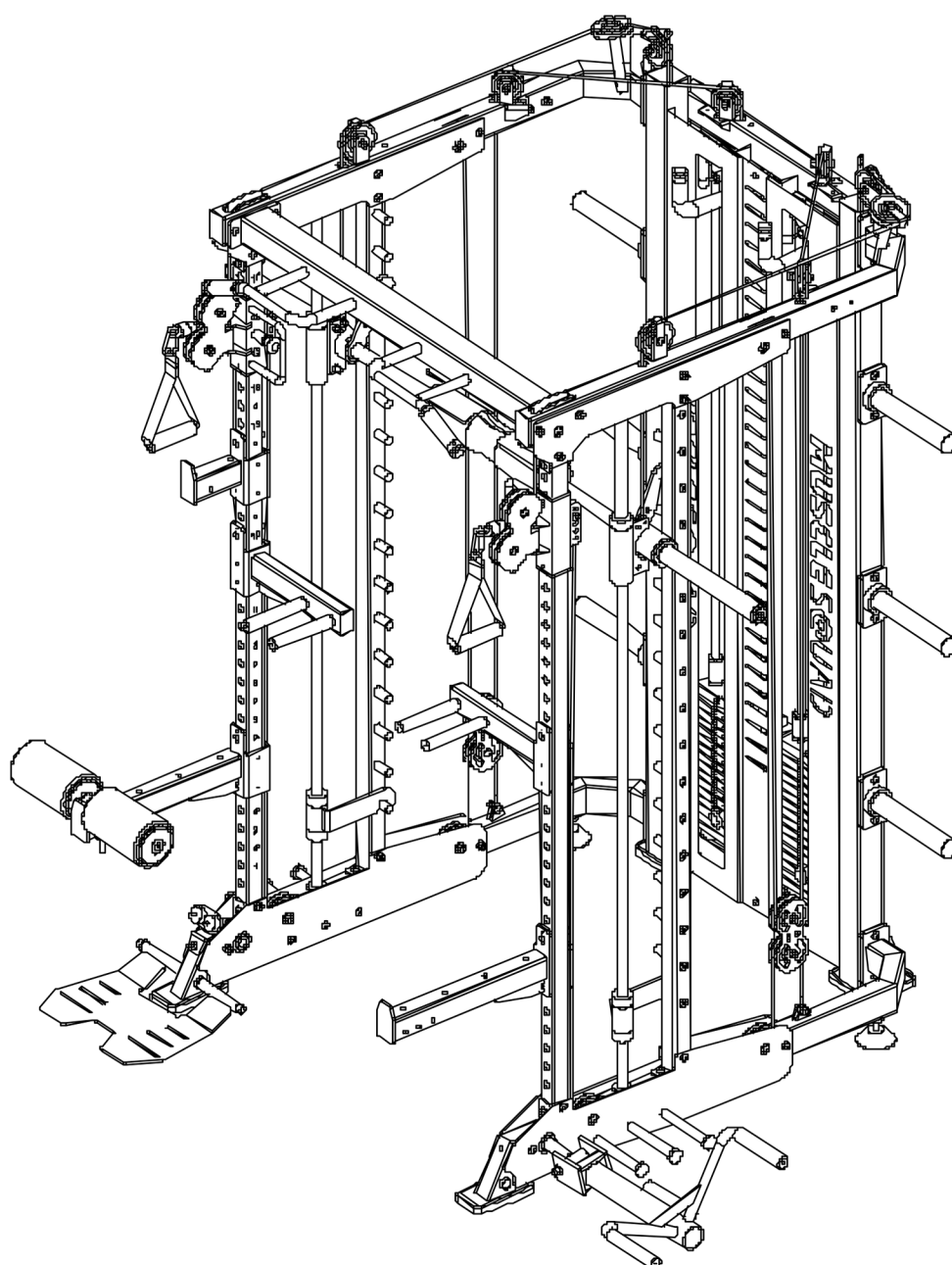




MuscleSquad Multi Functional Trainer

Assembly & User Manual



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Dear Customer,

Thank you for your purchase of the MuscleSquad Dual Action Pulley. We provide high-quality fitness equipment to suit all spaces and budgets. With MuscleSquad fitness equipment, we believe that fitness is for everyone to help you learn, build and grow. Further information can be found at **www.musclesquad.com**

Intended Use

The equipment may only be used for its intended purpose.

This fitness equipment is suitable for home use, light commercial use,
not full commercial use.

The light commercial sector includes, for example, institutional facilities such as hospitals, schools, hotels and associations. Full commercial use refers to commercial use, e.g. in a fitness studio.

Disclaimer

All rights reserved.

Product and manual are subject to change. Technical data can be changed without advance notice.

ABOUT THIS MANUAL

Please carefully read the entire manual before installation and first use. The manual will help you to quickly set up the system and explain how to use it safely. Make sure that all users of the equipment (especially children and persons with physical, sensory, mental or motor disabilities) are informed about this manual and the contents in advance. In case of doubt, responsible persons must supervise the use of the equipment.

Due to ongoing changes and software optimisations, the manual may have to be updated. If you notice any discrepancies during assembly or use, please contact info@musclesquad.com where we will be able to send you the latest manual.



This equipment has been manufactured according to the latest safety knowledge. As far as possible, potential safety hazards which could cause injury have been eliminated. Make sure to carefully follow the instructions and that all parts are securely in place. If required, read through the instructions again to correct any mistakes.

Please pay close attention to the safety and maintenance instructions given here. We cannot be held liable for damage to health, accidents or damage to the equipment when it is not used in accordance with these instructions.

The following safety instructions may appear in this manual:



ATTENTION

This notice indicates potentially hazardous situations which, if not avoided, may result in property damage



CAUTION

This notice indicates potentially hazardous situations which, if not avoided, may result in slight or minor injuries!



WARNING

This notice indicates potentially hazardous situations which, if not avoided, may result in death or serious injuries!

DANGER



This notice indicates potentially hazardous situations which, if not avoided, will result in death or serious injuries!

NOTICE



This notice indicates further useful information.

Please keep this manual in a safe place for future reference, maintenance or when ordering replacement parts.

1. General Information

DANGER

+Before you start using the equipment, you should consult your physician that this type of exercise is suitable for your health. Particularly those who have: have a hereditary disposition to high blood pressure or heart disease, are over the age of 45, smoke, have high cholesterol values, are overweight and/or have not exercised regularly in the past year. If you are under medical treatment that affects your heart rate, medical advice is absolutely essential.

+ Note that excessive training can damage your health. Please also note that heart rate monitoring systems can be inaccurate. If you notice any signs of weakness, nausea, dizziness, pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and seek advice from your doctor if necessary.

WARNING

+ This equipment should not be used by children under the age of 14 years old.

+ Children should not be allowed unsupervised access to the equipment.

+ People with disabilities must have a medical clearance and must be under strict observation when using the equipment.

+ The equipment is strictly for use by one person at a time. .

+ Keep your hands, feet and other body parts, hair, clothing, jewelry and other objects well clear of moving parts.

+ During use, wear suitable sports clothing rather than loose or baggy clothing. When wearing sports shoes, make sure they have suitable soles, preferably made of rubber or other nonslip materials. Shoes with heels, leather soles, studs or spikes are unsuitable. Never exercise barefoot.

CAUTION

+ Make sure that nobody is within the range of motion of the equipment during training so as not to endanger you or any other person.

ATTENTION

+ Do not insert any objects of any kind into the openings of the device.

1.1 Set-up Place

WARNING

+ Do not place the equipment in main corridors or escape routes.

CAUTION

- + Choose a location in which to place the equipment such that there is enough free space/ clearance to the front, the rear and to the sides of the equipment.
- + The room should be well ventilated during training and not be exposed to any draughts.
- + Choose the place in which to set up the equipment such that there is enough free space/ clearance to the front, the rear and to the sides of the equipment.
- + The set-up and mounting surface of the equipment should be flat, loadable and solid.
- + Please make sure that you use the appropriate assembly material to avoid possible damages or personal injuries. We accept no liability for this.

ATTENTION

- + The equipment should only be used in a dry room with a recommended temperature between 10°C and 35°C. The equipment should not be used outdoors or in rooms with high humidity (over 70%) for example indoor swimming areas.
- + A floor protective mat can help to protect high-quality floor coverings from dents and sweat and can help to level out slight unevenness.

2. Assembly

2.1 General Instructions

DANGER

+ Do not leave any tools, packaging materials such as foils or small parts lying around.
Please keep children away from the equipment during assembly.

WARNING

+ Pay attention to the instructions attached to the equipment in order to reduce the risk of injuries.

CAUTION

+ Ensure to have sufficient room for movement in each direction during assembly.
+ The assembly of the equipment should be carried out by at least two adults. If in doubt, seek the help of a third technically skilled person.

ATTENTION

+ To prevent damage to the equipment and the floor, assemble the equipment on a mat or packaging board.

NOTICE

+ In order to make the assembly as simple as possible, some screws and nuts to be used can already be pre-assembled.
+ Ideally, assemble the equipment at its final set-up place.

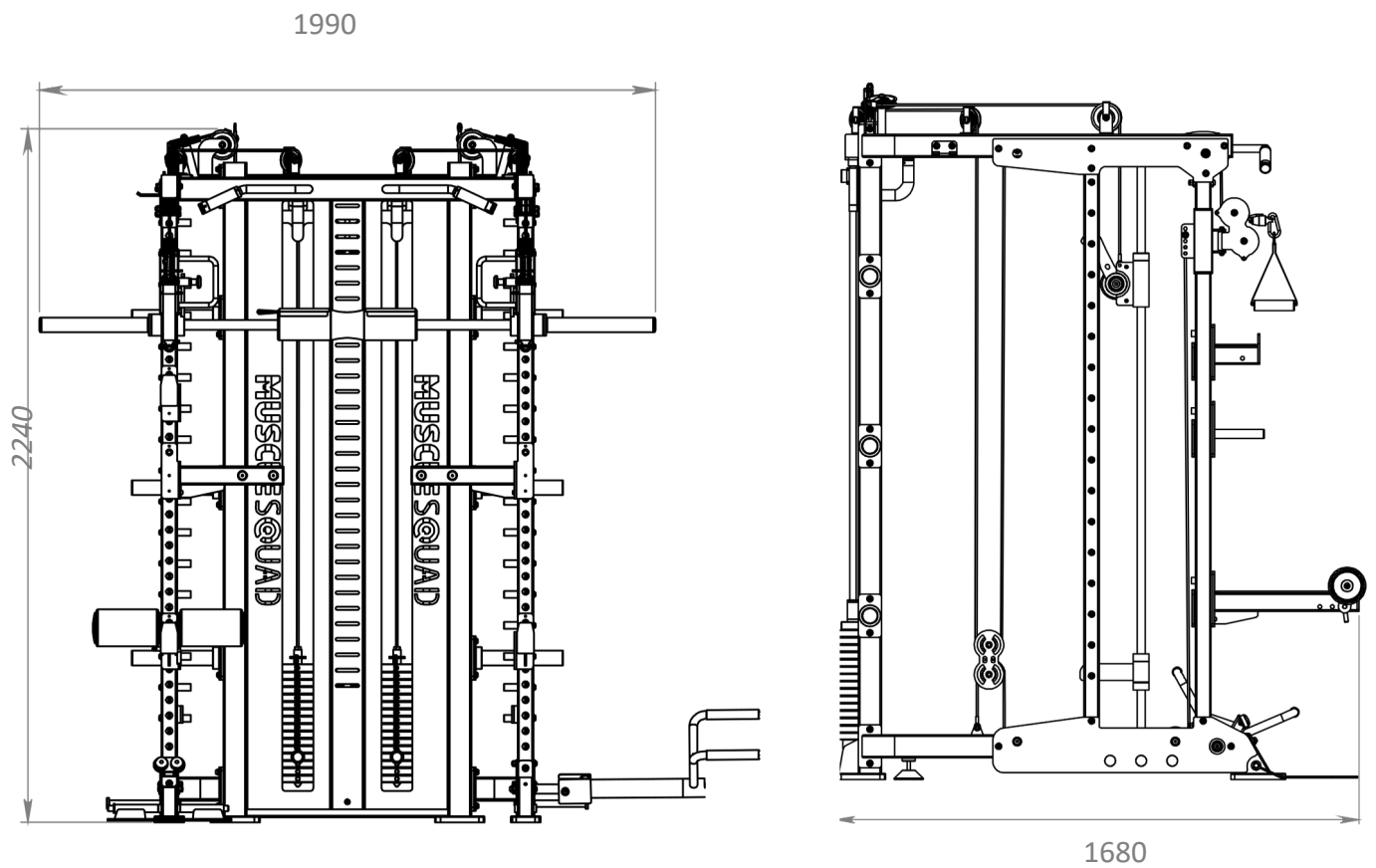
2.2 Assembly

Before assembly, take a close look at the individual assembly steps shown and carry out the assembly in the order instructed.

NOTICE

- + Loosely screw all parts together and check that they fit properly. Tighten the screws using the tool only when you are instructed to do so.
- + If you have difficulty recognising the images, we recommend that you open and/or download the PDF instructions which can be found on the product page on **www.musclesquad.com** on your smartphone, tablet or PC. There you have the option of zooming in closer.

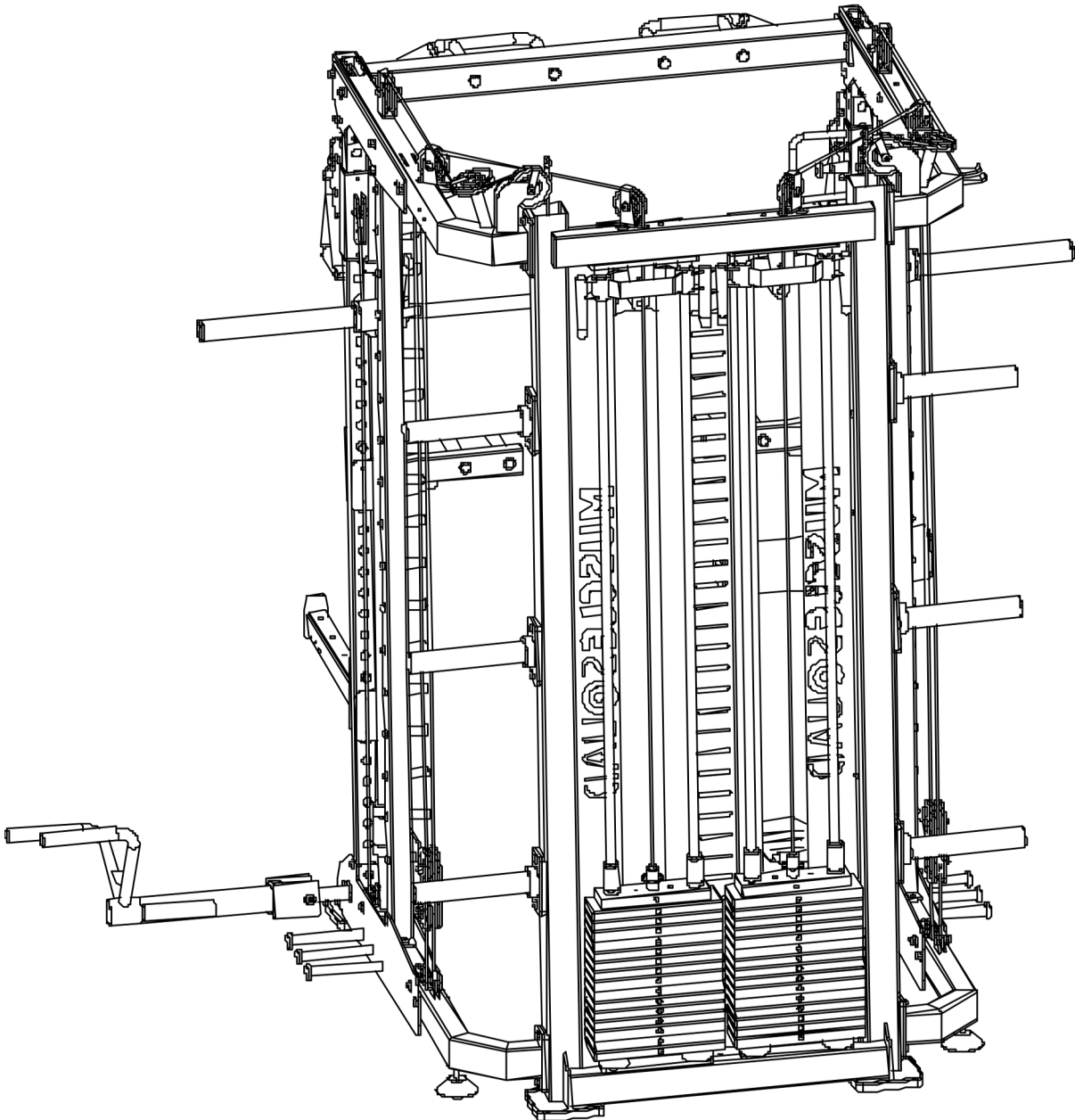
MuscleSquad Multi Functional Trainer 2025



Total Weight: 455kg

Two Model can be change

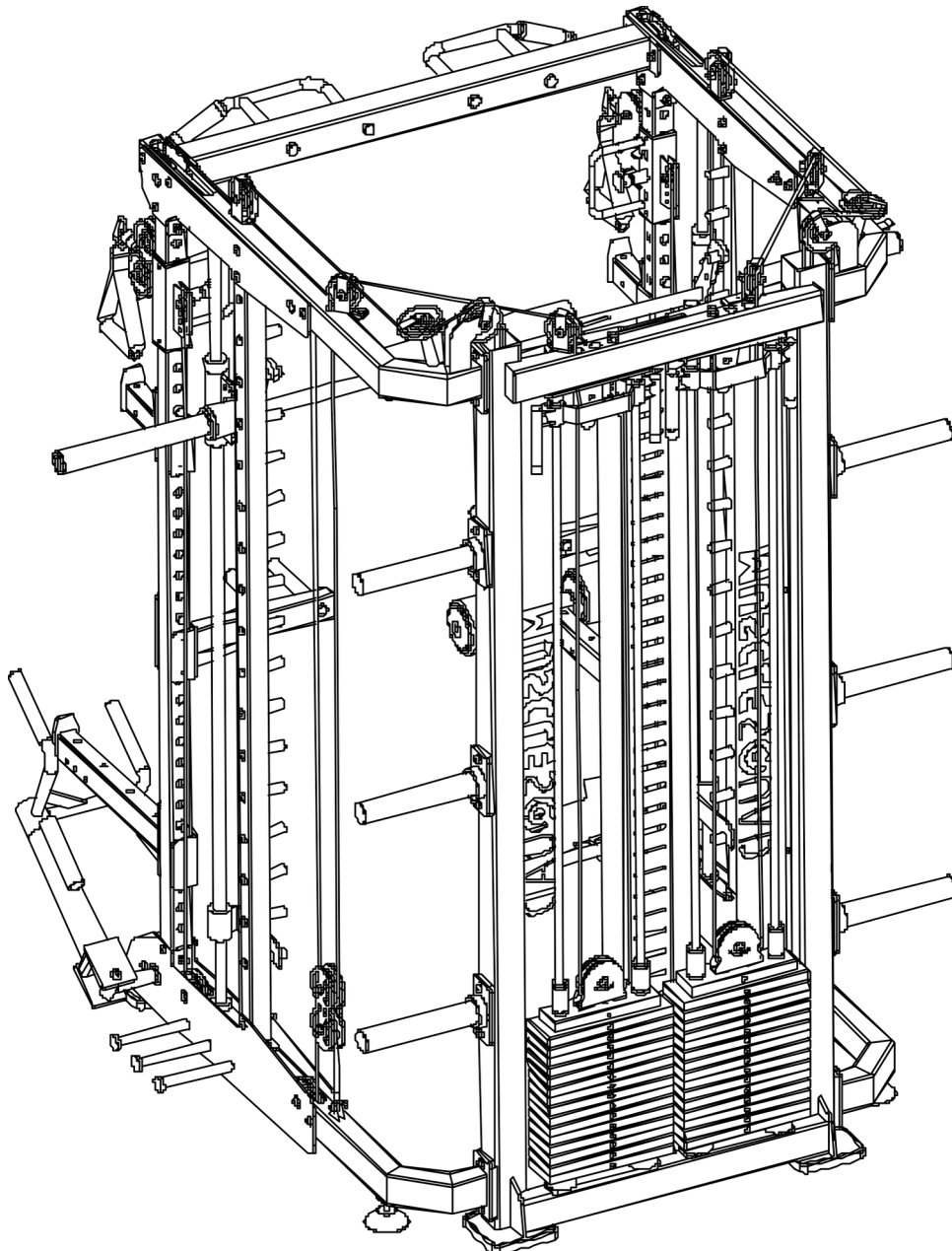
Model 1(Default Model)



Origin Weight Model

Two Model can be change

Model 2 (2:1 Ratio)



