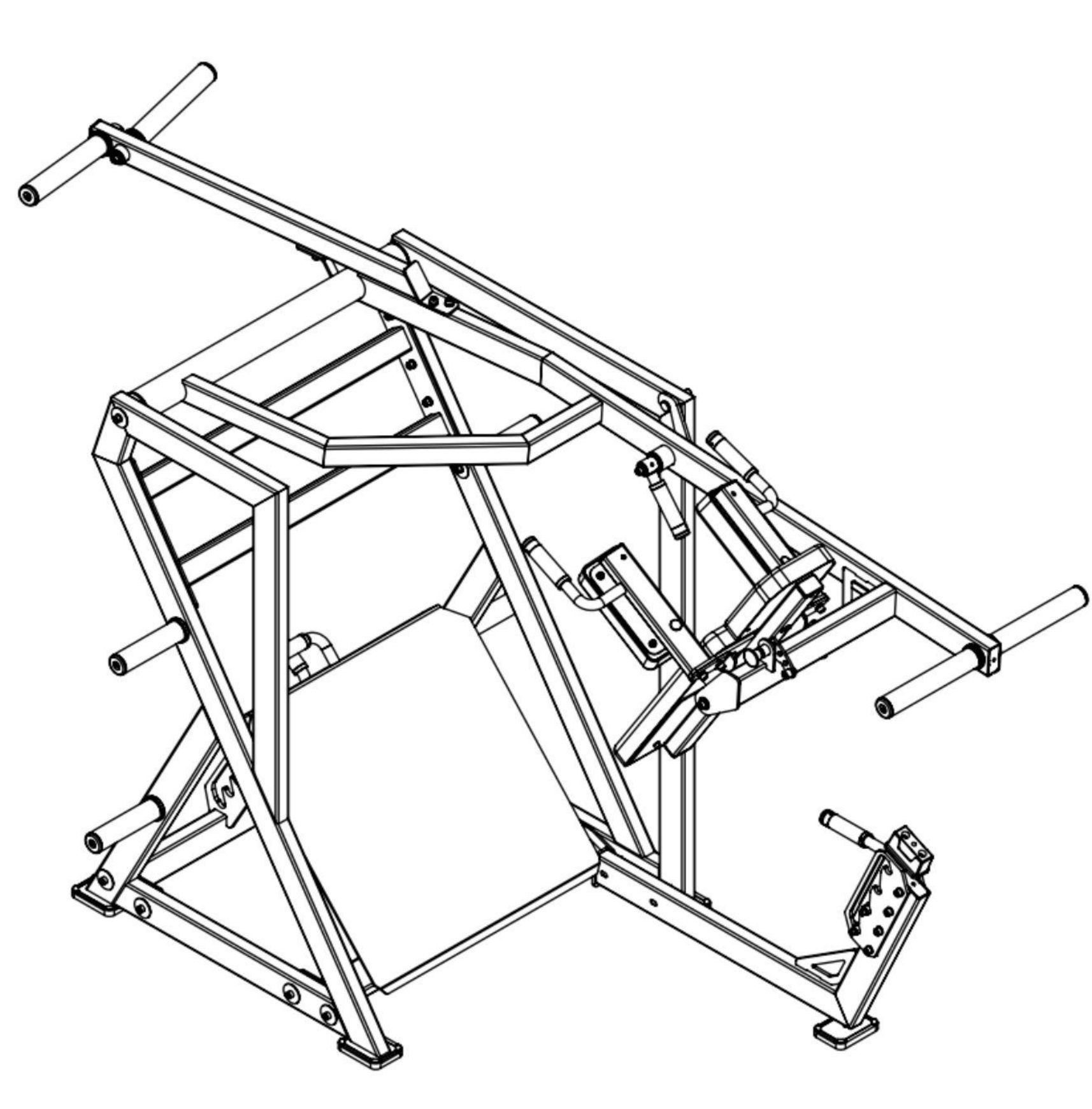
82043 Installation Guide

Pendulum Squat



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introductions

Please read this instruction carefully before installing. Please refer to the list in the manual to confirm the integrity and quantity of all parts (if any parts are missing or damaged during transportation, please call the company for after-sales instructions immediately). Please follow the relevant instructions to install the equipment correctly during installation.

