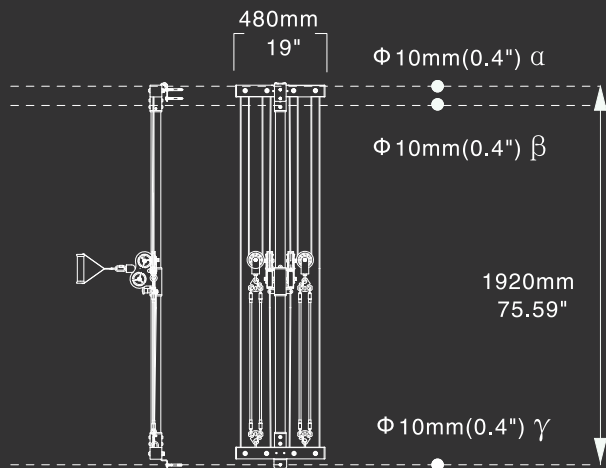


INSTRUCTION MANUAL

Wall Mounted Slim VRT Pulley Tower

Slim 1



Use class: S

SPECIFICATIONS

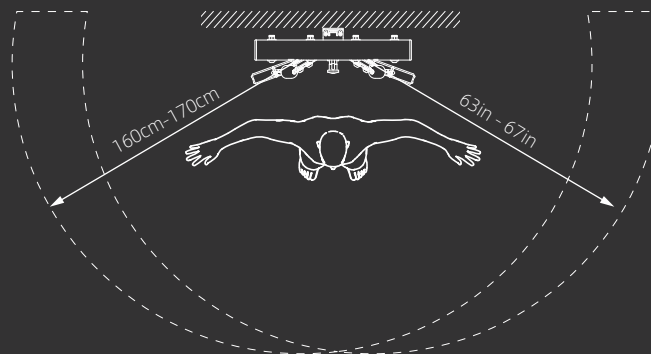
Overall Height	78-in / 198 cm	Overall Depth	5.5-in / 13 cm
Overall Width	19-in / 48 cm	Product weight	32 lbs / 14.5 kgs

GATHER THE TOOLS

Hammer	Pen	10 mm brad drill bit (wooden wall)	10 mm masonry drill bit (concrete & brick wall)
Measuring tape		ladder	Hammer drill

SET-UP PLACE

- Choose a location in which to place the equipment such that there is enough free space/clearance to the front, the rear and to the sides of the equipment.
- The set-up and mounting surface of the equipment should be flat, loadable and solid.



WARNING

- Before you start using the equipment, you should consult your physician that this type of exercise is suitable for you from a health perspective. Particularly affected are persons who: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year. If you are under medical treatment that affects your heart rate, medical advice is absolutely essential. Note that excessive training can seriously endanger your health. Please also note that heart rate monitoring systems can be inaccurate. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary. The owner must communicate all warnings and instructions to the user.
- This equipment may not be used by children under the age of 14. Children should not be allowed unsupervised access to the equipment. Persons with disabilities must have a medical license and must be under strict observation when using the equipment. The equipment is strictly for use by one person at a time. Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts. During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other non-slip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot. Always start each workout with a light warm-up and end with a cool-down phase. Using the machine as a support during stretching exercises may cause injuries.
- If your equipment needs to be connected to the power supply with a mains cable, make sure that the cable is not a potential tripping hazard. Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or other persons. Be aware that if adjustment devices are left protruding, they may impede the user's movement. The weights should remain in the user's field of vision during the entire exercise to prevent danger to third parties.

MAINTENANCE

- Proper maintenance is very important. Regular use can cause the bolts that hold the fitness frame together to loosen. Regularly check the tightness of the bolts used to assemble the fitness frame and anchor it to the wall. Tighten to the specified torque values if necessary.
- Make it a routine to inspect the external wear parts of the fitness equipment, as well as the operating mechanism and safety protection. Also, ensure that the safety device is sensitive and reliable by conducting regular checks;
- Examine the components of the fitness equipment that are prone to loosening, detachment, and breakage to ensure they are functioning properly;
- Regularly inspect the bearing parts of the fitness equipment for proper lubrication and add the appropriate amount of high-quality lubricating oil at designated intervals;
- Conduct a thorough examination of the gym equipment for signs of corrosion, bumps, pulls, breaks, and oil leaks;
- Verify that all configuration accessories and tools for the fitness equipment are present and accounted for;
- Progress gradually according to your own training level, and replace the elastic ropes regularly.
- Before use, check whether there are cracks, marks, or small holes in the elastic rope.
- Store in a dry and cool place, avoid direct sunlight, and seal it when not in use for long term storage.
- The elastic rope has no harmful odor and no additional additives. Please feel free to use it.
- The stretching length of elastic rope should not exceed 2.5 times the normal state to avoid personal injury.
- We are not responsible for personal injury or product damage caused by violations of the operating rules. Do not pull violently during use.
- Please check the stopper and the catch mechanism to make sure they do work regularly or before each use.



