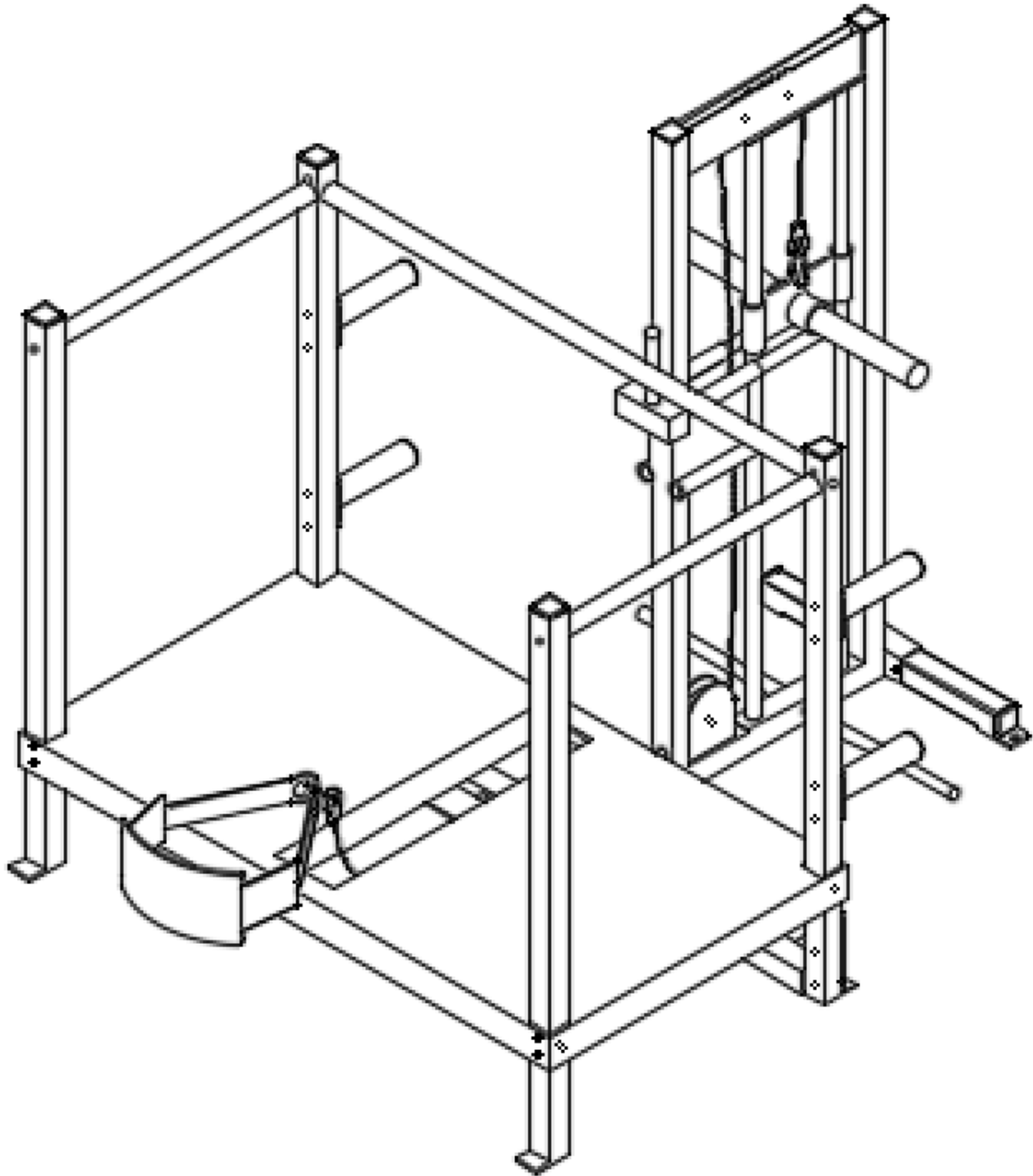


Belt Squat Machine



⚠ WARNING

Read all safety warnings, instructions and illustrations provided for this piece of strength equipment. Failure to follow all instructions listed below may result in serious injury or death. User assumes all potential risks of assembly or use of this product.

PERSONAL SAFETY

- Stay alert, watch what you are doing when assembling and operating the strength equipment. Do not use the strength equipment while you are tired or under the influence of drugs, alcohol or medication. A moment of inattention while operating or assembling the strength equipment may result in serious or fatal injury.

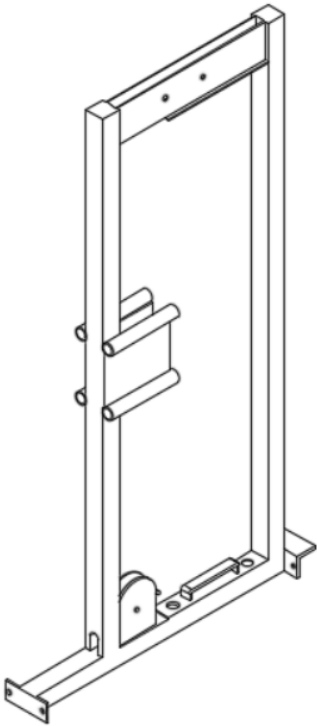
EQUIPMENT USE AND CARE

- Visually inspect all components in order to identify potential deformation or damage. If damages are observed, discontinue assembly and contact the manufacturer at shipping@texasstrengthsystems.com, wesz@texasstrengthsystems.com.
- Multiple components involved with assembly of this piece of strength equipment are above 50lbs and it is recommended that you have an additional person to assist in the positioning of these items.
- Ensure that all components are securely fastened before use.

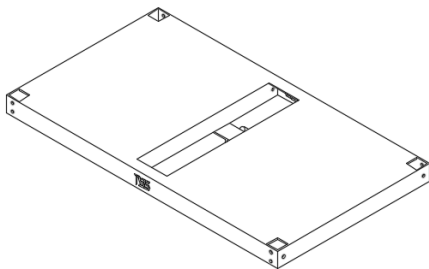
Required Tools

- Crescent Wrench
- 9/16" Socket and Wrench
- 5/32 Allen Key

Parts



BSM-001 | (x1) | Part A



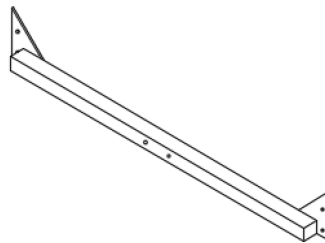
BSM-002 | (x1) | Part B



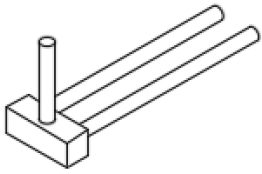
BSM-003 | (x2) | Part C



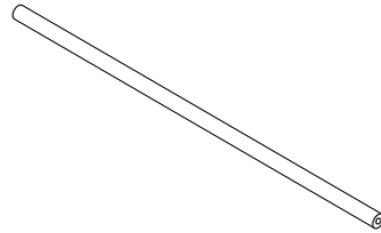
BSM-004 | (x2) | Part D



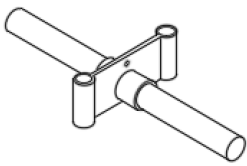
BSM-005 | (x1) | Part E



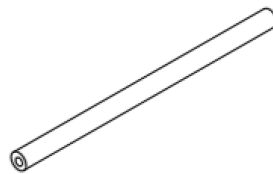
BSM-006 | (x1) | Part F



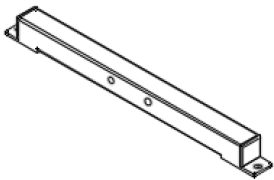
BSM-010 | (x1) | Part J



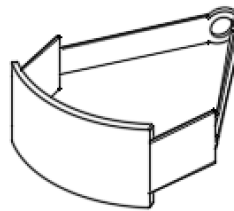
BSM-007 | (x1) | Part G



BSM-011 | (x2) | Part K



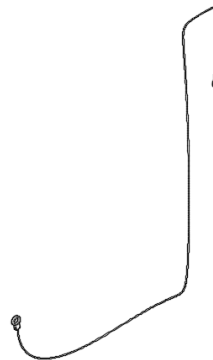
BSM-008 | (x1) | Part H



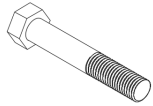
BSM-012 | (x1) | Part L



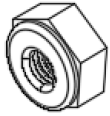
BSM-009 | (x2) | Part I



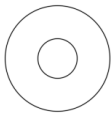
BSM-013 | (x1) | Part M



3/8" x 3" Bolt | (x20) | Part N
(Upgrade) (x28)



