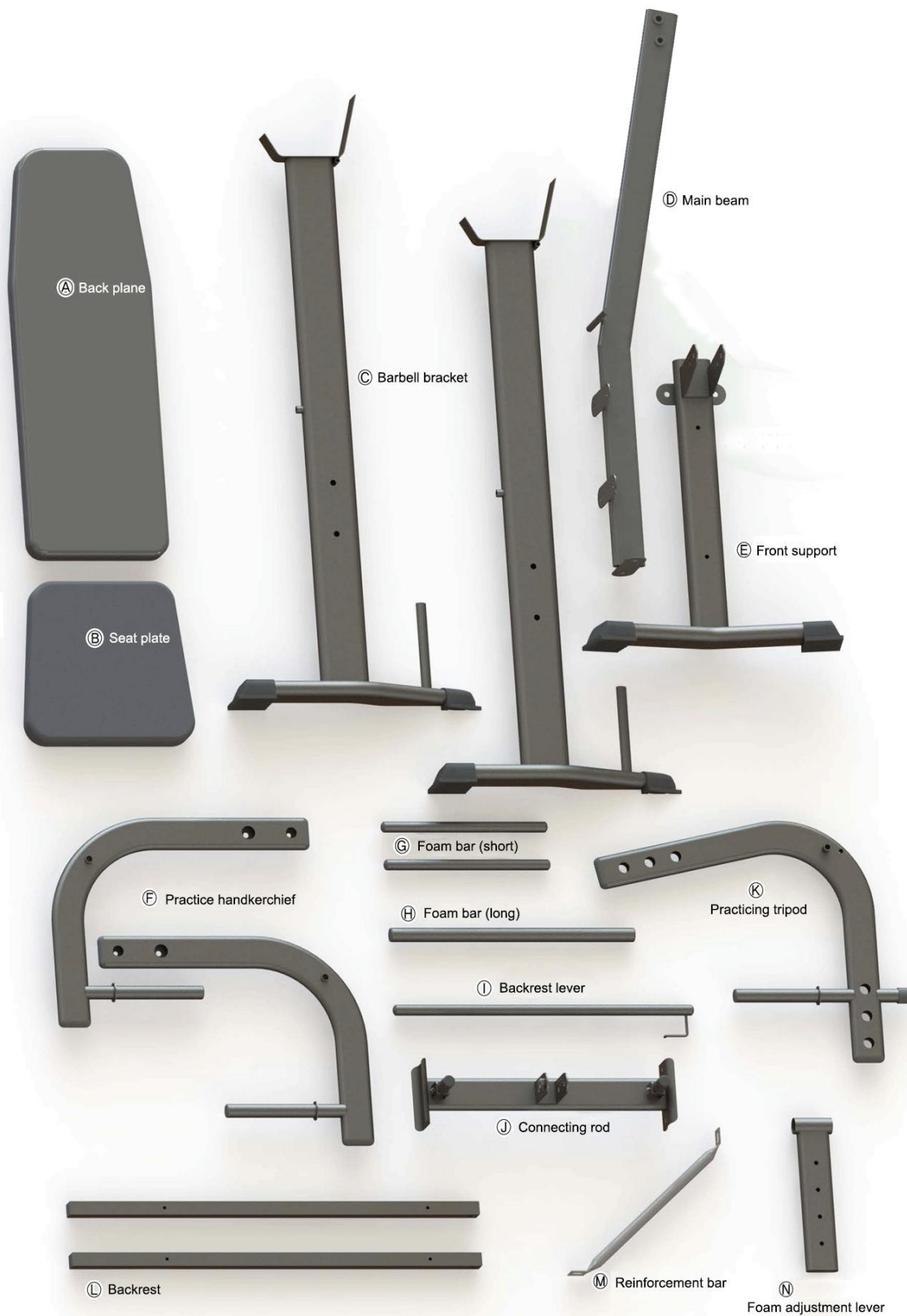


# User Manual



# Accessories List



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① Bolt(M10×140)/Gasket/M10



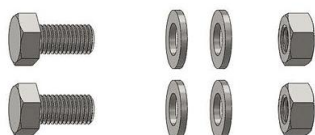
② Bolt(M10×65)/Gasket/M10



③ Bolt(M10×55)/Gasket/M10 Nuts



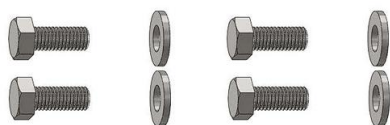
④ Bolt(M10×50)/Gasket/M10 Nuts



⑤ Bolt(M10×20)/Gasket/M10 Nuts



⑥ Bolt(M8×45)/Gasket/M8 Nuts



⑦ Bolt(M8×40)/Gasket



⑩ Bolt(M10×130)/Gasket/M10 Nuts



⑧ Bolt(M6×40)/Gasket



