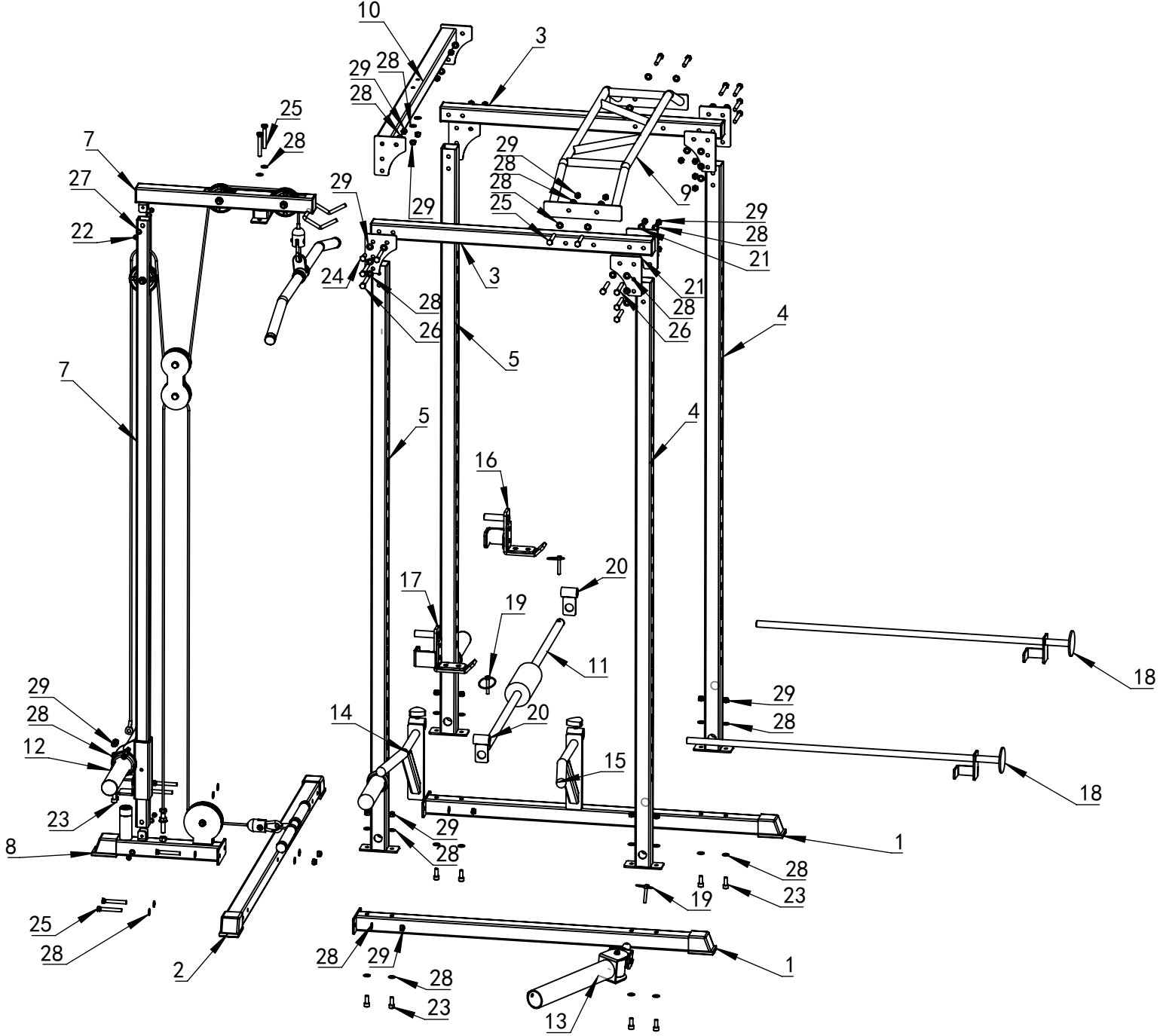
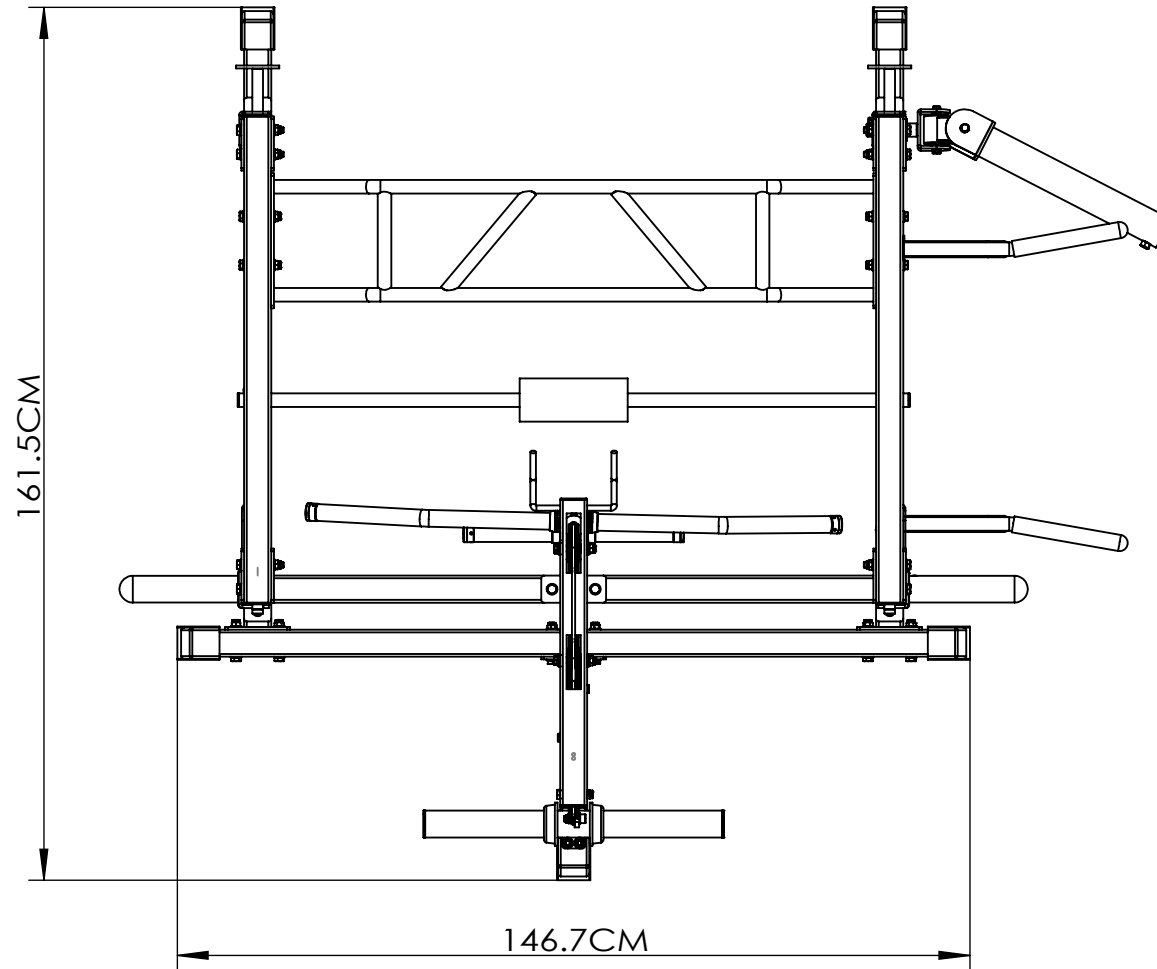


Squat Rack User Manual

OVERVIEW:



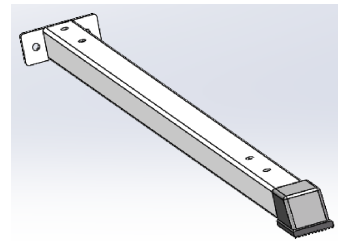
Footprint Dimensions :



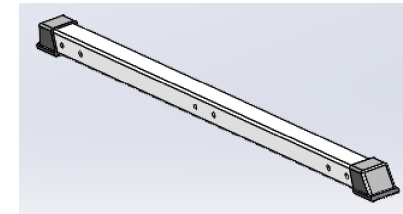
161.5CM(L)X146.7CM(W)X213.1CM(H)

COMPONENT LIST:

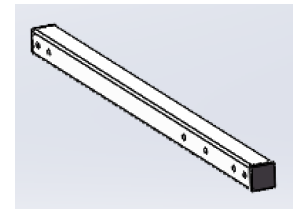
NO.	DESCRIPTION	PCS
1	Base connection tube	2
2	Rear connection tube	1
3	Side connection tube	2
4	Front upright	2
5	Rear left upright	1
6	Adjustment tube	1
7	Upper frame	1
8	Base frame	1
9	Pull up bar	1
10	Upper connection tube	1
11	Pressure leg rod	1
12	Hanger	1
13	Landmine	1
14	Dip bar 1	1
15	Dip bar 2	1
16	Left J hook	1
17	Right J hook	1
18	Adjustment rod	2
19	Stationary pin	3
20	Bubble cotton adjustment rod	2
21	Steel plate	6
22	M8×1CM Inner hex screw	4
23	M10×2.5CM Column head bolt	10
24	M10×3CM Hex bolt	2
25	M10×7CM Hex bolt	12
26	M10×8CM Hex bolt	14
27	M8 Flat washer	4
28	M10 Flat washer	74
29	M10 Lock nut	36
30	Rear right upright	1
31	Lat pull down handle	1
32	Low Row T bar	1
33	Cable1-Lat pull down cable (290CM)/(114")	1
34	Cable2-Low row cable (318CM)/(125")	1



