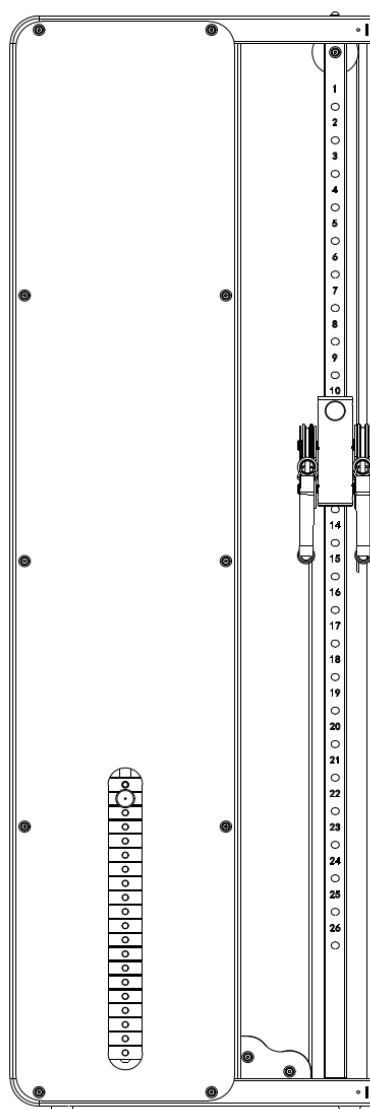




BP01M

 **PERSONAL**

# Assembly Instructions



## Safety Precautions



### Warning

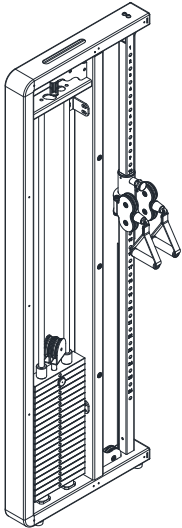


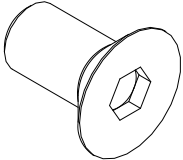
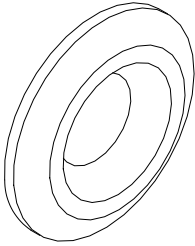
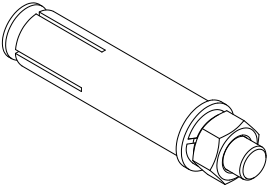
1. Before using the wall-mounted comprehensive trainer, please check whether the screws are tightened;
2. Make necessary adjustments and use a weight that suits you;
3. When doing movements, you should be controlled, even and slow, and the effect will be better;
4. Increase the weight slowly during exercise.



