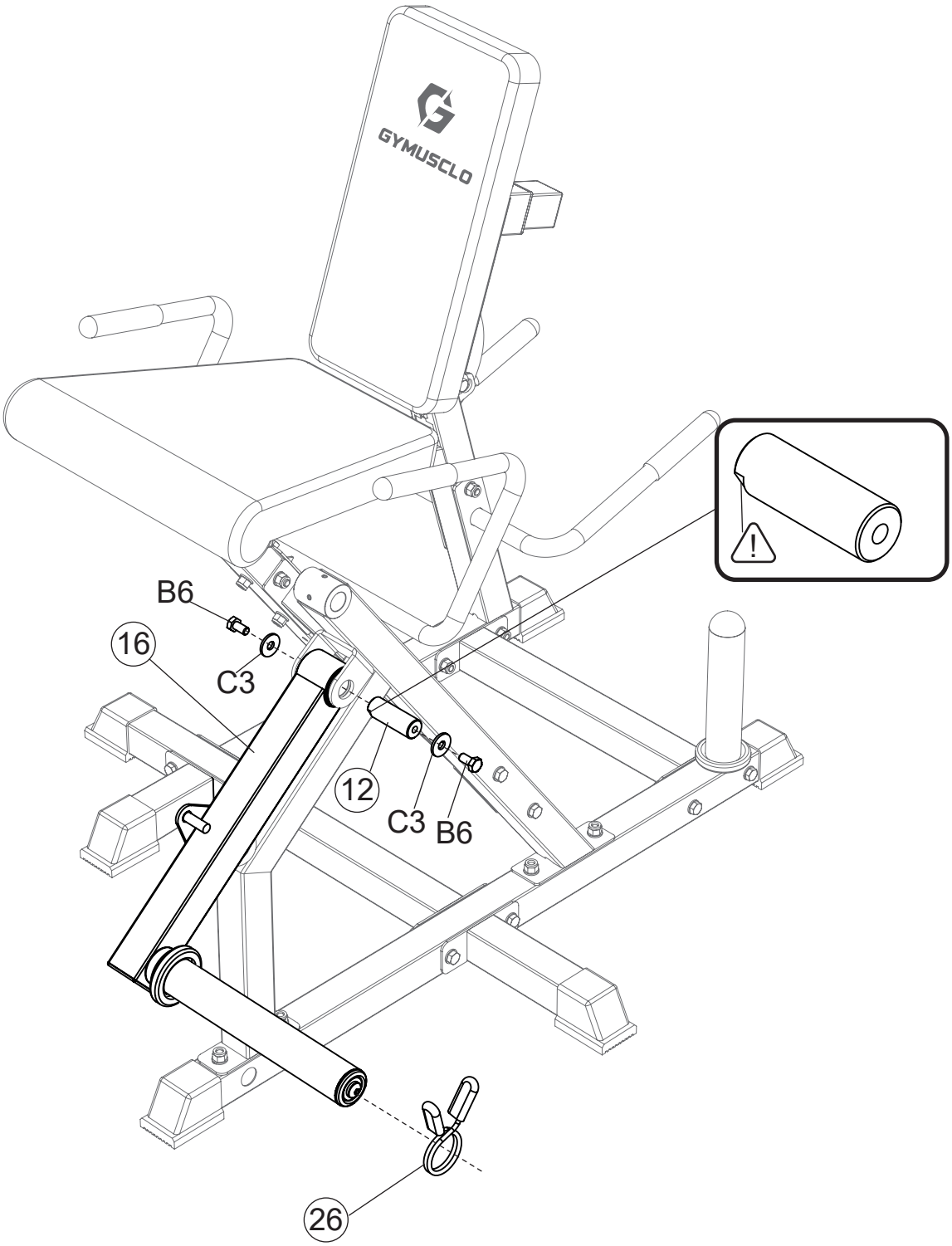
Bolt M10x75mm		M10 Washer		M10 Nut				
B9	2PCS	C2	4PCS	D2	2PCS			



