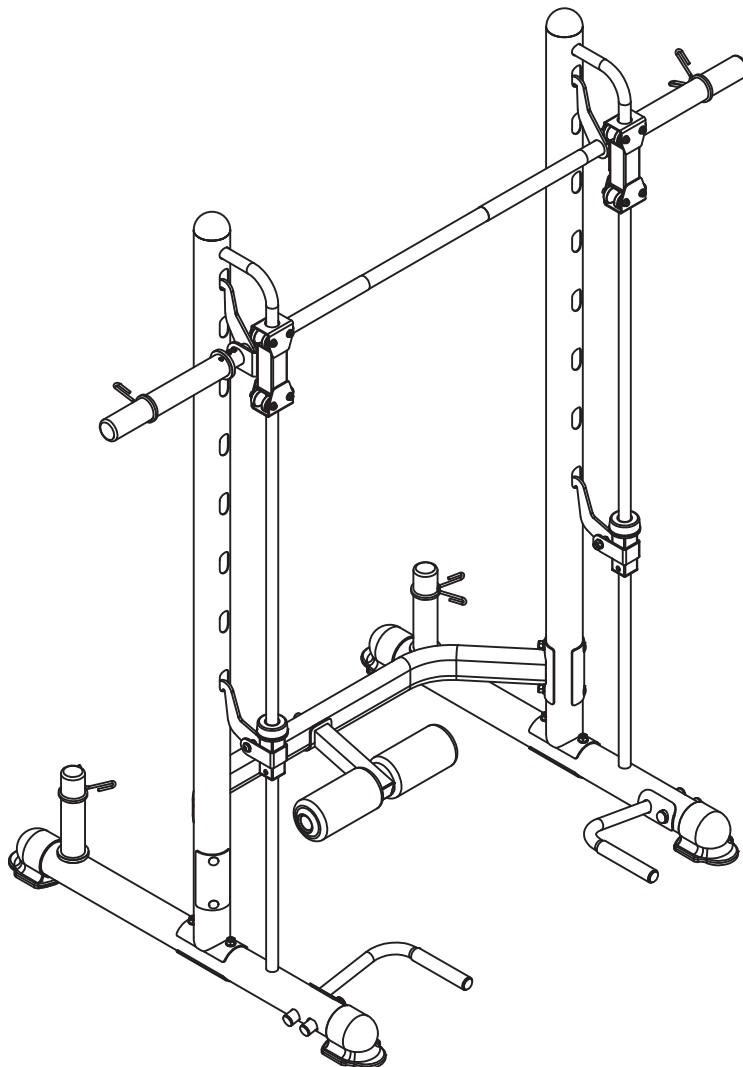




**(Smith- Sit Ups- Dip Up- Squat)
MiM Multi Functions**



IMPORTANT: Please read the Important Safety Notice and Assembly Information in the Owner's manual before assembling this product.

