

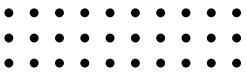


Nano Installation

Installation Instruction



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1. Check the accessories

Open the package and check whether the accessories are complete



1 Bed body* 1



2 Pedal*1



3 T- board*1



4 square box*1



5 Imported drawstring*2

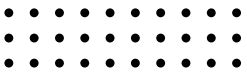


6 Shoulder pillow*2



7 Limit pull pin*2





8 Pulley Plate



9 Thickened handle



10 Upright*2



11 Wheel rope*2



12 Handle*2

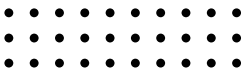


13 Hardware hook*4



14 wrench*2 Six-sided sheet metal hand*2





2. Combined installation accessories

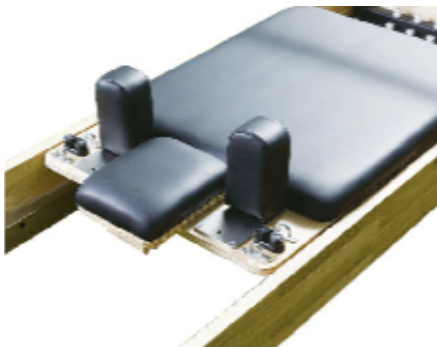
Install all parts in place according to the position shown in the figure

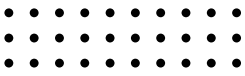
1. Put (8) sliding board on (1) bed



2. Install the (6) shoulder pillows on both sides of the headrest Fix it with screws

3. Fix (12) the handle in front of the headrest





4. Put the screws pre-installed on the column (10) Fix (1) to the outside of the bed
(A total of (2) sets of gaskets, one on the outside and one on the inside)



5- Install the (11) wheel cable on the (10) column

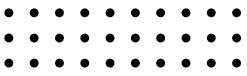


6. Pass the draw rope from top to bottom (11)



7. Move the (5) pull rope from the direction of the handle Go to the direction of the shoulder and neck pillow
Rope threader+ rope clamp

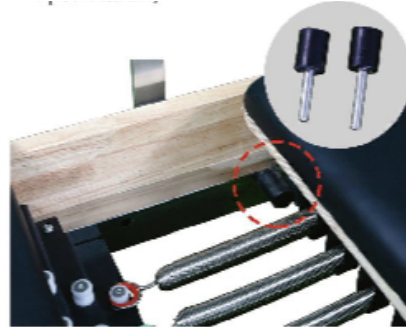




8. Fix it with (11) hardware hook (9) handle



9. Installation (7) limit pull pin (install to a position suitable for sports needs)

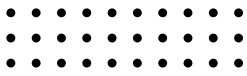


11. Install the (3) T-shaped board 1 on the bed

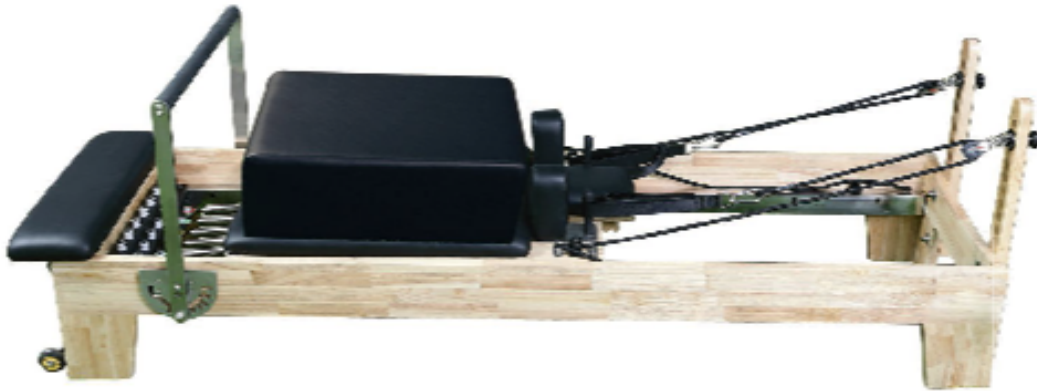


12. Installation (2) Tighten the pedal with screw!





13. Install the square box



⚠ Disclaimer ⚠

Consult a physician before starting any exercise program. Discontinue exercise immediately if you experience pain or discomfort. Improper use of exercise equipment may cause serious injury. Use this equipment only after use and safety training by certified instructors. By choosing to use this equipment, you and your clients and patients assume the sole responsibility for its proper use. You agree to release, indemnify, and hold harmless all retailers, distributors, and manufacturers for injuries resulting from your unsafe or improper use of this equipment.

