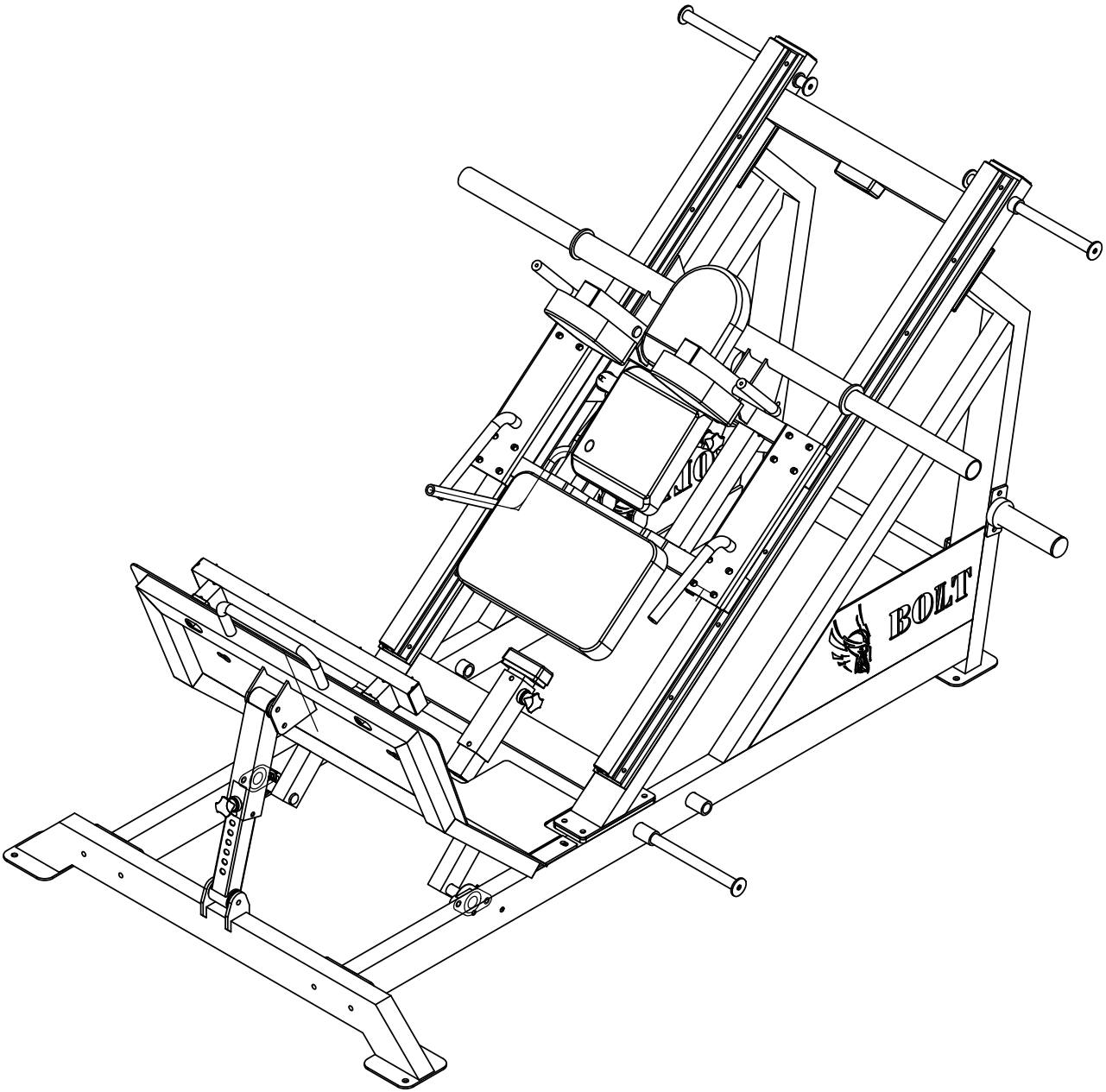




BOLT
FITNESS SUPPLY

*Forging
Champions*



SPARTAN
ADJUSTABLE HACK SQUAT

IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

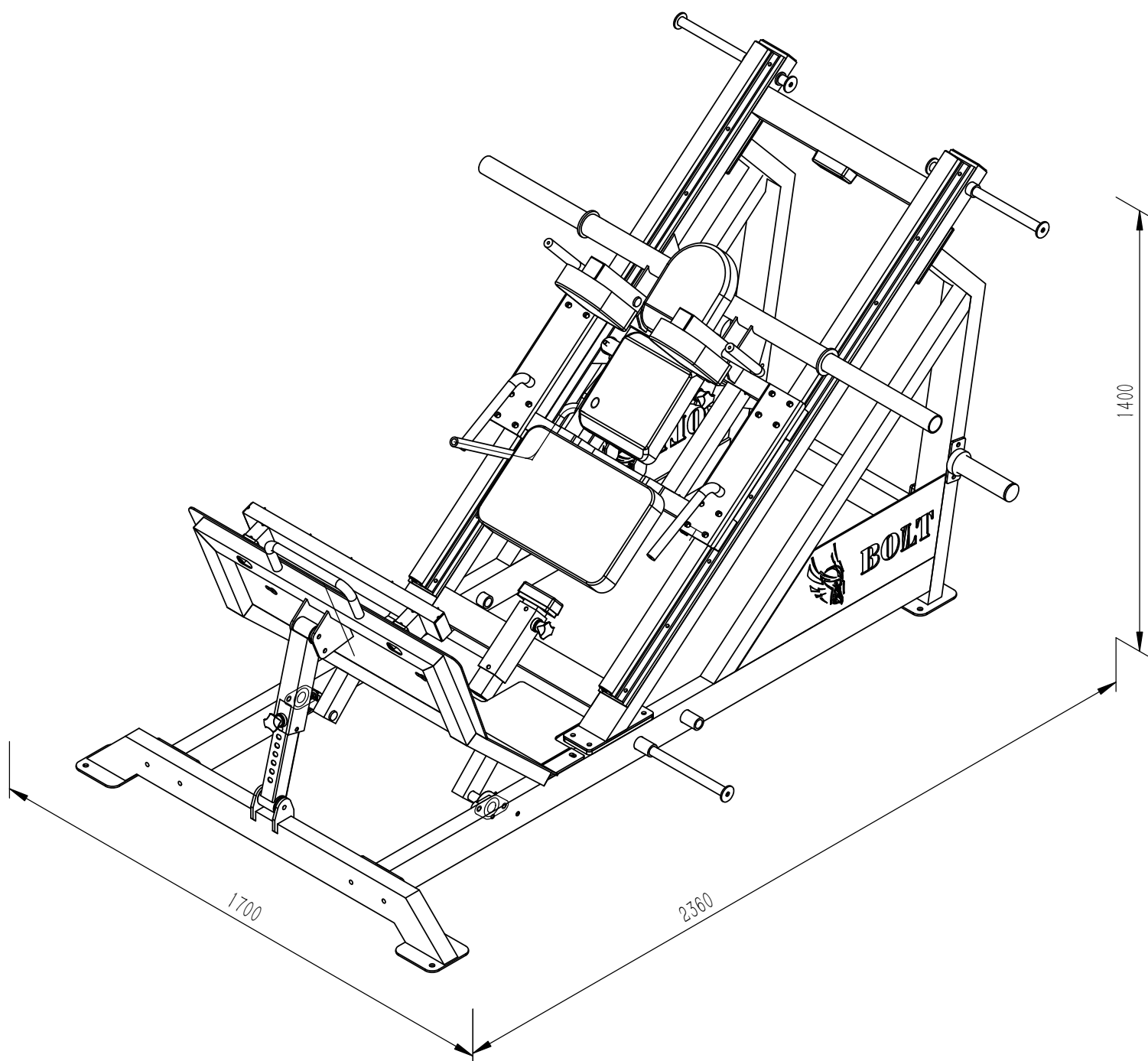
- 1. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. Please install the screws required by the machine in turn. For the main components, when installing nuts, the tightening force should be 50% at first, and the measuring tool should be used to make appropriate adjustments. Finally, the screws should be tightened 100%.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT. SAVE THESE INSTRUCTIONS.

