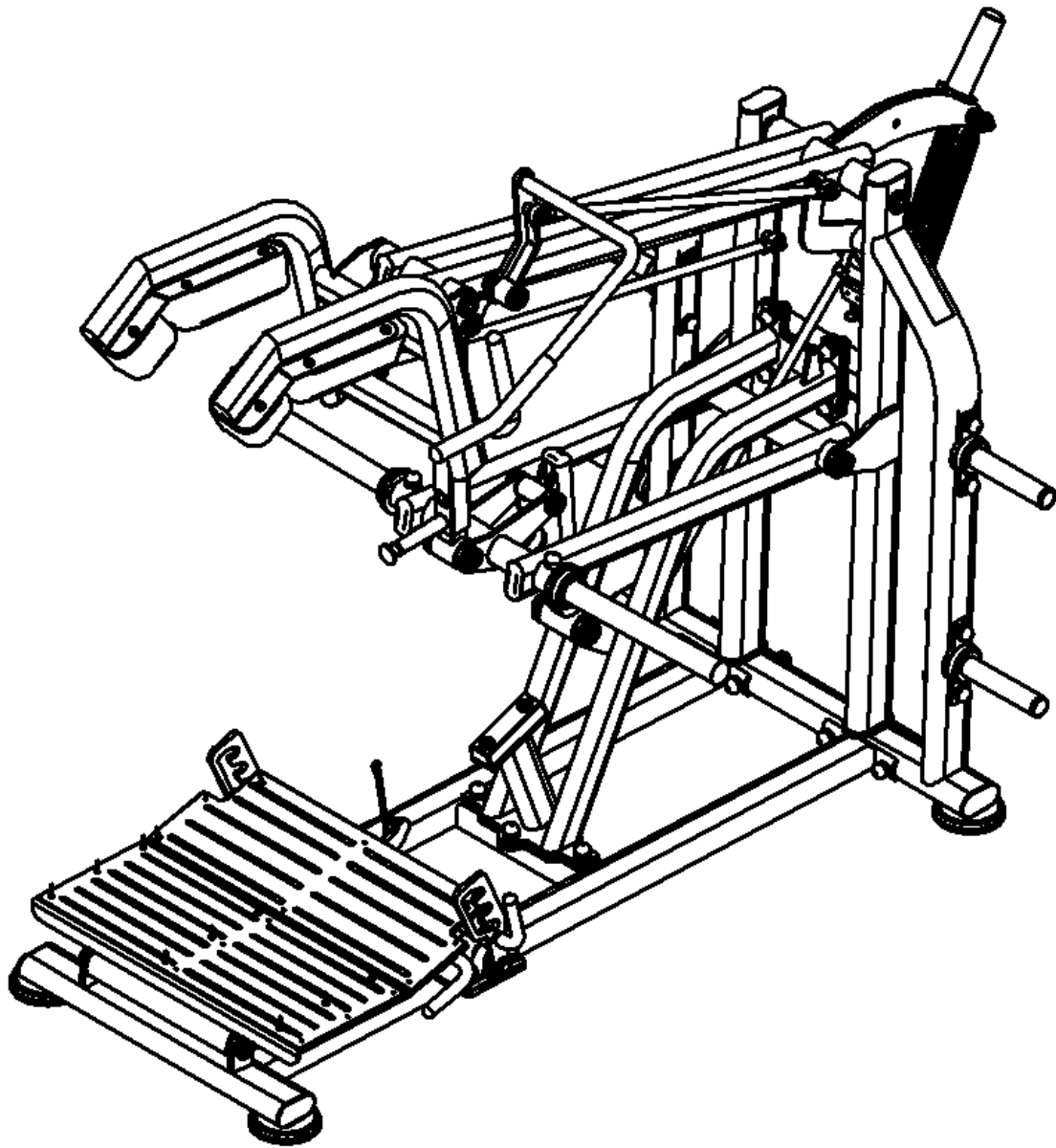


Pro Strength Squat/Calf Combo (Front&Back Squat)



PL-PS-SCC Installation Manual

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01/ Safety Instructions:

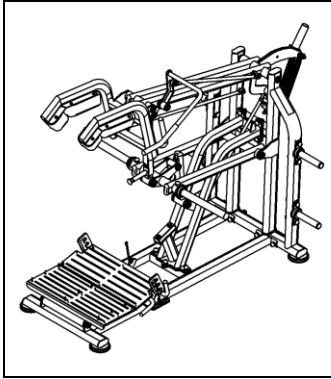
Thank you for choosing our company's product. Proper use of the training equipment ensures your safety and convenience. Before using the training equipment, please carefully read the following content:

1. Please read all the instructions carefully before using this product and strictly follow the methods outlined in the user manual. Keep this manual throughout 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 ventilated indoor air while using this equipment, and ensure there is enough space for movement.
4. Users are responsible for ensuring the equipment is well maintained. After installation and before each use, check that all fasteners are securely tightened and not protruding. Regularly inspect the condition of parts prone to wear.
5. In case of damage to your equipment, immediately contact the dealer and the company's after-sales service department to replace all worn or defective parts. Do not use the equipment until it is fully repaired.
6. Before use, wear appropriate sportswear and sports shoes. Avoid wearing skirts and jewelry, and tie up your hair to avoid interference during exercise.
7. Warm up before using this equipment for exercise.
8. If you experience abnormal symptoms such as dizziness, pain, or vomiting, stop exercising immediately and consult a doctor.
9. Children should use this equipment for selective training under adult supervision.
10. Caution! Keep hands and feet away from moving parts during exercise.
11. Caution! Do not exceed the set adjustments.
12. Caution! Do not allow children or pets near the equipment during exercise.
13. Caution! Ensure all adjustment devices are properly adjusted during use.
14. Caution! Please use the equipment correctly for exercise. Incorrect use or exercising beyond the equipment's capabilities may cause injury to your health.
15. It is recommended to use this equipment only within supervised areas.

