

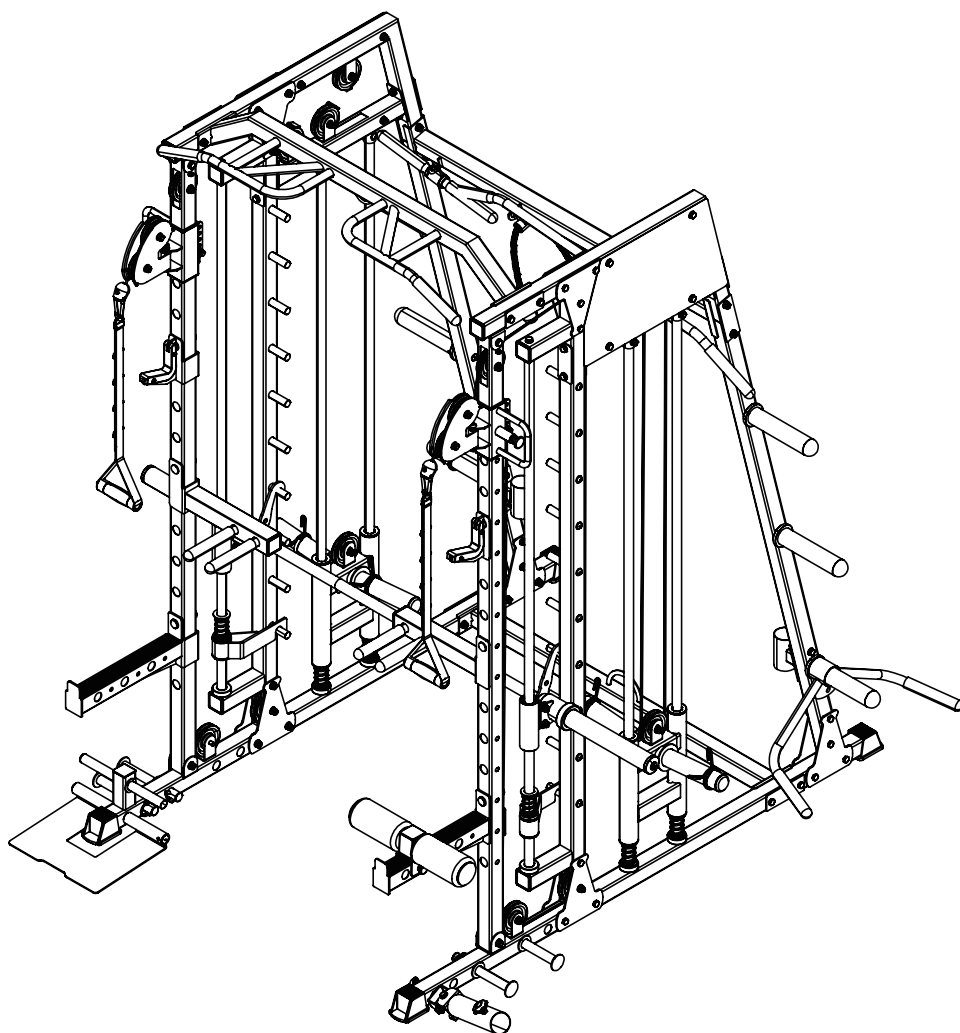


MIKOLO

YOUR HOME GYM MASTER

ASSEMBLY INSTRUCTIONS

**Smith
Machine**



Read all precautions and instructions in this manual before using this equipment

Assembly Caution	3
Part List 1	4
Part List 2	5
Part List 3	6
Hardware List	7
Step 1	8
Step 2	9
Step 3	10
Step 4	11
Step 5	12
Step 6	13
Step 7	14
Step 8	15
Step 9	16
Step 10	17
Step 11	18
Step 12	19
Step 13	20
Step 14	21
Step 15	22
Step 16	23
Step 17	24
Step 18	25
Step 19	26
Step 20	27
Step 21	28
Step 22	29
Step 23	30
Step 24	31
After-Sale Information	32

ASSEMBLY CAUTION

Please carefully read the following information before installation

Assembling requires at least two people

Do not tighten all screws before assembly is complete

Ensure that all accessories are complete. If not, please contact us via email



If you are missing any parts, or otherwise have any warranty issues, please contact us first.
support@gym-mikolo.com

Shortcut: A Lot of People Doing That Way

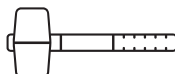
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

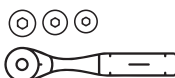
- Adjustable wrenches



- Rubber hammers



- Socket set



- Electric Wrench



WARNING



Choking hazard. Small parts-Please exercise caution if smallchildren or pets are present.

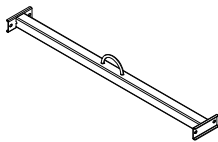
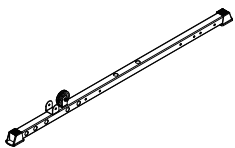
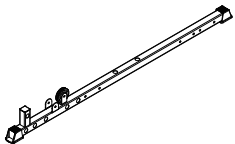
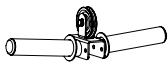
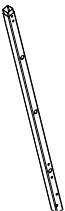
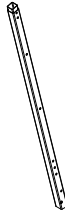
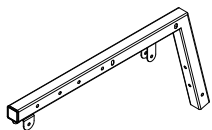
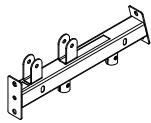
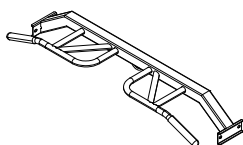
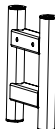
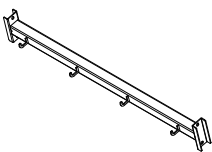
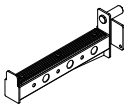
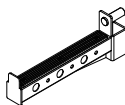
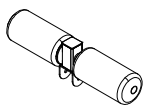
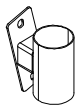
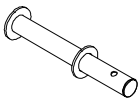


Sharp objects may be involved. Use precaution and protection.

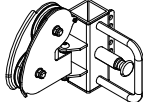
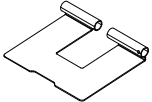
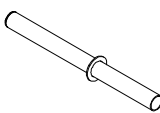
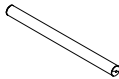
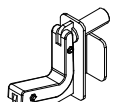
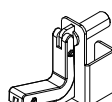
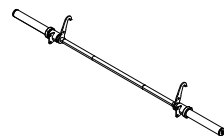
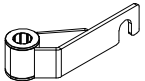
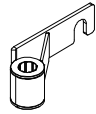
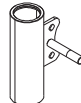
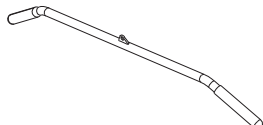
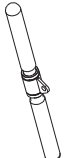
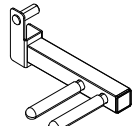
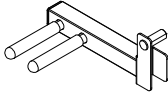
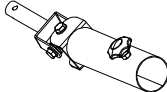
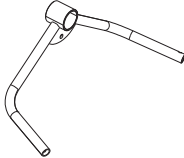


Heavy object. Use lifting aids and proper lifting techniques when moving

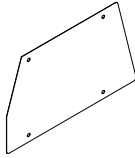
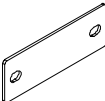
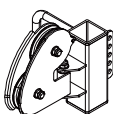
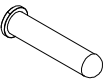
PART LIST 1

A1 Rod Base 1PC 	A2 Right Base 1PC 	A3 Left Base 1PC 	A4 Weight Holder Tube 2PCS 
A5 Middle Upright Right Rod 1PC 	A6 Middle Upright Left Rod 1PC 	A7 Rear Upright Rod Right 1PC 	A8 Rear Upright Rod Left 1PC 
A9 Top Frame 2PCS 	A10 Middle Guide Rod Frame 2PCS 	B1 Pull-UP Frame 1PC 	B2 Weight Holder 2PCS 
B3 Rear Top Rod 1PC 	B4 Safety Bar Right 1PC 	B5 Safety Bar Left 1PC 	B6 B6:Leg Attchment 1PC 
B7 Austral Fixed Right 1PC 	B8 Austral Fixed Left 1PC 	B9 Smith Bar Tube 2PCS 	B10 Band Peg 4PCS 

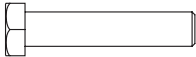
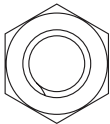
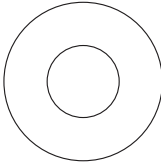
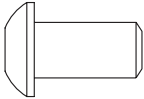
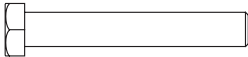
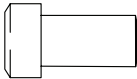
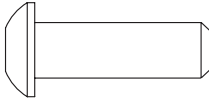
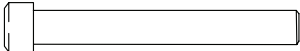
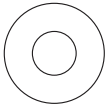
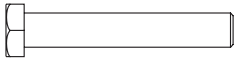
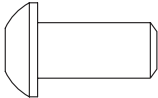
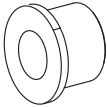
PART LIST 2

C1 Bird Pulley Right 1PC 	C2 Foot Pedal 1PC 	C3 Foot Pedal Support Column 1PC 	C4 Foot Pedal Connecting Column 1PC 
C5 J Hook Right 1PC 	C6 J Hook Left 1PC 	C7 Smith Bar 1PC 	C8 Storage Pin 6PCS 
C9 Smith Bar Catch Right 1PC 	C10 Smith Bar Catch Left 1PC 	D1 Smith Bar Catch 2PCS 	D2 Lat Pull Down Bar 1PC 
D3 Cable Bar 1PC 	D4 Dip Bar Left 1PC 	D5 Dip Bar Right 1PC 	D6 Ground Gun Assembly 1PC 
D7 Tricep Rope 1PC 	D8 T-Bar 1PC 	D9 Pulley 10PCS 	D10 Pulley Rope 6PCS 

PART LIST 3

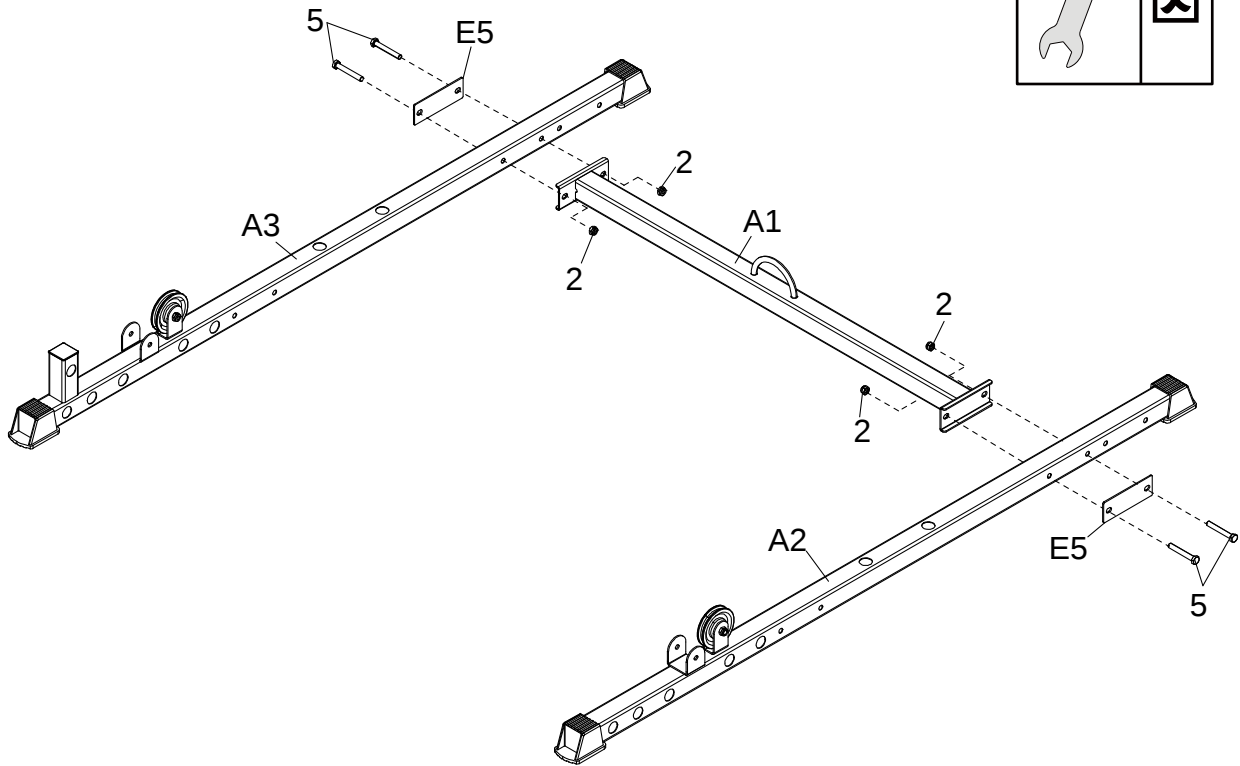
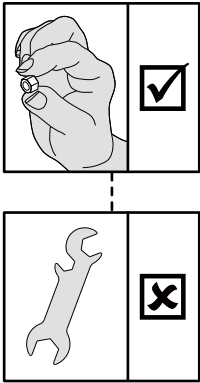
E1 Front Upright 2PCS 	E2 Cable Handle 2PCS 	E3 Smith Bar Catch Peg 20PCS 	E4 Board 2PCS 
E5 110 Connecting Piece 6PCS 	E6 Triangular Fixing Piece 12PCS 	E7 Cable 2PCS 	E8 90 Connecting Piece 4PCS 
E9 Bird Pulley Left 1PC 	E10 Storage Skeeve 6PCS 	F1 Guide Rod 4PCS 	F2 Latch 5PCS 
F3 Shockpad 6PCS 	F4 Baffle 12PCS 	F5 Spring 6PCS 	F6 50mm Spring Clip 2PCS 
F7 Pin 1PC 	F8 48 Spring Clip 4PCS 	F9 Clip 2PCS 	F10 Chain 1PC 

