

OWNER'S MANUAL



IMPORTANT– Please read fully manual before assembly or using

BEFORE YOU START

Please take sufficient time to read the installation instructions before assembling. Remove all parts from the packaging, separate and count each various components to ensure everything has been correctly provided.

The innovative Modular Design and Preassembly that ensure the installation of this machine to be Quick and Easy.


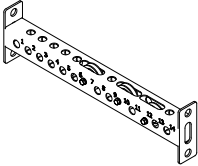
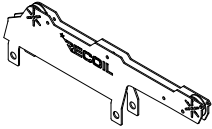
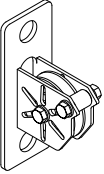
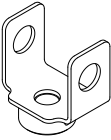
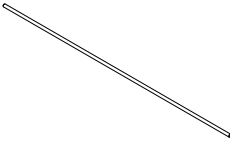
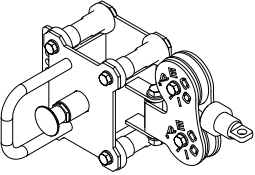

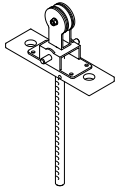
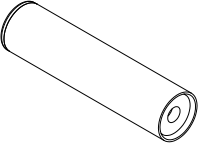
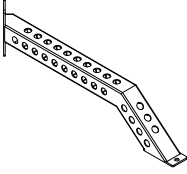
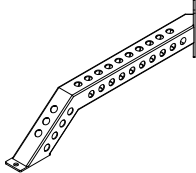
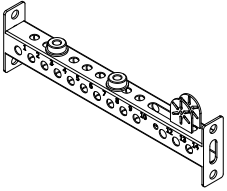
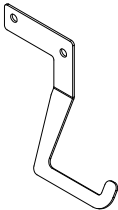
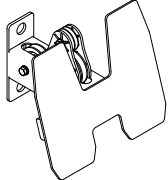
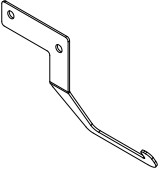
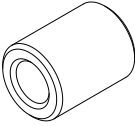
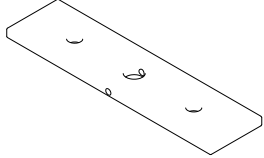
It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

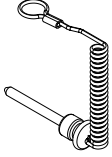
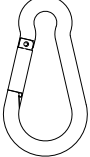
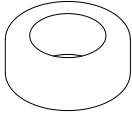
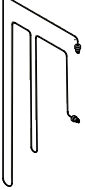

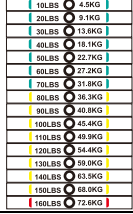
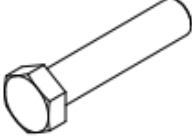
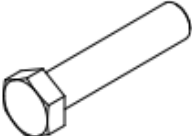


SAFETY PRECAUTIONS

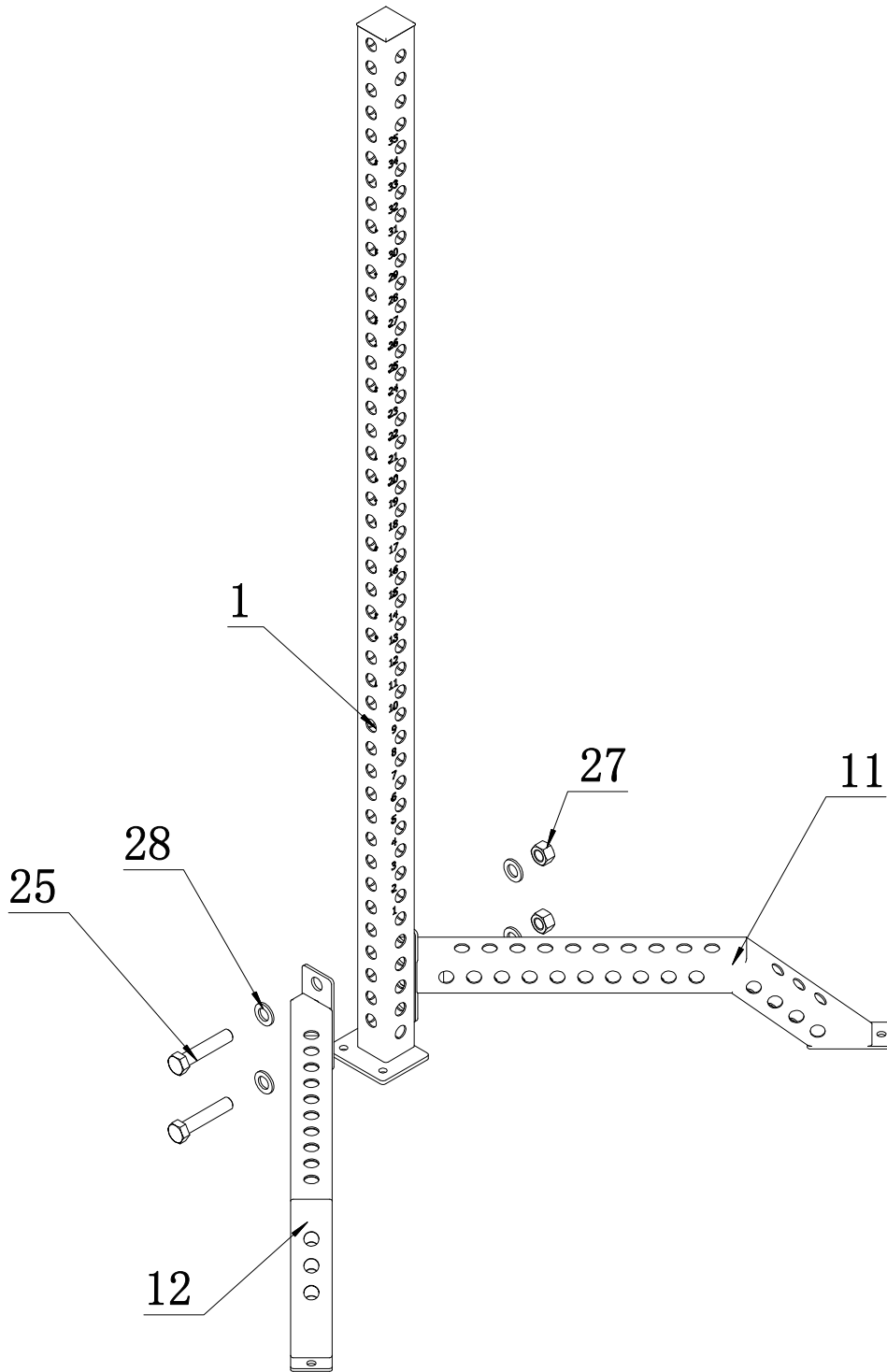
- Highly recommended for two or more people to assemble the equipment to avoid injury.
- Assemble the equipment on a flat level surface.
- Consider placing a mat under the equipment to protect your floor.
- Wear safety footwear and clothing during assembly and use.
- Only tighten nuts and bolts by hand until the whole equipment is assembled.
- Ensure you correctly orientate each piece before attaching.
- Do not allow children and pets to be unsupervised around the assembly or usage of this equipment
- Ensure all parts are in full working order before use.
- Only one person should use the machine at any one time.
- Keep hair, fingers or clothing away from moving parts.
- Only use attachments recommended by the manufacturer.
- Never operate if any parts are not functioning correctly.
- Always correctly stretch and warm up before using the equipment.

