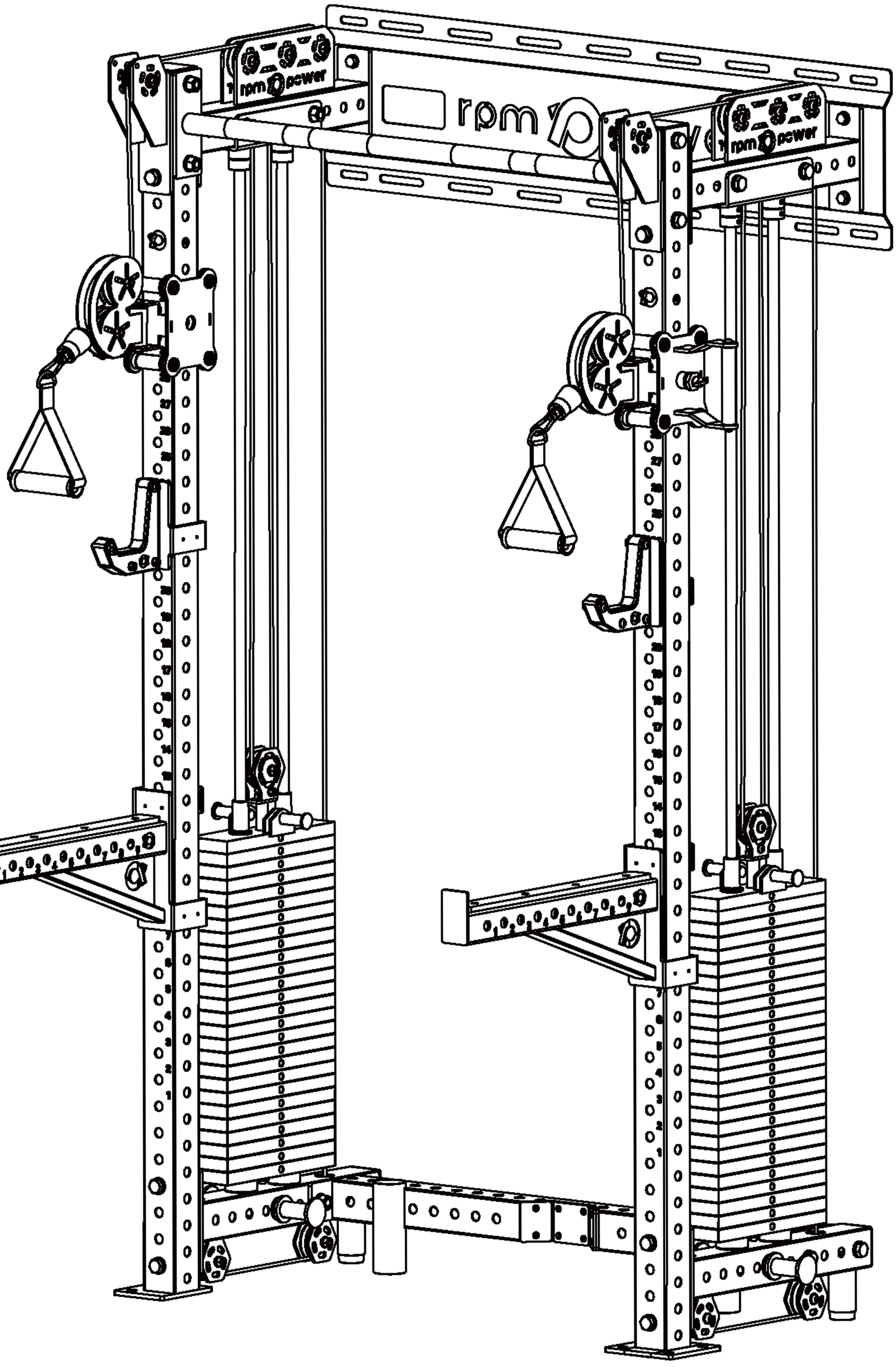
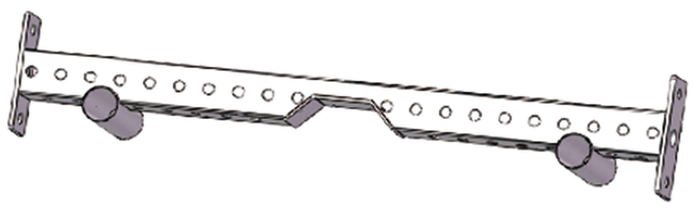
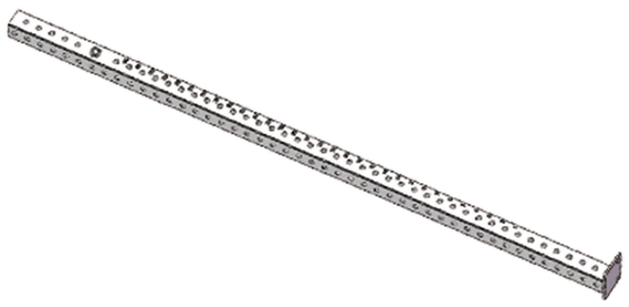
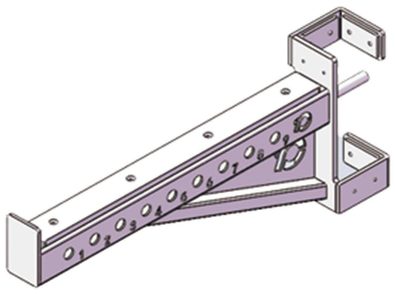
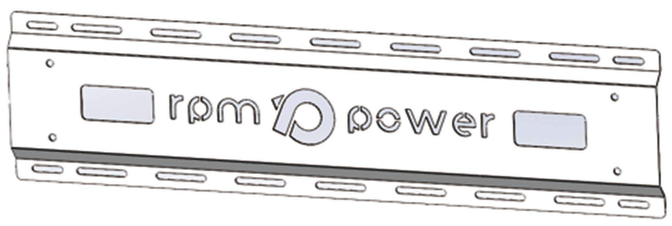
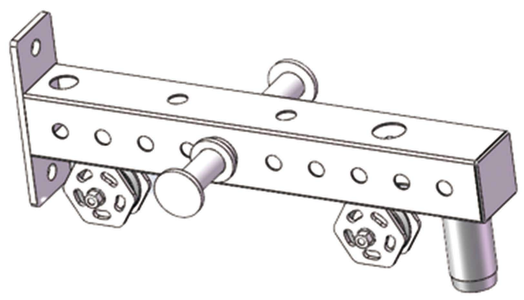
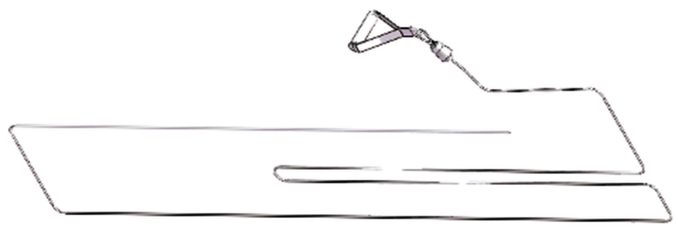
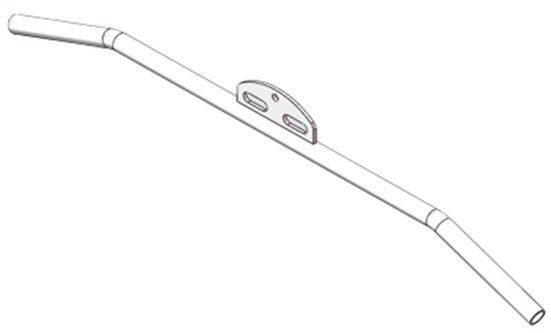
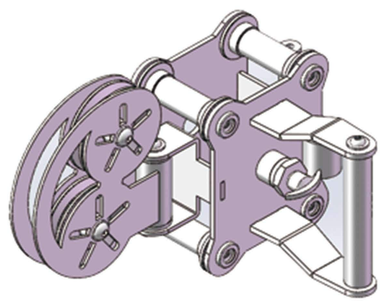
