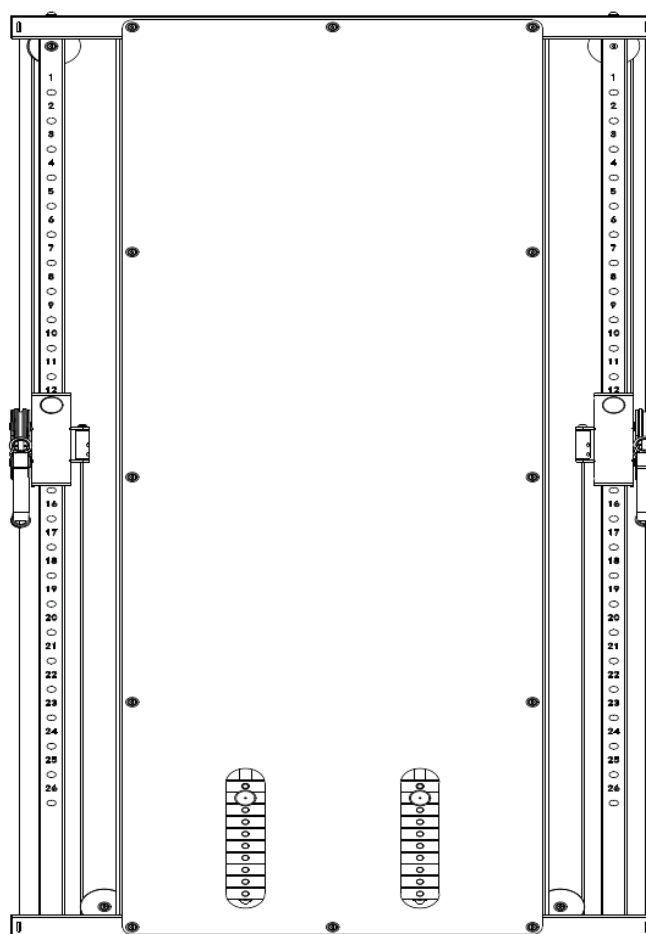




BP02M

 PERSONAL

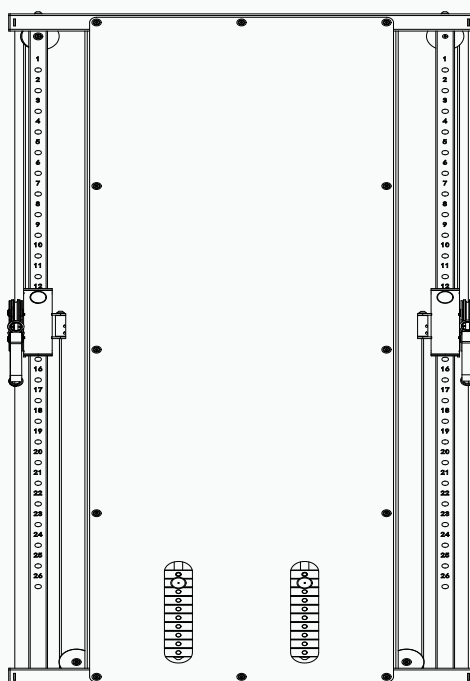
# Assembly Instructions





Dear customer:

Thank you for choosing our products, We hope that the process of using this product will bring you health and happiness.



1. Machine material:Q235
2. Pulley material:Bearing steel(GCr15)
3. The model No of pulley:6202
4. The size of pulley:Diameter-4.8mm Inner hole-15mm Thickness -11mm
5. The quantity of pulley:16pcs
6. Bearing &Bushing:1pc bearing for each pulley/8pcs bushing for each bearing.
7. Diameter of cable:4.8mm

## SAFETY PRECAUTIONS



### WARNING

1. Please check whether the screws are tightened before using the BG02;
2. Make the necessary adjustments and use the right weight for you;
3. The action to have control, uniform slow, the effect will be better;
4. Risen the weight of weight stack slowly during exercise.



### ATTENTION

1. It is recommended that you first consult your doctor before embarking on any exercise program.

2. Check whether all bolts on the equipment are locked tightly.

3. Any strenuous exercise should only start 40 minutes after meals.

Please wear sports clothes and sports shoes before you start exercising.