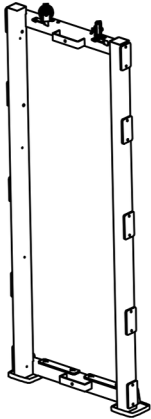
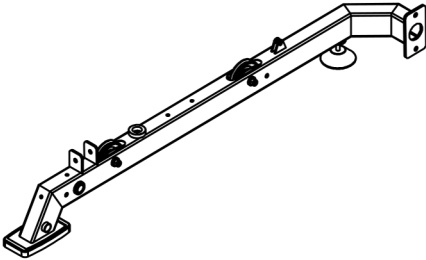
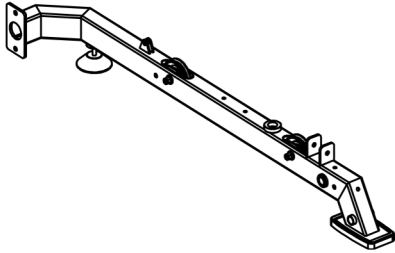
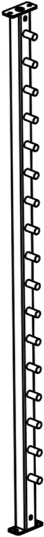
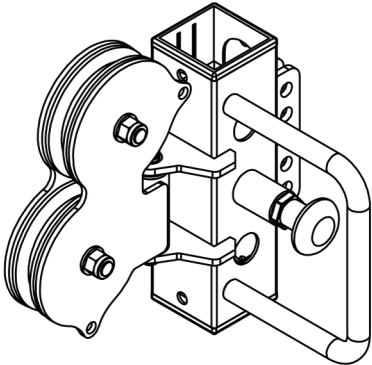
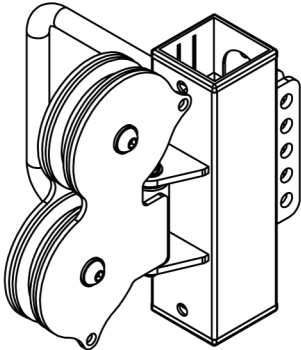
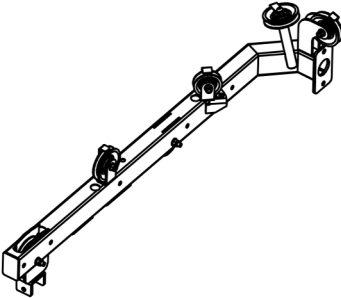
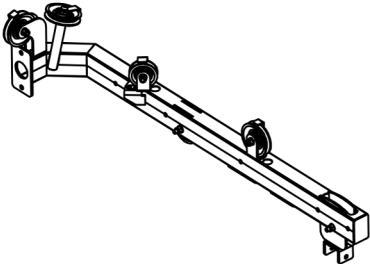
Light Weight Model

BOM			
PART	DISCRIPTION	SIZE	QTY.
a1	Flat Washer	φ10	106
a2	Spring Washer	φ10	16
a3	Allen Bolt	M10×16	28
a4	Nylon Nut	M10	32
a5	Allen Bolt	M10×75	18
a6	Allen Bolt	M10×30	16
a7	Allen Bolt	M10×80	6
a8	Allen Bolt	M10×35	2
a9	Roller Top Cover		2
a10	Roller Bottom Cushion		4
a11	Flat Washer	φ8	6
a12	Allen Bolt Hex Head	M8×16	6
a13	Screw	M10×16	2
a14	Spring Washer	φ8	2
a15	Flat Washer	φ6	8
a16	Spring Washer	φ6	8
a17	Allen Bolt	M6×8	8
a18	Big Flat Washer	φ12	1
a19	Spring Washer	φ12	1
a20	Allen Bolt	M12×20	1
a21	Allen Bolt	M10×20	2

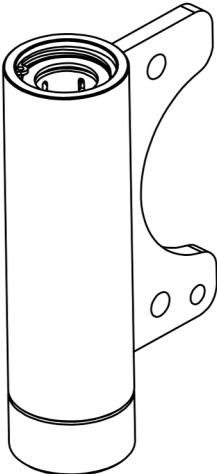
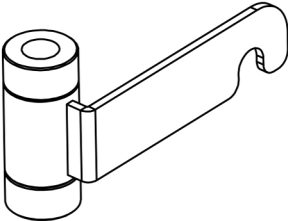
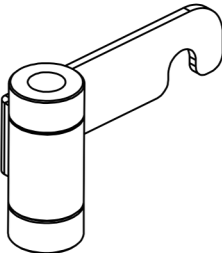
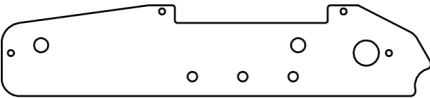
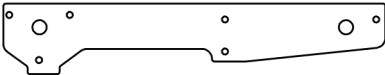
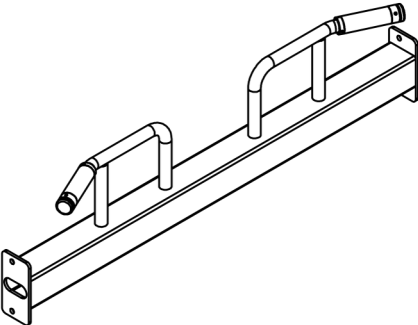
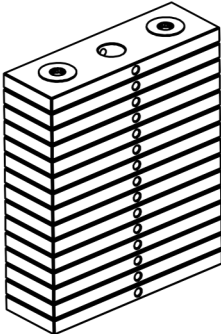
IMPORTANT INFORMATION:

Please ignore the numbered stickers on the parts—they are for packaging purposes only. Remove all bubble wrap and refer to the images in the manual to assist you with assembly.

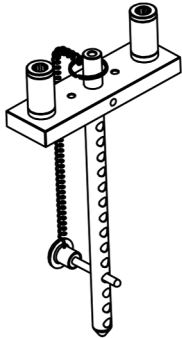
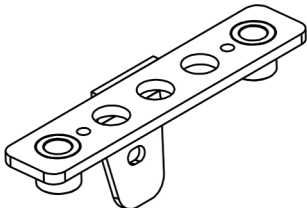
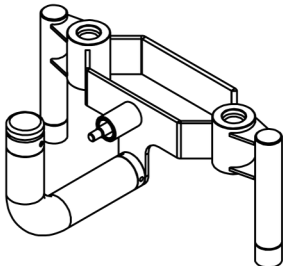
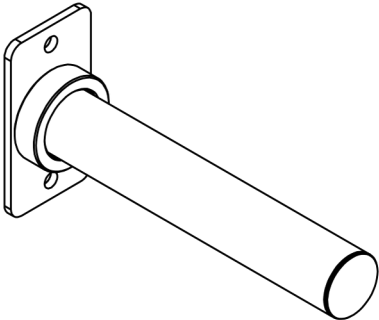
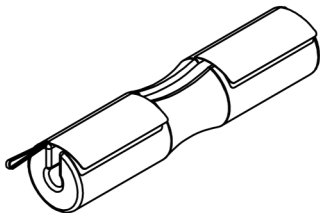
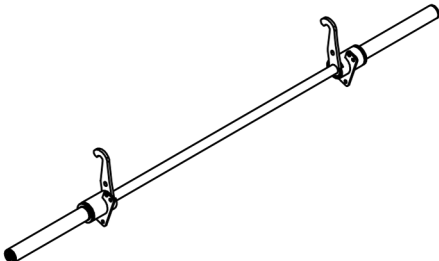
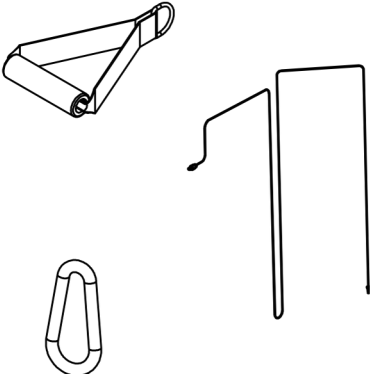
Exploded Parts

					
1.Weight Frame	For STEP 2	2.Right Bottom Frame	For STEP 2	3.Left Bottom Frame	For STEP 2
					
4.Smith Support Frame	For STEP 3	5.Left Trolley System	For STEP 4	6.Right Trolley System	For STEP 6
					
7.Handle Adjust Pipe	For STEP 4	8.Right Top Frame	For STEP 6	9.Left Top Frame	For STEP 5

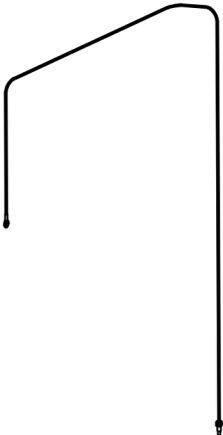
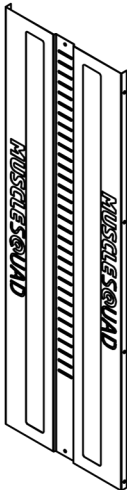
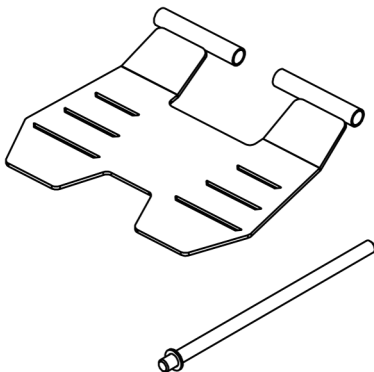
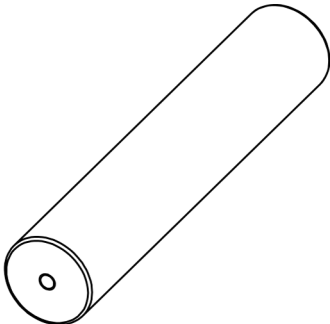
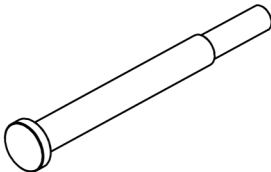
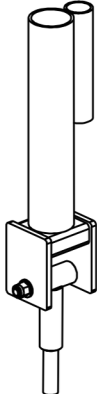
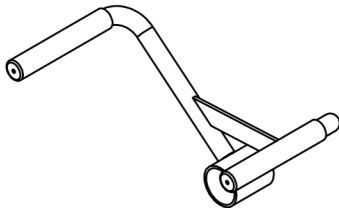
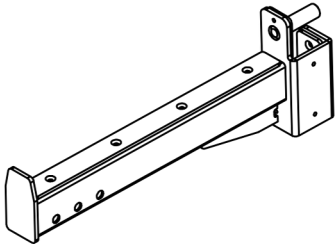
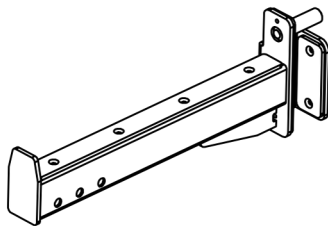
Exploded Parts

					
10.Smith Guide Rod	For STEP 4	11.Smith Bearing	For STEP 4	12.Right Smith Safety Stopper	For STEP 6
					
13.Left Smith Safety Stopper	For STEP 4	14.Bottom Connect Plate	For STEP 15	15.Top Connect Plate	For STEP 16
					
16.Pull Up Bar	For STEP 17	17.Guide Rod	For STEP 7	18.Weight Plate	For STEP 7

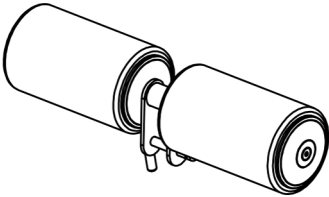
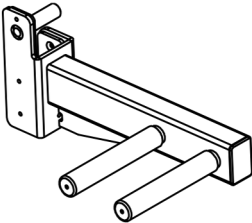
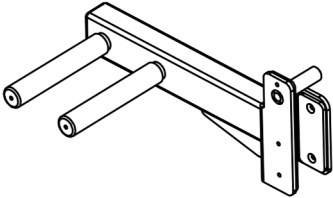
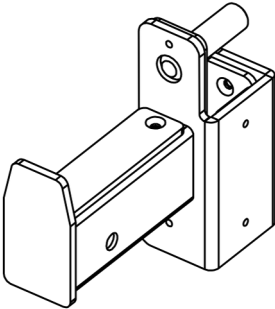
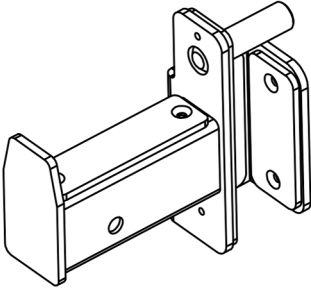
Exploded Parts

 For Model 1					
19.Top Weight Plate	For STEP 7	20.Guide Rod Frame Connector	For STEP 8	21.Increment Plate	For STEP 8
					
22.Weight Plate Storage	For STEP 14	23.Shoulder Pad	For STEP 9	24.Smith Bar	For STEP 9
		 For Model 1			
25.Figure of Eight	For STEP 11	26.1# Cable with handle&carabiner	For STEP 11	27.2# Cable	For STEP 12

Exploded Parts

					
28.3# Cable	For STEP 1	29.Shield	For STEP 18	30.Row Plate and Support	For STEP 19
					
31.Smith Counter Balance Weight	For STEP 1	32.Resistance Band Pegs	For STEP 19	33.Landmine	For STEP 20
					
34.Landmine V Bar	For STEP 20	35.Right Safety	For STEP 21	36.Left Safety	For STEP 21

Exploded Parts

					
37.Lat Pulldown Knee Support	For STEP 21	38.Right Tricep Dip Bar	For STEP 21	39.Left Tricep Dip Bar	For STEP 21
					
40.Right Jhook	For STEP 21	41.Left Jhook	For STEP 21		

Assembly Videos

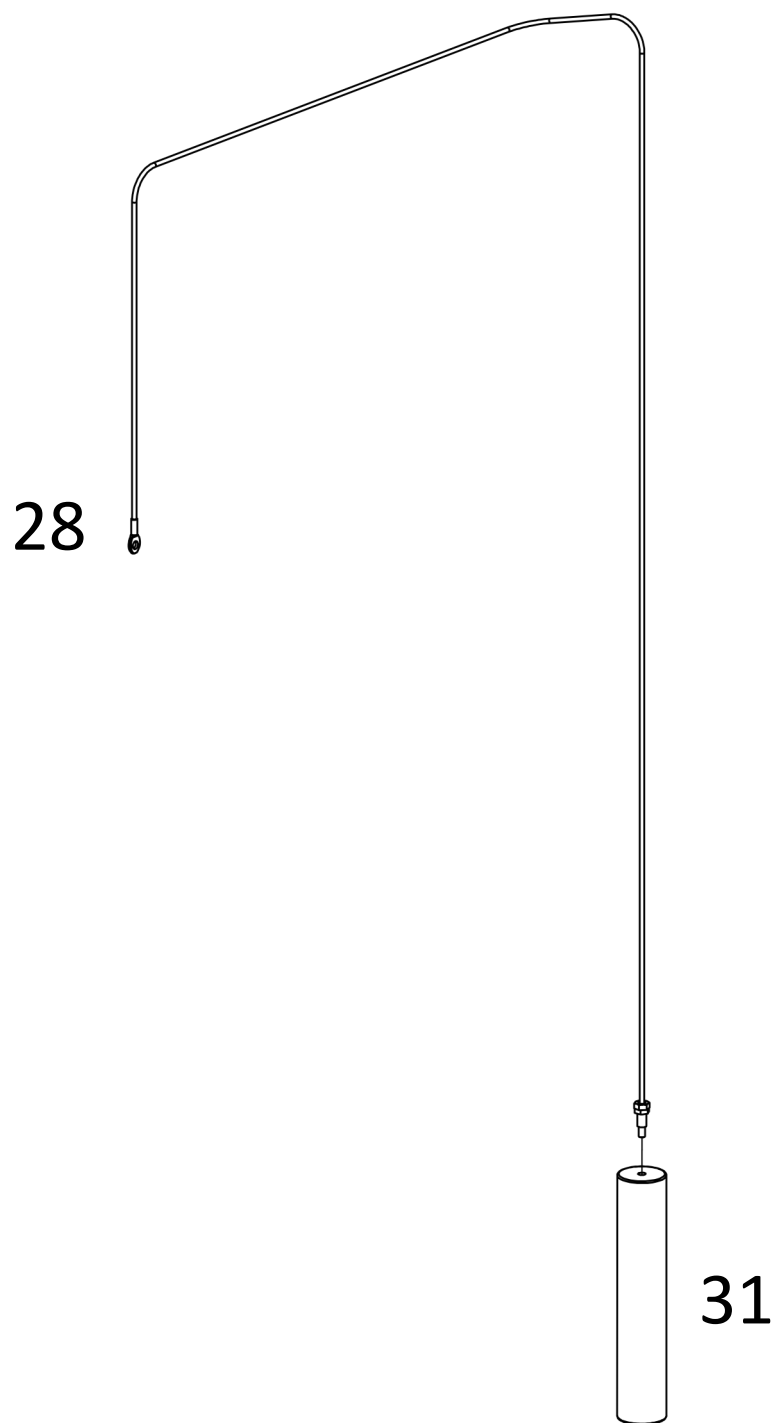
Feel free to Scan the QR code and refer to our Youtube tutorial for the installation for this rack.



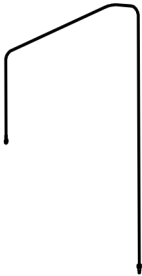
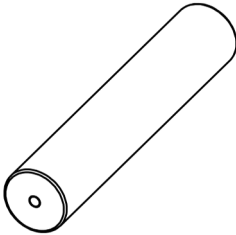
If you are wanting to convert to the 2:1 ratio version, you can find the conversion video here.



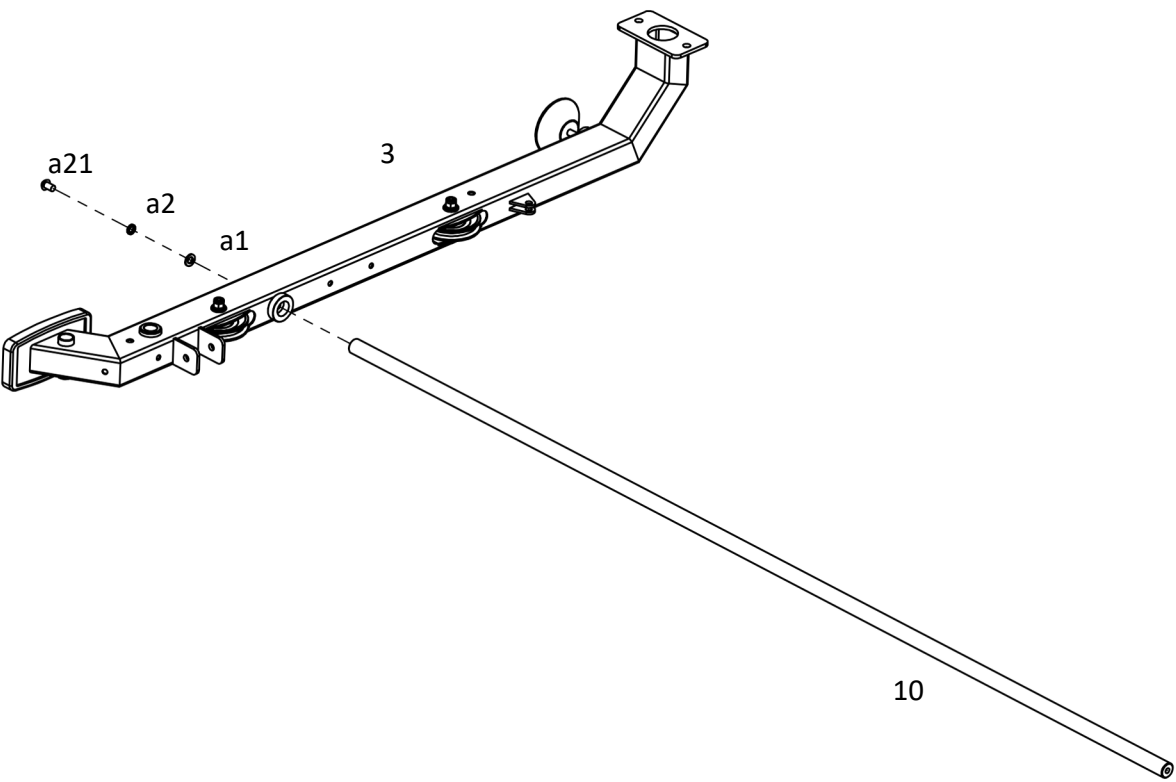
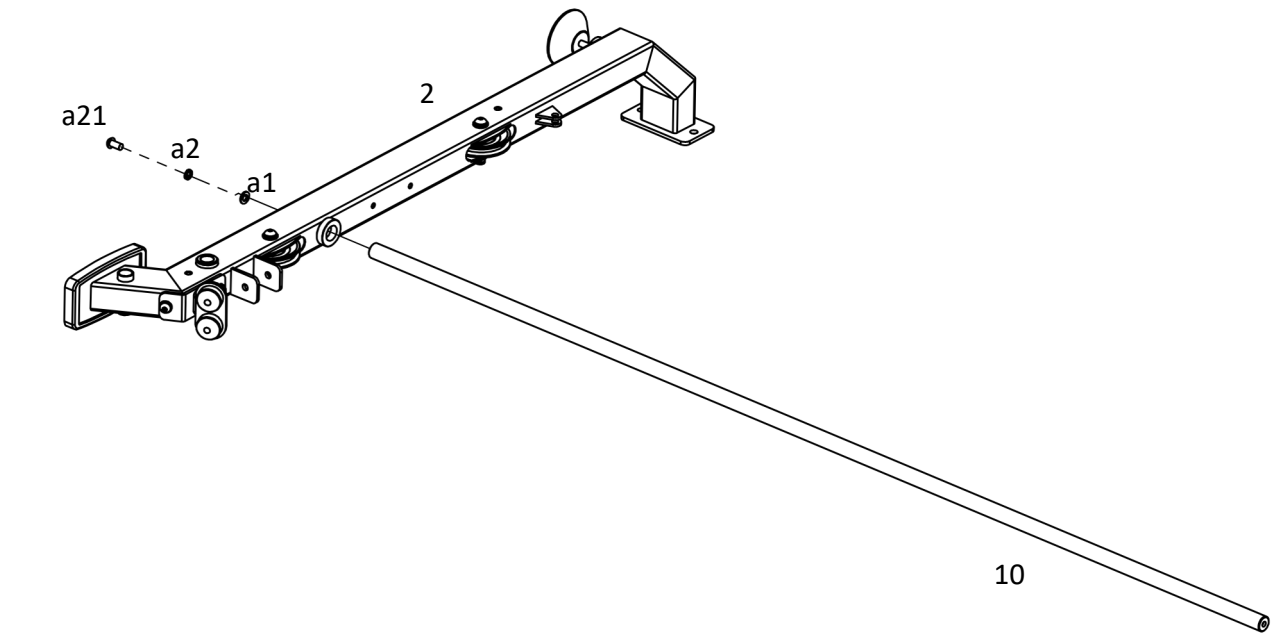
STEP 1 Assembly of Counter Balances



