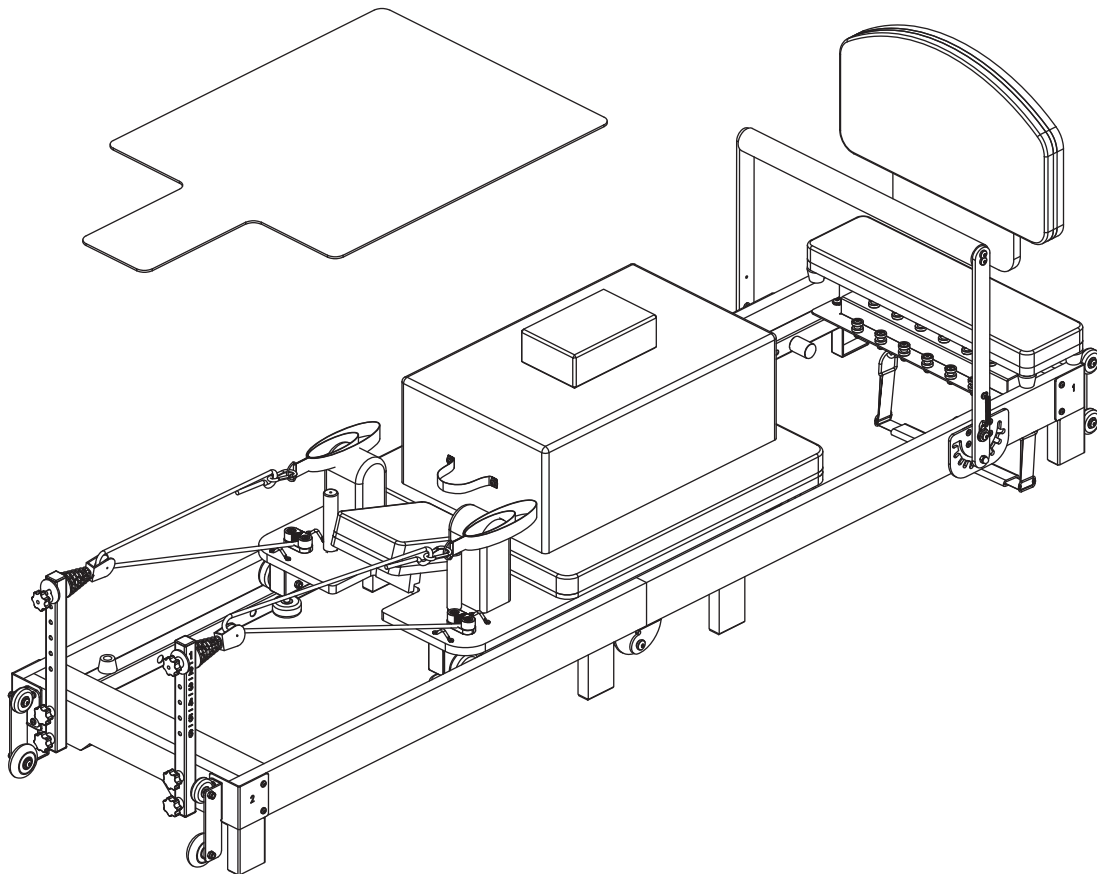


ASSEMBLY INSTRUCTIONS



Installation Video
Vidéo d'installation



<https://vimeo.com/1162463206>

⚠ 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

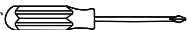
To reduce the risk of injury, read and follow all of the warnings, precautions, and instructions in this manual before you use the equipment. Warnings and instructions for care, maintenance, and use of this equipment are included to promote safe enjoyable use of this equipment.

⚠ WARNING

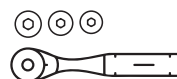
- Any use of this product other than that intended may lead to serious injury.
- Prior to use, read the instructions carefully and comply with all warnings and instructions.
- Do not let children use this appliance, keep children and pets away from it. Teenagers must be supervised.
- You must replace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

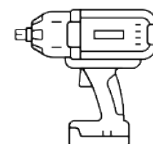
- Socket set



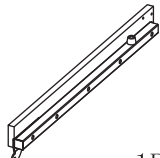
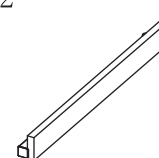
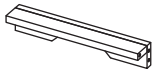
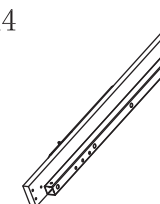
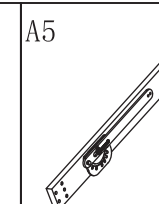
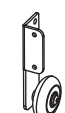
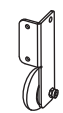
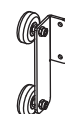
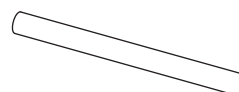
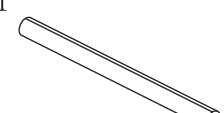
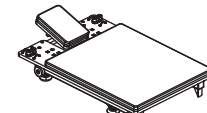
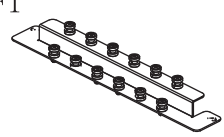
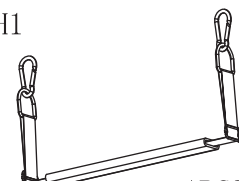
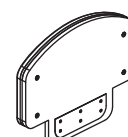
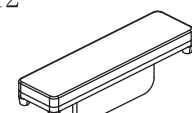
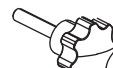
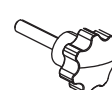
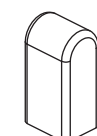
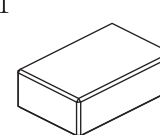
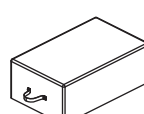
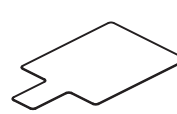
- Adjustable wrenches



- Electric Wrench



PARTS LIST

A1  1PCS	A2  1PCS	A3  1PCS	A4  1PCS	A5  1PCS
A6  1PCS	B1  1PCS	B2  1PCS	B3  2PCS	B4  2PCS
B5  2PCS	B6  1PCS	B7  1PCS	B8  1PCS	B9  4PCS
B10  4PCS	C1  1PCS	D1  1PCS	E1  1PCS	E2  4PCS
F1  1PCS	G1  2PCS	H1  1PCS	H2  2PCS	I1  1PCS
I2  1PCS	I3 M8*40  2PCS	J1  2PCS	J2  1PCS	J3  1PCS
J4 M8*40  4PCS	K1  2PCS	K2  2PCS	O1  2PCS	P1  1PCS
P2  1PCS	Q1  1PCS			

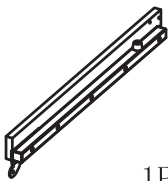
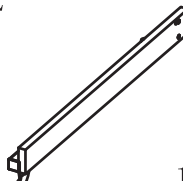
Hardware List

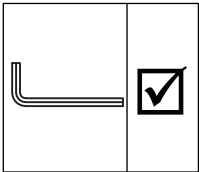
No.	Code	Diagram	Description	Quantity	Spare
1			M8x55	4	
2			M6x35	12	2
3			M6x20	24	3
4			M6x110	8	2
5			M10x30	2	
6			M10	2	
7			M8 Hex Flange Nut	2	
8			M8 Large gasket	2	
9			M8x25	4	
10			M8x20	2	
11			M8x50	2	
12			M8 Gasket	6	2
13			M8 Locknut	8	2
14			M8x40	2	
17			4mm	1	
18			5mm	2	
19			6mm	1	
20			13-14	2	

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

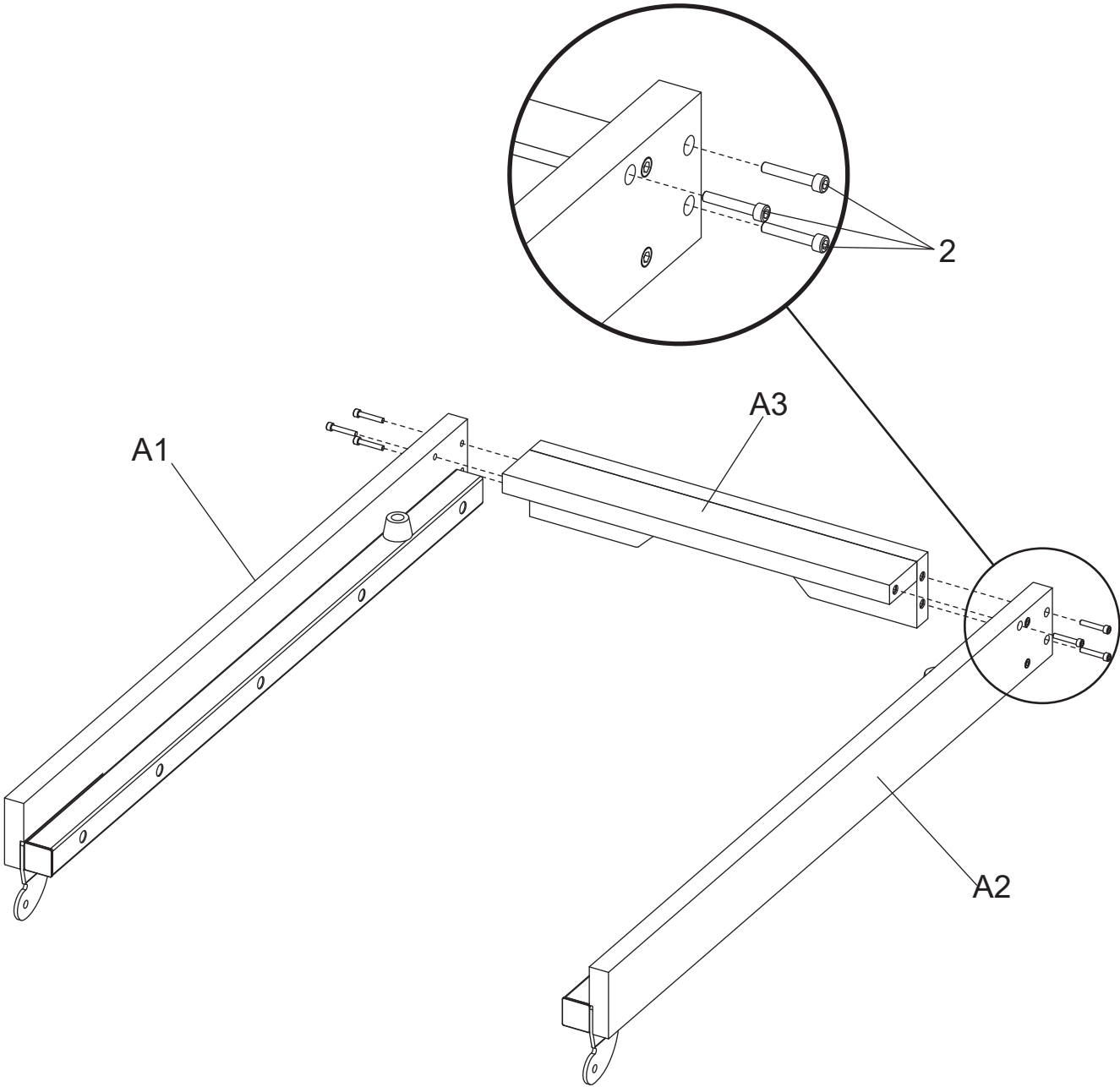
Assemble

Step 1

A1	A2	A3	2. M6*35	18. 5mm
				
1PCS	1PCS	1PCS	6PCS	

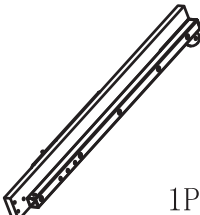
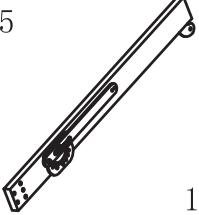


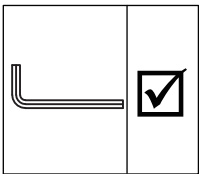
Use wrench to tighten the bolts.



