

MLD-Q8

Assembly Instruction

CATALOGUE

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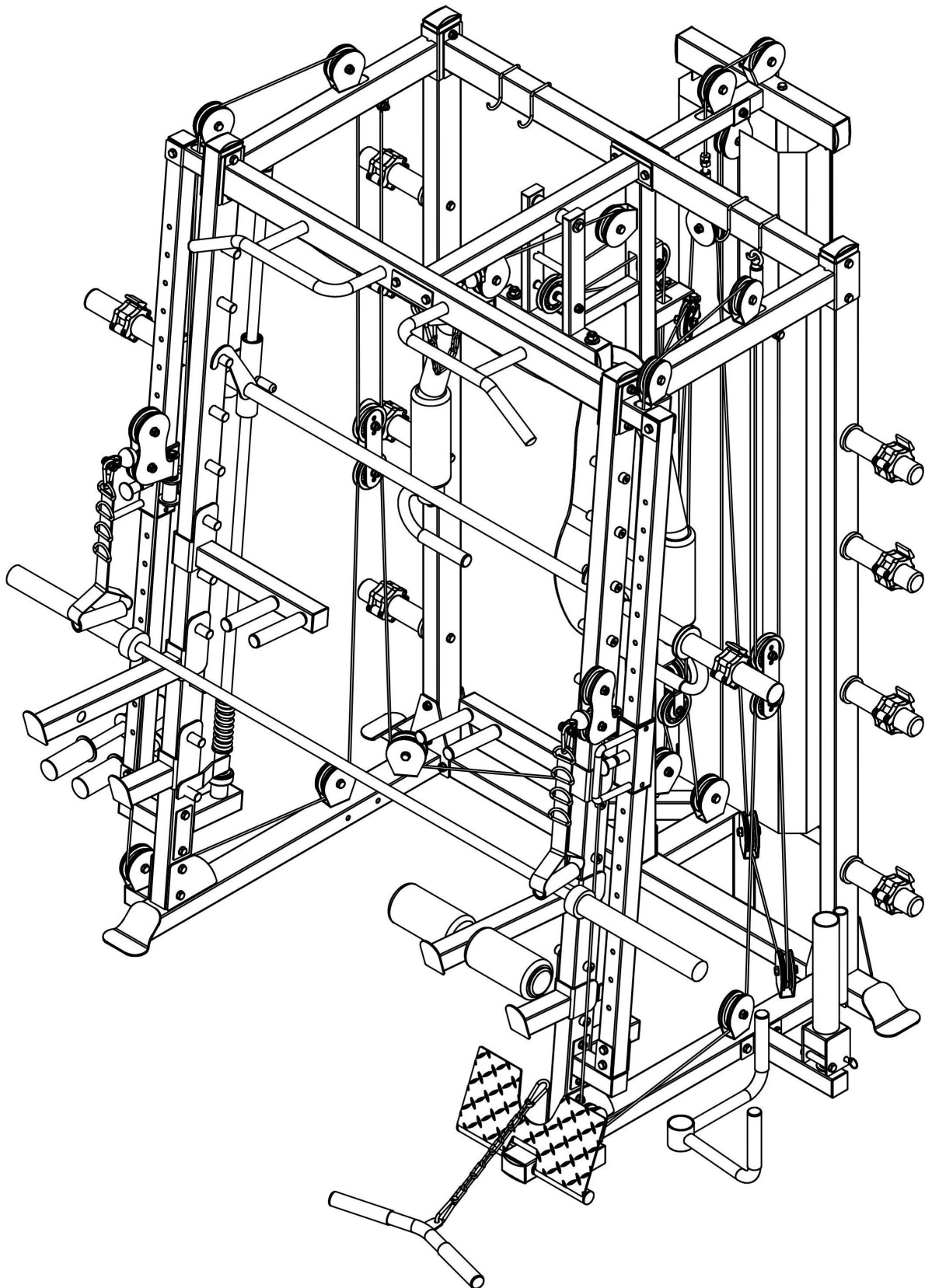
Safety Measures

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.
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 before starting any exercise regimen.
5. Ensure safety when children are present.
6. Exercise caution when children are present.
7. Regularly inspect the steel wire rope for any signs of wear, as wear may pose a certain level of danger.
8. Maintain flexibility in hands, limbs, and clothing to ensure safe use of this equipment.
9. Pay attention to any signs of mechanical issues, including part wear, loose hardware, and welding cracks. If any of these signs are detected, immediately stop using the equipment and contact our after-sales service department.
10. You can use a wrench or Allen wrench to assemble the product.

Assembly Diagram

MLD-Q8



Performance standards: *GB17498.1*

Bill of materials

ID	Name	Quantity	ID	Name	Quantity
1	Rear frame	1	37	short parallel bars right	1
2	Left frame	1	38	Barbell sleeve 2	2
3	Right frame	1	39	Barbell sleeve 3	8
4	Left front column	1	40	Counterweight single slider frame	1
5	Right front column	1	41	Dumbbell	2
6	Left top frame	1	42	Single U-frame	2
7	Right top frame	1	43	Pulley crossover U-frame	1
8	Rear top frame	1	44	Steel plate cover	1
9	Front top frame	1	45	Rear column pipe	2
10	Slider seat bottom	2	46	Connecting plate 2	2
11	Slider seat upper left	1	47	Welding piece 11	3
12	Slider seat upper right	1	48	Single-adjustable U-frame	1
13	Chest column	1	49	Step locking sleeve	2
14	Rear top T-frame	1	50	Barbell guide rod	2
15	Top beam	1	51	Barbell bar	1
16	Detachable U-frame	1	52	Push arm left	1
17	Counterweight guide rod	2	53	Push arm right	1
18	Left protective frame	1	54	Weight stack rod	1
19	Right protective frame	1	55	Plane frame	1
20	Slider frame	2	56	Lat pulldown bar	1
21	Flying bird slider left	1	57	Rowing pedal	1
22	Flying bird slider right	1	58	Push arm handle tube 1	2
23	Hook rod	1	59	Adjusting plate	4
24	Parallel bars left	1	60	Plane frame fixing shaft	1
25	Parallel bars right	1	61	Φ25foam tube (440mm length)	1
26	Cannon frame	1	62	Rowing pedal fixing tube (360mm length)	1
27	Cannon rotating frame	1	63	Pulley liner tube	2
28	Cannon barrel frame	1	64	Spring	2
29	Handle	1	65	Accessory hook	2
30	Rowing pole	1	66	D-ring handle	2
31	Baseball bat	1	67	Spring clip	6
32	parallel bars left	1	68	Weight stack rod fixing pin	1
33	parallel bars right	1	69	L-shaped weight stack pin	1
34	long parallel bars left	1	70	Φ 10*100mm pin with ring	1
35	long parallel bars right	1	71	Counterweight top block	1
36	short parallel bars left	1	72	Counterweight block	12

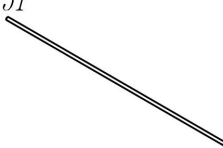


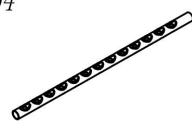
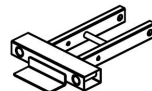
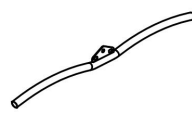
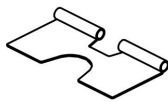

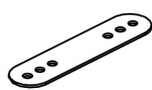
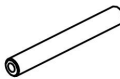
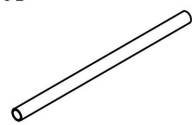
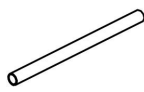






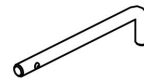

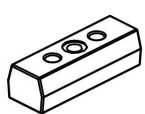
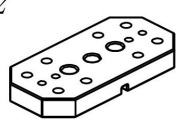
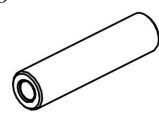


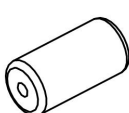
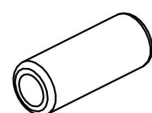
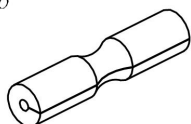
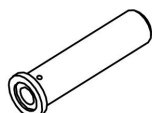









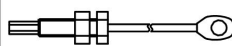

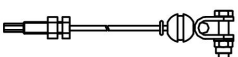



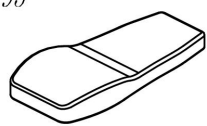





Bill of materials

ID	Name	Quantity	ID	Name	Quantity
73	Round steel	22	97	Flat washer Φ 10	180
74	Round steel nut	22	98	Flat washer Φ 12	2
75	\varnothing 19 powder metallurgy liner	14	99	Large flat washer Φ 10	4
76	Leather foam	2	100	Large flat washer Φ 12	1
77	\varnothing 53 chamfered foam	2	101	Curved washer Φ 10	2
78	V2 shoulder pad	1	102	Lock nut M10	81
79	Plastic barbell sleeve	8	103	Lock nut M12	2
80	Plastic barbell clamp	10	104	Countersunk hex bolt M10x20	2
81	Φ 25 plug (with cap)	2	105	Socket cap screw M10x20	2
82	Φ 30 plug	2	106	Hex head bolt M8x16	4
83	Φ 50 plug	6	107	Hex head bolt M8x65	2
84	Weight stack rod liner	1	108	Hex head bolt M10x25	26
85	Nut anti-theft cover	2	109	Hex head bolt M10x45	34
86	Pulley	34	110	Hex head bolt M10x50	2
87	Small pulley	1	111	Hex head bolt M10x65	2
88	Counterweight cushion	4	112	Hex head bolt M10x70	15
89	Fly wire rope upper (3280mm)	2	113	Hex head bolt M10x75	4
90	Fly wire rope lower (11960mm)	1	114	Hex head bolt M10x80	10
91	Lat pulldown wire rope(8460mm)	1	115	Hex head bolt M10x95	3
92	Butterfly arm wire rope(2940mm)	1	116	Hex head bolt M10x100	8
93	Iron chain (280mm length)	2	117	Hex head bolt M10x170	1
94			118	Set screw M5x8	2
95	Backrest cushion	1			
96	Flat washer Φ 8	6			







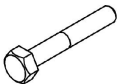


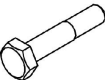
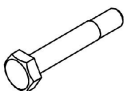
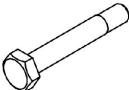
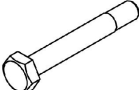
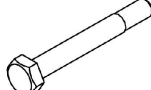
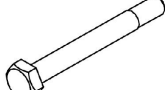
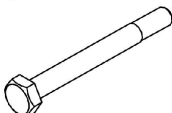
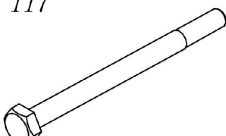

Bill of materials

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

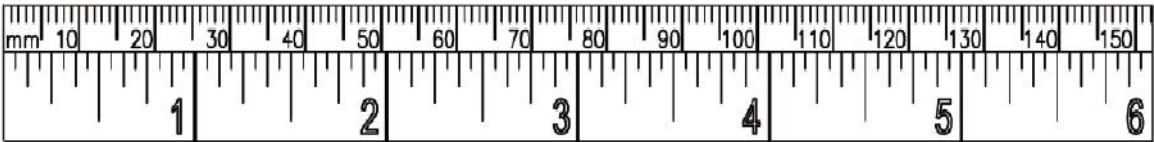
Bill of materials

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 	99 	100 

Bill of materials

101 	102 	103 	104 	105 
106 	107 	108 	109 	110 
111 	112 	113 	114 	115 
116 	117 	118 		

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.