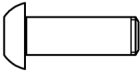
STEP 1 Assembly of Counter Balances

PART	DISCRIPTION	QTY.	PIC.
28	3# Cable	2	
31	Smith Counter Balance Weight	2	

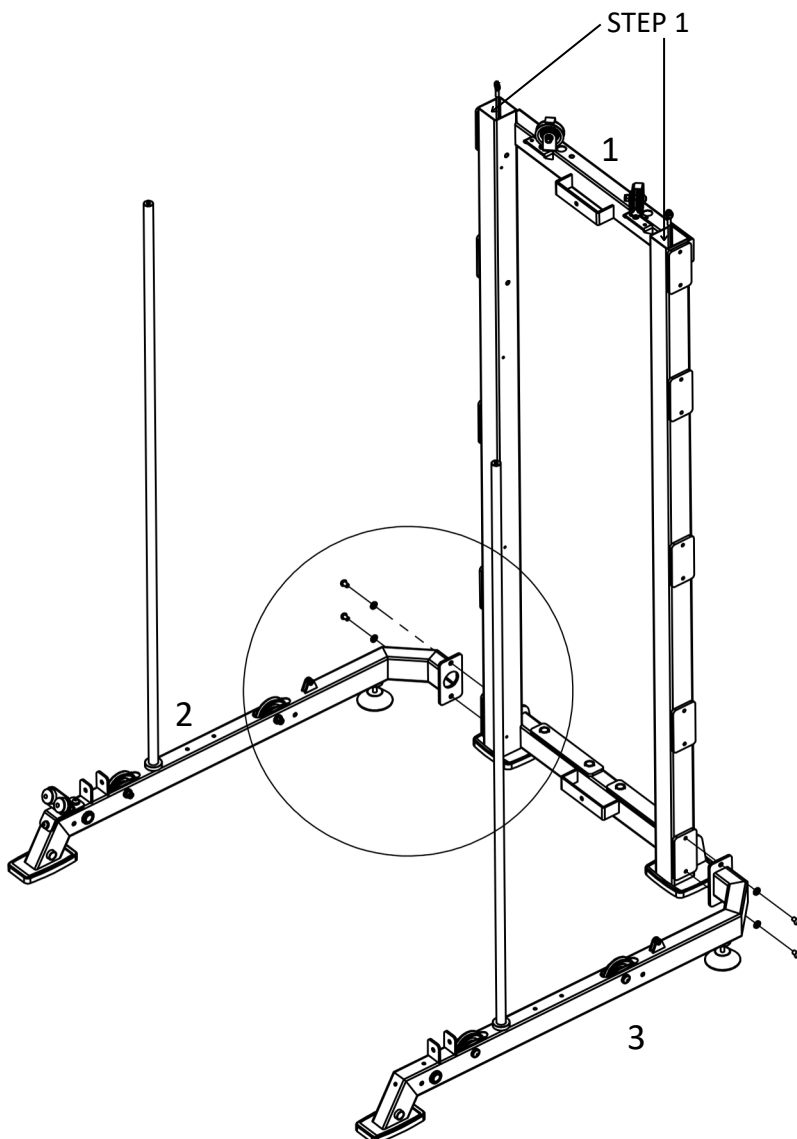
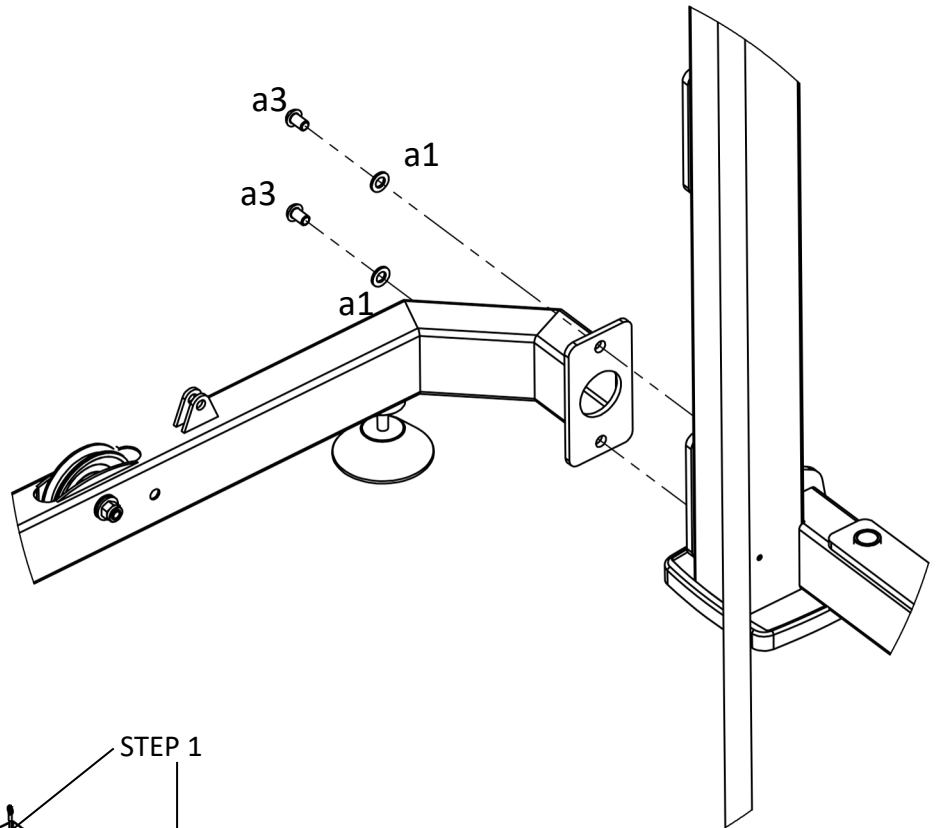
STEP 2 Connecting the Smith Rod to Base Frame



STEP 2 Connecting the Smith Rod to Base Frame

PART	DISCRIPTION	SIZE	QTY.	PIC.
2	Right Bottom Frame		1	
3	Left Bottom Frame		1	
a1	Flat Washer	Φ10	2	
a2	Spring Washer	φ10	2	
a21	Allen Bolt	M10×20	2	
10	Smith Guide Rod		2	

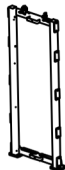
STEP 3 Connecting the Legs to Back Frame



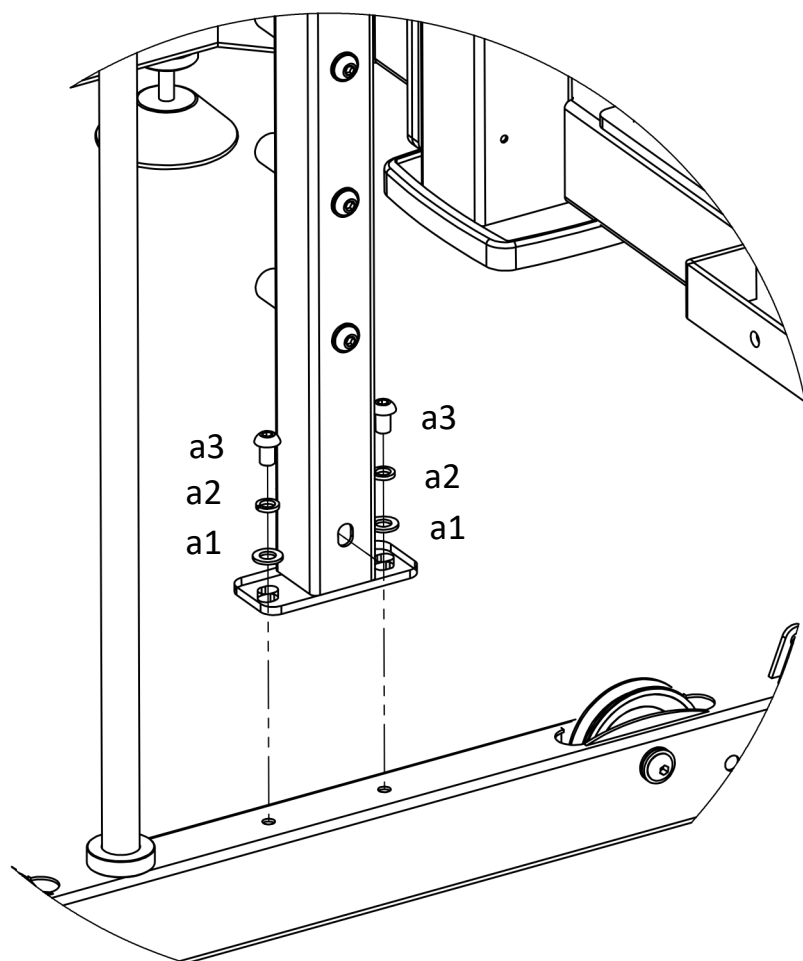
IMPORTANT INFORMATION:

The machine's counterbalance system must be installed inside the rear section of the frame. Leave the bolts in the frame. This process is detailed in Step 1. Ensure that the end of the cable remains extended outside of the frame—this will be required for a later step in the assembly.

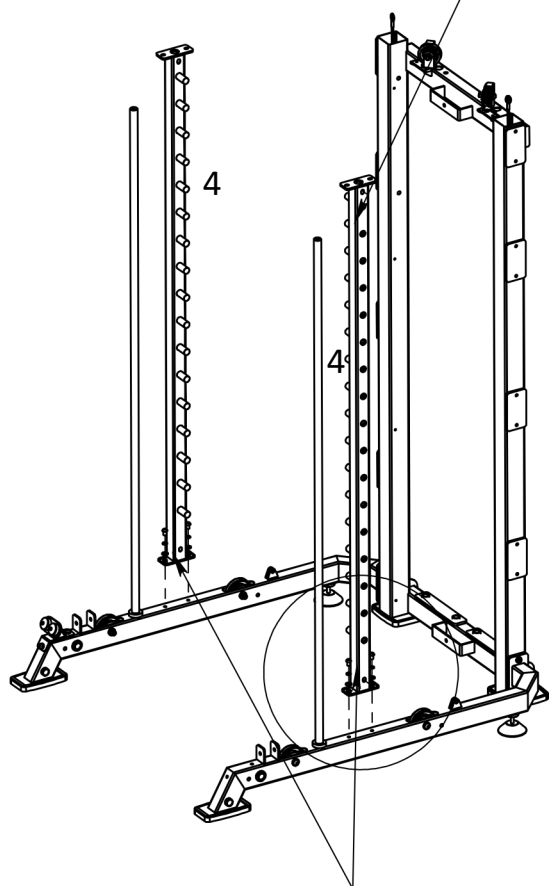
STEP 3 Connecting the Legs to Back Frame

PART	DISCRIPTION	SIZE	QTY.	PIC.
1	Weight Frame		1	
a1	Flat Washer	Φ10	4	
a3	Allen Bolt	M10×16	4	

STEP 4 Connecting Smith Bar Uprights to Base

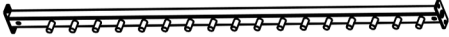


Indicator arrow pointing upwards

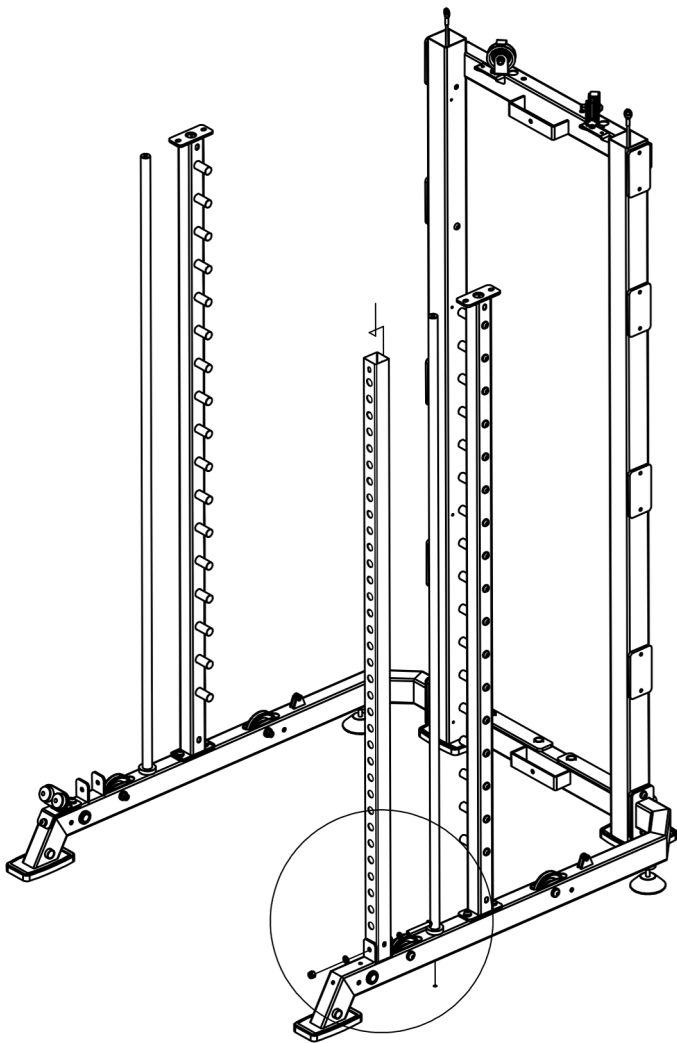


Use the same bolts for both sides

STEP 4 Connecting Smith Bar Uprights to Base

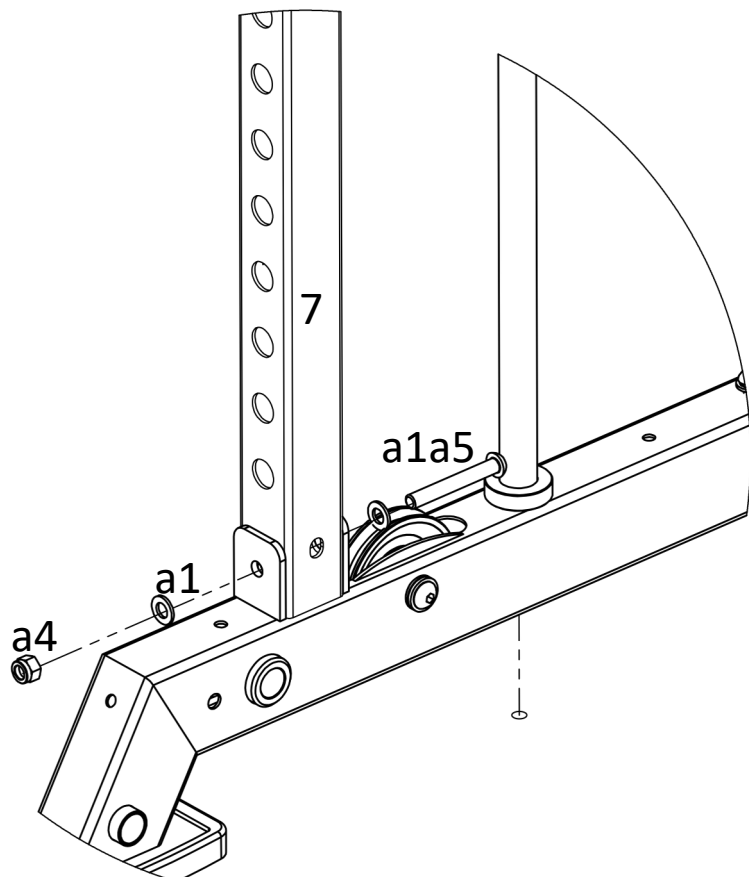
PART	DISCRIOPTION	SIZE	QTY	PIC.
4	Smith Support Frame		2	
a1	Flat Washer	ϕ10	4	
a2	Spring Washer	ϕ10	4	
a3	Allen Bolt	M10×16	4	

STEP 5 Installing Left Uprights and Smith Bar Rods

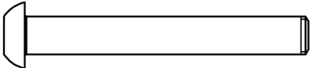


IMPORTANT INFORMATION:

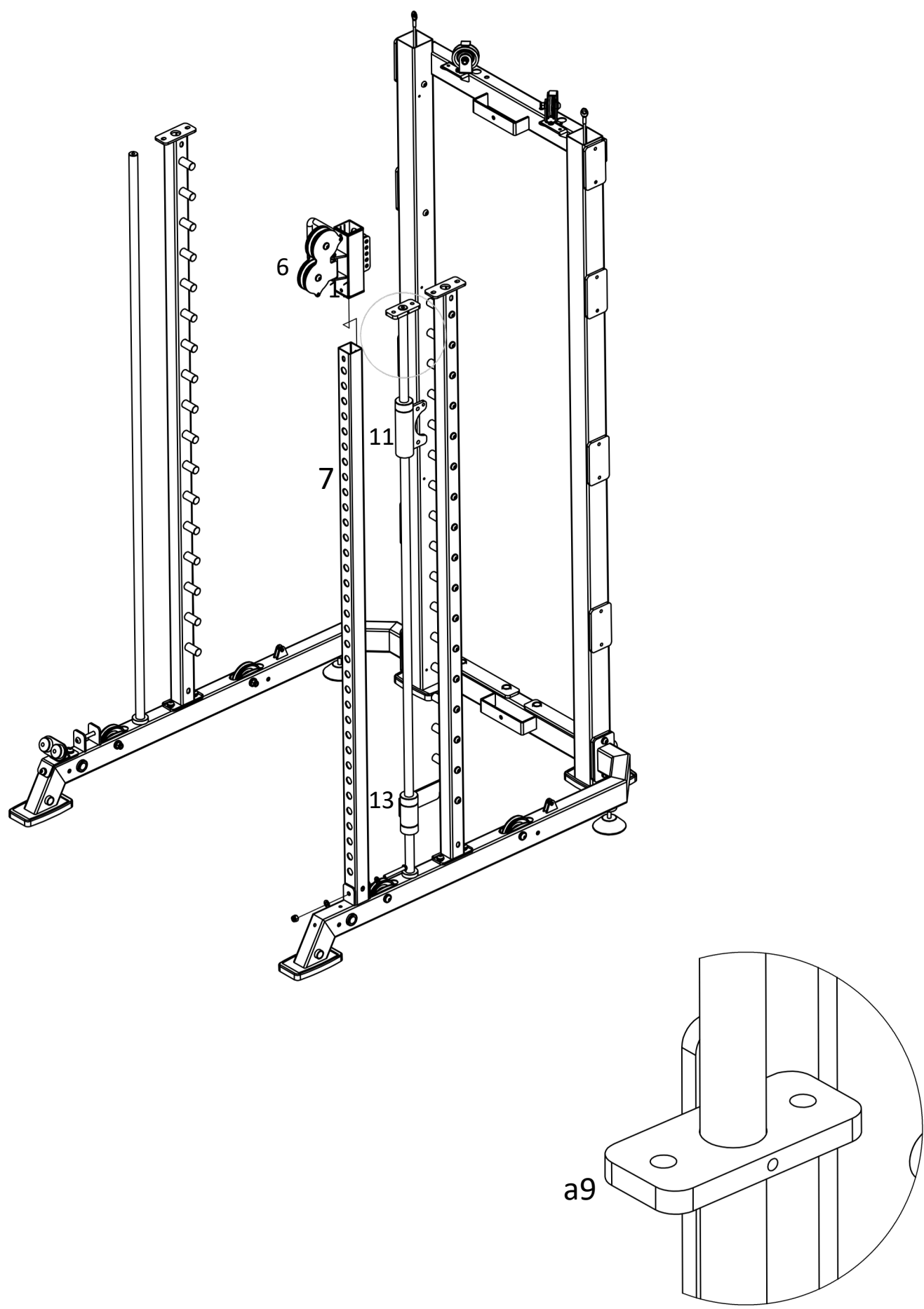
Please ensure that the numbers on the uprights are facing the inside



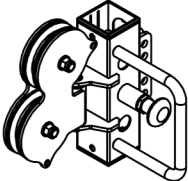
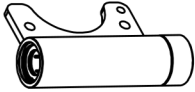
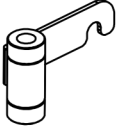
STEP 5 Installing Left Uprights and Smith Bar Rods

PART	DISCRIPTION	SIZE	QTY.	PIC.
7	Handle Adjust Pipe		1	
a1	Flat Washer	φ10	2	
a4	Nylon Nut	M10	1	
a5	Allen Bolt	M10×75	1	

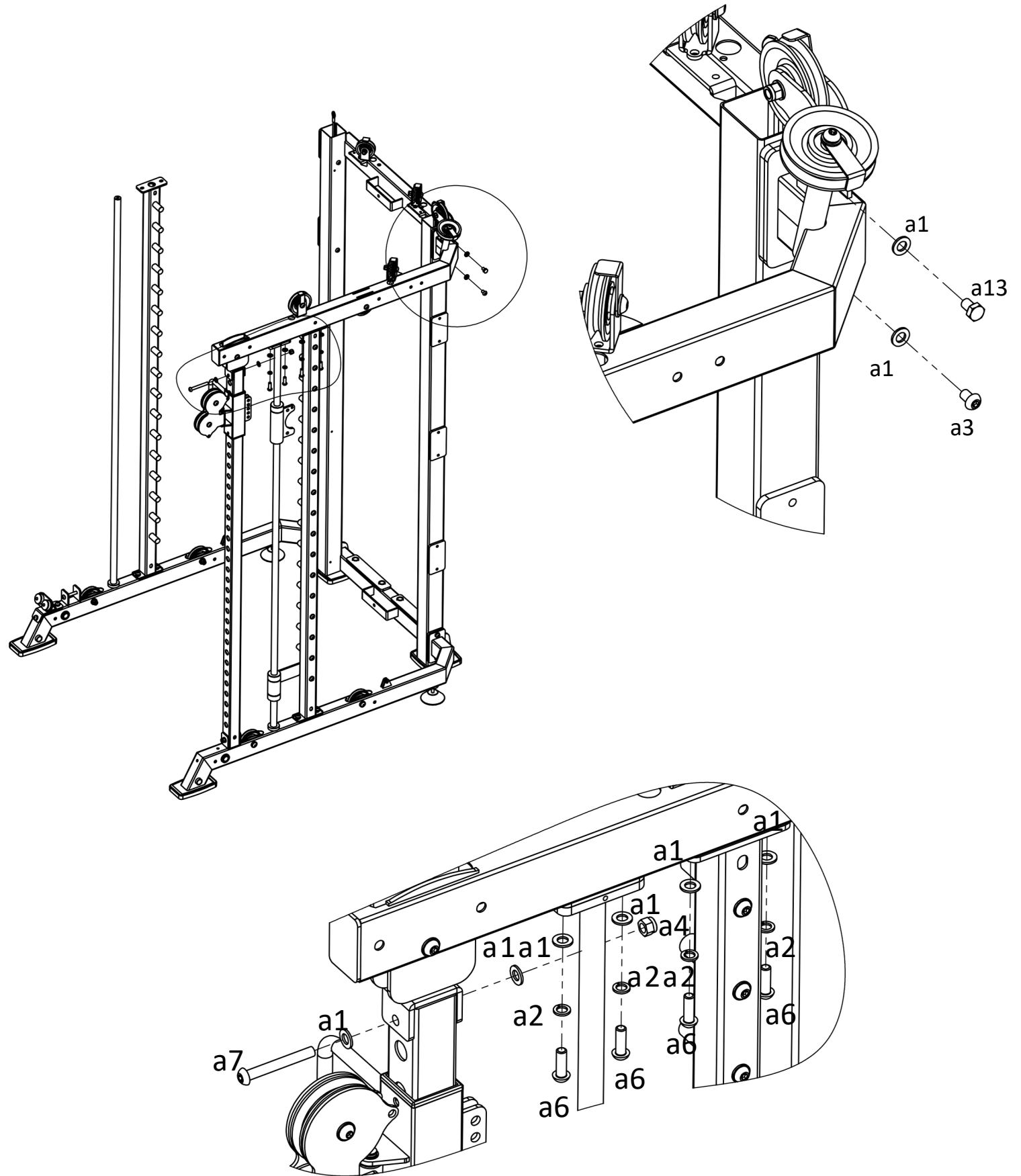
STEP 5a Installing Left Uprights and Smith Bar Rods



