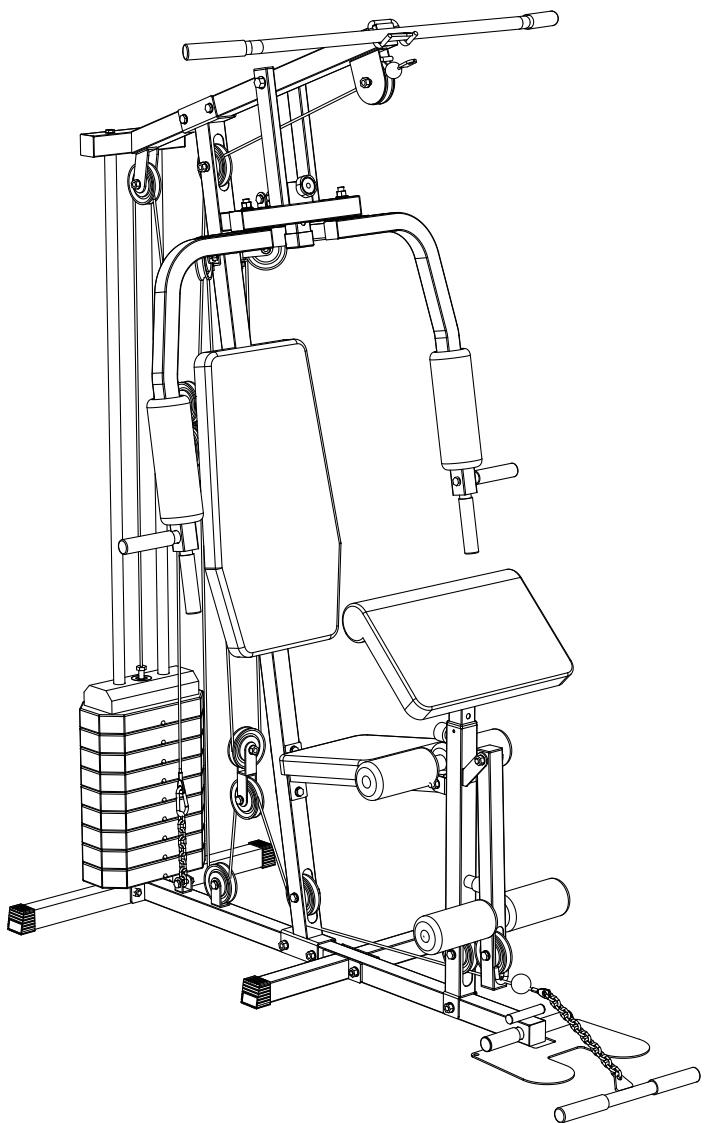


# ORMAISE

## ASSEMBLY INSTRUCTIONS



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

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Step 2	10
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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***

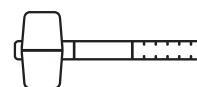
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

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

Adjustable wrenches



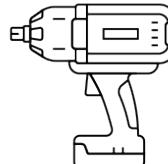
Rubber hammers



Socket set



Electric Wrench



## ***WARNING***



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

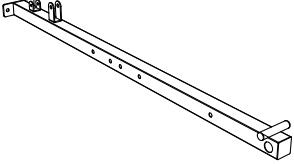
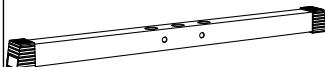
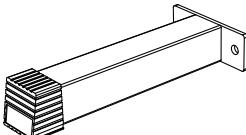
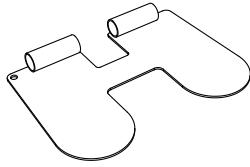
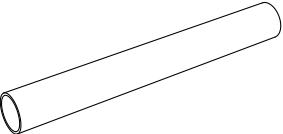
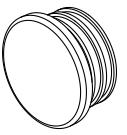
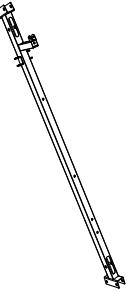
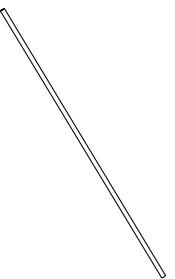
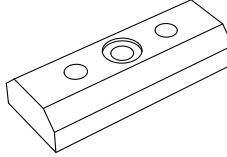
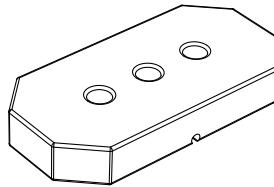
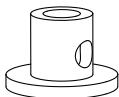
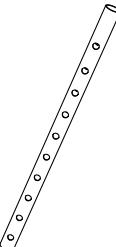
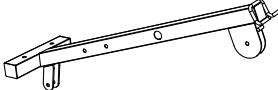
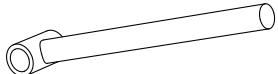
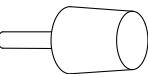


Sharp objects may be involved. Use precaution and protection.



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

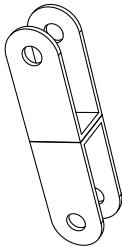
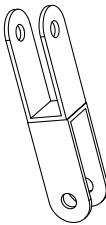
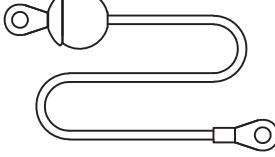
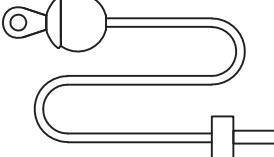
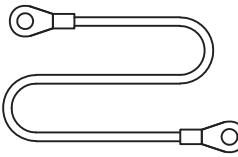
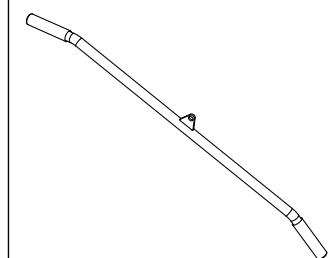
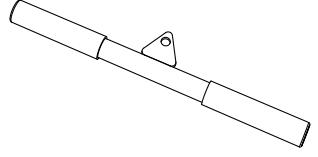
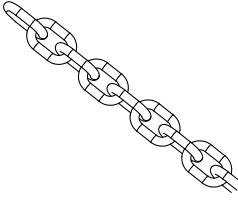
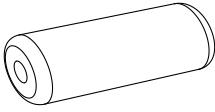
# CARTON 1

<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(<math>\Phi</math> 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> 

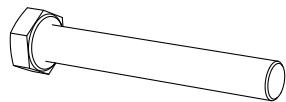
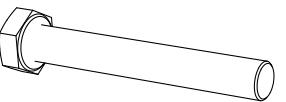
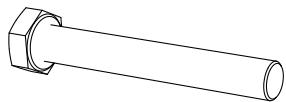
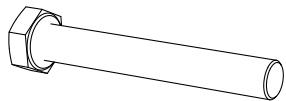
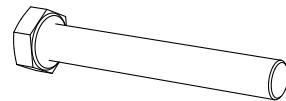
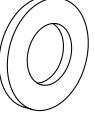
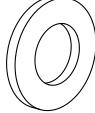
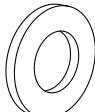
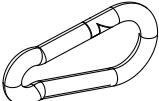
# CARTON 2

