

Soozier

IN230600006V01_US_CA

A91-092

EN



IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

ASSEMBLY INSTRUCTION

Installation

Step 1: Open package to confirm product components

Accessories

A Foot tube (2pcs)



B Main Frame (including tube cover)



C Upper Tube (2pcs)



D Elbow pad one pair



E Bottom tube cover (4pcs)



F Supporting Tube



G Gym Bar (including hand gloves)



H Base Connection



I Hand Gloves (4pcs)



J Main Frame Connection Tube



K Screw M8x65mm(22pcs)



M Wrench 13-17 (2pcs)



N Screw M8x75 (2pcs)



O screw 8x60 (2pcs)



P Screw Nut M8 (2pcs)



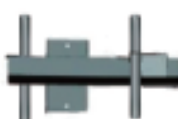
Q Screw M8x55 (4pcs)



R Back Set

Tube

T Leg Tube



U Sit Up Bench (Back Set)



v Plastic gasket



W Bolt 8x66(2pcs)



X Screw M10x20mm(2pcs)



Y Screw (1pcs)



Z Screw M8x55 (1pcs)



Step 2: Assembly 4 foot covers

Accessories:

E Foot Cover (4pcs)



A Foot Tube 2 pcs



Use 4 foot covers to insert into the foot tube

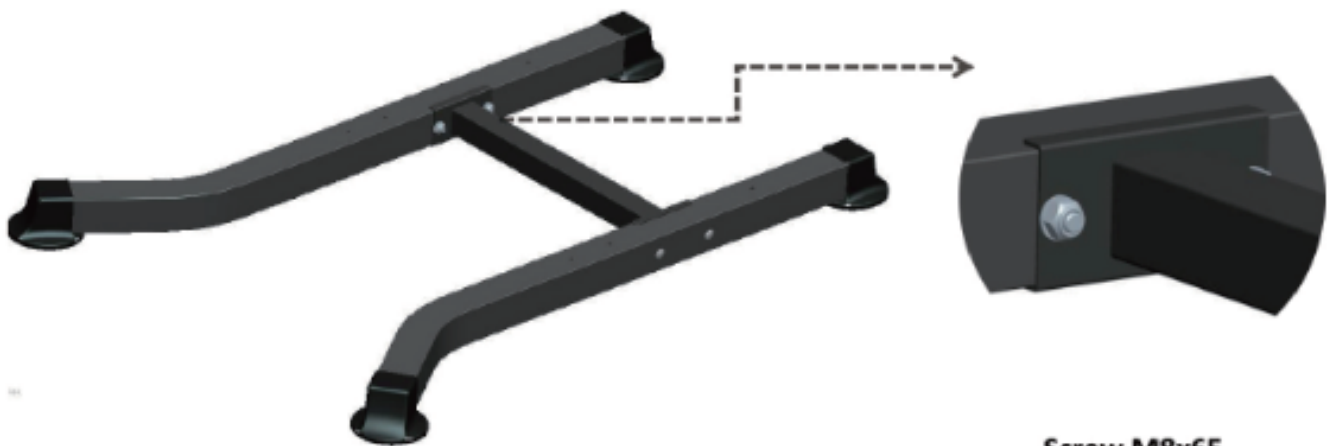
Step 3: Assembly the bottom connection tube

Accessories:

H Bottom Connection Tube



K Screw M8x65mm(4pcs)



Screw M8x65

Step 4: Assembly Main Frame

Accessories:

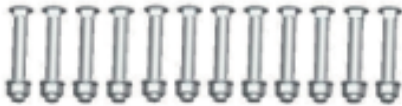
B Main Frame



F Supporting Tube



K Screw M8x65mm(12pcs)



Step 5: Assembly Main Frame Connection Tube with bench connection tube

K Screw M8x65mm(4pcs)



J Main Frame Connection



Accessories:

R Sit up bench Tube



Step 6: Assembly Elbow pad

Accessories:

Q Screw M8x55 (4pcs)

D Elbow pad one pair



Step 7: Assembly upper tube and gym bar

Accessories:

C Upper Tube (2pcs)

G Gym Bar(with hand gloves)

N Screw M8x75 (2pcs)



Step 8: Adjust suitable angles and heights

Accessories:

O Screw 8x60 (2pcs)



P Screw Nut M8 (2pcs)



