MLD-M3

Installation Instructions

CONTENTS

Safety Instruction

Safety Precautions

To ensure your safety, please read and follow the following guidelines before using this product:

1、Read, study, and understand the instruction manual and all warning labels before use. It is recommended to familiarize yourself with the proper operation and usage of the equipment before using it. Relevant information can be found in the instruction manual and from local retailers.

2、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、Consult a doctor's advice before starting any exercise regimen.

5、Ensure safety when children are present.

6、Use caution when children are using the equipment.

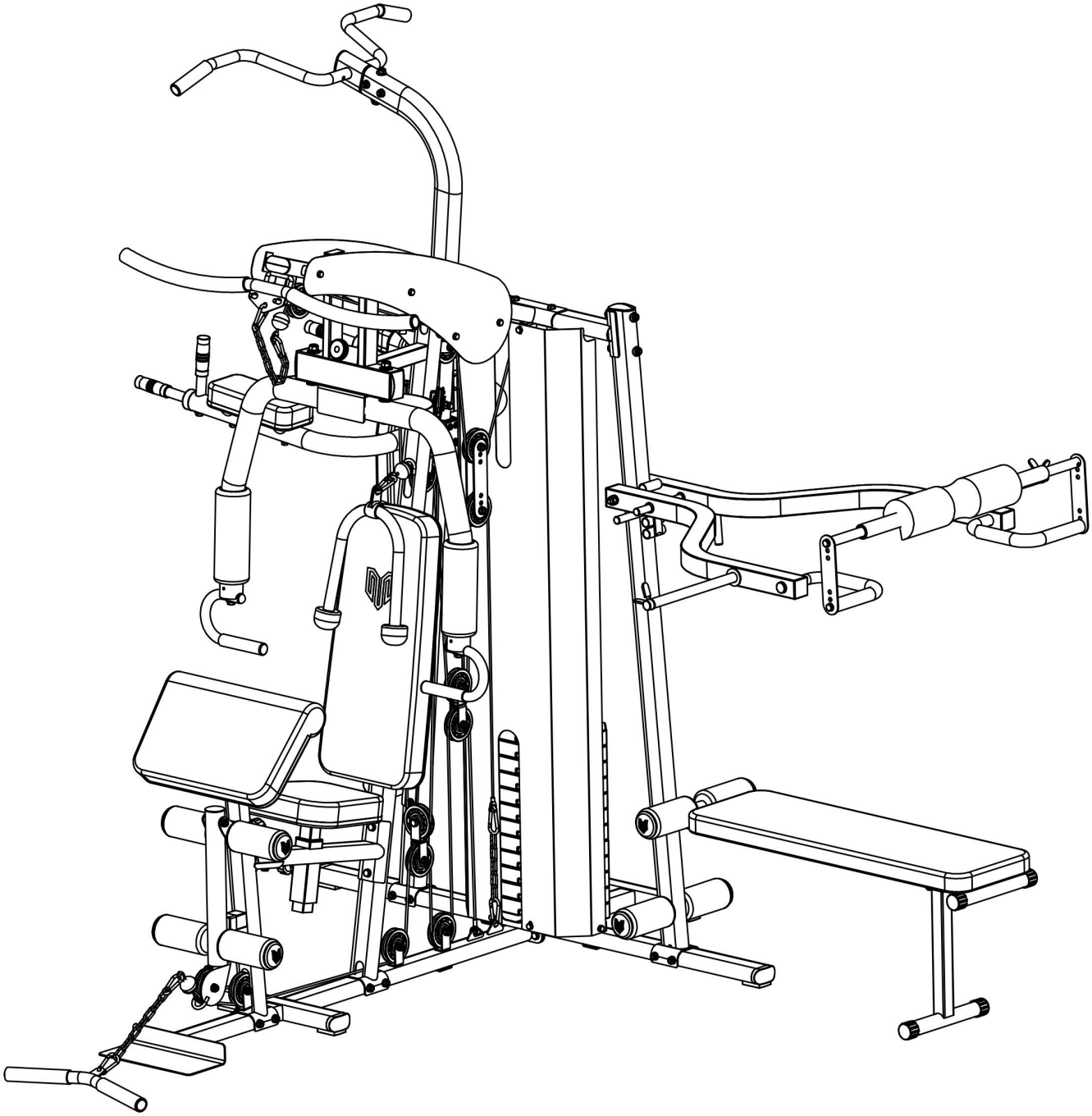
7、Regularly inspect the steel wire rope for any signs of wear. If any wear is detected, it may pose a certain level of danger.

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

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

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

Product Overview



MLD-M3

Executive Standard:*GB17498.1*

Parts List

NO.	Part	Quantity	NO.	Part	Quantity
1	Main base	1	37	Squat arm	2
2	Front frame	1	38	Arm cushion	1
3	Rear base	1	39	Backrest cushion	1
4	Front column	1	40	Seat cushion	1
5	Counterweight guide rod	2	41	Pull-knob	2
6			42	Φ19 bushing	6
7	Aircraft frame	1	43	Aircraft frame fixing knob	1
8	Top beam	1	44	Φ25 foam cover	8
9	Seat frame	1	45	Squat handle adjustment rod	2
10	Front support for seat installation frame	1	46		
11	Push arm right	1	47		
12	Push arm left	1	48		
13	Leg lever	1	49	40x80 leg pipe sleeve	6
14	Armrest frame	1	50		
15	Aircraft frame fixing shaft	1	51		
16	Aircraft frame screw	1	52		

17	Connector plate	2	53		
18	Push arm handle tube 1	2	54	Hexagon bolt M10x50	2
19	Pulley	16	55	Flat washer Φ8	36
20	Crossed U-shaped pulley bracket	1	56	Flat washer Φ10	92
21	Single U-shaped pulley bracket	2	57		
22	Back pull rod	1	58		
23	Rowing bar	1	59	Large flat washer Φ10	4
24	Adjusting plate	4	60		
25	Φ25 foam pipe (380mm)	4	61	Hexagon bolt M8x16	28
26	Counterweight top block	1	62		
27	Counterweight block	12	63	Hexagon bolt M8x40	1
28	Counterweight washer	1	64	Hexagon bolt M8x55	2
29	Add-on rod fixing pin	1	65	Hexagon bolt M10x25	19
30	Add-on rod bushing	1	66	Hexagon bolt M10x45	16
31	Add-on rod	1	67		
32	Counterweight cushion	2	68	Hexagon bolt M10x60	7
33	L-shaped add-on pin	1	69	Hexagon bolt M10x65	2
34	Φ80x160 foam	8	70	Hexagon bolt M10x70	1

35	Φ90x245 foam	2	71	Hexagon bolt M10x100	10
36	Decorative board	2	72	Hexagon bolt M10x110	2

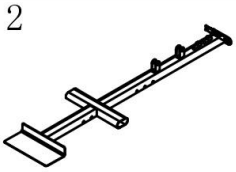
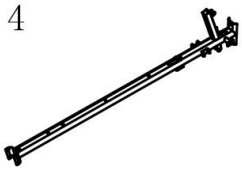
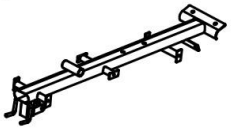
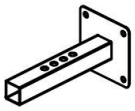
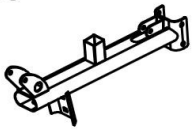
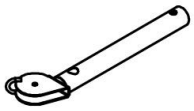
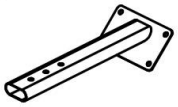
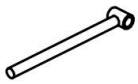
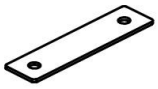
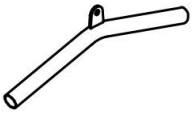
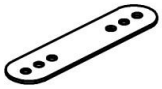
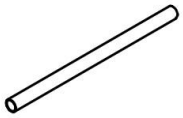
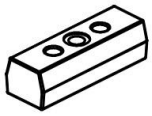
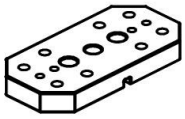
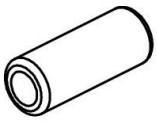
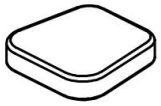
Parts List

NO.	Part	Quantity	NO.	Part	Quantity
73	Countersunk hexagon bolt M10x20	2	109	Footrest frame	1
74	Lock nut M8	1	110	Hexagon bolt M8x65	4
75	Lock nut M10	49	111	Hexagon bolt M8x95	2
76	Snap ring	7	112	Anti-loose nut M12	4
77	Iron chain (280mm)	2	113	Curved washer Φ8	6
78	Back pull rod cable (2650mm)	1	114	M10x55 Square neck bolt	2
79	Butterfly arm cable (2900mm)	1	115	Seat installation bracket	1
80	Rowing rod cable (2770mm)	1	116	Squat column	1
81	Incline bench support frame	1	117		

82	Incline bench main frame	1	118		
83	Steel plate cover	1	119		
84			120	Iron chain（490mm）	1
85	Concave washer Φ10	16	121	Flat washer Φ12	6
86	Pulley inverted U bracket	1	122	Pull-up bar elbow pipe	1
87	Abdominal belt cable （2040mm）	1	123	Pull-up bar frame	1
88	Abdominal belt	1	124	Hexagon bolt M10x55	2
89	Back beam	1	125	Hexagon bolt M12x70	1
90	Shoulder cushion foam	1	126	Welding plate 8	1
91	Φ25 Handlebar tube	2	127	Hexagon bolt M10x95	1
92	Parallel bar column	1			
93	Spring barbell clamp	2			
94	Limiting pin tube	2			
95	VKR arm right	1			
96	VKR arm left	1			
97	Barbell sleeve	2			
98	VKR arm pad	2			
99	VKR backrest pad	1			
100	Incline bench backrest pad	1			
101	Squat bar	1			
102	VKR arm connector	1			
103	Hexagon bolt M10x75	1			

104	Hexagon bolt M12x200	1			
105	Umbrella head hexagon boltM8x12	4			
106	Ring pin Φ10x70	1			
107					
108					

Parts List

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 
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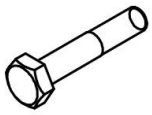
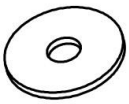
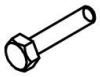
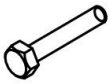
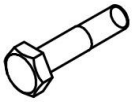
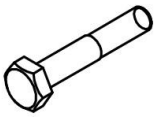
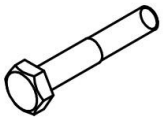
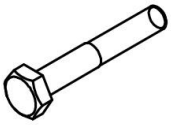
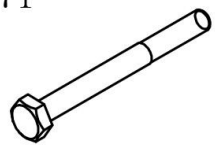
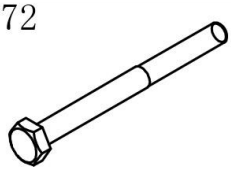
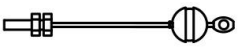
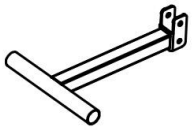
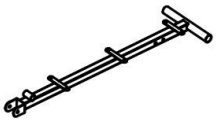
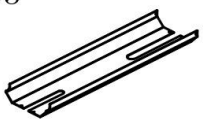
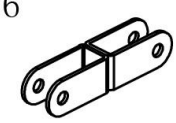
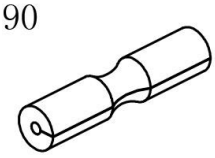
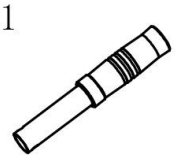
51	52	53	54 	55 
56 	59 	61 	63 	64 
65 	66 	68 	69 	70 
71 	72 	73 	74 	75 
76 	77 	78 	79 	80 
81 	82 	83 	85 	86 
87 	88 	89 	90 	91 
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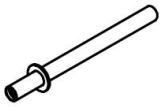
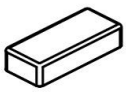
97 	98 	99 	100	101
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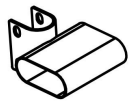
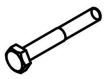
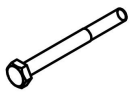
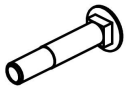
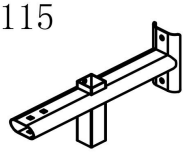
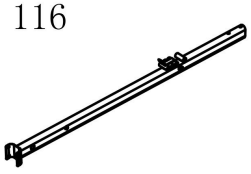
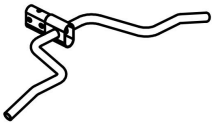
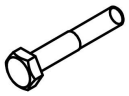
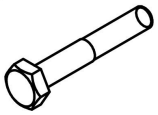
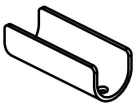
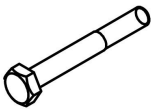
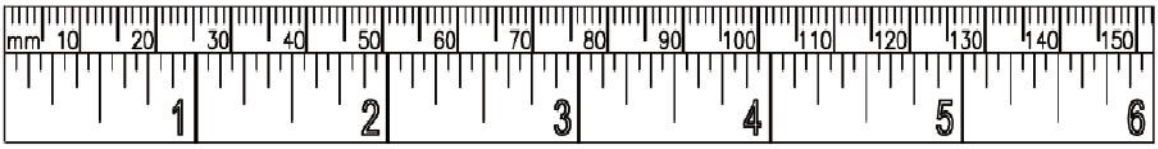
Parts List

