

MLD-M8

Installation Instructions

Contents

Contents.....	1
Safety precautions.....	2
Assembly and exploded view.....	3
Parts list.....	4-9
Assembly Instruction.....	10-33
Maintenance.....	34-35

safety measures

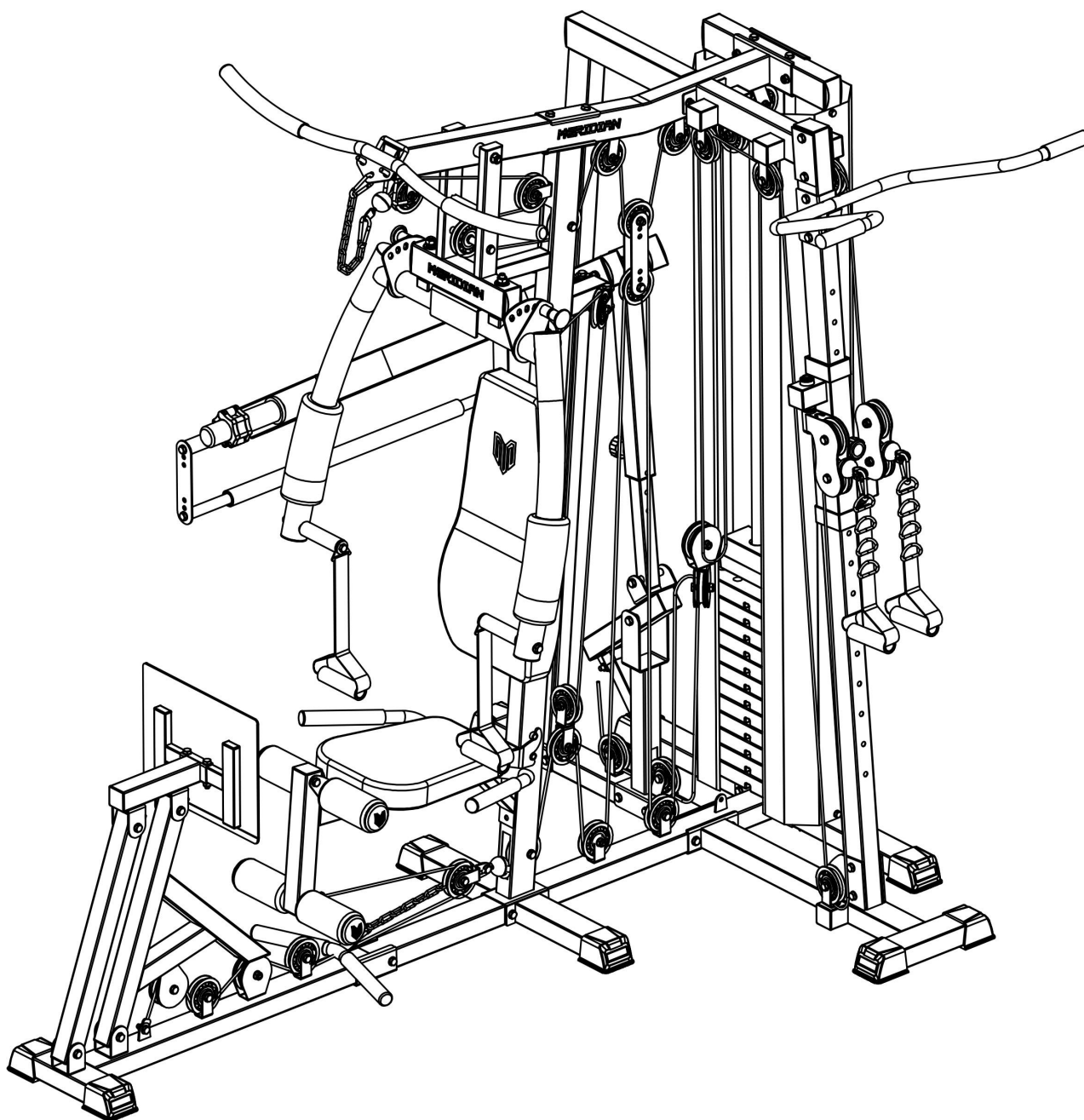
safety prevention

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 usage of the equipment before using it. Relevant information can be found in the instruction manual and from local retailers.
- 2、 Please keep this instruction manual and ensure that all warning labels are clear and intact.
- 3、 It is recommended to have at least two people for the installation of this product.
- 4、 Consult a doctor's advice before starting any exercise regimen.
- 5、 Ensure safety when children are present.
- 6、 Exercise caution when children are using the product.
- 7、 Regularly check for any signs of wear on the steel cables. Any wear and tear may pose a certain level of danger.
- 8、 Maintain flexibility in your hands, limbs, and clothing to safely use the equipment to its full extent.
- 9、 Pay attention to any signs of mechanical issues, including part wear, loose hardware, and welding cracks. If any of these signs are observed, immediately stop using the equipment and contact our company's after-sales service department.
- 10、 You can use a wrench or hex key to complete the assembly.

Product Overview

MLD-M8



Executive Standard: *GB17498.1*

Parts List

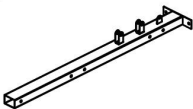
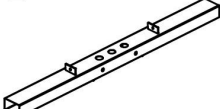
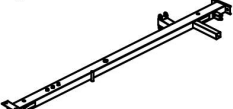
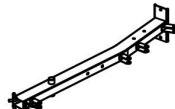
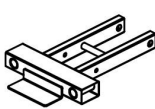
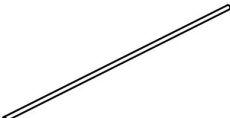
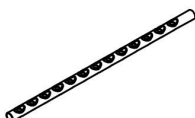
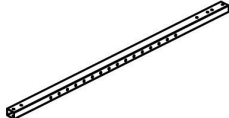
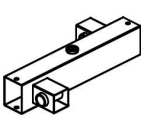
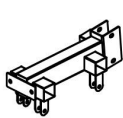
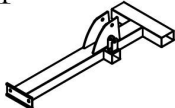
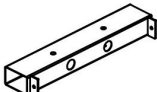
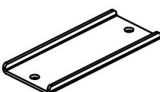

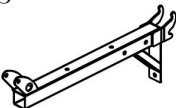
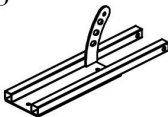
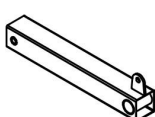
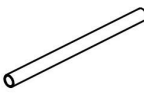
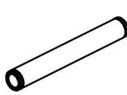
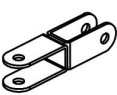




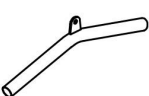
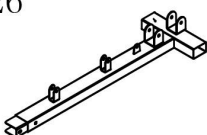
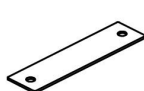

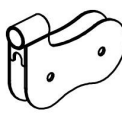
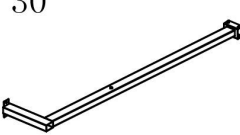
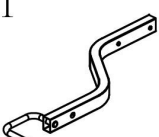
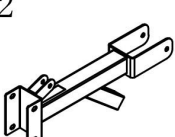
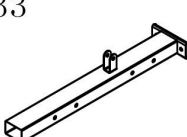
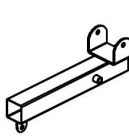
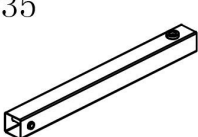
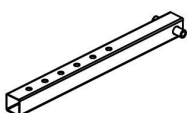

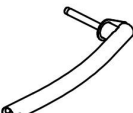




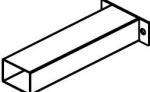
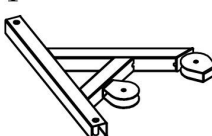
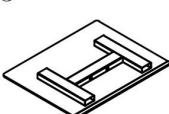
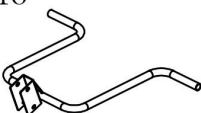
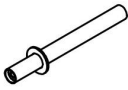
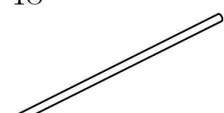
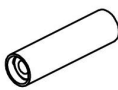
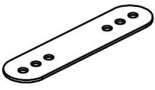
ID Number	Name	Quantity	ID Number	Name	Quantity
1	Front Base Frame	1	37	Single Sliding Frame	1
2	Main Base	1	38	Right Arm Attachment	1
3	Front Column	1	39	Left Arm Attachment	1
4	Top Beam	1	40	Armrest Frame	1
5	Aircraft Frame	1	41	Armrest Attachment	1
6	Counterweight Guide Rod	2	42	Steel Plate Cover	2
7	Weight Bar	1	43	Auxiliary Frame	2
8	Bird Sliding Tube	1	44	Foot Pedal Frame	1
9	Bird Sliding Frame	1	45	Leg Press Pedal Frame	1
10	Bird Top Frame	1	46	Single Bar Top Frame	1
11	Right Base Frame	1	47	Barbell Sleeve	2
12	Rear Top Frame	1	48	Squat Bar	1
13	Top Beam Connecting Plate	1	49	Squat Handle Adjustment Bar	2
14	Back Pull Rod	1	50	Adjustment Plate	4
15	Seat Frame	1	51	Arm Handle	2
16	Backrest Frame	1	52	Aircraft Frame Fixing Shaft	1
17	Leg Arm	1	53	Backrest Cushion	1
18	Φ25 Foam Pipe	2	54	Seat Cushion	1
19	Bird Rotating Frame Round Tube	2	55	FoamΦ28*3T*125L	2
20	Pulley Cross U-Frame	1	56	FoamΦ28*3T*460L	2
21	Right Arm Attachment	1	57	FoamΦ32*3T*700L	1
22	Left Arm Attachment	1	58	FoamΦ53*Φ90*245L	2
23	Single U-Frame	2	59	FoamΦ80*160L	4
24	Column Welding Plate	1	60	Butterfly Arm Cable (2900mml)	1
25	Rowing Rod	1	61	Rowing Wire Rope (5690mml)	1
26	Foot Pedal Frame Base	1	62	Lat Pulldown Wire (3390mml)	1

27	Base Frame Welding Plate	1	63	Leg Kick Wire Rope(1670mml)	1
28	Pulley Limiting Sleeve	2	64	Bird Wire Rop (6750mml)	1
29	Bird Rotating Frame	2	65	Counterweight Top Fastener	1
30	Left Column	1	66	Counterweight Block	12
31	Squat Arm	2	67	F25*25S Square Tube Plug	4
32	Squat Support Frame	1	68	F25*50 Square Tube Plug	2
33	Squat Base Frame	1	69	F38*38 Square Tube Plug	3
34	Squat Connecting Rod	1	70	F38*38 SquareTube Sleeve	2
35	Squat Adjustment Frame 1	1	71	F50*50 Square Tube Plug	19
36	Squat Adjustment Frame 2	1	72	F50*70 Square Tube Plug	1
73	F50*75 Square Tube Plug	10	110	Hexagon Head Bolt M8x65	2
74	F50*75 Square Foot Sleeve	9	111	Hexagon Head Bolt M10x25	18
75	F60*80 Liner Sleeve	2	112	Hexagon Head Bolt M10x45	31
76	F20x40 Square Tube Plug	4	113	Hexagon Head Bolt M10x65	4
77	PVC Plastic Pipe	1	114	Hexagon Head Bolt M10x70	13
78	Φ25 Pipe Plug (Blind Cap)	4	115	Hexagon Head Bolt M10x75	6
79	Φ25 Tapered Pipe Plug	1	116	Hexagon Head Bolt M12*200	2
80	Φ28 Pipe Plug	2	117	Hexagon Head Bolt M10x95	12
81	Φ60 Pipe Plug	4	118	Hexagon Head Bolt M10x100	2
82	Barbell Clamp	2	119	Hexagon Head Bolt M10x105	2
83	Pulley	34	120	Hexagon Head Bolt M10x135	1










