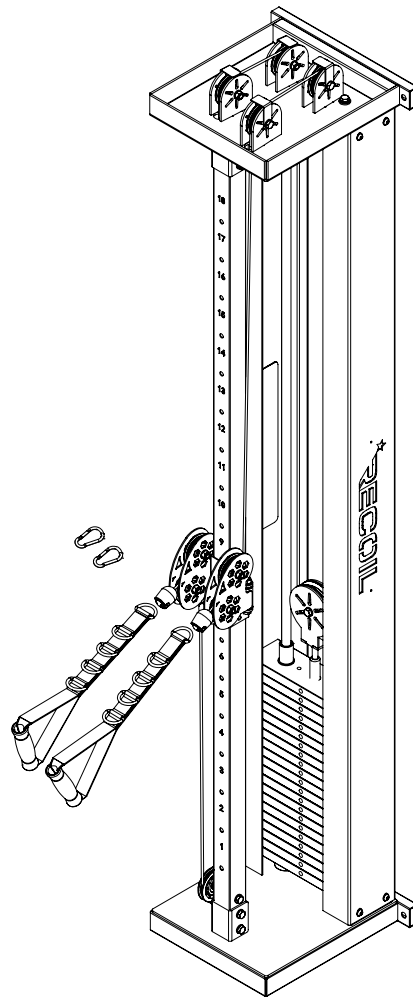


# RECOIL

**REC1 F0038**



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.**

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

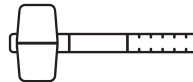
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

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

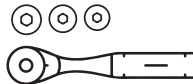
- Adjustable wrenches



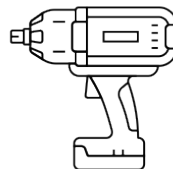
- Rubber hammers



- Socket set



- Electric Wrench



## **WARNING**



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

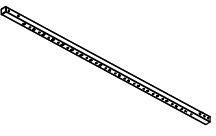

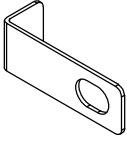
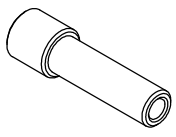
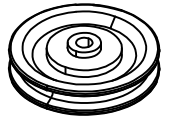
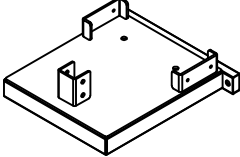
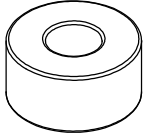
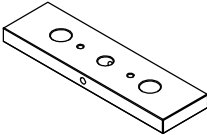
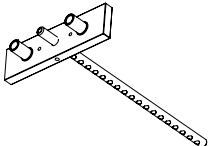
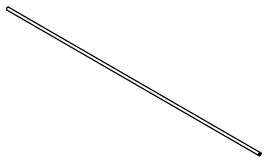
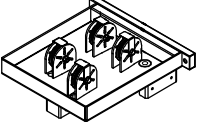
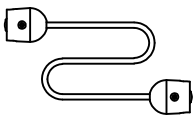

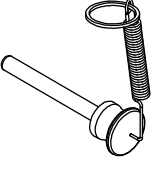
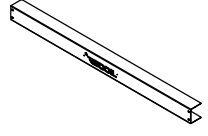
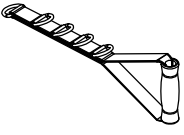
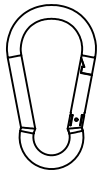


Sharp objects may be involved. Use precaution and protection.

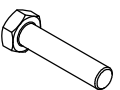
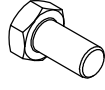
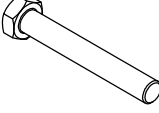
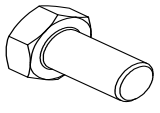

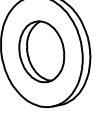
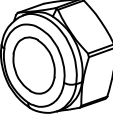
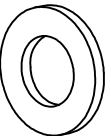
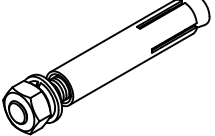


Heavy object. Use lifting aids and proper lifting techniques when moving

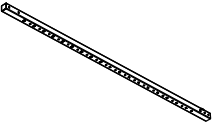

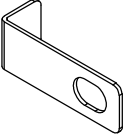
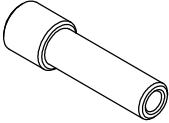
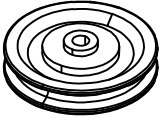
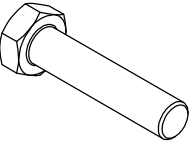
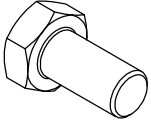
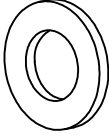
# PARTS LIST

