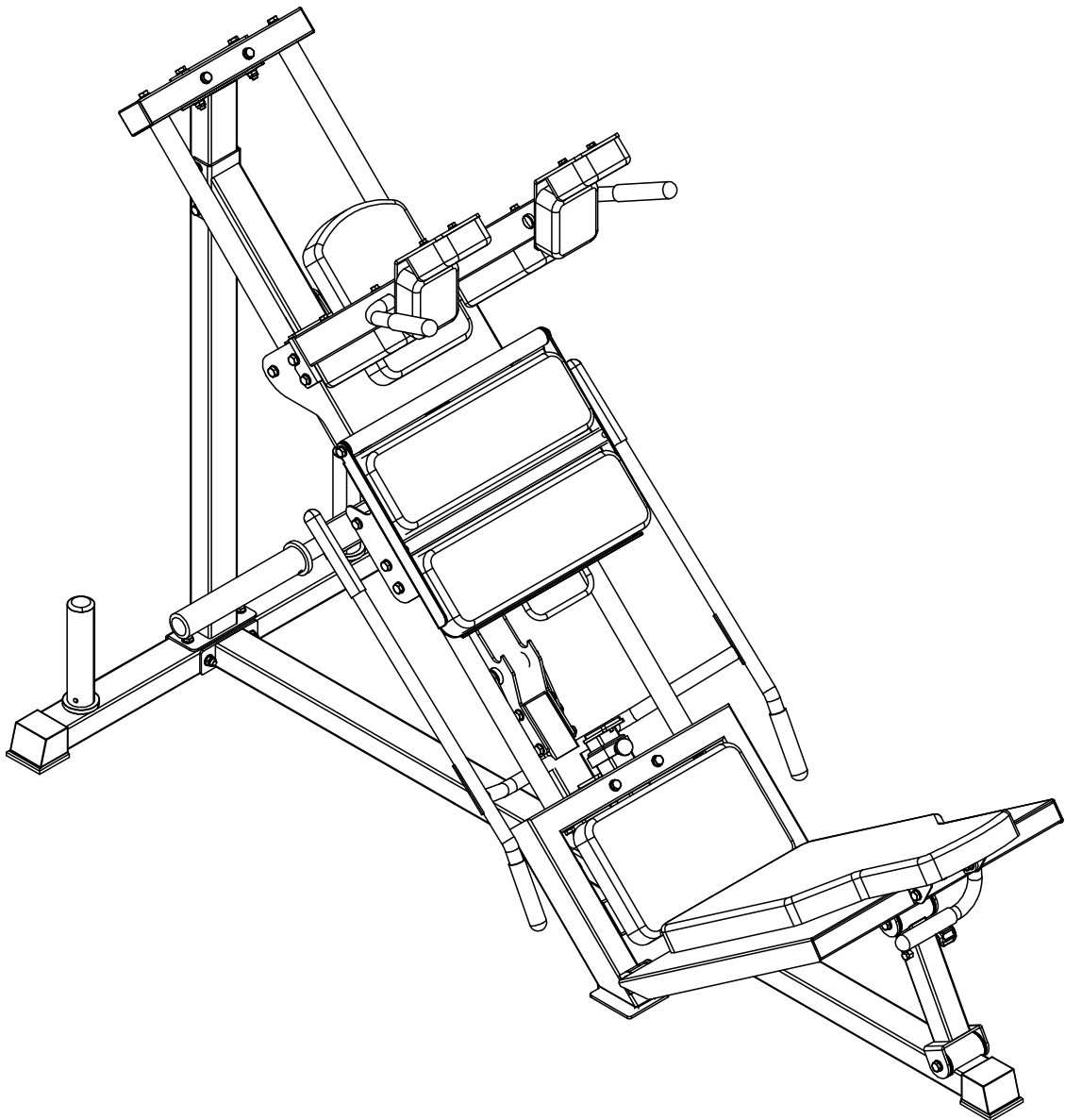




RECOIL

H0006RA



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

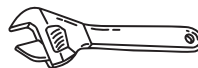
Ensure that all accessories are complete.

Shortcut: A Lot of People Doing That Way

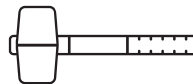
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

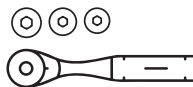
- Adjustable wrenches



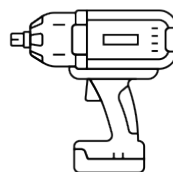
- Rubber hammers



- Socket set



- Electric Wrench



WARNING



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

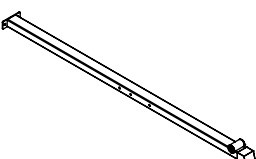
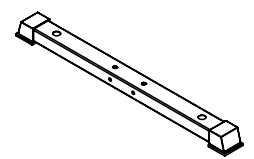
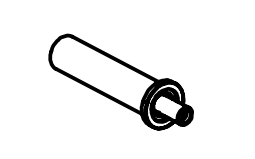
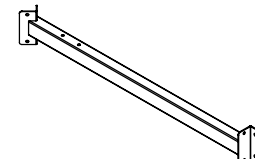
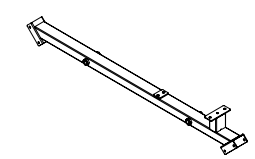
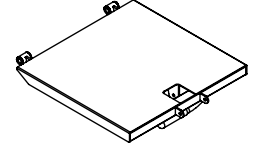
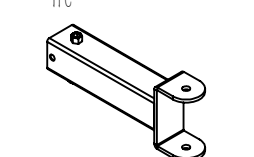
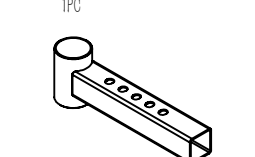
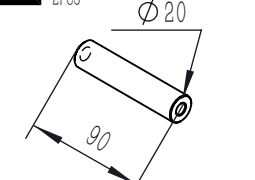
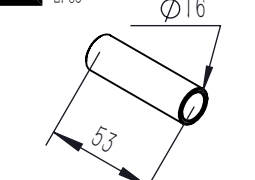
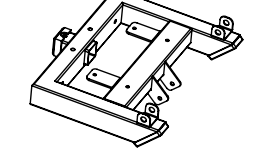
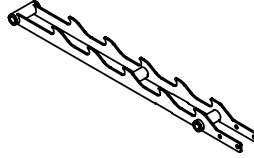
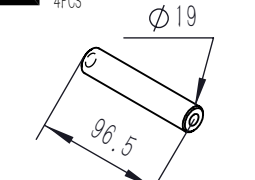

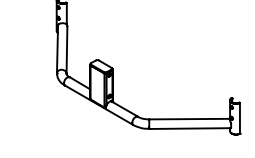
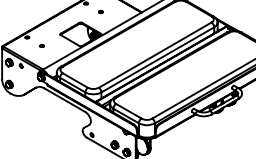
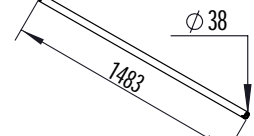
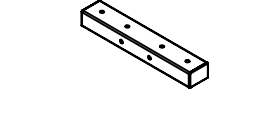
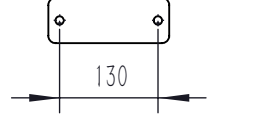
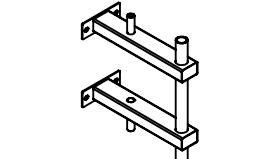
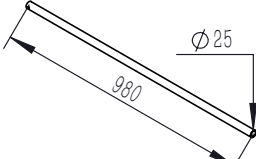
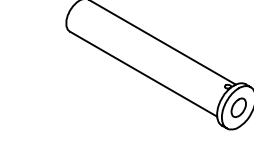
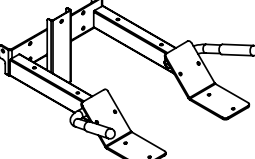
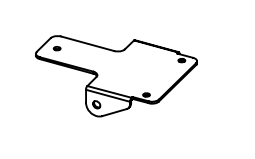
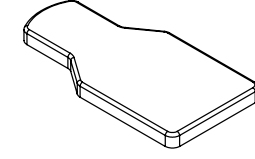
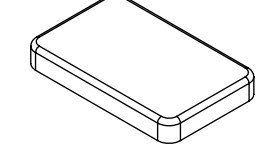
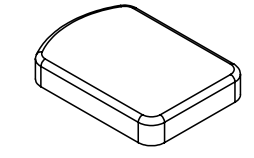
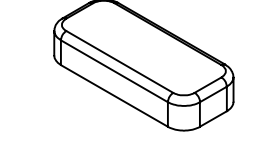
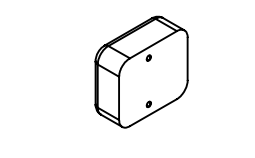
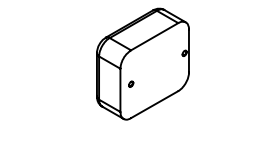
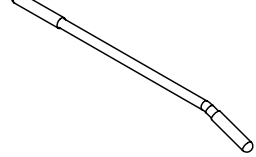
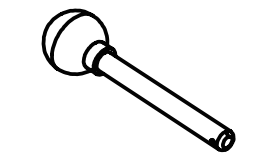
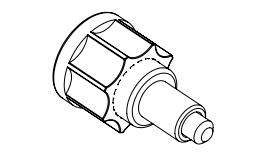
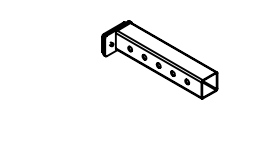
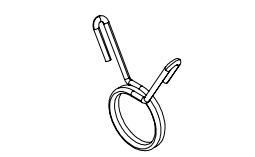