Main Frame **x1**



Bracket **x2**



Hook **x1**



Holder **x2**



Handle **x2**



level **x1**



M7*90 self tapping screw
M10*80 expansion sleeve
M8*20 washer **x3**



T-type wrench **x1**



Resistance bands set **x2**



Brush **x1**



M6*20 Bolt **x6**



M8*45 **x4**
Pan-head Screw



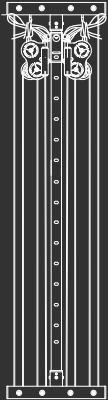
Dust bag **x3**



Wrench **x1**

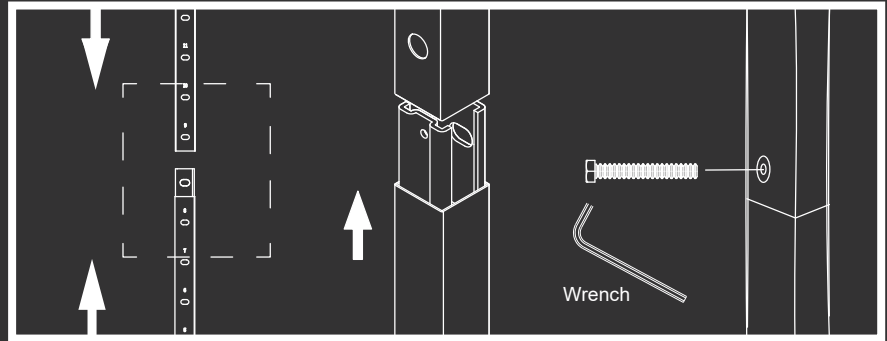
We provide you several Dust bags with holes to prevent the dust coming out of the wall while drilling the holes.
Before drilling ,remove the sticker on the bag,then stick it on your wall or the plate of MF04.

1 Place the half Main Frame on the floor, carefully untie the cable system

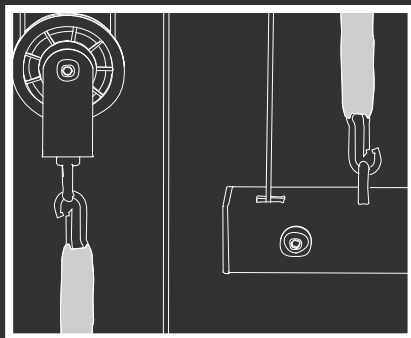
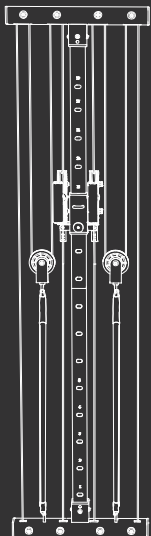


2 Straighten the cables and ensure they are orderly and untangled. Connect half Main Frame together, make sure the numerical symbols are on the same side.

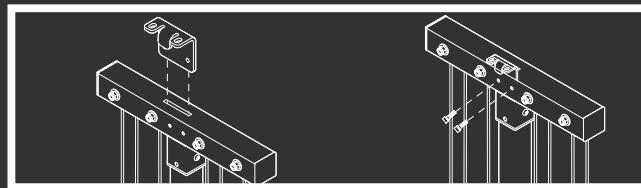
3 Screw M8*45 Pan-head Screw into the Main Frame and tighten it.
Use tool 5mm Allen Wrench



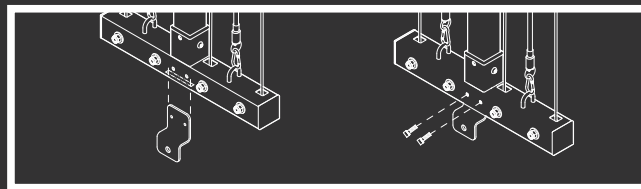
4 Connect Spring with the Main Frame and Cable System for both sides.