Assemble

Step 12

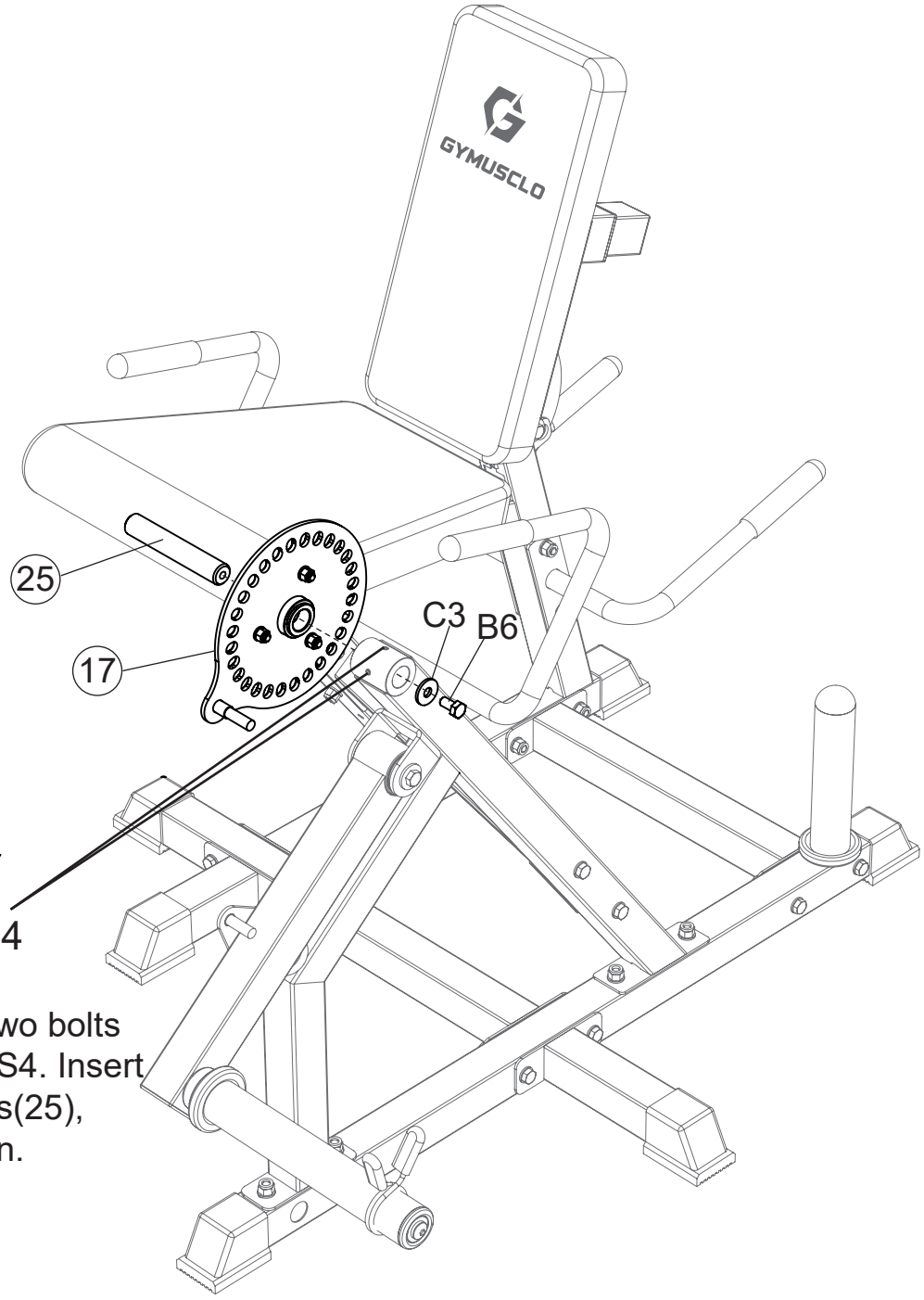
Bolt M10x20mm		M10 Big Washer						
B6	2PCS	C3	2PCS					



