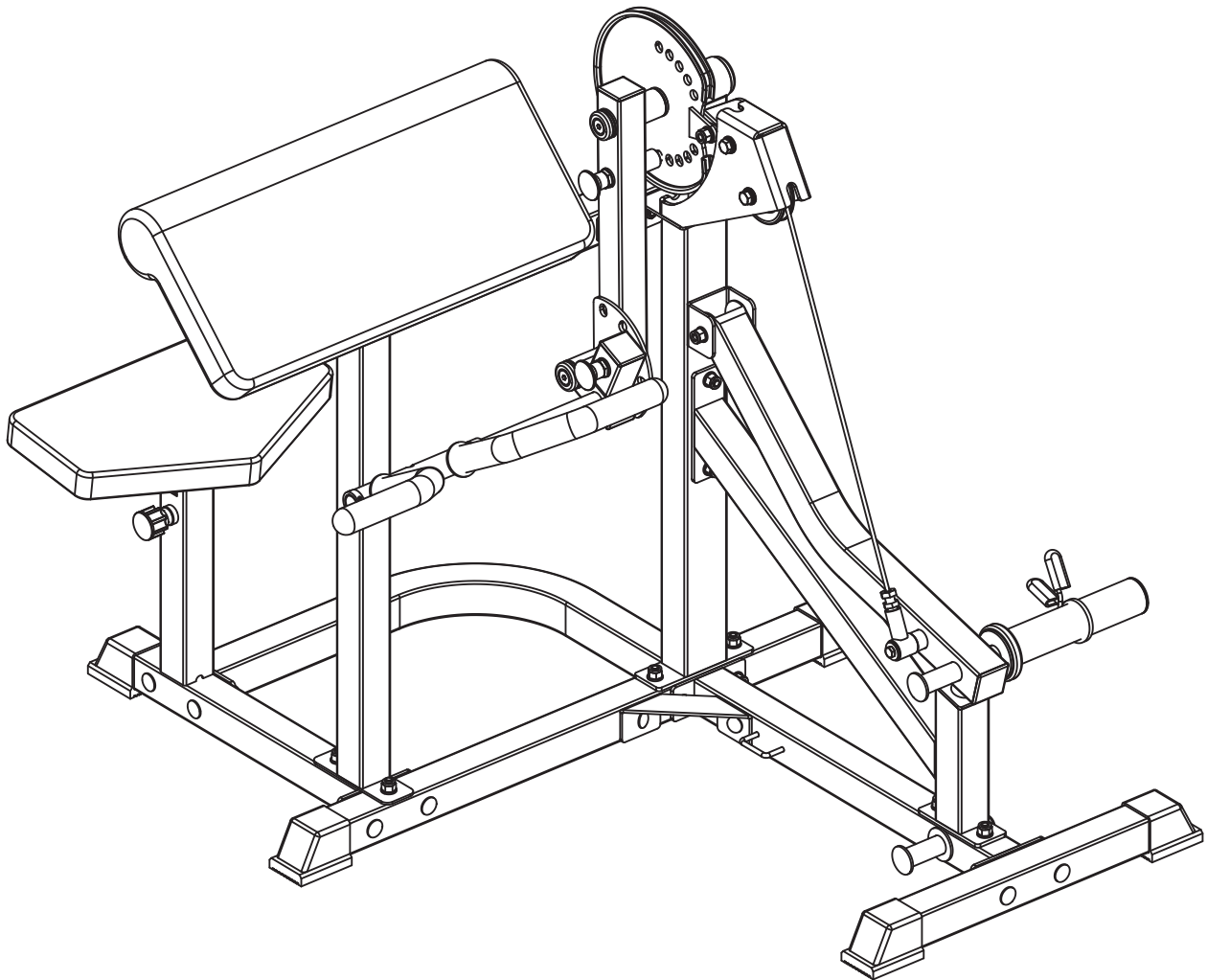


ASSEMBLY INSTRUCTIONS

SKU# DJ1118BK-110CM



⚠ 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.

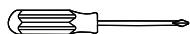
⚠ WARNING

- 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.

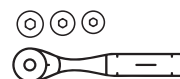
Adult assembly required

- 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*



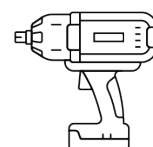
- *Socket set*



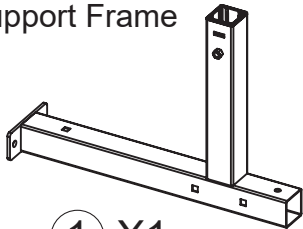
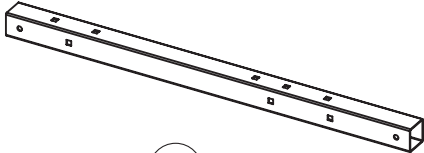
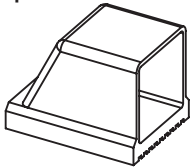
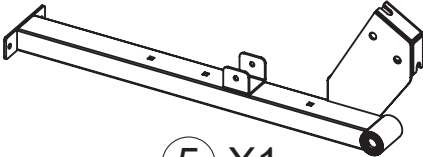
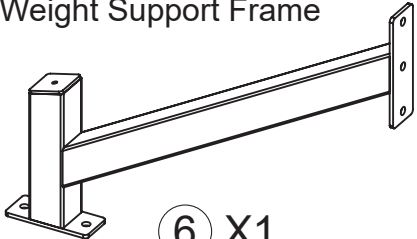
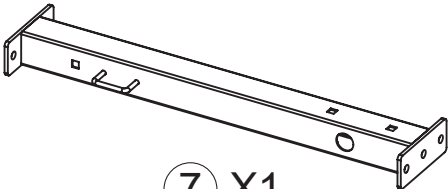
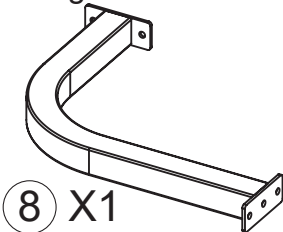
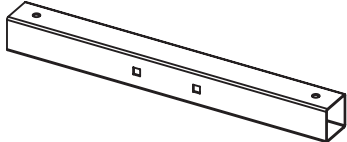
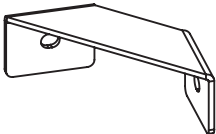
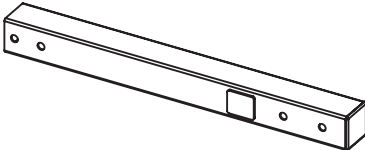
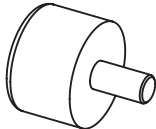
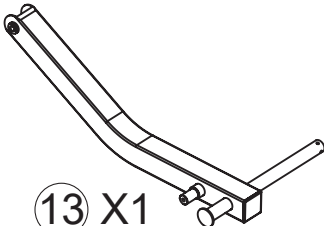
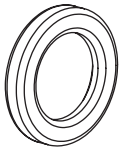
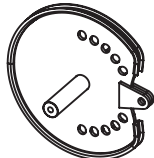
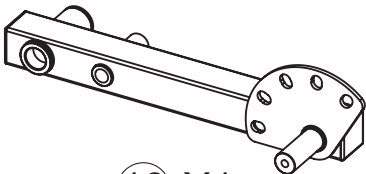
- *Adjustable wrenches*



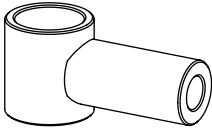
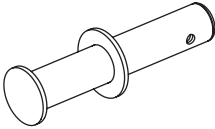
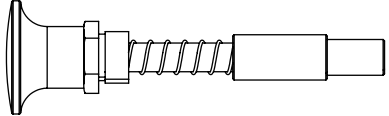
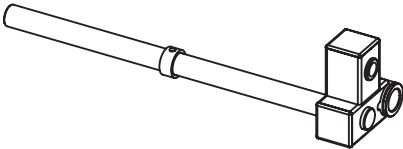
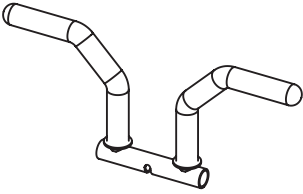
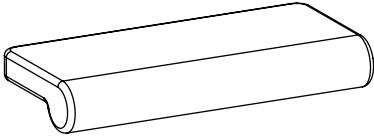
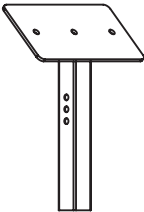
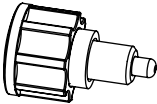
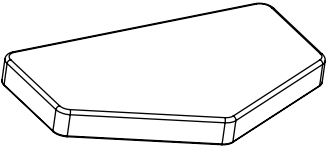
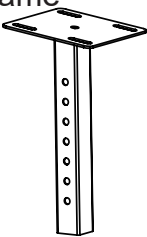
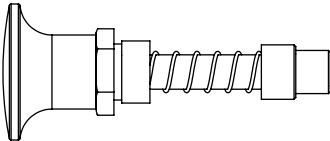
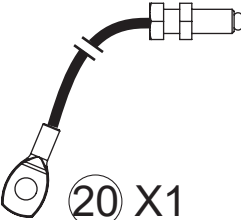
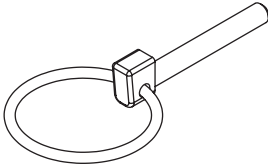
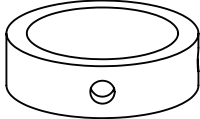
- *Electric Wrench*



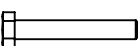
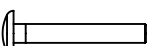
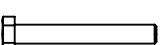
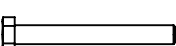
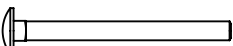
Parts List

Seat Support Frame  ① X1	Middle Base  ② X1	Outer Cap  ③ X5
Curl Post Frame  ④ X1	Support Frame  ⑤ X1	Weight Support Frame  ⑥ X1
Side Base Tube  ⑦ X1	Rear Connecting Tube  ⑧ X1	Front Base Tube  ⑨ X1
Connecting Tube  ⑩ X1	Upper Connecting Tube  ⑪ X1	Weight Cushion  ⑫ X1
Weight Holder Frame  ⑬ X1	Olympic Adapter  ⑭ X1	End Cap  ⑮ X1
Buffer Ring  ⑯ X1	Spring Clip  ⑰ X1	Adjustable Disc  ⑱ X1
Handle Frame  ⑲ X1	Small Pulley  ⑳ X1	Pulley  ㉑ X1

Parts List

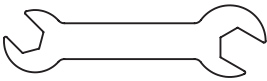
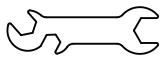
Cable Connector  23 X1	Band Peg  24 X1	Plug-Long  26 X1
Handle Adjustment Frame  27 X1	Handle  28 X1	Curl Pad  30 X1
Curl Post  31 X1	Knob  32 X2	Seat Cushion  33 X1
Seat Adjustment Frame  34 X1	Plug-Short  35 X1	
Below Parts are on Hardware Blister Pack		
Cable  20 X1	Safety Pin  25 X1	Stop Ring  29 X1

Hardware List

No.	Code	Diagram	Description	Quantity	Spare
1	A1		D50 End Cap	1	
2	A2		D38 End Cap	2	
3	A3		Long Bushing	2	
4	A4		Short Bushing	2	
5	B1		Bolt M10x20mm	1	
6	B2		Bolt M10x20mm	6	2
7	B3		Bolt M10x25mm	2	
8	B4		Bolt M10x30mm	1	
9	B5		Bolt M10x65mm	3	
10	B6		Bolt M10x70mm	16	2
11	B7		Bolt M10x75mm	4	
12	B8		Bolt M10x85mm	1	
13	B9		Bolt M10x115mm	1	
14	B10		Bolt M8x20mm	2	
15	B11		Bolt M8x25mm	1	
16	B12		Bolt M5x4mm	2	
17	B13		Bolt M6x10mm	1	
18	C1		M8 Big Washer	1	
19	C2		M10 Washer	41	2

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

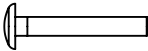
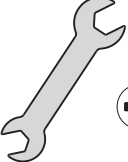
Hardware List