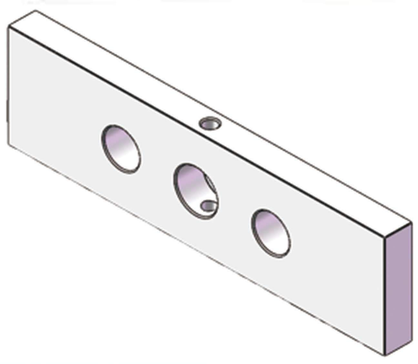
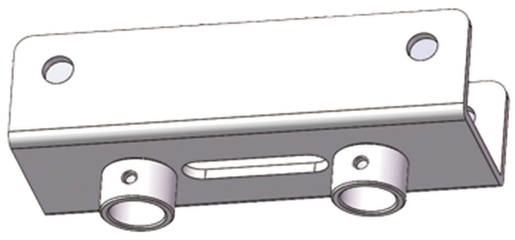
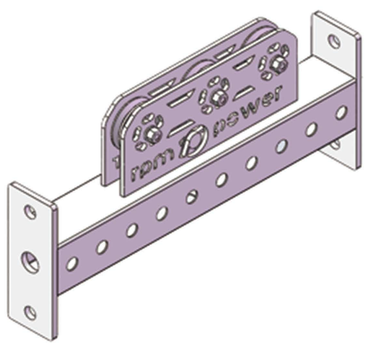
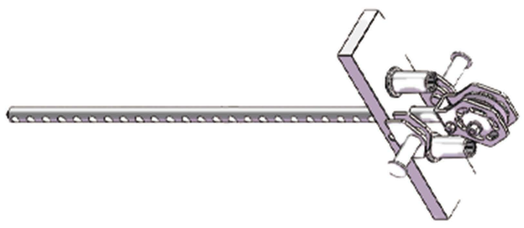
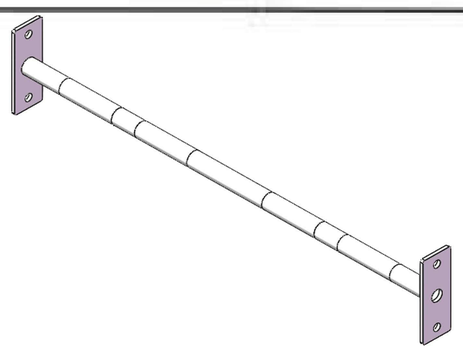
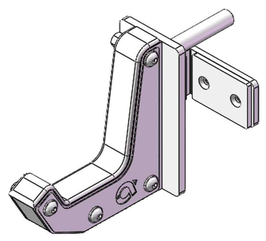
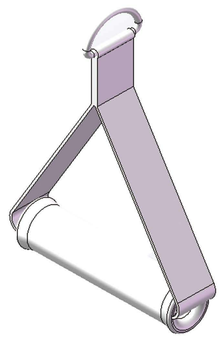
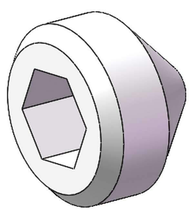
