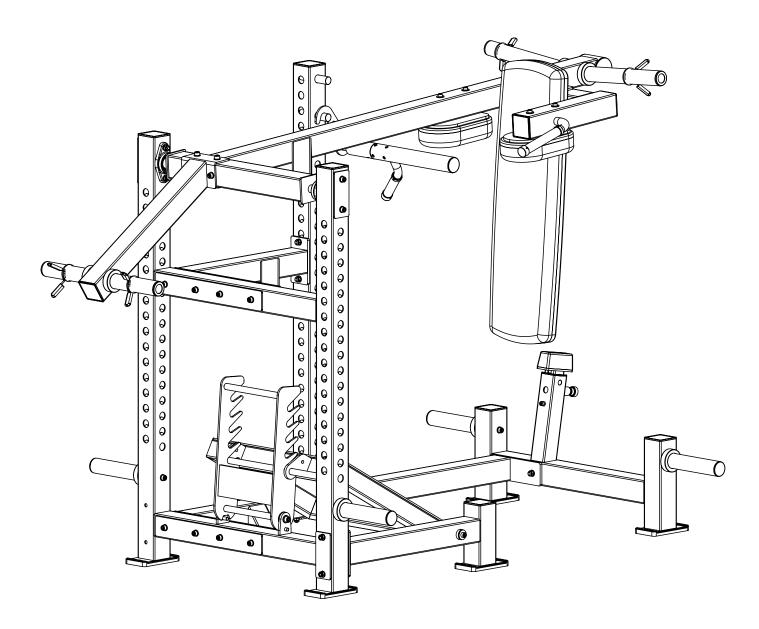
ASSEMBLY INSTRUCTIONS

PLATINUM SERIES

PENDULUM SQUAT

SKU: CPL-PDS-2127





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



CONTENTS

02 General warnings and maintenance advice

03-07 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

08 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.

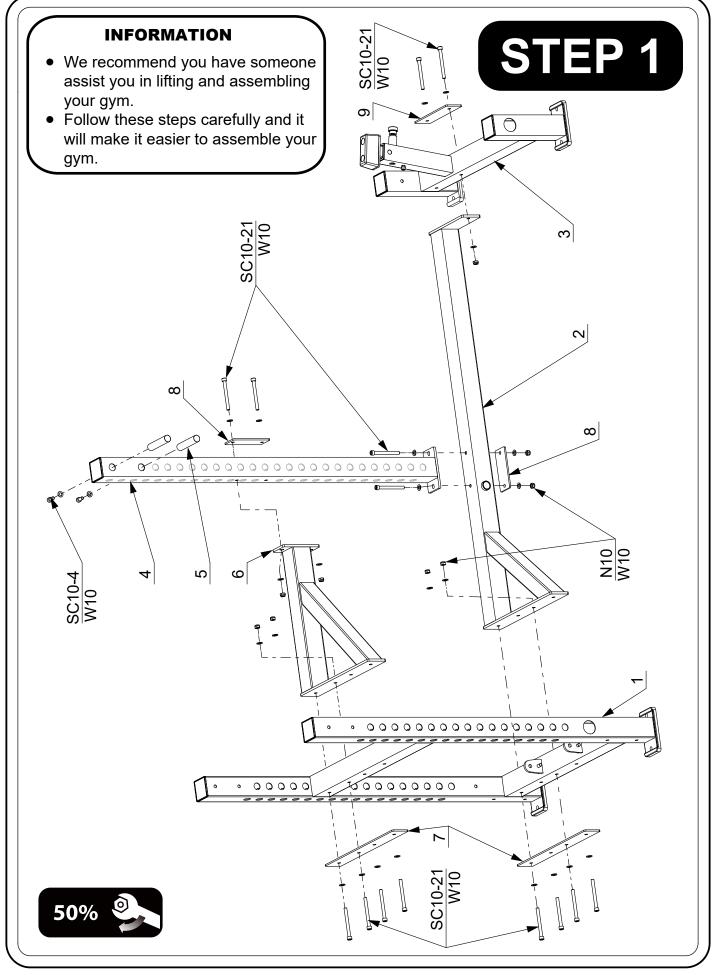
5. Keep hands away from all moving parts.