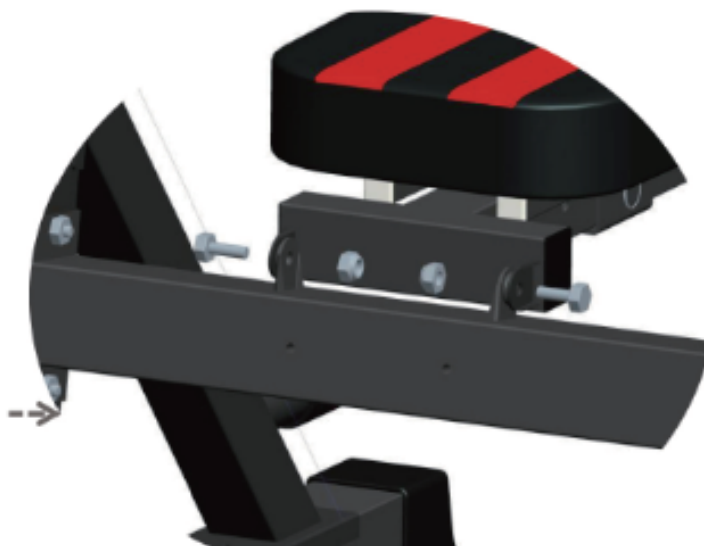
**Use Screw 8x60 Fix
Totally 7 adjustment**

Installation complete without bench (See pic)

Step 9: Assembly sit up bench (Using)

V Plastic Gasket **X** Screw M10x20mm(2pcs)

U Sit Up bench (Back set)



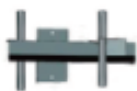
Use screw M10X20 add gasket in the middle

Step 10: Assembly Foot tube

K Screw M8x65mm+big gasket dia30(2pcs)



T foot tube



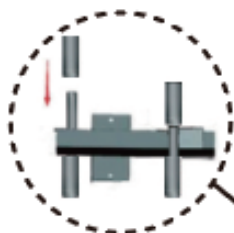
Q Screw M8x55 (1pcs)



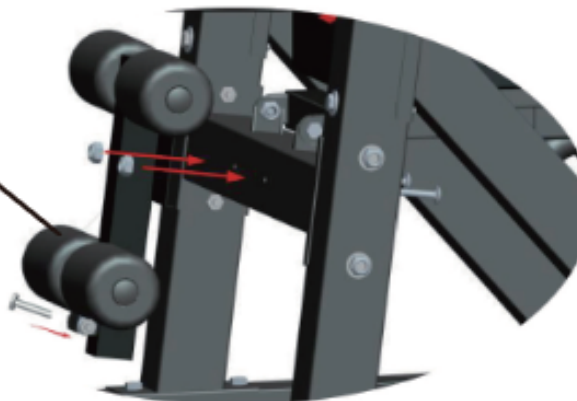
W Bolt 8x66(1pcs)



I Hand Gloves (4pcs)



Insert the hand gloves
(Note: Use a little water will be more easy)



Use Screw M8x65mm (add 2 big gasket)

Bolt adjust the sit up bench foldable or not



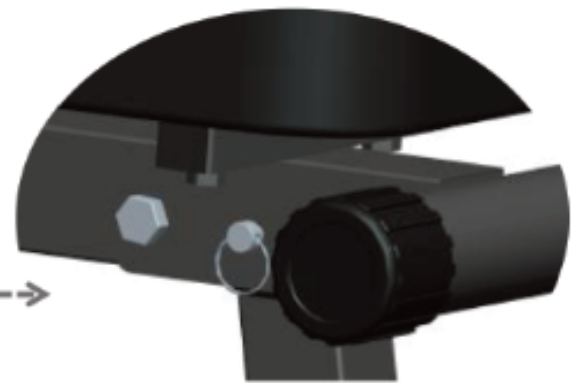
Step 11: Folding storage:

Accessories:

W Bolt 8x66(1pcs)



Y Screw (1pcs)



Take out the Bolt and fold it



Use Screw fix the sit up bench

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IMPORTANT - CONSERVEZ CES INFORMATIONS
POUR VOTRE CONSULTATION ULTÉRIEURE: LISEZ ATTENTIVEMENT

INSTRUCTIONS D'ASSEMBLAGE

Installation

Étape 1: Ouvrez le package pour confirmer les composants du produit

Accessoires

A Tube de pied (2pcs)



B Cadre principal (y compris le couvercle du tube)



C Tube supérieur (2PCS)



D Coudière une paire



E Couverture de tube de fond



F Tube de support



G Barre de Gymnastique (y compris les gants de main)



H Connexion de base Tube



I Gants à la main I (4pcs)



