G2039 Installation Guide

Pull Over

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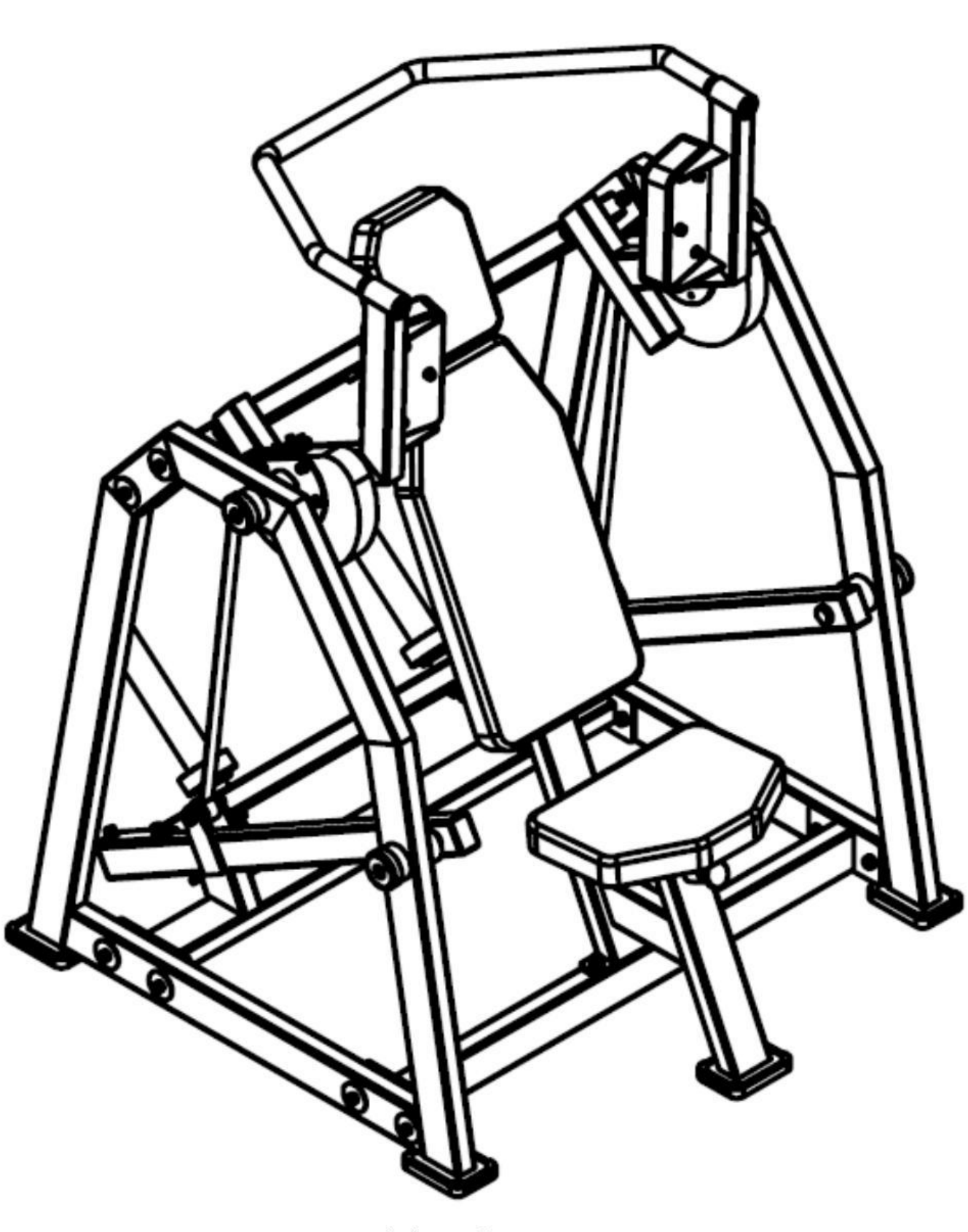

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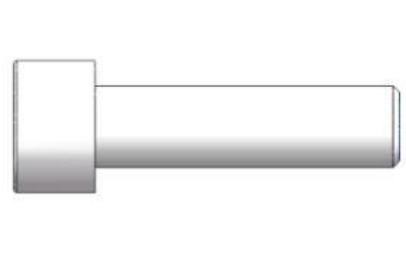
Introduction

Before installation, please take the time to read this manual carefully. Refer to the listed components to confirm completeness and check quantities (if any parts are missing or damaged during transportation, please contact our after-sales service immediately). Ensure that the equipment is installed correctly by following the instructions.
This device is designed to provide the smoothest and most effective workout. After installation, familiarize yourself with all functions for proper use. If any issues arise during use, stop immediately to prevent injury or equipment damage. Refer to the instructions for troubleshooting. If problems persist, contact our after-sales service.

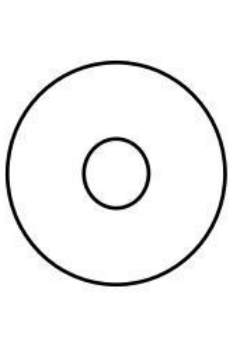
Required Tools

- Rubber stick
- Level gauge
- Hex wrench
- Two people
- Snap ring pliers
- Adjustable wrench

