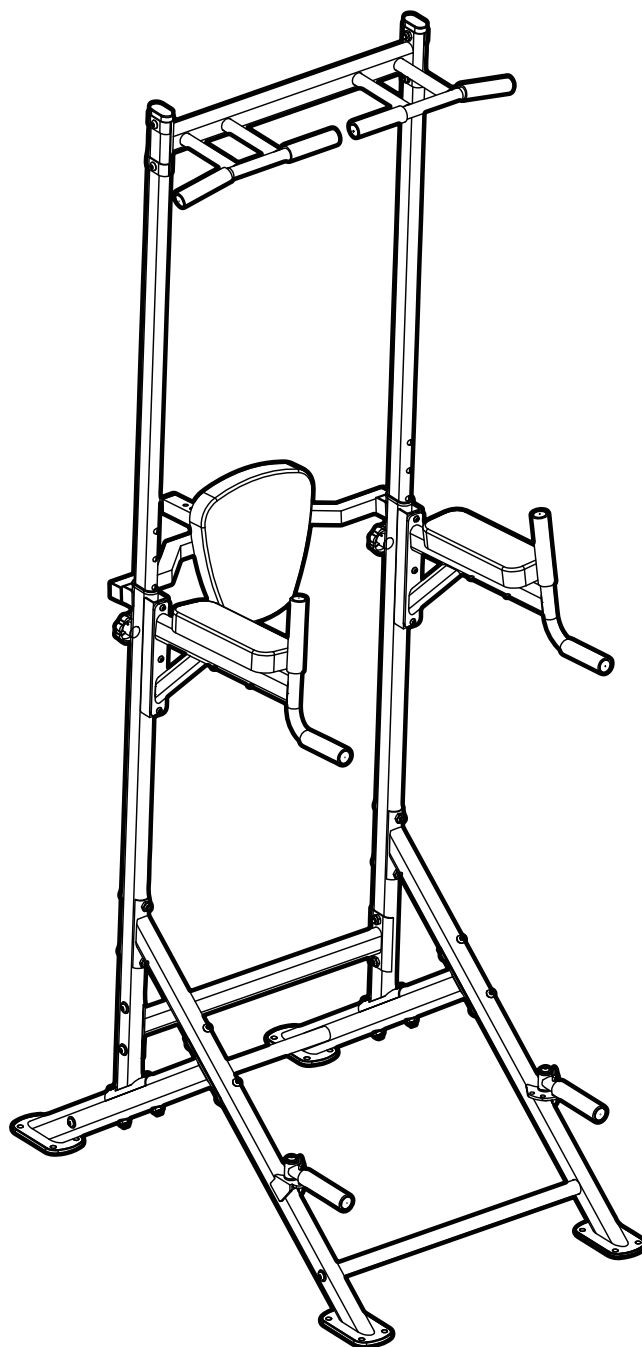


SPORTSROYALS

YT-V02



Power Tower

SPORTS ROYALS

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Customer Service

Please let us know if you have any issues or concerns with the transaction, shipping or product. And relevant photos or video are very important to help us better understand the problem. We'll do our best to make it right for you!

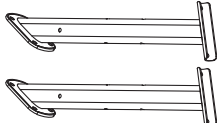
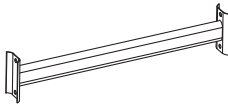
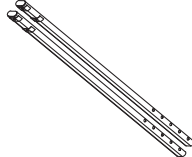
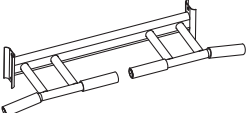
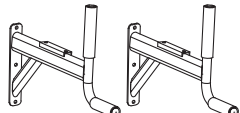
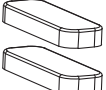
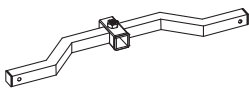
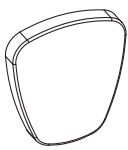
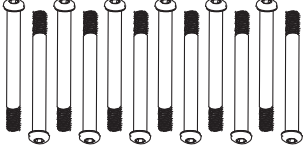
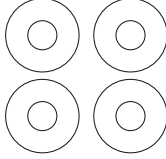
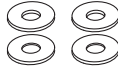
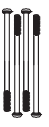
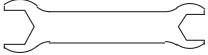
✉ Email Address: support@sportsroyals.com

Safety Instructions

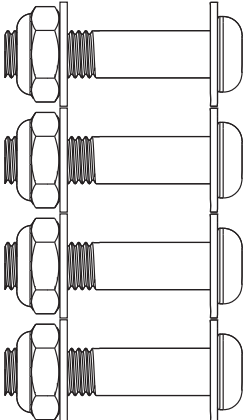
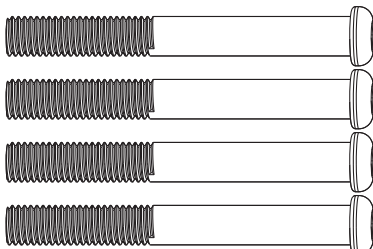
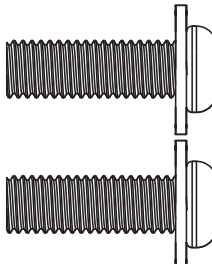
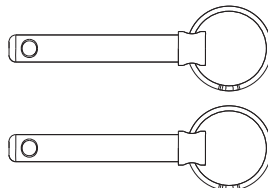
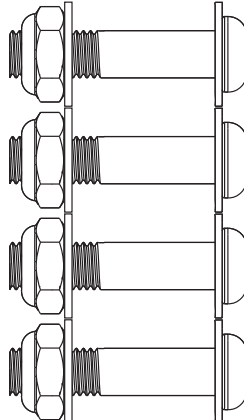
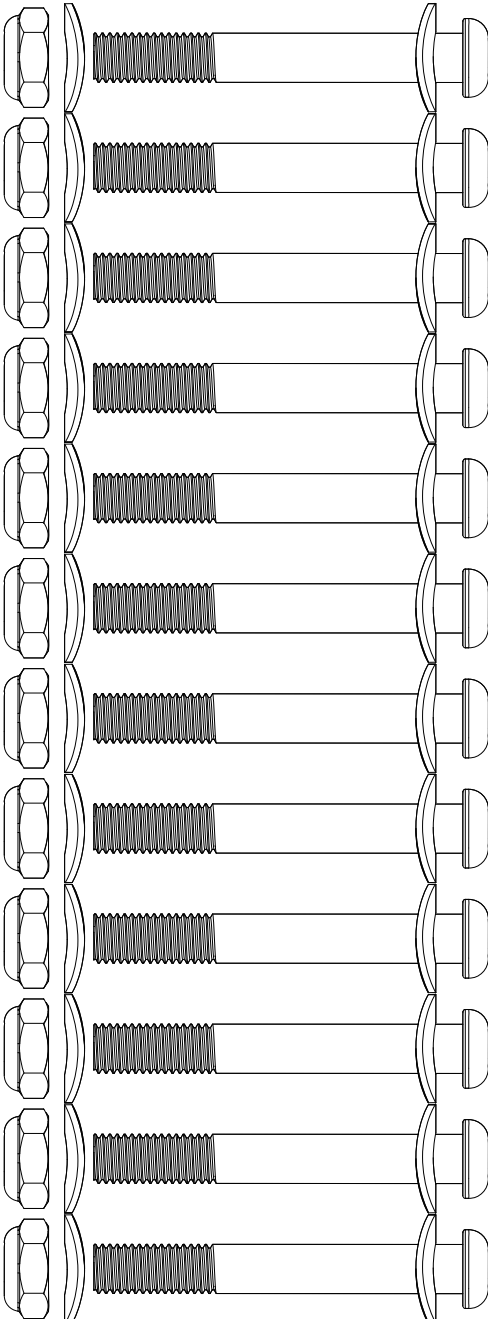
To ensure your safety and avoid accidents, please read the manual carefully before use and pay attention to the following safety matters.

- Before starting any exercise you should consult your physician to determine if you have any medical or physical conditions.
- Ensure that all nuts and bolts are securely tightened before workout.
- Keep the children, the elderly and pets away from the equipment.
- Please do not let your child touch the moving parts to avoid injury. The machine contains small parts that may cause suffocation. Please do not remove the parts.
- Always use the equipment as indicated, if there something wrong with this product, stop using the equipment immediately.
- The equipment is not suitable for therapeutic use.
- Wear comfortable, good quality walking and running shoes and appropriate clothing when use the equipment.
- You must take care of ourselves when moving and adjusting the equipment so as not to injure your body.
- Use this product on a solid, flat level surface with a protective cover for your floor or carpet.
- This equipment is designed for indoor and home use only, it is not intended for commercial use.
- If you find any problem with our product, please contact us freely.

Parts List

#1  Foot Cover×4	#2  Base Bracket 1×2	#3  Base Bracket 2×2	#4  Cylindrical Crossbar×2
#5  Vertical Tube×2	#6  Middle Crossbar	#7  Telescopic Rod×2	#8  Pull-up Bar
#9  Arm Handle (L/R)	#10  Arm Cushion×2	#11  Backed Support Frame	#12  Backed Shelf
#13  Back Cushion	#14  Push-up Handle×2	#15  Adjustable Knob×2	#16  M10*75 Bolt×12
#17  M10*20 Curved Washer×24	#18  M10 Nut×20	#19  M10*45 Bolt×8	#20  M10*30 Flat Washer×4
#21  M10*20 Flat Washer×4	#22  M8*40 Screw×2	#23  M8*22 Flat Washer×2	#24  M6*70 Screw×4
#25  M8*50 Latch×2	#26  Hexagon Wrench	#27  B5 14-17 Wrench	

Hardware Pack

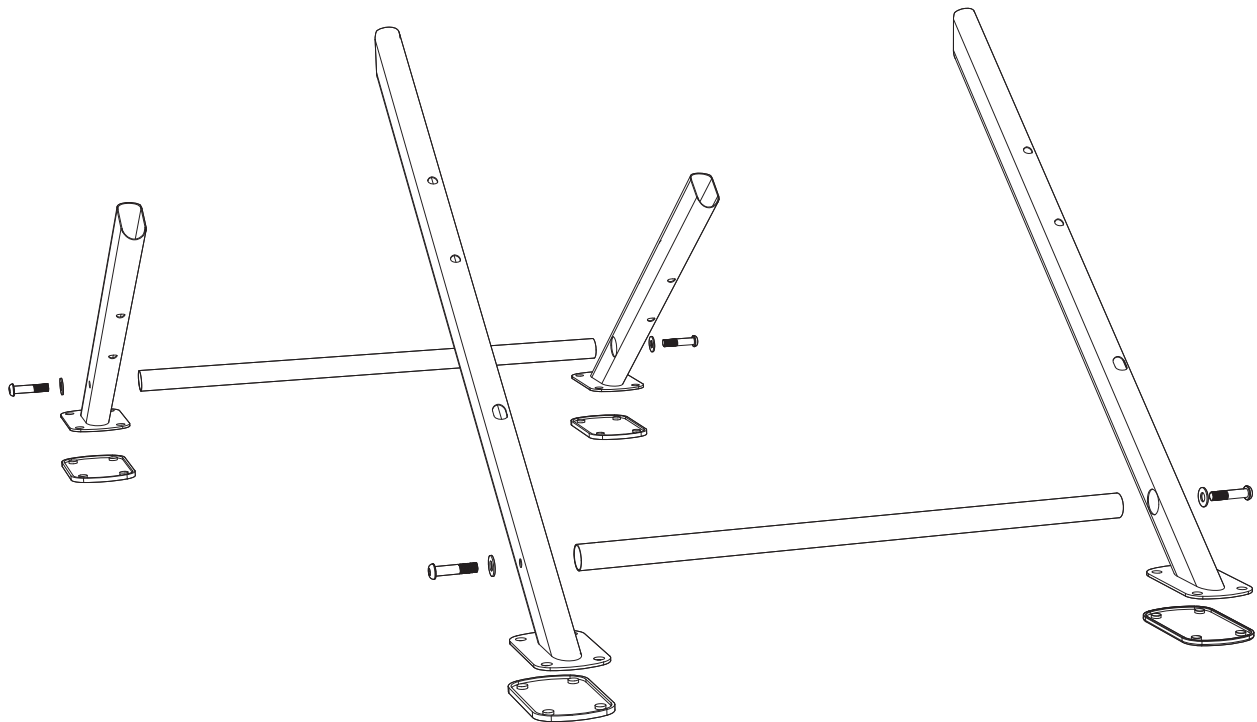
STEP 3  (#19) M10*45 Bolt+ (#20) M10*30 Flat Washer+ (#18) M10 Nut-4pcs				STEP 4  (#24) M6*70 Screw-4pcs		STEP 5  (#22) M8*40 Screw+ (#23) M8*22 Flat Washer-2pcs		STEP 6  (#25) M8*50 Latch	
STEP 2  (#19) M10*45 Bolt+ (#20) M10*30 Flat Washer+ (#18) M10 Nut-4pcs		STEP 2  (#16) M10*75 Bolt+ (#17) M10 Curved Washer (2pcs)+ (#18) M10 Nut-12pcs							

Assembly Instructions

Step 1

- First, install the Foot Cover onto Base Bracket 1 and Base Bracket 2.
- Use the M8*12 Screw (Pre-installed) and M8*30 Washer (Pre-installed) to connect the two Cylindrical Crossbars to the base bracket. Do not tighten the screws at this stage.

Part Name	QTY.
M8*12 Screw (Pre-assembled)	4
M8*30 Flat Washer (Pre-assembled)	4

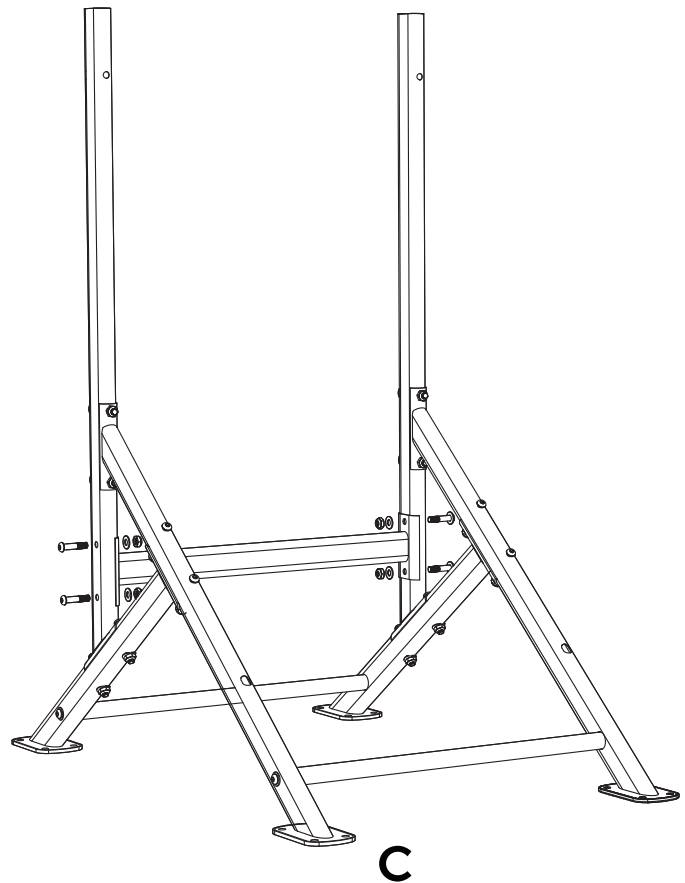
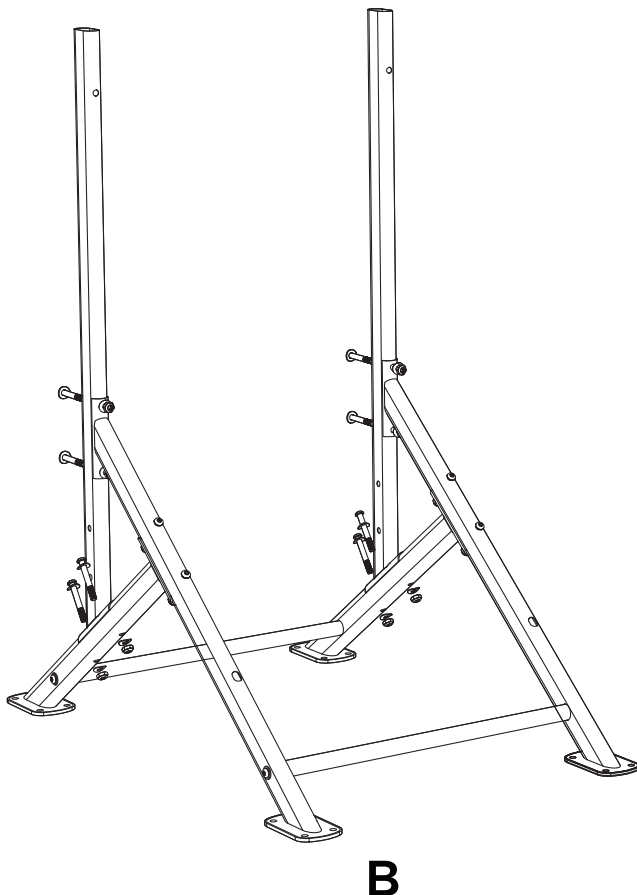
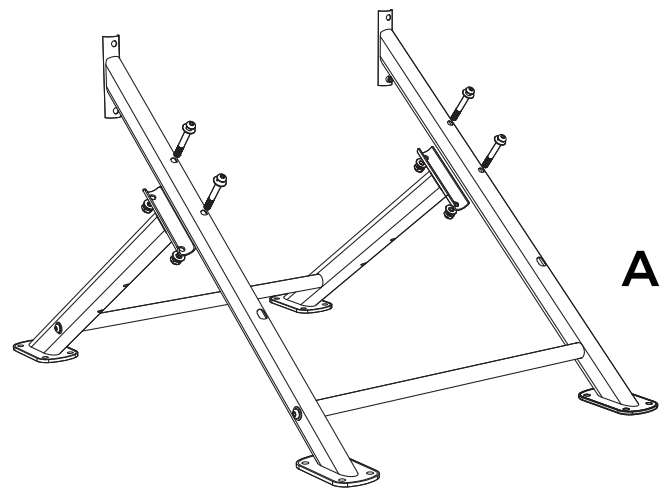


Assembly Instructions

Step 2

- This step requires 2 people to cooperate in installation. Connect the Base Bracket 1 to the Base Bracket 2 using M10*75 Bolt, M10 Curved Washer (2pcs) and M10 Nut as shown in the figure. Do not tighten the nuts immediately.
- Then, install and fix the Vertical Tube to the Base Bracket using M10*75 Bolt, M10 Curved Washer (2pcs) and M10 Nut.
- Connect the Middle Crossbar using M10*45 Bolt, M10 Nut and M10*30 Flat Washer. After completing the first and second steps, level and align the product horizontally and vertically on a flat surface. Finally, tighten all nuts securely.

Part Name	QTY.
M10 Nut	16
M10*75 Bolt	12
M10*45 Bolt	4
M10*30 Flat Washer	4
M10 Curved Washer	24



Assembly Instructions

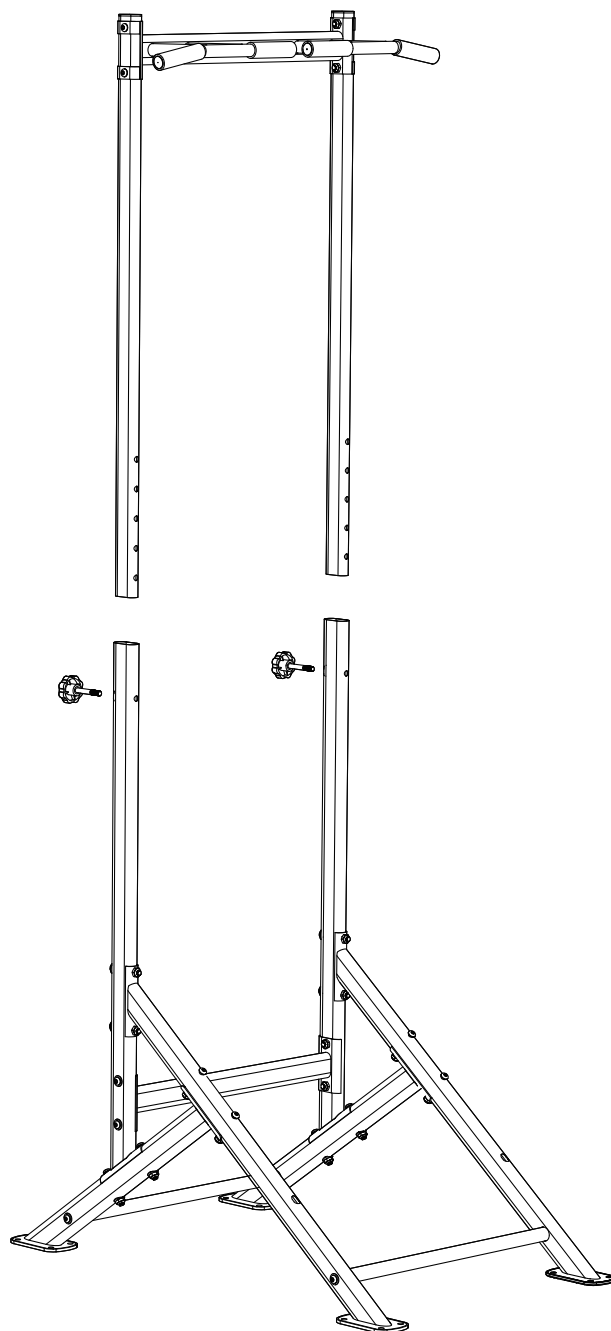
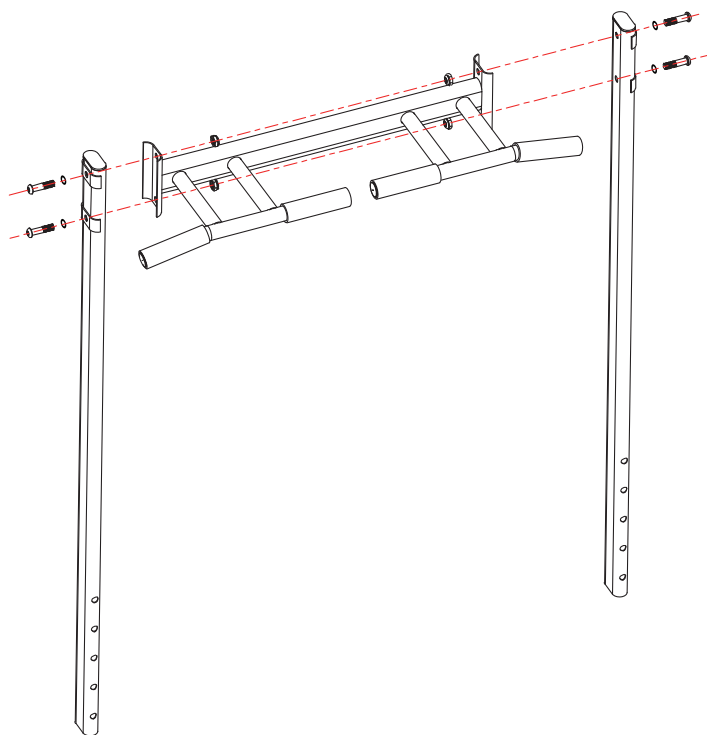
Step 3

- Connect the Pull-up Bar to the Telescopic Rod with M10*45 Bolt, M10*20 Flat Washer and M10 Nut.

Note: The side of the Telescopic Rod with the convex surface should face outward.

- Install two Telescopic Rods, and keep their heights consistent. Then, fix them with the Adjusting Knob.