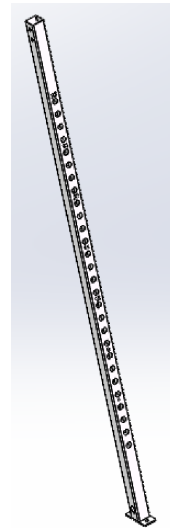
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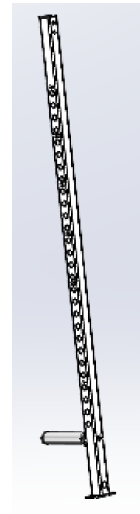
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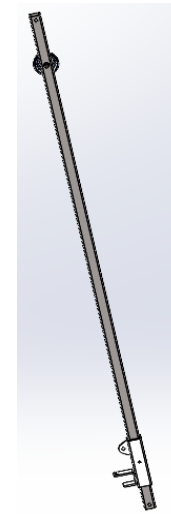
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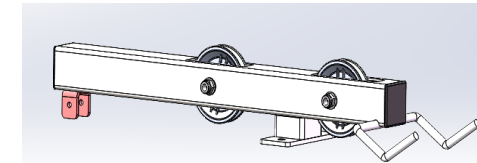
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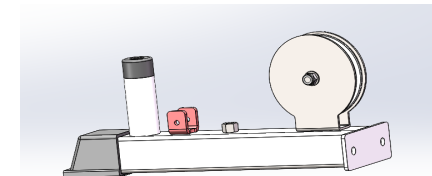
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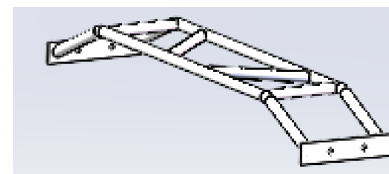
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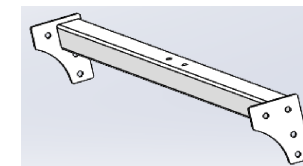
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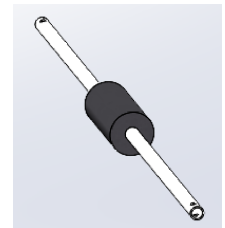
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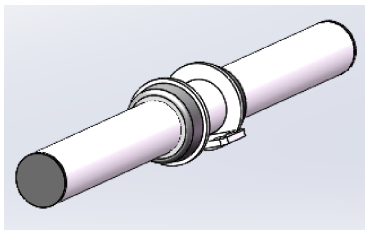


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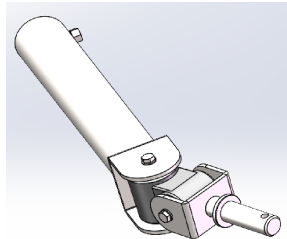


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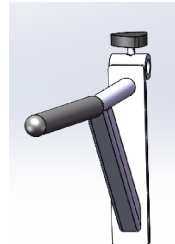
COMPONENT LIST:



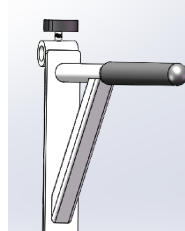
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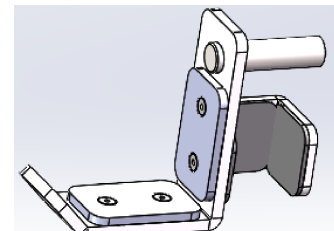
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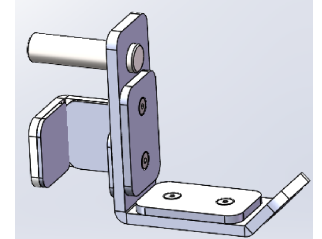
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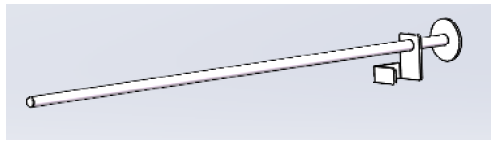
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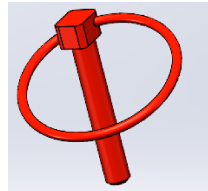
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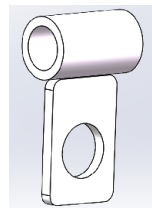
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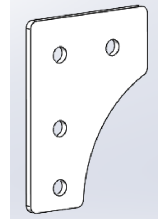
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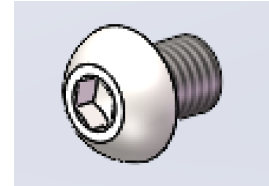
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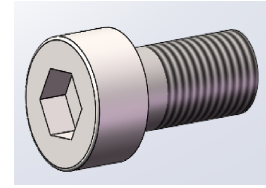
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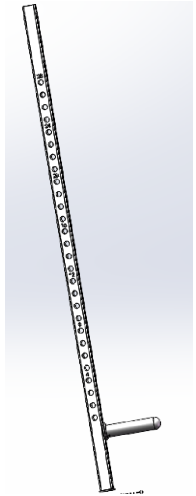
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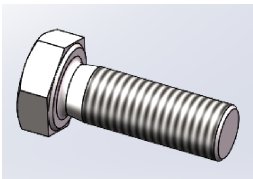
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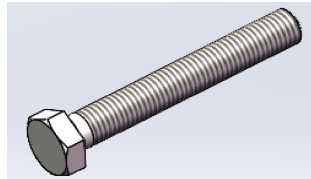
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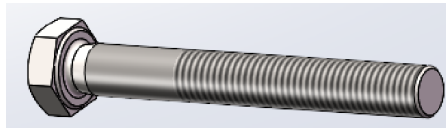
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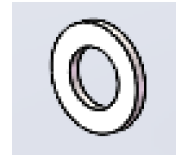
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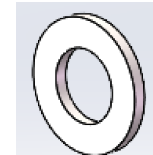
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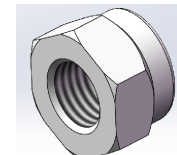
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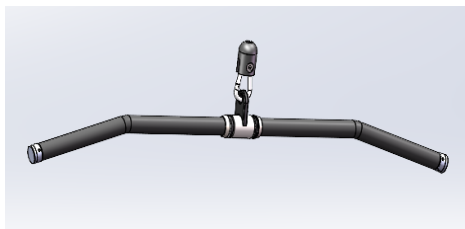
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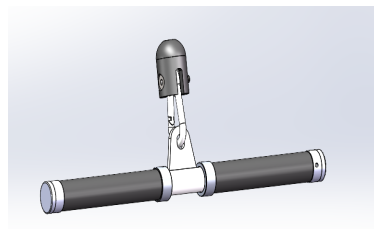
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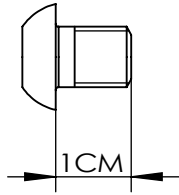
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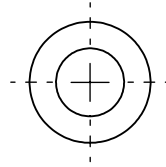
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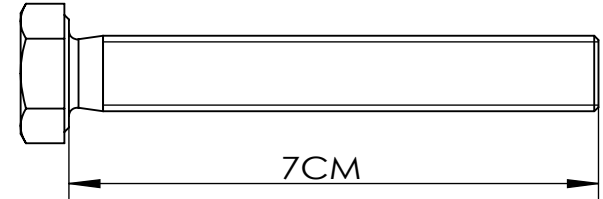
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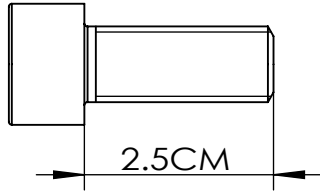
M8×1CM Inner hex screw(4pcs)



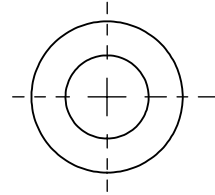
M8 Flat washer(4pcs)



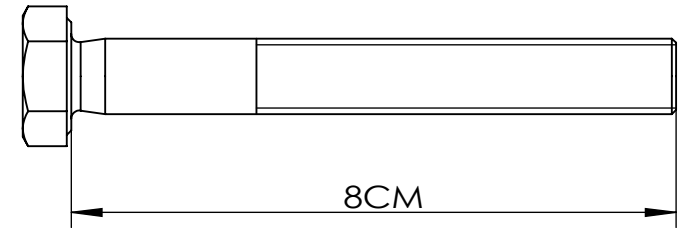
M10×7CM Hex bolt(12pcs)



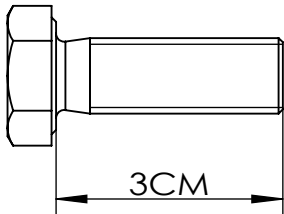
M10×2.5CM Column head bolt(10pcs)



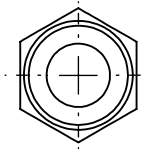
M10 Flat washer(74pcs)



M10×8CM Hex bolt(14pcs)

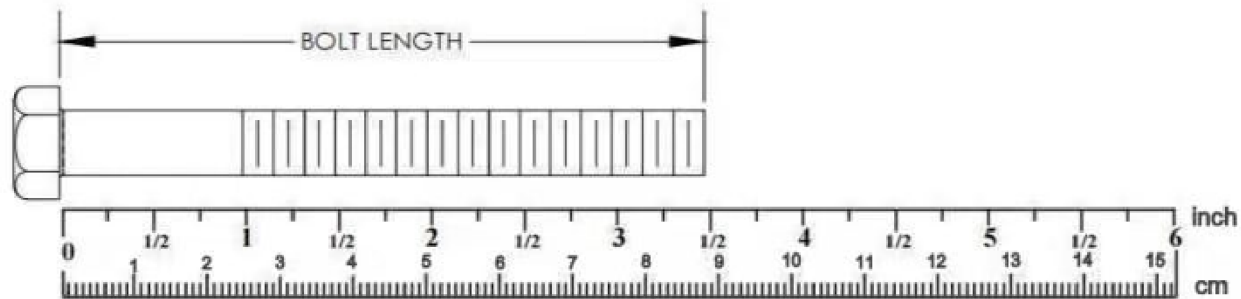


M10×3CM Hex bolt(2pcs)



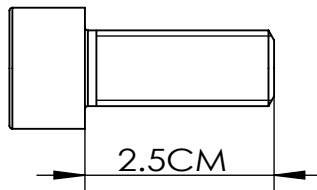
M10 Lock nut(36pcs)

Bolt Length Ruler

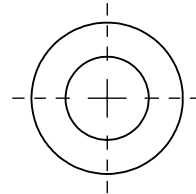


STEP1: Installation steps:

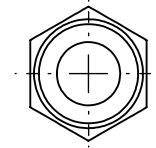
1、 Attach the front upright (4) and the rear left upright (5) to the base connection tube (1),and fix using the M10×2.5CM column head bolt (23), M10 flat washer (28), and M10 lock nut (29),to complete the A frame.



