

E***EFIT*****MENT**

SQUAT ASSIST GLUTE TRAINER

MODEL NO.:

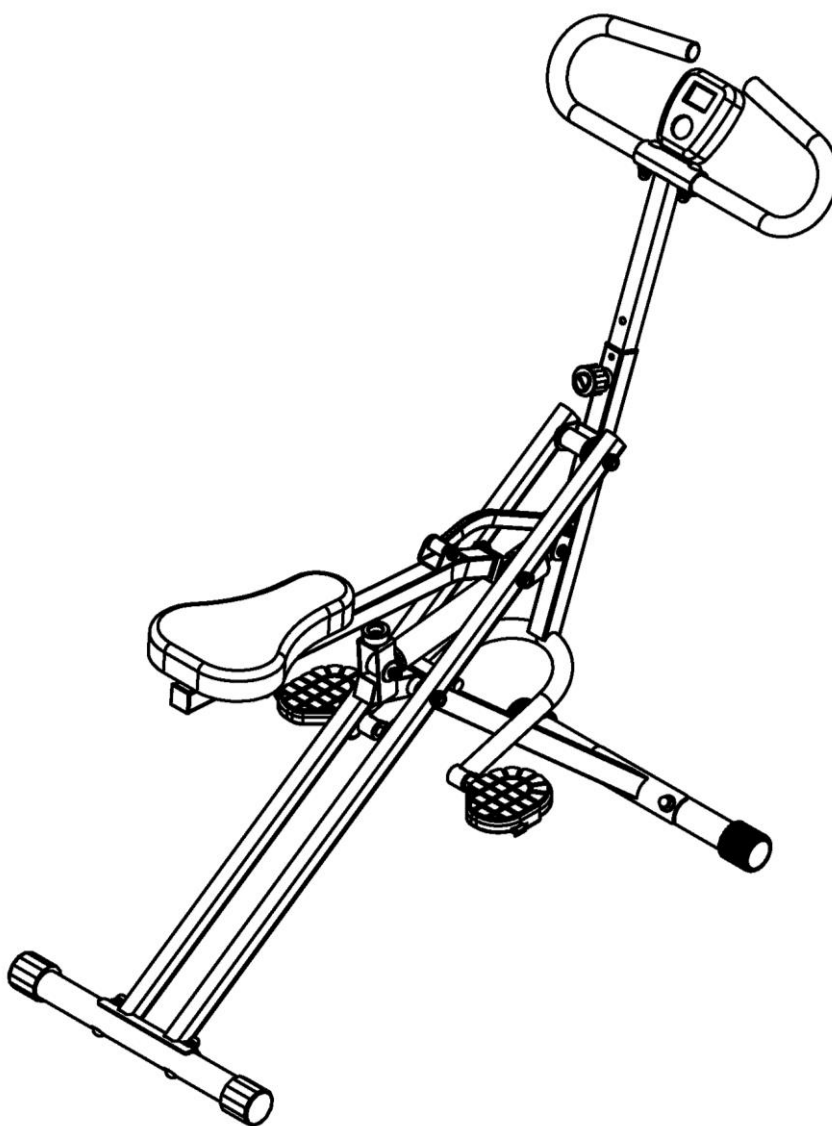
SA022

IMPORTANT!

Read all instructions carefully before using this product. Save this manual for future reference.

EXERCISE EQUIPMENT QUESTIONS:

Contact customer service at service@zoovaa.com



USER MANUAL

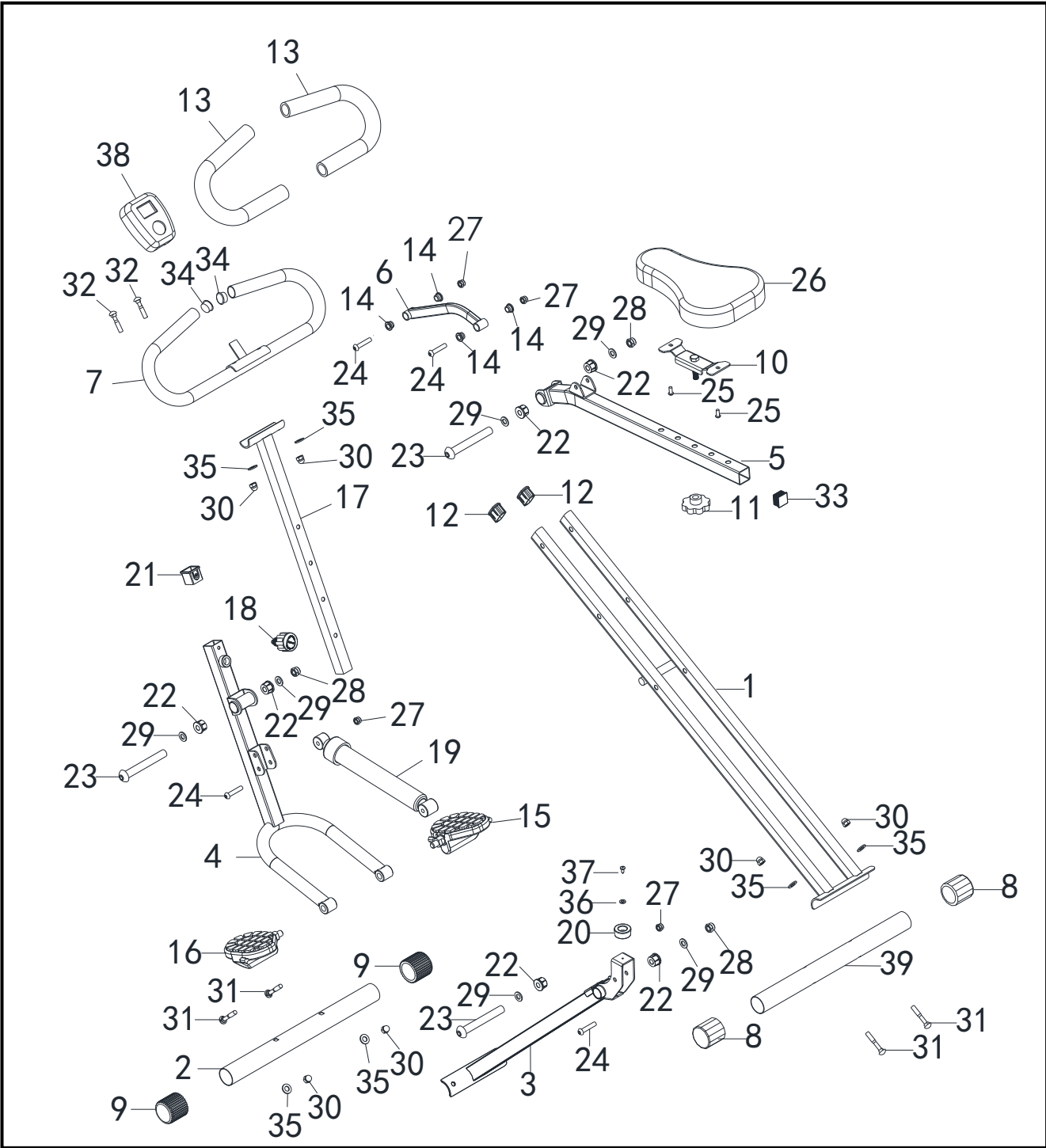
IMPORTANT SAFETY INSTRUCTIONS

At Efitment your safety is our top priority and to make sure both you and the unit remain in perfect working order, we encourage you to read all the instructions before assembling and using your new Efitment machine. Do not skip, substitute or modify any steps or procedures herein, as doing so could result in personal injury and will void your warranty.

1. Before starting any exercise program you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking any medication that may affect your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. This equipment is intended for adult use only. Keep children and pets away from the machine. DO NOT leave children unattended in the same room with the equipment.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet of free space all around it.
5. Check if you have all the components and tools listed. Please note that some components are pre-assembled to help make the assembly process quick and easy.
6. Always use the equipment as intended. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use immediately and do not use until the problem has been rectified.
7. Always wear appropriate workout clothing when exercising. Do not wear clothing that can get tangled in the equipment.
8. Keep hands and other objects away from all moving parts.
9. The maximum user's weight is 265 lbs/120 kgs.
10. Be careful when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
11. Your equipment is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas as this may lead to corrosion and other related problems.
12. This equipment is designed and intended for indoor use only, not for commercial use.

