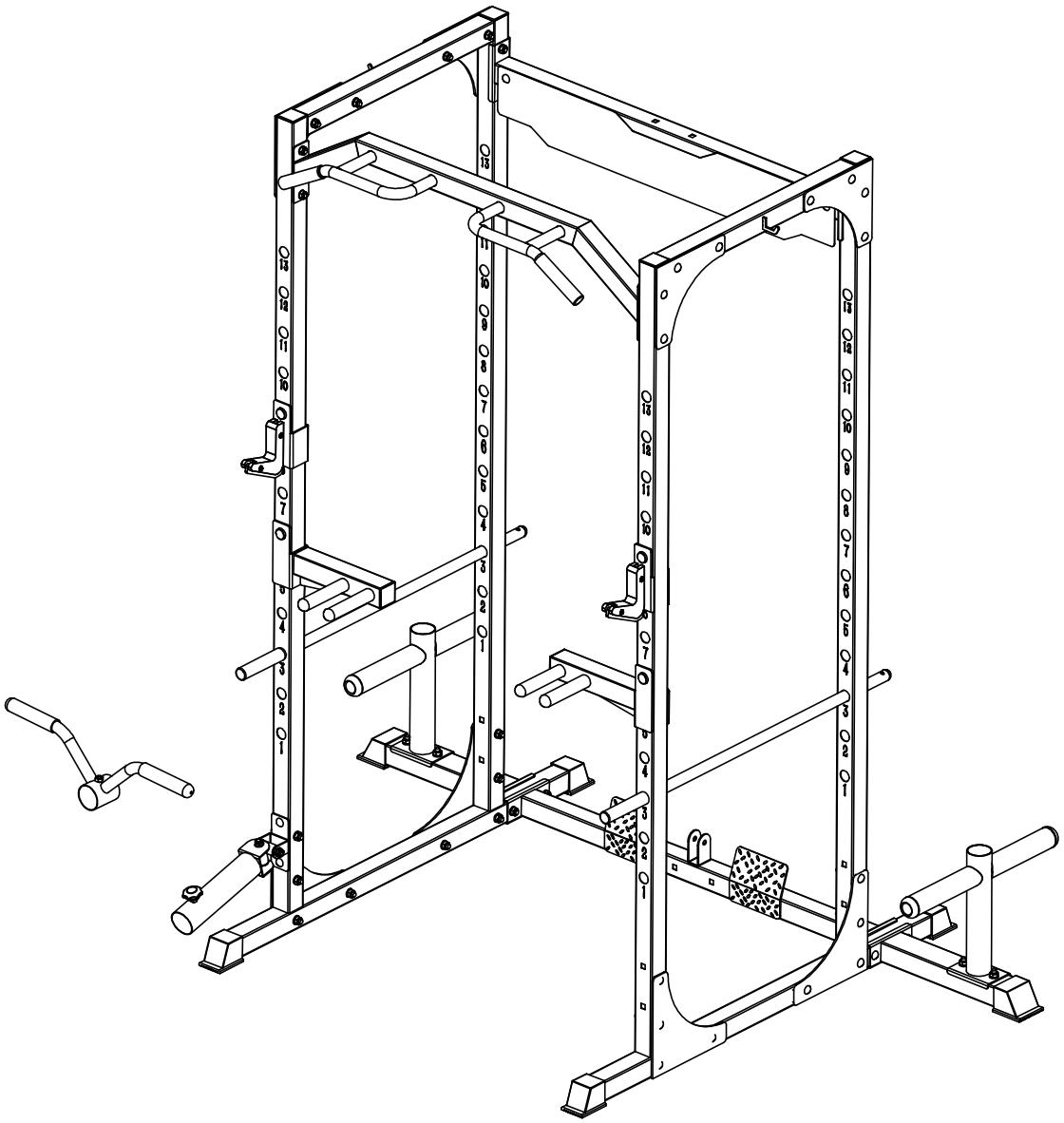
RECOIL

REC1 F0051-1



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

Summary ---------- 3

Part List ---------- 4-5

Step 1 ---------- 6

Step 2 ---------- 7

Step 3 ---------- 8

Step 4 ---------- 9

Step 5 ---------- 10

Step 6 ---------- 11

Step 7 ---------- 12

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

STOP

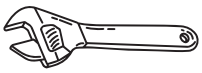
If you are missing any parts, or otherwise
have any warranty issues, please contact us first.