M10×2.5CM Column head bolt(4pcs)

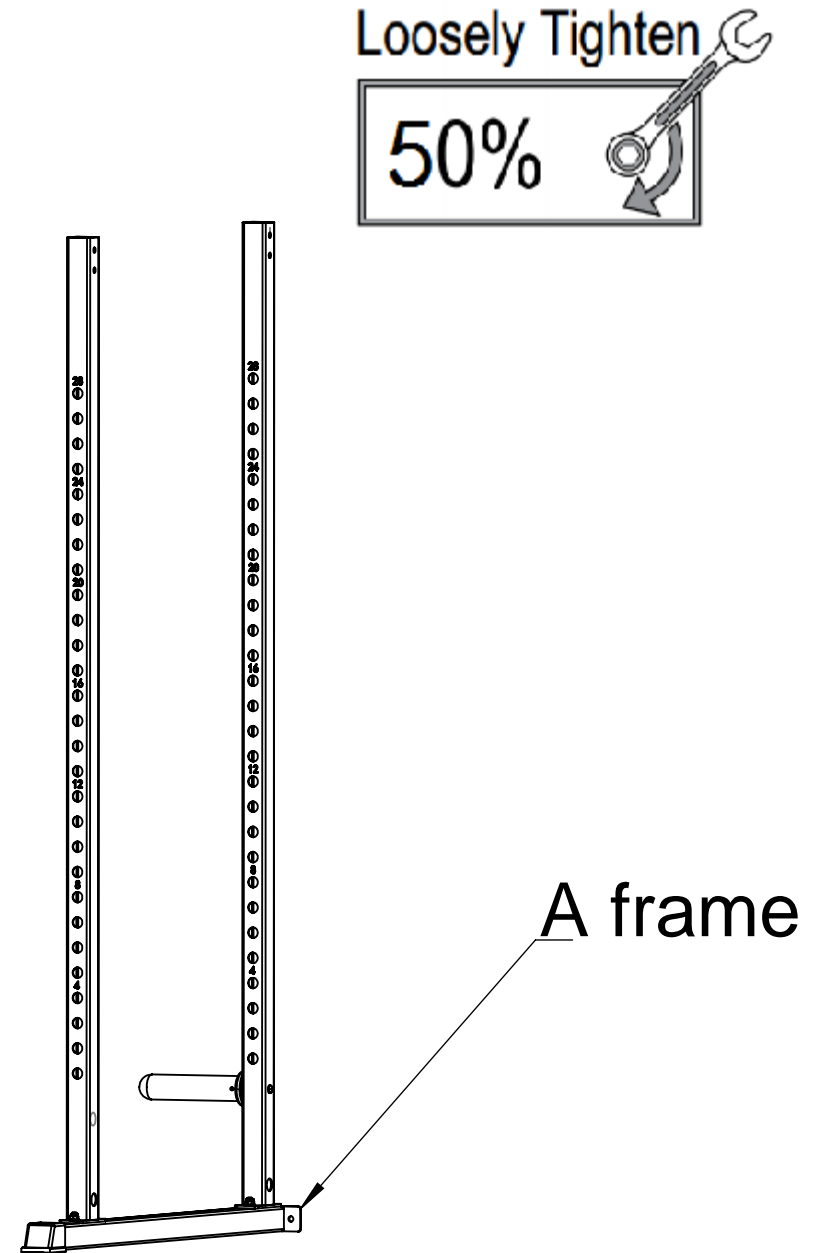
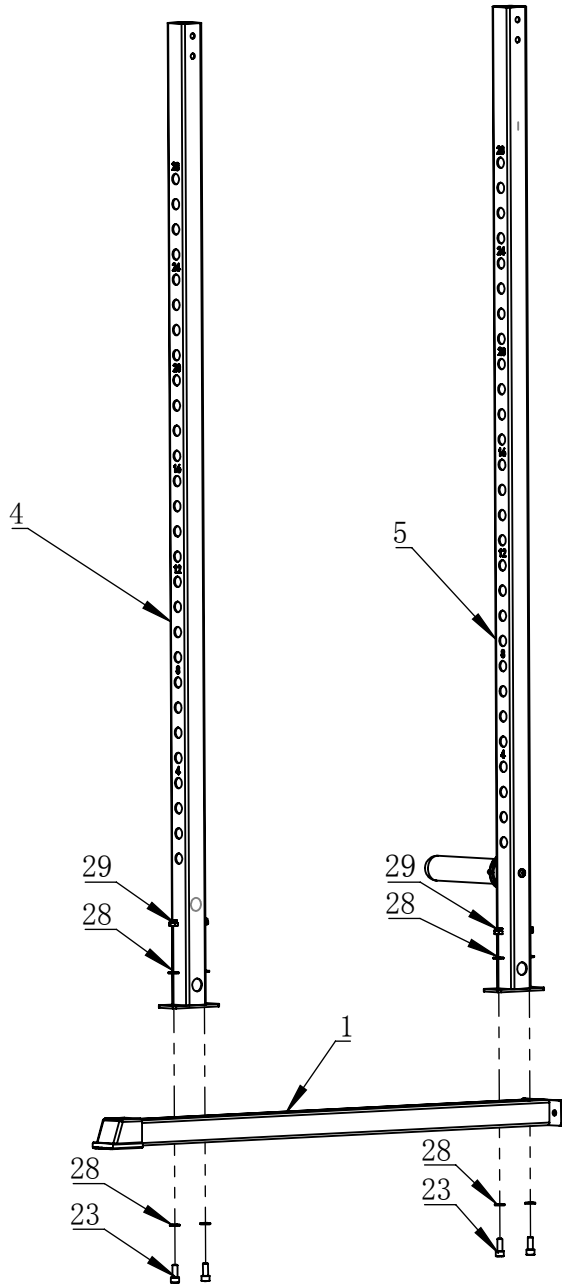


M10 Flat washer(8pcs)



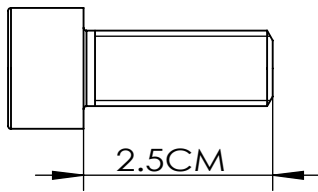
M10 Lock nut(4pcs)

STEP 1:

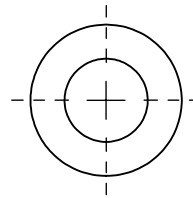


STEP2: Installation steps:

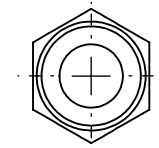
1、 Attach the front upright (4) and the rear right upright (30) to the base connection tube (1), and fix using the M10×2.5CM column head bolt (23), M10 flat washer (28), and M10 lock nut (29), to complete the B frame.



M10×2.5CM Column head bolt(4pcs)

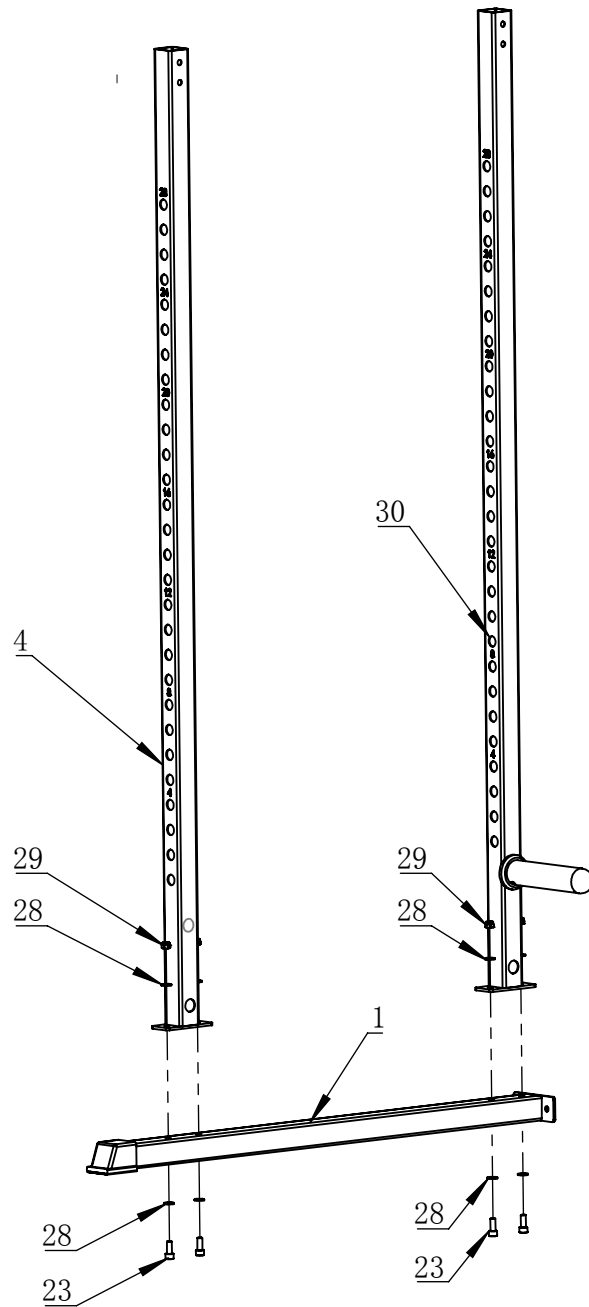


M10 Flat washer(8pcs)

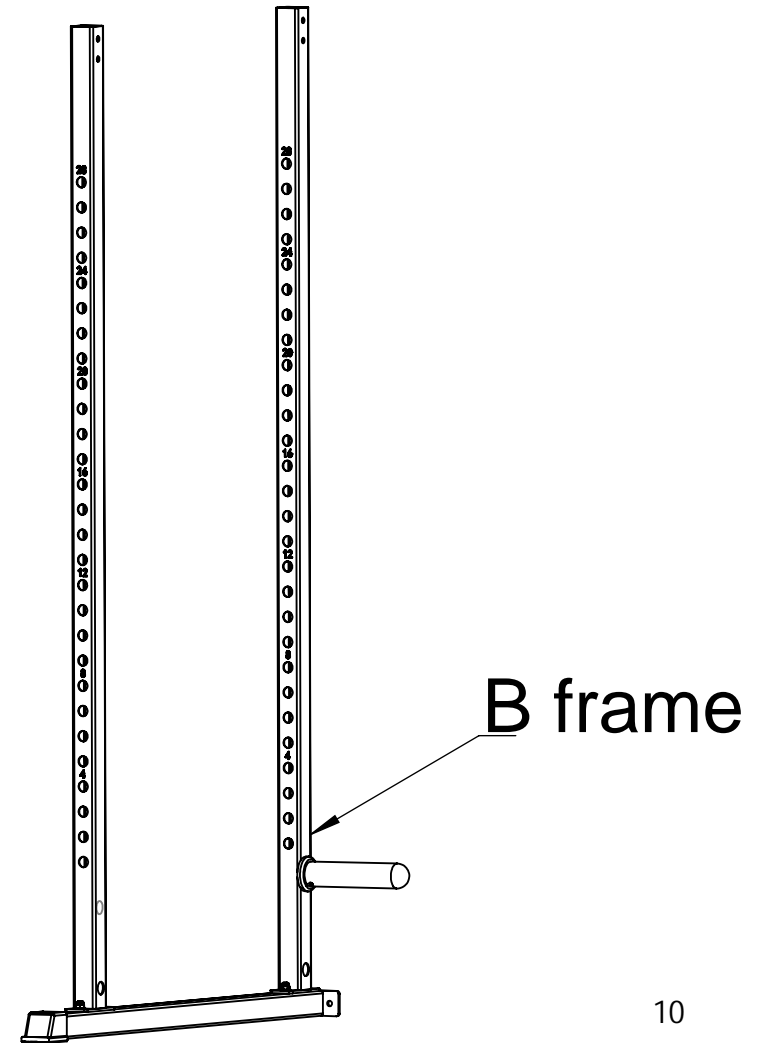



M10 Lock nut(4pcs)

STEP 2:

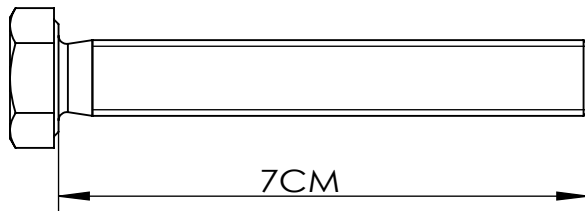


Loosely Tighten
50%

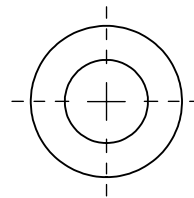


STEP3: Installation steps:

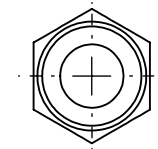
1、 Place A & B frames to the ground, connect the rear connection tube (2) to the A & B frames, and fix using the M10× 7CM hex bolt (25), M10 flat washer (28), M10 lock nut (29).



