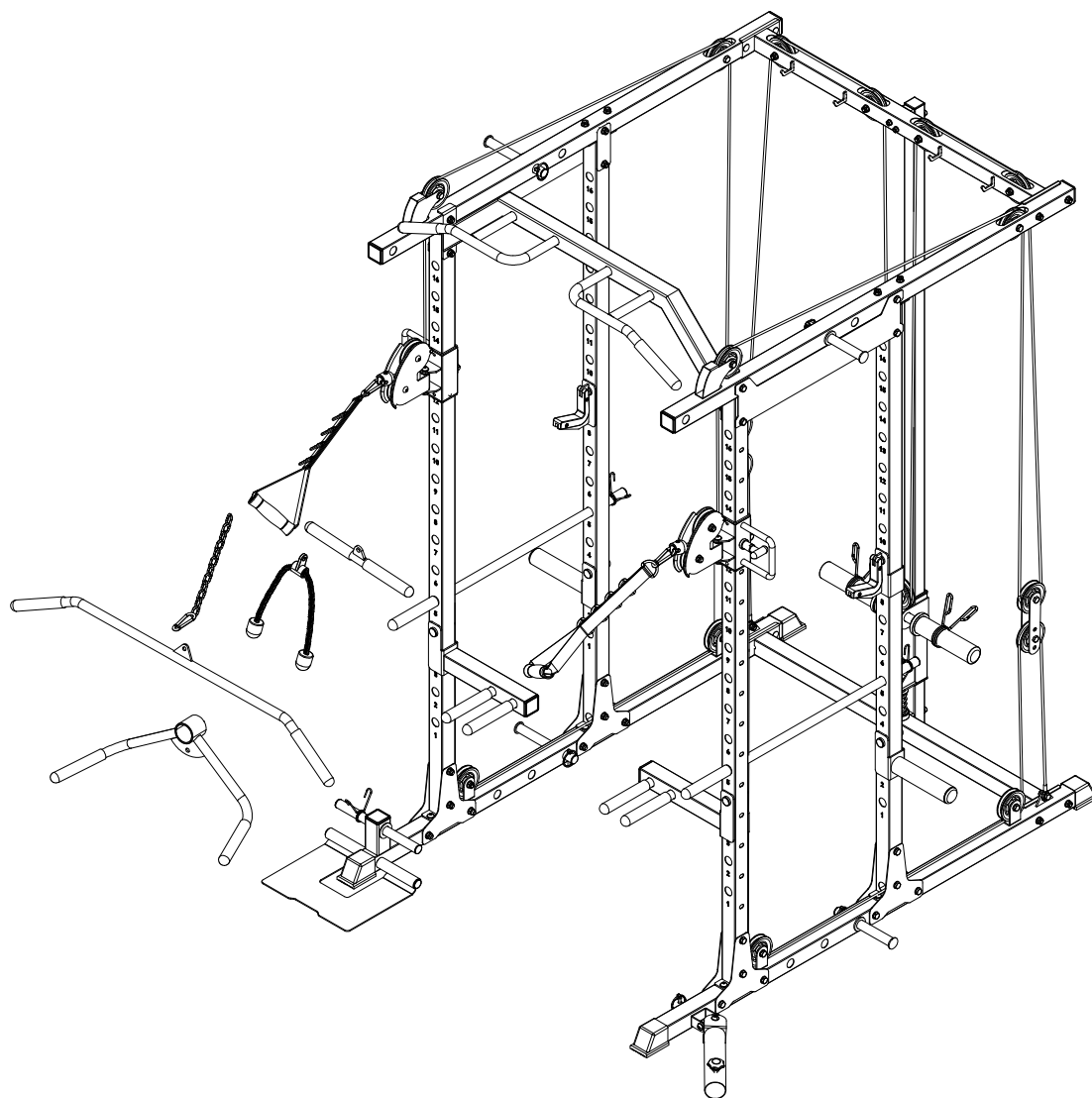




# ASSEMBLY INSTRUCTIONS



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

|                        |       |    |
|------------------------|-------|----|
| Summary                | ----- | 3  |
| Part List              | ----- | 4  |
| Step 1                 | ----- | 6  |
| Step 2                 | ----- | 7  |
| Step 3                 | ----- | 8  |
| Step 4                 | ----- | 9  |
| Step 5                 | ----- | 10 |
| Step 6                 | ----- | 11 |
| Step 7                 | ----- | 12 |
| Step 8                 | ----- | 13 |
| Step 9                 | ----- | 14 |
| Step 10                | ----- | 15 |
| Step 11                | ----- | 16 |
| Step 12                | ----- | 17 |
| Step 13                | ----- | 18 |
| Step 14                | ----- | 19 |
| Step 15                | ----- | 20 |
| Step 16                | ----- | 21 |
| Step 17                | ----- | 22 |
| Step 18                | ----- | 23 |
| Step 19                | ----- | 24 |
| After-Sale Information | ----- | 25 |

# 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**



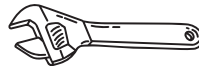
If you are missing any parts, or otherwise have any warranty issues, please contact us first.  
[after-sale@gym-mikolo.com](mailto:after-sale@gym-mikolo.com)

## ***Shortcut: A Lot of People Doing That Way***

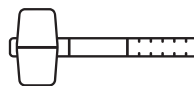
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

## ***The following tools might help you improve your installation experience***

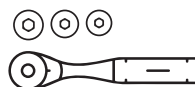
- Adjustable wrenches



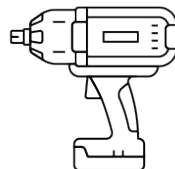
- Rubber hammers



- Socket set



- Electric Wrench



## **WARNING**



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

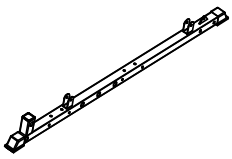
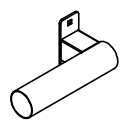
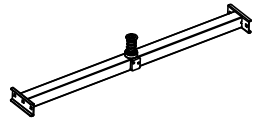
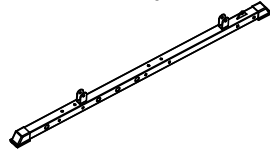
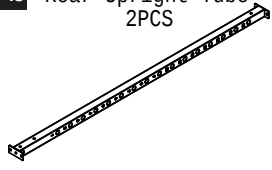
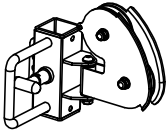
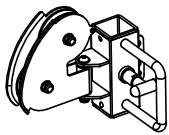
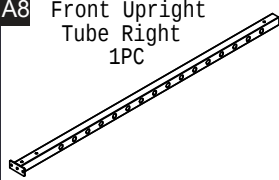
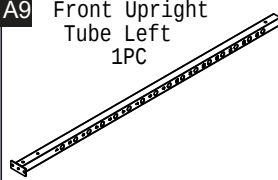
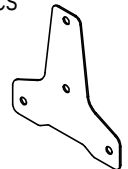
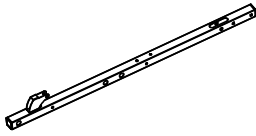
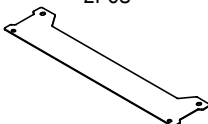
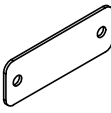
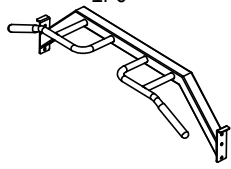
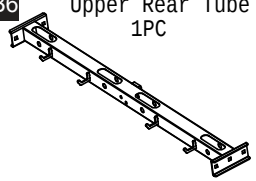
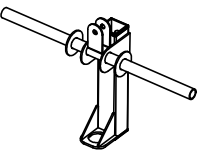
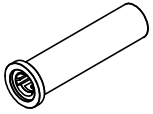
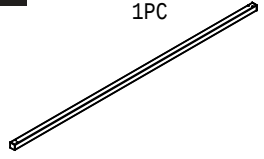
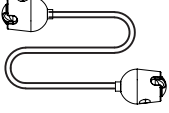
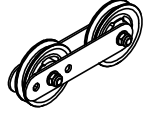
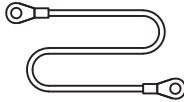
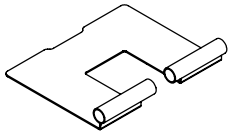
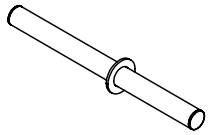
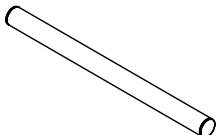
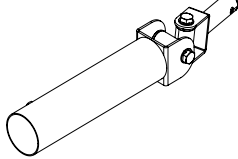
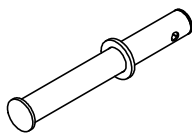
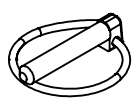
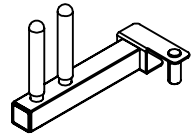
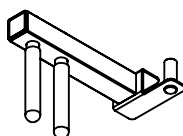
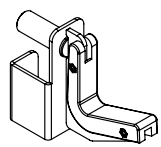
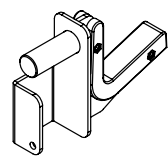
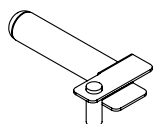
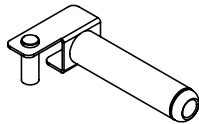
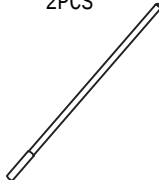
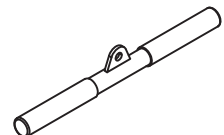
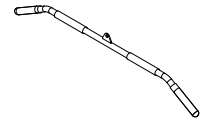


Sharp objects may be involved. Use precaution and protection.

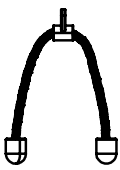
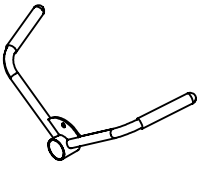
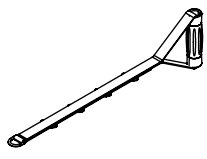
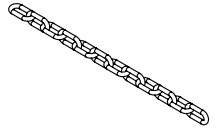
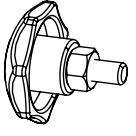
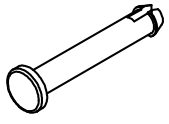


Heavy object. Use lifting aids and proper lifting techniques when moving

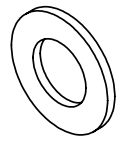
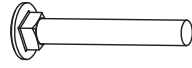
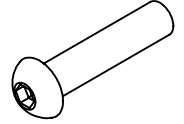
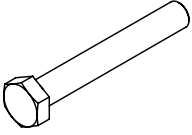
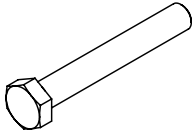
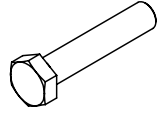
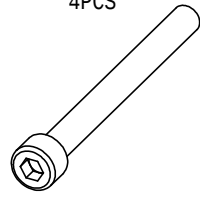
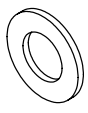
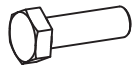
# PARTS LIST

|                                                                                                                                   |                                                                                                                                      |                                                                                                                                |                                                                                                                                |                                                                                                                             |
|-----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| <b>A1</b> Base Tube Right<br>1PC<br>             | <b>A2</b> Barbell Storage Rack<br>1PC<br>           | <b>A3</b> Base Cross Tube<br>1PC<br>          | <b>A4</b> Base Tube Left<br>1PC<br>          | <b>A5</b> Rear Upright Tube<br>2PCS<br>  |
| <b>A6</b> Pulley Sliding Sleeve Left<br>1PC<br>  | <b>A7</b> Pulley Sliding Sleeve Right<br>1PC<br>    | <b>A8</b> Front Upright Tube Right<br>1PC<br> | <b>A9</b> Front Upright Tube Left<br>1PC<br> | <b>B1</b> Triangular Fixing<br>8PCS<br>  |
| <b>B2</b> Upper side tube<br>2PCS<br>             | <b>B3</b> Decorative Plate Left<br>2PCS<br>         | <b>B4</b> Reinforcement Plate<br>2PCS<br>     | <b>B5</b> Pull-UP Frame<br>1PC<br>           | <b>B6</b> Upper Rear Tube<br>1PC<br>     |
| <b>B7</b> Weight Holder<br>1PC<br>             | <b>B8</b> Storage Sleeve<br>2PCS<br>              | <b>B9</b> Pulley<br>13PCS<br>               | <b>C1</b> 48 spring clip<br>2PCS<br>      | <b>C2</b> Guide Tube<br>1PC<br>         |
| <b>C3</b> Bushing<br>12PCS<br>                 | <b>C4</b> Cable A (12610mm)<br>1PC<br>            | <b>C5</b> Moving Pulley<br>2PCS<br>         | <b>C6</b> Cable B (3920mm)<br>2PCS<br>     | <b>C7</b> Foot Pedal<br>1PC<br>        |
| <b>C8</b> Foot Pedal Support Column<br>1PC<br> | <b>C9</b> Foot Pedal Connecting Column<br>1PC<br> | <b>D1</b> 25 Spring Clip<br>3PCS<br>        | <b>D2</b> Landmine<br>1PC<br>              | <b>D3</b> Band Peg<br>4PCS<br>         |
| <b>D4</b> Ring pin<br>5PCS<br>                 | <b>D5</b> Dip Bar Left<br>1PC<br>                 | <b>D6</b> Dip Bar Right<br>1PC<br>          | <b>D7</b> J Hook Right<br>1PC<br>         | <b>D8</b> J Hook Left<br>1PC<br>       |
| <b>D9</b> Plate Storage Pin Left<br>1PC<br>    | <b>E1</b> Plate Storage Pin Right<br>1PC<br>      | <b>E2</b> Safety Bar<br>2PCS<br>            | <b>E3</b> Cable Bar<br>1PC<br>             | <b>E4</b> Lat Pull Down Bar<br>1PC<br> |

