

# Catalogue

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## Safety precautions

To ensure your safety, please read the following precautions before using this product.

1. Please read, study and understand the instruction manual and all warning labels before use.

(It is recommended to be familiar with the normal operation and usage of the instrument before using this product.

Relevant information can be obtained in this manual and local retailers)

2. Please keep this manual and ensure that all warning labels are clear and complete.

3. This product is recommended to be installed by more than two people.

4. Please consult your doctor's advice before starting exercise.

5. Please be safe when children are present.

6. Please be careful when using children in the field.

7. Please check the wire rope regularly for any signs of wear. If there is wear, it may cause some danger to you.

8. Please keep your hands, limbs and clothes stretched, so that you can fully and safely use this equipment.

9. Please pay attention to any possible signs of machinery, including worn parts, loose hardware and welding cracks. If any of the above signs are found, immediately stop using this device and contact our after-sales service department.

10. You can use a wrench or an Allen wrench to complete the assembly.

### Note:

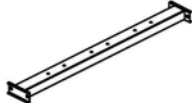

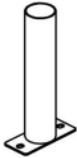
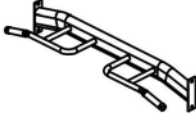
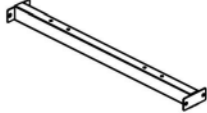
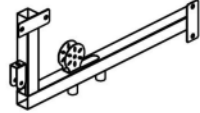
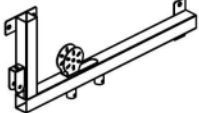



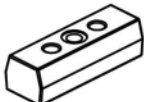

1、 Gaskets should be placed at both ends of bolts (against bolt heads and nuts), unless otherwise stated.

2、 The initial assembly is to tighten all bolts and nuts by hand, and when fully assembled, tighten them with a wrench.






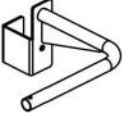

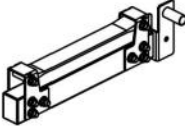
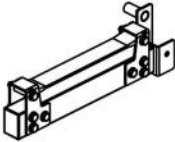


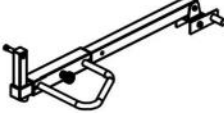
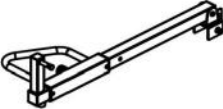














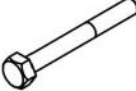


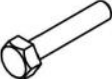


3、 Parts have been pre-assembled in the factory.

4、 This product is recommended to be installed by more than two people.