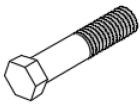
3/8" Lock Nut | (x24) | Part O
(Upgrade) (x32)



3/8" Flat Washer | (x20) | Part P
(Upgrade) (x28)



Set Screw Collar | (x2) | Part Q



3/8" x 2" Bolt | (x4) | Part R

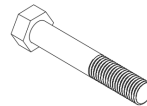


4 1/2" Pulley | (x2) | Part S

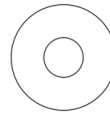
Pre-assembled



2 1/2" Pulley | (x2) | Part T
Pre-assembled



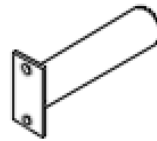
5/8" x 2 1/2" Bolt | (x6) | Part U



5/8" Flat Washer | (x6) | Part V



Carabiner | (x3) | Part W



BSM-015 | (x4) | Part WS
(Upgrade)

**Additional hardware includes 3" bolt (O), 3/8" lock nut (P), and 3/8" flat washer (Q) (8)*

Assembly

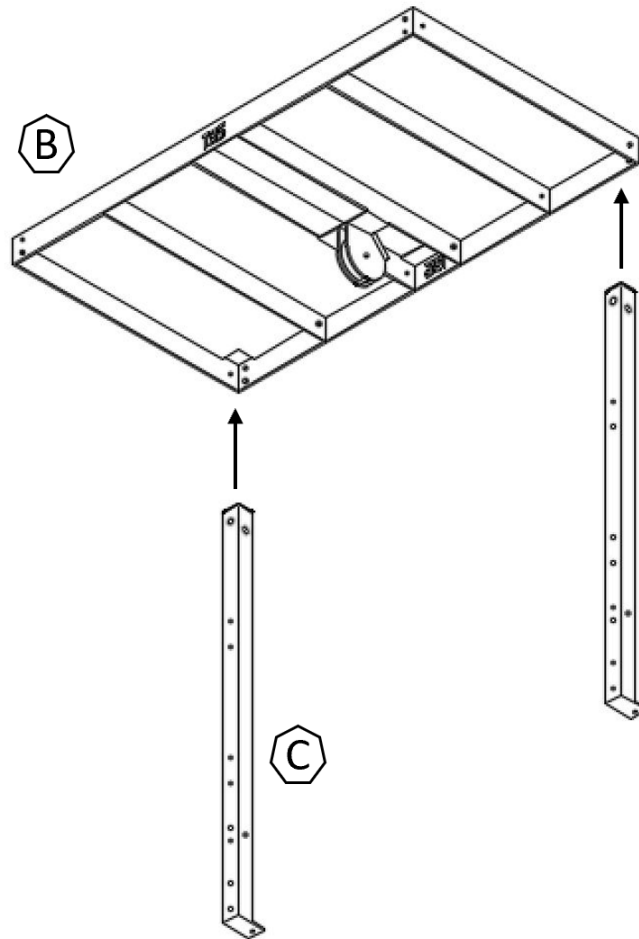


Image 1

Part C will be placed into part B as seen in image 1.

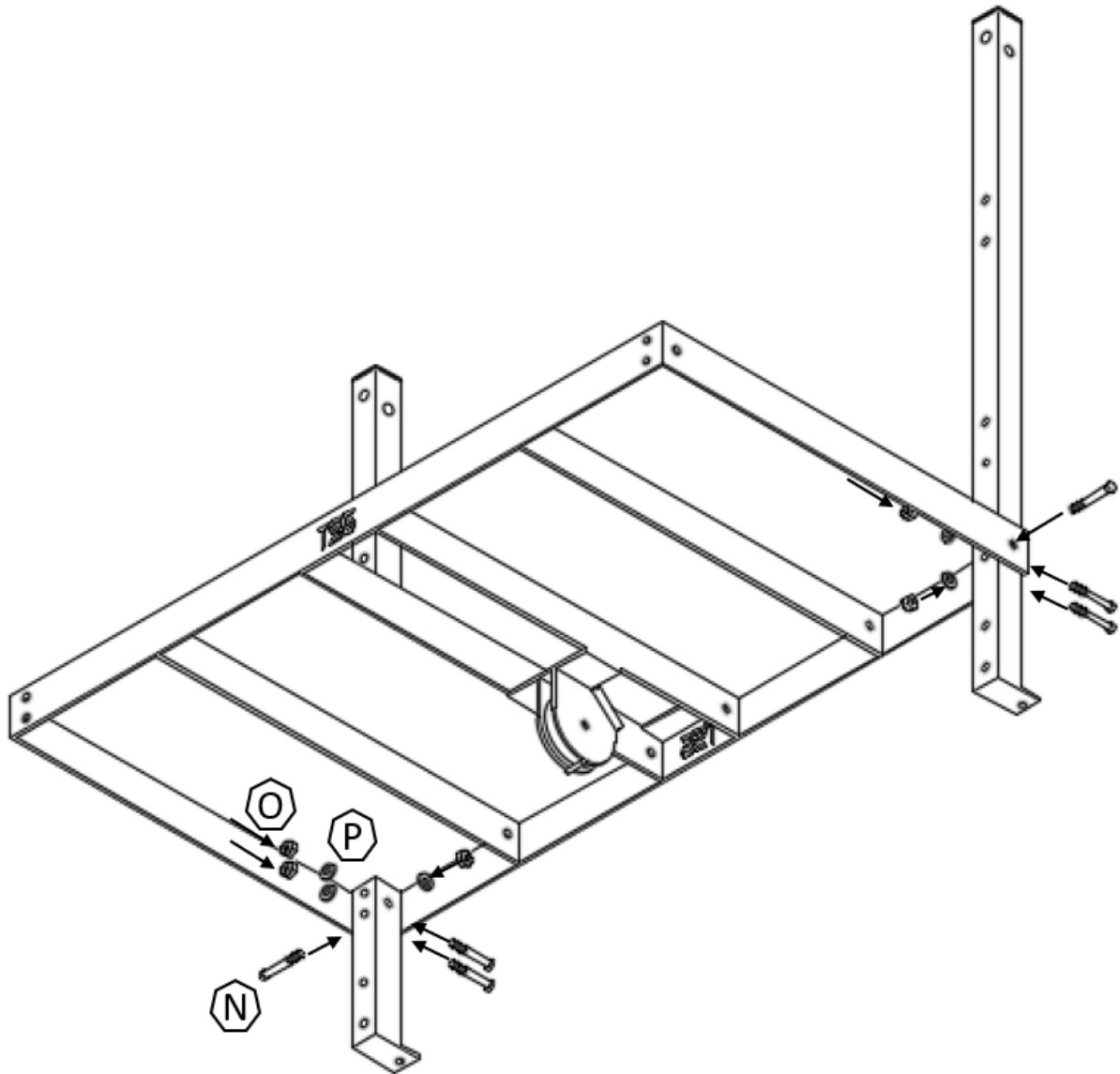


Image 2

Parts N, O, and P are placed in the orientation as seen in image 2 connecting part B and C. The hardware must be hand tight until further components are assembled.

