

Catalogue

Brief 2

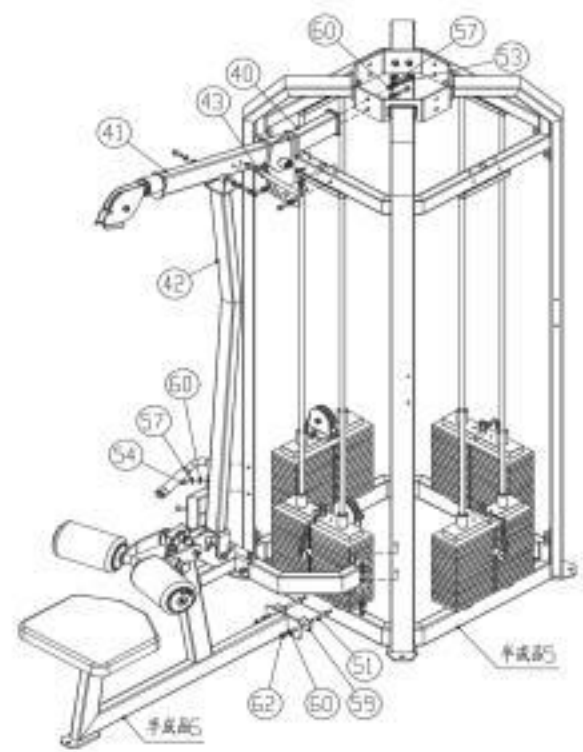
Installation 3

Accessories List 6

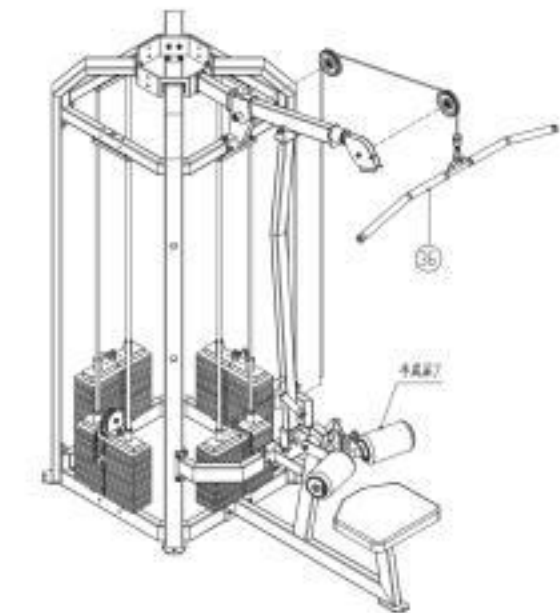
-1-
Installation

Step 7: Connect # semi-finished product 5, # semi-finished product 6, # 40, # piece 41, # 42, # 43 to form # semi-finished product 7 by;

- 2 x flat washer M10-D50 (#59)
- 16x flat washer M10-D20 (#60)
- 16x Spring washersM10 (#57)
- 2 x Hexagon socket cheese head screws M10*60 (#51)
- 2 x Hexagon socket cheese head screws M10*35 (#53)
- 12x Hexagon socket cheese head screws M10*25 (#54)
- 2 x Hexagonal self-locking nuts M10 (#62)

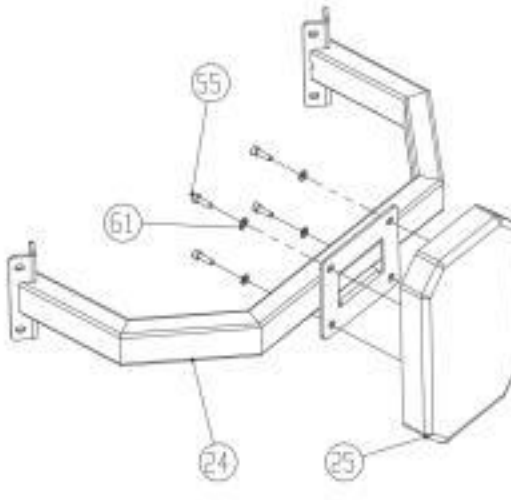


Step 8:Join # semis 7, piece 36 to form # semis 8 by.