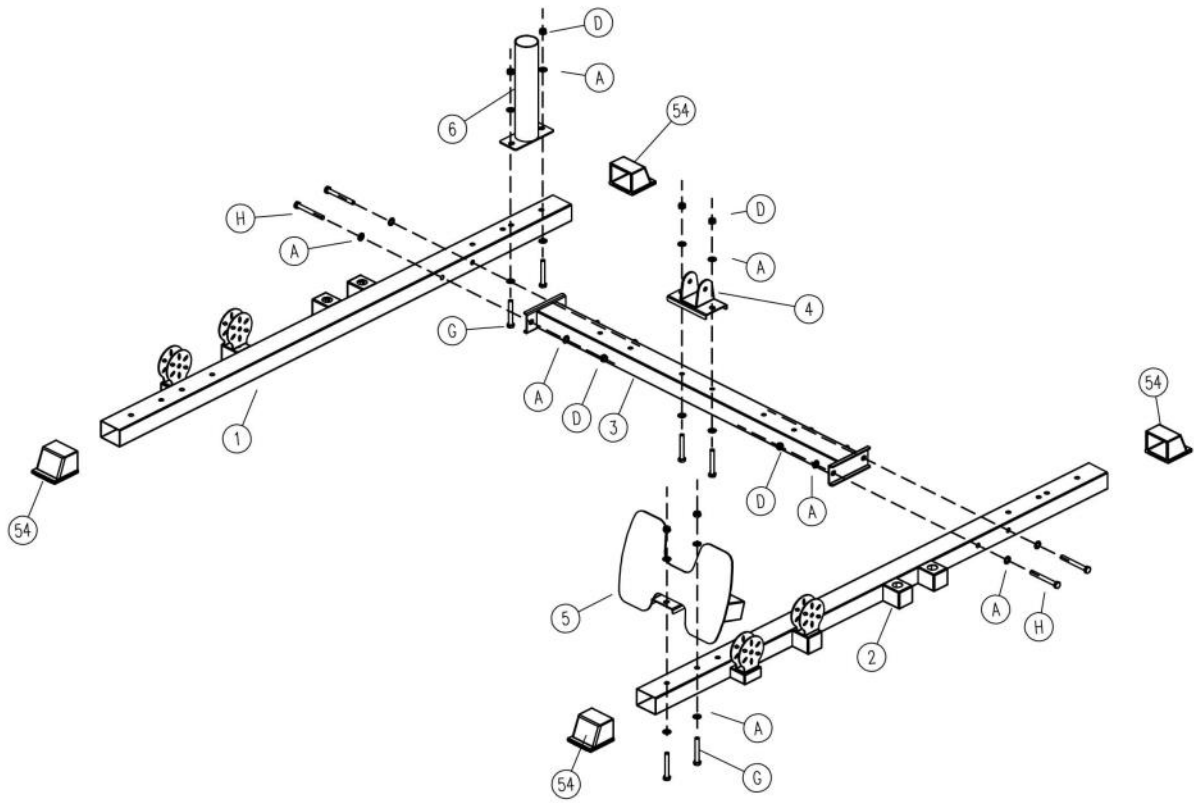
## Parts List

1 underframe left  1pc	2 underframe right  1pc	3 rear base  1pc	4 barrel seat  1pc	5 pedal  1pc
6-pole frame  1pc	7 Zhulizhu left  1pc	8 right column  1pc	9 rear column  2pc	10 rear cross member  1pc
11 brace left  2pc	12 brace right  2pc	13 front roof beam  1pc	14 rear roof beam  1pc	15 left roof beam  1pc
16 right roof beam  1pc	17 crossbeam left  1pc	18 crossbeam right  1pc	19 barbell guide rod  2pc	20 barbell bar  1pc
21 barbell fixing sleeve  2pc	22 barbell sliding sleeve  2pc	23 barbell sleeve  2pc	24 left of protective frame  1pc	25 protection rack right  1pc
26 universal parts of barrel  1pc	27 barrel frame  1pc	28 barbell sleeve mounting frame  6pc	29 counterweight guide rod  4pc	30 weight plate overweight rack  2pc
31 counterweight top block  12pc	32 counterweight  18pc	30 plus bar  2pc	34 adjusting pin  22pc	35 shock absorbing pad  8pc
36 Plastic barbell sleeve  6pc	37 Feiniaojia Left  1pc	38 bird rack right  1pc	39 double-wheeled frame  2pc	40 wire rope  2pc

## Parts List

<p>41 Ball joint pin</p>  <p style="text-align: right;">2pc</p>	<p>42 Wire rope fixing frame</p>  <p style="text-align: right;">2pc</p>	<p>43 Hook left</p>  <p style="text-align: right;">2pc</p>	<p>44 Pulley 70</p>  <p style="text-align: right;">2pc</p>	<p>45 Pulley 90</p>  <p style="text-align: right;">16pc</p>
<p>46 parallel bars left</p>  <p style="text-align: right;">1pc</p>	<p>47 parallel bars right</p>  <p style="text-align: right;">1pc</p>	<p>48 left protection frame</p>  <p style="text-align: right;">1pc</p>	<p>49 Protection rack right</p>  <p style="text-align: right;">1pc</p>	<p>50 hook left</p>  <p style="text-align: right;">1pc</p>
<p>51 hook right</p>  <p style="text-align: right;">1pc</p>	<p>52 Attachment Parallel Bar Left</p>  <p style="text-align: right;">1pc</p>	<p>53 Attachment Parallel Bar Right</p>  <p style="text-align: right;">1pc</p>	<p>54 foot covers</p>  <p style="text-align: right;">4pc</p>	<p>55 latch</p>  <p style="text-align: right;">2pc</p>
<p>A. flat pad <math>\phi</math> 10</p>  <p style="text-align: right;">140pc</p>	<p>B. flat pad <math>\phi</math> 12</p>  <p style="text-align: right;">20pc</p>	<p>C. big flat pad M10</p>  <p style="text-align: right;">2pc</p>	<p>D. locknut M10</p>  <p style="text-align: right;">70pc</p>	<p>E. locknut M12</p>  <p style="text-align: right;">6pc</p>
<p>F. hexagon nut M12</p>  <p style="text-align: right;">4pc</p>	<p>G. hexagon bolt M10x70</p>  <p style="text-align: right;">30pc</p>	<p>H. hexagon socket head bolt M10x90</p>  <p style="text-align: right;">16pc</p>	<p>I. hexagon bolt M10x75</p>  <p style="text-align: right;">6pc</p>	<p>J. hexagon bolt M10x25</p>  <p style="text-align: right;">2pc</p>
<p>K. hexagon bolt M12x25</p>  <p style="text-align: right;">6pc</p>	<p>L. hexagon bolt M12x30</p>  <p style="text-align: right;">4pc</p>	<p>M. hexagon bolt M12x90</p>  <p style="text-align: right;">2pc</p>	<p>N. hexagon socket head bolt M10x16</p>  <p style="text-align: right;">22pc</p>	<p>O. hexagon bolt M10x45</p>  <p style="text-align: right;">18pc</p>
<p>P. hexagon bolt M12x60</p>  <p style="text-align: right;">2pc</p>	<p>Q. ring buckle</p>  <p style="text-align: right;">2pc</p>	<p>R. handle</p>  <p style="text-align: right;">2pc</p>		