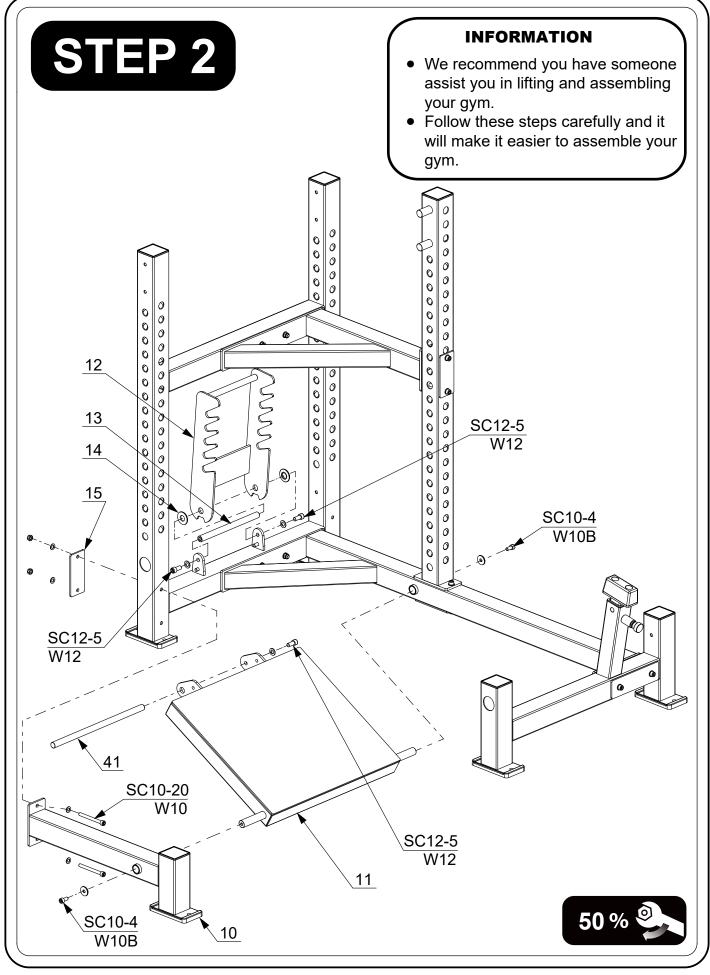
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment.

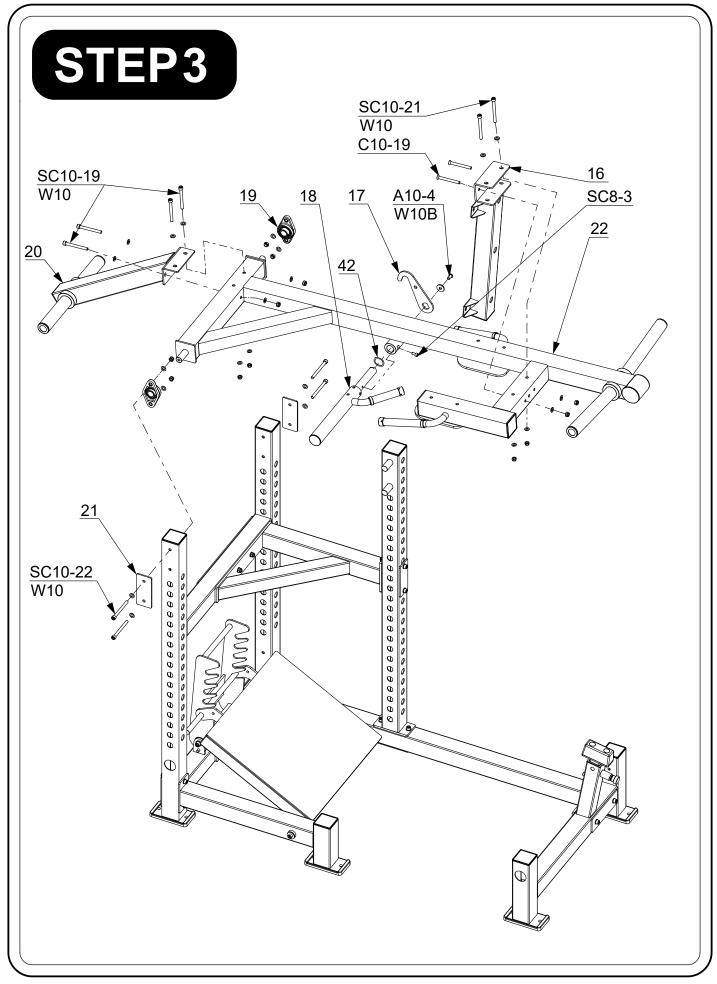
7. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.