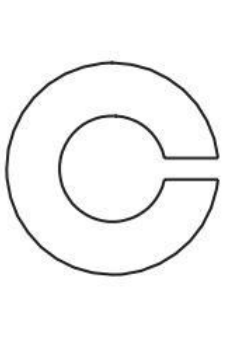
Fasteners



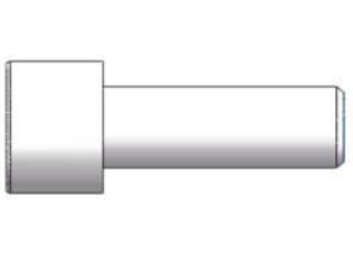
[51]（M10*60）



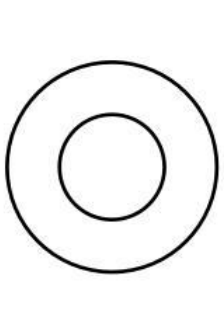
[55] Flat washer M10-D50



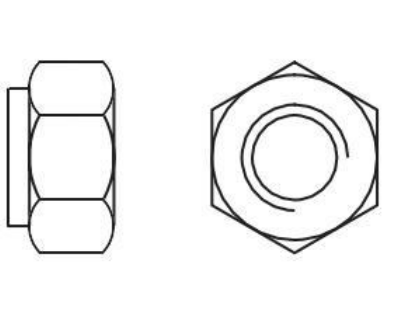
[59] Flat washer M10



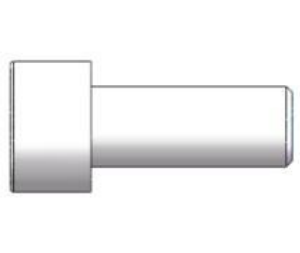
[52]（M10*35）



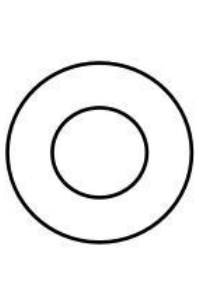
[56] Flat washer M10-D30



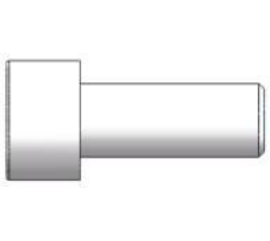
[60] Hex self-locking nut M10



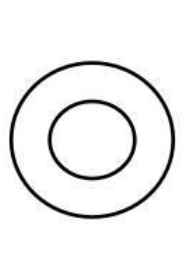
[53]（M10*20）



[57] Flat washer M10-D20



[54]（M8*25）



[58] Flat washer M8-D16

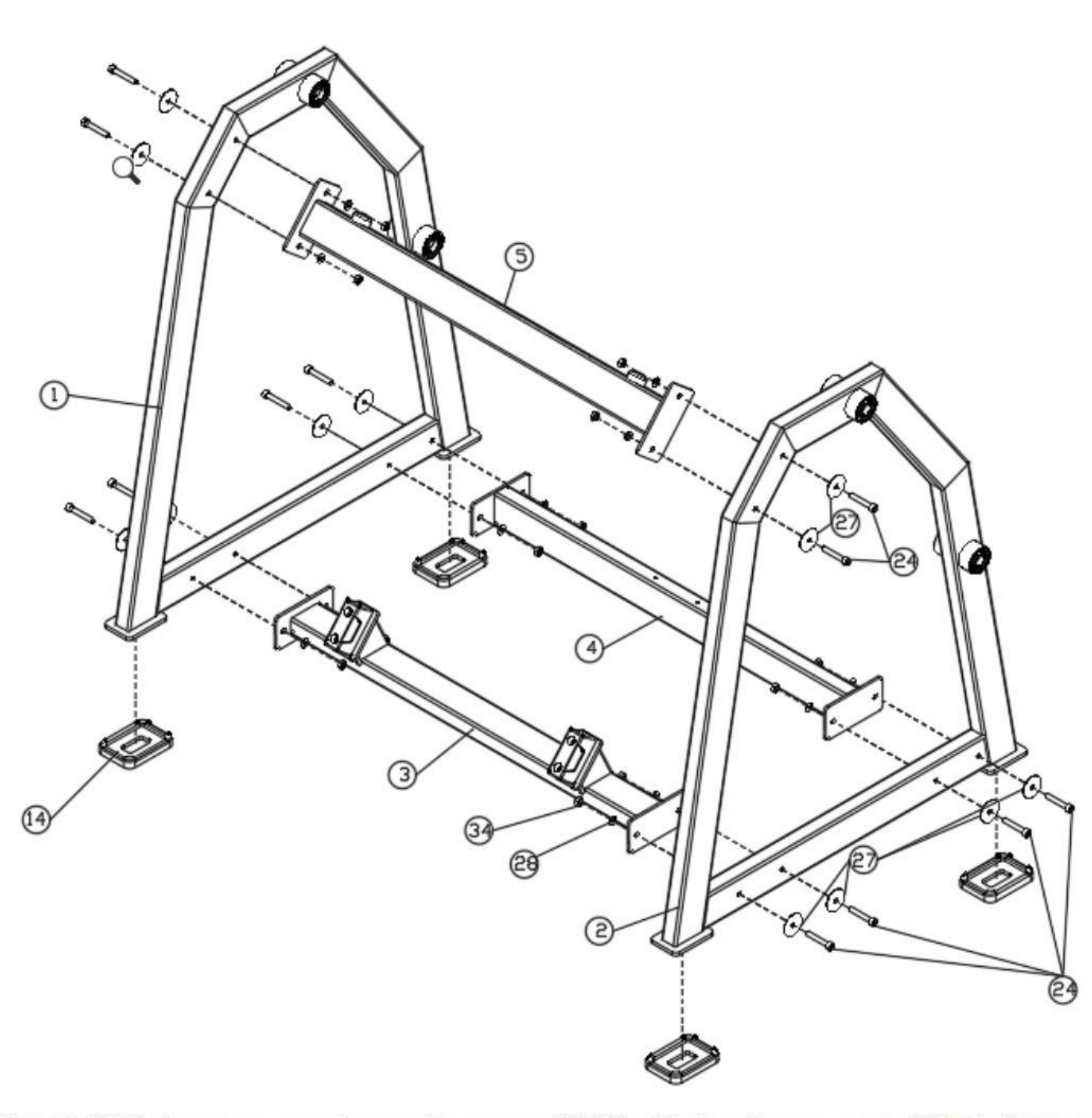
Assembly Steps

Step 1: Attach the rectangular foot pads (#14) to the left frame (#1) and right frame (#2) as shown in the diagram.