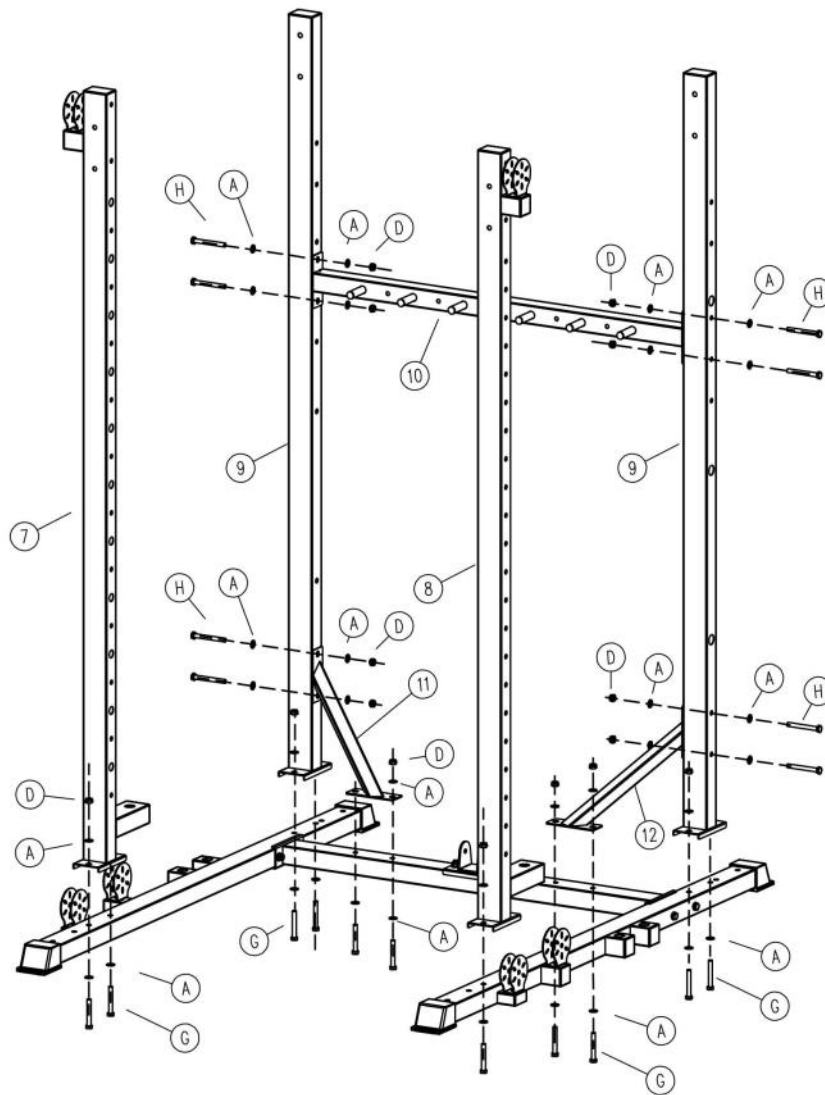
## Installation



**figure 1**

1. Install 4 foot covers (#54) on the left and right bases (#1) (#2);
2. Use (#G)(#A) (#D) to install the barrel base (#4) on the rear base (#3);
3. Use (#G)(#A)(#D) to install the foot pedal (#5) on the right base (#2);
4. Connect the base with (#H)(#A)(#D).