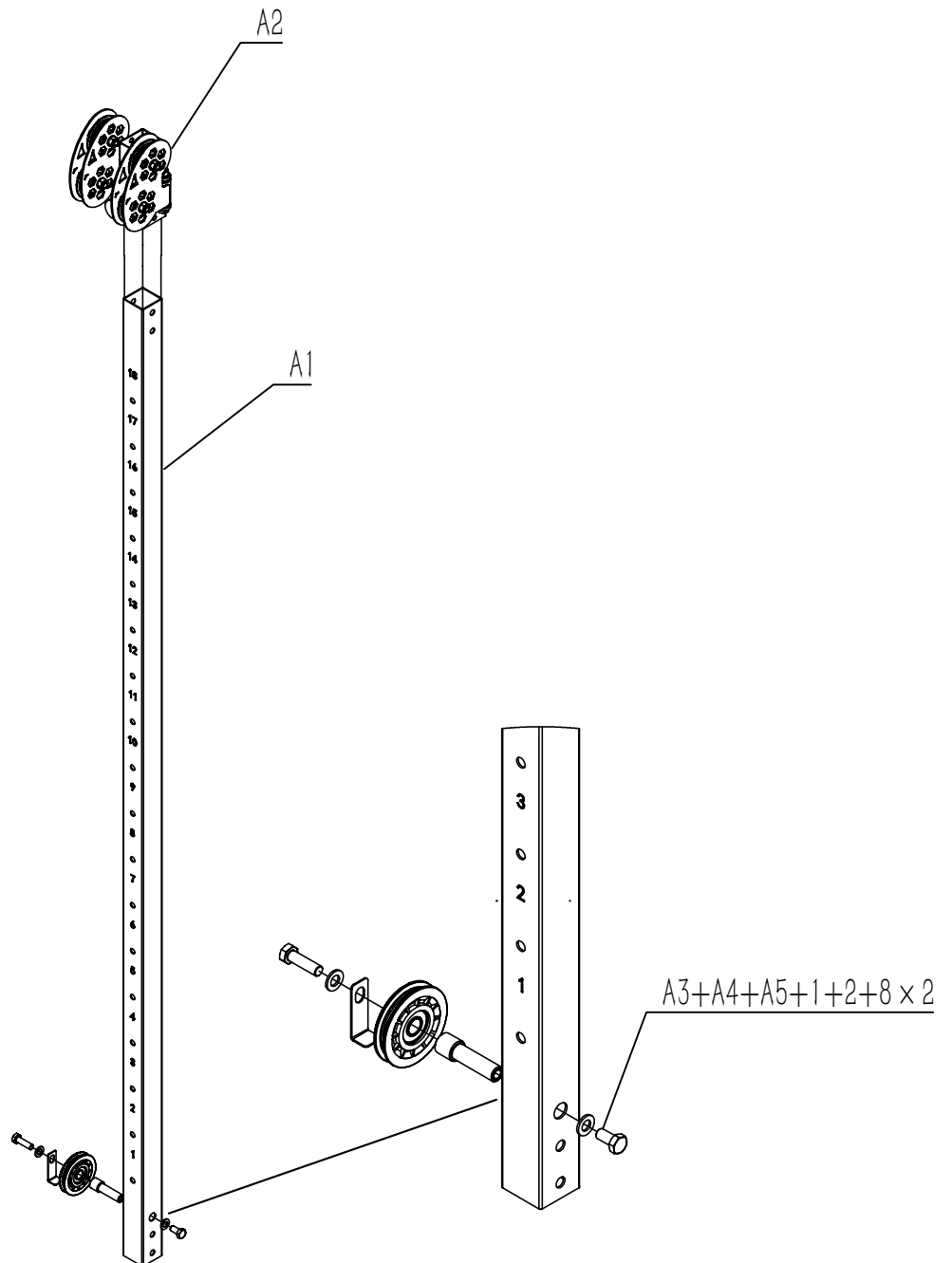
<b>A1</b> Column 1PC 	<b>A2</b> Sliding Sleeve 1PC 	<b>A3</b> Anti-gangplank 1PC 	<b>A4</b> Step Threaded Post 1PC 	<b>A5</b> 80 Pulley 1PC 
<b>A6</b> Base 1PC 	<b>A7</b> Buffer Pad 2PCS 	<b>A8</b> Weight Sheet 19PCS 	<b>A9</b> Weight Sheet(Top) 1PC 	<b>A10</b> Guide Rod 2PCS 
<b>B1</b> Top Cover 1PC 	<b>B2</b> Cable 1PC 	<b>B3</b> Pulley Seat 1PC 	<b>B4</b> Weight Stack Pin 1PC 	<b>B5</b> Protective Cover 2PCS 
<b>B6</b> Cable Handle 2PCS 	<b>B7</b> Clips 2PCS 			

