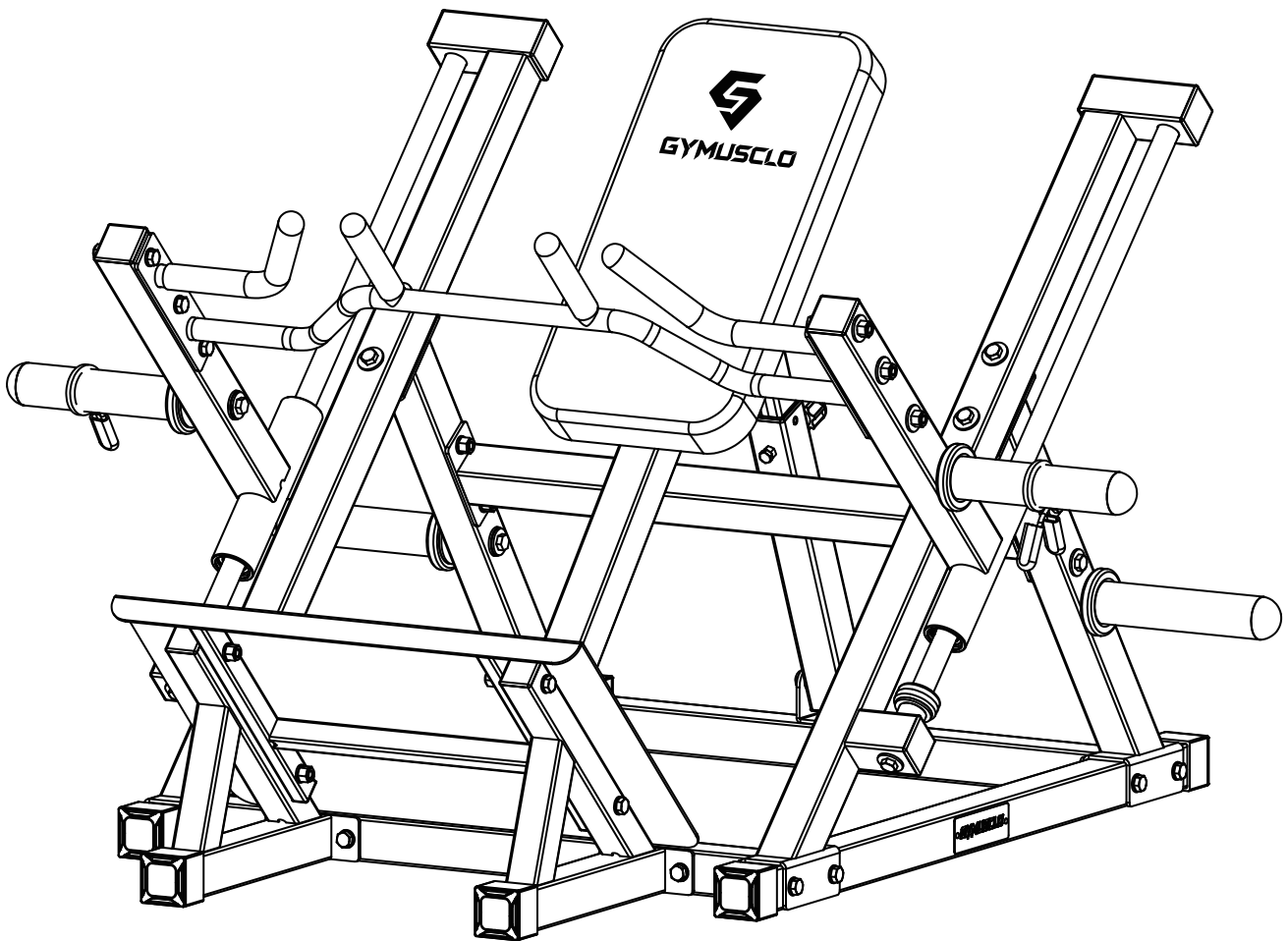


ASSEMBLY INSTRUCTIONS

SKU# DJZH1196BK-145CM/DJZH1196BKRD-145CM



⚠ 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.

Installation Video QR



DJZH1196BK-145CM
<https://vimeo.com/1172780825>

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.

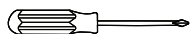
⚠ WARNING

- 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.

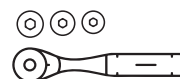
Adult assembly required

- 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*



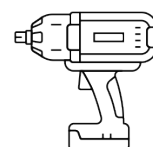
- *Socket set*



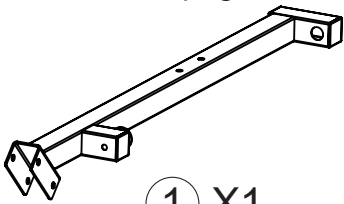
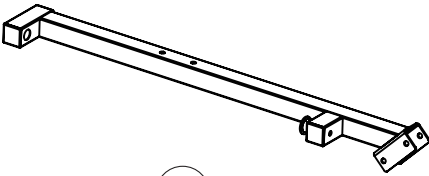
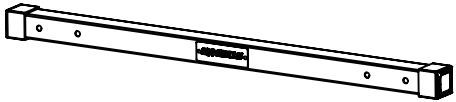
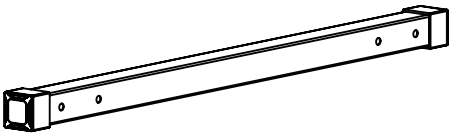
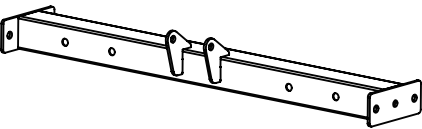
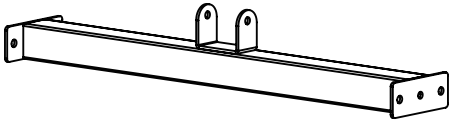
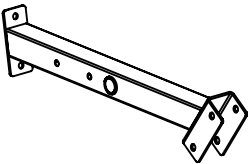
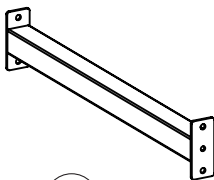
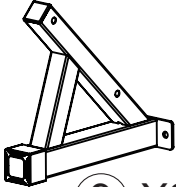
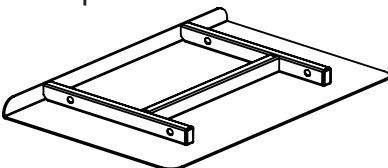
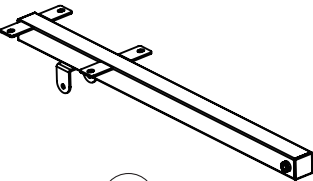
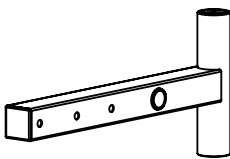
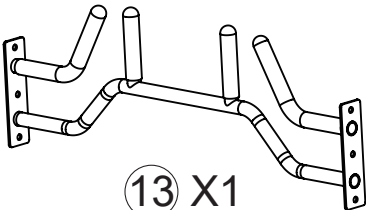
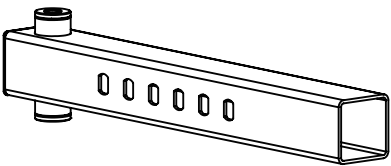
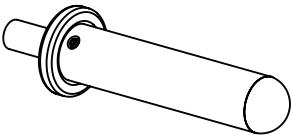
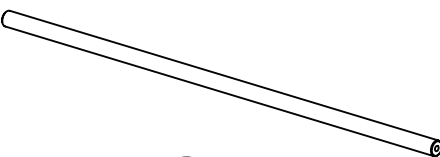
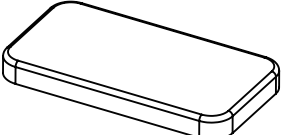
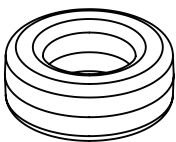
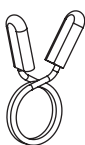
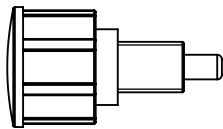
- *Adjustable wrenches*



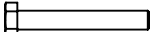
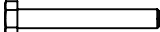
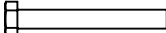
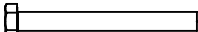
- *Electric Wrench*



Parts List

Left-Braced Upright  ① X1	Right -Braced Upright  ② X1	Left Vertical Base Support  ③ X1
Right Vertical Base Support  ④ X1	Front Horizontal Frame  ⑤ X1	Rear Horizontal Frame  ⑥ X1
Rear Vertical Support Frame  ⑦ X2	Top Horizontal Frame  ⑧ X1	Step Base Frame  ⑨ X2
Footstep Frame  ⑩ X1	Backrest Frame  ⑪ X1	Sliding Frame  ⑫ X2
Handle Curved Frame  ⑬ X1	Adjustable Backrest Outer Frame  ⑭ X1	Adjustable Backrest Inner Frame  ⑮ X1
Counterweight Frame  ⑯ X4	Guide Rod  ⑰ X2	Back Cushion  ⑱ X1
Buffer Ring  ⑲ X2	Spring Clip  ⑳ X2	Knob  ㉑ X1

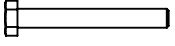
Hardware List

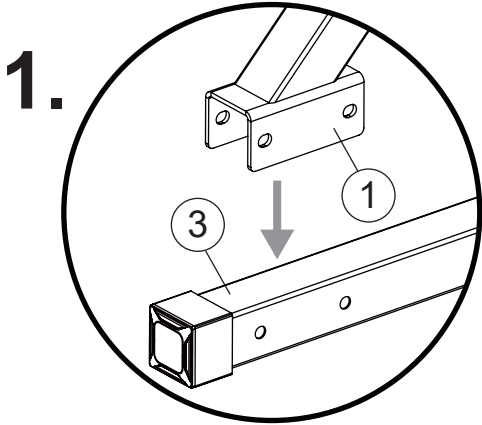
No.	Code	Diagram	Description	Quantity	Spare
1	B1		Bolt M8x20mm	1	
2	B2		Bolt M10x25mm	10	2
3	B3		Bolt M10x70mm	20	2
4	B4		Bolt M10x75mm	4	
5	B5		Bolt M10x80mm	8	2
6	B6		Bolt M10x95mm	3	
7	C1		M10 Big Washer	26	3
8	C2		M10 Washer	52	5
9	D1		M10 Nut	33	4
10	*		Wrench 1	2	
			S4x74mm	1	

