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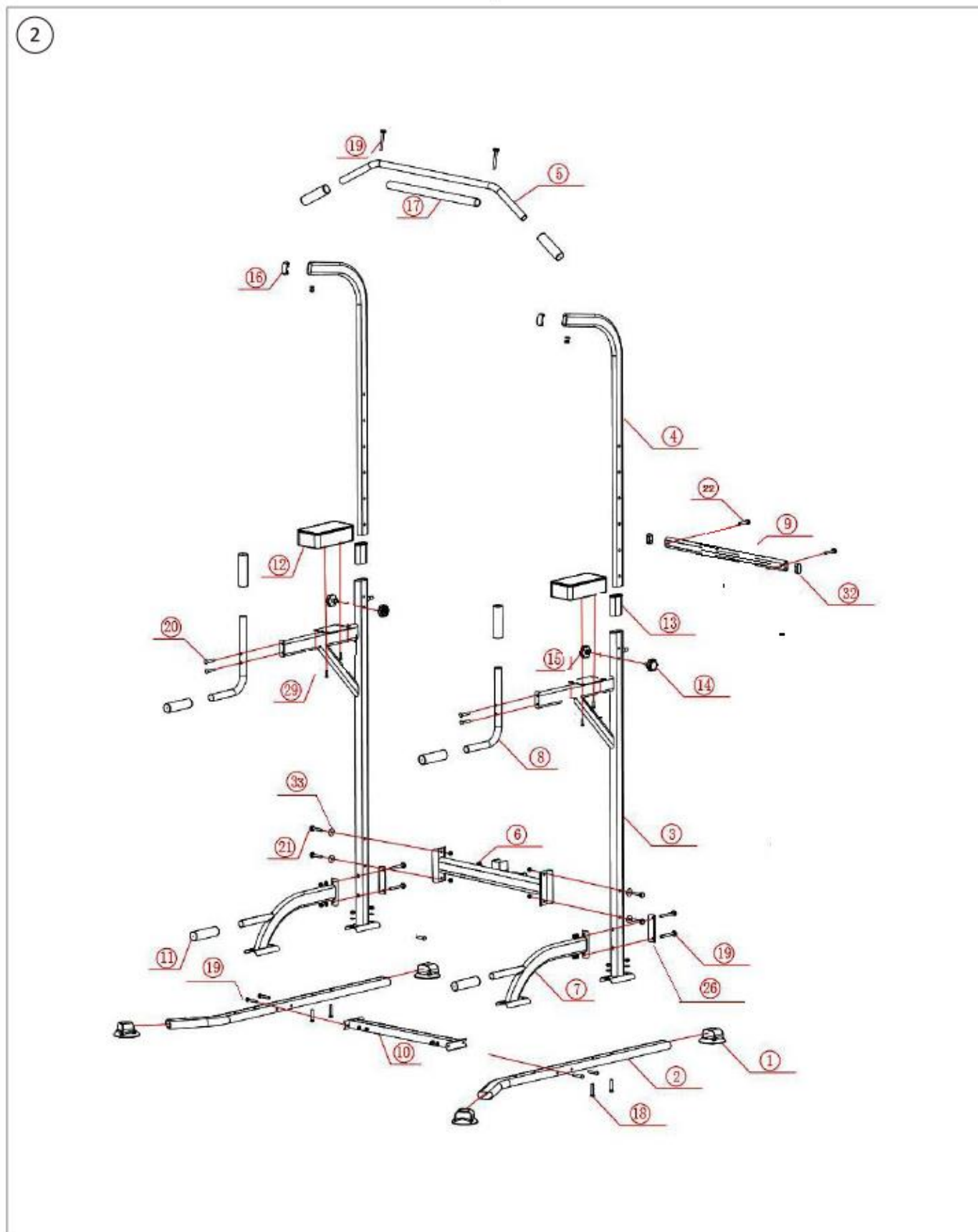


**KINGKANG**



# User Manual

<p>1 <b>A</b></p>  <p>x 1</p>	<p><b>B</b></p>  <p>x 2</p>
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6



