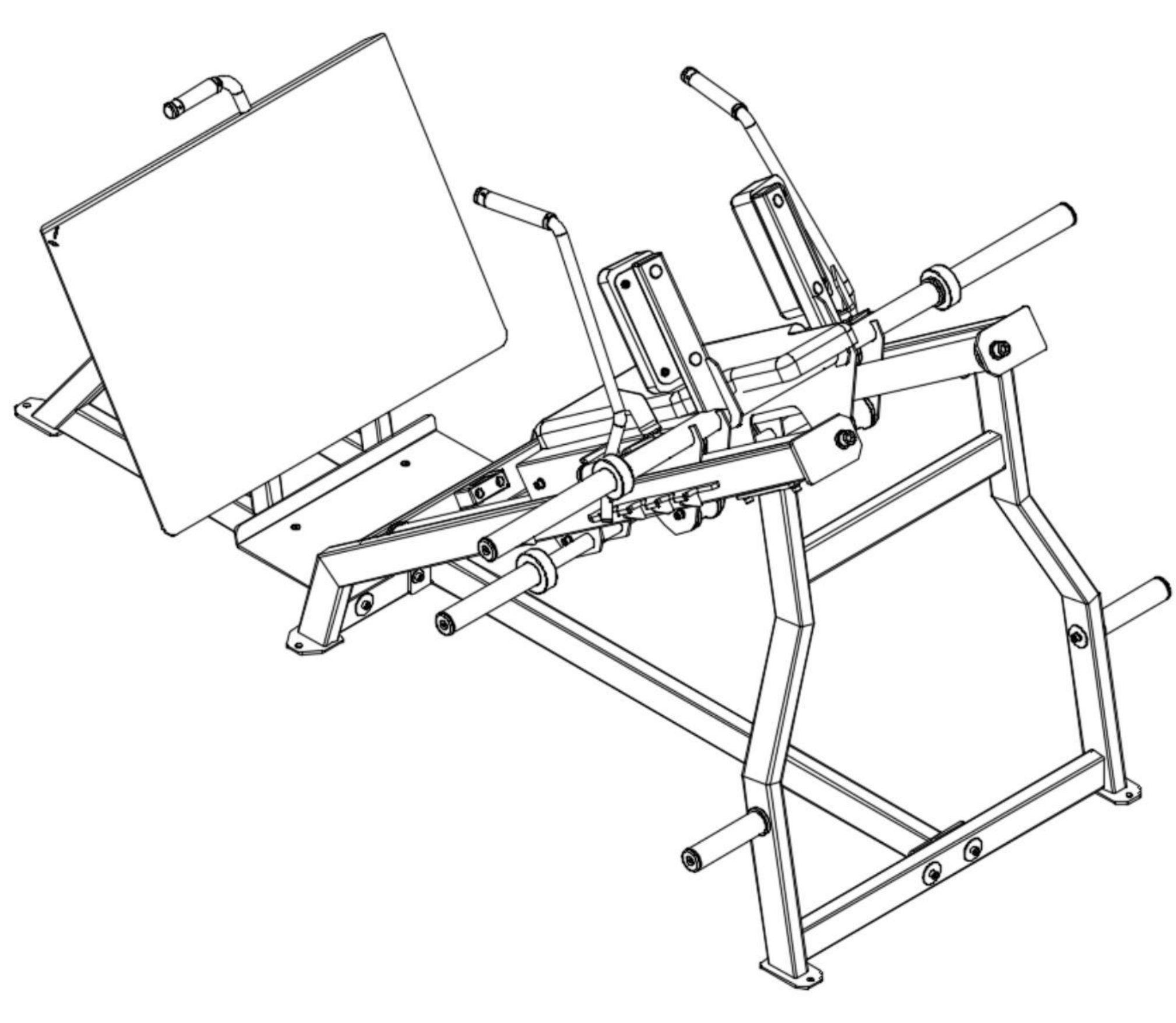
82035A Installation Guide

35 Degree Hack Squat



catalogs

Introduction ………………………………………… 2

assemble ………………………………………… 3

Accessory List …………………………………………attached

brief

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

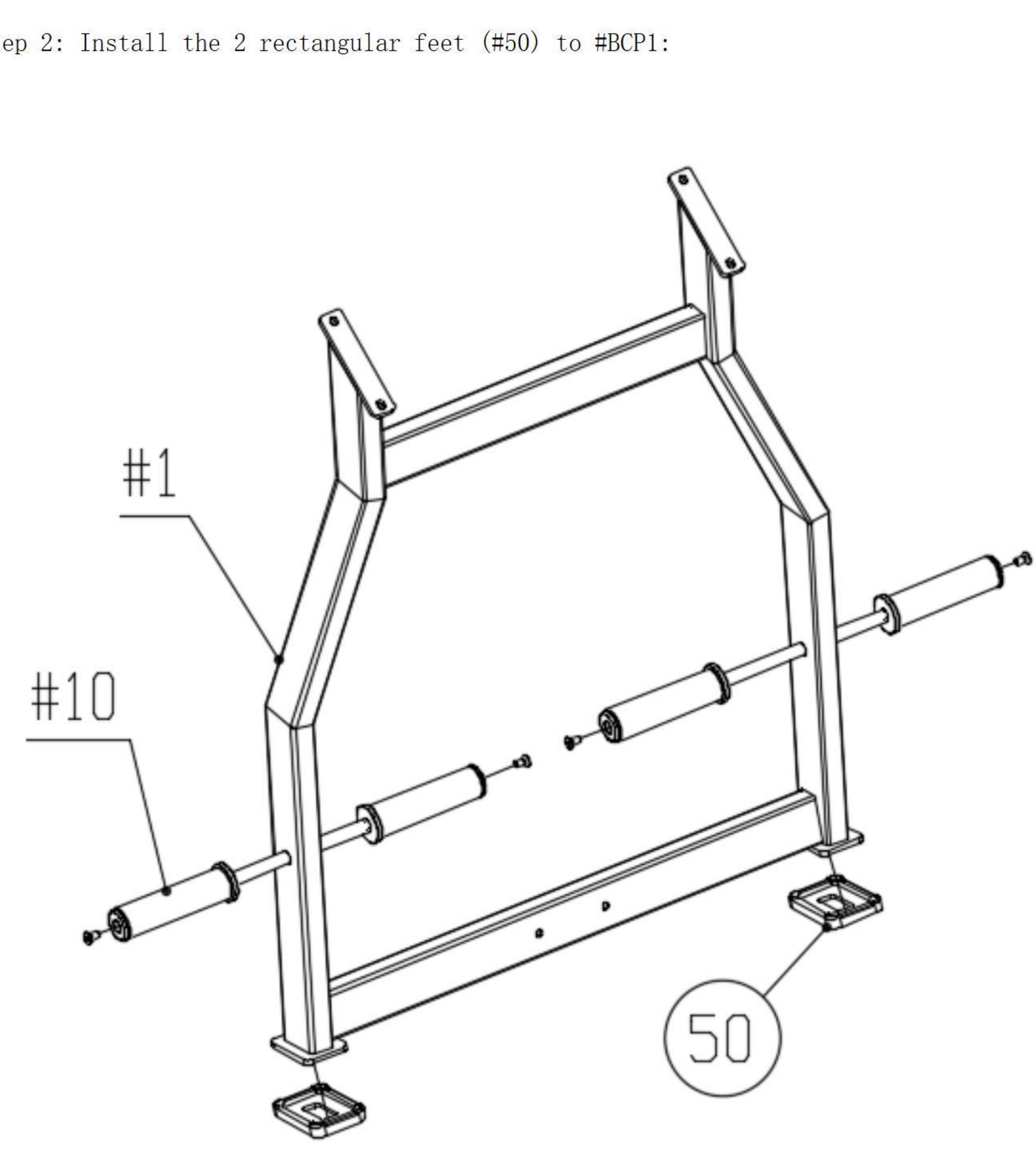
This equipment is designed to provide the smoothest and most effective workout. After installation, you need to understand all the functions in order to use it correctly. If you find any problems during use, you should