Assemble

Step 13

Bolt M10x20mm		M10 Big Washer						
B6	1PC	C3	1PC					

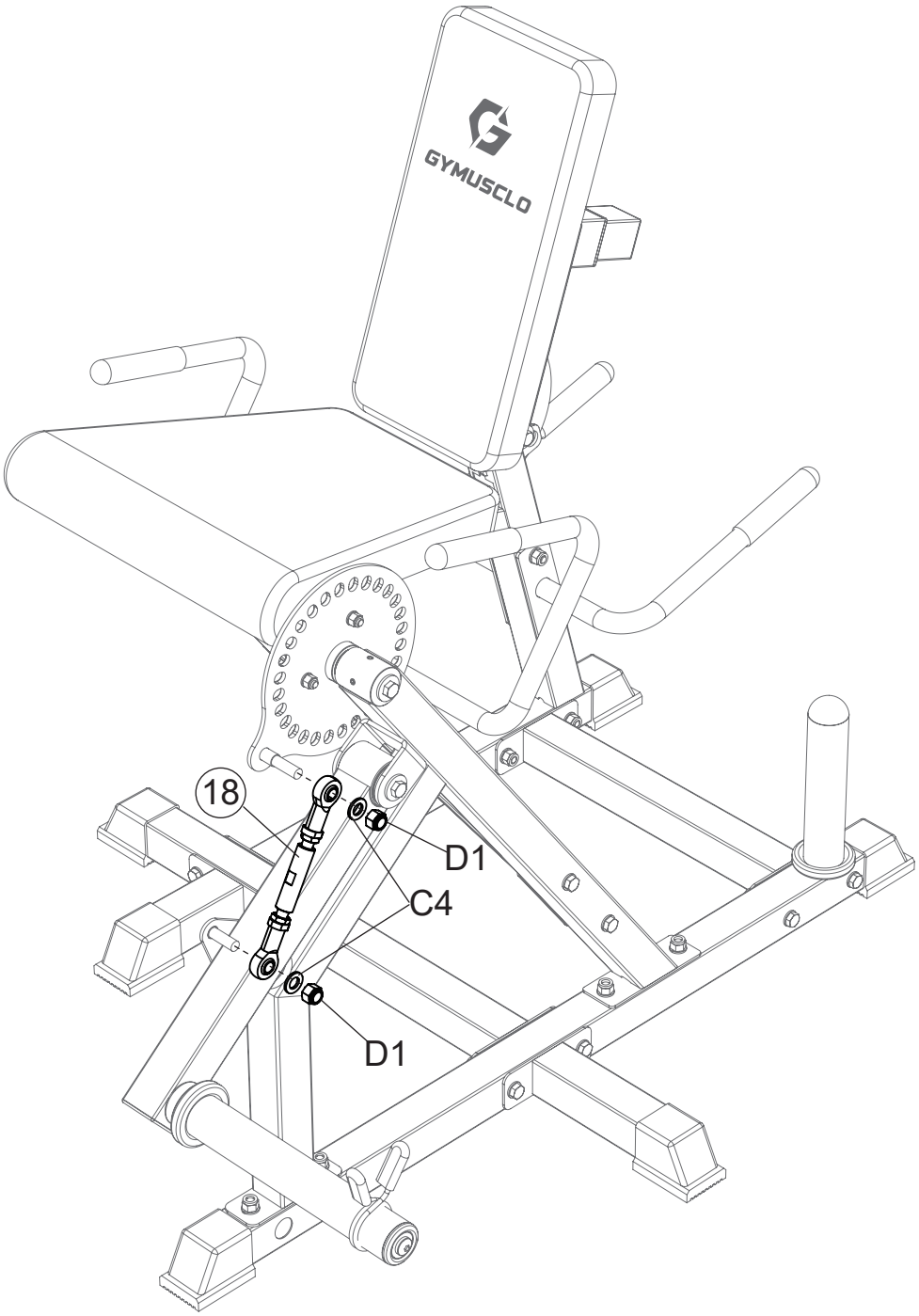


Loosen the two bolts with wrench S4. Insert the Long Axis(25), then retighten.

