

# Pull-up Lifter

user manual



Tip: Read the instruction manual carefully before use and store it properly.

Thank you for purchasing this product. Please read these instructions carefully for proper use.

## Safety precautions

### Warning

- Do not use after illness, overfatigue or drinking alcohol.
- Child users must be accompanied by an adult to prevent accidents.
- When using, wear comfortable clothing and avoid wearing slippers or skirts.
- Start with the most appropriate amount of exercise, as excessive exercise can affect your health.
- The load weight of the product is 90kg. Overloading may cause failure or damage. Before using, make sure all parts are installed correctly and all screws and nuts are screwed into place.
- Consult your fitness instructor before use and use the equipment according to the
- instructions. -

### Note -

- This product is a household machine. Avoid commercial use.
- Do not use in locations where fires may occur.
- When exercising, go to large areas where no one is around and keep away from
- Dangerous things.
- If this product is not used, the floor may be damaged. Be sure to lay a carpet.
- If you are not using the product, please do not put it in the following places: A. A
- place that is too hot or too cold. B. The sun shines directly outside the house. C.
- Place near the gas furnace or near the fire. D. Cold and humid place. E. Places
- where children can touch F. Places where oil smoke and water vapor are generated.
- Do not use the product on a rough surface.

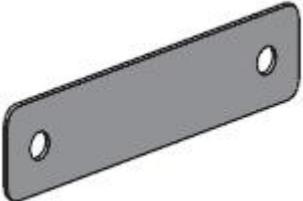
## Installation diagram

Step 1: Open the box to check the product parts

<p>Base (2)</p> 	<p>Main frame (2)</p> 
<p>Auxiliary pipe (2)</p> 	<p>Foot connecting tube (1)</p> 
<p>Main pipe connection (1)</p> 	<p>Horizontal bar (1)</p> 
<p>Backrest tube (With backrest) (1)</p> 	<p>Backrest tube2 (1)</p> 
<p>Elbow pad (2)</p> 	<p>Inflator (1)</p> 
<p>360 degree boxing rocker (1)</p> 	<p>Fixed rod (1)</p> 
<p>Leather ball (1)</p> 	

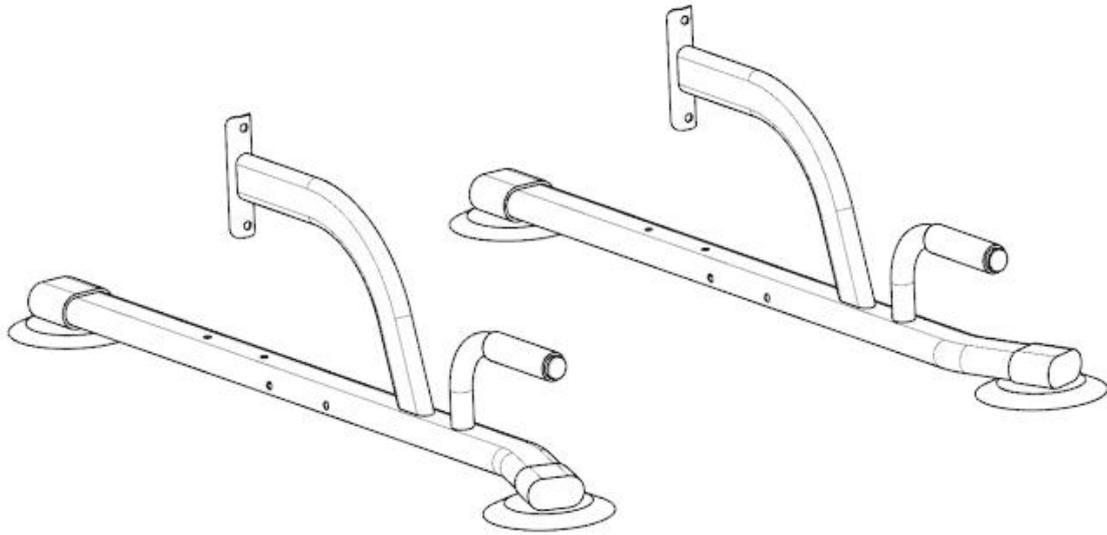
## Kit accessories

Step 1: Open the package to confirm the product components

<p>Semi-circular square neck screw M8*40 (4 pieces)</p>	<p>Hexagon socket head cap screws M8*70 (8 pcs)</p>	<p>Hexagon socket head cap screws M8*80 (2 pcs)</p>
		