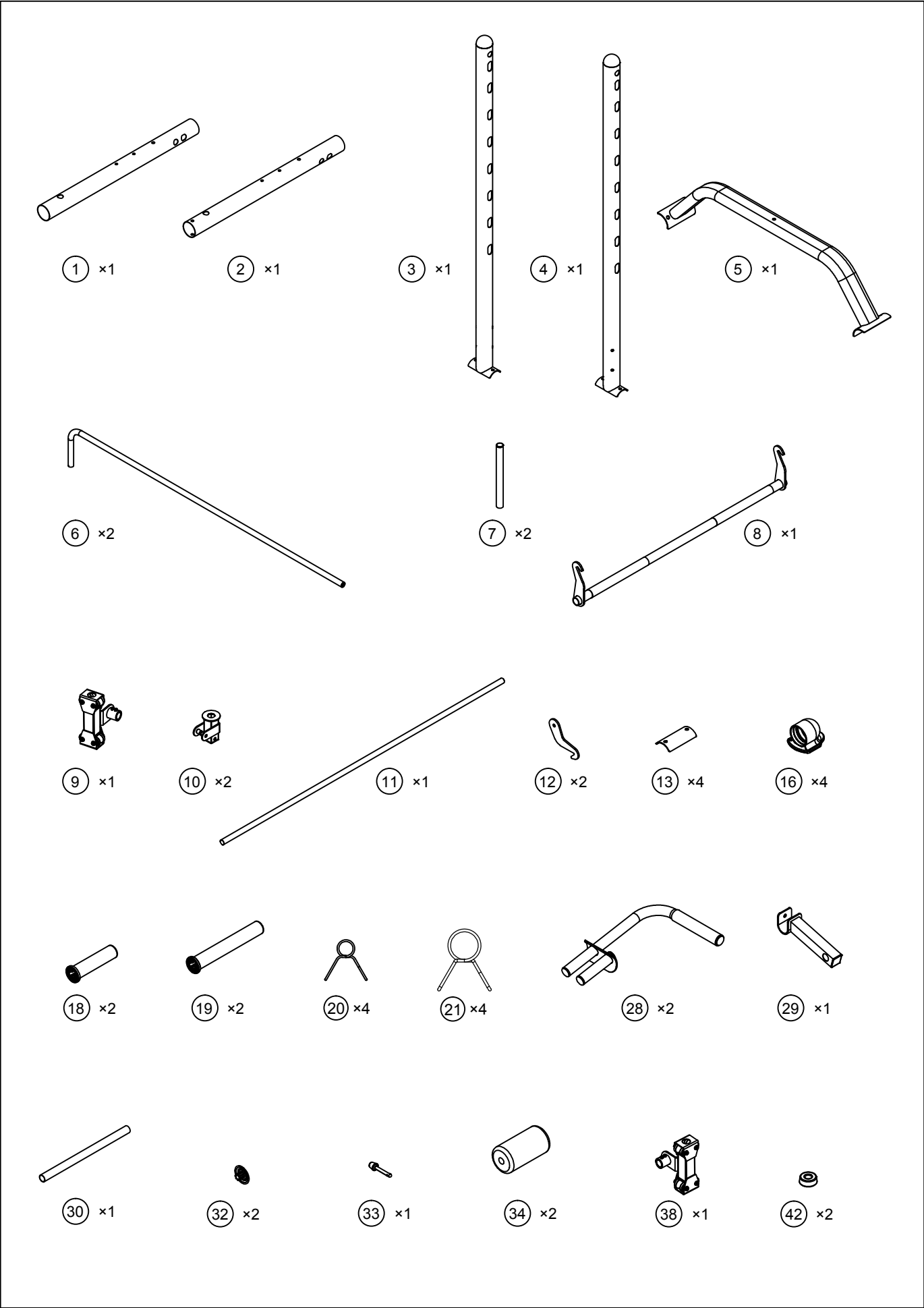
IMPORTANT SAFETY NOTICE

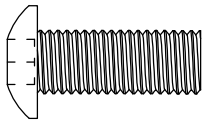
This exercise equipment is built for optimal safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your equipment. In particular, note the following safety precautions:

1. **Keep children and pets away from the equipment at all times. DO NOT leave children unattended in the same room with the equipment.**
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the equipment on a clear, leveled surface. DO NOT use the equipment near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment. Running or aerobic shoes are also required when using the equipment.
7. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the equipment.
9. Disabled person should not use the equipment.
10. Before using the equipment to exercise, always do stretching exercises to properly warm up.
11. Never operate the equipment if the equipment is not functioning properly.
12. A spotter is recommended during exercise.
13. **This equipment is designed and intended for home and consumer use only, not for commercial use.**

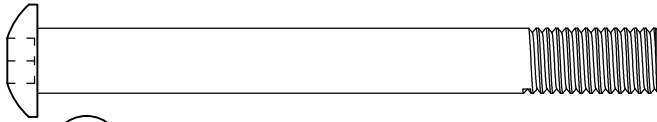
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

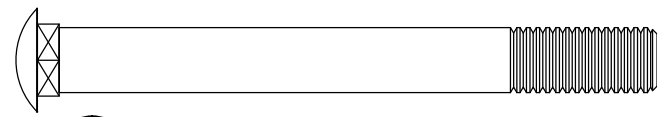




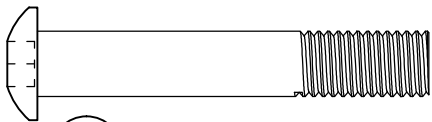
23 × 4



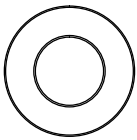
24 × 2



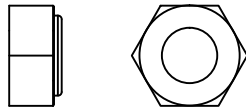
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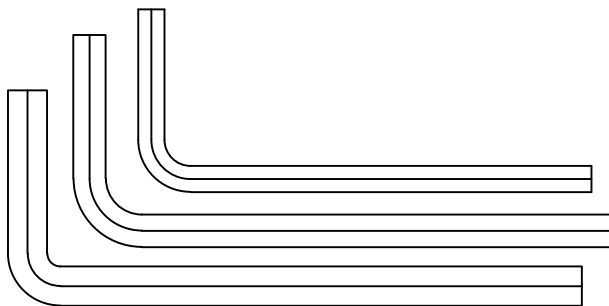
37 × 2