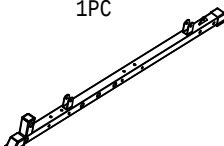
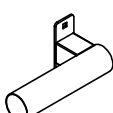
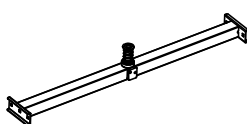
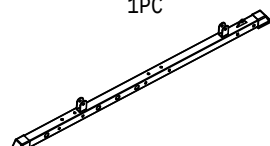
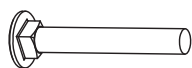
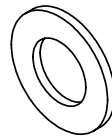
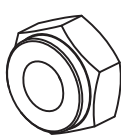
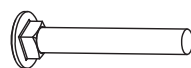
# PARTS LIST

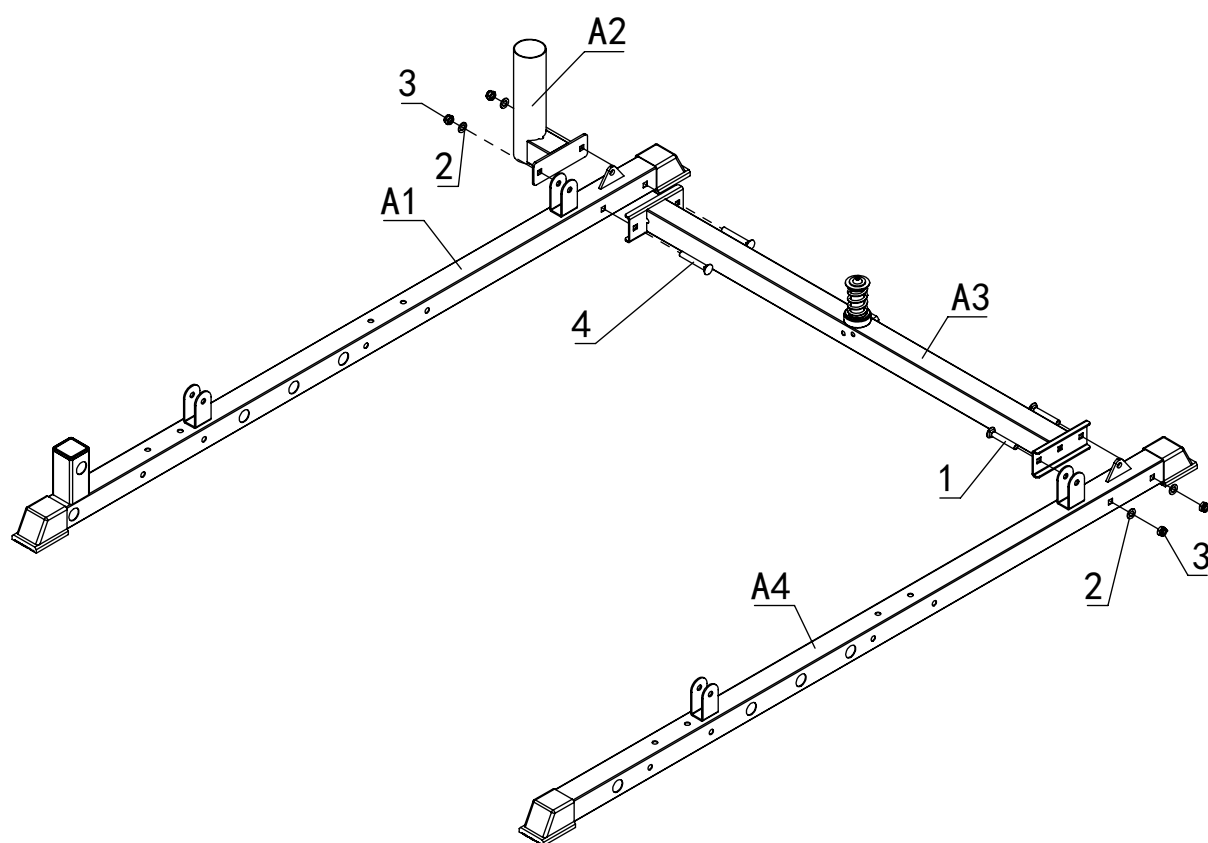
|                                                                                                                   |                                                                                                                 |                                                                                                                     |                                                                                                               |                                                                                                               |
|-------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| <b>E5</b> Tricep Rope<br>1PC<br> | <b>E6</b> T-Bar<br>1PC<br>     | <b>E7</b> Cable Handle<br>2PCS<br> | <b>E8</b> Hook<br>4PCS<br> | <b>E9</b> Chain<br>1PC<br> |
| <b>F1</b> Chain<br>1PC<br>       | <b>F2</b> Stop pin<br>2PCS<br> |                                                                                                                     |                                                                                                               |                                                                                                               |

# HARDWARE LIST

|                                                                                                                        |                                                                                                                        |                                                                                                                       |                                                                                                                        |                                                                                                                        |
|------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| <b>1</b> Bolt (M10*65)<br>6PCS<br>   | <b>2</b> Washer (M10)<br>94PCS<br>   | <b>3</b> Lucknut (M10)<br>53PCS<br> | <b>4</b> Bolt (M10*70)<br>2PCS<br>  | <b>5</b> Bolt (M10*60)<br>8PCS<br> |
| <b>6</b> Bolt (M10*70)<br>24PCS<br> | <b>7</b> Bolt (M10*65)<br>10PCS<br> | <b>8</b> Bolt (M10*45)<br>7PCS<br> | <b>9</b> Bolt (M8*115)<br>4PCS<br> | <b>10</b> Washer (M8)<br>8PCS<br> |
| <b>11</b> Lucknut (M8)<br>4PCS<br>  | <b>12</b> Bolt (M10*25)<br>4PCS<br> |                                                                                                                       |                                                                                                                        |                                                                                                                        |

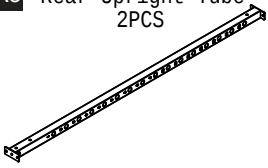
# STEP: 1

|                                                                                                                       |                                                                                                                            |                                                                                                                       |                                                                                                                       |                                                                                                                       |
|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| <b>A1</b> Base Tube Right<br>1PC<br> | <b>A2</b> Barbell Storage Rack<br>1PC<br> | <b>A3</b> Base Cross Tube<br>1PC<br> | <b>A4</b> Base Tube Left<br>1PC<br> | <b>1</b> Bolt (M10*65)<br>2PCS<br> |
| <b>2</b> Washer (M10)<br>4PCS<br>    | <b>3</b> Lucknut (M10)<br>4PCS<br>        | <b>4</b> Bolt (M10*70)<br>2PCS<br>   |                                                                                                                       |                                                                                                                       |

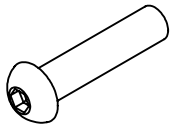


# STEP: 2

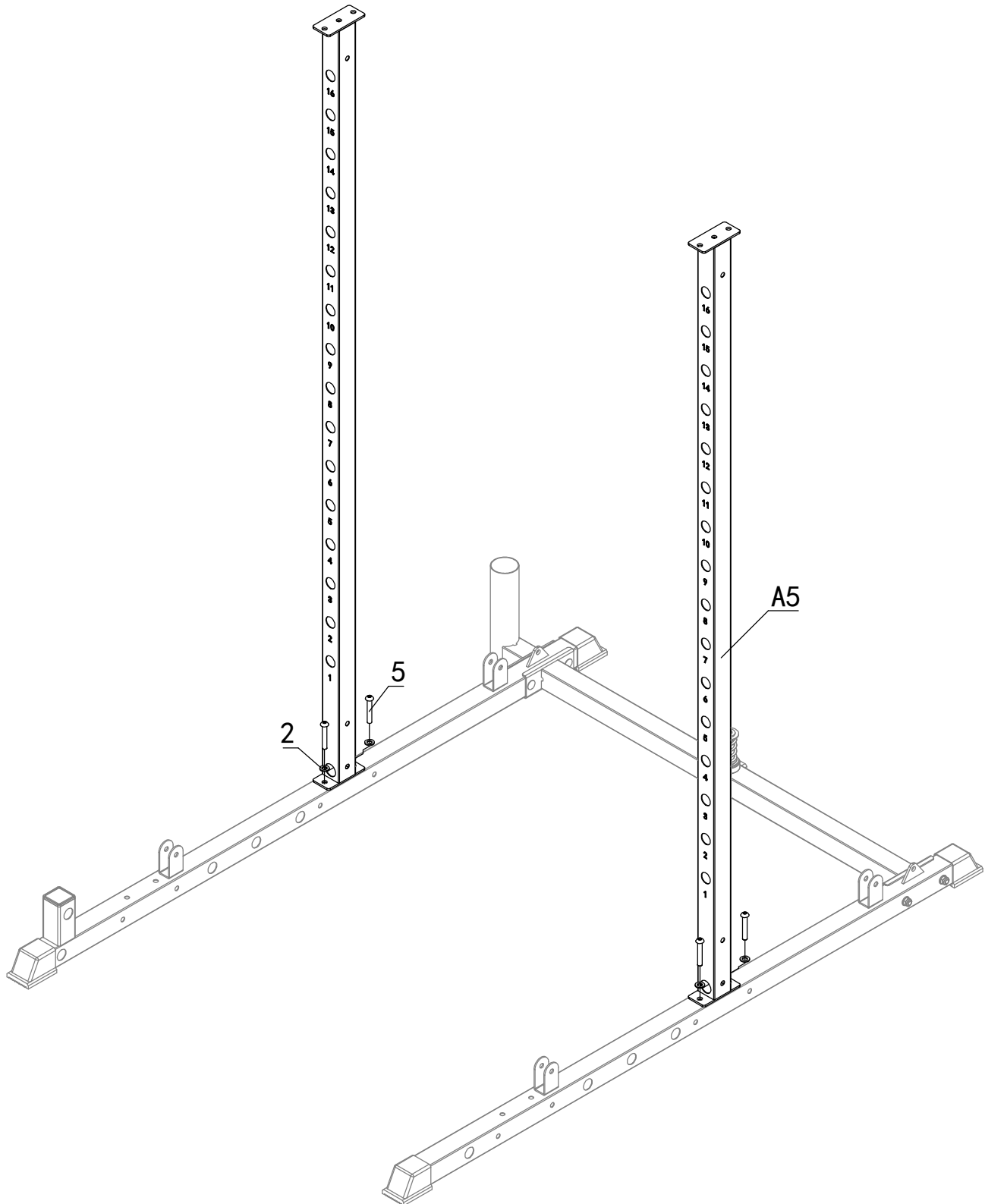
A5 Rear Upright Tube  
2PCS



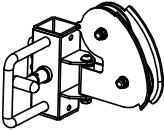
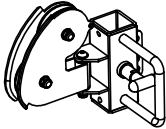
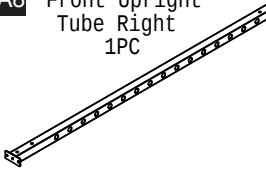
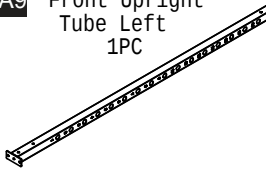
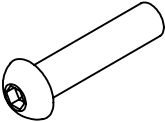
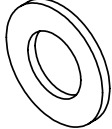
5 Bolt (M10\*60)  
4PCS

