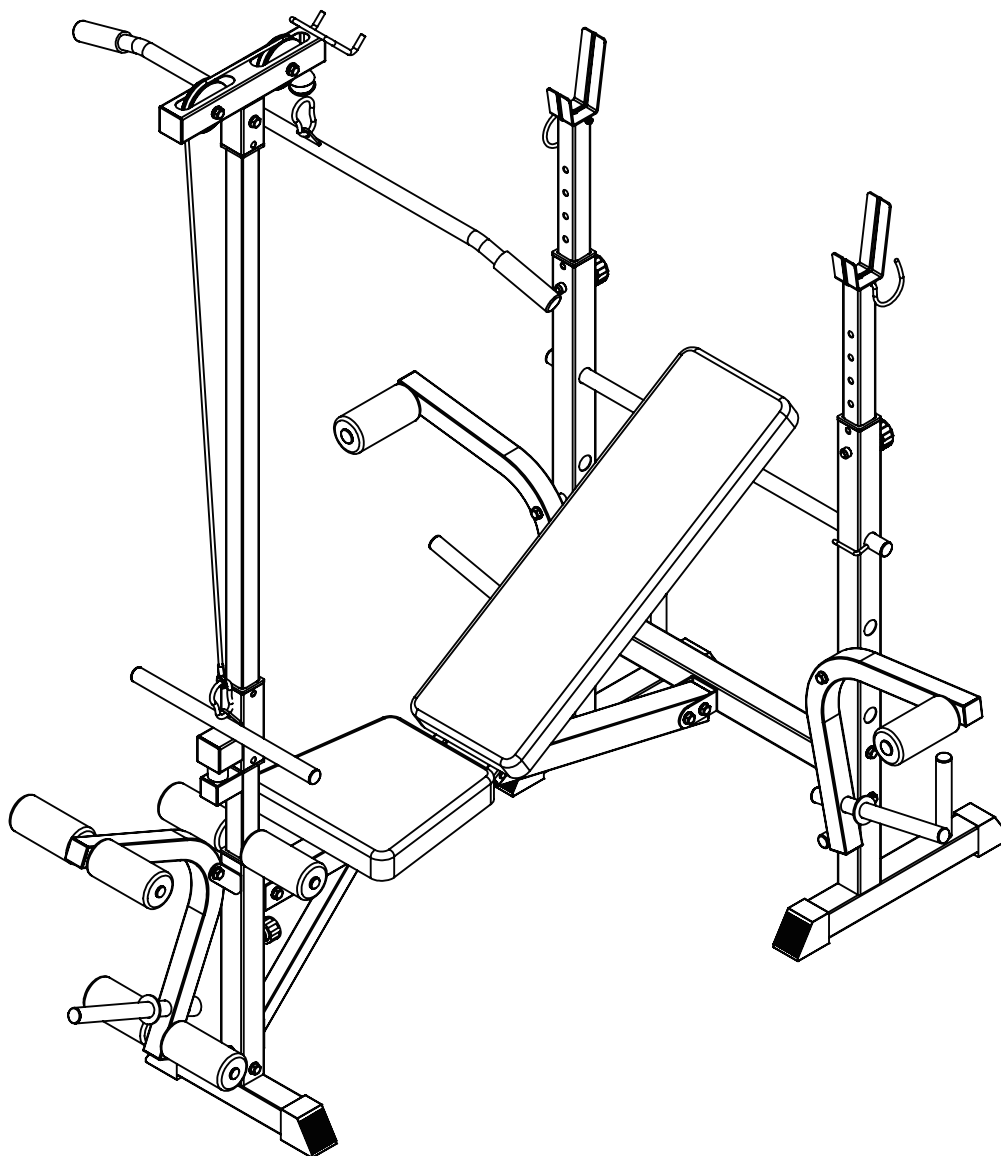


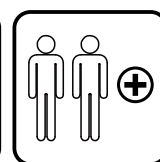
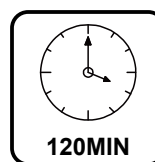
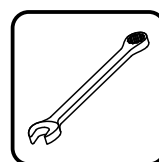
# Soozier

IN220800242V03\_US\_CA

**A91-209**

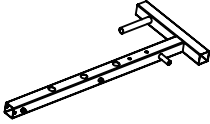
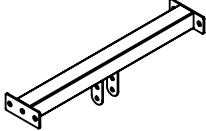
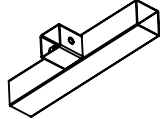
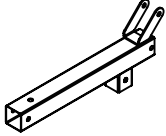
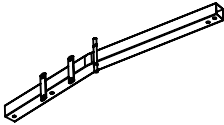
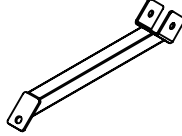
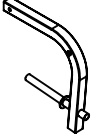
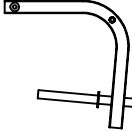
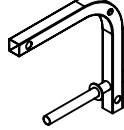
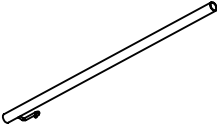
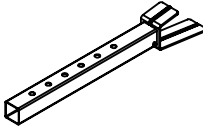
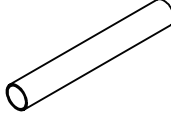
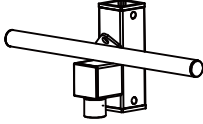
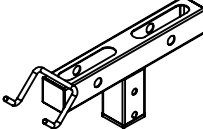
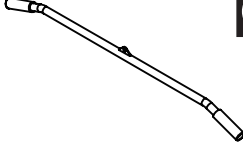
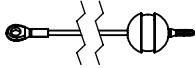



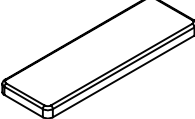
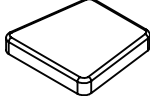

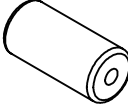
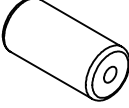
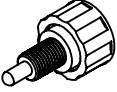
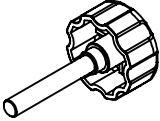
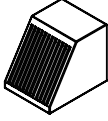



## INSTRUCTIONS D'ASSEMBLAGE ASSEMBLY INSTRUCTION


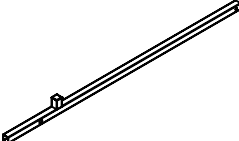
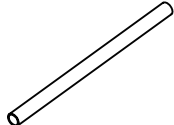


FR: IMPORTANT: A LIRE ATTENTIVEMENT ET A CONSERVER POUR VOUS Y  
REFRERER ULTERIEUREMENT  
EN: IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY.

**BOX-1/2**

	① x 2		② x 1		③ x 1
	④ x 1		⑤ x 1		⑥ x 1
	⑧ x 1		⑨ x 1		⑩ x 1
	⑫ x 1		⑬ x 2		⑭ x 2
	⑯ x 1		⑰ x 1		⑱ x 1
	⑲ x 1		⑳ x 2		㉑ x 1
	㉒ x 1		㉓ x 1		㉔ x 1
	㉕ x 4		㉖ x 6		㉗ x 2
	㉘ x 1		㉙ x 2		㉚ x 6
	Hardware Kit				

**BOX-2/2**

	⑦ x 2		⑪ x 1		⑮ x 3
---	-------	---	-------	---	-------

## Important Safety Information

### Please keep this manual in a safe place for reference.

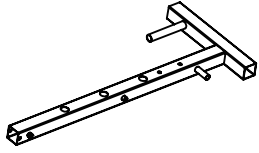
1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 meter of free space all around it.
6. Before using the equipment, check the nuts and bolts are securely tightened.
7. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
10. The equipment is suitable for domestic, home use only. Maximum weight of user: 150kg.
11. The equipment is not suitable for therapeutic use.
12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.