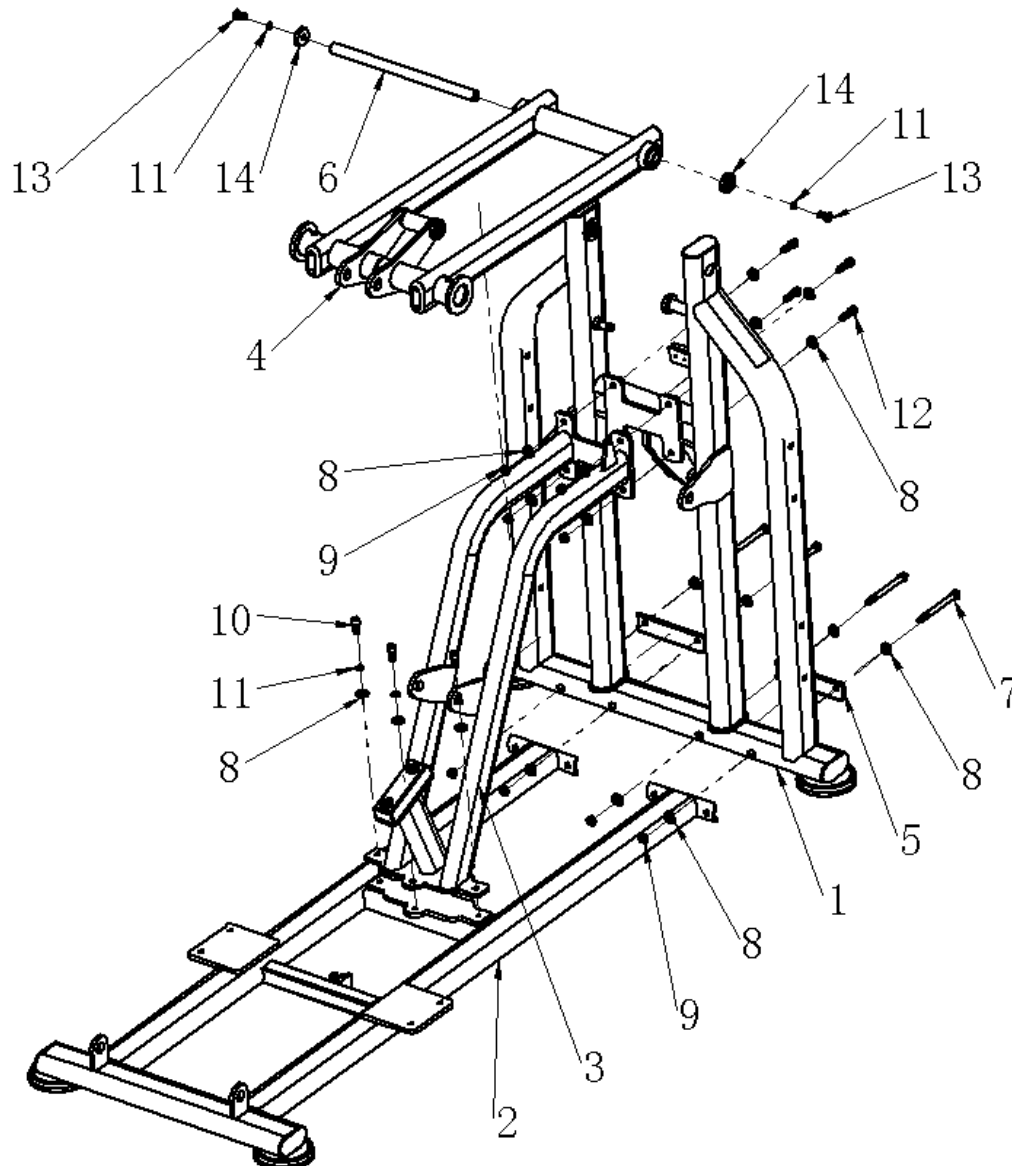
2/ Installation Steps Diagram

Installation Step One

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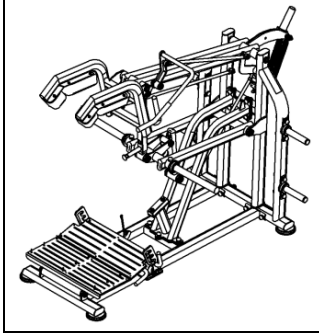


