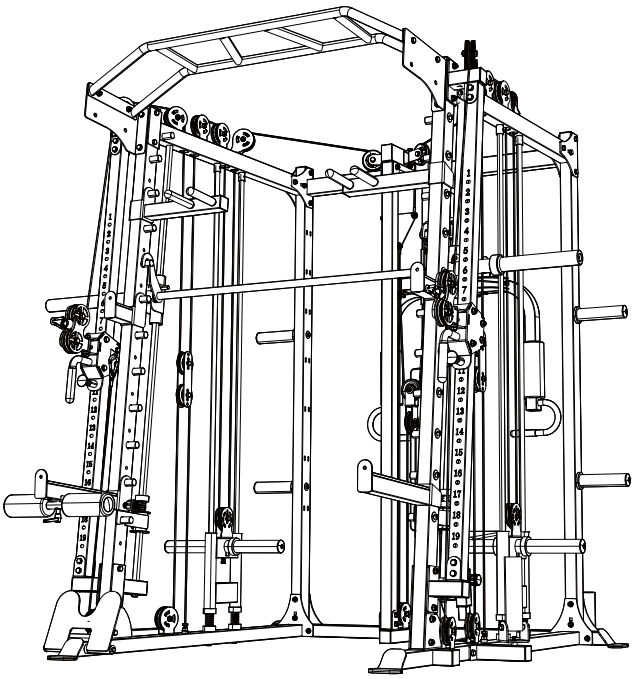
XINGESIWA

Product Installation Instructions

製品取り付け説明書
产品安装说明

L07 Multi-Function Power Rack

L07 マルチ機能トレーニングマシン
L07 龙门架综合训练器



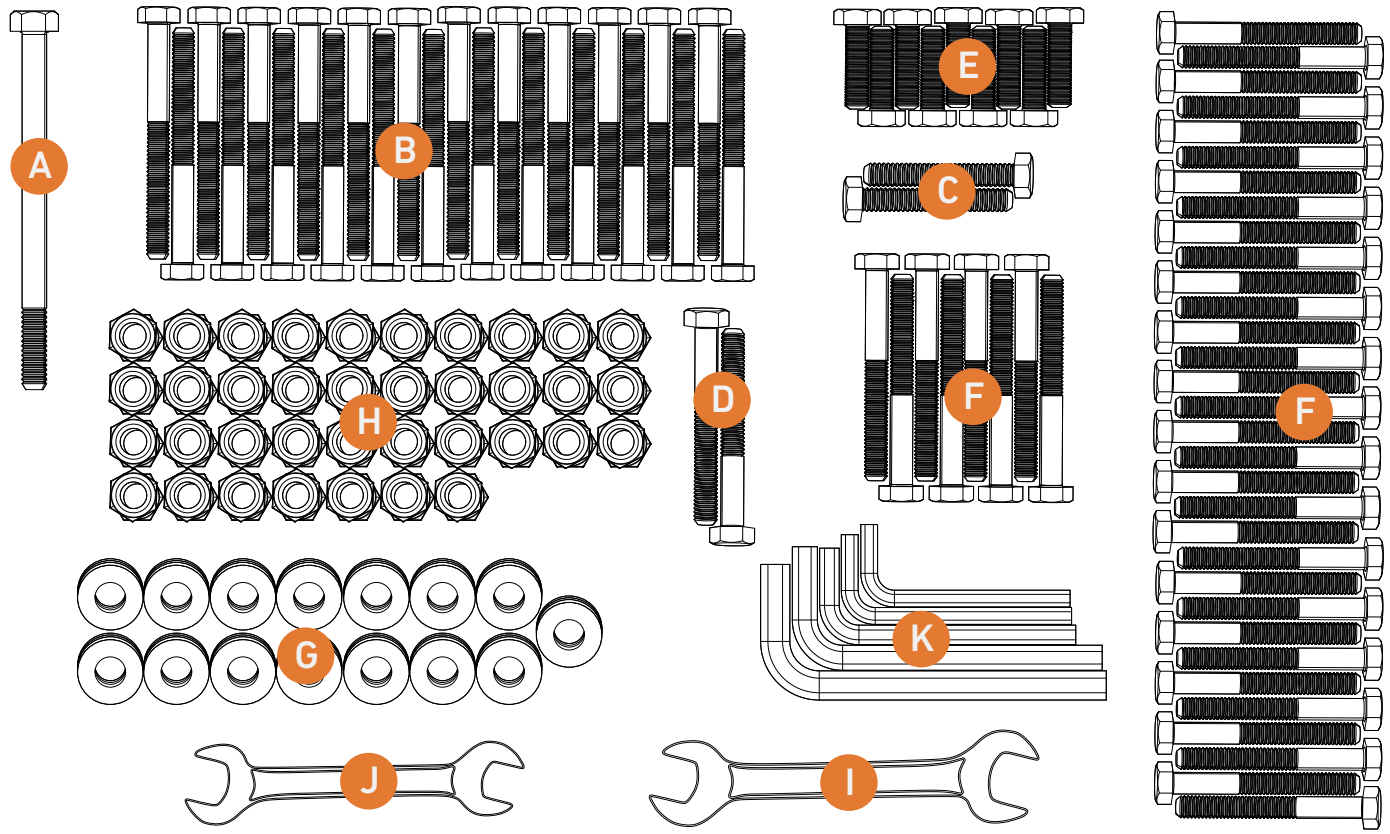
Zhejiang Swarxinger Industry & Trade Co.

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
実施基準：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：广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

L07 Power Cage Integrated Trainer Installation Instructions

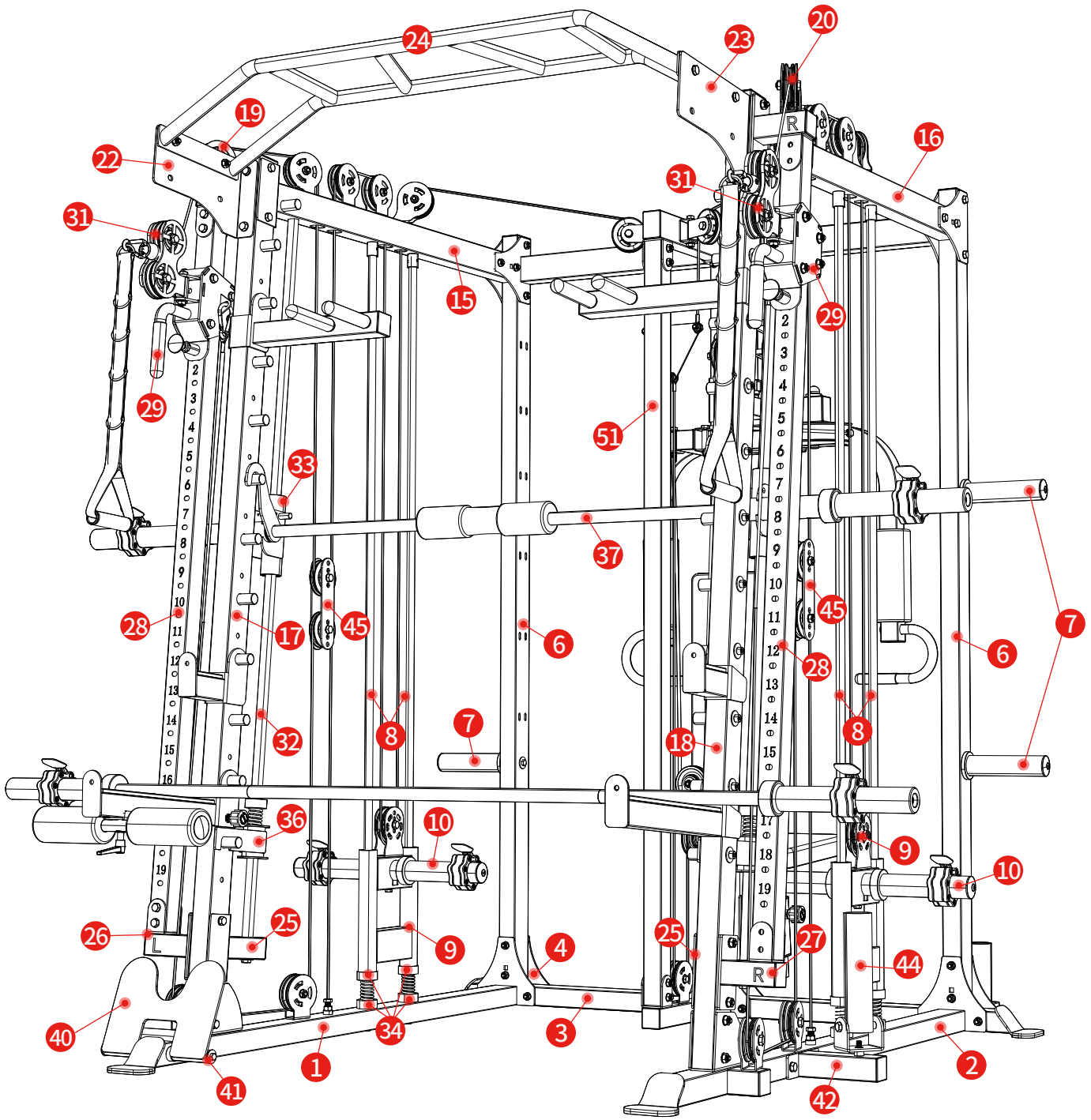
L07 マルチ機能トレーニングマシン
L07 龙门架综合训练器安装说明



A 10*110screws*1 10×110mmネジ×1本	I 17-19open-end wrench*1 17～19mm オープンエンドレンチ×1
B 10*95screws*24 10×95mmネジ×24本	J 14-17 open-end wrench*1 14～17mm オープンエンドレンチ×1
C 8*40screws*2 8×40mmネジ×2本	K benchwarmerM3*1 ベンチウォーマーM3*1
D 8*85screws*2 8×85mmネジ×2本	K benchwarmerM4*1 ベンチウォーマーM4*1
E 10*25screws*9 10×25本×9	K benchwarmerM5*1 ベンチウォーマーM5*1
F 10*80screws*39 10×80ネジ×39	K benchwarmerM6*1 ベンチウォーマーM6*1
G 10¢ Spacer*150 10セントスペーサー×150個	K benchwarmerM8*1 ベンチウォーマーM8*1
H 10C Non-slip Nut*73 10C 滑り止めナット×73個	

L07 MULTI-FUNCTION POWER RACK
L07 マルチ機能トレーニングマシン
L07 龙门架综合训练器
——INSTALLATION STEPS
——インストール手順
——安装步骤

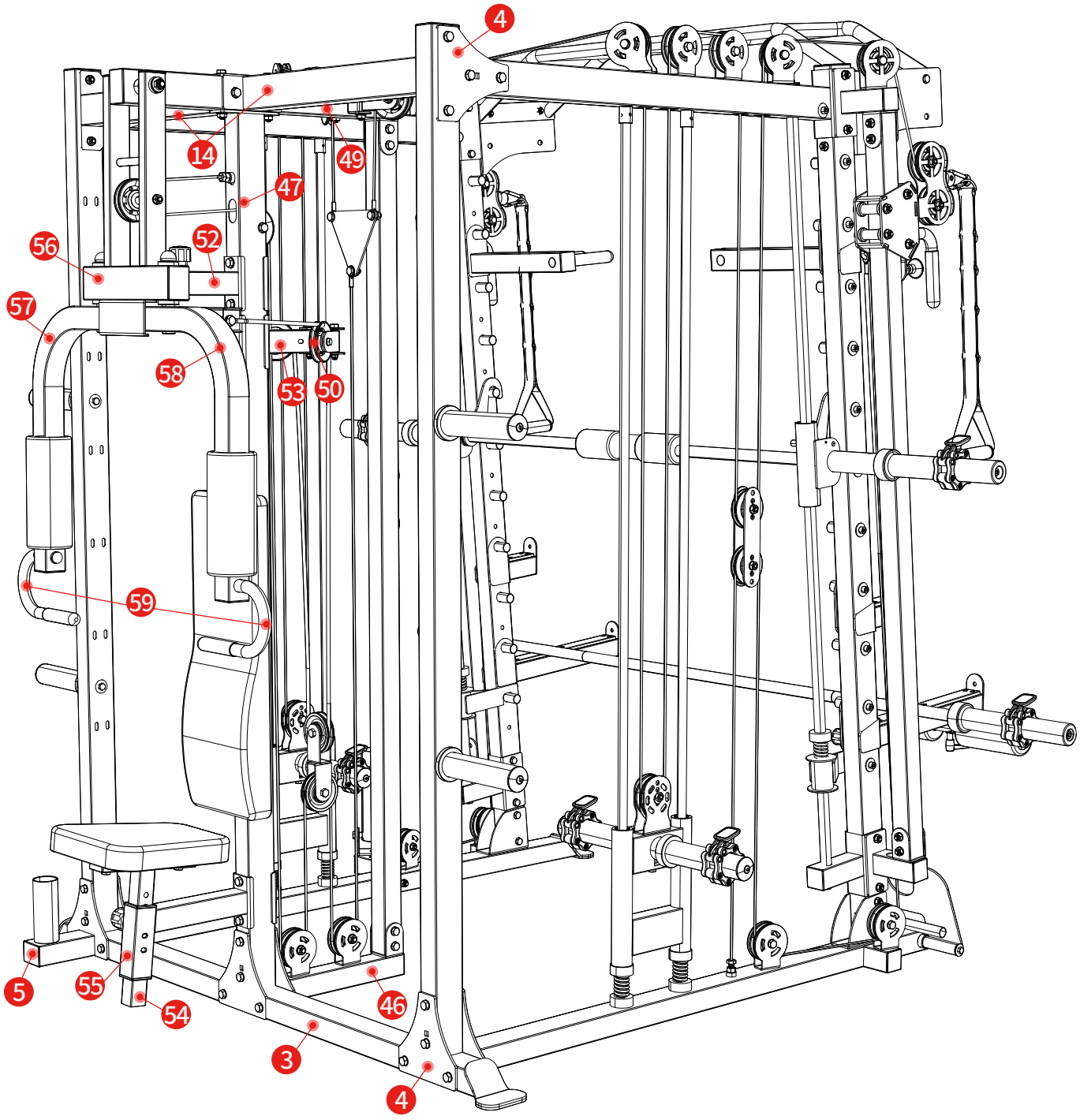
Product Front
製品の正面
产品正面



L07 MULTI-FUNCTION POWER RACK
L07 マルチ機能トレーニングマシン
L07 龙门架综合训练器
——INSTALLATION STEPS
——インストール手順
——安装步骤

XINGESIWA

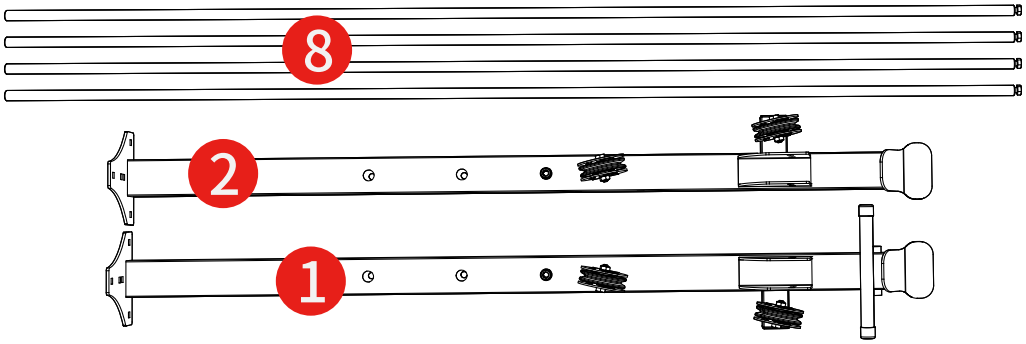
Back of the product
製品の背面
产品背面

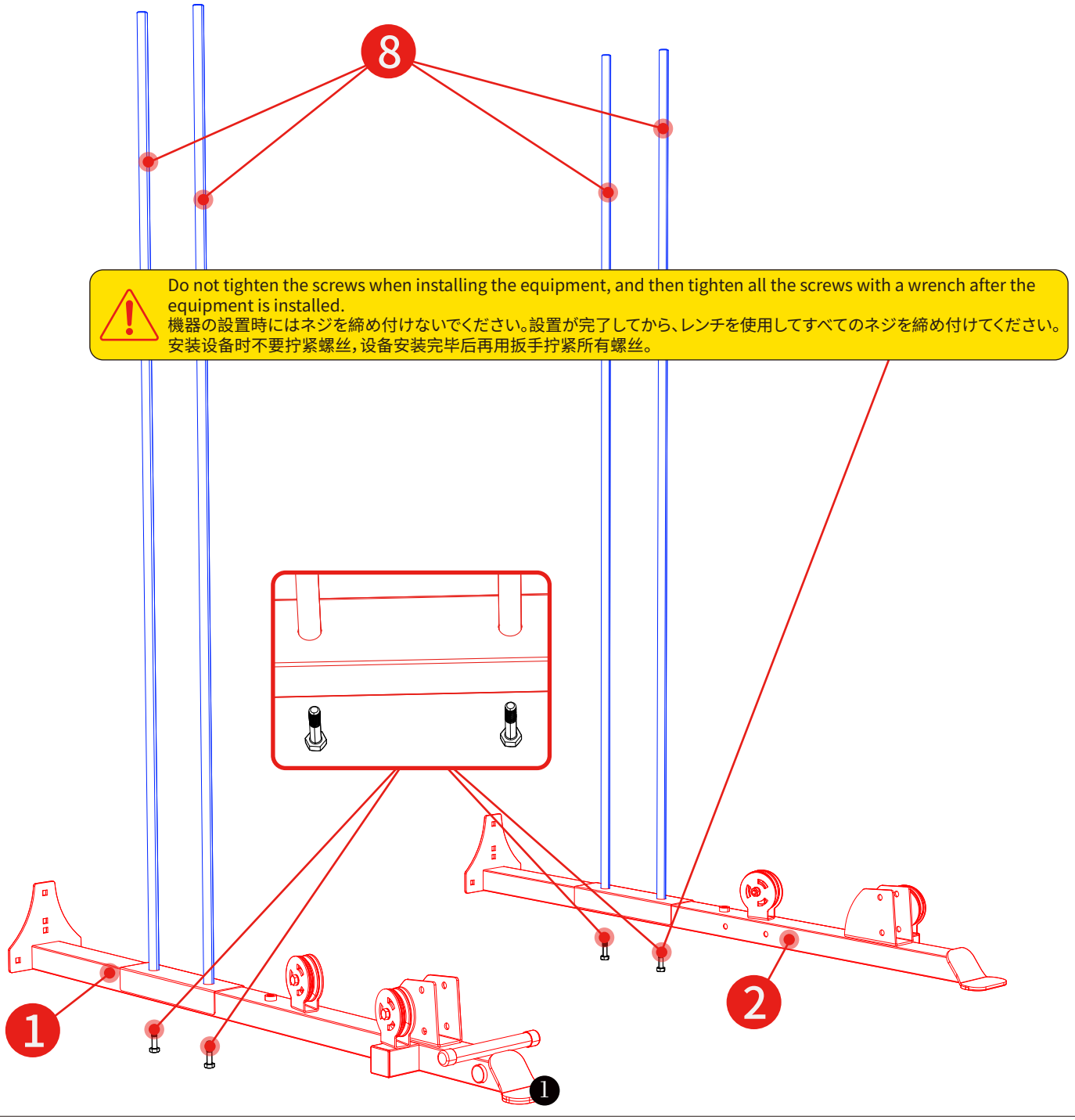


L07 MULTI-FUNCTION POWER RACK
L07 マルチ機能トレーニングマシン
L07 龙门架综合训练器
——INSTALLATION STEPS
——インストール手順
——安装步骤

