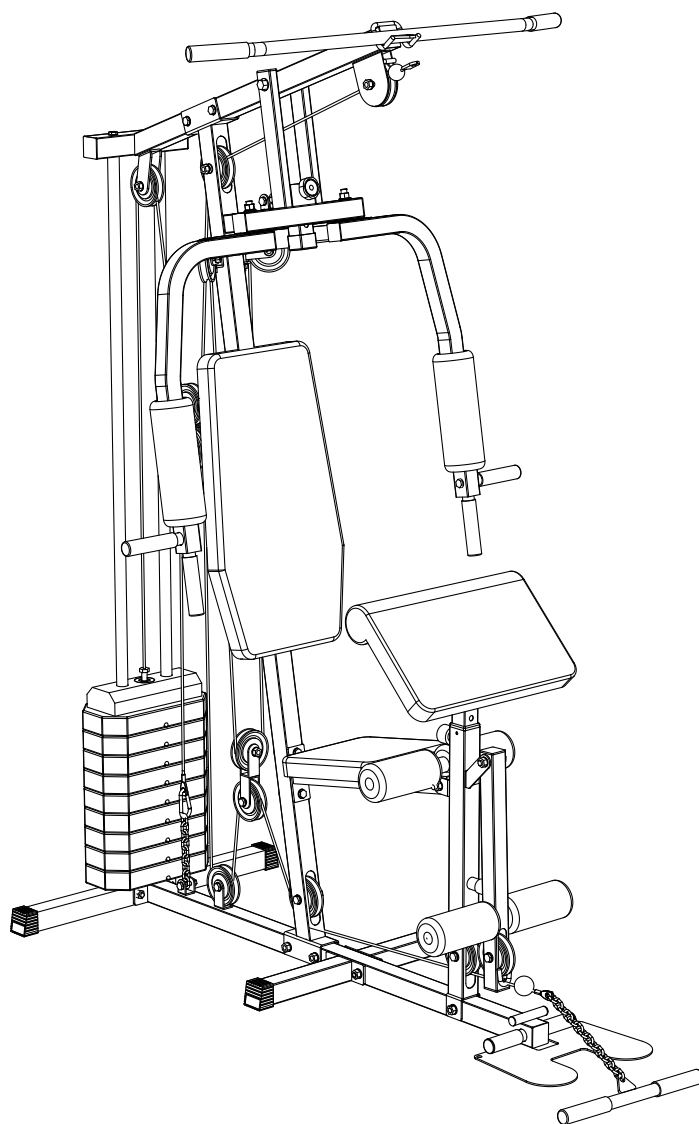


# ORMAISE

## ASSEMBLY INSTRUCTIONS



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

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# 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**



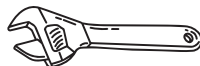
If you are missing any parts, or otherwise have any warranty issues, please contact us first.

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

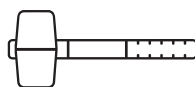
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

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

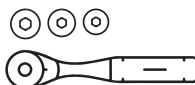
Adjustable wrenches



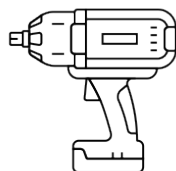
Rubber hammers



Socket set



Electric Wrench



## **WARNING**



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

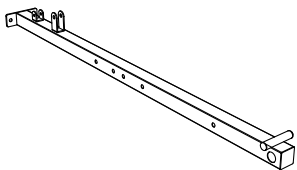
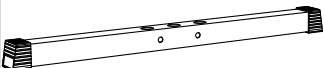
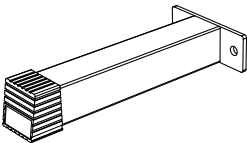
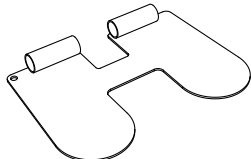
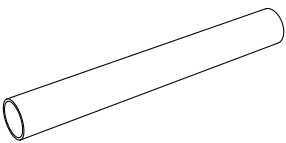
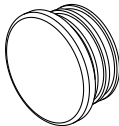
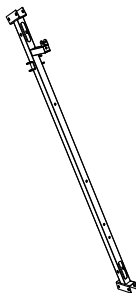
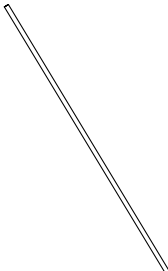
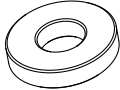

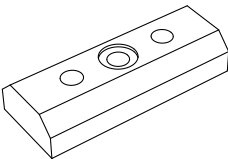
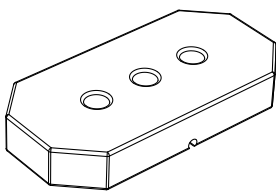
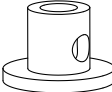

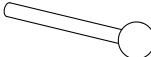
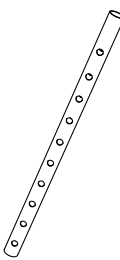
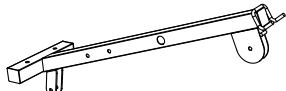
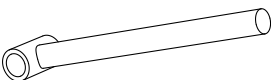
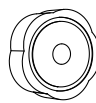
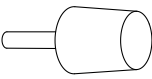


Sharp objects may be involved. Use precaution and protection.

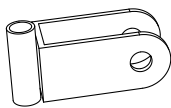
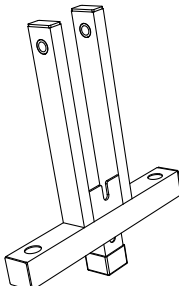
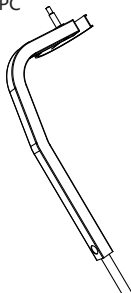
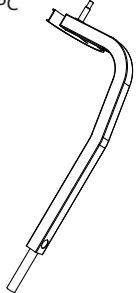



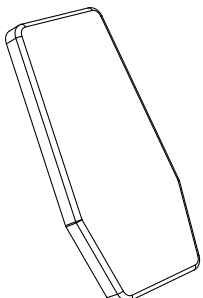
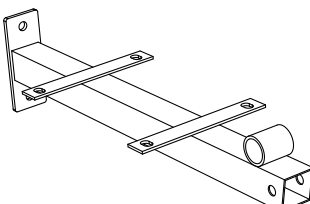
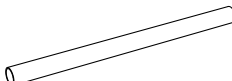

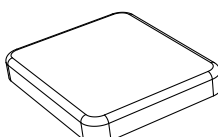
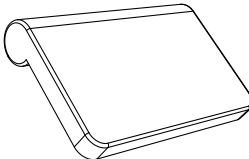
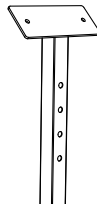
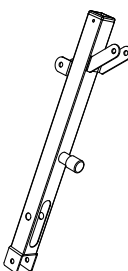
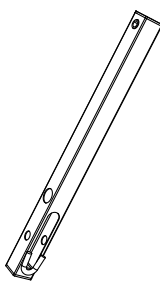
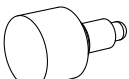
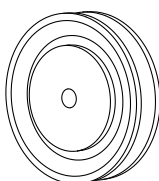




Heavy object. Use lifting aids and proper lifting techniques when moving

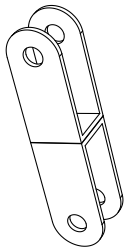
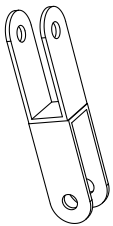
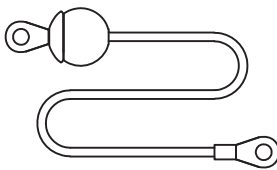
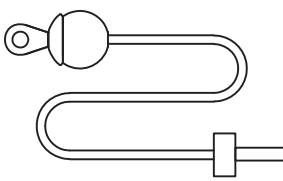
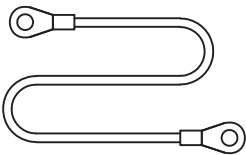
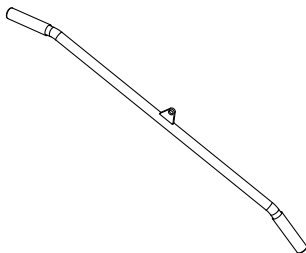
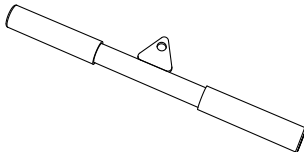
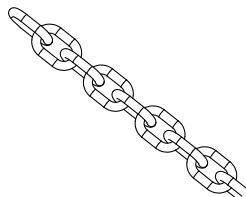
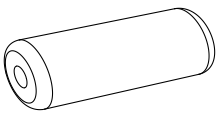
# CARTON 1