## Importantes informations de sécurité

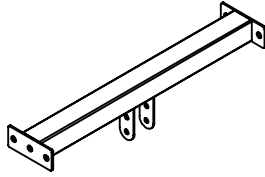
### **Veillez garder ce manuel pour un éventuel besoin futur**

- 1.** Il est important de lire entièrement ce manuel avant montage et utilisation. Une utilisation efficace en toute sécurité peut seulement être accomplie si l'appareil est monté, entretenu et utilisé convenablement. Il est de votre responsabilité de vous assurer que tous les utilisateurs de cet équipement sont informés de tous les avertissements et informations de sécurité.
- 2.** Avant de commencer toute session d'exercice, vous devez consulter votre docteur afin de déterminer si vous avez un problème physique ou de santé qui pourrait vous occasionner des risques de blessure grave. L'avis et diagnostic de votre docteur est essentiel, surtout si vous avez un traitement médical en cours.
- 3.** Soyez attentif aux signaux de votre corps. Un exercice incorrect ou entraînement excessif peut nuire à votre santé. Arrêter toute forme d'exercice si vous ressentez un des symptômes suivants : douleur, oppression poitrine, pouls irrégulier, difficultés respiratoires, tête qui tourne, vertige ou nausée. Si vous rencontrez un de ses états, veuillez consulter votre médecin avant de reprendre le moindre exercice.
- 4.** Tenir vos enfants et animaux à l'écart du matériel. Cet appareil est destiné uniquement à une utilisation par un adulte.
- 5.** L'appareil sur un sol plat et stable avec un tapis de protection. Pour des raisons de sécurité, votre appareil doit être libéré de tout objet dans un périmètre de 0,5 m minimum.
- 6.** Avant d'utiliser l'appareil, vérifier que les écrous et boulons soient correctement serrés.
- 7.** Le niveau de sécurité de l'appareil peut seulement être maintenu s'il est régulièrement contrôlé afin de prévenir toute usure.
- 8.** Toujours utiliser l'appareil comme indiqué. Si vous trouvez le moindre défaut lorsque vous Montez ou vérifiez votre appareil ou encore si vous entendez un bruit suspect, arrêtez immédiatement d'utiliser l'appareil. Et cela jusqu'à ce que le problème soit résolu.
- 9.** Porter une tenue adéquate lorsque vous souhaitez faire un exercice. Eviter de porter des vêtements longs ou bijoux qui pourraient s'accrocher et vous causer de graves blessures.
- 10.** Cet appareil a été testé et a obtenu la certification norme EN957 sous la catégorie H.C. Il est destiné à un usage domestique uniquement. Poids maximum recommandé : 150 Kg
- 11.** Cet équipement n'est pas destiné à un usage thérapeutique.
- 12.** La plus grande précaution est de rigueur quand vous déplacez votre équipement.

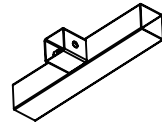
① x 2



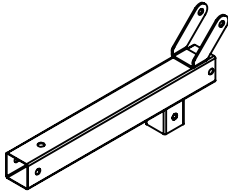
② x 1



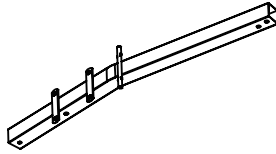
③ x 1



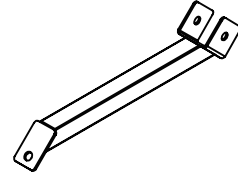
④ x 1



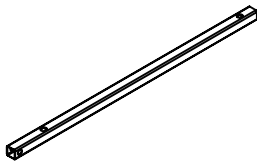
⑤ x 1



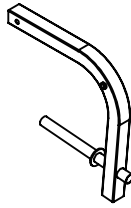
⑥ x 1



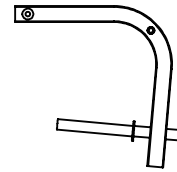
⑦ x 2



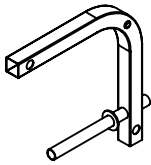
⑧ x 1



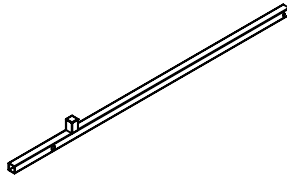
⑨ x 1



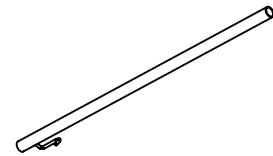
⑩ x 1



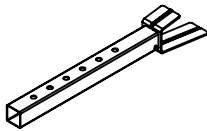
⑪ x 1



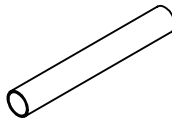
⑫ x 1



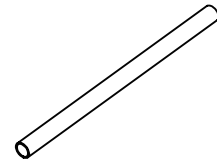
⑬ x 2



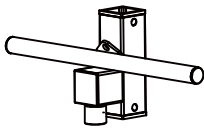
⑭ x 2



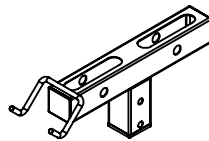
⑮ x 3



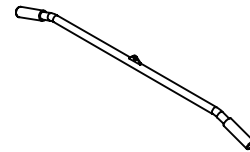
⑯ x 1



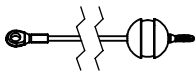
⑰ x 1



⑱ x 1



⑲ x 1



⑳ x 2



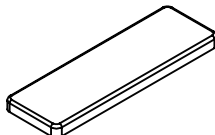
㉑ x 1



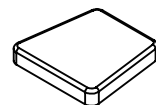
㉒ x 1




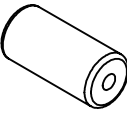
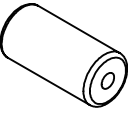
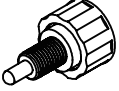
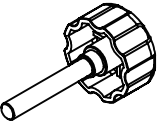
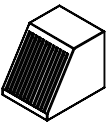
㉓ x 1



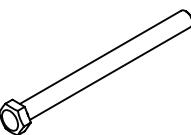
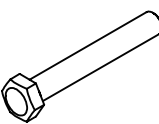
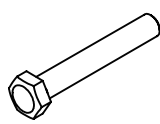








㉔ x 1



**PARTS**

 <p><b>25</b> x 4</p>	 <p><b>26</b> x 6</p>	 <p><b>27</b> x 2</p>
 <p><b>28</b> x 1</p>	 <p><b>29</b> x 2</p>	 <p><b>30</b> x 6</p>