Sharp objects may be involved. Use precaution and protection.

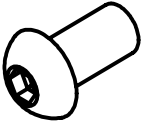
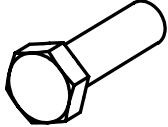
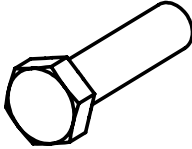
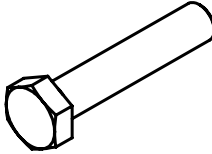
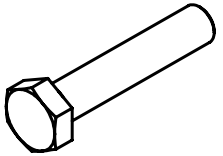
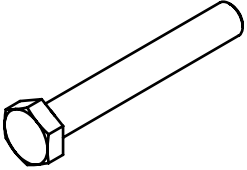
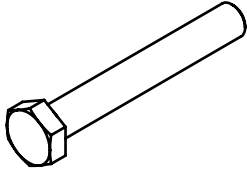
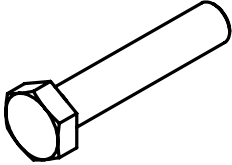
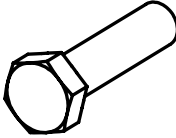
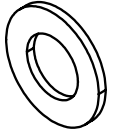
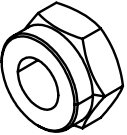
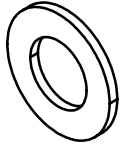
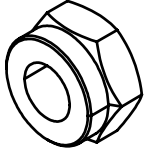

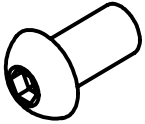
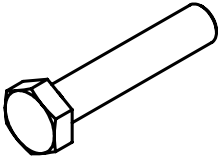
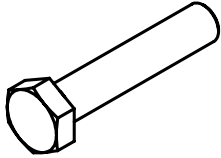
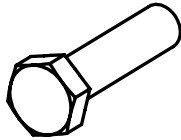


Heavy object. Use lifting aids and proper lifting techniques when moving

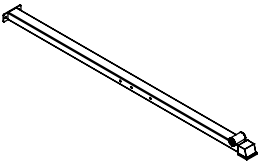
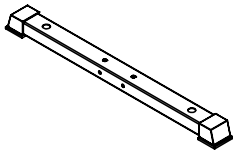
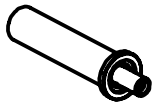
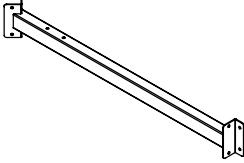
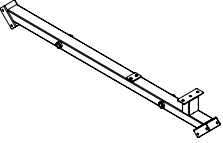
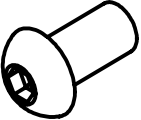
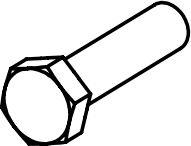
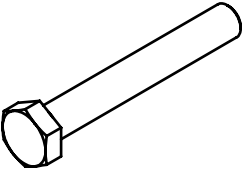
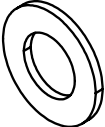
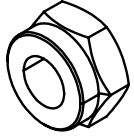
PARTS LIST

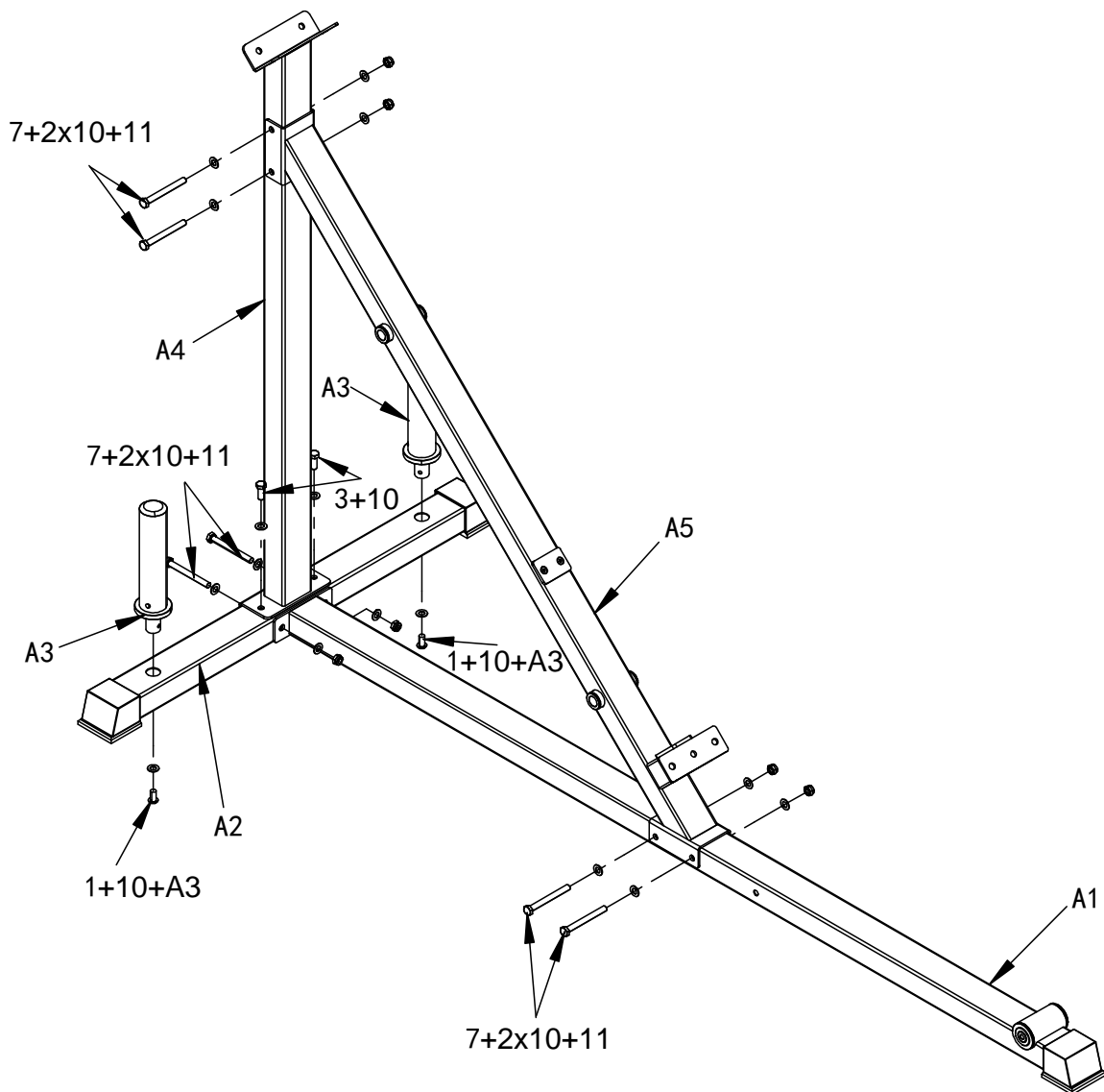
A1 Bottom floor tube 1PC 	A2 Back floor tube 1PC 	A3 Barbell casing set 2PCS 	A4 Stand-up 1PC 	A5 Inclined vertical pipe 1PC 
A6 Pedal 1PC 	A7 Back pad external adjustment tube 1PC 	A8 Back pad inner adjusting tube 1PC 	A9 Axis A 2PCS 	A10 Axis B 2PCS 
B1 Cushion fixing frame 1PC 	B2 Adjustment film 1PC 	B3 Axis C 4PCS 	B4 Connection board 4PCS 	B5 Fixed tube 1PC 
B6 Sliding rack 1PC 	B7 Catheter 2PCS 	B8 Upper horizontal tube 1PC 	B9 Connection board 1PC 	B10 Barbell casing 1PC 
C1 Barbell tube 1PC 	C2 Barbell sleeve 2PCS 	C3 Shoulder pad fixing frame 1PC 	C4 Back pad fixing plate 1PC 	C5 Back pad 1PC 
C6 Seat cushion 1PC 	C7 Head pad 1PC 	C8 Shoulder pads A 2PCS 	C9 Shoulder pads B 2PCS 	C10 Shoulder pads C 2PCS 
D1 Adjustment film 2PCS 	D2 Ball Type Bolt 1PC 	D3 Knob 1PC 	D4 Limit gear 1PC 	D5 Spring Clip 2PCS 

