

ASSEMBLY INSTRUCTIONS

Justerbart Multitrack för Lösa Vikter R82 - Recoil

Read all precautions and instructions in this manual before using this equipment

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ASSEMBLY CAUTION

Please carefully read the following information before installation

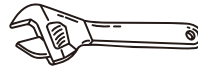
Assembling requires at least two people
Do not tighten all screws before assembly is complete
Ensure that all accessories are complete.

Shortcut: A Lot of People Doing That Way

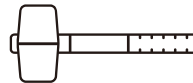
To enhance your installation process for both speed and convenience, consider removing all accessories from the box, carefully opening the packaging, and arranging everything neatly on the floor. This preparation can streamline your setup experience.

The following tools might help you improve your installation experience

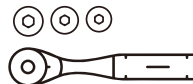
- Adjustable wrenches



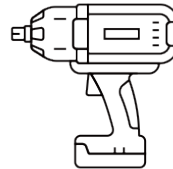
- Rubber hammers



- Socket set



- Electric Wrench



WARNING



Choking hazard. Small parts-Please exercise caution if small children or pets are present.

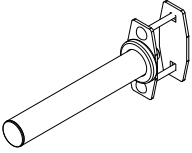
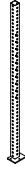
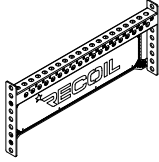
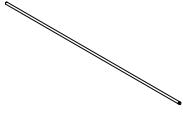
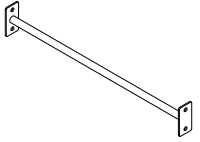
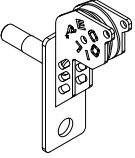

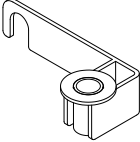
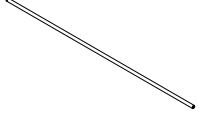
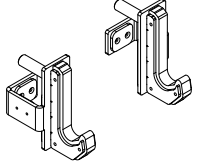
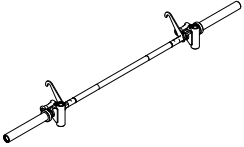
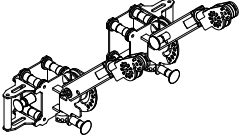
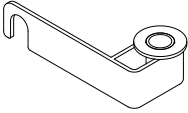

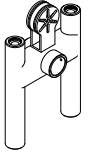

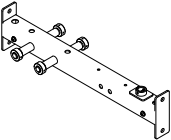
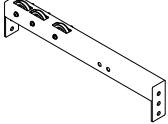
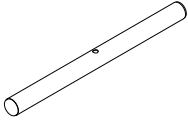
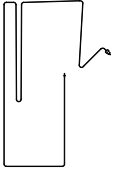
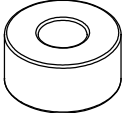
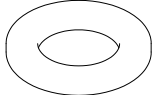


Sharp objects may be involved. Use precaution and protection.

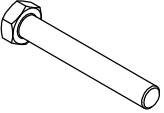
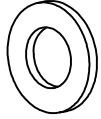
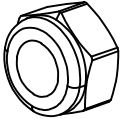

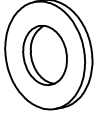
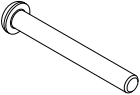
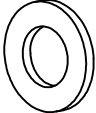
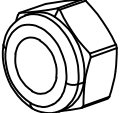
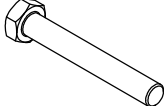


Heavy object. Use lifting aids and proper lifting techniques when moving

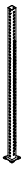
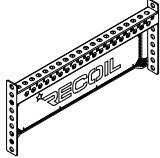
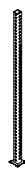
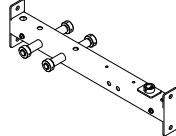
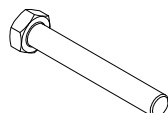
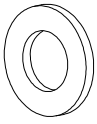
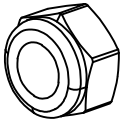
PARTS LIST

