

Catalogue

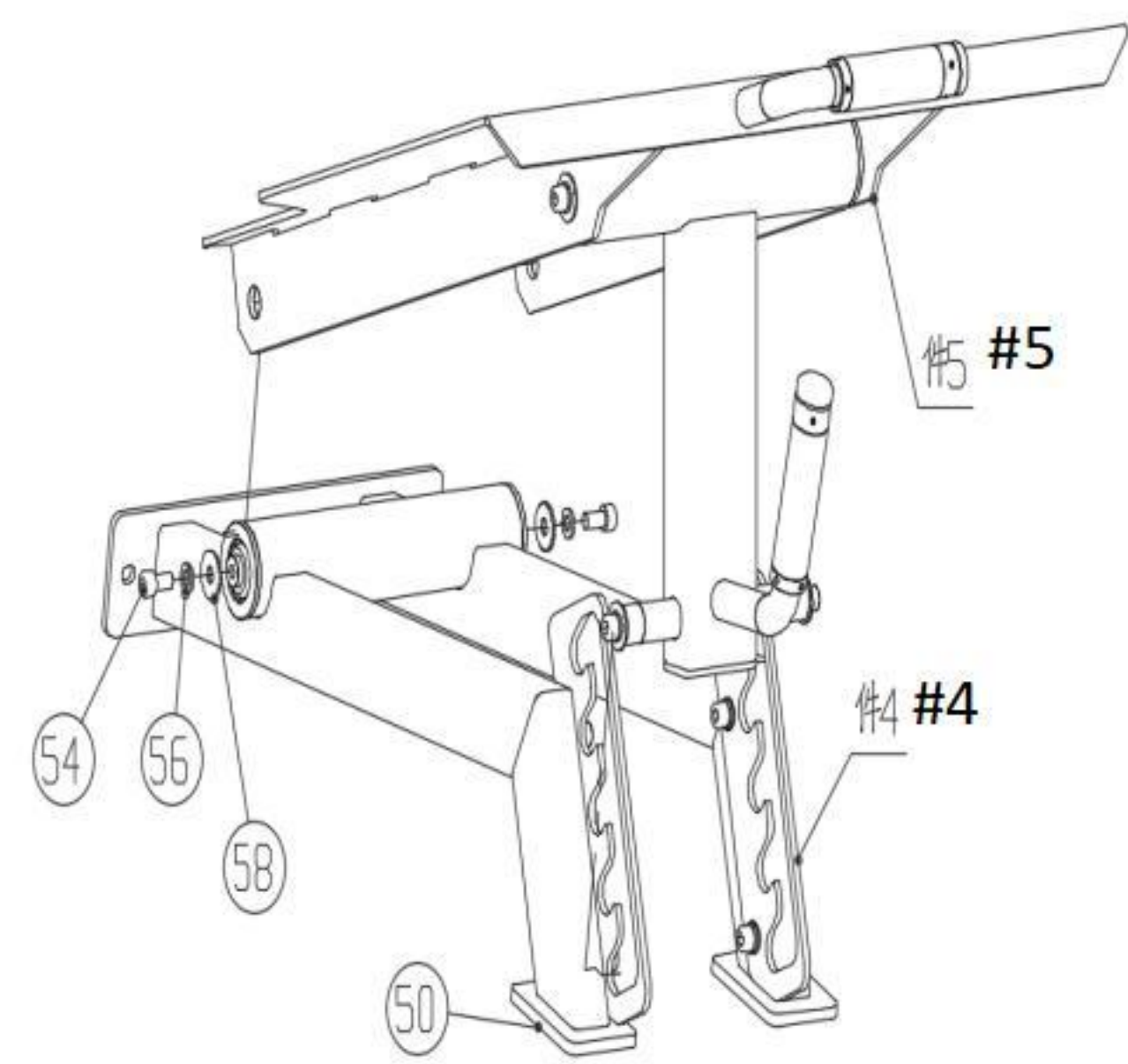
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Installation

