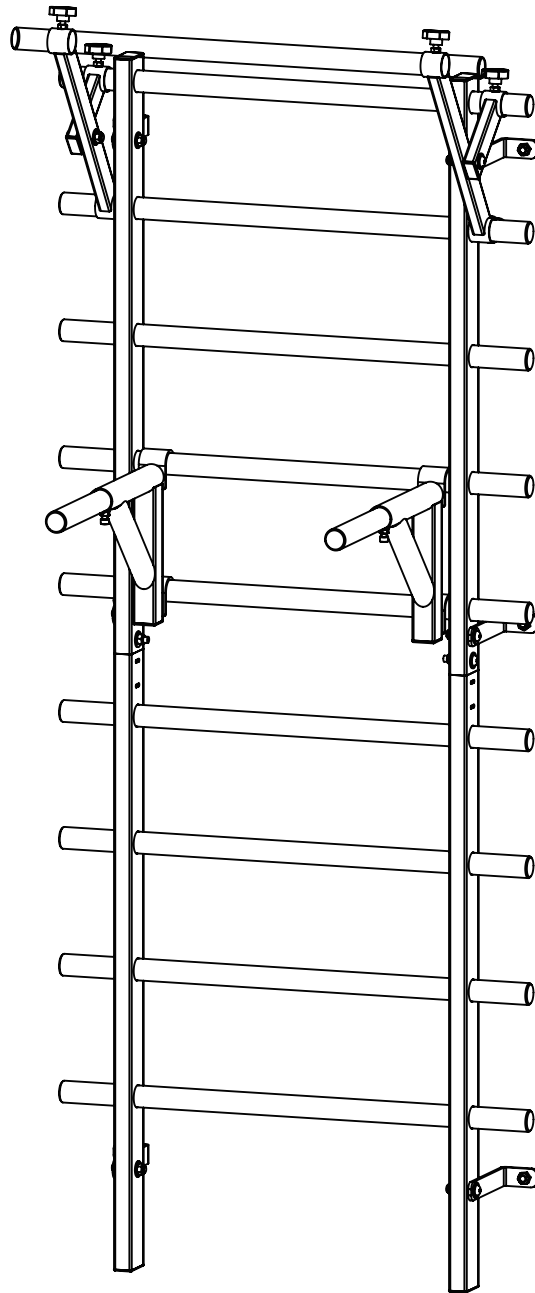


ASSEMBLY INSTRUCTIONS

SKU# DJ1147ND-80CM



⚠ 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



DJ1147
<https://vimeo.com/1158712831>

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.

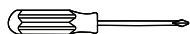
⚠ WARNING

- 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.

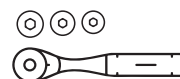
Adult assembly required

- 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*



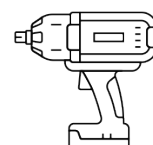
- *Socket set*



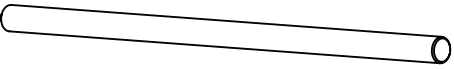
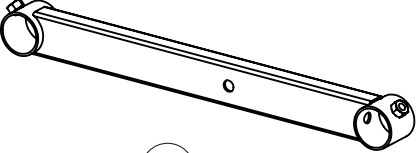
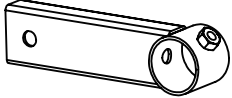
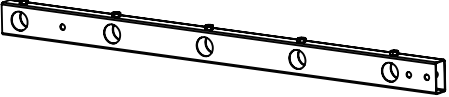
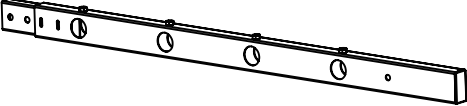
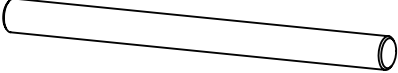
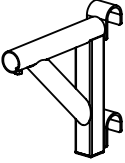
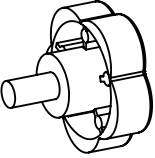
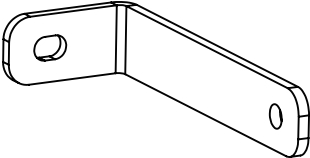
- *Adjustable wrenches*



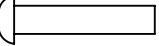
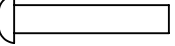
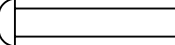
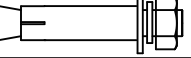
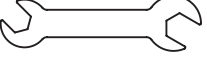
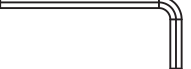
- *Electric Wrench*



Parts List

Log  ① X10	Pull Frame Long Tube  ② X2	Pull Frame Short Tube  ③ X2
Upper Pipe Welding Component  ④ X2	Lower Pipe Welding Component  ⑤ X2	Handrail Log  ⑥ X2
Handrail Welding Component  ⑦ X2	Plum Blossom Handle  ⑧ X6	L-shaped Component  ⑨ X6

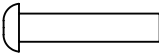
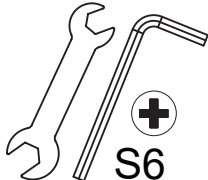
Hardware List

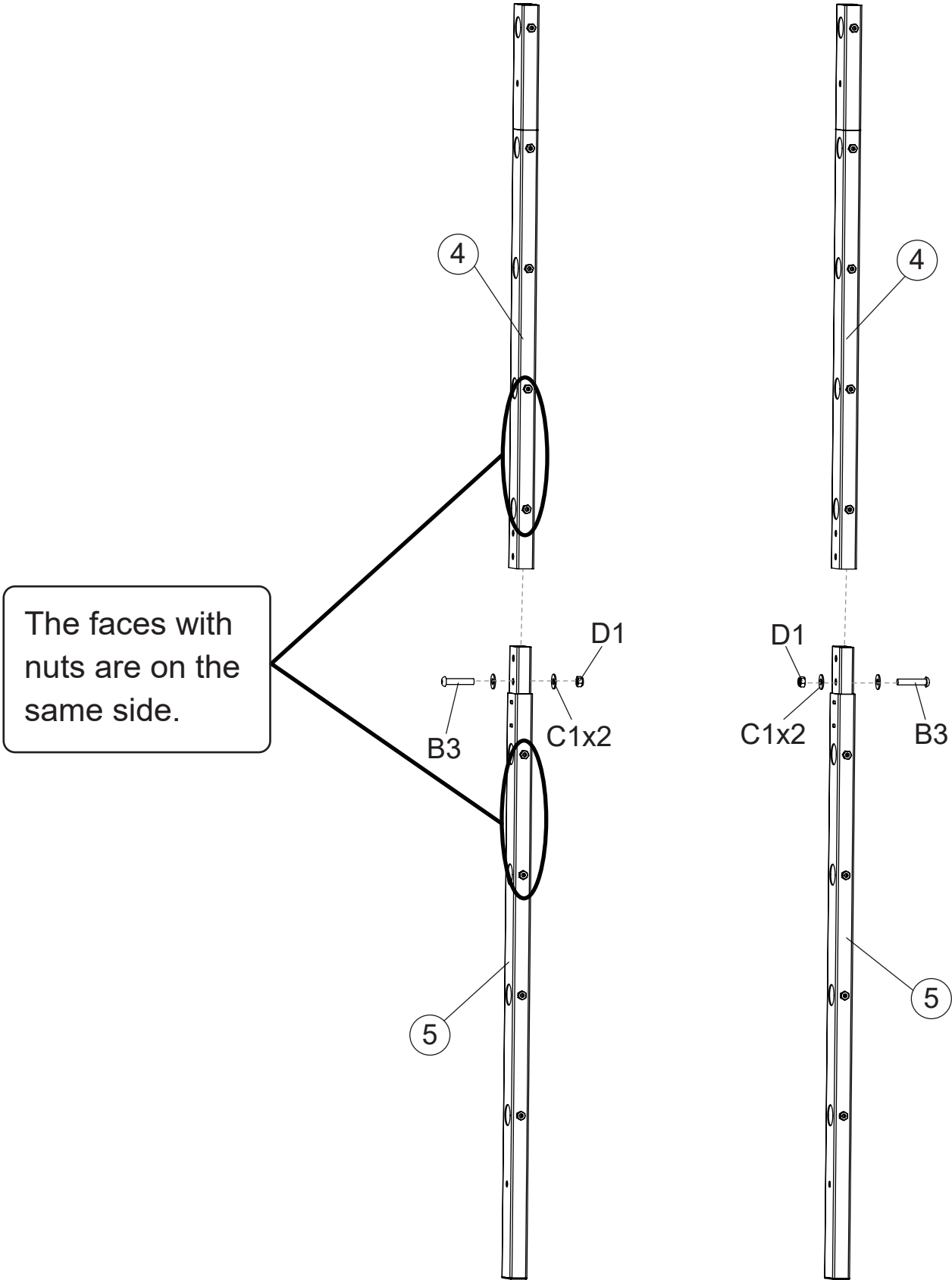
No.	Code	Diagram	Description	Quantity	Spare
1	B1		Bolt M8x15mm	2	
2	B2		Bolt M8x25mm	18	2
3	B3		Bolt M10x45mm	2	
4	B4		Bolt M10x50mm	6	2
5	B5		Bolt M10x55mm	2	
6	B6		Expansion Bolt	6	2
7	C1		M10 Washer	20	4
8	D1		M10 Nut	10	2
9	*		Wrench	1	
			S6x68mm	1	
			S5x68mm	1	