Step 2: Use M10X60 hex socket head screws (#24) to connect the Left Frame (#1), Right Frame (#2), Rear Connector Frame (#3), Bottom Connecting Rod (#4), and Upper Connector Frame (#5) as shown below.

- 12x Hex Socket Head Screw M10*60 (#24)
- 12x Flat Washer M10-D50 (#27)
- 12x Flat Washer M10-D20 (#28)
- 12x Hex Lock Nut M10 (#34)

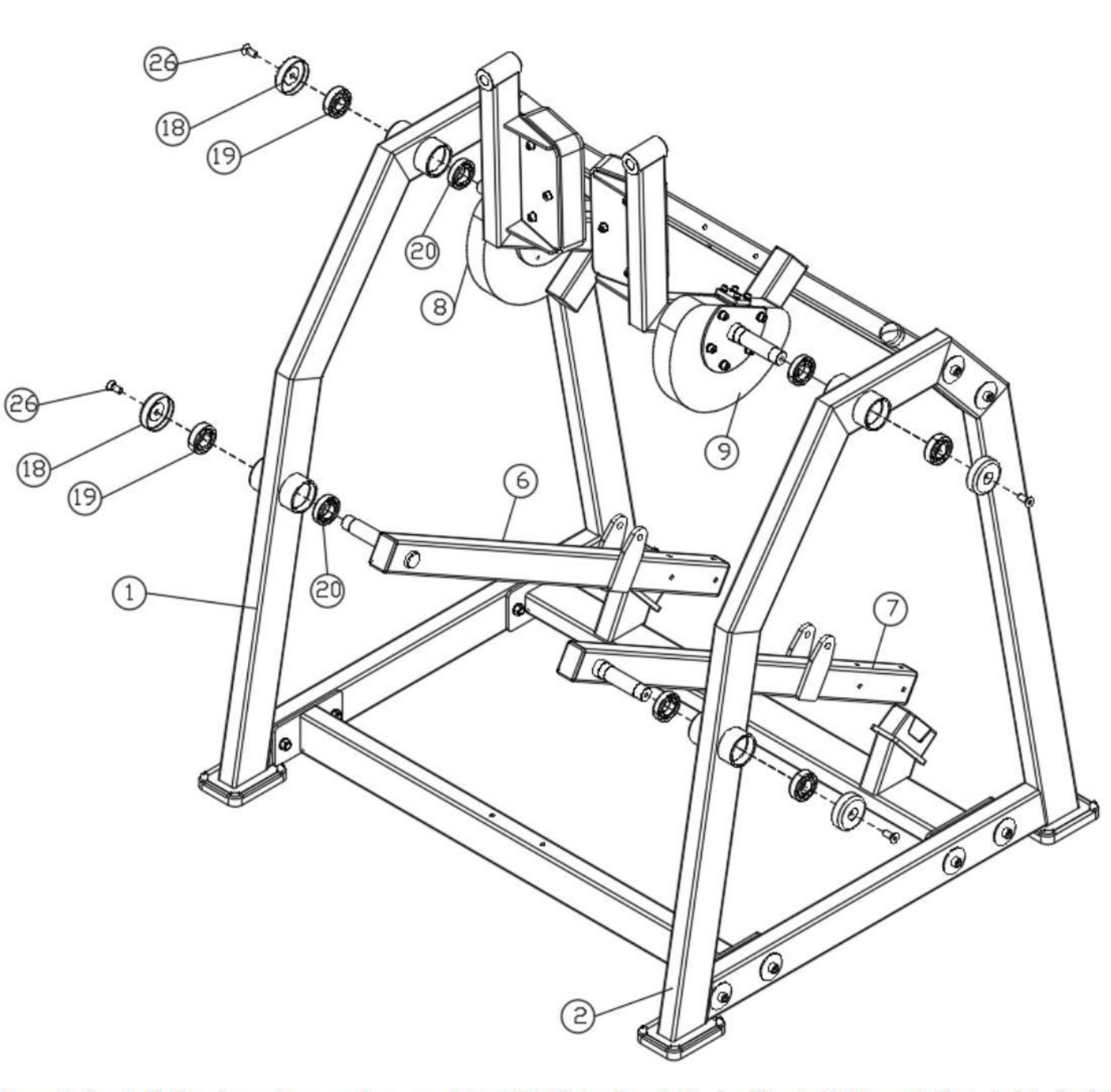
Proceed to the next step only after fasteners are installed.



Step 3: With hexagon countersunk screws (#26), 60 aluminum cover (#18), deep groove ball bearing 6205 (#19), as shown in the following figure, installed on the left side frame (#1), right side frame 1, and connected to the left component of the small arm 7 and the right component of the small arm 8; It is also connected to the left arm assembly (#6) and the right arm assembly (#7). Finally, tighten the locking screws and install the arms assembly.

· 6x Hexagon Socket Countersunk Screws M10*25(#26)