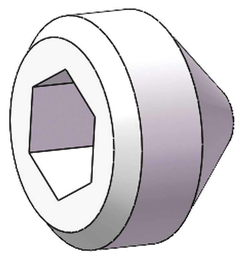
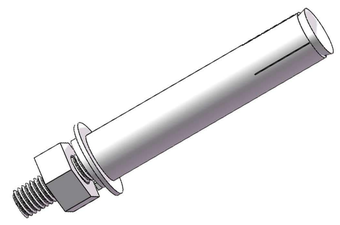
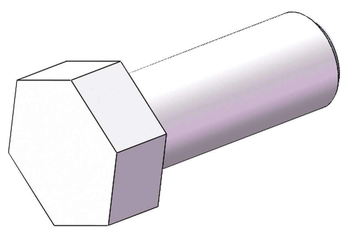
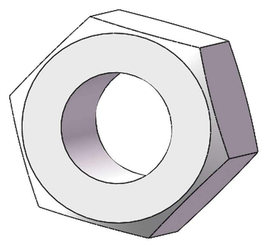
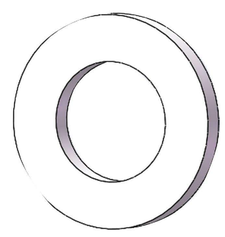
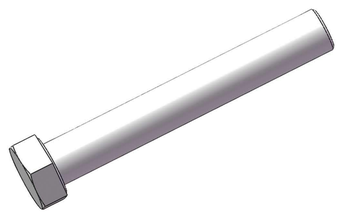
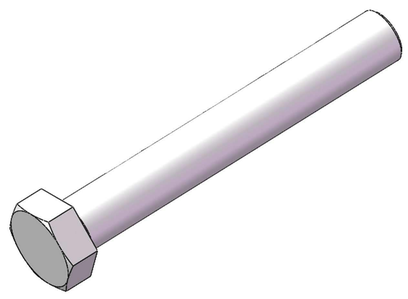
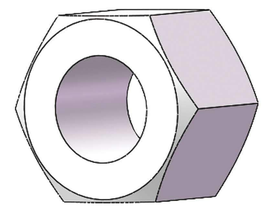
WALL-MOUNTED TRAINING FRAME
FREYJA Rack