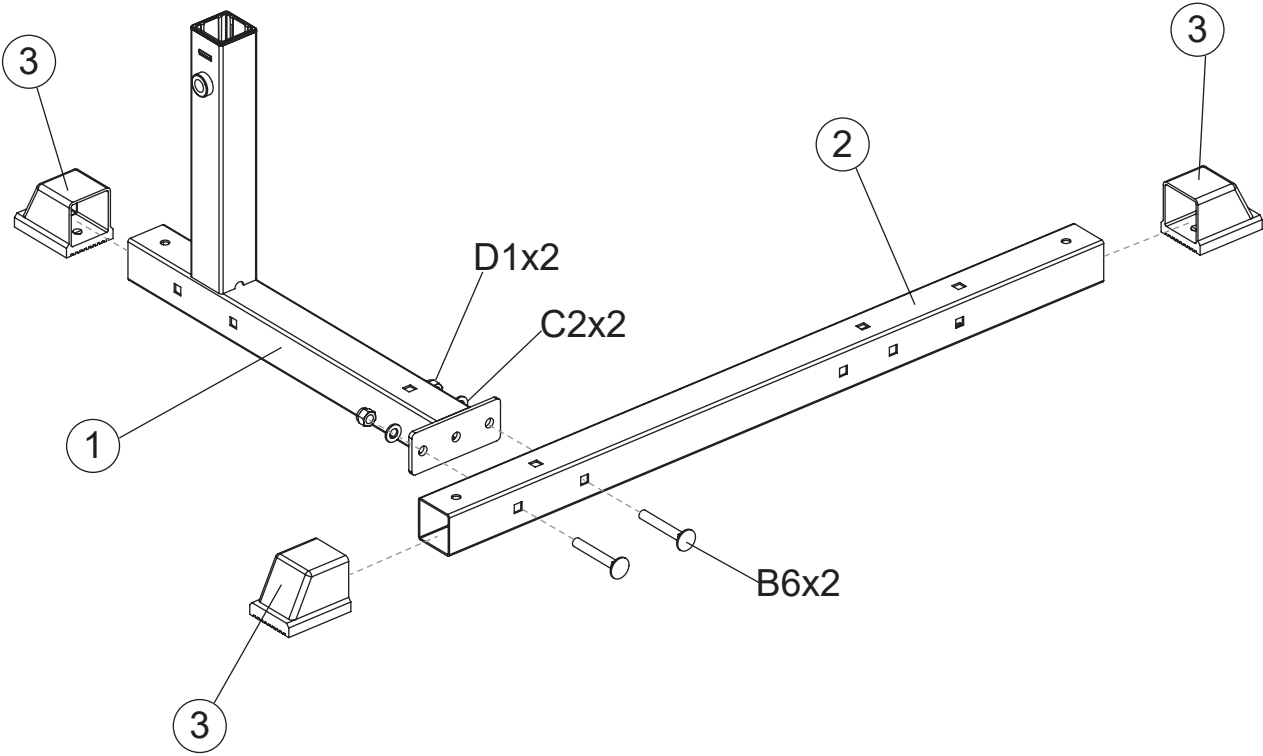
No.	Code	Diagram	Description	Quantity	Spare
20	D1		M10 Nut	25	2
21	*		Wrench-Big	1	
			Wrench-Small	2	
			S6x96mm	1	
			S5x80mm	1	
			S2.5x49mm	1	

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

Assemble

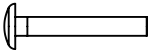
Step 1

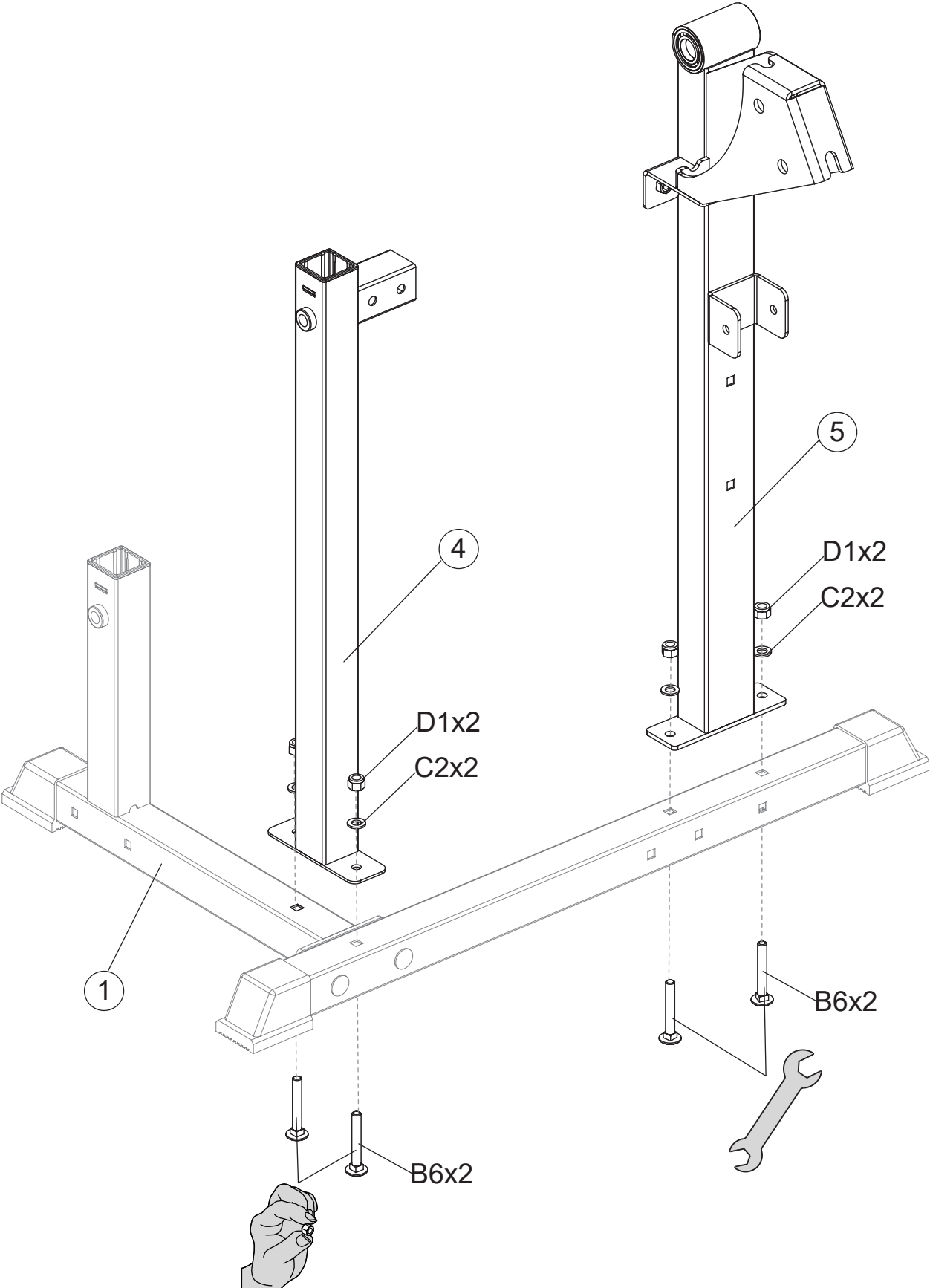
 Bolt M10*70mm		 M10 Washer		 M10 Nut				 	
B6	2PCS	C2	2PCS	D1	2PCS				



Assemble

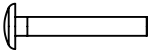
Step 2

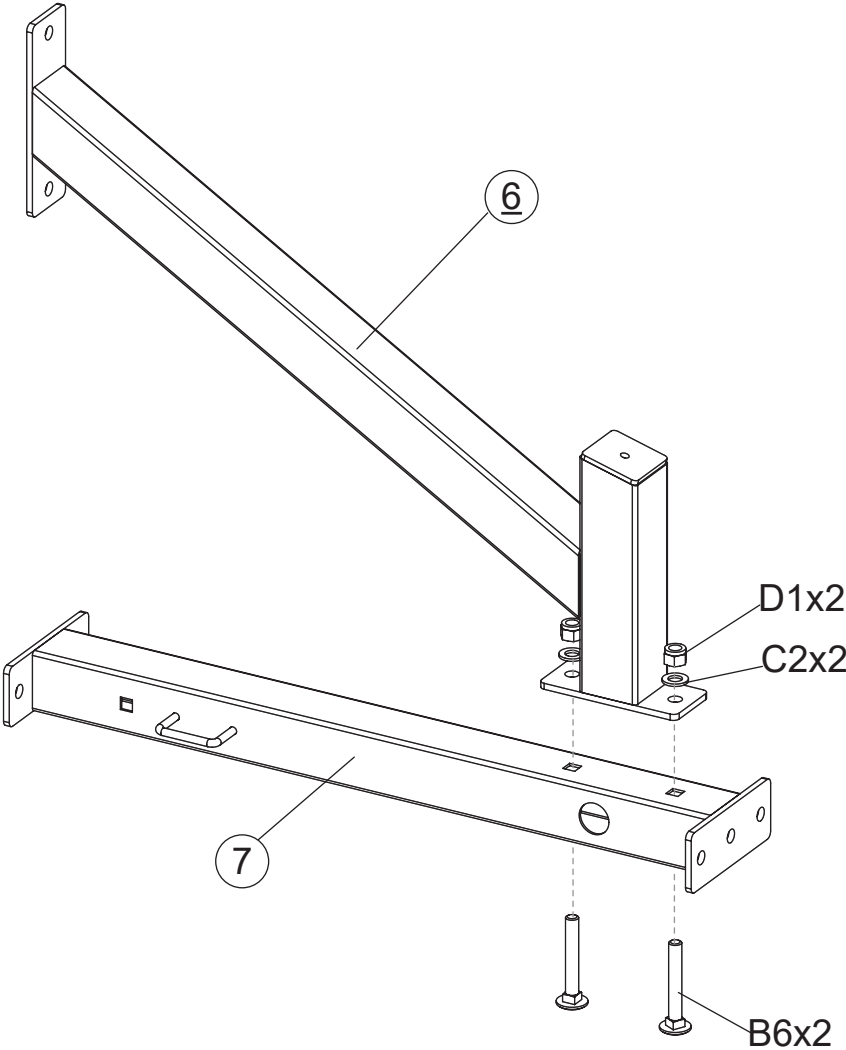
 Bolt M10*70mm		 M10 Washer		 M10 Nut		 +	 +
B6	4PCS	C2	4PCS	D1	4PCS		



Assemble

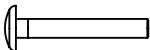
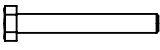
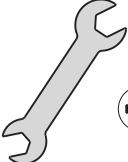
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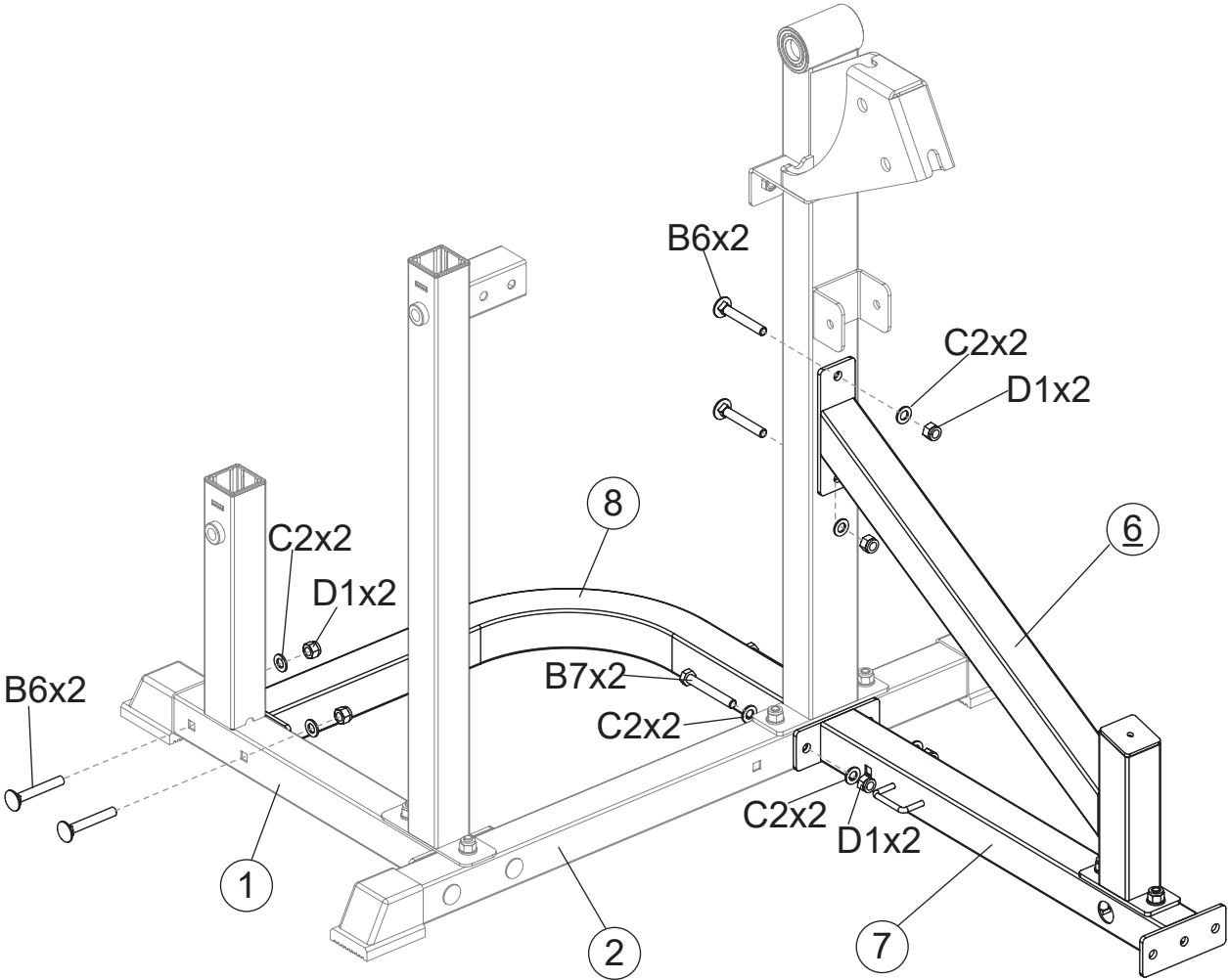
 Bolt M10*70mm		 M10 Washer		 M10 Nut				 
B6	2PCS	C2	2PCS	D1	2PCS			