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

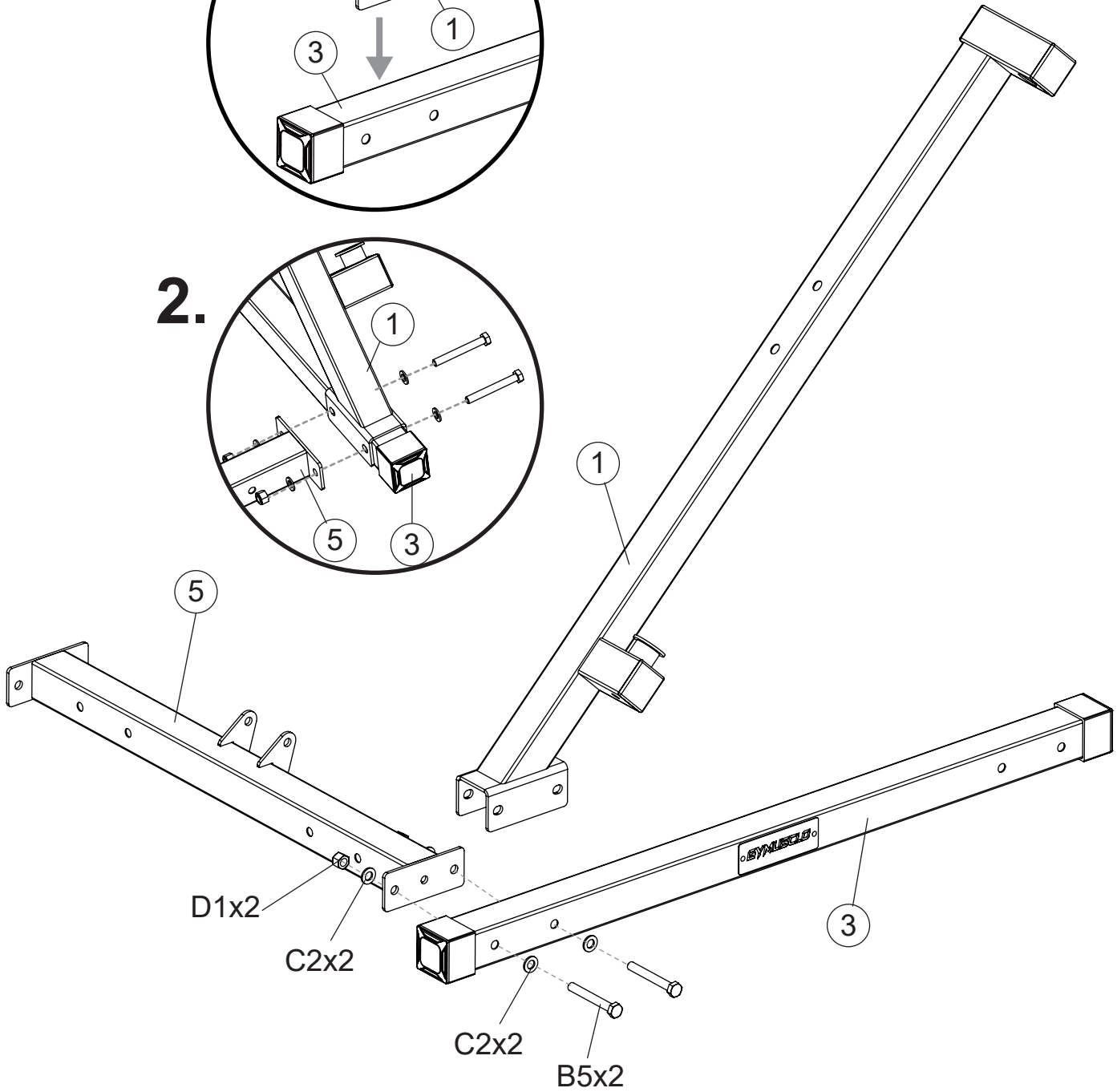
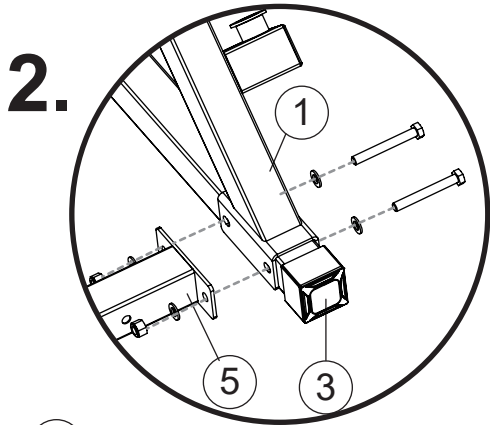
Assemble

Step 1

 Bolt M10*80mm		 M10 Washer		 M10 Nut		 	
B5	2PCS	C2	4PCS	D1	2PCS		

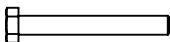
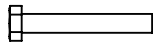


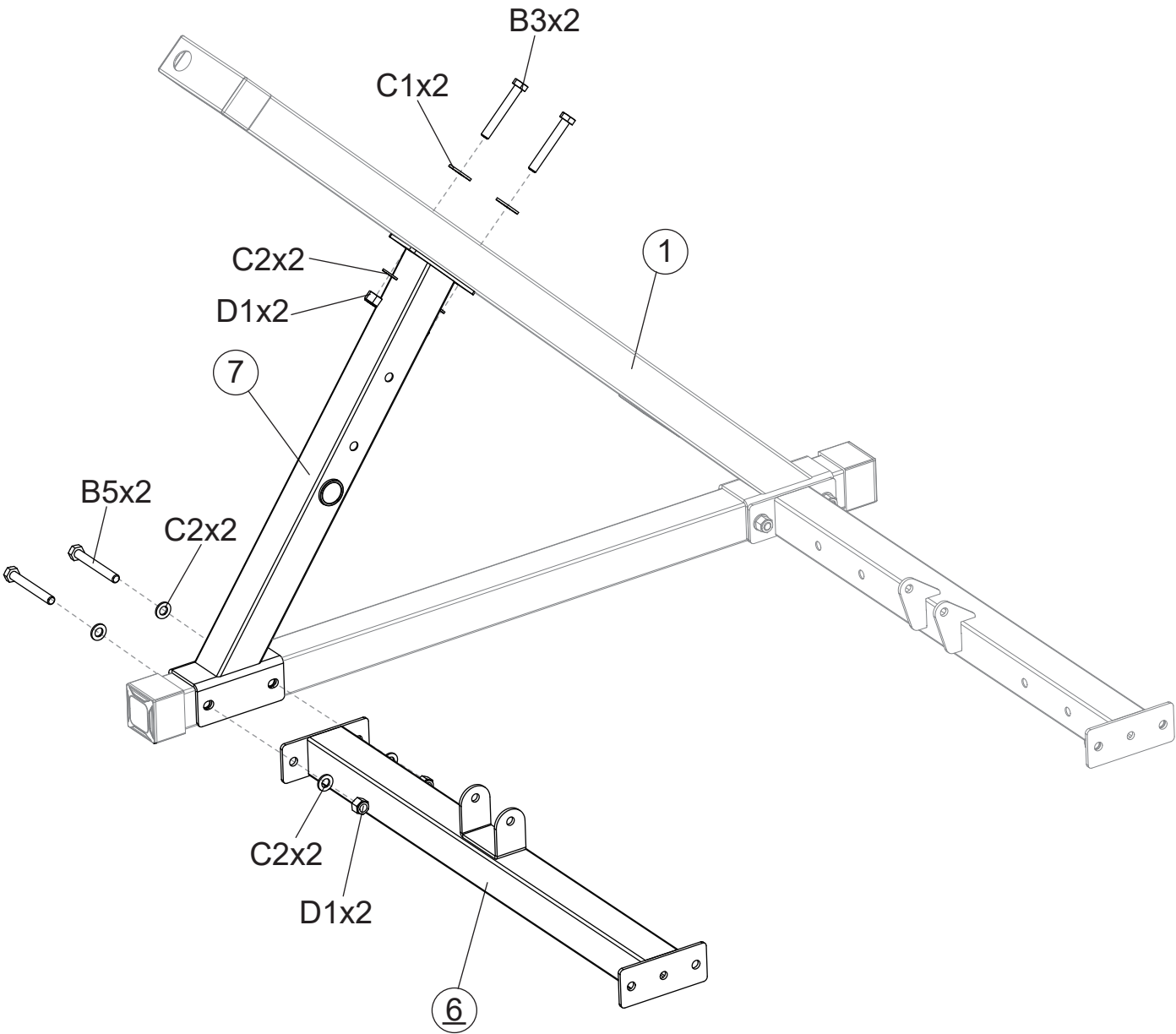
 Need two people assembly.



Assemble

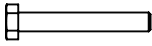
Step 2

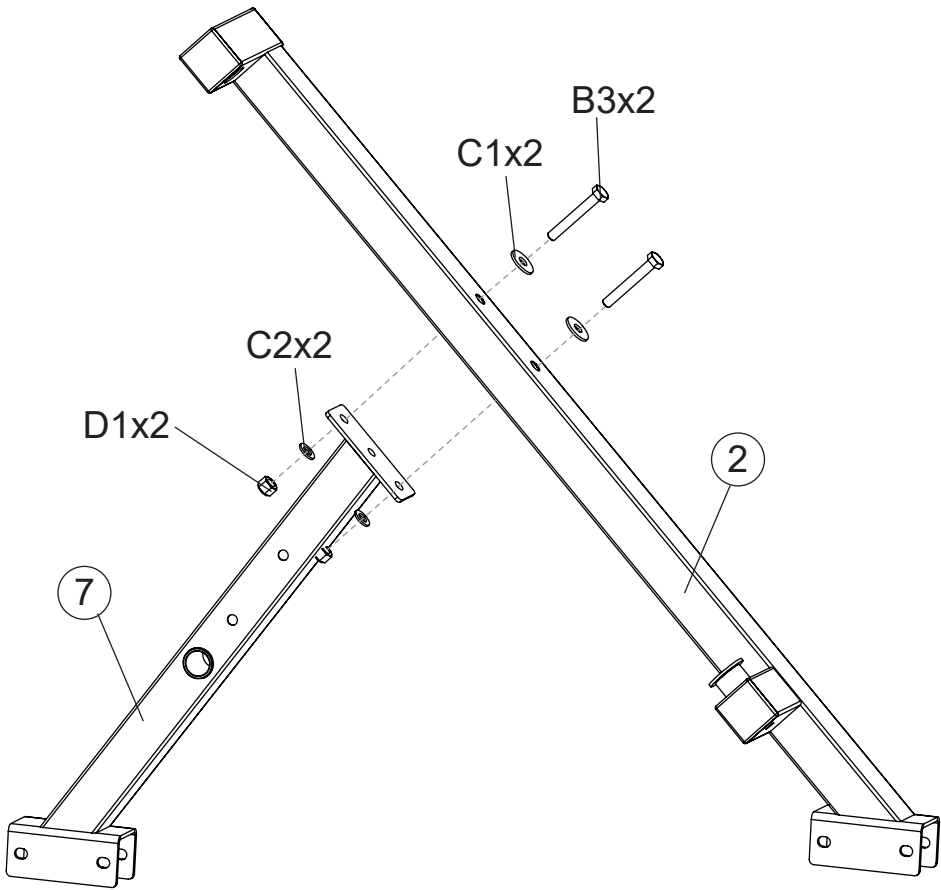
 Bolt M10*80mm		 M10 Washer		 M10 Nut		 Bolt M10*70mm		 	
B5	2PCS	C2	6PCS	D1	4PCS	B3	2PCS		
 M10 Big Washer									
C1	2PCS								