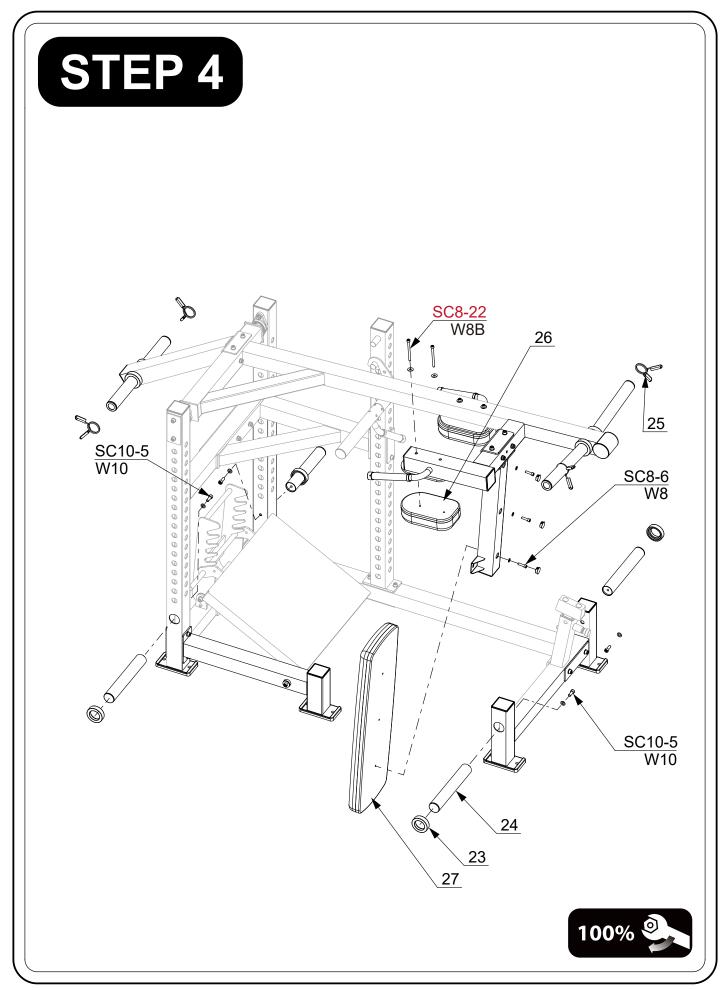
8. Before using the equipment, always do stretching exercises to properly warm up.