Assemble

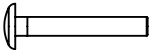
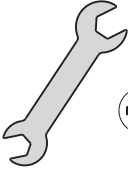
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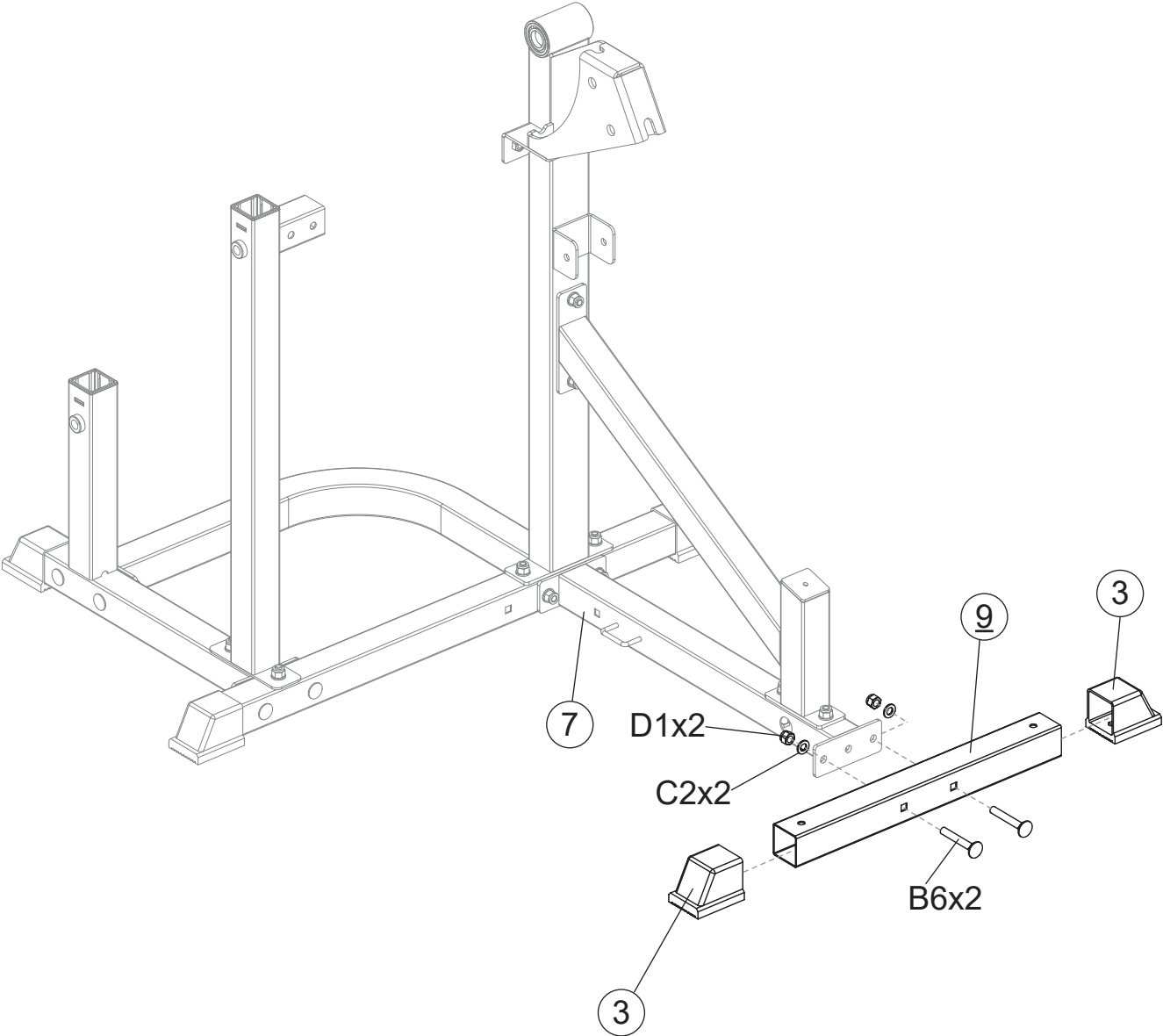
 Bolt M10*70mm		 M10 Washer		 M10 Nut		 Bolt M10*75mm		 
B6	4PCS	C2	8PCS	D1	6PCS	B7	2PCS	



Assemble

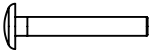
Step 5

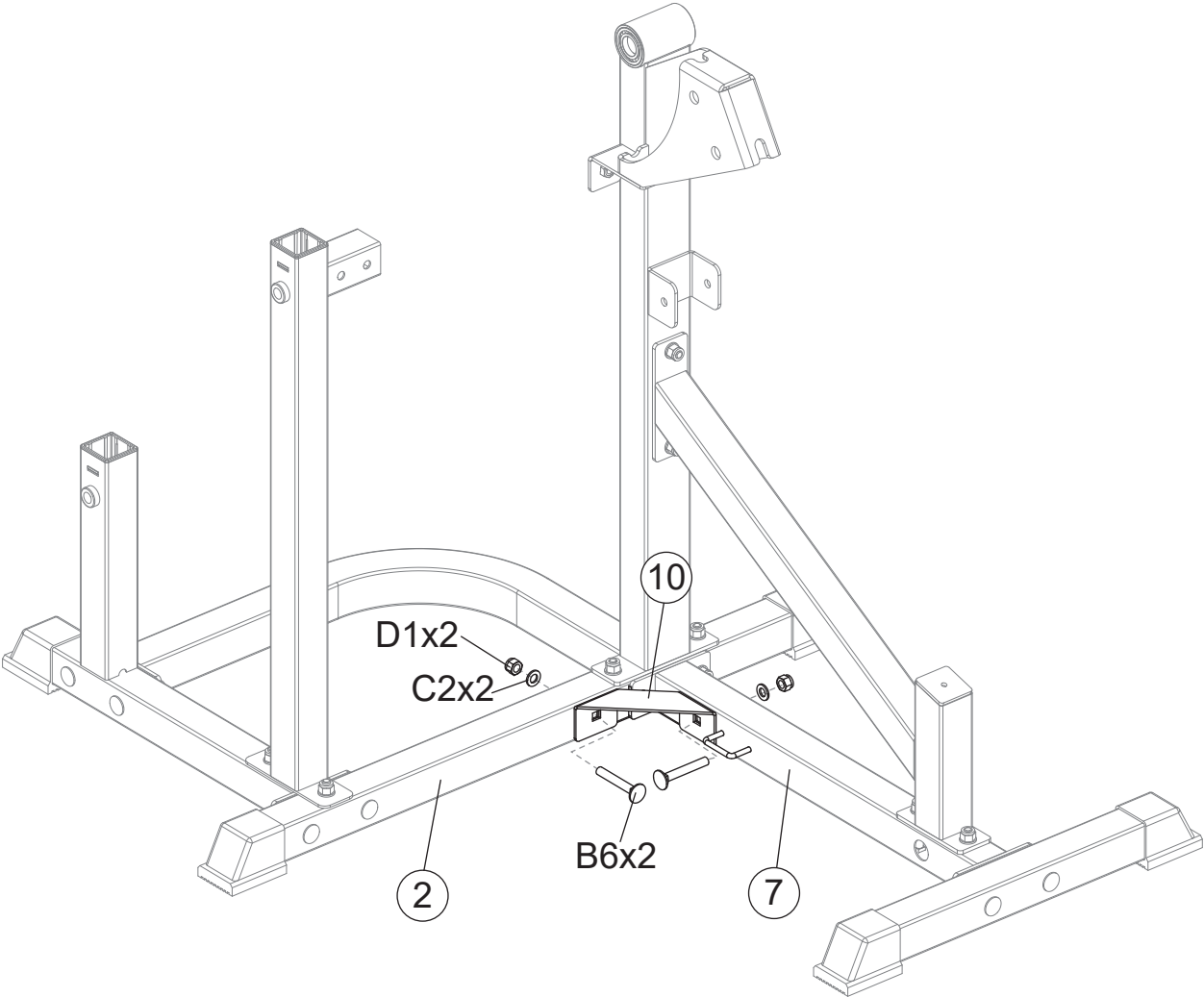
 Bolt M10*70mm		 M10 Washer		 M10 Nut				 	
B6	2PCS	C2	2PCS	D1	2PCS				



Assemble

Step 6

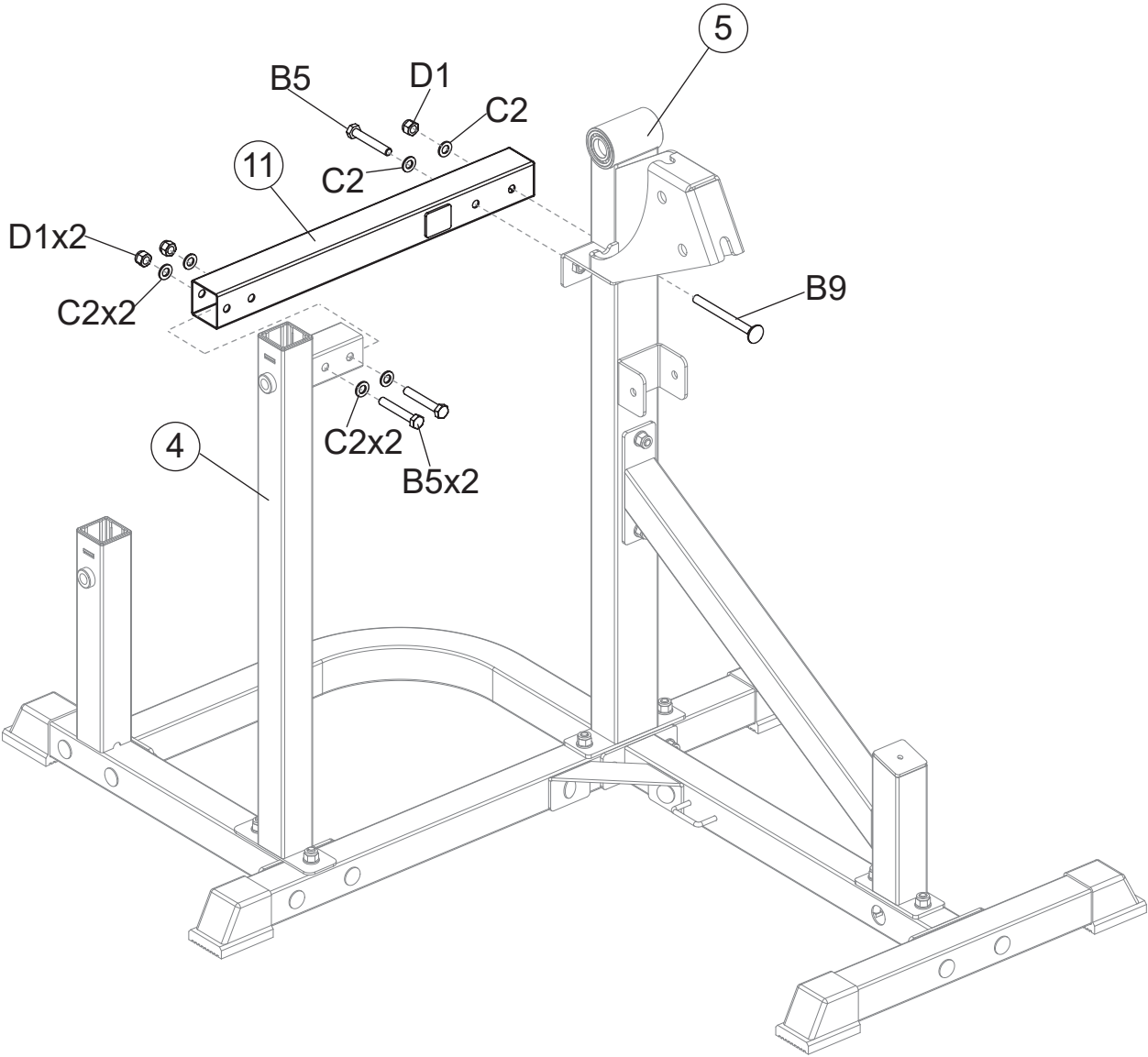
 Bolt M10*70mm		 M10 Washer		 M10 Nut		 	
B6	2PCS	C2	2PCS	D1	2PCS		