Installation Checklist			
No.	Name	Specs	Qty.
1	Rear Support Bracket	Welding Part	1
2	Base Platform	Welding Part	1
3	Support Frame	Welding Part	1
4	Bell Plate Frame	Welding Part	1
5	Arc Connecting Plate	190*50*T6	2
6	Rotating Shaft	Φ25*412	1
7	Hexagon Socket Head Bolt	M12*130 (Half Thread)	4
8	Drum Washer	Φ12	19
9	Hexagon Locking Nut	M12	8
10	Hexagon Socket Head Bolt	M12*25 (Full Thread)	3
11	Spring Washer	Ø12 (Ø19*13.1)	3
12	Hexagon Socket Head Bolt	M12*35 (Full Thread)	4
13	Hexagon Socket Head Bolt	M12*25 (Full Thread)	2
14	End Cap	Φ43.5*14.5	2

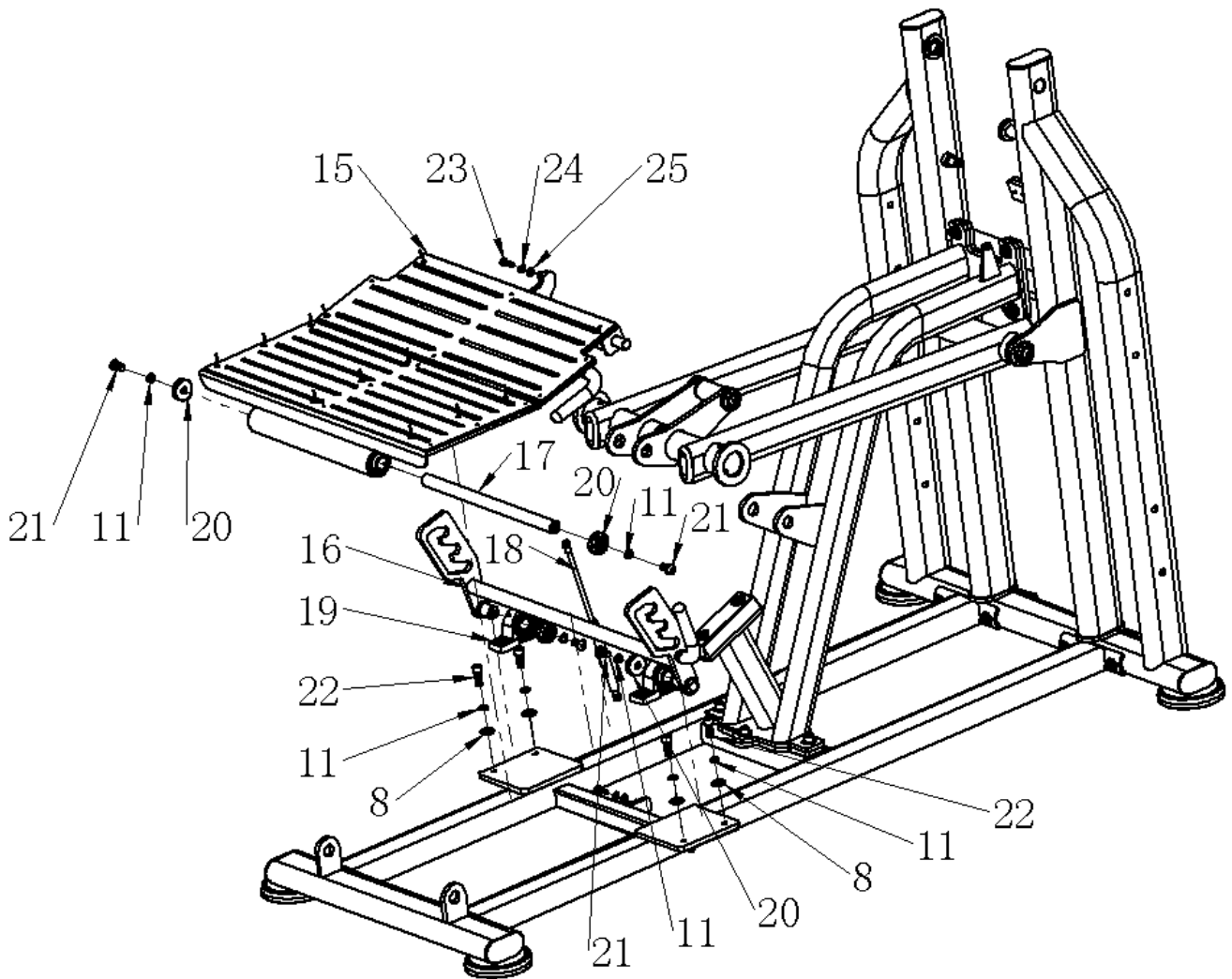


Installation Step Two

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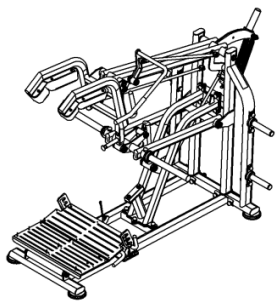


Installation Checklist			
No.	Name	Specs	Qty.
15	Pedal Assembly	Welding Part	1
16	Pedal Adjustment Bracket	Welding Part	1
17	Rotating Shaft	Φ25*412	1
18	Gas Spring	80N-Max Center Distance 350*Stroke 135	1
19	Bearing with Vertical Seat	UCP205	2
20	End Cap	Φ43.5*14.5	4
21	Hexagon Socket Head Bolt	M12*25 (Full Thread)	4
22	Hexagon Socket Head Bolt	M12*30 (Full Thread)	4
23	Hexagon Socket Head Bolt	M8*25 (Full Thread)	2
24	Spring Washer	Ø8 (Ø12.5*t2.1)	2
25	Flat Washer	Ø8(Ø15.5*t1.6)	2
8	Drum Washer	Φ12	4
11	Spring Washer	Ø 12 (Ø19*t3.1)	8