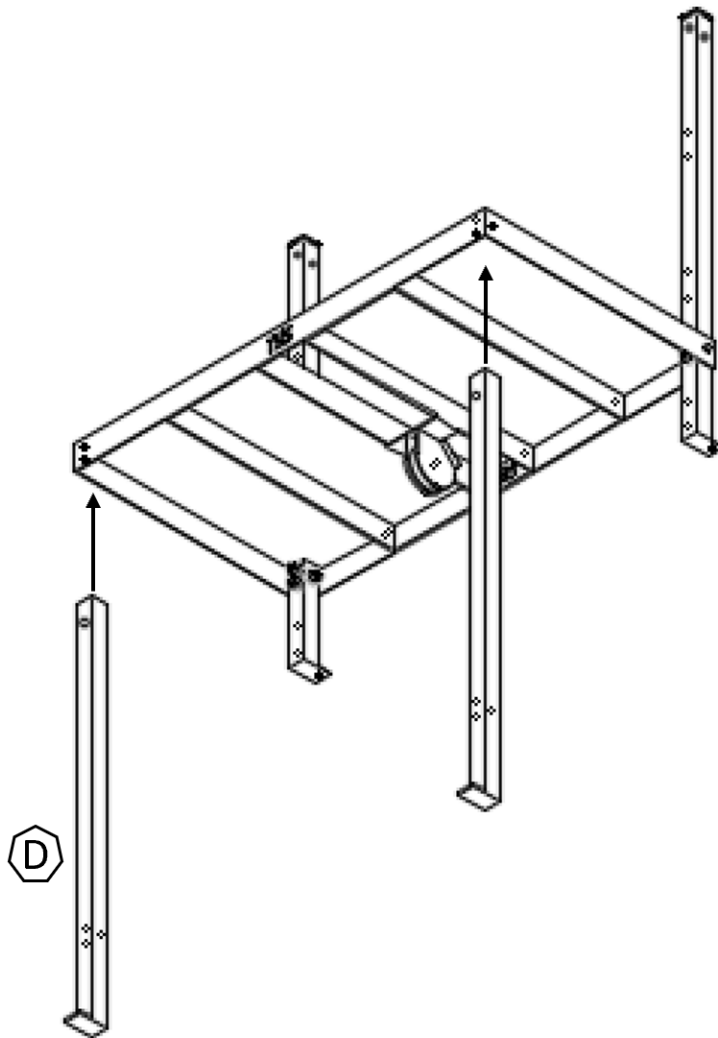


Image 3

Part D will be placed into part B as seen in image 3.

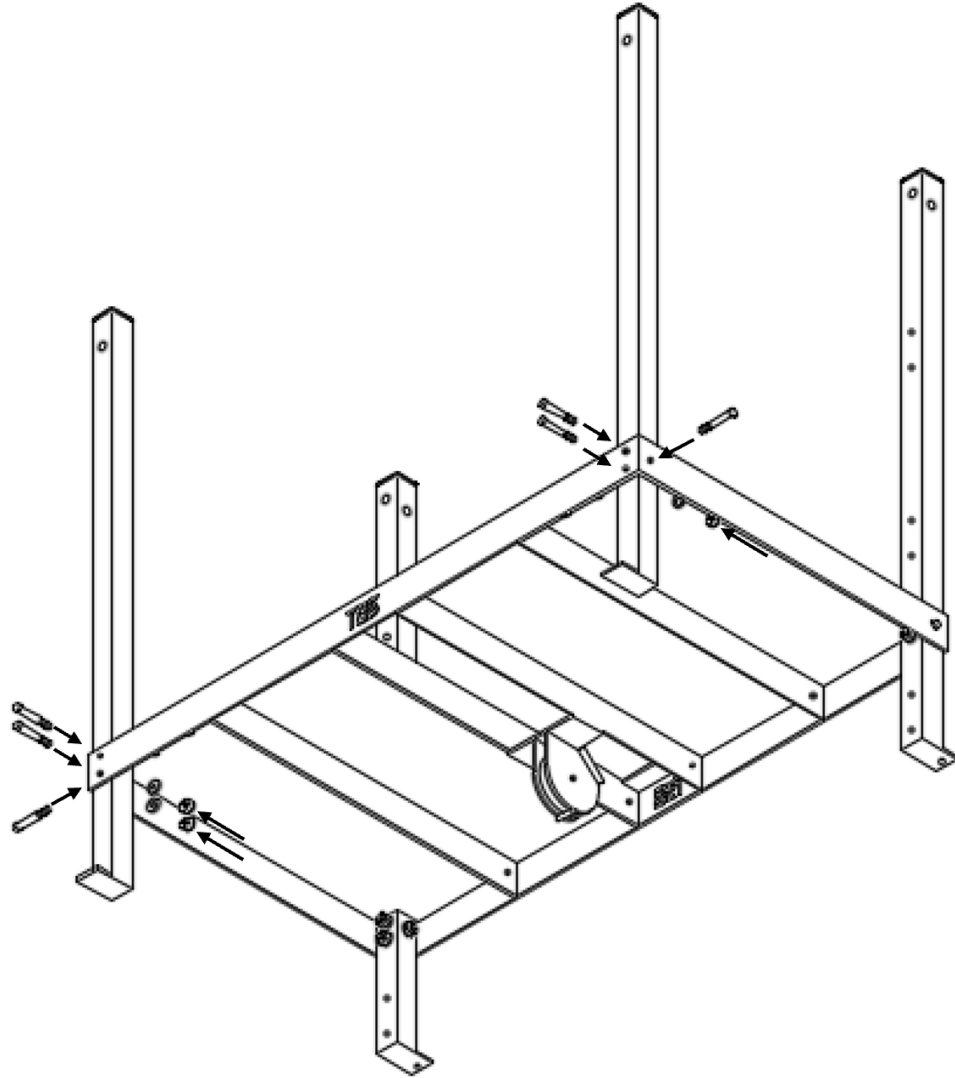


Image 4

Parts N, O, and P will be placed in the orientation seen above in image 4 to connect parts D and B.

