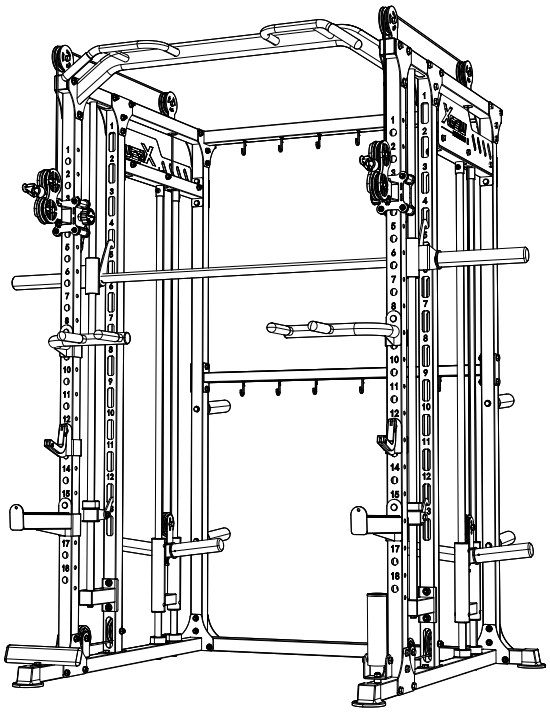
XINGESIWA

Product Installation Instructions

製品取り付け説明書
产品安装说明

L04 Multi-Function Power Rack (Barbell Model)

L04 マルチ機能トレーニングマシン（バーベルタイプ）
L04 龙门架综合训练器（杠铃款）



Zhejiang Swarxinger Industry & Trade Co.

浙江スワシンゲ工業貿易有限会社
浙江斯瓦芯格工贸有限公司

Standard:GB/T23868-2009
实施基準：GB/T23868-2009
全国サービスホットライン：400-039-1758
执行标准：GB/T23868-2009
全国服务热线：400-039-1758
Address:No.19 Yingbin Road, Xiajiao, Lopu Street, Panyu District, Guangzhou, China
住　　所：広州市番禺区洛浦街厦滘迎賓路 19 号
地　　址：广州市番禺区洛浦街厦滘迎宾路 19 号
Manufacturer:No.9 Jinniu Road, Niubi Jin Industrial Park, Wuyi, Zhejiang, China.
生 産 元 ： 浙江省武義県牛背金工業団地金牛路 9 号
生 产 方：浙江武义牛背金工业园区金牛路 9 号

L04 MULTI-FUNCTION POWER RACK (BARBELL MODEL)
L04 マルチ機能トレーニングマシン（バーベルタイプ）
L04 龙门架综合训练器（杠铃款）
——INSTALLATION STEPS
——インストール手順
——安装步骤

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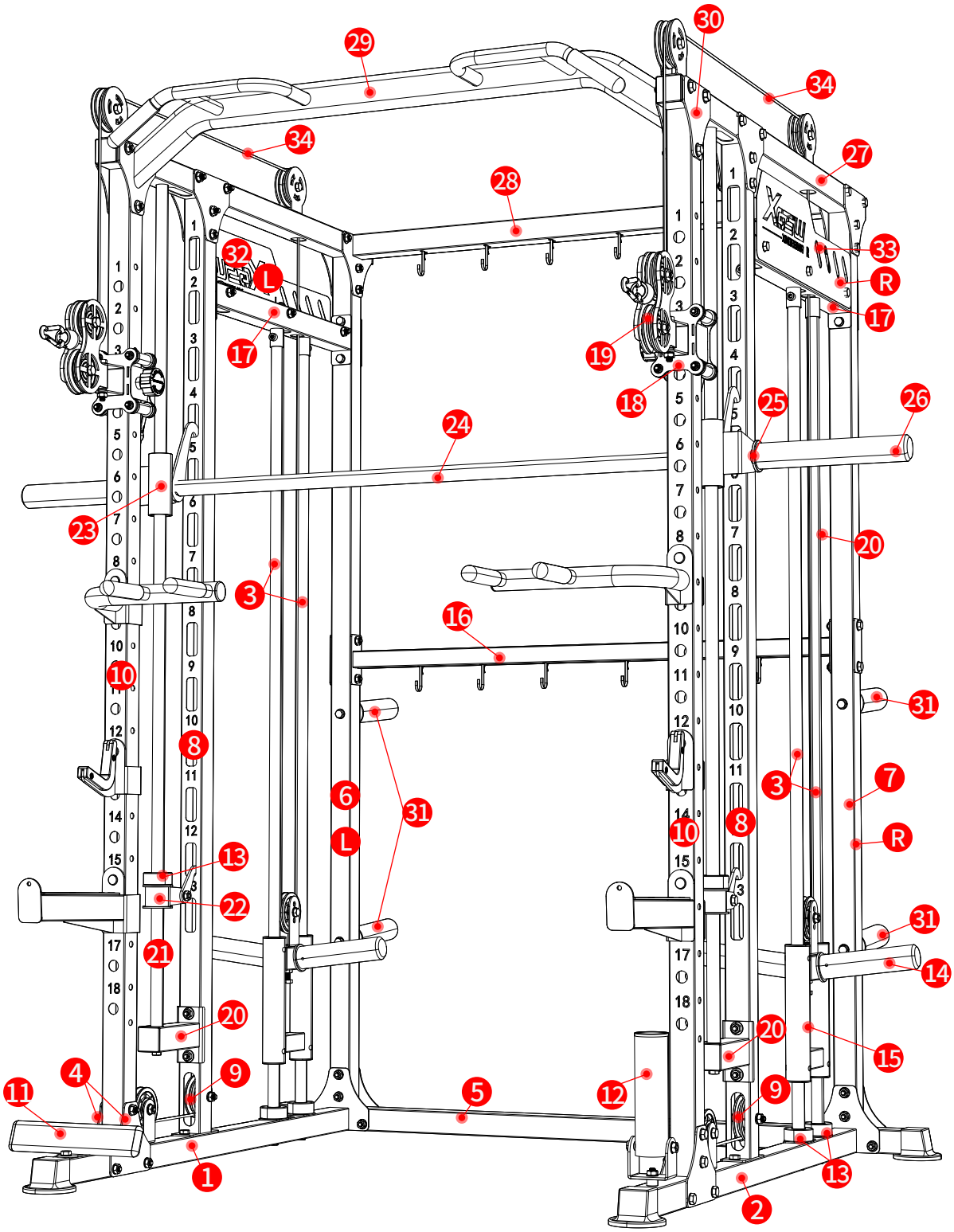
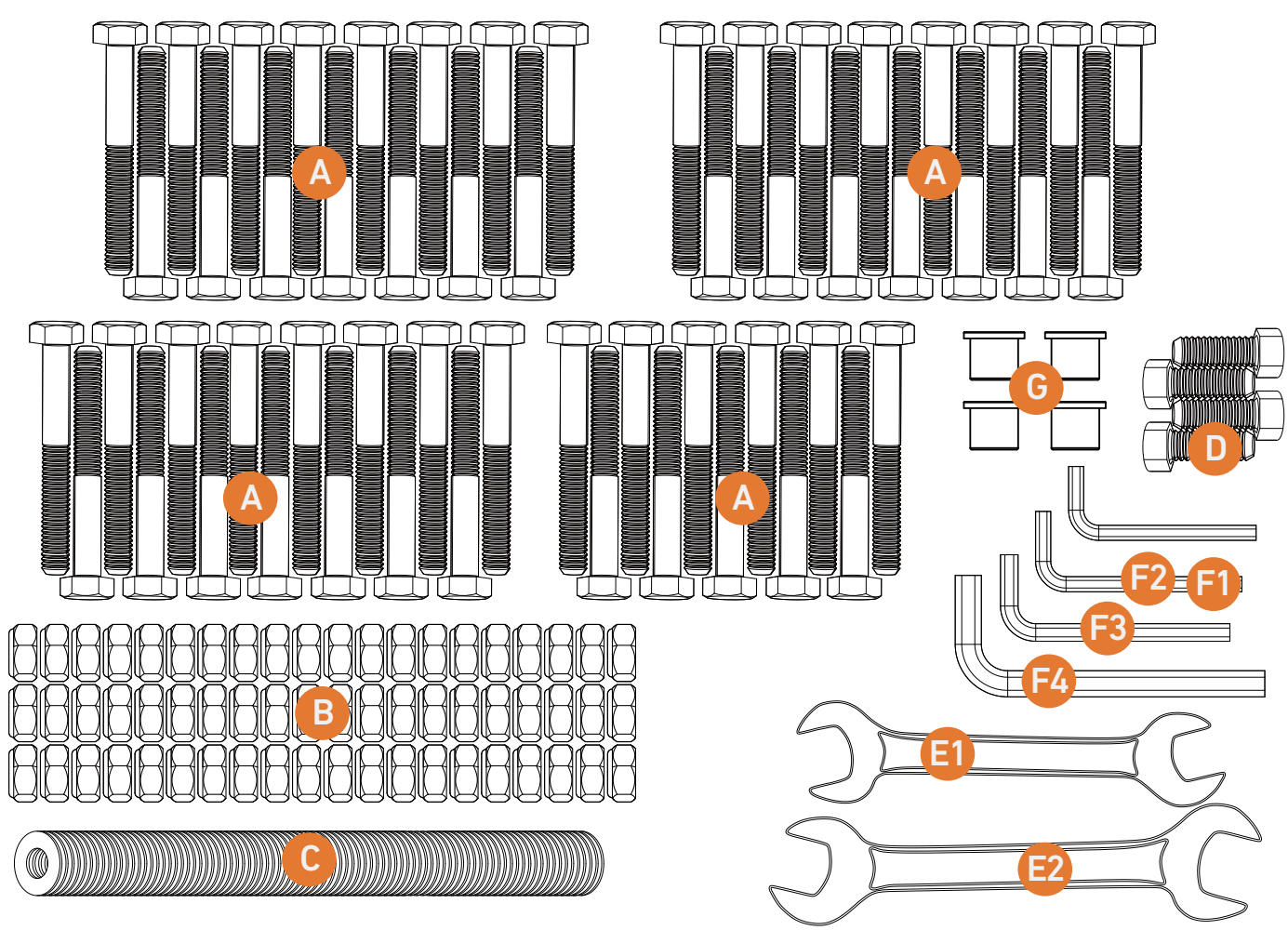
Product Front
製品の正面
产品正面



L04 Power Cage Integrated Trainer Installation Instructions (Barbell Version)

L04 マルチ機能トレーニングマシン（バーベルタイプ）
L04 龙门架综合训练器安装说明（杠铃款）



A 10*70 screws*56 10×70のネジ×56本	F1 Hexagonal Plate Handle M3*1 六角プレートハンドル M3×1
B 10C Non-slip Nut*60 10C 滑り止めナット×60個	F2 Hexagonal Plate Handle M4*1 六角プレートハンドル M4×1
C 10*25*1.5 spacer*120 10×25×1.5 スペーサー×120	F3 Hexagonal Plate Handle M5*1 六角プレートハンドル M5×1
D 10*20 screws*4 10×20のネジ×4本	F4 Hexagonal Plate Handle M8*1 六角プレートハンドル M8×1
E1 14-17 open-end wrench*1 14～17mm オープンエンドレンチ×1	G Bushings*4 ブッシング×4
E2 17-19 open-end wrench*1 17～19mm オープンエンドレンチ×1	

L04 MULTI-FUNCTION POWER RACK (BARBELL MODEL)
L04 マルチ機能トレーニングマシン（バーベルタイプ）
L04 龙门架综合训练器（杠铃款）
——INSTALLATION STEPS
——インストール手順
——安装步骤

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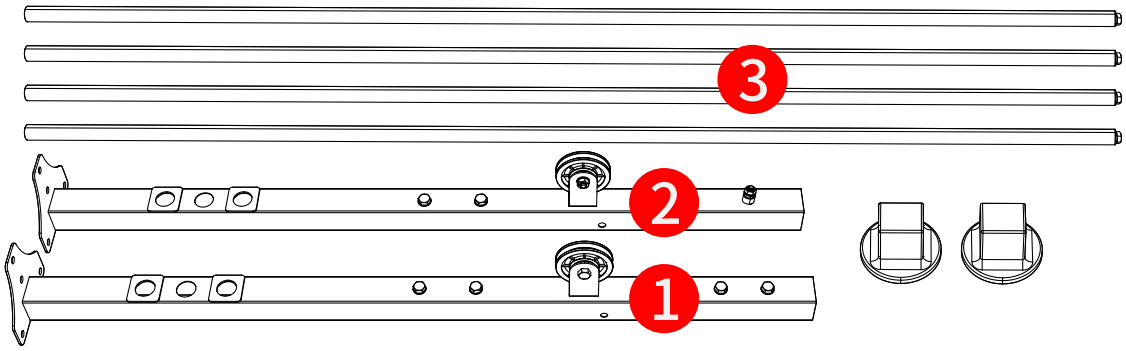
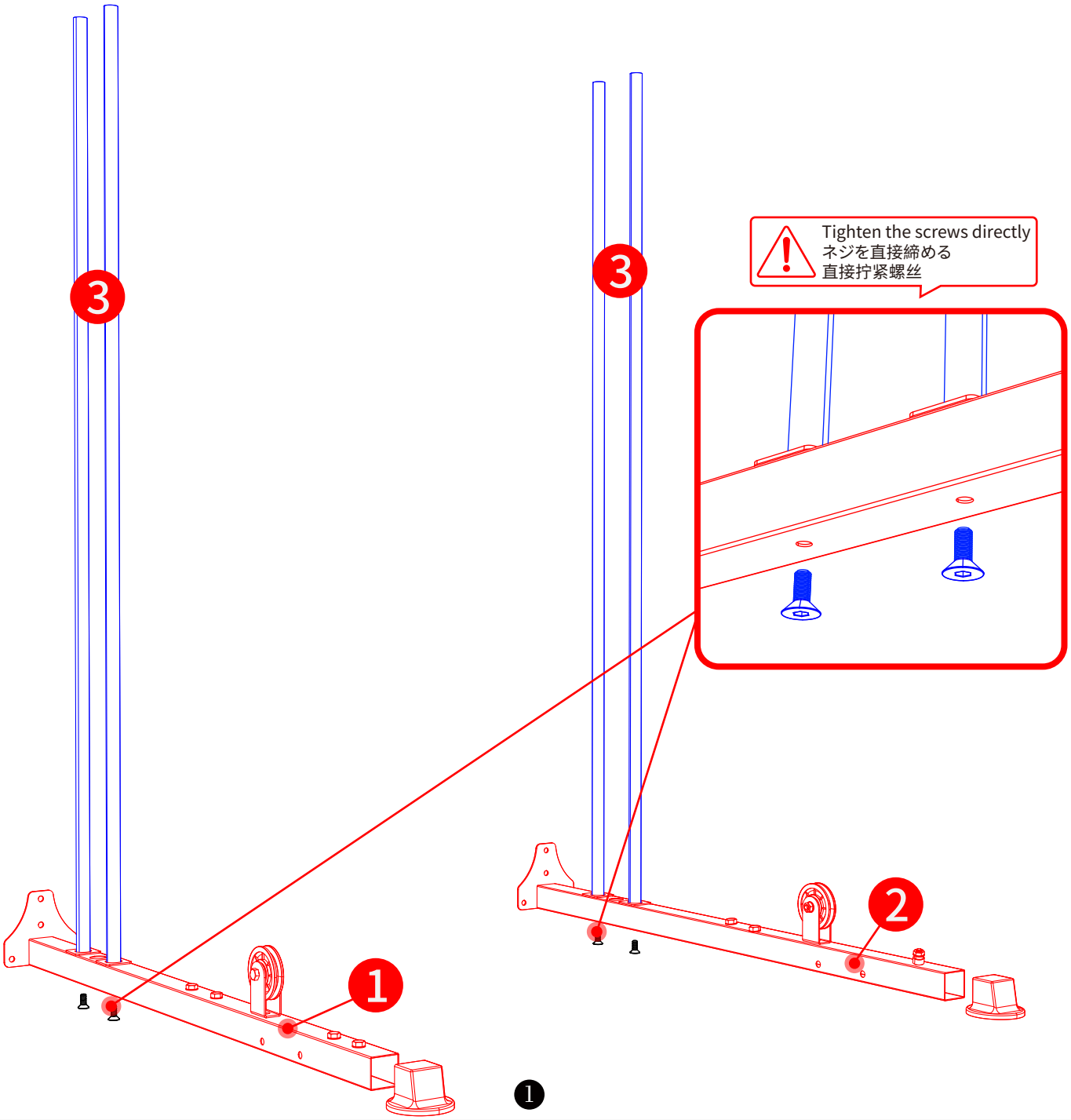
Step1



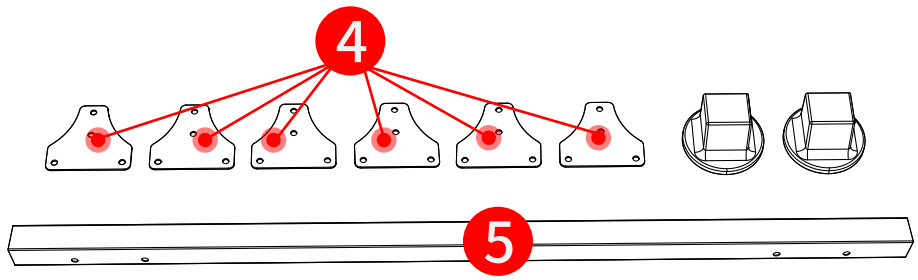


Step2

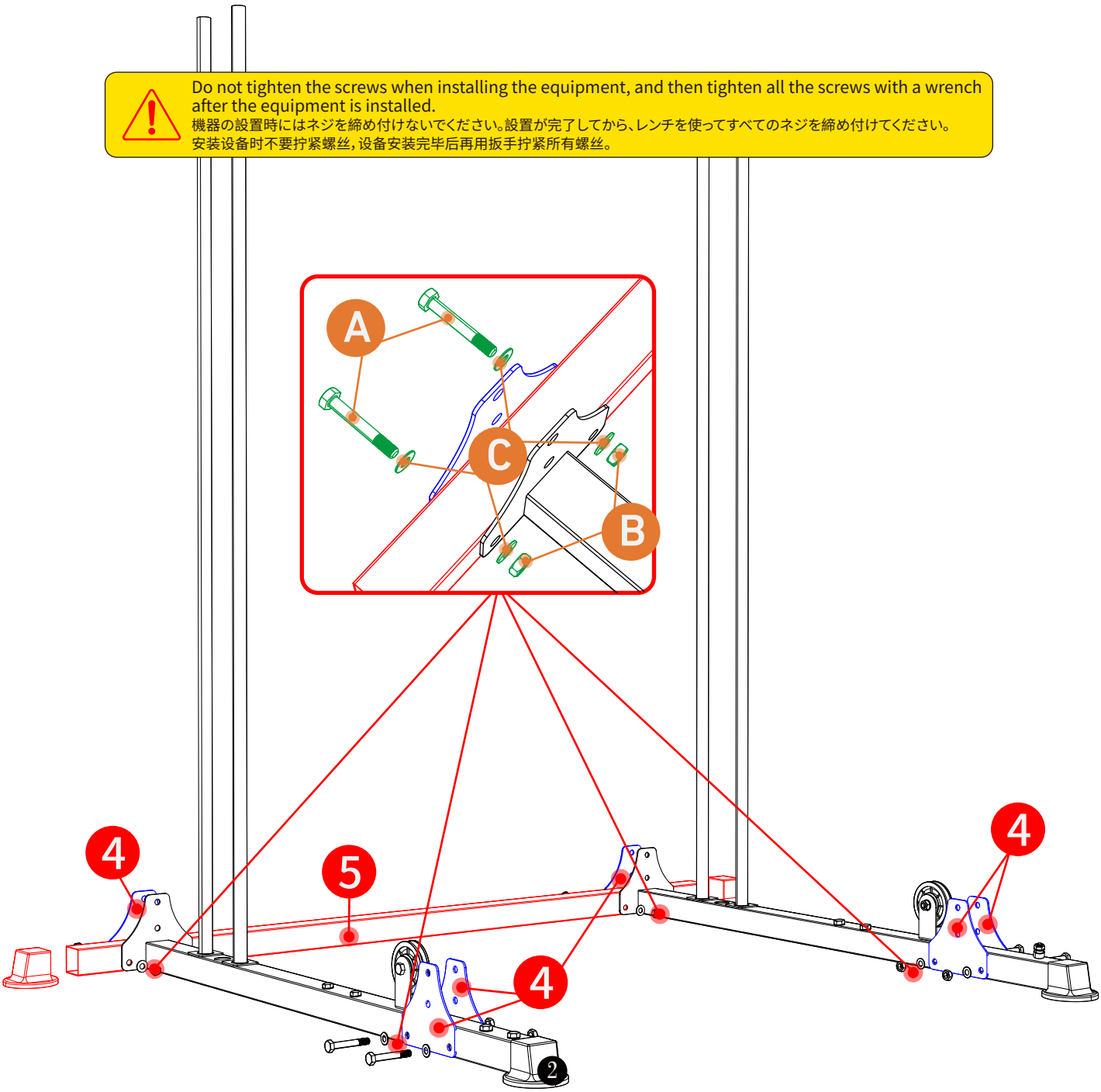
A 10*70 screws*8
10×70のネジ×8本

B 10C Non-slip Nut*8
10C 滑り止めナット×8個

C 10*25*1.5 spacer*16
10×25×1.5 スペーサー×16



Do not tighten the screws when installing the equipment, and then tighten all the screws with a wrench after the equipment is installed.
機器の設置時にはネジを締め付けないでください。設置が完了してから、レンチを使ってすべてのネジを締め付けてください。
安装设备时不要拧紧螺丝，设备安装完毕后再用扳手拧紧所有螺丝。