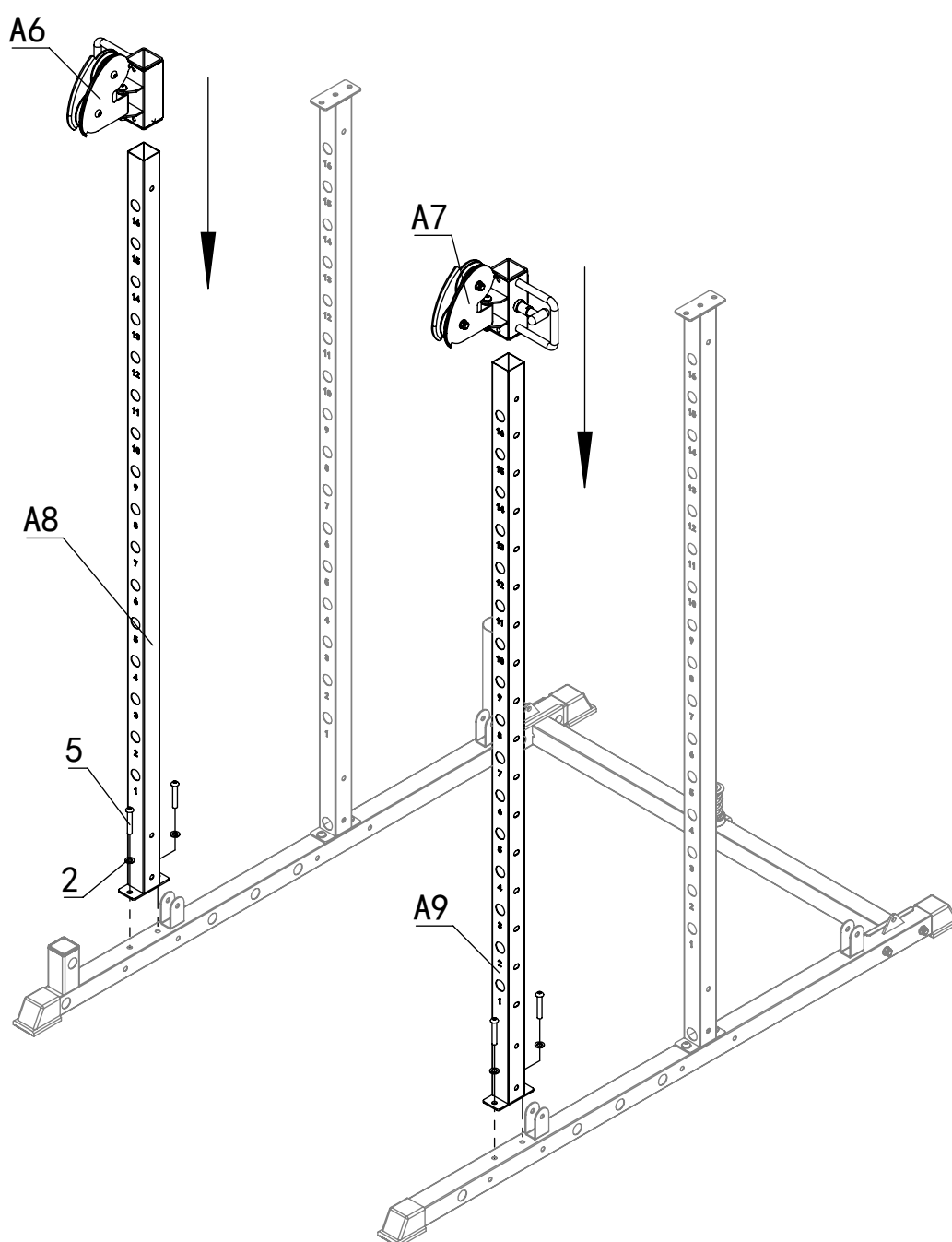


2 Washer (M10)  
4PCS

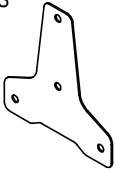
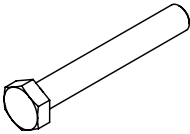
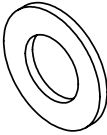
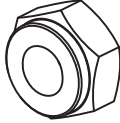


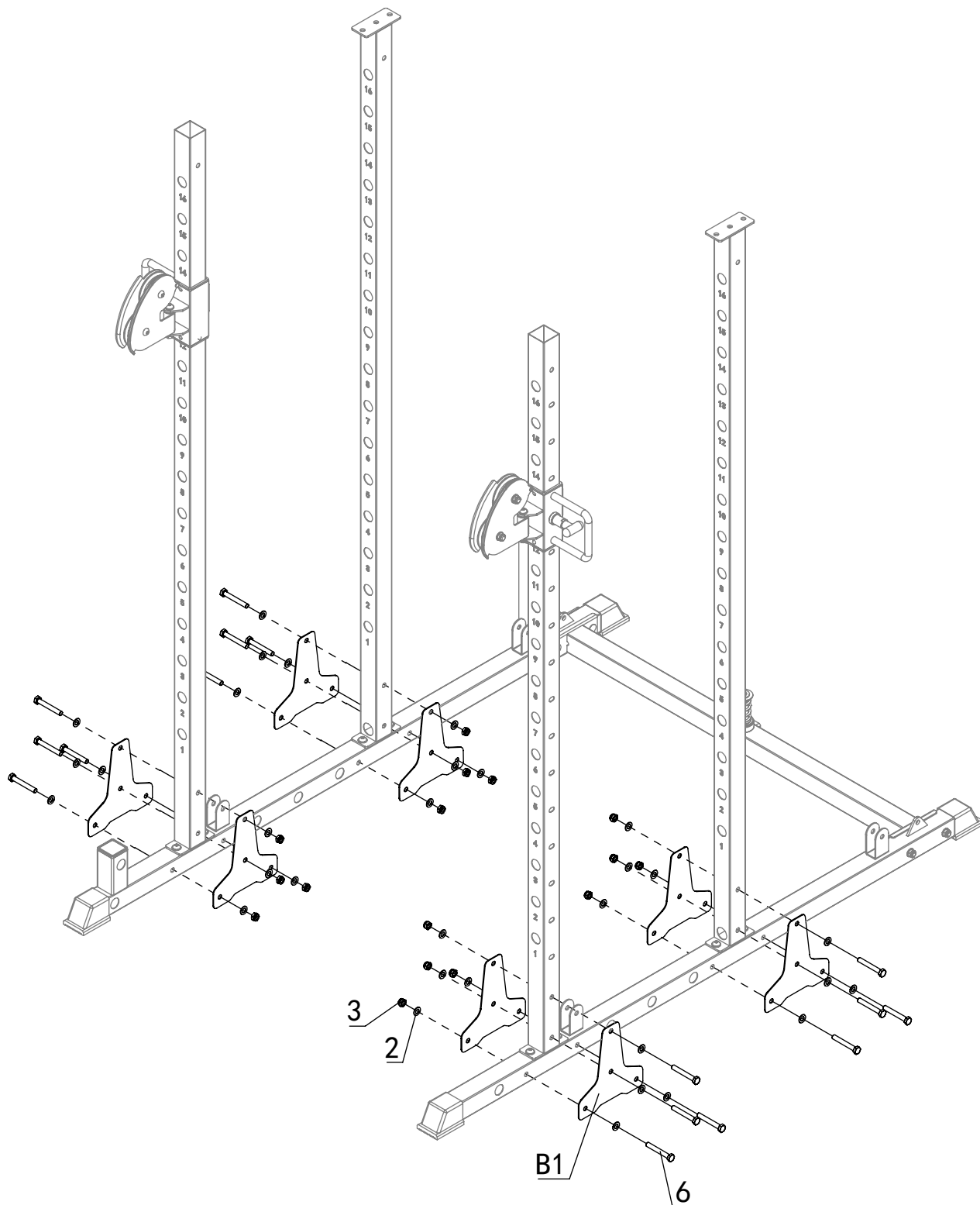
# STEP: 3

|                                                                                                                                  |                                                                                                                                   |                                                                                                                                |                                                                                                                                |                                                                                                                       |
|----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| <b>A6</b> Pulley Sliding Sleeve Left<br>1PC<br> | <b>A7</b> Pulley Sliding Sleeve Right<br>1PC<br> | <b>A8</b> Front Upright Tube Right<br>1PC<br> | <b>A9</b> Front Upright Tube Left<br>1PC<br> | <b>5</b> Bolt (M10*60)<br>4PCS<br> |
| <b>2</b> Washer (M10)<br>4PCS<br>               |                                                                                                                                   |                                                                                                                                |                                                                                                                                |                                                                                                                       |

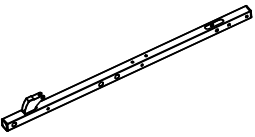
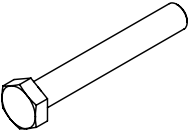
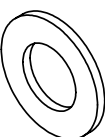
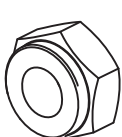


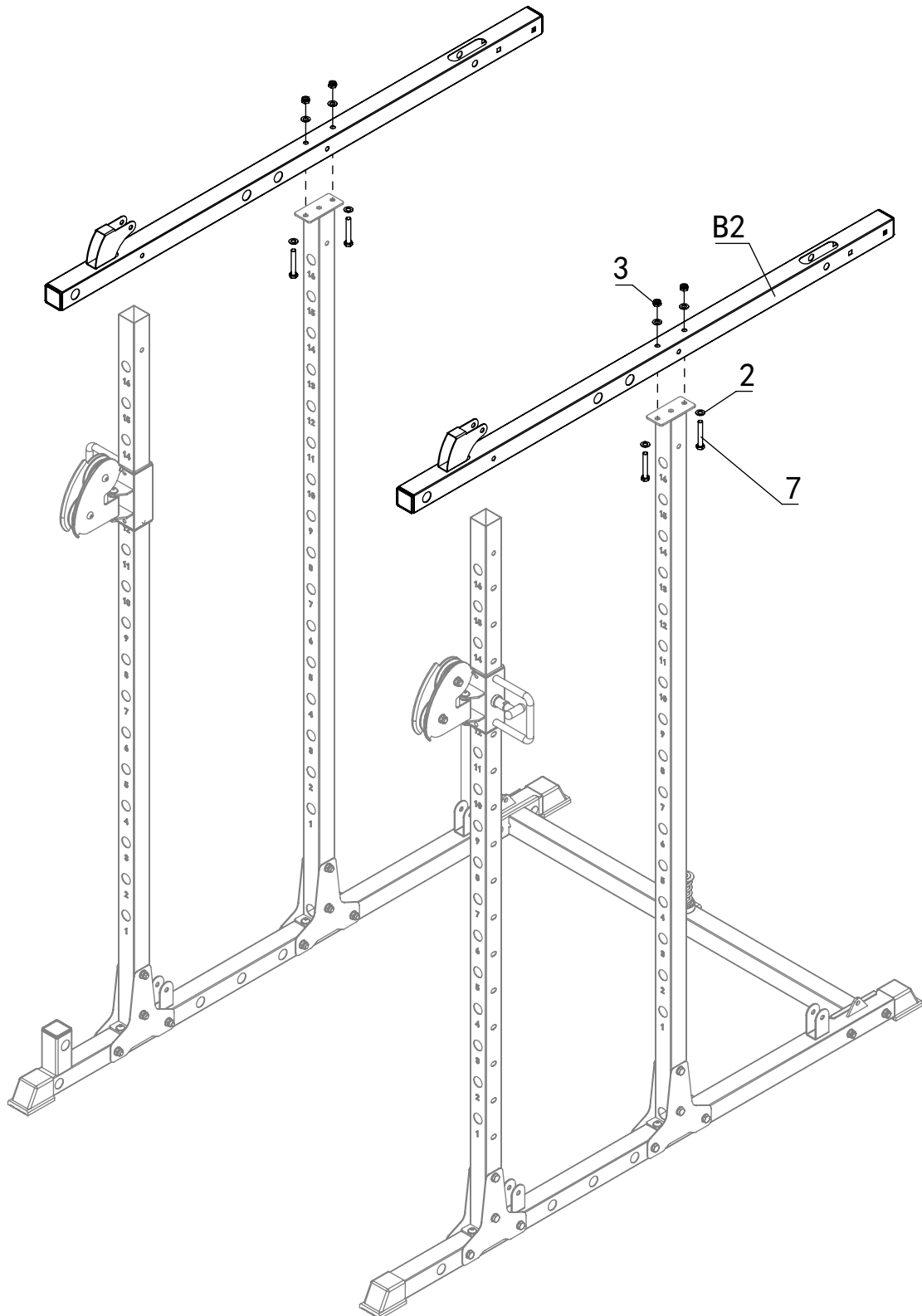
# STEP: 4

|                                                                                   |                           |                                                                                   |                        |                                                                                   |                       |                                                                                     |                        |
|-----------------------------------------------------------------------------------|---------------------------|-----------------------------------------------------------------------------------|------------------------|-----------------------------------------------------------------------------------|-----------------------|-------------------------------------------------------------------------------------|------------------------|
| <b>B1</b>                                                                         | Triangular Fixing<br>8PCS | <b>6</b>                                                                          | Bolt (M10*70)<br>16PCS | <b>2</b>                                                                          | Washer (M10)<br>32PCS | <b>3</b>                                                                            | Locknut (M10)<br>16PCS |
|  |                           |  |                        |  |                       |  |                        |