stop using it immediately to avoid physical injury and equipment damage. And timely reference to the relevant instructions to inquire about the cause, if you can not solve the problem, please call our after-sales service. After carefully reading all the instructions, please continue

Tool	Rubber Hammer
	horizontal ruler
	Allen key
	spring clamp
	adjustable wrench
Note: When assembling, two or more persons are recommended to operate	

Assemble

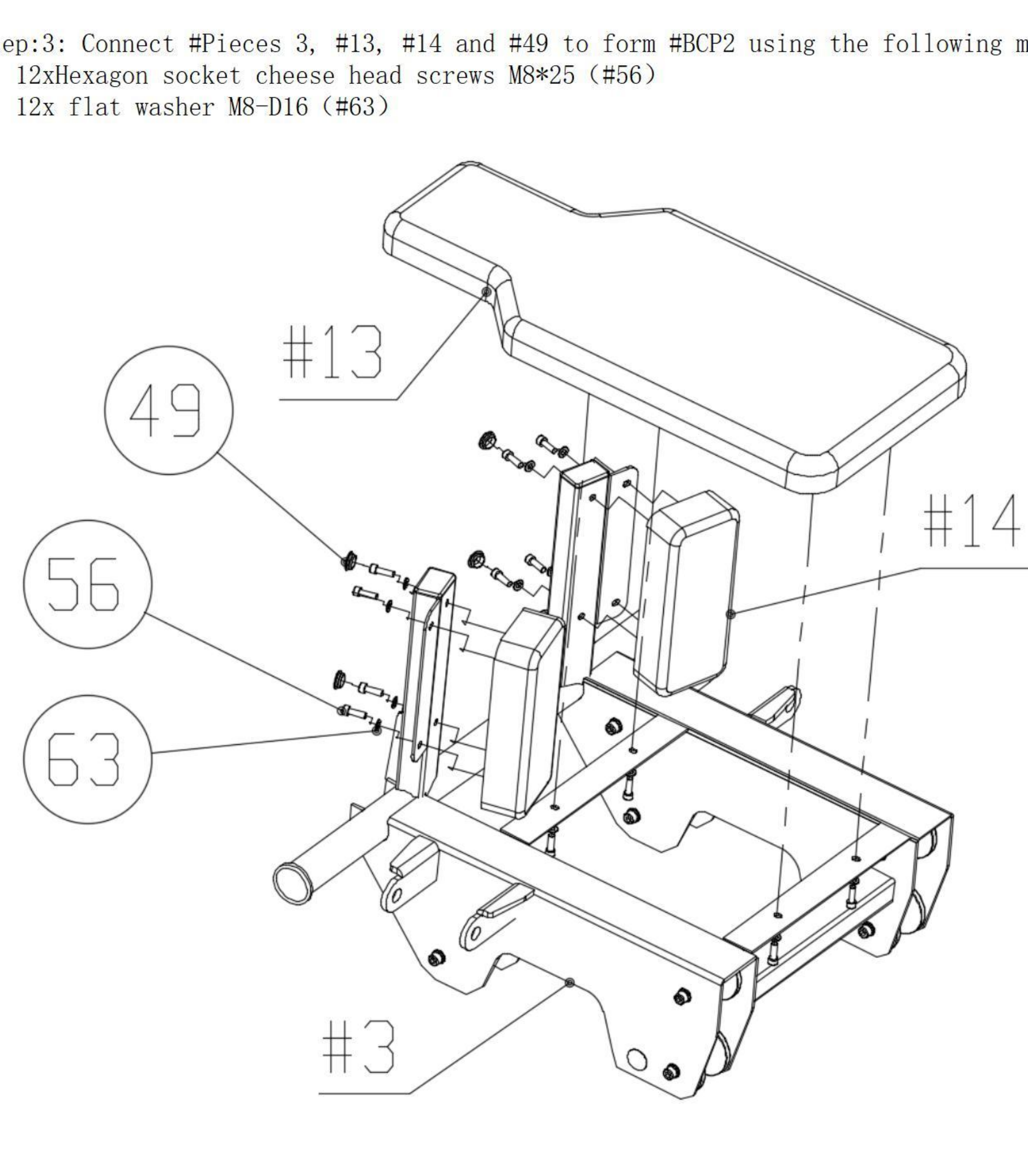
Step 1:Connect #1, #10 to form #BCP1 by.