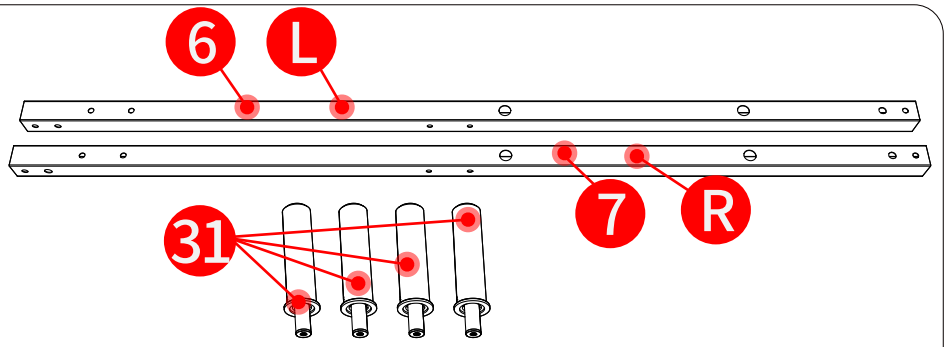


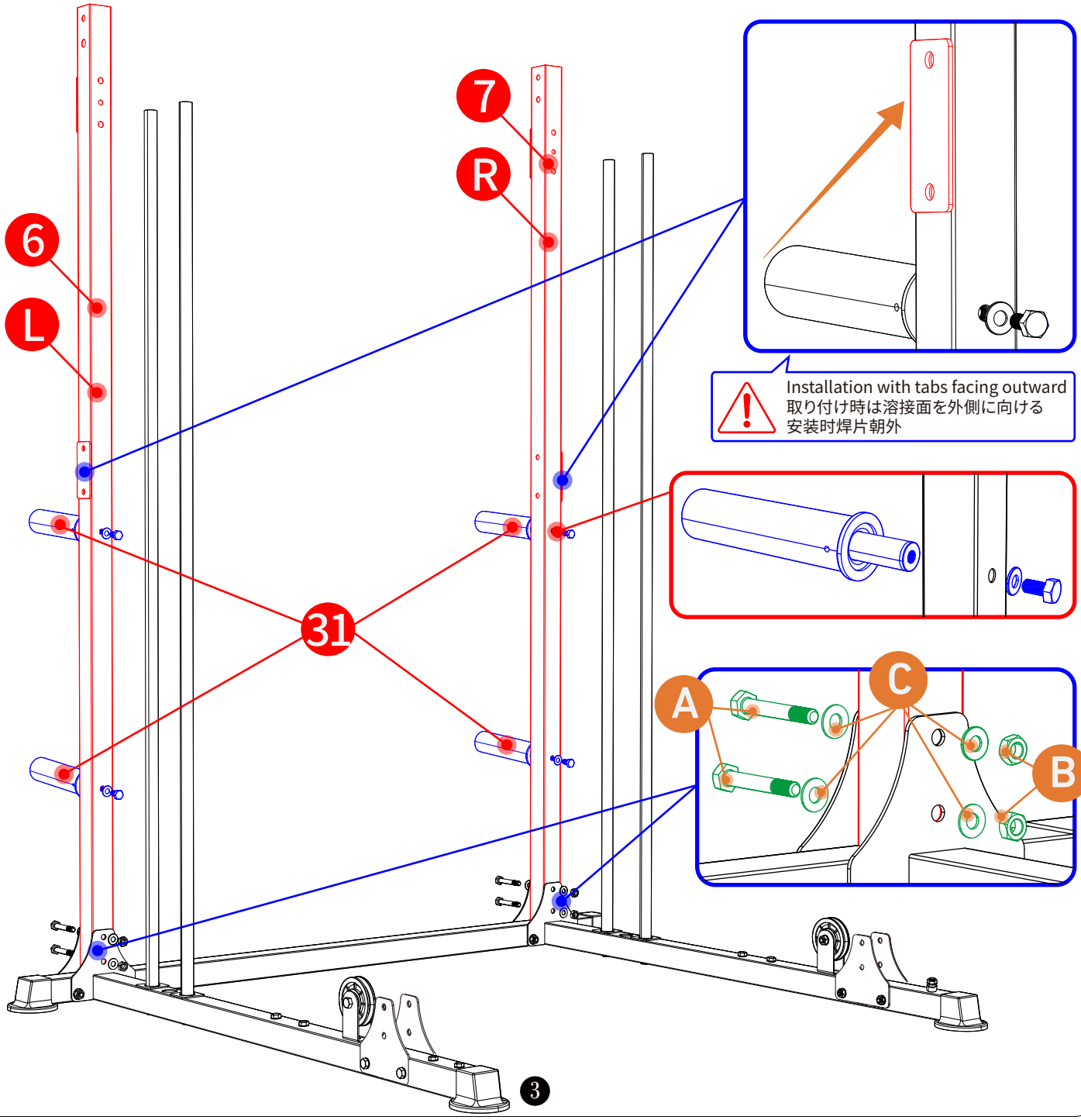
Step3

A 10*70 screws*4
10×70のネジ×4本

B 10C Non-slip Nut*4
10C 滑り止めナット×4個

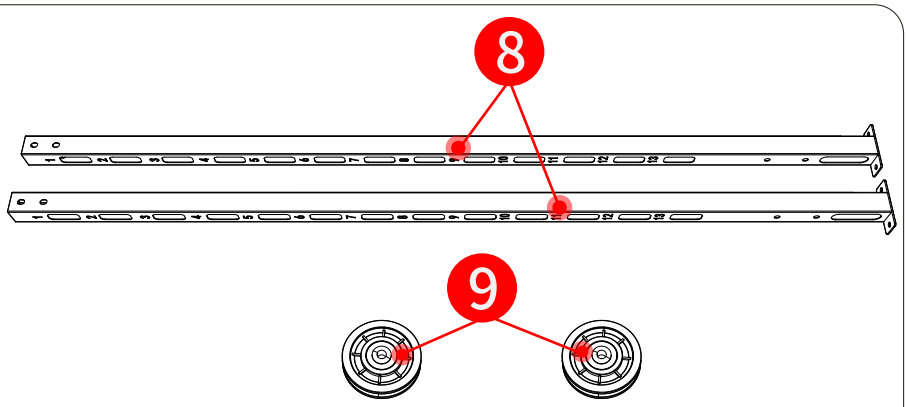
C 10*25*1.5 spacer*8
10×25×1.5 スペーサー×8

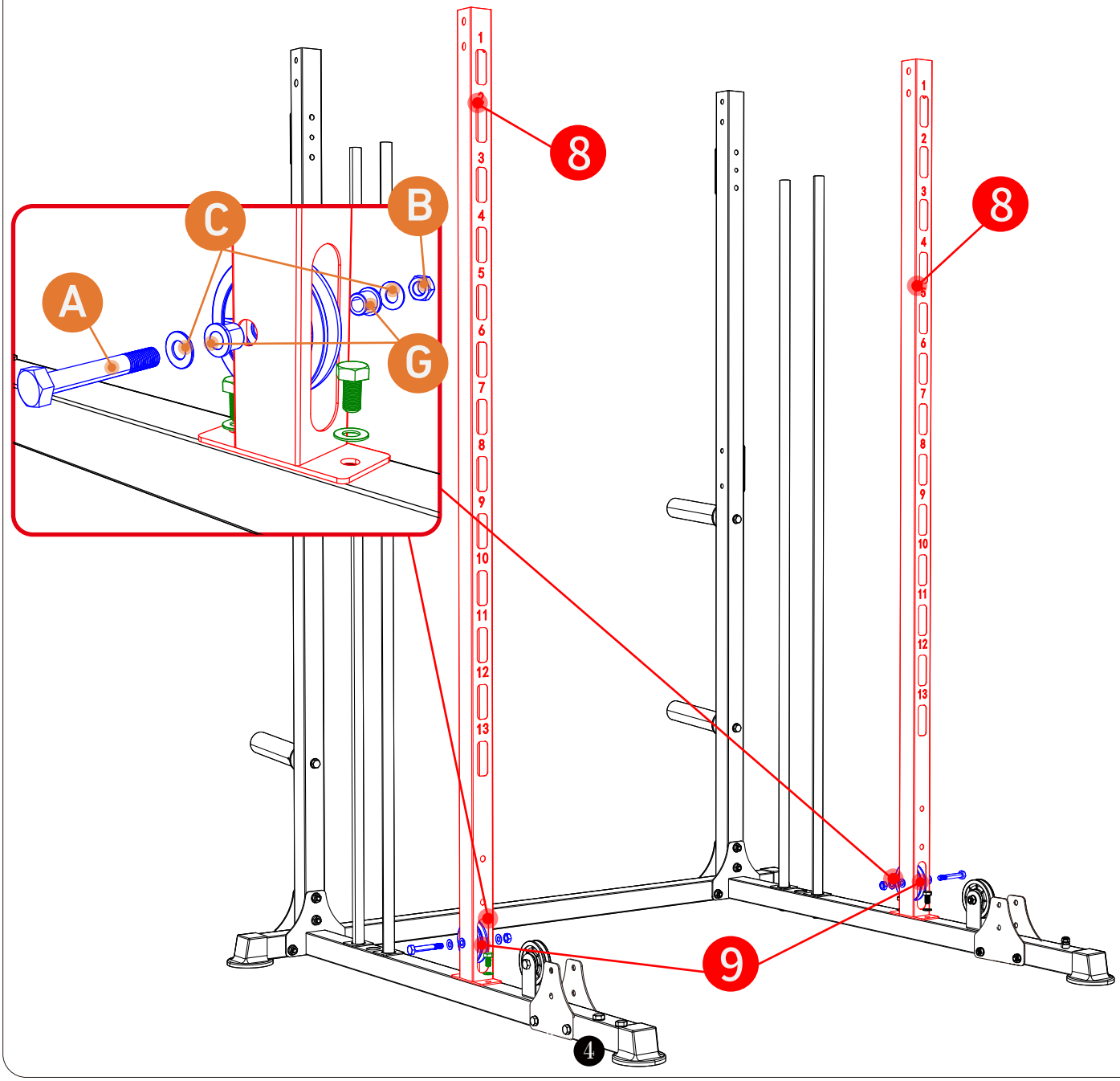




Step4

- A 10*70 screws*2
  10×70のネジ×2本
- B 10C Non-slip Nut*2
  10C 滑り止めナット×2個
- C 10*25*1.5 spacer*4
  10×25×1.5 スペーサー×4
- G Bushings*4
  ブッシング×4