109 	110 	111 	112 	113 
114 	115 	116 	120 	121 
122 	123 	124 	125 	126 
127 				



Assembly Instruction

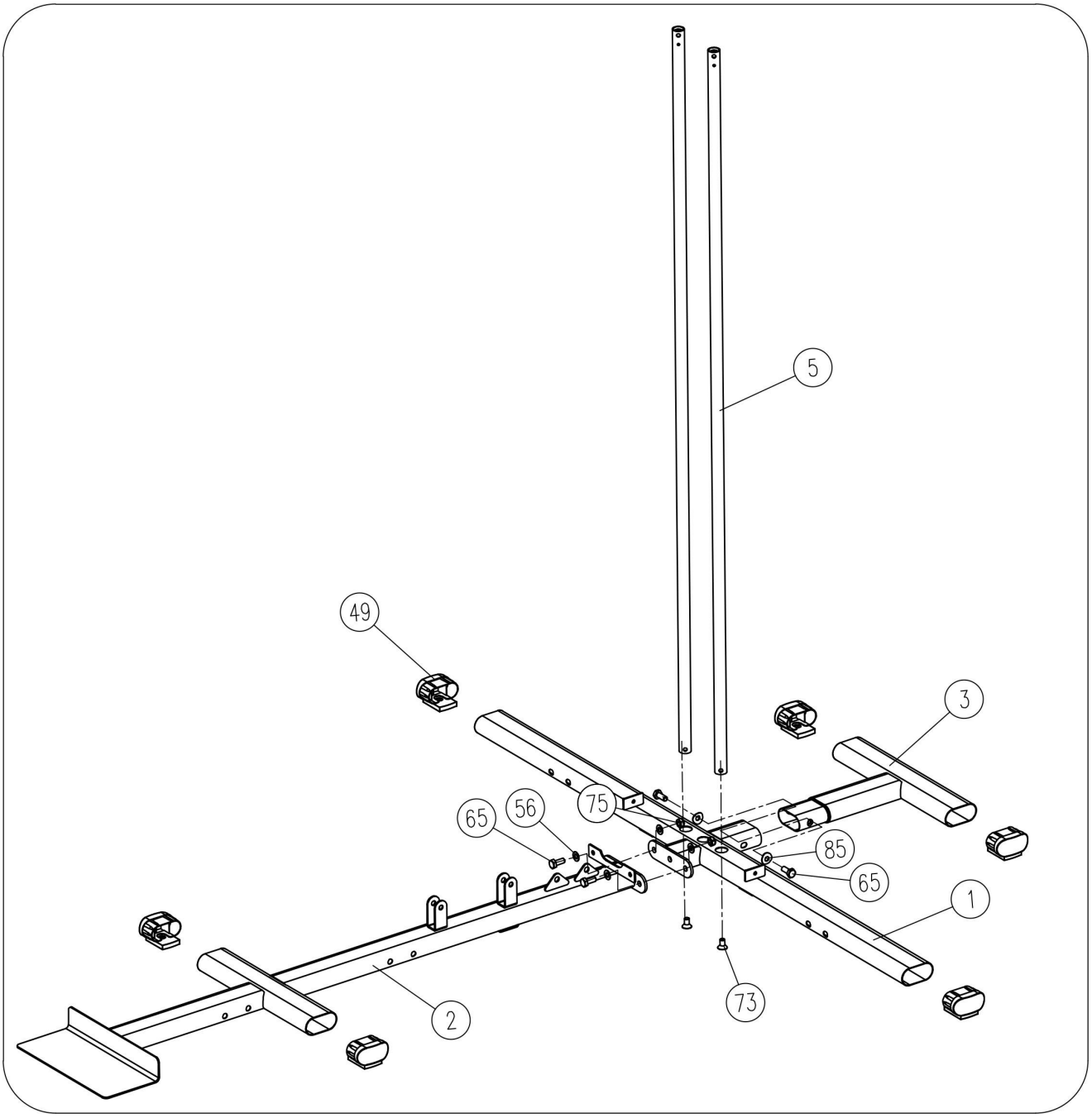
Note:

1、The washers should be placed on both ends of the bolt (opposite the bolt head and nut), unless otherwise specified.

2、2、During the initial assembly, hand-tighten all bolts and nuts. Use a wrench to securely tighten them during final assembly.

3、Some components have been pre-assembled at the factory.

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



Picture 1:

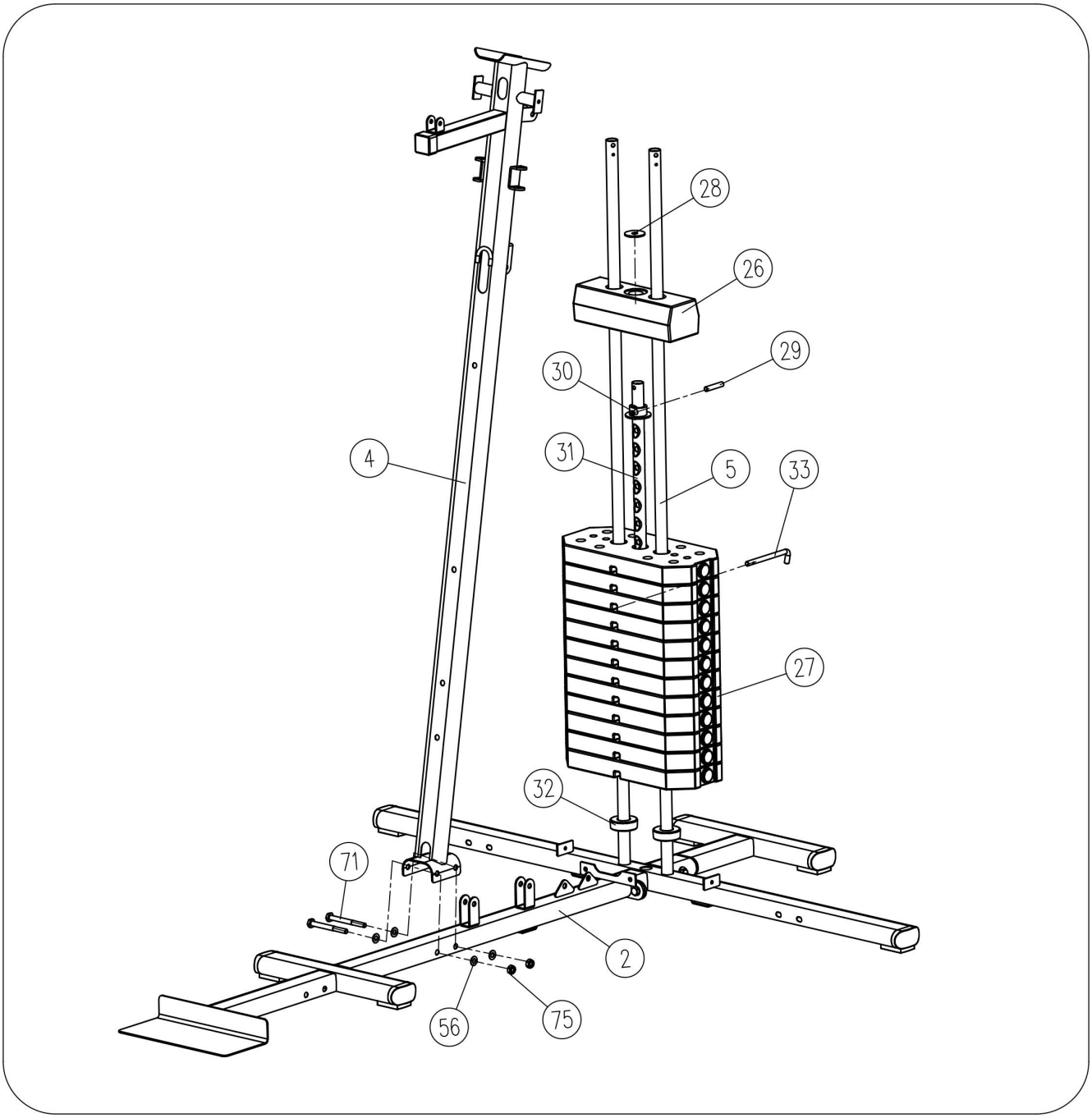
1. Hammer in 6 foot sleeves (#49) separately into the main base (#1), front frame (#2), and rear base (#3) on both ends.

2. Align the three large holes of the main base (#1) facing upwards, insert 2 weight guide rods (#5) into the installation holes of the main base (#2), and tighten them with 2 countersunk hexagon socket bolts M10x20 (#73).

3. Insert the rear base (#3) into the main base (#1) and secure it with 2 hexagon

socket bolts M10x25 (#65) and 2 curved washers Φ10 (#85).

4. Use 2 hexagon socket bolts M10x25 (#65), 4 flat washers Φ10 (#56), and 2 anti-loose nuts M10 (#75) to tighten the main base (#1) and front frame (#2) together.

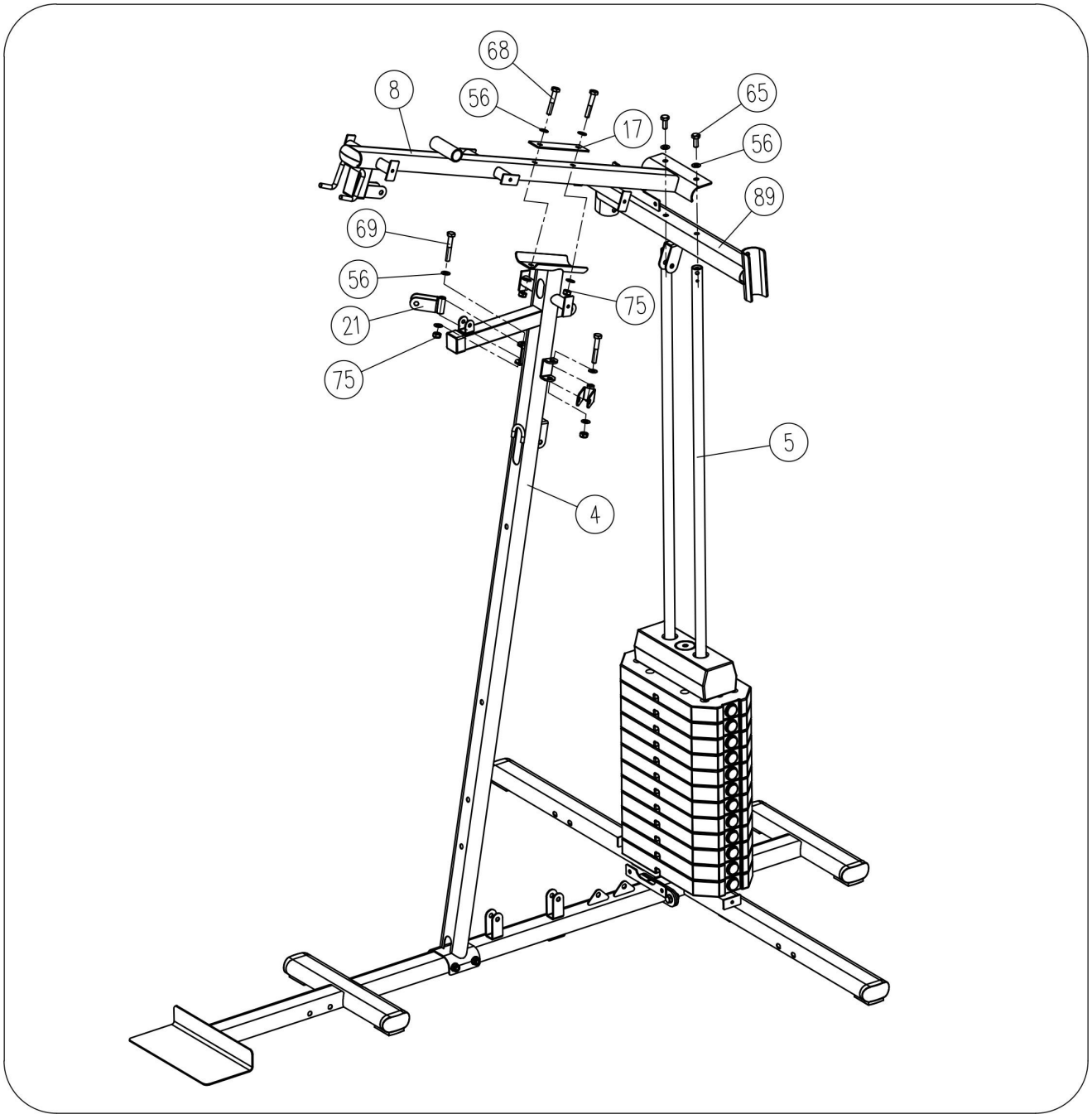


Picture 2

1. Fix the front column (#4) to the front frame (#2) using 2 M10x100 hexagon socket bolts (#71), 4 flat washers Φ10 (#56), and 2 anti-loose nuts M10 (#75).
2. Slide the weight buffer pad (#32) along the weight guide rod (#5). Place the weight blocks (#27) in sequence (with the groove side facing down) onto the weight guide rod (#5). Fit the sleeve (#30) onto the weight bar (#31), aligning the holes of

the sleeve (#30) with the top hole of the weight bar (#31), and insert the locking pin (#29). Then insert the weight bar (#31) into the middle hole of the weight block (#27), aligning the hole of the weight bar (#31) with the groove below the weight block (#27).