Assemble

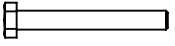
Step 3

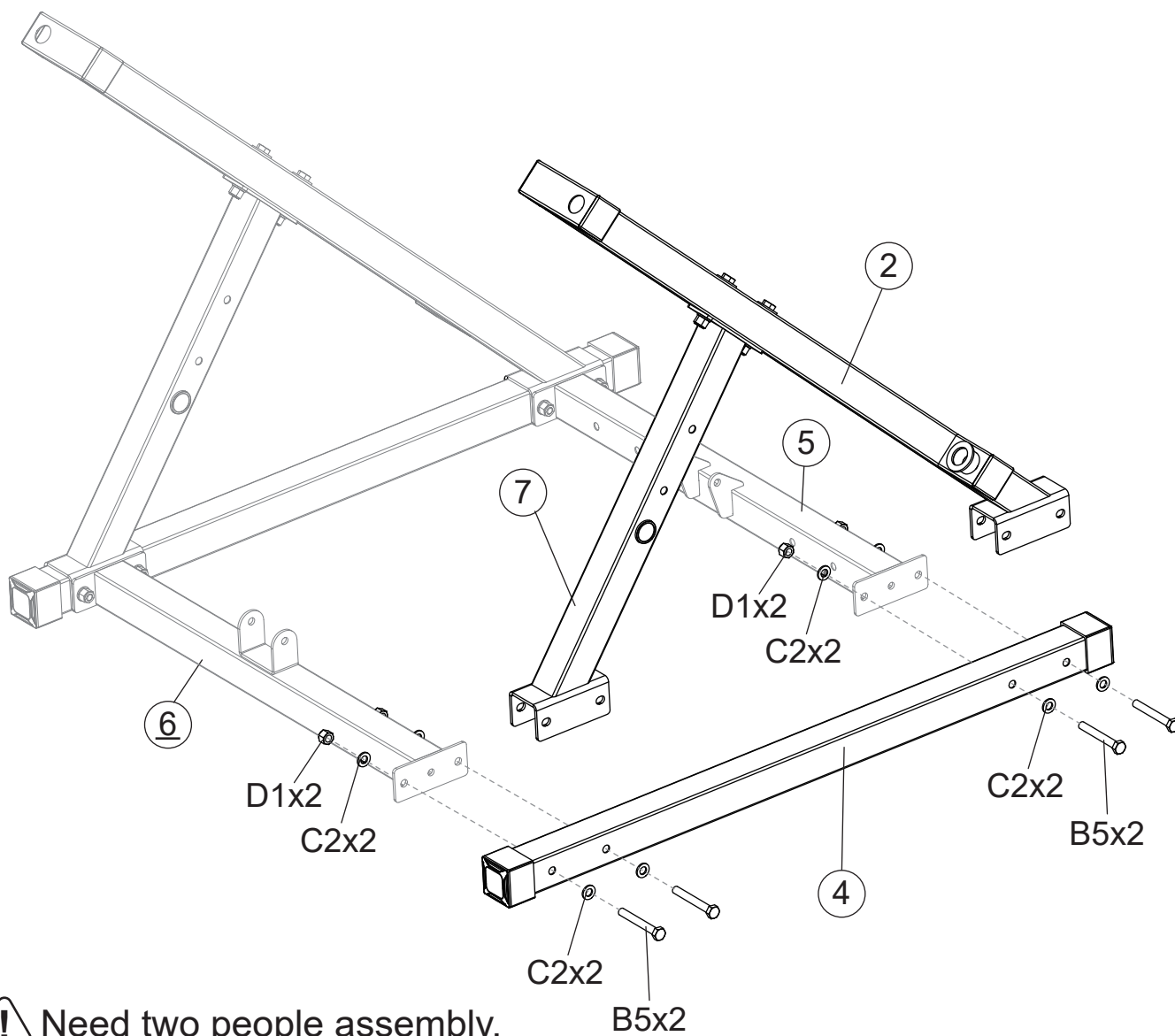
 Bolt M10*70mm		 M10 Washer		 M10 Nut		 M10 Big Washer		 +	
B3	2PCS	C2	2PCS	D1	2PCS	C1	2PCS		



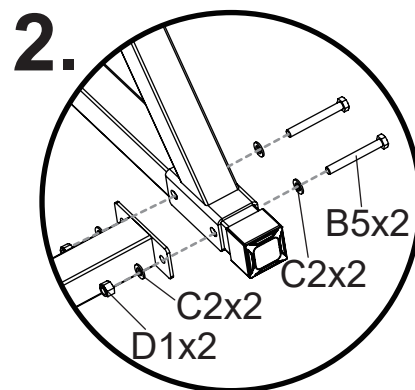
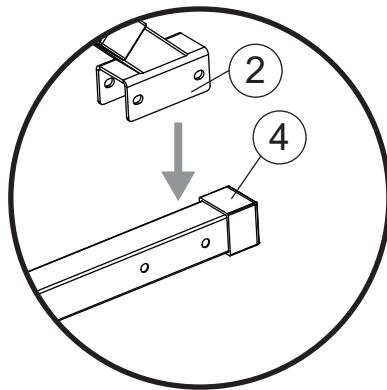
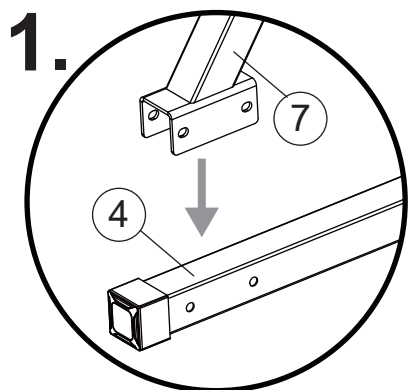
Assemble

Step 4

							
Bolt M10*80mm		M10 Washer		M10 Nut			
B5	4PCS	C2	8PCS	D1	4PCS		

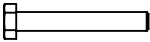


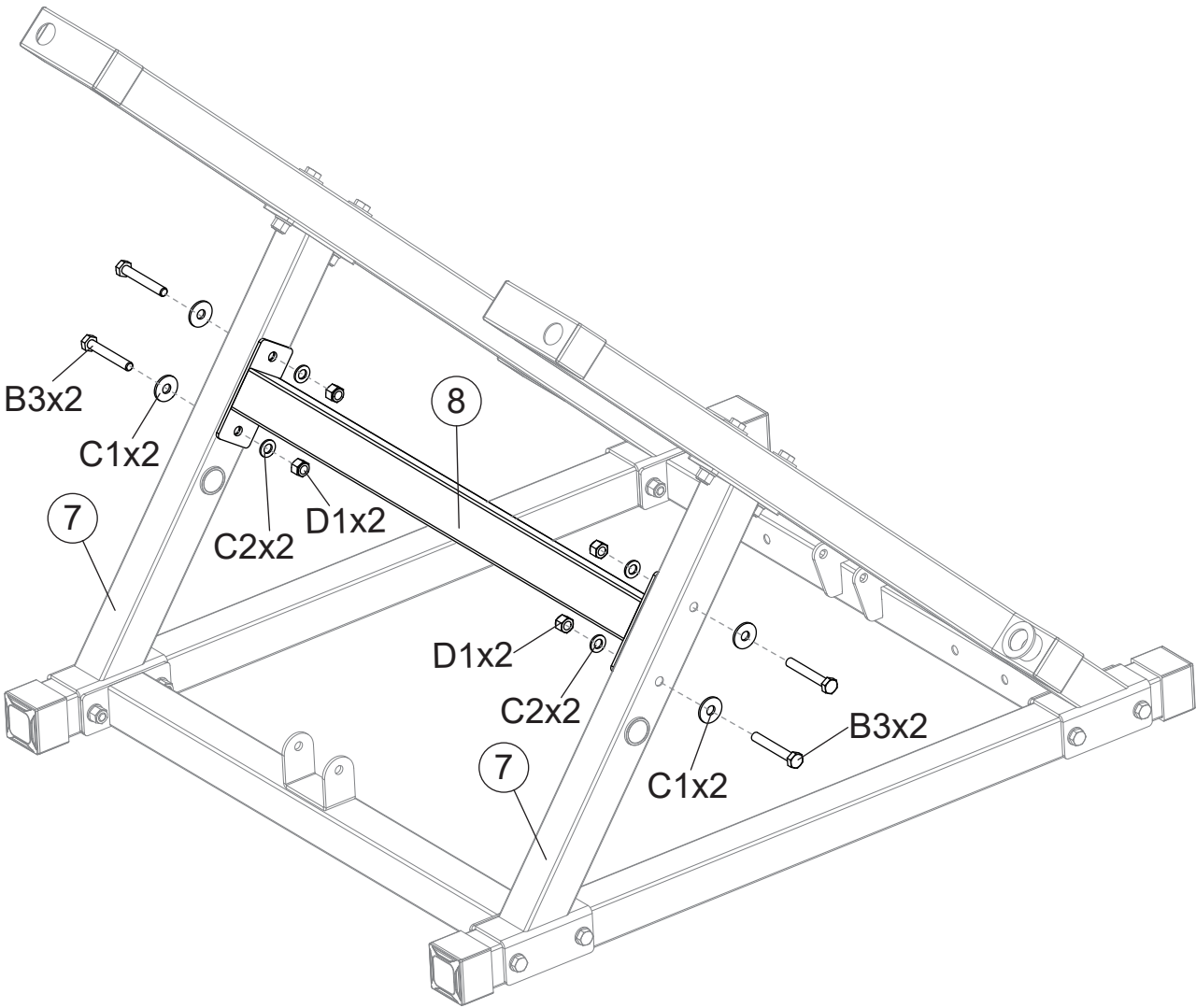
⚠ Need two people assembly.



Assemble

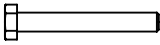
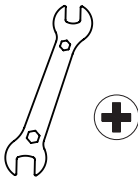
Step 5

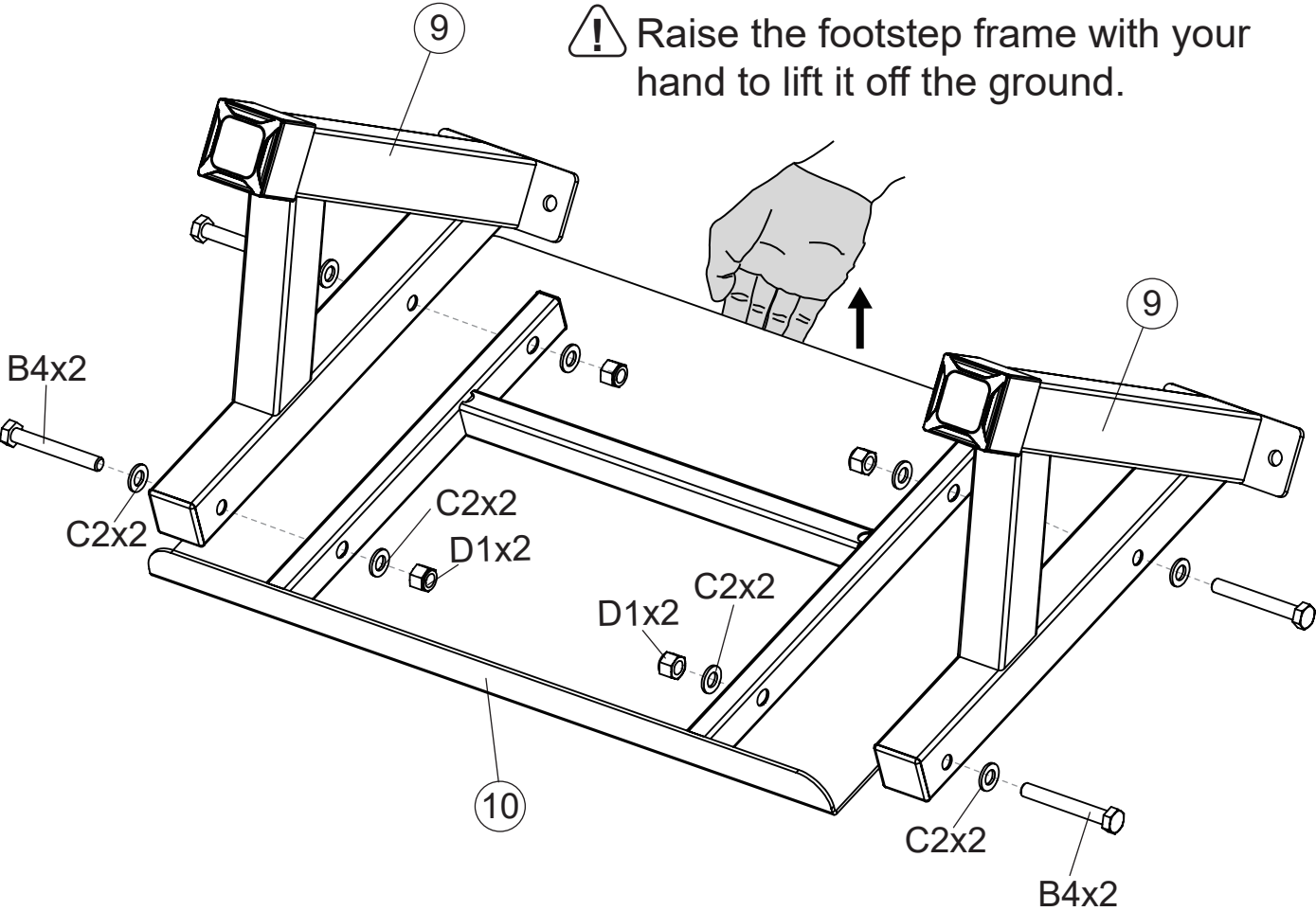
 Bolt M10*70mm		 M10 Washer		 M10 Big Washer		 M10 Nut		 
B3	4PCS	C2	4PCS	C1	4PCS	D1	4PCS	