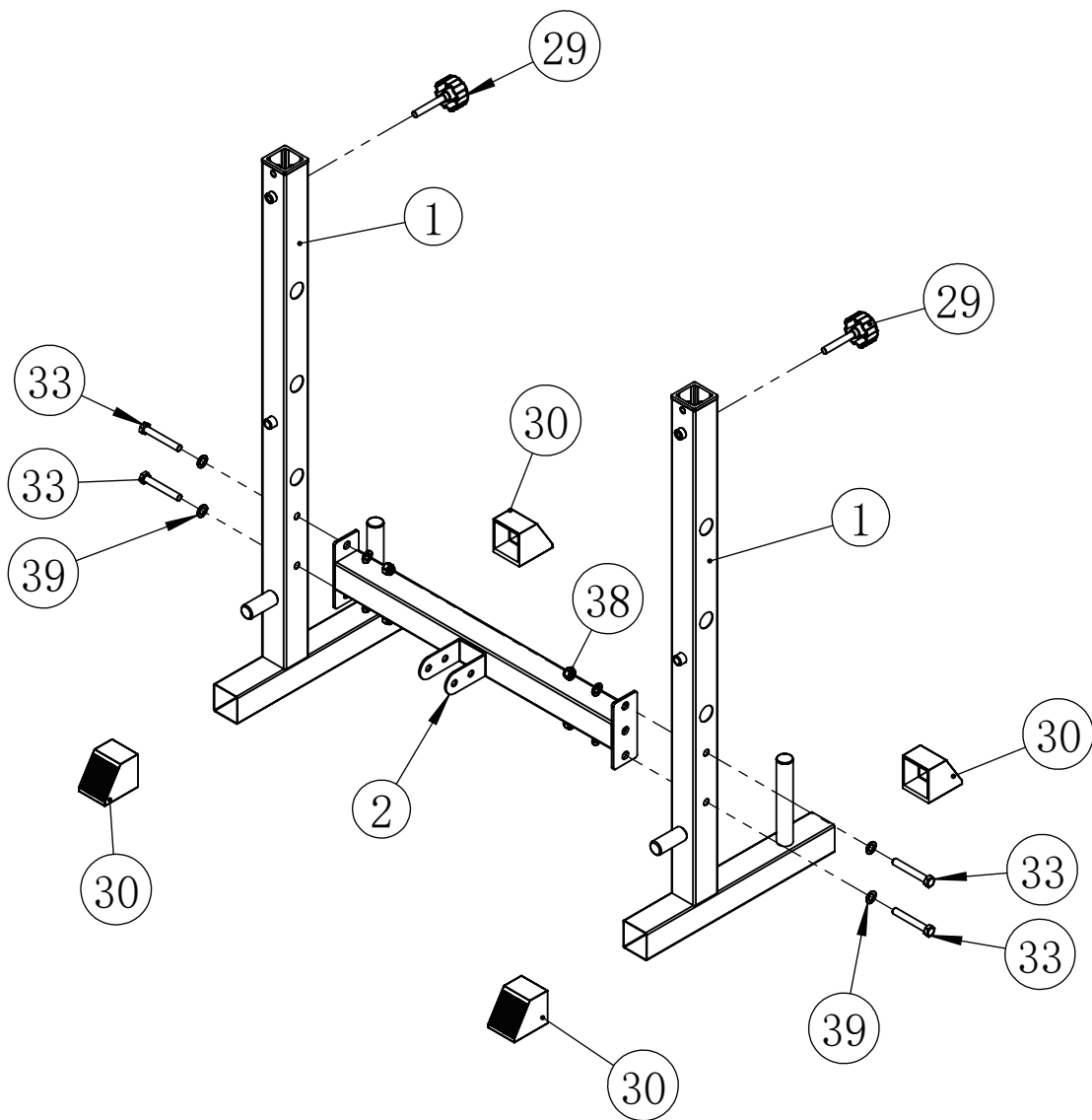
**HARDWARE**

 <p><b>32</b> x 2 M10X125</p>	 <p><b>33</b> x10 +1 (spare) M10X70</p>	 <p><b>34</b> x 2 M10X65</p>
 <p><b>35</b> x 6 M10X20</p>	 <p><b>36</b> x 4 M8X40</p>	 <p><b>37</b> x 4 M8X20</p>
 <p><b>38</b> x14 +1 (spare) M10</p>	 <p><b>39</b> x34 +1 (spare) Ø10</p>	 <p><b>40</b> x 8 +1 (spare) Ø8</p>
 <p><b>41</b> x 2 M6</p>	 <p><b>42</b> x 2</p>	