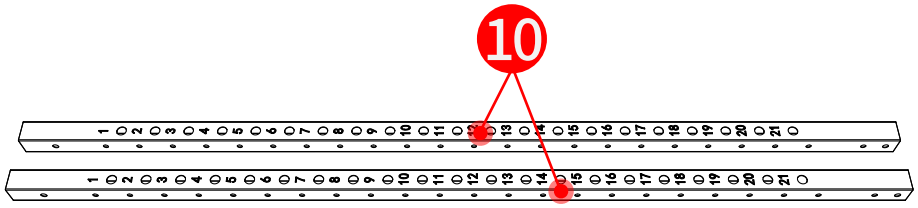


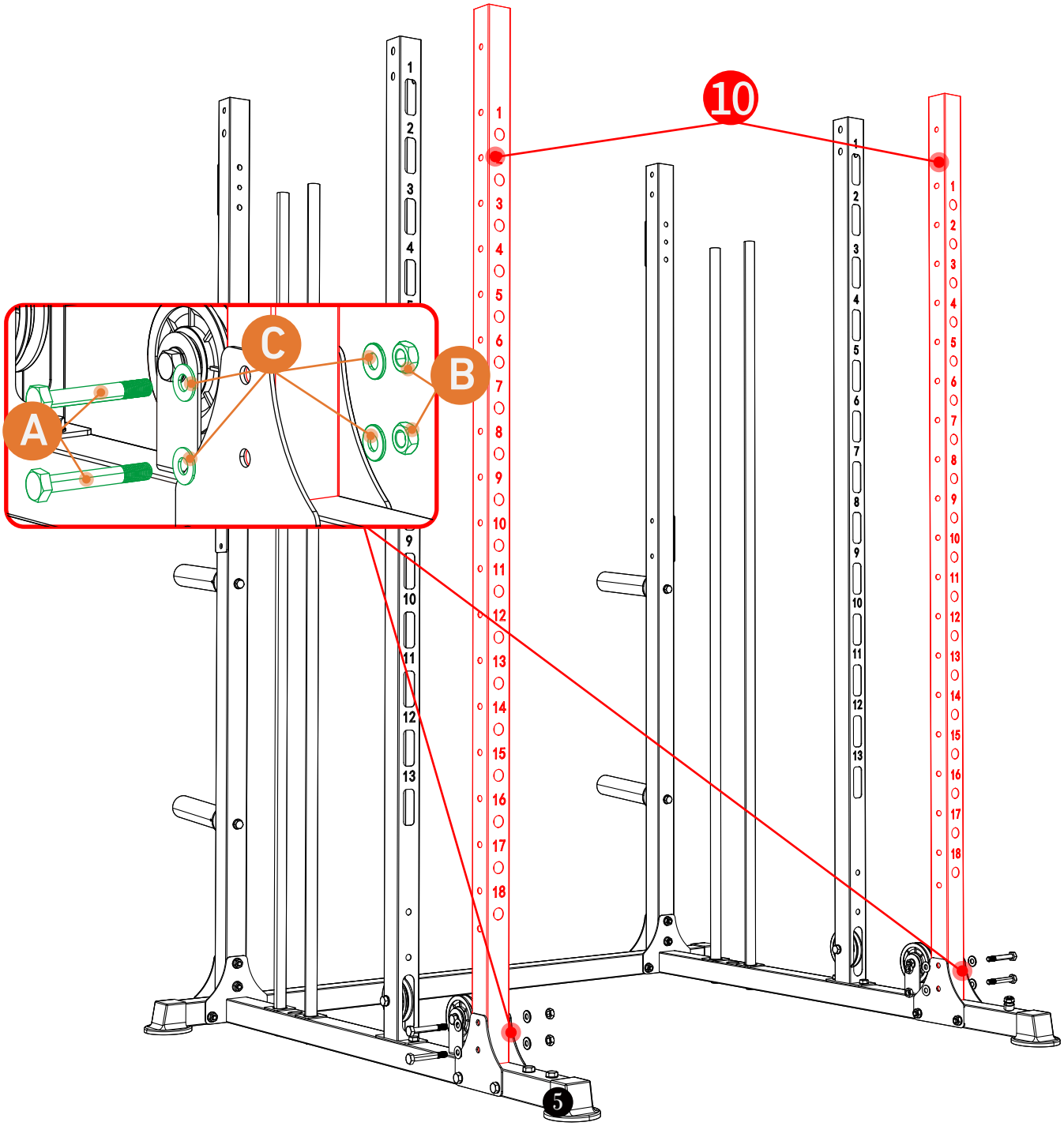
Step5

A 10*70 screws*4
10×70のネジ×4本

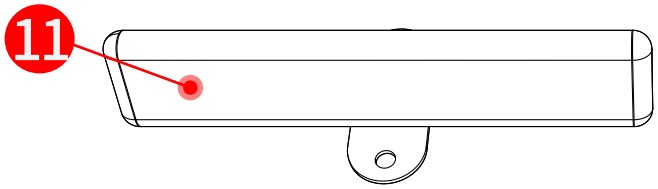
B 10C Non-slip Nut*4
10C 滑り止めナット×4個

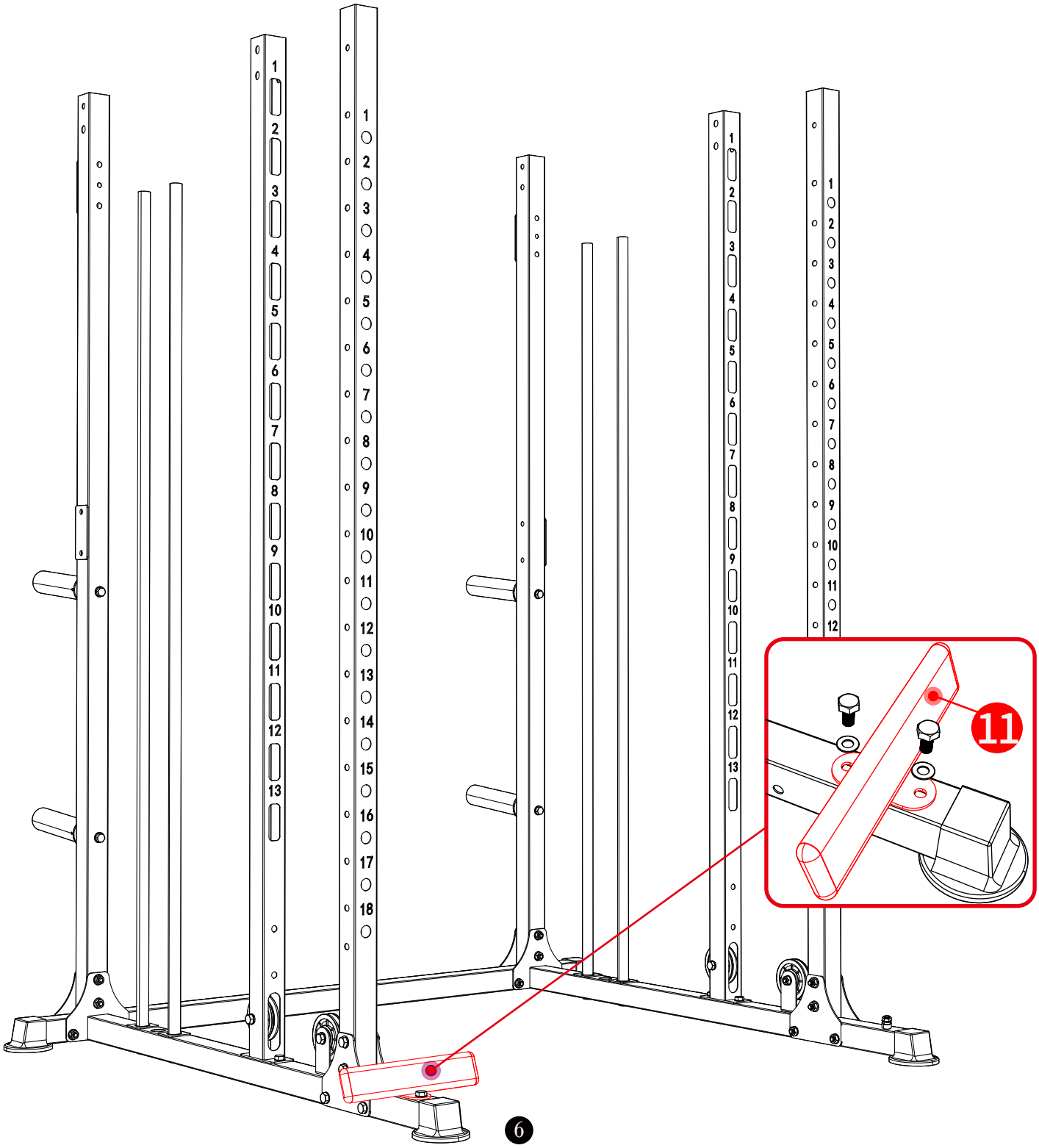
C 10*25*1.5 spacer*8
10×25×1.5 スペーサー×8



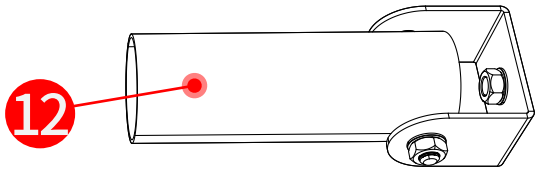


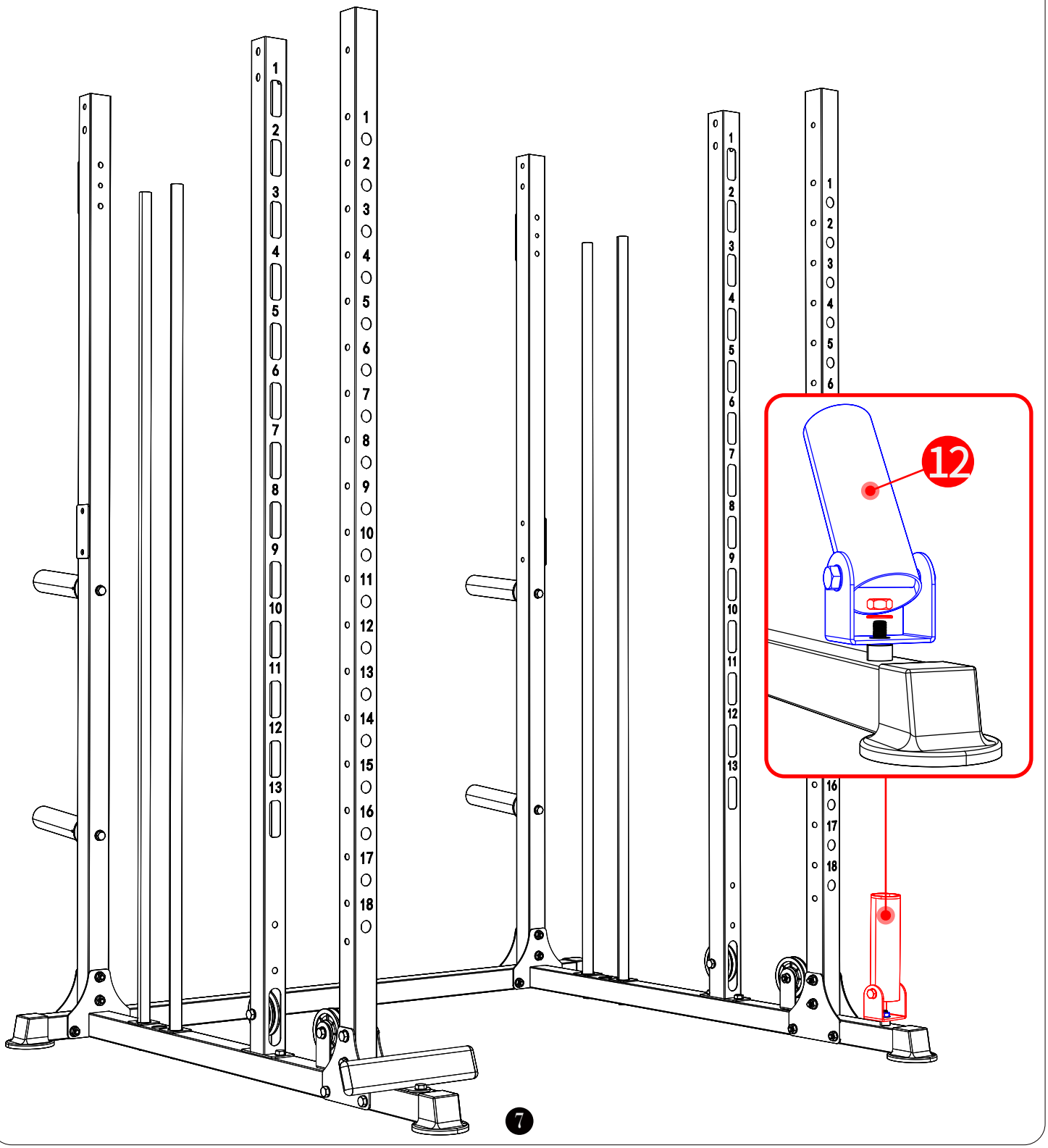
Step6



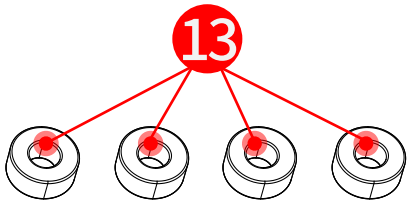


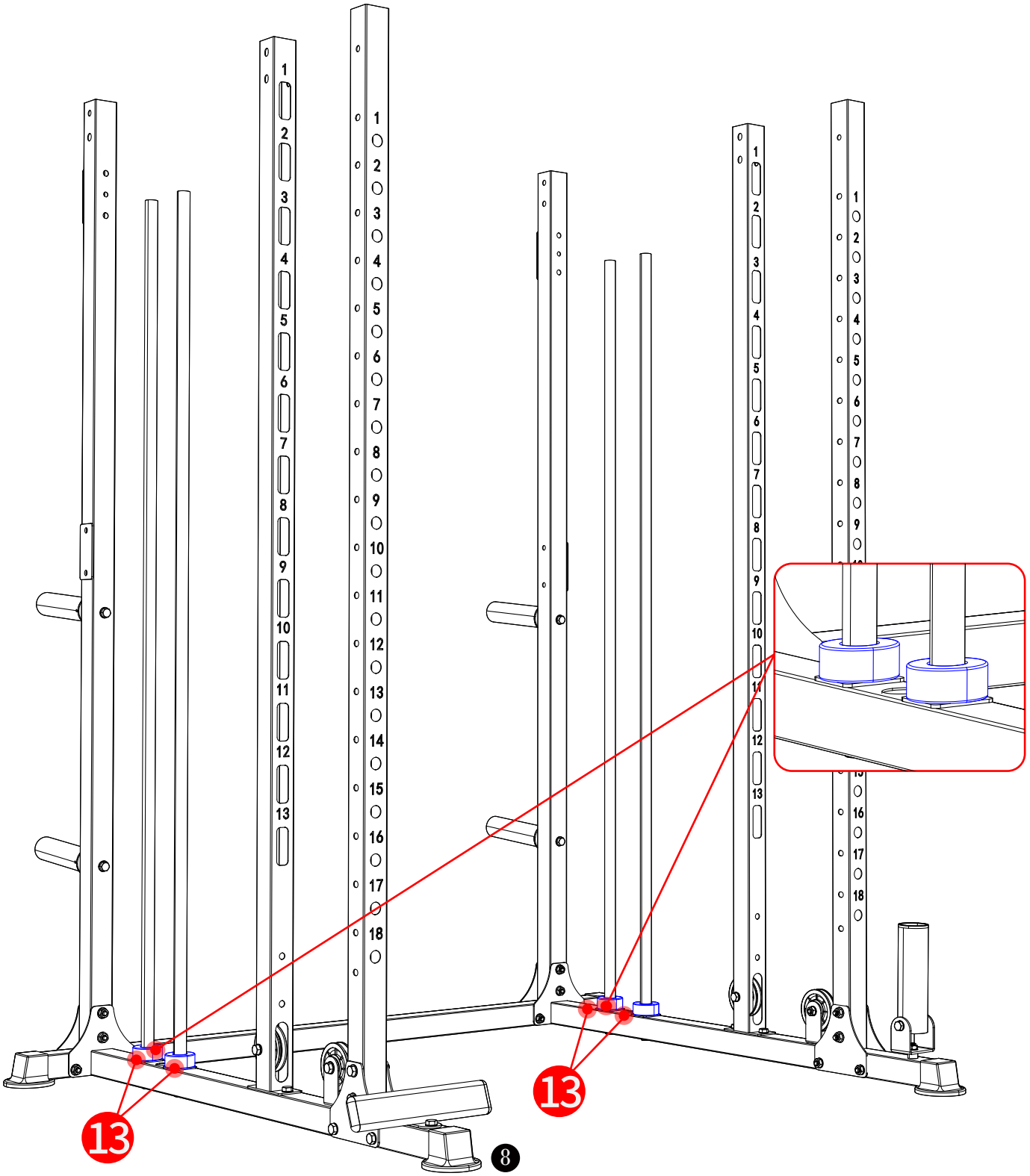
Step7



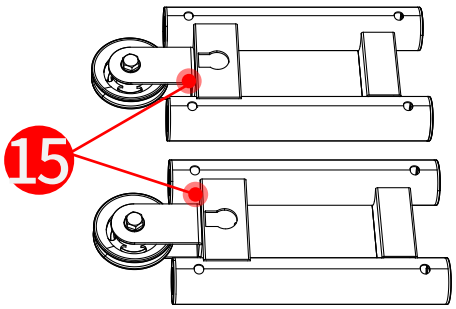


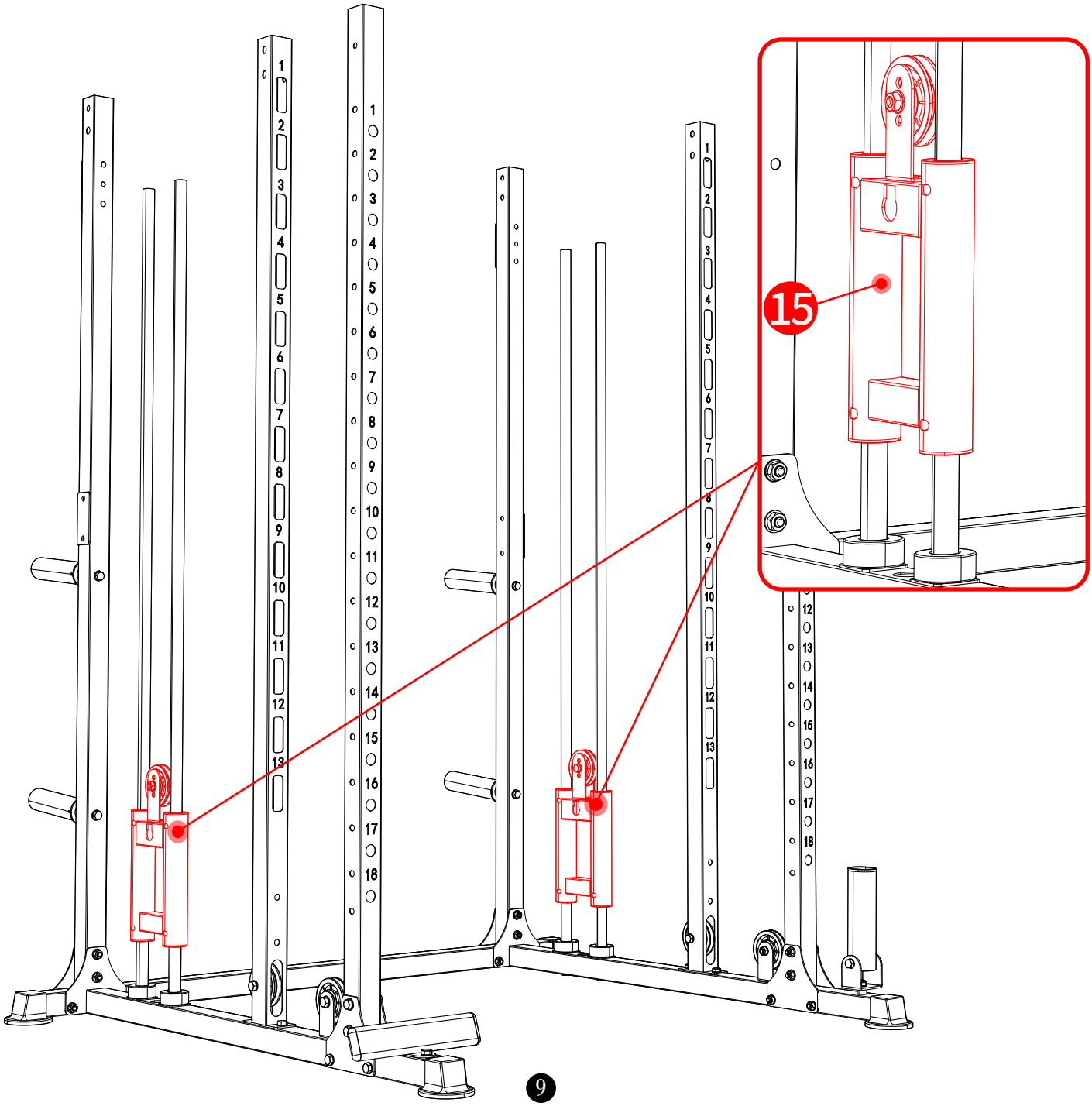
Step8





Step9





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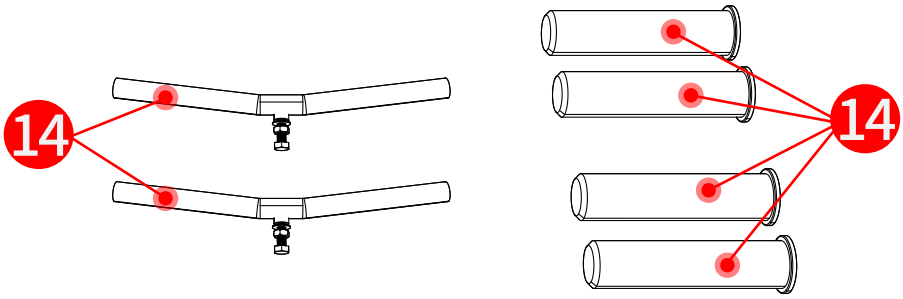
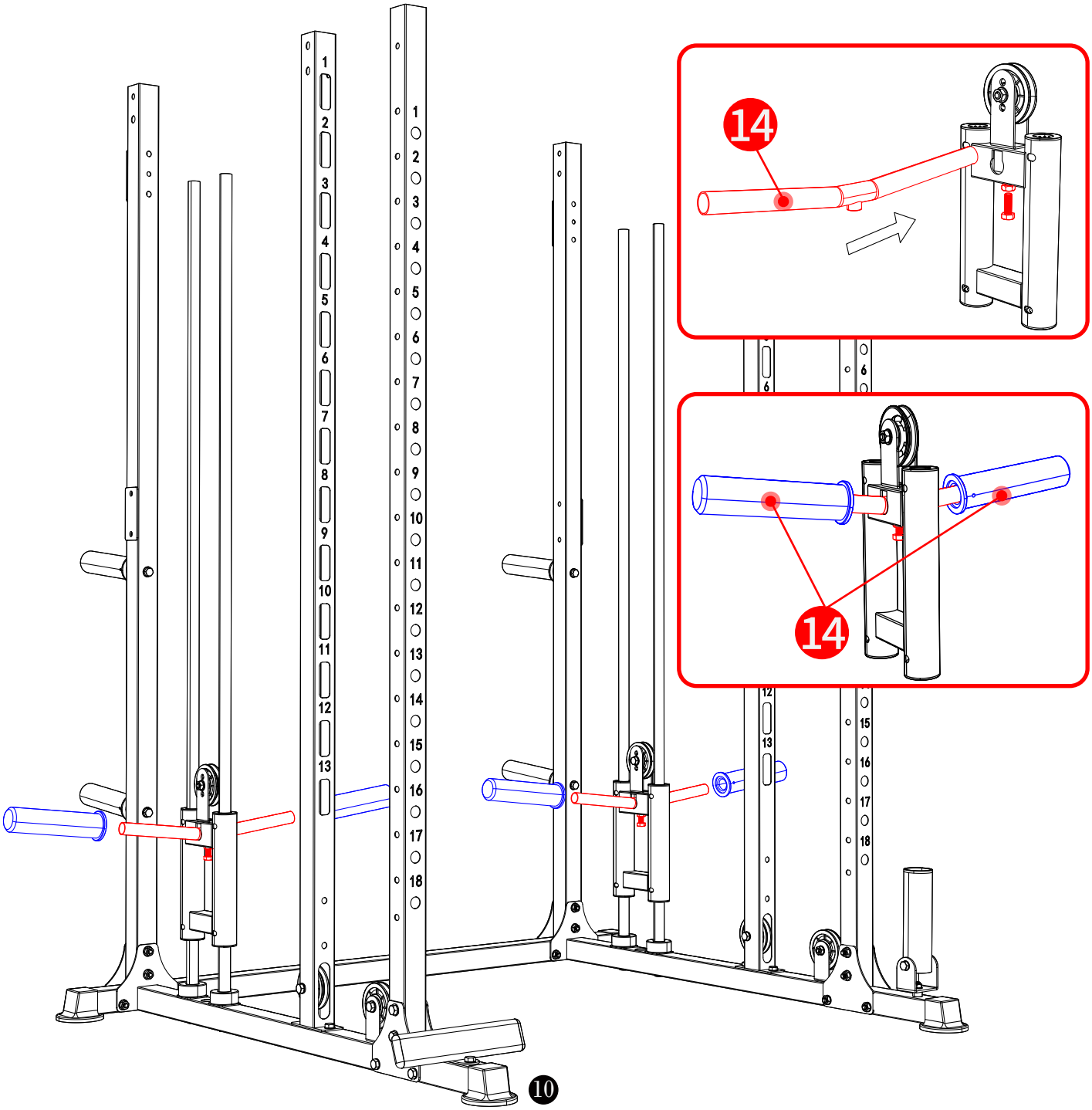