(C3) Pulley Stand-A 2PCS	(C4) Jammer Arm Connecting 1PC	(C5) Right Jammer Arm 1PC	(C6) Left Jammer Arm 1PC
(C7) Jammer Arm Handle 2PCS	(C8) Bushing( $\Phi 25*22$ $\Phi 16$ ) 4PCS	(C9) Bushing( $\Phi 25*19$ $\Phi 12$ ) 2PCS	(D1) Back Pad 1PC
(D2) Seated Pad Connecting 1PC	(D3) Foam Sleeve Roller 2PCS	(D4) Foam Sleeve(Small) 4PCS	(D5) Seated Pad 1PC
(D6) Preacher Pad 1PC	(D7) Preacher Pad Connecting 1PC	(D8) Front Insert Tube 1PC	(D9) Leg Extension Arm 1PC
(E1) Knob 1PC	(E2) Pulley 13PCS	(E3) Bushing( $\Phi 10.3*$ $\Phi 22*9.5$ ) 2PCS	(E4) Bushing( $\Phi 10.3*$ $\Phi 22*11.5$ ) 6PCS

# CARTON 3

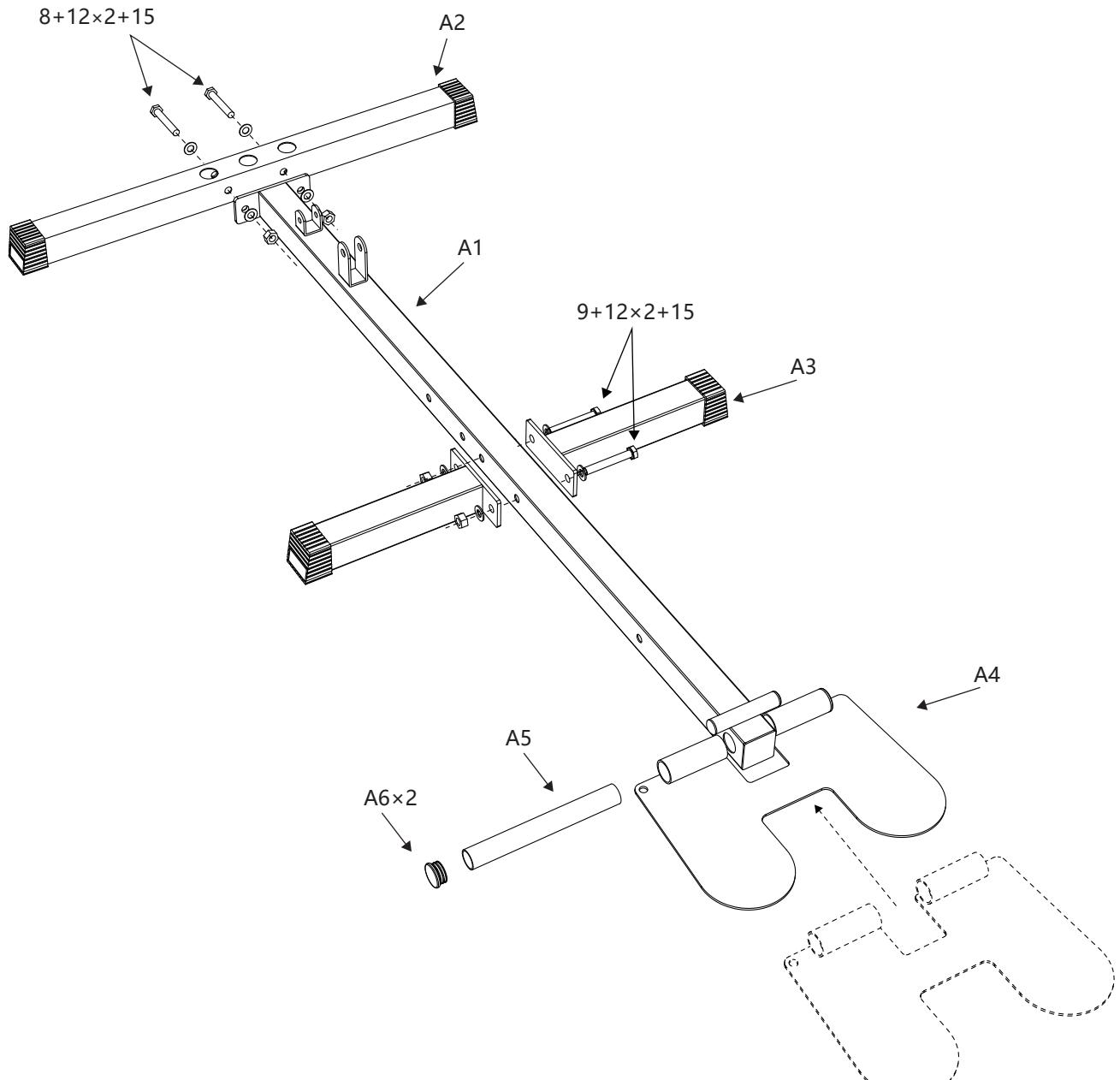
<p>(E5) Pulley Stand-B 1PC</p> 	<p>(E6) Pulley Stand-C 1PC</p> 	<p>(E7) Cable A (3780mm) 1PC</p> 	<p>(E8) Cable B (2370mm) 1PC</p> 
<p>(E9) Cable C (2720mm) 1PC</p> 	<p>(F1) Lat Pull Down Bar 1PC</p> 	<p>(F2) Short Straight Bar 1PC</p> 	<p>(F3) Chians 2PCS</p> 
<p>(F4) Foam Sleeve(Big) 2PCS</p> 			