<p>Hexagon socket head cap screws M8*40 (4 pcs)</p>	<p>Hexagon socket head cap screws M8*15 (4 pcs)</p>	<p>Plastic handle screw M8*45 (4)</p>
		
<p>Plastic handle nut M8 (4 pieces)</p>	<p>M8 nuts (19)</p>	<p>Curved pad (4 pieces)</p>
		
<p>Reinforced pad (2 pieces)</p>	<p>Round gaskets (9)</p>	<p>Curved gaskets (4)</p>
		
<p>Hexagon wrench 1 / hex wrench1</p> 		<p>Hexagon socket head cap screws M6*15 (4 pcs)</p> 

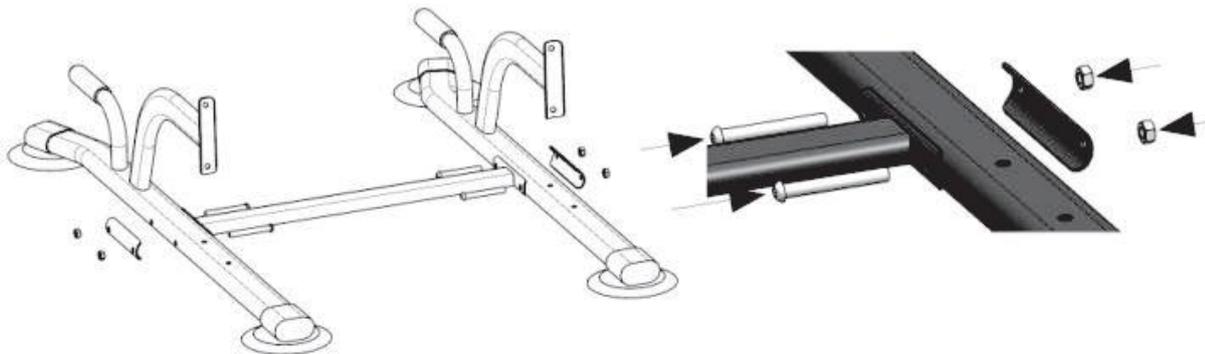
Step 2: Take out the foot tube

1. Remove the left and right foot tube



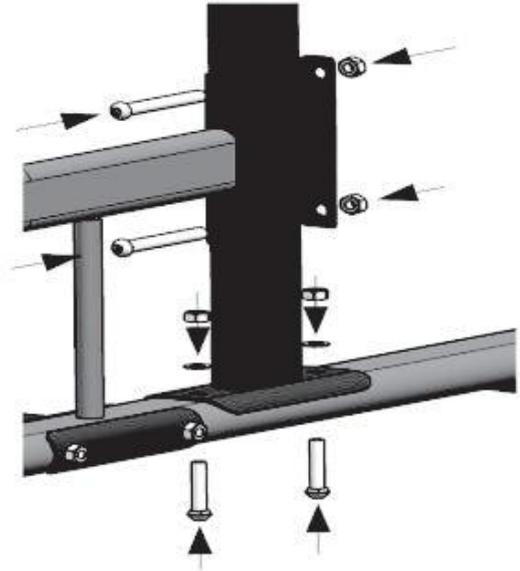
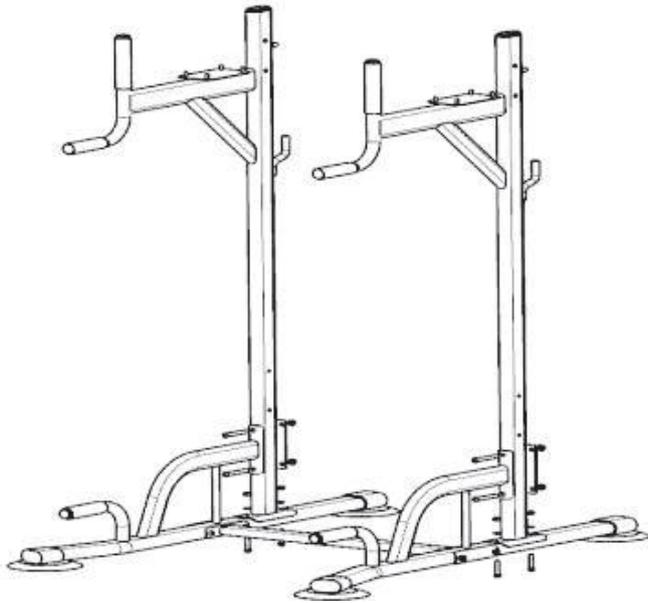
Step 3: Install the foot tube connecting tube