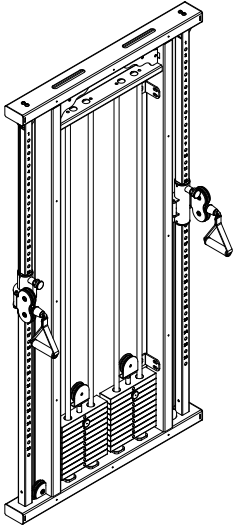
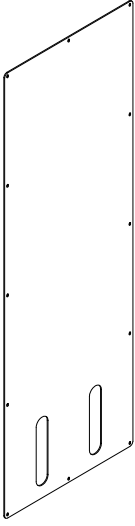
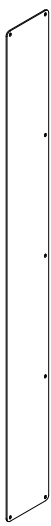
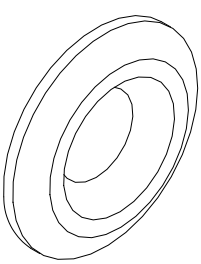
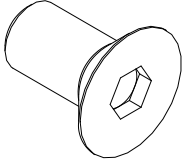
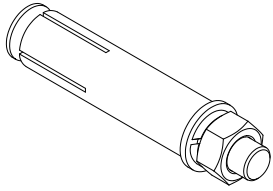
In order to prevent injury, please warm up before doing exercise.

6. Children should stay away from the machine to avoid injury.

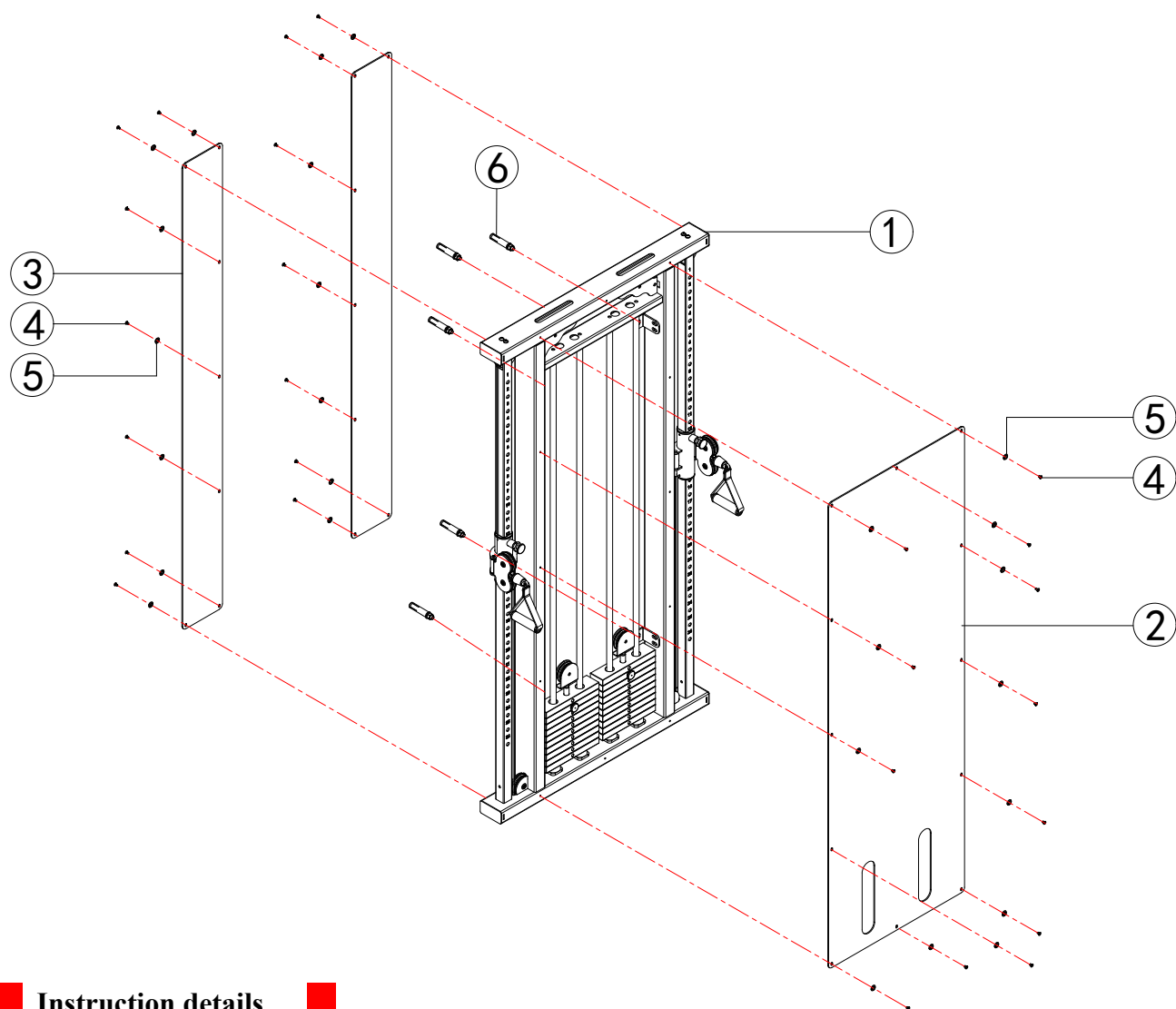
7. Appropriate care, guidance and supervision should be given to the elderly, children and the disabled.