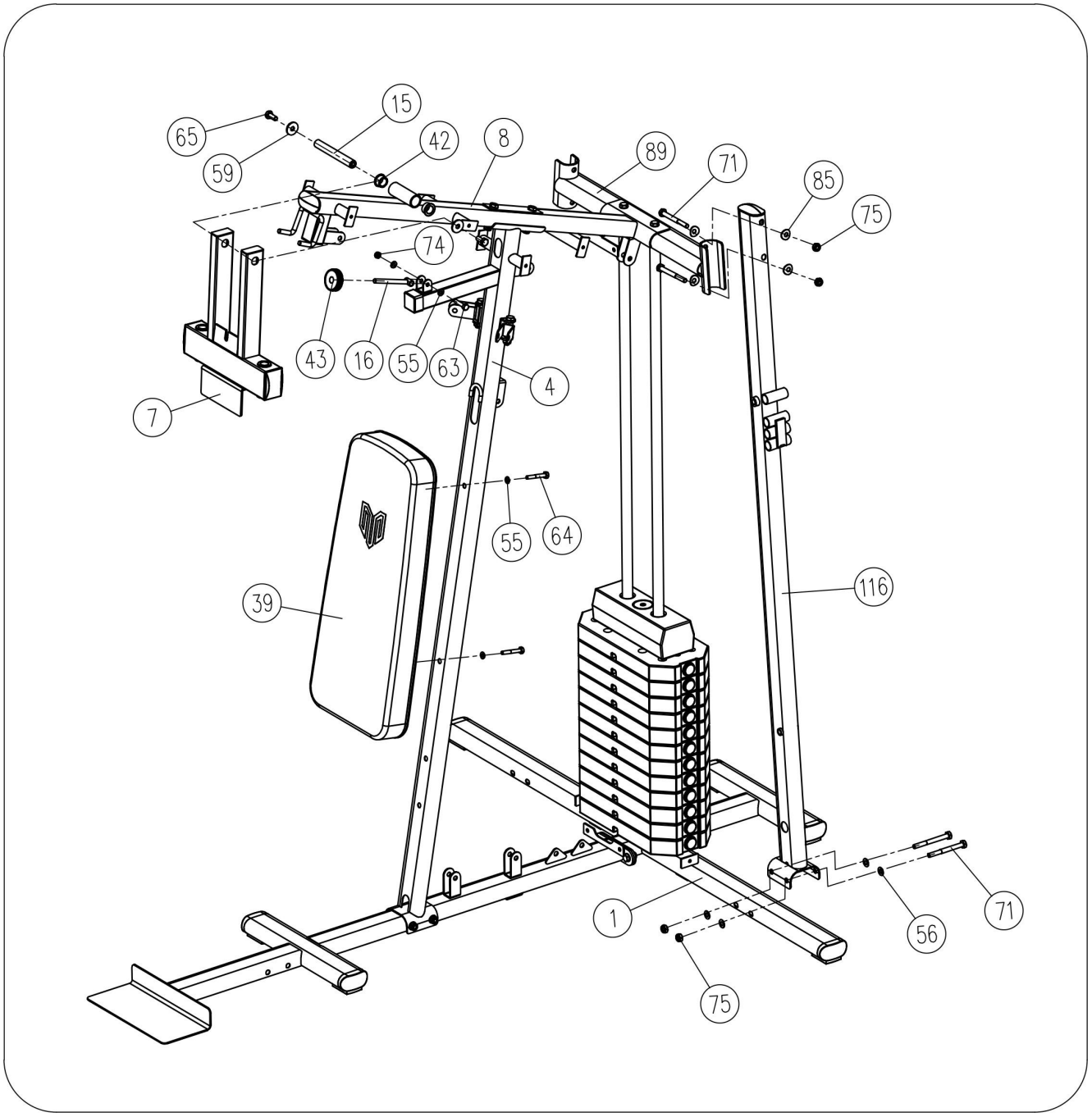
3. Slide the weight top block (#26) onto the weight guide rod (#5) and weight bar (#31). Place the weight block washer (#28) on top of the weight top block (#26). Insert the L-shaped locking pin (#33) into the weight bar (#31).



Picture 3

1. Install 2 pulley single U-brackets (#21) onto the front column (#4) using 2 M10x65 hexagon socket bolts (#69), 4 flat washers Φ10 (#56), and 2 anti-loose nuts M10 (#75).
2. Place the rear beam (#89) onto the 2 weight guide rods (#5). Secure the beam (#8) to the front column (#4) using 2 M10x60 hexagon socket bolts (#68), 4 flat washers Φ10 (#56), 2 anti-loose nuts M10 (#75), and 1 connecting plate (#17)

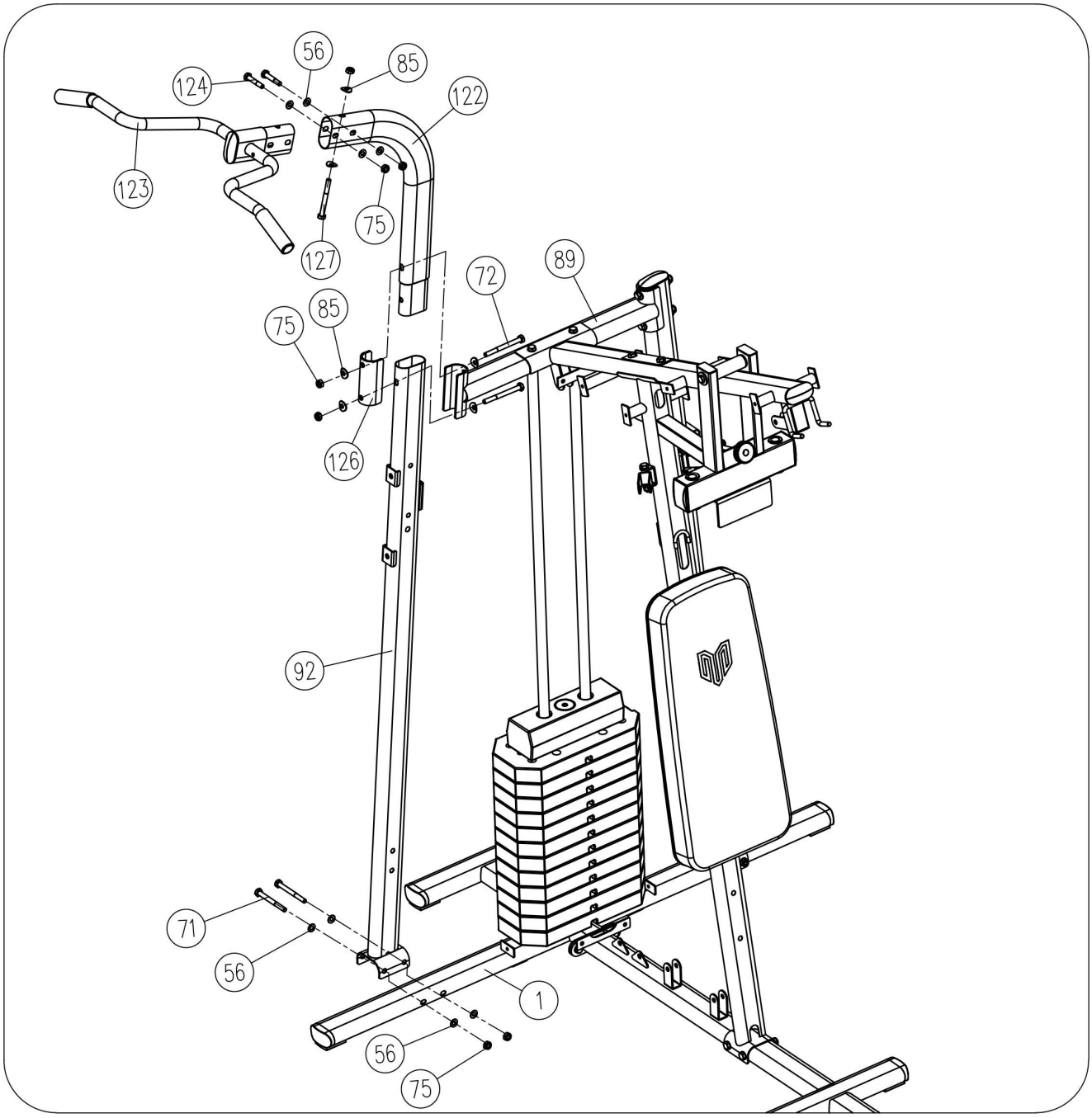
(Note: Do not tighten at this stage). Then, use 2 M10x25 hexagon socket bolts (#65) and 2 flat washers Φ10 (#56) to tighten the beam (#8), rear beam (#89), and weight guide rods (#5) together.



Picture 4

1. Secure the squat column (#116) to the main base (#1) and the rear beam (#89) using 4 M10x100 hexagon socket bolts (#71), 4 flat washers Φ10 (#56), 4 arc washers Φ10 (#85), and 4 anti-loose nuts M10 (#75).
2. Fasten the backrest cushion (#39) to the front column (#4) using 2 M8x55 hexagon socket bolts (#64) and 2 flat washers Φ8 (#55).

3. Install the aircraft frame screw (#16) onto the U-bracket of the front column (#4) using 1 M8x40 hexagon socket bolt (#63), 2 flat washers Φ8 (#55), and 1 anti-loose nut M8 (#74). Tighten the aircraft frame locking knob (#43) onto the aircraft frame screw (#16).
4. As shown in the diagram, attach 2 Φ19 liners (#42) to the top beam (#8). Use 2 M10x25 hexagon socket bolts (#65), 2 large flat washers Φ10 (#59), and 1 aircraft frame fixing shaft (#15) to mount the aircraft frame (#7) onto the top beam (#8).

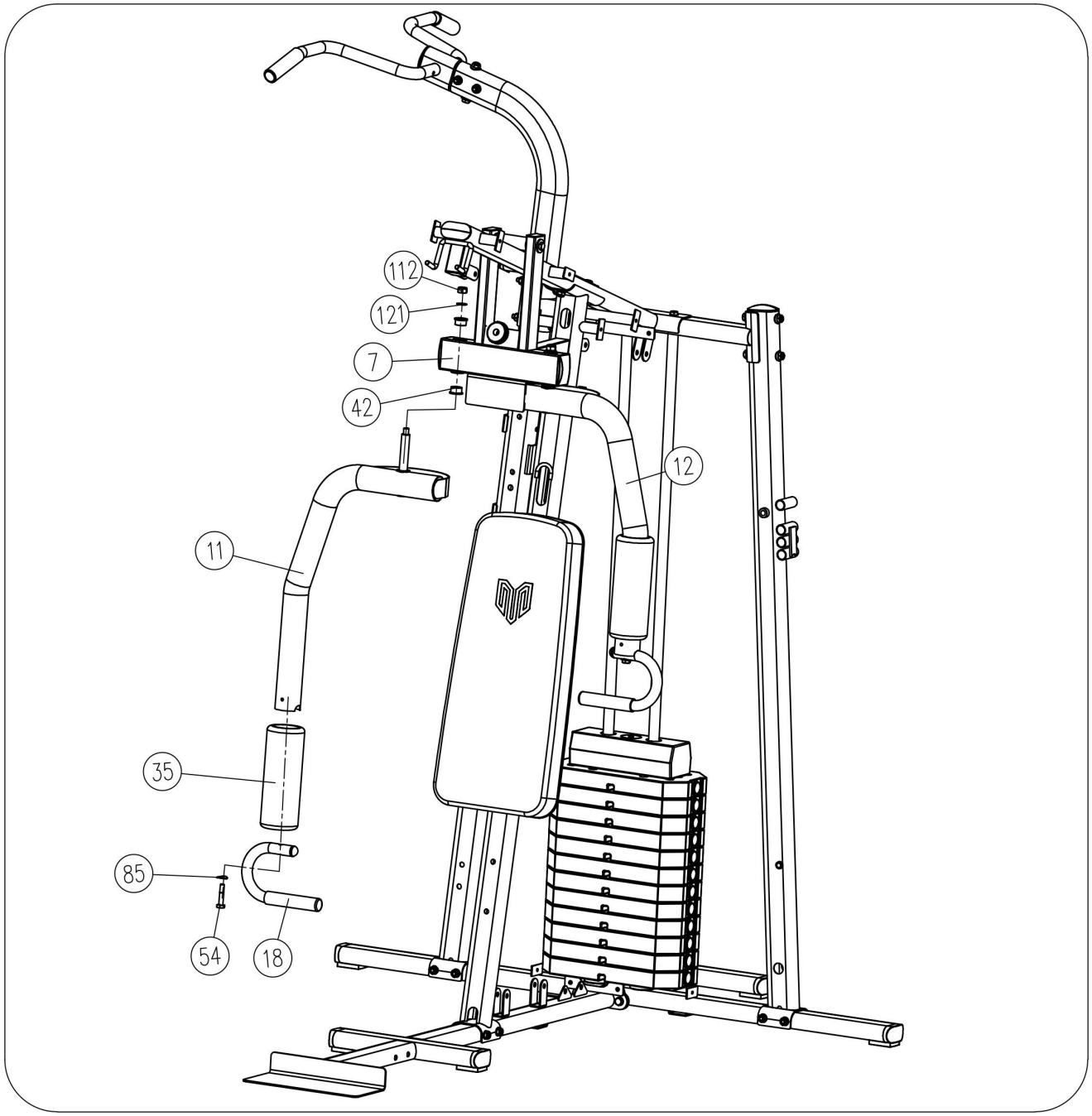


Picture 5

1. Install the parallel bar column (#92) onto the main base (#1) using 2 M10x100 hexagon socket bolts (#71), 4 flat washers Φ10 (#56), and 2 anti-loose nuts M10 (#75). Do not tighten the bolts for now.
2. Secure the pull-up bar bracket (#123) onto the pull-up bar bent pipe (#122) using 2 M10x55 hexagon socket bolts (#124), 4 flat washers Φ10 (#56), 2 anti-loose

nuts M10 (#75), 1 M10x95 hexagon socket bolt (#127), 2 arc washers Φ10 (#85), and 1 anti-loose nut M10 (#75).