HARDWARE LIST

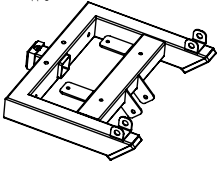
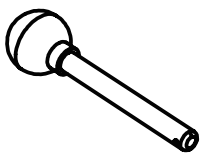
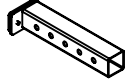
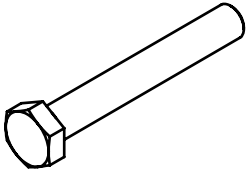
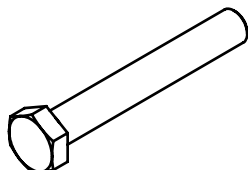
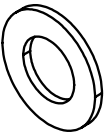
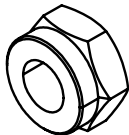
<p>1 Bolt(M10 × 20) 2PCS</p> 	<p>2 Bolt(M10 × 20) 8PCS</p> 	<p>3 Bolt(M10 × 25) 24PCS</p> 	<p>4 Bolt (M10 × 75) 2PCS</p> 	<p>5 Bolt (M10 × 85) 2PCS</p> 
<p>6 Bolt (M10 × 90) 4PCS</p> 	<p>7 Bolt (M10 × 95) 7PCS</p> 	<p>8 Bolt(M12 × 70) 2PCS</p> 	<p>9 Bolt (M8 × 20) 13PCS</p> 	<p>10 Washer(M10) 76PCS</p> 
<p>11 Nut (M10) 27PCS</p> 	<p>12 Washer(M12) 4PCS</p> 	<p>13 Nut (M12) 2PCS</p> 	<p>14 Washer(M8) 25PCS</p> 	<p>15 Bolt (M8 × 15) 4PCS</p> 
<p>16 Bolt(M8 × 65) 2PCS</p> 	<p>17 Bolt(M8 × 75) 4PCS</p> 	<p>18 Bolt (M8 × 25) 2PCS</p> 		

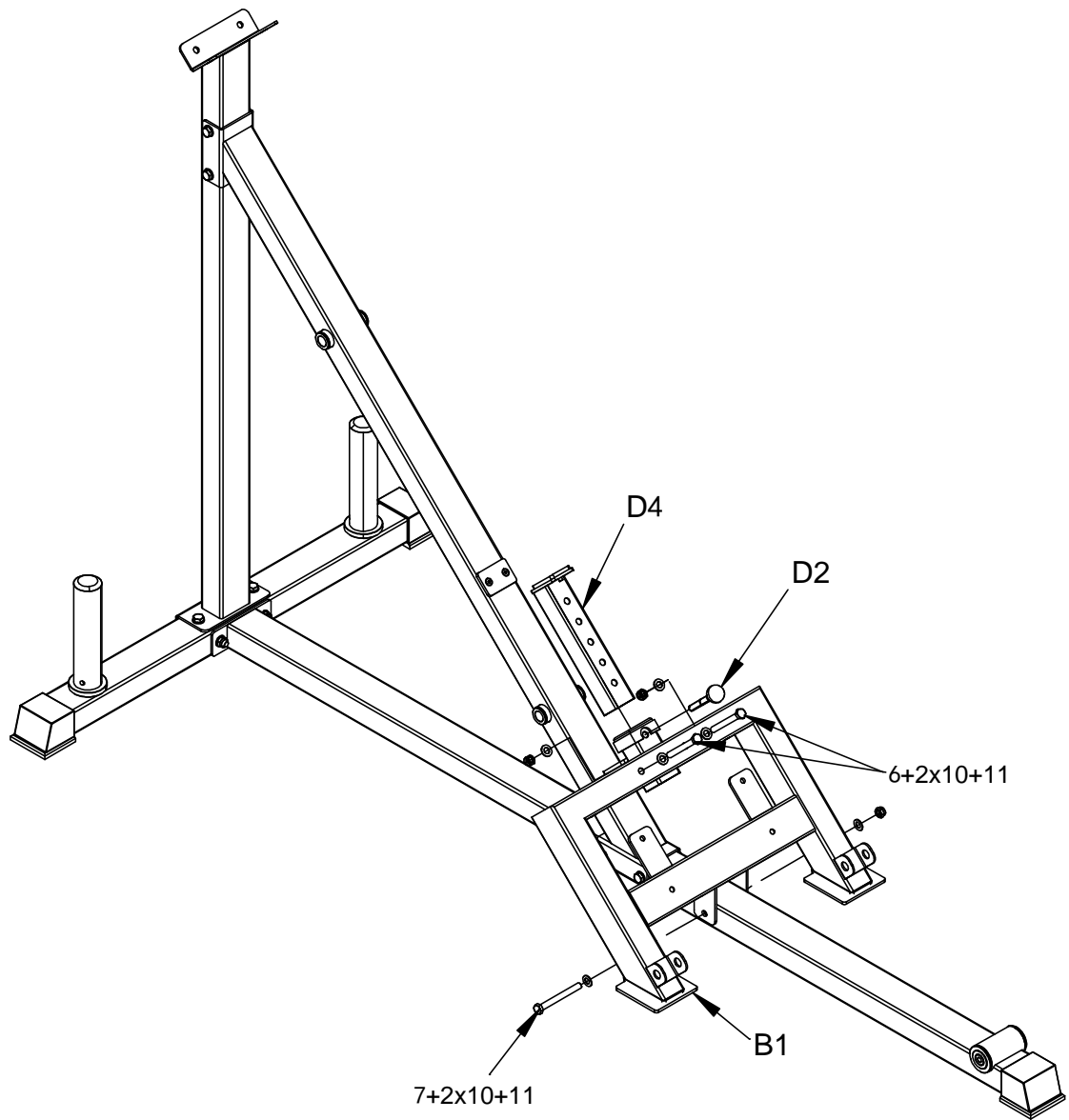
STEP 1:

A1 Bottom floor tube 1PC 	A2 Back floor tube 1PC 	A3 Barbell casing set 2PCS 	A4 Stand-up 1PC 	A5 Inclined vertical pipe 1PC 
1 Bolt(M10 x 20) 2PCS 	3 Bolt(M10 x 25) 2PCS 	7 Bolt (M10 x 95) 6PCS 	10 Washer(M10) 16PCS 	11 Nut (M10) 6PCS 

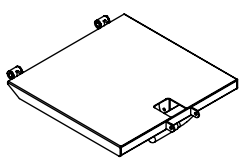
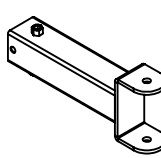
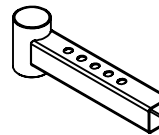
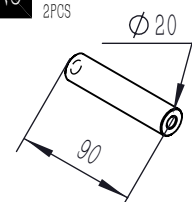
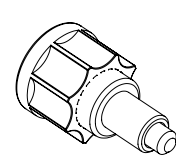
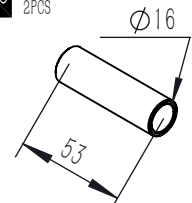
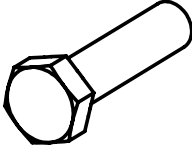

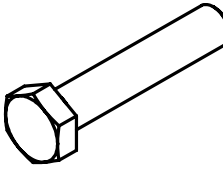
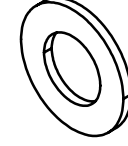
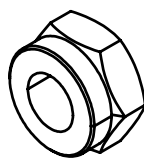


