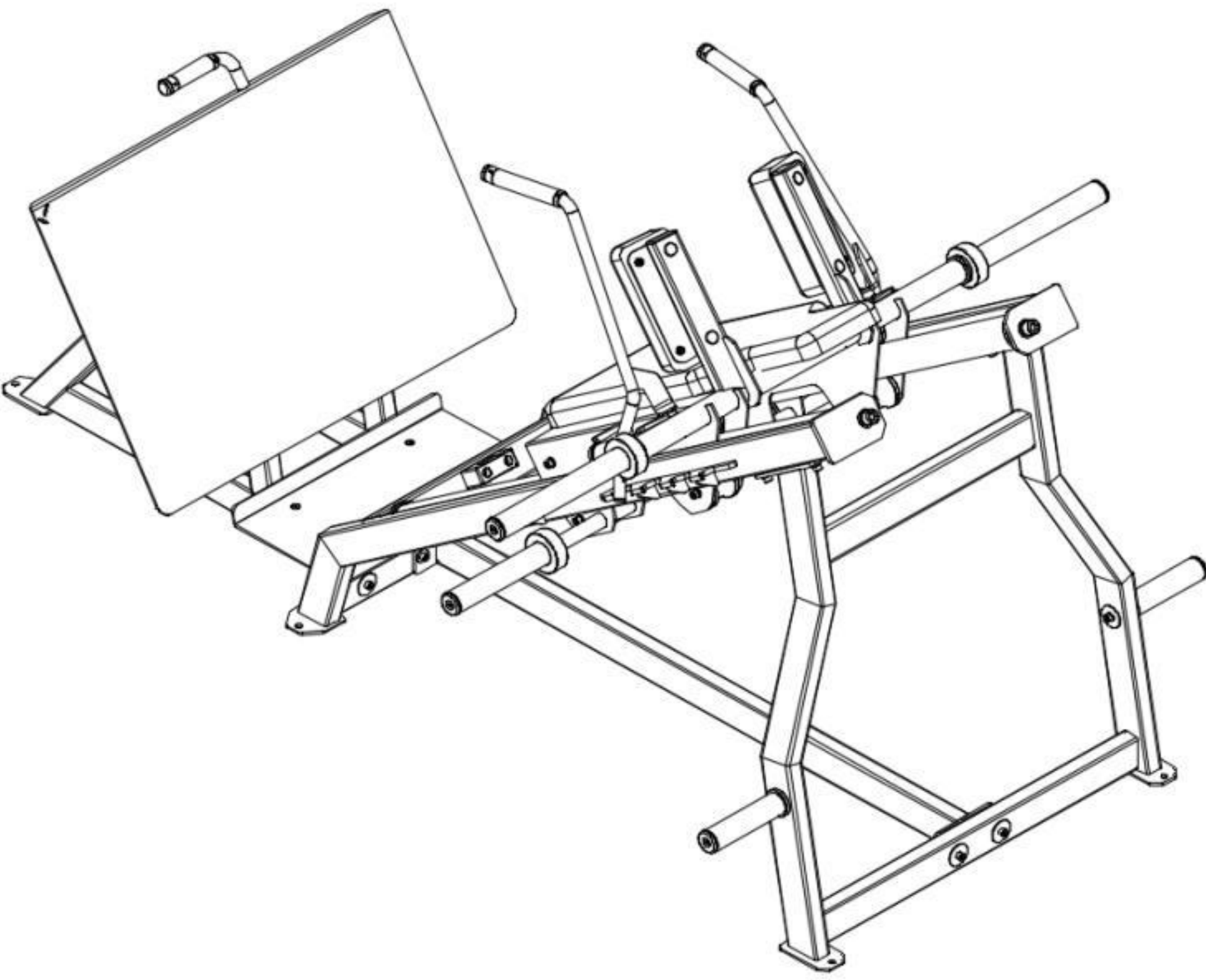
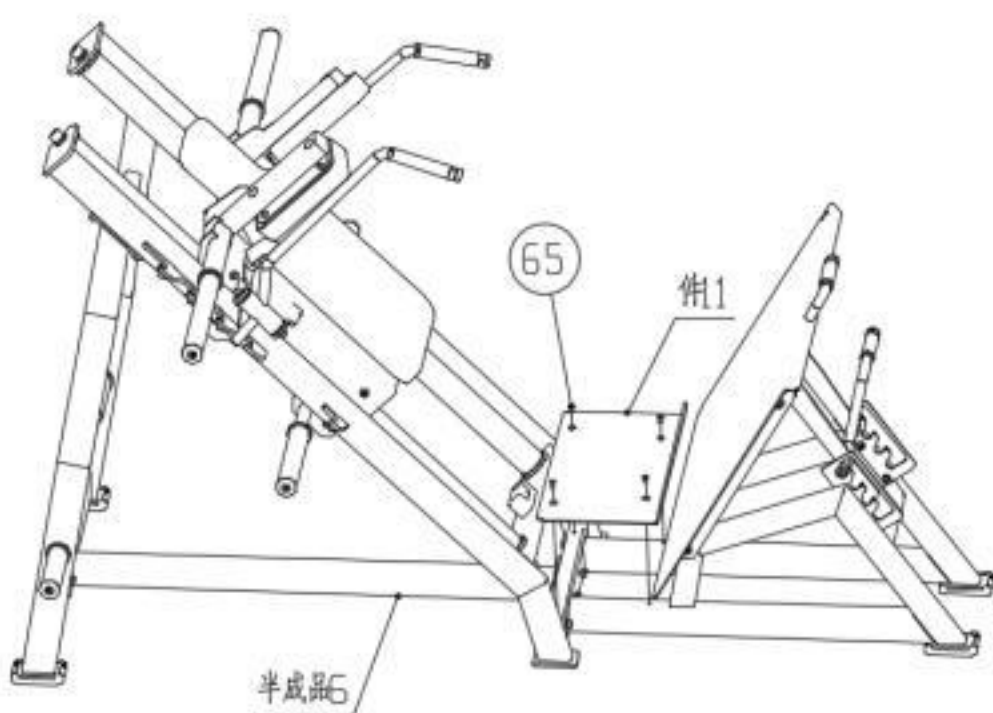