5 Insert Hook into the Main Frame on the top, screw M6*20 Boltstighten them. Use tool 5mm Allen Wrench

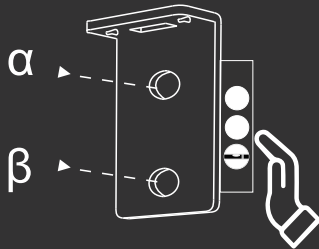


6 Insert Holder into the Main Frame on the bottom, screw M6*20 Bolts throughand tighten them. Use tool 5mm Allen Wrench



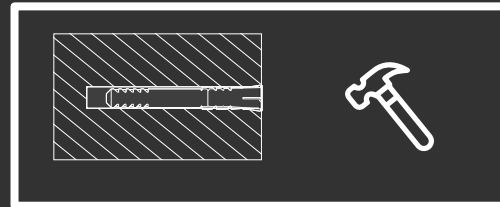
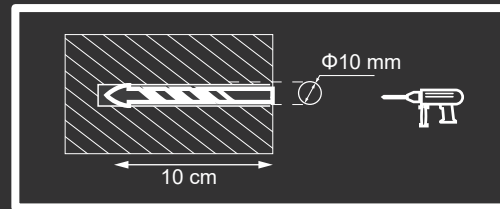
7 Position point a to a proper height (Page 2 for reference), mark it as point a with the markerpen.

Align the upper hole of the Bracket with point a on the wall, vertically affix Level to the right side of Bracket, keep point a still, move the lower hole of the Bracket and observe the Level, mark the point B through the lower hole of the Bracket with markerpen when the air bubble is in the middle of Level.

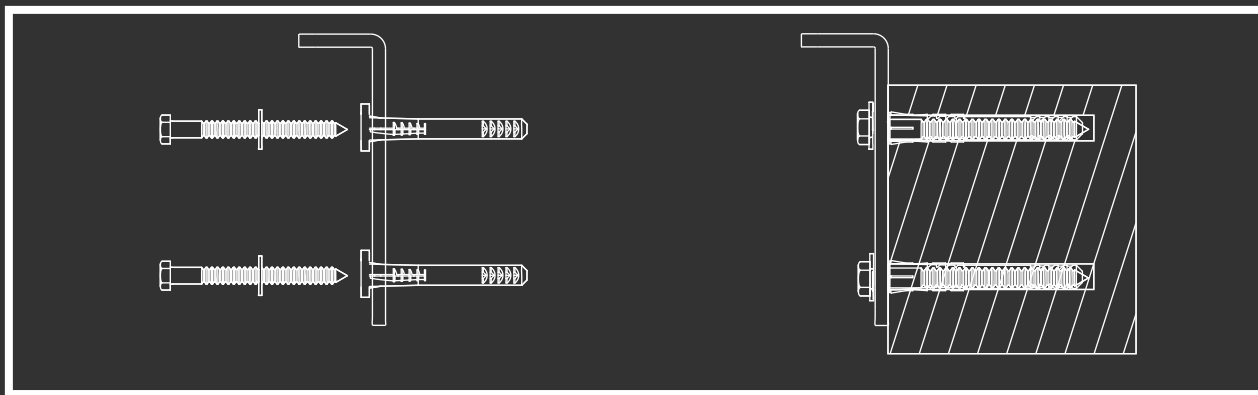


8 Drill holes at two points perpendicularly to wall surface. Each hole depth is 10cm(4-in).

Hammer the sleeves into the two holes.

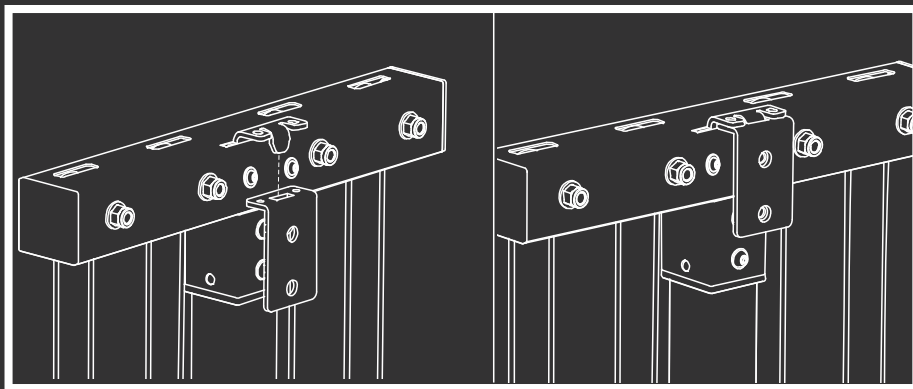


9 Screw M7*90 Self Tapping Screw through M8 Washer into M10*80 Expansion Sleeve . Alternately tighten them while keep the air bubble in the middle of Level.

