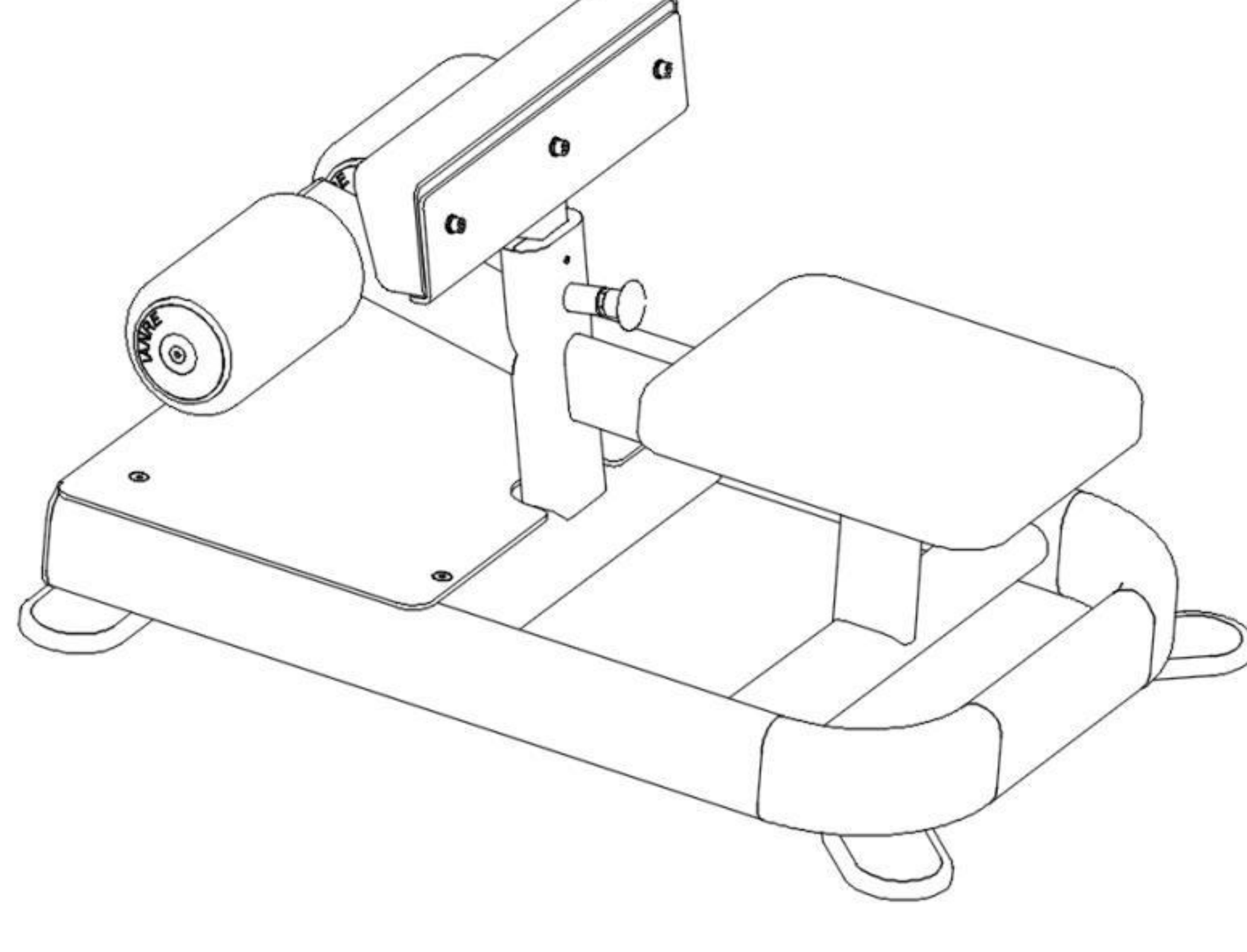


61A57 Installation Guide

Sissy Squat Combo Trainer



Catalog

Brief Introduction	2
Assembling	3
Accessory List	5

1/5

Brief Introduction

Please take the time to carefully read the instructions before installing .Please refer to the manual to determine the list of all components were packaged well. (If there have some parts missed or damaged please immediately call our customer service department) Please refer to the installation instruction while installing.