# HARDWARE LIST

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

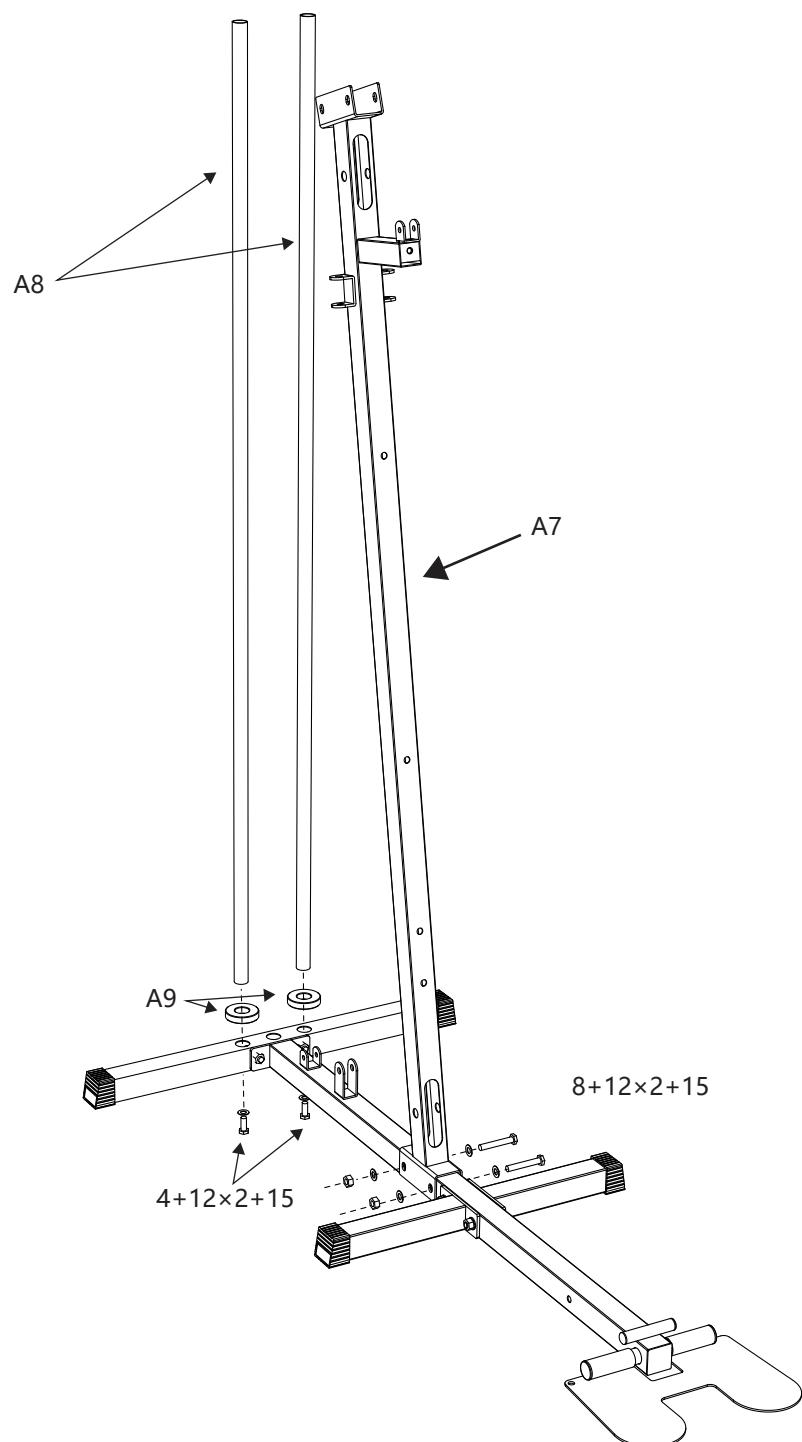
# STEP: 1

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



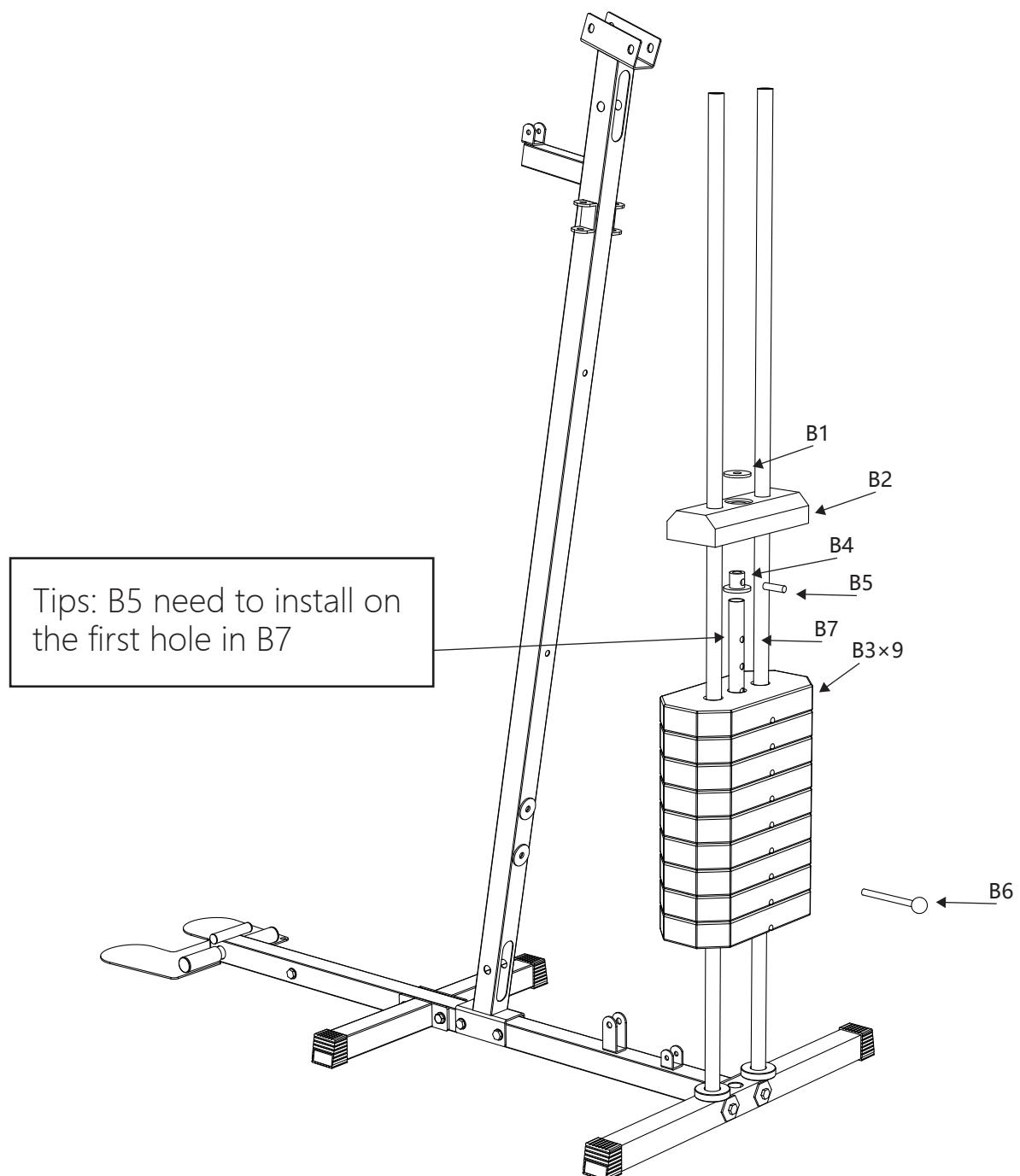
## STEP: 2

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

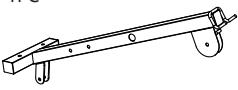
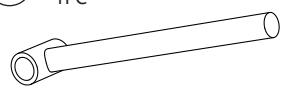
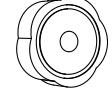
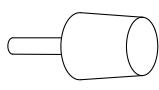
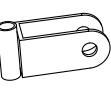