# HARDWARE LIST

<b>1</b> Bolt(M10 x 45) 1PC 	<b>2</b> Bolt(M10 x 20) 1PC 	<b>3</b> Bolt(M10 x 75) 4PCS 	<b>4</b> Bolt (M10 x 25) 4PCS 	<b>5</b> Bolt (M8 x 10) 8PCS 
<b>6</b> Washer (M8) 8PCS 	<b>7</b> Locknut(M10) 4PCS 	<b>8</b> Washer(M10) 14PCS 	<b>9</b> Bolt (M8 x 80) 4PCS 	

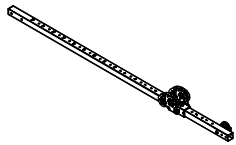
# STEP 1:

<b>A1</b> Column 1PC 	<b>A2</b> Sliding Sleeve 1PC 	<b>A3</b> Anti-gangplank 1PC 	<b>A4</b> Step Threaded Post 1PC 	<b>A5</b> 80 Pulley 1PC 
<b>1</b> Bolt(M10 x 45) 1PC 	<b>2</b> Bolt(M10 x 20) 1PC 	<b>8</b> Washer(M10) 2PCS 		

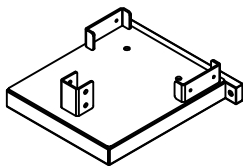


# STEP2:

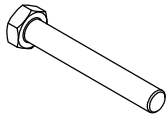