SAVE THESE INSTRUCTIONS

EXPLODED DRAWING












PARTS LIST

No.	Description	Qty.
1	Main Frame	1
2	Front Stabilizer	1
3	Front Support	1
4	Pedal Connecting Tube	1
5	Seat Tube	1
6	Connecting Steel	1
7	Handlebar	1
8	Rear Adjustable End Cap	2
9	Front End Cap	2
10	Seat Bracket	1
11	Knob	1
12	Flat Oval Tube Plug	2
13	Foam	2
14	Bushing	4
15	Right Pedal	1
16	Left Pedal	1
17	Handlebar Tube	1
18	Knob	1
19	Hydraulic Cylinder	1
20	Cushion	1
21	Hollow Sleeve	1

No.	Description	Qty.
22	Bushing	6
23	Hexagon Socket Head Bolt M10*115	3
24	Hexagon Socket Head Bolt M8*45	4
25	Hexagon Socket Head Bolt M6*15	2
26	Seat 290*190*40	1
27	Nut M8	4
28	Nut M10	3
29	Flat Washer $\Phi 20*\Phi 11*T2.0$	6
30	Cap Nut M8	6
31	Square Neck Bolt M8*50	4
32	Square Neck Bolt M8*42	2
33	Square Tube Plug 30*30*1.5T	1
34	Round Tube Plug 25*1.5	2
35	Curved Washer $\Phi 16*\Phi 8*1.5$	6
36	Flat Washer $\Phi 13*\Phi 6*T1.0$	1
37	Philips Head Tapping Screw ST4.8*15	1
38	Meter	1
39	Rear Stabilizer	1
40	Wrench S5	1
41	Spanner S13-15-17	1

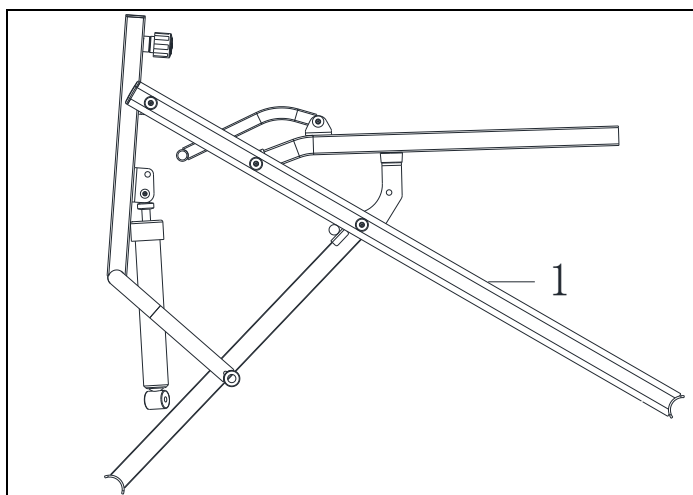
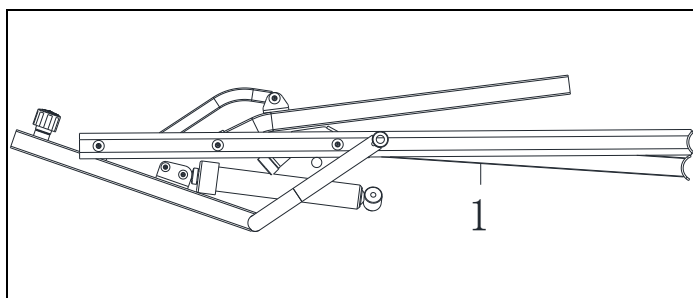
HARDWARE PACKAGE

	#30	M8	6PCS		#27	M8	2PCS
	#31	M8*50	4PCS		#24	M8*45	2PCS
	#41	S13-15-17	1PC		#25	M6*15	2PCS
	#40	S5	1PC		#32	M8*42	2PCS
					#35	$\phi 16*\phi 8*1.5$	6PCS

ASSEMBLY INSTRUCTIONS

STEP 1:

Please be aware that the frame comes pre-assemble to help make the assembly process quick and easy. Open the **Main Frame (No. 1)** as shown in the pictures on the right.



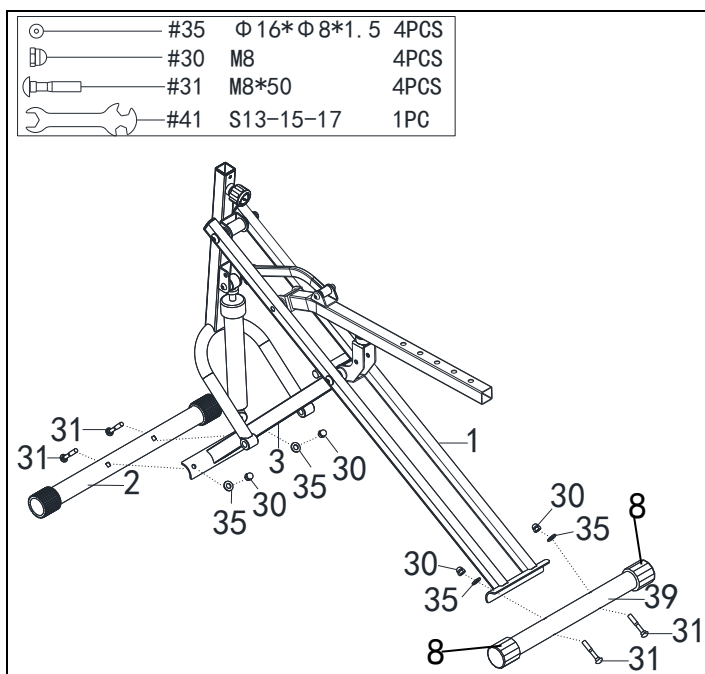
STEP 2:

There are 2 labels marked FRONT for **Front Stabilizer (No. 2)** and REAR for **Rear Stabilizer (No. 39)**.

