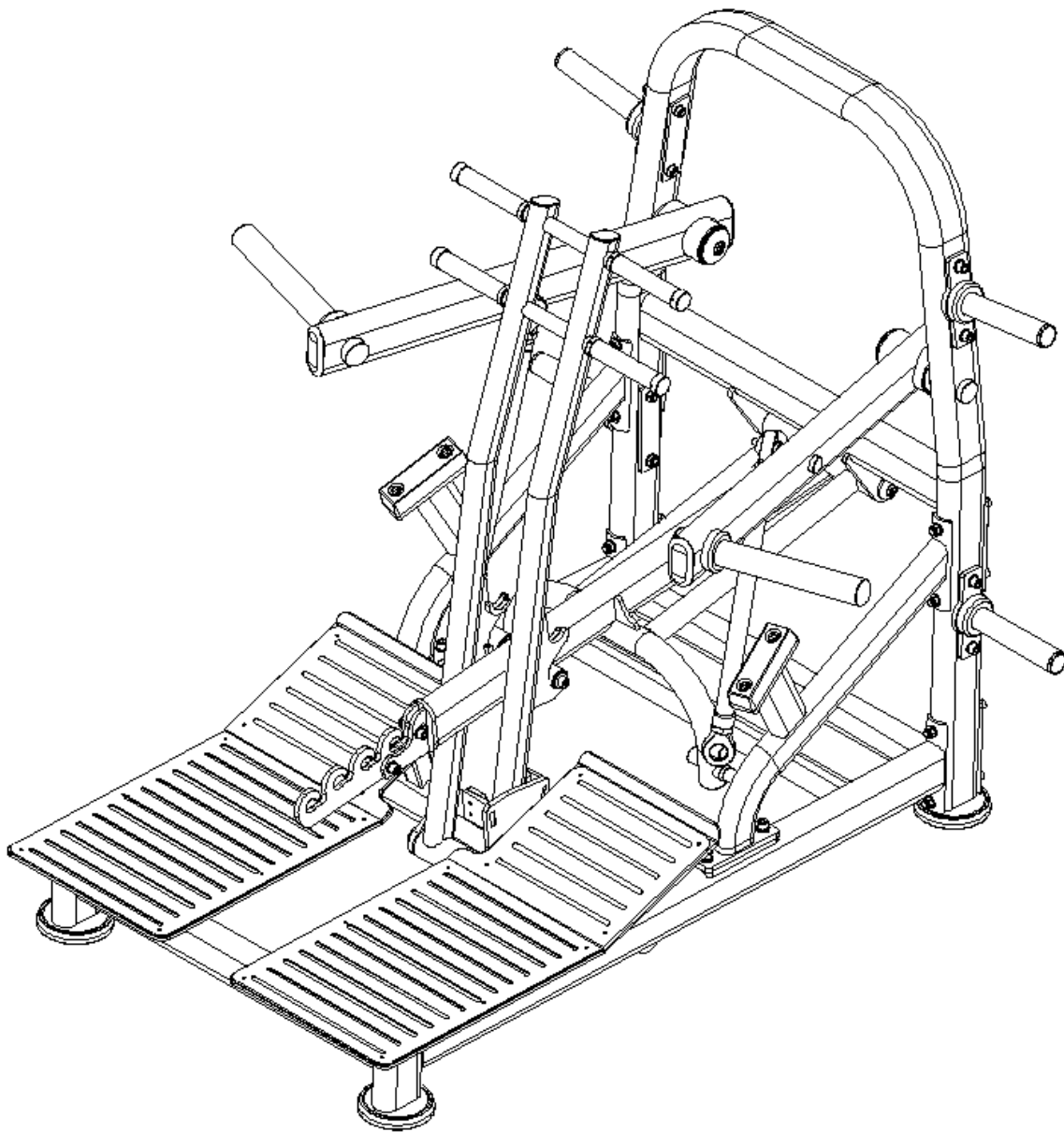


Pro Strength Belt Squat



PL-PS-BELT Installation Manual

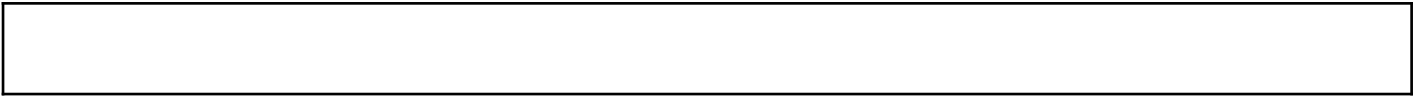


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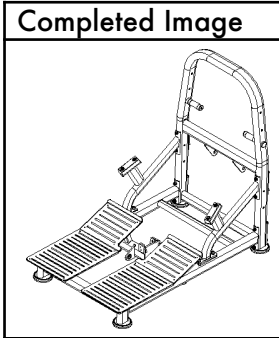
05/ Maintenance Guide