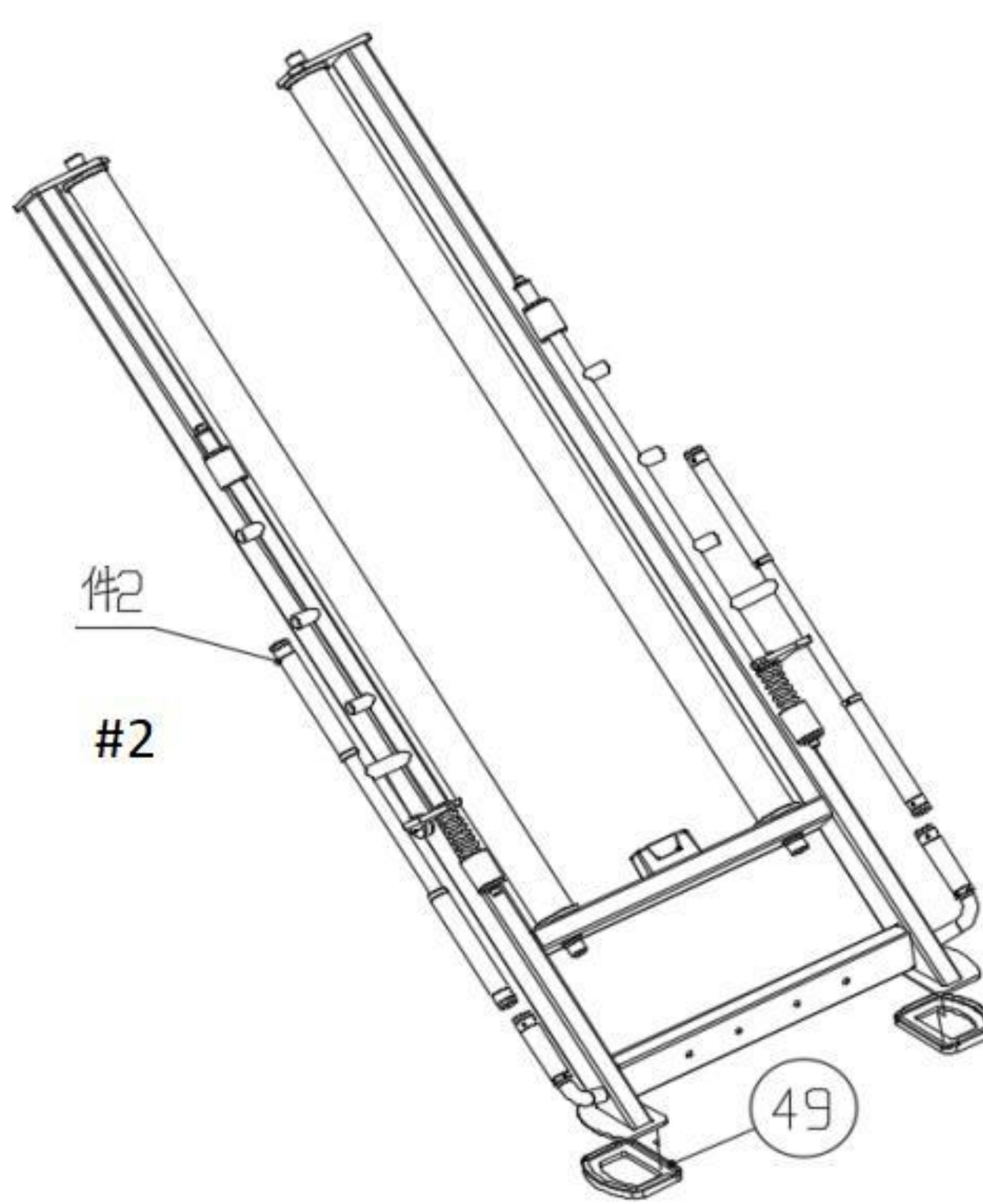
Step 5: Join #2 and #semi-finished products 3 to form #semi-finished products 4 by;

- 2 x Hexagon socket cheese head screws M10*20 (#54)
- 2 x Spring washers M10 (#58)
- 2 x Flat washers M10-D30 (#56)

