



MAMMOTH SQUAT STAND

Installation Manual

MAMMOTH SQUAT STAND

Disclaimer

This equipment must be used with care by capable and competent individuals under supervision, if necessary. The use of any fitness equipment, including this one, involves the potential risk of injury. You accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur, and you fully and forever release and discharge BURLI, LLC, its insurers, employees, officers, directors, associates, and agents from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out of the use of said equipment.

BURLI, LLC MAKES NO WARRANTY WHATSOEVER WITH RESPECT TO THE EQUIPMENT, INCLUDING ANY WARRANTY OF MERCHANTABILITY OR WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE, WHETHER EXPRESS OR IMPLIED BY LAW, COURSE OF DEALING, COURSE OF PERFORMANCE, USAGE OF TRADE OR OTHERWISE. BUYER ASSUMES ALL LIABILITY IN USE OF THE EQUIPMENT.

MAMMOTH SQUAT STAND

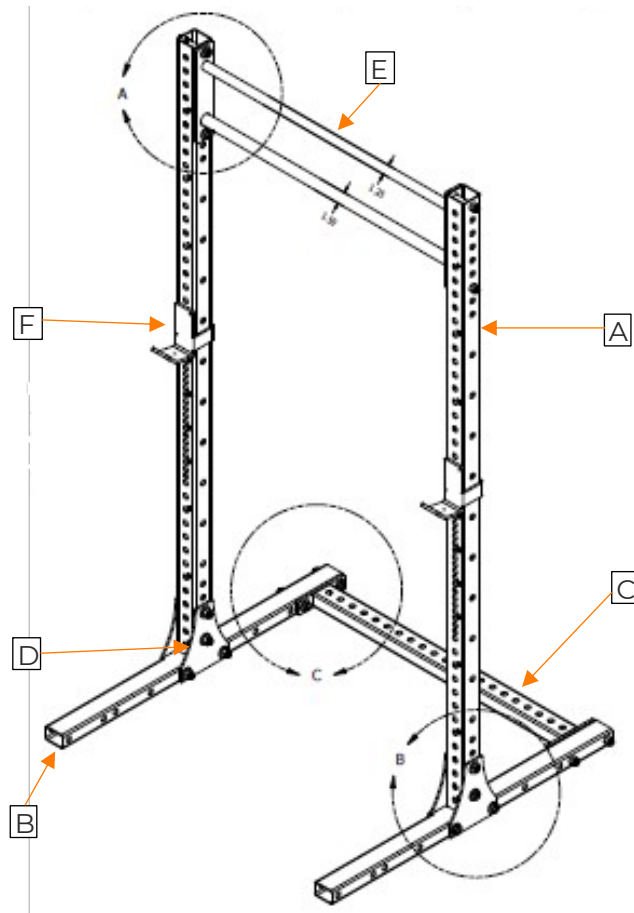
Important Safety Notes

There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. BURLI, LLC assumes no responsibility for personal injury or property damage sustained by or through use of this product.

1. This product must be assembled on a flat, level surface to assure its proper function.
2. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.
3. Keep children away from the Mammoth Squat Stand at all times.
4. Keep your hands and fingers away from moving or hinging parts.
5. Exercise with care to avoid injury.
6. If unsure about the proper use of the Mammoth Squat Stand contact BURLI, LLC at 503-406-8882.

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Parts Included



Key	Description	Quantity
A	Upright Post	x2
B	Base	x2
C	Crossmember Support	x1
D	Support Brackets	x4
E	Fat/Skinny Combo Pull-up Bar or Single Pull-up Bar	x1
F	Mammoth J-Cups	x2
	Hex Bolts (5/8" x 5")	x16
	Nyloc Nuts (5/8")	x16
	Washers (5/8")	x32

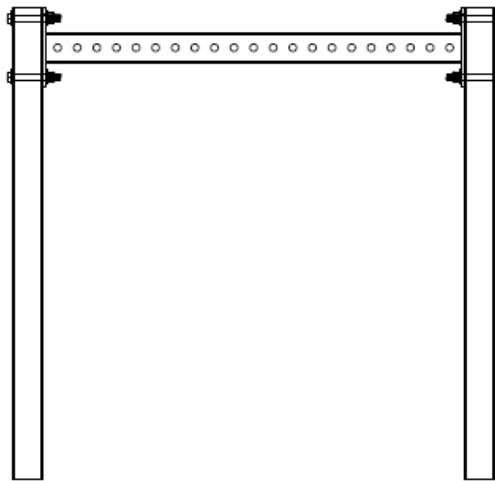
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Step 1 – Assemble Base

Tools Required: Level, Stepladder, Adjustable Wrench, 15/16th Socket Wrench

Materials Included: Base (2), Crossmember Support (1), Hex Bolt (4), Nyloc Nut (4), Washer (8)