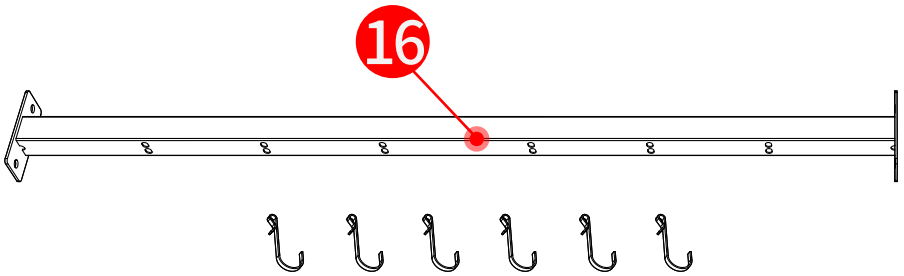


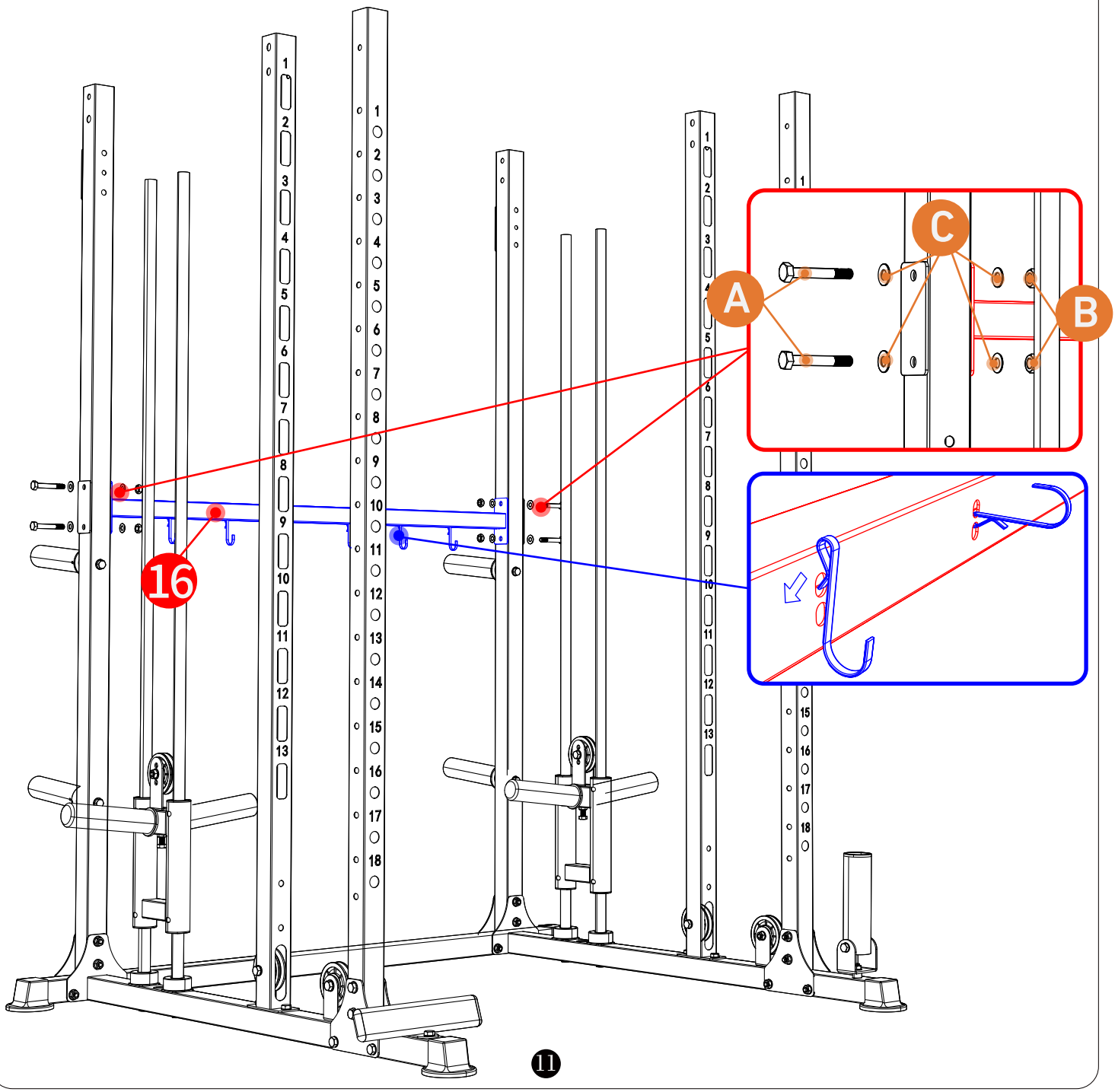
Step11

A 10*70 screws*4
10×70のネジ×4本

B 10C Non-slip Nut*4
10C 滑り止めナット×4個

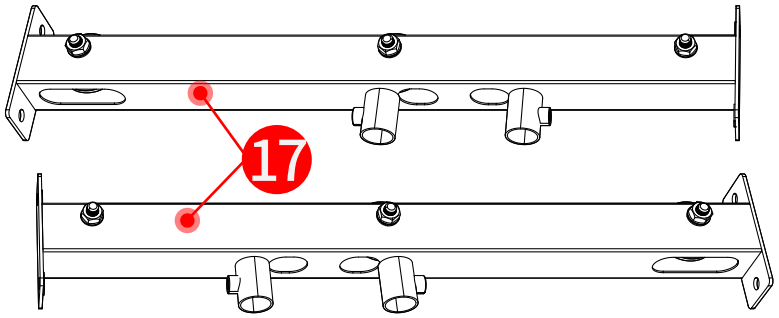
C 10*25*1.5 spacer*8
10×25×1.5 スペーサー×8

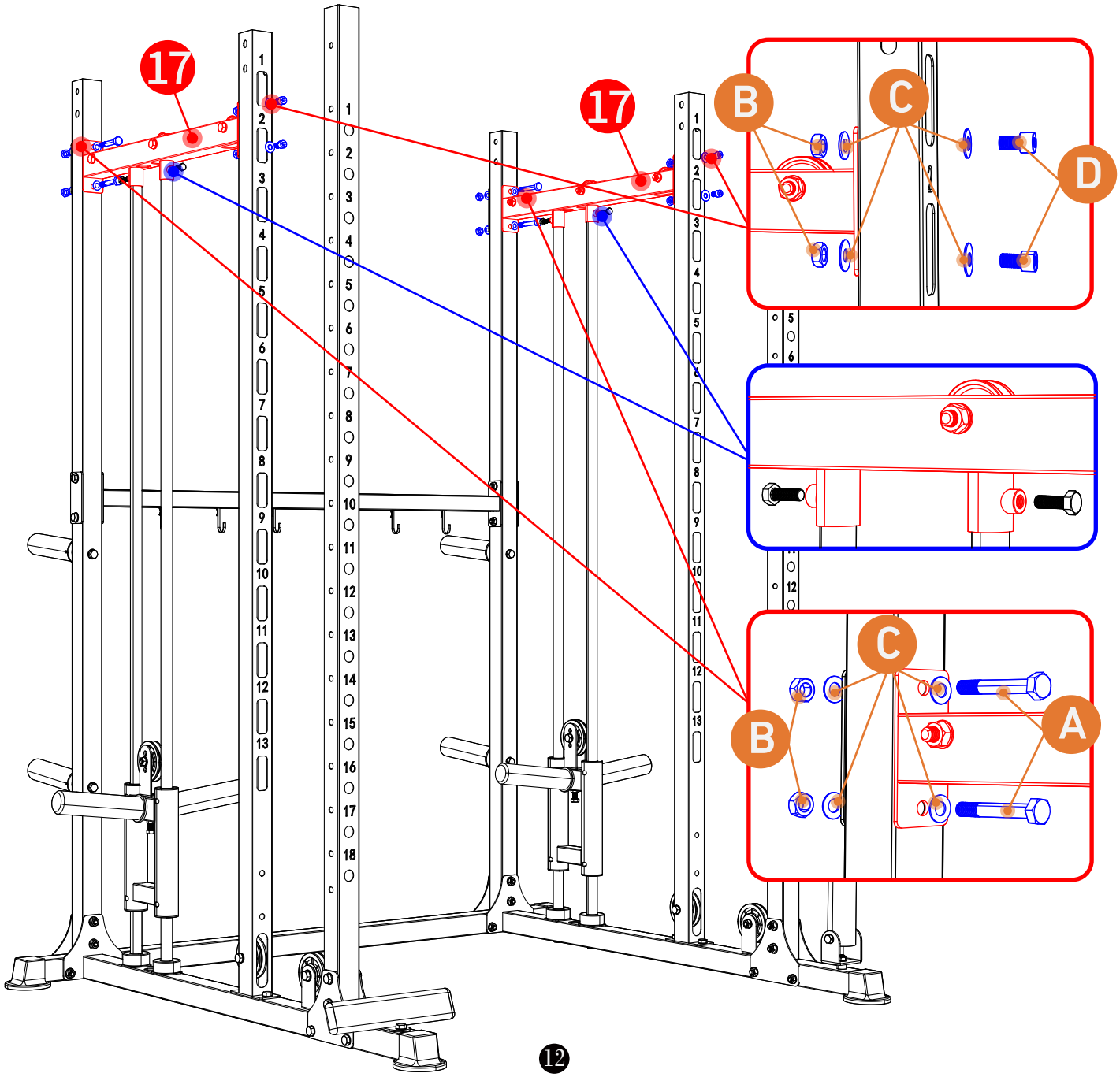




Step12

- A 10*70 screws*4
  10×70のネジ×4本
- B 10C Non-slip Nut*8
  10C 滑り止めナット×8個
- C 10*25*1.5 spacer*16
  10×25×1.5 スペーサー×16
- D 10*20 screws*4
  10×20のネジ×4本