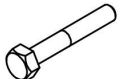

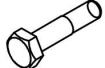
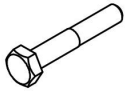
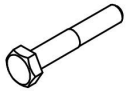
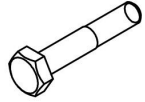
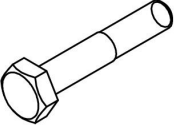
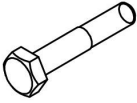
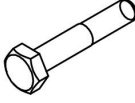
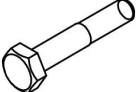
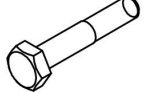
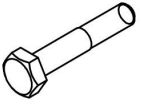





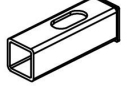

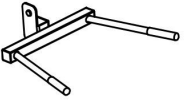
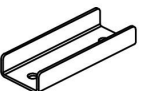
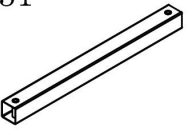
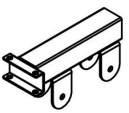
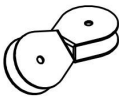
84	Weight Bar Liner Sleeve	1	121	Hexagon Head Bolt M10x170	1
85	PVC Dipped Handle GripΦ 28*120L	2	122	Countersunk Hexagon Socket Bolt M10x20	2
86	PVC Dipped Handle GripΦ 28*200L	2	123	Locking Nut M10	78
87	PVC Dipped Handle GripΦ 30*200L	2	124	Locking Nut M12	6
88	PVC Dipped Handle GripΦ 30*300L	2	125	Locking Cap	2
89	Pull-Push Knob	2	126	Φ19Spring Washer	4
90	Counterweight Cushion	2	127	F50*38 Liner Sleeve	1
91	Plastic Barbell Sleeve	2	128	Long Handle (with Iron Plate)	2
92	Round Head Pull-Push Knob (Short)	2	129	Single Bar Attachment	1
93	Round Head Pull-Push Knob (Long)	1	130	Connecting Plate	2
94	Long Handle	2	131	Rotating Connecting Rod Welding Assembly	1
95	Spring Retaining Ring	6	132	Pedal Frame Fixing Welding Assembly	1
96	Weight Bar Fixing Pin	1	133	Pulley U-Frame Welding Assembly	1
97	L-Shaped Weight Pin	1			
98	Long Iron Chain	1			
99	Short Iron Chain	2			
100	Φ19 Powder Metallurgy Liner Sleeve	14			
101	Φ17 Powder Metallurgy Liner Sleeve	4			

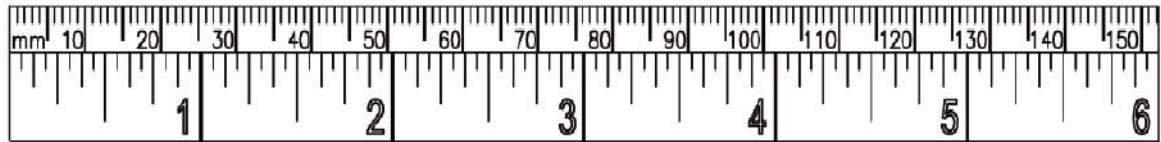
102	Bearing 6005z	4			
103	Flat Washer $\Phi 8$	8			
104	Flat Washer $\Phi 10$	168			
105	Curved Washer $\Phi 10$	2			
106	Large Flat Washer $\Phi 10$	2			
107	Flat Washer $\Phi 12$	8			
108	Large Flat Washer $\Phi 12$	1			

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 
41 	42 	43 	44 	45 
46 	47 	48 	49 	50 

Parts List

101 	102 	103 	104 	105 
106 	107 	108 	109 	110 
111 	112 	113 	114 	115 
116 	117 	118 	119 	120 
121 	122 	123 	124 	125 
126 	127 	128 	129 	130 
131 	132 	133 		



Assembly Instruction

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 for final tightening during complete assembly.
- 3、 Some components have been pre-assembled at the factory.
- 4、 It is recommended to have two or more people for installation.

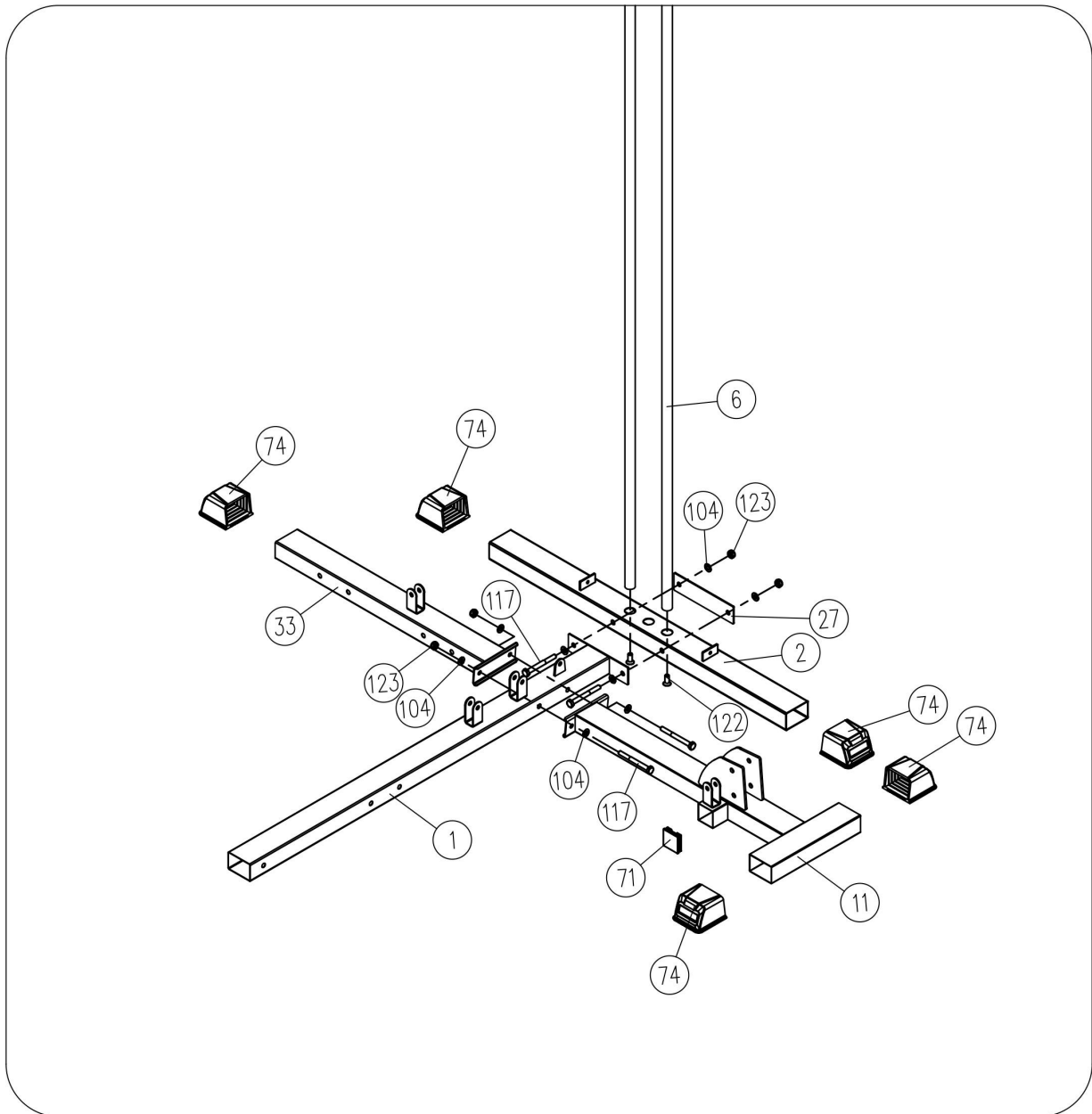


Figure 1

1. As shown in the diagram, attach 5 F50x75 square leg sockets (#74) to the main base (#2), right frame (#11), and squat frame (#33) respectively.
2. Position the main base (#2) with three holes facing upward. Insert the counterweight guide rod (#6) into the installation hole of the main base (#2), and tighten it with 2 countersunk hex bolts M10x20 (#122).
3. Use 2 hex head bolts M10x95 (#117), 4 flat washers $\Phi 10$ (#104), 2 anti-loosening

nuts M10 (#123), and the base frame welding plate (#27) to securely fasten the front frame (#1) and the main base (#2) together according to the diagram.

4. Following the diagram, use 2 hex head bolts M10x95 (#117), 4 flat washers $\Phi 10$ (#104), and 2 anti-loosening nuts M10 (#123) to secure the right frame (#11) and the squat frame (#33) to both sides of the front frame (#1).