Assemble

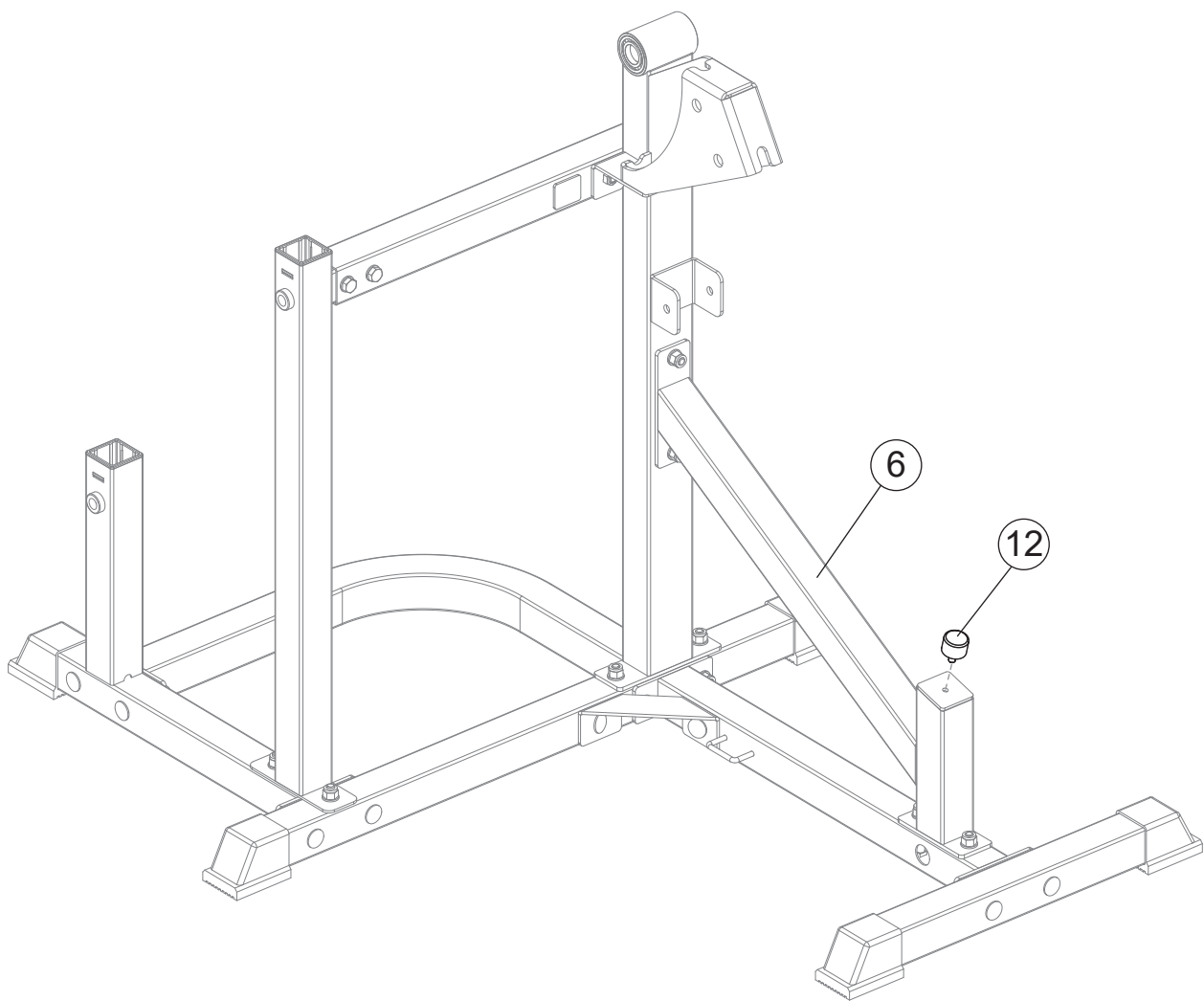
Step 7

								 
Bolt M10*65mm		M10 Washer		M10 Nut		Bolt M10x115mm		
B5	3PCS	C2	6PCS	D1	3PCS	B9	1PCS	



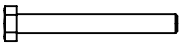
Assemble

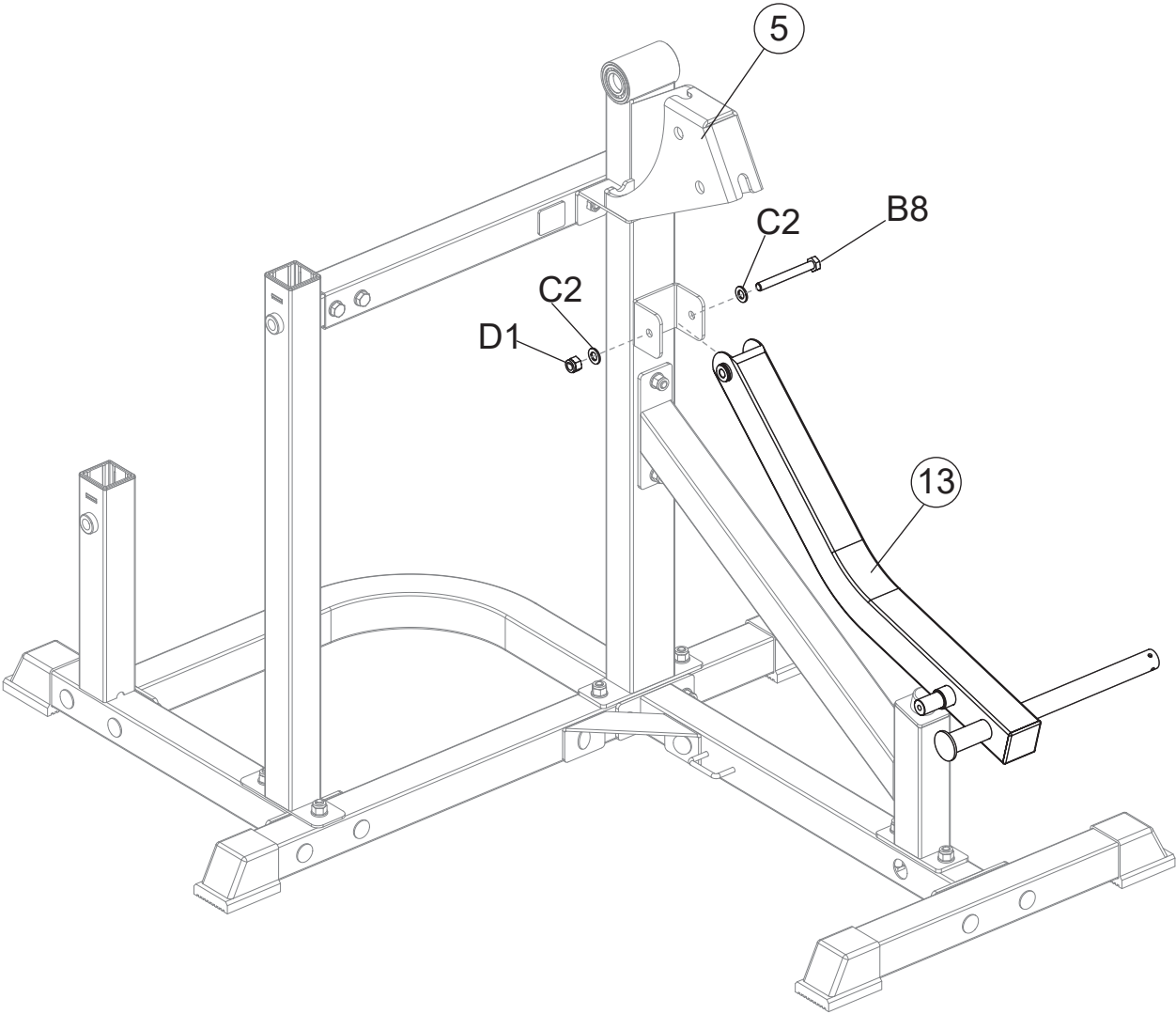
Step 8



Assemble

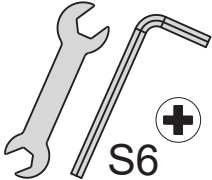
Step 9

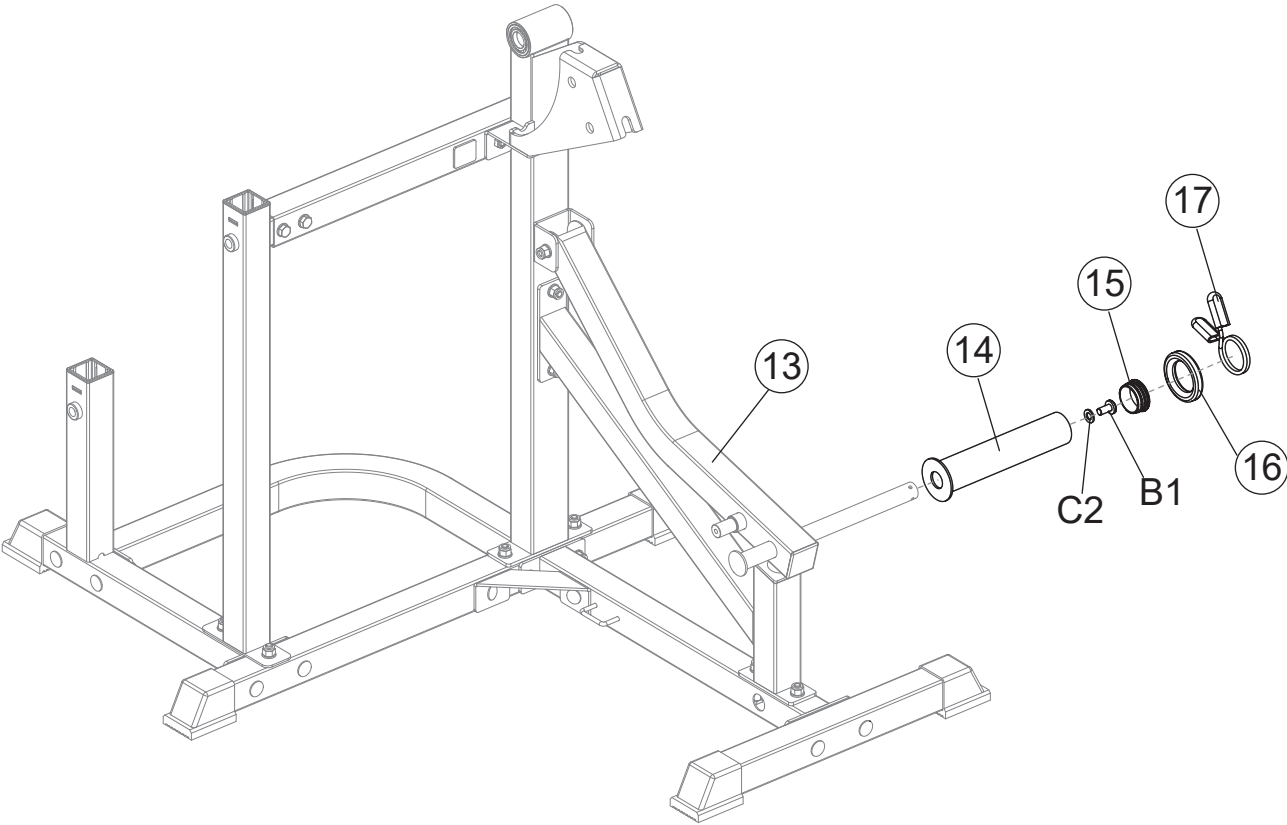
 Bolt M10*85mm		 M10 Washer		 M10 Nut		 	
B8	1PCS	C2	2PCS	D1	1PCS		



Assemble

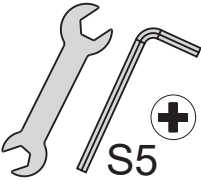
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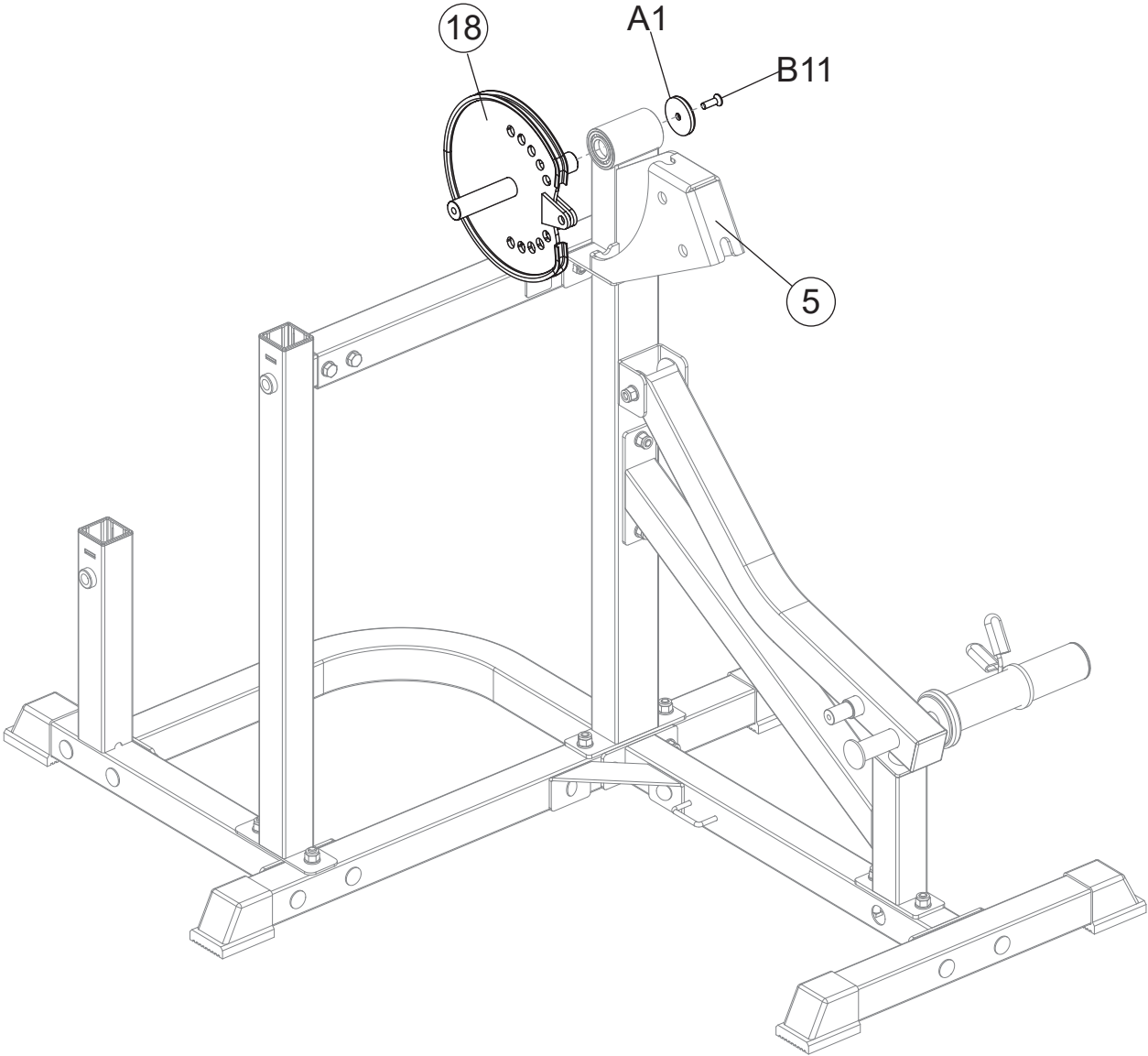
 Bolt M10*20mm		 M10 Washer		 M10 Nut				 S6	
B1	1PCS	C2	2PCS	D1	1PCS				



