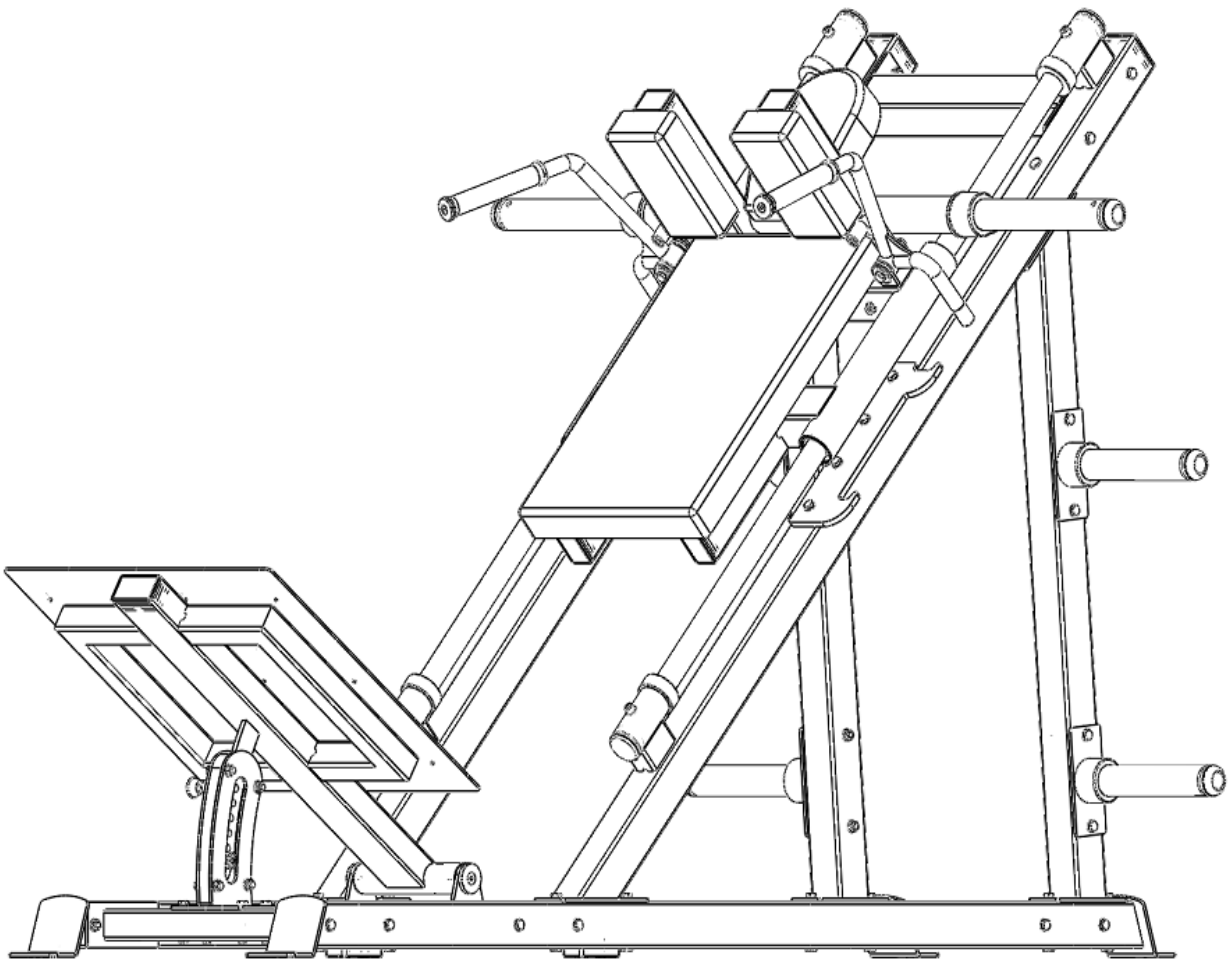
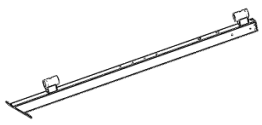
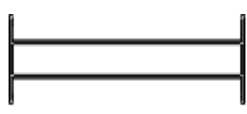
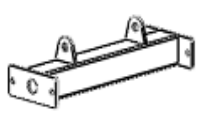
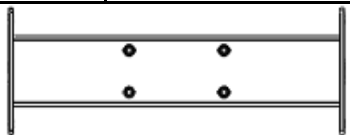
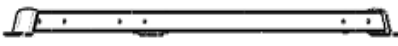
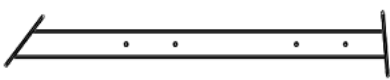
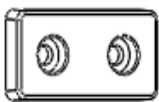

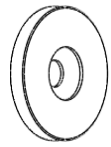
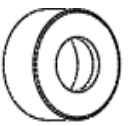
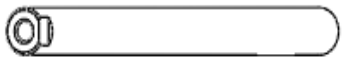

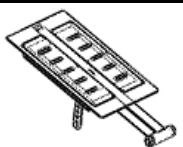
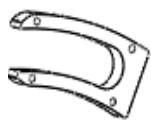
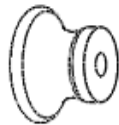

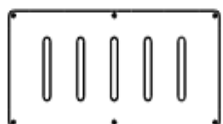


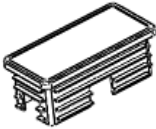
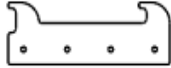

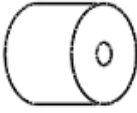


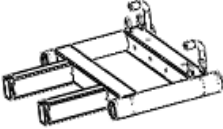



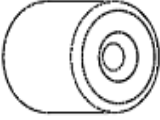
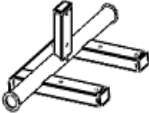

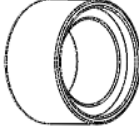


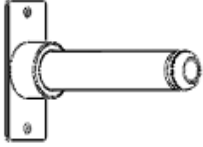


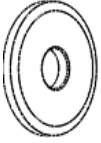
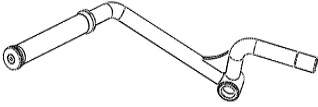




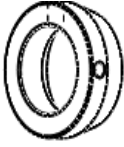


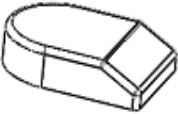
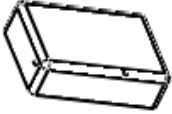
EXP-5082 45 Degree Hack Squat Installation Standard Instructions



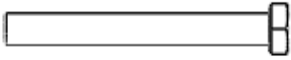


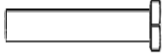
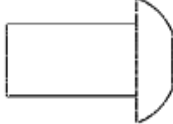
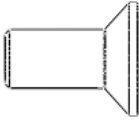
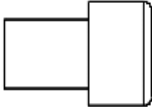
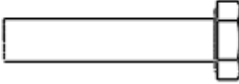
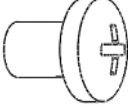
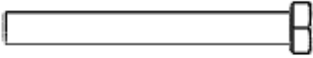
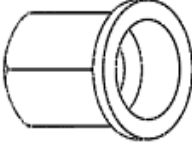