Parts Details-1

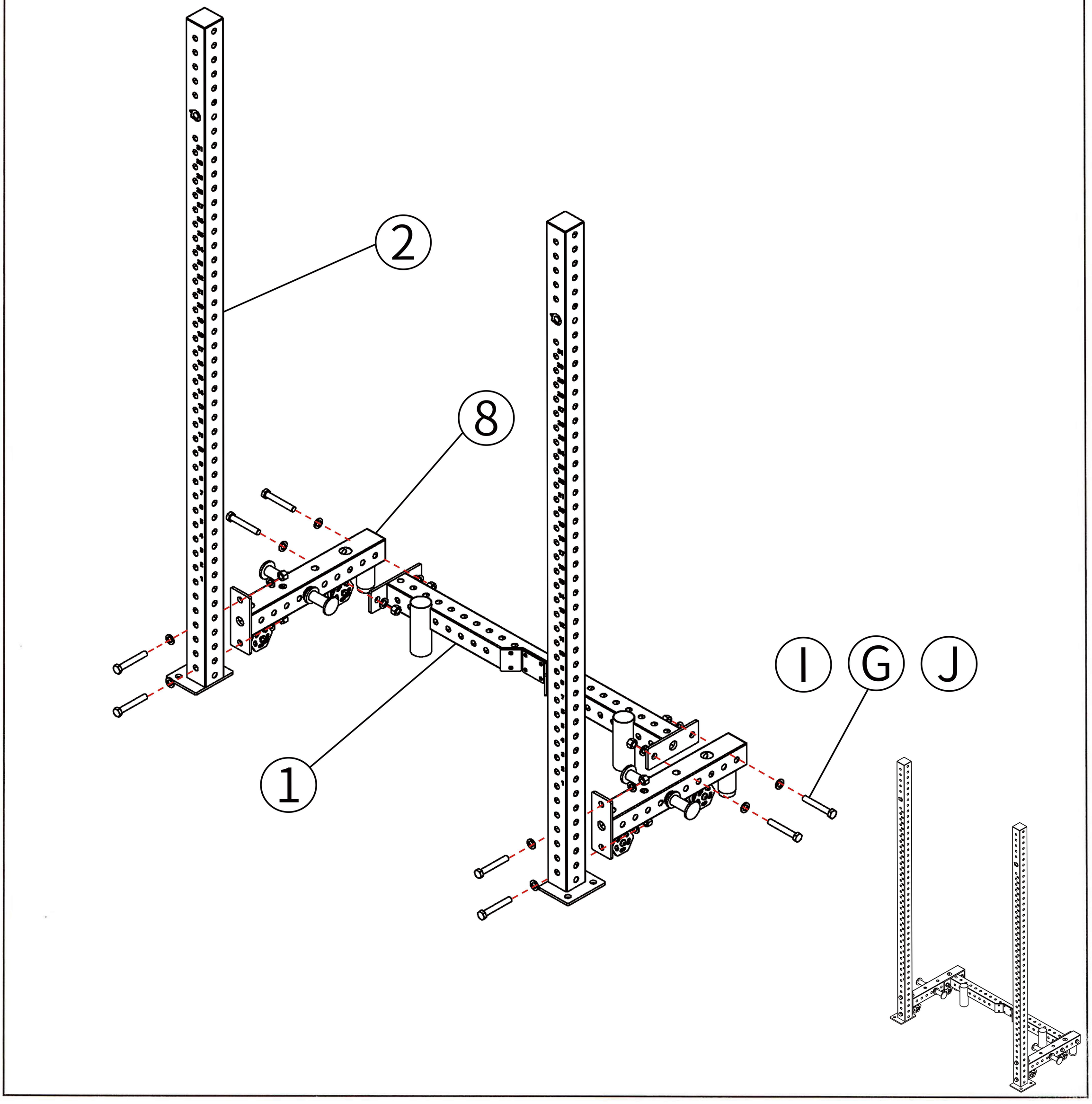
					
NO.1	Bottom pipe assembly *1PC	NO.2	stand column *2PCS	NO.3	Protective bar *a pair
					
NO.4	Back panel *1PC	NO.5	lead rail *4PCS	NO.6	Guide rail positioning sleeve*4PCS
					
NO.7	Low pull handle *1PC	NO.8	Bottom pipe connection group*2PCS	NO.9	Steel wire rope *2PCS
					
NO.10	High pull handle *1PC	NO.11	Sliding sleeve *a pair	NO.12	Shock-absorbing pad *4PCS
					
NO.13	Counterweight plate *50PCS	NO.14	Positioning group on the counterweight plate*2PCS	NO.15	Front pulley *2PCS
					
NO.16	Get on the pulley block *2PCS	NO.17	Head piece sliding assembly*2PCS	NO.18	Small gourd hook *2PCS

Parts Details-2

					
NO.19	Pull-up*1PC	NO.20	Hook group *a pair	NO.21	Pull handle *1PC
					
A	Hexagon socket set (M8X6)*8PCS	B	Hexagon socket set (M8X10)*6PC	C	Expansion screw (M10X100)*4PCS
					
D	Hexagon socket screw (M12X30)*4PCS	E	LOCKNUT(M12)*4PCS	F	WASHER(M12)*8PCS
					
G	Hexagon socket screw (M16X100)*12PCS	H	Hexagon socket screw (M16X110)*8PCS	I	LOCKNUT(M16)*20PCS
J	WASHER(M16)*40PCS				