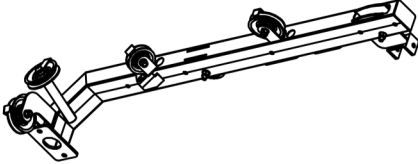
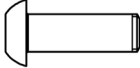
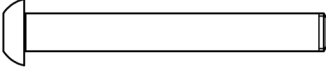
STEP 5a Installing Left Uprights and Smith Bar Rods

PART	DISCRIPTION	SIZE	QTY.	PIC.
6	Left Trolley System		1	
a9	Roller Top Cover		1	
11	Smith Slide Frame		1	
13	Left Smith Safety Stopper		1	

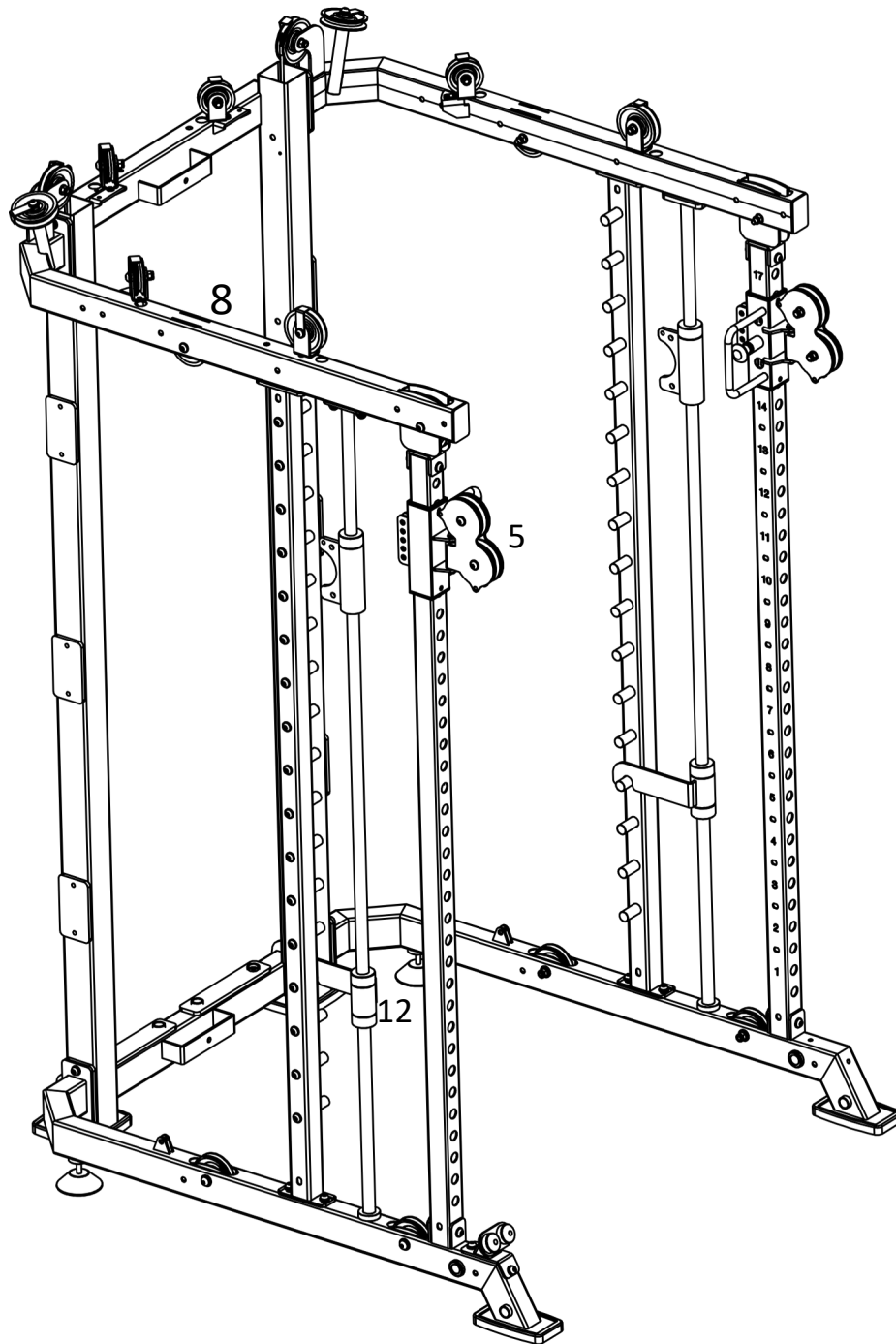
STEP 6 Installing Left Top Frame to Back Frame



STEP 6 Installing Top Frame to Back Frame

PART	DISCRIPTION	SIZE	QTY.	PIC.
9	Left Top Frame		1	
a1	Flat Washer	φ10	8	
a2	Spring Washer	φ10	4	
a3	Allen Bolt	M10×16	1	
a4	Nylon Nut	M10	1	
a6	Allen Bolt	M10×30	4	
a7	Allen Bolt	M10×80	1	
a13	Hex Bolt	M10×16	1	

STEP 7 Installing Right Uprights, Smith Bar Rods and Right Top Frame to Back Frame

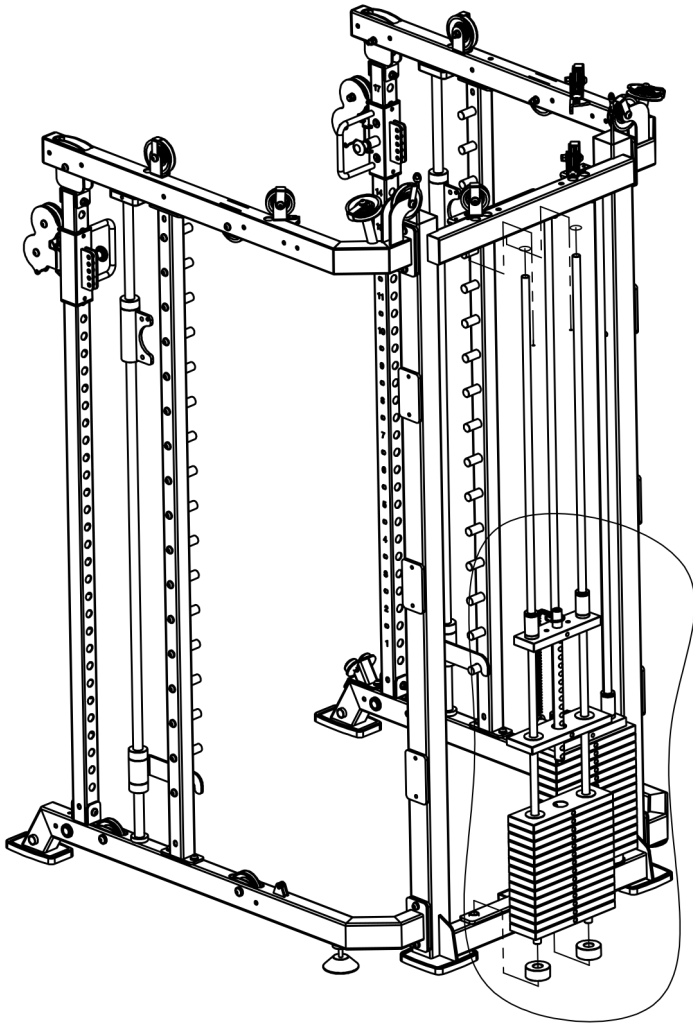


1. Refer to steps 5 and 6 to repeat for the the right side
2. Please use the images to distinguish the left and the right side

STEP 7 Installing Right Uprights, Smith Bar Rods and Right Top Frame to Back Frame

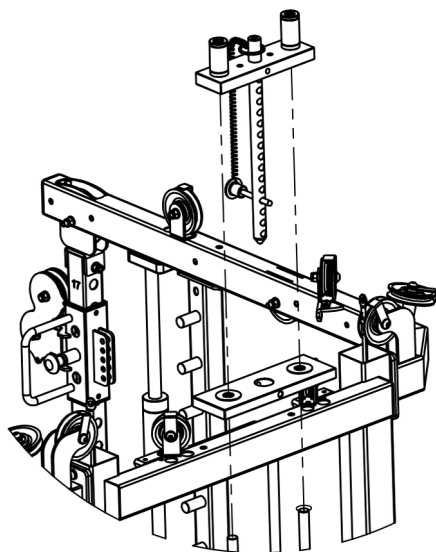
Repeat Steps 5 and 6 to assemble the right-side uprights, Smith bar rods, and the right top-to-back frame

STEP 8 Installing the Weight Stack



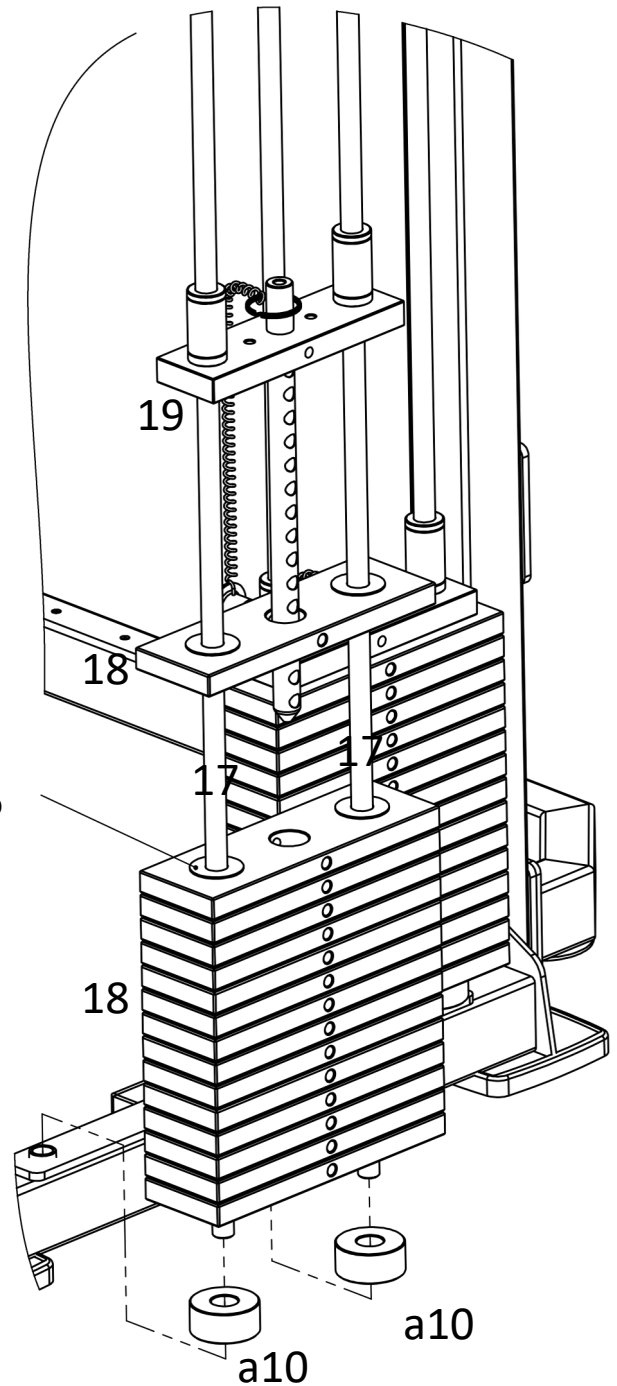
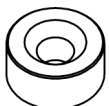
IMPORTANT INFORMATION:

Install the Roller Bottom Cushion and Guide Rods first. Once these are in place, you can stack the weight plates

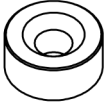
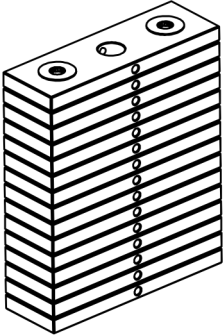
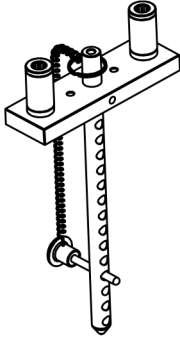


Plastic side face up

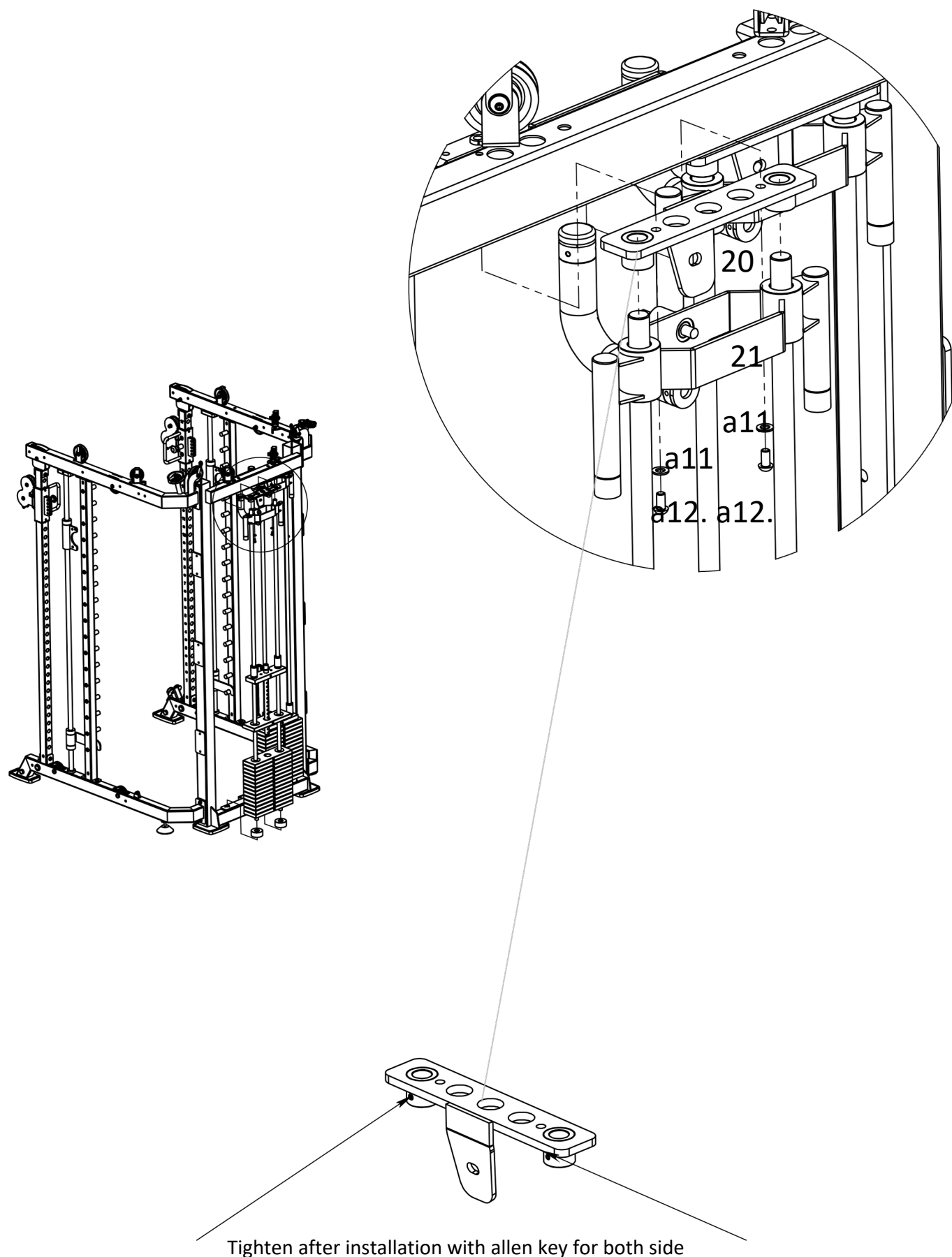
a10.



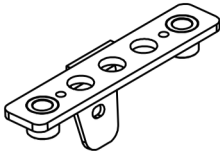
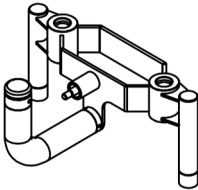
STEP 8 Installing the Weight Stack

PART	DISCRIPTION	QTY.	PIC.
a10	Roller Bottom Cushion	4	
17	Guide Rod	2	
18	Weight Plate	30	
19	Top Weight Stack	2	

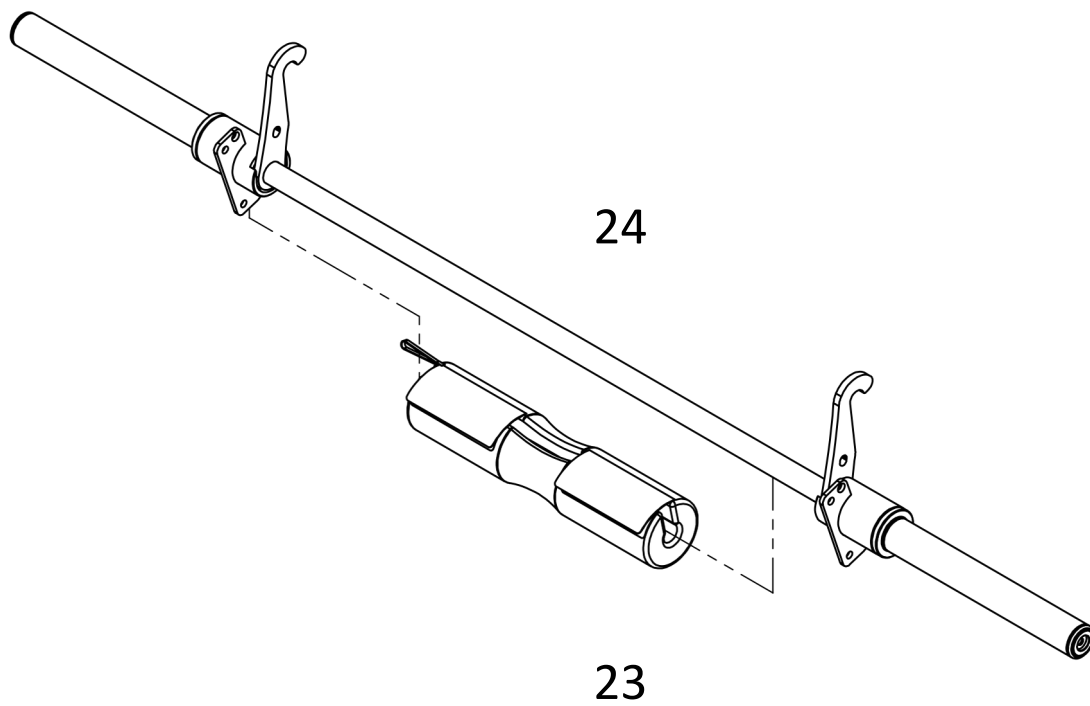
STEP 9 Installing the Increment Weight Plates



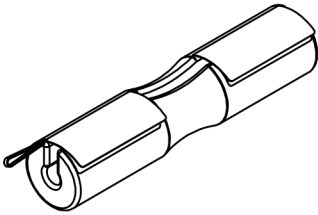
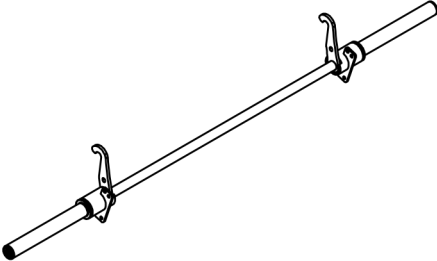
STEP 9 Installing the Increment Weight Plates

PART	DISCRIPTION	SIZE	QTY.	PIC.
20	Guide Rod Connect Frame		2	
21	Increment Weight Plate		2	
a11	Flat Washer	$\phi 8$	4	
a12	Allen Bolt	M8×16	4	

