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Assemble

Step 8:Connect #BCP7, 36 to form #BCP8 by.

- Step 9:Connect #24 and #25 to form #BCP9 using the following method;
- 4x Hexagon socket cheese head screws
 - 4x Flat washers M8-D16 (#61)

- Step 10:Connect #BCP9, #23 to form #BCP10 using the following method;
- 2x Hexagon socket cheese head screws M10*35 (#53)
 - 8x Hexagon socket cheese head screws M10*25 (#54)
 - 10x Flat washers M10-D20 (#60)
 - 10x Spring washers M10 (#57)

Step 11:Connect #BCP10, #37 to form #BCP11 using the following method;

- Step 12:Connect #26, #27, #28, #29, #31 to form #BCP12 using the following method;
- 8x Hexagon socket cheese head screws M10*25 (#54)
 - 4x Hexagon socket cheese head screws M8*25 (#55)
 - 2x Hexagon socket cheese head screws M8*16 (#56)
 - 8x flat washer M10-D20 (#60)
 - 6x flat washer M8-D16 (#61)
 - 8x Spring washersM10 (#57)
 - 2x Spring washersM8 (#58)

- Step 13:Connect #BCP11, #BCP12, and #30 to form #BCP13 using the following method;
- 2x Hexagon socket cheese head screws M10*60
 - 2x Hexagon socket cheese head screws M10*35 (#53)
 - 12x Hexagon socket cheese head screws M10*25 (#54)
 - 2x Flat washers M10-D50 (#59)
 - 16x Flat washers M10-D20 (#60)
 - 16x Spring washers M10 (#57)
 - 2x Hexagonal self-locking nuts M10 (#62)

Step 14:Connect #BCP13, #38 to form #BCP14 using the following method;

Please take the time to read these instructions carefully before installation. Please refer to the list in the manual to confirm the completeness and quantity of all parts (if any parts are missing or damaged in transit, please call our company immediately for after-sales instructions) When installing the equipment, please follow the instructions for proper installation.

This equipment is designed to provide the most fluid and effective exercise training. After installation, you need to understand all the functions in order to use correctly, the use of the process found in the problem should immediately stop using to avoid physical injury and equipment damage. And timely reference to the relevant instructions to inquire about the cause, if you can not solve please call the company after-sales. After carefully reading all the instructions, please continue

Tools	Rubber Rod
	Level Ruler
	Hexagonal wrench
	Spring Clamp
	Adjustable wrench

Note: When assembling, it is recommended that two or more people operate

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Assemble

Step 15:Connect #BCP14, #32, #33, #34, #35 to form #BCP15 using the following method;

- 2x Hexagon socket cheese head screws M10*60 (#51)
- 2x 内Hexagon socket cheese head screws M10*35 (#53)
- 8x 内Hexagon socket cheese head screws M10*25 (#54)
- 2x Flat washers M10-D50 (#59)
- 12x Flat washers M10-D20 (#60)
- 12x Spring washers M10 (#57)
- 2x Hexagonal self-locking nuts M10 (#62)

Step 16:Connect #BCP15, #39 to form #BCP16 using the following method;

- Step 17:Connect #32, #40, #41, #42 to
- 2x Hexagon socket cheese head screws
 - 4x Hexagon socket cheese head screws M10*70 (#64)
 - 2x Hexagon socket cheese head screws
 - 2x Hexagon socket cheese head screws
 - 14x Flat washers M10-D20 (#60)
 - 2x Spring washers M10 (#57)
 - 6x Hexagonal self-locking nuts M10

Step 18: Connect #BCP17, #8, #9, #11, #12, #13, #14, #15, #16, #17, #18 to form #BCP18 using the following method:

Step 19:Connect #BCP18, #43 to form #BCP19 using the following method:

Step 20:Connect #BCP19, #44 to form #BCP20 using the following method:

- Step 1:Connect #1, #2, #3, #4, #5, #6, #7 to form #BCP1 by.
- 8x Hexagon socket cheese head screws M10*55 (#52)
 - 8x Hexagon socket cheese head screws M10*35 (#53)
 - 16x Hexagon socket cheese head screws M10*25 (#54)
 - 32xflat mat M10-D20 (#60)
 - 32x Spring washers M10 (#57)