33 x 4

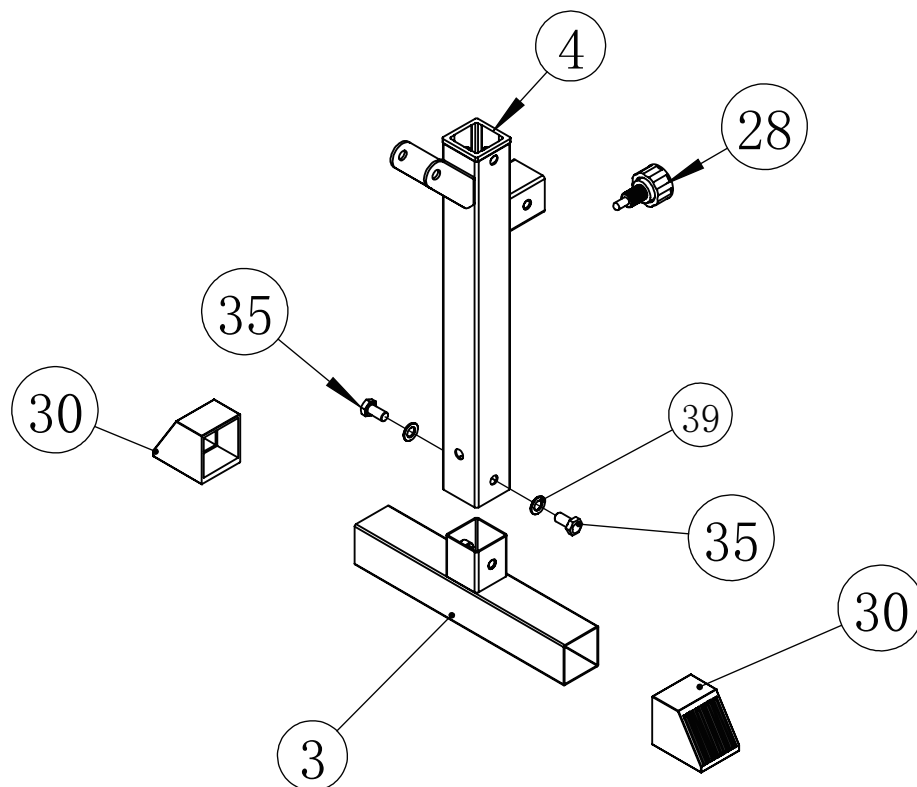
38 x 4

39 x 8



35 x 2

39 x 2

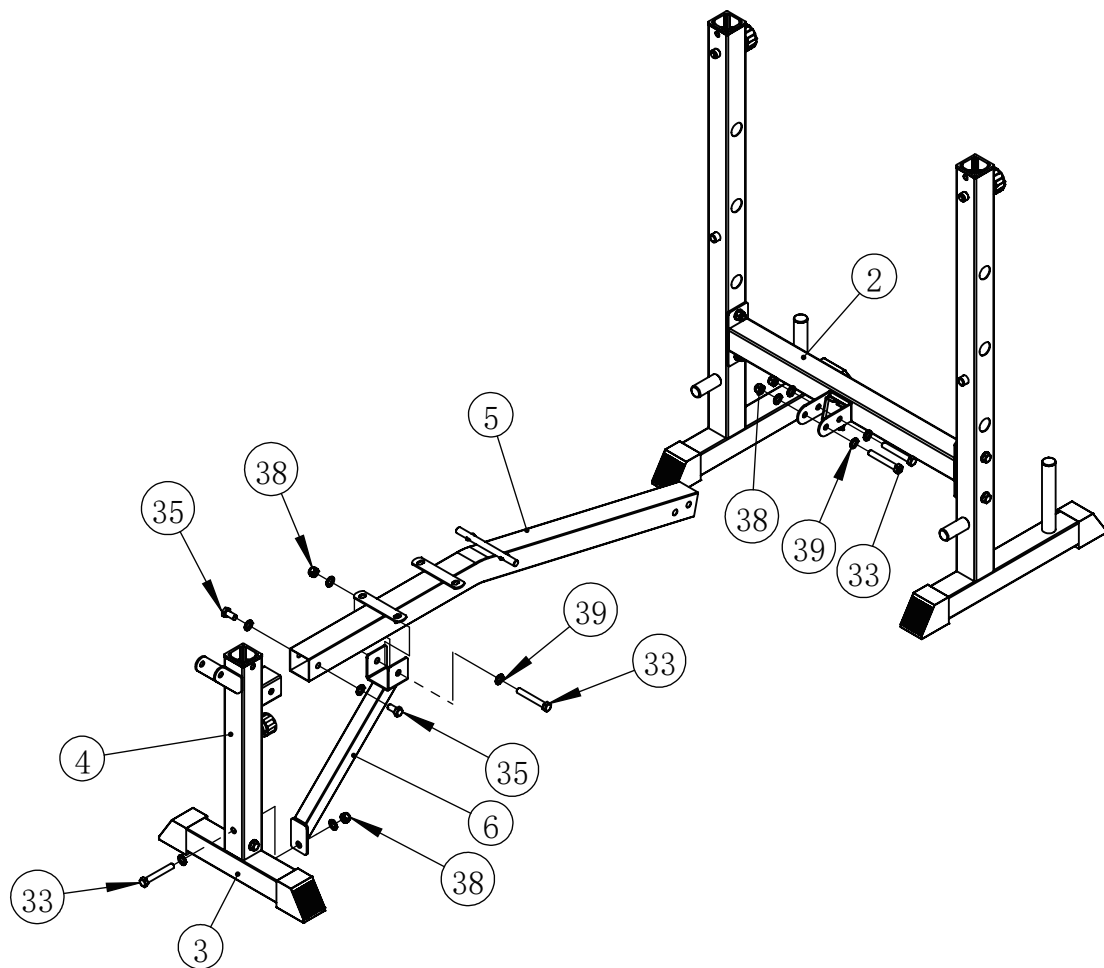


33 x 4

35 x 2

