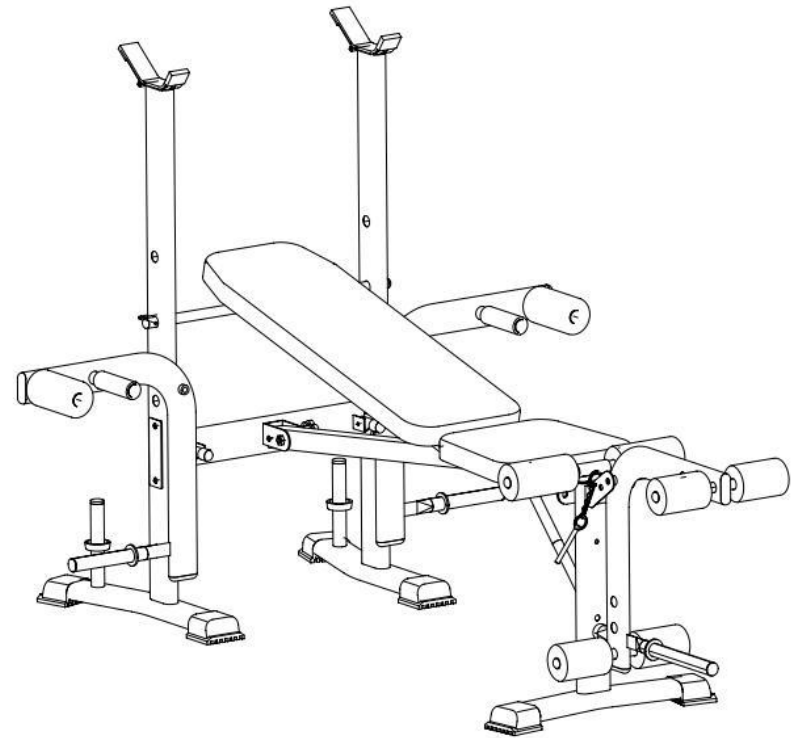
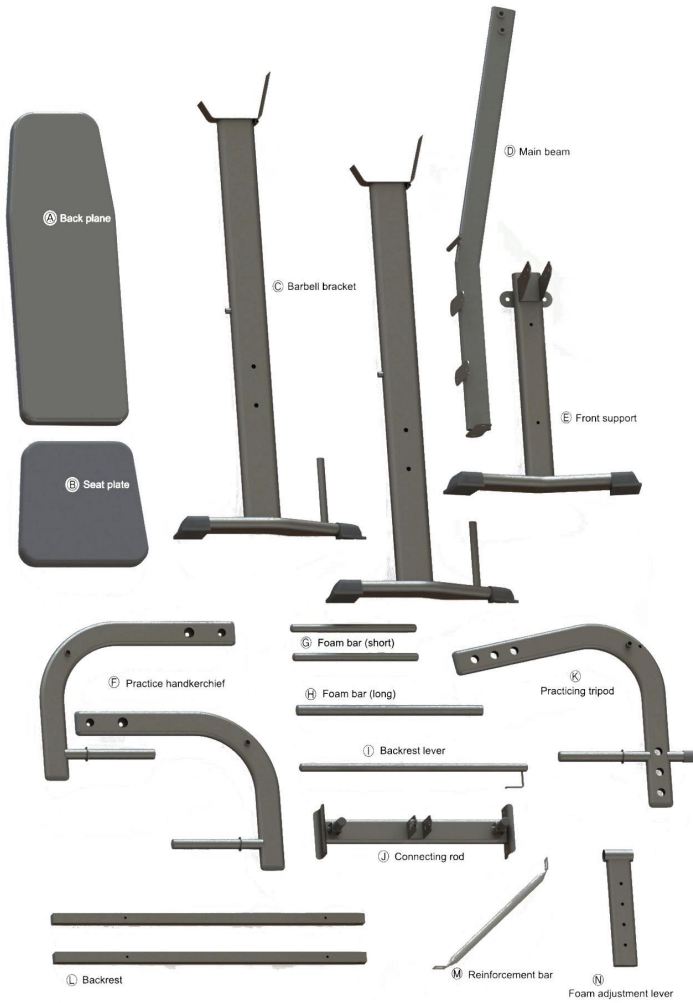