<p>(A1) Front Base 1PC</p> 	<p>(A2) Back Base 1PC</p> 	<p>(A3) Stable Base 2PCS</p> 	<p>(A4) Foot Pedal 1PC</p> 
<p>(A5) Footboard 1PC</p> 	<p>(A6) Inner Cap 2PCS</p> 	<p>(A7) Front Upright 1PC</p> 	<p>(A8) Guide Rod 2PCS</p> 
<p>(A9) Rubber Cushion Pad 2PCS</p> 	<p>(B1) Washer(Φ 45*13) 1PC</p> 	<p>(B2) Top Weight Stack 1PC</p> 	<p>(B3) Weight Stack 9PCS</p> 
<p>(B4) Weight Stack Washer 1PC</p> 	<p>(B5) Locking Pin 1PC</p> 	<p>(B6) M10*140MM Locking Pin 1PC</p> 	<p>(B7) Insert Lifting Rod 1PC</p> 
<p>(B8) Top Frame 1PC</p> 	<p>(B9) Pipe screw 1PC</p> 	<p>(C1) Plum nut 1PC</p> 	<p>(C2) Buffer Pad 1PC</p> 






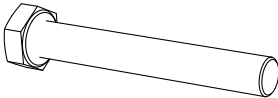
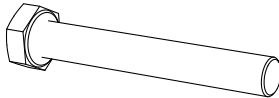
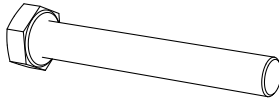
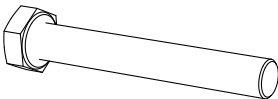
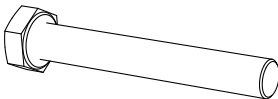
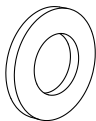
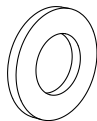
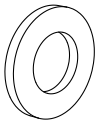



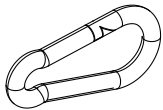
# CARTON 2

<p>(C3) Pulley Stand-A 2PCS</p> 	<p>(C4) Jammer Arm Connecting 1PC</p> 	<p>(C5) Right Jammer Arm 1PC</p> 	<p>(C6) Left Jammer Arm 1PC</p> 
<p>(C7) Jammer Arm Handle 2PCS</p> 	<p>(C8) Bushing(Φ25*22 Φ16) 4PCS</p> 	<p>(C9) Bushing(Φ25*19 Φ12) 2PCS</p> 	<p>(D1) Back Pad 1PC</p> 
<p>(D2) Seated Pad Connecting 1PC</p> 	<p>(D3) Foam Sleeve Roller 2PCS</p> 	<p>(D4) Foam Sleeve(Small) 4PCS</p> 	<p>(D5) Seated Pad 1PC</p> 
<p>(D6) Preacher Pad 1PC</p> 	<p>(D7) Preacher Pad Connecting 1PC</p> 	<p>(D8) Front Insert Tube 1PC</p> 	<p>(D9) Leg Extension Arm 1PC</p> 
<p>(E1) Knob 1PC</p> 	<p>(E2) Pulley 13PCS</p> 	<p>(E3) Bushing(Φ10.3* Φ22*9.5) 2PCS</p> 	<p>(E4) Bushing(Φ10.3* Φ22*11.5) 6PCS</p> 

# CARTON 3

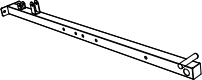
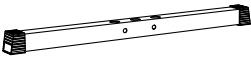
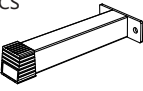






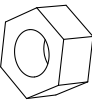
<p>(E5) Pulley Stand-B 1PC</p> 	<p>(E6) Pulley Stand-C 1PC</p> 	<p>(E7) Cable A (3780mm) 1PC</p> 	<p>(E8) Cable B (2370mm) 1PC</p> 
<p>(E9) Cable C (2720mm) 1PC</p> 	<p>(F1) Lat Pull Down Bar 1PC</p> 	<p>(F2) Short Straight Bar 1PC</p> 	<p>(F3) Chians 2PCS</p> 
<p>(F4) Foam Sleeve(Big) 2PCS</p> 			

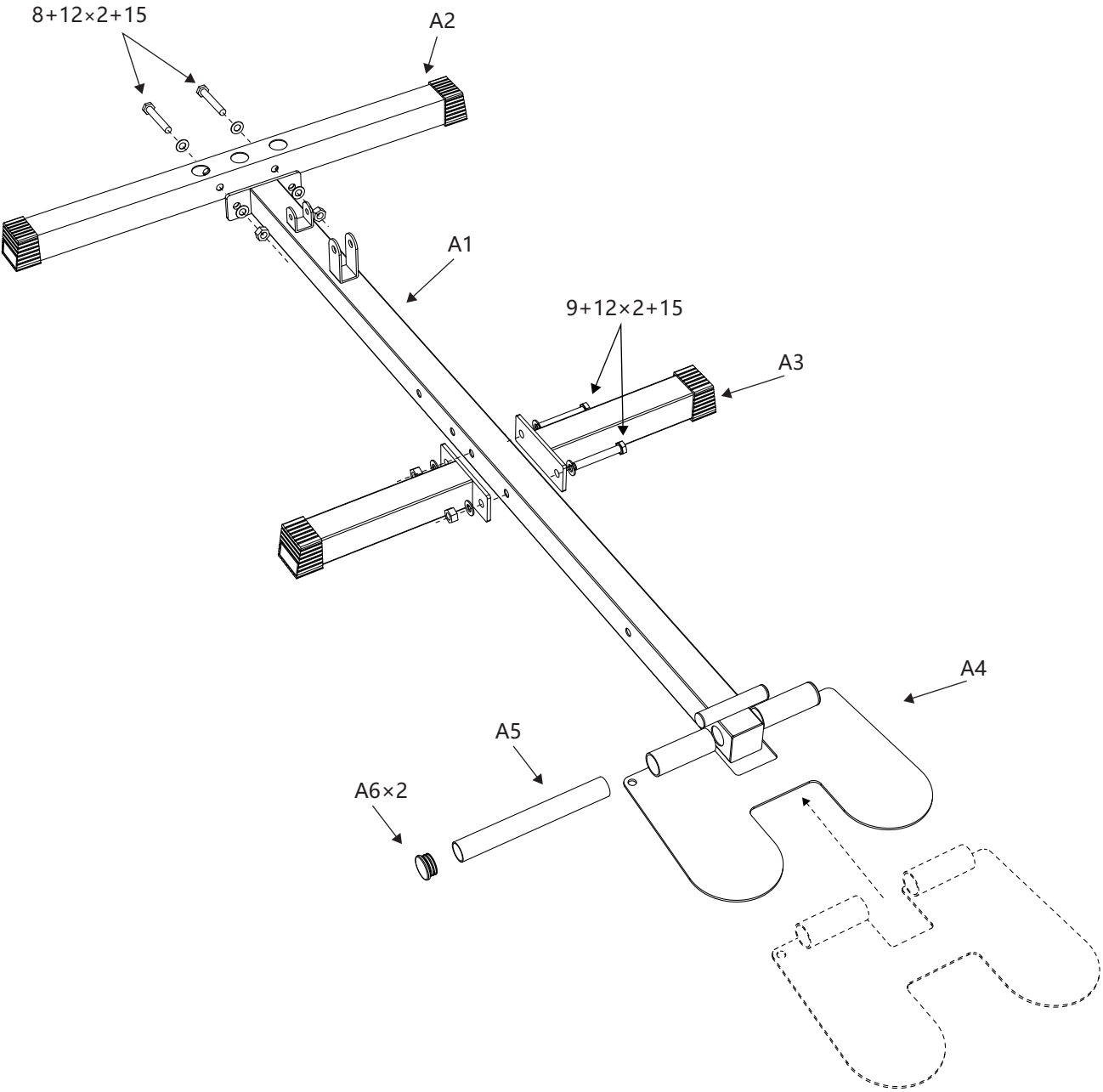
# HARDWARE LIST

<p>① M8×15 Bolt 4PCS</p> 	<p>② M8×25 Bolt 2 PCS</p> 	<p>③ M8×40 Bolt 2PCS</p> 	<p>④ M10×20 Bolt 6PCS</p> 
<p>⑤ M10×45 Bolt 9PCS</p> 	<p>⑥ M8×65 Bolt 2PCS</p> 	<p>⑦ M10×60 Bolt 4PCS</p> 	<p>⑧ M10×65 Bolt 14PCS</p> 
<p>⑨ M10×70 Bolt 2PCS</p> 	<p>⑩ M12×120 Bolt 1PCS</p> 	<p>⑪ 8mm Washer 12PCS</p> 	<p>⑫ 10mm Washer 66PCS</p> 
<p>⑬ 12mm Washer 2PCS</p> 	<p>⑭ M8 Nut 2PCS</p> 	<p>⑮ M10 Nut 30PCS</p> 	<p>⑯ M12 Nut 3PC</p> 
<p>⑰ 10mm Washer 4PCS</p> 			