Part Name	QTY.
M10*45 Bolt	4
M10*20 Flat Washer	4
M10 Nut	4
Adjustable Knob	2



Assembly Instructions

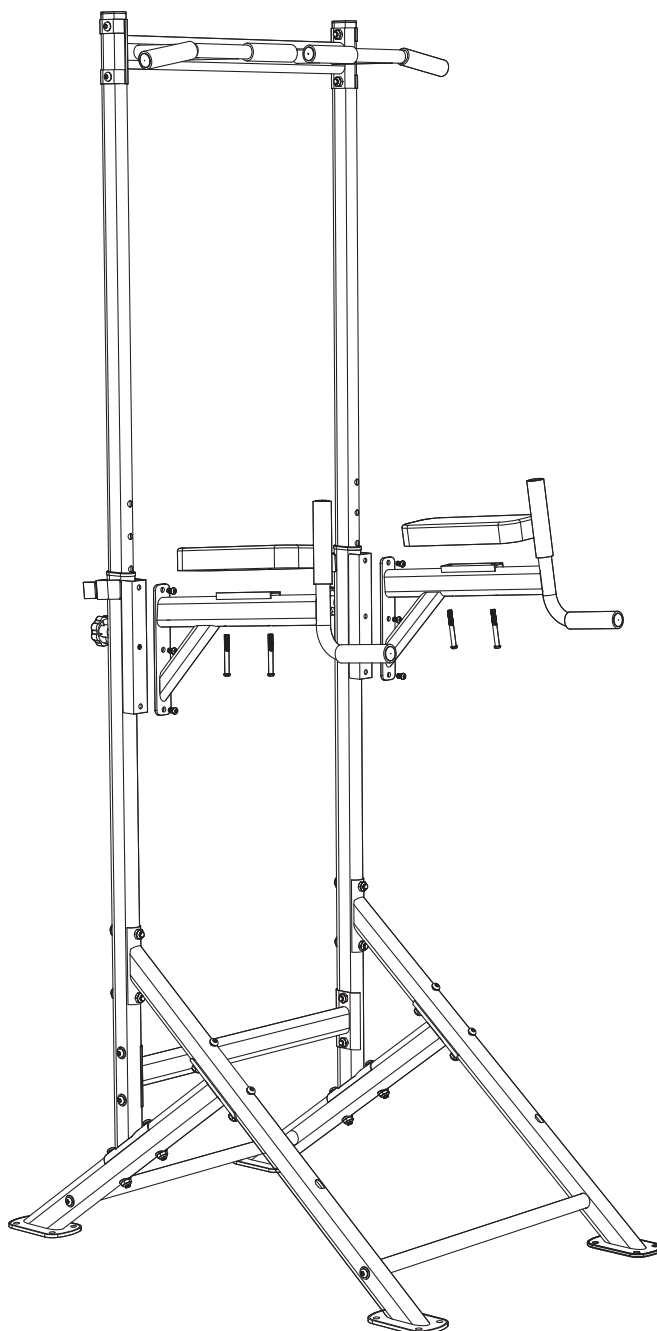
Step 4

- Connect the Arm Handle onto the Vertical Tube by using M8*16 Screw (Pre-assembled) as below shown. (Please do not mix up the “Left” handle and the “Light” handle.) Connect the other Arm Handle in the same way.

Attention: The Arm Handle is slightly inclined 10 degree towards the inside to prevent the elbow from slipping off. So the angle of the weld is strange. This is not the craftsmanship problem, but it is our special design.

- Install Arm Cushion onto Arm Handle by using M6*70 Screw as below shown. Install the other Arm Cushion in the same way.

Part Name	QTY.
M8*16 Screw (Pre-assembled)	6
M6*70 Screw	4

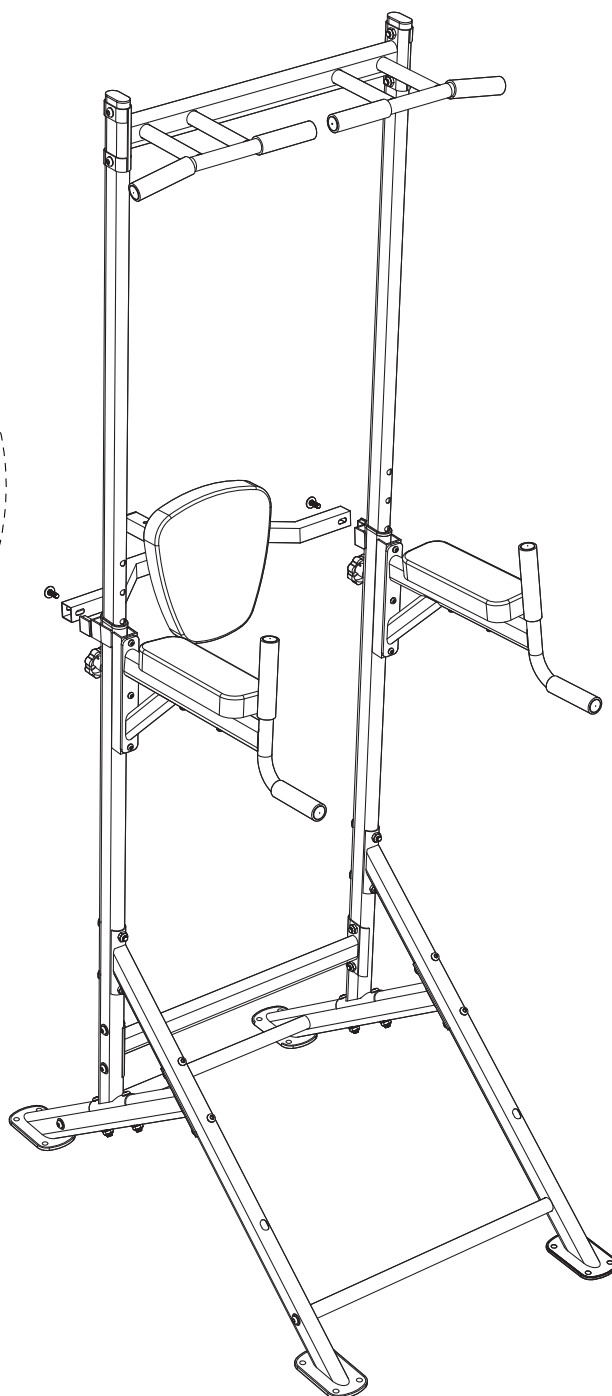
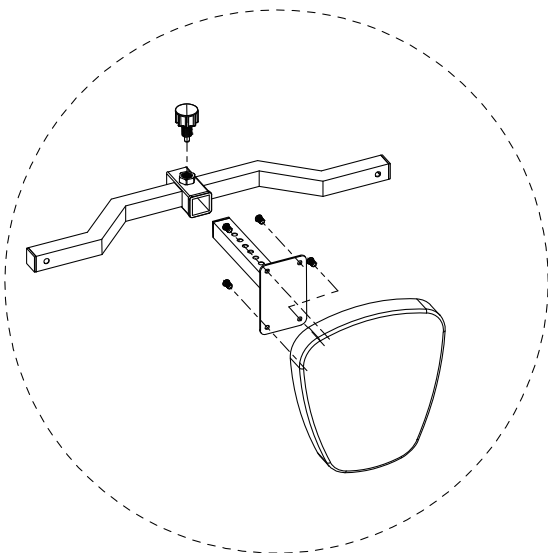


Assembly Instructions

Step 5

- Attach Back Cushion onto Backed Shelf by using M6*16 Screw (Pre-assembled), these four screws are pre-installed on the cushion, please remove four screws before installing the backrest.
- Install the Backed Support Frame and tighten with M8x40 Screw and M8*22 Flat Washer. Changing the position of the cushion can be adjusted with the M16 Fixed Knob (Pre-assembled) to lock.

Part Name	QTY.
M8*40 Screw	2
M8*22 Flat Washer	2
M6*16 Screw (Pre-assembled)	4
M16 Fixed Knob (Pre-assembled)	1

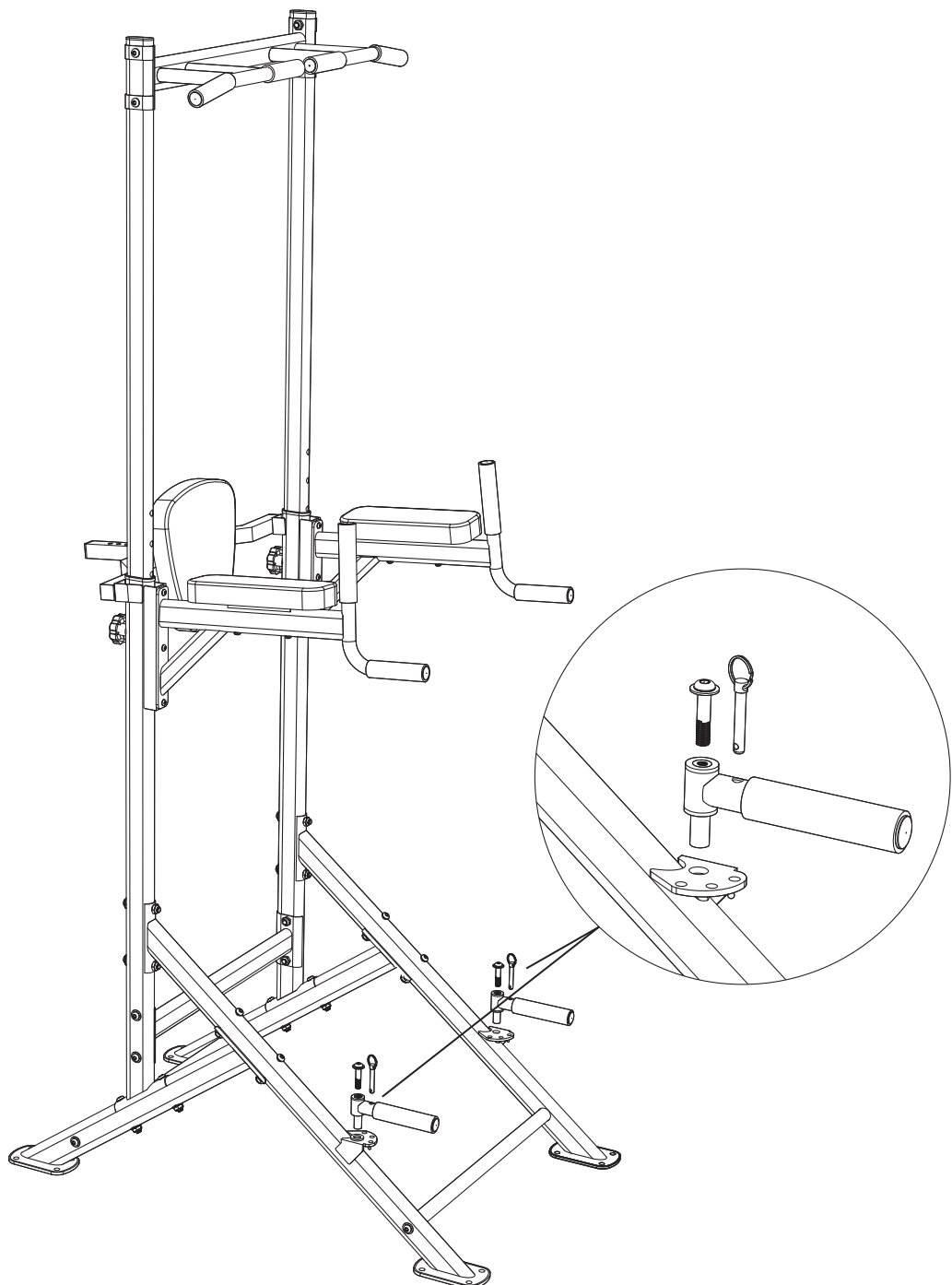


Assembly Instructions

Step 6

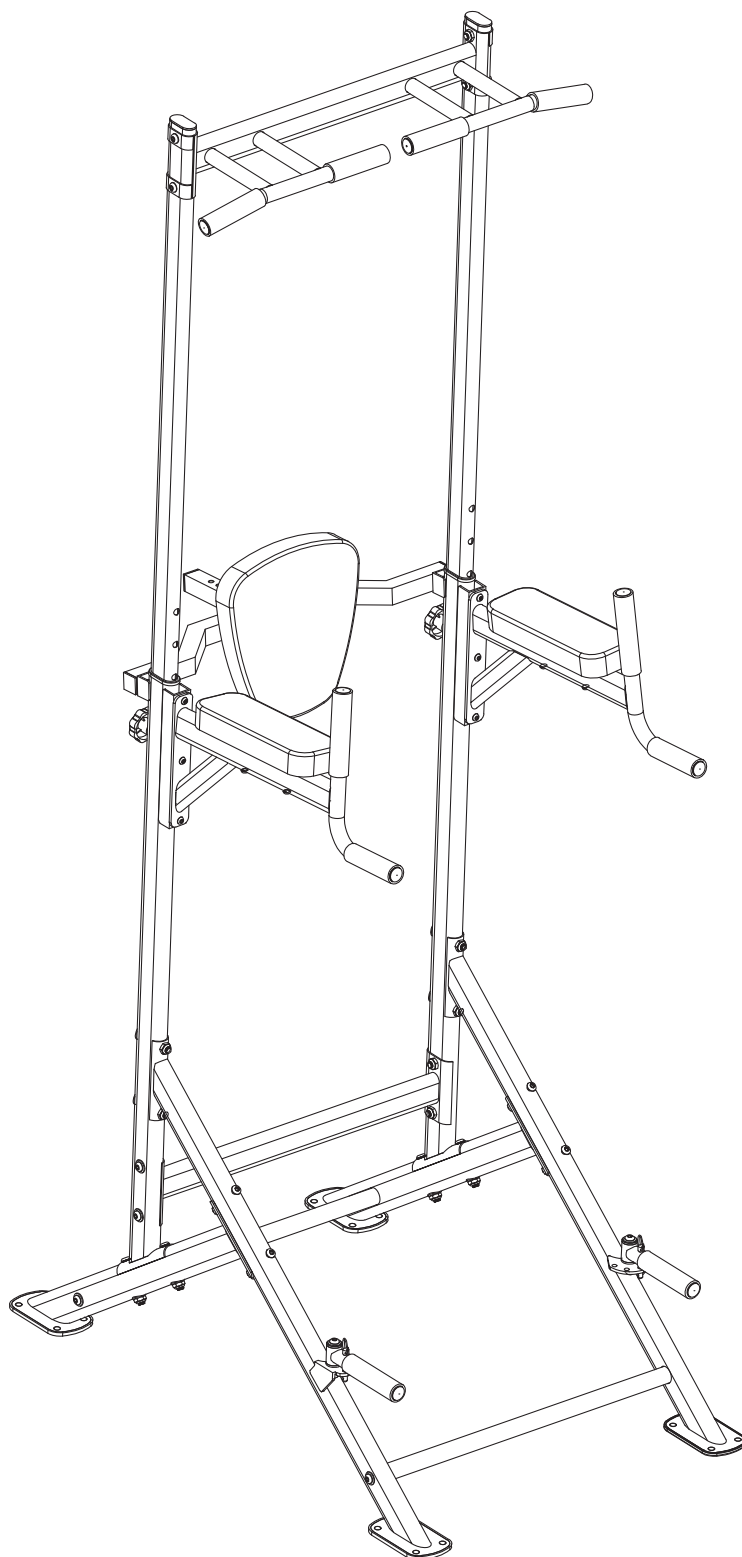
- Install the Push-up Handle with M8*12 Screw (Pre-assembled) and M8*30 Flat Washer (Pre-assembled). Then adjust to one proper angle and lock it with the M8*50 Latch.

Part Name	QTY.
M8*12 Screw (Pre-assembled)	2
M8*30 Flat Washer (Pre-assembled)	2
M8*50 Latch	2



Assembly Instructions

Installation is complete.



Warranty

We offer a 2-year warranty for this product. If any parts need to be replaced during normal use, we will be glad to provide free support.

If you need replacement parts or support from the seller, please contact us via Amazon (Login your amazon account > choose "Your orders" > find the orderID > click "Contact seller").

Or email to support@sportsroyals.com

Our customer service representamen will reach you within 24 hours.

In order to resolve your issue faster, please include the following information in your email when contacting us.

Order Number

Product

Issue

Request

Address

Phone Number

Kundendienst

Bitte lassen Sie uns wissen, wenn Sie Probleme oder Bedenken bezüglich der Transaktion, des Versands oder des Produkts haben. Relevante Fotos oder Videos sind sehr wichtig, um uns zu helfen, das Problem besser zu verstehen. Wir werden unser Bestes tun, um es für Sie in Ordnung zu bringen!

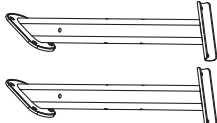
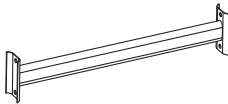
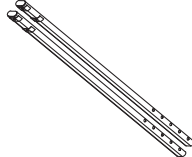
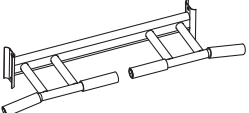
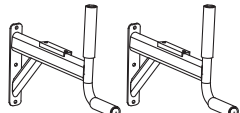
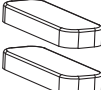
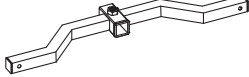
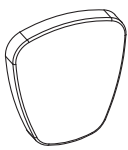
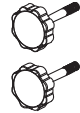
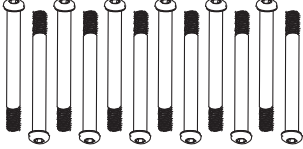
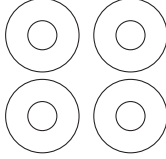
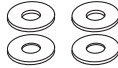
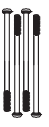
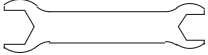
✉ E-Mail-Adresse: support@sportsroyals.com

Sicherheitsanweisungen

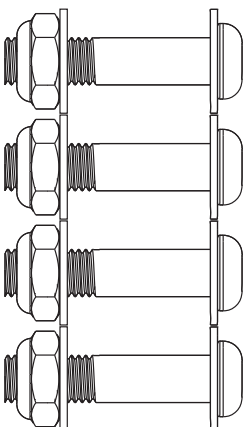
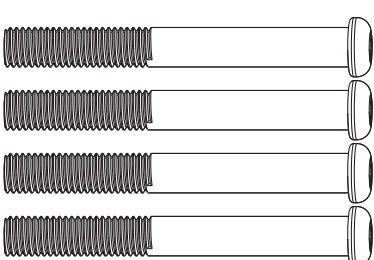
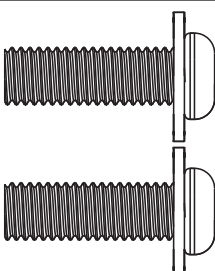
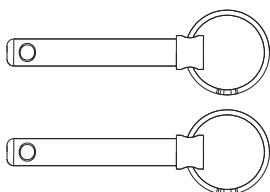
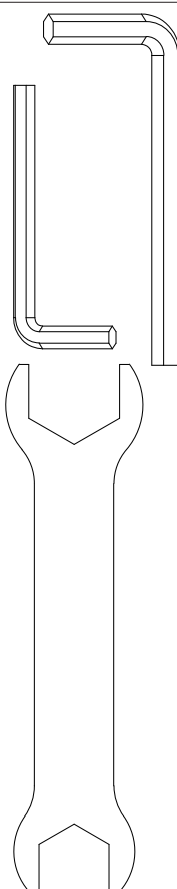
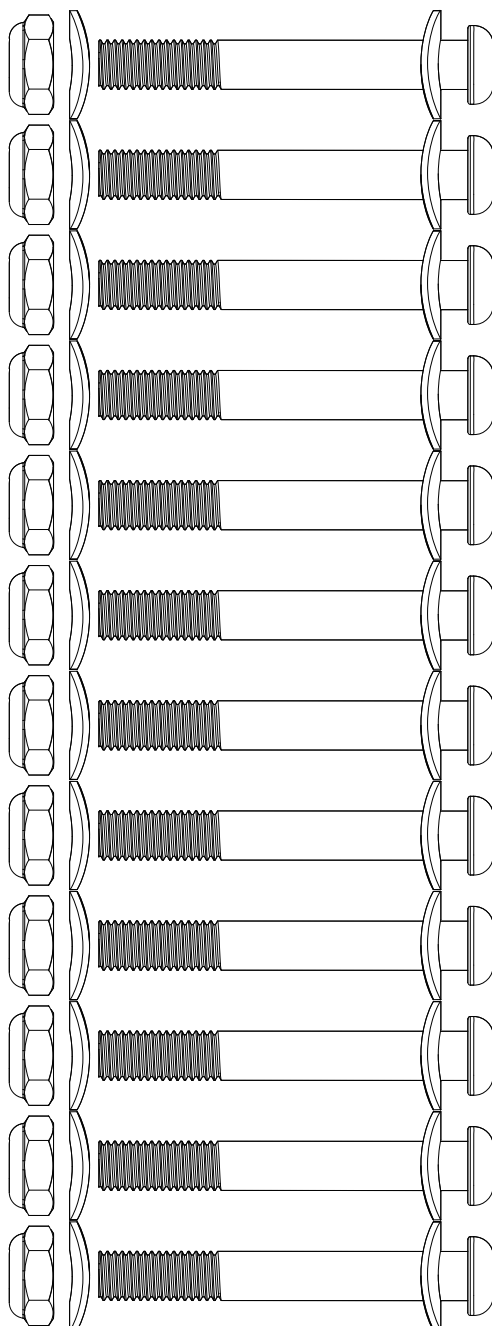
Um Ihre Sicherheit zu gewährleisten und Unfälle zu vermeiden, lesen Sie bitte vor der Benutzung das Handbuch sorgfältig durch und achten Sie auf die folgenden Sicherheitshinweise.

- Bevor Sie mit irgendeiner Übung beginnen, sollten Sie Ihren Arzt konsultieren, um festzustellen, ob Sie gesundheitliche oder körperliche Einschränkungen haben.
- Stellen Sie sicher, dass alle Schrauben und Bolzen vor dem Training fest angezogen sind.
- Halten Sie Kinder, ältere Menschen und Haustiere vom Gerät fern.
- Lassen Sie bitte Ihr Kind nicht die beweglichen Teile berühren, um Verletzungen zu vermeiden. Das Gerät enthält kleine Teile, die zu Erstickungen führen können. Bitte entfernen Sie die Teile nicht.
- Verwenden Sie das Gerät stets wie angegeben. Wenn etwas mit diesem Produkt nicht stimmt, stellen Sie die Nutzung des Geräts sofort ein.
- Das Gerät ist nicht für therapeutische Zwecke geeignet.
- Tragen Sie beim Gebrauch des Geräts bequeme, hochwertige Lauf- oder Sportschuhe und geeignete Kleidung.
- Gehen Sie beim Bewegen und Einstellen des Geräts vorsichtig vor, um Verletzungen zu vermeiden.
- Verwenden Sie dieses Produkt auf einer festen, ebenen Fläche mit einem Schutz für Ihren Boden oder Teppich.
- Dieses Gerät ist nur für den Innen- und Hausgebrauch vorgesehen und nicht für den kommerziellen Einsatz gedacht.
- Wenn Sie ein Problem mit unserem Produkt feststellen, kontaktieren Sie uns bitte jederzeit.