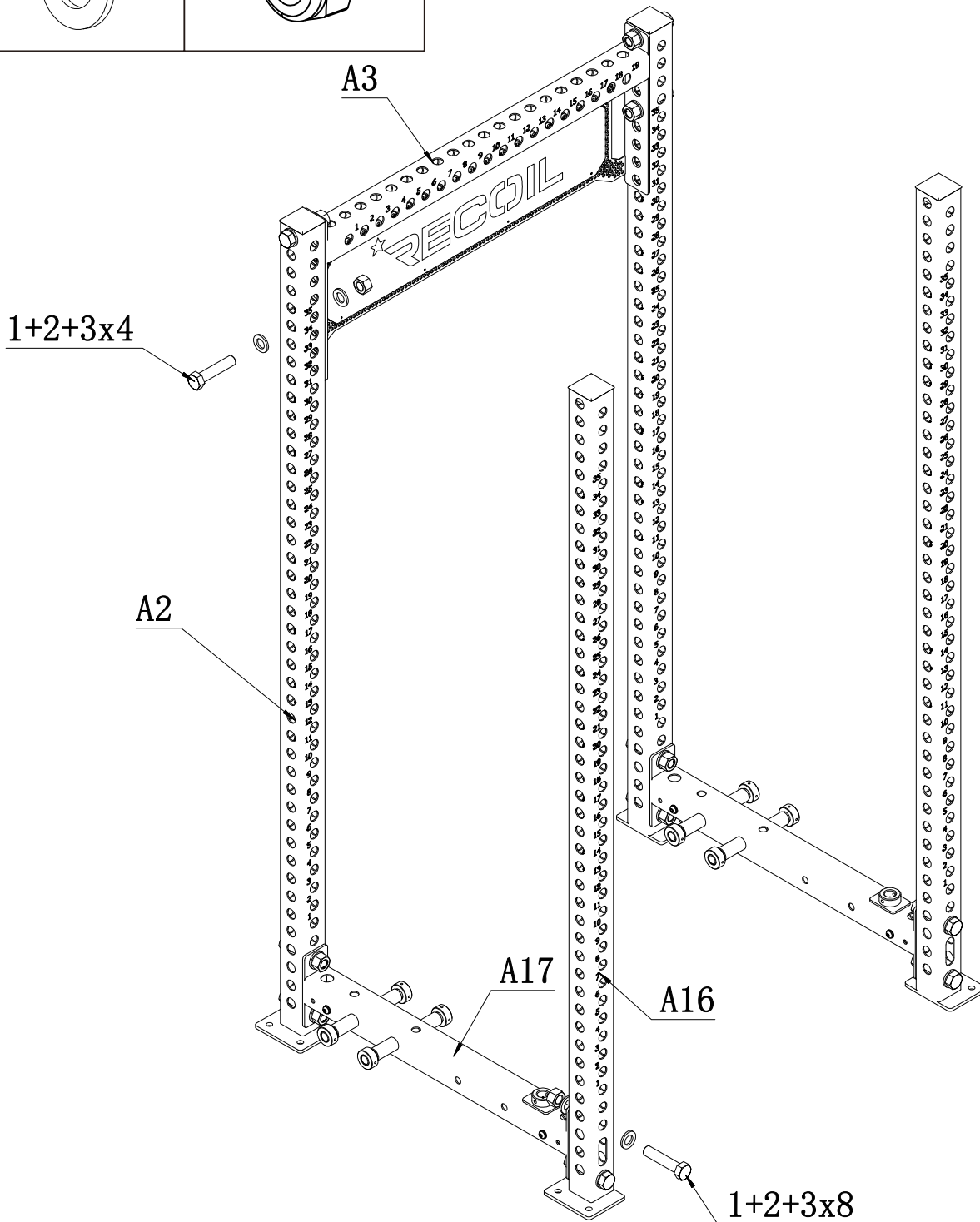
A1 Barbell plate hanging bar 6 PCS 	A2 Station pole 4 PCS 	A3 Trademark beam 1 PCS 	A4 Sliding round steel I 4 PCS 	A5 Single round pipe 1 PCS 
A6 Top pulley frame 2 PCS 	A7 Hanging rod support frame I 1 PCS 	A8 Safety hook I 1 PCS 	A9 Sliding round steel II 2 PCS 	A10 J-Cup Hook 2 PCS 
A11 Barbell bar 1 PCS 	A12 Adjust the rocker arm 2 PCS 	A13 Safety hook II 1 PCS 	A14 Hanging rod support frame II 1 PCS 	A15 Counterweight sliding frame 2 PCS 
A16 Stainless steel station pole 2 PCS 	A17 Lower connecting crossbeam 2 PCS 	A18 Upper connecting crossbeam 2 PCS 	B1 Counterweight plate hanging rod 2 PCS 	B2 Steel wire rope 2 PCS 
B3 Rubber pad 4 PCS 	B4 Rubber pad 4 PCS 			