Attach **Front Stabilizer (No. 2)** to **Front Support (No. 3)** with 2 **Cap Nuts (No. 30)**, 2 **Square Neck Bolts (No. 31)** and 2 **Curved Washers (No. 35)**. Tighten and secure with **Spanner (No. 41)**.

Attach **Rear Stabilizer (No. 39)** to **Main Frame (No. 1)** with 2 **Cap Nuts (No. 30)**, 2 **Square Neck Bolts (No. 31)** and 2 **Curved Washers (No. 35)**. Tighten and secure with **Spanner (No. 41)**.

Note: To prevent tipping, rocking and swaying on uneven surface, simply turn to adjust **Rear Adjustable End Cap (No. 8)**.

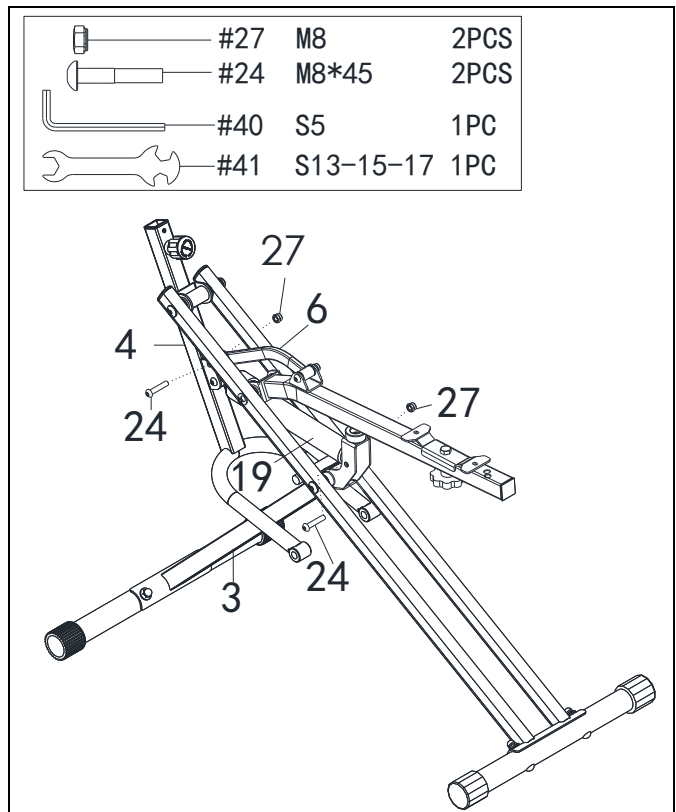


STEP 3:

Attach the **Connecting Steel (No. 6)** to the **Pedal Connecting Tube (No. 4)** with **Hexagon Socket Head Bolt (No. 24)** and **Nut (No. 27)**. Tighten and secure with **Spanner (No. 41)** and **Wrench (No. 40)**.

The **Hydraulic Cylinder (No. 19)** is hung to the **Pedal Connecting Tube (No. 4)**. Attach another side of the **Hydraulic Cylinder (No. 19)** to the **Front Support (No. 3)** with **Hexagon Socket Head Bolt (No. 24)** and **Nut (No. 27)**. Tighten and secure with the **Spanner (No. 41)** and **Wrench (No. 40)**.