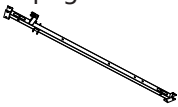
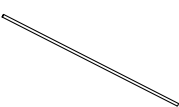
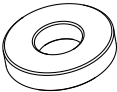






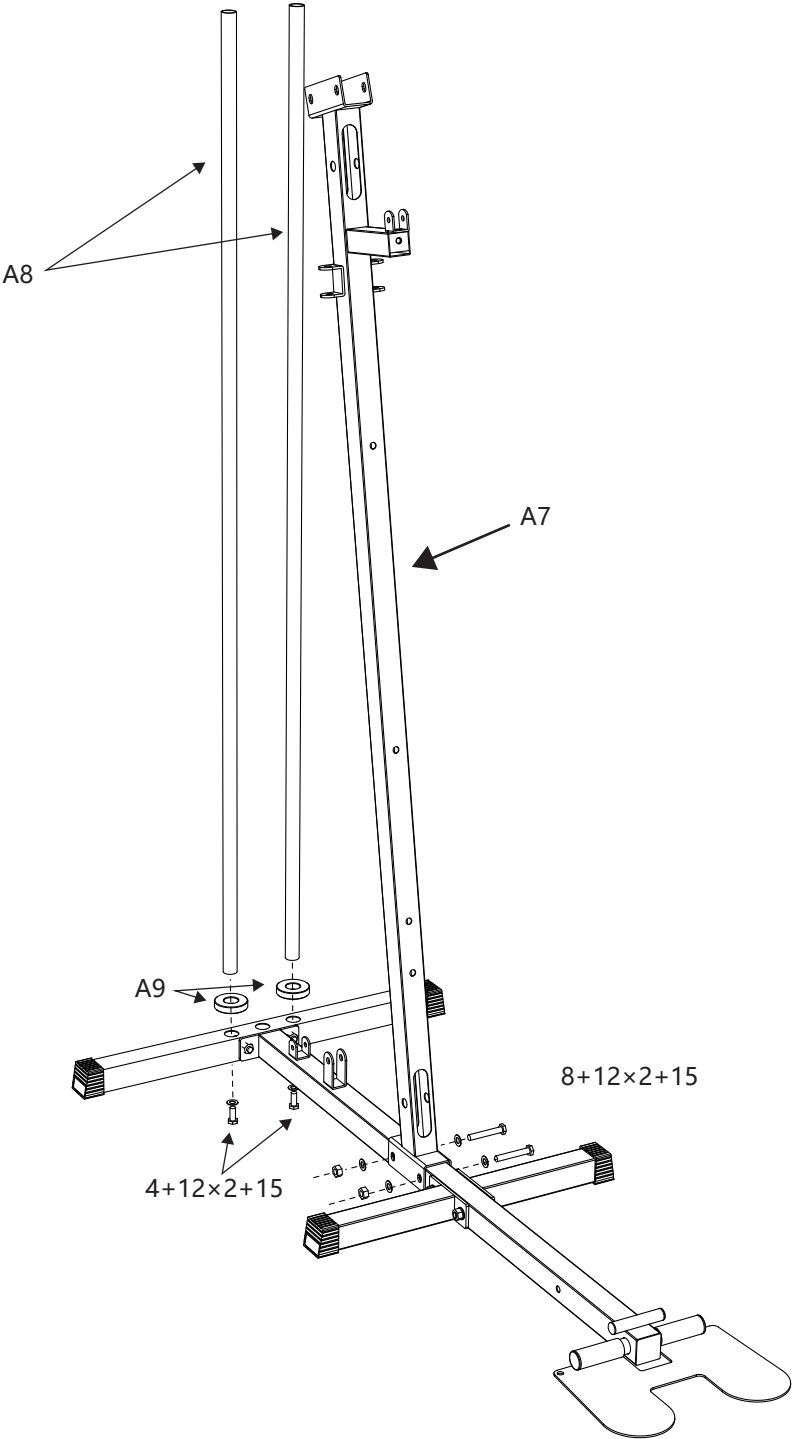
STEP: 1

<div><div>A1</div><div>Front Base</div><div>1PC</div><div></div></div>	<div><div>A2</div><div>Back Base</div><div>1PC</div><div></div></div>	<div><div>A3</div><div>Stable Base</div><div>2PCS</div><div></div></div>	<div><div>A4</div><div>Foot Pedal</div><div>1PC</div><div></div></div>
<div><div>A5</div><div>Footboard</div><div>1PC</div><div></div></div>	<div><div>A6</div><div>Linner Cap</div><div>2PCS</div><div></div></div>	<div><div>9</div><div>M10×70 Bolt</div><div>2PCS</div><div></div></div>	<div><div>8</div><div>M10×65 Bolt</div><div>2PCS</div><div></div></div>
<div><div>12</div><div>10mm Washer</div><div>8PCS</div><div></div></div>	<div><div>15</div><div>M10 Nut</div><div>4PCS</div><div></div></div>		


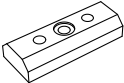
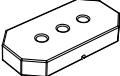