Step 6:Install 2 rectangular feet (#50) to #semi 4



Step 7: Install the 2 counterweight feet (#49) to the #semi-finished 5



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

Installation

Step 8: joining #semi-finished 1, #semi-finished 2, #semi-finished 3, #semi-finished 4, #semi-finished

- 5, #pieces 11 by
- 2 x Hexagon socket cheese

- head screws M10*70 (#52)
- 4 x Hexagon socket cheese

- head screws M10*60 (#53)
- 4 x Flat washers M10-D50 (#60)

- 2 x Flat washers M10-D30 (#61)

- 6 x Flat washers M10-D20 (#62)

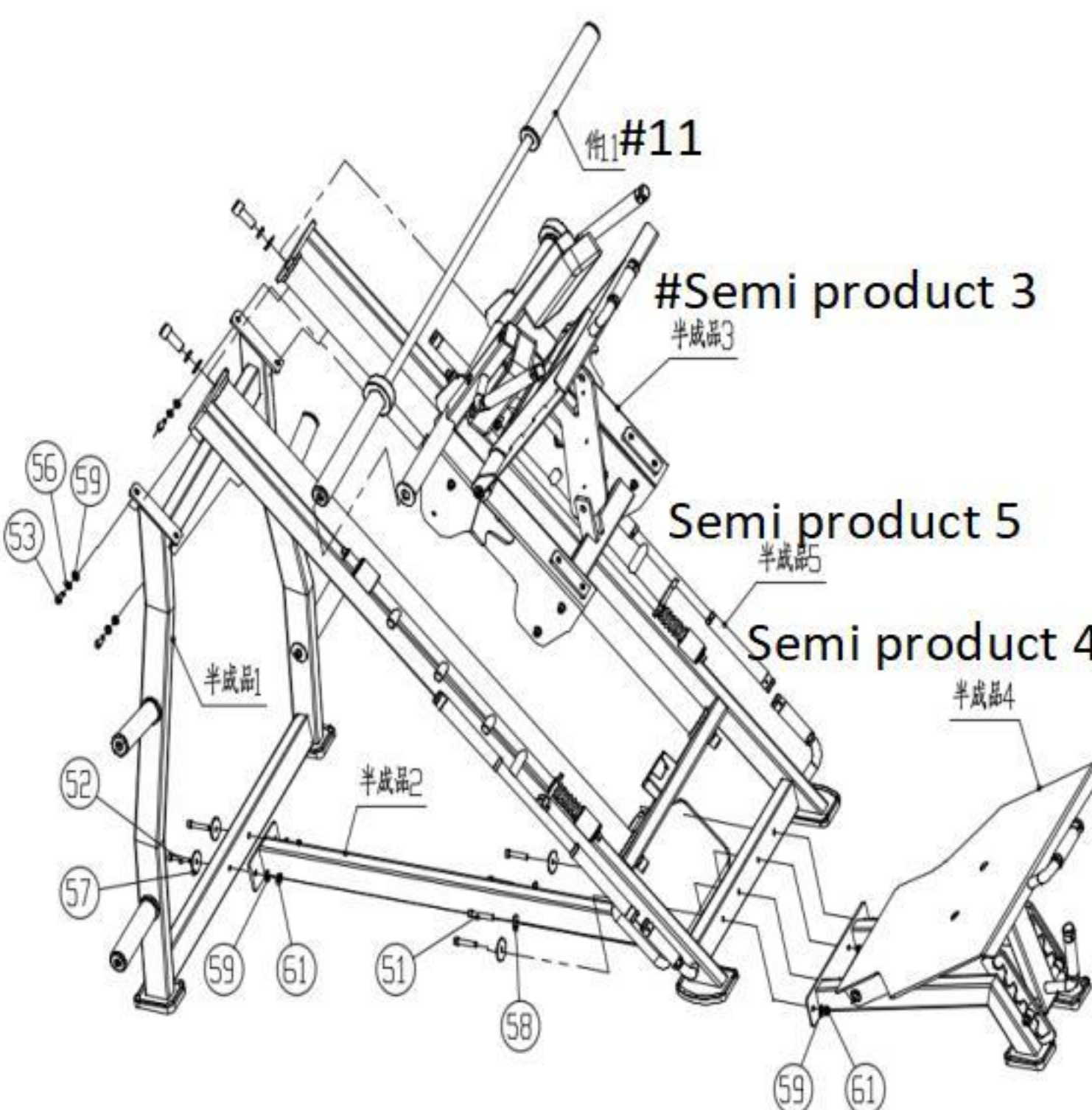
- 6 x Hexagonal self-locking nuts M10 (#64)

