



MuscleSquad Phase 2 Free Standing Folding Rack Pin Loaded

Assembly & User Manual



Important - Please read these instructions fully before assembly and use.

These Instructions contain important information for assembly, safe use, and maintenance.

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Safety Information

Important - Please read fully before assembly or use

To reduce the risk of serious injury, read the entire manual before you assemble or operate this rack. In particular, note the following safety precautions:

Assembly

- Check you have all the components and tools listed on pages 3 and 4, bearing in mind that, for ease of assembly, some components are pre-assembled.
- Keep children and animals away from the work area, they could choke on small parts if swallowed.
- Make sure you have enough space to lay out the parts before starting.
- Assemble the item as close to its final position (in the same room) as possible.
- Position the equipment on a clear, level surface.
- Dispose of all packaging carefully and responsibly.

Using

- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
 - This product is intended for domestic use only.
- Do not** use in any commercial, rental, or institutional setting.

- Before using the equipment to exercise, always stretch to properly warm up.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.**
 - Only one person at a time should use the equipment.
 - Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. **Do not** wear loose or baggy clothing since it may get caught in the equipment. Wear athletic shoes to protect your feet while exercising.
- **Do not** place any sharp objects around the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- This product is suitable for maximum user's weight of: **150kgs.**

Components - Fixings



On Card 2 of 2
#47 Pulley Bushing $\phi 22 \times \phi 10.2 \times 15$ (Qty4)



On Card 2 of 2
#90 $\phi 10$ mm Washer (Qty20)



On Card 2 of 2
#75 M10X65MM Hex Bolt (Qty1)



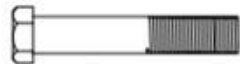
On Card 2 of 2
#93 M10 Aircraft Nut (Qty11)



On Card 1 of 2
#77 M10X25MM Hex Head (Qty4)



On Card 2 of 2
#50 M8X20mm Socket Head Allen bolt (Qty 2)



On Card 1 of 2
#78 M10X50MM Hex Bolt (Qty4)



On Card 2 of 2
#99 $\phi 8$ Washer (qty2)



On Card 1 of 2
#79 M10X70MM Hex Bolt (Qty2)