M10×7CM Hex bolt(4pcs)

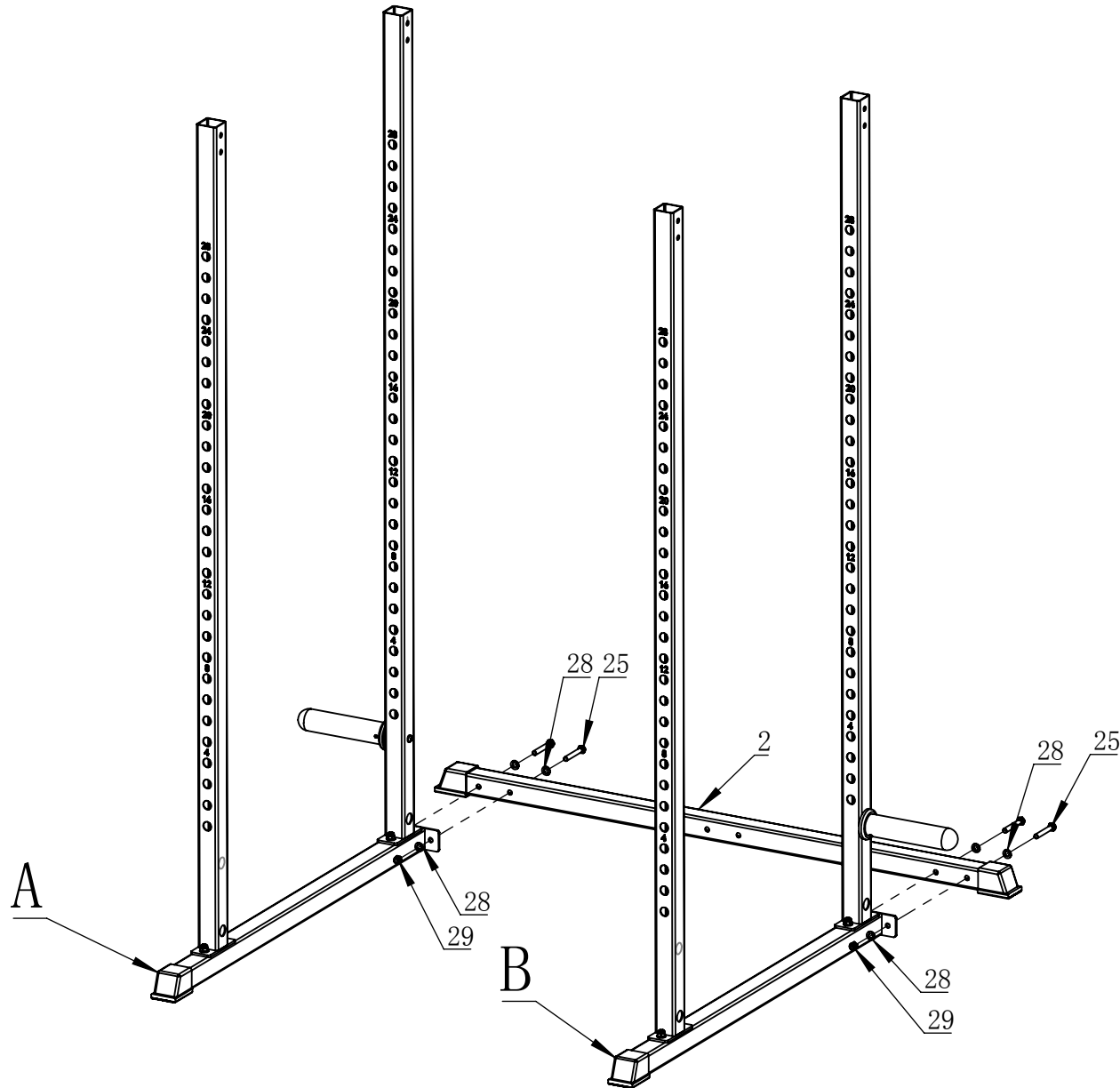


M10 Flat washer(8pcs)



M10 Lock nut(4pcs)

STEP 3:

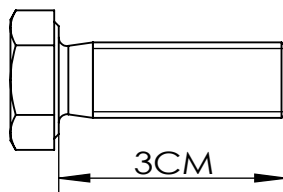


Loosely Tighten

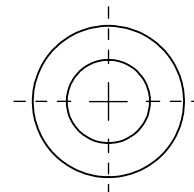


STEP4: Installation steps:

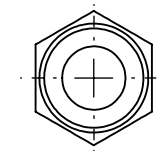
1、 Place the 2 side connecting tube (3) above the 2 front upright (4) and rear left upright (5) and rear right upright (30) ,attach the upper connection tube(10) to the 2 side connection tube (3) , and fix using the M10×3CM hex bolt (24), M10×8CM hex bolt (26), M10 flat washer(28), M10 lock nut(29), steel plate(21).



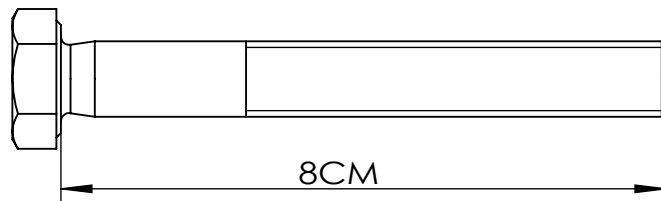
M10×3CM Hex bolt(2pcs)



M10 Flat washer(30pcs)

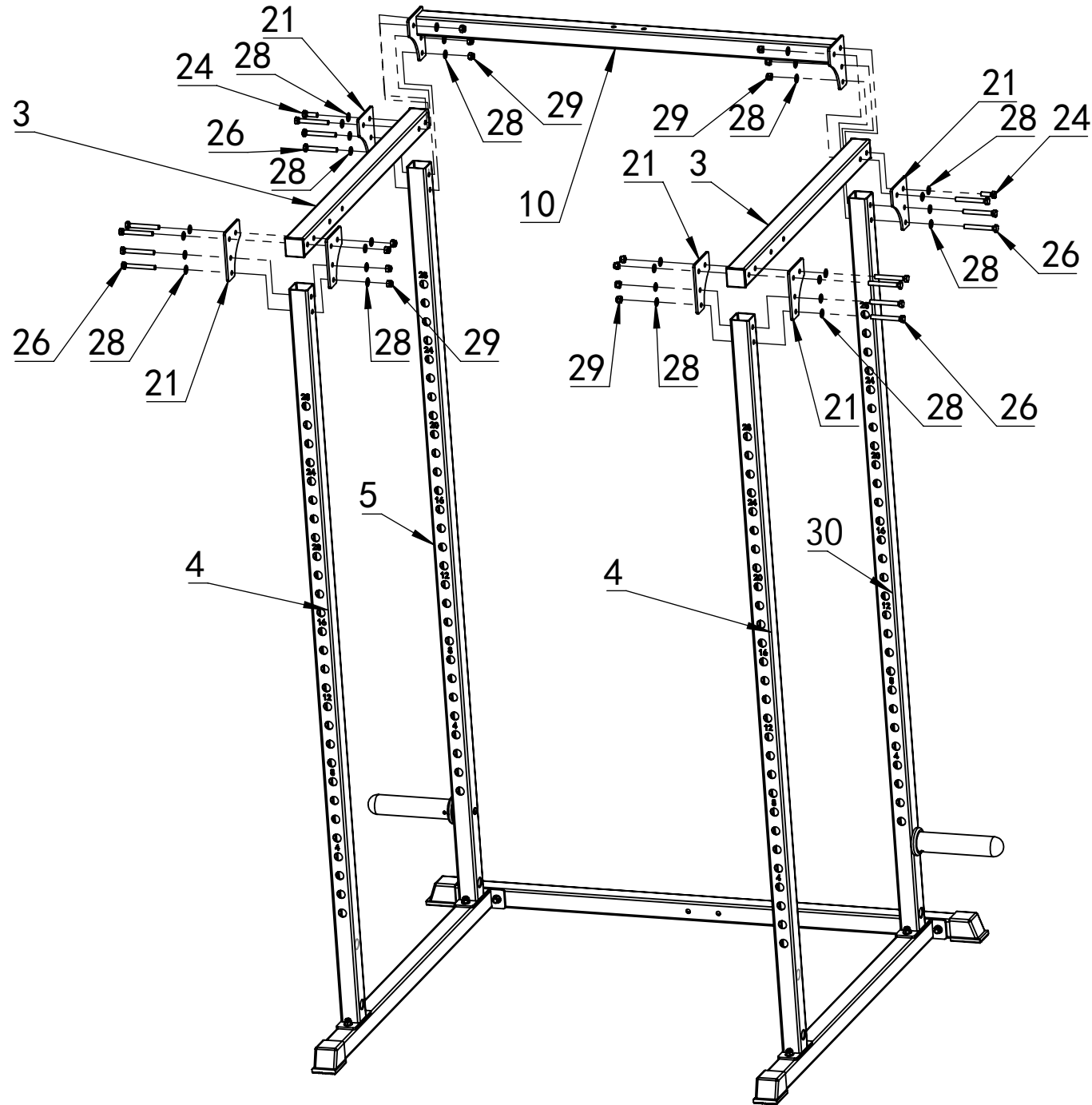


M10 Lock nut(14pcs)

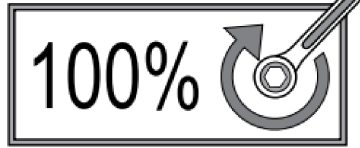


M10×8CM Hex bolt(14pcs)

STEP 4:

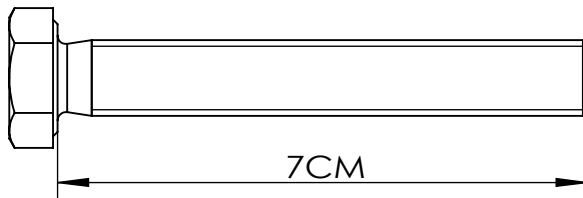


Fully Tighten

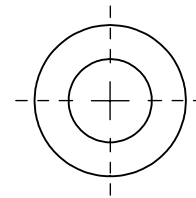


STEP5: Installation steps:

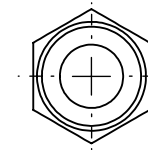
1、 Place the pull up bar(9) between the 2 side connection tube(3) ,and fix using the M10×7CM hex bolt(25), M10 flat washer (28), and M10 lock nut(29).



