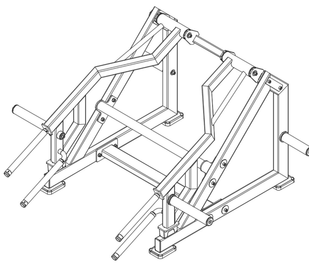
82029 Installation Guide

Ground Base Squat Lunge



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Brief

Please take the time to read these instructions carefully before installation. Please refer to the list in the manual to confirm the completeness and quantity of all parts (if any parts are missing or damaged in transit, please call our company immediately for after-sales instructions) When installing the equipment, please follow the instructions for proper installation.

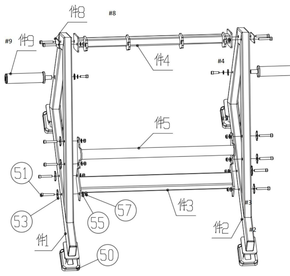
This equipment is designed to provide the most fluid and effective exercise training. After installation, you need to understand all the functions in order to use correctly, the use of the process found in the problem should immediately stop using to avoid physical injury and equipment damage. And timely reference to the relevant instructions to inquire about the cause, if you can not solve please call the company after-sales. After carefully reading all the instructions, please continue

Tools	Rubber Rod
	Level Ruler
	Hexagonal wrench
	Spring Clamp
	Adjustable wrench
Note: When assembling, it is recommended that two or more people operate	

Assembling

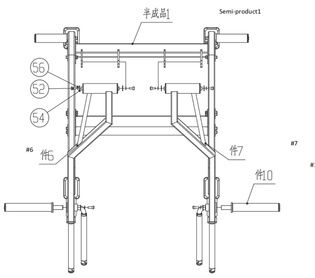
Step 1: Join #1, #2, #3, #4, #5, #8 and #9 to form #semi-finished product 1 by
- 12x Hexagon socket cheese head screws M10*60 (#51)
- 8x Large washers M10-D50 (#53)
- 12x Flat washers M10-D20 (#55)
- 12xHexagonal lock nuts M10 (#57)

Step 2:Install 4 rectangular feet (#50) to #semi 1



Assembling

Step 3: Join #7, #10 and #11 to form #semi-finished product 2 by:
- 4xHexagon socket cheese head screws M10*20 (#52)
- 4x Spring washers M10 (#56)
- 4x Flat washers M10-D30 (#54)



Important Tips

Now that 82029 is assembled, you'll need to take some time to make sure your unit is horizontal and vertical.

Accessory List

NO.	Name	Picture	QTY	NO.	Name	Picture	QTY
1	#1		1	6	#6		1
2	#2		1	7	#7		1
3	#3		1	8	#8		2
4	#4		1	9	#9		2
5	#5		1	10	#10		2

50	Rectangular Foot Pad	4	54	Flat washers M10-D30	4
51	Hexagon socket cheese head screws M10*60	12	55	Flat washers M10-D20	12
52	Hexagon socket cheese head screws M10*20	4	56	Spring washers M10	4
53	Large washers M10-D50	8	57	Hexagonal self-locking nuts M10	12

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