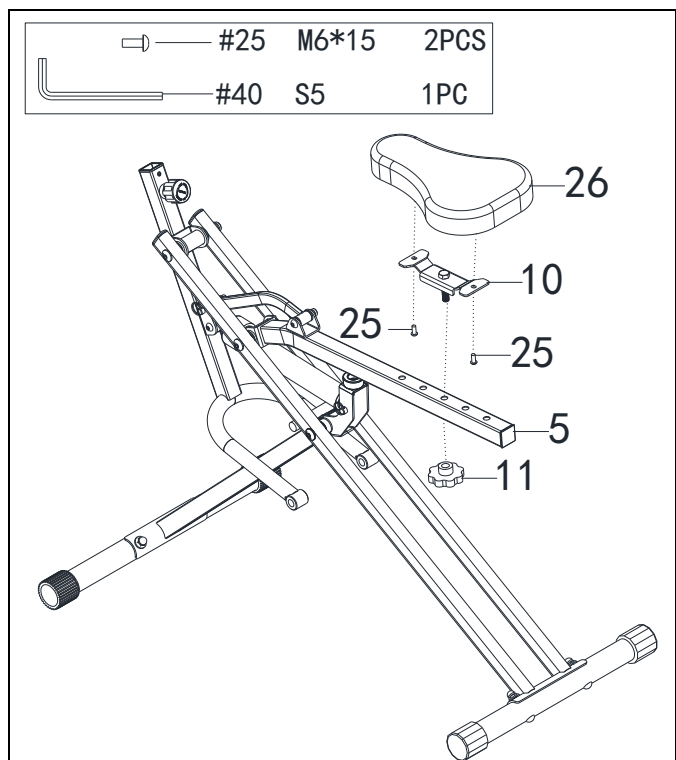
Note: Make sure the warning label is visible from the top of the **Hydraulic Cylinder (No. 19)** after installation.



STEP 4:

Remove **Seat Bracket (No. 10)** and **Knob (No. 11)** from the **Seat Tube (No. 5)**. Attach the **Seat Bracket (No. 10)** to the **Seat (No. 26)** with 2 **Hexagon Socket Head Bolts (No. 25)**. Tighten and secure with the **Wrench (No. 40)**.

Attach the **Seat (No. 26)** and **Seat Bracket (No. 10)** to the **Seat Tube (No. 5)** by tightening the **Knob (No. 11)** to secure.

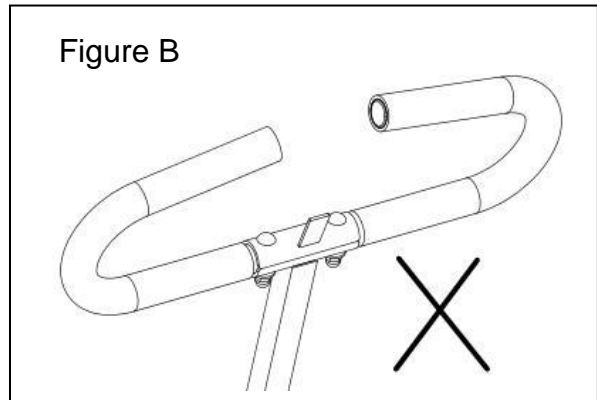
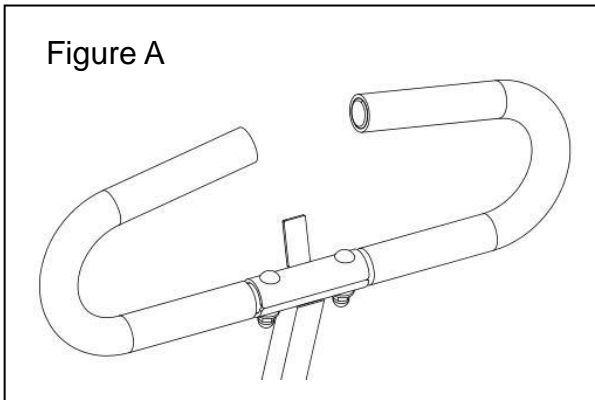
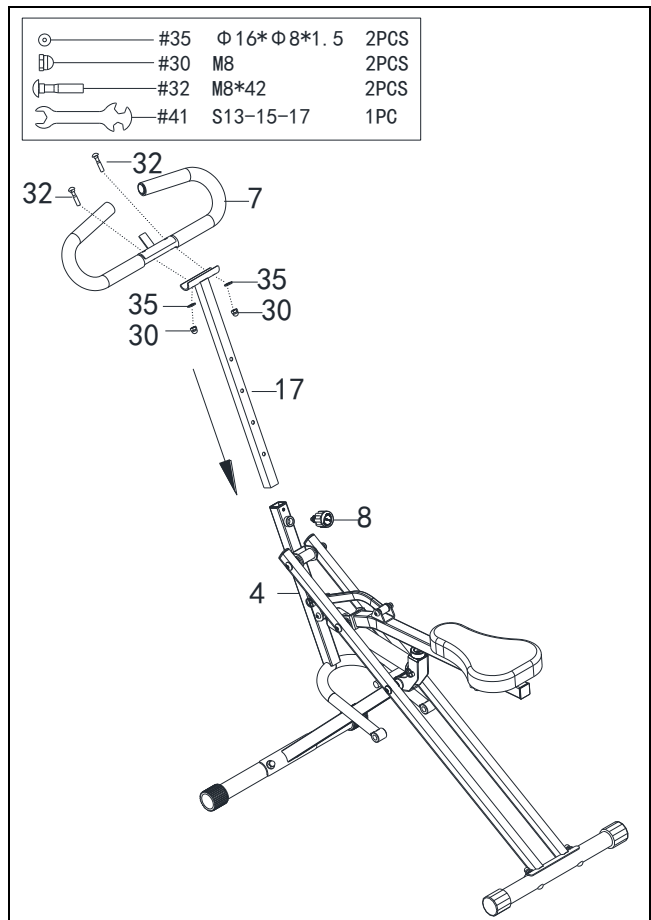