Step 2: Install the 2 rectangular feet (#50) to #BCP1:



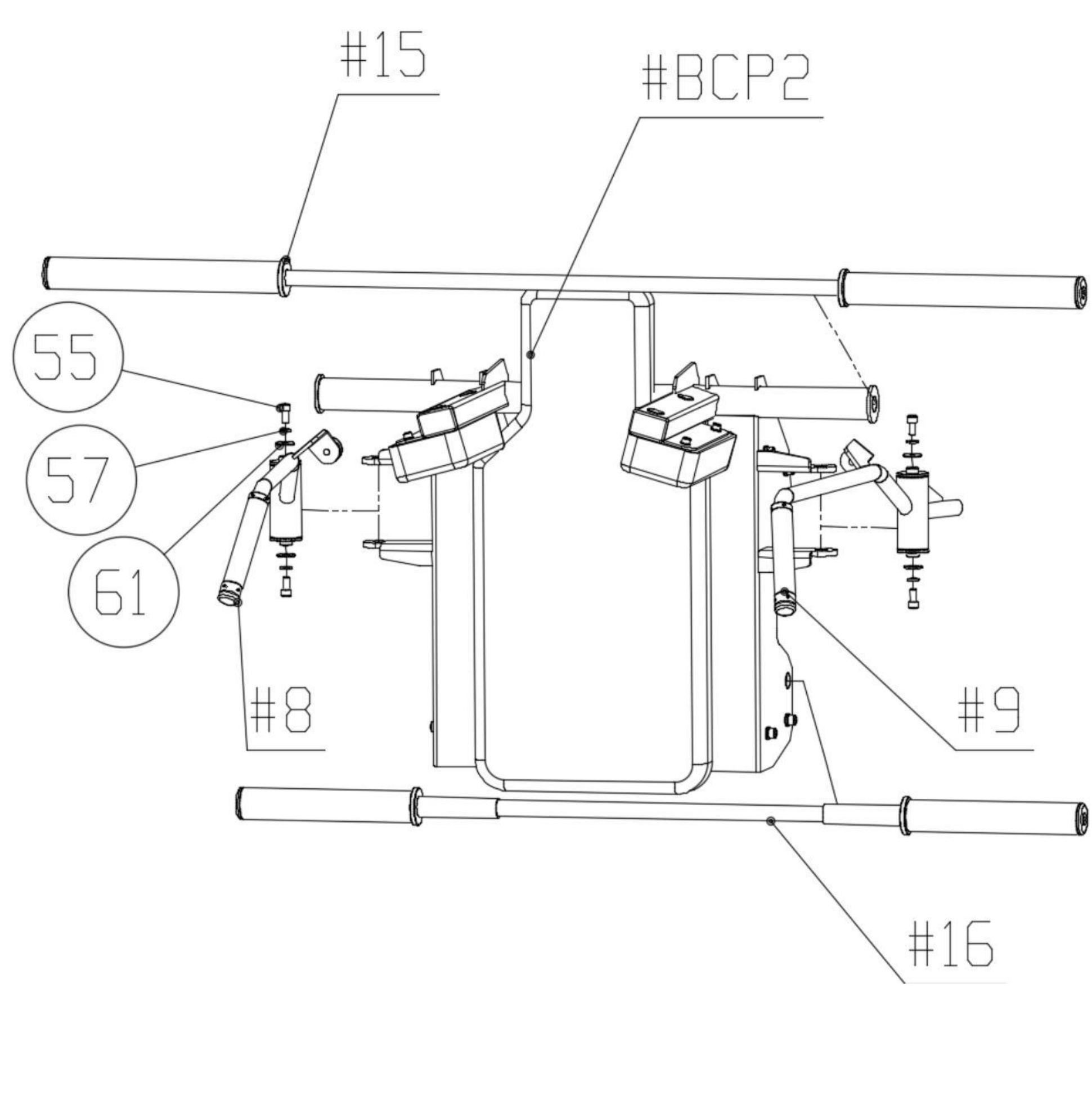
assemble

Step:3: Connect #Pieces 3, #13, #14 and #49 to form #BCP2 using the following method:
- 12xHexagon socket cheese head screws M8*25 (#56)
- 12x flat washer M8-D16 (#63)



assemble