82035 Installation Guide	
45 Degree Hack Squat	
	
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Installation	
Step 6:use follow method combine#4、#5、#6、#12;	
• 4 x Hex socket head cap screw M10*25 (#54)	
• 4 x spring washer M10 (#57)	
• 4 x flat washer M10-D20 (#62)	
• 6 x spring washer M10 (#57)	
• 6 x flat washer M10-D30 (#61)	
• 6 x Hex socket head cap screw M10*20 (#55)	
Step 7:Install two rectangular feet pad (#50) to step 6 frame	
Step 8:use follow method combine step 1 frame、step 4 frame、step 6 frame、#7	
• 4 x Hex socket head cap screw M10*25 (#54)	
• 4 x spring washer M10 (#57)	
• 4 x flat washer M10-D20 (#62)	
• 4 x Hex socket head cap screw M10*60 (#53)	
• 2 x Hex socket head cap screw M10*70 (#52)	
• 4 x flat washer M10-D50 (#60)	
• 2 x flat washer M10-D30 (#61)	
• 6 x flat washer M10-D20 (#62)	
• 6 x Hexagon self-locking nut M10 (#64)	
Step 9:use follow method combine step 8 frame、#11	
• 4 x Hexagon socket head screw M8*16 (#65)	
	
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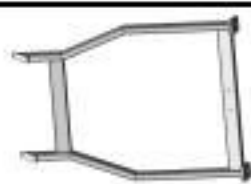
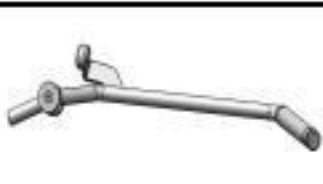



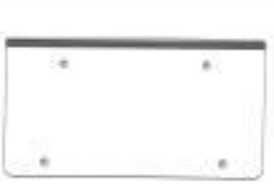




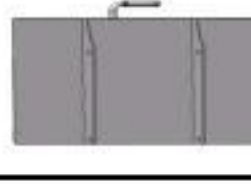
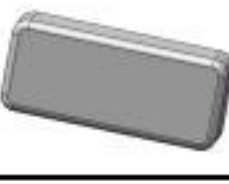
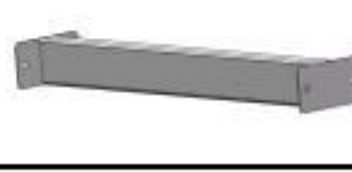



Brief	
Please take the time to read these instructions carefully before installation. Please refer to the list in the manual to confirm the completeness and quantity of all parts (if any parts are missing or damaged in transit, please call our company immediately for after-sales instructions) When installing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