Assemble

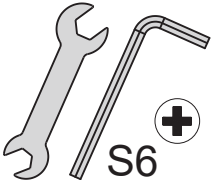
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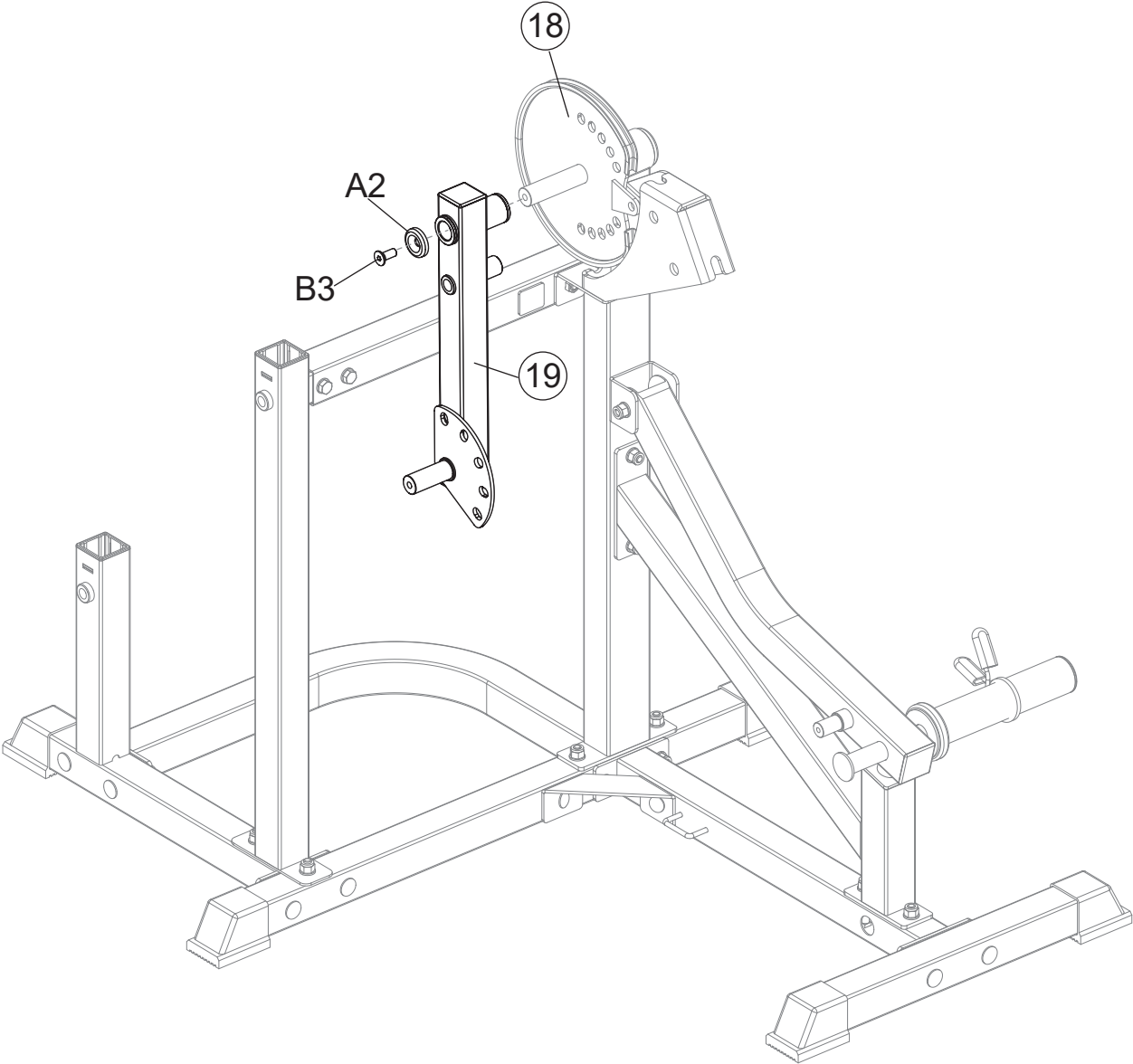
 Bolt M8x25mm		 D50 End Cap						 S5	
B11	1PCS	A1	1PCS						



Assemble

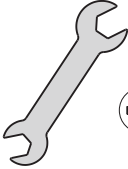
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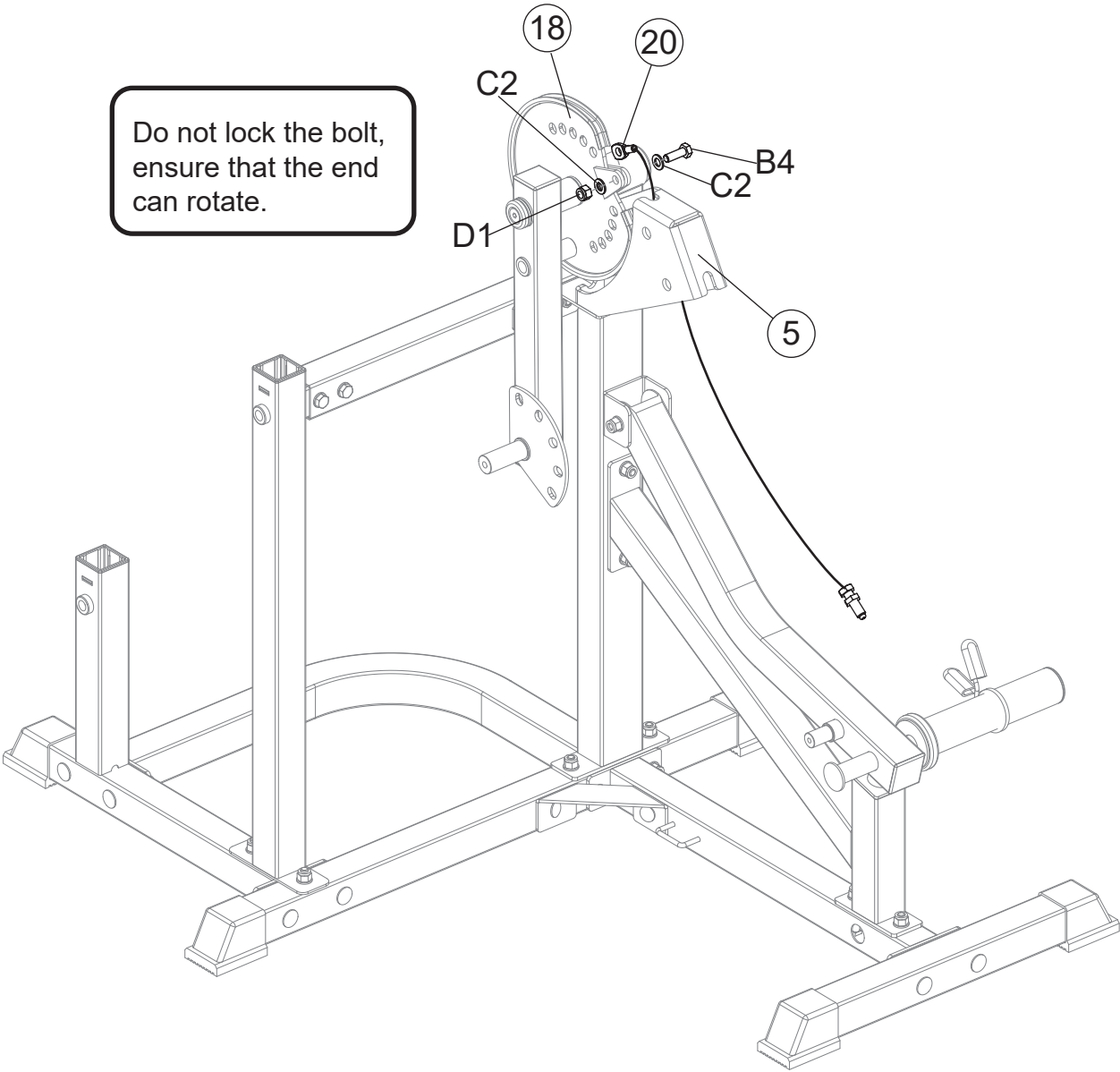
 Bolt M10x25mm		 D38 End Cap						 S6	
B3	1PCS	A2	1PCS						



Assemble

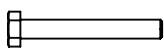
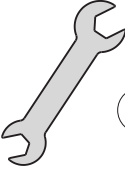
Step 13

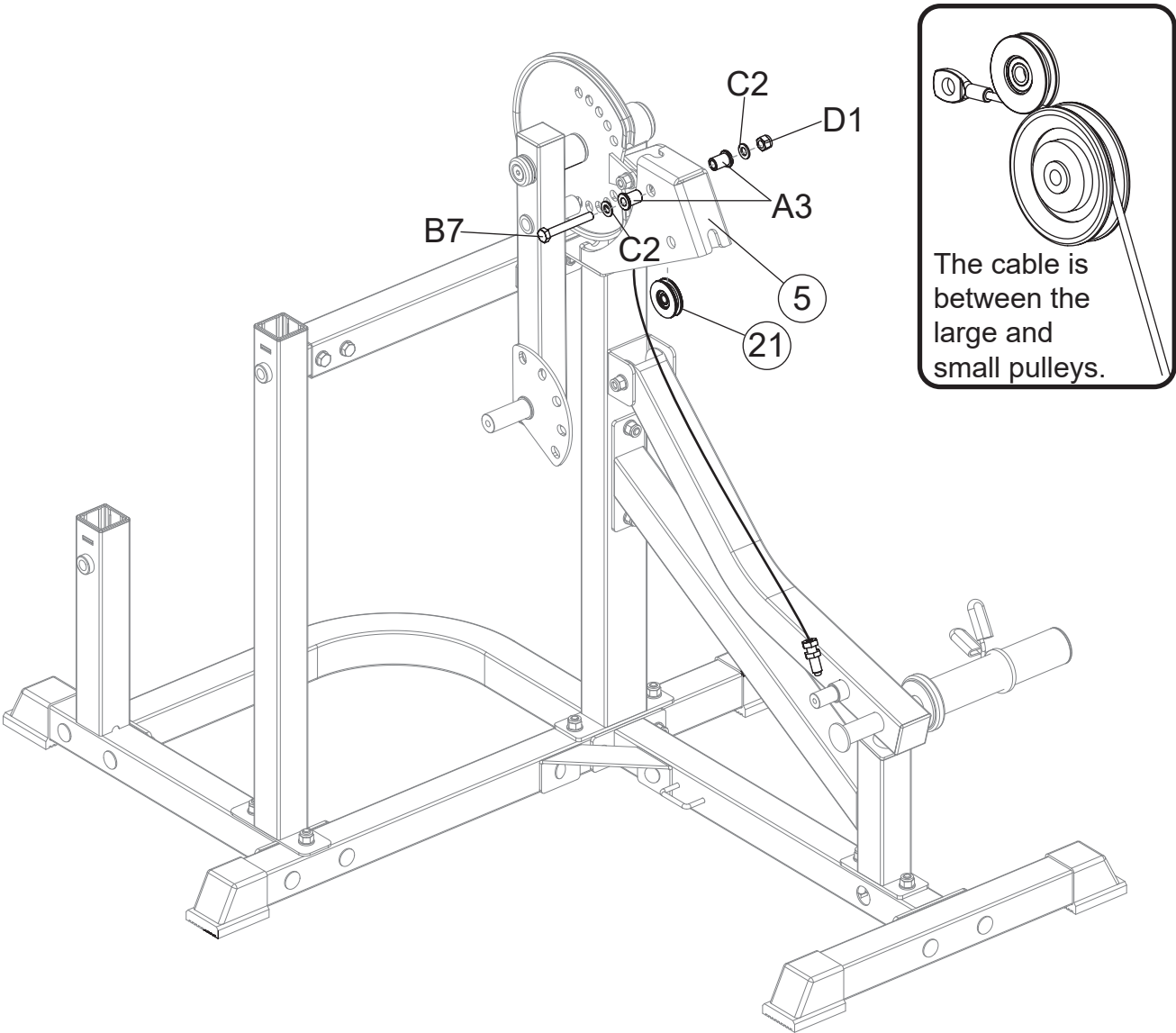
 Bolt M10*30mm		 M10 Washer		 M10 Nut		 	
B4	1PCS	C2	2PCS	D1	1PCS		