XINGESIWA

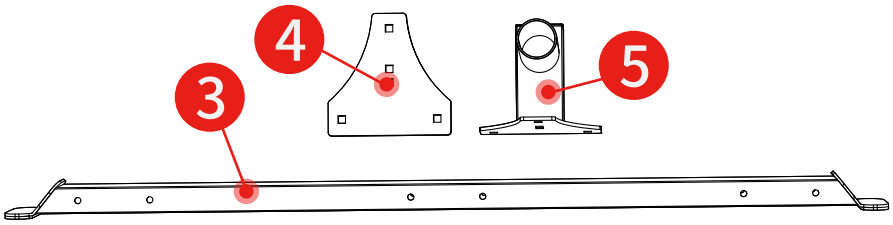
Step 1

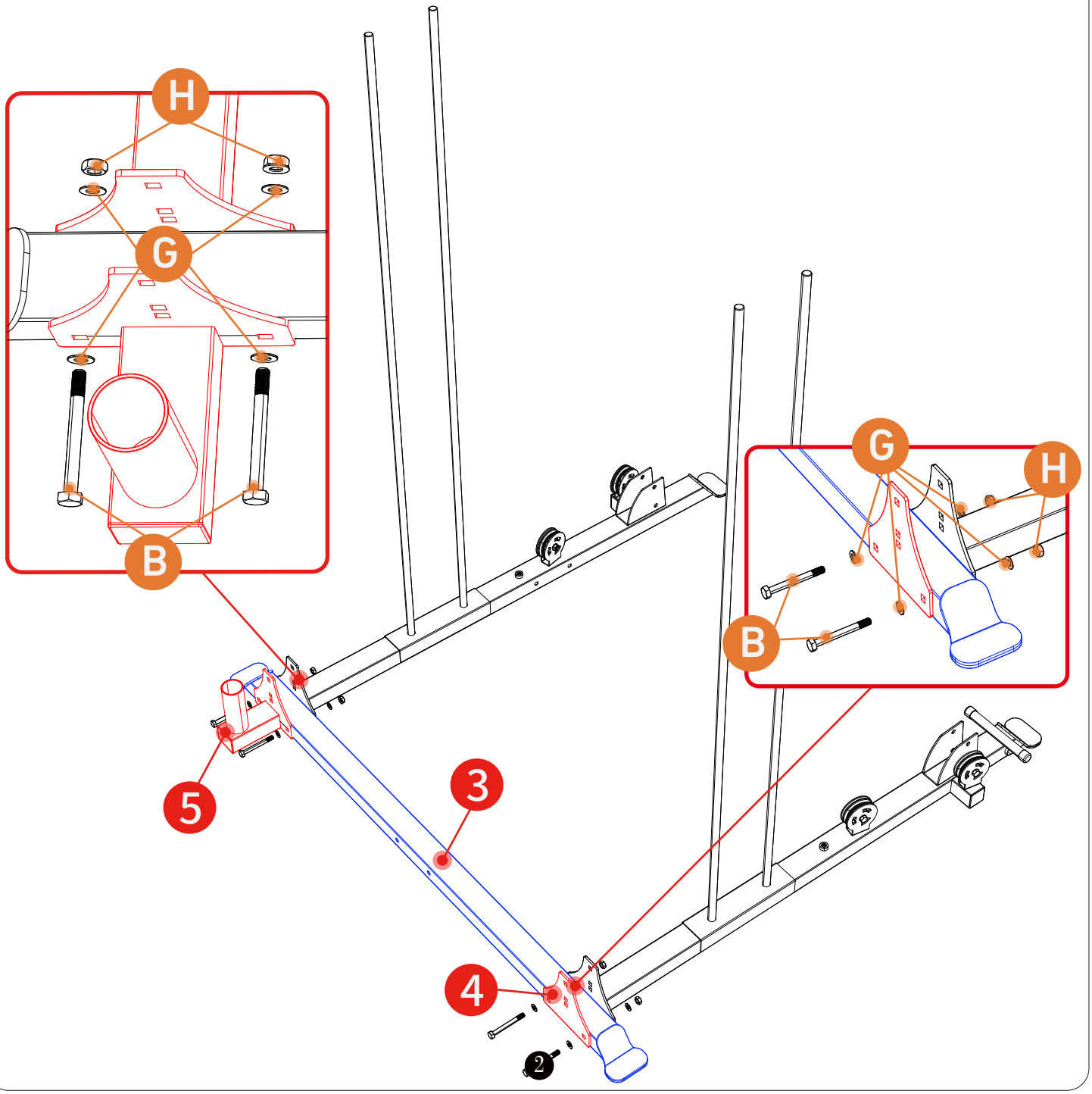




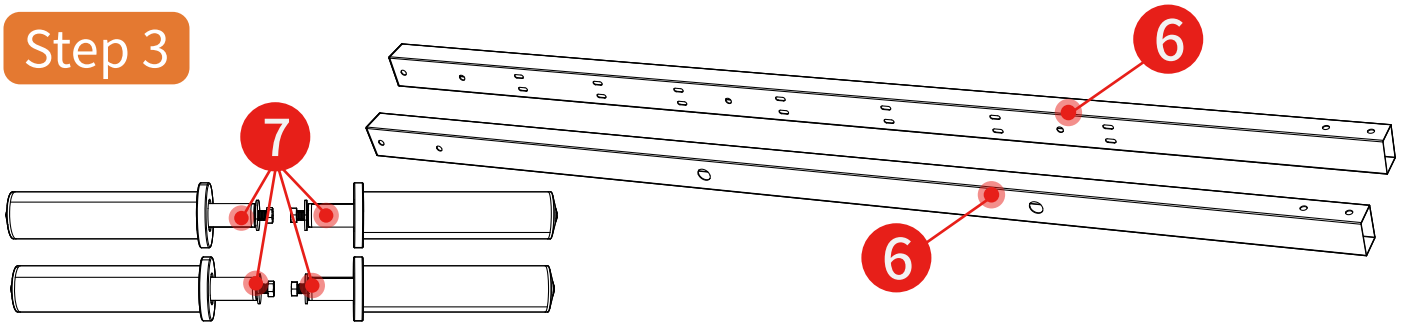
Step 2

- B 10*95screws*4
  10×95mmネジ×4本
- G 10¢ Spacer*8
  10セントスペーサー×8個
- H 10C Non-slip Nut*4
  10C 滑り止めナット×4個

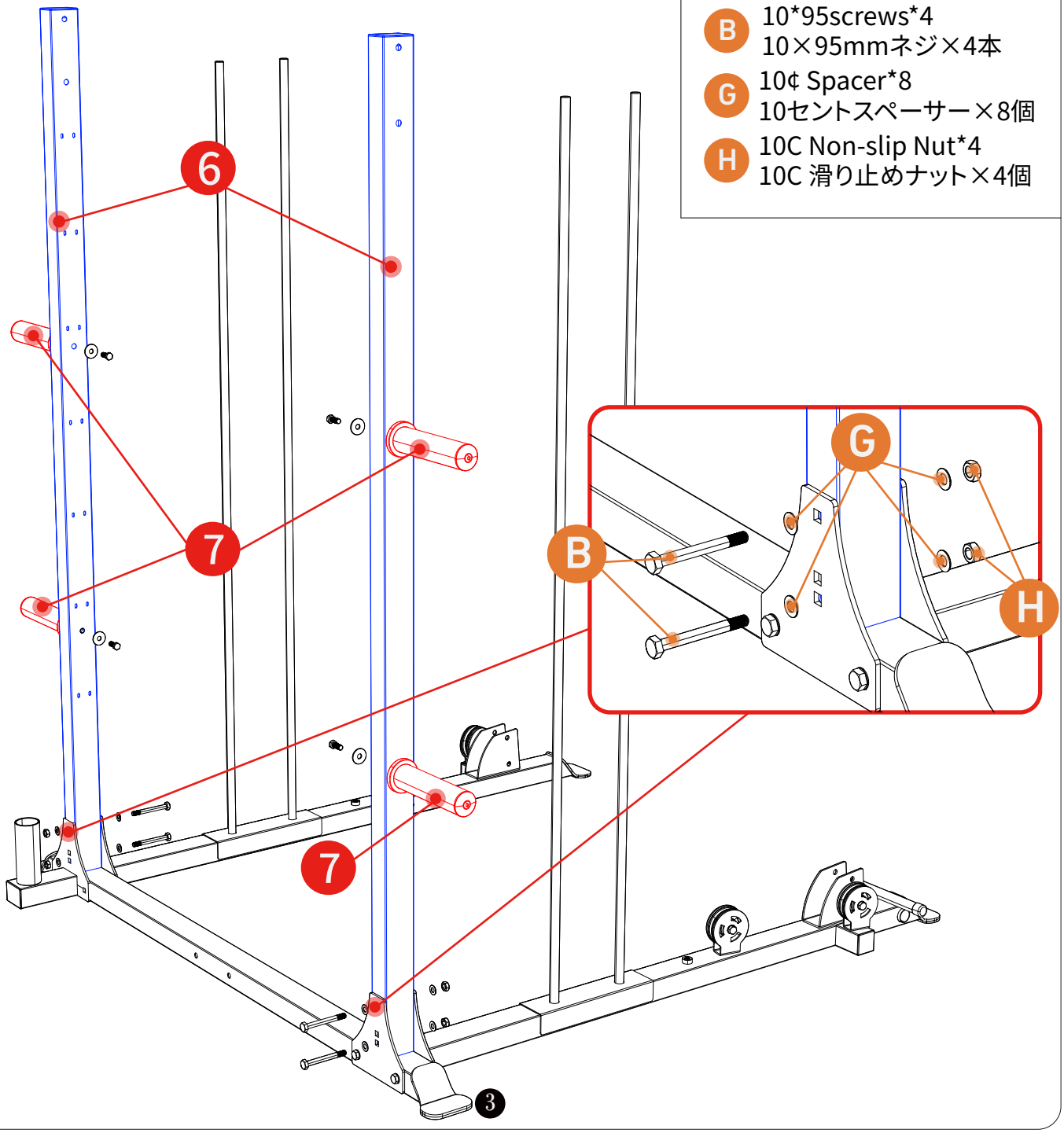




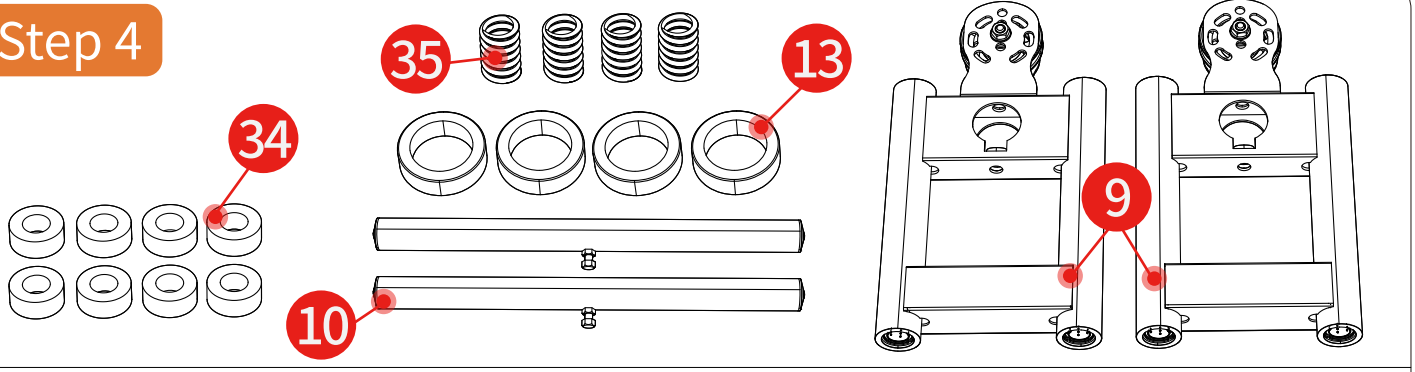
Step 3

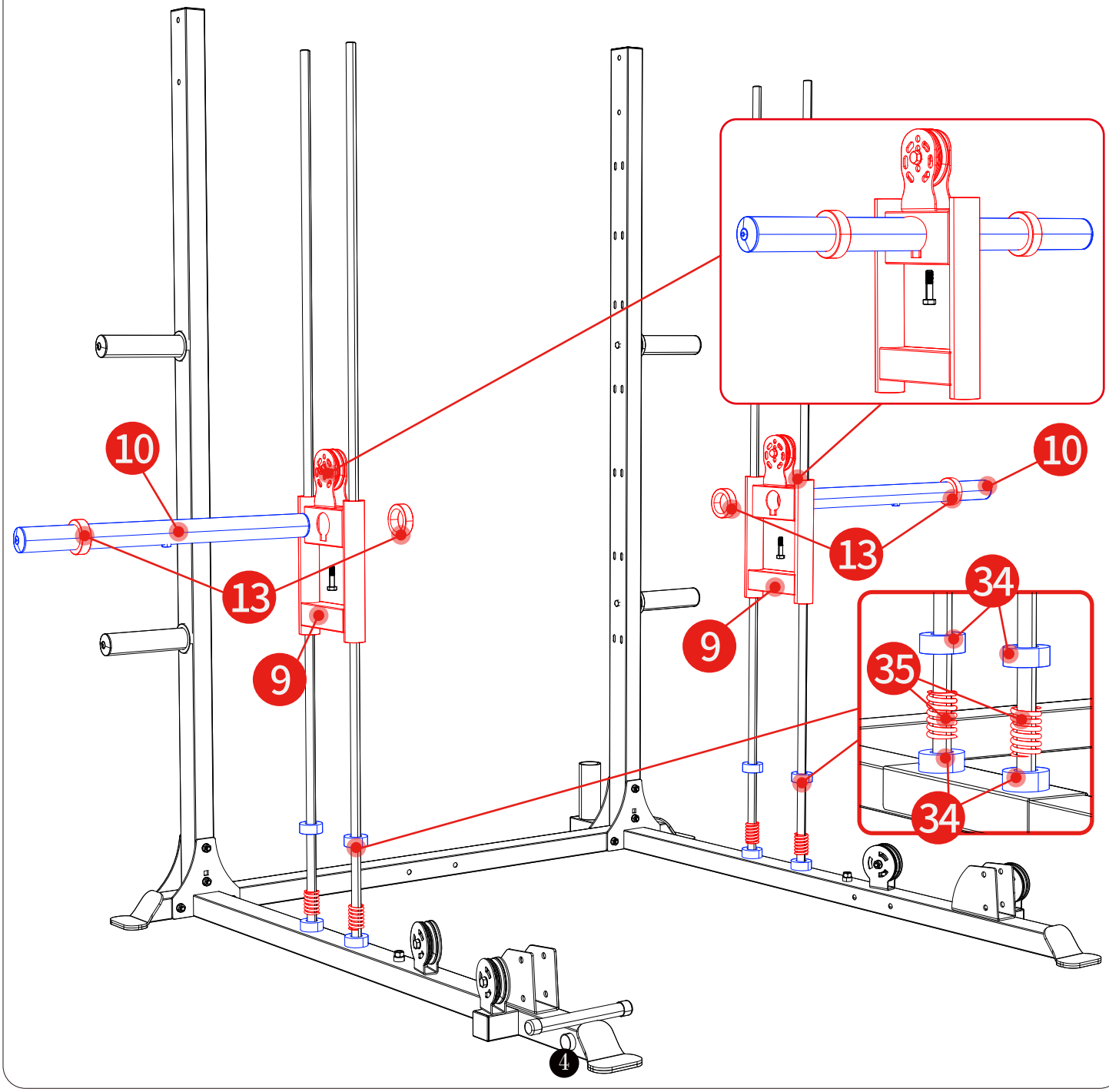


- B 10*95screws*4
  10×95mmネジ×4本
- G 10¢ Spacer*8
  10セントスペーサー×8個
- H 10C Non-slip Nut*4
  10C 滑り止めナット×4個



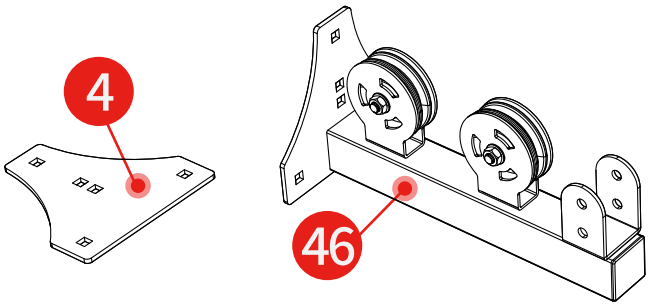
Step 4

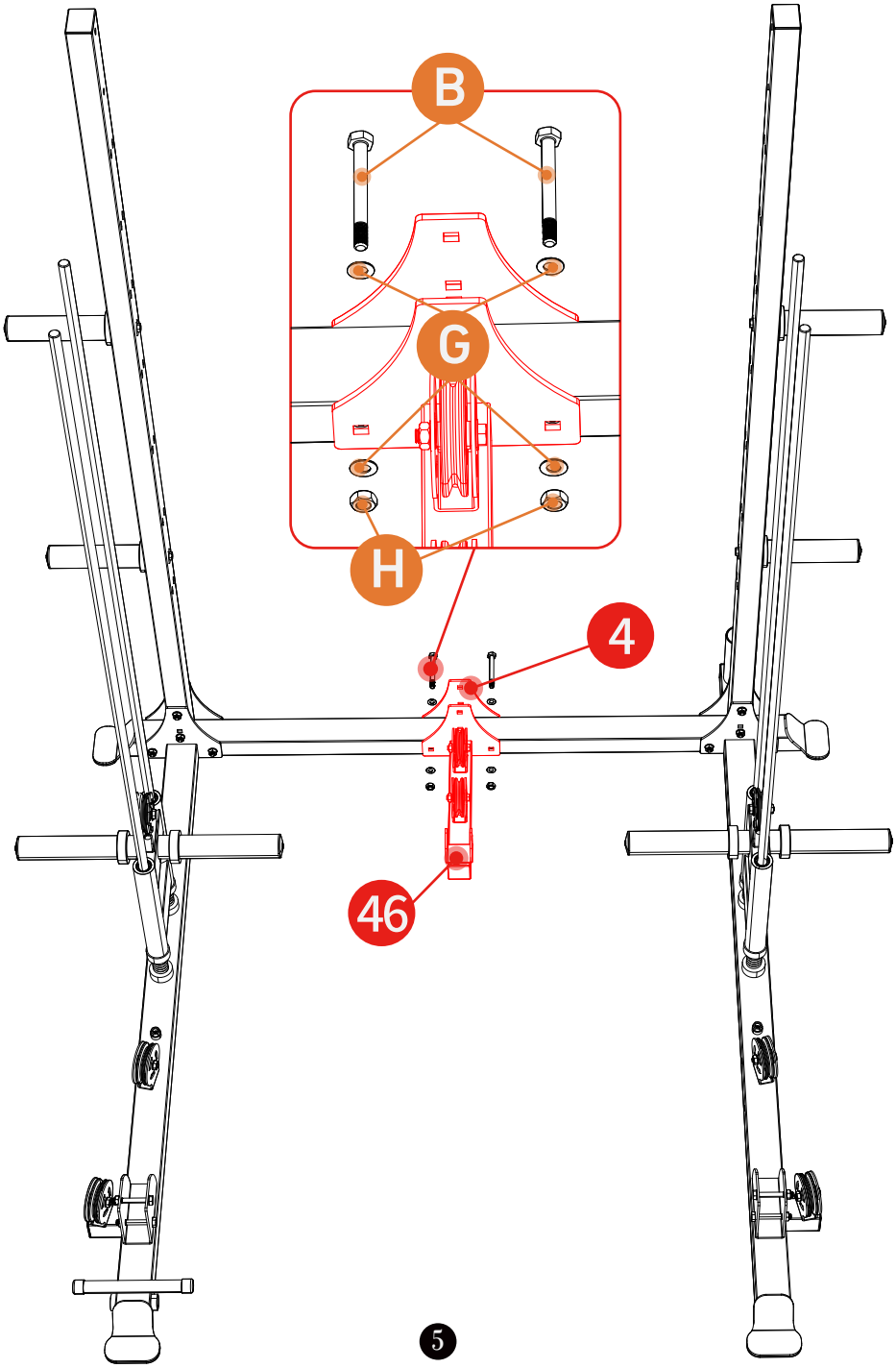




Step 5

- B 10*95screws*2
  10×95mmネジ×2本
- G 10¢ Spacer*4
  10セントスペーサー×4個
- H 10C Non-slip Nut*2
  10C 滑り止めナット×2個