Assemble

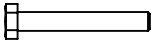
Step 6

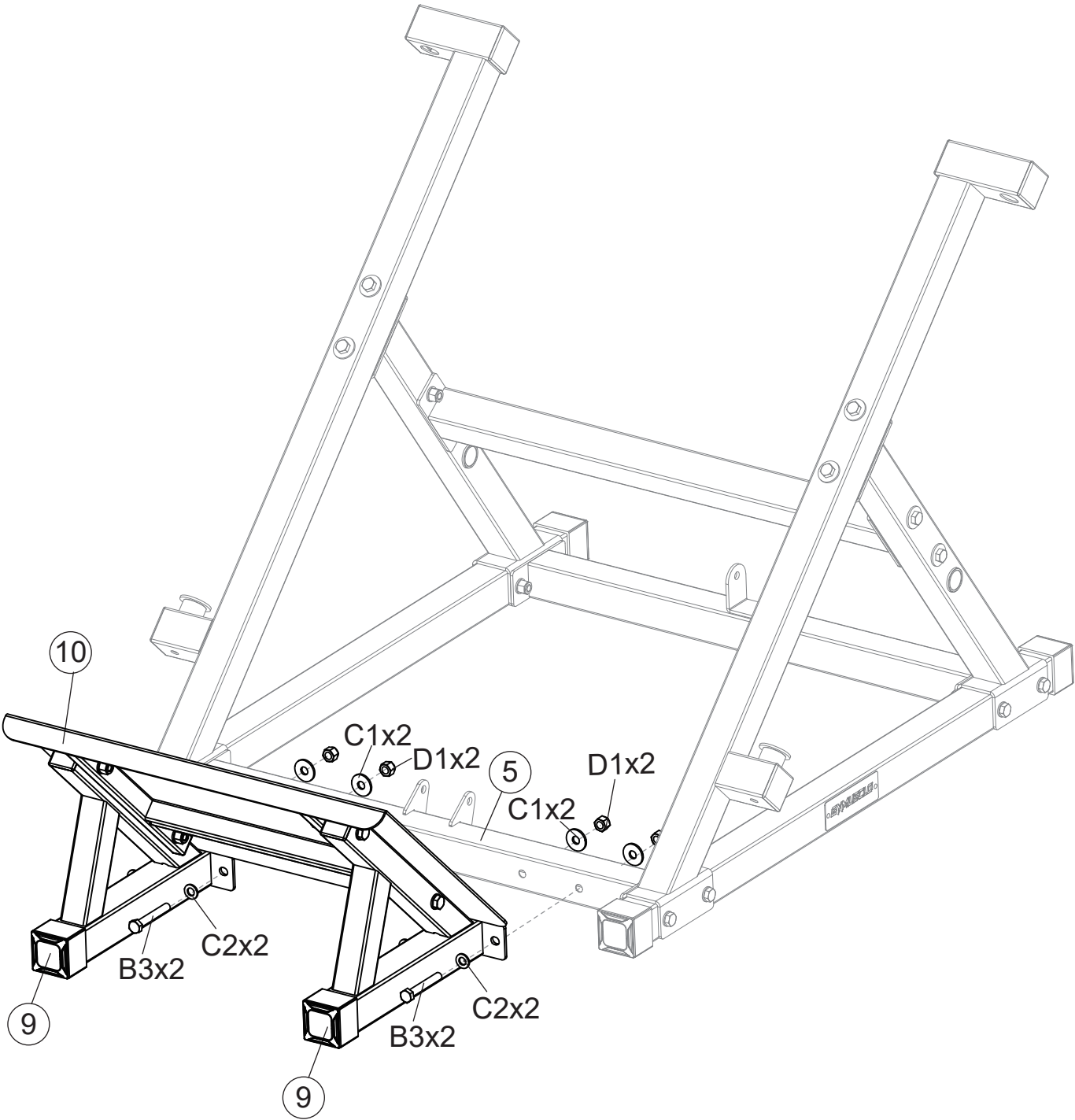
 Bolt M10*75mm		 M10 Washer		 M10 Nut		
B4	4PCS	C2	8PCS	D1	4PCS	



Assemble

Step 7

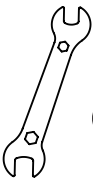
 Bolt M10*70mm		 M10 Washer		 M10 Big Washer		 M10 Nut		 
B3	4PCS	C2	4PCS	C1	4PCS	D1	4PCS	

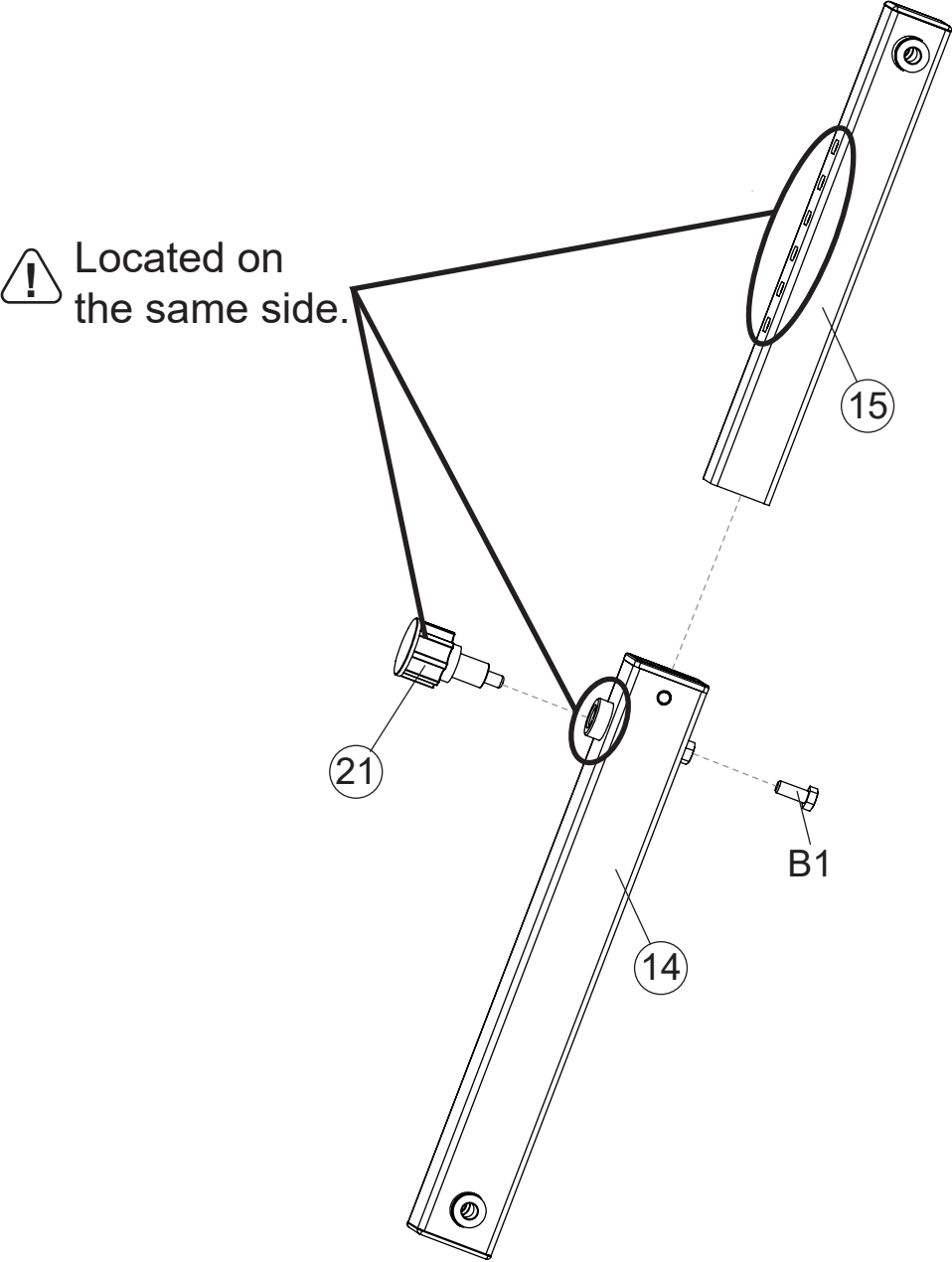


 Need two people assembly.

Assemble

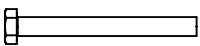
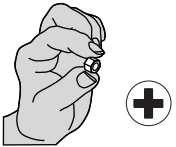
Step 8