Assembly Instruction

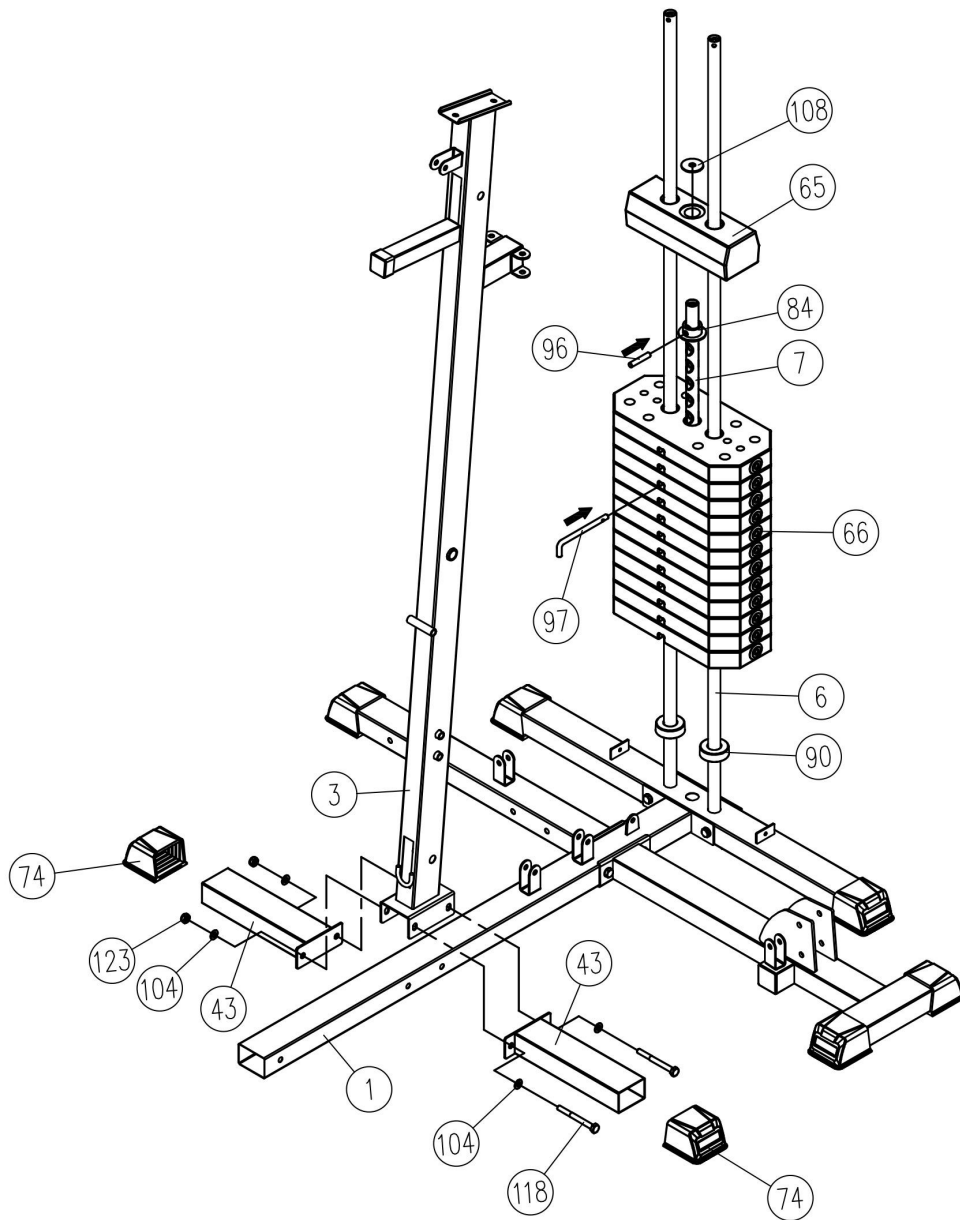


Figure 2

1. Slide the counterweight buffer pad (#90) onto the counterweight guide rod (#6). Place the counterweight blocks (#66) in sequence (groove side down) onto the counterweight guide rod (#6). Fit the code rod sleeve (#84) onto the code rod (#7) with the holes of the code rod sleeve (#84) aligned with the topmost hole of the code rod (#7). Insert the code rod fixing pin (#96) into place. Then insert the code rod (#7) into the middle hole of the counterweight block (#66), aligning the hole of the code rod (#7) with the groove beneath the counterweight block (#7).
2. Fit the counterweight cap (#65) onto the counterweight guide rod (#6) and code rod (#7). Place a large flat washer $\Phi 12$ (#108) on top of the counterweight cap (#65). Insert the L-shaped code pin (#97) into the code rod (#7).
3. Fit the counterweight cap (#65) onto the counterweight guide rod (#6) and code

rod (#7). Place a large flat washer $\Phi 12$ (#108) on top of the counterweight cap (#65). Insert the L-shaped code pin (#97) into the rod. Attach 2 F50x75 square leg sockets (#74) to the auxiliary frame (#43). Place the front column (#3) onto the front frame (#1). Secure the auxiliary frame (#43), front column (#3), and front frame (#1) together using 2 hex head bolts M10x100 (#118), 4 flat washers $\Phi 10$ (#104), and 2 anti-loosening nuts M10 (#123). the code rod (#7).

Assembly Instruction

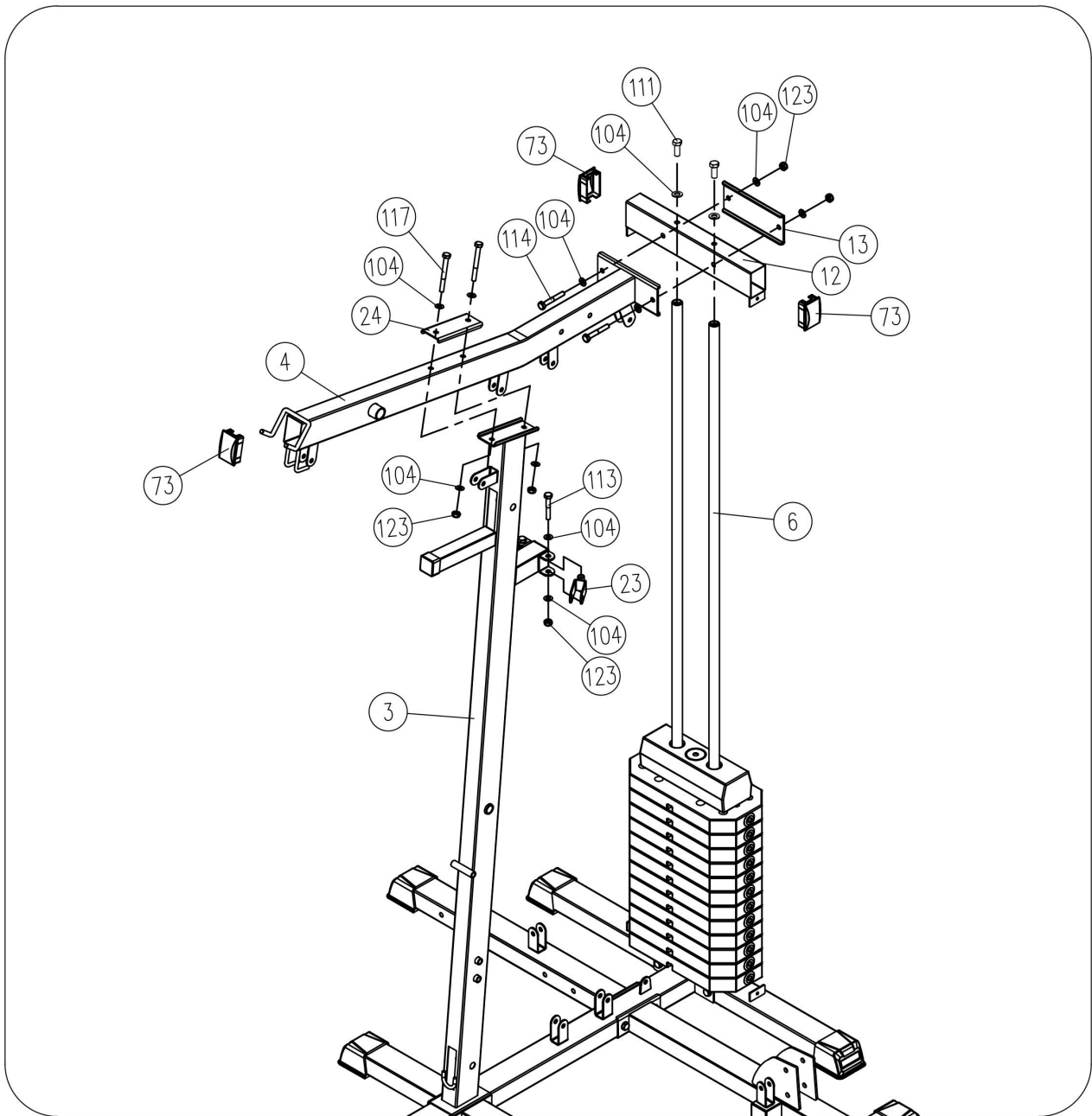


Figure 3

1. As shown in the diagram, attach 3 F50x75 square tube plugs (#73) to the top beam (#4) and rear top frame (#12) respectively.
2. Fit the rear top frame (#12) with the large hole facing downward onto the upper end of the counterweight guide rod (#6). Secure it with 2 hex head bolts M10x25 (#111) and 2 flat washers $\Phi 10$ (#104).
3. Place the top beam (#4) onto the front column (#3) according to the diagram. Use 2 hex head bolts M10x70 (#114), 4 flat washers $\Phi 10$ (#104), 1 beam connecting plate (#13), and 2 anti-loosening nuts M10 (#123) to secure it to the rear top frame (#12).
4. Use 2 hex head bolts M10x95 (#117), 4 flat washers $\Phi 10$ (#104), 1 column welding plate (#24), and 2 anti-loosening nuts M10 (#123) to fasten the top beam (#4) to the front column (#3) as shown in the diagram.

5. Install the single U-bracket (#23) onto the U-brackets on both sides of the front column (#3) using 2 hex head bolts M10x65 (#113), 4 flat washers $\Phi 10$ (#104), and 2 anti-loosening nuts M10 (#123) as shown in the diagram.

Assembly Instruction

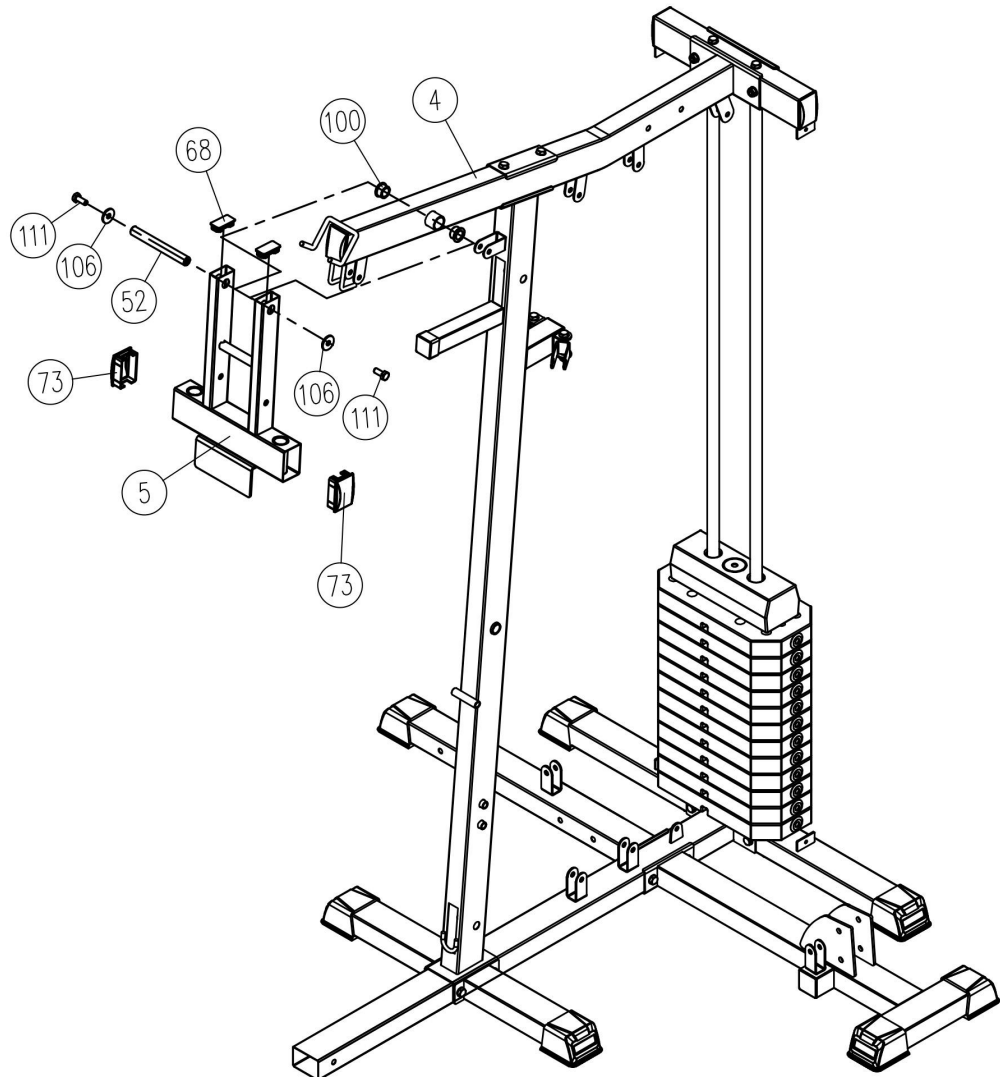


Figure 4

1. Using the diagram as a guide, insert 2 F25x50 square tube plugs (#68) and 2 F50x75 square tube plugs (#73) into the aircraft frame (#5) respectively.
2. Place 2 $\Phi 19$ powder metallurgy bushings (#100) into the round tubes of the top beam (#4). Install the aircraft frame (#5) onto the top beam (#4) using the aircraft frame fixing shaft (#52). Once the two sides are aligned, tighten the aircraft frame fixing shaft (#52) with two anti-loosening nuts M12 (#124) and 2 flat washers $\Phi 12$ (#107) at both ends.