01/ Safety Instructions:

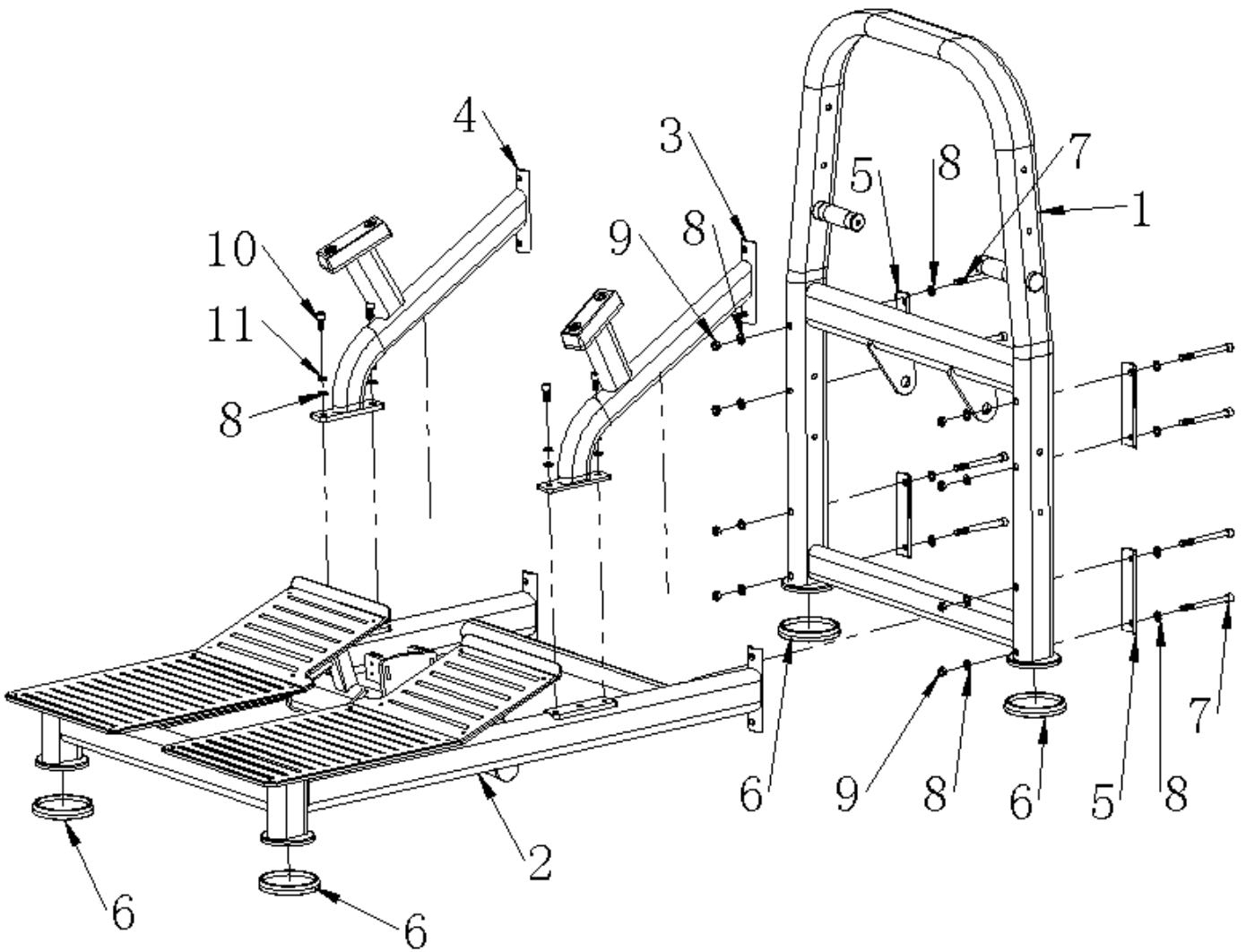
Thank you for choosing our product. Proper use of the trainer ensures your safety and convenience. Before using the trainer, please carefully read the following:

1. Before using this product, carefully read all user manuals and strictly follow the instructions provided. Keep this manual for the entire lifespan of the product.
2. The product owner should ensure that all users are aware of all safety precautions.
3. Maintain fresh and circulating indoor air while using the machine and ensure sufficient space for movement.
4. Users are responsible for maintaining the equipment. After installation and before each use, check that all fasteners are securely tightened and inspect worn parts regularly.
5. In case of damage to your equipment, contact the dealer and the company's after-sales service department immediately to replace all worn or defective parts. Do not use the equipment until it is completely repaired.
6. Wear appropriate sportswear and shoes before use. Do not wear skirts or jewelry, and tie up hair to avoid interference during exercise.
7. Perform warm-up exercises before using the machine for workouts.
8. If you experience dizziness, pain, vomiting, or any other abnormal symptoms, stop exercising immediately and consult a doctor.
9. Children should use the machine for selective training under adult supervision.
10. Warning! Keep hands and feet away from moving parts during operation.
11. Warning! Do not exceed the adjustment settings.
12. Warning! Keep children and pets away from the machine during exercise.
13. Warning! Ensure all adjustment devices are properly set during use.
14. Warning! Incorrect use or using the machine for purposes it is not intended for may cause injury to your health.
15. It is recommended to use this equipment only within supervised areas.

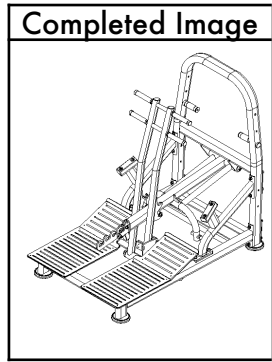
02/ Installation Step Diagram
 Step 1: Installation Step One



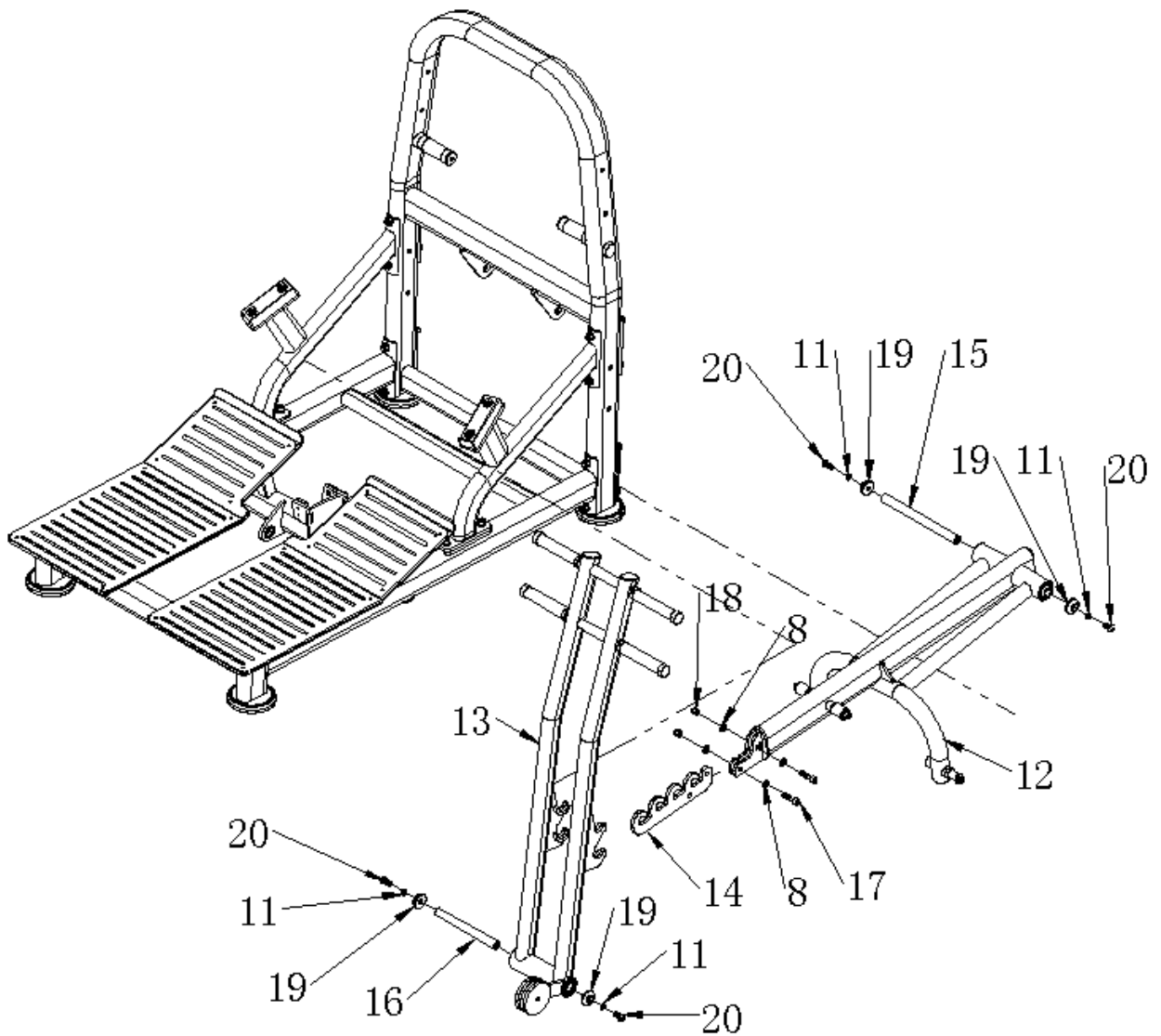
Installation Checklist			
1	Main Frame	Welding Component	1
2	Base	Welding Component	1
3	Right Buffer Support Frame	Welding Component	1
4	Left Buffer Support Frame	Welding Component	1
5	Arc-shaped Connecting Plate	190*50*T6	4
6	Ground Cushion	Φ136.5*20	4
7	Internal Hex Cylinder Bolt	M12*130	8
8	Flat Washer	Φ12 (Φ23.5*t2.5)	20
9	Hex Lock Nut	M12	8
10	Internal Hex Cylinder Bolt	M12*25	4
11	Spring Washer		4



