

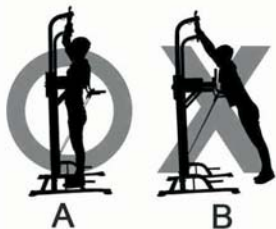
Operating instruction



ATTENTION (READ ME FIRST)

1. Please assemble the product according to instruction's steps.
 2. Please confirm the product is completely assembled before use.
 3. Check the product's condition untine.
 4. Choose level ground to place the product.
 5. Consult your fitness coach how to train yourself with the product if there is condition.
 6. Pregnant women, cardiopaths, hyperpietics are prohibited to use the product.
- a. Use the product properly according to personal condition.
 - b. Please don't try high risk motions or unreasonable usages.
 - c. If you feel unconformable when using the product, we recommend you to consult your doctor or fitness coach.

Remind



- A Picture shows normative pull-up motion
- B Picture shows nonstandard pull-up motion, this nonstandard motion will result the machine incline fiercely and flip over. Please don't try any nonstandard pull-up motion



Assembly Sequence 7

ATTENTION: Please check that all the screws are screwed down.



1. Assemble the horizontal bar(5) on the adjustable pole(2), then use 8*80 screw(h) to make it firm enough.



2. Insert the adjustable pole into the main frame, adjust to suitable height and use club screws and club nub to make it firm enough.