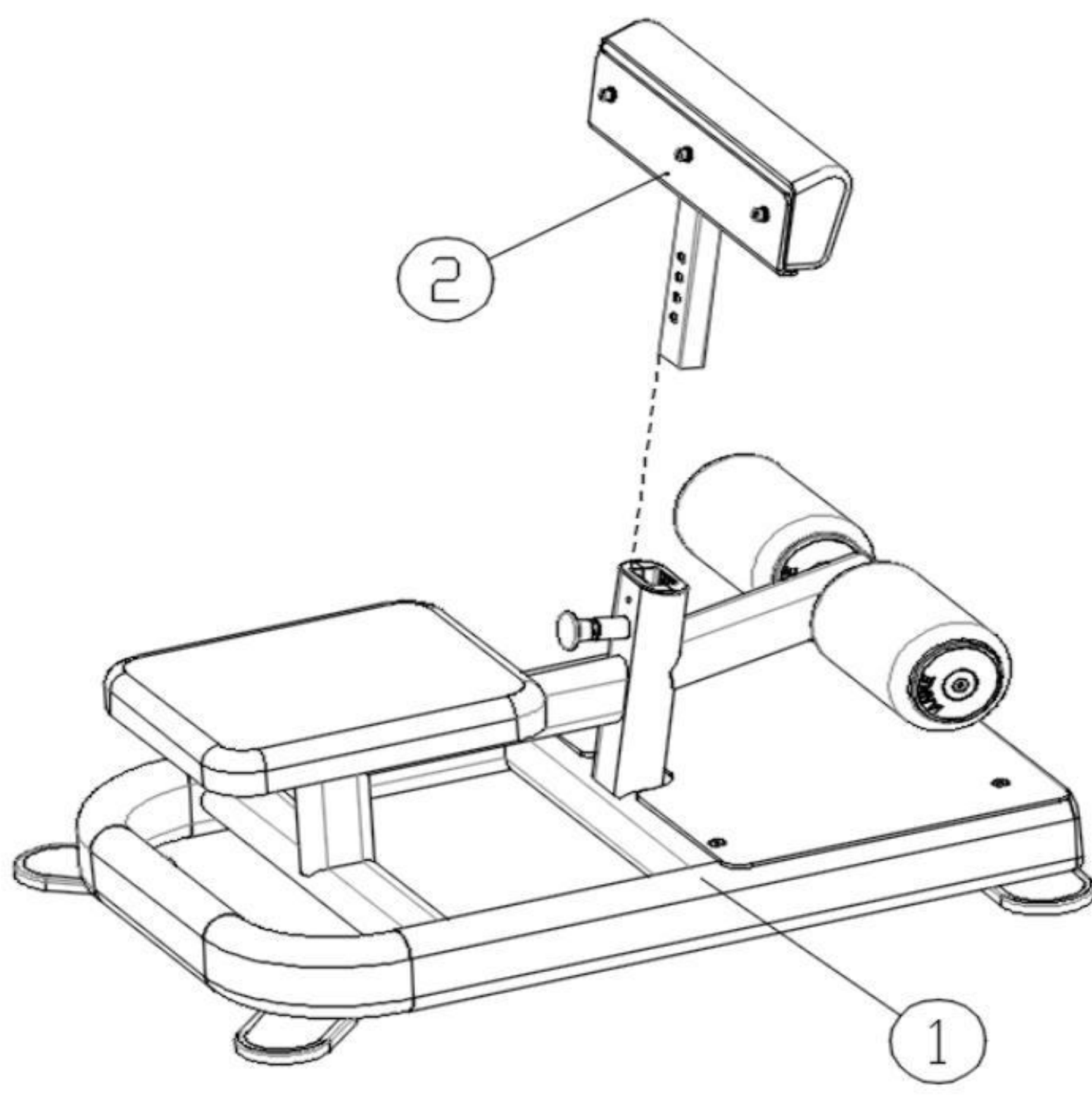
This device designed to provide the most effective and smoothest training movements. After installing, you can only know how to use the products after you know all the functions. If there is any question, please check the installation instrucion and find out the wrong steps during the installing. If still not work, please contact the distributors authorised by original factory. The code and manual will be needed.