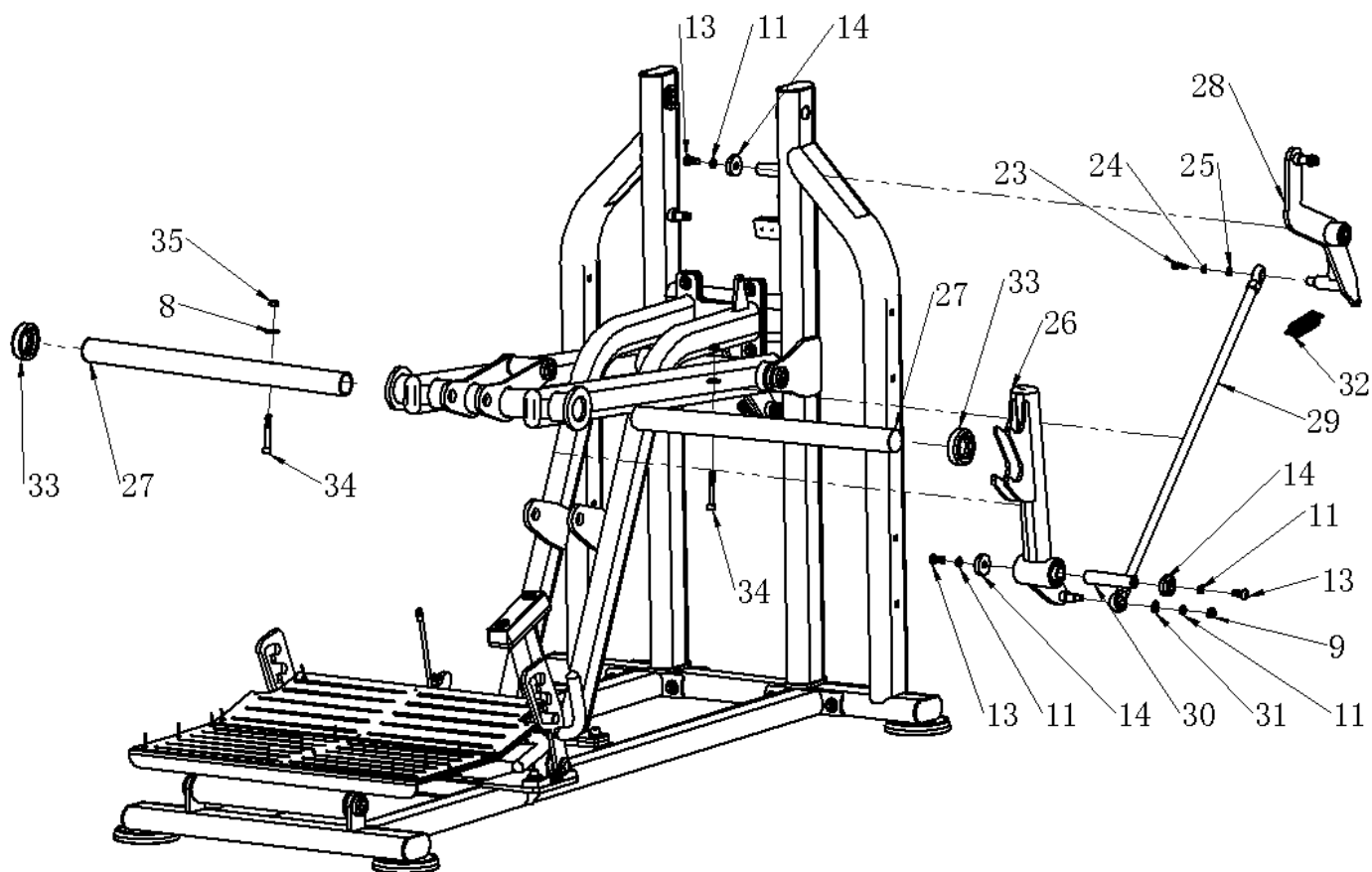


Installation Step Three

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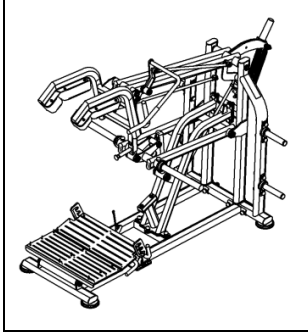


Installation Checklist			
No.	Name	Specs	Qty.
26	Positioning Support Bracket	Welding Part	1
27	Bell Plate Hanging Pipe	Φ48*T3.5*645	2
28	Connecting Rod Bracket	Welding Part	1
29	Connecting Rod Two	Φ20*780	1
30	Swing Arm Pivot	Φ25*119	1
31	Flat Washer	Ø12 (Ø23.5*t2.5)	1
32	Pull Spring	Length 75 without Hook	1
33	Round Buffer Pad	Φ75*Φ48.5*20	2
34	Hex Socket Head Bolt	M10*70 (Half Thread)	2
35	Hex Locking Nut	M10	2
8	Drum Washer	Φ12	2
9	Hex Locking Nut	M12	1
11	Spring Washer	Ø12 (Ø19*t3.1)	4
13	Hex Socket Flat Head Bolt	M12*25 (Full Thread)	3
14	End Cap	Φ43.5*14.5	3
23	Hex Socket Head Bolt	M8*25 (Full Thread)	1
24	Spring Washer	Ø8 (Ø12.5*t2.1)	1
25	Flat Washer	Ø8(Ø15.5*t1.6)	1

