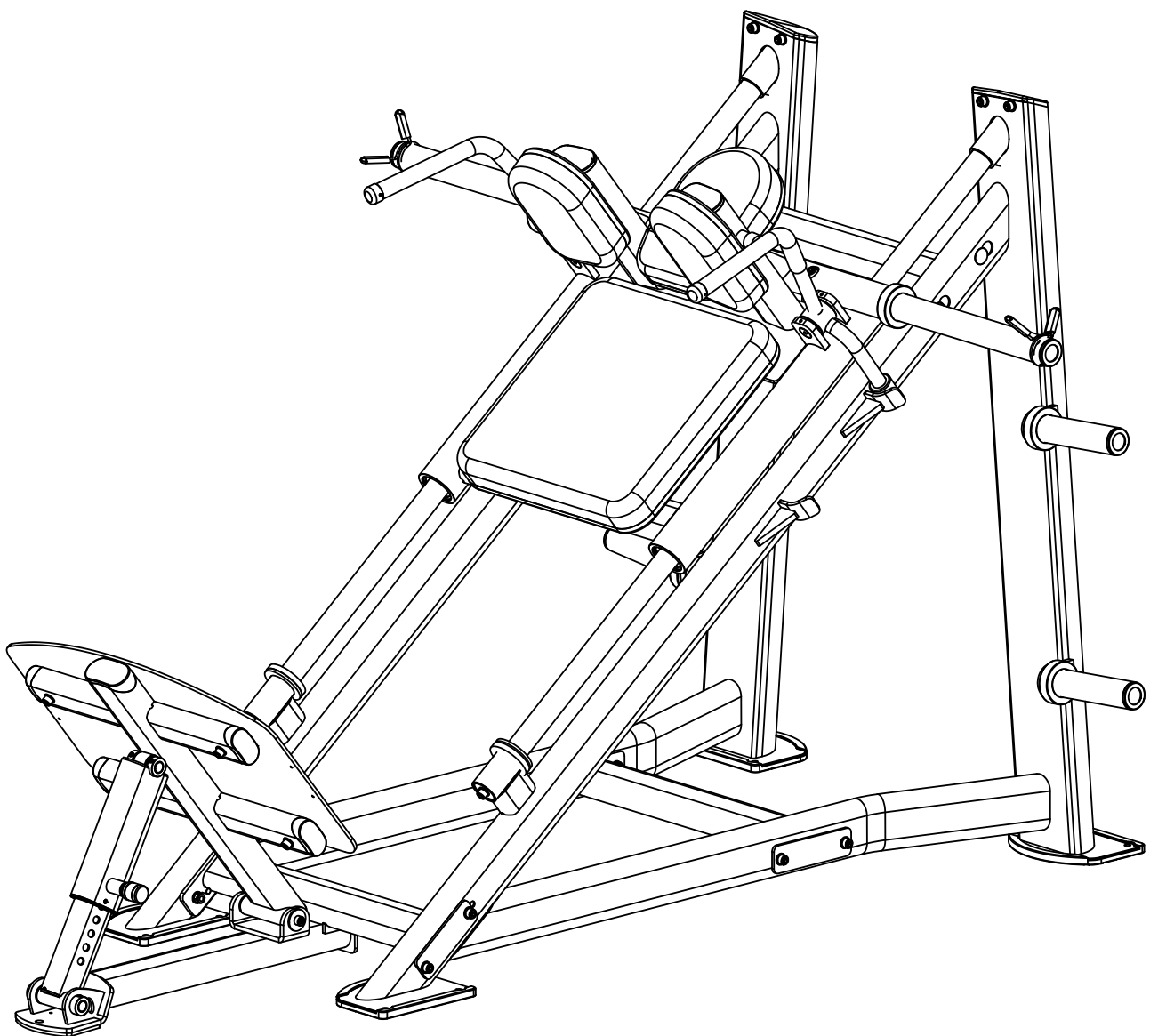

ASSEMBLY INSTRUCTIONS

PLATINUM SERIES

HACK SQUAT

SKU: CPL-HSQ-1071



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

COMPOUND
FITNESS EQUIPMENT

CONTENTS

02 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
- Diagram showing how the parts fit together

