

MLD-K9

ASSEMBLY INSTRUCTION

CATALOGUE

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Safety Measures

To ensure your safety, please read the following precautions before using this product:

1. Before use, please read, study, and understand the instruction manual and all warning labels.

(It is recommended to familiarize yourself with the proper operation and use of the equipment before using this product.

Relevant information can be found in this instruction manual as well as from local retailers.)

2. Please be sure to keep this instruction manual and ensure that all warning labels are clear and intact.

3. This product is recommended to be installed by two or more people.

4. Please consult a doctor's advice before starting any exercise.

5. Ensure safety when children are present.

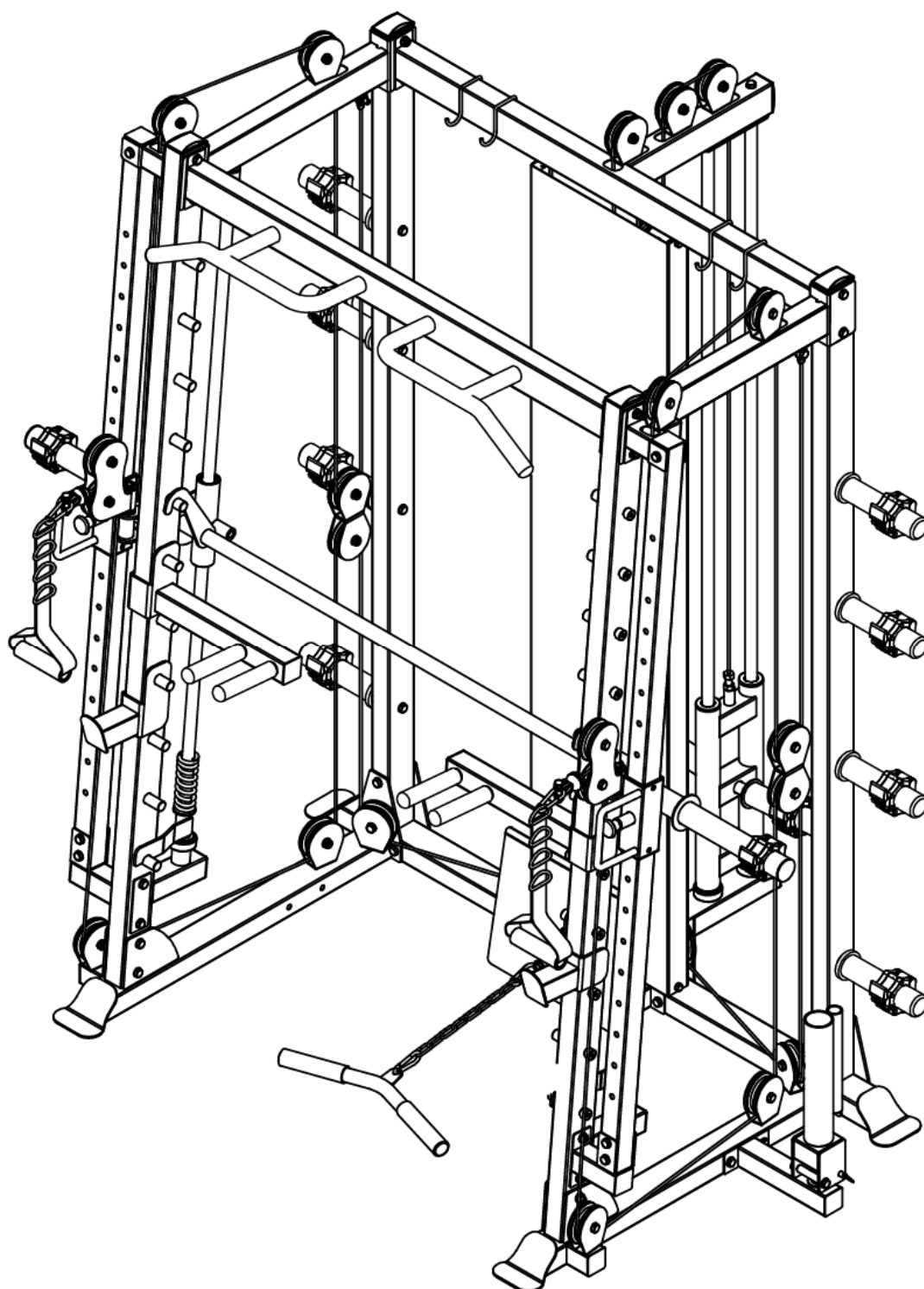
6. Exercise caution when using the product with children present.

7. Regularly inspect the wire rope for any signs of wear, as wear and tear may pose a certain level of danger.

8. Maintain flexibility in your hands, limbs, and clothing to ensure safe and full use of this equipment.

9. Pay attention to any potential mechanical signs, including component wear, loose hardware, and welding cracks. If any of these signs are noticed, immediately stop using the equipment and contact our after-sales service department.

10. You can use a wrench or Allen key to complete the assembly.



Performance standards: *GB17498.1*

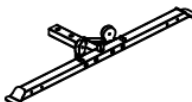
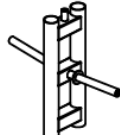



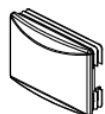

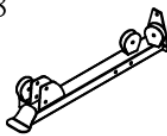
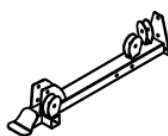
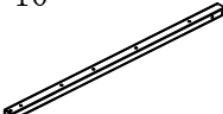

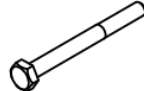



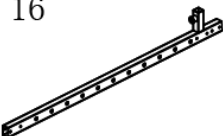
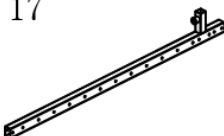
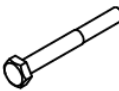

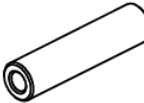


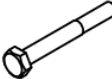
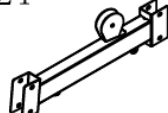
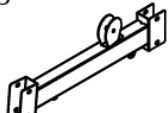
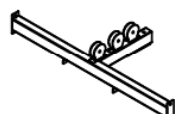
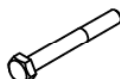
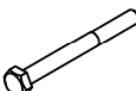

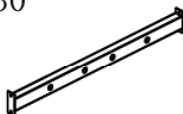



















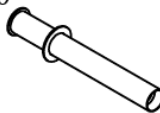

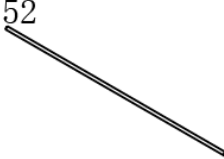
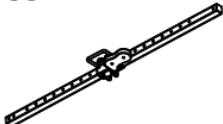
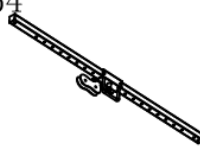
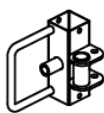
Bill of materials


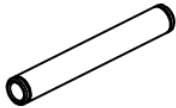

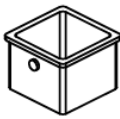


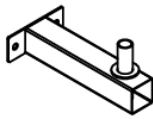

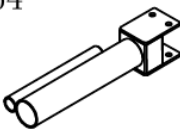





















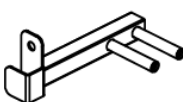
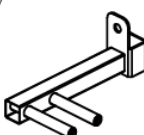



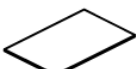
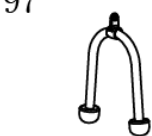

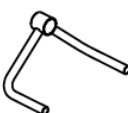



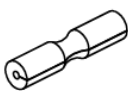
ID number	Name	Quantity	ID number	Name	Quantity
1	Rear chassis	1	37	Set screw M8*10	2
2	Weightlifting rack	1	38	Step lock sleeve	2
3	Weight bar guide	2	39	Barbell guide rod	2
4	Weight buffer cushion	4	40	Slide frame	2
5	Countersunk hexagon socket bolt M10x20	2	41	Spring	2
6	50*75 square tube plug	6	42	Left protective frame	1
7	Ø25 guide rod bushing	4	43	Right protective frame	1
8	Left base frame	1	44	Bearing	4
9	Right base frame	1	45	Internal snap ring Ø40	4
10	Back column	2	46	Ø15 dipped handle	2
11	Connecting plate 2	2	47	Ø50 round tube plug	2
12	Hexagon socket bolt M10*100	8	48	Umbrella head hexagon socket bolt M10*20	2
13	Flat washer410	147	49	Large flat washer Ø10	2
14	Lock nutM10	64	50	Barbell collar 2	2
15	50*50 square tube plug	13	51	Hook rod	1
16	Left front column	1	52	Barbell bar	1
17	Right front column	1	53	Fly bird sliding tube assembly left	1
18	Hexagon socket bolt M10*80	8	54	Fly bird sliding tube assembly right	1
19	Round steel nut M12	22	55	Fly bird slide frame	2
20	Round steel	22	56	Ø19 powder metallurgy bushing	8
21	Sliding seat bottom	2	57	Fly bird rotating frame round tube	2
22	Welding plate 11	2	58	Fly bird rotating frame	2
23	Hexagon socket bolt M10*70	10	59	60*60 square tube bundle	4
24	Left top frame	1	60	External snap ring Ø19	4
25	Right top frame	1	61	Round head pull knob	2
26	Back top frame	1	62	Turret frame	1

27	Hexagon socket bolt M10*75	4	63	Turret rotating frame	1
28	Hexagon socket bolt M10*95	4	64	Turret barrel frame	1
29	Hexagon socket bolt M10*25	20	65	With ring cotter pin	1
30	Front top frame	1	66	Pedal frame	1
31	Upper left sliding seat	1	67	Rowing steel wire rope(4840mm)	1
32	Upper right sliding seat	1	68	Pulley	29
33	Left pull-up bar frame	1	69	Hexagon socket bolt M10x45	29
34	Right pull-up bar frame	1	70	Adjustment frame cable (1600mm)	1
35	Ø28 dipped handle	8	71	Fly bird steel wire rope 2 (3600mm)	2
36			72	Fly bird steel wire rope 1 (10700mm)	1
Bill of materials					

ID num ber	Name	Quan tity	ID num ber	Name	Quan tity
73	Plastic barbell collar	10			
74	Barbell collar 3	8			
75	Barbell plastic clip	12			
76					
77	Steel plate cover	1			
78	Hexagon socket bolt M8*16	4			
79	Flat washer Ø8	4			
80	Rowing handle	1			
81	Spring snap ring	7			
82	Iron chain	2			
83	Ø30 dipped handle	2			
84					
85	Accessory hook	2			
86	Accessory parallel bars left	1			
87	Accessory parallel bars right	1			
88	Accessory parallel bars left 1	1			

89	Accessory parallel bars right 1	1			
90	Ø28 flat tube plug	4			
91	Rubber pad	4			
92					
93	Handle	2			
94	Grip	1			
95	I-shaped U-frame	3			
96	Adjustable U-frame	1			
97	Abdominal belt	1			
98	Squat shoulder pad	1			

1 	2 	3 	4 	5 
6 	7 	8 	9 	10 
11 	12 	13 	14 	15 
16 	17 	18 	19 	20 
21 	22 	23 	24 	25 
26 	27 	28 	29 	30 
31 	32 	33 	34 	35 
36 	37 	38 	39 	40 
41 	42 	43 	44 	45 
46 	47 	48 	49 	50 
51 	52 	53 	54 	55 

56 	57 	58 	59 	60 
61 	62 	63 	64 	65 
66 	67 	68 	69 	70 
71 	72 	73 	74 	75 
76 	77 	78 	79 	80 
81 	82 	83 	84 	85 
86 	87 	88 	89 	90 
91 	92 	93 	94 	95 
96 	97 	98 		



Installation Procedure

Note:

- 1、 Washers should be placed on both ends of the bolts (opposite the bolt head and nut), unless otherwise specified;
- 2、 During initial assembly, hand-tighten all bolts and nuts. Use a wrench to fully tighten during complete assembly;
- 3、 Some components have been pre-assembled at the factory;
- 4、 It is recommended to have at least two people for the installation of this product.