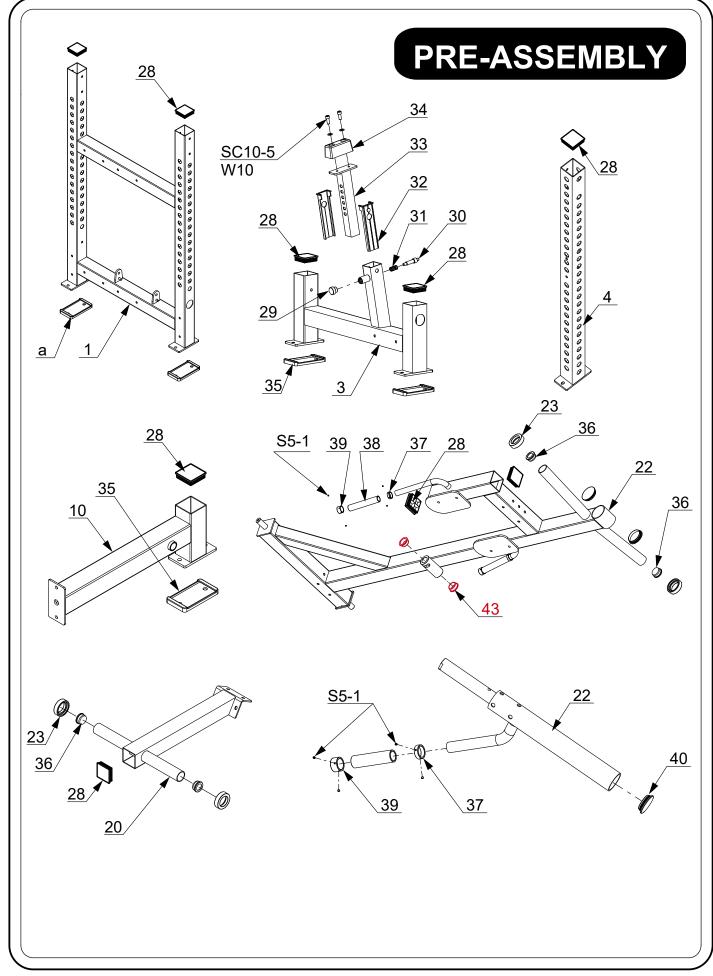
9. Never operate the equipment if the equipment is not functioning properly.











PARTS LIST

PART#	DESCRIPTION	QTY
1	Upright Frame	1
2	Bottom Lengthwise Tube Frame	1
3	Bottom Lateral Support Tube Weldment	1
4	Upright Support Tube	1
5	Rod	2
6	Reinforce Frame	1
7	Backup Plate	2
8	Backup Plate	2
9	Backup Plate	1
10	Pedal Support Tube Frame	1
11	Pedal	1
12	Adjustable Pedal Holder	1
13	Shaft	1
14	Plastic Spacer	2
15	Back Up Plate	1
16	Back Pad Holding Frame	1
17	Hook	1
18	Handle	1
19	Mounted Bearing	2
20	Bob Weight Holder	1
21	Backup Plate	2
22	Arm	1
23	Spacer Ring	8
24	Weight Holding Tube	4
25	Barbell Clip	2
26	Shoulder Pad	2
27	Back Pad	1
28	Square Tube Cap 75×75	10
29	Knob	1
30	Pull Pin	1
31	Compressive Spring	1
32	Plastic Bushing	2
33	Telescopic Tube	1
34	Rubber Pad	1
35	Foot Pad	5
36	Tube Cap D48	4
37	Limit Ring ID25	3
38	Hand Grip	2
39	Handle Cap	3
40	Hand Grip 2	1
41	Rod D20×420	1
42	Wave Washer ID30.5mm	1
43	Bushing	2
W8	Washer 8	3
L	1	1

PART#	DESCRIPTION	QTY
W8B	Big Washer 8	4
W10	Washer 10	57
W10B	Big Washer 10	3
W12	Washer 12	3
N10	Lock Nut 10	23
A10-4	Button Head Screw M10×20	1
C10-19	Countersunk Head Screw M10×95	2
S5-1	Socket Set Screw M5×4	12
SC8-3	Socket Head Cap Screw M8×15	1
SC8-22	Socket Head Cap Screw M8×110	2
SC10-4	Socket Head Cap Screw M10×20	4
SC10-5	Socket Head Cap Screw M10×25	6
SC10-19	Socket Head Cap Screw M10×95	4
SC10-20	Socket Head Cap Screw M10×100	2
SC10-21	Socket Head Cap Screw M10×105	16
SC10-22	Socket Head Cap Screw M10×110	4
SC12-5	Socket Head Cap Screw M12×25	3
		+ +
		+ +