HARDWARE LIST

1 M10 x 50mm Bolt 6PCS 	2 M10 Locknut 82PCS 	3 M10 Washer 48PCS 	4 M10 x 20mm Bolt 26PCS 
5 M10 x 70mm Bolt 66PCS 	6 M10 x 25mm Bolt 4PCS 	7 M10 x 45mm Bolt 4PCS 	8 M6 x 60mm Bolt 2PCS 
9 M6 Locknut 2PCS 	10 M6 Washer 4PCS 	11 Plastic Sleeve 8PCS 	12 M10 x 65mm Bolt 2PCS 
13 M10 x 25mm Bolt 2PCS 	14 Pulley Spacer Sleeve1 4PCS 	15 Pulley Spacer Sleeve2 4PCS 	

STEP: 1

A1	Rod Base 1PC	A2	Right Base 1PC	A3	Left Base 1PC
E5	110 Connecting Piece 2PCS	5	M10 x 70mm Bolt 4PCS	2	M10 Locknut 4PCS



STEP: 2

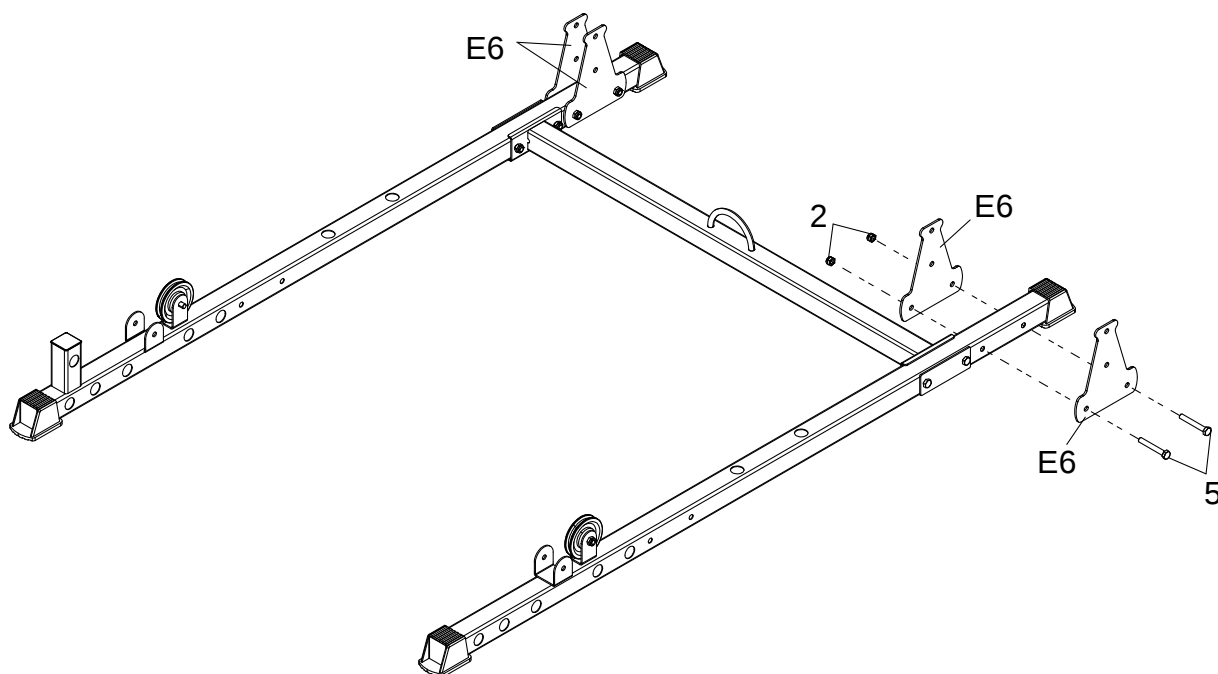
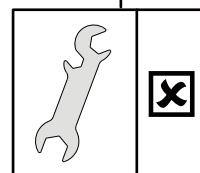
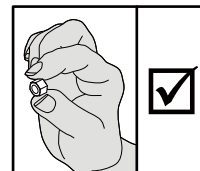
E6 Triangular Fixing Piece
4PCS



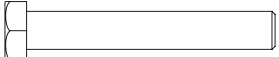
5 M10 x 70mm Bolt
4PCS

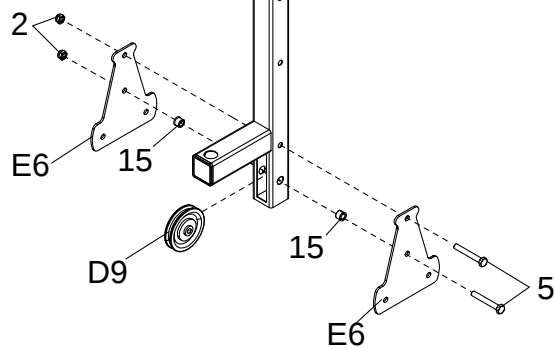
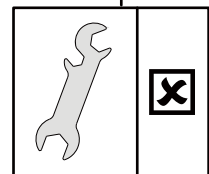
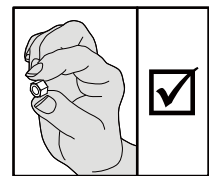
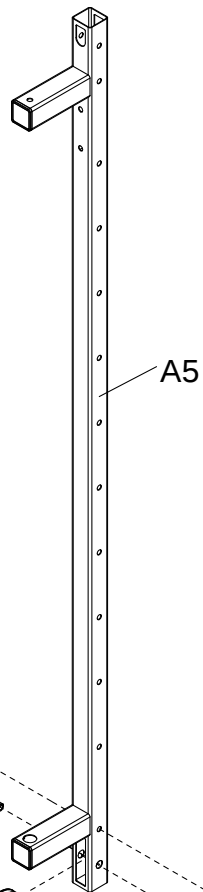
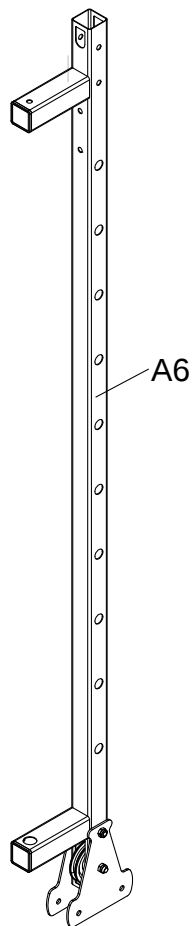


2 M10 Locknut
4PCS

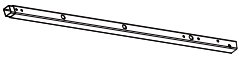
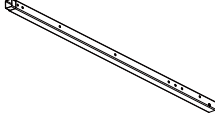


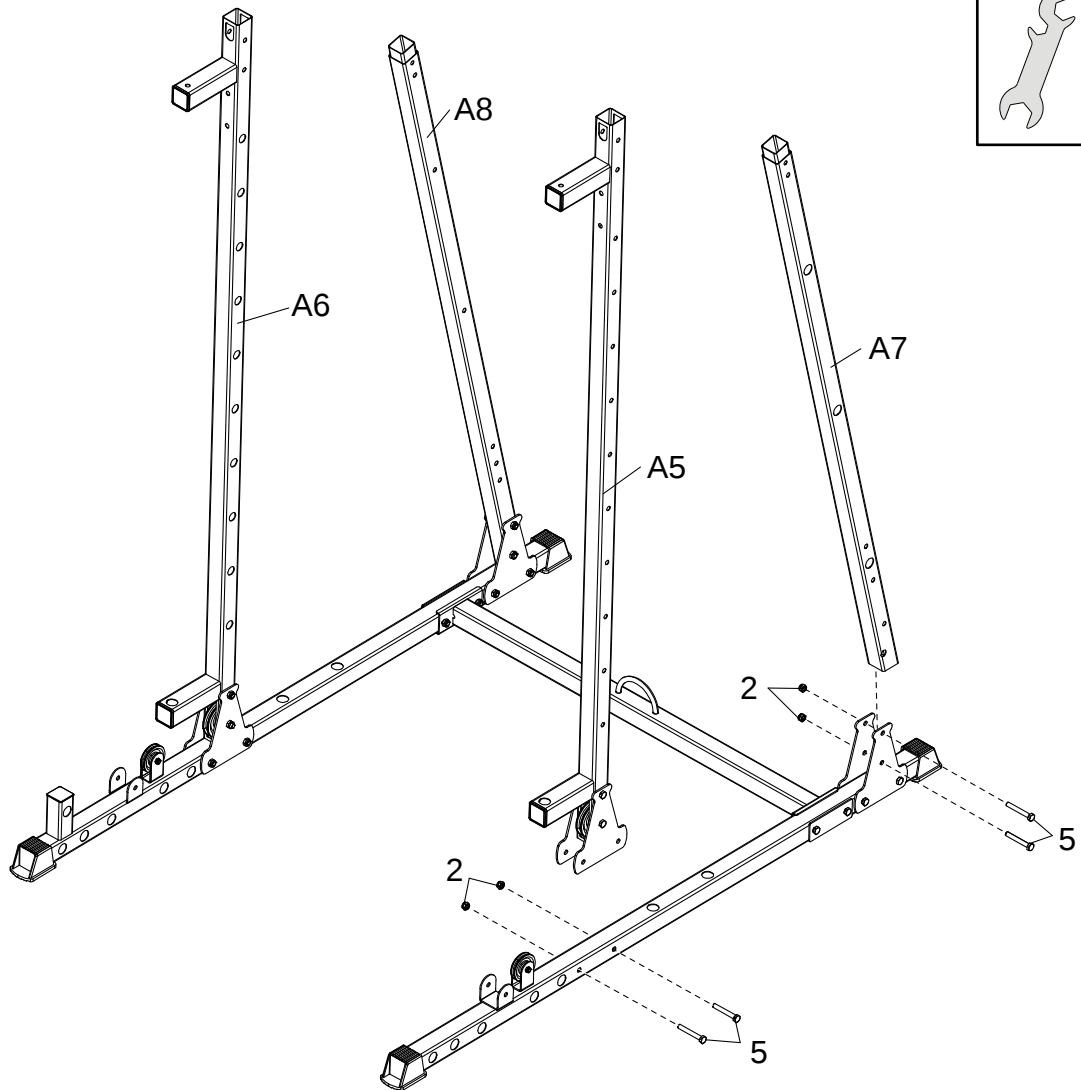
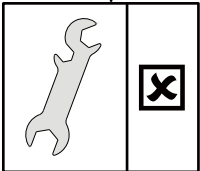
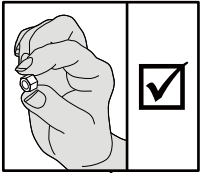
STEP: 3

A5 Middle Upright Right Rod 1PC	A6 Middle Upright Left Rod 1PC	15 Pulley Spacer Sleeve2 4PCS
		
E6 Triangular Fixing Piece 4PCS	5 M10 x 70mm Bolt 4PCS	2 M10 Locknut 4PCS
		
		D9 Pulley 2PCS
		

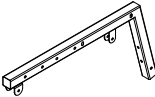
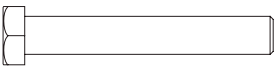


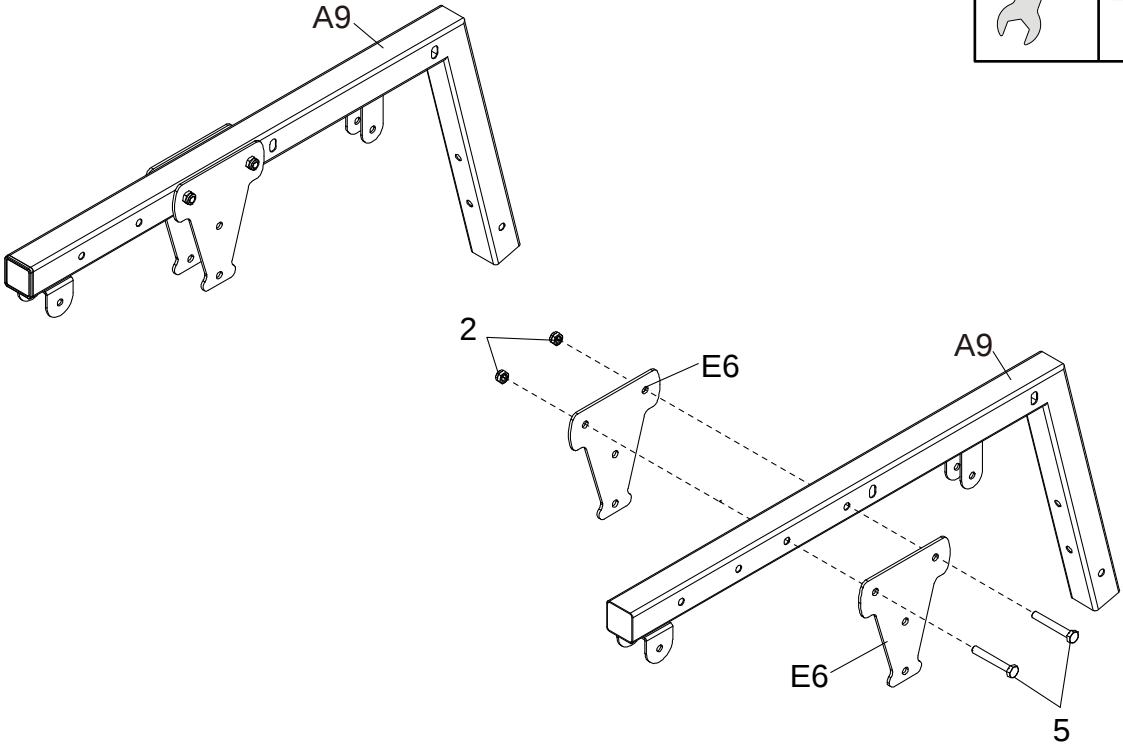
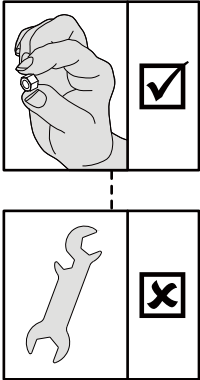
STEP: 4