Assemble

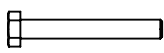
Step 14

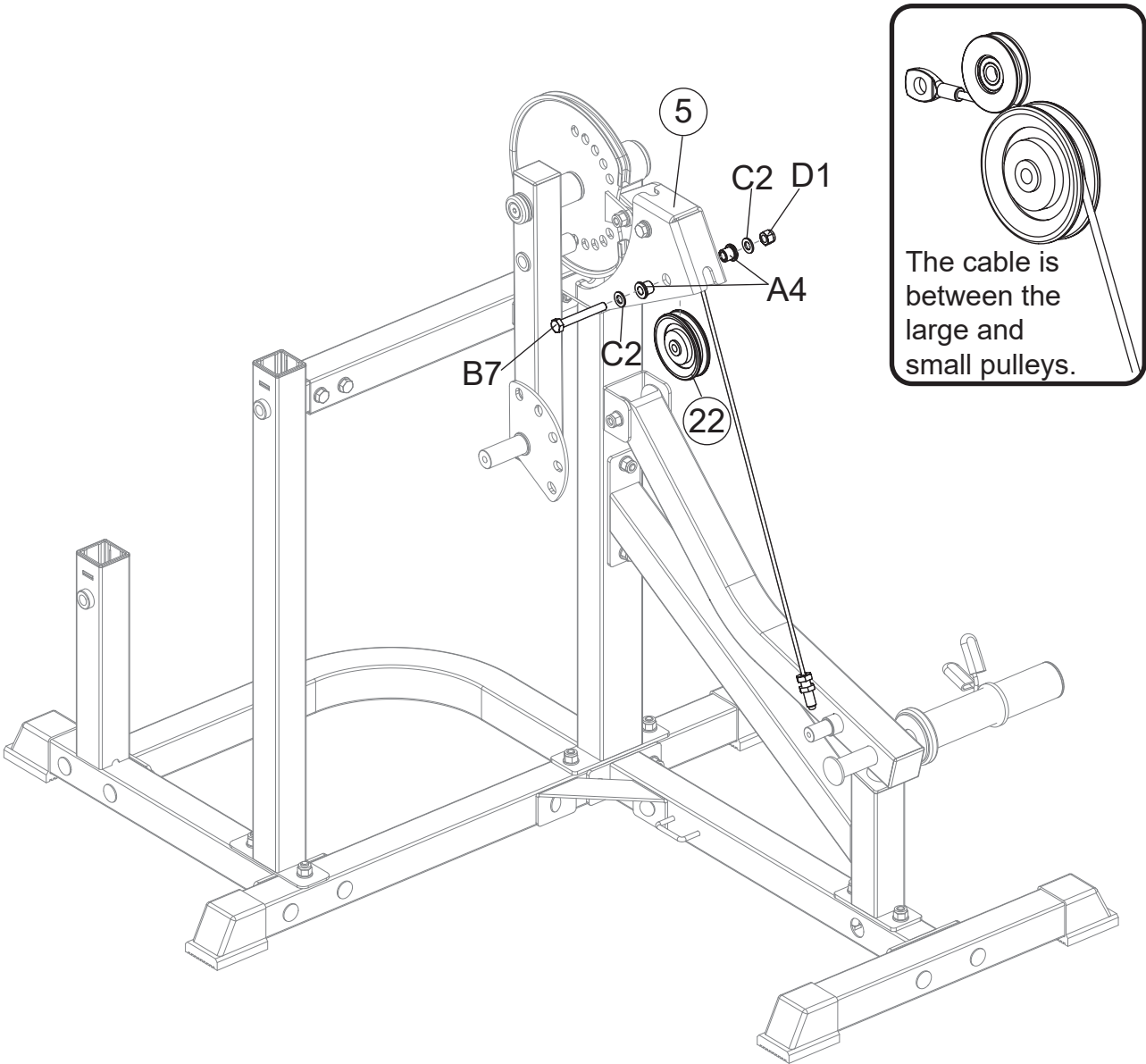
 Bolt M10*75mm		 M10 Washer		 M10 Nut		 Long Bushing		 
B7	1PCS	C2	2PCS	D1	1PCS	A3	2PCS	



Assemble

Step 15

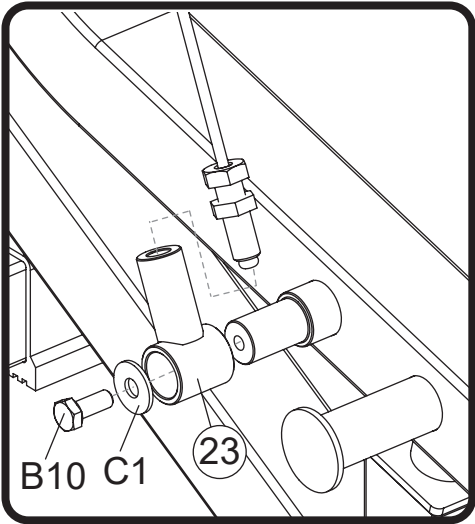
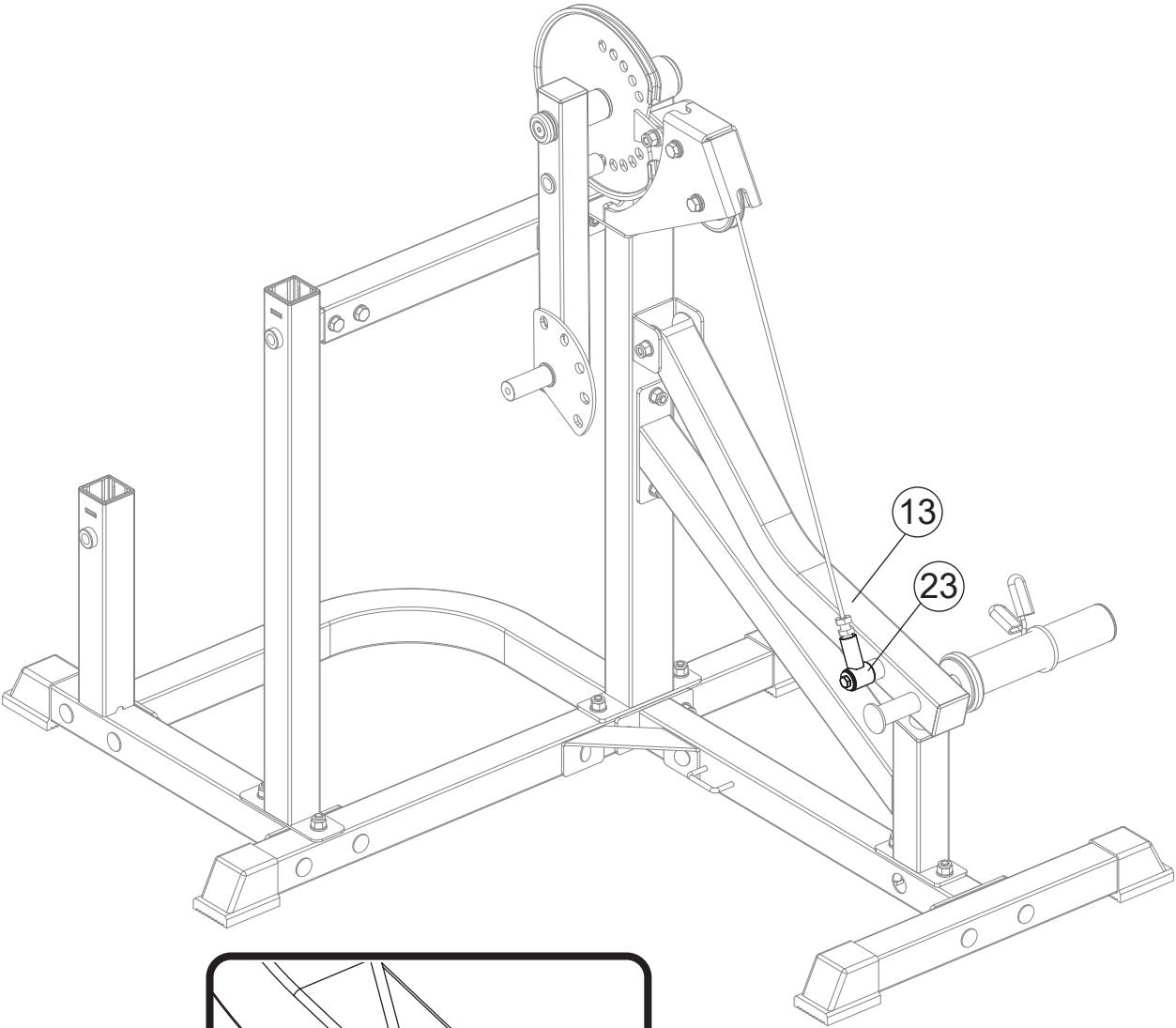
 Bolt M10*75mm		 M10 Washer		 M10 Nut		 Short Bushing		 ⊕	
B7	1PCS	C2	2PCS	D1	1PCS	A4	2PCS		