38 x 4

39 x 10

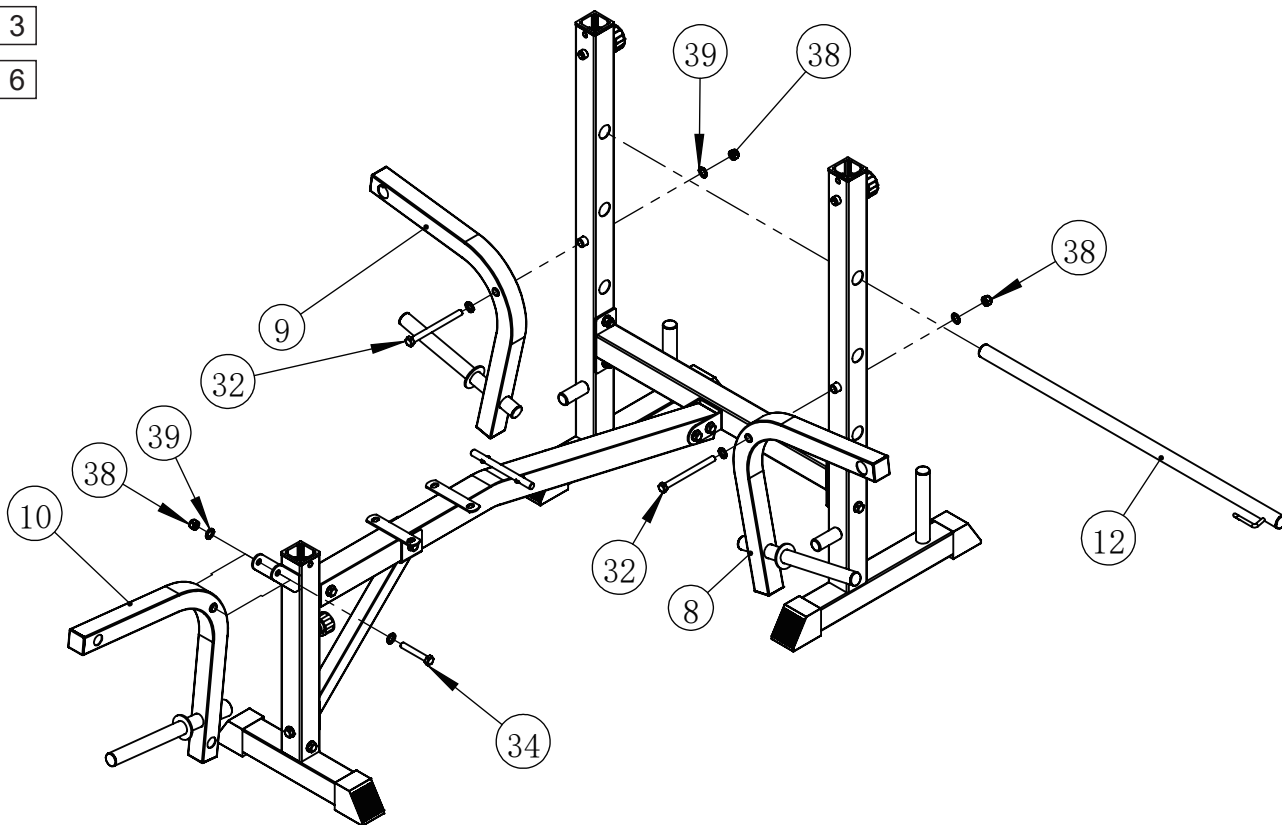


32 x 2

34 x 1

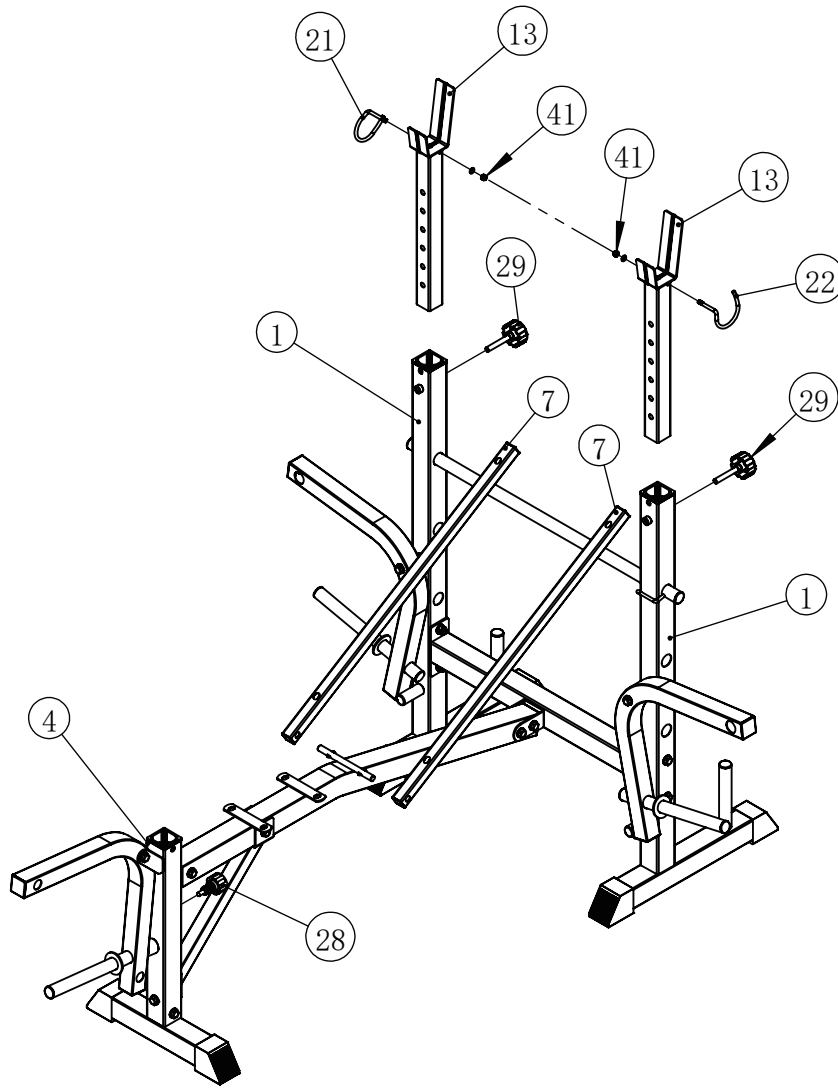
38 x 3

39 x 6



41 x 2