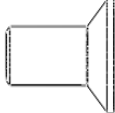
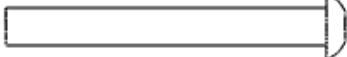
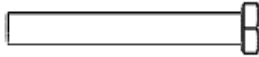
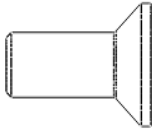
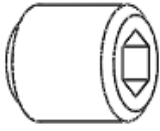




Parts list(individual packaging)

					
No.1	Large inclined pipe welding group * 2	No.2	Rear connection welding group*2	No.3	Connecting sleeve welding group*1
					
No.4	Bottom connection welding group*1	No.5	Base welding group*2	No.6	Diagonal support welding group*2
					
No.7	Thin shock pad*2	No.8	75*75 Square tube plug*2	No.9	Aluminum alloy flat end cap*2
					
No.10	Nylon screw sleeve*1	No.11	Pedal shaft *1	No.12	Gear adjustment welding group*1
					
No.13	Pedal welding group*1	No.14	Polymer backing plate*1 piece	No.15	Aluminum alloy spring pin*1
					
No.16	Pin (galvanized)*1	No.17	Aluminum checkered plate*2	No.18	Polypropylene spacer*2

					
No.19	6004 Bearing *2	No.20	50*100 Pipe plug*1	No.21	No.Gear plate*2
					
No.22	No. 527 Rubber cap *4	No.23	Nylon sleeve*4	No.24	No. 71 Plastic part (Ø60) *4
					
No.25	Guide rod*2	No.26	Sliding welding group*1	No.27	Ø60 Universal circlip*4
					
No.28	LUMM40 linear bearing*4	No.29	Square tube plug 50*75*4	No.30	Smith Sheath*4
					
No.31	Shoulder pad assembly*1	No.32	Stainless steel pipe plug (Ø50) *6	No.33	New sheath*6
					

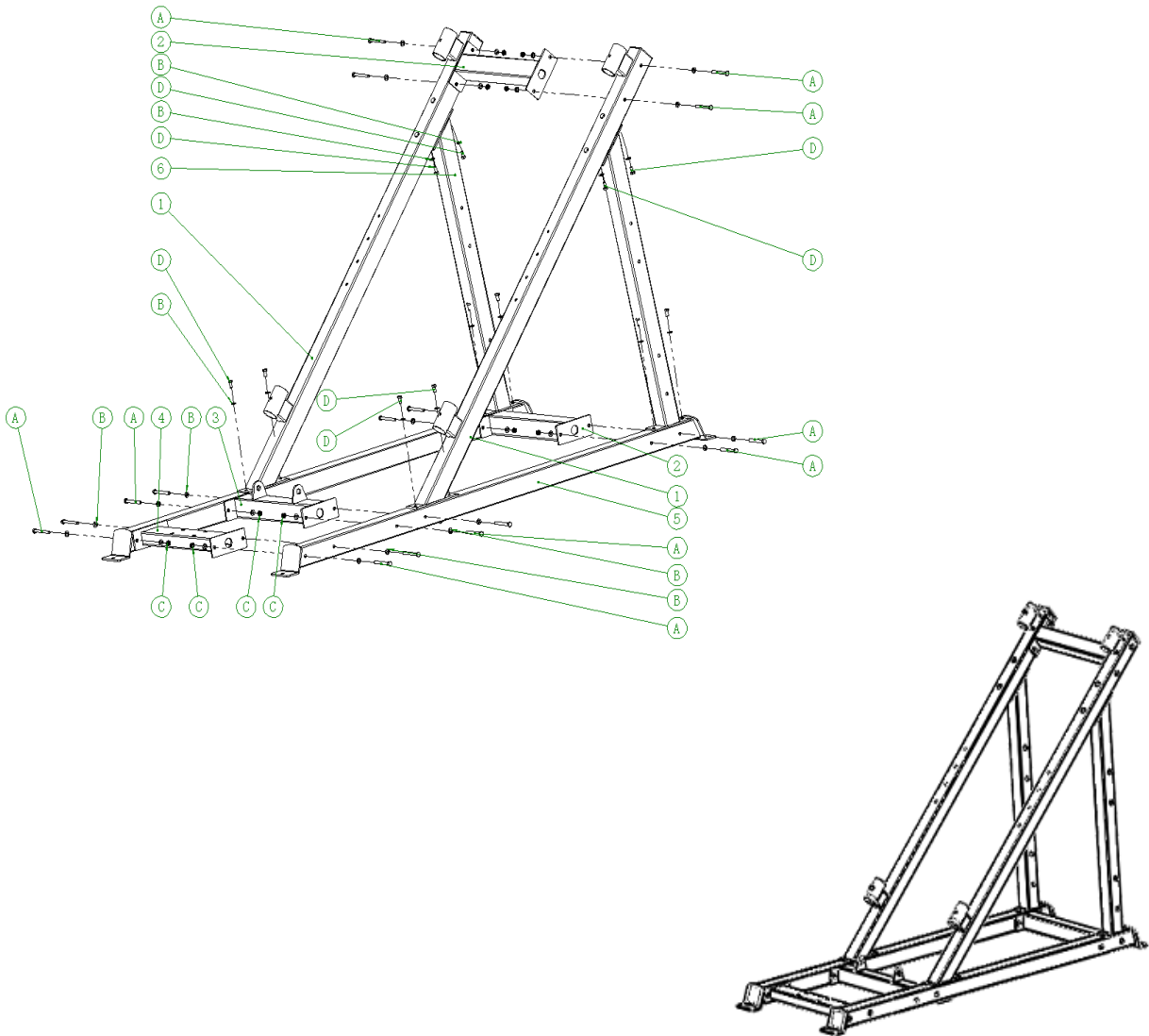
No.34	Stainless steel tube*1	No.35	Square tube plug 40*80*1	No.36	Barrel welding group*4
					
No.37	Rotating shaft fixed gasket large *4	No.38	Gear handle right welding group*1	No.39	Gear handle left welding group*1
					
No.40	0002 Shaft*2	No.41	Aluminum end cap*2	No.42	Not torn *2
					
No.43	Aluminum lock cover*2	No.44	Copper sleeve*4	No.45	Back cushion*1
					
No.46	Headrest*1	No.47	Chest cushion*2		

Blister package screw list

					
A	M10*95 Hexagon screw*24	B	Ø10 Flat washer*108	C	M10 Lock nut*42
					
D	M10*20 Hexagon screw*17	E	M10*20 Flat head screw*4	F	M10*20 Flat head screw*2
					
G	M12*16 Cylindrical head screw*1	H	M10*55 Hexagon screw*4	I	M10*65 Cross recessed pan head screw*12
					