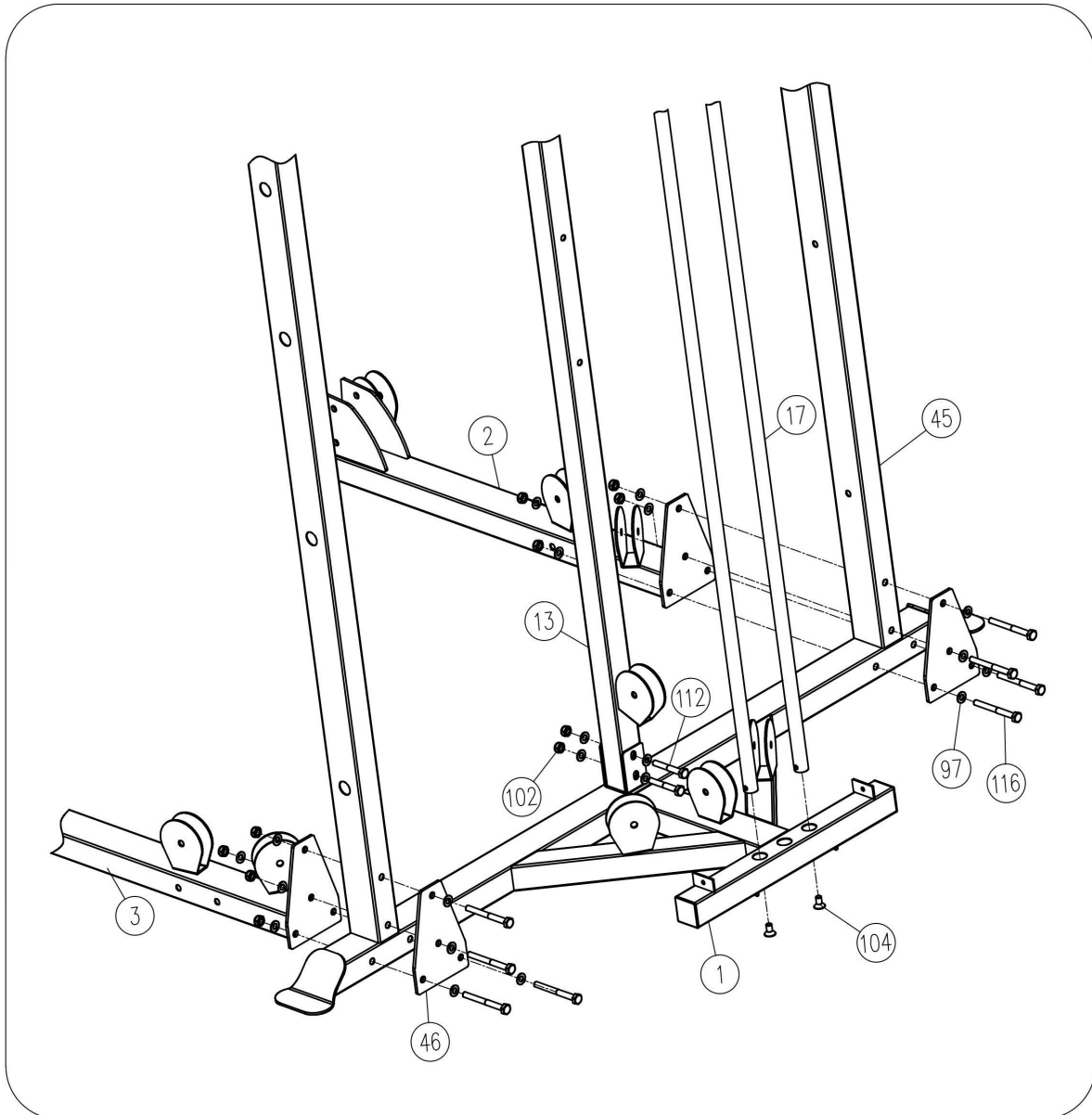


Image1

1. Use 4 countersunk hex bolts M10x20 (#104) to secure 2 weight guide rods (#17) individually to the rear frame (#1). Then use 8 hex head bolts M10x100 (#116), 16 flat washers $\Phi 10$ (#97), 8 lock nuts M10 (#102), and 2 connecting plates 2 (#46) to fasten the left frame (#2), right frame (#3), and 2 rear column pipes (#45) to the rear frame (#1).
2. Use 2 hex head bolts M10x70 (#112), 4 flat washers $\Phi 10$ (#97), and 2 lock nuts M10 (#102) to secure the chest support column (#13) to the rear frame (#1) according to the diagram.

Installation Procedure

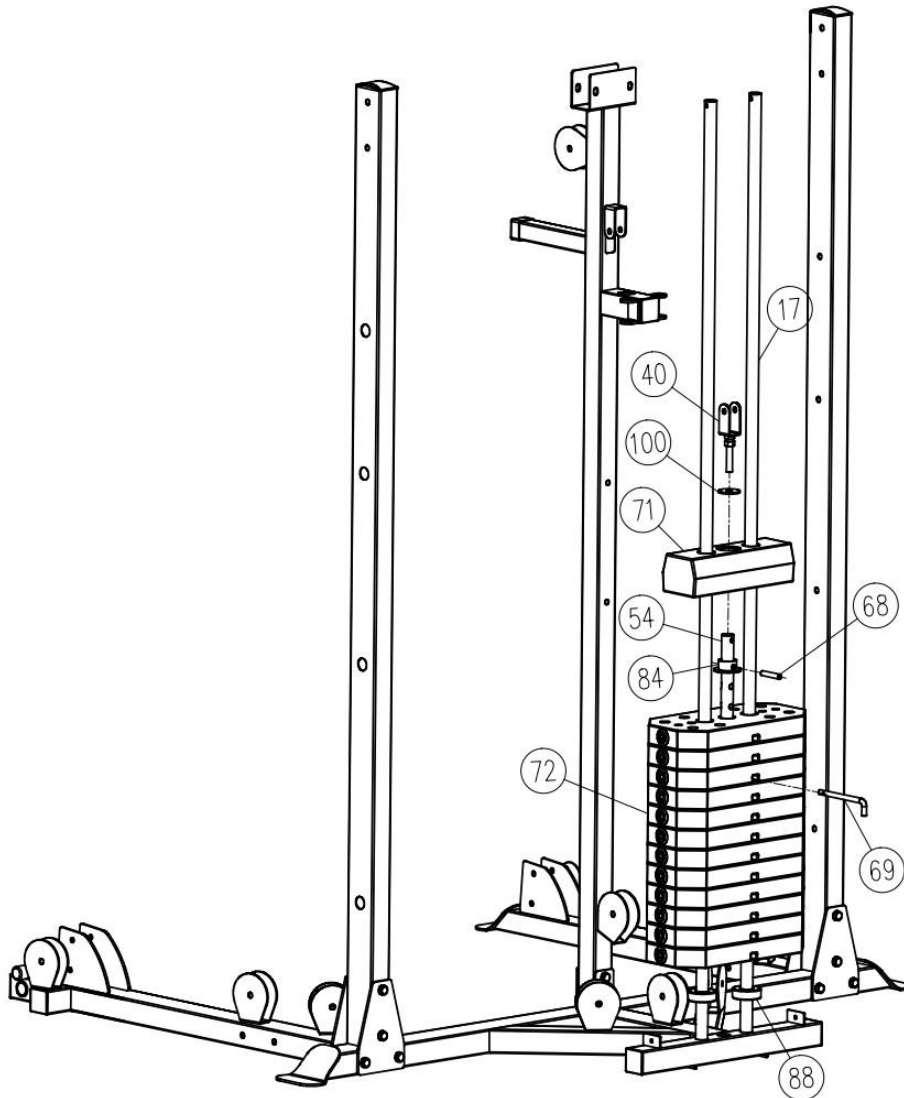


Image 2

1. Follow the diagram to insert the weight buffer pad (#88) along the weight guide rod (#17). Place the weight plates (#72) (with the groove facing downward) in sequential order onto the weight guide rod (#17). Slide the weight guide rod sleeve (#84) onto the weight guide rod (#54) with the holes on the weight guide rod sleeve (#84) aligned with the top hole of the weight guide rod (#54), then insert the weight guide rod fixing pin (#68) to secure them together. Next, insert the weight guide rod (#54) into the middle hole of the weight plates (#72) while aligning the hole of the weight guide rod (#54) with the groove at the bottom of the weight plates (#72).
2. Place the weight top block (#71) onto the weight guide rod (#17) and weight guide rod (#54). Put the large flat washer $\Phi 12$ (#100) on top of the weight top block (#71), then thread the weight single pulley frame (#40) into the inner hole of the weight guide rod (#54).

3. Insert the L-shaped weight pin (#69) into the groove of the weight plates (#72) and into the weight guide rod (#54).

Installation Procedure

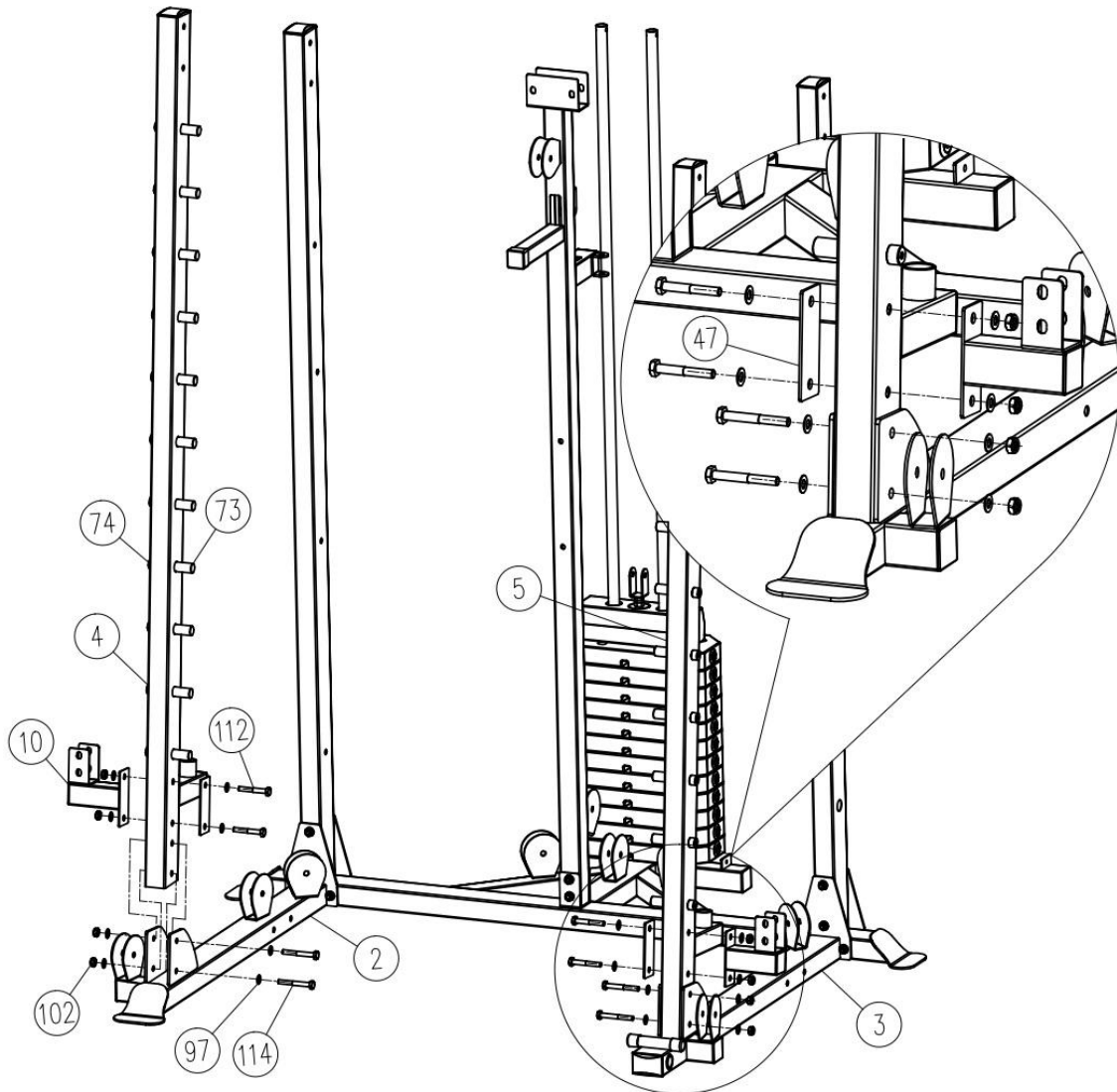


Image 3

1. Follow the diagram to secure the left front pillar (#4) onto the left base frame (#2) using 2 external hexagon bolts M10x80 (#114), 4 flat washers $\Phi 10$ (#97), and 2 anti-loose nuts M10 (#102). Then, use 2 external hexagon bolts M10x70 (#112), 4 flat washers $\Phi 10$ (#97), and 2 anti-loose nuts M10 (#102) to secure the lower sliding seat (#10) and welding piece 11 (#47) onto the sides of the left front pillar (#4).
2. Repeat the same installation method for the right side.