Assembly Instruction

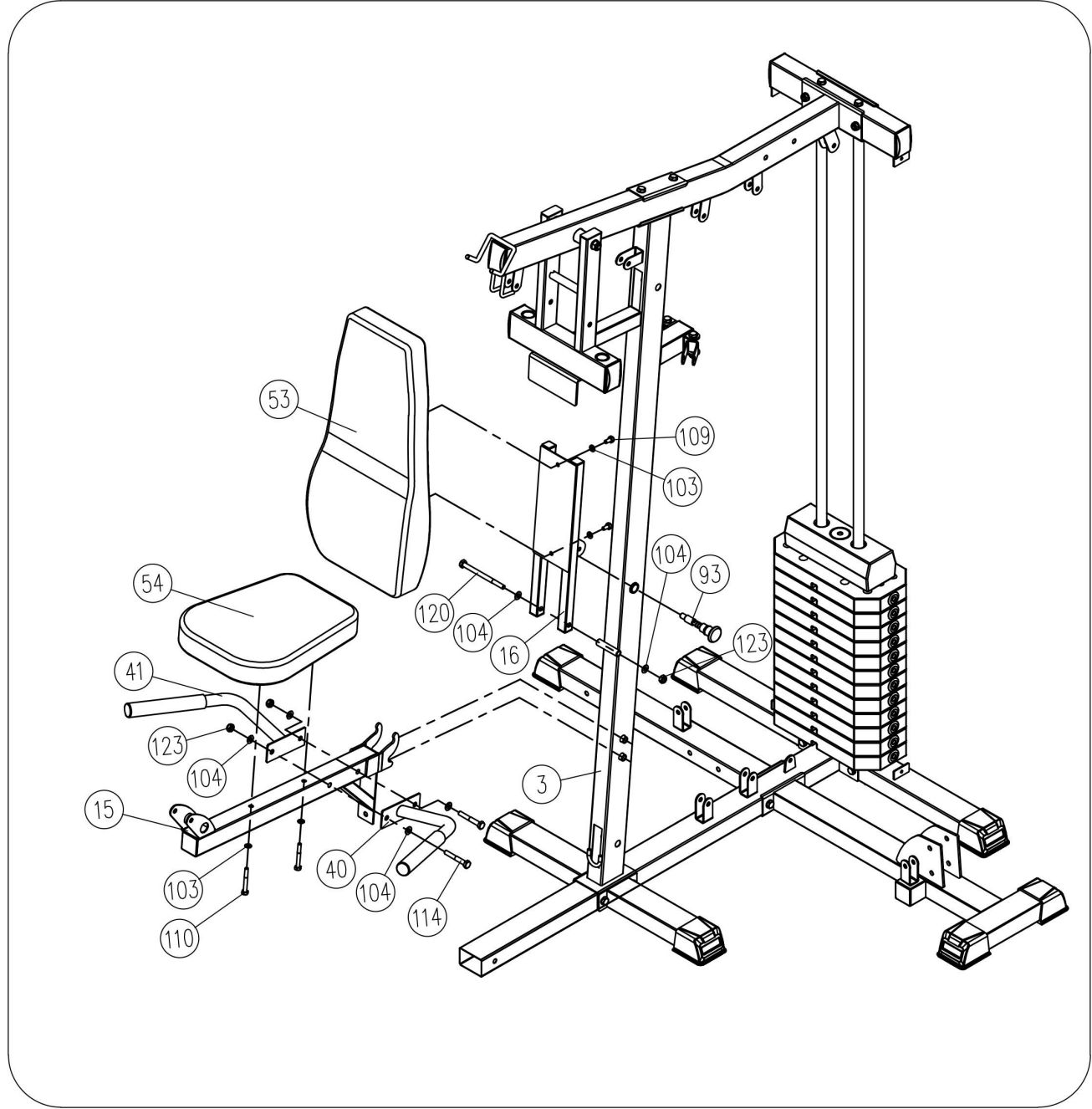


Figure 5

1. Using the diagram, secure the backrest cushion (#53) to the backrest frame (#16) using 2 hex head bolts M8x16 (#109) and 2 flat washers $\Phi 8$ (#103). Then, use 1 hex head bolt M10x135 (#120), 2 flat washers $\Phi 10$ (#104), and 1 anti-loosening nut M10 (#123) to fasten the backrest frame (#16) to the front column (#3). Adjust the angle of the backrest frame (#16) to the appropriate position using the round head pull-out knob (long) (#93).
2. Place the seat frame (#15) onto the front column (#3) (Note: The height of the seat frame (#15) can be adjusted).
3. As shown in the diagram, secure the armrest frame (#40) and armrest frame attachment (#41) to the seat frame (#15) using 2 hex head bolts M10x70 (#114), 4

flat washers $\Phi 10$ (#104), and 2 anti-loosening nuts M10 (#123).

4. Use 2 hex head bolts M8x65 (#110) and 2 flat washers $\Phi 8$ (#103) to tighten the seat cushion (#54) onto the seat frame (#15).

Assembly Instruction

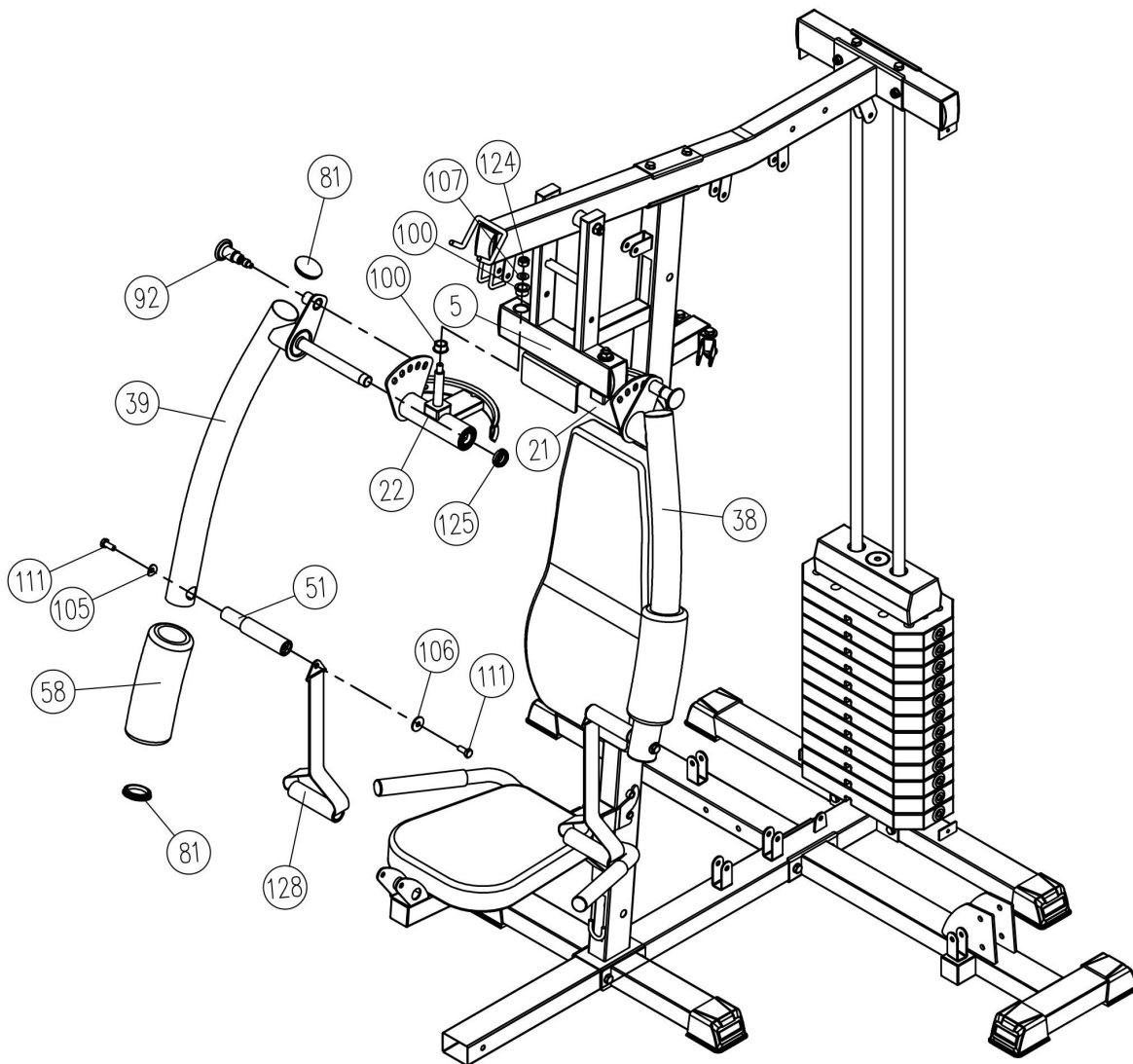


Figure 6

1. Attach 2 $\Phi 60$ tube plugs (#81) to the left arm attachment (#39), and then slide the foam pad $\Phi 53 \times \Phi 90 \times 245$ (#58) onto the left arm attachment (#39).
2. Insert the upper shaft portion of the right arm attachment (#22) into the left side of the aircraft frame (#5) as shown in the diagram, and tighten it with 1 flat washer $\Phi 12$ (#107) and 1 anti-loosening nut M12 (#124).
3. Insert the upper shaft of the left arm attachment (#39) into the right arm attachment (#22) according to the diagram, and secure it with 1 locking cap (#125).
4. Install the armrest handle (#51) onto the left arm attachment (#39) using 1 hex head bolt M10x25 (#111) and 1 curved washer $\Phi 10$ (#105). Then, lock the long pull handle (with iron plate) (#128) onto the other end of the armrest handle (#51) using 1 hex head bolt M10x25 (#111) and 1 large flat washer $\Phi 10$ (#106).