This equipment is designed to provide the smoothest and most effective exercise motion possible. After installation, you need to understand all the functions 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 refer to the relevant instructions in time to check the reason, if you can't solve it, please call the company's after-sales service. After reading all instructions carefully, please continue

rubber stick

level ruler

Allen wrench

Circlip pliers

adjustable wrench

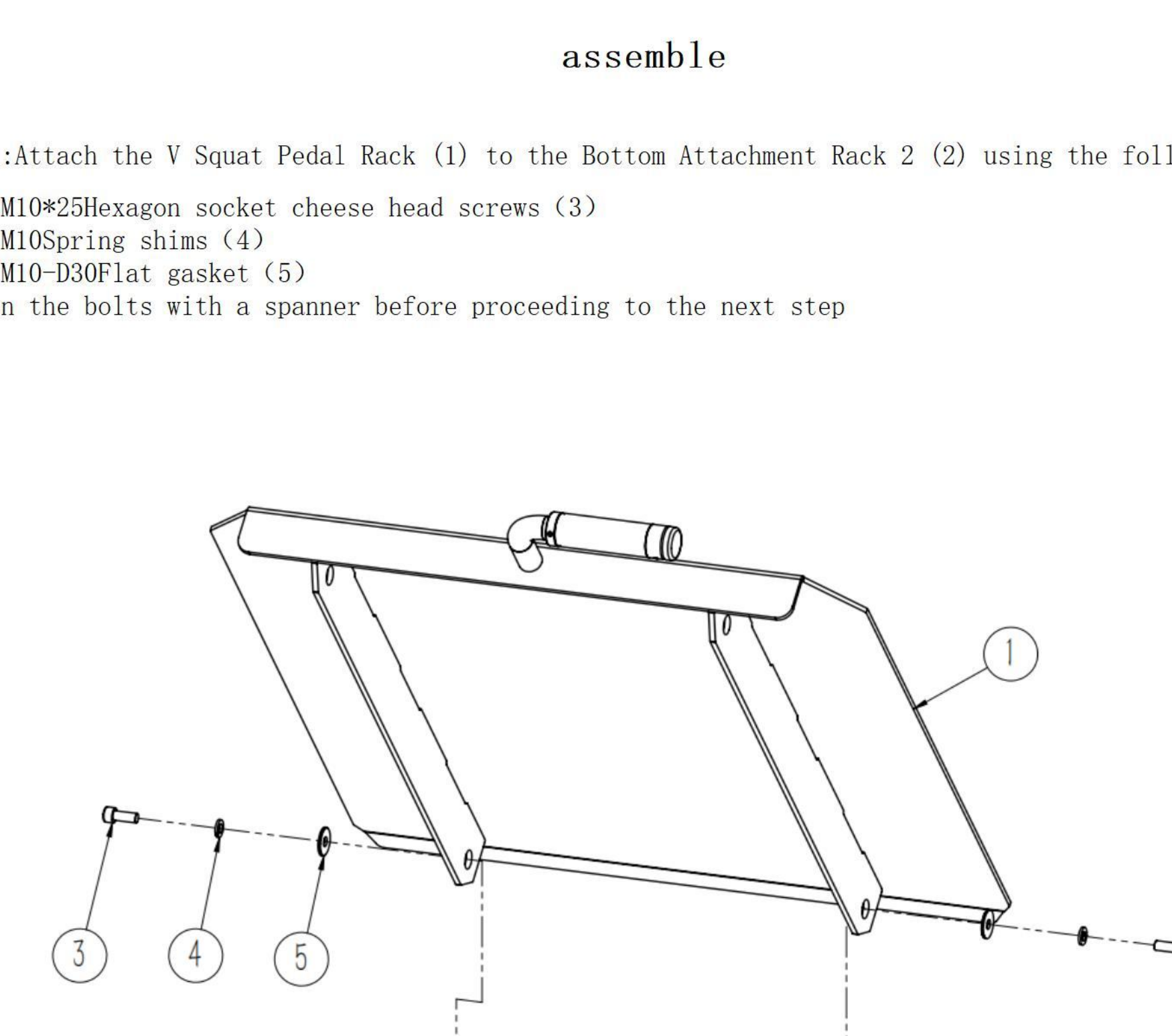
Note: When assembling, it is recommended that two or more persons operate

assemble

Step 1:Attach the V Squat Pedal Rack (1) to the Bottom Attachment Rack 2 (2) using the following method:

- 2×M10*25Hexagon socket cheese head screws (3)
- 2×M10Spring shims (4)
- 2×M10-D30Flat gasket (5)