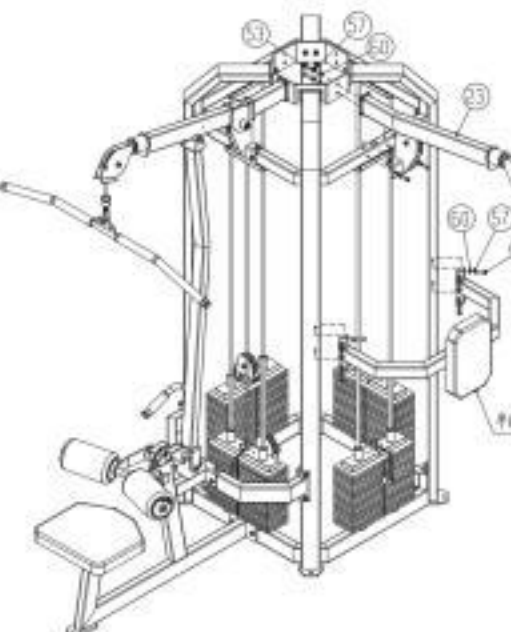
Step 9:Join # 24, # 25 to form # semi-finished product 9 using the following method;

- 4x Hexagon socket cheese head screws M8*25 (#55)
- 4x flat washer M8-D16 (#61)

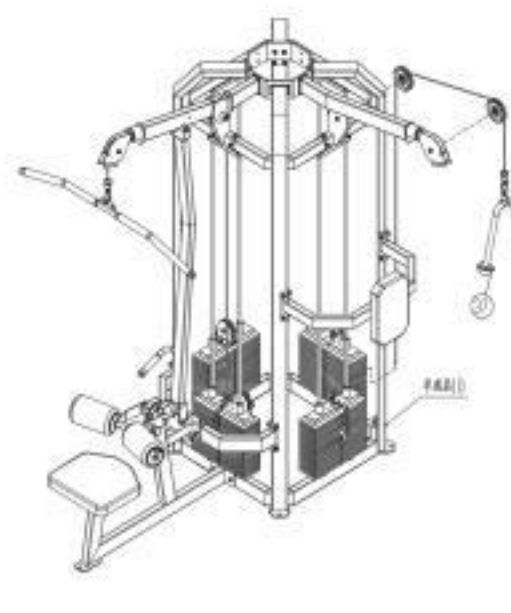


Step 10: The # semis 9, # pieces 23 are joined together to form the # semis 10 using the following method;

- 14x flat washer M10-D20 (#60)
- 14x Spring wahserM10 (#57)
- 2 x Hexagon socket cheese head screws M10*35 (#53)
- 12x Hexagon socket cheese head screws M10*25 (#54)

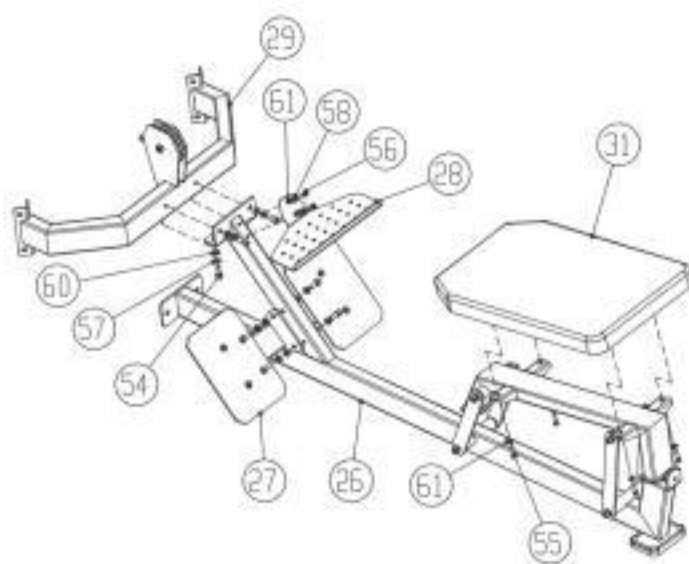


Step 11: The # semi-finished product 10, # 37 are joined together to form the # semi-finished product 11 using the following method;