3. Insert the pull-up bar bent pipe (#122) into the upper end of the parallel bar column (#92) and place it at the connection point of the rear beam (#89). Connect the welding plate 8 (#126), rear beam (#89), and parallel bar column (#92) together using 2 M10x110 hexagon socket bolts (#72), 4 arc washers Φ10 (#85), and 2 anti-loose nuts M10 (#75).
4. Tighten all the bolts securely.

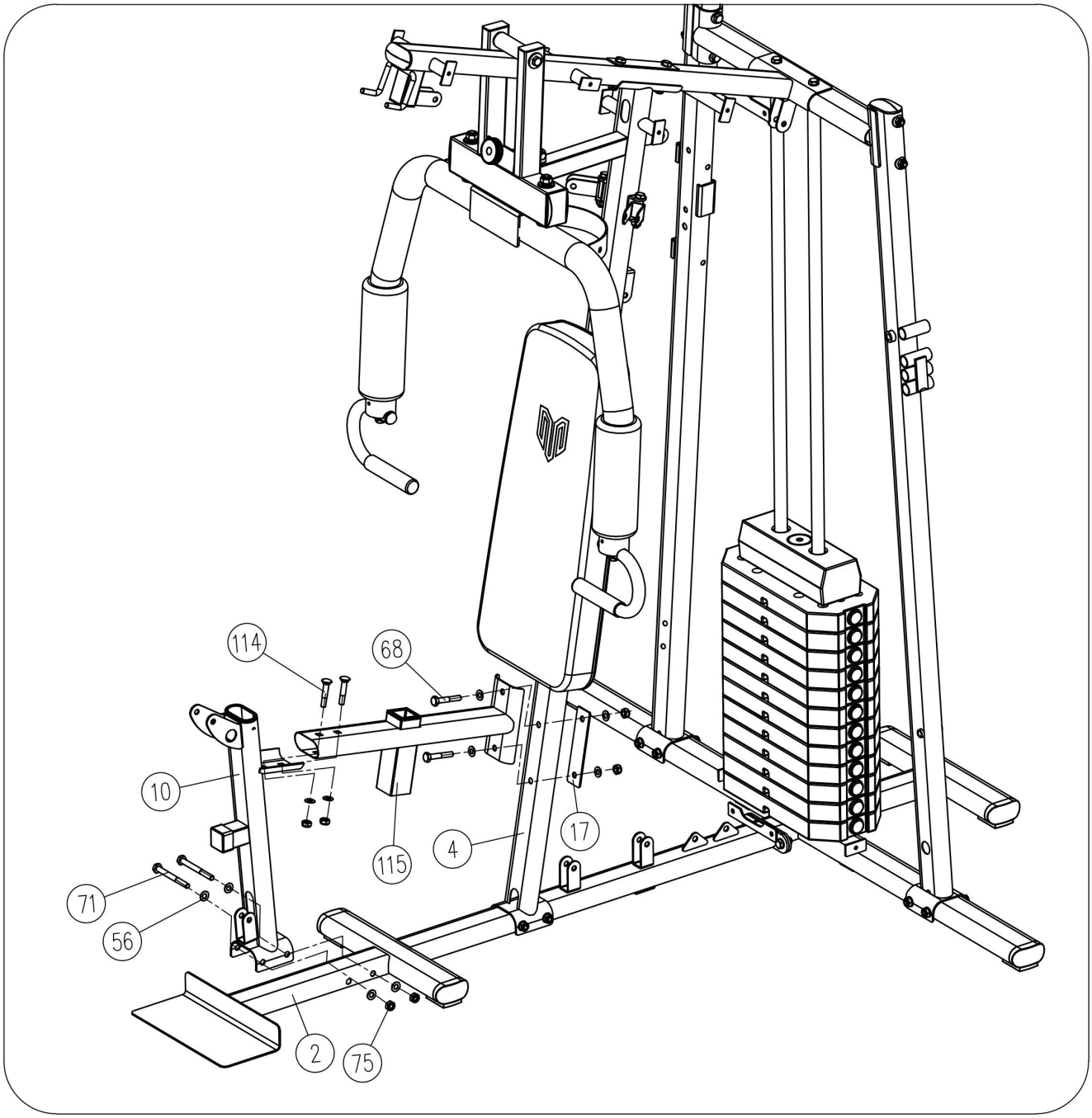


Picture 6

1. Fit the foam pad Φ53xΦ90x245 (#35) onto the right push arm (#11).
2. Install the push arm handle (#18) onto the right push arm (#11) using 1 external hexagon bolt M10x50 (#54) and 1 arc washer Φ10 (#85).
3. Insert the upper shaft portion of the right push arm (#11) into the right side of the aircraft frame (#7) according to the diagram, and secure it using 1 flat washer Φ

12 (#121) and 1 anti-loose nut M12 (#112).

4. Repeat the same process for the other side.

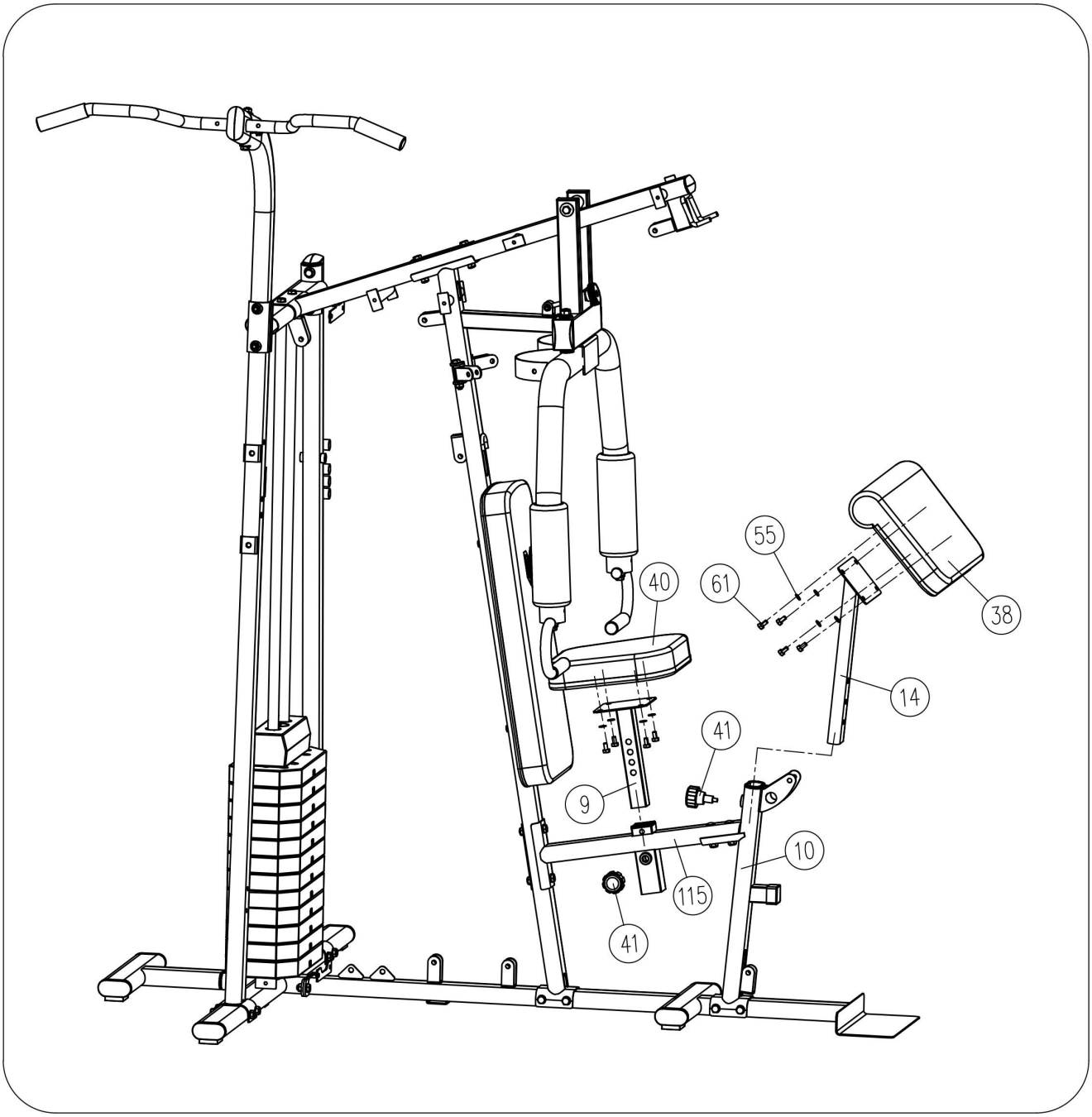


Picture 7

1. Install the seat mounting bracket (#115) and the connecting plate (#17) onto the front upright (#4) using 2 hexagon bolts M10x60 (#68), 4 flat washers Φ10 (#56), and 2 anti-loose nuts M10 (#75).
2. Connect the front support of the seat mounting bracket (#10) to the seat mounting bracket (#115) using 2 M10x55 square neck bolts (#114), 2 flat washers

Φ10 (#56), and 2 anti-loose nuts M10 (#75).

3. Then, use 2 hexagon bolts M10x100 (#71), 4 flat washers Φ10 (#56), and 2 anti-loose nuts M10 (#75) to connect the front support of the seat mounting bracket (#10) to the front base frame (2#).