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

Assemble

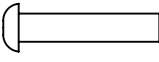
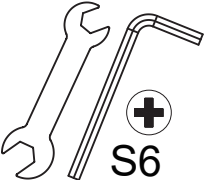
Step 1

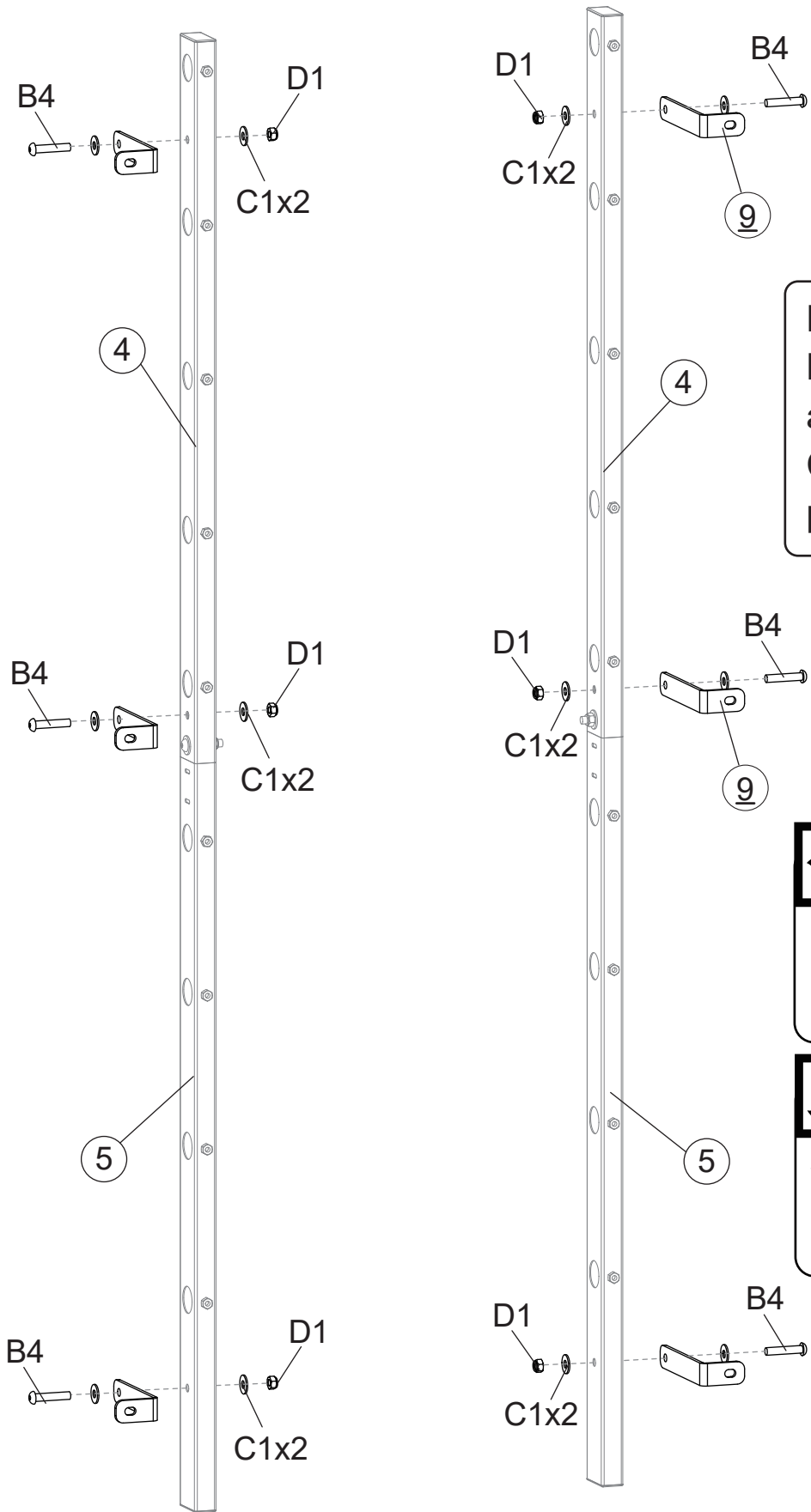
 Bolt M10*45mm		 M10 Washer		 M10 Nut				 S6	
B3	2PCS	C1	4PCS	D1	2PCS				



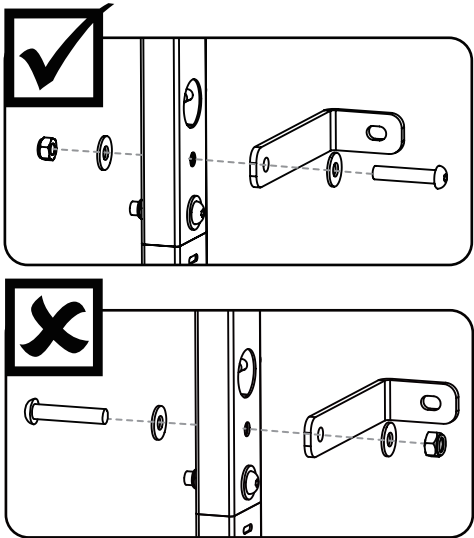
Assemble

Step 2

 Bolt M10*50mm		 M10 Washer		 M10 Nut		 S6	
B4	6PCS	C1	12PCS	D1	6PCS		

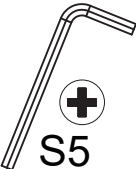


Note:
L-shaped Component
and Pipe Welding
Components are
perpendicular.