Step 12: Connect # 26, # 27, # 28, # 29, and # 31 to form the # semi-finished product 12 using the following method;

- 8x spring washerM10 (#57)
- 2x spring washerM8 (#58)
- 8x flat washer M10-D20 (#60)
- 6x flat washer M8-D16 (#61)
- 8x Hexagon socket cheese head screws M10*25 (#54)
- 4x Hexagon socket cheese head screws M8*25 (#55)



Please take the time to read these instructions carefully

before installation. Please refer to the list in the manual to confirm the completeness and quantity of all parts (if any parts are missing or damaged in transit, please call our company immediately for after-sales instructions) When installing the equipment, please follow the instructions for proper installation.

This equipment is designed to provide the most fluid and effective exercise training. After installation, you need to understand all the functions in order to use correctly, the use of the process found in the problem should immediately stop using to avoid physical injury and equipment damage. And timely reference to the relevant instructions to inquire about the cause, if you can not solve please call the company after-sales. After carefully reading all the instructions, please continue

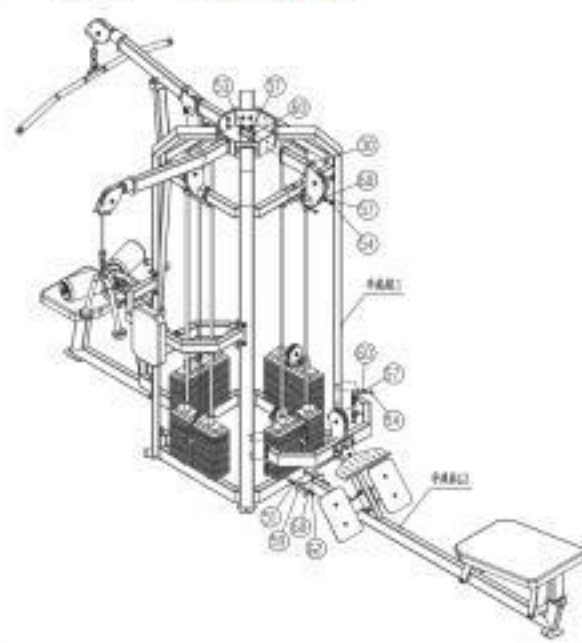
Tools	Rubber Rod
	Level Ruler
	Hexagonal wrench
	Spring Clamp
	Adjustable wrench

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

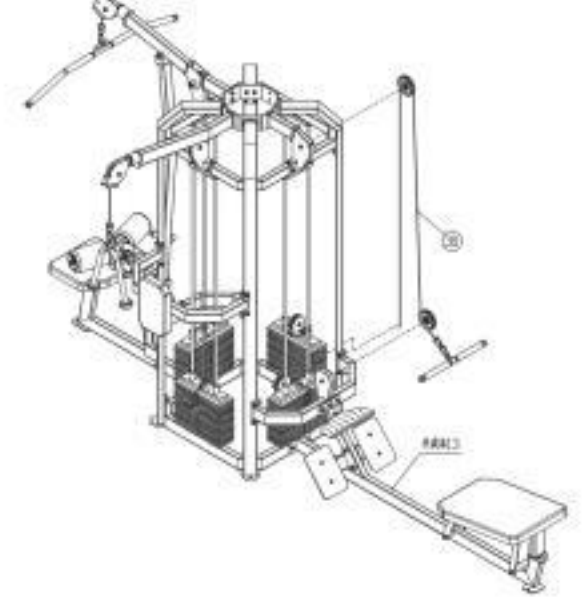
-2-
Installation

- 2x Hexagon socket cheese head screws M8*16 (#56)
- Step 13: The # semis 11, # semis 12, and #30 are joined together to form the # semis 13 using the following method;