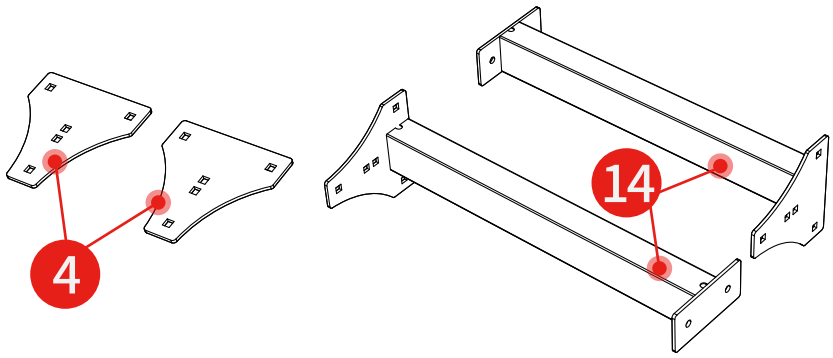


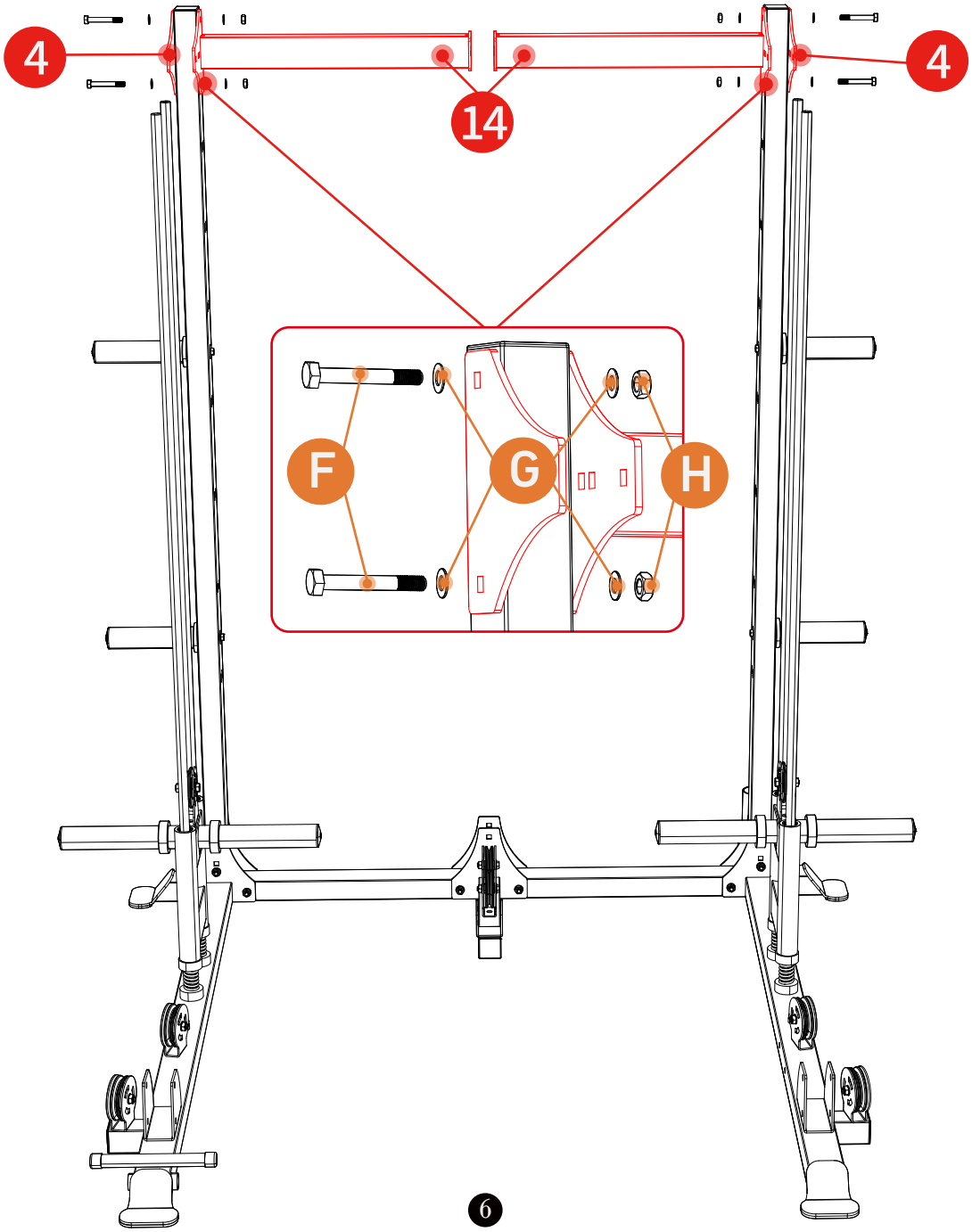
Step 6

B 10*95screws*4
10×95mmネジ×4本

G 10¢ Spacer*8
10センドスペーサー×8個

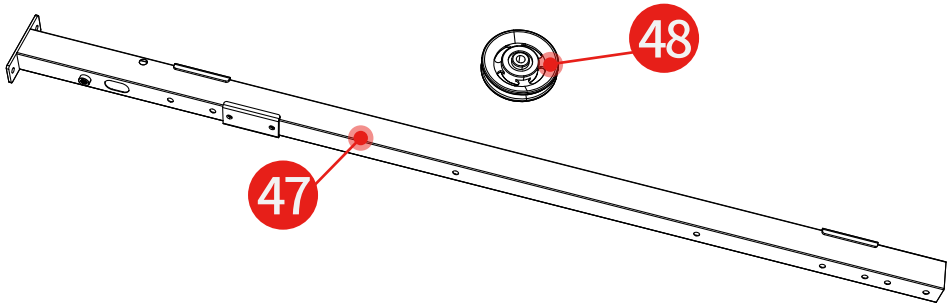
H 10C Non-slip Nut*4
10C 滑り止めナット×4個

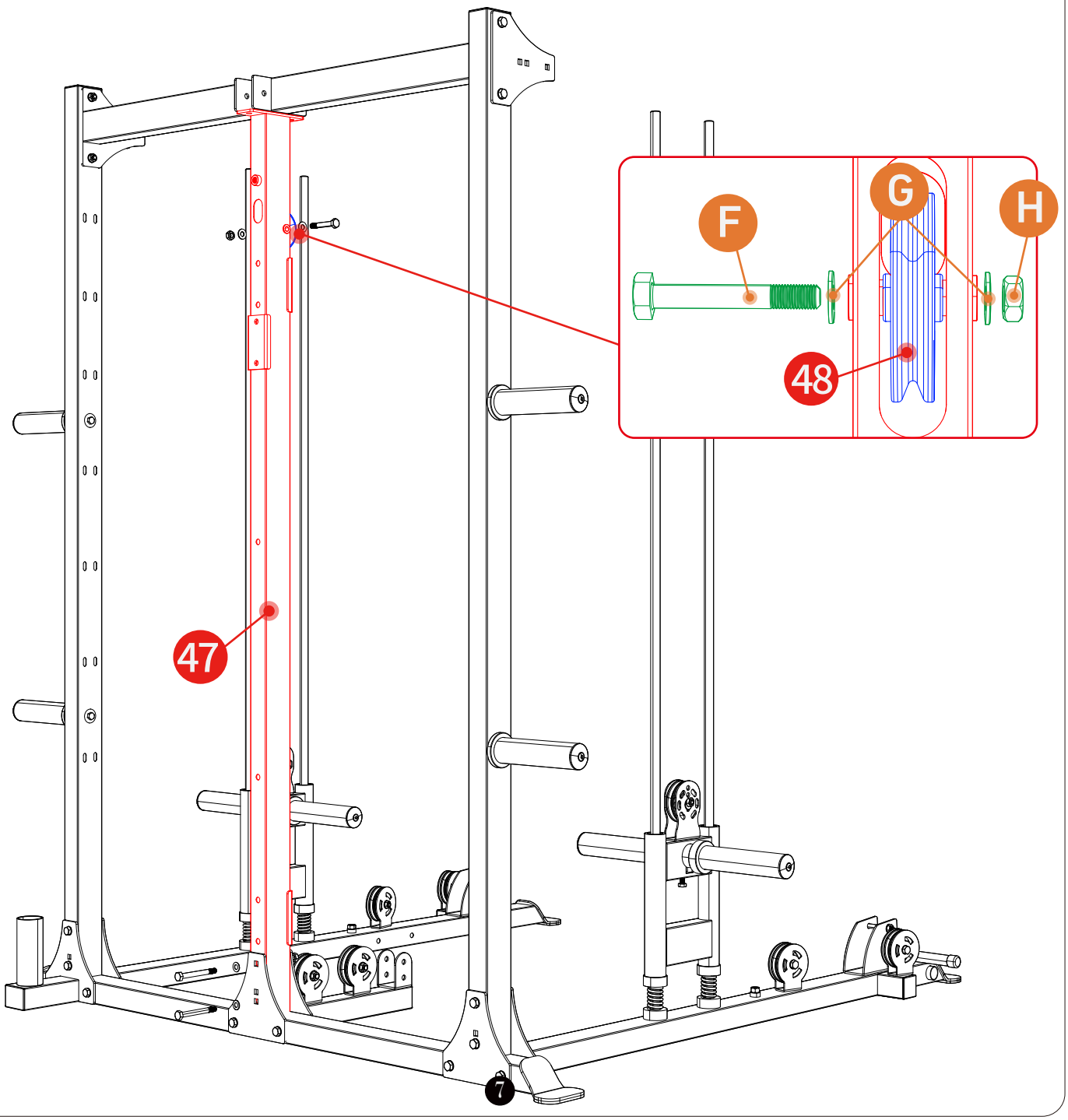




Step 7

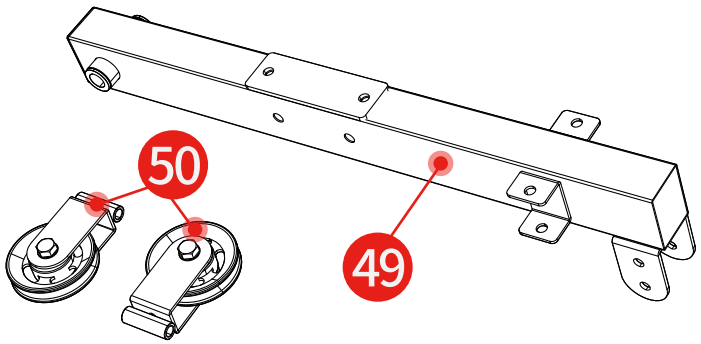
- B 10*95screws*1
  10×95mmネジ×1本
- G 10¢ Spacer*2
  10セントスペーサー×2個
- H 10C Non-slip Nut*1
  10C 滑り止めナット×1個

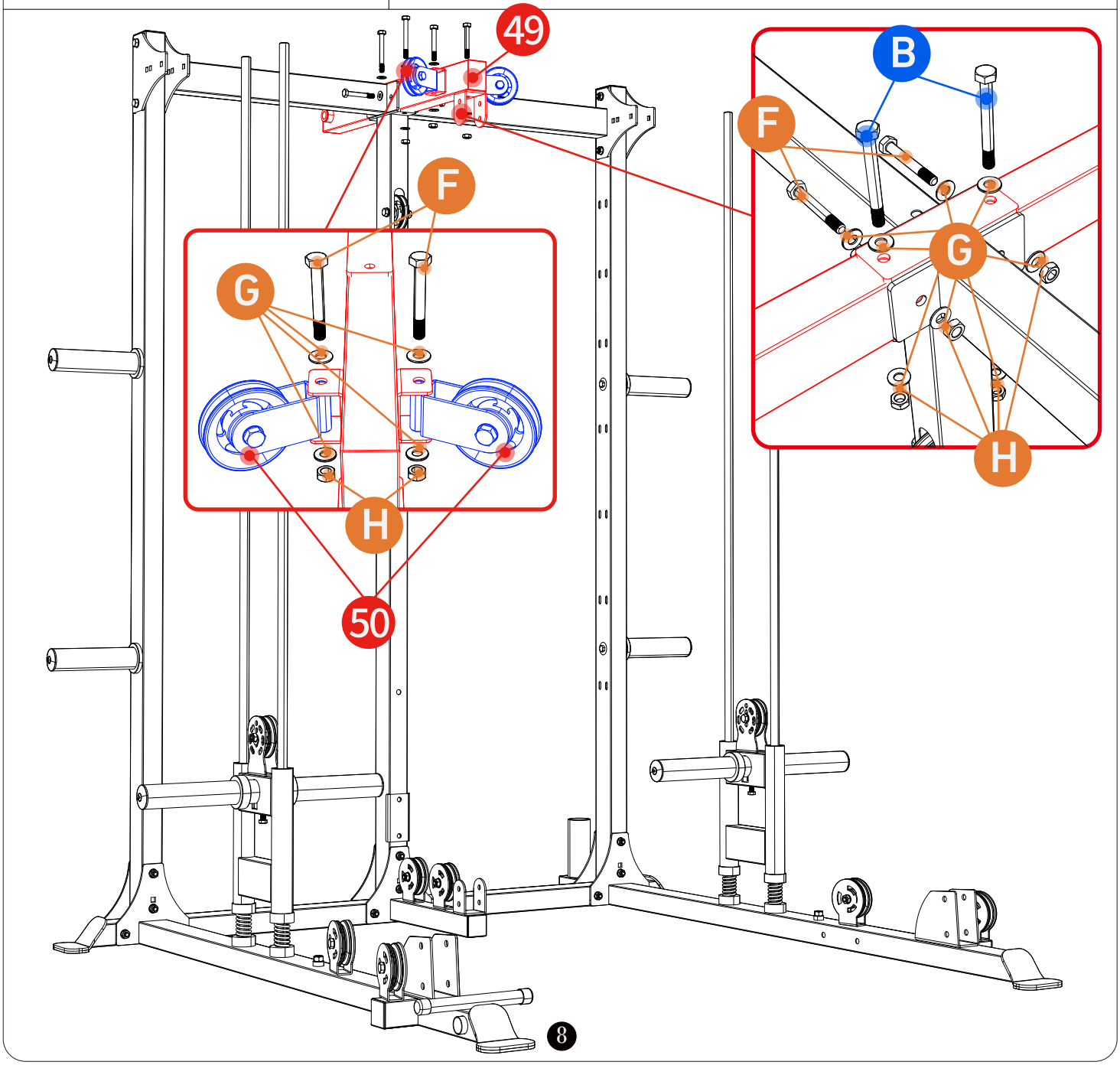




Step 8

- F 10*80screws*4
  10×80ネジ×4
- B 10*95screws*2
  10×95mmネジ×2本
- G 10¢ Spacer*12
  10セントスペーサー×12個
- H 10C Non-slip Nut*6
  10C 滑り止めナット×6個



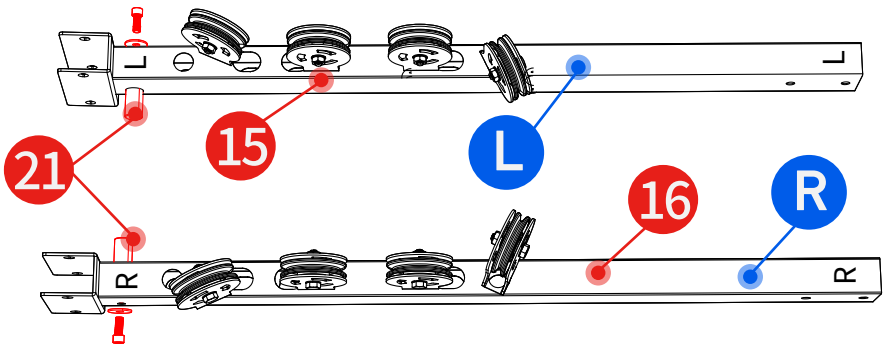


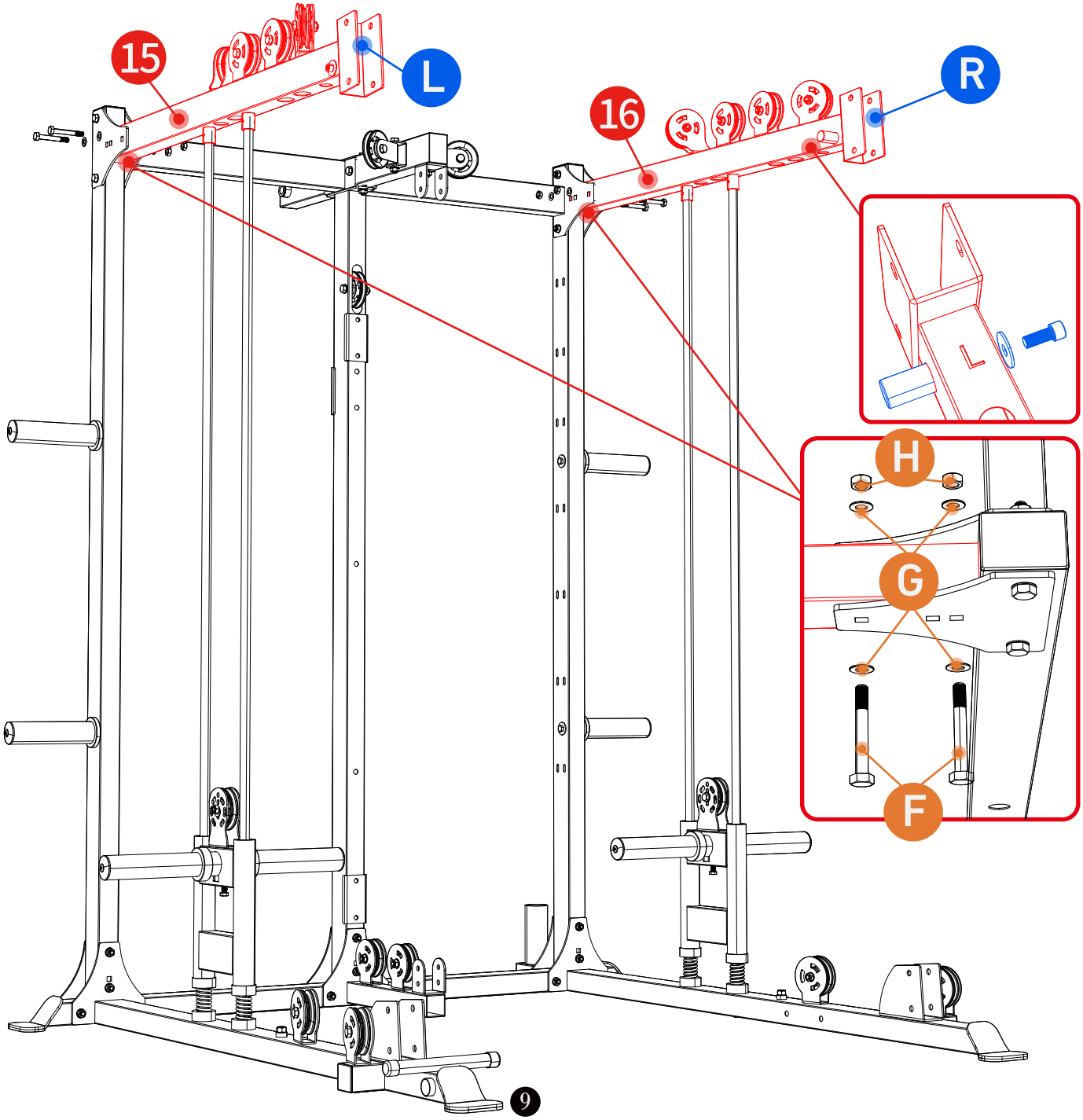
Step 9

F 10*80screws*4
10×80ネジ×4

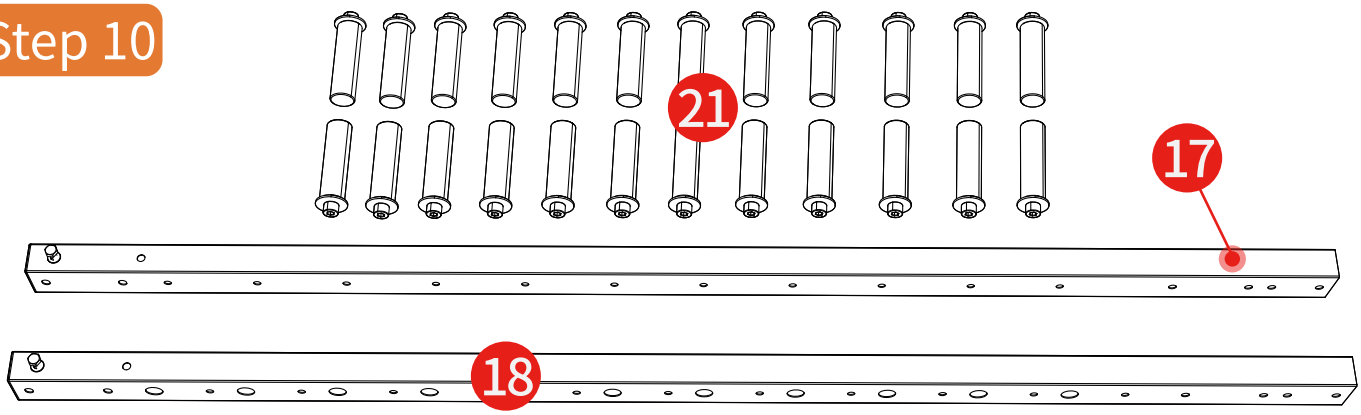
G 10¢ Spacer*8
10セントスペーサー×8個

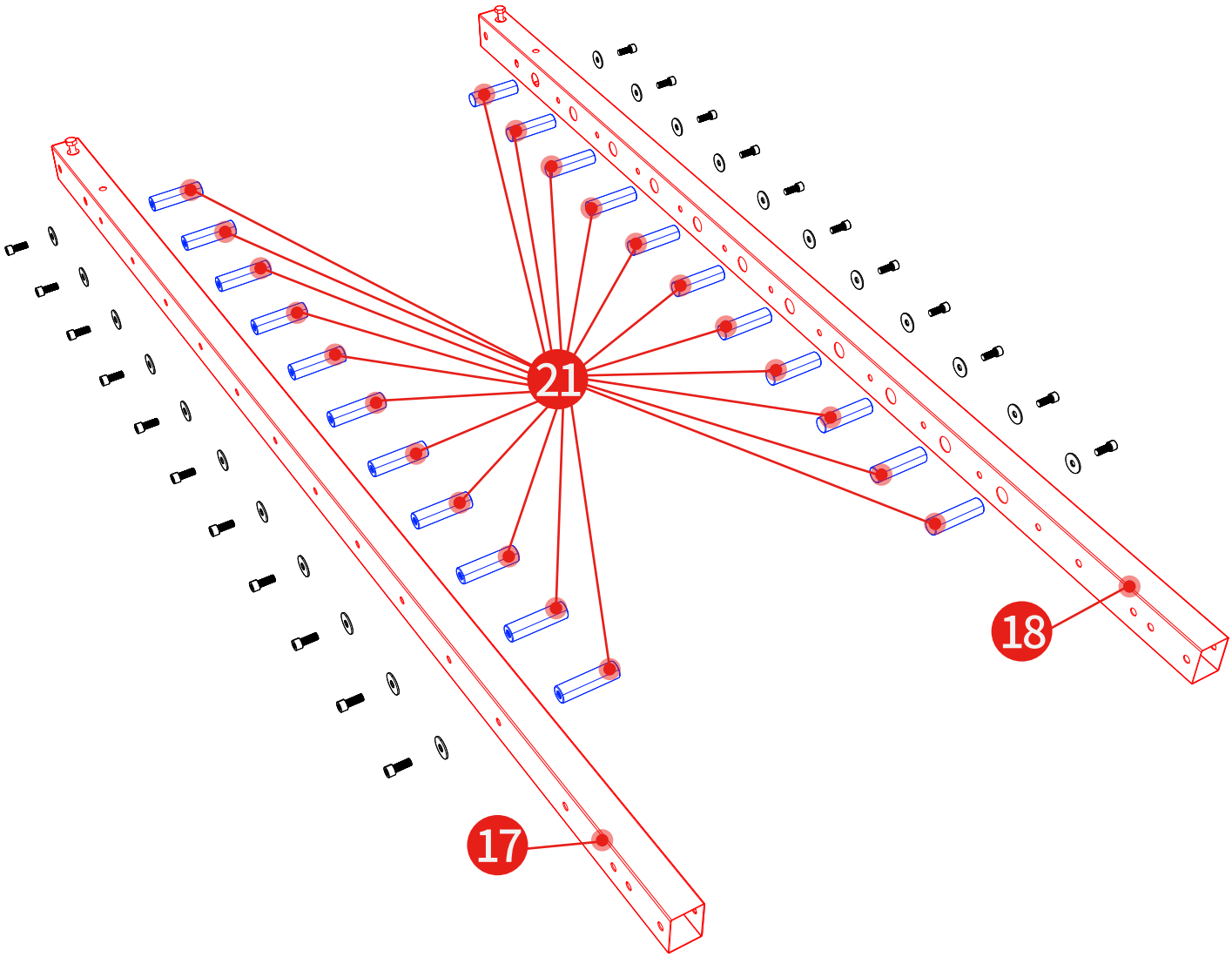
H 10C Non-slip Nut*4
10C 滑り止めナット×4個





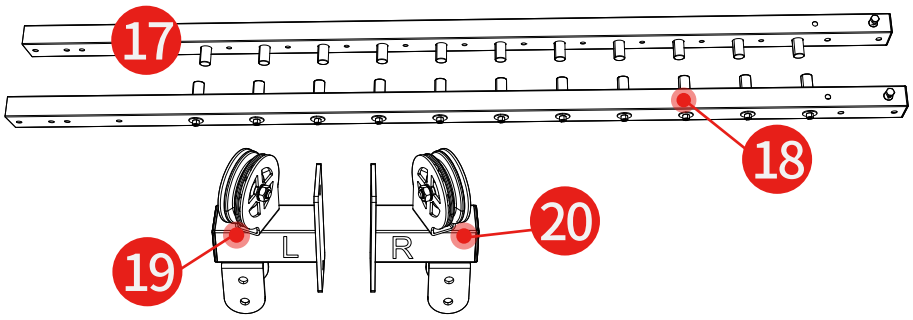
Step 10

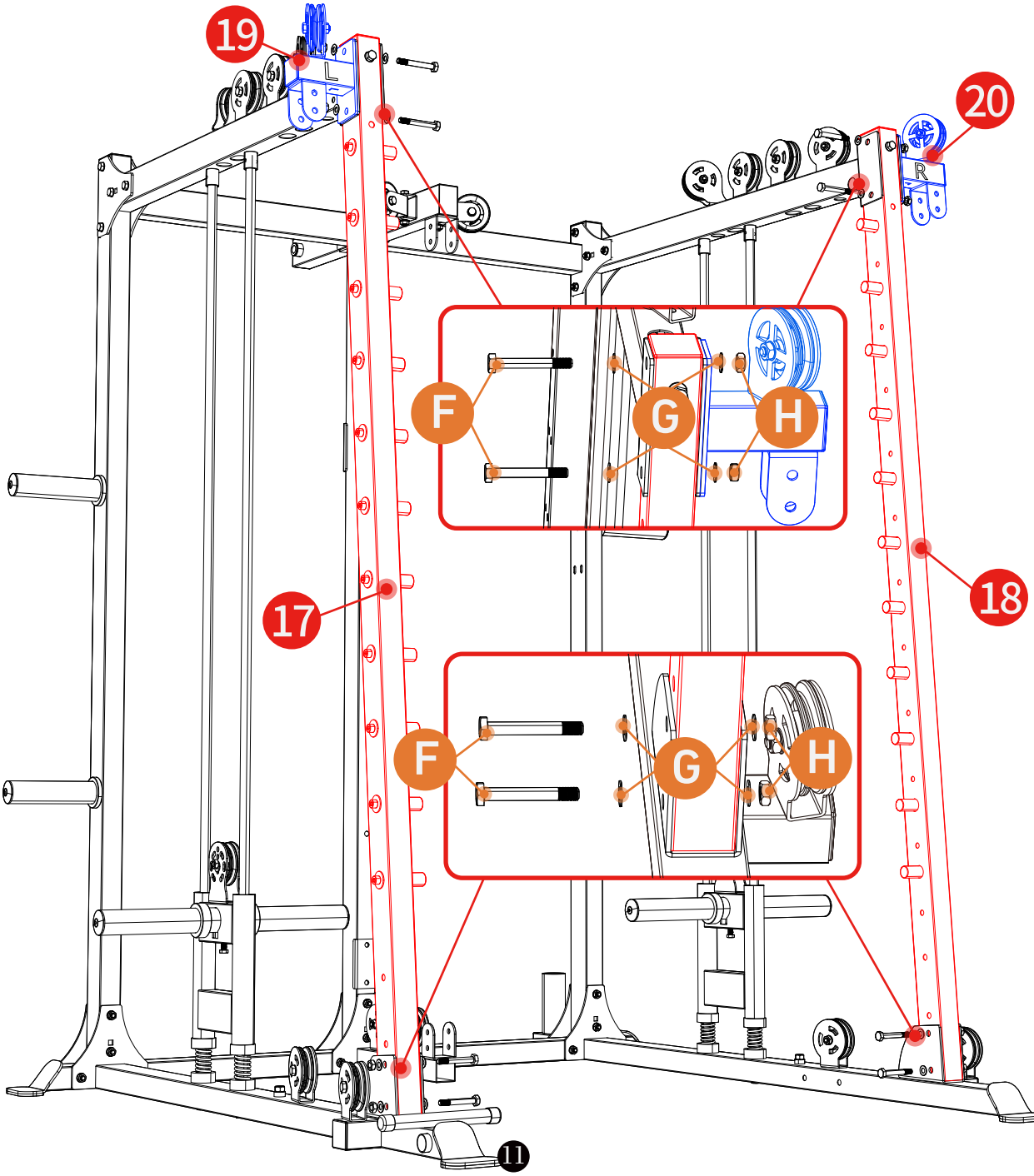




Step 11

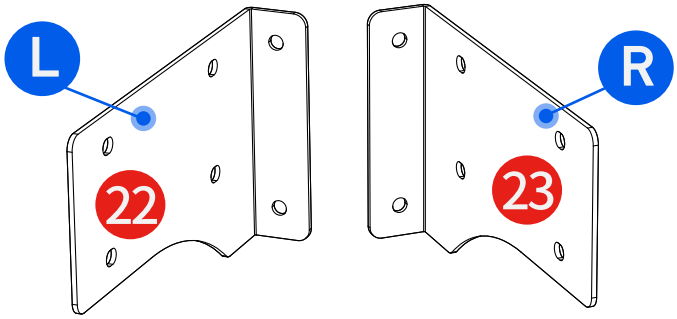
- F 10*80screws*8
  10×80ネジ×8
- G 10¢ Spacer*16
  10セントスペーサー×16個
- H 10C Non-slip Nut*8
  10C 滑り止めナット×8個