Installation Procedure

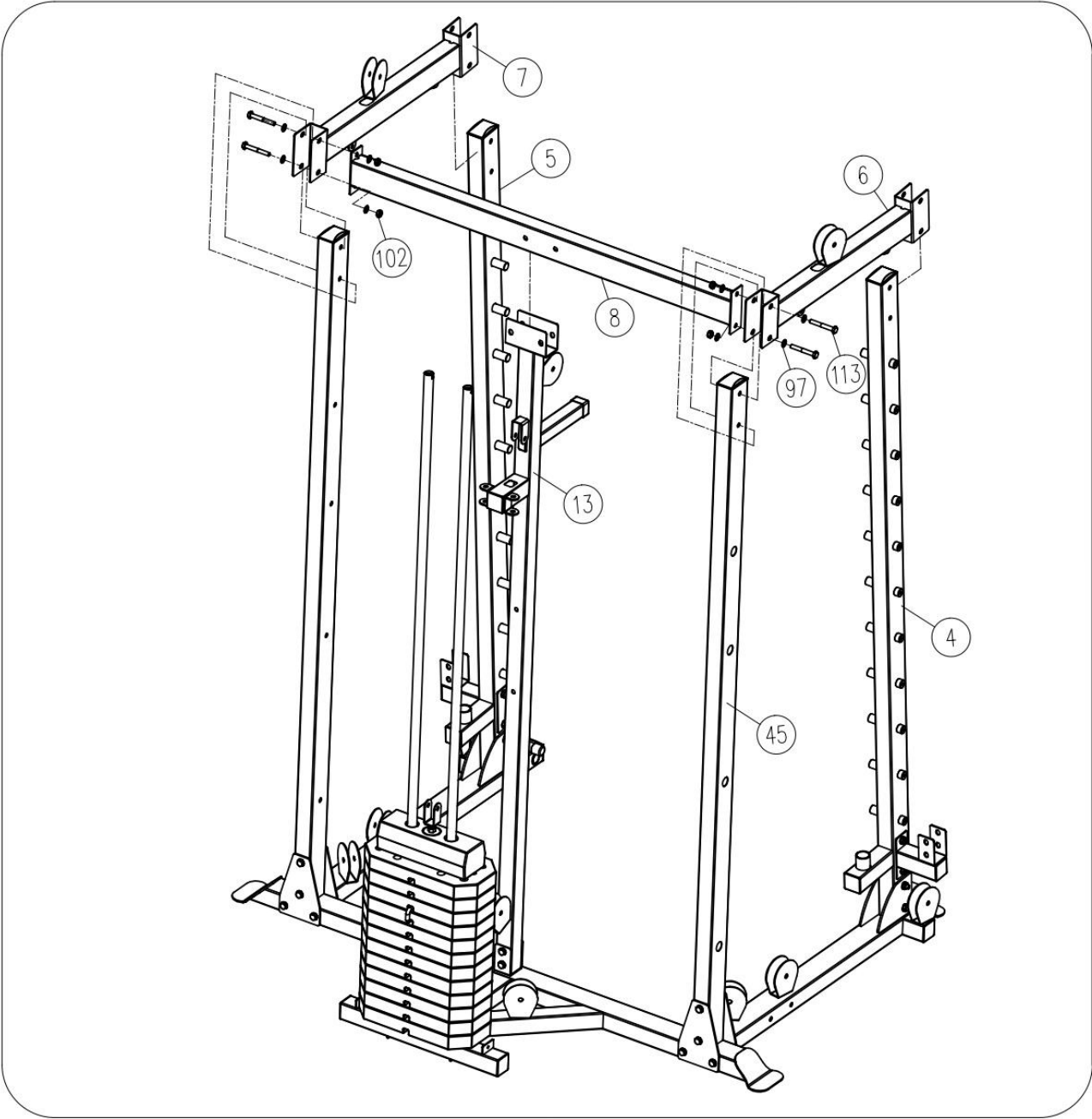


Image 4

- Place the rear top frame (#8) into the U-shaped clamp of the chest pillar (#13) and align it with the installation holes;
- Follow the diagram to install the left top frame (#6) between the rear pillar tube (#45) and the left front pillar (#4). Similarly, install the right top frame (#7) between the rear pillar tube (#45) and the right front pillar (#5);
- Using 4 external hexagon bolts M10x75 (#113), 8 flat washers $\Phi 10$ (#97), and 4 anti-loose nuts M10 (#102), securely fasten the rear top frame (#8), left top frame (#6), right top frame (#7), and the two rear pillar tubes (#45) together.

Note: Ensure that the bolts are inserted in the correct direction as shown in the diagram.

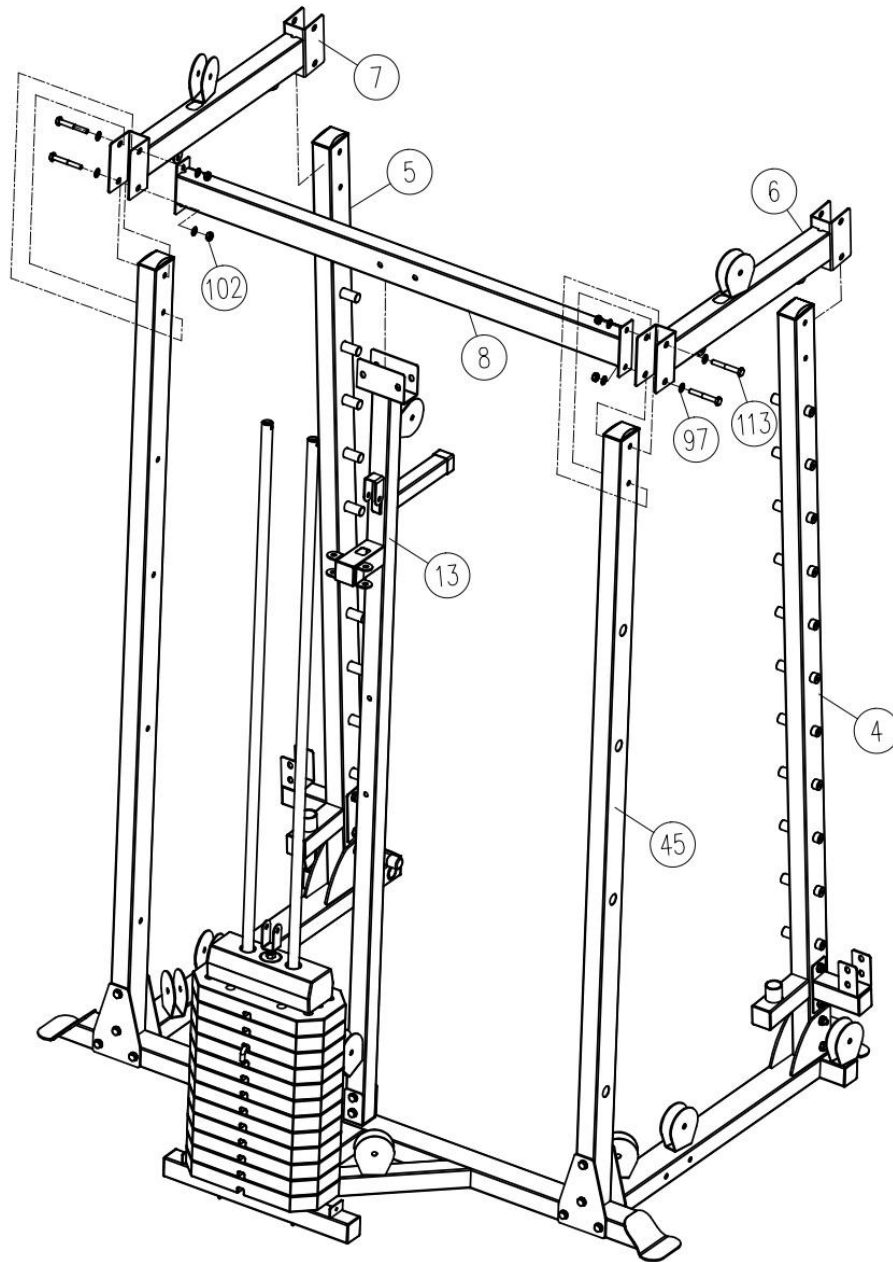


Image 5

1. Following the diagram, use 4 external hexagon bolts M10x25 (#108) and 4 flat washers $\Phi 10$ (#97) to fasten the left barbell rack (#24) and right barbell rack (#25) onto the front top frame (#9);

According to the diagram, use 4 external hexagon bolts M10x80 (#114), 8 flat washers $\Phi 10$ (#97), and 4 anti-loose nuts M10 (#102) to install the upper left slide seat (#11), upper right slide seat (#12), and front top frame (#9) onto the left top frame (#6) and right top frame (#7).

Note: Ensure that the bolts are inserted in the correct direction as shown in the diagram.

Installation Procedure

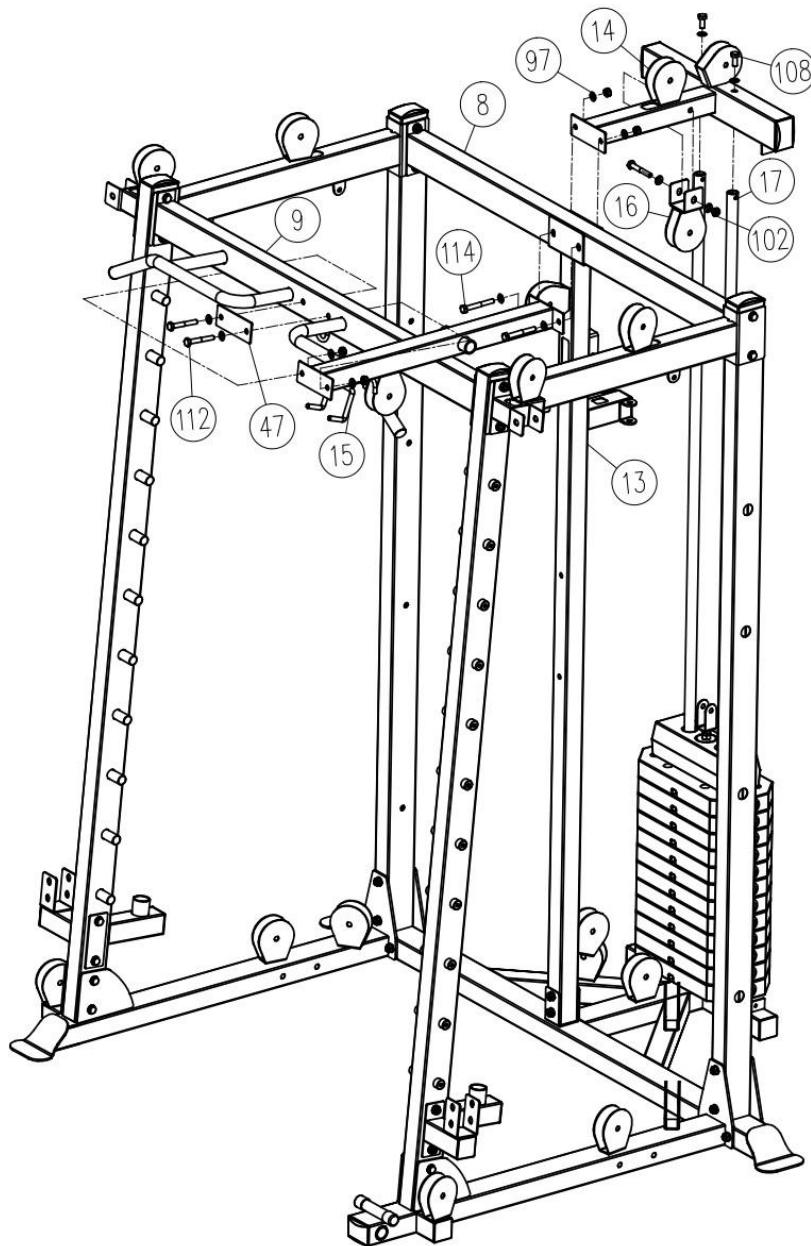


Image 6

1. As shown in the diagram, use 1 external hexagon bolt M10x70 (#112), 2 flat washers $\Phi 10$ (#97), and 1 anti-loose nut M10 (#102) to secure the detachable U-rack (#16) onto the rear top T-frame (#14).
2. Insert the rear top T-frame (#14) into the weight guide rod (#17) according to the diagram, then use 2 external hexagon bolts M10x25 (#108) and 2 flat washers $\Phi 10$ (#97) to fasten the rear top T-frame (#14) and weight guide rod (#17) together.
3. Following the diagram, use 2 external hexagon bolts M10x70 (#112), 2 external hexagon bolts M10x80 (#114), 8 flat washers $\Phi 10$ (#97), 4 anti-loose nuts M10 (#102), and 1 welding plate 11 (#47) to secure the rear top T-frame (#14) and top beam (#15) onto the rear frame (#8) and front top frame (#9).