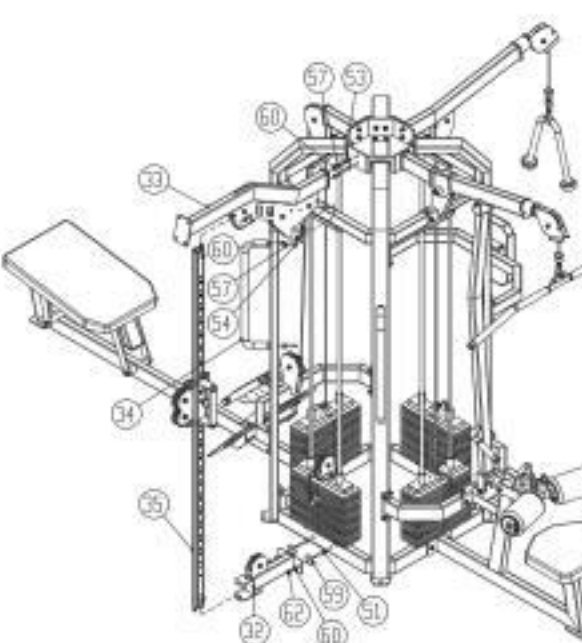
- 2 x flat M10-D50 (#59)
- 16x flat washer M10-D20 (#60)
- 16x Spring washersM10 (#57)
- 2 x Hexagonal self-locking nuts M10 (#62)
- 2 x Hexagon socket cheese head screws M10*60 (#51)
- 2 x Hexagon socket cheese head screws M10*35 (#53)
- 12x Hexagon socket cheese head screws M10*25 (#54)



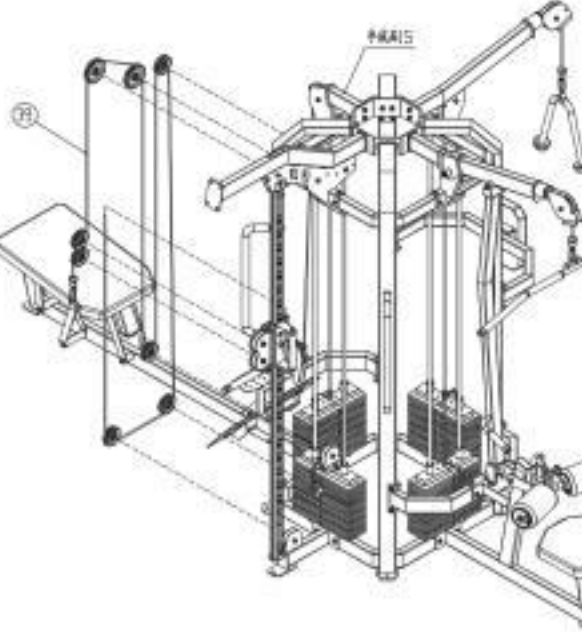
Step 14: The # semi-finished product 13, # 38 are joined together to form the # semi-finished product 14 using the following method;