Shortcut: A Lot of People Doing That Way

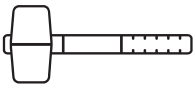
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

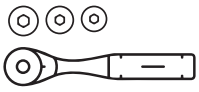
- Adjustable wrenches



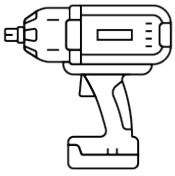
- Rubber hammers



- Socket set



- Electric Wrench



WARNING



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

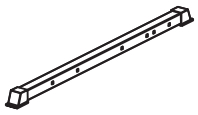
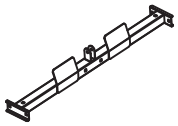
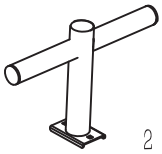
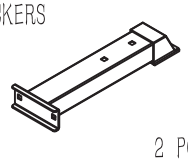
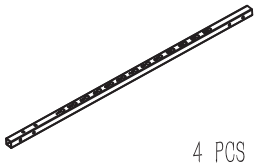
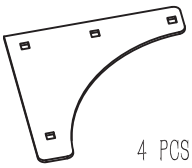
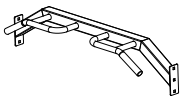
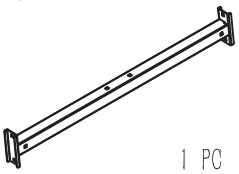
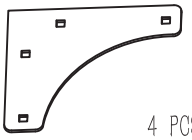
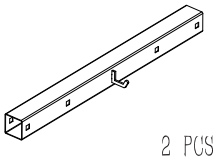
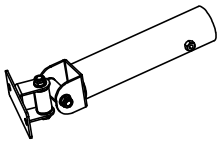
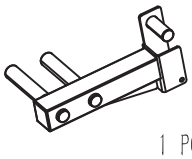
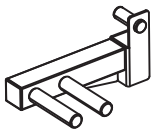
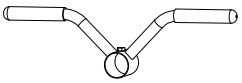
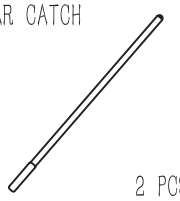
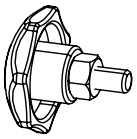
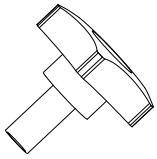


Sharp objects may be involved. Use precaution and protection.

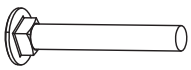
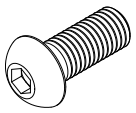
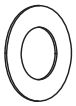
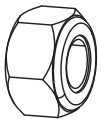
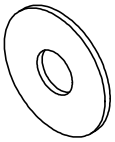


Heavy object. Use lifting aids and proper lifting techniques when moving

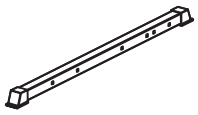
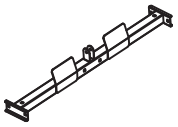
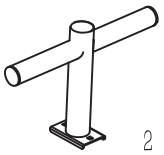
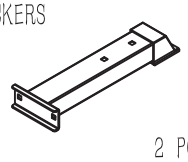
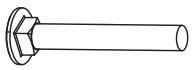
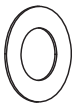
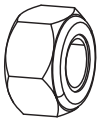
PARTS LIST

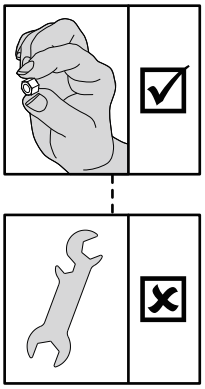
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B2. BOTTOM LINK PIECE  4 PCS	C1. PULL-UP FRAME  1 PC	C2. UPPER SIDE ROD  1 PC	C3. TOP LINK PIECE  4 PCS	D1. UPPER ROD  2 PCS
F1. LOGO BOARD  1 PC	F2. LANDMINE  1 PC	F3. LOGO Backing Plate  1 PC	H2. J HOOK LEFT  1 PC	H3. J HOOK RIGHT  1 PC
H4. DIP BAR LEFT  1 PC	H5. DIP BAR RIGHT  1 PC	H6. T BAR  1 PC	H7. BAR CATCH  2 PCS	J3. Knob  1 PC
J4. Plum blossom Knob  1 PC				