Teile-Katalog

#1  Fußschutz×4	#2  Basiswinkel 1×2	#3  Basiswinkel 2×2	#4  Zylindrische Querstrebe×2
#5  Vertikales Rohr×2	#6  Mittlere Querstrebe	#7  Teleskopstange×2	#8  Klimmzugstange
#9  Armlehne Griff (L/R)	#10  Armlehnenkissen ×2	#11  Gepolsterter Tragrahmen	#12  Gebackenes Regal
#13  Rückenkissen	#14  Liegestützgriff×2	#15  Verstellbarer Knopf×2	#16  M10*75 Schraube×12
#17  M10*20 Gewölbte Unterlegscheibe×24	#18  M10 Mutter×20	#19  M10*45 Schraube×8	#20  M10*30 Flache Unterlegscheibe×4
#21  M10*20 Flache Unterlegscheibe×4	#22  M8*40 Schraube×2	#23  M8*22 Flache Unterlegscheibe×2	#24  M6*70 Schraube×4
#25  M8*50 Riegel×2	#26  Inbusschlüssel	#27  B5 14-17 Schraubenschlüssel	

Hardware-Paket

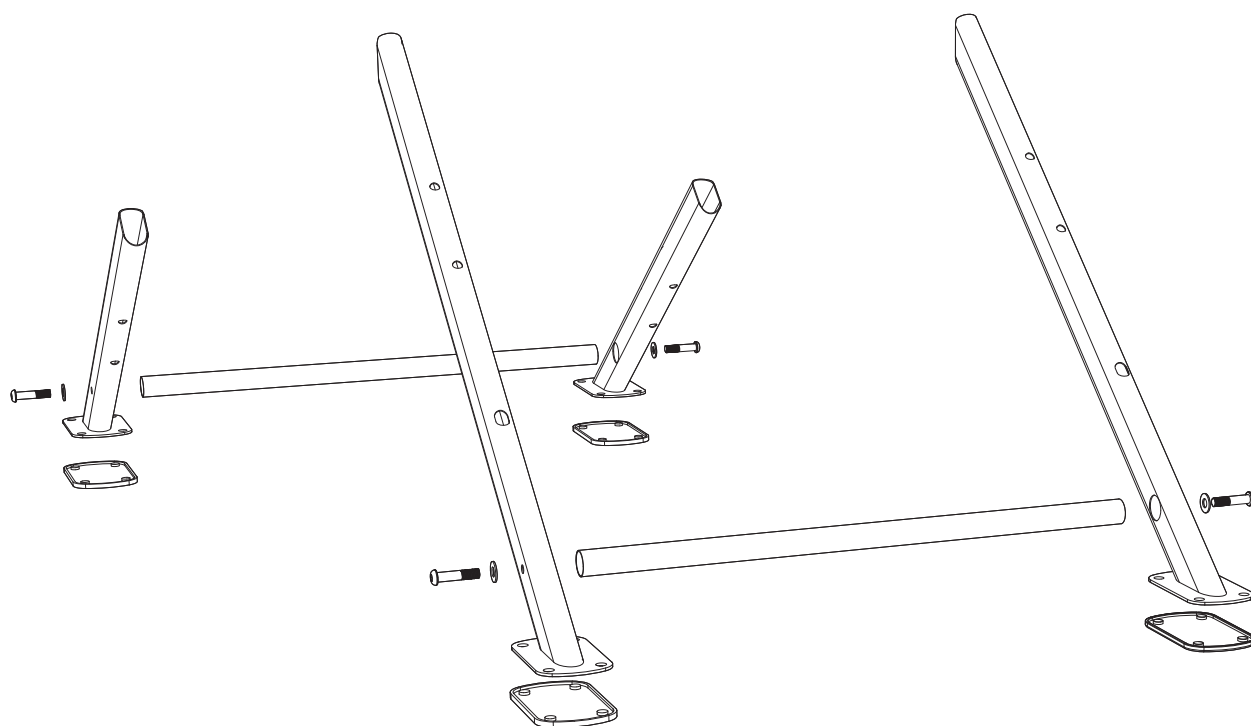
SCHRITT 3  (#19) M10*45 Schraube (#20) M10*30 Unterlegscheibe (#18) M10 Mutter - 4 Stück				 SCHRITT 4 (#24) M6*70 Schraube - 4 Stk.				 SCHRITT 5 (#22) M8*40 Schraube (#23) M8*22 Unterlegscheibe - 2 Stück		 SCHRITT 6 (#25) M8*50 Riegel					
SCHRITT 2  (#16) M10*75 Schraube (#17) M10 gebogene Unterlegscheibe (2 Stück) (#18) M10 Mutter - 12 Stück															

Montage Anweisung

Schritte 1

- Zuerst installieren Sie die Fußabdeckung auf die Basishalterung 1 und die Basishalterung 2.
- Verwenden Sie M8*12 Schrauben (vorinstalliert) und M8*30 Dichtungen (vorinstalliert), um die beiden zylindrischen Seitenstangen an der Basishalterung zu befestigen. Schrauben Sie in dieser Phase nicht an.

Teile bezeichnet	QUANTITÄT.
M8*12 Schrauben (vorgefertigt)	4
M8*30 flache Dichtungen (vorgefertigt)	4

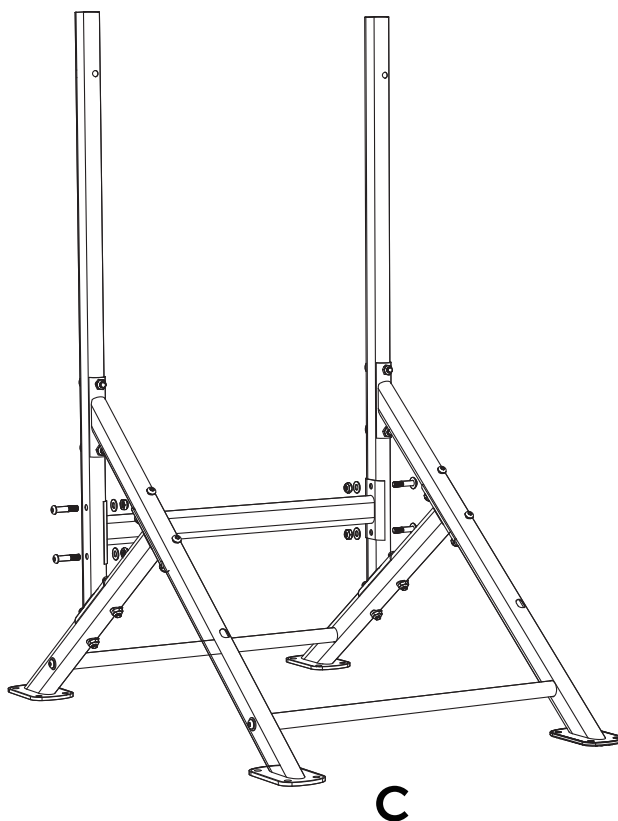
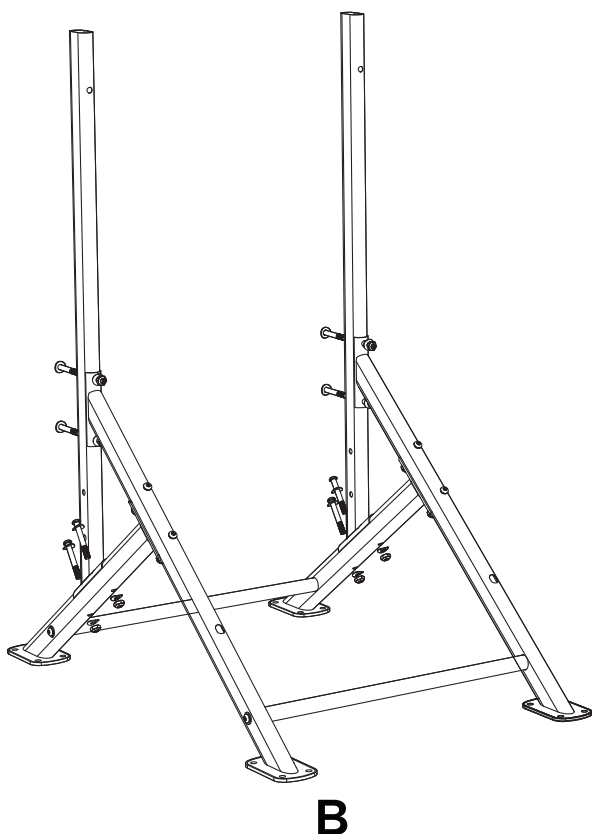
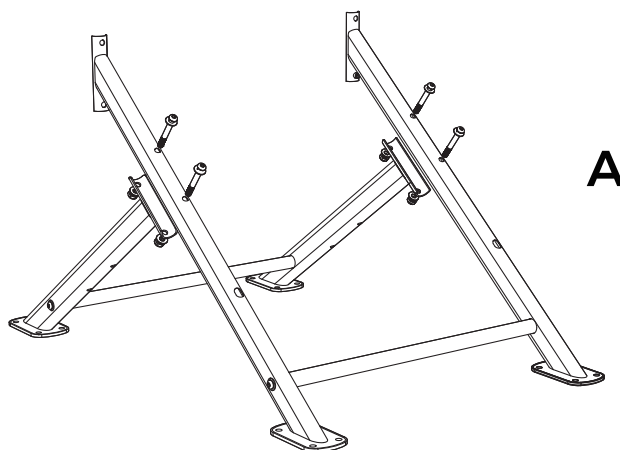


Montage Anweisung

Schritte 2

- Dieser Schritt erfordert die Zusammenarbeit von zwei Personen. Verbinden Sie die Basishalterung 1 mit M10*75 Schrauben, M10-Gewölbungsdichtungen (2) und M10-Mutter an der Basishalterung 2, wie in der Abbildung gezeigt. Schrauben Sie die Muttern nicht sofort an.
- Anschließend werden die vertikalen Rohre mithilfe von M10*75 Schrauben, M10 Oberflächendichtungen (2) und M10 Muttern an der Basishalterung montiert und befestigt.
- Verbinden Sie den mittleren Balken mithilfe von M10*45 Schrauben, M10 Muttern und M10*30 flachen Dichtungen. Nachdem der erste und der zweite Schritt abgeschlossen sind, richten Sie das Produkt horizontal und vertikal auf der Ebene aus. Schließlich schließen Sie alle Muttern an.

Teile bezeichnet	QUANTITÄT.
M10 Muttern	16
M10*75 Schrauben	12
M10*45 Schrauben	4
M10*30 flache Dichtung	4
M10 gekrümmte Ringe	24

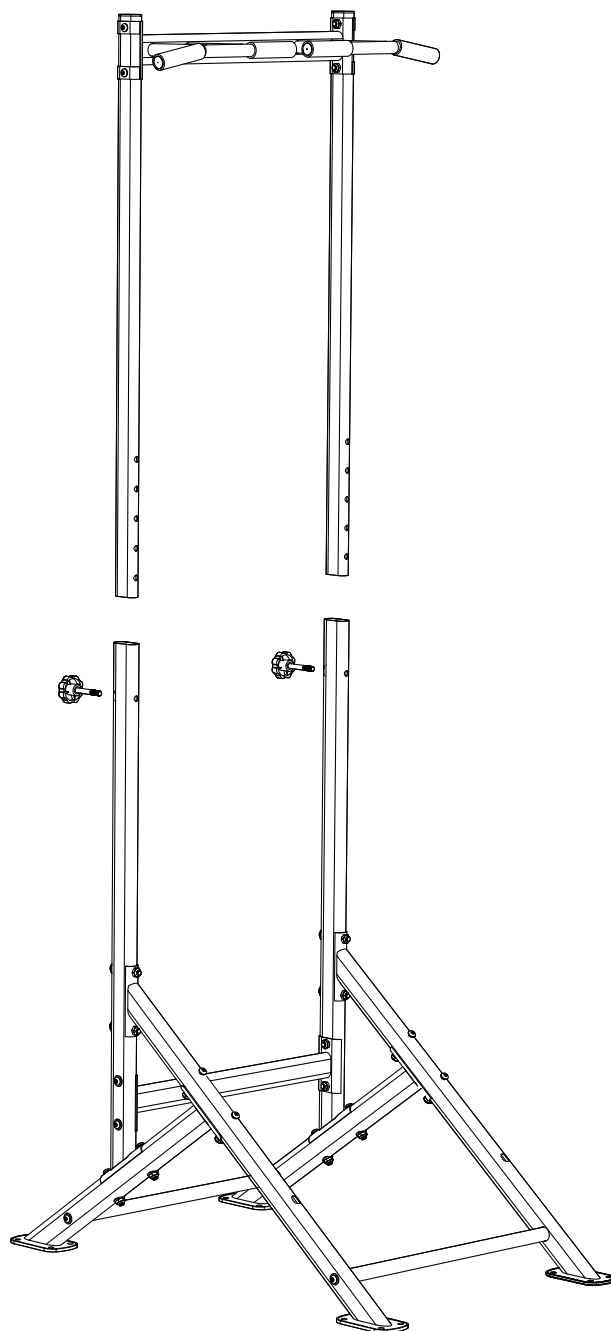
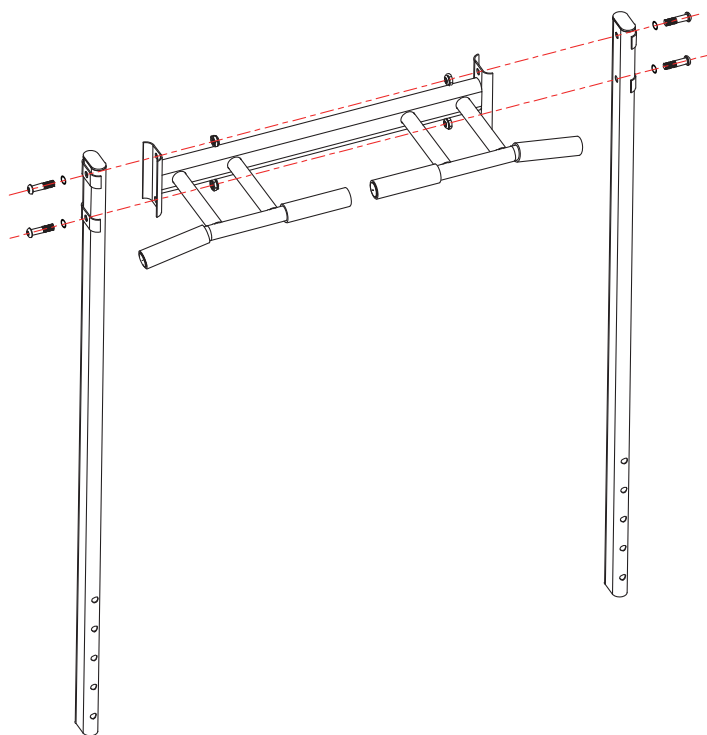


Montage Anweisung

Schritte 3

- Verbinden Sie den Hebel mit einer M10*45-Schraube, einer M10*20-Flachdichtung und einer M10-Mutter an den Hebel.
- Hinweis: Der Teleskop hat eine konvexe Seite nach außen.
- Installieren Sie zwei Dehnungsstangen und halten Sie ihre Höhe konstant. Dann befestigen Sie sie mit dem Reglerknopf.

Teile bezeichnet	QUANTITÄT.
M10*45 Schrauben	4
M10*20 flache Dichtung	4
M10 Muttern	4
Anpassbarer Knopf	2



Montage Anweisung

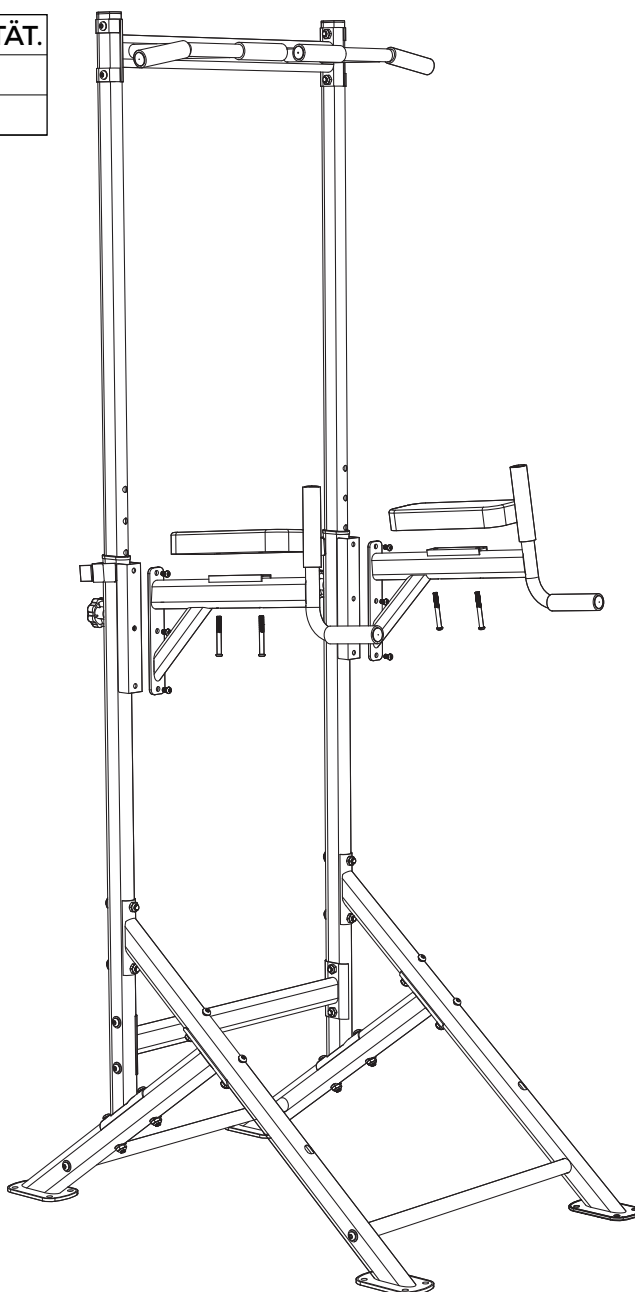
Schritte 4

- Verwenden Sie M8*16 Schrauben (vorgefertigt), um die Handfläche an das vertikale Rohr zu verbinden, wie unten gezeigt. (Bitte wechseln Sie den "links" und den "lichten" Griff nicht.) Verbinden Sie den anderen Armgriff auf die gleiche Weise.

Hinweis: Der Armgriff neigt sich leicht um 10 Grad nach innen, um zu verhindern, dass der Ellbogen rutscht. Der Schweißwinkel ist also merkwürdig. Es ist keine Handwerksache, sondern unser spezielles Design.

- Wie in der Abbildung unten gezeigt, verwenden Sie M6*70 Schrauben, um die Armlehne an die Handfläche zu montieren. Installieren Sie auf die gleiche Weise eine weitere Armmatte.

Teile bezeichnet	QUANTITÄT.
M8*16 Schrauben (vorgefertigt)	6
M6*70 Schrauben	4

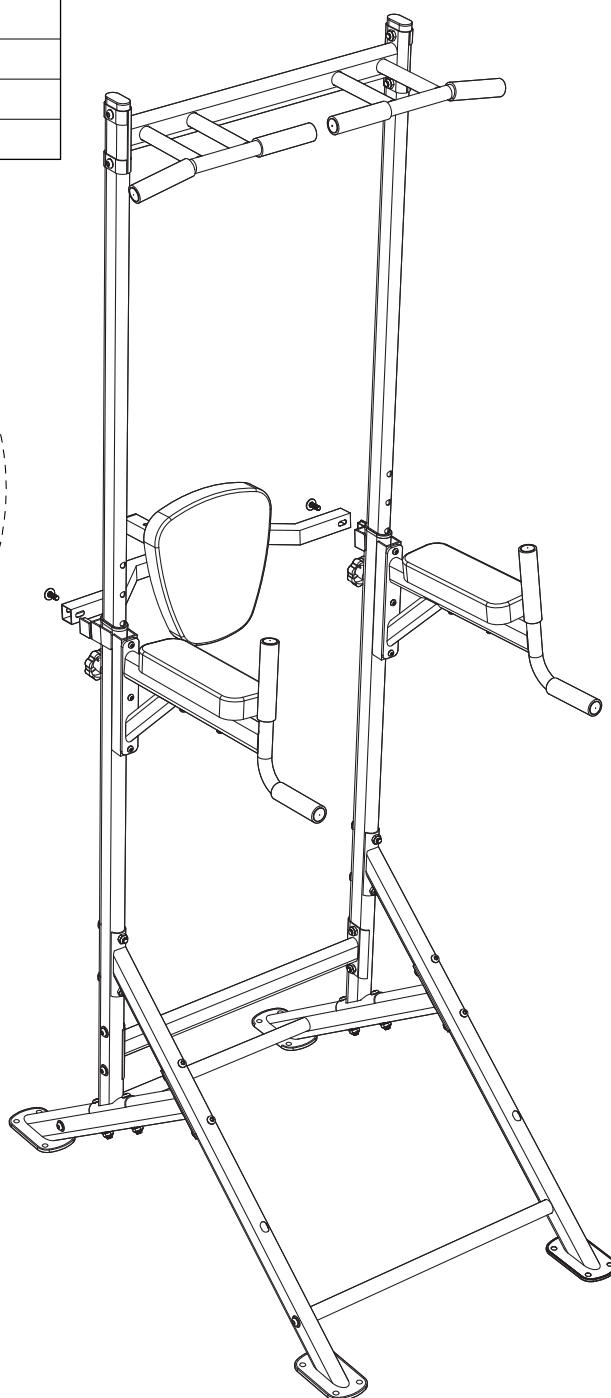
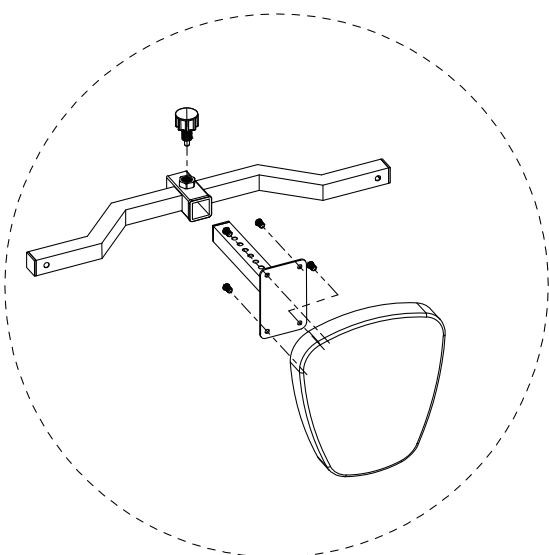


Montage Anweisung

Schritte 5

- Befestigen Sie die Kissen mit M6*16 Schrauben (vorkonfiguriert), die vier Schrauben vorinstalliert sind, entfernen Sie die vier Schrauben, bevor Sie die Kissen montieren.
- Montieren Sie den Rückenunterstützungsrahmen und befestigen Sie ihn mit einer M8x40-Schraube und einer flachen M8*22-Stiftung. Die Positionierung der Sitzkissen kann mit dem M16-Festknopf (vormontiert) gesperrt werden.