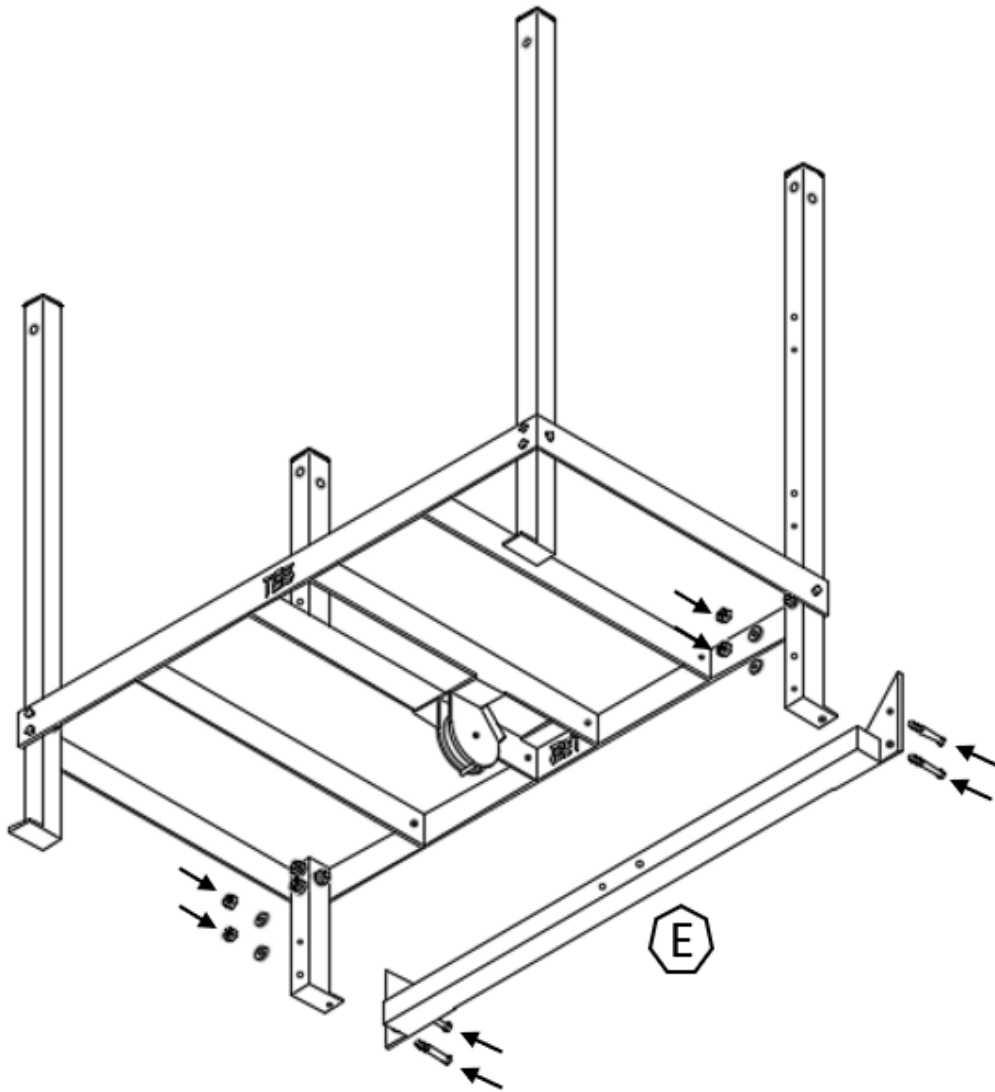


Image 5

Part E and the corresponding hardware (parts N, O, and P) are attached as seen above in image 5.

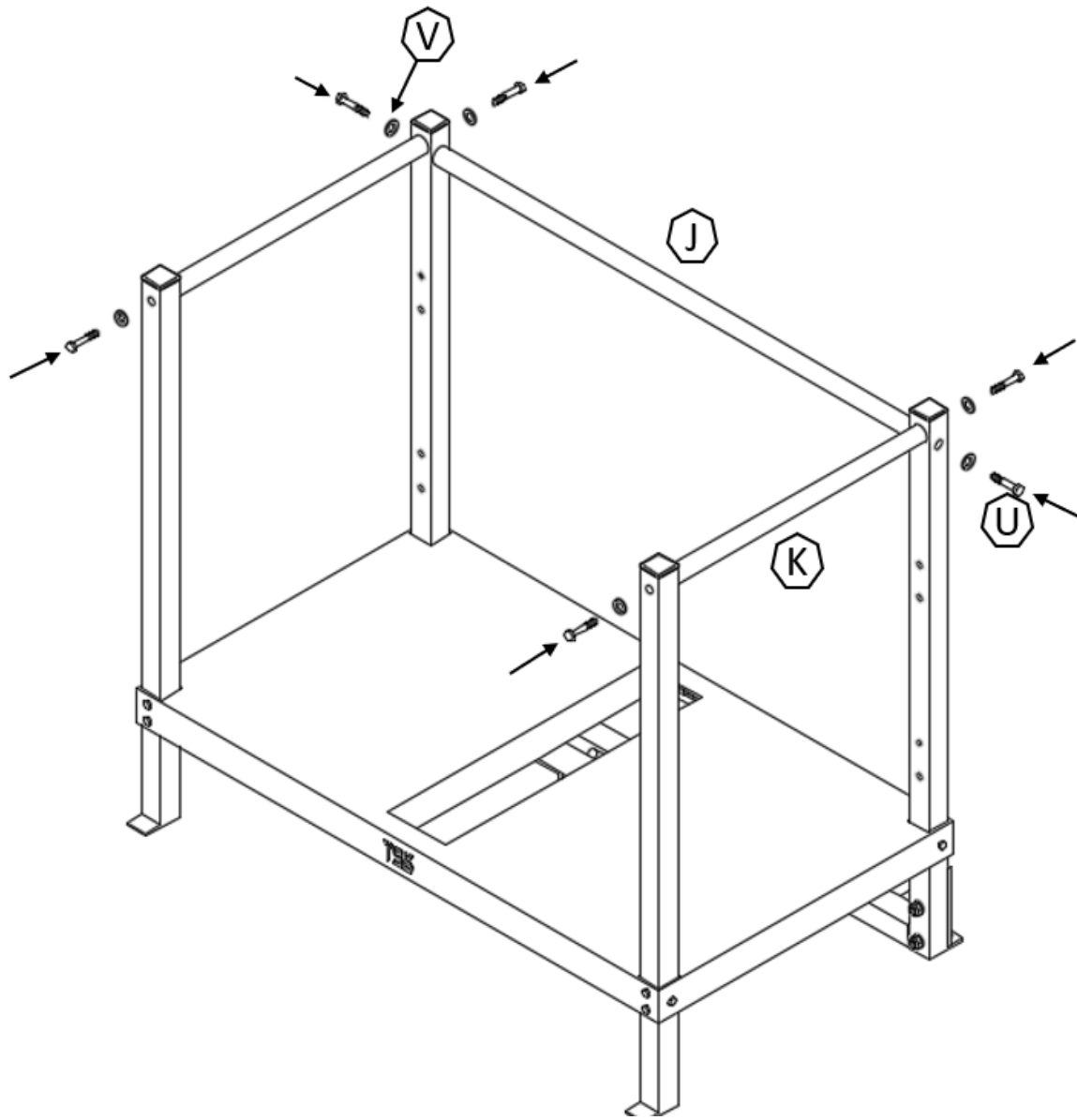


Image 6

Parts K and J are attached with parts U and V as seen above in image 6.