Materials Needed: None



1. Arrange Base components approximately 4' apart and parallel to each other
2. Place Crossmember Support between Base components as illustrated
 - 2.1. **Note:** Both ends of the Base components are identical
3. Fasten Crossmember Support to Base components
 - 3.1. Slide Washer onto Hex Bolt
 - 3.2. Thread Hex Bolt and Washer through Base component and Crossmember support toward the middle of the Squat Stand
 - 3.3. Slide second Washer onto Hex Bolt
 - 3.4. Fasten Nyloc Nut onto Hex Bolt
 - 3.5. Repeat 4x
4. Tighten all 4 Hex Bolts using Adjustable Wrench and 15/16th Socket Wrench

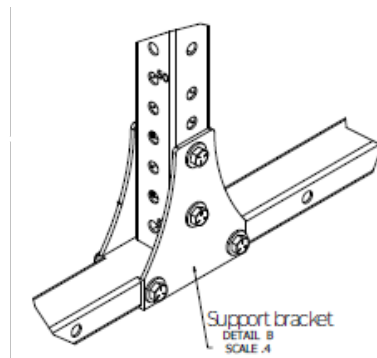
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Step 2 – Attach Upright Posts

Tools Required: Level, Adjustable Wrench, 15/16th Socket Wrench

Materials Included: Upright Post (2), Support Bracket (4), Hex Bolt (8), Nyloc Nut (8), Washer (16)

Materials Needed: None



Attach Support Brackets

1. Place 1 Support Bracket on either side of left Base component
2. Attach Support Brackets using Hex Bolts
 - 2.1. Align two lower holes of the Support Brackets with holes on left Base component
 - 2.2. Slide Washer over Hex Bolt
 - 2.3. Insert Hex Bolt through outside Support Bracket, Base component and inside Support Bracket
 - 2.4. Slide second Washer over Hex Bolt
 - 2.5. Fasten Nyloc Nut on Hex Bolt
 - 2.5.1. **Note:** Leave Hex Bolts loosely fastened
 - 2.6. Repeat steps 2.1 – 2.6 for Support Brackets on right Base component

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Step 2 – Attach Upright Posts Continued

Attach Upright Posts

1. Place 1 Upright Post on left Base component between Support Brackets
 - 1.1. **Note:** The side of the Upright Post with numbering should face toward the front of the Squat Stand
2. Align holes in Upright Post to holes in Support Brackets
3. Attach Upright Post to Support Brackets using 2 Hex Bolts
 - 3.1. Slide Washer over Hex Bolt
 - 3.2. Insert Hex Bolt through outside Support Bracket, Base component and inside Support Bracket
 - 3.3. Slide second Washer over Hex Bolt
 - 3.4. Fasten Nyloc Nut on Hex Bolt
 - 3.4.1. **Note:** Leave Hex Bolts loosely fastened
4. Repeat step 3 for Upright Post on right Base component
5. Tighten all 4 Hex Bolts on both left and right Support Brackets using Adjustable Wrench and 15/16th Socket Wrench
 - 5.1. **Note:** Use a level while tightening bolts to ensure Upright Posts are plumb

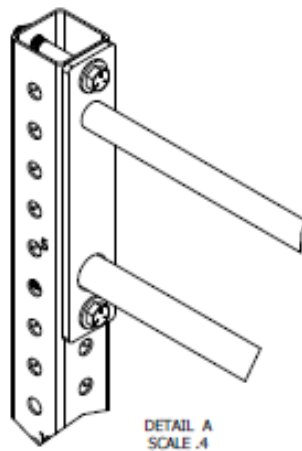
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Step 3 – Attach Pull-up Bar

Tools Required: Level, Adjustable Wrench, 15/16th Socket Wrench

Materials Included: Fat/Skinny Combo Pull-up Bar or Single 1.25" Pull-up Bar (1), Hex Bolt (4), Nyloc Nut (4), Washer (8)

Materials Needed: None



Assembly instructions are the same for both the Fat/Skinny Pull-up Bar and Single 1.25" Pull-up Bar. When attaching the Fat/Skinny Pull-up Bar, the lower of the 2 bars is the one that will be in use. Assemble according to your preference.

1. Place Pull-up Bar at preferred height near the top of the Upright Posts
2. Attach Pull-up Bar to Upright Posts using 4 Hex Bolts
 - 2.1. Slide Washer over Hex Bolt
 - 2.2. Insert Hex Bolt through outside Upright Post and Pull-up Bar bracket
 - 2.3. Slide second Washer over Hex Bolt
 - 2.4. Fasten Nyloc Nut on Hex Bolt
 - 2.4.1. **Note:** Leave Hex Bolts loosely fastened
3. Tighten all 4 Hex Bolts using an Adjustable Wrench and 15/16th Socket Wrench