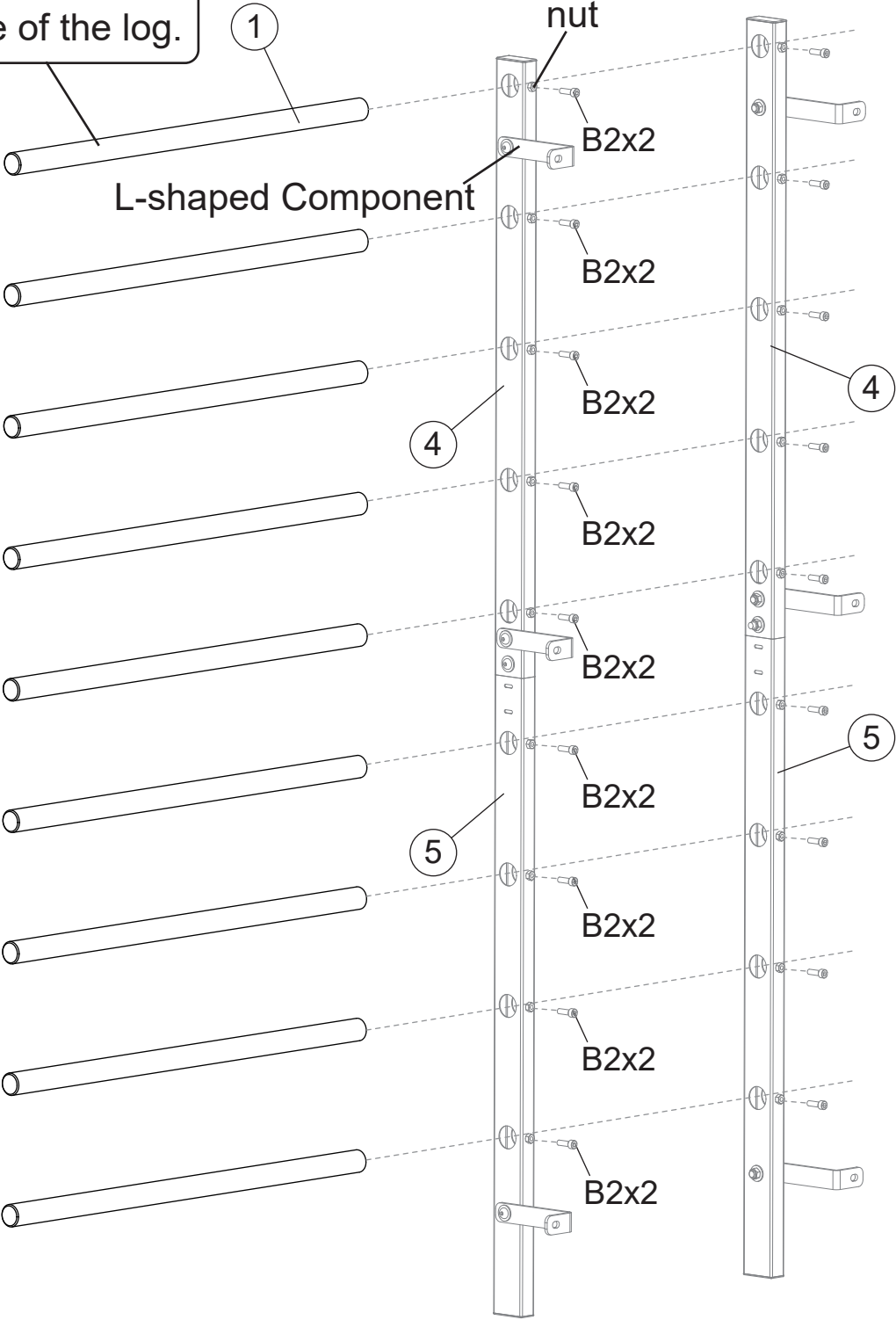
Assemble

Step 3

 Bolt M8*25mm B2 18PCS				 S5

Suggestion:
Leave 100mm on
each side of the log.

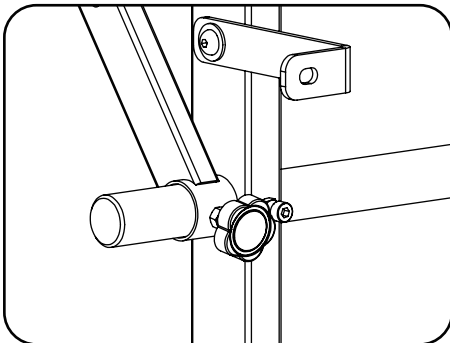
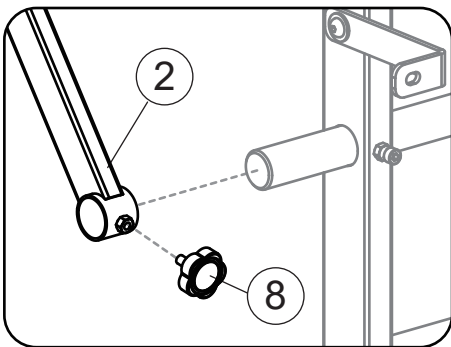
Note: L-shaped Component
and nut on the same side