J	M10*100 Hexagon screw*8	K	M10 Hexagonal rivet nut*4	L	M10*65 Cylindrical head screw*4
					
M	M5*12 Flat countersunk head screw*4	N	M10*95 Flat head screw*4	O	M10*80 Hexagon screw*2
					
P	M8*20 Flat countersunk head screw*2	Q	M5*6 Set screw*4	R	M8*70 Round head screw*4
					
S	M8*65 Round head screw*2	T	M8*100 Round head screw*4	U	Ø8 Flat washer*10

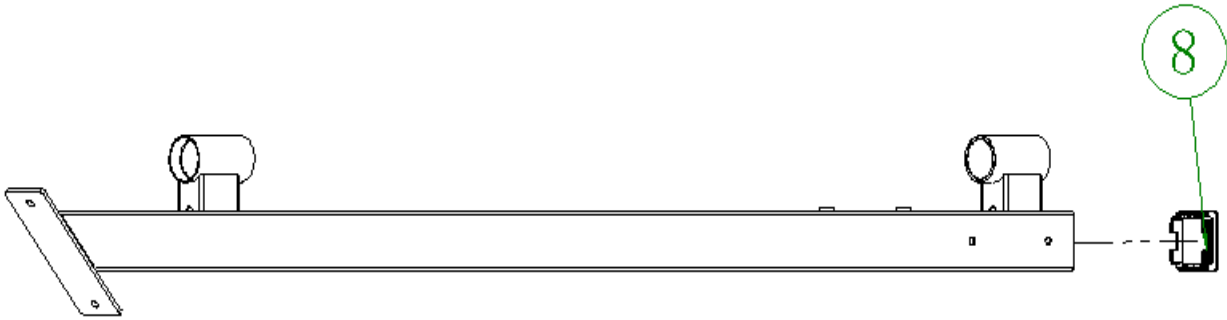
Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
1	No.1	Large inclined pipe welding group	2	No.6	Diagonal support welding group	2
	No.2	Post connection welding group	2	A	M10*95 Hexagon screw	16
	No.3	Connecting shaft sleeve welding group	1	B	Ø10 Flat washer	44
	No.4	Bottom connection welding group	1	C	M10 Lock nut	16
	No.5	Base welding group	2	D	M10*20 Hexagon screw	12



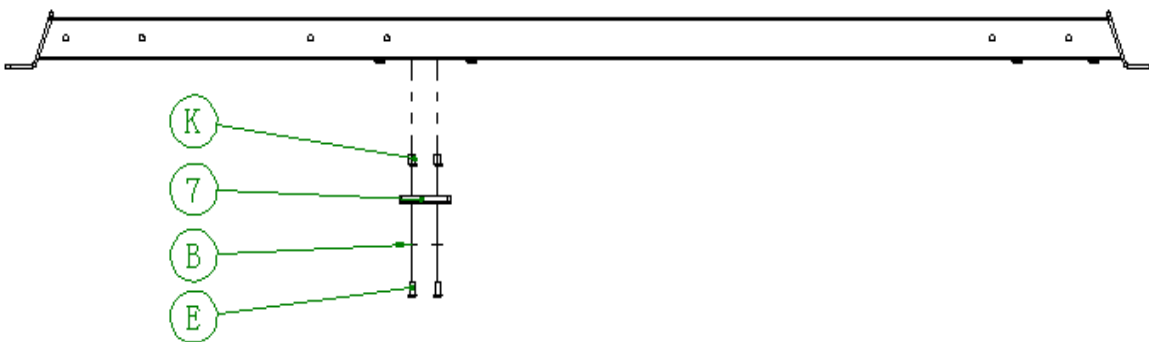
No.1 large inclined pipe welding group*1

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	No.8	75*75 Square pipe plug	1			



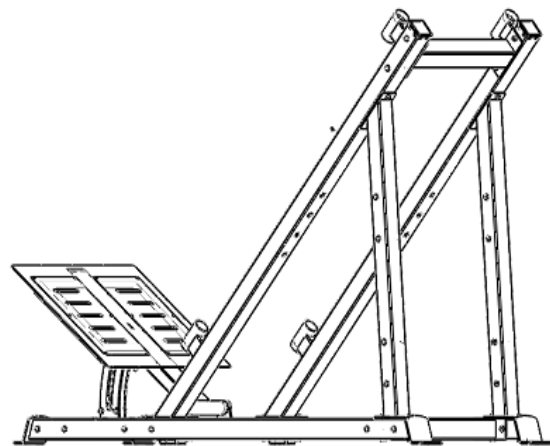
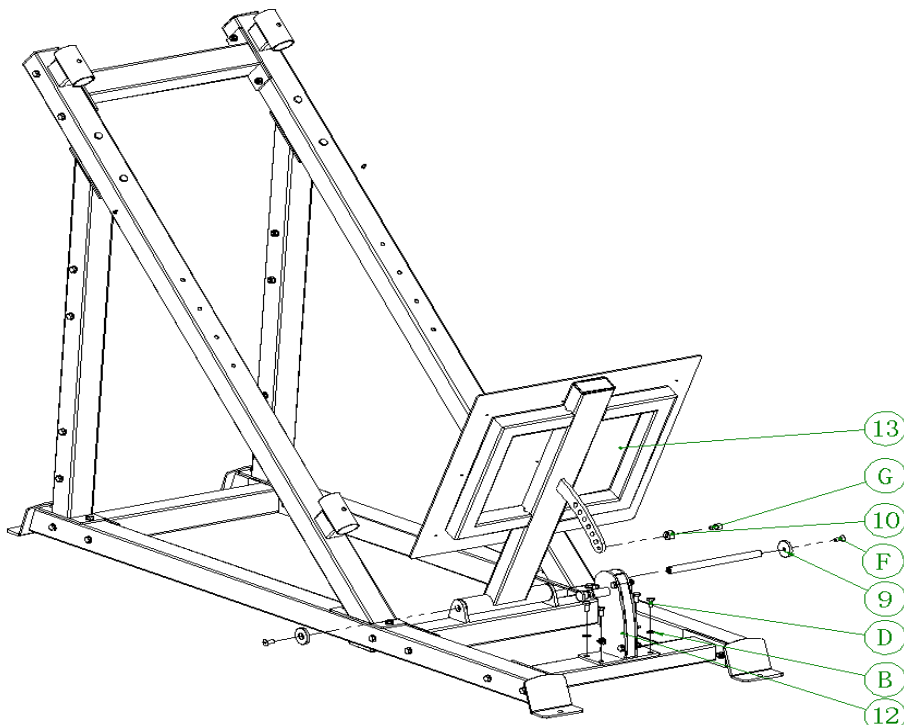
No.5 base welding group*2

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	B	Ø10 Flat washer	2	K	M10 Hex rivet nut	2
	E	M10*20 Flat head screw	2	No.7	Thin Shock Pads	1