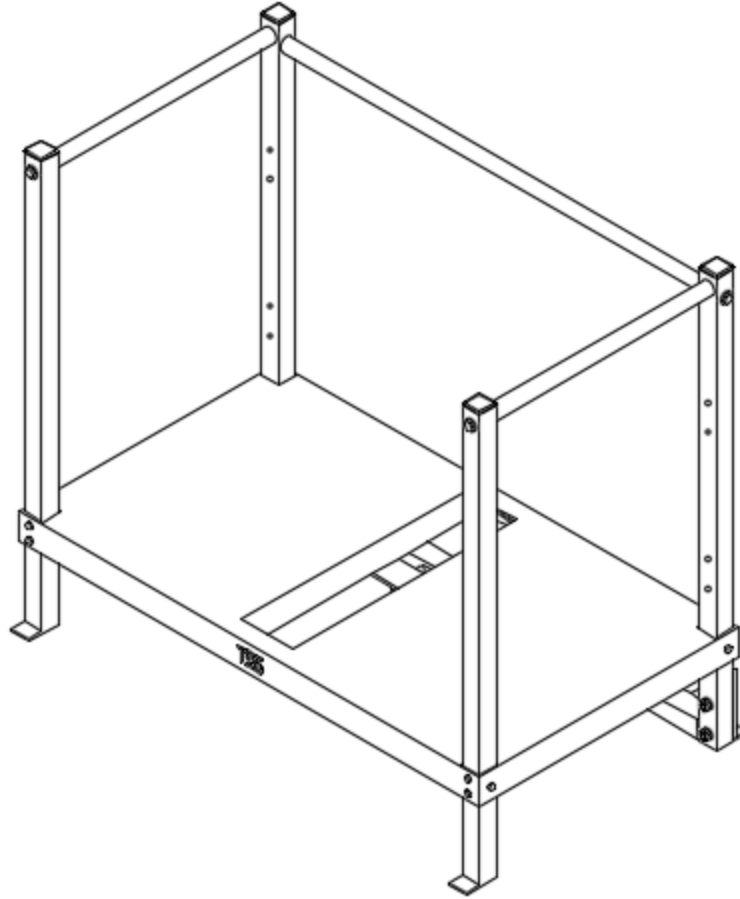


Image 7

Image 7 above displays the complete assembly of the base for the belt squat machine. Once all components are assembled as seen in image 7, all hardware (parts N, O, P, V, and U) can be tightened with a crescent wrench, 9/16" socket and 15/16" socket.

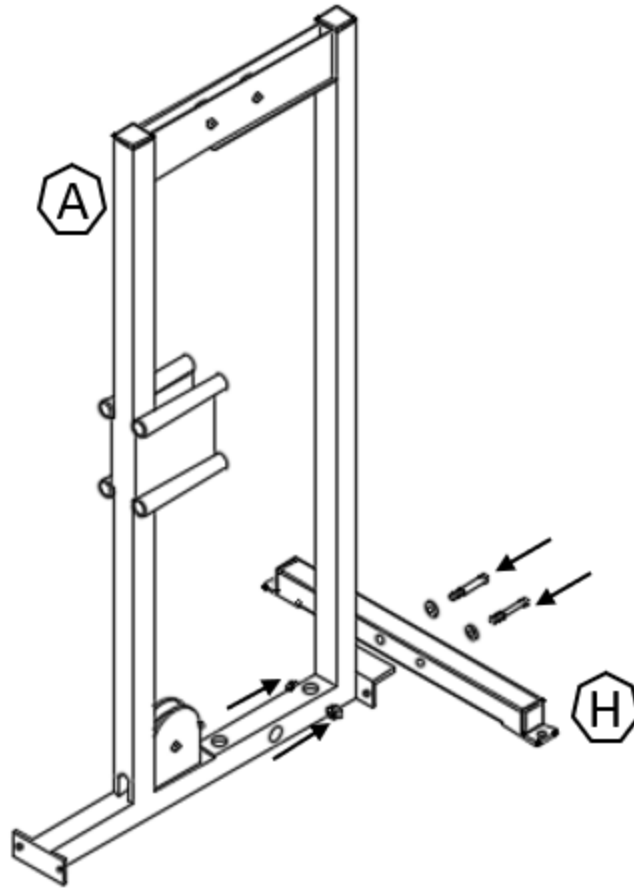


Image 8

Attach part H to part A as seen above in image 8 and tighten all hardware with a crescent wrench and 9/16" socket.

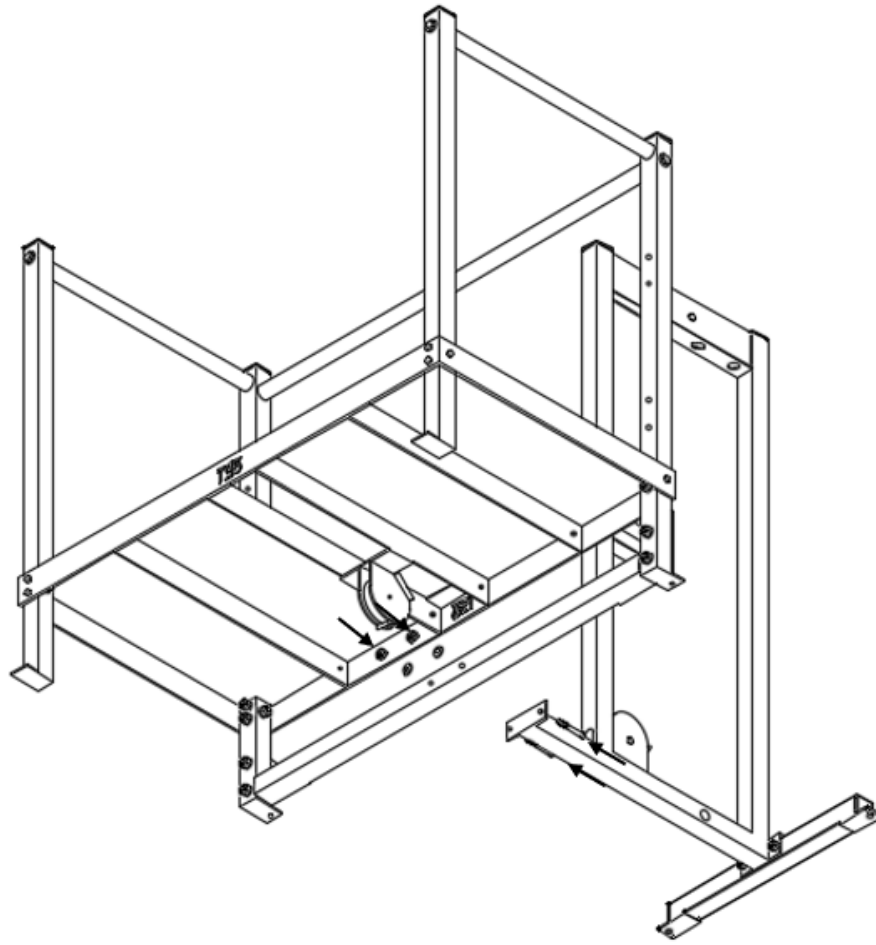


Image 9

Attach part A to E as seen in image 9 above. Tighten the hardware components (N, O, and P) with a crescent wrench and 9/16" socket.

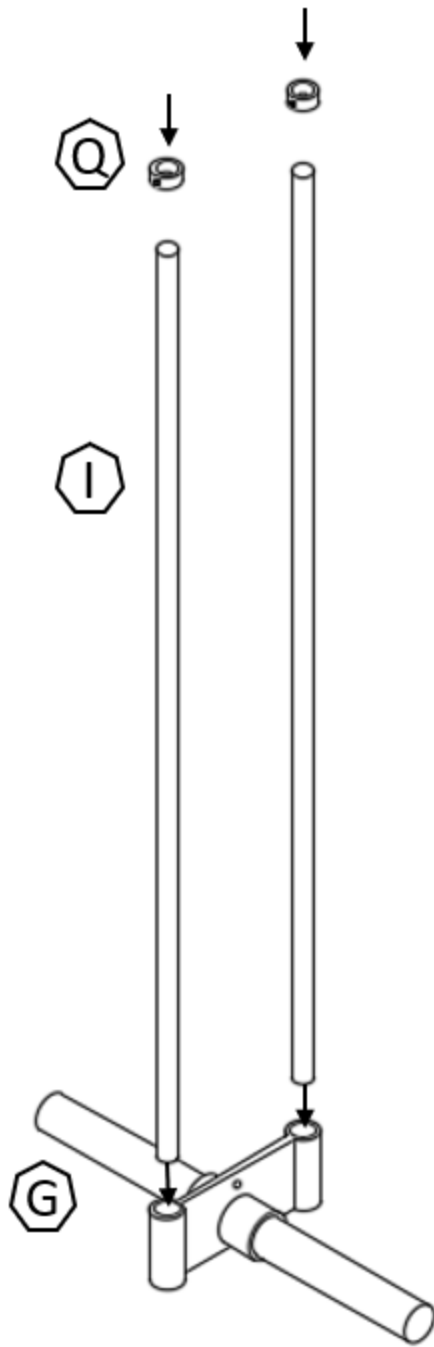


Image 10

Parts Q, I, and G are assembled as seen in image 10 above.