Stop immediately if you experience any pain, dizziness or nausea. See a doctor at once.

FRINGE SPORT ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

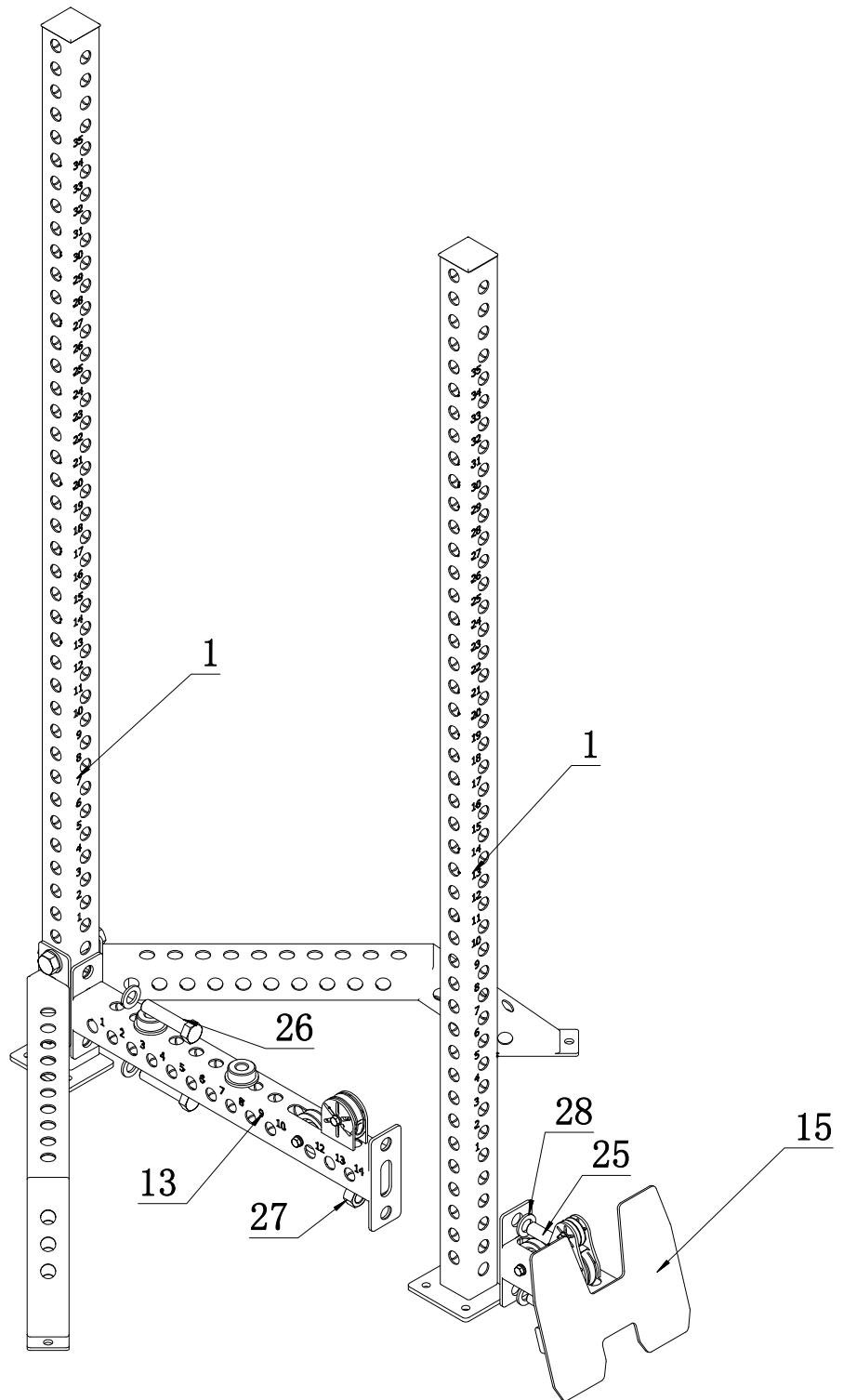
		2.pcs		1.pcs		1.pcs
1.	Standing pole		2.	Multifunctional beam	3.	Trademark pulley set
		1.pcs		2.pcs		2.pcs
4.	Top pulley bracket		5.	Upper limit bit	6.	Optical axis
		1.pcs		1.pcs		1.pcs
7.	Slide carriage		8.	Movable pulley block	9.	Pulley bracket
		2.pcs		1.pcs		1.pcs
10.	Hanging rod		11.	Right side base	12.	Left side base
		1.pcs		1.pcs		1.pcs
13.	Bottom rail		14.	Left hanging board	15.	footboard
		1.pcs		2.pcs		23.pcs
16.	Right side hanging board		17.	Connect the round steel	18.	Balance weight