STEP1



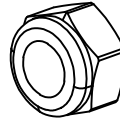
A6 Base  
1PC



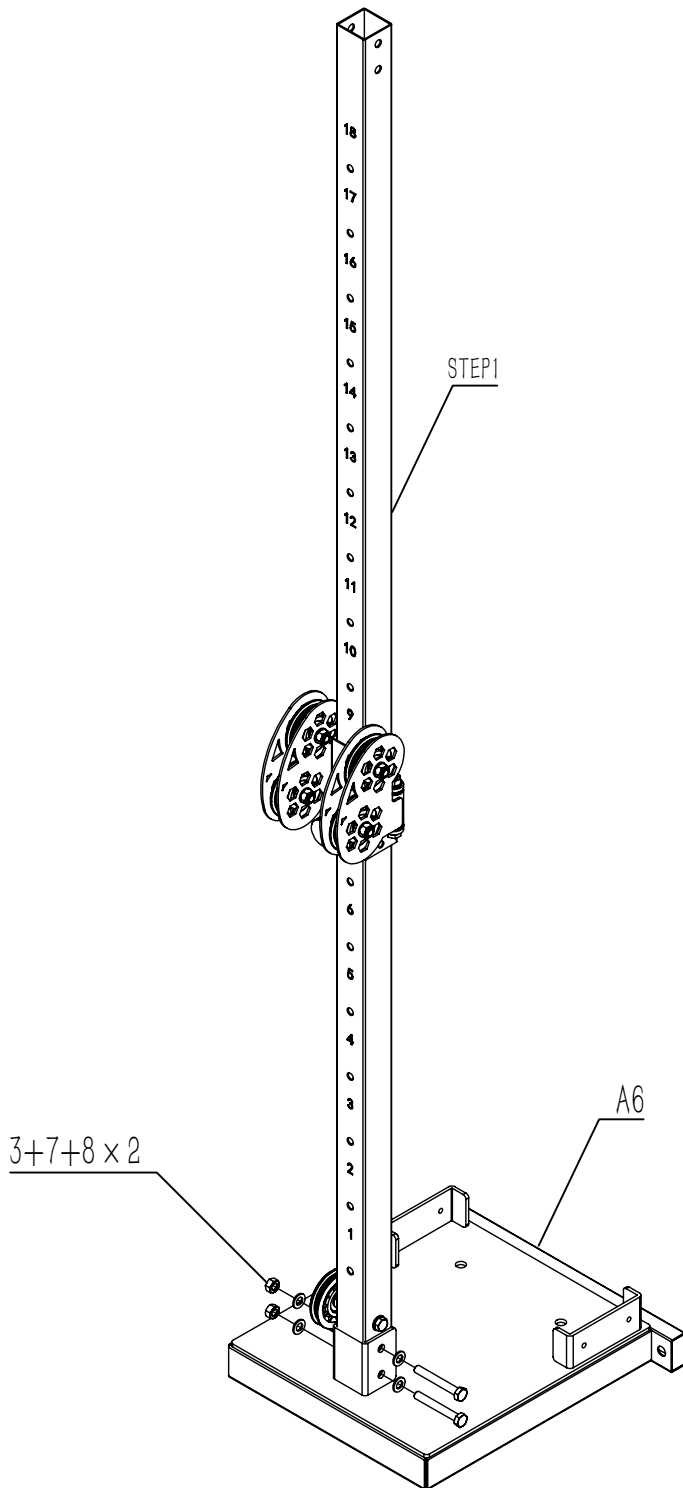
3 Bolt(M10 x 75)  
2PCS



7 Locknut(M10)  
2PCS

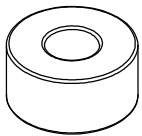


8 Washer(M10)  
4PCS

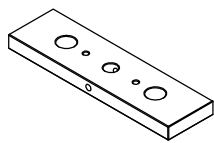


# STEP 3:

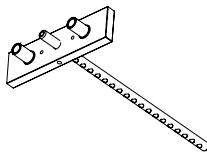
A7 Buffer Pad  
2PCS



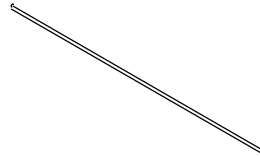
A8 Weight Sheet  
19PCS



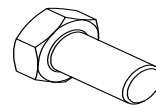
A9 Weight Sheet(Top)  
1PC



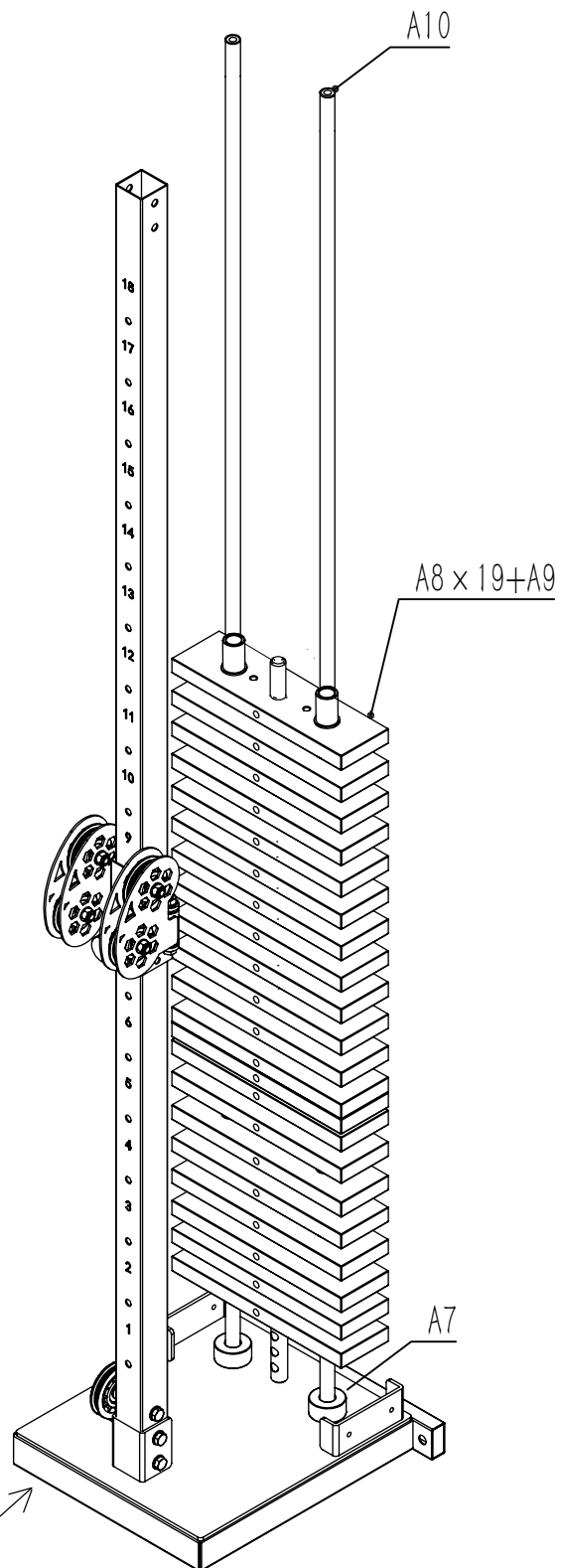
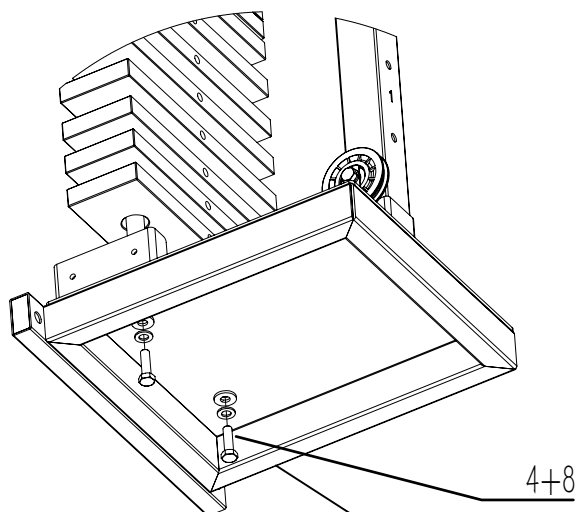
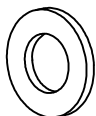
A10 Guide Rod  
2PCS