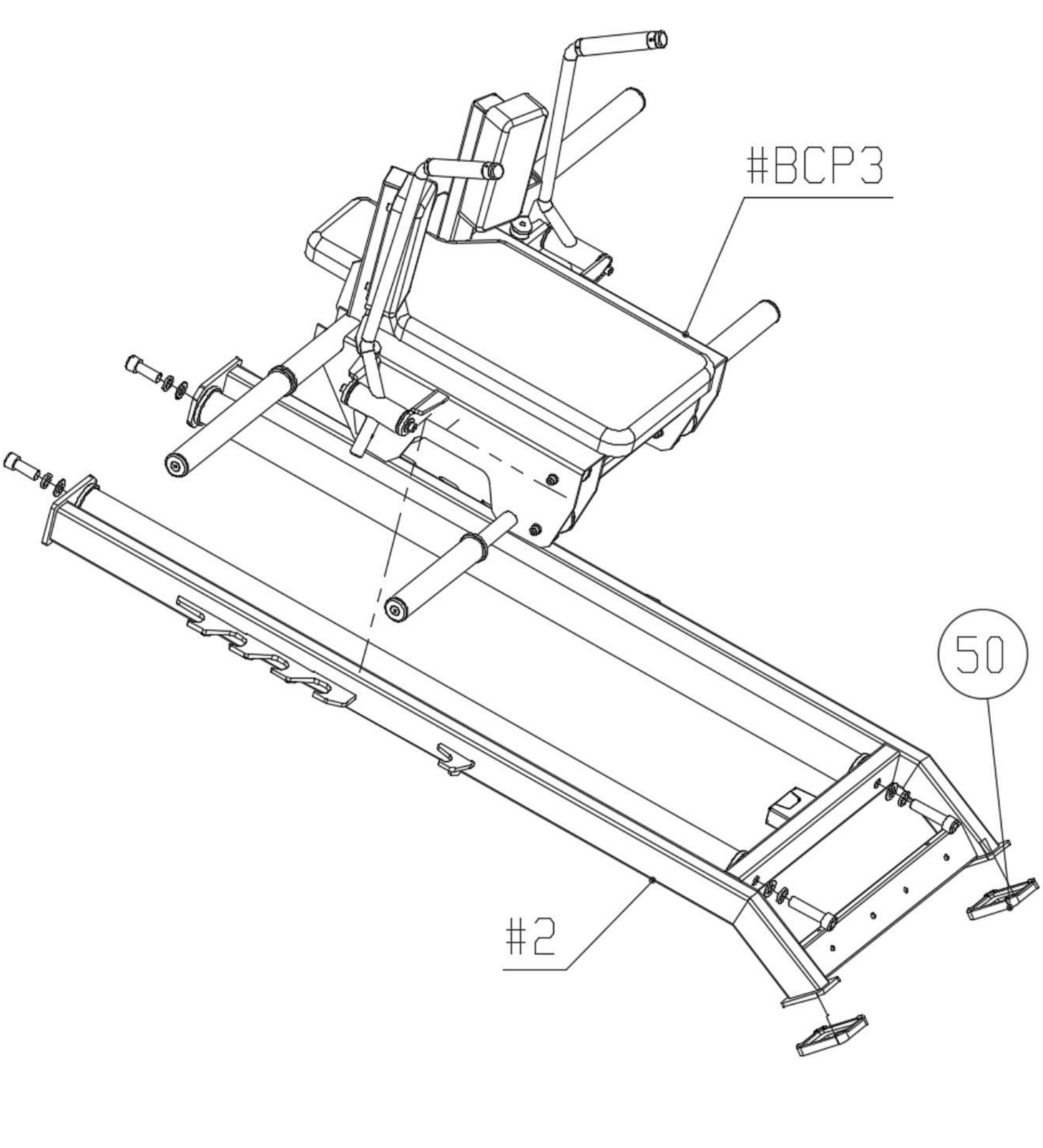
Step 4:Connect #8, #9, #15, #16 and #BCP2 to form #BCP3 by.
- 4x Hexagon socket cheese head screws M10*20 (#55)
- 4x flat washer M10-D30 (#61)
- 4x Spring shimsM10 (#57)



assemble

Step 5:Connect #2 and #BCP3 to form #BCP4 using the following method;