07 Part List

Assembly Instructions

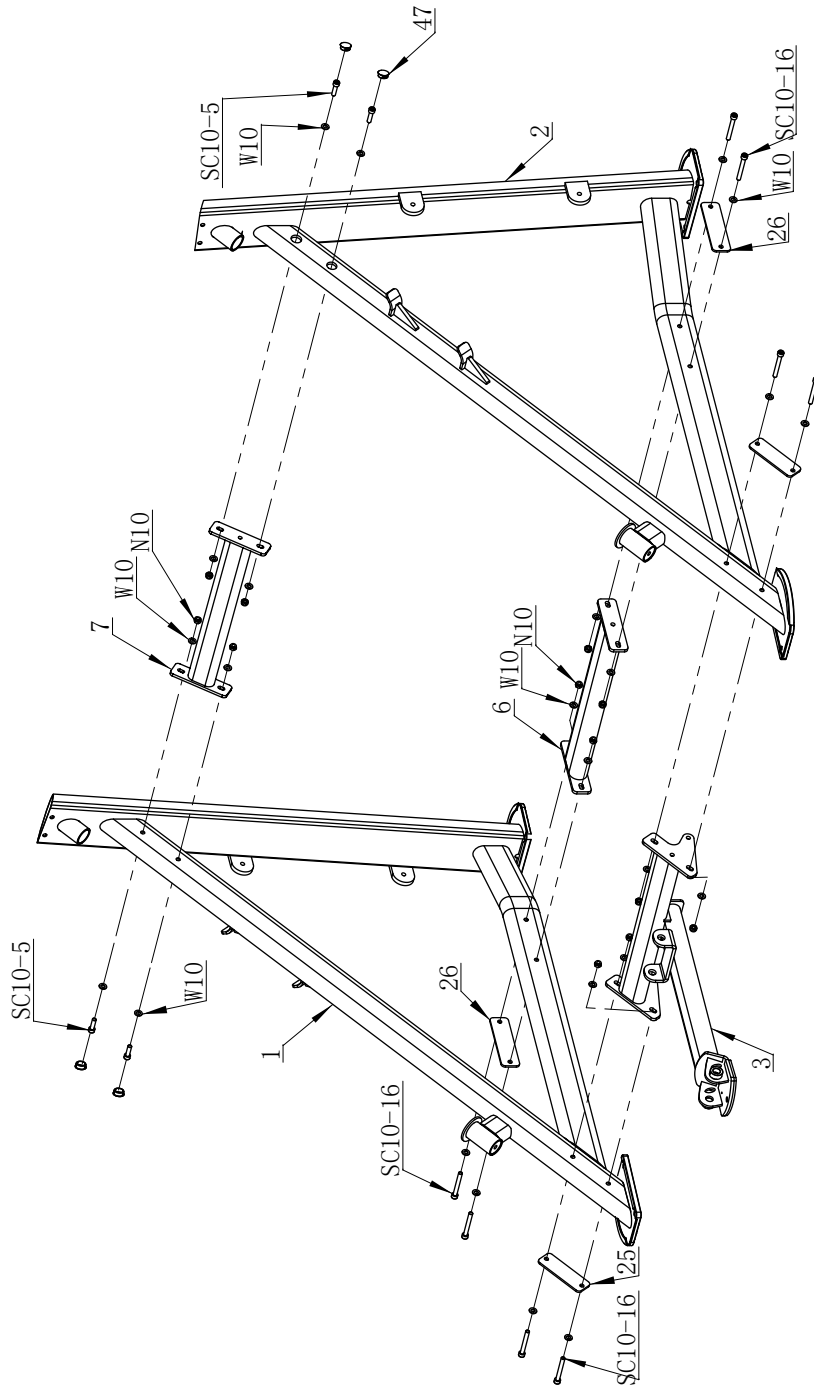
Before Your Begin

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

1. Keep children and pets away from the equipment at all times. Do not leave children 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 abnormal symptoms STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
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.