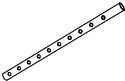


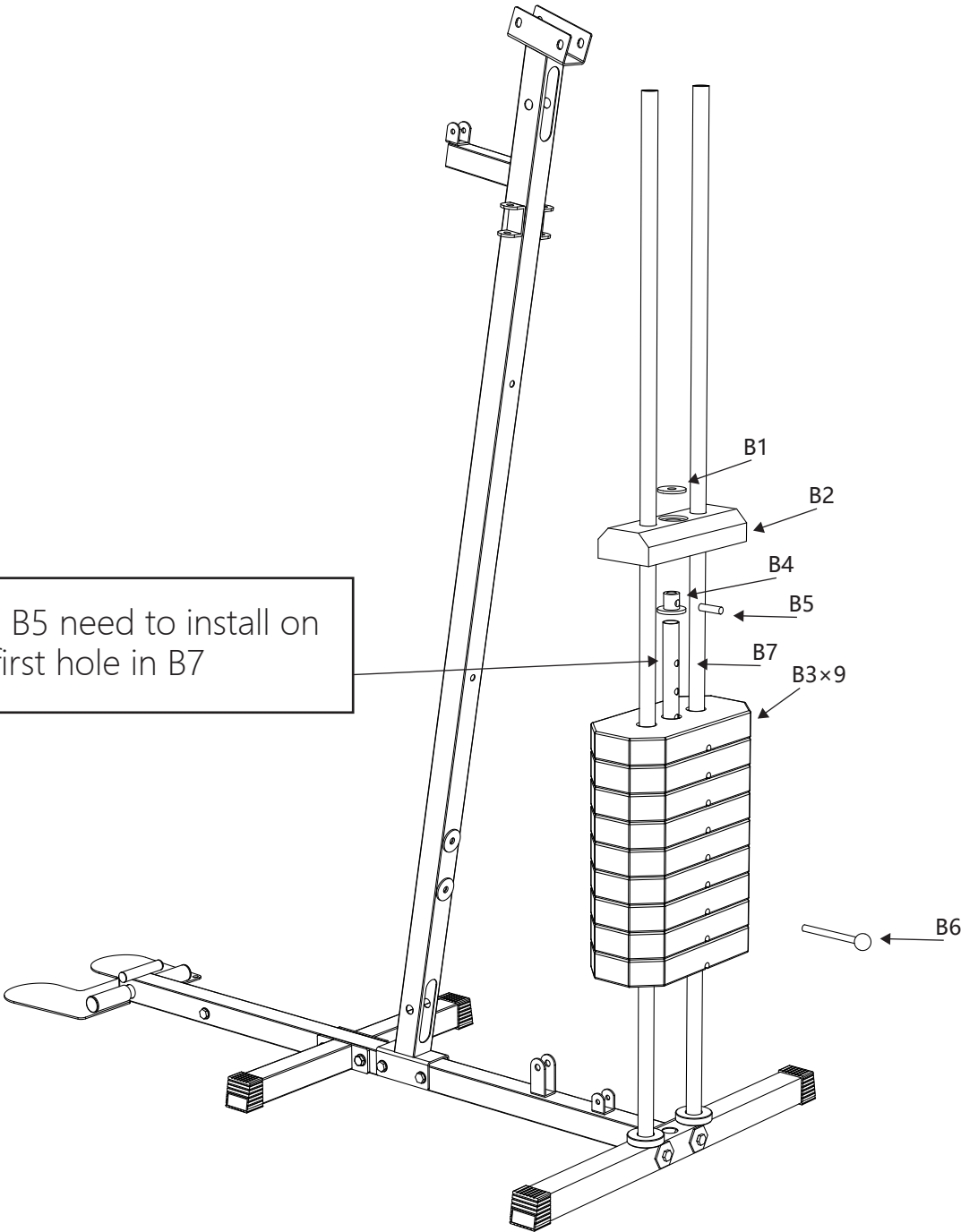
# STEP: 2

<div><div>A7</div><div>Front Upright</div><div>1PC</div><div></div></div>	<div><div>A8</div><div>Guide Rod</div><div>2PCS</div><div></div></div>	<div><div>A9</div><div>Rubber Cushion Pad</div><div>2PCS</div><div></div></div>	<div><div>8</div><div>M10×65 Bolt</div><div>2PCS</div><div></div></div>
<div><div>4</div><div>M10×20 Bolt</div><div>2PCS</div><div></div></div>	<div><div>12</div><div>10mm Washer</div><div>6PCS</div><div></div></div>	<div><div>15</div><div>M10 Nut</div><div>2PCS</div><div></div></div>	

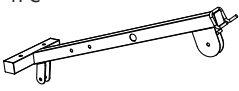
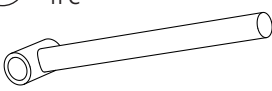

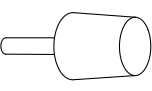
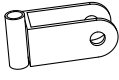
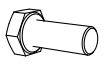
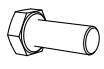
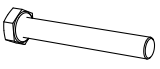






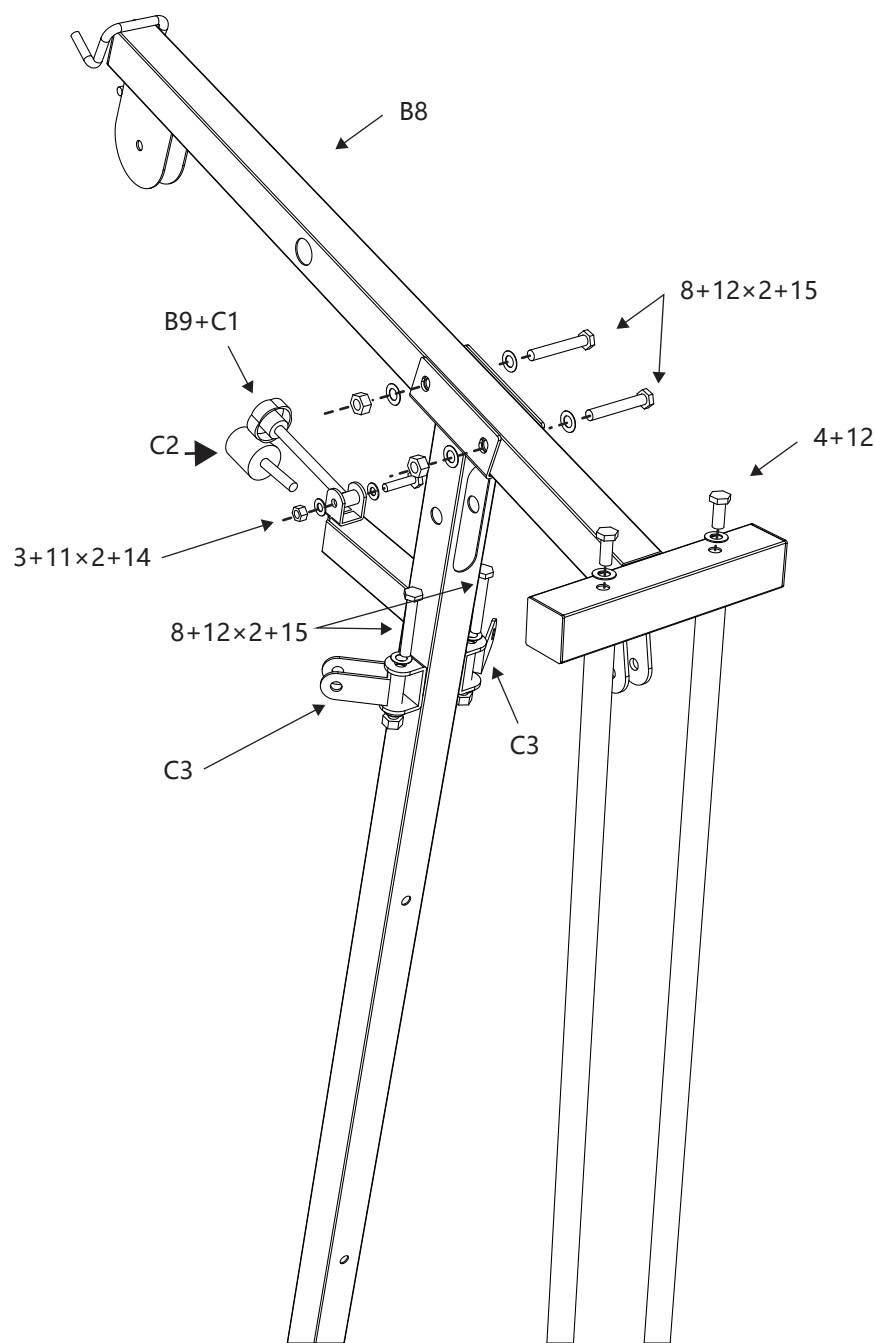
STEP: 3

<div>B1</div> <div>Washer(Φ45*13)</div> <div>1PC</div> <div></div>	<div>B2</div> <div>Top Weight Stack</div> <div>1PC</div> <div></div>	<div>B3</div> <div>Weight Stack</div> <div>9PCS</div> <div></div>	<div>B4</div> <div>Weight Stack Washer</div> <div>1PC</div> <div></div>
<div>B5</div> <div>Locking Pin</div> <div>1PC</div> <div></div>	<div>B6</div> <div>M10*140MM Locking Pin</div> <div>1PC</div> <div></div>	<div>B7</div> <div>Insert Lifting Rod</div> <div>1PC</div> <div></div>	