4 Bolt (M10 x 25)  
2PCS

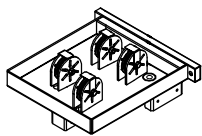


8 Washer(M10)  
2PCS

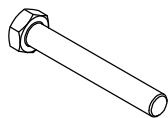


# STEP 4:

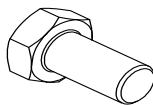
**B1** Top Cover  
1PC



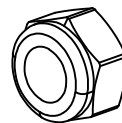
**3** Bolt(M10 x 75)  
2PCS



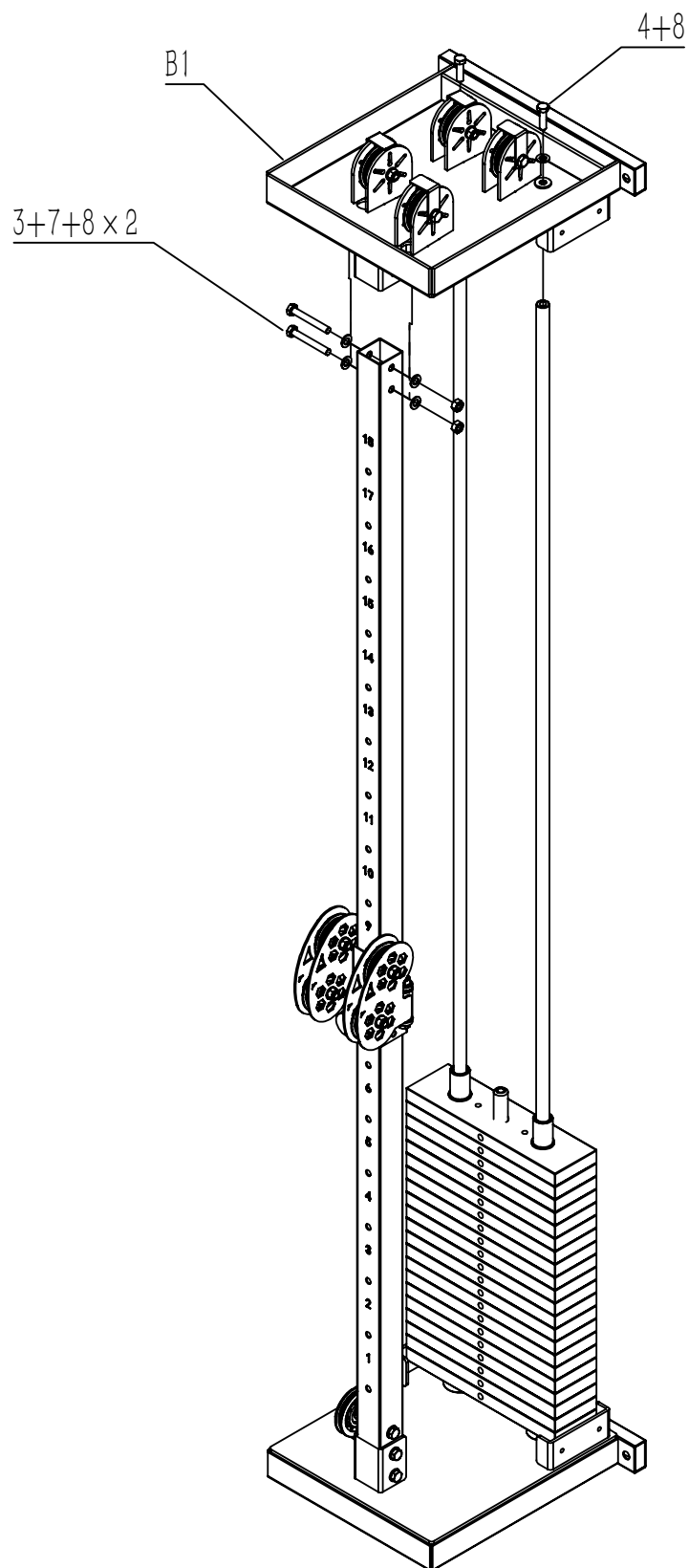
**4** Bolt (M10 x 25)  
2PCS



**7** Lucknut(M10)  
2PCS

