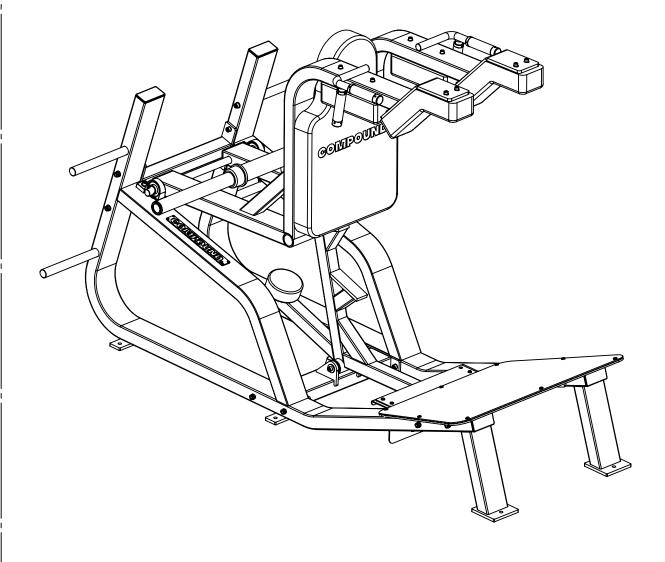
PARTS MANUAL

V SQUAT CPL-VSQ-901



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

CONTENTS

O2 General warnings and maintenance advice

03-06 Assembly Instructions

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

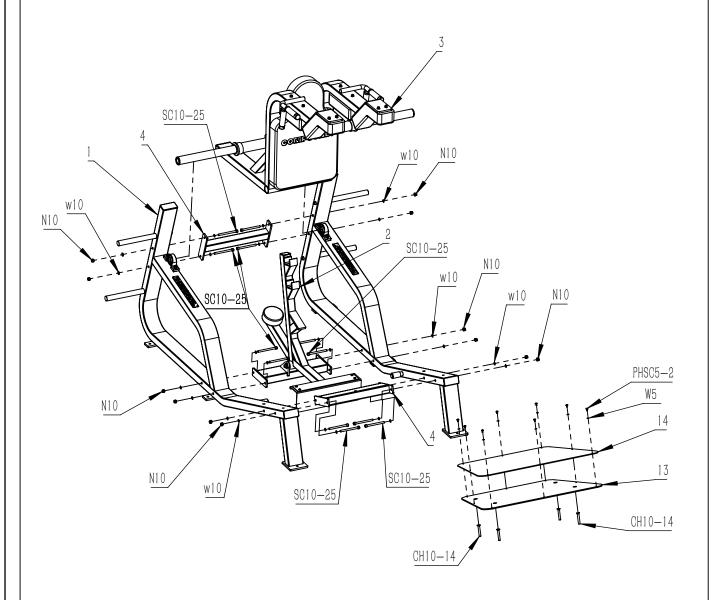
- ♦ Pictures, descriptions and quantities of the parts required
- **♦** Notes

07 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.

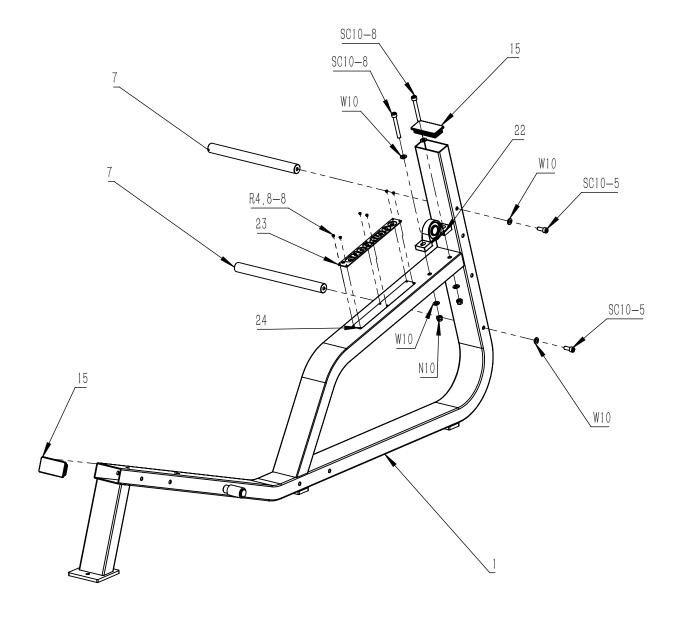


INFORMATION

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.