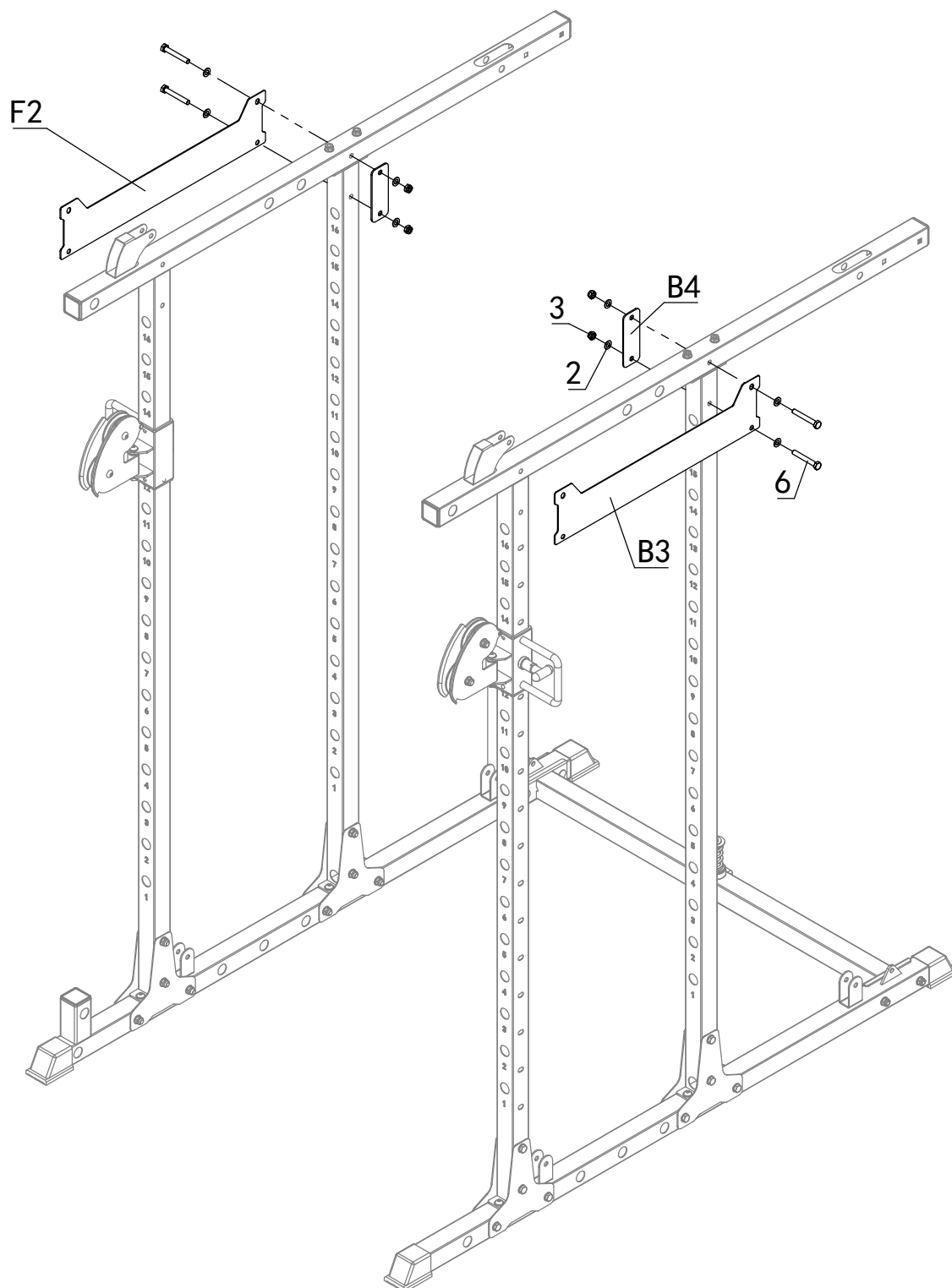
# STEP:5

|                                                                                                                       |                                                                                                                    |                                                                                                                   |                                                                                                                      |
|-----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| <b>B2</b> Upper side tube<br>2PCS<br> | <b>7</b> Bolt(M10*65)<br>4PCS<br> | <b>2</b> Washer(M10)<br>8PCS<br> | <b>3</b> Lucknut(M10)<br>4PCS<br> |
|-----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|

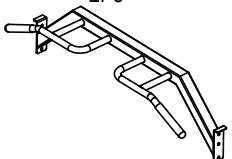
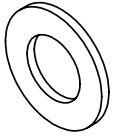
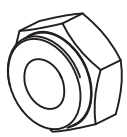
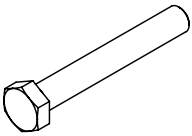


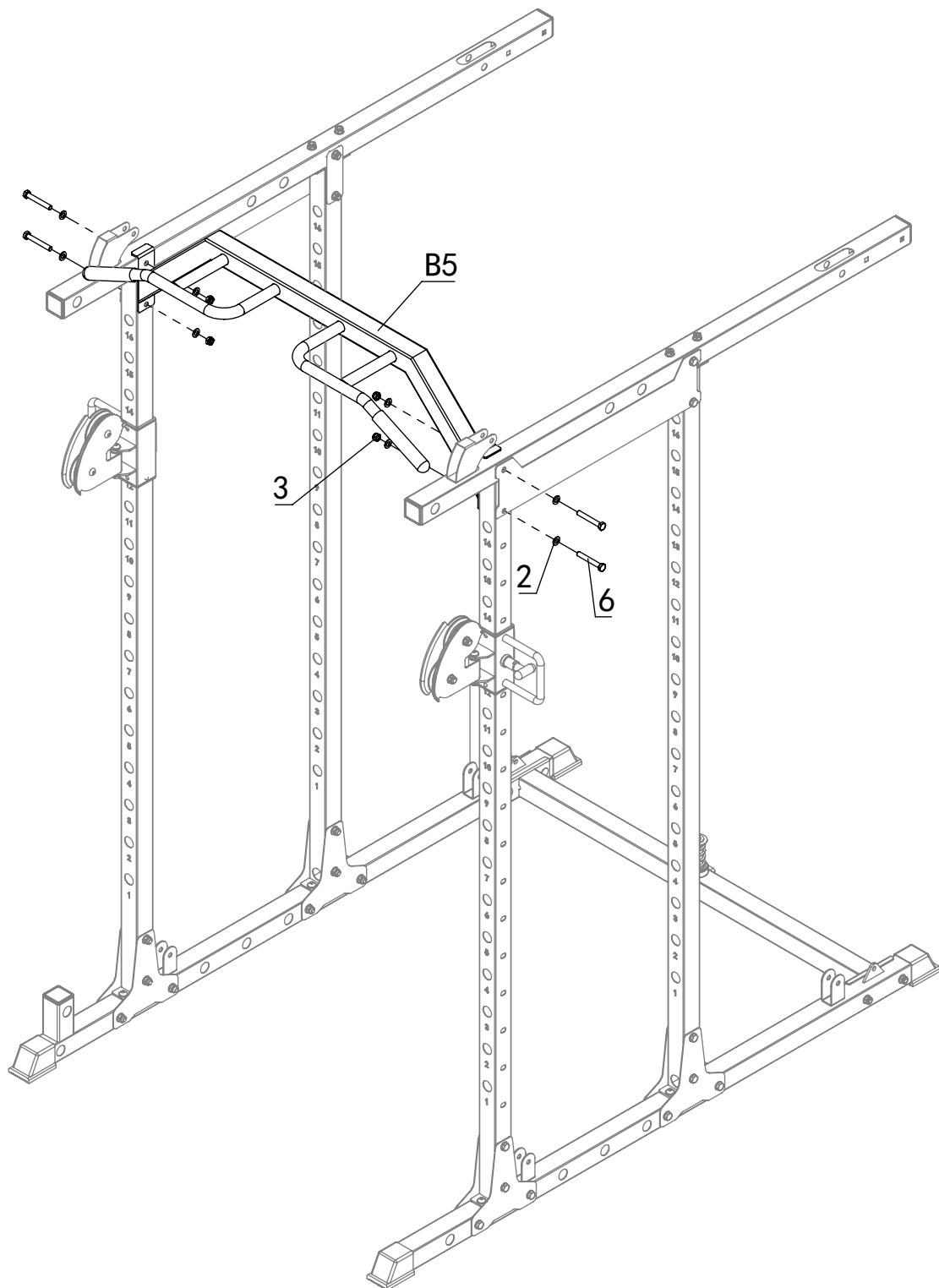
# STEP: 6

|                                         |                                       |                               |                                |                                |
|-----------------------------------------|---------------------------------------|-------------------------------|--------------------------------|--------------------------------|
| <b>B3</b> Decorative Plate Left<br>2PCS | <b>B4</b> Reinforcement Plate<br>2PCS | <b>2</b> Washer (M10)<br>8PCS | <b>3</b> Locknut (M10)<br>4PCS | <b>6</b> Bolt (M10*70)<br>4PCS |
|-----------------------------------------|---------------------------------------|-------------------------------|--------------------------------|--------------------------------|



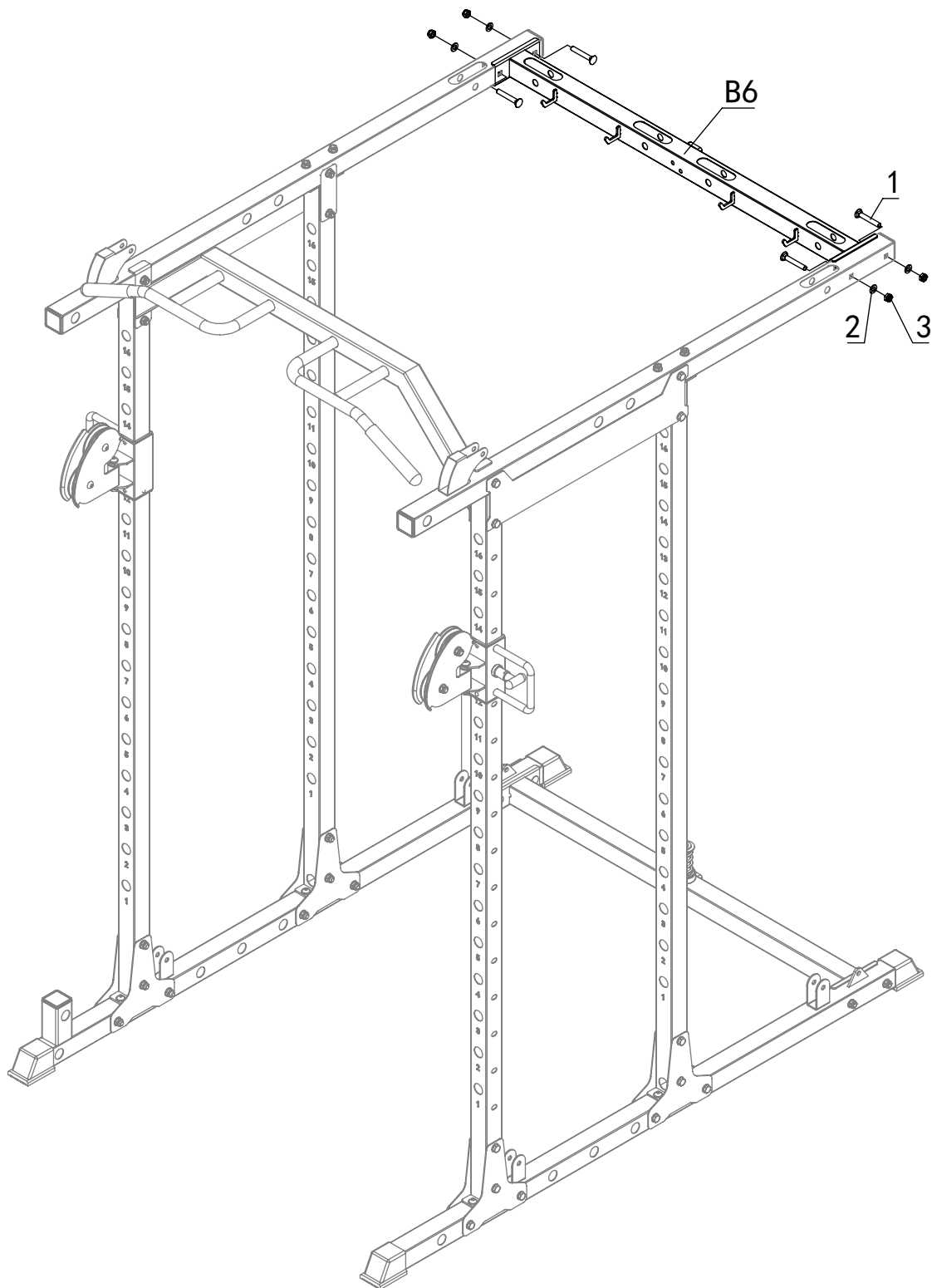
# STEP: 7

|                                                                                   |                             |                                                                                   |                             |                                                                                   |                              |                                                                                     |                              |
|-----------------------------------------------------------------------------------|-----------------------------|-----------------------------------------------------------------------------------|-----------------------------|-----------------------------------------------------------------------------------|------------------------------|-------------------------------------------------------------------------------------|------------------------------|
| <b>B5</b>                                                                         | <b>Pull-UP Frame</b><br>1PC | <b>2</b>                                                                          | <b>Washer (M10)</b><br>8PCS | <b>3</b>                                                                          | <b>Locknut (M10)</b><br>4PCS | <b>6</b>                                                                            | <b>Bolt (M10*70)</b><br>4PCS |
|  |                             |  |                             |  |                              |  |                              |