Installation Procedure

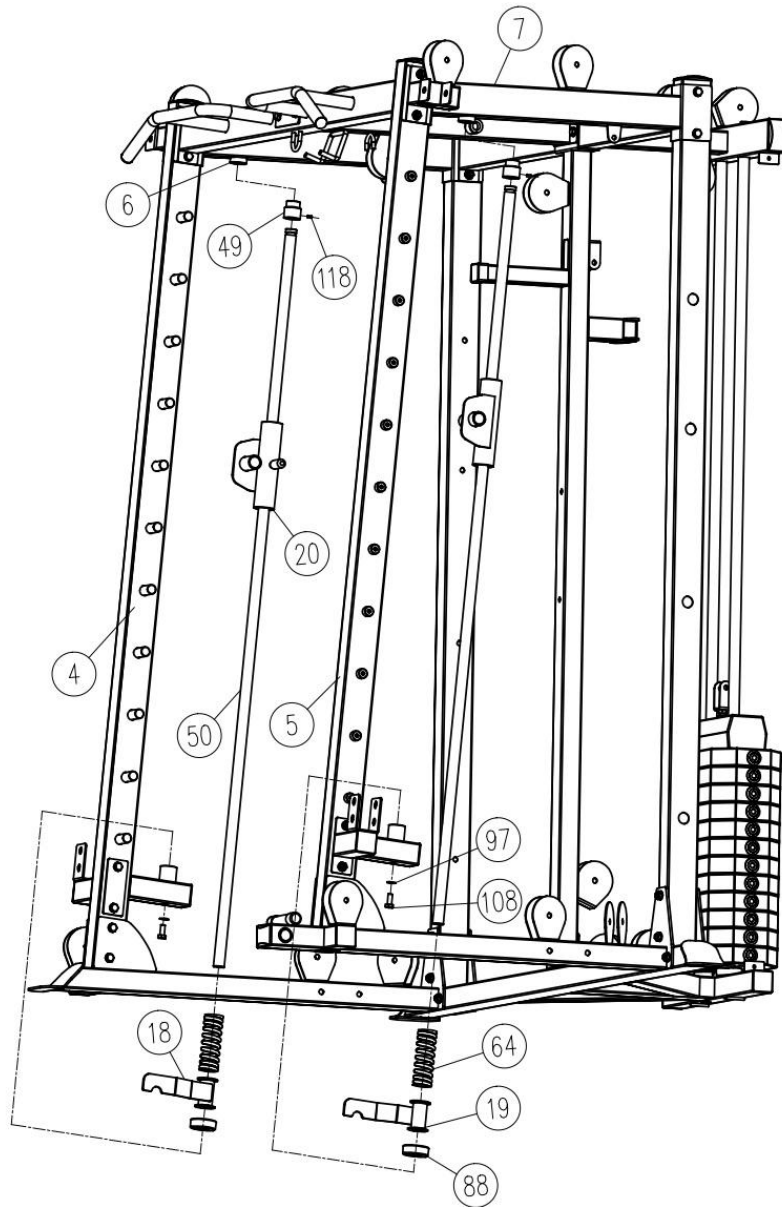


Image 7

1. Following the diagram, assemble the weight buffer pad (#88), left protective frame (#18), spring (#64), slide frame (#20), and step locking sleeve (#49) onto the barbell guide rod (#50) in sequence. Then insert the assembled barbell guide rod (#50) into the left front upright (#4). Finally, slide the step locking sleeve (#49) onto the upper end of the barbell guide rod (#50) and insert it into the left top frame (#6), securing it in place with the M5x8 set screw (#118) tightened into the groove of the barbell guide rod (#50).
2. Following the diagram, assemble the weight buffer pad (#88), right protective frame (#19), spring (#64), slide frame (#20), and step locking sleeve (#49) onto the barbell guide rod (#50) in sequence. Then insert the assembled barbell guide rod (#50) into the right front upright (#5). Finally, slide the step locking sleeve (#49) onto the upper end of the barbell guide rod (#50) and insert it into the right top frame (#7), securing it in place

- with the M5x8 set screw (#118) tightened into the groove of the barbell guide rod (#50).
3. Use 2 external hexagon bolts M10x25 (#108) and 2 flat washers $\Phi 10$ (#97) to secure the two barbell guide rods (#50) onto the left and right front uprights (#4) and (#5) as shown in the diagram.

Installation Procedure

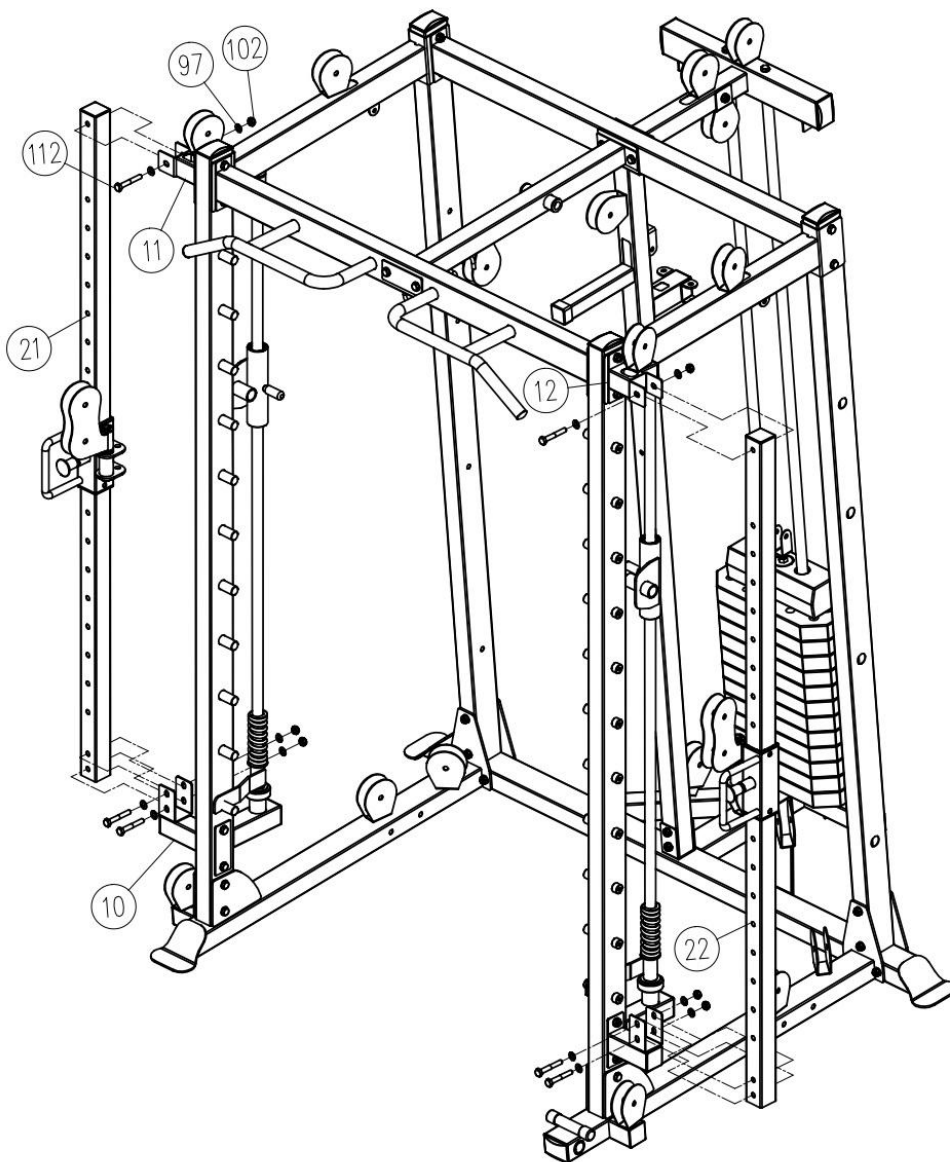


Image 8

1. Following the diagram, use 3 external hexagon bolts M10x70 (#112), 6 flat washers $\Phi 10$ (#97), and 3 anti-loose nuts M10 (#102) to secure the assembled left component of the flyslide (#21) inside the upper slide seat (#11) and lower slide seat (#10).
2. Following the diagram, use 3 external hexagon bolts M10x70 (#112), 6 flat washers $\Phi 10$ (#97), and 3 anti-loose nuts M10 (#102) to secure the assembled right component of the flyslide (#22) inside the upper slide seat (#12) and lower slide seat (#10).

Installation Procedure

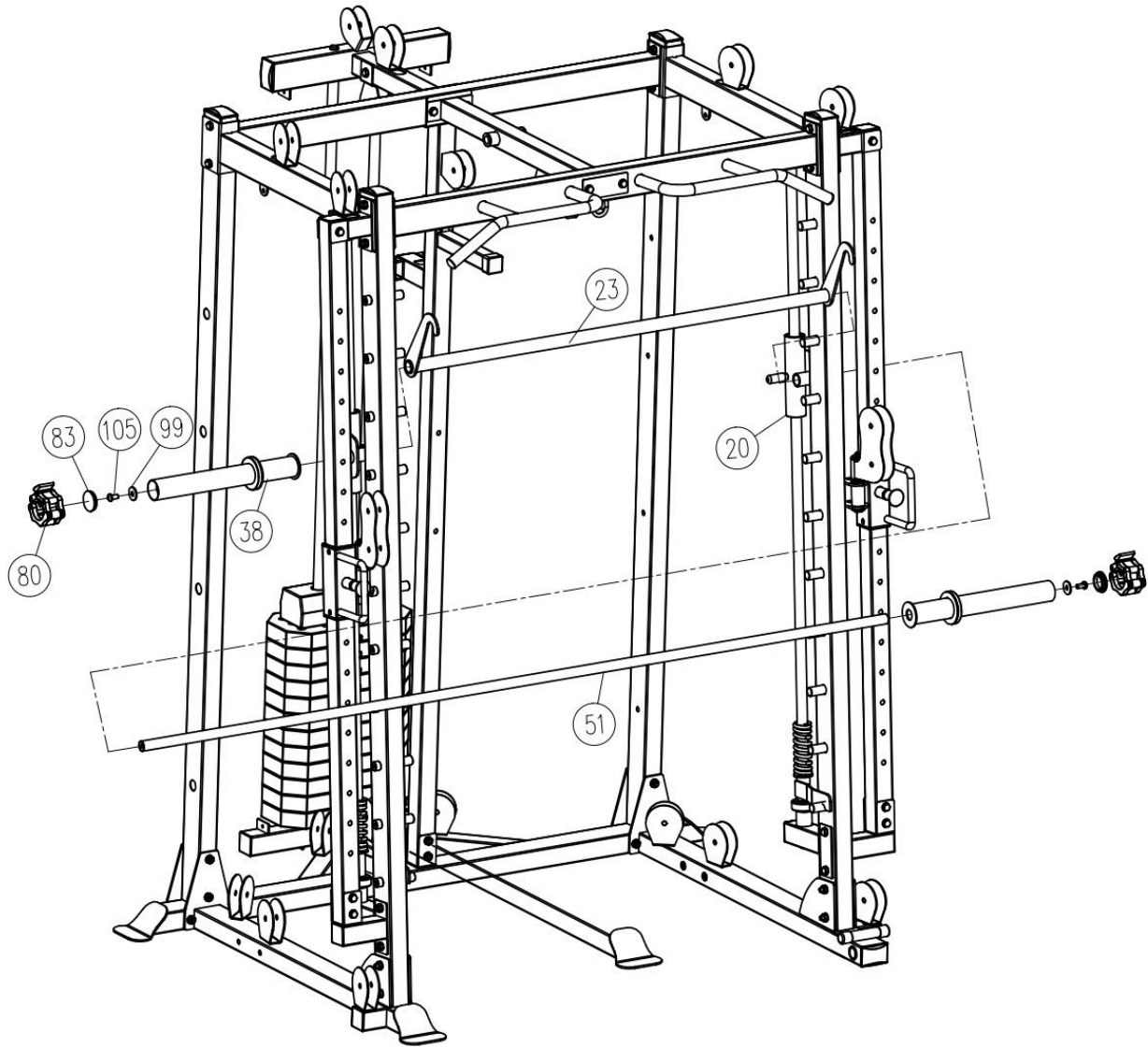


Image 9

1. Place the barbell bar (#51) through the left slide (#20), the hook rod (#23), and the right slide (#20) as shown in the diagram. Ensure that it is evenly distributed on both sides.
2. According to the diagram, use 2 umbrella head hex bolts M10*20 (#105) and 2 large flat washers $\Phi 10$ (#99) to secure 2 barbell collars (#38) tightly to both ends of the barbell bar (#51). Then, insert 2 $\Phi 50$ plugs (#83) into the respective ends of the barbell collars (#38) by tapping them. Finally, insert 2 plastic barbell clips (#80) into the barbell collars (#38) and securely fasten them with the locking buckles.