A7 Rear Upright Rod Right 1PC 	A8 Rear Upright Rod Left 1PC 	5 M10 x 70mm Bolt 8PCS 
2 M10 Locknut 8PCS 		



STEP: 5

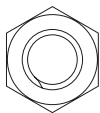
A9 Top Frame 2PCS 	E6 Rear Upright Rod Left 4PCS 	5 M10 x 70mm Bolt 4PCS 
2 M10 Locknut 4PCS 		



STEP: 6

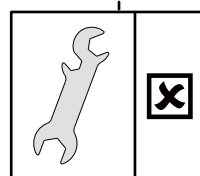
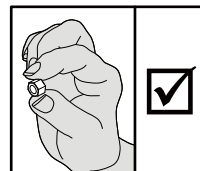
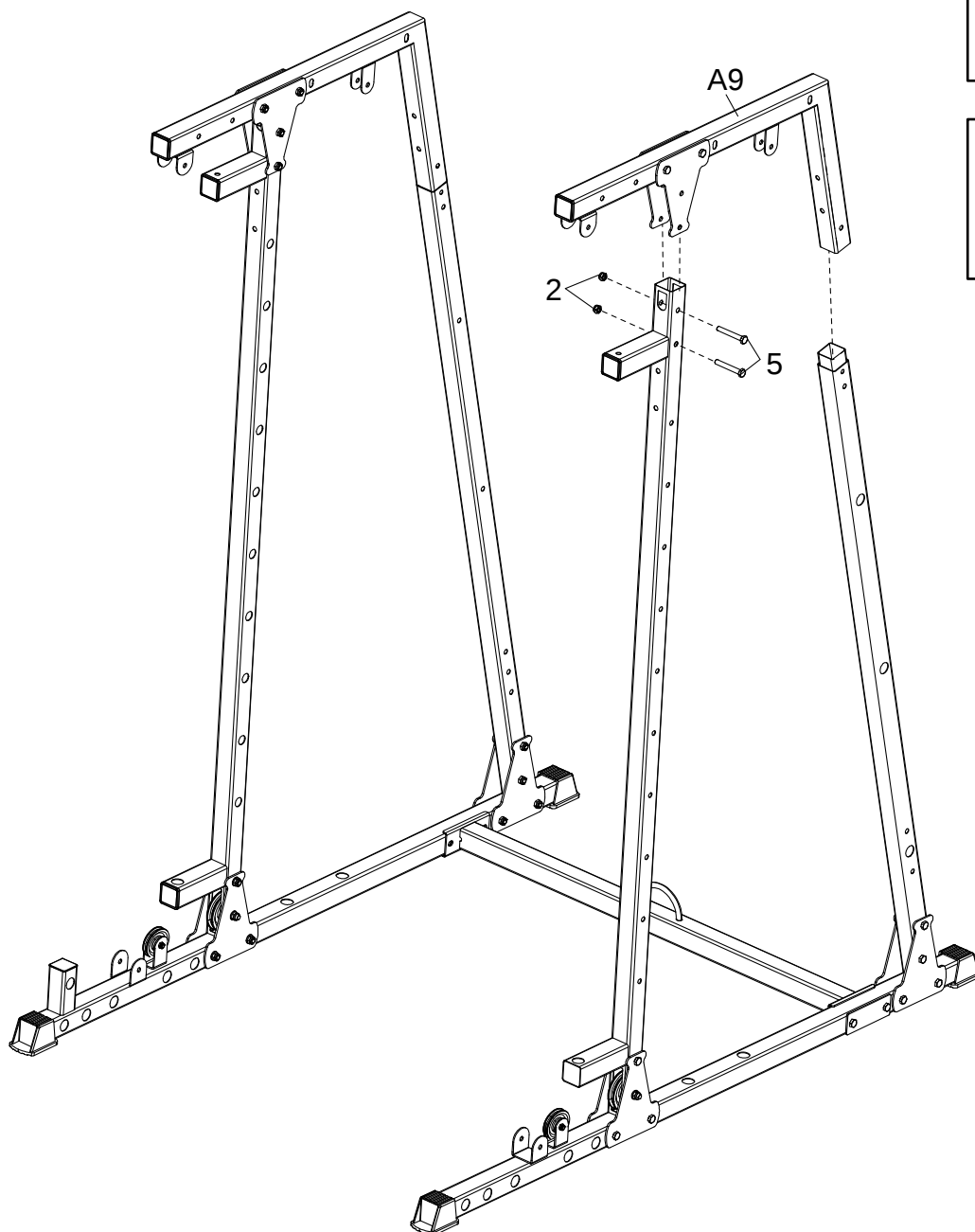
2

M10 Locknut
4PCS

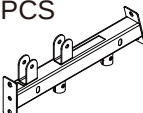
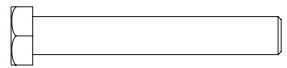


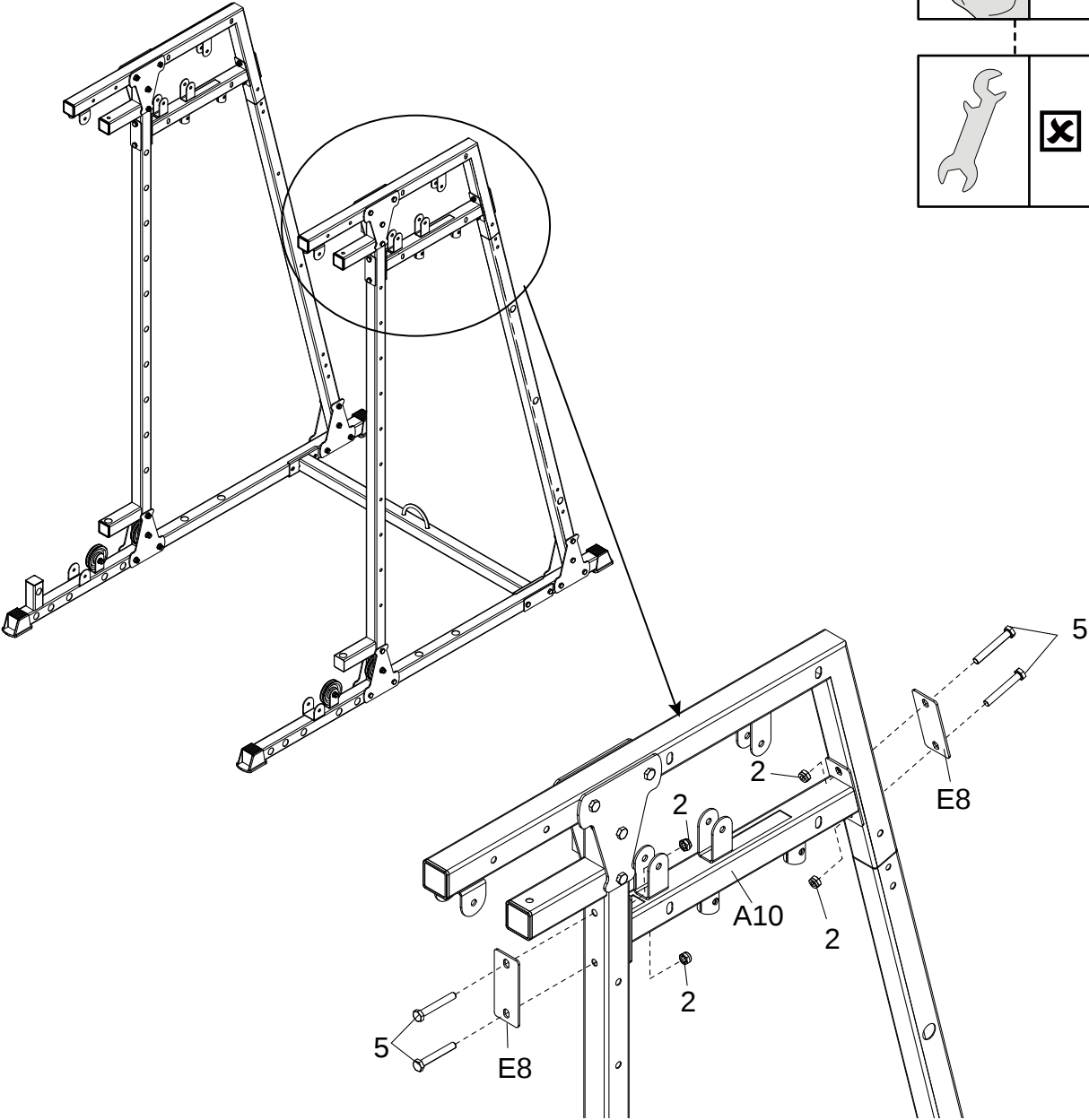
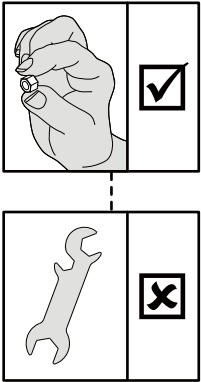
5

M10 x 70mm Bolt
4PCS

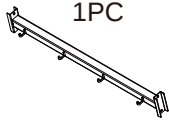


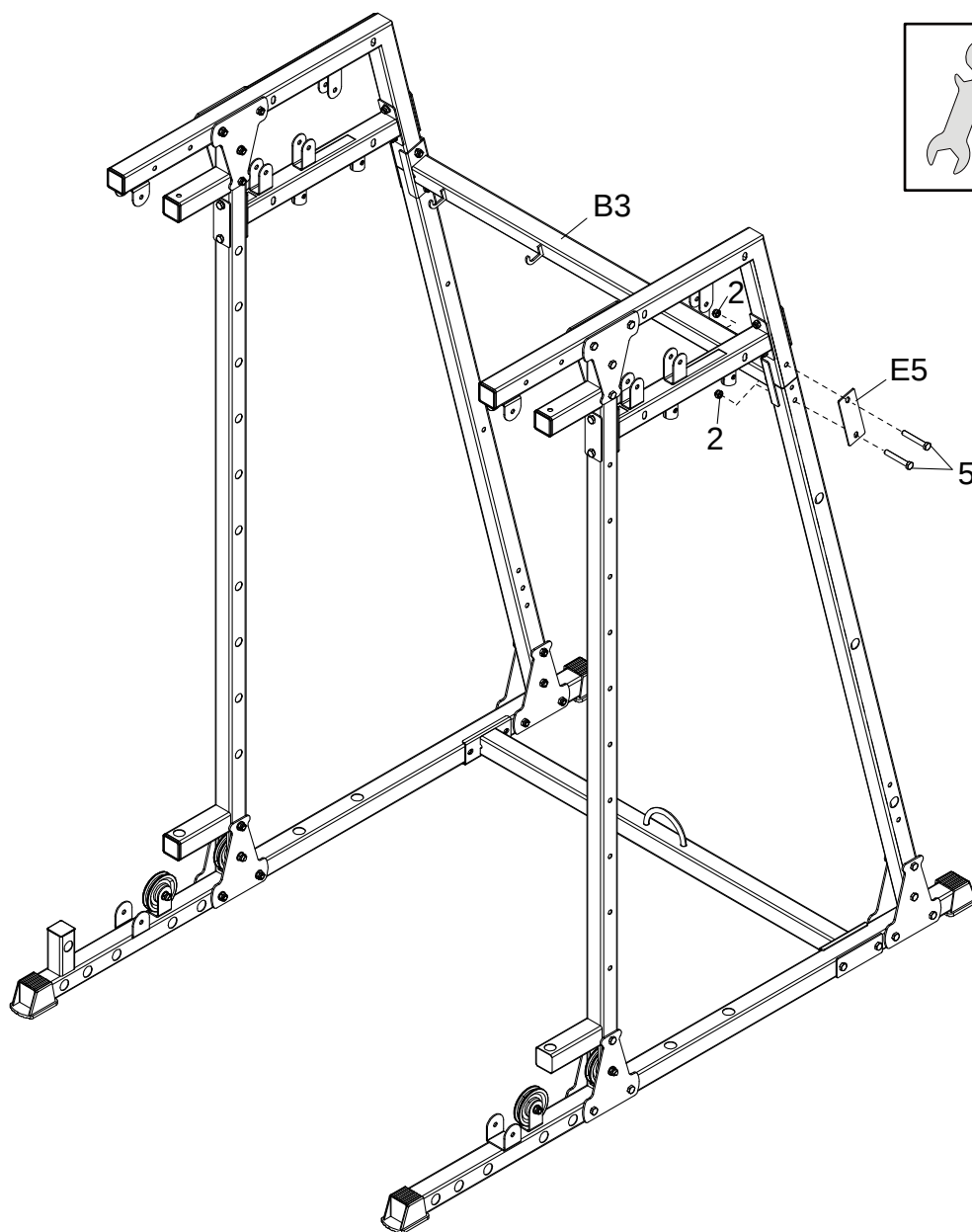
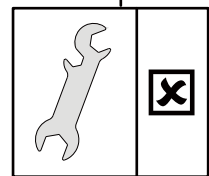
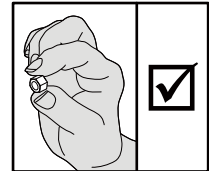
STEP: 7