- Tools
- Rubber Rod
- Levelling instrument
- Hexagonal wrench
- More than 2 person
- Spring Clamp
- Adjustable wrench

2/5

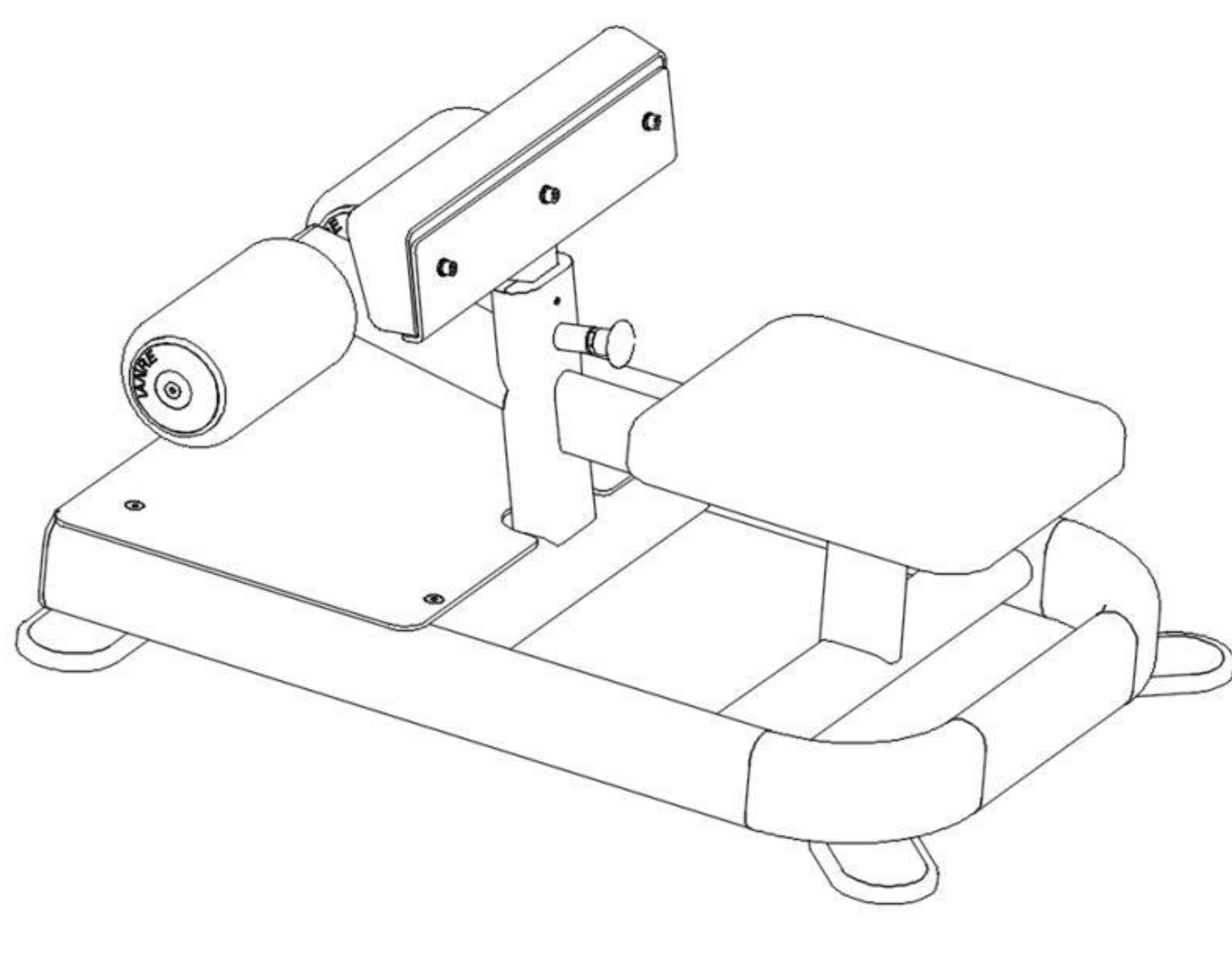
Assembling

Step 1: Connect the Squat Chair Leg Press Assembly (#2) to the Squat Chair Base Assembly (#1) using the following method:



3/5

Assembling



Important Tips

Now that the squat chair is assembled, you will need to take a moment to make sure your unit is level and vertical. Use a level to check that the guide bar is vertical in both directions. If they are not vertical then you must loosen some of the frame hardware to reassemble and tighten the bolts.

4/5

Accessory List

NO	Name and specification	Quantity
1	Squat chair base frame assembly	1
2	Squat Chair Leg Press Assembly	1

Note: Pre-assembled parts are not listed in this table.

5/5