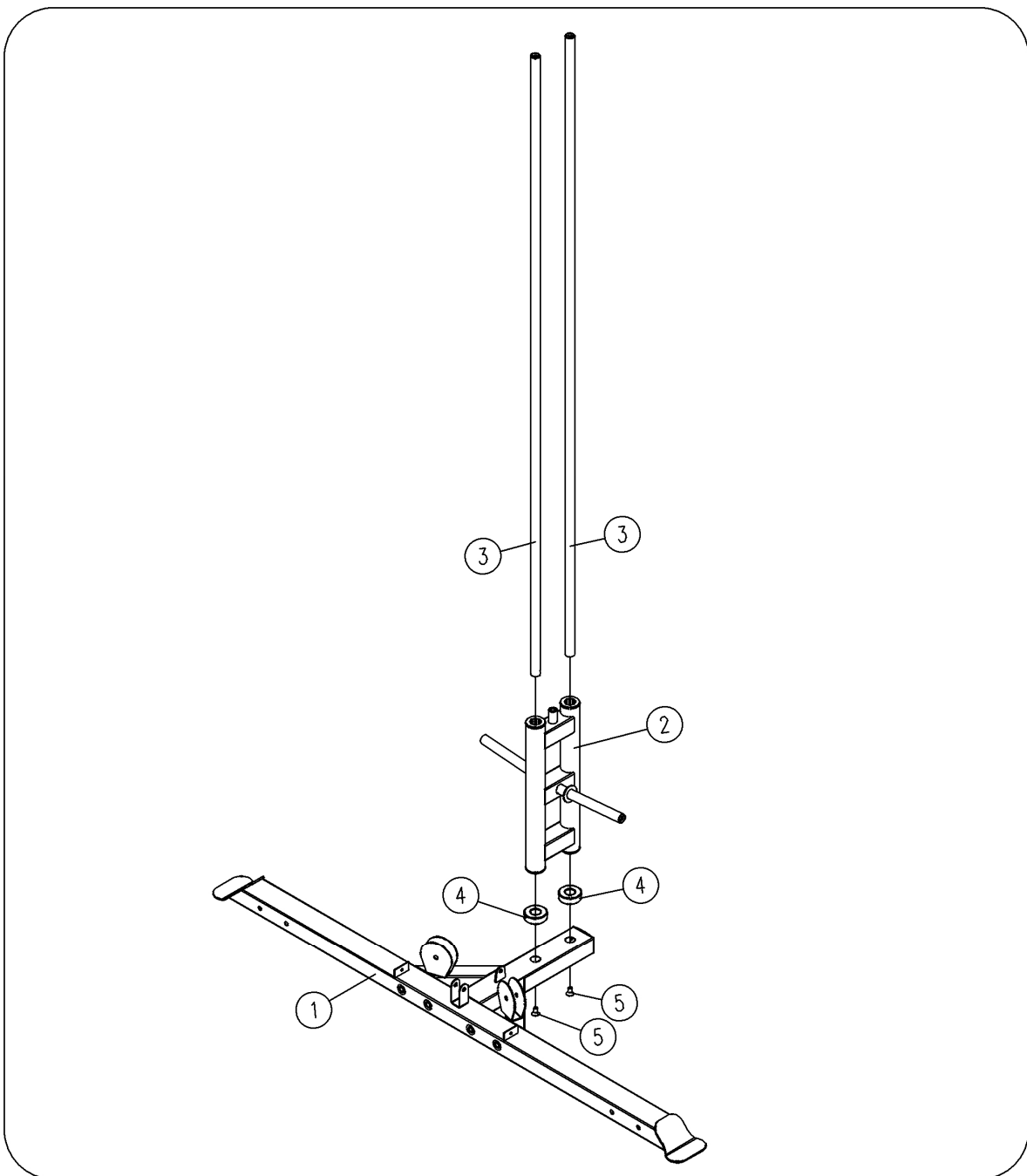


Image1

1. Refer to the diagram and insert the two weight bar guides (#3) into the installation holes of the rear base frame (#1). Secure them with two countersunk hexagon socket bolts M10x20 (#5);

- Following the diagram, assemble the weight buffer cushion (#4) and the weightlifting rack (#2) onto the top end of the weight bar guides (#3).

Installation Procedure

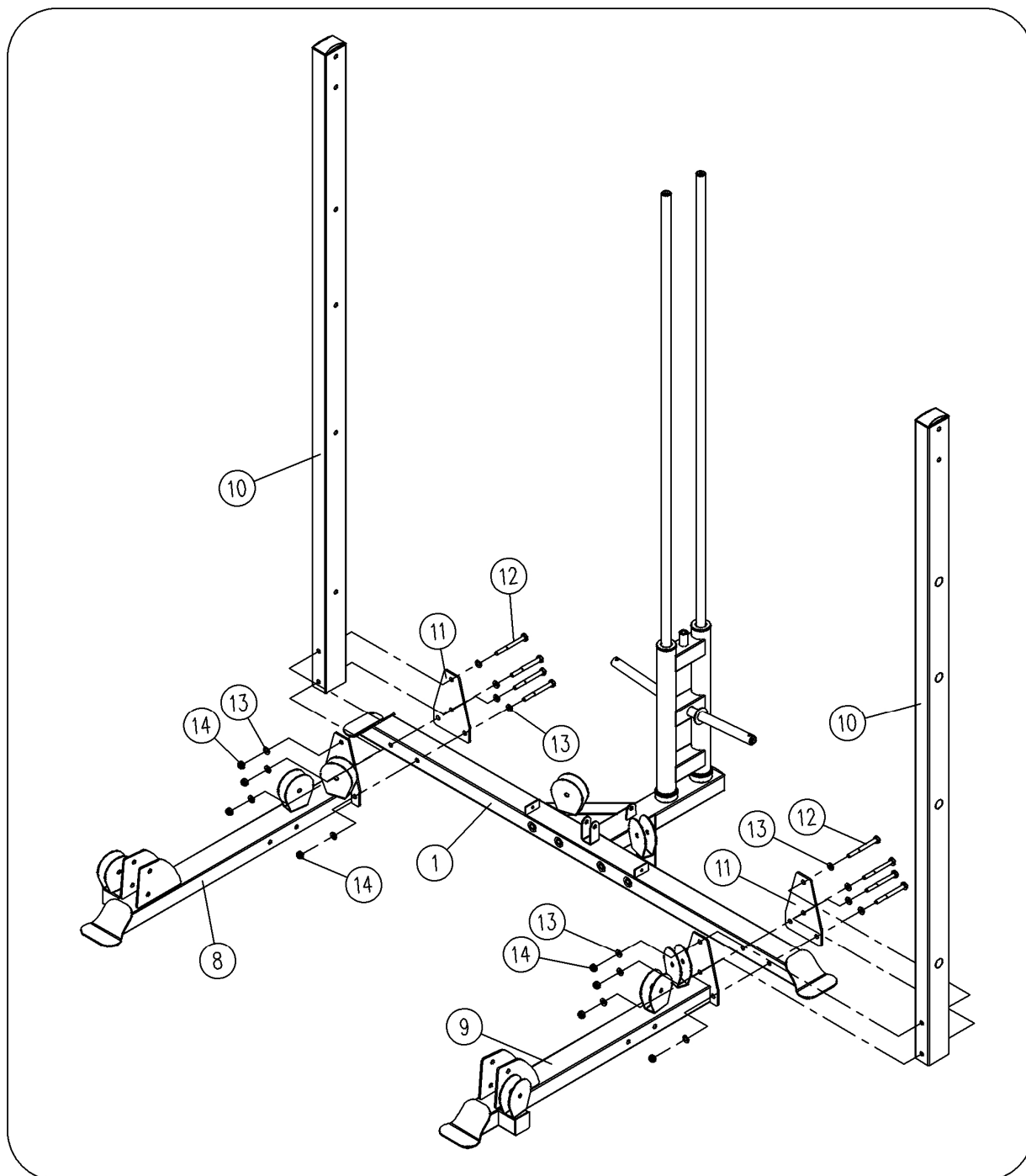


Image2

- Refer to the diagram and use two hexagon socket bolts M10x100 (#12), four flat washers Ø10 (#13), and two lock nuts M10 (#14) to attach the left base frame (#8) and connecting plate 2 (#11) to the rear base frame (#1).
- Following the diagram, use two hexagon socket bolts M10x100 (#12), four flat washers Ø10 (#13), and two lock nuts M10 (#14) to attach the right base frame (#9) and connecting plate 2 (#11) to the rear base frame (#1).
- Use four hexagon socket bolts M10x100 (#12), eight flat washers Ø10 (#13), and

one lock nut M10 (#14) to secure the back column (#10) between the left base frame (#8) and connecting plate 2 (#11), and the right base frame (#9) and connecting plate 2 (#11).

Installation Procedure

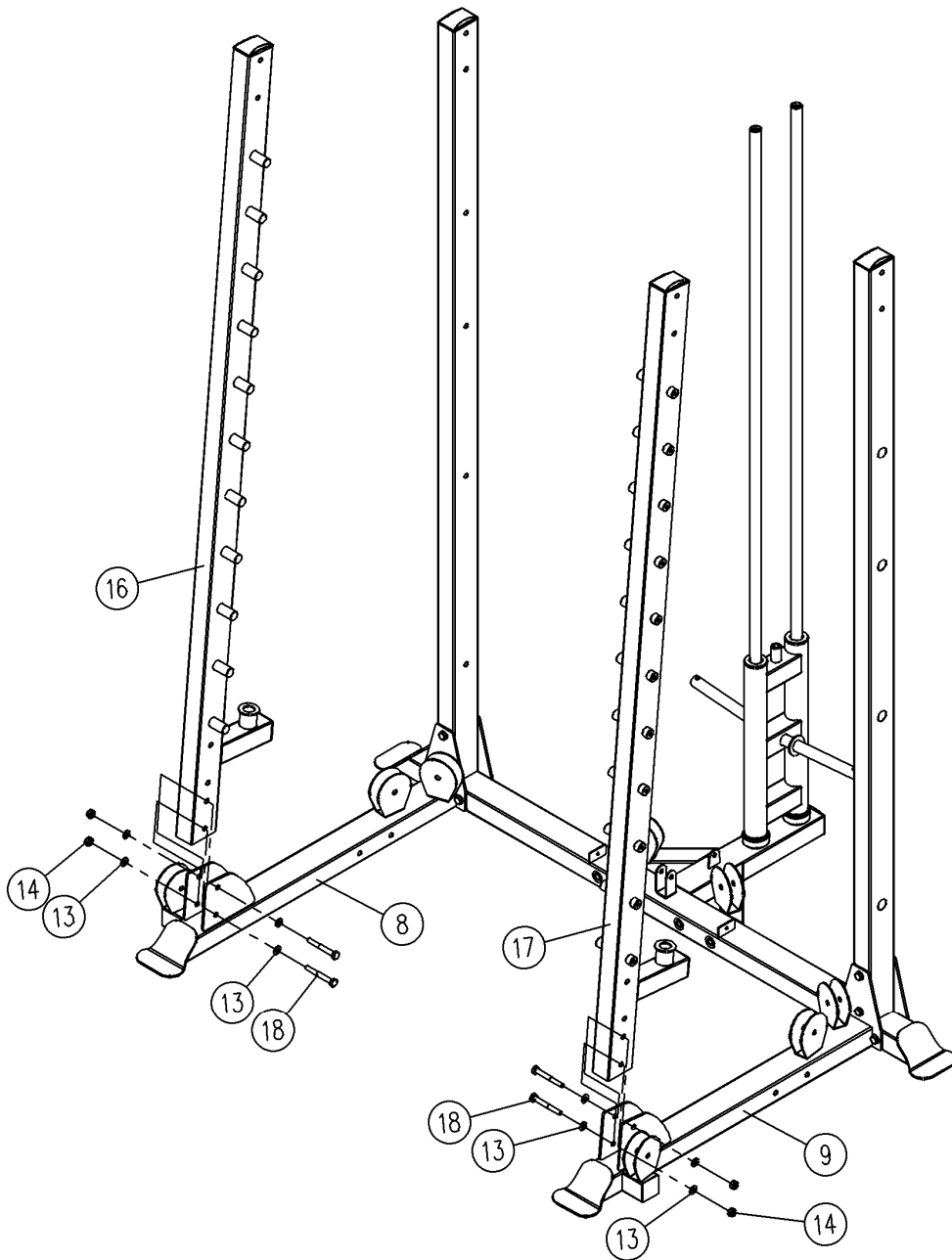


Image3

1. Refer to the diagram and use two hexagon socket bolts M10x80 (#18), four flat washers Ø10 (#13), and two lock nuts M10 (#14) to attach the left front column (#16) to the left base frame (#8);
2. Following the diagram, use two hexagon socket bolts M10x80 (#18), four flat washers Ø10 (#13), and two lock nuts M10 (#14) to attach the right front column

(#17) to the right base frame (#9).