Installation Procedure

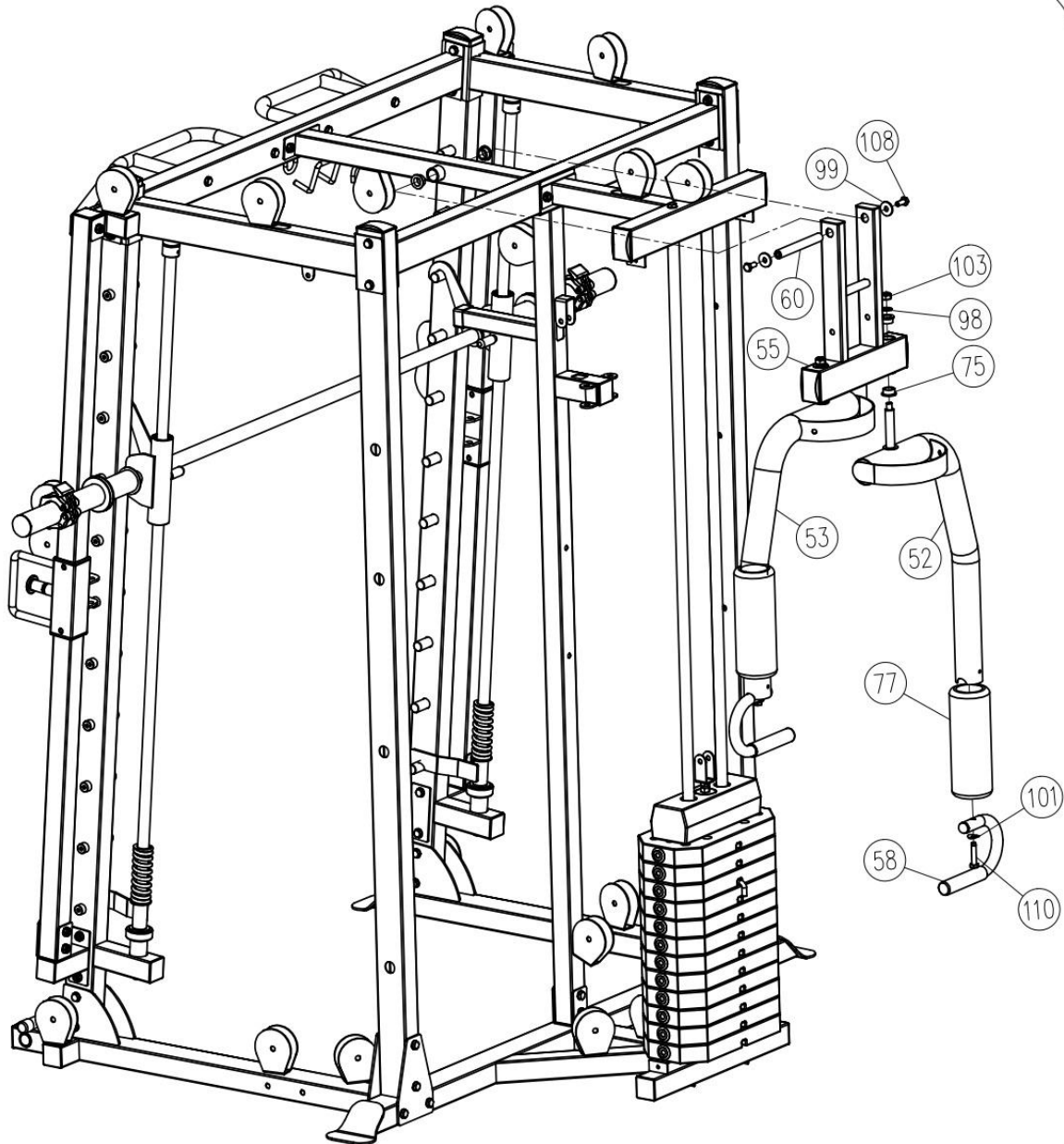


Image 10

1. According to the diagram, use 2 external hexagon bolts M10x25 (#108), 2 large flat washers $\Phi 10$ (#99), 1 aircraft frame fixing shaft (#60), and 2 $\Phi 19$ powder metallurgy bushings (#75) to secure the aircraft frame (#55) to the top beam (#15).
2. According to the diagram, use 1 anti-loose nut M12 (#103), 1 flat washer $\Phi 12$ (#98), and 2 $\Phi 19$ powder metallurgy bushings (#75) to secure the left lever arm (#52) to the aircraft frame (#55). Repeat the same method to secure the right lever arm (#53) to the aircraft frame (#55).
3. Insert 2 $\Phi 53$ chamfered foam pads (#77) into the left lever arm (#52) and the right lever arm (#53) respectively. Then, use 2 external hexagon bolts M10x50 (#110) and 2 arc washers $\Phi 10$ (#101) to fasten 2 lever arm handles (#58) onto the left lever arm (#52) and the right lever arm (#53).

Installation Procedure

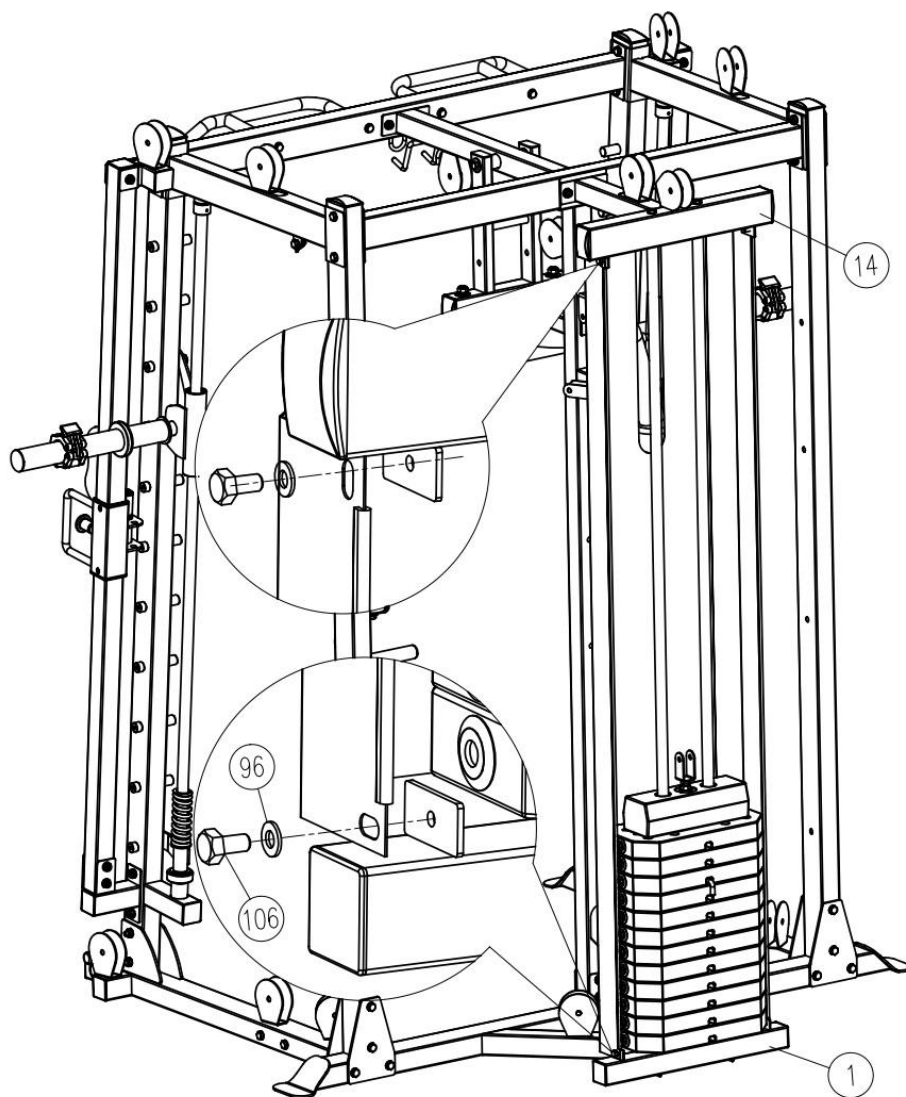


Image 11

1. Use 4 external hexagon bolts M8x16 (#106) and 4 flat washers $\Phi 8$ (#96) to secure the steel plate cover (#44) to the rear base frame (#1) and the rear top T-frame (#14).

Installation Procedure

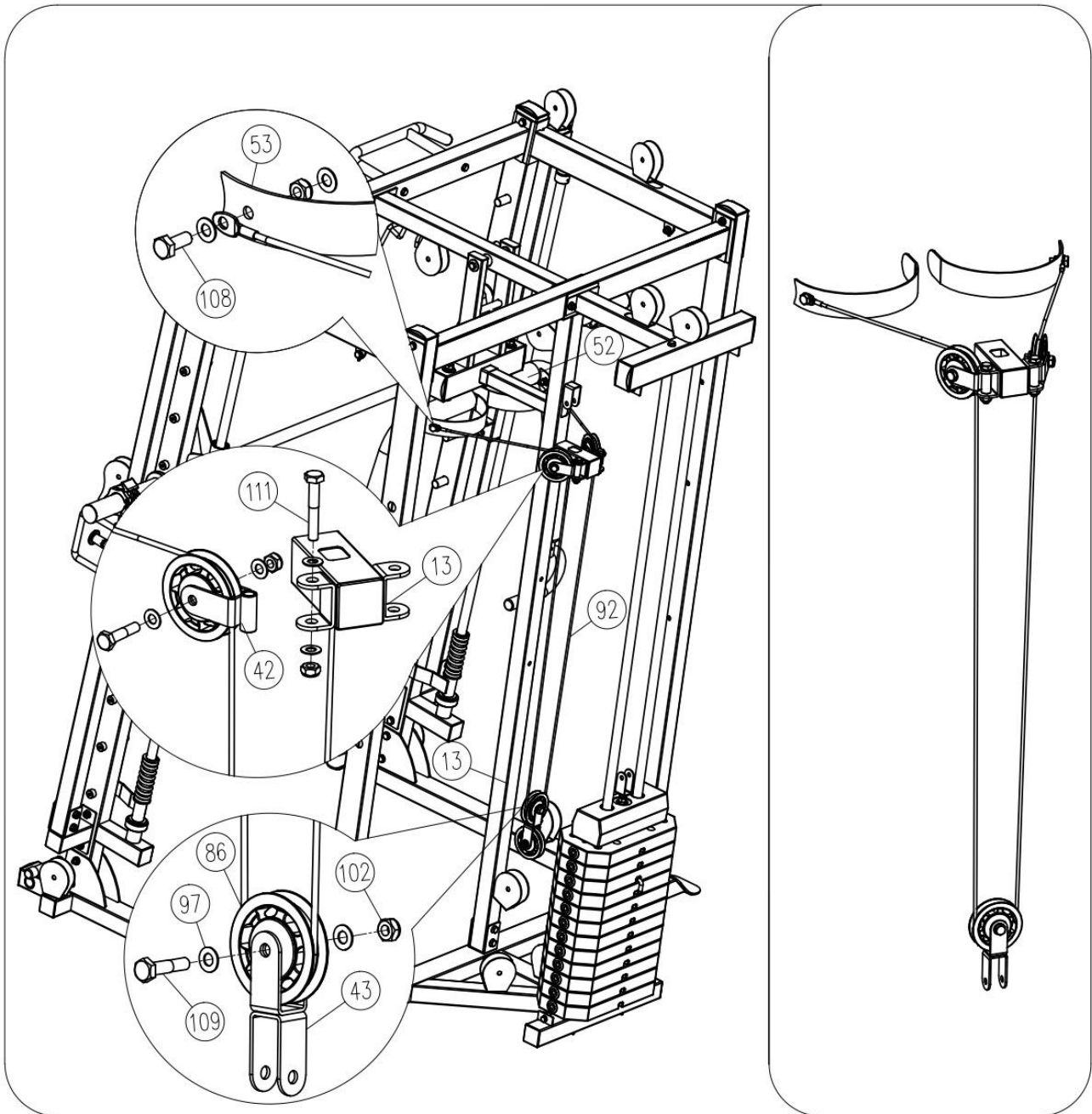


Image 12

1. According to the diagram, use 2 external hexagon bolts M10x65 (#111), 4 flat washers $\Phi 10$ (#97), and 2 anti-loose nuts M10 (#102) to respectively secure the two single U-frames (#42) onto the chest pillar (#13) on top.
2. According to the diagram, use 2 external hexagon bolts M10x25 (#108), 4 flat washers $\Phi 10$ (#97), and 2 anti-loose nuts M10 (#102) to fix the ends of the butterfly cable wire (2940mm) (#92) onto the left lever arm (#52) and the right lever arm (#53).
3. Wrap the butterfly cable wire around the pulleys as shown in the diagram. Use 3 external hexagon bolts M10x45 (#109), 6 flat washers $\Phi 10$ (#97), and 3 anti-loose nuts M10 (#102) to secure the three pulleys (#86) onto the chest pillar (#13) and the pulley cross U-frame (#43).