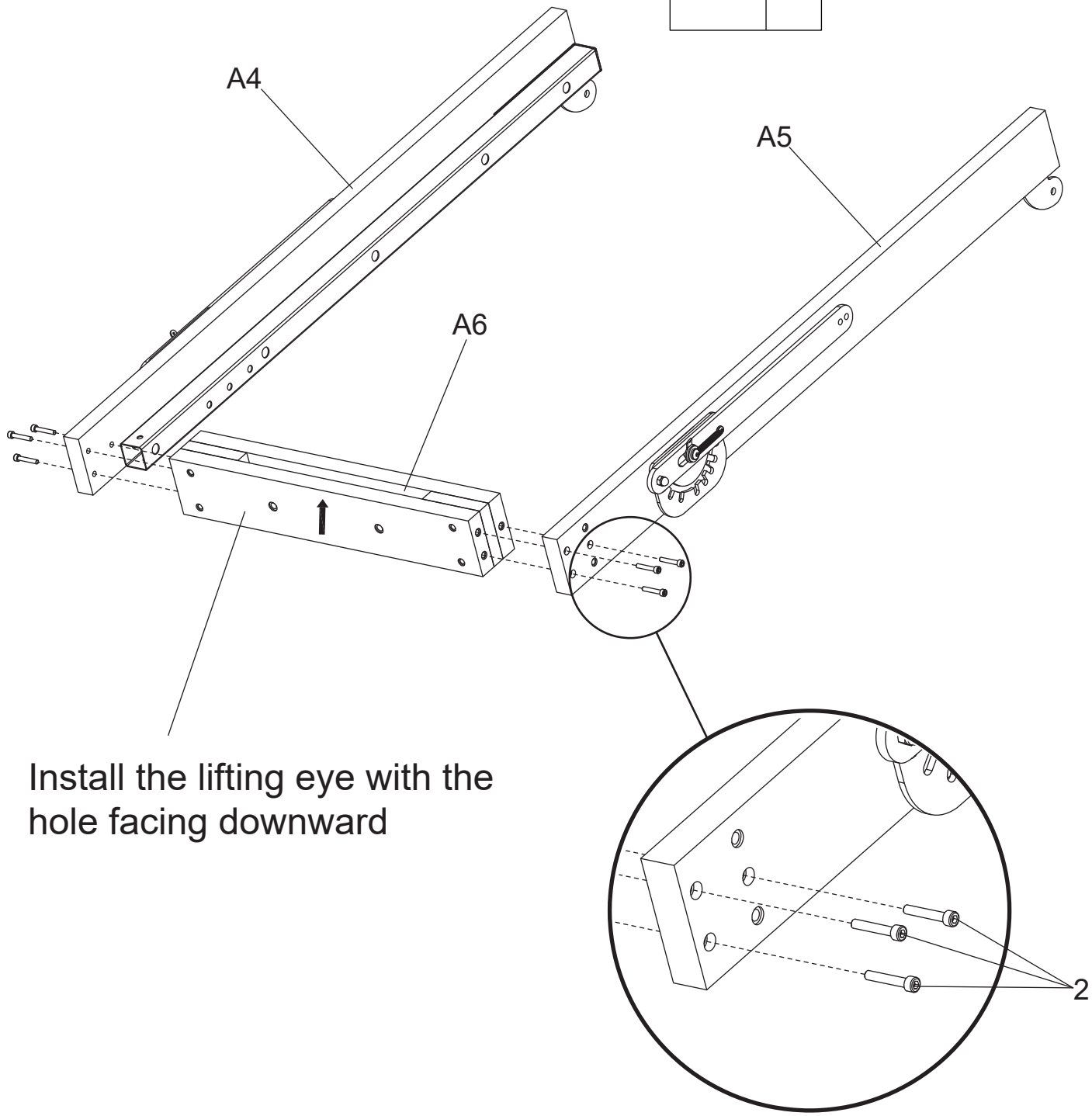
Assemble

Step 2

A4	A5	A6	2. M6*35	18.5mm
				
1PCS	1PCS	1PCS	6PCS	

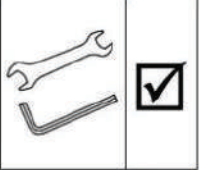


Use wrench to tighten the bolts.

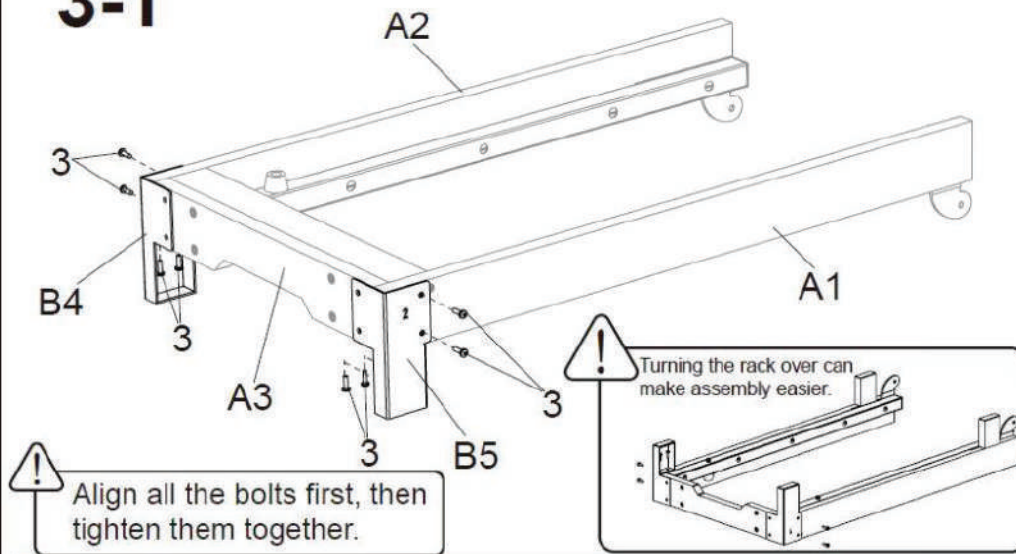


Assemble

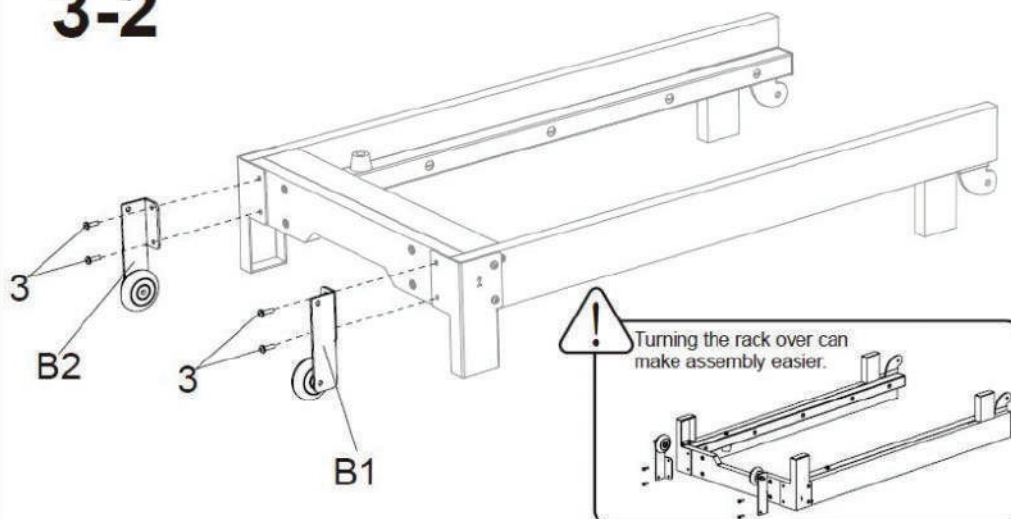
Step 3

B1  1PCS	B2  1PCS	B3  2PCS	B4  1PCS	B5  1PCS
3. M6X20  12PCS	13. Locknut (M8)  2PCS	14. M8*40  2PCS	7. Hex Flange Nut (M8)  2PCS	17. 4mm  1PCS
18. 5mm  1PCS	20. 13-14  1PCS	 Use wrench to tighten the bolts and nuts.		

3-1



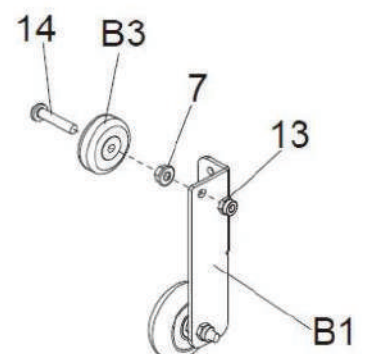
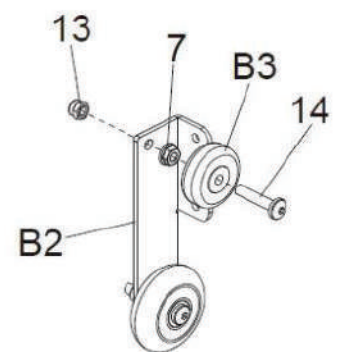
3-2



3-3

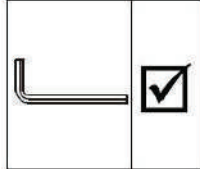


Do not over-tighten the bolts, ensure the wheel can spin freely.

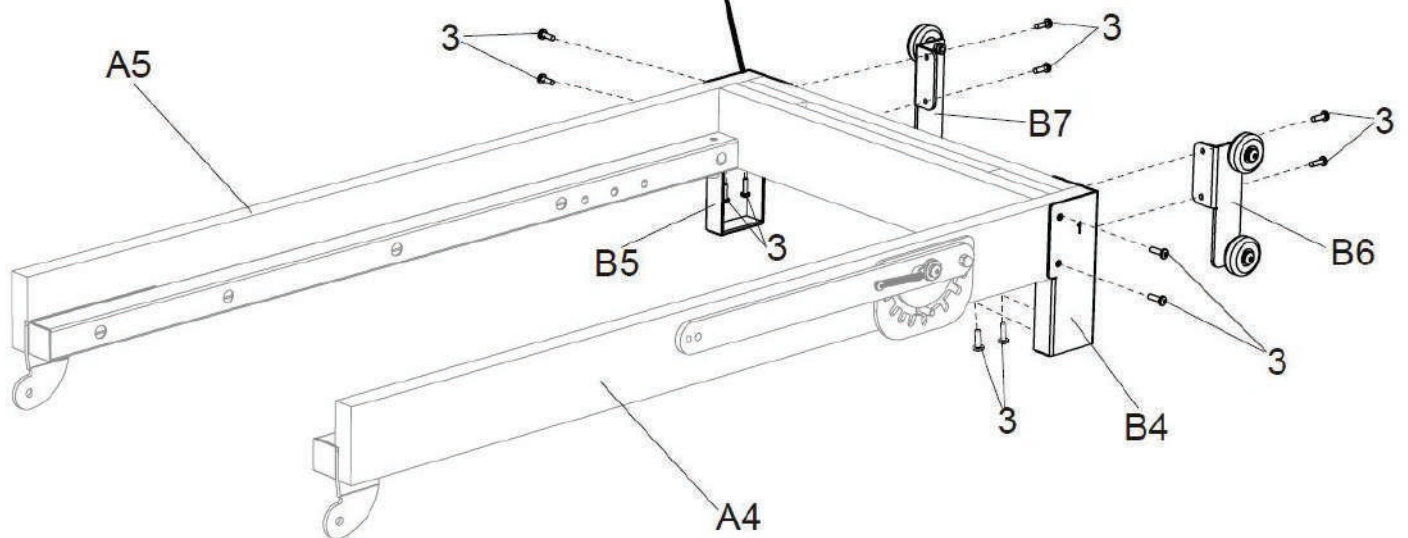
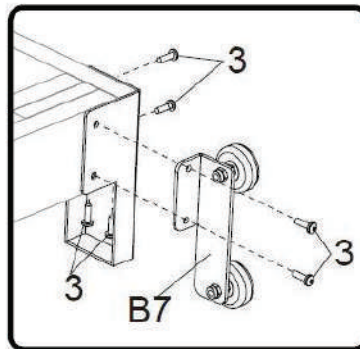


Assemble

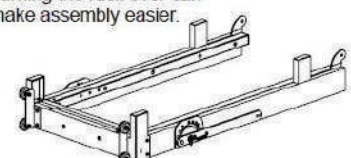
Step 4

B6  1PCS	B7  1PCS	B4  1PCS	B5  1PCS	3. M6X20  12PCS
17.4mm 	 Use wrench to tighten the bolts.			

! Align all the bolts first, then tighten them together.



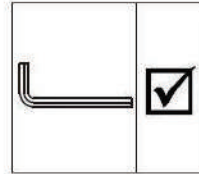
! Turning the rack over can make assembly easier.