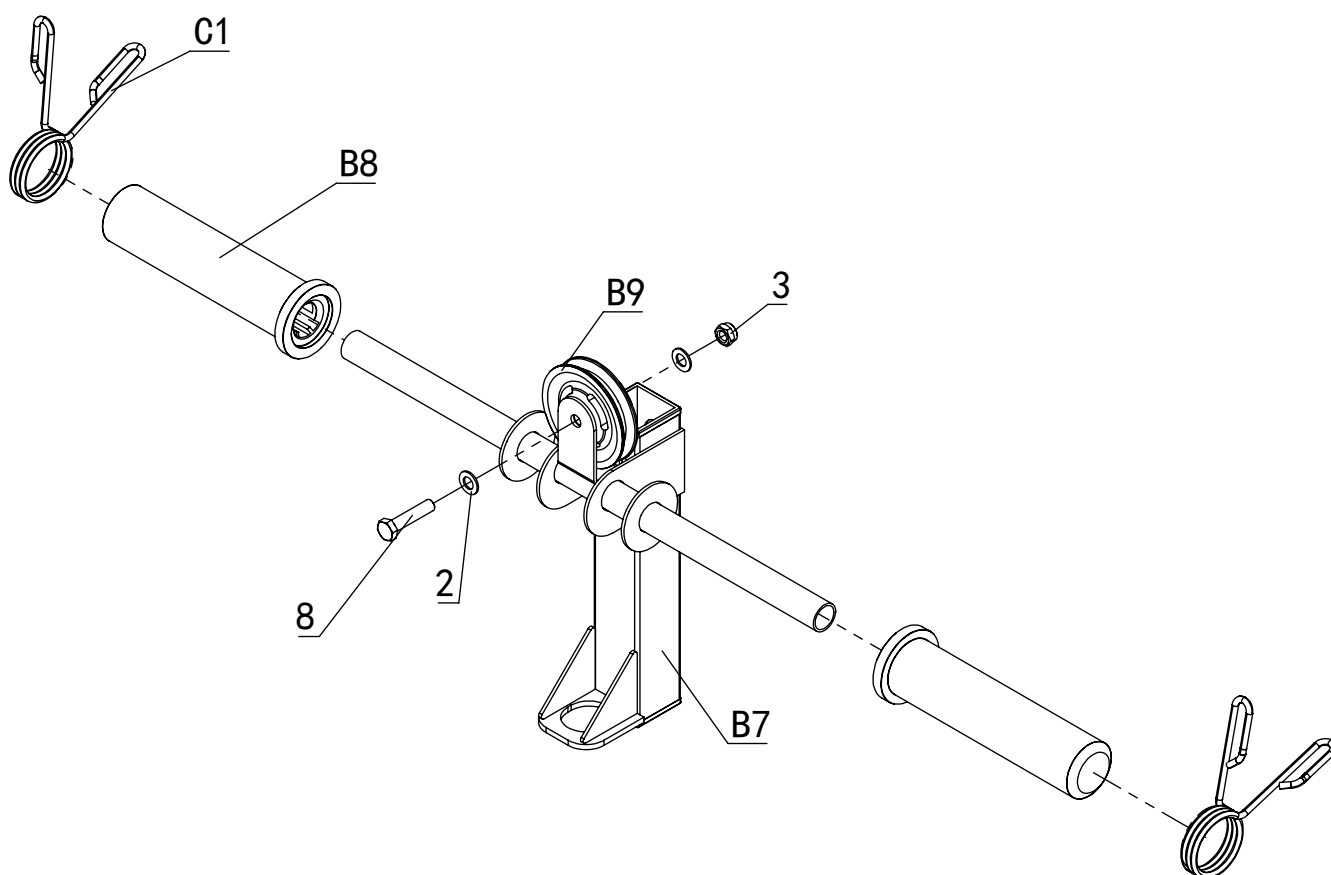
# STEP: 8

|                                     |                                   |                                  |                                   |
|-------------------------------------|-----------------------------------|----------------------------------|-----------------------------------|
| <b>B6</b><br>Upper Rear Tube<br>1PC | <b>1</b><br>Bolt (M10*65)<br>4PCS | <b>2</b><br>Washer (M10)<br>4PCS | <b>3</b><br>Lucknut (M10)<br>4PCS |
|-------------------------------------|-----------------------------------|----------------------------------|-----------------------------------|



# STEP: 9

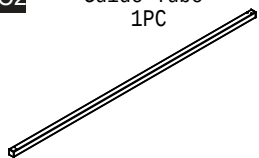
|                                |                                  |                         |                                  |                               |
|--------------------------------|----------------------------------|-------------------------|----------------------------------|-------------------------------|
| <b>B7</b> Weight Holder<br>1PC | <b>B8</b> Storage Sleeve<br>2PCS | <b>B9</b> Pulley<br>1PC | <b>C1</b> 48 spring clip<br>2PCS | <b>2</b> Washer (M10)<br>2PCS |
| <b>3</b> Lucknut (M10)<br>1PCS | <b>8</b> Bolt (M10*45)<br>1PC    |                         |                                  |                               |



# STEP: 10

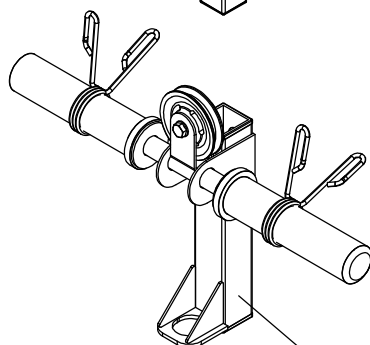
C2

Guide Tube  
1PC



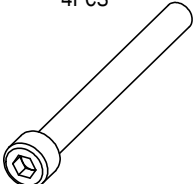
Attention to direction

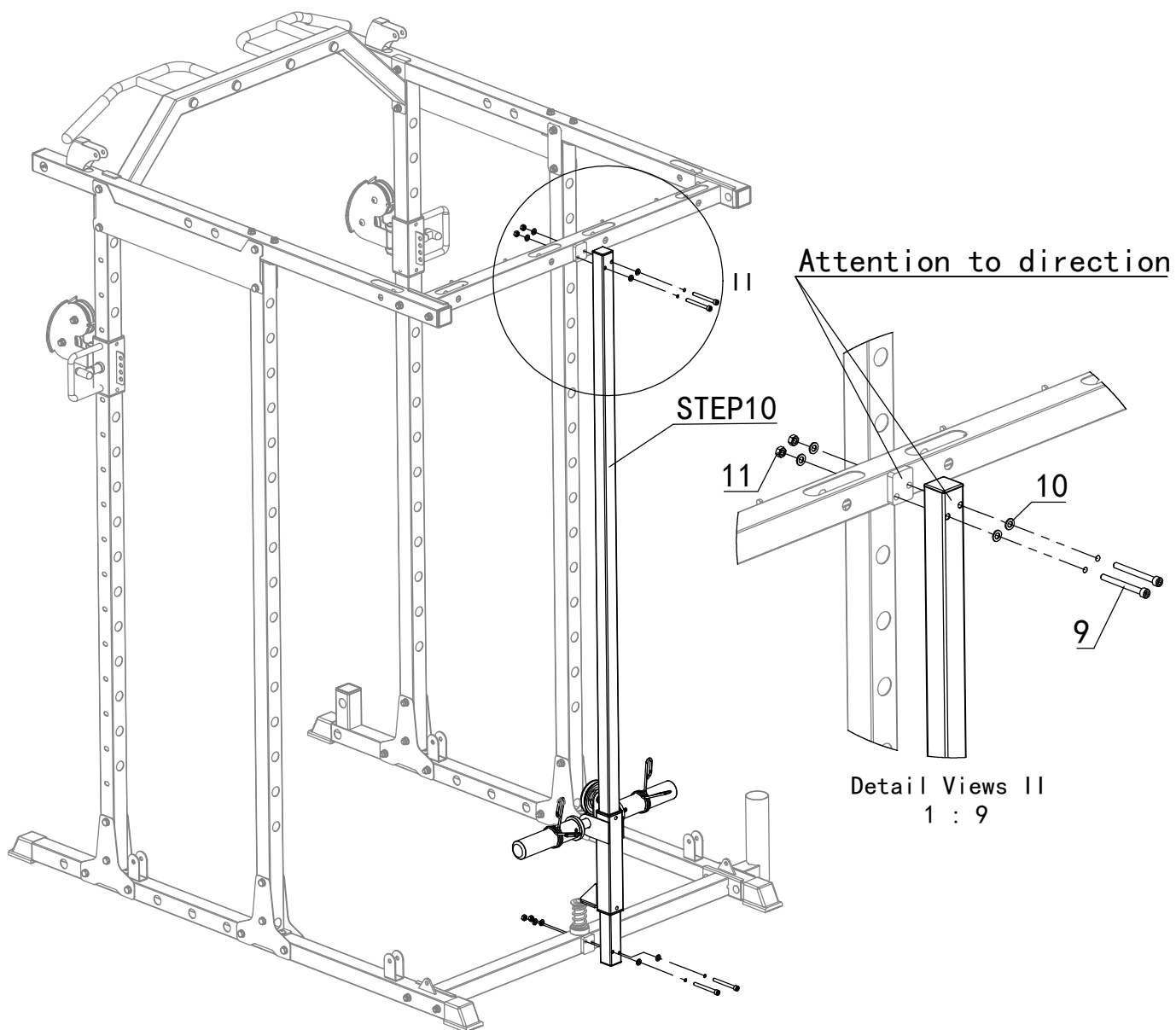
C2



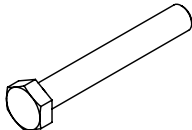
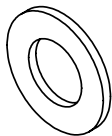
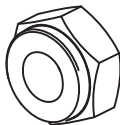
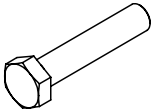
STEP 9