Installation Procedure

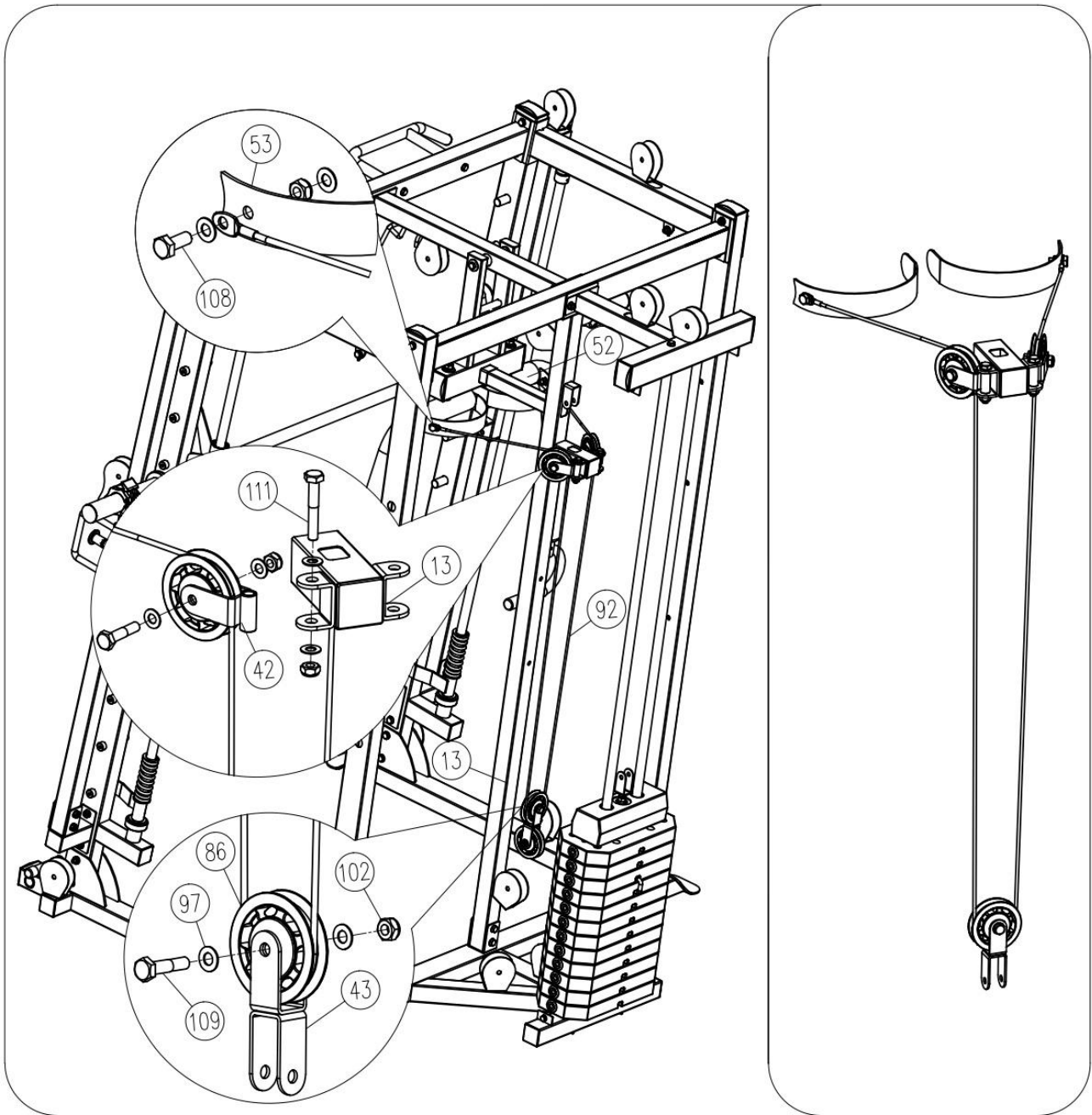


Image 13

1. According to the diagram, use 1 external hexagon bolt M10x170 (#117), 6 flat washers $\Phi 10$ (#97), and 2 pulley bushings (#63) to secure 1 pulley (#86) onto the aircraft frame (#55).
2. According to the diagram, use 11 external hexagon bolts M10x45 (#109), 22 flat washers $\Phi 10$ (#97), and 11 anti-loose nuts M10 (#102) to sequentially fix 11 pulleys (#86) and the lat pulldown cable wire (8470mm) (#91) onto their corresponding pulley seats, labeled as B1 to B11.
3. Screw the threaded end of the adjustable U-frame (#48) into the threaded rod of the lat pulldown cable wire.

Installation Procedure

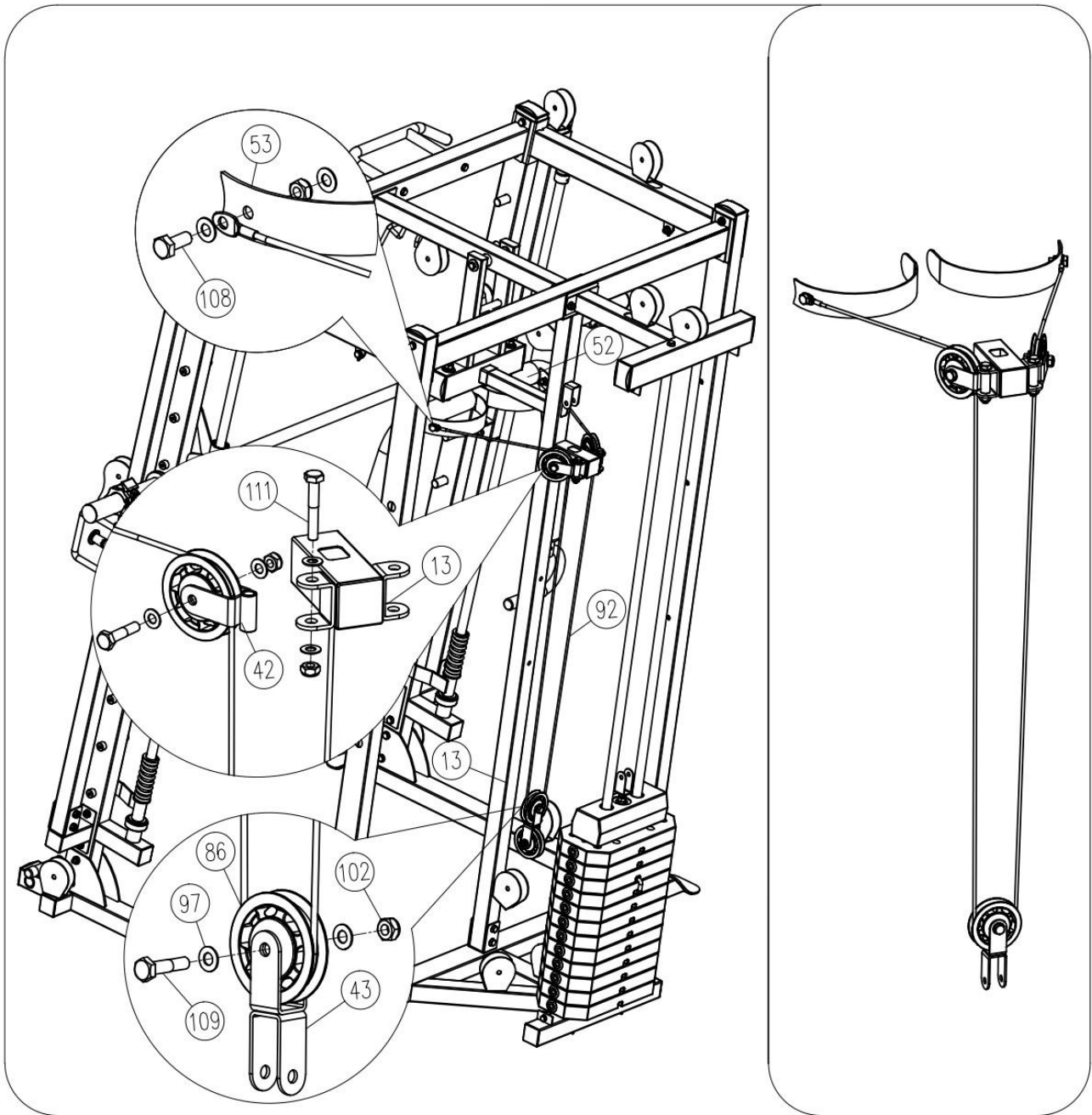


Image 14

1. Use 2 external hexagon bolts M10x45 (#109), 4 flat washers $\Phi 10$ (#97), and 2 anti-loose nuts M10 (#102) to separately secure 2 pulleys (#86) onto the pulley seats of the left top frame (#6).
2. Insert the screw of the bird wire upper (3280mm) (#89) into the circular hole of the left component of the bird slide assembly (#21), and tighten it with a nut. Then, follow the diagram to thread the wire through the pulleys. Use 1 external hexagon bolt M10x25 (#108), 2 flat washers $\Phi 10$ (#97), and 1 anti-loose nut M10 (#102) to secure the other end of the wire onto the welding plate of the left top frame (#6).
3. According to the diagram, use 1 external hexagon bolt M10x45 (#109), 2 flat washers $\Phi 10$ (#97), and 1 anti-loose nut M10 (#102) to fasten 1 pulley (#86) and 2 adjusting plates (#59) together. Then, follow the diagram to hang it on the wire.