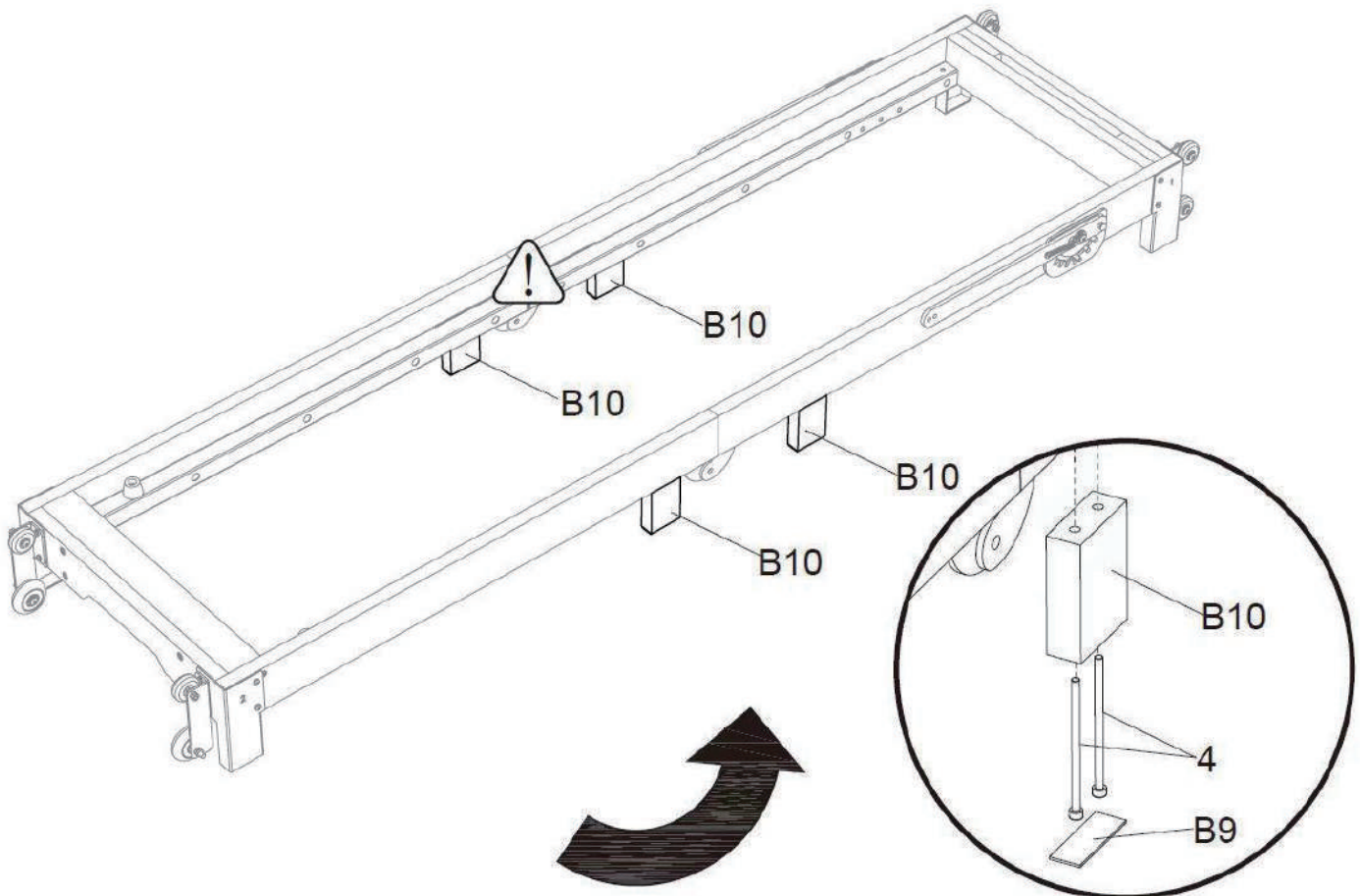
Assemble

Step 5

B10	B9	4. M6X110	18. 5mm
			
4PCS	4PCS	8PCS	



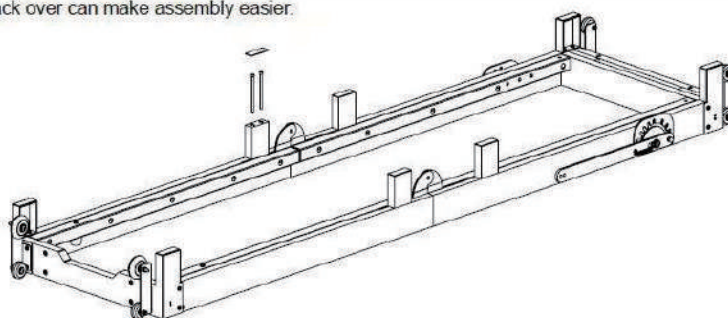
Use wrench to tighten the bolts.



Flip during installation



Turning the rack over can make assembly easier.



Assemble

Step 6

B8



1PCS

5. M10X30



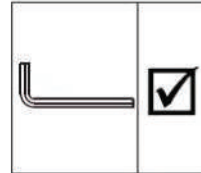
2PCS

6. M10

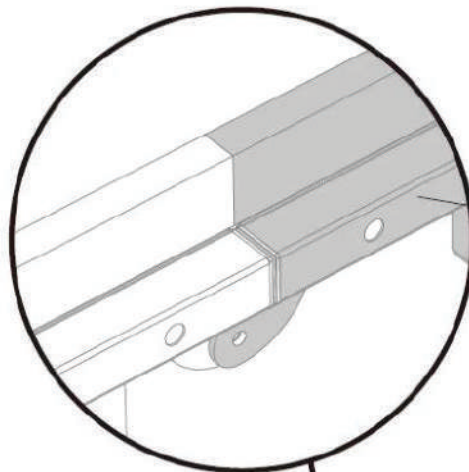


2PCS

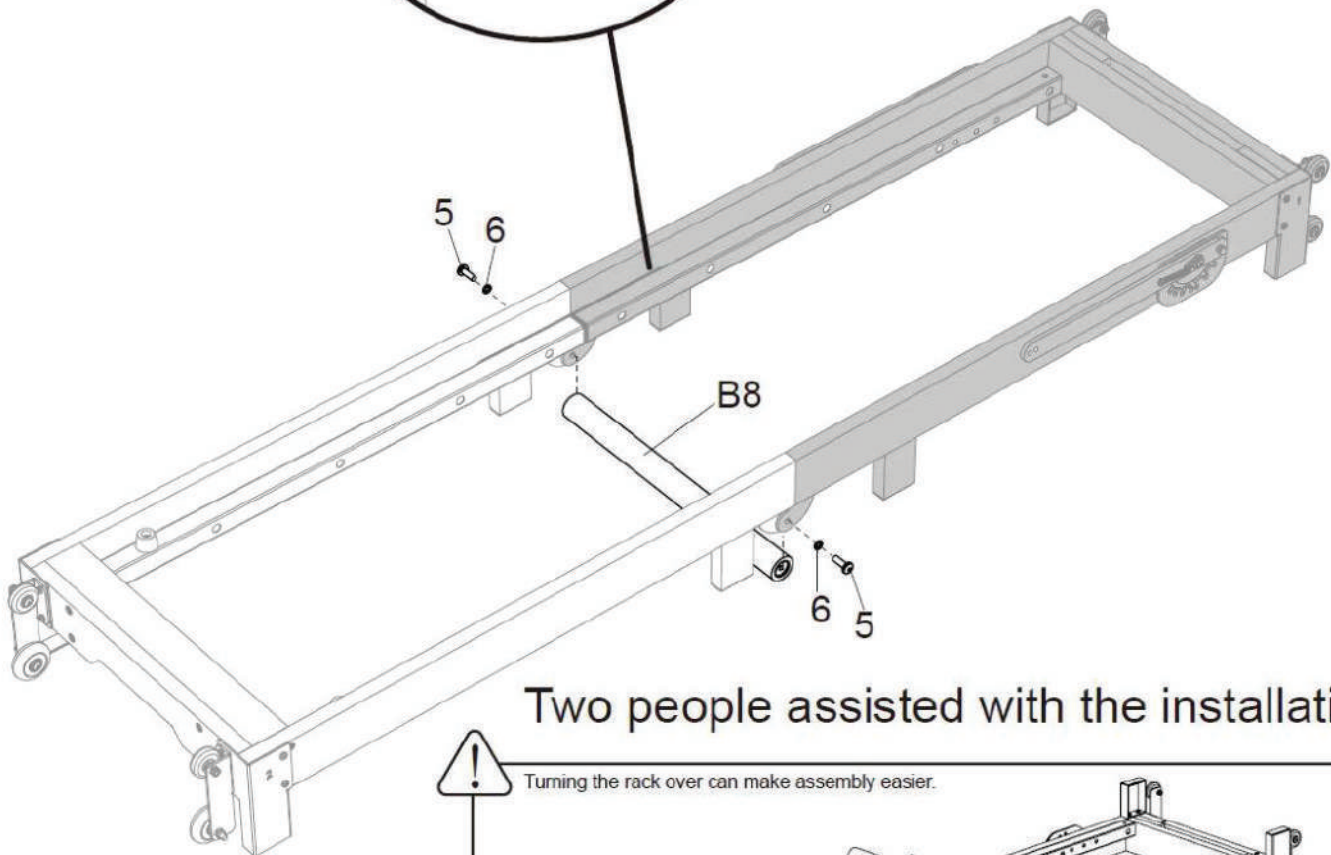
19. 6mm



Use wrench to tighten the bolts.



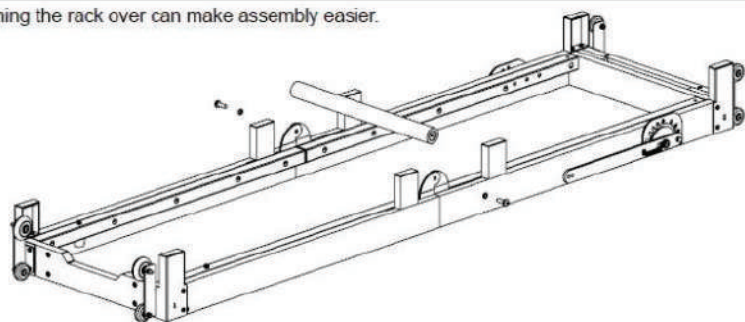
A5 installed inside



Two people assisted with the installation



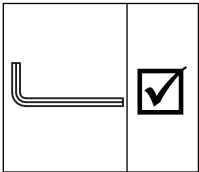
Turning the rack over can make assembly easier.



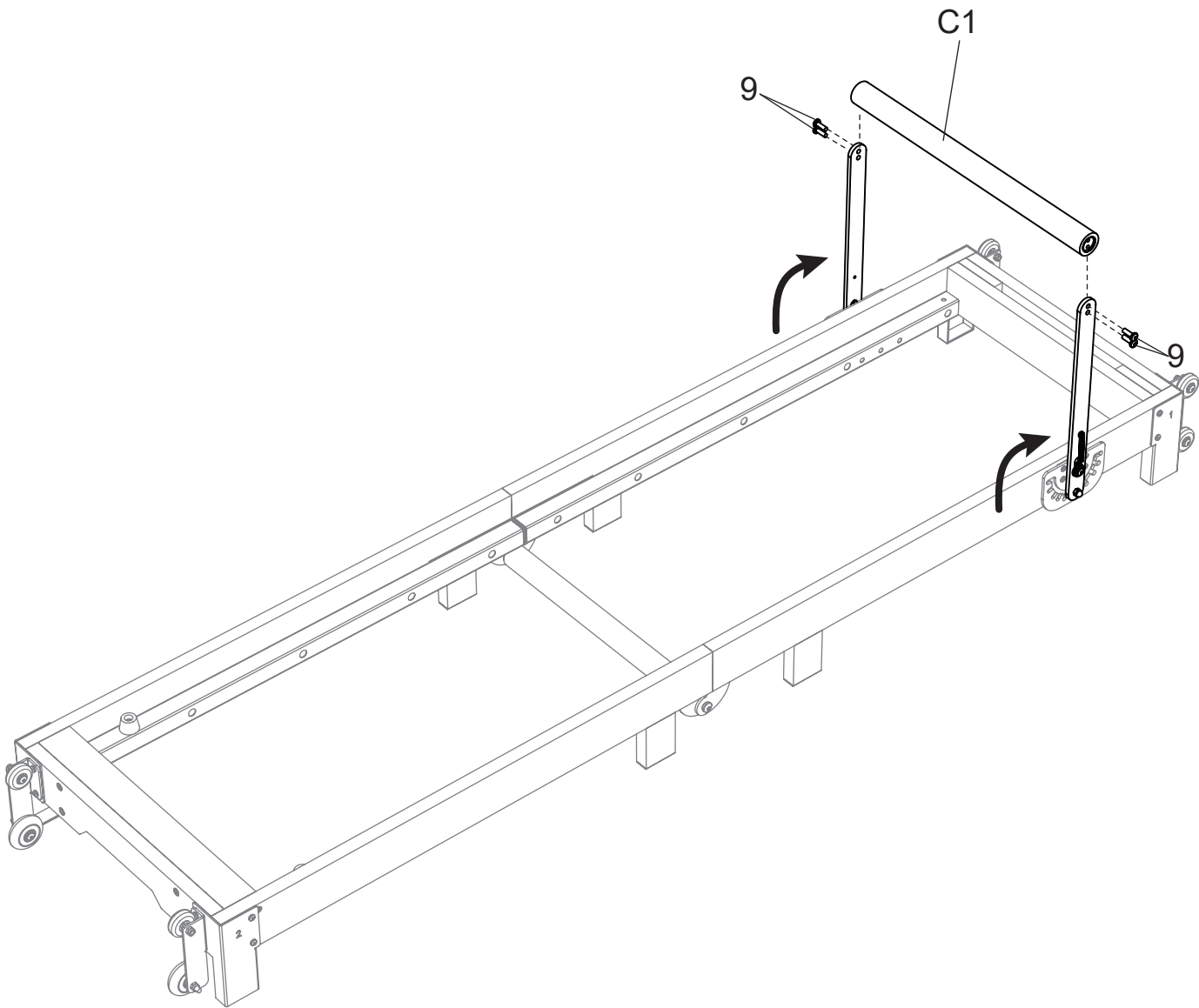
Assemble

Step 7

C1  1PCS	9. M8*25  4PCS	18. 5mm 
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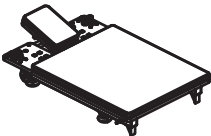
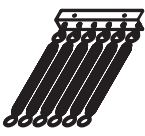


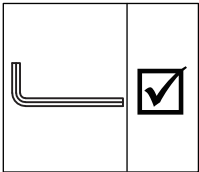
Use wrench to tighten the bolts.