 <p style="text-align: right;">1.pcs</p>	 <p style="text-align: right;">2.pcs</p>	 <p style="text-align: right;">2.pcs</p>
<p>19. Select piece latch</p>	<p>20. Extended footing</p>	<p>21. Rubber pad</p>
 <p style="text-align: right;">1 pcs</p>	 <p style="text-align: right;">1.pcs</p>	 <p style="text-align: right;">1.pcs</p>
<p>22. Long wire rope</p>	<p>23. Short wire rope</p>	<p>24. Number sticker</p>
 <p style="text-align: right;">6.pcs</p>	 <p style="text-align: right;">8 .pcs</p>	 <p style="text-align: right;">14.pcs</p>
<p>25. Bolt M24*120</p>	<p>26. Bolt M24*110</p>	<p>27. Nut M24</p>
 <p style="text-align: right;">28.pcs</p>		
<p>28. Washer 24</p>		



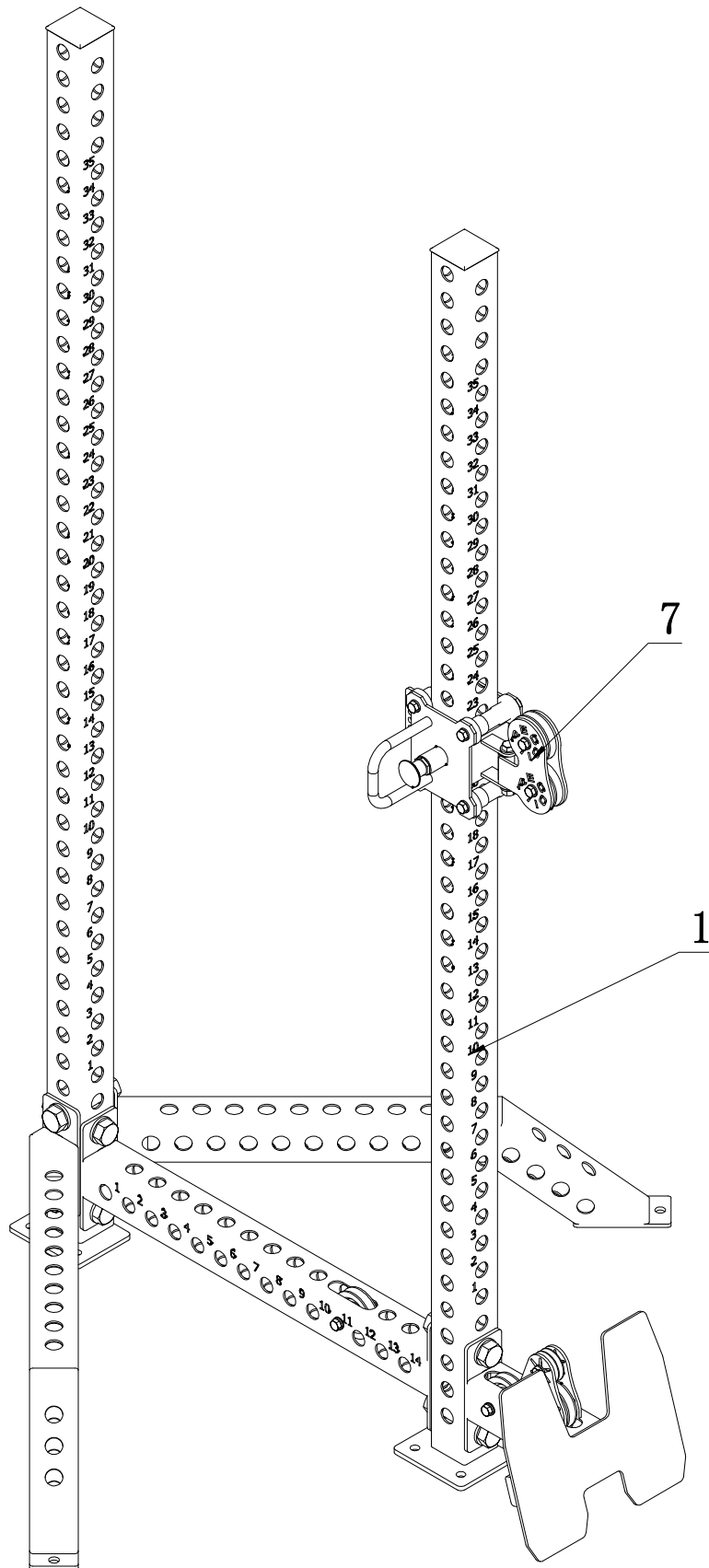
Step 1:

- ① : Attach the 11#, 12# base to the bottom of the 1# station rod with 25#, 27#, 28#M24*120 bolts



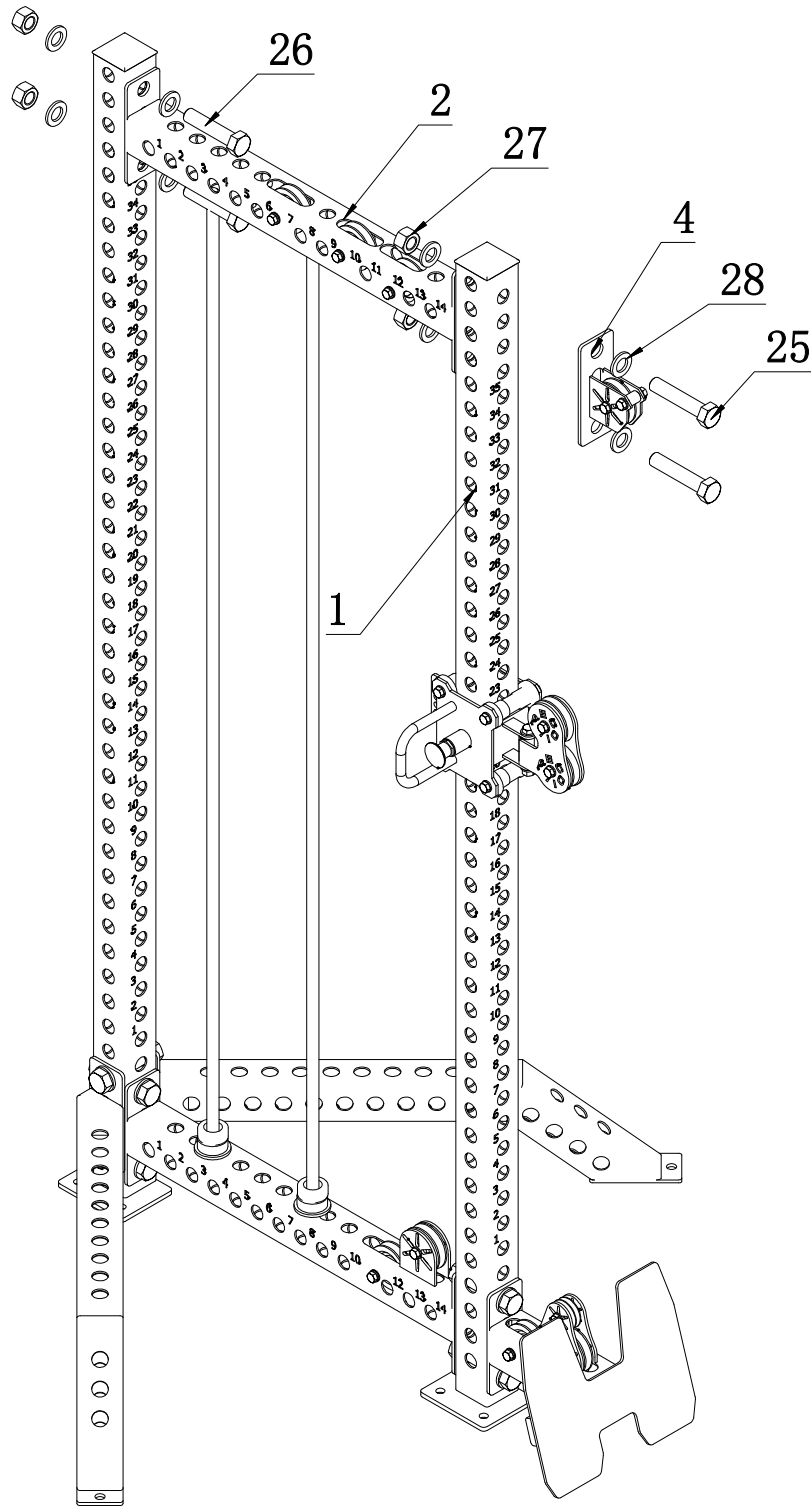
Step 2:

- ① : Attach the 13# lower beam to the bottom of the 1# station rod with 26#, 27#, 28#M24*110 bolts
- ② : Attach the 1# station bar and 15# foot pedals to the 13# lower beam with 25#, 27#, 28#M24*120 bolts