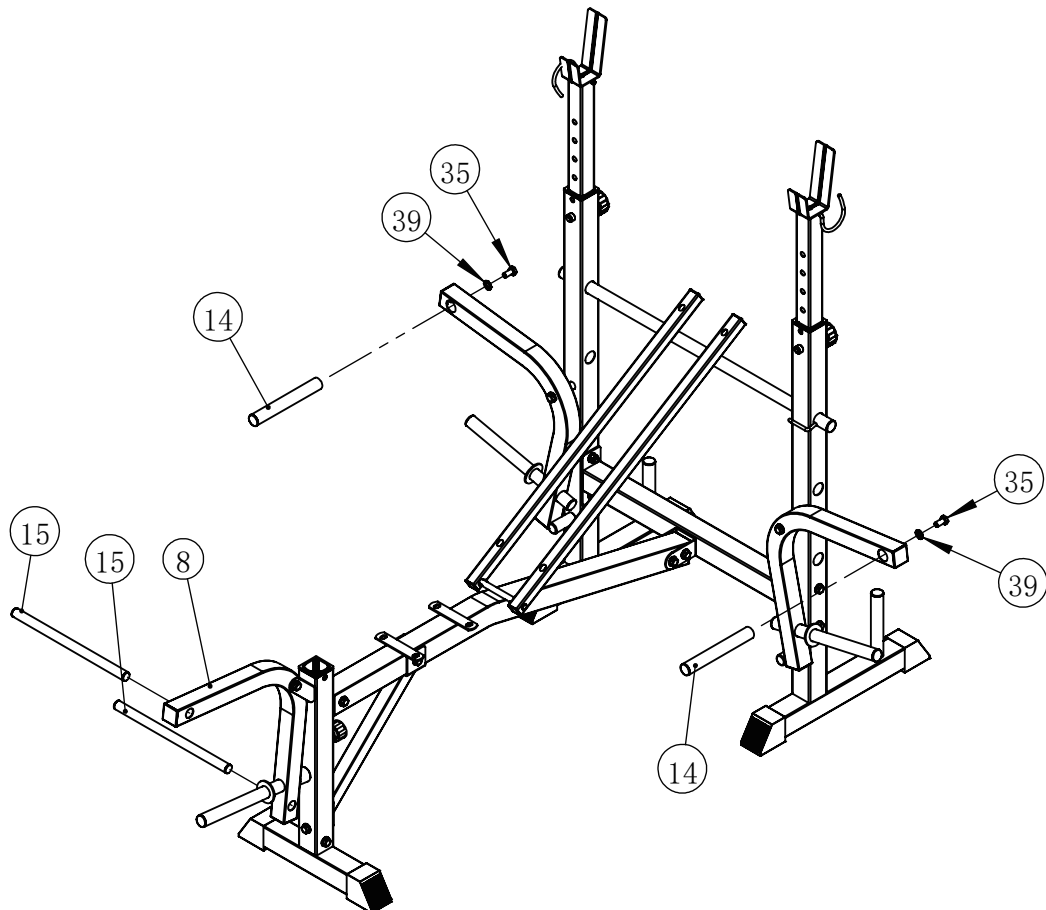
05



35 x 2

06

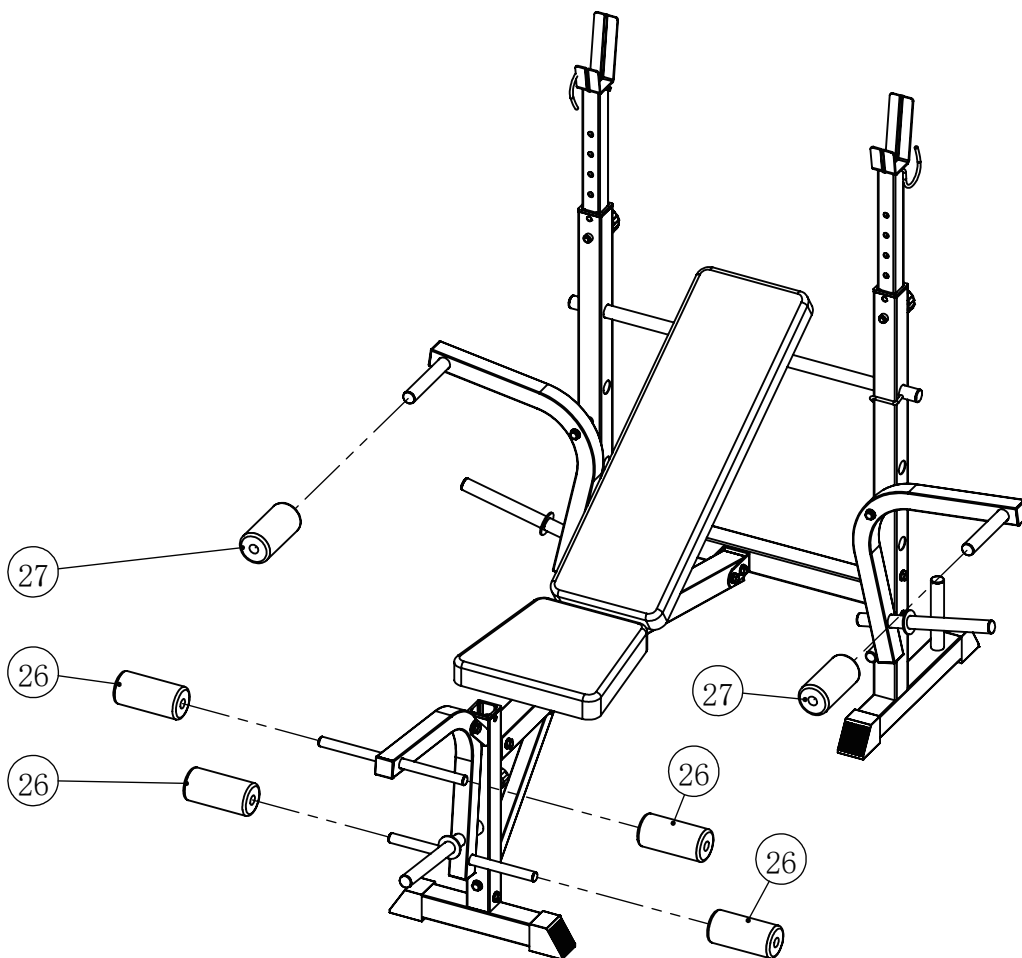
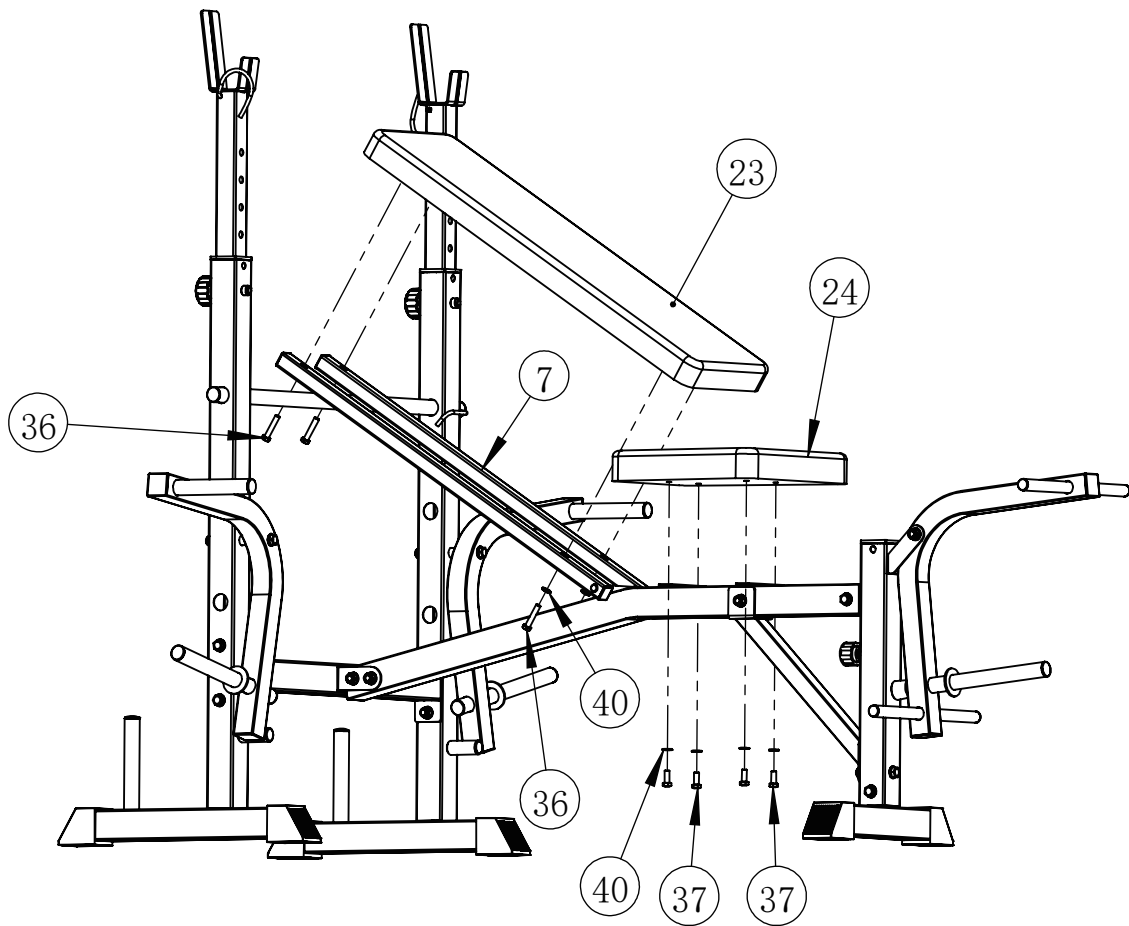
39 x 2