⑨ Bolt(M6×15)/Gasket

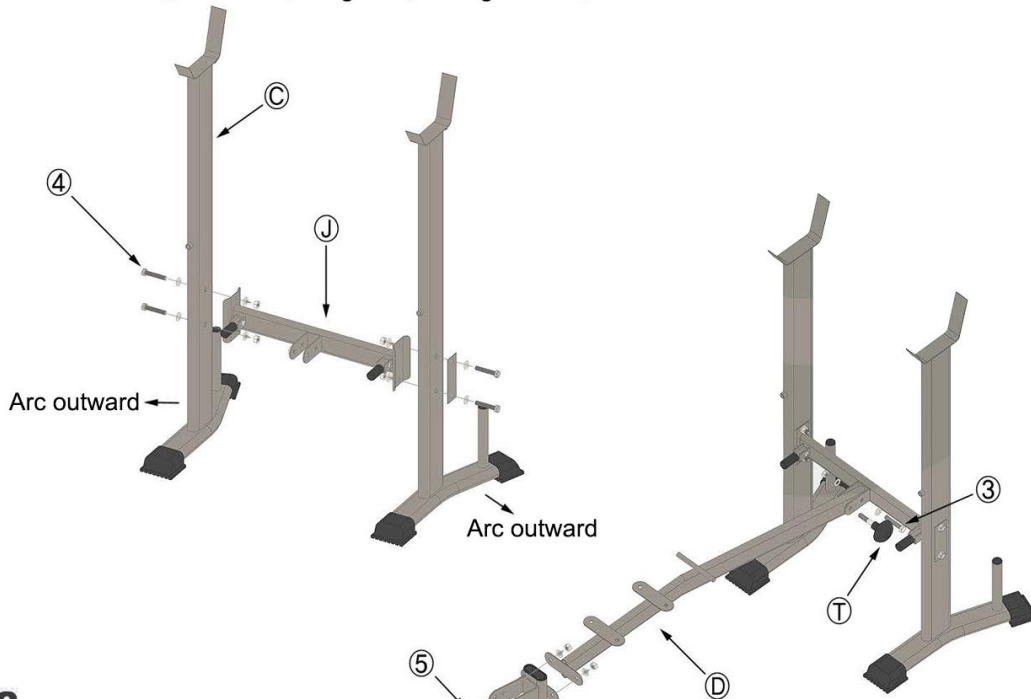


⑪ Bolt(M8×30)/Gasket

# Assembling Steps

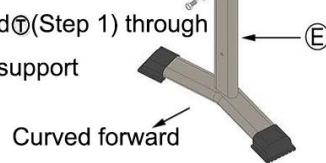
## STEP 1

Connect barbell bracket ③ with connecting rod ② through bolts ④.



## STEP 2

Connect the frame ① with connecting rod ② (Step 1) through bolt ③. Connect the frame ① with front support ⑨ through bolts ⑤.



## STEP 3

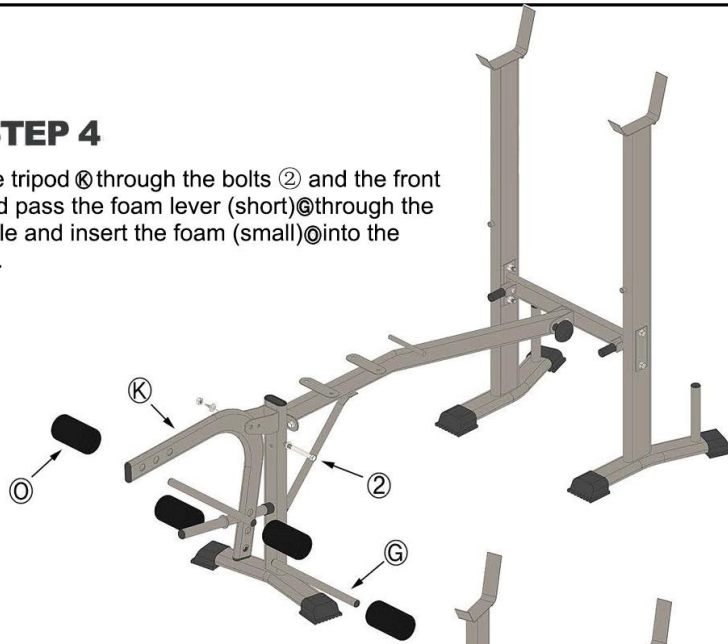
Connect the frame and front support with reinforcement bar ⑩ through bolts ⑥ and bolts ⑪.