Installation Procedure

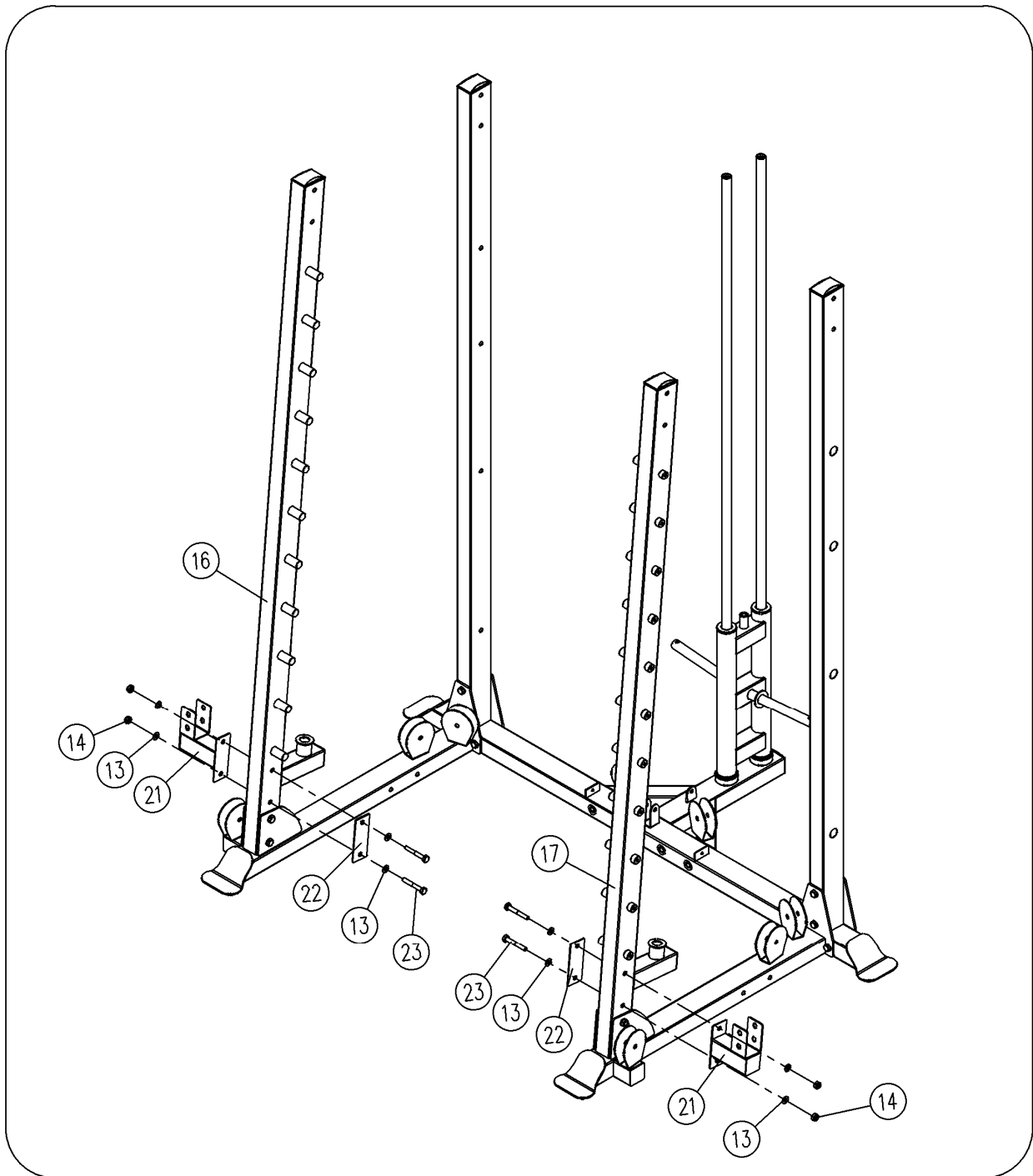


Image4

1. Refer to the diagram and use two hexagon socket bolts M10x70 (#23), four flat washers Ø10 (#13), and two lock nuts M10 (#14) to attach the lower slide seat (#21) and welding plate 11 to both sides of the left front column (#16);
2. Follow the diagram and use two hexagon socket bolts M10x70 (#23), four flat washers Ø10 (#13), and two lock nuts M10 (#14) to attach the lower slide seat (#21) and welding plate 11 to both sides of the right front column (#17).

Installation Procedure

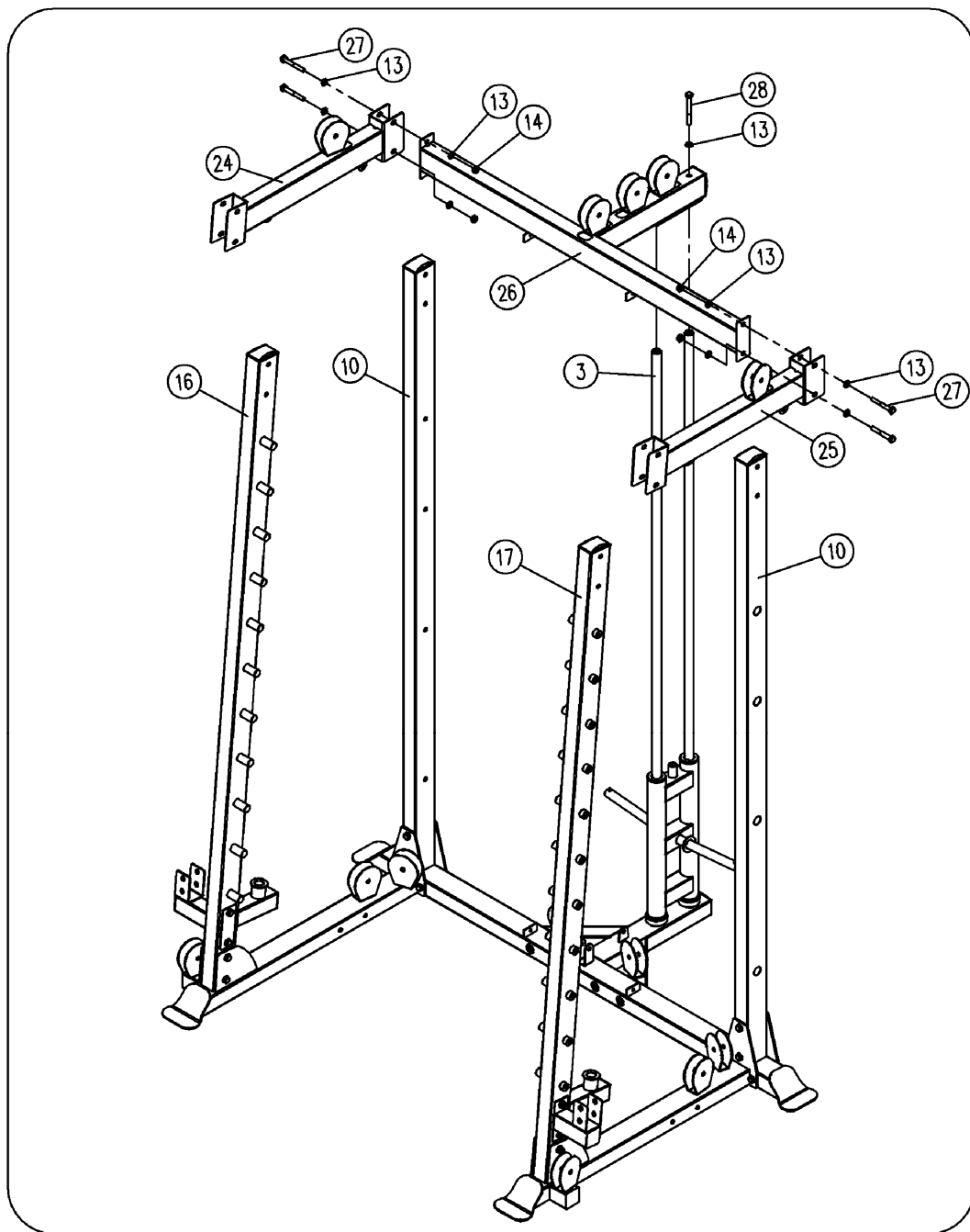


Image5

1. Refer to the diagram and install the left top frame (#24) between the rear column (#10) and the left front column (#16). Then, connect the rear top frame (#26) with the weight bar guide (#3). Use two hexagon socket bolts M10x75 (#27), four flat washers Ø10 (#13), and two lock nuts M10 (#14) to secure the left end of the rear top frame (#26) to the left top frame (#24);
2. Install the right top frame (#25) between the rear column (#10) and the right front column (#17) according to the diagram. Then, use two hexagon socket bolts M10x75 (#27), four flat washers Ø10 (#13), and two lock nuts M10 (#14) to secure the right end of the rear top frame (#26) to the right top frame (#25);
3. Use one hexagon socket bolt M10x95 (#28) and one flat washer Ø10 (#13) to

tighten the rear weight bar guide (#3) through the rear top frame (#26), as shown in the diagram.

Note: The direction of bolt insertion should follow the diagram..

Installation Procedure

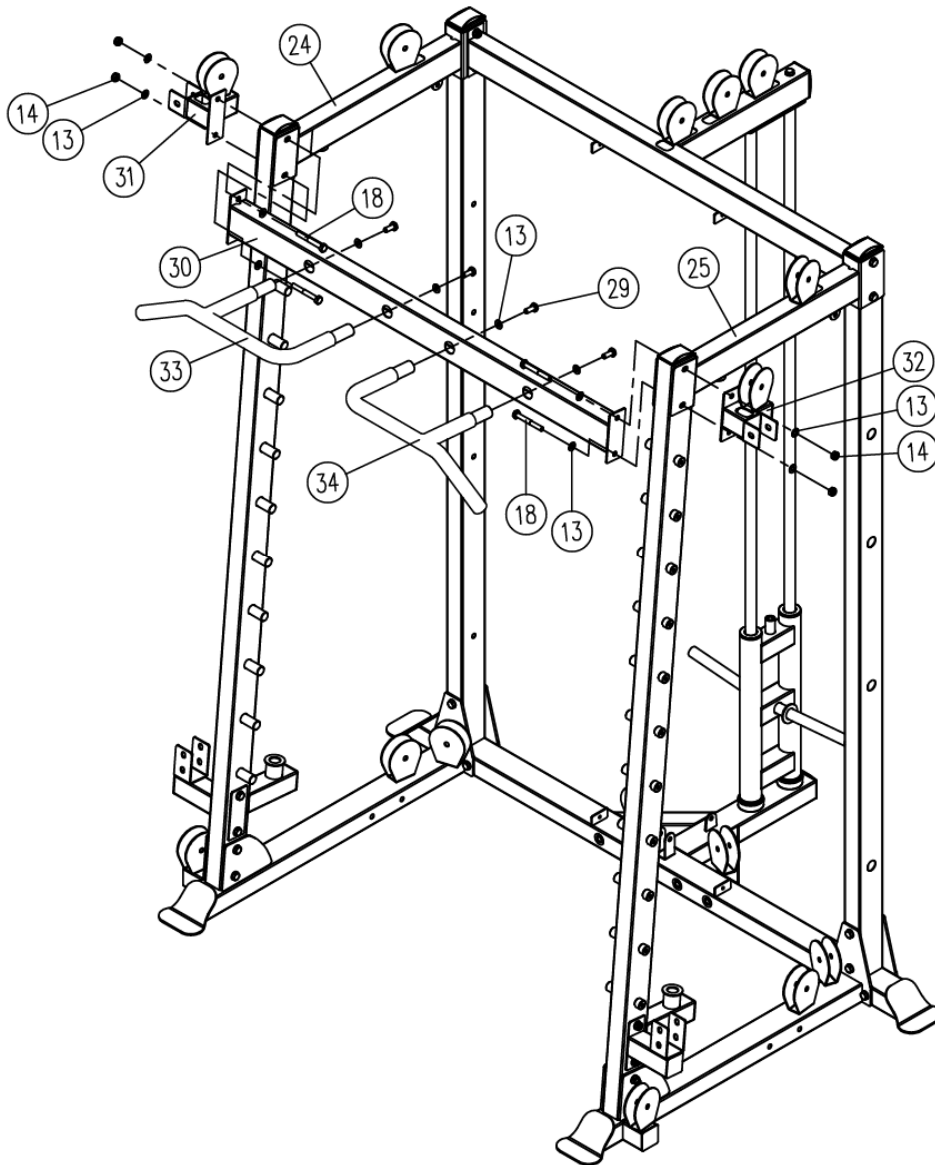


Image6

1. According to the diagram, first place the front top frame (#30) (with the four large holes facing outward) between the left top frame (#24) and the right top frame (#25). Then, insert four hexagon socket bolts M10x80 (#18) and four flat washers Ø10 (#13) through the ends of the front top frame (#30), passing through the left top frame (#24) and the right top frame (#25);
2. Align the left upper slide seat (#31) and the right upper slide seat (#32) with the previously inserted hexagon socket bolts M10x80 (#18) on the ends of the front top frame (#30) according to the diagram. Then, use four flat washers Ø10 (#13) and four

lock nuts M10 (#14) to secure them on both ends;

3. Insert the left single bar frame (#33) and the right single bar frame (#34) into the front top frame (#30) according to the diagram. Use four hexagon socket bolts M10x25 (#29) and four flat washers Ø10 (#13) to tighten them.