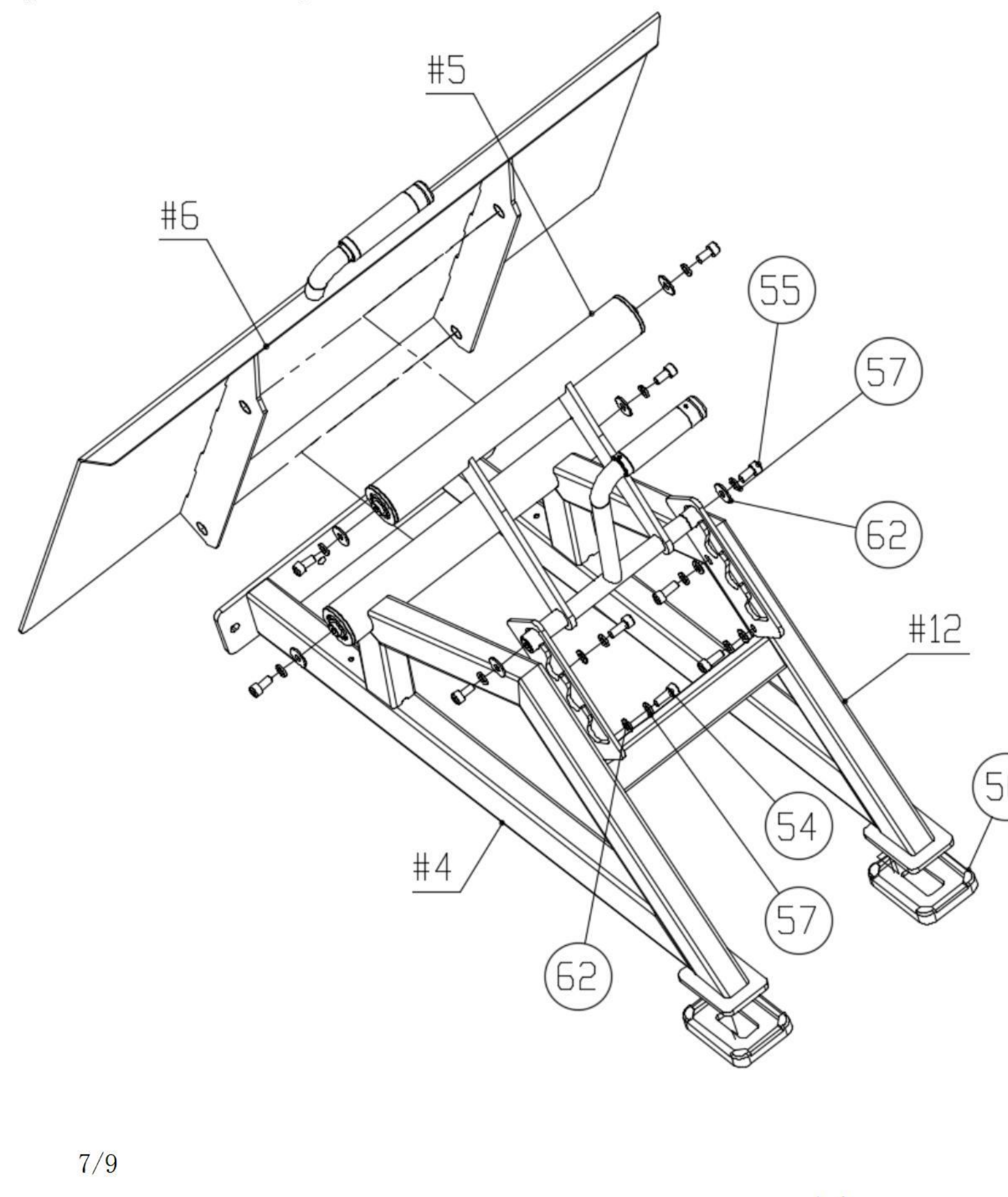
Step 6:Install 2 Rectangular Feet (#50) to #BCP4