STEP 5:

Loosen and pull out the **Knob (No. 18)**, then insert the **Handlebar Tube (No. 17)** to the **Pedal Connecting Tube (No. 4)**. Tighten the **Knob (No. 18)** to secure.

Attach the **Handlebar (No. 7)** to the **Handlebar Tube (No. 17)** with 2 **Cap Nuts (No. 30)**, 2 **Square Neck Bolts (No. 32)** and 2 **Curved Washers (No. 35)**. Tighten and secure with the **Spanner (No. 41)**.

Note: Please attach the **Handlebar (No. 7)** to the **Handlebar Tube (No. 17)** in the right direction. There is a meter bracket on the **Handlebar (No. 7)**. The meter bracket should be in the direction pointing away from you (Figure A), not pointing towards you (Figure B).



STEP 6:

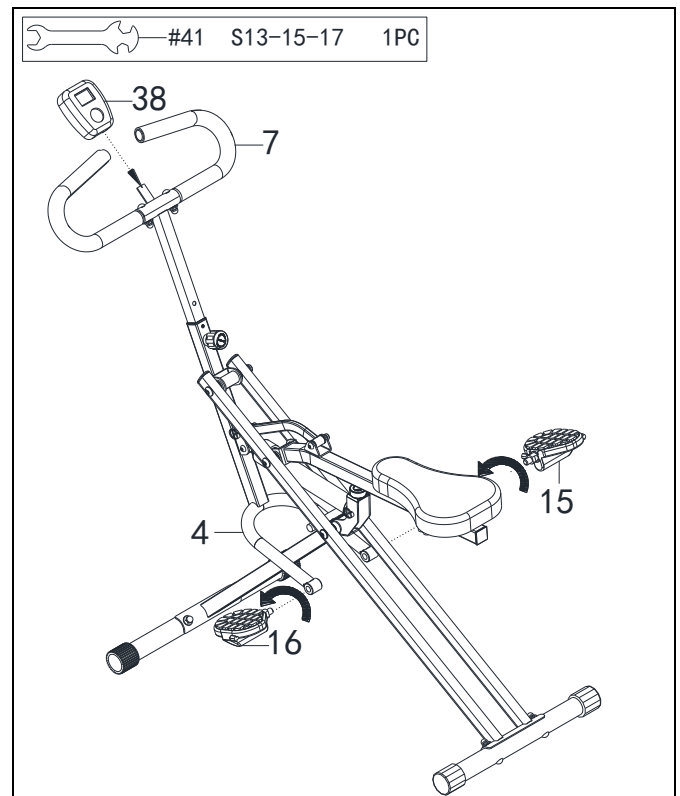
Attach the **Right Pedal (No. 15)** and the **Left Pedal (No. 16)** to the **Pedal Connecting Tube (No. 4)**.

Note: Align the **Left Pedal (No. 16)** with the left side of the **Pedal Connecting Tube (No. 4)** at 90° and gently insert the **Left Pedal (No. 16)** into the **Pedal Connecting Tube (No. 4)**. Turn the **Left Pedal (No. 16)** COUNTER-CLOCKWISE as tightly as you can with your hand. Then tighten and secure with **Spanner (No. 41)**.