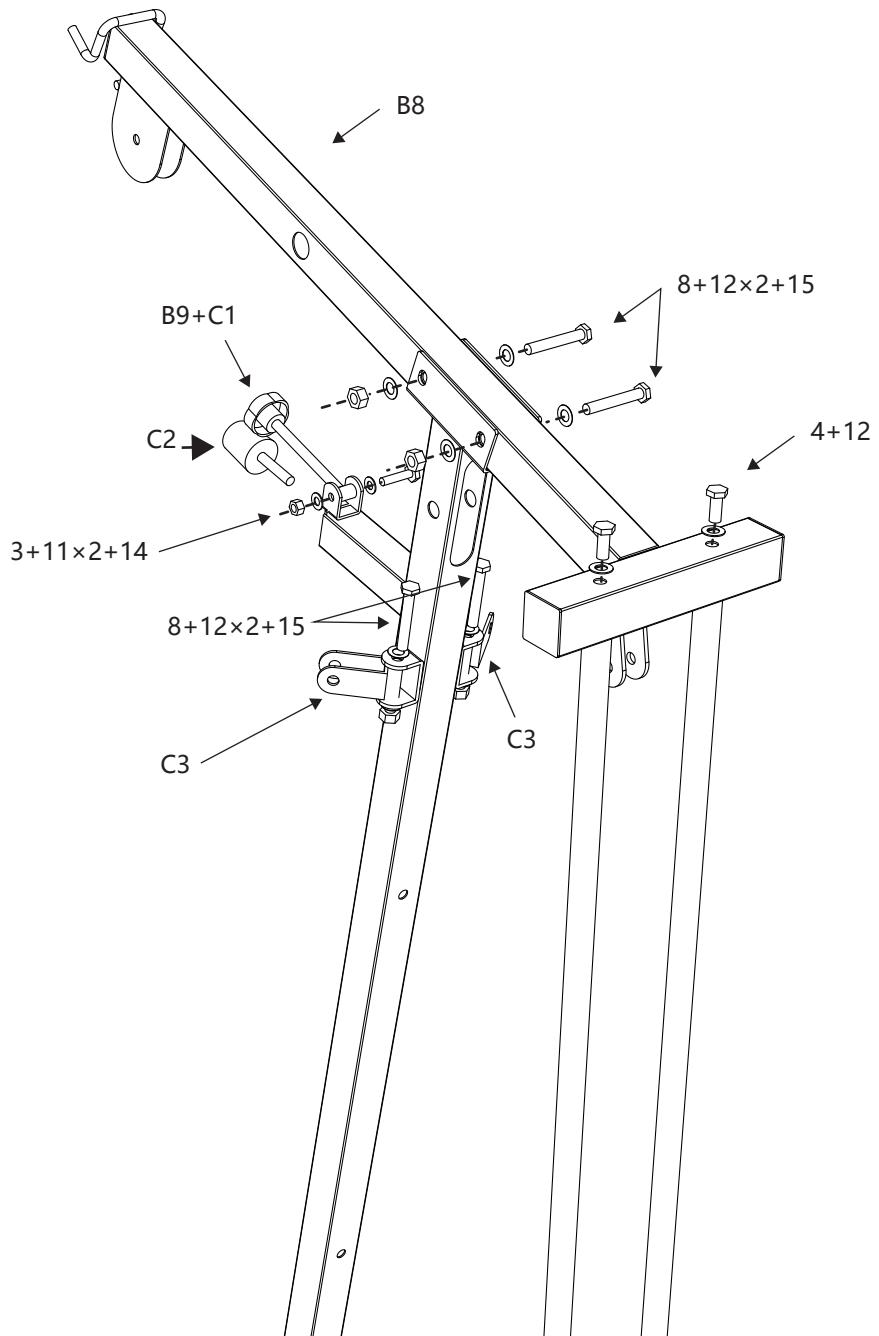
## STEP: 3

(B1) Washer( $\Phi 45*13$ ) 1PC	(B2) Top Weight Stack 1PC	(B3) Weight Stack 9PCS	(B4) Weight Stack Washer 1PC
(B5) Locking Pin 1PC	(B6) M10*140MM Locking Pin 1PC	(B7) Insert Lifting Rod 1PC	