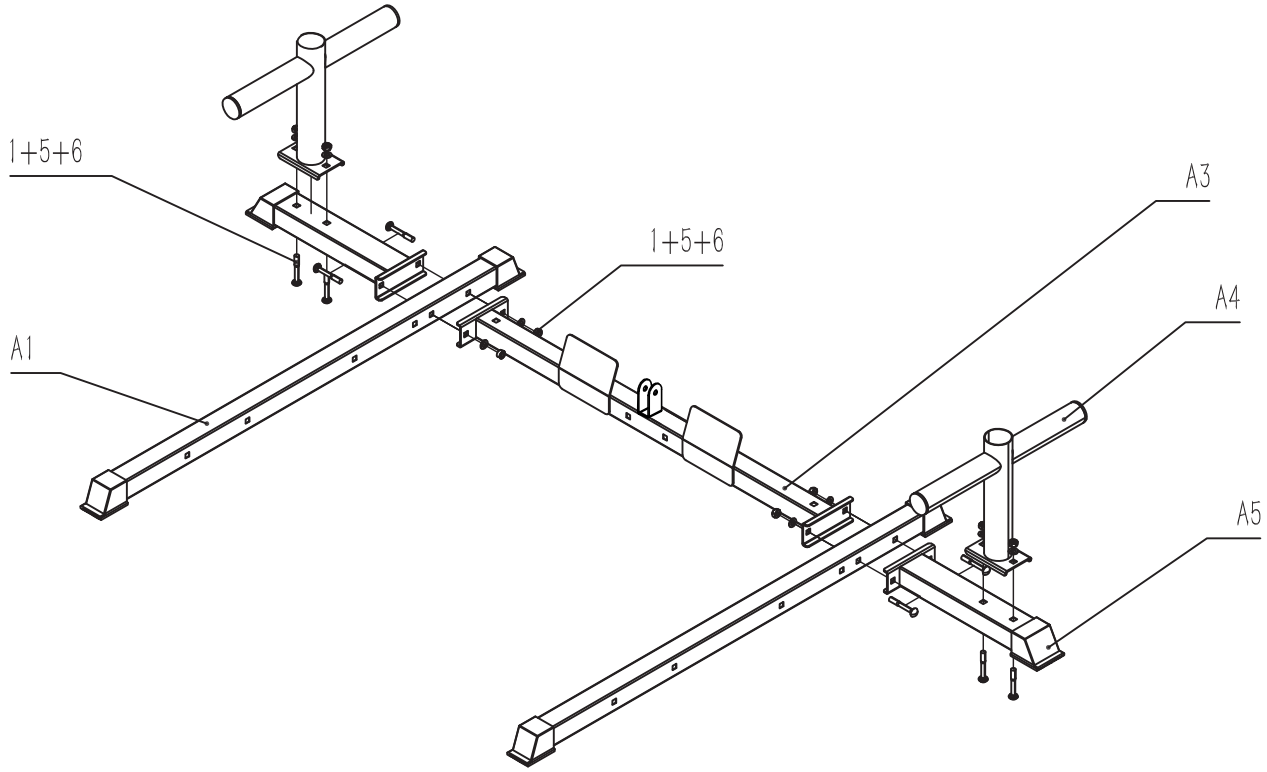
HARDWARE LIST

1. BOLT(M10 x 70)	4. BOLT(M10 x 25)	5. Washer(M10)	6. Locknut(M10)	7. D30 Washer (M10)
				
44 PCS	4PCS	44 PCS	44 PCS	4 PCS

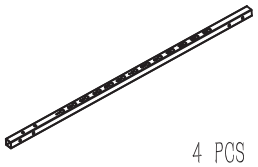
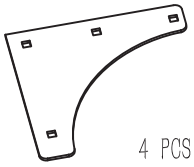
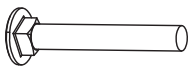
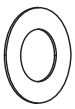
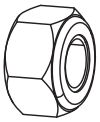
STEP : 1