26 × 18



27 × 10

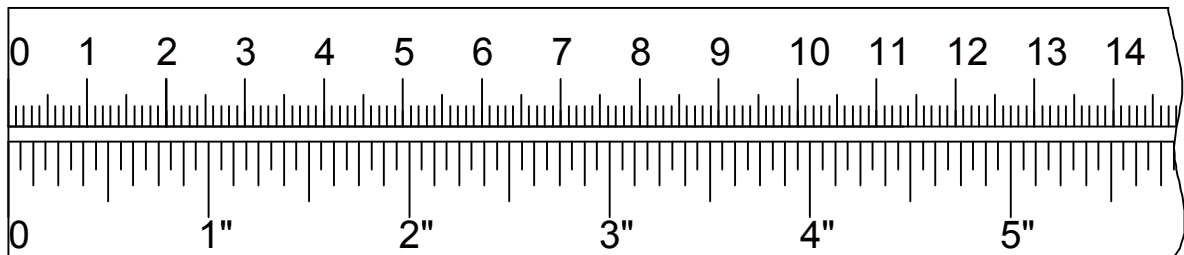


4# × 1


5# × 1

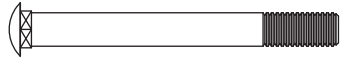
6# × 1

mm

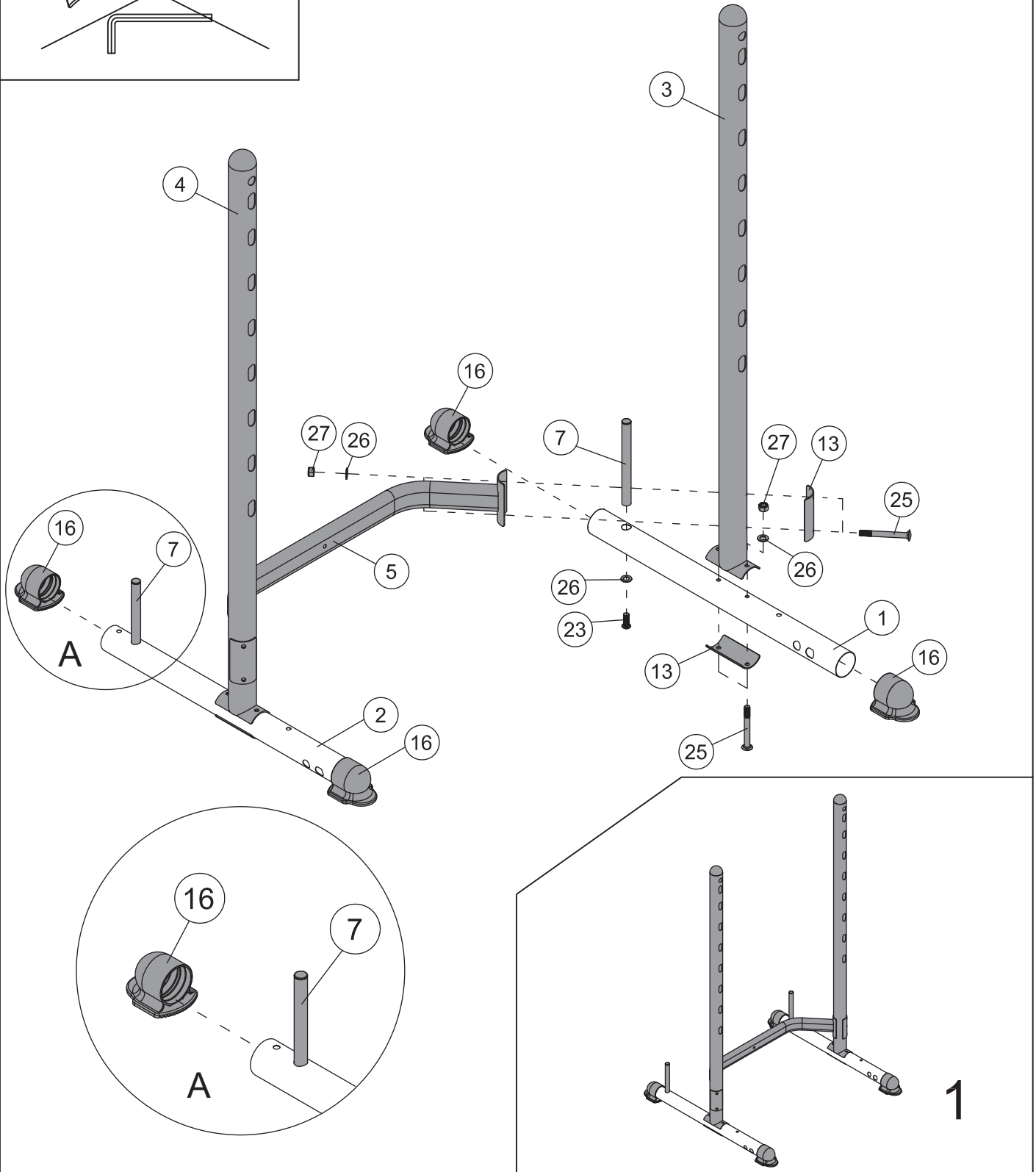
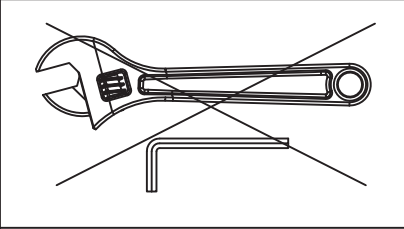