- 4 x Hexagon socket cheese head screws

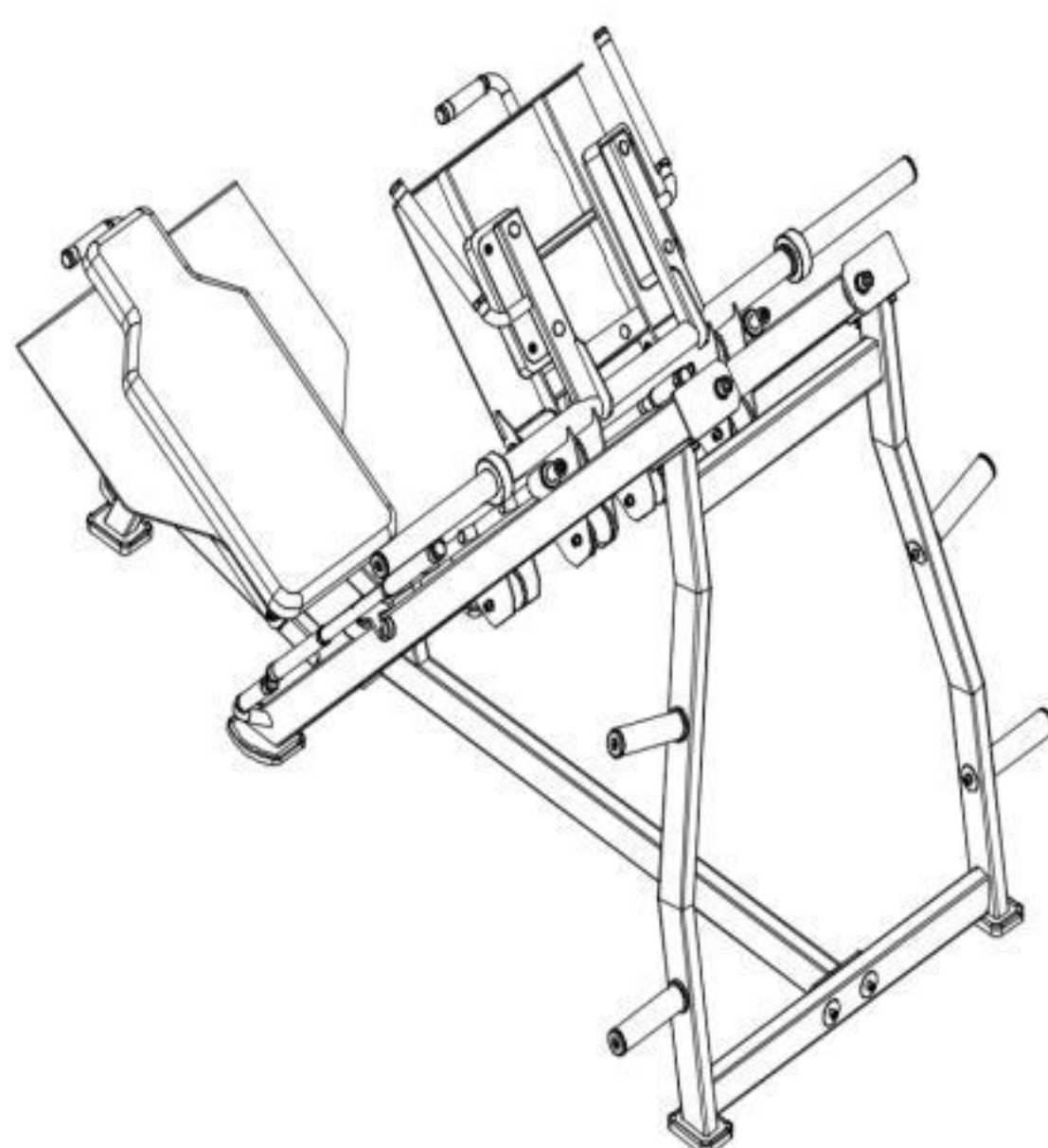
- M10*25 (#53)