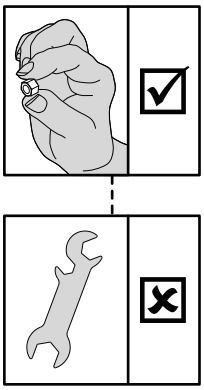
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1 . BOLT(M10 × 70)  8PCS	5 . Washer(M10)  8PCS	6 . Locknut(M10)  8PCS	

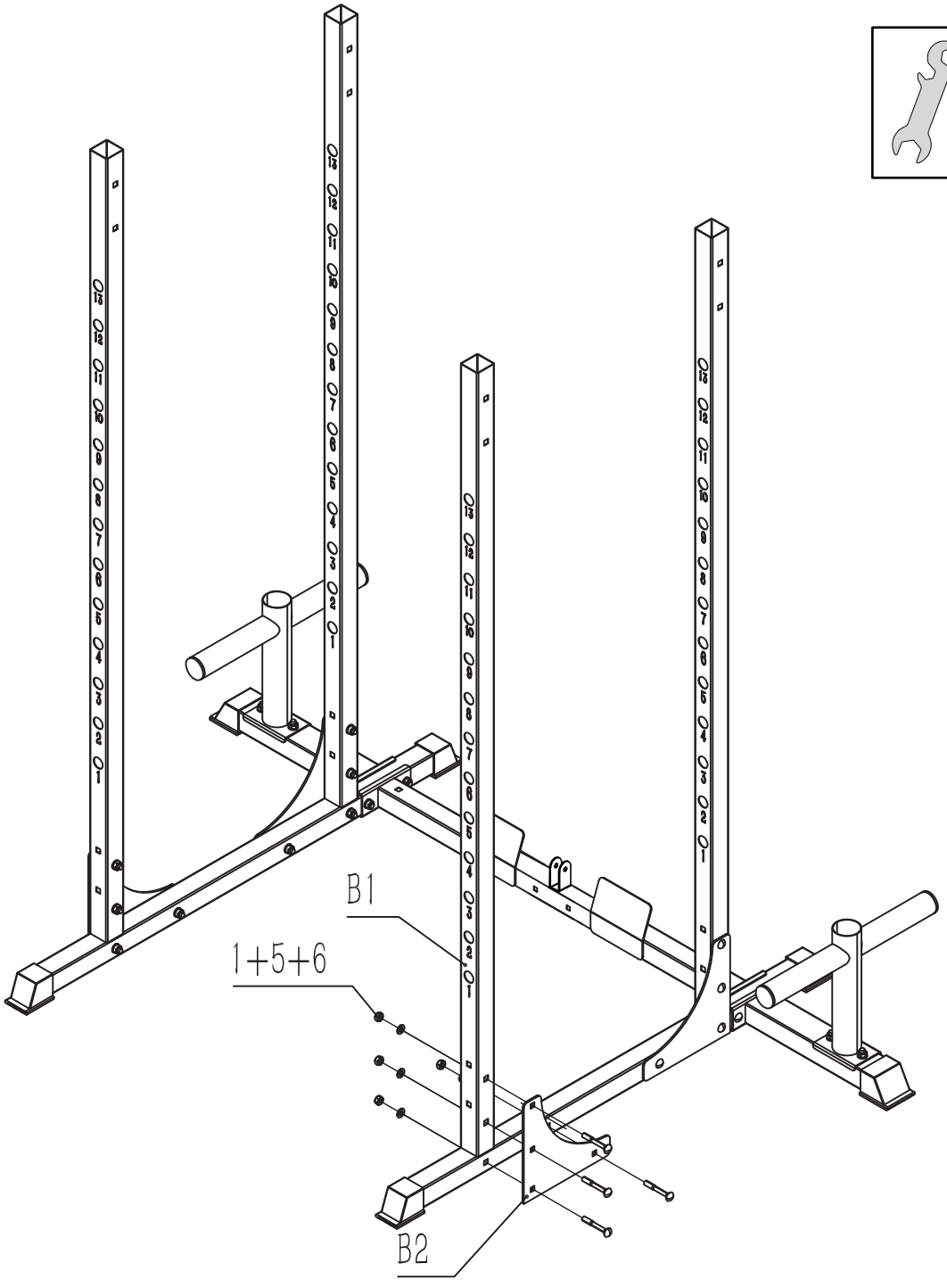




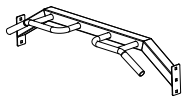
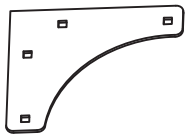
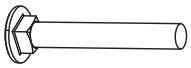