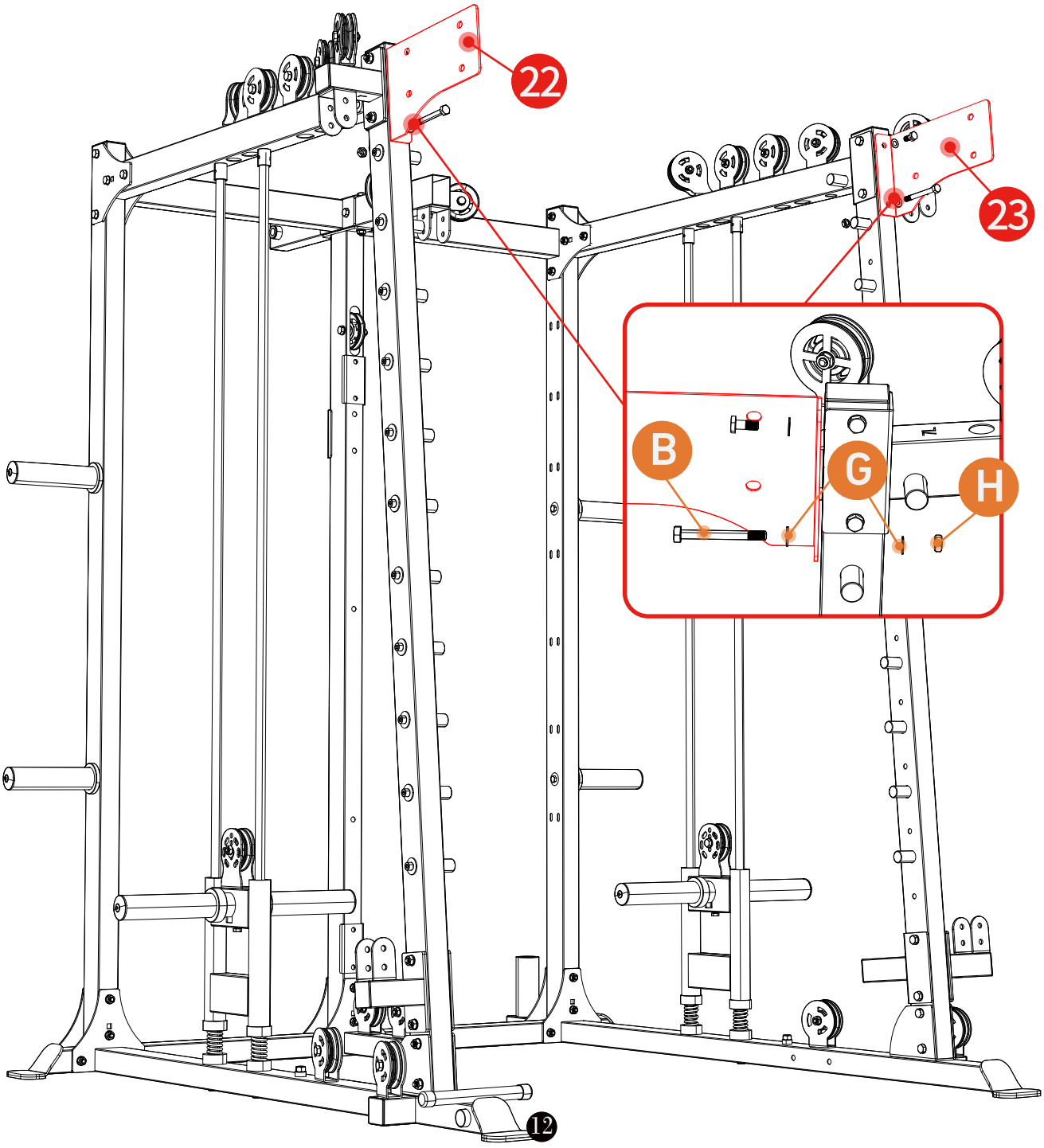




Step 12

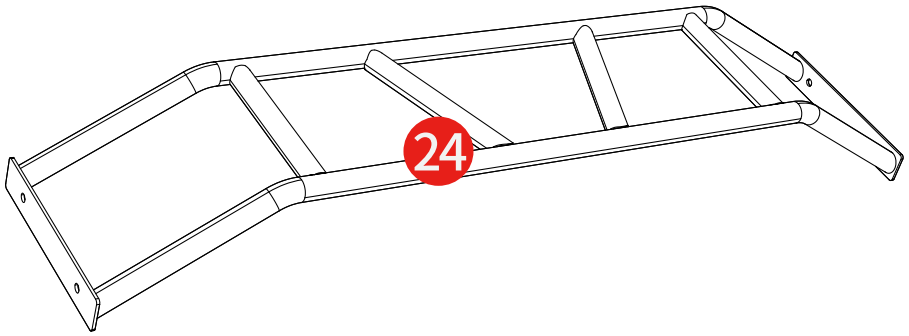
- B 10*95screws*2
  10×95mmネジ×2本
- G 10¢ Spacer*4
  10セントスペーサー×4個
- H 10C Non-slip Nut*2
  10C 滑り止めナット×2個

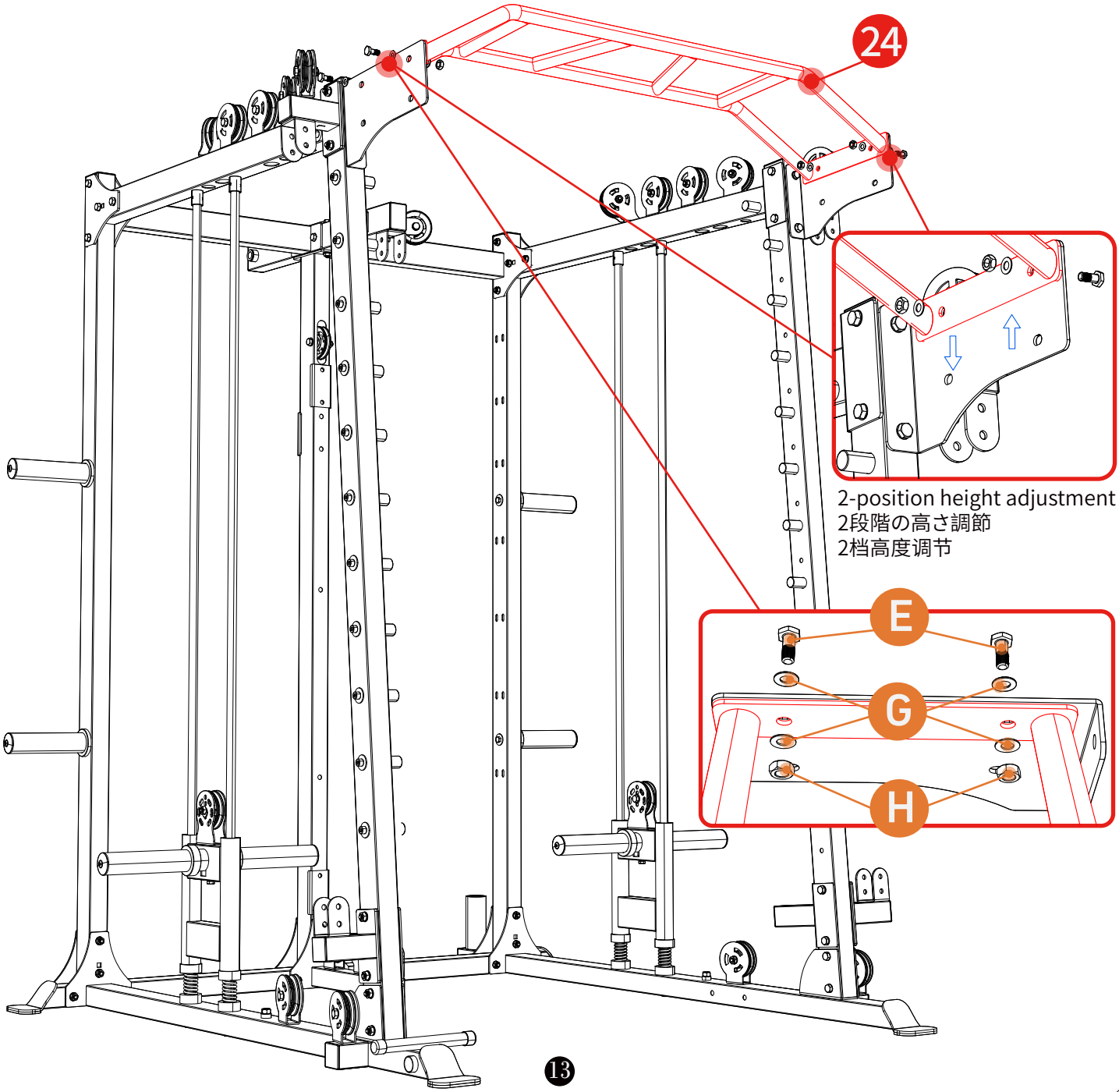




Step 13

- E 10*25screws*4
  10×25本×4
- G 10¢ Spacer*8
  10セントスペーサー×8個
- H 10C Non-slip Nut*4
  10C 滑り止めナット×4個





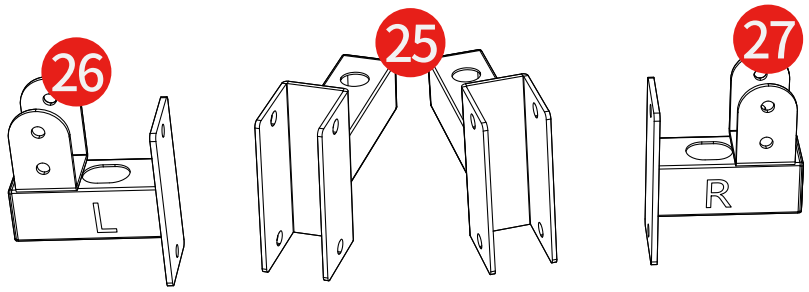
2-position height adjustment
2段階の高さ調節
2档高度调节

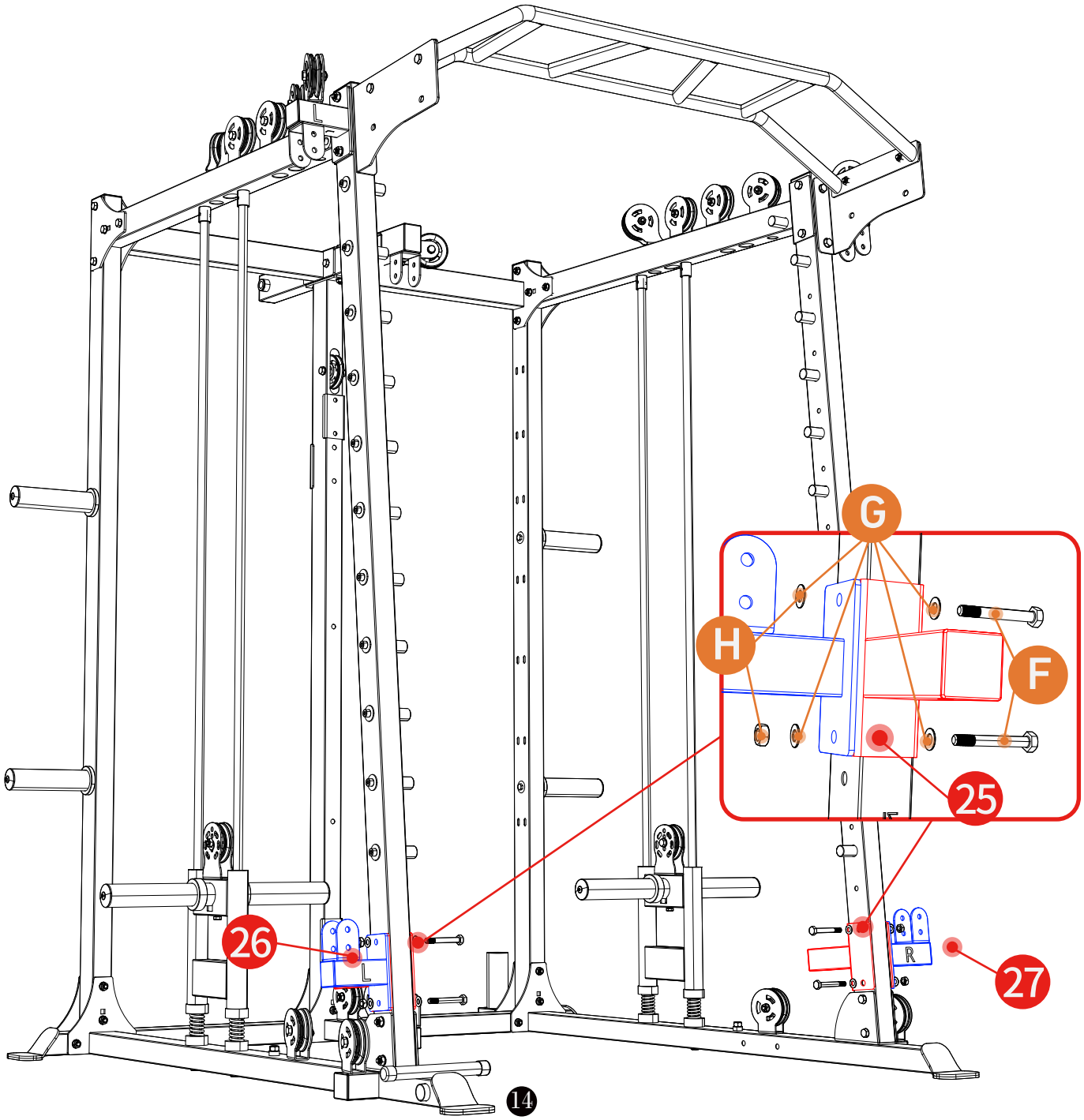
Step 14

F 10*80screws*4
10×80ネジ×4

G 10¢ Spacer*8
10セントスペーサー×8個

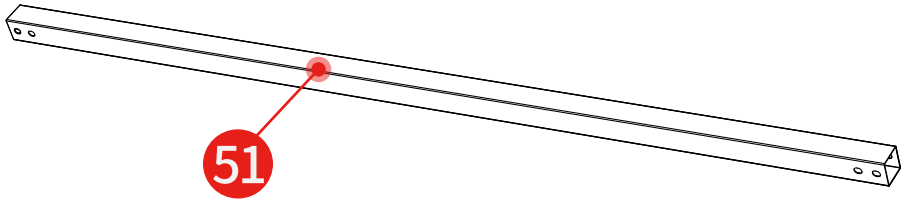
H 10C Non-slip Nut*4
10C 滑り止めナット×4個

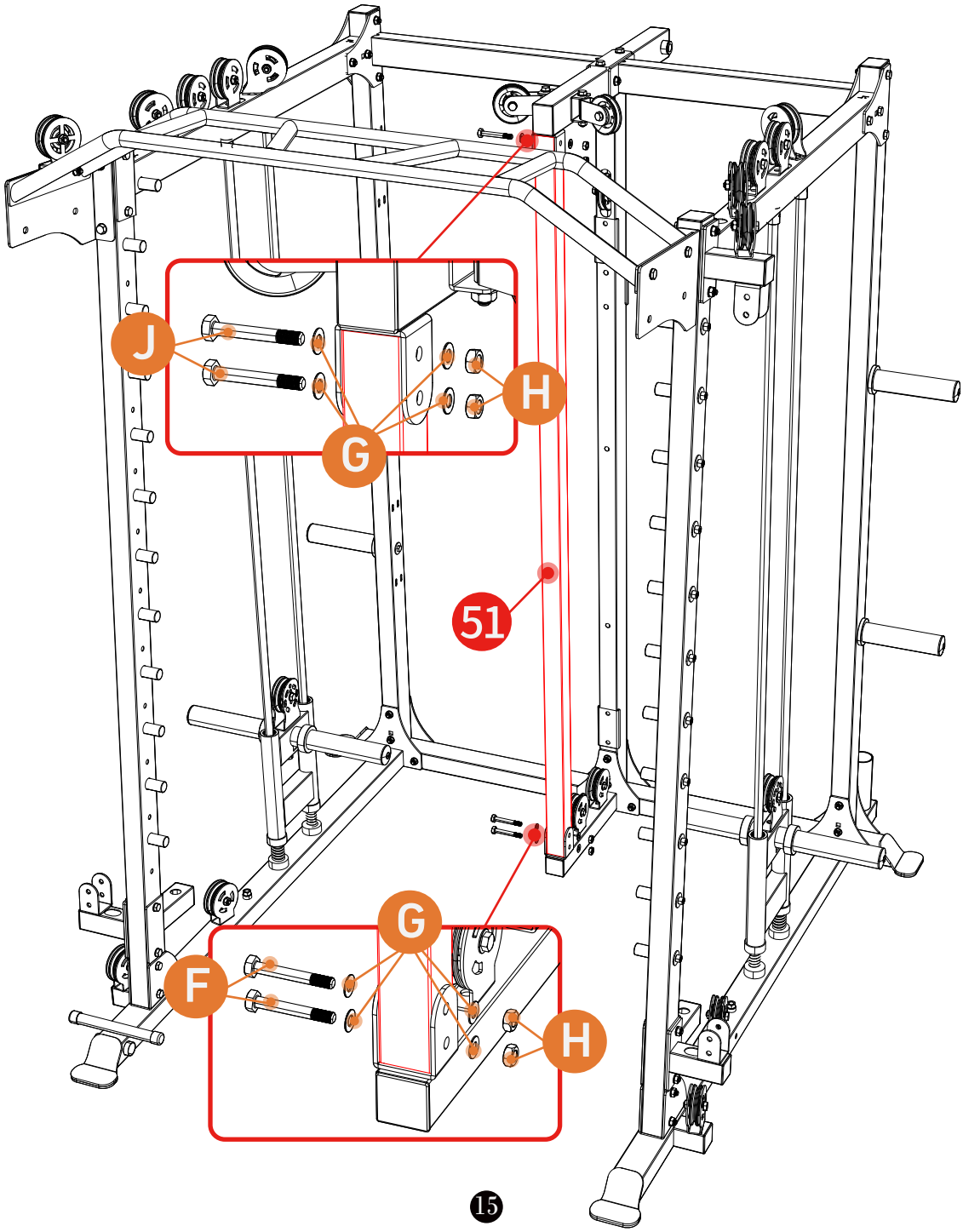




Step 15

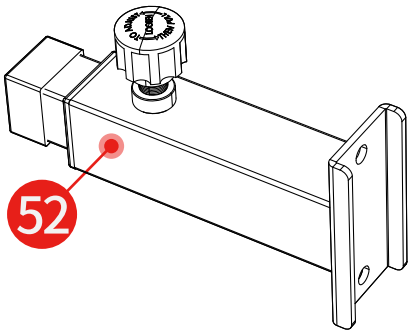
- B 10*95screws*4
  10×95mmネジ×4本
- G 10¢ Spacer*8
  10セントスペーサー×8個
- H 10C Non-slip Nut*4
  10C 滑り止めナット×4個