1. Use four M8\*70 hex screws to thread the foot tube from the inside, put the curved pad, and tighten the M8 nut.



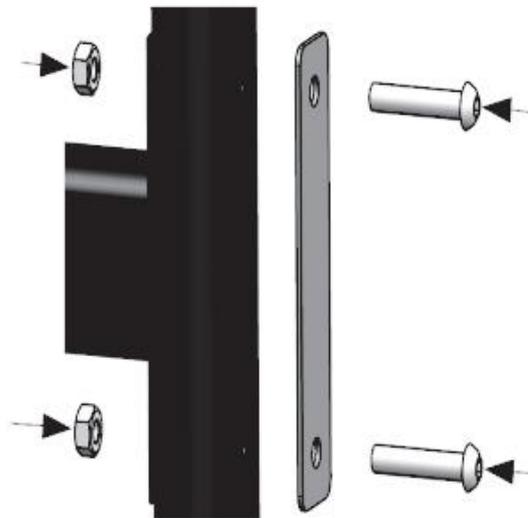
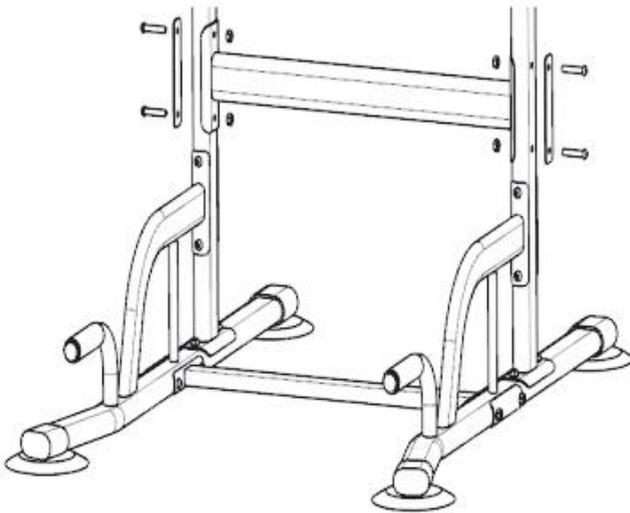
Step four; install the main frame

1. Use 4 M8\*40 round head square neck screws to pass through the foot tube from the bottom, put a circular gasket, and fasten with M8 nut.
2. Use four M8\*70 hex socket screws to thread out from the inside, place the curved pad and fasten with the M8 nut.



Step 5: Install the reinforcement tube

1. Use four M8\*40 socket head cap screws, put on the reinforcing pad, penetrate from the outside, and fasten with the M8 nut.