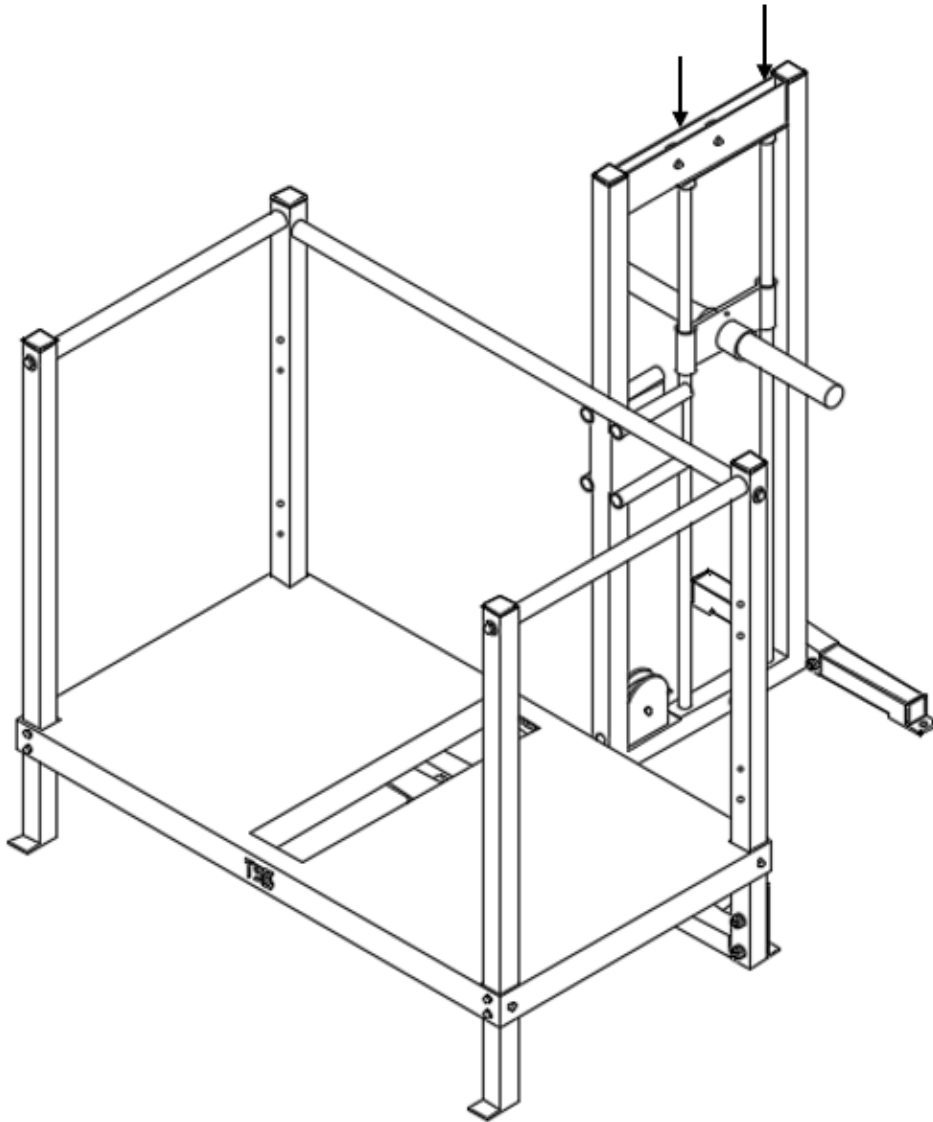


Image 11

Place the assembled components into part A as seen above in image 11. This is done by placing part I through the top of part A and then lowering part I into the inserts at the bottom of part A.

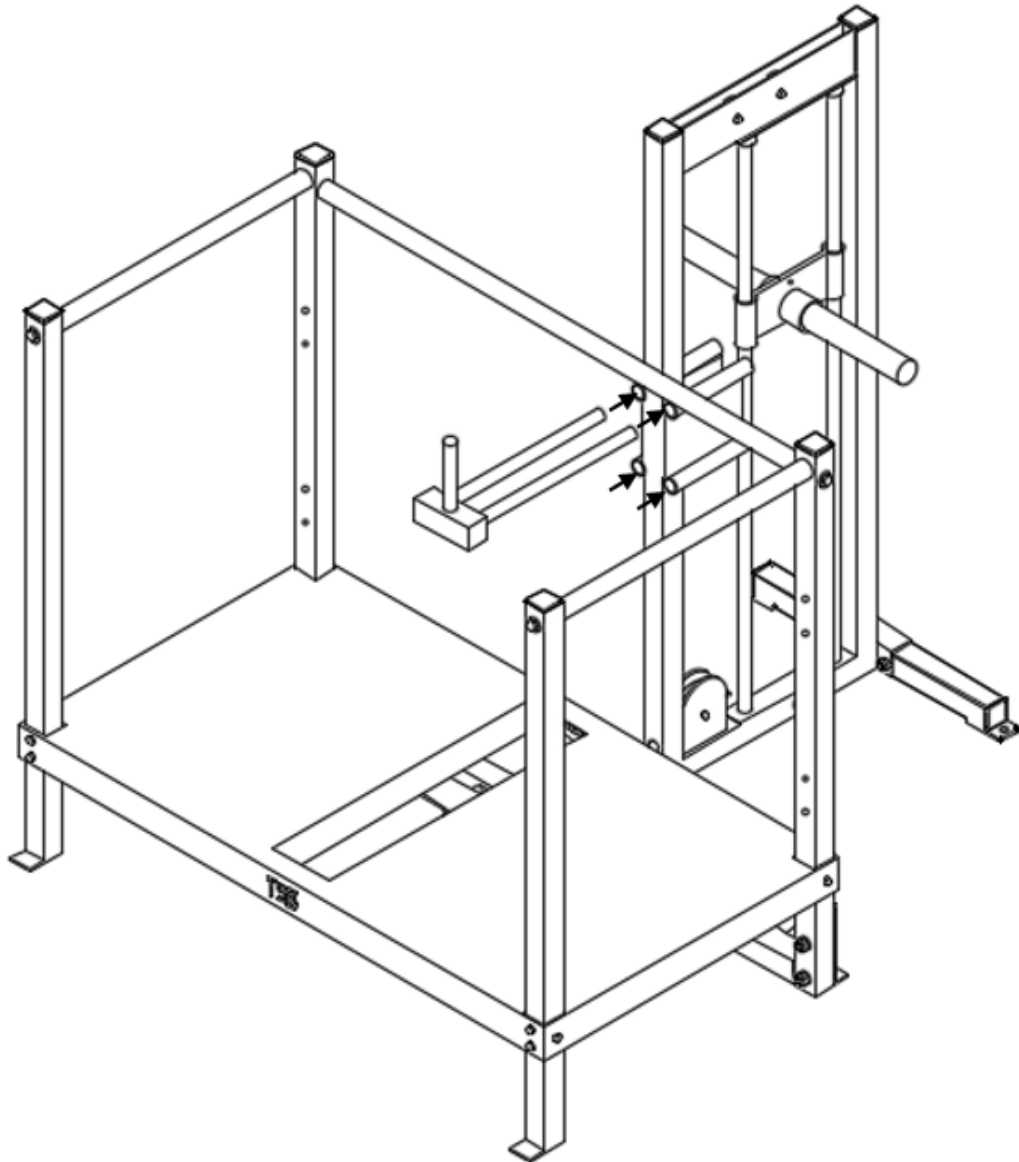


Image 12

Place part F into part A in the high or low position (User's Preference) as seen in image 12.

