

Napoile Installation

Installation Instruction



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1. Check the parts

Open the package and check if the accessories are complete





Support frame*1



Pedal board*1



T-shaped board*1



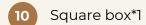








9 Bed board*1



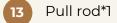
11 Pulley board







Column*2











15 Short spring*2

Medium and long spring*4

17. Long spring*4







Thickened drawstring *2

19 Pull rope*1

20 20. Thickened handle*4











21 Pull ring*2

22 22. Wheel cable*2

23 Hardware hook*4







24 Handle*2

25 Limit pull pin*2

26 Shoulder pillow*2









27 Imported pull rope*2

wrench*2

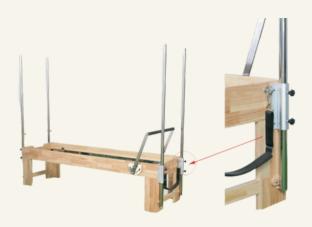
28 Six-edge sheet*2





Step 2 is to install the support rods around, pay attention to the support rods on the four support legs, the installation position

Step 3 Install the left support bracket and the right movable support rod





Step 4 Assemble the top support frame

Step 5 Mount the top frame to the surrounding support rods Tighten all screws



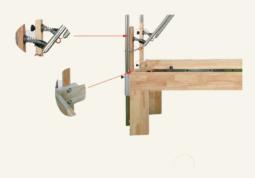


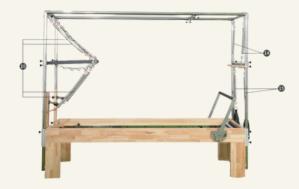




Step 6 Install the pull rope column and wheel cable

Step 7 Hang all springs

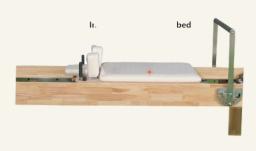




Step 8 Attach bracelet and lower waist panel and drawstring

Step 9 Install the sled on the bed









Step 10 Install the pedals and tighten with screws

Step 11 Pass the pull rope through the wheel rope from top to bottom





Step 12 Turn the drawstring from the handle Pass through to the direction of the shoulder and neck fixed pillow Rope Threader + Rope Clamp

Step 13 Fix the handle with a hardware hook







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Step 14 Install the limit pull pin (installed in a position suitable for sports needs)



Step 15 Put on the T-shaped plate and square box, and the installation is complete