Teile bezeichnet	QUANTITÄT.
M8*40 Schrauben	2
M8*22 flache Dichtung	2
M6*16 Schrauben (vorgefertigt)	4
M16 Fixierknopf (vorgefertigt)	1

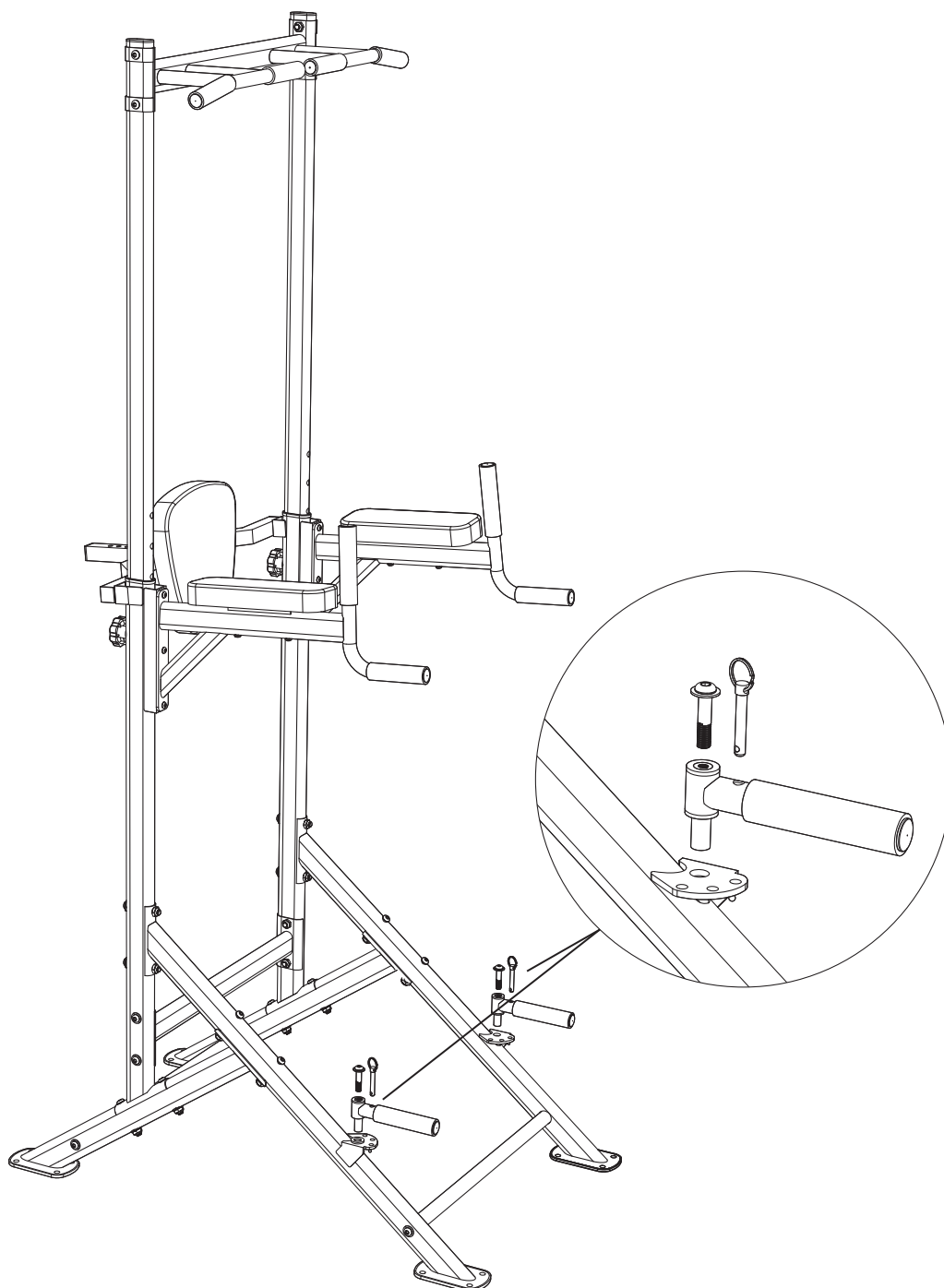


Montage Anweisung

Schritte 6

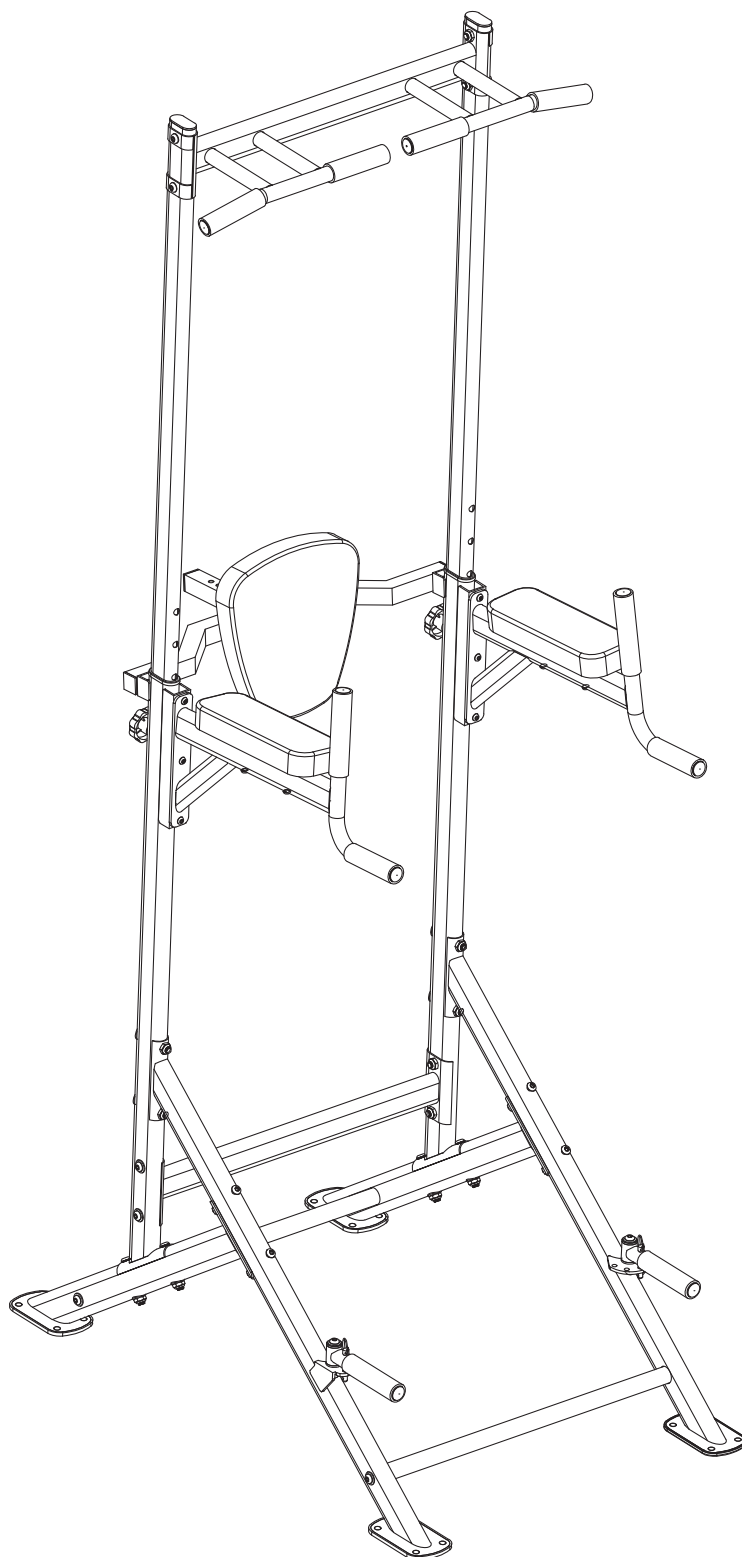
- Montieren Sie den Aufschubgriff mit M8*12 Schrauben (vormontiert) und M8*30 flache Dichtungen (vormontiert). Anschließend auf einen geeigneten Winkel einstellen und mit dem M8*50-Sperre festhalten.

Teile bezeichnet	QUANTITÄT.
M8*12 Schrauben (vorgefertigt)	2
M8*30 flache Dichtungen (vorgefertigt)	2
M8*50 Schlösser	2



Montage Anweisung

Installation abgeschlossen.



Garantiert

Wir bieten für dieses Produkt eine zweijährige Garantie. Sollten Teile während des normalen Gebrauchs ersetzt werden, bieten wir Ihnen gerne kostenlosen Support an.

Wenn Sie Ersatzteile oder Verkäufer-Support benötigen, kontaktieren Sie uns über Amazon (loggen Sie sich in Ihrem Amazon-Konto > Wählen Sie "Ihre Bestellung" > Suchen Sie die Bestell-ID > Klicken Sie auf "Kontakt mit dem Verkäufer").

Oder schreiben Sie eine E-Mail an support@sportsroyals.com

Unser Kundendienstmitarbeiter wird Sie innerhalb von 24 Stunden kontaktieren.

Um Ihr Problem schneller zu lösen, fügen Sie bitte die folgenden Informationen in Ihre E-Mail ein, wenn Sie uns kontaktieren.

Seriennummer

Produkte

problem

Fordern Sie

Adresse

Telefonnummer

Service Client

Si vous avez des questions ou des préoccupations concernant la transaction, l'expédition ou les produits, veuillez nous en informer. Les photos ou vidéos sont très importantes pour nous aider à mieux comprendre le problème. Nous ferons de notre mieux pour résoudre votre problème!

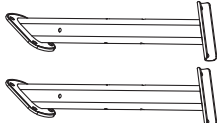
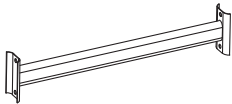
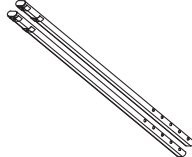
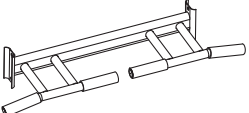
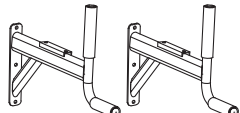
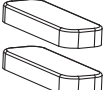
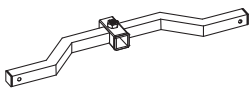
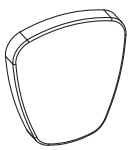
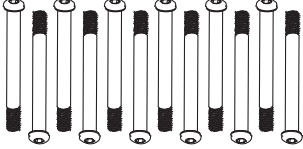
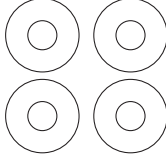
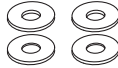
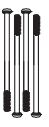
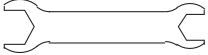
✉ Adresse e-mail: support@sportsroyals.com

Sécurité Description

Afin d'assurer votre sécurité et d'éviter les accidents, veuillez lire attentivement ce manuel avant d'utiliser et prendre en compte les précautions de sécurité suivantes.

- Avant de commencer un exercice, vous devriez consulter votre médecin pour déterminer si vous avez une condition médicale ou physique.
- Avant d'entraîner, assurez-vous que toutes les tuiles et boulons sont serrés.
- Gardez les enfants, les personnes âgées et les animaux de compagnie à l'écart des appareils.
- Veuillez ne pas laisser votre enfant entrer en contact avec des pièces mobiles pour éviter les blessures. La machine contient de petites pièces qui peuvent provoquer l'asphyxie. Veuillez ne pas retirer les pièces.
- Utilisez toujours l'appareil selon les instructions et, en cas de problème avec ce produit, arrêtez immédiatement d'utiliser l'appareil.
- L'équipement n'est pas adapté pour le traitement.
- Lorsque vous utilisez l'équipement, portez des chaussures de marche et de course confortables et de qualité ainsi que des vêtements appropriés.
- Lorsque vous déplacez et ajustez l'équipement, vous devez faire attention pour ne pas endommager le corps.
- Utilisez ce produit sur un sol solide et plat et fournissez un couvercle protecteur pour votre plancher ou votre tapis.
- Cet appareil est conçu uniquement pour une utilisation intérieure et domestique et n'est pas destiné à un usage commercial.
- Si vous remarquez des problèmes avec nos produits, veuillez nous contacter à tout moment.

Liste Des Pièces

#1  Les pieds×4	#2  Le support de base 1×2	#3  Base de support 2×2	#4  Barre horizontale cylindrique×2
#5  Pipe verticale×2	#6  La barre intermédiaire	#7  Barre d'extension×2	#8  Barre de traction
#9  Poignée de bras (C/D)	#10  Coussin de bras×2	#11  Cadre de support arrière	#12  Étagère avec dos
#13  Coussin de dos	#14  Poignée de pompe×2	#15  Bouton réglable×2	#16  Boulon M10*75×12
#17  M10*20 Rondelle courbée×24	#18  Écrou M10×20	#19  Boulon M10*45×8	#20  M10*30 Flat Washer×4
#21  Rondelle plate M10*30×4	#22  Vis M8*40×2	#23  Rondelle plate M8*22×2	#24  Vis M6*70×4
#25  Verrou M8*50×2	#26  Clé hexagonale	#27  Clé B5 14-17	

Pack De Matériel

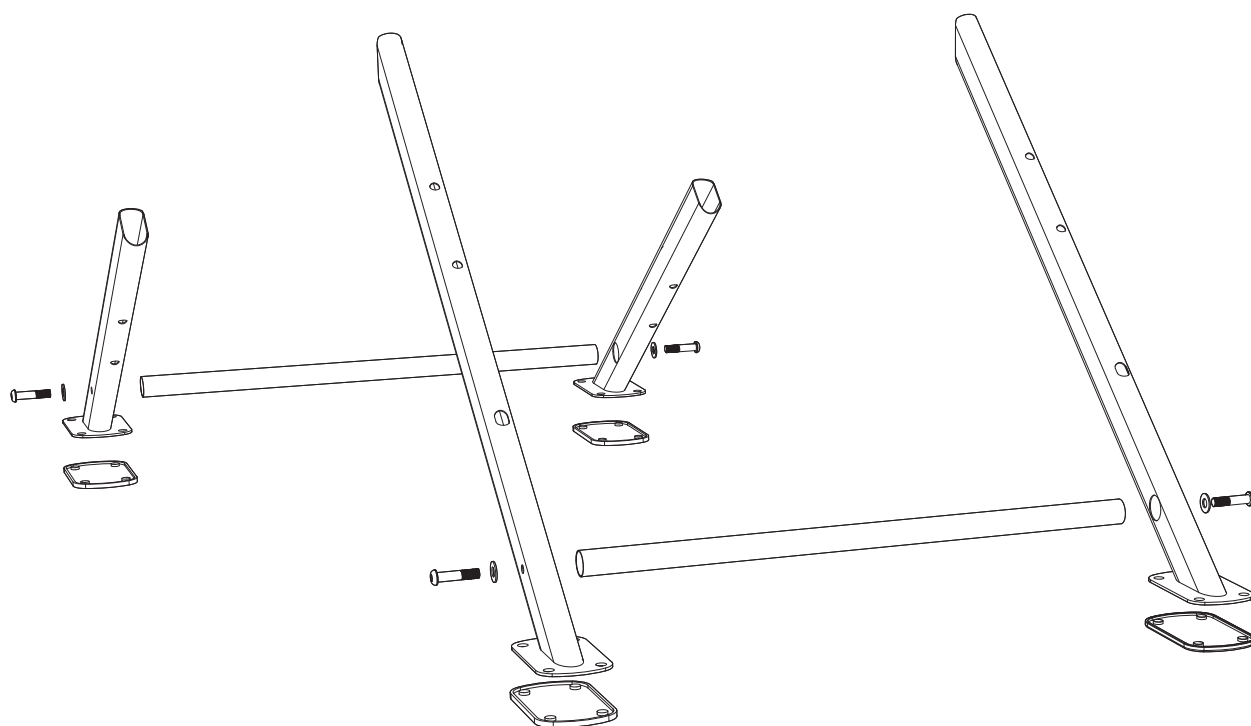
ÉTAPE 3 (#19) Boulon M10*45 (#20) Rondelle plate M10 (#18) Écrou M10 - 4 pcs				ÉTAPE 4 (#24) Vis M6*70 - 4 pièces				ÉTAPE 5 (#22) Vis M8*40 (#23) Rondelle plate M8*22 - 2 pcs				ÉTAPE 6 (#25) Verrou M8*50							
ÉTAPE 2 (#16) Boulon M10*75 (#17) Rondelle incurvée M10 (2 pcs) (#18) Écrou M10 - 12 pcs																			

Instructions De Montage

Étape 1

- Tout d'abord, installez le couvre-pied sur le support de base 1 et le support de base 2.
- Utilisez la vis M8*12 (préinstallée) et la rondelle M8*30 (préinstallée) pour connecter les deux barres transversales cylindriques au support de base. Ne serrez pas les vis à ce stade.

Nom de la pièce	QUANTITÉ.
Vis M8*12 (Pré-assemblée)	4
Rondelle plate M8*30 (Pré-assemblée)	4

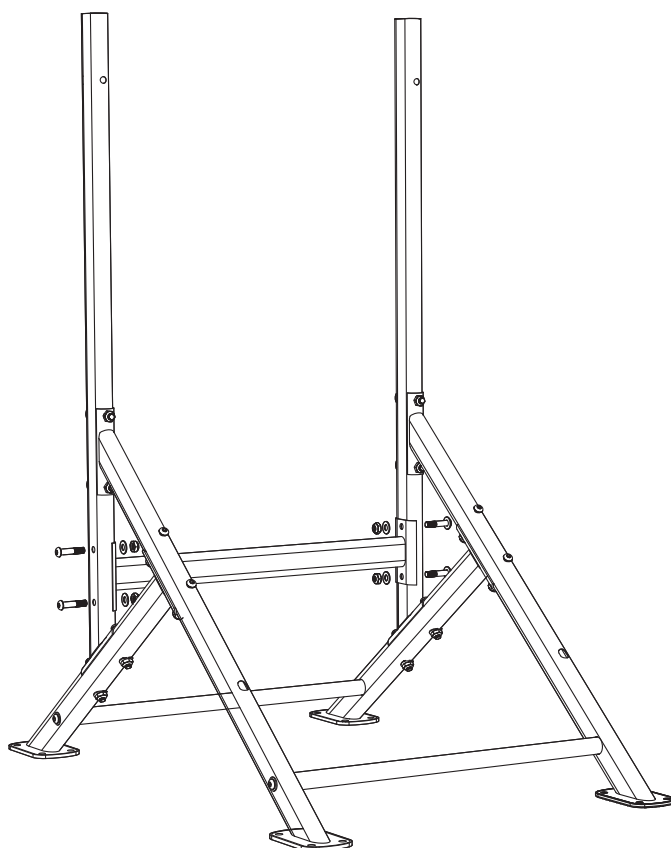
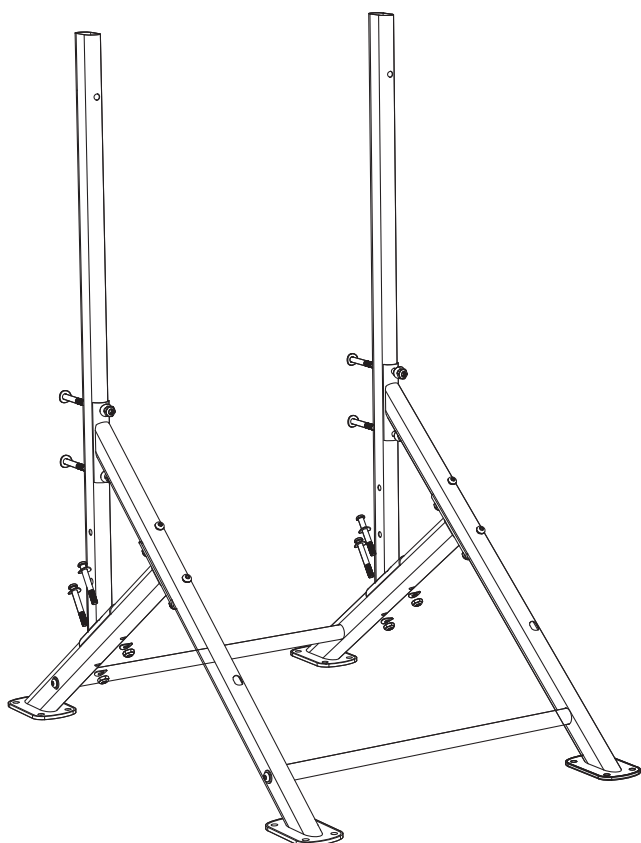
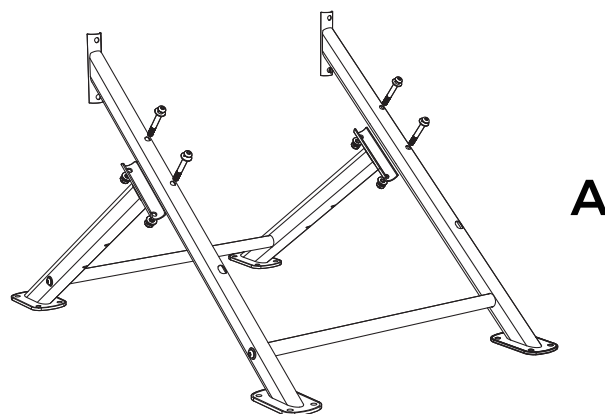


Instructions De Montage

Étape 2

- Cette étape nécessite la coopération de 2 personnes pour l'installation. Connectez le Support de Base 1 au Support de Base 2 en utilisant le boulon M10*75, la rondelle incurvée M10 (2 pcs) et l'écrou M10 comme indiqué sur la figure. Ne serrez pas immédiatement les écrous.
- Ensuite, installez et fixez le Tube Vertical au Support de Base en utilisant le boulon M10*75, la rondelle incurvée M10 (2 pcs) et l'écrou M10.
- Connectez la Barre Transversale Centrale en utilisant le boulon M10*45, l'écrou M10 et la rondelle plate M10*30. Après avoir complété les première et deuxième étapes, nivelez et alignez le produit horizontalement et verticalement sur une surface plane. Enfin, serrez tous les écrous fermement.

Nom de la pièce	QUANTITÉ.
Écrou M10	16
Boulon M10*75	12
Boulon M10*45	4
Rondelle plate M10*30	4
Rondelle incurvée M10	24



Instructions De Montage

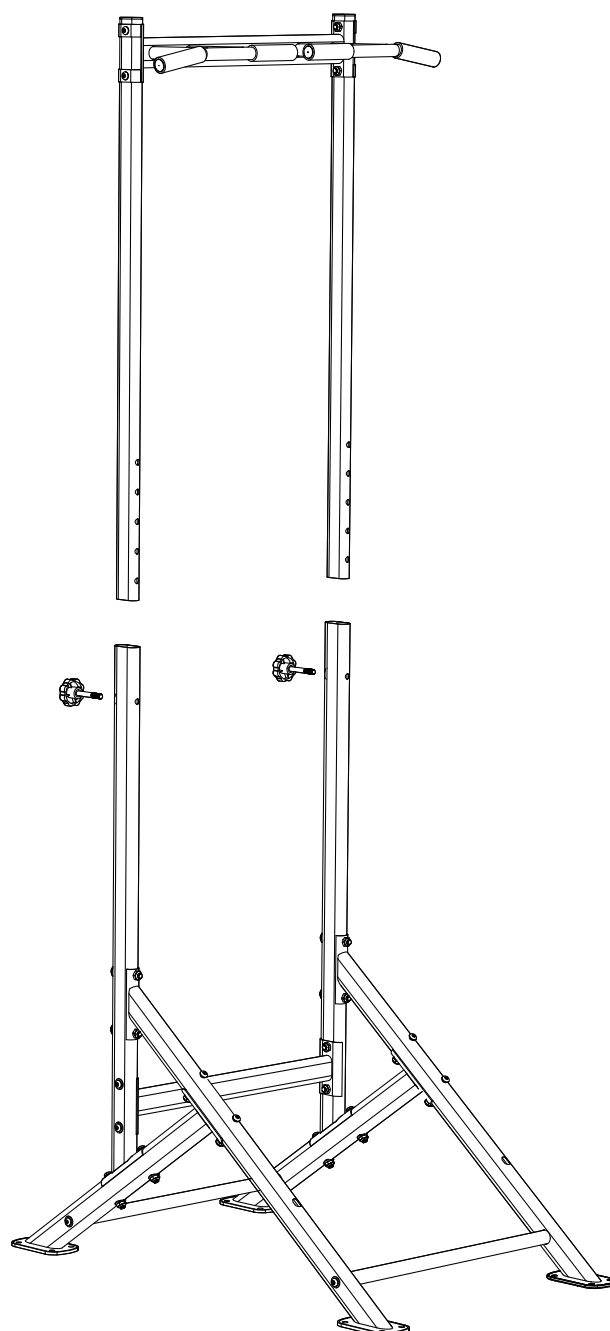
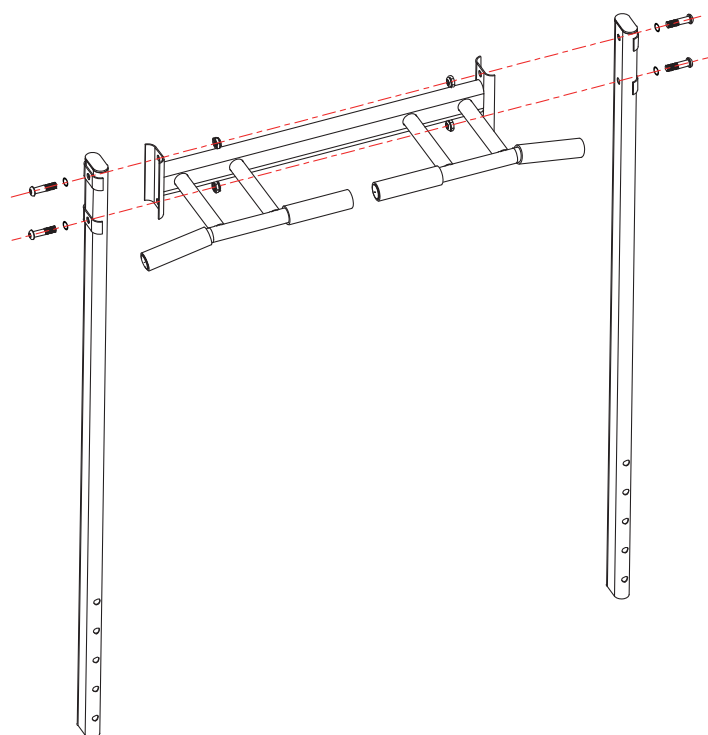
Étape 3

- Connectez la barre de traction à la tige télescopique avec le boulon M10*45, la rondelle plate M10*20 et l'écrou M10.