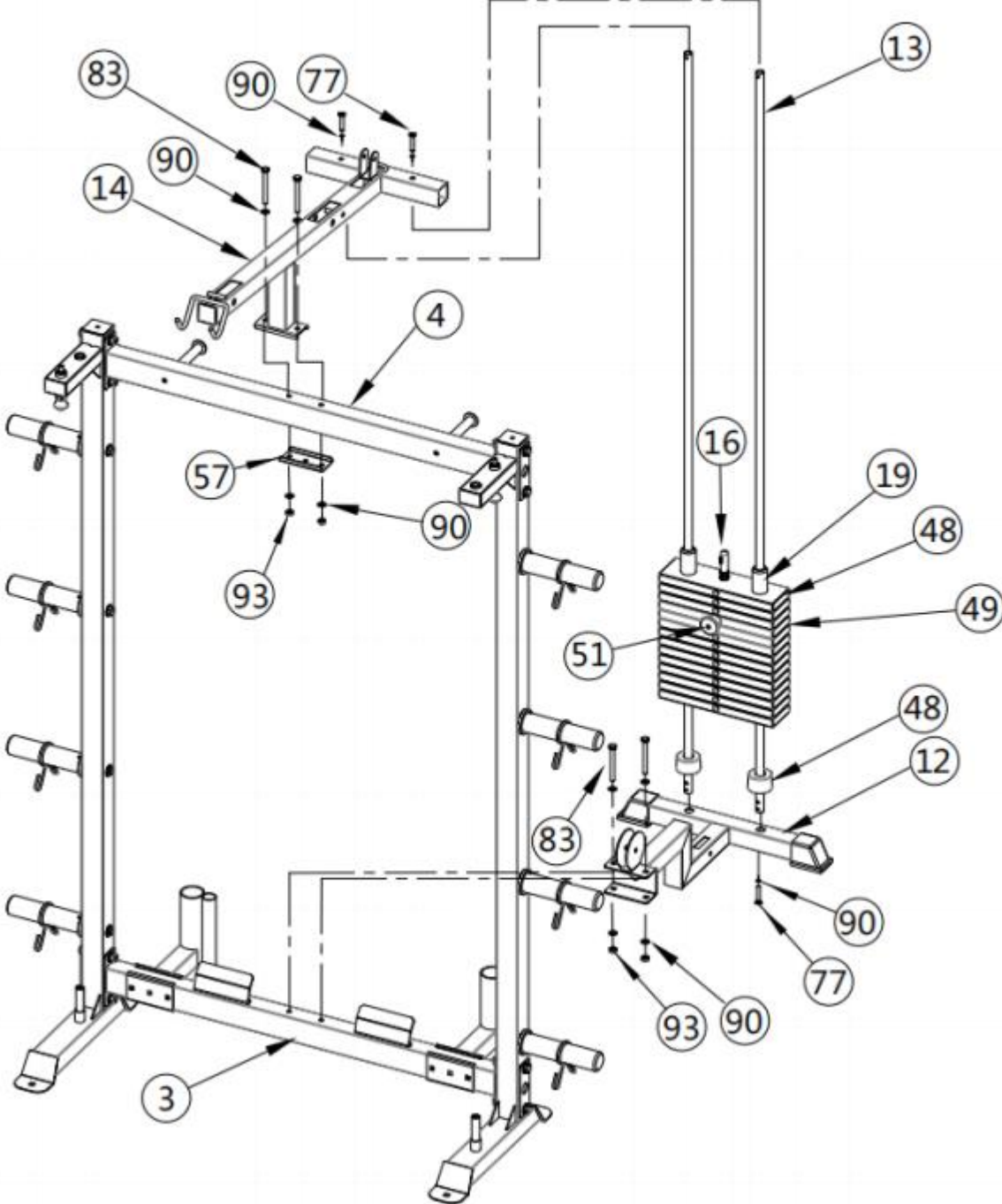


On Card 1 of 2
#83 M10X90mm carriage Bolt (Qty 4)

Assembly Instructions

Step 1

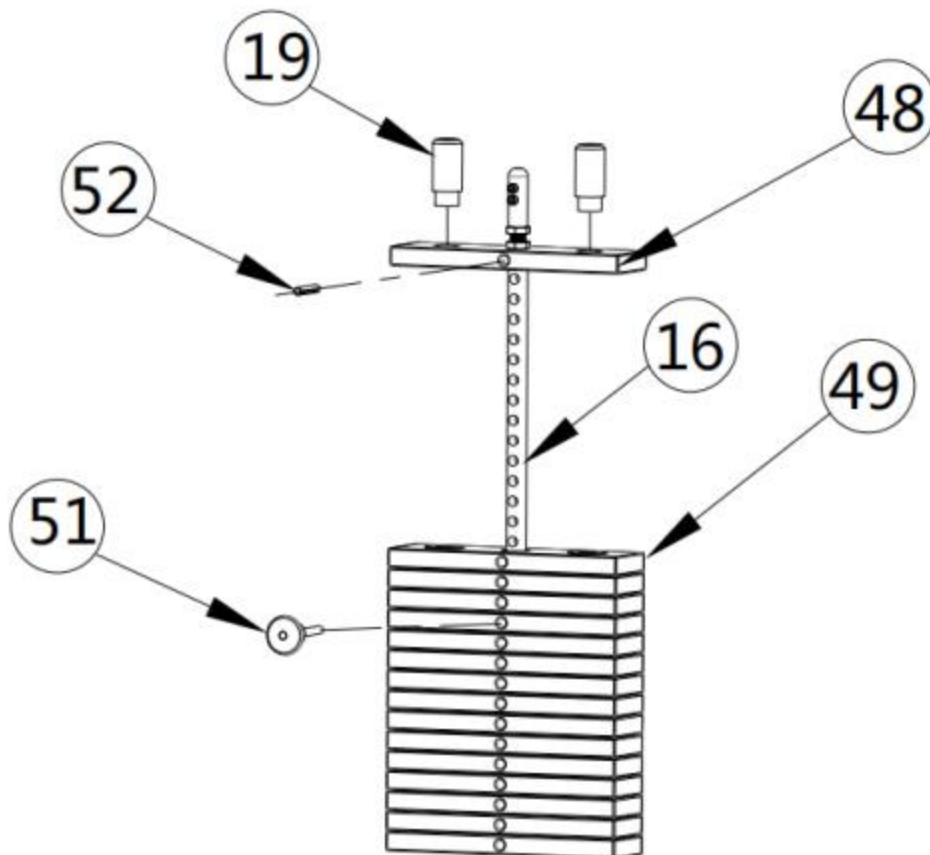
Diagram1



Step 1

- Attach Bolt Connecting bar (part#12) to (part#3) and fasten with a M10×90 Carriage Bolt (part#83), Ø10 Washer (part#90) and an M10 Aircraft Nut (part#93) accordingly.
- Bottom: Connect the Guide shaft (part#13) to (part#12). Use a M10×25 Hex Bolt (part#77) and Ø10 Washer (part#90).
- Fix Rubber Bumpers (#48) on the Guide shaft (part#13) as shown in the diagram, and then slide the Plate loaded to the Guide shaft (part#13).
- Secure Split pin (#52) into the top plate and guide rod, using the top hole available.
- Bolt the Boom (part#14) to the Upper Support Bar (part#4). Fasten with a M10×90 Carriage Bolt (part#83), Mounting Plate 1 (part#57), Ø10 Washer (part#90) and an M10 Aircraft Nut (part#93) accordingly.
- Top: Connect the Guide shaft (part#13) to (part#14). Use a M10×25 Hex Bolt (part#77) and a Ø10 Washer (part#90).