5. Assemble the right side using the same method.

Assembly Instruction

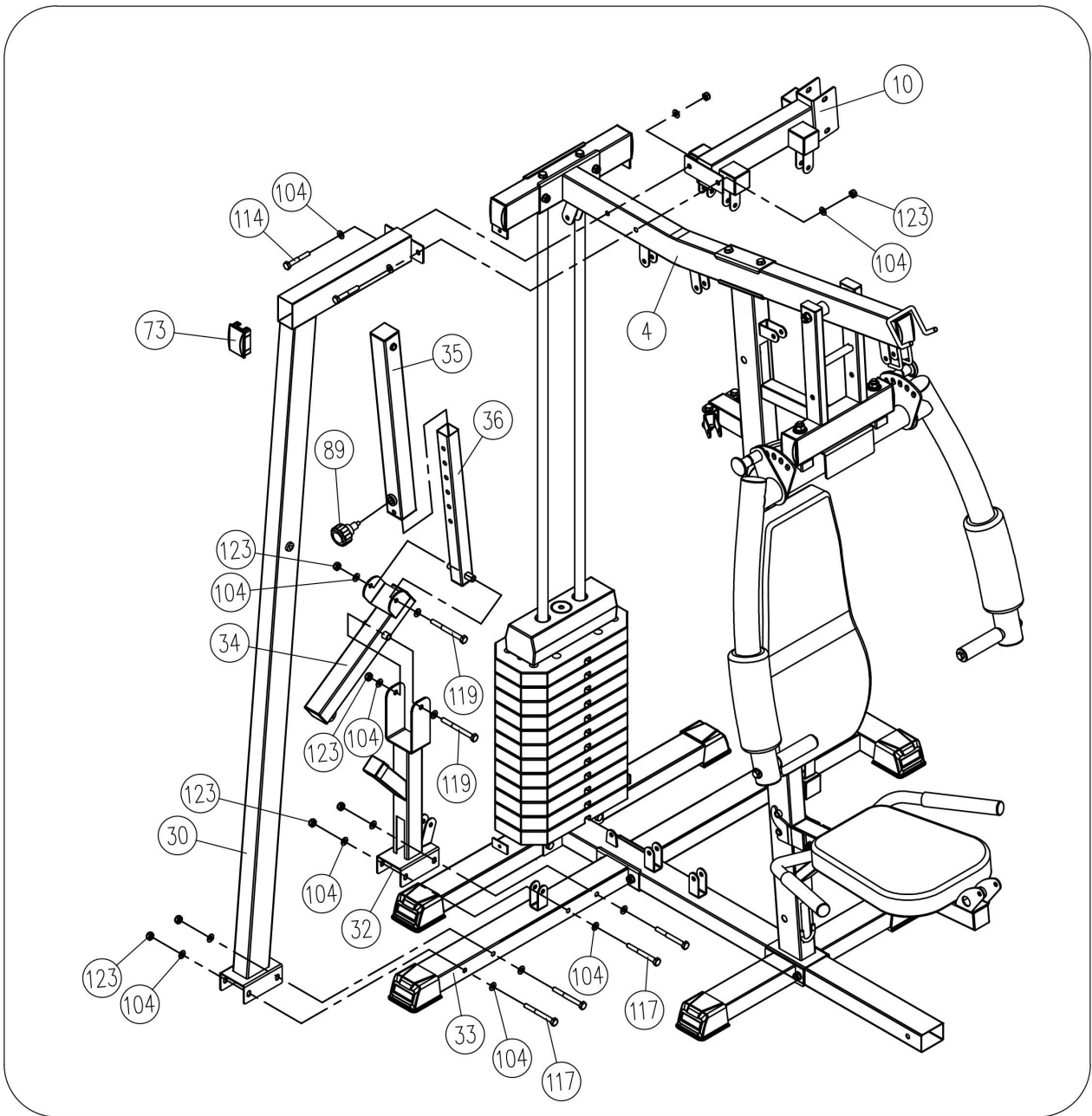


Figure 7

1. Install the squat rack support bracket (#32) onto the squat rack base frame (#33) using 2 hex head bolts M10x95 (#117), 4 flat washers $\Phi 10$ (#104), and 2 anti-loosening nuts M10 (#123).
2. Mount the squat rack connecting rod (#34) onto the squat rack support bracket (#32) using 1 hex head bolt M10x105 (#119), 2 flat washers $\Phi 10$ (#104), and 1 anti-loosening nut M10 (#123).
3. Install squat rack adjustment bracket 2 (#36) onto the squat rack connecting rod (#34) using 1 hex head bolt M10x105 (#119), 2 flat washers $\Phi 10$ (#104), and 1 anti-loosening nut M10 (#123). Then, insert squat rack adjustment bracket 1 (#35) into squat rack adjustment bracket 2 (#36) and secure it with the pull knob (#89) in the corresponding hole position of adjustment bracket 2 (#36).
4. Attach 1 F50x75 square tube plug (#73) to the left column (#30).
5. Place the left column (#30) onto the squat rack base frame (#33) and secure it

with 2 hex head bolts M10x95 (#117), 4 flat washers $\Phi 10$ (#104), and 2 anti-loosening nuts M10 (#123).

6. Mount the bird top frame (#10) and the upper end of the left column (#30) onto the top beam (#4) using 2 hex head bolts M10x70 (#114), 4 flat washers $\Phi 10$ (#104), and 2 anti-loosening nuts M10 (#123).

Assembly Instruction

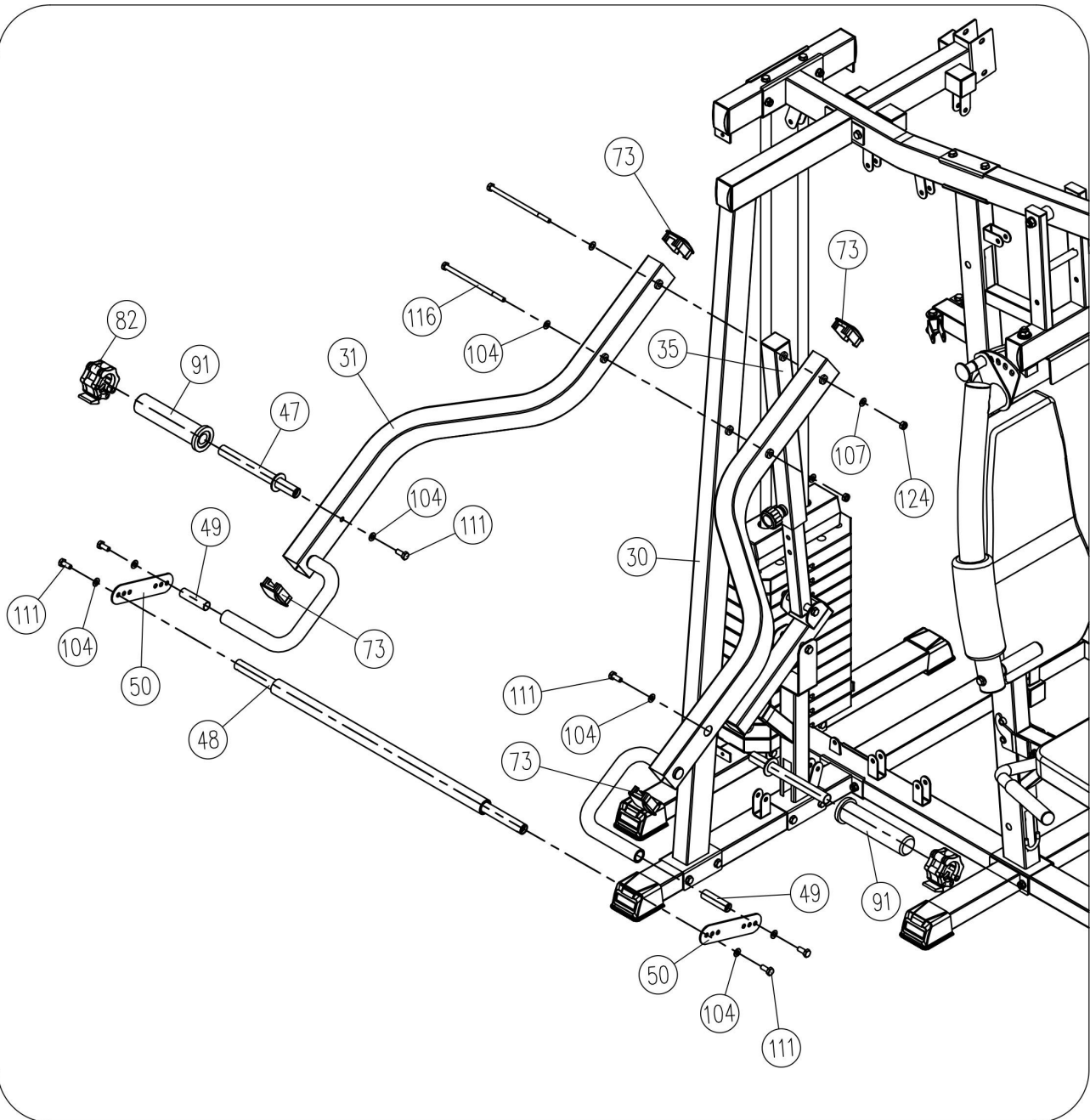


Figure 8

1. Install 4 F50x75 square tube plugs (#73) onto the squat arms (#31).
2. Using 2 hex head bolts M12x200 (#116), 4 flat washers $\Phi 12$ (#107), and 2 anti-loosening nuts M12 (#124), secure the squat arms (#31) to the left column (#30) and the squat adjustment bracket 1 (#35) as shown in the diagram.
3. Attach 2 barbell sleeves (#47) to the squat arms (#31) on both sides using 2 hex head bolts M10x25 (#111) and 2 flat washers $\Phi 10$ (#104). Then, slide the plastic barbell sleeve (#91) onto the barbell sleeves (#47) and tighten it. Finally, attach the barbell clamp (#82) to secure the weights.
4. Secure the squat handle adjustment rod (#49) to the adjustment plate (#50) using 2 hex head bolts M10x25 (#111) and 2 flat washers $\Phi 10$ (#104) as shown in the diagram. Then, insert the squat handle adjustment rod (#49) into the squat arms (#31) according to the instructions.

5. Use 2 hex head bolts M10x25 (#111) and 2 flat washers $\Phi 10$ (#104) to lock the squat bar (#48) to each end of the adjustment plate (#50) as indicated in the diagram.