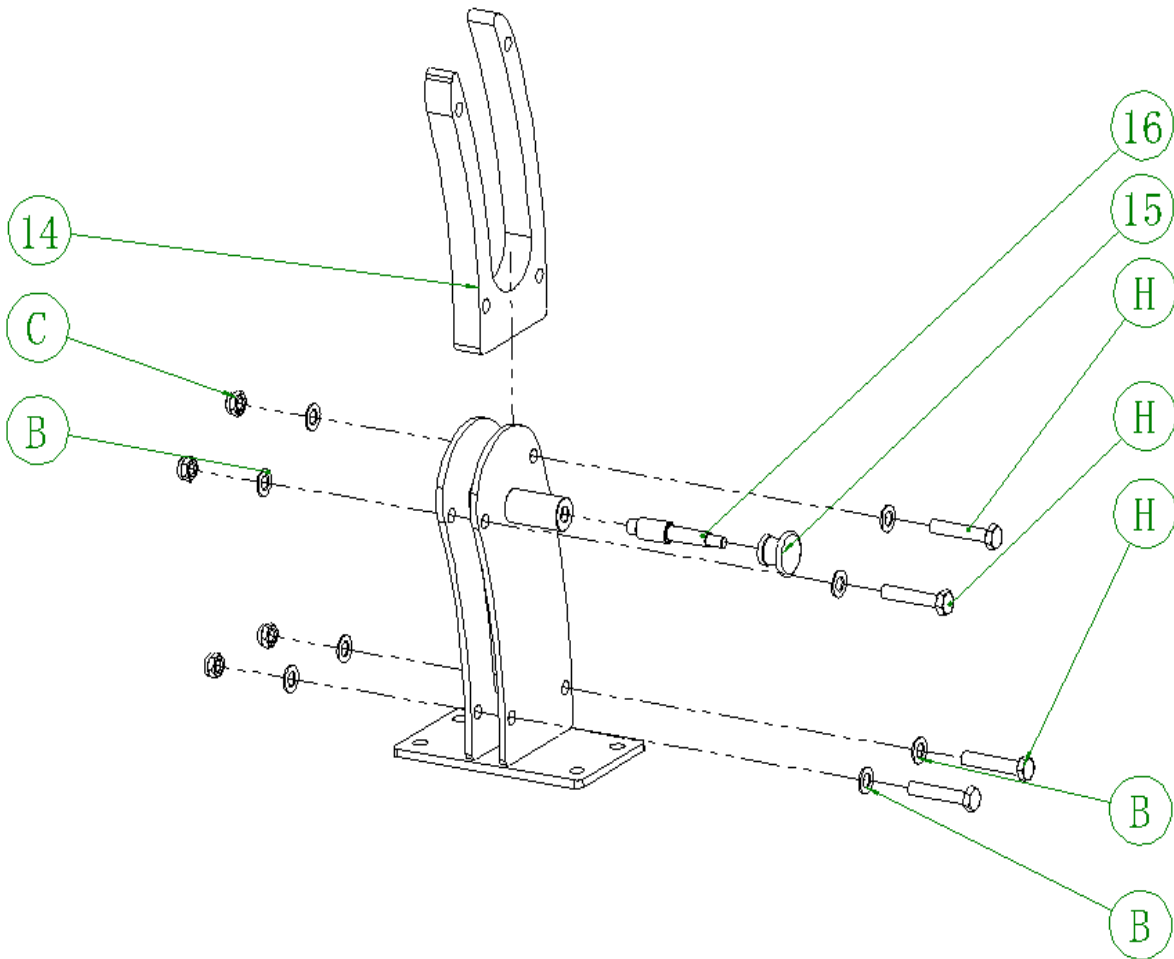
Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
2	No.9	Aluminum flat end cap	2	B	Ø10 Flat washer	4
	No.10	Nylon screw sleeve	1	D	M10*20 Hexagon screw	4
	No.12	Gear adjustment welding group	1	F	M10*25 Flat countersunk head screw	2
	No.13	Pedal welding group	1	G	M12*16 Cylinder head screw	1



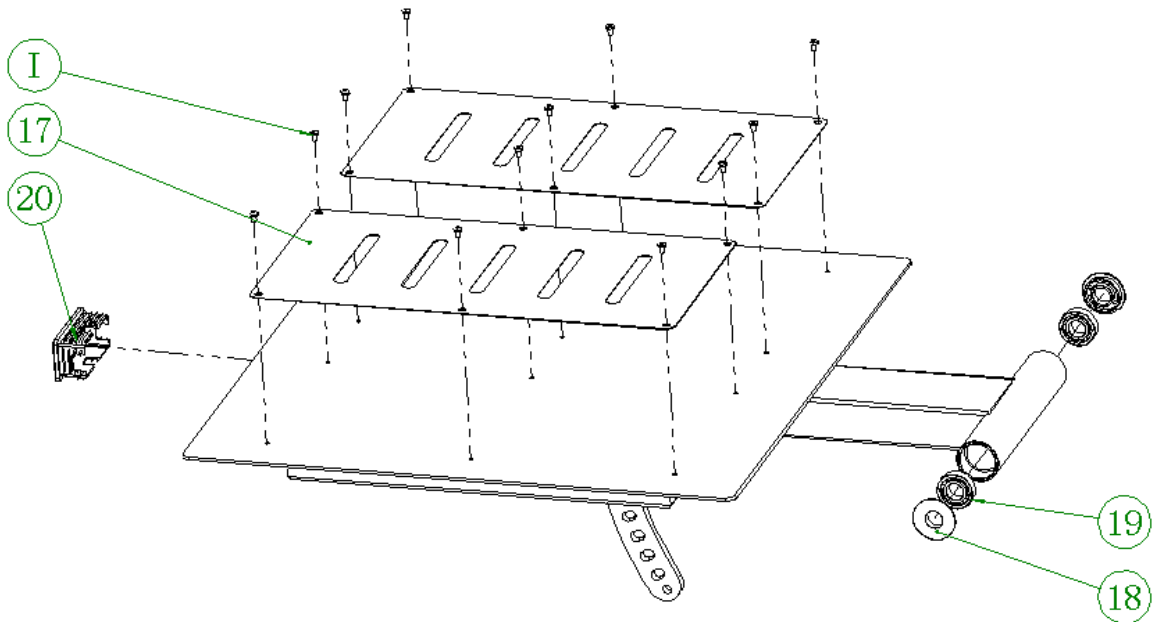
No.12 gear adjustment welding group*1

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	No.14	Polymer pad	1	B	Ø10 Flat washer	8
	No.15	Aluminum alloy spring pin	1	C	M10 Lock nut	4
	No.16	Pin (galvanized)	1	H	M10*55 Hexagon screw	4
	No.48	Spring				