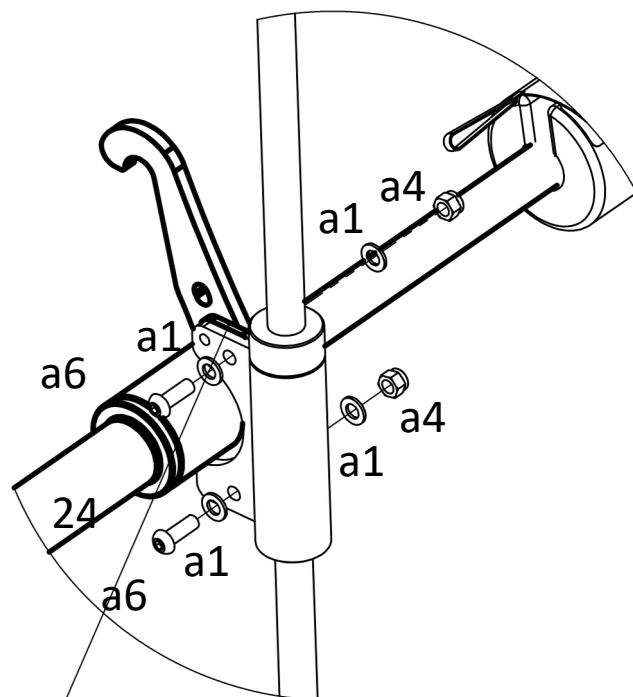
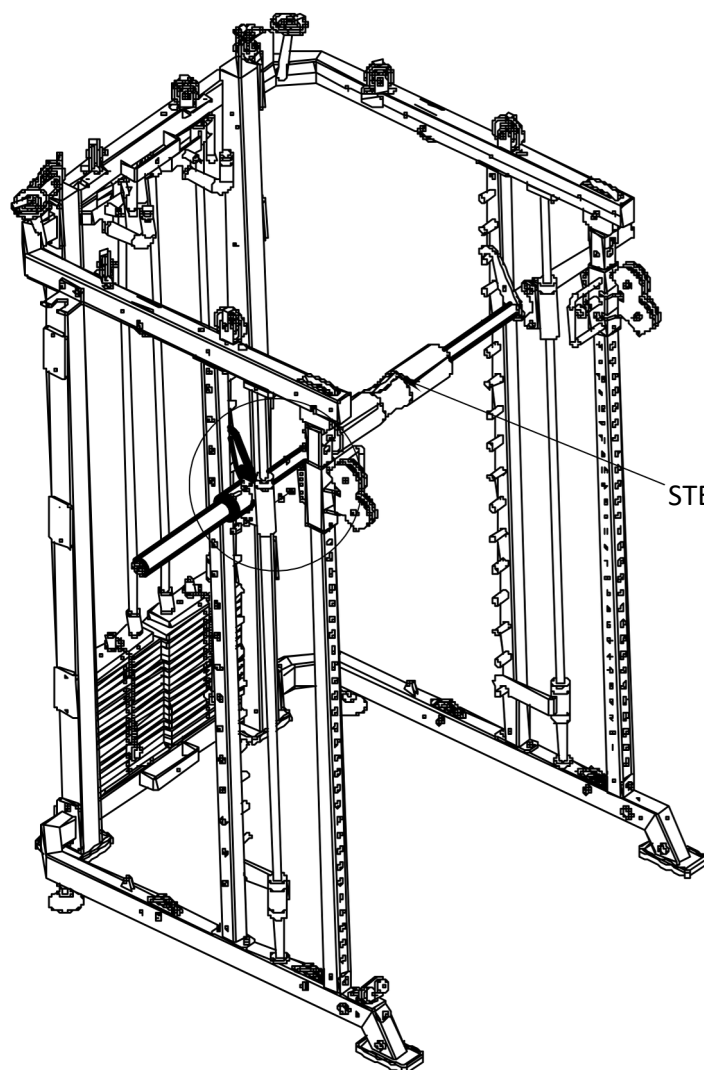
STEP 10 Assemble the Bar Pad



STEP 10 Assemble the Bar Pad

PART	DISCRIPTION	QTY.	PIC.
23	Shoulder Pad	1	
24	Smith Bar	1	

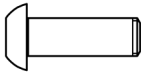
STEP 11 Installing the Smith Bar



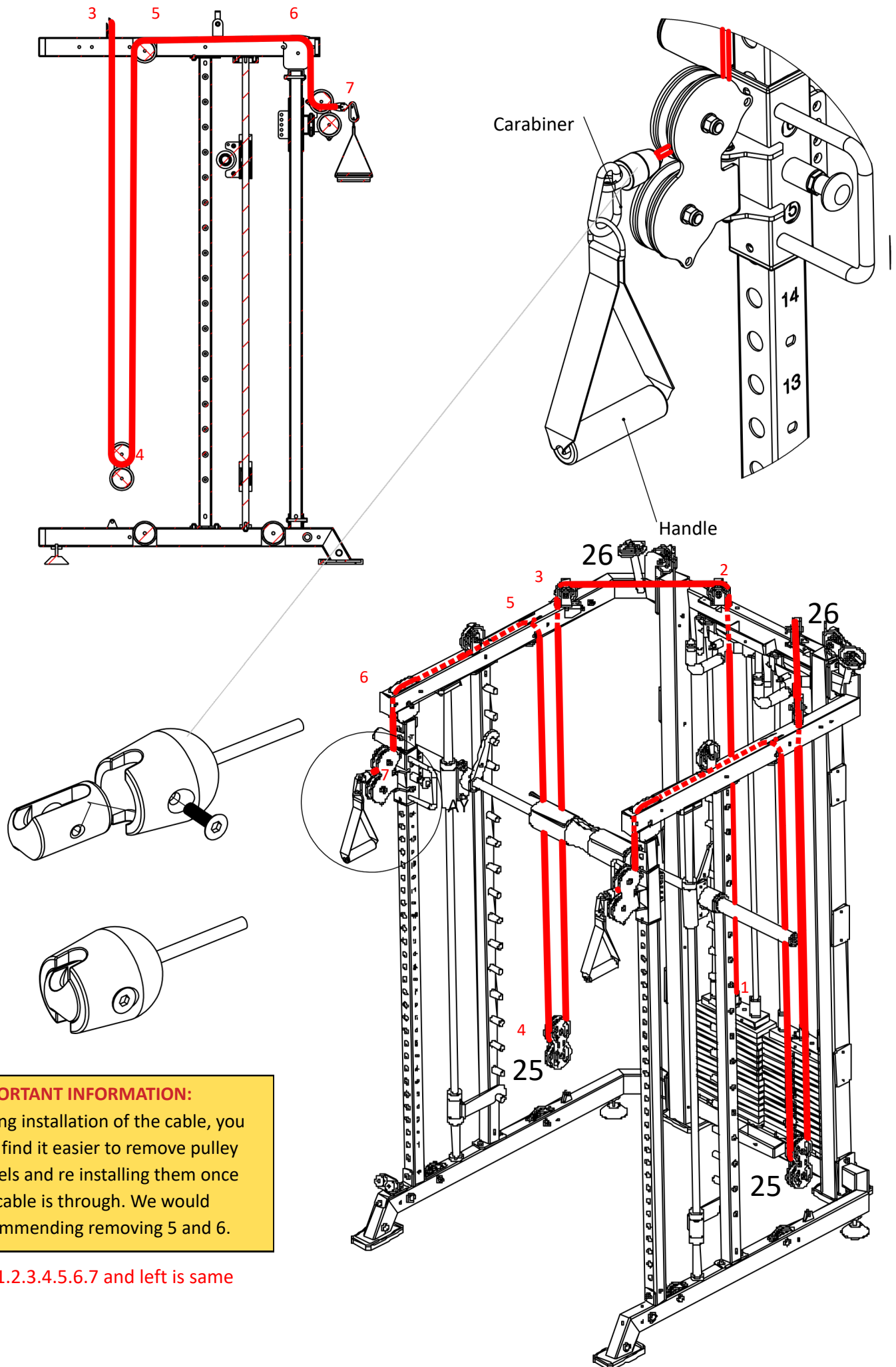
Smith pole fixed sheet on the inner side

STEP 9

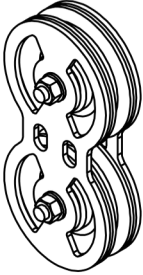
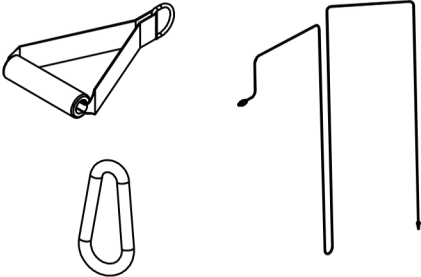
STEP 11 Installing the Smith Bar

PART	DISCRIPTION	SIZE	QTY.	PIC.
a1	Flat Washer	φ10	8	
a4	Nylon Nut	M10	4	
a6	Allen Bolt	M10×30	4	

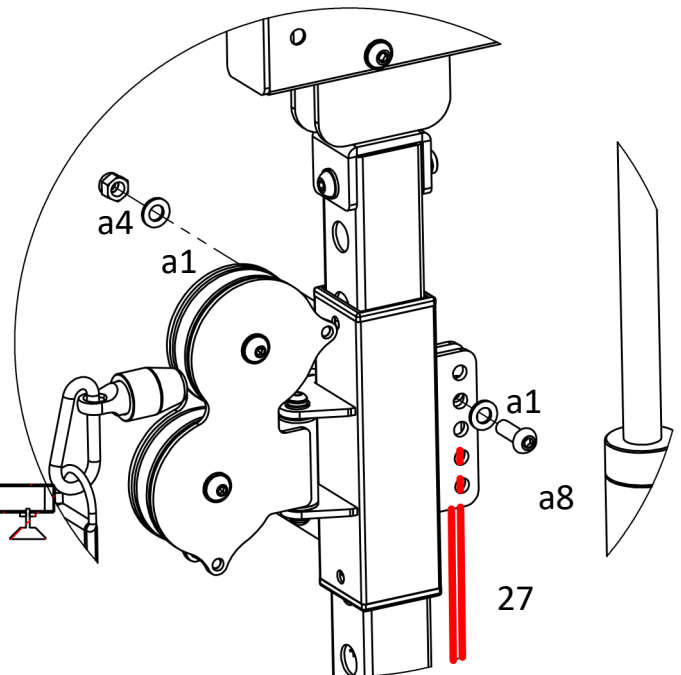
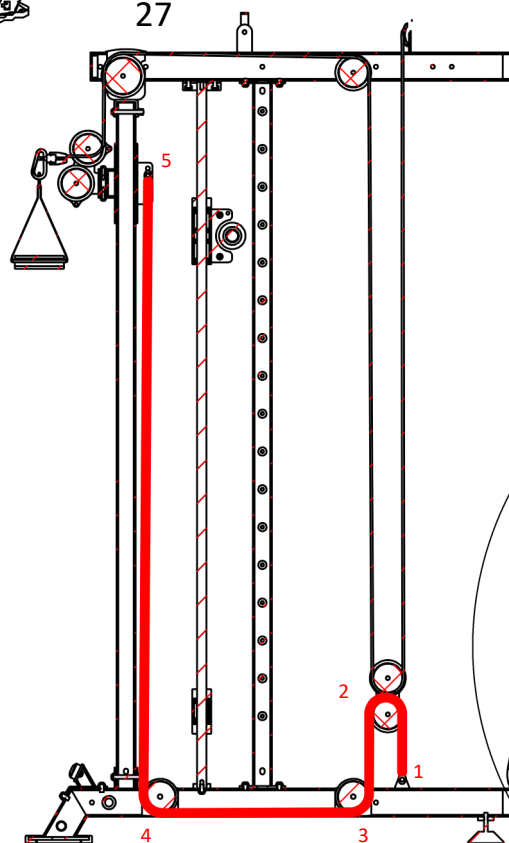
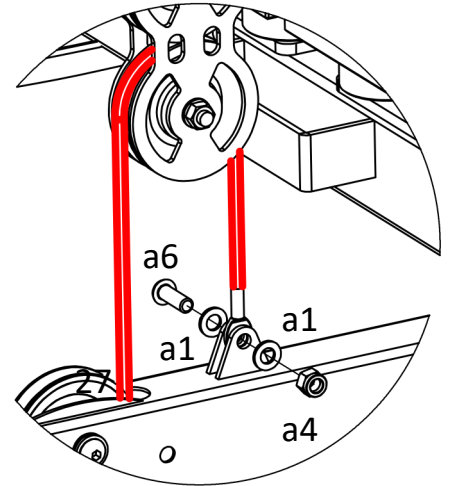
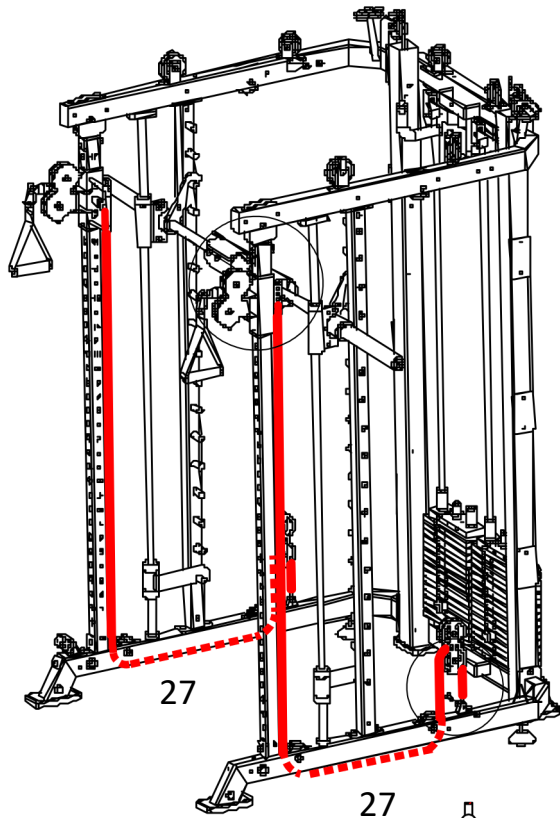
STEP 12 Installing Top Cables



STEP 12 Installing Top Cables

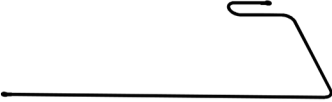
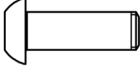
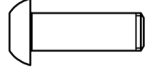
PART	DISCRIPTION	QTY.	PIC.
25	Figure of Eight	2	
26	1#Cable with Handle&Carabiner	2	

STEP 13 Installing Bottom Cables

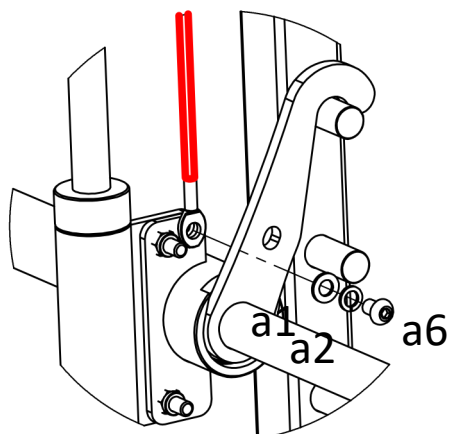
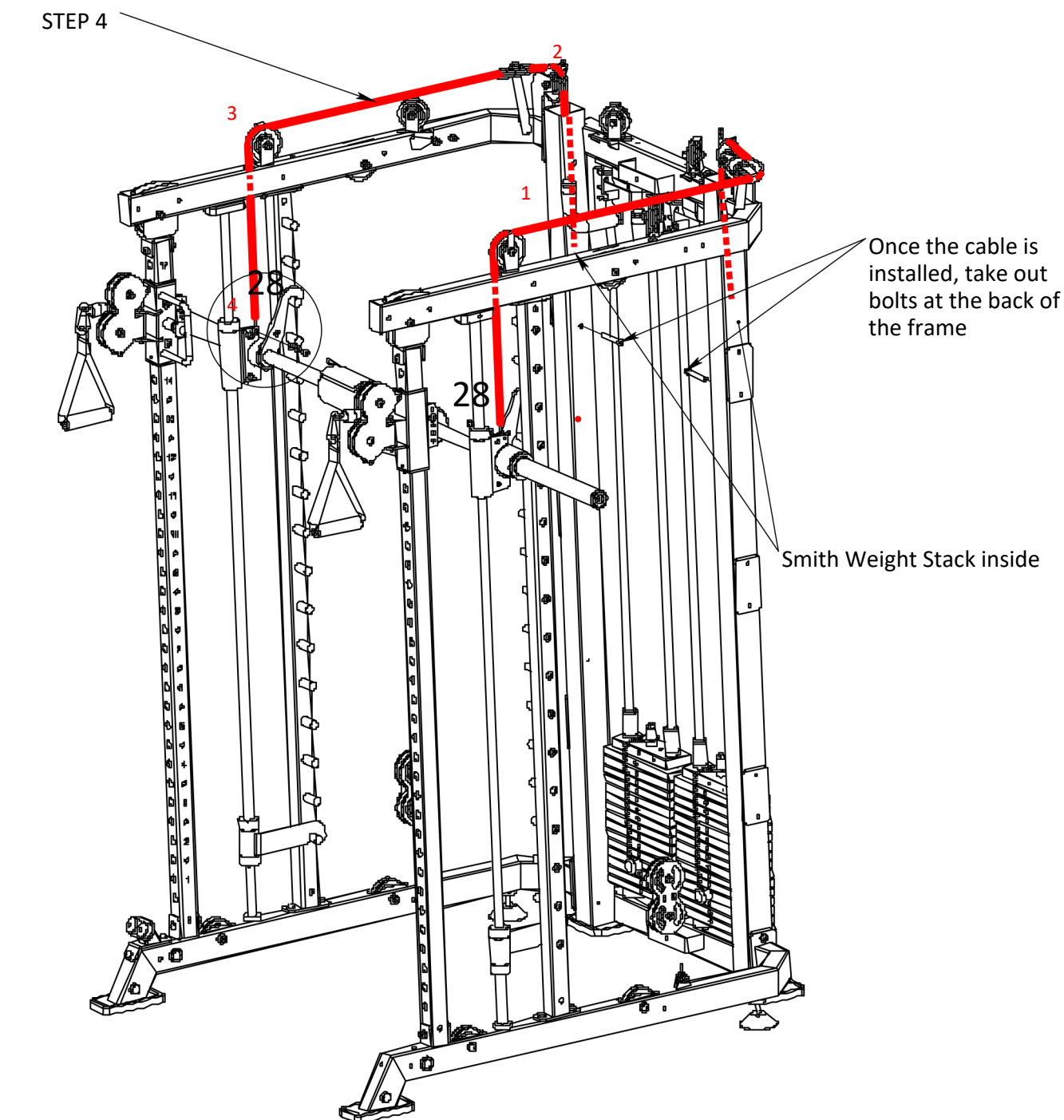


1.2.3.4.5 and left is same

STEP 13 Installing Bottom Cables

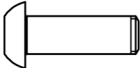
PART	DISCRIPTION	SIZE	QTY.	PIC.
27	2# Cable		2	
a1	Flat Washer	φ10	8	
a4	Nylon Nut	M10	4	
a6	Allen Bolt	M10×30	2	
a8	Allen Bolt	M10×35	2	

STEP 14 Installing the Counter Balance Cable

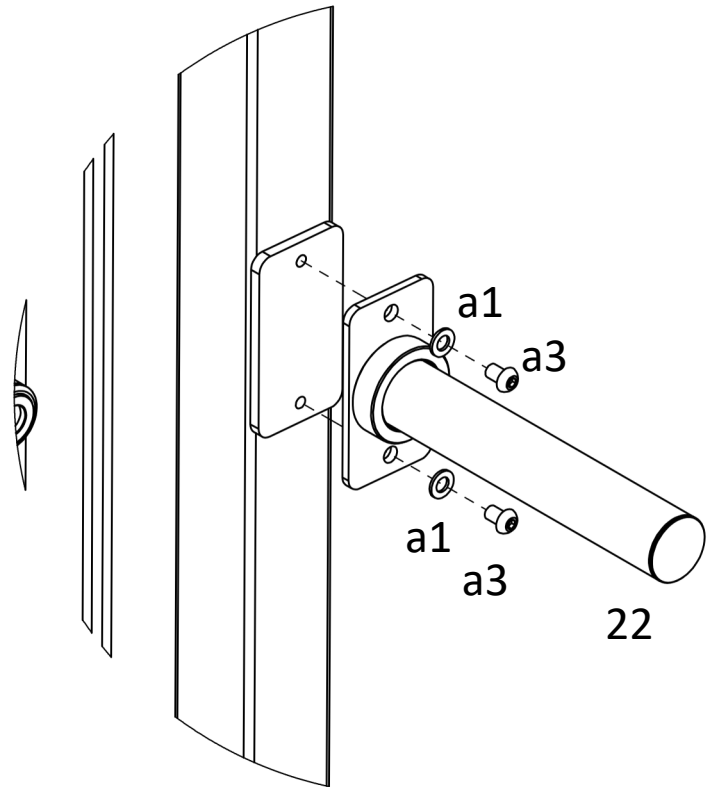
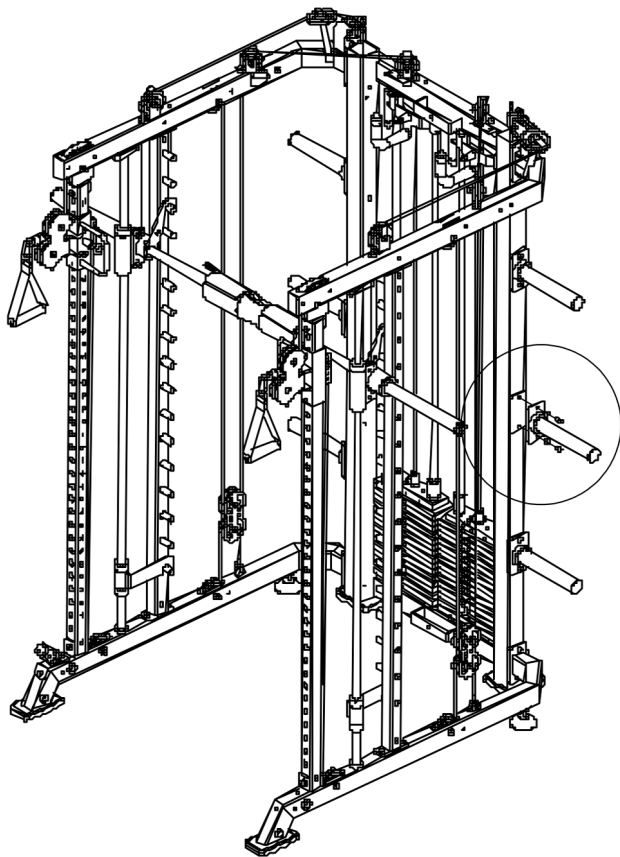