STEP 1

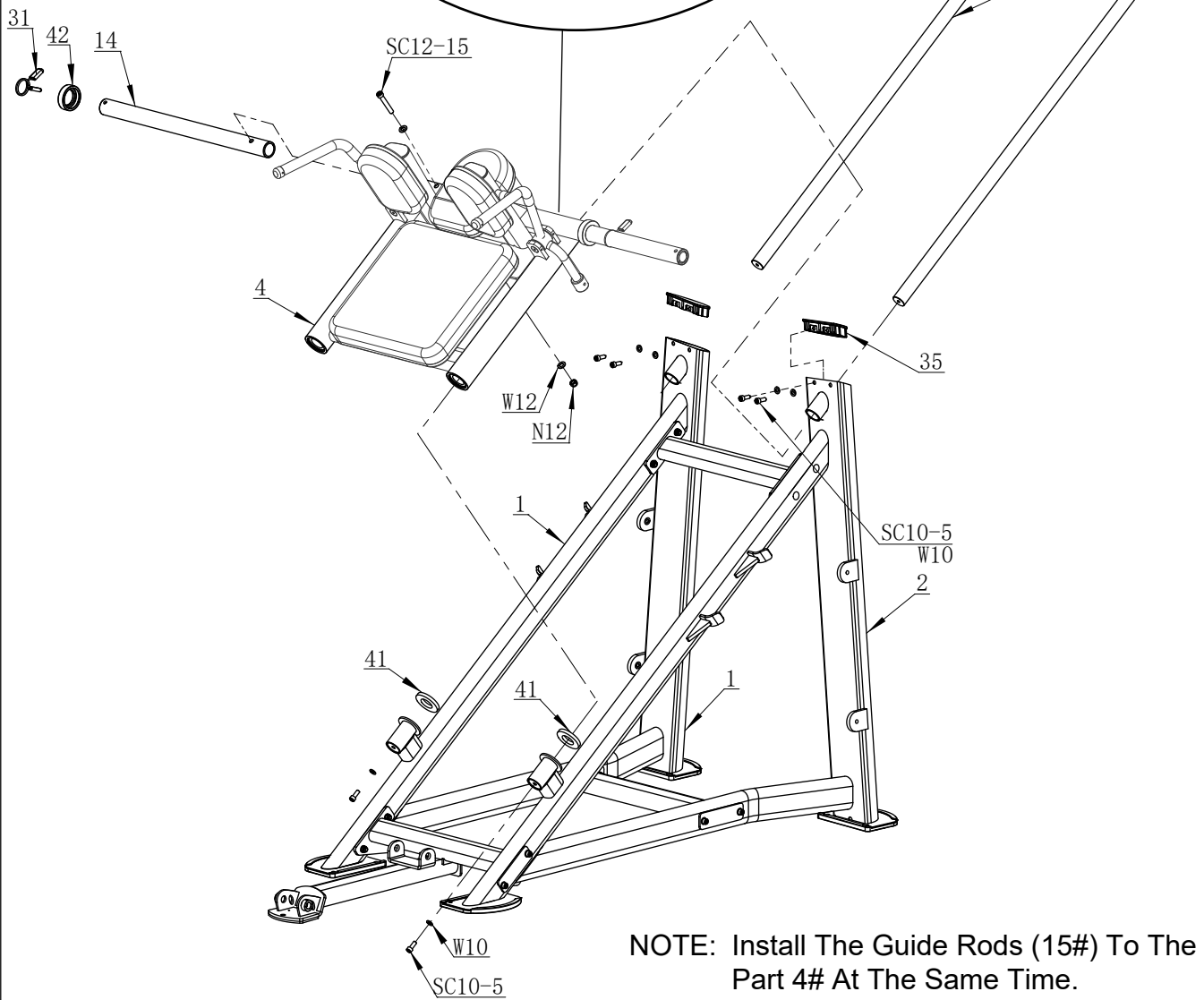
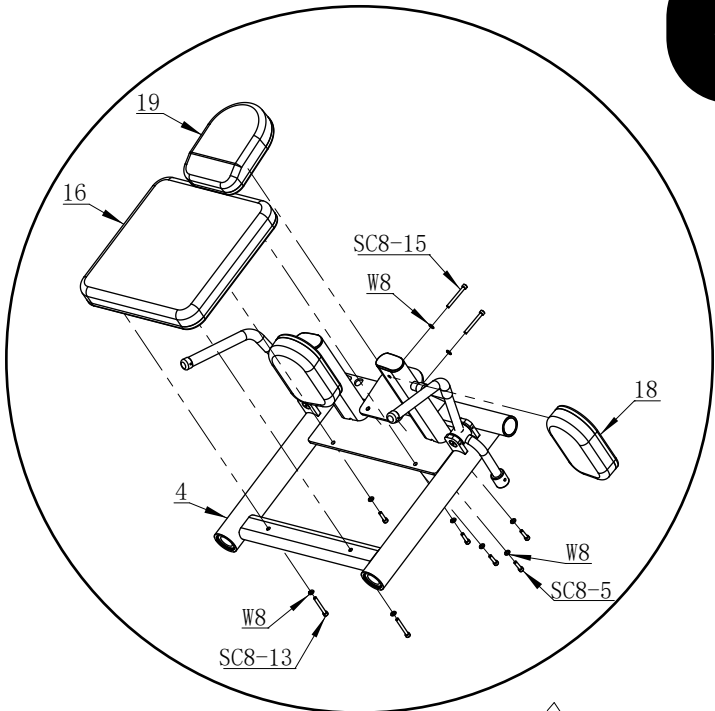
50%