J Tube de connexion de cadre principal



K Vis M8*65mm (22 pcs)



M Clé 13-17 (2pcs)



N Vis M8*75 (2 pcs)



O Vis 8*60 (2pcs)



P Écrou à vis M8(2pcs)



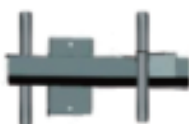
Q Vis M8*55 (4pcs)



R Ensemble de dossier Tube



T Tube de pied



U Banc assis (Ensemble arrière)



V Joint en plastique



W Boulon 8*66 (2pcs)



X Vis M10*20mm (2pcs)



Y Vis (1pcs)



Z Vis M8*55(1pcs)



Étape 2 : Assemblage des 4 couvercle de pieds

Accessoires:

E Couvercle de Pied (4pcs)



A Tube de Pied 2 pcs



Utilisez des 4 couvercles de pieds pour insérer dans le tube à pied

Étape 3: Assemblage du tube de connexion inférieur

Accessoires:

H Tube de connexion de fond

K Vis M8x65mm(4pcs)



Vis M8*65

Étape 4 : Assemblage du cadre principal

Accessoires:

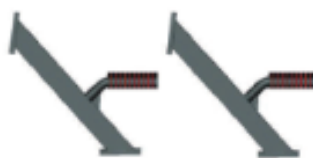
B du cadre principal



K Vis M8*65 (12pcs)



F Tube de soutien



Étape 5: Assemblage du tube de connexion du cadre principal avec le tube de connexion de banc

K Vis M8x65mm(4pcs)

J Connexion de Cadre Principal



Vis M8x65mm
(À l'extérieur utilisez le joint plus grand)

Accessoires:

R Ensemble de dossier Tube



Vis M8*12mm

Étape 6 : Assemblage de la coudière

Accessoires : Q Vis M8x55(4pcs)

D Coudière une paire



Étape 7: Assemblage du tube supérieur et de la barre de gymnastique

Accessoires:

C Tube supérieur(2pcs)

G Barre de Gymnastique (avec gants à main)

N Vis M8x75(2pcs)



Étape 8: Ajustez les angles et les hauteurs appropriés

Accessoires:

O Vis 8x60(2pcs)

P Écrou à vis M8(2pcs)



Utiliser la Vis 8x60 pour fixer
Ajustement total 7

Installation complète sans banc(Voir photo)

Étape 9: Assemblage du banc assis (Utilisation)

V Joint en plastique X Vis M10x20mm(2pcs) U Bans Assis (ensemble de dossier)



U utiliser la vis M10X20 et mettre le joint au milieu

Étape 10 : Assemblage du tube de pied

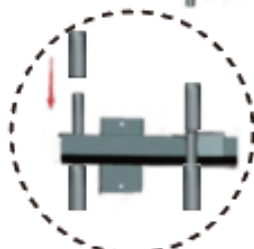
K Vis M8x65mm+gros joint diamètre 30(2pcs)

T Tube de pied

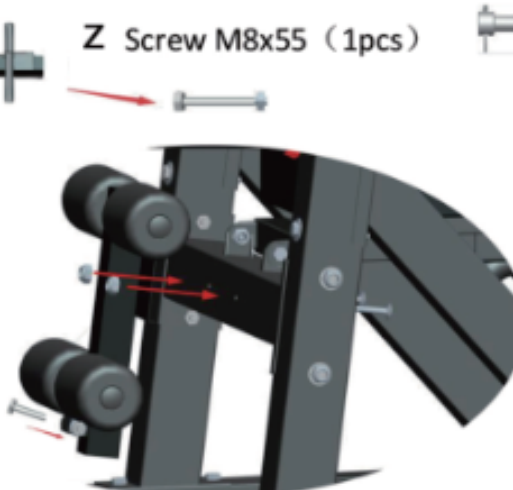
W Boulon 8x66(1 pcs)

I Gants à la main I (4pcs)

Z Screw M8x55 (1pcs)



Insérez les gants à main
à main
(note: Utilisation
un peu d'eau sera
plus facile)



Vis M8x65mm(mettre 2 gros
joint)

Boulon pour ajuster le banc
assis pliable ou non



W Boulon 8x66

**Étape 11: Stockage
pliable: Accessoires:**

W Bolt 8x66(1pcs)



Y Vis (1pcs)



Retirez le boulon et pliez-le



**Utilisez la vis pour fixer le
banc assis**

US

If you have any questions, please contact our customer care center.
Our contact details are below:



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