1.2.3.4 and left is same

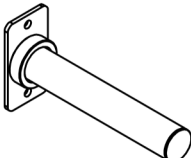
STEP 14 Installing the Counter Balance Cable

PART	DISCRIPTION	SIZE	QTY.	PIC.
a1	Flat Washer	φ10	2	
a2	Spring Washer	φ10	2	
a6	Allen Bolt	M10×30	2	

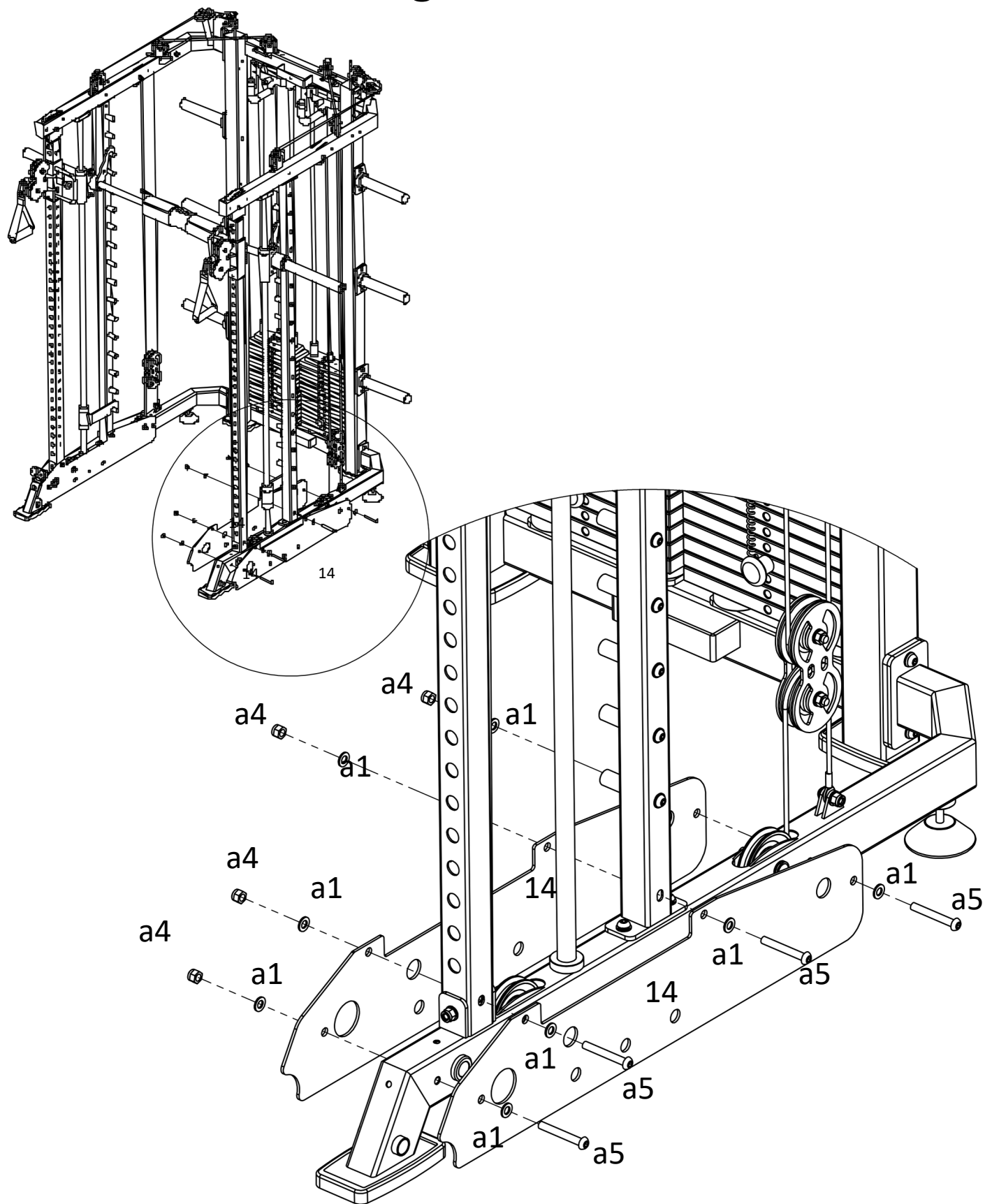
STEP 15 Installing Weight Plate Holders



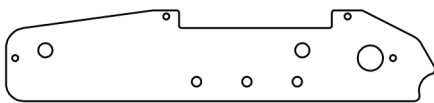
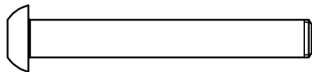
STEP 15 Installing Weight Plate Holders

PART	DISCRIPTION	SIZE	QTY.	PIC.
22	Weight Plate Storage		6	
a1	Flat Washer	φ10	12	
a3	Allen Bolt	M10×16	12	

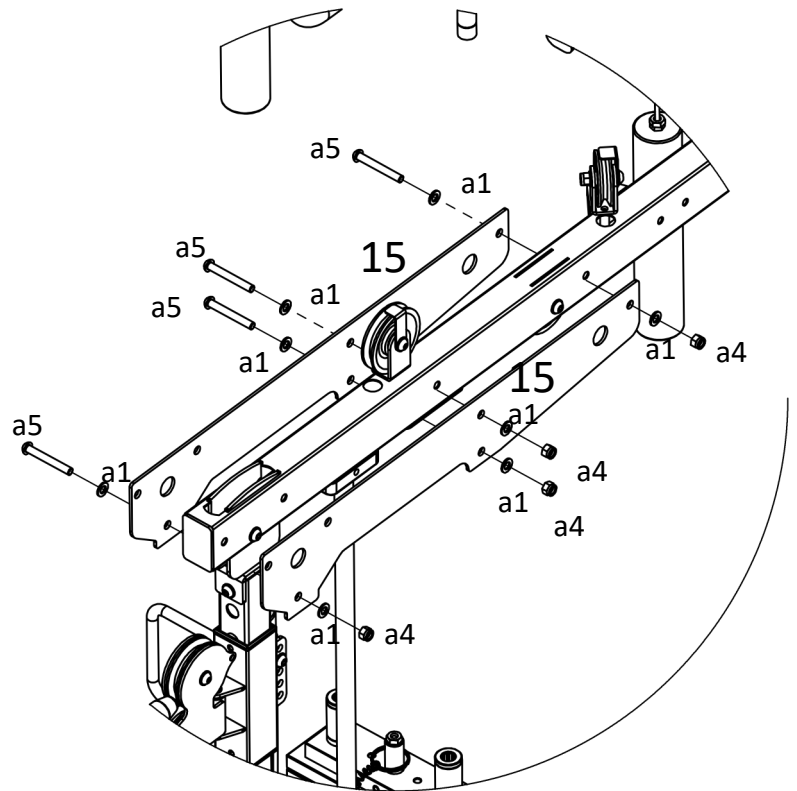
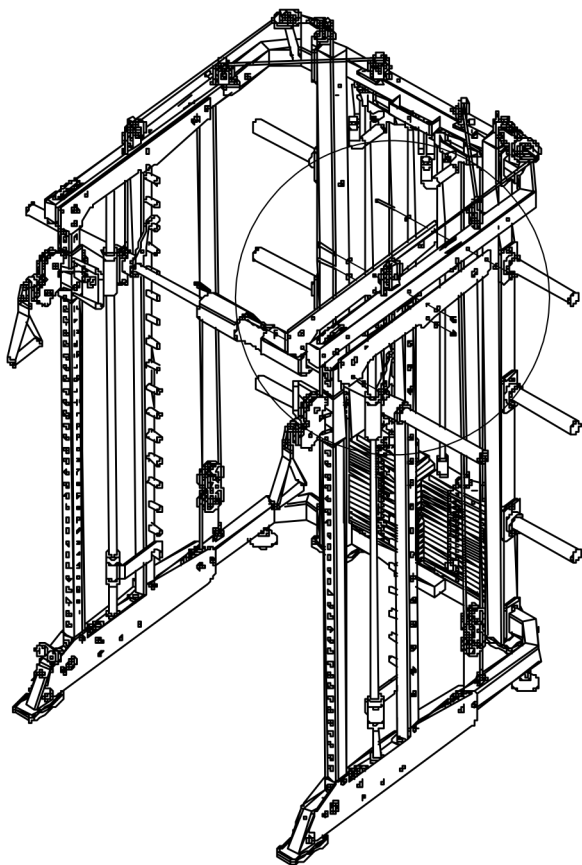
STEP 16 Installing Bottom Connect Plates



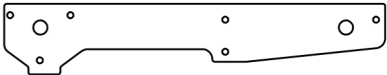
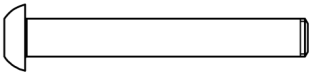
STEP 16 Installing Bottom Connect Plates

PART	DISCRIPTION	SIZE	QTY.	PIC.
14	Bottom Connect Plate		4	
a1	Flat Washer	φ10	16	
a4	Nylon Nut	M10	8	
a5	Allen Bolt	M10×75	8	

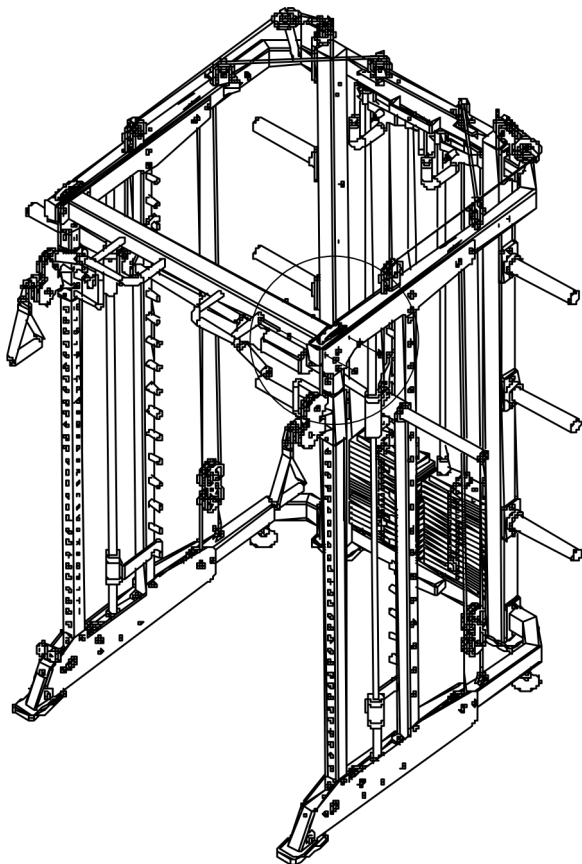
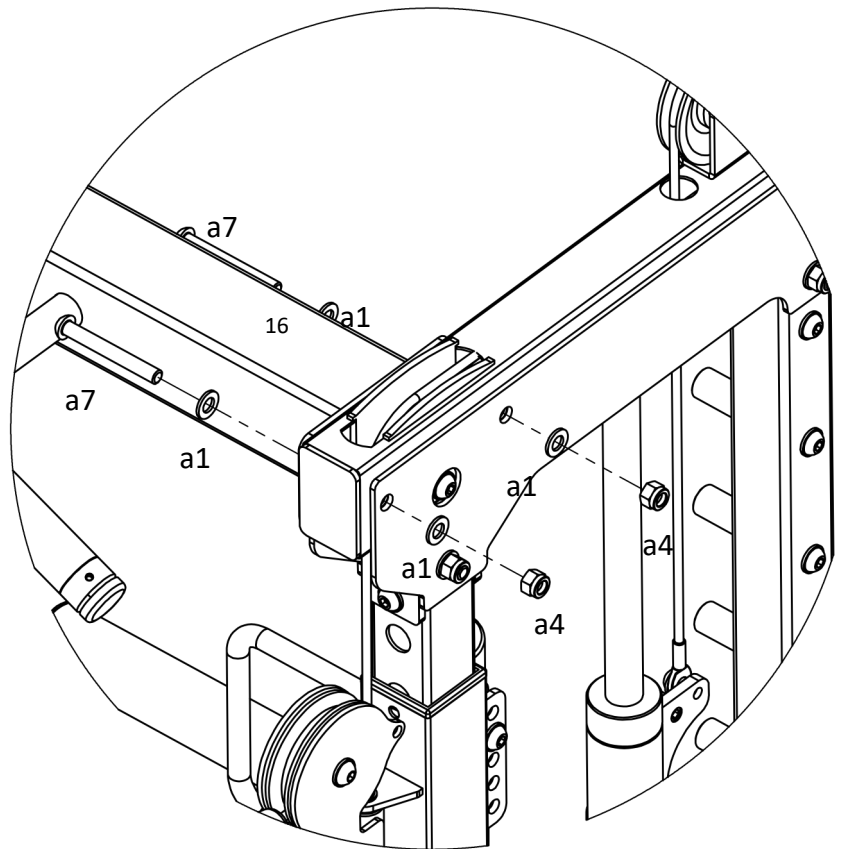
STEP 17 Installing Top Connect Plates



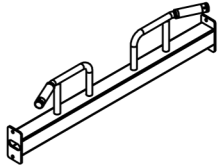
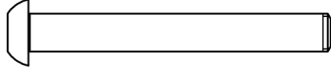
STEP 17 Installing Top Connect Plates

PART	DISCRIPTION	SIZE	QTY.	PIC.
15	Top Connect Plate		4	
a1	Flat Washer	φ10	16	
a4	Nylon Nut	M10	8	
a5	Allen Bolt	M10×75	8	

STEP 18 Installing Pull Up Bar

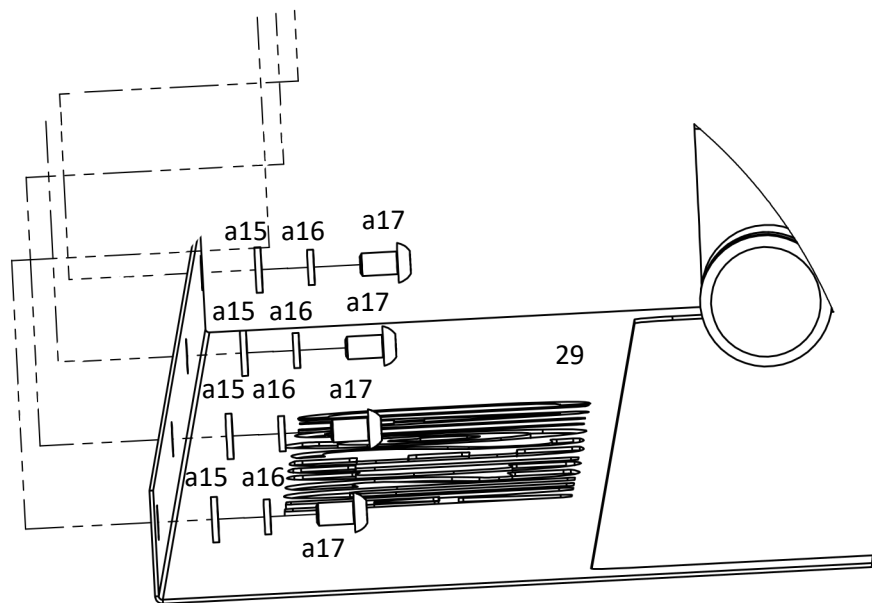
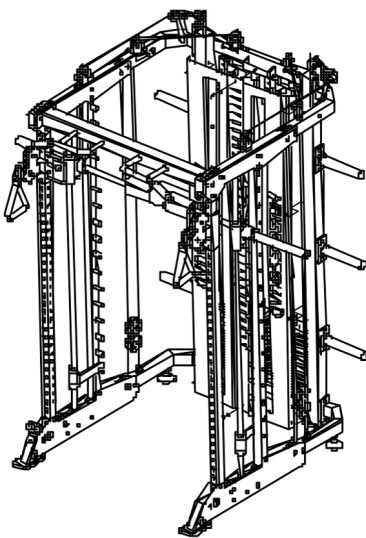
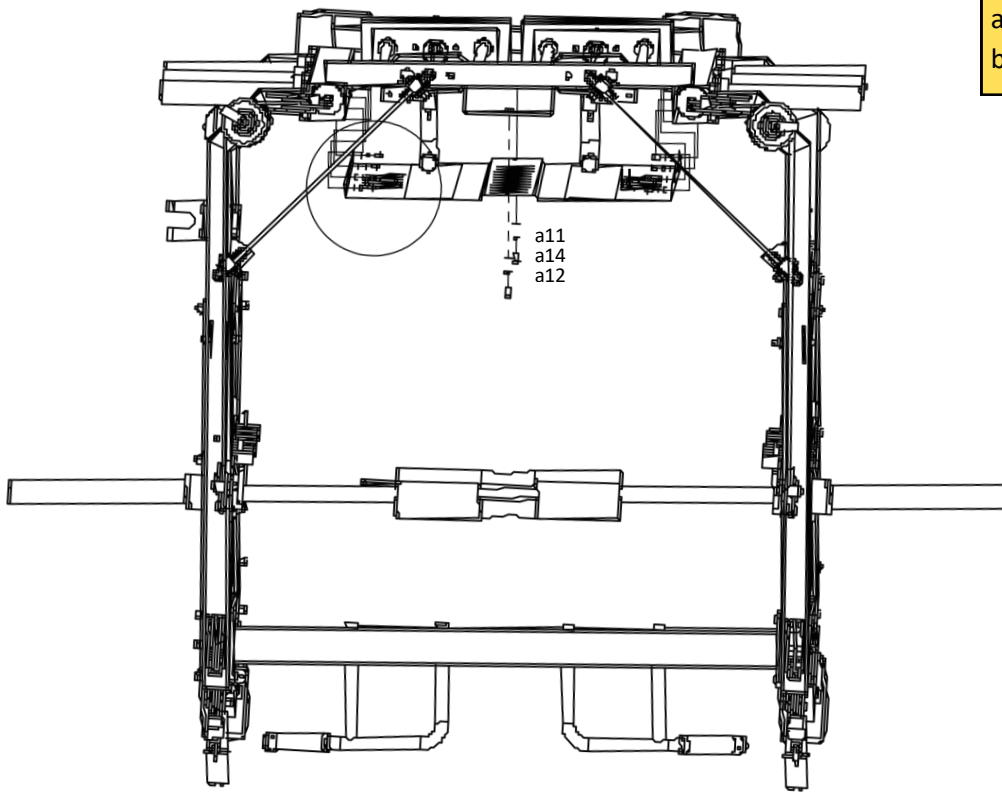


STEP 18 Installing Pull Up Bar

PART	DISCRIPTION	SIZE	QTY.	PIC.
16	Pull Up Bar		1	
a1	Flat Washer	$\phi 10$	8	
a4	Nylon Nut	M10	4	
a7	Allen Bolt	M10×80	4	

STEP 19 Installing Branding Plate

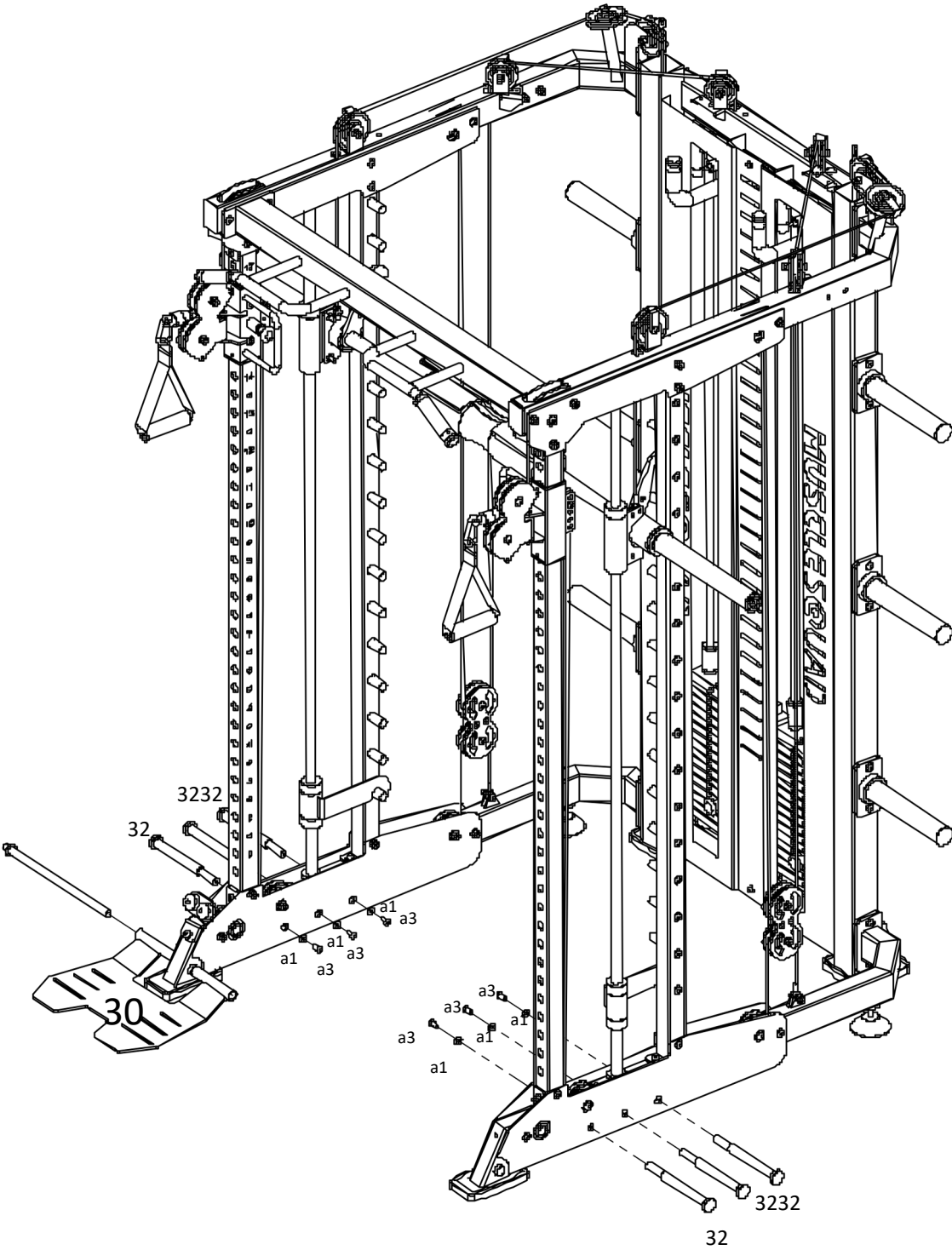
IMPORTANT INFORMATION:
Ensure the weight plate stickers are on before installing the branding plates.