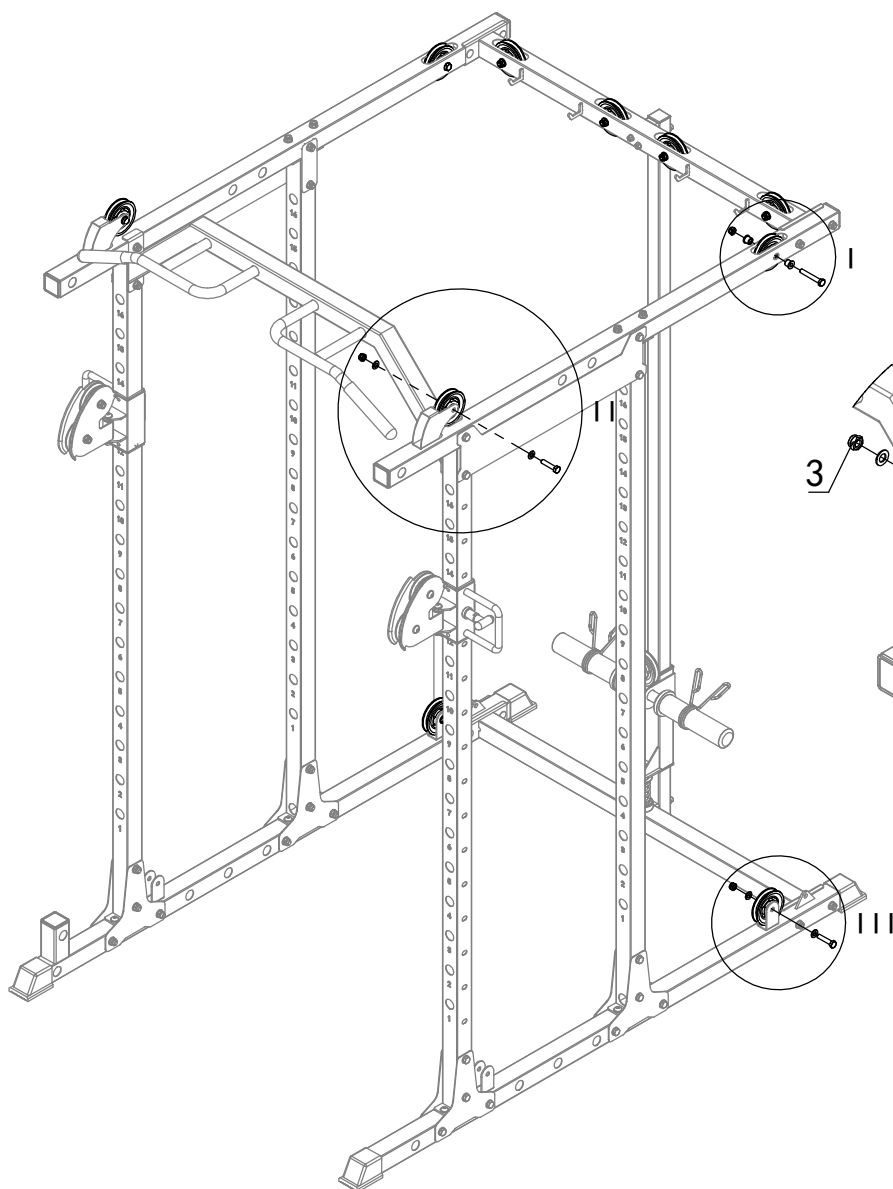
# STEP: 11

|                                                                                                                  |                                                                                                                 |                                                                                                                  |
|------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| <b>9</b> Bolt (M8*115)<br>4PCS  | <b>10</b> Washer (M8)<br>8PCS  | <b>11</b> Lucknut (M8)<br>4PCS  |
|------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|

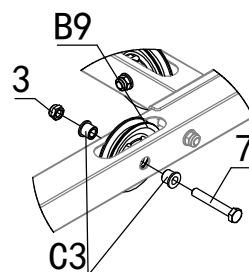


# STEP:12

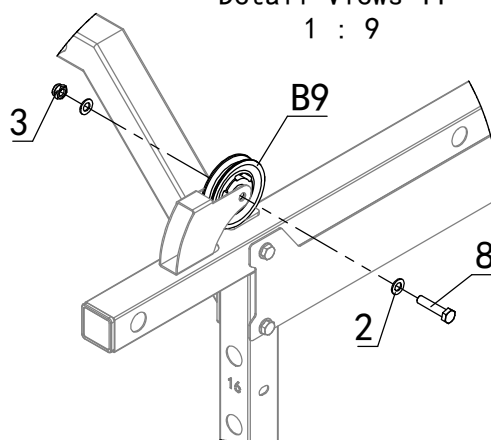
|                                                                                                                        |                                                                                                                    |                                                                                                                        |                                                                                                                         |                                                                                                                           |
|------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| <b>B9</b><br>Pulley<br>10PCS<br>      | <b>C3</b><br>Bushing<br>12PCS<br> | <b>7</b><br>Bolt (M10*65)<br>6PCS<br> | <b>2</b><br>Washer (M10)<br>8PCS<br> | <b>3</b><br>Lucknut (M10)<br>10PCS<br> |
| <b>8</b><br>Bolt (M10*45)<br>4PCS<br> |                                                                                                                    |                                                                                                                        |                                                                                                                         |                                                                                                                           |



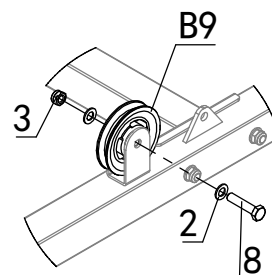
Detail Views I  
1 : 9



Detail Views II  
1 : 9

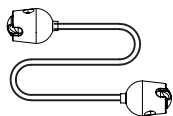


Detail Views III  
1 : 9

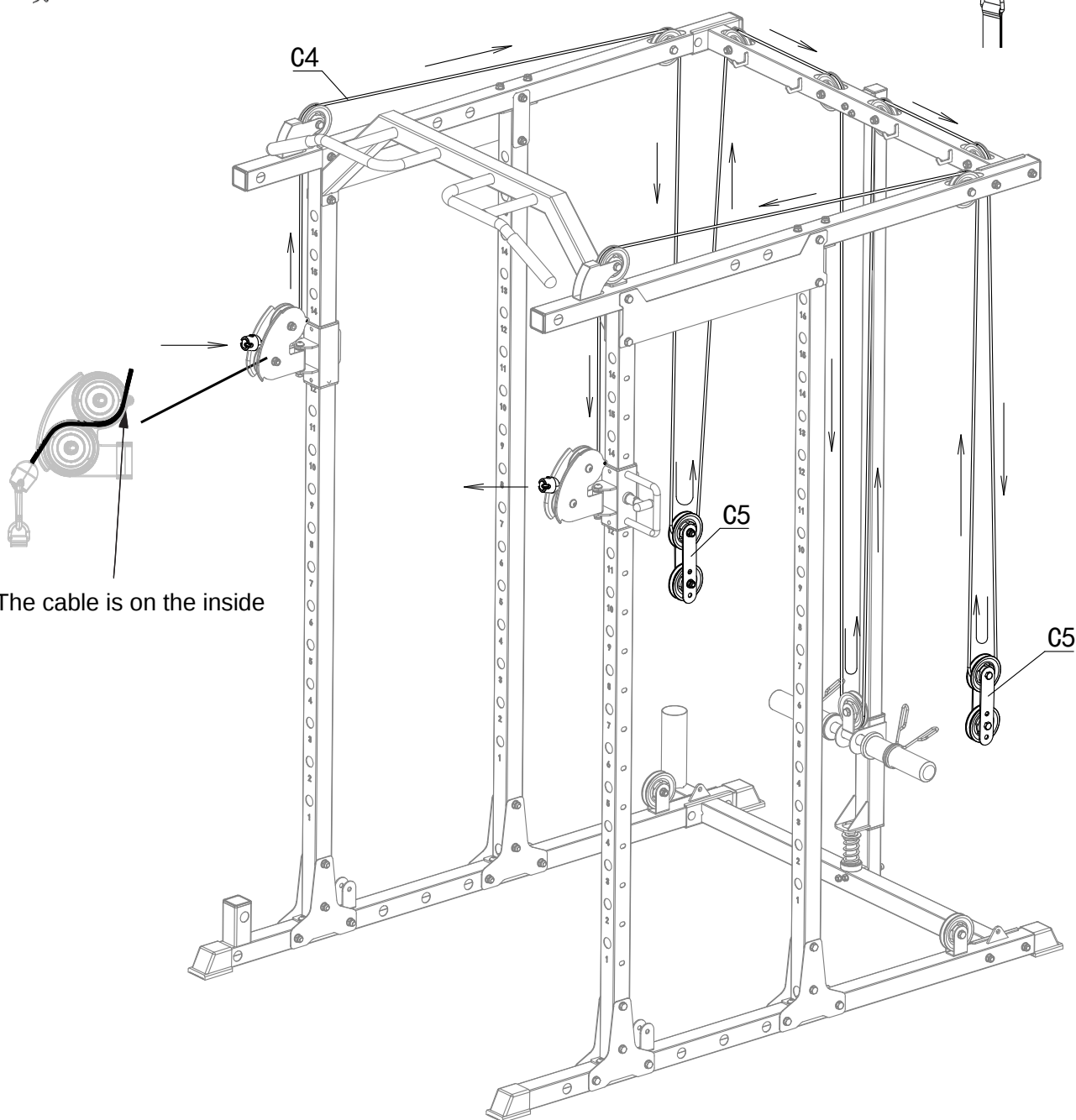
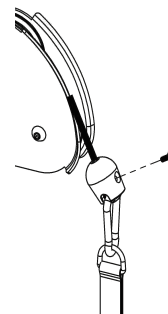
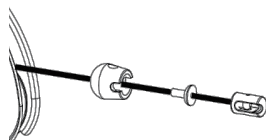
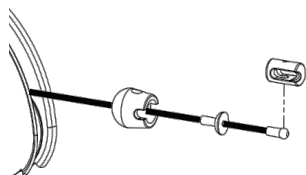


# STEP:13

C4 Cable A ( 12610mm )  
1PC



C5 Moving Pulley  
2PCS

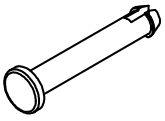


Note: The cable is on the inside

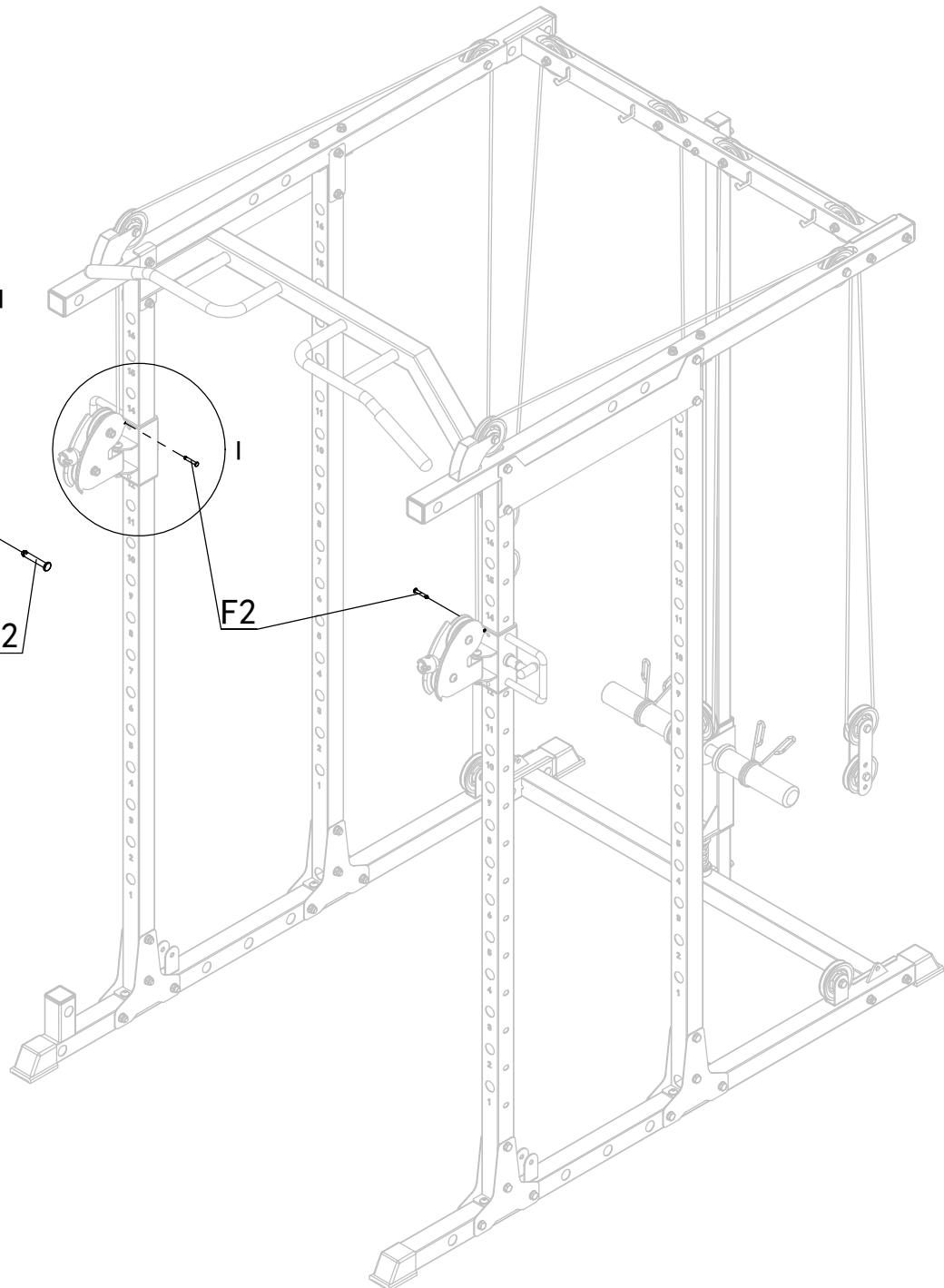
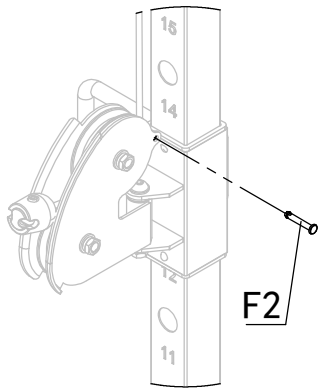
# STEP:14