Note: The direction of bolt insertion should follow the diagram.

Installation Procedure

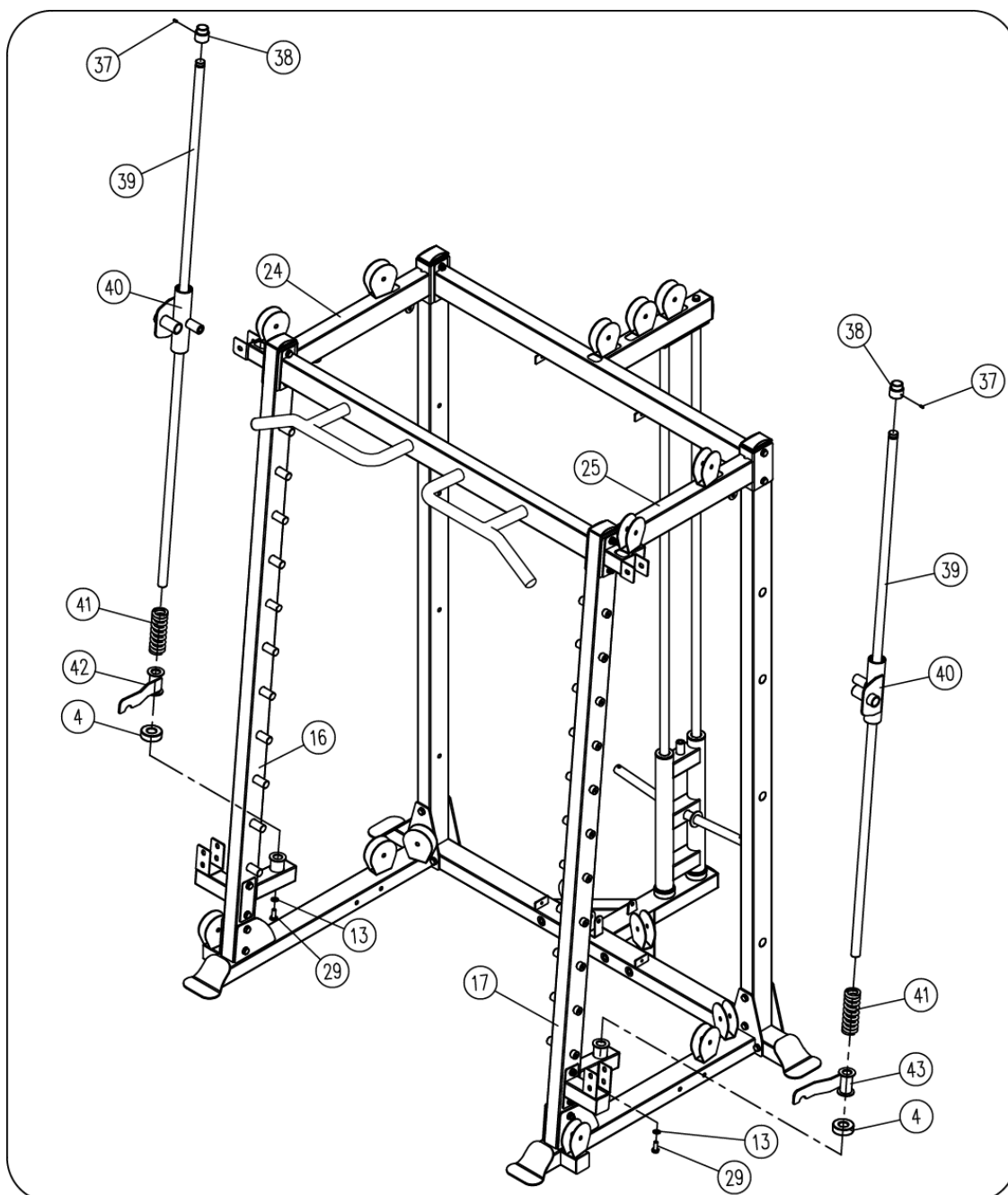


Image7

1. According to the diagram, assemble the weight buffer pad (#4), left protective frame (#42), spring (#41), slide frame (#40), and step locking sleeve (#38) onto the weight bar guide (#39) in sequence. Then, insert the assembled weight bar guide (#39) into the left front column (#16). Finally, slide the step locking sleeve (#38) onto the upper end of the weight bar guide (#39) and insert it into the left top frame (#24).

Secure it in place with the M5x8 stop screw (#37) tightened in the groove of the weight bar guide (#39);

2. According to the diagram, assemble the weight buffer pad (#4), right protective frame (#43), spring (#41), slide frame (#40), and step locking sleeve (#38) onto the weight bar guide (#39) in sequence. Then, insert the assembled weight bar guide (#39) into the right front column (#17). Finally, slide the step locking sleeve (#38) onto the upper end of the weight bar guide (#39) and insert it into the right top frame (#25). Secure it in place with the M5x8 stop screw (#37) tightened in the groove of the weight bar guide (#39);

3. Use two hexagon socket bolts M10x25 (#29), two flat washers Ø10 (#13), and fasten them from the lower end of the weight bar guide (#39) according to the diagram.

Installation Procedure

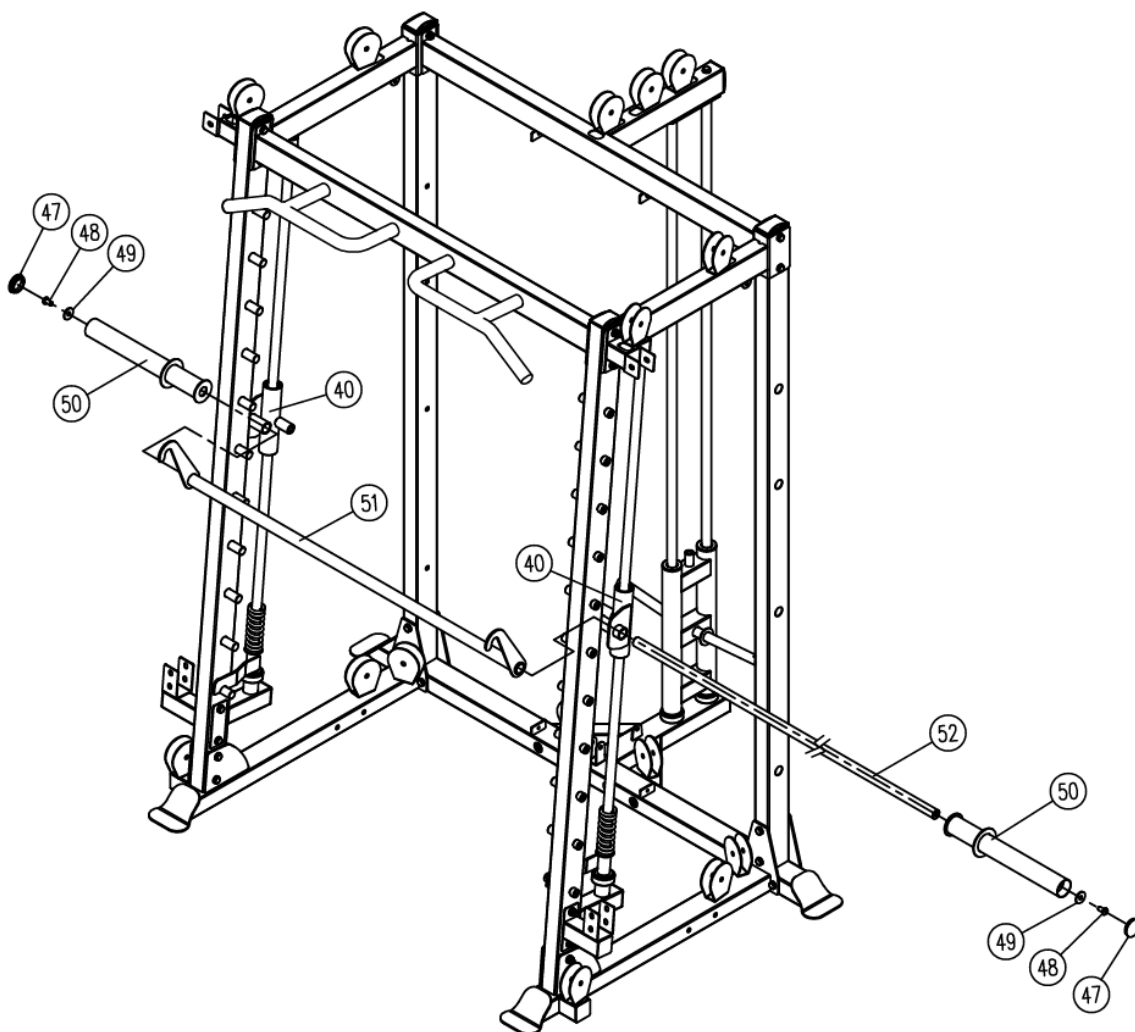


Image8

1. According to the diagram, insert the barbell rod (#52) successively through the

- slide frame (#40), the hook rod (#51), and the slide frame (#40);
2. Attach barbell sleeve 2 (#50) to both sides of the barbell rod (#52) as shown in the diagram. Then, use two umbrella head hexagon bolts M10x20 (#48), two large flat washers Ø10 (#49), and secure them at both ends of the barbell rod. Finally, cover the outer end of barbell sleeve 2 (#50) with a Ø50 round tube plug.

Installation Procedure

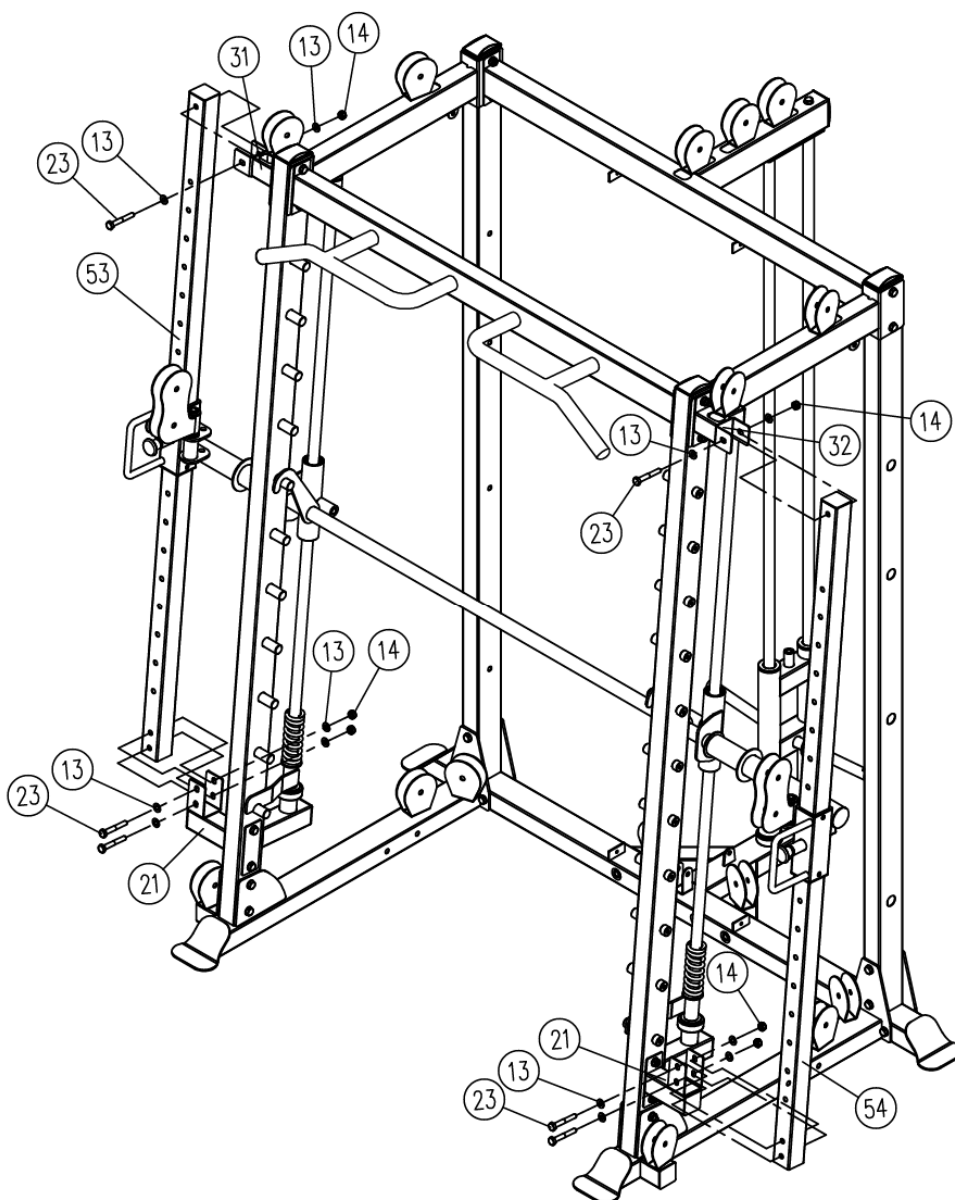


Image9

1. According to the diagram, use three hexagon bolts M10x70 (#23), six flat washers Ø10 (#13), and three lock nuts M10 (#14) to secure the assembled fly slide tube group to the left upper slide seat and the slide seat bottom;
2. Similarly, use three hexagon bolts M10x70 (#23), six flat washers Ø10 (#13), and three lock nuts M10 (#14) to secure the assembled fly slide tube group to the

right upper slide seat and the slide seat bottom.
Note: Please tighten all the bolts that have not been tightened.