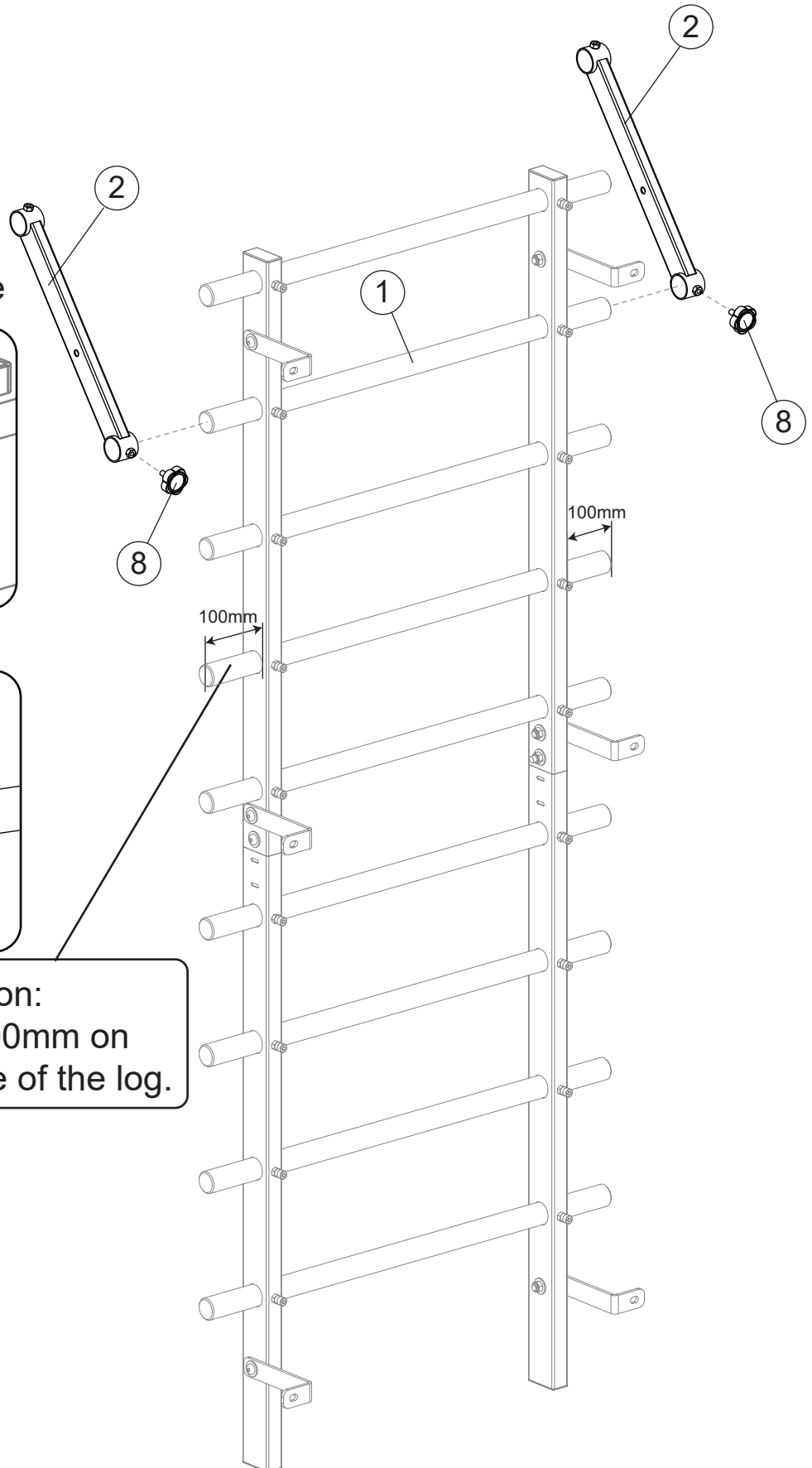
Assemble

Step 4

Do not tighten the Plum Blossom Handle



Suggestion:
Leave 100mm on
each side of the log.

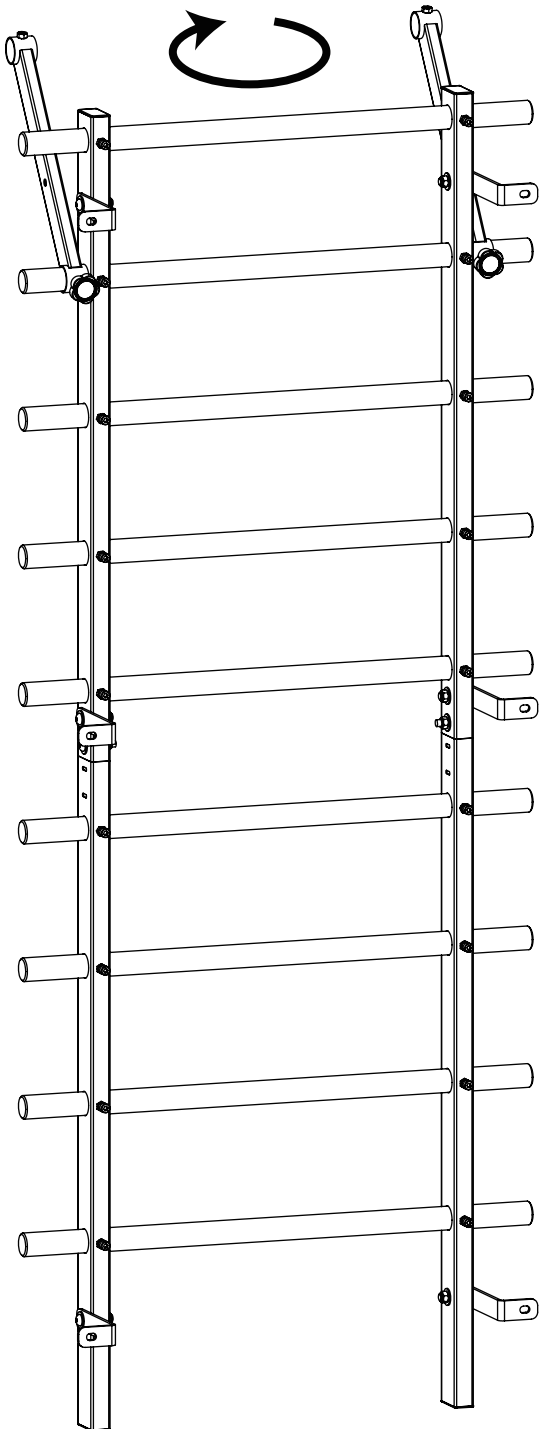


Assemble

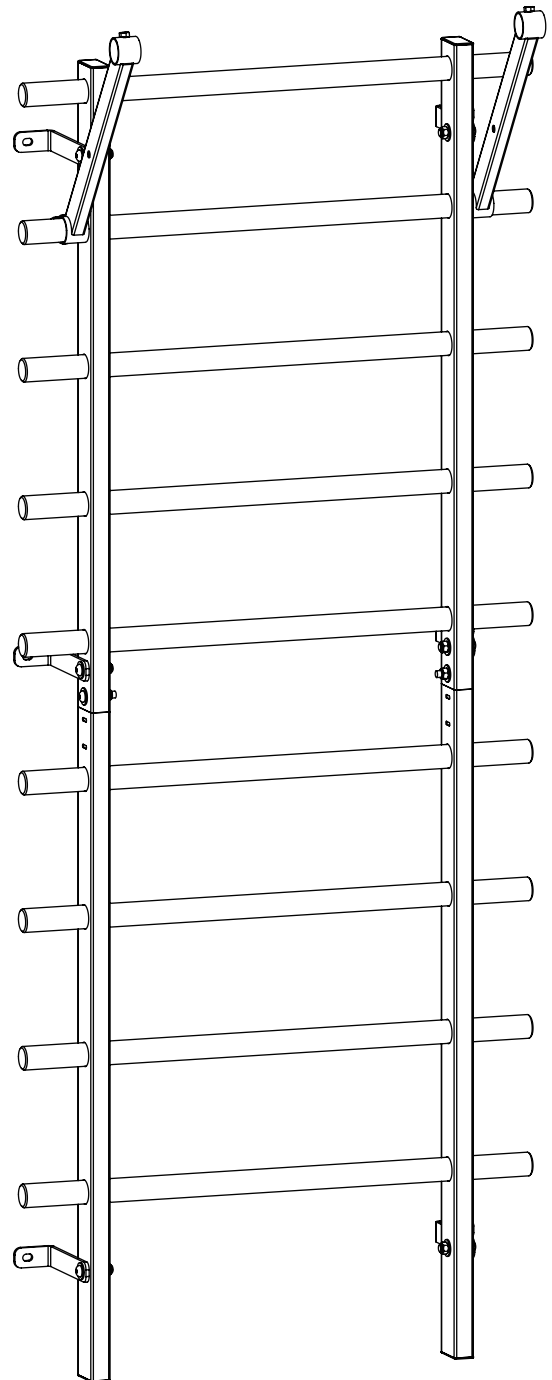
Step 5

Rotating frame, the side with the nut faces back.