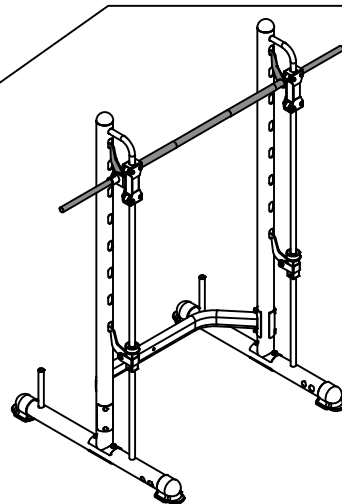
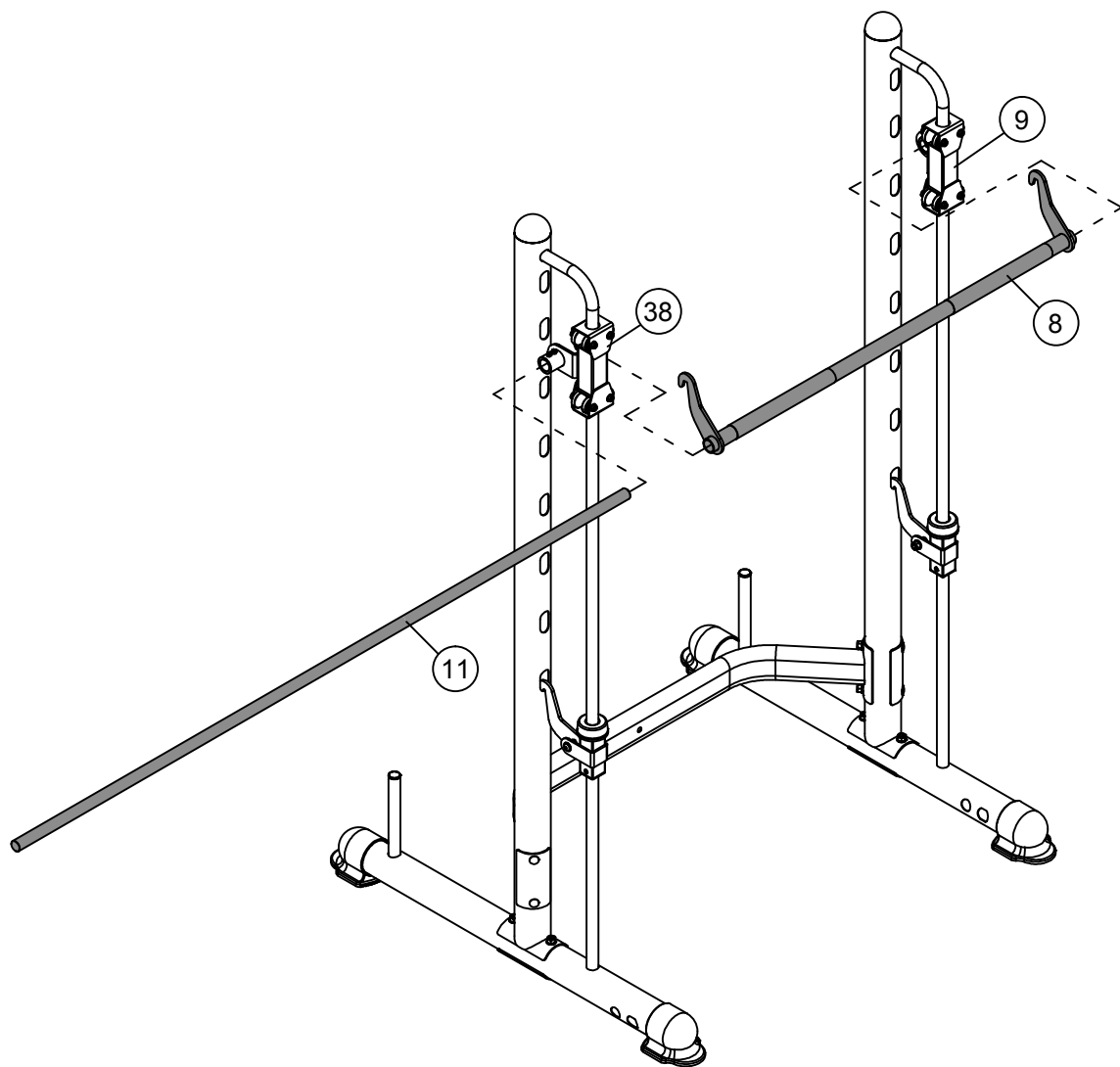
②③  ×2 M10×25mm