Installation Procedure

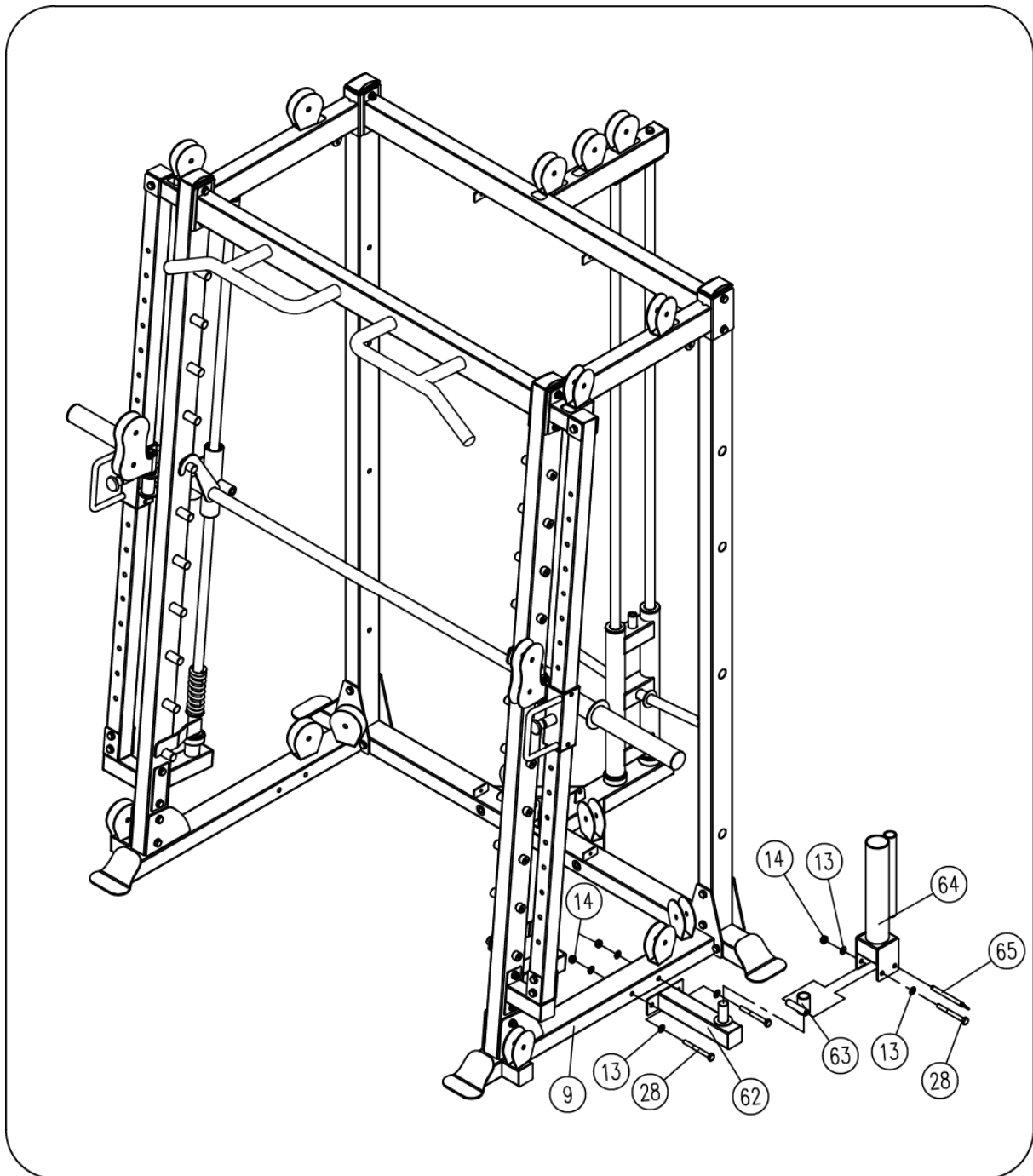


Image10

1. According to the diagram, use two hexagon bolts M10x95 (#28), four flat washers Ø10 (#13), and two lock nuts M10 (#14) to attach the cannon frame (#62) to the right bottom frame (#9) and tighten them;
2. Place the cannon rotating frame (#63) onto the cannon frame (#62) as shown in the diagram;
3. Use one hexagon bolt M10x95 (#28), two flat washers Ø10 (#13), and one lock nut M10 (#14) to secure the cannon mount (#64) to the cannon rotating frame (#63).

Then, to allow the cannon mount (#64) to stand upright, insert the ring pin (#65) into the cannon mount.

Installation Procedure

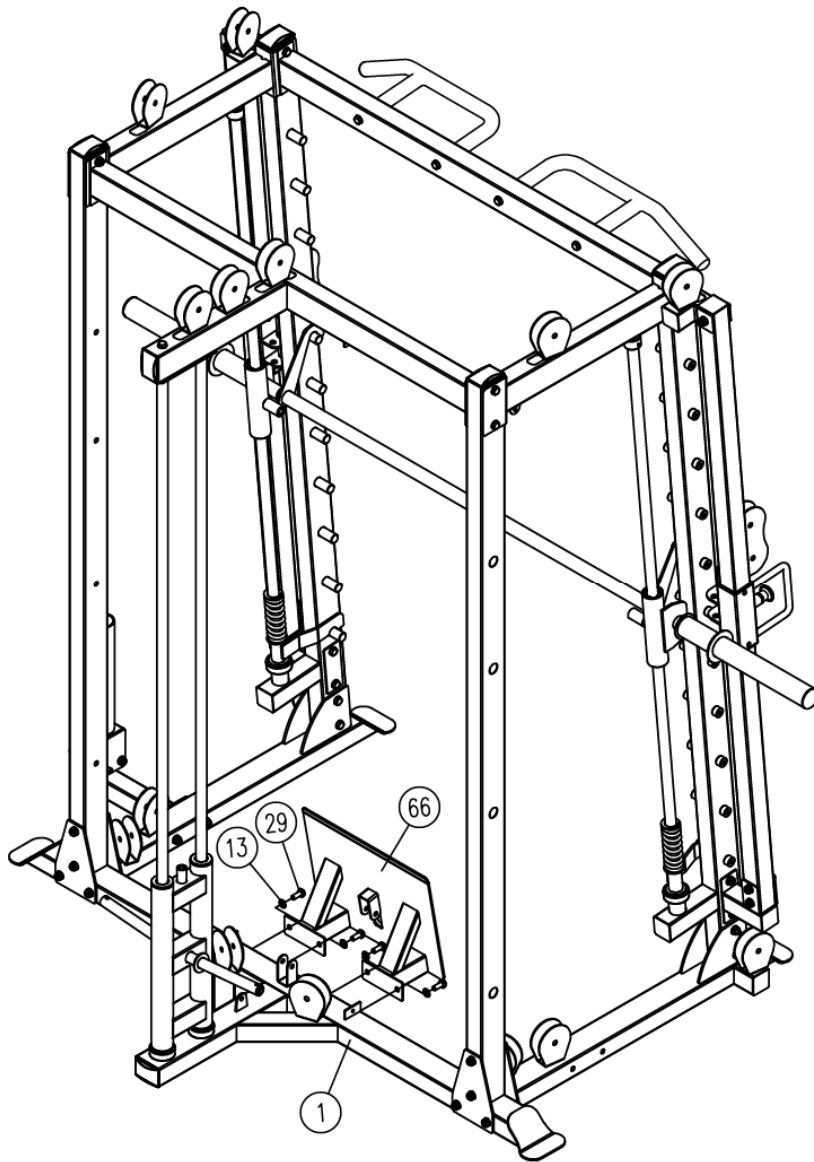


Image11

According to the diagram, use four hexagon bolts M10x25 (#29) and four flat washers Ø10 (#13) to secure the pedal frame (#66) to the rear bottom frame (#1).

Installation Procedure

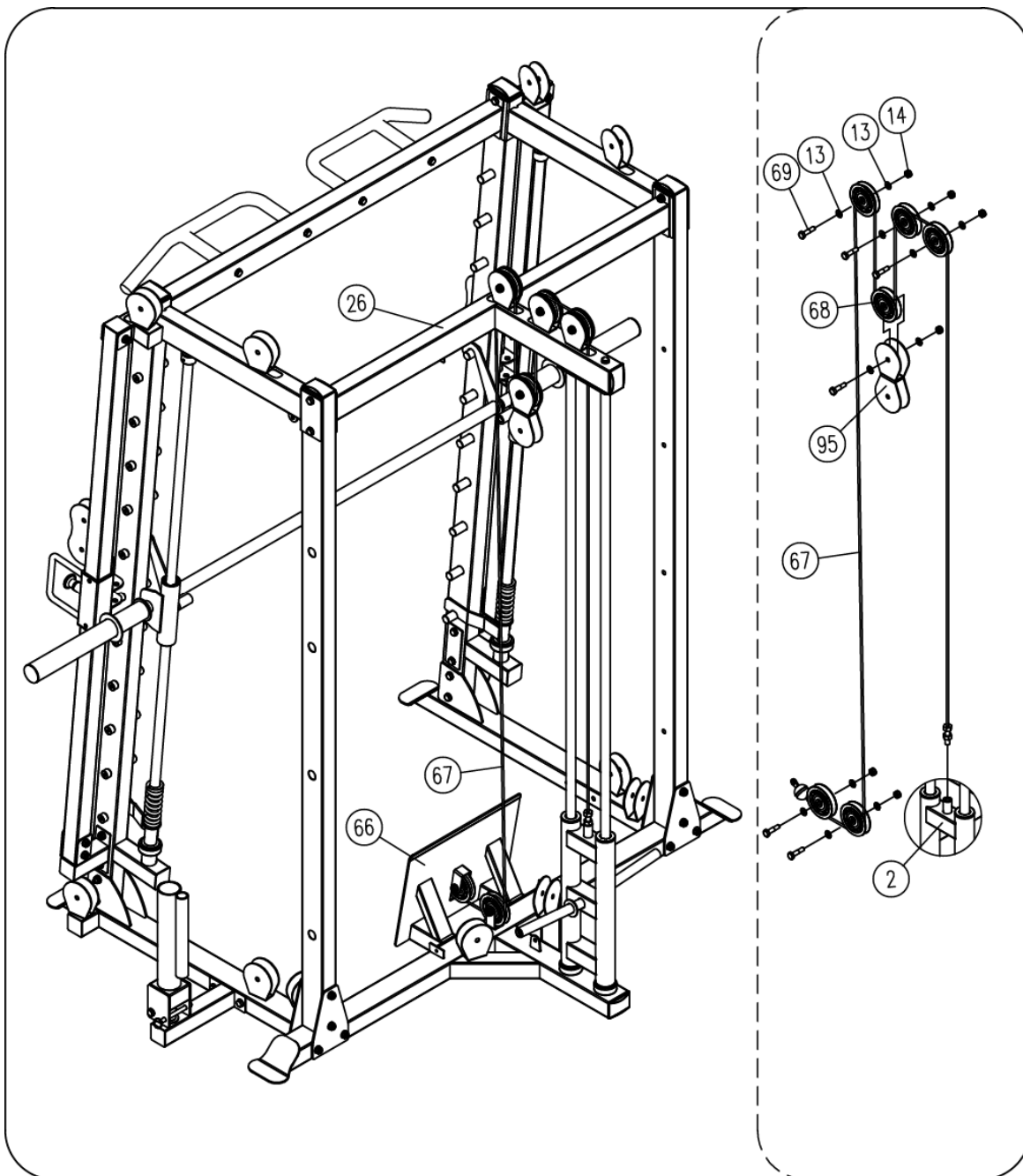


Image12

1. Use three hexagon bolts M10x45 (#69), six flat washers Ø10 (#13), and three lock nuts M10 (#14) to install the three pulleys onto the rear top frame (#26) as shown in the diagram;
2. Thread the end of the rowing steel wire rope (#67) (length 4840mm) through the pedal frame (#66) and, at the same time, use three hexagon bolts M10x45 (#69), six flat washers Ø10 (#13), and three lock nuts M10 (#14) to attach the other three pulleys (#68) in sequence;
3. Lock the end of the rowing steel wire rope (#67) (length 4840mm), which has passed through all the pulleys (#68), to the weight rack (#2) according to the diagram.