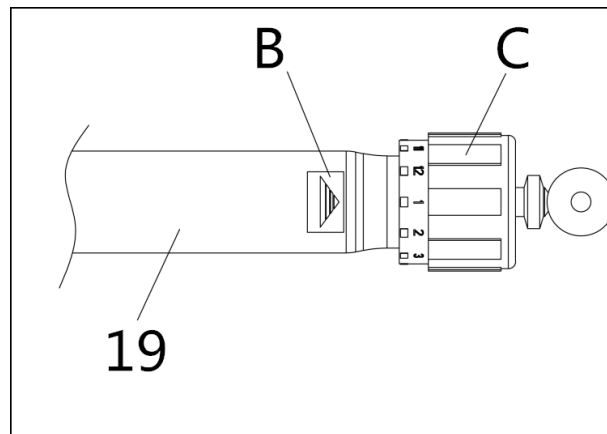
Align the **Right Pedal (No. 15)** with the right side of the **Pedal Connecting Tube (No. 4)** at 90° and gently insert the **Right Pedal (No. 15)** into the **Pedal Connecting Tube (No. 4)**. Turn the **Right Pedal (No. 15)** CLOCKWISE as tightly as you can with your hand. Then tighten and secure with **Spanner (No. 41)**.

Open the cover of battery and install a battery into the back of the **Meter (No. 38)**. Then attach the **Meter (No. 38)** to the bracket of the **Handlebar (No. 7)**.

The assembly is complete!



ADJUSTING THE RESISTANCE



To adjust the tension level, turn the **Adjustment Knob (C)** on the **Hydraulic Cylinder (No. 19)** to the desired level. The tension levels range from Level 1 to Level 12, with Level 1 being the lowest resistance. The number pointing to the **Adjustment Knob (C)** by the **Arrow (B)** is the resistance value of the current **Hydraulic Cylinder (No. 19)**.

NOTE: Please do not adjust the resistance of the **Hydraulic Cylinder (No. 19)** during operation to avoid injury and damage to the machine.

WARNING:

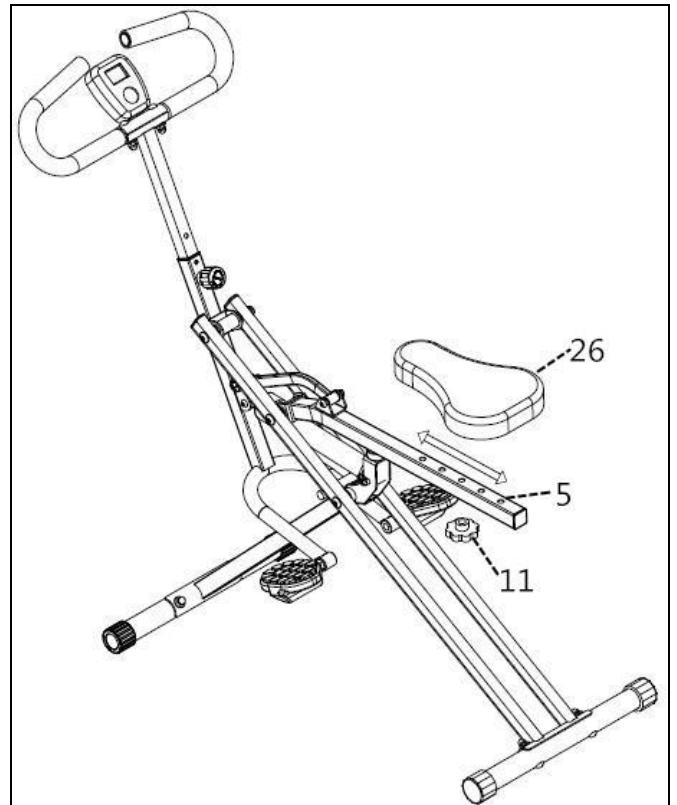
The **Hydraulic Cylinder (No. 19)** on this machine is designed to be used up to 20 minutes per exercise session. Allow at least 20 minutes in between sessions for the **Hydraulic Cylinder (No. 19)** to properly cool down.

The **Hydraulic Cylinder (No. 19)** can generate excessive heat after long periods of use, making it unsafe to touch. Allow the **Hydraulic Cylinder (No. 19)** to cool before moving the machine.