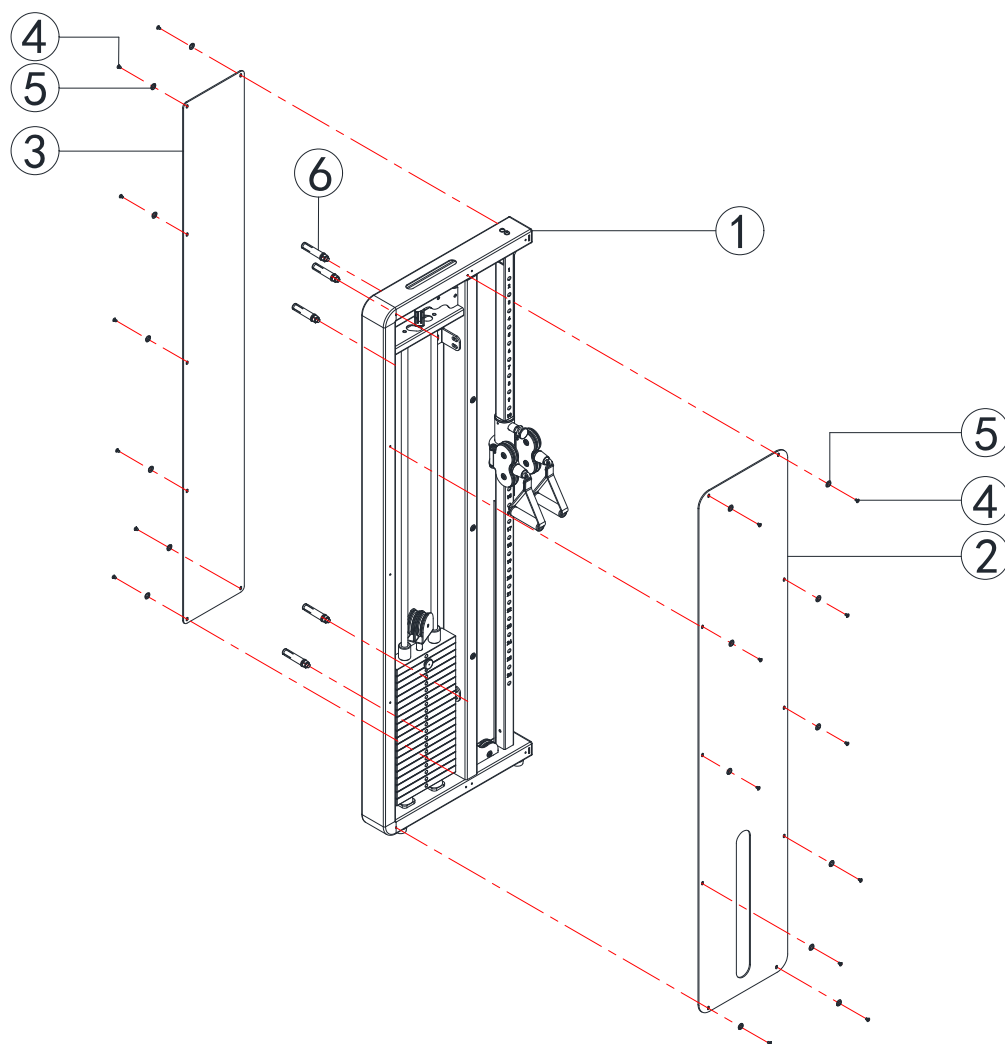
### Notice

1. Before undertaking any exercise program, it is recommended that you first consult a doctor.
2. Check whether all bolts on the equipment are locked.
3. Any strenuous exercise can only be started 40 minutes after a meal.
4. Please wear sportswear and shoes before starting exercise.
5. To prevent injuries, please warm up before exercising.
6. Children should be kept away from this machine to avoid injury.
7. Appropriate care, guidance, and supervision should be provided to the elderly, children, and disabled people.
8. Please do not insert any other objects into any part of the equipment, as this will damage the equipment.

## Parts list

Main Frame Group			Front cover			Back cover			M6*16 Countersunk head hexagon socket screws		
											
1		1 pcs	2		1 pcs	3		1 pcs	4		17pcs
Aluminum spacer			Expansion screw								
											
5		17pcs	6		5 pcs						

## Picture



## Instruction details

1. At the appropriate installation location, drive the prepared 4pcs expansion screws (optional) into the wall;
2. Use countersunk head hexagon socket screws M6\*16 and aluminum washers to fix the front and rear guards at the corresponding positions of the instrument.

## MAINTENANCE INSTRUCTIONS

### ADJUSTMENT OF CABLE LENGTH

In order for you to better use this machine, after a long time of use, the cable will become longer, you need to adjust the cable to the best condition.

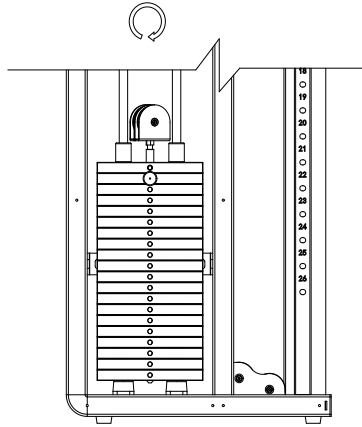


Figure A. When the cable is too long

Cable adjustment.

1. Remove the front cover of the H1
2. If the cable is too long, use an open-end wrench and a hexagonal wrench to loosen the M10 nut, then remove the pulley (be careful not to change the direction of the wire rope), and then rotate the double pulley base 1-2 times clockwise to loosen the wire rope. Adjust to the appropriate length, finally install the pulley and tighten the nut. As shown in Figure A

## How to assembly the anchorings

1. Drill a hole on the SOLID wall surface. The width and depth are the same as the anchoring.

Tip: Clear the dust from the hole with a shop vacuum or compressed air



2. Hammer the anchoring inside of the wall like this and remove the gasket and the nut. Please do it correctly at once and don't move the anchoring out once it's installed in order to have a steady and solid installation.



3. Place the hanging hole of trainer on as shown in the picture.



4. The sequence of gasket and nut are like this. Tighten everything up until the nut isn't movable anymore



Warning: The wall for installing the anchorings has to be solid concrete wall. Please check the anchorings regularly while using.