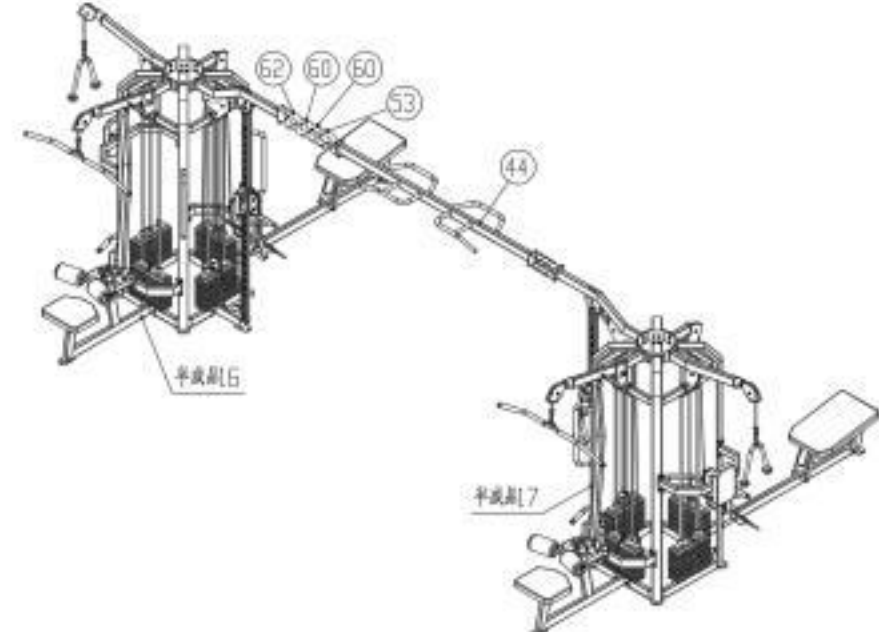
- Step 15: The # semi-finished product 14, # 32, # 33, # 34, and # 35 are joined together to form the # semi-finished product 15 using the following method;
- 2x flat washer M10-D50 (#59)
 - 12x flat washer M10-D20 (#60)
 - 12x Spring washerM10 (#57)
 - 2x Hexagonal self-locking nuts M10 (#62)
 - 2x Hexagon socket cheese head screws M10*60 (#51)
 - 2x Hexagon socket cheese head screws M10*35 (#53)
 - 8x Hexagon socket cheese head screws M10*25 (#54)



Step 16: The # semi-finished product 15, # 39 are joined together to form the # semi-finished product 16 using the following method;



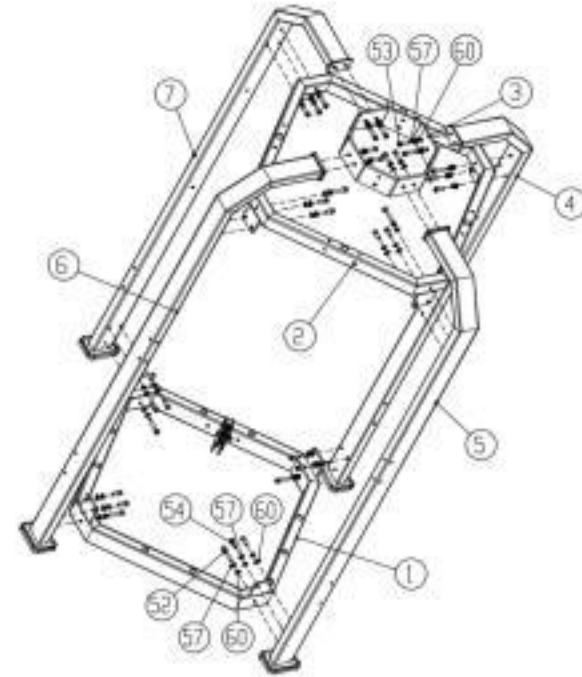
Step 17: Assemble the right side components to form # semi-finished product 17 in accordance with steps 1-16 above.



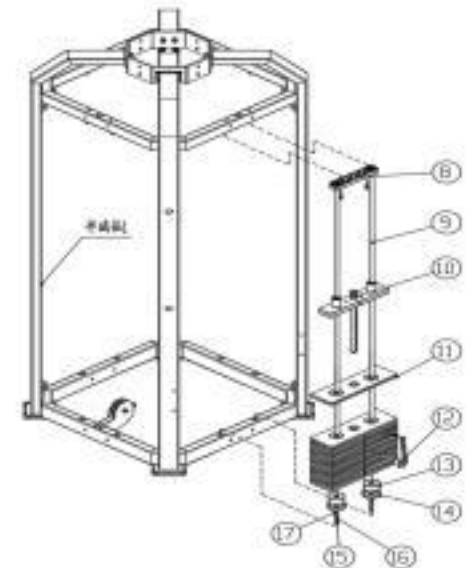
- Step 18: The # semi-finished product 15, # 39 are joined together to form the # semi-finished product 16 using the following method;
- 16x flat washer M10-D20 (#60)
 - 8x Hexagon socket cheese head screws M10*35 (#53)
 - 8x Hexagonal self-locking nuts M10 (#62)

Step 1:Join # 1, # 2, # 3, # 4, # 5, # 6, #7 to form # semi-finished product 1 by.