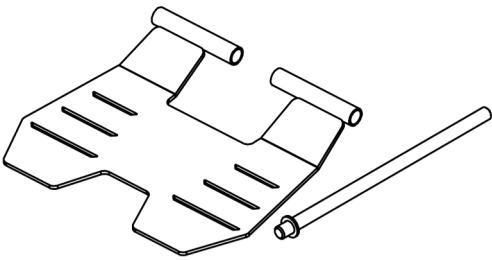
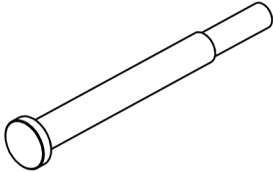
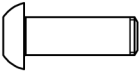
STEP 19 Installing Branding Plate

PART	DISCRIPTION	SIZE	QTY.	PIC.
29	Shield		1	
a11	Flat Washer	$\phi 8$	2	
a12	Allen Bolt	M8×16	2	
a14	Spring Washer	$\phi 8$	2	
a15	Flat Washer	$\phi 6$	8	
a16	Spring Washer	$\phi 6$	8	
a17	Allen Bolt	M6×8	8	

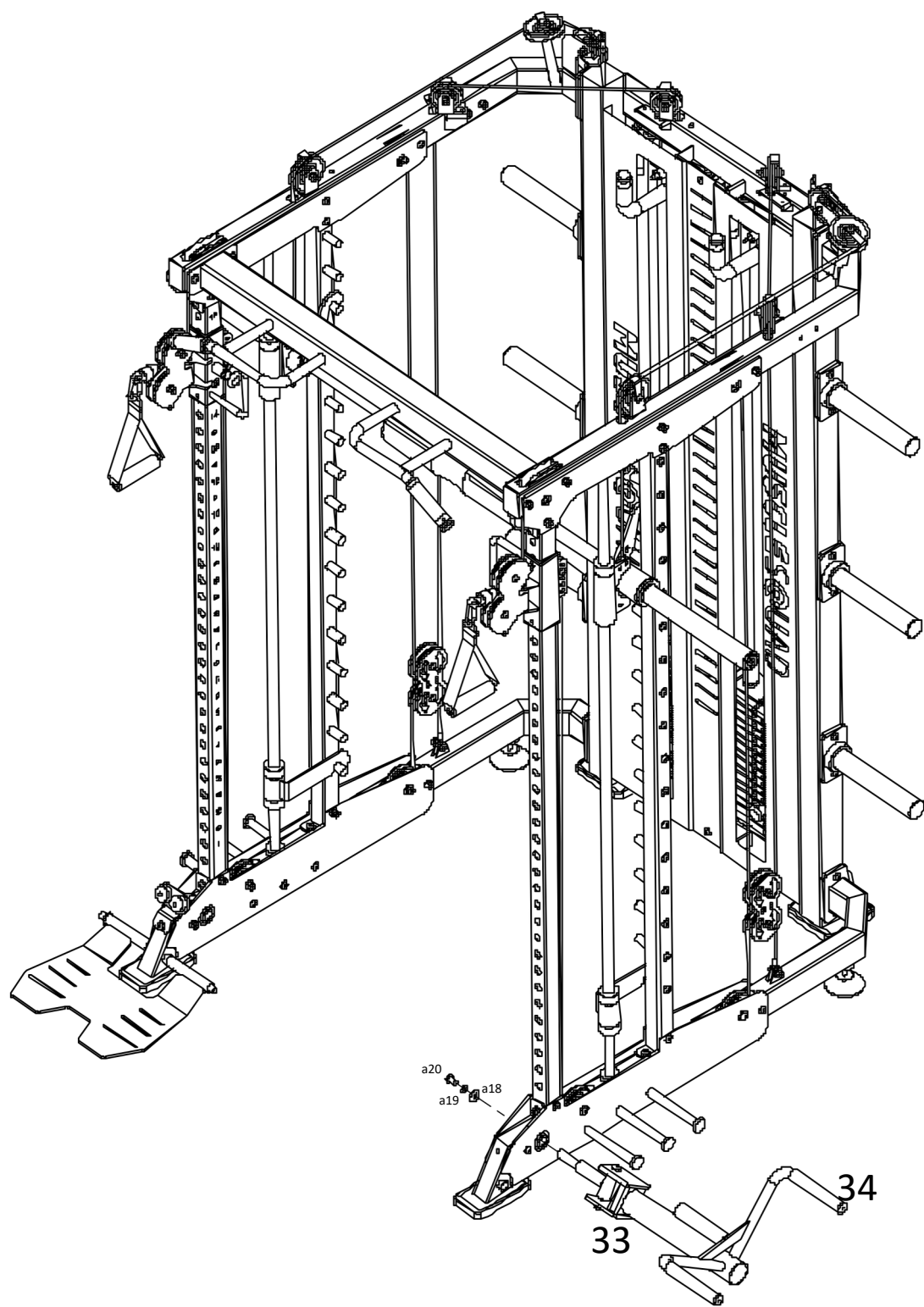
STEP 20 Installing Row Plate and Band Pegs



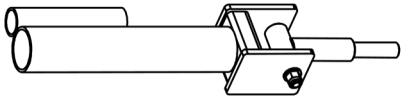
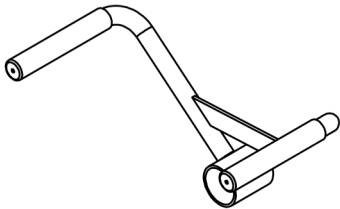
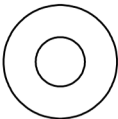
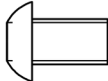
STEP 20 Installing Row Plate and Band Pegs

PART	DISCRIPTION	SIZE	QTY.	PIC.
30	Row Plate and Support		1	
32	Resistance Band Pegs		6	
a1	Flat Washer	φ10	6	
a3	Allen Bolt	M10×16	6	

STEP 21 Installing Landmine Attachment



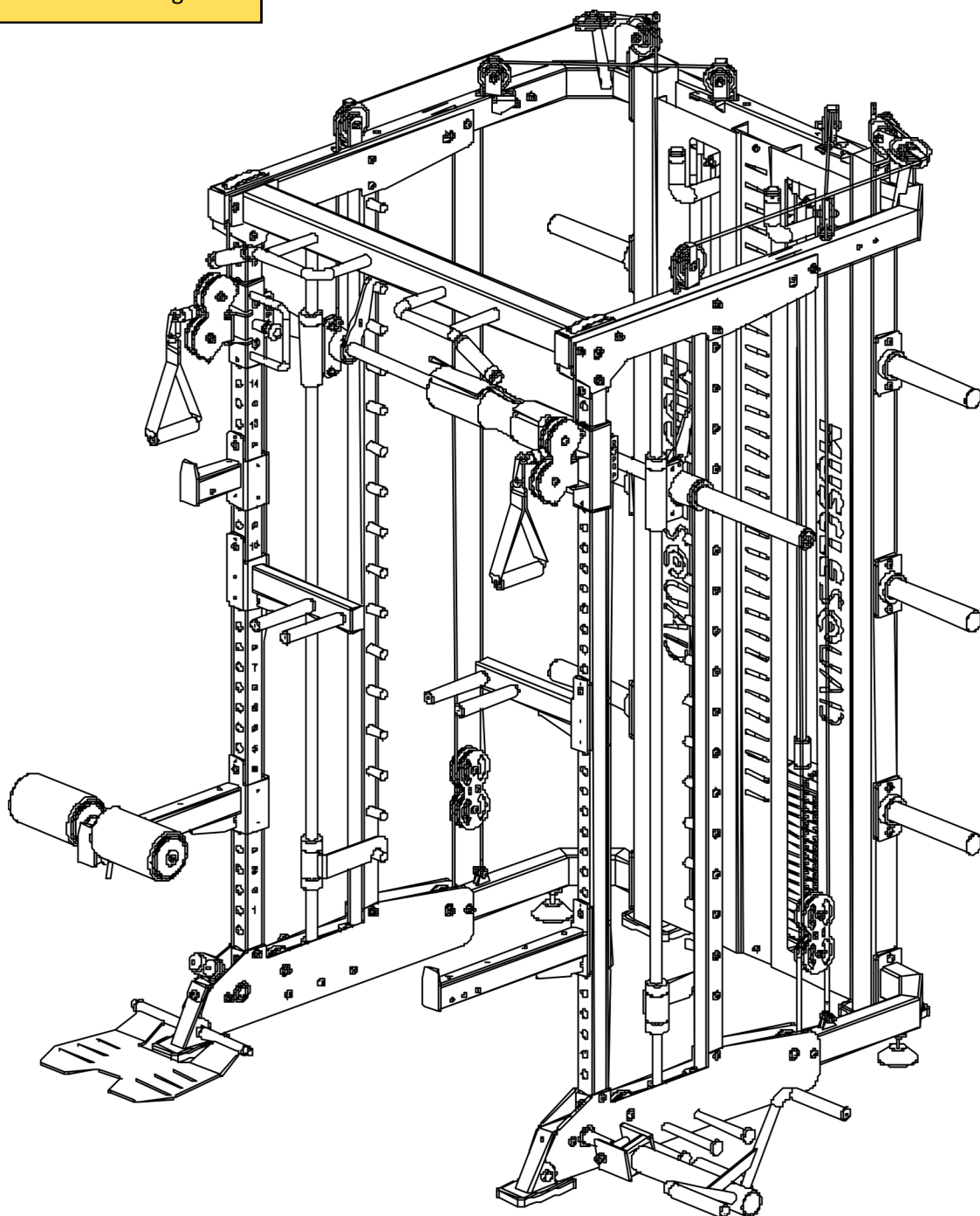
STEP 21 Installing Landmine Attachment

PART	DISCRIPTION	SIZE	QTY.	PIC.
33	Landmine		1	
34	Landmine V Bar		1	
a18	Big Flat Washer	φ12	1	
a19	Spring Washer	φ12	1	
a20	Allen Bolt	M12×20	1	

STEP 22 Completed Rack

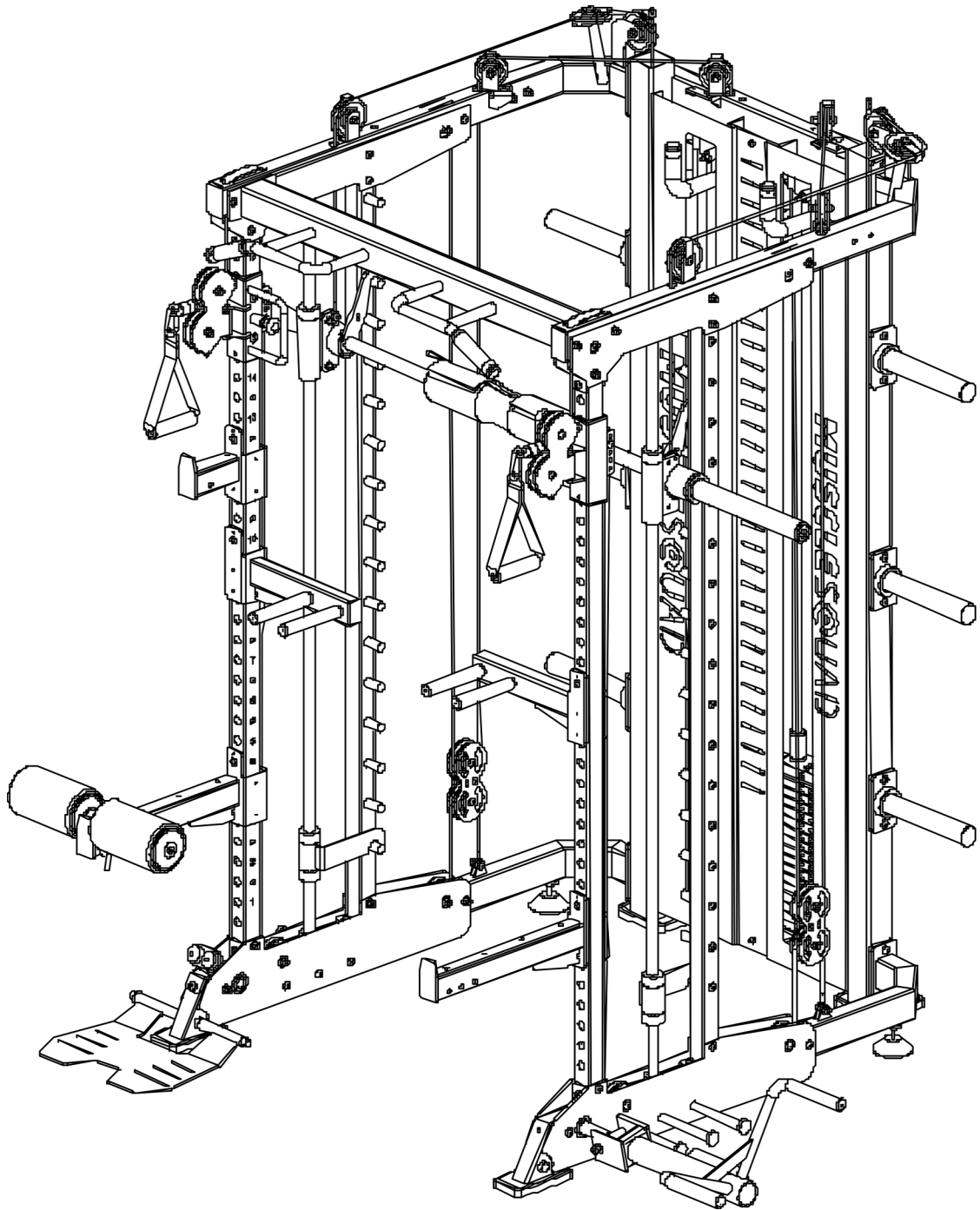
IMPORTANT INFORMATION:

Go over the rack and make sure that all of the bolts are tighten



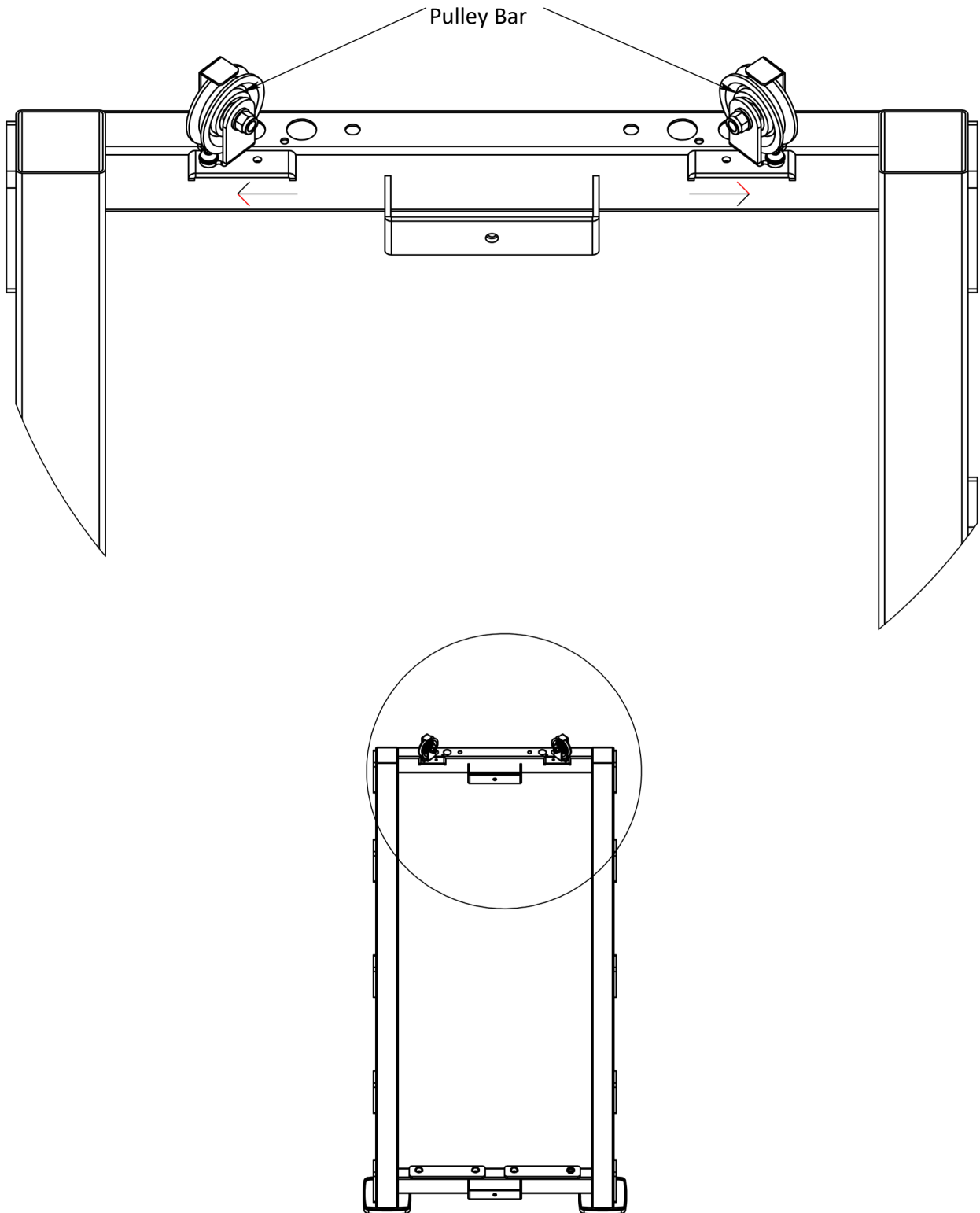
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How to Change to 2:1 Ratio