Assembly Instruction

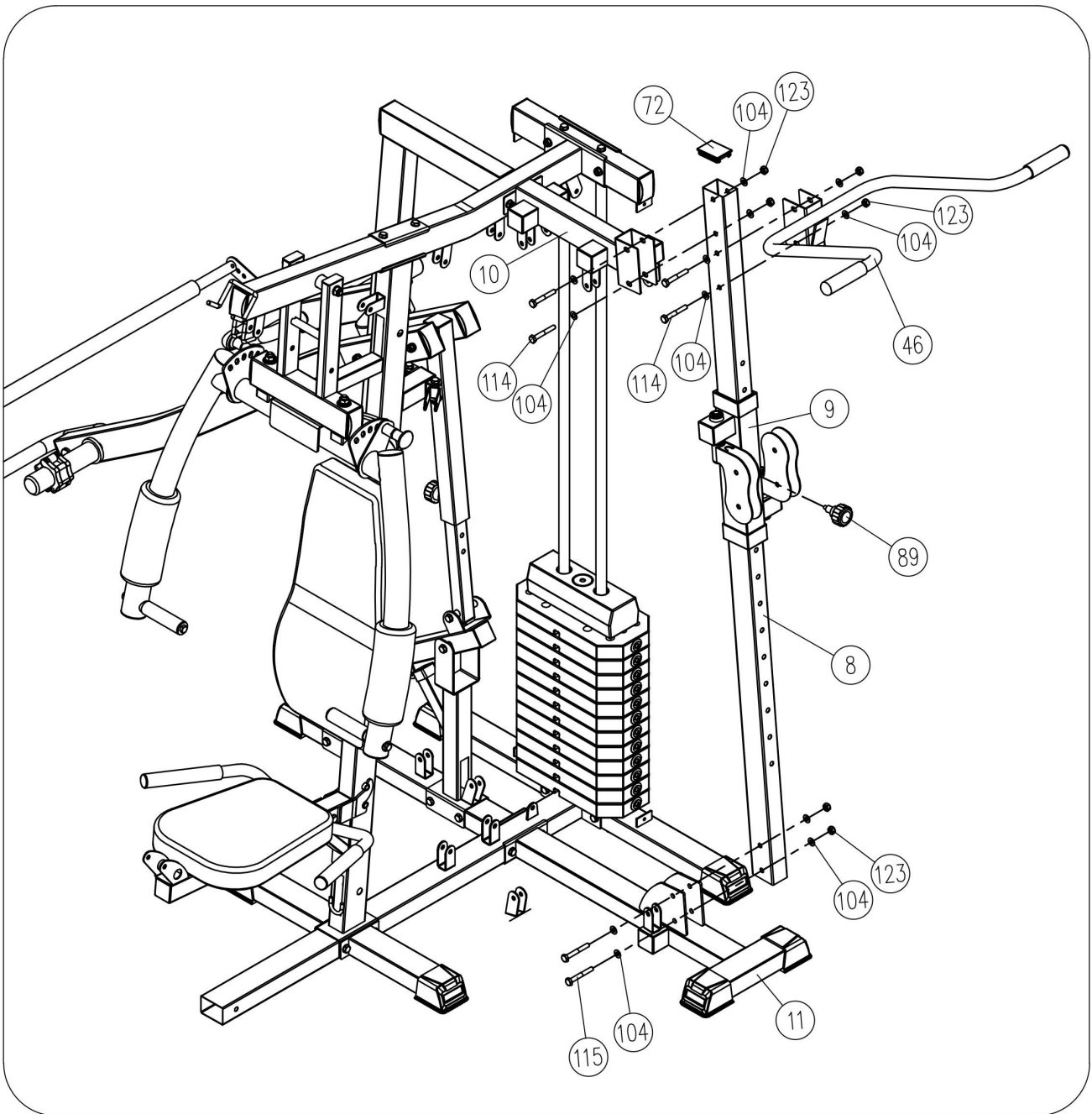


Figure 9

1. Install 1 F50x70 square tube plug (#72) onto the bird glider pipe (#8). Then, attach the bird glider frame (#9) to the bird glider pipe (#8) and secure it with the pull knob (#89) (adjust the height of the bird glider frame (#9) by locking the pull knob (#89) into the corresponding hole on the bird glider pipe (#8)).
2. Using 2 hex head bolts M10x75 (#115), 4 flat washers $\Phi 10$ (#104), and 2 anti-loosening nuts M10 (#123), secure the assembled bird glider pipe (#8) to the right base frame (#11) as shown in the diagram. Then, use 2 hex head bolts M10x70 (#114), 4 flat washers $\Phi 10$ (#104), and 2 anti-loosening nuts M10 (#123) to lock the upper end of the bird glider pipe (#8) to the bird top frame (#10).
3. Secure the single-bar top frame (#46) to the bird glider pipe (#8) as shown in the

diagram using 2 hex head bolts M10x70 (#114), 4 flat washers $\Phi 10$ (#104), and 2 anti-loosening nuts M10 (#123).

Assembly Instruction

Back Pull Rod Cable Wiring Diagram:

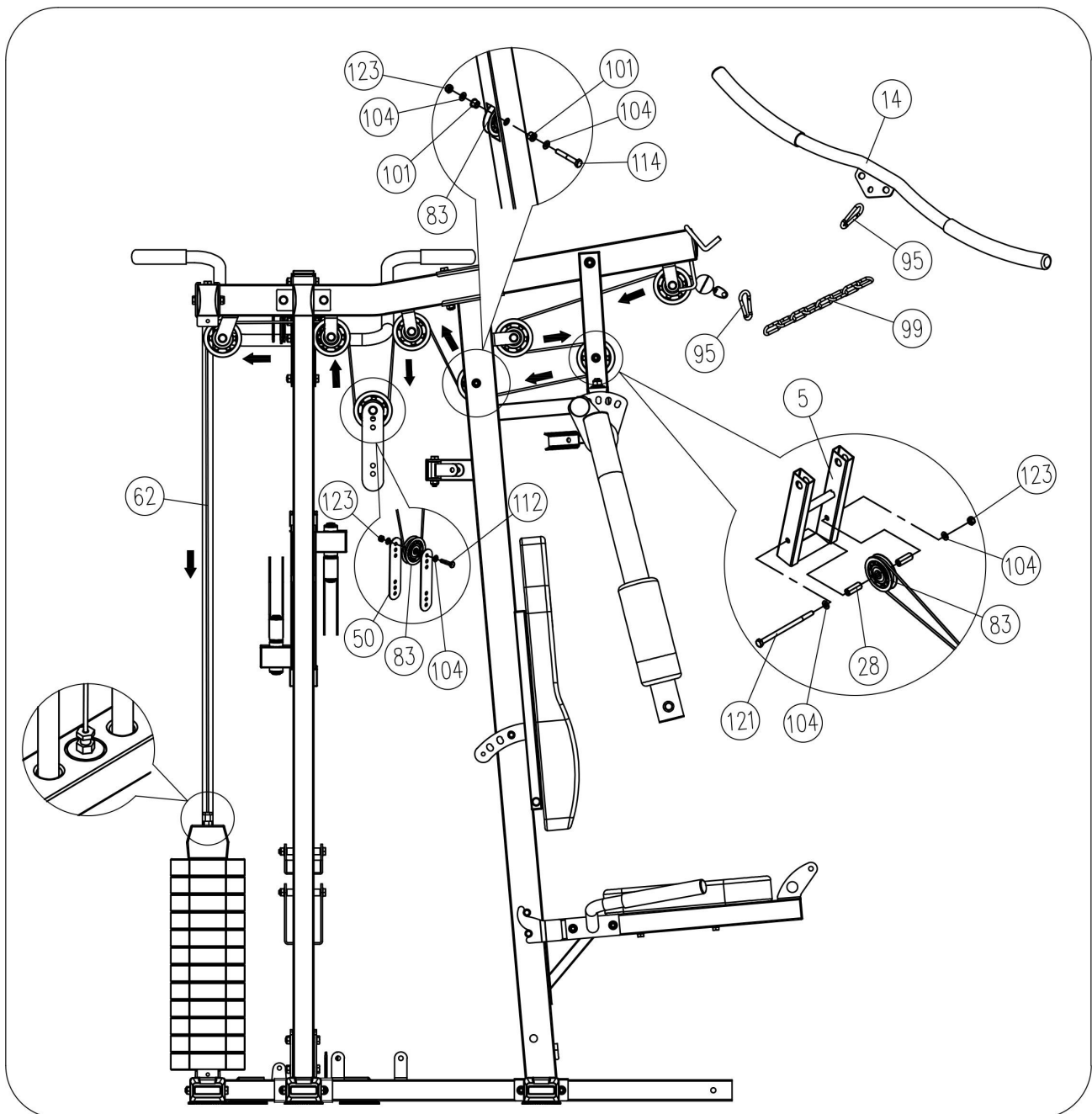


Figure 10

1. Follow the wiring diagram to thread one end of the lat pulldown cable (3390mm length) (#62) through and attach it to the pulley (#83), and finally tighten it onto the weight stack (#7).
2. Connect the other end of the lat pulldown cable (#62) with the butterfly bar (#14) using two spring snap hooks (#95) and a short iron chain (#99).

Assembly Instruction

Butterfly Arm Cable Wiring Diagram:

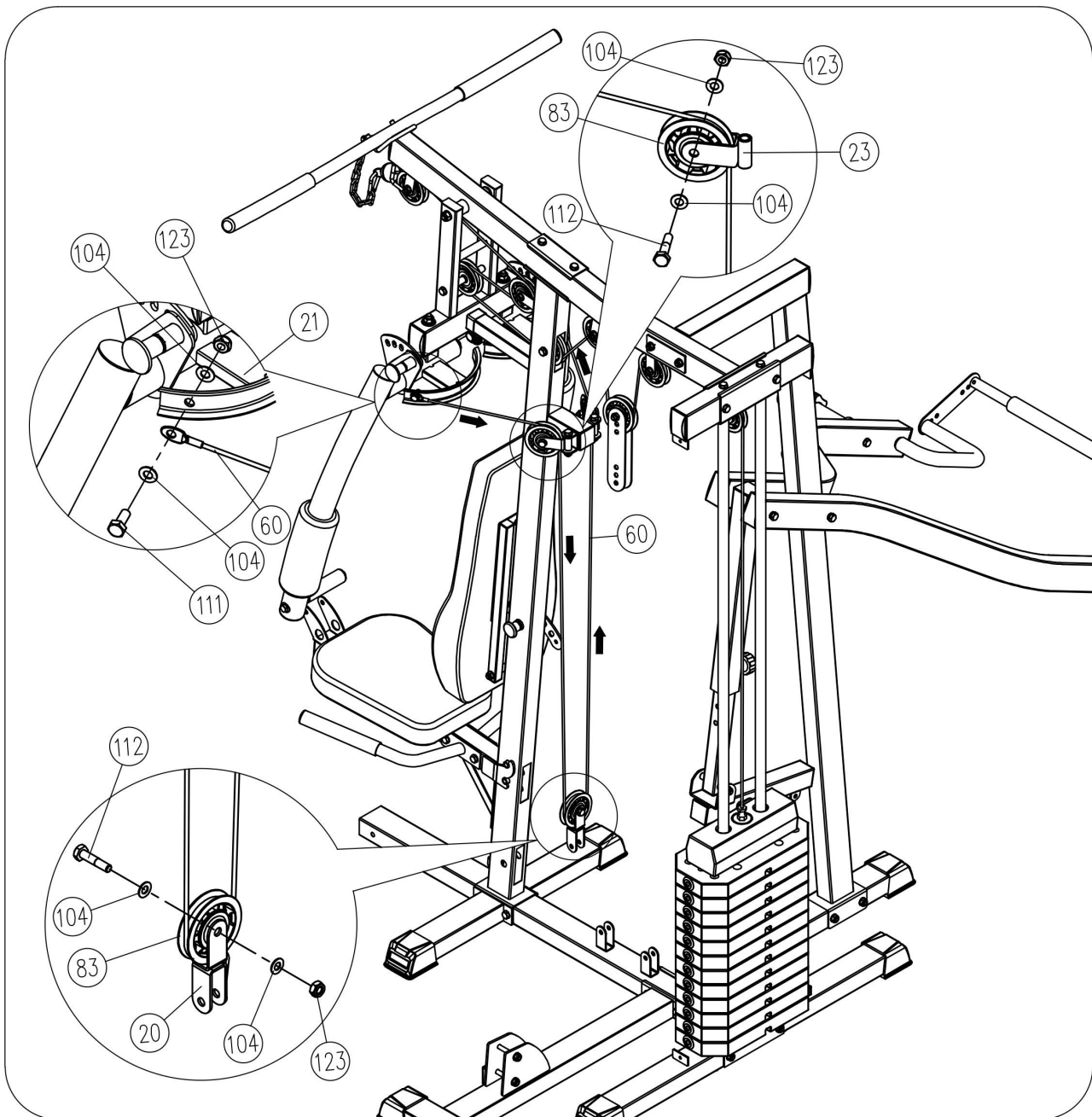


Figure 11

1. As shown in the diagram, secure one end of the butterfly arm cable (2900mm length) (#60) to the right arm attachment (#21) using 1 hex head bolt M10x25 (#111), 2 flat washers $\Phi 10$ (#104), and 1 anti-loosening nut M10 (#123).
2. Thread the other end of the butterfly arm cable (2900mm length) (#60) through as indicated in the diagram and install the pulley (#83). Then, lock the other end of the butterfly arm cable (2900mm length) (#60) onto the left arm attachment (#22).