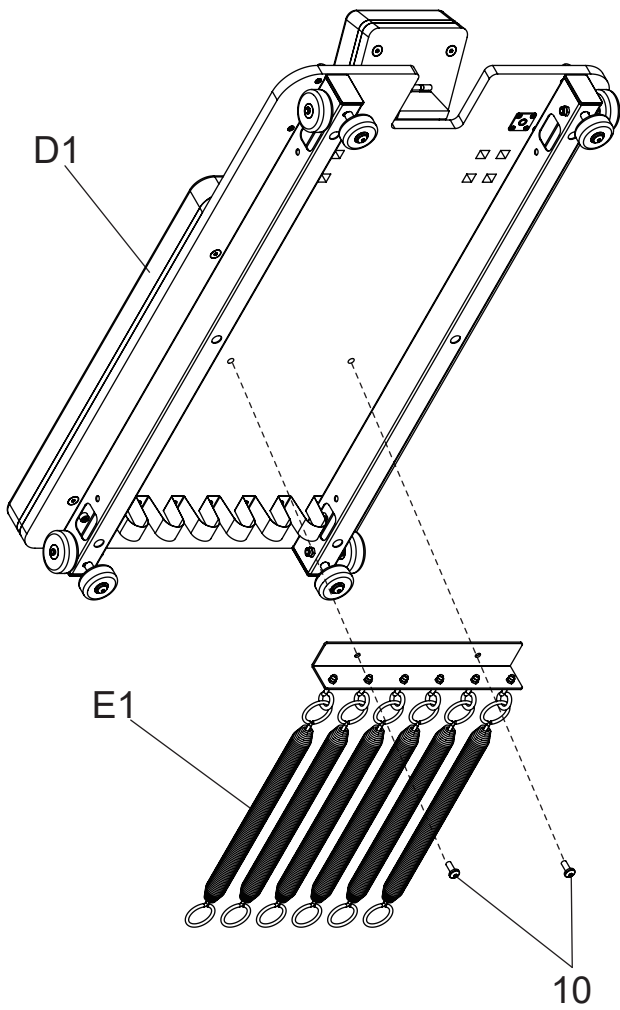
Assemble

Step 8

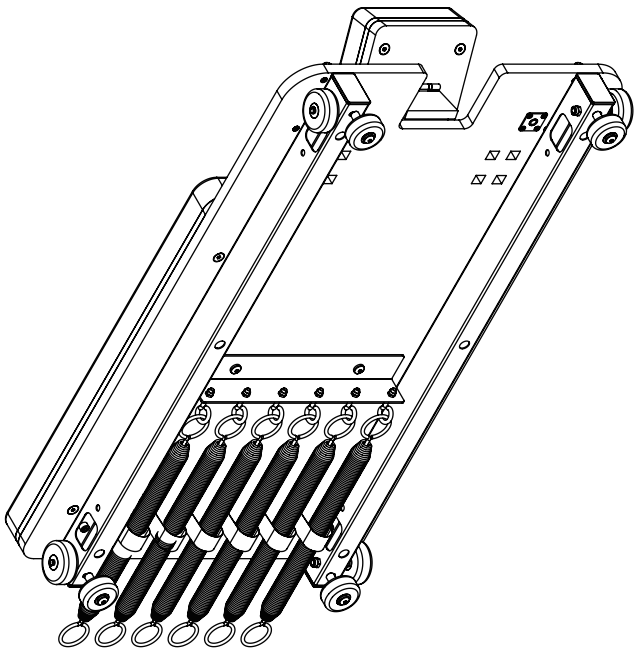
D1	E1	10. M8X20	18. 5mm
			
1PCS	1PCS	2PCS	



Use wrench to tighten the bolts.



Effect after installation

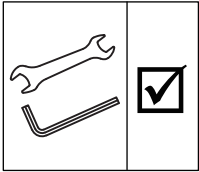
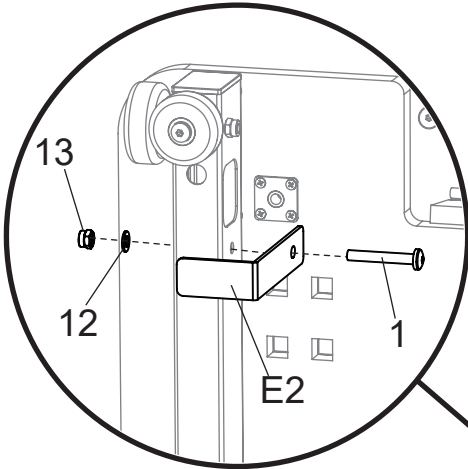


Assemble

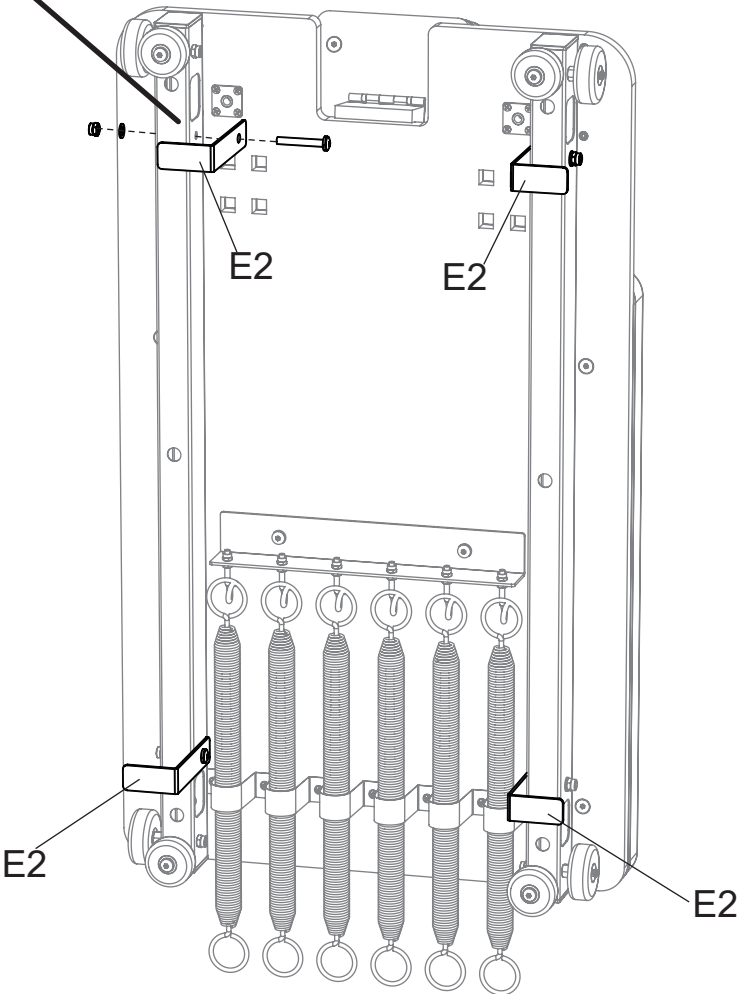
Step 9

E2	1. M8X55	12. Gasket (M8)	13. Locknut (M8)	18. 5mm
				
4PCS	4PCS	4PCS	4PCS	

20. 13-14

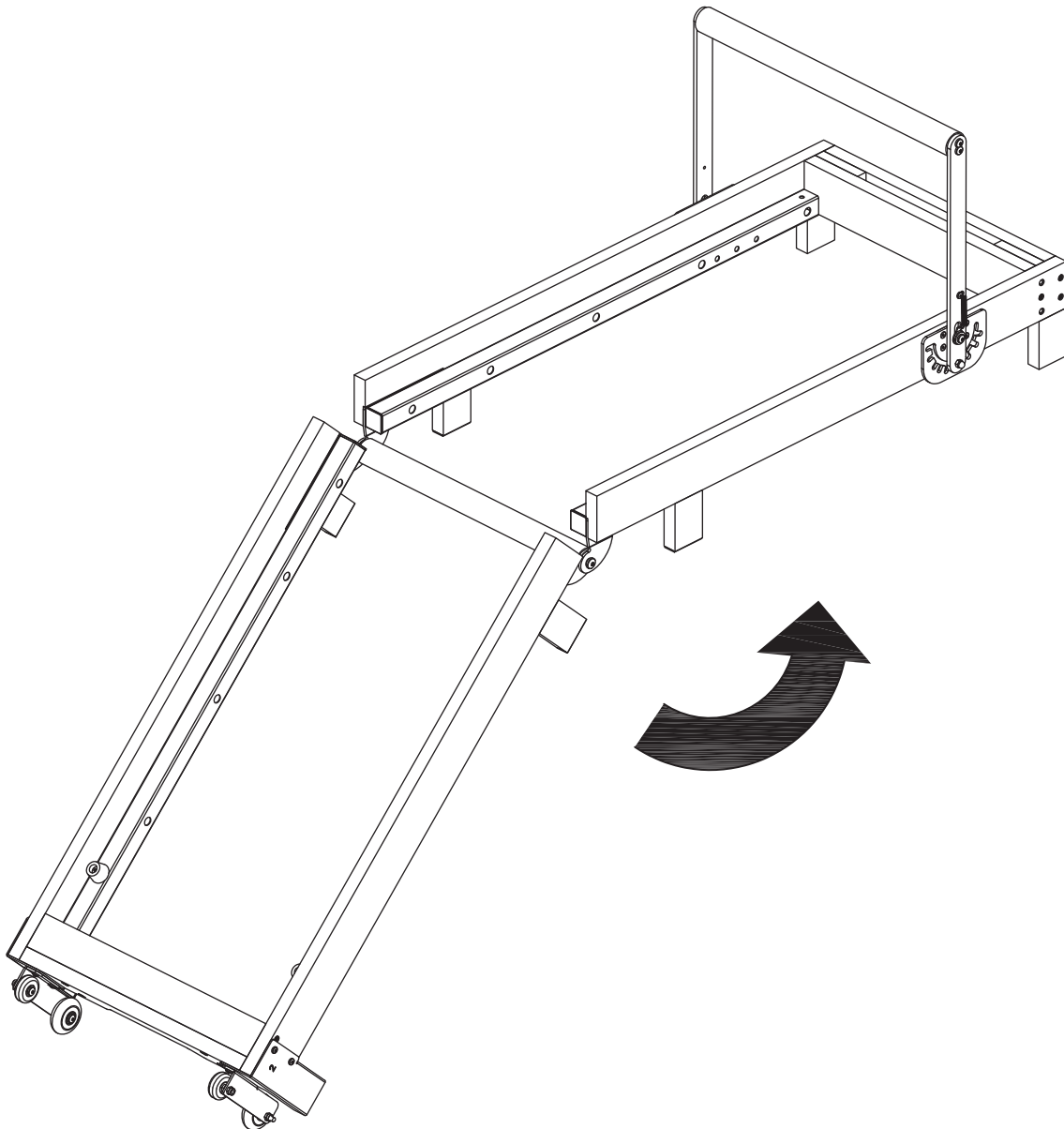
Use wrench to tighten the bolts and nuts.