Installation Step Two

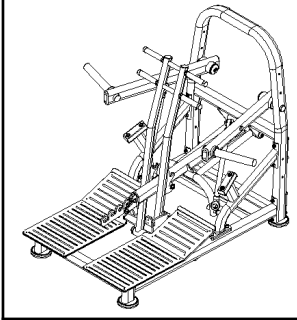


Installation Checklist			
8	Flat Washer	$\Phi 12$ ($\Phi 23.5 \times t2.5$)	2
11	Spring Washer	$\Phi 12$ ($\Phi 19 \times t3.1$)	4
12	Arm Frame	Welding Component	1
13	Adjustment Limit Frame	Welding Component	1
14	Adjustment Plate	87.6*314.6*T10	1
15	Long Shaft	$\Phi 25 \times 293$	1
16	Rotating Shaft	$\Phi 25 \times 235$	1
17	Internal Hex Cylinder Bolt	M12*45	2
18	Cap Nut	M12	2
19	End Cap	$\Phi 43.5 \times 14.5$	4
20	Internal Hex Flat Bolt	M12*25	4

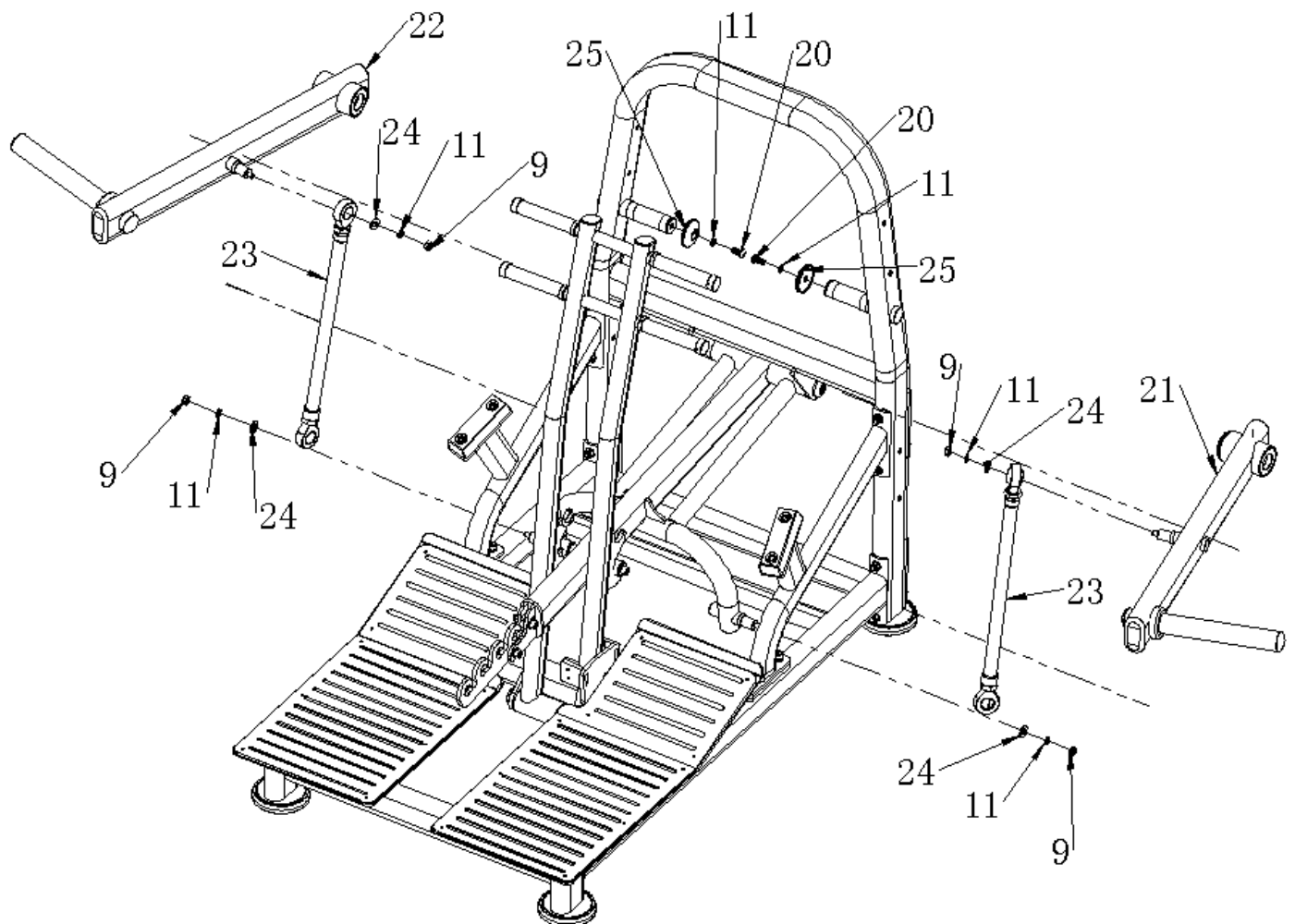


Installation Step Three

Completed Image

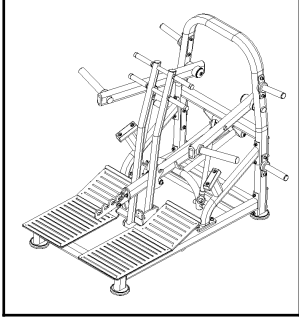


Installation Checklist			
9	Hex Lock Nut	M12	4
11	Spring Washer	Φ12 (Φ19*3.1)	6
20	Internal Hex Flat Bolt	M12*25	2
21	Right Gong-striker Suspension	Welding Component	1
22	Left Gong-striker Suspension	Welding Component	1
23	Connecting Rod	Welding Component	2
24	Stainless Steel Washer	Φ29*T2	4
25	Aluminum End Cap	Φ69*15	2