M10×7CM Hex bolt(4pcs)

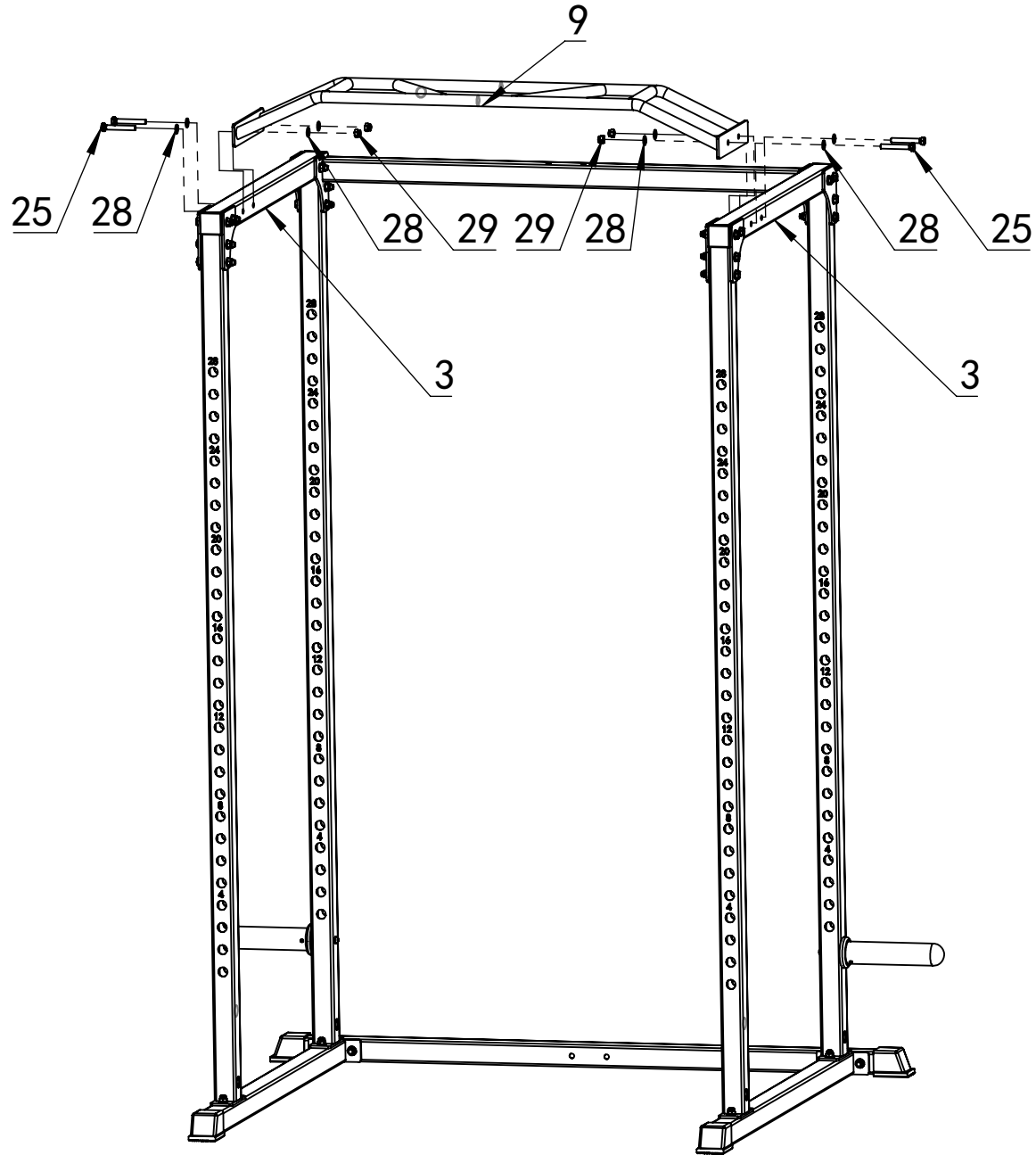


M10 Flat washer(8pcs)



M10 Lock nut(4pcs)

STEP 5:

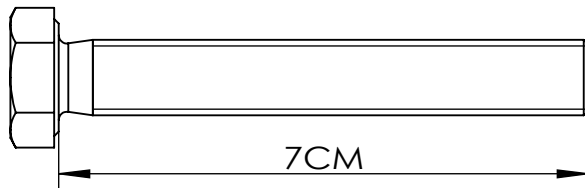


Fully Tighten

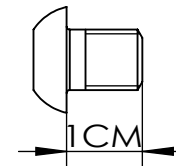


STEP6: Installation steps:

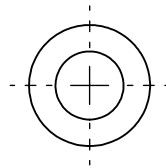
- 1、 Attach the base frame (8) to the rear connection tube (2) , and fix using the M10×7CM hex bolt (25), M10 flat washer (28), M10 lock nut (29).
- 2、 Insert the adjustment tube (6) to the base frame (8) and fix using the M8×1CM inner hex screw (22), M8 flat washer (27).



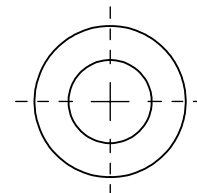
M10×7CM Hex bolt(2pcs)



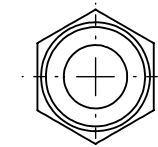
M8×1CM Inner hex screw(2pcs)



M8 Flat washer(2pcs)

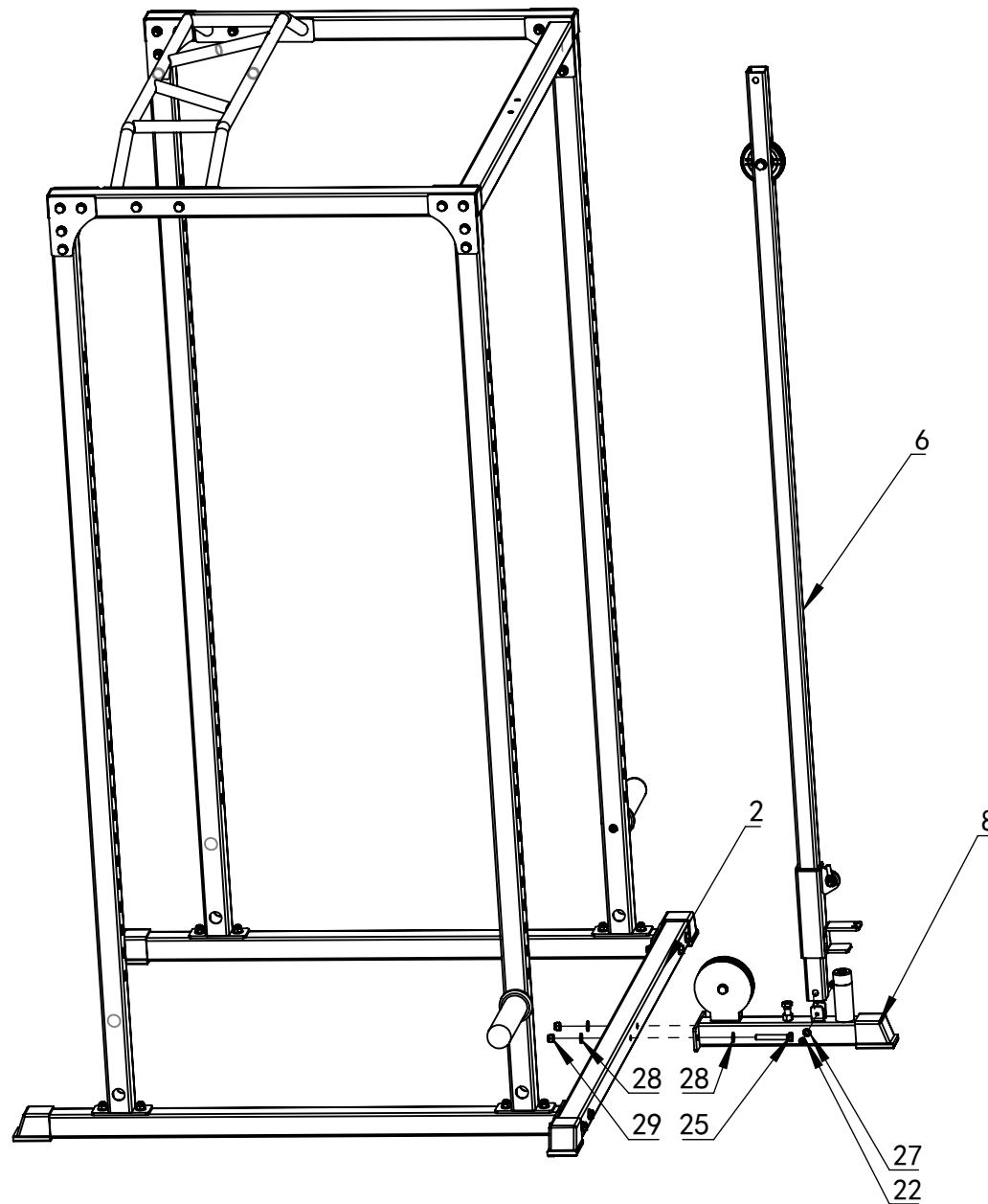


M10 Flat washer(4pcs)



M10 Lock nut(2pcs)

STEP 6:

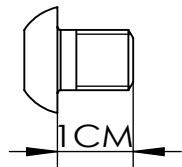


Fully Tighten

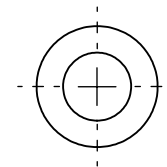


STEP7: Installation steps:

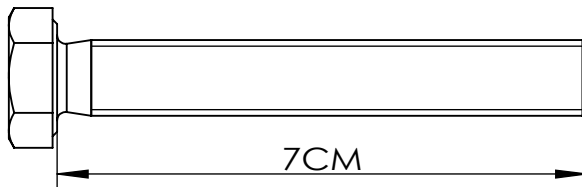
1、 Place upper frame (7) above adjustment tube (6) and upper connection tube (10) ,and fix using the M8×1CM inner hex screw (22) and M8 flat washer (27) , M10×7CM hex bolt(25),M10 flat washer (28) and M10 lock nut (29).