Assemble

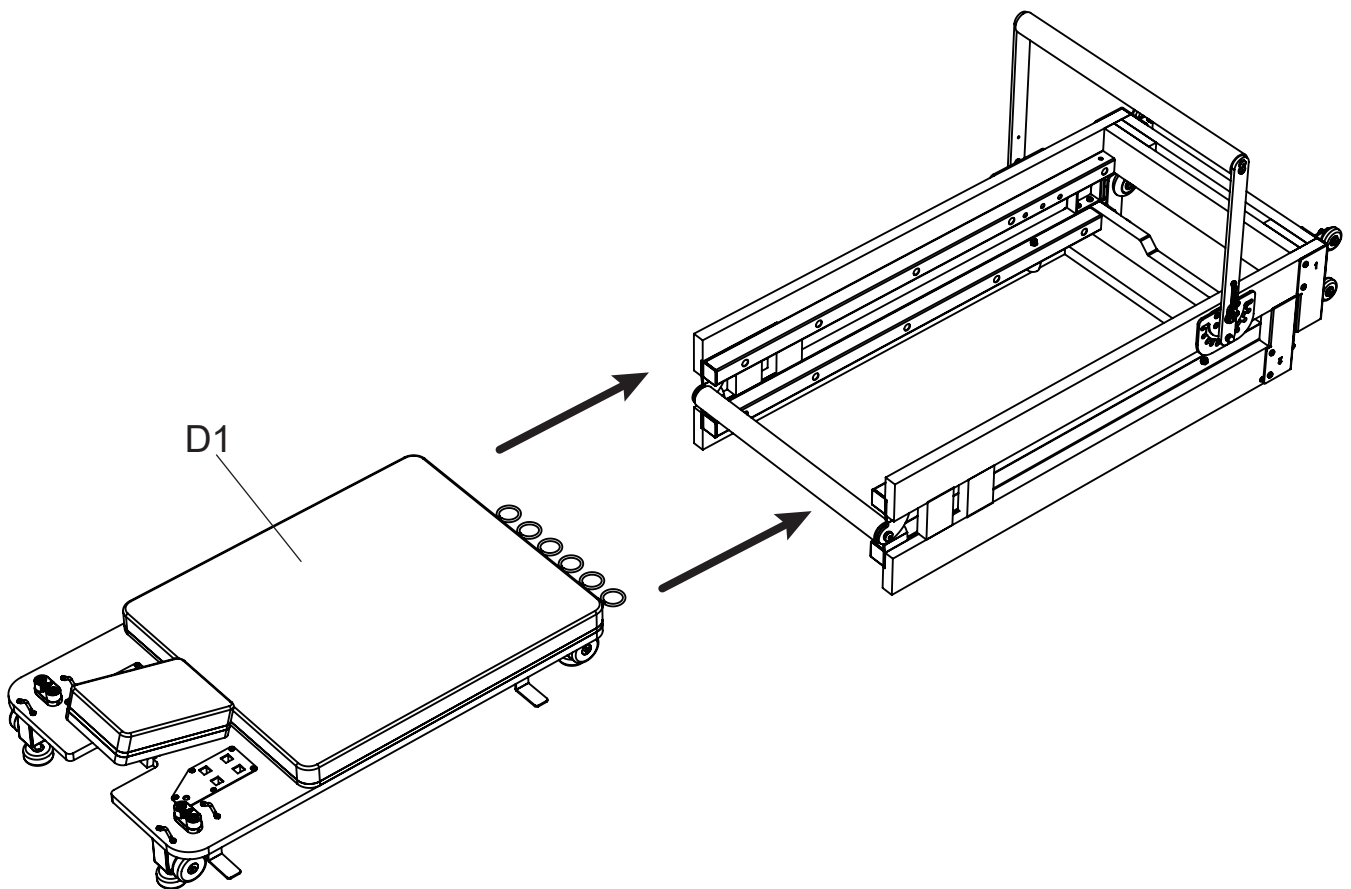
Step 10

Two people assisted with the installation



Assemble

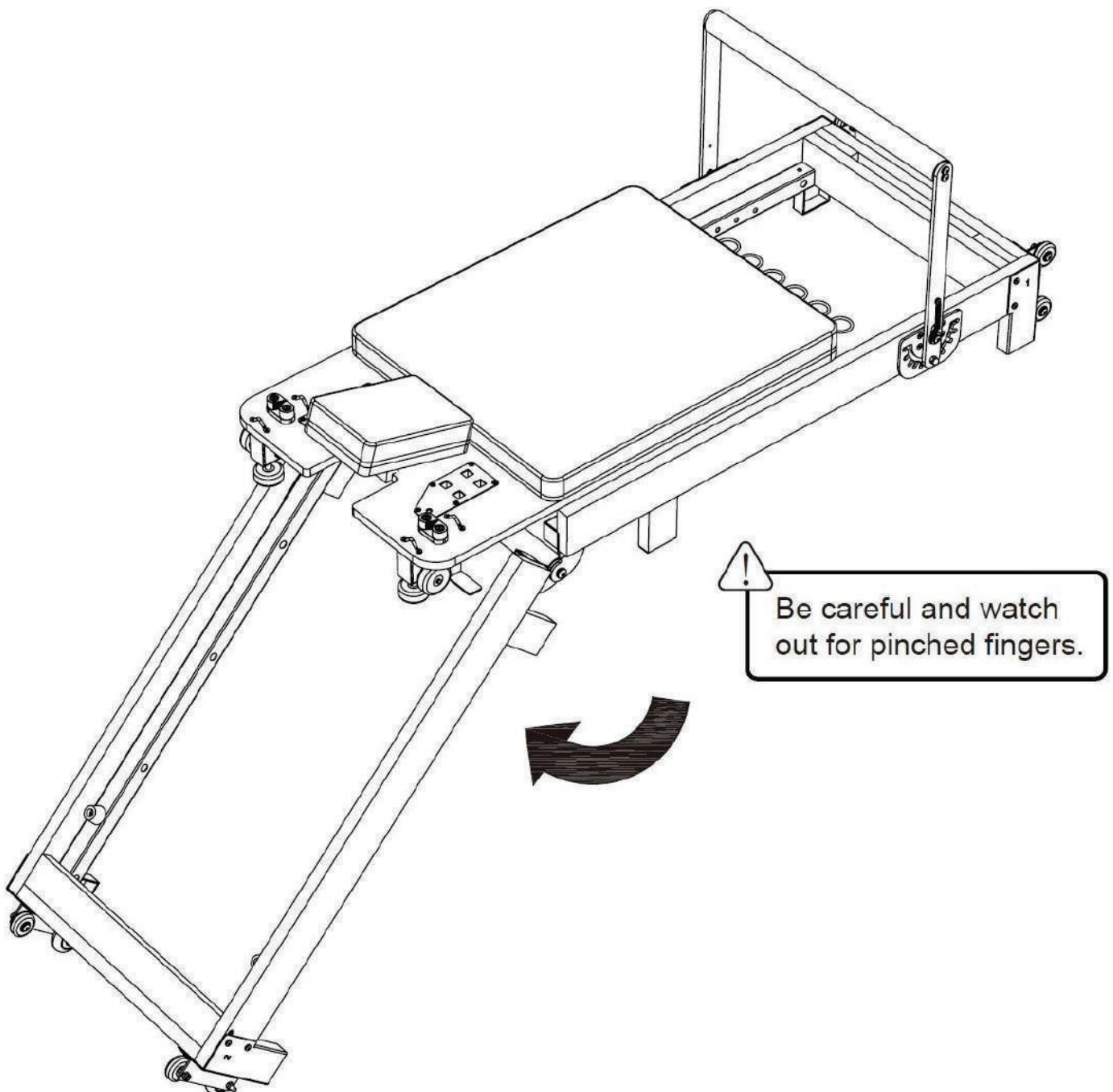
Step 11



Assemble

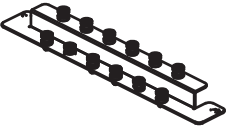
Step 12

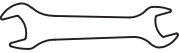
Two people assisted with the installation

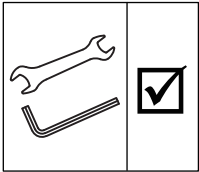


Assemble

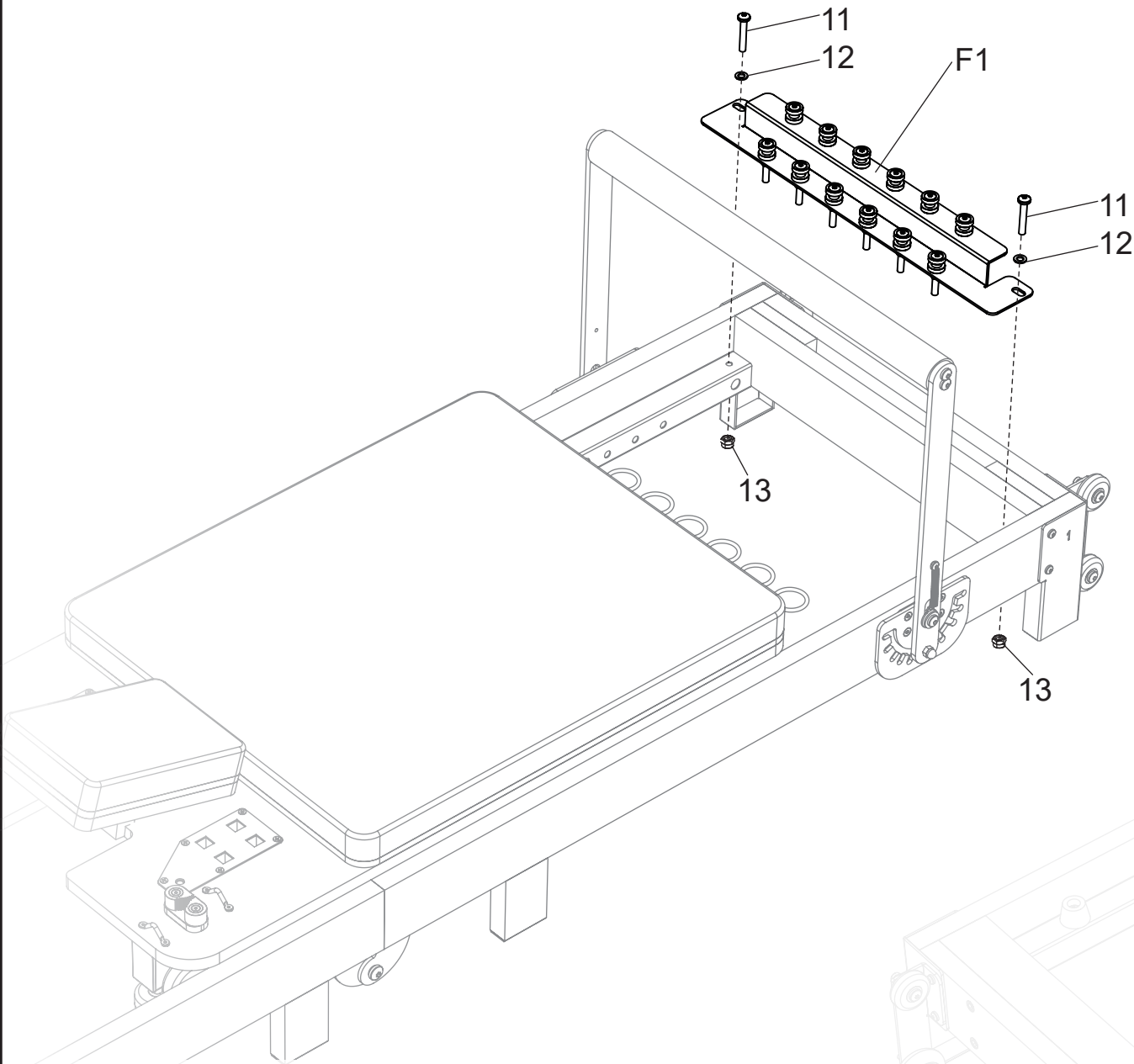
Step 13

F1  1PCS	11. M8*50  2PCS	12. Gasket (M8)  2PCS	13. Locknut (M8)  2PCS	18. 5mm 
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20. 13-14 
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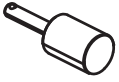
Use wrench to tighten the bolts and nuts.