②⑥  ×10 φ20×φ10.5

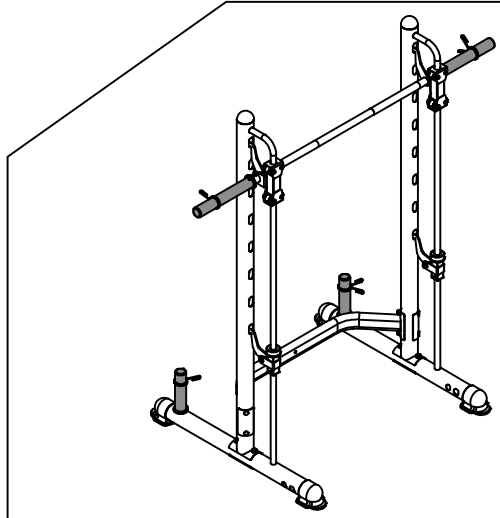
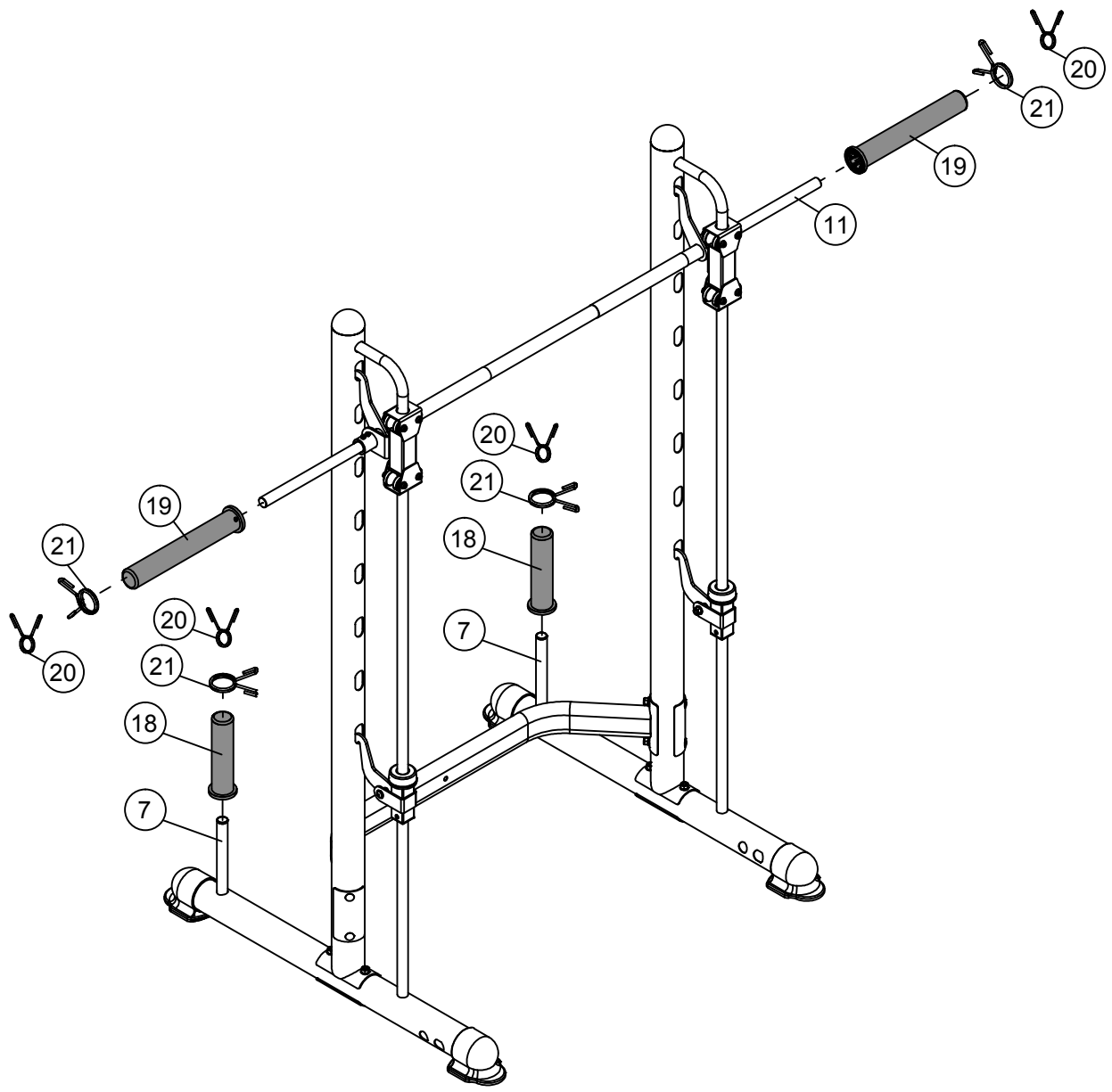
②⑤  ×8 M10×95mm