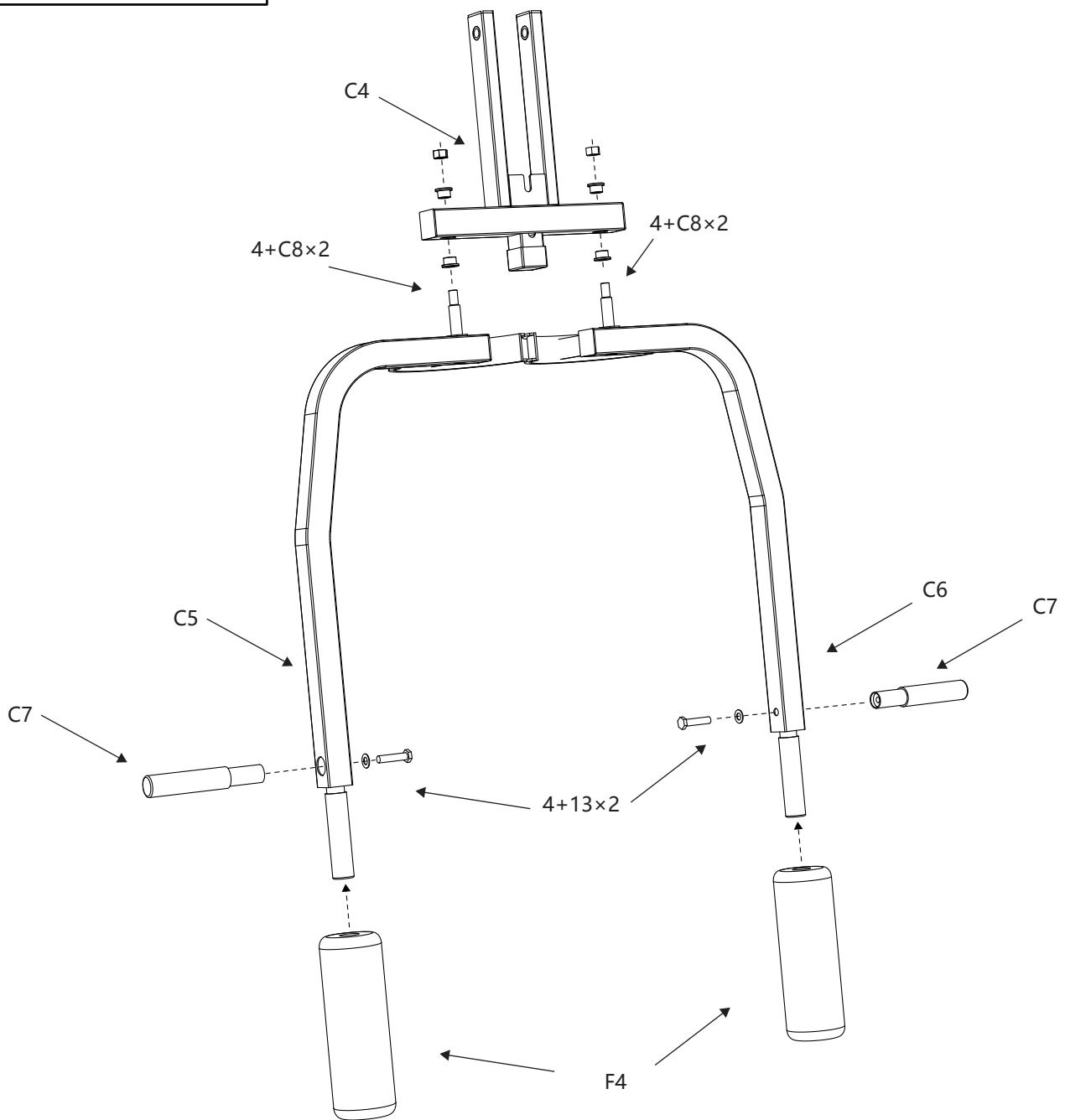
## STEP: 4

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

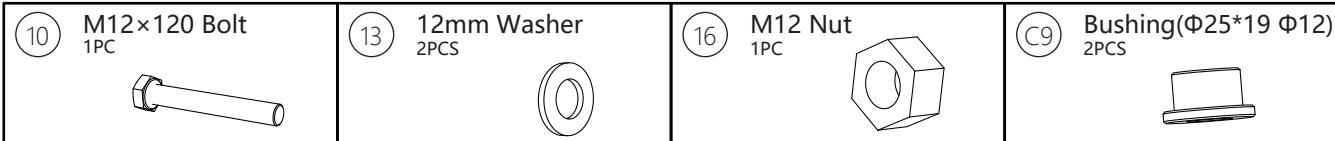


# STEP: 5

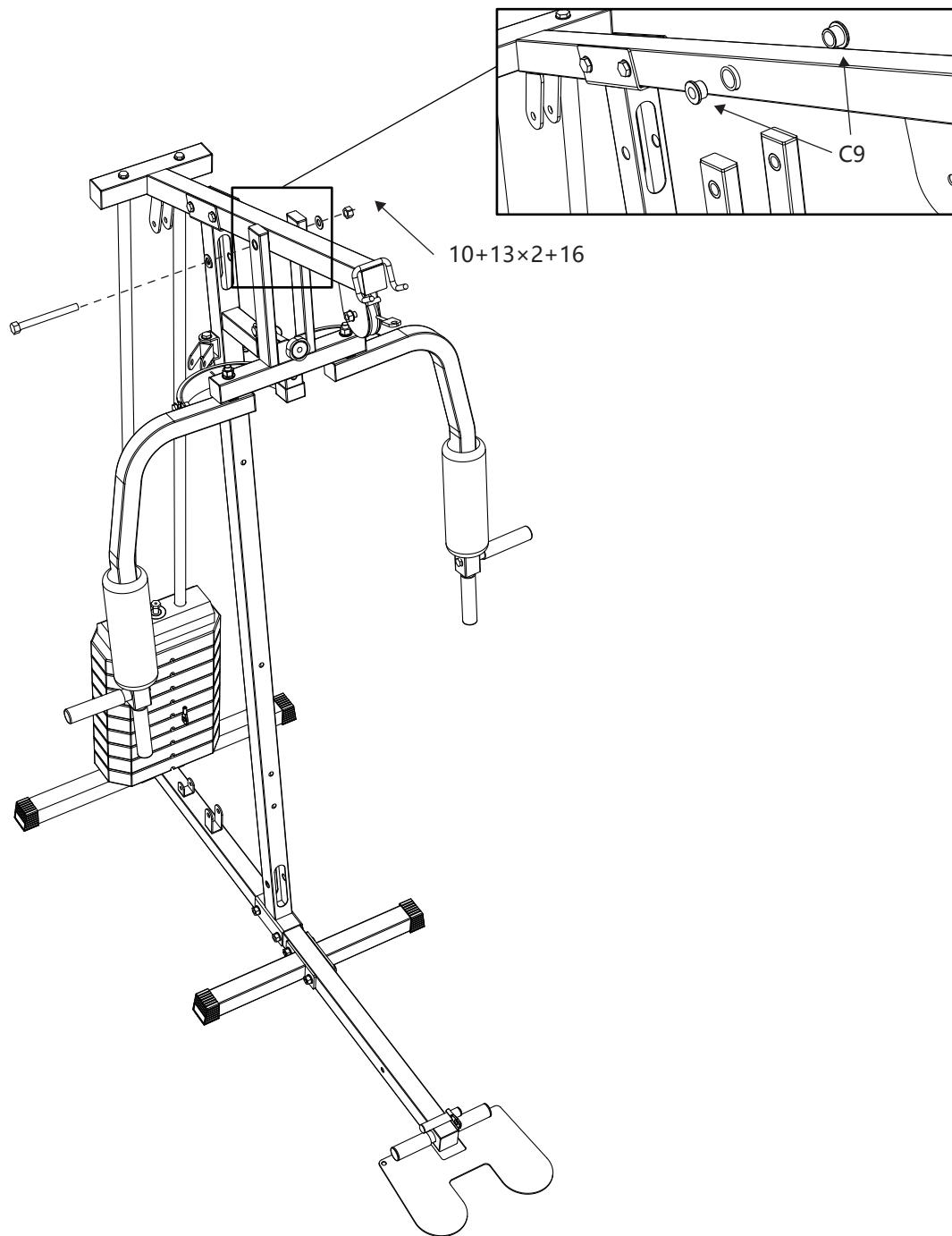
(C4) Jammer Arm Connecting 1PC	(C5) Right Jammer Arm 1PC	(C6) Left Jammer Arm 1PC	(C7) Jammer Arm Handle 2PCS
(C8) Bushing( $\Phi 25*22$ $\Phi 16$ ) 4PCS	(16) M12 Nut 2PCS	(4) M10×20 Bolt 2PCS	(13) 10mm Washer 2PCS
(F4) Foam Sleeve(Big) 2PCS			



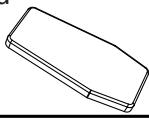
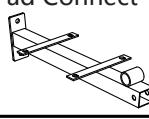
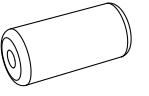
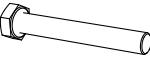
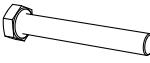
## STEP: 6