Tighten the bolts with a spanner before proceeding to the next step

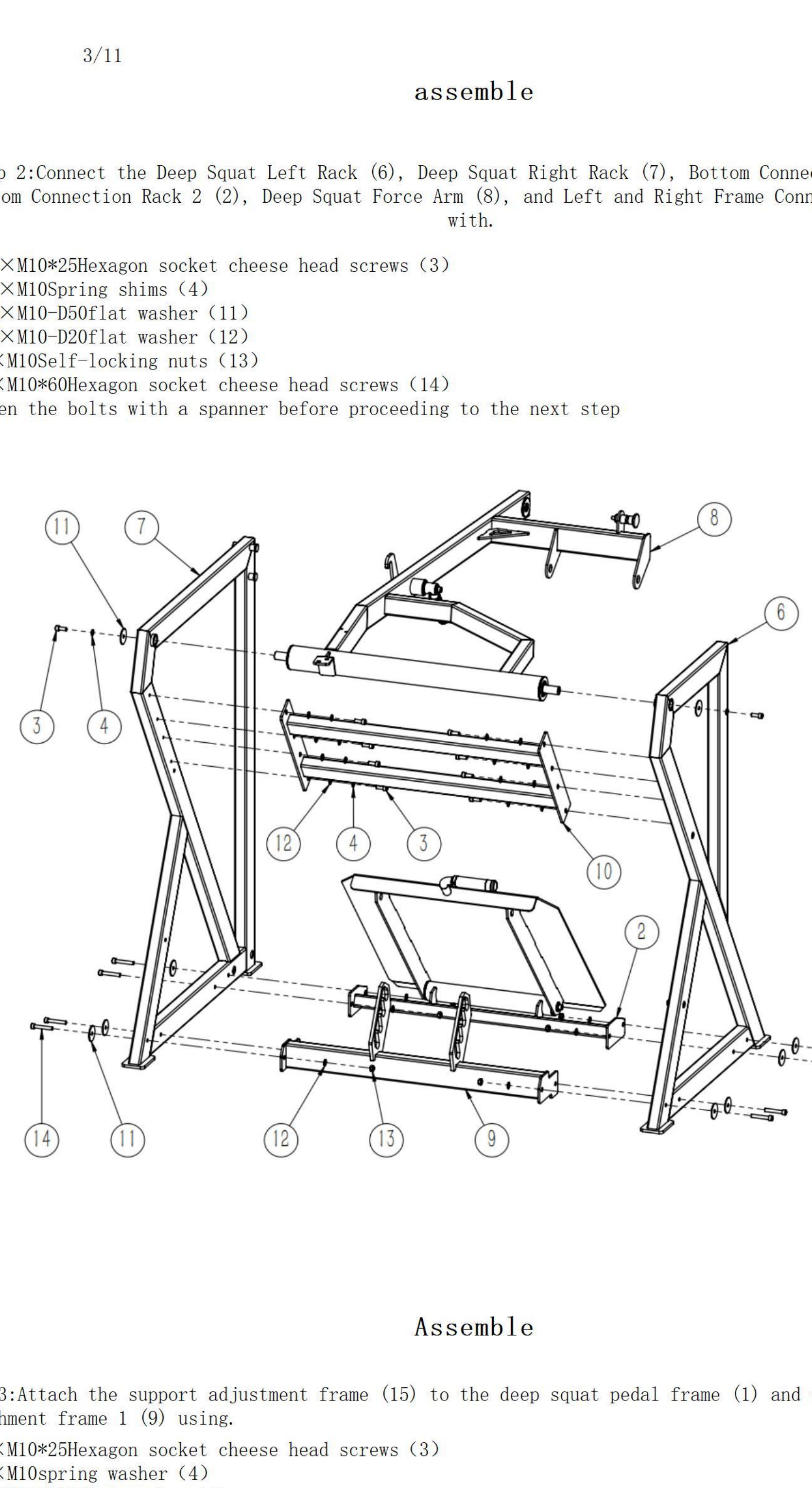


assemble

Step 2:Connect the Deep Squat Left Rack (6), Deep Squat Right Rack (7), Bottom Connection Rack 1 (9), Bottom Connection Rack 2 (2), Deep Squat Force Arm (8), and Left and Right Frame Connection Racks (10) with.

- 10×M10*25Hexagon socket cheese head screws (3)
- 10×M10Spring shims (4)
- 10×M10-D50flat washer (11)
- 16×M10-D20flat washer (12)
- 8×M10Self-locking nuts (13)
- 8×M10*60Hexagon socket cheese head screws (14)