4. The installation method for the other side is the same.

Installation Procedure

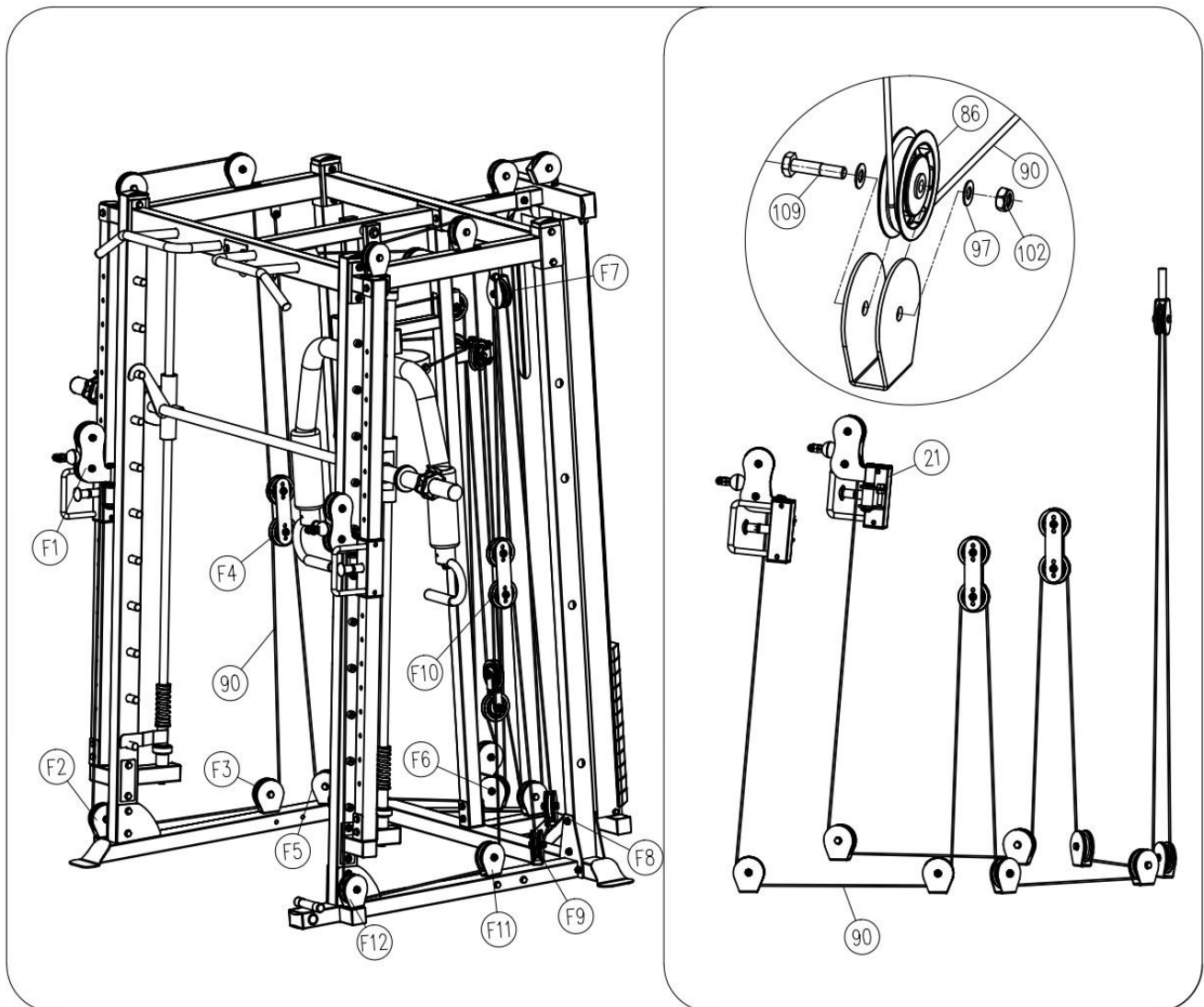


Image 15

1. According to the diagram, use 15 external hexagon bolts M10x45 (#109), 30 flat washers $\Phi 10$ (#97), and 15 anti-loose nuts M10 (#102) to sequentially secure 15 pulleys (#86) and the lower bird wire (11960mm) (#90) onto their corresponding pulley seats, following the sequence F1-F13.

Installation Procedure

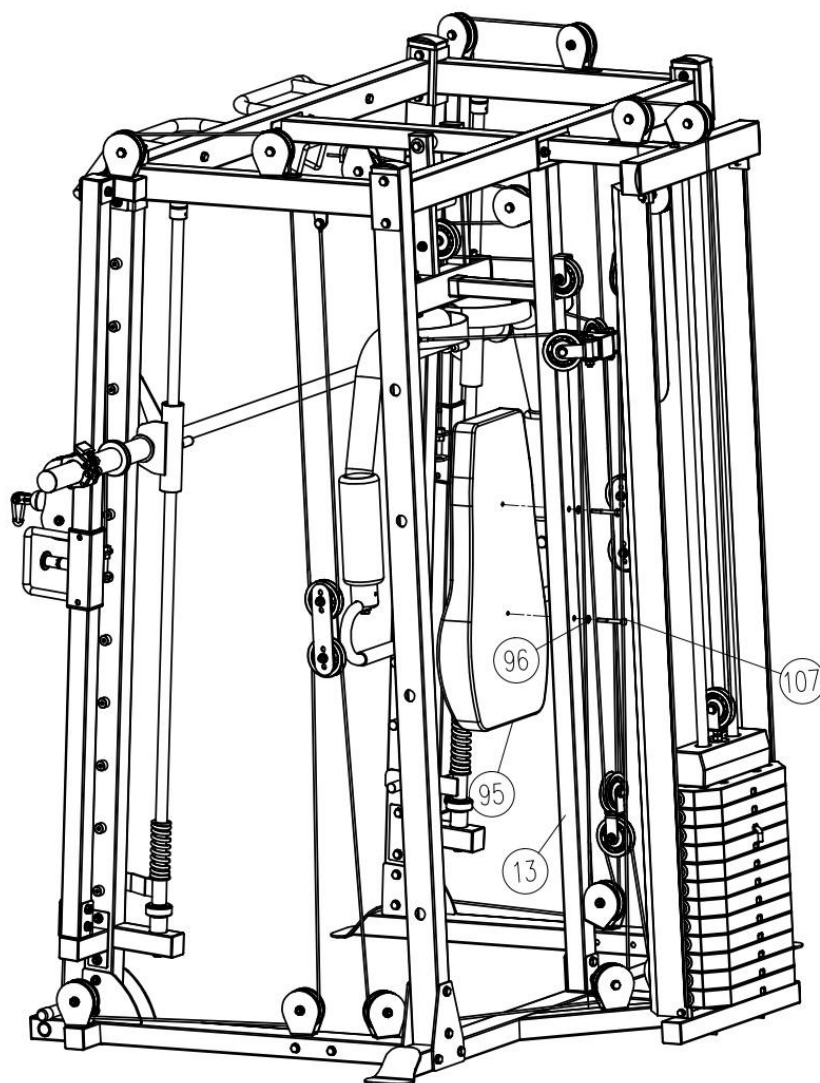


Image 16

1. Secure the backrest cushion (#95) to the chest pillar (#13) using 2 external hexagon bolts M8x65 (#107) and 2 flat washers $\Phi 8$ (#96), according to the diagram.

Installation Procedure

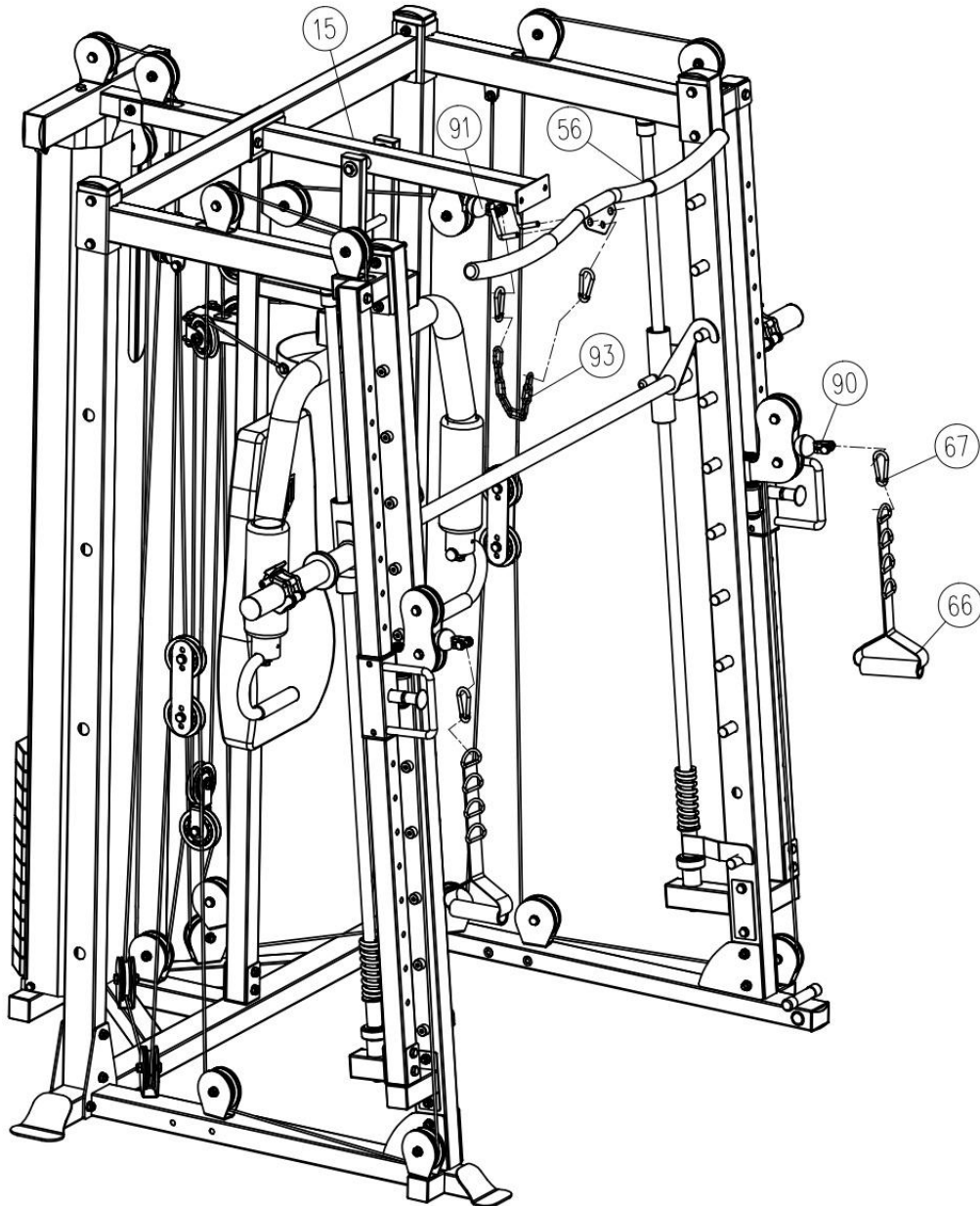


Image 17

1. First, hang the spring snap hook (#67) on the iron ring of the D-handle (#66). Then, hang the spring snap hook (#67) on the screw of the lower flywire cable (#90). Repeat the same process for the other side.
2. First, hang two spring snap hooks (#67) on the iron rings at the ends of the iron chain (#93). Then, hang one of the spring snap hooks (#67) on the circular hole of the backrest rod (#56), and hang the other one on the screw of the backrest cable (#91). Finally, hang the backrest rod (#56) on the U-shaped round steel of the top beam (#15).