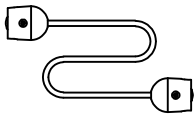


**8** Washer(M10)  
6PCS



# STEP 5:

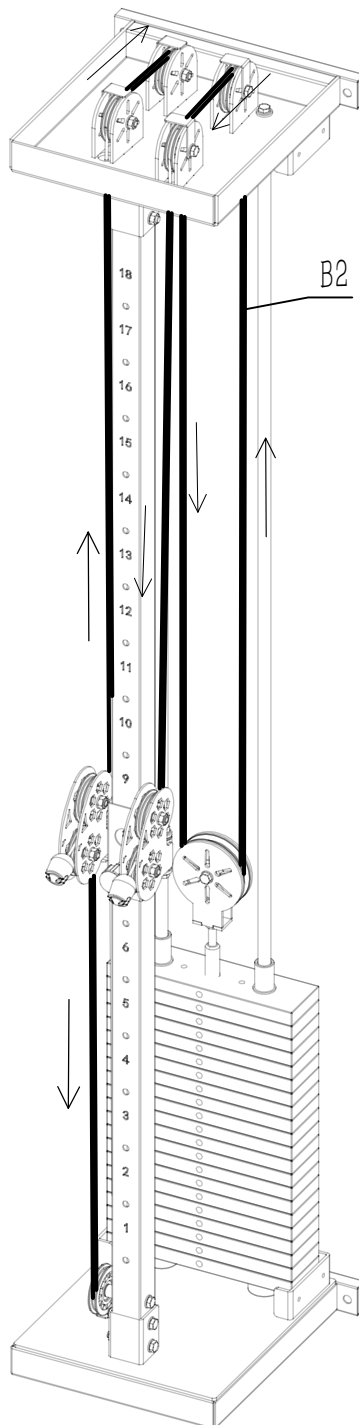
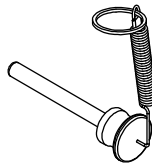
**B2** Cable  
1PC



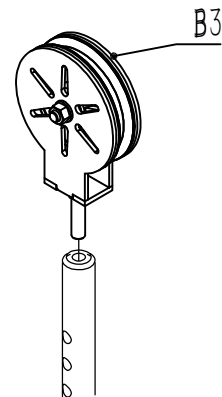
**B3** Pulley Seat  
1PC



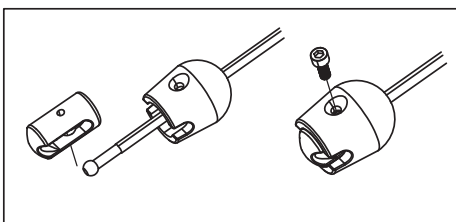
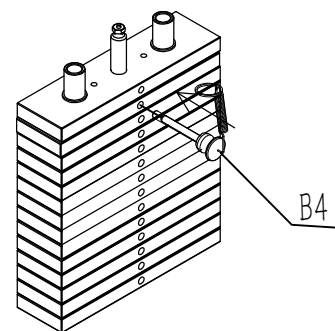
**B4** Weight Stack Pin  
1PC