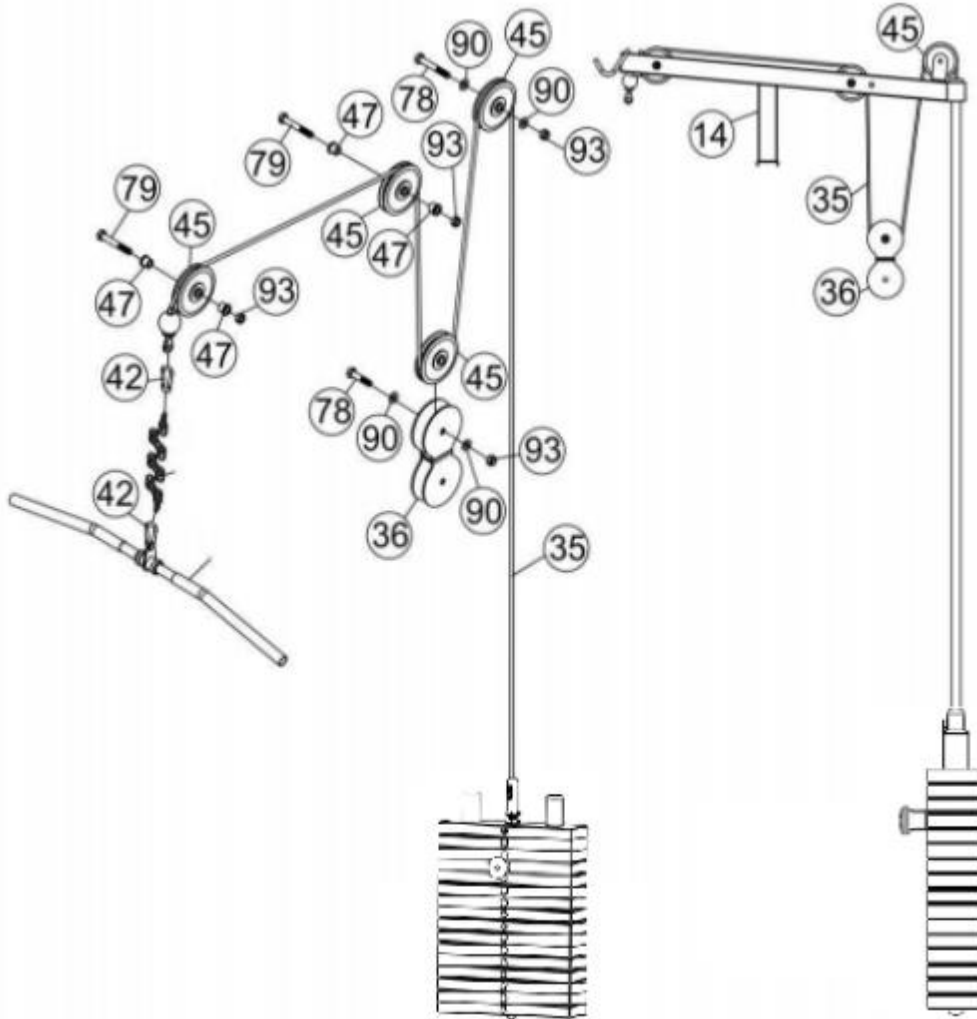
Diagram1-1



Assembly Instructions

Step 2

Diagram 2

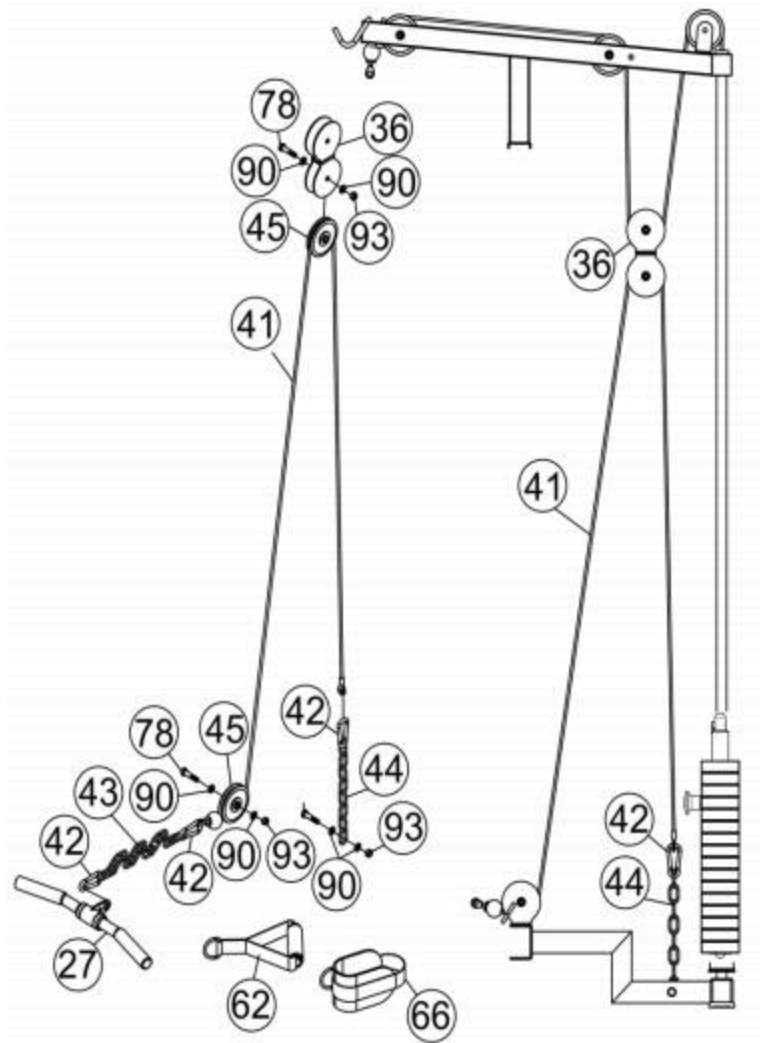


- Upper and Mid-Pulley assembly: As the illustration shows, set the Cable (Part#35) to the Boom (part#14). Use a M10x70 Hex Bolt(part#79), Pulley Bushing (part#47) and an M10 Aircraft Nut (part#93) to secure the pulley (part#45).
- Wrap the Cable (part#35) around the pulley (part#45) and then place the pulley (part#45) into Plates (part#36). Use a M10x45 Hex Bolt (part#78), Ø10 Washer (part#90), Ø10 Washer (part#90) and an M10 Aircraft Nut (part#93) to secure the Pulley.
- Place the pulley(part#45) and secure them with bolts, nuts and washers provided.
- Set the Cable (part#35) by following the diagram and fasten the flat end of the cable to the Plate loaded(part#16).
- As is shown in the diagram, connect the Cable (part#35), Steel Hook (part#42),15 Joint Chain (part#44) and Bar(part#49).