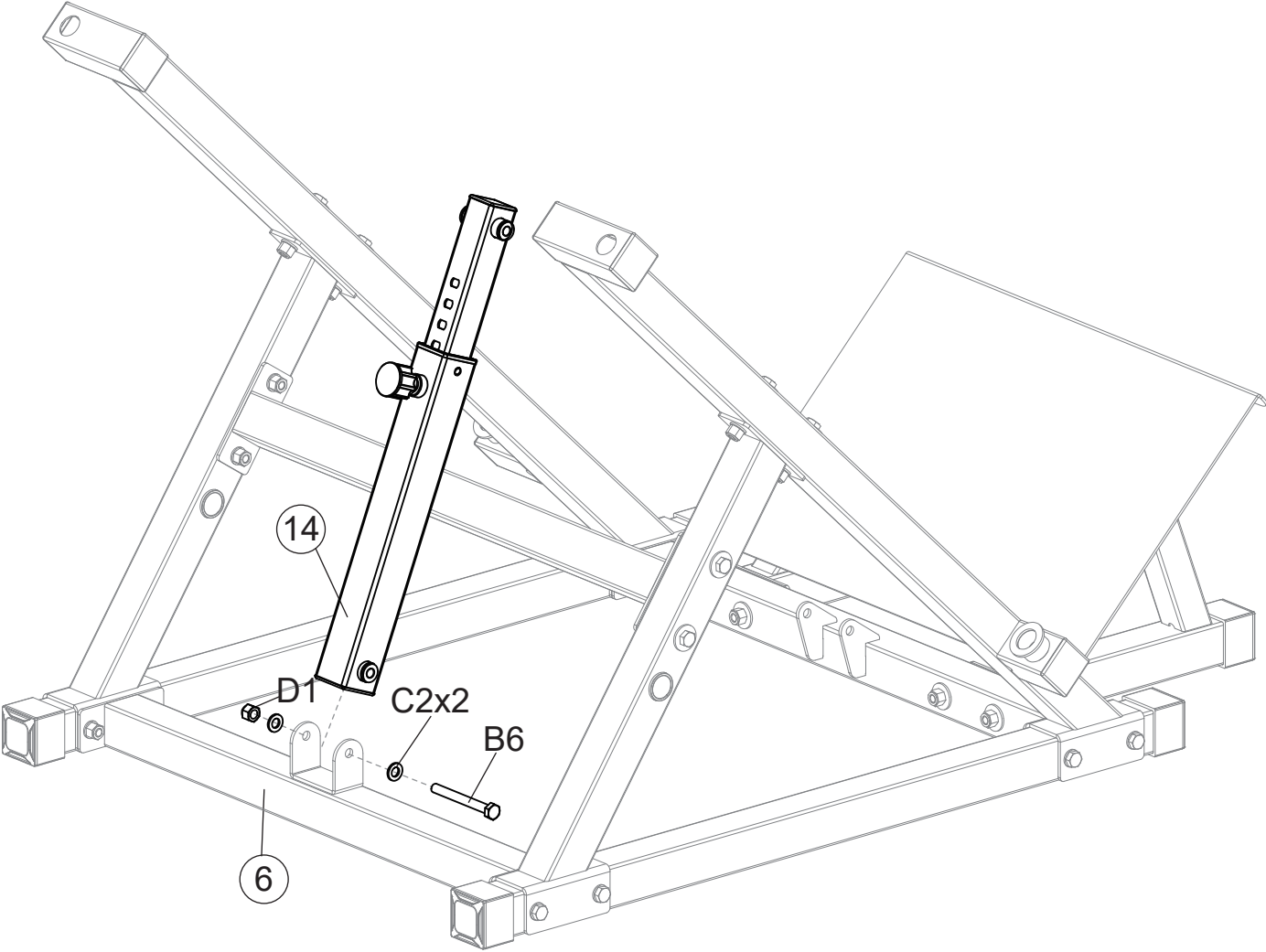
 Bolt M8*20mm					 
B1	1PCS				



Assemble

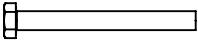
Step 9

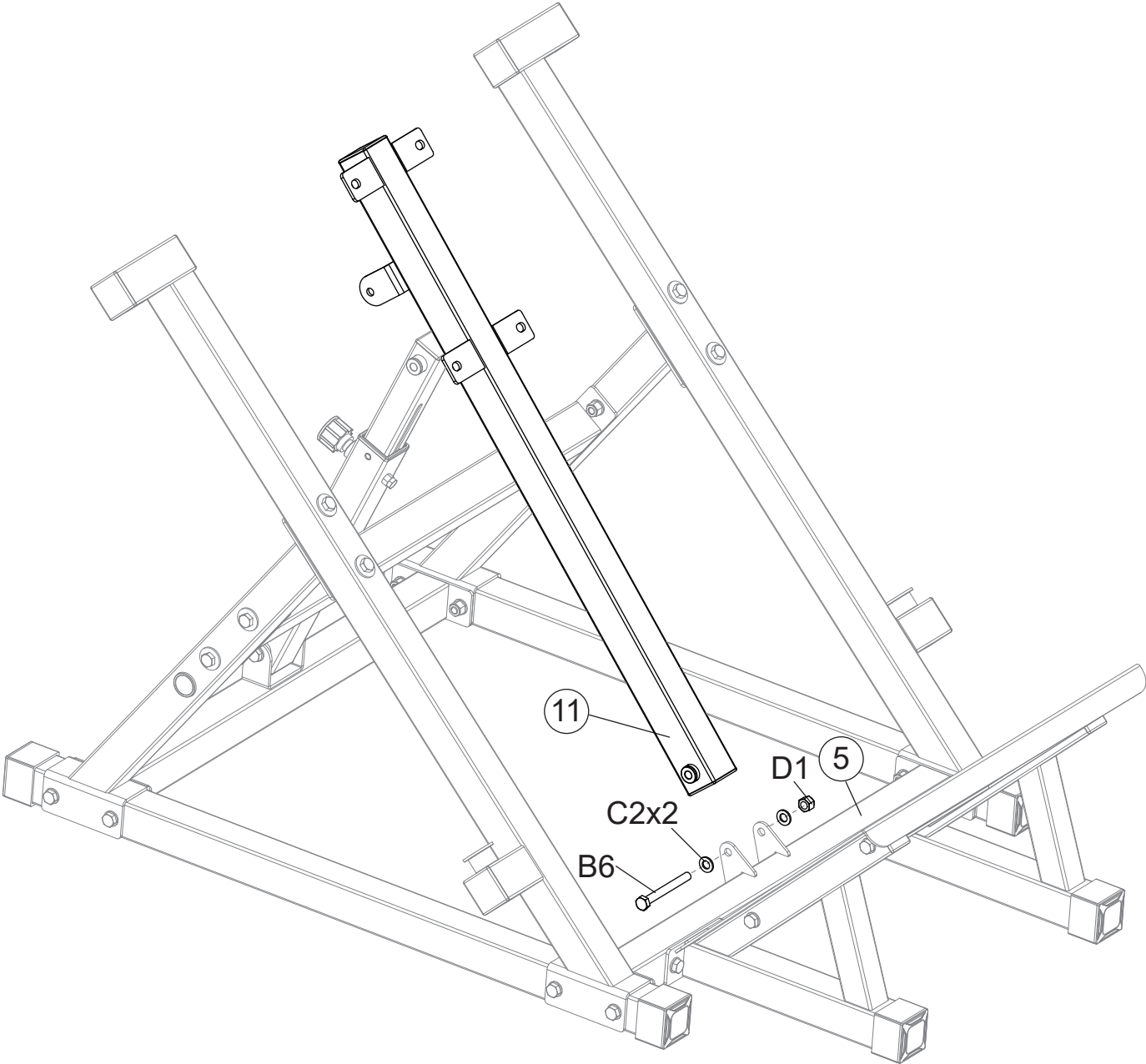
 Bolt M10*95mm		 M10 Washer		 M10 Nut			
B6	1PCS	C2	2PCS	D1	1PCS		



Assemble

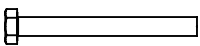
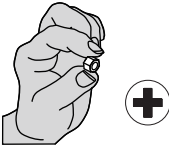
Step 10

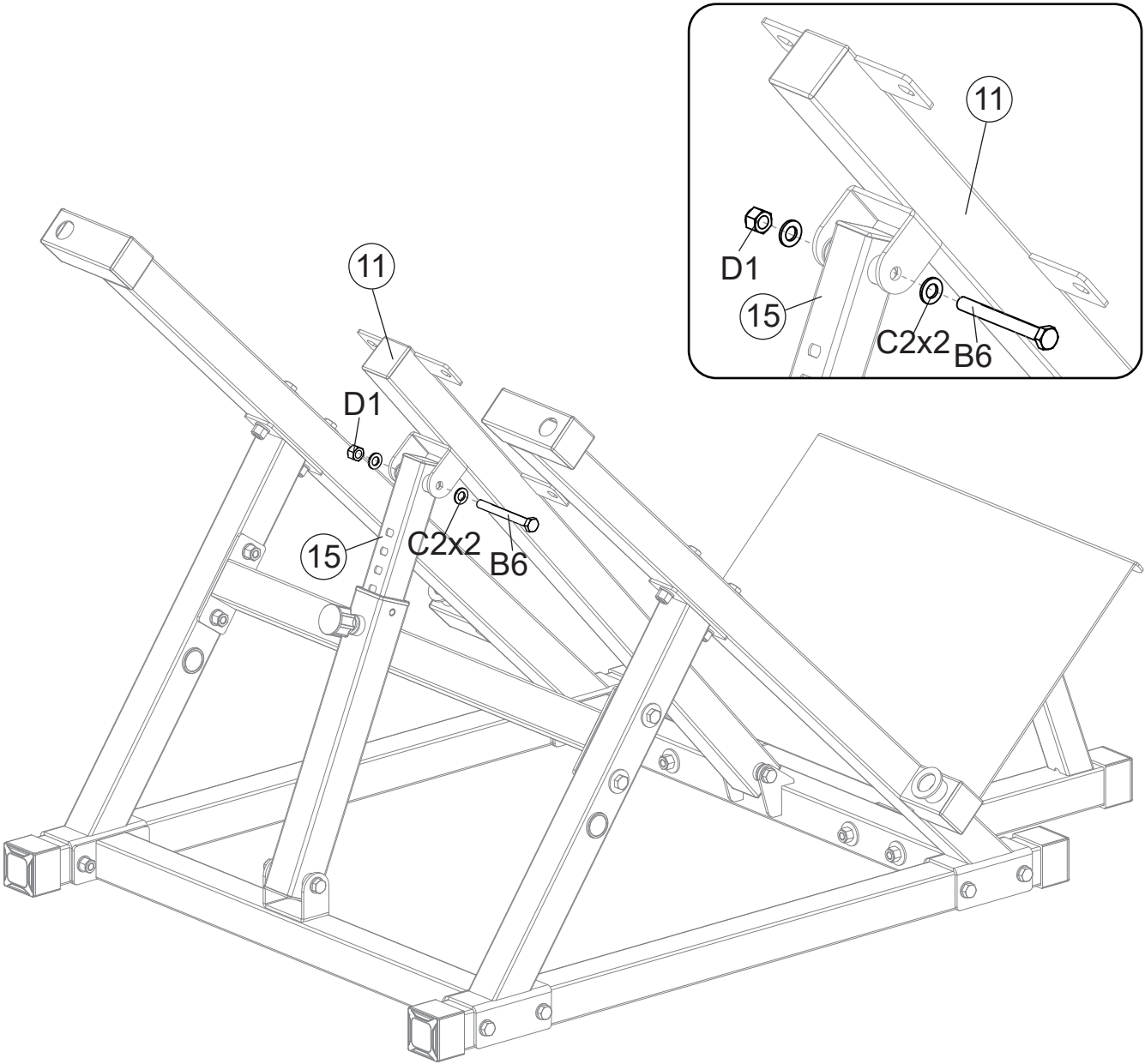
 Bolt M10*95mm		 M10 Washer		 M10 Nut				 
B6	1PCS	C2	2PCS	D1	1PCS			