assemble

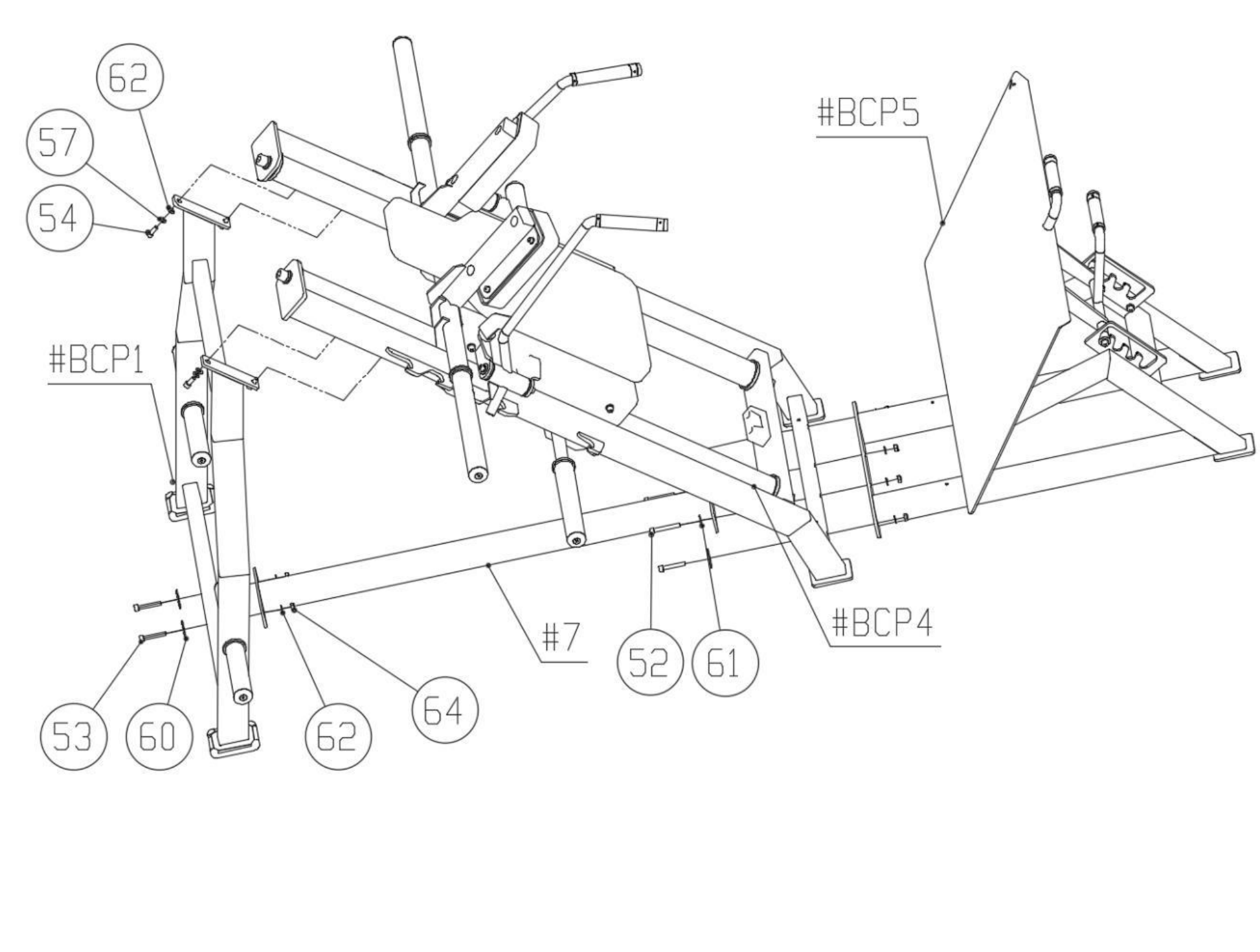
Step 7:Connect #4, #5, #6, and #12 to form #BCP5 using the following method;
- 4 x Hexagon socket cheese head screws M10*25 (#54)
- 4 x spring washer M10 (#57)
- 4 x flat washer M10-D20 (#62)
- 6 x Hexagon socket cheese head screws M10*20 (#55)
- 6 x spring washer M10 (#57)
- 6 x flat washer M10-D30 (#61)