Assembly Instructions

Step 3

Diagram3

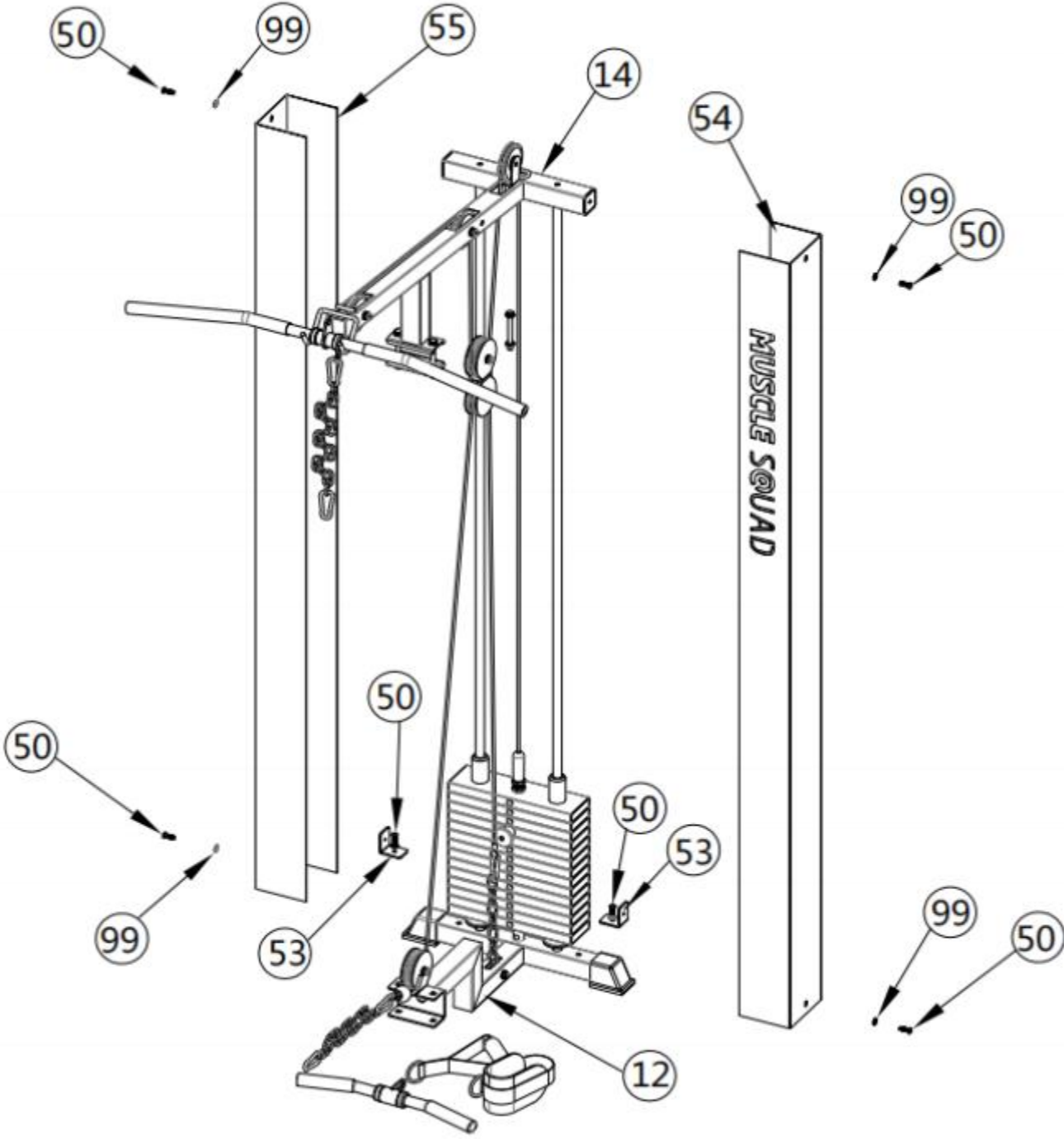


- Lower Pulley assembly: Connect the other end of the Cable (part#41) to the Steel Hook (part#42) and 15 Joint Chain (part#44) as shown in the diagram. Fasten it on the connecting bar (part#12) using a M10x65 Hex Bolt (part#75), Ø10 Washer (part#90), Ø10 Washer (part#90) and an M10AircraftNut (part#93).
- Place the other end of the cable in the middle of the horizontal circles. Put the pulley (part#41) in and lock it with a M10x50 Hex Bolt (part#78), Ø10 Washer (part#90) and an M10 Aircraft Nut (part#93).
- As is shown in the diagram, connect the Cable (part#41), Steel Hook (part#42),10 Joint Chain (part#43) and Bar (part#27).