A10 Middle Guide Rod Frame 2PCS 	E8 90 Connecting Piece 4PCS 	5 M10 x 70mm Bolt 8PCS 
2 M10 Locknut 8PCS 		



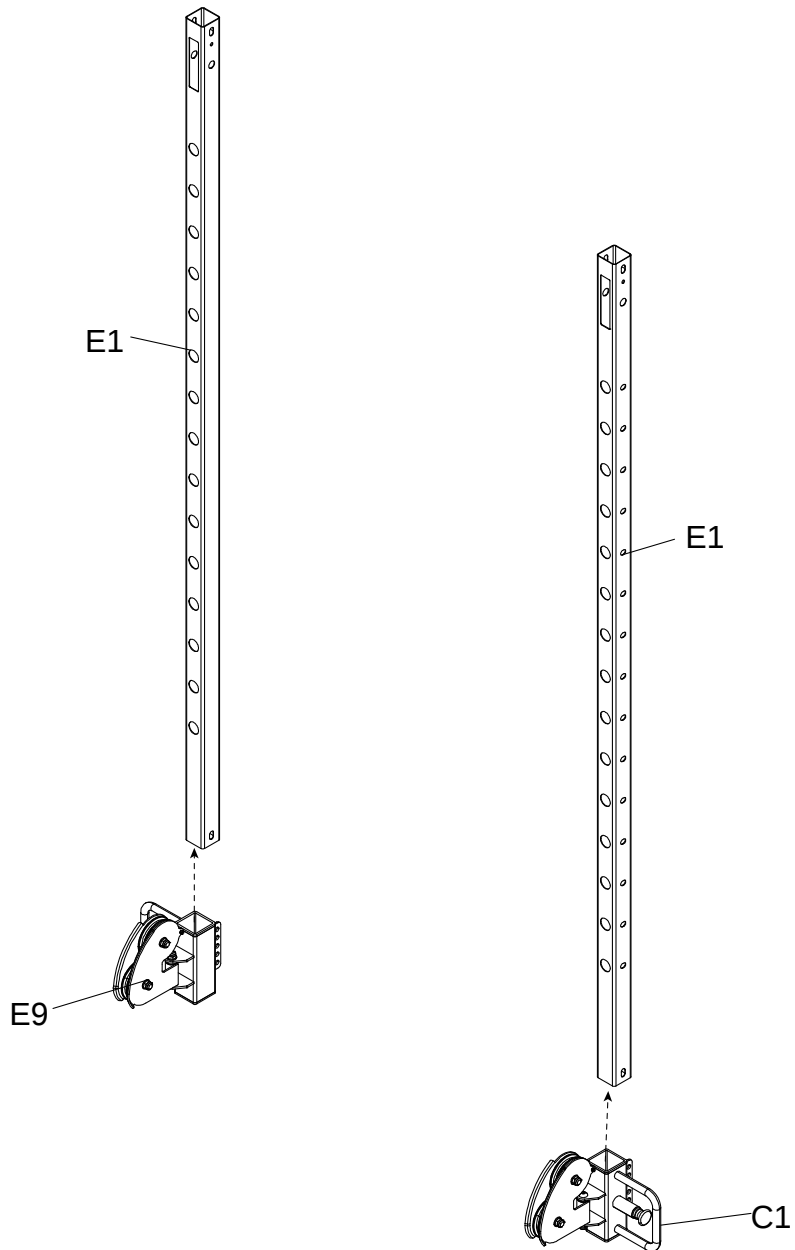
STEP: 8

B3 Rear Top Rod 1PC 	E5 110 Connecting Piece 2PCS 	5 M10 x 70mm Bolt 4PCS 
2 M10 Locknut 4PCS 		



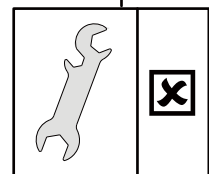
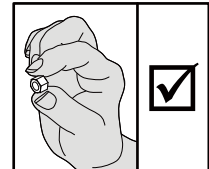
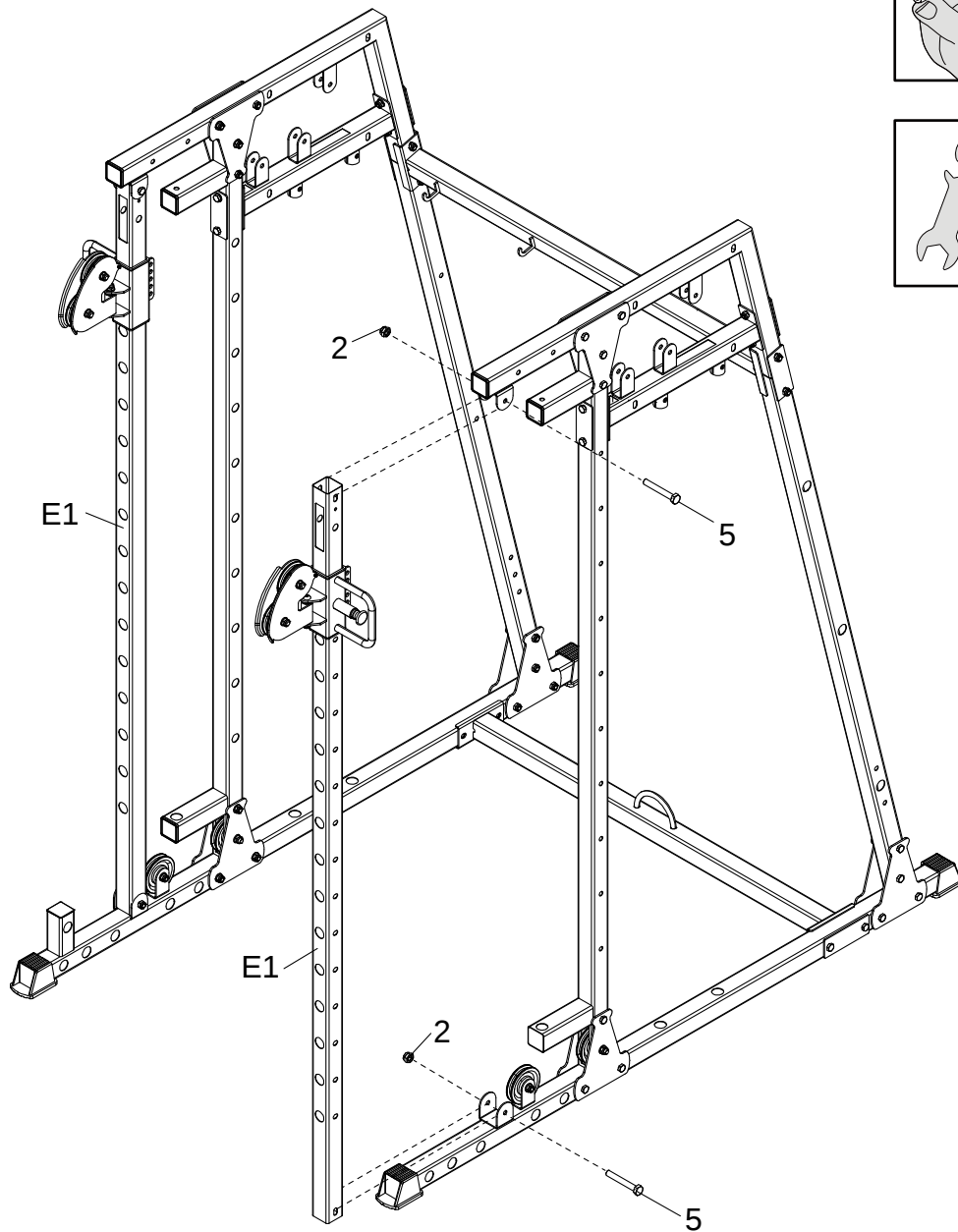
STEP: 9

C1	Bird Pulley Right 1PC	E1	Front Upright 2PCS	E9	Bird Pulley Left 1PC
					



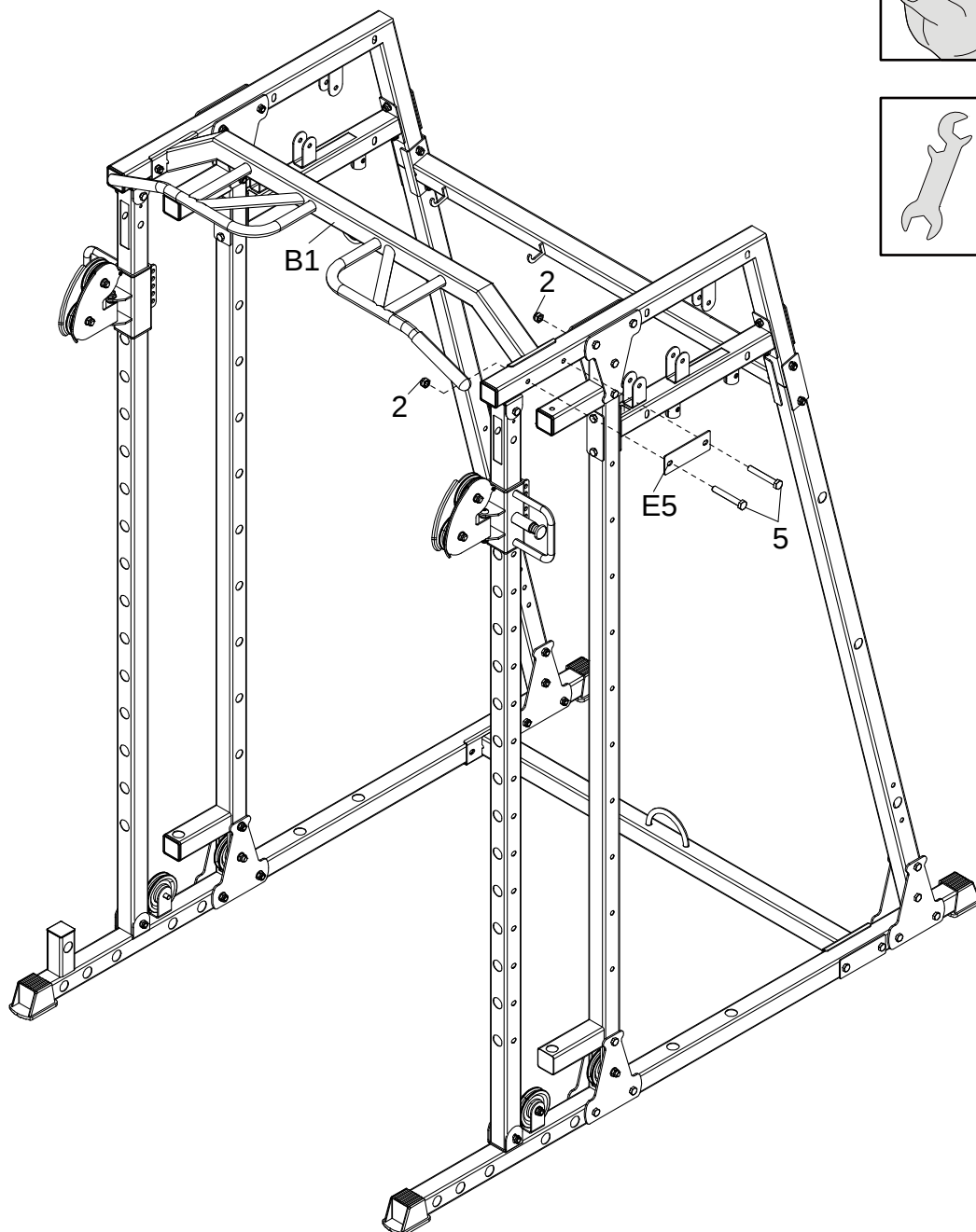
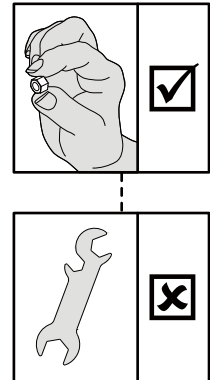
STEP: 10