Step 8:Install 2 Rectangular Feet (#50) to #BCP5



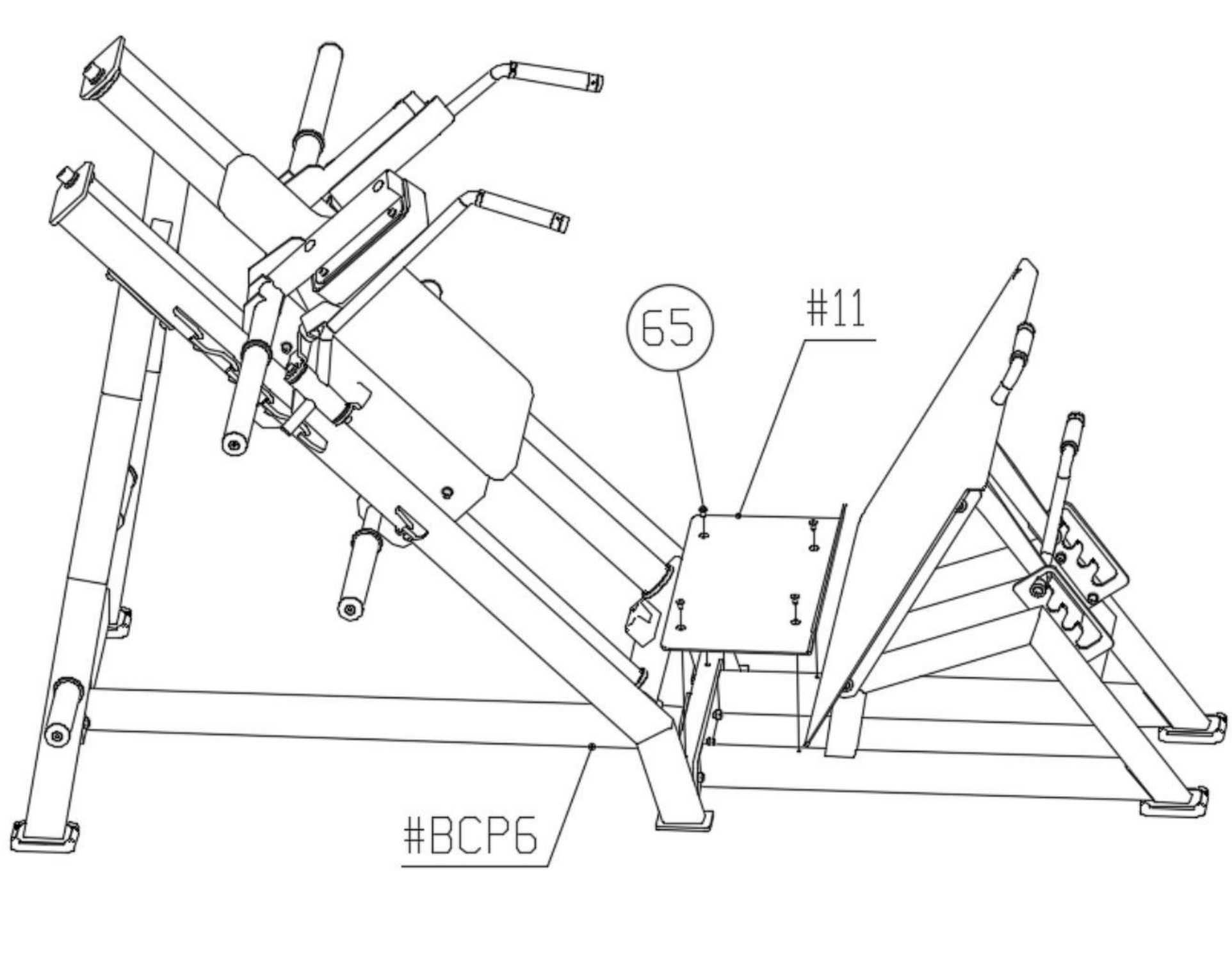
assemble

Step 9:Connect #BCP1, #BCP4, #BCP5 and #7 with #BCP6 using the following method;
- 4 x Hexagon socket cheese head screws M10*25 (#54)
- 4 x spring washer M10 (#57)
- 4 x flat washer M10-D20 (#62)
- 4 x Hexagon socket cheese head screws M10*60 (#53)
- 2 x Hexagon socket cheese head screws 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 Hexagonal self-locking nuts M10 (#64)