Assembly Instructions

Step 4

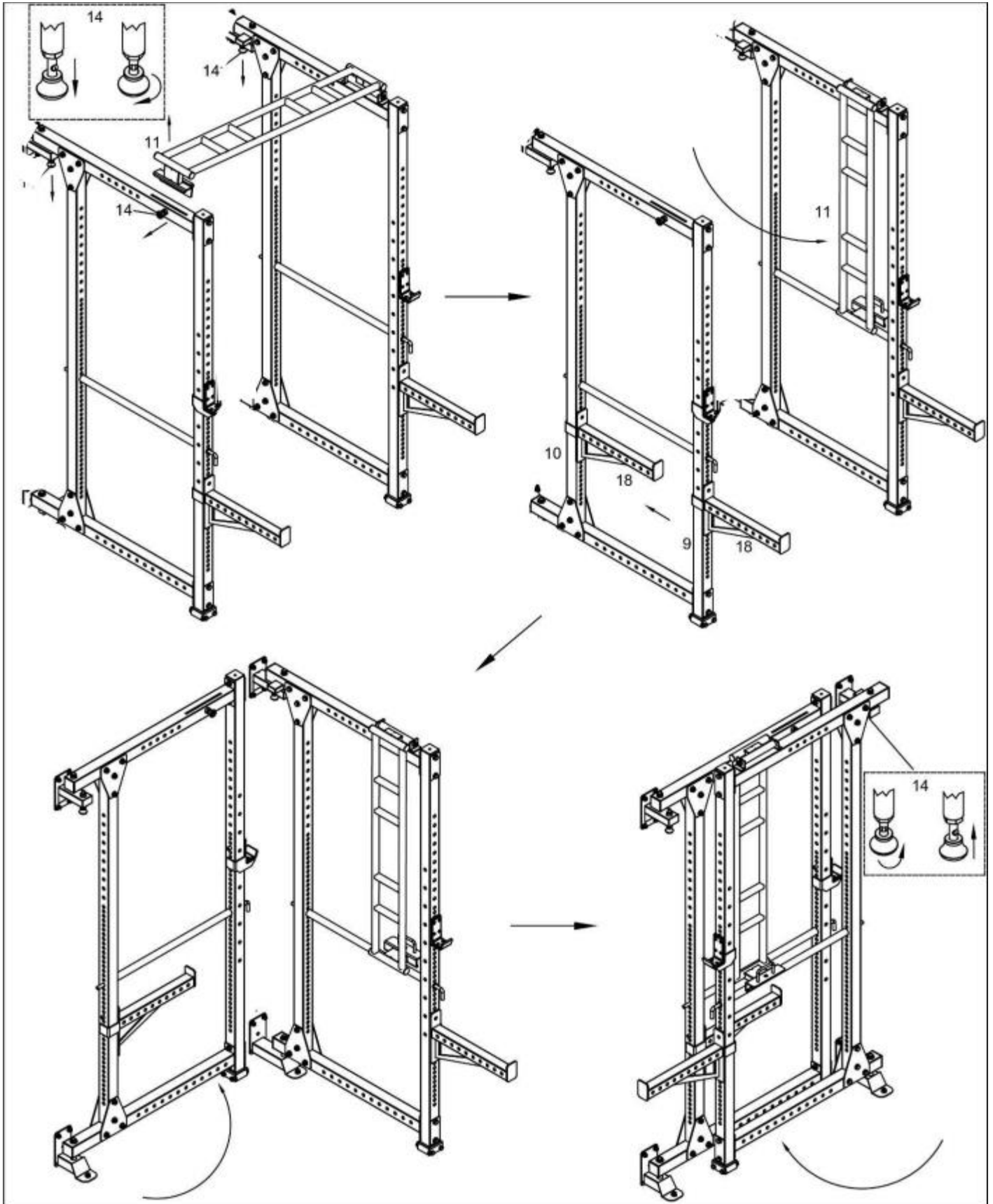
Diagram 4



Step 4

- Connect (part#53) to (part#12). Use a M8x20 Socket Head Allen bolt (part#50) and Ø8 Washer (part#99).
- Fix the Covers (part#54 and part#55) on sides of (part#12 and part#14). Use M8x20 Socket Head Allen bolt (part#50) and a Ø8 Washer (part#99).
- Cables and pulleys should move smoothly.

Folding Diagram



Exercise Information

Tailor your exercise program to your physical condition. If you have been inactive for several years, or are overweight, you must start slowly and gradually increase your time on the equipment; a few minutes per workout increase is advisable.

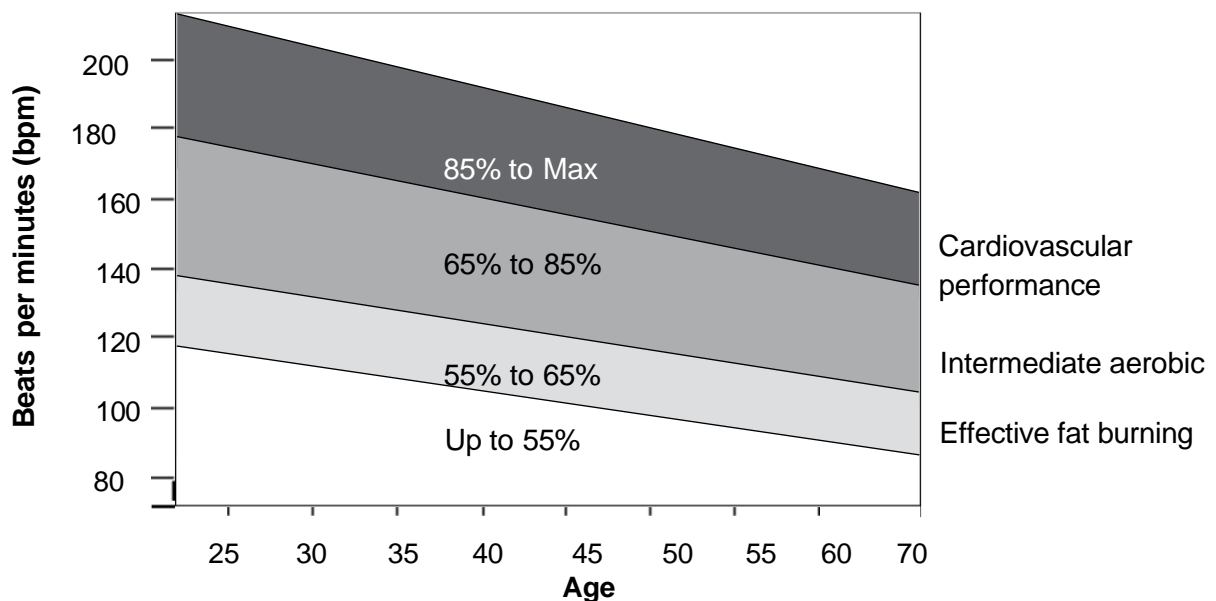
Initially, you may be able to exercise only for a few minutes in your target zone; however, your aerobic fitness will improve over the next six to eight weeks. Do not be discouraged if it takes longer. It is important to work at your own pace.

Please remember these essentials:

- Have your doctor review your training and diet programme to advise you of a workout routine that's suitable to you.
- Begin your training programme slowly with realistic goals.
- Monitor your pulse frequently. Establish your target heart rate based on your age and fitness.
- Set up your equipment on a flat even surface with an adequate training area, as prescribed in this manual.

Exercise intensity

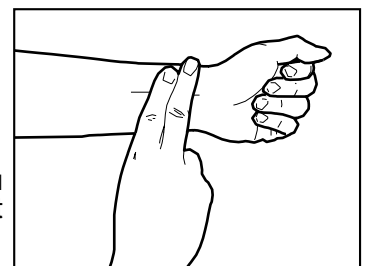
To maximize the benefits of exercising, it is important to exercise with proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.



During the first few months of your exercise programme, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.

(A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the required level.