Remarque: le côté de la tige télescopique avec la surface convexe doit être orienté vers l'extérieur.

- Installez les deux tiges télescopiques et gardez leurs hauteurs identiques. Ensuite, fixez-les avec le bouton de réglage.

Nom de la pièce	QUANTITÉ.
Boulon M10*45	4
Rondelle plate M10*20	4
Écrou M10	4
Bouton réglable	2



Instructions De Montage

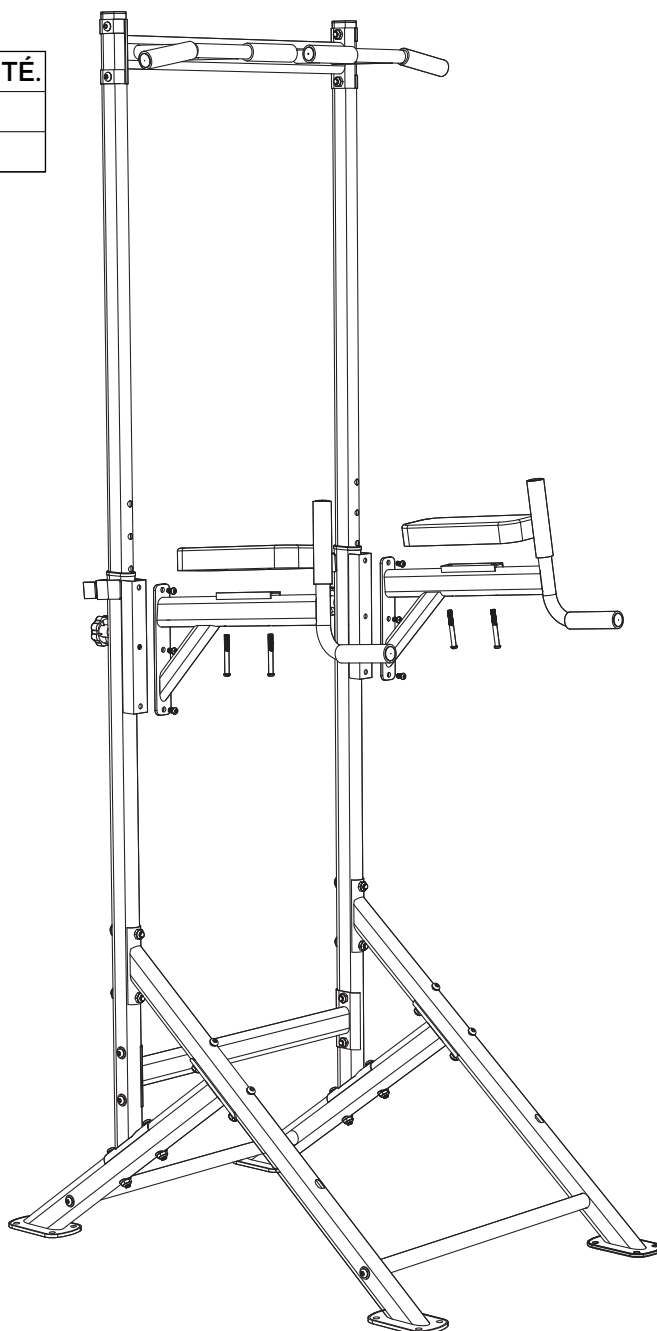
Étape 4

- Fixez la poignée de bras sur le tube vertical en utilisant la vis M8*16 (pré-assemblée) comme indiqué ci-dessous. (Veuillez ne pas confondre la poignée « gauche » et la poignée « droite ».) Connectez l'autre poignée de bras de la même manière.

Attention: La poignée de bras est légèrement inclinée de 10 degrés vers l'intérieur pour empêcher le coude de glisser. Donc l'angle de la soudure peut sembler étrange. Ce n'est pas un problème d'artisanat, mais c'est notre conception spéciale.

- Installez le coussin de bras sur la poignée de bras en utilisant la vis M6*70 comme indiqué ci-dessous. Installez l'autre coussin de bras de la même manière.

Nom de la pièce	QUANTITÉ.
Vis M8*16 (Préassemblée)	6
Vis M6*70	4

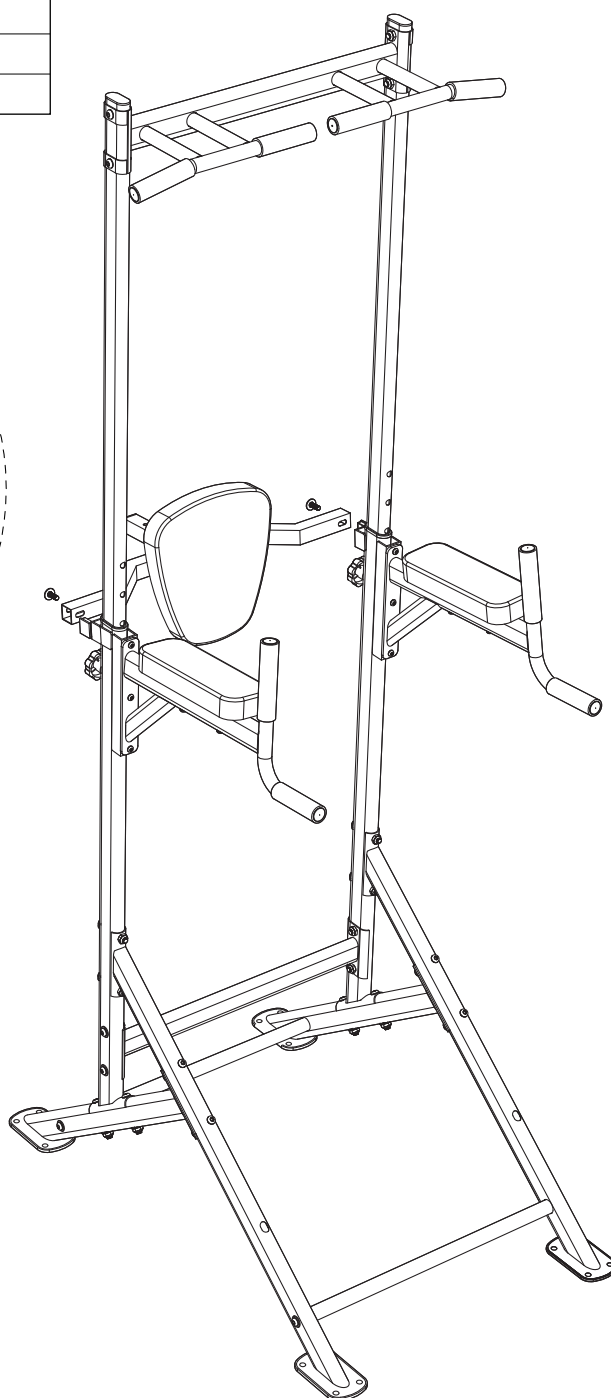
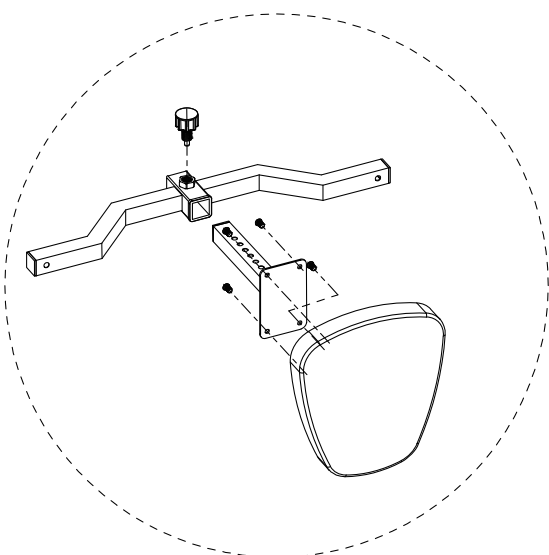


Instructions De Montage

Étape 5

- Fixez le coussin de dossier sur l'étagère arrière en utilisant la vis M6*16 (pré-assemblée). Ces quatre vis sont préinstallées sur le coussin, veuillez les retirer avant d'installer le dossier.
- Installez le cadre de support du dossier et serrez avec la vis M8x40 et la rondelle plate M8*22. La position du coussin peut être ajustée et verrouillée avec le bouton de fixation M16 (pré-assemblé).

Nom de la pièce	QUANTITÉ.
Vis M8*40	2
Rondelle plate M8*22	2
Vis M6*16 (pré-assemblée)	4
Bouton fixe M16 (pré-assemblé)	1

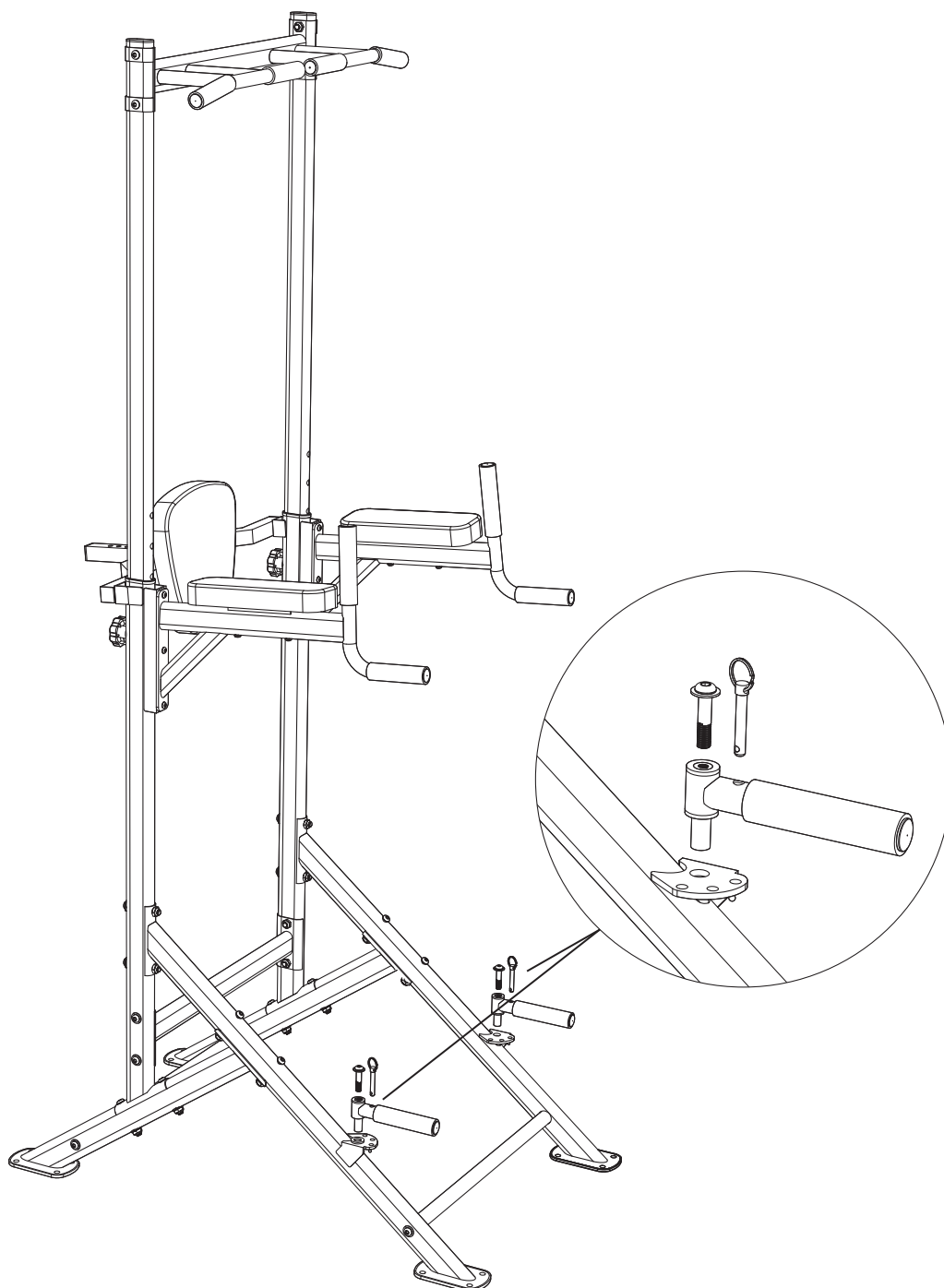


Instructions De Montage

Étape 6

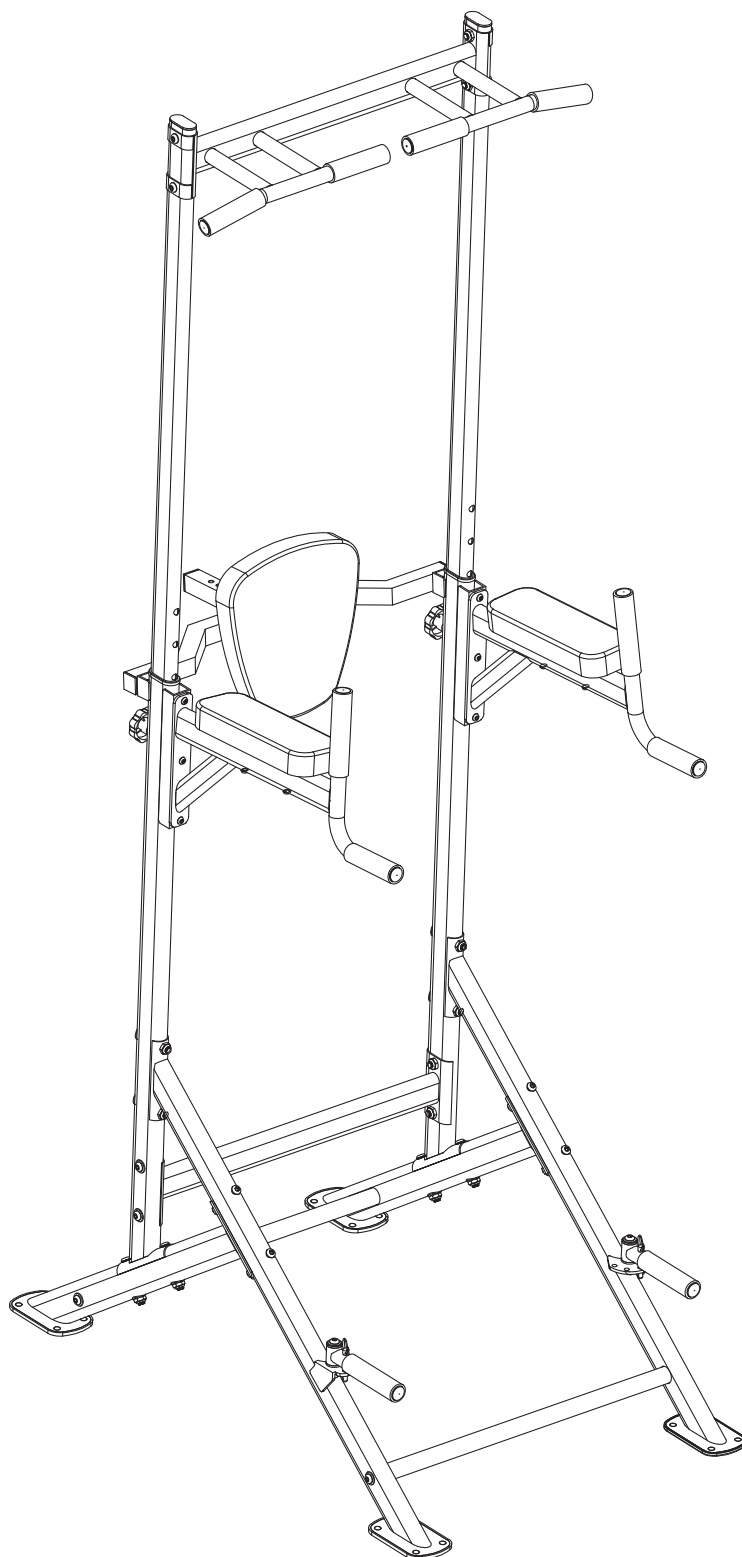
- Installez la Poignée de Pompes avec la Vis M8*12 (pré-assemblée) et la Rondelle Plate M8*30 (pré-assemblée). Ensuite, ajustez-la à un angle approprié et verrouillez-la avec le Loquet M8*50.

Nom de la pièce	QUANTITÉ.
Vis M8*12 (pré-assemblée)	2
Rondelle plate M8*30 (pré-assemblée)	2
Verrou M8*50	2



Instructions De Montage

L'installation est terminée.



Garantie

Nous offrons une garantie de 2 ans pour ce produit. Si des pièces doivent être remplacées lors d'une utilisation normale, nous serons ravis de fournir un support gratuit.

Si vous avez besoin de pièces de rechange ou d'assistance de la part du vendeur, veuillez nous contacter via Amazon (Connectez-vous à votre compte Amazon > choisissez « Vos commandes » > trouvez l'ID de commande > cliquez sur « Contacter le vendeur »).

Ou envoyer un e-mail à support@sportsroyals.com

Un représentant de notre service client vous contactera dans les 24 heures.

Afin de résoudre votre problème plus rapidement, veuillez inclure les informations suivantes dans votre e-mail lorsque vous nous contactez.

Numéro de commande

Produit

Problème

Demande

Adresse

Numéro de téléphone

Atención Al Cliente

Por favor, infórmenos si tiene algún problema o inquietud con la transacción, el envío o el producto. Las fotos o videos relevantes son muy importantes para ayudarnos a entender mejor el problema. ¡Haremos todo lo posible para solucionarlo!

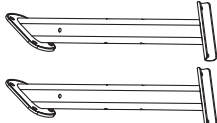
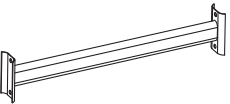
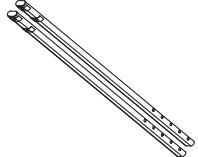
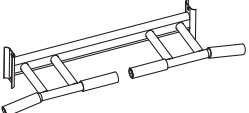
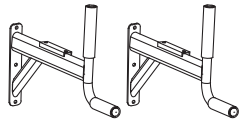
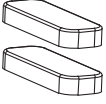
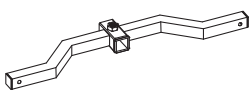
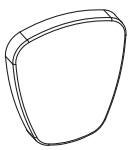
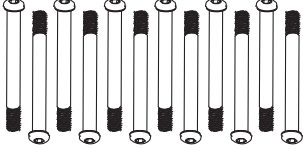
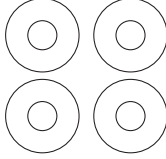
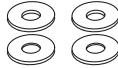
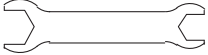
✉ Correo electrónico: support@sportsroyals.com

Instrucciones De Seguridad

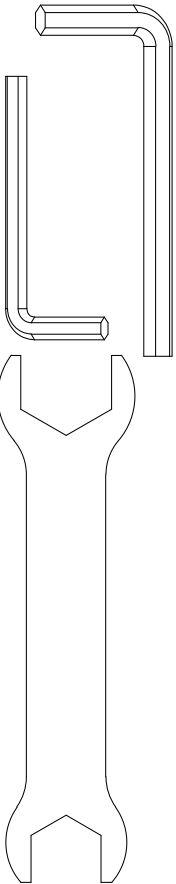
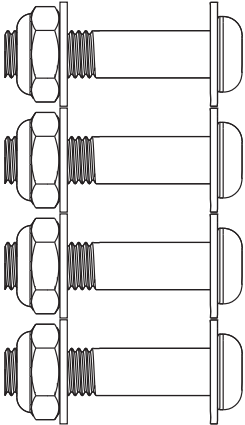
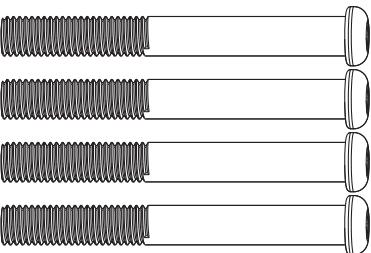
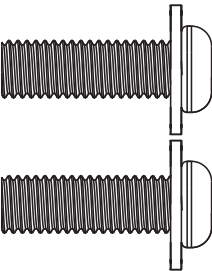
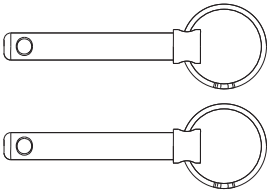
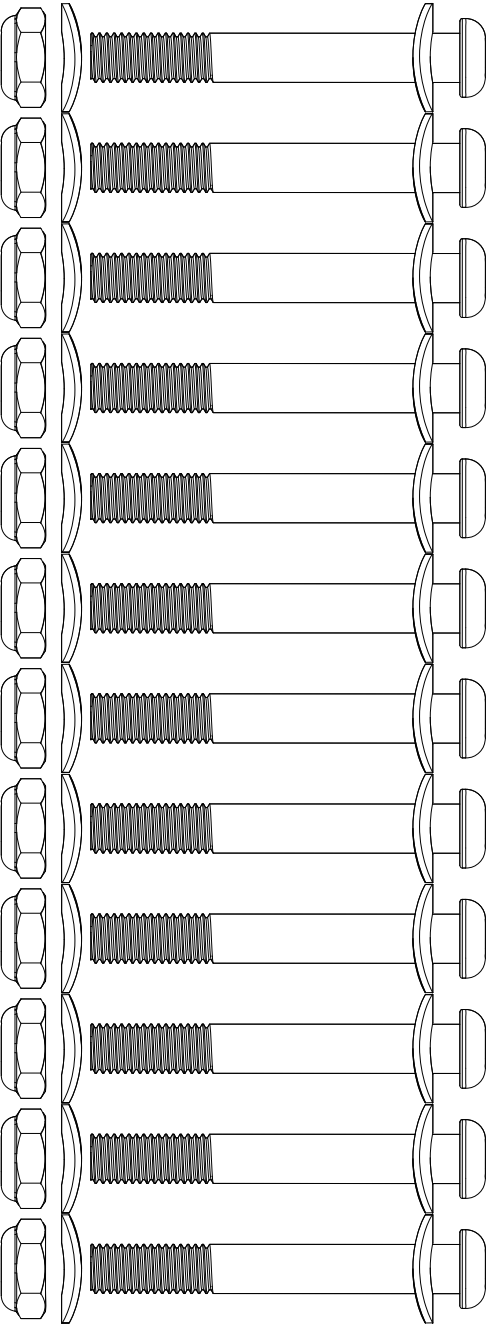
Para garantizar su seguridad y evitar accidentes, por favor lea el manual cuidadosamente antes de usarlo y preste atención a los siguientes aspectos de seguridad.

