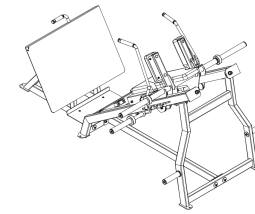


82035 • 45 Degree Hack Squat

INSTALLATION MANUAL



Before Installation

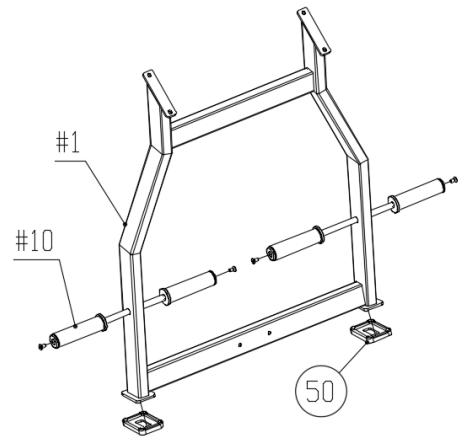
Before You Start

- 01 Read all instructions before installation. Check all parts and quantities against the parts list. Contact after-sales service immediately if any part is missing or damaged in transit.
- 02 Assemble the equipment according to the instructions. After assembly, understand all functions before use. Stop using the equipment immediately if a problem occurs. Check the instructions and contact after-sales service if the problem cannot be resolved.

Tools Required

- Rubber Mallet
- Spirit Level
- Hex Keys
- Snap-Ring Pliers
- Adjustable Wrench
- 2 People

Assembly



STEP 1 & 2

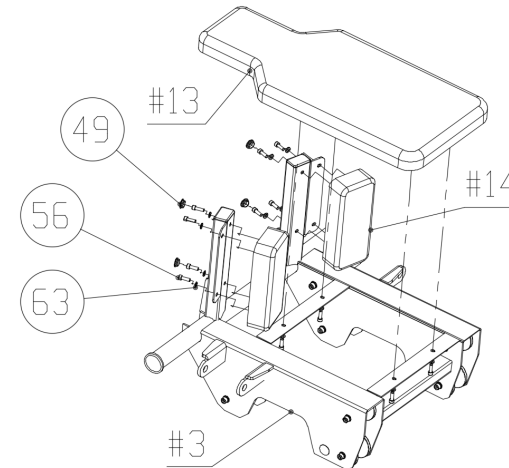
STEP 1
Connect #1 and #10 to form #BCP1.

STEP 2
Install two rectangular foot pads (#50) on #BCP1.

HARDWARE

- Rectangular Foot Pad (#50)

× 2



STEP 3

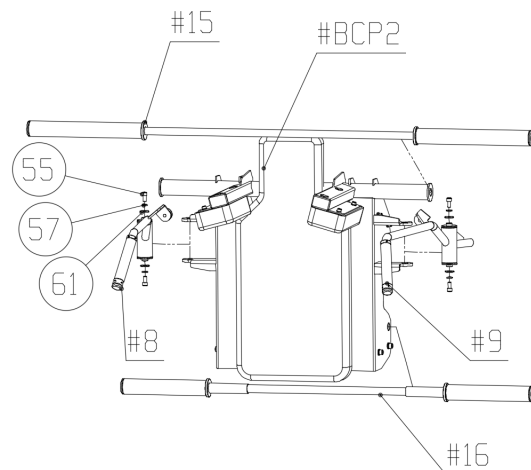
ACTION
Connect #3, #13, #14, and #49 with the listed hardware to form #BCP2.

HARDWARE

- Socket Head Cap Screw M8×25 (#56)
- Flat Washer M8-D16 (#63)

× 12

× 12



STEP 4

ACTION
Connect #8, #9, #15, #16, and #BCP2 with the listed hardware to form #BCP3.

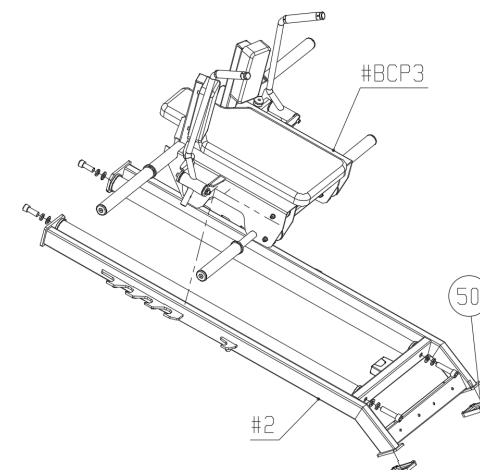
HARDWARE

- Socket Head Cap Screw M10×20 (#55)
- Flat Washer M10-D30 (#61)
- Spring Washer M10 (#57)