Exercise Information

Muscle Chart

Aerobic Exercise

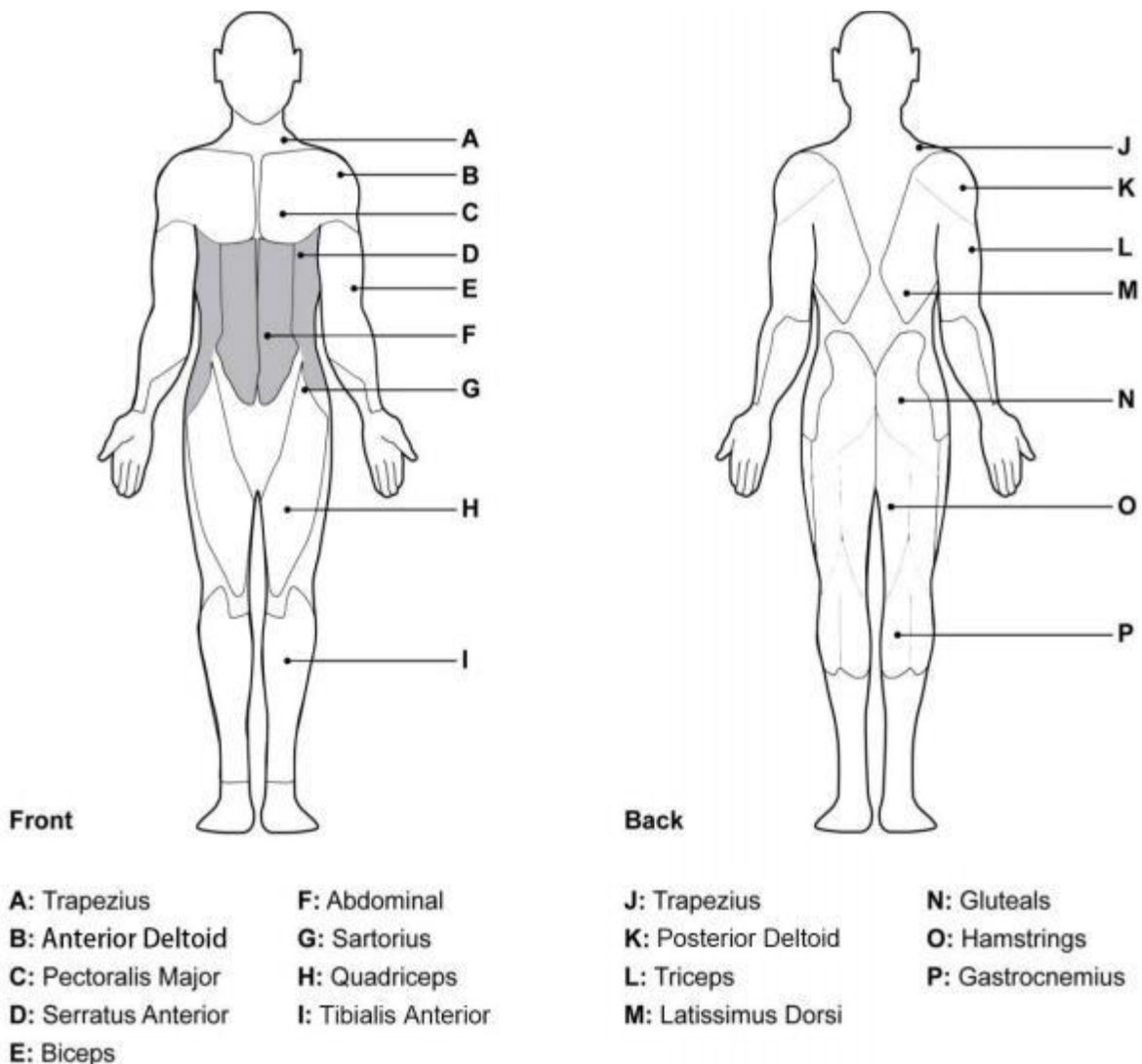
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscles. Aerobic exercise fitness is promoted by any activity that raises your heart rate, like jogging or swimming.

Weight Training

Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is essential if you want to grow your body. Weight training tones, builds and strengthens muscle. If you are working above your target zone, you may want to do fewer reps than you had been planning for.

Targeted Muscle Groups

Different exercises develop different muscle groups. These groups are highlighted on the muscle chart below.



Exercise Information - Warming up

Each workout should include the following three parts:

1. A warm up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm up increases your body temperature, heart rate and circulation in preparation for exercise.
2. A training zone exercise consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (**Note:** During the first few weeks of your exercise programme, do not keep your heart rate in your training zone for longer than 20 minutes.)
3. A cool down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

Exercise Frequency

To maintain or improve your condition, plan three workouts each week with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

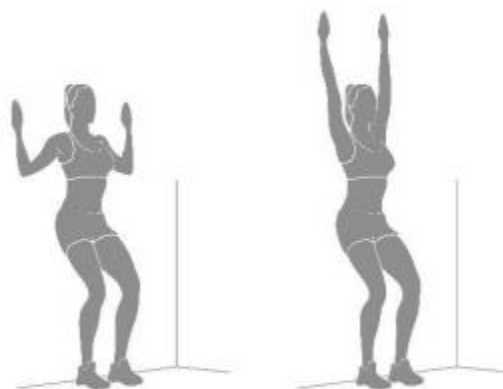
Walkout T-Rotation

Feet shoulder width apart, reach down to floor and walk hands away from feet into a plank position. Twist your torso to raise one hand up to ceiling and reach back to further stretch the pectoral region. Return to plank position and repeat on other side. Walk back up to standing and repeat for 12-15 repetitions. For a little extra, add a push up each time you are in the plank position.