- 4 x Spring washers M10 (#56)

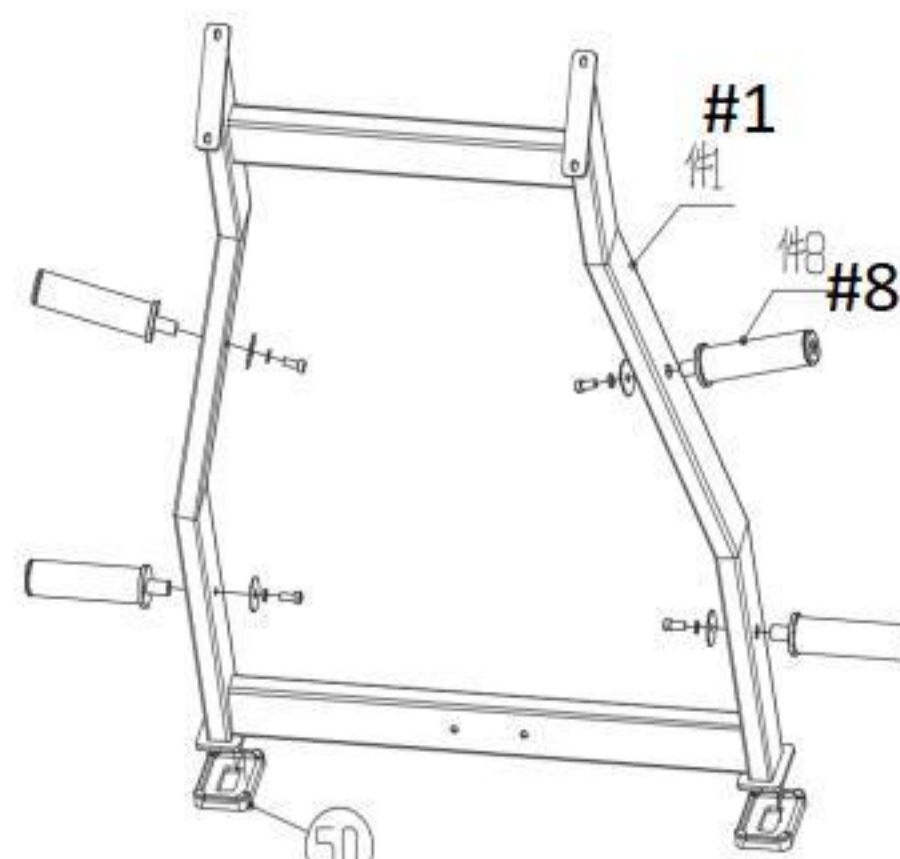
- 4 x Flat washers M10-D20 (#59)



Now that the Hack Squat& Leg press is assembled, you need to take some time to make sure your unit is horizontal and vertical.



Step 1:Join #1, #8 to form #semi-finished product 1 by the following method.