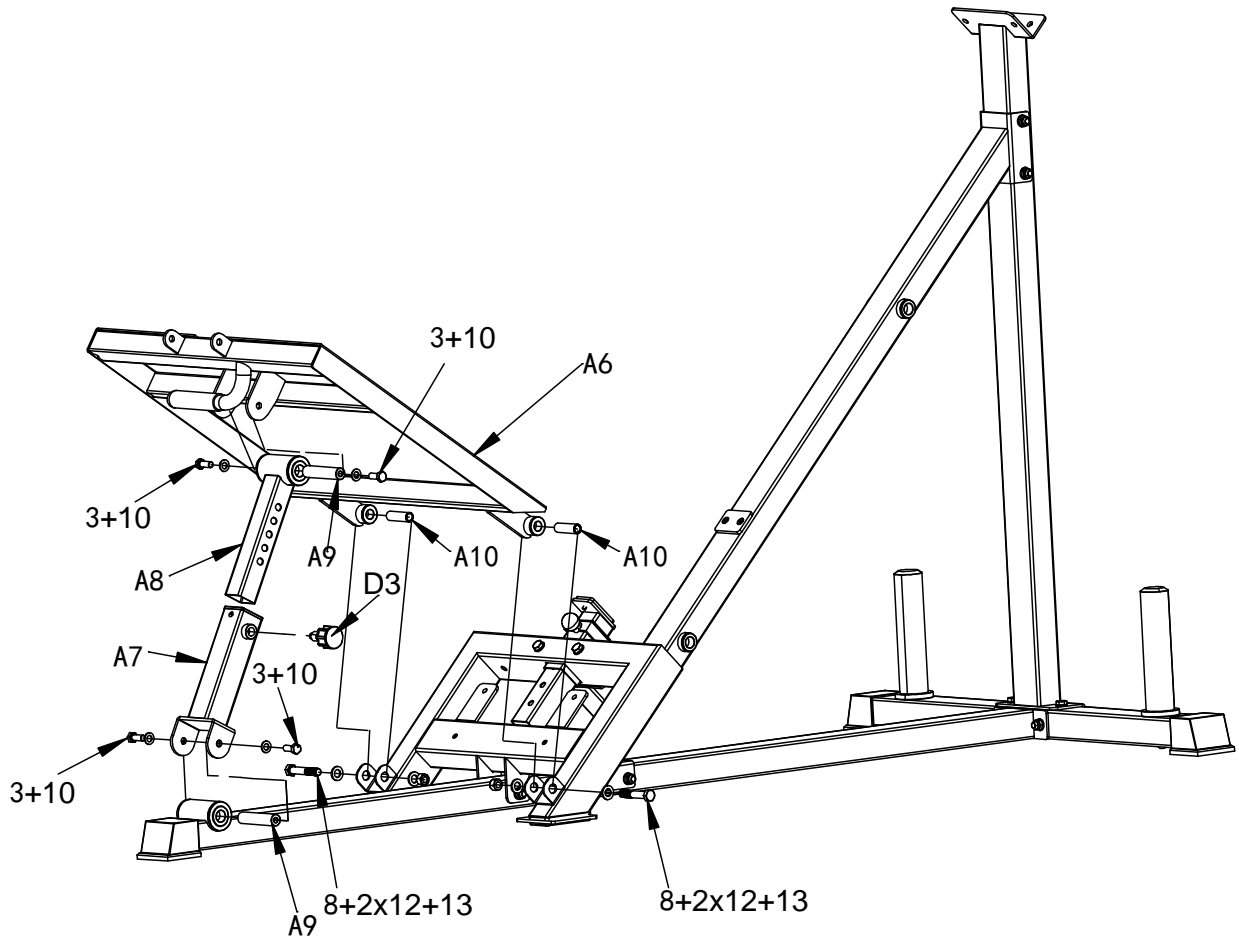
STEP 2:

<p>B1 Cushion fixing frame 1PC</p> 	<p>D2 Ball Type Bolt 1PC</p> 	<p>D4 Limit gear 1PC</p> 	<p>6 Bolt (M10 x 90) 2PCS</p> 	<p>7 Bolt (M10 x 95) 1PC</p> 
<p>10 Washer (M10) 6PCS</p> 	<p>11 Nut (M10) 3PCS</p> 			

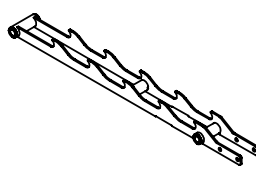
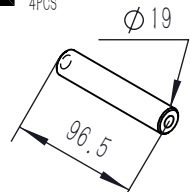
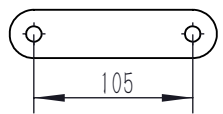
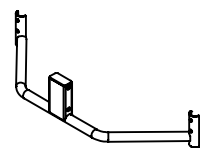
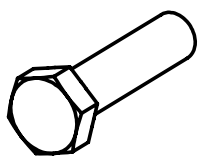
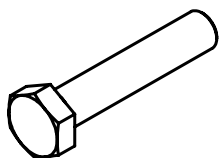
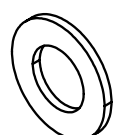
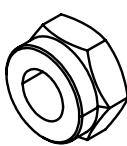


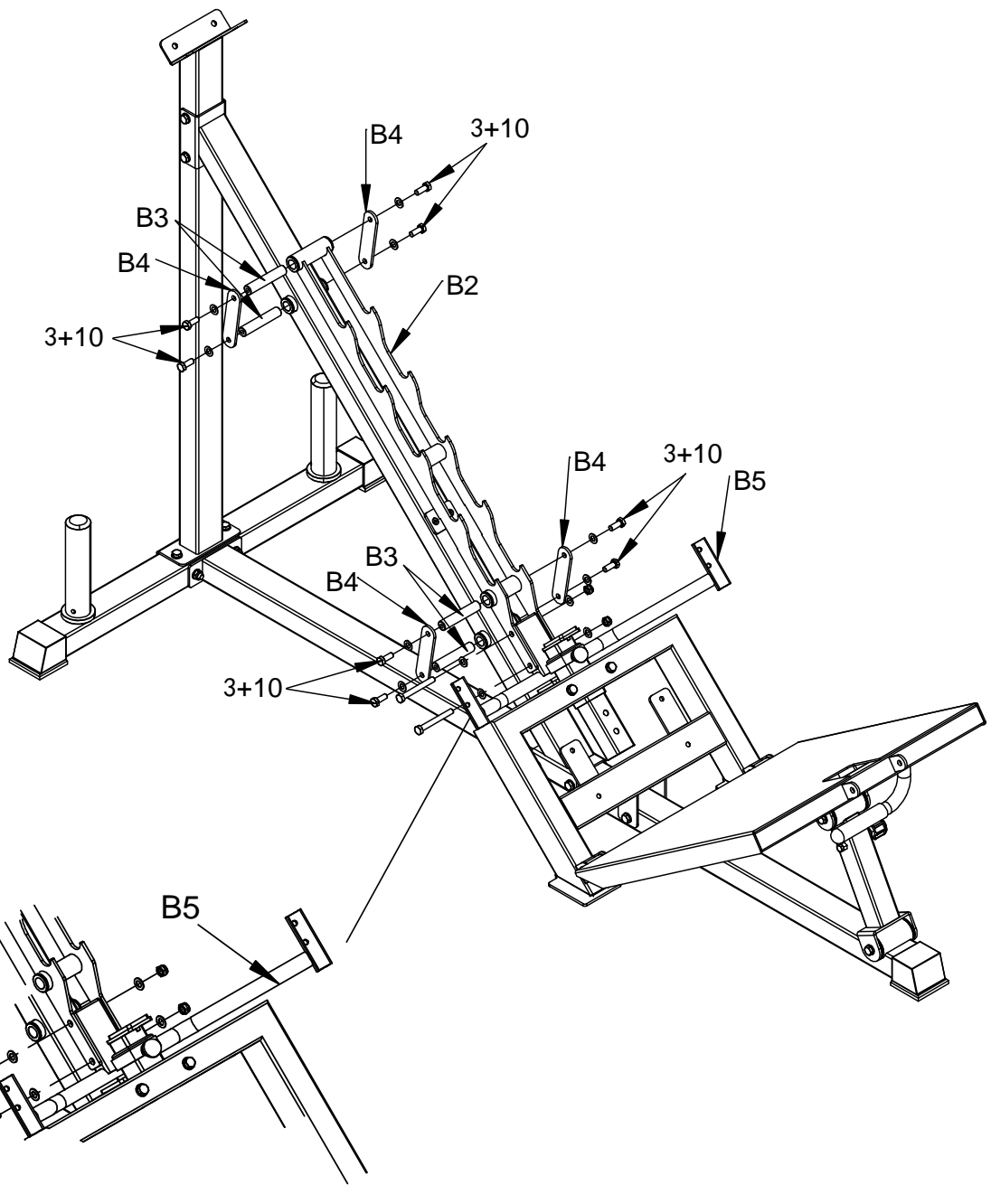
STEP 3:

<p>A6 Pedal 1PC</p> 	<p>A7 Back pad external adjustment tube 1PC</p> 	<p>A8 Back pad inner adjusting tube 1PC</p> 	<p>A9 Axis A 2PCS</p> 	<p>D3 Knob 1PC</p> 
<p>A10 Axis B 2PCS</p> 	<p>3 Bolt(M10 x 25) 4PCS</p> 	<p>10 Washer(M10) 4PCS</p> 	<p>8 Bolt(M12 x 70) 2PCS</p> 	<p>12 Washer(M12) 4PCS</p> 
<p>13 Nut (M12) 2PCS</p> 				



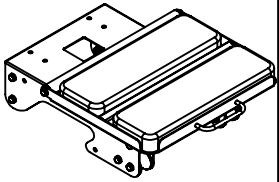
STEP 4:

<p>B2 Adjustment film 1PC</p> 	<p>B3 Axis C 4PCS</p> 	<p>B4 Connection board 4PCS</p> 	<p>B5 Fixed tube 1PC</p> 	<p>3 Bolt(M10 x 25) 8PCS</p> 
<p>5 Bolt (M10 x 85) 2PCS</p> 	<p>10 Washer(M10) 12PCS</p> 	<p>11 Nut (M10) 2PCS</p> 		

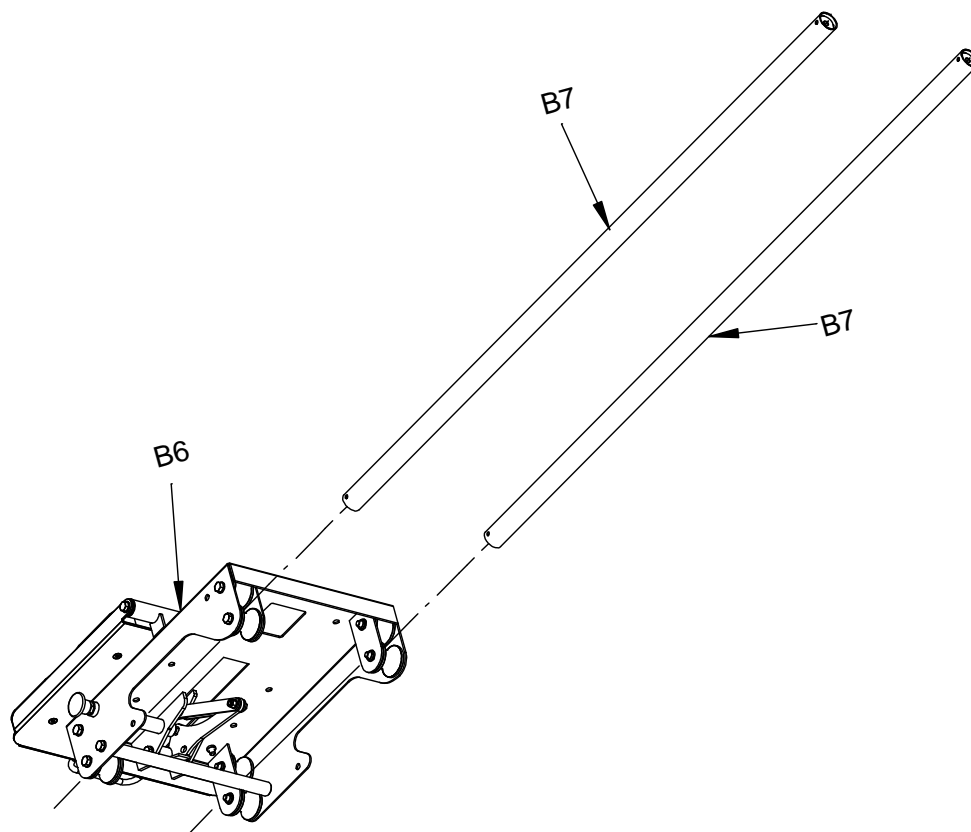
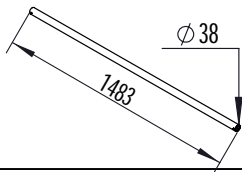


STEP 5:

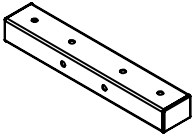
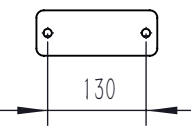
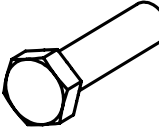
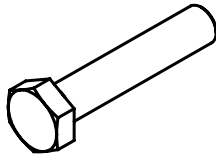
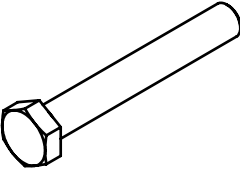
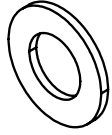
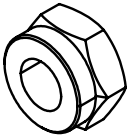
B6 Sliding rack
1PC

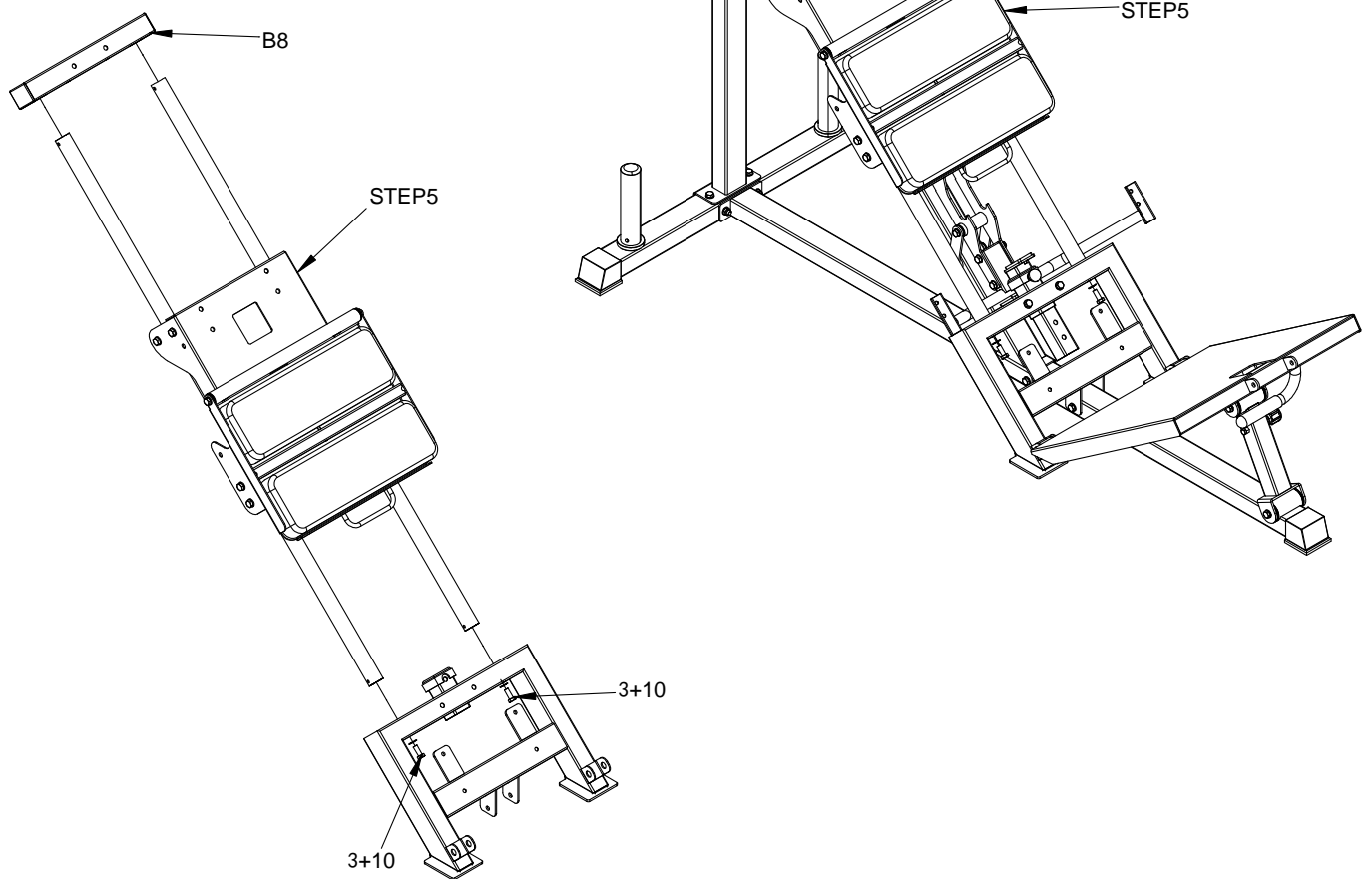
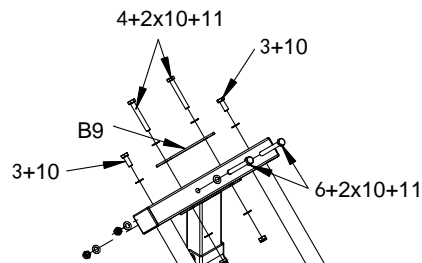