Wall Slides

With back and heels against the wall, raise arms up over head and place back of hands and elbows against the wall. Keeping elbows and backs of hands against the wall draw elbows down and in towards ribcage, then return to overhead position. Repeat for 12-15 repetitions.



Scorpions

Lying face down on the floor, bring arms out to sides with your palms down (creating a T shape with your body if looking from birds-eye view). Bring the heel of one foot up towards the opposite extended hand, rotating through torso and lifting chest. Ensure shoulder of the arm you are reaching for stays pushed down into the ground for full effectiveness, to stretch through chest and front of shoulder. Repeat on the other side.



Exercise Information - Warming up

Iron Crosses

Lying flat on back, take arms out to side with palms face up to create a T shape with your body if looking from above. Raise one leg and bring it across your body to touch down on opposite side of floor (bend knee for less intense stretch and straighten to intensify). Ensure back and shoulders stay flat on the floor.



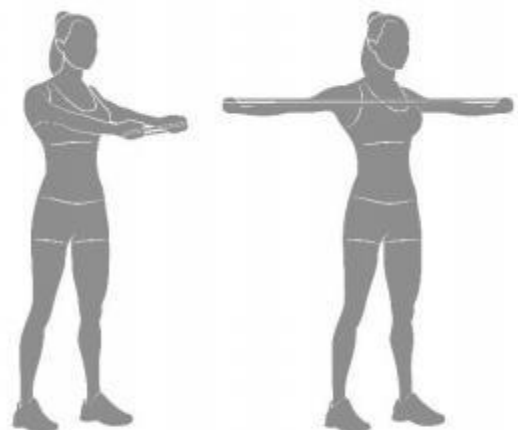
Quadruped T-Spine Rotation

While resting in a kneeling position, place your hands in front of knees. Take palm of one hand to back of head. Draw elbow of this arm down to opposite knee, then rotate elbow up as high as you can to ceiling by turning through torso. Other hand and knees must remain flat on floor. Repeat for 12-15 repetitions each side.



Band Pull Aparts

Using a light resistance band, hold the band with hands just wider than shoulder width apart and at shoulder height. Keeping arms straight, pull arms apart from each other to stretch band across front of chest and pinch shoulder blades together. Slowly, and while keeping your arms straight, return to the start position. Repeat for 12-15 repetitions. To make harder, hold band closer together. To make easier, hold band further apart.



Resistance bands available at:
www.musclesquad.com

Parts List



#12*1



#14*1



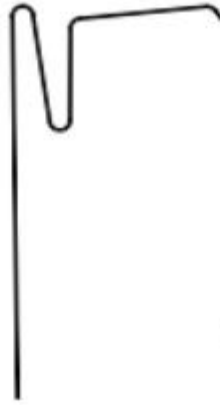
#16*1



#19*2



#13*2



#35*1



#41*1



#49*1



#27*1



#36*1



#42*6



#43*1



#44*2



#45*6



#48*2



#57*1



#62*1



#66*2



#40*2



#46*2

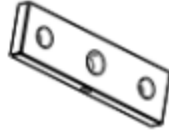
Parts List



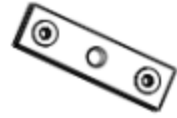
#54*1



#55*1



#48*1



#49*15



#51*2



#52*1



#53*2

Care & Maintenance

1. The safety level of the equipment can only be maintained if it is examined regularly for damage and wear e.g. the connection points.
2. Inspect and tighten all parts before using the equipment. Replace defective components immediately and/or keep the equipment out of use until repaired. Pay special attention to the components most susceptible to wear.
3. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. **Do not** use solvents.
4. **Do not** attempt to repair this equipment yourself. Should you have any difficulty with the assembly, operation or use of your exercise product or if you think that you may have parts missing, contact MuscleSquad on **info@musclesquad.com**.

Guarantee:

For guarantee purposes, please retain your purchase receipt.

Product Guarantee

All MuscleSquad products are covered under a 1 year manufacturer's warranty.

The guarantee is subject to the following provisions:

- The guarantee does not cover accidental damage, misuse, cabinet parts, knobs or consumable items.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual.
- It must be used solely for domestic purpose.
- The guarantee will be rendered invalid if the product is re-sold or has been damaged by an inexpert repair or modification.
- Specifications are subject to change without notice.
- The manufacturer disclaims any liability for any incidental or consequential damages.
- The guarantee is in addition to and does not diminish your statutory or legal rights.