Tighten the bolts with a spanner before proceeding to the next step

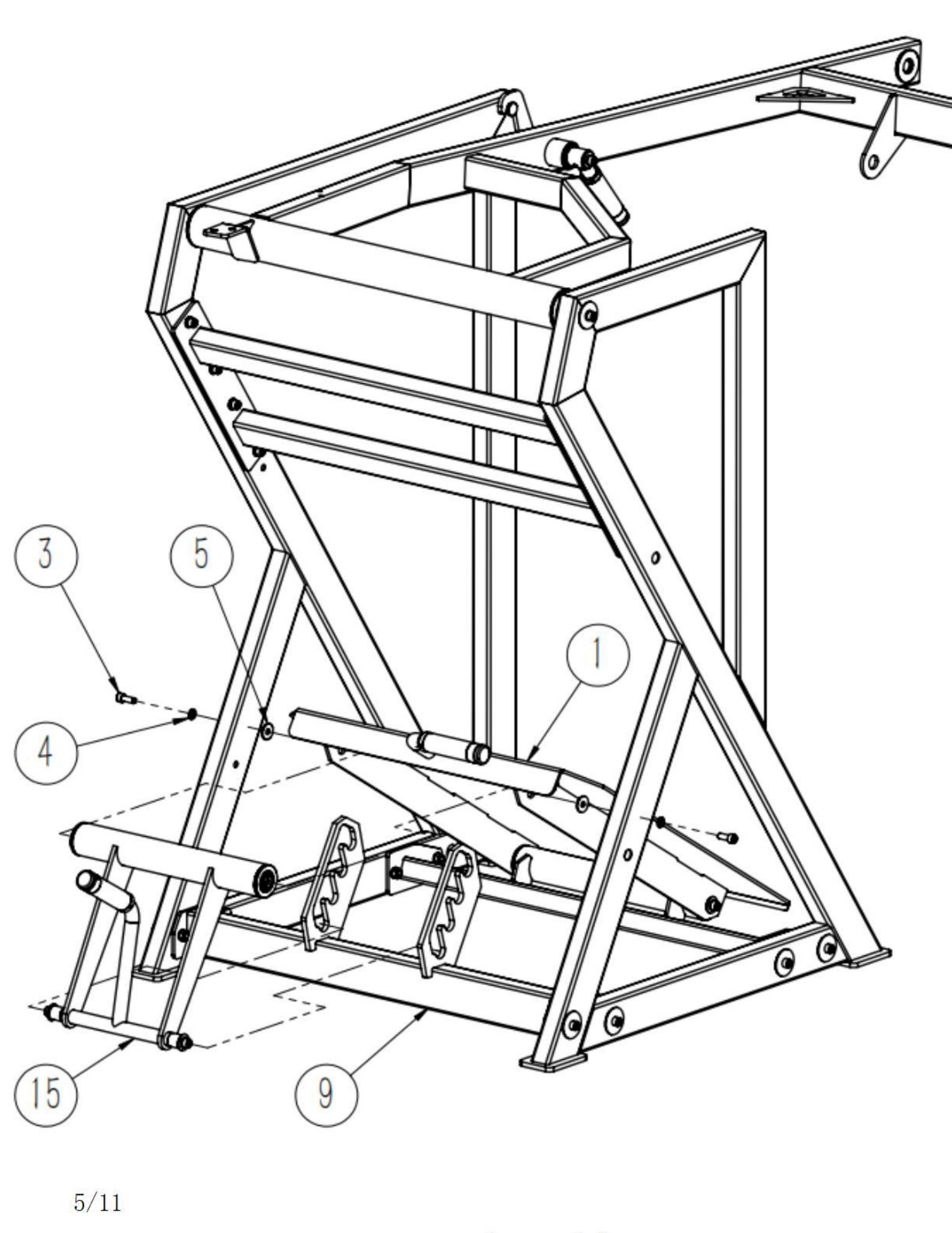


Assemble

Step 3:Attach the support adjustment frame (15) to the deep squat pedal frame (1) and the bottom attachment frame 1 (9) using.

- 2×M10*25Hexagon socket cheese head screws (3)
- 2×M10spring washer (4)
- 2×M10-D30flat washer (5)

Tighten the bolts with a spanner before proceeding to the next step



Assemble

Step 4:Attach the Force Arm Lower Limit Rack (16) to the Deep Squat Right Rack (7) using.