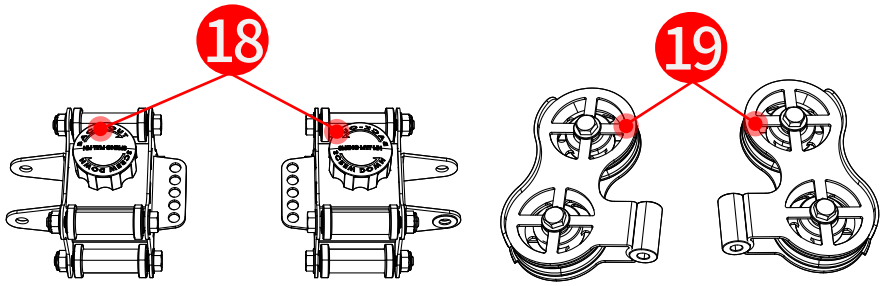


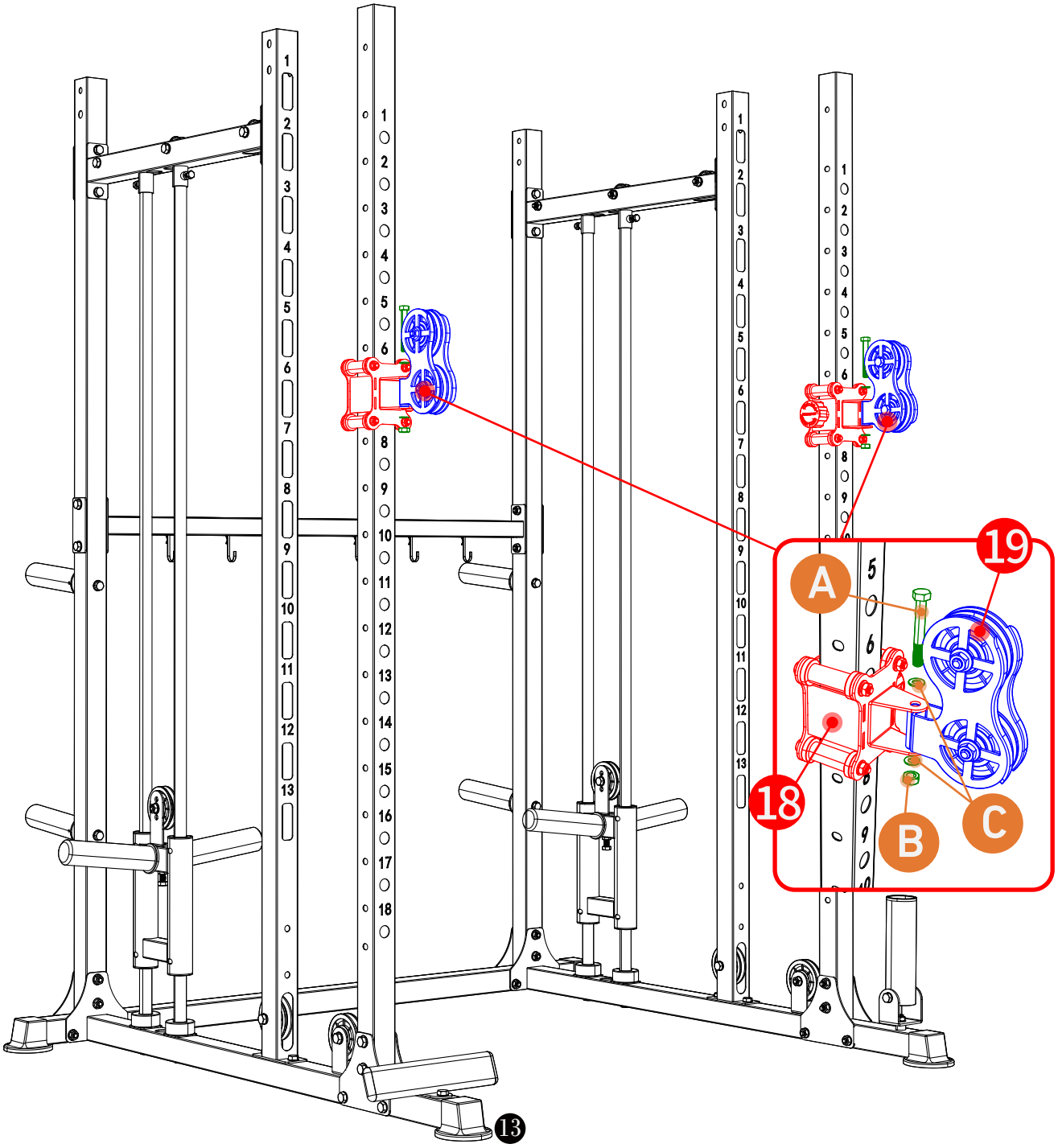
Step13

A 10*70 screws*2
10×70のネジ×2本

B 10C Non-slip Nut*2
10C 滑り止めナット×2個

C 10*25*1.5 spacer*4
10×25×1.5 スペーサー×4



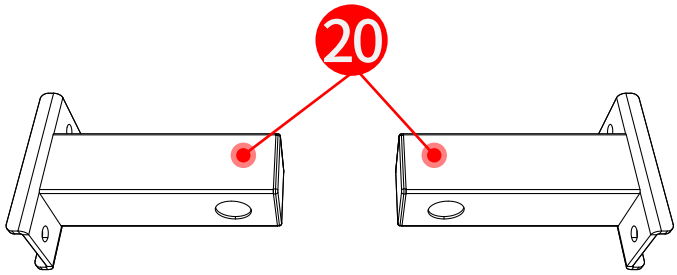


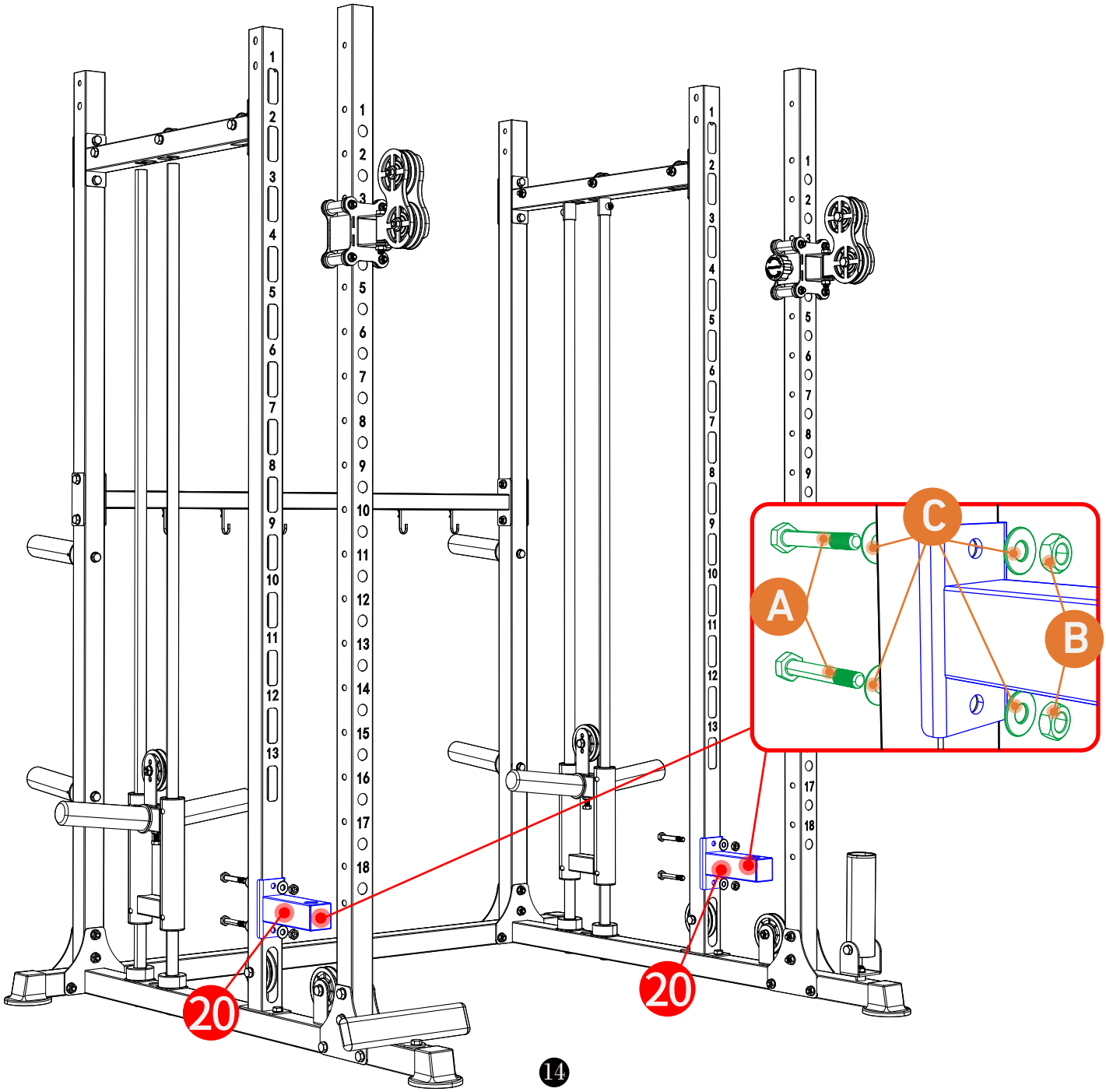
Step14

A 10*70 screws*4
10×70のネジ×4本

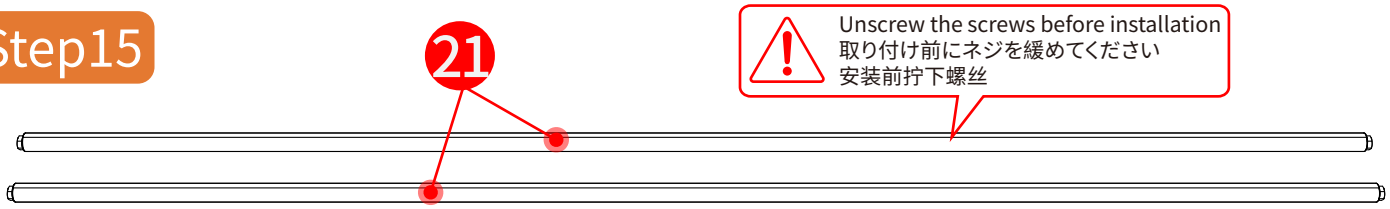
B 10C Non-slip Nut*4
10C 滑り止めナット×4個

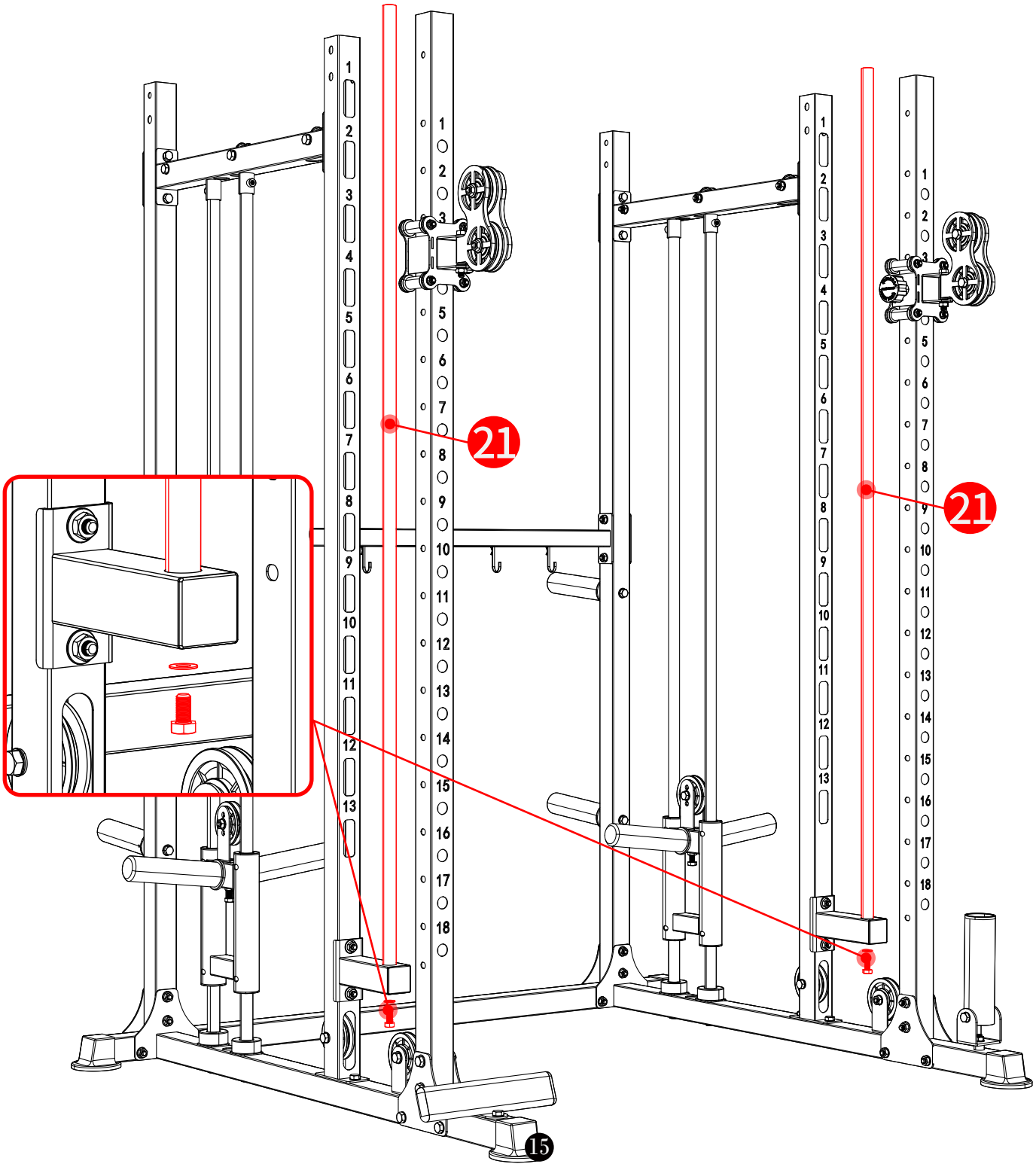
C 10*25*1.5 spacer*8
10×25×1.5 スペーサー×8



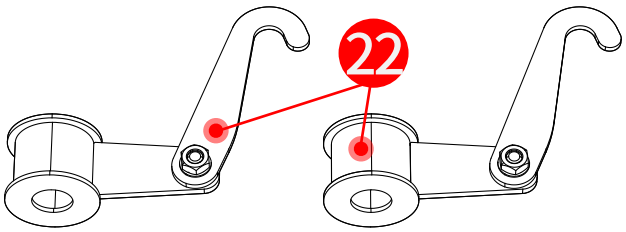


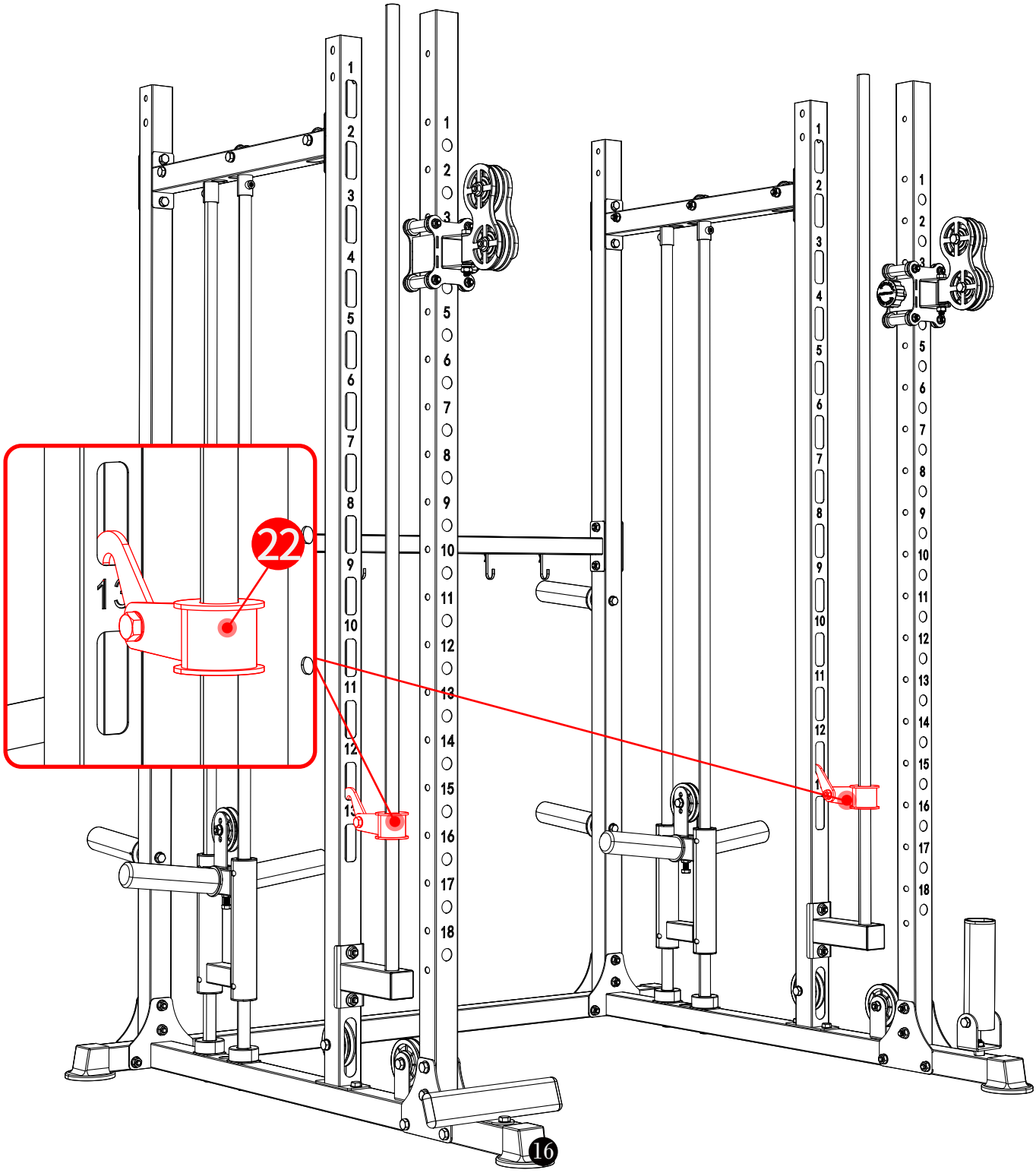
Step15


21
Unscrew the screws before installation
取り付け前にネジを緩めてください
安装前拧下螺丝


21
21
15

Step16





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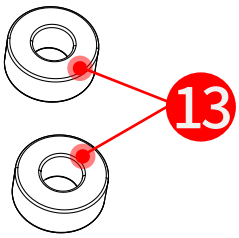
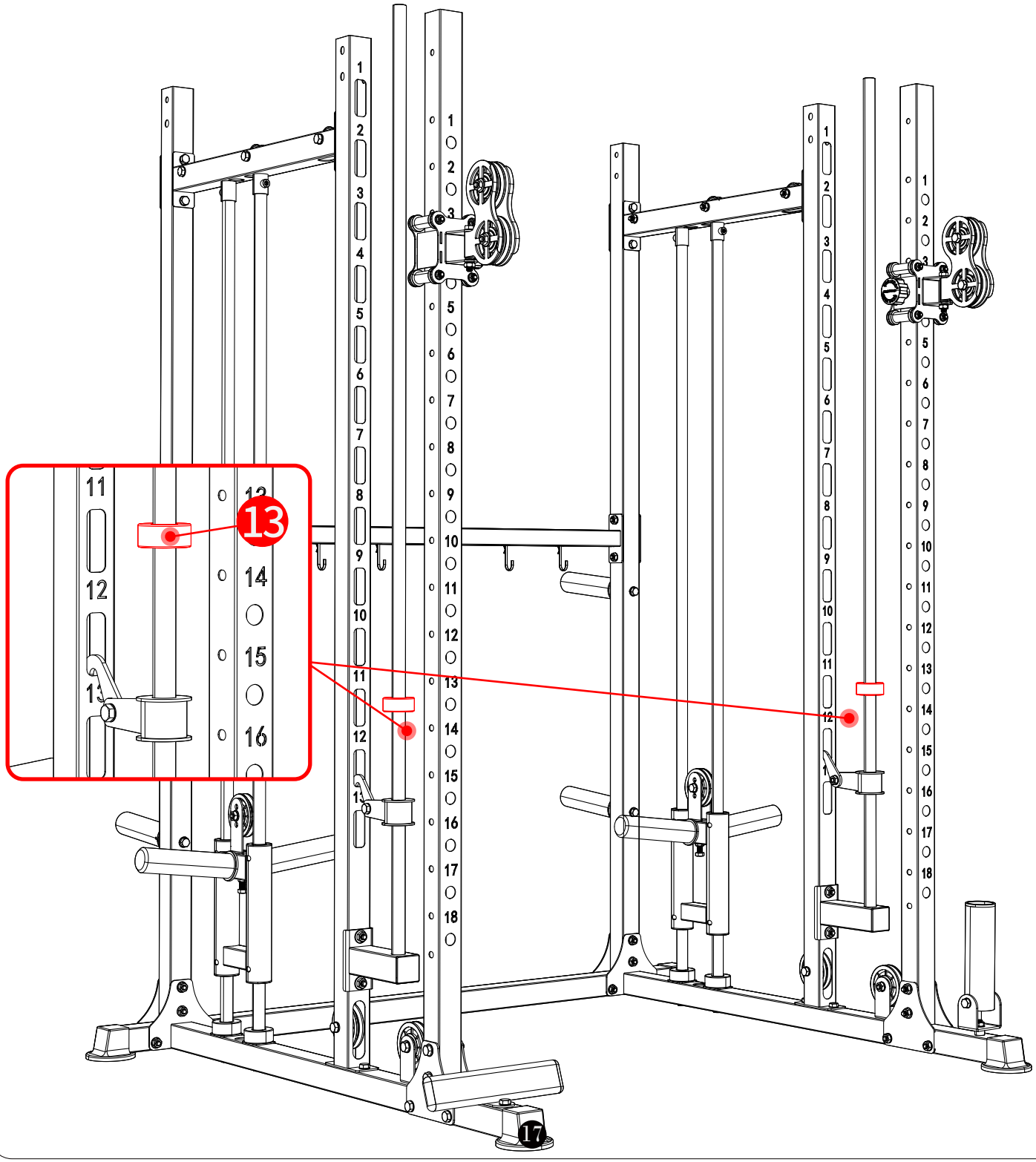
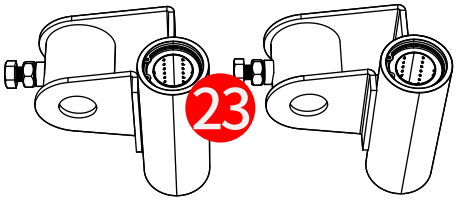
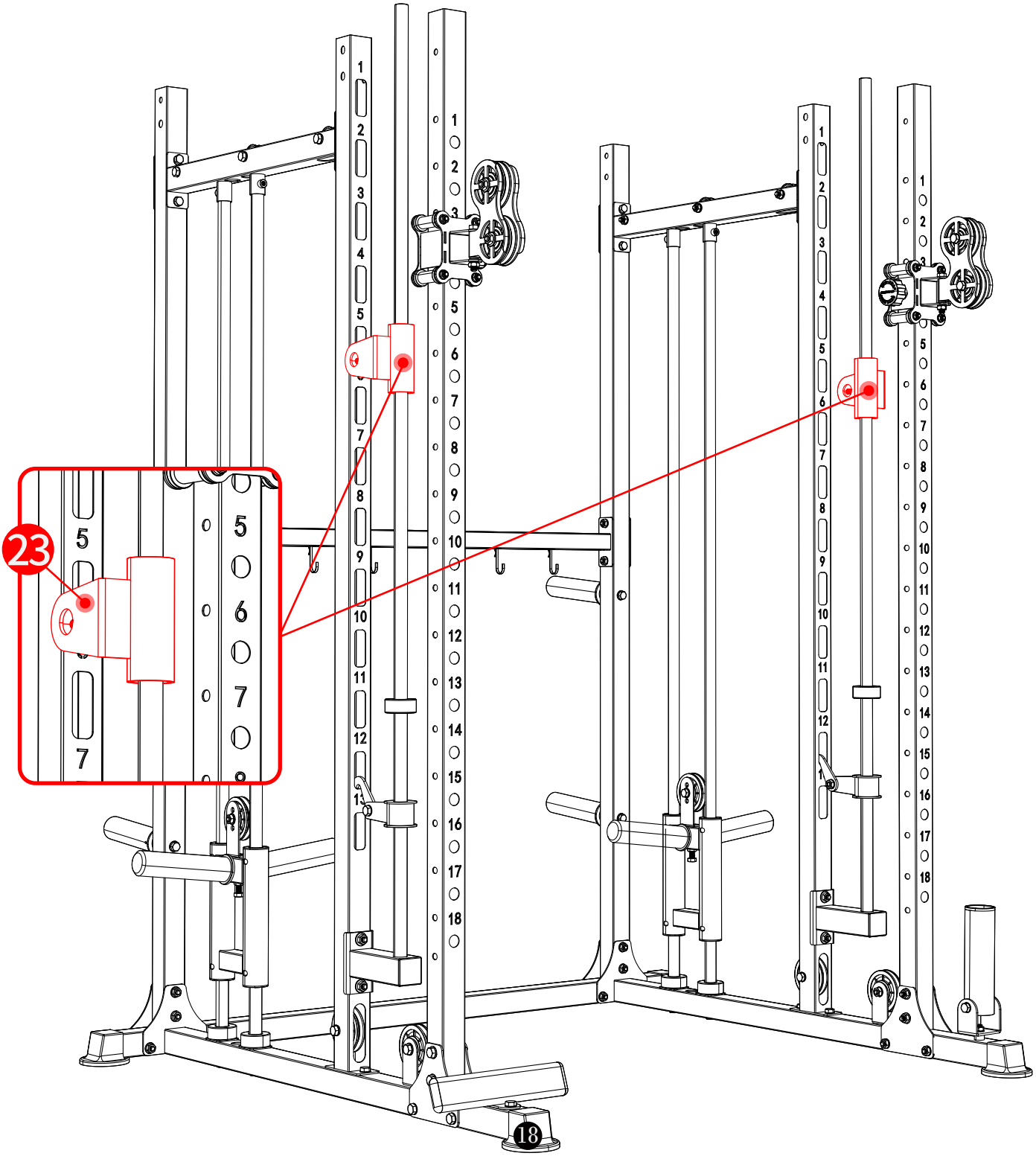




Step18





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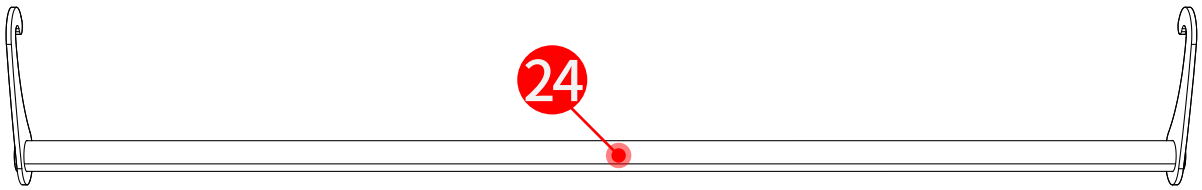
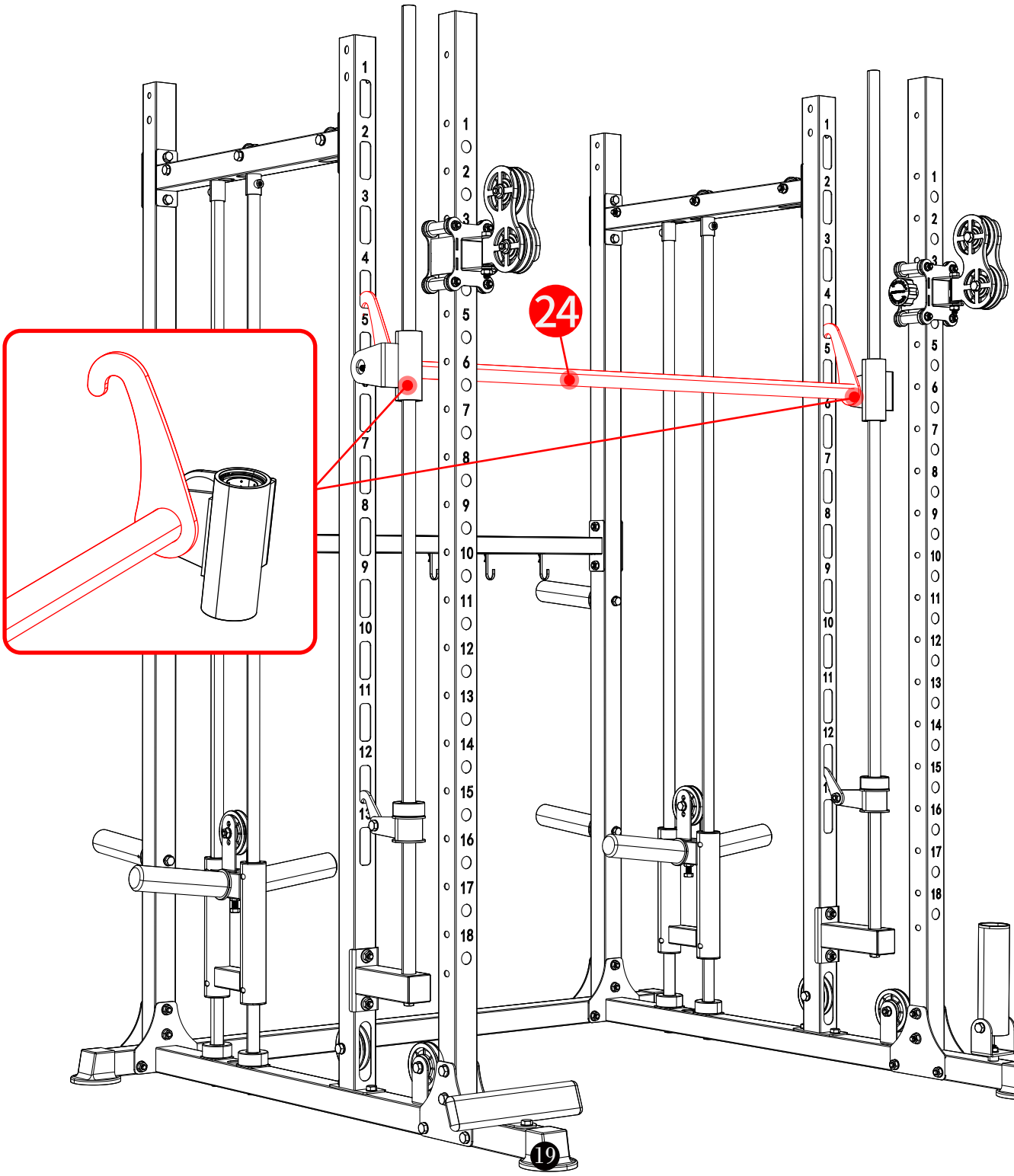
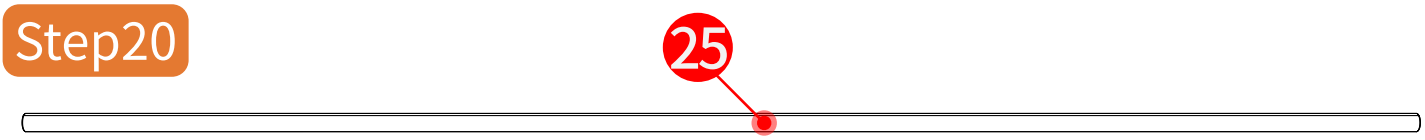
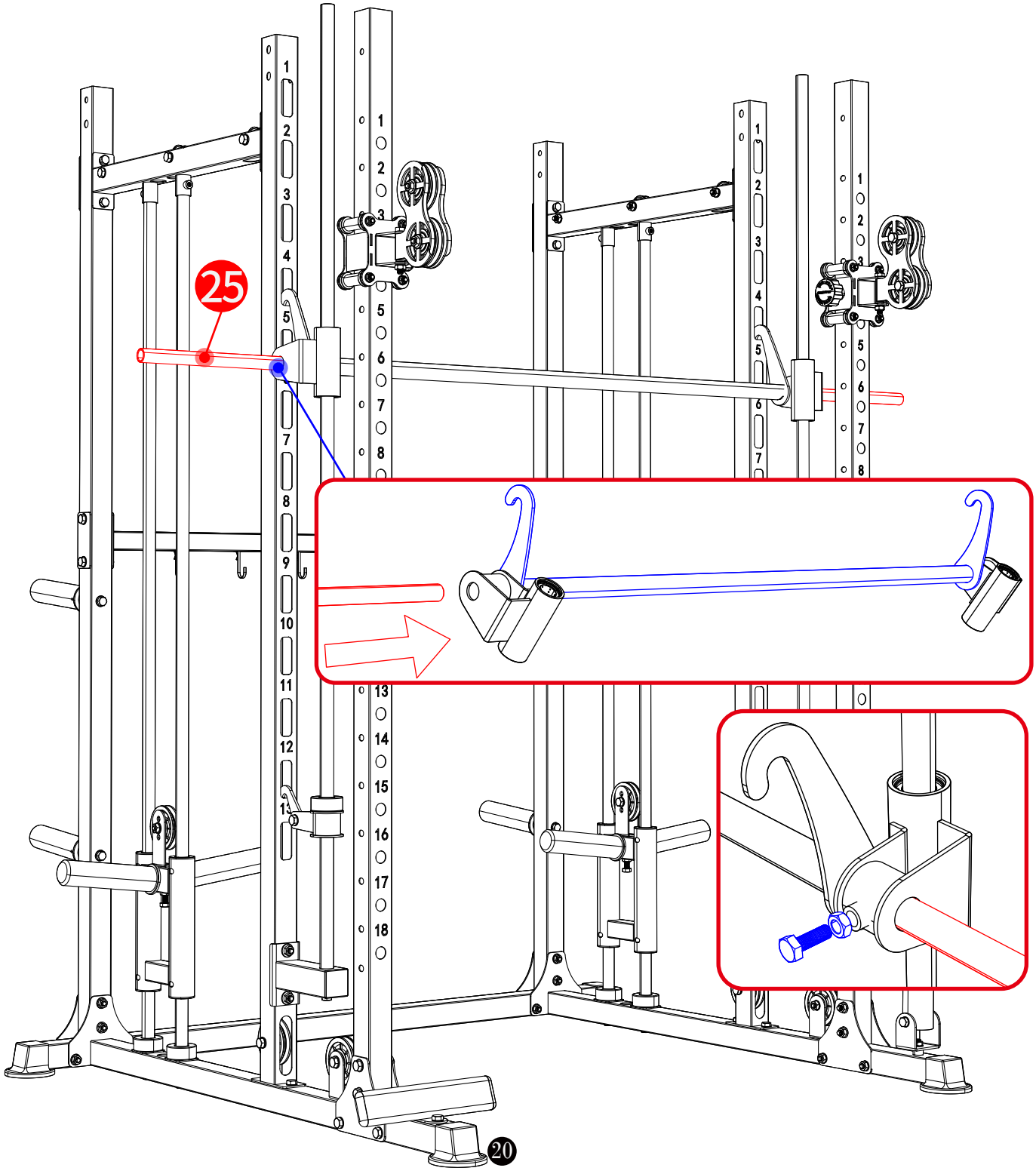