8. Please do not insert any other items into any part of the equipment, as this will damage the equipment.

## Parts List

Main Frame Group			Front Cover			Back Cover			Aluminum spacer		
											
1		1 pcs	2		1 pcs	3		2 pcs	4		26pcs
M6*16 Countersunk head hexagon socket screws			Expansion screw								
											
5		26pcs	6		5 pcs						

## Picture



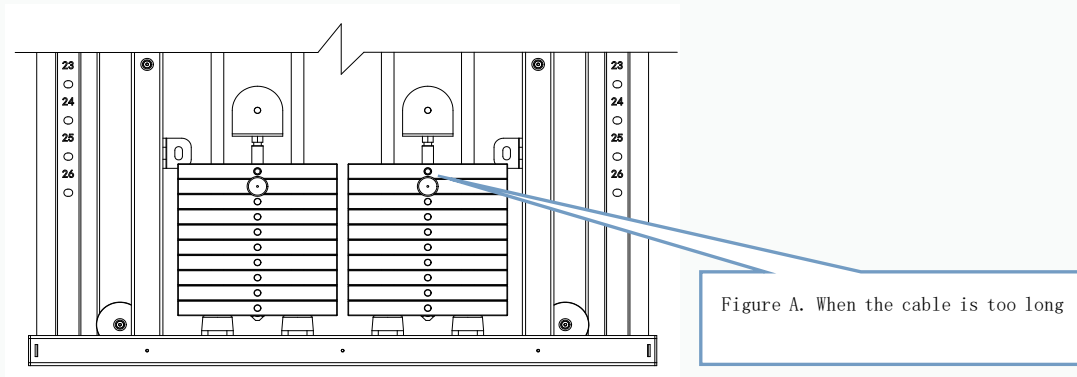
## Instruction details

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

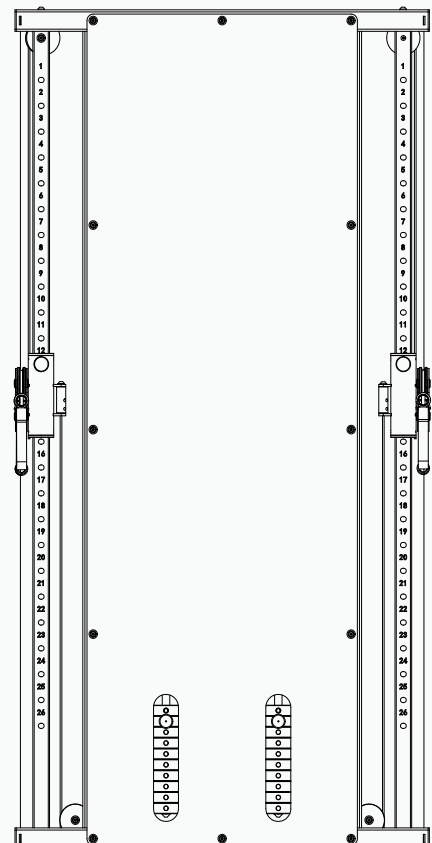
### ADJUSTMENT OF CABLE LENGTH

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.



### CABLE ADJUSTMENT.

1. Remove the front cover of the BG02.
2. If the cable is too long, loosen the M10 nut with an open spanner and a hexagonal spanner, then remove the pulley (pay attention to the direction of the cable does not change), then rotate the double pulley seat clockwise for 1-2 turns to adjust the wire rope to the appropriate length, and finally install the pulley and tighten the nut.-As shown in figure A
3. The cable needs to be replaced when the wire rope is badly worn.



### 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.