Assemble

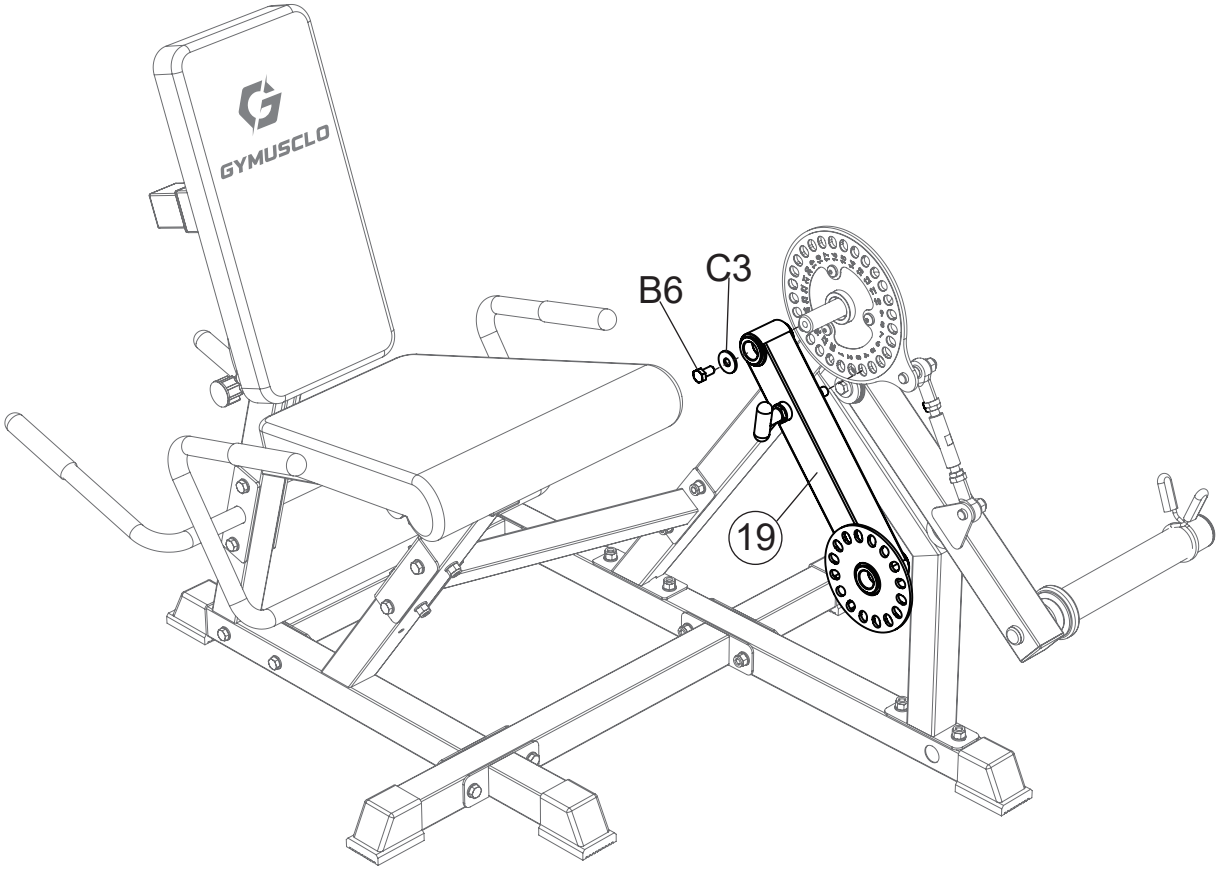
Step 14

M12 Washer		M12 Nut						
C4	2PCS	D1	2PCS					



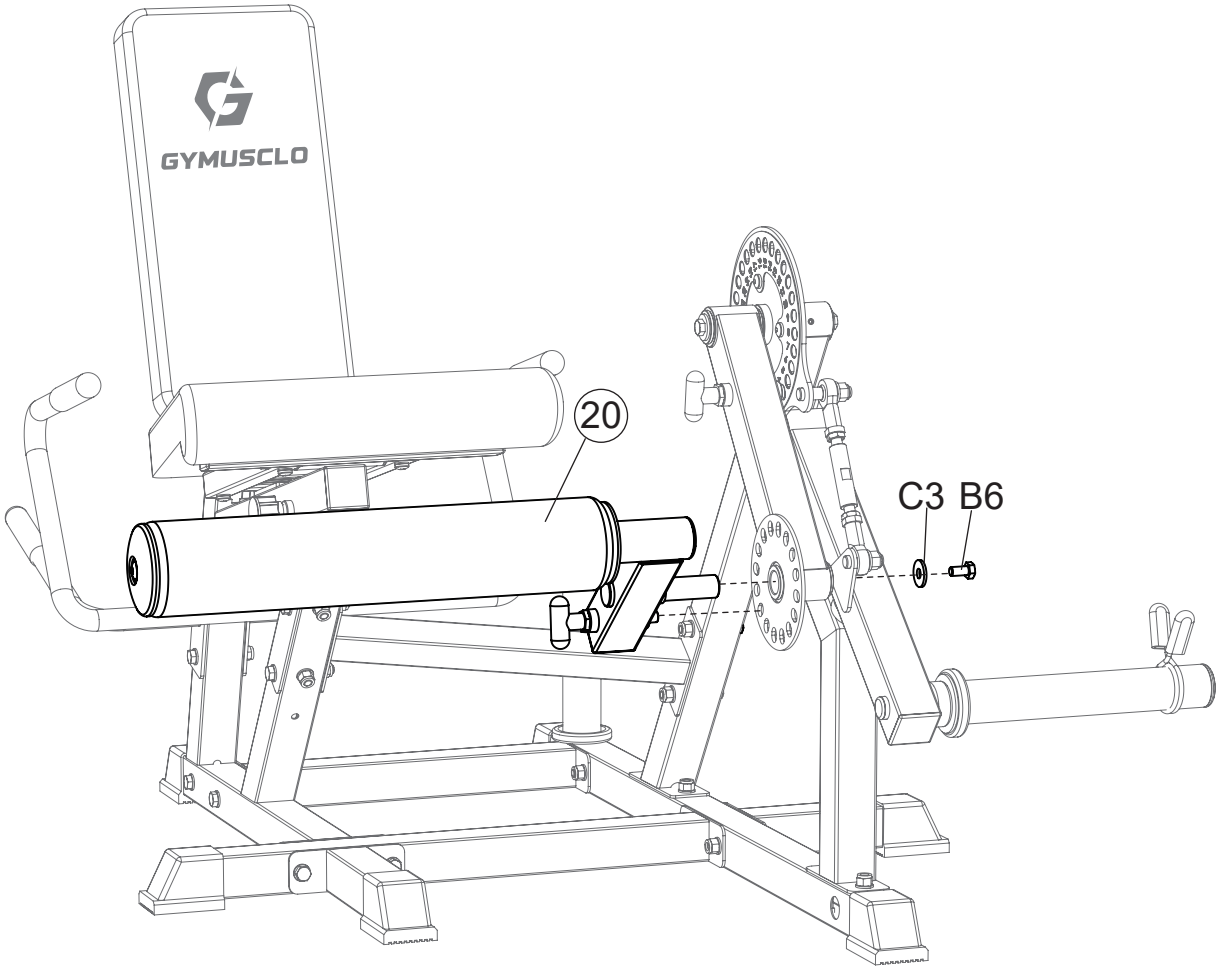
Step 15