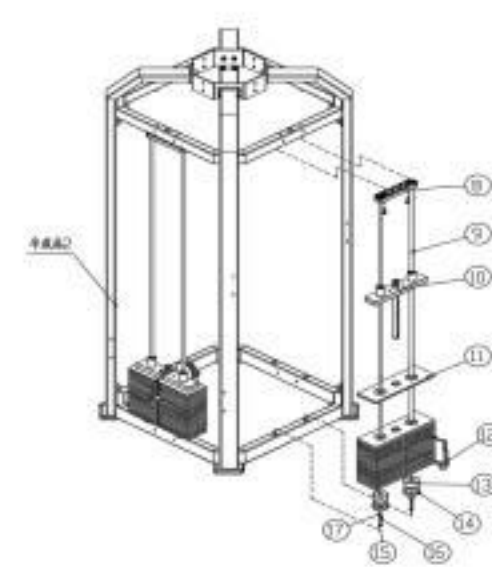
- 8x Hexagon socket cheese head screws M10*55 (#52)
- 8x Hexagon socket cheese head screws M10*35 (#53)
- 16x Hexagon socket cheese head screws M10*25 (#54)
- 32x flat washer M10-D20 (#60)
- 32x Spring washersM10 (#57)



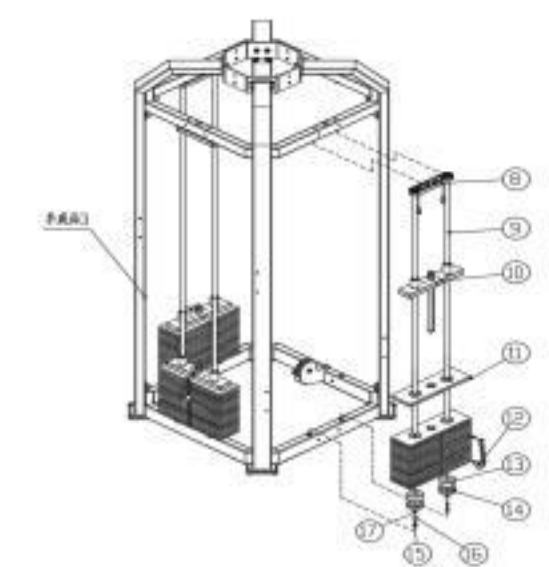
Step 2: A # semi-finished product 1, # 8, # 9, # 10, # 11, # 12, # 13, # 14, # 15, # 16, # 17 are joined together to form a # semi-finished product 2 using the following method:



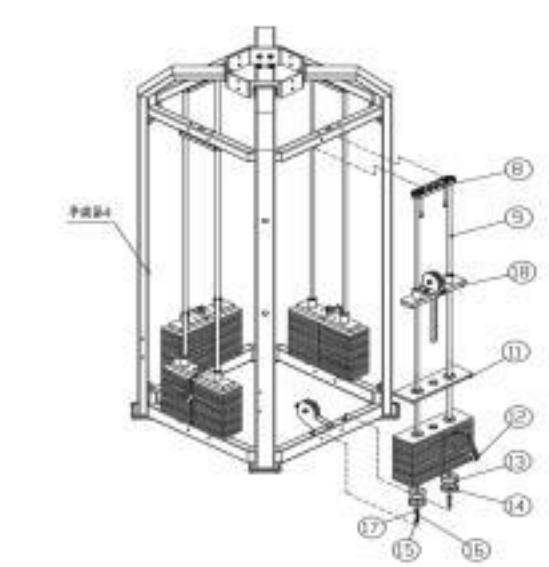
Step 3: The # semi-finished product 2, # 8, # 9, # 10, #11, # 12, # 13, # 14, # 15, # 16, # 17 are joined together to form the # semi-finished product 3 using the following method:



Step 4: The # semi-finished product 3, # 8, # 9, # 10, # 11, # 12, # 13, # 14, # 15, # 16, # 17 are joined together to form the # semi-finished product 4 using the following method:

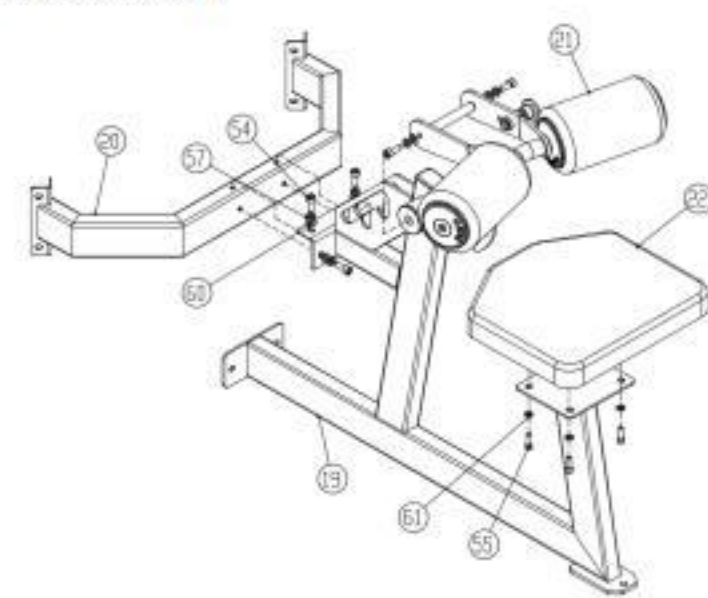


Step 5: The # semi-finished product 4, # 8, # 9, # 11, # 12, # 13, # 14, # 15, # 16, # 17, # 18 are joined together to form the # semi-finished product 5 in the following way:



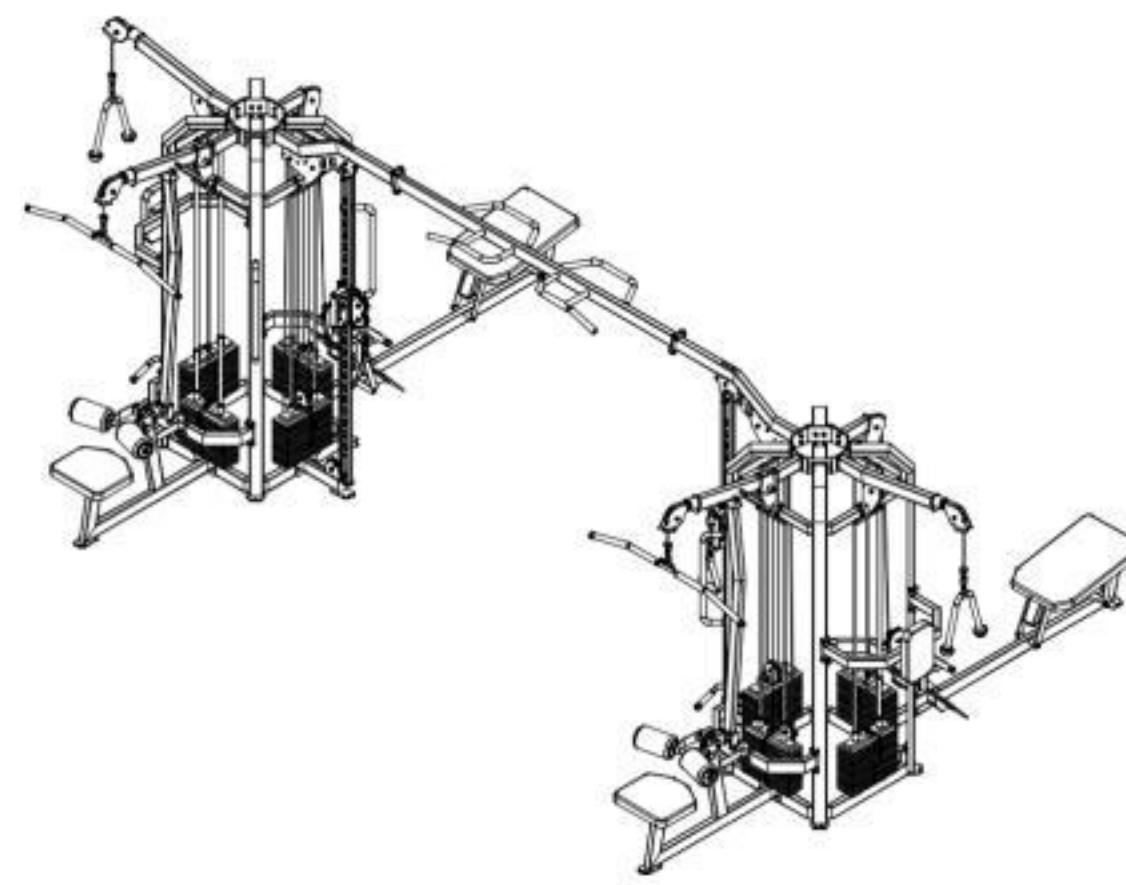
Step 6:Join #19, # 20, # 21, and #22 to form # semi-finished product 6 using the following method:

- 4x Hexagon socket cheese head screws M10*25 (#54)
- 4x flat washer M10-D20 (#60)
- 4x Spring washersM10 (#57)
- 4x flat washer M8-D16 (#61)
- 4x Hexagon socket cheese head screws M8*25 (#55)



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Important Notes

Now that the 9 Station Multi Gym is assembled, you need to take some time to make sure your unit is horizontal and vertical.



Accessories List

NO.	Name	QTY	NO.	Name	QTY
1	sump	2	31	large backpack	2
2	swashplate	2	32	Flying Bird Chassis Assembly	2
3	circular plate	2	33	Flying Bird Force Arm 1 Assembly	2
4	connection post1	2	34	Flying Bird Handrail	4
5	connection post2	2	35	Flying Bird Slide Adjustment Set	2
6	connection post3	2	36	High tensile functional area wire rope	2
7	connection post4	2	37	Triple Rope Wire Rope	2
8	Guide bar fixing plate	8	38	Low tensile functional area wire rop	2
9	guide bar	16	39	Bird Area Wire Rope	2
10	Guide block set	6	40	Adjustable Force Arm Connector Assembly	2
11	counterweights	128	41	High Pull Adjustment Arm Assembly	2
12	Counterweight block pins	8	42	High Tension Arm Adjustment Frame Assembly	2
13	Counterweight rubber pads	16	43	gas spring	2
14	counterweight base	16	44	Flying Bird Connecting Beam	1
15	Hexagon socket cheese head screws M8*25	32			
16	spring washer M8	16	fasteners		
17	flat washer M8	16			
18	Double line counterweight guide block set	2	51	Hexagon socket cheese head screws M10*60	12
19	high pulling main frame	2	52	Hexagon socket cheese head screws M10*55	16
20	High-pull connecting frame	2	53	Hexagon socket cheese head screws M10*35	48
21	Double axis high pull back muscle press back assembly	2	54	Hexagon socket cheese head screws M10*25	144
22	Universal Cushion	2	55	Hexagon socket cheese head screws M8*25	24
23	Standing Triple Head Force Arm Support Assembly	2	56	Hexagon socket cheese head screws M8*16	4
24	Standing Triple Head Back Cushion Frame Set	2	57	spring washer M10	204
25	Four-station, three-head back cushion	2	58	spring washer M8	4
26	Low pull side frame set	2	59	flat washer M10-D50	16
27	Low Pull Foot Assembly	2	60	flat washer M10-D20	236
28	Low Pull Pallet	2	61	flat washer M8-D16	28
29	Low pull connecting frame assembly	2	62	Hexagonal self-locking nuts M10	28
30	Low Tension Arm Connector Assembly	2			

NOTE: Pre-assembled parts are not listed in this table.