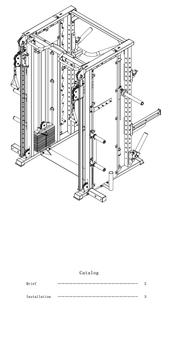


Catalog

Brief ---------- 2
Installation ---------- 3

1

introductions

Please read this instruction carefully before installing. Please refer to the list in the manual to confirm the integrity and quantity of all parts (if any parts are missing or damaged during transportation, please call the company for after-sales instructions immediately).
Please follow the relevant instructions to install the equipment correctly during installation.
This equipment is designed to provide the smoothest and most effective exercise motion possible. After installation, you need to understand all the functions to use it correctly. If we find any problems during use, you should stop using it immediately to avoid physical injury and equipment damage. And refer to the relevant instructions in time to check the reason, if you can't solve it, please call the company's after-sales service. After reading all instructions carefully, please continue

tool
rubber stick
tetel ruler
Allen wrench
Allen wrench
adjustable wrench

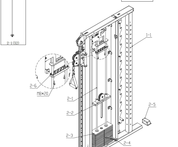
Note: When assembling, it is recommended that two or more persons operate

2

3

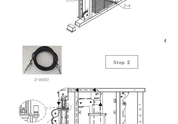
Step 1

4



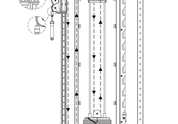
Step 2

5



Step 3

6

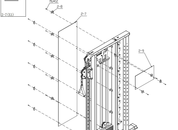


Step 4

7

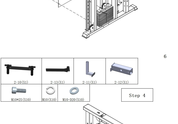
Step 5

8



Step 6

9



Step 7