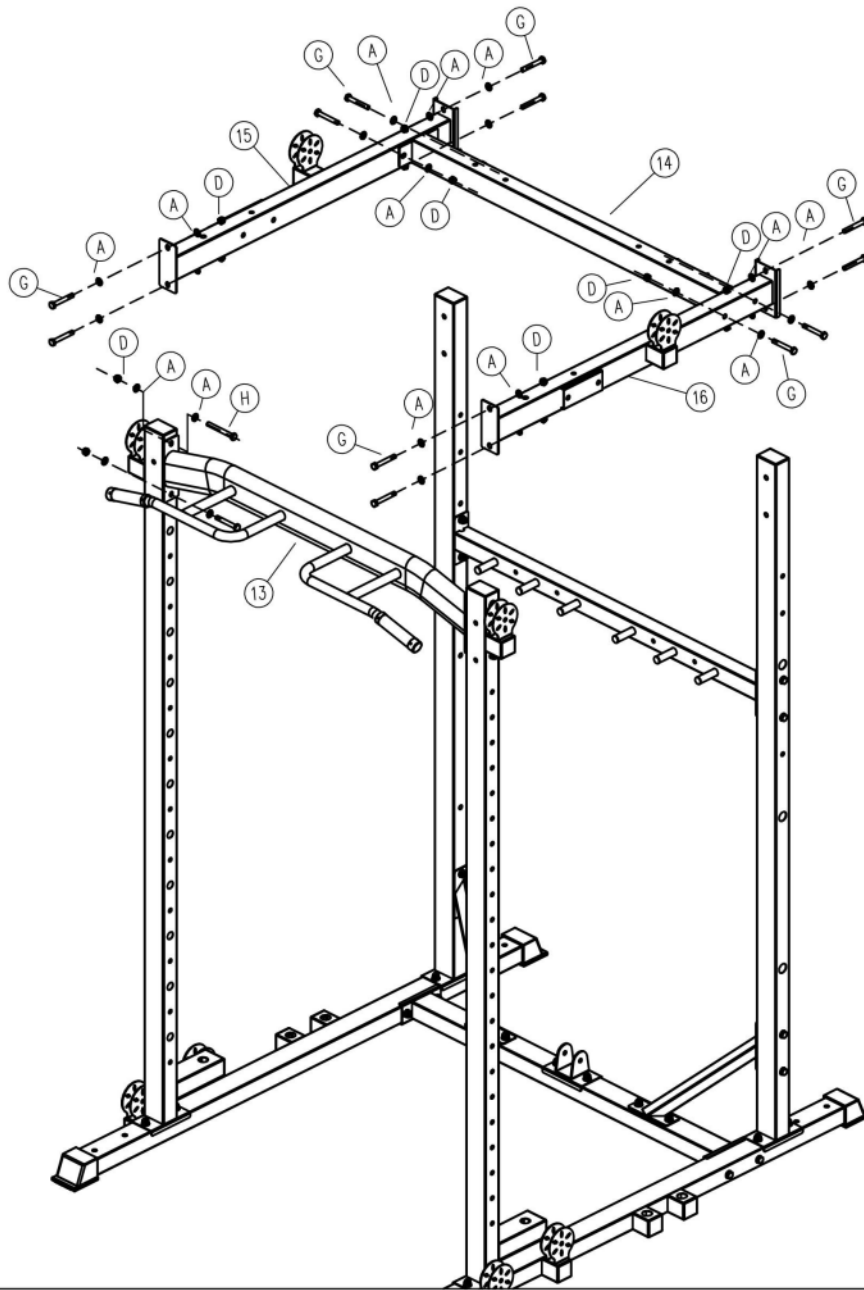
## Installation



**Figure 2**

1. Install the front column left and right (#7) (#8) and the rear column (#9) on the base with (#6) (#A) (#D);
2. Use (#H)(#A)(#D) brace to connect the left and right (#11)( #12) to the upright post;
3. Connect the (#H)(#A)(#D) rear beam (#10) with the rear column.