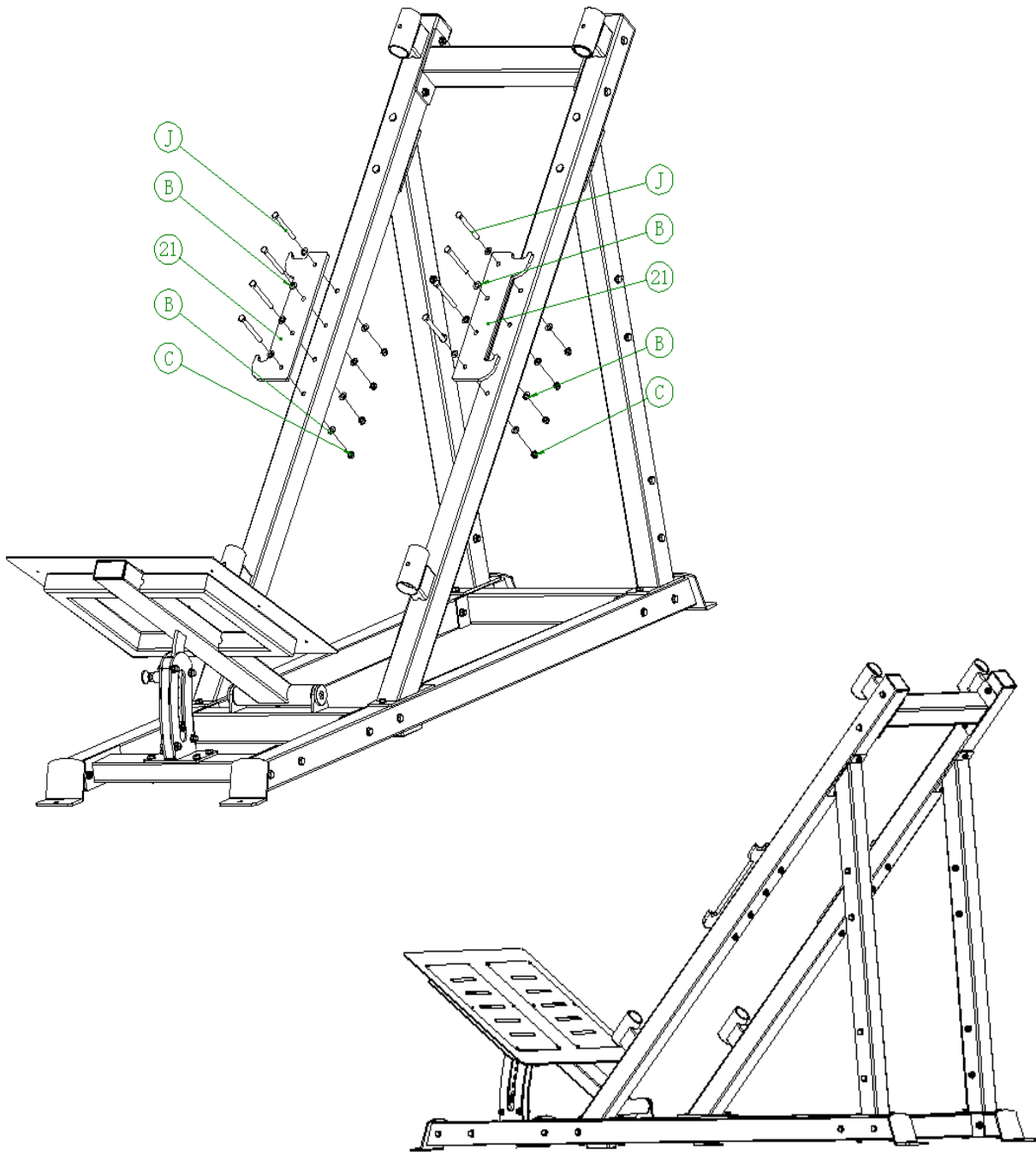
No.13 pedal welding group*1

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	No.17	Aluminum checkered plate	2	No.20	50*100 Pipe plug	1
	No.18	Polypropylene spacer	2	I	M5*8 Cross recessed pan head screw	12
	No.19	Ø42 Bearing	2			



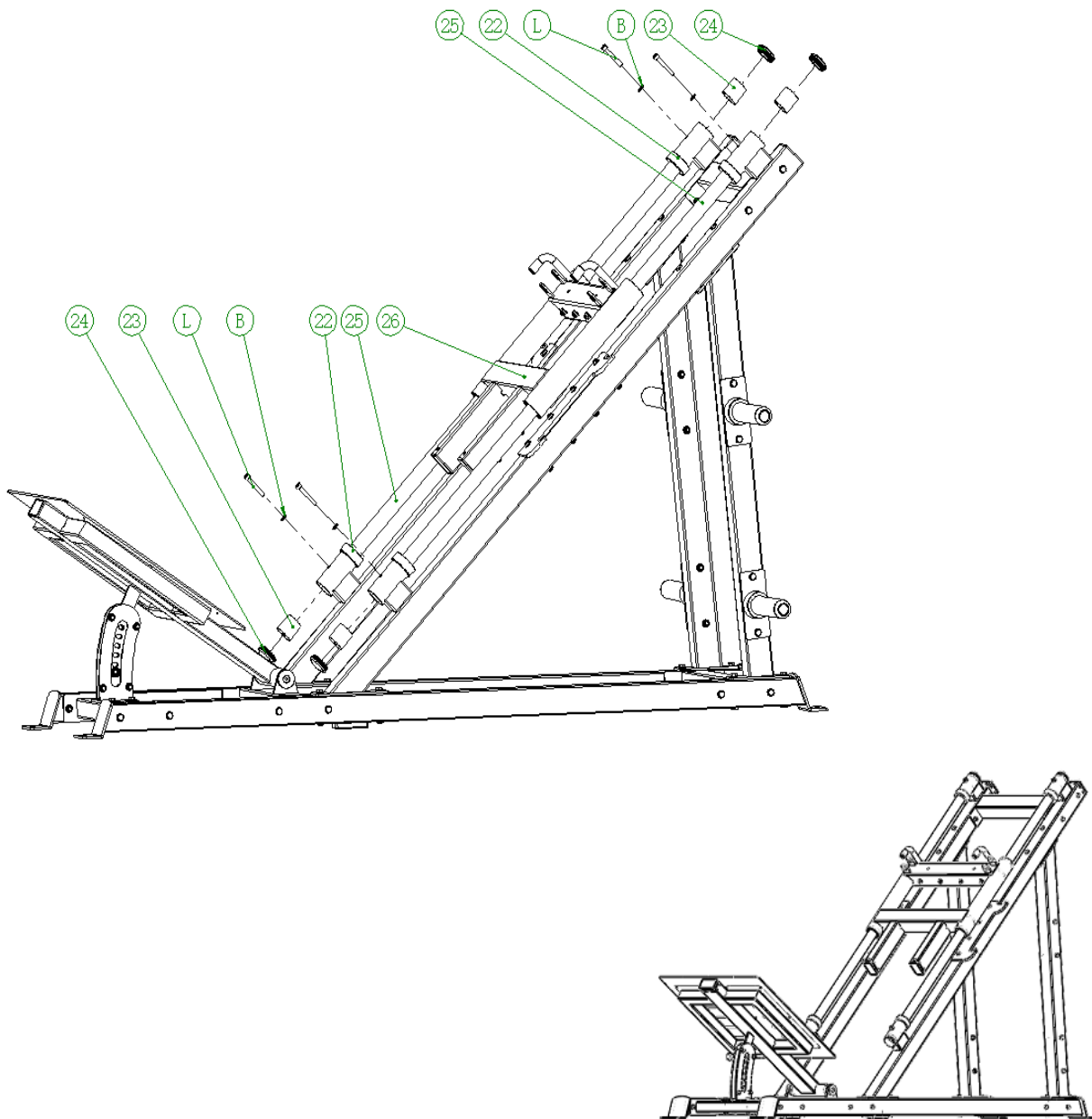
Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
3	J	M10*100 Hexagon screw	8	No.21	Gear plate	2
	B	Ø10 Flat washer	16			
	C	M10 Lock nut	8			