Assemble

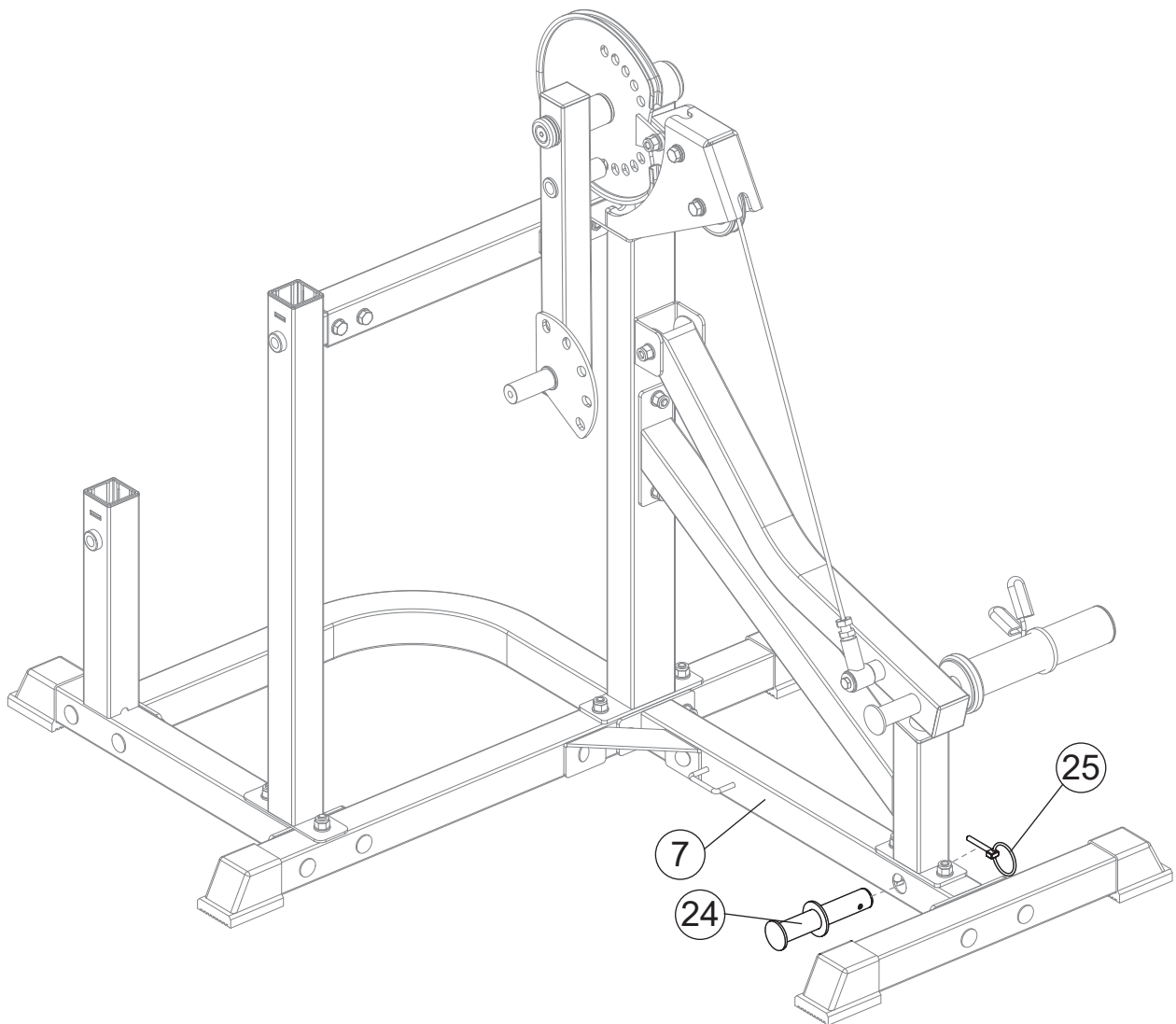
Step 16

 Bolt M8x20mm		 M8 Big Washer						 
B10	1PCS	C1	1PCS					



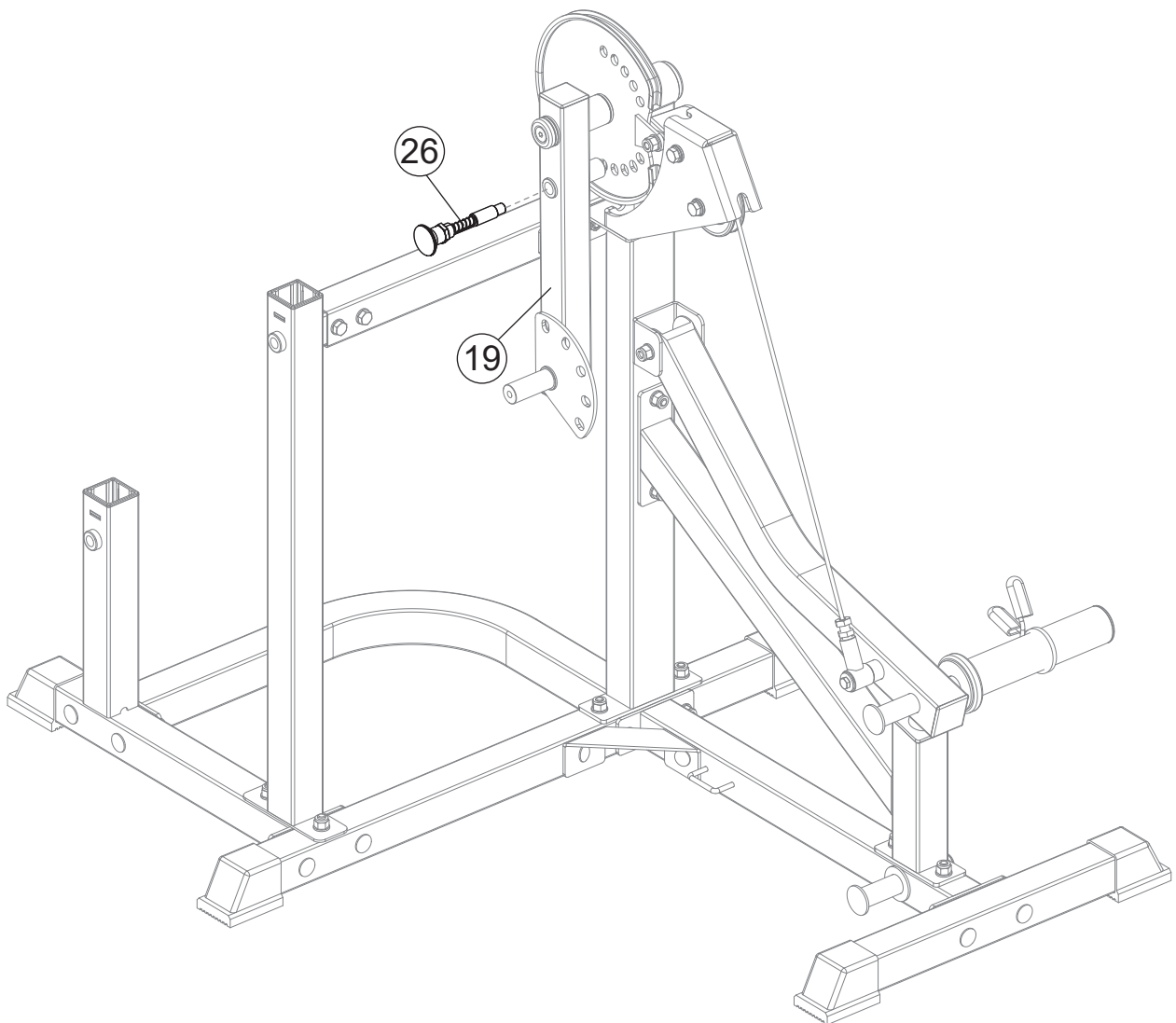
Assemble

Step 17



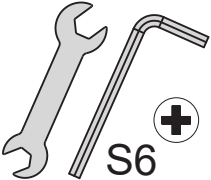
Assemble

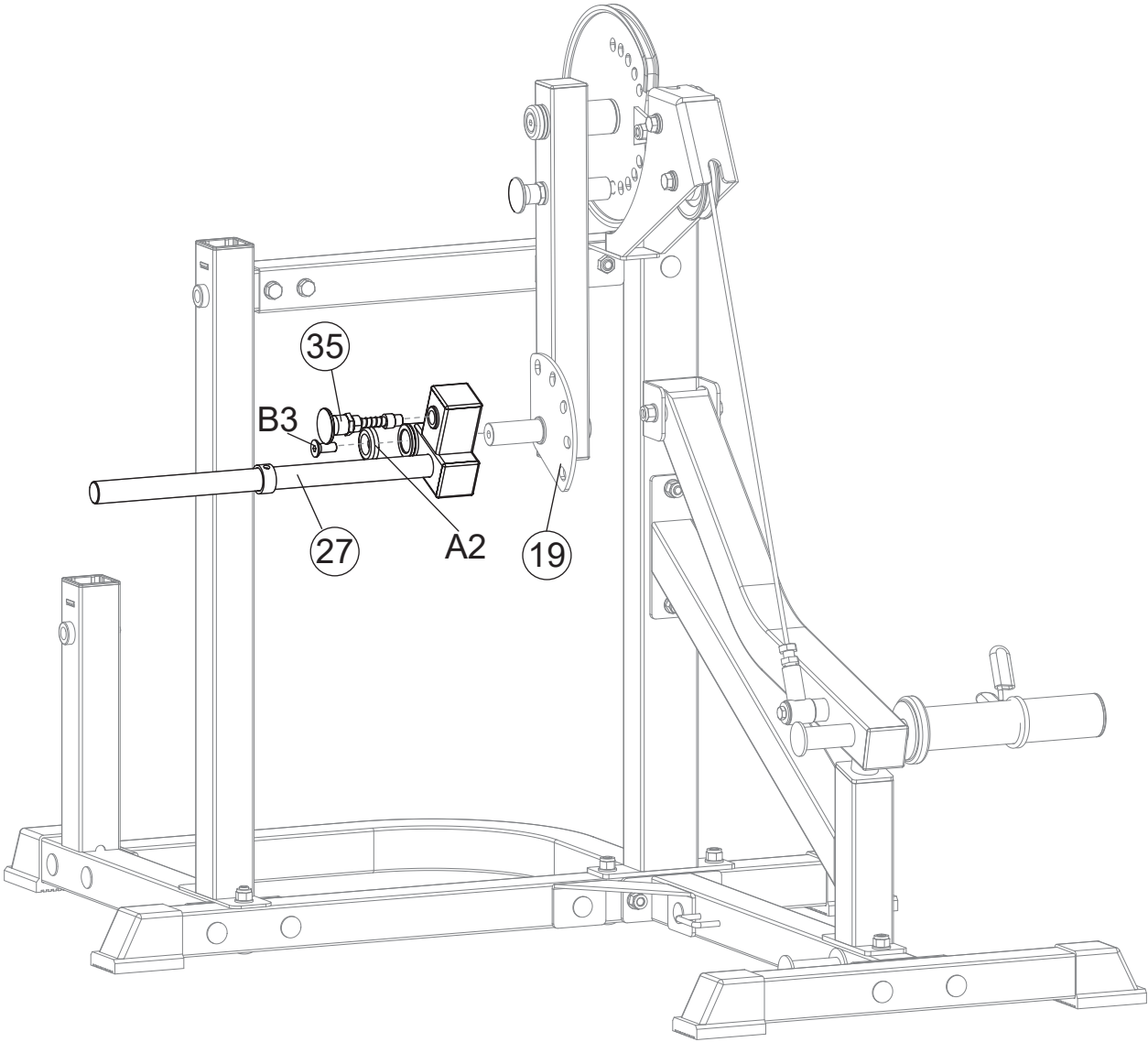
Step 18



Assemble

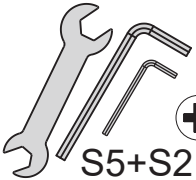
Step 19

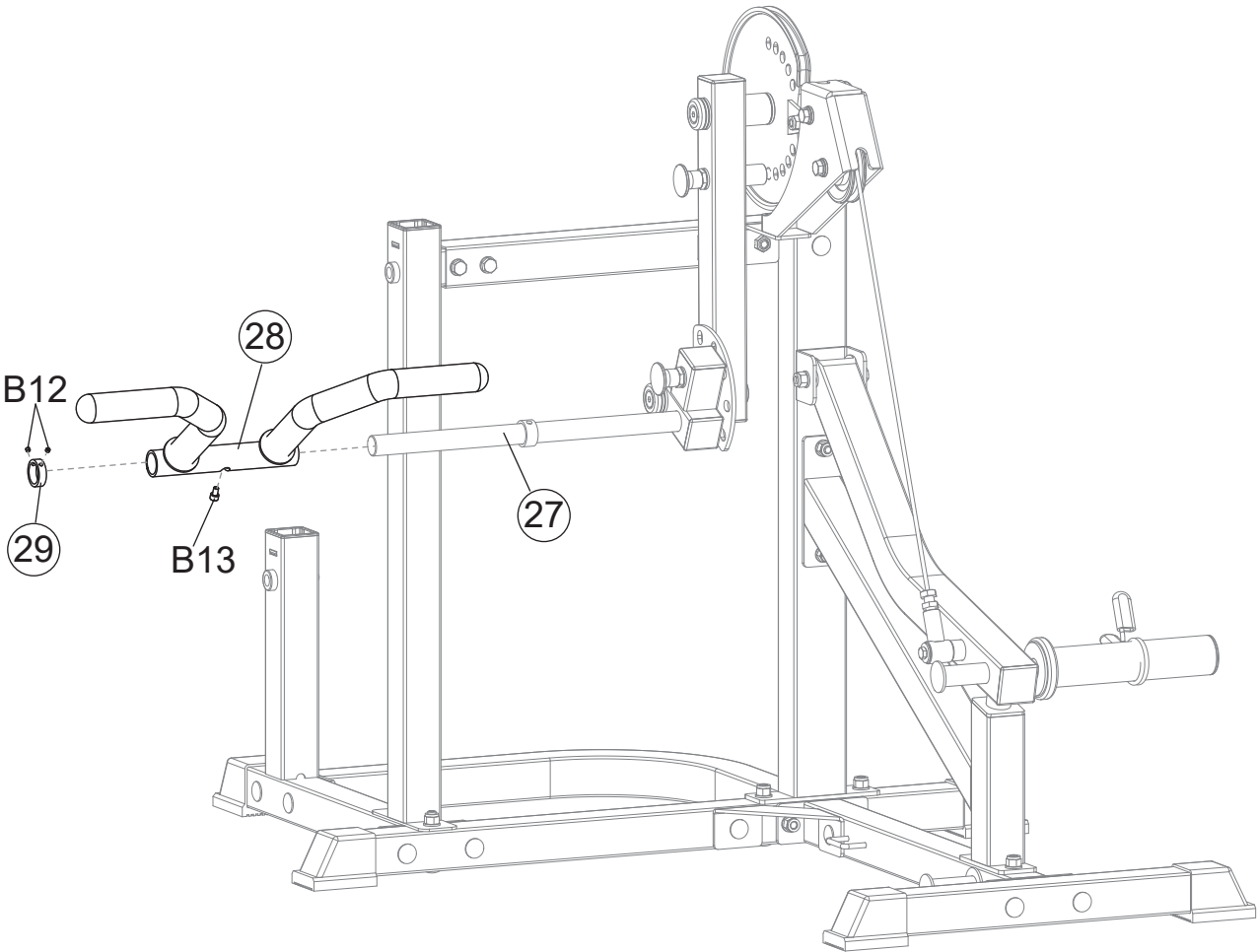
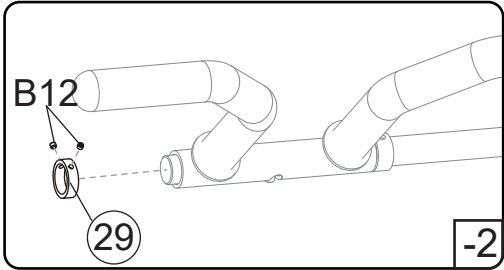
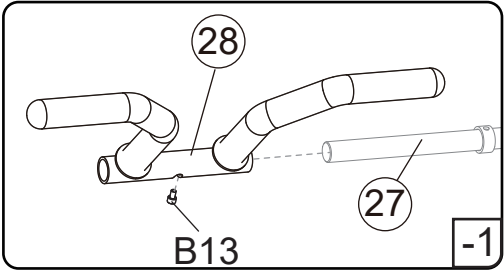
 Bolt M10x25mm		 D38 End Cap						 S6	
B3	1PCS	A2	1PCS						



Assemble

Step 20

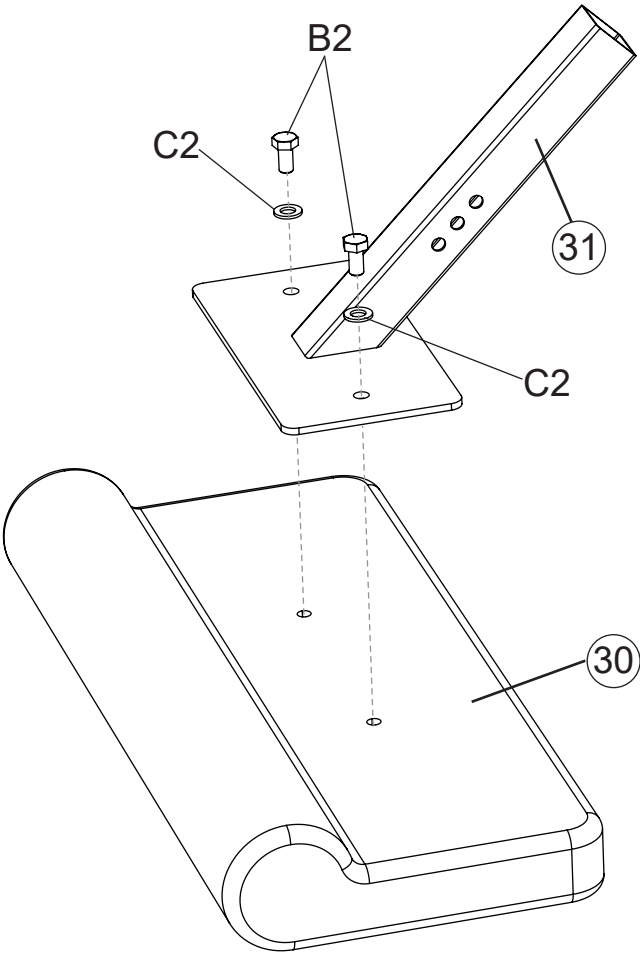
 Bolt M5x4mm		 Bolt M6x10mm						 S5+S2.5	
B12	2PCS	B13	1PCS						