②⑦  ×8 M10

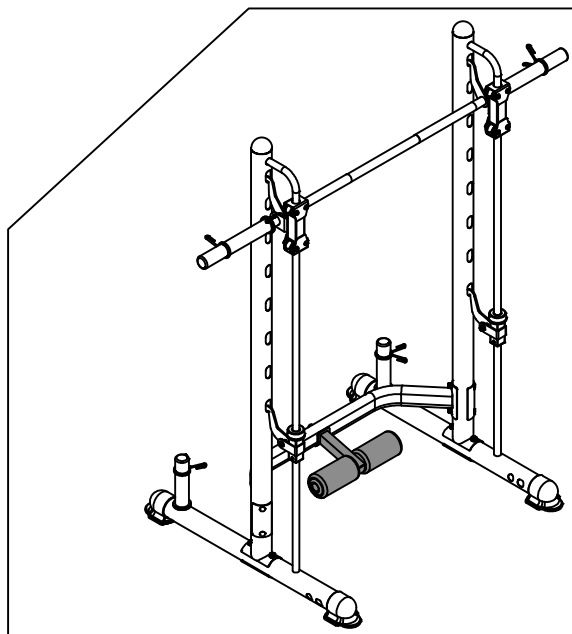
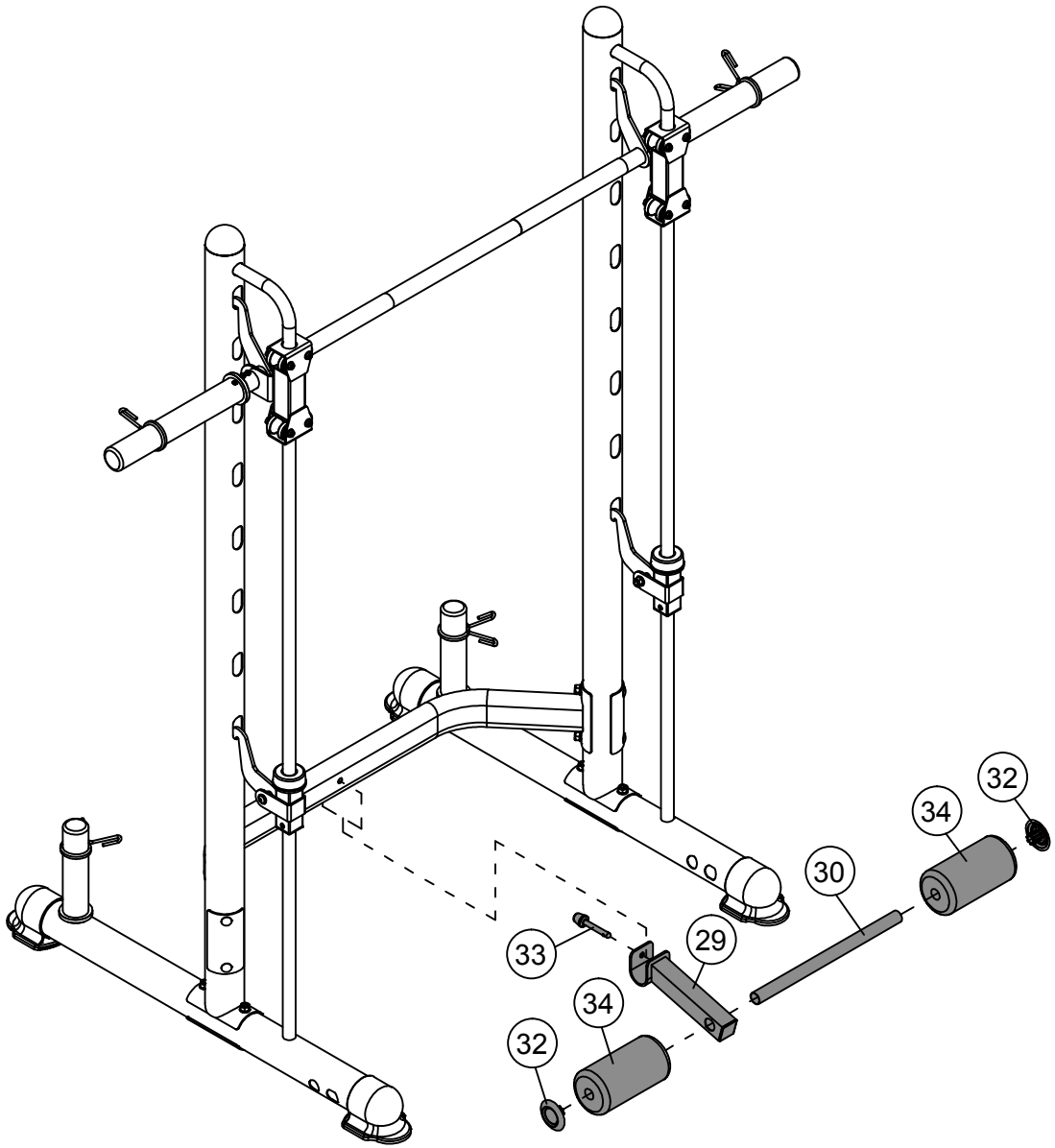