## Installation

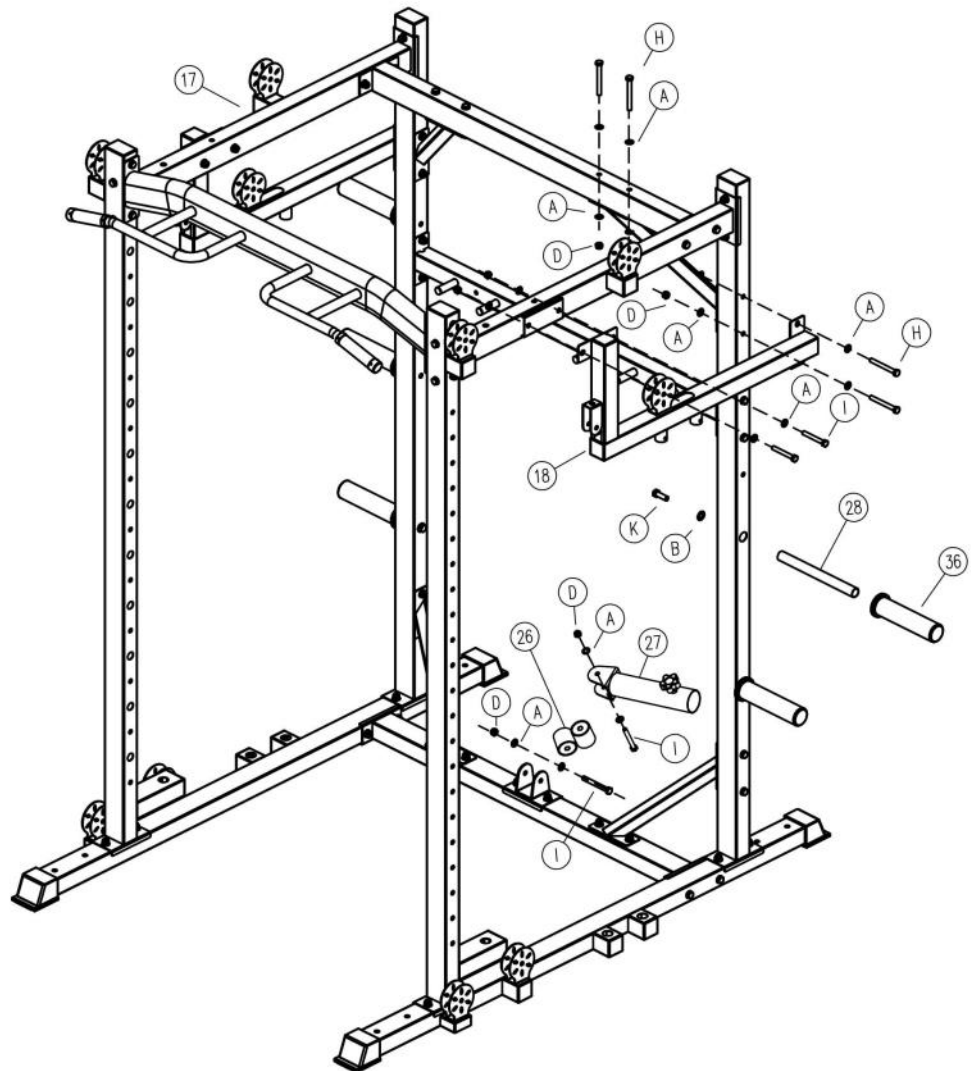


**Figure 3**

1. Use (#G) (#A) (#D) to install the left and right top beams (#15) (#16) on the upright posts;
2. Use (#H) (#A) (#D) to connect the front roof beam (#13) to the left and right of the front pillar;
3. Use (#G) (#A) (#D) to connect the rear roof beam (#14) to the left and right roof beams;