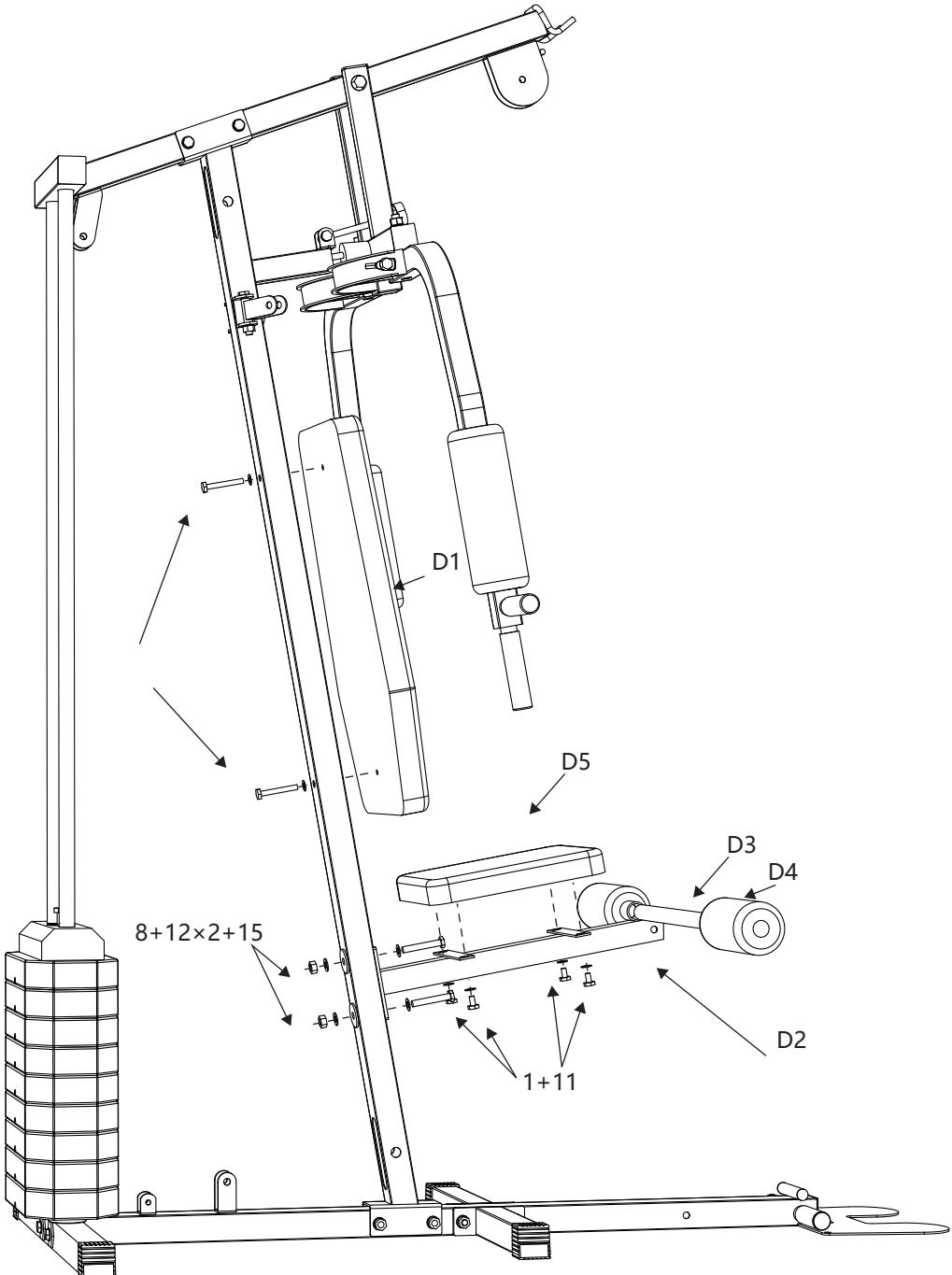


Tips: please install C9 before screw bolt.