side with the nut faces forward

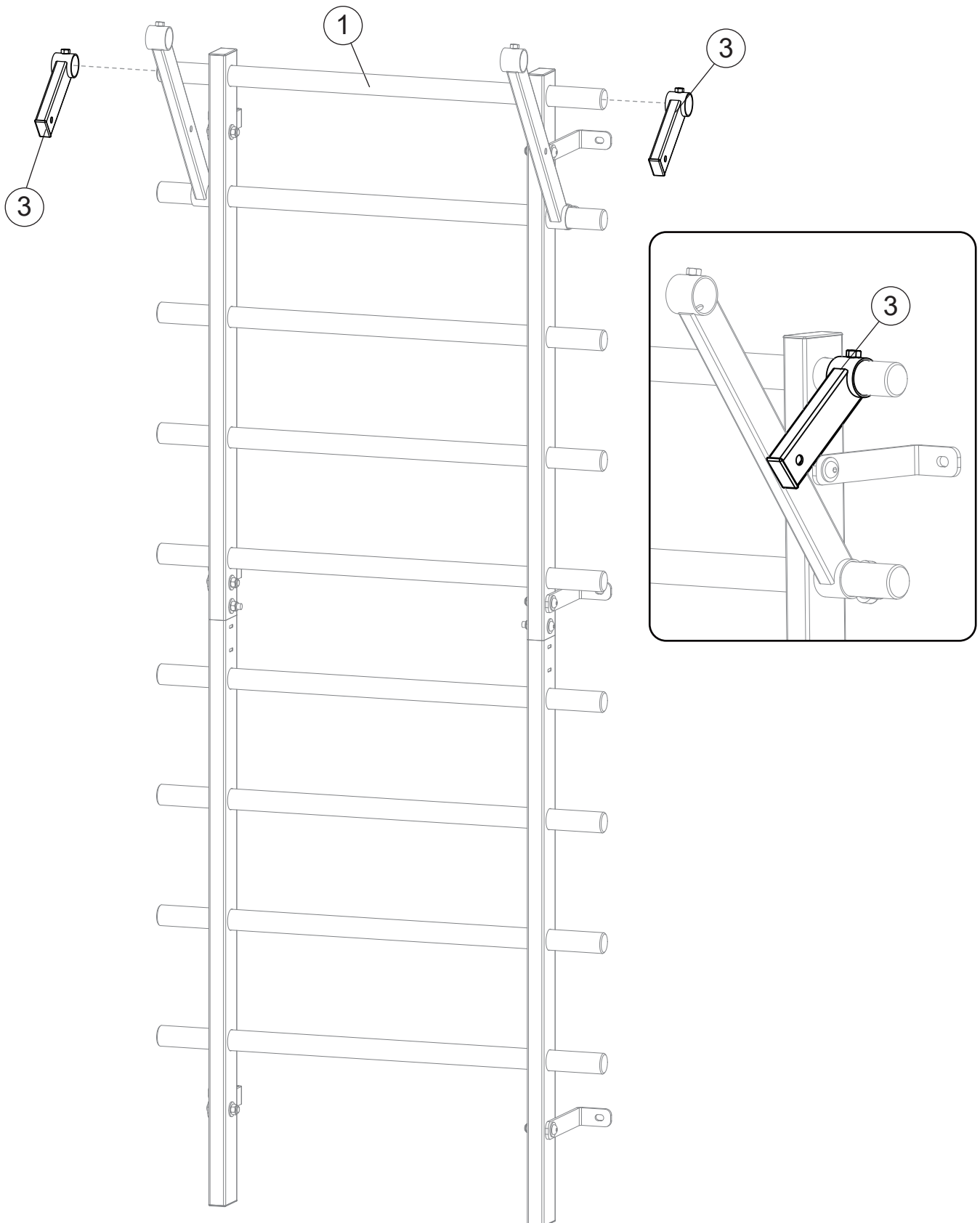


side with the nut faces back



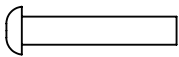
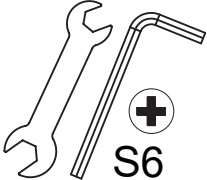
Assemble

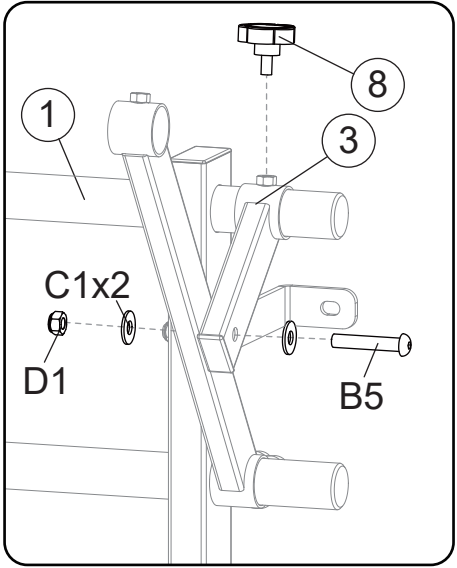
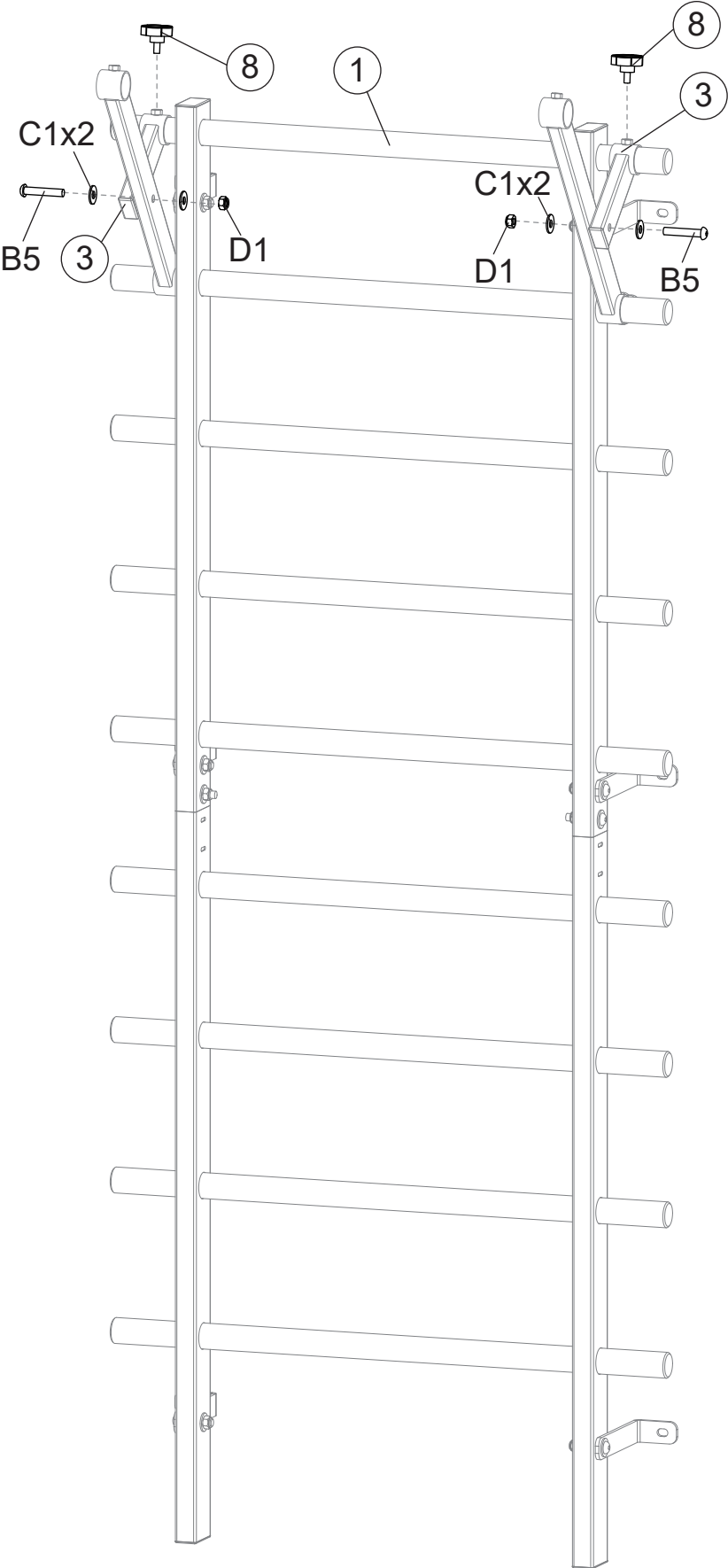
Step 6