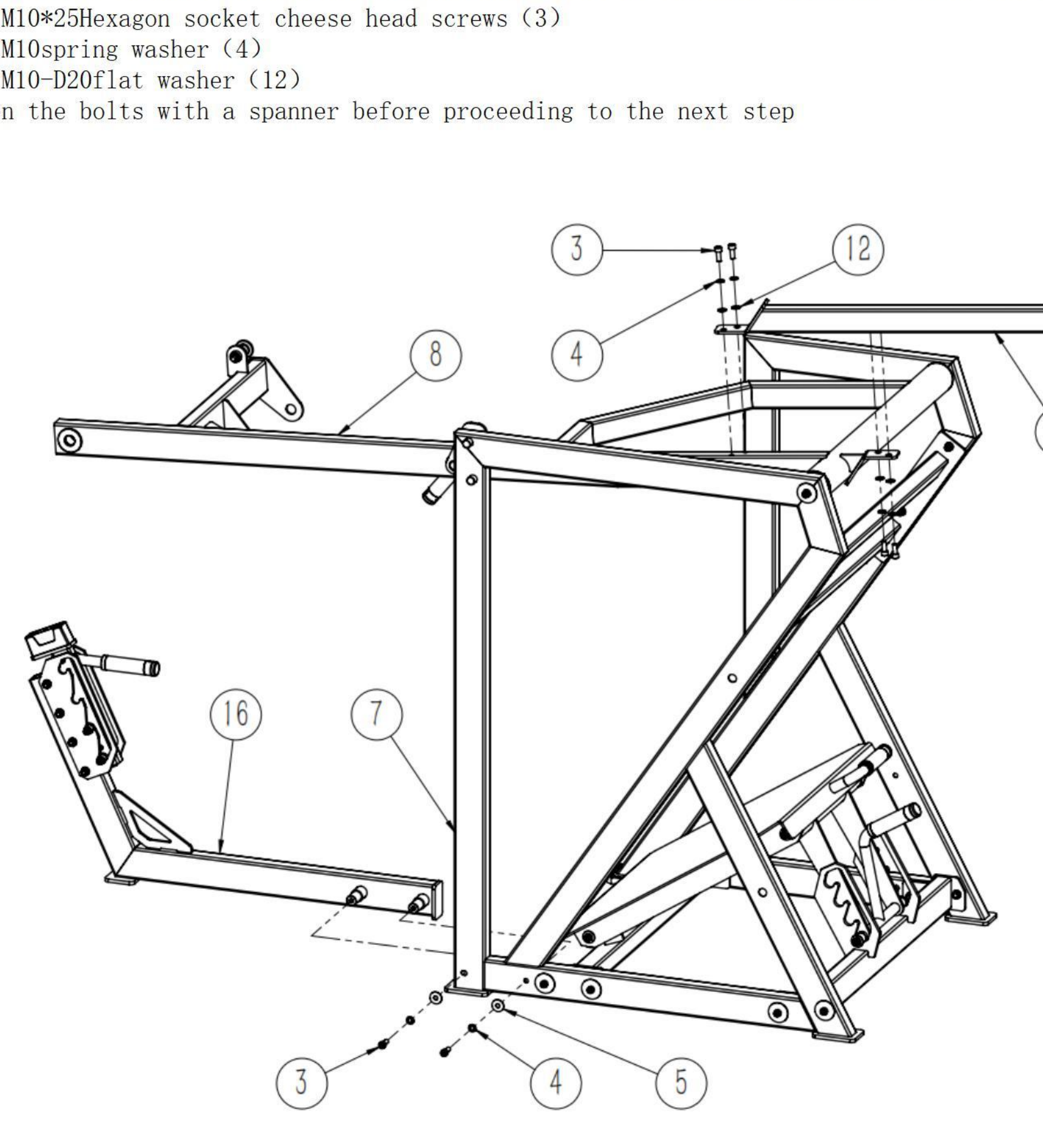
- 2×M10*25Hexagon socket cheese head screws (3)
- 2×M10spring washer (4)
- 2×M10-D30flat washer (5)

Tighten the bolts with a spanner before proceeding to the next step

Step 5:Attach the Force Arm Balance Weight Rack (17) to the Deep Squat Force Arm (8) using.

- 4×M10*25Hexagon socket cheese head screws (3)
- 4×M10spring washer (4)
- 4×M10-D20flat washer (12)

Tighten the bolts with a spanner before proceeding to the next step



assemble

Step 6:Attach the Squat Back Chair Rack (18) to the Deep Squat Shoulder Pad Rack (19) using the following method:

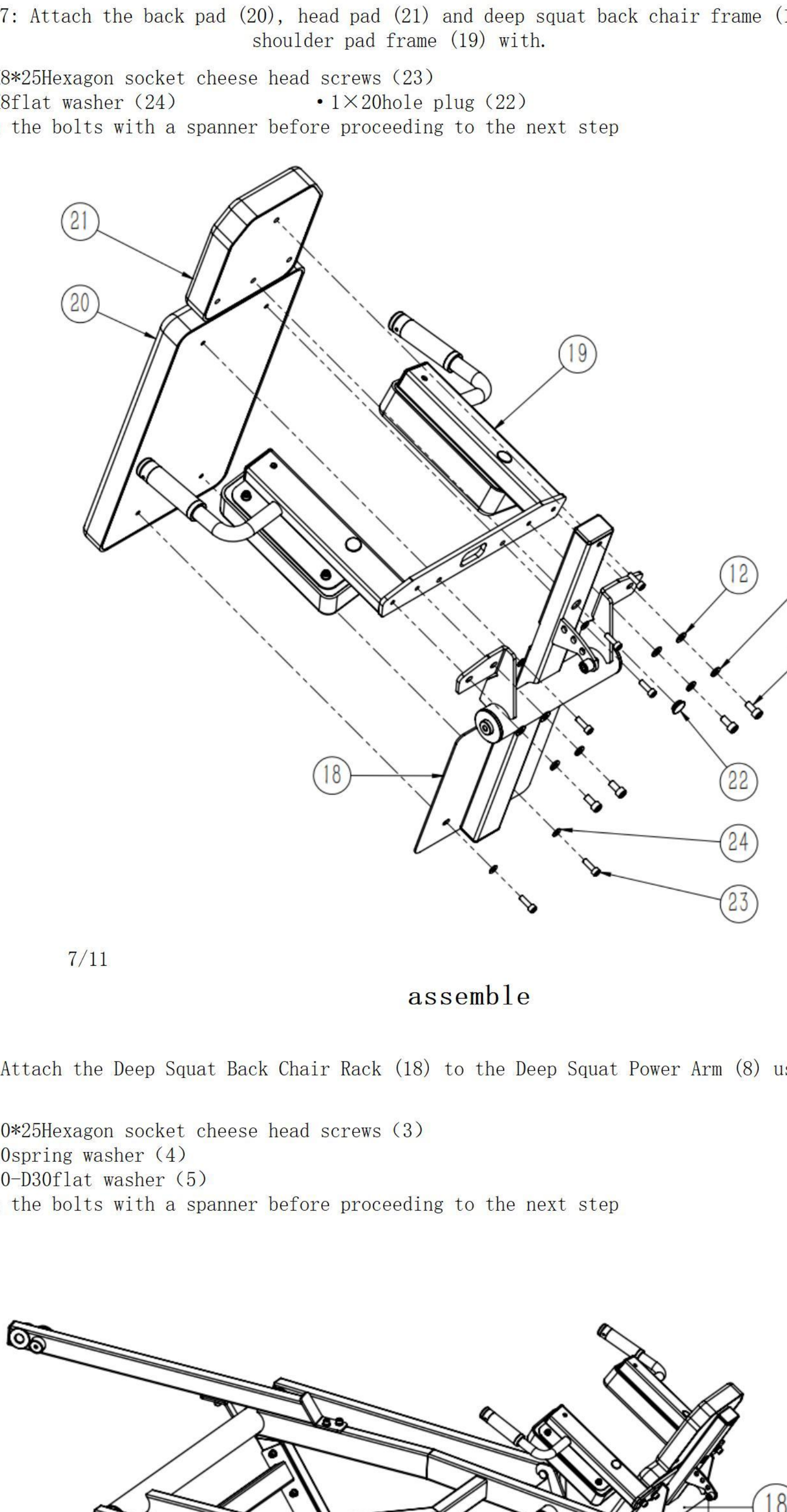
- 4×M10*20Hexagon socket cheese head screws (25)
- 4×M10spring washer (4)
- 4×M10-D20flat washer (12)

Tighten the bolts with a spanner before proceeding to the next step

Step 7: Attach the back pad (20), head pad (21) and deep squat back chair frame (18) and shoulder pad frame (19) with.

- 6×M8*25Hexagon socket cheese head screws (23)
- 4×M8flat washer (24)
- 1×20hole plug (22)