HARDWARE LIST

1 Bolt M24*110 28 PCS 	2 Washer φ24 62 PCS 	3 Nut M24 32 PCS 	4 Bolt M12*25 2 PCS 	5 Washer φ12*35 2 PCS 
6 Bolt M6*50 2 PCS 	7 Washer φ6 4 PCS 	8 Nut M6 2 PCS 	9 Bolt M24*120 2 PCS 	

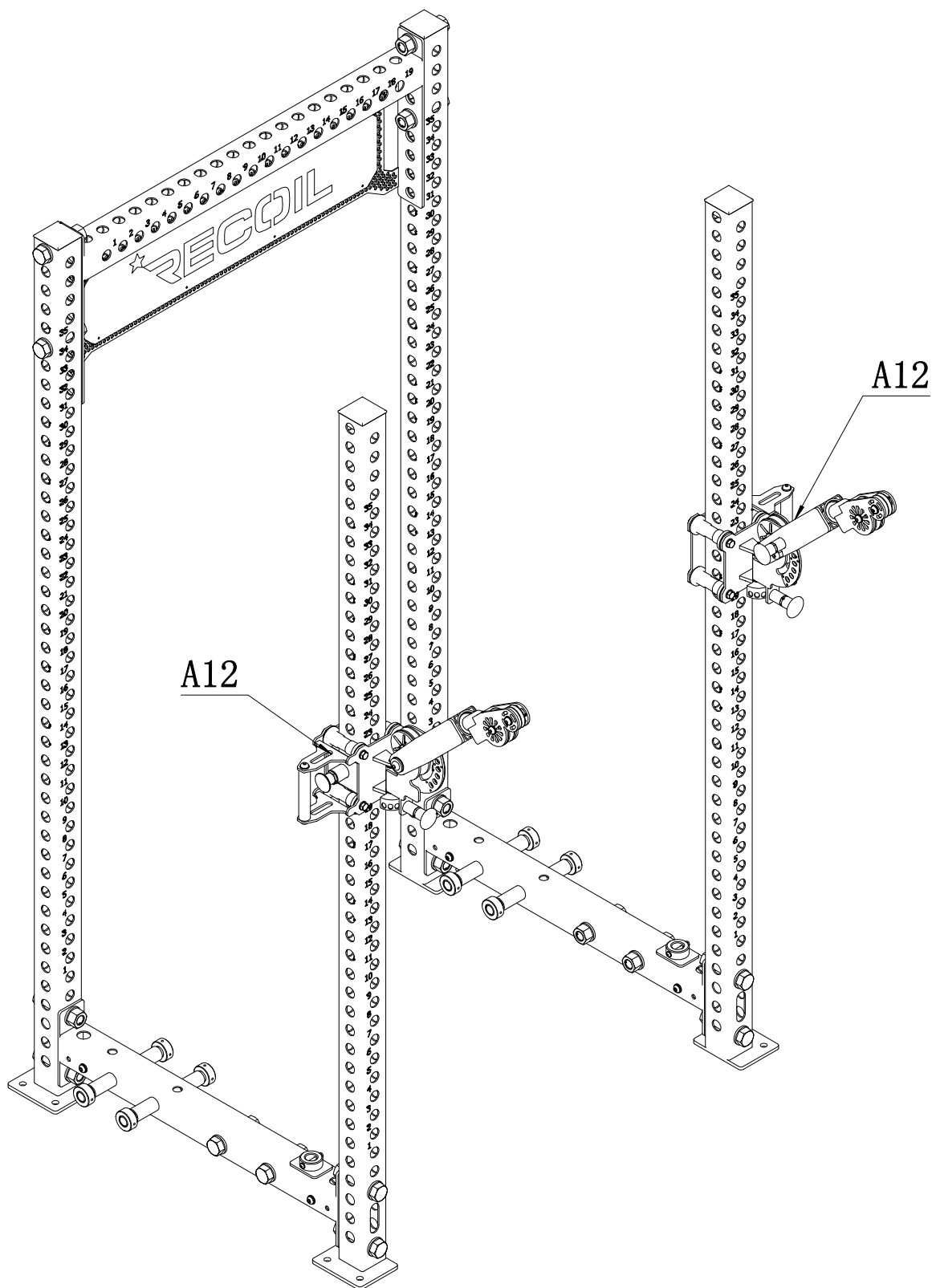
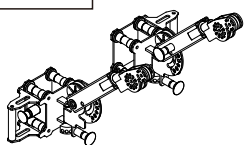
STEP 1:

A2 Station pole 2 PCS 	A3 Trademark beam 1 PCS 	A16 Stainless steel station pole 2 PCS 	A17 Lower connecting crossbeam 2 PCS 	2 Bolt M24*110 12 PCS 
2 Washer $\phi 24$ 24 PCS 	3 Nut M24 12 PCS 			

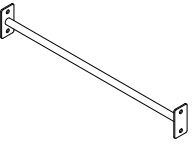
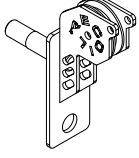
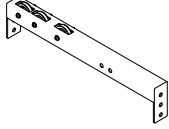
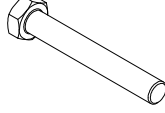
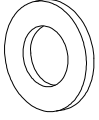
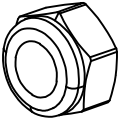
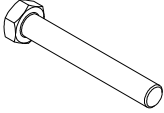


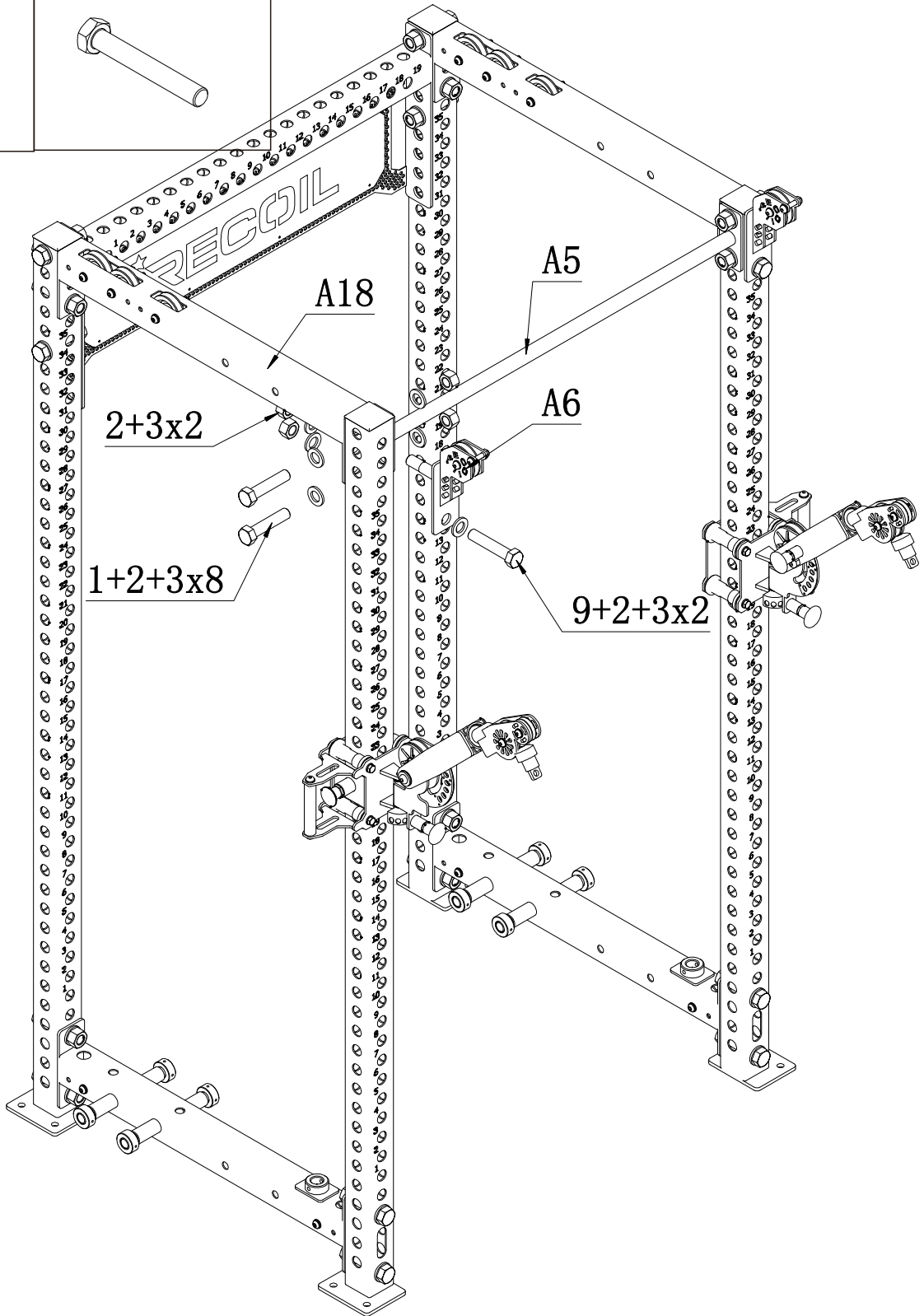
STEP 2:

A12 Adjust the rocker arm
2 PCS



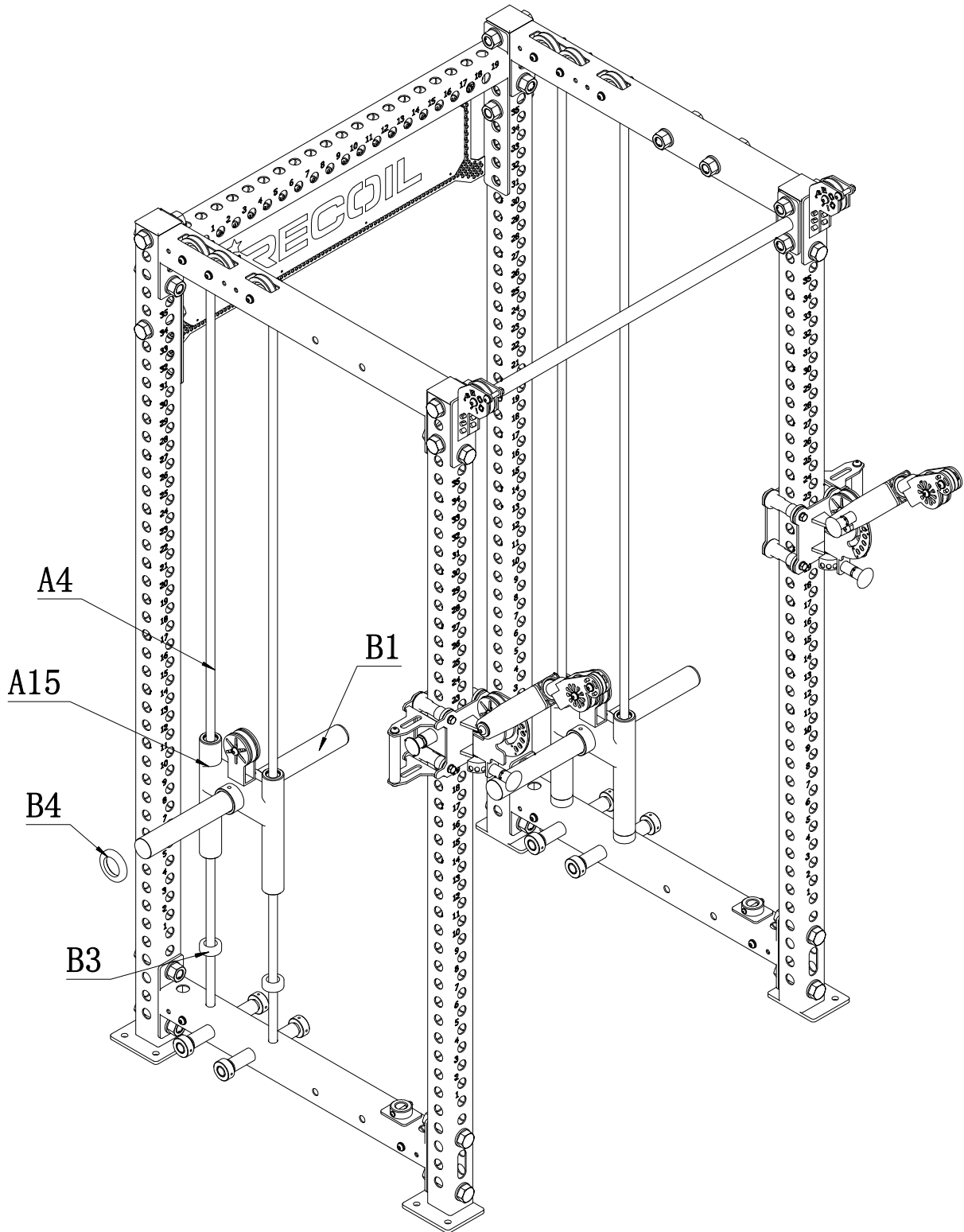
STEP 3:

A5 Single round pipe 1 PCS 	A6 Top pulley frame 2 PCS 	A18 Upper connecting crossbeam 2 PCS 	1 Bolt M24*110 8 PCS 	2 Washer φ24 24 PCS 
3 Nut M24 14 PCS 	9 Bolt M24*120 2 PCS 			