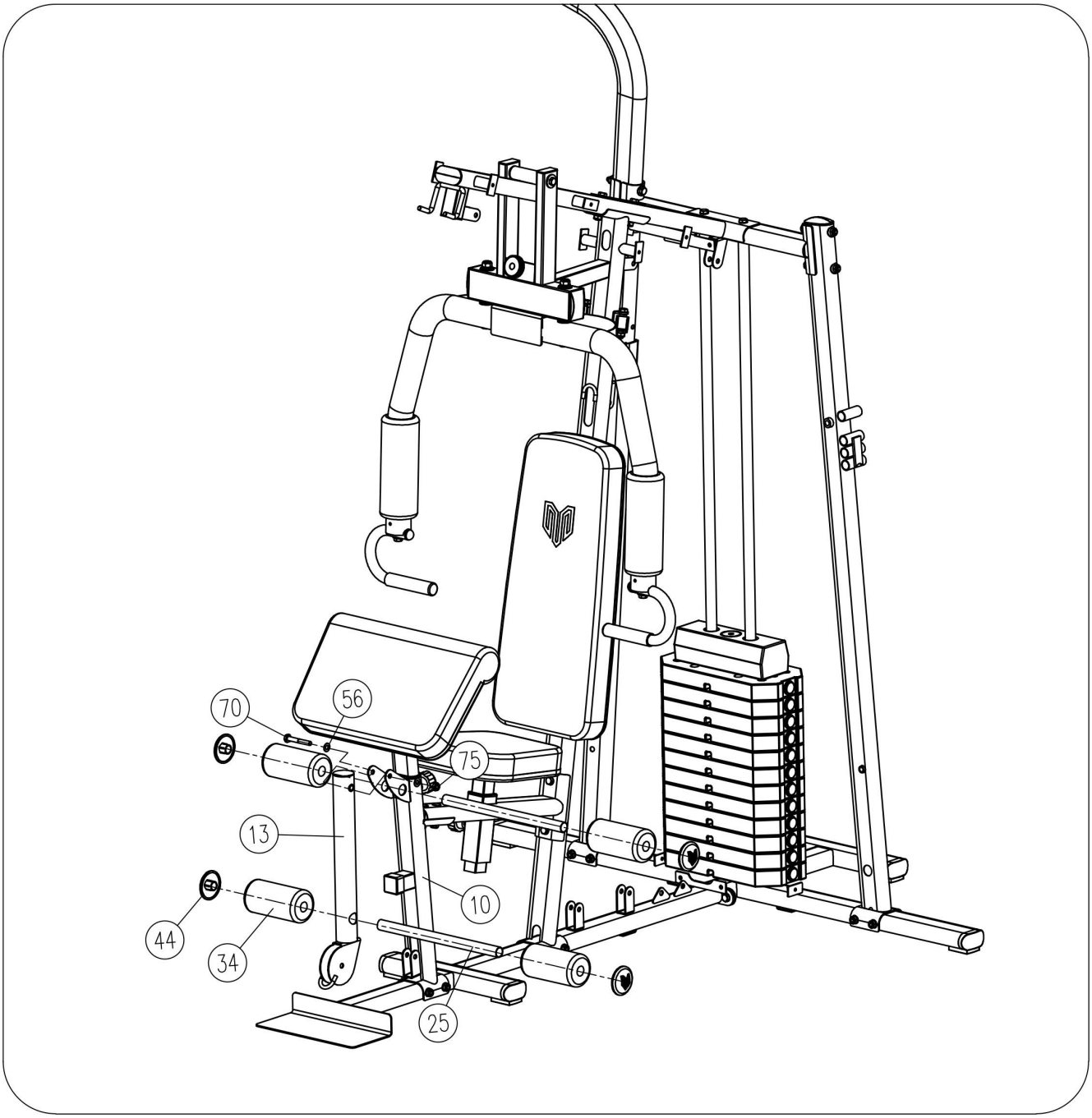


Picture 8

1. Use 4 hexagon bolts M8x16 (#61) and 4 flat washers Φ8 (#55) to install the arm pad (#38) onto the arm pad frame (#14).
2. Insert the assembled arm pad frame (#14) into the front support of the seat mounting bracket (#10) and lock it with the quick-release knob (#41).
3. Use 4 hexagon bolts M8x16 (#61) and 4 flat washers Φ8 (#55) to install the seat

cushion (#40) onto the seat frame (#9).

4. Insert the assembled seat frame (#9) into the seat mounting bracket (#115) and lock it with the quick-release knob (#41).

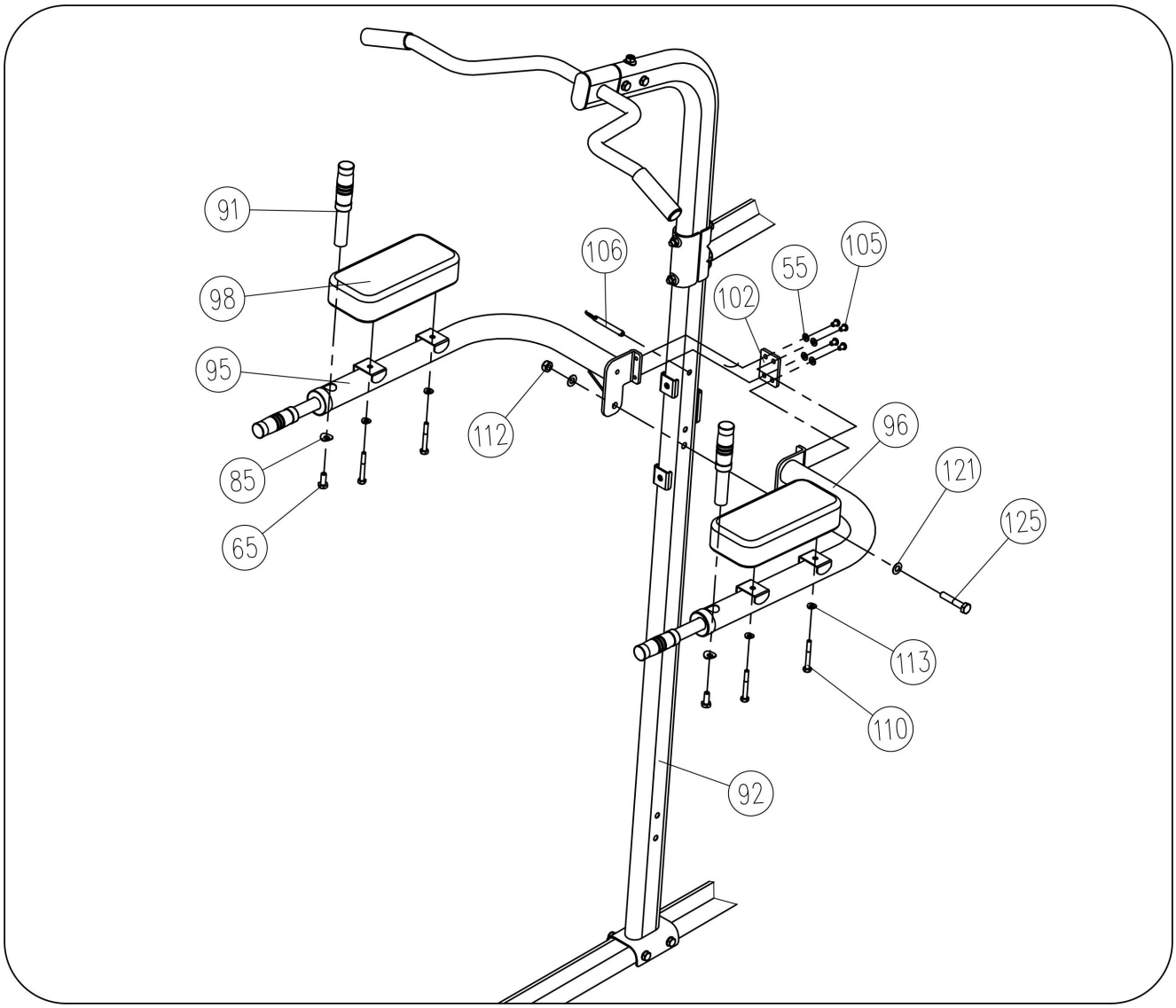


Picture 9

1. Use 1 hexagon bolt M8x70 (#70), 2 flat washers Φ10 (#56), and 1 lock nut M10 (#75) to secure the leg lever (#13) to the front support of the seat mounting bracket (#10).
2. Insert 2 Φ25 foam tubes (380mm) (#25) separately into the leg lever (#13) and the front support of the seat mounting bracket (#10). Then, place 4 Φ80x160

foam pads (#34) on both ends of the 2 Φ25 foam tubes (380mm) (#25).

3. Finally, cover the ends of the 2 Φ25 foam tubes (380mm) (#25) with 4 Φ25 foam caps (#44).



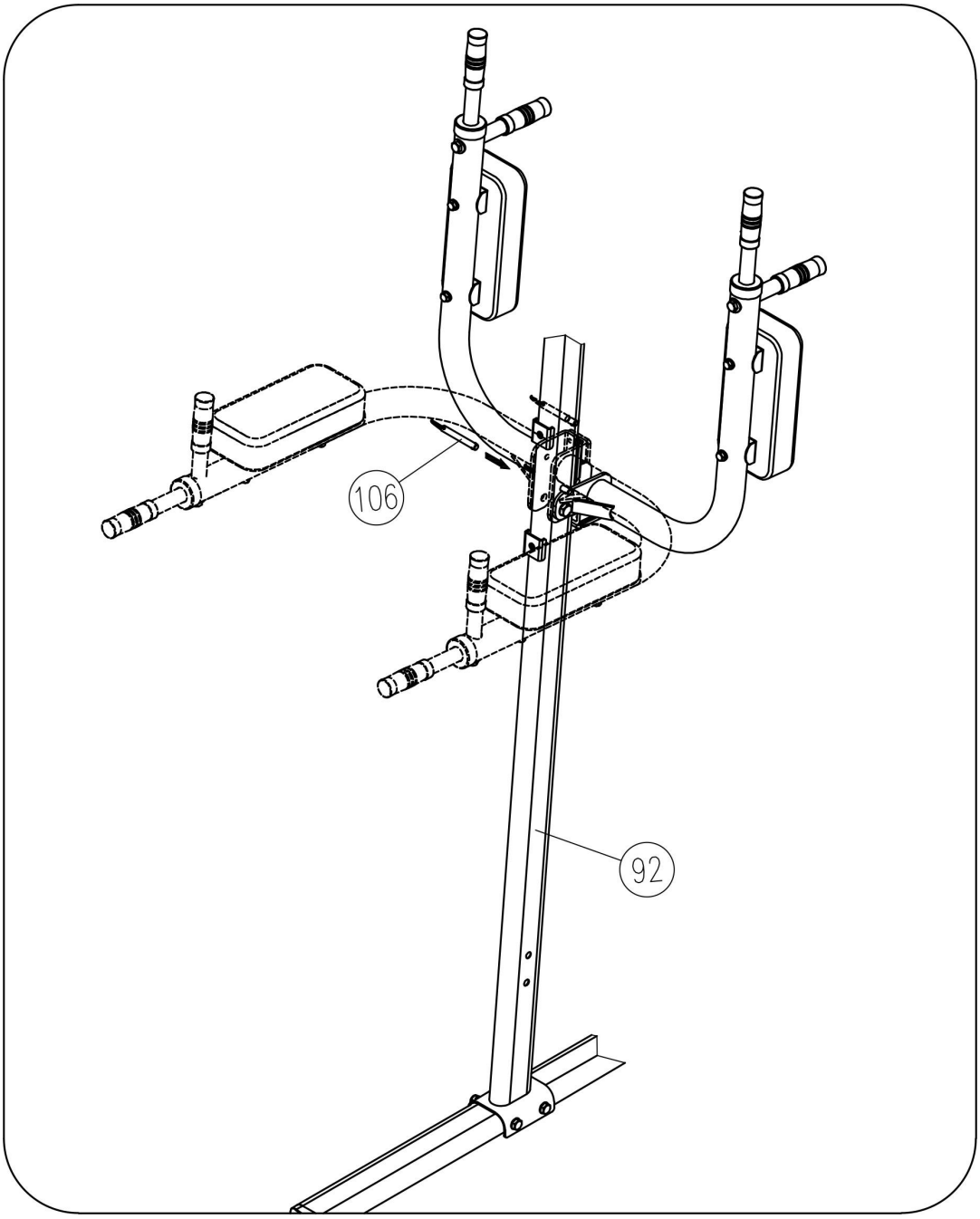
Picture 10

1. Connect the right/left VKR arm (#95/#96) to the dip bar upright (#92) using 1 hexagon bolt M12x70 (#125), 2 flat washers Φ12 (#121), and 1 lock nut M12 (#112) to secure them together.
2. Install 2 Φ25 handle tubes (#91) on the right/left VKR arm (#95)/(#96) using 2 hexagon bolts M10x25 (#65) and 4 curved washers Φ10 (#85) for each arm.
3. Attach 2 VKR arm pads (#98) to the right/left VKR arm (#95)/(#96) using 4 hexagon bolts M8x65 (#110) and 4 curved washers Φ8 (#113) for each arm.
4. Mount the VKR arm connecting plate (#102) to the right/left VKR arm (#95/#96)

using 4 socket head hexagon bolts M8x12 (#105) and 4 flat washers Φ8 (#55).