Installation Procedure

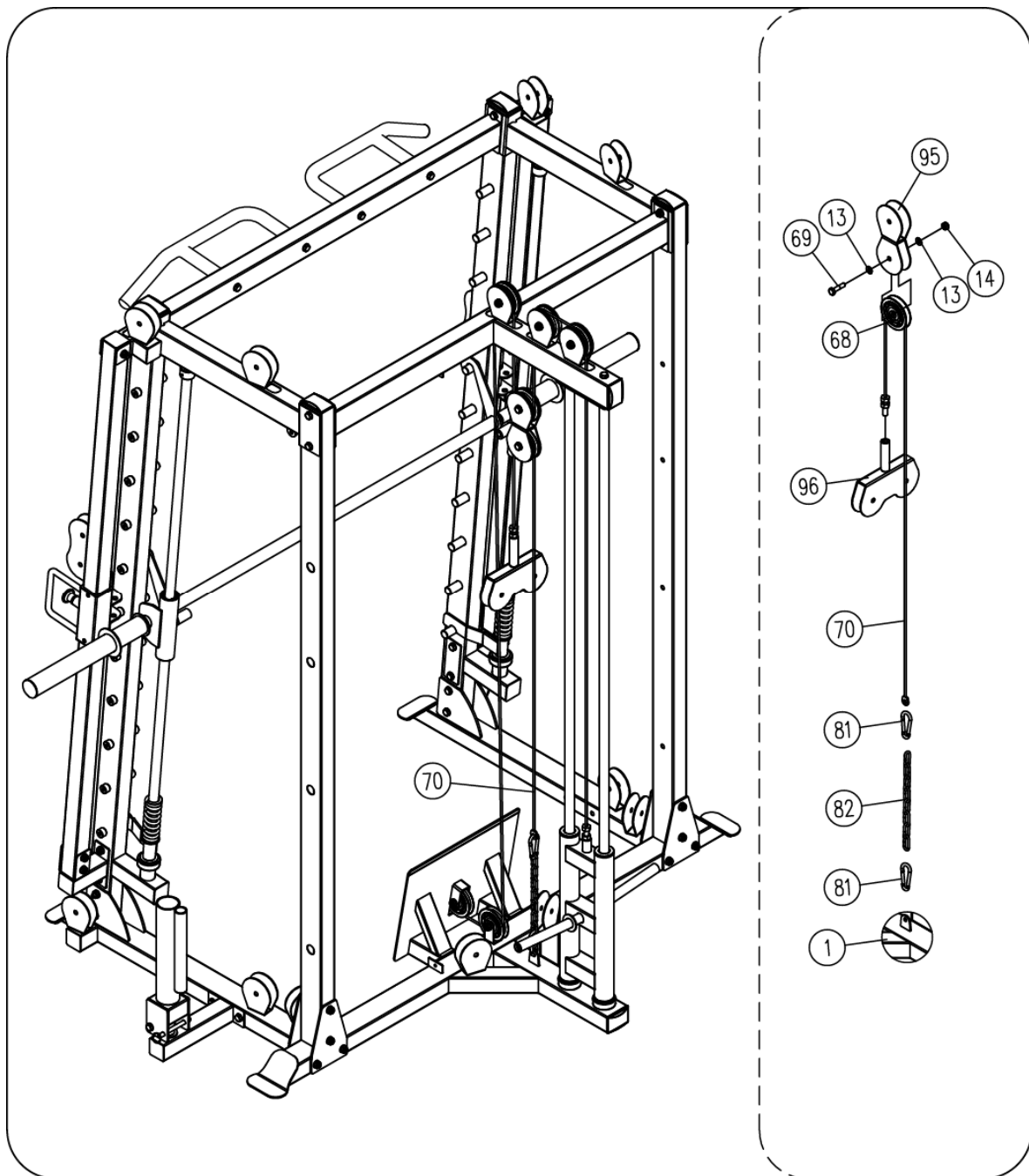


Image13

1. According to the diagram, pass the adjustable frame cable (#70) with a length of 1600mm through the U-shaped bracket (#95). Use 1 hexagonal bolt M10x45 (#69), 2 flat washers $\Phi 10$ (#13), and 1 anti-loosening nut M10 (#14) to lock the pulley (#68) onto the U-shaped bracket (#95) to prevent the adjustable frame cable (#70) from coming loose;
2. As shown in the diagram, connect the starting end of the adjustable frame cable (#70) with a length of 1600mm to the rear base frame (#1) sequentially through the spring clip (#81), iron chain (#82), and spring clip (#81);
3. As shown in the diagram, lock the end of the adjustable frame cable (#70) with a length of 1600mm to the adjustable U-shaped bracket (#96).

Note: By adjusting the position where the spring clip (#81) is attached to the iron

chain (#82), the height of the adjustable U-shaped bracket (#96) can be changed, thereby effectively adjusting the tension of all the cables in this product.

Installation Procedure

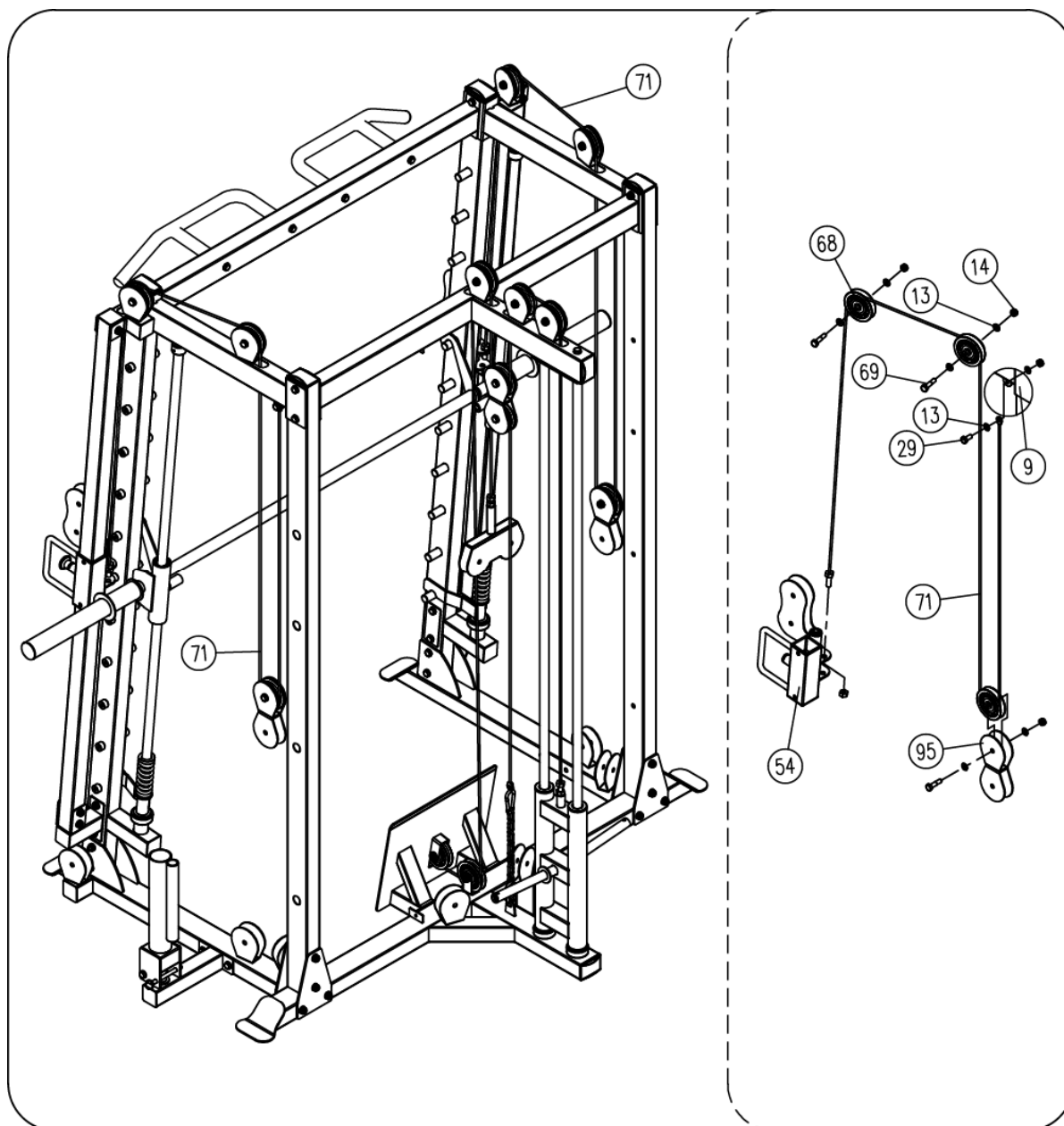


Image14

1. Remove the hexagonal cap from the end of one fly bird steel wire rope 2 (#71) (length 3600mm). Then, use the removed hexagonal cap to secure the end of the fly bird steel wire rope 2 (#71) (length 3600mm) to the fly slide tube group on the right (#54) according to the diagram;
2. Thread the starting end of one fly bird steel wire rope 2 (#71) (length 3600mm) through the desired pulley (#68) positions and use three hexagon bolts M10x45 (#69), six flat washers Ø10 (#13), and three lock nuts M10 (#14) to install the pulleys (#68);
3. Use one hexagon bolt M10x25 (#29), two flat washers Ø10 (#13), and one lock nut M10 (#14) to secure the fully threaded fly bird steel wire rope 2 (#71) (length

- 3600mm) to the right top frame (#9);
- Repeat the same installation process for the other side. Install the second fly bird steel wire rope 2 (#71) (length 3600mm) with its end secured to the fly slide tube group on the right (#53) and its starting end locked to the left top frame (#9) according to the diagram.