Assemble

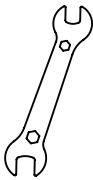
Step 11

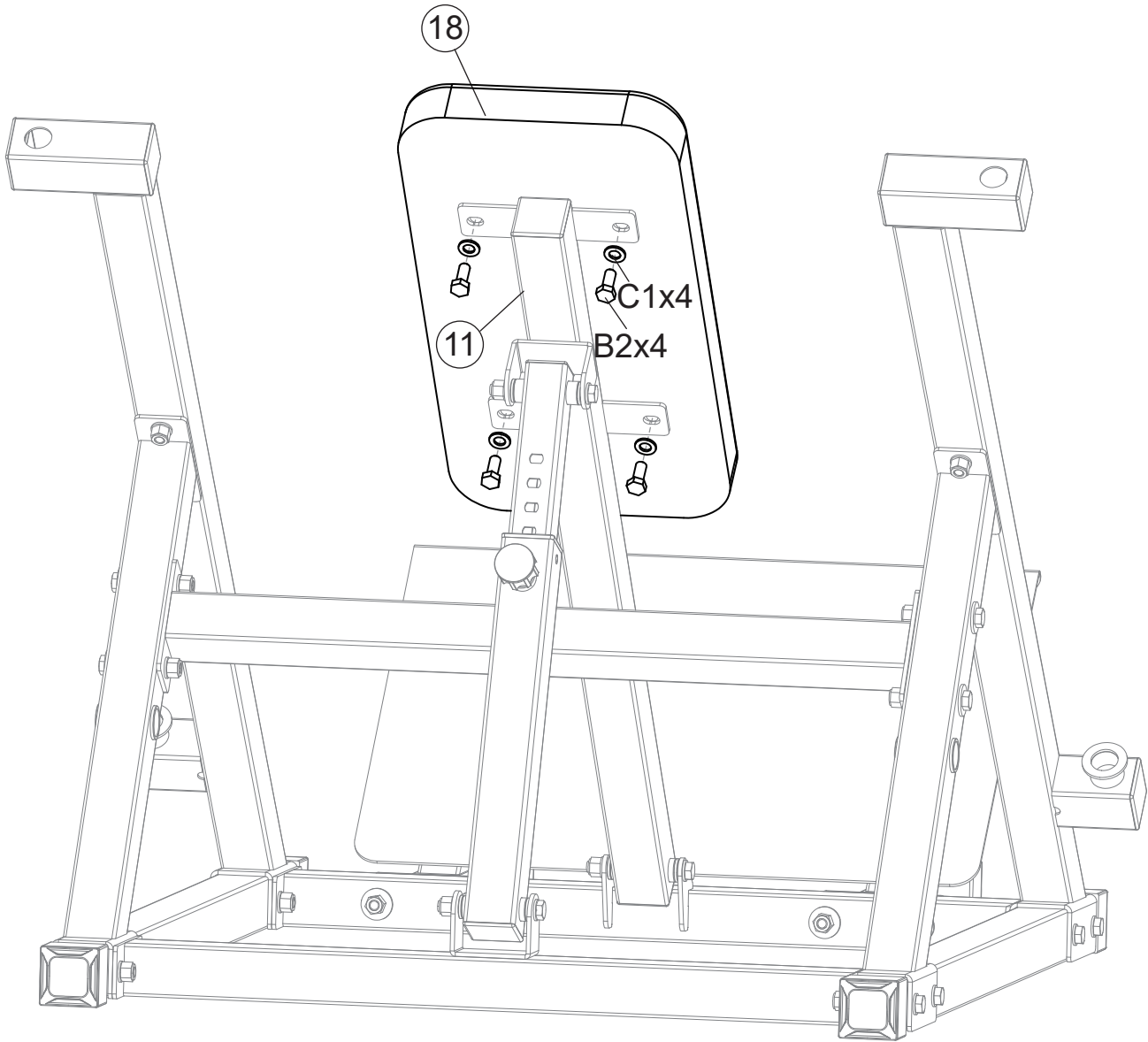
 Bolt M10*95mm		 M10 Washer		 M10 Nut			
B6	1PCS	C2	2PCS	D1	1PCS		