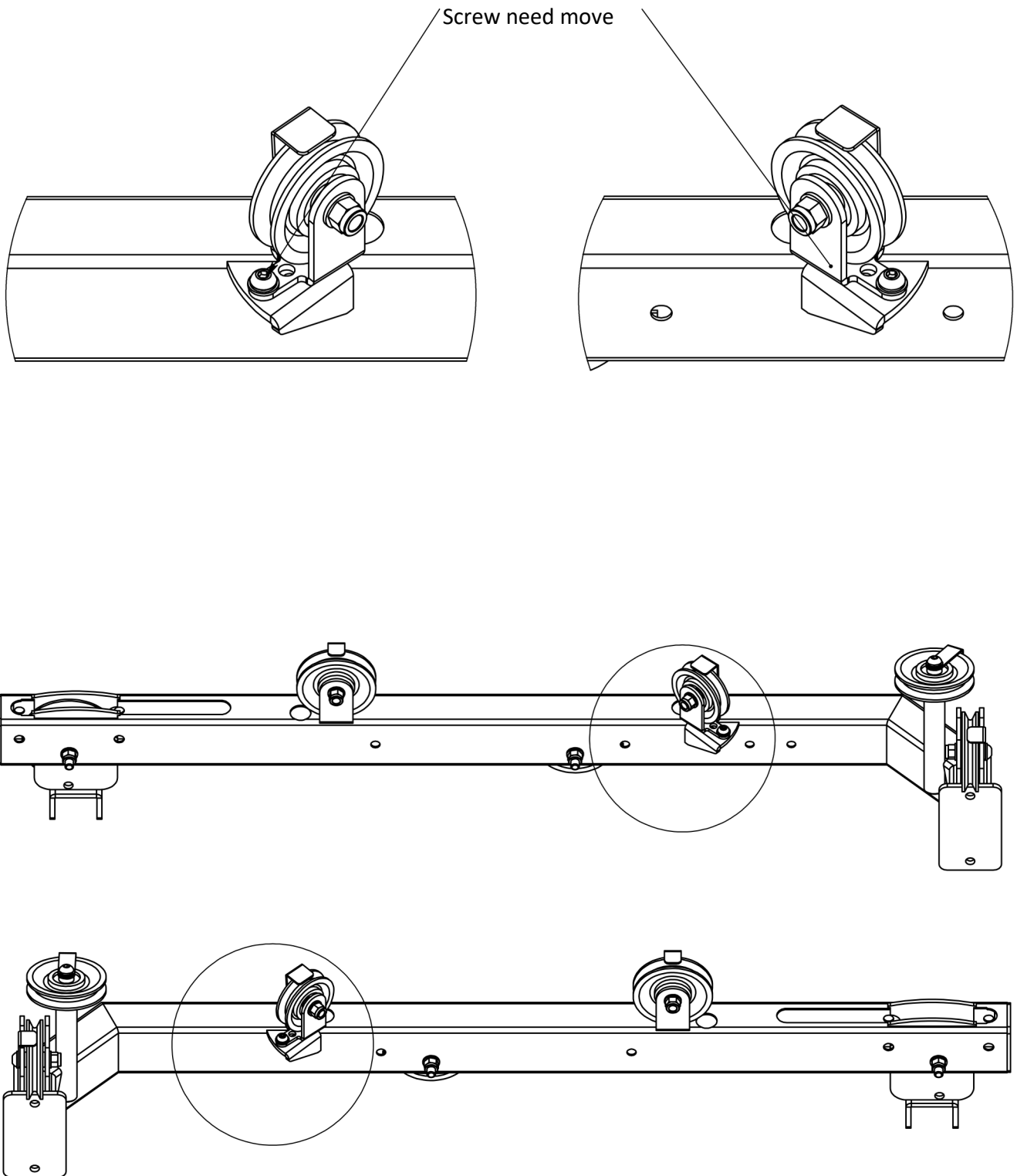
How to Change to 2:1 Ratio

STEP ①: Move the pulley Bar on Part 1 to the outer position



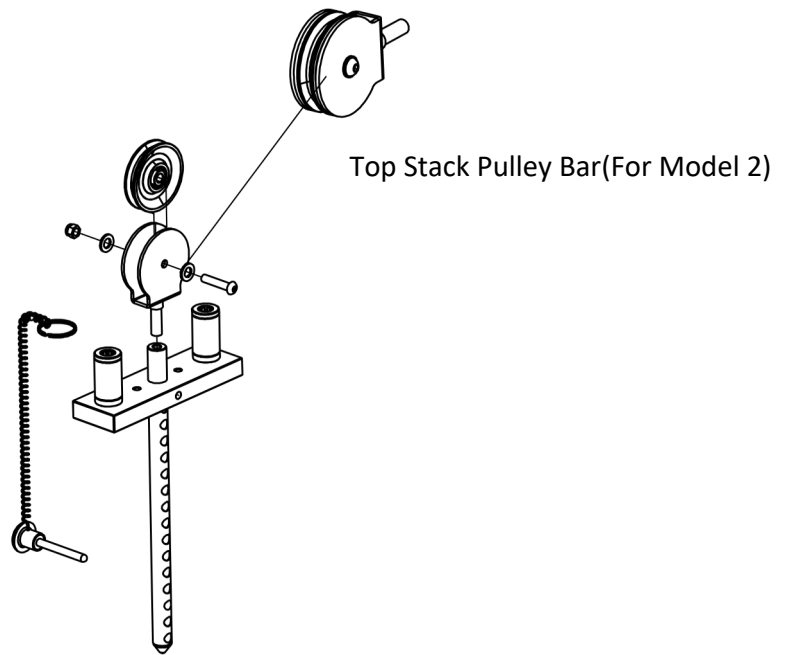
How to Change to 2:1 Ratio

STEP ②: Move the Screw on Part 8&9 to the outer position



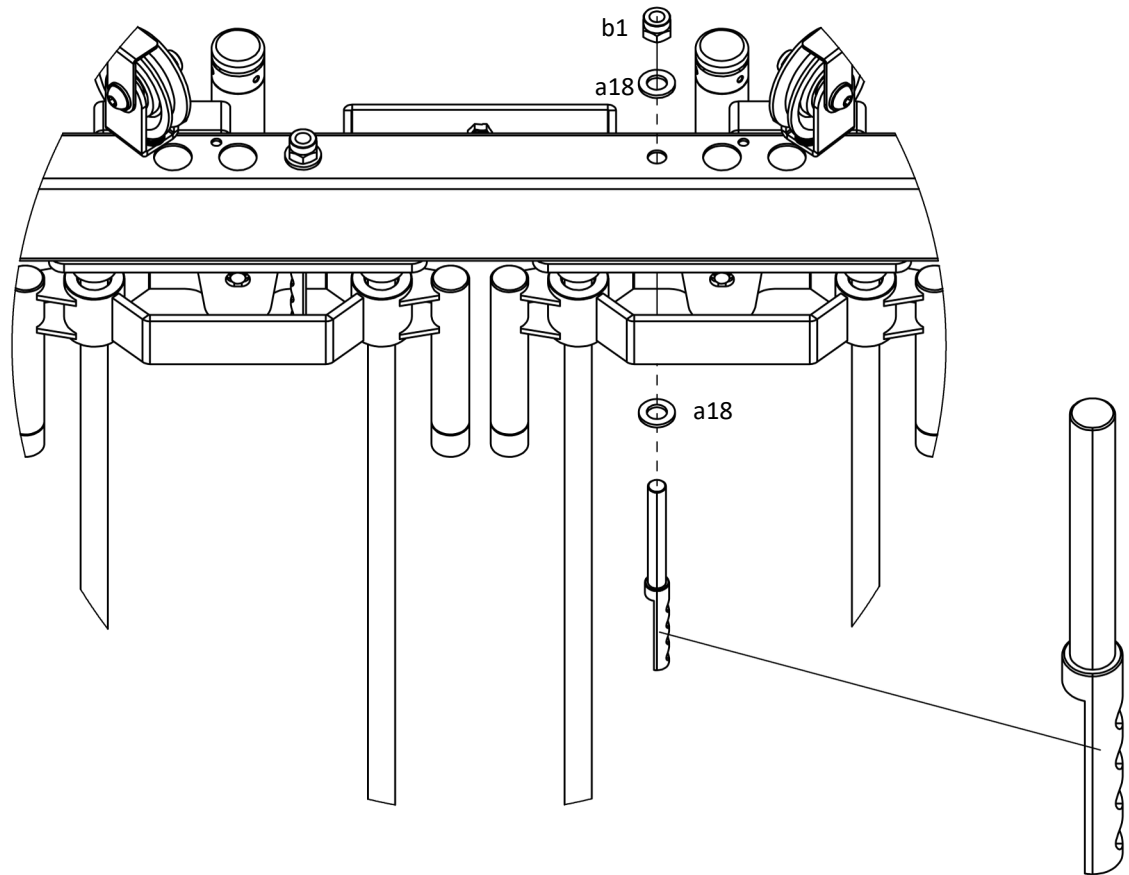
How to Change to 2:1 Ratio

STEP ③: Remove Top Weight Stack Model 1, and step Top Weight Stack Model 2

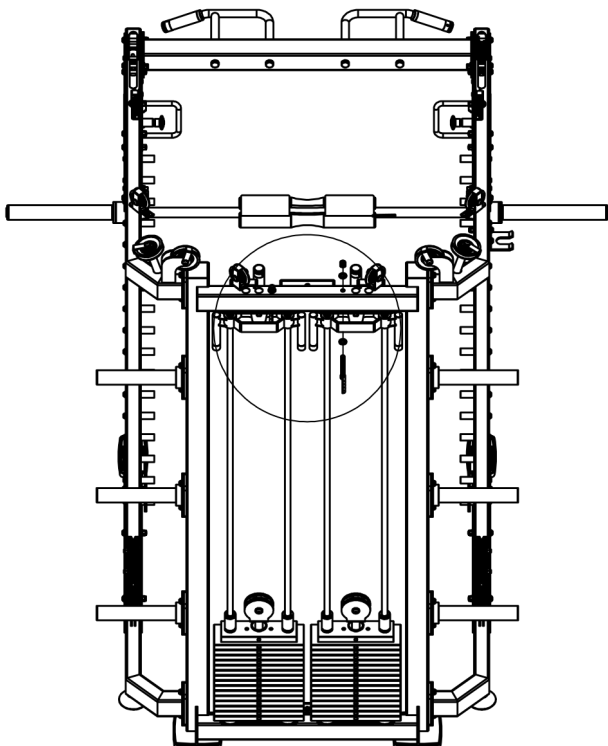


How to Change to 2:1 Ratio

STEP ④: Setup Cable Shaft



Cable Shaft
(For Model 2)



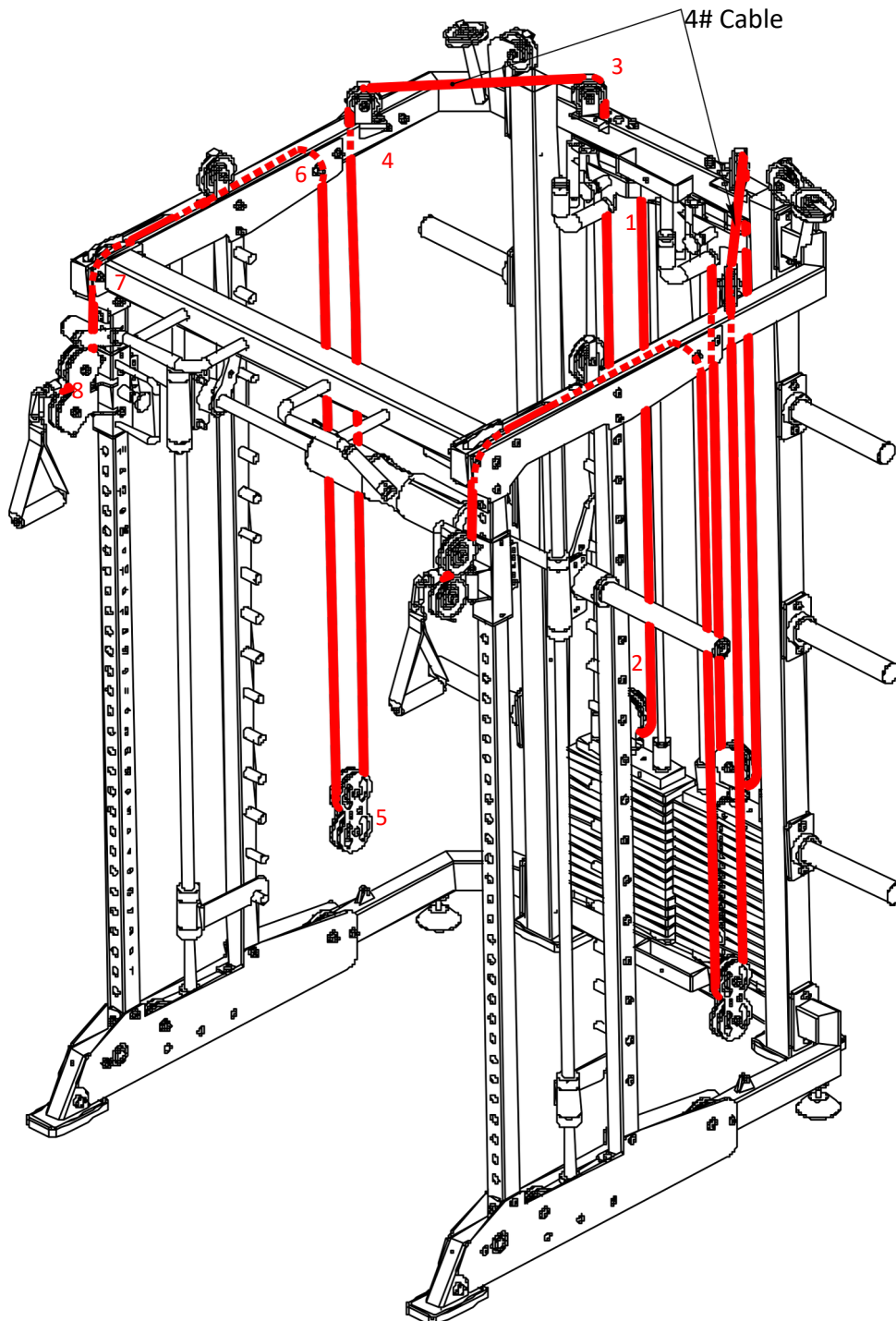
How to Change to 2:1 Ratio

STEP ④: Setup Cable Shaft

PART	DISCRIPTION	SIZE	QTY.	PIC.
a18	Flat Washer	φ12	4	
b1	Nylon Nut	M12	2	

How to Change to 2:1 Ratio

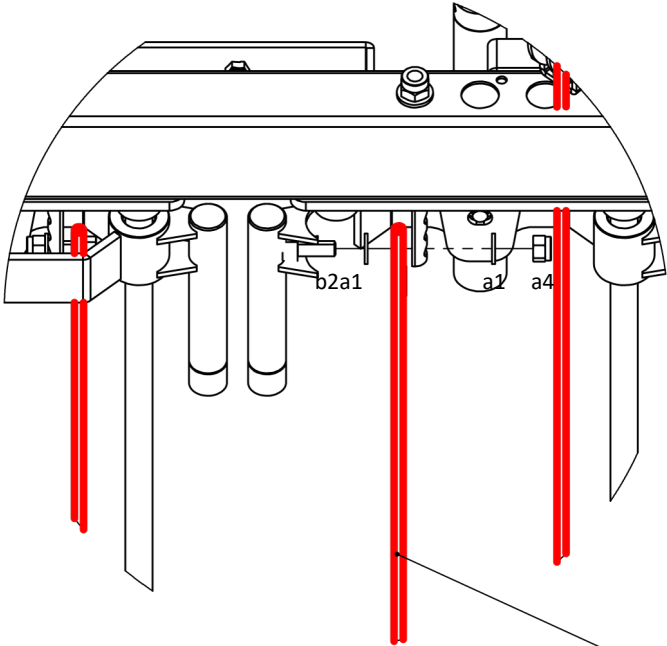
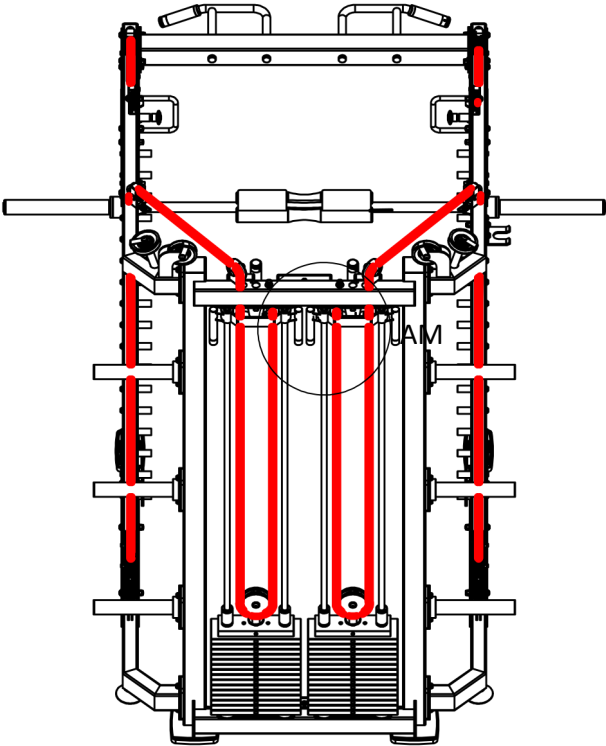
STEP ⑤: Setup 4# Cable



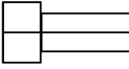
1.2.3.4.5.6.7.8 and left is same

How to Changeto2:1Ratio

STEP⑥:Fix 4# Cable



4# Cable

PART	DISCRIPTION	SIZE	QTY.	PIC.
a1	Flat Washer	φ10	4	
a4	Nylon Nut	M10	2	
b2	Hex Socket Cap Screw	M10×25	2	

3. Storage and Transport

3.1 General Instructions

WARNING

- + The storage location should be chosen so that improper use by third parties or children can be prevented.
- + Your equipment does not have transportation wheels, therefore must be disassembled before transportation.

ATTENTION

- + Make sure that the equipment is protected from moisture, dust and dirt in the selected storage location. The storage location should be dry and well ventilated and have a constant temperature of between 10°C and 35°C.

4. Troubleshooting, Care and Maintenance

4.1 General Instructions

WARNING

+Do not attempt to make alterations or changes to the equipment.

CAUTION

+Damaged or worn components may affect your safety and the life of the equipment. Therefore, immediately replace damaged or worn components. The equipment must not be used until it has been repaired. If necessary, use only original spare parts.

ATTENTION

+In addition to the instructions and recommendations for maintenance and care given here, additional service and/or repair work may be necessary; this must only be carried out by authorised service technicians.

4.2 Faults and Fault Diagnosis

The equipment undergoes regular quality checks throughout the production process. However, faults or malfunctions may still occur. Often, individual components are the cause of these issues, and replacing the affected part is usually sufficient. Please refer to the following guide for common problems and their solutions. If the equipment continues to malfunction, feel free to contact our customer care team at info@musclesquad.com.

Fault	Cause	Solution
Grinding noises	Cables or pulleys not running smoothly or damages	+ Inspect cable routing or pulley guide + Replace damaged parts if necessary
Weight plates lifted in the air	Cable tension too tight	+ Adjust cable tension
Cable without tension	Cable too loose	+ Check cable routing + Adjust cable tension
Squeaking & cracking noises	Loose or overtightened screw connections	+ Check and lubricate screw connections* + Inspect cable routing
Unit wobbles	Uneven floor Loose screw connections	+ Adjust the feet underneath the unit + Tighten screw connections
Heavy draught	+ Dry weight holders/guide rods + Incorrect cable routing	+ Lubricate guide rods* + Check cable routing

4.3 Maintenance and Inspection Calendar

To avoid damage from body sweat, the equipment must be cleaned with a damp towel (no chemicals or cleaning materials) after each training session.

The following routine tasks must be performed at the specified intervals:

Part	Weekly	Monthly	Quarterly
Cables	C	I	
Screw connections		I	L
Pulleys and cable routing		I	
Slide rails/Guide rods		I	L
C = clean; I = inspect; L = Lubricate			

5. Disposal

At the end of its operational life, this equipment cannot be disposed of in normal household waste. Instead, it must be disposed of via a recycling centre. Further information can be obtained from your local authority's recycling service.

The materials can be recycled as per their symbols. Through the reuse, recycling of materials or other forms of recovery of old equipment, you make an important contribution to the protection of the environment

6. Recommended Accessories

To elevate your training experience, we offer a variety of accessories. For equipment like smith machines, weight benches, or racks, this could include items such as floor mats, which provide added stability for your fitness equipment while also protecting the floor from sweat. We also offer additional weights, handles, foot straps for leg exercises, and triceps ropes. For certain smith machines, optional attachments like leg presses are available, allowing you to further intensify and diversify your workouts.

Our range of accessories offers the highest quality and makes training even better. If you would like to find out more about compatible accessories, please visit www.musclesquad.com. You can also contact our customer service team: by telephone, e-mail, or via our social media channels. We will be happy to advise you!

7. Ordering Spare Parts

7.1 Model Name

In order to provide you with the best possible service, please have the model name and ideally your order number ready.

Brand / Category:

MuscleSquad fitness equipment is subject to rigorous quality control. However, if your equipment does not function correctly, we take it very seriously and ask you to contact our customer service team as info@musclesquad.com We will be happy to help you.

ErrorDescriptions

Your fitness equipment is developed for long-term, high-quality training. However, should a problem arise, please first read the operating instructions. For further assistance, please contact us. To ensure your problem is solved as quickly as possible, please describe the defect as exactly as possible providing photos and videos if appropriate.

Your statutory rights are not affected.

8. Warranty

Warrantee

The warrantee is the first/original buyer.

Warranty period

The warranty periods, as detailed on our website, begin on delivery of the fitness equipment.

Repair Costs

Based on the information provided, we will either offer a replacement for the individual damaged parts or a full replacement, depending on the severity of the issue. Spare parts that must be installed during assembly are the responsibility of the warranty holder and are not covered under repair services. Once the warranty period for a replacement part expires, only a parts warranty applies, excluding any costs for replacement or delivery.

Terms of Use:

- **Home Use:** For private use in households, up to 3 hours per day.
- **Semi-Professional Use:** Up to 6 hours per day (e.g., rehabilitation centres, hotels, clubs, company gyms).
- **Professional Use:** Over 6 hours per day (e.g., commercial gyms).

Warranty Service: Within the warranty period, if the equipment experiences faults due to material or manufacturing defects, we will repair or replace it at our discretion. Ownership of any replaced equipment or parts transfers to us. The warranty period is not extended, nor does a new warranty period begin after any repair or replacement under warranty.

Warranty Conditions: To maintain the validity of the warranty, the following steps must be taken: Please contact our customer service team by email or phone. If the fault is covered under our warranty, we will provide a replacement or repaired equipment in return.

Warranty Claims Exclusions:

Warranty claims are void in the event of damage caused by:

1. Failure to maintain the product according to the provided care instructions or those available on our website.
2. Loss, damage, moisture, sweat, theft, accident, or negligence by you or any third party not authorised by us.
3. Improper storage resulting in weather-related damage (e.g., rusting from exposure to outdoor elements, or storage in uninsulated rooms like garages or sheds).
4. Use of the product for purposes other than what it was intended for as specified by us.
5. Continued use of the product after any defect becomes apparent or could have been reasonably identified.
6. Failure to notify us of any defect within a reasonable time after you become aware or should have reasonably become aware of the issue.
7. Reasonable wear and tear of the product.
8. Acts of God or force majeure events, including but not limited to war, riot, terrorism,

contamination, earthquake, flood, fire, or other natural disasters, or any event beyond our reasonable control.

9. Installation, repair, modification, maintenance, disassembly, or any other form of compromise to the product by you or any third party not authorized by us.

Proof of Purchase

Please make sure that you are able to provide the order number and proof of purchase when claiming on your warranty.

If you cannot find your order number, our customer service team will be able to assist.

Service outside of the Warranty Period

We are also happy to issue an individual cost estimate if there is a problem with your fitness equipment after the warranty has expired, or in cases which do not fall under the terms of the warranty, e.g. normal wear and tear. Please contact our customer service team to find a quick and cost-effective solution to your problem. In such a case you will be responsible for the delivery costs.

Communication

Many problems can be solved just by speaking to us as your specialist supplier. We know how important it is to you as a user of the fitness equipment to have problems solved quickly and simply, so you can enjoy working out with minimal interruption. For that reason, we also want to resolve your queries quickly and in a straightforward manner. Thus, please always keep your order number handy for the customer service team to identify your order/ product.

9. Contact

Contact us via:

Email

info@musclesquad.com

Phone

01296 254480 (9am - 4pm UK Mon - Fri excl. bank holidays)

Instagram

[@MuscleSquadUK](https://www.instagram.com/MuscleSquadUK)

Website (contact us via livechat)

www.musclesquad.com

10. Marks

Name: Musclesquad Multi Functional Trainer

Item : Multi Functional Trainer - 20250101

Address : Musclesquad HQ Unit 11

Garamonde Drive

Wymbush

Milton Keynes

MK8 8DF

Max Training Weight : 250kg

Total Weight of Machine : 454kg

Machine Size: 2238mm(H) x 1986mm(W)x1530mm(D)

This product conforms to (EN20957-1/-1) PARTS1.2. class (H) - Home Use-Class (H).

This product is not suitable for the therapeutic purposes.

This exercise product has been designed and manufactured to comply with the latest ((EN20957-1/-2) European Safety Standard

Max body weight: 180kg

Chin up bar: max loading 250kg

Smith bar: max loading 250kg

Plate holder : max loading 100kg

Safety arm: max loading 250kg

Warning: Please read the instructions carefully before use.