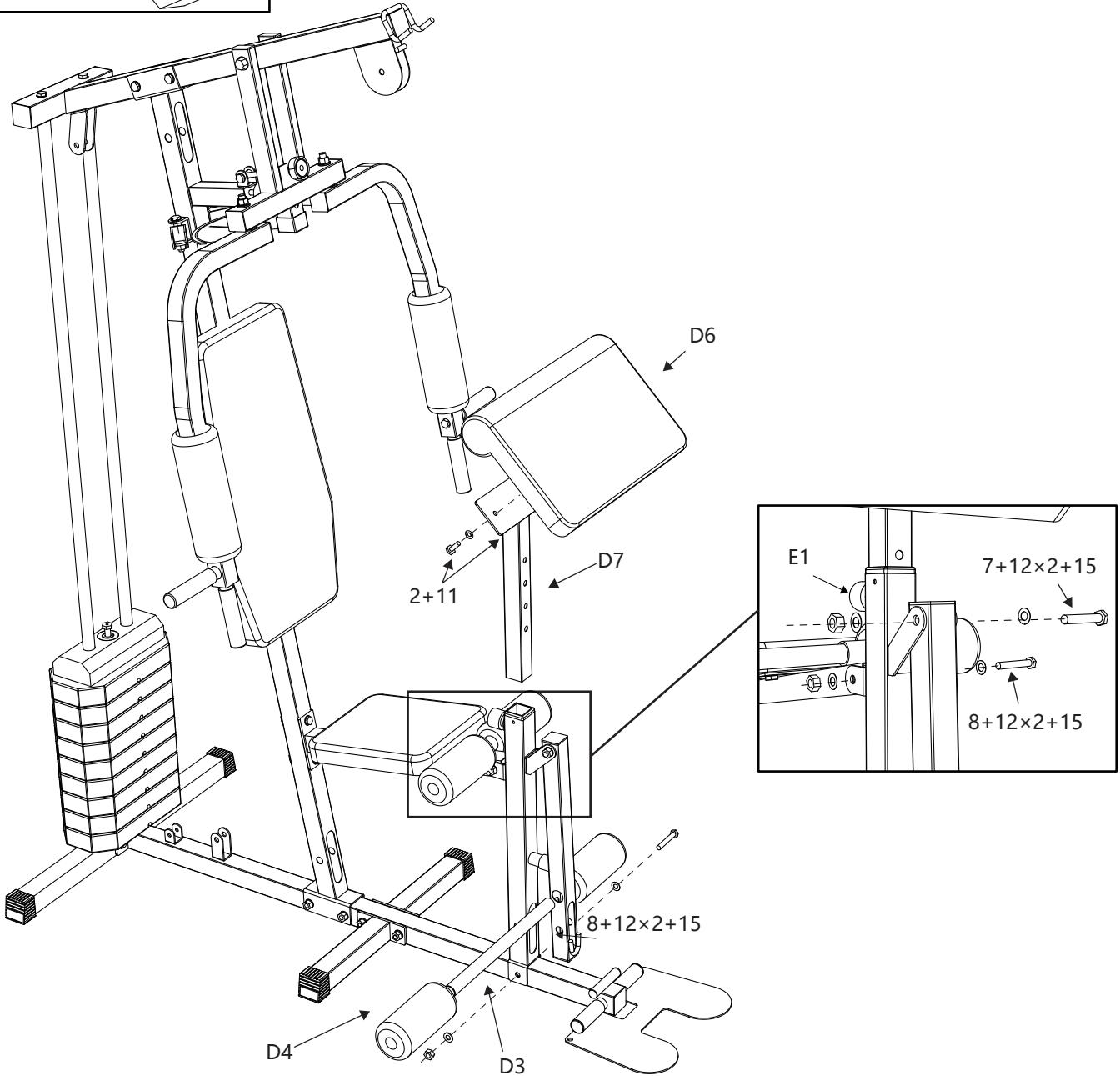
## STEP: 7

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



# 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			

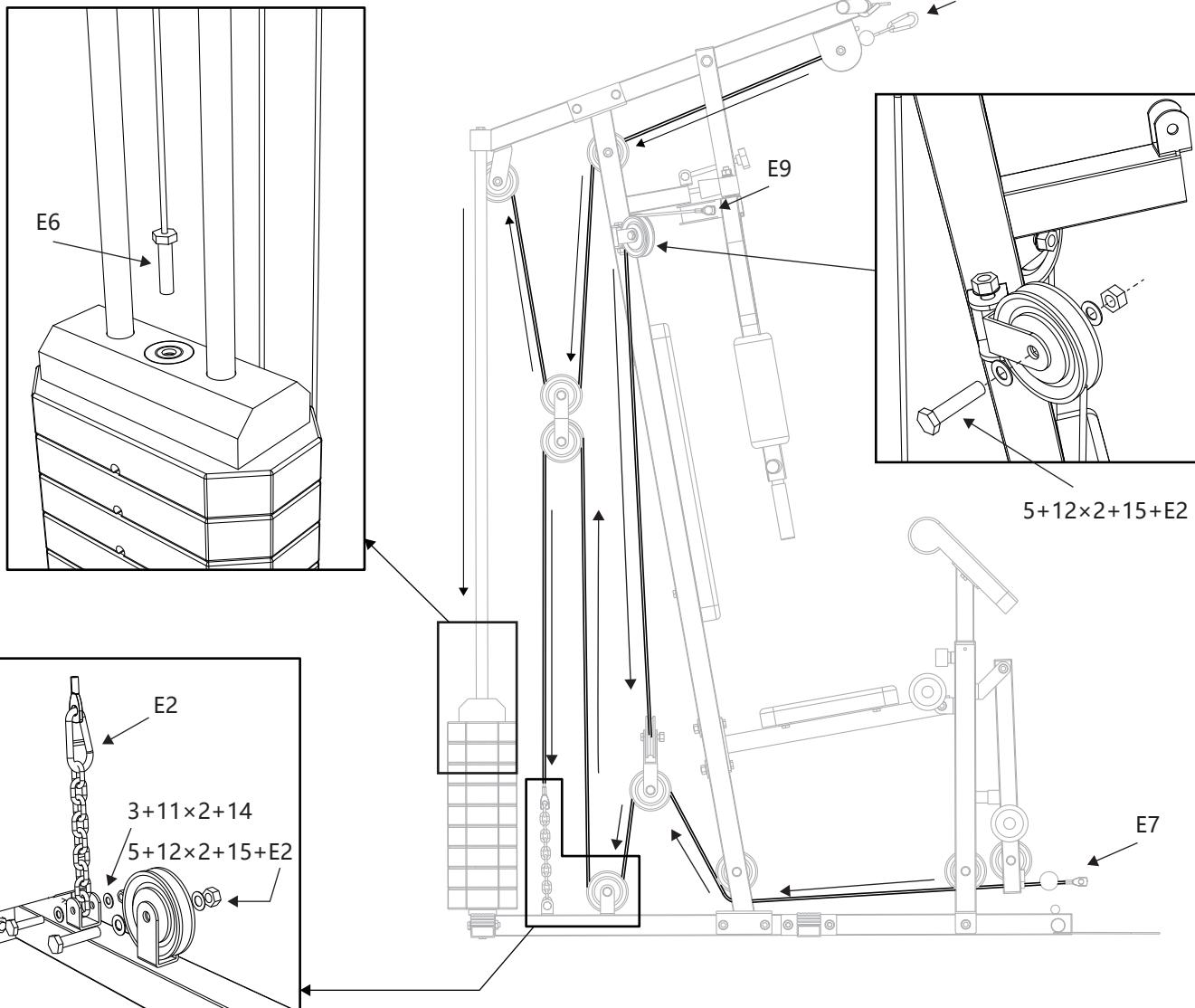


# STEP: 9

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

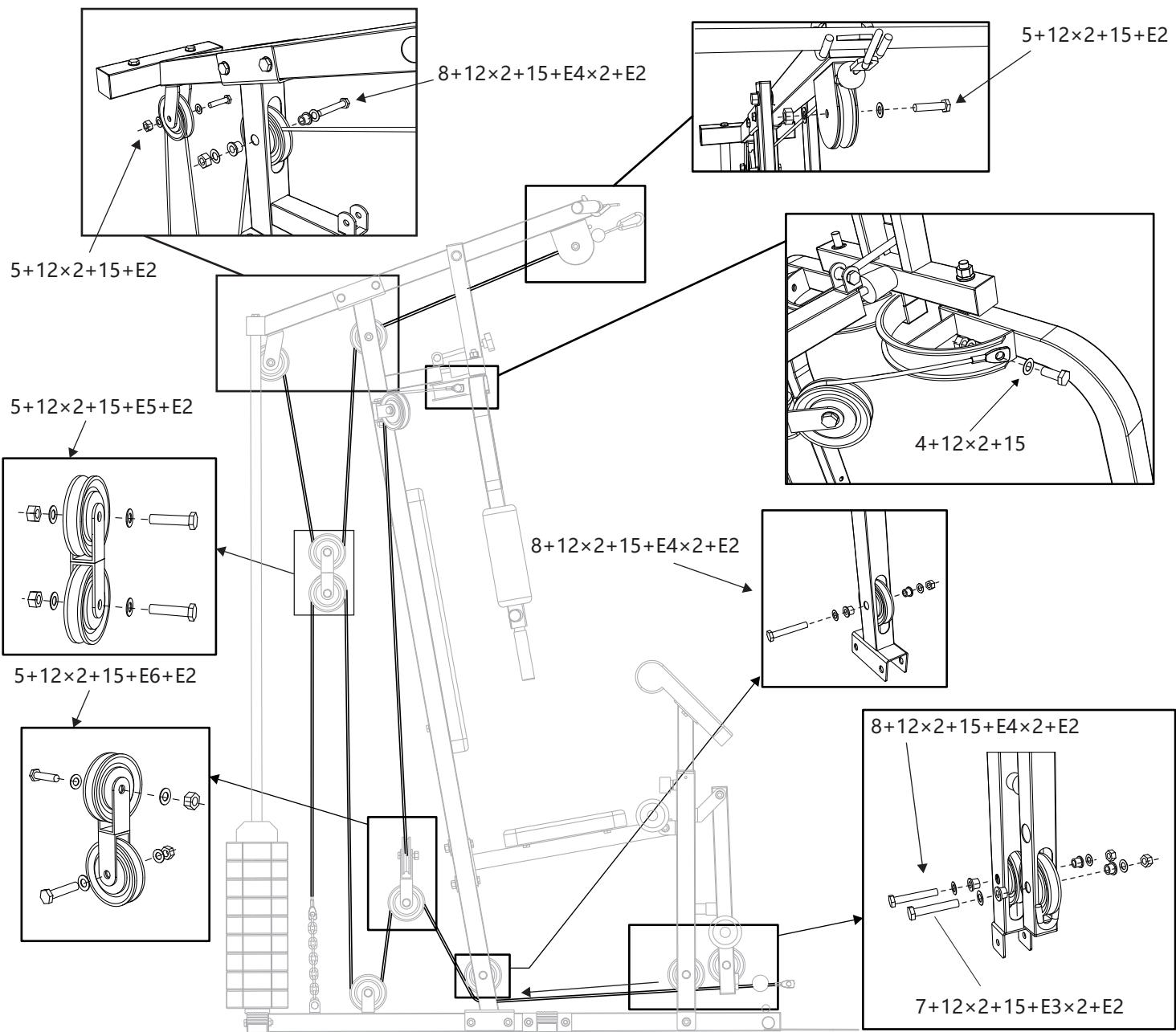
Tips: The cable should be in-stalled before the pulley.