Assemble

Step 7

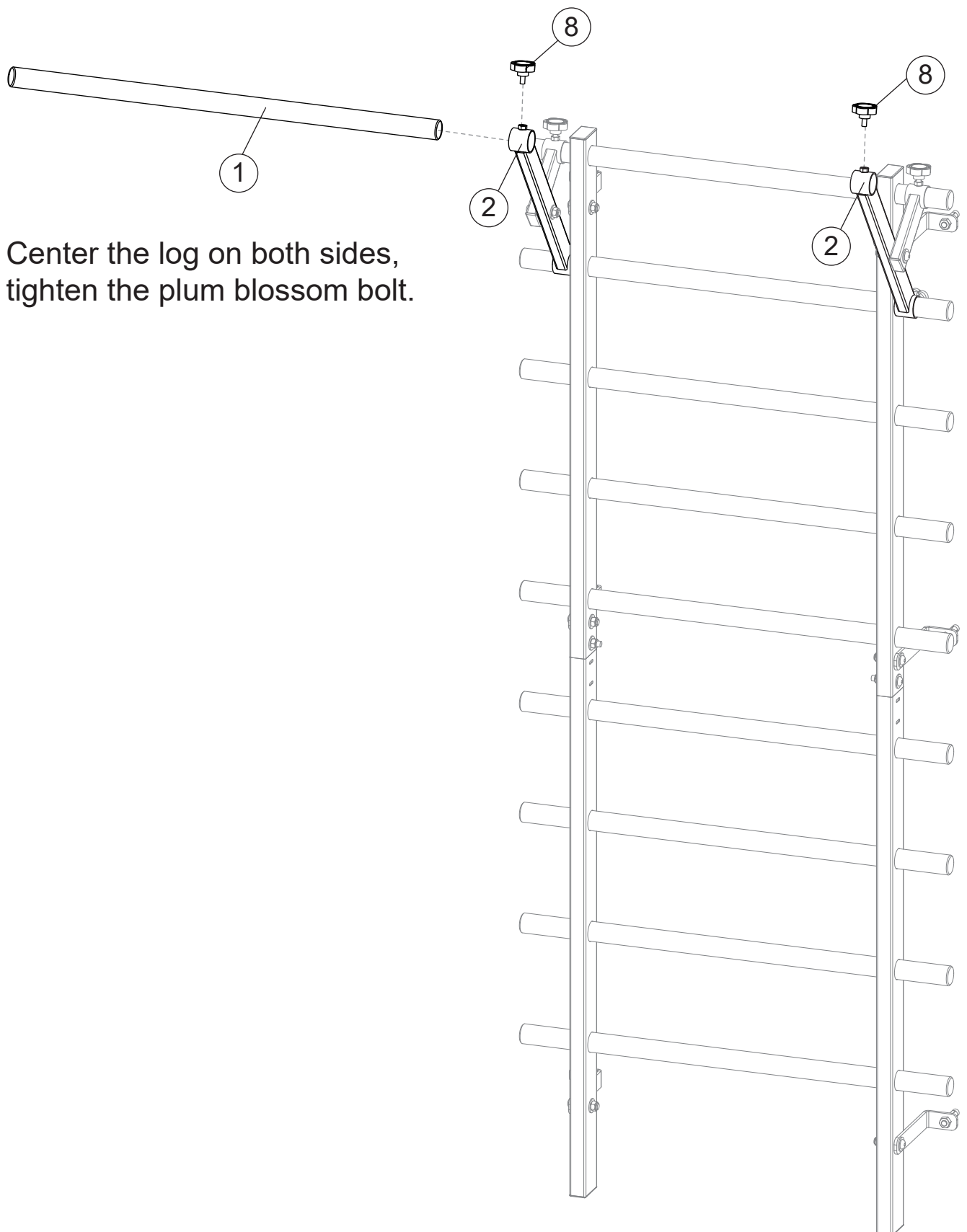
 Bolt M10*55mm		 M10 Washer		 M10 Nut		 S6	
B5	2PCS	C1	4PCS	D1	2PCS		



1. First tighten the bolt.
2. then tighten the plum blossom bolt.

Assemble

Step 8

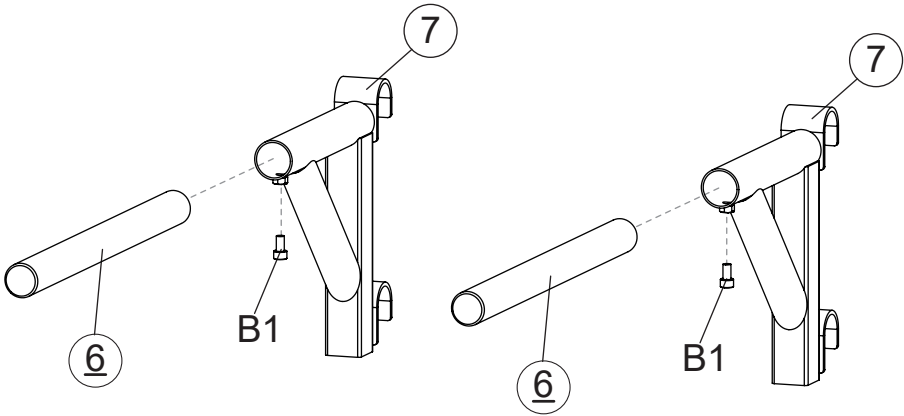


Center the log on both sides,
tighten the plum blossom bolt.