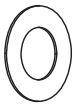
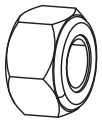
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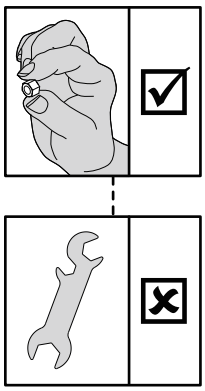
B1 . UPRIGHT TUBE	B2 . BOTTOM LINK PIECE	1 . BOLT(M10 x 70)	5 . Washer(M10)	6 . Locknut(M10)
 4 PCS	 4 PCS	 16 PCS	 16 PCS	 16 PCS



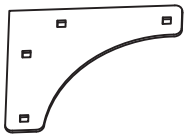
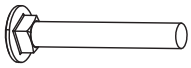
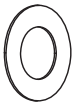
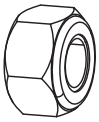
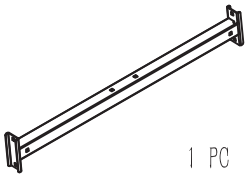


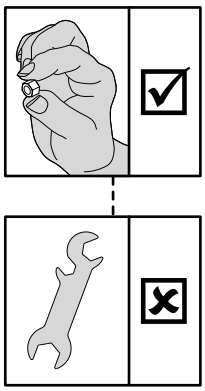
STEP : 3

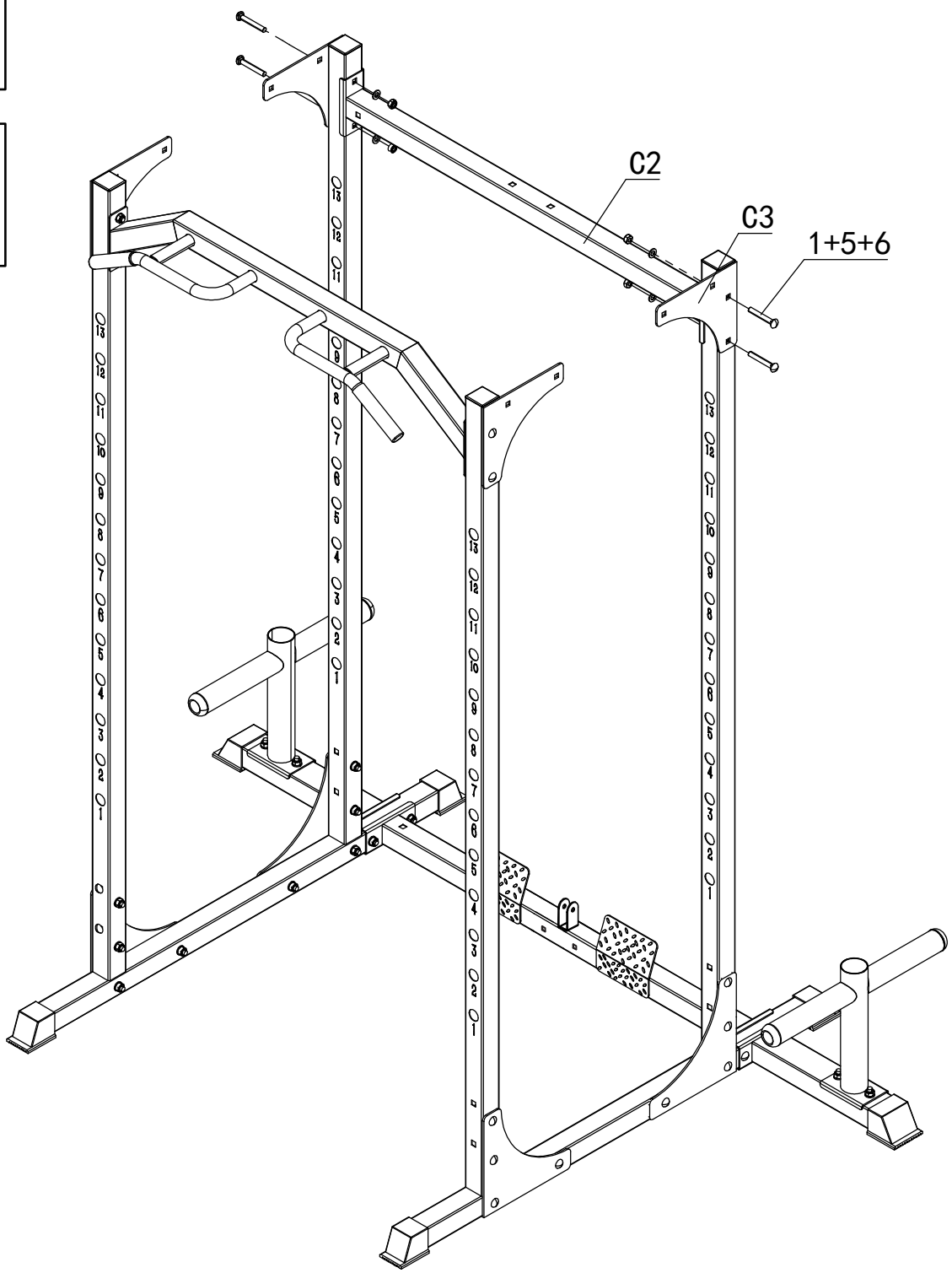
C1. PULL-UP FRAME	C3. TOP LINK PIECE	1. BOLT(M10 × 70)	5. Washer(M10)	6. Locknut(M10)
				