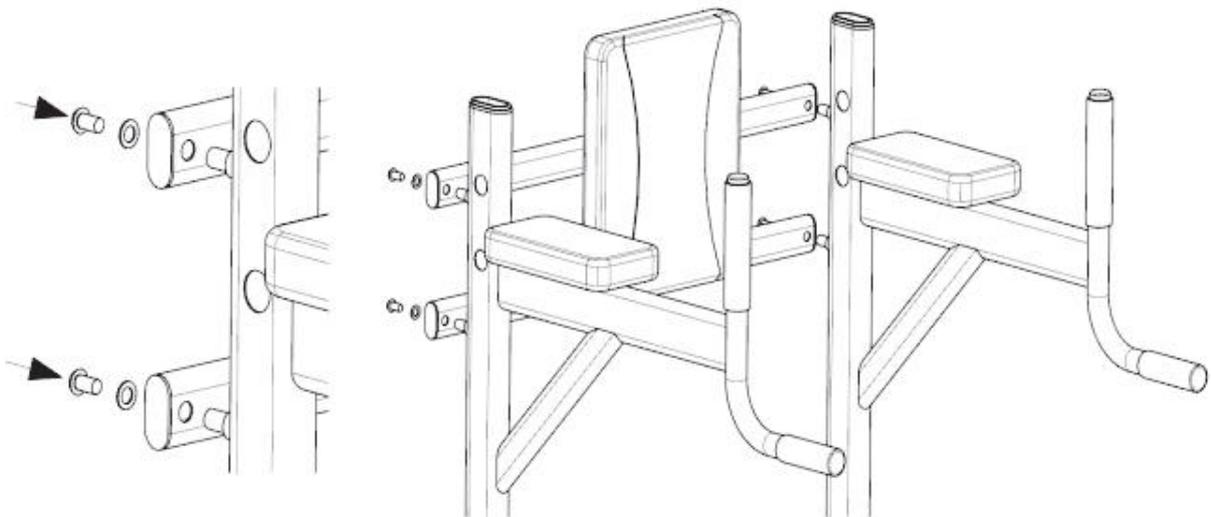
Step 6: Install the elbow pads

1. Use the self-contained screw on the elbow pad and tighten it through the iron plate.



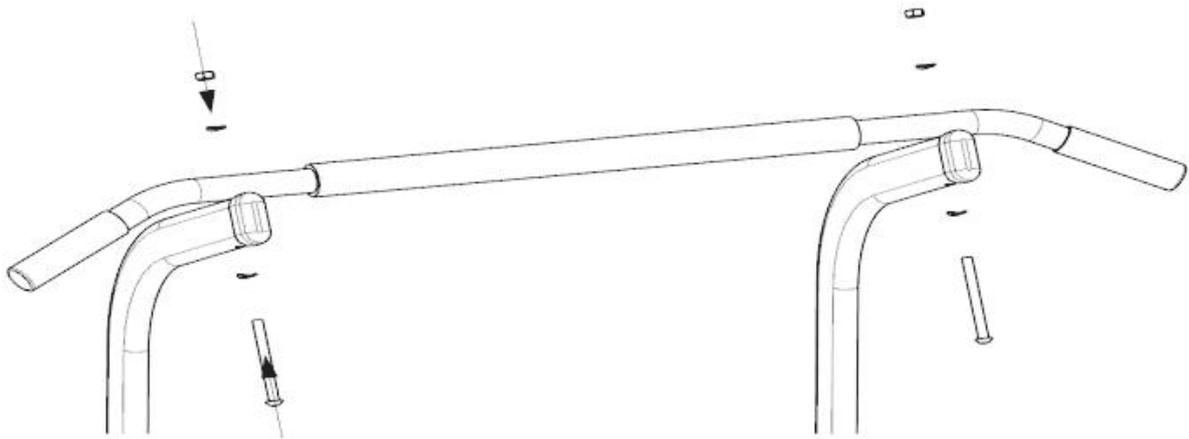
**Step 7: Install the backrest lever**

1. The inner and outer diameters of the backrest tube are inconsistent, and the large holes are installed inward. Use a hexagonal screw of M8\*15, put a circular washer, and tighten the Allen key.