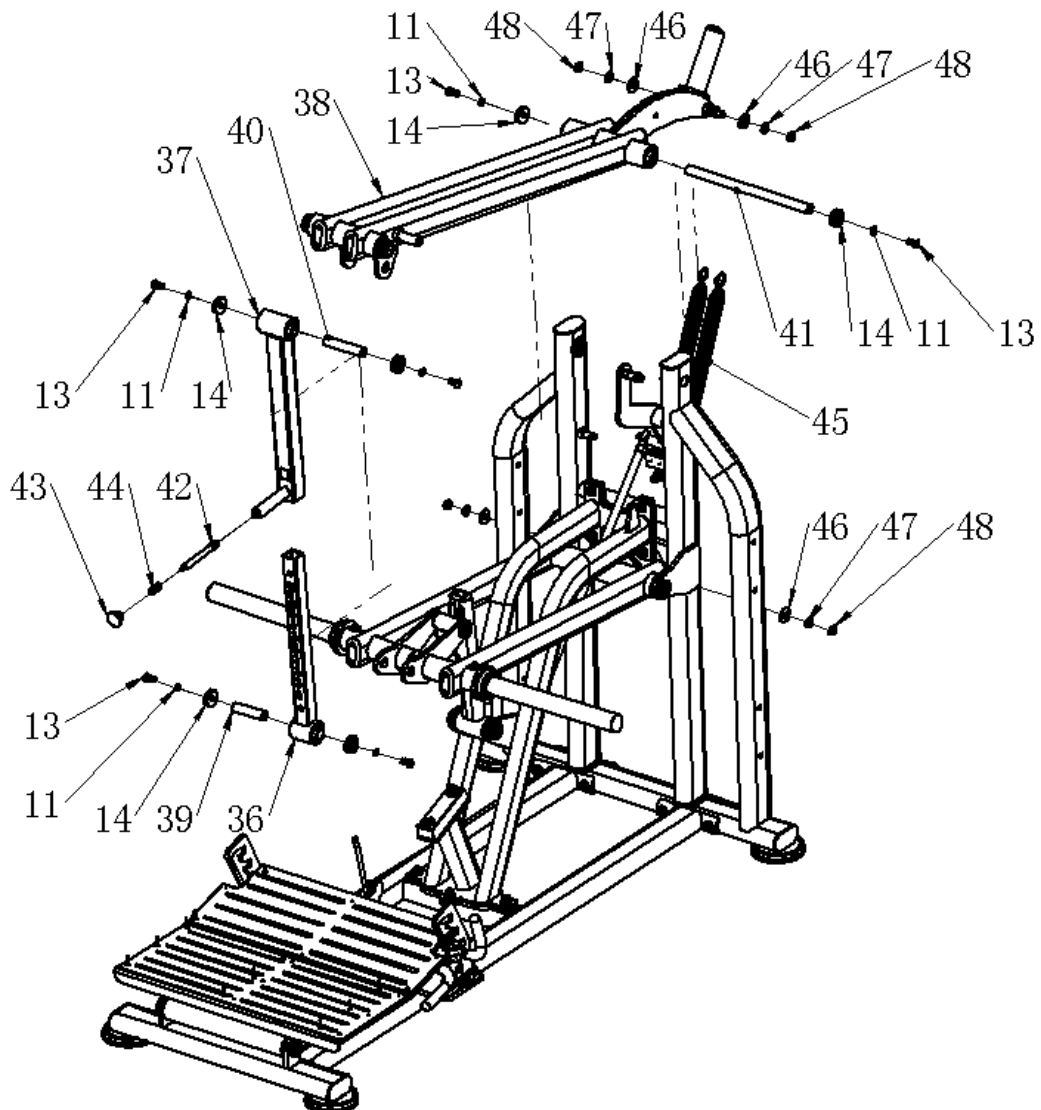


Installation Step Four

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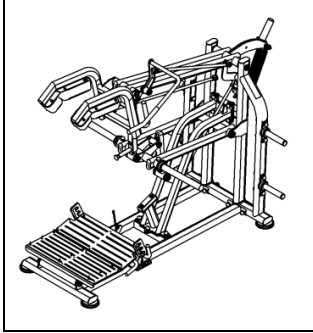