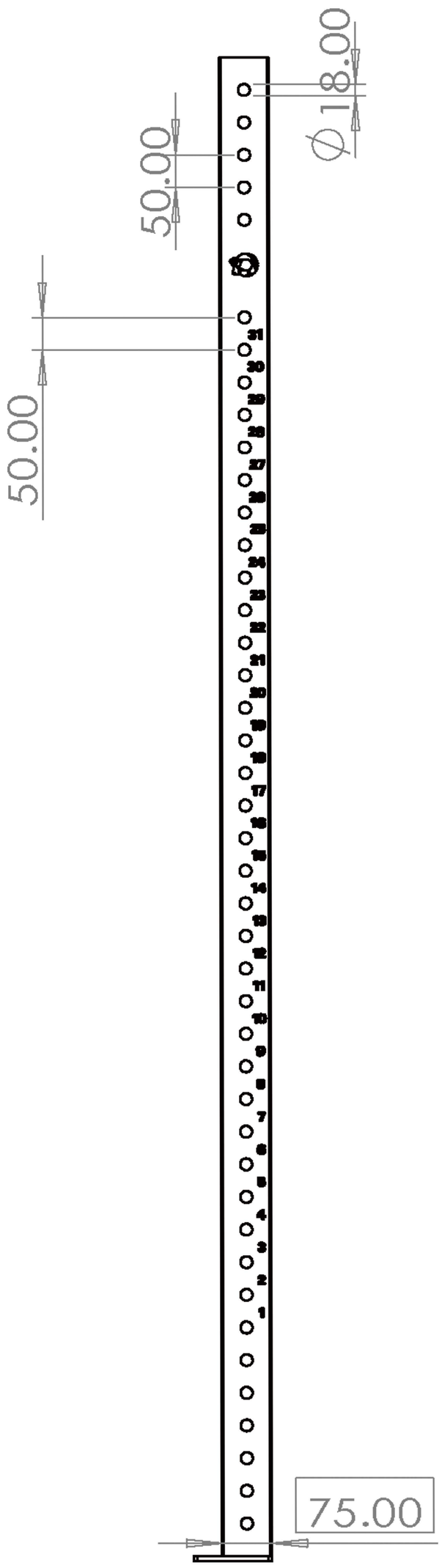
STEPS

step	NO	NAME	NUM	NO	NAME	NUM
1	1	Bottom pipe assembly	1	G	M16X100	8
	2	stand column	2	I	LOCKNUT(M16)	8
	8	Bottom pipe connection group	2	J	WASHER(M16)	16



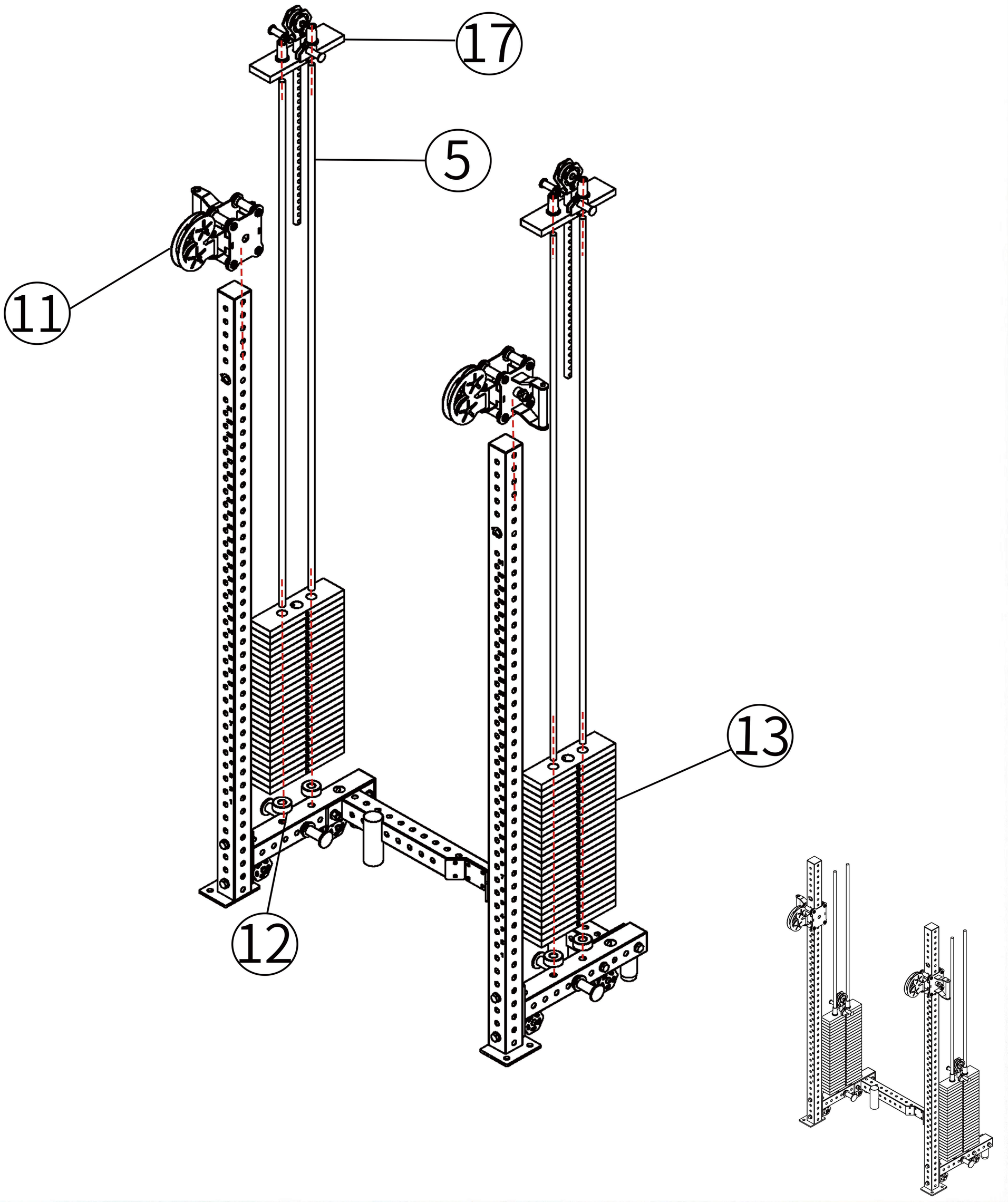
STEPS						
step	NO	NAME	NUM	NO	NAME	NUM
1-1						