2	M10 Locknut 4PCS 	5	M10 x 70mm Bolt 4PCS 
----------	--	----------	--

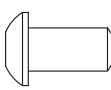


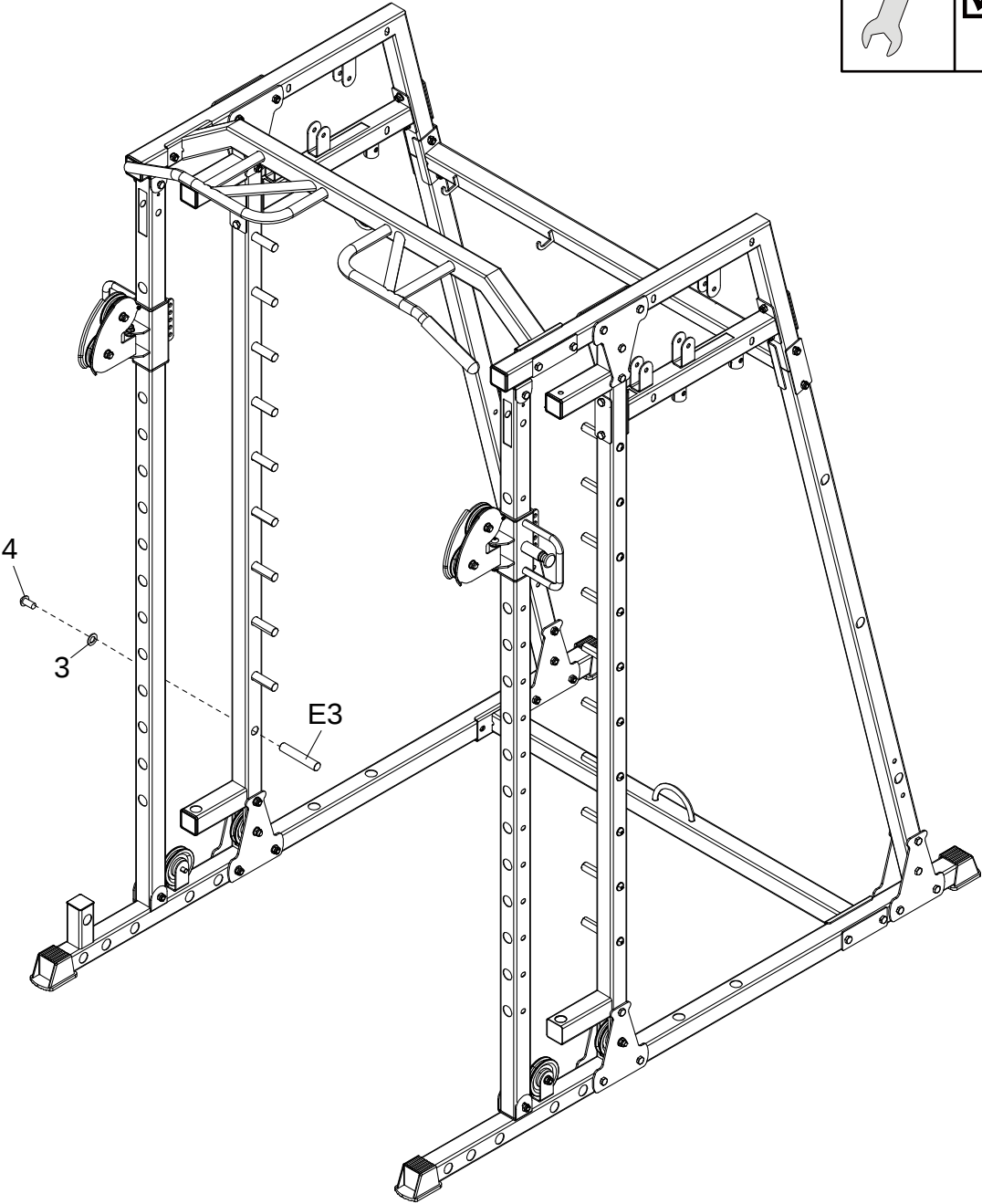
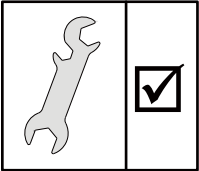
STEP: 11

E5 110 Connecting Piece 2PCS 	5 M10 x 70mm Bolt 4PCS 	2 M10 Locknut 4PCS 
B1 Pull-UP Frame 1PC 		

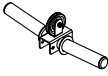


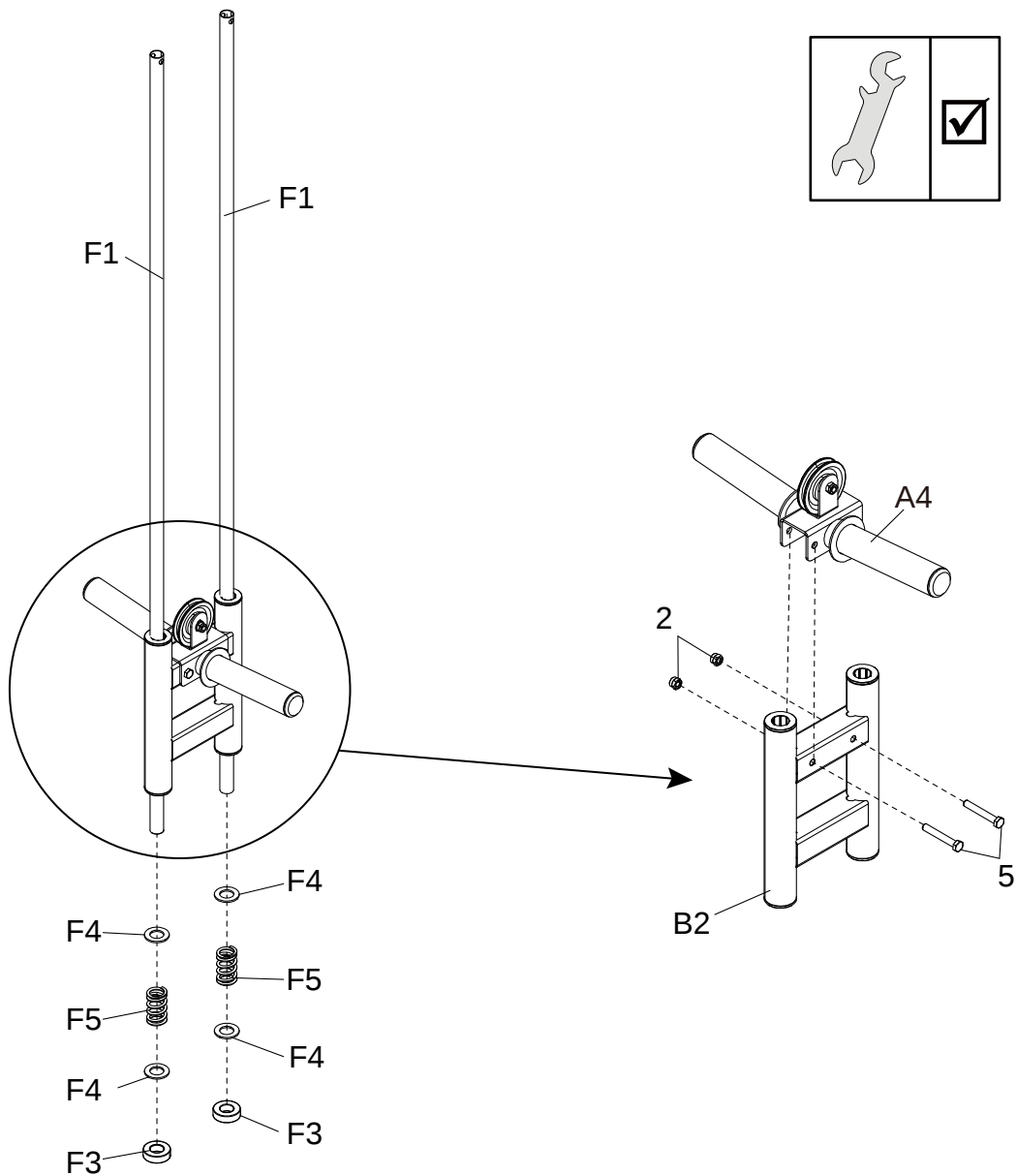
STEP: 12

3	M10 Washer 20PCS	4	M10 x 20mm Bolt 20PCS	E3	Smith Bar Catch Peg 20PCS
					

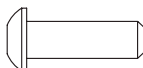


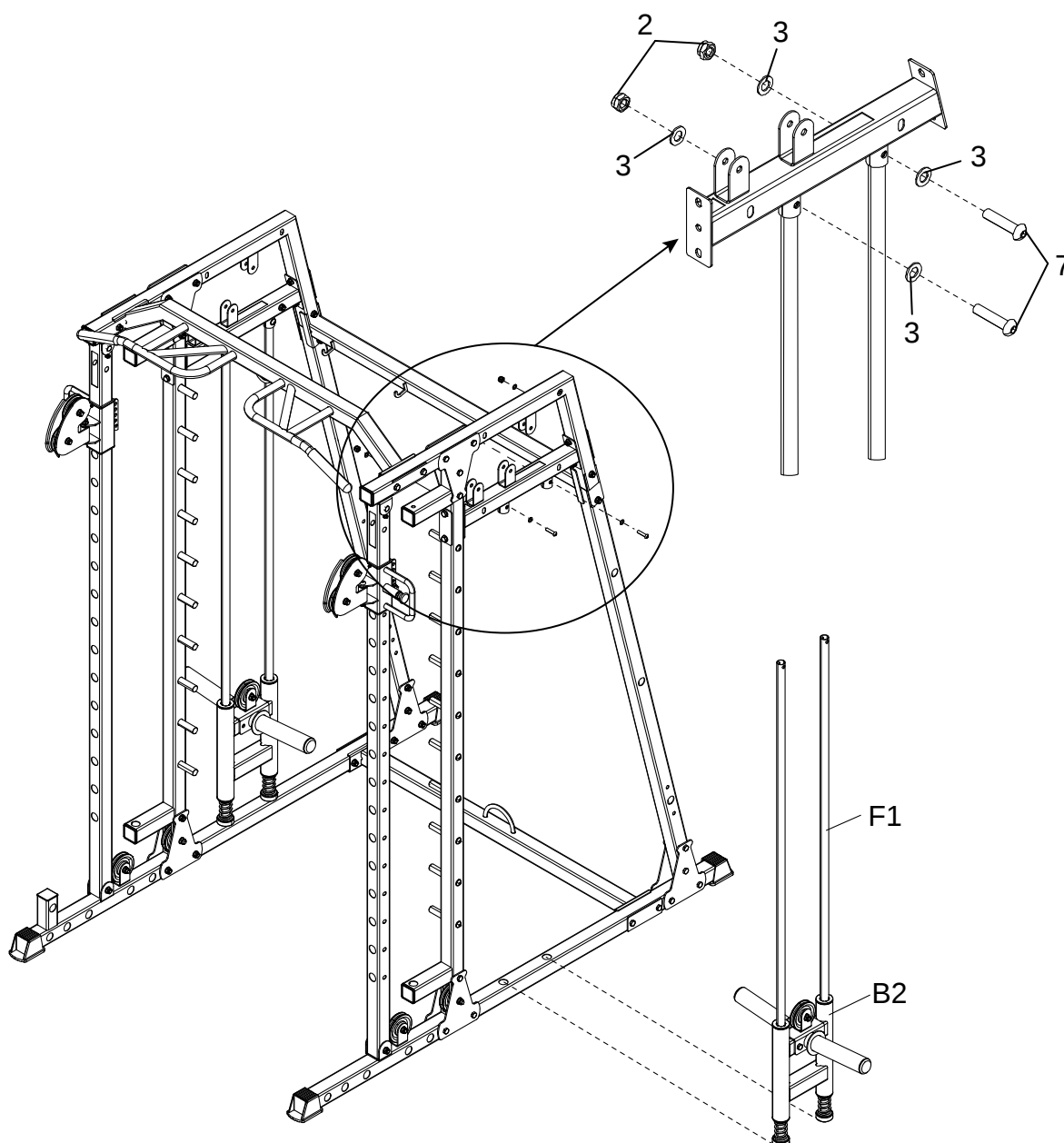
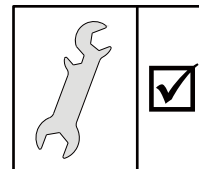
STEP: 13

A4 Weight Holder Tube 2PCS 	B2 Weight Holder 2PCS 	F1 Guide Rod 4PCS 	F3 Shockpad 4PCS 
F4 Baffle 8PCS 	F5 Spring 4PCS 	2 M10 Locknut 4PCS 	5 M10 x 70mm Bolt 4PCS 