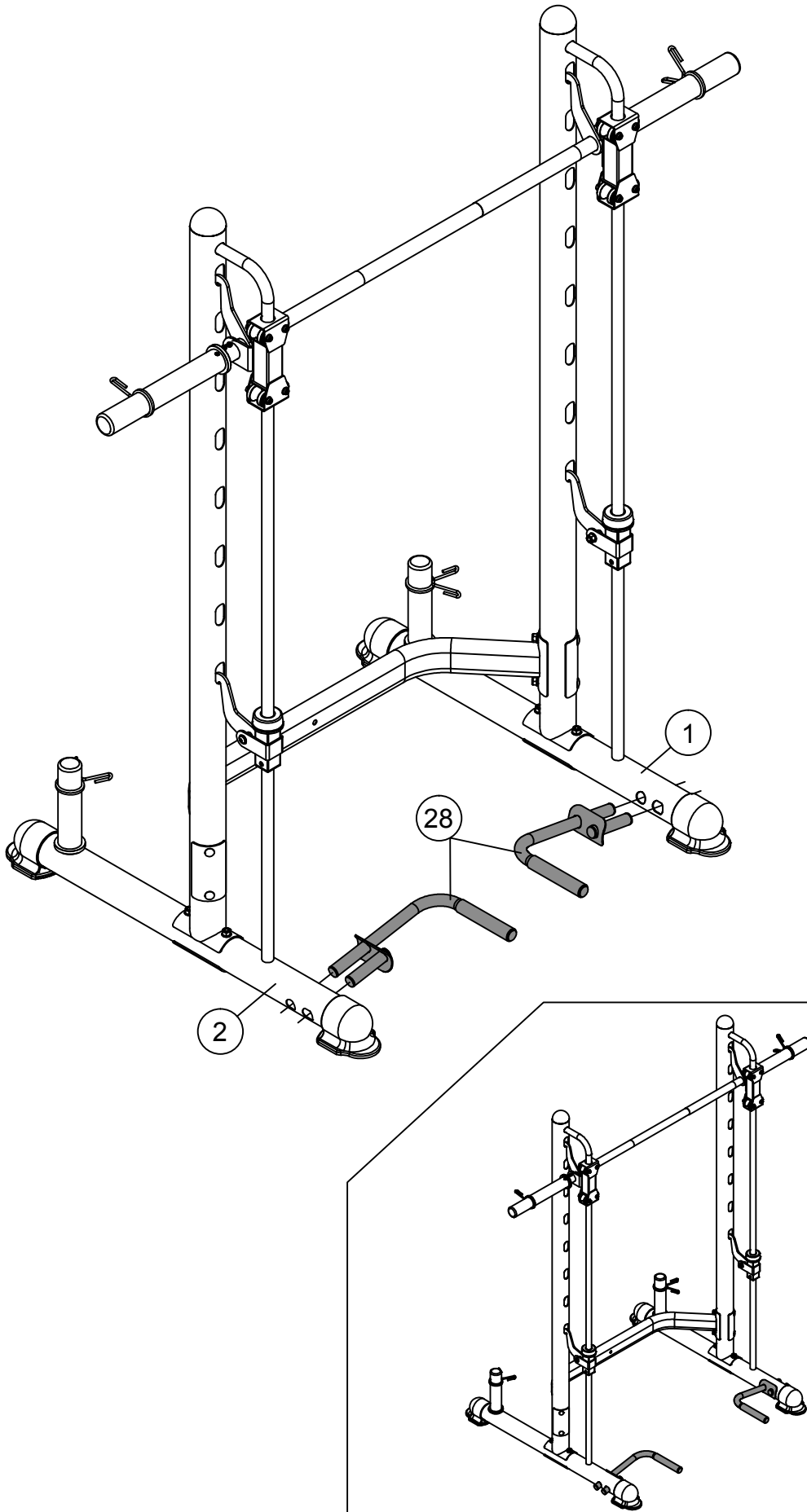
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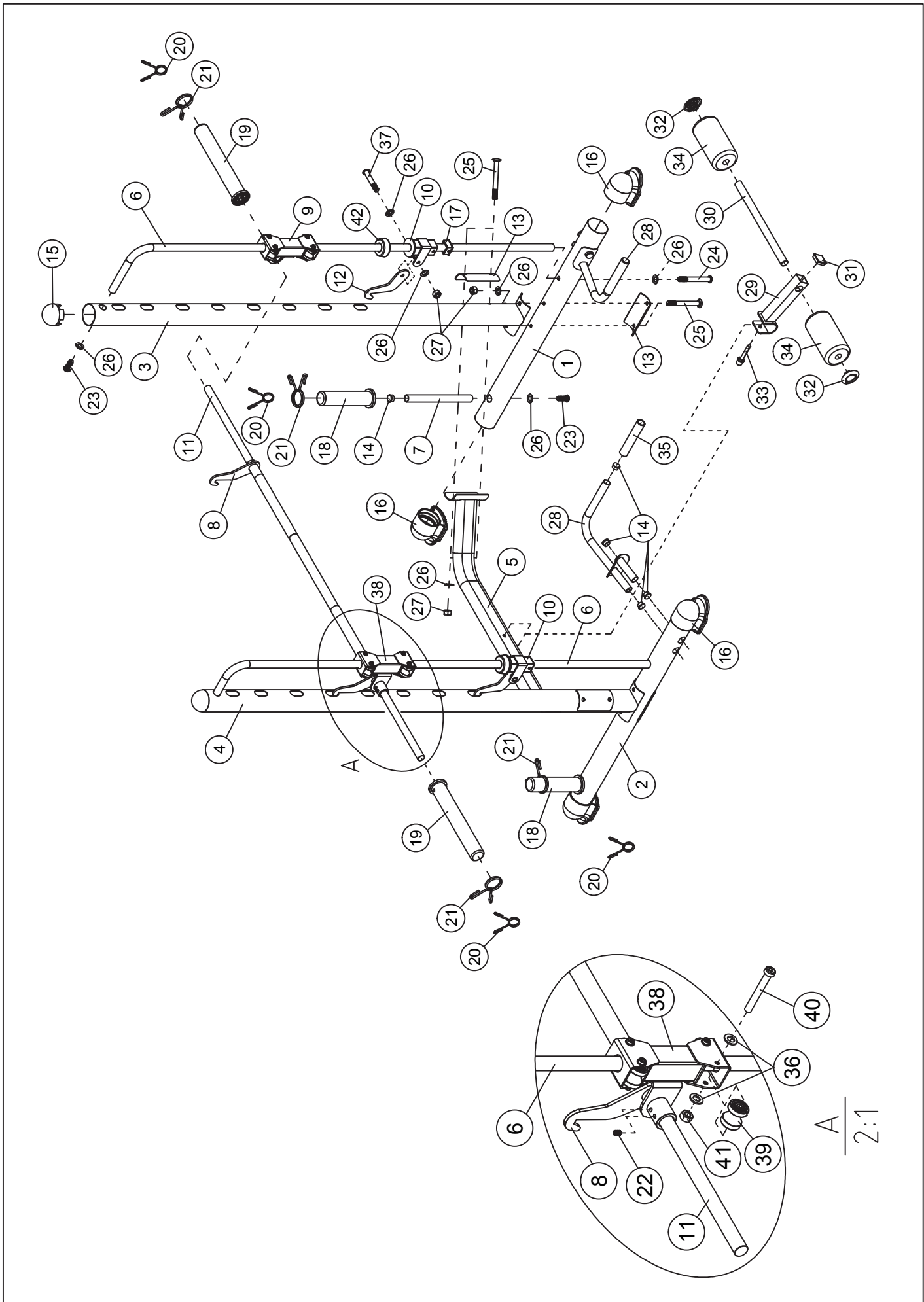


