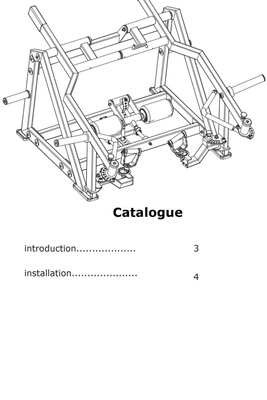
# 82037G Installation Guide
Pull Up Mulifunctional Trainer



## Catalogue


introduction..... 3

installation..... 4




## Introduction

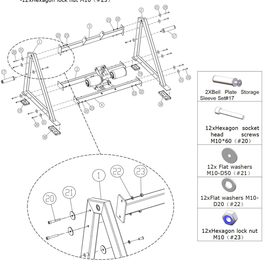
Please take the time to read this instruction carefully before installation. Please refer to the various lists in the manual to confirm the integrity and quantity of all parts (if there are parts missing or damaged during transportation, please call our after-sales service immediately for instructions). Please install the equipment correctly according to the relevant instructions.

This equipment is designed to provide the smoothest and most effective exercise. After installation, you need to understand all functions to use it correctly. If you find any problems during use, you should stop using it immediately to avoid physical injury and equipment damage. Please refer to the relevant instructions in time to inquire about the cause. If you cannot solve it, please call our after-sales service. After reading all the instructions carefully, please continue

| |
|---|
| Rubber rod |
| Level |
| Hexagon wrench |
| Two people |
| Circlip pliers |
| Adjustable wrench |

**Step1**:Use the base frame assembly #3 and the lever arm fixing frame #5 to connect the left frame #1 and the right frame #2; install the two bell-plate storage sleeve groups #17 to the left frame #1 and the right frame #2 respectively; install the rectangular foot pad #18 and the enlarged foot pad #19 to the left frame #1 and the right frame #2 respectively in the following way.

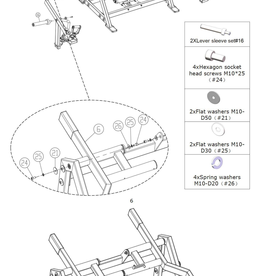
- 12xHexagon socket head screws M10*60（#20）
- 12xFlat washers M10-OS0（#21）
- 12xFlat washers M10-D20（#22）
- 12xHexagon lock nut M10（#23）



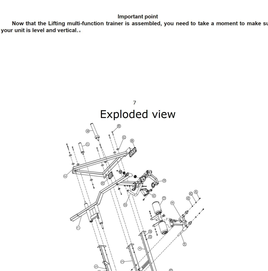



**Step 2**:Install the right arm assembly #6 and the left arm assembly #7 onto the arm fixing bracket #5 in the following manner; install the two arm sleeve assemblies #16 onto the right arm assembly #6 and the left arm assembly #7 respectively.

- 4xHexagon socket head screws M10*25（#24）
- 2xFlat washers M10-OS0（#21）
- 2x Flat washers M10-D30（#25）
- 4xSpring washers M10-D20（#26）

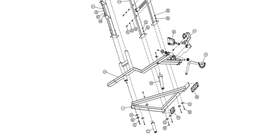




**Important point**

**Now that the Lifting multi-function trainer is assembled, you need to take a moment to make sure your unit is level and vertical..**



## Exploded view