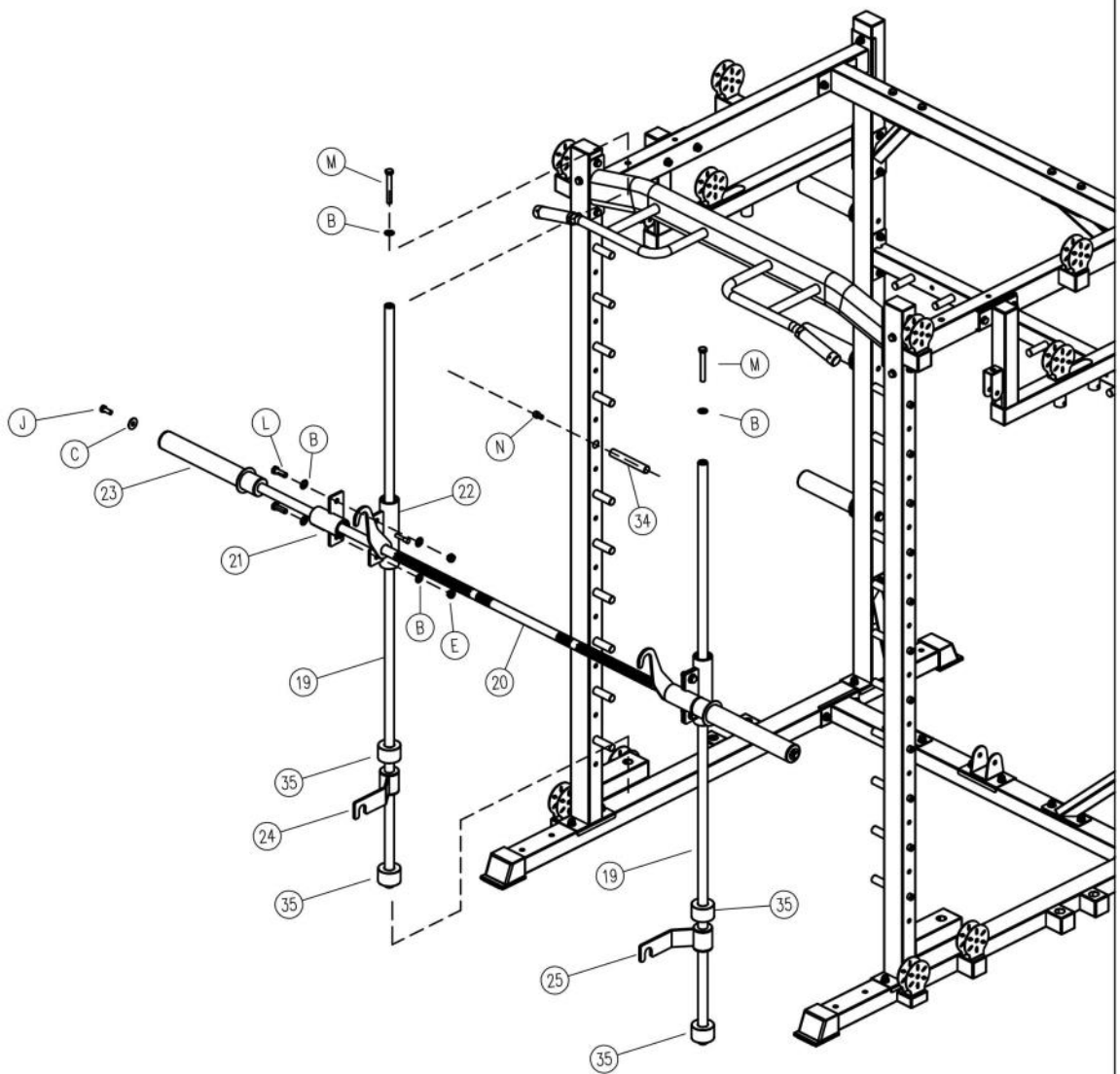
## Installation



**Figure 4**

1. Use (#I) (#A) (#D) to install (# 26) and (# 27) to the barrel seat;
2. Use (#H)(#A)(#D) to connect the right brace (#12) with the rear roof beam, and install it on the rear column together with the right beam (#18); (#18) The front end is connected with the right top beam with (#I) (#A) (#D);
3. Install (#28) with (#K) (#B) and set it into (# 36);
4. Install the other side in the same way.