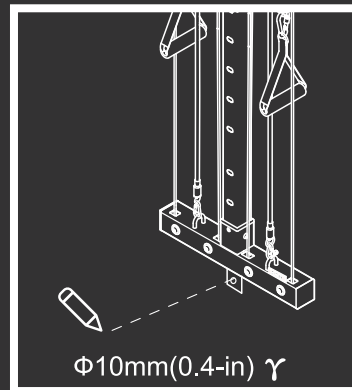


$\Phi 10\text{mm}(0.4\text{-in}) \alpha$ $\Phi 10\text{mm}(0.4\text{-in}) \beta$

10 Hang the Main Frame on the Bracket by passing the Hook through the hole on the top of the Bracket .

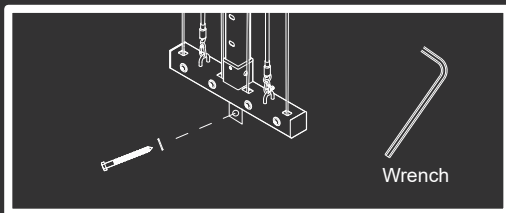
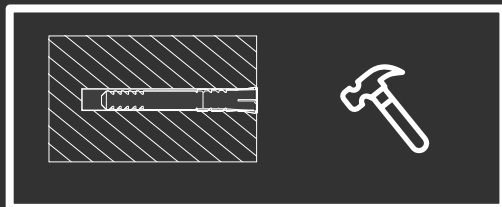
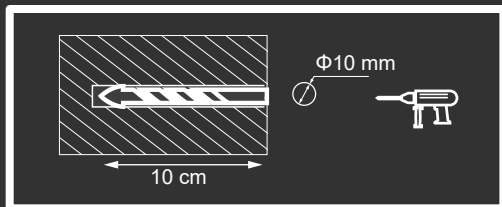


11 Place the Level on the bottom of the Main Frame , affix it to the surface. Adjust the Main Frame and observe the Level , mark point y through the hole of Holder on the wall when the air bubble is in the middle of Level .



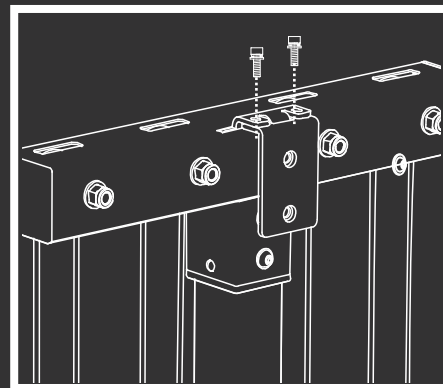
12 Drill hole perpendicularly to wall surface. The depth is 10cm(4-in).
Hammer a sleeve into the hole .

Screw the screws with washers into the expansion sleeves .

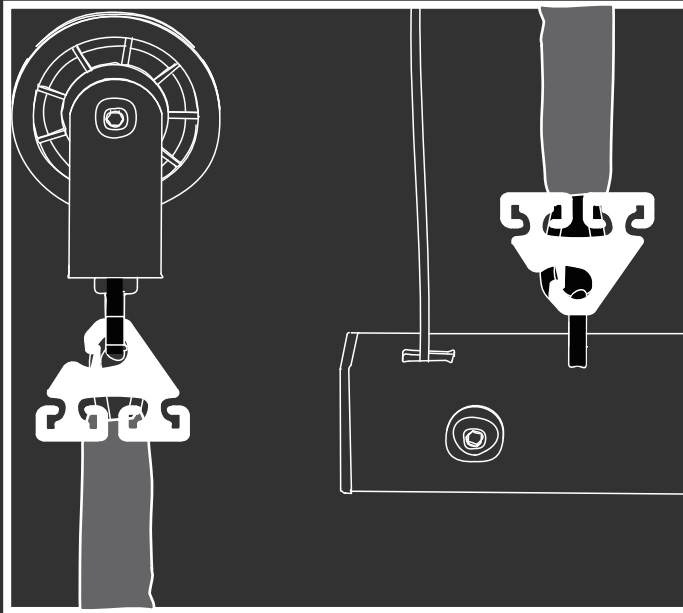


13 Hang the Main Frame on the Bracket by passing the Hook through the hole on The top of the Bracket .

Use a 5mm Allen wrench tool to tighten 2 M6x20 bolts.



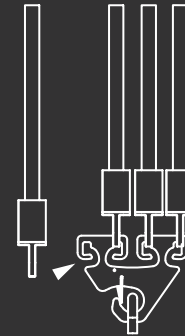
14 Connect FlexLinker to forgerings on Cable System and Main Frame respectively.



Install The Resistance Bands

You may place the Resistances on the rack as needed.

We recommend placing an equal number of bands on each rack.



Slim 1