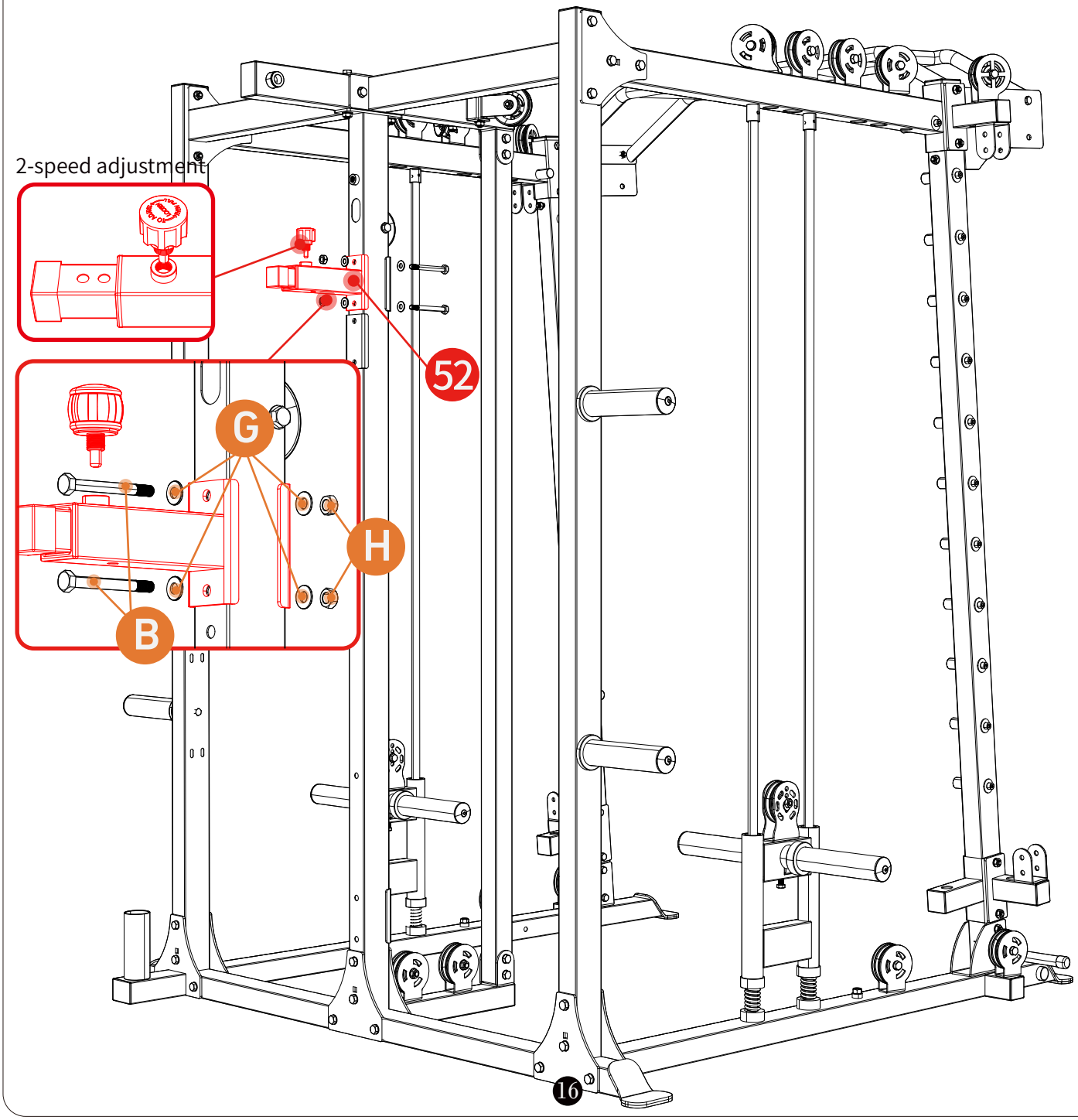




Step 16

- B 10*95screws*2
  10×95mmネジ×2本
- G 10¢ Spacer*4
  10センドスペーサー×4個
- H 10C Non-slip Nut*2
  10C 滑り止めナット×2個





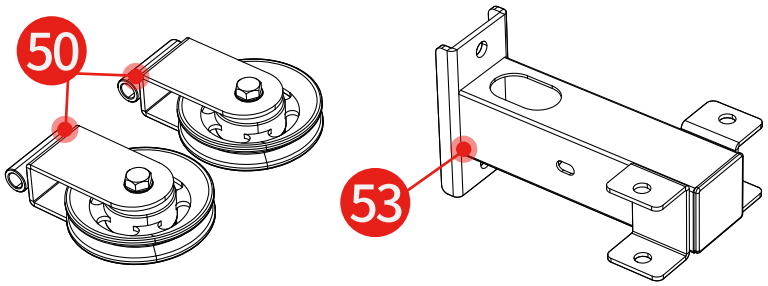
Step 17

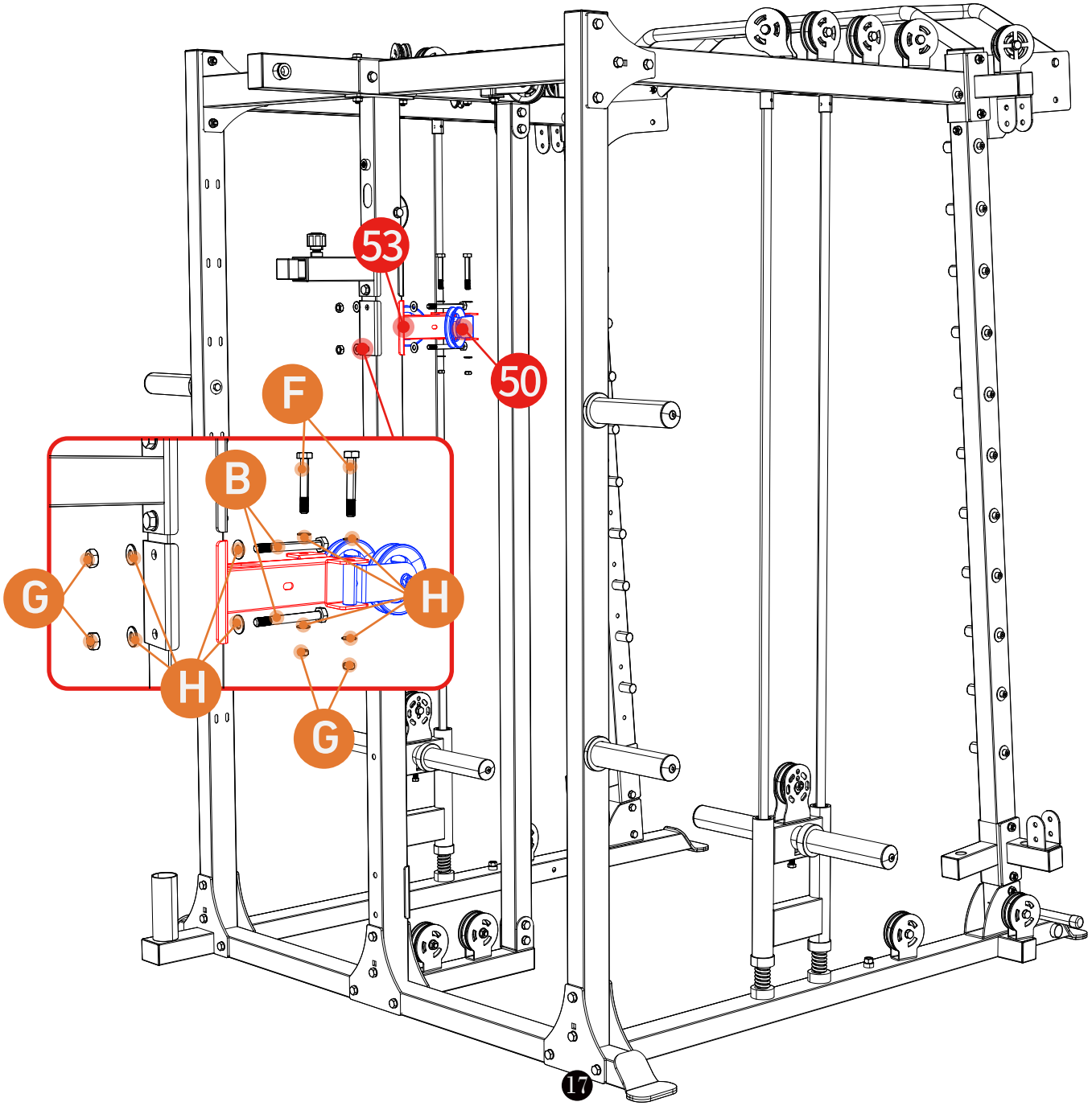
B 10*95screws*2
10×95mmネジ×2本

F 10*80screws*2
10×80ネジ×2

G 10¢ Spacer*8
10センドスペーサー×8個

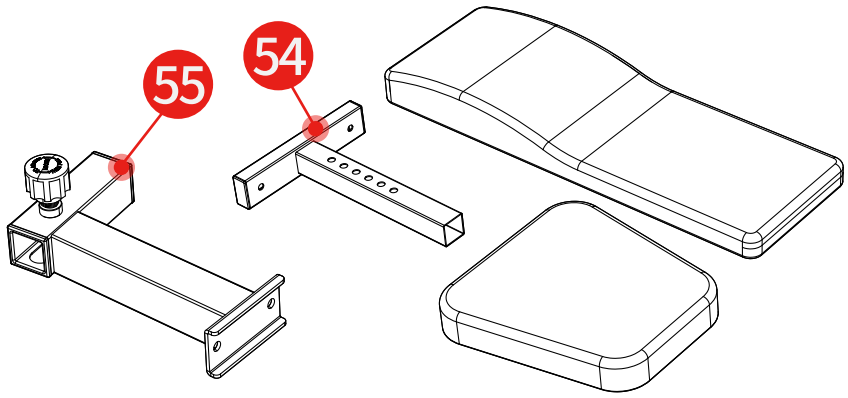
H 10C Non-slip Nut*4
10C 滑り止めナット×4個

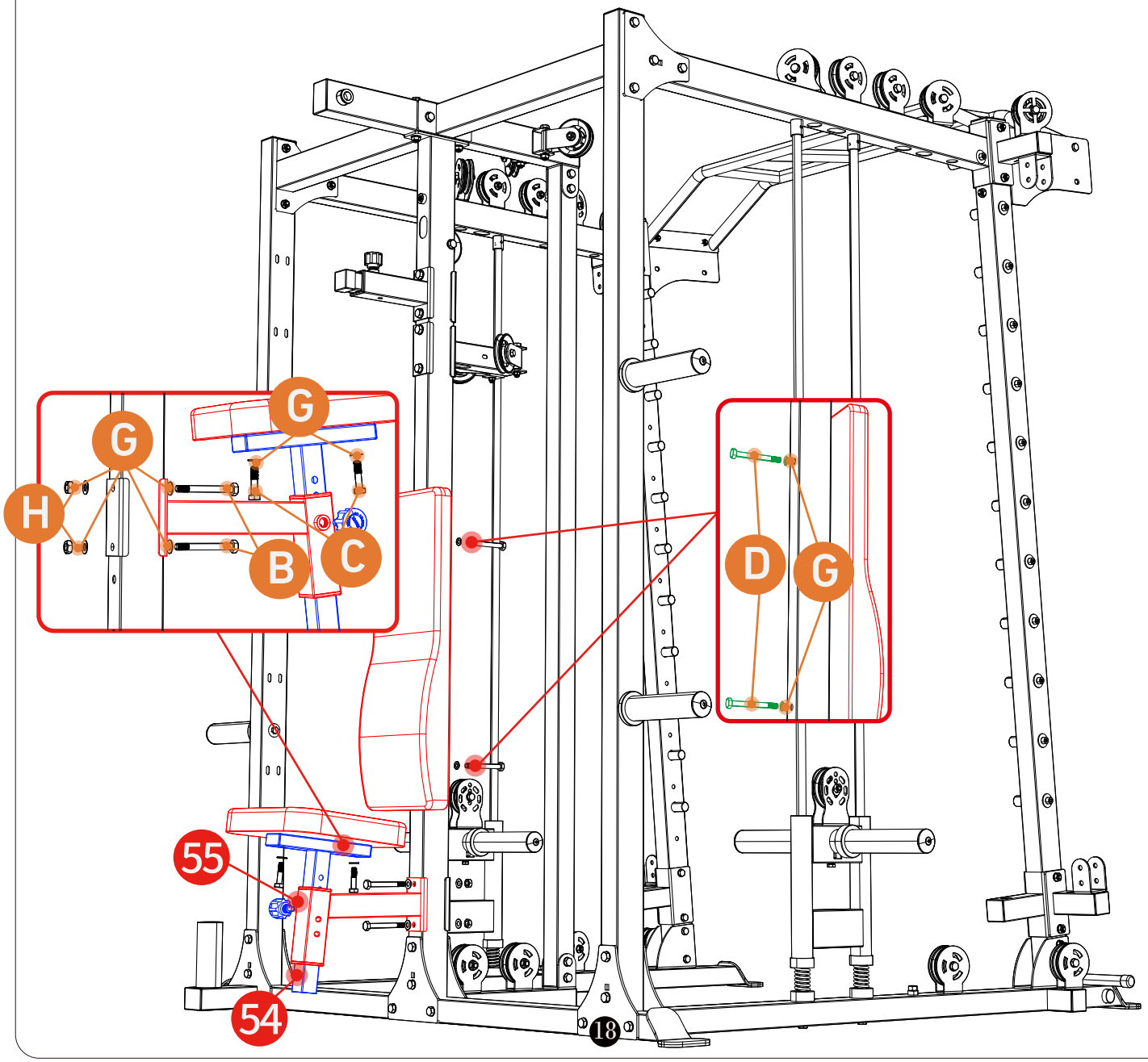




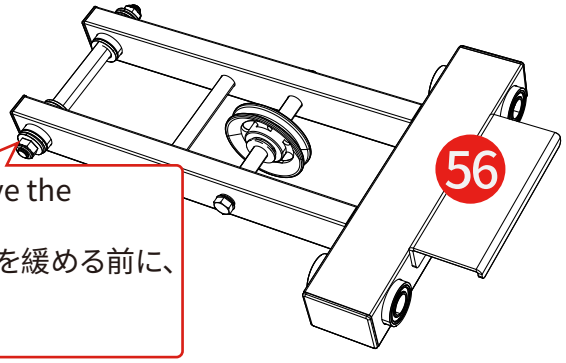
Step 18

- B 10*95screws*2
  10×95mmネジ×2本
- C 8*40screws*2
  8×40mmネジ×2本
- D 8*85screws*2
  8×85mmネジ×2本
- G 10¢ Spacer*8
  10セントスペーサー×8個
- H 10C Non-slip Nut*2
  10C 滑り止めナット×2個

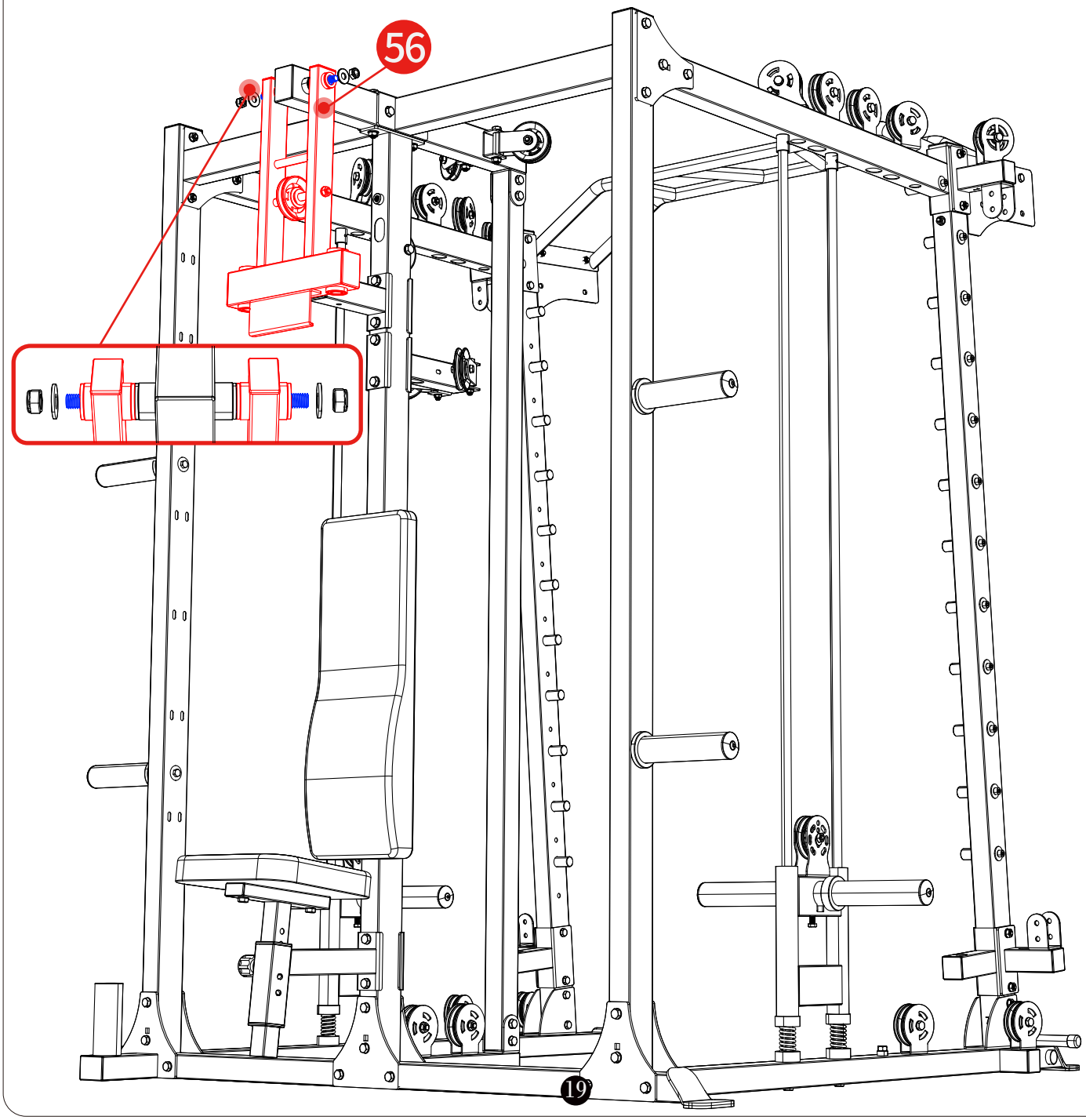




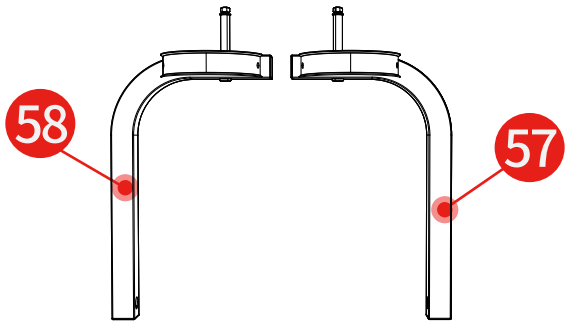
Step 19

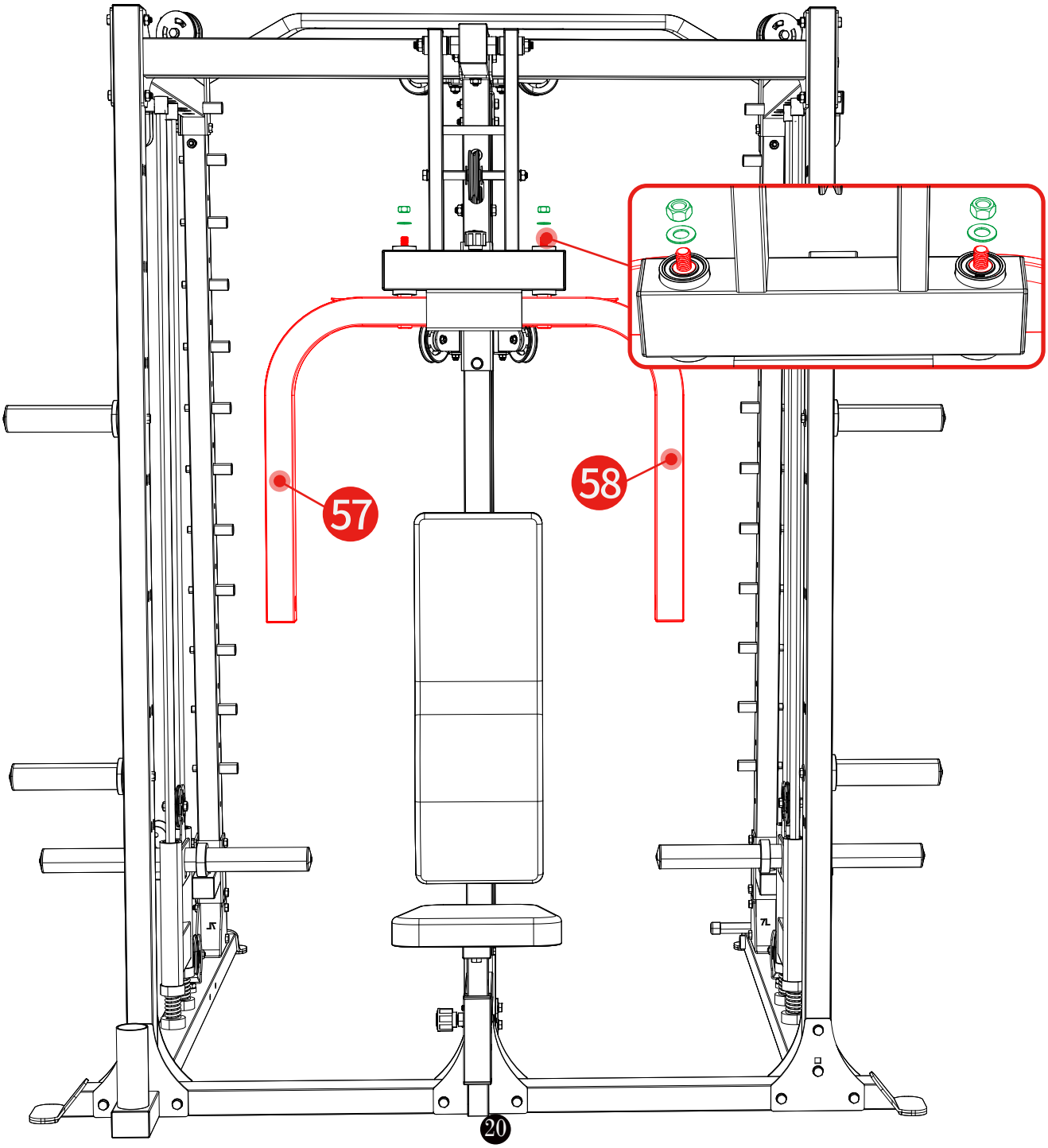


The screws are installed in the square inner plugset,Remove the cover before unscrewing the screws.
ネジは四角い内側のプラグセットに 取り付けられています。ネジを緩める前に、カバーを取り外してください。
螺丝安装在方形内塞组中，拧下螺丝前请先取下盖子。