Bolt M10x20mm		M10 Big Washer						
B6	1PC	C3	1PC					

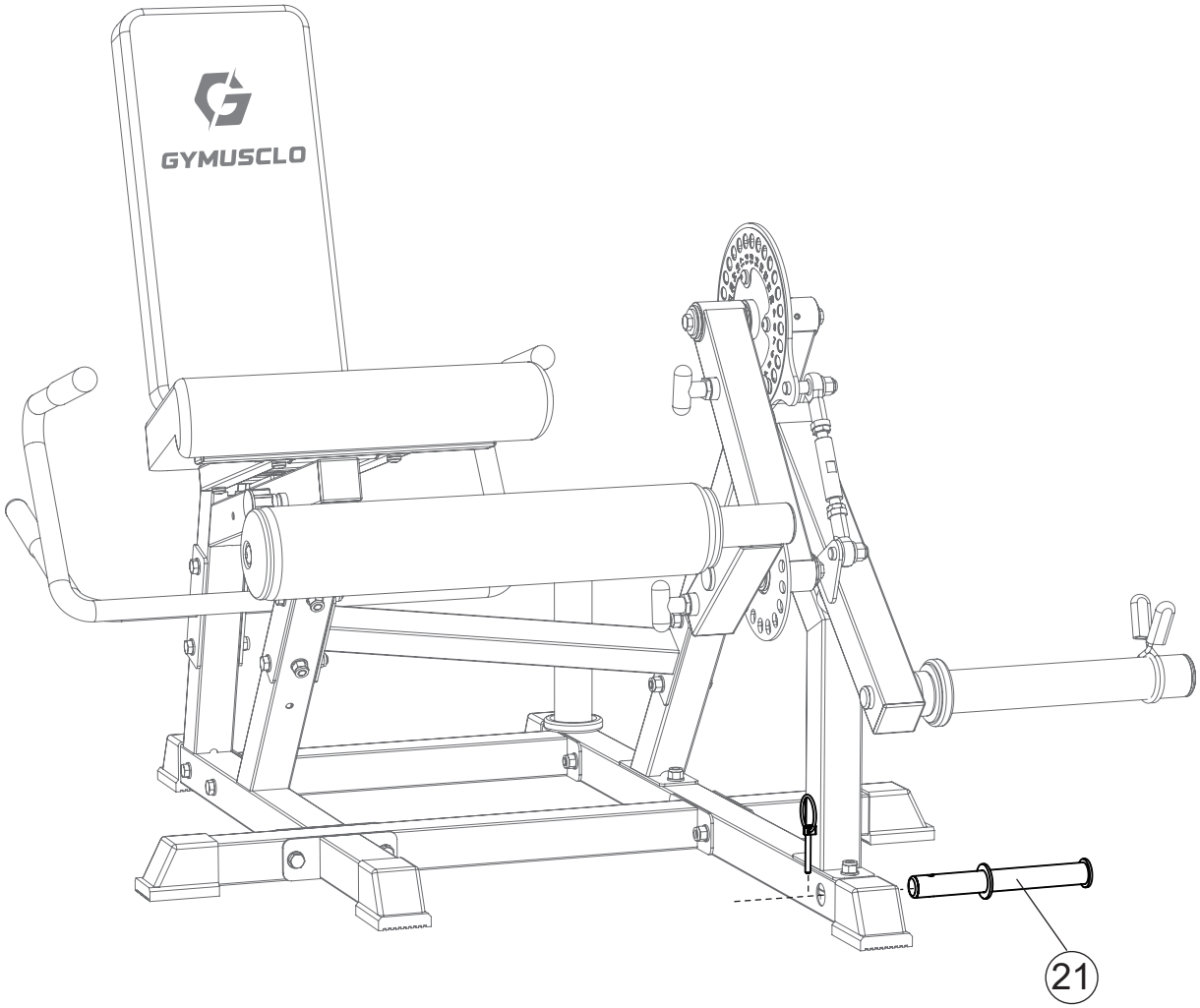


Step 16

Bolt M10x20mm		M10 Big Washer						
B6	1PC	C3	1PC					