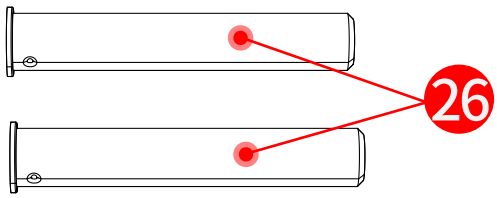


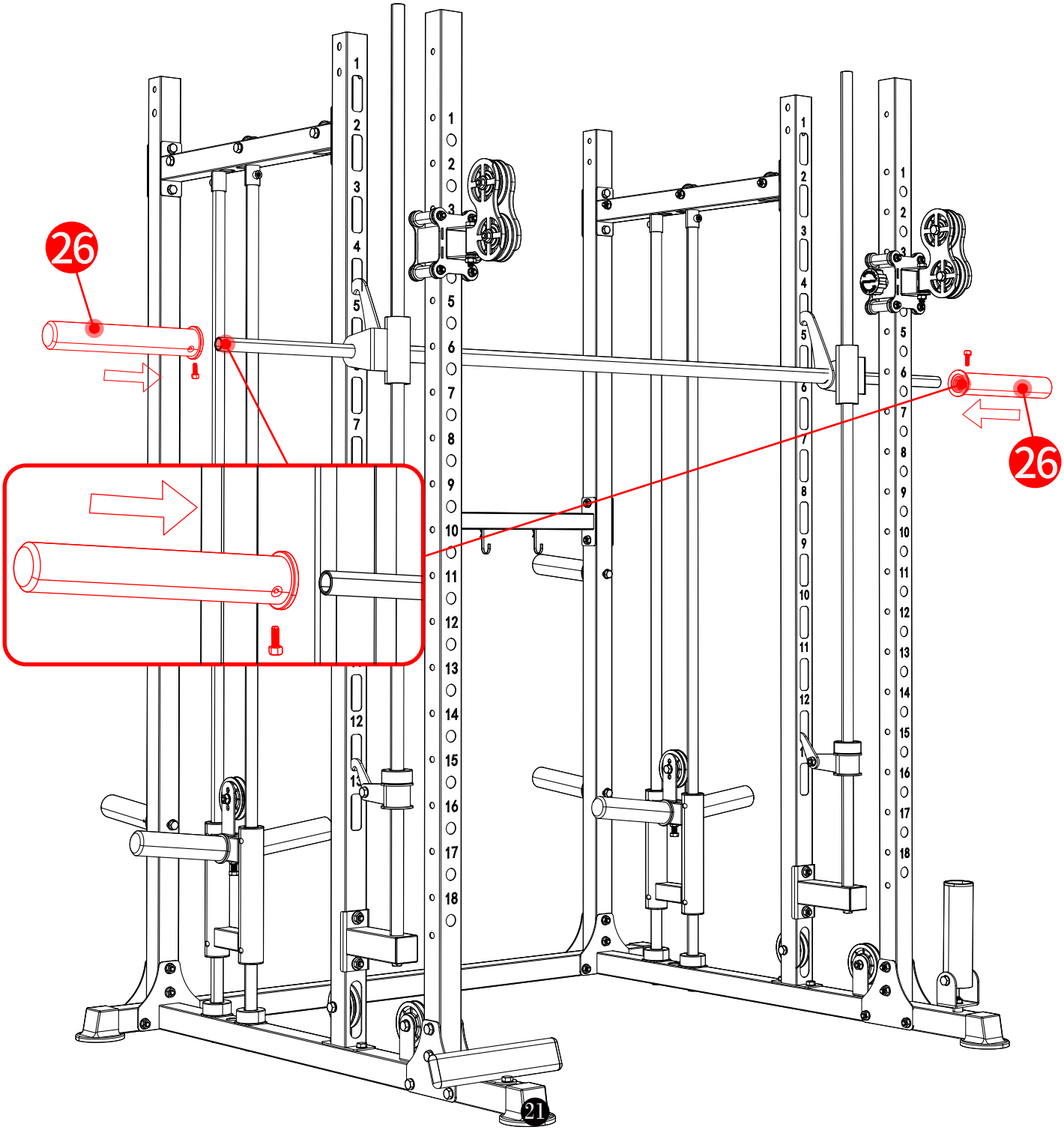
Step20





Step21



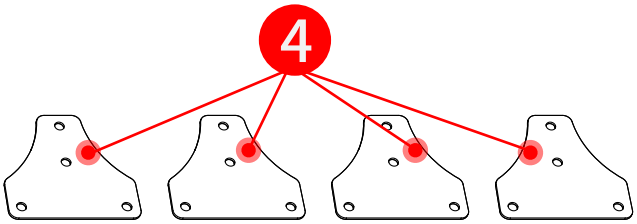


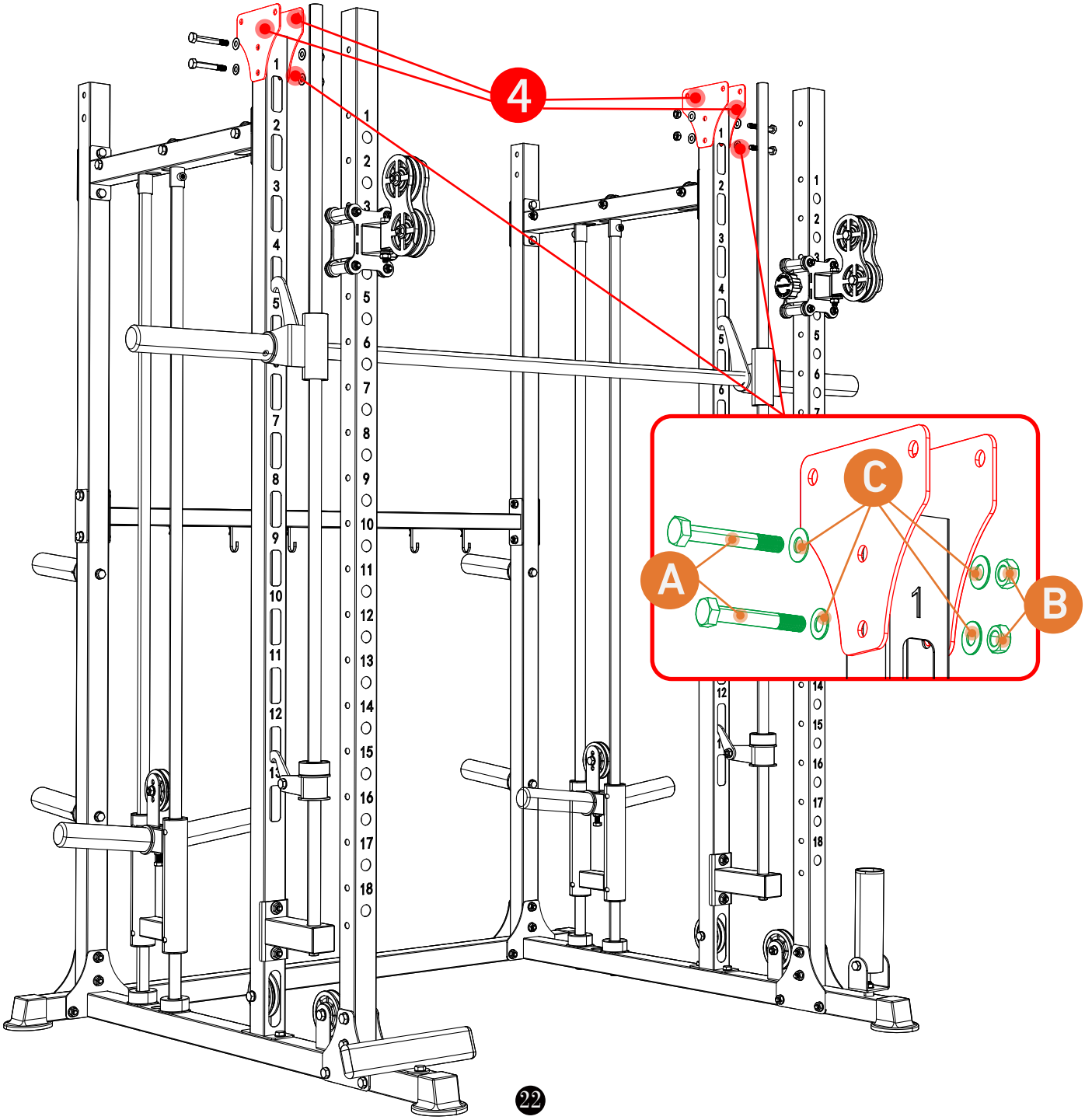
Step22

A 10*70 screws*4
10×70のネジ×4本

B 10C Non-slip Nut*4
10C 滑り止めナット×4個

C 10*25*1.5 spacer*8
10×25×1.5 スペーサー×8



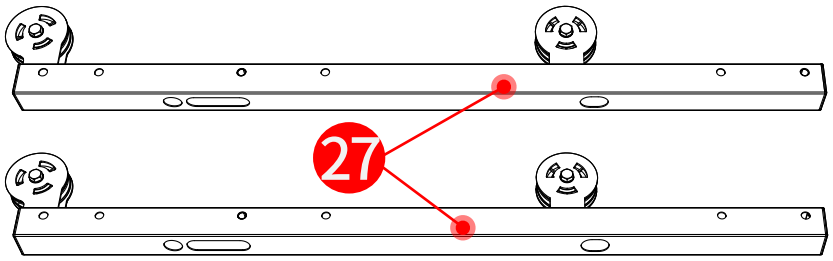


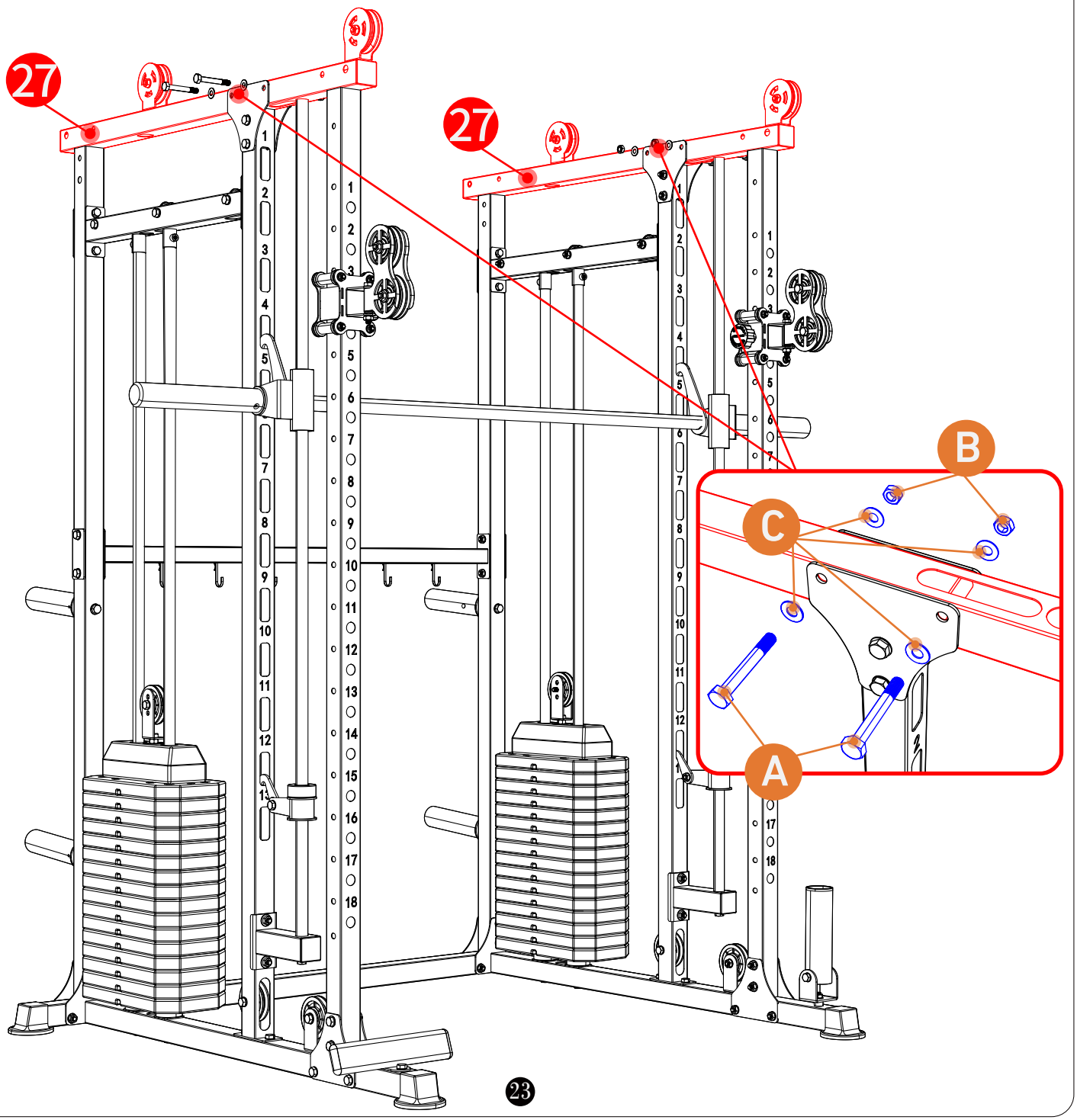
Step23

A 10*70 screws*4
10×70のネジ×4本

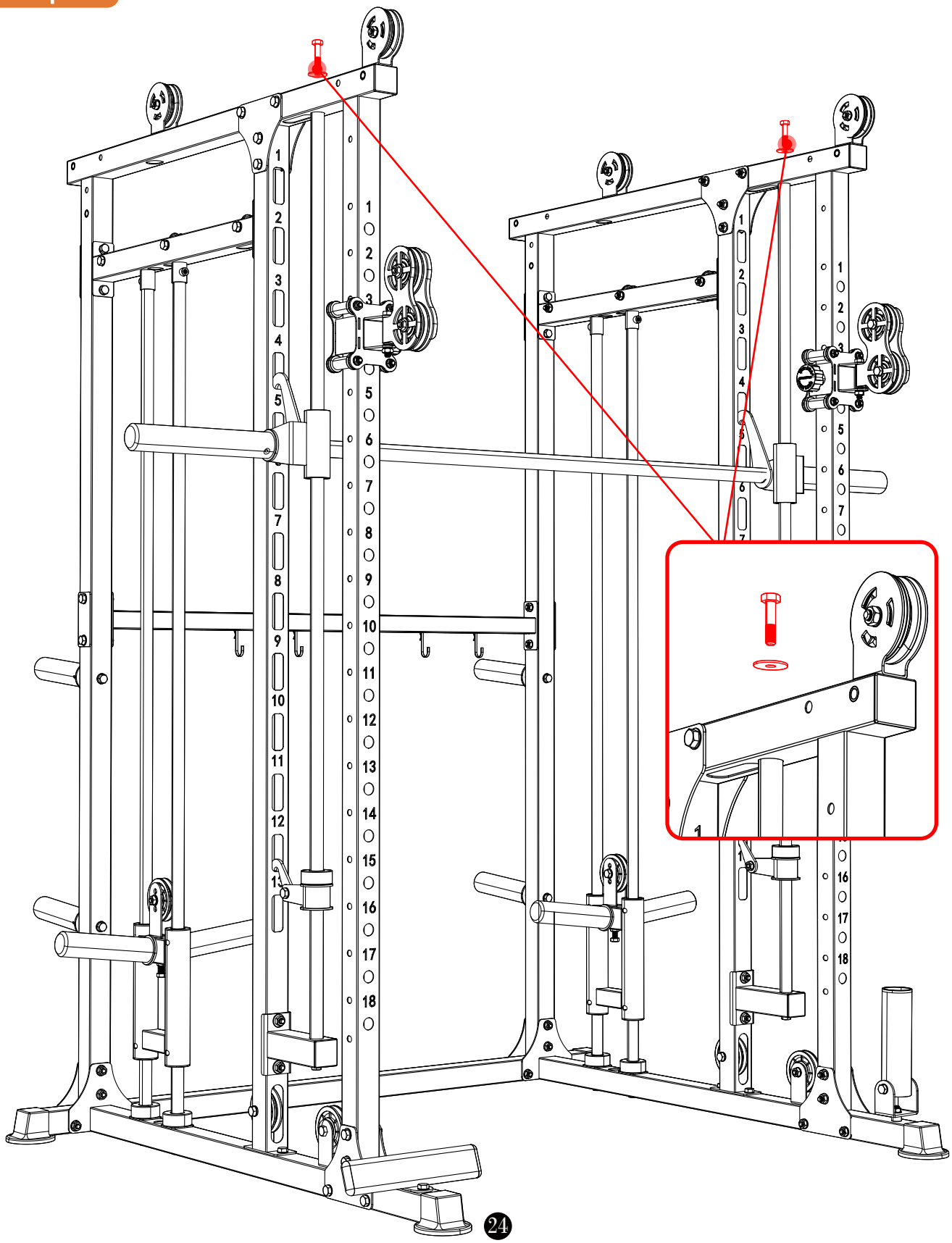
B 10C Non-slip Nut*4
10C 滑り止めナット×4個

C 10*25*1.5 spacer*8
10×25×1.5 スペーサー×8



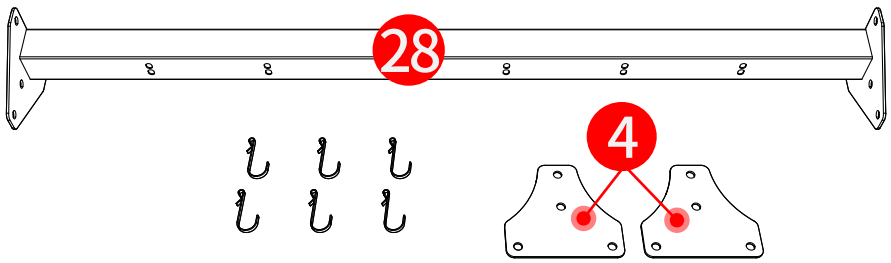


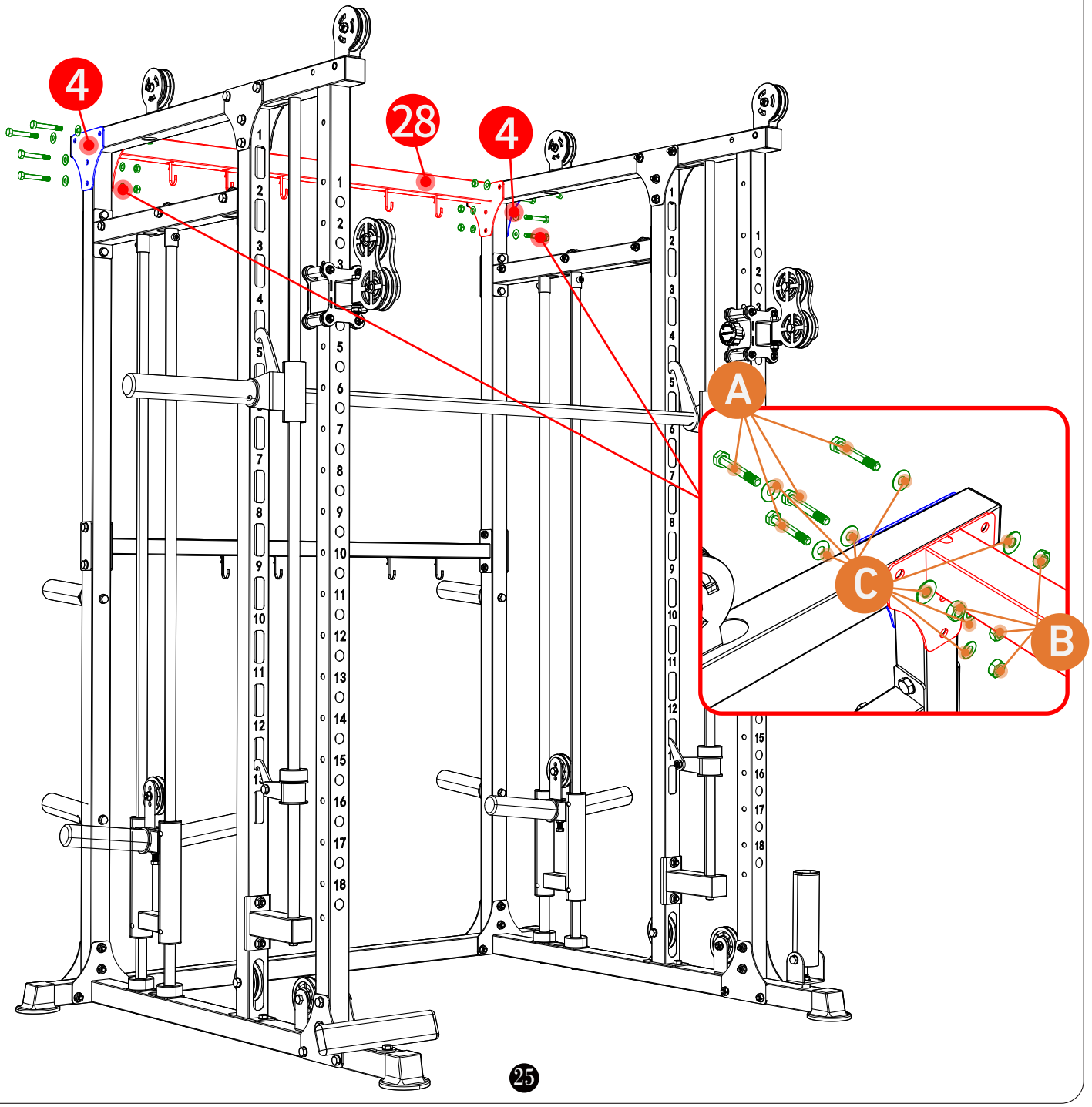
Step24



Step25

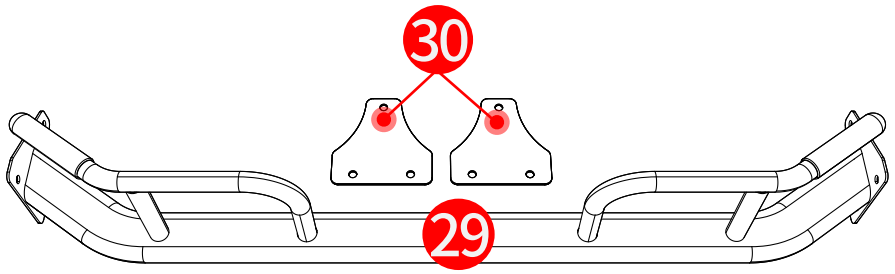
- A 10*70 screws*8
  10×70のネジ×8本
- B 10C Non-slip Nut*8
  10C 滑り止めナット×8個
- C 10*25*1.5 spacer*16
  10×25×1.5 スペーサー×16