Lock here to adjust cable length

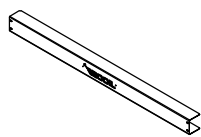


Insert to select gear



# STEP 6:

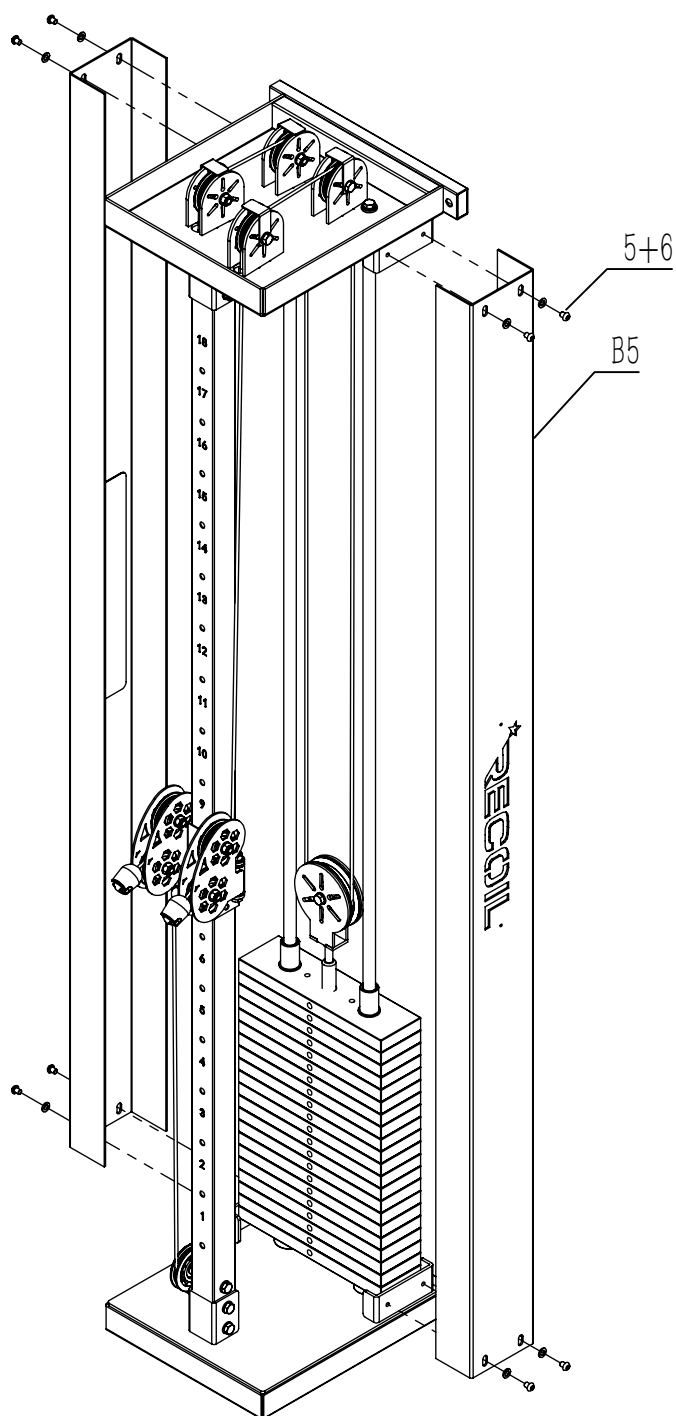
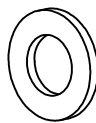
**B5** Protective Cover  
2PCS



**5** Bolt (M8 x 10)  
8PCS

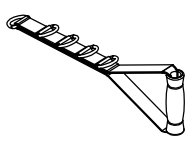


**6** Washer (M8)  
8PCS

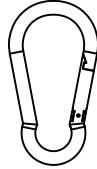


# STEP 7:

**B6** Cable Handle  
2PCS



**B7** Clips  
2PCS



**9** Bolt (M8 x 80)  
4PCS