# Assembling Steps

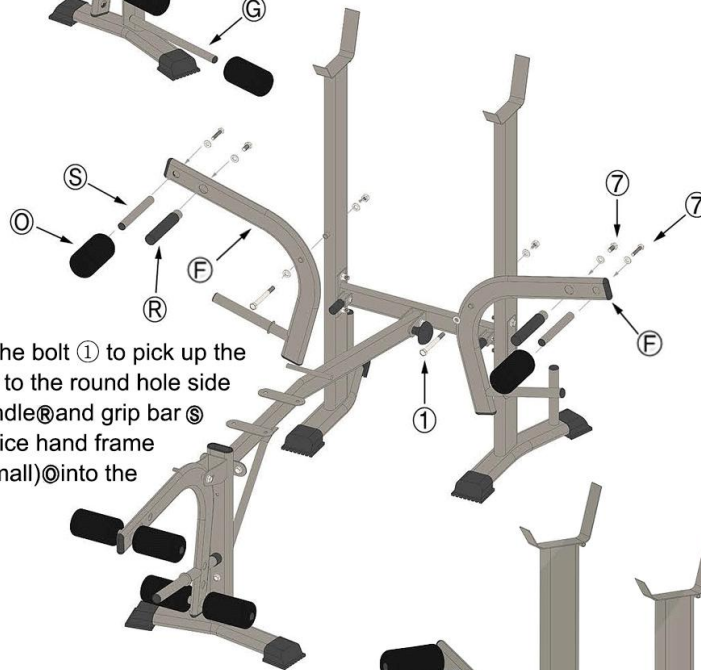
## STEP 4

Connect the tripod ⑩ through the bolts ② and the front support, and pass the foam lever (short) ⑪ through the practice hole and insert the foam (small) ⑫ into the foam bar ⑬.



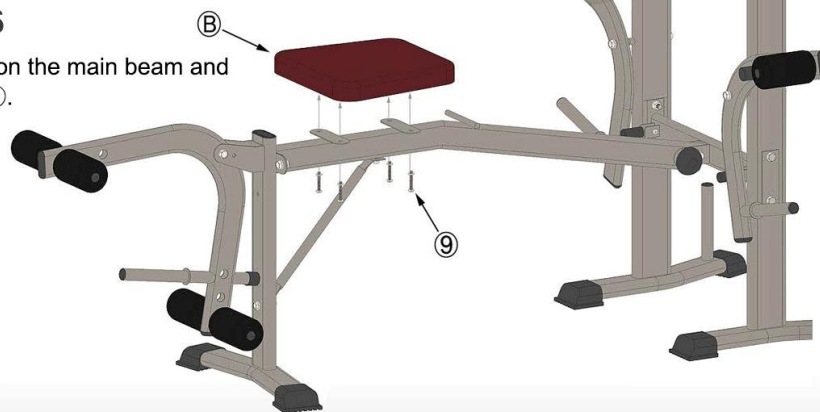
## STEP 5

The training frame ⑭ through the bolt ① to pick up the barbell bracket, pay attention to the round hole side of the big forward. Put the handle ⑮ and grip bar ⑯ into the large hole in the practice hand frame with bolts ⑰. Put the foam (small) ⑫ into the grip lever ⑱.