Assembly Instruction

Bird Cable Wiring Diagram:

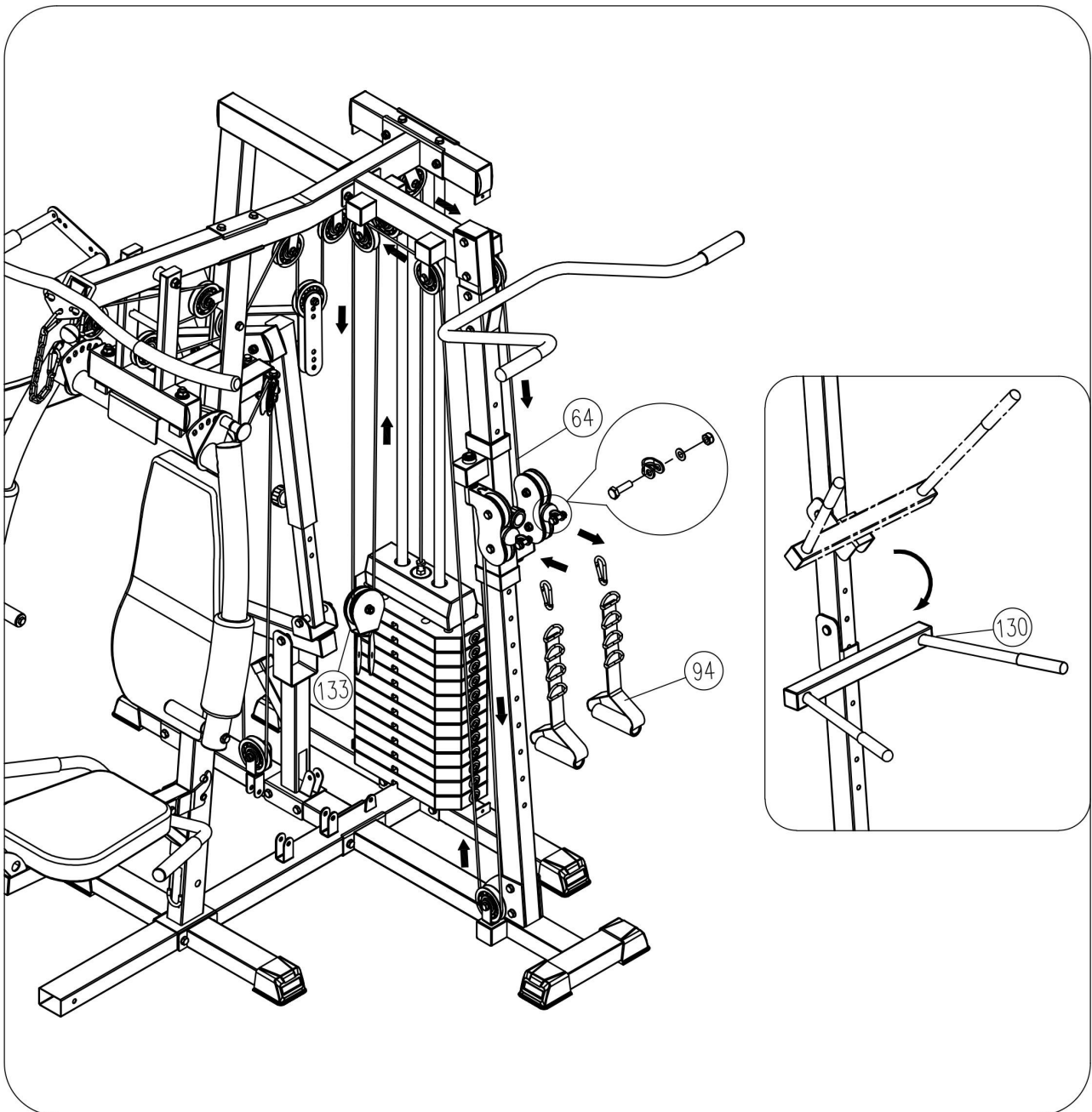
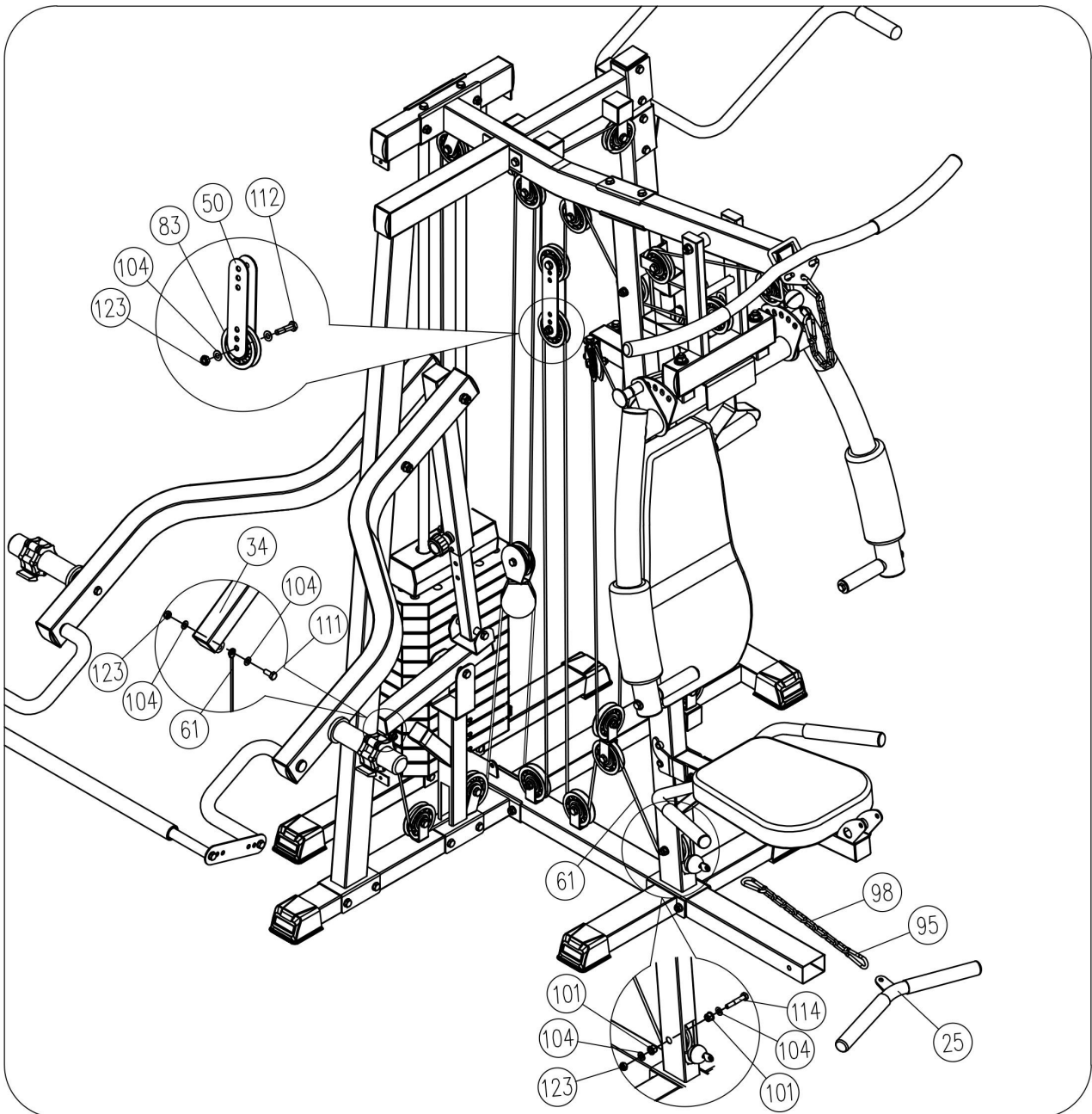


Figure 12

1. Remove the ball head from one end of the bird cable (6750mm length) (#64), then follow the diagram to thread it through accordingly, and reattach the ball head to the bird cable (6750mm length) (#64).
2. Connect the long handle with snap hook (#94) to the bird cable (6750mm length) (#64) using a spring snap hook (#95).
3. The accessory single bar (#130) can be mounted on the bird glider pipe (#8) for use.

Assembly Instruction



**Rowing Bar Cable Wiring Diagram:
Figure 13**

1. Follow the diagram to thread the non-ball head end of the rowing bar cable (#61) (5690mm length) through the pulley (#83) in the indicated manner. Finally, secure it to the rowing link (#34) using one M10x25 hex bolt (#111), two Φ 10 flat washers (#104), and one locking nut (#123).
2. To connect the rowing bar (#25) and the ball head end of the rowing bar cable (5690mm) (#61), use two spring snap rings (#95) and a long iron chain (#98).

Note: Once the entire equipment is assembled, check if the cable is taut. If the cable is slightly loose, you can make fine adjustments by adjusting the length of the bolt end of the back-pull cable (#62) (3390mm). If the cable is very loose, adjust the position of the pulley on the adjustment plate (#37).