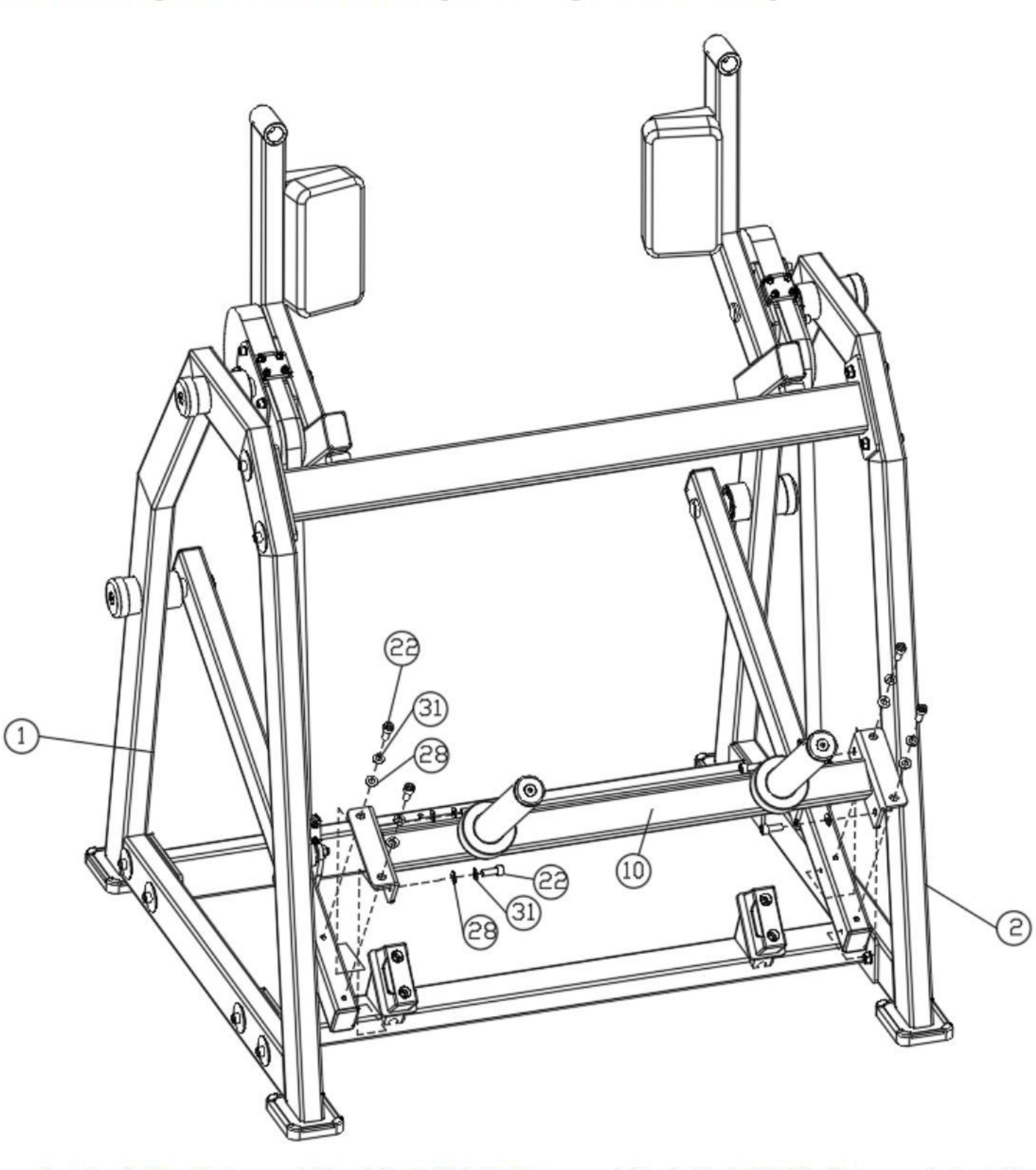
The wrench tightens the bolt before proceeding to the next step



Step 4: Install the hanging rod assembly (#10) to the left shelf set (#1) and the right shelf set 1 in the following way;

. 8 x Hexagon socket head screws M10*25 (#22)
· 8 x Flat Washer M10-D20 (#28)
· 8 x Bullet Ring M8 (#31)

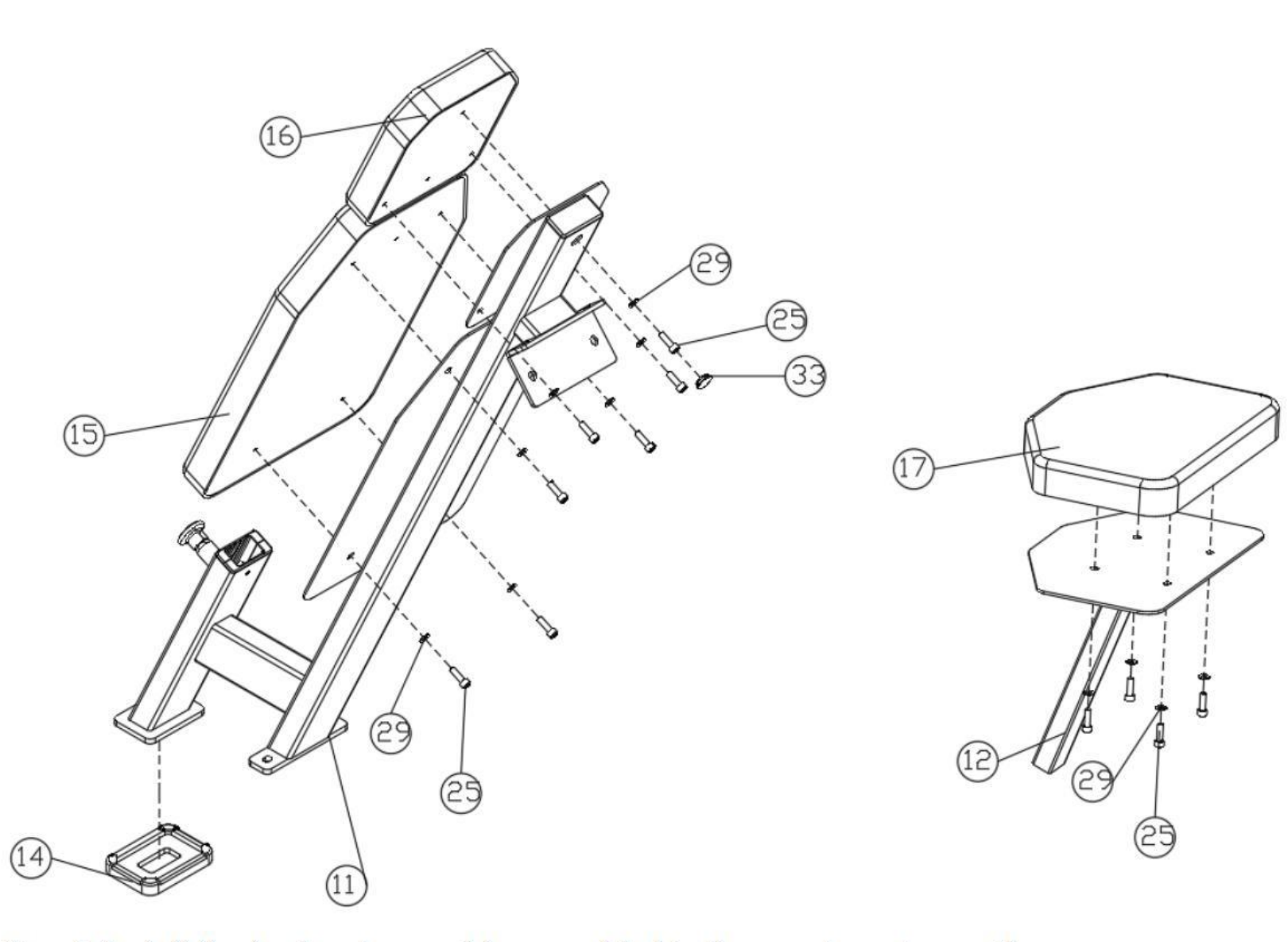
The wrench tightens the bolt before proceeding to the next step