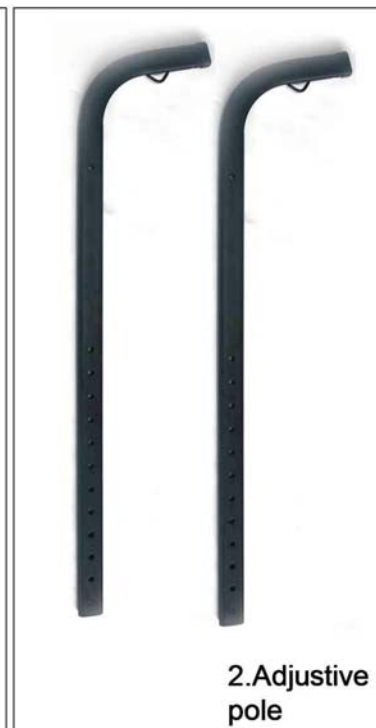
Tool



Name of each part



1.Main bracket



2.Adjustive pole



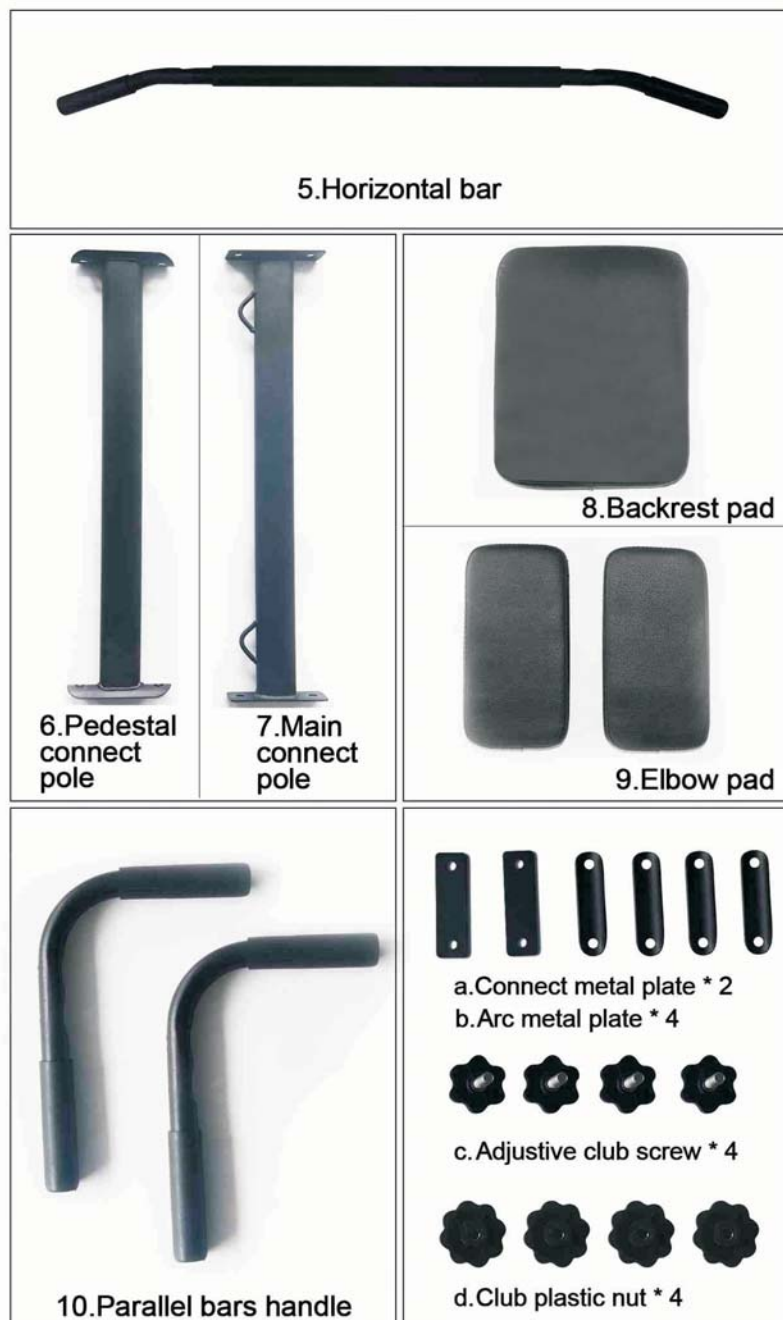
3.Backrest pole



Left

Right

4.Pedestal



Assembly Sequence 5

1. Assemble the elbow pad(9) on the two main bracket, then use 8Pc 6*60 inner hexangular screw(i) to make it firm enough.



Assembly Sequence 6

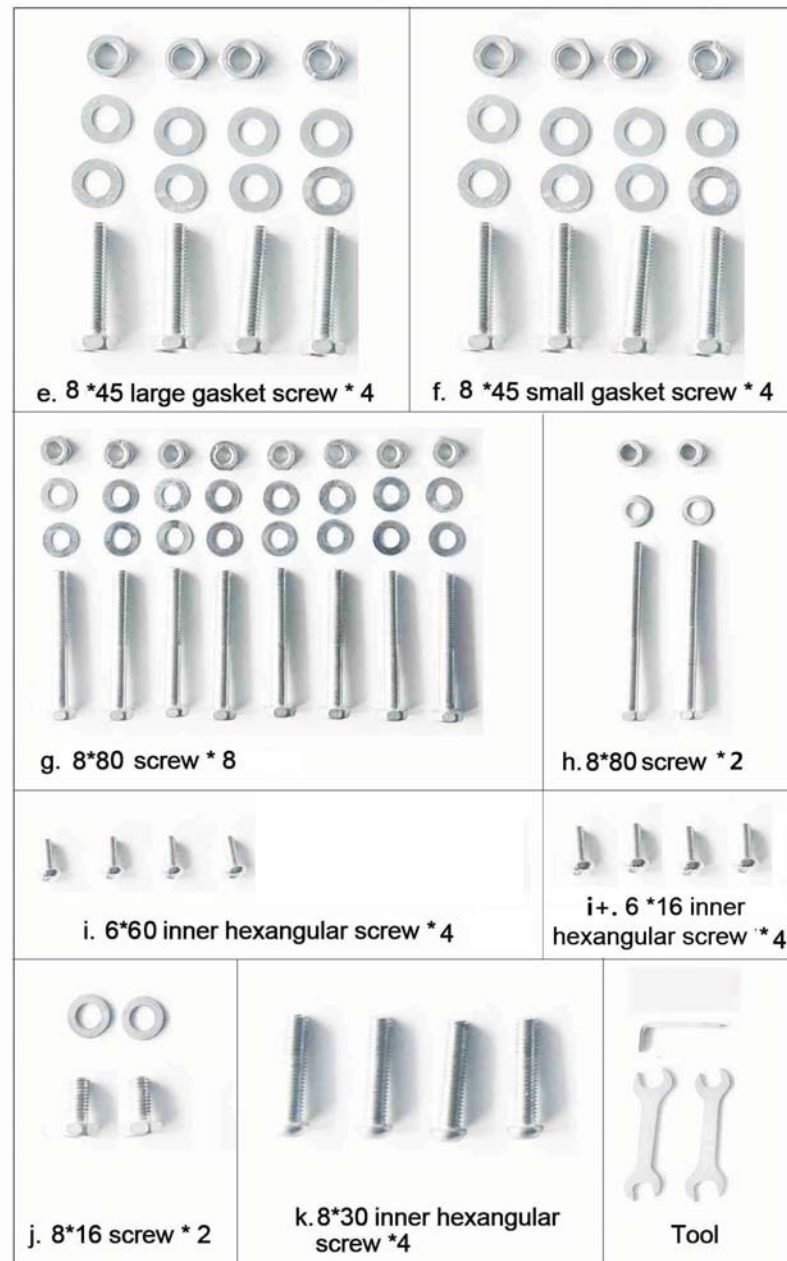
1. Assemble the 2 parallel bars handle(10) on two main bracket, then use 4 Pc 8*30 inner hexangular screws(k) to make it firm enough.



Assembly Sequence 4



Name of each part



Assembly Sequence 1



Assembly Sequence 2

1. Use Pedestal connect pole(6) and arc metal plate(b) to connect the left and right pedestal, then use 4 Pc 8 * 80 screws(g) to make it firm enough.

Note: Please don't screw down the screw at first.



Assembly Sequence 3

1. Use main connect pole(7) and connect metal plate(a) to connect the two main bracket, then use 4Pc 8 * 45 small gasket screws(f) to make it firm enough.

Note: The triangle buckle of the connect pole should be upwards, and please don't screw down the screw at first.