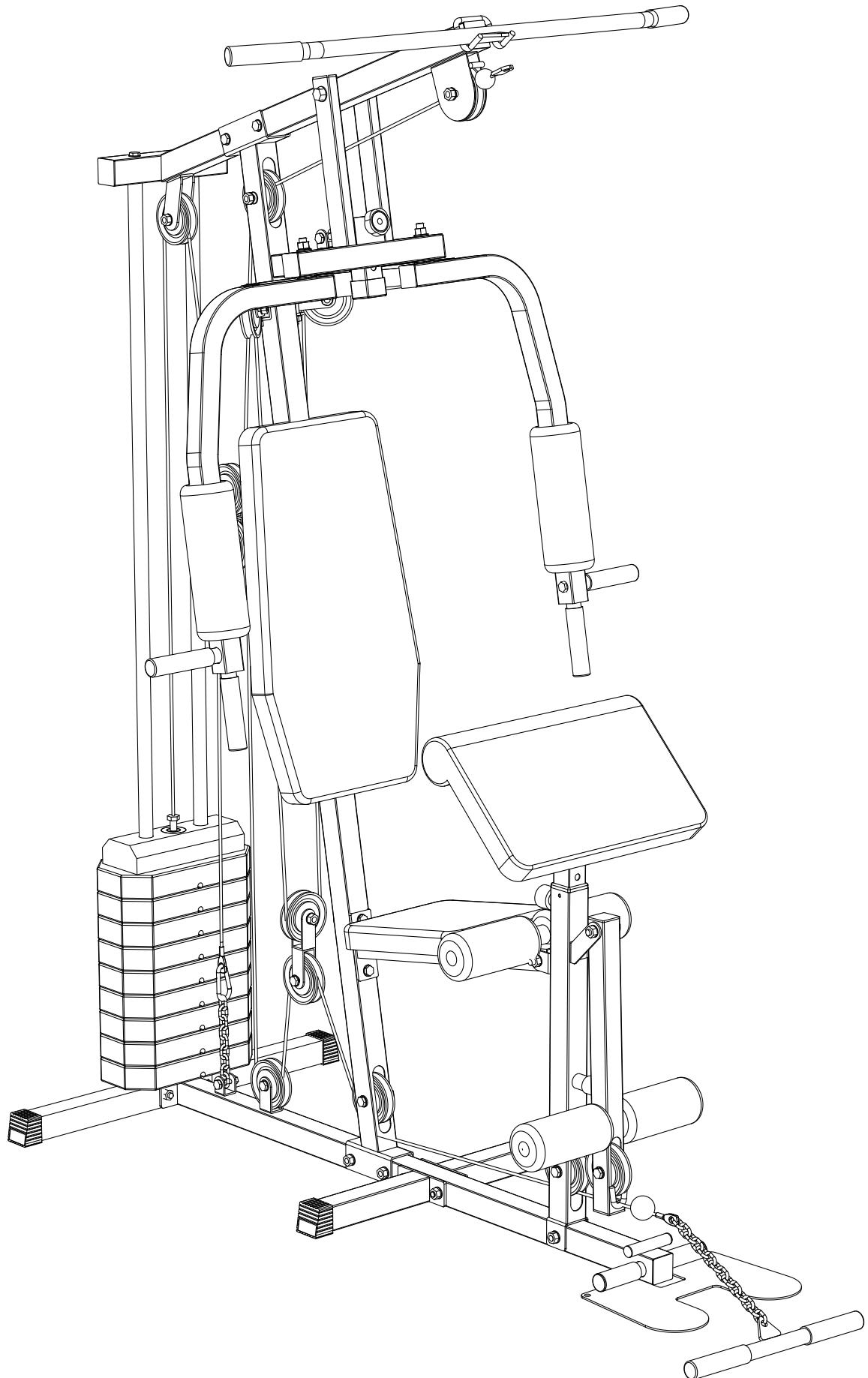
The installation sequence is E8-E9-E7.



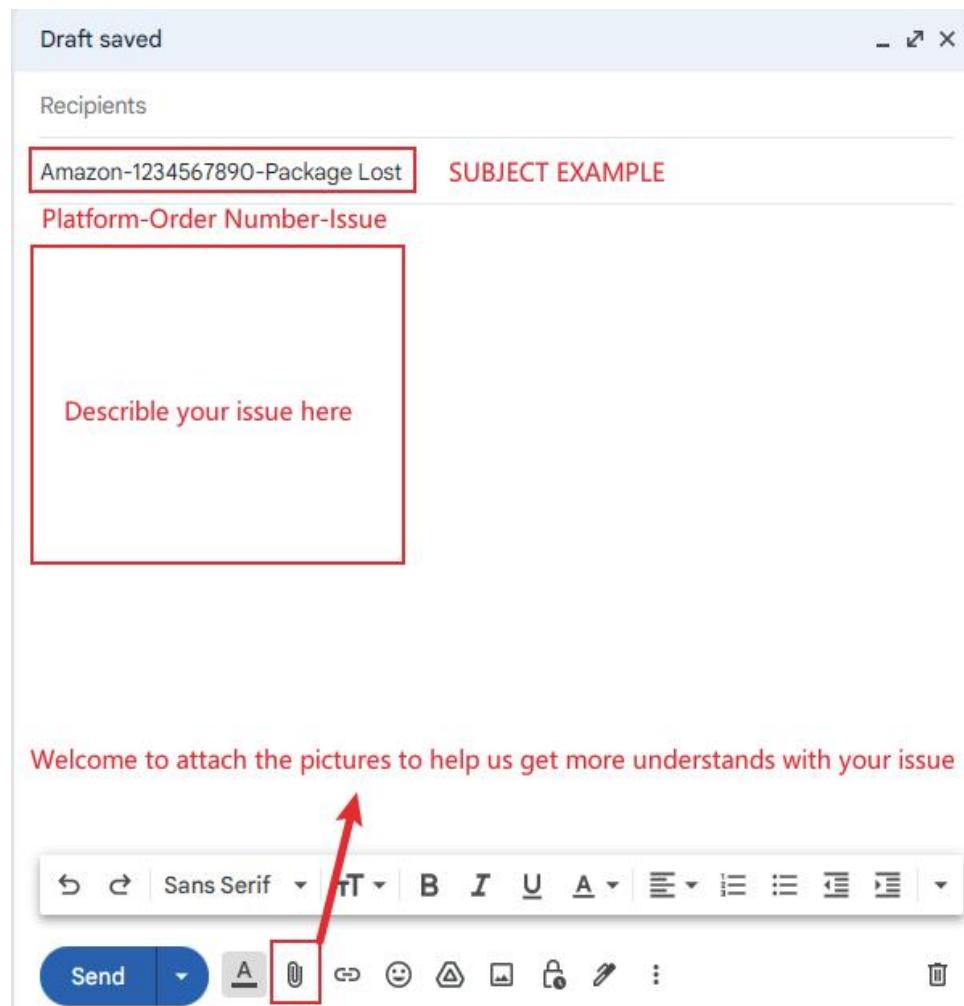
# STEP: 10

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





# FORMAT OF AFTER-SALE EMAIL



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](mailto:temugym@2024163.com)**