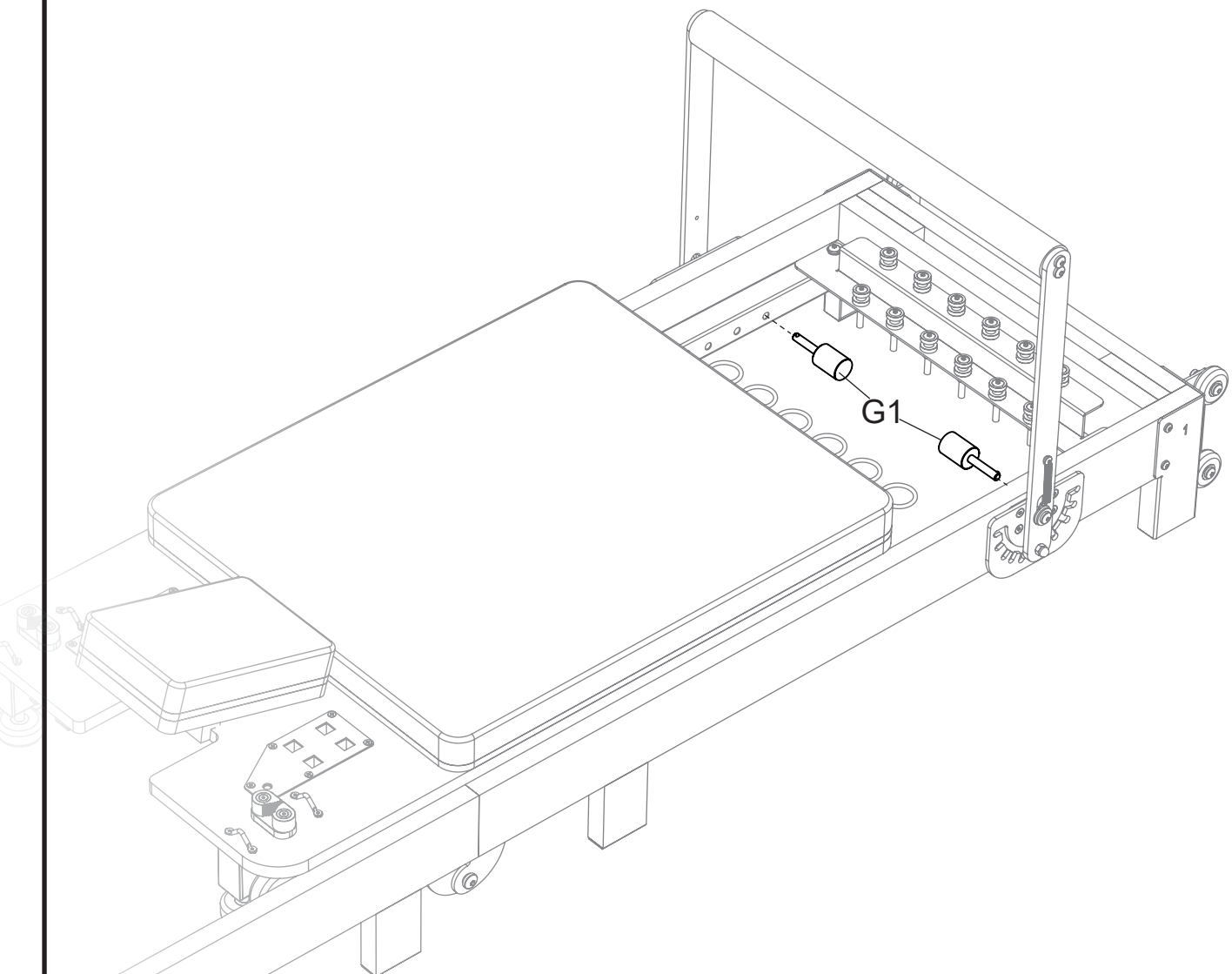
Assemble

Step 14

G1

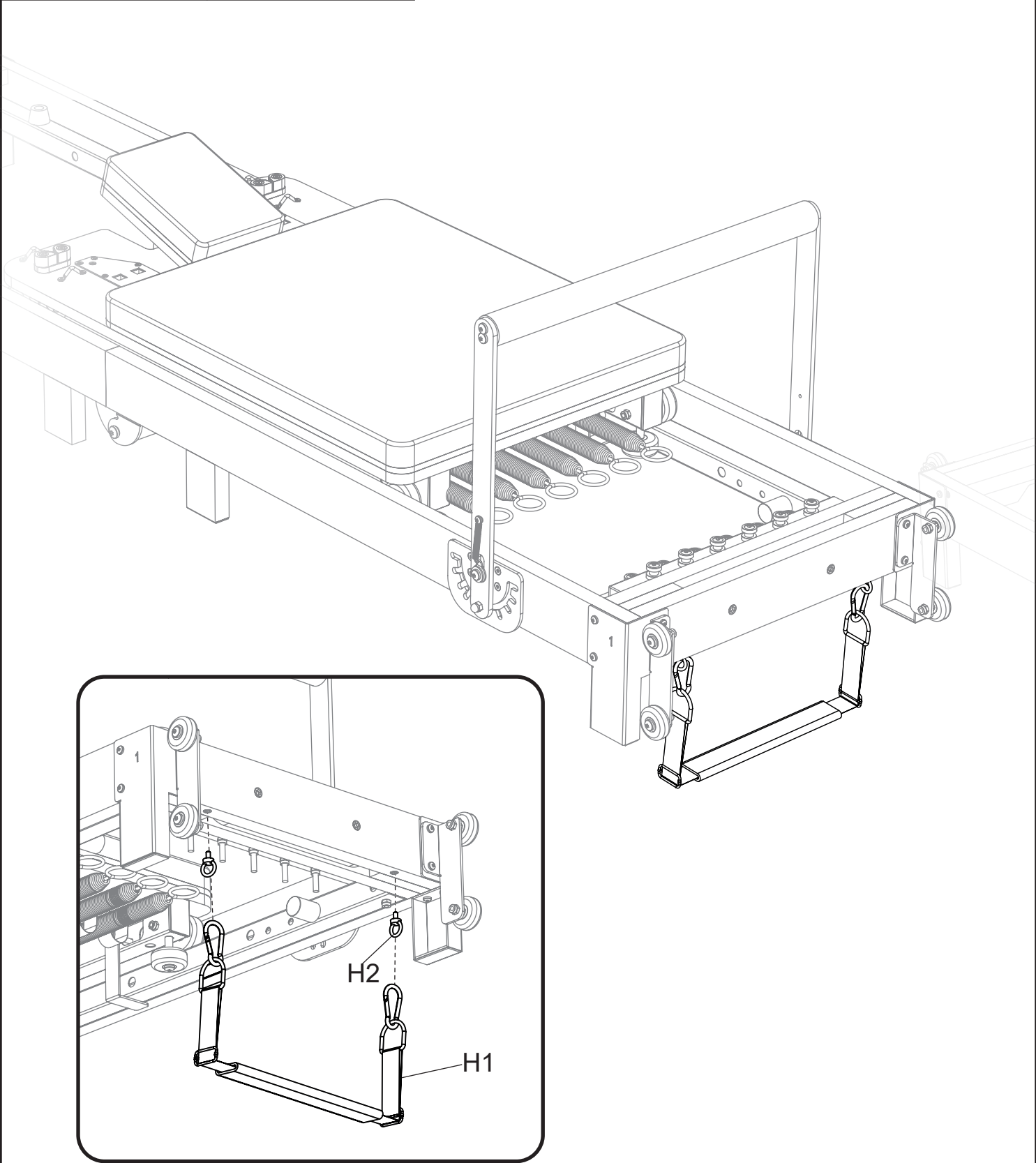
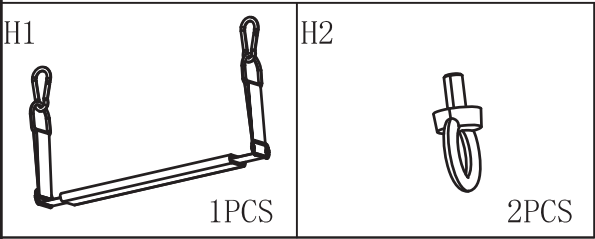


2PCS



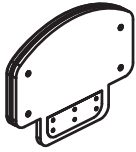
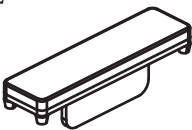
Assemble

