Fitness Equipment Instructions & Assembly Manual

This document provides general instructions and assembly guidance for selected categories of fitness equipment. It is intended as a universal reference and does not include model-specific details, measurements, or operating procedures.

General Safety Notice

Before beginning assembly, read this manual carefully. Ensure all parts are accounted for before starting. Assembly should be performed by adults in a clean, well-lit area.

- Keep children and pets away from the assembly area.
- Use proper tools and follow all safety precautions.
- Do not assemble the product while it is connected to any power source.
- Do not modify components or substitute parts.

Exercise Bikes – Instructions & Assembly

Package Contents

The package typically includes the main frame, structural components, hardware, and documentation. Actual contents may vary by model.

Assembly Preparation

Select a flat, stable surface for assembly. Organize all parts and hardware before beginning. Do not fully tighten fasteners until all components are aligned.

- Verify all components are present before assembly.
- Follow the recommended assembly sequence.
- Hand-tighten fasteners initially, then fully tighten at the final step.

General Assembly Overview

Assembly typically involves connecting the main frame components, securing support structures, and installing adjustable or moving parts. Ensure all connections are secure before moving the product to its intended location.

Post-Assembly Check

After assembly, inspect the product to ensure all fasteners are properly tightened and confirmed secure. Place the product on a stable surface before use.

- Confirm the product is level and stable.
- Verify no parts are loose or missing.
- Ensure all protective packaging has been removed.

Rowing Machines – Instructions & Assembly

Package Contents

The package typically includes the main frame, structural components, hardware, and documentation. Actual contents may vary by model.

Assembly Preparation

Select a flat, stable surface for assembly. Organize all parts and hardware before beginning. Do not fully tighten fasteners until all components are aligned.

- Verify all components are present before assembly.
- Follow the recommended assembly sequence.
- Hand-tighten fasteners initially, then fully tighten at the final step.

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Assembly typically involves connecting the main frame components, securing support structures, and installing adjustable or moving parts. Ensure all connections are secure before moving the product to its intended location.

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After assembly, inspect the product to ensure all fasteners are properly tightened and confirmed secure. Place the product on a stable surface before use.

- Confirm the product is level and stable.
- Verify no parts are loose or missing.
- Ensure all protective packaging has been removed.

Treadmills – Instructions & Assembly

Package Contents

The package typically includes the main frame, structural components, hardware, and documentation. Actual contents may vary by model.

Assembly Preparation

Select a flat, stable surface for assembly. Organize all parts and hardware before beginning. Do not fully tighten fasteners until all components are aligned.

- Verify all components are present before assembly.
- Follow the recommended assembly sequence.
- Hand-tighten fasteners initially, then fully tighten at the final step.

General Assembly Overview

Assembly typically involves connecting the main frame components, securing support structures, and installing adjustable or moving parts. Ensure all connections are secure before moving the product to its intended location.

Post-Assembly Check

After assembly, inspect the product to ensure all fasteners are properly tightened and confirmed secure. Place the product on a stable surface before use.

- Confirm the product is level and stable.
- Verify no parts are loose or missing.
- Ensure all protective packaging has been removed.

Important Notice

This manual is intended for general guidance only. Assembly steps, components, and safety requirements may vary by model and manufacturer. Always refer to seller-provided documentation when available.