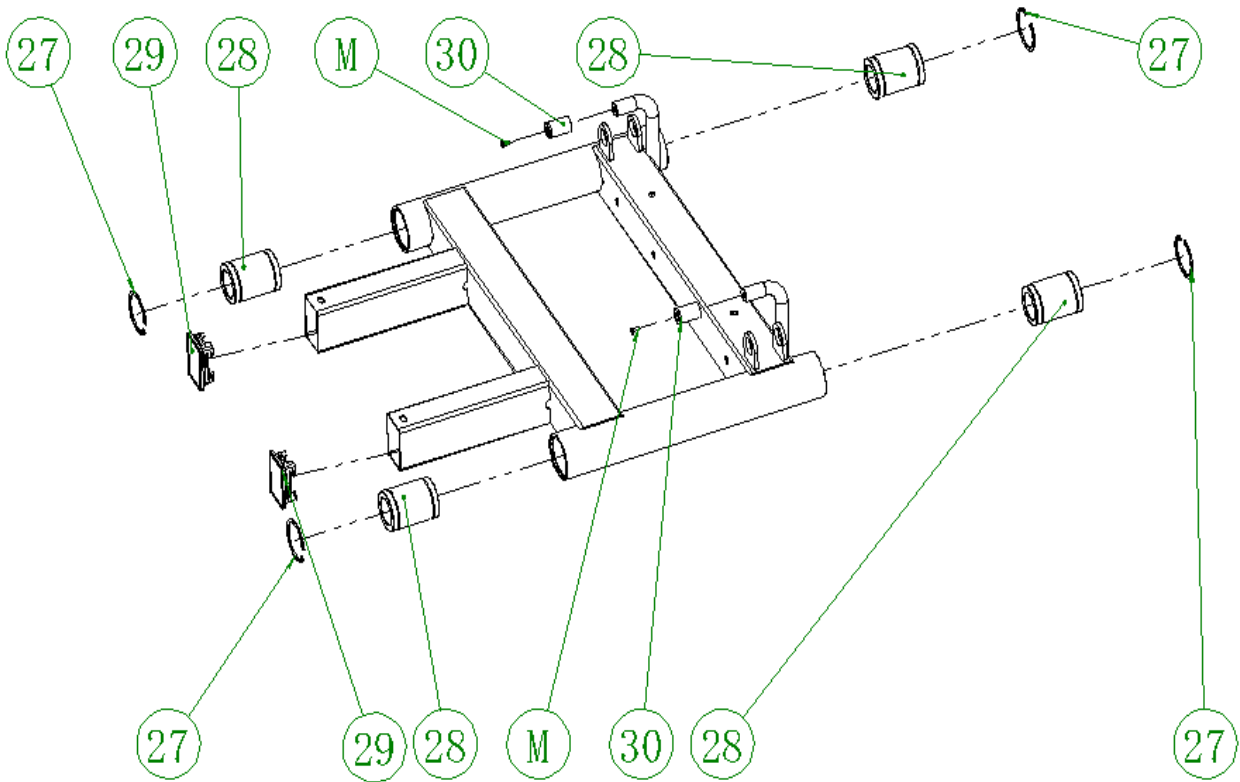
Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
4	No.22	No.527 Rubber cover	4	No.26	Sliding welding group	1
	No.23	Nylon sleeve	4	B	Ø10 Flat washer	4
	No.24	No.71 Plastic part (Ø60)	4	L	M10*65 Cylinder head screw	4
	No.25	guide rod	2			



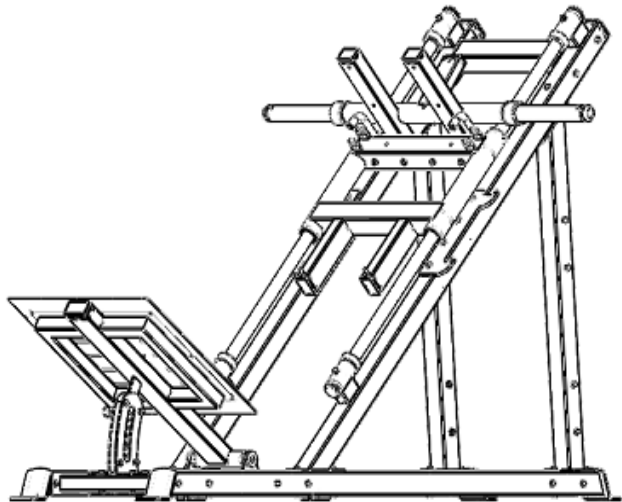
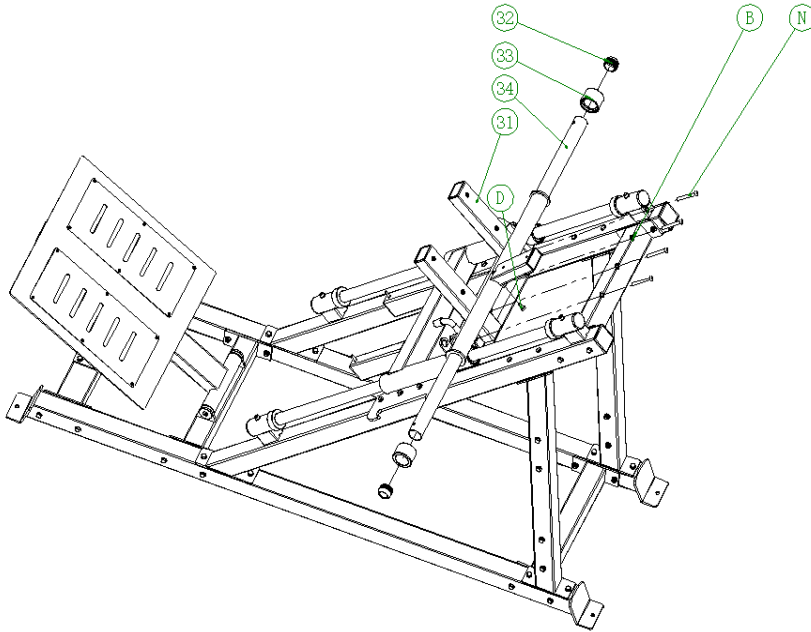
No.26 sliding welding group*1