#3|x 2



#18|x 4



#19|x 4



#26|x 2



7



#6|x 1



#21|x 4



#33|x 4



8



#8|x 2



#20|x 4



9

A



#29/x4



10



#9|x 1



#22|x 2



11



#4|x 2



#5|x 1



#19|x 2



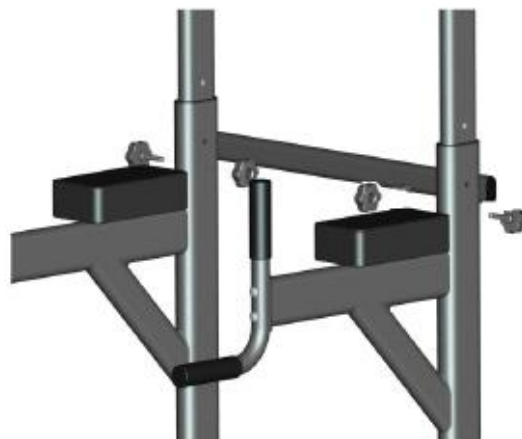
12



#15|x 2



#14|x 2



## 1 Warnings and personal safety

- Please read the instructions and warnings carefully before using and installing the product.
- Please consult your doctor before exercising and use this product correctly.  
When you have abnormal feeling of vertigo, chest tightness, physical discomfort, abnormal pain, etc., please stop using it immediately and visit the hospital immediately.  
Old and weak, with high blood pressure, diabetes, heart disease and other diseases.  
Please do not use the disease of otitis media, spondylitis, pleurisy, etc.
- This product and all its parts are not suitable for toys. It contains the parts that can cause suffocation. Please place the product and all its parts in a place where the child can't reach it.
- Before using this product, the product must be inspected, if the product is damaged or missing, please do not use it.
- This product is only applicable to the family, please do not use it for business.
- When using this product, the fingers, loose clothing and hair should not be close to the moving parts, and the long hair must be bound to remove all ornaments.
- Please use this product correctly within your own physical strength. Please don't overuse it.
- Use this product in absolutely stationary, unobstructed places, and do not use on slopes or slippery surfaces.
- Please do not exercise for 40 minutes after meals.
- Please ensure that the space between the equipment and obstacles should not be less than 0.6 meters.
- When using this equipment, minors should be under adult supervision and strictly follow the instruction manual.
- Only proper installation, maintenance and use of equipment can achieve safe and effective training. Users must be familiar with all warning and precautions of the equipment.
- The manufacturer shall not be responsible for the failure to comply with the warning and instruction, causing serious injury, death or loss of property.

## 2 Parts list

See image 2

Item	Description	Qty.	Item	Description	Qty.
1	Foot sleeve	4	18	Carriage bolts M8 x 45	8
2	Foot tube	2	19	Outside Hex Bolt m8 x75mm	10
3	Main frame	2	20	Round head screws M8 x 30	4
4	Upper arm	2	21	Outside Hex Bolt m8 x 45mm	4
5	Horizontal bar	1	22	Hex Bolt m8 x 12mm	1
6	Connecting pipe	1	26	Curved fix plate	4
7	Supporting tube	2	29	Round head screws M6 * 60	4



8	Handle	1	32	20 * 40 pipe plug	2
9	Backrest Tube	1	33	Gasket	4
10	Connecting pipe	1			
11	Pipe sleeve	2			
12	Elbow Cushion	2			
13	Hollow sleeve	2			
14	Plum blossom rotating screw	2			
15	Plum blossom rotary nut	2			
16	20*40 Pipe plug	2			
17	Cotton tube	1			

#### Tool bag parts

See image 1

A	Cross screwdriver	B	External six angle wrench
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### 3 Installation instructions

#### 1. Install the four foot sleeves.

Four foot sleeve are respectively sheathed in the foot tube and set parallel to the ground.

See image 3

#### 2. Mounting pin pipe connecting pipe.

Use 4PCS Outside Hex Bolt M8 x75 to fasten the connecting rod.

See image 4

#### 3. Install the supporting tube.

Use 4PCS Carriage Bolt M8 x 45mm and fasten the supporting tube.

See image 5

#### 4. Install the main frame.

1) Use 8PCS Carriage Bolt M8 x 45mm to fix bottom of the main frame.

2) Use Curved Fix plate to attach the main frame tube, use 4 PCS Outside Hex Bolt M8 x75mm to fasten.

See image 6

#### 5. Installation of the top connecting rod.

Insert the Outside Hex Bolt M8 x 45 screw from the inside. Put the fix plate and fasten it with M8 Nut.

See image 7

#### 6. Install the handle.

Use 4PCS M8 x 30 cup head Hexagon socket and fasten the handle to the main frame.

See image 8

#### 7. Elbow cushion installation.

Tighten the plate with the built-in screws of elbow cushion.

See image 9

A	Elbow cushion + 8 PCS screws of elbow cushion (2PCS)
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#### 8. Back cushion installation.

The hole on the two ends of the back cushion is aligned with the nail on the main frame. Use Hex Bolt M8 x 12mm to fasten.

See image 10

#### 9. Upper arm and gym bar installation.

1) Insert the upper arm into the top of the main frame directly.

2) After finishing the installation, fix the two upper arm to aid the Horizontal bar, according to the height of the bars.

3) Put the horizontal bar on the upper arm, align hole positions, insert two M8 x75mm screws from the top and fasten it with the nut.

See image 11

#### 10. Adjust the suitable Angle.

Align the holes as per the correct height and check the alignment. Put the plastic handle M8 x 40 through the main frame tube and the upper arm tube, lock and fasten.

See image 12





**KINGKANG**

Professional Fitness Equipment

**Dear Customer,**

**Thank you for choosing KINGKANG fitness equipment.**

**KINGKANG provides Quality Assurance Service.**

**If you find any issue about the product, please contact us by email.  
We will offer superb After-sale Service for you.**

**Best Wishes!  
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