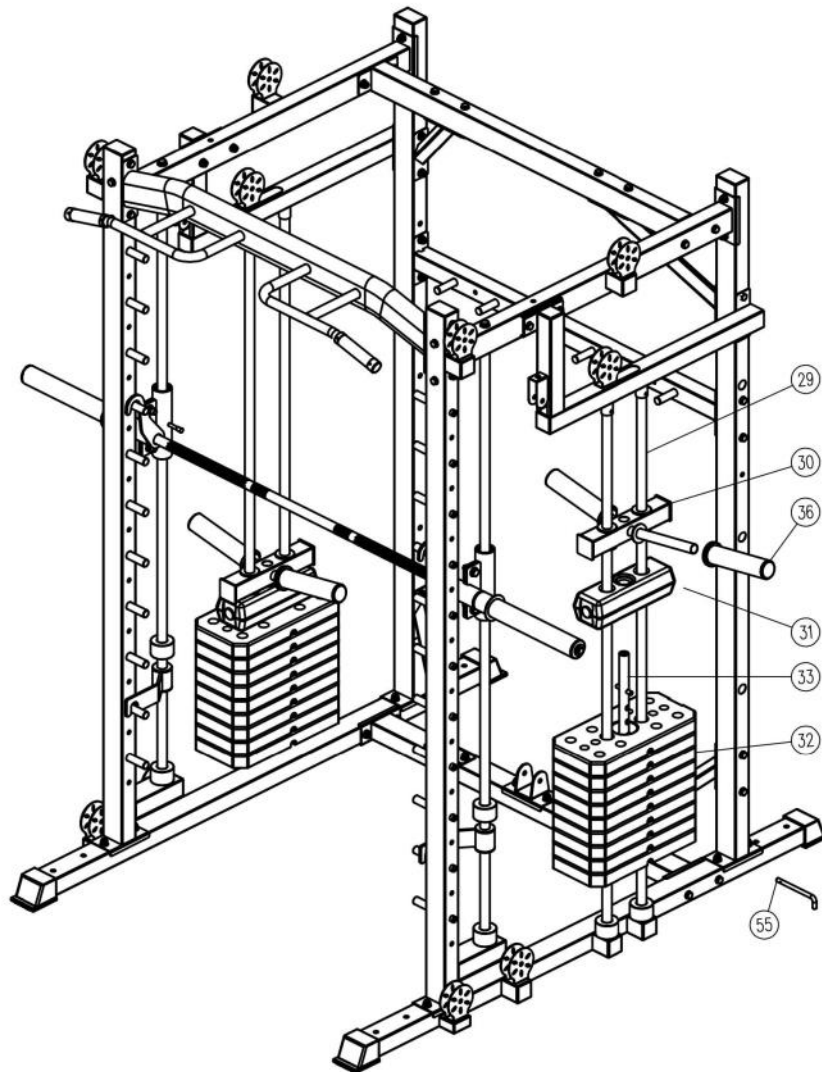
## Installation



**Figure 5**

1. Put (#35), (#24) and (#35) (#22) on (#19) in turn, and insert the front column with (#M) (#B) Install the other side of the same installation;
2. Put both ends of (#20) into (#21) and connect (#21)(#22) with (#L)(#B)(#E).
3. Put (23) into both ends of (#20) and install it with (#J)(#C);
4. Install (# 34) with (# 1);

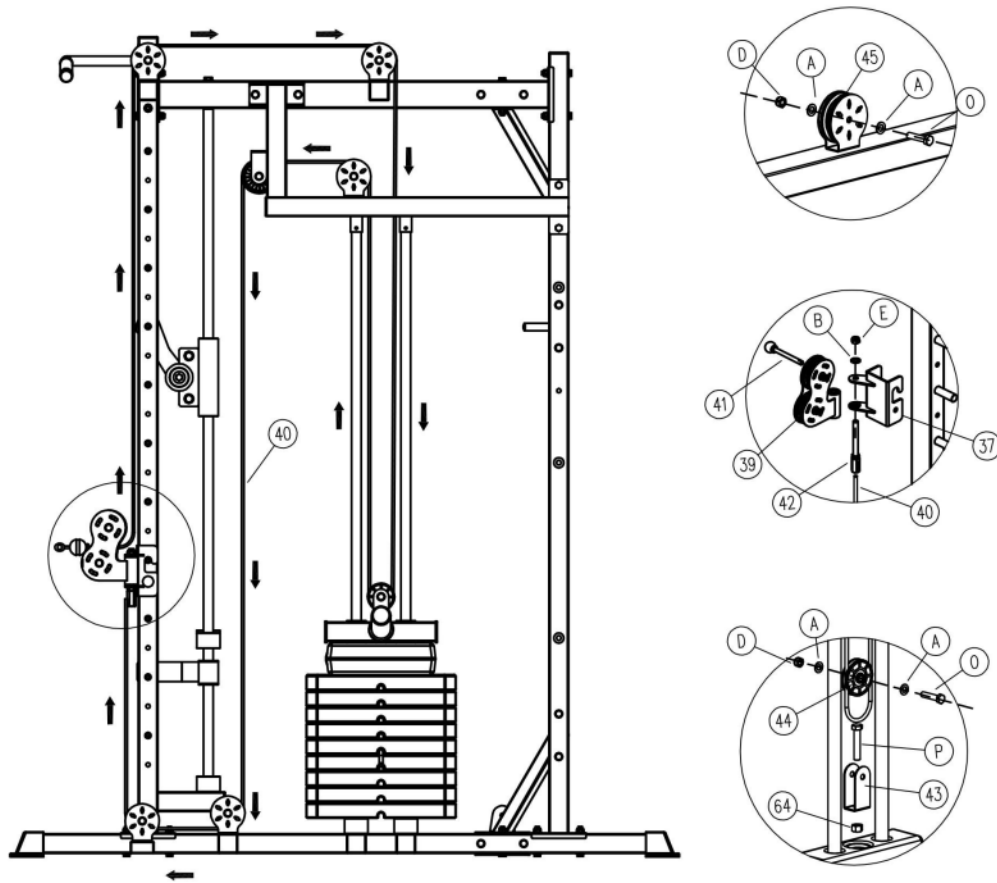
## Installation



**Figure 6**

1. Tilt the guide rod (#29), put it in (#35), (#32)(#33) (#31)(#30) in turn, and sleeve it in (#36); Insert (# 55); Finally, fix that guide rod and the beam;
2. Install the other side in the same way.