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

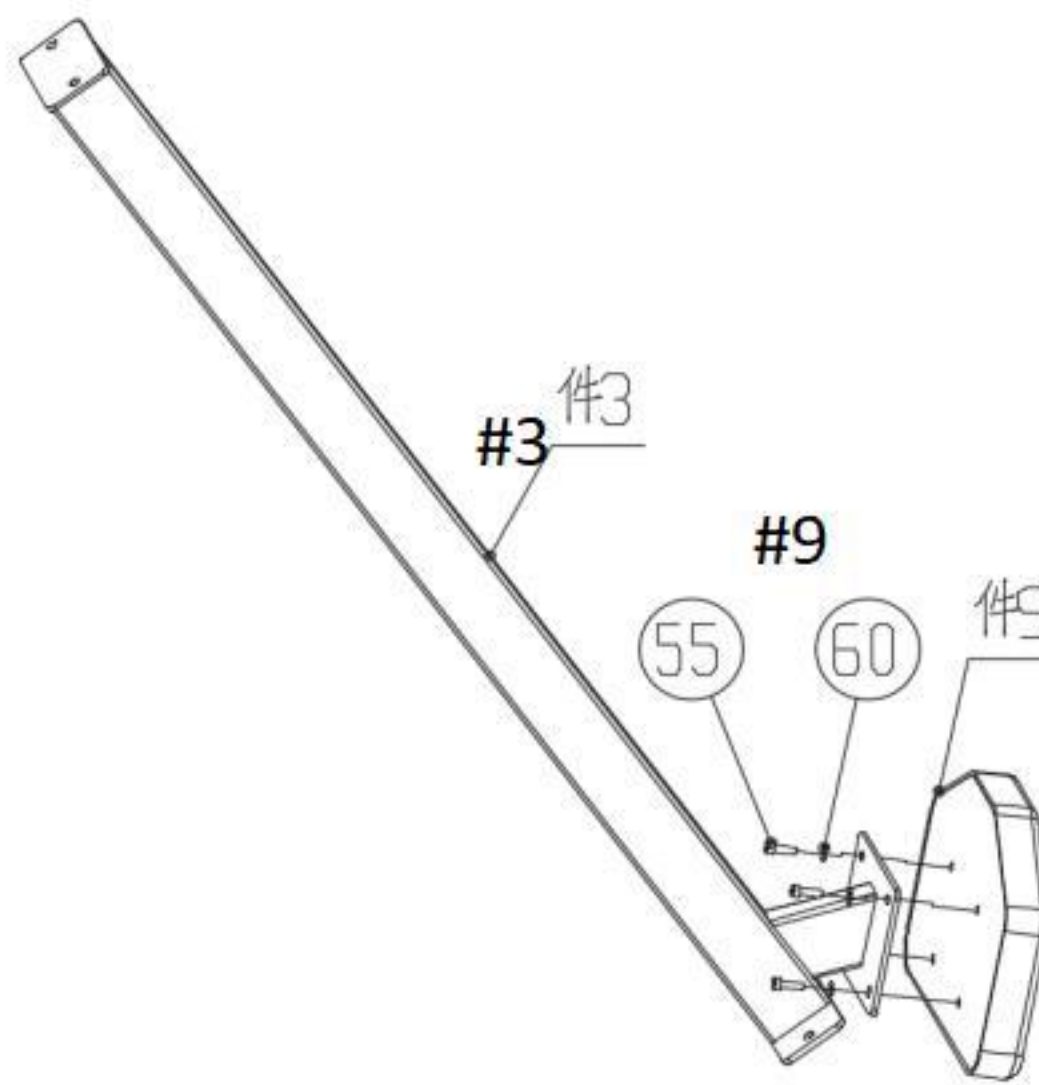
Step 3:Join # 3, #9, together to form #semi-finished product 2 by:

- 4x Hexagon socket cheese

- head screws M8*25 (#55)

- 4x Flat washers M8-D16

- (#60)



Step 4:Join # 6 and #7 to form #semi-finished product 3

with the following method.