立柱孔径和孔距（单位：MM）

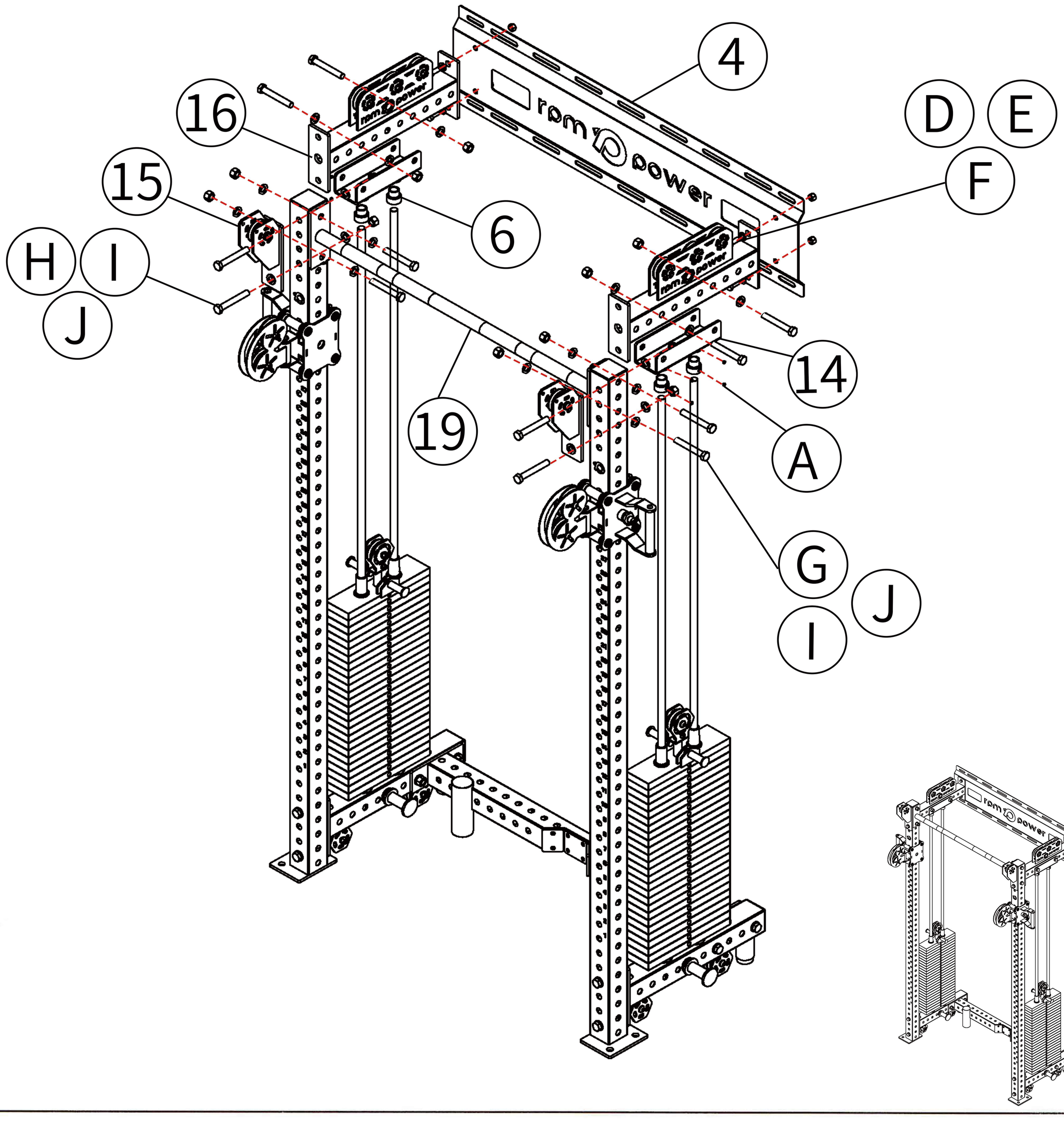
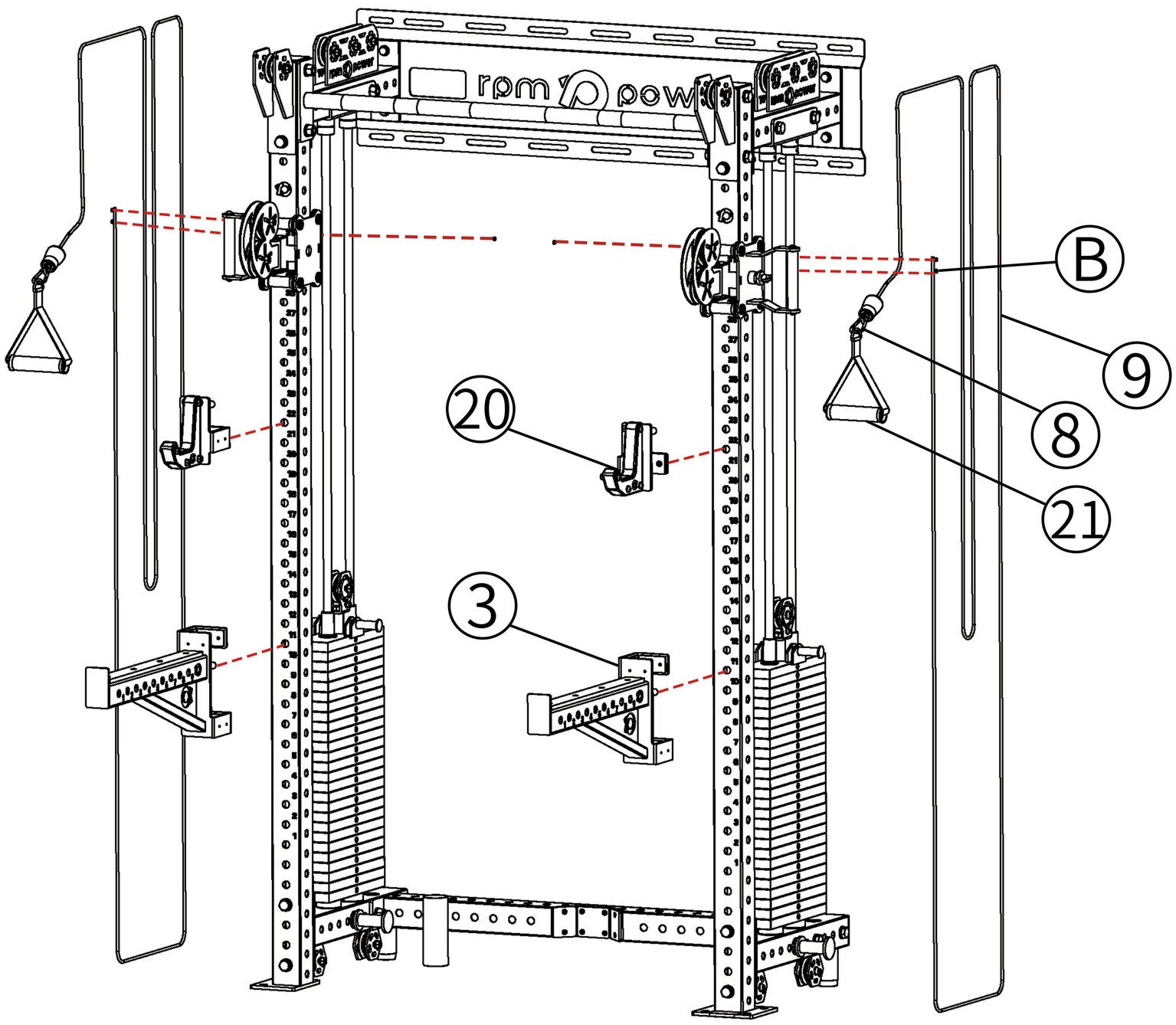
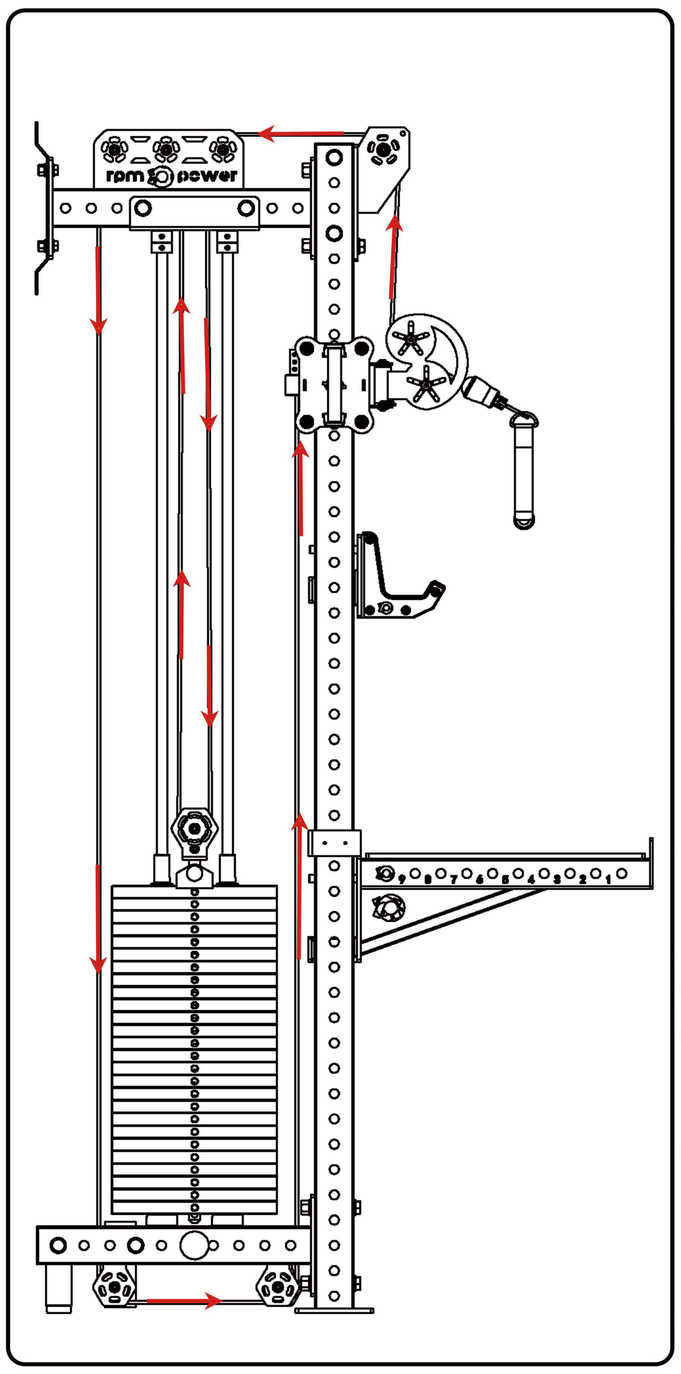
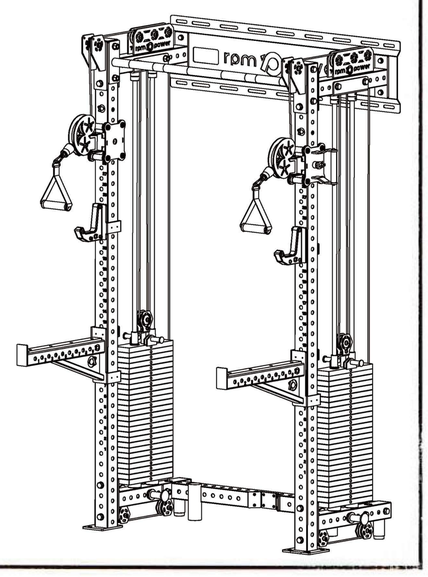


STEP

STEP	NO	NAME	NUM	NO	NAME	NUM
2	5	lead rail	4			
	11	Sliding sleeve	a pair			
	12	Shock-absorbing pad	4			
	13	Counterweight plate	50			
	17	Head piece sliding assembly	2			



STEP						
STEP	NO	NAME	NUM	NO	NAME	NUM
3	4	Back panel	1	A	Hexagon socket set (M8X6)	8
	6	Guide rail positioning sleeve	4	D	Hexagon socket screw (M12X30)	4
	14	Positioning group on the counterweight plate	2	E	LOCKNUT(M12)	4
	15	Front pulley	2	F	WASHER(M12)	8
	16	Get on the pulley block	2	H	M16X110	8
	19	Pull-up	1	I	LOCKNUT(M16)	12
	G	M16X100	4	J	WASHER(M16)	24



STEP						
STEP	NO	NAME	NUM	NO	NAME	NUM
4	3	**Protective bar**	a pair	B	**Hexagon socket set**	6
	8	**Small gourd hook**	2			
	9	**Steel wire rope**	2			
	20	**Hook group**	a pair			
	21	**Pull handle**	2