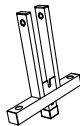










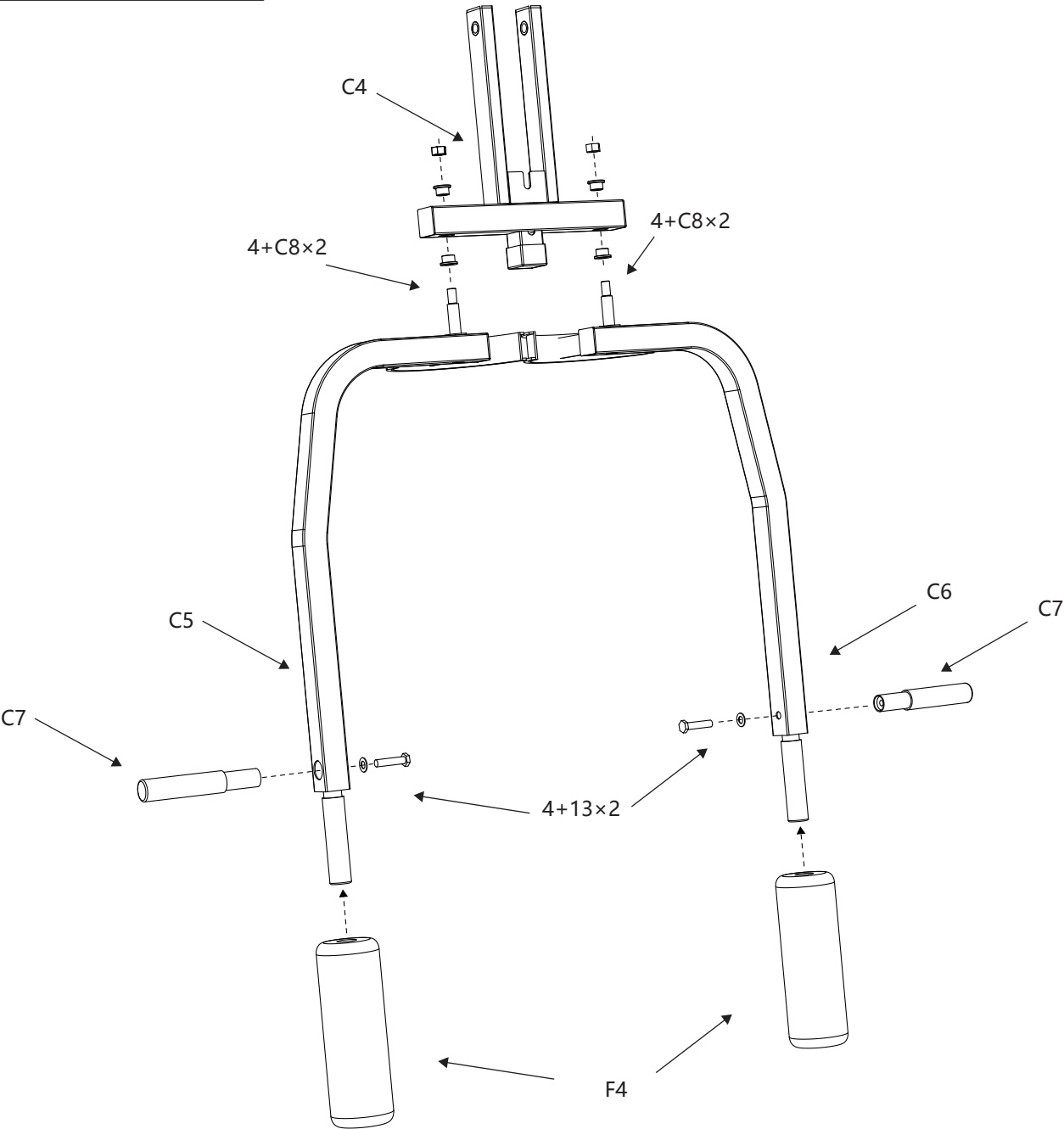
STEP: 4

<div>B8</div> <div>Top Frame</div> <div>1PC</div> 	<div>B9</div> <div>Pipe Screw</div> <div>1PC</div> 	<div>C1</div> <div>Pum Nut</div> <div>1PC</div> 	<div>C2</div> <div>Buffer Pad</div> <div>1PC</div> 
<div>C3</div> <div>Pulley Stand-A</div> <div>2PCS</div> 	<div>3</div> <div>M8×40 Bolt</div> <div>1PC</div> 	<div>4</div> <div>M10×20 Bolt</div> <div>2PCS</div> 	<div>8</div> <div>M10×65 Bolt</div> <div>4PCS</div> 
<div>11</div> <div>8mm Washer</div> <div>2PCS</div> 	<div>12</div> <div>10mm Washer</div> <div>10PCS</div> 	<div>14</div> <div>M8 Nut</div> <div>1PC</div> 	<div>15</div> <div>M10 Nut</div> <div>4PCS</div> 







STEP: 5

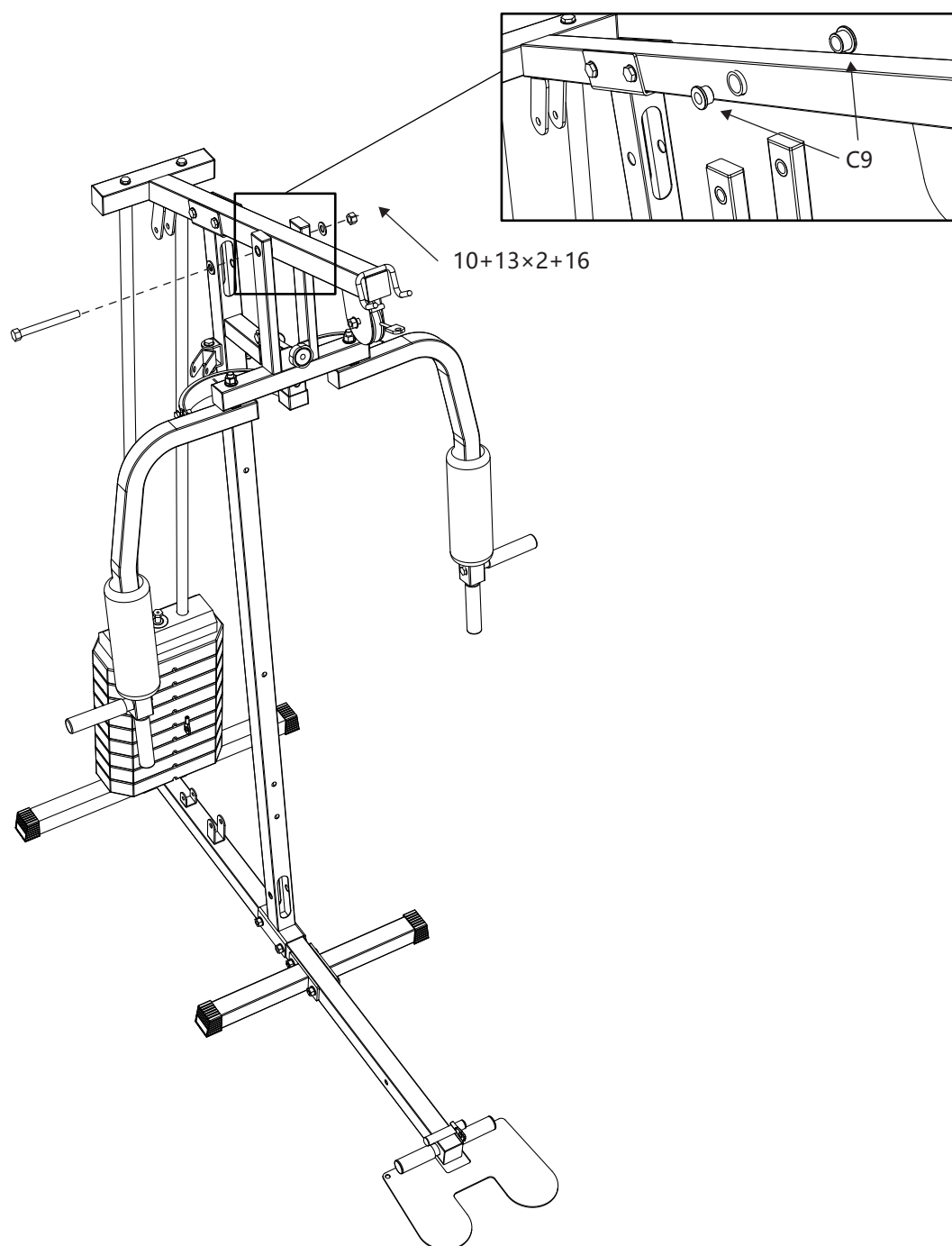
<div>C4</div> <div>Jammer Arm Connecting</div> <div>1PC</div> <div></div>	<div>C5</div> <div>Right Jammer Arm</div> <div>1PC</div> <div></div>	<div>C6</div> <div>Left Jammer Arm</div> <div>1PC</div> <div></div>	<div>C7</div> <div>Jammer Arm Handle</div> <div>2PCS</div> <div></div>
<div>C8</div> <div>Bushing(Φ25*22 Φ16)</div> <div>4PCS</div> <div></div>	<div>16</div> <div>M12 Nut</div> <div>2PCS</div> <div></div>	<div>4</div> <div>M10×20 Bolt</div> <div>2PCS</div> <div></div>	<div>13</div> <div>10mm Washer</div> <div>2PCS</div> <div></div>
<div>F4</div> <div>Foam Sleeve(Big)</div> <div>2PCS</div> <div></div>			