- 4x Hexagon socket

- cheese head screws

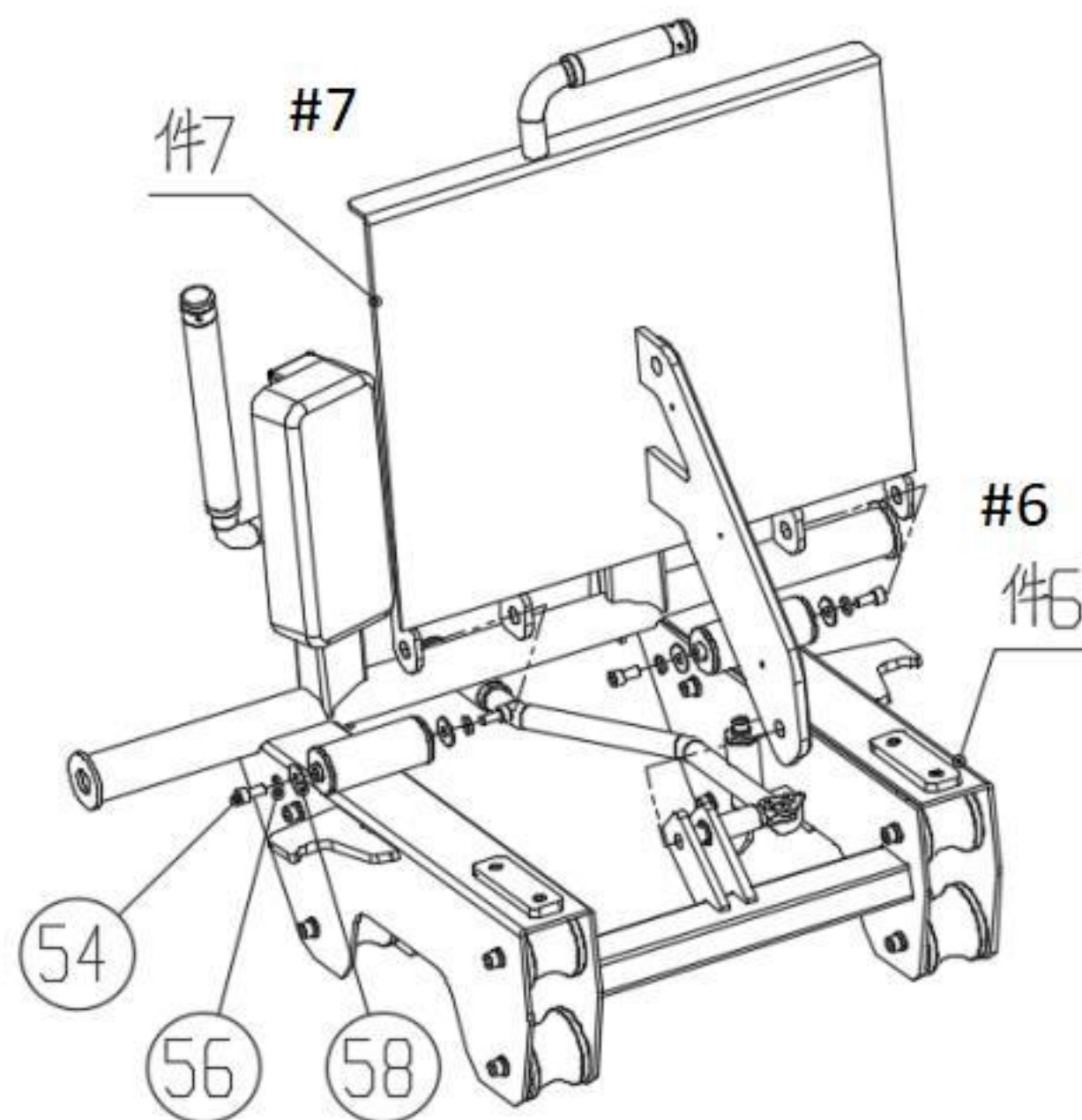
- M10*20 (#54)

- 4x Flat washers

- M10-D30 (#58)

- 4x Spring spacer

- M10 (#56)



Accessories List

NO.	Name	Picture	QTY	NO.	Name	Picture	QTY
1	#1		1	7	#7		1
2	#2		1	8	#8		2
3	#3		1	9	#9		1
4	#4		1	10	#10		1
5	#5		1	11	#11		1
6	#6		1				

NO.	Name	QTY	NO.	Name	QTY
49	Counterweight feet	2	56	Spring washers M10	10
50	Rectangular Foot Pad	3	57	Flat washers M10-D50	4
51	Hexagon socket cheese head screws M10*70	2	58	Flat washers M10-D30	8
52	Hexagon socket cheese head screws M10*60	4	59	Flat washers M10-D20	10
53	Hexagon socket cheese head screws M10*25	4	60	Flat washers M8-D16	4
54	Hexagon socket cheese head screws M10*20	6	61	Hexagonal self-locking nuts M10	6
55	Hexagon socket cheese head screws M8*25	4			

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