F2

Stop pin  
2PCS

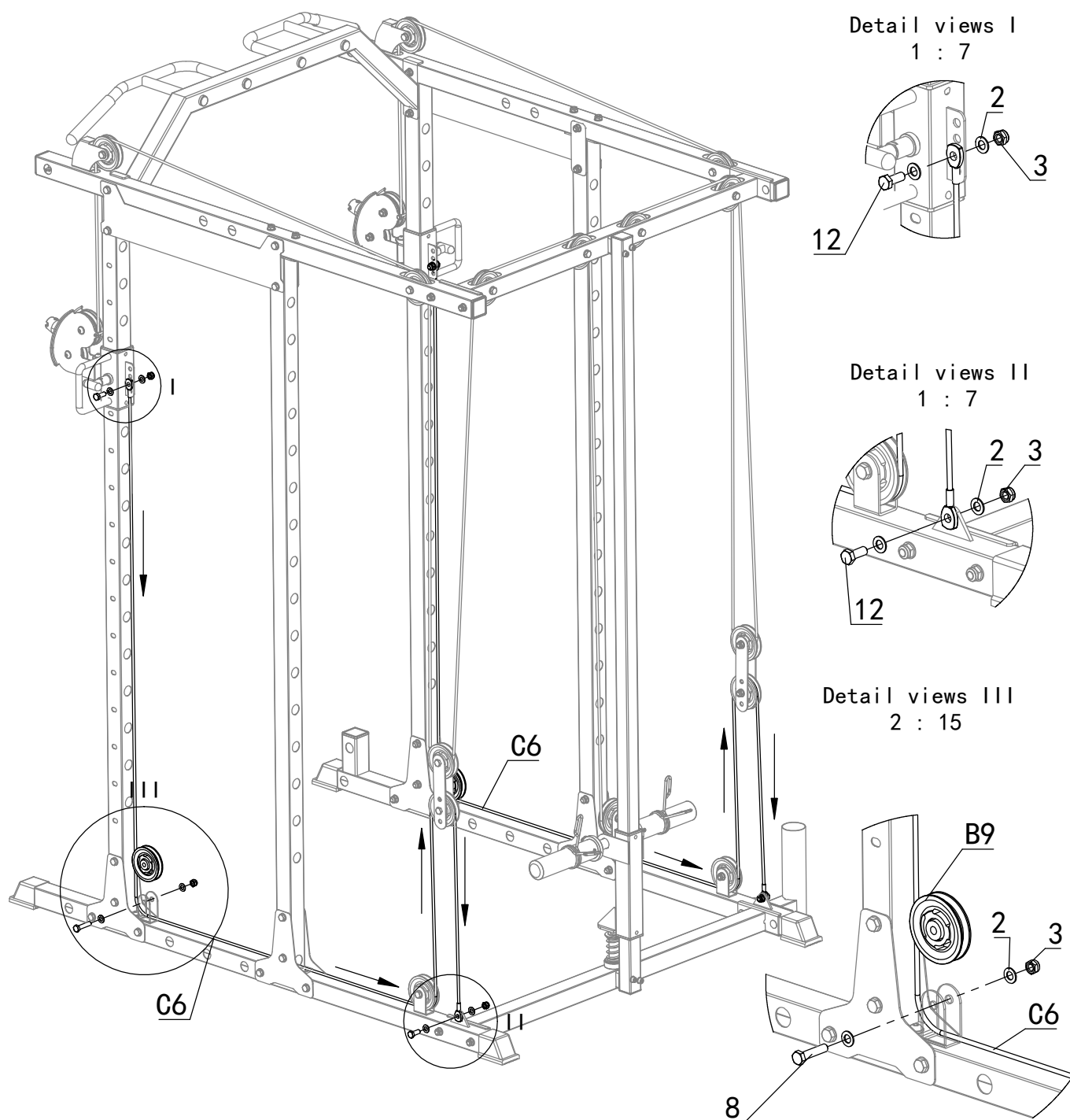


Detail Views I  
2 : 15

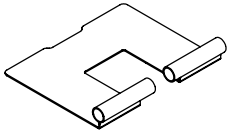
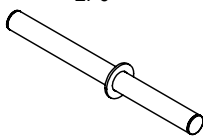
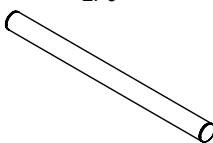


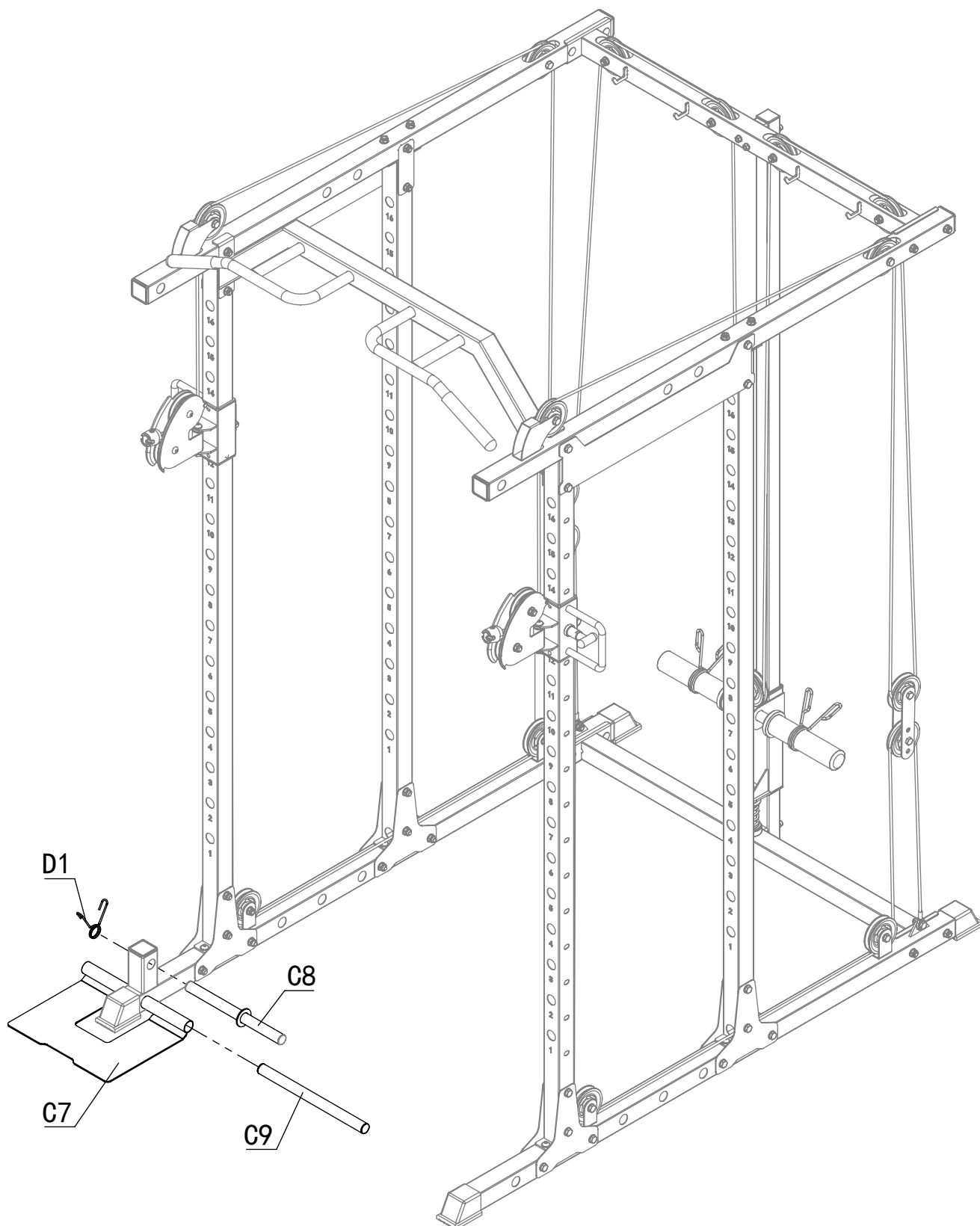
# STEP:15

|                                      |                               |                               |                                |                          |
|--------------------------------------|-------------------------------|-------------------------------|--------------------------------|--------------------------|
| <b>C6</b> Cable B ( 3920mm )<br>2PCS | <b>2</b> Washer(M10)<br>12PCS | <b>3</b> Lucknut(M10)<br>6PCS | <b>12</b> Bolt(M10*25)<br>4PCS | <b>B9</b> Pulley<br>2PCS |
| <b>8</b> Bolt(M10*45)<br>2PCS        |                               |                               |                                |                          |

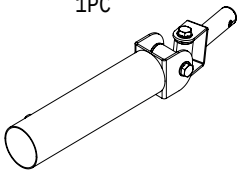
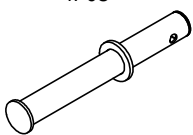
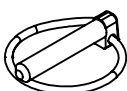
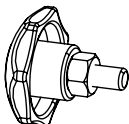


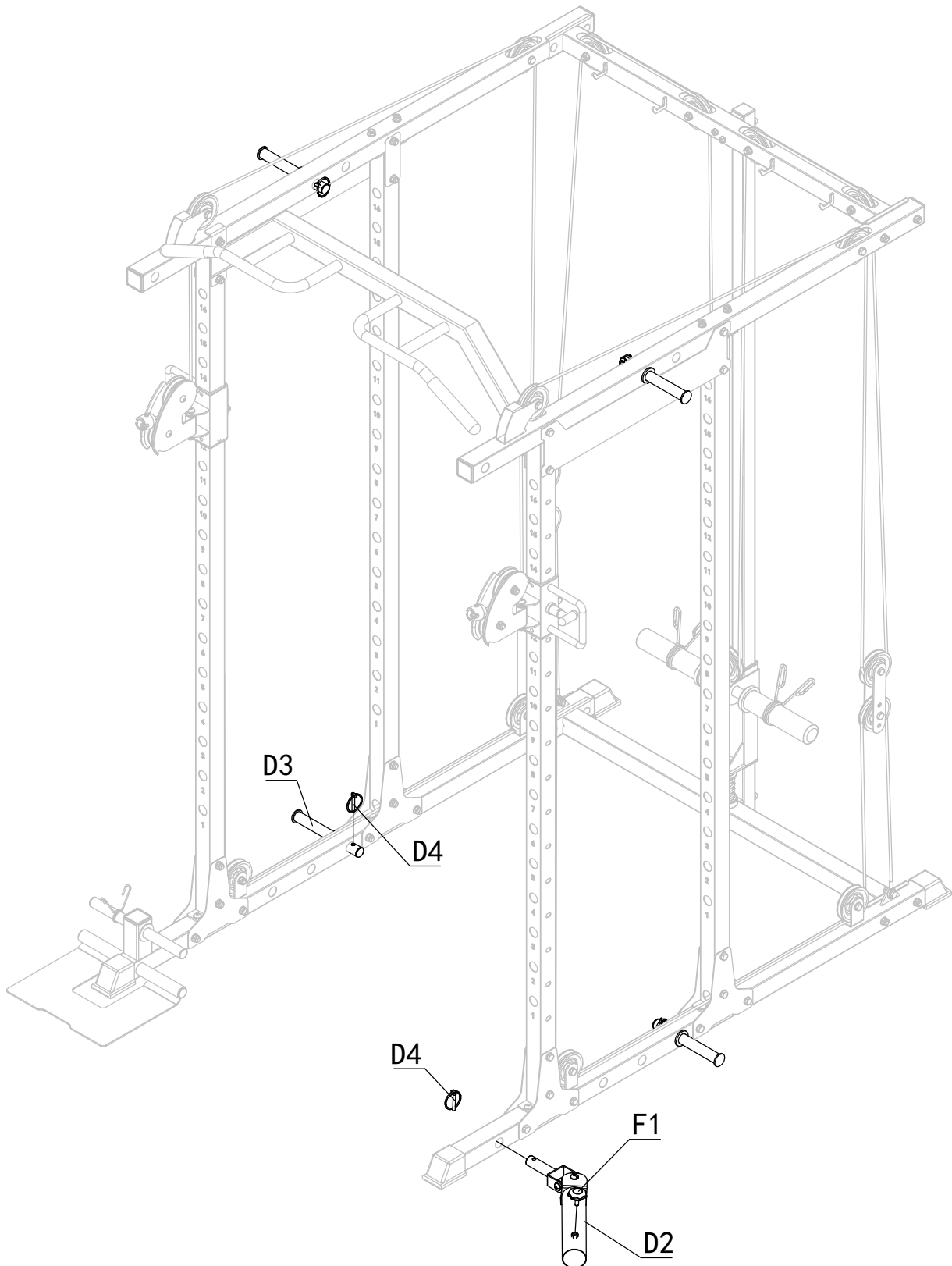
# STEP: 16

|                                                                                   |                   |                                                                                   |                                     |                                                                                   |                                        |                                                                                     |                       |
|-----------------------------------------------------------------------------------|-------------------|-----------------------------------------------------------------------------------|-------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------|-------------------------------------------------------------------------------------|-----------------------|
| <b>C7</b>                                                                         | Foot Pedal<br>1PC | <b>C8</b>                                                                         | Foot Pedal<br>Support Column<br>1PC | <b>C9</b>                                                                         | Foot Pedal<br>Connecting Column<br>1PC | <b>D1</b>                                                                           | 25 Spring Clip<br>1PC |
|  |                   |  |                                     |  |                                        |  |                       |