- Antes de comenzar cualquier ejercicio, debe consultar a su médico para determinar si tiene alguna condición médica o física.
- Antes de entrenar, asegúrese de que todas las tuercas y pernos estén apretados.
- Mantener a los niños, los ancianos y las mascotas alejados de los dispositivos.
- Por favor, no permita que su hijo entre en contacto con piezas móviles para evitar lesiones. La máquina contiene pequeñas piezas que pueden causar asfixia. Por favor, no desmontar las piezas.
- Utilice siempre el dispositivo según las instrucciones y, si surge algún problema con este producto, deje de usarlo de inmediato.
- El equipo no es adecuado para el tratamiento.
- Al usar el equipo, use zapatos cómodos y de alta calidad para caminar y correr, así como ropa adecuada.
- Al mover y ajustar el equipo, debe tener cuidado para no dañar el cuerpo.
- Utilice este producto en un suelo sólido y plano con una cubierta protectora para su piso o alfombra.
- Este dispositivo está diseñado para uso doméstico y en interiores y no para uso comercial.
- Si encuentra algún problema con nuestros productos, no dude en ponerse en contacto con nosotros.

Lista De Piezas

#1  Cubierta para pies ×4	#2  Soporte Base 1×2	#3  Soporte Base 2×2	#4  Barras transversales cilíndricas ×2
#5  Tubo Vertical×2	#6  Barra transversal media	#7  Varilla telescópica×2	#8  Barra de dominadas
#9  Asa del brazo (I/D)	#10  Cojín para brazo ×2	#11  Marco de soporte respaldado	#12  Estante con respaldo
#13  Cojín para la espalda	#14  Asa para flexiones ×2	#15  Perilla ajustable×2	#16  Perno M10*75×12
#17  M10*20 Arandela Curva×24	#18  Tuerca M10×20	#19  Perno M10*45×8	#20  Arandela plana M10*30×4
#21  Arandela plana M10*20×4	#22  Tornillo M8*40×2	#23  Arandela plana M8*22×2	#24  Tornillo M6*70×4
#25  Cerrojo M8*50 ×2	#26  Llave hexagonal	#27  Llave B5 14-17	

Paquete De Hardware

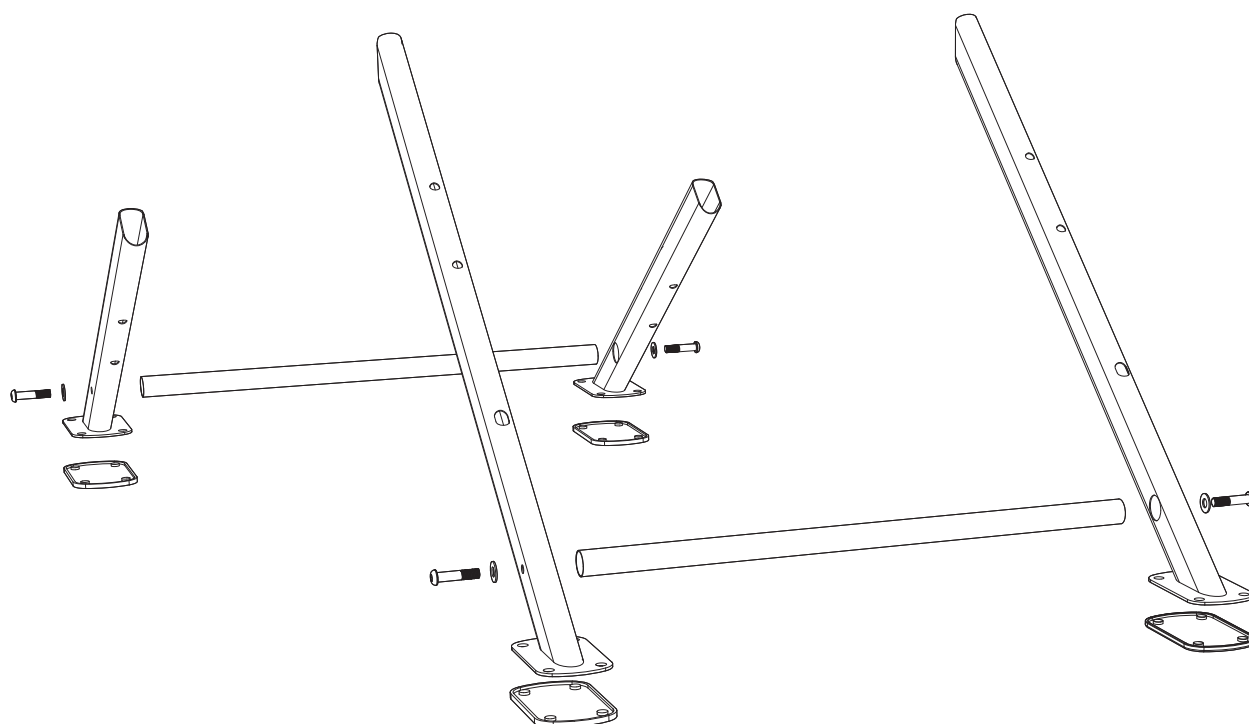
	
PASO 3  (#19) Tornillo M10*45 (#20) Arandela plana M10 (#18) Tuerca M10 - 4 piezas	
PASO 4  (#24) Tornillo M6*70-4 unidades	PASO 5  (#22) Tornillo M8*40 (#23) Arandela plana M8*22 - 2 piezas
PASO 6  (#25) Pestillo M8*50	
PASO 2  (#16) Perno M10*75 (#17) Arandela Curvada M10 (2 uds) (#18) Tuerca M10 - 12 uds	

Instrucciones De Montaje

Paso 1

- Primero, instale la Cubierta para los Pies en el Soporte Base 1 y el Soporte Base 2.
- Utilice el Tornillo M8*12 (preinstalado) y la Arandela M8*30 (preinstalada) para conectar las dos Barras Transversales Cilíndricas al soporte base. No apriete los tornillos en esta etapa.

Nombre de la pieza	CANT.
Tornillo M8*12 (Preensamblado)	4
Arandela plana M8*30 (Preensamblada)	4

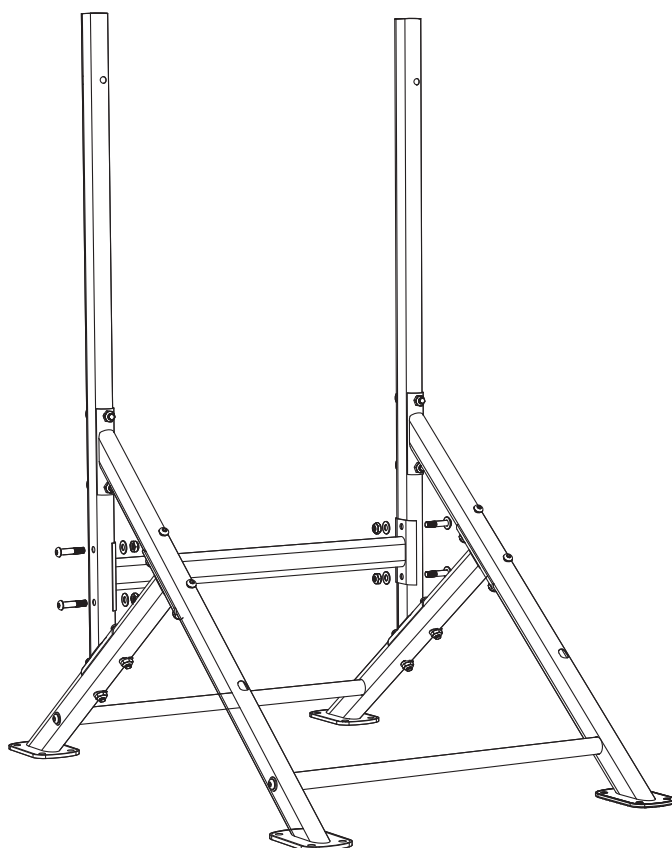
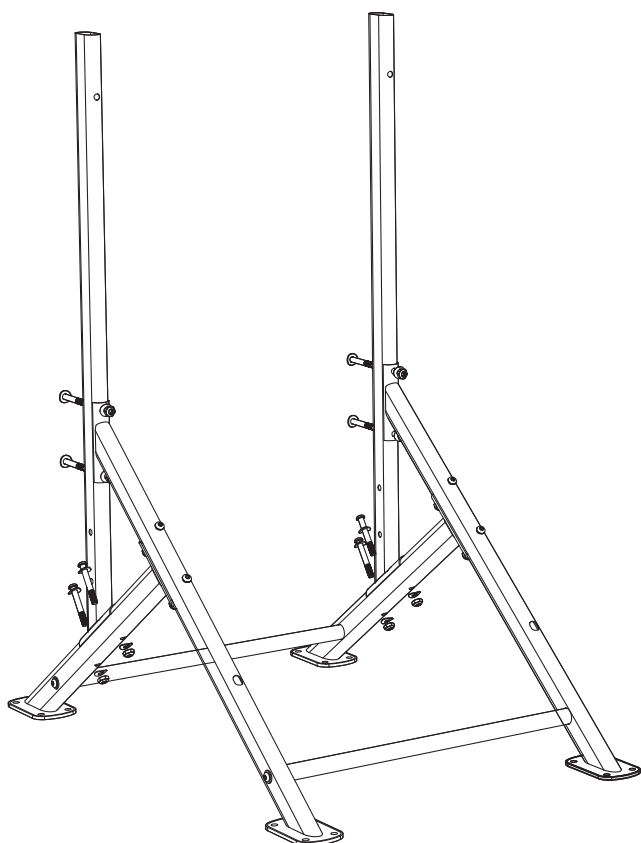
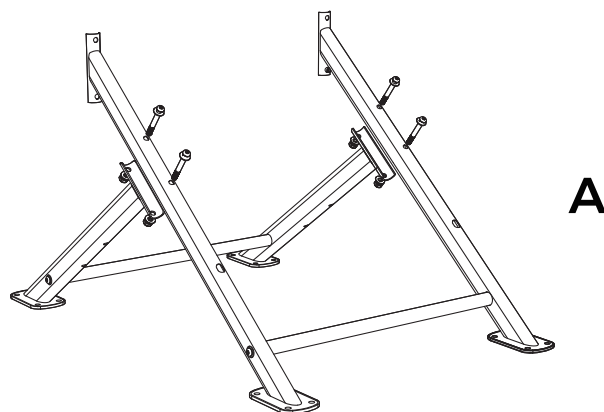


Instrucciones De Montaje

Paso 2

- Este paso requiere que 2 personas cooperen en la instalación. Conecte el Soporte Base 1 al Soporte Base 2 usando el perno M10*75, la arandela curva M10 (2 piezas) y la tuerca M10 como se muestra en la figura. No apriete las tuercas de inmediato.
- Luego, instale y fije el Tubo Vertical al Soporte Base usando el perno M10*75, la arandela curva M10 (2 piezas) y la tuerca M10.
- Conecte la Barra Transversal Media usando el perno M10*45, la tuerca M10 y la arandela plana M10*30. Después de completar los primeros y segundos pasos, nivele y alinee el producto horizontal y verticalmente en una superficie plana. Finalmente, apriete todas las tuercas de forma segura.

Nombre de la pieza	CANT.
Tuerca M10	16
Perno M10*75	12
Perno M10*45	4
Arandela plana M10*30	4
Arandela curvada M10	24



Instrucciones De Montaje

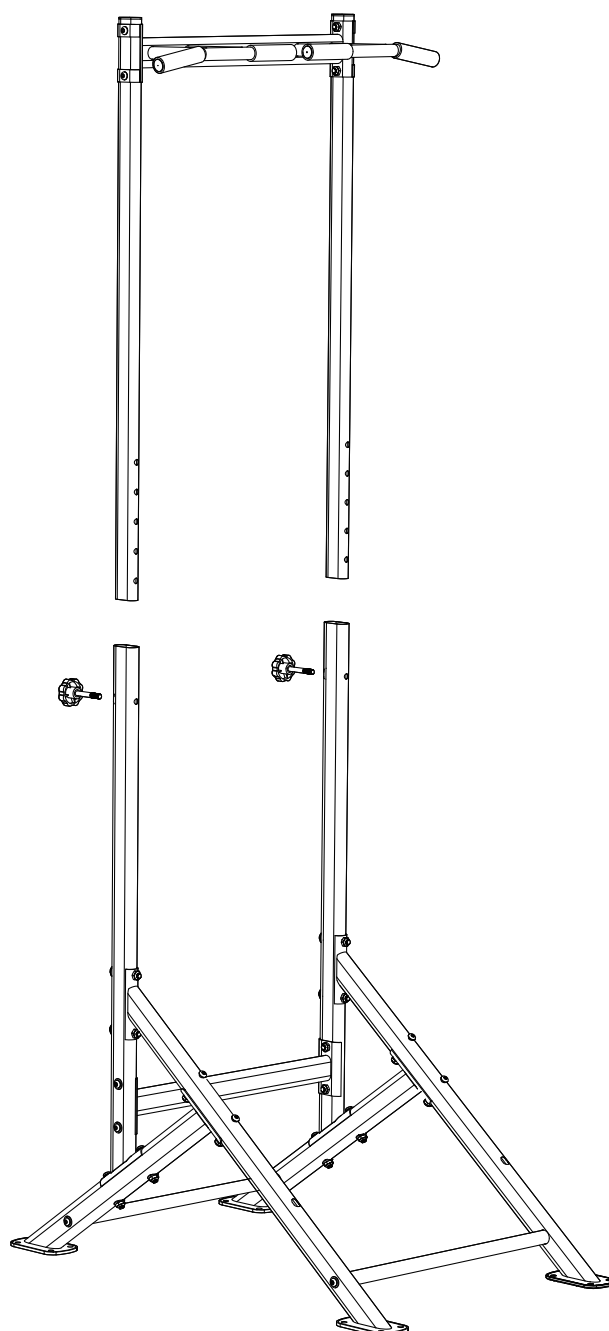
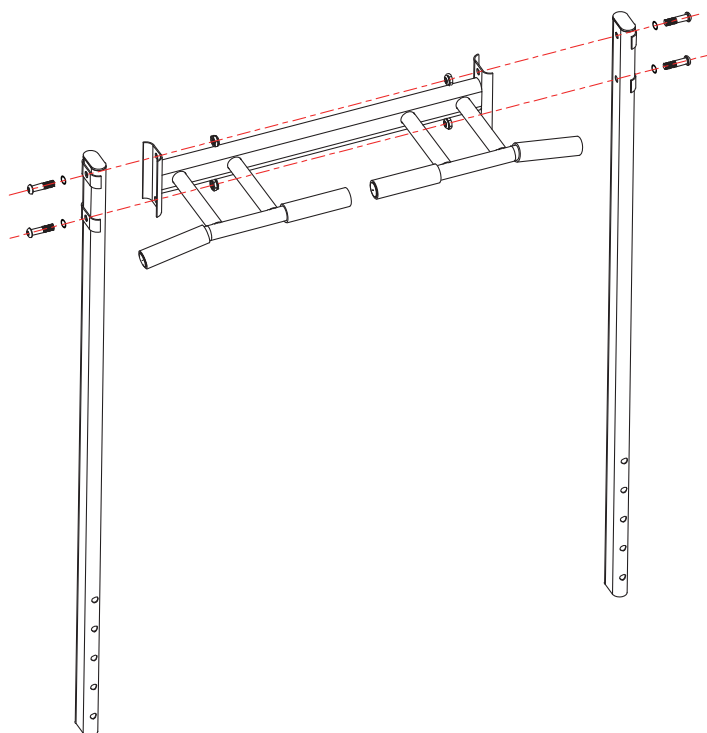
Paso 3

- Conecta la barra de dominadas al tubo telescópico con el perno M10*45, la arandela plana M10*20 y la tuerca M10.

Nota: El lado del tubo telescópico con la superficie convexa debe quedar hacia afuera.

- Instala dos tubos telescópicos y mantén sus alturas consistentes. Luego, fíjalos con la perilla ajustable.

Nombre de la pieza	CANT.
Perno M10*45	4
Arandela plana M10*20	4
Tuerca M10	4
Perilla ajustable	2



Instrucciones De Montaje

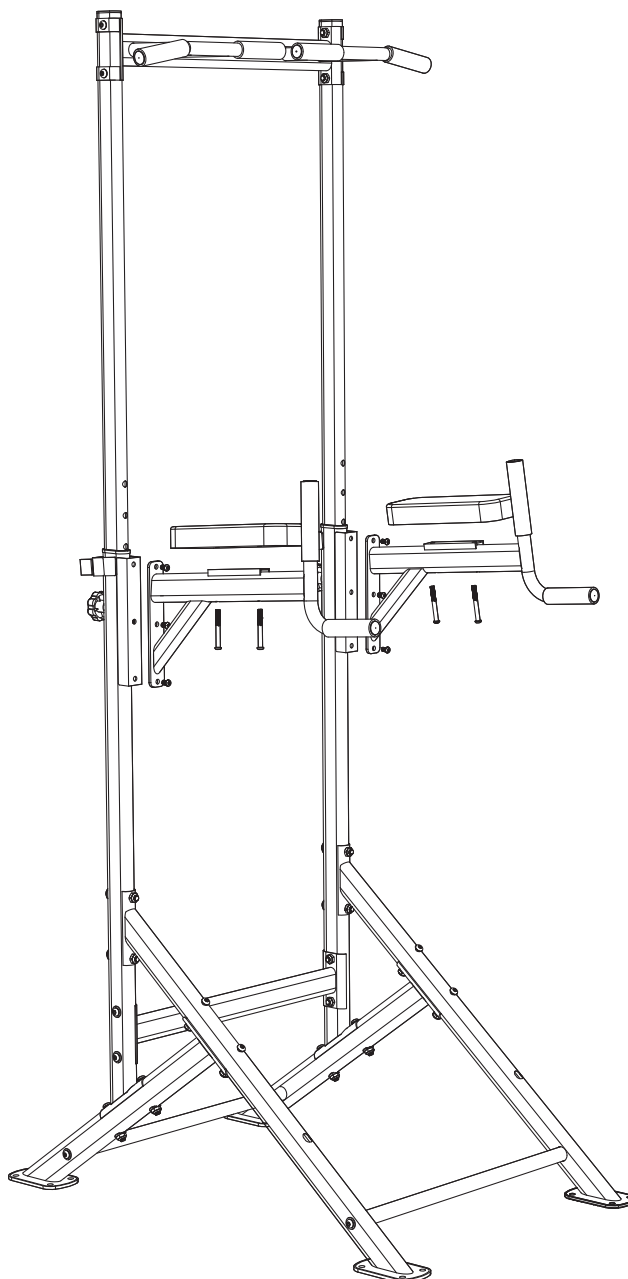
Paso 4

- Conecta el Asidero del Brazo al Tubo Vertical utilizando el Tornillo M8*16 (preensamblado) como se muestra a continuación. (Por favor, no confundas el asidero “Izquierdo” con el asidero “Derecho”.) Conecta el otro Asidero del Brazo de la misma manera.

Atención: El Asidero del Brazo está ligeramente inclinado 10 grados hacia el interior para evitar que el codo se resbale. Por lo tanto, el ángulo de la soldadura se ve extraño. Esto no es un problema de fabricación, sino nuestro diseño especial.

- Instala el Cojín del Brazo en el Asidero del Brazo utilizando el Tornillo M6*70 como se muestra a continuación. Instala el otro Cojín del Brazo de la misma manera.

Nombre de la pieza	CANT.
Tornillo M8*16 (Preensamblado)	6
Tornillo M6*70	4

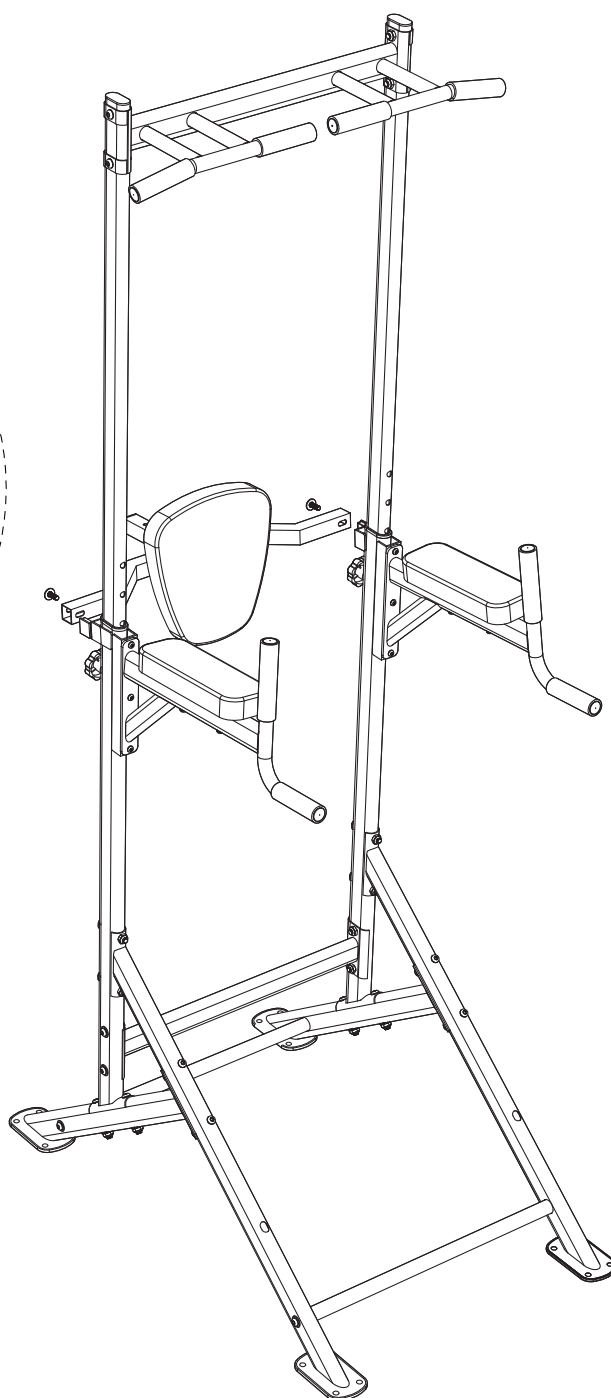
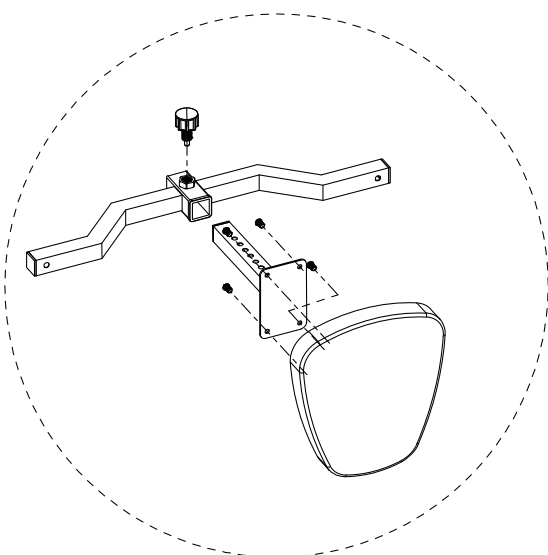


Instrucciones De Montaje

Paso 5

- Coloque el cojín trasero en la estantería trasera utilizando el tornillo M6*16 (preensamblado), estos cuatro tornillos están preinstalados en el cojín, por favor retire los cuatro tornillos antes de instalar el respaldo.
- Instale el marco de soporte trasero y apriételo con el tornillo M8x40 y la arandela plana M8*22. La posición del cojín se puede ajustar con la perilla fija M16 (preensamblada) para bloquear.