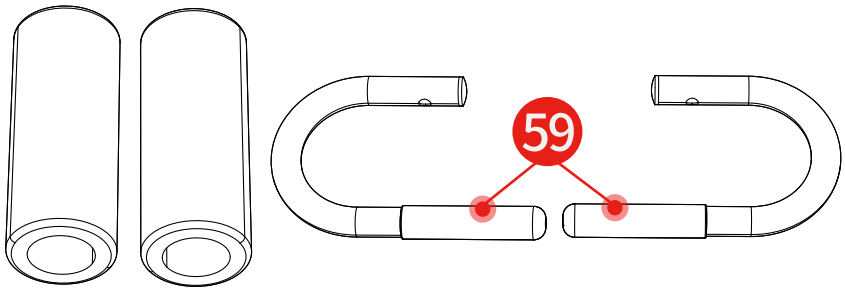


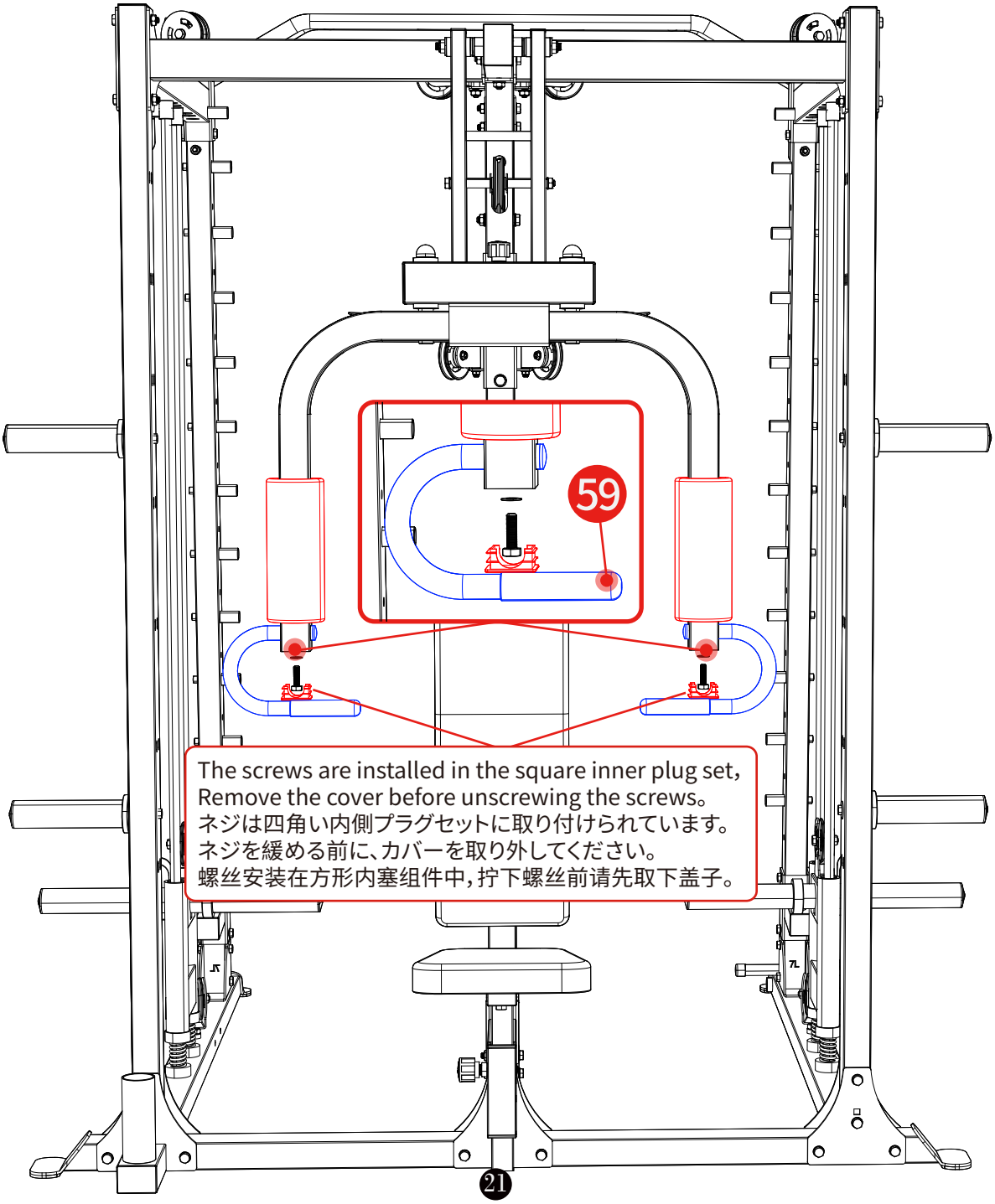
Step 20





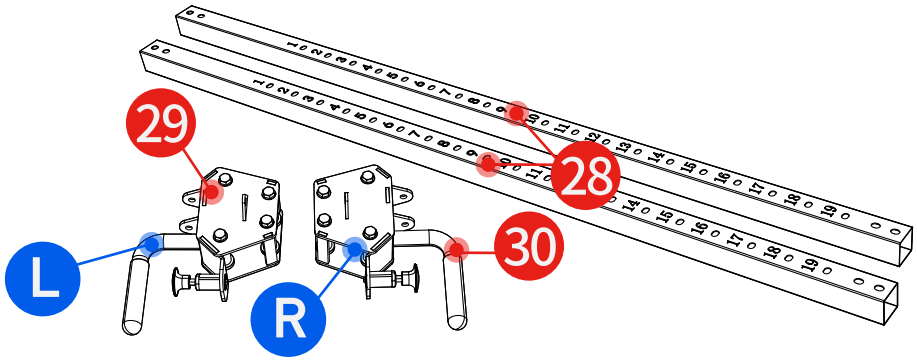
Step 21

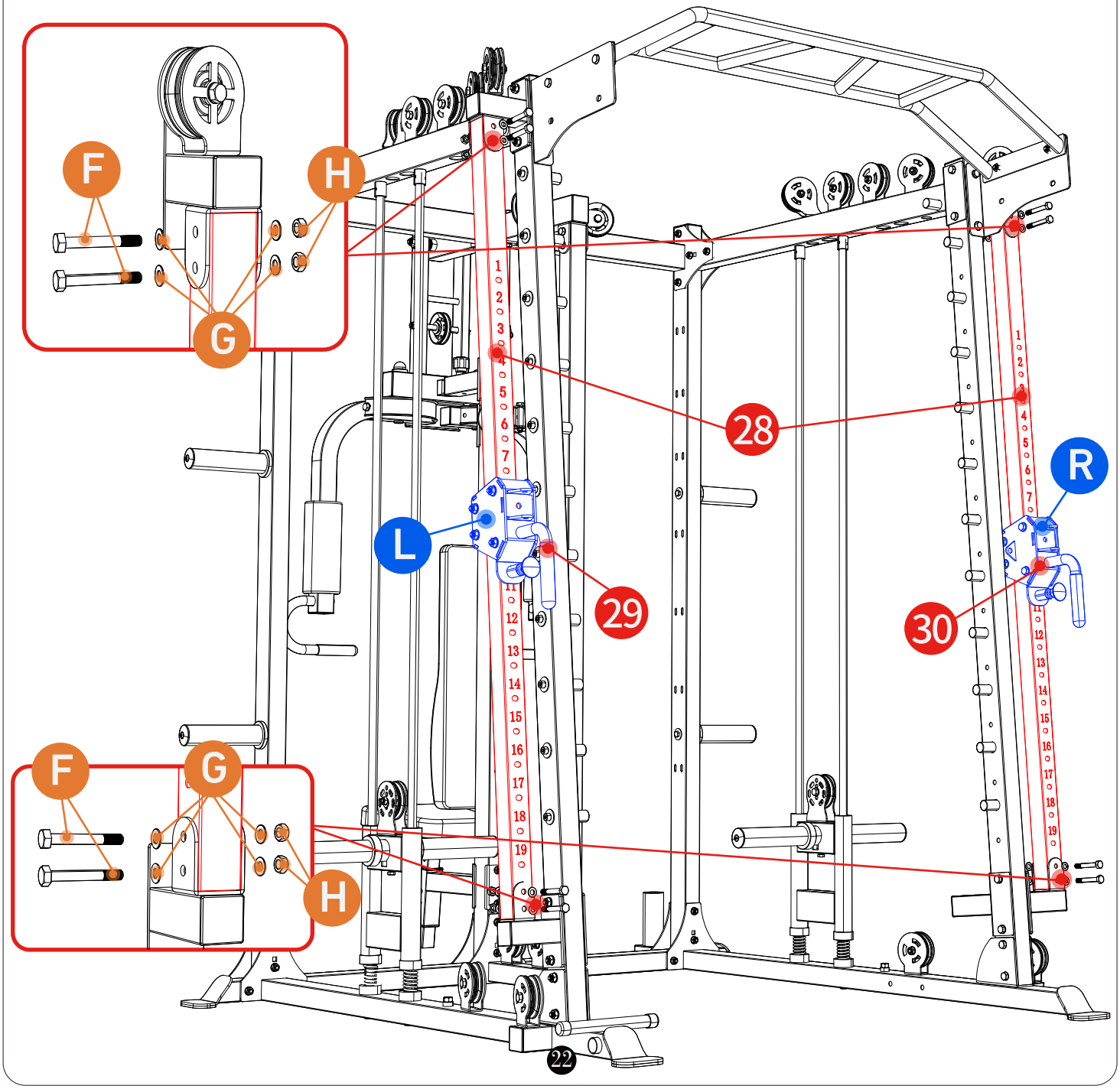

59


59
The screws are installed in the square inner plug set,
Remove the cover before unscrewing the screws。
ネジは四角い内側プラグセットに取り付けられています。
ネジを緩める前に、カバーを取り外してください。
螺丝安装在方形内塞组件中，拧下螺丝前请先取下盖子。

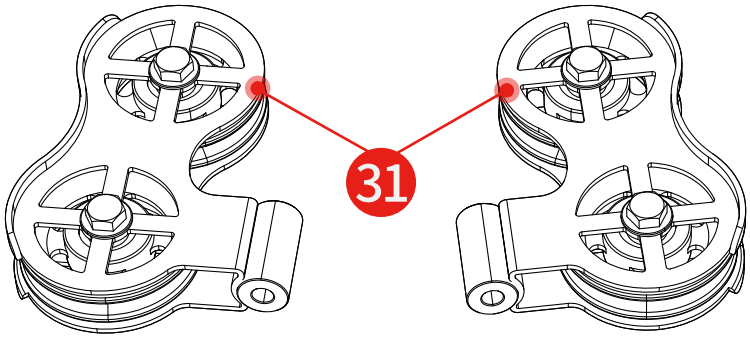
Step 22

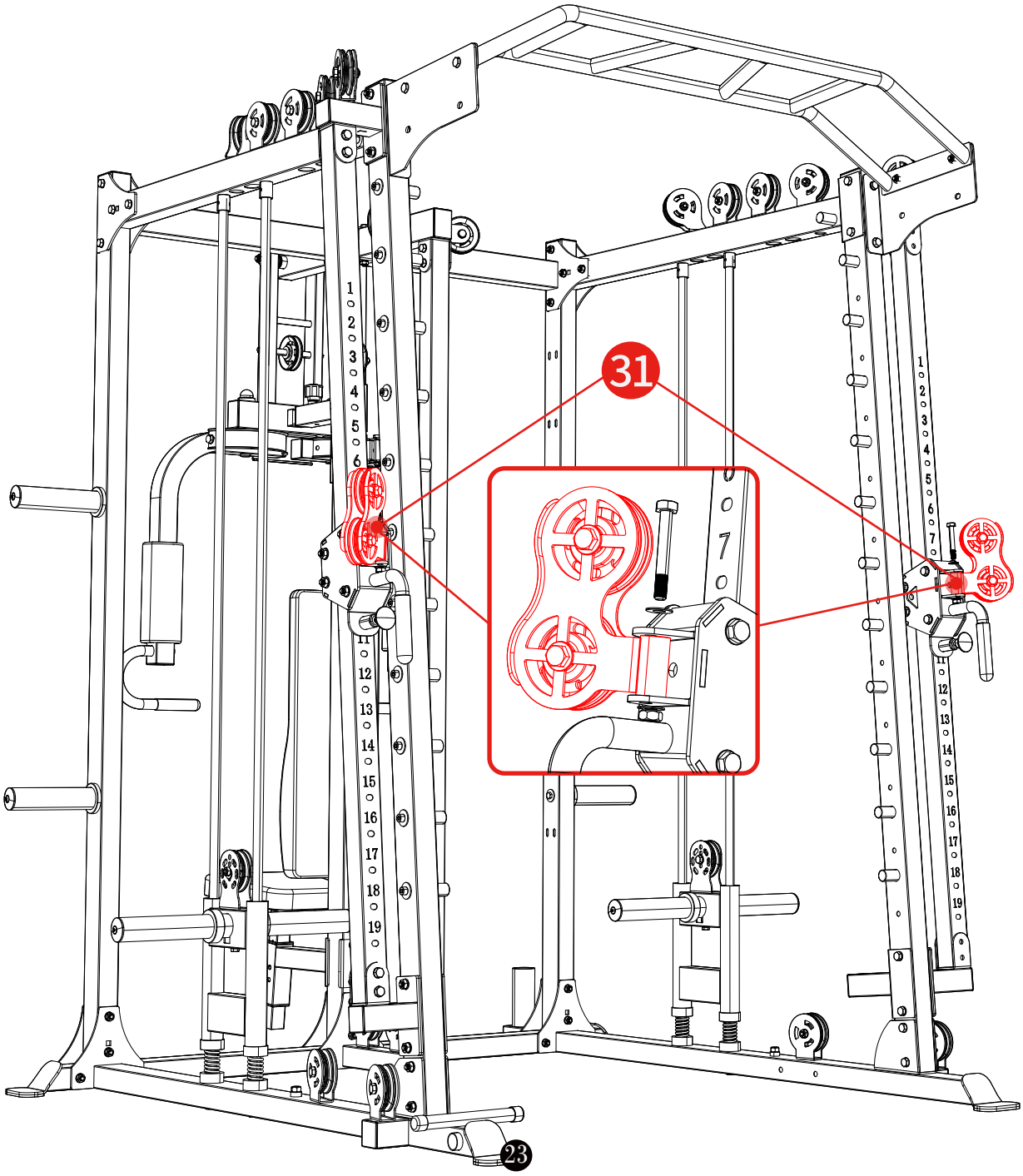
- F 10*80screws*8
  10×80ネジ×8
- G 10¢ Spacer*16
  10センドスペーサー×16個
- H 10C Non-slip Nut*8
  10C 滑り止めナット×8個