Step 5: Attach the Universal Head Pad (#16), Universal Back Pad (#15), Universal Seat Pad (#17), and Rectangular Foot Pad (#14) to the Back Frame Assembly (#15) and Seat Adjustment Frame (#12) as follows, and fasten the 20 plastic plug (#33)

· 11 x Hexagon socket head screws M825(#25)
· 11 x Flat Washer M8-D16 (#29)

The wrench tightens the bolt before proceeding to the next step



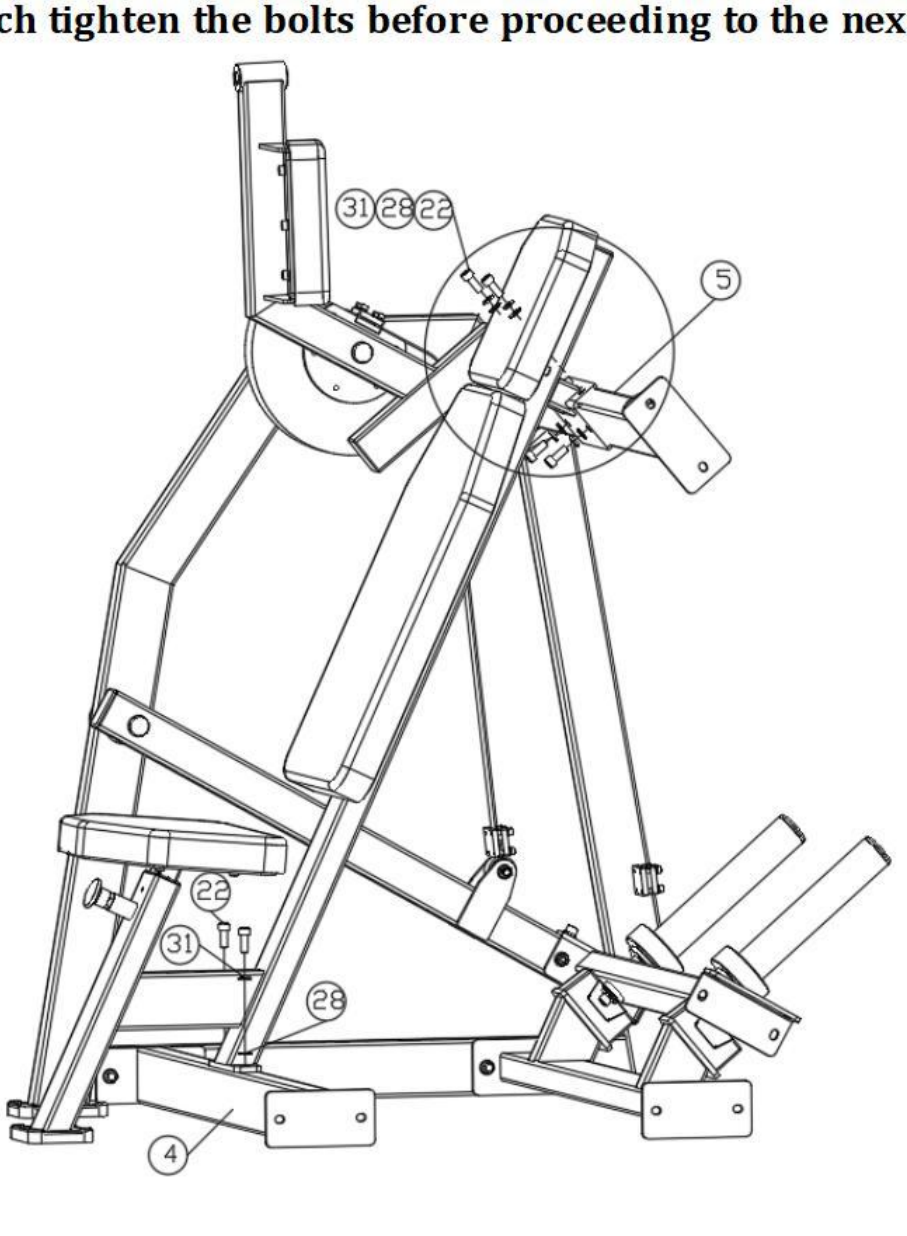
Step 6: Install the backrest assembly assembled in the previous step on the upper connecting frame assembly (#5) and the bottom connecting rod assembly (#4) in the following way (the single side frame group is not shown in the figure for ease of installation procedure)

· 6 x hex cylindrical head screw M1025(#22)