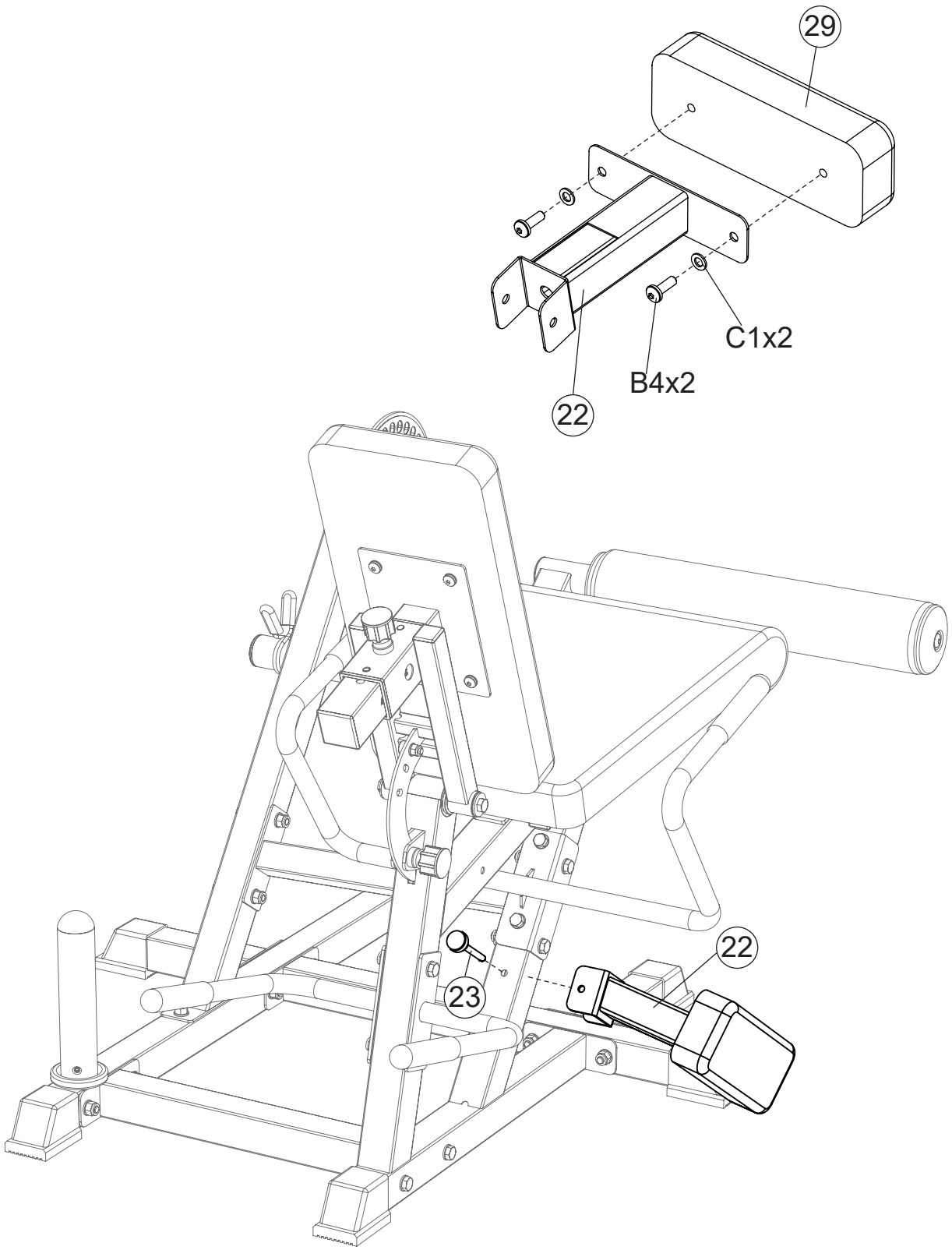
Step 17



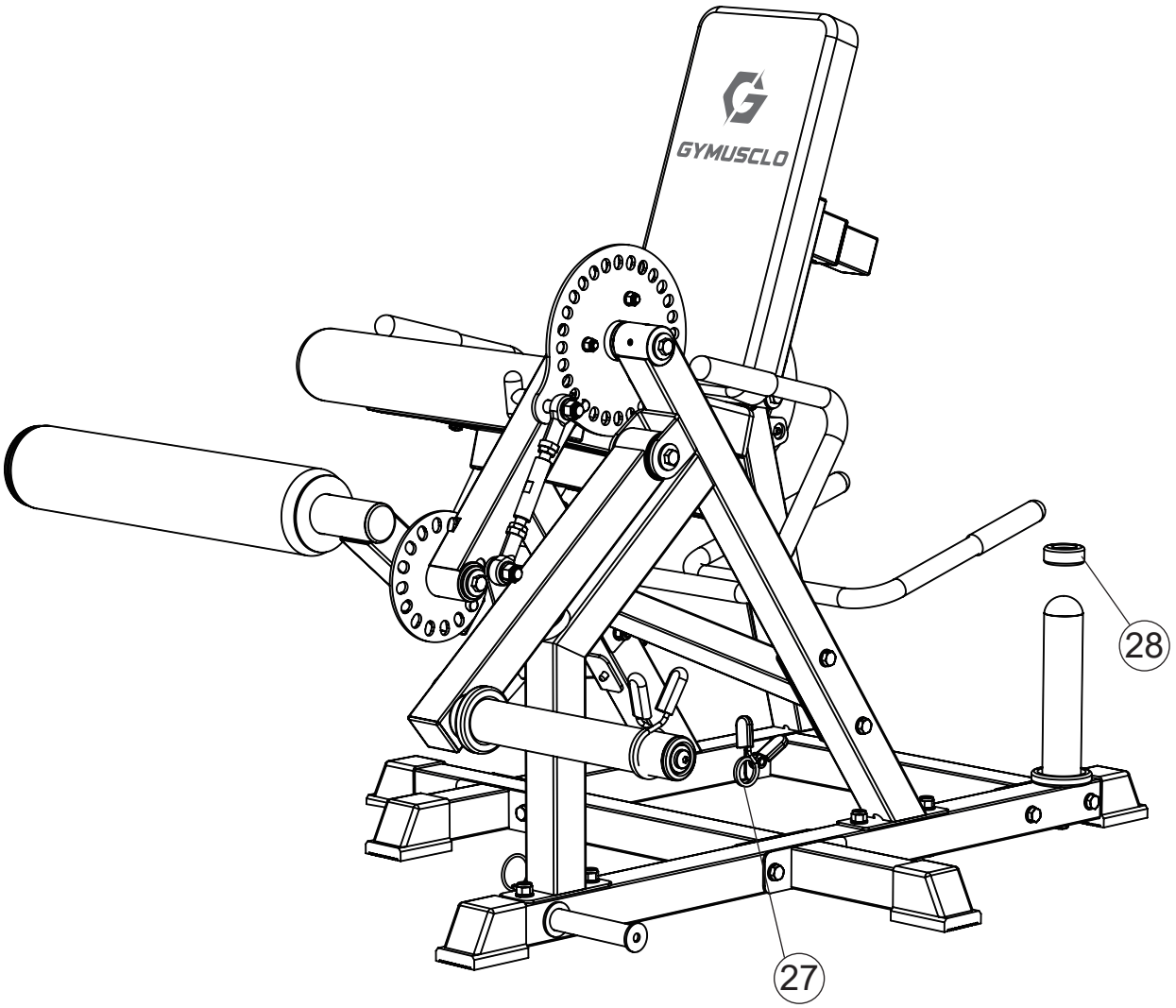
Assemble

Step 18

Bolt M8x25mm		M8 Washer						S6
B4	2PCS	C1	2PCS					