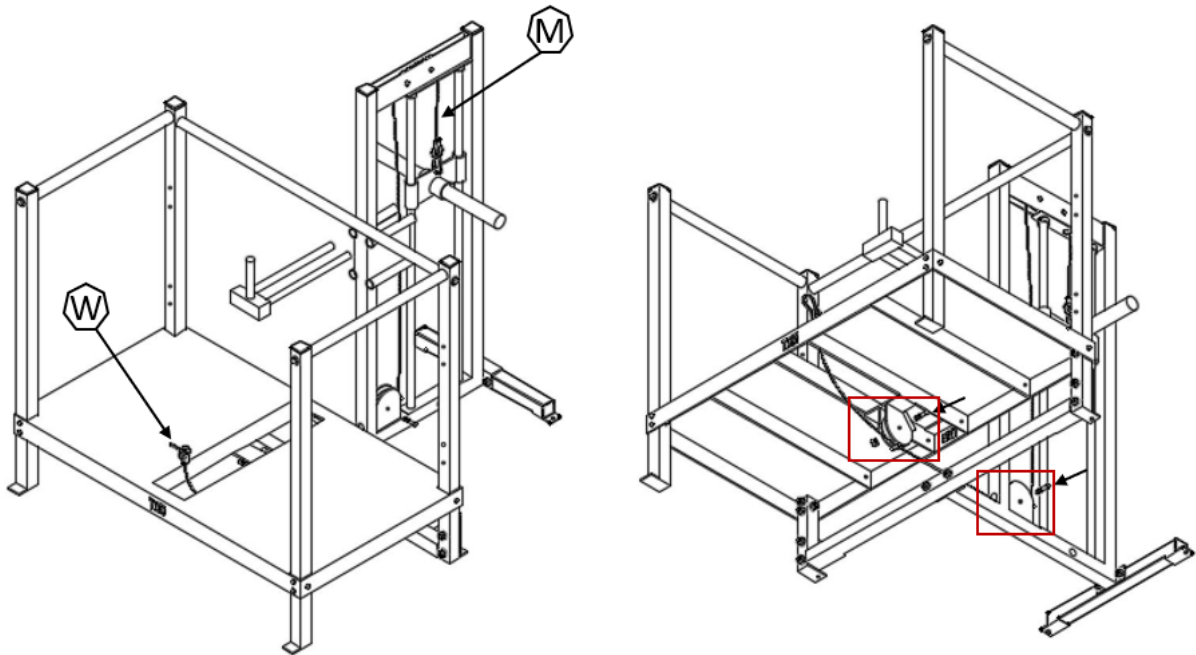


Image 13

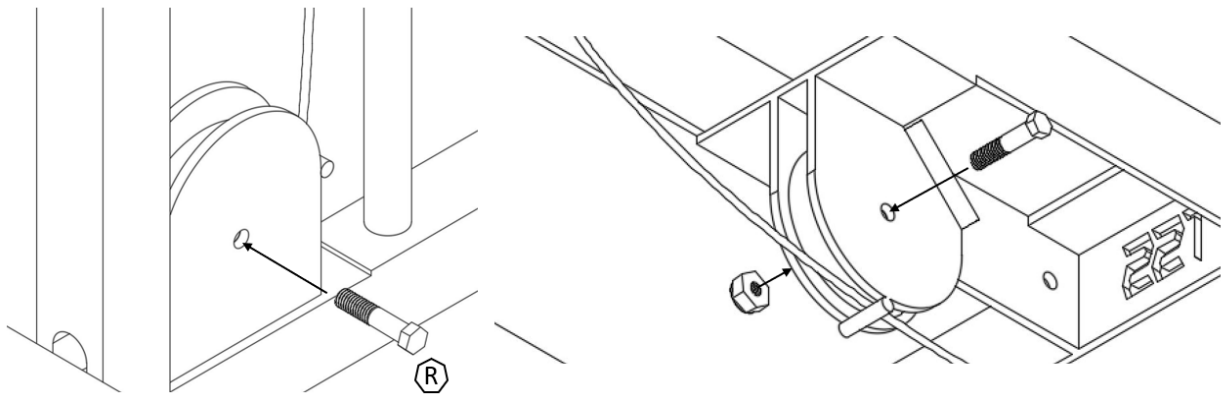


Image 14

Part M is placed through parts A and B as seen in images 13 and 14. Parts R and O must be removed in order to feed part N through both components. Once part N has been placed, tighten parts R and O in their respective locations as seen in image 14.