Assemble

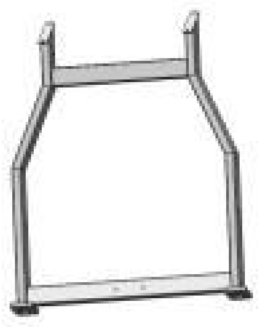
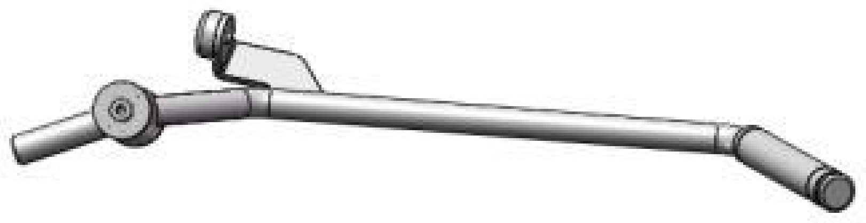
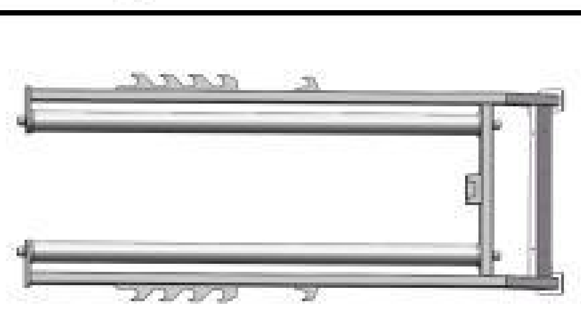
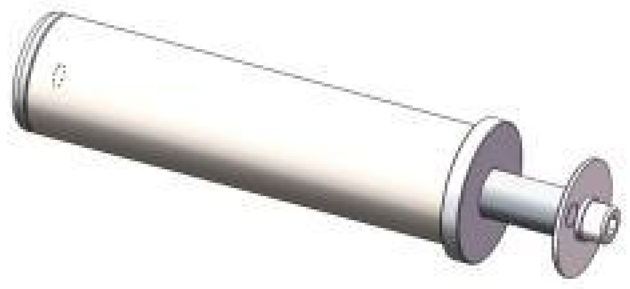
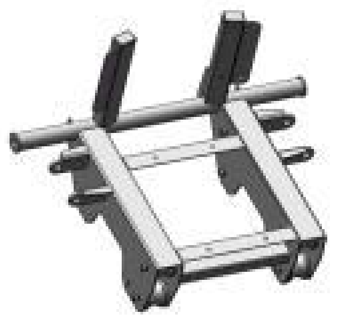
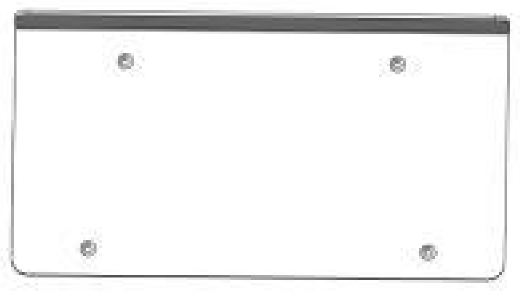
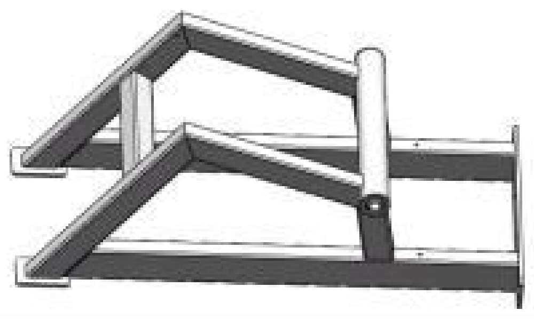
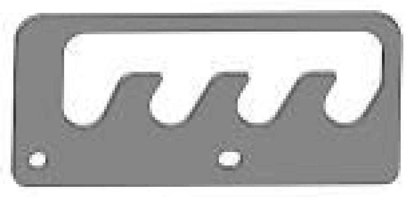
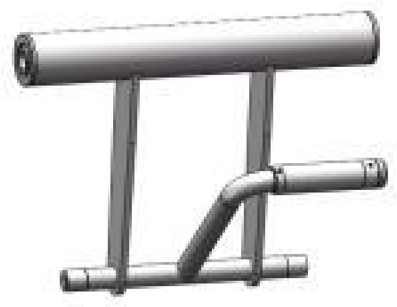
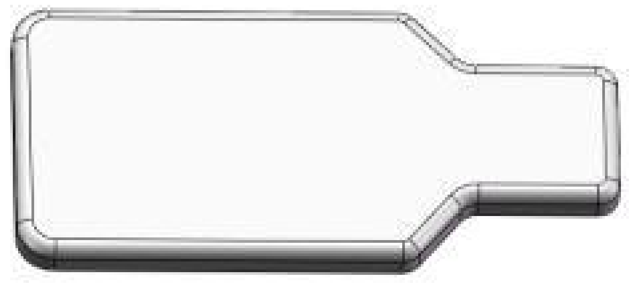
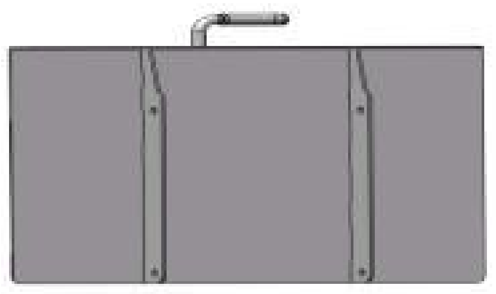
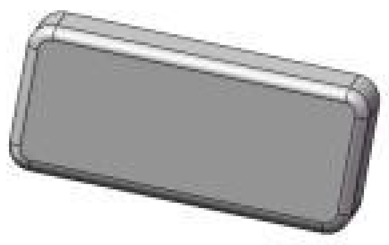
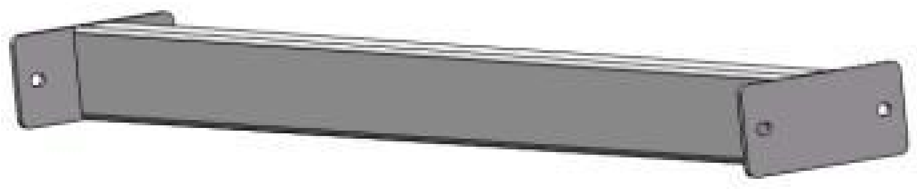
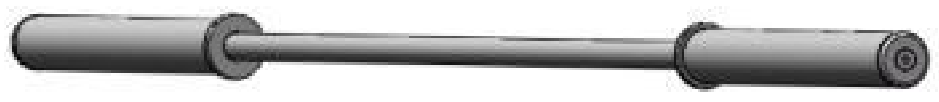
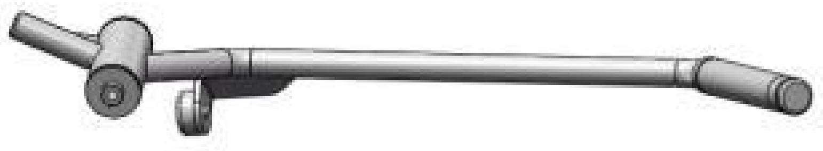
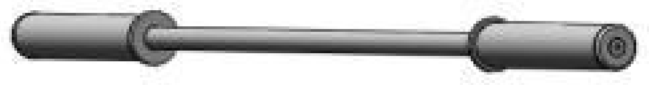
Step 10:Connect #BCP6 and #11 with the following method;
- 4 x Hexagon socket countersunk head screws M8*16 (#65)



Important Notes

Now that the 35 degree hack squat is assembled, you'll need to take a moment 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
49	20plug		4	**60**	Flat washer M10-D50		4
50	Rectangular feet		6	**61**	Flat washer M10-D30		12
52	Hexagon socket cheese head screws M1		2	**62**	Flat washer M10-D20		14
53	Hexagon socket cheese head screws M1		4	**63**	Flat washer M8-D16		12
54	Hexagon socket cheese head screws M1		8	**64**	Hexagonal self-locking nuts M10		6
55	Hexagon socket cheese head screws M1		10	**65**	Hexagon socket countersunk head scre		4
56	Hexagon socket cheese head screws M8		12				
57	spring washer M10		18				

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