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STEP 2

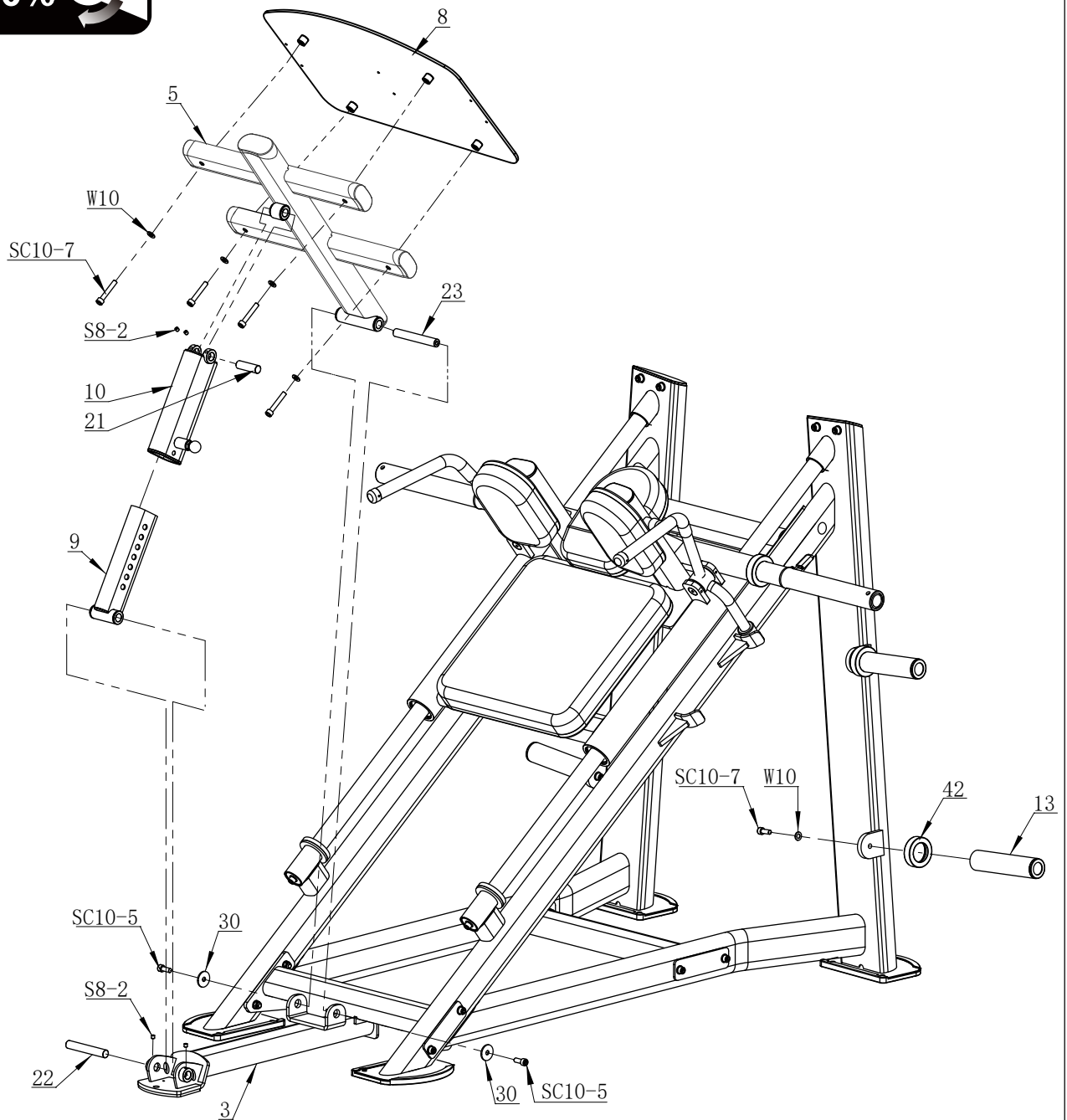