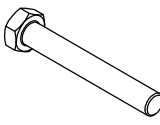

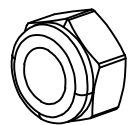


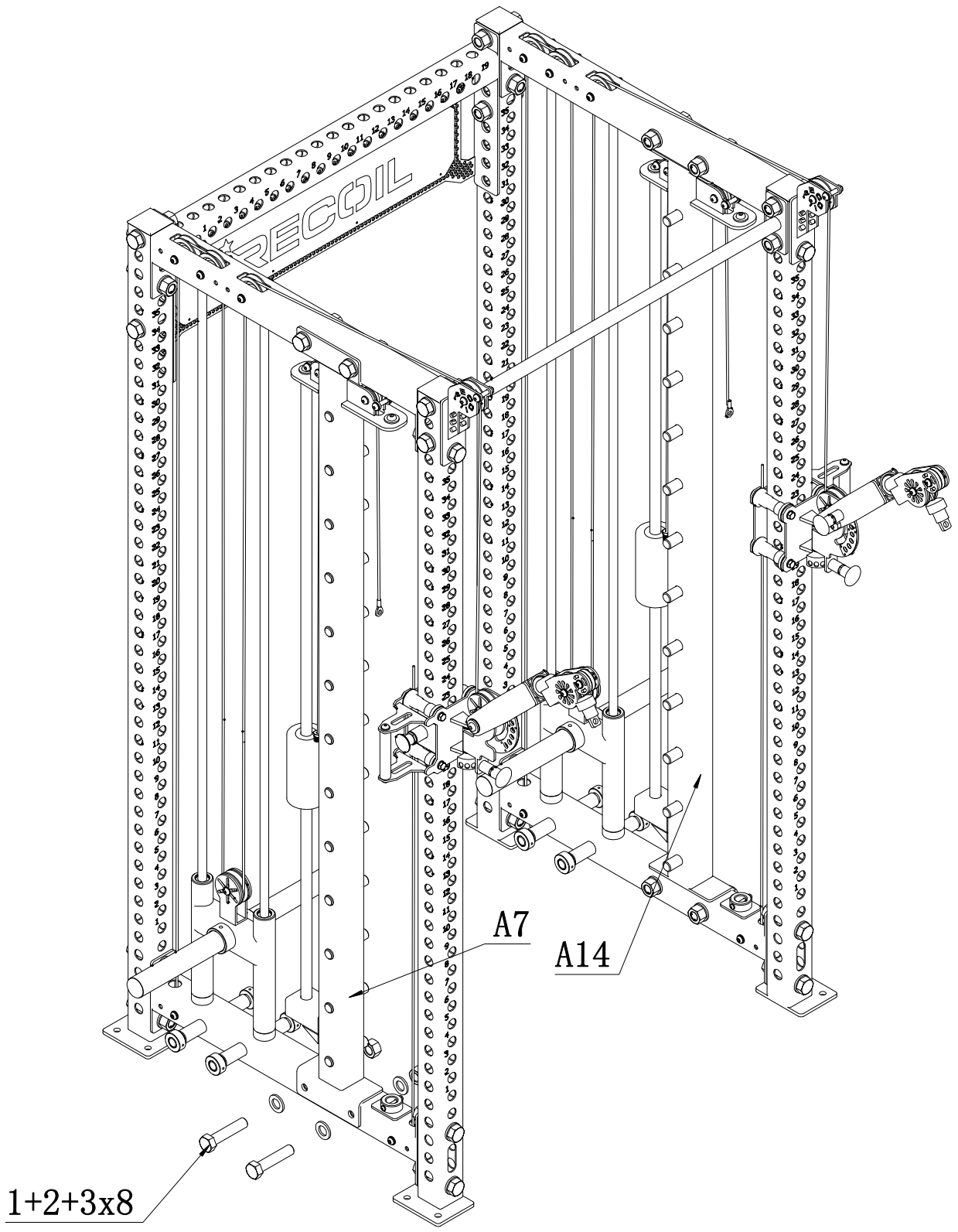
STEP 4:

A4 Supporting round steel 4 PCS	A15 Counterweight sliding frame 2 PCS	B1 Counterweight plate hanging rod 2 PCS	B3 Rubber pad 4 PCS	B4 Rubber pad 4 PCS
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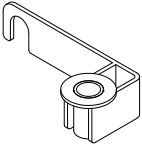
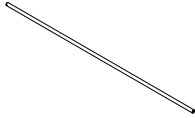
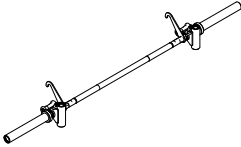
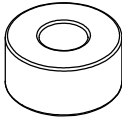
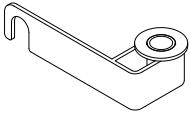