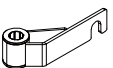


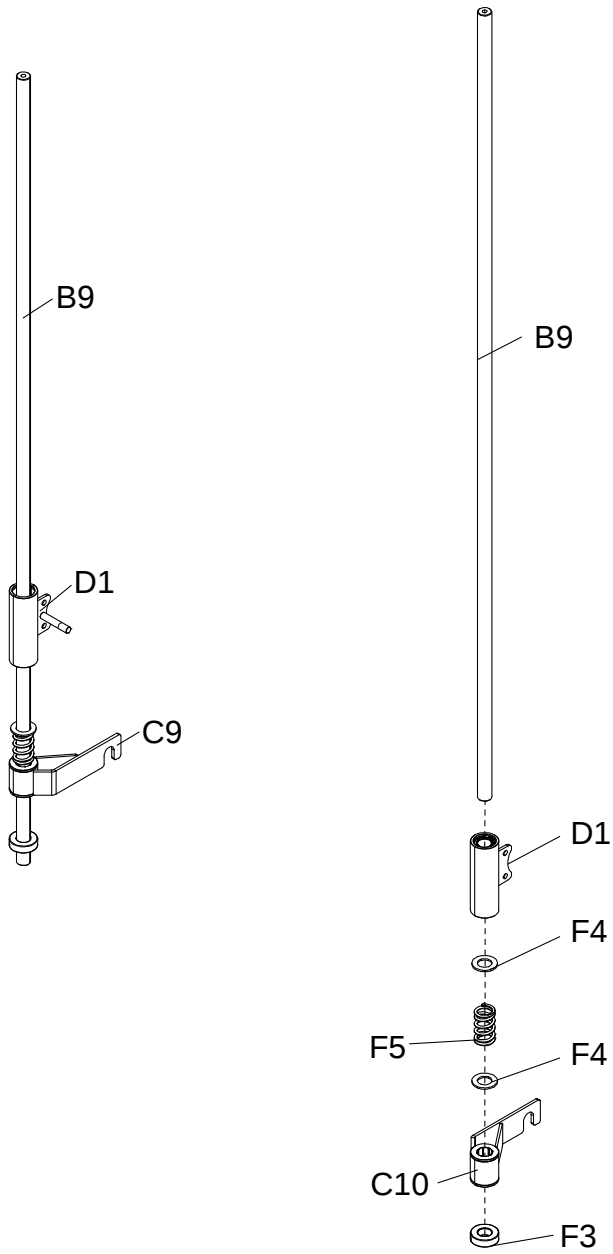
STEP: 14

2	M10 Locknut 4PCS 	3	M10 Washer 8PCS 	7	M10 x 45mm Bolt 4PCS 
----------	--	----------	---	----------	--

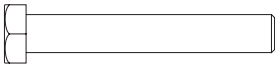


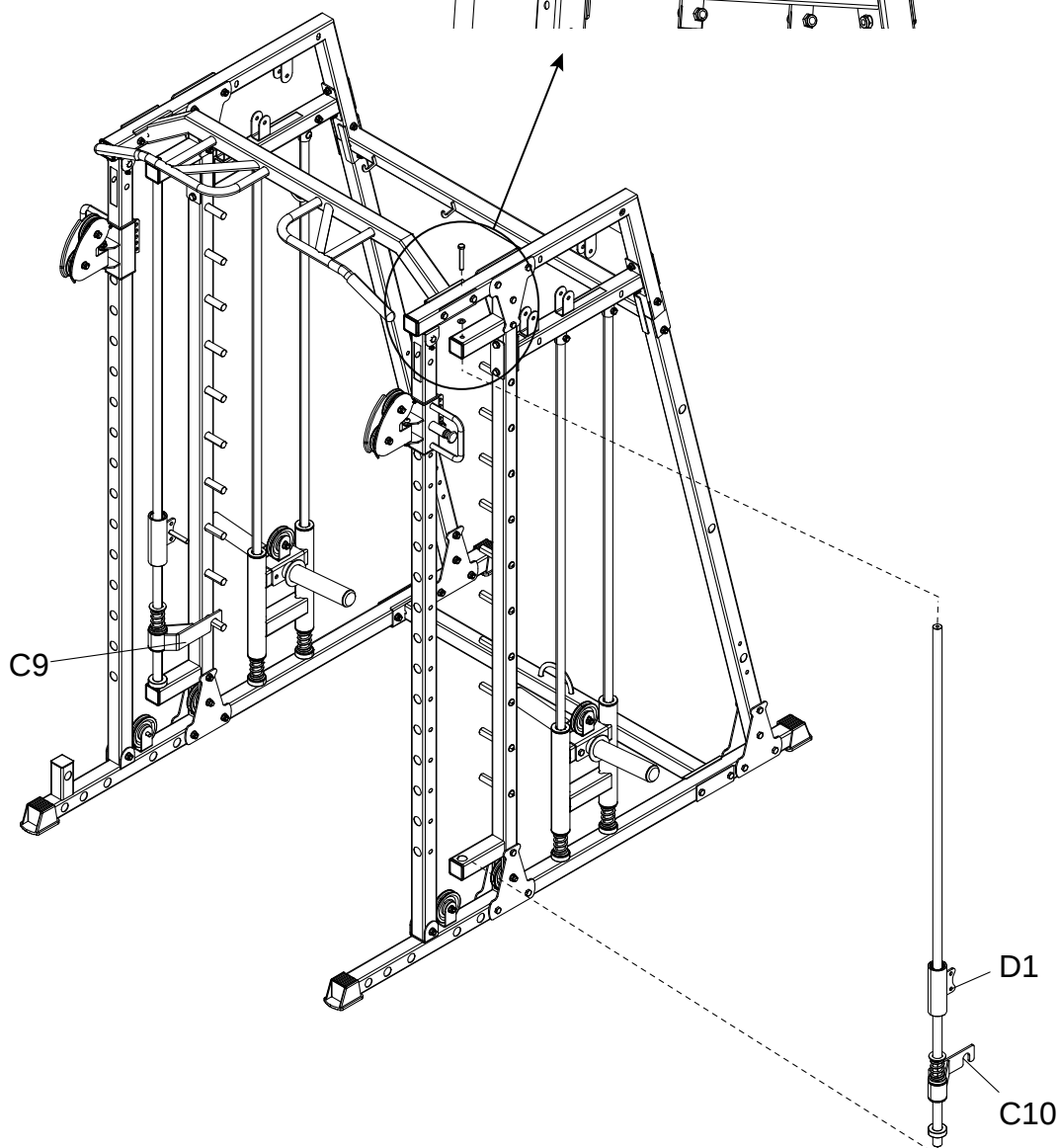
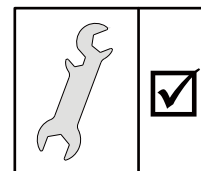
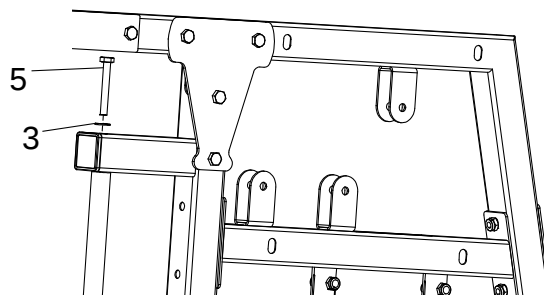
STEP: 15

B9 Smith Bar Tube 2PCS 	C9 Smith Bar Catch Right 1PC 	C10 Smith Bar Catch Left 1PC 	D1 Smith Bar Catch 2PCS 
F3 Shockpad 2PCS 	F4 Baffle 4PCS 	F5 Spring 2PCS 	

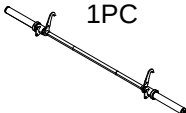
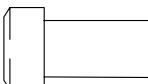


STEP: 16

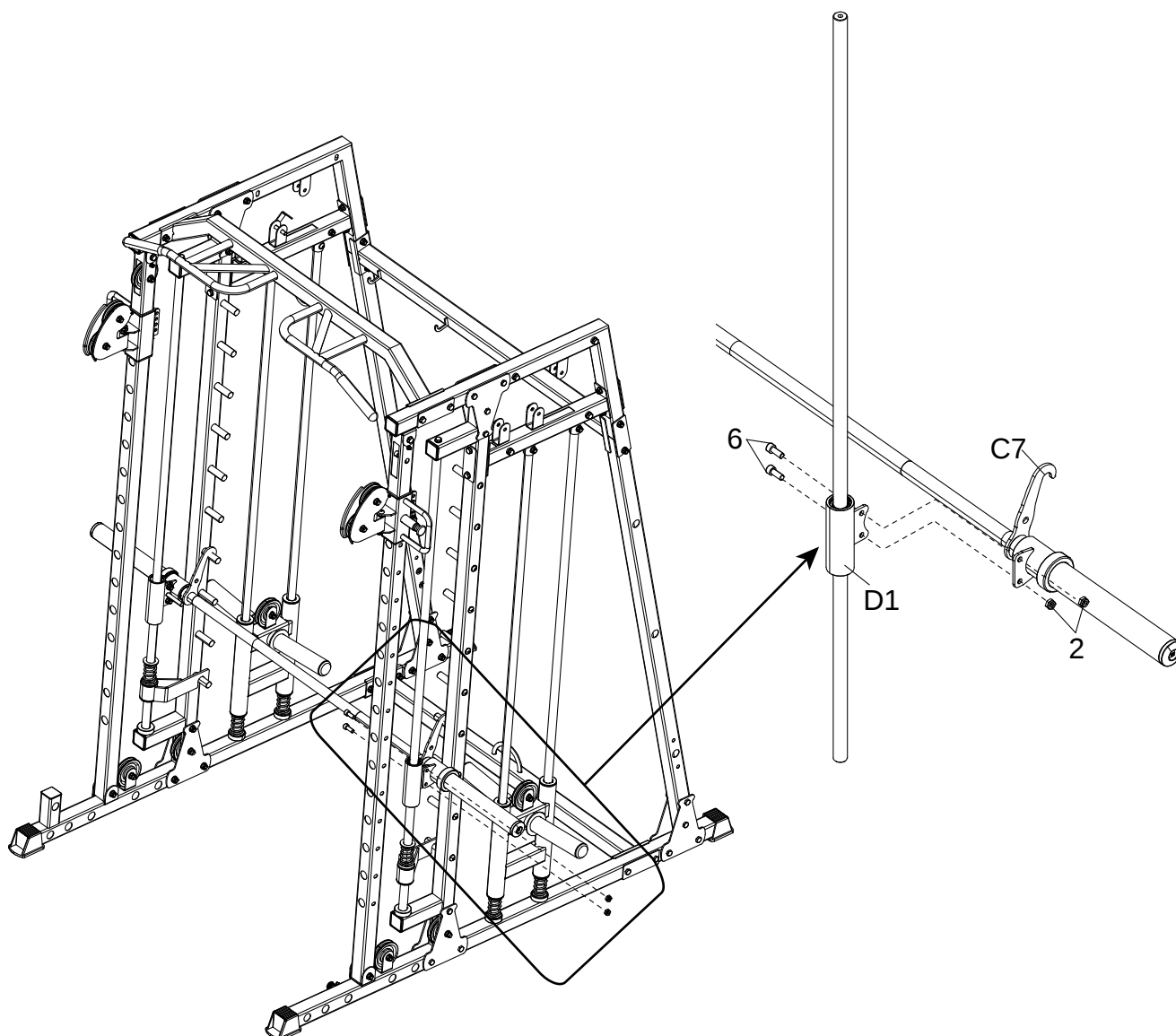
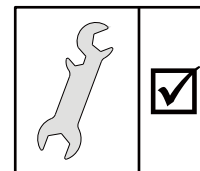
3	M10 Washer 2PCS	5	M10 x 70mm Bolt 2PCS
			



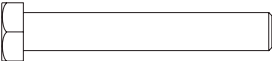
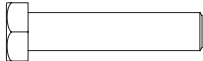
STEP: 17

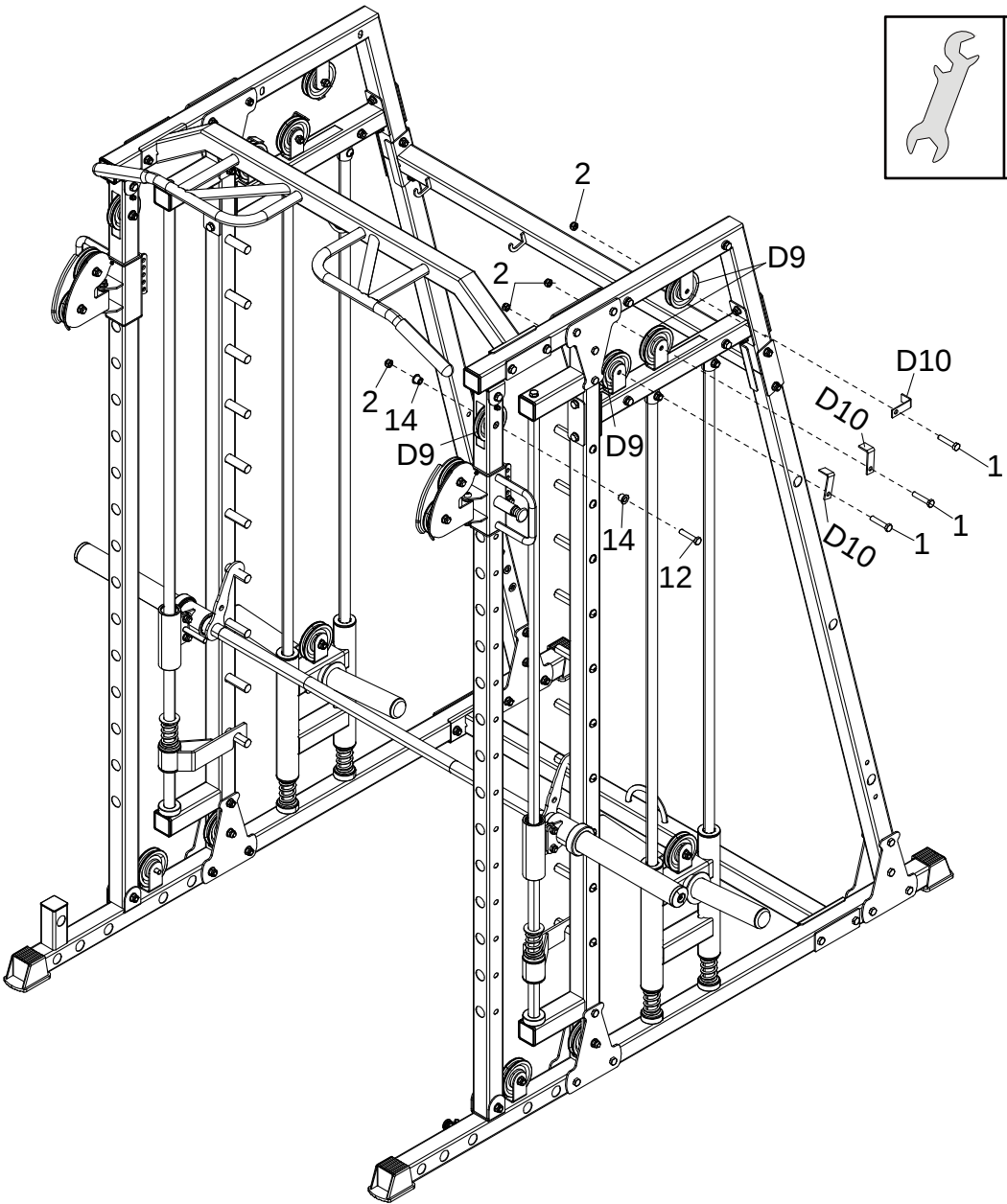
C7	Smith Bar 1PC	6	M10 x 25mm Bolt 4PCS	2	M10 Locknut 4PCS
					

See steps 1-17.
Tighten the M10 Locknuts (2).