1 PC	2 PCS	4 PCS	4 PCS	4 PCS



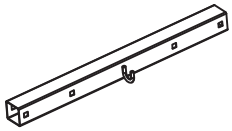
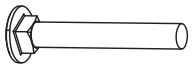
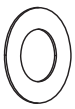
STEP : 4

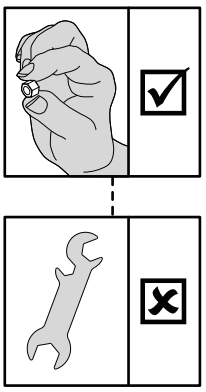
C3. TOP LINK PIECE	1. BOLT(M10 x 70)	5. Washer(M10)	6. Locknut(M10)	C2. UPPER SIDE ROD
				
2 PCS	4 PCS	4 PCS	4 PCS	1 PC

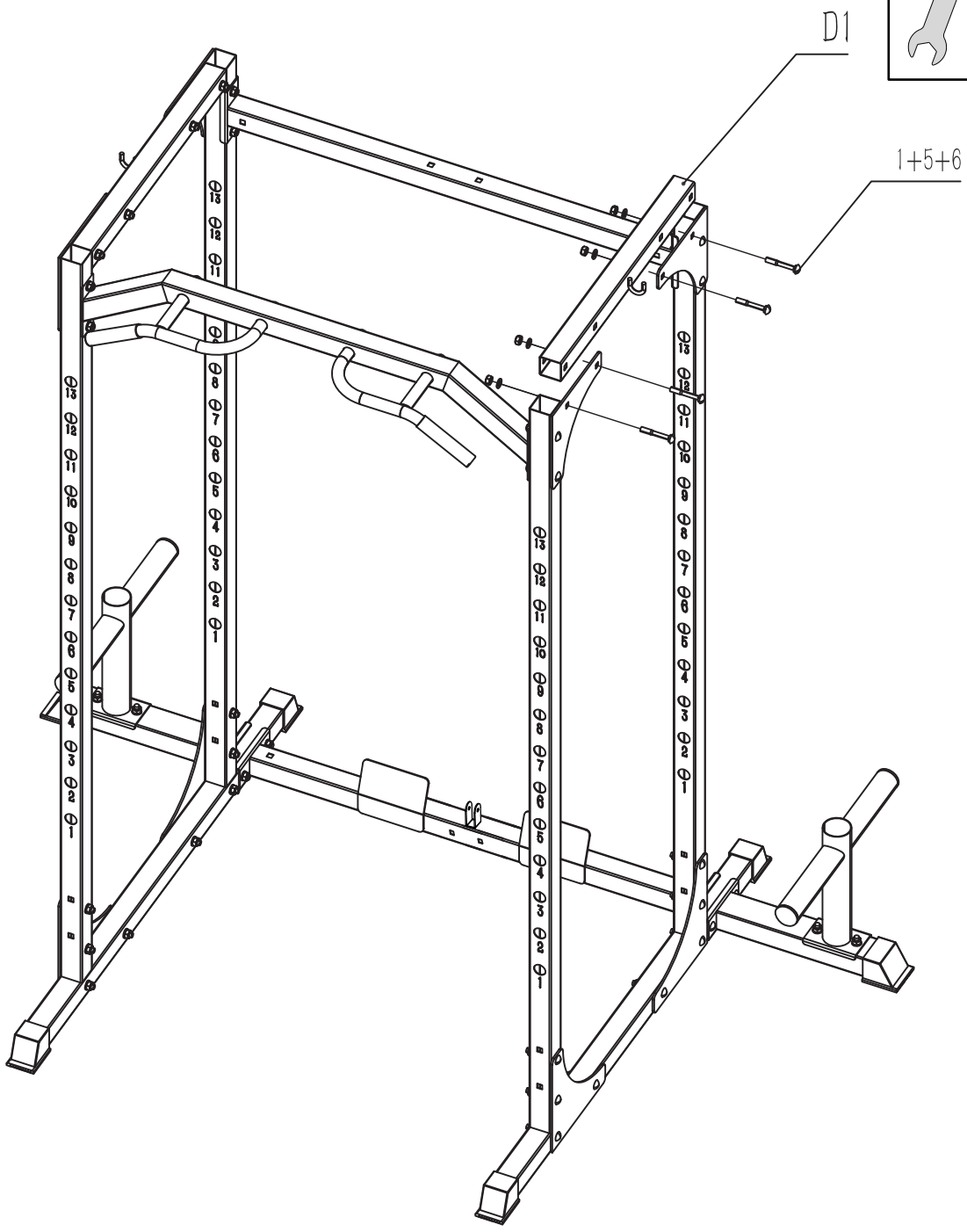




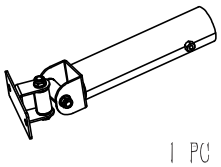
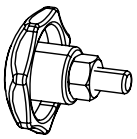
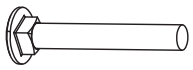
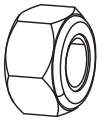
STEP : 5

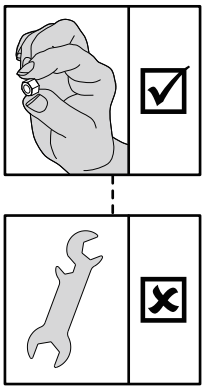
D1 . UPPER ROD	1 . BOLT(M10 × 70)	5 . Washer(M10)	6 . Locknut(M10)
			