Assemble

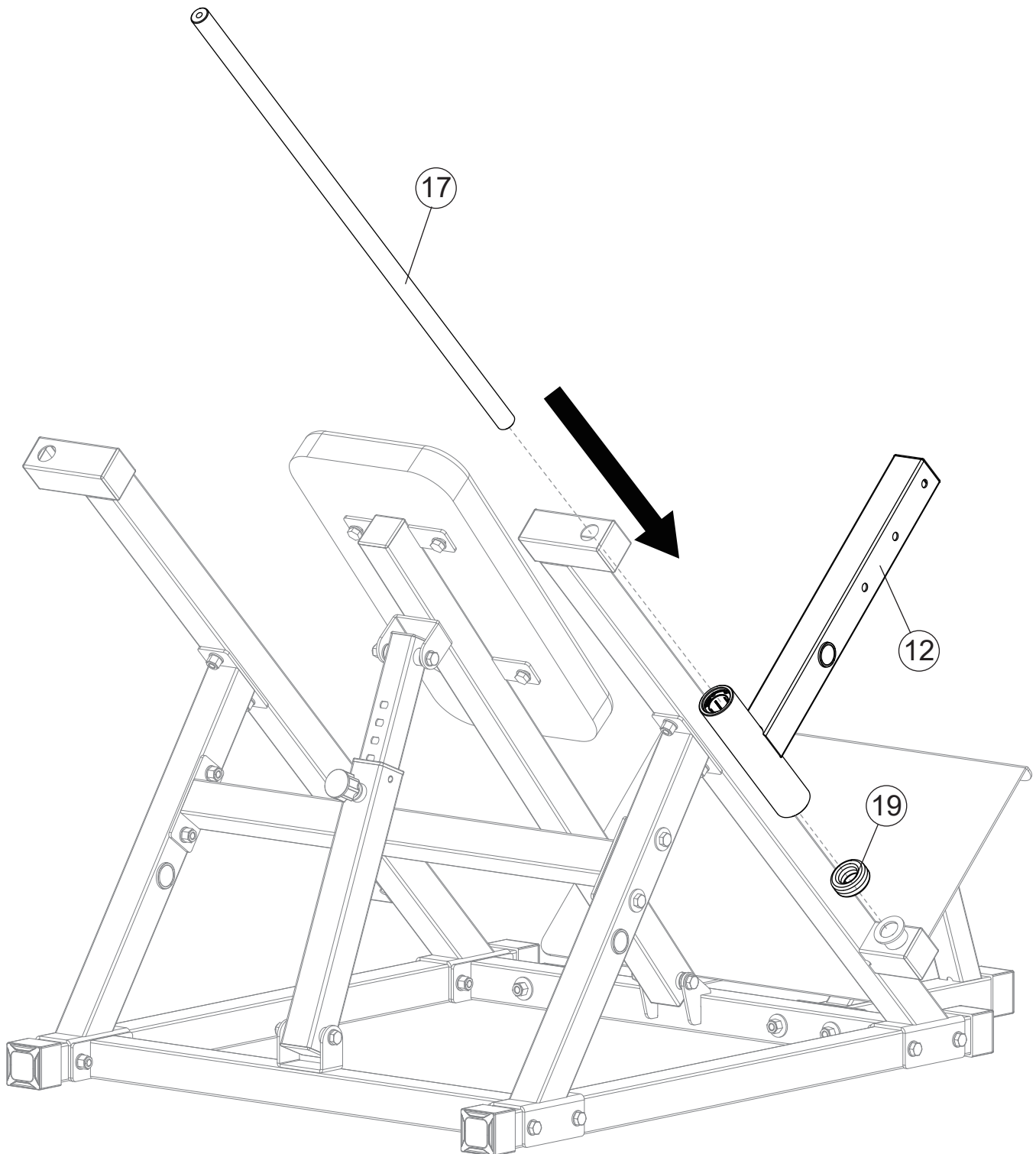
Step 12

 Bolt M10x25mm		 M10 Washer						 
B2	4PCS	C2	4PCS					



Assemble

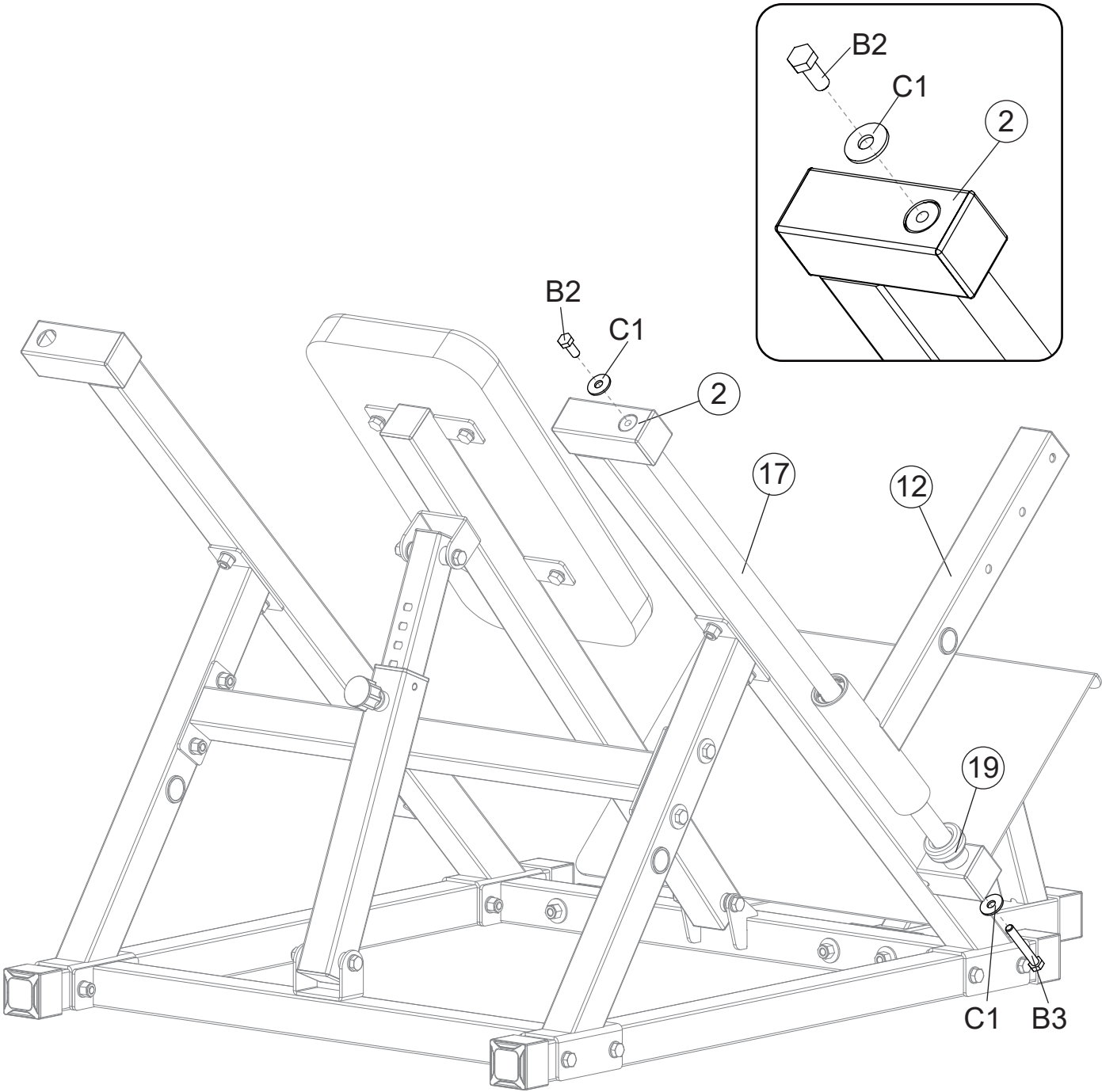
Step 13



Assemble

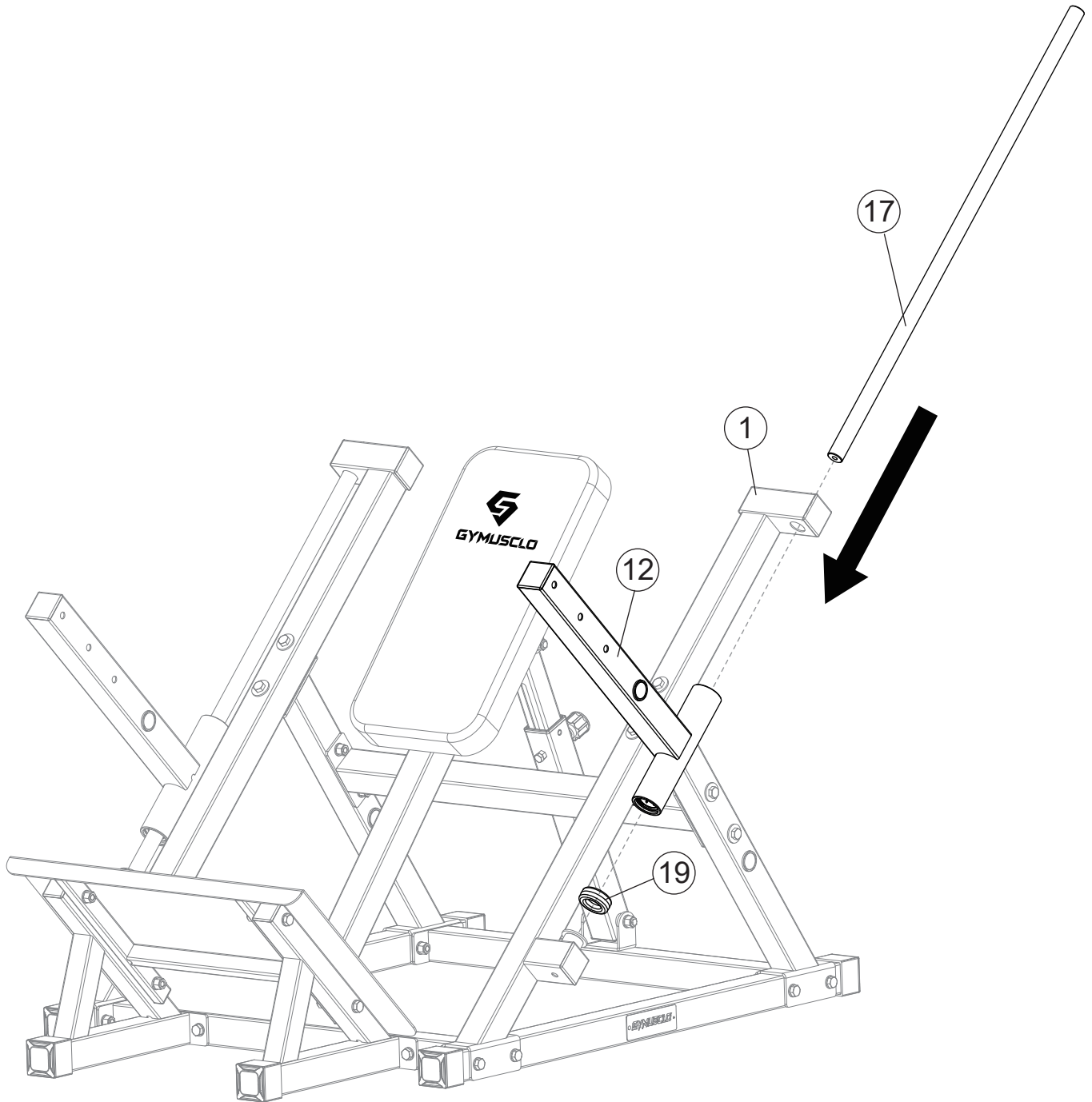
Step 14

 Bolt M10*25mm		 Bolt M10*70mm		 M10 Big Washer				 
B2	1PCS	B3	1PCS	C1	2PCS			



Assemble

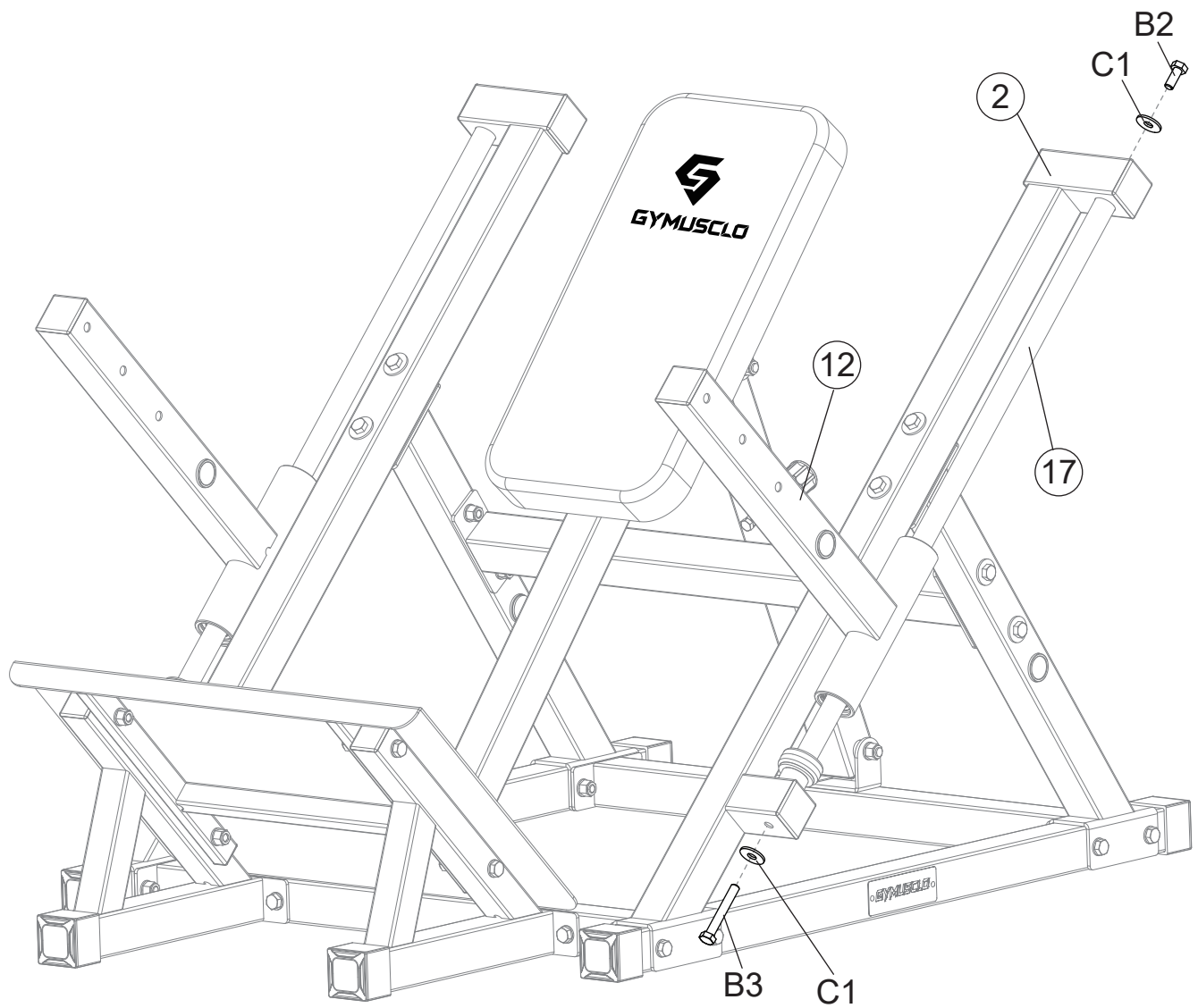
Step 15



Assemble

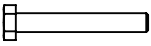
Step 16

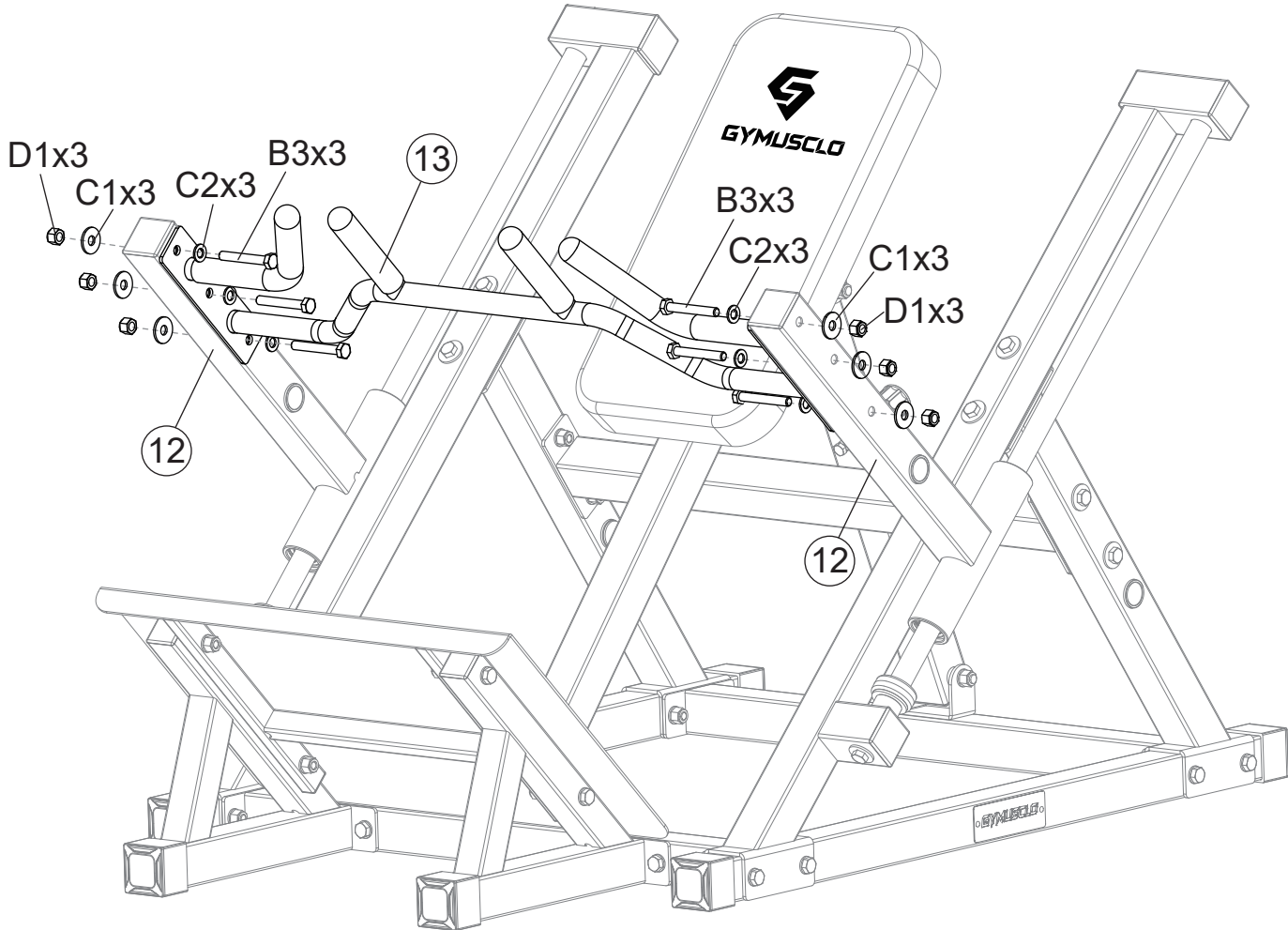
 Bolt M10*25mm		 Bolt M10*70mm		 M10 Big Washer		 	
B2	1PCS	B3	1PCS	C1	2PCS		