4



5-A





A
2:1

PARTS LIST

PART NO.	DESCRIPTION	SIZE	QUANTITY
1	The Left Stick To Tube		1
2	The Right Stick To Tube		1
3	Left Upright Beam		1
4	Right Upright Beam		1
5	Cross Brace		1
6	Guide Rod		2
7	Barbell Sets Of Bar		2
8	Lifting Sleeve		1
9	Left Sliding Support		1
10	Safety Hook Bracket		2
11	Weight Bar	$\phi 25 \times 1800\text{mm}$	1
12	Safety Catch Hook		2
13	Bent Bracket		4
14	End Cap	$\phi 25\text{mm}$	10
15	Con-shaped End Cap	$\phi 76\text{mm}$	2
16	End Cap	$\phi 76\text{mm}$	4
17	Sleeve		2
18	Olympic Sleeve	$\phi 50 \times 210\text{mm}$	2
19	Olympic Sleeve	$\phi 50 \times 335\text{mm}$	2
20	Spring Clip	$\phi 24.5\text{mm}$	4
21	Spring Clip	$\phi 49\text{mm}$	4
22	Allen Bolt	M8×10mm	4
23	Allen Bolt	M10×25mm	4
24	Allen Bolt	M10×95mm	2
25	Carriage Bolt	M10×95mm	8
26	Washer	10	18
27	Aircraft Nut	M10	10
28	Push-ups Frame		2
29	Sit-ups Frame		1
30	Foam Tube		1
31	End Cap	□38mm	1
32	Foam Roll End Cap		2
33	Lock Pin	$\phi 10 \times 68\text{mm}$	1
34	FOAM	$\phi 100 \times \phi 22 \times 180\text{mm}$	2
35	Handle Grip	$\phi 23 \times 150\text{mm}$	2
36	Washer	8	16

PARTS LIST

PART NO.	DESCRIPTION	SIZE	QUANTITY
37	Allen Bolt	M10×60mm	2
38	Right Sliding Support		1
39	Roller		8
40	Hexagon socket head cap screws	M8×65mm	8
41	Aircraft Nut	M8	8
42	Rubber Bumper		2
	Allen Wrench	4#	1
	Allen Wrench	5#	1
	Allen Wrench	6#	1