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Installation

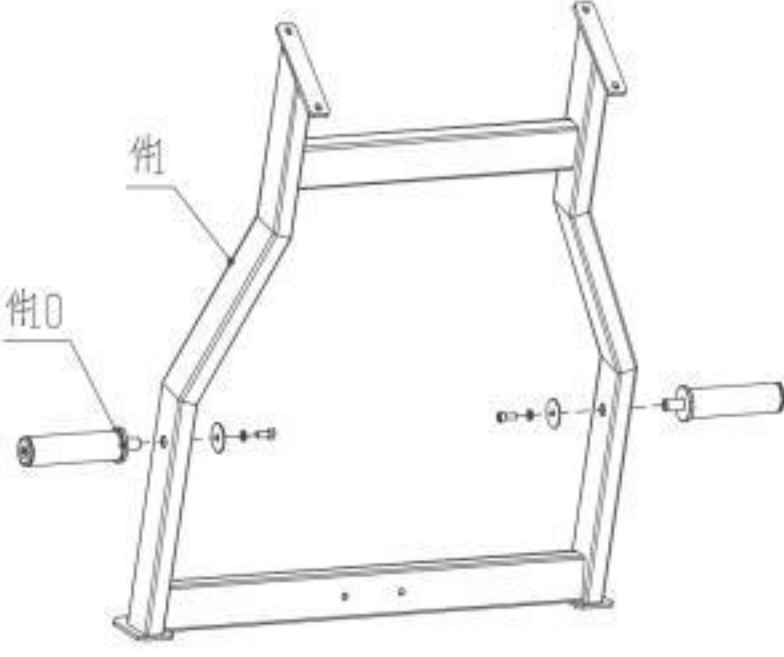
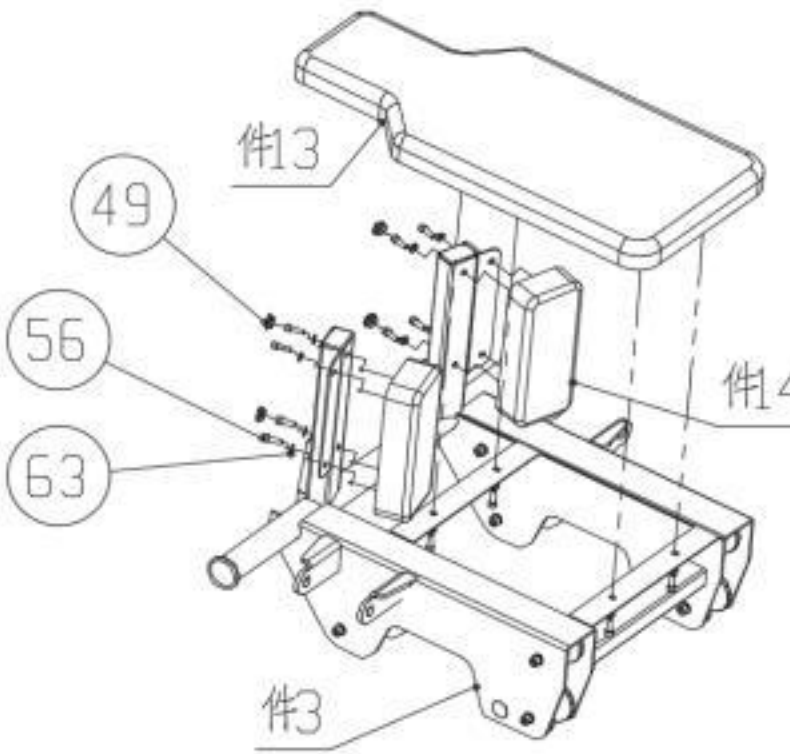
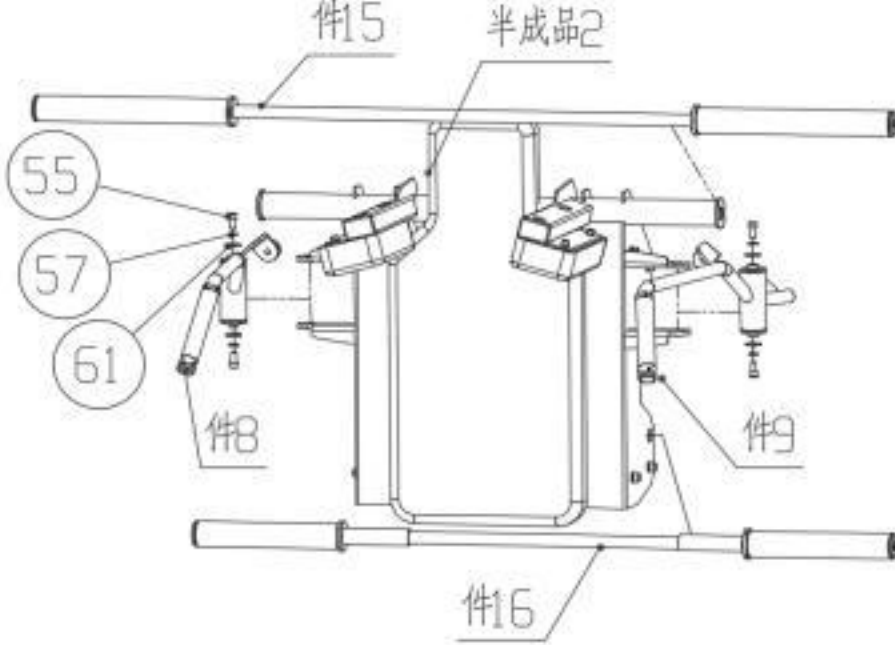
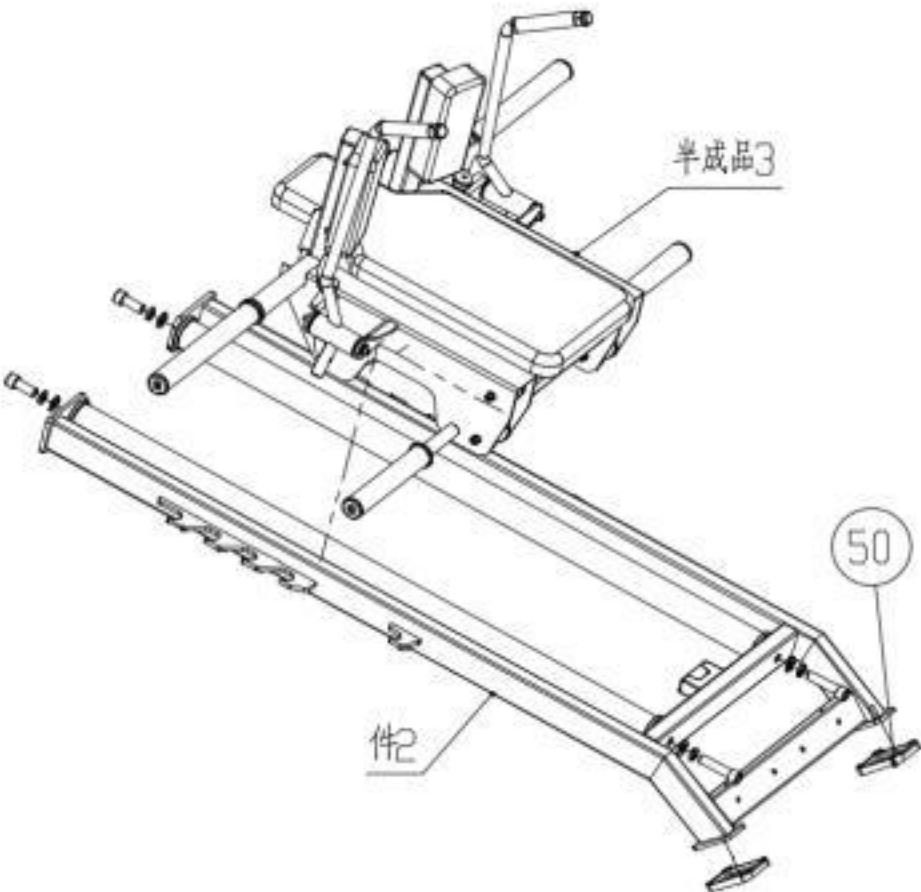
Now that the Hack squat is assembled, you need to take some time to make sure your unit is horizontal and vertical.