Assemble

Step 17

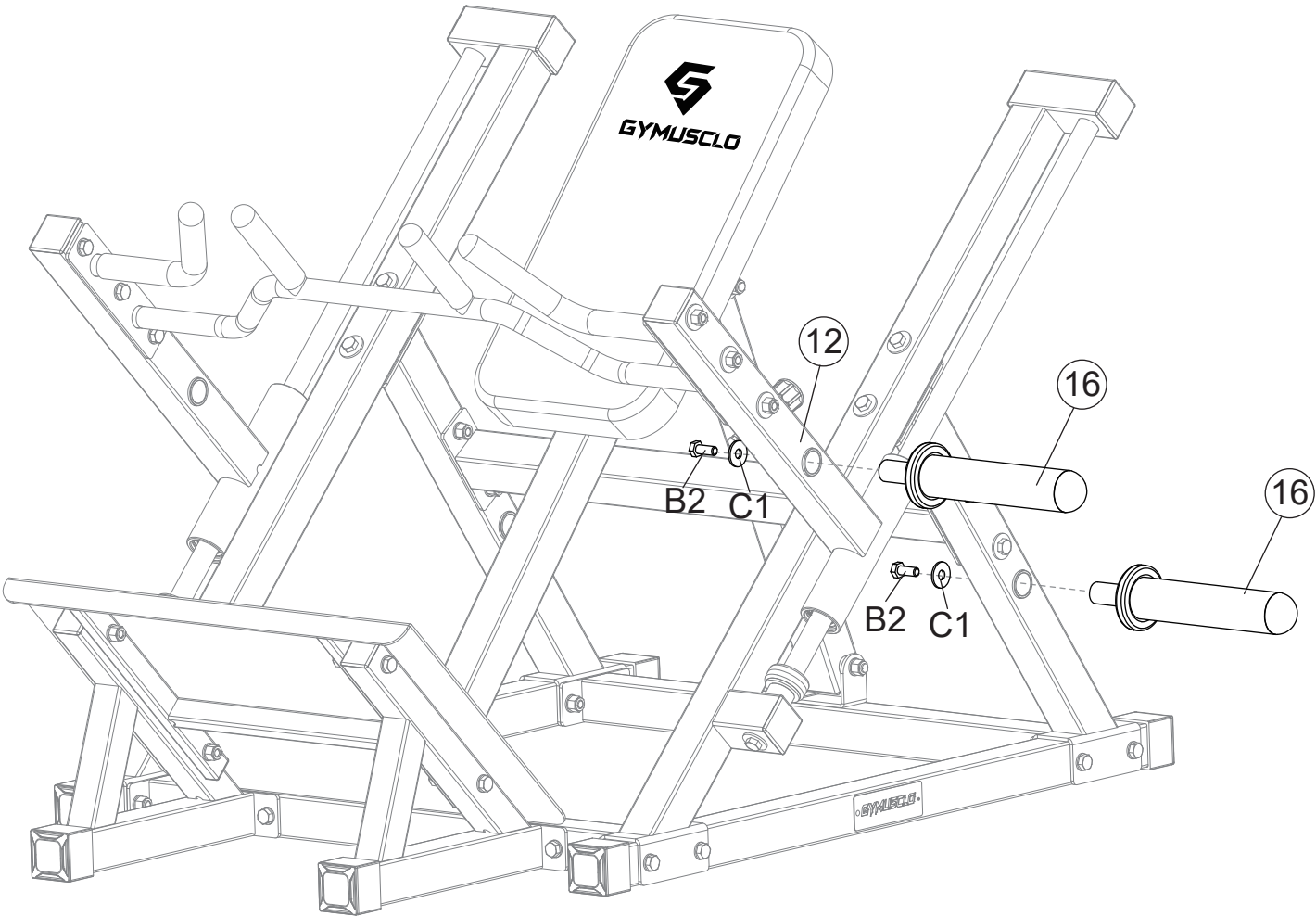
 Bolt M10*70mm		 M10 Big Washer		 M10 Washer		 M10 Nut		
B3	6PCS	C1	6PCS	C2	6PCS	D1	6PCS	



Assemble

Step 18

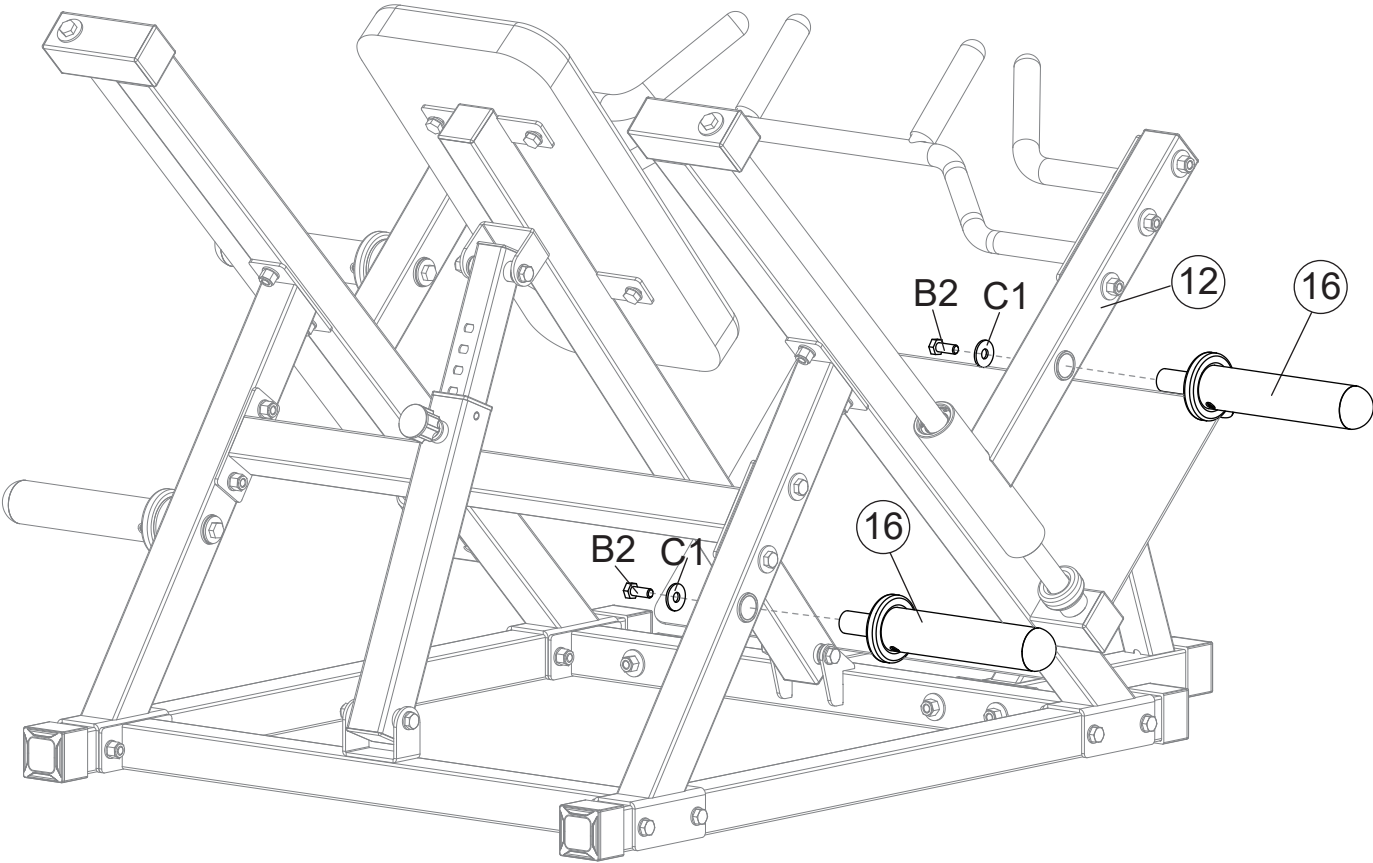
 Bolt M10*25mm		 M10 Big Washer						 
B2	2PCS	C1	2PCS					



Assemble

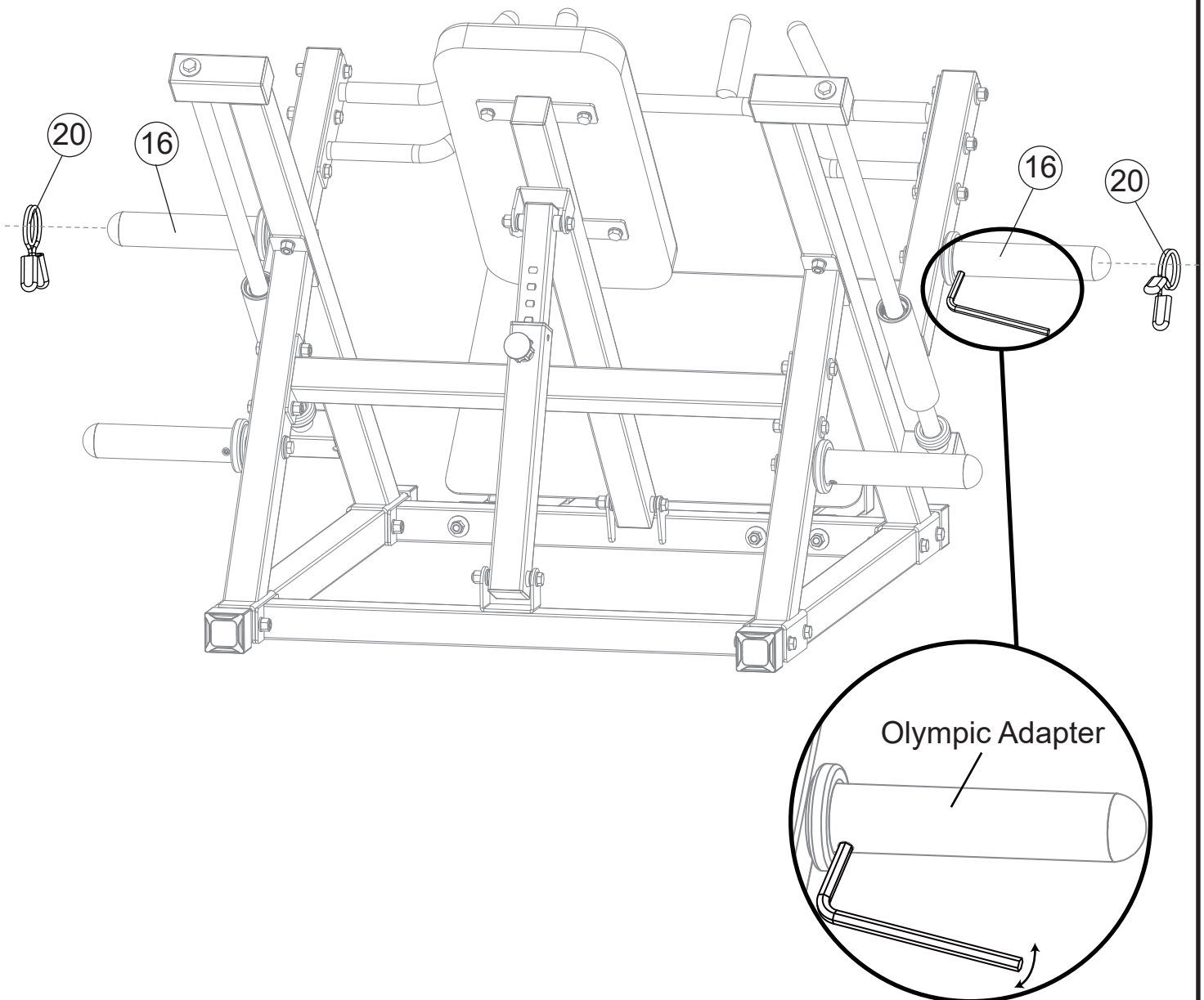
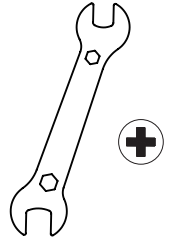
Step 19

 Bolt M10*25mm		 M10 Big Washer						 	
B2	2PCS	C1	2PCS						



Assemble

Step 20



Note: You can use a wrench to remove the Olympic Adapter



CHECK THAT ALL BOLTS ARE TIGHTENED.