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	No.27	Ø60 Hole Universal Circlip	4	No.30	Smith sheath	2
	No.28	LUMM40 linear bearing	4	M	M5*12 Flat countersunk head screw	2
	No.29	Square tube plug 50*75	2			



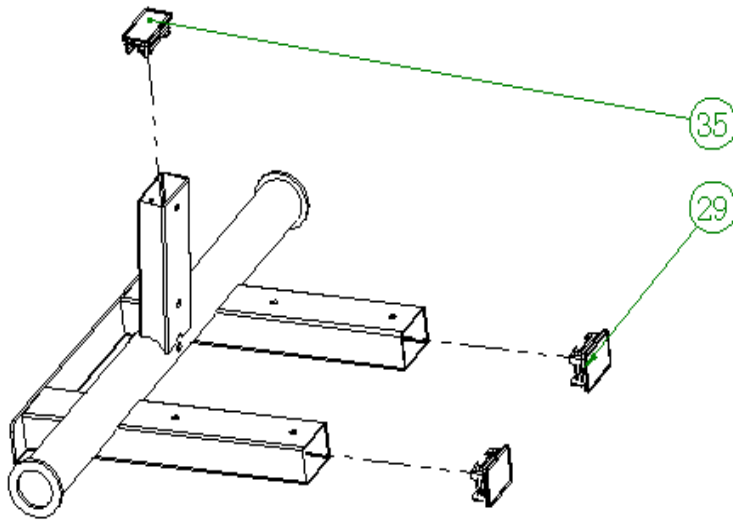
Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
5	No.32	Stainless steel pipe plug (Ø50)	2	D	M10*20 Hexagon screw	1
	No.33	New sheath	2	N	M10*95 Flat head screw	4
	No.34	Stainless steel pipe	1	No.31	Shoulder pad assembly	1
	B	Ø10 Flat washer	4			



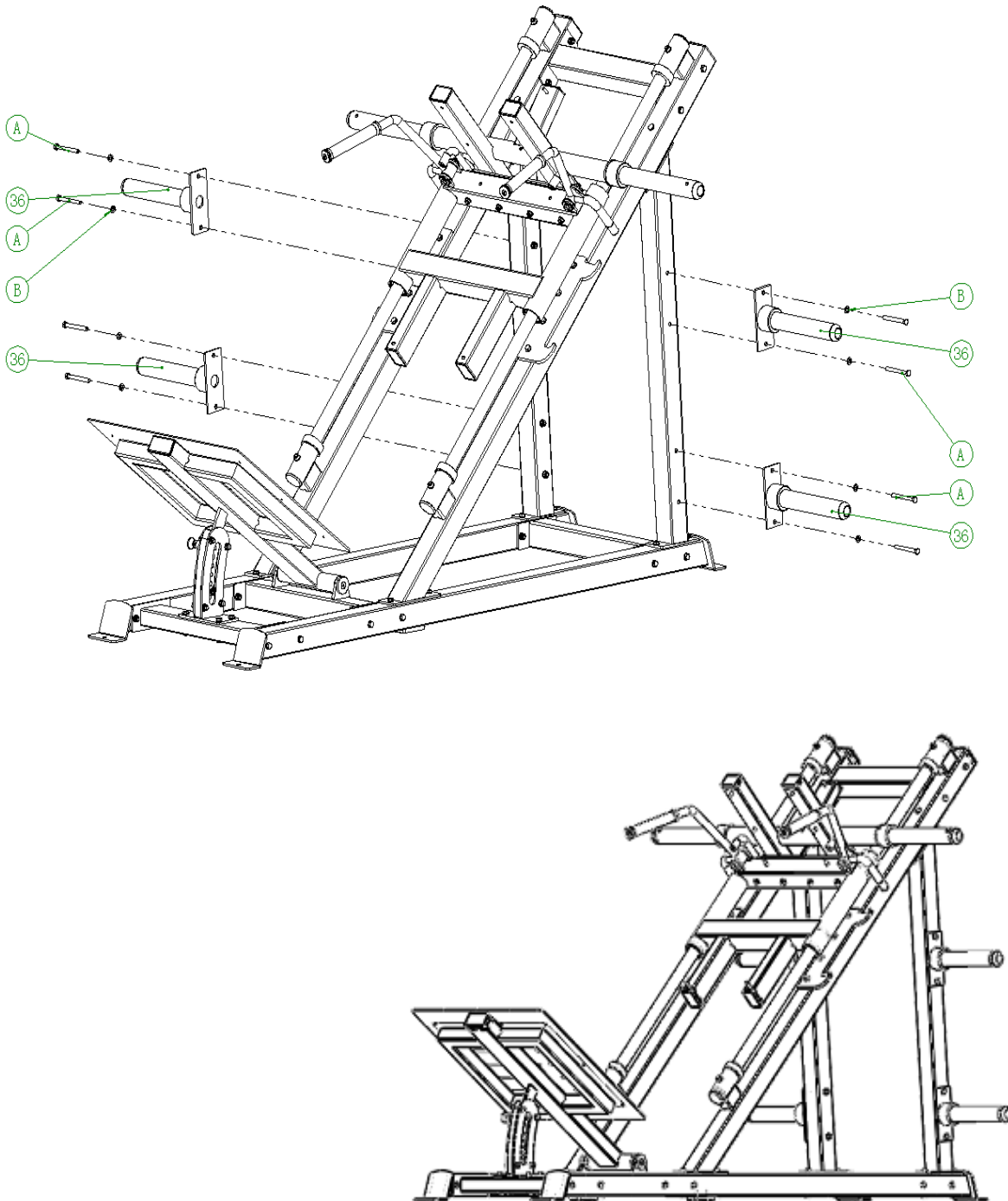
No.31 shoulder pad assembly * 1

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	No.29	Square tube plug 50*75	2	No.35	Square tube plug 40*80	1



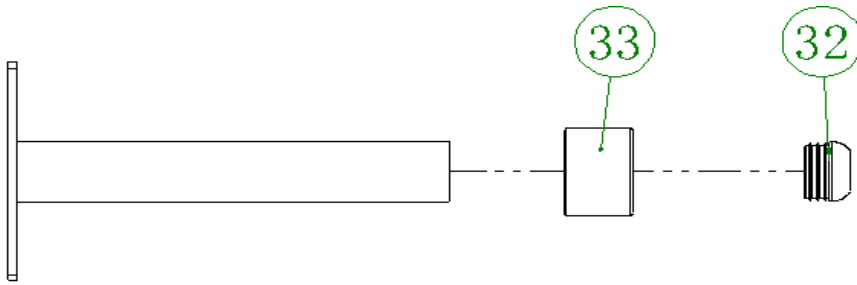
Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
6	No.36	Barrel welding group	4	B	Ø10 Flat washer	8
	A	M10*95 Hexagon screw	8			