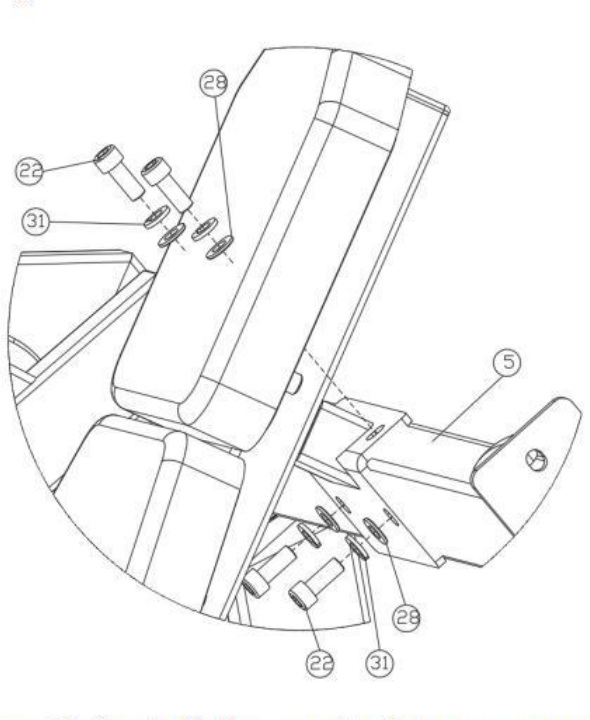
· 6 x spring washer M10(#31)

· 6 x flat washer M1-D20(#28)

wrench tighten the bolts before proceeding to the next



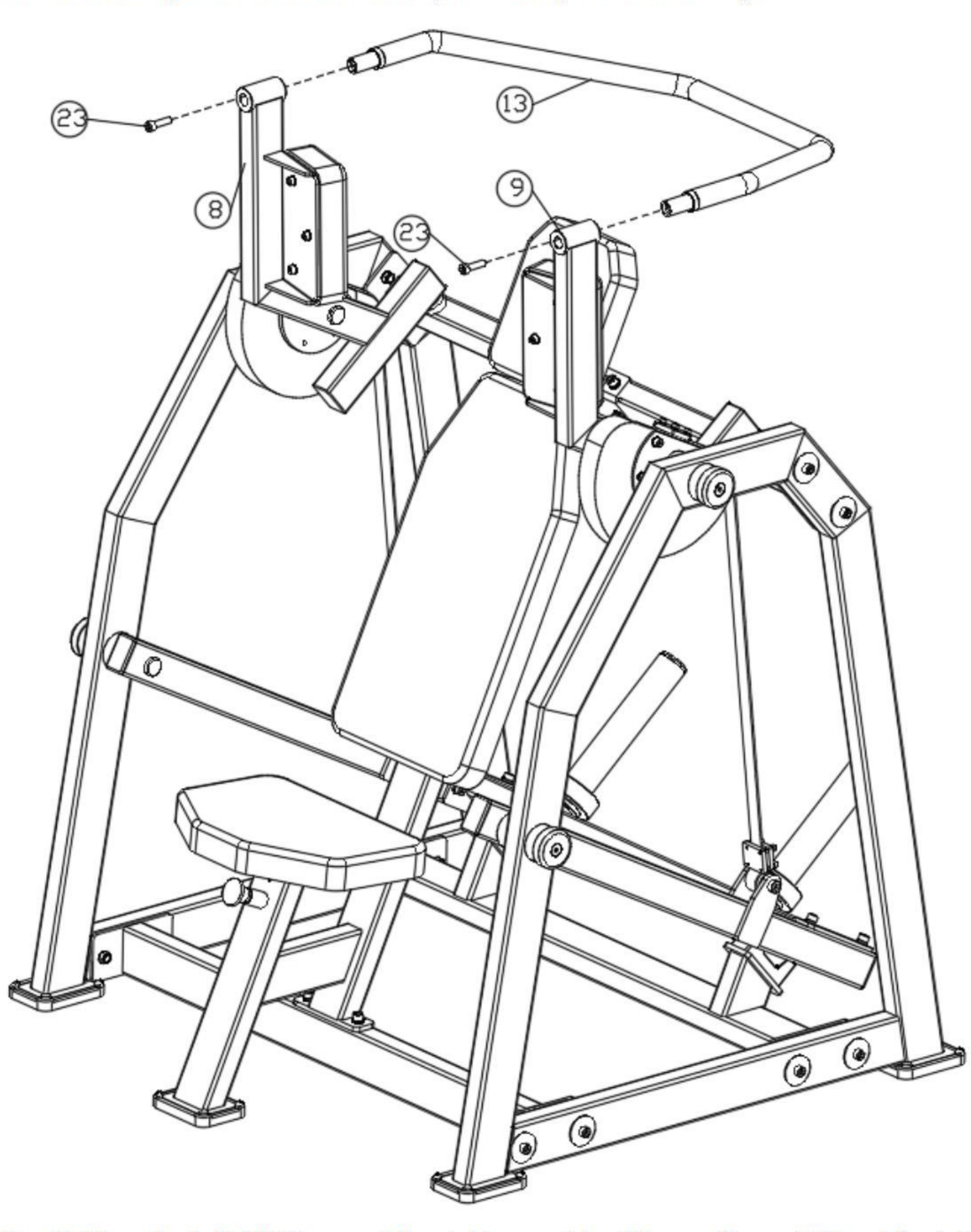
step



Step 7: Install the push-down armrest assembly (#13) on the left component of the small arm (#8) and the right component of the small arm in the following method.(#9)

· 2 x Allen socket head screws M10*35 (#23)