SEAT AND HANDLEBAR ADJUSTMENT

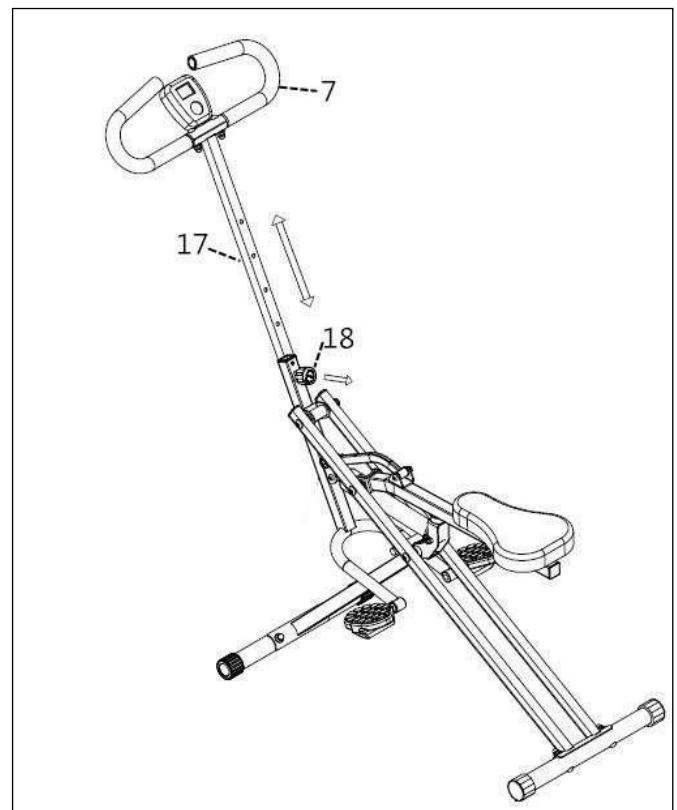
The seat of this machine is fully adjustable as it moves Forward and Backward.

There are 5 holes in the **Seat Tube (No. 5)**. To adjust the **Seat (No. 26)** forward and backward, remove the **Knob (No. 11)**, then attach the **Seat (No. 26)** to the desired hole. Once attached, tighten the **Knob (No. 11)** to secure the **Seat (No. 26)** in place.

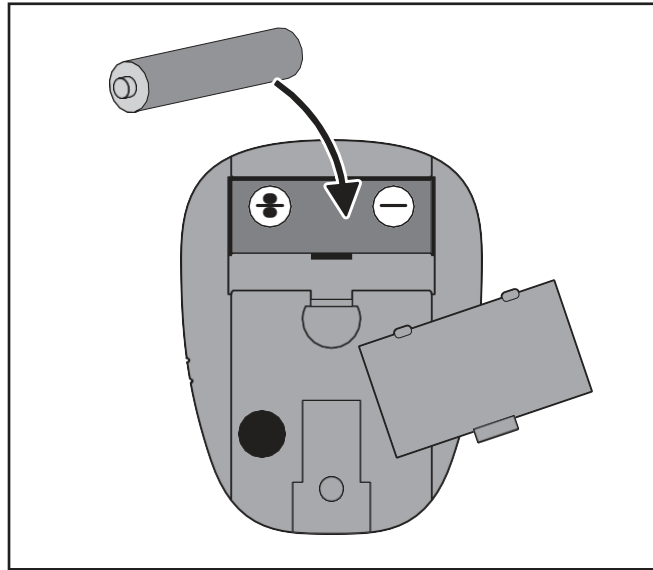


The handlebar of this machine is fully adjustable as it moves Up and Down.

To adjust the height of **Handlebar (No. 7)**, loosen and pull out the **Knob (No. 18)**, then slide the **Handlebar Tube (No. 17)** up or down to the desired height. Once adjusted, re-insert and tighten the **Knob (No. 18)** to secure the **Handlebar Tube (No. 17)** in place.



BATTERY INSTALLATION AND REPLACEMENT



BATTERY INSTALLATION:

The meter uses 1 AA battery. Open the battery cover from the back of meter, then put 1 battery into the battery compartment. Make sure the (+) and (-) ends of the battery is in the correct position. Put the battery cover back.

BATTERY REPLACEMENT:

If there is a problem with the display, try changing the battery first. Open the battery cover, remove the old battery, and replace with new battery. Make sure the (+) and (-) ends of the battery is in the correct position. Put the battery cover back.

METER INSTRUCTIONS

BUTTON

MODE/SELECT: Press to select the function you want. Hold the key for 4 seconds to reset all values.

FUNCTION

SCAN: Automatically scan through each function between
1. TIME 2. CNT 3. CAL 4. TOTAL (TOTAL CNT)

TIME: The total working time will be shown when starting exercise.

COUNT (CNT): Accumulate the strokes while exercising.

TOTAL CNT (TOTAL): Displays the total number of strokes since battery installed.

CALORIES (CAL): Displays calories amount burned while exercising.

OPERATION PROCEDURES

AUTO ON/OFF

The meter will turn on when exercise or when press MODE.

The meter will turn off automatically if there is no activity for 4 minutes.

BATTERY: This meter uses one "AA" battery which is included. If there is a problem with the display, try changing the battery first. Replacing the battery will reset all values. Dispose the old battery according to your regional guidelines.