INFORMATION

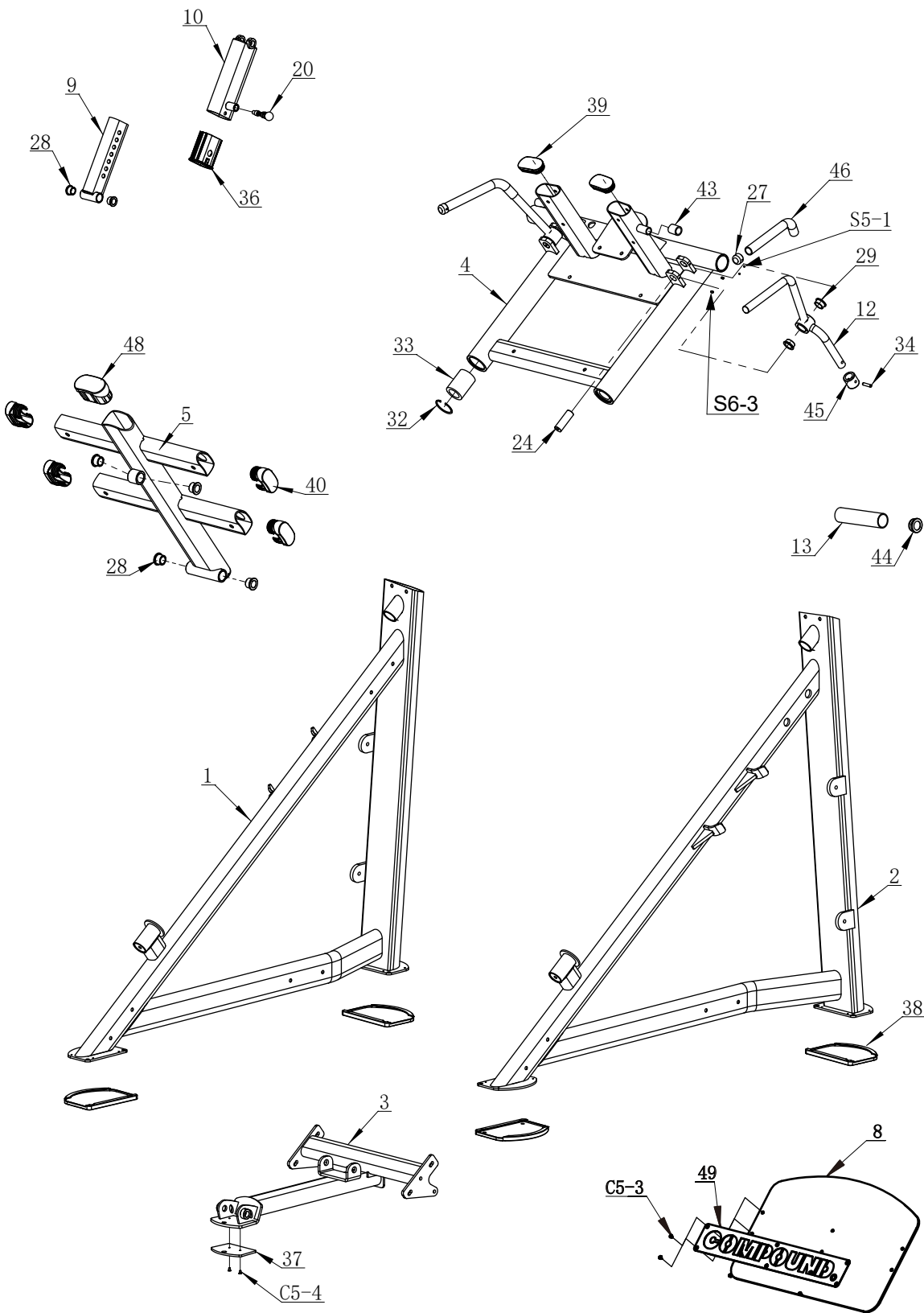
- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.