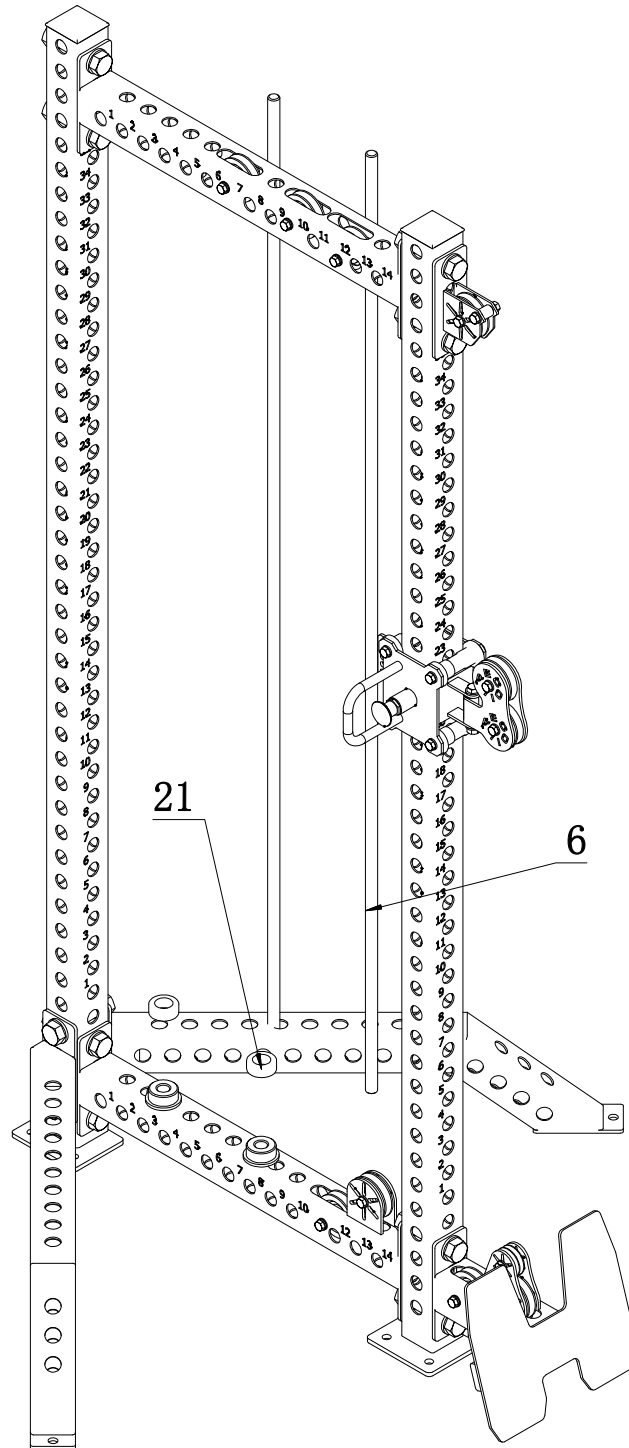
Step 3:

① : Use the 7# slider to slide into place through the top of the 1# pole



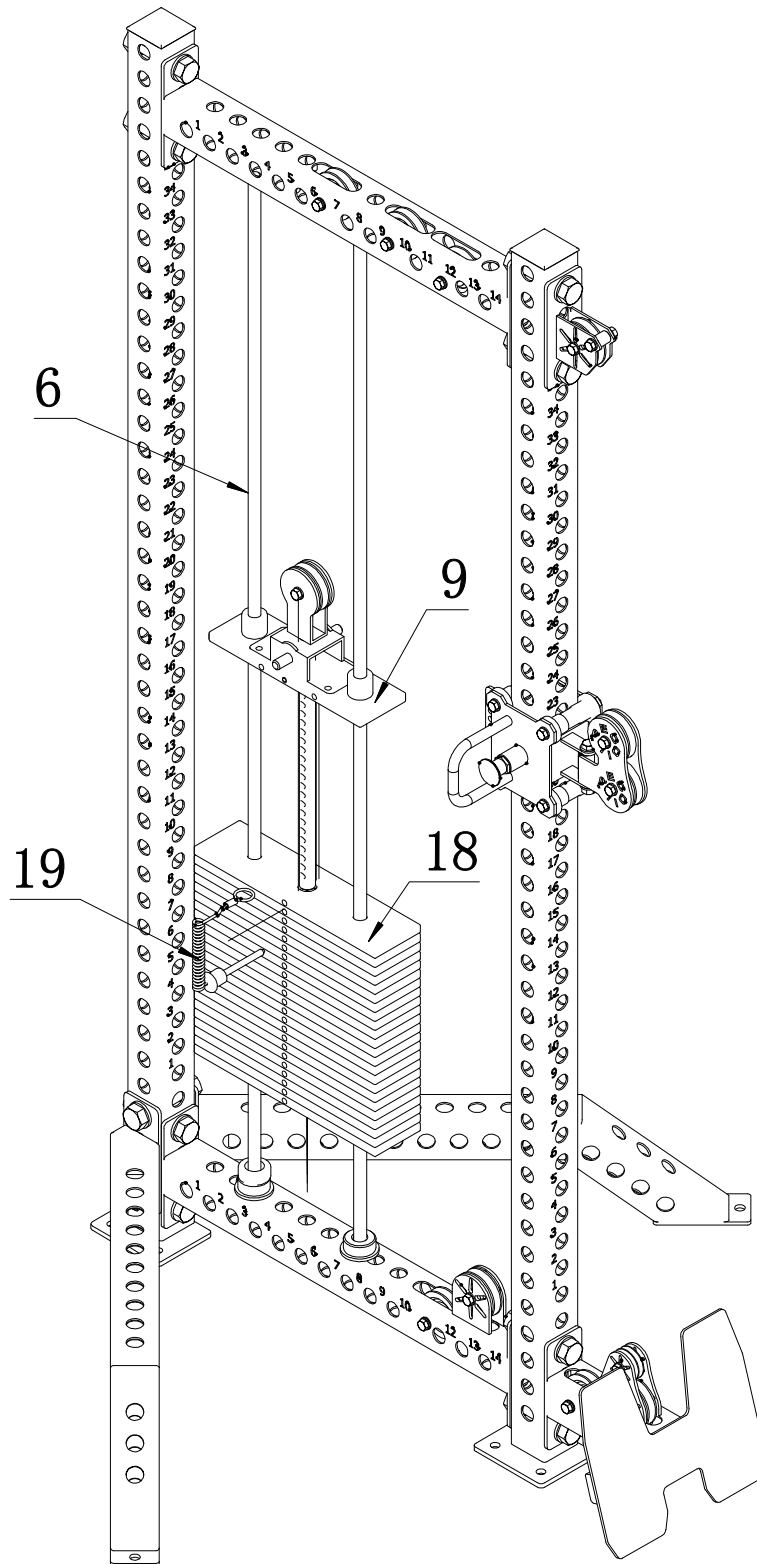
Step 4:

- ① : Attach the 2# top beam to the 1# station rod with 26#, 27#, 28#M24*110 bolts, and then attach the 4# top pulley rack and 2# top beam to the 1# station rod with 25#, 27#, 28#M24*120 bolts



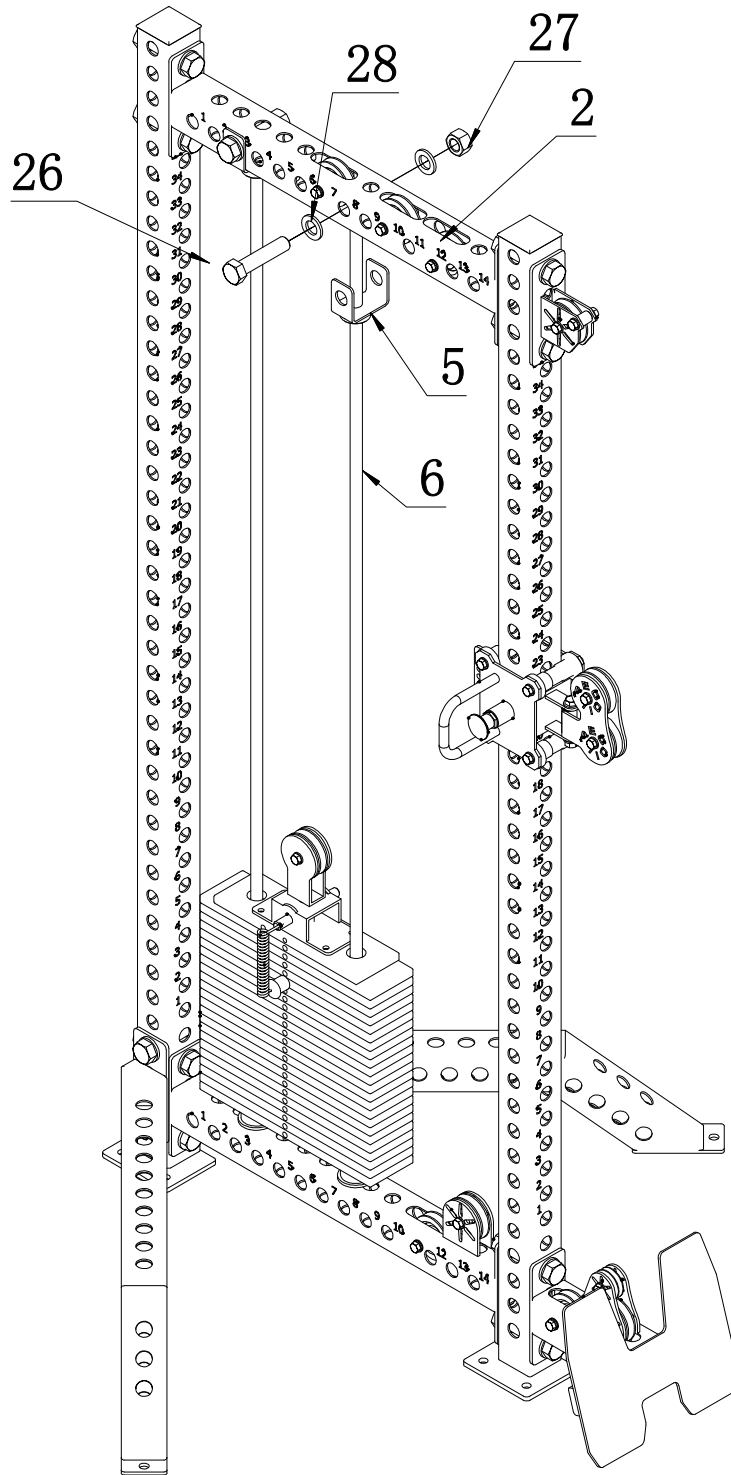
Step 5:

- ① :Place the 21# rubber pad on top of the 16# bottom limit, align it with the center of the hole, and then install the 6# optical shaft through the 21# rubber pad to the 16# bottom limit