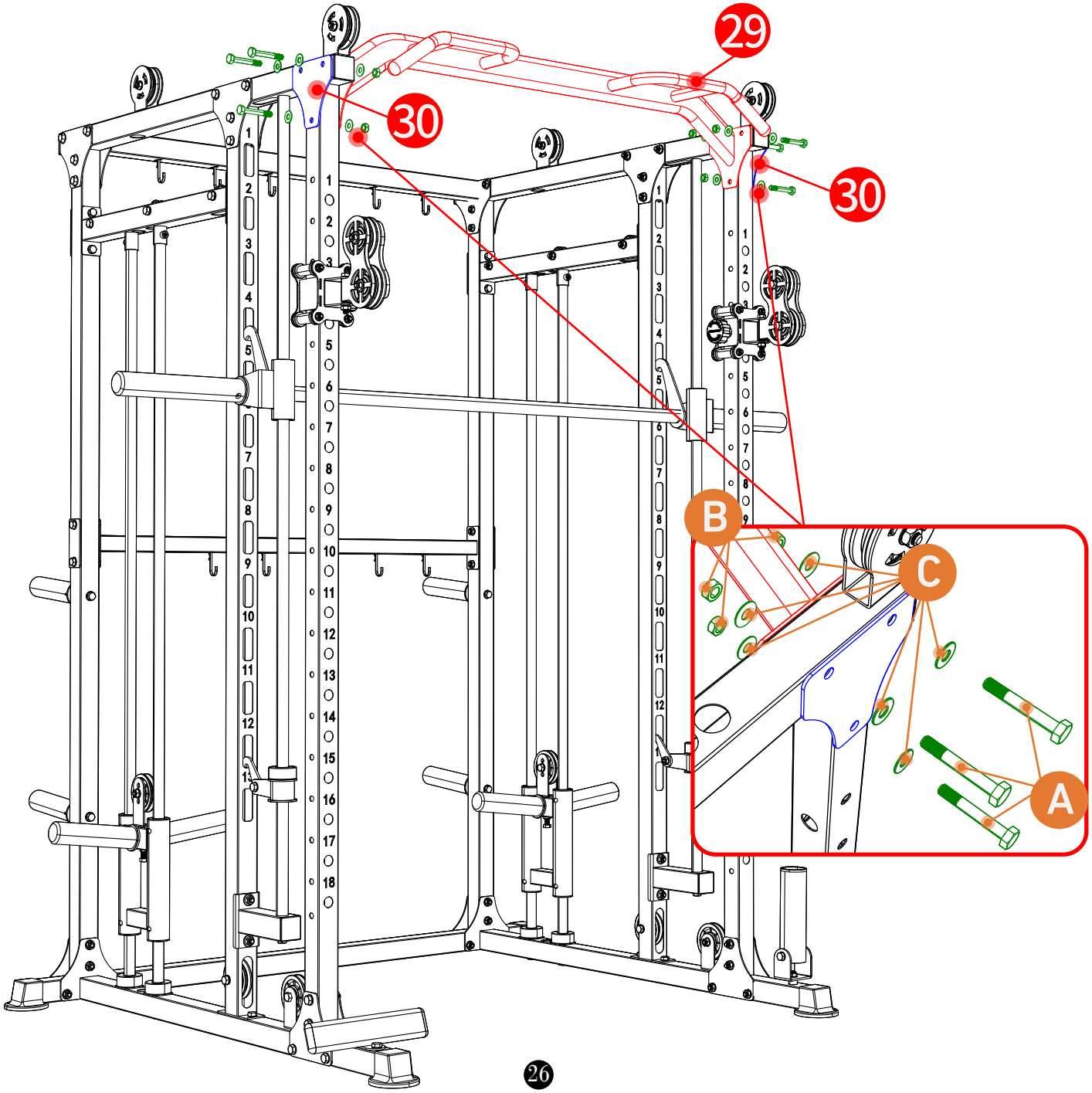




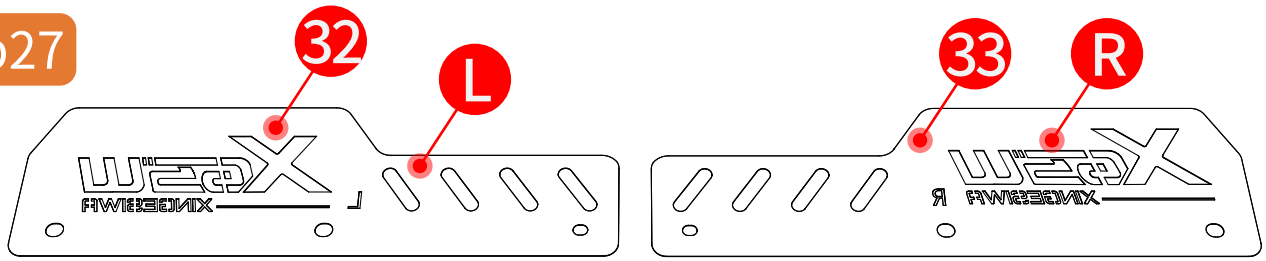
Step26

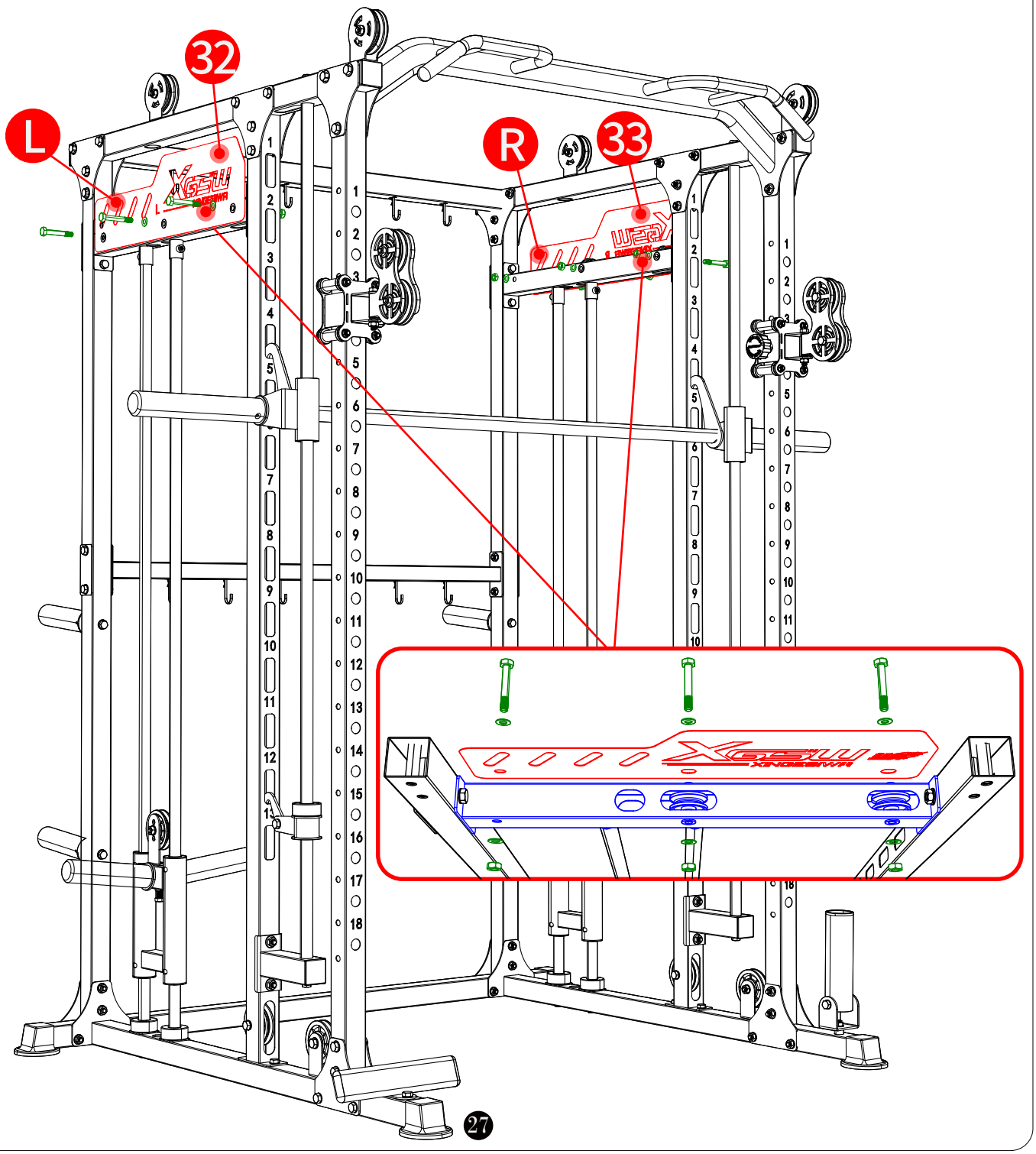
- A 10*70 screws*6
  10×70のネジ×6本
- B 10C Non-slip Nut*6
  10C 滑り止めナット×6個
- C 10*25*1.5 spacer*12
  10×25×1.5 スペーサー×12



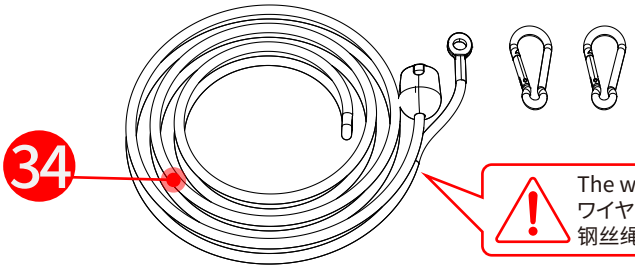


Step27

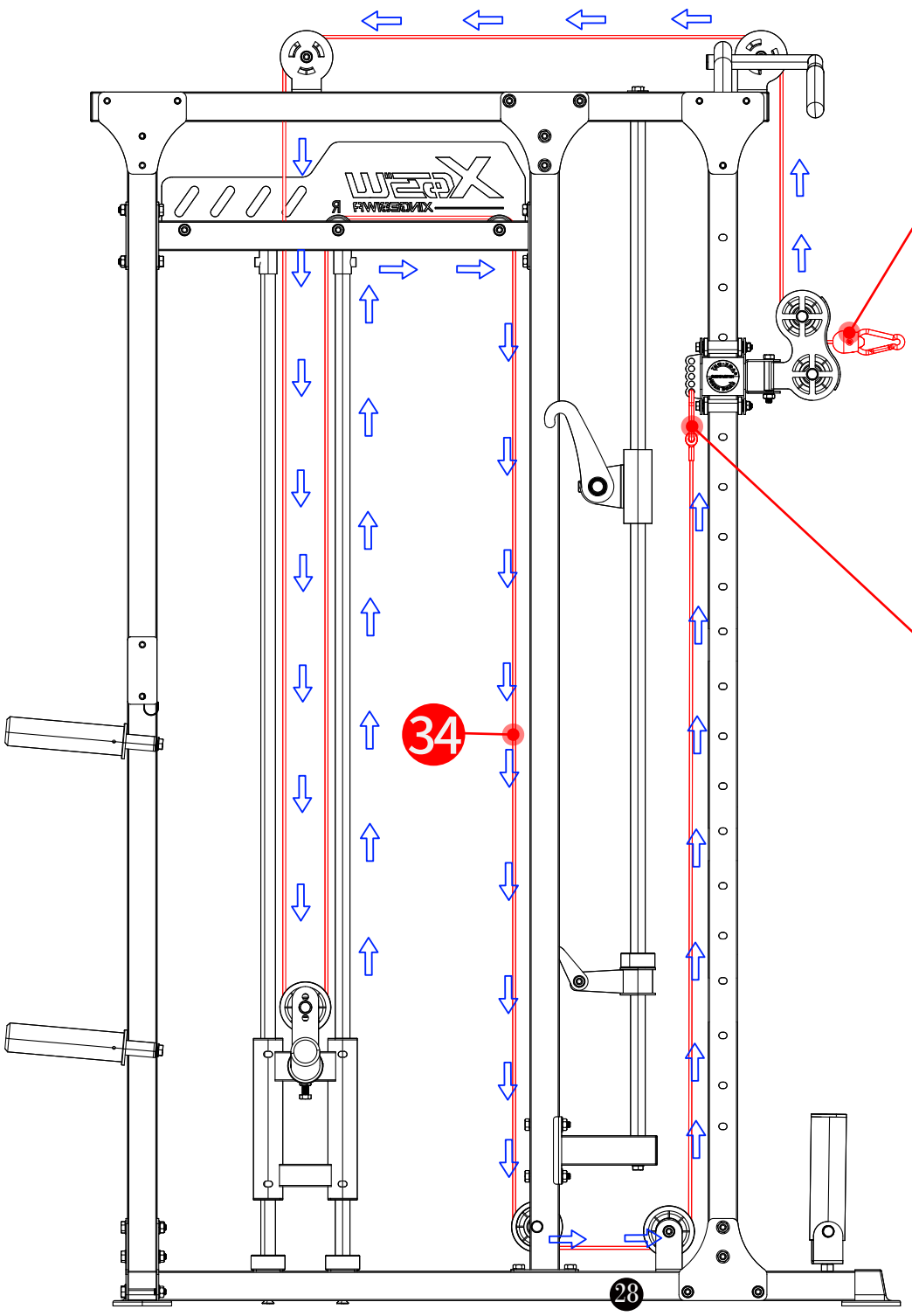


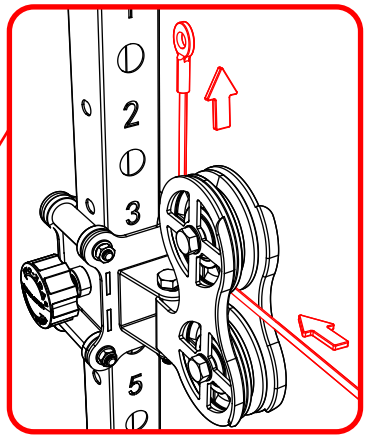


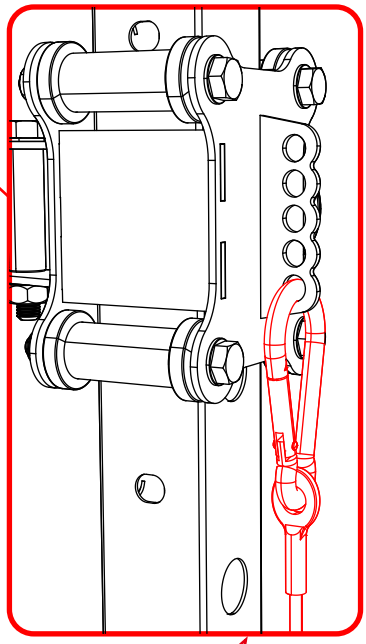
Step28



The wire rope needs to be straightened before installation
ワイヤーロープは、取り付ける前にほぐしておく必要があります
钢丝绳需要捋顺来安装

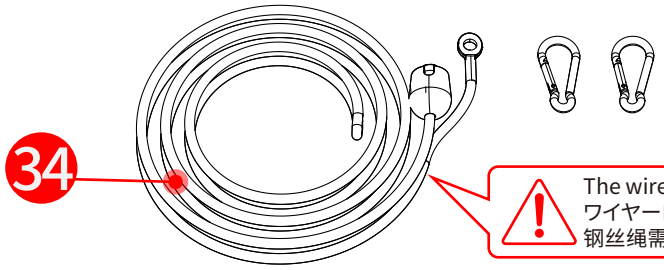






Adjustment of wire rope length
ワイヤーロープの長さを調整する
调节钢丝绳长短距离

Step29



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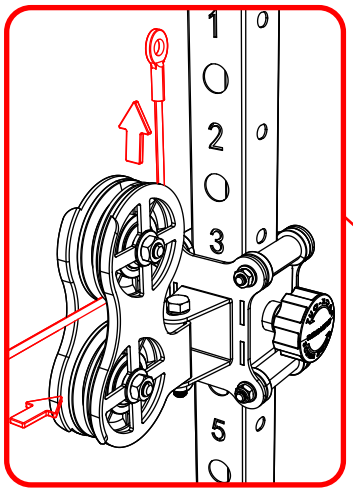
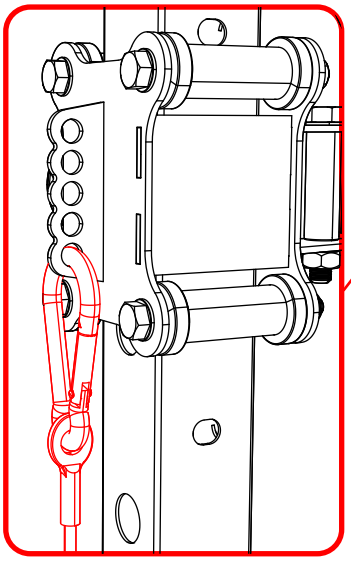
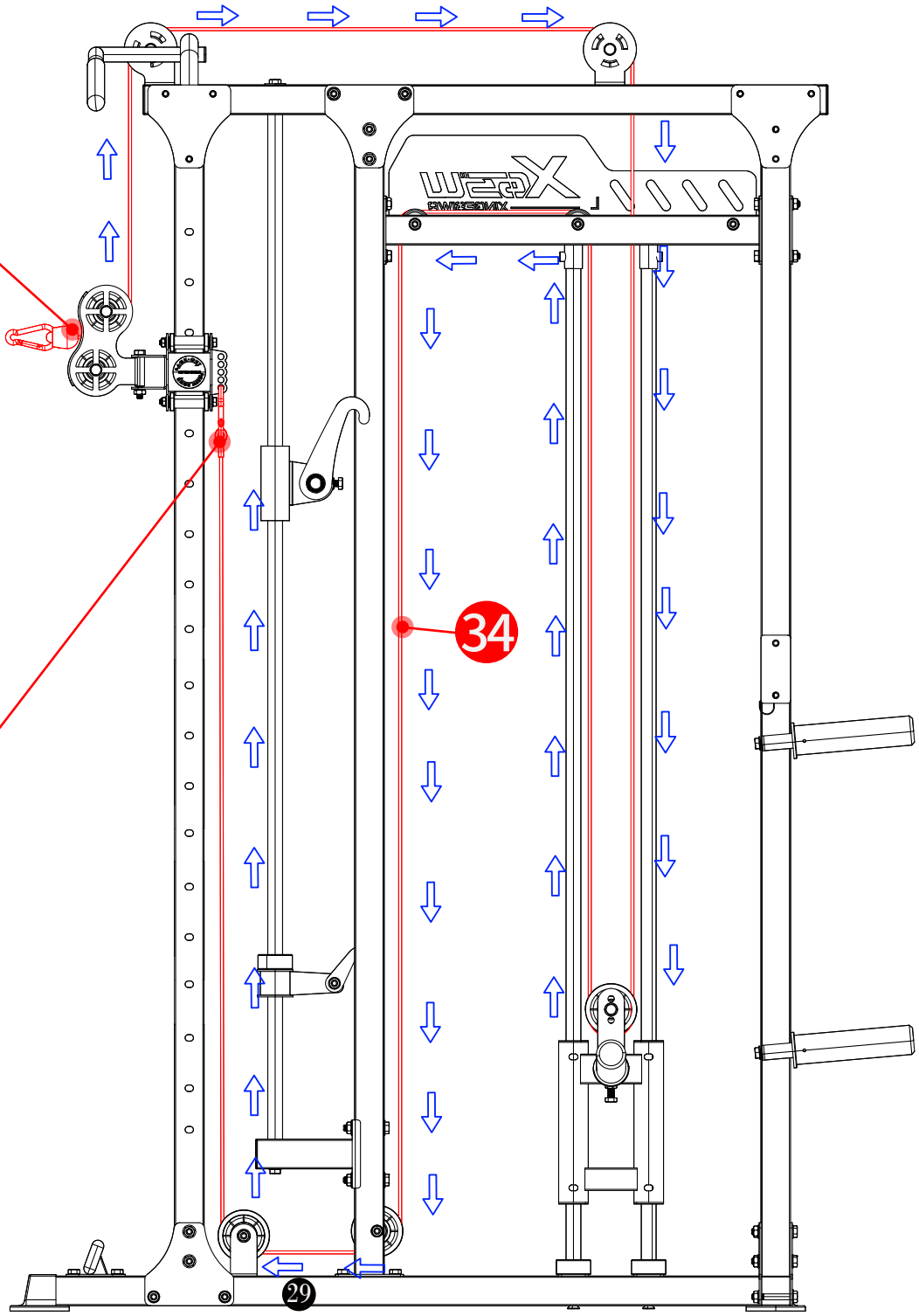
钢丝绳需要捋顺来安装