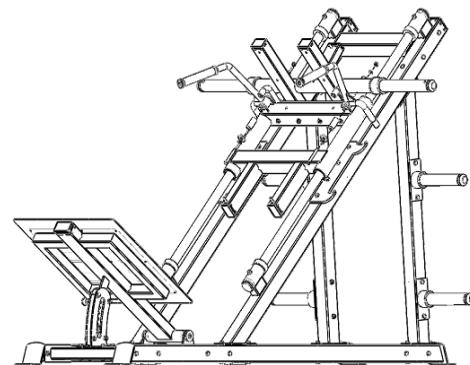
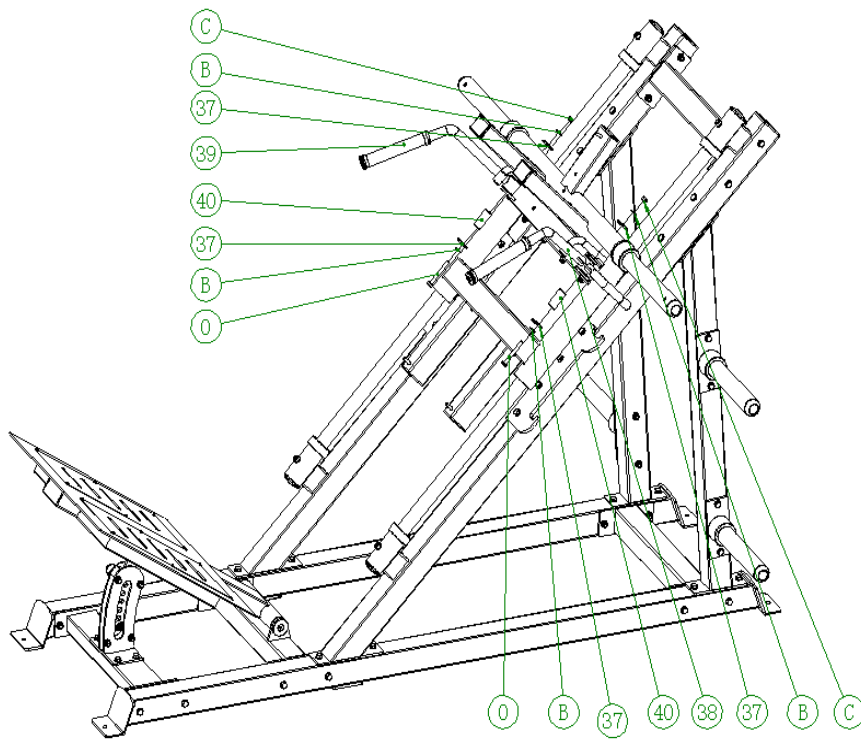
No.36 barrel welding group*4

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	No.32	Stainless steel pipe plug (Ø)	1	No.33	New sheath	1



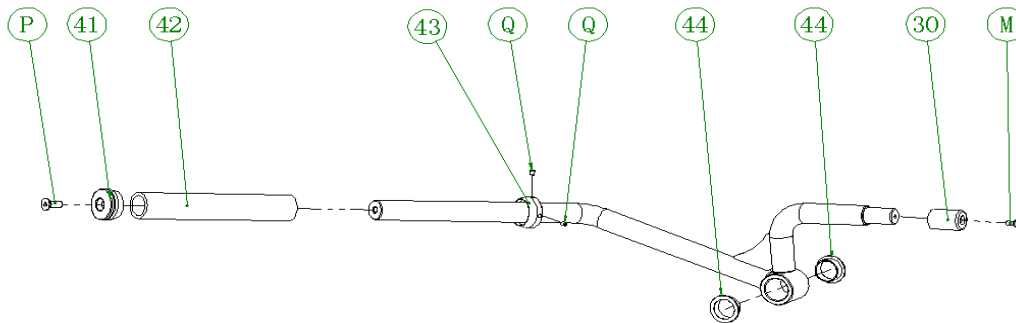
Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
7	B	Ø10 Flat washer	4	No.37	Rotary shaft fixed washer large	4
	C	M10 Lock nut	2	No.38	Gear handle right welding group	1
	O	M10*80 Hexagon screw	2	No.39	Gear handle left welding group	1
	No.40	0002 Shaft	2			



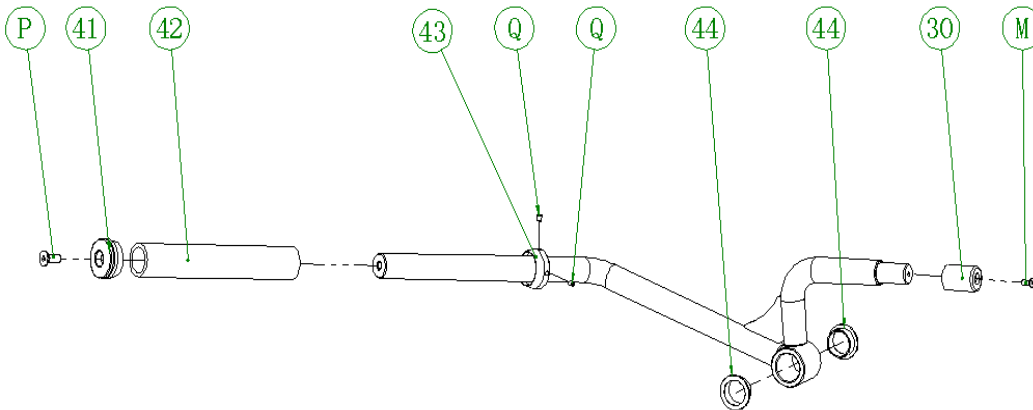
No.38 gear handle right welding group*1

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	No.30	Smith sheath	1	No.44	Copper sets	2
	No.41	Aluminum end cap	1	M	M5*12 Flat countersunk head screw	1
	No.42	Not torn	1	P	M8*20 Flat countersunk head screw	1
	No.43	Aluminum lock cover	1	Q	M5*6 Top wire	2



No.39 gear handle left welding group*1

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	No.30	Smith sheath	1	No.44	Copper sets	2
	No.41	Aluminum end cap	1	M	M5*12 Flat countersunk head screw	1
	No.42	Not torn	1	P	M8*20 Flat countersunk head screw	1
	No.43	Aluminum lock cover	1	Q	M5*6 Top wire	2



Assembly steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
8	No.45	Back cushion	1	S	M8*65 Round head screw	2
	No.46	Head pad	1	T	M8*100 Round head screw	4
	No.47	Chest cushion	2	U	Ø8 Flat washer	10
	R	M8*70 Round head screw	4			