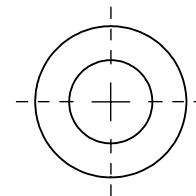
M8×1CM Inner hex screw(2pcs)



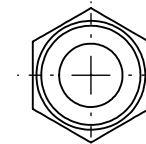
M8 Flat washer(2pcs)



M10×7CM Hex bolt(2pcs)

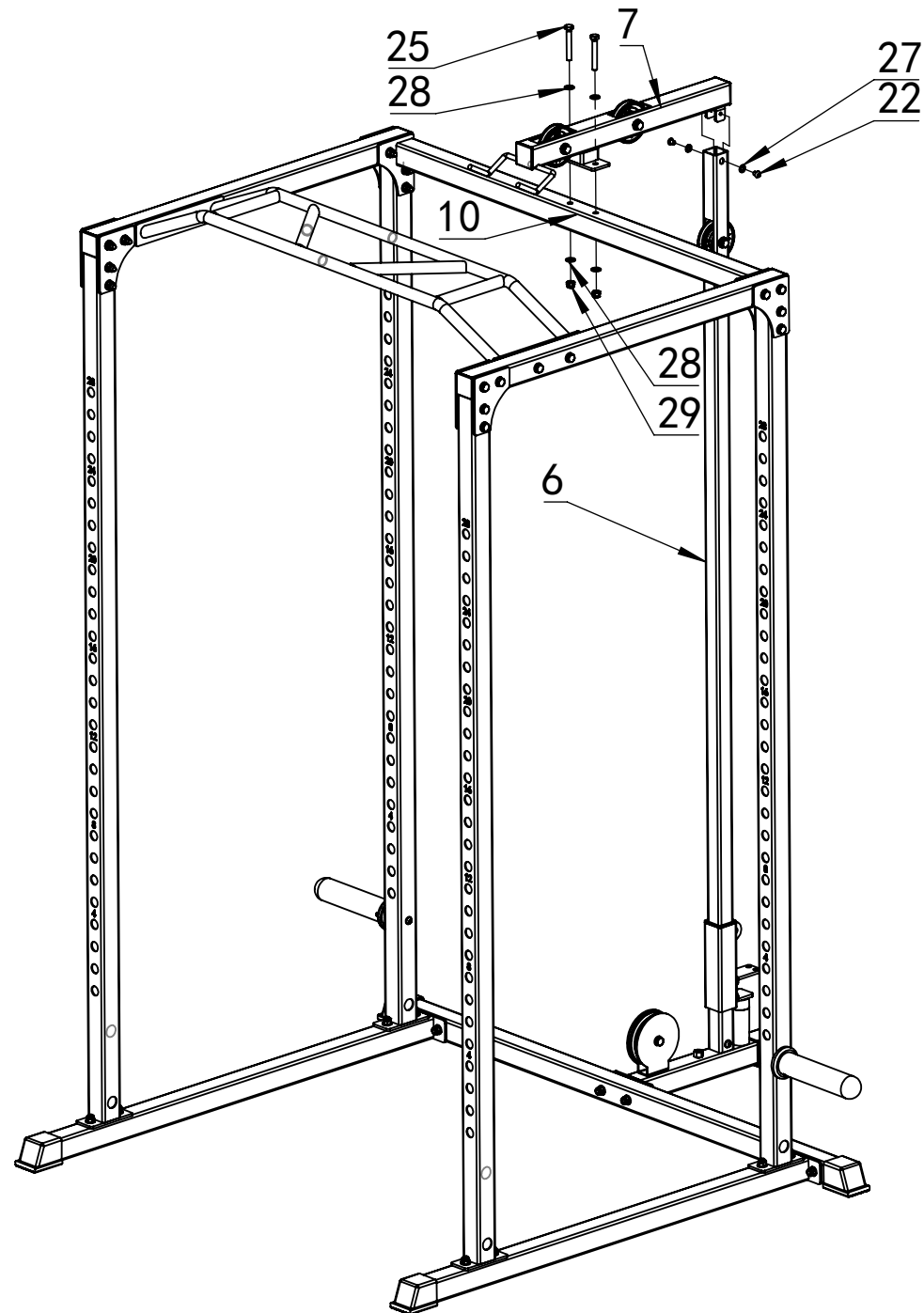


M10 Flat washer(4pcs)

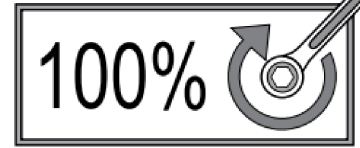


M10 Lock nut(2pcs)

STEP 7:

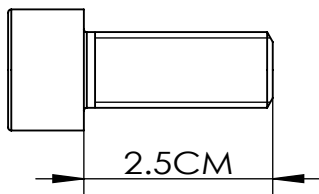


Fully Tighten

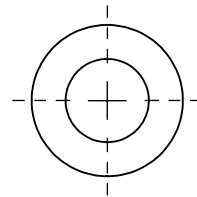


STEP8: Installation steps:

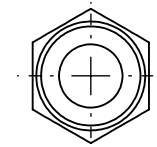
1、 Attach the hanger (12) to the adjustment tube (6) ,and fix using the M10×2.5CM column head bolt (23), M10 flat washer(28), M10 lock nut (29).



M10×2.5CM Column head bolt(2pcs)

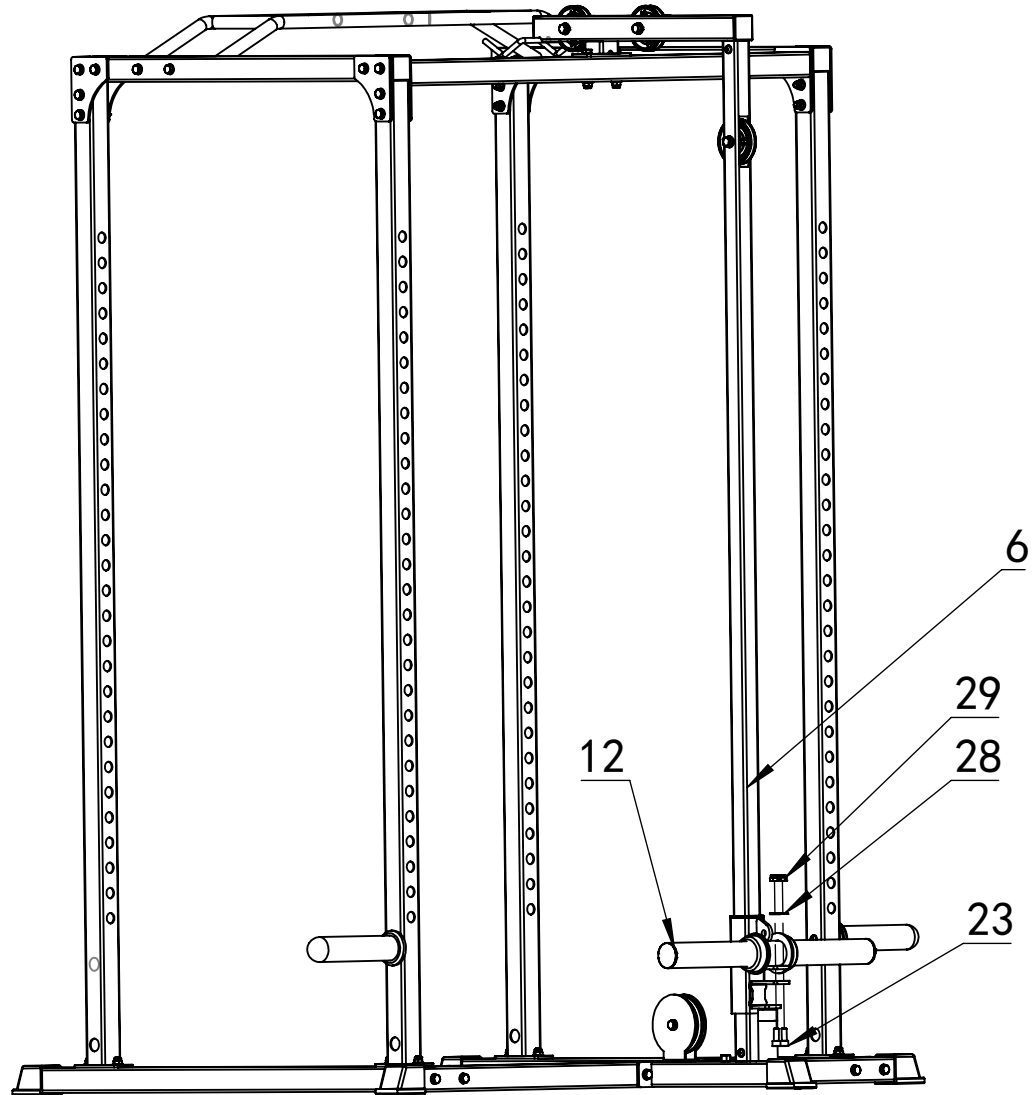


M10 Flat washer(4pcs)



M10 Lock nut(2pcs)

STEP 8:



Fully Tighten

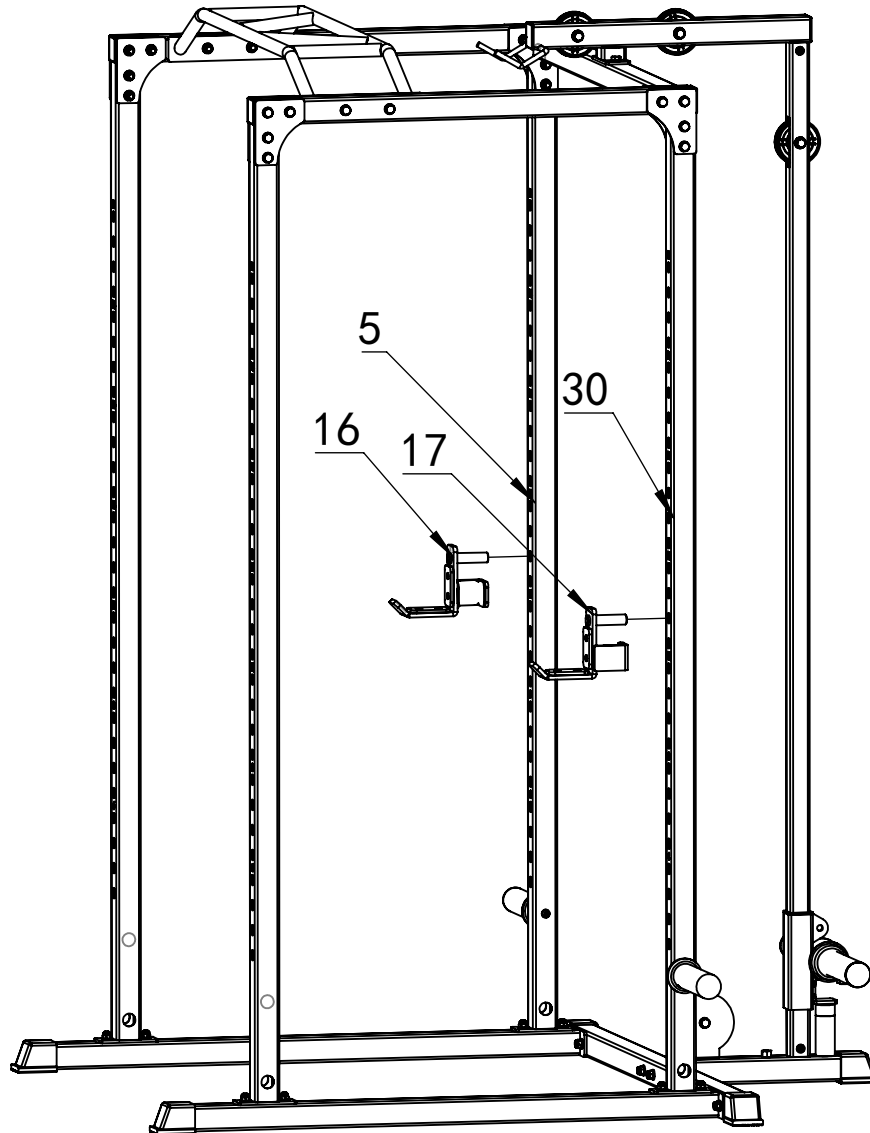


STEP9: Installation steps:

- 1、 Insert the left & right J hook (16 & 17) to the rear left& right upright(5 & 30) installation hole and fixation .

STEP 9:

Fully Tighten



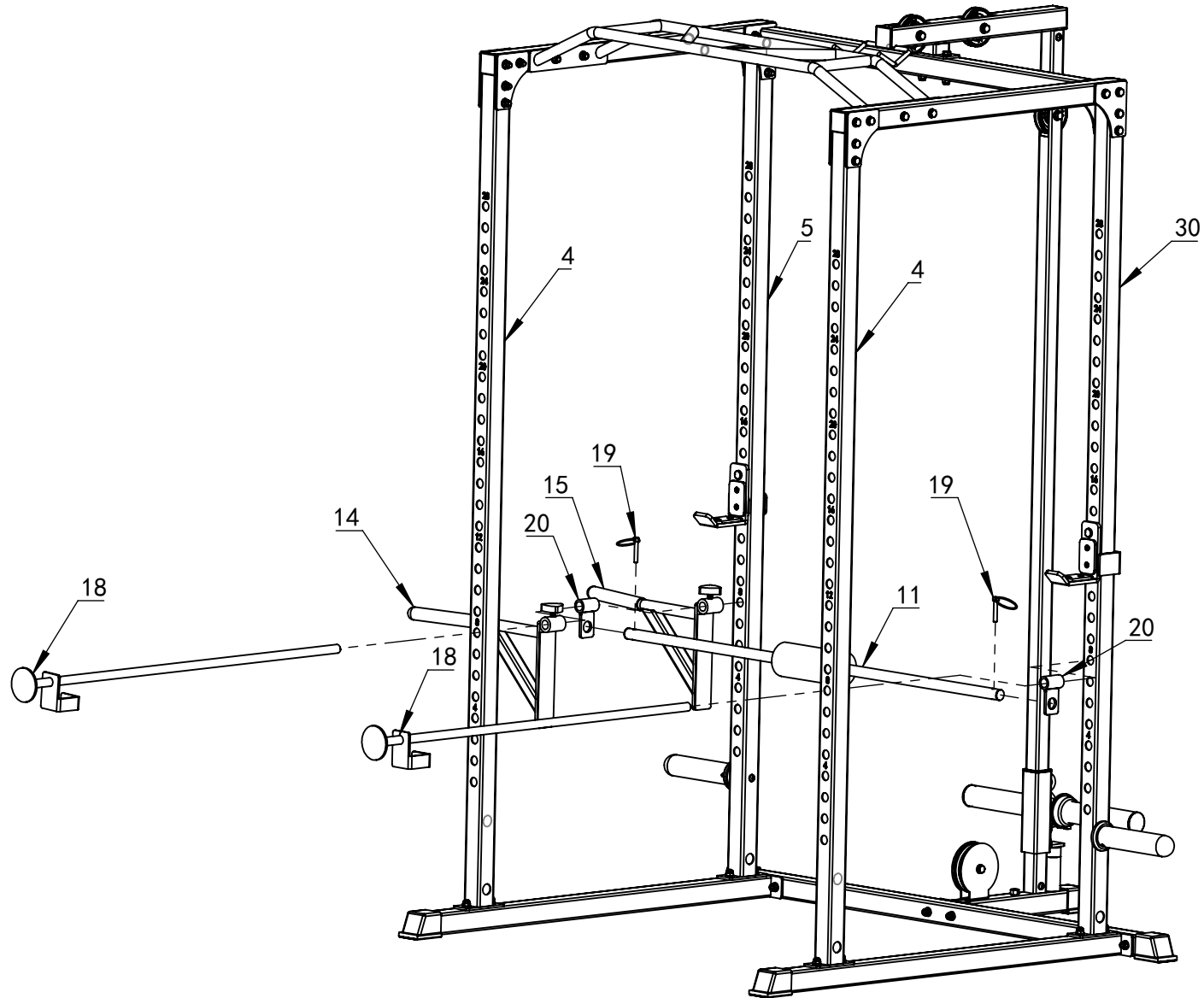
STEP 10: Installation steps:

- 1、 Insert the adjustment rod(18) to the front upright (4), dip bar 1 (14), bubble cotton adjustment rod(20), dip bar 2 (15), rear left upright (5) ,rear right upright (30) mounting hole, connect and install.
- 2、 Insert the pressure leg rod(11) to the bubble cotton adjustment rod(20) mounting hole and secure with stationary pin (19).

STEP 10:

Fully Tighten

100%

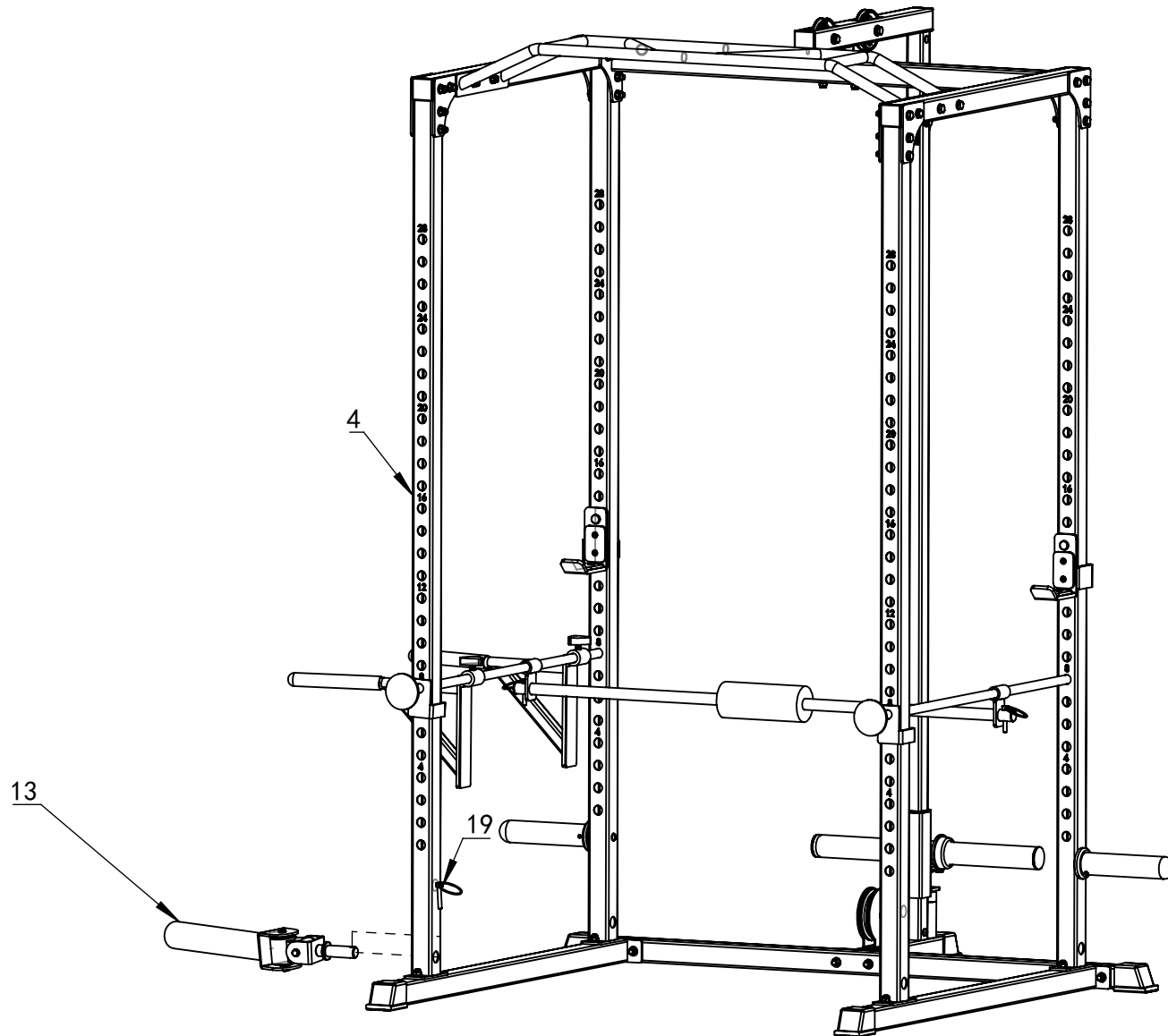
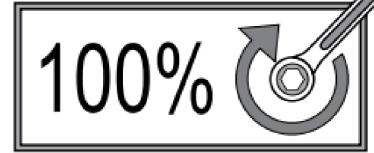


STEP 11: Installation steps:

1、 Insert the landmine (13) to the mounting hole of the front upright (4) ,and secure with stationary pin (19).