Assemble

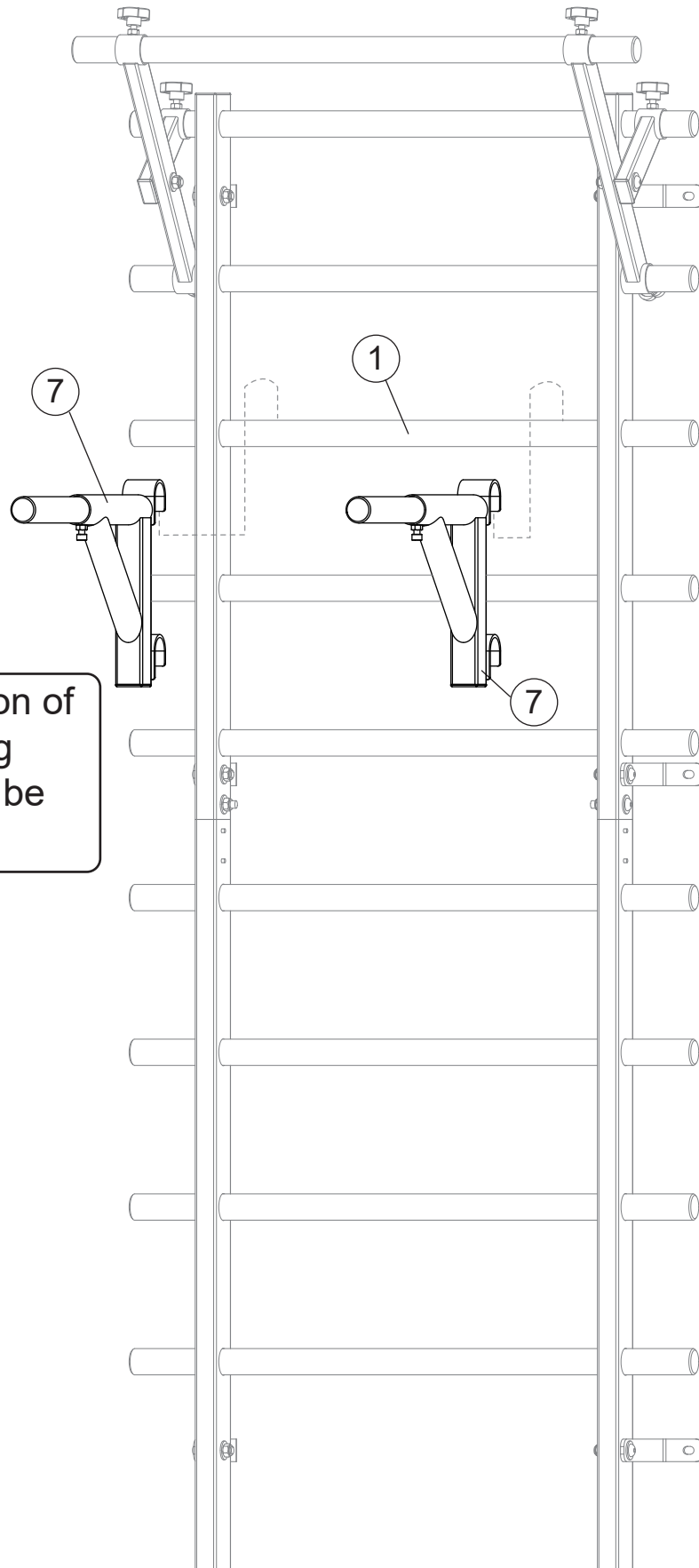
Step 9

 Bolt M8*15mm					 S5
B1	2PCS				



Assemble

Step 10



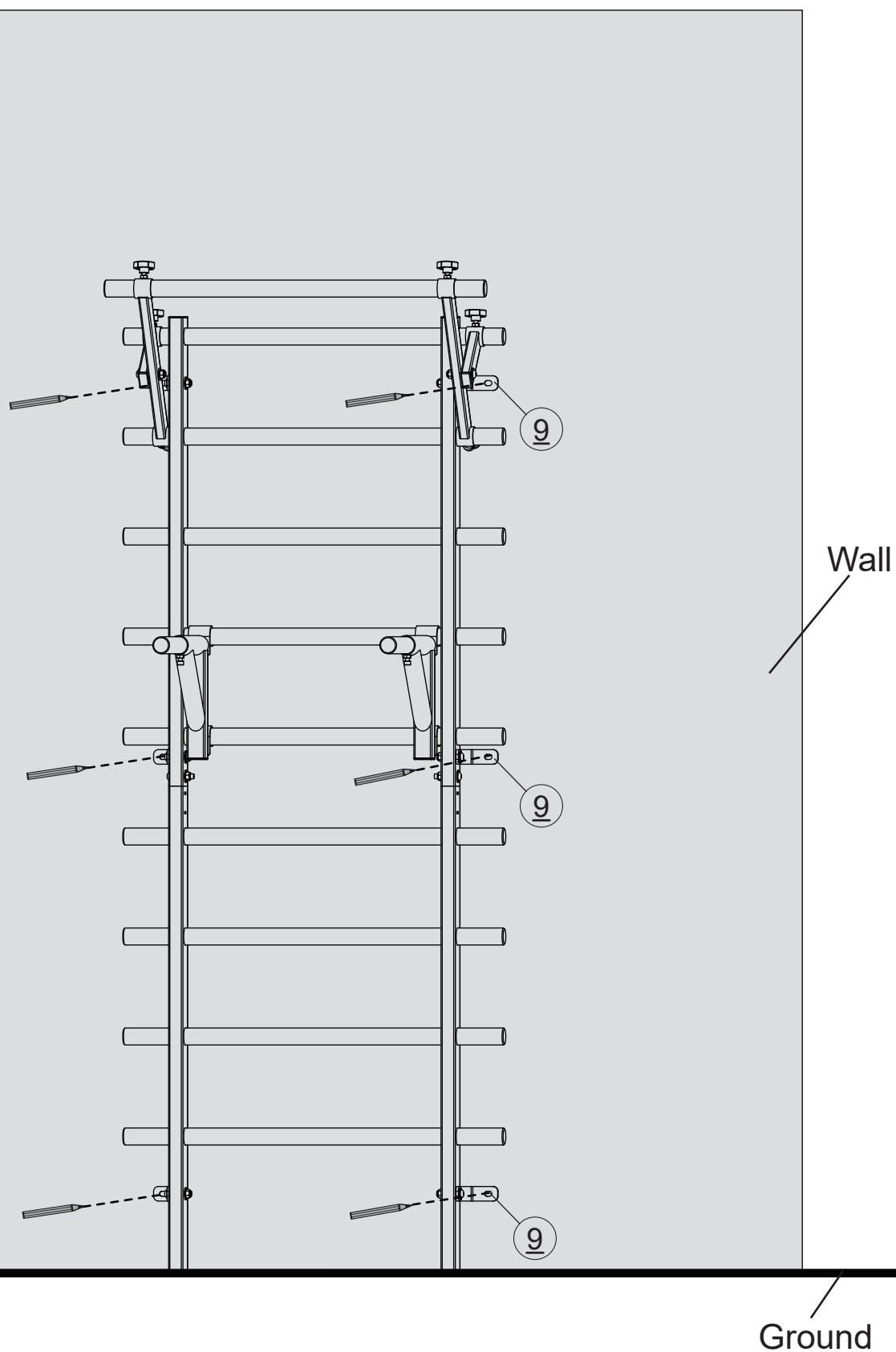
Note: The position of Handrail Welding Component can be changed.

CHECK THAT ALL BOLTS ARE TIGHTENED.