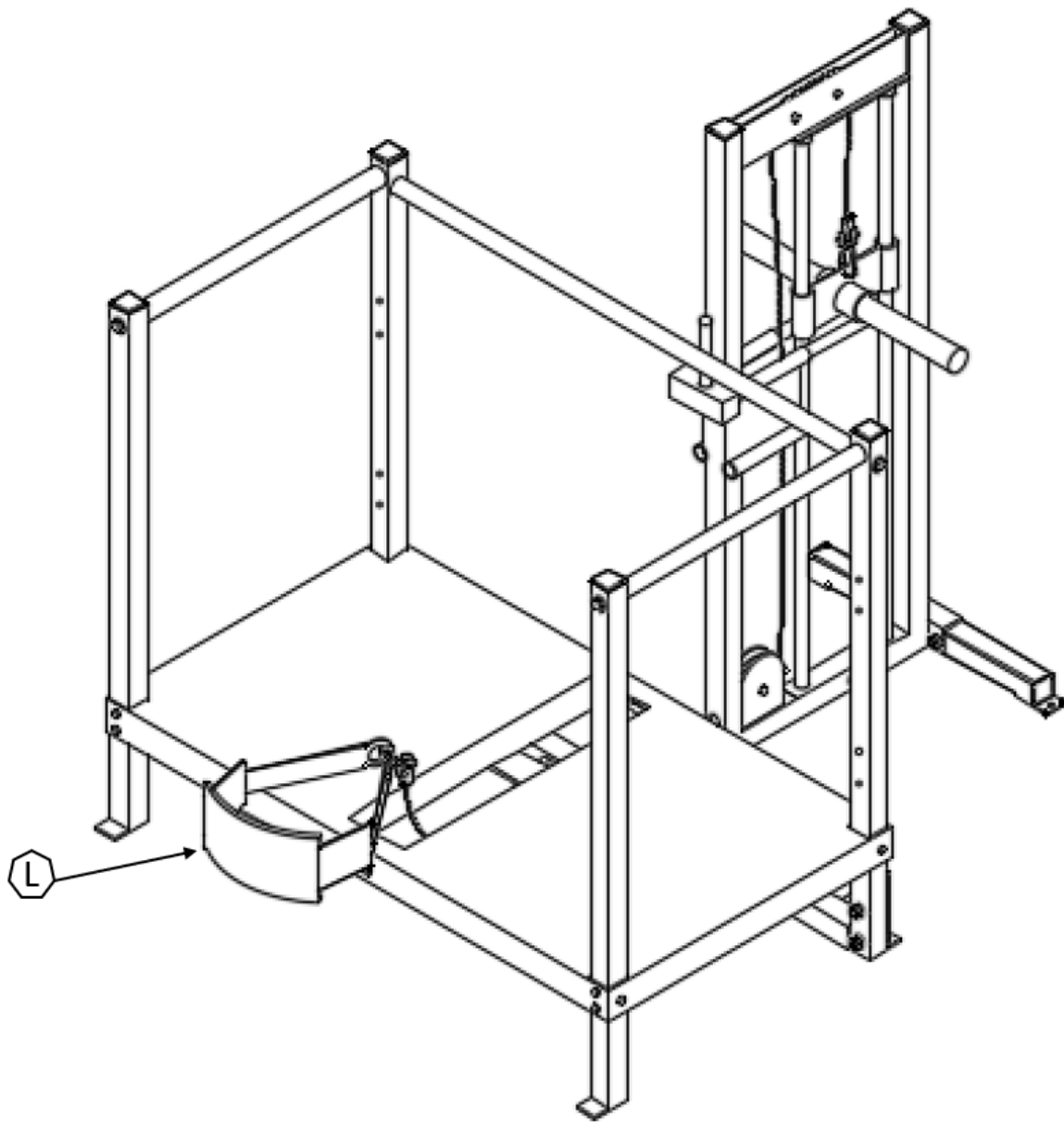


Image 15

Attach part L as seen above in image 15.

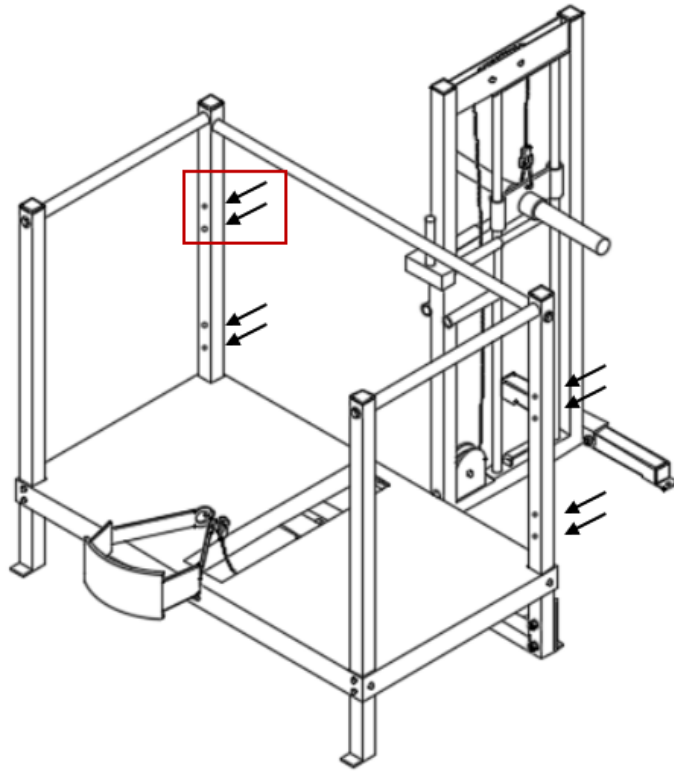


Image 17

Part WS can be placed in the locations marked above in image 17 (Upgrade).

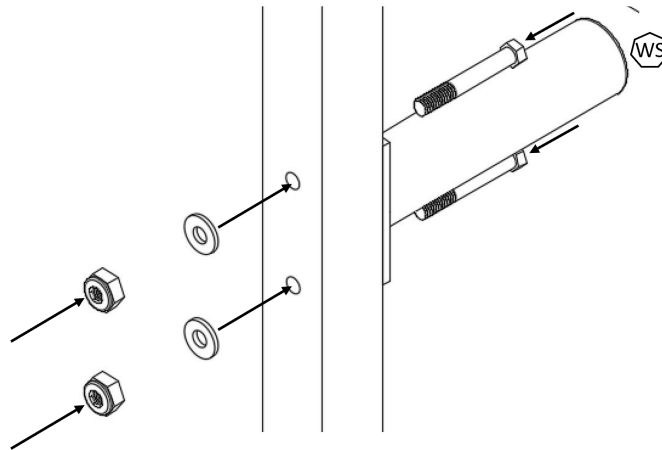
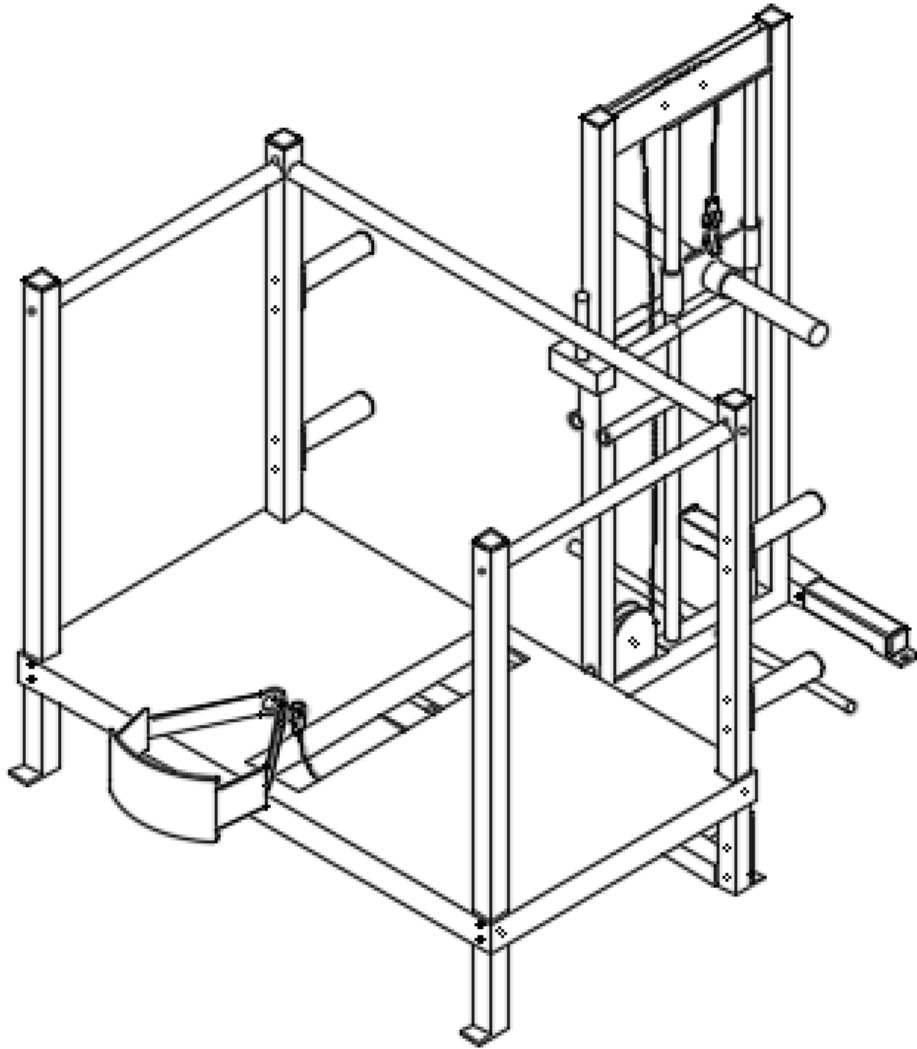


Image 18

Part WS will be attached to all locations in image 17 as seen in image 18 with components N, O, and P.



You have now completed assembling your very own Belt Squat Machine! Thank you for choosing Texas Strength Systems for your fitness needs. If you have any questions, comments, or concerns please don't hesitate to contact our staff.

Contact Information

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Phone: (210) 233-6110, (210)-920-4877