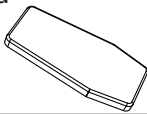
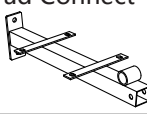

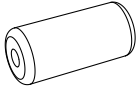






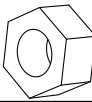
## STEP: 6

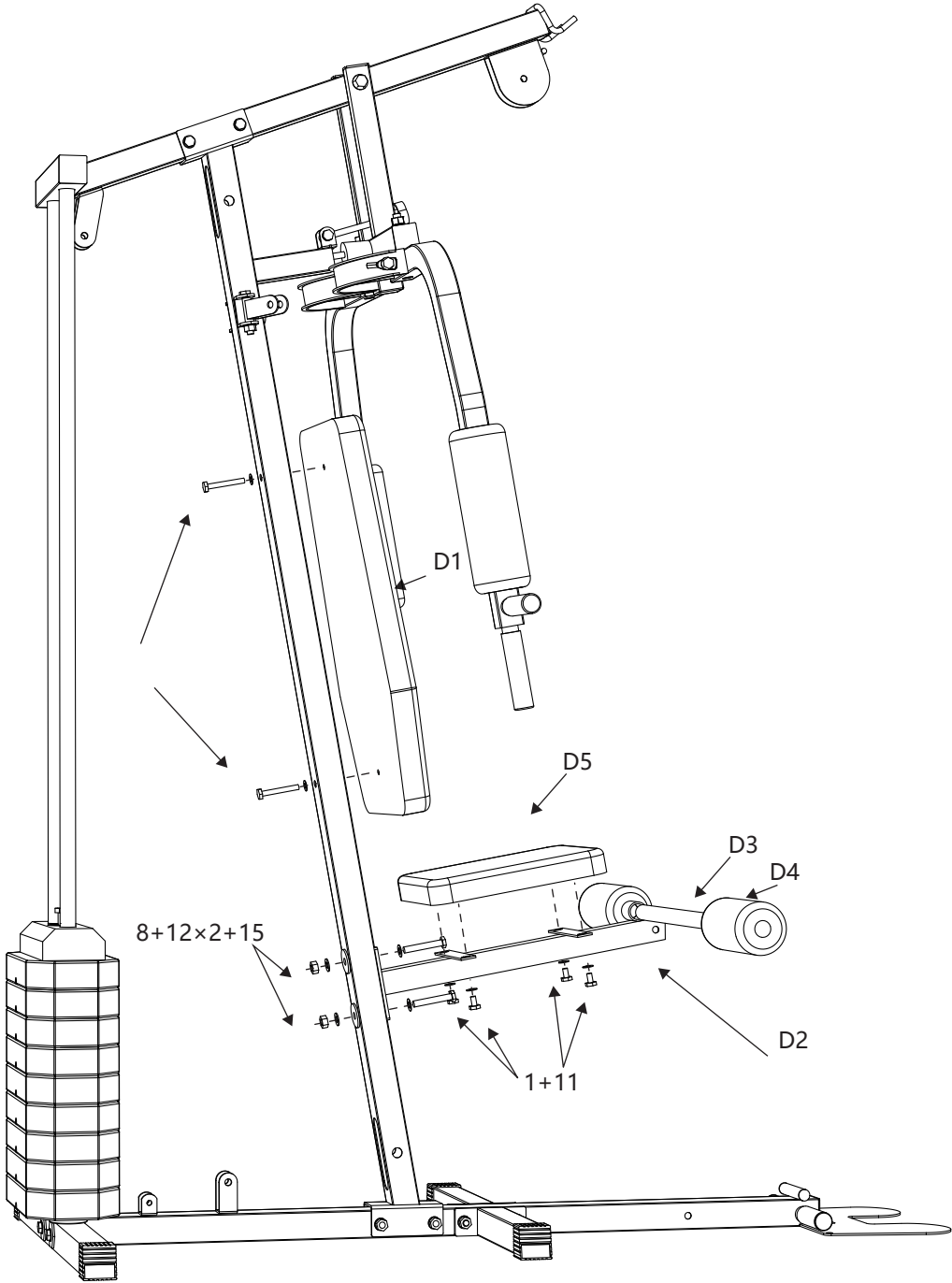
<p>10 M12×120 Bolt 1PC</p> 	<p>13 12mm Washer 2PCS</p> 	<p>16 M12 Nut 1PC</p> 	<p>C9 Bushing(Φ25*19 Φ12) 2PCS</p> 
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Tips: please install C9 before screw bolt.

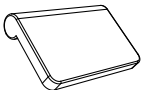

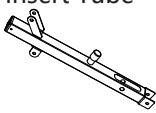
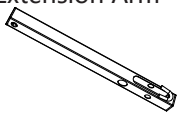
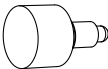