Installation Procedure

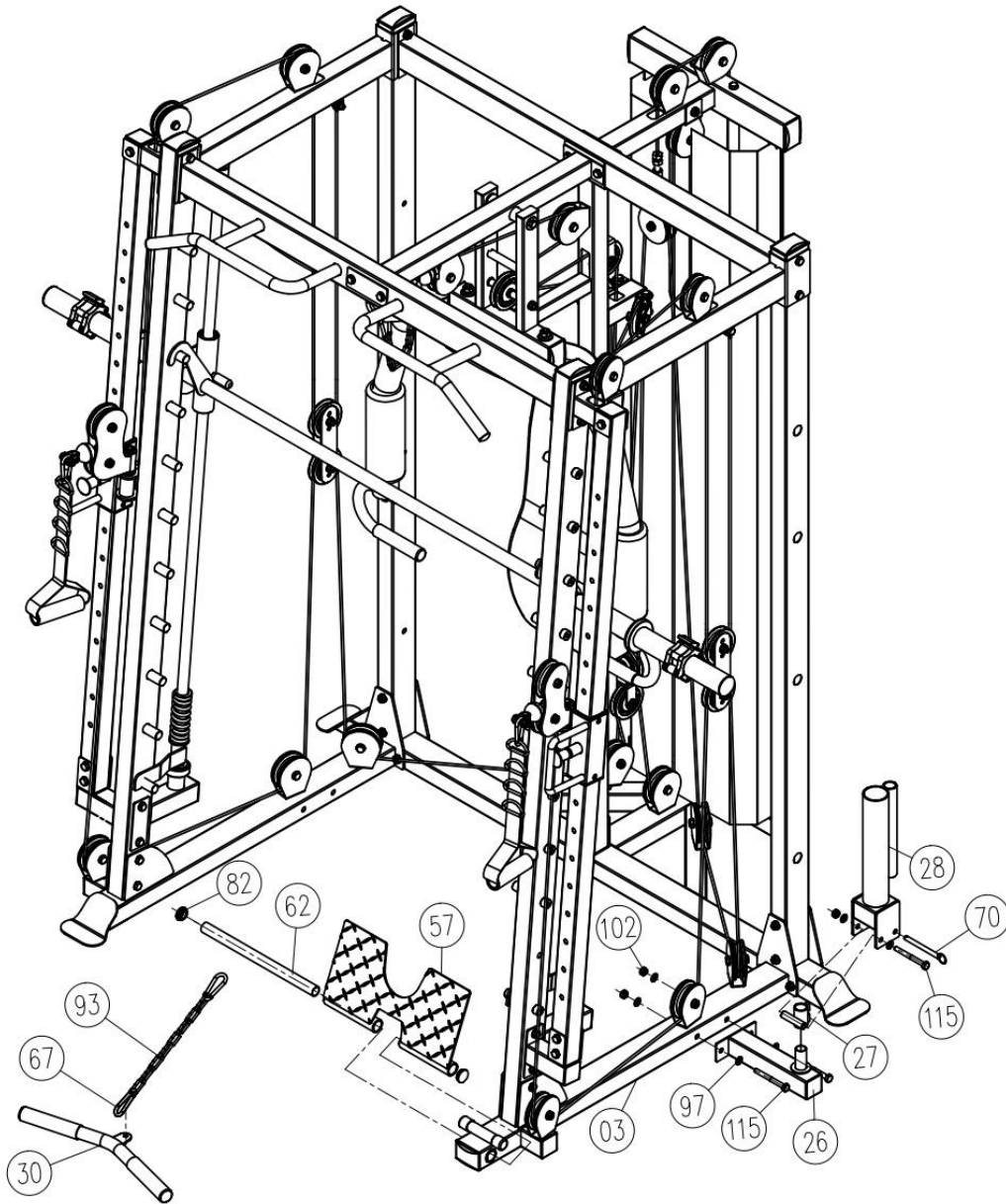


Image 18

1. According to the diagram, use 2 external hexagon bolts M10x95 (#115), 4 flat washers $\Phi 10$ (#97), and 2 anti-loose nuts M10 (#102) to secure the gun carriage frame (#26) to the right base frame (#3). Then, place the turret rotating frame (#27) onto the cylinder of the gun carriage frame (#26). Next, use 1 external hexagon bolt M10x95 (#115), 2 flat washers $\Phi 10$ (#97), and 1 anti-loose nut M10 (#102) to fasten the turret rotating frame (#27) and the gun barrel frame (#28). Finally, insert the $\Phi 10 \times 100\text{mm}$ pin with loop (#70) into the other upper circular hole of the gun barrel frame (#28).
2. Following the diagram, use a rowing pedal fixing tube (360mm) (#62) to secure the rowing pedal (#57) to the right base frame (#3). Then, insert 2 $\Phi 30$ plugs (#82) into both ends of the rowing pedal (#57).
3. Hang two spring snap hooks (#67) on both ends of an iron chain (280mm) (#93), and then connect one of the spring snap hooks (#67) with the rowing bar (#30).

Installation Procedure

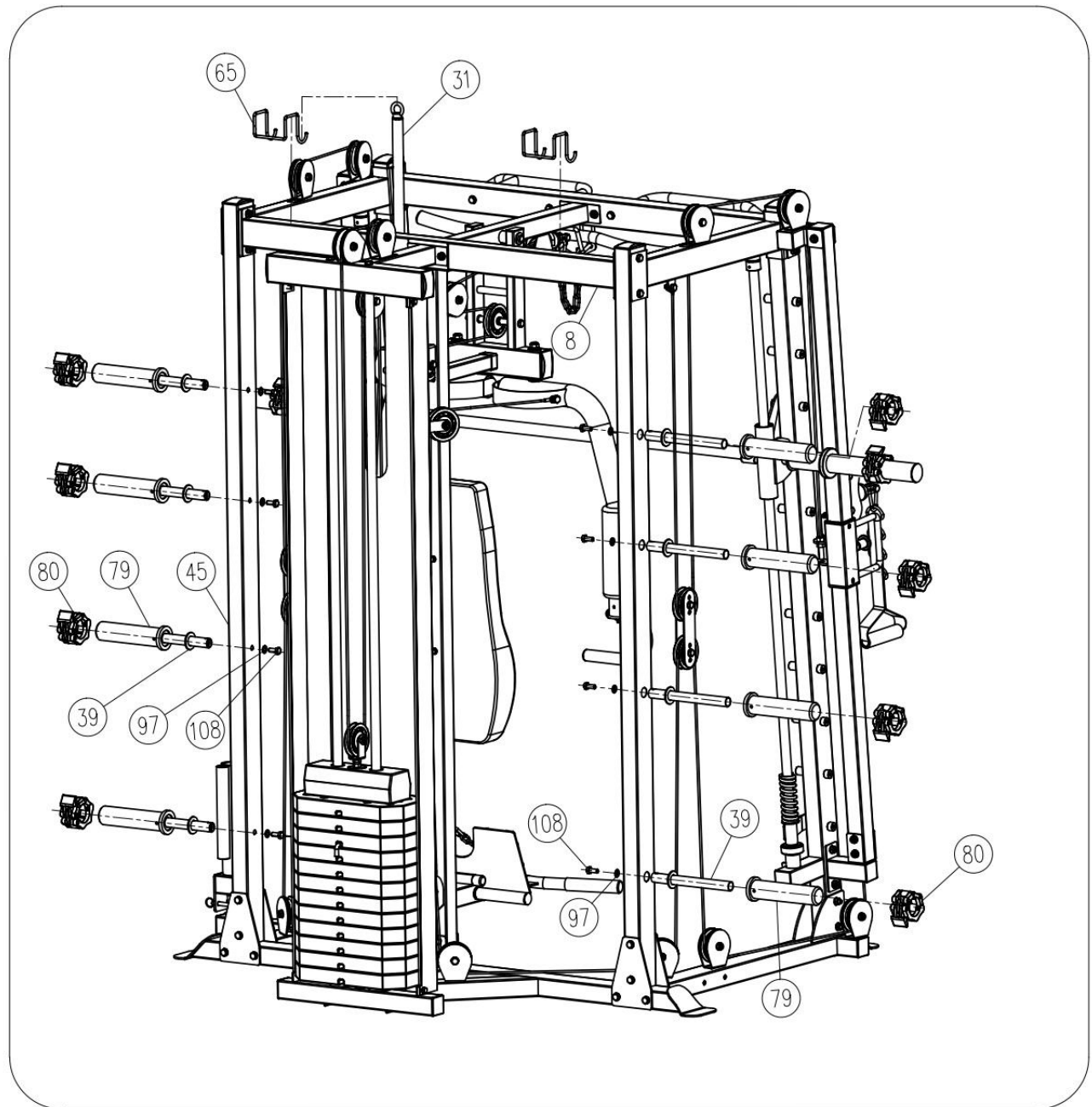


Image 19

1. According to the diagram, use 8 external hexagon bolts M10x25 (#108) and 8 flat washers $\Phi 10$ (#97) to fasten 8 barbell sleeves 3 (#39) individually onto the two rear upright pipes (#45).
2. Following the diagram, insert 8 plastic barbell sleeves (#79) into the 8 barbell sleeves 3 (#39) and tighten them. Then, insert 8 plastic barbell clips (#80) into the 8 plastic barbell sleeves (#79) and secure them using the snap-lock mechanism.
3. As shown in the diagram, attach 2 accessory hooks (#65) to the rear top frame (#8) and hang a baseball bat (#31) on one of the accessory hooks (#65).

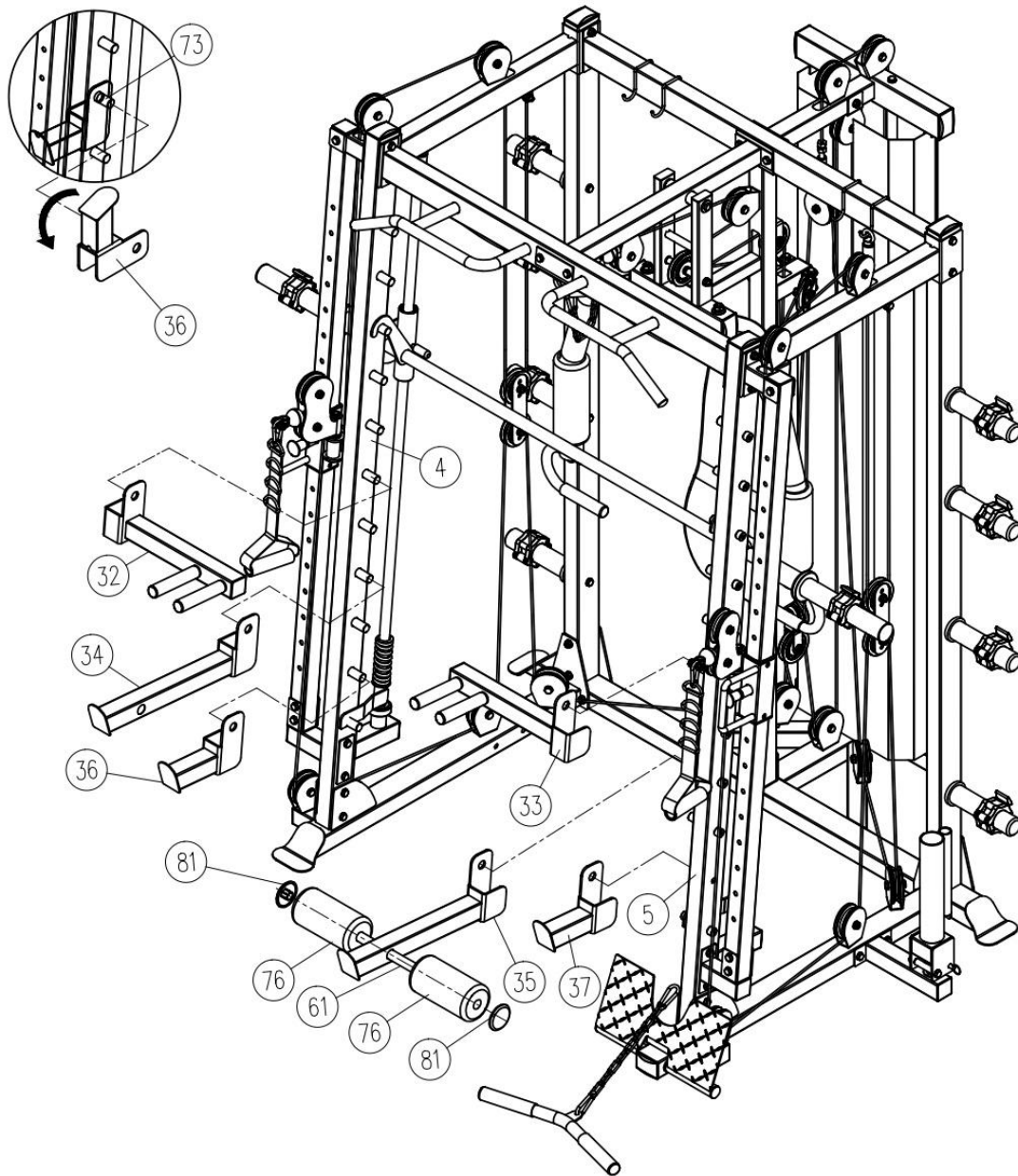


Image 20

1. According to the diagram, install the accessory double bar left (#32) onto the round steel (#73) on top of the left front upright (#4). Then, rotate and engage the accessory double bar left (#32) onto the left front upright (#4). Use the same method to install the accessory long double bar left (#34) and the accessory short double bar left (#36) onto the left front upright (#4) sequentially.
2. According to the diagram, install the accessory double bar right (#33) onto the round steel (#73) on top of the right front upright (#5). Then, rotate and engage the accessory double bar right (#33) onto the right front upright (#5). Use the same method to install the accessory long double bar right (#35) and the accessory short double bar right (#37) onto the right front upright (#5) sequentially.
Insert the foam tube (#61) into the large hole of the accessory long double bar left (#34)

or the accessory long double bar right (#35). Then, slide 2 leather foam pads (#76) onto both ends of the foam tube (#61). Finally, insert 2 $\Phi 25$ tube plugs (#81) into the ports at both ends of the foam tube (#61).

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

Maintenance

Maintenance Method:

To prolong the lifespan of the equipment, it is necessary to lubricate the components regularly. The equipment has undergone initial lubrication before leaving the factory, but after a certain period of use, it is essential to perform lubrication and maintenance between the guide rod and the weight plate.

Note: It is prohibited to use motor oil or grease as they may attract dust and dirt from the air. It is recommended to use sewing machine oil for lubrication.

1. All pulleys and steel cables should be regularly inspected for signs of wear and tear.
2. Regularly inspect and adjust the tension of the steel cables.

3. Regularly inspect all moving parts and handles for signs of wear and 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 tightened. If any bolts or nuts are 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.