Installation Checklist			
No.	Name	Specs	Qty.
36	Adjusting Inner Pipe Assembly	Welded Parts	1
37	Adjusting Outer Pipe Assembly	Welded Parts	1
38	Linkage Frame	Welded Parts	1
39	Pivot	Φ25*95	1
40	Arm Pivot	Φ25*119	1
41	Pivot	Φ25*393	1
42	Pull Pin Shaft	Φ19*156	1
43	Mushroom Head Pull Pin Head	Ø43*34*M8	1
44	Compression Spring	Φ17*31	1
45	Tension Spring	Length 368 without hook	2
46	Tension Spring Retaining	Φ Plate38*Φ16.5*T3	4
47	Flat Washer	Ø16-Ø29.5*t3	4
48	Hex Lock Nut	M16	4
11	Spring Washer	Ø12 (Ø19*t3.1)	6
13	Internal Hex Flat Bolt	M12*25 (Full Thread)	6
14	End Cover	Φ43.5*14.5	6

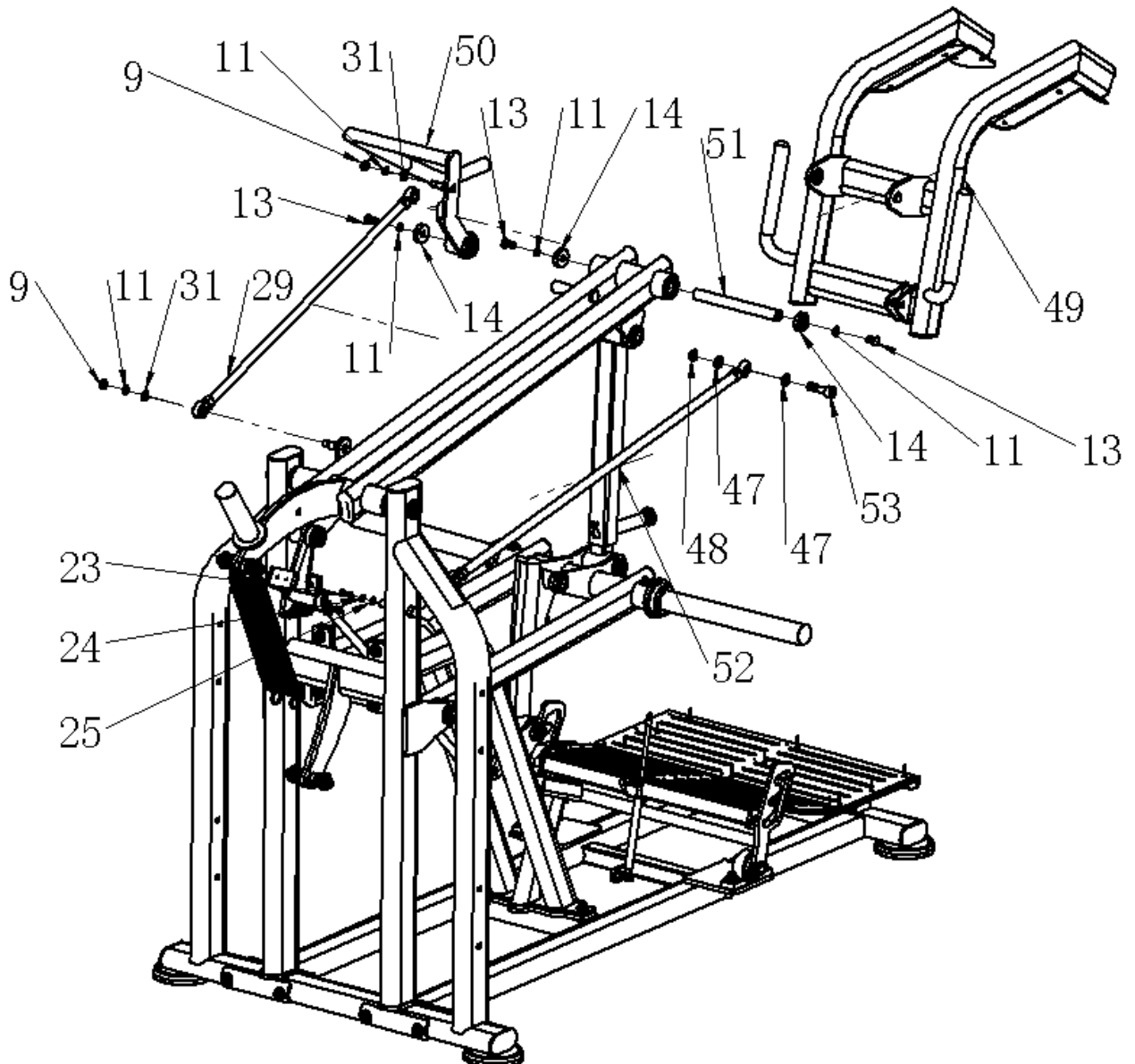


Installation Step Five

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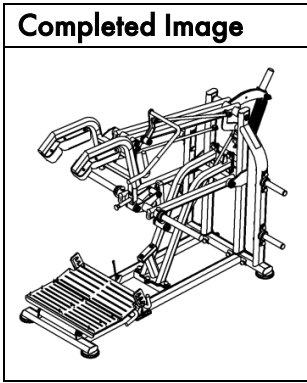


Installation Checklist			
No.	Name	Specs	Qty
49	Shoulder Bracket	Welded	1
50	Linkage Handle Assembly	Welded	1
51	Long Shaft	Φ25*240	1
52	Connecting Rod 1	Φ20*1047	1
53	Internal Hex Cylinder Bolt	M16*55 (Half Thread)	1
9	Hex Lock Nut	M12	2
11	Spring Washer	Ø12 (Ø19*t3.1)	5
13	Internal Hexagon Flat Bolt	M12*25 (Full Thread)	3
14	End Cover	Φ43.5*14.5	3
23	Internal Hex Cylinder Bolt	M8*25 (Full Thread)	1
24	Spring Washer	Ø8 (Ø12.5*t2.1)	1
25	Flat Washer	Ø8(Ø15.5*t1.6)	1
29	Connecting Rod 2	Φ 20*780	1