Tighten the bolts with a spanner before proceeding to the next step

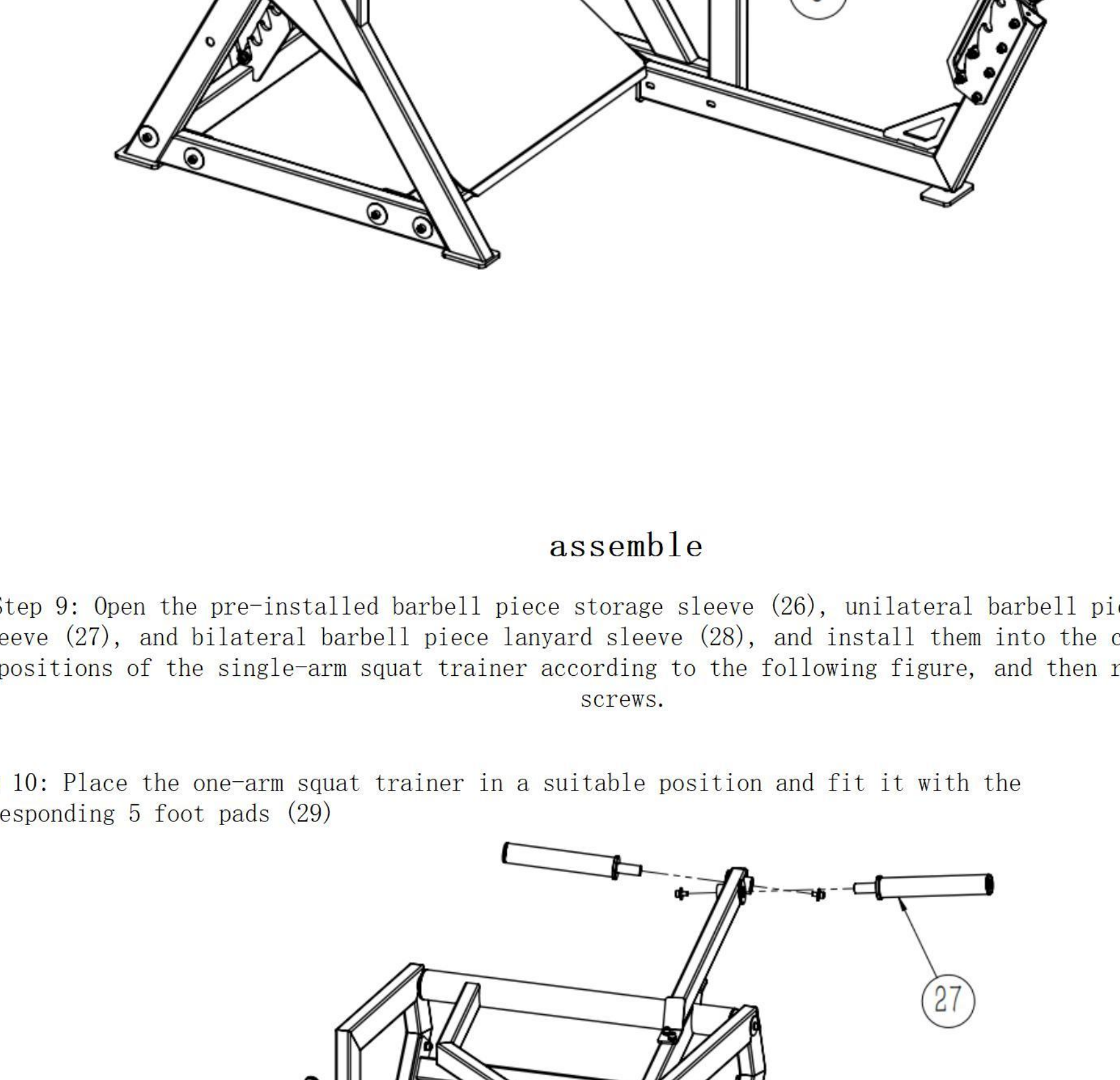


assemble

Step 8:Attach the Deep Squat Back Chair Rack (18) to the Deep Squat Power Arm (8) using the following method:

- 2×M10*25Hexagon socket cheese head screws (3)
- 2×M10spring washer (4)
- 2×M10-D30flat washer (5)