## STEP 6

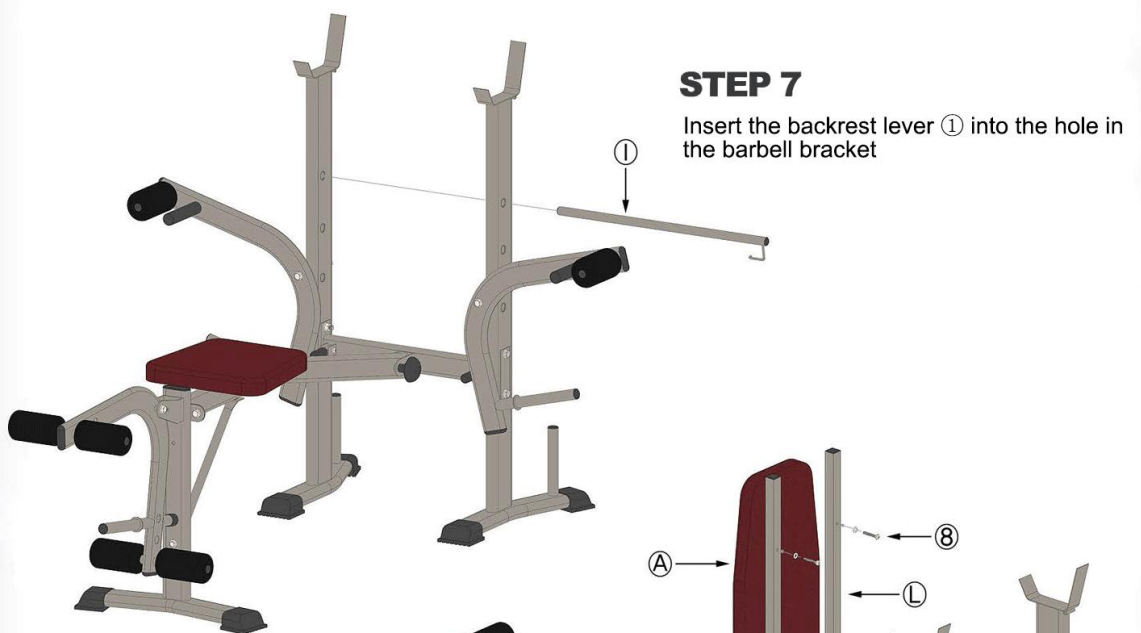
Install the seat plate ⑲ on the main beam and secure it with screws ⑳.



# Assembling Steps

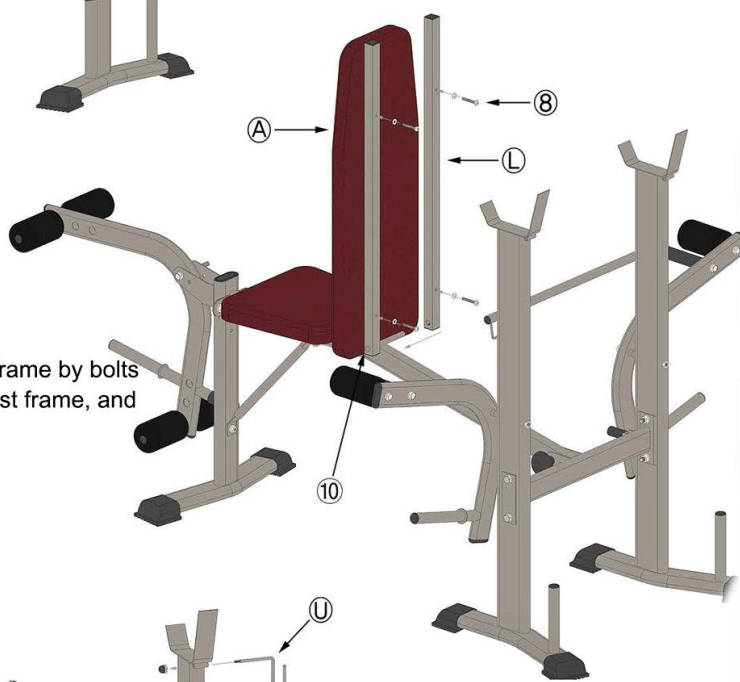
## STEP 7

Insert the backrest lever ① into the hole in the barbell bracket



## STEP 8

Attach the backrest lever ① to the main frame by bolts ⑩, attach the back plate ⑨ to the backrest frame, and fix it with screws ⑧.



## STEP 9

Attach the barbell ⑩ to the barbell bracket



# Assembling Steps

## STEP 10

Insert the foam lever (long)Ⓜ from the foam adjustment leverⓂ and insert the foam (large)Ⓟ into both ends of the foam barⓂ. Insert the above foam adjustment lever assembly into the front support and lock it with the latchⓂ. Place the spring clipⓅ in the illustration 3.