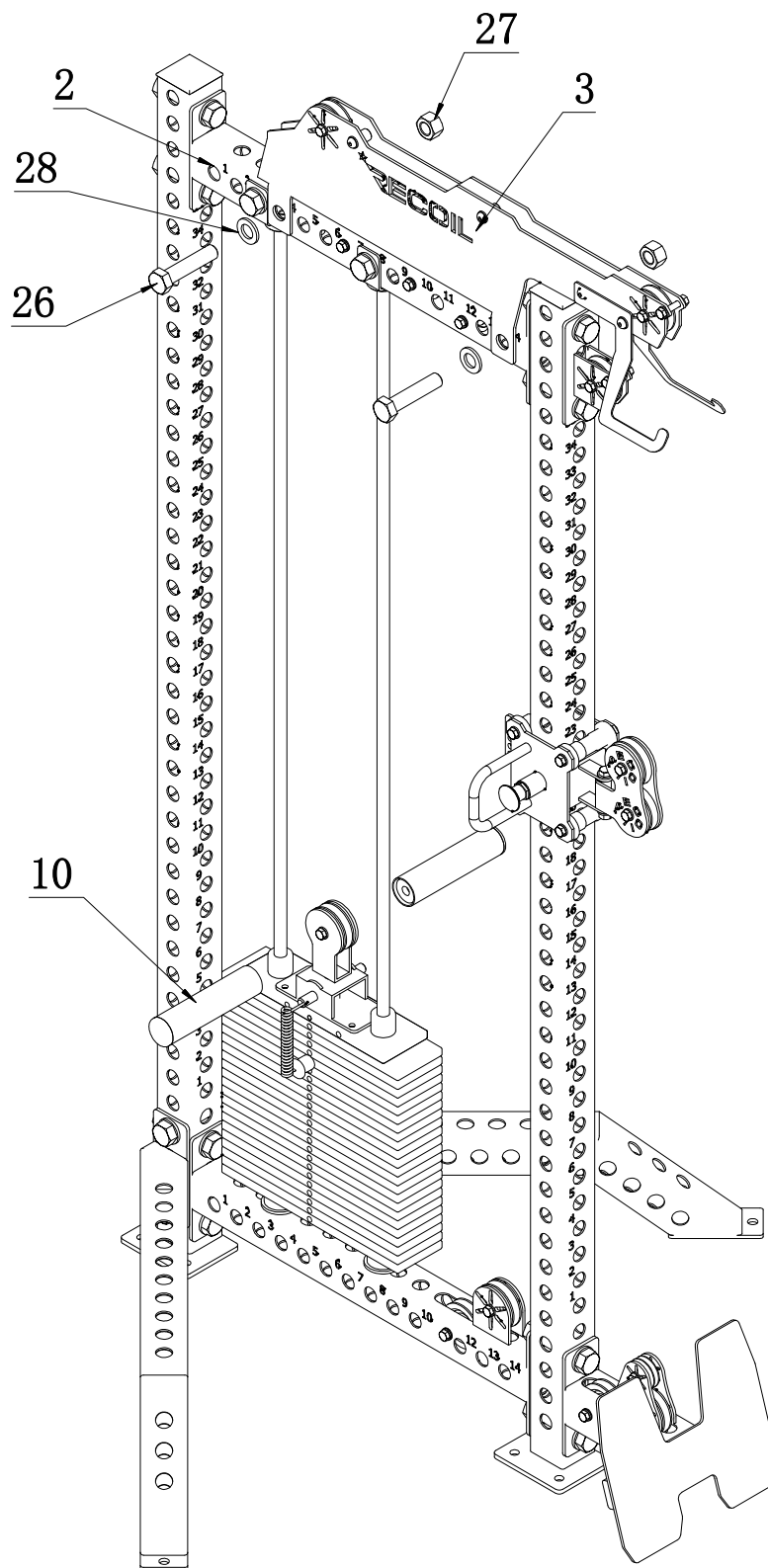
Step 6:

- ① : Put the 18# weight plate through the top of the 6# optical axis to the bottom of the 6# optical axis in turn, the 18# weight plate shock absorber nylon sleeve face up, and put 23 weight plates in each side frame in turn
- ② : After placing the 18# weight plate, place the 9# top weight plate through the 6# optical axis on the top of the 18# weight plate, and thread the 19# weight plate latch ring to the 9# top weight plate selector rod



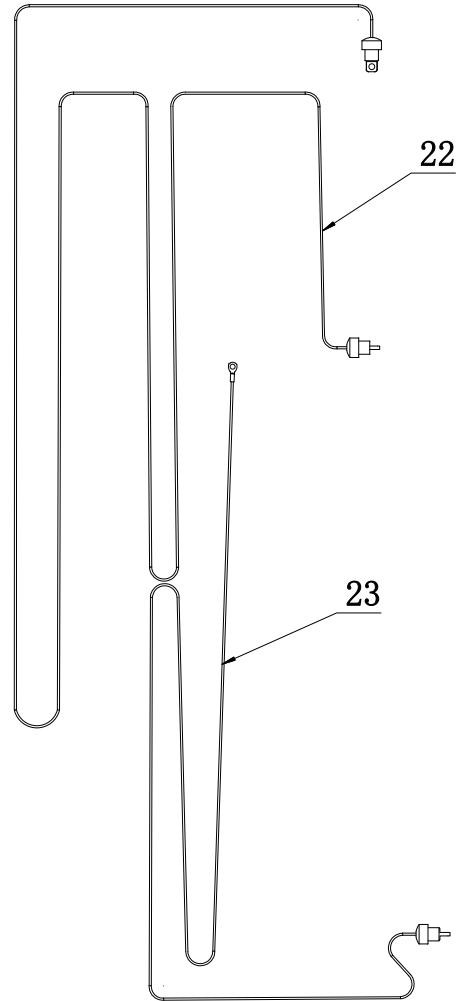
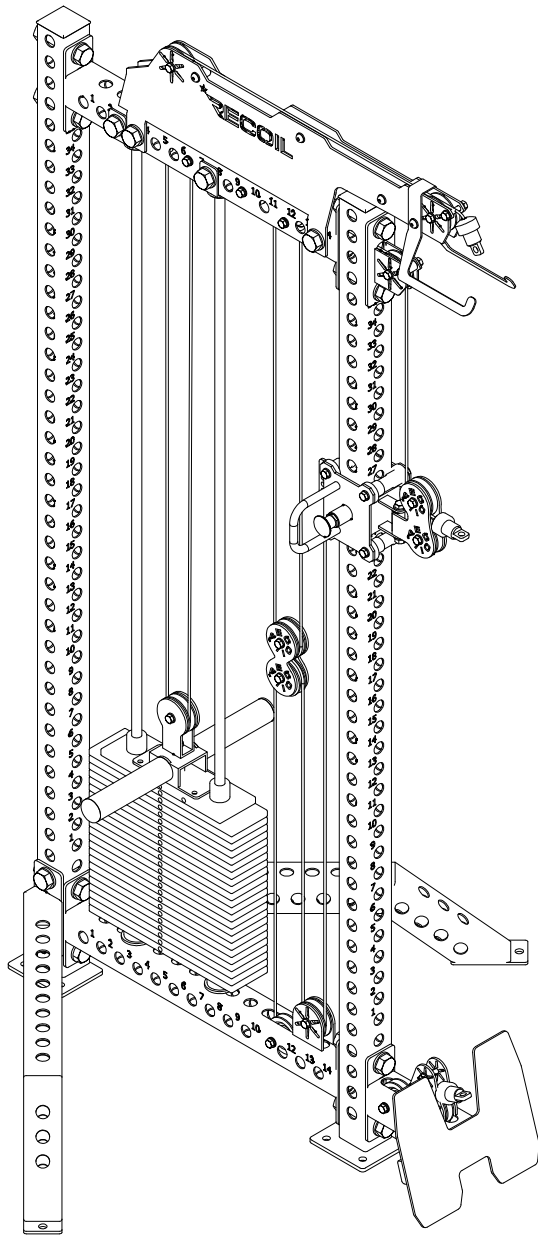
Step 7:

- ① : Install the 5# top limit through the optical shaft between the 2, 3 numbers and 7, 8 numbers of the 2# multi-purpose beam with 26#, 27#, 28# bolts, and then tighten the M6 setting bolts.



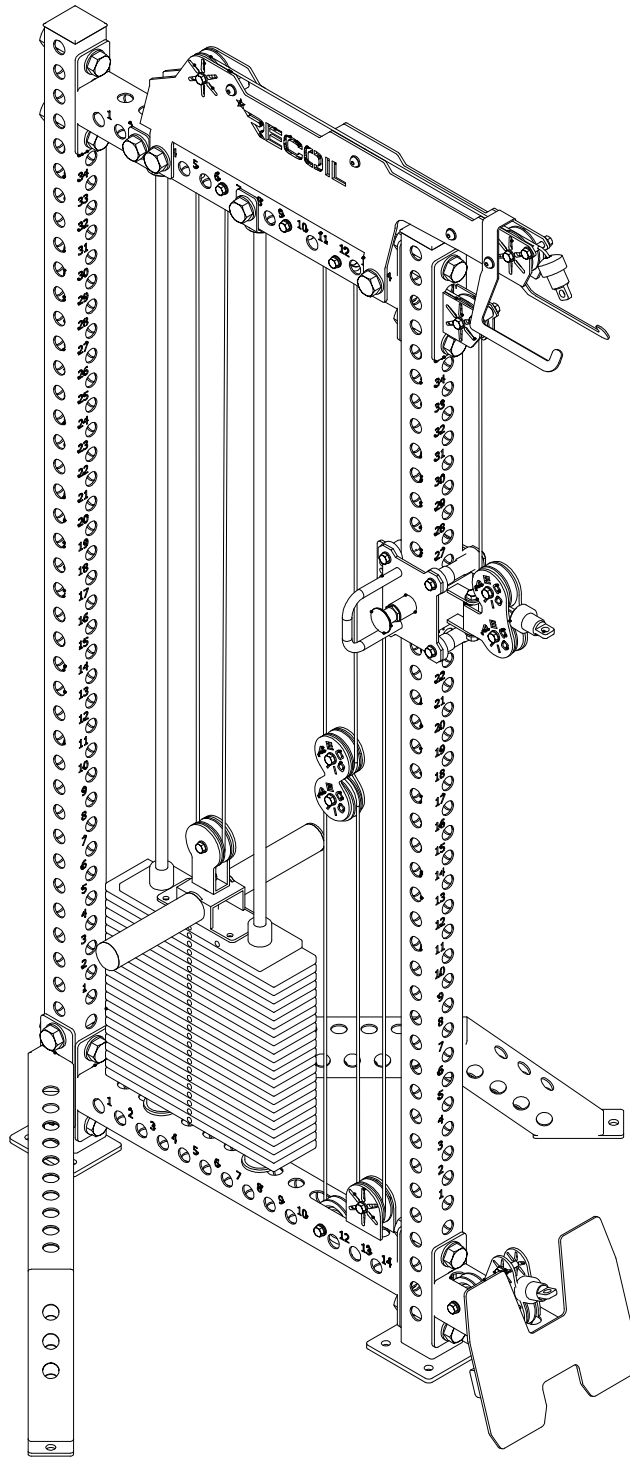
Step 8:

- ① : Install the 3# top block to the top of the 2# multi-purpose beam with 26#, 27#, 28# bolts to the very end, as shown in the direction.
- ① : Install the 9# pulley frame on the 17# selector rod with M12 bolts, and then install the 10# hanging rod on the 9# pulley frame.



Step 7:

- ①: As shown in the figure, the end of the 22# wire rope is first installed on the top counterweight plate, and then through the 2# multi-function beam, 4# top pulley block, 8# drive pulley frame, and 3# top single pulley from the 7# slide frame.
- ②: As shown in the figure, the end of 23# wire rope is first installed on the bottom pulley frame of 14#, and then through the wheel set of 8# pulley frame, out of the bottom sliding frame of 14#, and fixed to the 7# pulley frame with hooks.



Step 8:

- ①: The A exit only realizes the low-pull training function, and the brachial head muscle training function is achieved by adjusting the B exit sliding frame