Step 15

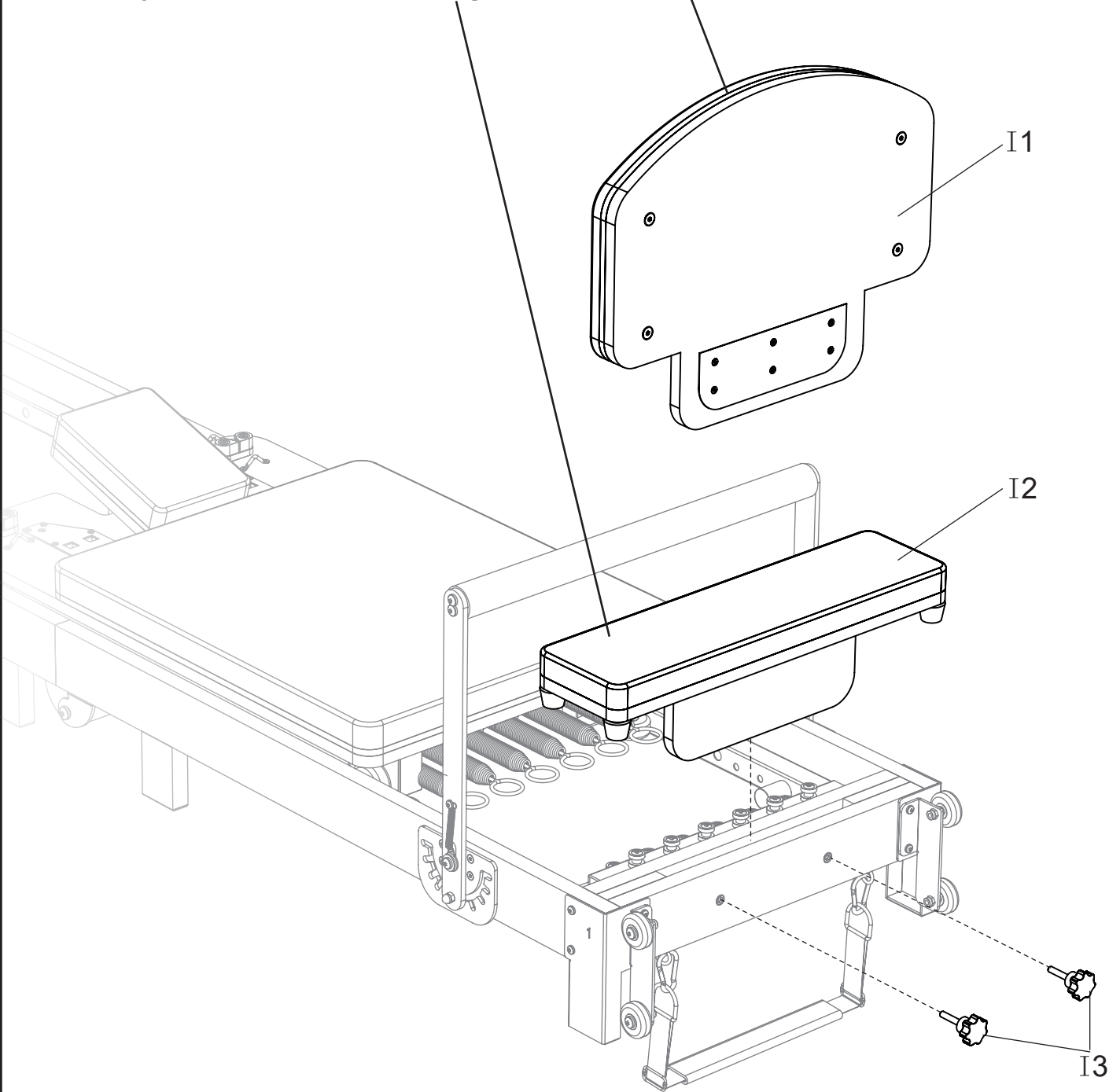


Assemble

Step 16

I1	I2	I3
		
1PCS	1PCS	2PCS

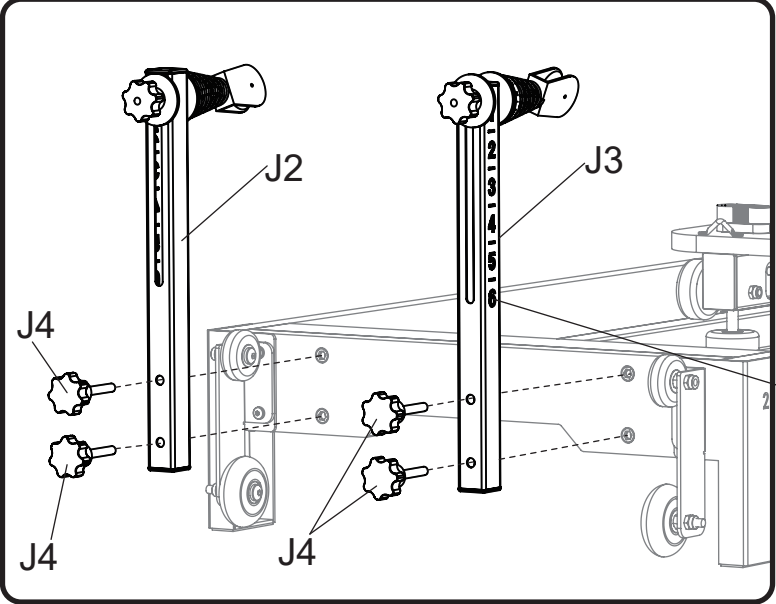
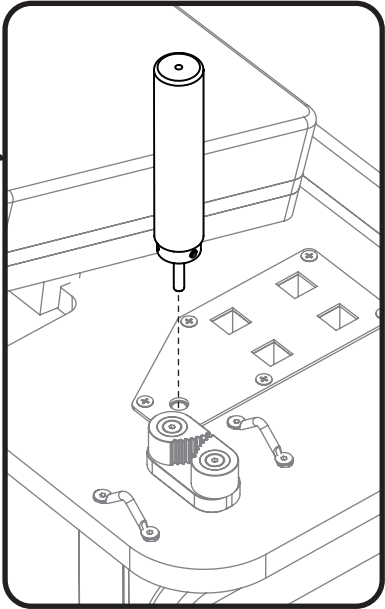
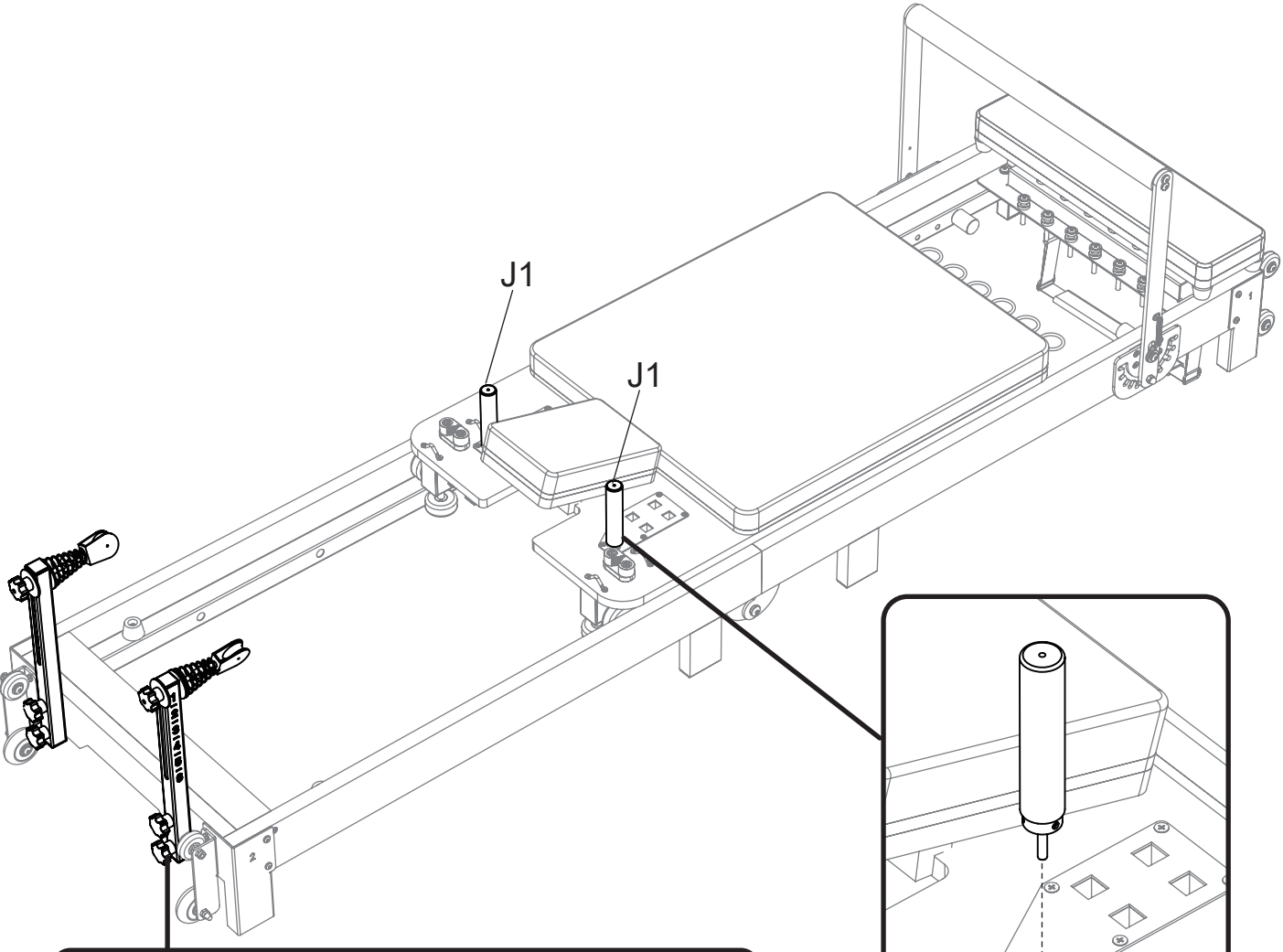
Freely combine according to exercise requirements



Assemble

Step 17

J1	J2	J3	J4	M8*40
				
2PCS	1PCS	1PCS	4PCS	



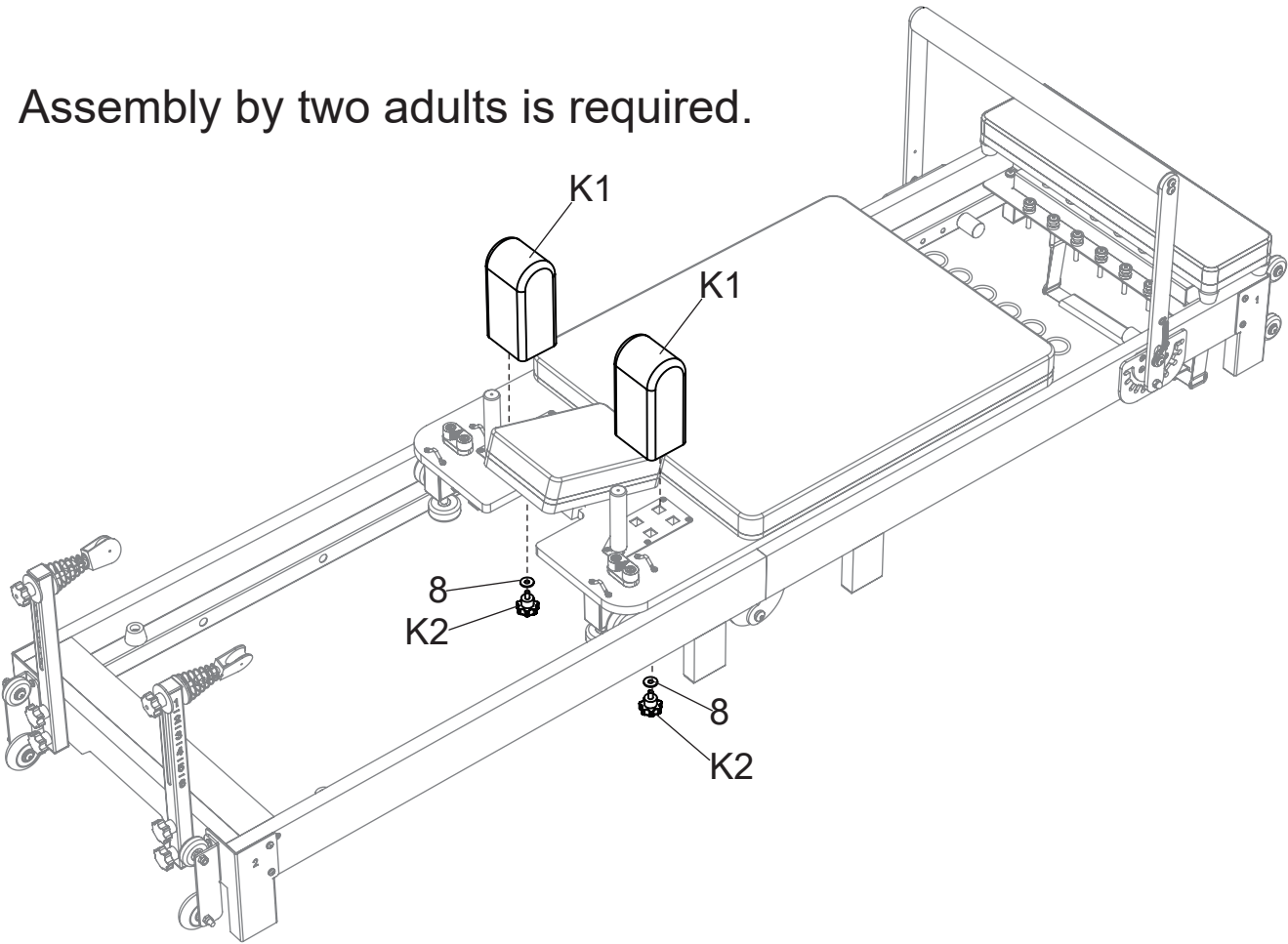
Make sure the numbers face outward.

Assemble

Step 18

K1	K2	8. Large gasket (M8)
		
2PCS	2PCS	2PCS

Assembly by two adults is required.