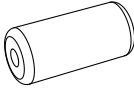





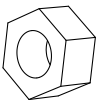


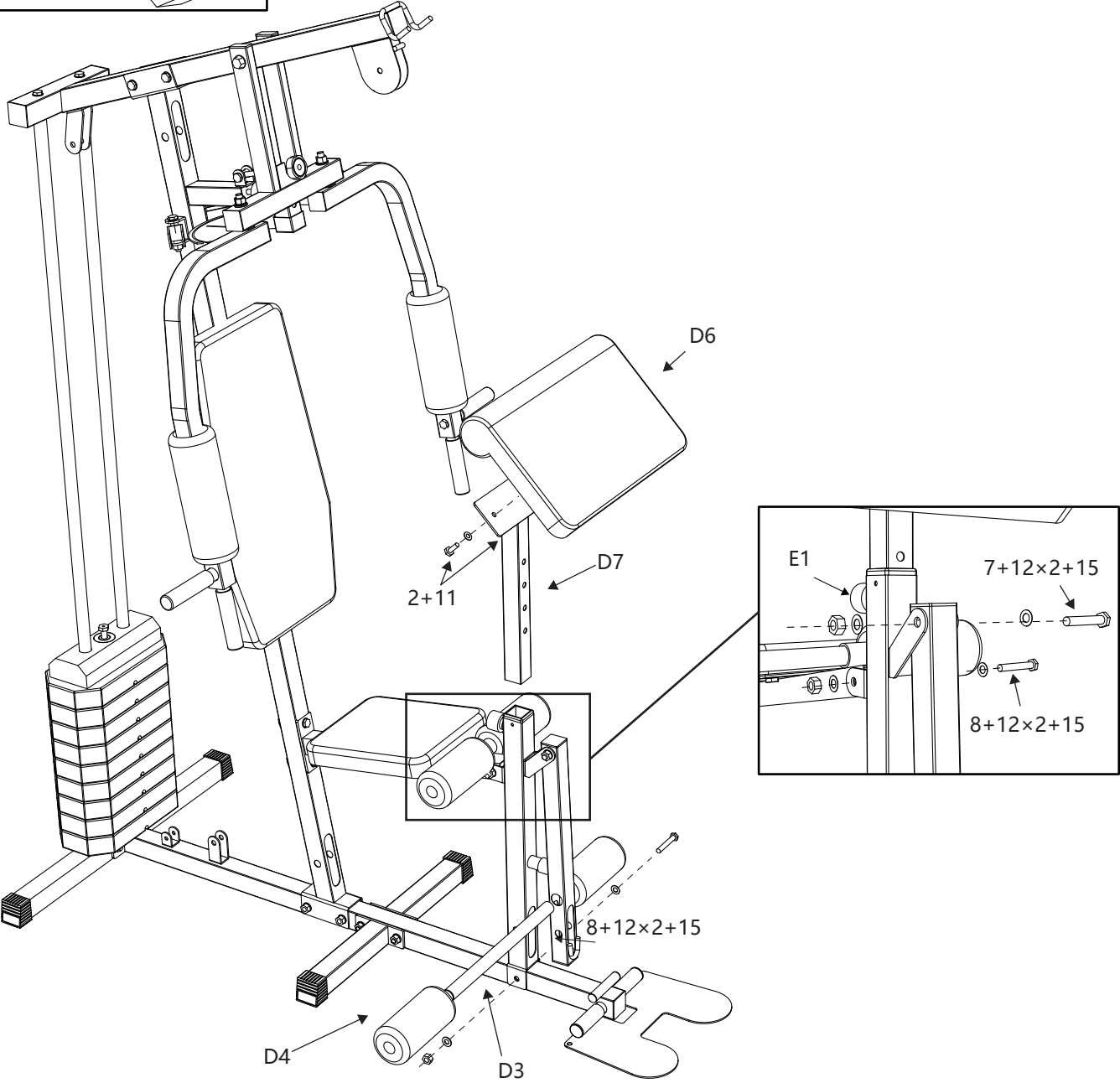
STEP: 7

<div>D1</div> <div>Back Pad</div> <div>1PC</div> 	<div>D2</div> <div>Seated Pad Connect- ing</div> <div>1PC</div> 	<div>D3</div> <div>Foam Sleeve Roller</div> <div>1PC</div> 	<div>D4</div> <div>Foam Sleeve(Small)</div> <div>2PCS</div> 
<div>D5</div> <div>Seated Pad</div> <div>1PC</div> 	<div>8</div> <div>M10×65 Bolt</div> <div>2PCS</div> 	<div>6</div> <div>M8×65 Bolt</div> <div>2PCS</div> 	<div>12</div> <div>10mm Washer</div> <div>4PCS</div> 
<div>1</div> <div>M8×15 Bolt</div> <div>4PCS</div> 	<div>11</div> <div>8mm Washer</div> <div>6PCS</div> 	<div>15</div> <div>M10 Nut</div> <div>2PCS</div> 	



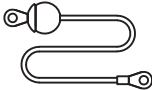
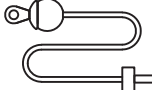
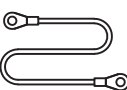
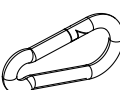







STEP: 8

D6 Preacher Pad 1PC 	D7 Preacher Pad Connecting 1PC 	D8 Front Insert Tube 1PC 	D9 Leg Extension Arm 1PC 
E1 Knob 1PC 	D3 Foam Sleeve Roller 1PC 	D4 Foam Sleeve(Small) 2PCS 	2 M8×25 Bolt 2PCS 
7 M10×60 Bolt 1PC 	8 M10×65 Bolt 2PCS 	11 8mm Washer 2PCS 	12 10mm Washer 6PCS 
15 M10 Nut 3PCS 			



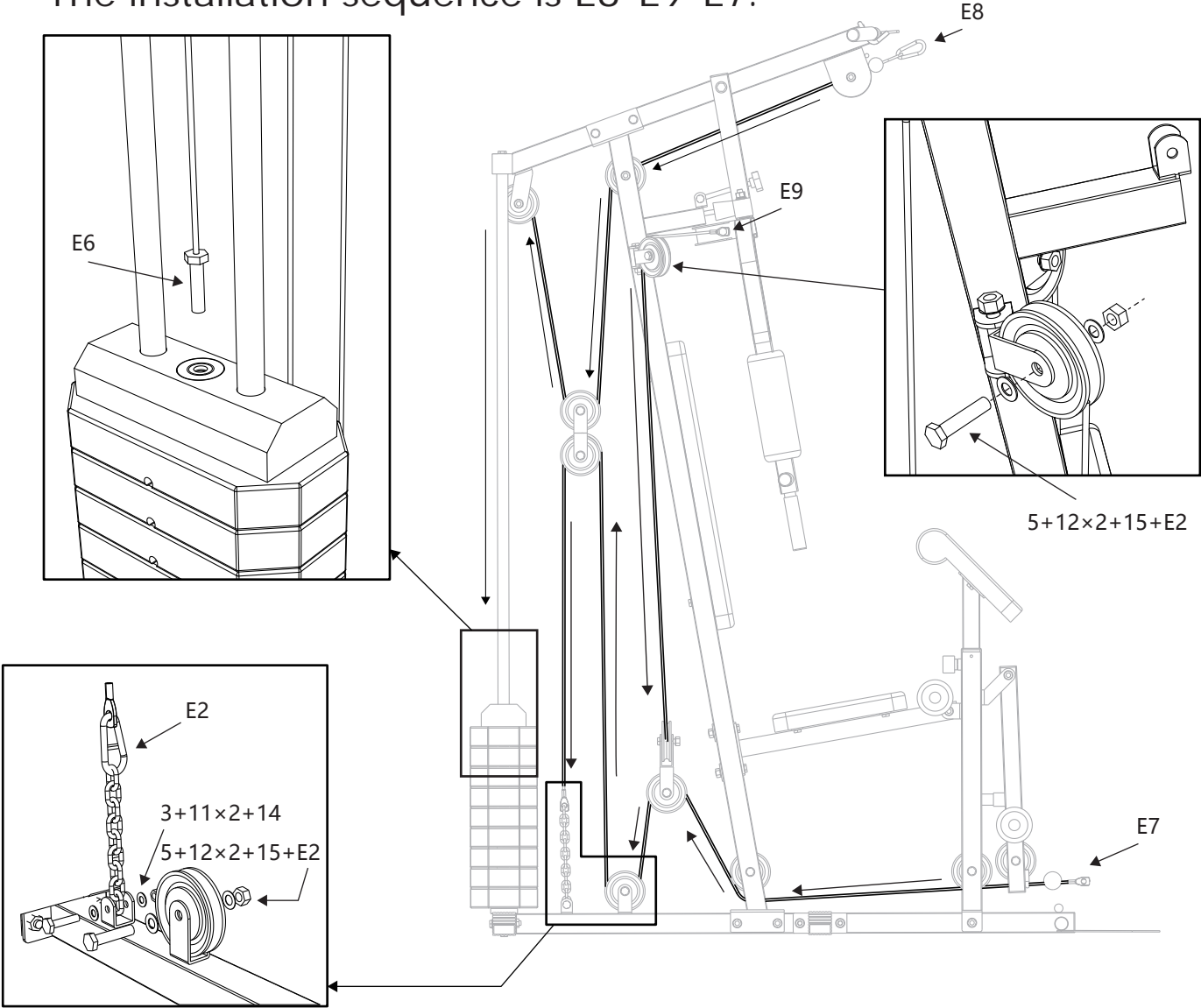


STEP: 9



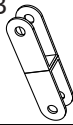








<div>E7</div> <div>Cable A (3780mm) 1PC</div> <div></div>	<div>E8</div> <div>Cable B (2370mm) 1PC</div> <div></div>	<div>E9</div> <div>Cable C ( 2720mm) 1PC</div> <div></div>	<div>18</div> <div>Clip 1PC</div> <div></div>
<div>E2</div> <div>Pulley 3PC</div> <div></div>	<div>3</div> <div>M8×40 Hexagon 1PC</div> <div></div>	<div>5</div> <div>M10×45 Hexagon 3PCS</div> <div></div>	<div>11</div> <div>8mm Washer 2PCS</div> <div></div>
<div>12</div> <div>10mm Washer 6PCS</div> <div></div>	<div>14</div> <div>M8 Nut 1PCS</div> <div></div>	<div>15</div> <div>M10 Nut 3PCS</div> <div></div>	