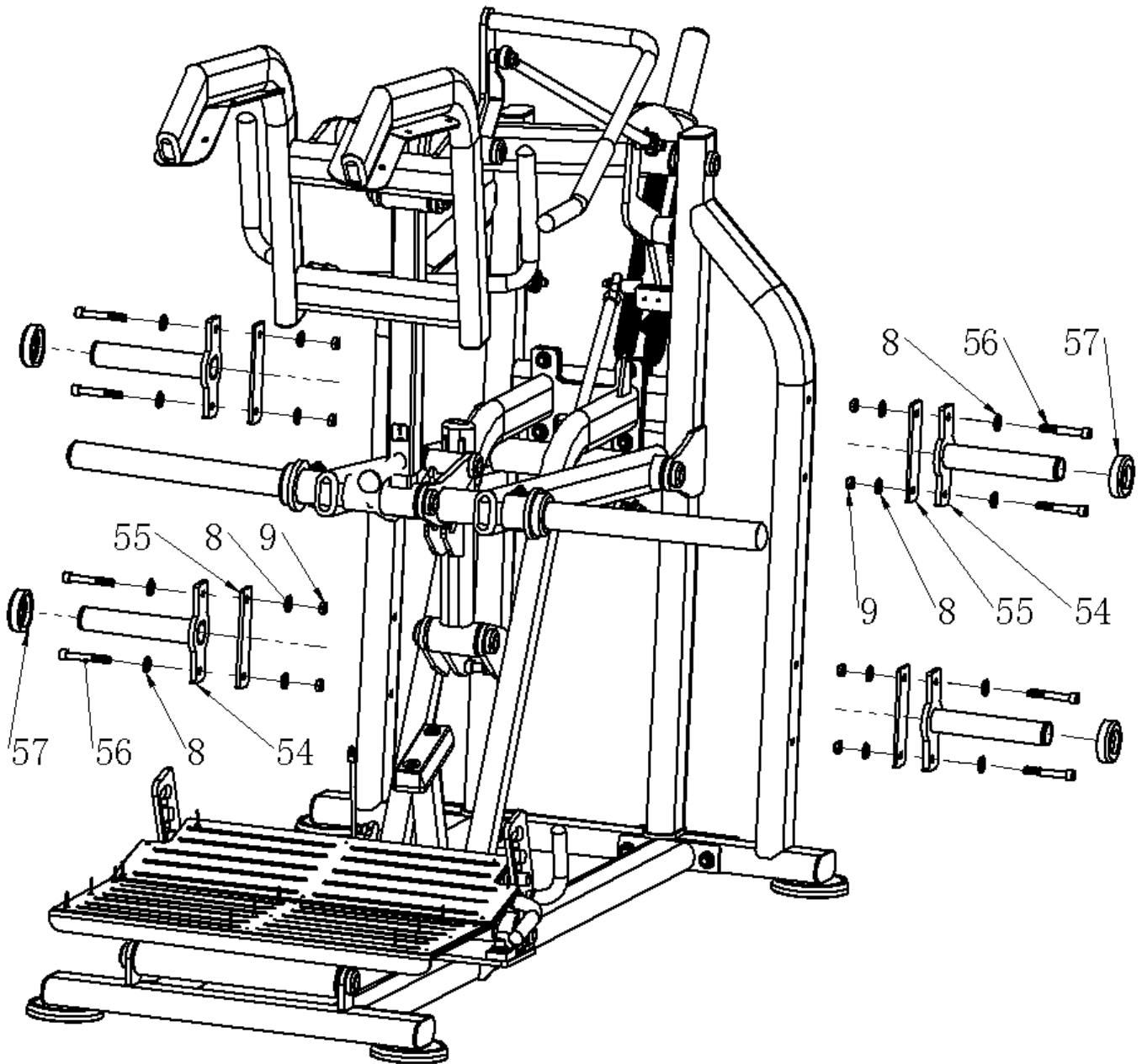


Installation Step Six

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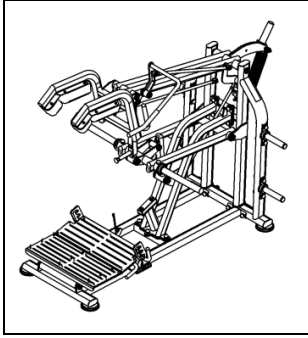


Installation Checklist			
No.	Name	Sepcs	Qty.
54	Gong-striker Suspension Assembly	Welded Parts	4
55	Suspension Plate	180*45*T6	4
56	Internal Hex Head Bolt	M12*80 (Half Thread)	8
57	Circular Buffer Pad	Φ75*Φ42.5*20	4
8	Drum Pad	Φ12	16
9	Hexagon Lock Nut	M12	8