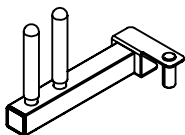
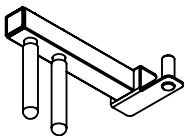
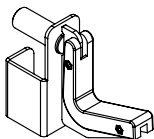
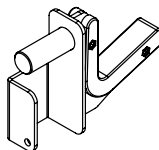
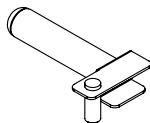
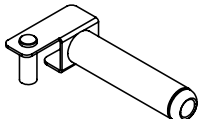
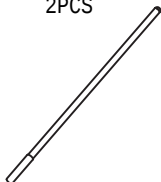


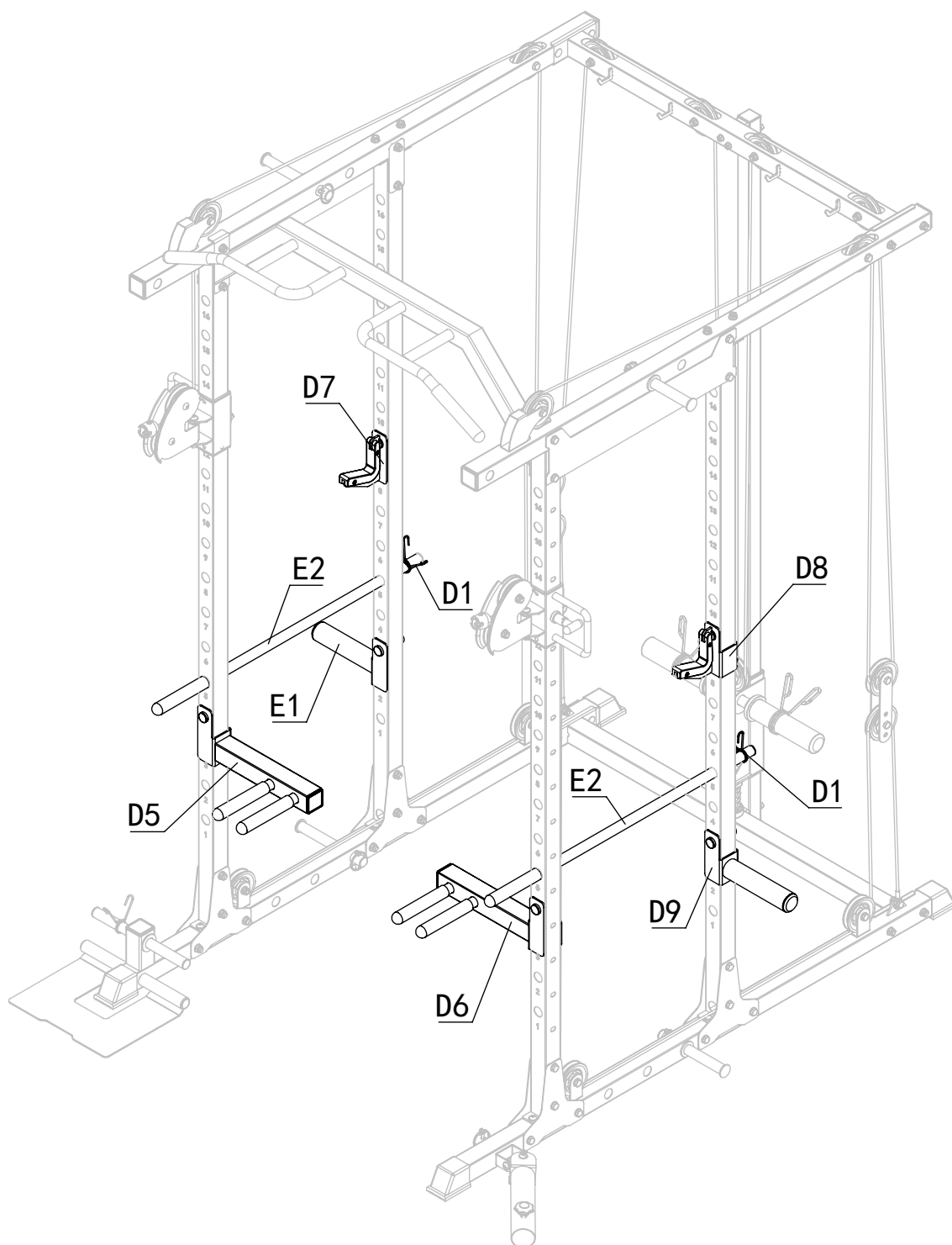
# STEP:17

|                                                                                   |                 |                                                                                   |                  |                                                                                   |                  |                                                                                     |              |
|-----------------------------------------------------------------------------------|-----------------|-----------------------------------------------------------------------------------|------------------|-----------------------------------------------------------------------------------|------------------|-------------------------------------------------------------------------------------|--------------|
| <b>D2</b>                                                                         | Landmine<br>1PC | <b>D3</b>                                                                         | Band Peg<br>4PCS | <b>D4</b>                                                                         | Ring pin<br>5PCS | <b>F1</b>                                                                           | Chain<br>1PC |
|  |                 |  |                  |  |                  |  |              |



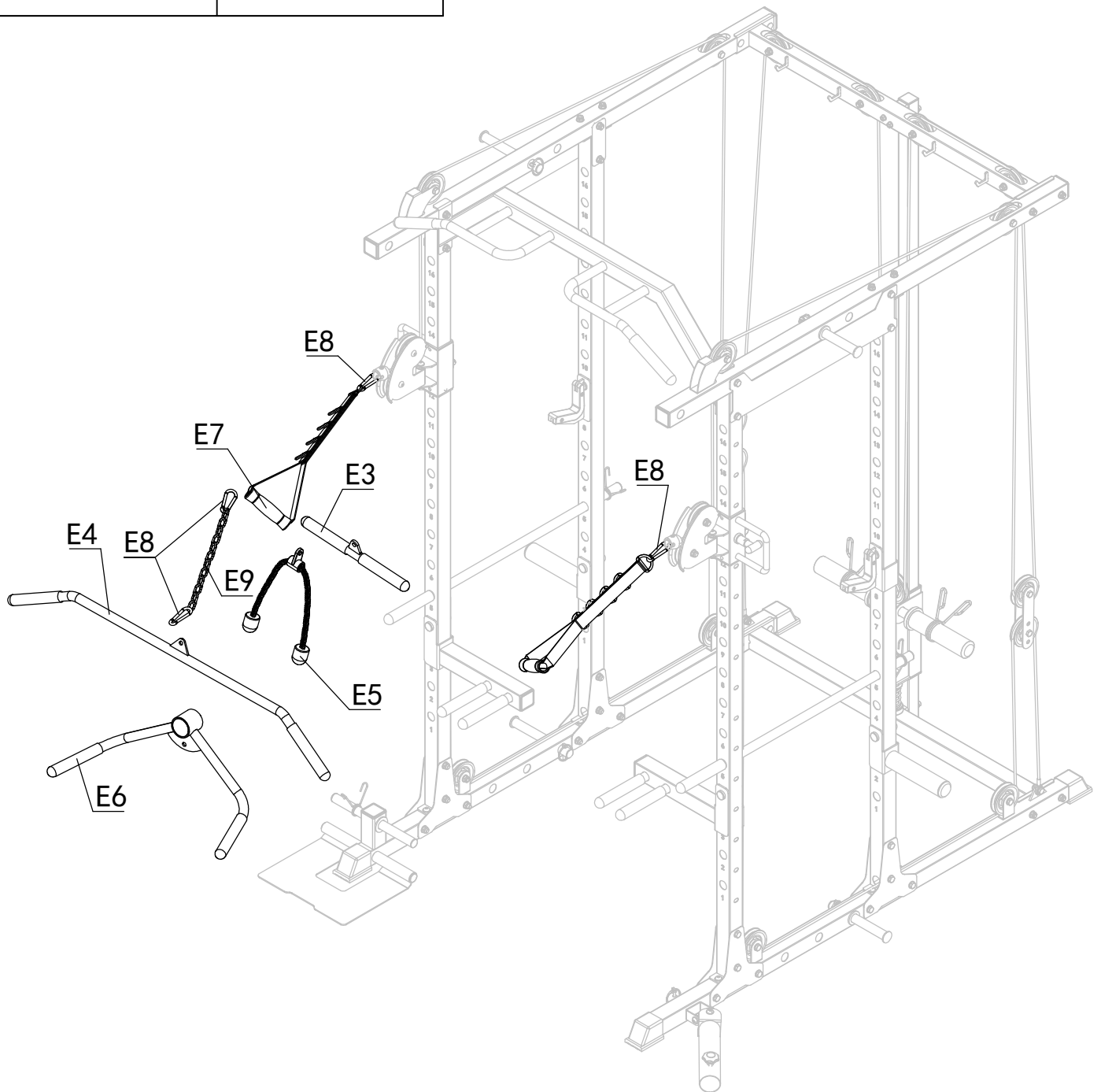
# STEP: 18

|                                                                                                                                  |                                                                                                                     |                                                                                                                       |                                                                                                                     |                                                                                                                  |
|----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| <b>D5</b> Dip Bar Left<br>1PC<br>               | <b>D6</b> Dip Bar Right<br>1PC<br> | <b>D7</b> J Hook Right<br>1PC<br>    | <b>D8</b> J Hook Left<br>1PC<br> | <b>D9</b> Pin Left<br>1PC<br> |
| <b>E1</b> Plate Storage<br>Pin Right<br>1PC<br> | <b>E2</b> Safety Bar<br>2PCS<br>   | <b>D1</b> 25 Spring Clip<br>2PCS<br> |                                                                                                                     |                                                                                                                  |



# STEP: 19

|                            |                                    |                              |                        |                                |
|----------------------------|------------------------------------|------------------------------|------------------------|--------------------------------|
| <b>E3</b> Cable Bar<br>1PC | <b>E4</b> Lat Pull Down Bar<br>1PC | <b>E5</b> Tricep Rope<br>1PC | <b>E6</b> T-Bar<br>1PC | <b>E7</b> Cable Handle<br>2PCS |
| <b>E8</b> Hook<br>4PCS     | <b>E9</b> Chain<br>1PC             |                              |                        |                                |



# FORMAT OF AFTER-SALE EMAIL

The screenshot shows an email draft interface. At the top, a status bar says "Draft saved" with a close icon. Below it, the "Recipients" field is empty. The "Subject" field contains "Amazon-1234567890-Package Lost" (highlighted with a red box) and "SUBJECT EXAMPLE" in red text. The "Body" field contains "Platform-Order Number-Issue" and a large red box with the text "Describe your issue here". Below the body field, a red message says "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. The "Attach" icon (a paperclip) is highlighted with a red box, and a red arrow points from it to the red message above. The "Send" button is on the left, and a trash icon is on the right.

Draft saved

Recipients

Amazon-1234567890-Package Lost SUBJECT EXAMPLE

Platform-Order Number-Issue

Describe your issue here

Welcome to attach the pictures to help us get more understands with your issue

Send

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.**

**[after-sale@gym-mikolo.com](mailto:after-sale@gym-mikolo.com)**