Assemble

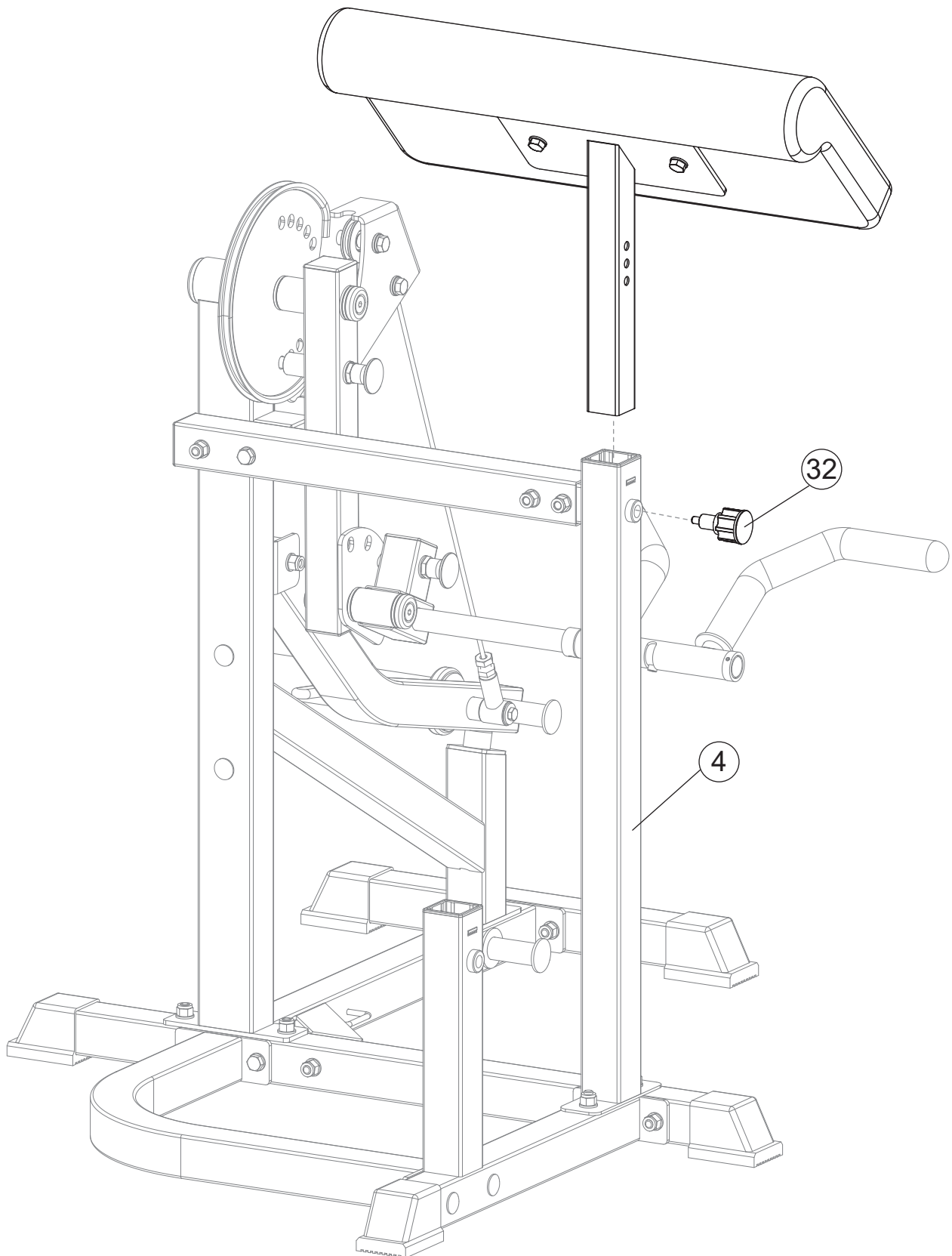
Step 21

 Bolt M10*20mm		 M10 Washer						 	
B2	2PCS	C2	2PCS						



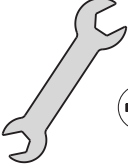
Assemble

Step 22

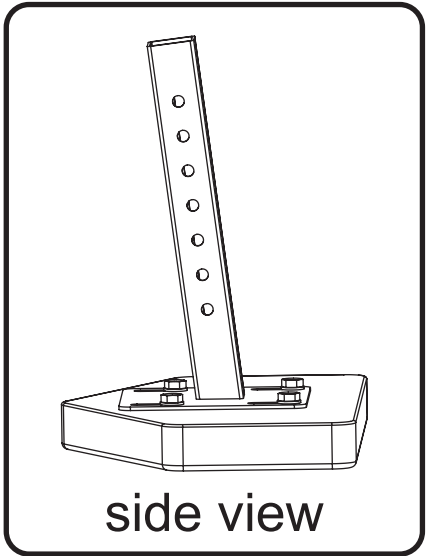
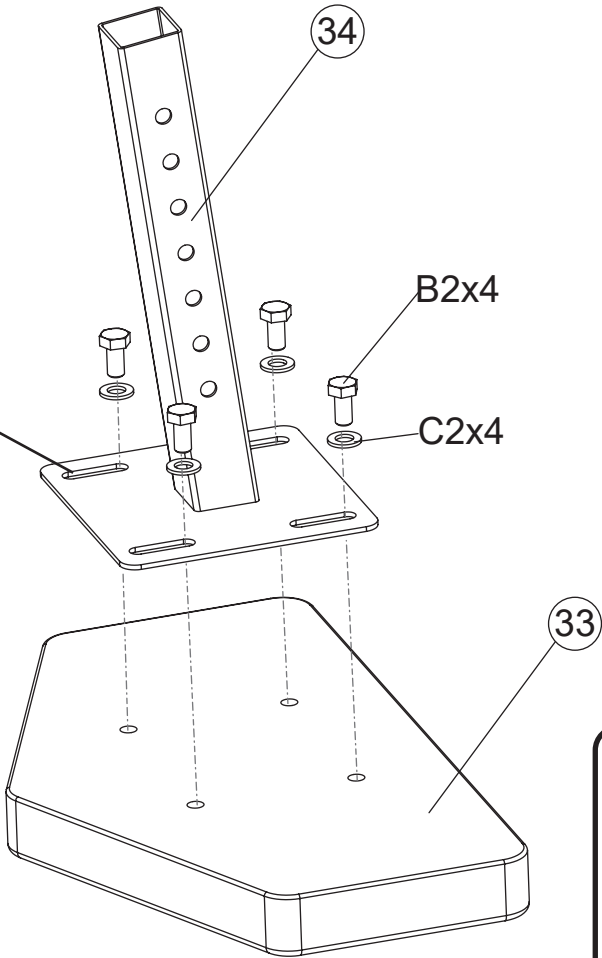


Assemble

Step 23

 Bolt M10*20mm		 M10 Washer						 	
B2	4PCS	C2	4PCS						

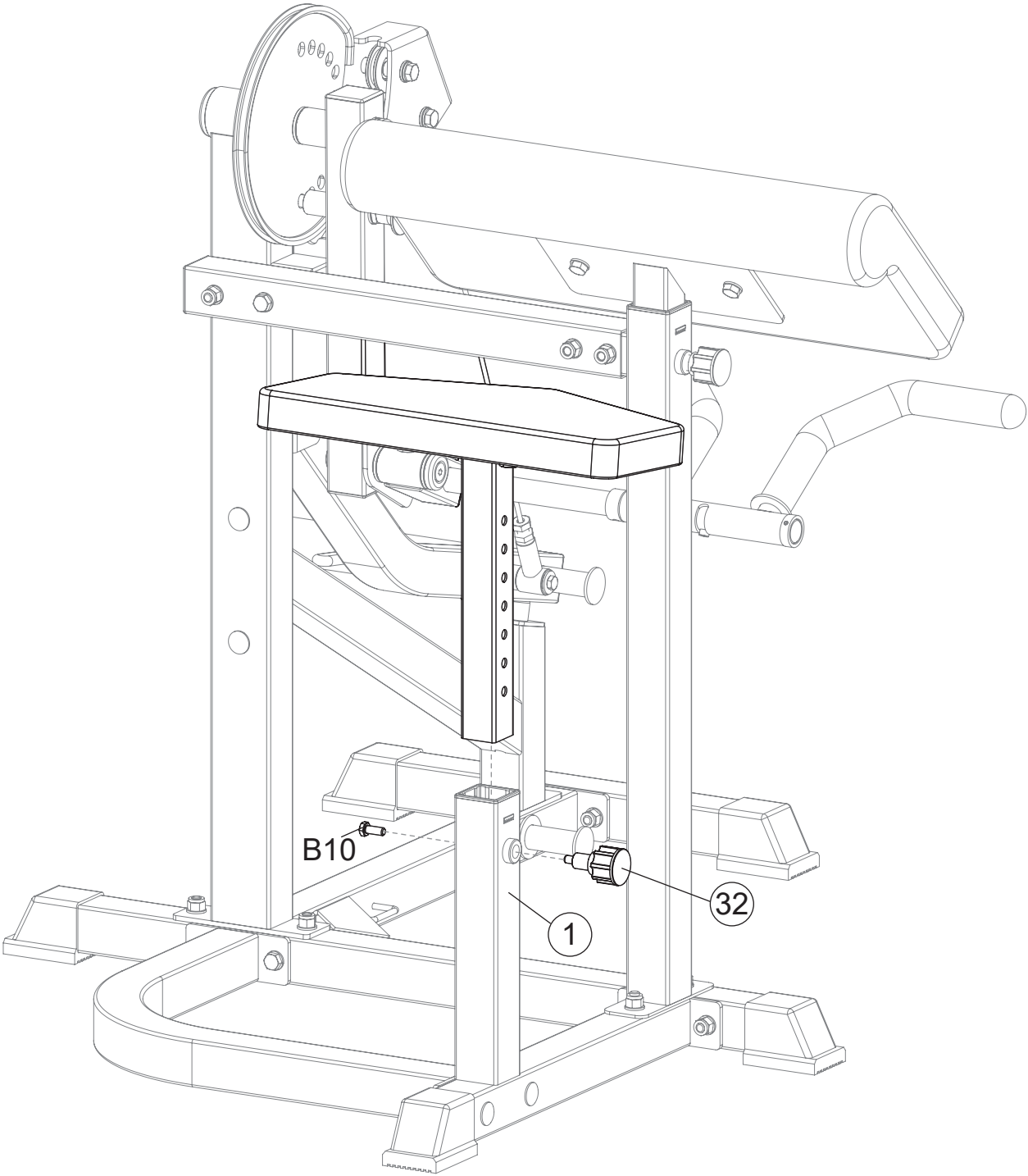
By securing the bolts into different positions of the long hole, the seat can be moved forward and backward.



Assemble

Step 24

 Bolt M8x20mm								 
B10	1PCS							

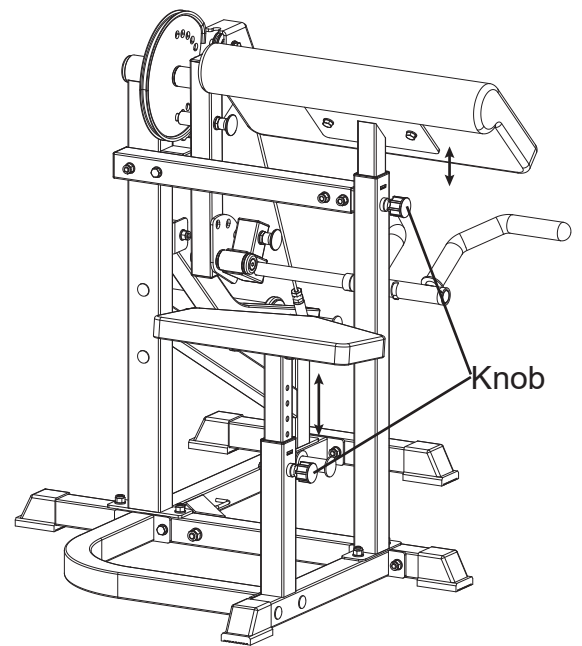


CHECK THAT ALL BOLTS ARE TIGHTENED.

Assemble

Adjust the Seat and Curl Pad

Pull out the Knob, adjust the Seat and Curl Pad height.



Adjust the Handle

Insert the Plug in different holes to adjust the handle height.