B7 Catheter
2PCS



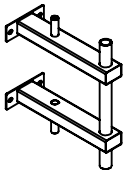
STEP 6:

B8 Upper horizontal tube 1PC 	B9 Connection board 1PC 	3 Bolt(M10 x 25) 4PCS 	4 Bolt (M10 x 75) 2PCS 	6 Bolt (M10 x 90) 2PCS 
10 Washer(M10) 12PCS 	11 Nut (M10) 4PCS 			

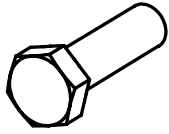


STEP 7:

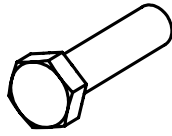
B10 Barbell casing
1PC



2 Bolt(M10 x 20)
4PCS



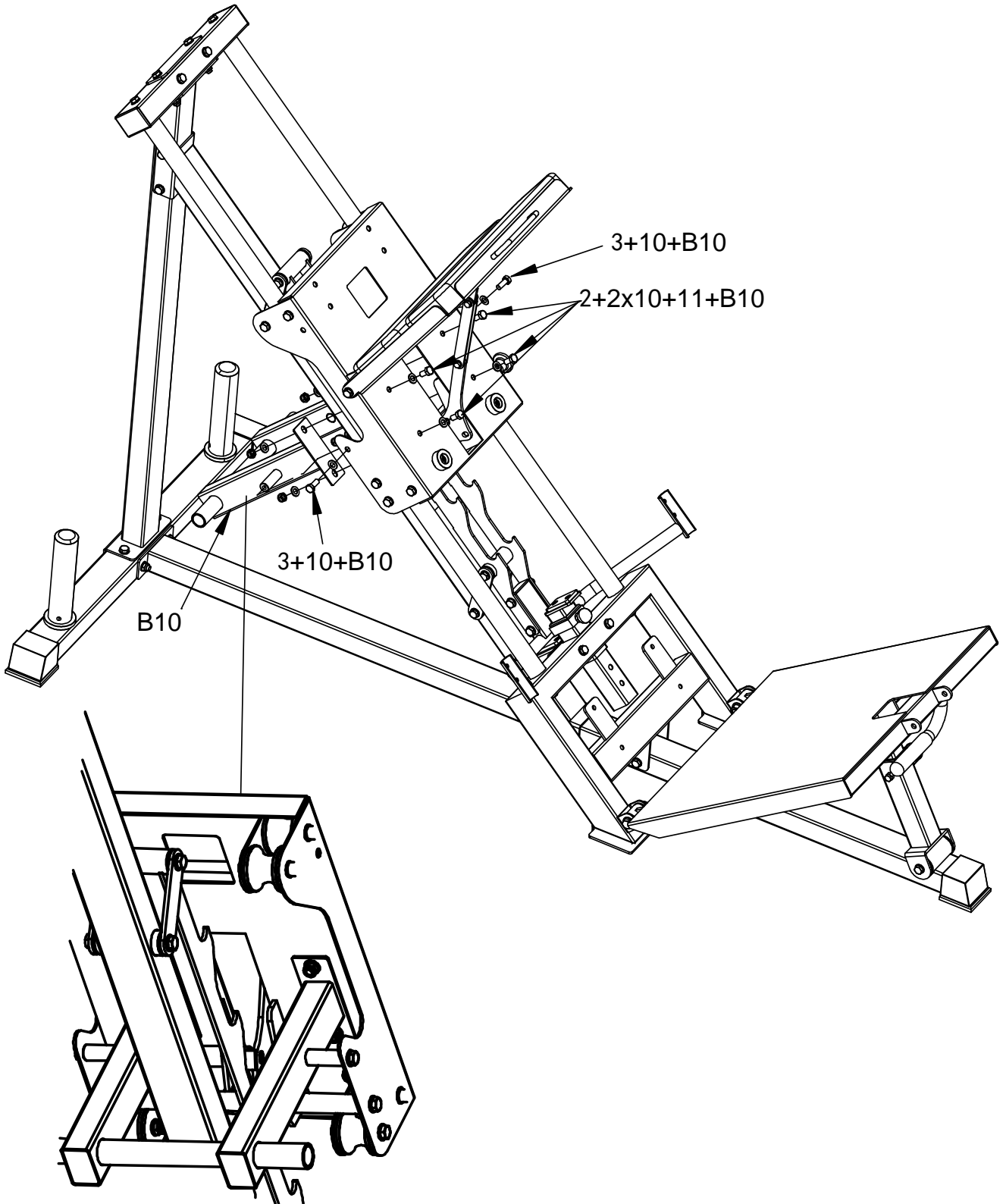
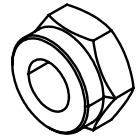
3 Bolt(M10 x 25)
2PCS



10 Washer(M10)
10PCS

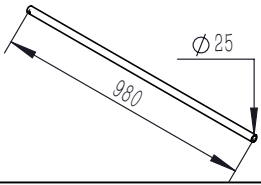


11 Nut (M10)
4PCS

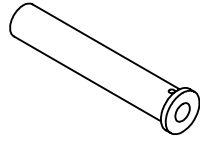


STEP 8:

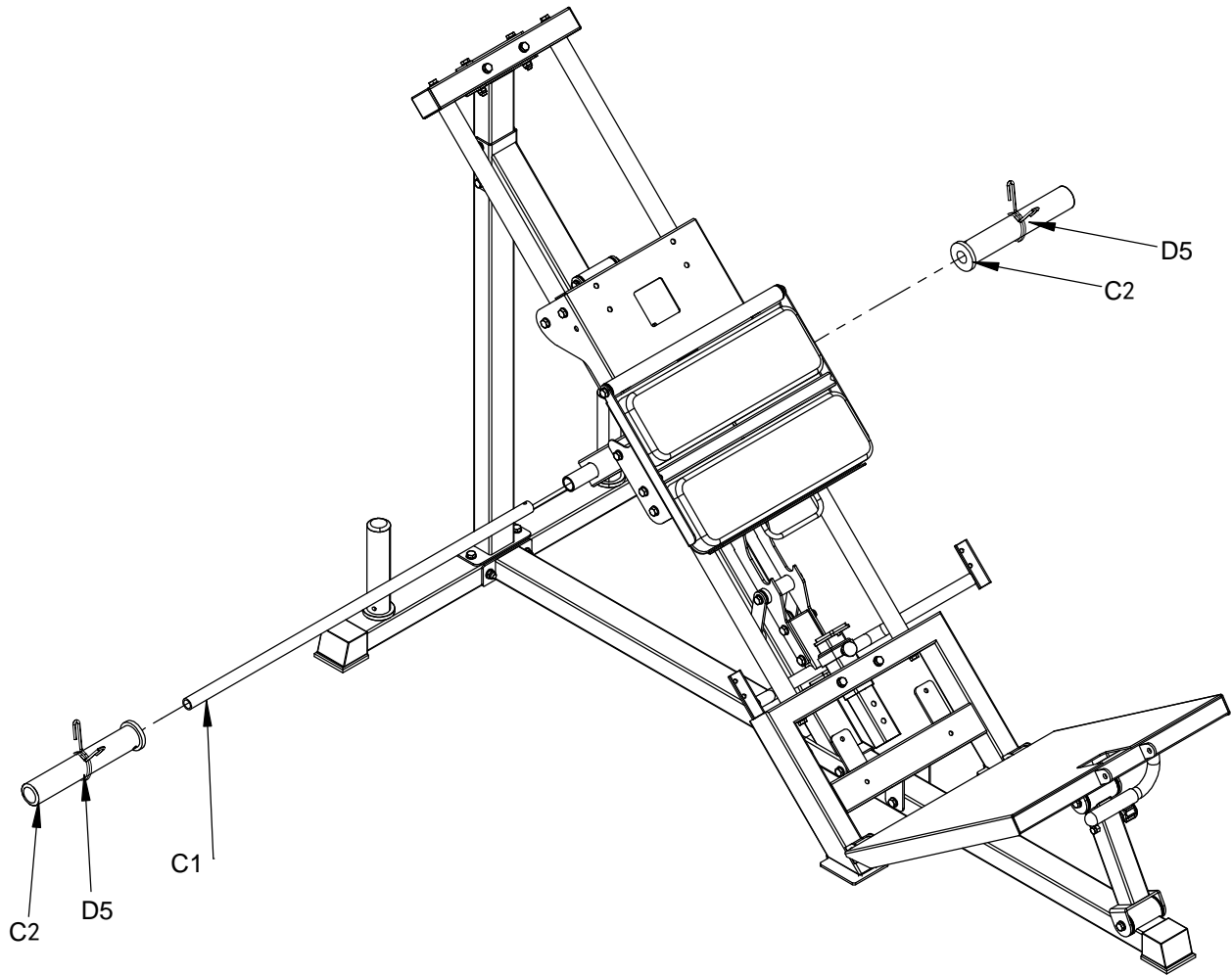
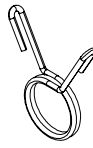
C1 Barbell tube
1PC