Step 2: Connect #BCP1, #8, #9, #10, #11, #12, #13, #14, #15, #16, #17 to form #BCP2 using the following method:

Step 3: Connect #BCP2, #8, #9, #10, #11, #12, #13, #14, #15, #16, #17 to form #BCP3 using the following method:

Step 4: Connect #BCP3, #8, #9, #10, #11, #12, #13, #14, #15, #16, and #17 to form #BCP4 using the following method:

Step 5: Connect #BCP4, #8, #9, #11, #12, #13, #14, #15, #16, #17, #18 to form #BCP5 using the following method:

- Step 6:Connect #19, #20, #21, #22 to form #BCP6 using the following method:
- 4x Hexagon socket cheese head screws M10*25 (#54)
 - 4x Flat washers M10-D20
 - 4x Spring washers M10 (#57)
 - 4x 内Hexagon socket cheese head screws M8*25 (#55)
 - 4x Flat washers M8-D16 (#61)

Step 7:Connect #BCP5, #BCP6, and #23 to form #BCP7 using the following

- 2x Hexagon socket cheese head screws M10*60 (#51)
- 2x Hexagon socket cheese head screws M10*35 (#53)

- 12x Hexagon socket cheese head screws M10*25 (#54)
- 2x 平Washers M10-D50 (#59)
- 16x Flat washers M10-D20 (#60)
- 16x Spring washers M10 (#57)
- 2x Hexagonal self-locking nuts M10 (#62)

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Assemble

Step 21:Connect #BCP16, #BCP20, and #45 to form #BCP21 using the following method:

- 8x Hexagon socket cheese head screws M10*30 (#65)
- 16x Flat washers M10-D20 (#60)
- 8x Hexagonal self-locking nuts M10 (#62)

Accessories list					
N0	Name	QTY	N0	Name	QTY
1	sump	1	32	Flying Bird Chassis Assembly	2
2	abacus	1	33	Flying Bird Force Arm 1 Component	1
3	circular plate	1	34	Flying Bird Handrail	2
4	Connecting column 1	1	35	Flying Bird Slide Adjustment Group 1	1
5	Connecting column 2	1	36	Pull down wire rope	1
6	Connecting column 3	1	37	Triple rope wire rope	1
7	Connecting column 4	1	38	Low row functional zone wire rope	1
8	Guide bar fixing plate	5	39	Bird Area Wire Rope	1
9	guide bar	10	40	Flying Bird Counterweight Gantry	1
10	Guide block set	3	41	Flying Bird Rear Bracket Assembly	1
11	Weight plate	78	42	Flying Bird Force Arm 2 Assembly	1
12	Weight plate pin	5	43	Flying Bird Slide Adjustment Set 2	1
13	Weight plate rubber mat	10	44	Bird area wire rope 2	1
14	Counterweight frame base	10	45	Flying Bird Connecting Beam Assembly	1
15	Hexagon socket cheese head screws M8*20	20	fasteners		
16	spring washer M8	10	51	Hexagon socket cheese head screws M10*60	6
17	flat washer M8	10	52	Hexagon socket cheese head screws M10*55	8
18	Double line counterweight guide block set	2	53	Hexagon socket cheese head screws M10*35	18
19	high pulling main frame	1	54	Hexagon socket cheese head screws M10*25	74
20	High-pull connecting frame	1	55	Hexagon socket cheese head screws M8*25	12
21	Double Axis High Pull Back Muscle Press Rack Assembly	1	56	Hexagon socket cheese head screws M8*16	2
22	Universal Cushion	1	57	spring washer M10	98
23	Standing Triple Head Force Arm Support Assembly	2	58	spring washer M8	2
24	Standing triple head back cushion frame set	1	59	flat washer M10-D50	8
25	Four-station, three-head back cushion	1	60	flat washer M10-D20	##
26	Low pull side frame set	1	61	flat washer M8-D16	14
27	Low Pull Foot Assembly	1	62	Hexagonal self-locking nuts M10	20
28	Low pull tray	1	63	Hexagon socket cheese head screws M10*110	2
29	Low pull connecting frame	1	64	Hexagon socket cheese head screws M10*70	4
30	Low Tension Arm Connector Assembly	1	65	Hexagon socket cheese head screws M10*30	8
31	large backpack	1			

Note: Pre-assembled parts are not listed in this table.