Installation Procedure

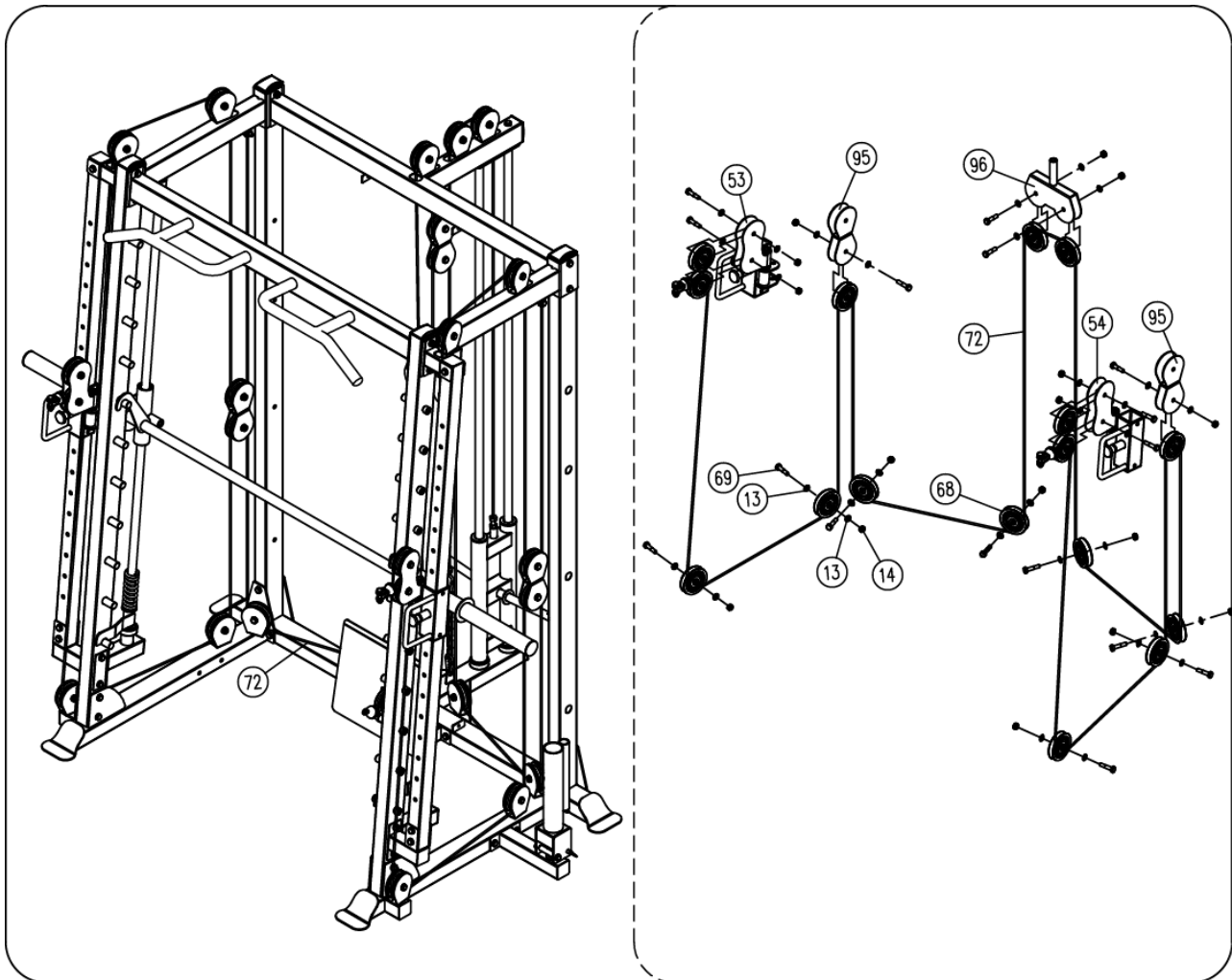


Image15

- According to the diagram, use 16 hexagonal bolts M10x45 (#69), 32 flat washers $\Phi 10$ (#13), and 16 anti-loosening nuts M10 (#14) to fully assemble and secure the 16 pulleys (#68);
- Following the diagram, remove the ball head from one end of the flying bird steel cable 1 (#72) with a length of 10700mm. Then, thread it through the already installed 16 pulleys (#68) in the left (#53) / right (#54) flying bird slide tube assembly. Once it has passed through the right (#54) / left (#53) flying bird slide tube assembly, reattach the removed ball head back to the flying bird steel cable 1 (#72) with a length of 10700mm.

Installation Procedure

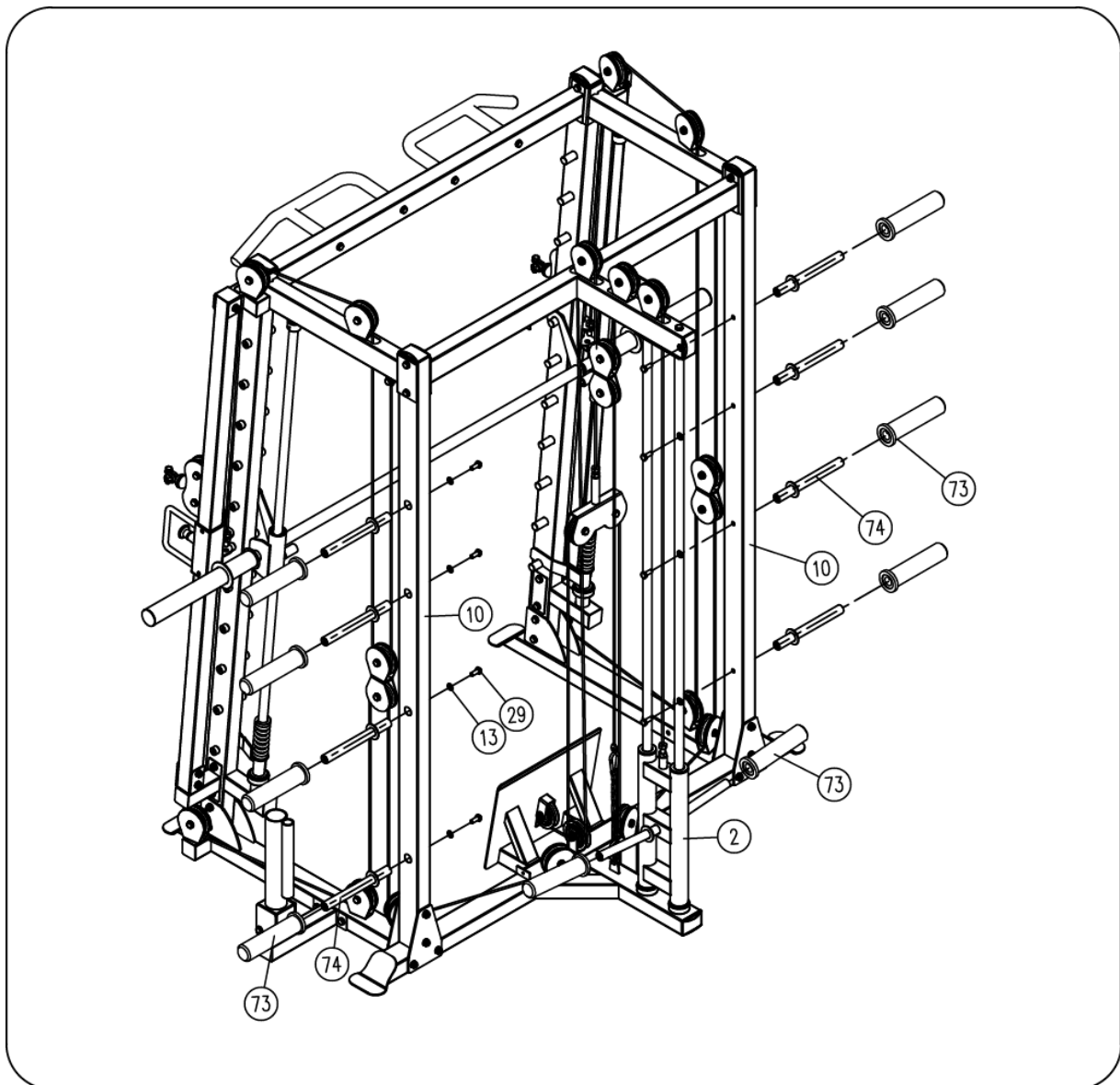


Image16

1. According to the diagram, use 8 hexagonal bolts M10x25 (#29) and 8 flat washers $\Phi 10$ (#13) to fasten 8 bar sleeves 3 (#74) separately onto the rear uprights (#10) on both sides;
2. Following the diagram, connect 8 bar sleeves 1 (#74) to the already fastened 8 bar sleeves 3 (#73), and then slide 8 plastic bar sleeves (#74) onto the bar sleeves 1 (#74) and secure them;
3. According to the diagram, slide 2 plastic bar sleeves (#74) onto both sides of the weight rack (#2), and then tighten them.

Installation Procedure

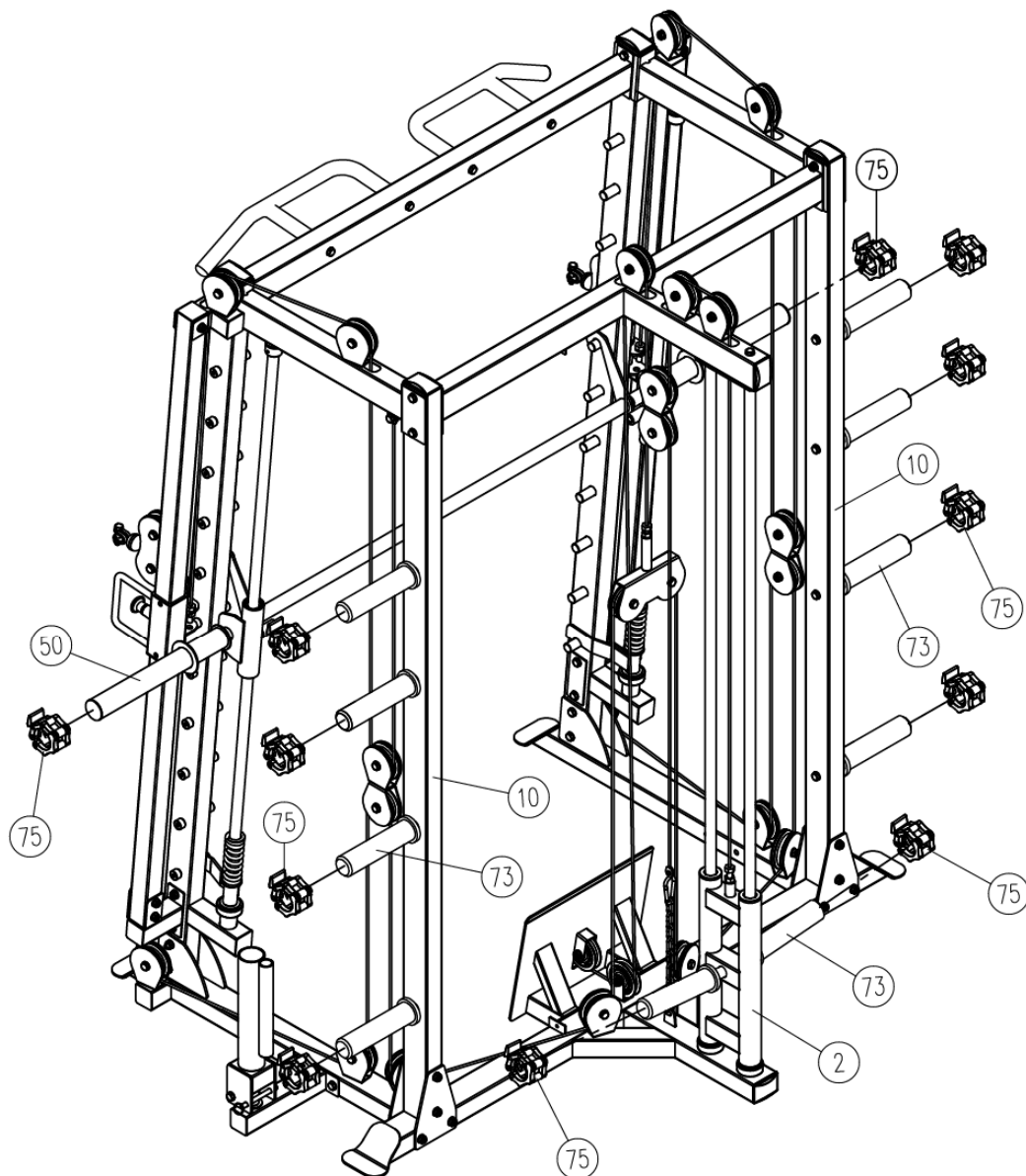


Image17

1. Attach 2 bar plastic clips (#75) to the bar sleeves 2 (#50) on both sides of the product, as shown in the diagram. Then, snap the clips together to secure them;
2. Attach 2 bar plastic clips (#75) to the bar sleeves 1 (#73) on both sides of the weight rack (#2), as shown in the diagram. Then, snap the clips together to secure them;
3. Attach 8 bar plastic clips (#75) to the 8 plastic bar sleeves (#73) on both sides of the rear uprights, following the diagram.