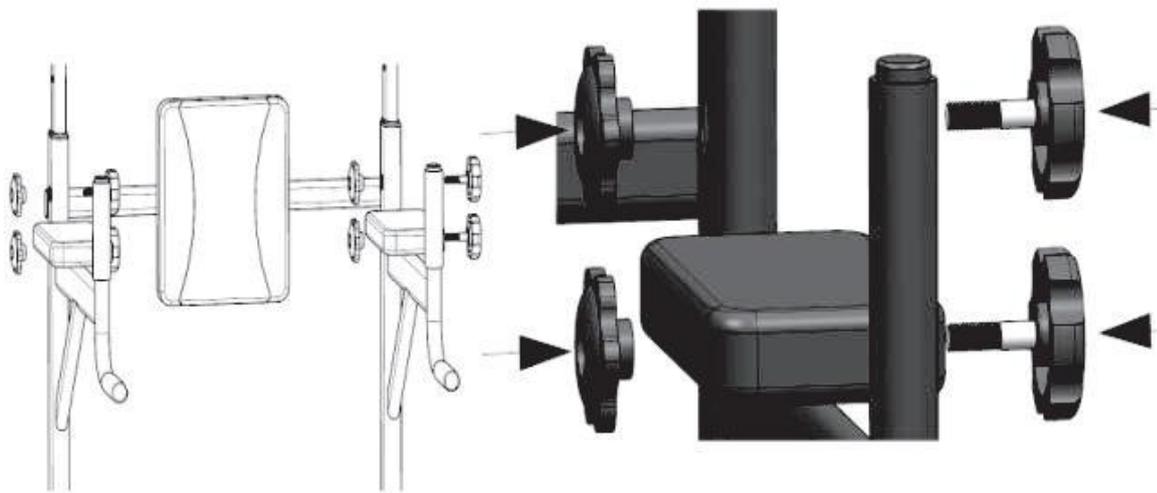
**Step 8: Install the horizontal bar**

1. Place the horizontal bar on the upper arm, align the hole with the M8\*80 hex screw, place the curved washer, pass it through the bottom, add the curved washer, and tighten with the M8 nut.



Step 9: Install the secondary pipe to adjust the height suitable for you

1. Put the sub-tube directly from the top of the main frame and adjust the hole position when adjusting to the appropriate height.
2. Fasten the M8 plastic nut with the M8\*45 plastic handle screw through the main frame and the auxiliary pipe.



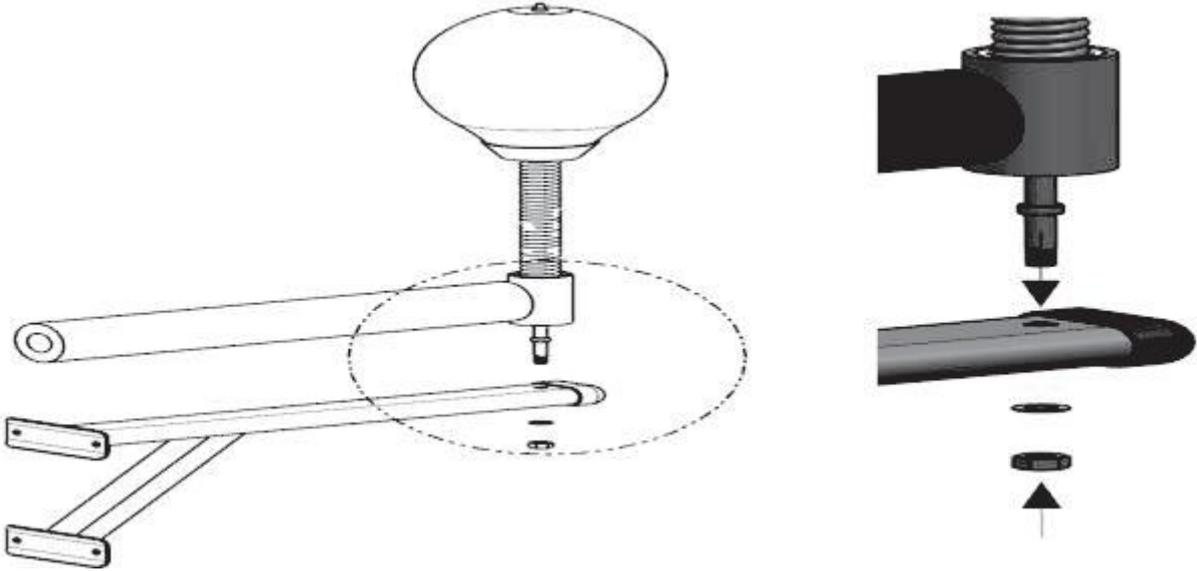
Step 10: Install a boxing leather ball

1. Inflate the leather ball with a pump and then fix it with a screw  
On the 360-degree boxing rocker, tighten it. (Note: When pumping the leather ball, the needle needs to be fully inserted into the inside of the leather ball. )

