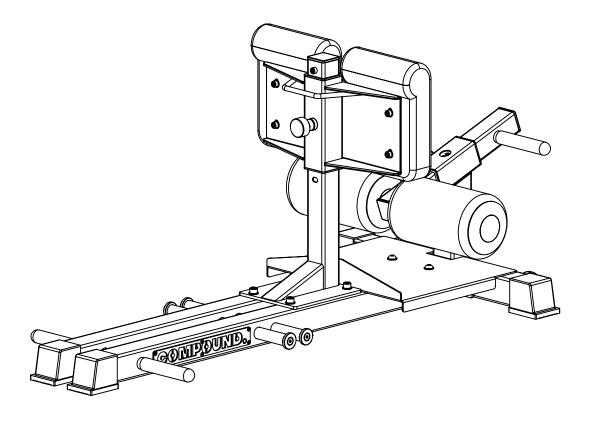
PARTS MANUAL

SISSY SQUAT MACHINE CPL-SSM-2122



CAUTION: Read all precautions and instructions before using this equipment. Save this manual for future reference.

CONTENTS

- O2 General warnings and maintenance advice
- 03 Assembly Instructions

Explained as a series of steps, with each step containing:

- ♦ Pictures, descriptions and quantities of the parts required
- **♦** Notes

04 Part List

Assembly Instructions Before Your Begin

This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note thefollowing safety precautions:

- 1. Keep children and pets away from the equipment at all times. Do not leavechildren unattended in the same room with the equipment.
- 2. Only one person at a time should use the equipment.
- 3. If the user experiences dizziness, nausea, chest pain, or any other abnorma symptoms stop the workout at once.
- 4. Position the equipment on a clear, level surface. Do not use the equipment 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 equipment.
- 7. Use the equipment only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 8. Before using the equipment, always do stretching exercises to properly warm up.
- 9. Never operate the equipment if the equipment is not functioning properly.

NOTE: In this step,all the washers and nutswhich are not marked are W10 and N10 w8 18 20 808 - 6SC8 - 616 SC8-6SC10-6 PHSC10-5 12 <u>14</u> <u>W10</u> PHSC10-5 23 16 PHSC10-6 SC10-5 SC10-16 SC10-5 CH8-3 W10 15 N10 21 SC8-9 CH8 - 3R4.8-8 22 22 R4.8-8 **INFORMATION**

We recommend you have someoneassist you in lifting and assembling your gym.

• Follow these steps carefully and itwill make it easier to assemble your gym.

STPE 1

PARTS LIST

PTRT#	DESCRIPTION	QTY
1	Bottom beam pipe	1
2	Front support tube	1
3	Regulating tube	1
4	Rear support pipe	1
5	Foam group	1
6	Long handle	2
7	Label	2
8	signboard	2
9	Seat cushion	1
10	foam	2
11	Foam inner cover	2
12	Foam outer cover	2
13	Foam cover	2
14	Inner sleeve	2
15	wheel	2
16	Reducing bush	4
17	Foot cover	4
18	Square plug F50*50	3
19	Square plug F60*60	1
20	Pull pin	2
21	Retaining ring	4
22	Process plug D25	8
23	Foot pedal	1
R4.8-8	Rivet M4.8*16	12
SC8-9	Socket Cap Screw M8*45	2
SC8-6	Socket Cap Screw M8*30	4
CH10-5	Socket Cap Screw M10*25	4
SC10-16	Socket Cap Screw M10*80	2
N10	Nut M10	12
CH8-3	Countersunk head hexagon socket screws M8*16	4
PHSC10-5	Pan head hexagon socket screw M10*25	4
PHSC10-6	Pan head hexagon socket screw M10*30	2
W8	Washer ф8	8
W10	Washer ϕ 10	24
N8	Nut M8	8

PTRT	DESCRIPTION	QTY