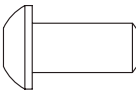


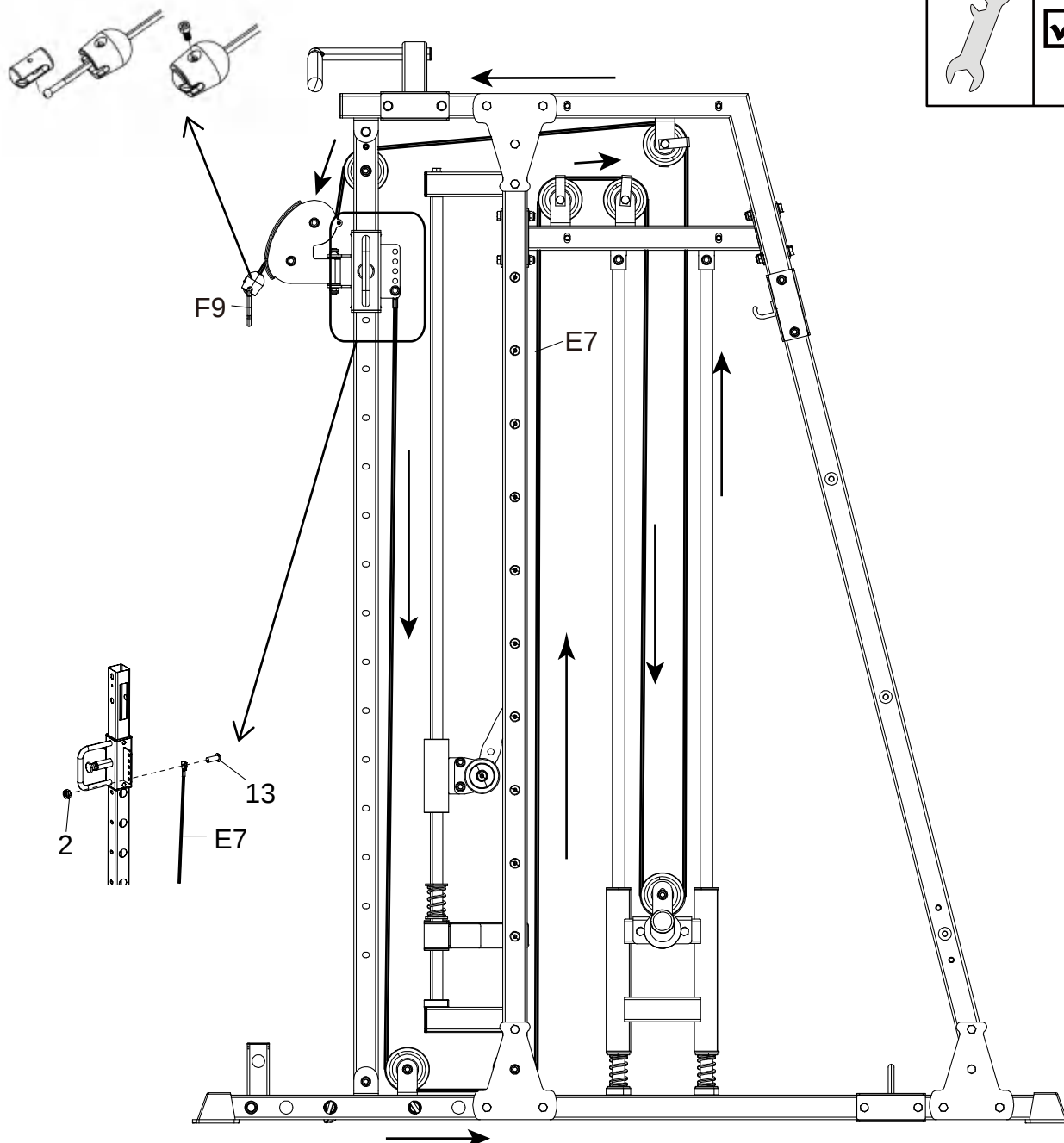
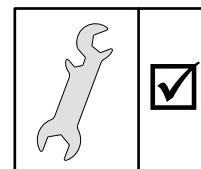
STEP: 18

D9	Pulley 8PCS	D10	Pulley Rope 6PCS	14	Pulley Spacer Sleeve1 4PCS
					
2	M10 Locknut 8PCS	12	M10 x 65mm Bolt 2PCS	1	M10 x 50mm Bolt 6PCS
					

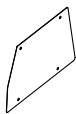
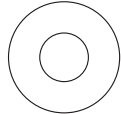
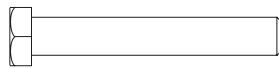
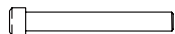


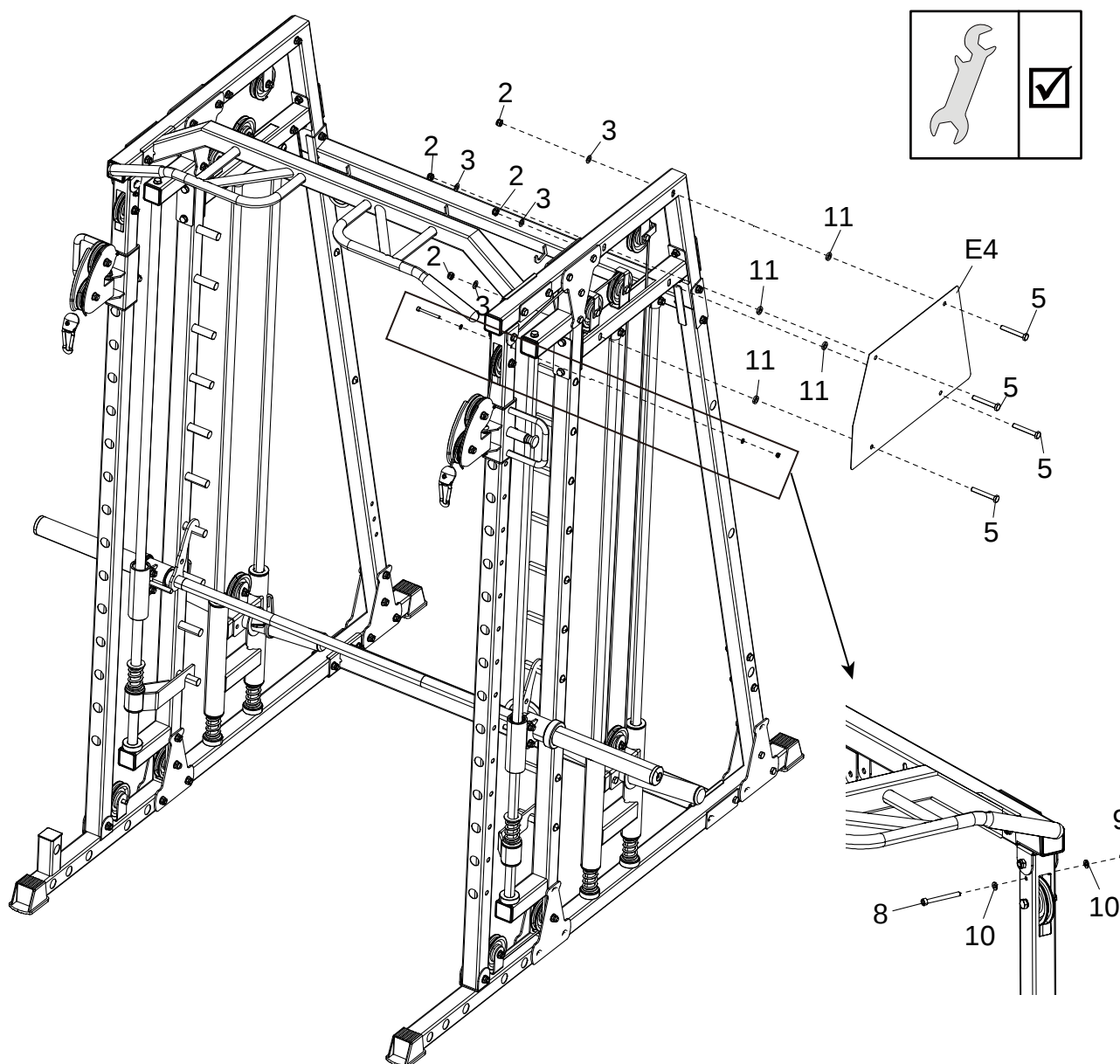
STEP: 19

E7	Cable 2PCS	2	M10 Locknut 2PCS	13	M10 x 25mm Bolt 2PCS	F9	Clip 2PCS
							

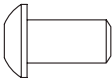


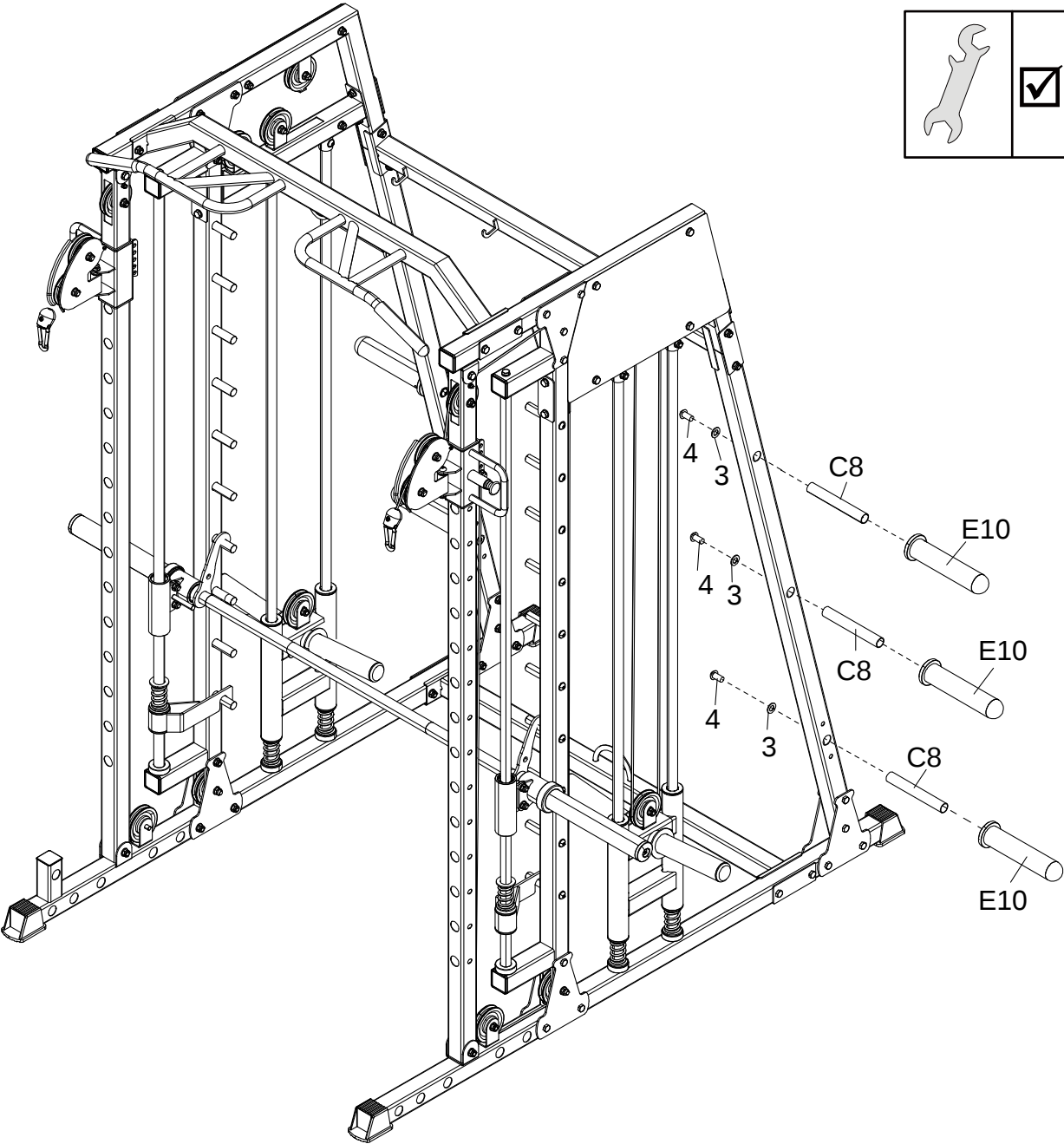
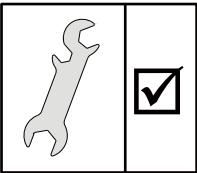
STEP: 20