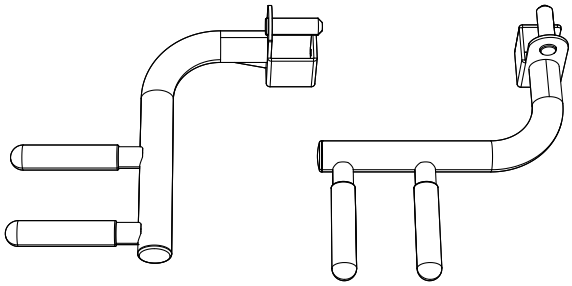


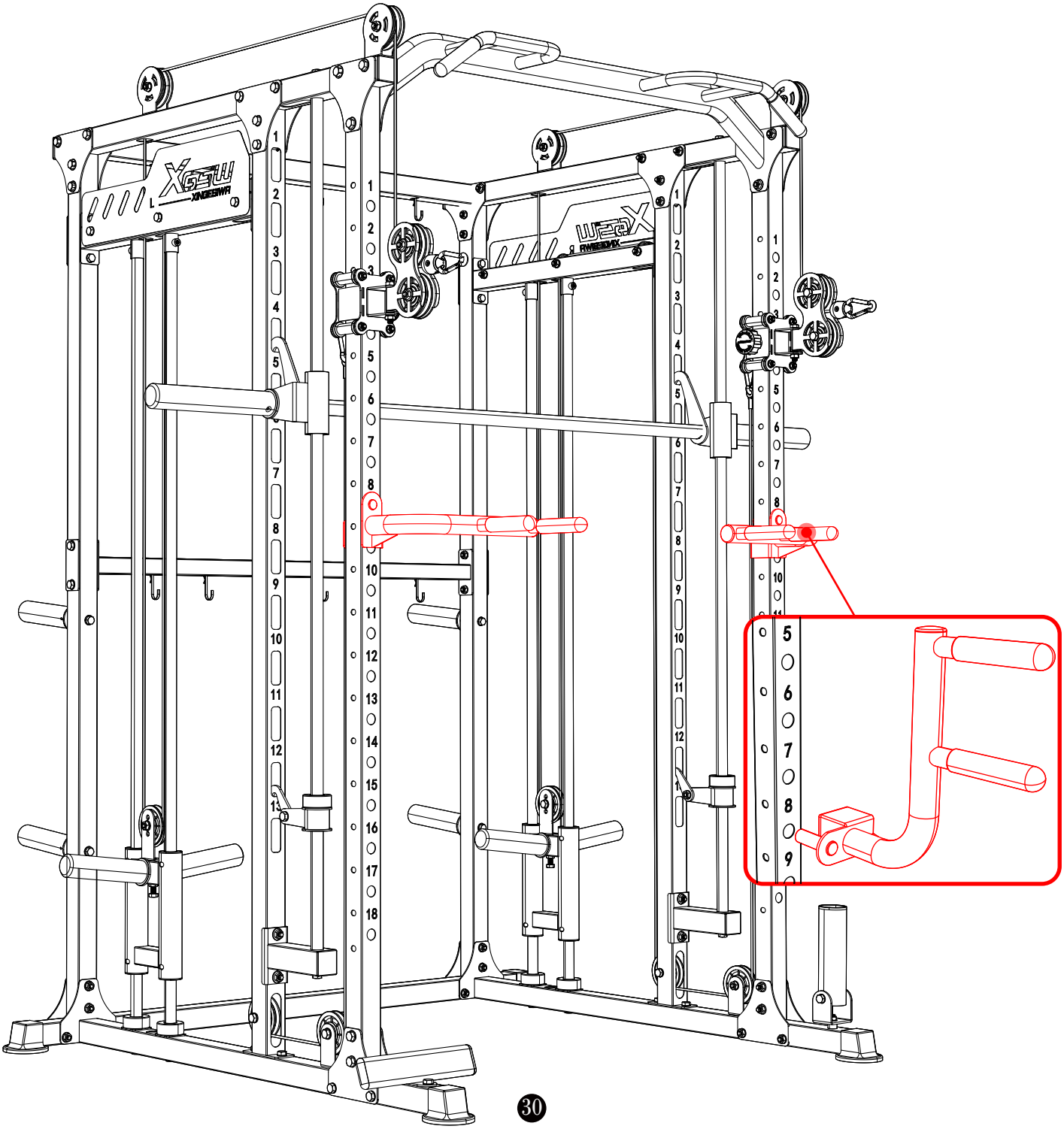


Adjustment of wire rope length
ワイヤーロープの長さを調整する
调节钢丝绳长短距离

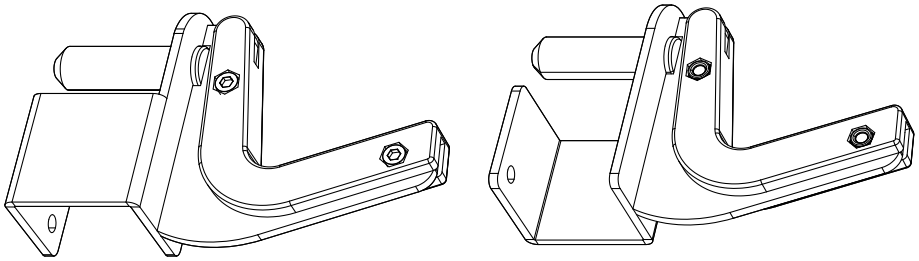


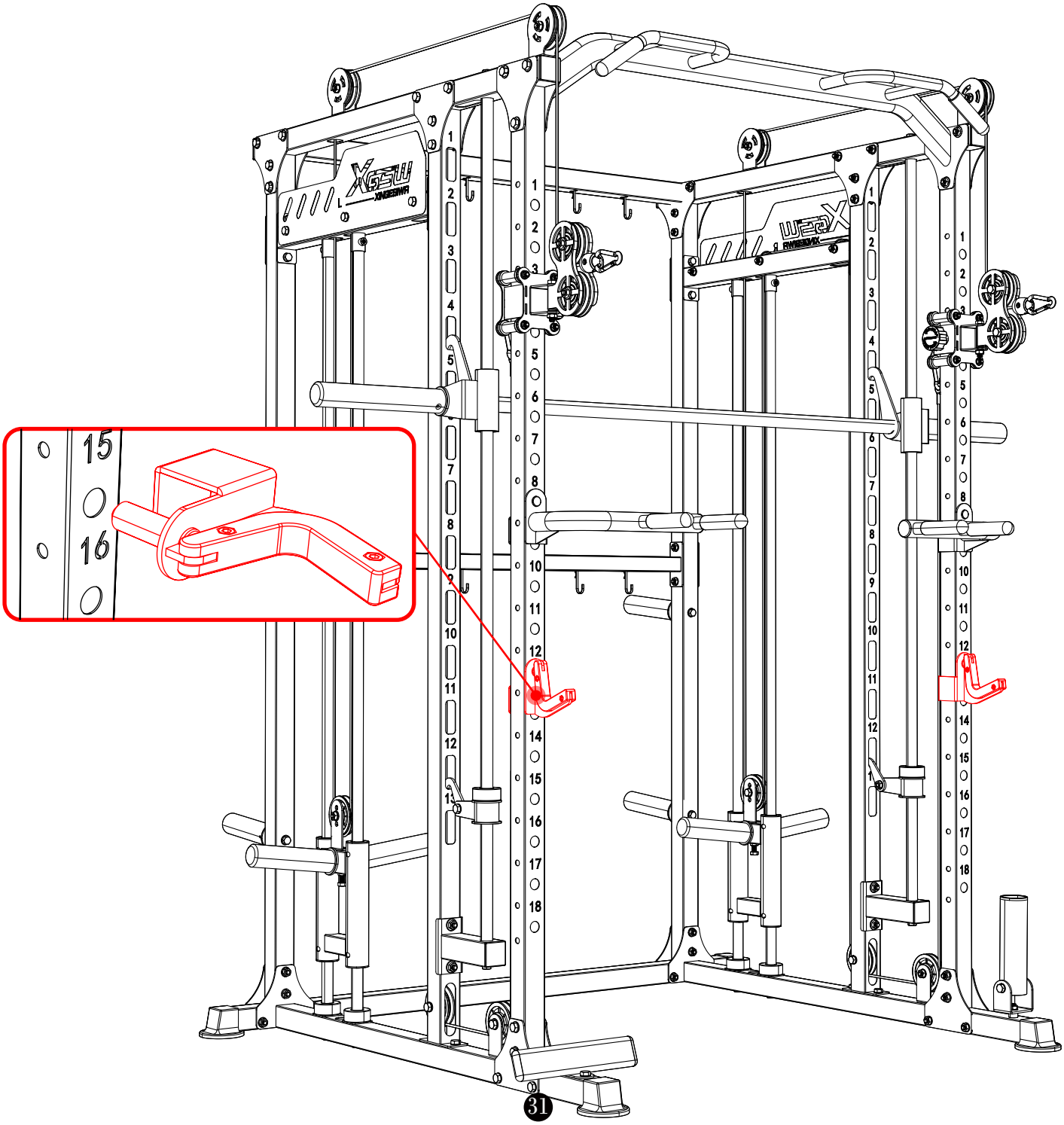
Step30



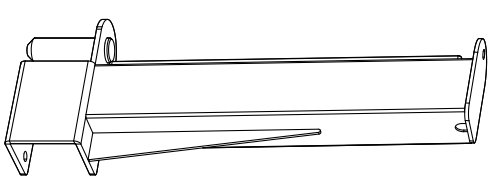


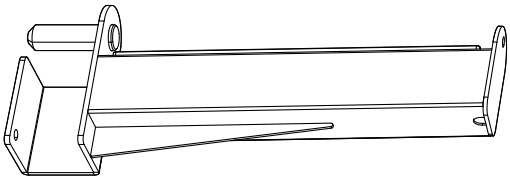
Step31

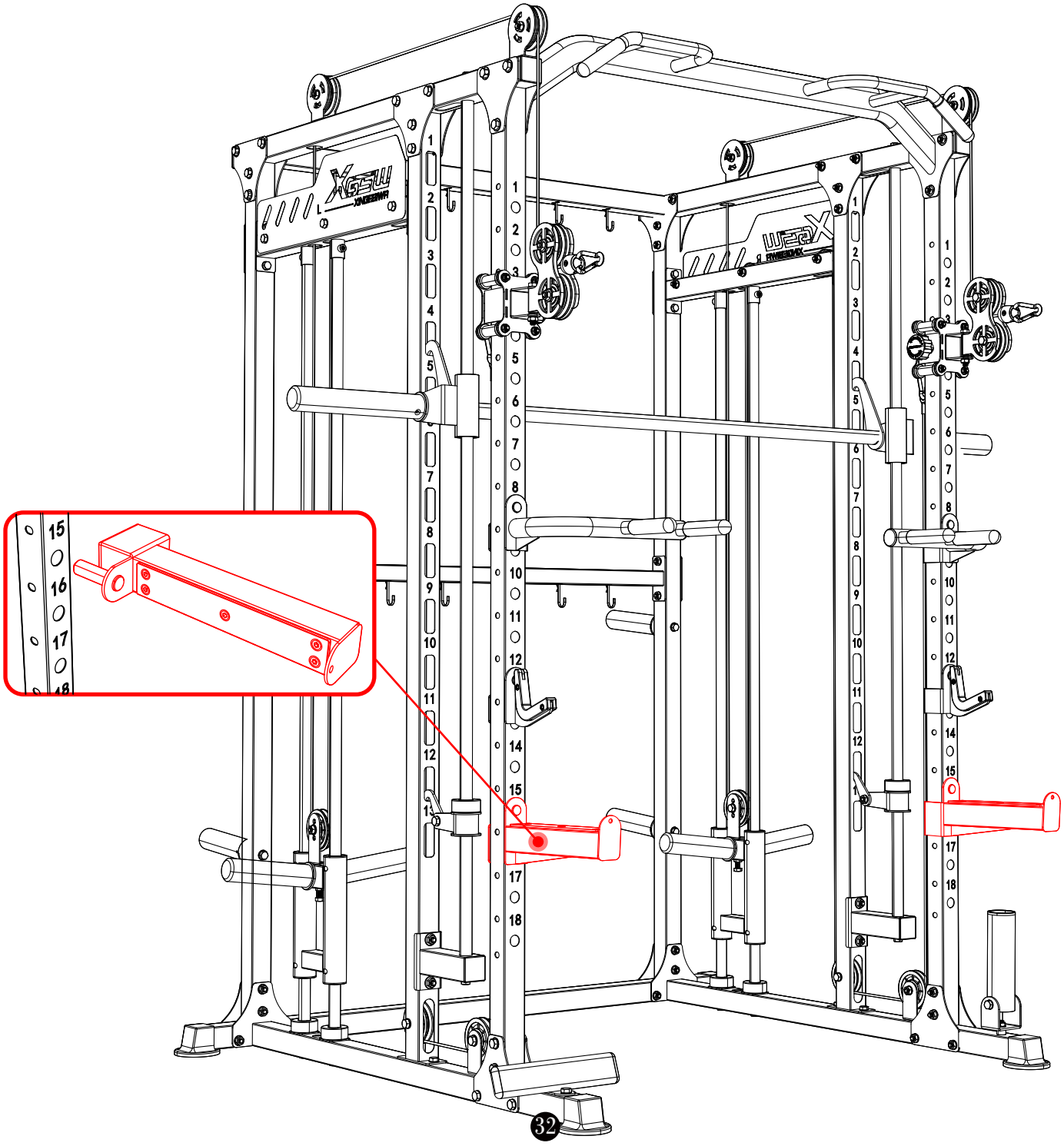
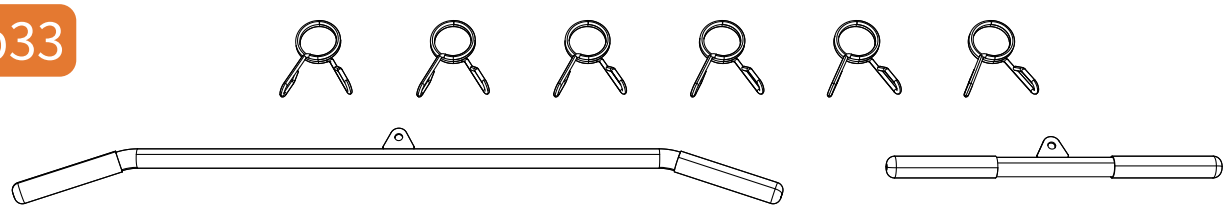
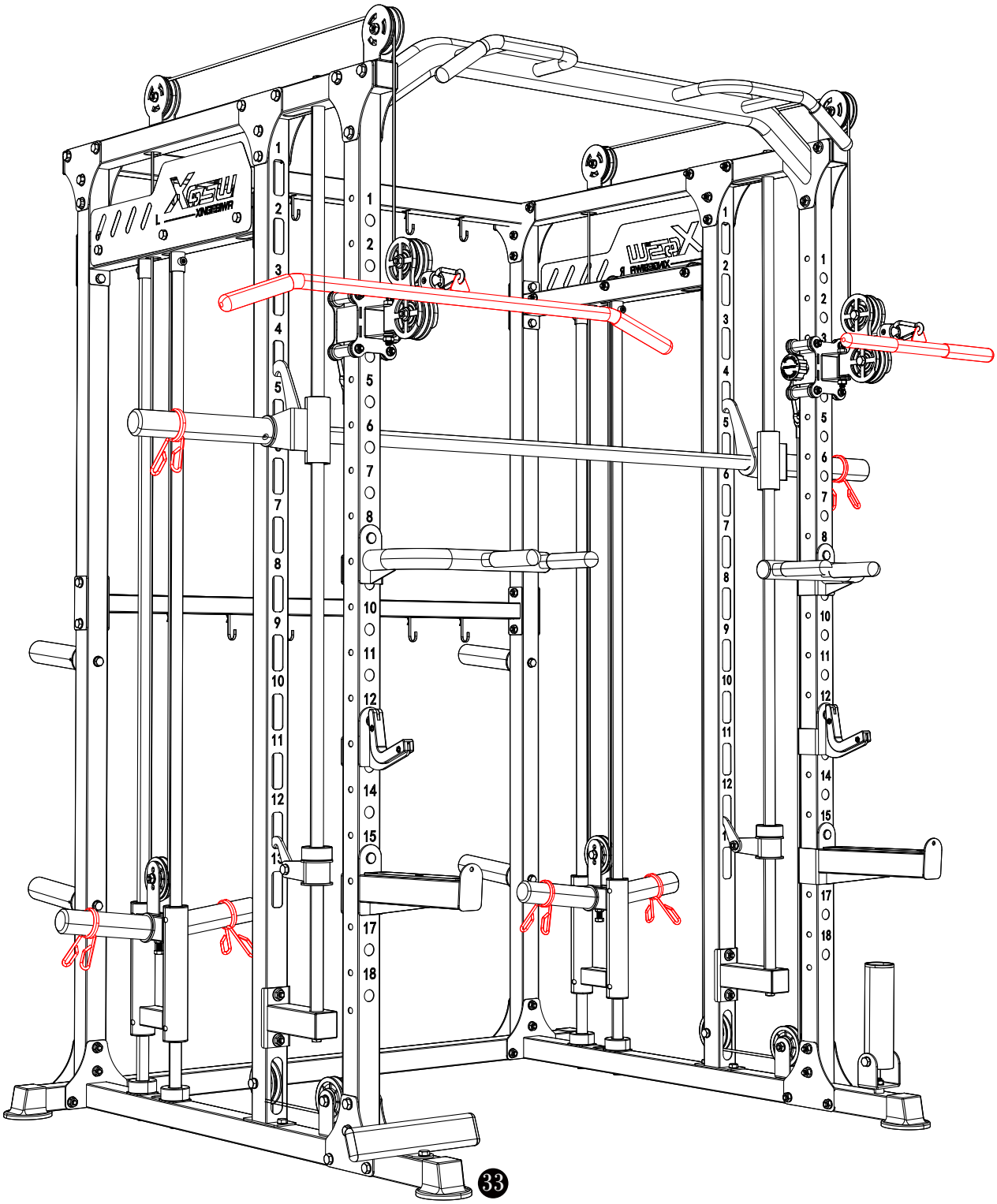




Step32







Step33