STEP 3

100%



PREASSEMBLED STEP



PARTS LIST

PART #	DESCRIPTION	QTY
1	Left Main Frame	1
2	Right Main Frame	1
3	Base Frame	1
4	Sliding Frame	1
5	Footrest Tube	1
6	Linking Frame 1	1
7	Linking Frame 2	1
8	Footrest	1
9	Perforated Tube	1
10	Outside Tube	1
11	Right Handle	1
12	Left Handle	1
13	Barbell Rod 1	4
14	Barbell Rod 2	2
15	Guide Rod	2
16	Back Pad	1
17	Right Shoulder Pad	1
18	Left Shoulder Pad	1
19	Head Pad	1
20	Pull Pin	1
21	Shaft 1	1
22	Shaft 2	1
23	Shaft 3	1
24	Shaft 4	2
25	Strengthening Plate 1	2
26	Strengthening Plate 2	2
27	Handle Cap	2
28	Bushing 1	6
29	Bushing 2	4
30	Big Washer	2
31	Clip	2
32	Circlips	4
33	Linear Bearing	4
34	Parallel Pins	2
35	D Cap	2
36	Plastic Bushing	1

PART #	DESCRIPTION	QTY
37	Rubber Plate 1	1
38	Rubber Plate 2	4
39	PT Cap H50×W100	2
40	PT Cap 40×80	4
41	Buffer Ring	2
42	Rubber Spacer	6
43	Shield Cap	2
44	End Cap	4
45	Ring	2
46	Grip	2
47	Hole Cap	4
48	PT CAP H50×W100 (For Arched Cut)	1
49	LOGO plate	1
C5-4	Countersunk Head Screw M5 x 10	2
S5-1	Socket Set Screw M5x4	4
S6-3	Socket Set Screw M6x8	4
S8-2	Socket Set Screw M8x8	4
SC8-3	Socket Cap Screw M8x15	1
SC8-5	Socket Cap Screw M8x30	5
SC8-13	Socket Cap Screw M8x65	2
SC8-15	Socket Cap Screw M8x75	4
SC10-5	Socket Cap Screw M10x25	12
SC10-6	Socket Cap Screw M10x30	4
SC10-7	Socket Cap Screw M10x35	8
C5-3	Countersunk Head Screw M5 x 8	6
SC10-16	Socket Cap Screw M10x80	8
SC12-15	Socket Cap Screw M12x75	2
W8	Washer Φ8	11
W10	Washer Φ10	38
W12	Washer Φ12	4
N10	Nut M10	12
N12	Nut M12	2