SPARTAN ADJUSTABLE HACK SQUAT

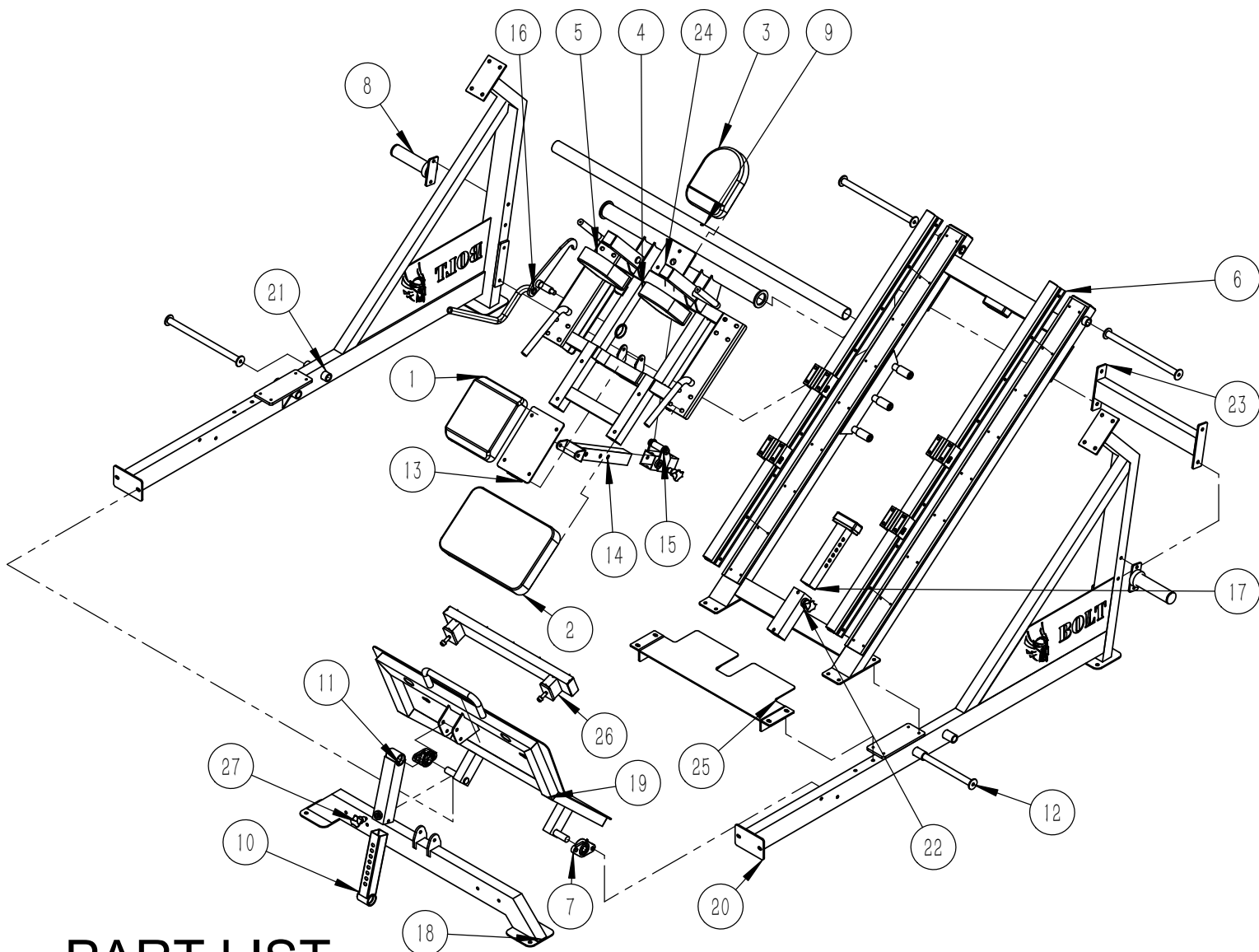
SPECIFICATION: (L) 1700X (W) 2360X (H) 1400MM

TUBE: (FRAME) 50 X 100 X 3MM RECTANGLE STEEL TUBE



SPARTAN ADJUSTABLE HACK SQUAT

HARDWARE ILLUSTRATION



PART LIST

NO.	DEC.	WTY.	NO.	DEC.	WTY.
1	Back pad	1	16	hook	1
2	Back pad2	1	17	Adjust limit	1
3	Head pad	1	18	Front support	1
4	Right shoulder pad	1	19	Pedal	1
5	left shoulder pad	1	20	Left frame	1
6	Circular guide rail assembly	2	21	right frame	1
7	HDH25 bearing	2	22	Guide frame	1
8	hanging pole.	2	23	Posterior connection	1
9	Hanging rod	1	24	Siding parts	1
10	Pedal adjusting tube a	1	25	Middle pedal	1
11	Pedal adjusting tube b	1	26	calf assembly	1
12	Belt shaft	4	27	pin	3
13	rear panel	1			
14	Back plate adjusting support	1			
15	Backplane support	1			