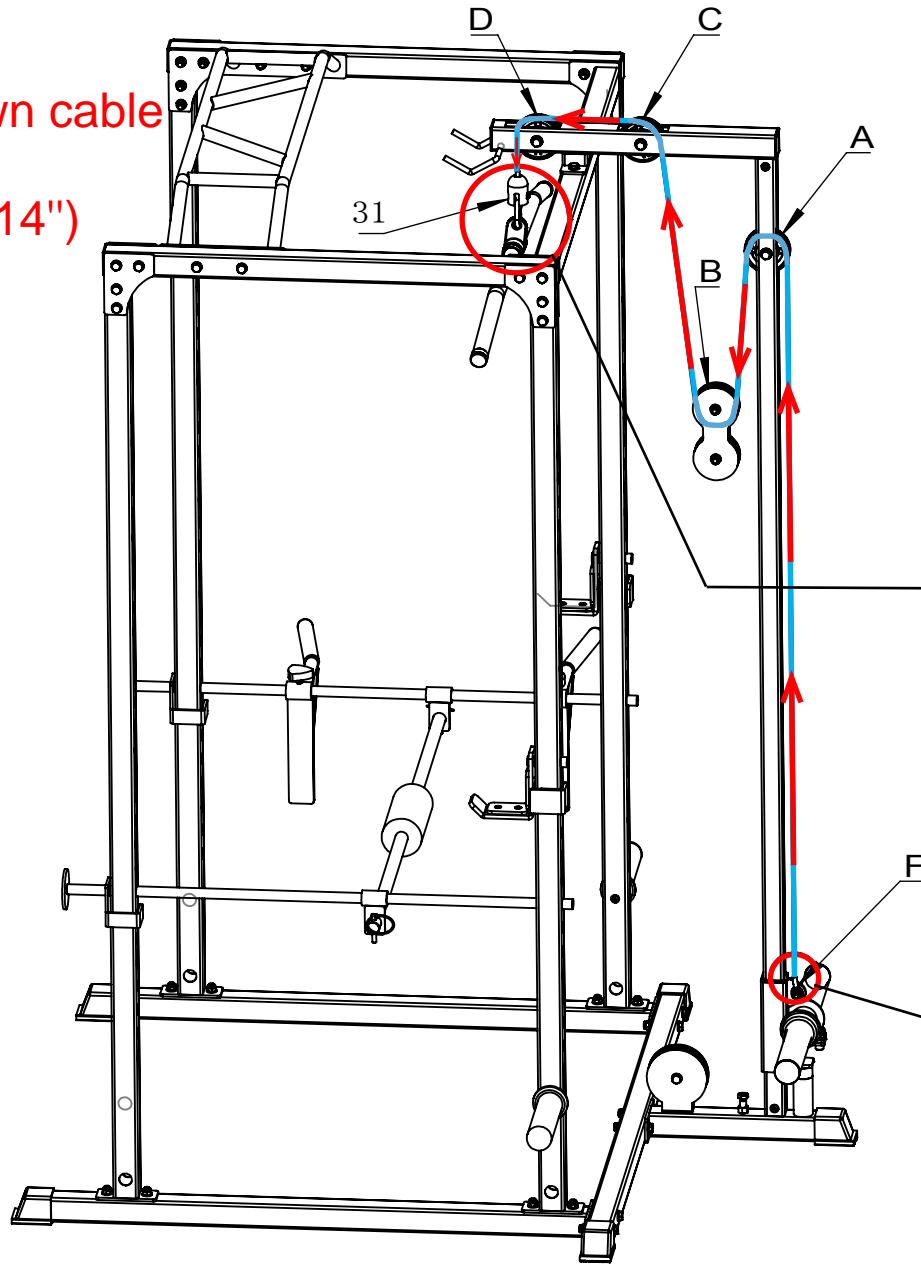
STEP 11:

Fully Tighten

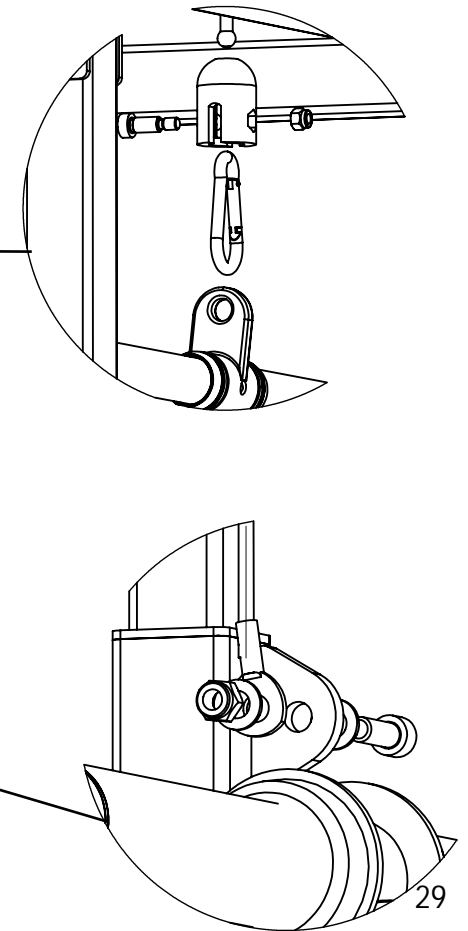


Cable installation step 1

Lat pull down cable
Length:
(290CM)/(114")

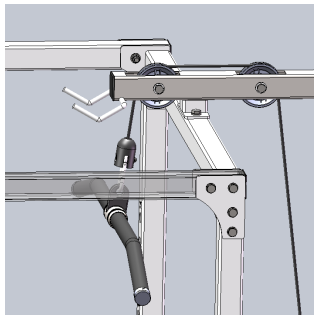


Cable 1: Lat Pull Down Cable. Fixed at F at one end, passing through pulley A, B, C, and D, connects lat pull down handle (31).

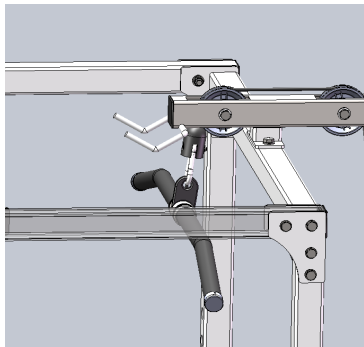


Cable installation step 2

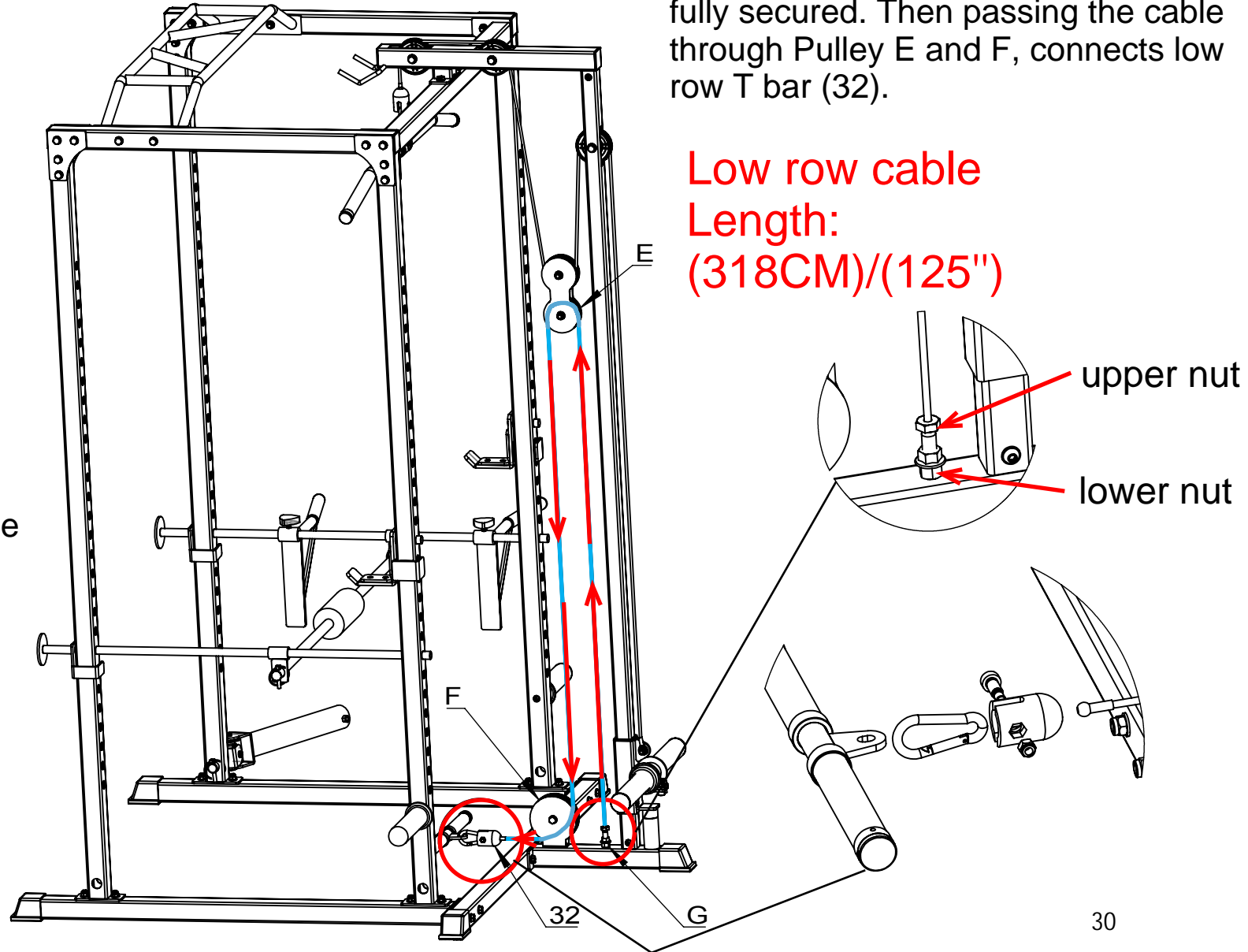
Cable adjustment: If necessary, turn the upper nut to adjust desirable cable tightness. For example, if either lat pull down handle or low row T bar out loose with excessive length of cable, then the cable needs to be adjusted.



Incorrect setup, cable too loose



Correct



Installation Completed

For Your Attention :

Make certain all bolts are tightened securely before using the equipment.

Thank you for purchasing the equipment and enjoy your time.