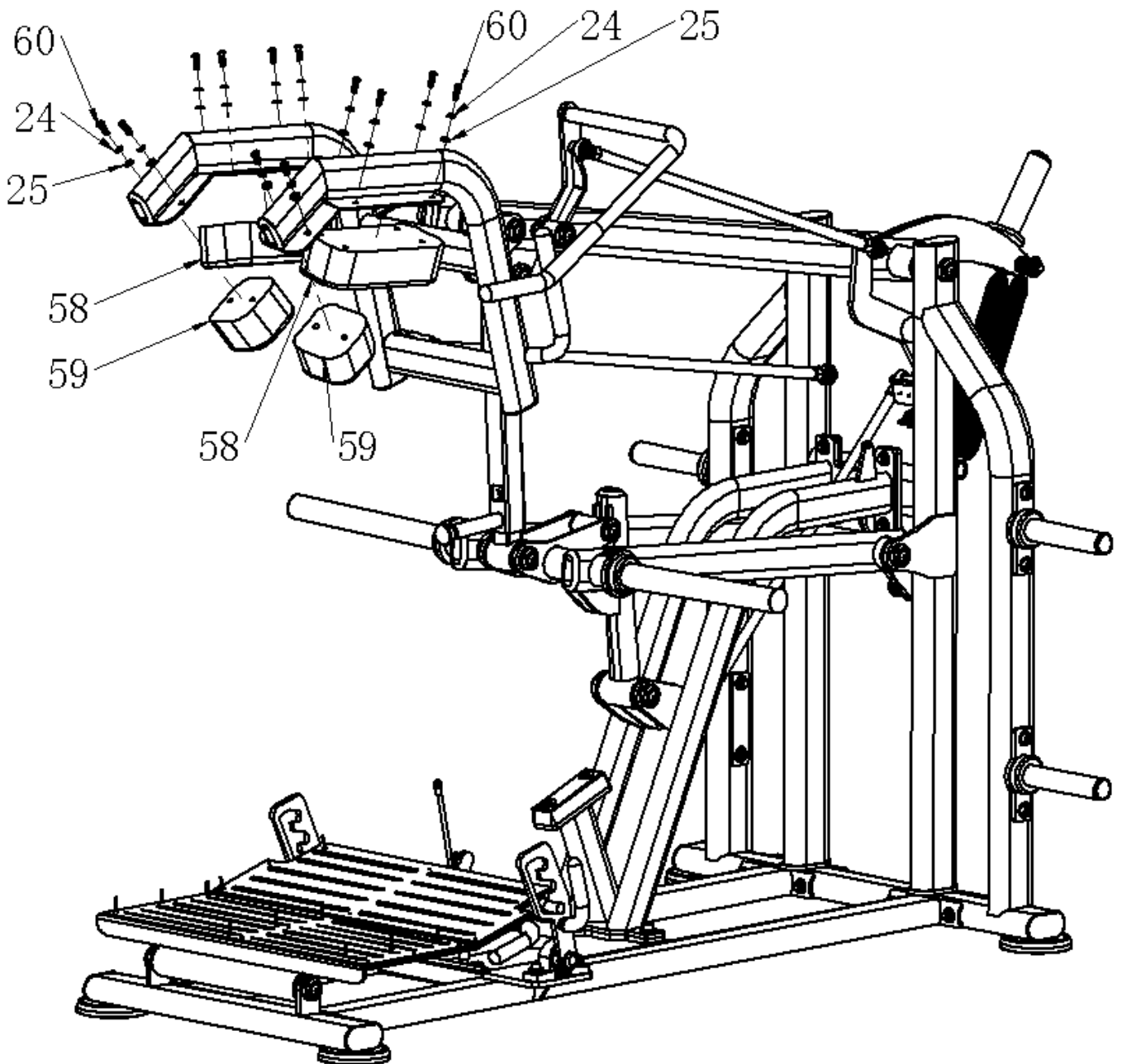


Installation Step Seven

Completed Image



Installation Checklist			
No.	Name	Specs	Qty
58	Long Chest Pad	295*120*T80	2
59	Chest Pad	125*120*T80	2
60	Internal Hex Flat Bolt	M8*25 (Full Thread)	12
24	Spring Washer	Ø8 (Ø12.5*t2.1)	12
25	Flat Washer	Ø8(Ø15.5*t1.6)	12



Note: Installation completed. Tighten all bolts securely. Use screw caps for all positions where drum pads are used.

03/Product Description:

This indoor fitness equipment is designed for aerobic cardiovascular exercise, primarily focusing on improving cardiovascular function and providing secondary muscle training. It targets various muscle groups like the calves and thighs for strength and aesthetic purposes.

Utilizing functional diagrams, it illustrates proper equipment usage and muscle exercise methods for easy understanding.

With its weight adjustment system, users can conveniently select resistance levels to meet their needs.

Designed to align with the body's natural movement trajectory, it ensures safety and durability.

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

04/Product Specifications:

Name	Pro Strength Squat/Calf Combo	SKU	PL-PS-SCC
Dimensions:	48" x 85" x 78"		
Weight	500 lb		

Maintenance Guide:

1. Regularly check and tighten bolts throughout the machine to ensure secure fastening. Moving parts should operate smoothly without any abnormal sounds.
2. Keep the machine clean, but avoid using strong cleaning solvents for wiping.
3. Replace any worn or damaged parts immediately. Do not use the machine until repairs are completed.