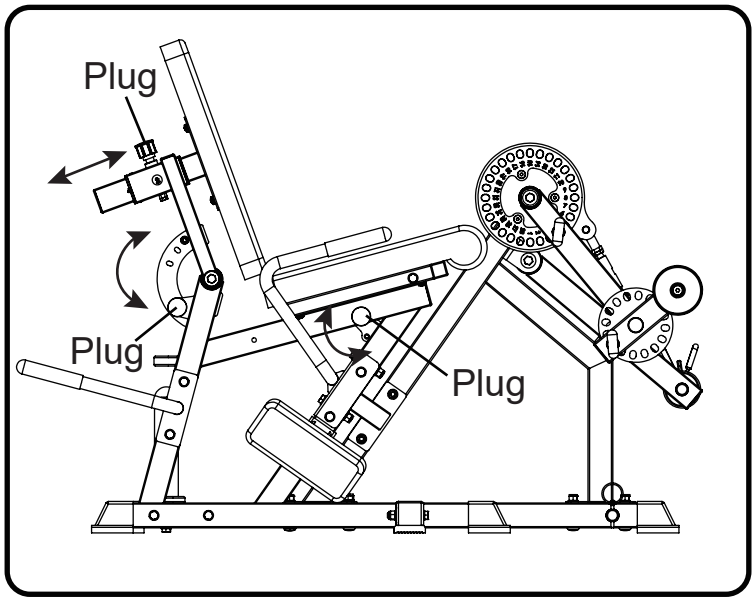
Step 19



These two components (27&28) are to be used when 1-inch weight plates are employed.

Backrest and Seat Angle

Pull out the plug to adjust the position of the backrest and seat.



Leg Cushion Height

Pull out the plug to adjust the position of the leg cushion.