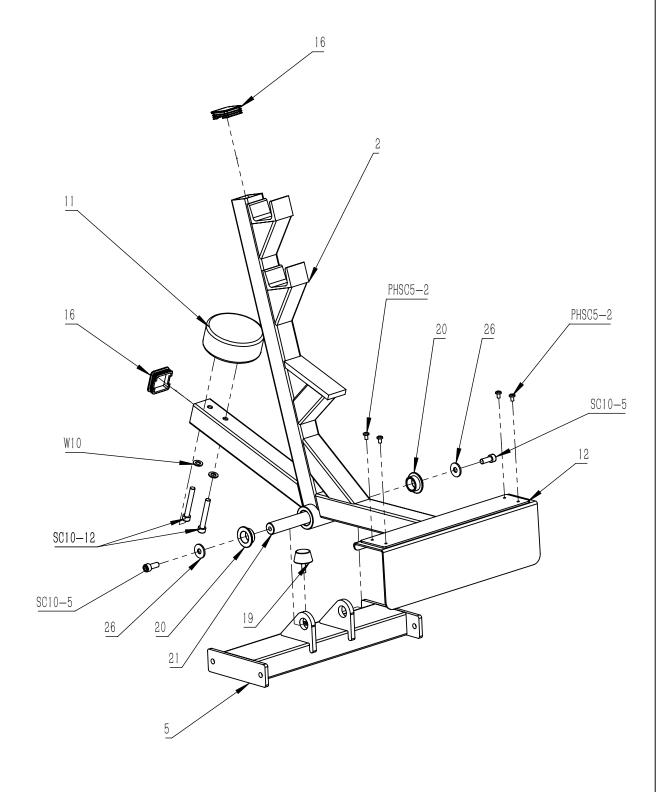
STPE 1



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.

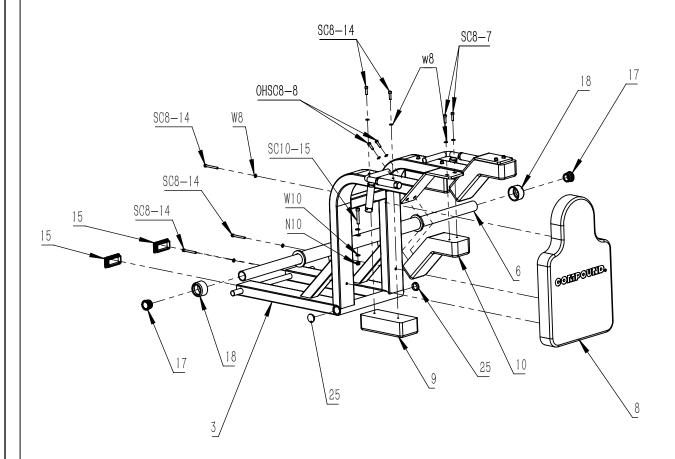




INFORMATION

- We recommend you have someoneassist you in lifting and assembling your gym.
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STPE 3



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.



PARTS LIST

ı			
PTRT#	DESCRIPTION	QTY	
1	Main Frame	2	
2	Counterweight support group	1	
3	Cushion set	1	
4	Connecting beam	2	
5	Connecting beam 2	1	
6	Hanging post D48*1610	1	
7	Hanging post D30*355	4	
8	Large back pad	1	
9	Shoulder pad	2	
10	Shoulder pad 2	2	
11	Counterweight ball D125*50	1	
12	Patterned pedal	1	
13	Big pedal	1	
14	Large pattern pedal	1	
15	Square plug F50*100	6	
16	Square plug F50*50	2	
17	Round plug D70*d48*40	2	
18	Sheath φ48	2	
19	Damping block	1	
20	Bushing of copper D32	2	
21	Shaft D25*120	1	
22	bearing UCP205	2	
23	Label	2	
24	signboard	2	
25	Circular Pipe Plug D35	2	
26	washer D40*d11*3	2	
R4.8-8	Rivet M4.8*16	12	
	Countersunk head hexagon	4	
CH10-14	socket screwsM10*70		
PHSC5-2	Pan head Socket Cap Screw M5*12	12	
OHC8-8	Outer Hexagon Screw M8*40	4	
SC8-7	Socket Cap Screw M8*35	4	
SC8-14	Socket Cap Screw M8*70	7	
SC10-5	Socket Cap Screw M10*25	6	
SC10-8	Socket Cap Screw M10*40	4	
SC10-12	Socket Cap Screw M10*60	2	
SC10-15	Socket Cap Screw M10*75	1	
SC10-25	Socket Cap Screw M10*125	12	
W5	Washer ф5	12	
W8	Washer ϕ 8	15	
VVO	γναστίει ψο	1.13	

PTRT	DESCRIPTION	QTY
W10	Washer φ10	46
N10	Nut M10	21