E4	Board 2PCS	2	M10 Locknut 8PCS	3	M10 Washer 8PCS	5	M10 x 70mm Bolt 8PCS
							
8	M6 x 60mm Bolt 2PCS	10	M6 Washer 4PCS	11	Plastic Sleeve 8PCS	9	M6 Locknut 2PCS
							

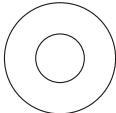


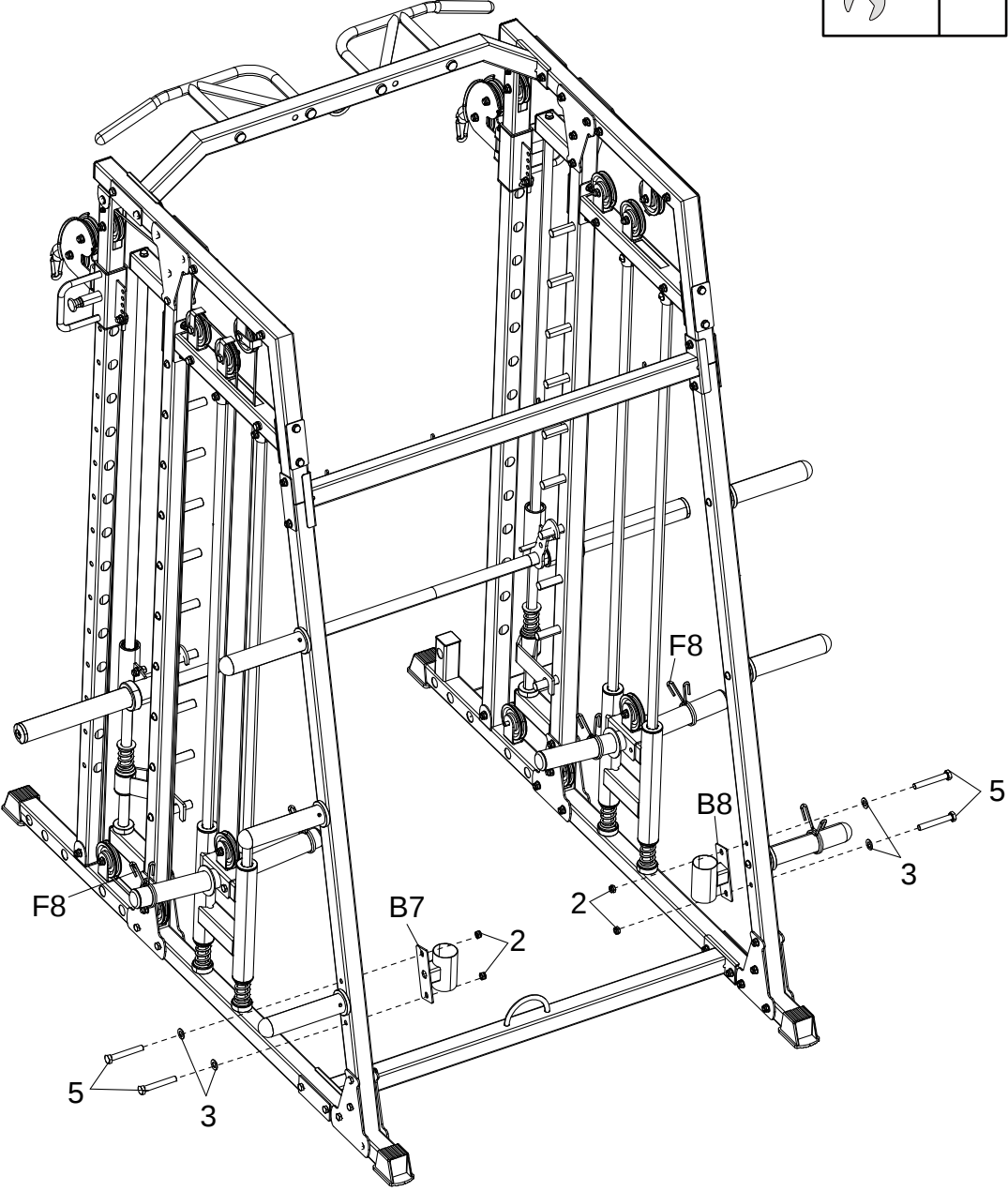
STEP: 21

3	M10 Washer 6PCS	4	M10 x 20mm Bolt 6PCS	E10	Storage Skeeve 6PCS	C8	Storage Pin 6PCS
							

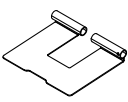
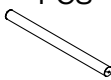


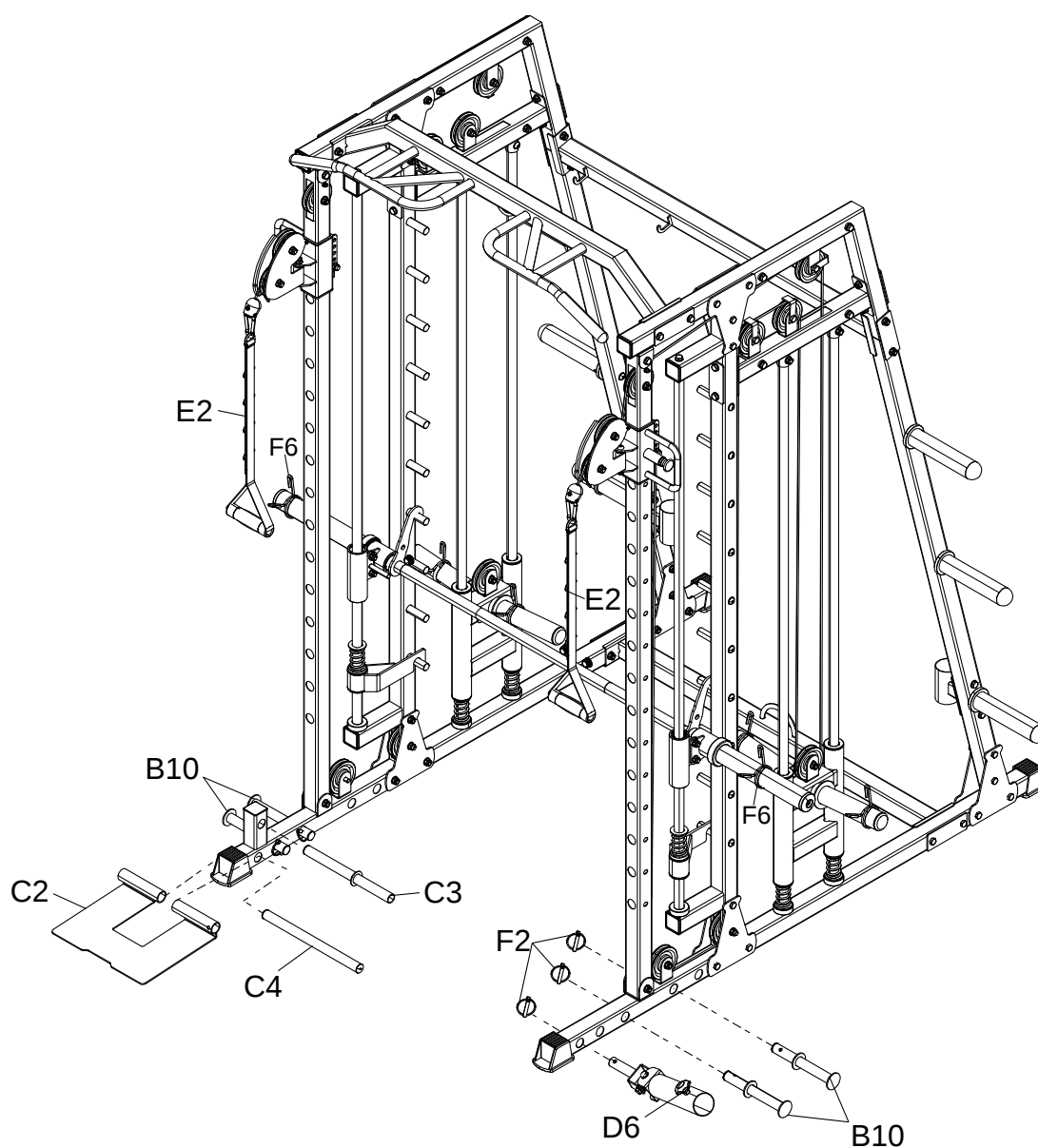
STEP: 22

B7 Austral Fixed Right 1PC 	B8 Austral Fixed Left 1PC 	5 M10 x 70mm Bolt 4PCS 	2 M10 Locknut 4PCS 
3 M10 Washer 4PCS 	F8 48 Spring Clip 4PCS 	 	

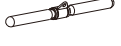
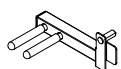
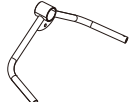


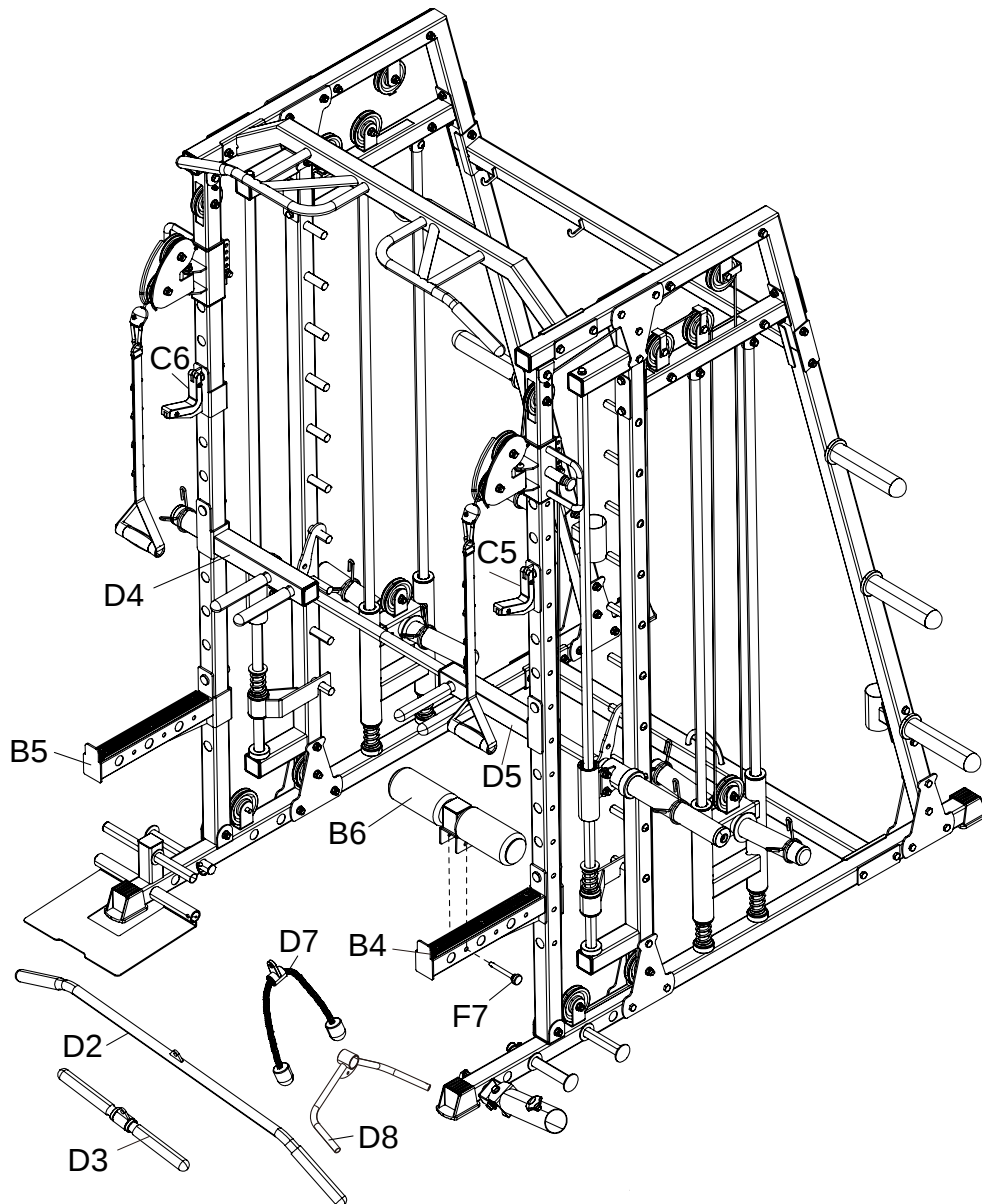
STEP: 23

B10	Band Peg 4PCS	C2	Foot Pedal 1PC	C3	Foot Pedal Support Column 1PC	C4	Foot Pedal Connecting Column PCS
D6	Ground Gun Assembly 1PC	E2	Cable Handle 2PCS	F2	Latch 5PCS	F6	50 Spring Clip 2PCS
							
							



STEP: 24

B4 Safety Bar Right 1PC 	B5 Safety Bar Left 1PC 	B6 Leg Attachment 1PC 	C5 J Hook Right 1PC 	C6 J Hook Left 1PC 	D2 Lat Pull Down Bar 1PC 
D3 Cable Bar 1PC 	D4 Dip Bar Left 1PC 	D5 Dip Bar Right 1PC 	D7 Tricep Rope 1PC 	D8 T-Bar 1PC 	F7 Pin 1PC 



Make sure that all parts of the Smith machine are properly tightened.

FORMAT OF AFTER-SALE EMAIL

The screenshot shows an email draft window titled "Draft saved". The "Recipients" field is empty. The "Subject" field contains "Amazon-1234567890-Package Lost" and "SUBJECT EXAMPLE". The "Body" field contains "Platform-Order Number-Issue" and a large red box with the text "Describe your issue here". Below the body field, there is a red text prompt: "Welcome to attach the pictures to help us get more understands with your issue". At the bottom, there is a rich text editor toolbar with various icons. A red arrow points to the "Attach" icon (a paperclip) in the toolbar. The toolbar also includes a "Send" button, a text color picker, and various text formatting options like bold, italic, underline, and link.

Welcome to send us some pictures to describe your problem, which will help us better and faster understand your current situation, and thus provide you with the best solution.

The machine you ordered has been carefully inspected and is fully guaranteed to be in perfect working order.

This lifetime warranty covers missing parts, damaged parts, package lost, all manufacturing and mechanical defects, excluding malfunctions or deterioration resulting from accidents or negligence. with this card, you are entitled to obtain service at any platform, such as Amazon, Walmart, and our own website.

Please provide your Platform and Order Number to us in the email subject.

**NEED HELP?
CONTACT US FIRST.**

support@gym-mikolo.com