2 PCS	8 PCS	8 PCS	8 PCS

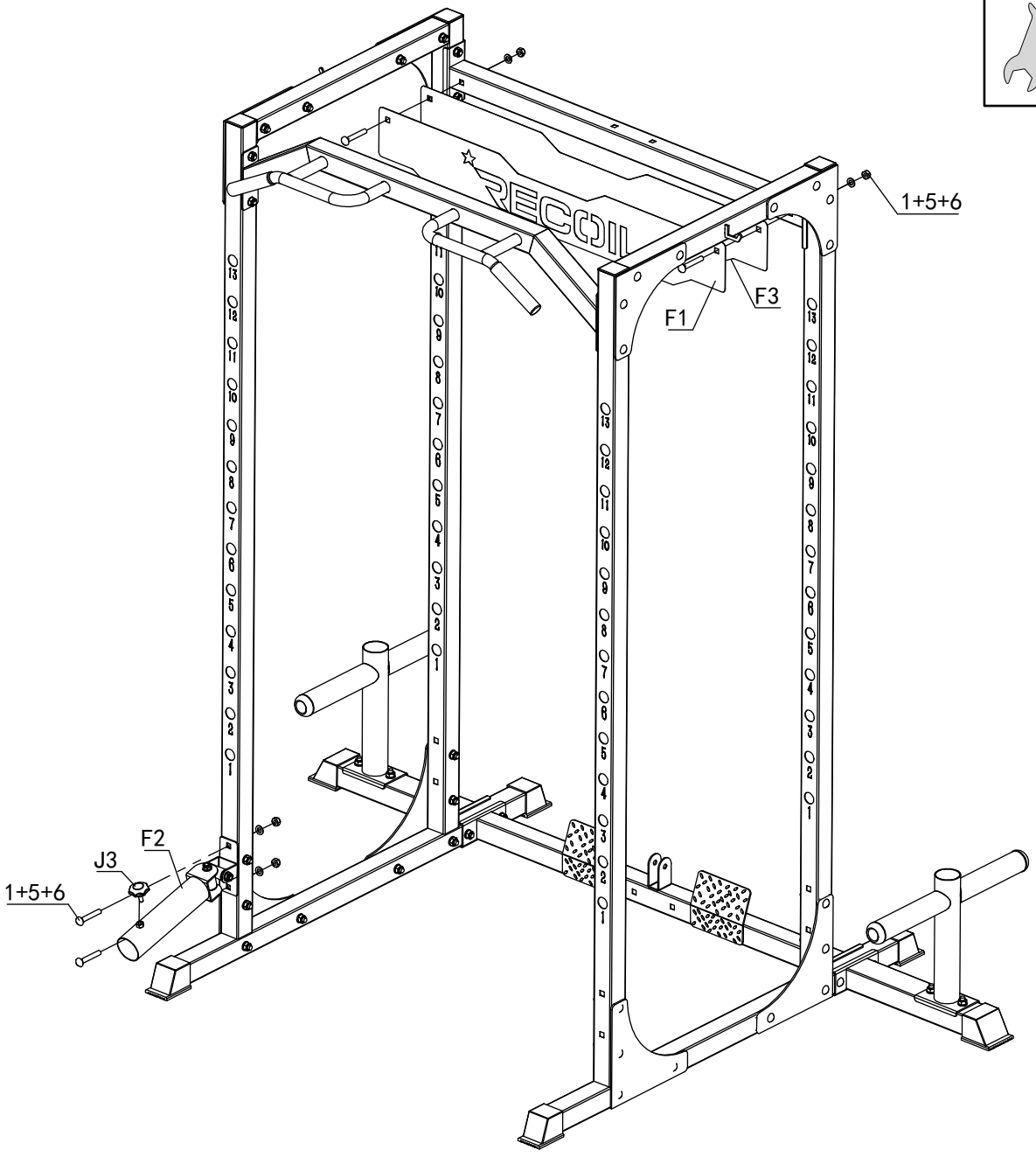




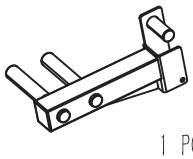
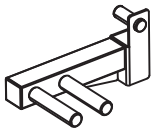
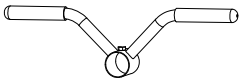
STEP : 6

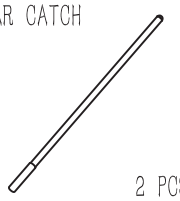
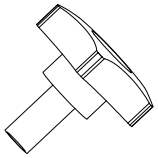
F1 . LOGO BOARD  1 PC	F2 . LANDMINE  1 PC	F3 . LOGO Backing Plate  1 PC	J3 . Knob  1 PC	1 . BOLT(M10 x 70)  4 PCS
5 . Washer(M10)  4 PCS	6 . Locknut(M10)  4 PCS			





STEP : 7

H2. J HOOK LEFT	H3. J HOOK RIGHT	H4. DIP BAR LEFT	H5. DIP BAR RIGHT	H6. T BAR
 1 PC	 1 PC	 1 PC	 1 PC	 1 PC

H7. BAR CATCH	J4. Plum blossom Knob
 2 PCS	 1 PC