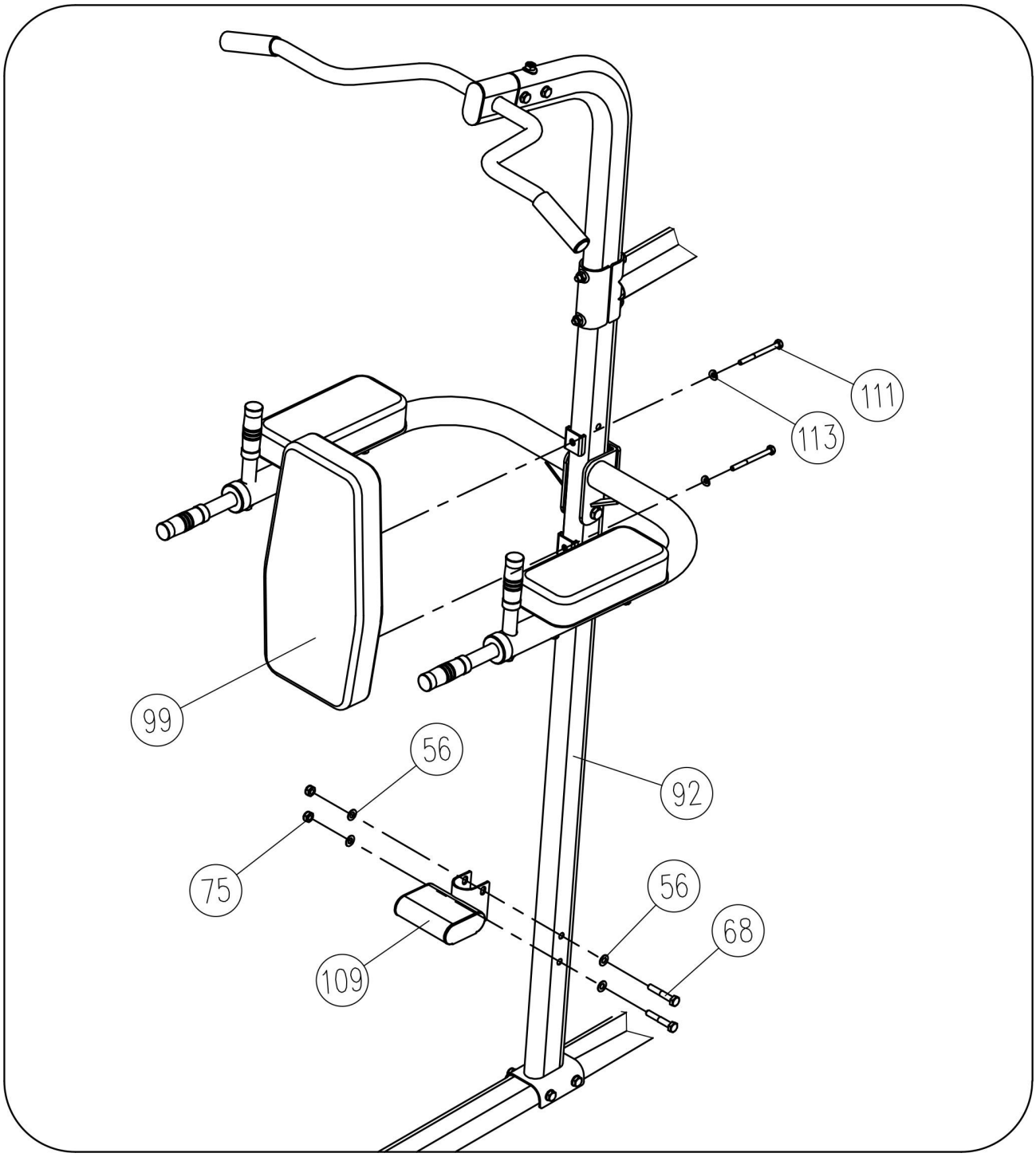
5. Insert the loop pin Φ10x70 (#106) into the dip bar upright (#92).

You can fold it up.



Picture 11

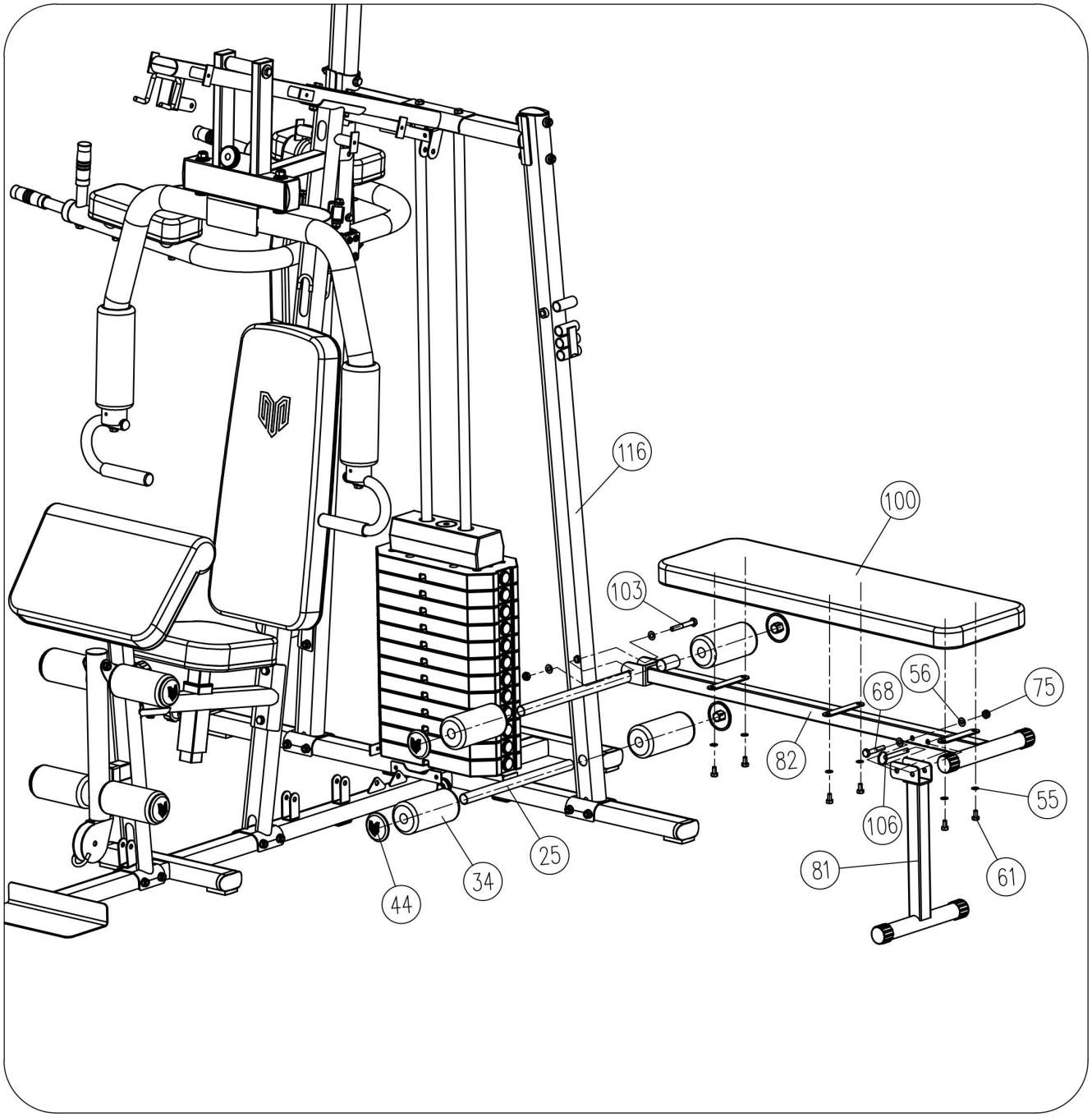
As shown in the diagram, when the VKR arm is not in use, it can be folded upwards. The locking pin (#106) should be removed and inserted into the hole below the double bar column (#92) to prevent the VKR arm from folding down.



Picture 12

1. Secure the VKR backrest pad (#99) to the double bar column (#92) using 2 hexagon head bolts M8x95 (#111) and 2 curved washers Φ8 (#113).
2. Fasten the assembled footrest frame (#109) to the double bar column (#92) using 2 hexagon head bolts M10x60 (#68), 4 flat washers Φ10 (#56), and 2

anti-loosening nuts M10 (#75).

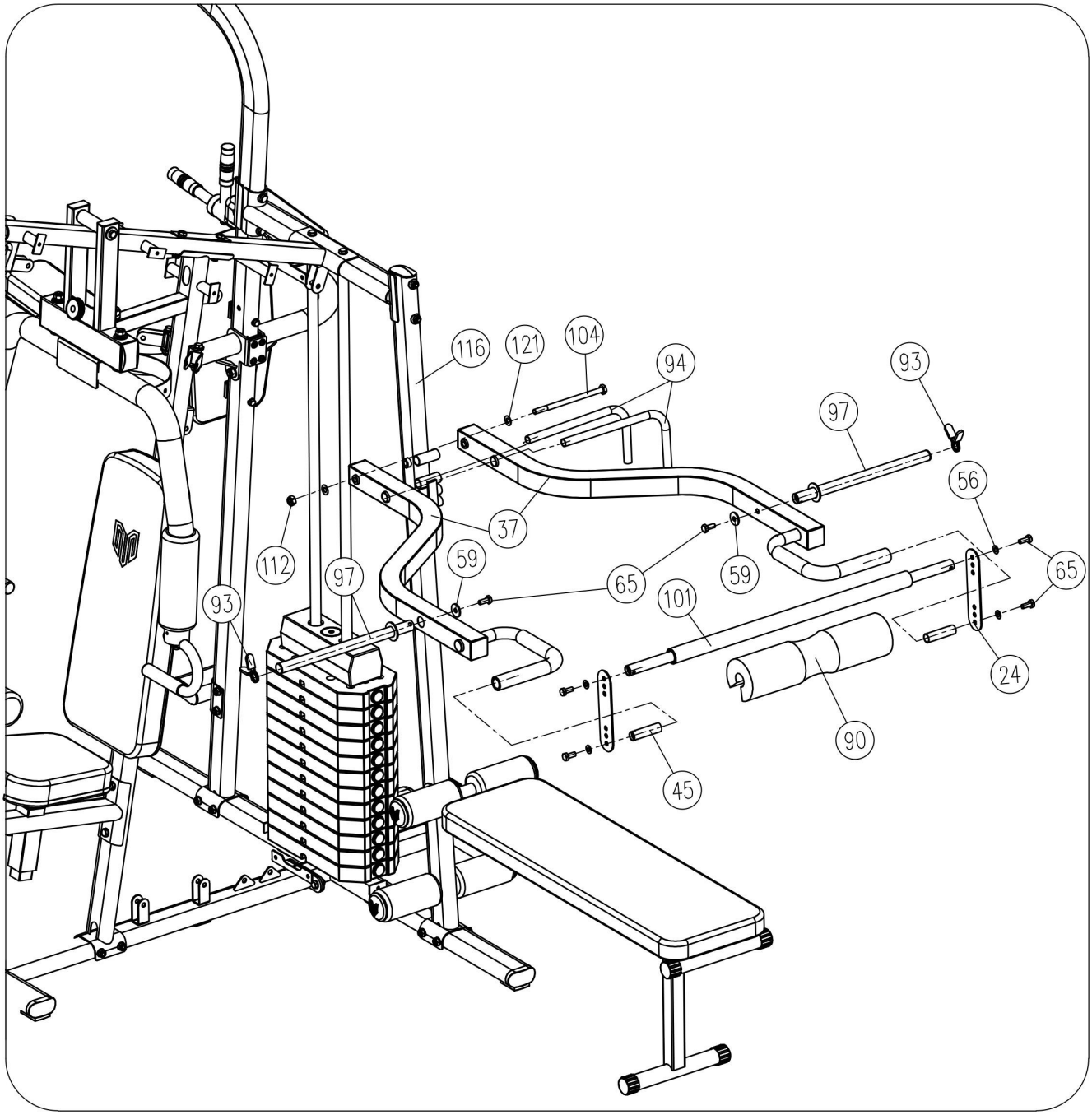


Picture 13

1. Secure the inclined board support frame (#81) to the inclined board main frame (#82) using 1 hexagon head bolt M10x60 (#68), 2 flat washers Φ10 (#56), and 1 anti-loosening nut M10 (#75). Then insert the ringed pin Φ10x70 (#106) into the inclined board support frame (#81) and the inclined board main frame (#82).
2. Fasten the inclined board main frame (#82) to the squat column (#116) using 1

hexagon head bolt M10x75 (#103), 2 flat washers Φ10 (#56), and 1 anti-loosening nut M10 (#75).

3. Secure the inclined board backrest pad (#100) to the inclined board main frame (#82) using 6 hexagon head bolts M8x16 (#61) and 6 flat washers Φ8 (#55).
4. Insert 2 Φ25 foam pipe (380mm) (#25) into the inclined board main frame (#82) and the squat column (#116), then fit 4 Φ80x160 foam pads (#34) onto both ends of the 2 Φ25 foam pipes (380mm) (#25). Finally, cover the ends of the 2 Φ25 foam pipes (380mm) (#25) with 4 Φ25 foam caps (#44).