Nombre de la pieza	CANT.
Tornillo M8*40	2
Arandela plana M8*22	2
Tornillo M6*16 (Preensamblado)	4
Perilla fija M16 (Preensamblada)	1

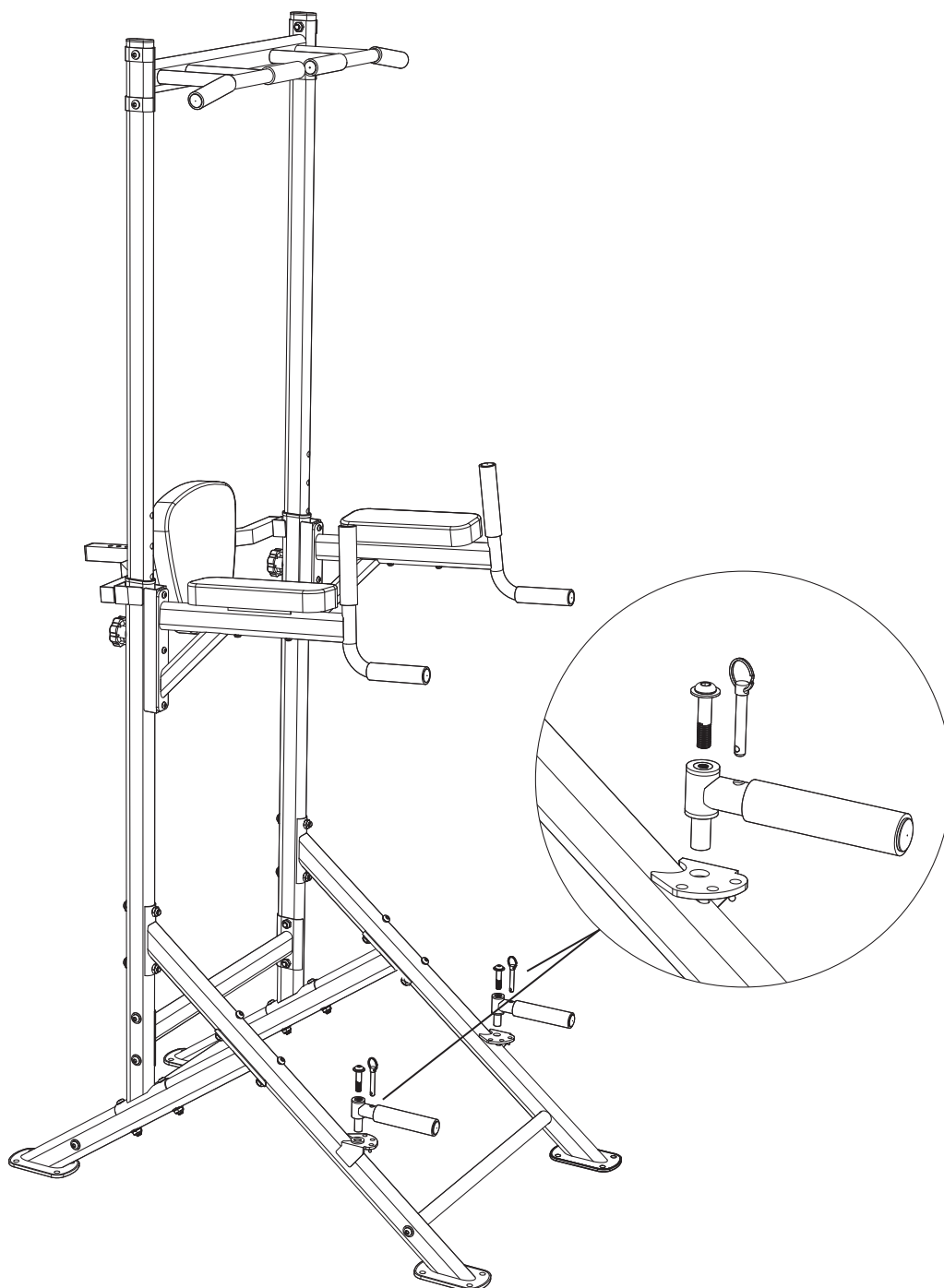


Instrucciones De Montaje

Paso 6

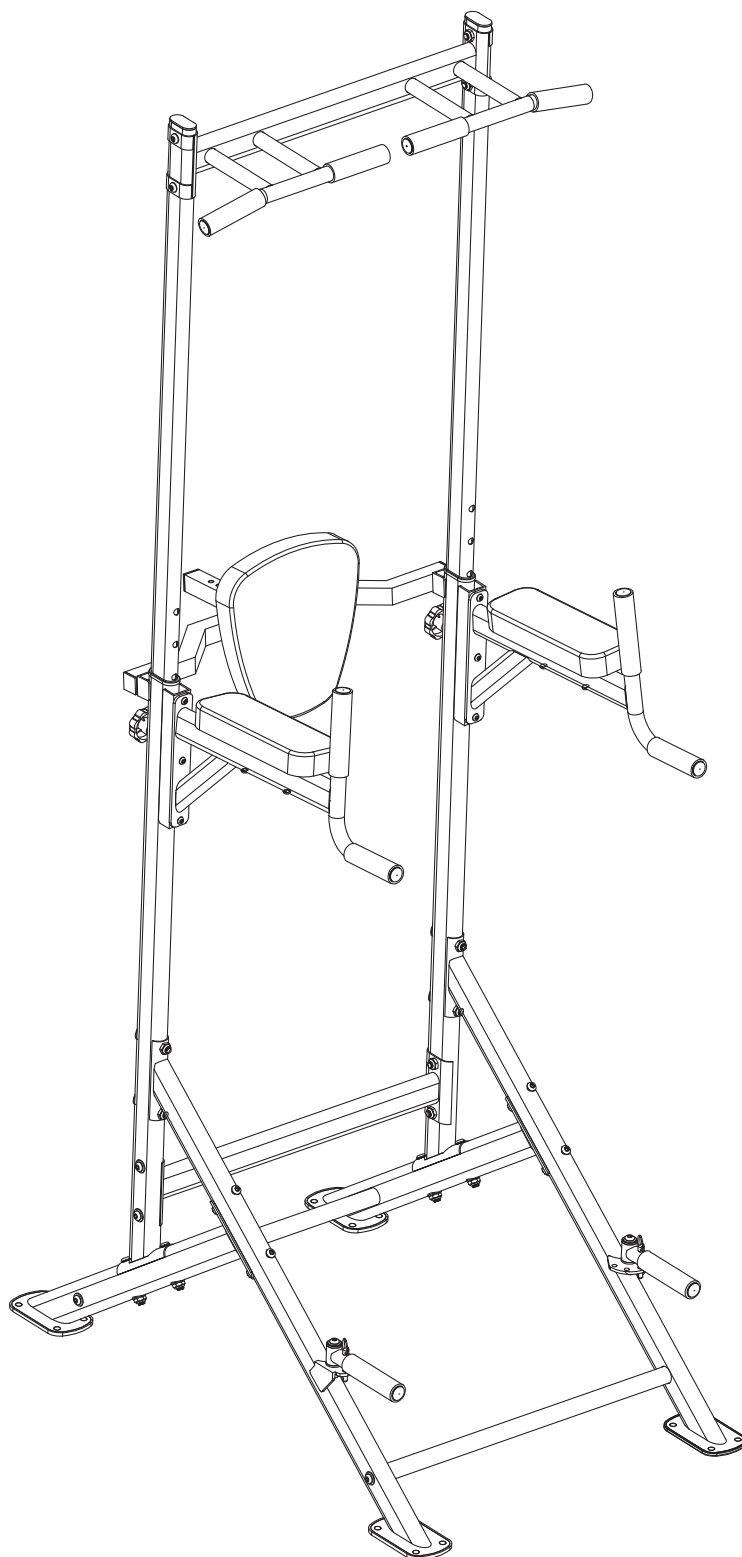
- Instala el mango de flexiones con el tornillo M8*12 (preensamblado) y la arandela plana M8*30 (preensamblada). Luego ajústalo a un ángulo adecuado y fíjalo con el pestillo M8*50.

Nombre de la pieza	CANT.
Tornillo M8*12 (Preensamblado)	2
Arandela plana M8*30 (Preensamblada)	2
Pestillo M8*50	2



Instrucciones de montaje

La instalación está completa.



Garantía

Ofrecemos una garantía de 2 años para este producto. Si alguna pieza necesita ser reemplazada durante el uso normal, estaremos encantados de proporcionar soporte gratuito.

Si necesita piezas de repuesto o asistencia del vendedor, por favor contáctenos a través de Amazon (Inicie sesión en su cuenta de Amazon > elija "Sus pedidos" > encuentre el ID del pedido > haga clic en "Contactar al vendedor").

O por correo electrónico a support@sportsroyals.com

Nuestro representante de atención al cliente se pondrá en contacto con usted en un plazo de 24 horas.

Para resolver su problema más rápido, por favor incluya la siguiente información en su correo electrónico al contactarnos.

Número de pedido

Producto

Problema

Solicitud

Dirección

Número de teléfono

Servizio Clienti

Per favore, fateci sapere se avete problemi o preoccupazioni riguardo alla transazione, alla spedizione o al prodotto. Foto o video pertinenti sono molto importanti per aiutarci a comprendere meglio il problema. Faremo del nostro meglio per risolverlo per voi!

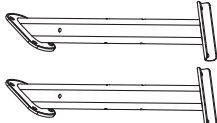
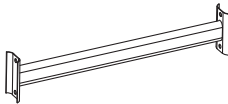
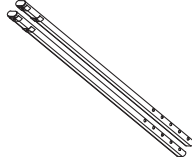
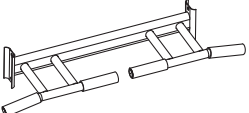
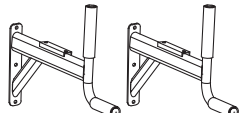
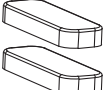
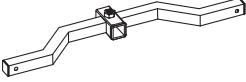
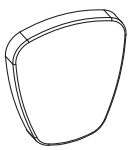
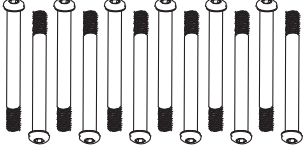
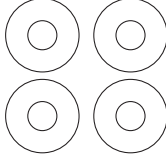
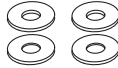
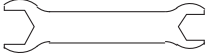
✉ Indirizzo email: support@sportsroyals.com

Istruzioni di sicurezza

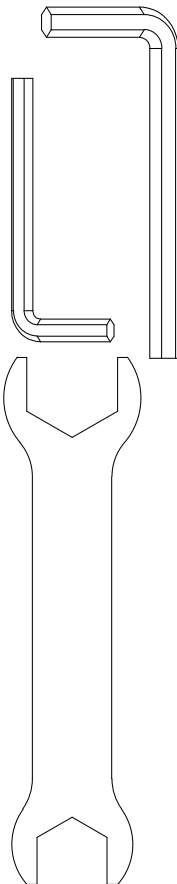
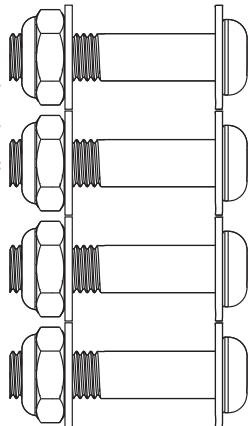
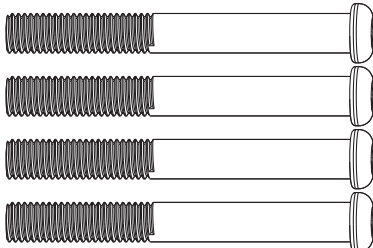
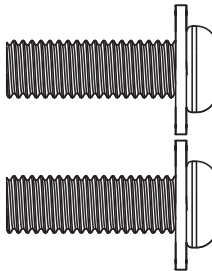
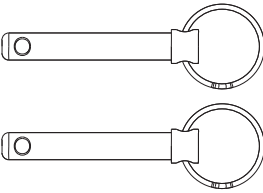
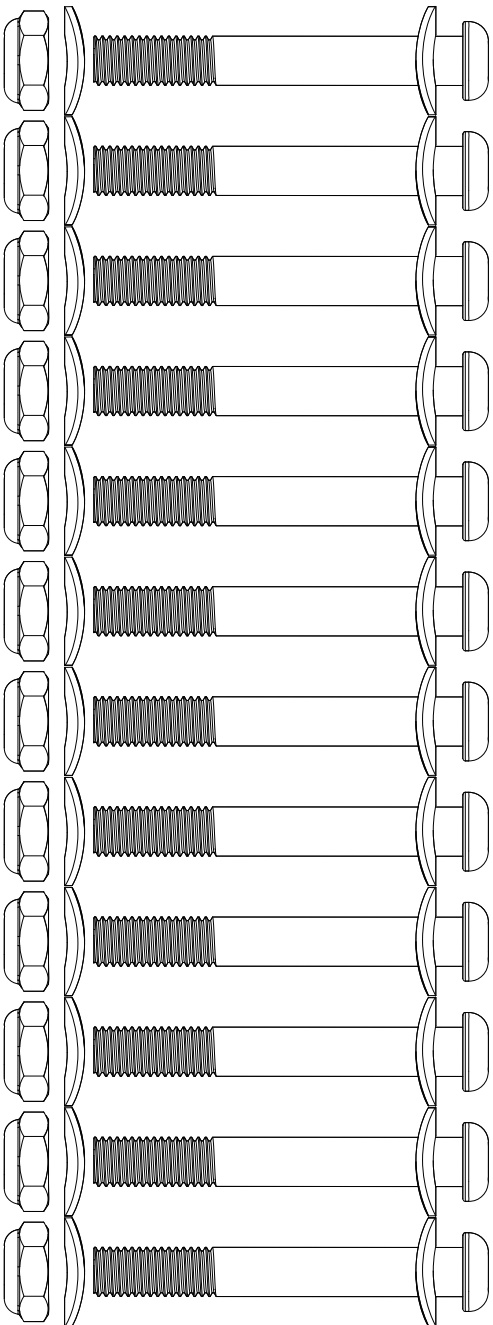
Per garantire la tua sicurezza ed evitare incidenti, ti preghiamo di leggere attentamente il manuale prima dell'uso e di prestare attenzione ai seguenti aspetti di sicurezza.

- Prima di iniziare qualsiasi esercizio, dovresti consultare il tuo medico per determinare se hai una condizione medica o fisica.
- Prima di allenarsi, assicurarsi che tutti i dadi e i bulloni siano serrati.
- Tenere bambini, anziani e animali domestici lontani dai dispositivi.
- Non lasciare che i bambini tocchino parti mobili per evitare lesioni. La macchina contiene piccole parti che possono causare soffocamento. Si prega di non smontare le parti.
- Utilizzare sempre l'apparecchiatura seguendo le istruzioni e interrompere immediatamente l'uso in caso di problemi con questo prodotto.
- L'attrezzatura non è adatta per il trattamento.
- Quando si utilizza l'attrezzatura, indossare scarpe comode e di alta qualità per camminare e correre e abbigliamento adeguato.
- Quando si sposta e regola l'attrezzatura, è necessario fare attenzione per non danneggiare il corpo.
- Utilizzare questo prodotto su un terreno solido e piatto con un coperchio protettivo per il pavimento o il tappeto.
- Questo dispositivo è progettato esclusivamente per uso interno e domestico e non per uso commerciale.
- Se noti problemi con i nostri prodotti, non esitate a contattarci.

Elenco Dei Pezzi

#1  Copri piedi×4	#2  Base a staffa 1×2	#3  Supporto Base 2×2	#4  Traversa cilindrica×2
#5  Tubo verticale×2	#6  Traversa centrale	#7  Asta telescopica×2	#8  Sbarra per trazioni
#9  Maniglia del braccio (S/D)	#10  Cuscino per bracciolo×2	#11  Telaio di supporto con schienale	#12  Mensola con schienale
#13  Cuscino per schiena	#14  Maniglia per flessioni×2	#15  Manopola Regolabile×2	#16  Bullone M10*75×12
#17  M10*20 Rondella Curva×24	#18  Dado M10×20	#19  Bullone M10*45×8	#20  Rondella piana M10*30×4
#21  Rondella piana M10*20×4	#22  Vite M8*40×2	#23  Rondella piana M8*22×2	#24  Vite M6*70×4
#25  Fermo M8*50×2	#26  Chiave a brugola	#27  Chiave B5 14-17	

Pacchetto Hardware

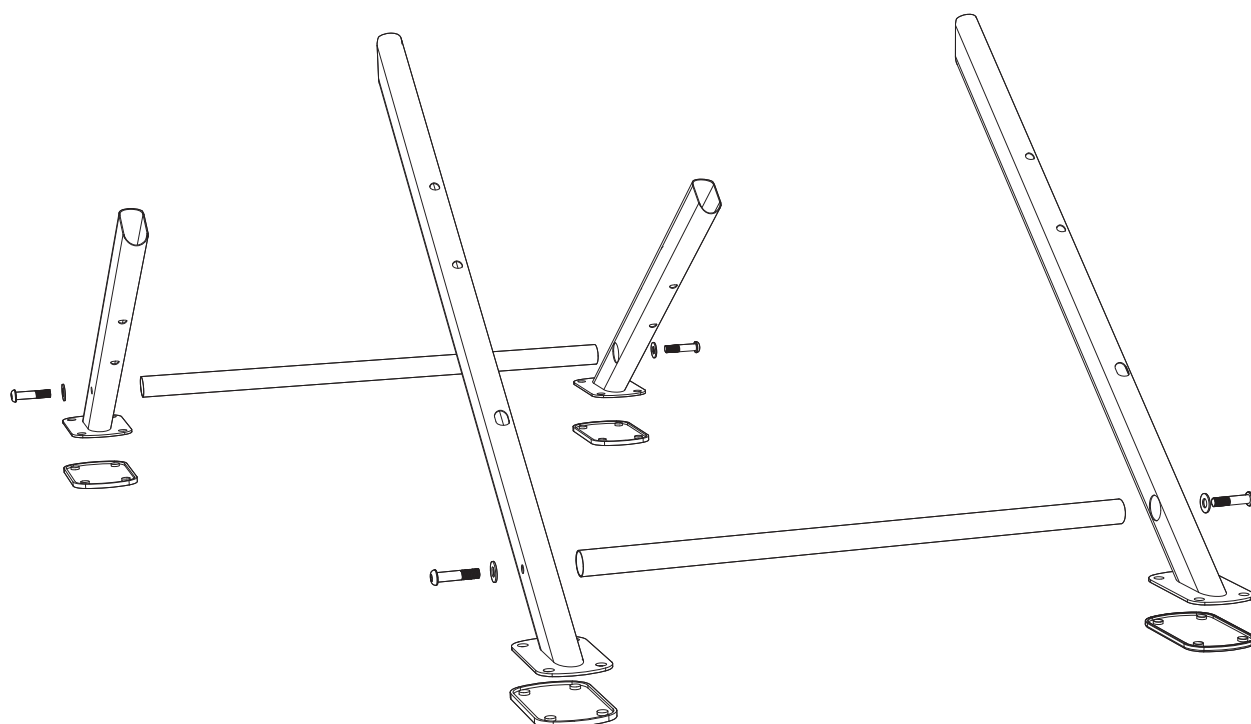
		PASSO 3  (#19) Bullone M10*45 (#20) Rondella piastra M10 (#18) Dado M10 - 4 pezzi	
PASSO 4  (#24) Vite M6*70 - 4 pezzi	PASSO 5  (#22) Vite M8*40 (#23) Rondella piana M8*22 - 2 pz	PASSO 6  (#25) Chiusura M8*50	
PASSO 2  (#16) Bullone M10*75 (#17) Rondella Curva M10 (2 pz) (#18) Dado M10 - 12 pz			

Assemblaggio Istruzioni

Passo 1

- Per prima cosa, installare il Copripiede sul Supporto Base 1 e sul Supporto Base 2.
- Utilizzare la Vite M8*12 (preinstallata) e la Rondella M8*30 (preinstallata) per collegare le due Barre Trasversali Cilindriche al supporto base. Non stringere le viti in questa fase.

Nome del pezzo	QUANTITÀ.
Vite M8*12 (Pre-assemblata)	4
Rondella piatta M8*30 (Pre-assemblata)	4

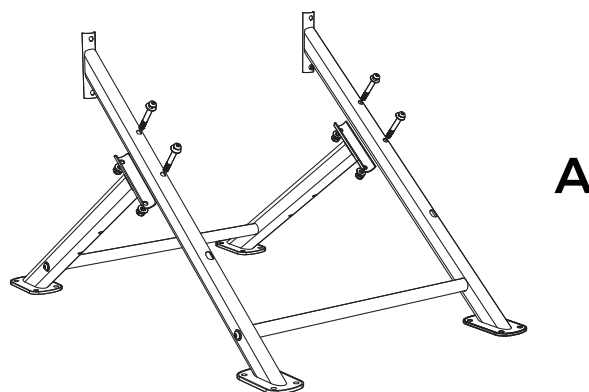


Assemblaggio Istruzioni

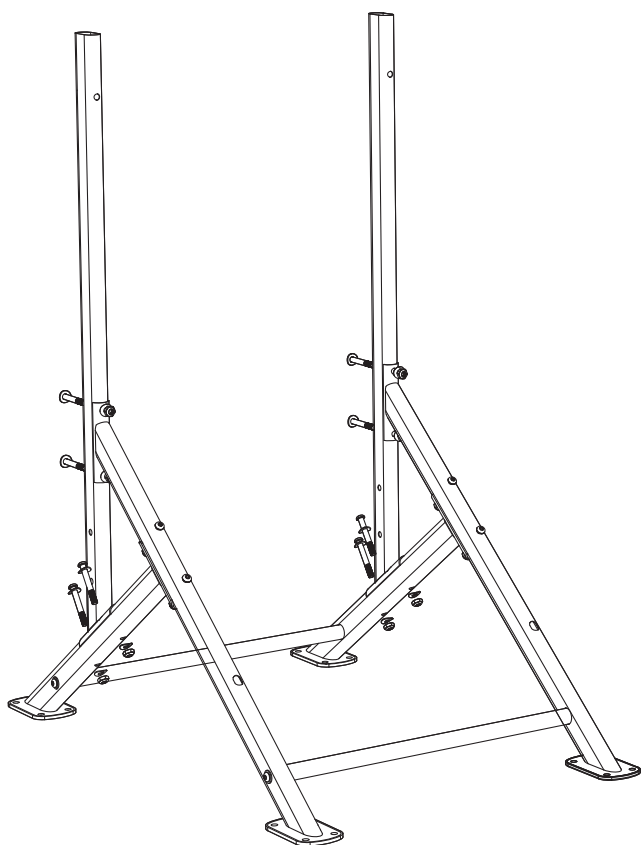
Passo 2

- Questo passaggio richiede la cooperazione di 2 persone per l'installazione. Collegare la Staffa di Base 1 alla Staffa di Base 2 utilizzando il Bullone M10*75, la Rondella Curva M10 (2 pezzi) e il dado M10 come mostrato nella figura. Non serrare immediatamente i dadi.
- Successivamente, installare e fissare il Tubo Verticale alla Staffa di Base utilizzando il Bullone M10*75, la Rondella Curva M10 (2 pezzi) e il dado M10.
- Collegare la Barra Trasversale Centrale utilizzando il Bullone M10*45, il dado M10 e la Rondella Piana M10*30. Dopo aver completato il primo e il secondo passaggio, livellare e allineare il prodotto orizzontalmente e verticalmente su una superficie piana. Infine, serrare saldamente tutti i dadi.