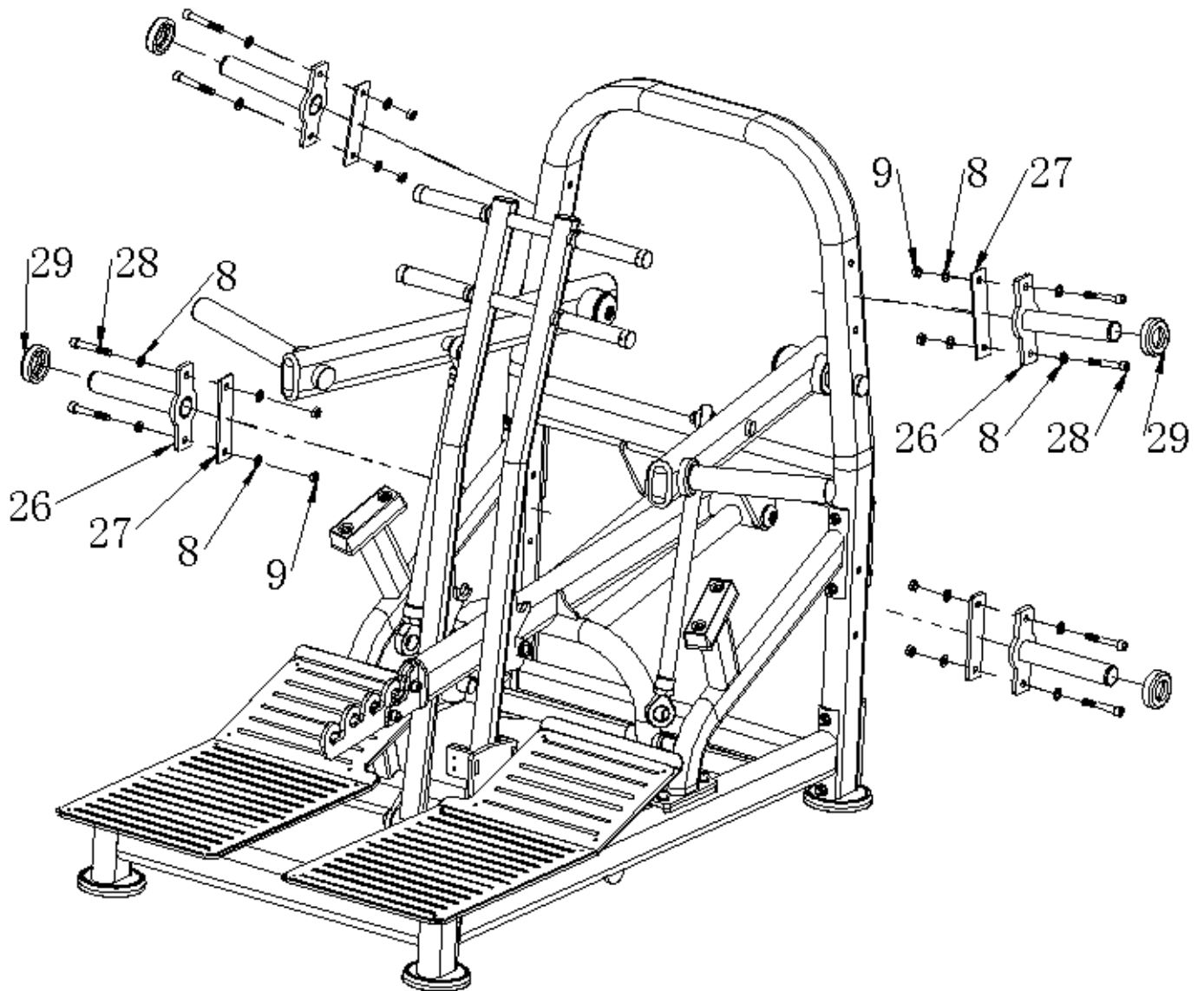


Installation Step Four

Completed Image



Installation Checklist			
8	Flat Washer	$\Phi 12$ ($\Phi 23.5 \times t2.5$)	16
9	Hex Lock Nut	M12	8
26	Gong-striker Suspension	Welding Component	4
27	Suspension Plate	180*45*T6	4
28	Internal Hex Cylinder Bolt	M12*85	8
29	Circular Buffer Pad	$\Phi 75 \times \Phi 48.5 \times 20$	4



03/Product Description:

This machine is indoor fitness equipment designed for aerobic cardiovascular exercise. Its primary focus is to enhance cardiovascular function while providing secondary muscle training. It targets muscles in the waist, legs, and other areas, aiding in strength and aesthetics.

The machine utilizes functional diagrams to illustrate proper equipment usage and muscle exercise methods, making it easy to understand.

With its weight adjustment system, users can conveniently select the desired resistance to achieve the required intensity and resistance.

The design and manufacturing of the machine adhere to the human body's natural movement trajectory, ensuring safety and durability.

- We ensure the safety, reliability, and durability of the machine by manufacturing it with large-sized steel tubing and applying electrostatic spray coating.

04/Product Specifications:

Name	Belt Squat	SKU	PL-PS-BELT
Dimensions	64" x 62" x 56"		
Weight	450 lb		

05/Maintenance Guide:

Regularly inspect and tighten bolts throughout the machine to ensure they are secure. Moving parts should operate smoothly and quietly.

Keep the machine clean, but avoid using strong cleaning solvents for wiping.

Replace any worn or damaged parts immediately. Do not use the machine until repairs are completed.