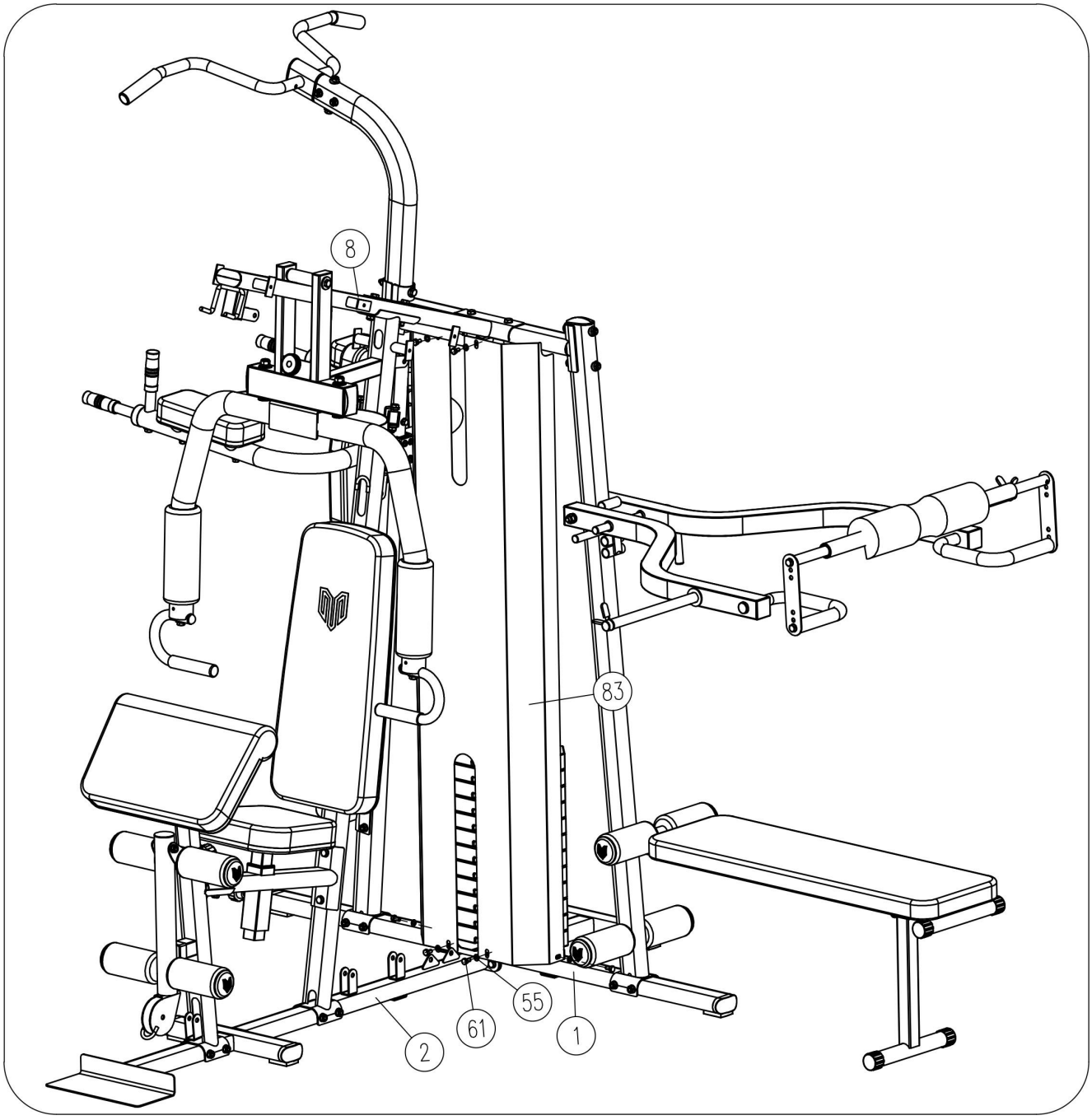


Picture 14

1. Use 1 hexagon head bolt M12x200 (#104), 2 flat washers Φ12 (#121), and 1 anti-loosening nut M12 (#112) to secure the 2 squat arms (#37) to the squat column (#116). Then insert 2 limit pins tubes (#94) into the squat arms (#37) and the squat column (#116) respectively.
2. Use 2 hexagon head bolts M10x25 (#65) and 2 large flat washers Φ10 (#59) to

fasten the 2 barbell sleeves (#97) onto the 2 squat arms (#37).

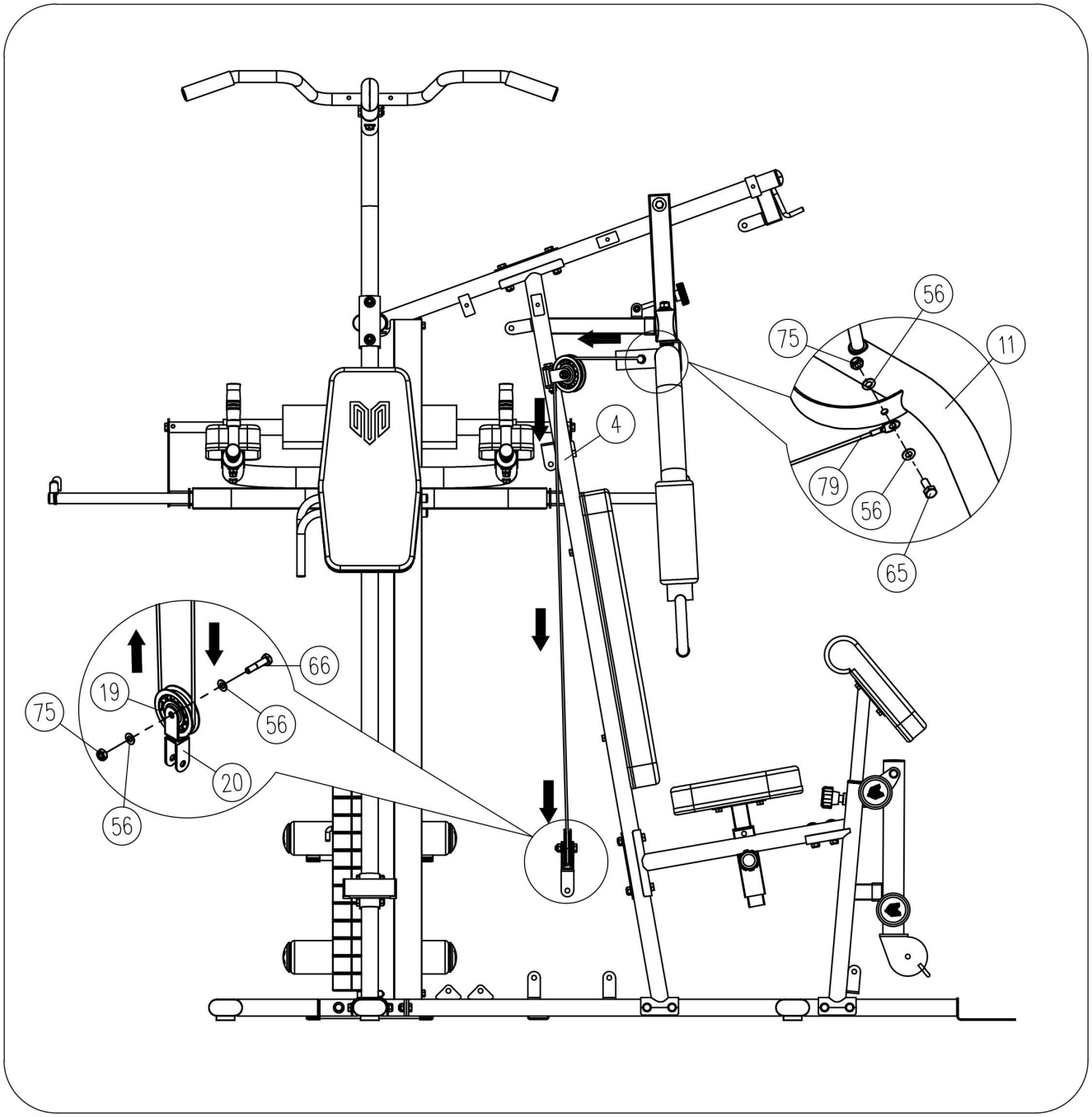
3. Install the squat bar (#101) onto the 2 squat arms (#37) using 4 hexagon head bolts M10x25 (#65), 4 flat washers Φ10 (#56), 2 squat handle adjustment rods (#45), and 2 adjustment plates (#24). Then secure the shoulder cushion foam onto the squat bar (#101).



Picture 15

1. According to the diagram, use 6 hexagon head bolts M8x16 (#61) and 6 flat washers Φ8 (#55) to secure the steel plate cover (#83) to the main base (#1), front frame (#2), and top beam (#8).

Butterfly arm cable routing diagram.

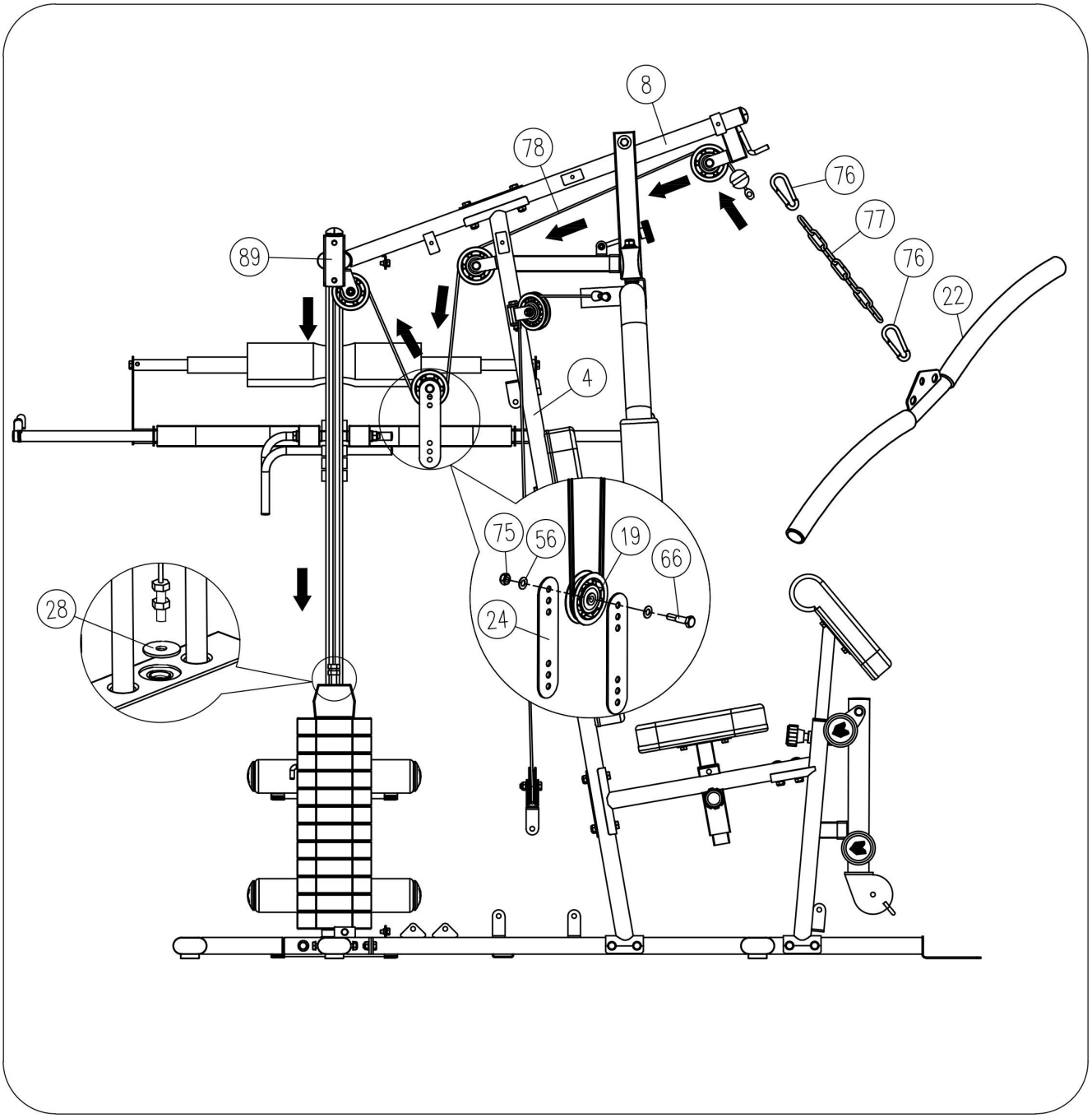


Picture 16

1. Attach one end of the butterfly arm cable (#79) (2900mm) to the butterfly arm right (#11) using 1 hex bolt M10x25 (#65), 2 flat washers Φ10 (#56), and 1 locknut M10 (#75).
2. Follow the cable routing diagram and thread the other end of the butterfly arm cable (#79) (2900mm) through and onto the pulleys (#19) as shown.

3. Finally, secure the other end of the butterfly arm cable (#79) (2900mm) to the butterfly arm left (#12) using 1 hex bolt M10x25 (#65), 2 flat washers Φ10 (#56), and 1 locknut M10 (#75).

Back pull rod cable routing diagram.