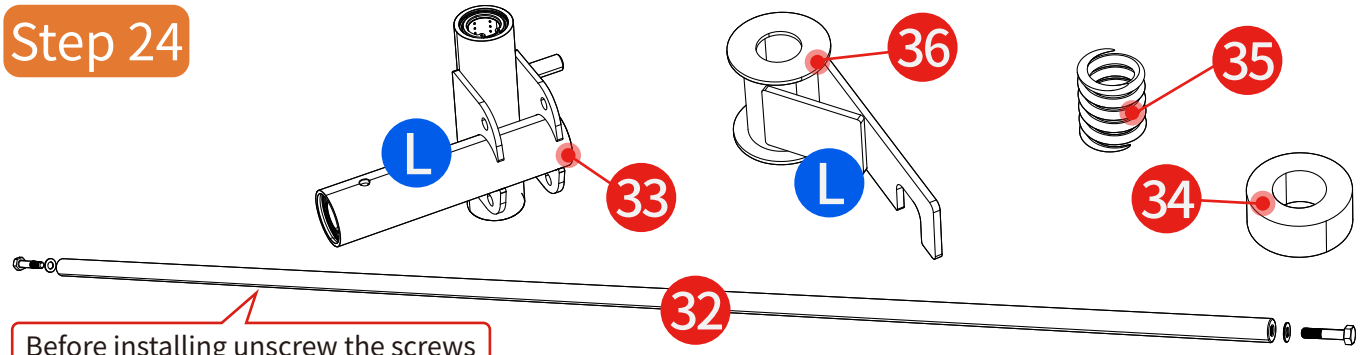


Step 23

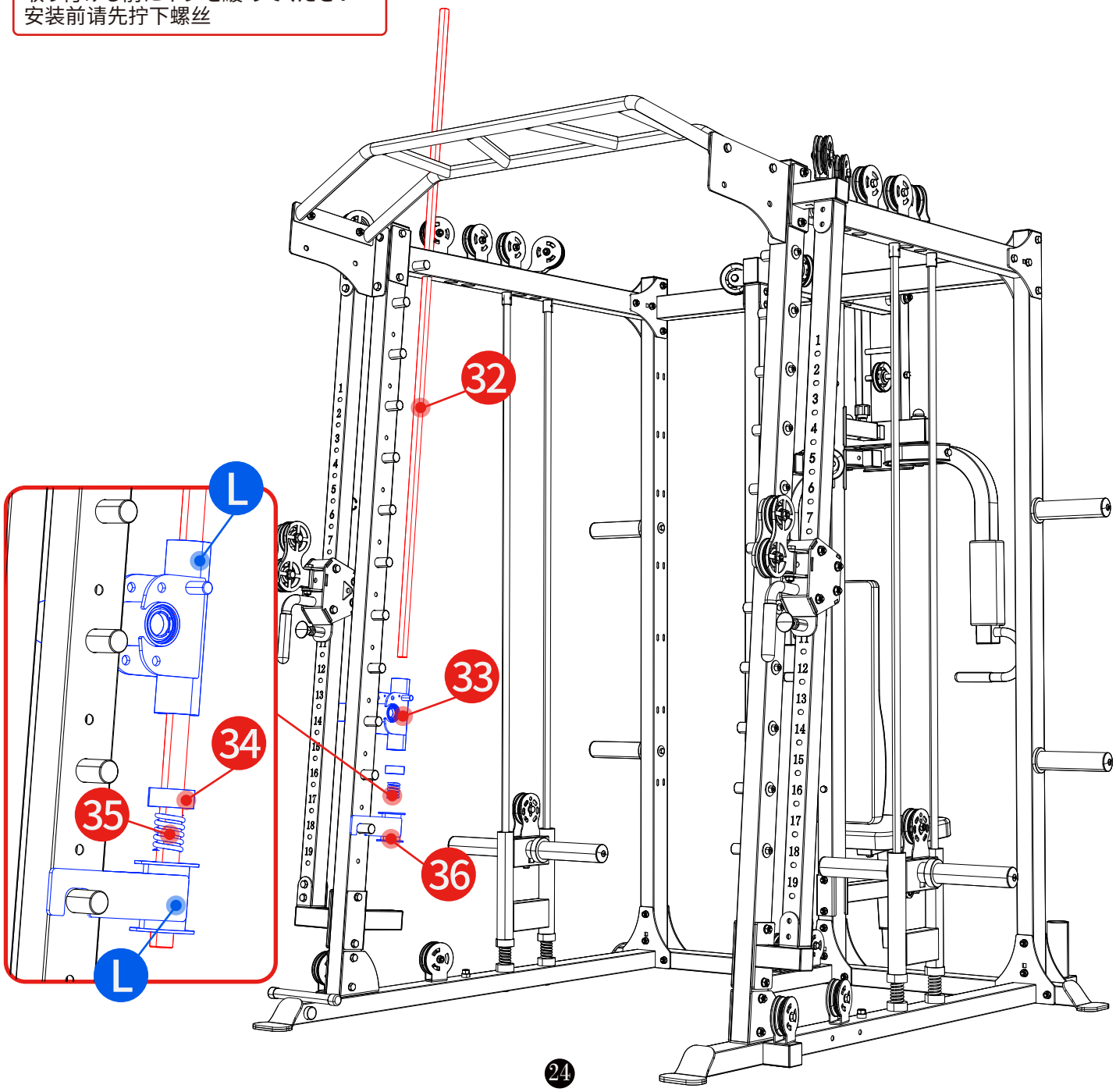




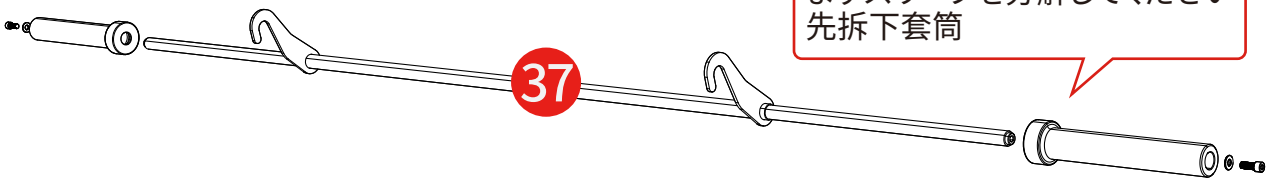
Step 24

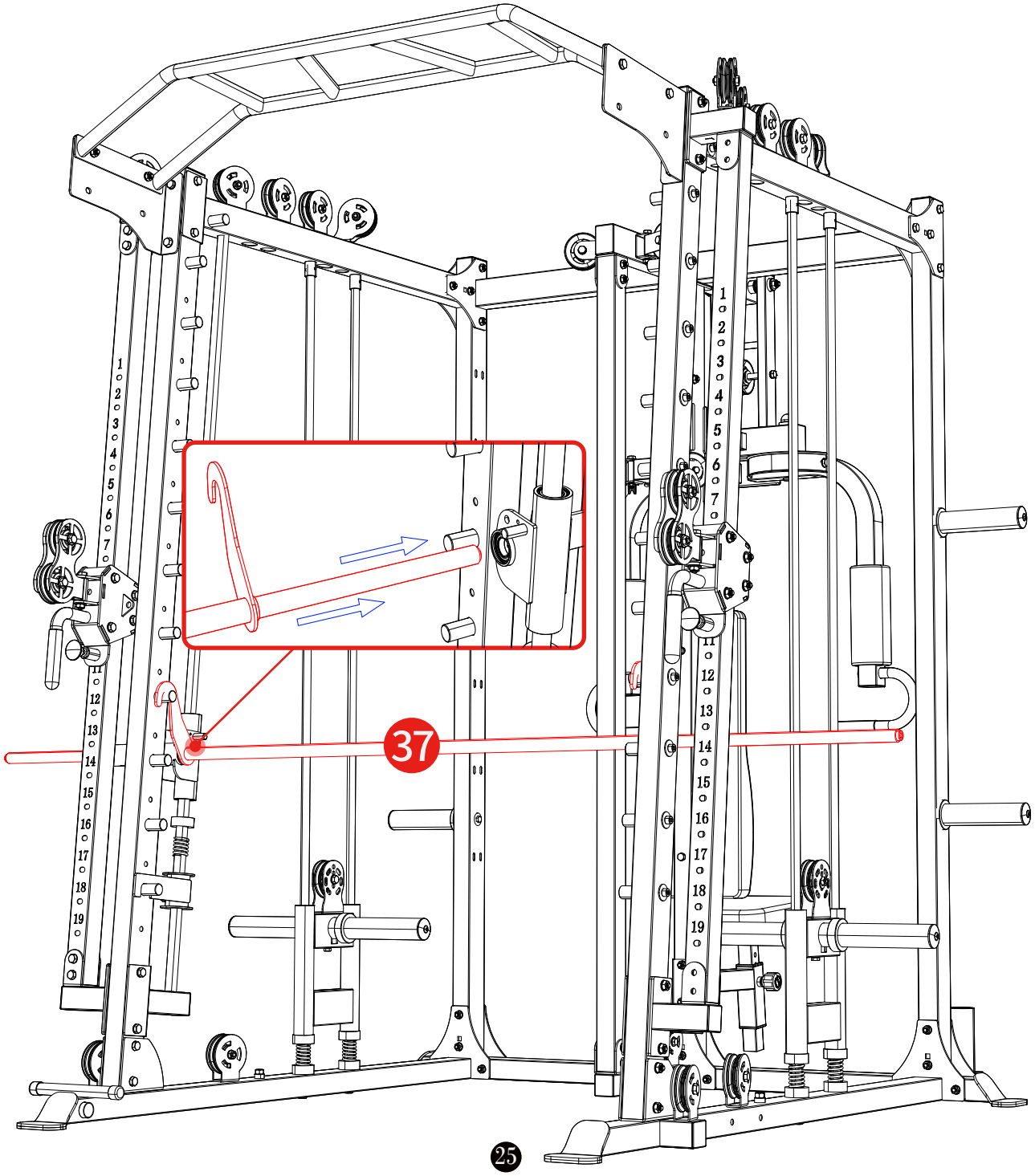


Before installing unscrew the screws
取り付ける前にネジを緩めてください
安装前请先拧下螺丝

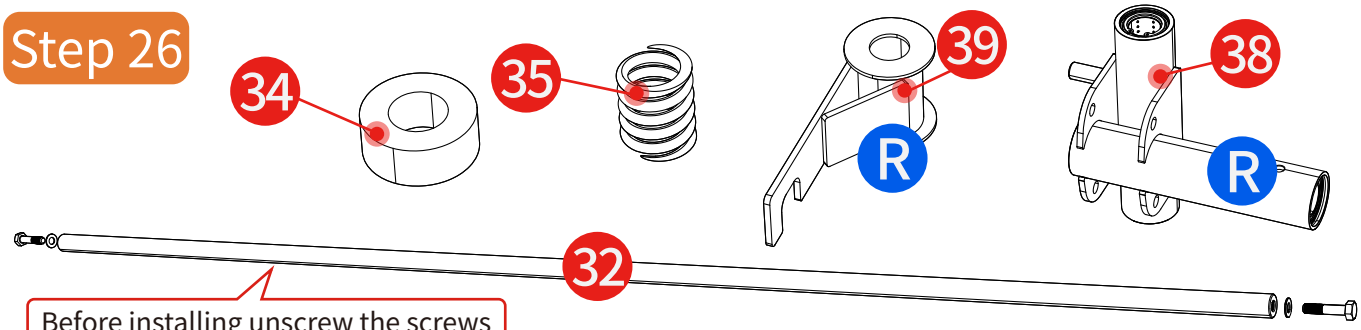


Step 25

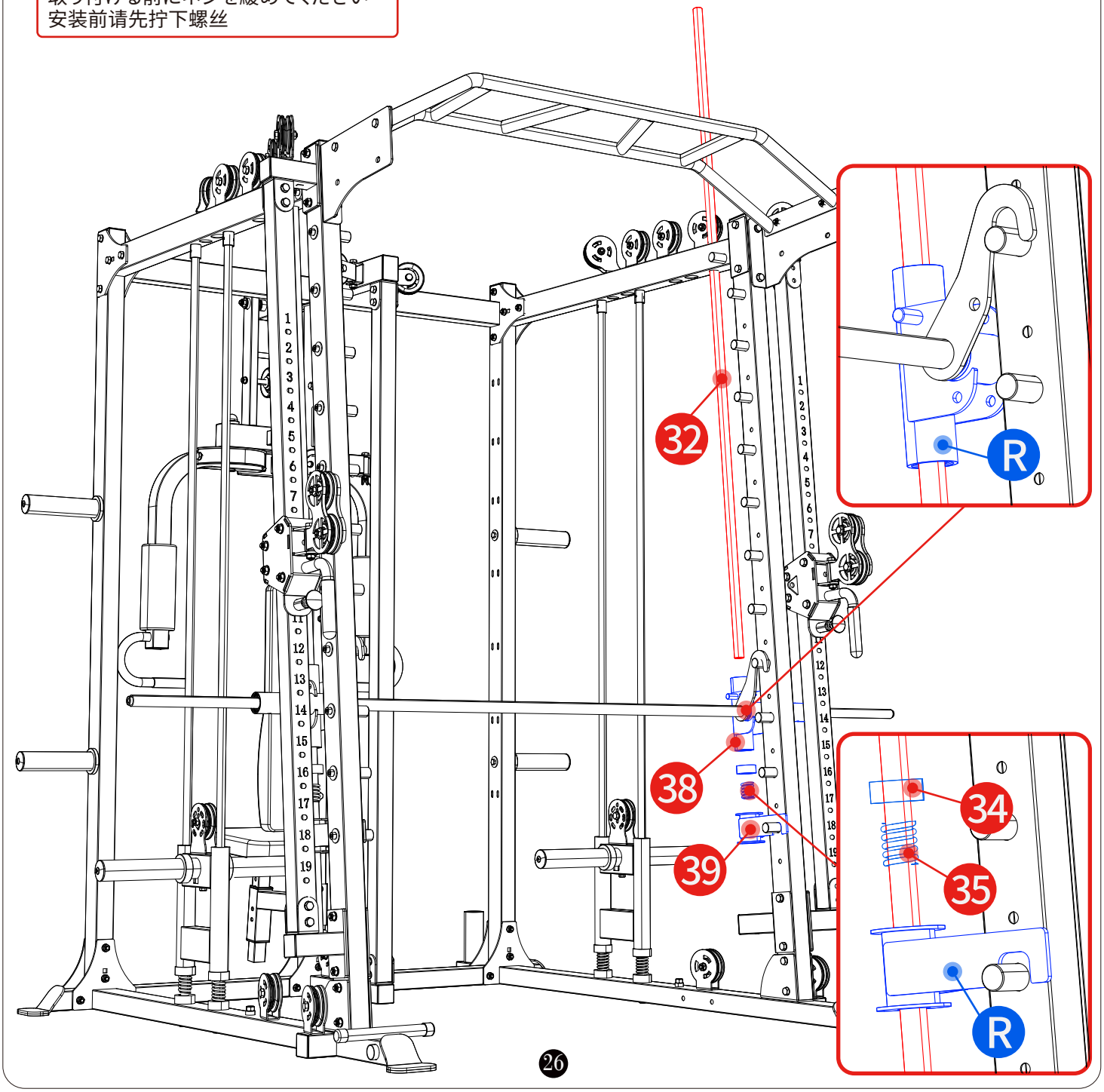




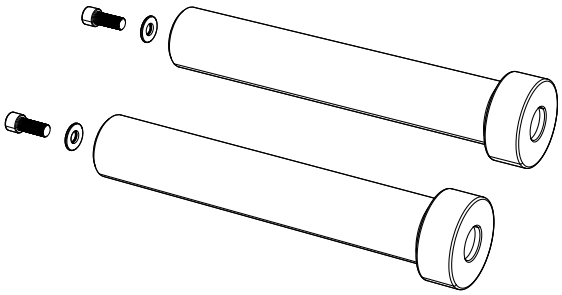
Step 26

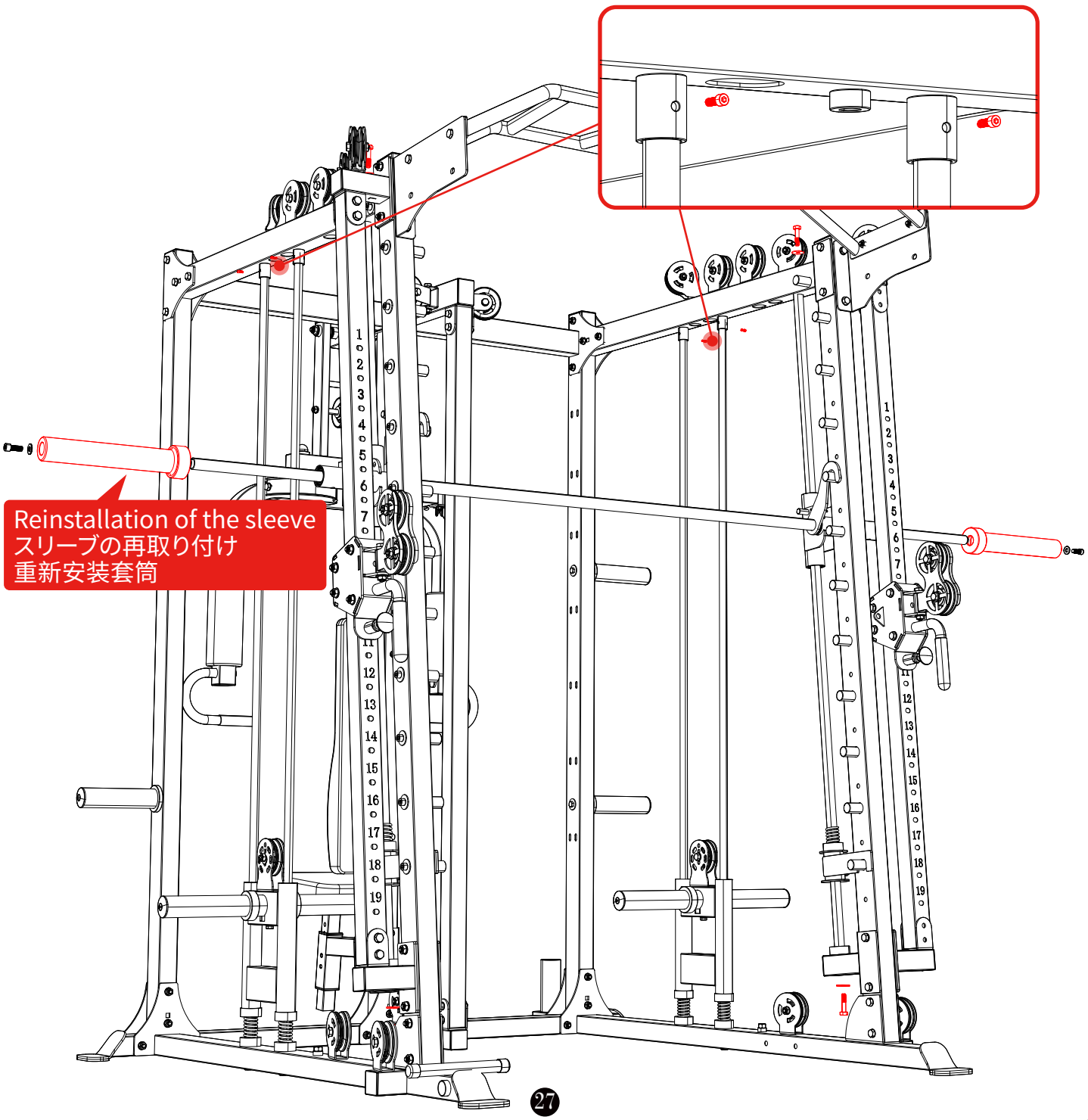


Before installing unscrew the screws
取り付ける前にネジを緩めてください
安装前请先拧下螺丝



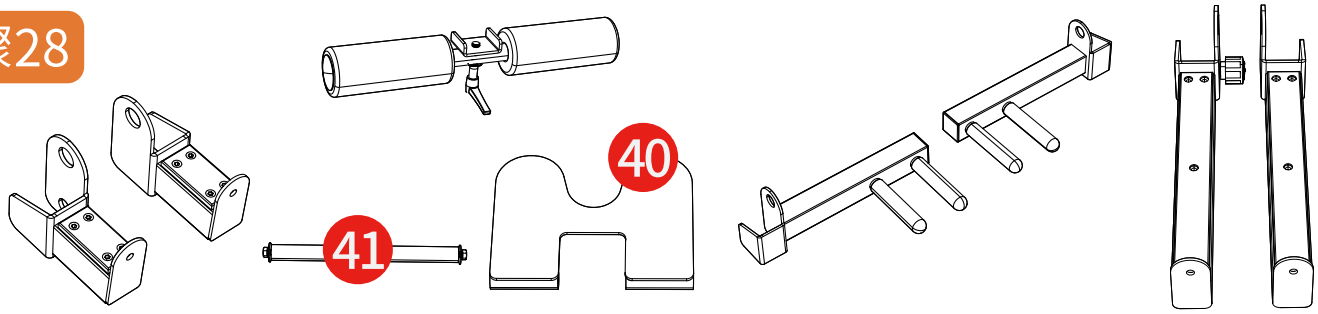
Step 27

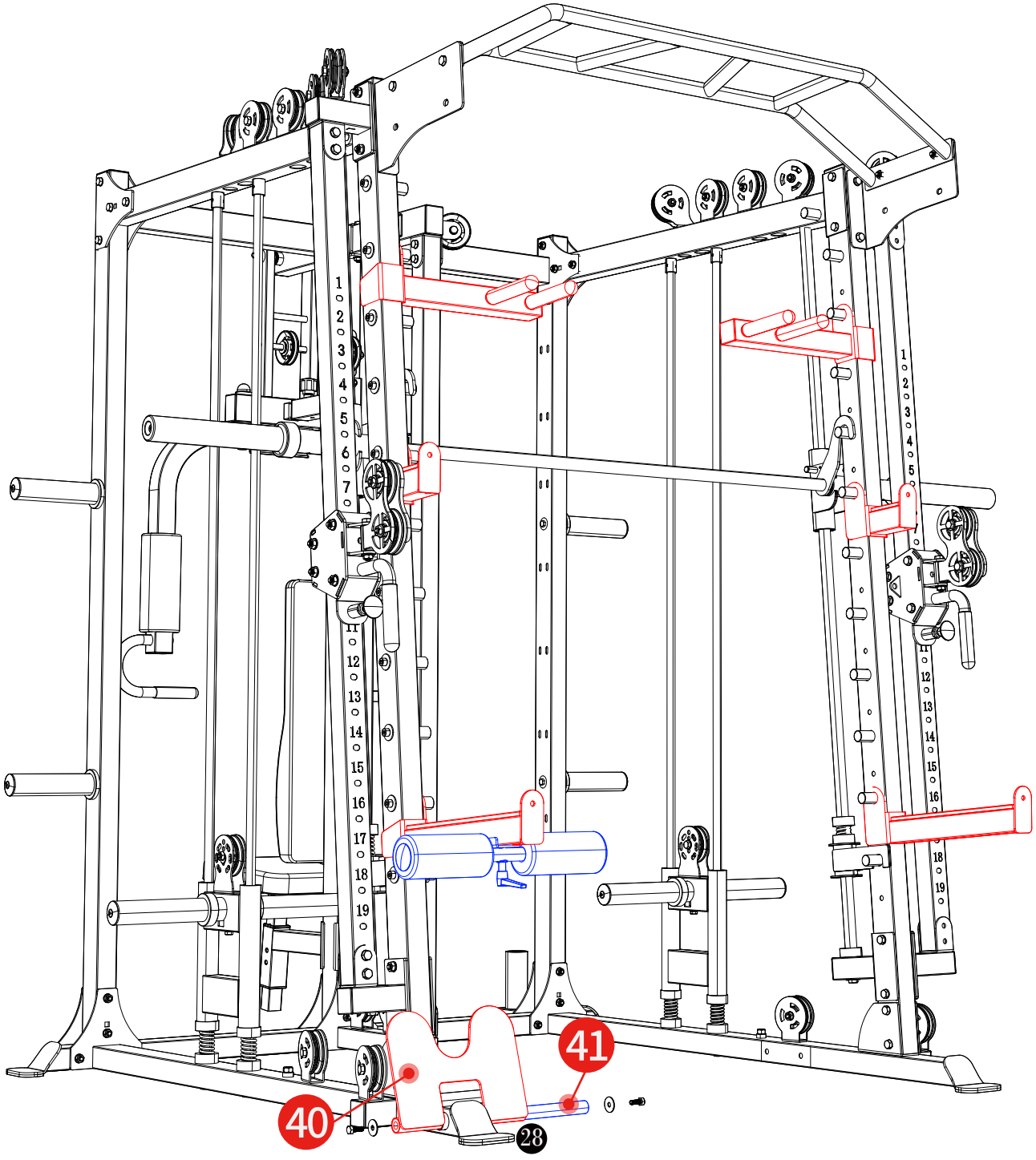




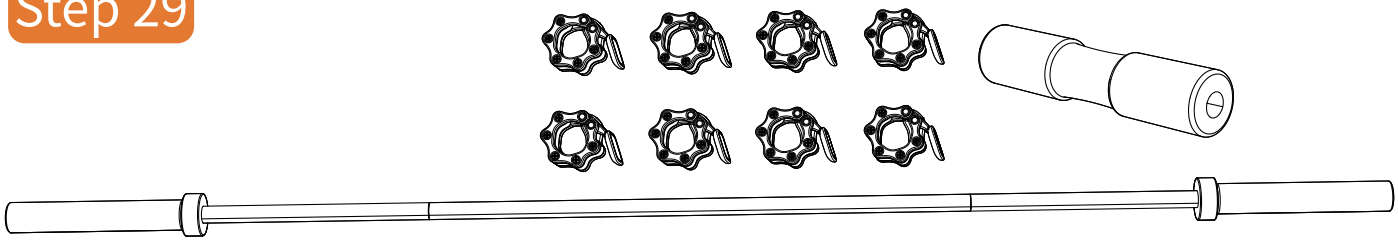
XINGESIWA

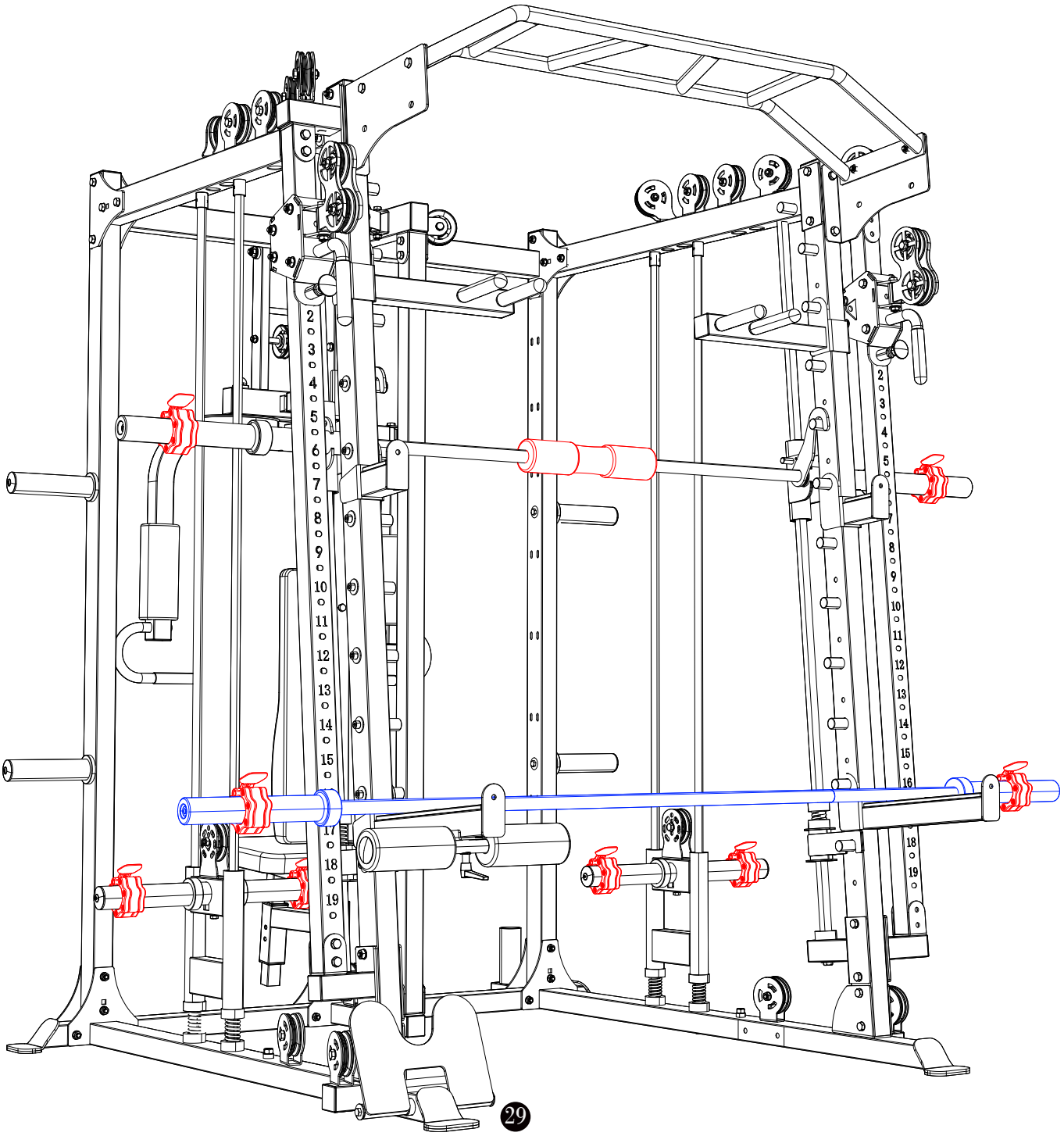
步骤28





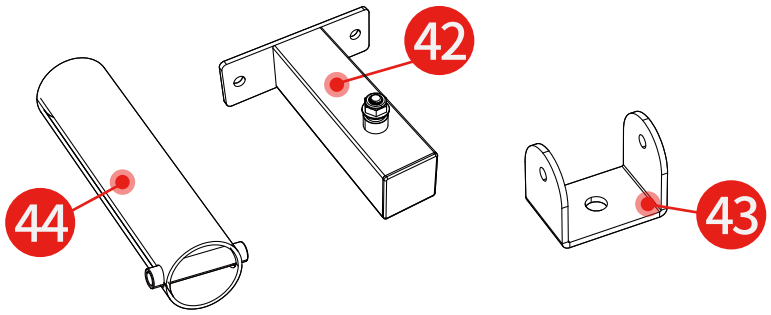
Step 29

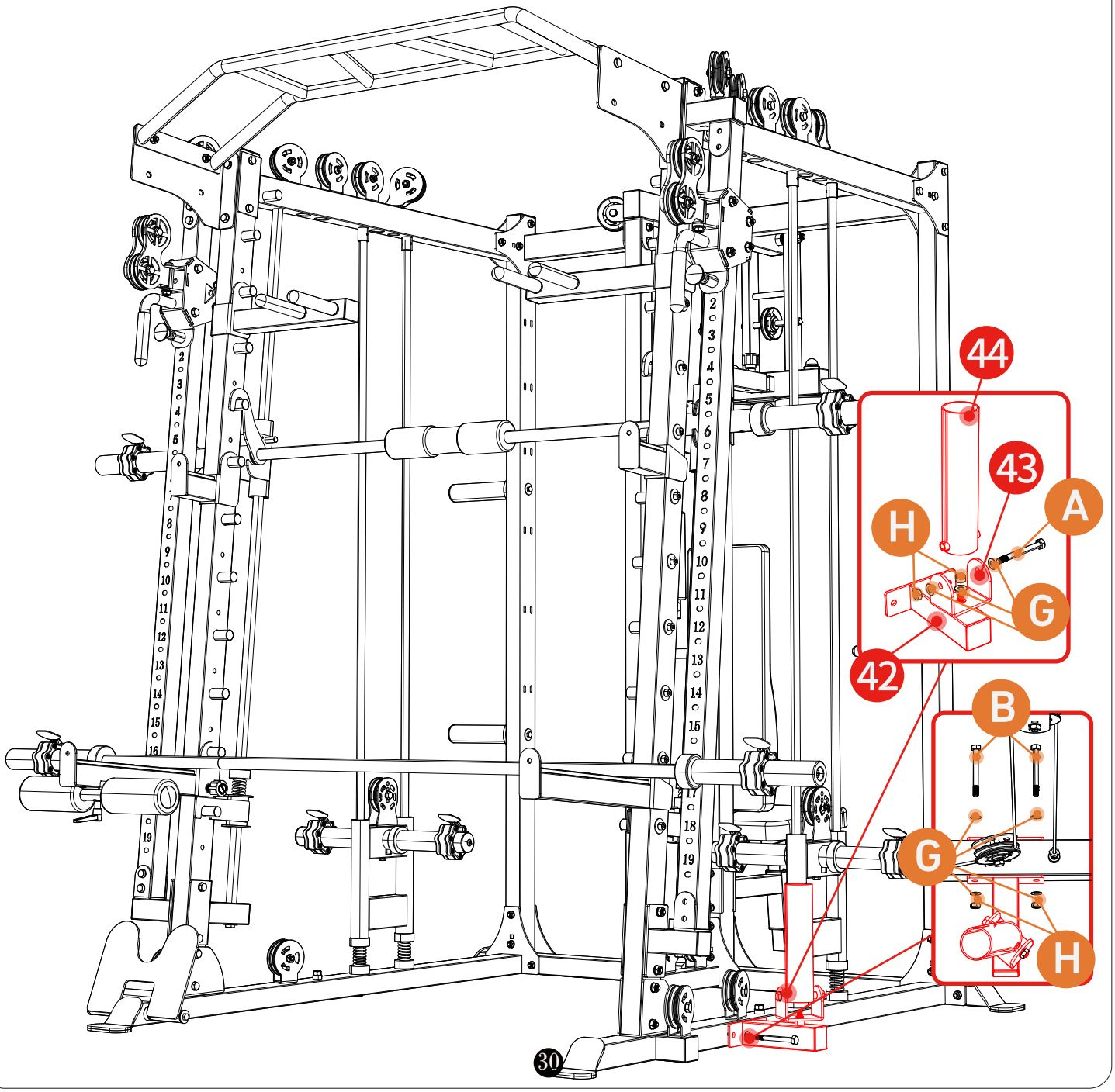




Step 30

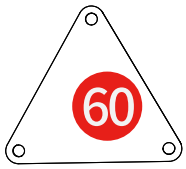
A 10*110screws*1
10×110mmネジ×1本
B 10*95screws*2
10×95mmネジ×2本
G 10¢ Spacer*6
10センドスペーサー×6個
H 10C Non-slip Nut*3
10C 滑り止めナット×3個



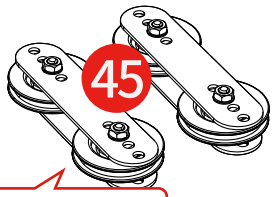


Step 31

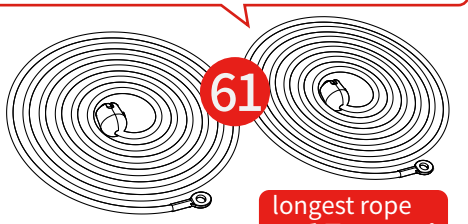
- E 10*25screws*2
  10×25本×2