Installation Procedure

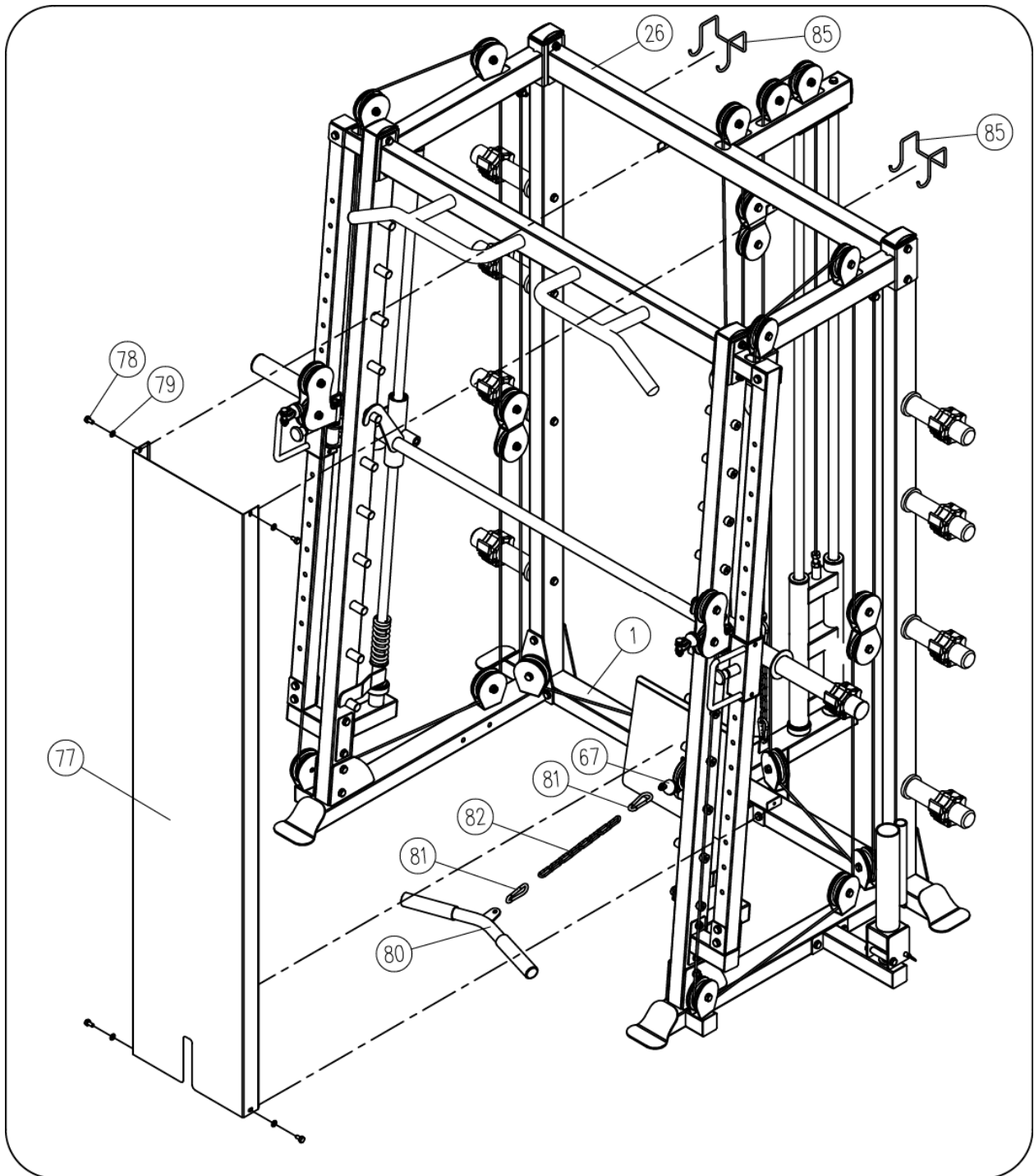


Image18

1. Use 4 hexagonal bolts M8x16 (#78) and 4 flat washers $\Phi 8$ (#79) to securely fasten the steel plate cover (#77) onto the rear base frame (#1) and rear top frame (#26), according to the diagram;
2. Following the diagram, connect the rowing handlebar (#80) and rowing steel cable (#1) together in sequence using the spring clip (#81), iron chain (#82), and spring clip (#81);
3. Following the diagram, snap 2 accessory hooks (#85) onto the rear top frame (#26).

Installation Procedure

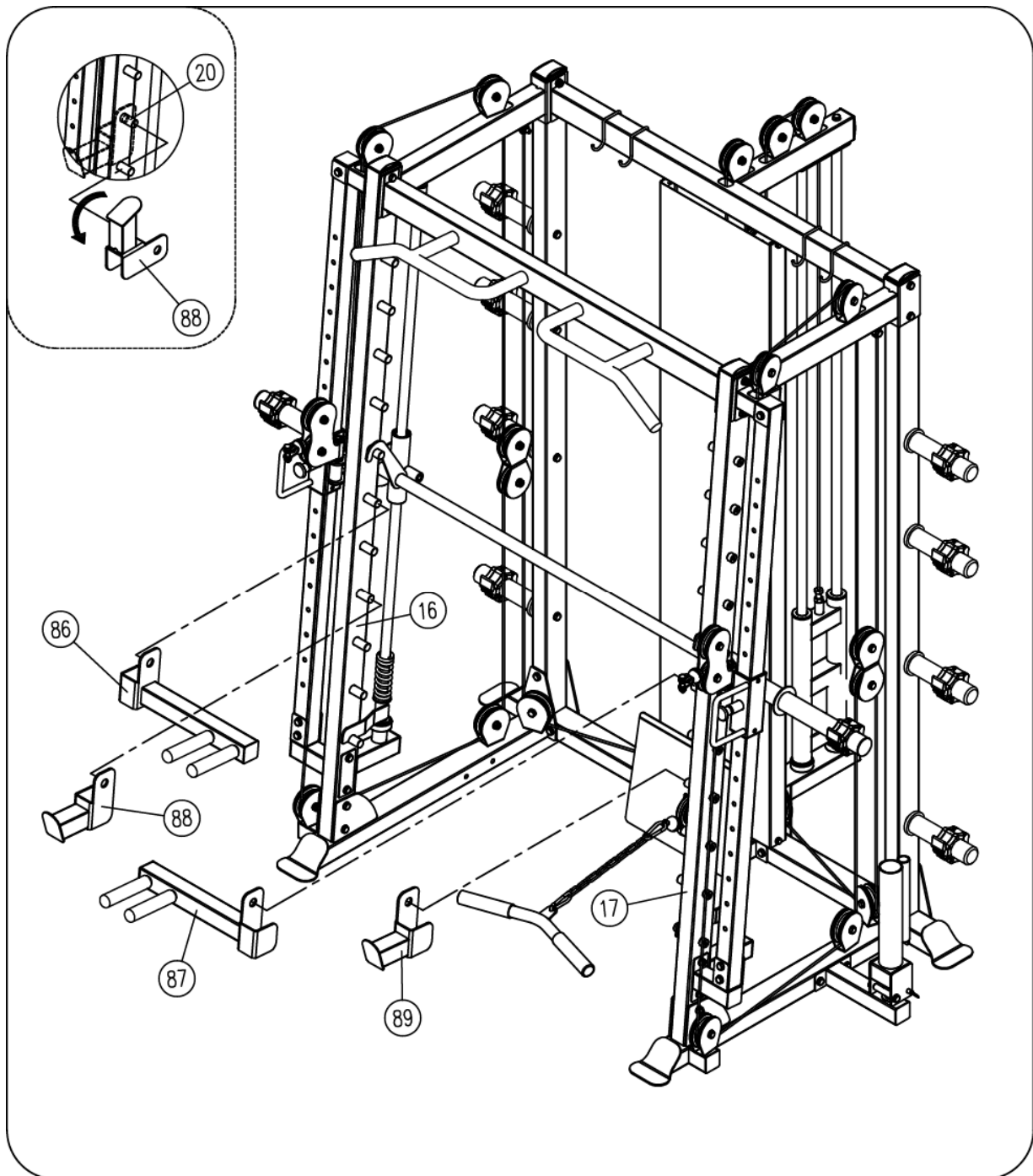


Image19

1. According to the diagram, attach the left attachment bar 1 (#88) to the round bar (#20) on the left front pillar (#16). Then, rotate and secure the left attachment bar 1 (#88) at an angle onto the left front pillar (#16);
2. Follow the diagram to attach the left attachment bar (#86) to the left front pillar (#16) using the method described in step 1;
3. Use the method described in step 1 to attach the right attachment bar (#87) and the right attachment bar 1 (#89) to the right front pillar (#17) as shown in the diagram.

Installation Procedure

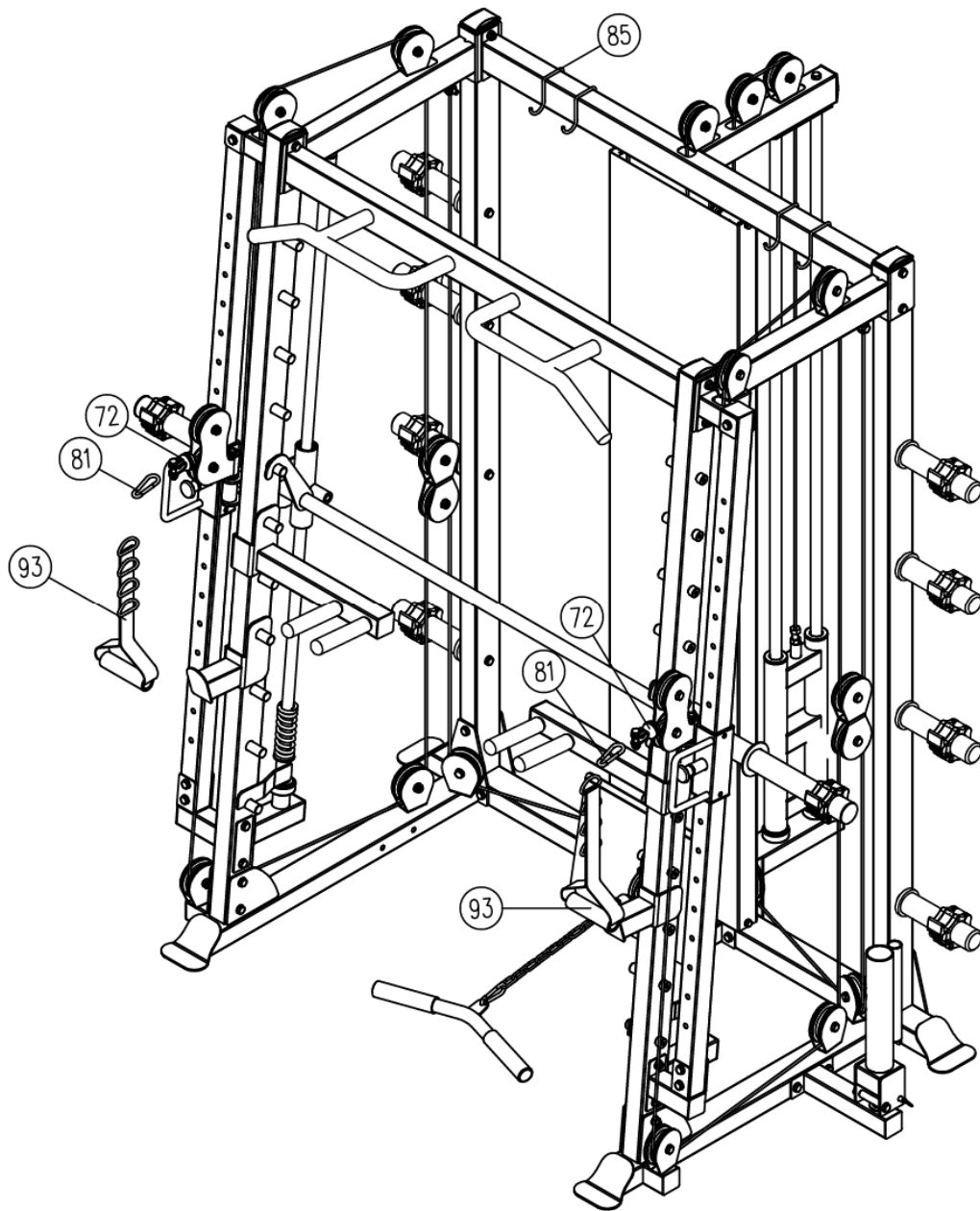


Image20

Following the diagram, use spring clips (#81), iron chains (#82), and spring clips (#81) in sequence to connect the two handles (#93) to both ends of the flying bird steel cable 1. Alternatively, you can also connect the single handlebar (#92) to both ends of the flying bird steel cable 1.

1. Please use a wrench to tighten all bolts and nuts securely.
2. Your equipment is now fully assembled.
3. Before using it correctly, please check that all pulleys and cables have been properly secured.
4. During the initial phase of use, make necessary adjustments to the cables based on the actual situation.

Maintenance

Maintenance methods:

To extend the lifespan of the equipment, it is necessary to lubricate the components regularly. The product has been preliminarily lubricated before leaving the factory, but after a certain period of use, it is necessary to perform necessary lubrication and maintenance between the guide rods and weight plates.

Note: Do not use motor oil or grease as they may attract dust and dirt from the air. It is recommended to use sewing machine oil.

1. Regularly inspect all pulleys and cables for signs of wear.
2. Periodically check and adjust the tension of the cables.
3. Regularly inspect all moving parts and handles for signs of wear or damage. If any issues are found, immediately stop using the equipment and contact our after-sales department.
4. During inspections, ensure that all bolts and nuts are securely fastened. If any bolts or nuts become loose, tighten them promptly.
5. Check for any cracks in the welds.
6. Failure to perform routine maintenance may result in personal injury or damage to the equipment.