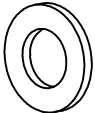
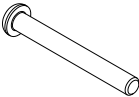
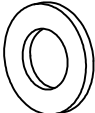
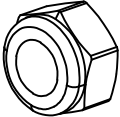


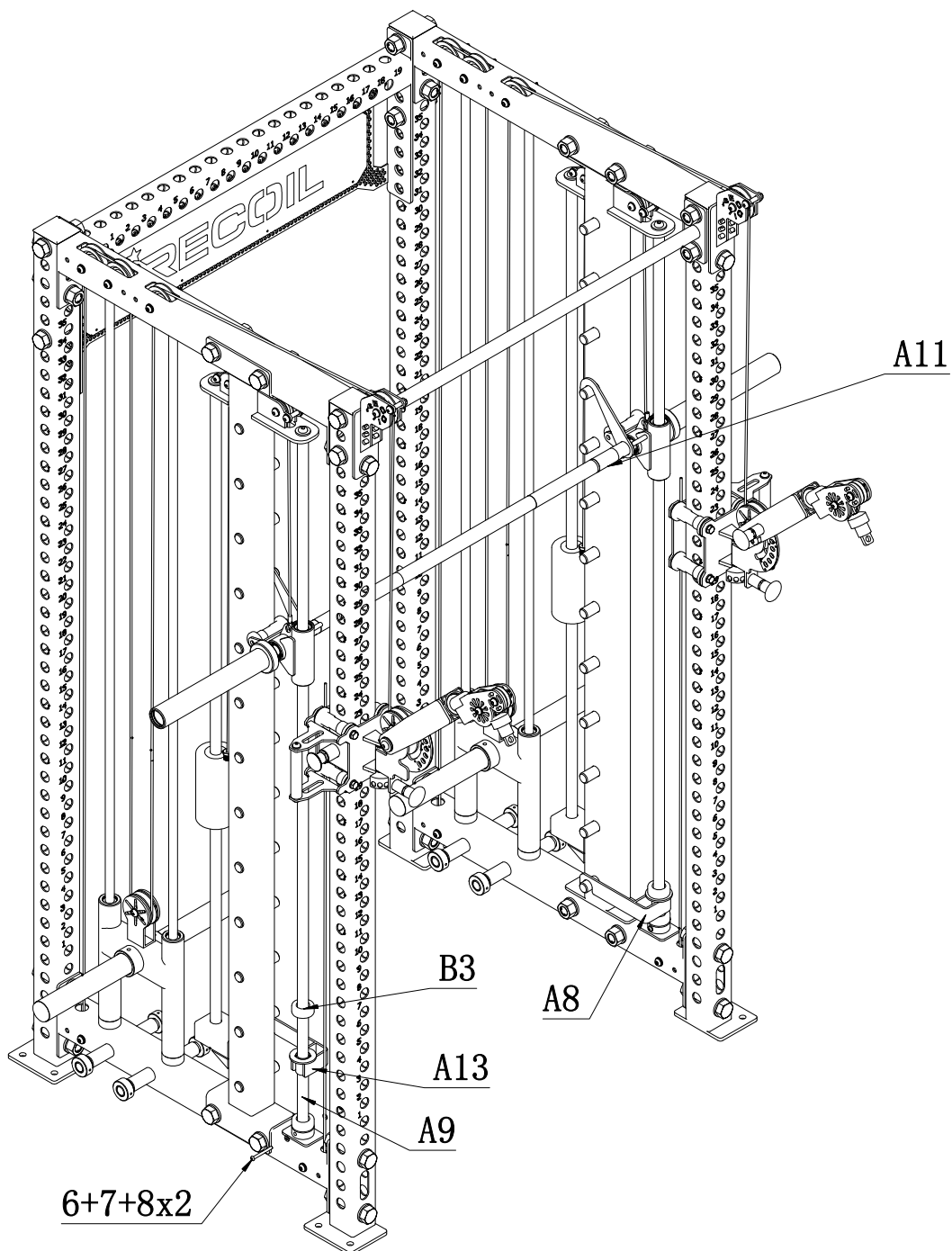
STEP 6:

A7 Hanging rod support frame I 1 PCS 	A14 Hanging rod support frame II 1 PCS 	1 Bolt M24*110 8 PCS 	2 Washer φ24 16 PCS 	3 Nut M24 8 PCS 
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STEP 7:

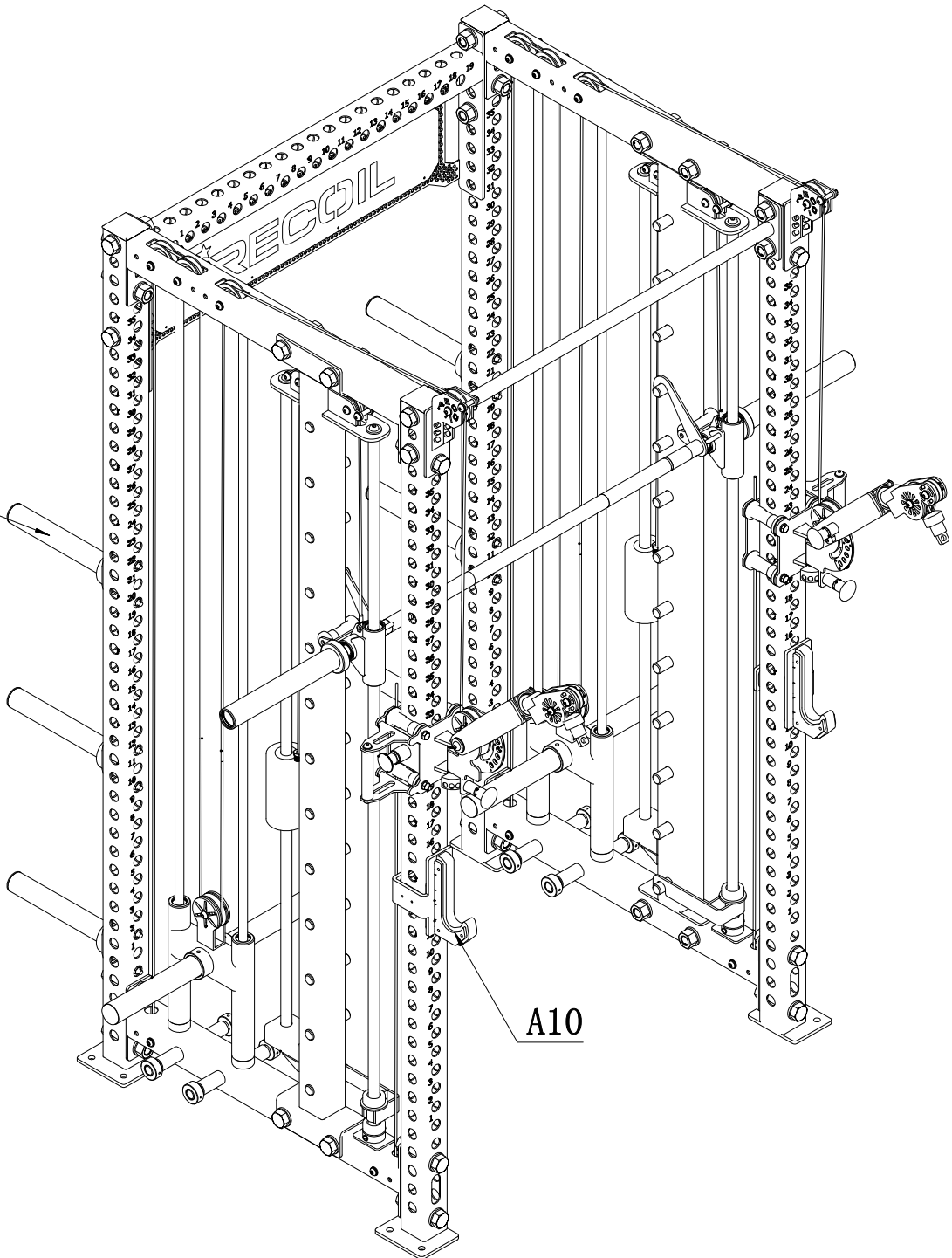
A8 Safety hook I 1 PCS 	A9 Sliding round steel II 2 PCS 	A11 Barbell bar 1 PCS 	B3 Rubber pad 4 PCS 	A13 Safety hook II 1 PCS 
4 Bolt M12*25 2 PCS 	5 Washer φ12*35 2 PCS 	6 Bolt M6*60 2 PCS 	7 Washer φ6 4 PCS 	8 Nut M6 2 PCS 



STEP 8:

A1 Barbell plate hanging bar 6 PCS	A10 J-Cup Hook 2 PCS
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A1



A10