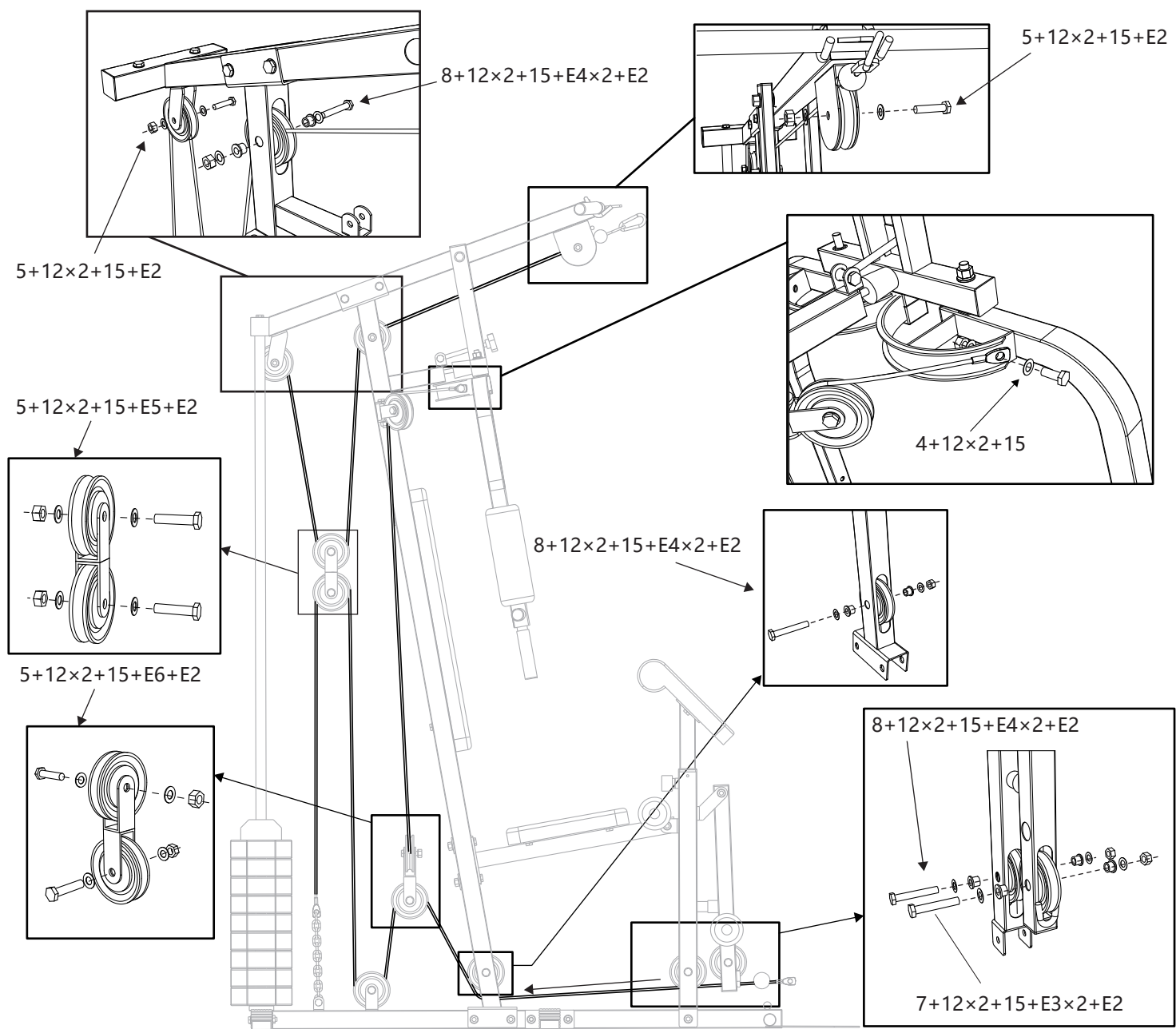
Tips: The cable should be in-stalled before the pulley.

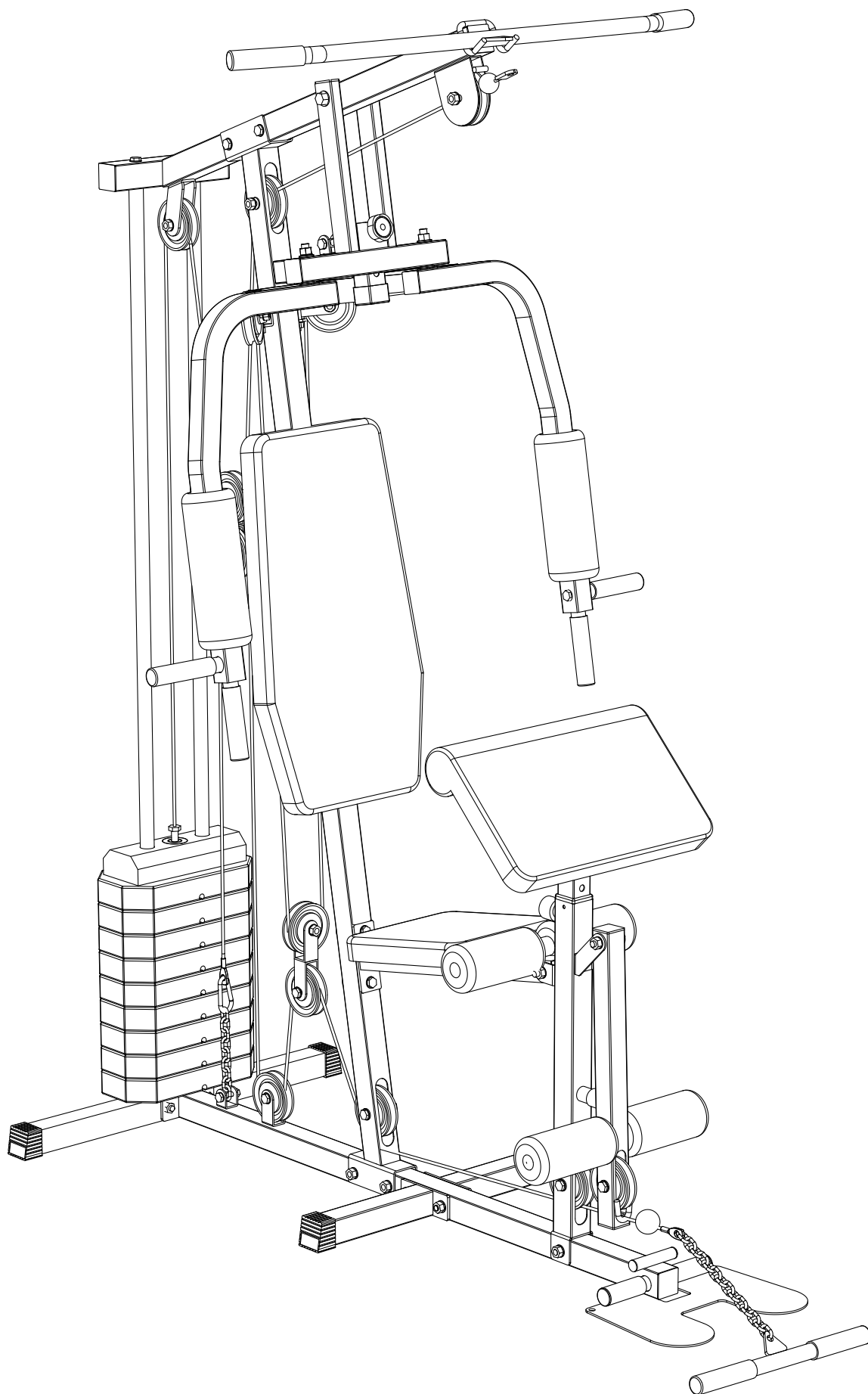
The installation sequence is E8-E9-E7.



STEP: 10

<div>E3</div> <div>Bushing(Φ10.3* Φ22*9.5) 2PCS</div> <div></div>	<div>E4</div> <div>Bushing(Φ10.3* Φ22*11.5) 6PCS</div> <div></div>	<div>E5</div> <div>Pulley Stand-B 1PC</div> <div></div>	<div>E6</div> <div>Pulley Stand-C 1PC</div> <div></div>
<div>E2</div> <div>Pulleyr 10PCS</div> <div></div>	<div>4</div> <div>M10×20 Bolt 2PCS</div> <div></div>	<div>5</div> <div>M10×45 Bolt 6PCS</div> <div></div>	<div>7</div> <div>M10×60 Bolt 1PC</div> <div></div>
<div>8</div> <div>M10×65 Bolt 3PCS</div> <div></div>	<div>12</div> <div>10mm Washer 24PCS</div> <div></div>	<div>15</div> <div>M10 Nut 12PCS</div> <div></div>	





# FORMAT OF AFTER-SALE EMAIL

The screenshot shows an email draft interface. At the top, a status bar says "Draft saved" with a close button. Below is the "Recipients" section, which contains two fields: "Amazon-1234567890-Package Lost" and "SUBJECT EXAMPLE". Below these is a large text area with the placeholder "Describe your issue here". Below the text area is a message: "Welcome to attach the pictures to help us get more understands with your issue". At the bottom is a rich text editor toolbar with various icons for undo, redo, font face, font size, bold, italic, underline, text color, background color, bulleted list, numbered list, link, unlink, image, video, and a trash icon. A red arrow points from the "Attach" icon (a paperclip) in the toolbar to the text area above.

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.**

**temugym@2024163.com**