Assembly Instruction

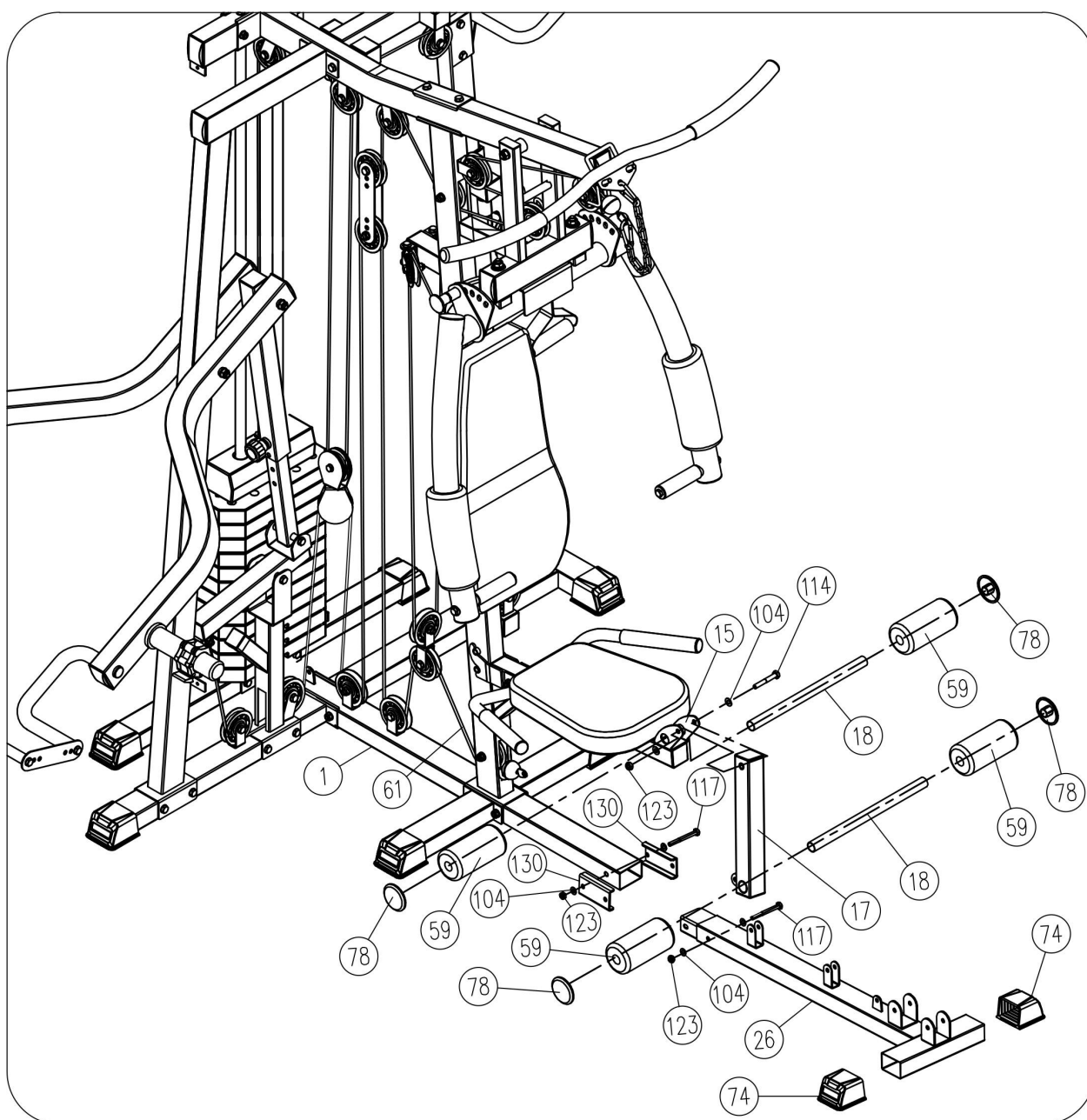


Figure 14

1. Install two F50x75 square leg plugs (#74) onto the seat support base (#26). Secure the seat support base (#26) to the front frame (#1) using two M10x95 hex bolts (#117), four Φ10 flat washers (#104), and two locking nuts (#123) with two connecting plates.
2. Mount the leg kick arm (#17) onto the seat frame (#15) using one M10x70 hex bolt (#114), two Φ10 flat washers (#104), and one locking nut (#123).
3. As shown in the diagram, attach two Φ25 foam tubes (#18) to the seat frame (#15) and the leg kick arm (#17). Then, slide the Φ80*160L foam tube (#59) onto the Φ25 foam tube (#18), and finally, cap the ends of the Φ25 foam tube (#18) with Φ25 tube plugs (#78).

Assembly Instruction

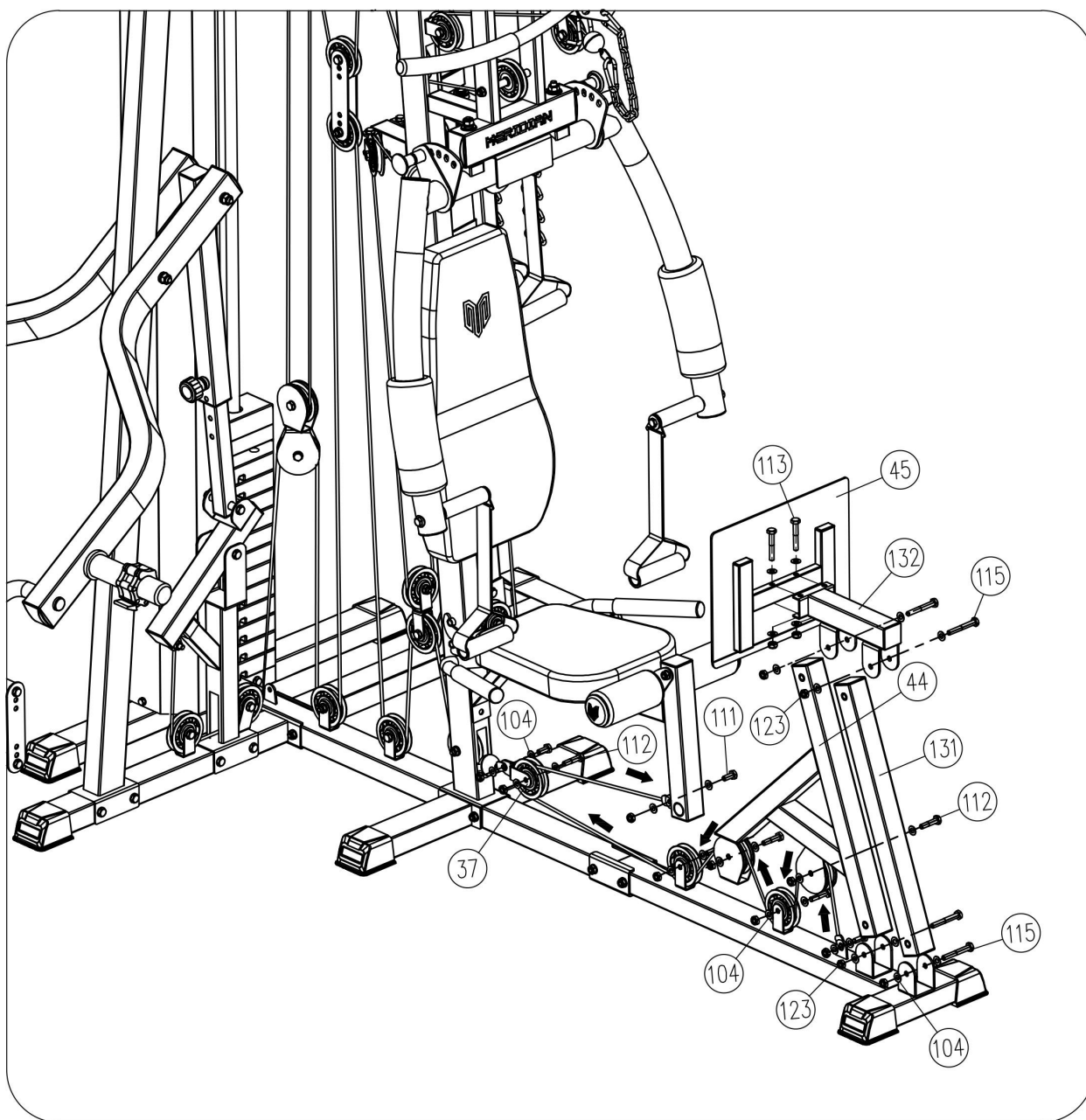


Figure 15

1. Use four M10x75 hex bolts (#115), eight $\Phi 10$ flat washers (#104), and four locking nuts (#123) to secure the seat frame (#44), rotating link welding component (#131), and pedal frame fixed welding component (#132) to the seat support base (#26).
2. Attach the leg pedal frame (#45) to the pedal frame fixed welding component (#132) using two M10x65 hex bolts (#113), four $\Phi 10$ flat washers (#104), and two locking nuts (#123).
3. Connect the single slider (#37) and the rowing bar wire rope (5690mm) (#61) ball head end together using one M10x25 hex bolt (#111), two $\Phi 10$ flat washers (#104), and one locking nut (#123).

As shown in the diagram, use five M10x45 hex bolts (#112), two M10x25 hex bolts (#111), fourteen $\Phi 10$ flat washers (#104), seven locking nuts (#123), and four pulleys (#83) to secure one end of the leg kick wire rope (1670mm) to the seat

support base (#26) and the other end to the leg kick arm (#17).

Note: The rowing function cannot be used simultaneously with the leg kick and leg pedal functions.

Assembly Instruction

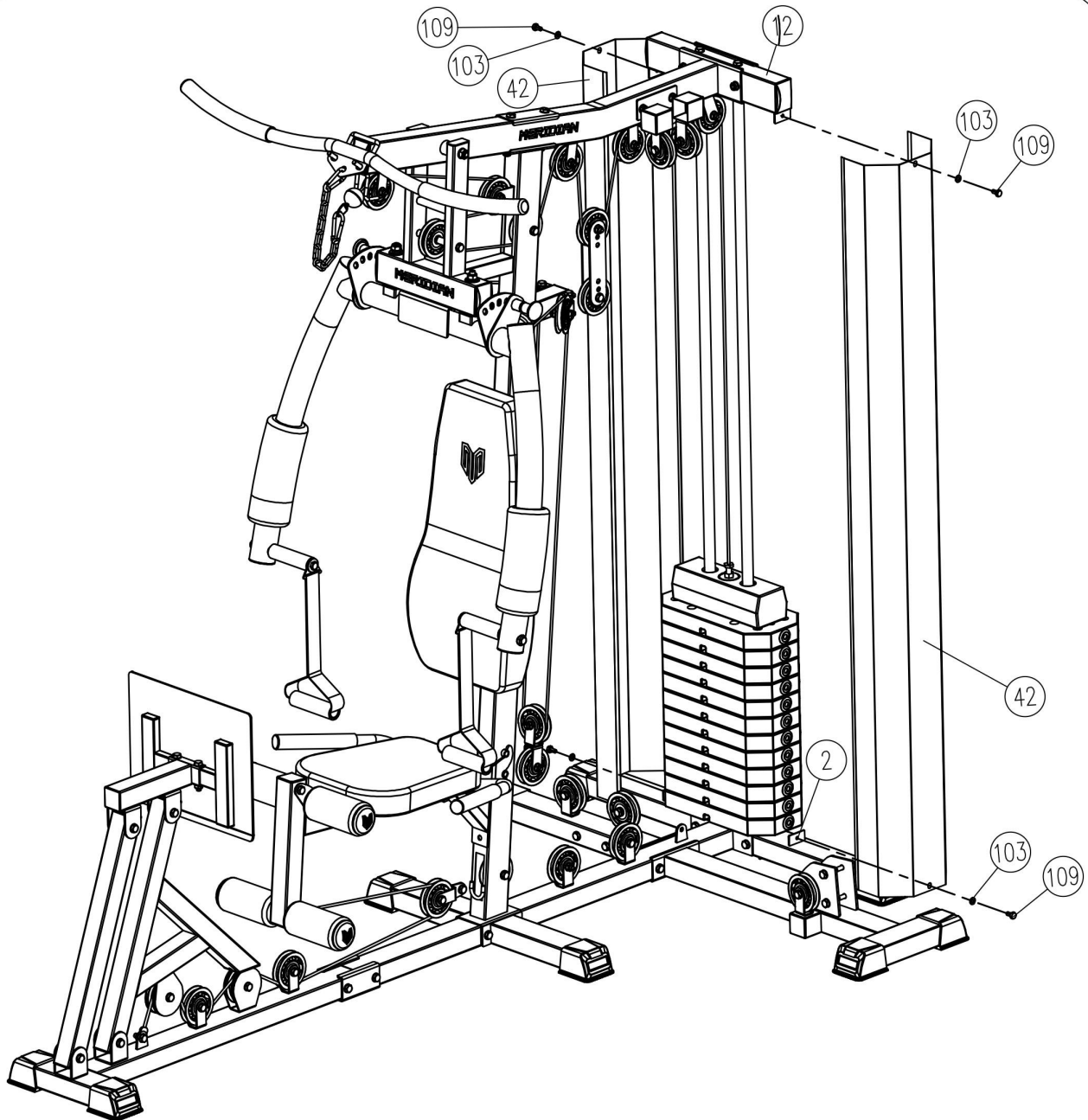


Figure 16

1. Install the steel plate cover (#42) onto the main base (#2) and rear top frame (#12) using four M8x16 hex bolts (#109) and four $\Phi 8$ flat washers (#103) according to the diagram.

- 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 have been properly secured.
- 4、 Make necessary adjustments to the steel cables as needed during the initial stage of use.

Maintenance and Care

Maintenance Method:

To prolong 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, necessary lubrication maintenance must be performed between the guide rods and weight plates.

Note: Do not use motor oil or grease as it 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 become loose, promptly tighten them.
5. Check for any cracks in the welds.
6. Failure to perform routine maintenance may result in personal injury or equipment damage.