- G 10¢ Spacer*4
  10セントスペーサー×4個
- H 10C Non-slip Nut*2
  10C 滑り止めナット×2個



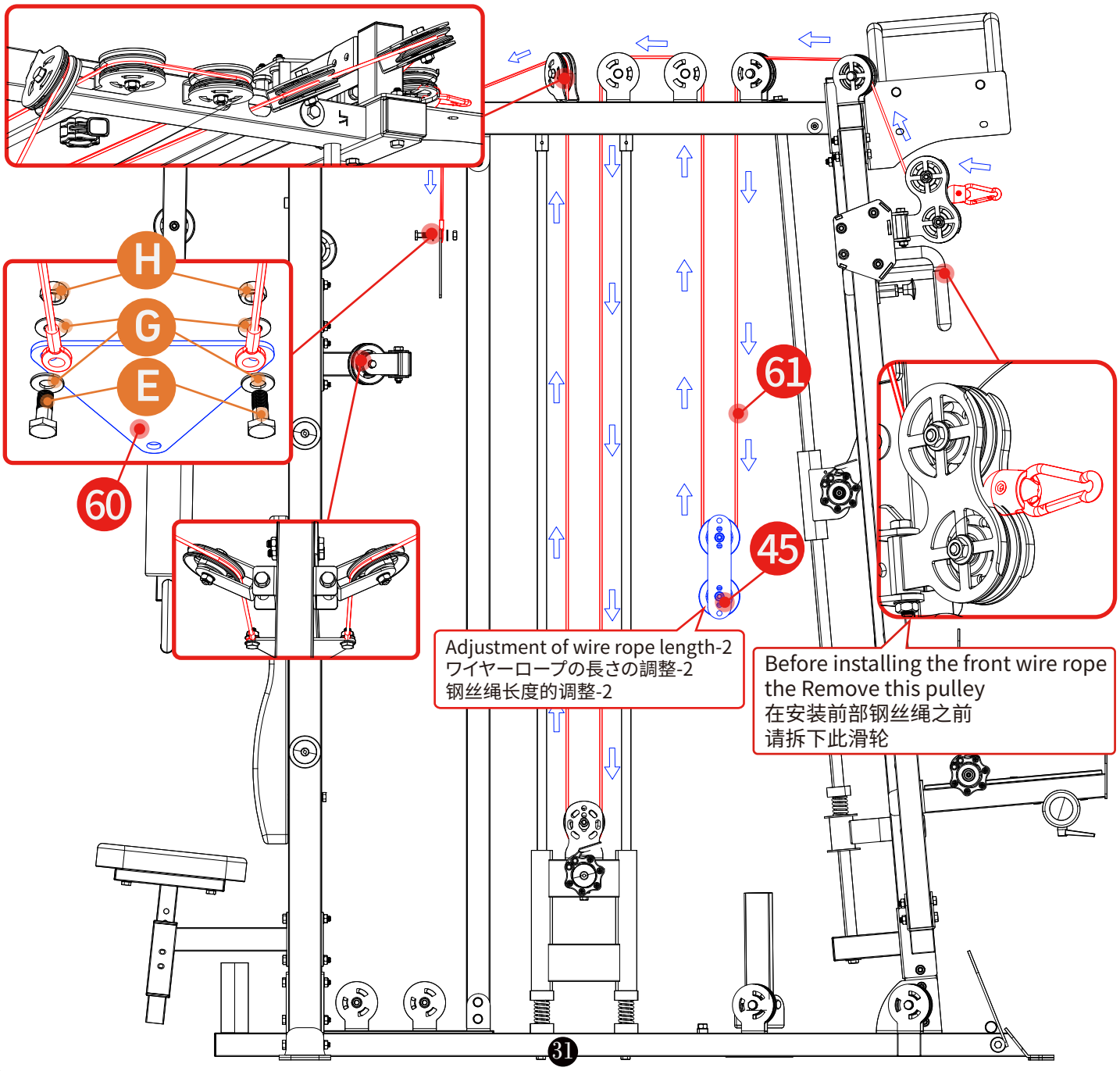
Wire rope needs to be smoothed out for installation
ワイヤーロープは、取り付ける前にほぐしておく必要があります
钢丝绳需要捋顺来安装



Adjustment of wire rope length-1
ワイヤーロープの長さの調整-1
钢丝绳长度的调整-1

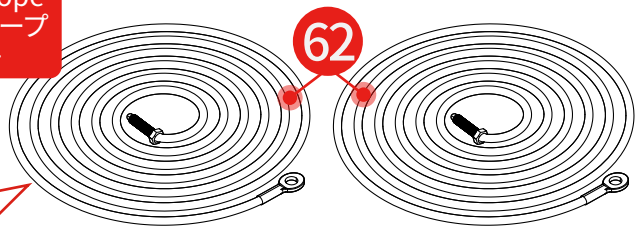


longest rope
一番長いロープ
最长的绳子

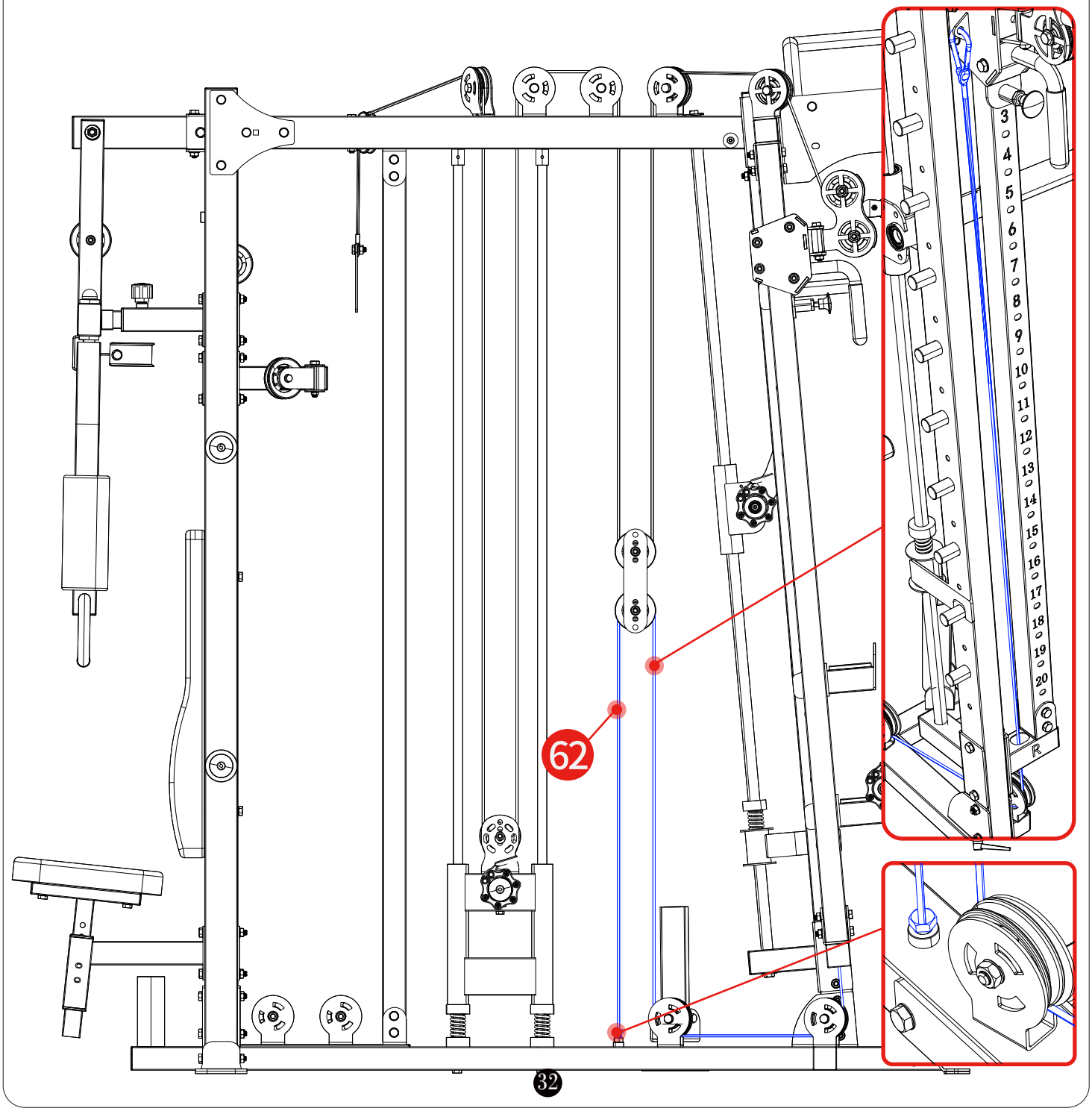


Step 32

Shortest Rope
最も短いロープ
最短的绳子

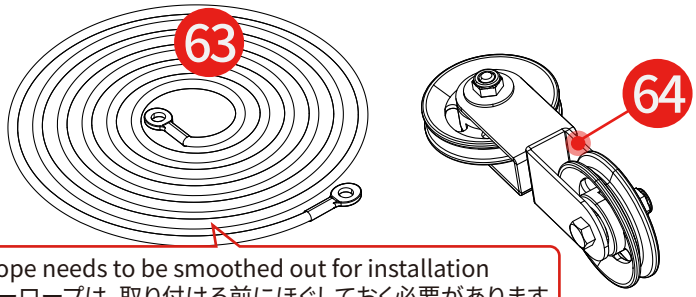


Wire rope needs to be smoothed out for installation
ワイヤーロープは、取り付ける前にほぐしておく必要があります
钢丝绳需要捋顺来安装

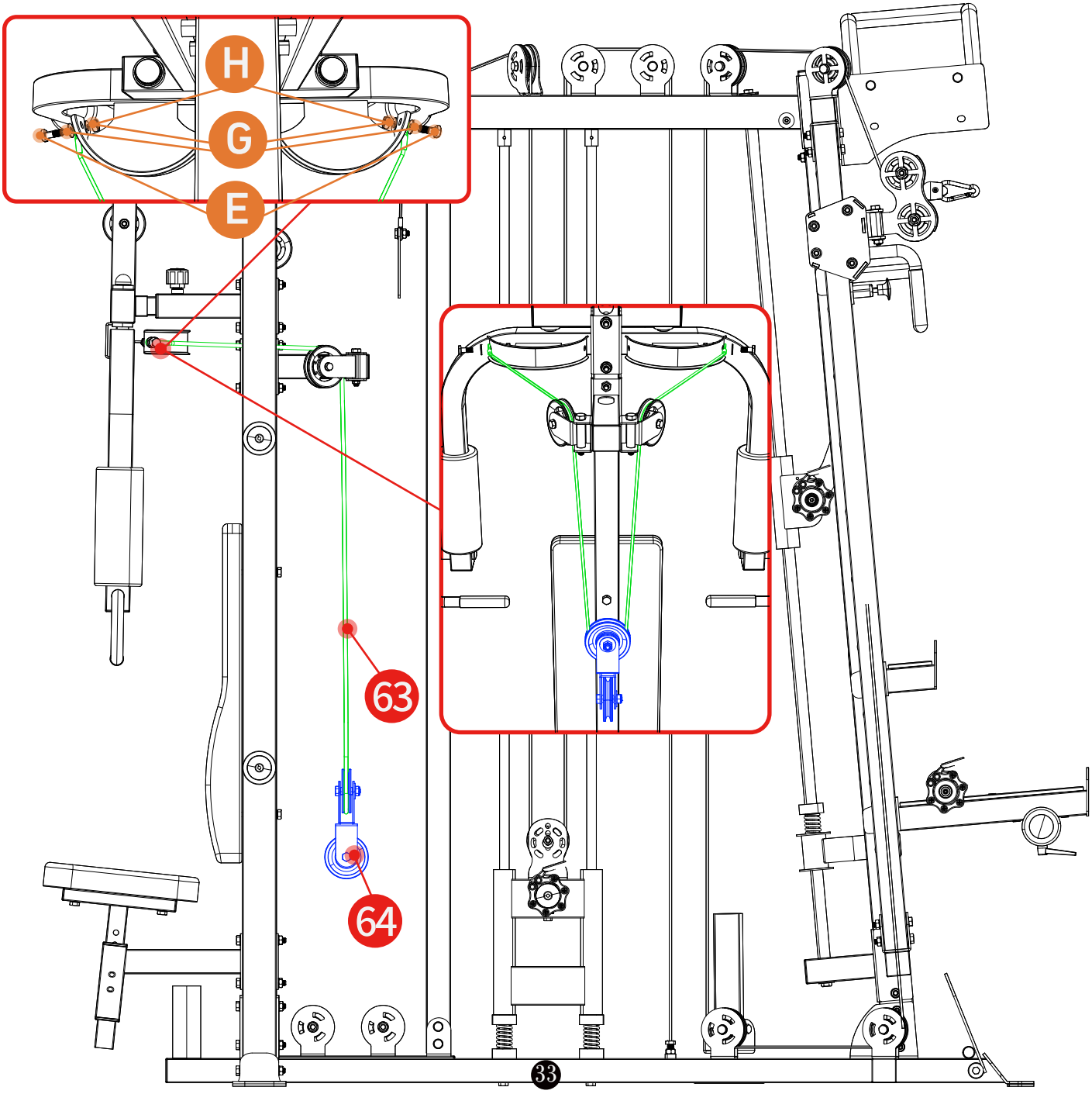


Step 33

- E 10*25screws*2
  10×25本×2
- G 10¢ Spacer*4
  10セントスペーサー×4個
- H 10C Non-slip Nut*2
  10C 滑り止めナット×2個

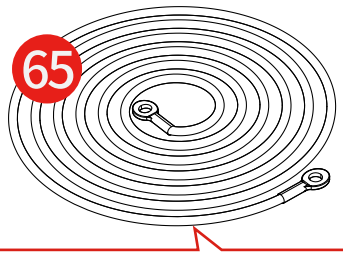


Wire rope needs to be smoothed out for installation
ワイヤーロープは、取り付ける前にほぐしておく必要があります
钢丝绳需要捋顺来安装

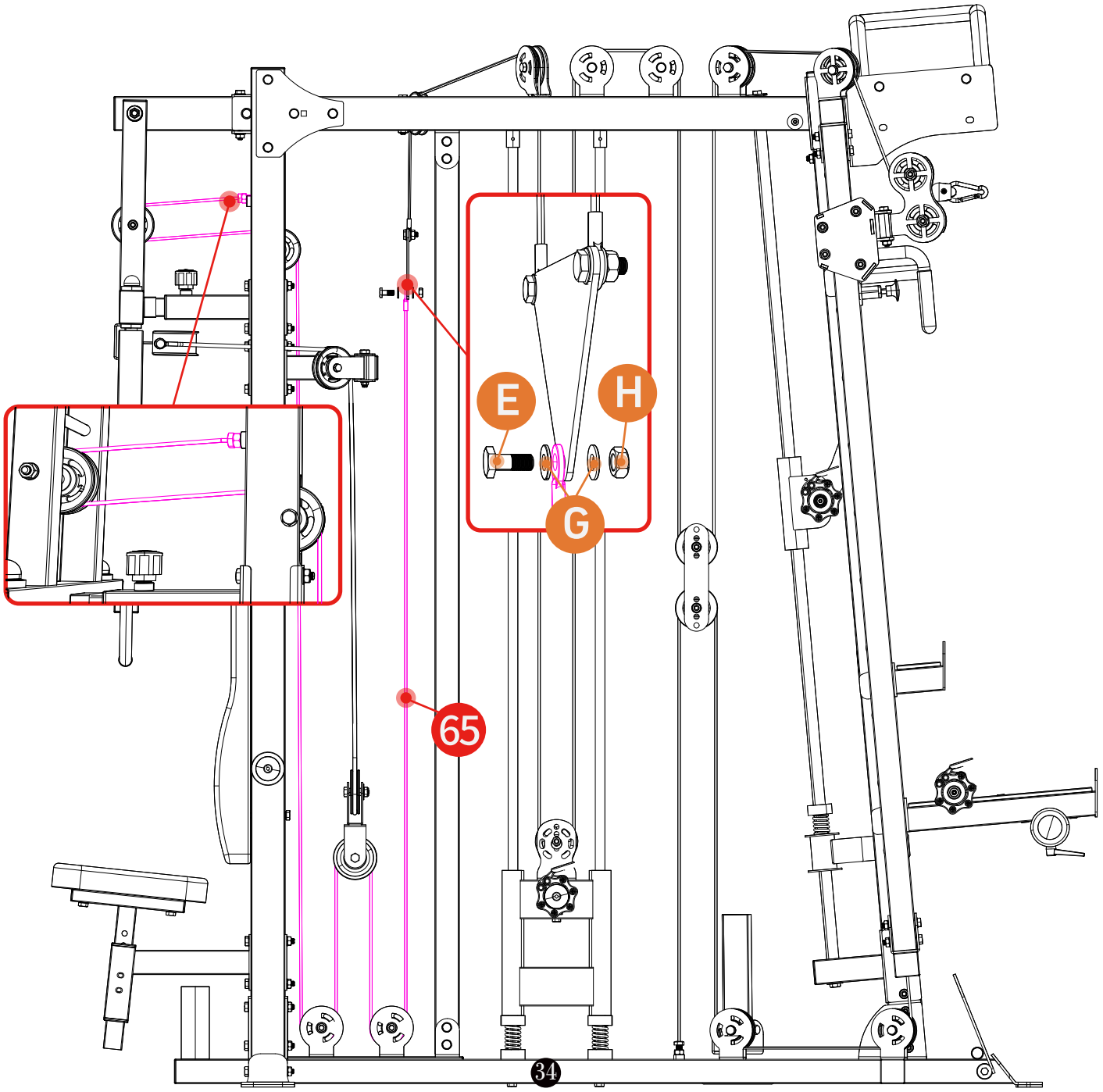


Step 34

- E 10*25screws*1
  10×25本×1
- G 10¢ Spacer*2
  10セントスペーサー×2個
- H 10C Non-slip Nut*1
  10C 滑り止めナット×1個



Wire rope needs to be smoothed out for 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



Step 35