User Manual

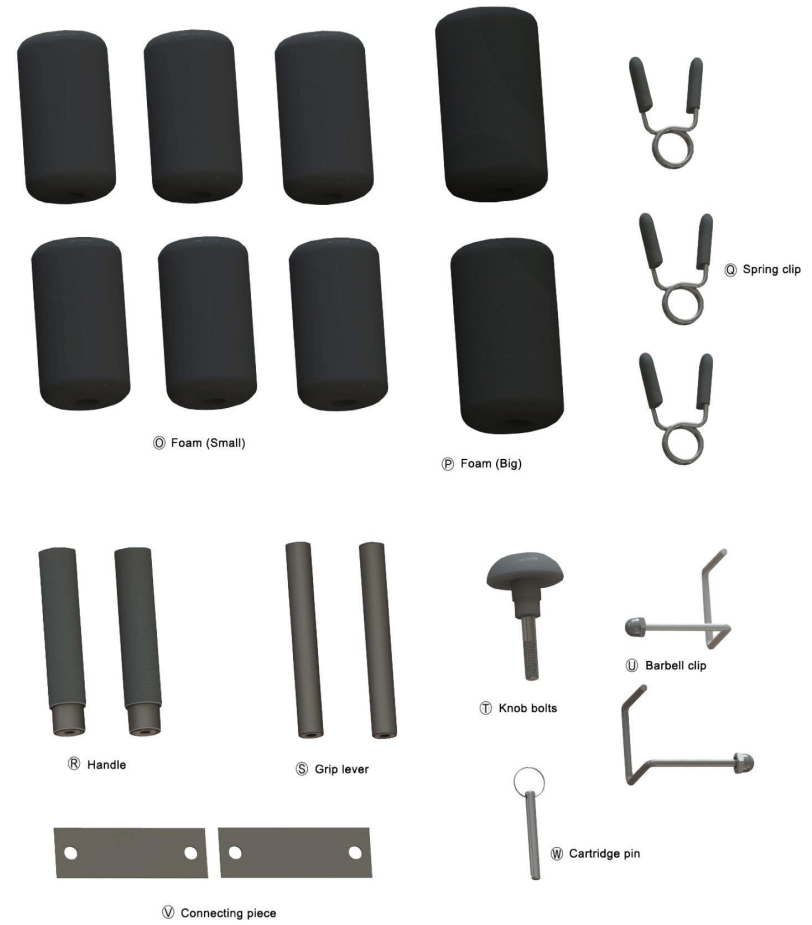


Accessories List



01

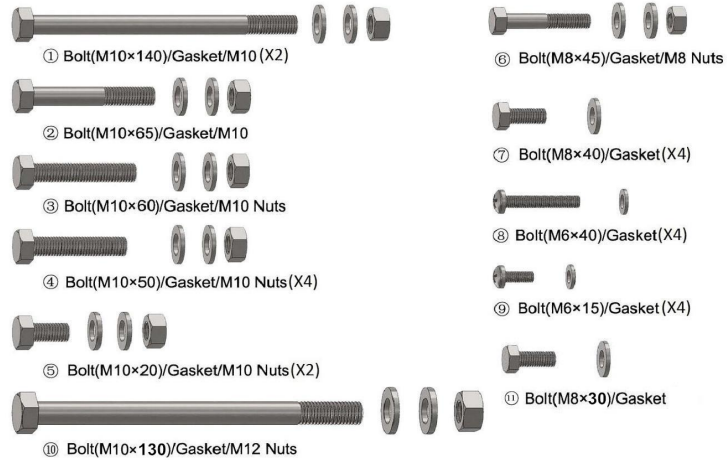
Accessories List



02

Accessories List

Bolt list:



Assemble Tips:

- Use wrench A to hold the bolt head, then use wrench B to turn the nuts.

-How to distinguish the size of the bolts:

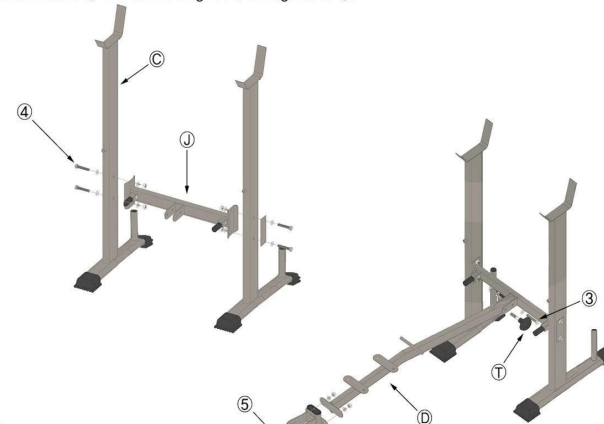
-Sample: Bolt: M10X140



Assembling Steps

STEP 1

Connect barbell bracket ③ with connecting rod ④ through bolts ①.



STEP 2

Connect the frame ② with connecting rod ④ (Step 1) through bolt ③. Connect the frame ② with front support ⑤ through bolts ⑤.