× 4

× 4

× 4



STEP 5 & 6

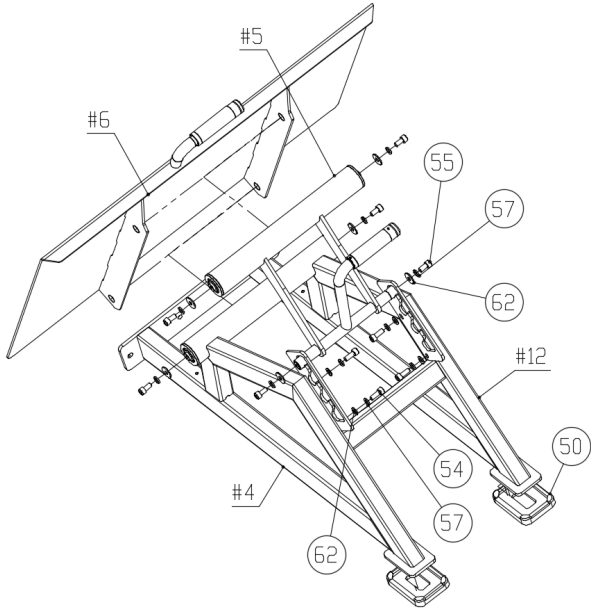
STEP 5
Connect #2 and #BCP3 to form #BCP4.

STEP 6
Install two rectangular foot pads (#50) on #BCP4.

HARDWARE

- Rectangular Foot Pad (#50)

× 2



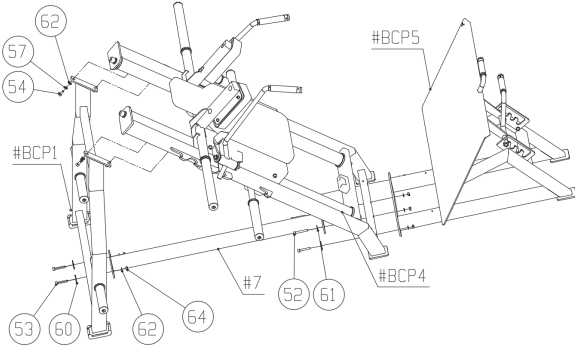
STEP 7 & 8

STEP 7
Connect #4, #5, #6, and #12 with the listed hardware to form #BCP5.

- HARDWARE**
- Socket Head Cap Screw M10×25 (#54) × 4
 - Spring Washer M10 (#57) × 4
 - Flat Washer M10-D20 (#62) × 4
 - Socket Head Cap Screw M10×20 (#55) × 6
 - Spring Washer M10 (#57) × 6
 - Flat Washer M10-D30 (#61) × 6

STEP 8
Install two rectangular foot pads (#50) on #BCP5.

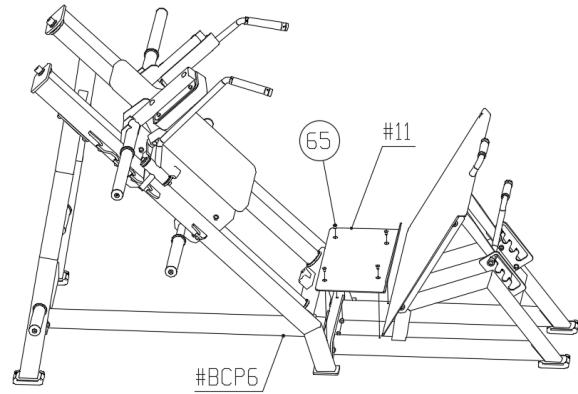
- HARDWARE**
- Rectangular Foot Pad (#50) × 2



STEP 9

ACTION
Connect #BCP1, #BCP4, #BCP5, and #7 with the listed hardware to form #BCP6.

- HARDWARE**
- Socket Head Cap Screw M10×25 (#54) × 4
 - Spring Washer M10 (#57) × 4
 - Flat Washer M10-D20 (#62) × 4
 - Socket Head Cap Screw M10×60 (#53) × 4
 - Socket Head Cap Screw M10×70 (#52) × 2
 - Flat Washer M10-D50 (#60) × 4
 - Flat Washer M10-D30 (#61) × 2
 - Flat Washer M10-D20 (#62) × 6
 - Self-Locking Hex Nut M10 (#64) × 6



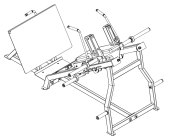
STEP 10

ACTION
Connect #BCP6 and #11 with the listed screws.

- HARDWARE**
- Hex Socket Countersunk Head Screw M8×16 (#65) × 4

FINAL CHECK

- 01 Check that the assembled machine is level and vertical.



Parts List

Preassembled parts are not listed in this table.

NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY
1	#1	1	11	#11	1	54	Socket Head Cap Screw M10×25	8
2	#2	1	12	#12	2	55	Socket Head Cap Screw M10×20	10
3	#3	1	13	#13	1	56	Socket Head Cap Screw M8×25	12
4	#4	1	14	#14	2	57	Spring Washer M10	18
5	#5	1	15	#15	1	60	Flat Washer M10-D50	4
6	#6	1	16	#16	1	61	Flat Washer M10-D30	12
7	#7	1	49	20 Hole Plug	4	62	Flat Washer M10-D20	14
8	#8	1	50	Rectangular Foot Pad	6	63	Flat Washer M8-D16	12
9	#9	1	52	Socket Head Cap Screw M10×70	2	64	Self-Locking Hex Nut M10	6
10	#10	2	53	Socket Head Cap Screw M10×60	4	65	Hex Socket Countersunk Head Screw M8×16	4