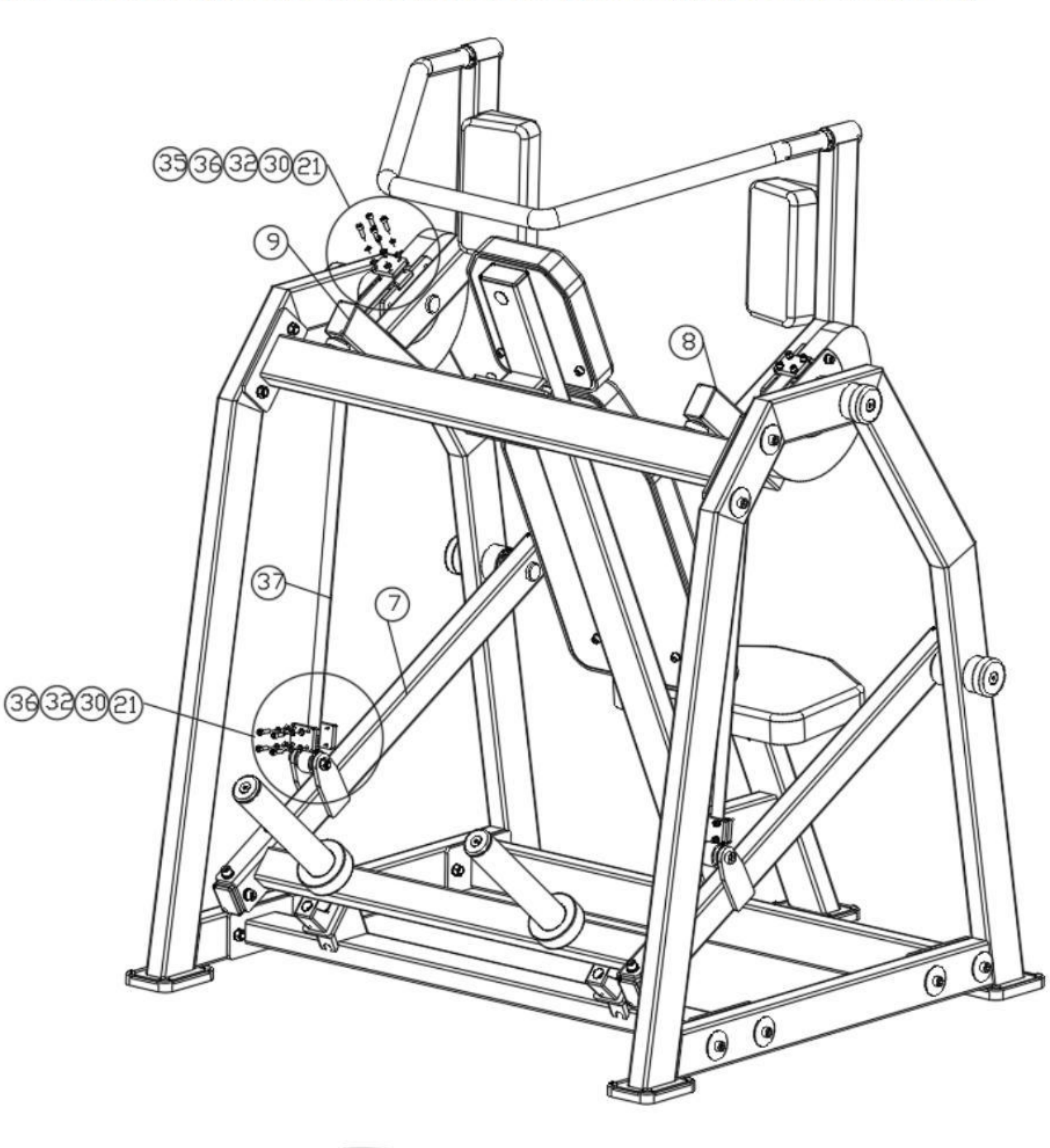
The wrench tightens the bolt before proceeding to the next step

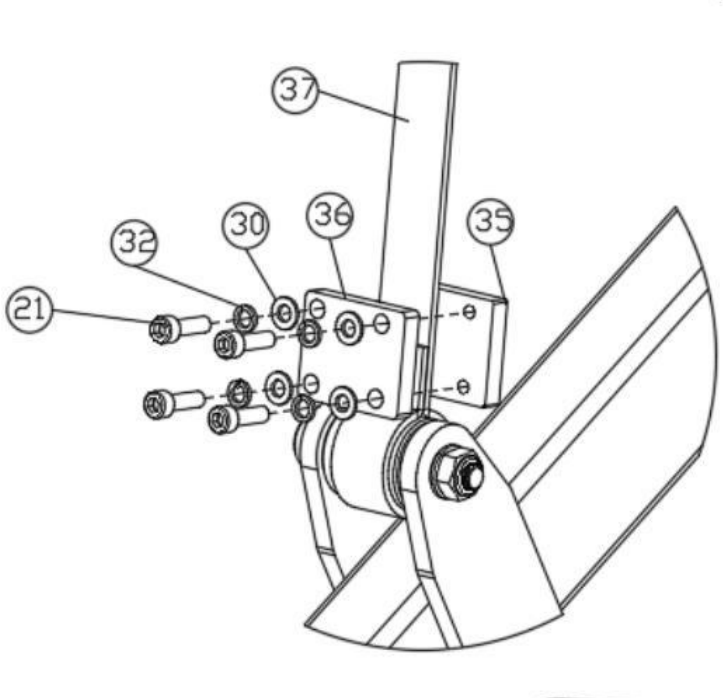


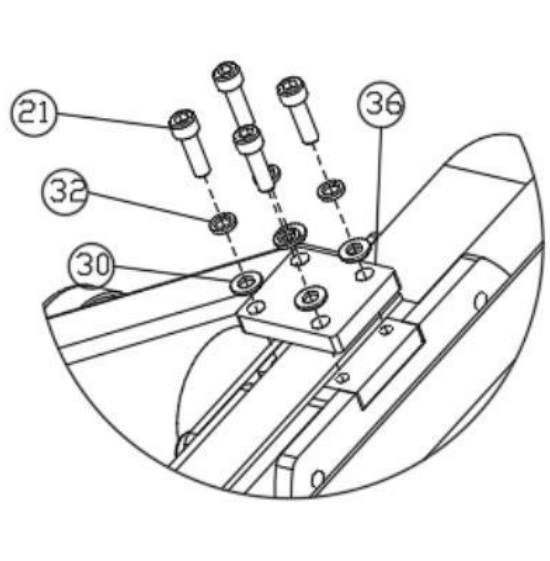
Step 8: Wrap the belt (#37) around the right assembly of the small arm (#9) and the left arm assembly (#7) with the following method, and press it with the belt pressure plate A (#35) and the belt pressure plate B (#36), and then lock it with bolts