C2 Barbell sleeve
2PCS

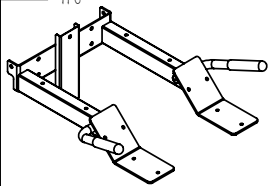


D5 Spring Clip
2PCS

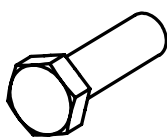


STEP 9:

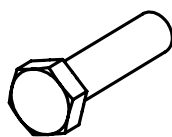
C3 Shoulder pad fixing frame
1PC



2 Bolt(M10 x 20)
4PCS



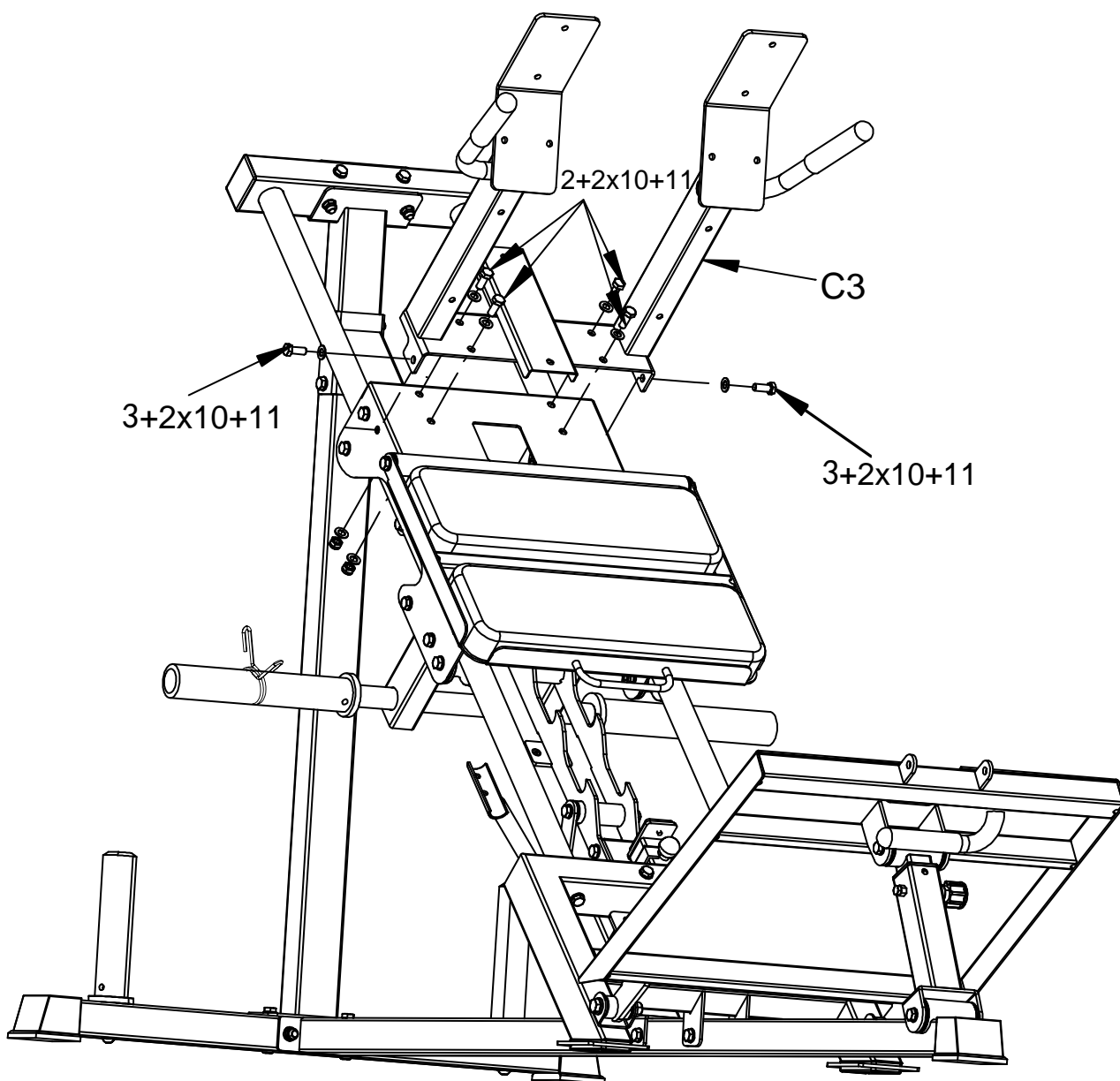
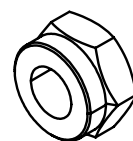
3 Bolt(M10 x 25)
2PCS



10 Washer(M10)
12PCS



11 Nut (M10)
6PCS

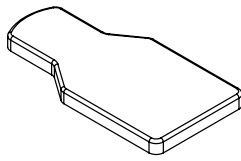


STEP 10:

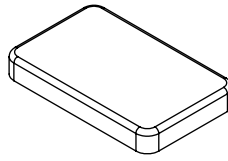
C4 Back pad fixing plate
1PC



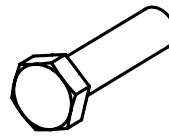
C5 Back pad
1PC



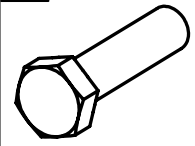
C6 Seat cushion
1PC



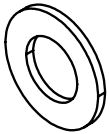
3 Bolt(M10 x 25)
2PCS



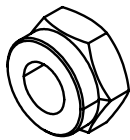
9 Bolt (M8 x 20)
5PCS



10 Washer(M10)
4 PCS



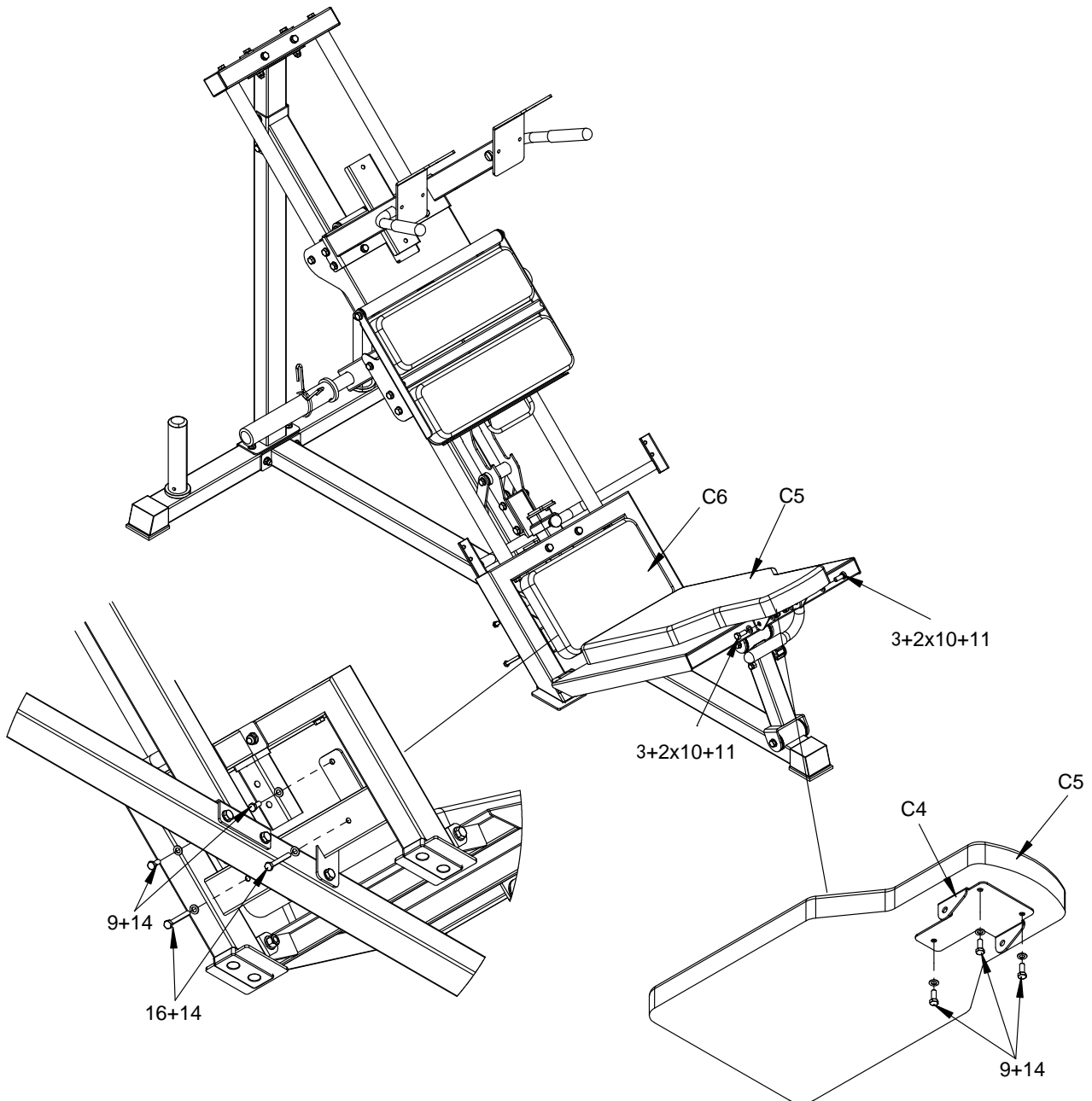
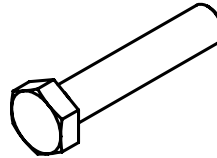
11 Nut (M10)
2PCS



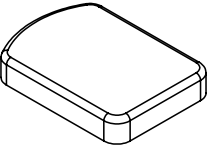
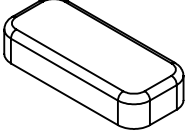
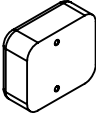
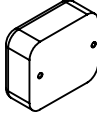
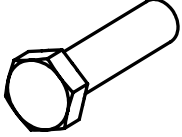
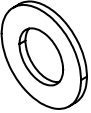
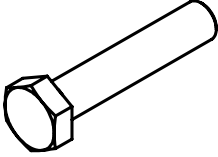
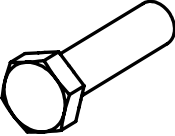
14 Washer (M8)
7PCS

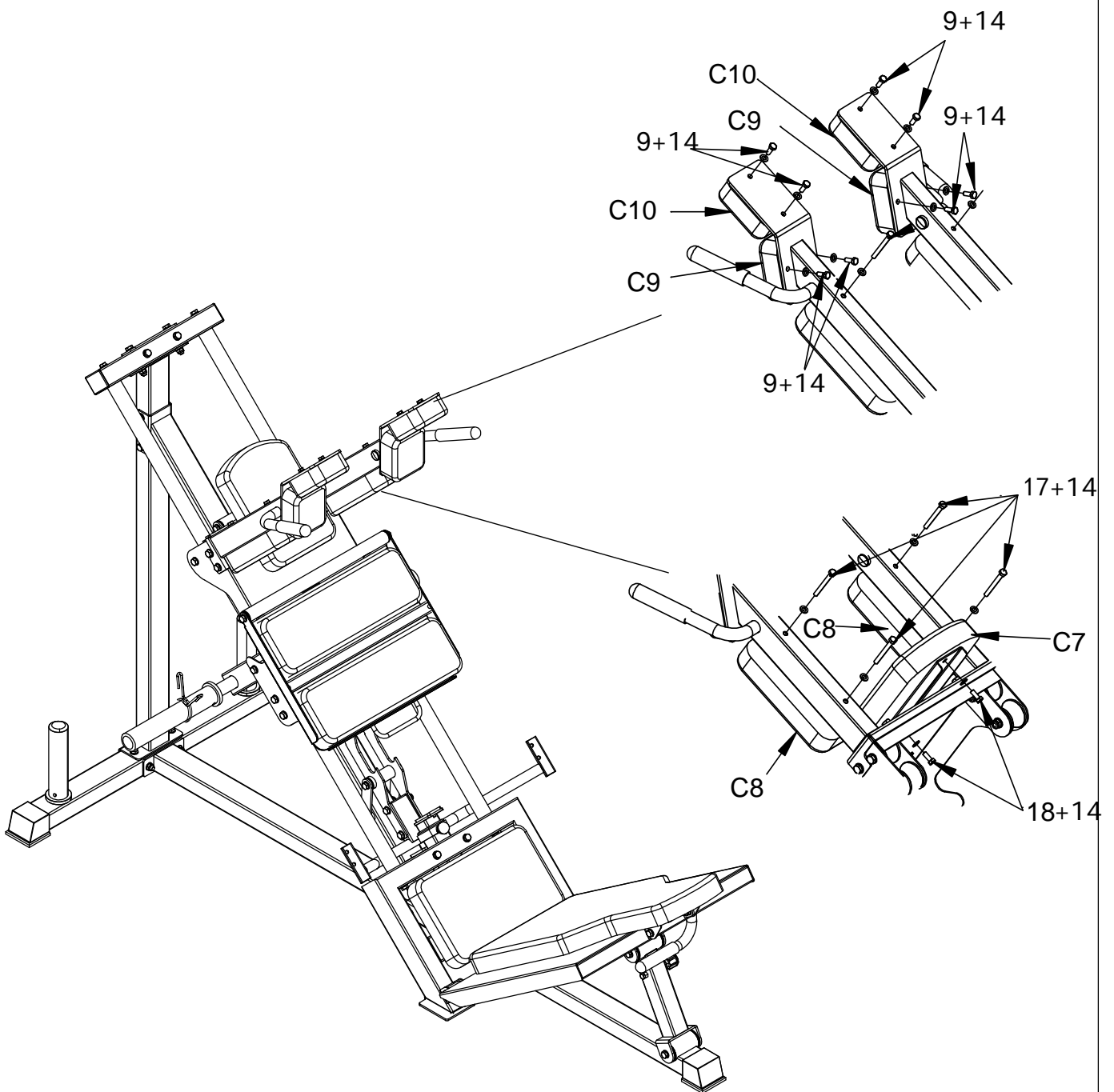


16 Bolt(M8 x 65)
2PCS



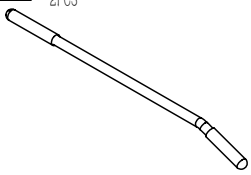
STEP 11:

C7 Head pad 1PC 	C8 Shoulder pads A 2PCS 	C9 Shoulder pads B 2PCS 	C10 Shoulder pads C 2PCS 	9 Bolt (M8x20) 8PCS 
14 Washer (M8) 14PCS 	17 Bolt (M8x75) 4PCS 	18 Bolt (M8x25) 2PCS 		

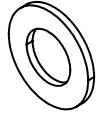


STEP12:

D1 Adjustment film
2PCS



14 Washer(M8)
4PCS



15 Bolt (M8x 15)
4PCS