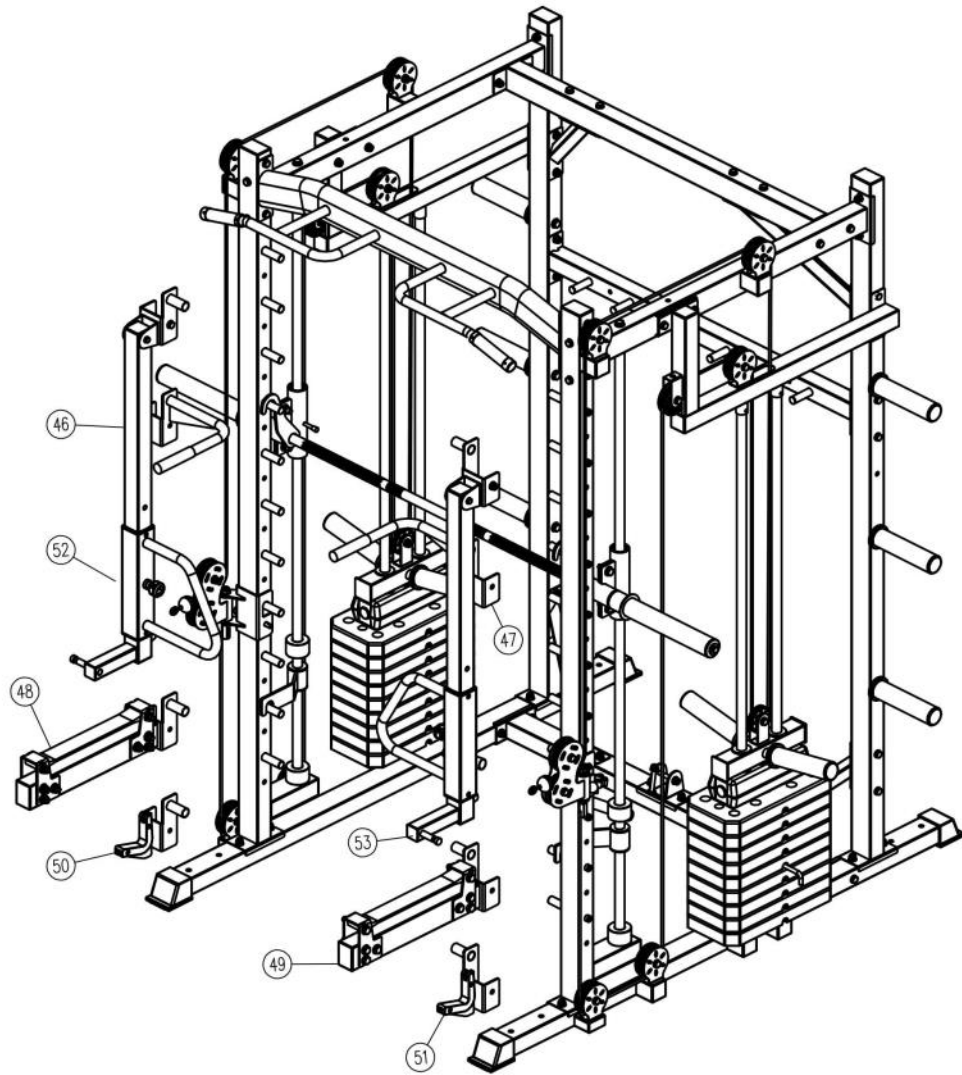
# Installation



**Figure 7**

1. As before, install the wire rope in the direction of arrow;

## Installation



**Figure 8**

1. Install the above components according to the use requirements.

## Use and maintenance

Use:

- 1、 Your instrument is now fully assembled. Please use a wrench to tighten all bolts and nuts.
- 2、 Before using it correctly, please check that all pulleys and wire ropes have been fixed.
- 3、 In the first stage, adjust the wire rope according to the actual situation.

Maintenance method:

In order to prolong the service life of the instrument, it is necessary to moisten the parts and components on time. This product has preliminarily moistened the instrument before leaving the factory, but after a certain period of use, it is necessary to moisten and maintain between the guide rod and the weight plate.

Note: It is forbidden to use oil butter, otherwise it will absorb dust and dirt in the air. It is recommended to use sewing machine oil.

1. All pulleys and wire ropes should be checked regularly for signs of wear.
2. Regularly check and adjust the tension of wire rope.
3. Check all moving parts regularly and check whether there are signs of wear and damage. If there is any problem, you must immediately stop using the equipment and contact our after-sales department.
4. During inspection, make sure that all bolts and nuts are completely fixed. If any bolts or nuts are loosened, please lock them in time.
5. Check the weld for cracks.
6. Failure to perform routine maintenance may result in personal injury or equipment damage.