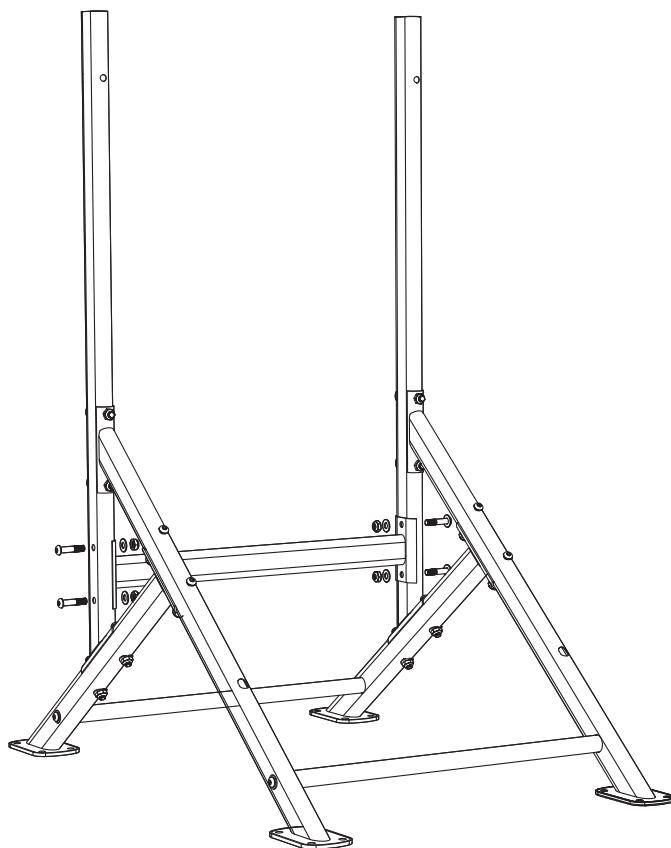
Nome del pezzo	QUANTITÀ.
Dado M10	16
Bullone M10*75	12
Bullone M10*45	4
Rondella piatta M10*30	4
Rondella curva M10	24



A



B



C

Assemblaggio Istruzioni

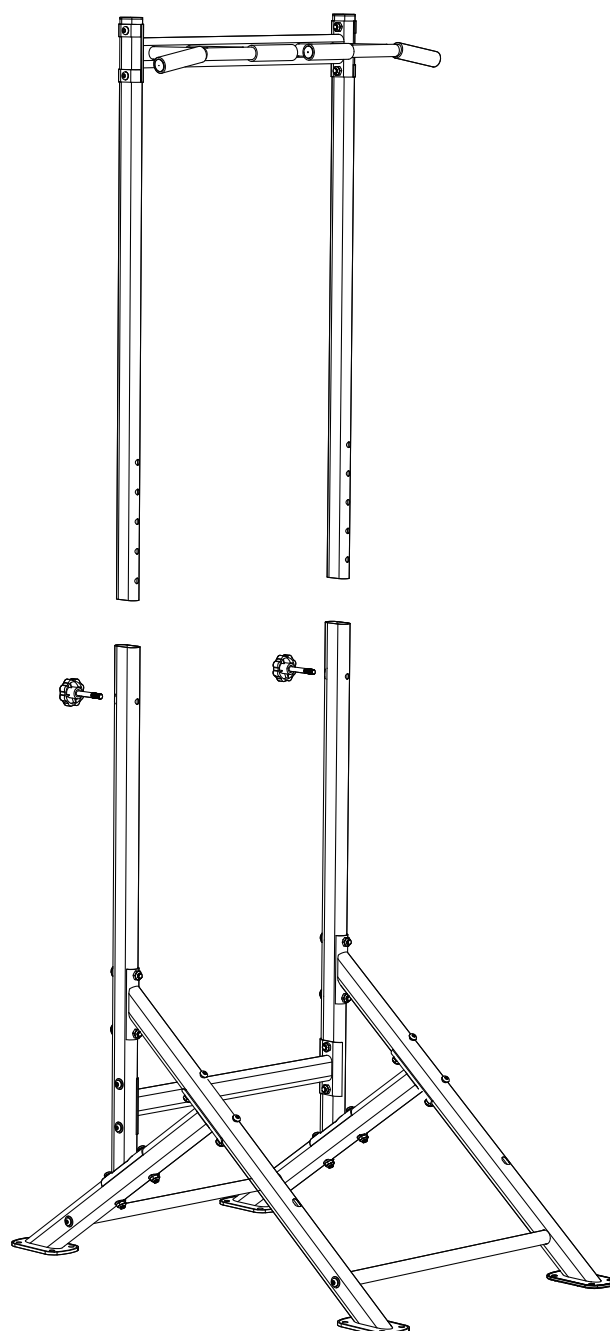
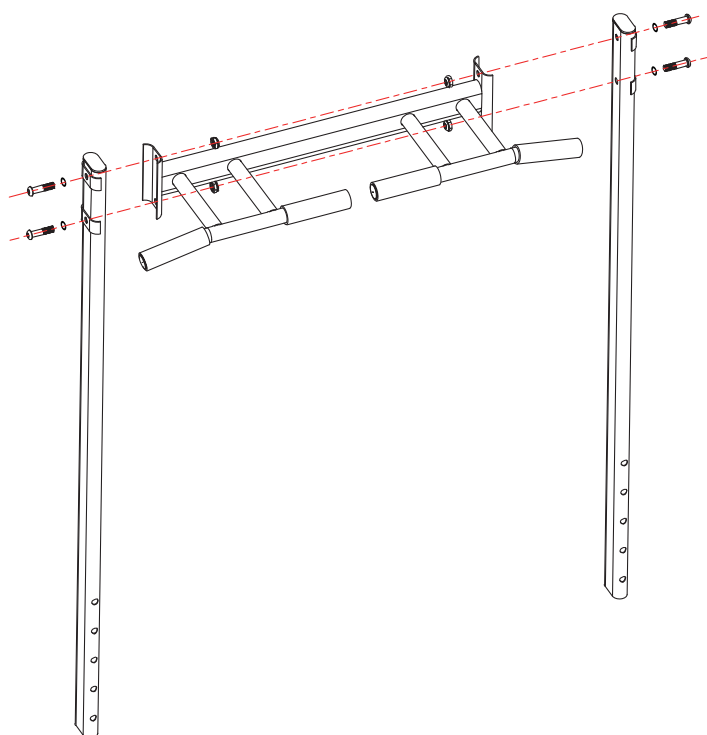
Passo 3

- Collega la sbarra per trazioni all'asta telescopica con il bullone M10*45, la rondella piatta M10*20 e il dado M10.

Nota: il lato dell'asta telescopica con la superficie convessa dovrebbe essere rivolto verso l'esterno.

- Installa due aste telescopiche e mantieni le loro altezze uguali. Poi, fissale con la manopola di regolazione.

Nome del pezzo	QUANTITÀ.
Bullone M10*45	4
Rondella M10*20	4
Dado M10	4
Manopola regolabile	2



Assemblaggio Istruzioni

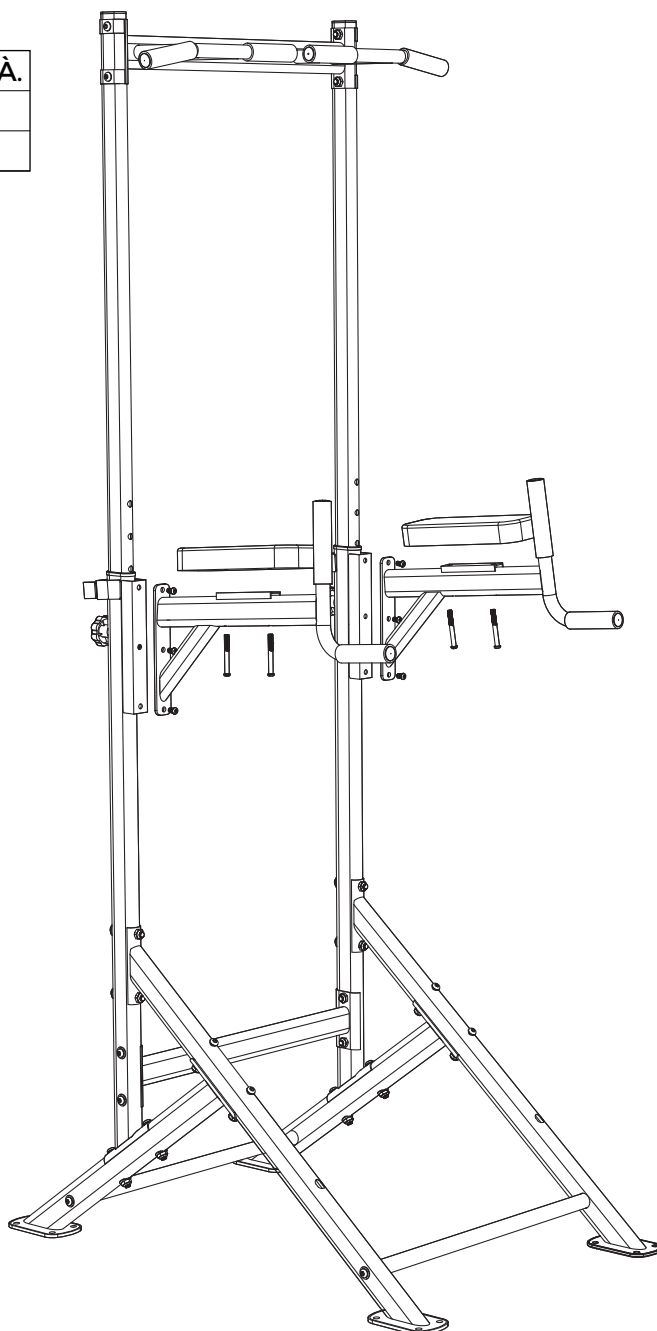
Passo 4

- Collegare la Maniglia del Braccio al Tubo Verticale utilizzando la Vite M8*16 (preassemblata) come mostrato di seguito. (Si prega di non confondere la maniglia “Sinistra” con la maniglia “Destra”.) Collegare l'altra Maniglia del Braccio allo stesso modo.

Attenzione: La Maniglia del Braccio è leggermente inclinata di 10 gradi verso l'interno per evitare che il gomito scivoli. Quindi l'angolo della saldatura è strano. Questo non è un problema di lavorazione, ma è un nostro design speciale.

- Installare il Cuscino del Braccio sulla Maniglia del Braccio utilizzando la Vite M6*70 come mostrato di seguito. Installare l'altro Cuscino del Braccio allo stesso modo.

Nome del pezzo	QUANTITÀ.
Vite M8*16 (Pre-assemblata)	6
Vite M6*70	4

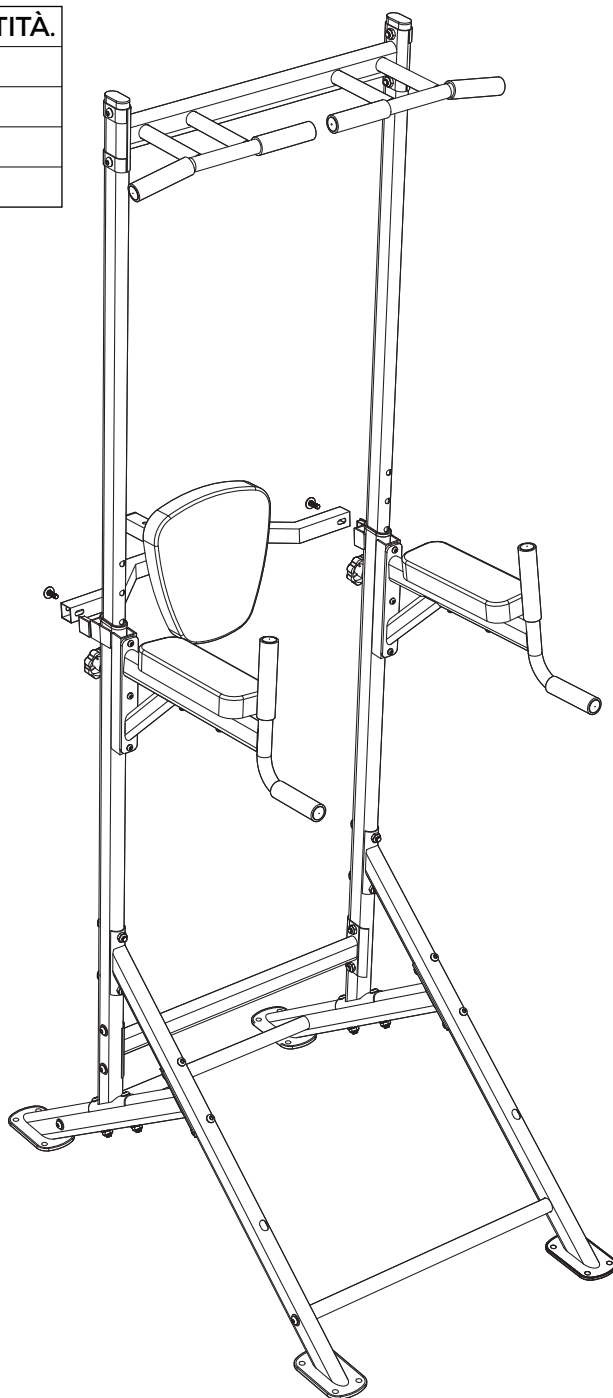
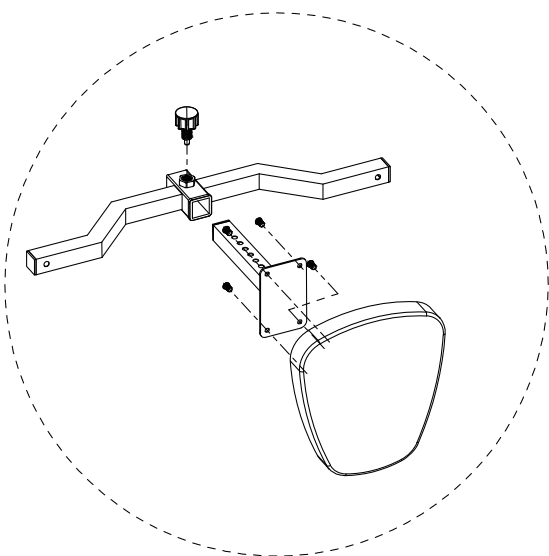


Assemblaggio Istruzioni

Passo 5

- Fissare il Cuscino dello Schienale allo Scaffale Posteriore utilizzando la Vite M6*16 (Pre-assemblata), queste quattro viti sono preinstallate sul cuscino, si prega di rimuovere le quattro viti prima di installare lo schienale.
- Installare il Telaio di Supporto dello Schienale e serrare con la Vite M8x40 e la Rondella Piana M8*22. La posizione del cuscino può essere regolata con la Manopola di Bloccaggio M16 (Pre-assemblata) per fissarlo.

Nome del Pezzo	QUANTITÀ.
Vite M8*40	2
Rondella piana M8*22	2
Vite M6*16 (Pre-assemblata)	4
Pomello fisso M16 (Pre-assemblato)	1

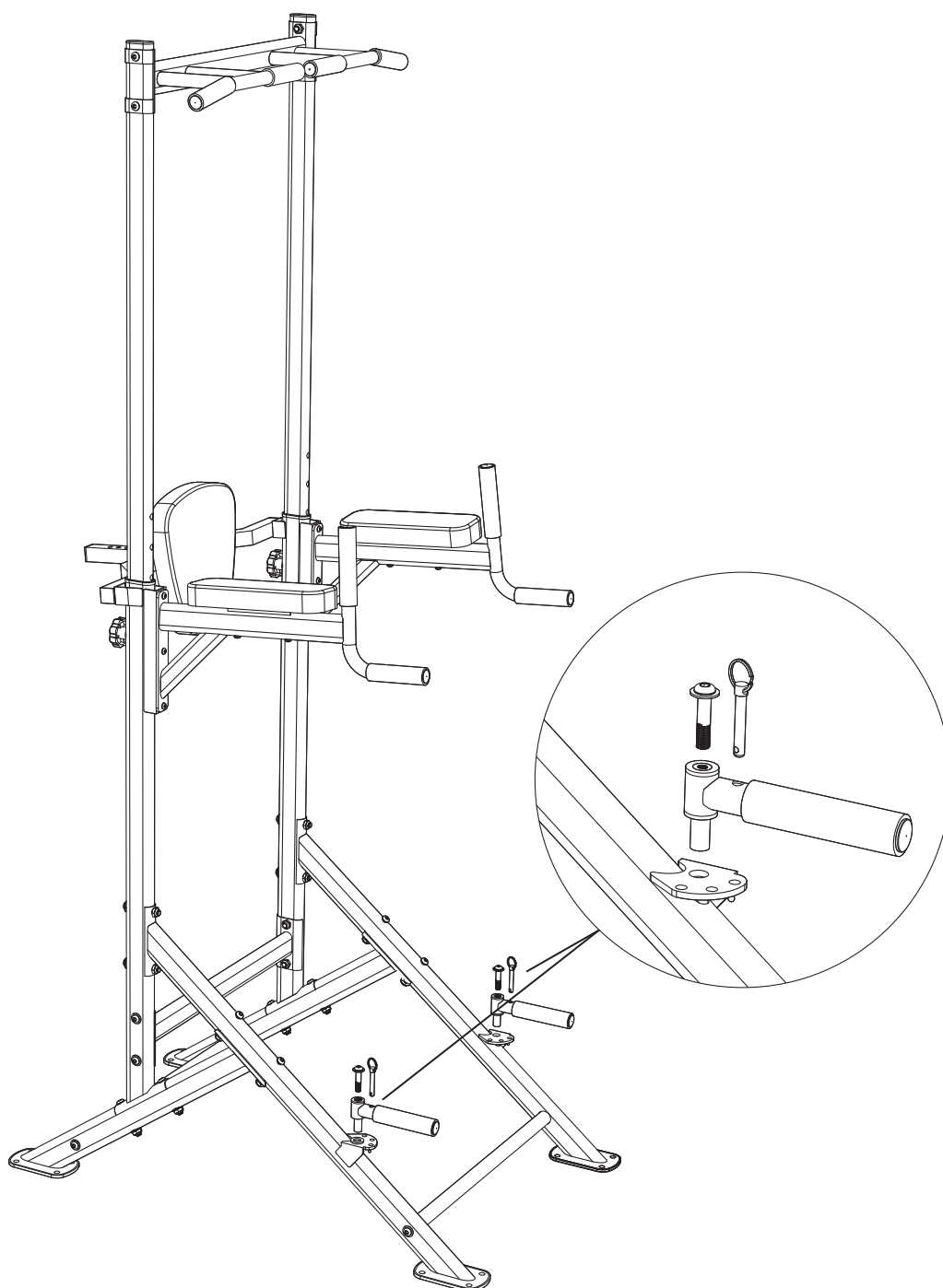


Assemblaggio Istruzioni

Passo 6

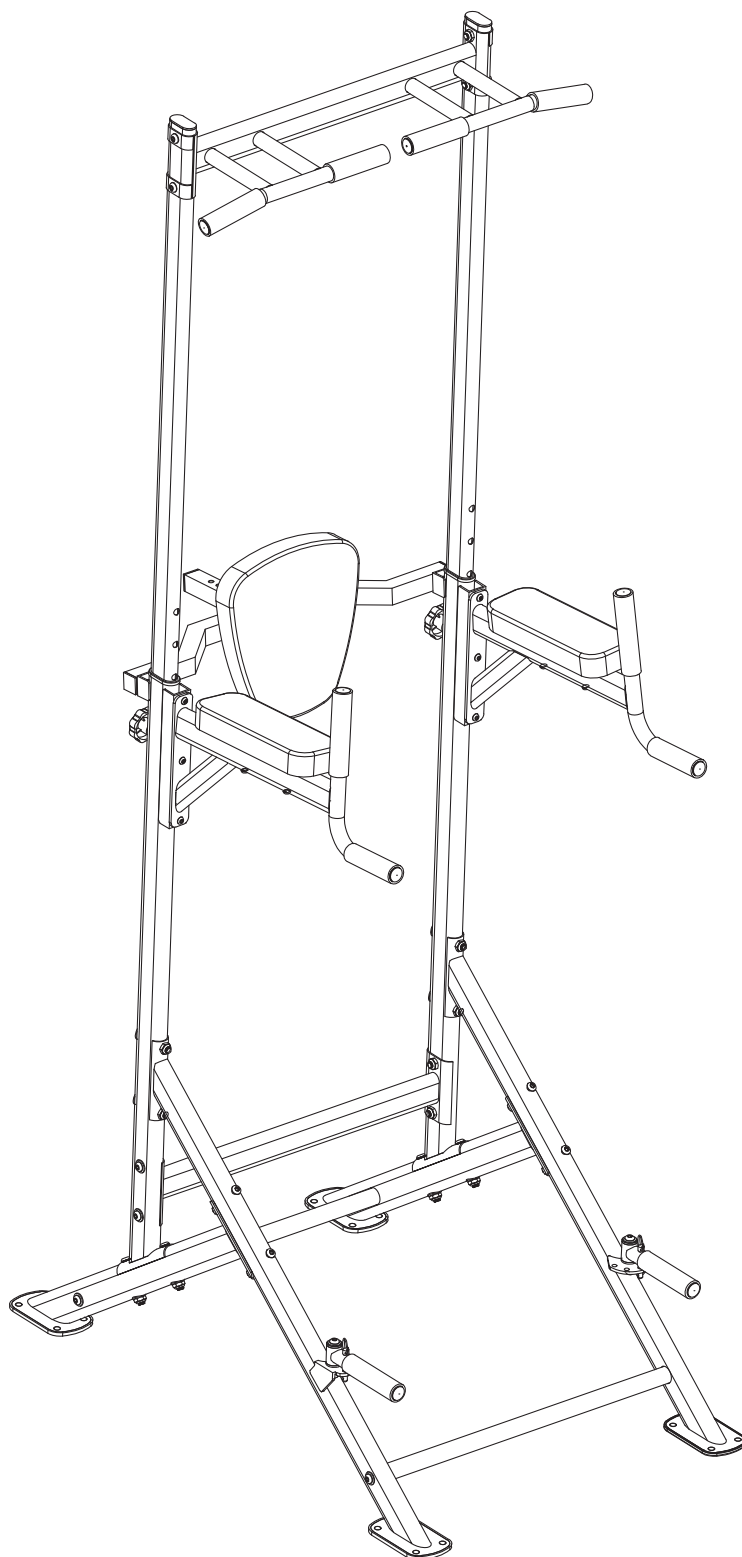
- Installa la maniglia per piegamenti con vite M8*12 (pre-assemblata) e rondella piatta M8*30 (pre-assemblata). Poi regola ad un angolo appropriato e fissala con il fermo M8*50.

Nome del pezzo	QUANTITÀ.
Vite M8*12 (Pre-assemblata)	2
Rondella piana M8*30 (Pre-assemblata)	2
Chiusura M8*50	2



Assemblaggio Istruzioni

Installazione completata.



Garanzia

Offriamo una garanzia di 2 anni per questo prodotto. Se durante l'uso normale sarà necessario sostituire qualche componente, saremo lieti di fornire assistenza gratuita.

Se hai bisogno di parti di ricambio o assistenza dal venditore, ti preghiamo di contattarci tramite Amazon (Accedi al tuo account Amazon > scegli "I tuoi ordini" > trova l'ID dell'ordine > clicca su "Contatta il venditore").

O invia un'email a support@sportsroyals.com

Il nostro rappresentante del servizio clienti ti contatterà entro 24 ore.

Per risolvere il tuo problema più rapidamente, ti preghiamo di includere le seguenti informazioni nella tua email quando ci contatti.

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Prodotto

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