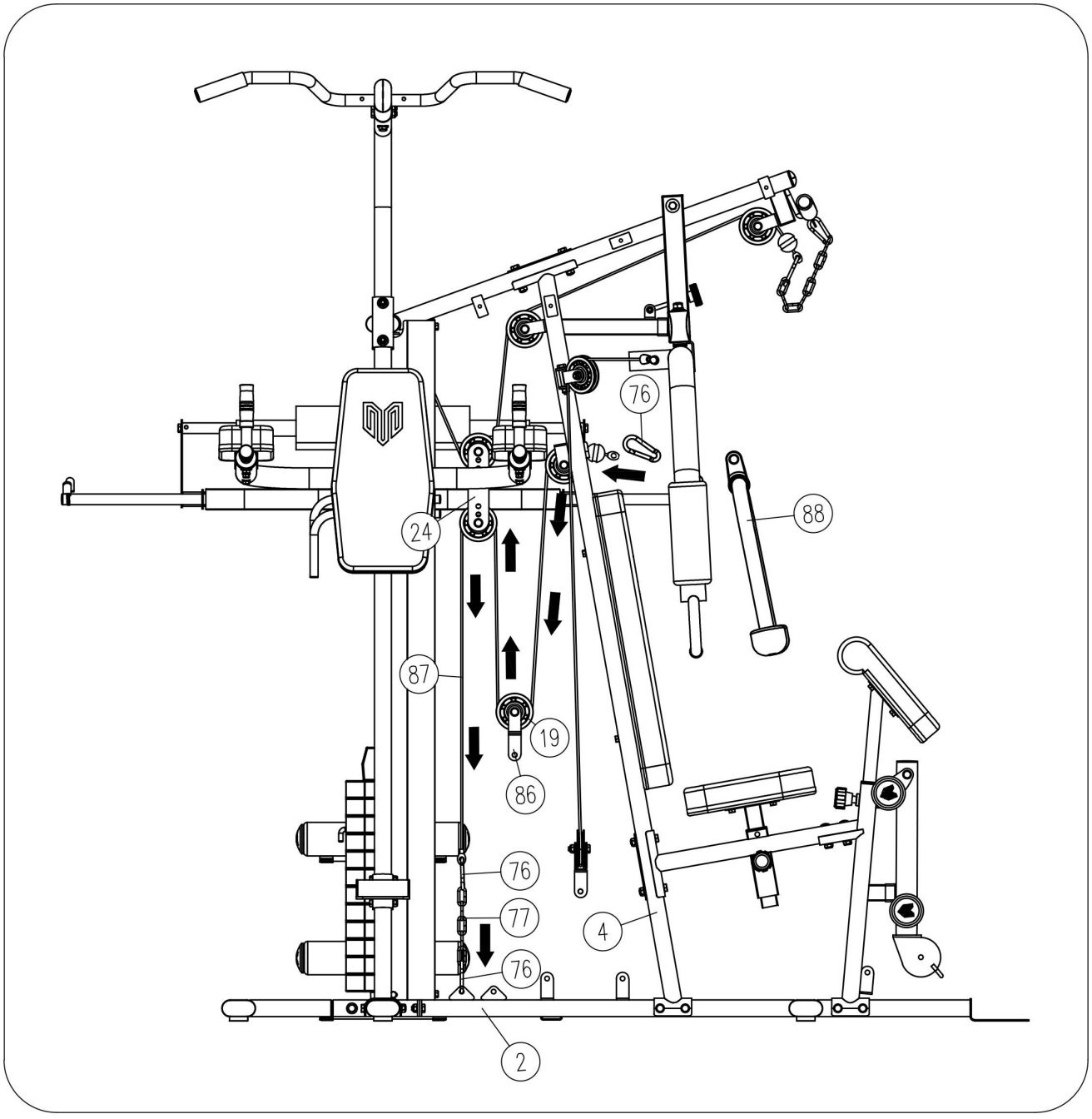


Picture 17

1. Pass one end of the back pull rod cable (#78) (2650mm) through the top beam (#8) and follow the routing shown in the diagram, attaching it to the pulley (#19). Finally, secure it to the code bar (#31).
2. Use two spring clips (#76) and one iron chain (#77) (280mm) to connect the back pull rod (#22) to the ball head end of the back pull rod cable (#78) (2650mm).

Then, hang it on the top beam (#8).

Abdominal belt cable routing diagram.



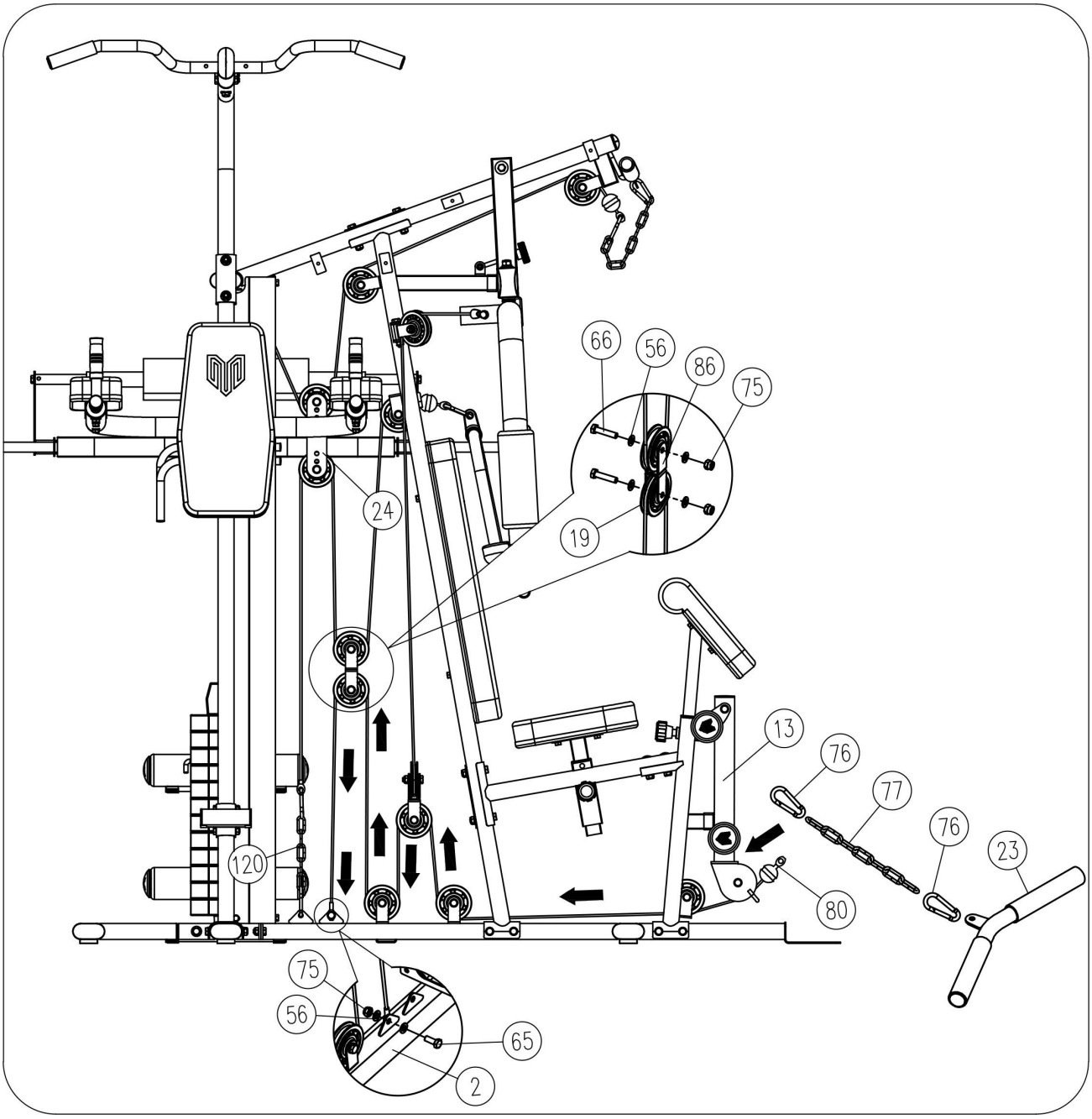
Picture 18

1. Pass one end of the abdominal belt cable (#87) (2040mm) without a ball head through the front upright (#4), follow the diagram for the cable routing, and install the pulley (#19). Connect the other end to the front base frame (#2) using two spring snap hooks (#76) and one iron chain (#120) (490mm) in accordance

with the diagram.

2. Use one spring snap hook (#76) to connect the abdominal belt (#88) and the ball head end of the abdominal belt cable (#87) (2040mm) together.

Rowing handle cable routing diagram



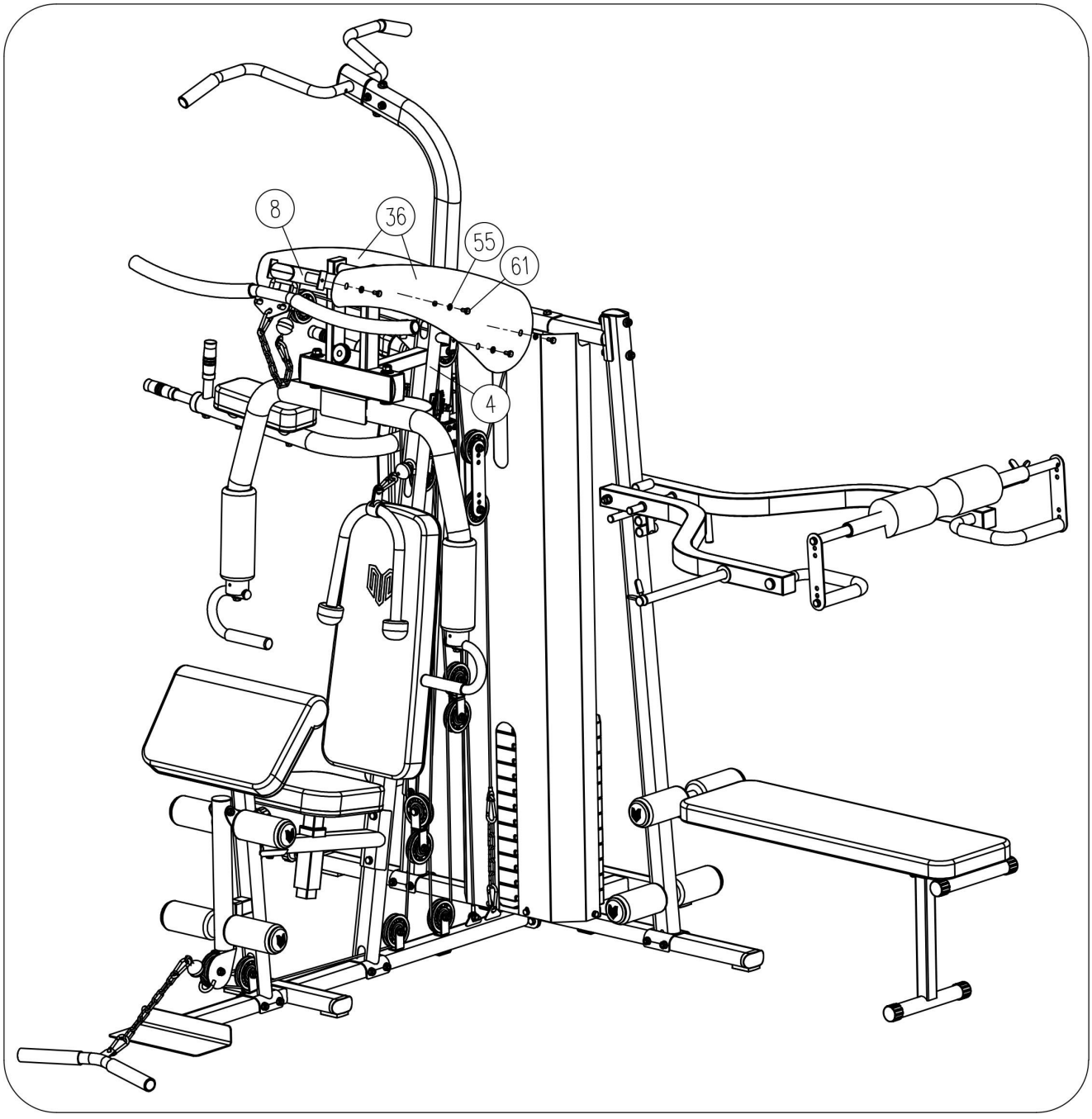
Picture 19

1. Thread one end of the rowing handle cable (#80) (2770mm) without a ball end through the leg lever (#13), following the diagram for cable routing. Install the pulley (#19) on the designated location. Connect the other end to the front frame (#2) using 1 hex bolt M10x25 (#65), 2 flat washers Φ10 (#56), and 1 anti-loose nut

M10 (#75).

2. Connect the rowing handle (#23) and the ball end of the rowing handle cable (#80) (2770mm) using 2 spring snap rings (#76) and 1 iron chain (#77) (280mm).

Note: The tension of the cable can be adjusted by changing the locking hole position of the pulley (#19) on the adjustment plate (#24), or by adjusting the length of the iron chain (#120) (490mm).



Picture 20

1. Secure the decorative panel (#36) to the front column (#4) and top beam (#8) using 4 hexagon bolts M8x16 (#61) and 4 flat washers Φ8 (#55), as shown in the diagram.
2. Repeat the same installation process on the other side.

1、Please use a wrench to tighten all bolts and nuts.

2、Your equipment is now fully assembled.

3、Before using it, please check that all pulleys and steel cables are securely fastened.

4、Make necessary adjustments to the steel cables during the initial stage of use, according to the actual conditions.

Daily Care & Maintenance

Maintenance instructions::

To extend the lifespan of the equipment, it is necessary to lubricate the components on a regular basis. 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 steel cables for signs of wear.
2. Periodically check and adjust the tension of the steel 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 are found to be loose, promptly tighten them.
5. Check for any cracks in the welds.

6. Failure to perform routine maintenance may result in personal injury or dam age to the equipment.