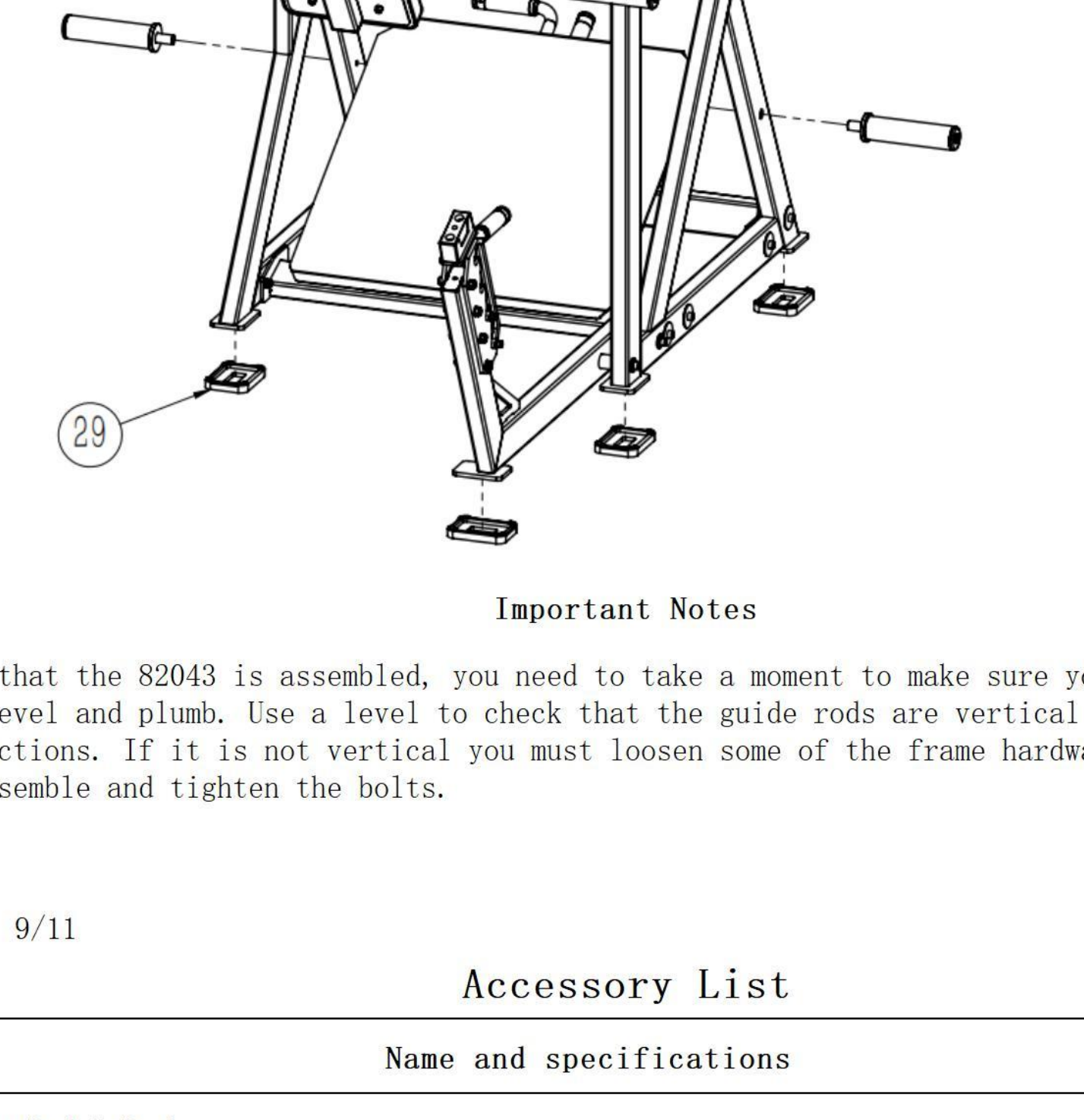
Tighten the bolts with a spanner before proceeding to the next step



assemble

Step 9: Open the pre-installed barbell piece storage sleeve (26), unilateral barbell piece lanyard sleeve (27), and bilateral barbell piece lanyard sleeve (28), and install them into the corresponding positions of the single-arm squat trainer according to the following figure, and then re-lock the screws.

Step 10: Place the one-arm squat trainer in a suitable position and fit it with the corresponding 5 foot pads (29)



Important Notes

Now that the 82043 is assembled, you need to take a moment to make sure your unit is level and plumb. Use a level to check that the guide rods are vertical in both directions. If it is not vertical you must loosen some of the frame hardware to reassemble and tighten the bolts.

Accessory List

NO	Name and specifications	QTY
1	Squat Pedal Rack	1
2	Bottom connection bracket 2	1
3	M10*25Hexagon socket cheese head screws	22
4	M10Spring shims	26
5	M10-D30Flat gasket	8
6	Squat Left Rack	1
7	Squat Right Rack	1
8	squat force arm	1
9	Bottom connection bracket 1	1
10	Left and right frame connectors	1
11	M10-D50flat washer	10
12	M10-D20flat washer	24
13	M10Self-locking nuts	8
14	M10*60Hexagon socket cheese head screws	8
15	Support Adjustment Frame	1
16	Force Arm Lower Limit Bracket	1
17	Force Arm Counterbalance	1
18	Squat Back Chair Rack	1
19	Squat Shoulder Rack	1
20	backpack	1
21	headrest	1

Accessory List

NO	Name and specifications	QTY
22	20hole plug	1
23	M8*25Hexagon socket cheese head screws	6
24	M8Flat gasket	4
25	M10*20Hexagon socket cheese head screws	4
26	Barbell piece storage sleeves	4
27	Unilateral Barbell Piece Hanging Sleeve	2
28	Bilateral barbell plate hanging sleeve	1
29	footrest	5

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