Accessories List

NO.	Name	Picture	QTY	NO.	Name	Picture	QTY
1	#1		1	9	#9		1
2	#2		1	10	#10		2
3	#3		1	11	#11		1
4	#4		1	12	#12		2
5	#5		1	13	#13		1
6	#6		1	14	#14		2
7	#7		1	15	#15		1
8	#8		1	16	#16		1
NO.	Name	QTY	NO.	Name	QTY		
49	20Plug	4	57	spring washer M10	18		
50	Rectangular foot pad	6	60	flat washer M10-D50	4		
52	Hex socket head cap screw M10*70	2	61	flat washer M10-D30	12		
53	Hex socket head cap screw M10*60	4	62	flat washer M10-D20	14		
54	Hex socket head cap screw M10*25	8	63	flat washer M8-D16	12		
55	Hex socket head cap screw M10*20	10	64	Hexagon self-locking nut M10	6		
56	Hex socket head cap screw M8*25	12	65	Hexagon socket head screw M8*16	4		

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

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Installation	
Step 1:use follow method combine#1、#10:	
	
Step 2:use follow method combine#3、#13、#14、#49:	
• 12x flat washer M8-D16 (#63)	
• 12xHex socket head cap screw M8*25 (#56)	
	
Step 3:use follow method combine#8、#9、#15、#16、step 2 frame:	
• 4x spring washerM10 (#57)	
• 4x flat washer M10-D30 (#61)	
• 4x Hex socket head cap screw M10*20 (#55)	
	
Step 4:use follow method combine#2、step 3 frame;	
	
Step 5:Install two rectangular foot pad (#50) to step 4 frame:	