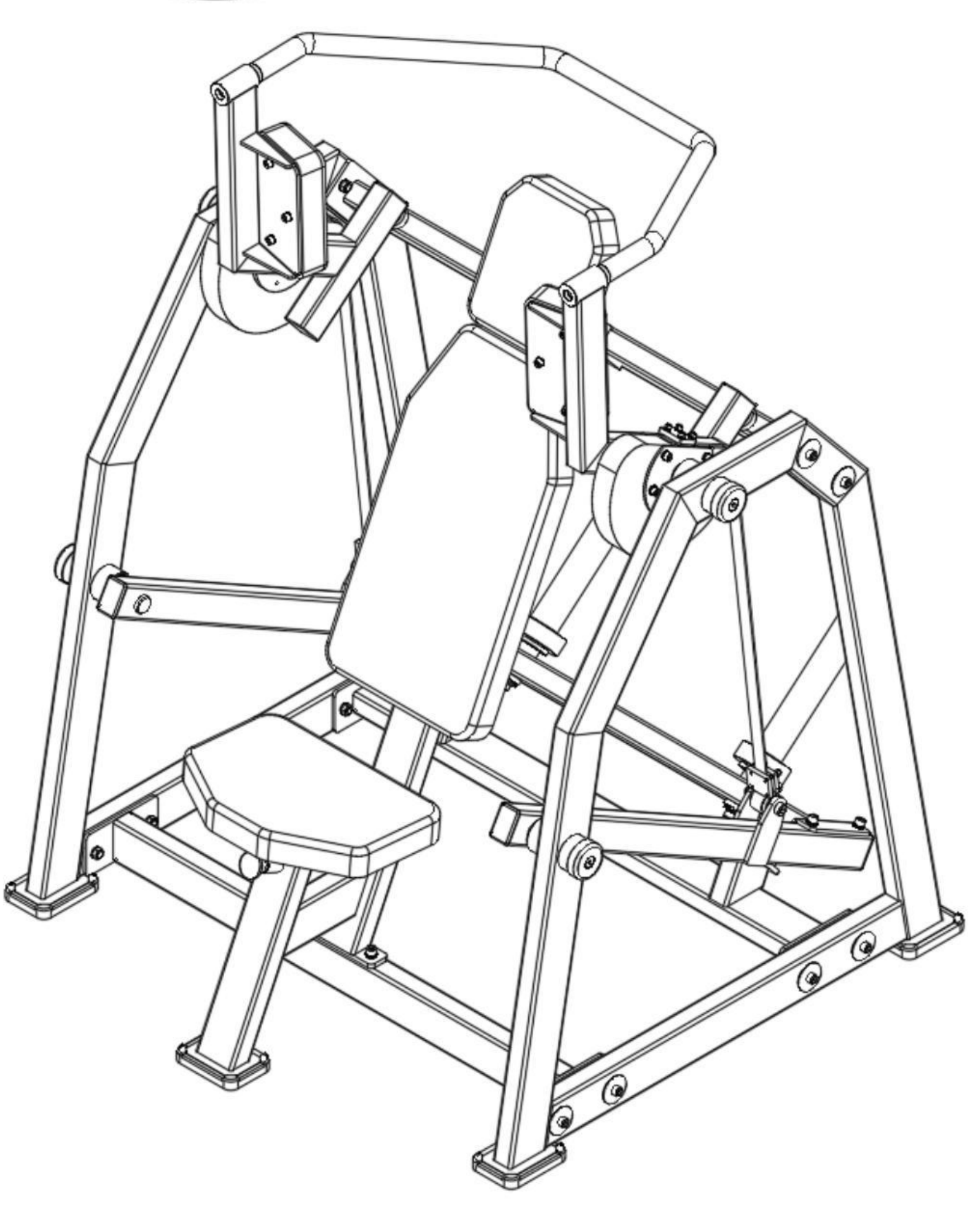
· 16x Allen Socket Head Screws M6*20 (#21) ·6 x Springpads M10 (#31)
· 6 x Flat Washers M1-D20 (#28)

The wrench tightens the bolt before proceeding to the next step









Important Notes

Now that the Pull Over is assembled, take some time to ensure that your device is level and properly positioned.

Parts List

Serial No.	Name & Specification	Quantity
1	Left Frame	1
2	Right Frame	1
3	Rear Connection Frame	1
4	Bottom Connecting Rod	1
5	Upper Connection Frame	1
6	Left Arm Assembly	1
7	Right Arm Assembly	1
8	Small Left Arm Assembly	1
9	Small Right Arm Assembly	1
10	Weight Peg Assembly	1
11	Backrest Frame Assembly	1
12	Seat Adjustment Frame	1
13	Downward Pressing Arm Assembly	1
14	Rectangular Foot Pad	5
15	Universal Large Back Pad	1
16	Universal Head Pad	1
17	Universal Seat Cushion	1
18	60 Aluminum Cover	4
19	Deep Groove Ball Bearing 6205	4
20	Deep Groove Ball Bearing 60-28	4
21	Hexagon Socket Screw M6*20	16
22	Hexagon Socket Screw M10*25	14
23	Hexagon Socket Screw M10*35	2
24	Hexagon Socket Screw M10*60	12
25	Hexagon Socket Screw M8*25	11
26	Countersunk Hex Screw M10*25	4
27	Flat Washer M10-D50	12
28	Flat Washer M10-D20	26
29	Flat Washer M8-D16	11
30	Flat Washer M6-D12	16
31	Spring Washer M10	14
32	Spring Washer M6	16
33	20 Hole Plug	1
34	Hex Lock Nut M10	12
35	Belt Clamp A	2
36	Belt Clamp B	4
37	Belt	1