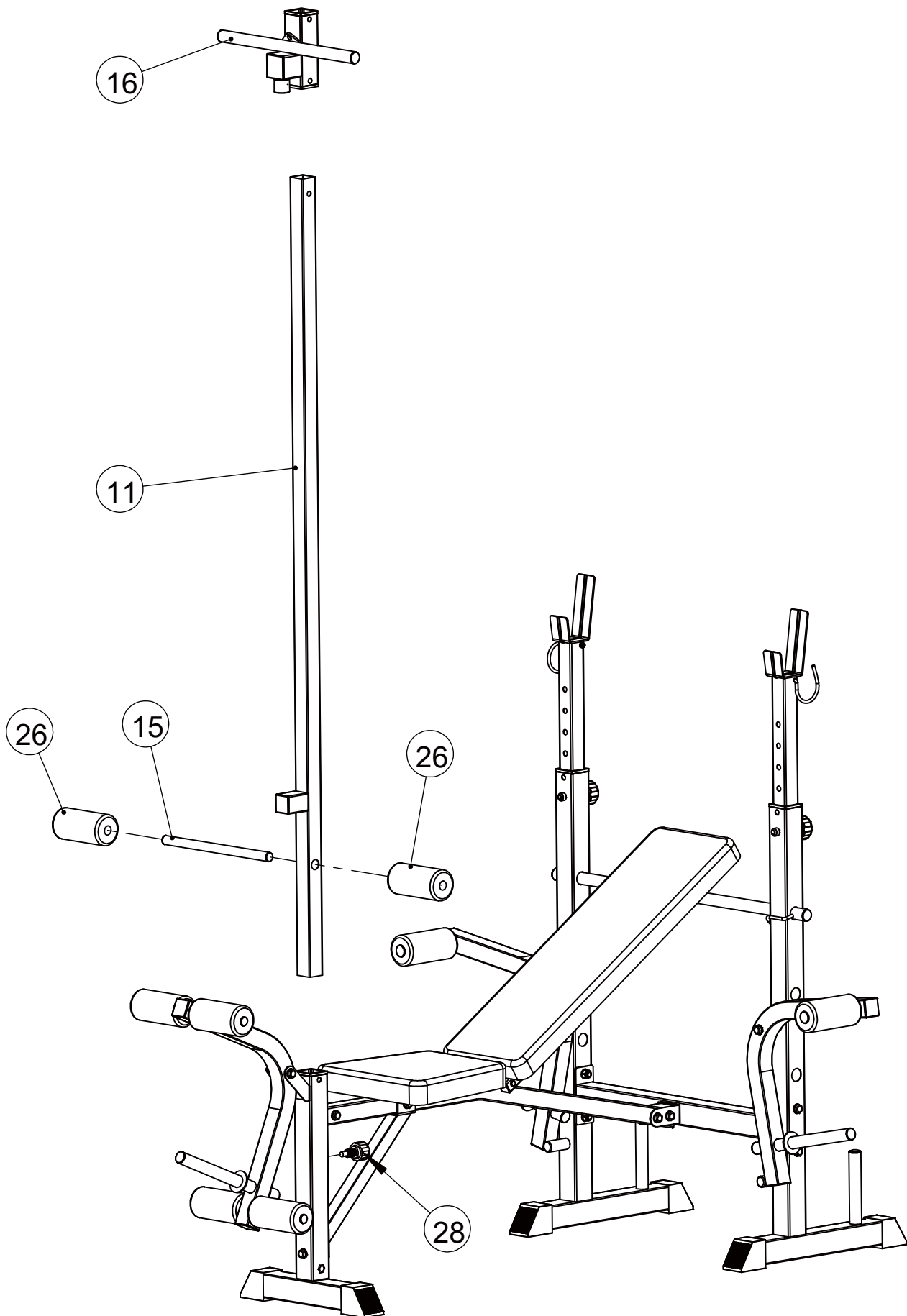


36 x 4

37 x 4

40 x 8

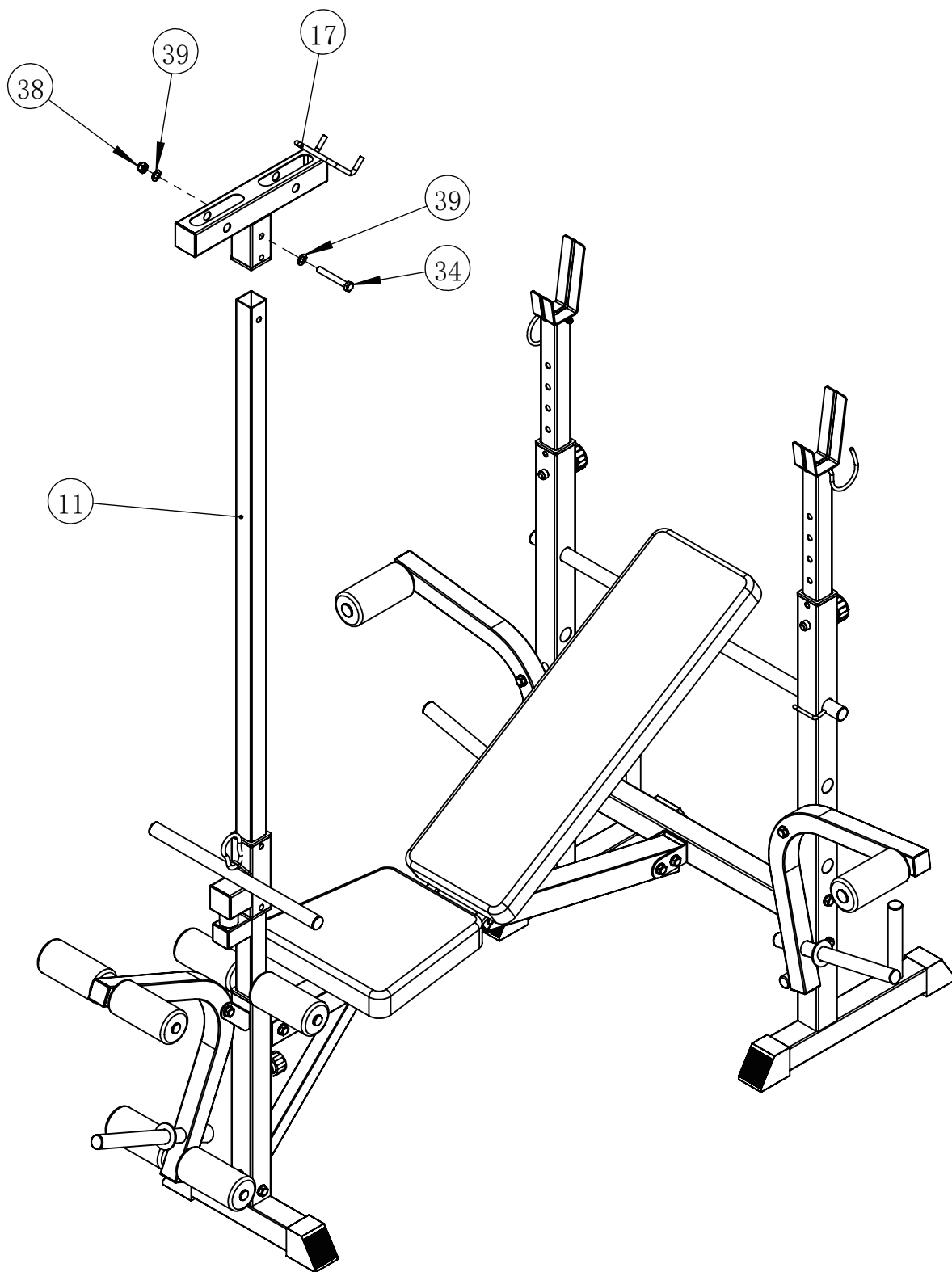




34 x 1

38 x 1

39 x 2

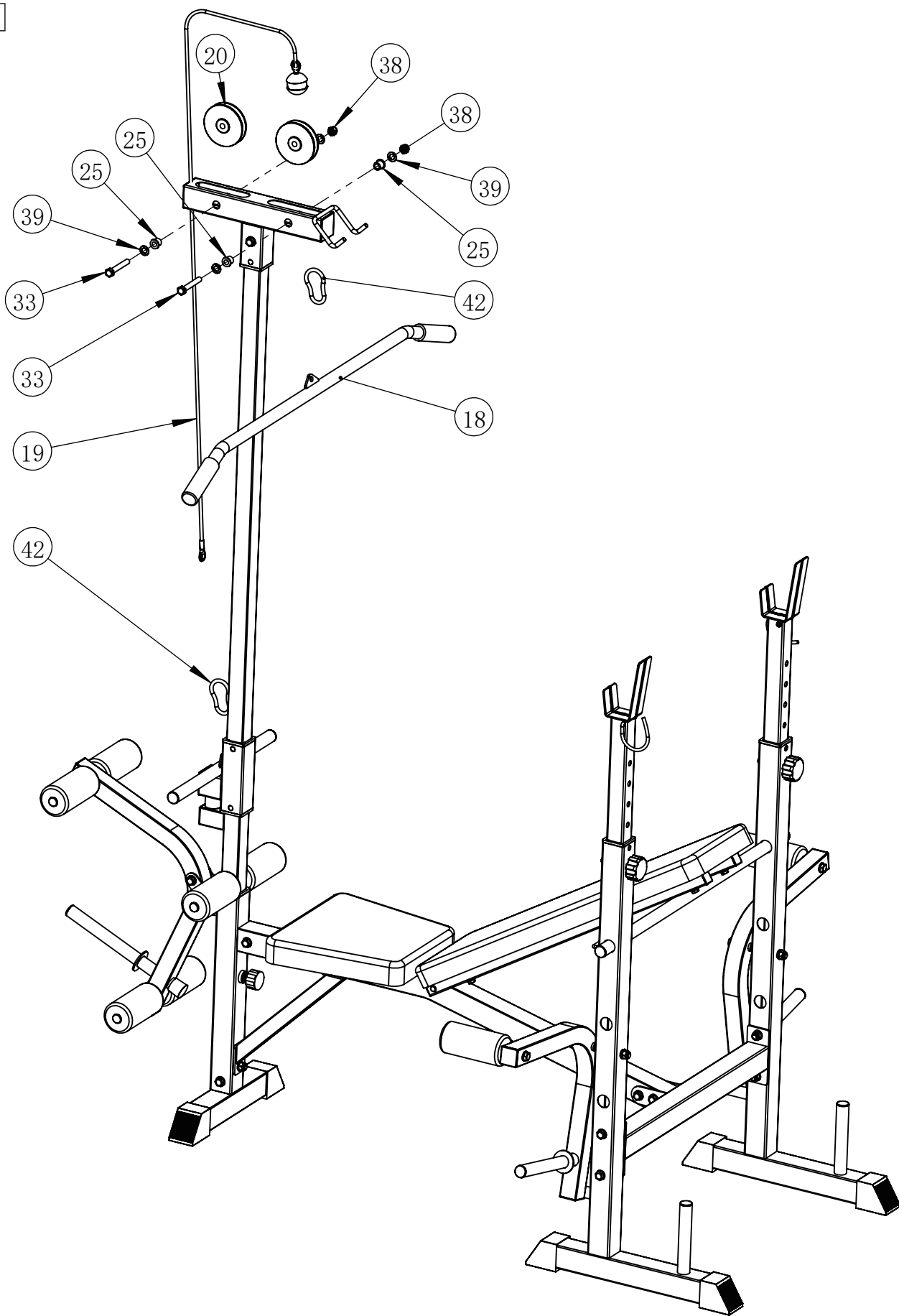


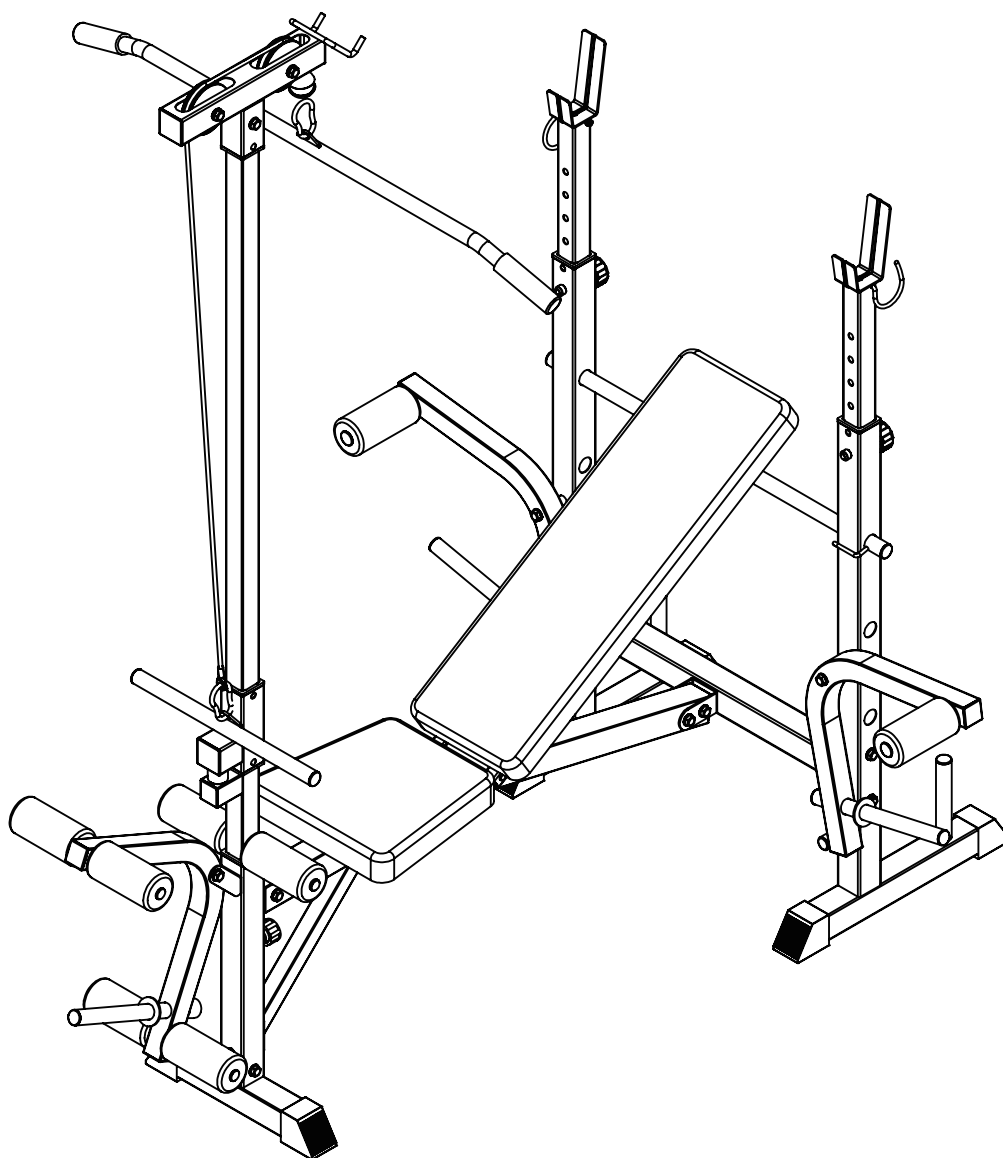
33 x 2

38 x 2

39 x 4

42 x 2





**US**

If you have any questions, please contact our customer care center.  
Our contact details are below:



001-877-644-9366



customerservice@aosom.com

Imported by Aosom LLC  
7777 Center Ave. Suite 430  
Huntington Beach, CA 92647-9998 USA  
MADE IN CHINA

**CA**

If you have any questions, please contact our customer care center.  
Our contact details are below:

Si vous avez la moindre question, veuillez contacter notre centre d'assistance à la clientèle.  
Nos coordonnées sont les suivantes:



416-792-6088



customerservice@aosom.ca

Imported by Aosom Canada Inc.  
7270 Woodbine Avenue, Unit 307, Markham, Ontario Canada L3R 4B9  
MADE IN CHINA

Importé par Aosom Canada Inc.  
7270 Woodbine Avenue, unité 307, Markham, Ontario Canada L3R 4B9  
Fabriqué en Chine