Assemble

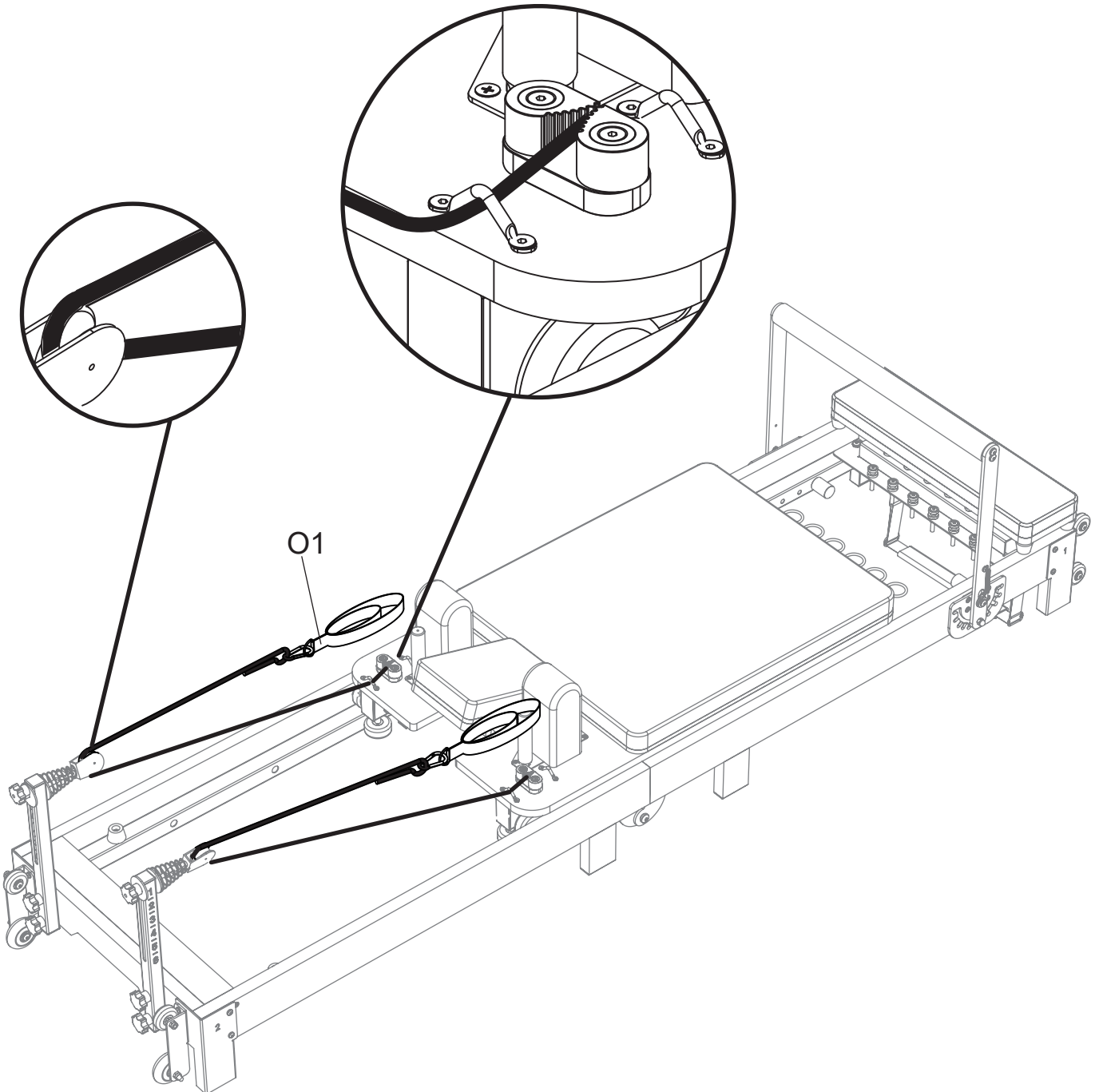
Step 19

01



2PCS

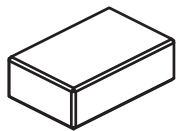
The rope passes through the knot



Assemble

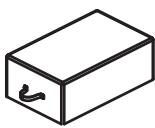
Step 20

P1

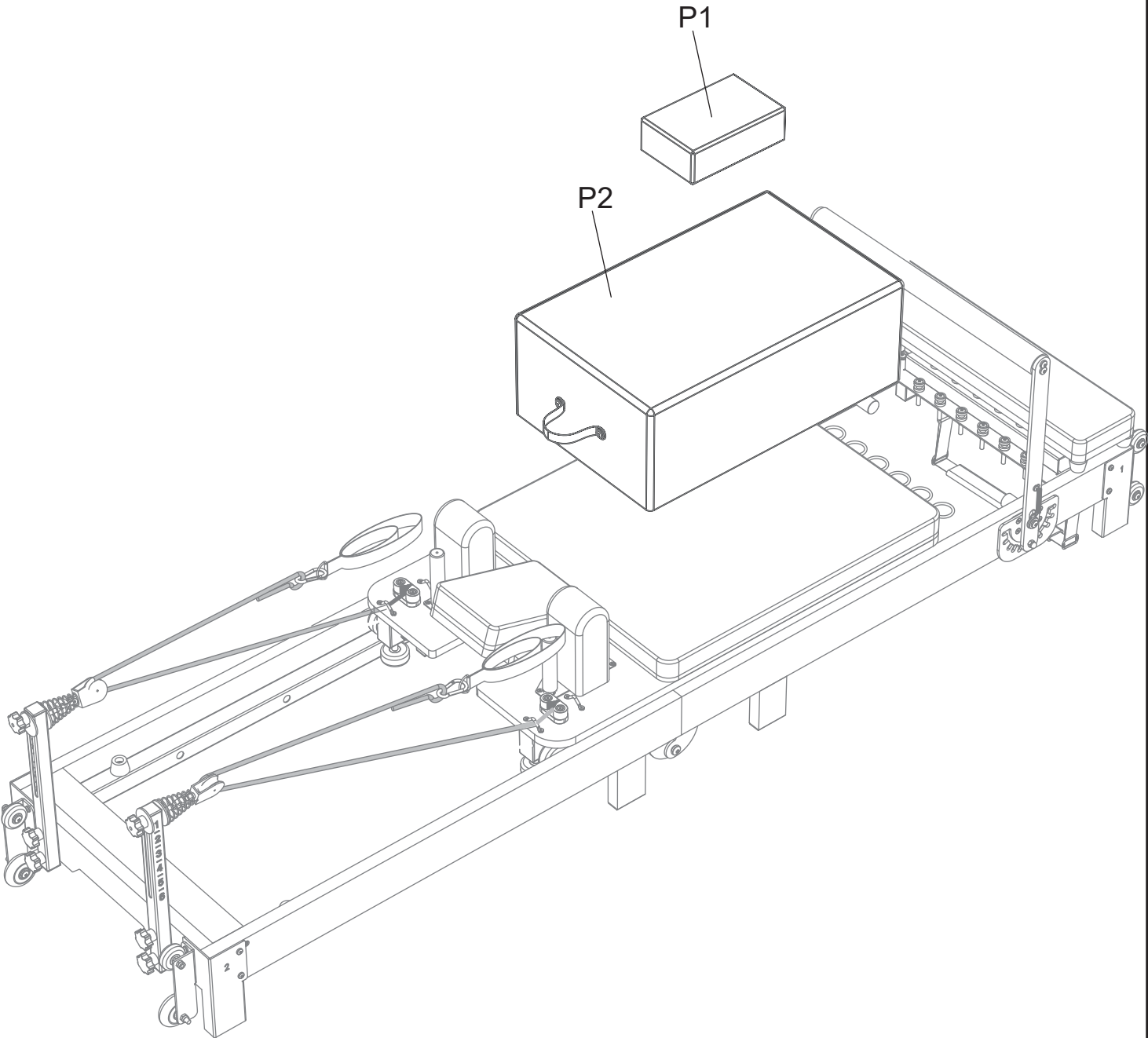


1PCS

P2



1PCS



Step 21

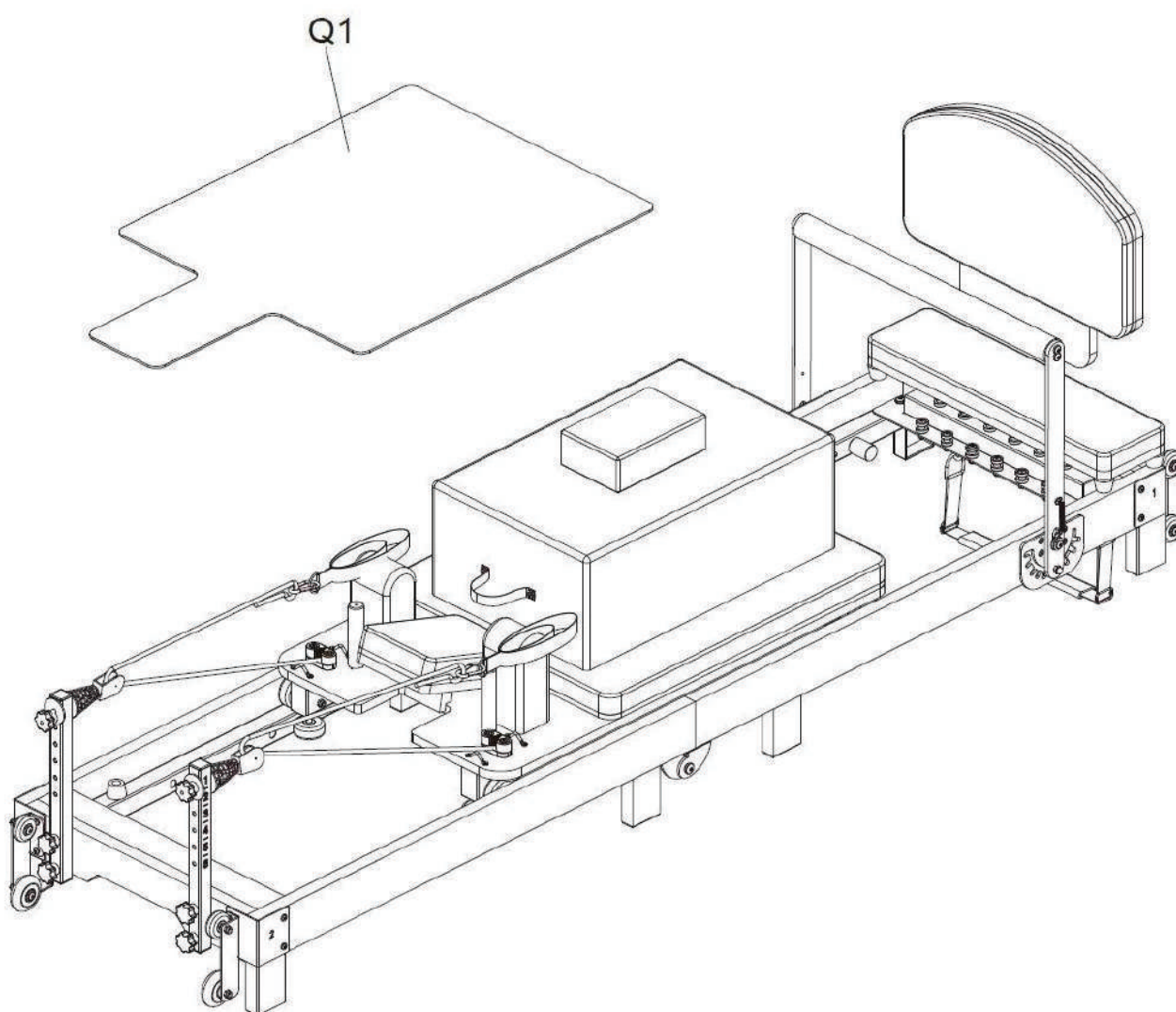
Q1



1PCS

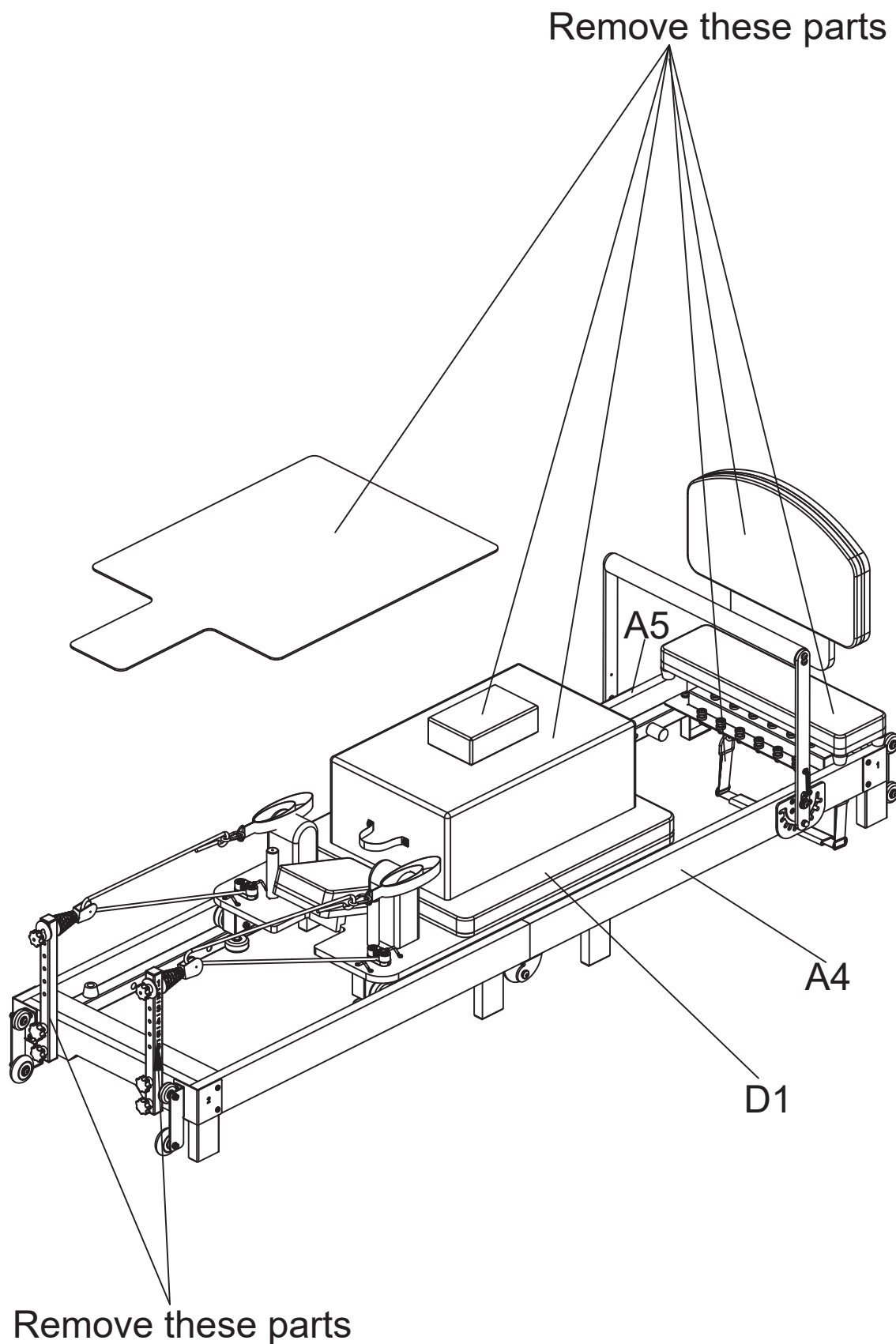


Spring must be installed before use.



Storage Guide

Before storing, first remove these parts and ensure the carriage (D1) is at the front frame (A4&A5).



Storage Guide