Assemble

Step 11

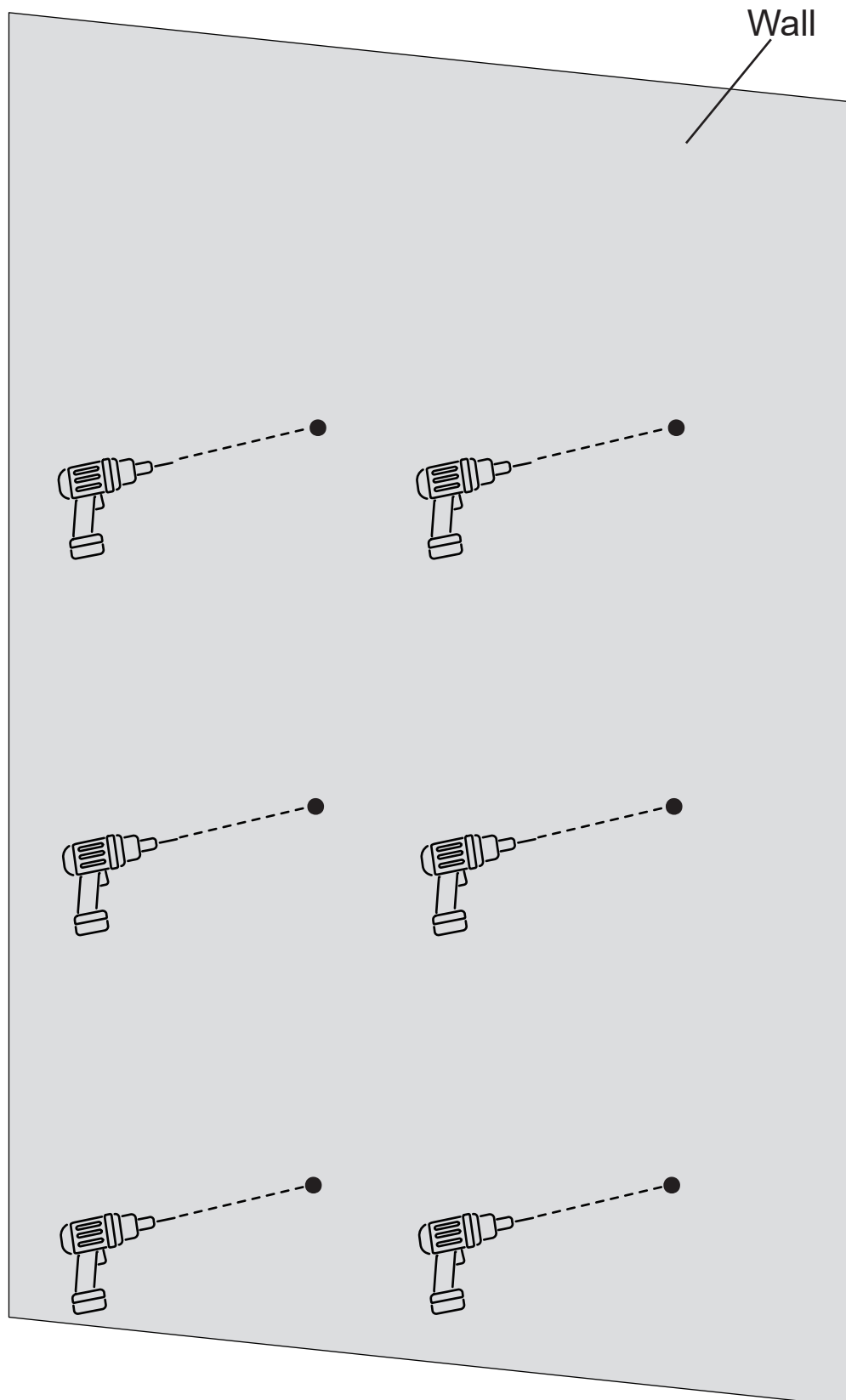
Place the assembled frame in the location where it will be used.
Mark the hole on the wall with a pencil.



Assemble

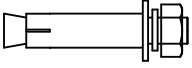
Step 12

Then use the drill to drill six holes with a diameter of 14mm.
Drilling depth is 95mm.



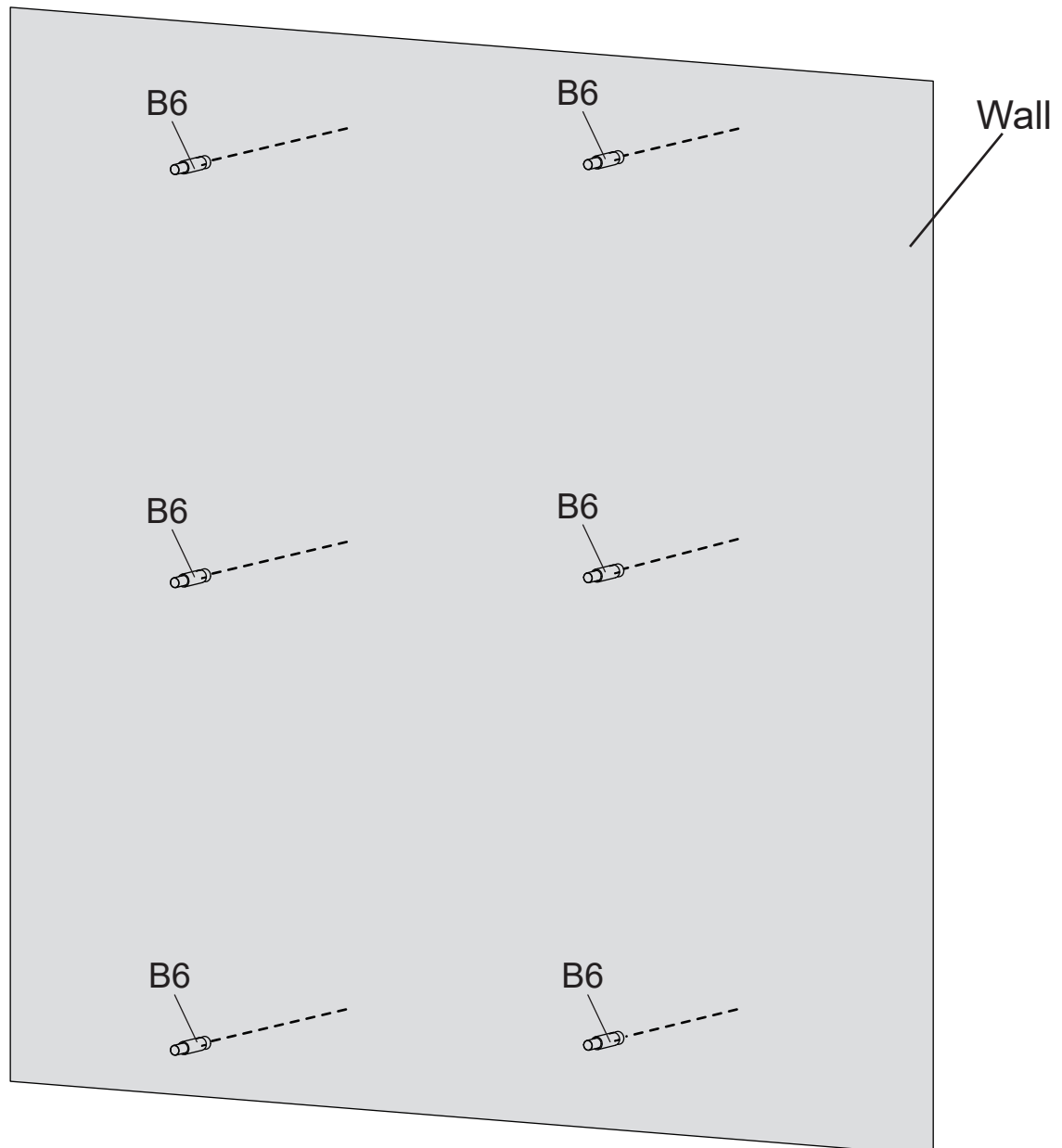
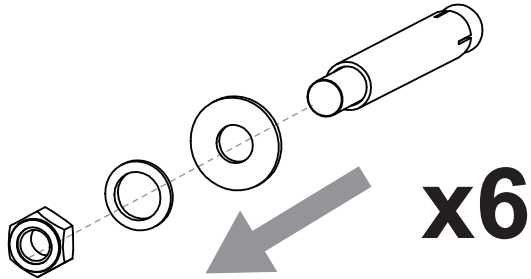
Assemble

Step 13

 Expansion Bolt								 
B6	6PCS							

Please prepare your own rubber hammer.

1. Remove the nut and washer of the expansion bolt.
2. Install six expansion bolts on the wall.



Assemble

Step 14

Secure frame to wall secure with expansion bolts.