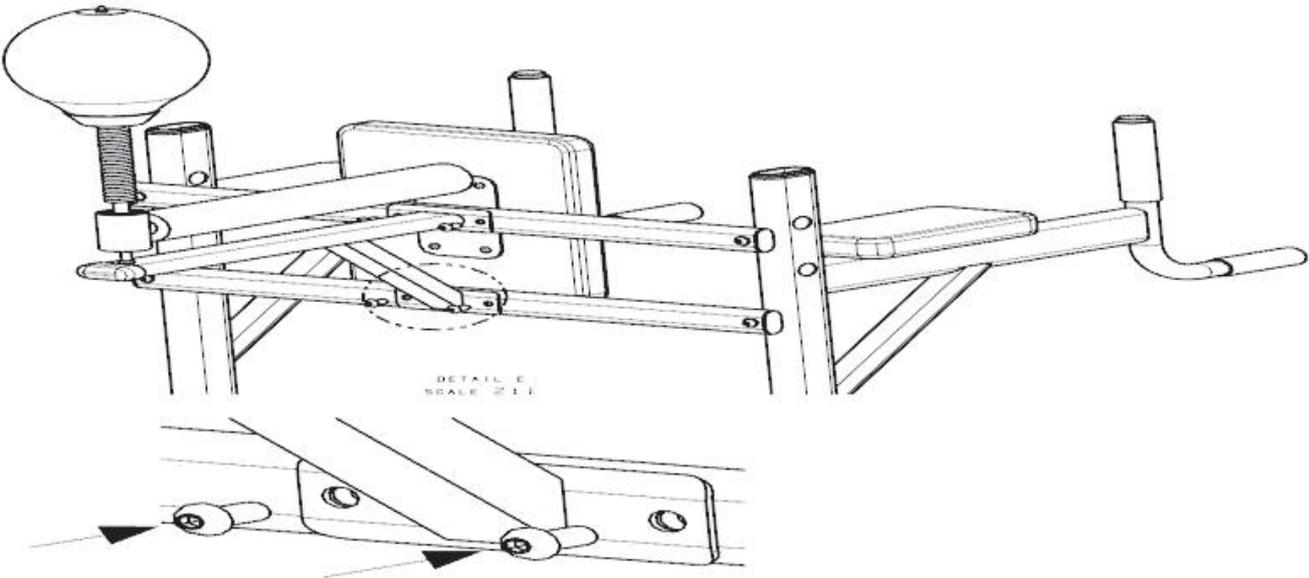


Step 11: Install the 360-degree boxing sponge stick to fix the rocker

1. Insert the rocker from above into the pole, place the gasket, and tighten with the M8 nut.



2. Use four M6\*15 socket head cap screws to insert from the outside and tighten the Allen key.



Installation is complete: Make sure all nuts are tightened as shown.



### Warranty card

Buyer reading:

1. This card is a product warranty. When purchasing a product, please clearly enter the purchase information. You can contact the sales or after-sales service department to repair the product or purchase spare parts.
2. If the product is not normally used for quality reasons (except improper use) within the warranty period, we will not charge a repair fee.
3. If you are not satisfied with the quality of the product you have purchased, it is less than 1 week from the purchase date
4. The warranty period is one year from the date of purchase. After the warranty period, repair costs will be charged

Will be charged.

### Purchase information

Customer name		Wheretobuy		Purchase date	
Street address				Tel	
product name		Product model		Product No	

### Product repair records

Date of receipt	Failure description	Repair date	content Repair	Repair shop	Distribution to customers Arrival date

Zhejiang Dahua Technology Co., Ltd.

Address: No. 2, Haishu Road, Wangda Road, Wuyi County, Jinhua City, Zhejiang Province

Service Center: 400 6672966