Curved forward



STEP 3

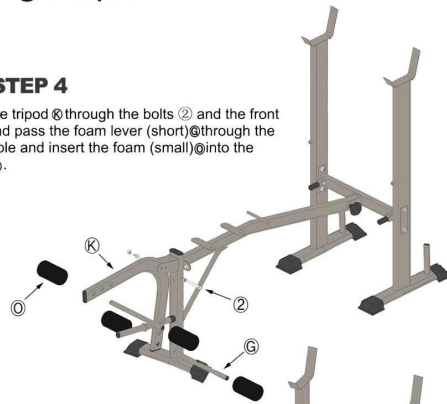
Connect the frame and front support with reinforcement bar ⑥ through bolts ④ and bolts ①.

Notice: Do not tighten the screws firstly. 04

Assembling Steps

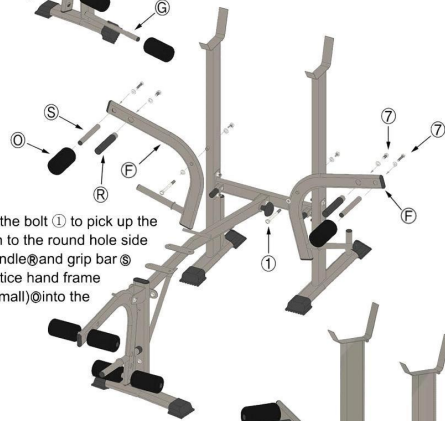
STEP 4

Connect the tripod ⑥ through the bolts ② and the front support, and pass the foam lever (short) ① through the practice hole and insert the foam (small) ① into the foam bar ⑥.



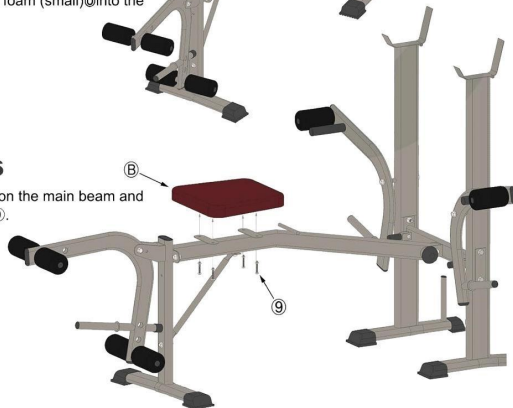
STEP 5

The training frame ⑤ through the bolt ① to pick up the barbell bracket, pay attention to the round hole side of the big forward. Put the handle ④ and grip bar ⑤ into the large hole in the practice hand frame with bolts ⑦. Put the foam (small) ① into the grip lever ④.



STEP 6

Install the seat plate ⑧ on the main beam and secure it with screws ⑨.



05 **Notice: Do not tighten the screws firstly.**

Assembling Steps

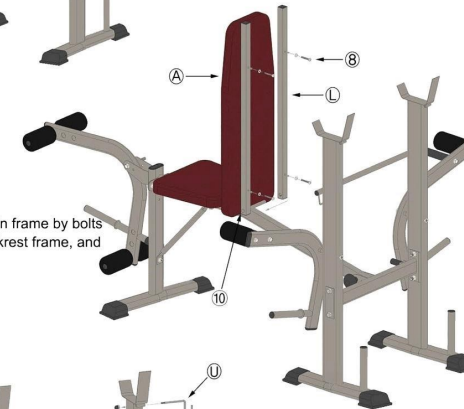
STEP 7

Insert the backrest lever ① into the hole in the barbell bracket



STEP 8

Attach the backrest lever ① to the main frame by bolts ⑩, attach the back plate ⑧ to the backrest frame, and fix it with screws ③.



STEP 9

Install the safety hooks (U) on the top of barbell stand.

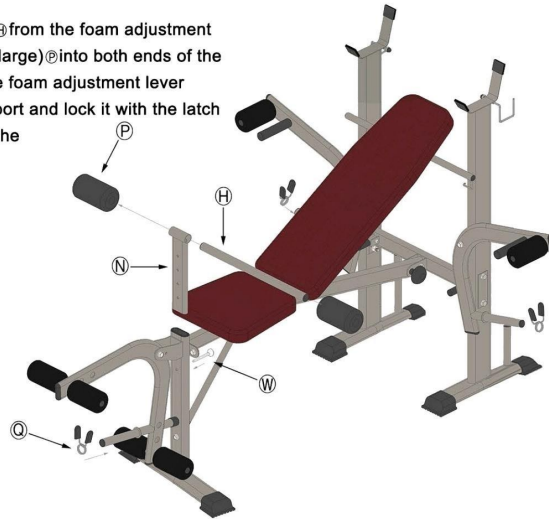


Notice: Do not tighten the screws firstly. 06

Assembling Steps

STEP 10

Insert the foam lever (long) **H** from the foam adjustment lever **N** and insert the foam (large) **P** into both ends of the foam bar **H**. Insert the above foam adjustment lever assembly into the front support and lock it with the latch **W**. Place the spring clip **Q** in the illustration 3.



Tighten all screws after installation is complete.